

**BAHAMAS SWIMMING FEDERATION**  
**National Swimming Championships**  
HISTORY - LONG COURSE RECORDS

GIRLS 15 & OVER

July, 2007

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	28.85	Nicola McKinney'77/SBSC	Nassau	Jun.25, 2000	
	28.34	Aymara Albury'85/BSC	Nassau	Mar.3, 2001	
	27.68	Linda McEachrane'83/TRI	Nassau	Apr.22, 2001	
	<b>26.88</b>	<b>Nikia Deveaux'85/BSC</b>	<b>Nassau</b>	<b>Jun.26, 2004</b>	
100 FREE	1:03.75	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	1:03.45	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	1:01.49	Nikia Deveaux'85/BSC	Nassau	Jun.30, 2001	
	1:01.22	Nikia Deveaux'85/BSC	Nassau	Jul.12, 2003	
	59.15	Nikia Deveaux'85/BSC	Nassau	Jun.26, 2004	
	<b>58.94</b>	<b>Alana Dillette'87/SWIFT</b>	<b>Nassau</b>	<b>May 12, 2007</b>	
200 FREE	2:20.48	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000	
	2:15.39	Nikia Deveaux'85/BSC	Nassau	Jun.29, 2001	
	2:12.39	Alana Dillette'87/UN	Nassau	Jun.25, 2004	
	<b>2:11.08</b>	<b>Nikia Deveaux'85/BSC</b>	<b>Nassau</b>	<b>Jul.1, 2005</b>	
400 FREE	4:58.95	Kimberly Knowles'72/SWIFT	Nassau	Jun.23, 2000	
	4:52.60	Nikia Deveaux'85/BSC	Nassau	Jun.29, 2001	
	4:47.54	Nikia Deveaux'85/BSC	Nassau	Jul.12, 2002	
	4:46.54	Alana Dillette'87/UN	Nassau	Jun.25, 2004	
	<b>4:41.34</b>	<b>Jenna Chaplin'90/SWIFT</b>	<b>Nassau</b>	<b>May 13, 2007</b>	
800 FREE	10:55.65	Jacinda Mireault'84/SBSC	Nassau	Jun.25, 2000	
	10:54.94	Jacinda Mireault'84/SBSC	Nassau	Jul.1, 2001	
	10:10.83	Patricia Thompson'83/BSC	Nassau	Jul.14, 2002	
	10:01.73	Alana Dillette'87/UN	Nassau	Apr.15, 2004	
	10:00.73	Alana Dillette'87/SWIFT	Nassau	Jun.30, 2005	
	<b>9:27.75</b>	<b>Arianna Vanderpool-Wallace'90/UN</b>	<b>Nassau</b>	<b>Jul.6, 2006</b>	
50 BACK	32.06	Alana Dillette'87/SWIFT	Nassau	Jul.3, 2005	
	<b>30.70</b>	<b>Alana Dillette'87/SWIFT</b>	<b>Nassau</b>	<b>Jul.9, 2006</b>	
100 BACK	1:13.63	Nicola McKinney'77/SBSC	Nassau	Jun.23, 2000	
	1:10.05	Alana Dillette'87/FAC	Nassau	Jul.11, 2003	
	1:09.20	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	
	<b>1:07.71</b>	<b>Alana Dillette'87/SWIFT</b>	<b>Nassau</b>	<b>Jul.7, 2006</b>	
200 BACK	2:41.53	Patricia Thompson'83/SWIFT	Nassau	Jun.25, 2000	
	2:36.71	Alana Dillette'87/FAC	Nassau	Jul.13, 2003	
	<b>2:30.49</b>	<b>Alana Dillette'87/SWIFT</b>	<b>Nassau</b>	<b>May 12, 2007</b>	
50 BREAST	38.66	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	
	36.32	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	
	36.25	Alicia Lightbourne'90/SBSC	Nassau	Jul.7, 2006	
	<b>36.05</b>	<b>Alicia Lightbourne'90/SBSC</b>	<b>Nassau</b>	<b>Jul.7, 2006</b>	
100 BREAST	1:27.42	April Knowles'84/SWIFT	Nassau	Jun.24, 2000	
	1:23.60	Acchia Albury'82/BSC	Nassau	Jun.24, 2000	
	1:21.93	April Knowles'84/UN	Nassau	Jul.13, 2002	
	1:19.53	April Knowles'84/UN	Nassau	Jul.12, 2003	
	<b>1:18.74</b>	<b>Alicia Lightbourne'90/SBSC</b>	<b>Nassau</b>	<b>Jul.8, 2006</b>	
200 BREAST	3:01.61	April Knowles'84/SWIFT	Nassau	Jun.25, 2000	

	2:57.05	April Knowles'84/UN	Nassau	Jul.14, 2002	
	2:55.64	April Knowles'84/UN	Nassau	Jul.13, 2003	
	<a href="#">2:50.49</a>	<a href="#">Alicia Lightbourne'90/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.9, 2006</a>	
50 FLY	<a href="#">29.70</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.2, 2005</a>	
100 FLY	1:11.82	Taneca Malcolm'83/FAC	Nassau	Jun.23, 2000	
	1:11.64	Taneca Malcolm'83/FAC	Nassau	Jun.23, 2000	
	1:08.90	Nikia Deveaux'85/BSC	Nassau	Jul.12, 2002	
	1:08.43	Nikia Deveaux'85/BSC	Nassau	Jul.12, 2002	
	1:07.89	April Knowles'84/UN	Nassau	Jul.11, 2003	
	1:06.55	Alana Dillette'87/SWIFT	Nassau	Jul.1, 2005	
	<a href="#">1:05.67</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jul.7, 2006</a>	
200 FLY	2:52.52	Jessica Johnston'83/SWIFT	Nassau	Jun.24, 2000	
	2:43.73	Nikia Deveaux'85/BSC	Nassau	Jun.30, 2001	
	2:32.85	April Knowles'84/UN	Nassau	Jul.13, 2002	
	2:32.43	April Knowles'84/UN	Nassau	Jul.12, 2003	
	2:28.47	Alana Dillette'87/SWIFT	Nassau	Jul.3, 2005	
	<a href="#">2:27.45</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">May 13, 2007</a>	
200 I.M.	2:39.19	Patricia Thompson'83/SWIFT	Nassau	Jun.24, 2000	
	2:34.67	Sobenna George'87/TRI	Nassau	Apr.21, 2001	
	2:34.24	April Knowles'84/UN	Nassau	Jul.13, 2002	
	2:32.02	Alana Dillette'87/FAC	Nassau	Jul.12, 2003	
	<a href="#">2:26.91</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">Jun.30, 2005</a>	
	<a href="#">2:26.41</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">May 10, 2007</a>	
400 I.M.	5:38.18	Katie Roach'84/SWIFT	Nassau	Jun.22, 2000	
	5:28.41	April Knowles'84/UN	Nassau	Jul.11, 2002	
	5:24.79	Alana Dillette'87/FAC	Nassau	Jul.10, 2003	
	<a href="#">5:23.04</a>	<a href="#">Alana Dillette'87/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">May 12, 2007</a>	
<b>RELAYS</b>					
200 FREE	2:03.14	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.25, 2000	
	1:58.95	April Knowles;Danielle Brown; Alana Dillette;Chanteis Musgrove/UN	Nassau	Jun.27, 2004	
	<a href="#">1:56.44</a>	<a href="#">Ariel Weech;Anthaya Rolle</a> <a href="#">Francis Franson;Amber Weech/SBSC</a>	<a href="#">Nassau</a>	<a href="#">May 10, 2007</a>	
400 FREE	4:39.50	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	Jun.22, 2000	
	4:26.75	April Knowles;Danielle Brown; Alana Dillette;Chanteis Musgrove/UN	Nassau	Jun.24, 2004	
	<a href="#">4:18.10</a>	<a href="#">Teisha Lightbourne; Franson Francis</a> <a href="#">Alicia Lightbourne; Iva Russell/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.8, 2006</a>	
	<a href="#">4:14.26</a>	<a href="#">Alana Dillette;Jenna Chaplin</a> <a href="#">Jade Thompson;Paige Waugh/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">May 12, 2007</a>	
200 MEDLEY	2:16.08	April Knowles;Jessica Johnston; Katie Roach;Kimberly Knowles/SWIFT	Nassau	Jun.23, 2000	
	2:12.84	Alana Dillette;Danielle Brown; April Knowles;Chanteia Musgrove/UN	Nassau	Jun.25, 2004	
	<a href="#">2:11.40</a>	<a href="#">Alana Dillette;Alexis De Rosa;</a> <a href="#">Jenna Chaplin;Paige Waugh/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">May 13, 2007</a>	
400 MEDLEY	4:57.38	Patricia Thompson;April Knowles; Katie Roach;Kimberly Knowles/SWIFT	Nassau	Jun.24, 2000	
	<a href="#">4:48.66</a>	<a href="#">Ariel Weech;Anthaya Rolle</a> <a href="#">Francis Franson;Amber Weech/SBSC</a>	<a href="#">Nassau</a>	<a href="#">May 11, 2007</a>	