

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

GIRLS 9 & 10

July, 2007

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	33.97	Camilla Miller'89/DSC	Nassau	Jun.25, 2000	
	33.38	Camilla Miller'89/DSC	Nassau	Jun.25, 2000	
	31.42	Jade Thompson'91/BSC	Nassau	Jul.14, 2002	
	31.16	Jade Thompson'91/SBSC	Nassau	Jul.14, 2002	
	<a href="#">30.68</a>	<a href="#">Ashley Butler'92/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.13, 2003</a>	
100 FREE	1:15.54	Camilla Miller'89/DSC	Nassau	Jun.24, 2000	
	1:13.92	Camilla Miller'89/DSC	Nassau	Jun.24, 2000	
	1:12.45	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.30, 2001	
	1:11.58	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.30, 2001	
	1:09.24	Jade Thompson'91/SBSC	Nassau	Jul.13, 2002	
	<a href="#">1:08.82</a>	<a href="#">Jade Thompson'91/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.13, 2002</a>	
200 FREE	2:46.96	Arianna Vanderpool-Wallace'90/SBSC	Nassau	Jun.23, 2000	
	2:36.10	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.29, 2001	
	<a href="#">2:32.19</a>	<a href="#">Bria Deveaux'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.1, 2005</a>	
400 FREE	5:36.69	Jade Thompson'91/SBSC	Nassau	Jul.12, 2002	
	<a href="#">5:28.66</a>	<a href="#">Bria Deveaux'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.30, 2005</a>	
50 BACK	39.87	Camilla Miller'89/DSC	Nassau	Jun.23, 2000	
	39.66	Franshon Francis'89/DSC	Nassau	Jun.23, 2000	
	38.71	Ariel Weech'91/TPAC	Nassau	Jul.12, 2002	
	38.46	Je'Nae Saunders'94/BSC	Nassau	Jul.3, 2005	
	<a href="#">37.09</a>	<a href="#">Je'Nae Saunders'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.3, 2005</a>	
100 BACK	1:27.30	Arianna Vanderpool-Wallace'90/SBSC	Nassau	Jun.25, 2000	
	1:23.50	Ariel Weech'91/TPAC	Nassau	Jul.14, 2002	
	<a href="#">1:19.89</a>	<a href="#">Bria Deveaux'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.1, 2005</a>	
50 BREAST	45.60	Melissa Ferguson'89/DSC	Nassau	Jun.24, 2000	
	45.00	Melissa Ferguson'89/DSC	Nassau	Jun.24, 2000	
	43.63	Alicia Lightbourne'90/SBSC	Nassau	Jun.30, 2001	
	42.26	Anthaya Rolle'91/DSC	Nassau	Jul.13, 2002	
	41.92	Anthaya Rolle'91/DSC	Nassau	Jul.13, 2002	
	<a href="#">40.42</a>	<a href="#">Shaunte Moss'93/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.26, 2004</a>	
100 BREAST	1:38.47	Melissa Ferguson'89/DSC	Nassau	Jun.25, 2000	
	1:31.60	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.1, 2001	
	<a href="#">1:30.91</a>	<a href="#">Shaunte Moss'93/SBSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.27, 2004</a>	
50 FLY	37.22	Thisha Glover'90/FAC	Nassau	Jun.23, 2000	
	36.45	Arianna Vanderpool-Wallace'90/SBSC	Nassau	Jun.23, 2000	
	35.73	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.29, 2001	
	34.74	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.29, 2001	
	<a href="#">34.52</a>	<a href="#">Berchadette Moss'95/DSC</a>	<a href="#">Nassau</a>	<a href="#">Jul.8, 2006</a>	
100 FLY	1:28.41	Arianna Vanderpool-Wallace'90/SBSC	Nassau	Jun.24, 2000	
	<a href="#">1:21.02</a>	<a href="#">Arianna Vanderpool-Wallace'90/UN</a>	<a href="#">Nassau</a>	<a href="#">Jun.30, 2001</a>	
200 I.M.	3:00.47	Arianna Vanderpool-Wallace'90/SBSC	Nassau	Jun.22, 2000	
	2:52.76	Arianna Vanderpool-Wallace'90/UN	Nassau	Jun.28, 2001	
	<a href="#">2:50.49</a>	<a href="#">Je'Nae Saunders'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">Jun.30, 2005</a>	

<b>RELAYS</b>					
200 FREE	2:20.81	Kenrece Carey;Alicia Lightbourne;	Nassau	Jun.25, 2000	
		Teisha Lightbourne;Arianna Vanderpool-Wallace/SBSC			
	2:20.36	Kelly Bruney;Takara Lowe;	Nassau	Jul.14, 2002	
		Tai Dorsett;Jessica Greene/BSC			
	<a href="#">2:19.30</a>	<a href="#">Crystal Rahming; Abigail Lowe;</a>	<a href="#">Nassau</a>	<a href="#">May 11, 2007</a>	
		<a href="#">Doran Reed;Laura Morley/SWIFT</a>			
400 FREE	5:34.53	Larissa Musgrove;Adrienne Lightbourne;	Nassau	Jul.11, 2002	
		Ashley Butler;Jade Thompson/SBSC			
	5:23.23	Ravyn Deveaux;Marissa Strachan;	Nassau	Jul.10, 2003	
		Shayla Campbell;Jessica Greene/BSC			
	<a href="#">5:20.23</a>	<a href="#">Berchadette Moss;Riquel Rolle</a>	<a href="#">Nassau</a>	<a href="#">Jul.8, 2006</a>	
		<a href="#">Zoe Galanis;Felicia Gibson/DSC</a>			
200 MEDLEY	2:42.20	Morgan Barnett;Melissa Ferguson;	Nassau	Jun.23, 2000	
		Camilla Miller;Franshon Francis/DSC			
	2:39.88	Ardienne Lightbourne;Jade-Evette Strachan	Nassau	Jul.11, 2003	
		Ashley Butler;Shaunte Moss/SBSC			
	<a href="#">2:39.71</a>	<a href="#">Felicia Gibson;Riquel Rolle;</a>	<a href="#">Nassau</a>	<a href="#">Jul.9, 2006</a>	
		<a href="#">Berchadette Moss;Zoe Galanis/DSC</a>			