

**BAHAMAS SWIMMING FEDERATION
NATIONAL CHAMPIONSHIPS
LONG COURSE RECORDS**

GIRLS 15 & OVER

July, 2007

EVENT	RECORD	NAME	CITY	DATE
50 FREE	27.24	Nikia Deveaux'85/BSC	Nassau	Jun.27, 2004
100 FREE	58.94	Alana Dillette'87/SWIFT	Nassau	May 12, 2007
200 FREE	2:11.08	Nikia Deveaux'85/BSC	Nassau	Jul.1, 2005
400 FREE	4:41.34	Jenna Chaplin'90/SWIFT	Nassau	May 13, 2007
800 FREE	9:41.26	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.6, 2006
50 BACK	30.70	Alana Dillette'87/SWIFT	Nassau	Jul.9, 2006
100 BACK	1:07.71	Alana Dillette'87/SWIFT	Nassau	Jul.7, 2006
200 BACK	2:30.49	Alana Dillette'87/SWIFT	Nassau	May 12, 2007
50 BREAST	36.05	Alicia Lightbourne'90/SBSC	Nassau	Jul.7, 2006
100 BREAST	1:18.74	Alicia Lightbourne'90/SBSC	Nassau	Jul.8, 2006
200 BREAST	2:50.49	Alicia Lightbourne'90/SBSC	Nassau	Jul.9, 2006
50 FLY	29.70	Alana Dillette'87/SWIFT	Nassau	Jul.2, 2005
100 FLY	1:05.67	Alana Dillette'87/SWIFT	Nassau	Jul.7, 2006
200 FLY	2:27.45	Alana Dillette'87/SWIFT	Nassau	May 13, 2007
200 I.M.	2:26.41	Alana Dillette'87/SWIFT	Nassau	May 10, 2007
400 I.M.	5:23.04	Alana Dillette'87/SWIFT	Nassau	May 12, 2007
RELAYS				
200 FREE	1:56.44	Ariel Weech;Anthaya Rolle	Nassau	May 10, 2007
		Francis Franshon;Amber Weech/SBSC		
400 FREE	4:14.26	Alana Dillette;Jenna Chaplin	Nassau	May 12, 2007
		Jade Thompson;Paige Waugh/SWIFT		
200 MEDLEY	2:11.40	Alana Dillette;Alexis De Rosa;	Nassau	May 13, 2007
		Jenna Chaplin;Paige Waugh/SWIFT		
400 MEDLEY	4:48.66	Ariel Weech;Anthaya Rolle	Nassau	May 11, 2007
		Francis Franshon;Amber Weech/SBSC		