

# BAHAMAS SWIMMING FEDERATION

## HISTORY - LONG COURSE RECORDS

BOYS 9 & 10 - BAHAMAS

June 30, 2021

EVENT	RECORD	NAME	CITY	DATE	Cert	
50 FREE	39.08	Adel Lockhart'88/SBSC	Plantation	May 2, 1999		
	34.74	Damien Neymour'89/SWIFT	Plantation	July 25, 1999		
	34.72	Vereance Burrows'89/FAC	Nassau	June 25, 2000		
	32.18	Vereance Burrows'89/FAC	Nassau	June 25, 2000		
	32.01	Jonathan Bain'90/UN	Nassau	July 1, 2001		
	31.56	Jonathan Bain'90/UN	Nassau	July 1, 2001		
	31.31	Evante Gibson'94/WAVE	Nassau	July 3, 2005		
	31.19	Evante Gibson'94/WAVE	Nassau	July 3, 2005		
	31.07	Dionisio Carey'97/BSC	Nassau	May 31, 2008		
	30.57	Dionisio Carey'97/BSC	Nassau	November 7, 2008		
	29.94	Dionisio Carey'97/BSC	Nassau	December 13, 2008		
	29.91	Nigel Forbes'06/FAC	Nassau	November 28, 2015		
	29.70	Nigel Forbes'06/FAC	Nassau	June 26, 2016		
	28.38	Nigel Forbes'06/FAC	Nassau	June 26, 2016		
		<a href="#">28.28</a>	<a href="#">Marvin Johnson'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2016</a>	
100 FREE	1:13.65	Brito Stuart'88/SBSC	Plantation	May 1, 1999		
	1:09.30	Jonathan Bain'90/UN	Nassau	June 30, 2001		
	1:09.23	Jonathan Bain'90/UN	Nassau	June 30, 2001		
	1:09.03	Evante Gibson'94/WAVE	Nassau	July 2, 2005		
	1:08.81	T'Auren Moss'95/DSC	Nassau	July 8, 2006		
	1:08.10	T'Auren Moss'95/DSC	Nassau	July 8, 2006		
	1:05.61	Lamar Taylor'03/FAC	Atlanta	August 2, 2014		
	1:05.55	Nigel Forbes'05/FAC	Nassau	October 30, 2015		
	1:04.69	Marvin Johnson'06/FAC	Nassau	June 25, 2016		
	1:03.40	Nigel Forbes'05/FAC	Nassau	June 25, 2016		
	1:02.30	Nigel Forbes'05/FAC	Charlotte	July 29, 2016		
		<a href="#">1:01.34</a>	<a href="#">Marvin Johnson'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">December 16, 2017</a>	
	200 FREE	2:41.57	Brito Stuart'88/SBSC	Plantation	May 2, 1999	
2:33.27		Jonathan Bain'90/UN	Nassau	June 29, 2001		
2:29.93		Matthew Lowe'94/BSC	Nassau	July 1, 2005		
2:27.29		Dionisio Carey'97/BSC	Nassau	December 13, 2008		
2:26.38		Lamar Taylor'03/FAC	Nassau	November 8, 2014		
2:26.09		Nigel Forbes'05/FAC	Nassau	June 26, 2015		
2:23.75		Nigel Forbes'05/FAC	Nassau	January 16, 2016		
2:21.05		Marvin Johnson'06/FAC	Nassau	June 24, 2016		
2:17.61		Nigel Forbes'05/FAC	Nassau	June 24, 2016		
		<a href="#">2:16.95</a>	<a href="#">Marvin Johnson'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2017</a>	
400 FREE		7:03.02	Armando Moss'92/DSC	Nassau	May 31, 2003	
	6:16.00	Matthew Lowe'94/BSC	Nassau	February 21, 2004		
	5:49.35	Matthew Lowe'94/BSC	Nassau	March 13, 2004		
	5:37.44	Matthew Lowe'94/BSC	Nassau	June 25, 2004		
	5:35.06	Matthew Lowe'94/BSC	Nassau	December 3, 2004		
	5:31.24	Matthew Lowe'94/BSC	Nassau	February 5, 2005		
	5:13.94	Matthew Lowe'94/BSC	Nassau	June 30, 2005		
	5:06.63	Matthew Lowe'94/BSC	Nassau	November 19, 2005		
	5:06.22	Nigel Forbes'06/BMA	Nassau	June 25, 2015		
	5:01.85	Nigel Forbes'06/FAC	Nassau	October 30, 2015		
	4:56.37	Nigel Forbes'06/FAC	Nassau	June 26, 2016		

	<a href="#">4:51.93</a>	<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Charlotte</a>	<a href="#">July 30, 2016</a>
800 FREE	<a href="#">11:36.10</a>	<a href="#">T'Auren Moss'95/DSC</a>	<a href="#">Nassau</a>	<a href="#">February 10, 2006</a>
1500 FREE	<a href="#">22:40.11</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">February 4, 2005</a>
50 BACK	42.92	Brito Stuart'88/SBSC	Plantation	May 2, 1999
	41.57	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	39.91	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	38.56	Travis Strachan'92/FAC	Nassau	July 11, 2003
	38.28	Mancer Roberts'93/BSC	Nassau	June 25, 2004
	37.95	T'Auren Moss'95/DSC	Nassau	July 9, 2006
	36.60	Dionisio Carey'97/BSC	Nassau	February 8, 2008
	35.58	Dionisio Carey'97/BSC	Nassau	June 29, 2008
	<a href="#">33.45</a>	<a href="#">Dionisio Carey'97/BSC</a>	<a href="#">Nassau</a>	<a href="#">November 7, 2008</a>
100 BACK	1:33.64	Brito Stuart'88/SBSC	Plantation	May 1, 1999
	1:31.41	Damien Neymour'89/SWIFT	Plantation	July 24, 1999
	1:26.64	Je'Vaughn Saunders'89/BSC	Nassau	June 25, 2000
	1:25.90	Travis Strachan'92/FAC	Nassau	July 13, 2003
	1:22.82	Mancer Roberts'93/BSC	Nassau	June 27, 2004
	1:22.20	Mancer Roberts'93/BSC	Nassau	November 20, 2004
	1:21.77	T'Auren Moss'95/DSC	Nassau	July 7, 2006
	1:20.11	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	1:18.91	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	1:17.50	Nigel Forbes'05/FAC	Nassau	December 17, 2016
	<a href="#">1:18.12</a>	<a href="#">Donald Saunders'08/DSC</a>	<a href="#">Nassau</a>	<a href="#">June 21, 2019</a>
	<a href="#">1:17.27</a>	<a href="#">Tristen Hepburn'08/WAVE</a>	<a href="#">Nassau</a>	<a href="#">June 21, 2019</a>
200 BACK	3:23.30	Jaye Butler'91/BSC	Nassau	March 9, 2001
	3:14.96	Matthew Lowe'94/BSC	Nassau	March 13, 2004
	<a href="#">3:06.38</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">March 6, 2005</a>
<b>EVENT</b>	<b>RECORD</b>	<b>NAME</b>	<b>CITY</b>	<b>DATE</b>
50 BREAST	45.48	Adel Lockhart'88/SBSC	Plantation	May 1, 1999
	42.42	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.44	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.33	Ramon Strachan'90/SBSC	Nassau	June 30, 2001
	40.99	Ramon Strachan'90/SBSC	Nassau	July 14, 2001
	39.86	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	39.80	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	38.96	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	37.12	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	<a href="#">36.75</a>	<a href="#">Nigel Forbes'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
100 BREAST	1:40.27	Brito Stuart'88/SBSC	Plantation	May 2, 1999
	1:38.50	Ramon Strachan'90/DSC	Ft. Lauderdale	April 1, 2000
	1:34.95	Ramon Strachan'90/DSC	Nassau	June 24, 2000
	1:34.45	Ramon Strachan'90/SBSC	Nassau	July 1, 2001
	1:33.76	Dimitri Knowles'92/FAC	Nassau	July 13, 2003
	1:33.42	Evante Gibson'94/WAVE	Nassau	March 6, 2005
	1:28.79	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:28.78	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:25.30	Evante Gibson'94/WAVE	Nassau	December 3, 2005
	1:22.37	Izaak Bastian'01/BSC	Nassau	June 16, 2012
	1:22.33	Nigel Forbes'05/FAC	Charlotte	July 30, 2016
	<a href="#">1:21.34</a>	<a href="#">Tristen Hepburn'08/WAVE</a>	<a href="#">Nassau</a>	<a href="#">June 22, 2019</a>
200 BREAST	3:24.37	Evante Gibson'94/WAVE	Nassau	March 5, 2005
	<a href="#">3:08.31</a>	<a href="#">Evante Gibson'94/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 3, 2005</a>
50 FLY	50.33	Christopher Albury'88/SBSC	Plantation	May 1, 1999
	40.78	Damien Neymour'89/SWIFT	Plantation	July 24, 1999

	35.76	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.20	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.03	Jonathan Bain'90/UN	Nassau	June 29, 2001
	32.87	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	32.48	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	31.17	Nigel Forbes'06/BMA	Nassau	June 26, 2015
	31.10	Nigel Forbes'06/BMA	Nassau	June 26, 2015
	30.96	Nigel Forbes'06/BMA	Nassau	October 30, 2015
	30.54	Nigel Forbes'05/FAC	Charlotte	July 31, 2016
	<a href="#">30.46</a>	<a href="#">Marvin Johnson'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2017</a>
100 FLY	2:15.12	Christopher Cole'90/SBSC	Plantation	May 2, 1999
	1:39.28	Dylan Stewart'90/DSC	Nassau	June 24, 2000
	1:27.89	Vereance Burrows'89/FAC	Nassau	June 24, 2000
	1:18.46	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:14.04	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	1:13.30	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	1:12.85	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	1:12.24	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	1:09.52	Nigel Forbes'06/BMA	Nassau	June 23, 2016
	<a href="#">1:08.90</a>	<a href="#">Nigel Forbes'06`/FAC</a>	<a href="#">Charlotte</a>	<a href="#">July 31, 2016</a>
200 FLY	<a href="#">3:07.27</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">February 5, 2005</a>
200 I.M.	2:45.10	Jeremy Knowles'81/SWIFT	Port of Spain	July 14,1992
	2:43.68	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	2:40.52	Nigel Forbes'06/BMA	Nassau	October 30, 2015
	<a href="#">2:38.54</a>	<a href="#">Nigel Forbes'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 25,2016</a>
400 I.M.	<a href="#">6:47.46</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">March 5, 2005</a>
<b>RELAYS</b>				
200 FREE	2:18.78	Je'Vaughn Saunders;Kieran Deveaux;	Nassau	June 25, 2000
		David Hanna;Devon Bethel/BSC		
	2:18.34	Stephan Burrows;Leonard Hudson;	Nassau	July 14, 2002
		Dimitri Knowles;Travis Strachan/FAC		
	2:16.00	Meshach Roberts; Greshwin Greene	Nassau	June 26, 2008
		Cedric Bowe; Dionisio Carey/BSC		
	2:15.08	Jared Fitzgerald, Anthony Rolle,	Nassau	June 25, 2009
		Tyrique Cox, Malik Hepburn/SBSC		
	2:14.83	Peter Morley, Mark Thompson	Nassau	June 22, 2012
		Joshua Murray, Luke Thompson/SWIFT		
	<a href="#">2:09.24</a>	<a href="#">Caleb Ferguson, David Roy,</a>	<a href="#">Nassau</a>	<a href="#">June 19, 2018</a>
		<a href="#">Caellum Darville, Jarrod Charles/ALPHA</a>		
400 FREE	5:44.89	Jacob Fountain;Lashawn Bain;	Nassau	July 14, 2001
		David Darville;Taylor Lewis/FAC		
	5:32.02	Stephan Burrows;Leonard Hudson;	Nassau	July 11, 2002
		Dimitri Knowles;Taylor Lewis/FAC		
	5:09.22	Matthew Lowe;Devonn Knowles;	Nassau	June 24, 2004
		Camron Bruney;Mancer Roberts/BSC		
	5:08.66	Gershwin Greene, Aikman Austin,	Nassau	June 25, 2009
		Khadr Adderley, Clement Bowe/BSC		
	5:07.43	Peter Morley, Joshua Murray,	Nassau	June 17, 2012
		Mark A Thompson, Luke K Thompson/SWIFT		
	5:05.84	J charles, D Roy,	Nassau	June 17, 2017
		D Ferguson, C darville/AAC		
	5:05.12	E Pinder, R Knowles,	Nassau	June 17, 2017
		L Duncombe, E Gibson/GBT		
	<a href="#">5:04.56</a>	<a href="#">Tristen Hepburn, Livingston Duncombe</a>	<a href="#">Nassau</a>	<a href="#">June 16, 2018</a>

		Tafari Fountain, Ellie Gibson/GBT		
	4:52.49	Leroy Moncur III, Caden Wells	Nassau	June 16, 2018
		Anish Roy, Zion Gibson/MAC		
	4:51.34	David Roy, Caellum Darville	Nassau	June 16, 2018
		Caleb Ferguson, Jarrod Charles/Aac		
200 MEDLEY	2:52.24	La'Najee Moss;Ramon Strachan;	Ft.Lauderdale	April 1, 2000
		Dylan Stewart;Anthony Knowles/DSC		
	2:37.86	Je'Vaughn Saunders;David Hanna;	Nassau	June 23, 2000
		Denaj Seymour;Devon Bethel/BSC		
	2:35.92	Mancer Roberts;Camron Bruney;	Nassau	June 25, 2004
	2:30.50	Meshach Roberts; Dionisio Carey	Nassau	June 29, 2008
		Cedric Bowe; Greshwin Greene/BSC		
	2:26.83	Peter Morley, Luke Thompson,	Nassau	June 14, 2012
		Joshua Murray, Mark Thompson/SWIFT		
	2:26.31	Christopher Neil, Izaak Bastain,	Nassau	June 14, 2012
		Samuel Gibson, Sharmar St Rose/BSC		
200 Medley Mixed	2:28.79	Amauri Bonamy, Tia Adderley	Nassau	June 22, 2019
		Tristin Ferguson, Giann Sands/MAC		
	2:26.93	C. Clarke, D. Singh	Nassau	June 24, 2021
		N. Morada, A. Ferguson/BSC		
	2:25.48	S. Smith, K. Saunders,	Nassau	June 24, 2021
		K. Williams, B. Comarcho/WAVE		

## BAHAMAS SWIMMING FEDERATION HISTORY - LONG COURSE RECORDS

BOYS 9 & 10 - OPEN

June 30, 2021

EVENT	RECORD	NAME	CITY	DATE
50 FREE	34.72	Vereance Burrows'89/FAC	Nassau	June 25, 2000
	32.18	Vereance Burrows'89/FAC	Nassau	June 25, 2000
	32.01	Jonathan Bain'90/UN	Nassau	July 1, 2001
	31.56	Jonathan Bain'90/UN	Nassau	July 1, 2001
	31.31	Evante Gibson'94/WAVE	Nassau	July 3, 2005
	31.19	Evante Gibson'94/WAVE	Nassau	July 3, 2005
	31.07	Dionisio Carey'97/BSC	Nassau	May 31, 2008
	30.57	Dionisio Carey'97/BSC	Nassau	November 7, 2008
	29.94	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	29.91	Nigel Forbes'06/FAC	Nassau	November 28, 2015
	29.70	Nigel Forbes'06/FAC	Nassau	June 26, 2016
	28.38	Nigel Forbes'06/FAC	Nassau	June 26, 2016
		28.28	Marvin Johnson'06/BMA	Nassau
100 FREE	1:16.50	Dylan Stewart'90/DSC	Nassau	June 24, 2000
	1:15.56	Jonathan Bain'90/SWIFT	Nassau	June 24, 2000
	1:09.30	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:09.23	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:09.03	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:08.81	T'Auren Moss'95/DSC	Nassau	July 8, 2006
	1:08.10	T'Auren Moss'95/DSC	Nassau	July 8, 2006
	1:07.55	Nigel Forbes'06/BMA	Nassau	June 27, 2015
		1:05.55	Nigel Forbes'06/FAC	Nassau

	1:04.69	Marvin Johnson'06/FAC	Nassau	June 25, 2016
	1:03.40	Nigel Forbes'05/FAC	Nassau	June 25, 2016
	<a href="#">1:01.34</a>	<a href="#">Marvin Johnson'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">December 16, 2017</a>
200 FREE	2:46.85	Kieran Deveaux'90/BSC	Nassau	June 23, 2000
	2:42.00	Jonathan Bain'90/UN	Nassau	March 17, 2001
	2:33.27	Jonathan Bain'90/UN	Nassau	June 29, 2001
	2:29.93	Matthew Lowe'94/BSC	Nassau	July 1, 2005
	2:27.29	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	2:26.38	Lamar Taylor'03/FAC	Nassau	November 8, 2014
	2:26.09	Nigel Forbes'06/FAC	Nassau	June 26, 2015
	2:23.75	Nigel Forbes'06/FAC	Nassau	January 16, 2016
	2:21.05	Marvin Johnson'06/FAC	Nassau	June 24, 2016
	2:17.61	Nigel Forbes'05/FAC	Nassau	June 24, 2016
	<a href="#">2:16.95</a>	<a href="#">Marvin Johnson'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 23 2017</a>
400 FREE	7:03.02	Armando Moss'92/DSC	Nassau	May 31,2003
	6:16.00	Matthew Lowe'94/BSC	Nassau	February 21, 2004
	5:49.35	Matthew Lowe'94/BSC	Nassau	March 13, 2004
	5:37.44	Matthew Lowe'94/BSC	Nassau	June 25, 2004
	5:35.06	Matthew Lowe'94/BSC	Nassau	December 3, 2004
	5:31.24	Matthew Lowe'94/BSC	Nassau	February 5, 2005
	5:13.94	Matthew Lowe'94/BSC	Nassau	June 30, 2005
	5:06.63	Matthew Lowe'94/BSC	Nassau	November 19, 2005
	5:06.22	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	5:01.85	Nigel Forbes'06/FAC	Nassau	October 30, 2015
	<a href="#">4:56.37</a>	<a href="#">Nigel Forbes'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2016</a>
800 FREE	<a href="#">11:36.10</a>	<a href="#">T'Auren Moss'95/DSC</a>	<a href="#">Nassau</a>	<a href="#">February 10, 2006</a>
1500 FREE	<a href="#">22:40.11</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">February 4, 2005</a>
50 BACK	41.57	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	39.91	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	39.09	Michael Saltaformaggio'90/SBSC	Nassau	June 29, 2001
	38.60	Michael Saltaformaggio'90/SBSC	Nassau	June 29, 2001
	38.56	Travis Strachan'92/FAC	Nassau	July 11, 2003
	38.28	Mancer Roberts'93/BSC	Nassau	June 25, 2004
	37.95	T'Auren Moss'95/DSC	Nassau	July 9, 2006
	36.60	Dionisio Carey'97/BSC	Nassau	February 8, 2008
	35.58	Dionisio Carey'97/BSC	Nassau	June 29, 2008
	<a href="#">33.45</a>	<a href="#">Dionisio Carey'97/BSC</a>	<a href="#">Nassau</a>	<a href="#">November 7, 2008</a>
100 BACK	1:26.64	Je'Vaughn Saunders'89/BSC	Nassau	June 25, 2000
	1:23.76	Michael Saltaformaggio'90/SBSC	Nassau	July 1, 2001
	1:22.82	Mancer Roberts'93/BSC	Nassau	June 27, 2004
	1:22.20	Mancer Roberts'93/BSC	Nassau	November 20, 2004
	1:21.77	T'Auren Moss'95/DSC	Nassau	July 7, 2006
	1:20.11	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	1:18.91	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	1:18.82	Amouri Bonamy'06/BSC	Nassau	June 18, 2010
	<a href="#">1:17.27</a>	<a href="#">Tristen Hepburn'08/Wave</a>	<a href="#">Nassau</a>	<a href="#">June 22, 2019</a>
200 BACK	3:23.30	Jaye Butler'91/BSC	Nassau	March 9, 2001
	3:14.96	Matthew Lowe'94/BSC	Nassau	March 13, 2004
	3:06.38	Matthew Lowe'94/BSC	Nassau	March 6, 2005
	<a href="#">2:51.92</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">December 2, 2005</a>
EVENT	RECORD	NAME	CITY	DATE
50 BREAST	42.42	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.44	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.33	Ramon Strachan'90/SBSC	Nassau	June 30, 2001

	40.99	Ramon Strachan'90/SBSC	Nassau	July 14, 2001
	39.86	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	39.80	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	38.96	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	37.12	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	<a href="#">36.75</a>	<a href="#">Nigel Forbes'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
100 BREAST	1:34.95	Ramon Strachan'90/DSC	Nassau	June 24, 2000
	1:34.45	Ramon Strachan'90/SBSC	Nassau	July 1, 2001
	1:33.76	Dimitri Knowles'92/FAC	Nassau	July 13, 2003
	1:33.42	Evante Gibson'94/WAVE	Nassau	March 6, 2005
	1:28.79	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:28.78	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:25.30	Evante Gibson'94/WAVE	Nassau	December 3, 2005
	1:22.37	Izaak Bastian'01/BSC	Nassau	June 16, 2012
	<a href="#">1:21.34</a>	<a href="#">Tristen Hepburn'08/WAVE</a>	<a href="#">Nassau</a>	<a href="#">June 22, 2019</a>
200 BREAST	3:24.37	Evante Gibson'94/WAVE	Nassau	March 5, 2005
	<a href="#">3:08.31</a>	<a href="#">Evante Gibson'94/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 3, 2005</a>
50 FLY	35.76	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.20	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.03	Jonathan Bain'90/UN	Nassau	June 29, 2001
	32.87	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	32.48	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	31.17	Nigel Forbes'06/BMA	Nassau	June 26, 2015
	30.96	Nigel Forbes'06/BMA	Nassau	October 30, 2015
	<a href="#">30.46</a>	<a href="#">Marvin Johnson'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2017</a>
100 FLY	1:27.89	Vereance Burrows'89/FAC	Nassau	June 24, 2000
	1:18.46	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:14.04	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	1:13.30	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	1:12.85	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	1:12.24	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	<a href="#">1:09.52</a>	<a href="#">Nigel Forbes'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2016</a>
200 FLY	<a href="#">3:07.27</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">February 5, 2005</a>
200 I.M.	3:08.10	Je'Vaughn Saunders'89/BSC	Nassau	June 22, 2000
	2:53.25	Jonathan Bain'90/UN	Nassau	July 14, 2001
	2:51.09	Matthew Lowe'94/BSC	Nassau	June 30, 2005
	2:50.34	Matthew Lowe'94/BSC	Nassau	December 2, 2005
	2:43.68	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	2:40.52	Nigel Forbes'06/BMA	Nassau	October 30, 2015
	<a href="#">2:38.54</a>	<a href="#">Nigel Forbes'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
400 I.M.	<a href="#">6:47.46</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">March 5, 2005</a>
<b>RELAYS</b>				
200 FREE	2:18.78	Je'Vaughn Saunders;Kieran Deveaux; David Hanna;Devon Bethel/BSC	Nassau	June 25, 2000
	2:18.34	Stephan Burrows;Leonard Hudson; Dimitri Knowles;Travis Strachan/FAC	Nassau	July 14, 2002
	2:16.00	Meshach Roberts; Greshwin Greene Cedric Bowe; Dionisio Carey/BSC	Nassau	June 26, 2008
	2:15.08	Jared Fitzgerald, Anthony Rolle, Tyrique Cox, Malik Hepburn/SBSC	Nassau	June 25, 2009
	2:14.83	Peter Morley, Mark Thompson Joshua Murray, Luke Thompson/SWIFT	Nassau	June 14, 2012
	<a href="#">2:09.24</a>	<a href="#">Caleb Ferguson, David Roy,</a>	<a href="#">Nassau</a>	<a href="#">June 19, 2018</a>
		Caellum Darville, Jarrod Charles/ALPHA		

400 FREE	5:44.89	Jacob Fountain;Lashawn Bain; David Darville;Taylor Lewis/FAC	Nassau	July 14, 2001
	5:32.02	Stephan Burrows;Leonard Hudson; Dimitri Knowles;Taylor Lewis/FAC	Nassau	July 11, 2002
	5:09.22	Matthew Lowe;Devonn Knowles; Camron Bruney;Mancer Roberts/BSC	Nassau	June 24, 2004
	5:08.66	Gershwin Greene, Aikman Austin, Khadn Adderley, Clement Bowe/BSC	Nassau	June 25, 2009
	5:07.43	Peter Morley, Joshua Murray, Mark A Thompson, Luke K Thompson/SWIFT	Nassau	June 17, 2012
	5:05.84	J Charles, D Roy, D Ferguson, C darvillen/AAC	Nassau	June 17, 2017
	5:05.12	E Pinder, R Knowles, L Duncombe, E Gibson/GBT	Nassau	June 17, 2017
	5:04.56	Tristen Hepburn, Livingston Duncombe Tafari Fountain, Ellie Gibson/GBT	Nassau	June 16, 2018
	4:52.49	Leroy Moncur III, Caden Wells Anish Roy, Zion Gibson/MAC	Nassau	June 16, 2018
	4:51.34	David Roy, Caellum Darville Caleb Ferguson, Jarrod Charles/ALPHA	Nassau	June 16, 2018
200 MEDLEY	2:37.86	Je'Vaughn Saunders;David Hanna; Denaj Seymour;Devon Bethel/BSC	Nassau	June 23, 2000
	2:35.92	Mancer Roberts;Camron Bruney; Matthew Lowe;Devonn Knowles/BSC	Nassau	June 25, 2004
	2:30.50	Meshach Roberts; Dionisio Carey Cedric Bowe; Greshwin Greene/BSC	Nassau	June 29, 2008
	2:26.83	Peter Morley, Luke Thompson, Joshua Murray, Mark Thompson/SWIFT	Nassau	June 14, 2012
	2:26.31	Christopher Neil, Izaak Bastain, Samuel Gibson, Sharmar St Rose/BSC	Nassau	June 14, 2012
200 Medley Mixed	2:28.79	Amauri Bonamy, Tia Adderley Tristin Ferguson, Giann Sands/MAC	Nassau	June 22, 2019
	2:26.93	C. Clarke, D. Singh N. Morada, A. Ferguson/BSC	Nassau	June 24, 2021
	2:25.48	S. Smith, K. Saunders, K. Williams, B. Comarcho/WAVE	Nassau	June 24, 2021