

# BAHAMAS SWIMMING FEDERATION NATIONAL CHAMPIONSHIPS LONG COURSE RECORDS

GIRLS 13 & 14

June 23, 2019

EVENT	RECORD	NAME	CITY	DATE
50 FREE	27.07	Delaney Mizell'04/LSC	Nassau	June 23, 2019
100 FREE	59.39	Delaney Mizell'04/LSC	Nassau	June 22, 2019
200 FREE	2:09.33	Zayle Elizabeth Thompson'04/AAC	Nassau	June 21, 2019
400 FREE	4:36.26	Zayle Elizabeth Thompson'04/AAC	Nassau	June 23, 2019
800 FREE	9:32.53	Joanna Evans'97/LLSC	Nassau	June 14, 2012
50 BACK	30.80	Virginia Stamp'01/AAC	Nassau	June 25, 2016
100 BACK	1:08.17	Virginia Stamp'01/AAC	Nassau	June 24, 2016
200 BACK	2:31.93	Zayle Elizabeth Thompson'04/AAC	Nassau	June 22, 2019
50 BREAST	33.98	Lilly Higgs'00/SWIFT	Nassau	June 27, 2015
100 BREAST	1:13.19	Lilly Higgs'00/SWIFT	Nassau	June 28 2015
200 BREAST	2:40.25	Lilly Higgs'00/SWIFT	Nassau	June 25, 2015
50 FLY	29.65	Taryn Smith'96/LLSC	Nassau	June 19, 2011
100 FLY	1:07.02	Taryn Smith'96/YMCA	Nassau	June 18, 2011
200 FLY	2:31.06	Taryn Smith'96/LLSC	Nassau	June 20, 2011
200 I.M.	2:25.17	Lilly Higgs'00/SWIFT	Nassau	June 27, 2015
400 I.M.	5:12.60	Albury Higgs'99/SWIFT	Nassau	June 21, 2014
<b>RELAYS</b>				
200 FREE	1:54.19	Victoria Russell; Brianna Nesbitt; Celia Campbell; Lilly Higgs/SWIFT	Nassau	June 25, 2015
400 FREE	4:12.99	R. Lundy, M. Sastre M. Albury, K. Moss/MAC	Nassau	June 22, 2019
200 MEDLEY	2:09.40	Celia Campbell; Lilly Higgs Victoria Russell; Brianna Nesbitt/SWIFT	Nassau	June 27, 2015
400 MEDLEY	4:47.60	Celia Campbell; Lilly Higgs Victoria Russell; Tenniya Martin/SWIFT	Nassau	June 26, 2015

\_\_\_\_\_