

# BAHAMAS SWIMMING FEDERATION

## HISTORY - LONG COURSE RECORDS

BOYS 11 & 12 - BAHAMAS

December 14, 2019

EVENT	RECORD	NAME	CITY	DATE
50 FREE	26.43	Christopher Vythoukas'84/SBSC	Havana	July 17, 1997
	26.02	Marvin Johnson'06/BAH	Aruba	July 3, 2018
	25.68	Marvin Johnson'06/BAH	Nassau	June 23, 2019
	<a href="#">25.45</a>	<a href="#">Marvin Johnson'06/BAH</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>
100 FREE	57.99	Christopher Vythoukas'84/SBSC	Havana	July 5, 1997
	57.99	Lamar Taylor'03/FAC	Nassau	July 1, 2016
	57.79	Nigel Forbes'05/BAH	Aruba	July 2, 2018
	56.61	Marvin Johnson'06/BAH	Barbados	April 23, 2019
	56.01	Marvin Johnson'06/BAH	Nassau	June 22, 2019
	<a href="#">55.83</a>	<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">November 30, 2019</a>
200 FREE	2:10.30	Dorian Roach'75/SBSC	Santiago	August 2, 1988
	2:08.96	Marvin Johnson'06/Wave	Nassau	November 11, 2018
	2:08.45	Marvin Johnson'06/BAH	Barbados	April 21, 2019
	2:07.92	Marvin Johnson'06/BAH	Barbados	April 21, 2019
	2:07.08	Marvin Johnson'06/WAVE	Nassau	June 30, 2019
<a href="#">2:05.04</a>	<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">October 26, 2019</a>	
400 FREE	4:44.05	Christopher Vythoukas'84/SBSC	Havana	July 10, 1997
	4:40.62	Zach Moses'97/SWIFT	Kingston	April 6, 2010
	4:39.73	Zach Moses'97/SWIFT	Havana	April 25, 2019
	4:36.93	Nigel Forbes'05/GBT	Nassau	April 18, 2017
	4:35.98	Nigel Forbes'05/GBT	Ft Lauderdale	January 19, 2018
	4:33.48	Marvin Johnson'06/Wave	Barbados	July 2, 2019
<a href="#">4:28.83</a>	<a href="#">Marvin Johnson'06/Wave</a>	<a href="#">Barbados</a>	<a href="#">November 30, 2019</a>	
800 FREE	11:54.62	Anthony Knowles'90/DSC	Nassau	July 14, 2002
	10:50.22	John Bradley'91/WAVE	Nassau	March 22, 2003
	10:01.80	John Bradley'91/WAVE	Nassau	July 13, 2003
	9:58.54	John Bradley'91/WAVE	Nassau	June 27, 2004
	9:57.58	Matthew Lowe'94/BSC	Nassau	May 10, 2007
	9:56.81	Dustin Tynes'96/BSC	Nassau	December 05, 2009
	9:50.40	Zach Moses'97/SWIFT	Nassau	May 10, 2007
	9:43.47	Zach Moses'97/SWIFT	Nassau	June 23, 2010
	9:42.99	Nigel Forbes'05/GBT	Nassau	May 19, 2018
	<a href="#">9:36.13</a>	<a href="#">Marvin Johnson'06/Wave</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>
1500 FREE	21:35.62	Bronson Malone'74/BSC	Port of Spain	April 20, 1987
	20:33.24	Matthew Lowe'94/BSC	Nassau	March 03, 2006
	19:04.20	Matthew Lowe'94/BSC	Nassau	December 14, 2007
	<a href="#">18.08.56</a>	<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>
50 BACK	35.76	Jeremy Roberts'82/SWIFT	Salinas	November 25, 1995
	35.52	Taylor Lewis'91/FAC	Kingston	July 04, 2004
	34.84	Mancer Roberts'93/BSC	Bridgetown	April 06, 2006
	34.70	Mancer Roberts'93/BSC	Bridgetown	April 06, 2006
	34.20	Mancer Roberts'93/BSC	Salinas	June 28, 2006
	33.42	Evante Gibson'94/Wave	Nassau	May 13, 2007
	31.89	Dionisio Carey'97/BSC	Nassau	March 07, 2009
	31.61	Dionisio Carey'97/BSC	Savaneta	April 17, 2009
	31.42	Dionisio Carey'97/BSC	Savaneta	April 17, 2009
31.26	Dionisio Carey'97/BSC	Nassau	May 15, 2009	

	30.86	Dionisio Carey'97/BSC	Kingston	April 3, 2010
	30.19	Dionisio Carey'97/BSC	Havana	June 30, 2010
	<a href="#">29.80</a>	<a href="#">DaVante Carey'02/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">November 7, 2015</a>
100 BACK	<a href="#">1:06.40</a>	<a href="#">Christopher Vythoukas'84/SBSC</a>	<a href="#">Havana</a>	<a href="#">July 8, 1997</a>
200 BACK	<a href="#">2:23.13</a>	<a href="#">Christopher Vythoukas'84/SBSC</a>	<a href="#">Havana</a>	<a href="#">July 5, 1997</a>
50 BREAST	44.41	Dion Cunningham'84/SWIFT	Salinas	November 24, 1995
	39.21	Ashton Knowles'88/FAC	Nassau	July 14, 2001
	38.89	Dimitri Knowles'92/FAC	Nassau	March 5, 2005
	37.98	Dimitri Knowles'92/FAC	Curacao	April 2, 2005
	37.71	Dimitri Knowles'92/FAC	Nassau	July 1, 2005
	37.31	Dimitri Knowles'92/FAC	Nassau	July 1, 2005
	36.69	Evante Gibson'94/WAVE	Bridgetown	April 8, 2006
	35.68	Evante Gibson'94/WAVE	Salinas	June 29, 2006
	35.63	Evante Gibson'94/WAVE	Salinas	June 29, 2006
	35.15	Evante Gibson'94/WAVE	Nassau	July 7, 2006
	34.39	Evante Gibson'94/WAVE	Kingston	April 9, 2007
	33.71	Evante Gibson'94/WAVE	Kingston	April 9, 2007
	33.55	Evante Gibson'94/Wave	Nassau	May 11, 2007
	33.14	Dustin Tynes'96/BSC	Nassau	June 25, 2009
	33.12	Izaak Bastian'01/BSC	Aruba	April 24, 2014
	32.94	Izaak Bastian'01/BSC	Nassau	June 20, 2014
	32.54	Nigel Forbes'05/GBT	Nassau	June 18, 2018
	32.15	Nigel Forbes'05/BAH	Aruba	July 1, 2018
	<a href="#">32.02</a>	<a href="#">Nigel Forbes'05/BAH</a>	<a href="#">Nassau</a>	<a href="#">October 27, 2018</a>
100 BREAST	1:17.07	Dorian Roach'75/SBSC	Santiago	August 1, 1988
	1:15.50	Evante Gibson'94/WAVE	Kingston	April 10, 2007
	1:14.04	Dustin Tynes'96/BSC	Savaneta	April 19, 2009
	1:12.26	Dustin Tynes'96/BSC	Venezuela	July 5, 2009
	1:12.24	Nigel Forbes'05/GBT	Nassau	June 18, 2018
	<a href="#">1:11.16</a>	<a href="#">Nigel Forbes'05/BAH</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2018</a>
200 BREAST	2:43.49	Patrick Stevenson'78/BSC	Kingston	March 28, 1991
	2:41.82	Dustin Tynes'96/BSC	Nassau	March 20, 2009
	2:40.35	Dustin Tynes'96/BSC	Savaneta	April 16, 2009
	2:38.79	Dustin Tynes'96/BSC	Savaneta	April 16, 2009
	2:38.61	Izaak Bastian'01/BSC	Aruba	April 24, 2014
	<a href="#">2:36.00</a>	<a href="#">Nigel Forbes'05/BAH</a>	<a href="#">Aruba</a>	<a href="#">July 3, 2018</a>
50 FLY	41.04	Christopher Taylor'88/DSC	Ft.Lauderdale	April 1, 2000
	32.01	Vereance Burrows'89/FAC	Nassau	July 14, 2001
	29.20	Denaj Seymour'89/BSC	Nassau	May 18, 2002
	28.92	Evante Gibson'94/WAVE	Kingston	April 8, 2007
	28.44	Evante Gibson'94/WAVE	Kingston	April 8, 2007
	28.43	Evante Gibson'94/Wave	Nassau	May 12, 2007
	28.36	Evante Gibson'94/Wave	San Salvador	June 26, 2007
	27.77	Evante Gibson'94/Wave	San Salvador	June 26, 2007
	27.67	Nigel Forbes'05/GBT	Nassau	June 18, 2018
	27.63	Nigel Forbes'05/WAVE	Nassau	November 11, 2018
	<a href="#">27.09</a>	<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>
100 FLY	1:03.30	Christopher Vythoukas'84/SBSC	Havana	July 16, 1997
	1:02.83	Samuel Gibson'01/BSC	Barbados	July 02, 2014
	1:01.95	Nigel Forbes'05/BAH	Aruba	July 1, 2018
	<a href="#">1:00.20</a>	<a href="#">Nigel Forbes'05/BAH</a>	<a href="#">Nassau</a>	<a href="#">November 11, 2018</a>
200 FLY	2:44.81	Travano McPhee'85/DSC	Port of Spain	April 12, 1997
	2:39.34	Travano McPhee'85/DSC	Guadeloupe	April 16, 1998
	2:37.53	Todd Wilson'85/FAC	Bridgetown	July 15, 1998

	2:35.49	Matthew Lowe'94/BSC	Bridgetown	April 8, 2006
	2:33.25	Evante Gibson'94/WAVE	Salinas	June 27, 2006
	2:30.75	Evante Gibson'94/WAVE	Kingston	April 9, 2007
	2:28.87	Evante Gibson'94/WAVE	Kingston	April 9, 2007
	2:27.12	Evante Gibson'94/WAVE	Nassau	May 13, 2007
	2:26.04	Evante Gibson'94/Wave	San Salvador	June 25, 2007
	<a href="#">2:20.15</a>	<a href="#">Nigel Forbes'05/WAVE</a>	<a href="#">Nassau</a>	<a href="#">October 26, 2018</a>
200 I.M.	2:26.90	Christopher Vythoulkas'84/SBSC	Port of Spain	April 11, 1997
	<a href="#">2:23.90</a>	<a href="#">Marvin Johnson'06/Wave</a>	<a href="#">Barbados</a>	<a href="#">July 1, 2019</a>
400 I.M.	6:38.05	David Hanna'89/BSC	Nassau	February 8, 2002
	6:02.98	Sterling Greene'89/BSC	Nassau	July 11, 2002
	5:51.90	Evante Gibson'94/WAVE	Nassau	March 4, 2006
	5:51.71	Matthew Lowe'94/BSC	Nassau	March 10, 2006
	5:35.91	Evante Gibson'94/WAVE	Nassau	July 7, 2006
	5:24.69	Evante Gibson'94/WAVE	Kingston	April 8, 2007
	5:21.83	Zach Moses'97/SWIFT	Kingston	April 4, 2010
	5:20.46	Nigel Forbes'05/GBT	Nassau	April 16, 2017
	5:20.18	Nigel Forbes'05/GBT	Kingston	April 2, 2018
	5:18.05	Nigel Forbes'05/GBT	Nassau	June 18, 2018
	5:08.36	Nigel Forbes'05/GBT	Nassau	November 10, 2018
	<a href="#">5:03.10</a>	<a href="#">Marvin Johnson'06/Wave</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>
<b>RELAYS</b>				
200 FREE	1:53.78	Corin McCartney;Bronson Lowe;	Port of Spain	April 13, 1997
		Travano McPhee;Christopher Vythoulkas/BAH		
	<a href="#">1:50.89</a>	<a href="#">T'Lez Foulkes, Darren Laing</a>	<a href="#">Aruba</a>	<a href="#">April 25, 2014</a>
		<a href="#">Izaak Bastian, Samuel Gibson/BAH</a>		
400 FREE	4:15.97	Nicholas Rees;Carlyle Campbell;	Kingston	July 11, 1994
		Jonathan Cancino;Jeremy Knowles/BAH		
	4:14.91	Mancer Roberts;Delano McIntosh;	Salinas	June 27, 2006
		Evante Gibson;Devonn Knowles/BAH		
	4:06.94	T'Lez Foulkes, Darren Laing	Aruba	April 22, 2014
		Izaak Bastian, Samuel Gibson/BAH		
	<a href="#">4:03.52</a>	<a href="#">Samuel Gibson; Darren Laing</a>	<a href="#">Barbados</a>	<a href="#">July 1, 2014</a>
		<a href="#">Izaak Bastian, T'Lez Foulkes/BAH</a>		
800 FREE	<a href="#">9:15.86</a>	<a href="#">Taro Sears, Ramon Pinder</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
		<a href="#">Rommell Ferguson, Lamar Taylor/BAH</a>		
200 MEDLEY	2:21.01	Je'Vaughn Saunders;David Hanna;	Nassau	June 29, 2001
		Denaj Seymour;Barrington Miller/BSC		
	2:19.64	Javari Southard;Brito Stuart;	Nassau	July 14, 2001
		Denaj Seymour;Xhantio Panza/NP		
	2:19.62	David Hanna;Drew Lightbourne;	Nassau	July 12, 2002
		Denaj Seymour;Anthony Gomez/BSC		
	2:15.77	Dylan Cash; Trey Taylor	Nassau	June 29, 2008
		T'Auren Moss; Perez Moss/SBSC		
	2:07.03	Christopher Neil; Izaak Bastian;	Nassau	June 22, 2014
		Samuel Gibson;, Joshua Murray/BSC		
400 MEDLEY	4:41.93	Corin McCartney;Bronson Lowe;	Havana	July 09, 1997
		Travano McPhee;Christopher Vythoulkas/BAH		
	4:33.43	Peter Morley, Izaak Bastian	Aruba	April 23, 2014
		Samuel Gibson, Darren Laing/BAH		
	<a href="#">4:30.14</a>	<a href="#">Peter Morley, Izaak Bastian</a>	<a href="#">Barbados</a>	<a href="#">June 30, 2014</a>
		<a href="#">Samuel Gibson, T'Lez Foulkes/BAH</a>		
200 Medley Mixed	<a href="#">2.09.10</a>	<a href="#">Amauri Bonamy, Tia Adderley</a>	<a href="#">Nassau</a>	<a href="#">June 22, 2019</a>

## BOYS 11 &amp; 12 - OPEN

June 30, 2021

EVENT	RECORD	NAME	CITY	DATE	
50 FREE	29.64	Nevar Smith'87/FAC	Nassau	June 25, 2000	
	29.35	Nevar Smith'87/FAC	Nassau	June 25, 2000	
	28.83	Shaune Fraser'89/CAY	Nassau	April 22, 2001	
	28.47	Justin Best'89/BAR	Nassau	April 22, 2001	
	27.08	Vereance Burrows'89/FAC	Nassau	July 14, 2002	
	26.57	Jesse Washington'99/BASA	Nassau	April 15, 2012	
	26.52	Lamar Taylor'03/BAH	Nassau	July 2, 2016	
	26.52	Nathaniel Thomas'04/JAM	Nassau	April 18, 2017	
	26.45	Marvin Johnson'06/WAVE	Nassau	October 27, 2018	
	26.14	Tristin Ferguson'06/MAC	Nassau	June 23, 2019	
100 FREE	25.68	Marvin Johnson'06/WAVE	Nassau	June 23, 2019	
	<a href="#">25.45</a>	<a href="#">Marvin Johnson'06/BAH</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>	
	1:03.66	Karl McCartney'87/BSC	Nassau	June 24, 2000	
	1:02.65	Batiste DeGrace'89/AGF	Nassau	April 21, 2001	
	1:02.07	Andre Schamber'89/TRI	Nassau	April 21, 2001	
	1:00.67	Nosy Pelagie'91/AGF	Nassau	April 17, 2004	
	59.62	Dionisio Carey'97/BSC	Nassau	June 25, 2010	
	57.31	Jesse Washington'99/BASA	Nassau	April 14, 2012	
	56.01	Marvin Johnson'06/WAVE	Nassau	June 22, 2019	
	<a href="#">55.83</a>	<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">November 30, 2019</a>	
200 FREE	2:21.32	Nevar Smith'87/FAC	Nassau	June 23, 2000	
	2:15.85	Shaune Fraser'89/CAY	Nassau	April 20, 2001	
	2:10.03	John Bradley'91/WAVE	Nassau	April 16, 2004	
	2:07.95	Jesse Washington'99/BASA	Nassau	April 13, 2012	
	<a href="#">2:05.04</a>	<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">October 26, 2019</a>	
400 FREE	5:12.84	Karl McCartney'87/BSC	Nassau	June 23, 2000	
	4:39.67	Shaune Fraser'89/CAY	Nassau	Apr.21, 2001	
	4:29.92	Samson Boileau'99/GUAD	Nassau	April 15, 2012	
	<a href="#">4:28.83</a>	<a href="#">Marvin Johnson'06/Wave</a>	<a href="#">Barbados</a>	<a href="#">November 30, 2019</a>	
800 FREE	11:54.62	Anthony Knowles'90/DSC	Nassau	July 14, 2002	
	10:50.22	John Bradley'91/WAVE	Nassau	March 22, 2003	
	10:38.80	John Bradley'91/WAVE	Nassau	July 13, 2003	
	10:01.54	John Bradley'91/WAVE	Nassau	June 27, 2004	
	9:59.01	John Bradley'91/WAVE	Nassau	November 14, 2003	
	9:58.58	Matthew Lowe'94/BSC	Nassau	May 10, 2007	
	9:56.81	Dustin Tynes'96/BSC	Nassau	December 5, 2009	
	9:50.40	Zach Moses'97/SWIFT	Nassau	December 5, 2009	
	9:43.47	Zach Moses'97/SWIFT	Nassau	June 23, 2010	
	9:42.99	Nigel Forbes'05/GBT	Nassau	May 19, 2018	
	<a href="#">9:36.13</a>	<a href="#">Marvin Johnson'06/Wave</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>	
	1500 FREE	20:33.24	Matthew Lowe'94/BSC	Nassau	March 3, 2006
		19:04.20	Matthew Lowe'94/BSC	Nassau	December 14, 2007
<a href="#">18:42.70</a>		<a href="#">Zach Moses'97/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">February 12, 2010</a>	
<a href="#">18.08.56</a>		<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>	
50 BACK	36.32	Javari Southard,88/FSC	Nassau	July 14, 2001	
	35.15	Walter Romany'91/TRI	Nassau	April 17, 2004	
	33.44	Allard Tjon Lim Sang'91/SUR	Nassau	April 17, 2004	
	33.42	Evante Gibson'94/Wave	Nassau	May 13, 2007	

	31.89	Dionisio Carey'97/BSC	Nassau	Mar. 07, 2009
	31.26	Dionisio Carey'97/BSC	Nassau	May 15, 2009
	30.40	K-Ryls Miatty'97/GUAD	Nassau	April 12, 2012
	<a href="#">29.80</a>	<a href="#">DaVante Carey'02/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">November 7, 2015</a>
100 BACK	1:12.74	Nevar Smith'87/FAC	Nassau	June 23, 2000
	1:12.27	Nevar Smith'87/FAC	Nassau	June 23, 2000
	1:11.62	Joel Refos'89/SUR	Nassau	April 20, 2001
	1:10.30	Allard Tjon Lim Sang'91/SUR	Nassau	April 17, 2004
	1:06.87	Dionisio Carey'97/BSC	Nassau	June 25, 2010
	<a href="#">1:06.52</a>	<a href="#">DaVante Carey'02/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">November 28, 2015</a>
EVENT	RECORD	NAME	CITY	DATE
200 BACK	2:39.71	Nevar Smith'87/FAC	Nassau	June 25, 2000
	2:32.33	Shaune Fraser'89/CAY	Nassau	April 22, 2001
	2:27.96	K-Ryls Miatty'97/GUAD	Nassau	April 15, 2012
	2:26.35	Tristan Pragnell'03/BAR	Nassau	July 2, 2016
	2:26.20	Derek Correal'03/PUR	Nassau	July 2, 2016
	2:25.28	Tristan Pragnell'03/BAR	Nassau	July 2, 2016
	<a href="#">2:24.08</a>	<a href="#">Donald L Saunders'08/LIT</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2021</a>
50 BREAST	39.21	Ashton Knowles'88/FAC	Nassau	July 14, 2001
	37.28	Raymond Edwards'91/BAR	Nassau	April.18, 2004
	35.15	Evante Gibson'94/WAVE	Nassau	July 7, 2006
	34.33	Evante Gibson'94/Wave	Nassau	May 11, 2007
	33.55	Evante Gibson'94/Wave	Nassau	May 11, 2007
	33.14	Dustin Tynes'96/BSC	Nassau	June 25, 2009
	32.94	Izaak Bastian'01/BSC	Nassau	June 20, 2014
	32.42	Sam Williamson'04/BER	Nassau	April 17, 2017
	<a href="#">32.02</a>	<a href="#">Nigel Forbes'05/GBT</a>	<a href="#">Nassau</a>	<a href="#">October 27, 2017</a>
100 BREAST	1:20.14	Karl McCartney'87/BSC	Nassau	June 24, 2000
	1:19.23	Joel Refos'89/SUR	Nassau	April 22, 2001
	1:17.47	Joel Refos'89/SUR	Nassau	April 22, 2001
	1:17.18	Evante Gibson'94/Wave	Nassau	May 12, 2007
	1:16.38	Dionisio Carey'97/BSC	Nassau	May 15, 2009
	1:15.02	Dustin Tynes'96/BSC	Nassau	June 26, 2009
	1:14.87	Dustin Tynes'96/BSC	Nassau	November 7, 2009
	1:12.34	Izaak Bastian'01/BSC	Nassau	December 27, 2014
	<a href="#">1:12.24</a>	<a href="#">Nigel Forbes'05/GBT</a>	<a href="#">Nassau</a>	<a href="#">June 18, 2018</a>
200 BREAST	3:00.50	Karl McCartney'87/BSC	Nassau	June 25, 2000
	2:47.06	Joel Refos'89/SUR	Nassau	April 21, 2001
	2:41.82	Dustin Tynes'96/BSC	Nassau	March 20, 2009
	2:41.45	Dustin Tynes'96/BSC	Nassau	June 27, 2009
	2:38.61	Izaak Bastian'01/BSC	Nassau	March 22, 2014
	2:36.83	McCallum Clarke'02/BAR	Nassau	June 29, 2016
	<a href="#">2:36.67</a>	<a href="#">Sam Williamson'04/BER</a>	<a href="#">Nassau</a>	<a href="#">April 15, 2017</a>
50 FLY	32.01	Vereance Burrows'89/FAC	Nassau	July 14, 2001
	29.20	Denaj Seymour'89/BSC	Nassau	May 18, 2002
	28.43	Evante Gibson'94/Wave	Nassau	May 12, 2007
	28.39	Kevon Lockhart'02/BSC	Nassau	June 26, 2015
	28.28	Ian Pinder'02/BSC	Nassau	June 26, 2015
	28.28	DeVante Carey'02/SWIFT	Nassau	June 26, 2015
	28.12	Nigel Forbes'05/GBT	Nassau	December 16, 2017
	27.67	Nigel Forbes'05/GBT	Nassau	June 18, 2018
	27.63	Nigel Forbes'05/WAVE	Nassau	November 11, 2018
	<a href="#">27.09</a>	<a href="#">Marvin Johnson'06/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>

100 FLY	1:14.40	Inoa Charlton'87/SWIFT	Nassau	June 23, 2000
	1:13.57	Christopher Rinus'87/SWIFT	Nassau	June 23, 2000
	1:09.85	Joel Refos'89/SUR	Nassau	April 20, 2001
	1:06.44	Shaune Fraser'89/CAY	Nassau	April 20, 2001
	1:04.05	Allard Tjon Lim Sang'91/SUR	Nassau	April 16, 2004
	1:03.79	Evante Gibson'94/WAVE	Nassau	May 11, 2007
	1:03.69	Kevon Lockhart'02/BSC	Nassau	November 28, 2015
	1:03.49	Lamar C Taylor'03/FAC	Nassau	December 17, 2016
	1:03.27	Nigel Forbes'05/GBT	Nassau	June 18, 2018
	<a href="#">1:00.20</a>	<a href="#">Nigel Forbes'05/GBT</a>	<a href="#">Nassau</a>	<a href="#">November 11, 2018</a>
200 FLY	2:58.78	Christopher Rinus'87/SWIFT	Nassau	June 24, 2000
	2:24.60	Shaune Fraser'89/CAY	Nassau	April 22, 2001
	<a href="#">2:20.15</a>	<a href="#">Nigel Forbes'05/GBT</a>	<a href="#">Nassau</a>	<a href="#">October 26, 2018</a>
200 I.M.	2:37.91	Karl McCartney'87/BSC	Nassau	June 22, 2000
	2:30.92	Joel Refos'89/SUR	Nassau	April 21, 2001
	2:30.15	Evante Gibson'94/WAVE	Nassau	May 10, 2007
	2:29.20	Dustin Tynes'96/BSC	Nassau	June 24, 2009
	2:24.69	McCallum Clarke'03/BAR	Nassau	July 1, 2016
	<a href="#">2:23.61</a>	<a href="#">Derek Correa'03/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
400 I.M.	6:38.05	David Hanna'89/BSC	Nassau	February 8, 2002
	6:02.98	Sterling Greene'89/BSC	Nassau	July 11, 2002
	5:51.90	Evante Gibson'94/WAVE	Nassau	March 4, 2006
	5:51.71	Matthew Lowe'94/BSC	Nassau	March 10, 2006
	5:35.91	Evante Gibson'94/WAVE	Nassau	July 8, 2006
	5:26.72	Evante Gibson'94/WAVE	Nassau	May 12, 2007
	5:19.12	K-Ryls Miatty'97/GUAD	Nassau	April 13, 2012
	5:11.56	Ludovic Lomon'04/GUAD	Nassau	April 16, 2017
	5:10.95	Sam Williamson'04/BER	Nassau	April 16, 2017
	<a href="#">5:08.36</a>	<a href="#">Nigel Forbes'05/WAVE</a>	<a href="#">Nassau</a>	<a href="#">November 10, 2018</a>
	<a href="#">5:03.10</a>	<a href="#">Marvin Johnson'06/Wave</a>	<a href="#">Nassau</a>	<a href="#">December 14, 2019</a>
<b>RELAYS</b>				
200 FREE	2:05.08	Inoa Charlton;Laron Culmer; Elliott Knowles;Christopher Rinus/SWIFT	Nassau	June 25, 2000
	1:57.02	Andre Schamber;Russ Williams; Gregory Lambie;Jonn-Ross Andrews/TRI	Nassau	April 22, 2001
	1:56.71	David Hanna;Barrington Miller; Anthony Gomez;Denaj Seymour/BSC	Nassau	July 14, 2002
	1:53.12	Nicolas Charlery;Cedric Renard; Jean Yann Bouchaut;Nosy Pelagie/AGF	Nassau	April 18, 2004
	<a href="#">1:49.34</a>	<a href="#">Karl Fabri; Scotty Tomy</a> <a href="#">Samson Boileau; K-Ryls Miatty/GUAD</a>	<a href="#">Nassau</a>	<a href="#">April 14, 2012</a>
400 FREE	4:43.75	Inoa Charlton;Laron Culmer; Elliott Knowles;Christopher Rinus/SWIFT	Nassau	June 22, 2000
	4:20.65	Batiste DeGrace;Yann Coqueran; Rudy Dissler;Kevin Viator/AGF	Nassau	April 20, 2001
	4:14.08	Nosy Pelagie;Cedric Renard; Jean Yann Bouchaut;Nicolas Charlery/AGF	Nassau	April 16, 2004
	4:01.92	Samson Boileau; Scotty Tomy Karl Fabri; K-Ryls Miatty/GUAD	Nassau	April 13, 2012
	<a href="#">4:01.39</a>	<a href="#">Derek Correa; Carlos Paris</a> <a href="#">Minfer Lebron; Elmer Rivera/PUR</a>	<a href="#">Nassau</a>	<a href="#">June 29, 2016</a>
800 FREE	<a href="#">8:56.87</a>	<a href="#">Elmer Rivera, Carlos Paris</a> <a href="#">Minfer Lebron, Derek Correa/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
200 MEDLEY	2:20.35	Damien Neymour;Inoa Charlton;	Nassau	June 23, 2000

		Christopher Rinus;Laron Culmer/SWIFT		
	2:19.64	Javari Southard;Brito Stuart; Denaj Seymour;Xhantio Panza/NP	Nassau	July 14, 2001
	2:19.62	David Hanna;Drew Lightbourne; Denaj Seymour;Anthony Gomez/BSC	Nassau	July 12, 2002
	2:15.77	Dylan Cash; Trey Taylor T'Auren Moss; Perez Moss/SBSC	Nassau	June 29, 2008
	2:11.38	Meshach Roberts; Dustin Tynes Dionisio Carey; Kohen Kerr/BSC	Nassau	June 25, 2009
	2:07.03	Christopher Neil; Izaak Bastian; Samuel Gibson;, Joshua Murray/BSC	Nassau	June 22, 2014
	2:06.74	<a href="#">Peter Morley, DaVasnte Carey, Shimon Lopez, Darren Laing/SWIFT</a>	Nassau	June 22, 2014
400 MEDLEY	5:15.69	Damien Neymour;Inoa Charlton; Christopher Rinus;Elliott Knowles/SWIFT	Nassau	June 24, 2000
	4:56.13	Andre Schamber;Jason Foncette; Jonn-Ross Andrews;Russ Williams/TRI	Nassau	April 21, 2001
	4:48.62	Kevin Kruys Van't;Mitchell Lie A Kwie; Marcelino Richaards;Allard Tjon Lim Sang/SUR	Nassau	April 17, 2004
	4:46.23	Samson Boileau; K-Ryls Miatty Karl Fabri; Scotty Tomy/GUAD	Nassau	April 13, 2012
	4:35.10	<a href="#">Tristan Pragnell; McCallum Clarke Chris Pollard; Zachary Taylor/BAR</a>	Nassau	July 1, 2016
200 Medley Mixed	2:09.10	<a href="#">Amauri Bonamy, Tia Adderley Tristin Ferguson, Giann Sands/MAC</a>	Nassau	June 22, 2019

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