

BAHAMAS SWIMMING FEDERATION

HISTORY - LONG COURSE RECORDS

GIRLS 13 & 14 - BAHAMAS

July 3, 2019

EVENT	RECORD	NAME	CITY	DATE	
50 FREE	29.27	Shanti Malcolm'82/FAC	Port of Spain	April 13, 1997	
	29.07	Aymara Albury'85/BSC	Jamaica	April 15, 1999	
	29.04	Aymara Albury'85/BSC	Jamaica	April 15, 1999	
	28.96	Aymara Albury'85/BSC	Bridgetown	April 30, 2000	
	28.69	Aymara Albury'85/BSC	Nassau	June 25, 2000	
	28.58	Aymara Albury'85/BSC	Aruba	July 26, 2000	
	28.54	Ariel Weech'91/SBSC	Nassau	June 30, 2005	
	28.43	Arianna Vanderpool-Wallace'90/UN	Nassau	July 3, 2005	
	27.78	Ariel Weech'91/SBSC	Santo Domingo	August 8, 2005	
	27.69	Ariel Weech'91/SBSC	Bridgetown	April 9, 2006	
	27.31	Ariel Weech'91/SBSC	Salinas	June 27, 2006	
	27.16	Delaney Mizell'04/LSC	Nassau	Feb 1, 2019	
	27.07	Delaney Mizell'04/LSC	Nassau	June 23, 2019	
	26.96	Delaney Mizell'04/LSC	Barbados	July 2, 2019	
	100 FREE	1:04.67	Sharon Jones,73/BSC	Kingston	April 7, 1988
1:04.55		Patricia Thompson'83/SWIFT	Guadeloupe	April 17, 1998	
1:04.10		Nikia Deveaux'85/BSC	Nassau	June 24, 2000	
1:03.01		Jodi Curtis'86/WAVE	Nassau	April 21, 2001	
1:02.48		Arianna Vanderpool-Wallace'90/TPAC	Nassau	April 17, 2004	
1:01.64		Arianna Vanderpool-Wallace'90/TPAC	Nassau	May 15, 2004	
1:01.28		Arianna Vanderpool-Wallace'90/TPAC	Nassau	June 26, 2004	
1:00.44		Arianna Vanderpool-Wallace'90/UN	Santo Domingo	August 5, 2005	
1:00.23		Taryn smith'96/LLSC	Santo Domingo	August 5, 2005	
1:00.13		Lilly Higgs'00/SWIFT	Greensboro	July 18, 2015	
1:00.11		Zayle Elizabeth Thompson/'04/BAH	Barbados	April 23, 2019	
59.39		Delaney Mizell'04/LSC	Nassau	June 23, 2019	
200 FREE		2:22.82	Kimberly Knowles'72/BSC	Port of Spain	April 18, 1987
		tied	Patricia Thompson'83/SWIFT	Port of Spain	April 11, 1997
		2:20.37	Katie Roach'84/SWIFT	Guadeloupe	April 17, 1998
	2:17.36	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Feb 14, 2004	
	2:15.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	April 16, 2004	
	2:14.94	Arianna Vanderpool-Wallace'90/UN	Curacao	April 1, 2005	
	2:13.91	Arianna Vanderpool-Wallace'90/UN	Santo Domingo	August 6, 2005	
	2:09.74	McKayla Lightbourn'92/SWIFT	Kingston	April 8, 2007	
	2:09.33	Zayle-Elizabeth Thompson'04/AAC	Nassau	June 21, 2019	
	400 FREE	5:07.67	Patricia Thompson'83/SWIFT	Port of Spain	April 13, 1997
		4:55.92	Katie Roach'84/SWIFT	Guadeloupe	April 18, 1998
		4:50.62	Arianna Vanderpool-Wallace'90/TPAC	Nassau	April 18, 2004
		4:48.51	Arianna Vanderpool-Wallace'90/TPAC	Nassau	June 25, 2004
		4:39.99	McKayla Lightbourn'92/SWIFT	Bridgetown	April 9, 2006
		4:36.69	McKayla Lightbourn'92/SWIFT	Ft. Pierce	July 30, 2006

	4:32.56	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007
	4:31.05	McKayla Lightbourn'92/SWIFT	Kingston	April 10, 2007
800 FREE	11:24.48	Iola Saunders'82/SWIFT	Port of Spain	April 13, 1996
	10:21.64	Katie Roach'84/SWIFT	Guadeloupe	April 16, 1998
	10:14.08	Arianna Vanderpool-Wallace'90/TPAC	Nassau	Feb` 21, 2004
	9:51.07	Arianna Vanderpool-Wallace'90/TPAC	Nassau	April 15, 2004
	9:50.47	McKayla Lightbourn'92/SWIFT	Nassau	Feb 10, 2006
	9:24.04	McKayla Lightbourn'92/SWIFT	Bridgetown	April 6, 2006
	9:24.00	McKayla Lightbourn'92/SWIFT	Clearwater	March .16, 2007
	9:18.65	McKayla Lightbourn'92/SWIFT	Kingston	April 7, 2007
50 BACK	34.55	Alana Dillette'87/FAC	Nassau	Jul.14, 2001
	34.19	Teisha Lightbourne'89/SBSC	Kingston	July 4, 2004
	34.14	Arianna Vanderpool-Wallace'90/UN	Nassau	June 4, 2005
	33.78	Jade Thompson'91/BSC	Nassau	July 3, 2005
	32.80	Ariel Weech'91/SBSC	Bridgetown	April 6, 2006
	32.06	Ariel Weech'91/SBSC	Bridgetown	April 6, 2006
	31.89	Ariel Weech'91/SBSC	Salinas	June28, 2006
	31.51	Virginia Stamp'01/AAC	Nassau	June 25, 2015
	31.50	Virginia Stamp'01/AAC	Dominican Rep	Nov 26, 2015
	30.80	Virginia Stamp'01/AAC	Nassau	June 24, 2016
EVENT	RECORD	NAME	CITY	DATE
100 BACK	1:14.97	Shanti Malcolm'82/FAC	San Juan	July 2, 1996
	1:11.57	Alana Dillette'87/FAC	Nassau	June 29, 2001
	1:11.39	Jade Thompson'91/BSC	Bridgetown	April 7, 2006
	1:10.84	Ariel Weech'91/SBSC	Salinas	June 30, 2006
	1:08.00	McKayla Lightbourn'92/SWIFT	Kingston	April 8, 2007
	1:07.10	Virginia Stamp'01/AAC	Nassau	July 1, 2016
200 BACK	2:42.82	Sharon Jones,73/BSC	Santiago	August 3, 1988
	2:39.98	Patricia Thompson'83/SWIFT	Guadeloupe	April 18, 1998
	2:35.14	Alana Dillette'87/FAC	Nassau	July 1, 2001
	2:32.61	McKayla Lightbourn'92/SWIFT	Ft. Lauderdale	July 13, 2006
	2:27.93	McKayla Lightbourn'92/SWIFT	Clearwater	March 16, 2007
	2:26.05	McKayla Lightbourn'92/SWIFT	Kingston	April 10, 2007
50 BREAST	39.50	Alana Dillette'87/FAC	Nassau	Jul.14, 2001
	38.34	Victoria Millar'87/TPAC	Nassau	Mar.9, 2002
	37.83	Teisha Lightbourne'89/SBSC	Mexico City	Jul.2, 2003
	37.78	Teisha Lightbourne'89/SBSC	Mexico City	July 2, 2003
	37.68	Teisha Lightbourne'89/SBSC	Nassau	April 18, 2004
	36.66	Teisha Lightbourne'89/SBSC	Nassau	April 18, 2004
	36.65	Alicia Lightbourne'90/SBSC	Curacao	April 2, 2005
	36.09	Alicia Lightbourne'90/SBSC	Curacao	April 2, 2005
	35.04	McKayla Lightbourn'92/SWIFT	Kingston	April 9, 2007
	35.03	Laura Morley'62/SWIFT	Mayaguez	July 2, 2011
	34.92	Albury Higgs'99/SWIFT	Aruba	April 24, 2014
	34.78	Victoria Russell'00/SWIFT	Nassau	March 7, 2015
	34.75	Victoria Russell'00/SWIFT	Barbados	April 6, 2015
	34.50	Lilly Higgs'00/SWIFT	Barbados	April 6, 2015

	33.98	Lilly Higgs'00/SWIFT	Nassau	June 27, 2015
	33.19	Lilly Higgs'00/SWIFT	Singapore	August 26, 2015
100 BREAST	1:21.74	Acchia Albury'82/BSC	Port of Spain	April 13, 1997
	1:18.52	Victoria Millar'87/BSC	Nassau	April 22, 2001
	1:17.61	Alicia Lightbourne'90/SBSC	Curacao	April 3, 2005
	1:17.41	Anthaya Rolle'91/SBSC	Salinas	June 28, 2006
	1:16.24	McKayla Lightbourn'92/SWIFT	Kingston	April 10, 2007
	1:15.97	McKayla Lightbourn'92/SWIFT	Rio de Janeiro	July 17, 2007
	1:15.80	Laura Morley'97/SWIFT	Mayaguez	June 30, 2011
	1:14.35	Lilly Higgs'00/SWIFT	Barbados	April 7, 2015
	1:13.19	Lilly Higgs'00/SWIFT	Nassau	June 28, 2015
	1:13.00	Lilly Higgs'00/SWIFT	Singapore	August 27, 2015
	1:12.32	Lilly Higgs'00/SWIFT	Greensboro	July 17, 2015
200 BREAST	2:57.53	Sharon Jones,73/BSC	Salinas	July 6, 1987
	2:51.35	Victoria Millar'87/BSC	Nassau	April 21, 2001
	2:51.35	Alicia Lightbourne'90/SBSC	Curacao	March 31, 2005
	2:47.08	Alicia Lightbourne'90/SBSC	Curacao	March 31, 2005
	2:44.35	McKayla Lightbourn'92/SWIFT	Gainesville	July 21, 2006
	2:42.66	McKayla Lightbourn'92/SWIFT	Clearwater	March 16, 2007
	2:40.81	McKayla Lightbourn'92/SWIFT	East Meadow	March 28, 2007
	2:38.67	McKayla Lightbourn'92/SWIFT	Kingston	April 7, 2007
	2:38.20	Lilly Higgs'00/SWIFT	Greensboro	July 19, 2015
50 FLY	34.06	Amanda McPhee'86/DSC	Nassau	July 14, 2001
	33.12	Arianna Vanderpool-Wallace'90/TPAC	Nassau	April 16, 2004
	32.01	Arianna Vanderpool-Wallace'90/TPAC	Nassau	April 16, 2004
	31.23	Arianna Vanderpool-Wallace'90/TPAC	Nassau	June 25, 2004
	30.68	Arianna Vanderpool-Wallace'90/TPAC	Kingston	July 2, 2004
	30.48	Arianna Vanderpool-Wallace'90/TPAC	Kingston	July 2, 2004
	29.89	Arianna Vanderpool-Wallace'90/UN	Santo Domingo	August 4, 2005
	29.65	Taryn Smith'96/LLSC	Nassau	June 19, 2011
100 FLY	1:13.26	Sharon Jones,73/BSC	Port of Spain	April 19, 1987
	1:11.68	Taneca Malcolm'83/FAC	Guadeloupe	April 17, 1998
	1:11.27	Katie Roach'84/SWIFT	Guadeloupe	April 17, 1998
	1:09.05	Arianna Vanderpool-Wallace'90/TPAC	Nassau	April 16, 2004
	1:07.84	Arianna Vanderpool-Wallace'90/TPAC	Nassau	June 25, 2004
	1:07.59	Arianna Vanderpool-Wallace'90/TPAC	Kingston	Jul.3, 2004
	1:07.20	Arianna Vanderpool-Wallace'90/UN	Nassau	Jul.1, 2005
	1:07.14	Taryn Smith'96/YMCA	Nassau	June 24, 2010
	1:07.02	Taryn Smith'96/LLSC	Nassau	June 18, 2011
	1:06.74	Taryn Smith'96/LLSC	Mayaguez	June 29, 2011
200 FLY	2:52.69	Taneca Malcolm'83/FAC	Port of Spain	Apr.12, 1997
	2:42.60	Katie Roach'84/SWIFT	Guadeloupe	Apr.16, 1998
	2:41.46	McKayla Lightbourn'92/SWIFT	Nassau	Feb.11, 2006
	2:39.13	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.8, 2006
	2:33.69	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.8, 2006
	2:32.93	McKayla Lightbourn'92/SWIFT	Ft. Pierce	Jul.30, 2006
	2:32.15	McKayla Lightbourn'92/SWIFT	Kingston	Apr.9, 2007

	2:25.43	McKayla Lightbourn'92/SWIFT	Kingston	April 9, 2007
200 I.M.	2:35.37	Sharon Jones,73/BSC	Salinas	July 4, 1987
	2:35.28	Alana Dillette'87/FAC	Bridgetown	April 13, 2002
	2:34.08	Alana Dillette'87/FAC	Curacao	July 7, 2002
	2:33.49	Arianna Vanderpool-Wallace'90/TPAC	Nassau	June 26, 2004
	2:31.88	Alicia Lightbourne'90/SBSC	Curacao	April 2, 2005
	2:30.78	Alicia Lightbourne'90/SBSC	Nassau	June 30, 2005
	2:27.64	McKayla Lightbourn'92/SWIFT	Bridgetown	April 8, 2006
	2:25.22	McKayla Lightbourn'92/SWIFT	Clearwater	March 16, 2007
	2:22.80	McKayla Lightbourn'92/SWIFT	Kingston	April 9, 2007
400 I.M.	5:59.05	Patricia Thompson'83/SWIFT	Port of Spain	April 12, 1997
	5:41.87	Katie Roach'84/SWIFT	Guadeloupe	April 17, 1998
	5:38.61	April Knowles'84/SWIFT	Kingston	April 3, 1999
	5:38.07	Alana Dillette'87/FAC	Nassau	Mar.2, 2001
	5:35.06	Alana Dillette'87/FAC	Nassau	Jun.28, 2001
	5:30.99	Alana Dillette'87/FAC	Nassau	May 17, 2002
	5:30.91	Alana Dillette'87/FAC	Curacao	Jul.4, 2002
	5:27.77	Alicia Lightbourne'90/SBSC	Curacao	Apr.1, 2005
	5:11.25	McKayla Lightbourn'92/SWIFT	Bridgetown	Apr.7, 2006
	5:09.44	McKayla Lightbourn'92/SWIFT	Gainesville	Jul.21, 2006
	5:08.14	McKayla Lightbourn'92/SWIFT	Clearwater	Mar.16, 2007
	5:00.35	McKayla Lightbourn'92/SWIFT	Kingston	April 8, 2007
RELAYS				
200 FREE	1:55.68	Alana Dillette;Carla Cargill; Victoria Millar;Jodi Curtis/BAH	Nassau	April 22, 2001
	1:54.88	Ariel Weech;Kadesha Culmer; Anthaya Rolle;Ashley Butler/BAH	Bridgetown	April 8, 2006
	1:54.19	Victoria Russell; Brianna Nesbitt Celia Campbell; Lilly Higgs/SWIFT	Nassau	June 25, 2015
	1:51.59	Zayle Thompson; Keianna Moss Salene Gibson; Delaney Mizell/BAH	Barbados	April 24, 2019
400 FREE	4:27.18	Patricia Thompson;Taneca Malcolm; Shanti Malcolm;Acchia Albury/BAH	Port of Spain	April 11, 1997
	4:25.58	Taneca Malcolm;Katie Roach; Nadia Lockhart;Patricia Thompson/BAH	Guadeloupe	April 17, 1998
	4:19.62	Carla Cargill;Chanteia Musgrove; Davina Knowles;Alana Dillette/BAH	Bridgetown	April 13, 2002
	4:14.98	Arianna Vanderpool-Wallace;Jenna Chaplin; Jade Thompson;Alicia Lightbourne/BAH	Curacao	March 31,2005
	4:12.78	Ashley Butler;Ariel Weech; Jade Thompson;Anthaya Rolle/BAH	Bridgetown	April 6, 2006
	4:11.92	Taryn Smith;Abigail Lowe Crystal Rahming;Laura Morley/BAH	Bridgetown	April 23, 2011
	4:11.92	Simone Sturup; Leslie Campbell Andreas Weech; Joanna Evans	Aruba	June 30, 2012
	4:08.37	Zayle Thompson; Devin Cuffy-Bethel Salene Gibson; Delaney Mizell/BAH	Barbados	April 23, 2019

800 FREE	9:31.53	Jenna Chaplin;Alicia Lightbourne;	Curacao	April 2, 2005
		Jade Thompson;Arianna Vanderpool-Wallace/BAH		
	9:25.71	Jenna Chaplin;Alicia Lightbourne;	Curacao	April 2, 2005
		Jade Thompson;Arianna Vanderpool-Wallace/BAH		
	9:21.17	Ravyn Deveaux; Ashley Butler;	Kingston	April 9, 2007
		Shaunte Moss; McKayla Lightbourn/BAH		
	9:09.11	Zayle Thompson; Salene Gibson;	Barbados	April 21, 2019
		Grace Farrington; Delaney Mizell/BAH		
200 MEDLEY	2:27.67	Nakeesha Longley;Victoria Millar;	Nassau	June 29, 2001
		Krizia Farrington;Ansharday Green/BSC		
	2:27.33	Chanteia Musgrove;Ecarsha Smith;	Nassau	July 14, 2001
		Krizia Farrington;Davina Knowles/EXUMA		
	2:25.78	Brittany Ferguson;Alicia Lightbourne;	Nassau	June 25, 2004
		Teisha Lightbourne;Dana Tynes/SBSC		
	2:17.36	Teisha Lightbourne;Alicia Lightbourne;	Nassau	Nov.20, 2004
		Franshon Francis;Britney Ferguson/SBSC		
	2:11.80	Ariel Weech; Anthaya Rolle	Nassau	July 9, 2006
		Ashley Butler; Amber Weech/SBSC		
	2:10.65	Tremaine Allen, Albury Higgs	Nassau	June 23, 2013
		Simone Sturrup, Maya Thompson		
	2:10.13	Virginia Stamp; Taja Scriven;	Nassau	June 27, 2015
		Jina Johnson; Zoe McCarroll/ALPHA		
	2:09.40	Celia Campbell; Lilly Higgs;	Nassau	June 27, 2015
		Victoria Russell; Brianna Nesbitt/SWIFT		
400 MEDLEY	5:02.79	Shanti Malcolm;Nadie Lockhart;	Port of Spain	April 12, 1997
		Taneca Malcolm;Acchia Albury/BAH		
	4:59.52	Patricia Thompson;April Knowles;	Guadeloupe	April 16, 1998
		Taneca Malcolm;Katie Roach/BAH		
	4:51.30	Alana Dillette; Victoria Millar;	Nassau	April 21, 2001
		Amanda McPhee;Jodi Curtis/BAH		
	4:48.53	Jade Thompson;Anthaya Rolle;	Curacao	April 1, 2005
		Arianna Vanderpool-Wallace;A Lightbourne		
	4:47.73	Ariel Weech;Anthaya Rolle;/BAH	Bridgetown	April 7, 2006
		Kadesha Culmer;Ashley Butler/BAH		
	4:45.58	Ariel Weech;Anthaya Rolle;	Salinas	June 30, 2006
		Kadesha Culmer;Ashley Butler/BAH		
	4:44.84	McKayla Lightbourn; Shaunte Moss;	Kingston	April 8, 2007
		Kadesha Culmer;Ashley Butler/BAH		
	4:43.60	Celia Campbell, Victoria Russell	Aruba	April 23, 2014
		Albury Higgs, Jasmine Gibson/BAH		
	4:42.62	Celia Campbell; Albury Higgs;	Barbados	July 04, 2014
		Jasmine Gibson; Lilly Higgs/BAH		
	4:39.28	Virginia Stamp; Victoria Russell;	Barbados	April 5, 2015
		Jaina Johnson; Lilly Higgs/BAH		
	4:39.15	Keianna Moss; Zayle Thompson;	Barbados	April 21, 2019
		Rachel Lundy; Delaney Mizell/BAH		

--	--	--	--	--

GIRLS 13 & 14 - Open

June 30, 2019

EVENT	RECORD	NAME	CITY	DATE
50 FREE	29.21	Aymara Albury'85/BSC	Nassau	June 25, 2000
	28.69	Aymara Albury'85/BSC	Nassau	June 25, 2000
	28.65	Raine Paulson-Andrews'88/JAM	Nassau	April 22, 2001
	28.51	Kimberley Thornhill'90/TRI	Nassau	April 18, 2004
	28.43	Arianna Vanderpool-Wallace'90/UN	Nassau	July 3, 2005
	27.51	Ariel Weech'91/SBSC	Nassau	July 9, 2006
	27.38	Mariel Mencia Martinez'01/DOM	Nassau	July 2, 2016
	27.26	Danielle Williams'01/TTO	Nassau	July 2, 2016
	26.95	Danielle Williams'01/TTO	Nassau	July 2, 2016
100 FREE	1:04.63	Aymara Albury'85/BSC	Nassau	June 24, 2000
	1:04.10	Nikia Deveaux'85/BSC	Nassau	June 24, 2000
	1:03.23	Keri Whitehurst'88/USVI	Nassau	April 21, 2001
	1:02.15	Raine Paulson-Andrews'88/JAM	Nassau	April 21, 2001
	1:01.79	Rene Wright'89/JAM	Nassau	April 17, 2004
	1:10.64	Arianna Vanderpool-Wallace'90/TPAC	Nassau	May 15, 2004
	1:01.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	June 26, 2004
	1:00.92	Ariel Weech'91/SBSC	Nassau	July 8, 2006
	1:00.69	Taryn Smith'96/LLSC	Nassau	June 19, 2011
	1:00.16	Charlotte Backovic'98/GUAD	Nassau	April 14, 2012
	1:00.05	Britney Williams'02/JAM	Nassau	July 1, 2016
	59.77	Logan Watson-Brown'03/BER	Nassau	April 17, 2017
	59.61	Emily MacDonald'03/JAM	Nassau	April 17, 2017
	59.28	Emily MacDonald'03/JAM	Nassau	April 17, 2017
	58.31	Alison Jackson'02/CAY	Nassau	April 17, 2017
	58.22	Alison Jackson'02/CAY	Nassau	April 17, 2017
200 FREE	2:24.54	Nikia Deveaux'85/BSC	Nassau	June 23, 2000
	2:22.03	Alana Dillette'87/FAC	Nassau	Mar.17, 2001
	2:13.81	Coralie Balmy'89/AGF	Nassau	April 20, 2001
	2:09.73	Tyla Martin'97/TRI	Nassau	April 13, 2012
	2:08.87	Mariangela Cincotti'03/VEN	Nassau	June 17, 2018
	400 FREE	5:13.37	Nikia Deveaux'85/BSC	Nassau
5:07.30		Alana Dillette'87/FAC	Nassau	March 3, 2001
5:03.09		Alana Dillette'87/FAC	Nassau	March 18, 2001
4:39.10		Heather Roffey'86/CAY	Nassau	April 21, 2001
4:31.26		Tyla Martin'97/TRI	Nassau	April 15, 2012
800 FREE		11:02.27	Heather Roffey'86/CAY	Nassau
	9:39.32	Heather Roffey'86/CAY	Nassau	April 21, 2001
	9:11.82	Joanna Evans'97/BAH	Nassau	April 12, 2012
50 BACK	34.55	Alana Dillette'87/FAC	Nassau	July 14, 2001
	34.14	Arianna Vanderpool-Wallace'90/UN	Nassau	June 4, 2005

	33.78	Jade Thompson'91/BSC	Nassau	July 3, 2005
	31.24	Charlotte Backovic'98/GUAD	Nassau	April 12, 2012
	30.80	Virginia Stamp'01/AAC	Nassau	June 24, 2016
	30.55	Gabriela Donahue'02/TTO	Nassau	April 15, 2017
	30.36	Gabriela Donahue'02/TTO	Nassau	June 24, 2016
100 BACK	1:15.84	Katherine Clowes'87/BSC	Nassau	June 23, 2000
	1:11.57	Alana Dillette'87/FAC	Nassau	June 29, 2001
	1:11.46	Jessy Ortole'89/AGF	Nassau	April 17, 2004
	1:10.18	Charlotte Backovic'98/GUAD	Nassau	April 13, 2012
	1:10.00	Grace Olivardia'00/Trinity	Nassau	June 26, 2015
	1:08.17	Virginia Stamp'01/AAC	Nassau	June 24, 2016
	1:07.10	Virginia Stamp'01/BAH	Nassau	July 1, 2016
	1:07.09	Danielle Titus'02/BAR	Nassau	April 16, 2017
	1:05.61	Danielle Titus'02/BAR	Nassau	April 16, 2017
EVENT	RECORD	NAME	CITY	DATE
200 BACK	2:49.00	Aymara Albury'85/BSC	Nassau	June 25, 2000
	2:40.02	Alana Dillette'87/FAC	Nassau	March 2, 2001
	2:32.32	Coralie Balmy'89/AGF	Nassau	April 21, 2001
	2:29.51	Tyla Martin'97/TRI	Nassau	April 15, 2012
	2:28.51	Virginia Stamp'01/BAH	Nassau	July 1, 2016
	2:28.25	Jahmia Harley'02/BAR	Nassau	April 18, 2017
	2:26.66	Danielle Titus'02/BAR	Nassau	April 18, 2017
50 BREAST	39.50	Alana Dillette'87/FAC	Nassau	July 14, 2001
	38.34	Victoria Millar'87/TPAC	Nassau	March 9, 2002
	37.68	Teisha Lightbourne'89/SBSC	Nassau	April 18, 2004
	36.66	Teisha Lightbourne'89/SBSC	Nassau	April 18, 2004
	36.51	Alicia Lightbourne'90/SBSC	Nassau	July 1, 2005
	36.13	Anthaya Rolle'91/SBSC	Nassau	July 7, 2006
	36.06	Laura Morley'96/SWIFT	Nassau	June 18, 2011
	35.25	Albury Higgs'99/SWIFT	Nassau	June 21, 2013
	34.78	Victoria Russell'00/SWIFT	Nassau	March 7, 2015
	33.98	Lilly Higgs'00/SWIFT	Nassau	June 27, 2015
100 BREAST	1:21.75	Aymara Albury'85/BSC	Nassau	June 24, 2000
	1:20.60	Rachel Nemelc'88/SUR	Nassau	April 22, 2001
	1:17.95	Rachel Nemelc'88/SUR	Nassau	April 22, 2001
	1:13.19	Lilly Higgs'00/SWIFT	Nassau	June 28, 2015
200 BREAST	3:14.33	Aymara Albury'85/BSC	Nassau	June 25, 2000
	3:10.34	Victoria Millar'87/BSC	Nassau	December 15, 2001
	3:04.56	Alana Dillette'87/FAC	Nassau	March 2, 2001
	2:59.29	Alana Dillette'87/FAC	Nassau	March 18, 2001
	2:58.70	Victoria Millar'87/BSC	Nassau	April 7, 2001
	2:51.35	Victoria Millar'87/BSC	Nassau	April 21, 2001
	2:50.88	Kimba Collymore'89/TRI	Nassau	April 16, 2004
	2:48.33	Victoria Russell'00/BAH	Nassau	March 22, 2014
	2:40.25	Lilly Higgs'00/SWIFT	Nassau	June 25, 2015
50 FLY	34.06	Amanda McPhee'86/DSC	Nassau	July 14, 2001
	32.88	Marsha Waltson'89/BAR	Nassau	April 16, 2004

	31.95	Marsha Waltson'89/BAR	Nassau	April 16, 2004
	31.23	Arianna Vanderpool-Wallace'90/TPAC	Nassau	June 25, 2004
	30.60	Arianna Vanderpool-Wallace'90/UN	Nassau	July 2, 2005
	30.33	Ariel Weech'91/SBSC	Nassau	July 8, 2006
	29.65	Taryn Smith'96/LLSC	Nassau	June.19, 2011
	29.49	Tyla Martin'97/TRI	Nassau	April 13, 2012
	29.41	Katie Kyle'02/LCA	Nassau	July 1, 2016
	29.23	Gabrielle Donahue'02/TTO	Nassau	July 1, 2016
	29.23	Katie Kyle'02/LCA	Nassau	July 1, 2016
	29.17	Lucia Francois'02/GUAD	Nassau	April 16, 2017
	29.02	Gabriela Donahue'02/TTO	Nassau	April 16, 2017
100 FLY	1:12.49	Nikia Deveaux'85/BSC	Nassau	June 23, 2000
	1:07.88	Heather Roffey'86/CAY	Nassau	April 20, 2001
	1:05.98	Heather Roffey'86/CAY	Nassau	April 20, 2001
	1:03.81	Tyla Martin'97/TRI	Nassau	April 14, 2012
200 FLY	2:53.07	Amanda McPhee'86/DSC	Nassau	June 24, 2000
	2:22.26	Heather Roffey'86/CAY	Nassau	April 22, 2001
200 I.M.	2:50.31	Katherine Clowes'87/BSC	Nassau	June 24, 2000
	2:43.16	Alana Dillette'87/FAC	Nassau	March 3, 2001
	2:33.34	Ayeisha Collymore'89/TRI	Nassau	April 21, 2001
	2:30.78	Alicia Lightbourne'90/SBSC	Nassau	June 30, 2005
	2:26.62	Tyla Martin'97/TRI	Nassau	April 14, 2012
	2:25.17	Lilly Higgs'00/SWIFT	Nassau	June 27, 2015
400 I.M.	5:53.43	Nikia Deveaux'85/BSC	Nassau	June 22, 2000
	5:38.07	Alana Dillette'87/FAC	Nassau	March 2, 2001
	5:15.72	Heather Roffey'88/CAY	Nassau	April 20, 2001
RELAYS				
200 FREE	2:01.95	Aymara Albury;Krizia Farrington; Katherine Clowes;Nikia Deveaux/BSC	Nassau	June 25, 2000
	1:55.68	Alana Dillette;Carla Cargill; Victoria Millar;Jodi Curtis/BAH	Nassau	April 22, 2001
	1:54.30	Doran Reed Joanna Evans Leslie Campbell;Tremaine Allen	Nassau	April 14, 2012
	1:54.19	Victoria Russell; Brianna Nesbitt Celia Campbell; Lilly Higgs/SWIFT	Nassau	June 25, 2015
	1:53.72	Gabriela Donahue; Jahmia Harley Regan Allen; Jada Chatoor/TTO	Nassau	April 18, 2017
400 FREE	1:50.77	Gabrianna Banks; Simone Vale Brianna Anderson; Emily MacDonald/JAM	Nassau	April 18, 2017
	4:33.41	Aymara Albury;Krizia Farrington; Nikia Deveaux;Katherine Clowes/BSC	Nassau	June 22, 2000
	4:18.65	Catherine Lee Ha;Renee Pouchet; Lizann Jaggernauth;Ayeisha Collymore/TRI	Nassau	April 20, 2001
	4:14.49	Ashley Butler; Amber Weech Anthaya Rolle; Ariel Weech/SBSC	Nassau	July 8, 2006
	4:11.03	Sue-Gin Arends; A Van den Berg Rebecca Maduro; Ginayla Arends/ARU	Nassau	April 13, 2012

	4:11.92	Simone Sturup; Leslie Campbell Andreas Weech; Joanna Evans	Aruba	June 30, 2012
	4:07.22	Danielle Williams; Jada Chatoor Jada Chai; Gabriela Donahue/TTO	Nassau	June 29, 2016
	4:06.69	Jahmia Harley; Jada Chatoor Regan Allen; Gabriela Donahue/TTO	Nassau	April 15, 2017
	4:06.08	Gabrianna Banks; Brianna Anderson Simone Vale; Emily MacDonald/JAM	Nassau	April 15, 2017
800 FREE	9:09.47	Shania David; Syriah David Jewel Mulrain; Tyla Martin/TRI	Nassau	April 14, 2012
200 MEDLEY	2:17.92	Katherine Clowes;Krizia Farrington; Nikia Deveaux;Aymara Albury/BSC	Nassau	June 30, 2000
	2:17.36	Teisha Lightbourne;Alicia Lightbourne; Franshon Francis;Britney Ferguson/SBSC	Nassau	Nov.20, 2004
	2:11.80	Ariel Weech; Anthaya Rolle Ashley Butler; Amber Weech/SBSC	Nassau	July 9, 2006
	2:10.65	Tremaine Allen; Albury Higgs Simone Sturup; Maya Thompson/SWIFT	Nassau	June 23, 2013
	2:10.13	Virginia Stamp; Taja Scriven; Jina Johnson; Zoe McCarroll/ALPHA	Nassau	June 27, 2015
400 MEDLEY	2:09.40	Celia Campbell; Lilly Higgs; Victoria Russell; Brianna Nesbitt/SWIFT	Nassau	June 27, 2015
	5:10.33	Katherine Clowes;Krizia Farrington; Nikia Deveaux;Aymara Albury/BSC	Nassau	June 24, 2000
	4:51.30	Alana Dillette; Victoria Millar; Amanda McPhee;Jodi Curtis/BAH	Nassau	April 21, 2001
	4:45.83	Leslie Campbell;Tremaine Allen Simone Sturup; Maya Thompson/BAH	Nassau	April 13, 2012
	4:39.33	Jahmia Harley; Gabriela Donahue Jada Chai; Danielle Williams/TTO	Nassau	July 1, 2016
	4:38.56	Anouk Kamoise; Farah Sheikboudhou Lucia Francois; Lauren Fomann/GUAD	Nassau	April 16, 2017
	4:36.43	Jahmia Harley; Gabriela Donahue Regan Allen; Jada Chatoor/TTO	Nassau	April 16, 2017

| |

