

BAHAMAS SWIMMING FEDERATION

NATIONAL CHAMPIONSHIPS

LONG COURSE RECORDS

GIRLS 18 & OVER

EVENT	RECORD	NAME	CITY
50 FREE	24.94	Arianna Vanderpool-Wallace'90/UN	Nassau
100 FREE	54.52	Arianna Vanderpool-Wallace'90/UN	Nassau
200 FREE	2:01.73	Joanna Evans'97/SWIFT	Nassau
400 FREE	4:17.37	Joanna Evans'97/SWIFT	Nassau
800 FREE	8:32.19	Joanna Evans'97/SWIFT	Nassau
50 BACK	29.40	Alana Dillette'87/SWIFT	Nassau
100 BACK	1:02.93	Alana Dillette'87/SWIFT	Nassau
200 BACK	2:20.22	McKayla Lightbourn'92/SWIFT	Nassau
50 BREAST	32.06	Lilly Higgs'00/UNAT	Nassau
100 BREAST	1:10.12	Lilly Higgs'00/UNAT	Nassau
200 BREAST	2:26.91	Laura J Morley'96/UNAT	Nassau
50 FLY	26.56	Arianna Vanderpool-Wallace'90/UN	Nassau
100 FLY	1:01.82	Arianna Vanderpool-Wallace'90/UN	Nassau
200 FLY	2:24.35	McKayla Lightbourn'92/SWIFT	Nassau
200 I.M.	2:18.10	Joanna Evans'97/SWIFT	Nassau
400 I.M.	5:09.91	Albury Higgs'99/SWIFT	Nassau
RELAYS			
200 FREE	1:50.40	Alpha Aquatics Club	Nassau
		J Trotman, V. Stamp, A. Weech, C. Campbell	
400 FREE	4:04.50	Alana Dillette, Ashley Butler,	Nassau
		Jenna Chaplin, Arianna Vanderpool-Wallace/SWIFT	
200 MEDLEY	2:01.90	Alana Dillette, Shaunte Moss,	Nassau
		Ashley Butler, Arianna Vanderpool-Wallace/SWIFT	
400 MEDLEY	4:35.28	Ariel Weech, Victoria Russell	Nassau
		Virginia Stamp, Maya Thompson/ALPHA	

June 30 2021

DATE
June 26, 2016
June 25, 2016
June 17, 2018
June 26, 2016
June 23, 2016
June 20, 2011
June 18, 2011
June 16, 2012
June 24, 2021
June 24, 2021
June 24, 2021
June 26, 2015
June 18, 2011
June 20, 2011
June 18, 2018
June 25, 2017
June 22, 2019
June 25, 2010
June 24, 2009
June 18, 2018