

BAHAMAS SWIMMING FEDERATION

National Swimming Championships

HISTORY - LONG COURSE RECORDS

GIRLS 11 & 12

June 30, 2021

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	30.28	Alana Dillette'87/FAC	Nassau	June 25, 2000	
	30.03	Jade Thompson'91/SBSC	Nassau	July 13, 2003	
	29.19	Jade Thompson'91/UN	Nassau	June 27, 2004	
	28.88	Ashley Butler'92/SBSC	Nassau	July 3, 2005	
	28.82	Simone Sturup'98/SWIFT	Nassau	June 20, 2011	
100 FREE	1:05.64	Alana Dillette'87/FAC	Nassau	June 24, 2000	
	1:05.16	Alana Dillette'87/FAC	Nassau	June 24, 2000	
	1:04.59	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2003	
	1:04.08	Jade Thompson'91/UN	Nassau	June 26, 2004	
	1:02.75	Taryn Smith'96/WAVE	Nassau	June 26, 2009	
	1:01.69	Zoe A Williamson'08/WAVE	Nassau	June 24, 2021	
200 FREE	2:26.14	Alana Dillette'87/FAC	Nassau	June 23, 2000	
	2:19.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2003	
	2:16.58	Zayle Thompson'04/Alpha	Nassau	June 23, 2017	
	2:16.57	Salene Gibson'04/Alpha	Nassau	June 23, 2017	
400 FREE	5:26.29	Carla Cargill'87/SBSC	Nassau	June 23, 2000	
	5:18.69	Alicia Lightbourne'90/SBSC	Nassau	July 12, 2002	
	4:50.13	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2003	
800 FREE	11:54.57	Franshon Francis'89/DSC	Nassau	July 14, 2002	
	11:21.28	Jessica Greene'92/BSC	Nassau	June 27, 2004	
	10:08.69	McKayla Lightbourn'92/SWIFT	Nassau	June 30, 2005	
50 BACK	35.38	Miaeda Hutchinson'92/SBSC	Nassau	July 3, 2005	
	34.42	Ashley Butler'92/SBSC	Nassau	July 3, 2005	
	34.26	Celia Campbell'00/SWIFT	Nassau	June 23, 2013	
	33.85	Virginia Stamp'01/BSC	Nassau	June 23, 2013	
	33.59	Amber Pinder'01/BSC	Nassau	June 22, 2014	
	33.48	Virginia Stamp'01/BSC	Nassau	June 22, 2014	
	33.31	Katelyn Cabral'03/SWIFT	Nassau	June 24, 2016	
	31.46	Keianna B Moss'05/MAC	Nassau	June 17, 2018	
100 BACK	1:14.32	Alana Dillette'87/FAC	Nassau	June 23, 2000	
	1:13.50	Jade Thompson'91/UN	Nassau	June 25, 2004	
	1:13.19	Virginia Stamp'01/BSC	Nassau	June 20, 2014	
	1:11.06	Keianna B Moss'05/MAC	Nassau	June 16, 2018	
200 BACK	2:58.47	Carla Cargill'87/SBSC	Nassau	June 25, 2000	
	2:55.05	Chanteia Musgrove'88/SBSC	Nassau	July 7, 2001	
	2:52.57	Franshon Francis'89/DSC	Nassau	July 14, 2002	
	2:43.86	Jade Thompson'91/UN	Nassau	June 27, 2004	
	2:41.57	McKayla Lightbourn'92/SWIFT	Nassau	July 2, 2005	
	2:39.54	Virginia Stamp'01/BSC	Nassau	June 21, 2014	
	2:37.81	Keianna B Moss'05/MAC	Nassau	June 16, 2018	
50 BREAST	37.94	Shaunte Moss'93/SBSC	Nassau	July 1, 2005	
	37.26	Adrienne Lightbourne'92/SBSC	Nassau	July 1, 2005	

	37.15	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007	
	37.13	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007	
	36.97	Jamilah Hepburn'03/ORCA	Nassau	June 25, 2016	
	36.72	Zayle Thompson'04/Alpha	Nassau	June 24, 2017	
	36.40	Devin Cuffy-Bethel'05/BSC	Nassau	June 18, 2018	
	36.19	Rhanishka R Gibbs'06BSC	Nassau	June 22, 2019	
100 BREAST	1:23.15	Victoria Millar'87/SWIFT	Nassau	June 24, 2000	
	1:22.97	Anthaya Rolle'91/DSC	Nassau	June 26, 2004	
	1:22.02	McKayla Lightbourn'92/SWIFT	Nassau	July 2, 2005	
	1:21.88	Albury Higgs'99/SWIFT	Nassau	June 16, 2012	
	1:21.60	Zayle Thompson'04/Alpha	Nassau	June 23, 2017	
200 BREAST	2:39.79	Laura Morley'99/SWIFT	Nassau	June 24, 2009	
	2:36.32	Zayle Thompson'04/Alpha	Nassau	June 22, 2017	
50 FLY	33.31	Kadesha Culmer'92/FAC	Nassau	July 2, 2005	
	32.48	Kadesha Culmer'92/FAC	Nassau	July 2, 2005	
	32.48	Maya Albury'94/WAVE	Nassau	May 12, 2007	
	31.67	Maya Albury'94/WAVE	Nassau	May 12, 2007	
	31.02	Taryn Smith'96/WAVE	Nassau	June 25, 2009	
	30.75	Jana Johnson'01/Alpha	Nassau	June 21, 2014	
	30.65	Rayven H Ward'08/MAC	Nassau	June 24, 2021	
	30.34	Zoe A Williamson'08/WAVE	Nassau	June 24, 2021	
100 FLY	1:22.49	Ecarscha Smith'87/DSC	Nassau	June 23, 2000	
	1:19.26	Ecarscha Smith'87/DSC	Nassau	June 23, 2000	
	1:13.17	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2002	
	1:12.19	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2003	
	1:11.49	Katelyn Cabral'03/SWIFT	Nassau	June 25, 2015	
	1:09.66	Devin Cuffy-Bethel'05/BSC	Nassau	June 18, 2018	
	1:06.90	Zoe A Williamson'08/WAVE	Nassau	June 24, 2021	
200 FLY	3:02.36	Ecarscha Smith'87/DSC	Nassau	June 24, 2000	
	3:00.76	Franshon Francis'89/DSC	Nassau	July 13, 2002	
	2:48.65	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2003	
	2:45.61	Bria Deveaux'94/BSC	Nassau	May 13, 2007	
	2:39.12	Zoe A Williamson'08/WAVE	Nassau	June 24, 2021	
200 I.M.	2:41.19	Alana Dillette'87/FAC	Nassau	June 22, 2000	
	2:40.84	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2003	
	2:39.86	Je'Nae Saunders'94/BSC	Nassau	May 10, 2007	
	2:39.79	Laura Morley'96/SWIFT	Nassau	June 24, 2009	
400 I.M.	6:01.70	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2002	
	5:51.79	Alicia Lightbourne'90/SBSC	Nassau	July 10, 2003	
	5:44.01	McKayla Lightbourn'92/SWIFT	Nassau	July 2, 2005	
	5:42.07	Abayomi Brown'05/FAC	Nassau	June 18, 2018	
RELAYS					
200 FREE	2:14.54	Lisa Rombough;Kara Culmer-Wilson;	Nassau	June 25, 2000	
		Julia Brown;Carla Cargill/SBSC			
	2:11.79	Camilla Miller;Brittany Smith;	Nassau	July 1, 2001	
		Melissa Ferguson;Franshon Francis/DSC			
	2:06.87	Franshon Francis;Melissa Ferguson;	Nassau	July 14, 2002	
		Krysti Bowe;Camilla Miller/DSC			
	2:06.01	Ravyn Deveaux;Kelly Bruney;	Nassau	June 27, 2004	
		Takara Lowe;Jessica Greene/BSC			
	2:05.04	Shaunte Moss;Adrienne Lightbourne;	Nassau	June 30, 2005	
		Miaeda Hutchinson;Ashley Butler/SBSC			
	2:04.48	Bria Deveaux;Brittney Watson	Nassau	May 10, 2007	
		Gabrielle Greene;Je'Nae Saunders/BSC			

	2:04.09	Doran Reed, Tremaine Allen; Celine Thompson, Simone Sturup/SWIFT	Nassau	June 23, 2010	
	2:02.35	Simone Sturup, Margaret Higgs; Tremaine Allen, Maya Thompson/SWIFT	Nassau	June 21, 2011	
	1:59.47	Victoria Russell; Arielle Adderley Lauren Albury; Celia Campbell/SWIFT	Nassau	June 20, 2013	
400 FREE	5:09.74	Lisa Rombough;Kara Culmer-Wilson; Julia Brown;Carla Cargill/SBSC	Nassau	June 22, 2000	
	4:53.46	Brittany Smith;Franshon Francis; Meliisa Ferguson;Camilla Miller/DSC	Nassau	June 28, 2001	
	4:48.32	Melissa Ferguson;Franshon Francis; Camilla Miller;Krysti Bowe/DSC	Nassau	July 11, 2002	
	4:47.18	Ravyn Deveaux;Kelly Bruney; Takara Lowe;Jessica Greene/BSC	Nassau	June 24, 2004	
	4:41.67	Shaunte Moss;Adrienne Lightbourne; Miaeda Hutchinson;Ashley Butler/SBSC	Nassau	July 2, 2005	
	4:38.88	Doran Reed, Tremaine Allen; Celine Thompson, Simone Sturup/SWIFT	Nassau	June 25, 2010	
	4:37.89	Jazmine Trotman; Cecily Bowe; Any MacPhail; Olivia Blue/SWIFT	Nassau	June 28, 2015	
	4:36.77	Ebonie Taylor; Hailey Jackson; Madison Mortimer; Jolise Newbold/ORCA	Nassau	June 28, 2015	
	4:33.65	Madison Mortimer; Jamilah Hepburn; Ebonie Taylor; Hailey Johnson/ORCA	Nassau	June 23, 2016	
	4:26.87	Mia Sastre, Marissa Albury Jada Jimenez, Keianna Moss/MAC	Nassau	June 16, 2018	
200 MEDLEY	2:37.16	Lisa Rombough;Kara Culmer-Wilson; Carla Cargill;Julia Brown/SBSC	Nassau	June 23, 2000	
	2:29.09	Camilla Miller;Melissa Ferguson; Franshon Francis;Brittany Smith/DSC	Nassau	June 29, 2001	
	2:24.21	Camilla Miller;Melissa Ferguson; Franshon Francis;Krysti Bowe/DSC	Nassau	July 12, 2002	
	2:20.63	Miaeda Hutchinson;Adrienne Lightbourne; Shaunte Moss;Ashley Butler/SBSC	Nassau	July 3, 2005	
	2:20.43	Tremaine Allen; Margaret Higgs; Simone Sturup; Maya Thompson/SWIFT	Nassau	June 20, 2011	
	2:17.32	Virginia Stamp; Sian Longley Amber Pinder; Charlotte Reed/BSC	Nassau	June 23, 2013	
	2:15.15	Celia Campbell, Victoria Russell Teshe Rolle, Arielle Adderley/SWIFT	Nassau	June 23, 2013	
400 MEDLEY	5:57.47	Lisa Rombough;Kara Culmer-Wilson; Carla Cargill;Julia Brown/SBSC	Nassau	June 24, 2000	
	5:36.42	Franshon Francis;Melissa Ferguson; Brittany Smith;Camilla Miller/DSC	Nassau	June 30, 2001	
	5:26.38	Camilla Miller;Melissa Ferguson; Franshon Francis;Krysti Bowe/DSC	Nassau	July 13, 2002	
	5:22.81	Miaeda Hutchinson;Shaunte Moss; Adrienne Lightbourne;Ashley Butler/SBSC	Nassau	July 1, 2005	
	5:19.83	Tremaine Allen; Margaret Higgs; Simone Sturup; Maya Thompson/SWIFT	Nassau	June 18, 2011	
	5:18.71	Virginia Stamp; Sian Longley Amber Pinder; Charlotte Reed/BSC	Nassau	June 21, 2013	
	5:06.97	Katelyn Cabral; Cecily Bowe Any MacPhail; Jazmine Trotman/SWIFT	Nassau	June 26, 2015	

	5:01.60	Keianna Moss, Jada Jimenez	Nassau	June 18, 2018	
		Mia Sastre, Marissa Albury/MAC			