

BAHAMAS SWIMMING FEDERATION

HISTORY - LONG COURSE RECORDS

GIRLS 11 & 12 - BAHAMAS

June 30, 2021

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	29.81	Taneca Malcolm'83/FAC	San Juan	July 6, 1996	
	29.51	Aymara Albury'85/BSC	Guadeloupe	April 18, 1998	
	28.69	Aymara Albury'85/BSC	Bridgetown	July 7, 1998	Yes
	28.61	Ashley Butler'92/SBSC	Santo Domingo	August 8, 2005	Yes
	28.29	Ashley Butler'92/SBSC	Santo Domingo	August 8, 2005	Yes
100 FREE	1:04.99	Sharon Jones'73/BSC	Curacao	July 12, 1986	
	1:04.19	Aymara Albury'85/BSC	Bridgetown	July 15, 1998	
	1:03.97	Arianna Vanderpool-Wallace'90/TPAC	Kingston	April 20, 2003	
	1:02.69	Arianna Vanderpool-Wallace'90/TPAC	Kingston	April 20, 2003	Yes
	1:02.60	Ashley Butler'92/SBSC	Santo Domingo	August 5, 2005	Yes
	1:02.31	Zayle-Elizabeth Thompson'04/AAC	Santo Domingo	November 28, 2017	
	1:02.18	Zayle-Elizabeth Thompson'04/AAC	Nassau	December 16, 2017	
	1:01.69	Zoe A Williamson'08/WAVE	Nassau	June 24, 2021	
200 FREE	2:19.84	Sharon Jones'73/BSC	Curacao	July 10, 1986	
	2:15.31	Arianna Vanderpool-Wallace'90/TPAC	Kingston	April 19, 2003	Yes
	2:15.10	Zayle-Elizabeth Thompson'04/AAC	Nassau	June 29, 2017	Yes
400 FREE	4:49.53	Katie Roach'84/SWIFT	Havana	July 10, 1997	Yes
	4:49.50	Tenniya Martin'01/SWIFT	Aruba	April 25, 2014	Yes
	4:48.01	Zayle-Elizabeth Thompson'04/AAC	Santo Domingo	November 30, 2017	
800 FREE	10:18.72	Susan Glucksmann'73/SBSC	Guadeloupe	March 31, 1986	
	10:08.69	McKayla Lightbourn'92/SWIFT	Nassau	June 30, 2005	Yes
	10:05.77	McKayla Lightbourn'92/SWIFT	Gainesville	July 14, 2005	Yes
	10:02.90	Zayle-Elizabeth Thompson'04/AAC	Santo Domingo	November 29, 2017	
50 BACK	39.15	Franshon Francis'89/DSC	Nassau	July 14, 2001	
	37.01	Franshon Francis'89/DSC	Nassau	March 9, 2001	
	36.79	Caitlin Antoni'90/FAC	Mexico City	June 30, 2003	Yes
	36.29	McKayla Lightbourn'92/SWIFT	Curacao	March 31, 2005	Yes
	35.62	McKayla Lightbourn'92/SWIFT	Curacao	March 31, 2005	Yes
	35.38	Miaeda Hutchinson'92/SBSC	Nassau	July 3, 2005	Yes
	34.42	Ashley Butler'92/SBSC	Nassau	July 3, 2005	Yes
	34.34	Je'Nae Saunders'94/BSC	Kingston	April 7, 2007	Yes
	34.17	Je'Nae Saunders'94/BSC	Kingston	April 7, 2007	Yes
	34.01	Andreas Weech'98/SBSC	Barbados	April 25, 2011	Yes
	33.70	Celia Campbell'00/SWIFT	Kingston	March 30, 2013	Yes
	33.43	Celia Campbell'00/SWIFT	Kingston	March 30, 2013	Yes
	33.08	Virginia Stamp'01/BSC	Aruba	April 22, 2014	Yes
	32.99	Virginia Stamp'01/AAC	Barbados	July 02, 2014	Yes
	31.46	Keianna B Moss'05/MAC	Nassau	June 17, 2018	
100 BACK	1:13.60	Tietchka Knowles'67/DSC	Maroles	July 25, 1981	
	1:13.50	Jade Thompson'91/UN	Nassau	June 25, 2004	Yes
	1:13.13	Celia Campbell'00/SWIFT	Kingston	March 31, 2013	Yes
	1:11.54	Virginia Stamp'01/AAC	Barbados	June 30, 2014	Yes
	1:11.06	Keianna B Moss'05/MAC	Nassau	June 17, 2018	
200 BACK	1:10.11	Keianna B Moss'05/MAC	Aruba	June 29, 2018	
	2:46.61	Katie Roach'84/SWIFT	Havana	July 5, 1997	
	2:45.58	Alana Dillette'87/FAC	Aruba	July 25, 2000	
	2:40.95	Alana Dillette'87/FAC	Aruba	July 25, 2000	
	2:40.92	Jade Thompson'91/UN	Kingston	July 5, 2004	Yes

	2:39.83	McKayla Lightbourn'92/SWIFT	Ft. Pierce	July 31, 2005	Yes
	2:39.54	Virginia Stamp'01/AAC	Nassau	June 21, 2014	Yes
	2:37.00	Virginia Stamp'01/AAC	Barbados	July 03, 2014	Yes
	2:36.85	Zayle E Thompson'04/AAC	Nassau	October 28, 2017	
	2:36.42	Keianna B Moss'05/MAC	Nassau	June 19, 2018	
50 BREAST	41.32	Patricia Thompson'83/SWIFT	Salinas	Nov.24, 1995	
	38.76	Alicia Lightbourne'90/SBSC	Mexico City	July 2, 2003	
	36.92	Anthaya Rolle'91/DSC	Kingston	July 5, 2004	
	36.86	Anthaya Rolle'91/DSC	Kingston	July 5, 2004	Yes
	36.51	Victoria Russell'00/SWIFT	Kingston	April 1, 2013	Yes
	36.05	Victoria Russell'00/SWIFT	Kingston	April 1, 2013	Yes
	35.83	Victoria Russell'00/SWIFT	Nassau	December 22, 2013	Yes
100 BREAST	1:23.62	Sharon Jones'73/BSC	Curacao	July 11, 1986	
	1:19.18	Victoria Millar'87/SWIFT	Bridgetown	April 30, 2000	Yes
	1:18.79	Victoria Russell'00/SWIFT	Costa Rica	July 2, 2013	
200 BREAST	3:03.61	Sharon Jones'73/BSC	Guadeloupe	March 29, 1985	
	2:55.73	Alana Dillette'87/FAC	Bridgetown	April 30, 2000	
	2:54.84	Alana Dillette'87/FAC	Nassau	June .25, 2000	Yes
	2:52.69	McKayla Lightbourn'92/SWIFT	Curacao	March 31, 2005	Yes
	2:51.67	McKayla Lightbourn'92/SWIFT	Gainesville	July 15, 2005	Yes
	2:49.65	McKayla Lightbourn'92/SWIFT	Ft. Pierce	July 29, 2005	Yes
EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FLY	42.35	Camilla Miller'89/DSC	Ft.Lauderdale	April 1, 2000	
	35.64	Chanteia Musgrove'88/SBSC	Nassau	July 14, 2001	
	35.27	Franshon Francis'89/DSC	Nassau	March 9, 2001	
	34.02	Jade Thompson'91/SBSC	Mexico City	July 1, 2003	
	33.21	Jade Thompson'91/UN	Kingston	July 2, 2004	
	32.43	Jade Thompson'91/UN	Kingston	July 2, 2004	Yes
	32.03	Kadesha Culmer'92/FAC	Curacao	April 1, 2005	Yes
	31.82	Kadesha Culmer'92/FAC	Curacao	April 1, 2005	Yes
	31.81	Kadesha Culmer'92/FAC	Santo Domingo	August 4, 2005	Yes
	31.31	Maya Albury'94/WAVE	Kingston	April 8, 2007	Yes
	31.02	Taryn Smith'96/WAVE	Nassau	June 25, 2009	
	30.75	Jana Johnson'01/ALPHA	Nassau	June 21, 2014	
	29.93	Amber Pinder'01/BSC	Nassau	December 27, 2014	
100 FLY	1:12.55	Sharon Jones'73/BSC	Curacao	July 12,1986	
	1:11.27	Arianna Vanderpool-Wallace'90/TPAC	Curacao	July 3, 2002	
	1:11.19	Arianna Vanderpool-Wallace'90/TPAC	Kingston	April 19, 2003	Yes
	1:08.95	Arianna Vanderpool-Wallace'90/TPAC	Kingston	April 19, 2003	
	1:07.97	Taryn Smith'96/WAVE	Venezuela	July 5, 2009	
	1:06.90	Zoe A Williamson'08/WAVE	Nassau	June 24, 2021	
200 FLY	2:47.81	Katie Roach'84/SWIFT	Havana	July 10, 1997	Yes
	2:41.81	Arianna Vanderpool-Wallace'90/TPAC	Kingston	April 20, 2003	Yes
	2:41.14	Bria Deveaux'94/BSC	San Salvador	June 25, 2007	Yes
	2:39.12	Zoe A Williamson'08/WAVE	Nassau	June 24, 2021	
200 I.M.	2:35.92	Sharon Jones'73/BSC	Curacao	July 10, 1986	Yes
	2:33.39	McKayla Lightbourn'92/SWIFT	Ft. Pierce	July 30, 2005	
400 I.M	6:26.26	Franshon Francis'89/DSC	Nassau	March 9, 2001	
	6:01.70	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2002	Yes
	5:51.79	Alicia Lightbourne'90/SBSC	Nassau	July 10, 2003	Yes
	5:46.64	McKayla Lightbourn'92/SWIFT	Nassau	February 5, 2005	Yes
	5:35.22	McKayla Lightbourn'92/SWIFT	Curacao	April 1, 2005	Yes
	5:27.09	McKayla Lightbourn'92/SWIFT	Gainesville	July 15, 2005	Yes
	5:26.24	McKayla Lightbourn'92/SWIFT	Ft. Pierce	July 29, 2005	Yes

	5:23.27	McKayla Lightbourn'92/SWIFT	Ft. Pierce	July 29, 2005	
RELAYS					
200 FREE	2:04.32	Kerel Pinder;Jennifer Davis; Aymara Albury;Nikia Deveaux/BAH	Guadeloupe	April 18, 1998	
	2:00.00	Nikia Deveaux;Aymara Ablury; Kerel Pinder;Krizia Farrington/BAH	Bridgetown	April 30, 2000	Yes
	1:59.04	Arianna Vanderpool-Wallace;Caitlin Antoni; Jade Thompson;Alicia Lightbourne/BAH	Kingston	April 21, 2003	
400 FREE	4:28.44	Sharon Jones;Lori Thompson; Susan Glucksmann;Jane Saunders/BAH	Curacao	July 11, 1986	
	4:24.71	Arianna Vanderpool-Wallace;Caitlin Antoni; Jade Thompson;Alicia Lightbourne/BAH	Kingston	April 19, 2003	Yes
	4:23.16	Madison Mortimer, Charlot Russell, Zayle Thompson, Katelyn Cabral/BAH	Martinique	March 25, 2016	
	4:20.91	Zayle Thompson, Charlot Russell, Hailey Johnson, Katelyn Cabral/BAH	Nassau	June 29, 2016	
800 FREE	9:38.82	Katelyn Cabral; Madison Mortimer Salene Gibson; Zayle Thompson/BAH	Nassau	July 1, 2016	
200 MEDLEY	2:29.09	Camilla Miller;Melissa Ferguson; Franshon Francis;Brittany Smith/DSC	Nassau	Jun.29, 2001	Yes
	2:24.21	Camilla Miller;Melissa Ferguson; Franshon Francis;Krysti Bowe/DSC	Nassau	July 12, 2002	Yes
	2:23.72	Ariel Weech;Adrienne Lightbourne; Ashley Butler;Amber Weech/SBSC	Nassau	November 20, 2004	Yes
	2:20.63	Miaeda Hutchinson;Adrienne Lightbourne; Shaunte Moss;Ashley Butler/SBSC	Nassau	July 3, 2005	Yes
	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	
400 MEDLEY	5:06.56	Jane Saunders;Lori Thompson; Sharon Jone;Susan Glucksmann/BAH	Curacao	July 13, 1986	
	5:02.76	Caitlin Antoni;Anthaya Rolle; Arianna Vanderpool-Wallace;Alicia Lightbourne/BAH	Kingston	April 20, 2003	Yes
	4:58.56	Ariel Weech;Anthaya Rolle; Jade Thompson;Ashley Butler/BAH	Kingston	July 6, 2004	Yes
	4:58.08	Virginia Stamp; Cecily Bowe; Amber Pinder; Tenniya Martin/BAH	Barbados	June 30, 2014	
	4:56.69	Katelyn Cabral, Jamilah Hepburn, Mandia Roberts, Zayle Thompson/Bah	Martinique	March 24, 2016	

GIRLS 11 & 12 - OPEN

June 30, 2021

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	30.28	Alana Dillette'87/FAC	Nassau	June 25, 2000	
	29.77	Gabrielle Gripacus'90/AGF	Nassau	April 22, 2001	
	29.75	Alexis Jordan'90/BAR	Nassau	April 22, 2001	Yes
	29.44	Nishani Cicilson'91/SUR	Nassau	April 18, 2004	Yes
	29.19	Jade Thompson'91/UN	Nassau	June 27, 2004	Yes
	28.88	Ashley Butler'92/SBSC	Nassau	July 3, 2005	
	28.82	Simone Sturup'98/SWIFT	Nassau	June 20, 2011	
	28.59	Darielys Ortiz'03/DOM	Nassau	July 2, 2016	

	28.35	Logan Watson-Brown'03/BER	Nassau	July 2, 2016	
	28.16	Logan Watson-Brown'03/BER	Nassau	July 2, 2016	
	27.64	Emily MacDonald'03/JAM	Nassau	July 2, 2016	
	27.53	Emily MacDonald'03/JAM	Nassau	July 2, 2016	
	27.50	Elan Daley'05/BER	Nassau	April 18, 2017	
100 FREE	1:05.16	Alana Dillette'87/FAC	Nassau	June 24, 2000	
	1:04.70	Shannon Duval'90/TRI	Nassau	April 21, 2001	
	1:04.24	Gabrielle Gripacus'90/AGF	Nassau	April 21, 2001	Yes
	1:04.20	Tuesday Watts'91/GRN	Nassau	April 17, 2004	Yes
	1:04.08	Jade Thompson'91/UN	Nassau	June 26, 2004	Yes
	1:02.73	Hanna Gill'99/BAR	Nassau	April 14, 2012	
	1:01.72	Logan Watson-Brown'03/BER	Nassau	July 1, 2016	
	1:01.46	Logan Watson-Brown'03/BER	Nassau	July 1, 2016	
	1:00.44	Emily MacDonald'03/JAM	Nassau	July 1, 2016	
	1:00.26	Emily MacDonald'03/JAM	Nassau	July 1, 2016	
200 FREE	2:26.14	Alana Dillette'87/FAC	Nassau	June 23, 2000	
	2:19.31	Shannon Duval'90/TRI	Nassau	April 20, 2001	
	2:19.28	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2003	Yes
	2:17.91	Tuesday Watts'91/GRN	Nassau	April 16, 2004	Yes
	2:16.40	Tuesday Watts'91/GRN	Nassau	April 16, 2004	
	2:15.82	Hanna Gill'99/BAR	Nassau	April 13, 2012	
	2:15.29	Emily MacDonald'03/JAM	Nassau	June 30, 2016	
	2:15.27	Avery Lambert'04/CAY	Nassau	April 16, 2017	
	2:13.88	Avery Lambert'04/CAY	Nassau	April 16, 2017	
	2:12.77	Payton Zelkin'04/BER	Nassau	April 16, 2017	
	2:10.07	Victoria Maria Yegres'05/VEN	Nassau	June 17, 2018	
400 FREE	5:26.29	Carla Cargill'87/SBSC	Nassau	June 23, 2000	
	5:00.02	Shannon Duval'90/TRI	Nassau	April 21, 2001	
	4:50.13	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2003	Yes
	4:44.69	Tuesday Watts'91/GRN	Nassau	April 18, 2004	
	4:44.00	Avery Lambert'04/CAY	Nassau	April 18, 2017	
	4:43.68	Payton Zelkin'04/BER	Nassau	April 18, 2017	
	4:37.12	Victoria Maria Yegres'05/VEN	Nassau	June 19, 2018	
800 FREE	11:54.57	Franshon Francis'89/DSC	Nassau	July 14, 2002	Yes
	11:21.28	Jessica Greene'92/BSC	Nassau	June 27, 2004	Yes
	10:08.69	McKayla Lightbourn'92/SWIFT	Nassau	June 16, 2018	
	9:22.81	Maria Victoria Yegres'0592/VEN	Nassau	June 30, 2005	
50 BACK	39.15	Franshon Francis'89/DSC	Nassau	July 14, 2001	
	37.01	Franshon Francis'89/DSC	Nassau	March 9, 2001	Yes
	35.06	Tuesday Watts'91/GRN	Nassau	April 17, 2004	Yes
	34.42	Ashley Butler'92/SBSC	Nassau	July 3, 2005	
	32.26	Angara Sinclair'99/JAM	Nassau	April 12, 2012	
	31.98	Sade Simons'03/SUR	Nassau	July 1, 2016	Yes
	31.46	Keianna B Moss'05/MAC	Nassau	June 17, 2018	
100 BACK	1:14.32	Alana Dillette'87/FAC	Nassau	June 23, 2000	
	1:14.04	Alexis Jordan'90/BAR	Nassau	April 20, 2001	
	1:13.50	Jade Thompson'91/UN	Nassau	June 25, 2004	
	1:12.53	Angara Sinclair'99/JAM	Nassau	April 13, 2012	
	1:12.36	Adriana Gooding'03/TTO	Nassau	June 30, 2016	
	1:11.12	Logan Watson-Brown'03/BER	Nassau	June 30, 2016	
	1:11.06	Keianna B Moss'05/MAC	Nassau	June 17, 2018	
200 BACK	2:58.47	Carla Cargill'87/SBSC	Nassau	June 25, 2000	
	2:58.38	Chanteia Musgrove'88/SBSC	Nassau	March 2, 2001	
	2:45.65	Aegina Brahim'90/SUR	Nassau	April 22, 2001	Yes
	2:43.95	Johanna Marinette'91/AGF	Nassau	April 18, 2004	Yes

	2:39.54	Meg Fisher-Wells'91/CAY	Nassau	April 18, 2004	Yes
	2:36.77	Adriana Gooding'03/TTO	Nassau	July 2, 2016	
	2:37.26	Adriana Gooding'03/TTO	Nassau	July 2, 2016	
	2:34.11	Danielle Treasure'03/BAR	Nassau	July 2, 2016	
	2:30.68	Danielle Treasure'03/BAR	Nassau	July 2, 2016	
EVENT	RECORD	NAME	CITY	DATE	Certificate
50 BREAST	45.45	Ravyn Deveaux'92/BSC	Nassau	February 21, 2004	
	40.34	Ferancia Madretsma'91/SUR	Nassau	April 18, 2004	Yes
	39.23	Ferancia Madretsma'91/SUR	Nassau	April 18, 2004	Yes
	37.94	Shaunte Moss'93/SBSC	Nassau	July 1, 2005	Yes
	37.26	Adrienne Lightbourne'92/SBSC	Nassau	July 1, 2005	Yes
	37.15	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007	Yes
	37.13	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007	Yes
	37.00	Albury Higgs'99/BAH	Nassau	April 14, 2012	Yes
	35.83	Victoria Russell'00/SWIFT	Nassau	December 22, 2013	
100 BREAST	1:23.15	Victoria Millar'87/SWIFT	Nassau	June .24, 2000	
	1:22.90	Shannon Duval'90/TRI	Nassau	April 22, 2001	Yes
	1:21.57	Shannon Duval'90/TRI	Nassau	April 22, 2001	Yes
	1:20.95	Jamilah Hepburn'03/BAH	Nassau	July 1, 2016	Yes
	1:20.52	Zayle-Elizabeth Thompson'04/BAH	Nassau	April 18, 2017	
200 BREAST	2:54.84	Alana Dillette'87/FAC	Nassau	June 25, 2000	
	2:54.61	Zayle-Elizabeth Thompson'04/BAH	Nassau	April 15, 2017	
50 FLY	35.64	Chanteia Musgrove'88/SBSC	Nassau	July 14, 2001	
	35.27	Franshon Francis'89/DSC	Nassau	March 9, 2001	
	34.88	Jade Thompson'91/UN	Nassau	February 21, 2004	Yes
	32.78	Priscilla Jannasch'91/SUR	Nassau	April 16, 2004	Yes
	32.08	Priscilla Jannasch'91/SUR	Nassau	April 16, 2004	Yes
	31.67	Maya Albury'94/WAVE	Nassau	May 12, 2007	
	31.02	Taryn Smith'96/WAVE	Nassau	June 25, 2009	
	30.90	Amira Pilgrim'96/TRI	Nassau	April 12, 2012	
	30.75	Jana Johnson'01/ALPHA	Nassau	June 21, 2014	
	29.93	Amber Pinder'01/BSC	Nassau	December 27, 2014	
	29.59	Sade Simons'02/SUR	Nassau	July 1, 2016	
	29.05	Zaneta Alvaranga'04/JAM	Nassau	April 16, 2017	
	28.87	Victoria Maria Yegres'05/VEN	Nassau	April 18, 2018	
100 FLY	1:22.49	Ecarscha Smith'87/DSC	Nassau	June 23, 2000	
	1:19.26	Ecarscha Smith'87/DSC	Nassau	June 23, 2000	
	1:16.04	Janique Jessurun'91/SUR	Nassau	April 20, 2001	
	1:15.07	Jodie Foster'91/CAY	Nassau	April 20, 2001	
	1:13.17	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2002	
	1:12.19	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2003	Yes
	1:11.40	Meg Fisher-Wells'91/CAY	Nassau	April 16, 2004	Yes
	1:10.71	Meg Fisher-Wells'91/CAY	Nassau	April 16, 2004	
	1:09.99	Emily MacDonald'03/JAM	Nassau	July 1, 2016	
	1:08.88	Regan H Allen'03/BAH	Nassau	July 1, 2016	
	1:08.87	Simone Vale'03/JAM	Nassau	July 1, 2016	
	1:08.61	Payton Zelkin'04/BER	Nassau	April 15, 2017	
	1:08.59	Elan Daley'05/BER	Nassau	April 15, 2017	
	1:08.02	Zaneta Alvaranga'04/JAM	Nassau	April 15, 2017	
	1:07.22	Sabrina Lyn'04/JAM	Nassau	April 15, 2017	
	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	
	2:44.39	Jodie Foster'91/CAY	Nassau	April 22, 2001	Yes
	2:33.39	Meg Fisher-Wells'91/CAY	Nassau	April 17, 2004	

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	Yes
	2:37.07	Tuesday Watts'91/GRN	Nassau	April 17, 2004	
	2:36.86	Ariana Vega'03/PUR	Nassau	July 1, 2016	
	2:36.57	Sabine Ellison'03/GRN	Nassau	July 1, 2016	
	2:35.33	Adriana Gooding'03/TTO	Nassau	July 1, 2016	
	2:34.32	Sabine Ellison'03/GRN	Nassau	July 1, 2016	
	2:34.03	Avery Lambert'04/CAY	Nassau	April 17, 2017	
	2:33.85	Elan Daley'05/BER	Nassau	April 17, 2017	
	2:32.18	Payton Zelkin'04/BER	Nassau	April 17, 2017	
	2:30.90	Elan Daley'05/BER	Nassau	April 17, 2017	
400 I.M	6:26.26	Franshon Francis'89/DSC	Nassau	March 9, 2001	
	6:01.70	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2002	Yes
	5:51.79	Alicia Lightbourne'90/SBSC	Nassau	July 10, 2003	Yes
	5:46.64	McKayla Lightbourn'92/SWIFT	Nassau	February 5, 2005	Yes
	5:44.01	McKayla Lightbourn'92/SWIFT	Nassau	July 2, 2005	
	5:33.35	Albury Higgs'99/BAH	Nassau	April 13, 2012	
	5:28.72	Avery Lambert'04/CAY	Nassau	April 16, 2017	
	5:25.70	Payton Zelkin'04/BER	Nassau	April 16, 2017	
200 FREE	2:14.54	Lisa Rombough;Kara Culmer-Wilson;	Nassau	June 25, 2000	
		Julia Brown;Carla Cargill/SBSC			
	2:04.59	Shannon Duval;Whitney Wint;	Nassau	April 22, 2001	
		Kimba Collymore;Zahra DeFour/TRI			Yes
	2:00.84	Jade Thompson;Ashley Butler;	Nassau	April 18, 2004	
		Amber Weech;Ariel Weech/BAH			
	1:57.60	Angara Sinclair;Anjuli Barrett	Nassau	April 14, 2012	
		Tiara Myrie;Annastazia Chin/JAM			
	1:57.06	Payton Zelkin;Jessica Bruton	Nassau	April 18, 2017	
		Taylor White;Elan Daley/BER			
	1:55.77	Paig'e Lewis;Isabella Sierra	Nassau	April 18, 2017	
		Sabrina Lyn;Zanete Alvaranga/JAM			
400 FREE	5:09.74	Lisa Rombough;Kara Culmer-Wilson;	Nassau	June 22, 2000	
		Julia Brown;Carla Cargill/SBSC			
	4:35.61	Gabrielle Gripacus;Jessy Ortole;	Nassau	April 20, 2001	
		Maite Gautry;Alizee Fenasse/AGF			Yes
	4:25.76	Jade Thompson;Ashley Butler;	Nassau	April 16, 2004	
		Ariel Weech;Jessica Greene/BAH			
	4:20.64	Annastazia Chin;Tiara Myrie	Nassau	April 13, 2012	
		Annabella Lyn;Angara Sinclair/JAM			
	4:20.44	Avery Lambert;Stephanie Royston	Nassau	April 15, 2017	
		Raya Embury-Brown;Kyra Rabess/CAY			
	4:18.51	Elan Daley;Jessica Bruton	Nassau	April 15, 2017	
		Taylor White;Payton Zelkin/BER			
	4:16.14	Elan Daley;Jessica Bruton	Nassau	April 15, 2017	
		Taylor White;Payton Zelkin/BER			
800 FREE	9:23.72	Carolina Villarini; Alondra Molina	Nassau	July 1, 2016	
		Milena Guzman; Ariana Vega/PUR			
200 MEDLEY	2:37.16	Lisa Rombough;Kara Culmer-Wilson;	Nassau	June 23, 2000	
		Carla Cargill;Julia Brown/SBSC			
	2:29.09	Camilla Miller;Melissa Ferguson;	Nassau	June 29, 2001	
		Franshon Francis;Brittany Smith/DSC			Yes
	2:24.21	Camilla Miller;Melissa Ferguson;	Nassau	July 12, 2002	
		Franshon Francis;Krysti Bowe/DSC			Yes
	2:23.72	Ariel Weech;Adrienne Lightbourne;	Nassau	Nov.20, 2004	
		Ashley Butler;Amber Weech/SBSC			Yes

	2:20.63	Miaeda Hutchinson;Adrienne Lightbourne;	Nassau	July 3, 2005	
		Shaunte Moss;Ashley Butler/SBSC			
	2:20.43	Tremaine Allen, Margaret Higgs	Nassau	June 20, 2011	
		Simone Sturup, Maya Thompson/SWIFT			
	2:17.32	Virginia Stamp, Sian Longley	Nassau	June 23, 2013	
		Amber Pinder, Charlotte Reed/BSC			
	2:15.15	Celia Campbell, Victoria Russell	Nassau	June 23, 2013	
		Teshe Rolle,Arielle Adderley/SWIFT			
400 MEDLEY	5:57.47	Lisa Rombough;Kara Culmer-Wilson;	Nassau	June 24, 2000	
		Carla Cargill;Julia Brown/SBSC			
	5:07.53	Zahra DeFour;Kimba Collymore;	Nassau	April 21, 2001	
		Whitney Wint;Shannon Duval/TRI			Yes
	5:07.22	Ariel Weech;Anthaya Rolle;	Nassau	April 17, 2004	
		Jade Thompson;Ashely Butler/BAH			
	5:02.20	Celia Campbell; Albury Higgs	Nassau	April 13, 2012	
		Megan Reid; Jasmine Gibson/BAH			
	4:53.62	Adriana Gooding; Naomi Patterson	Nassau	July 1, 2016	
		Regan Allen; DeNicha Lewis/TTO			
	4:53.53	Jessica Bruton; Payton Zelkin	Nassau	April 16, 2017	
		Elan Daley; Taylor White/BER			

