

# BAHAMAS SWIMMING FEDERATION

## HISTORY - LONG COURSE RECORDS

BOYS 13 & 14 - BAHAMAS

November 24, 201

EVENT	RECORD	NAME	CITY	DATE	
50 FREE	25.33	Dorian Roach'75/SBSC	Curacao	July 8, 1990	
	25.10	Vereance Burrows'89/FAC	Nassau	April 18, 2004	
	24.98	Vereance Burrows'89/FAC	Nassau	April 18, 2004	
	24.80	Gershwin Greene'98/BSC	Nassau	May 4, 2013	
	24.64	Gershwin Greene'98/BSC	Nassau	October 19, 2013	
	24.25	Izaak Bastian'01/BSC	Martinique	March 26, 2016	
	<a href="#">24.06</a>	<a href="#">Lamar Taylor'03/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 19, 2018</a>	
	<a href="#">23.79</a>	<a href="#">Lamar Taylor'03/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 19, 2018</a>	
	100 FREE	56.24	Dorian Roach'75/SBSC	Curacao	July 7, 1990
55.71		Christopher Vythoulkas'84/DSC	Guadeloupe	April 16, 1998	
55.37		Christopher Vythoulkas'84/DSC	Bridgetown	July 15, 1998	
55.14		Samuel Gibson'01/AAC	Nassau	June 25, 2016	
55.13		Izaak Bastian'01/BSC	Nassau	June 25, 2016	
55.07		Samuel Gibson'01/AAC	Nassau	June 25, 2016	
55.04		Samuel Gibson'01/AAC	Nassau	July 1, 2016	
55.02		Samuel Gibson'01/AAC	Nassau	July 1, 2016	
55.01		Kevon Lockhart'02/BSC	Nassau	April 16, 2017	
54.25		Kevon Lockhart'02/BSC	Nassau	June 24, 2017	
<a href="#">53.96</a>		<a href="#">Lamar Taylor'03/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 18, 2018</a>	
<a href="#">53.09</a>		<a href="#">Lamar Taylor'03/FAC</a>	<a href="#">Aruba</a>	<a href="#">July 2, 2018</a>	
200 FREE		2:05.74	Dorian Roach'75/SBSC	Curacao	July 6, 1990
		2:04.06	Christopher Vythoulkas'84/DSC	Kingston	April 3, 1999
	2:03.84	John Bradley'91/WAVE	Bridgetown	April 7, 2006	
	2:03.07	John Bradley'91/WAVE	Salinas	June 26, 2006	
	<a href="#">2:02.72</a>	<a href="#">Samuel Gibson'01/AAC</a>	<a href="#">Nassau</a>	<a href="#">June 30, 2016</a>	
400 FREE	<a href="#">4:14.72</a>	<a href="#">Jeremy Knowles'81/SWIFT</a>	<a href="#">Salinas</a>	<a href="#">November 29, 1996</a>	
800 FREE	10:18.29	Christopher Comito'90/BSC	Nassau	December 2, 2005	
	9:53.39	John Bradley'91/WAVE	Nassau	February 10, 2006	
	9:45.21	John Bradley'91/WAVE	Nassau	November 12, 2006	
	<a href="#">9:44.76</a>	<a href="#">Mathew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">November 7, 2008</a>	
1500 FREE	<a href="#">16:49.67</a>	<a href="#">Jeremy Knowles'81/SWIFT</a>	<a href="#">Salinas</a>	<a href="#">November 28, 1996</a>	
50 BACK	33.76	Robert Dillette'86/FAC	Nassau	July 14, 2001	
	30.86	Nevar Smith'87/FAC	Nassau	May 17, 2002	
	30.47	Mancer Roberts'93/BSC	Aruba	March 27, 2008	
	30.28	Mancer Roberts'93/BSC	Aruba	Mar.27, 2008	
	30.06	Mancer Roberts'93/BSC	Kingston	July 20, 2008	
	29.97	Mancer Roberts'93/BSC	Kingston	July 20, 2008	
	29.49	Dionisio Carey'97/BSC	Barbados	April 25, 2011	
	29.20	Dionisio Carey'97/BSC	Barbados	April 25, 2011	
	27.65	Dionisio Carey'97/BSC	Nassau	June 15, 2012	
	<a href="#">27.61</a>	<a href="#">DaVante Carey'03/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2017</a>	
100 BACK	1:03.62	Nicholas Rees'82/BSC	Havana	July 10, 1997	
	1:00.57	Christopher Vythoulkas'84/DSC	Winnipeg	August 7, 1999	
	<a href="#">1:00.55</a>	<a href="#">Lamar Taylor'03/FAC</a>	<a href="#">Nassau</a>	<a href="#">November 24, 2018</a>	
200 BACK	2:17.86	Nicholas Rees'82/BSC	Havana	July 6, 1997	

	2:16.56	William Russell'00/SWIFT	Nassau	November 28, 2015
	2:16.26	Peter Morley'01/SWIFT	Nassau	July 2, 2016
	2:15.24	Peter Morley'01/SWIFT	Nassau	July 2, 2016
50 BREAST	34.47	Jaims Carey'86/FAC	Nassau	July 14, 2001
	33.83	Ashton Knowles'88/FAC	Mexico City	July 2, 2003
	33.13	Brent Thompson'92/BSC	Kingston	April 9, 2007
	32.92	Brent Thompson'92/BSC	Kingston	April 9, 2007
	32.66	Evante Gibson'94/WAVE	Kingston	July 22, 2008
	32.22	Evante Gibson'94/WAVE	Venezuela	July 5, 2009
	32.06	Dustin Tynes'96/BSC	Kingston	April 5, 2010
	31.97	Dustin Tynes'96/BSC	Kingston	April 5, 2010
	31.71	Dustin Tynes'96/BSC	Havana	June 29, 2010
	31.54	Dustin Tynes'96/BSC	Nassau	March 12, 2011
	31.21	Dustin Tynes'96/BSC	Barbados	April 23, 2011
	30.66	Dustin Tynes'96/BSC	Barbados	April 23, 2011
	29.68	Izaak Bastian'01/BSC	Nassau	June 30, 2016
100 BREAST	1:12.15	Rashad Mclver'81/BSC	Port of Spain	April 14, 1996
	1:11.60	Travano McPhee'85/DSC	Bridgetown	April 29, 2000
	1:11.31	Travano McPhee'85/DSC	Aruba	July 23, 2000
	1:11.13	Travano McPhee'85/DSC	Aruba	July 23, 2000
	1:10.70	Dustin Tynes'96/BSC	Kingston	April 6, 2010
	1:10.26	Dustin Tynes'96/BSC	Kingston	April 6, 2010
	1:09.67	Dustin Tynes'96/BSC	Nassau	March 12, 2011
	1:07.99	Dustin Tynes'96/BSC	Barbados	April 25, 2011
	1:06.24	Izaak Bastian'01/BSC	Nassau	July 1, 2016
	1:05.86	Izaak Bastian'01/BSC	Maui	August 27, 2016
200 BREAST	2:27.04	Jeremy Knowles'81/SWIFT	Salinas	November 30, 1996
	2:24.99	Izaak Bastian'01/BSC	Martinique	March 26, 2016
	2:23.78	Izaak Bastian'01/BSC	Martinique	March 26, 2016
	2:23.43	Izaak Bastian'01/BSC	Nassau	June 29, 2016
50 FLY	28.58	Robert Dillette'86/FAC	Nassau	July 14, 2001
	28.21	Denaj Seymour'89/BSC	Mexico City	July 1, 2003
	28.07	Denaj Seymour'89/BSC	Mexico City	July 1, 2003
	27.83	Denaj Seymour'89/UN	Nassau	February 21, 2004
	27.59	Denaj Seymour'89/UN	Kingston	July 2, 2004
	27.02	Denaj Seymour'89/UN	Kingston	July 4, 2004
	26.97	Evante Gibson'94/YMCA	Aruba	April 17, 2009
	26.83	N'Nhyn Fernander'98/BSC	Nassau	October 19, 2013
	26.69	Izaak Bastian'01/BSC	Nassau	June 26, 2012
	26.24	Izaak Bastian'01/BSC	Martinique	March 26, 2016
	26.18	Izaak Bastian'01/BSC	Nassau	June 23, 2016
	26.16	Izaak Bastian'01/BSC	Nassau	July 1, 2016
	26.14	DaVante Carey'03/BSC	Nassau	December 2, 2017
	25.98	Rommel Ferguson'03/FAC	Nassau	June 18, 2018
	25.60	Lamar Taylor'03/FAC	Nassau	November 11, 2018
100 FLY	59.23	Nicholas Rees'82/BSC	Havana	July 8, 1997
	59.13	Izaak Bastian'01/BSC	Maui	August 28, 2016
	59.13	Ian Pinder'01/BSC	Nassau	April 17, 2017
	58.19	Ian Pinder'05/BSC	Nassau	April 17, 2017
	57.81	Ian Pinder'05/BSC	Nassau	June 24, 2017
200 FLY	2:15.14	Nicholas Rees'82/BSC	Havana	July 5, 1997
	2:14.18	Ian Pinder'05/BSC	Nassau	June 23, 2017

200 I.M.	2:13.80	Jeremy Knowles'81/SWIFT	Salinas	November 29, 1996
400 I.M.	4:47.11	Jeremy Knowles'81/SWIFT	San Juan	July 3, 1996
<b>RELAYS</b>				
200 FREE	1:45.20	Nicholas Rees;Kristoph Carey; Darrington Richards;Jamaal Carey/BAH	Port of Spain	April 13, 1997
	1:44.11	Andrew Bell;Corin McCartney; David Knowles;Christopher Vythoulkas/BAH	Kingston	April 5, 1999
	1:43.62	Vereance Burrows;Denaj Seymour; Je'Vaughn Saunders;Barrington Miller/BAH	Nassau	April 18, 2004
	1:42.58	Jared Fitzgerald, Alex Encinar Miller Albury, Michael Hernandez/Alpha	Nassau	June 23, 2013
	1:40.54	T'Lez Foulkes, Samuel Gibson Darren Laing, Izaak Bastian/Bah	Martinique	March 26, 2016
400 FREE	3:52.78	Jamaal Carey;Jeremy Knowles; Jonathan Cancino;Rashad Mclver/BAH	San Juan	Jul.5, 1996
	3:52.76	Vereance Burrows;Barrington Miller; Je'Vaughn Saunders;Denaj Seymour/BAH	Nassau	Apr.16, 2004
	3:49.61	T'Lez Foulkes;Samuel Gibson; Darren Laing;Joshua Roberts/BAH	Barbados	April 4, 2015
	3:46.52	Darren Laing, Samuel Gibson DeVante Carey, T'Lez Foulkes/BAH	Martinique	March 22, 2016
	3:45.35	Izaak Bastian, Darren Laing DeVante Carey, Samuel Gibson/BAH	Nassau	June 29, 2016
	3:44.57	Lamar Taylor, DeVante Carey Ian Pinder, Kevon Lockhart/BAH	Trinidad	June 30,2017
800 FREE	9:03.17	John Bradley;Jonathan Bain; Taylor Lewis;Kieran Deveaux/BAH	Kingston	April 12, 2004
	8:23.64	John Bradley;Jonathan Bain; Taylor Lewis;Kieran Deveaux/BAH	Curacao	April 2, 2005
200 MEDLEY	2:12.95	Jeremy Knowles;Dallas Knowles; DeMar Charlton;Ryan Knowles/SWIFT	Salinas	November 25, 1995
	2:07.25	Robert Dillette;Jaims Carey; Todd Wilson;Krisjan Stuart/FAC	Nassau	June 23, 2000
	2:04.53	Nevar Smith;Jaims Carey; Robert Dillette;Reynaldo Dames/FAC	Nassau	June 29, 2001
	2:03.88	Mancer Roberts;Pemrae Walker Brent Thompson;Devonn Knowles/BSC	Nassau	May 13, 2007
	1:59.19	Dylan Cash; Tre Taylor, Keith Lloyd, Jaevon Munnings/SBSC	Nassau	June 20, 2011
	1:58.84	Miller Albury, Jared Fitzgerald Alex Encinar, Michael Hernandez/Alpha	Nassau	June 20, 2013
	1:56.80	Randy Paul; Izaak Bastian Samuel Gibson, David Morris/BSC	Nassau	June 27, 2015
	1:56.59	Joshua Murray; William Russell Darren Laing, Joshua Roberts/Swift	Nassau	June 27, 2015
	1:55.79	Peter Morley; DeVante Carey Darren Laing, Joshua Murray/Swift	Nassau	June 26, 2016
	1:53.97	Kevon Lockhart; Izaak Bastian Ian Pinder, T'Lez Foulkes/BSC	Nassau	June 26, 2016
400 MEDLEY	4:18.18	Nicholas Rees; Gevon Nairn; Jamaal Carey;Jonathan Cancino/BAH	Havana	July 6, 1997
	4:15.09	William Russell; Izaak Bastian;	Barbados	April 5, 2015

		Darren Laing;Joshua Roberts/BAH		
	4:08.32	Peter Morley, Izaak Bastian,	Martinique	March 25, 2016
		Darren Laing, Samuel Gibson/BAH		
	4:06.13	Peter Morley, Izaak Bastian,	Nassau	July 1, 2016
		Darren Laing, Samuel Gibson/BAH		

BOYS 13 & 14 - OPEN

November 11 2018

EVENT	RECORD	NAME	CITY	DATE
50 FREE	25.97	Todd Wilson'85/FAC	Nassau	June 25, 2000
	25.81	Todd Wilson'85/FAC	Nassau	June 25, 2000
	tied	David Knowles'85/SWIFT	Nassau	April 22, 2001
	25.33	Nicholas Bovell'86/TRI	Nassau	April 22, 2001
	24.92	Brad Hamilton'89/JAM	Nassau	April 18, 2004
	24.56	Jabari Baptiste'97/TRI	Nassau	April 15, 2012
	24.56	Izaak Bastian'01/BSC	Nassau	June 23, 2016
	24.06	Lamar Taylor'03/FAC	Nassau	June 19, 2018
	23.79	Lamar Taylor'03/FAC	Nassau	June 19, 2018
100 FREE	58.23	Todd Wilson'85/FAC	Nassau	June 24, 2000
	57.44	Todd Wilson'85/FAC	Nassau	June 24, 2000
	55.83	Nicholas Bovell'86/TRI	Nassau	April 21, 2001
	54.97	Nicholas Bovell'86/TRI	Nassau	April 21, 2001
	53.69	Brad Hamilton'89/JAM	Nassau	April 17, 2004
200 FREE	2:15.38	David Knowles'85/SWIFT	Nassau	June 23, 2000
	2:14.03	Robert Dillette'86/FAC	Nassau	March 3, 2001
	2:11.28	Robert Dillette'86/FAC	Nassau	March 17, 2001
	2:02.12	Nicholas Bovell'86/TRI	Nassau	April.20, 2001
	1:59.84	Brad Hamilton'89/JAM	Nassau	April 16, 2004
	1:59.15	Jabari Baptiste'97/TRI	Nassau	April 13, 2012
	1:57.82	Romeo Boileau'02/GUAD	Nassau	April 16, 2017
400 FREE	4:39.12	Todd Wilson'85/FAC	Nassau	June 23, 2000
	4:37.02	Robert Dillette'86/FAC	Nassau	March 3, 2001
	4:25.10	Nicholas Bovell'86/TRI	Nassau	April 21, 2001
	4:17.16	Brad Hamilton'89/JAM	Nassau	April 18, 2004
	4:12.63	Christian Selby'97/BAR	Nassau	April 15, 2012
800 FREE	10:18.29	Christopher Comito'90/BSC	Nassau	December 2, 2005
	9:23.39	John Bradley'91/WAVE	Nassau	February 17, 2006
1500 FREE	18:47.26	Todd Wilson'85/FAC	Nassau	June 25, 2000
	17:15.21	Nicholas Bovell'86/TRI	Nassau	April 21, 2001
	17:04.95	Micky Van Der Vaart'89/ARUBA	Nassau	April 15, 2004
	16:45.74	Mathias Marasu'97/GUAD	Nassau	April 12, 2012
	16:44.60	Romeo Boileau'02/GUAD	Nassau	April 15, 2017
50 BACK	33.76	Robert Dillette'86/FAC	Nassau	July 14, 2001
	30.86	Nevar Smith'87/FAC	Nassau	May 17, 2002
	30.66	Mancer Roberts'93/BSC	Nassau	June 29, 2008
	30.59	Dionisio Carey'97/BSC	Nassau	February 12, 2011
	30.24	Dionisio Carey'97/BSC	Nassau	February 25, 2011
	30.05	Dylan Cash'97/SBSC	Nassau	June 20, 2011
	29.60	Dionisio Carey'97/BSC	Nassau	June 20, 2011

	29.17	Dionisio Carey'97/BSC	Nassau	June 20, 2011
	29.00	Dionisio Carey'97/BSC	Mayaguez	June 29, 2011
	28.69	Dionisio Carey'97/BSC	Mayaguez	June 29, 2011
	28.06	Dionisio Carey'97/BSC	Nassau	April 12, 2012
	27.65	Dionisio Carey'97/BSC	Nassau	June 15, 2012
	<a href="#">27.61</a>	<a href="#">DaVante Carey'97/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2017</a>
100 BACK	1:05.46	David Knowles'85/SWIFT	Nassau	June 23, 2000
	1:01.95	Nicholas Bovell'86/TRI	Nassau	April 20, 2001
	<a href="#">1:00.70</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
	<a href="#">59.96</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
	<a href="#">58.89</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
EVENT	RECORD	NAME	CITY	DATE
200 BACK	2:28.35	David Knowles'85/SWIFT	Nassau	June 25, 2000
	2:21.44	Nicholas Bovell'86/TRI	Nassau	April 22, 2001
	2:19.21	Brett Fraser'89/CAY	Nassau	April 18, 2004
	2:16.56	William Russell'00/SWIFT	Nassau	November 28, 2015
	<a href="#">2:16.26</a>	<a href="#">Peter Morley'02/BAH</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2016</a>
	<a href="#">2:15.24</a>	<a href="#">Peter Morley'02/BAH</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2016</a>
	<a href="#">2:09.89</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2016</a>
	<a href="#">2:08.44</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2016</a>
50 BREAST	34.47	Jaims Carey'86/FAC	Nassau	July .14, 2001
	33.41	Rodion Davelaar'90/AHO	Nassau	April 18, 2004
	33.34	Brent Thompson'92/BSC	Nassau	May 11, 2007
	32.94	Brent Thompson'92/BSC	Nassau	May 11, 2007
	32.71	Evante Gibson'94/WAVE	Nassau	May 11, 2007
	32.51	Dustin Tynes'96/BSC	Nassau	June 24, 2010
	32.44	Dustin Tynes'96/BSC	Nassau	June 24, 2010
	31.54	Dustin Tynes'96/BSC	Nassau	March 12, 2011
	30.93	Dustin Tynes'96/BSC	Nassau	June 21, 2011
	30.87	Izaak Bastian'01/BSC	Nassau	June 24, 2016
	<a href="#">29.68</a>	<a href="#">Izaak Bastian'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
100 BREAST	1:11.60	Travano McPhee'85/DSC	Nassau	June 24, 2000
	1:10.17	Nicholas Bovell'86/TRI	Nassau	April .22, 2001
	1:09.67	Dustin Tynes'96/BSC	Nassau	March 12, 2011
	1:09.25	Alexander Encinar'98/Alpha	Nassau	June 22, 2013
	1:08.94	Izaak Bastian'01/BSC	Nassau	June 28, 2015
	<a href="#">1:07.52</a>	<a href="#">Izaak Bastian'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
	<a href="#">1:06.24</a>	<a href="#">Izaak Bastian'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
200 BREAST	2:42.22	Travano McPhee'85/DSC	Nassau	June 24, 2000
	2:35.77	Nicholas Bovell'86/TRI	Nassau	April 21, 2001
	2:33.33	Dustin Tynes'96/BSC	Nassau	March 12, 2011
	2:33.12	Dustin Tynes'96/BSC	Nassau	June 20, 2011
	2:27.69	Mikel Schreuders'98/ARU	Nassau	April 12, 2012
	<a href="#">2:27.32</a>	<a href="#">Izaak Bastian'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2016</a>
	<a href="#">2:24.94</a>	<a href="#">Daniel Chevere'01/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2016</a>
	<a href="#">2:23.43</a>	<a href="#">Izaak Bastian'01/BAH</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2016</a>
50 FLY	28.58	Robert Dillette'86/FAC	Nassau	July 14, 2001
	27.83	Denaj Seymour'89/UN	Nassau	February 21, 2004
	27.49	Evante Gibson'94/WAVE	Nassau	June 28, 2008
	27.48	T'Auren Moss'95/SBSC	Nassau	December 4, 2010
	26.81	Zuhayr Pigot'97/SUR	Nassau	April 12, 2012
	26.69	Izaak Bastian'01/BSC	Nassau	June 26, 2012

	26.18	Izaak Bastian'01/BSC	Nassau	June 25, 2016
	26.16	Izaak Bastian'01/BSC	Nassau	July 1, 2016
	26.15	Lleyton Martin'02/ANT	Nassau	April 16, 2017
	26.14	DaVante Carey'03/BSC	Nassau	December 2, 2017
	25.98	Rommel Ferguson'03/FAC	Nassau	June 18, 2018
	<a href="#">25.60</a>	<a href="#">Lamar Taylor'03/FAC</a>	<a href="#">Nassau</a>	<a href="#">November 11, 2018</a>
100 FLY	1:05.21	Todd Wilson'85/FAC	Nassau	June 23, 2000
	1:02.29	Travano McPhee'85/DSC	Nassau	June 23, 2000
	1:02.06	Robert Dillette'86/FAC	Nassau	April 20, 2001
	1:00.82	Nicholas Bovell'86/TRI	Nassau	April 20, 2001
	tied	Brad Hamilton'89/JAM	Nassau	April 16, 2004
	57.96	Zuhayr Pigot'97/SUR	Nassau	April 13, 2012
	57.90	Jarod Arroyo'02/PUR	Nassau	July 1, 2016
	<a href="#">57.81</a>	<a href="#">Ian Pinder'05/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2017</a>
200 FLY	2:21.34	Travano McPhee'85/DSC	Nassau	June 24, 2000
	2:20.42	Robert Dillette'86/FAC	Nassau	April 22, 2001
	<a href="#">2:13.58</a>	<a href="#">Geoffroy Gauneau'97/GUAD</a>	<a href="#">Nassau</a>	<a href="#">April 14, 2012</a>
200 I.M.	2:25.77	Travano McPhee'85/DSC	Nassau	June 24, 2000
	2:17.39	Nicholas Bovell'86/TRI	Nassau	April 21, 2001
	2:16.56	Mikel Schreuders'98/ARU	Nassau	April 14, 2012
	<a href="#">2:12.36</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
	<a href="#">2:07.59</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
400 I.M.	5:10.77	Travano McPhee'85/DSC	Nassau	June 22, 2000
	4:50.90	Nicholas Bovell'86/TRI	Nassau	April 20, 2001
	4:48.12	Mathias Marasu'97/GUAD	Nassau	April 13, 2012
	<a href="#">4:30.23</a>	<a href="#">Jarod Arroyo'02/PUR</a>	<a href="#">Nassau</a>	<a href="#">June 30, 2016</a>
<b>RELAYS</b>				
200 FREE	1:50.45	Krisjan Stuart;Jaims Carey; Robert Dillette;Todd Wilson/FAC	Nassau	June 25, 2000
	1:46.27	Arold Egouy;Jonas Jean-Francois; Francois-Xavier Chery;Karl Lusbec/AGF	Nassau	April 22, 2001
	1:43.62	Vereance Burrows;Denaj Seymour; Je'Vaughn Saunders;Barrington Miller/BAH	Nassau	April 18, 2004
	1:42.69	Zuhayr Pigot; Daniel Kolf Michael Grauwde; Raiz Tjon A Joe/SUR	Nassau	April 15, 2012
	1:42.58	Miller Albury; Jared Fitzgerald Alexander Encinar, Michael Hernandez/Alpha	Nassau	June 20, 2013
	1:42.22	T'Lez Foulkes; Kevin Lockhart Ian Pinder, Izaak Bastian/BSC	Nassau	June 26, 2016
	<a href="#">1:41.99</a>	<a href="#">Youris Geran; Mathys Hipp-Dinane</a> <a href="#">Lucas Batrin, Romeo Boileau/GUAD</a>	<a href="#">Nassau</a>	<a href="#">April 18, 2017</a>
	<a href="#">1:41.64</a>	<a href="#">Kevin Lockhart; Lamar Taylor</a> <a href="#">Ian Pinder, Devante Carey/BAH</a>	<a href="#">Nassau</a>	<a href="#">April 18, 2017</a>
400 FREE	4:11.37	Krisjan Stuart;Jaims Carey; Robert Dillette;Todd Wilson/FAC	Nassau	June 22, 2000
	3:55.94	Nicholas Bovell;John Humphrey; Pierre Carmino;Anthony Schamber/TRI	Nassau	April 20, 2001
	3:52.46	Alford Green;Jonathan Wong; Rohan Johnson;Brad Hamilton/JAM	Nassau	April 16, 2004
	3:49.80	Zuhayr Pigot; Michael Grauwde Daniel Kolf; Raiz Tjon A Joe/SUR	Nassau	April 13, 2012
	<a href="#">3:49.68</a>	<a href="#">Izaak Bastian; Kevon Lockhart</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2016</a>



		<a href="#">Benjamin Lundy; T'Lez Foulkes/BSC</a>		
	3:45.35	Izaak Bastian, Darren Laing	Nassau	June 29, 2016
		DeVante Carey, Samuel Gibson/BAH		
	<a href="#">3:44.59</a>	<a href="#">Youris Geran; Mathys Hipp-Dinane</a>	<a href="#">Nassau</a>	<a href="#">April 18, 2017</a>
		<a href="#">Lucas Batrin, Romeo Boileau/GUAD</a>		
800 FREE	8:29.46	Raigel Hoen; Tyreke Wernet	Nassau	April 14, 2012
		Edward Mulder; Mikel Schreuders/ARU		
	<a href="#">8:14.28</a>	<a href="#">Jan Collazo; Ezequiel Negron;</a>	<a href="#">Nassau</a>	<a href="#">June 30, 2016</a>
		<a href="#">Edward Mulder; Mikel Schreuders/ARU</a>		
200 MEDLEY	2:07.25	Robert Dillette;Jaims Carey;	Nassau	June 23, 2000
		Todd Wilson;Krisjan Stuart/FAC		
	2:04.53	Nevar Smith;Jaims Carey;	Nassau	June 29, 2001
		Robert Dillette;Reynaldo Dames/FAC		
	2:03.88	Mancer Roberts;Pemrae Walker	Nassau	May 13, 2007
		Brent Thompson;Devonn Knowles/BSC		
	1:59.19	Dylan Cash; Tre Taylor,	Nassau	June 20, 2011
		Keith Lloyd, Jaevon Munnings/SBSC		
	1:59.15	Dionisio Carey; Zach Moses,	Nassau	June 16 2012
		Cedric Bowe, Nikolaus Holmberg/SWIFT		
	1:58.84	Miller Albury; Jared Fitzgerald	Nassau	June 23, 2013
		Alexander Encinar, Michael Hernandez/Alpha		
	1:56.80	Randy Paul; Izaak Bastian	Nassau	June 27, 2015
		Samuel Gibson, David Morris/BSC		
	1:56.59	Joshua Murray; William Russell	Nassau	June 27, 2015
		Darren Laing, Joshua Roberts/Swift		
	<a href="#">1:55.79</a>	<a href="#">Peter Morley; DeVante Carey</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2016</a>
		<a href="#">Darren Laing, Joshua Murray/Swift</a>		
	<a href="#">1:53.97</a>	<a href="#">Kevon Lockhart; Izaak Bastian</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2016</a>
		<a href="#">Ian Pinder, T'Lez Foulkes/BSC</a>		
400 MEDLEY	4:46.87	Robert Dillette;Jaims Carey;	Nassau	June 24, 2000
		Todd Wilson;Jose Hudson/FAC		
	4:23.48	John Humphrey;Joseph Ryan;	Nassau	April 21, 2001
		Nicholas Bovell;Anthony Schamber/TRI		
	4:23.15	Bjorn Romer;Nigel Jesus;	Nassau	April 17, 2004
		Kendrick Bakhuis;Rodion Davelaar/AHO		
	4:20.48	Dionisio Carey; Zach Moses	Nassau	April 13, 2012
		Farion Cooper; Gershwin Greene/BAH		
	4:14.58	Kevon Lockhart; Izaak Bastian	Nassau	June 25, 2016
		Ian Pinder;T'Lez Foulkes/BSC		
	<a href="#">4:06.13</a>	<a href="#">Peter Morley; Izaak Bastian</a>	<a href="#">Nassau</a>	<a href="#">July 1, 2016</a>
		<a href="#">Darren Laing;Samuel Gibson/Bah</a>		
	4:05.85	Jarod Arroyo; Daniel Chevere	Nassau	July 1, 2016
		<a href="#">Gabriel Melendez; Jan Collazo/PUR</a>		









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