

BAHAMAS SWIMMING FEDERATION

HISTORY - LONG COURSE RECORDS

GIRLS 15 & OVER - BAHAMAS

August 25, 2017

EVENT	RECORD	NAME	CITY	DATE	Certificate	
50 FREE	28.62	Michelle Fox'70/BSC	Auckland	January 30, 1990		
	28.23	Nicola McKinney'77/SBSC	Etobicoke	November 5, 1999		
	28.34	Aymara Albury'85/BSC	Nassau	March 3, 2001		
	28.13	Nikia Deveaux'85/BSC	Nassau	July 1, 2001		
	28.04	Nikia Deveaux'85/BSC	Nassau	April 13, 2002		
	27.79	Nikia Deveaux'85/BSC	Curacao	July 7, 2002		
	27.74	Nikia Deveaux'85/BSC	Nassau	July 14, 2002		
	27.35	Nikia Deveaux'85/BSC	Manchester	August 2, 2002		
	26.88	Nikia Deveaux'85/BSC	Nassau	June 26, 2004	Yes	
	26.67	Arianna Vanderpool-Wallace'90/UN	Rio de Janeiro	July 16, 2007	Yes	
	26.58	Arianna Vanderpool-Wallace'90/UN	Columbus OH	April 5, 2008	Yes	
	26.33	Arianna Vanderpool-Wallace'90/UN	Columbus OH	April 5, 2008	Yes	
	26.04	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008	Yes	
	25.40	Arianna Vanderpool-Wallace'90/UN	Beijing	August 15, 2008		
	25.28	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 24, 2011		
	24.79	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 22, 2011		
	24.64	Arianna Vanderpool-Wallace'90/UN	London	August 3, 2012		
	24.61	Arianna Vanderpool-Wallace'90/UN	Glasgow	July 25, 2014		
	24.42	Arianna Vanderpool-Wallace'90/UN	Glasgow	July 25, 2014		
	24.34	Arianna Vanderpool-Wallace'90/UN	Glasgow	July 26, 2014		
	24.31	Arianna Vanderpool-Wallace'90/UN	Toronto	July 17, 2015		
100 FREE	1:02.14	Kimberly Knowles'72/SWIFT	Ft.Lauderdale	May 25, 1996		
	1:01.46	Nikia Deveaux'85/BSC	Nassau	April 21, 2001		
	59.87	Nikia Deveaux'85/BSC	Nassau	April 14, 2002	Yes	
	59.82	Nikia Deveaux'85/BSC	Nassau	May 15, 2004	Yes	
	59.15	Nikia Deveaux'85/BSC	Nassau	June 26, 2004	Yes	
	59.09	Nikia Deveaux'85/BSC	Cartagena	July 19, 2006	Yes	
	59.02	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	December 2, 2006	Yes	
	58.44	Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	December 2, 2006	Yes	
	57.92	Arianna Vanderpool-Wallace'90/UN	Kingston	April 9, 2007	Yes	
	57.52	Arianna Vanderpool-Wallace'90/UN	Rio de Janeiro	July 20, 2007	Yes	
	56.67	Arianna Vanderpool-Wallace'90/UN	Columbus OH	April 6, 2008	Yes	
	56.19	Arianna Vanderpool-Wallace'90/UN	Columbus OH	April 6, 2008	Yes	
	56.01	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008	Yes	
	55.61	Arianna Vanderpool-Wallace'90/UN	Beijing	August 13, 2008	Yes	
	54.96	Arianna Vanderpool-Wallace'90/UN	Rome	July 30, 2009		
	54.51	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 21, 2011		
	54.46	Arianna Vanderpool-Wallace'90/UN	Shanghai	July 21, 2011		
	54.28	Arianna Vanderpool-Wallace'90/UN	Montreal	March 29, 2012		
		53.73	Arianna Vanderpool-Wallace'90/UN	London	August 1, 2012	
	200 FREE	2:17.30	Kimberly Knowles'72/SWIFT	Salinas	November 25, 1995	
2:15.39		Nikia Deveaux'85/BSC	Nassau	June 29, 2001		
2:13.35		Nikia Deveaux'85/BSC	Bridgetown	April 12, 2002		
2:13.13		Nikia Deveaux'85/BSC	Kingston	April 19, 2003		
2:09.59		Alana Dillette'87/UN	Nassau	April 16, 2004	Yes	
2:09.13		Alana Dillette'87/SWIFT	Salinas	June 30, 2006	Yes	
2:07.04		Arianna Vanderpool-Wallace'90/UN	Lafayette,IN	Nov.30, 2006	Yes	

	2:06.24	Arianna Vanderpool-Wallace'90/UN	East Meadow	Mar.27, 2007	Yes
	2:05.38	Arianna Vanderpool-Wallace'90/UN	Columbus OH	April 4, 2008	Yes
	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	June 27, 2008	Yes
	2:04.19	Joanna Evans'97/SWIFT	Glasgow	July 25, 2014	Yes
	2:04.07	Joanna Evans'97/SWIFT	Veracruz	November 15, 2014	Yes
	2:03.00	Joanna Evans'97/SWIFT	Barbados	April 3, 2015	Yes
	2:02.51	Joanna Evans'97/SWIFT	Mesa	April 14, 2016	Yes
	2:01.62	Joanna Evans'97/SWIFT	Nassau	June 24, 2016	
	2:01.27	Joanna Evans'97/SWIFT	Rio de Janeiro	August 6, 2016	
	1:59.91	Joanna Evans'97/SWIFT	Texas	July 8, 2017	
	1:59.19	Joanna Evans'97/SWIFT	Taipei	August 23, 2017	
400 FREE	4:52.58	Katie Roach'84/SWIFT	Bridgetown	April 30, 2000	
	4:51.95	Nikia Deveaux'85/BSC	Nassau	April 14, 2001	
	4:49.52	Nikia Deveaux'85/BSC	Nassau	May 17, 2002	
	4:46.44	Nikia Deveaux'85/BSC	Curacao	July 3, 2002	
	4:39.97	Alana Dillette'87/UN	Nassau	April 18, 2004	Yes
	4:39.96	Alana Dillette'87/UN	Kingston	July 5, 2004	Yes
	4:39.50	Arianna Vanderpool-Wallace'90/UN	Bridgetown	April 9, 2006	Yes
	4:37.83	Alana Dillette'87/SWIFT	Salinas	June 29, 2006	Yes
	4:33.31	Arianna Vanderpool-Wallace'90/UN	Kingston	April 10, 2007	Yes
	4:32.97	Arianna Vanderpool-Wallace'90/UN	Aruba	March 30, 2008	Yes
	4:25.46	Joanna Evans'97/SWIFT	Kingston	April 2, 2013	Yes
	4:24.72	Joanna Evans'97/SWIFT	Dubai	August 29, 2013	Yes
	4:24.53	Joanna Evans'97/SWIFT	Nassau	January 17, 2014	Yes
	4:20.79	Joanna Evans'97/SWIFT	Orlando	February 14, 2014	Yes
	4:20.69	Joanna Evans'97/SWIFT	Orlando	February 14, 2014	Yes
	4:17.29	Joanna Evans'97/SWIFT	Nassau	March 22, 2014	Yes
	4:17.11	Joanna Evans'97/SWIFT	Nanjing	August 19, 2014	Yes
	4:13.74	Joanna Evans'97/SWIFT	Nanjing	August 22, 2014	Yes
	4:12.14	Joanna Evans'97/SWIFT	Nanjing	August 22, 2014	Yes
	4:07.60	Joanna Evans'97/SWIFT	Rio de Janeiro	August 8, 2016	Yes
800 FREE	10:25.67	Sharon Jones'73/BSC	Kingston	March 28, 1991	
	10:14.93	Patricia Thompson'83/SWIFT	Kingston	April 4, 1999	
	10:06.28	Katie Roach'84/SWIFT	Bridgetown	April 29, 2000	
	10:03.76	Katie Roach'84/UN	Nassau	May 18, 2002	
	9:59.13	Alana Dillette'87/UN	Nassau	Feb.21, 2004	Yes
	9:27.75	Arianna Vanderpool-Wallace'90/UN	Bridgetown	April 6, 2006	Yes
	9:10.50	Arianna Vanderpool-Wallace'90/UN	Kingston	April 7, 2007	Yes
	9:10.26	Joanna Evans'97/SWIFT	Kingston	March 30, 2013	Yes
	9:01.84	Joanna Evans'97/SWIFT	Florida	April 19, 2013	Yes
	8:59.49	Joanna Evans'97/SWIFT	Nassau	June 20, 2013	Yes
	8:58.64	Joanna Evans'97/SWIFT	Dubai	August 26, 2013	Yes
	8:57.04	Joanna Evans'97/SWIFT	Orlando	February 15, 2014	Yes
	8:41.39	Joanna Evans'97/SWIFT	Glasgow	July 27, 2014	Yes
	8:39.75	Joanna Evans'97/SWIFT	Nanjing	August 19, 2014	Yes
	8:39.61	Joanna Evans'97/SWIFT	Veracruz	November 18, 2014	Yes
	8:37.18	Joanna Evans'97/SWIFT	Toronto	July 17, 2015	
	8:32.19	Joanna Evans'97/SWIFT	Nassau	June 23, 2016	
	8:31.18	Joanna Evans'97/SWIFT	Taipei	August 25, 2017	
1500 FREE	19:29.37	Jenna Chaplin'90	Nassau	November 8, 2008	
	17:23.39	Joanna Evans'97/SWIFT	Nassau	November 2, 2013	
50 BACK	33.06	Alana Dillette'87/FAC	Nassau	July 14, 2001	
	33.05	Alana Dillette'87/FAC	Santo Domingo	August 13, 2003	Yes
	32.07	Alana Dillette'87/SWIFT	Curacao	March 31, 2005	Yes

	31.25	Alana Dillette'87/SWIFT	Curacao	March 31, 2005	Yes
	30.70	Alana Dillette'87/SWIFT	Santo Domingo	August 3, 2005	Yes
	30.34	Alana Dillette'87/SWIFT	Bangkok	August 10, 2007	Yes
	30.30	Alana Dillette'87/SWIFT	Nassau	June 26, 2009	
	29.83	Alana Dillette'87/SWIFT	Rome	July 29, 2009	
	29.78	Alana Dillette'87/SWIFT	Mayaguez	July 21, 2010	
	29.40	Alana Dillette'87/SWIFT	Nassau	June 20, 2011	
EVENT	RECORD	NAME	CITY	DATE	Certificate
100 BACK	1:13.32	Nicola McKinney'77/BSC	Kingston	July 10, 1994	
	1:09.98	Alana Dillette'87/FAC	Kingston	April 20, 2003	
	1:09.79	Alana Dillette'87/UN	Nassau	April 17, 2004	Yes
	1:09.75	Alana Dillette'87/UN	Kingston	July 3, 2004	Yes
	1:08.05	Alana Dillette'87/SWIFT	Curacao	April 1, 2005	Yes
	1:07.69	Alana Dillette'87/SWIFT	Melbourne	March 17, 2006	Yes
	1:07.29	Alana Dillette'87/SWIFT	Cartagena	July 21, 2006	Yes
	1:06.08	Alana Dillette'87/SWIFT	Charlotte	June 9, 2007	Yes
	1:05.69	Alana Dillette'87/SWIFT	Charlotte	June 9, 2007	Yes
	1:04.39	Alana Dillette'87/SWIFT	Rio de Janeiro	July 18, 2007	Yes
	1:04.16	Alana Dillette'87/SWIFT	Rio de Janeiro	July 22, 2007	Yes
	1:03.02	Alana Dillette'87/SWIFT	Columbus OH	April 4, 2008	Yes
	1:02.56	Alana Dillette'87/SWIFT	Beijing	Aug.10, 2008	Yes
200 BACK	2:41.50	Nicola McKinney'77/BSC	Bridgetown	April 23, 1995	
	2:39.61	Patricia Thompson'83/SWIFT	Kingston	April 5, 1999	
	2:38.59	Patricia Thompson'83/SWIFT	Bridgetown	April 30, 2000	
	2:37.64	Alana Dillette'87/FAC	Kingston	April 21, 2003	
	2:33.73	Alana Dillette'87/FAC	Kingston	April 21, 2003	
	2:32.61	Alana Dillette'87/FAC	Santo Domingo	Aug 16, 2003	
	2:32.61	Alana Dillette'87/UN	Nassau	April 18, 2004	Yes
	2:30.44	Alana Dillette'87/SWIFT	Curacao	April 3, 2005	Yes
	2:25.64	Alana Dillette'87/SWIFT	Charlotte	June 10, 2007	Yes
	2:21.32	Alana Dillette'87/SWIFT	Charlotte	June 10, 2007	Yes
	2:20.44	McKayla Lightbourn'92/SWIFT	Washington	August 14, 2009	
	2:20.22	McKayla Lightbourn'92/SWIFT	Nassau	June 16, 2012	
50 BREAST	37.94	April Knowles'87/UN	Nassau	July 14, 2001	
	36.75	April Knowles'84/UN	Daegu	August 24, 2003	Yes
	36.15	Teisha Lightbourne'89/SBSC	Curacao	April 2, 2005	Yes
	36.10	Alicia Lightbourne'90/SBSC	Nassau	Feb.11, 2006	Yes
	35.78	Alicia Lightbourne'90/SBSC	Bridgetown	April 8, 2006	Yes
	35.48	Alicia Lightbourne'90/SBSC	Bridgetown	April 8, 2006	Yes
	34.83	Alicia Lightbourne'90/SBSC	Salinas	June 29, 2006	Yes
	34.82	Alicia Lightbourne'90/SBSC	Kingston	April 9, 2007	Yes
	34.19	Alicia Lightbourne'90/SBSC	Kingston	April 9, 2007	Yes
	32.84	Alicia Lightbourne'90/SBSC	Rome	August 1, 2009	
100 BREAST	1:20.98	Kristina Thompson'72/SWIFT	Ft.Lauderdale	May 25, 1996	
	1:20.87	Acchia Albury'82/BSC	Kingston	April 5, 1999	
	1:19.53	April Knowles'84/UN	Nassau	July 12, 2003	Yes
	1:16.06	Alicia Lightbourne'90/SBSC	Bridgetown	April 9, 2006	Yes
	1:15.72	Alicia Lightbourne'90/SBSC	Kingston	April 10, 2007	Yes
	1:14.36	Alicia Lightbourne'90/SBSC	Rio de Janeiro	July 17, 2007	Yes
	1:12.60	Alicia Lightbourne'90/SBSC	Rome	July 27, 2009	
	1:12.07	Albury Higgs'99/SWIFT	Knoxville	March 5, 2016	
	1:11.83	Laura Morley'96/SWIFT	Ohio	March 27, 2016	
	1:11.46	Laura Morley'96/SWIFT	Indianapolis	March 4, 2017	
	1:11.18	Lilly Higgs'00/SWIFT	Indianapolis	August 25, 2017	

200 BREAST	2:56.74	Kristina Thompson'72/SWIFT	Ft.Lauderdale	May 26, 1996	
	2:55.64	April Knowles'84/UN	Nassau	July 13, 2003	Yes
	2:53.69	Teisha Lightbourne'89/SBSC	Curacao	March 31, 2005	Yes
	2:50.59	Alicia Lightbourne'90/SBSC	Nassau	February 10, 2006	Yes
	2:46.51	Alicia Lightbourne'90/SBSC	Bridgetown	April 6, 2006	Yes
	2:46.50	Alicia Lightbourne'90/SBSC	Salinas	June 27, 2006	Yes
	2:45.22	Alicia Lightbourne'90/SBSC	Cartagena	July 17, 2006	Yes
	2:42.79	Alicia Lightbourne'90/SBSC	Kingston	April 7, 2007	Yes
	2:37.97	McKayla Lightbourn'92/SWIFT	Aruba	March 27, 2008	Yes
	2:36.42	Laura Morley'96/SWIFT	Nanjing	August 22, 2014	Yes
	2:36.37	Laura Morley'96/SWIFT	Indiana	December 5, 2015	Yes
	2:35.64	Albury Higgs'99/SWIFT	Knoxville	March 5, 2016	
	2:35.03	Laura Morley'96/SWIFT	Ohio	March 27, 2016	
	2:34.00	Laura Morley'96/SWIFT	Indianapolis	March 2, 2017	
	2:32.98	Laura Morley'96/SWIFT	Indianapolis	March 2, 2017	
50 Fly	31.70	Jodi Curtis'86/FAC	Mexico City	July 1, 2003	
	31.42	April Knowles'84/UN	Daegu	August 29, 2003	Yes
	31.00	Teisha Lightbourne'89/SBSC	Curacao	April 1, 2005	Yes
	30.84	Teisha Lightbourne'89/SBSC	Curacao	April 1, 2005	Yes
	30.33	Alana Dillette'87/SWIFT	Nassau	June 30, 2005	
	29.71	Alana Dillette'87/SWIFT	Nassau	July 2, 2005	Yes
	29.48	Alana Dillette'87/SWIFT	Nassau	December 28, 2005	Yes
	29.46	Alana Dillette'87/SWIFT	Melbourne	March 16, 2006	Yes
	29.46	Arianna Vanderpool-Wallace'90/UN	Kingston	April 8, 2007	Yes
	29.07	Arianna Vanderpool-Wallace'90/UN	Kingston	April 8, 2007	Yes
	29.07	Alana Dillette'87/SWIFT	Charlotte	June 8, 2007	Yes
	28.51	Alana Dillette'87/SWIFT	Charlotte	June 8, 2007	Yes
	28.05	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009	
	27.62	Alana Dillette'87/SWIFT	Nassau	June 26, 2009	
	27.07	Alana Dillette'87/SWIFT	Rome	July 31, 2009	
	26.92	Arianna Vanderpool-Wallace'90/SWIFT	Mayaguez	July 19, 2010	
	26.71	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 21, 2014	
	26.44	Arianna Vanderpool-Wallace'90/SWIFT	Glasgow	July 26, 2014	
	25.93	Arianna Vanderpool-Wallace'90/SWIFT	Glasgow	July 26, 2014	
	25.53	Arianna Vanderpool-Wallace'90/SWIFT	Glasgow	July 27, 2014	
100 FLY	1:09.12	Nicola McKinney'77/BSC	Kingston	July 14, 1994	
	1:08.90	Nikia Deveaux'85/BSC	Bridgetown	April 12, 2002	
	1:08.43	Nikia Deveaux'85/BSC	Nassau	July 11, 2002	
	1:07.89	April Knowles'84/UN	Nassau	July 11, 2003	
	1:07.73	April Knowles'84/UN	Daegu	August 25, 2003	Yes
	1:07.49	Alana Dillette'87/SWIFT	Curacao	March 31, 2005	Yes
	1:05.67	Alana Dillette'87/SWIFT	Curacao	March 31, 2005	Yes
	1:04.77	Arianna Vanderpool-Wallace'90/UN	Kingston	April 7, 2007	Yes
	1:02.93	Arianna Vanderpool-Wallace'90/UN	Kingston	April 7, 2007	Yes
	1:02.42	Alana Dillette'87/SWIFT	Charlotte	June 8, 2007	Yes
	1:01.63	Alana Dillette'87/SWIFT	Rio de Janeiro	July 16, 2007	Yes
	1:01.50	Alana Dillette'87/SWIFT	Rio de Janeiro	July 18, 2007	Yes
	1:00.56	Arianna Vanderpool-Wallace'90/SWIFT	Rome	July 26, 2009	
	59.74	Arianna Vanderpool-Wallace'90/SWIFT	Mayaguez	July 20, 2010	
	59.62	Arianna Vanderpool-Wallace'90/SWIFT	Arizona	April 18, 2015	
	58.87	Arianna Vanderpool-Wallace'90/SWIFT	Charlotte	May 16, 2015	
EVENT	RECORD	NAME	CITY	DATE	Certificate
200 FLY	2:41.90	Sharon Jones'73/BSC	Curacao	July 6, 1990	

	2:39.47	April Knowles'84/UN	Nassau	May 17, 2002	
	2:33.85	April Knowles'84/UN	Nassau	July 13, 2002	
	2:32.43	April Knowles'84/UN	Nassau	July 12, 2003	Yes
	2:29.42	Alana Dillette'87/SWIFT	Nassau	March 5, 2005	Yes
	2:28.99	Alana Dillette'87/SWIFT	Curacao	April 2, 2005	Yes
	2:28.47	Alana Dillette'87/SWIFT	Nassau	July 3, 2005	Yes
	2:28.22	Alana Dillette'87/SWIFT	Nassau	June 9, 2006	Yes
	2:25.62	Arianna Vanderpool-Wallace'90/UN	Kingston	April 9, 2007	Yes
	2:21.67	Arianna Vanderpool-Wallace'90/UN	Kingston	April 9, 2007	Yes
200 I.M.	2:35.33	Sharon Jones'73/BSC	Curacao	July 5, 1990	
	2:34.24	April Knowles'84/UN	Nassau	July 13, 2002	
	2:34.16	Alana Dillette'87/FAC	Kingston	April 20, 2003	
	2:32.02	Alana Dillette'87/FAC	Nassau	July 12, 2003	
	2:30.18	Alana Dillette'87/FAC	Santo Domingo	August 15, 2003	
	2:29.85	Alana Dillette'87/UN	Nassau	April 17, 2004	Yes
	2:26.45	Alana Dillette'87/UN	Kingston	July 6, 2004	Yes
	2:26.12	Alana Dillette'87/SWIFT	Curacao	April 2, 2005	Yes
	2:23.00	McKayla Lightbourn'92/SWIFT	Aruba	March 29, 2008	Yes
	2:20.09	McKayla Lightbourn'92/SWIFT	Aruba	March 29, 2008	Yes
	2:19.72	McKayla Lightbourn'92/SWIFT	Florida	March 12, 2011	Yes
400 I.M.	5:26.85	Sharon Jones'73/BSC	Curacao	July 8, 1990	
	5:26.34	Alana Dillette'87/FAC	Kingston	April 19, 2003	
	5:24.79	Alana Dillette'87/FAC	Nassau	July 10, 2003	
	5:18.16	Alana Dillette'87/UN	Nassau	April 16, 2004	Yes
	5:12.30	Alana Dillette'87/UN	Kingston	July 2, 2004	Yes
	5:00.00	McKayla Lightbourn'92/SWIFT	Aruba	March 28, 2008	Yes
	4:59.44	McKayla Lightbourn'92/SWIFT	Washington	August 14, 2009	Yes
	4:59.25	Joanna Evans'97/SWIFT	Barbados	April 4, 2015	Yes
RELAYS					
200 FREE	1:56.88	Acchia Albury;Patricia Thompson; Taneca Malcolm;Shanti Malcolm/BAH	Kingston	April 6, 1999	
	1:53.05	Nikia Deveaux;Jodi Curtis; Alana Dillette;Amanda McPhee/BAH	Kingston	April 21, 2003	Yes
	1:50.31	Ariel Weech; Anthaya Rolle; Teisha Lightbourne;Arianna Vanderpool-Wallace/BAH	Kingston	April 10, 2007	Yes
	1:48.06	Arianna Vanderpool-Wallace;Alicia Lightbourne; Ashley Butler;Ariel Weech/BAH	Aruba	March 30, 2008	Yes
400 FREE	4:25.82	Jane Saunders; Kimberly Knowles; Sharon Jones;Stacey Bradley/BAH	Curacao	July 6, 1990	
	4:24.61	Shanti Malcolm;Olivia McKinney; Taneca Malcolm;Patricia Thompson/BAH	Kingston	April 4, 1999	
	4:21.14	Patricia Thompson;Katie Roach April Knowles;Taneca Malcolm/BAH	Bridgetown	April 30, 2000	
	4:10.09	Jodi Curtis;Nikia Deveaux; Alana Dillette;Amanda McPhee/BAH	Kingston	April 19, 2003	Yes
	4:08.95	Arianna Vanderpool-Wallace;Alicia Lightbourne; Teisha Lightbourne;Jenna Chaplin/BAH	Bridgetown	April 6, 2006	Yes
	4:08.84	Alicia Lightbourne;Teisha Lightbourne; Jenna Chaplin;Arianna Vanderpool-Wallace/BAH	Salinas	June 26, 2006	Yes
	4:00.01	Teisha Lightbourne; Alicia Lightbourne; Ariel Weech; Arianna Vanderpool-Wallace/BAH	Kingston	April 7, 2007	Yes
	3:54.99	Nikia Deveaux;Alana Dillette; Arianna Vanderpool-Wallace;Ariel Weech/BAH	Rio de Janeiro	July 18, 2007	Yes

	3:53.91	Nikia Deveaux;Alana Dilette; Arianna Vanderpool-Wallace;Ariel Weech/BAH	Rio de Janeiro	July 19, 2007	Yes
	3:51.57	Arianna Vanderpool-Wallace;Alana Dilette Teisha Lightbourne;Alicia Lightbourne/BAH	Charlotte	June 6, 2008	Yes
	3:48.34	Alana Dilette; Arianna Vanderpool-Wallace Teisha Lightbourne;Alicia Lightbourne/BAH	Rome	July 26, 2009	
	3:47.40	Alana Dilette; Arianna Vanderpool-Wallace Ariel Weech; Alicia Lightbourne/BAH	Montreal	March 29, 2012	
800 FREE	9:32.32	Teisha Lightbourne;Chanteia Musgrove; Franshon Francis;Alana Dilette/BAH	Curacao	April 2, 2005	Yes
	9:26.78	Teisha Lightbourne;Chanteia Musgrove; Franshon Francis;Alana Dilette/BAH	Curacao	April 2, 2005	Yes
	9:05.76	Jenna Chaplin;Alicia Lightbourne; Teisha Lightbourne;Arianna Vanderpool-Wallace	Bridgetown	April 8, 2006	Yes
	9:00.59	Jenna Chaplin;Alicia Lightbourne; Teisha Lightbourne; Arianna Vanderpool-Wallace	Salinas	June 28, 2006	Yes
	8:52.38	Jenna Chaplin;Alicia Lightbourne; McKayla Lightbourn;Arianna Vanderpool-Wallace	Aruba	March 29, 2008	Yes
	8:36.28	Alana Dilette, Teisha Lightbourne; Jenna Chaplin; Arianna Vanderpool-Wallace	Mayaguez	July 20, 2010	Yes
200 MEDLEY	2:22.01	Krista Burrows;Nadia Lockhart; Laura Millar;Nikia Deveaux/BSC	Nassau	June 29, 2001	
	2:12.84	Alana Dilette;Danielle Brown; April Knowles;Chanteia Musgrove/UN	Nassau	June 25, 2004	Yes
	2:05.70	Alana Dilette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	June 29, 2008	Yes
	2:01.90	Alana Dilette, Shaunte Moss, Ashley Butler, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 24, 2009	
	1:58.81	Alana Dilette, McKayla Lightbourn, Arianna Vanderpool-Wallace, Ashley Butler/SWIFT	Nassau	June 20, 2011	
400 MEDLEY	4:59.62	Jane Saunders;Sharon Jones; Kimberly Knowles;Stacey Bradley/BAH	Curacao	July 8, 1990	
	4:47.40	Shanti Malcolm;Acchia Albury; Taneca Malcolm;Patricia Thompson/BAH	Kingston	April 5, 1999	
	4:46.74	Alana Dilette;Amanda McPhee; Nikia Deveaux;Jodi Curtis/BAH	Kingston	April 20, 2003	Yes
	4:41.93	Teisha Lightbourne;Alicia Lightbourne; Jenna Chaplin;Arianna Vanderpool-Wallace/BAH	Bridgetown	April 7, 2006	Yes
	4:40.69	Teisha Lightbourne;Alicia Lightbourne; Arianna Vanderpool-Wallace;Jenna Chaplin/BAH	Salinas	June 29, 2006	Yes
	4:26.26	Alana Dilette; Alicia Lightbourne Arianna Vanderpool-Wallace;Nikia Deveaux/BAH	Cartagena	July 21, 2006	Yes
	4:23.70	Alana Dilette; Alicia Lightbourne Arianna Vanderpool-Wallace;Nikia Deveaux/BAH	Rio de Janeiro	July 20, 2007	Yes
	4:18.97	Alana Dilette; Alicia Lightbourne Arianna Vanderpool-Wallace;Nikia Deveaux/BAH	Rio de Janeiro	July 22, 2007	Yes
	4:15.59	Alana Dilette; Alicia Lightbourne Arianna Vanderpool-Wallace; Teisha Lightbourne/BAH	Rome	August 1, 2009	

GIRLS 15 & OVER - OPEN

June 26, 2016

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	28.85	Nicola McKinney'77/SBSC	Nassau	March 3, 2001	

	28.34	Aymara Albury'85/BSC	Nassau	March 3, 2001	
	27.68	Linda McEachrane'83/TRI	Nassau	April 22, 2004	
	26.88	Nikia Deveaux'85/BSC	Nassau	June 26, 2004	Yes
	26.04	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008	Yes
	25.80	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2009	
	25.75	Arianna Vanderpool-Wallace'90/UN	Nassau	June 20, 2011	
	25.69	Jane Trepp'88/UN	Nassau	June 17, 2012	
	25.57	Arianna Vanderpool-Wallace'90/UN	Nassau	June 17, 2012	
	25.40	Vanessa Garcia'84/PR	Nassau	June 17, 2012	
	25.40	Arianna Vanderpool-Wallace'90/UN	Nassau	June 22, 2014	
	25.10	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2015	
	25.05	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2016	
	24.94	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2016	
100 FREE	1:03.75	Patricia Thompson'83/SWIFT	Nassau	June 24, 2000	
	1:03.45	Patricia Thompson'83/SWIFT	Nassau	June 24, 2000	
	1:03.38	Nikia Deveaux'85/BSC	Nassau	March 2, 2001	
	1:02.02	Anne Laure Virgel'83/AGF	Nassau	April 21, 2001	
	1:00.10	Linda McEachrane'83/TRI	Nassau	April 21, 2001	
	59.87	Nikia Deveaux'85/BSC	Nassau	April 14, 2002	Yes
	59.82	Nikia Deveaux'85/BSC	Nassau	May 15, 2004	Yes
	59.15	Nikia Deveaux'85/BSC	Nassau	June 26, 2004	Yes
	58.94	Alana Dillette'87/SWIFT	Nassau	May 12, 2007	Yes
	57.79	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008	Yes
	56.01	Arianna Vanderpool-Wallace'90/UN	Nassau	June 28, 2008	Yes
	55.80	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2009	
	55.55	Arianna Vanderpool-Wallace'90/UN	Nassau	June 19, 2011	
	55.17	Arianna Vanderpool-Wallace'90/UN	Nassau	June 16, 2012	
	54.52	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2016	
200 FREE	2:20.48	Kimberly Knowles'72/SWIFT	Nassau	June 23, 2000	
	2:20.37	Patricia Thompson'83/SBSC	Nassau	December 16, 2000	
	2:20.31	Nikia Deveaux'85/BSC	Nassau	March 3, 2001	
	2:13.36	Kaitlyn Elphinstone'87/CAY	Nassau	April 20, 2001	
	2:09.18	Heather Roffey'86/CAY	Nassau	April 16, 2004	Yes
	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	June 27, 2008	Yes
	2:04.43	Santis Gabriela'96/GUA	Nassau	June 24, 2016	Yes
	2:04.33	Santis Gabriela'96/GUA	Nassau	June 24, 2016	Yes
	2:02.01	Valerie Gruest'99/GUA	Nassau	June 24, 2016	Yes
	2:01.62	Joanna Evans'97/SWIFT	Nassau	June 24, 2016	Yes
	2:00.64	Andreina Pinto'91/VEN	Nassau	June 24, 2016	Yes
400 FREE	4:58.95	Kimberly Knowles'72/SWIFT	Nassau	June 23, 2000	
	4:42.54	Kaitlyn Elphinstone'87/CAY	Nassau	April 21, 2001	
	4:31.22	Heather Roffey'86/CAY	Nassau	April 15, 2004	Yes
	4:27.32	Julie Anne Malidor'94/MART	Nassau	April 15, 2012	
	4:26.77	Joanna Evans'97/SWIFT	Nassau	June 22, 2013	
	4:24.53	Joanna Evans'97/SWIFT	Nassau	January 17, 2014	
	4:17.29	Joanna Evans'97/SWIFT	Nassau	March 22, 2014	
	4:10.80	Valeri Gruest'99/GUA	Nassau	June 26, 2016	
	4:09.82	Andreina Pinto'91/VEN	Nassau	June 26, 2016	
800 FREE	10:52.83	Jacinda Mireault'84/SBSC	Nassau	March 18, 2001	
	9:30.01	Kaitlyn Elphinstone'87/CAY	Nassau	April 21, 2001	
	9:06.01	Heather Roffey'86/CAY	Nassau	April 15, 2004	Yes
	8:59.49	Joanna Evans'97/SWIFT	Nassau	June 20, 2013	Yes
	8:33.28	Valerie Gruest'99/GUA	Nassau	June 23, 2016	Yes
	8:32.19	Joanna Evans'97/SWIFT	Nassau	June 23, 2016	Yes

1500 FREE	19:29.37	Jenna Chaplin'90	Nassau	November 8, 2008	
	17:23.39	Joanna Evans'97/SWIFT	Nassau	November 2, 2013	
50 BACK	33.06	Alana Dillette'87/FAC	Nassau	July 14, 2001	Yes
	33.61	Alana Dillette'87/SWIFT	Nassau	July 1, 2005	Yes
	32.06	Alana Dillette'87/SWIFT	Nassau	July 3, 2005	Yes
	30.70	Alana Dillette'87/SWIFT	Nassau	July 9, 2006	Yes
	30.59	Alana Dillette'87/SWIFT	Nassau	June 29, 2008	Yes
	30.30	Alana Dillette'87/SWIFT	Nassau	June 26, 2009	
	29.40	Alana Dillette'87/SWIFT	Nassau	June 20, 2011	
	29.12	Carolina Colorado'87/NAD	Nassau	June 17, 2012	
	28.82	Fernanda Gonzalez Ramirez'94/MEX	Nassau	July 1, 2016	
EVENT	RECORD	NAME	CITY	DATE	Certificate
100 BACK	1:13.63	Nicola McKinney'77/SBSC	Nassau	June 23, 2000	
	1:11.90	Anne Laure Virgel'83/AGF	Nassau	April 20, 2001	
	1:10.05	Alana Dillette'87/FAC	Nassau	July 11, 2003	
	1:09.79	Alana Dillette'87/UN	Nassau	April 17, 2004	Yes
	1:09.20	Alana Dillette'87/SWIFT	Nassau	July 1, 2005	Yes
	1:07.71	Alana Dillette'87/SWIFT	Nassau	July 7, 2006	Yes
	1:04.47	Alana Dillette'87/SWIFT	Nassau	June 27, 2008	Yes
	1:04.25	Alana Dillette'87/SWIFT	Nassau	June 18, 2011	
	1:02.93	Alana Dillette'87/SWIFT	Nassau	June 18, 2011	
	1:02.49	Carolina Colorado'87/NAD	Nassau	June 15, 2012	
	1:02.09	Carolina Colorado'87/NAD	Nassau	June 15, 2012	
	1:01.52	Fernanda Gonzalez Ramirez'94/MEX	Nassau	June 30, 2016	
	1:01.41	Fernanda Gonzalez Ramirez'94/MEX	Nassau	June 30, 2016	
200 BACK	2:41.53	Patricia Thompson'83/SWIFT	Nassau	June 25, 2000	
	2:35.34	Anne Laure Virgel'83/AGF	Nassau	April 22, 2001	
	2:35.07	Alana Dillette'87/UN	Nassau	March 13, 2004	
	2:32.61	Alana Dillette'87/UN	Nassau	April 18, 2004	Yes
	2:30.49	Alana Dillette'87/SWIFT	Nassau	May 12, 2007	
	2:24.66	Alana Dillette'87/SWIFT	Nassau	June 19, 2011	
	2:21.95	Caroline Marinette'94/GUAD	Nassau	April 15, 2012	
	2:20.22	McKayla Lightbourn'92/SWIFT	Nassau	June 16, 2012	
	2:18.32	Carolina Colorado'87/NAD	Nassau	June 16, 2012	
	2:17.61	Fernanda Gonzalez Ramirez'94/MEX	Nassau	July 2, 2016	
	2:15.45	Carolina Colorado'87/COL	Nassau	July 2, 2016	
50 BREAST	37.28	Shannon Duval'88/TRI	Nassau	April 18, 2004	Yes
	36.63	Rachel Nemelc'86/SUR	Nassau	April 18, 2004	Yes
	36.32	Alana Dillette'87/SWIFT	Nassau	July 1, 2005	Yes
	36.1	Alicia Lighbourne'90/SBSC	Nassau	Feb.11, 2006	Yes
	36.25	Alicia Lighbourne'90/SBSC	Nassau	July 7, 2006	Yes
	36.05	Alicia Lighbourne'90/SBSC	Nassau	July 7, 2006	Yes
	35.25	Alicia Lighbourne'90/BSC	Nassau	June 27, 2008	Yes
	34.21	Alicia Lighbourne'90/BSC	Nassau	June 27, 2008	Yes
	33.54	Raminta Dvariskyte'90/UN	Nassau	June 21, 2013	Yes
	33.45	Monica Alvarez'90/UN	Nassau	June 24, 2016	Yes
	32.96	Monica Alvarez'90/UN	Nassau	June 24, 2016	Yes
	32.39	Branca Rodriguez Villa'94/MEX	Nassau	July 1, 2016	Yes
	32.39	Ana Carrillo Avilez'94/MEX	Nassau	July 1, 2016	Yes
100 BREAST	1:27.42	April Knowles'84/SWIFT	Nassau	June 24, 2000	
	1:23.60	Acchia Albury'82/BSC	Nassau	June 24, 2000	
	1:20.38	Sobenna George'87/TRI	Nassau	April 22, 2001	
	1:19.53	April Knowles'84/UN	Nassau	July 12, 2003	
	1:17.25	Shannon Duval'88/TRI	Nassau	April 18, 2004	Yes

	1:13.93	Alia Atkinson'88/CST	Nassau	June 28, 2008	Yes
	1:11.97	Alia Atkinson'88/CST	Nassau	June 28, 2008	Yes
	1:11.73	Lisa Blackburn'71/BER	Nassau	June 16, 2012	
	1:11.27	Lisa Blackburn'71/BER	Nassau	June 16, 2012	
	1:11.24	Mercedes Toledo'89/VEN	Nassau	June 25, 2016	
	1:10.88	Mercedes Toledo'89/VEN	Nassau	June 25, 2016	
	1:10.86	Ana Carrillo Avilez'93/MEX	Nassau	June 30, 2016	
	1:10.49	Byanca Melissa Rodriguez Villanuev'94	Nassau	June 30, 2016	
	1:10.21	Byanca Melissa Rodriguez Villanuev'94	Nassau	June 30, 2016	
	1:09.97	Ana Carrillo Avilez'93/MEX	Nassau	June 30, 2016	
200 BREAST	3:01.61	April Knowles'84/SWIFT	Nassau	June 25, 2000	
	2:58.40	Sobenna George'87/TRI	Nassau	April 21, 2001	
	2:57.05	April Knowles'84/UN	Nassau	July 14, 2002	
	2:55.64	April Knowles'84/UN	Nassau	July 13, 2003	
	2:43.21	Shannon Duval'88/TRI	Nassau	April 16, 2004	Yes
	2:42.20	Jessica Stephenson'95	Nassau	April 12, 2012	
	2:38.68	Mercedas Toledo'89/VEN	Nassau	June 17, 2012	
	2:35.94	Daniela Victoria'89/NAD	Nassau	June 17, 2012	
	2:35.24	Laura Morley'96/SWIFT	Nassau	June 23, 2016	
	2:32.62	Mercedes Toledo'89/VEN	Nassau	June 23, 2016	
	2:30.72	Mercedes Toledo'89/VEN	Nassau	June 23, 2016	
	2:28.91	Esther Gonzalez Medina'95/MEX	Nassau	June 29, 2016	
	2:27.77	Esther Gonzalez Medina'95/MEX	Nassau	June 29, 2016	
50 FLY	31.48	Nikia Deveaux'85/BSC	Nassau	July 14, 2001	
	30.90	Heather Roffey'86/CAY	Nassau	April 16, 2004	Yes
	30.32	Heather Roffey'86/CAY	Nassau	April 17, 2004	Yes
	29.70	Alana Dillette'87/SWIFT	Nassau	July 2, 2005	Yes
	29.46	Alana Dillette'87/SWIFT	Nassau	Dec 28, 2005	Yes
	28.05	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009	
	27.62	Alana Dillette'87/SWIFT	Nassau	June 26, 2009	
	26.56	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2015	
100 FLY	1:11.82	Taneca Malcolm'83/FAC	Nassau	June 23, 2000	
	1:11.64	Taneca Malcolm'83/FAC	Nassau	June 23, 2000	
	1:08.56	Aude Marajo'83/AGF	Nassau	April 20, 2001	
	1:07.80	Aude Marajo'83/AGF	Nassau	April 20, 2001	
	1:05.65	Heather Roffey'86/CAY	Nassau	April 16, 2004	Yes
	1:02.46	Alana Dillette'87/SWIFT	Nassau	June 27, 2008	Yes
	1:02.35	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 26, 2009	
	1:01.82	Arianna Vanderpool-Wallace'90/SWIFT	Nassau	June 18, 2011	
	59.68	Isabella Paez'95/VEN	Nassau	June 25, 2016	
	59.37	Isabella Paez'95/VEN	Nassau	June 25, 2016	
200 FLY	2:52.52	Jessica Johnston'83/SWIFT	Nassau	June 24, 2000	
	2:45.67	Katie Roach'84/UN	Nassau	March 17, 2001	
	2:32.88	Kaitlyn Elphinstone'87/CAY	Nassau	April 22, 2001	
	2:32.43	April Knowles'84/UN	Nassau	July 12, 2003	
	2:18.87	Heather Roffey'86/CAY	Nassau	April 17, 2004	Yes
	2:11.88	Andreina Pinto'91/VEN	Nassau	June 26, 2016	Yes
	2:10.91	Isabella Paez'95/CAY	Nassau	June 26, 2016	Yes
	2:10.27	Isabella Paez'95/CAY	Nassau	June 26, 2016	Yes
	2:10.10	Andreina Pinto'91/VEN	Nassau	June 26, 2016	Yes
200 I.M.	2:39.19	Patricia Thompson'83/SWIFT	Nassau	June 24, 2000	
	2:34.67	Sobenna George'87/TRI	Nassau	April 21, 2001	
	2:34.24	April Knowles'84/UN	Nassau	July 13, 2002	
	2:32.02	Alana Dillette'87/FAC	Nassau	July 12, 2003	

	2:27.99	Heather Roffey'86/CAY	Nassau	April 17, 2004	Yes
	2:26.91	Alana Dillette'87/SWIFT	Nassau	June 30, 2005	Yes
	2:26.41	Alana Dillette'87/SWIFT	Nassau	May 10, 2007	Yes
	2:22.21	McKayla Lightbourn'92/SWIFT	Nassau	June 26, 2008	Yes
	2:20.38	McKayla Lightbourn'92/SWIFT	Nassau	June 27, 2008	Yes
	2:20.12	McKayla Lightbourn'92/SWIFT	Nassau	June 21, 2011	
	2:19.49	Georgina Bardach'83/NAD	Nassau	June 14, 2012	
	2:18.06	Esther Gonzalez Mdina'95/MEX	Nassau	July 1, 2016	
EVENT	RECORD	NAME	CITY	DATE	Certificate
400 I.M.	5:38.18	Katie Roach'84/SWIFT	Nassau	June 22, 2000	
	5:26.26	Ashley Allaire'87/SV	Nassau	April 20, 2001	
	5:24.79	Alana Dillette'87/FAC	Nassau	July 10, 2003	
	5:15.76	Heather Roffey'86/CAY	Nassau	April 16, 2004	Yes
	5:12.64	McKayla Lightbourn'92/SWIFT	Nassau	June 19, 2011	
	4:58.66	Georgina Bardach'83/NAD	Nassau	June 16, 2012	
	4:56.57	Hamida Rania Neisi'97/ROD	Nassau	June 25, 2016	
RELAYS					
200 FREE	2:03.14	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	June 25, 2000	
	1:52.65	Linda McEachrane;Sobenn George; Melanie Charles;Sharmelle McLean/TRI	Nassau	April 22, 2001	Yes
	1:51.65	Ariel Weech; Teisha Lightbourne Amber Weech;Alicia Lightbourne/BSC	Nassau	June 26, 2008	Yes
	1:51.19	Arianna Vanderpool-Wallace, Alana Dillette, Ashley Butler, Shaunte Moss/SWIFT	Nassau	June 26, 2008	Yes
	1:50.01	Gaby Ponson;Cindy Maduro Daniella Van den Berg;Aly Ponson/ARU	Nassau	April 15, 2012	
400 FREE	4:39.50	Acchia Albury;Nicolia Lockhart; Olivia McKinney;Nadia Lockhart/BSC	Nassau	June 22, 2000	
	4:11.73	Linda McEachrane;Sobenna George; Melanie Charles;Sharmelle McLean/TRI	Nassau	April 20, 2001	Yes
	4:10.07	Alicia Lightbourne, Ariel Weech, Amber Weech, Adrienne Lightbourne/BSC	Nassau	June 25, 2009	
	4:05.79	Alana Dillette, Ashley Butler, Shaunte Moss, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 25, 2009	
	4:04.50	Alana Dillette, Ashley Butler, Jenna Chaplin, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 24, 2010	
	4:04.41	Susana Escobar, Virag Gyurko, Lauren Diehi, Sarah Hodge/HAC	Nassau	June 24, 2016	
	4:03.78	Maya Thompson,Albury Higgs, Simone Sturru, Lilly Higgs/BAH	Nassau	June 29, 2016	
	4:03.75	Annabella Lyn,Angara Sinclair, Bryanna Renuart, Kelsie Campbell/JAM	Nassau	June 29, 2016	
	4:02.24	Celismar Guzman,Victoria Acosta, Laura Figueroa, Juliana DE Jesus/PUR	Nassau	June 29, 2016	
	4:00.25	Anahi Schreuders,Keeley Maduro, Rebecca Maduro, Florence Kock/ARU	Nassau	June 29, 2016	
	3:58.12	Joanna Evans, Bria Deveaux, Laura Morley, Arianna Vanderpool-Wallace/BAH	Nassau	June 29, 2016	
800 FREE	8:52.94	C Marinette;E Nanayanin Laurie Azincourt; Meghane Drane/GUAD	Nassau	April 14, 2012	
	8:47.43	Julliana DE Jesus;Marissa Lugo Laura Figueroa; Celismar Guzman/PUR	Nassau	July 1, 2016	
200 MEDLEY	2:16.08	April Knowles;Jessica Johnston;	Nassau	June 23, 2000	

		Katie Roach;Kimberly Knowles/SWIFT			
	2:12.84	Alana Dillette;Danielle Brown; April Knowles;Chanteia Musgrove/UN	Nassau	June 25, 2004	Yes
	2:11.40	Alana Dillette;Alexis De Rosa; Jenna Chaplin;Paige Waugh/SWIFT	Nassau	May 13, 2007	Yes
	2:05.70	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	June 29, 2008	Yes
	2:01.90	Alana Dillette, Shaunte Moss, Ashley Butler, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 24, 2009	
	1:58.81	Alana Dillette, McKayla Lightbourn, Arianna Vanderpool-Wallace,Ashley Butler/SWIFT	Nassau	June 20, 2011	
400 MEDLEY	4:57.38	Patricia Thompson;April Knowles; Katie Roach;Kimberly Knowles/SWIFT	Nassau	June 24, 2000	
	4:49.80	Linda McEachrane;Sobenna George; Sharmelle McLean;Melanie Charles/TRI	Nassau	April 21, 2001	
	4:45.69	Renee Pouchet;Shannon Duval; Ayeisha Collymore;Chantal Redon/TRI	Nassau	April 17, 2004	Yes
	4:40.05	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	June 27, 2008	Yes
	4:36.52	Alana Dillette;McKayla Lightbourn Arianna Vanderpool-Wallace,Jenna Chaplin/SWIFT	Nassau	June 18, 2011	Yes
	4:31.65	C Marinette; K Serramoglia Elodie Narayanib; Lzaurie Azincourt/GUAD	Nassau	April 13, 2012	
	4:29.98	Celismar Guzman; Jadiana Perez JadaChai; Danielle Williams/TTO	Nassau	July 1, 2016	

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