

# BAHAMAS SWIMMING FEDERATION

## HISTORY - LONG COURSE RECORDS

GIRLS 15 & OVER - BAHAMAS

June 19, 2018

| 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                 |                                |  |
|          | <a href="#">24.31</a> | <a href="#">Arianna Vanderpool-Wallace'90/UN</a> | <a href="#">Toronto</a>                          | <a href="#">July 17, 2015</a> |                                |  |
| 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                |                                |  |
|          |                       | <a href="#">53.73</a>                            | <a href="#">Arianna Vanderpool-Wallace'90/UN</a> | <a href="#">London</a>        | <a href="#">August 1, 2012</a> |  |
|          | 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  |             |
|            | 32.80   | Albury Higgs'99/UNAT        | Nassau         | June 18, 2018   |             |
| 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                |     |
|            | <a href="#">1:11.17</a> | <a href="#">Albury Higgs'99/UNAT</a>                | <a href="#">Nassau</a>    | <a href="#">June 18, 2018</a>  |     |
| 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                  |     |
|            | <a href="#">2:32.30</a> | <a href="#">Albury Higgs'99/UNAT</a>                | <a href="#">Nassau</a>    | <a href="#">June 16, 2018</a>  |     |
| 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                  |     |
|            | <a href="#">26.44</a>   | <a href="#">Arianna Vanderpool-Wallace'90/SWIFT</a> | <a href="#">Glasgow</a>   | <a href="#">July 26, 2014</a>  |     |
|            | <a href="#">25.93</a>   | <a href="#">Arianna Vanderpool-Wallace'90/SWIFT</a> | <a href="#">Glasgow</a>   | <a href="#">July 26, 2014</a>  |     |
|            | <a href="#">25.53</a>   | <a href="#">Arianna Vanderpool-Wallace'90/SWIFT</a> | <a href="#">Glasgow</a>   | <a href="#">July 27, 2014</a>  |     |
| 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 12, 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 |
|            | <a href="#">1:00.56</a> | <a href="#">Arianna Vanderpool-Wallace'90/SWIFT</a> | <a href="#">Rome</a>      | <a href="#">July 26, 2009</a>  |     |
|            | 59.74                   | Arianna Vanderpool-Wallace'90/SWIFT                 | Mayaguez                  | July 20, 2010                  |     |
|            | <a href="#">59.62</a>   | <a href="#">Arianna Vanderpool-Wallace'90/SWIFT</a> | <a href="#">Arizona</a>   | <a href="#">April 18, 2015</a> |     |
|            | <a href="#">58.87</a>   | <a href="#">Arianna Vanderpool-Wallace'90/SWIFT</a> | <a href="#">Charlotte</a> | <a href="#">May 16, 2015</a>   |     |

| 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          |
|                | <b>2:21.67</b>   | <b>Arianna Vanderpool-Wallace'90/UN</b>   | <b>Kingston</b>   | <b>April 9, 2007</b>  | <b>Yes</b>   |
| 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                   |              |
| <b>2:18.10</b> | <b>Joanna Evans'97/UNAT</b>  | <b>Nassau</b>   | <b>June 18, 2018</b>  | <b>Yes</b>            |              |
| 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          |
|                | <b>4:59.25</b>   | <b>Joanna Evans'97/SWIFT</b>  | <b>Barbados</b>   | <b>April 4, 2015</b>  | <b>Yes</b>   |
| <b>RELAYS</b>  |  |   |   |                       |              |
| 200 FREE       | 1:56.88  | Acchia Albury;Patricia Thompson;<br>Taneca Malcolm;Shanti Malcolm/BAH                   | Kingston  | April 6, 1999         |              |
|                | 1:53.05  | Nikia Deveaux;Jodi Curtis;<br>Alana Dillette;Amanda McPhee/BAH                          | Kingston  | April 21, 2003        | Yes          |
|                | 1:50.31  | Ariel Weech; Anthaya Rolle;<br>Teisha Lightbourne;Arianna Vanderpool-Wallace/BAH        | Kingston  | April 10, 2007        | Yes          |
|                | <b>1:48.06</b>   | <b>Arianna Vanderpool-Wallace;Alicia Lightbourne;<br/>Ashley Butler;Ariel Weech/BAH</b> | <b>Aruba</b>  | <b>March 30, 2008</b> | <b>Yes</b>   |
|                | 400 FREE   | 4:25.82   | Jane Saunders; Kimberly Knowles;<br>Sharon Jones;Stacey Bradley/BAH | Curacao               | July 6, 1990 |
| 4:24.61        | Shanti Malcolm;Olivia McKinney;<br>Taneca Malcolm;Patricia Thompson/BAH                | Kingston  | April 4, 1999   |                       |              |
| 4:21.14        | Patricia Thompson;Katie Roach<br>April Knowles;Taneca Malcolm/BAH                      | Bridgetown  | April 30, 2000  |                       |              |
| 4:10.09        | Jodi Curtis;Nikia Deveaux;<br>Alana Dillette;Amanda McPhee/BAH                         | Kingston  | April 19, 2003  | Yes                   |              |
| 4:08.95        | Arianna Vanderpool-Wallace;Alicia Lightbourne;<br>Teisha Lightbourne;Jenna Chaplin/BAH | Bridgetown  | April 6, 2006   | Yes                   |              |
| 4:08.84        | Alicia Lightbourne;Teisha Lightbourne;<br>Jenna Chaplin;Arianna Vanderpool-Wallace/BAH | Salinas   | June 26, 2006   | Yes                   |              |
| 4:00.01        | Teisha Lightbourne; Alicia Lightbourne;  | Kingston  | April 7, 2007   | Yes                   |              |

|            |         |  |                |                |     |
|------------|---------|--|----------------|----------------|-----|
|            |         | Ariel Weech; Arianna Vanderpool-Wallace/BAH        |                |                |     |
|            | 3:54.99 | Nikia Deveaux;Alana Dillette;                      | Rio de Janeiro | July 18, 2007  | Yes |
|            |         | Arianna Vanderpool-Wallace;Ariel Weech/BAH         |                |                |     |
|            | 3:53.91 | Nikia Deveaux;Alana Dillette;                      | Rio de Janeiro | July 19, 2007  | Yes |
|            |         | Arianna Vanderpool-Wallace;Ariel Weech/BAH         |                |                |     |
|            | 3:51.57 | Arianna Vanderpool-Wallace;Alana Dillette          | Charlotte      | June 6, 2008   | Yes |
|            |         | Teisha Lightbourne;Alicia Lightbourne/BAH          |                |                |     |
|            | 3:48.34 | Alana Dillette; Arianna Vanderpool-Wallace         | Rome           | July 26, 2009  |     |
|            |         | Teisha Lightbourne;Alicia Lightbourne/BAH          |                |                |     |
|            | 3:47.40 | Alana Dillette; Arianna Vanderpool-Wallace         | Montreal       | March 29, 2012 |     |
|            |         | Ariel Weech; Alicia Lightbourne/BAH                |                |                |     |
| 800 FREE   | 9:32.32 | Teisha Lightbourne;Chanteia Musgrove;              | Curacao        | April 2, 2005  | Yes |
|            |         | Franshon Francis;Alana Dillette/BAH                |                |                |     |
|            | 9:26.78 | Teisha Lightbourne;Chanteia Musgrove;              | Curacao        | April 2, 2005  | Yes |
|            |         | Franshon Francis;Alana Dillette/BAH                |                |                |     |
|            | 9:05.76 | Jenna Chaplin;Alicia Lightbourne;                  | Bridgetown     | April 8, 2006  | Yes |
|            |         | Teisha Lightbourne;Arianna Vanderpool-Wallace      |                |                |     |
|            | 9:00.59 | Jenna Chaplin;Alicia Lightbourne;                  | Salinas        | June 28, 2006  | Yes |
|            |         | Teisha Lightbourne; Arianna Vanderpool-Wallace     |                |                |     |
|            | 8:52.38 | Jenna Chaplin;Alicia Lightbourne;                  | Aruba          | March 29, 2008 | Yes |
|            |         | McKayla Lightbourn;Arianna Vanderpool-Wallace      |                |                |     |
|            | 8:36.28 | Alana Dillette, Teisha Lightbourne;                | Mayaquez       | July 20, 2010  | Yes |
|            |         | Jenna Chaplin; Arianna Vanderpool-Wallace          |                |                |     |
| 200 MEDLEY | 2:22.01 | Krista Burrows;Nadia Lockhart;                     | Nassau         | June 29, 2001  |     |
|            |         | Laura Millar;Nikia Deveaux/BSC                     |                |                |     |
|            | 2:12.84 | Alana Dillette;Danielle Brown;                     | Nassau         | June 25, 2004  | Yes |
|            |         | April Knowles;Chanteia Musgrove/UN                 |                |                |     |
|            | 2:05.70 | Alana Dillette;McKayla Lightbourn                  | Nassau         | June 29, 2008  | Yes |
|            |         | Jenna Chaplin;Ashley Butler/SWIFT                  |                |                |     |
|            | 2:01.90 | Alana Dillette, Shaunte Moss,                      | Nassau         | June 24, 2009  |     |
|            |         | Ashley Butler, Arianna Vanderpool-Wallace/SWIFT    |                |                |     |
|            | 1:58.81 | Alana Dillette, McKayla Lightbourn,                | Nassau         | June 20, 2011  |     |
|            |         | Arianna Vanderpool-Wallace, Ashley Butler/SWIFT    |                |                |     |
| 400 MEDLEY | 4:59.62 | Jane Saunders;Sharon Jones;                        | Curacao        | July 8, 1990   |     |
|            |         | Kimberly Knowles;Stacey Bradley/BAH                |                |                |     |
|            | 4:47.40 | Shanti Malcolm;Acchia Albury;                      | Kingston       | April 5, 1999  |     |
|            |         | Taneca Malcolm;Patricia Thompson/BAH               |                |                |     |
|            | 4:46.74 | Alana Dillette;Amanda McPhee;                      | Kingston       | April 20, 2003 | Yes |
|            |         | Nikia Deveaux;Jodi Curtis/BAH                      |                |                |     |
|            | 4:41.93 | Teisha Lightbourne;Alicia Lightbourne;             | Bridgetown     | April 7, 2006  | Yes |
|            |         | Jenna Chaplin;Arianna Vanderpool-Wallace/BAH       |                |                |     |
|            | 4:40.69 | Teisha Lightbourne;Alicia Lightbourne;             | Salinas        | June 29, 2006  | Yes |
|            |         | Arianna Vanderpool-Wallace;Jenna Chaplin/BAH       |                |                |     |
|            | 4:26.26 | Alana Dillette; Alicia Lightbourne                 | Cartagena      | July 21, 2006  | Yes |
|            |         | Arianna Vanderpool-Wallace;Nikia Deveaux/BAH       |                |                |     |
|            | 4:23.70 | Alana Dillette; Alicia Lightbourne                 | Rio de Janeiro | July.20, 2007  | Yes |
|            |         | Arianna Vanderpool-Wallace;Nikia Deveaux/BAH       |                |                |     |
|            | 4:18.97 | Alana Dillette; Alicia Lightbourne                 | Rio de Janeiro | July 22, 2007  | Yes |
|            |         | Arianna Vanderpool-Wallace;Nikia Deveaux/BAH       |                |                |     |
|            | 4:15.59 | Alana Dillette; Alicia Lightbourne                 | Rome           | August 1, 2009 |     |
|            |         | Arianna Vanderpool-Wallace; Teisha Lightbourne/BAH |                |                |     |

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                 |                               |                     |
|          |                         | <a href="#">25.05</a>                            | <a href="#">Arianna Vanderpool-Wallace'90/UN</a> | <a href="#">Nassau</a>        | <a href="#">June 26, 2016</a> |                     |
|          |                         | <a href="#">24.94</a>                            | <a href="#">Arianna Vanderpool-Wallace'90/UN</a> | <a href="#">Nassau</a>        | <a href="#">June 26, 2016</a> |                     |
| 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                 |                               |                     |
|          | <a href="#">54.52</a>   | <a href="#">Arianna Vanderpool-Wallace'90/UN</a> | <a href="#">Nassau</a>                           | <a href="#">June 26, 2016</a> |                               |                     |
| 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                           |                     |
|          |                         | <a href="#">2:04.43</a>                          | <a href="#">Santis Gabriela96/GUA</a>            | <a href="#">Nassau</a>        | <a href="#">June 24, 2016</a> | <a href="#">Yes</a> |
|          |                         | <a href="#">2:04.33</a>                          | <a href="#">Santis Gabriela96/GUA</a>            | <a href="#">Nassau</a>        | <a href="#">June 24, 2016</a> | <a href="#">Yes</a> |
|          |                         | <a href="#">2:02.01</a>                          | <a href="#">Valerie Gruest'99/GUA</a>            | <a href="#">Nassau</a>        | <a href="#">June 24, 2016</a> | <a href="#">Yes</a> |
|          |                         | <a href="#">2:01.62</a>                          | <a href="#">Joanna Evans'97/SWIFT</a>            | <a href="#">Nassau</a>        | <a href="#">June 24, 2016</a> | <a href="#">Yes</a> |
|          | <a href="#">2:00.64</a> | <a href="#">Andreina Pinto'91/VEN</a>            | <a href="#">Nassau</a>                           | <a href="#">June 24, 2016</a> | <a href="#">Yes</a>           |                     |
| 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                |                               |                     |
|          |                         | <a href="#">4:10.80</a>                          | <a href="#">Valeri Gruest'99/GUA</a>             | <a href="#">Nassau</a>        | <a href="#">June 26, 2016</a> |                     |
|          | <a href="#">4:09.82</a> | <a href="#">Andreina Pinto'91/VEN</a>            | <a href="#">Nassau</a>                           | <a href="#">June 26, 2016</a> |                               |                     |
| 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         |
|------------|--------------------------|--|--------|----------------------------------|-------------|
|            | <a href="#">8:33.28</a>  | <a href="#">Valerie Gruest'99/GUA</a>            | Nassau | <a href="#">June 23, 2016</a>    | Yes         |
|            | <a href="#">8:32.19</a>  | <a href="#">Joanna Evans'97/SWIFT</a>            | Nassau | <a href="#">June 23, 2016</a>    | Yes         |
| 1500 FREE  | 19:29.37                 | Jenna Chaplin'90                                 | Nassau | November 8, 2008                 |             |
|            | <a href="#">17:23.39</a> | <a href="#">Joanna Evans'97/SWIFT</a>            | Nassau | <a href="#">November 2, 2013</a> |             |
| 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                    |             |
|            | <a href="#">28.82</a>    | <a href="#">Fernanda Gonzalez Ramirez'94/MEX</a> | Nassau | <a href="#">July 1, 2016</a>     |             |
| 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                    |             |
|            | <a href="#">1:01.52</a>  | <a href="#">Fernanda Gonzalez Ramirez'94/MEX</a> | Nassau | <a href="#">June 30, 2016</a>    |             |
|            | <a href="#">1:01.41</a>  | <a href="#">Fernanda Gonzalez Ramirez'94/MEX</a> | Nassau | <a href="#">June 30, 2016</a>    |             |
| 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                    |             |
|            | <a href="#">2:17.61</a>  | <a href="#">Fernanda Gonzalez Ramirez'94/MEX</a> | Nassau | <a href="#">July 2, 2016</a>     |             |
|            | <a href="#">2:15.45</a>  | <a href="#">Carolina Colorado'87/COL</a>         | Nassau | <a href="#">July 2, 2016</a>     |             |
| 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         |
|            | <a href="#">33.45</a>    | <a href="#">Monica Alverez'90/UN</a>             | Nassau | <a href="#">June 24, 2016</a>    | Yes         |
|            | <a href="#">32.96</a>    | <a href="#">Monica Alverez'90/UN</a>             | Nassau | <a href="#">June 24, 2016</a>    | Yes         |
|            | <a href="#">32.39</a>    | <a href="#">Branca Rodriguez Villa'94/MEX</a>    | Nassau | <a href="#">July 1, 2016</a>     | Yes         |
|            | <a href="#">32.39</a>    | <a href="#">Ana Carrillo Avilez'94/MEX</a>       | Nassau | <a href="#">July 1, 2016</a>     | 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   |             |
| <b>EVENT</b>  | <b>RECORD</b> | <b>NAME</b>                                     | <b>CITY</b> | <b>DATE</b>    | 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  |             |
| <b>RELAYS</b> |               |   |             |                |             |
| 200 FREE      | 2:03.14       | Acchia Albury;Nicolia Lockhart;                 | Nassau      | June 25, 2000  |             |
|               |               | Olivia McKinney;Nadia Lockhart/BSC              |             |                |             |
|               | 1:52.65       | Linda McEachrane;Sobenn George;                 | Nassau      | April 22, 2001 | Yes         |
|               |               | Melanie Charles;Sharmelle McLean/TRI            |             |                |             |
|               | 1:51.65       | Ariel Weech; Teisha Lightbourne                 | Nassau      | June 26, 2008  | Yes         |
|               |               | Amber Weech;Alicia Lightbourne/BSC              |             |                |             |
|               | 1:51.19       | Arianna Vanderpool-Wallace, Alana Dillette,     | Nassau      | June 26, 2008  | Yes         |
|               |               | Ashley Butler, Shaunte Moss/SWIFT               |             |                |             |
|               | 1:50.01       | Gaby Ponson;Cindy Maduro                        | Nassau      | April 15, 2012 |             |
|               |               | Daniella Van den Berg;Ally Ponson/ARU           |             |                |             |
| 400 FREE      | 4:39.50       | Acchia Albury;Nicolia Lockhart;                 | Nassau      | June 22, 2000  |             |
|               |               | Olivia McKinney;Nadia Lockhart/BSC              |             |                |             |
|               | 4:11.73       | Linda McEachrane;Sobenna George;                | Nassau      | April 20, 2001 | Yes         |
|               |               | Melanie Charles;Sharmelle McLean/TRI            |             |                |             |
|               | 4:10.07       | Alicia Lightbourne, Ariel Weech,                | Nassau      | June 25, 2009  |             |
|               |               | Amber Weech, Adrienne Lightbourne/BSC           |             |                |             |
|               | 4:05.79       | Alana Dillette, Ashley Butler,                  | Nassau      | June 25, 2009  |             |
|               |               | Shaunte Moss, Arianna Vanderpool-Wallace/SWIFT  |             |                |             |
|               | 4:04.50       | Alana Dillette, Ashley Butler,                  | Nassau      | June 24, 2010  |             |
|               |               | Jenna Chaplin, Arianna Vanderpool-Wallace/SWIFT |             |                |             |
|               | 4:04.41       | Susana Escobar, Virag Gyurko,                   | Nassau      | June 24, 2016  |             |
|               |               | Lauren Diehi, Sarah Hodge/HAC                   |             |                |             |
|               | 4:03.78       | Maya Thompson,Albury Higgs,                     | Nassau      | June 29, 2016  |             |
|               |               | Simone Sturup, Lilly Higgs/BAH                  |             |                |             |
|               | 4:03.75       | Annabella Lyn,Angara Sinclair,                  | Nassau      | June 29, 2016  |             |
|               |               | Bryanna Renuart, Kelsie Campbell/JAM            |             |                |             |
|               | 4:02.24       | Celismar Guzman,Victoria Acosta,                | Nassau      | June 29, 2016  |             |
|               |               | Laura Fiqueroa, Juliana DE Jesus/PUR            |             |                |             |
|               | 4:00.25       | Anahi Schreuders,Keeley Maduro,                 | Nassau      | June 29, 2016  |             |
|               |               | Rebecca Maduro, Florence Kock/ARU               |             |                |             |
|               | 3:58.12       | Joanna Evans, Bria Deveaux,                     | Nassau      | June 29, 2016  |             |
|               |               | Laura Morley, Arianna Vanderpool-Wallace/BAH    |             |                |             |
| 800 FREE      | 8:52.94       | C Marinette;E Nanayanin                         | Nassau      | April 14, 2012 |             |
|               |               | Laurie Azincourt; Meghane Drane/GUAD            |             |                |             |

|            |         |   |        |                |     |
|------------|---------|---|--------|----------------|-----|
|            | 8:47.43 | Julliana DE Jesus;Marissa Lugo  | Nassau | July 1, 2016   |     |
|            |         | Laura Fiqueroa; Celismar Guzman/PUR   |        |                |     |
| 200 MEDLEY | 2:16.08 | April Knowles;Jessica Johnston;<br>Katie Roach;Kimberly Knowles/SWIFT                 | Nassau | June 23, 2000  |     |
|            | 2:12.84 | Alana Dillette;Danielle Brown;<br>April Knowles;Chanteia Musgrove/UN                  | Nassau | June 25, 2004  | Yes |
|            | 2:11.40 | Alana Dillette;Alexis De Rosa;<br>Jenna Chaplin;Paige Waugh/SWIFT                     | Nassau | May 13, 2007   | Yes |
|            | 2:05.70 | Alana Dillette;McKayla Lightbourn<br>Jenna Chaplin;Ashley Butler/SWIFT                | Nassau | June 29, 2008  | Yes |
|            | 2:01.90 | Alana Dillette, Shaunte Moss,<br>Ashley Butler, Arianna Vanderpool-Wallace/SWIFT      | Nassau | June 24, 2009  |     |
|            | 1:58.81 | Alana Dillette, McKayla Lightbourn,<br>Arianna Vanderpool-Wallace,Ashley Butler/SWIFT | Nassau | June 20, 2011  |     |
| 400 MEDLEY | 4:57.38 | Patricia Thompson;April Knowles;<br>Katie Roach;Kimberly Knowles/SWIFT                | Nassau | June 24, 2000  |     |
|            | 4:49.80 | Linda McEachrane;Sobenna George;<br>Sharmelle McLean;Melanie Charles/TRI              | Nassau | April 21, 2001 |     |
|            | 4:45.69 | Renee Pouchet;Shannon Duval;<br>Ayeisha Collymore;Chantal Redon/TRI                   | Nassau | April 17, 2004 | Yes |
|            | 4:40.05 | Alana Dillette;McKayla Lightbourn<br>Jenna Chaplin;Ashley Butler/SWIFT                | Nassau | June 27, 2008  | Yes |
|            | 4:36.52 | Alana Dillette;McKayla Lightbourn<br>Arianna Vanderpool-Wallace,Jenna Chaplin/SWIFT   | Nassau | June 18, 2011  | Yes |
|            | 4:31.65 | C Marinette; K Serramoglia<br>Elodie Narayanib; Lzaurie Azincourt/GUAD                | Nassau | April 13, 2012 |     |
|            | 4:29.98 | Celismar Guzman; Jadiana Perez<br>JadaChai; Danielle Williams/TTO                     | Nassau | July 1, 2016   |     |















1 1