

# BAHAMAS SWIMMING FEDERATION

## HISTORY - LONG COURSE RECORDS

BOYS 9 & 10 - BAHAMAS

December 17, 2016

EVENT	RECORD	NAME	CITY	DATE
50 FREE	39.08	Adel Lockhart'88/SBSC	Plantation	May 2, 1999
	34.74	Damien Neymour'89/SWIFT	Plantation	July 25, 1999
	34.72	Vereance Burrows'89/FAC	Nassau	June 25, 2000
	32.18	Vereance Burrows'89/FAC	Nassau	June 25, 2000
	32.01	Jonathan Bain'90/UN	Nassau	July 1, 2001
	31.56	Jonathan Bain'90/UN	Nassau	July 1, 2001
	31.31	Evante Gibson'94/WAVE	Nassau	July 3, 2005
	31.19	Evante Gibson'94/WAVE	Nassau	July 3, 2005
	31.07	Dionisio Carey'97/BSC	Nassau	May 31, 2008
	30.57	Dionisio Carey'97/BSC	Nassau	November 7, 2008
	29.94	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	29.91	Nigel Forbes'06/FAC	Nassau	November 28, 2015
	29.70	Nigel Forbes'06/FAC	Nassau	June 26, 2016
	28.38	Nigel Forbes'06/FAC	Nassau	June 26, 2016
	<a href="#">28.28</a>	<a href="#">Marvin Johnson'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2016</a>
100 FREE	1:13.65	Brito Stuart'88/SBSC	Plantation	May 1, 1999
	1:09.30	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:09.23	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:09.03	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:08.81	T'Auren Moss'95/DSC	Nassau	July 8, 2006
	1:08.10	T'Auren Moss'95/DSC	Nassau	July 8, 2006
	1:05.61	Lamar Taylor'03/FAC	Atlanta	August 2, 2014
	1:05.55	Nigel Forbes'05/FAC	Nassau	October 30, 2015
	<a href="#">1:04.69</a>	<a href="#">Marvin Johnson'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
	<a href="#">1:03.40</a>	<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
	<a href="#">1:02.30</a>	<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Charlotte</a>	<a href="#">July 29, 2016</a>
200 FREE	2:41.57	Brito Stuart'88/SBSC	Plantation	May 2, 1999
	2:33.27	Jonathan Bain'90/UN	Nassau	June 29, 2001
	2:29.93	Matthew Lowe'94/BSC	Nassau	July 1, 2005
	2:27.29	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	2:26.38	Lamar Taylor'03/FAC	Nassau	November 8, 2014
	2:26.09	Nigel Forbes'05/FAC	Nassau	June 26, 2015
	2:23.75	Nigel Forbes'05/FAC	Nassau	January 16, 2016
	<a href="#">2:21.05</a>	<a href="#">Marvin Johnson'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2016</a>
	<a href="#">2:17.61</a>	<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2016</a>
	400 FREE	7:03.02	Armando Moss'92/DSC	Nassau
6:16.00		Matthew Lowe'94/BSC	Nassau	February 21, 2004
5:49.35		Matthew Lowe'94/BSC	Nassau	March 13, 2004
5:37.44		Matthew Lowe'94/BSC	Nassau	June 25, 2004
5:35.06		Matthew Lowe'94/BSC	Nassau	December 3, 2004
5:31.24		Matthew Lowe'94/BSC	Nassau	February 5, 2005
5:13.94		Matthew Lowe'94/BSC	Nassau	June 30, 2005
5:06.63		Matthew Lowe'94/BSC	Nassau	November 19, 2005
5:06.22		Nigel Forbes'06/BMA	Nassau	June 25, 2015
5:01.85		Nigel Forbes'06/FAC	Nassau	October 30, 2015
<a href="#">4:56.37</a>		<a href="#">Nigel Forbes'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2016</a>
<a href="#">4:51.93</a>		<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Charlotte</a>	<a href="#">July 30, 2016</a>
800 FREE	<a href="#">11:36.10</a>	<a href="#">T'Auren Moss'95/DSC</a>	<a href="#">Nassau</a>	<a href="#">February 10, 2006</a>
1500 FREE	<a href="#">22:40.11</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">February 4, 2005</a>
50 BACK	42.92	Brito Stuart'88/SBSC	Plantation	May 2, 1999

	41.57	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	39.91	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	38.56	Travis Strachan'92/FAC	Nassau	July 11, 2003
	38.28	Mancer Roberts'93/BSC	Nassau	June 25, 2004
	37.95	T'Auren Moss'95/DSC	Nassau	July 9, 2006
	36.60	Dionisio Carey'97/BSC	Nassau	February 8, 2008
	35.58	Dionisio Carey'97/BSC	Nassau	June 29, 2008
	<a href="#">33.45</a>	<a href="#">Dionisio Carey'97/BSC</a>	<a href="#">Nassau</a>	<a href="#">November 7, 2008</a>
100 BACK	1:33.64	Brito Stuart'88/SBSC	Plantation	May 1, 1999
	1:31.41	Damien Neymour'89/SWIFT	Plantation	July 24, 1999
	1:26.64	Je'Vaughn Saunders'89/BSC	Nassau	June 25, 2000
	1:25.90	Travis Strachan'92/FAC	Nassau	July 13, 2003
	1:22.82	Mancer Roberts'93/BSC	Nassau	June 27, 2004
	1:22.20	Mancer Roberts'93/BSC	Nassau	November 20, 2004
	1:21.77	T'Auren Moss'95/DSC	Nassau	July 7, 2006
	1:20.11	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	1:18.91	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	<a href="#">1:17.50</a>	<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Nassau</a>	<a href="#">December 17, 2016</a>
200 BACK	3:23.30	Jaye Butler'91/BSC	Nassau	March 9, 2001
	3:14.96	Matthew Lowe'94/BSC	Nassau	March 13, 2004
	<a href="#">3:06.38</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">March 6, 2005</a>
EVENT	RECORD	NAME	CITY	DATE
50 BREAST	45.48	Adel Lockhart'88/SBSC	Plantation	May 1, 1999
	42.42	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.44	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.33	Ramon Strachan'90/SBSC	Nassau	June 30, 2001
	40.99	Ramon Strachan'90/SBSC	Nassau	July 14, 2001
	39.86	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	39.80	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	38.96	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	37.12	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	<a href="#">36.75</a>	<a href="#">Nigel Forbes'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
100 BREAST	1:40.27	Brito Stuart'88/SBSC	Plantation	May 2, 1999
	1:38.50	Ramon Strachan'90/DSC	Ft. Lauderdale	April 1, 2000
	1:34.95	Ramon Strachan'90/DSC	Nassau	June 24, 2000
	1:34.45	Ramon Strachan'90/SBSC	Nassau	July 1, 2001
	1:33.76	Dimitri Knowles'92/FAC	Nassau	July 13, 2003
	1:33.42	Evante Gibson'94/WAVE	Nassau	March 6, 2005
	1:28.79	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:28.78	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:25.30	Evante Gibson'94/WAVE	Nassau	December 3, 2005
	<a href="#">1:22.37</a>	<a href="#">Izaak Bastian'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 16, 2012</a>
	<a href="#">1:22.33</a>	<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Charlotte</a>	<a href="#">July 30, 2016</a>
200 BREAST	3:24.37	Evante Gibson'94/WAVE	Nassau	March 5, 2005
	<a href="#">3:08.31</a>	<a href="#">Evante Gibson'94/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 3, 2005</a>
50 FLY	50.33	Christopher Albury'88/SBSC	Plantation	May 1, 1999
	40.78	Damien Neymour'89/SWIFT	Plantation	July 24, 1999
	35.76	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.20	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.03	Jonathan Bain'90/UN	Nassau	June 29, 2001
	32.87	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	32.48	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	31.17	Nigel Forbes'06/BMA	Nassau	June 26, 2015
	31.10	Nigel Forbes'06/BMA	Nassau	June 26, 2015
	<a href="#">30.96</a>	<a href="#">Nigel Forbes'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">October 30, 2015</a>
	<a href="#">30.54</a>	<a href="#">Nigel Forbes'05/FAC</a>	<a href="#">Charlotte</a>	<a href="#">July 31, 2016</a>

100 FLY	2:15.12	Christopher Cole'90/SBSC	Plantation	May 2, 1999
	1:39.28	Dylan Stewart'90/DSC	Nassau	June 24, 2000
	1:27.89	Vereance Burrows'89/FAC	Nassau	June 24, 2000
	1:18.46	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:14.04	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	1:13.30	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	1:12.85	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	1:12.24	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	1:09.52	Nigel Forbes'06/BMA	Nassau	June 23, 2016
	1:08.90	Nigel Forbes'05/FAC	Charlotte	July 31, 2016
200 FLY	3:07.27	Matthew Lowe'94/BSC	Nassau	February 5, 2005
200 I.M.	2:45.10	Jeremy Knowles'81/SWIFT	Port of Spain	July 14, 1992
	2:43.68	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	2:40.52	Nigel Forbes'06/BMA	Nassau	October 30, 2015
	2:38.54	Nigel Forbes'06/BMA	Nassau	June 25, 2016
400 I.M.	6:47.46	Matthew Lowe'94/BSC	Nassau	March 5, 2005
<b>RELAYS</b>				
200 FREE	2:18.78	Je'Vaughn Saunders;Kieran Deveaux; David Hanna;Devon Bethel/BSC	Nassau	June 25, 2000
	2:18.34	Stephan Burrows;Leonard Hudson; Dimitri Knowles;Travis Strachan/FAC	Nassau	July 14, 2002
	2:16.00	Meshach Roberts; Greshwin Greene Cedric Bowe; Dionisio Carey/BSC	Nassau	June 26, 2008
	2:15.08	Jared Fitzgerald, Anthony Rolle, Tyrique Cox, Malik Hepburn/SBSC	Nassau	June 25, 2009
	2:14.83	Peter Morley, Mark Thompson Joshua Murray, Luke Thompson/SWIFT	Nassau	June 14, 2012
400 FREE	5:44.89	Jacob Fountain;Lashawn Bain; David Darville;Taylor Lewis/FAC	Nassau	July 14, 2001
	5:32.02	Stephan Burrows;Leonard Hudson; Dimitri Knowles;Taylor Lewis/FAC	Nassau	July 11, 2002
	5:09.22	Matthew Lowe;Devonn Knowles; Camron Bruney;Mancer Roberts/BSC	Nassau	June 24, 2004
	5:08.66	Gershwin Greene, Aikman Austin, Khadn Adderley, Clement Bowe/BSC	Nassau	June 25, 2009
	5:07.43	Peter Morley, Joshua Murray, Mark A Thompson, Luke K Thompson/SWIFT	Nassau	June 17, 2012
200 MEDLEY	2:52.24	La'Najee Moss;Ramon Strachan; Dylan Stewart;Anthony Knowles/DSC	Ft.Lauderdale	April 1, 2000
	2:37.86	Je'Vaughn Saunders;David Hanna; Denaj Seymour;Devon Bethel/BSC	Nassau	June 23, 2000
	2:35.92	Mancer Roberts;Camron Bruney;	Nassau	June 25, 2004
	2:30.50	Meshach Roberts; Dionisio Carey Cedric Bowe; Greshwin Greene/BSC	Nassau	June 29, 2008
	2:26.83	Peter Morley, Luke Thompson, Joshua Murray, Mark Thompson/SWIFT	Nassau	June 14, 2012
	2:26.31	Christopher Neil, Izaak Bastain, Samuel Gibson, Sharmar St Rose/BSC	Nassau	June 14, 2012

**BAHAMAS SWIMMING FEDERATION**  
HISTORY - LONG COURSE RECORDS

## BOYS 9 &amp; 10 - OPEN

June 26, 2016

EVENT	RECORD	NAME	CITY	DATE
50 FREE	34.72	Vereance Burrows'89/FAC	Nassau	June 25, 2000
	32.18	Vereance Burrows'89/FAC	Nassau	June 25, 2000
	32.01	Jonathan Bain'90/UN	Nassau	July 1, 2001
	31.56	Jonathan Bain'90/UN	Nassau	July 1, 2001
	31.31	Evante Gibson'94/WAVE	Nassau	July 3, 2005
	31.19	Evante Gibson'94/WAVE	Nassau	July 3, 2005
	31.07	Dionisio Carey'97/BSC	Nassau	May 31, 2008
	30.57	Dionisio Carey'97/BSC	Nassau	November 7, 2008
	29.94	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	29.91	Nigel Forbes'06/FAC	Nassau	November 28, 2015
	29.70	Nigel Forbes'06/FAC	Nassau	June 26, 2016
	28.38	Nigel Forbes'06/FAC	Nassau	June 26, 2016
	<b>28.28</b>	<b>Marvin Johnson'06/BMA</b>	<b>Nassau</b>	<b>June 26, 2016</b>
	100 FREE	1:16.50	Dylan Stewart'90/DSC	Nassau
1:15.56		Jonathan Bain'90/SWIFT	Nassau	June 24, 2000
1:09.30		Jonathan Bain'90/UN	Nassau	June 30, 2001
1:09.23		Jonathan Bain'90/UN	Nassau	June 30, 2001
1:09.03		Evante Gibson'94/WAVE	Nassau	July 2, 2005
1:08.81		T'Auren Moss'95/DSC	Nassau	July 8, 2006
1:08.10		T'Auren Moss'95/DSC	Nassau	July 8, 2006
1:07.55		Nigel Forbes'06/BMA	Nassau	June 27, 2015
1:05.55		Nigel Forbes'06/FAC	Nassau	October 30, 2015
<b>1:04.69</b>		<b>Marvin Johnson'06/FAC</b>	<b>Nassau</b>	<b>June 25, 2016</b>
<b>1:03.40</b>		<b>Nigel Forbes'05/FAC</b>	<b>Nassau</b>	<b>June 25, 2016</b>
200 FREE	2:46.85	Kieran Deveaux'90/BSC	Nassau	June 23, 2000
	2:42.00	Jonathan Bain'90/UN	Nassau	March 17, 2001
	2:33.27	Jonathan Bain'90/UN	Nassau	June 29, 2001
	2:29.93	Matthew Lowe'94/BSC	Nassau	July 1, 2005
	2:27.29	Dionisio Carey'97/BSC	Nassau	December 13, 2008
	2:26.38	Lamar Taylor'03/FAC	Nassau	November 8, 2014
	2:26.09	Nigel Forbes'06/FAC	Nassau	June 26, 2015
	2:23.75	Nigel Forbes'06/FAC	Nassau	January 16, 2016
	<b>2:21.05</b>	<b>Marvin Johnson'06/FAC</b>	<b>Nassau</b>	<b>June 24, 2016</b>
	<b>2:17.61</b>	<b>Nigel Forbes'05/FAC</b>	<b>Nassau</b>	<b>June 24, 2016</b>
	400 FREE	7:03.02	Armando Moss'92/DSC	Nassau
6:16.00		Matthew Lowe'94/BSC	Nassau	February 21, 2004
5:49.35		Matthew Lowe'94/BSC	Nassau	March 13, 2004
5:37.44		Matthew Lowe'94/BSC	Nassau	June 25, 2004
5:35.06		Matthew Lowe'94/BSC	Nassau	December 3, 2004
5:31.24		Matthew Lowe'94/BSC	Nassau	February 5, 2005
5:13.94		Matthew Lowe'94/BSC	Nassau	June 30, 2005
5:06.63		Matthew Lowe'94/BSC	Nassau	November 19, 2005
5:06.22		Nigel Forbes'06/BMA	Nassau	June 25, 2015
5:01.85		Nigel Forbes'06/FAC	Nassau	October 30, 2015
<b>4:56.37</b>		<b>Nigel Forbes'06/FAC</b>	<b>Nassau</b>	<b>June 26, 2016</b>
800 FREE	<b>11:36.10</b>	<b>T'Auren Moss'95/DSC</b>	<b>Nassau</b>	<b>February 10, 2006</b>
1500 FREE	<b>22:40.11</b>	<b>Matthew Lowe'94/BSC</b>	<b>Nassau</b>	<b>February 4, 2005</b>
50 BACK	41.57	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	39.91	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	39.09	Michael Saltaformaggio'90/SBSC	Nassau	June 29, 2001
	38.60	Michael Saltaformaggio'90/SBSC	Nassau	June 29, 2001

	38.56	Travis Strachan'92/FAC	Nassau	July 11, 2003
	38.28	Mancer Roberts'93/BSC	Nassau	June 25, 2004
	37.95	T'Auren Moss'95/DSC	Nassau	July 9, 2006
	36.60	Dionisio Carey'97/BSC	Nassau	February 8, 2008
	35.58	Dionisio Carey'97/BSC	Nassau	June 29, 2008
	<a href="#">33.45</a>	<a href="#">Dionisio Carey'97/BSC</a>	<a href="#">Nassau</a>	<a href="#">November 7, 2008</a>
100 BACK	1:26.64	Je'Vaughn Saunders'89/BSC	Nassau	June 25, 2000
	1:23.76	Michael Saltaformaggio'90/SBSC	Nassau	July 1, 2001
	1:22.82	Mancer Roberts'93/BSC	Nassau	June 27, 2004
	1:22.20	Mancer Roberts'93/BSC	Nassau	November 20, 2004
	1:21.77	T'Auren Moss'95/DSC	Nassau	July 7, 2006
	1:20.11	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	<a href="#">1:18.91</a>	<a href="#">Dionisio Carey'97/BSC</a>	<a href="#">Nassau</a>	<a href="#">December 13, 2008</a>
200 BACK	3:23.30	Jaye Butler'91/BSC	Nassau	March 9, 2001
	3:14.96	Matthew Lowe'94/BSC	Nassau	March 13, 2004
	3:06.38	Matthew Lowe'94/BSC	Nassau	March 6, 2005
	<a href="#">2:51.92</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">December 2, 2005</a>
EVENT	RECORD	NAME	CITY	DATE
50 BREAST	42.42	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.44	Devon Bethel'89/BSC	Nassau	June 24, 2000
	41.33	Ramon Strachan'90/SBSC	Nassau	June 30, 2001
	40.99	Ramon Strachan'90/SBSC	Nassau	July 14, 2001
	39.86	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	39.80	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	38.96	Dionisio Carey'97/BSC	Nassau	June 27, 2008
	<a href="#">37.12</a>	<a href="#">Dionisio Carey'97/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 27, 2008</a>
	<a href="#">36.75</a>	<a href="#">Nigel Forbes'06/FAC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>
100 BREAST	1:34.95	Ramon Strachan'90/DSC	Nassau	June 24, 2000
	1:34.45	Ramon Strachan'90/SBSC	Nassau	July 1, 2001
	1:33.76	Dimitri Knowles'92/FAC	Nassau	July 13, 2003
	1:33.42	Evante Gibson'94/WAVE	Nassau	March 6, 2005
	1:28.79	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:28.78	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	1:25.30	Evante Gibson'94/WAVE	Nassau	December 3, 2005
	<a href="#">1:22.37</a>	<a href="#">Izaak Bastian'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 16, 2012</a>
200 BREAST	3:24.37	Evante Gibson'94/WAVE	Nassau	March 5, 2005
	<a href="#">3:08.31</a>	<a href="#">Evante Gibson'94/WAVE</a>	<a href="#">Nassau</a>	<a href="#">December 3, 2005</a>
50 FLY	35.76	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.20	Vereance Burrows'89/FAC	Nassau	June 23, 2000
	35.03	Jonathan Bain'90/UN	Nassau	June 29, 2001
	32.87	Evante Gibson'94/WAVE	Nassau	July 2, 2005
	32.48	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	31.17	Nigel Forbes'06/BMA	Nassau	June 26, 2015
	31.10	Nigel Forbes'06/BMA	Nassau	June 26, 2015
	<a href="#">30.96</a>	<a href="#">Nigel Forbes'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">October 30, 2015</a>
100 FLY	1:27.89	Vereance Burrows'89/FAC	Nassau	June 24, 2000
	1:18.46	Jonathan Bain'90/UN	Nassau	June 30, 2001
	1:14.04	Evante Gibson'94/WAVE	Nassau	July 1, 2005
	1:13.30	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	1:12.85	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	1:12.24	Nigel Forbes'06/BMA	Nassau	June 25, 2015
	<a href="#">1:09.52</a>	<a href="#">Nigel Forbes'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2016</a>
200 FLY	<a href="#">3:07.27</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">February 5, 2005</a>
200 I.M.	3:08.10	Je'Vaughn Saunders'89/BSC	Nassau	June 22, 2000
	2:53.25	Jonathan Bain'90/UN	Nassau	July 14, 2001
	2:51.09	Matthew Lowe'94/BSC	Nassau	June 30, 2005



	2:50.34	Matthew Lowe'94/BSC	Nassau	December 2, 2005
	2:43.68	Dionisio Carey'97/BSC	Nassau	November 8, 2008
	2:40.52	Nigel Forbes'06/BMA	Nassau	October 30, 2015
	<a href="#">2:38.54</a>	<a href="#">Nigel Forbes'06/BMA</a>	<a href="#">Nassau</a>	<a href="#">June 25,2016</a>
400 I.M.	<a href="#">6:47.46</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">March 5, 2005</a>
<b>RELAYS</b>				
200 FREE	2:18.78	Je'Vaughn Saunders;Kieran Deveaux; David Hanna;Devon Bethel/BSC	Nassau	June 25, 2000
	2:18.34	Stephan Burrows;Leonard Hudson; Dimitri Knowles;Travis Strachan/FAC	Nassau	July 14, 2002
	2:16.00	Meshach Roberts; Greshwin Greene Cedric Bowe; Dionisio Carey/BSC	Nassau	June 26, 2008
	2:15.08	Jared Fitzgerald, Anthony Rolle, Tyrique Cox, Malik Hepburn/SBSC	Nassau	June 25, 2009
	<a href="#">2:14.83</a>	<a href="#">Peter Morley, Mark Thompson</a> <a href="#">Joshua Murray, Luke Thompson/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 14, 2012</a>
400 FREE	5:44.89	Jacob Fountain;Lashawn Bain; David Darville;Taylor Lewis/FAC	Nassau	July 14, 2001
	5:32.02	Stephan Burrows;Leonard Hudson; Dimitri Knowles;Taylor Lewis/FAC	Nassau	July 11, 2002
	5:09.22	Matthew Lowe;Devonn Knowles; Camron Bruney;Mancer Roberts/BSC	Nassau	June 24, 2004
	5:08.66	Gershwin Greene, Aikman Austin, Khadn Adderley, Clement Bowe/BSC	Nassau	June 25, 2009
	<a href="#">5:07.43</a>	<a href="#">Peter Morley, Joshua Murray,</a> <a href="#">Mark A Thompson, Luke K Thompson/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 17, 2012</a>
200 MEDLEY	2:37.86	Je'Vaughn Saunders;David Hanna; Denaj Seymour;Devon Bethel/BSC	Nassau	June 23, 2000
	2:35.92	Mancer Roberts;Camron Bruney; Matthew Lowe;Devonn Knowles/BSC	Nassau	June 25, 2004
	2:30.50	Meshach Roberts; Dionisio Carey Cedric Bowe; Greshwin Greene/BSC	Nassau	June 29, 2008
	2:26.83	Peter Morley, Luke Thompson, Joshua Murray, Mark Thompson/SWIFT	Nassau	June 14, 2012
	<a href="#">2:26.31</a>	<a href="#">Christopher Neil, Izaak Bastain,</a> <a href="#">Samuel Gibson, Sharmar St Rose/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 14, 2012</a>

1:02.30	Nigel Forbes'	Charlotte	July 29, 2016
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