

**BAHAMAS SWIMMING FEDERATION**  
**National Swimming Championships**  
HISTORY - LONG COURSE RECORDS

BOYS 15 & OVER

June 25, 2017

EVENT	RECORD	NAME	CITY	DATE	Certiifacte
50 FREE	23.21	Allan Murray'72/SWIFT	Nassau	June 25, 2000	
	<a href="#">23.01</a>	<a href="#">Vereance Burrows'89/UN</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2016</a>	
100 FREE	51.97	Christopher Murray'79/FAC	Nassau	June 24, 2000	
	51.86	Christopher Murray'79/FAC	Nassau	June 24, 2000	
	51.72	Jeremy Knowles'81/SWIFT	Nassau	June 28, 2008	
	<a href="#">51.29</a>	<a href="#">Jeremy Knowles'81/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 28, 2008</a>	
200 FREE	1:56.98	Jeremy Knowles'81/SWIFT	Nassau	June 23, 2000	
	1:56.92	Jeremy Knowles'81/UN	Nassau	June 29, 2001	
	1:56.60	Jeremy Knowles'81/SWIFT	Nassau	July 1, 2005	
	1:54.95	Jeremy Knowles'81/SWIFT	Nassau	May 11, 2007	
	<a href="#">1:53.05</a>	<a href="#">Jeremy Knowles'81/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 27, 2008</a>	
400 FREE	4:04.24	Jeremy Knowles'81/SWIFT	Nassau	June 23, 2000	
	4:04.08	Jeremy Knowles'81/UN	Nassau	June 29, 2001	
	<a href="#">3:59.01</a>	<a href="#">Jeremy Knowles'81/UN</a>	<a href="#">Nassau</a>	<a href="#">July 11, 2003</a>	
1500 FREE	16:11.20	Jeremy Knowles'81/SWIFT	Nassau	June 25, 2000	
	<a href="#">16:08.19</a>	<a href="#">Matthew Lowe'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 20, 2013</a>	
50 BACK	28.24	Jeremy Knowles'81/SWIFT	Nassau	July 3, 2005	
	28.06	Jeremy Knowles'81/SWIFT	Nassau	May 13, 2007	
	<a href="#">27.72</a>	<a href="#">Dionisio Carey'99/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2017</a>	
100 BACK	1:00.22	Nicholas Rees'82/SWIFT	Nassau	June 23, 2000	
	<a href="#">59.01</a>	<a href="#">Christopher Vythoukas'84/DSC</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2000</a>	
200 BACK	2:17.80	Christopher Vythoukas'84/DSC	Nassau	June 25, 2000	
	<a href="#">2:10.57</a>	<a href="#">Jeremy Knowles'81/UN</a>	<a href="#">Nassau</a>	<a href="#">June 27, 2004</a>	
50 BREAST	31.35	Jeremy Knowles'81/SWIFT	Nassau	July 1, 2005	
	29.69	Jeremy Knowles'81/SWIFT	Nassau	July 1, 2005	
	29.52	Dustin Tynes'96/SWIFT	Nassau	June 27, 2015	
	<a href="#">28.98</a>	<a href="#">Dustin Tynes'96/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>	
	<a href="#">28.79</a>	<a href="#">Dustin Tynes'96/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>	
100 BREAST	1:10.40	Alaric Rolle'77/SBSC	Nassau	June 24, 2000	
	1:09.88	Travano McPhee'85/DSC	Nassau	July 13, 2002	
	1:09.50	Travano McPhee'85/DSC	Nassau	July 12, 2003	
	1:08.26	Travano McPhee'85/DSC	Nassau	June 26, 2004	
	1:03.78	Jeremy Knowles'81/SWIFT	Nassau	June 28, 2008	
	<a href="#">1:03.33</a>	<a href="#">Dustin Tynes'96/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>	
	<a href="#">1:03.03</a>	<a href="#">Dustin Tynes'96/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>	
200 BREAST	2:32.35	Jeremy Knowles'81/SWIFT	Nassau	June 25, 2000	
	2:29.49	Michael McIntosh'89/FAC	Nassau	June 20, 2011	
	2:28.45	Lucas Leitte'84/SBSC	Nassau	June 20, 2011	
	2:25.83	Dustin Tynes'96/SWIFT	Nassau	June 25, 2015	
	<a href="#">2:23.00</a>	<a href="#">Dustin Tynes'96/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2016</a>	
50 FLY	26.07	Jeremy Knowles'81/SWIFT	Nassau	July 2, 2005	

	25.12	Jeremy Knowles'81/SWIFT	Nassau	July 2, 2005	
	24.63	Jeremy Knowles'81/SWIFT	Nassau	May 12, 2007	
	24.47	Vereance Burrows'89/UN	Nassau	June 26, 2009	
	<a href="#">24.38</a>	<a href="#">Vereance Burrows'89/UN</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>	
100 FLY	56.88	Nicholas Rees'82/SWIFT	Nassau	June 23, 2000	
	56.45	Nicholas Rees'82/SWIFT	Nassau	June 23, 2000	
	55.08	Jeremy Knowles'81/UN	Nassau	July 11, 2003	
	54.03	Jeremy Knowles'81/SWIFT	Nassau	July 1, 2005	
	<a href="#">54.00</a>	<a href="#">Jeremy Knowles'81/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 27, 2008</a>	
200 FLY	2:12.96	Nicholas Rees'82/SWIFT	Nassau	June 24, 2000	
	2:02.05	Jeremy Knowles'81/UN	Nassau	July 12, 2003	
	2:00.87	Jeremy Knowles'81/UN	Nassau	June 26, 2004	
	<a href="#">1:59.40</a>	<a href="#">Jeremy Knowles'81/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">July 3, 2005</a>	
200 I.M.	2:10.22	Jeremy Knowles'81/SWIFT	Nassau	June 24, 2000	
	2:08.67	Jeremy Knowles'81/UN	Nassau	June 30, 2001	
	2:06.33	Jeremy Knowles'81/UN	Nassau	July 12, 2003	
	<a href="#">2:02.79</a>	<a href="#">Jeremy Knowles'81/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2008</a>	
400 I.M.	4:35.40	Jeremy Knowles'81/SWIFT	Nassau	June 22, 2000	
	<a href="#">4:28.04</a>	<a href="#">Jeremy Knowles'81/UN</a>	<a href="#">Nassau</a>	<a href="#">July.10, 2003</a>	

#### RELAYS

EVENT	RECORD	NAME	CITY	DATE	Certificate
200 FREE	1:37.38	Allan Muray;Nicholas Rees; Martin LaRoda;Jeremy Knowles/SWIFT	Nassau	June 25, 2000	
	1:37.28	Armando Moss, Lucas Leitte; Inoa Charlton; T'Auren Moss/SBSC	Nassau	June 21, 2011	
	1:36.35	Vereance Burrows; Evante Gibson; Ashton Knowles; Michael McIntosh/FAC	Nassau	June 21, 2011	
	1:35.77	Perez Moss, Miller Albury; Jorge Rodriquez, Armando Moss/AAC	Nassau	June 26, 2016	
	1:34.77	Gershwin Greene, N'Nhyn Fernander; Keith Lloyd, Kohen Kerr/BSC	Nassau	June 26, 2016	
	<a href="#">1:34.33</a>	<a href="#">N'Nhyn Fernander, Izaak Bastian,</a> <a href="#">Gershwin Greene, Kohen Kerr/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2017</a>	
400 FREE	3:39.39	T'Auren Moss; Armando Moss; Lucas Leitte; Inoa Charlton/FAC	Nassau	June 19, 2011	
	<a href="#">3:36.70</a>	<a href="#">Armando Moss; Jared Fitzgerald;</a> <a href="#">Jorge Rodriqueze; Miller Albury/ALPHA</a>	<a href="#">Nassau</a>	<a href="#">June 28 2015</a>	
	<a href="#">3:36.47</a>	<a href="#">Matthew Lowe; Gershwin Greene;</a> <a href="#">N'Nhyn Fernander;Kohen Kerr/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 28, 2015</a>	
	3:35.70	Matthew Lowe; Gershwin Greene; N'Nhyn Fernander; Kohen Kerr/BSC	Nassau	June 23, 2016	
	<a href="#">3:31.54</a>	<a href="#">Perez Moss, Miller Albury;</a> <a href="#">Jared Fitzgerald; Armando Moss/BAH</a>	<a href="#">Nassau</a>	<a href="#">June 23, 2016</a>	
200 MEDLEY	1:51.95	Jeremy Knowles;Allan Murray; Nicholas Rees;Riccardo Davis/SWIFT	Nassau	June 23, 2000	
	1:48.92	Evante Gibson; Michael McIntosh; Vereance Burrows; Ashton Knowles/FAC	Nassau	June 20, 2011	
	1:48.86	Matthew Lowe; Gershwin Greene; N'Nhyn Fernander;Kohen Kerr/BSC	Nassau	June 27, 2015	
	1:47.57	Dionisio Carey; Dustin Tynes Jeremy Knowles, Joshua Roberts/SWIFT	Nassau	June 25, 2016	

	1:46.72	Keith Lloyd; Izaak Bastian	Nassau	June 23, 2017	
		N'Nhyn Fernander, Gershwin Greene/BSC			
400 MEDLEY	4:06.94	Nicholas Rees; Lazar Charlton;	Nassau	June 24, 2000	
		Jeremy Knowles; Martin LaRoda/SWIFT			
	4:06.27	T'Auren Moss, Lucas Leitte,	Nassau	June 18, 2011	
		Armando Moss, Inoa Charlton/SBSC			
	4:01.31	Dionisio Carey; Dustin Tynes;	Nassau	June 25, 2016	
		Jeremy Knowles, Alec Sands/SWIFT			
	4:00.37	Matthew Lowe; Gershwin Greene;	Nassau	June 25, 2016	
		N'Nhyn Fernander, Kohen Kerr/BSC			
	3:58.27	Keith Lloyd; Izaak Bastian;	Nassau	June 24, 2017	
		N'Nhyn Fernander, Gershwin Greene/BSC			