

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

GIRLS 11 & 12

June 26 2016

EVENT	RECORD	NAME	CITY	DATE	Certificate
50 FREE	30.28	Alana Dillette'87/FAC	Nassau	June 25, 2000	
	30.03	Jade Thompson'91/SBSC	Nassau	July 13, 2003	
	29.19	Jade Thompson'91/UN	Nassau	June 27, 2004	
	28.88	Ashley Butler'92/SBSC	Nassau	July 3, 2005	
	<a href="#">28.82</a>	<a href="#">Simone Sturup'98/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 20, 2011</a>	
100 FREE	1:05.64	Alana Dillette'87/FAC	Nassau	June 24, 2000	
	1:05.16	Alana Dillette'87/FAC	Nassau	June 24, 2000	
	1:04.59	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2003	
	1:04.08	Jade Thompson'91/UN	Nassau	June 26, 2004	
	<a href="#">1:02.75</a>	<a href="#">Taryn Smith'96/WAVE</a>	<a href="#">Nassau</a>	<a href="#">June 26, 2009</a>	
200 FREE	2:26.14	Alana Dillette'87/FAC	Nassau	June 23, 2000	
	<a href="#">2:19.28</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">July 11, 2003</a>	
400 FREE	5:26.29	Carla Cargill'87/SBSC	Nassau	June 23, 2000	
	5:18.69	Alicia Lightbourne'90/SBSC	Nassau	July 12, 2002	
	<a href="#">4:50.13</a>	<a href="#">Arianna Vanderpool-Wallace'90/TPAC</a>	<a href="#">Nassau</a>	<a href="#">July 11, 2003</a>	
800 FREE	11:54.57	Franshon Francis'89/DSC	Nassau	July 14, 2002	
	11:21.28	Jessica Greene'92/BSC	Nassau	June 27, 2004	
	<a href="#">10:08.69</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 30, 2005</a>	
50 BACK	35.38	Miaeda Hutchinson'92/SBSC	Nassau	July 3, 2005	
	34.42	Ashley Butler'92/SBSC	Nassau	July 3, 2005	
	34.26	Celia Campbell'00/SWIFT	Nassau	June 23, 2013	
	33.85	Virginia Stamp'01/BSC	Nassau	June 23, 2013	
	33.59	Amber Pinder'01/BSC	Nassau	June 22, 2014	
	33.48	Virginia Stamp'01/BSC	Nassau	June 22, 2014	
	<a href="#">33.31</a>	<a href="#">Katelyn Cabral'03/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2016</a>	
100 BACK	1:14.32	Alana Dillette'87/FAC	Nassau	June 23, 2000	
	1:13.50	Jade Thompson'91/UN	Nassau	June 25, 2004	
	<a href="#">1:13.19</a>	<a href="#">Virginia Stamp'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 20, 2014</a>	
200 BACK	2:58.47	Carla Cargill'87/SBSC	Nassau	June 25, 2000	
	2:55.05	Chanteia Musgrove'88/SBSC	Nassau	July 7, 2001	
	2:52.57	Franshon Francis'89/DSC	Nassau	July 14, 2002	
	2:43.86	Jade Thompson'91/UN	Nassau	June 27, 2004	
	2:41.57	McKayla Lightbourn'92/SWIFT	Nassau	July 2, 2005	
	<a href="#">2:39.54</a>	<a href="#">Virginia Stamp'01/BSC</a>	<a href="#">Nassau</a>	<a href="#">June 21, 2014</a>	
50 BREAST	37.94	Shaunte Moss'93/SBSC	Nassau	July 1, 2005	
	37.26	Adrienne Lightbourne'92/SBSC	Nassau	July 1, 2005	
	37.15	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007	
	37.13	Je'Nae Saunders'94/BSC	Nassau	May 11, 2007	
	<a href="#">36.97</a>	<a href="#">Jamilah Hepburn'03/ORCA</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2016</a>	
100 BREAST	1:23.15	Victoria Millar'87/SWIFT	Nassau	June 24, 2000	
	1:22.97	Anthaya Rolle'91/DSC	Nassau	June 26, 2004	
	1:22.02	McKayla Lightbourn'92/SWIFT	Nassau	July 2, 2005	

	<a href="#">1:21.88</a>	<a href="#">Albury Higgs'99/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 16, 2012</a>	
50 FLY	33.31	Kadesha Culmer'92/FAC	Nassau	July 2, 2005	
	32.48	Kadesha Culmer'92/FAC	Nassau	July 2, 2005	
	32.48	Maya Albury'94/WAVE	Nassau	May 12, 2007	
	31.67	Maya Albury'94/WAVE	Nassau	May 12, 2007	
	31.02	Taryn Smith'96/WAVE	Nassau	June 25, 2009	
	<a href="#">30.75</a>	<a href="#">Jana Johnson'01/Alpha</a>	<a href="#">Nassau</a>	<a href="#">June 21, 2014</a>	
100 FLY	1:22.49	Ecarscha Smith'87/DSC	Nassau	June 23, 2000	
	1:19.26	Ecarscha Smith'87/DSC	Nassau	June 23, 2000	
	1:13.17	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2002	
	1:12.19	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2003	
	<a href="#">1:11.49</a>	<a href="#">Katelyn Cabral'03/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 25, 2015</a>	
200 FLY	3:02.36	Ecarscha Smith'87/DSC	Nassau	June 24, 2000	
	3:00.76	Franshon Francis'89/DSC	Nassau	July 13, 2002	
	2:48.65	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2003	
	<a href="#">2:45.61</a>	<a href="#">Bria Deveaux'94/BSC</a>	<a href="#">Nassau</a>	<a href="#">May 13, 2007</a>	
200 I.M.	2:41.19	Alana Dillette'87/FAC	Nassau	June 22, 2000	
	2:40.84	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 12, 2003	
	2:39.86	Je'Nae Saunders'94/BSC	Nassau	May 10, 2007	
	<a href="#">2:39.79</a>	<a href="#">Laura Morley'96/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 24, 2009</a>	
400 I.M.	6:01.70	Arianna Vanderpool-Wallace'90/TPAC	Nassau	July 11, 2002	
	5:51.79	Alicia Lightbourne'90/SBSC	Nassau	July 10, 2003	
	<a href="#">5:44.01</a>	<a href="#">McKayla Lightbourn'92/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">July 2, 2005</a>	
<b>RELAYS</b>					
200 FREE	2:14.54	Lisa Rombough;Kara Culmer-Wilson; Julia Brown;Carla Cargill/SBSC	Nassau	June 25, 2000	
	2:11.79	Camilla Miller;Brittany Smith; Melissa Ferguson;Franshon Francis/DSC	Nassau	July 1, 2001	
	2:06.87	Franshon Francis;Melissa Ferguson; Krysti Bowe;Camilla Miller/DSC	Nassau	July 14, 2002	
	2:06.01	Ravyn Deveaux;Kelly Bruney; Takara Lowe;Jessica Greene/BSC	Nassau	June 27, 2004	
	2:05.04	Shaunte Moss;Adrienne Lightbourne; Miaeda Hutchinson;Ashley Butler/SBSC	Nassau	June 30, 2005	
	2:04.48	Bria Deveaux;Brittney Watson Gabrielle Greene;Je'Nae Saunders/BSC	Nassau	May 10, 2007	
	2:04.09	Doran Reed, Tremaine Allen; Celine Thompson, Simone Sturup/SWIFT	Nassau	June 23, 2010	
	2:02.35	Simone Sturup, Margaret Higgs; Tremaine Allen, Maya Thompson/SWIFT	Nassau	June 21, 2011	
	<a href="#">1:59.47</a>	<a href="#">Victoria Russell; Arielle Adderley</a> <a href="#">Lauren Albury; Celia Campbell/SWIFT</a>	<a href="#">Nassau</a>	<a href="#">June 20, 2013</a>	
400 FREE	5:09.74	Lisa Rombough;Kara Culmer-Wilson; Julia Brown;Carla Cargill/SBSC	Nassau	June 22, 2000	
	4:53.46	Brittany Smith;Franshon Francis; Melissa Ferguson;Camilla Miller/DSC	Nassau	June 28, 2001	
	4:48.32	Melissa Ferguson;Franshon Francis; Camilla Miller;Krysti Bowe/DSC	Nassau	July 11, 2002	
	4:47.18	Ravyn Deveaux;Kelly Bruney; Takara Lowe;Jessica Greene/BSC	Nassau	June 24, 2004	
	4:41.67	Shaunte Moss;Adrienne Lightbourne; Miaeda Hutchinson;Ashley Butler/SBSC	Nassau	July 2, 2005	
	4:38.88	Doran Reed, Tremaine Allen; Celine Thompson, Simone Sturup/SWIFT	Nassau	June 25, 2010	

	4:37.89	Jazmine Trotman; Cecily Bowe; Anya MacPhail; Olivia Blue/SWIFT	Nassau	June 28, 2015	
	4:36.77	Ebonie Taylor; Hailey Jackson; Madison Mortimer; Jolise Newbold/ORCA	Nassau	June 28, 2015	
	4:33.65	Madison Mortimer; Jamilah Hepburn; Ebonie Taylor; Hailey Johnson/ORCA	Nassau	June 23, 2016	
200 MEDLEY	2:37.16	Lisa Rombough; Kara Culmer-Wilson; Carla Cargill; Julia Brown/SBSC	Nassau	June 23, 2000	
	2:29.09	Camilla Miller; Melissa Ferguson; Franshon Francis; Brittany Smith/DSC	Nassau	June 29, 2001	
	2:24.21	Camilla Miller; Melissa Ferguson; Franshon Francis; Krysti Bowe/DSC	Nassau	July 12, 2002	
	2:20.63	Miaeda Hutchinson; Adrienne Lightbourne; Shaunte Moss; Ashley Butler/SBSC	Nassau	July 3, 2005	
	2:20.43	Tremaine Allen; Margaret Higgs; Simone Sturup; Maya Thompson/SWIFT	Nassau	June 20, 2011	
	2:17.32	Virginia Stamp; Sian Longley Amber Pinder; Charlotte Reed/BSC	Nassau	June 23, 2013	
	2:15.15	Celia Campbell, Victoria Russell Teshé Rolle, Arielle Adderley/SWIFT	Nassau	June 23, 2013	
400 MEDLEY	5:57.47	Lisa Rombough; Kara Culmer-Wilson; Carla Cargill; Julia Brown/SBSC	Nassau	June 24, 2000	
	5:36.42	Franshon Francis; Melissa Ferguson; Brittany Smith; Camilla Miller/DSC	Nassau	June 30, 2001	
	5:26.38	Camilla Miller; Melissa Ferguson; Franshon Francis; Krysti Bowe/DSC	Nassau	July 13, 2002	
	5:22.81	Miaeda Hutchinson; Shaunte Moss; Adrienne Lightbourne; Ashley Butler/SBSC	Nassau	July 1, 2005	
	5:19.83	Tremaine Allen; Margaret Higgs; Simone Sturup; Maya Thompson/SWIFT	Nassau	June 18, 2011	
	5:18.71	Virginia Stamp; Sian Longley Amber Pinder; Charlotte Reed/BSC	Nassau	June 21, 2013	
	5:06.97	Katelyn Cabral; Cecily Bowe Anya MacPhail; Jazmine Trotman/SWIFT	Nassau	June 26, 2015	