

**BAHAMAS SWIMMING FEDERATION
NATIONAL CHAMPIONSHIPS
LONG COURSE RECORDS**

GIRLS 15 & OVER

June 26, 2016

EVENT	RECORD	NAME	CITY	DATE
50 FREE	24.94	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2016
100 FREE	54.52	Arianna Vanderpool-Wallace'90/UN	Nassau	June 25, 2016
200 FREE	2:01.62	Joanna Evans'97/SWIFT	Nassau	June 24, 2016
400 FREE	4:17.37	Joanna Evans'97/SWIFT	Nassau	June 26, 2016
800 FREE	8:32.19	Joanna Evans'97/SWIFT	Nassau	June 23, 2016
50 BACK	29.40	Alana Dillette'87/SWIFT	Nassau	June 20, 2011
100 BACK	1:02.93	Alana Dillette'87/SWIFT	Nassau	June 18, 2011
200 BACK	2:20.22	McKayla Lightbourn'92/SWIFT	Nassau	June 16, 2012
50 BREAST	33.88	Laura Morley'96/SWIFT	Nassau	June 25, 2016
100 BREAST	1:13.31	Laura Morley'96/SWIFT	Nassau	June 24, 2016
200 BREAST	2:35.24	Laura Morley'96/SWIFT	Nassau	June 23, 2016
50 FLY	26.56	Arianna Vanderpool-Wallace'90/UN	Nassau	June 26, 2015
100 FLY	1:01.82	Arianna Vanderpool-Wallace'90/UN	Nassau	June 18, 2011
200 FLY	2:24.35	McKayla Lightbourn'92/SWIFT	Nassau	June 20, 2011
200 I.M.	2:20.12	McKayla Lightbourn'92/SWIFT	Nassau	June 21, 2011
400 I.M.	5:12.64	McKayla Lightbourn'92/SWIFT	Nassau	June 19, 2011
RELAYS				
200 FREE	1:51.19	Arianna Vanderpool-Wallace, Alana Dillette Ashley Butler, Shaunte Moss/SWIFT	Nassau	June 25, 2009
400 FREE	4:04.50	Alana Dillette, Ashley Butler, Jenna Chaplin, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 25, 2010
200 MEDLEY	2:01.90	Alana Dillette, Shaunte Moss, Ashley Butler, Arianna Vanderpool-Wallace/SWIFT	Nassau	June 24, 2009
400 MEDLEY	4:35.96	McKayla Lightbourn; Laura Morley; Arianna Vanderpool-Wallace; Joanna Evans/SWIFT	Nassau	June 20, 2014