

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

GIRLS 15 & OVER

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	25.75	Arianna Vanderpool-Wallace'90/UN	Nassau	June 20, 2011
100 FREE	55.55	Arianna Vanderpool-Wallace'90/UN	Nassau	June 19, 2011
200 FREE	2:04.84	Arianna Vanderpool-Wallace'90/UN	Nassau	June 27, 2008
400 FREE	4:39.77	Alicia Lightbourne'90/BSC	Nassau	June 26, 2010
800 FREE	9:41.26	Arianna Vanderpool-Wallace'90/UN	Nassau	July 6, 2006
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	2:24.66	Alana Dillette'87/SWIFT	Nassau	June 19, 2011
50 BREAST	34.21	Alicia Lightbourne'90/BSC	Nassau	June 27, 2008
100 BREAST	1:14.95	Alicia Lightbourne'90/BSC	Nassau	June 26, 2009
200 BREAST	2:48.50	Alicia Lightbourne'90/BSC	Nassau	June 26, 2010
50 FLY	27.62	Alana Dillette'87/SWIFT	Nassau	June 25, 2009
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	4:40.05	Alana Dillette;McKayla Lightbourn Jenna Chaplin;Ashley Butler/SWIFT	Nassau	June 27, 2008

