

OFFICIAL LONG COURSE RECORDS

Female 8 & Under

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|-----------------------------|---------|-----------|--|
| Freestyle | 50 | Arabella Newport-Derbyshire | 0:38.02 | 22-Jun-18 | Docksider Harbour Open - N.S.C., Bermuda |
| Freestyle | 100 | Marleigh Howes | 1:24.66 | 10-Dec-16 | Sharks Winter Meet - N.S.C., Bermuda |
| Freestyle | 200 | Marleigh Howes | 3:03.46 | 10-Dec-16 | Sharks Winter Meet - N.S.C., Bermuda |
| Freestyle | 400 | Arabella Newport-Derbyshire | 6:47.86 | 03-May-18 | Schroders Spring LC Championships - N.S.C., Bermuda |
| Freestyle | 800 | | | | |
| Freestyle | 1,500 | | | | |
| Butterfly | 50 | Brooke Castree | 0:42.64 | 29-Apr-17 | Schroders Spring Championships - N.S.C., Bermuda |
| Butterfly | 100 | Brooke Castree | 1:49.12 | 30-Apr-17 | Schroders Spring Championships - N.S.C., Bermuda |
| Butterfly | 200 | | | | |
| Backstroke | 50 | Arabella Newport-Derbyshire | 0:42.72 | 22-Jun-18 | Docksider Harbour Open - N.S.C., Bermuda |
| Backstroke | 100 | Arabella Newport-Derbyshire | 1:32.32 | 22-Jun-18 | Docksider Harbour Open - N.S.C., Bermuda |
| Backstroke | 200 | Arabella Newport-Derbyshire | 3:27.48 | 05-May-18 | Schroders Spring LC Championships - N.S.C., Bermuda |
| Breaststroke | 50 | Daria Desmond | 0:50.15 | 04-Jul-15 | Seminole and Sunrise Lanes Invitational - St.Petersburg, Flo |
| Breaststroke | 100 | Daria Desmond | 1:50.29 | 05-Jul-15 | Seminole and Sunrise Lanes Invitational - St.Petersburg, Flo |
| Breaststroke | 200 | | | | |
| IM | 200 | Arabella Newport-Derbyshire | 3:27.97 | 22-Jun-18 | Docksider Harbour Open - N.S.C., Bermuda |
| IM | 400 | | | | |

Male 8 & Under

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|--------------|---------|-----------|---|
| Freestyle | 50 | Elijah Daley | 0:35.34 | 11-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Freestyle | 100 | Elijah Daley | 1:17.57 | 11-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Freestyle | 200 | Elijah Daley | 3:22.73 | 06-Jun-14 | Validus Bermuda National Championships, N.S.C. |
| Freestyle | 400 | | | | |
| Freestyle | 800 | | | | |
| Freestyle | 1,500 | | | | |
| Butterfly | 50 | Elijah Daley | 0:38.45 | 12-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Butterfly | 100 | Elijah Daley | 1:34.16 | 11-Jan-15 | Markham, Ontario, Canada |
| Butterfly | 200 | | | | |
| Backstroke | 50 | Elijah Daley | 0:49.89 | 06-Jun-14 | Validus Bermuda National Championships, N.S.C. |
| Backstroke | 100 | Elijah Daley | 1:27.03 | 12-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Backstroke | 200 | | | | |
| Breaststroke | 50 | Elijah Daley | 0:46.93 | 10-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Breaststroke | 100 | Elijah Daley | 1:41.77 | 11-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Breaststroke | 200 | | | | |
| IM | 200 | Elijah Daley | 3:22.93 | 11-Jan-15 | Markham, Ontario, Canada |
| IM | 400 | | | | |

OFFICIAL LONG COURSE RECORDS

Female 9-10

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|-------------|----------|-----------|---|
| Freestyle | 50 | Elan Daley | 0:29.03 | 16-Jan-16 | MAC Winter Invitational - Unionville, Ontario, Canada |
| Freestyle | 100 | Elan Daley | 1:04.73 | 17-Jan-16 | MAC Winter Invitational - Unionville, Ontario, Canada |
| Freestyle | 200 | Elan Daley | 2:24.71 | 15-Jan-16 | MAC Winter Invitational - Unionville, Ontario, Canada |
| Freestyle | 400 | Imojen Judd | 5:30.72 | 07-Apr-18 | Mallards LC Challenge - Unionville, Ontario, Canada |
| Freestyle | 800 | Ashley Irby | 10:56.18 | 25-May-12 | YMCA Norris Pool, Naples Florida |
| Freestyle | 1,500 | | | | |
| Butterfly | 50 | Emma Harvey | 0:32.36 | 24-Jun-12 | Michael Lohberg Invitational, Coral Springs, Florida |
| Butterfly | 100 | Elan Daley | 1:15.75 | 15-Jan-16 | MAC Winter Invitational - Unionville, Ontario, Canada |
| Butterfly | 200 | | | | |
| Backstroke | 50 | Elan Daley | 0:35.84 | 15-Jan-16 | MAC Winter Invitational - Unionville, Ontario, Canada |
| Backstroke | 100 | Emma Harvey | 1:18.93 | 23-Jun-12 | Michael Lohberg Invitational, Coral Springs, Florida |
| Backstroke | 200 | Imojen Judd | 2:48.65 | 07-Apr-18 | Mallards LC Challenge - Unionville, Ontario, Canada |
| Breaststroke | 50 | Elan Daley | 0:38.52 | 10-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Breaststroke | 100 | Elan Daley | 1:27.45 | 11-Apr-15 | Mallards LC Championships - Unionville, Ontario, Canada |
| Breaststroke | 200 | Elan Daley | 3:05.61 | 16-Jan-16 | MAC Winter Invitational - Unionville, Ontario, Canada |
| IM | 200 | Elan Daley | 2:40.54 | 17-Jan-16 | MAC Winter Invitational - Unionville, Ontario, Canada |
| IM | 400 | Imojen Judd | 6:35.69 | 09-Dec-17 | Sharks Winter LC Meet - NSC, Bermuda |

Male 9-10

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|------------------|---------|-----------|---|
| Freestyle | 50 | Elijah Daley | 0:30.04 | 22-Apr-17 | MAC Invitational - Unionville, Ontario, Canada |
| Freestyle | 100 | Elijah Daley | 1:04.92 | 04-Mar-17 | Central Region Winter "A" Championships - Etobicoke, Onta |
| Freestyle | 200 | Giulio Ligorì | 2:24.00 | 20-May-18 | Validus National Championships - N.S.C., Bermuda |
| Freestyle | 400 | Elijah Daley | 4:54.63 | 03-Mar-17 | Central Region Winter "A" Championships - Etobicoke, Onta |
| Freestyle | 800 | | | | |
| Freestyle | 1,500 | | | | |
| Butterfly | 50 | Elijah Daley | 0:31.75 | 22-Apr-17 | MAC Invitational - Unionville, Ontario, Canada |
| Butterfly | 100 | Elijah Daley | 1:11.81 | 05-Mar-17 | Central Region Winter "A" Championships - Etobicoke, Onta |
| Butterfly | 200 | | | | |
| Backstroke | 50 | Elijah Daley | 0:35.45 | 21-Apr-17 | MAC Invitational - Unionville, Ontario, Canada |
| Backstroke | 100 | Elijah Daley | 1:14.47 | 13-Mar-17 | DALEY UPDATE LC MARCH 13 2017 |
| Backstroke | 200 | Elijah Daley | 2:40.74 | 05-Mar-17 | Central Region Winter "A" Championships - Etobicoke, Onta |
| Breaststroke | 50 | Mitchell Gariépy | 0:39.64 | 25-Jun-10 | Coral Springs, Florida |
| Breaststroke | 100 | Elijah Daley | 1:27.02 | 21-Apr-17 | MAC Invitational - Unionville, Ontario, Canada |
| Breaststroke | 200 | Elijah Daley | 3:03.59 | 22-Apr-17 | MAC Invitational - Unionville, Ontario, Canada |
| IM | 200 | Elijah Daley | 2:38.71 | 04-Mar-17 | Central Region Winter "A" Championships - Etobicoke, Onta |
| IM | 400 | Elijah Daley | 6:09.97 | 14-May-16 | East Side Mario's Invitational - Subbury, Ontario, Canada |

OFFICIAL LONG COURSE RECORDS

Female 11-12

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|------------------|----------|-----------|---|
| Freestyle | 50 | Elan Daley | 0:26.82 | 02-Jul-17 | XXX CCCAN Swimming Championships - Couva, Trinidad |
| Freestyle | 100 | Elan Daley | 0:59.65 | 01-Jul-17 | XXX CCCAN Swimming Championships - Couva, Trinidad |
| Freestyle | 200 | Elan Daley | 2:12.84 | 02-Jun-17 | Age Group International - Etobicoke, Ontario, Canada |
| Freestyle | 400 | Elan Daley | 4:47.99 | 04-Jun-17 | Age Group International - Etobicoke, Ontario, Canada |
| Freestyle | 800 | Elan Daley | 10:03.97 | 01-Jun-17 | Age Group International - Etobicoke, Ontario, Canada |
| Freestyle | 1,500 | Payton Zekin | 20:21.69 | 30-Jul-16 | Aces/Stars Summer Finale - Denver, Colorado, U.S.A. |
| Butterfly | 50 | Elan Daley | 0:29.49 | 30-Jun-17 | XXX CCCAN Swimming Championships - Couva, Trinidad |
| Butterfly | 100 | Elan Daley | 1:05.55 | 03-Jun-17 | Age Group International - Etobicoke, Ontario, Canada |
| Butterfly | 200 | Emma Harvey | 2:36.25 | 24-Apr-14 | XXIX Carifta Swimming Championships - Savaneta, Aruba |
| Backstroke | 50 | Elan Daley | 0:31.62 | 28-Jun-17 | XXX CCCAN SWIMMING CHAMPIONSHIPS 2017 |
| Backstroke | 100 | Elan Daley | 1:08.76 | 04-Jun-17 | Age Group International - Etobicoke, Ontario, Canada |
| Backstroke | 200 | Elan Daley | 2:30.53 | 05-Mar-17 | Central Region Winter "A" Championships - Etobicoke, Onta |
| Breaststroke | 50 | Elan Daley | 0:35.81 | 27-Jul-16 | Canadian Age Group Championships - Calgary, Alberta, Car |
| Breaststroke | 100 | Jennifer Smatt | 1:18.00 | 01-Jul-87 | CCCAN Puerto Rico |
| Breaststroke | 200 | Giada Dudley-Pun | 2:53.32 | 30-Jun-18 | XXXI CCCAN Swimming Championships - Savaneta, Aruba |
| IM | 200 | Elan Daley | 2:27.63 | 02-Jun-17 | Age Group International - Etobicoke, Ontario, Canada |
| IM | 400 | Elan Daley | 5:20.53 | 03-Jun-17 | Age Group International - Etobicoke, Ontario, Canada |

Male 11-12

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|------------------|----------|-----------|--|
| Freestyle | 50 | Jesse Washington | 0:26.57 | 16-Apr-12 | XXVII Carifta Swimming Championships - Nassau, Bahamas |
| Freestyle | 100 | Jesse Washington | 0:57.31 | 16-Apr-12 | XXVII Carifta Swimming Championships - Nassau, Bahamas |
| Freestyle | 200 | Jesse Washington | 2:07.95 | 16-Apr-12 | XXVII Carifta Swimming Championships - Nassau, Bahamas |
| Freestyle | 400 | Jesse Washington | 4:37.92 | 16-Apr-12 | XXVII Carifta Swimming Championships - Nassau, Bahamas |
| Freestyle | 800 | Elijah Daley | 9:57.64 | 04-Apr-19 | 2019 MAPLE LEAF CUP |
| Freestyle | 1,500 | Brian Desmond | 19:22.13 | 19-May-16 | Validus National Championships - N.S.C. |
| Butterfly | 50 | Jesse Washington | 0:28.92 | 16-Apr-12 | XXVII Carifta Swimming Championships - Nassau, Bahamas |
| Butterfly | 100 | Elijah Daley | 1:05.50 | 20-Apr-19 | CARIFTA AQUATIC CHAMPIONSHIPS 2019 |
| Butterfly | 200 | Elijah Daley | 2:23.65 | 11-Apr-19 | MAC APRIL INVITATIONAL APRIL 11 - 14, 2019 |
| Backstroke | 50 | Jesse Washington | 0:31.84 | 16-Apr-12 | XXVII Carifta Swimming Championships - Nassau, Bahamas |
| Backstroke | 100 | Elijah Daley | 1:09.48 | 07-Mar-19 | 2019 ONTARIO YOUTH-JUNIOR CHAMPS - SPRING |
| Backstroke | 200 | Elijah Daley | 2:32.42 | 03-Apr-18 | XXXIII Carifta Swimming Championships - Kingston, Jamaica: |
| Breaststroke | 50 | Sam Williamson | 0:33.96 | 10-Dec-16 | Sharks Winter Meet - N.S.C., Bermuda |
| Breaststroke | 100 | Sam Williamson | 1:15.55 | 02-Jul-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Breaststroke | 200 | Sam Williamson | 2:48.96 | 29-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| IM | 200 | Elijah Daley | 2:27.64 | 20-Apr-19 | CARIFTA AQUATIC CHAMPIONSHIPS 2019 |
| IM | 400 | Elijah Daley | 5:22.31 | 01-Apr-18 | XXXIII Carifta Swimming Championships - Kingston, Jamaica: |

OFFICIAL LONG COURSE RECORDS

Female 13-14

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|--------------------|---------|-----------|---|
| Freestyle | 50 | Elan Daley | 0:26.41 | 31-Jan-19 | 2019 CENTRAL REGION A CHAMPIONSHIPS |
| Freestyle | 100 | Elan Daley | 0:57.00 | 21-Jul-19 | 18TH FINA WORLD CHAMPIONSHIPS 2019 |
| Freestyle | 200 | Elan Daley | 2:02.30 | 04-Dec-19 | DUMMY US WINTER NATIONALS |
| Freestyle | 400 | Logan Watson-Brown | 4:38.21 | 19-May-18 | Validus National Championships - N.S.C., Bermuda |
| Freestyle | 800 | Elan Daley | 9:22.19 | 20-Dec-19 | 2019 TRILLIUM CUP |
| Freestyle | 1,500 | | | | |
| Butterfly | 50 | Emma Harvey | 0:28.32 | 27-Jun-15 | Scottish National Open Championships - Glasgow, Scotland |
| Butterfly | 100 | Emma Harvey | 1:03.34 | 17-Apr-16 | British Swimming Championships - Glasgow, Scotland |
| Butterfly | 200 | Emma Harvey | 2:26.66 | 22-Apr-16 | MILLFIELD & TDS L1 LC 2016 |
| Backstroke | 50 | Emma Harvey | 0:30.12 | 29-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Backstroke | 100 | Emma Harvey | 1:05.92 | 30-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Backstroke | 200 | Emma Harvey | 2:25.72 | 22-Mar-16 | XXXI CARIFTA SWIMMING CHAMPIONSHIPS 2016 |
| Breaststroke | 50 | Elan Daley | 0:35.11 | 02-Apr-18 | XXXIII Carifta Swimming Championships - Kingston, Jamaica |
| Breaststroke | 100 | Jennifer Smatt | 1:18.41 | 01-Jul-89 | CCCAN Venezuela |
| Breaststroke | 200 | Jennifer Smatt | 2:51.18 | 01-Jul-89 | CCCAN Venezuela |
| IM | 200 | Elan Daley | 2:25.08 | 31-Jan-19 | 2019 CENTRAL REGION A CHAMPIONSHIPS |
| IM | 400 | Emma Harvey | 5:16.20 | 23-Mar-16 | XXXI Carifta Swimming Championships - Le Lamentin, Marti |

Male 13-14

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|------------------|----------|-----------|---|
| Freestyle | 50 | Jesse Washington | 0:25.20 | 26-Jul-13 | Canadian Age Group Championships - Montreal, Quebec, C |
| Freestyle | 100 | Jesse Washington | 0:54.46 | 24-Apr-14 | XXIX Carifta Swimming Championships - Savaneta, Aruba |
| Freestyle | 200 | Jesse Washington | 1:58.16 | 23-Apr-14 | XXIX Carifta Swimming Championships - Savaneta, Aruba |
| Freestyle | 400 | Brian Desmond | 4:17.80 | 03-Apr-18 | XXXIII Carifta Swimming Championships - Kingston, Jamaica |
| Freestyle | 800 | Brian Desmond | 9:12.46 | 17-May-18 | Validus National Championships - N.S.C., Bermuda |
| Freestyle | 1,500 | Brian Desmond | 17:25.62 | 17-May-18 | Validus National Championships - N.S.C., Bermuda |
| Butterfly | 50 | Jesse Washington | 0:26.55 | 23-Apr-14 | XXIX Carifta Swimming Championships - Savaneta, Aruba |
| Butterfly | 100 | Jesse Washington | 0:58.77 | 22-Apr-14 | XXIX Carifta Swimming Championships - Savaneta, Aruba |
| Butterfly | 200 | Ethan Daley | 2:23.33 | 23-Apr-16 | MAC Invitational - Unionville, Ontario, Canada |
| Backstroke | 50 | Finn Moseley | 0:29.33 | 20-Apr-19 | CARIFTA AQUATIC CHAMPIONSHIPS 2019 |
| Backstroke | 100 | Nicholas Thomson | 1:04.35 | 07-Apr-06 | XXI Carifta Swimming Championships - Bridgetown, Barbado |
| Backstroke | 200 | Jack Harvey | 2:19.70 | 03-Apr-18 | XXXIII Carifta Swimming Championships - Kingston, Jamaica |
| Breaststroke | 50 | Sam Williamson | 0:31.54 | 02-Jul-18 | XXXI CCCAN Swimming Championships - Savaneta, Aruba |
| Breaststroke | 100 | Sam Williamson | 1:09.94 | 17-Feb-19 | Swansea Aquatics Spring Long Course 2019 |
| Breaststroke | 200 | Sam Williamson | 2:31.11 | 16-Feb-19 | Swansea Aquatics Spring Long Course 2019 |
| IM | 200 | Sam Williamson | 2:18.02 | 17-Feb-19 | Swansea Aquatics Spring Long Course 2019 |
| IM | 400 | Sam Williamson | 4:55.59 | 16-Feb-19 | Swansea Aquatics Spring Long Course 2019 |

OFFICIAL LONG COURSE RECORDS

Female 15-16

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|--------------------|---------|-----------|--|
| Freestyle | 50 | Madelyn Moore | 0:26.50 | 19-May-16 | VALIDUS BERMUDA NATIONAL CHAMPIONSHIPS 2016 |
| Freestyle | 100 | Emma Harvey | 0:58.05 | 12-Mar-17 | Edinburgh International - Edinburgh, Scotland |
| Freestyle | 200 | Logan Watson-Brown | 2:06.33 | 28-Jun-19 | CCCAN 2019 SWIMMING CHAMPIONSHIPS |
| Freestyle | 400 | Logan Watson-Brown | 4:35.23 | 20-Apr-19 | CARIFTA AQUATIC CHAMPIONSHIPS 2019 |
| Freestyle | 800 | Vanessa Esposito | 9:27.95 | 04-Apr-15 | XXX Carifta Swimming Championships - Wildey, Barbados |
| Freestyle | 1,500 | | | | |
| Butterfly | 50 | Emma Harvey | 0:27.56 | 19-Jul-17 | VI COMMONWEALTH YOUTH GAMES |
| Butterfly | 100 | Emma Harvey | 1:02.66 | 24-Jul-17 | BRITISH SUMMER CHAMPIONSHIPS |
| Butterfly | 200 | Emma Harvey | 2:27.69 | 31-Mar-17 | Scottish National Age Group Championships - Aberdeen, Sc |
| Backstroke | 50 | Emma Harvey | 0:29.37 | 24-Jul-17 | BRITISH SUMMER CHAMPIONSHIPS |
| Backstroke | 100 | Emma Harvey | 1:04.25 | 19-Jul-17 | VI COMMONWEALTH YOUTH GAMES |
| Backstroke | 200 | Rebecca Sharpe | 2:28.30 | 30-Mar-08 | XXIII Carifta Swimming Championships - Savaneta, Aruba |
| Breaststroke | 50 | Morgan Hopkins | 0:35.67 | 03-Apr-10 | XXV Carifta Swimming Championships - Kingston, Jamaica |
| Breaststroke | 100 | Morgan Hopkins | 1:18.21 | 16-Apr-09 | XXIV Carifta Swimming Championships - Savaneta, Aruba |
| Breaststroke | 200 | Morgan Hopkins | 2:50.25 | 16-Apr-09 | XXIV Carifta Swimming Championships - Savaneta, Aruba |
| IM | 200 | Morgan Hopkins | 2:31.76 | 16-Apr-09 | XXIV Carifta Swimming Championships - Savaneta, Aruba |
| IM | 400 | Taylor White | 5:22.45 | 28-Jun-19 | CCCAN 2019 SWIMMING CHAMPIONSHIPS |

Male 15-16

| Stroke | Distance | Name | Time | Date | Meet/Location |
|------------------|------------|-----------------------|----------------|------------------|--|
| Freestyle | 50 | Finn Moseley | 0:24.08 | 27-Jun-21 | Plymouth Leander Summer L4 Open |
| Freestyle | 100 | Jesse Washington | 0:52.49 | 24-Mar-16 | XXXI Carifta Swimming Championships - Le Lamentin, Marti |
| Freestyle | 200 | Jesse Washington | 1:55.41 | 01-Aug-15 | Canadian Age Group Championships - Quebec City, Quebec |
| Freestyle | 400 | Brian Desmond | 4:12.31 | 20-Apr-19 | CARIFTA AQUATIC CHAMPIONSHIPS 2019 |
| Freestyle | 800 | Thomas Cechini | 8:55.41 | 18-May-23 | 2023 EZ LC Speedo Super Sectional |
| Freestyle | 1,500 | Brian Desmond | 17:11.98 | 02-May-19 | SCHRODERS SPRING LC CHAMPIONSHIPS 2019 |
| Butterfly | 50 | Jesse Washington | 0:26.16 | 23-Mar-16 | XXXI Carifta Swimming Championships - Le Lamentin, Marti |
| Butterfly | 100 | Elijah Daley | 0:57.35 | 03-Mar-23 | Winter Ontario Swim Championships |
| Butterfly | 200 | Elijah Daley | 2:09.54 | 07-Jul-22 | ONTARIO PROVINCIALS 2022 |
| Backstroke | 50 | Elijah Daley | 0:28.33 | 07-Jul-22 | ONTARIO PROVINCIALS 2022 |
| Backstroke | 100 | Elijah Daley | 1:00.73 | 02-Mar-23 | Winter Ontario Swim Championships |
| Backstroke | 200 | Jack Harvey | 2:11.92 | 28-Jun-19 | CCCAN 2019 SWIMMING CHAMPIONSHIPS |
| Breaststroke | 50 | Sam Williamson | 0:30.93 | 25-Jan-20 | BURNS OPEN MEET 2020 |
| Breaststroke | 100 | Elijah Daley | 1:07.56 | 30-Mar-23 | 2023 Canadian Swimming Trials |
| Breaststroke | 200 | Sam Williamson | 2:27.65 | 23-Jul-19 | BRITISH SUMMER CHAMPIONSHIPS 2019 |
| IM | 200 | Elijah Daley | 2:12.57 | 01-Apr-23 | 2023 Canadian Swimming Trials |
| IM | 400 | Sam Williamson | 4:45.72 | 14-Mar-20 | PLYMOUTH LEANDER L1/3 SPRING REGIONAL QUALIFI |

OFFICIAL LONG COURSE RECORDS

Female 17-18

| Stroke | Distance | Name | Time | Date | Meet/Location |
|--------------|----------|------------------|----------|-----------|--|
| Freestyle | 50 | Madelyn Moore | 0:25.95 | 06-May-18 | SW Summer Championships - Plymouth, United Kingdom |
| Freestyle | 100 | Madelyn Moore | 0:58.06 | 22-Jul-17 | XXIII CAC Games - Barranquilla, Colombia |
| Freestyle | 200 | Ashley Yearwood | 2:10.64 | 16-Apr-12 | XXVII Carifta Swimming Championships - Nassau, Bahamas |
| Freestyle | 400 | Vanessa Esposito | 4:35.50 | 20-Feb-16 | XXXI Carifta Swimming Championships - Le Lamentin, Marti |
| Freestyle | 800 | Vanessa Esposito | 9:23.37 | 29-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Freestyle | 1,500 | Vanessa Esposito | 18:24.85 | 21-Feb-16 | Speedo Eastern Canadian Open - Montreal, Quebec, Canada |
| Butterfly | 50 | Emma Harvey | 0:27.74 | 24-Jul-18 | BRITISH SUMMER CHAMPIONSHIPS |
| Butterfly | 100 | Emma Harvey | 1:04.52 | 06-Mar-20 | Speedo Champions Series Plantation |
| Butterfly | 200 | Taylor White | 2:29.28 | 16-Apr-22 | XXXV CARIFTA SWIMMING CHAMPIONSHIPS 2022 |
| Backstroke | 50 | Emma Harvey | 0:29.47 | 24-Jul-18 | BRITISH SUMMER CHAMPIONSHIPS |
| Backstroke | 100 | Emma Harvey | 1:05.11 | 23-Feb-20 | Big Ten Hawkeye LCM Trials, Iowa City |
| Backstroke | 200 | Rebecca Sharpe | 2:21.38 | 16-Apr-09 | XXIV Carifta Swimming Championships -Savaneta, Aruba |
| Breaststroke | 50 | Anastasia Lau | 0:34.56 | 01-Jul-04 | XV CISC, Kingston, Jamaica |
| Breaststroke | 100 | Jennifer Smatt | 1:13.94 | 01-Jul-92 | Olympic Games, Barcelona, Spain |
| Breaststroke | 200 | Jennifer Smatt | 2:42.25 | 01-Jul-92 | Olympic Games, Barcelona, Spain |
| IM | 200 | Jennifer Smatt | 2:29.06 | 01-Jul-90 | CISC Curacao |
| IM | 400 | Jennifer Smatt | 5:26.63 | 01-Jul-90 | CISC Curacao |

Male 17-18

| Stroke | Distance | Name | Time | Date | Meet/Location |
|------------------|------------|---------------------|----------------|------------------|--|
| Freestyle | 50 | Kai Legband | 0:23.43 | 21-Jul-18 | Canadian Swimming Trials - Edmonton, Alberta, Canada |
| Freestyle | 100 | Jesse Washington | 0:51.65 | 09-Dec-17 | Sharks Winter LC Meet - NSC, Bermuda |
| Freestyle | 200 | Jesse Washington | 1:54.41 | 16-Apr-17 | XXXII Carifta Swimming Championships - Nassau, Bahamas |
| Freestyle | 400 | Tyler Mazurek | 4:08.02 | 02-Jul-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Freestyle | 800 | Tyler Mazurek | 8:41.37 | 29-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Freestyle | 1,500 | Tyler Mazurek | 16:23.44 | 29-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Butterfly | 50 | Jesse Washington | 0:25.17 | 19-Jul-17 | VI Commonwealth Youth Games |
| Butterfly | 100 | Jesse Washington | 0:56.42 | 21-Jul-17 | VI Commonwealth Youth Games |
| Butterfly | 200 | Elijah Daley | 2:08.66 | 20-May-23 | BASA National Championships 2023 |
| Backstroke | 50 | Jack Harvey | 0:26.95 | 29-Apr-21 | 2021 UANA QUALIFIER |
| Backstroke | 100 | Jack Harvey | 0:57.23 | 03-Mar-22 | 2022 PIRANHAS SENIOR INVITATIONAL |
| Backstroke | 200 | Jack Harvey | 2:06.74 | 24-Jun-21 | 2021 BAHAMAS NATIONAL CHAMPIONSHIPS |
| Breaststroke | 50 | Julian Fletcher | 0:29.56 | 28-Jul-09 | 13th FINA World Championships, Rome, Italy |
| Breaststroke | 100 | Sam Williamson | 1:05.69 | 23-Jul-22 | British Summer Championships 2022 |
| Breaststroke | 200 | Sam Williamson | 2:24.04 | 26-Jul-22 | British Summer Championships 2022 |
| IM | 200 | Sam Williamson | 2:09.45 | 30-Apr-22 | Swim England South West Region Championships 2022 |
| IM | 400 | Sam Williamson | 4:37.88 | 03-Jun-21 | BRITISH SWIMMING GLASGOW MEET |

OFFICIAL LONG COURSE RECORDS

Female Open

| Stroke | Distance | Name | Time | Date | Meet/Location |
|-------------------|------------|--------------------|----------------|------------------|---|
| Freestyle | 50 | Madelyn Moore | 0:25.72 | 29-Jul-22 | COMMONWEALTH GAMES BIRMINGHAM 2022 |
| Freestyle | 100 | Madelyn Moore | 0:56.57 | 29-Apr-21 | 2021 UANA QUALIFIER |
| Freestyle | 200 | Elan Daley | 2:02.30 | 04-Dec-19 | DUMMY US WINTER NATIONALS |
| Freestyle | 400 | Kiera Aitken | 4:34.90 | 25-Jun-09 | Coral Springs, Florida |
| Freestyle | 800 | Elan Daley | 9:22.19 | 20-Dec-19 | 2019 TRILLIUM CUP |
| Freestyle | 1,500 | Stephanie Myles | 18:17.46 | 22-Jul-12 | Canadian Summer Nationals |
| Butterfly | 50 | Emma Harvey | 0:27.09 | 19-May-23 | BASA National Championships 2023 |
| Butterfly | 100 | Emma Harvey | 1:00.70 | 21-May-23 | BASA National Championships 2023 |
| Butterfly | 200 | Emma Harvey | 2:26.66 | 22-Apr-16 | MILLFIELD & TDS L1 LC 2016 |
| Backstroke | 50 | Emma Harvey | 0:28.91 | 19-May-23 | BASA National Championships 2023 |
| Backstroke | 100 | Kiera Aitken | 1:02.62 | 10-Aug-08 | XXIX Olympic Games, Beijing, China |
| Backstroke | 200 | Kiera Aitken | 2:16.95 | 13-Jun-09 | CC Absolut Open, Terrassa, Spain |
| Breaststroke | 50 | Lisa Blackburn | 0:33.46 | 25-Jun-12 | XIX Caribbean Islands Swimming Championships - Savanet, |
| Breaststroke | 100 | Lisa Blackburn | 1:11.27 | 16-Jun-12 | Bahamas National Championships |
| Breaststroke | 200 | Lisa Blackburn | 2:35.83 | 31-Mar-12 | Indy Grand Prix, Indianapolis, Indiana |
| IM | 200 | Lisa Blackburn | 2:24.98 | 25-Jun-12 | XIX Caribbean Islands Swimming Championships - Savanet, |
| IM | 400 | Lisa Blackburn | 5:11.83 | 25-Jun-12 | XIX Caribbean Islands Swimming Championships - Savanet, |

Male Open

| Stroke | Distance | Name | Time | Date | Meet/Location |
|-------------------|------------|---------------------|----------------|------------------|--|
| Freestyle | 50 | Roy-Allan Burch | 0:22.47 | 02-Aug-12 | XXX Olympic Games - London, England |
| Freestyle | 100 | Roy-Allan Burch | 0:50.26 | 26-Jul-14 | XX Commonwealth Games - Glasgow, Scotland |
| Freestyle | 200 | Jesse Washington | 1:54.22 | 29-Jun-18 | XXXI CCCAN SWIMMING CHAMPIONSHIPS 2018 |
| Freestyle | 400 | Tyler Mazurek | 4:08.02 | 02-Jul-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Freestyle | 800 | Tyler Mazurek | 8:41.37 | 29-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Freestyle | 1,500 | Tyler Mazurek | 16:23.44 | 29-Jun-16 | XXI Caribbean Islands Swimming Championships - Nassau, |
| Butterfly | 50 | Roy-Allan Burch | 0:24.77 | 17-Nov-14 | XXII C.A.C Games - Veracruz, Mexico |
| Butterfly | 100 | Stephen Fahy | 0:56.31 | 01-Aug-99 | XIII Pan American Games - Winnipeg, Manitoba, Canada |
| Butterfly | 200 | Elijah Daley | 2:08.66 | 20-May-23 | BASA National Championships 2023 |
| Backstroke | 50 | Jack Harvey | 0:26.35 | 20-May-22 | BERMUDA NATIONAL CHAMPIONSHIPS 2022 |
| Backstroke | 100 | Jack Harvey | 0:56.76 | 20-May-22 | BERMUDA NATIONAL CHAMPIONSHIPS 2022 |
| Backstroke | 200 | Jack Harvey | 2:04.01 | 20-May-23 | BASA National Championships 2023 |
| Breaststroke | 50 | Julian Fletcher | 0:29.10 | 06-Aug-16 | XXXI Olympic Games - Rio de Janeiro, Brazil |
| Breaststroke | 100 | Julian Fletcher | 1:02.47 | 21-May-16 | Validus Bermuda National Championships - N.S.C. |
| Breaststroke | 200 | Julian Fletcher | 2:18.77 | 17-Apr-15 | Arena Pro Series at Mesa, Arizona, U.S.A. |
| IM | 200 | Stephen Fahy | 2:07.25 | 01-Aug-99 | XIII Pan American Games - Winnipeg, Manitoba, Canada |
| IM | 400 | Sam Williamson | 4:35.62 | 06-Apr-23 | British Swimming Championships 2023 |