

## OFFICIAL LONG COURSE RECORDS

Female 8 &amp; 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 &amp; 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
<b>Butterfly</b>	<b>100</b>	<b>Emma Harvey</b>	<b>1:00.65</b>	<b>27-Jun-23</b>	<b>2023 Central American &amp; Caribbean Games</b>
Butterfly	200	Emma Harvey	2:26.66	22-Apr-16	MILLFIELD & TDS L1 LC 2016
<b>Backstroke</b>	<b>50</b>	<b>Emma Harvey</b>	<b>0:28.75</b>	<b>24-Jun-23</b>	<b>2023 Central American &amp; Caribbean Games</b>
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
<b>IM</b>	<b>200</b>	<b>Emma Harvey</b>	<b>2:24.75</b>	<b>09-Jun-23</b>	<b>Harbour LC Championships</b>
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
<b>Backstroke</b>	<b>100</b>	<b>Jack Harvey</b>	<b>0:56.67</b>	<b>24-Jun-23</b>	<b>2023 Central American &amp; Caribbean Games</b>
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