

BAHAMAS SWIMMING FEDERATION

LONG COURSE RECORDS

BOYS 15 & OVER - BAHAMAS

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	22.39	Vereance Burrows'89/UN	Rome	July 31, 2009
100 FREE	50.88	Vereance Burrows'89/UN	Rome	July 29, 2009
200 FREE	1:53.05	Jeremy Knowles'81/SWIFT	Nassau	June 27, 2008
400 FREE	3:59.01	Jeremy Knowles'81/UN	Nassau	July 11, 2003
1500 FREE	16:11.20	Jeremy Knowles'81/SWIFT	Nassau	June 25, 2000
50 BACK	27.50	Jeremy Knowles'81/SWIFT	Milan	April 20, 2008
100 BACK	58.31	Christopher Vythoukaskas'84/SBSC	Athens	Aug.15, 2004
200 BACK	2:08.86	Jeremy Knowles'81/SWIFT	Charlotte	June 8, 2008
50 BREAST	29.69	Jeremy Knowles'81/SWIFT	Nassau	July 1, 2005
100 BREAST	1:03.78	Jeremy Knowles'81/SWIFT	Nassau	June 28, 2008
200 BREAST	2:20.31	Jeremy Knowles'81/SWIFT	Sydney	Sept.19, 2000
50 FLY	23.74	Vereance Burrows'89/UN	Rome	July 26, 2009
100 FLY	53.51	Vereance Burrows'89/UN	Rome	July 31, 2009
200 FLY	1:58.25	Jeremy Knowles'81/SWIFT	Victoria	Aug.17, 2006
200 I.M.	2:01.35	Jeremy Knowles'81/SWIFT	Beijing	Aug.13, 2008
400 I.M.	4:22.04	Jeremy Knowles'81/UN	Santo Domingo	Aug.12, 2003
RELAYS				
200 FREE	1:36.35	Vereance Burrows, Evante Gibson; Ashton Knowles, Michael McIntosh/FAC	Nassau	June 21, 2011
400 FREE	3:31.46	Christopher Murray;Jeremy Knowles; Christopher Vythoukaskas;Allan Murray/BAH	Winnipeg	Aug.5, 1999
800 FREE	7:58.58	Jeremy Knowles;Christopher Vythoukaskas; Kristoph Carey;Travano McPhee/BAH	Santo Domingo	Aug.12, 2003
200 MEDLEY	1:48.92	Evante Gibson; Michael McIntosh; Vereance Burrows; Ashton Knowles/FAC	Nassau	June 20, 2011
400 MEDLEY	3:54.57	Christopher Vythoukaskas;Travano McPhee; Jeremy Knowles;Kristoph Carey/BAH	Santo Domingo	Aug.16, 2003

BOYS 15 & OVER - OPEN

June 21, 2011

EVENT	RECORD	NAME	CITY	DATE
50 FREE	22.88	Vereance Burrows'89/UN	Nassau	June 27, 2008
100 FREE	50.52	Jose Meolans'78/ARG	Nassau	June 28, 2008
200 FREE	1:52.99	Mario Montoya'89/COSTA	Nassau	June 27, 2008
400 FREE	3:59.01	Jeremy Knowles'81/UN	Nassau	July 11, 2003
1500 FREE	16:10.71	Shaune Fraser'89/CAY	Nassau	April 15, 2004
50 BACK	27.09	Luis Rojas.90/UN	Nassau	June 20, 2011
100 BACK	58.03	Zach McGinnis'90/UN	Nassau	June 18, 2011
200 BACK	2:08.74	George Bovell'83/TRI	Nassau	April 22, 2001
50 BREAST	29.69	Jeremy Knowles'81/SWIFT	Nassau	July 01, 2005
100 BREAST	1:03.78	Jeremy Knowles'81/SWIFT	Nassau	June 28, 2008
200 BREAST	2:18.36	Leopoldo Andara'86/CSSC	Nassau	June 29, 2008
50 FLY	24.47	Vereance Burrows'89/UN	Nassau	June 25, 2009
100 FLY	54.00	Jeremy Knowles'81/SWIFT	Nassau	June 27, 2008
200 FLY	1:59.40	Jeremy Knowles'81/SWIFT	Nassau	July 03, 2005
200 I.M.	2:02.79	Jeremy Knowles'81/SWIFT	Nassau	June 26, 2008
400 I.M.	4:28.04	Jeremy Knowles'81/UN	Nassau	July 10, 2003
RELAYS				
200 FREE	1:36.35	Vereance Burrows, Evante Gibson; Ashton Knowles, Michael McIntosh/FAC	Nassau	June 21, 2011
400 FREE	3:38.55	Martyn Forde;Terrance Haynes; Cliff Gittens;Damian Alleyne/BAR	Nassau	April 20, 2001
200 MEDLEY	1:48.92	Evante Gibson; Michael McIntosh; Vereance Burrows; Ashton Knowles/FAC	Nassau	June 20, 2011
400 MEDLEY	4:06.27	T'Auren Moss, Lucas Liette,	Nassau	June 18, 2011

