

BAHAMAS SWIMMING FEDERATION
BAHAMAS LONG COURSE RECORDS
SENIOR BOYS

July 31, 2009

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	Jun.27, 2008
400 FREE	3:59.01	Jeremy Knowles'81/UN	Nassau	Jul.11, 2003
1500 FREE	16:11.20	Jeremy Knowles'81/UN	Nassau	Jun.25, 2000
50 BACK	27.50	Jeremy Knowles'81/SWIFT	Milan	Apr.20, 2008
100 BACK	58.31	Christopher Vythoukas'84/SBSC	Athens	Aug.15, 2004
200 BACK	2:08.86	Jeremy Knowles'81/SWIFT	Charlotte	Jun.8, 2008
50 BREAST	29.69	Jeremy Knowles'81/SWIFT	Nassau	Jul.1, 2005
100 BREAST	1:03.78	Jeremy Knowles'81/SWIFT	Nassau	Jun.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	1:39.22	Jeremy Knowles;Jamaal Carey; Kristoph Carey;Nicholas Rees/BAH	Kingston	Apr.5, 1999
400 FREE	3:31.46	Christopher Murray;Jeremy Knowles; Christopher Vythoukas;Allan Murray/BAH	Winnipeg	Aug.5, 1999
800 FREE	7:58.58	Jeremy Knowles;Christopher Vythoukas; Kristoph Carey;Travano McPhee/BAH	Santo Domingo	Aug.12, 2003
200 MEDLEY	1:51.95	Jeremy Knowles;Allan Murray; Nicholas Rees;Riccardo Davis/SWIFT	Nassau	Jun.23, 2000
400 MEDLEY	3:54.57	Christopher Vythoukas;Travano McPhee; Jeremy Knowles;Kristoph Carey/BAH	Santo Domingo	Aug.16, 2003