

**BAHAMAS SWIMMING FEDERATION**  
**BAHAMAS LONG COURSE RECORDS**  
**SENIOR BOYS**

December 8th, 2007

EVENT	RECORD	NAME	CITY	DATE
50 FREE	22.75	Allan Murray'72/SWIFT	Atlanta	Jul.25, 1996
100 FREE	51.65	Christopher Murray'79/FAC	Winnipeg	Aug.4,1999
200 FREE	1:53.49	Jeremy Knowles'81/UN	Santo Domingo	Aug.12, 2003
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	27.53	Christopher Vythoukas'84/SBSC	Melbourne	Mar.16, 2006
100 BACK	58.31	Christopher Vythoukas'84/SBSC	Athens	Aug.15, 2004
200 BACK	2:10.57	Jeremy Knowles'81/UN	Nassau	Jun.27, 2004
50 BREAST	29.69	Jeremy Knowles'81/SWIFT	Nassau	Jul.1, 2005
100 BREAST	1:05.41	Jeremy Knowles'81/SWIFT	Charlotte	Dec.8, 2007
200 BREAST	2:20.31	Jeremy Knowles'81/SWIFT	Sydney	Sept.19,2000
50 FLY	24.63	Jeremy Knowles'81/SWIFT	Nassau	May 12, 2007
100 FLY	54.03	Jeremy Knowles'81/SWIFT	Nassau	Jul.1, 2005
200 FLY	1:58.25	Jeremy Knowles'81/SWIFT	Victoria	Aug.17, 2006
200 I.M.	2:02.85	Jeremy Knowles'81/SWIFT	Melbourne	Mar.20, 2006
400 I.M.	4:22.04	Jeremy Knowles'81/UN	Santo Domingo	Aug.12, 2003
<b>RELAYS</b>				
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