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**RECORDS SVG SC Nat. Records**
**SC Meters-Girls**

7-8	25 Free	14.60	<b>16-Dec-17</b>	BM	Zariel Nelson at Time Trials 2017 - December	
	50 Free	31.89	<b>5-Dec-17</b>	BM	Zariel Nelson at The BASA Short Course National Championships	
	100 Free	1:15.57	<b>5-Dec-17</b>	BM	Zariel Nelson at The BASA Short Course National Championships	
	200 Free	2:54.89	<b>5-Dec-17</b>	BM	Zariel Nelson at The BASA Short Course National Championships	
	400 Free	6:12.80	<b>4-Oct-19</b>	BSSS	Eltonique Leonard at OECS Trials - 2019	
	25 Back	19.80	<b>8-Nov-19</b>	SVG	Eltonique Leonard at 29th Annual OECS Swimming Championships	
	50 Back	43.23	<b>4-Oct-19</b>	BSSS	Eltonique Leonard at OECS Trials - 2019	
	25 Breast	19.55	<b>8-Nov-19</b>	SVG	Eltonique Leonard at 29th Annual OECS Swimming Championships	
	50 Breast	45.97	<b>16-Dec-17</b>	BM	Zariel Nelson at Time Trials 2017 - December	
	100 Breast	1:42.77	<b>4-Oct-19</b>	BSSS	Eltonique Leonard at OECS Trials - 2019	
	25 Fly	16.00	<b>8-Nov-19</b>	SVG	Eltonique Leonard at 29th Annual OECS Swimming Championships	
	50 Fly	39.16	<b>14-Aug-19</b>	BSSS	Eltonique Leonard at FLOW SVG National Invitational Swimming C	
	100 Fly	1:34.27	<b>4-Oct-19</b>	BSSS	Eltonique Leonard at OECS Trials - 2019	
	100 IM	1:27.31	<b>8-Nov-19</b>	SVG	Eltonique Leonard at 29th Annual OECS Swimming Championships	
	200 IM	3:18.58	<b>5-Dec-17</b>	BM	Zariel Nelson at The BASA Short Course National Championships	
	9-10	50 Free	29.43	<b>8-Nov-19</b>	SVG	Zariel Nelson at 29th Annual OECS Swimming Championships
		100 Free	1:05.57	<b>10-Nov-17</b>	SVG	Caitlin Polius at 27TH OECS SWIMMING CHAMPIONSHIPS 2017
200 Free		2:27.68	<b>10-Nov-17</b>	SVG	Caitlin Polius at 27TH OECS SWIMMING CHAMPIONSHIPS 2017	
400 Free		5:17.77	<b>6-Dec-16</b>	SVG	Mya Defreitas at The Powerade Short Course National Championsf	
800 Free		11:14.50	<b>26-Nov-16</b>	BSSS	Mya Defreitas at SAC Time Trials - Nov 16	
50 Back		35.06	<b>8-Nov-18</b>	SVG	Kevern DaSilva at 28th Annual OECS Swimming Championships	
100 Back		1:20.40	<b>22-Dec-18</b>	BSSS	Kevern DaSilva at Time Trials - December 2018	
200 Back		3:03.25	<b>17-Feb-21</b>	BSSS	Eltonique Leonard at Gallagher Invitational 2021	
50 Breast		40.34	<b>24-Jun-21</b>	BSSS	Eltonique Leonard at SVGSF Time Trials - 2021	
100 Breast		1:29.21	<b>24-Jun-21</b>	BSSS	Eltonique Leonard at SVGSF Time Trials - 2021	
200 Breast		3:17.90	<b>22-Sep-21</b>	BSSS	Eltonique Leonard at SVG Gallagher National swimming Champion	
50 Fly		32.65	<b>8-Nov-19</b>	SVG	Zariel Nelson at 29th Annual OECS Swimming Championships	
100 Fly		1:17.76	<b>22-Sep-21</b>	BM	Tayeah St. Hillaire at SVG Gallagher National swimming Champions	
200 Fly		3:13.29	<b>2-Jun-18</b>	BSSS	Jamie Joachim at Time Trials - June 2018	
100 IM		1:17.97	<b>24-Jun-21</b>	BSSS	Eltonique Leonard at SVGSF Time Trials - 2021	
200 IM		2:53.05	<b>22-Sep-21</b>	BSSS	Eltonique Leonard at SVG Gallagher National swimming Champion	
11-12		50 Free	28.30	<b>10-Aug-20</b>	BSSS	Kennice Greene at FLOW SVG Nationals
	100 Free	1:01.36	<b>10-Aug-20</b>	BSSS	Jamie Joachim at FLOW SVG Nationals	
	200 Free	2:15.36	<b>8-Nov-18</b>	SVG	Mya Defreitas at 28th Annual OECS Swimming Championships	
	400 Free	4:46.72	<b>4-Dec-18</b>	BSSS	Mya Defreitas at The BASA Short Course National Championships	
	800 Free	10:01.87	<b>17-Aug-18</b>	BSSS	Mya Defreitas at The FLOW Invitational Swimming Championships	
	1500 Free	20:10.14	<b>4-Dec-18</b>	BSSS	Mya Defreitas at The BASA Short Course National Champio	
	50 Back	31.48	<b>10-Aug-20</b>	BSSS	Kevern DaSilva at FLOW SVG Nationals	
	100 Back	1:09.06	<b>10-Aug-20</b>	BSSS	Jamie Joachim at FLOW SVG Nationals	
	200 Back	2:32.94	<b>10-Aug-20</b>	BSSS	Jamie Joachim at FLOW SVG Nationals	
	50 Breast	34.96	<b>19-Oct-13</b>	BSSS	Shne Joachim at United Insurance Blacksands Swim Squad Inv	
	100 Breast	1:21.25	<b>8-Nov-13</b>	SVG	Shne Joachim at 23rd OECS Swimming hampionships	
	200 Breast	2:59.41	<b>4-Dec-12</b>	SVG	Shne Joachim at Barbados National SC Champs	
	50 Fly	30.52	<b>10-Aug-20</b>	BSSS	Kennice Greene at FLOW SVG Nationals	
	100 Fly	1:09.77	<b>9-May-20</b>	BSSS	Jamie Joachim at Time Trials 2020 - May/June	
	200 Fly	2:54.24	<b>4-Dec-18</b>	BSSS	Mya Defreitas at The BASA Short Course National Champio	
	100 IM	1:11.26	<b>10-Aug-20</b>	BSSS	Jamie Joachim at FLOW SVG Nationals	
	200 IM	2:36.51	<b>9-May-20</b>	BSSS	Jamie Joachim at Time Trials 2020 - May/June	

**RECORDS SVG SC Nat. Records**

11-12	400 IM	5:42.95	<b>4-Dec-18</b>	BSSS	Mya Defreitas	at The BASA Short Course National Champio
13-14	50 Free	27.25	<b>16-Mar-15</b>	OAK	Shne Joachim	at Ontario (Age Group) SC Champs
	100 Free	1:00.41	<b>22-Sep-21</b>	BSSS	Kennice Greene	at SVG Gallagher National swimming Championshi
	200 Free	2:12.51	<b>8-Nov-19</b>	SVG	Mya Defreitas	at 29th Annual OECS Swimming Championships
	400 Free	4:35.48	<b>9-May-20</b>	BSSS	Mya Defreitas	at Time Trials 2020 - May/June
	800 Free	9:43.00	<b>10-Aug-20</b>	BSSS	Mya Defreitas	at FLOW SVG Nationals
	1500 Free	18:50.20	<b>12-Feb-20</b>	BSSS	Mya Defreitas	at CGM Invitational Swimming Championshi
	50 Back	31.81	<b>10-Aug-20</b>	BSSS	Abigail Deshong	at FLOW SVG Nationals
	100 Back	1:09.68	<b>24-Jun-21</b>	BSSS	Kevern DaSilva	at SVGSF Time Trials - 2021
	200 Back	2:39.28	<b>17-Feb-21</b>	BSSS	Kevern DaSilva	at Gallagher Invitational 2021
	50 Breast	33.37	<b>1-Dec-15</b>	BSSS	Shne' Joachim	at The BASA Short Course National Championships
	100 Breast	1:12.69	<b>26-Feb-15</b>	OAK	Shne Joachim	at Ontario (Age Group) SC Champs
	200 Breast	2:43.82	<b>1-Dec-15</b>	BSSS	Shne' Joachim	at The BASA Short Course National Championships
	50 Fly	29.19	<b>5-Nov-20</b>	BSSS	Abigail Deshong	at OECS Invitational Swimming Championships
	100 Fly	1:06.86	<b>22-Sep-21</b>	BSSS	Kennice Greene	at SVG Gallagher National swimming Championshi
	200 Fly	2:40.67	<b>3-Dec-19</b>	BSSS	Mya Defreitas	at The BASA Short Course National Champio
	100 IM	1:11.07	<b>9-May-20</b>	BSSS	Mya Defreitas	at Time Trials 2020 - May/June
	200 IM	2:31.37	<b>3-Mar-15</b>	APP	Shne Joachim	at OFSAA Swimming Champs
400 IM	5:36.03	<b>1-Dec-15</b>	BSSS	Shne' Joachim	at The BASA Short Course National Championships	
15-16	50 Free	26.49	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor
	100 Free	1:00.61	<b>16-Aug-16</b>	BSSS	Shne' Joachim	at The FLOW Invitational Swimming Champ
	200 Free	2:13.98	<b>17-Feb-21</b>	BSSS	Mya Defreitas	at Gallagher Invitational 2021
	400 Free	4:41.18	<b>22-Sep-21</b>	BSSS	Mya Defreitas	at SVG Gallagher National swimming Championship:
	800 Free	9:47.05	<b>17-Feb-21</b>	BSSS	Mya Defreitas	at Gallagher Invitational 2021
	50 Back	30.73	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor
	100 Back	1:07.01	<b>16-Aug-16</b>	BSSS	Shne' Joachim	at The FLOW Invitational Swimming Champ
	200 Back	2:41.08	<b>15-Oct-16</b>	OAK	Shne' Joachim	at 2016 Brad Townsend Fall Classic
	50 Breast	32.43	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor
	100 Breast	1:14.25	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor
	200 Breast	2:56.23	<b>22-Sep-21</b>	BSSS	Tia Gun-Munro	at SVG Gallagher National swimming Championshi
	50 Fly	29.07	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor
	100 Fly	1:09.13	<b>10-Nov-16</b>	SVG	Shne' Joachim	at 26th Annual OECS Swimming Championships
	100 IM	1:06.61	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor
	200 IM	2:32.78	<b>10-Nov-16</b>	SVG	Shne' Joachim	at 26th Annual OECS Swimming Championships
	50 Free	26.49	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor
	100 Free	1:00.41	<b>22-Sep-21</b>	BSSS	Kennice Greene	at SVG Gallagher National swimming Championshi
	200 Free	2:12.51	<b>8-Nov-19</b>	SVG	Mya Defreitas	at 29th Annual OECS Swimming Championships
	400 Free	4:35.48	<b>9-May-20</b>	BSSS	Mya Defreitas	at Time Trials 2020 - May/June
	800 Free	9:43.00	<b>10-Aug-20</b>	BSSS	Mya Defreitas	at FLOW SVG Nationals
1500 Free	18:50.20	<b>12-Feb-20</b>	BSSS	Mya Defreitas	at CGM Invitational Swimming Championshi	
50 Back	30.73	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor	
100 Back	1:07.01	<b>16-Aug-16</b>	BSSS	Shne' Joachim	at The FLOW Invitational Swimming Championship:	
200 Back	2:32.94	<b>10-Aug-20</b>	BSSS	Jamie Joachim	at FLOW SVG Nationals	
50 Breast	32.43	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor	
100 Breast	1:12.69	<b>26-Feb-15</b>	OAK	Shne' Joachim	Ontario (age group) SC Champs	
200 Breast	2:43.82	<b>1-Dec-15</b>	BSSS	Shne' Joachim	at The BASA Short Course National Championships	
50 Fly	29.07	<b>6-Dec-16</b>	SVG	Shne' Joachim	at World Championships (25M) - Windsor	
100 Fly	1:06.86	<b>22-Sep-21</b>	BSSS	Kennice Greene	at SVG Gallagher National swimming Championshi	
200 Fly	2:40.67	<b>3-Dec-19</b>	BSSS	Mya Defreitas	at The BASA Short Course National Championships	

**RECORDS SVG SC Nat. Records**

100 IM	1:06.61	<b>6-Dec-16</b>	SVG	Shne' Joachim at World Championships (25M) - Windsor
200 IM	2:31.37	<b>8-Nov-19</b>	APP	Shne' Joachim 2015 OFSAA Swimming Championships
400 IM	5:36.03	<b>1-Dec-15</b>	BSSS	Shne' Joachim at The BASA Short Course National Championships

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**RECORDS SVG SC Nat. Records**
**SC Meters-Boys**

7-8	25 Free	14.57	<b>10-Dec-21</b>	BM	Caghry Williams at BSSS Time trials
	50 Free	34.52	<b>16-Dec-17</b>	BM	Seth Byron at Time Trials 2017 - December
	100 Free	1:17.36	<b>16-Dec-17</b>	BM	Seth Byron at Time Trials 2017 - December
	200 Free	2:50.48	<b>16-Dec-17</b>	BM	Seth Byron at Time Trials 2017 - December
	25 Back	18.89	<b>22-Sep-21</b>	BM	Caghry Williams at SVG Gallagher National swimming Championsh
	50 Back	41.61	<b>4-Oct-19</b>	BM	Tyler Robinson at OECS Trials - 2019
	25 Breast	20.20	<b>22-Sep-21</b>	BM	Caghry Williams at SVG Gallagher National swimming Championsh
	50 Breast	44.12	<b>22-Sep-21</b>	BM	Caghry Williams at SVG Gallagher National swimming Championsh
	100 Breast	1:39.40	<b>10-Dec-21</b>	BM	Caghry Williams at BSSS Time trials
	25 Fly	17.09	<b>22-Sep-21</b>	BM	Caghry Williams at SVG Gallagher National swimming Championsh
	50 Fly	38.82	<b>10-Dec-21</b>	BM	Caghry Williams at BSSS Time trials
	100 IM	1:29.69	<b>22-Sep-21</b>	BM	Caghry Williams at SVG Gallagher National swimming Championsh
	200 IM	4:29.21	<b>11-Apr-19</b>	BM	Ahlil Cyril at 20th RHAC Invitational Swim Meet
	9-10	25 Free	14.51	<b>9-Jun-19</b>	BM
50 Free		29.58	<b>5-Dec-17</b>	BSSS	Eltonte Leonard at BASA Short Course Nationals
100 Free		1:06.97	<b>5-Dec-17</b>	BSSS	Eltonte Leonard at The BASA Short Course National Championship
200 Free		2:26.88	<b>4-Oct-19</b>	BM	Seth Byron at OECS Trials - 2019
400 Free		5:16.65	<b>8-Nov-19</b>	SVG	Seth Byron at 29th Annual OECS Swimming Championships
800 Free		11:32.13	<b>10-Aug-20</b>	BM	Hazen Dabriel at FLOW SVG Nationals
50 Back		36.59	<b>5-Dec-17</b>	BSSS	Eltonte Leonard at The BASA Short Course National Championship
100 Back		1:23.15	<b>5-Nov-20</b>	BSSS	Hazen Dabriel at OECS Invitational Swimming Championships
200 Back		2:55.76	<b>10-Aug-20</b>	BM	Hazen Dabriel at FLOW SVG Nationals
50 Breast		37.87	<b>10-Nov-17</b>	SVG	Jayson B. Sandy at 27TH OECS SWIMMING CHAMPIONSHIPS 2017
100 Breast		1:27.40	<b>16-Dec-17</b>	BSSS	Jayson B. Sandy at Time Trials 2017 - December
200 Breast		3:08.30	<b>10-Sep-14</b>	BSSS	Alex Joachim at OECS Time Trials Challenge
50 Fly		33.03	<b>24-Jun-21</b>	BSSS	Tyler Robinson at SVGSF Time Trials - 2021
100 Fly		1:20.65	<b>5-Nov-20</b>	BSSS	Hazen Dabriel at OECS Invitational Swimming Championships
200 Fly		3:11.17	<b>10-Aug-20</b>	BM	Hazen Dabriel at FLOW SVG Nationals
100 IM		1:16.78	<b>5-Dec-17</b>	BSSS	Eltonte Leonard at The BASA Short Course National Championship
200 IM		2:51.07	<b>5-Dec-17</b>	BSSS	Eltonte Leonard at The BASA Short Course National Championship
400 IM		6:23.43	<b>10-Sep-14</b>	BSSS	Alex Joachim at OECS Time Trials Challenge
11-12	50 Free	26.36	<b>22-Sep-21</b>	BSSS	Matthew Ballah at SVG Gallagher National swimming Championshi
	100 Free	58.07	<b>22-Sep-21</b>	BSSS	Matthew Ballah at SVG Gallagher National swimming Championshi
	200 Free	2:10.66	<b>5-Nov-20</b>	BSSS	Brandon George at OECS Invitational Swimming Championships
	400 Free	4:38.61	<b>16-Aug-16</b>	BSSS	Alex Joachim at The FLOW Invitational Swimming Champi
	800 Free	10:02.14	<b>10-Aug-20</b>	BSSS	Brandon George at FLOW SVG Nationals
	1500 Free	19:29.60	<b>16-Nov-16</b>	BSSS	Alex Joachim at SAC Time Trials - Nov 16
	50 Back	30.53	<b>22-Sep-21</b>	BSSS	Matthew Ballah at SVG Gallagher National swimming Championshi
	100 Back	1:08.31	<b>5-Nov-20</b>	BSSS	Brandon George at OECS Invitational Swimming Championships
	200 Back	2:30.28	<b>10-Aug-20</b>	BSSS	Brandon George at FLOW SVG Nationals
	50 Breast	33.30	<b>19-Oct-13</b>	BSSS	Nikolas Sylvester at United Insurance Blacksands Swim Squad Inv
	100 Breast	1:13.44	<b>8-Nov-13</b>	SVG	Nikolas Sylvester at 23rd OECS Swimming hampionships
	200 Breast	2:48.11	<b>16-Aug-16</b>	BSSS	Alex Joachim at The FLOW Invitational Swimming Champi
	50 Fly	28.84	<b>22-Sep-21</b>	BSSS	Matthew Ballah at SVG Gallagher National swimming Championshi
	100 Fly	1:06.15	<b>5-Nov-20</b>	BSSS	Brandon George at OECS Invitational Swimming Championships
	200 Fly	2:38.35	<b>11-Mar-16</b>	BSSS	Alex Joachim at RHAC 17th Invitational Swim Meet
	100 IM	1:07.79	<b>22-Sep-21</b>	BSSS	Matthew Ballah at SVG Gallagher National swimming Championshi
	200 IM	2:28.27	<b>10-Nov-16</b>	SVG	Alex Joachim at 26th Annual OECS Swimming Championships

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**RECORDS SVG SC Nat. Records**

11-12	400 IM	5:17.89	<b>26-Aug-16</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Champi
11-14	200 Medley Relay	1:56.51	<b>12-Nov-15</b>	SVG	St Vincent Swim Team	D. Gooding, S. Cadogan, N. Sylvester, C. I
13-14	50 Free	24.52	<b>16-Dec-21</b>	SVG	Eltonte Leonard	at World Championships (25M) 2021
	100 Free	55.20	<b>10-Nov-16</b>	SVG	Shane Cadogan	at 26th Annual OECS Swimming Championships
	200 Free	2:01.33	<b>17-Aug-18</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Championships
	400 Free	4:20.85	<b>17-Aug-18</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Championships
	800 Free	9:09.04	<b>17-Aug-18</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Championships
	1500 Free	18:18.77	<b>6-Aug-17</b>	BSSS	Alex Joachim	at Time Trials - August 2017
	50 Back	28.75	<b>8-Nov-18</b>	SVG	Alex Joachim	at 28th Annual OECS Swimming Championships
	100 Back	1:03.87	<b>18-Dec-15</b>	BSSS	Nikolas Sylvester	at Black Sands Invitational Sprint Swim Meet
	200 Back	2:23.59	<b>22-Sep-21</b>	BSSS	Brandon George	at SVG Gallagher National swimming Championsh
	50 Breast	31.05	<b>26-Aug-16</b>	BSSS	Shane Cadogan	at The FLOW Invitational Swimming Championship
	100 Breast	1:08.03	<b>8-Nov-19</b>	SVG	Bryson A. George	at 29th Annual OECS Swimming Championships
	200 Breast	2:33.14	<b>17-Aug-18</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Championships
	50 Fly	26.90	<b>16-Dec-21</b>	SVG	Eltonte Leonard	at World Championships (25M) 2021
	100 Fly	1:01.69	<b>22-Sep-21</b>	BSSS	Eltonte Leonard	at SVG Gallagher National swimming Championsh
	200 Fly	2:15.33	<b>24-Aug-17</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Championships
	100 IM	1:03.76	<b>22-Sep-21</b>	BSSS	Brandon George	at SVG Gallagher National swimming Championsh
	200 IM	2:19.53	<b>17-Aug-18</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Championships
	400 IM	4:56.54	<b>24-Aug-17</b>	BSSS	Alex Joachim	at The FLOW Invitational Swimming Championships
15-16	50 Free	24.25	<b>16-Feb-18</b>	BSSS	Shane Cadogan	at The CGM Invitational Swimming Championships
	100 Free	53.81	<b>10-Aug-20</b>	BSSS	Alex Joachim	at FLOW SVG Nationals
	200 Free	2:00.30	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimmin
	400 Free	4:17.07	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimmin
	800 Free	8:59.87	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimmin
	1500 Free	18:20.54	<b>11-Mar-16</b>	BSSS	Cruz Halbich	at RHAC 17th Invitational Swim Meet
	50 Back	28.19	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimmin
	100 Back	1:02.58	<b>12-Feb-16</b>	BSSS	Nikolas Sylvester	at The SAC Scotiabank Invitational
	200 Back	2:20.32	<b>17-Feb-21</b>	BSSS	Kenale A. Alleyne	at Gallagher Invitational 2021
	50 Breast	29.64	<b>28-Sep-18</b>	BSSS	Shane Cadogan	at OECS Trials - 2018
	100 Breast	1:05.78	<b>11-Dec-18</b>	SVG	Shane Cadogan	at FINA World Championships (25M)
	200 Breast	2:30.25	<b>10-Aug-20</b>	BSSS	Alex Joachim	at FLOW SVG Nationals
	50 Fly	26.26	<b>17-Aug-18</b>	BSSS	Shane Cadogan	at The FLOW Invitational Swimming Cham
	100 Fly	58.98	<b>10-Aug-20</b>	BSSS	Alex Joachim	at FLOW SVG Nationals
	200 Fly	2:12.13	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimming Champ
	100 IM	1:01.65	<b>3-Mar-20</b>	AC	Alex Joachim	at OFSAA Championship 2020
	200 IM	2:15.00	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimming Champ
	400 IM	5:11.65	<b>12-Feb-16</b>	BSSS	Nikolas Sylvester	at The SAC Scotiabank Invitational
	50 Free	23.74	<b>9-May-20</b>	BSSS	Shane Cadogan	at Time Trials 2020 - May/June
	100 Free	53.48	<b>5-Nov-20</b>	BSSS	Shane Cadogan	at OECS Invitational Swimming Championships
	200 Free	2:00.09	<b>11-Dec-18</b>	BSSS	Cruz Halbich	at FINA World Championships (25M)
	400 Free	4:17.07	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimmin
	800 Free	8:59.87	<b>14-Aug-19</b>	BSSS	Alex Joachim	at FLOW SVG National Invitational Swimmin
	1500 Free	18:18.77	<b>6-Aug-17</b>	BSSS	Alex Joachim	at Time Trials - August 2017
	50 Back	27.89	<b>8-Nov-18</b>	SVG	Nikolas Sylvester	at 28th Annual OECS Swimming Champion:
	100 Back	1:02.32	<b>8-Nov-18</b>	SVG	Nikolas Sylvester	at 28th Annual OECS Swimming Championships
	200 Back	2:20.32	<b>17-Feb-21</b>	BSSS	Kenale A. Alleyne	at Gallagher Invitational 2021
	50 Breast	29.10	<b>5-Nov-20</b>	BSSS	Shane Cadogan	at OECS Invitational Swimming Championships
	100 Breast	1:05.78	<b>11-Dec-18</b>	SVG	Shane Cadogan	at FINA World Championships (25M)

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**RECORDS SVG SC Nat. Records**

200 Breast	2:31.62	<b>26-Aug-16</b>	BSSS	Nikolas Sylvester at The FLOW Invitational Swimming Championships
50 Fly	25.81	<b>5-Nov-20</b>	BSSS	Shane Cadogan at OECS Invitational Swimming Championships
100 Fly	59.41	<b>14-Aug-19</b>	BSSS	Alex Joachim at FLOW SVG National Invitational Swimming Championships
200 Fly	2:12.13	<b>14-Aug-19</b>	BSSS	Alex Joachim at FLOW SVG National Invitational Swimming Championships
100 IM	1:00.44	<b>9-May-20</b>	BSSS	Shane Cadogan at Time Trials 2020 - May/June
200 IM	2:15.00	<b>14-Aug-19</b>	BSSS	Alex Joachim at FLOW SVG National Invitational Swimming Championships
400 IM	4:56.54	<b>24-Aug-17</b>	BSSS	Alex Joachim at The FLOW Invitational Swimming Championships