

25m CAYMAN NATIONAL FEMALE RECORDS

Femle Records (25M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:24.70	J. Crooks	Unattached	14-Dec-24	World Short Course Championships	Budapest, Hungary
100M FREE	00:54.13	J. Crooks	Unattached	11-Dec-24	World Short Course Championships	Budapest, Hungary
200M FREE	02:00.16	J. Crooks	Unattached	04-Nov-22	FINA World Cup	Indianapolis, USA
400M FREE	04:14.77	K. Rabess	Stingray Swim Club	10-Dec-24	World Short Course Championships	Budapest, Hungary
800M FREE	08:46.13	K. Rabess	Stingray Swim Club	11-Dec-24	World Short Course Championships	Budapest, Hungary
1500M FREE	17:01.45	K. Rabess	Stingray Swim Club	11-Jul-23	Island Games 23	St Peter Port, Guernsey
50M BACK	00:27.48	J. Crooks	Unattached	18-Feb-23	CIASA National Championships	Grand Cayman, Cayman Islands
100M BACK	01:01.54	S. Broadbelt	Seven Mile Swimmers	06-Dec-24	National Winter Championships	Sheffield, England
200M BACK	02:14.38	L. Butler	Stingray Swim Club	14-Nov-15	BUCS Short Course Championship	Sheffield, England
50M BREAST	00:34.25	S. Jackson	Stingray Swim Club	08-Dec-17	Coconut Cup 2017	Grand Cayman, Cayman Islands
100M BREAST	01:15.82	S. Jackson	Stingray Swim Club	09-Dec-17	Coconut Cup 2017	Grand Cayman, Cayman Islands
200M BREAST	02:44.82	S. Jackson	Stingray Swim Club	07-Dec-18	Coconut Cup 2018	Grand Cayman, Cayman Islands
50M FLY	00:26.40	J. Crooks	Unattached	13-Dec-22	World Short Course Championships	Melbourne, AUS
100M FLY	01:00.05	J. Crooks	Unattached	18-Feb-23	CIASA National Championships	Grand Cayman, Cayman Islands
200M FLY	02:14.27	S. Broadbelt	Seven Mile Swimmers	06-Dec-24	National Winter Championships	Sheffield, England
100M IM	01:04.66	S. Broadbelt	Seven Mile Swimmers	07-Dec-24	National Winter Championships	Sheffield, England
200M IM	02:18.24	L. Butler	Stingray Swim Club	15-Nov-15	BUCS Short Course Championship	Sheffield, England
400M IM	04:56.29	L. Butler	Stingray Swim Club	15-Jul-13	Island Games 13	Bermuda

Girl's 15-17 (25M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:25.19	J. Crooks	Unattached	21-Feb-23	CIASA National Championships	Grand Cayman, Cayman Islands
100M FREE	00:54.20	J. Crooks	Unattached	14-Dec-22	World Short Course Championships	Melbourne, AUS
200M FREE	02:00.16	J. Crooks	Unattached	04-Nov-22	FINA World Cup	Indianapolis, USA
400M FREE	04:17.22	H. Barrowman	Seven Mile Swimmers	2-Dec-23	Coconut Cup	Grand Cayman, Cayman Islands
800M FREE	08:51.56	K. Rabess	Stingray Swim Club	21-Jul-22	Summer Finale	Grand Cayman, Cayman Islands
1500M FREE	17:23.37	H. Barrowman	Seven Mile Swimmers	21-Oct-22	CBAC Kick Off	Grand Cayman, Cayman Islands
50M BACK	00:27.48	J. Crooks	Unattached	18-Feb-23	CIASA National Championships	Grand Cayman, Cayman Islands
100M BACK	01:01.54	S. Broadbelt	Seven Mile Swimmers	06-Dec-24	National Winter Championships	Sheffield, England
200M BACK	02:12.58	J. Crooks	Unattached	21-Feb-23	CIASA National Championships	Grand Cayman, Cayman Islands
50M BREAST	00:34.62	K. Sullivan	Seven Mile Swimmers	12-Feb-24	CIASA National Championships	Grand Cayman, Cayman Islands
100M BREAST	01:15.80	K. Sullivan	Seven Mile Swimmers	02-Dec-23	Coconut Cup	Grand Cayman, Cayman Islands
200M BREAST	02:42.59	K. Sullivan	Seven Mile Swimmers	10-Feb-24	CIASA National Championships	Grand Cayman, Cayman Islands
50M FLY	00:26.40	J. Crooks	Unattached	13-Dec-22	World Short Course Championships	Melbourne, AUS
100M FLY	01:00.05	J. Crooks	Unattached	18-Feb-23	CIASA National Championships	Grand Cayman, Cayman Islands
200M FLY	02:14.27	S. Broadbelt	Seven Mile Swimmers	06-Dec-24	National Winter Championships	Sheffield, England
100M IM	01:04.66	S. Broadbelt	Seven Mile Swimmers	07-Dec-24	National Winter Championships	Sheffield, England
200M IM	02:20.18	S. Broadbelt	Seven Mile Swimmers	05-Dec-24	National Winter Championships	Sheffield, England
400M IM	04:59.59	S. Broadbelt	Seven Mile Swimmers	07-Oct-23	Exeter October Level 2 Meet	Exeter, England

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Girl's 13-14 (25M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:25.90	J. Crooks	Unattached	17-Oct-20	Mike Lockwood Memorial	Cayman Brac, Cayman Islands
100M FREE	00:56.26	J. Crooks	Unattached	18-Oct-20	Mike Lockwood Memorial	Cayman Brac, Cayman Islands
200M FREE	02:02.83	J. Crooks	Unattached	19-Feb-21	CIASA National Championships	Grand Cayman, Cayman Islands
400M FREE	04:26.53	R. Embury-Brown	Stingray Swim Club	10-Mar-19	CIASA National Championships	Grand Cayman, Cayman Islands
800M FREE	09:08.09	R. Embury-Brown	Stingray Swim Club	07-Mar-19	CIASA National Championships	Grand Cayman, Cayman Islands
1500M FREE	17:26.26	R. Embury-Brown	Stingray Swim Club	09-Jul-19	Island Games 2019	Gibraltar
50M BACK	00:29.04	J. Crooks	Unattached	18-Oct-20	Mike Lockwood Memorial	Cayman Brac, Cayman Islands
100M BACK	01:02.96	J. Crooks	Unattached	19-Feb-21	CIASA National Championships	Grand Cayman, Cayman Islands
200M BACK	02:15.66	J. Crooks	Unattached	21-Feb-21	CIASA National Championships	Grand Cayman, Cayman Islands
50M BREAST	00:35.16	J. Crooks	Unattached	26-Sep-20	Landon Von Kanel Memorial	Grand Cayman, Cayman Islands
100M BREAST	01:17.12	B. Fischetti	Seven Mile Swimmers	06-Mar-22	CIASA National Championships	Grand Cayman, Cayman Islands
200M BREAST	02:48.16	B. Fischetti	Seven Mile Swimmers	07-Mar-22	CIASA National Championships	Grand Cayman, Cayman Islands
50M FLY	00:27.78	S. Broadbelt	Seven Mile Swimmers	16-Feb-23	CIASA National Championships	CBAC, Cayman Islands
100M FLY	01:02.23	J. Crooks	Unattached	18-Feb-21	CIASA National Championships	Grand Cayman, Cayman Islands
200M FLY	02:17.77	S. Broadbelt	Seven Mile Swimmers	19-Feb-23	CIASA National Championships	Grand Cayman, Cayman Islands
100M IM	01:06.49	S. Broadbelt	Seven Mile Swimmers	20-May-23	Lion's sprint meet	Grand Cayman, Cayman Islands
200M IM	02:22.13	J. Crooks	Unattached	20-Feb-21	CIASA National Championships	Cayman Brac, Cayman Islands
400M IM	05:04.87	H. Roffey	Stingray Swim Club		Island Games 01	Isle of Man

Girl's 11-12 (25M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:27.05	J. Crooks	Camana Bay Aquatic Club	13-Oct-18	CBAC Fall Kickoff Meet	Grand Cayman, Cayman Islands
100M FREE	00:59.90	J. Crooks	Camana Bay Aquatic Club	09-Mar-19	CIASA National Championships	Grand Cayman, Cayman Islands
200M FREE	02:11.10	J. Crooks	Camana Bay Aquatic Club	09-Dec-18	Coconut Cup 2018	Grand Cayman, Cayman Islands
400M FREE	04:42.47	J. Crooks	Camana Bay Aquatic Club	10-Mar-19	CIASA National Championships	Grand Cayman, Cayman Islands
800M FREE	09:23.04	J.Foster	Stingray Swim Club	01-Nov-02		Grand Cayman, Cayman Islands
1500M FREE	18:48.51	J.Foster	Stingray Swim Club	16-Mar-02		
50M BACK	00:30.49	J. Crooks	Camana Bay Aquatic Club	08-Dec-18	Coconut Cup 2018	Grand Cayman, Cayman Islands
100M BACK	01:06.77	J. Crooks	Camana Bay Aquatic Club	14-Oct-18	CBAC Fall Kickoff Meet	Grand Cayman, Cayman Islands
200M BACK	02:22.43	J. Crooks	Camana Bay Aquatic Club	07-Dec-18	Coconut Cup 2018	Grand Cayman, Cayman Islands
50M BREAST	00:37.06	J. Crooks	Camana Bay Aquatic Club	08-Jun-19	Landon Von Kanel Memorial Meet	Grand Cayman, Cayman Islands
100M BREAST	01:22.90	J. Crooks	Camana Bay Aquatic Club	09-Jun-19	Landon Von Kanel Memorial Meet	Grand Cayman, Cayman Islands
200M BREAST	03:00.55	K. Sullivan	Seven Mile Swimmers	07-Mar-19	CIASA National Championships	Grand Cayman, Cayman Islands
50M FLY	00:29.20	J. Crooks	Camana Bay Aquatic Club	13-Oct-18	CBAC Fall Kickoff Meet	Grand Cayman, Cayman Islands
100M FLY	01:04.86	J. Crooks	Camana Bay Aquatic Club	08-Dec-18	Coconut Cup 2018	Grand Cayman, Cayman Islands
200M FLY	02:31.33	J. Crooks	Camana Bay Aquatic Club	14-Oct-18	CBAC Fall Kickoff Meet	Grand Cayman, Cayman Islands
100M IM	01:10.51	J. Crooks	Camana Bay Aquatic Club	14-Oct-18	CBAC Fall Kickoff Meet	Grand Cayman, Cayman Islands
200M IM	02:30.31	J. Crooks	Camana Bay Aquatic Club	09-Mar-19	CIASA National Championships	Grand Cayman, Cayman Islands
400M IM	05:20.33	J.Foster	Stingray Swim Club	01-Nov-02		Grand Cayman, Cayman Islands

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Girl's 9-10 (25M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:30.66	J. Crooks	Camana Bay Aquatic Club	02-Jun-17	Landon Von Kanel Memorial Meet	Grand Cayman, Cayman Islands
100M FREE	01:10.18	A.Jackson	Stingray Swim Club	22-Jun-13	Caledonian Invitational	Grand Cayman, Cayman Islands
200M FREE	02:35.13	J.Foster	Stingray Swim Club	05-Nov-00		Grand Cayman, Cayman Islands
400M FREE	05:12.89	J.Foster	Stingray Swim Club	05-Nov-00		Grand Cayman, Cayman Islands
800M FREE						
1500M FREE						
50M BACK	00:36.35	J. Crooks	Camana Bay Aquatic Club	16-Feb-17	CIASA National Championship	Grand Cayman, Cayman Islands
100M BACK	01:20.11	J. Crooks	Camana Bay Aquatic Club	03-Jun-17	Landon Von Kanel Memorial Meet	Grand Cayman, Cayman Islands
200M BACK	02:57.92	J.Foster	Stingray Swim Club	05-Nov-00		Grand Cayman, Cayman Islands
50M BREAST	00:41.76	J. Crooks	Camana Bay Aquatic Club	18-Feb-17	CIASA National Championship	Grand Cayman, Cayman Islands
100M BREAST	01:30.62	C. Nelson	Stingray Swim Club	22-Feb-04		Grand Cayman, Cayman Islands
200M BREAST	03:17.36	C. Nelson	Stingray Swim Club	14-Jun-03		Grand Cayman, Cayman Islands
50M FLY	00:34.52	J. Crooks	Camana Bay Aquatic Club	17-Feb-17	CIASA National Championship	Grand Cayman, Cayman Islands
100M FLY	01:22.02	J. Crooks	Camana Bay Aquatic Club	16-Feb-17	CIASA National Championship	Grand Cayman, Cayman Islands
200M FLY	03:04.39	J.Foster	Stingray Swim Club	05-Nov-00		Grand Cayman, Cayman Islands
100M IM	01:23.19	J. Crooks	Camana Bay Aquatic Club	19-Mar-17	Shamrock Splash	Grand Cayman, Cayman Islands
200M IM	02:57.07	C. Nelson	Stingray Swim Club	22-Feb-04		Grand Cayman, Cayman Islands
400M IM						

Girl's 8 & under (25M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:38.57	A.Belfonte	Stingray Swim Club	08-Jun-14	Caledonian Invitational	Grand Cayman, Cayman Islands
100M FREE	01:28.24	H. Barrowman	TI Swim Club	01-Feb-15	Pete Ribbins Memorial	Grand Cayman, Cayman Islands
200M FREE	03:35.61	S. Broadbelt	Seven Mile Swimmers	29-Jul-17	Floribbean Swim Fest	Grand Cayman, Cayman Islands
400M FREE						
50M BACK	00:47.23	H. Barrowman	TI Swim Club	01-Feb-15	Pete Ribbins Memorial	Grand Cayman, Cayman Islands
100M BACK	01:49.69	S. Broadbelt	Seven Mile Swimmers	29-Jul-17	Floribbean Swim Fest	Grand Cayman, Cayman Islands
200M BACK						
50M BREAST	00:53.61	A.Jackson	Stingray Swim Club	0-Jun-11	Caledonian Invitational	Grand Cayman, Cayman Islands
100M BREAST	02:05.46	I.Watler	Camana Bay Aquatic Club	12-Mar-00		Grand Cayman, Cayman Islands
200M BREAST	05:02.92	M. Montana	Stingray Swim Club	26-Feb-10	Consolidated Water	Grand Cayman, Cayman Islands
50M FLY	00:48.84	J. Crooks	Stingray Swim Club	21-Feb-15	CIASA National Championship	Grand Cayman, Cayman Islands
100M FLY	02:20.96	A.Myrie	Stingray Swim Club	0-Nov-03		Grand Cayman, Cayman Islands
100M IM	01:44.38	A.Belfonte	Stingray Swim Club	07-Jun-14	Caledonian Invitational	Grand Cayman, Cayman Islands
200M IM						

Last updated: 7th August 2025