

### 50m CAYMAN NATIONAL MALE RECORDS

| Male Records (50M) |          |           |                     |           |                                    |                            |
|--------------------|----------|-----------|---------------------|-----------|------------------------------------|----------------------------|
| Event              | Time     | Name      | Club                | Date      | Meet                               | Venue                      |
| 50M FREE           | 00:21.51 | J. Crooks | Unattached          | 01-Aug-24 | 2024 Olympics                      | Paris, France              |
| 100M FREE          | 00:47.71 | J. Crooks | Unattached          | 29-Jul-23 | World Aquatics Championships       | Fukuoka, JPN               |
| 200M FREE          | 01:46.44 | S. Fraser | Stingray Swim Club  | 26-Jul-09 | FINA World Championships           | Rome, Italy                |
| 400M FREE          | 03:57.51 | S. Fraser | Stingray Swim Club  | 17-Jul-08 | Speedo Champions                   | Ft. Lauderdale, FL, U.S.A. |
| 800M FREE          | 08:29.61 | S. Fraser | Stingray Swim Club  | 12-Jun-04 | Janet Evans Invitational           | Santa Clara, CA            |
| 1500M FREE         | 16:02.00 | G. Butler | Stingray Swim Club  | 12-Mar-16 | Edinburgh International            | Edinburgh, Scotland        |
| 50M BACK           | 00:26.51 | L.Higgo   | Seven Mile Swimmers | 07-Apr-26 | CARIFTA 26                         | Martinique                 |
| 100M BACK          | 00:56.99 | L.Higgo   | Seven Mile Swimmers | 07-Apr-26 | CARIFTA 26                         | Martinique                 |
| 200M BACK          | 02:01.17 | B. Fraser | Stingray Swim Club  | 12-Aug-08 | 2008 Olympics                      | Beijing, China             |
| 50M BREAST         | 00:29.09 | D.Ebanks  | Masters             | 04-Feb-17 | Essex Age Group Championships 2017 | Basildon, UK               |
| 100M BREAST        | 01:08.36 | D.Ebanks  | Masters             | 25-Jul-14 | Commonwealth Games 2014            | Glasgow, Scotland          |
| 200M BREAST        | 02:30.89 | S. Groome | Stingray Swim Club  | 16-Apr-09 | CARIFTA 2009                       | Aruba                      |
| 50M FLY            | 00:23.66 | B. Fraser | Stingray Swim Club  | 25-Jul-14 | Commonwealth Games 2014            | Glasgow, Scotland          |
| 100M FLY           | 00:52.96 | B. Fraser | Stingray Swim Club  | 16-Oct-11 | PanAm Games                        | Guadalajara, Mexico        |
| 200M FLY           | 02:01.58 | S. Fraser | Stingray Swim Club  | 0-Aug-05  | CCAN                               | Santa Domingo, Dominican   |
| 200M IM            | 02:04.51 | S. Fraser | Stingray Swim Club  | 22-Jul-06 | CAC 2006                           | Cartagena, Colombia        |
| 400M IM            | 04:29.00 | S. Fraser | Stingray Swim Club  | 16-Mar-06 | Commonwealth Games 2006            | Melbourne, AUS             |

| Boy's 15-17 (50M) |          |            |                         |            |                                      |                          |
|-------------------|----------|------------|-------------------------|------------|--------------------------------------|--------------------------|
| Event             | Time     | Name       | Club                    | Date       | Meet                                 | Venue                    |
| 50M FREE          | 00:23.48 | J. Crooks  | Camana Bay Aquatic Club | 18-Jan-20  | TYR Pro Swim Series                  | Knoxville, USA           |
| 100M FREE         | 00:51.00 | J. Allison | Seven Mile Swimmers     | 01-Aug-23  | Commonwealth Youth Games             | Port of Spain, Trinidad  |
| 200M FREE         | 01:50.97 | J. Allison | Seven Mile Swimmers     | 01-Aug-23  | Commonwealth Youth Games             | Port of Spain, Trinidad  |
| 400M FREE         | 04:02.74 | S. Fraser  | Stingray Swim Club      | ?-Aug-05   | CCCAN 2005                           | Santa Domingo, Dominican |
| 800M FREE         | 08:29.61 | S. Fraser  | Stingray Swim Club      | 12-Jun-04  | Janet Evans Invitational             | Santa Clara, CA          |
| 1500M FREE        | 16:10.71 | S. Fraser  | Stingray Swim Club      | ?-Apr-2004 | CARIFTA 2004                         | Nassau, Bahamas          |
| 50M BACK          | 00:26.51 | L. Higgo   | Seven Mile Swimmers     | 07-Ari-26  | CARIFTA 26                           | Martinique               |
| 100M BACK         | 00:56.9  | L. Higgo   | Seven Mile Swimmers     | 07-Apr-26  | CARIFTA 26                           | Martinique               |
| 200M BACK         | 02:08.13 | L. Higgo   | Camana Bay Aquatic Club | 26-Jul-25  | TYR Futures Championships            | Ocala, USA               |
| 50M BREAST        | 00:32.18 | S. Groome  | Stingray Swim Club      | 05-Apr-10  |                                      | Kingston, Jamaica        |
| 100M BREAST       |          |            |                         |            |                                      |                          |
| 200M BREAST       | 02:30.89 | S. Groome  | Stingray Swim Club      | 16-Apr-09  | CARIFTA 2009                         | Aruba                    |
| 50M FLY           | 00:25.68 | D.Kish     | Seven Mile Swimmers     | 04-May-25  | Swim England South East LC Champs    | Wycombe, UK              |
| 100M FLY          | 00:55.24 | D.Kish     | Seven Mile Swimmers     | 20-Aug-25  | Juniour World Swimming Championships | Otopeni, Romania         |
| 200M FLY          | 02:01.58 | S. Fraser  | Stingray Swim Club      | ?-Aug-05   | CCCAN 2005                           | Santa Domingo, Dominican |
| 200M IM           | 02:04.51 | S. Fraser  | Stingray Swim Club      | 22-Jul-06  | CAC 2006                             | Cartagena, Colombia      |
| 400M IM           | 04:29.00 | S. Fraser  | Stingray Swim Club      | 16-Mar-06  | Commonwealth Games 2006              | Melbourne, AUS           |

### 50m CAYMAN NATIONAL MALE RECORDS

| Boy's 13-14 (50M) |          |                         |                    |           |                                    |                           |
|-------------------|----------|-------------------------|--------------------|-----------|------------------------------------|---------------------------|
| Event             | Time     | Name                    | Club               | Date      | Meet                               | Venue                     |
| 50M FREE          | 00:26.06 | C. Frederick-Westerborg | Stingray Swim Club | 03-Jul-18 | CCCAN Swimming Championships       | Aruba                     |
| 100M FREE         | 00:56.41 | C. Frederick-Westerborg | Stingray Swim Club | 04-Aug-18 | 2018 TYR ISCA Summer Senior Champs | St Petersburg, Florida    |
| 200M FREE         | 01:58.42 | S. Fraser               | Stingray Swim Club | 11-Jan-03 |                                    | Rutgers, NJ, U.S.A.       |
| 400M FREE         | 04:11.88 | S. Fraser               | Stingray Swim Club | 11-Jan-03 |                                    | Rutgers, NJ, U.S.A.       |
| 800M FREE         | 08:56.01 | S. Fraser               | Stingray Swim Club | 28-Mar-03 | Mud Bug Blast                      | New Orleans, LA, U.S.A.   |
| 1500M FREE        | 16:40.54 | S. Fraser               | Stingray Swim Club | 28-Mar-03 | Mud Bug Blast                      | New Orleans, LA, U.S.A.   |
| 50M BACK          | 00:31.17 | C. Frederick-Westerborg | Stingray Swim Club | 31-Mar-18 | CARIFTA 2018                       | Kingston, Jamaica         |
| 100M BACK         | 01:05.15 | Z. Moore                | Stingray Swim Club | 23-Mar-16 | CARIFTA 2016                       | Martinique                |
| 200M BACK         | 02:17.97 | S. Fraser               | Stingray Swim Club | 05-Aug-02 | British Age Group Championships    | Sheffield, U.K.           |
| 50M BREAST        | 00:33.69 | C. Frederick-Westerborg | Stingray Swim Club | 04-Aug-18 | 2018 TYR ISCA Summer Senior Champs | St Petersburg, Florida    |
| 100M BREAST       | 01:12.99 | S. Groome               | Stingray Swim Club | 18-Jul-08 |                                    | Kingston, Jamaica         |
| 200M BREAST       | 02:34.63 | S. Groome               | Stingray Swim Club | 27-Mar-08 |                                    | Aruba                     |
| 50M FLY           | 00:28.48 | C. Frederick-Westerborg | Stingray Swim Club | 21-Jan-18 | UANA Swimming Cup                  | Coral Springs, FL, U.S.A. |
| 100M FLY          | 01:00.85 | C. Frederick-Westerborg | Stingray Swim Club | 02-Aug-18 | 2018 TYR ISCA Summer Senior Champs | St Petersburg, Florida    |
| 200M FLY          | 02:09.34 | S. Fraser               | Stingray Swim Club | 28-Mar-03 | Mud Bug Blast                      | New Orleans, LA, U.S.A.   |
| 200M IM           | 02:22.41 | S. Groome               | Stingray Swim Club | 0-Apr-08  | CARIFTA                            | Aruba                     |
| 400M IM           | 04:49.46 | S. Fraser               | Stingray Swim Club | 28-Mar-03 | Mud Bug Blast                      | New Orleans, LA, U.S.A.   |

| Boy's 11-12 (50M) |          |                         |                    |           |              |                            |
|-------------------|----------|-------------------------|--------------------|-----------|--------------|----------------------------|
| Event             | Time     | Name                    | Club               | Date      | Meet         | Venue                      |
| 50M FREE          | 00:27.87 | C. Frederick-Westerborg | Stingray Swim Club | 02-Jul-16 | CISC 2016    | Nassau, Bahamas            |
| 100M FREE         | 01:01.02 | C. Frederick-Westerborg | Stingray Swim Club | 01-Jul-16 | CISC 2016    | Nassau, Bahamas            |
| 200M FREE         | 02:17.14 | C. Frederick-Westerborg | Stingray Swim Club | 30-Jun-16 | CISC 2016    | Nassau, Bahamas            |
| 400M FREE         | 04:38.40 | S. Fraser               | Stingray Swim Club | 02-Aug-00 |              | San Jose, CA, U.S.A.       |
| 800M FREE         |          |                         |                    |           |              |                            |
| 1500M FREE        | 18:22.82 | S. Fraser               | Stingray Swim Club | 23-Feb-01 |              | Ft. Lauderdale, FL, U.S.A. |
| 50M BACK          | 00:33.32 | C. Frederick-Westerborg | Stingray Swim Club | 29-Jun-16 | CISC 2016    | Nassau, Bahamas            |
| 100M BACK         | 01:11.81 | B. Fraser               | Stingray Swim Club | 0-Apr02   | CARIFTA      | Barbados                   |
| 200M BACK         | 02:33.40 | B. Fraser               | Stingray Swim Club | 0-Apr-02  | CARIFTA      | Barbados                   |
| 50M BREAST        | 00:35.87 | I. Macrae               | Stingray Swim Club | 24-Apr-14 | CARIFTA 14   | Aruba                      |
| 100M BREAST       | 01:18.04 | J. Alberga              | Stingray Swim Club | 03-Apr-18 | Carifta 2018 | Kingston, Jamaica          |
| 200M BREAST       | 02:47.30 | J. Alberga              | Stingray Swim Club | 31-Mar-18 | Carifta 2018 | Kingston, Jamaica          |
| 50M FLY           | 00:30.45 | S. Fraser               | Stingray Swim Club | 02-Aug-00 |              | San Jose, CA, U.S.A.       |
| 100M FLY          | 01:07.12 | S. Fraser               | Stingray Swim Club | 02-Aug-00 |              | San Jose, CA, U.S.A.       |
| 200M FLY          | 02:30.14 | S. Fraser               | Stingray Swim Club | 0-Aug-00  | CARIFTA      | Barbados                   |

|         |          |                         |                    |           |            |                 |
|---------|----------|-------------------------|--------------------|-----------|------------|-----------------|
| 200M IM | 02:32.86 | C. Frederick-Westerborg | Stingray Swim Club | 01-Jul-16 | CISC 2016  | Nassau, Bahamas |
| 400M IM | 05:45.78 | I.Macrae                | Stingray Swim Club | 23-Apr-14 | CARIFTA 14 | Aruba           |

### 50m CAYMAN NATIONAL MALE RECORDS

| Boy's 9-10 (50M) |          |                         |                         |           |                                     |                         |
|------------------|----------|-------------------------|-------------------------|-----------|-------------------------------------|-------------------------|
| Event            | Time     | Name                    | Club                    | Date      | Meet                                | Venue                   |
| 50M FREE         | 00:33.01 | C. Frederick-Westerborg | Stingray Swim Club      | 05-Jul-14 | SPA Invitation                      | St. Petersburg, Fl. USA |
| 100M FREE        | 01:12.48 | C. Frederick-Westerborg | Stingray Swim Club      | 06-Jul-14 | SPA Invitation                      | St. Petersburg, Fl. USA |
| 200M FREE        | 02:36.86 | B. Fraser               | Stingray Swim Club      | 05-Aug-00 | Pacific Far Western                 | San Jose, CA, U.S.A.    |
| 400M FREE        | 05:34.12 | L. Sinclair             | Camana Bay Aquatic Club | 25-Apr-14 | Highlander Long Course Invitational | Orlando, Fl. USA        |
| 800M FREE        |          |                         |                         |           |                                     |                         |
| 1500M FREE       |          |                         |                         |           |                                     |                         |
| 50M BACK         | 00:40.27 | C. Frederick-Westerborg | Stingray Swim Club      | 04-Jul-14 | SPA Invitation                      | St. Petersburg, Fl. USA |
| 100M BACK        | 01:27.60 | B. Fraser               | Stingray Swim Club      | 02-Aug-00 |                                     | San Jose, CA, U.S.A.    |
| 200M BACK        | 03:09.79 | L. Sinclair             | Camana Bay Aquatic Club | 04-Jul-14 |                                     | St, Petersburg, Fl. USA |
| 50M BREAST       | 00:45.93 | C. Frederick-Westerborg | Stingray Swim Club      | 04-Jul-14 | SPA Invitation                      | St. Petersburg, Fl. USA |
| 100M BREAST      | 01:42.30 | C. Frederick-Westerborg | Stingray Swim Club      | 06-Jul-14 | SPA Invitation                      | St. Petersburg, Fl. USA |
| 200M BREAST      | 03:56.94 | S.Groome                | Stingray Swim Club      | 0-May-04  | Piranha Invitational                | Plantation, Florida     |
| 50M FLY          | 00:33.83 | S. Fraser               | Stingray Swim Club      | 01-Mar-99 |                                     | Kingston, Jamaica       |
| 100M FLY         | 01:26.61 | L. Sinclair             | Camana Bay Aquatic Club | 04-Jul-14 |                                     | St, Petersburg, Fl. USA |
| 200M FLY         | 03:17.65 | L. Sinclair             | Camana Bay Aquatic Club | 04-Jul-14 |                                     | St, Petersburg, Fl. USA |
| 200M IM          | 03:03.01 | L. Sinclair             | Camana Bay Aquatic Club | 27-Jun-01 |                                     | Sarasota, Fl USA        |
| 400M IM          |          |                         |                         |           |                                     |                         |

| Boy's 8 & under (50M) |          |                         |                         |           |                         |                       |
|-----------------------|----------|-------------------------|-------------------------|-----------|-------------------------|-----------------------|
| Event                 | Time     | Name                    | Club                    | Date      | Meet                    | Venue                 |
| 50M FREE              | 00:37.25 | C. Frederick-Westerborg | Stingray Swim Club      | 19-May-12 |                         | Sarasota, FL, U.S.A.  |
| 100M FREE             | 01:30:28 | L.George                | Camana Bay Aquatic Club | 17-May-26 | TAC Titans Spring Fling | North Carolina, U.S.A |
| 200M FREE             | 03:14:31 | L.George                | Camana Bay Aquatic Club | 15-May-26 | TAC Titans Spring Fling | North Carolina, U.S.A |
| 400M FREE             |          |                         |                         |           |                         |                       |
| 50M BACK              | 00:47.45 | C. Frederick-Westerborg | Stingray Swim Club      | 19-May-12 |                         | Sarasota, FL, U.S.A.  |
| 100M BACK             | 01:43.06 | L.George                | Camana Bay Aquatic Club | 16-May-26 | TAC Titans Spring Fling | North Carolina, U.S.A |
| 200M BACK             |          |                         |                         |           |                         |                       |
| 50M BREAST            | 00:54.62 | C. Frederick-Westerborg | Stingray Swim Club      | 20-May-12 | SYS Memorial Meet       | Sarasota, FL, U.S.A.  |
| 100M BREAST           | 02:02.96 | C. Frederick-Westerborg | Stingray Swim Club      | 19-May-12 | SYS Memorial Meet       | sarasota, FL, U.S.A.  |
| 200M BREAST           |          |                         |                         |           |                         |                       |

|          |          |                         |                         |           |                         |                       |
|----------|----------|-------------------------|-------------------------|-----------|-------------------------|-----------------------|
| 50M FLY  | 00:47.66 | C. Frederick-Westerborg | Stingray Swim Club      | 20-May-12 | SYS Memorial Meet       | Sarasota, FL, U.S.A.  |
| 100M FLY |          |                         |                         |           |                         |                       |
| 200M IM  | 03:45.31 | L.George                | Camana Bay Aquatic Club | 17-May-26 | TAC Titans Spring Fling | North Carolina, U.S.A |

Last updated: 18th June 2026







