
RECORDS ARUBA-LC
LC Meters-Female

6 & U	50 Free	42.03	2-Jun-17	SPO4U	Maya Gordon
	50 Back	55.21	3-Jun-17	SPO4U	Maya Gordon
	50 Breast	59.62	12-May-17	SPO4U	Maya Gordon at XI Stingray Challenge
7-8	50 Free	33.05	4-Dec-09	ARDOL	Florence Kock
	100 Free	1:15.89	30-Oct-09	ARDOL	Florence Kock at 8th Aruba Dolphins Invitational
	200 Free	2:44.19	4-Dec-09	ARDOL	Florence Kock at Stingray Challenge
	50 Back	40.23	16-Dec-06	STING	Sue-Gin Arends
	50 Breast	44.06	25-Nov-05	STING	Daniella van den Berg
	50 Fly	38.43	4-Dec-09	ARDOL	Florence Kock at Stingray Challenge
	200 IM	3:05.90	4-Dec-09	STING	Keeley Maduro at Stingray Challenge
	200 Free Relay	2:29.46	4-Dec-09	STING	Stingray Swimming Team C.van Brussel, S.Mathilda,A.Schreuders, K.Maduro
	200 Medley Relay	2:52.77	4-Dec-09	STING	Stingray Swimming Team C.van Brussel, A.Schreuders, K.Maduro, S.Mathi
9-10	50 Free	29.42	4-Nov-11	ARDOL	Florence Kock at 10th Aruba Dolphins Invitational
	100 Free	1:04.36	4-Nov-11	ARDOL	Florence Kock at 10th Aruba Dolphins Invitational
	200 Free	2:23.19	4-Nov-11	ARDOL	Florence Kock at 10th Aruba Dolphins Invitational
	50 Back	34.74	27-Nov-08	STING	Sue-Gin Arends at XXVI Invitacional NACO
	100 Back	1:15.99	30-Apr-08	STING	Sue-Gin Arends at 9th Annual Dutch Caribbean
	50 Breast	38.60	11-Feb-11	STING	Anahi Schreuders at clasificatoria
	100 Breast	1:25.64	9-Apr-11	STING	Anahi Schreuders at Competencia di Mehorancia
	50 Fly	32.31	4-Nov-11	STING	Keeley Maduro at 10th Aruba Dolphins Invitational
	100 Fly	1:15.33	4-Nov-11	STING	Keeley Maduro at 10th Aruba Dolphins Invitational
	200 IM	2:43.54	4-Nov-11	STING	Keeley Maduro at 10th Aruba Dolphins Invitational
	200 Free Relay	2:08.34	13-Dec-07	STING	Stingray Swimming D. van den Berg, E. DaSilva, C. Maduro, S. Arends
	200 Medley Relay	2:25.48	13-Dec-07	STING	Stingray Swimming E. DaSilva, D. van den Berg, C. Maduro, S. Arends
	11-12	50 Free	28.14	1-Jul-13	ARU
100 Free		1:01.32	6-Dec-13	ARDOL	FLORENCE KOCK at December Splash
200 Free		2:12.65	19-Apr-13	ARDOL	Florence Kock at VII Stingray Challenge
400 Free		4:46.44	30-Oct-09	STING	Daniella van den Berg at 8th Dolphins Invitational
50 Back		32.75	3-Apr-10	ARU	Sue-Gin Arends at XXV CARIFTA
100 Back		1:13.08	3-Apr-10	ARU	Sue-Gin Arends at XXV CARIFTA
200 Back		2:35.55	3-Apr-10	ARU	Sue-Gin Arends at XXV CARIFTA
50 Breast		37.00	1-Nov-13	STING	Anahi Schreuders at 12th Dolphins Invitational
100 Breast		1:21.35	1-Jul-13	ARU	Anahi Schreuders at XXVIII CCCAN
200 Breast		2:54.13	16-Apr-09	ARU	Daniella van den Berg at XXIV CARIFTA
50 Fly		30.42	6-Dec-14	ARDOL	Elisabeth Timmer at December Splash
100 Fly		1:08.28	6-Dec-13	STING	Keeley Maduro at December Splash
200 Fly		2:37.66	3-Apr-10	ARU	Sue-Gin Arends at XXV CARIFTA
200 IM		2:33.95	27-Jul-09	ARU	Daniella van den Berg at Koningkrijks Spelen
400 IM		5:23.40	16-Apr-09	ARU	Daniella van den Berg at XXIV CARIFTA
200 Free Relay		1:58.32	30-Mar-13	ARU	Aruba K. Maduro, E. Timmer, A. Schreuders, F. Kock
400 Free Relay		4:16.43	1-Jul-13	ARU	Aruba K. Maduro, E. Timmer, A. Schreuders, F. KOCK
200 Medley Relay		2:18.00	30-Oct-09	STING	Stingray Swimming D. van den Berg, C. Maduro, S. Arends, M. Ras
400 Medley Relay	4:53.40	1-Jul-13	ARU	Aruba E. Timmer, A. Schreuders, K. Maduro, F. KOCK	
13-14	50 Free	27.01	16-Mar-16	ARDOL	Elisabeth Timmer at competencia Himno y Bandera
	100 Free	59.28	29-Jun-16	ARU	Elisabeth Timmer at XXI CISC
	200 Free	2:08.39	17-Jul-15	ARU	Florence Kock at 2015 FG Senior Championships

RECORDS ARUBA-LC

13-14	400 Free	4:35.25	30-Oct-15	ARDOL	Flory Kock at 14th Aruba Dolphins Invitational
	800 Free	9:30.88	27-Jun-11	ARU	Daniella van den Berg at CCCAN
	50 Back	32.82	22-Mar-16	ARU	Elisabeth Timmer at XXXI CARIFTA
	100 Back	1:11.06	27-Jun-11	ARU	Sue-Gin Arends at CCCAN 2011
	200 Back	2:34.16	27-Jun-11	ARU	Sue-Gin Arends at CCCAN 2011
	50 Breast	34.67	23-Jun-15	ARU	Anahi Schreuders at XXIX CCCAN
	100 Breast	1:18.72	23-Jun-15	ARU	Anahi Schreuders at XXIX CCCAN
	200 Breast	2:47.82	1-Aug-05	ARU	Adrienne Fraser
	50 Fly	29.13	15-Apr-15	ARU	Keeley Maduro at XXV CONSANAT
	100 Fly	1:05.08	15-Apr-15	ARU	Keeley Maduro at XXV CONSANAT
	200 Fly	2:31.96	15-Apr-15	ARU	Keeley Maduro at XXV CONSANAT
	200 IM	2:28.94	27-Jun-11	ARU	Daniella van den Berg at CCCAN
	400 IM	5:15.14	27-Jun-11	ARU	Daniella van den Berg at CCCAN
	200 Free Relay	1:51.30	4-Apr-15	ARU	Aruba K. Maduro, E. Timmer, A. Schreuders, F. KOCK
	400 Free Relay	4:00.17	15-Apr-15	ARU	Aruba A. Schreuders, E. Timmer, K. Maduro, F. KOCK
	200 Medley Relay	2:13.42	22-Oct-10	STING	Stingray Swimming G. Ponson, C. Maduro, D. van den Berg, A. Ponson
	400 Medley Relay	4:37.84	23-Jun-15	ARU	Aruba E. Timmer, A. Schreuders, K. Maduro
15-17	50 Free	26.27	28-Jul-13	ARU	Ally Ponson at 15th FINA World Championships
	100 Free	58.28	30-Mar-13	ARU	Ally Ponson at CARIFTA
	200 Free	2:06.97	29-Jun-16	ARU	Florence Kock at XXI CISC
	400 Free	4:26.14	17-Aug-14	ARU	Daniella P. Van den berg at 2nd Youth Olympic Games
	800 Free	8:59.38	17-Aug-14	ARU	Daniella P. Van den berg at 2nd Youth Olympic Games
	50 Back	32.26	24-Jan-19	STING- BD	Elisabeth Timmer at competencia dia di Betico
	100 Back	1:09.75	30-Mar-13	ARU	Ally Ponson at CARIFTA
	200 Back	2:33.46	2-Jul-04	ARU	Valerie Eman CISC '04
	50 Breast	32.98	20-Jul-18	ARU- BD	Anahi Schreuders at XXIII Juegos CAC-Barranquilla
	100 Breast	1:13.24 *	20-Jul-18	ARU- BD	Anahi Schreuders at XXIII Juegos CAC-Barranquilla
	100 Breast	1:13.24 *	26-Jul-09	ARU	Ashley Groters at 13th FINA World Championships
	200 Breast	2:46.43	29-Jun-09	ARU	Ashley Groters at XXVI CCCAN
	50 Fly	28.52	12-May-17	STING	Keeley Maduro at XI Stingray Challenge
	100 Fly	1:05.49	28-Jun-17	ARU	Keeley Maduro at XXX CCCAN 2017
	200 Fly	2:25.52	22-Apr-14	ARU	Daniella P. Van den berg at CARIFTA
	200 IM	2:28.02	22-Apr-14	ARU	Daniella P. Van den berg at CARIFTA
	400 IM	5:09.40	28-Jun-14	ARU	Daniella P. Van den berg at CISC
	200 Free Relay	1:49.68	31-Mar-18	ARU- BD	Aruba E. Timmer, K. Maduro, A. Schreuders, F. KOCK
	400 Free Relay	3:56.99	28-Jun-17	ARU	Aruba A. Schreuders, E. Timmer, K. Maduro, F. KOCK
	800 Free Relay	8:45.69	31-Mar-18	ARU	Aruba E. Timmer, A. Schreuders, K. Maduro, F. KOCK
	200 Medley Relay	2:13.66	3-Jun-17	ARDOL	Aruba Dolphins E Timmer, J Martin, F Kock, N Tromp
	400 Medley Relay	4:34.69	29-Jun-18	ARU- BD	Aruba G. Kock, A. Schreuders, K. Maduro, E. Timmer
18 & O	50 Free	25.84	30-Mar-16	ARU	Ally Ponson at CONSANAT Open
	100 Free	56.84	29-Jun-16	ARU	Ally Ponson at XXI CISC
	200 Free	2:07.04	29-Jun-16	ARU	Ally Ponson at XXI CISC
	400 Free	4:24.20	3-Mar-16	ARU	Daniella P. Van den berg at Arena Pro Series
	800 Free	8:58.09	3-Mar-16	ARU	Daniella P. Van den berg at Arena Pro Series
	50 Back	32.00	29-Jun-16	ARU	Ally Ponson at XXI CISC
	100 Back	1:09.41	27-Apr-07	STING	Valerie Eman
	200 Back	2:30.23	2-Aug-05	ARU	Valerie A Eman
	50 Breast	34.56	15-Mar-19	STING- BD	Anahi Schreuders at Competencia dia di Himno & Bandera 2019
	100 Breast	1:15.44	15-Mar-19	STING- BD	Anahi Schreuders at Competencia dia di Himno & Bandera 2019
	200 Breast	2:45.45	23-Jun-12	ARU	Ashley C. Bransford at IXX CISC

RECORDS ARUBA-LC

18 & O	50 Fly	29.42	30-Oct-15	STING	Ally Ponson at 14th Aruba DolpSins Invitational
	100 Fly	1:09.26	4-Jun-15	STING	Daniella P. Van den berg at Campeonato Arubano
	200 Fly	2:26.04	14-Jul-15	ARU	Daniella P. Van den berg at Panamerican Games
	200 IM	2:28.45	29-Jun-16	ARU	Daniella P. Van den berg at XXI CISC
	400 IM	5:14.46	29-Jun-18	ARU- BD	Daniella P. Van den berg at XXXI CCCAN Swimming Championships 2018
	200 Free Relay	1:52.50	4-Jun-17	STING	STINGRAY SWIMMING G Ponson, D Van den berg, C Maduro, A Pons
	400 Free Relay	4:02.64	29-Jun-18	ARU- BD	Aruba D. Van den berg, A. Van den berg, G. Ponson, A. Po
	200 Medley Relay	2:17.37	3-Jun-17	STING	STINGRAY SWIMMING A Van den berg, G Ponson, D Van den berg, A
	400 Medley Relay	5:01.83	29-Jun-18	ARU- BD	Aruba A. Van den berg, A. Ponson, D. Van den berg, G. Po

RECORDS ARUBA-LC
LC Meters-Male

6 & U	50 Free	44.87	6-Dec-14	ARDOL	Inald Fernandes Perna	
	50 Back	53.62	6-Dec-14	ARDOL	Inald Fernandes Perna	
	50 Breast	59.22	5-Apr-19	STING- BD	Leandro Santiesteban at XIII Stingray Challenge 2019	
7-8	50 Free	32.34	11-Dec-15	STING	Jaydon Croes at IX Stingray Challenge	
	100 Free	1:12.90	3-Nov-06	STING	Shaquille Vlaun	
	200 Free	2:43.57	4-Dec-09	STING	Daniel Jacobs at Stingray Challenge	
	50 Back	39.82	30-Apr-08	STING	Patrick Groters	
	50 Breast	44.53	4-Jun-09	STING	Daniel Jacobs at Campeonato Arubano	
	50 Fly	36.81	4-Jun-09	STING	Daniel Jacobs at Campeonato Arubano	
	200 IM	3:06.45	3-Nov-06	STING	Shaquille Vlaun	
	200 Free Relay	2:29.01	24-Oct-08	STING	Stingray Swimming Team D.Jacobs, J.Nierop, E.Oduber, P.Groters	
	200 Medley Relay	2:53.29	30-Apr-08	STING	Stingray Swimming P.Groters, K.Angela, D.Jacobs, E.Oduber	
	9-10	50 Free	28.59	17-Dec-09	ARDOL	Tyreke Wernet at Delfin de Oro
100 Free		1:04.35	17-Dec-09	ARDOL	Tyreke Wernet at Delfin de Oro	
200 Free		2:22.99	13-Dec-07	STING	Jordy Groters at ASATT Invitational	
50 Back		33.90	17-Dec-09	ARDOL	Tyreke Wernet at Delfin de Oro	
100 Back		1:18.71	4-Dec-09	ARDOL	Tyreke Wernet at Stingray Challenge	
50 Breast		38.36	2-Nov-12	STING	Brandon Cheong at 11th Aruba Dolphins Invitational	
100 Breast		1:26.00	7-Dec-12	STING	Brandon Cheong at Campeonato Arubano	
50 Fly		31.54	22-Nov-07	STING	Jordy Groters at XXV Invitacional NACO	
100 Fly		1:16.02	2-Nov-07	STING	Jordy Groters	
200 IM		2:43.88	17-Dec-09	ARDOL	Tyreke Wernet at Delfin de Oro	
200 Free Relay		2:08.02	4-Dec-09	ARDOL	Aruba Dolphins J. Winterdal, E. Mulder, J. Croes, T. Wernet	
200 Medley Relay		2:34.15	12-Apr-09	ARDOL	ARUBA DOLPHINS T. Wernet, G. den Dunnen, J. Winterdal, J. Croes	
11-12		50 Free	25.79	26-Nov-09	STING	Jordy Groters at XXVII Invitacional NACO
		100 Free	56.45	26-Nov-09	STING	Jordy Groters at XXVII Invitacional NACO
	200 Free	2:04.71	26-Nov-09	STING	Jordy Groters at XXVII Invitacional NACO	
	400 Free	4:29.71	27-Jun-11	ARU	Mikel Schreuders at CCCAN 2011	
	50 Back	31.73	27-Jun-11	ARU	Tyreke Wernet at CCCAN 2011	
	100 Back	1:08.53	7-Dec-12	STING	Patrick G. Groters at Campeonato Arubano	
	200 Back	2:25.84	7-Dec-12	STING	Patrick G. Groters at Campeonato Arubano	
	50 Breast	32.41	6-Dec-14	STING	Brandon Cheong at December Splash	
	100 Breast	1:13.02	26-Nov-09	STING	Jordy Groters at XXVII Invitacional NACO	
	200 Breast	2:37.84	16-Apr-09	ARU	Jordy Groters at XXIV Carifta	
	50 Fly	27.85	26-Nov-09	STING	Jordy Groters at XXVII Invitacional NACO	
	100 Fly	1:01.14	26-Nov-09	STING	Jordy Groters at XXVII Invitacional NACO	
	200 Fly	2:31.12	30-Oct-09	STING	Jordy Groters at 8th Aruba Dolphins Invitational	
	200 IM	2:22.49	27-Jul-09	ARU	Jordy Groters at Koninkrijksspelen	
	400 IM	5:01.46	26-Nov-09	STING	Jordy Groters at XXVII Invitacional NACO	
	200 Free Relay	1:53.00	23-Apr-11	ARU	Aruba M. Schreuders, E. Mulder, J. Winterdal, T. Wernet	
	400 Free Relay	3:59.58	27-Jun-11	ARU	Aruba M. Schreuders, J. Winterdal, E. Mulder, T. Wernet	
	200 Medley Relay	2:09.75	20-May-11	ARDOL	Aruba Dolphins T. Wernet, G. Den Dunnen, J. Winterdal, E. Mulder	
	400 Medley Relay	4:39.86	23-Apr-11	ARU	Aruba T. Wernet, M. Schreuders, J. Winterdal, E. Mulder	
13-14	50 Free	24.17	27-Jun-11	ARU	Jordy Groters at CCCAN 2011	
	100 Free	53.15	27-Jun-11	ARU	Jordy Groters at CCCAN 2011	
	200 Free	1:57.17	11-Dec-15	STING	Daniel Jacobs at IX Stingray Challenge	

RECORDS ARUBA-LC

13-14	400 Free	4:06.69	26-Nov-15	ARU	Daniel A. Jacobs at XXXIII Invitacional NACO
	1500 Free	16:55.11	6-Jun-04	ARDOL	Micky v/d Vaart
	50 Back	28.42	25-Jul-14	ARU	Patrick G. Groters at FG Senior Championships
	100 Back	1:01.17	28-Jun-14	ARU	Patrick G. Groters at XX CISC
	200 Back	2:15.73	22-Apr-14	ARU	Patrick G. Groters at CARIFTA
	50 Breast	30.20	27-Jun-11	ARU	Jordy Groters at CCCAN 2011
	100 Breast	1:06.45	15-Oct-11	ARU	Jordy Groters at XVI Panamerican Games
	200 Breast	2:24.60	24-Jul-11	ARU	Jordy Groters at 14th FINA World Championships
	50 Fly	26.15	27-Jun-11	ARU	Jordy Groters at CCCAN 2011
	100 Fly	1:00.31	11-Dec-15	STING	Daniel Jacobs at IX Stingray Challenge
	200 Fly	2:18.93	27-Jun-11	ARU	Jordy Groters at CCCAN 2011
	200 IM	2:12.83	27-Jun-11	ARU	Jordy Groters at CCCAN 2011
	400 IM	4:46.66	27-Jun-11	ARU	Jordy Groters at CCCAN 2011
	200 Free Relay	1:43.50	30-Mar-13	ARU	Aruba M. Schreuders, E. Mulder, J. Winterdal, T. Wernet
	400 Free Relay	3:48.66	23-Jun-12	ARU	Aruba T. Wernet, E. Mulder, R. Hoen, M. Schreuders
	200 Medley Relay	2:02.26	1-Nov-13	STING	STINGRAY SWIMMING J. Wardlaw, M. Schreuders, J. Winterdal, O. Je
	400 Medley Relay	4:18.42	30-Mar-13	ARU	Aruba P. Groters, M. Schreuders, J. Winterdal, T. Wernet
15-17	50 Free	23.63	18-Nov-15	MIZZZ	Mikel C. Schreuders at Tennessee Invite
	100 Free	51.07	29-Jun-16	ARU	Mikel C. Schreuders at XXI CISC
	200 Free	1:51.02	18-Nov-15	MIZZZ	Mikel C. Schreuders at Tennessee Invite
	400 Free	4:01.25	29-Jun-18	ARU- BD	Daniel A. Jacobs at XXXI CCCAN Swimming Championships 2018
	1500 Free	16:18.17	4-Apr-15	ARU	Patrick G. Groters at XXX Carifta
	50 Back	26.66	23-Aug-17	ARU	Patrick G. Groters at 6th FINA Junior World Championships
	100 Back	57.02	23-Aug-17	ARU	Patrick G. Groters at 6th FINA Junior World Championships
	200 Back	2:04.44	15-Apr-17	ARU	Patrick G. Groters at XXXII Carifta
	50 Breast	28.90	17-Aug-14	ARU	Jordy A. Groters at 2nd Youth Olympic Games
	100 Breast	1:03.96	17-Aug-14	ARU	Jordy A. Groters at 2nd Youth Olympic Games
	200 Breast	2:20.18	22-Apr-14	ARU	Jordy A. Groters at XXIX CARIFTA
	50 Fly	25.16	27-Jun-11	ARU	Joey Ponson at CCCAN 2011
	100 Fly	57.18	29-Jun-16	ARU	Joseph A. Winterdal at XXI CISC
	200 Fly	2:10.93	29-Jun-16	ARU	Joseph A. Winterdal at XXI CISC
	200 IM	2:04.69	15-Apr-17	ARU	Patrick G. Groters at XXXII Carifta
	400 IM	4:27.69	15-Apr-17	ARU	Patrick G. Groters at XXXII Carifta
	200 Free Relay	1:37.33	2-Jun-16	STING	STINGRAY SWIMMING J. Winterdal, D. Jacobs, P. Groters, M. Schreuders
	400 Free Relay	3:33.55	29-Jun-16	ARU	Aruba D. Jacobs, P. Groters, J. Winterdal, M. Schreuders
	200 Medley Relay	1:54.49	3-Jun-17	STING	STINGRAY SWIMMING P Groters, B Cheong, D Jacobs, B Kelly
	400 Medley Relay	3:54.79	29-Jun-16	ARU	Aruba P. Groters, M. Schreuders, J. Winterdal, D. Jacobs
18 & O	50 Free	22.87	20-Jul-18	ARU- BD	Mikel C. Schreuders at XXIII Juegos CAC-Barranquilla 2018
	100 Free	49.17	20-Jul-18	ARU- BD	Mikel C. Schreuders at XXIII Juegos CAC-Barranquilla 2018
	200 Free	1:48.63	20-Jul-18	ARU- BD	Mikel C. Schreuders at XXIII Juegos CAC-Barranquilla 2018
	400 Free	3:58.38	28-Jun-17	ARU	Mikel C. Schreuders at XXX CCCAN 2017
	1500 Free	17:32.54	2-Jul-04	ARU	Davy Bisslik CISC '04
	50 Back	26.32	20-Jul-18	ARU- BD	Patrick G. Groters at XXIII Juegos CAC-Barranquilla 2018
	100 Back	56.92	20-Jul-18	ARU- BD	Patrick G. Groters at XXIII Juegos CAC-Barranquilla 2018
	200 Back	2:03.47	20-Jul-18	ARU- BD	Patrick G. Groters at XXIII Juegos CAC-Barranquilla 2018
	50 Breast	28.40	20-Jul-17	ARU	Jordy A. Groters at FINA World Championships Budapest 2017
	100 Breast	1:02.95	20-Jul-17	ARU	Jordy A. Groters at FINA World Championships Budapest 2017
	200 Breast	2:18.55	14-Jul-15	ARU	Jordy A. Groters at PANAMERICAN GAMES
	50 Fly	25.56	29-Jun-18	ARU- BD	Jordy A. Groters at XXXI CCCAN Swimming Championships 2018
	100 Fly	55.82	26-Nov-15	ARU	Jordy A. Groters at XXXIII Invitacional NACO

RECORDS ARUBA-LC

18 & O	200 Fly	2:15.68	2-Jul-04	ARU	Davy Bisslik CISC '04
	200 IM	2:04.13	20-Jul-18	ARU- BD	Patrick G. Groters at XXIII Juegos CAC-Barranquilla 2018
	400 IM	4:38.21	29-Jun-18	ARU- BD	Patrick G. Groters at XXXI CCCAN Swimming Championships 2018
	200 Free Relay	1:40.65	4-Jun-17	STING	STINGRAY SWIMMING J Groters, G Lopez, J Le Grand, M Schreuders
	400 Free Relay	3:32.36	20-Jul-18	ARU- BD	Aruba D. Jacobs, P. Groters, J. Groters, M. Schreuders
	200 Medley Relay	1:54.84	3-Jun-17	STING	STINGRAY SWIMMING J Le Grand, J Groters, M Schreuders, G Lopez
	400 Medley Relay	3:53.88	20-Jul-18	ARU- BD	Aruba P. Groters, M. Schreuders, J. Groters, D. Jacobs

RECORDS ARUBA-LC

LC Meters-Mixed

6 & U	200	Free Relay	3:37.06	4-Dec-09		ARUBA DOLPHINS	
7-8	200	Free Relay	2:34.72	11-Dec-15	STING	STINGRAY SWIMMING	G.Kock,J.Boekhoud,G.Larez,J.Croes
	200	Medley Relay	3:01.47	11-Dec-15	STING	Stingray Swimming	J.Boekhoud, G.Kock, G.Larez,J.Croes
9-10	200	Free Relay	2:13.09	24-Nov-16	STING	STINGRAY SWIMMING	C.Larez,G.Larez,M.deCuba,J.Croes
	200	Medley Relay	2:33.24	24-Nov-16	STING	STINGRAY SWIMMING	M. de Cuba,G.Kock, J.Croes, G.Larez
11-12	200	Free Relay	1:55.72	1-Nov-13	STING	STINGRAY SWIMMING	B.Cheong, A.Schreuders, K. Maduro, D.Jacob
	200	Medley Relay	2:10.50	1-Nov-13	STING	STINGRAY SWIMMING	D.Jacobs,B.Cheong,K.Maduro,A.Schreuders
13-14	200	Free Relay	1:46.25	15-Apr-15	ARU	ARUBA	D.Jacobs,K.Maduro,B.Cheong,F.Kock
	200	Medley Relay	2:00.44	15-Apr-15	ARU	ARUBA	K.Maduro,B.Cheong,D.Jacobs,F.Kock
15-17	200	Free Relay	1:43.07	29-Jun-16	ARU	ARUBA	J.Winterdal,F.Kock,A.Schreuders,M.Schreuders
	200	Medley Relay	1:56.52	1-Jun-17	STING	STINGRAY SWIMMING	P.Groters,B.Cheong,K.Maduro,A.Schreuders
18 & O	200	Free Relay	1:40.66	29-Jun-18	ARU- BD	Aruba	J. Groters, A. Ponson, G. Ponson, M. Schreuders
	400	Free Relay	3:43.94	29-Jul-17	ARU	ARUBA	M.Schreuders,J.Groters,A.Ponson,D.van den Berg
	200	Medley Relay	1:58.71	2-Jun-16	STING	STINGRAY SWIMMING	V.Eman,J.Groters, J.LeGrand,A.Ponson
	400	Medley Relay	4:16.69	21-Jul-17	ARU	ARUBA	M.Schreuders,J.Groters,D.van den Berg,A.Ponson