
RECORDS Absolute Record
LC Meters-Female

50 Free	25.84	30-Mar-16	ARU	Ally Ponson at CONSANAT Open Championshap
100 Free	56.84	29-Jun-16	ARU	Ally Ponson at XXI CARIBBEAN ISLANDS SWIMMING CHAMPIONSHIP
200 Free	2:06.97	29-Jun-16	ARU	Florence Kock at XXI CARIBBEAN ISLANDS SWIMMING CHAMPIONSHI
400 Free	4:24.20	3-Mar-16	ARU	Daniella P. Van den berg at Arena Pro series Orlando
800 Free	8:58.09	3-Mar-16	ARU	Daniella P. Van den berg at Arena Pro series Orlando
50 Back	32.00	29-Jun-16	ARU	Ally Ponson at XXI CARIBBEAN ISLANDS SWIMMING CHAMPIONSHIP
100 Back	1:09.41	27-Apr-07	STING	Valerie Eman at Dutch Caribbean 2007
200 Back	2:30.23	2-Aug-05	ARU	Valerie Eman at CCCAN 2005
50 Breast	32.98	20-Jul-18	ARU- BD	Anahi Schreuders at XXIII Juegos CAC-Barranquilla 2018
100 Breast	1:13.24	26-Jul-09	ARU	Ashley Bransford at 13th FINA World Championships
200 Breast	2:45.45	23-Jun-12	ARU	Ashley Bransford at IXX CARIBBEAN ISLANDS SWIMMING CHAMPIONS
50 Fly	28.52	12-May-17	STING	Keeley Maduro at XI Stingray Challenge 2017
100 Fly	1:05.08	15-Apr-15	ARU	Keeley Maduro at XXV Campeonato Sudamericano Juvenil de Nataci
200 Fly	2:25.41	6-May-14	ARU	Daniella P. Van den berg at Dominican Republic Open Swimming Meet
200 IM	2:28.02	22-Apr-14	ARU	Daniella P. Van den berg at CARIFTA Swimming Championships 2014
400 IM	5:09.40	28-Jun-14	ARU	Daniella P. Van den berg at XX CARIBBEAN ISLANDS SWIMMING CHAMF
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- BD	Aruba E. Timmer, A. Schreuders, 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	4:34.69	29-Jun-18	ARU- BD	Aruba G. Kock, A. Schreuders, K. Maduro, E. Timmer

RECORDS Absolute Record
LC Meters-Male

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	16:18.17	4-Apr-15	ARU	Patrick G. Groters at XXX Carifta Swimming Championships 2015
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 TORONTO 2015
50 Fly	25.16	27-Jun-11	ARU	Joey Ponson at CCCAN 2011
100 Fly	55.82	26-Nov-15	ARU	Jordy A. Groters at XXXIII Invitacional Internacional Naco 2015
200 Fly	2:10.93	29-Jun-16	ARU	Joseph A. Winterdal at XXI CARIBBEAN ISLANDS SWIMMING CHAMPIONSHIPS
200 IM	2:04.13	20-Jul-18	ARU- BD	Patrick G. Groters at XXIII Juegos CAC-Barranquilla 2018
400 IM	4:27.69	15-Apr-17	ARU	Patrick G. Groters at XXXII Carifta Swimming Championships 2017
200 Free Relay	1:37.33	2-Jun-16	STING	STINGRAY SWIMMING J. Winterdal, D. Jacobs, P. Groters, M. Schreuders
400 Free Relay	3:32.36	20-Jul-18	ARU- BD	Aruba D. Jacobs, P. Groters, J. Groters, M. Schreuders
800 Free Relay	7:55.80	29-Jun-16	ARU	Aruba D. Jacobs, J. Winterdal, P. Groters, M. Schreuders
200 Medley Relay	1:54.49	1-Jun-17	STING	P. Groters, B. Cheong, D. Jacobs, B. Kelly
400 Medley Relay	3:53.88	20-Jul-18	ARU- BD	Aruba P. Groters, M. Schreuders, J. Groters, D. Jacobs

RECORDS Absolute Record

LC Meters-Mixed

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.vandenBerg
200 Medley Relay	1:56.19	13-May-16	STING	STINGRAY SWIMMING	P. Groters, A. Schreuders, J. Winterdal, A. Por
400 Medley Relay	4:16.69	21-Jul-17	ARU	ARUBA	M. Schreuders J. Groters,D. van den Berg,A. Ponson