

Barbados 2022 **SWIMMING • OPEN WATER**



COMMEMORATIVE MAGAZINE



WITH HARD WORK THERE ARE NO LIMITS



RUBIS salutes the athletes participating in the 2022 CARIFTA Swimming & Open Water Championships.

rubis-caribbean.com



Table of Contents

PAGE

WELCOME MESSAGES

5	Hon. Charles Griffith, M.P. - Minister of Youth, Sports & Community Empowerment
7	Sandra Osborne, SCM, QC - President, Barbados Olympic Association
9	Neil Murrell - Director, National Sports Council
11	Cheryl, Lady Forde - President, Barbados Aquatic Sports Association
12	2022 CARIFTA Organizing Committee
13	Technical Officials
14	Schedule of Events
15	Order of Events - Swimming
23	A Special Tribute - Mrs. Sonia O'neal
26	Carifta Swimming Records
28	Barbados National LC Swimming Records
32	Carifta Flashbacks - Alex Sobers OLY, Lani Cabrera OLY, Hannah Gill, Damon St. Prix
36	Carifta 2022 - Open Water Championships
37	Behind the Scenes

NATIONAL TEAMS:

39	Antigua
40	Aruba
41	Bahamas
43	Bermuda
44	Cayman Islands
46	Grenada
47	Guyana
48	Haiti
49	Jamaica
51	Martinique
52	St. Lucia
53	St. Martin
54	St. Vincent
55	Suriname
56	Trinidad
57	Turks & Caicos
58	USVI
59	Barbados - Host Nation
60	Thank You

ADVANCED ION4 FORMULA

→ **MAGNESIUM** → **SODIUM**

→ **POTASSIUM** → **CALCIUM**



**POWER
ADE**

#FEELTHEPOWER

Welcome Message

Hon. Charles McD Griffith, M.P

Minister Of Youth, Sports & Community Empowerment

As the Minister with responsibility for Sports, it gives me great pleasure to welcome all athletes, officials and supporters to Barbados, and to the 2022 Carifta Aquatic Championships. Over the course of the Easter weekend, our regional athletes will be showcasing their prowess in the swimming pool and in the open water events in the first tournament of its kind since the start of the COVID-19 pandemic.

LocalswimfanswillbedelightedthattheChampionships have returned, even though we must exercise caution against the background of the pandemic, which has crippled the staging of sporting events for the last two years. This unfortunate situation would have impacted our youth severely, and it is critical that we continue to re-open our sporting activities and provide outlets for our young persons to thrive and prosper.

Notwithstanding the limited activities which have been permitted during this period, you young athletes must be lauded for your perseverance and discipline as you trained and prepared for these Championships. You have readily embraced the daily morning and evening rituals of training sessions in the pool, the strength training, and the adherence to carefully planned diets on your journey to sporting excellence. For this, we are all proud of you. Your self-sacrifices are wonderful examples to your peers, of the way in which determination is pivotal to the achievement of goals.

The establishment of a sporting culture and industry in the region are important for the sustainability of our societies, as they will support the positive mental health and physical fitness of our youth and citizens, and the stability of our economies. Our athletes must



therefore be heralded for the positive impact they are making on their communities and countries.

As we look towards the future with great anticipation, it is important for regional Governments and sporting organisations to continue to provide platforms for athletes to develop their skills and showcase their talents. Together we can encourage our youth to pour their energies into positive interests and reject unsavoury activities.

I applaud the organisers, coaches and ancillary staff for believing in and supporting our athletes; your continued dedication and diligence are paramount to their growth and development. To our treasured athletes, as you undertake your various events, do so with the knowledge that you have achieved an amazing feat, by qualifying to represent your country at one of the most prestigious regional competitions.

I wish you every success as you prepare for future competitions and encourage you to continue to exercise self-discipline, positive mindsets and strong work ethics, and aim for excellence at all times. Most importantly, I wish you a safe and successful 2022 Carifta Aquatic Championships event.

The Hon. Charles McD. Griffith, M.P.
Minister of Youth, Sports and Community Empowerment

Let's assist you with your concept!

Frosted Vinyl



Vehicle Wraps



Standees



Safety Signs



Acrylic Cake Stands



3D Individual Lettering



Fire Safety Signs



...and many more!

Call us now!



SIGNAGE EXPERTS



437-1692



info@newtechinc.bb



437-1696



www.newtechinc.bb



NewTechIncorporated

Welcome Message



Mrs. Sandra Osborne, scm, qc

President, Barbados Olympic Association Inc.



On behalf of the Olympic Movement in Barbados, we extend a warm welcome to all participants - Athletes, Coaches, Technical Officials, Administrators, Volunteers, Sponsors and Supporters - to Carifta Aquatics 2022.

To you, the Athletes, in particular, we salute you. You have chosen Sport, and in the now famous words of the late Nelson Mandela “[Sport] has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand.” Above all else, Sport has the power to transform lives. This is your time to shine and exemplify the Olympic values of excellence, friendship, and respect.

It is an honour for us at The Barbados Olympic Association Inc to send greetings for a successful Carifta, more so than any other competition, given that Carifta was founded by our past President and long-standing Director, Sir Austin Sealy, Honorary IOC Member. It was exactly 50 years ago that his vision became a reality. That vision was to create a regional competition providing a consistently high level of regional competition as a stepping-stone to wider regional, continental and international

competition. Carifta has certainly fulfilled its original purpose and has grown into one of the premier events on the Caribbean Sporting calendar, with an Aquatics competition since 1985.

After a three-year hiatus caused by the Covid-19 pandemic, the Barbados Aquatic Sports Association (BASA) has again put its hand up to host this prestigious event, signifying the return of a high-level FINA sanctioned competition to the Aquatic Centre. BASA has a long track record of distinguishing itself as a capable host, consistently delivering at a high standard. Carifta Aquatics 2022 will be no different and we wish the BASA team every success for another outstanding event in this challenging pandemic environment. As the National Olympic Committee of Barbados, we are pleased to have played our part by facilitating a contribution from Panam Sports whom we thank for their generosity.

Best wishes to all the participants.

Yours in Sport,

Sandra Osborne, QC

President, The Barbados Olympic Association Inc.

Beep®

DISINFECTANT SPRAY



CERTIFIED BY US EPA COMPLIANT LAB

KILLS SARS-COV-2 CORONAVIRUS THAT CAUSES COVID-19



Beep® ...for a happy, healthy home!





NATIONAL SPORTS COUNCIL

GET MOVING...GET ACTIVE...GO SPORTS

Garfield Sobers Sports Complex
Wilkey, St. Michael
P. O. 70 WR/Welches Road

Our Reference : /332

Chairman:

Director:

Tel: 535-9601

Fax: 535-9659

nsc.bdos@barbados.gov.bb

Your Reference

Letter No:

Date:

Ladies & Gentlemen,

I am pleased to welcome you to 2022 Carifta Aquatic Championships being held here in the beautiful country of Barbados. Without a doubt, the past two years have been a challenging time for athletes regionally and internationally, due to the impact of the COVID-19 pandemic. This caused an almost immediate cessation to regional and international sporting events and athletes' training. However, I am elated to see a return to some level of 'normalcy,' albeit with health and safety protocols observed, to sport and the restart of tournaments and games, such as this year's Carifta Aquatic Championships.

I wish to formally congratulate the Executive of BASA for organizing this year's Championships and ensuring that athletes have a safe environment in which to compete. To you, the athletes, I want to encourage you to do your best, make your country proud and most importantly enjoy every minute of these Championships!

Neil Murrell

Director

NSC



Urgent *Care* **MOBILE**

The right care at the right time!



- AT-HOME DOCTOR & NURSING SERVICES
- COVID-19 TESTS
- TREATMENT OF ACUTE ILLNESSES & INJURIES
- TREATMENT OF GENERAL MEDICAL COMPLAINTS
- LAB TESTS, X-RAYS AND
- ULTRASOUNDS



DOCTORS ON CALL
538-3838



HOME | OFFICE | ACCIDENT SCENE
HOTELS / ENTERTAINMENT & SPORTS EVENTS

Welcome Message



Cheryl, Lady Forde

President, Barbados Aquatic Sports Association

Dear Friends

Welcome to Barbados;

It is my honour as President of the Barbados Aquatic Sports Association, to welcome all of you to the 2022 Carifta Swimming Championships. After two years of cancellations, we are finally here together. We managed to meander through the obstacles and challenges posed by the Covid -19 Pandemic since last we met in 2019. This is indeed an occasion for celebration. All of us in the region has had to deal with these impacts. In addition to COVID related closures, Barbados was also impacted by the ash-fall from the La Soufriere volcano.

I am pleased that we have been able to rise above these challenges and have continued to encourage our athletes and coaches to remain committed. I also thank the parents for their important role in keeping their children motivated. It is unfortunate that Artistic Swimming and Water Polo suffered the most because of the restrictions on contact sports which continued until recent time. We are determined to do what it takes to have these sports in competition very soon. Again, your presence at these championships speaks to the resilience of our young athletes and Coaches and the dedication of parents and Administrators across the region.

We are also grateful for the ongoing support from our Governing Body- FINA, from Pan Am Sports, the

Barbados Olympic Association and the National Sports Council for the many online seminars and motivational support programmes they rendered during our difficult times. In addition, we wish to express our appreciation to the COVID-19 Monitoring Unit for their full support and direction which has allowed us to host these championships, and to the Ministry of Health.

Sports offer opportunities that allow you to appreciate different cultures and to form new friendships. Sports bring people together regardless of race, class, or creed. This weekend let Carifta 2022 reaffirm all the wonderful opportunities you have had, rekindle friendships, pursue your new goals, and celebrate your successes. I truly believe that sports will be an avenue for peace in the world. I ask you to play your part.

I wish the athletes success in your events and hope that you will have a wonderful experience in Barbados. I wish to thank the supporters who travelled to Barbados for Carifta 2022 and to thank you for your confidence in Barbados as host for the Championships. Let us all follow the protocols that are designed to keep us safe so that we can all have a happy and successful Carifta 2022. I ask God's blessings on all of you.

Sincerely

Cheryl, Lady Forde

President, BASA

Organizing Committee



Cheryl, Lady Forde
President, BASA



Jamar Eastmond
1st V. President, BASA



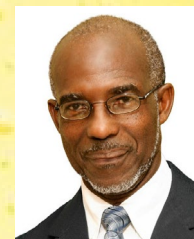
Wayne Beckles
2nd V. President, BASA



Pamela Mullins
Secretary, BASA



Avion Jordan
Treasurer, BASA



Errol E. Clarke
FINA Bureau Member



Montana Atherley
Office Manager



Taymar Lavine-McConney
Office Administrator



Sonia O'Neal
Technical Coordinator



Albert 'Tony' Selby
Accommodation, Chair



Christine Dawson
Accommodation



Samantha Clarke
Open Water, Media Director



Christie Gill
Meet Director



Sharon Small
Team Manager



Cicely Spencer-Cross
Meet Announcer



Capt. Michael Jules
Meet Announcer



Tricia Millar
Meet Announcer

ATHLETES' PLEDGE *(read by Adara Stoddard & Kai Trotman)*

On behalf of all competitors, I pledge that we shall participate in Carifta 2022 with respect for all Officials, Coaches, and fellow Competitors. We shall abide by the FINA rules that govern our sport and commit ourselves to fair and clean competition, so that we may bring pride and honour to our nations.

OFFICIALS' PLEDGE *(read by Pamela Phillips)*

On behalf of all the officials, I pledge that we will be fair and firm with all our decisions. As Officials we will be punctual and consistent and we will ensure that the meet is conducted according to the rules of FINA and the rules of the 35th CARIFTA SWIMMING CHAMPIONSHIPS. Further we will be cooperative with all the competitors and personnel of the participating Teams and Countries and the Barbados Aquatics Sports Association, thereby making the meet an enjoyable and rewarding one.

Technical Officials



Sonia O'Neal (BAR)
Technical Coordinator



Algernon Cargill
(BAH)



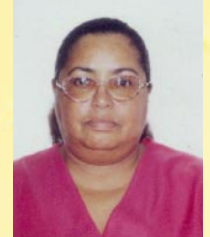
Crystal Jordan-Browne
(BAR)



Damon Maynard
(ISV)



Dean Wragg
(CAY)



Denise Myles
(BAR)



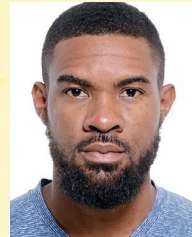
Edith Clashing
(ANT)



Fabian Rose
(BAR)



Gena Culmer-Taylor
(BAR)



Hamilton Forde
(BAR)



Hilroy Emanus
(LCA)



Ingrid Brewster
(BAR)



Joan Myles
(BAR)



Justin Hurley
(BAR)



Kathleen Beckles
(BAR)



Kathy Ann Beckles
(BAR)



Keisha Rouse
(BAR)



Lester Taylor
(BAH)



Mancer Roberts
(BAH)



Marietta Haynes
(BAR)



Marlin Tromp
(ARU)



Pamela Phillips
(BAR)



Richard Lopes
(BAR)



Robert Best
(BAR)



Ronald Leito
(ARU)



Suzanne Oliver
(BAR)



Tanya Browne
(BAR)



Tony Selby
(BAR)



Christine Dawson (BAR)
Chief Timer



Haile Hiel Mikel (BAR)
Clerk of Course

Schedule of Events

SWIMMING

- **Friday April 15th**

Arrival of Teams

Technical Meeting - 6:30 PM

Technical Officials' Meeting - 7:30 PM

- **Saturday April 16th (Day 1)**

Swimming Heats - 9:00 AM

Opening Ceremony - 5:30 PM

Swimming Finals - 6:00 PM

- **Sunday April 17th (Day 2)**

Swimming Heats - 9:00 AM

Swimming Finals - 6:00 PM

- **Monday April 18th (Day 3)**

Swimming Heats - 9:00 AM

Swimming Finals - 6:00 PM

- **Tuesday April 19th (Day 4)**

Swimming- Heats - 9:00 AM

Congress Meeting - 12:30 to 2:30 PM

Swimming Finals - 5:30 PM

Closing Ceremony after Swimming Finals

- **Wednesday April 20th**

Departure of Teams

OPEN WATER

- **Monday April 18th**

Arrival of Teams

Technical Meeting - 3:00 PM

- **Tuesday April 19th**

Course Familiarization - 7:30AM

- **Wednesday April 20th**

Open Water 5K - 7:30AM

- **Thursday April 21st**

Departure of Teams

EVENT LOCATIONS

Swimming: The Aquatic Centre
Wilkey, St. Michael

Open Water: The Boatyard
Carlisle Bay, St. Michael

Congress Meeting: The Games Village
*Barbados Beach Club, Maxwell
Christ Church*

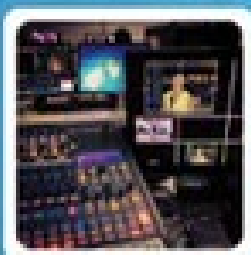




OFFICIAL BROADCAST PRODUCTION PARTNER

RIVETING MEDIA INC

TELEVISION & BROADCAST DISTRIBUTION SPECIALISTS



PRODUCTION



SPORTS



TV SHOWS



DISTRIBUTION

EMAIL: CEO@RIVETINGMEDIA.TV



TEL. 1 (246) 250-0424

Day 1

Order of Events Swimming

Session #1 - April 16th - Start 9:00 AM

Event 1	F 800m Freestyle (slowest heats)	13-14 & 15-17 Timed Finals
Event 2	M1500m Freestyle (Slowest heats)	13-14 & 15-17 Timed Finals
Event 3/4	F/M 200m Breaststroke	11-12 Prelims
Event 5/6	F/M 200m Breaststroke	13-14 Prelims
Event 7/8	F/M 200m Breaststroke	15-17 Prelims
Event 9/10	F/M 50m Backstroke	11-12 Prelims
Event 11/12	F/M 50m Backstroke	13-14 Prelims
Event 13/14	F/M 50m Backstroke	15-17 Prelims
Event 15/16	F/M 100m Butterfly	11-12 Prelims
Event 17/18	F/M 100m Butterfly	13-14 Prelims
Event 19/20	F/M 100m Butterfly	15-17 Prelims
Event 21/22	F/M 4x100m Freestyle Relay	11-12 Prelims
Event 23/24	F/M 4x100m Freestyle Relay	13-14 Prelims
Event 25/26	F/M 4x100m Freestyle Relay	15-17 Prelims

Session #2 - April 16th - Start 6:00 PM

Opening Ceremony 5:30 PM

Event 1	F 800m Freestyle (fastest heat)	13-14 & 15-17 Timed Finals
Event 2	M 1500m Freestyle (fastest heat)	13-14 & 15-17 Timed Finals
Event 3/4	F/M 200m Breaststroke	11-12 Finals
Event 5/6	F/M 200m Breaststroke	13-14 Finals
Event 7/8	F/M 200m Breaststroke	15-17 Finals
Event 9/10	F/M 50m Backstroke	11-12 Finals
Event 11/12	F/M 50m Backstroke	13-14 Finals
Event 13/14	F/M 50m Backstroke	15-17 Finals
Event 15/16	F/M 100m Butterfly	11-12 Finals
Event 17/18	F/M 100m Butterfly	13-14 Finals
Event 19/20	F/M 100m Butterfly	15-17 Finals
Event 21/22	F/M 4x100m Freestyle Relay	11-12 Finals
Event 23/24	F/M 4x100m Freestyle Relay	13-14 Finals
Event 25/26	F/M 4x100m Freestyle Relay	15-17 Finals

Follow the action live on Flow Sports, the Flow Sports Mobile App and the Flow Sports YouTube Channel.

Day 2

Order of Events *Swimming*

Session # 3 - April 17th - Start 9:00 AM

Event 27/28	F/M 200m Freestyle	11-12 Prelims
Event 29/30	F/M 200m Freestyle	13-14 Prelims
Event 31/32	F/M 200m Freestyle	15-17 Prelims
Event 33/34	F/M 50m Butterfly	11-12 Prelims
Event 35/36	F/M 50m Butterfly	13-14 Prelims
Event 37/38	F/M 50m Butterfly	15-17 Prelims
Event 39/40	F/M 100m Backstroke	11-12 Prelims
Event 41/42	F/M 100m Backstroke	13-14 Prelims
Event 43/44	F/M 100m Backstroke	15-17 Prelims
Event 45/46	F/M 400m IM (slower heats)	11-12 Timed Finals
Event 47/48	F/M 400m IM (slower heats)	13-14 Timed Finals
Event 49/50	F/M 400m IM (slower heats)	15-17 Timed Finals
Event 51/52	F/M 4x100m Medley Relay	11-12 Prelims
Event 53/54	F/M 4x100m Medley Relay	13-14 Prelims
Event 55/56	F/M 4x100m Medley Relay	15-17 Prelims

Session #4 - April 17th - Start 6:00 PM

Event 27/28	F/M 200m Freestyle	11-12 Finals
Event 29/30	F/M 200m Freestyle	13-14 Finals
Event 31/32	F/M 200m Freestyle	15-17 Finals
Event 33/34	F/M 50m Butterfly	11-12 Finals
Event 35/36	F/M 50m Butterfly	13-14 Finals
Event 37/38	F/M 50m Butterfly	15-17 Finals
Event 39/40	F/M 100m Backstroke	11-12 Finals
Event 41/42	F/M 100m Backstroke	13-14 Finals
Event 43/44	F/M 100m Backstroke	15-17 Finals
Event 45/46	F/M 400m IM (fastest heat)	11-12 Timed Finals
Event 47/48	F/M 400m IM (fastest heat)	13-14 Timed Finals
Event 49/50	F/M 400m IM (fastest heat)	15-17 Timed Finals
Event 51/52	F/M 4x100m Medley Relay	11-12 Finals
Event 53/54	F/M 4x100m Medley Relay	13-14 Finals
Event 55/56	F/M 4x100m Medley Relay	15-17 Finals

Follow the action live on Flow Sports, the Flow Sports Mobile App and the Flow Sports YouTube Channel.



FLOW SPORTS

Official Broadcaster of the
XXXV CARIFTA Aquatics Championships!

Watch it on **Flow Sports**, the **Flow Sports Mobile App**
& the **Flow Sports YouTube Channel**

Follow our Social Media **@FlowSportsApp**

ALSO AVAILABLE ON
THE FLOW SPORTS APP



Download on the



Day 3

Order of Events Swimming

Session #5 - April 18th - Start 9:00 AM

Event 57A	F 1500m Freestyle (slowest heat)	13-14 & 15-17 Timed Finals
Event 57B	M 800m Freestyle (Slowest Heat)	13-14 & 15-17 Timed Finals
Event 57/58	F/M 200m Individual Medley	11-12 Prelims
Event 59/60	F/M 200m Individual Medley	13-14 Prelims
Event 61/62	F/M 200m Individual Medley	15-17 Prelims
Event 63/64	F/M 50m Breaststroke	11-12 Prelims
Event 65/66	F/M 50m Breaststroke	13-14 Prelims
Event 67/68	F/M 50m Breaststroke	15-17 Prelims
Event 69/70	F/M 100m Freestyle	11-12 Prelims
Event 71/72	F/M 100m Freestyle	13-14 Prelims
Event 73/74	F/M 100m Freestyle	15-17 Prelims
Event 75/76	F/M 200m Butterfly	11-12 Prelims
Event 77/78	F/M 200m Butterfly	13-14 Prelims
Event 79/80	F/M 200m Butterfly	15-17 Prelims
Event 81	MIXED 4x100 Freestyle Relay	11-12 Prelims
Event 82/83	F/M 4x200m Freestyle Relay	13-14 Prelims
Event 84/85	F/M 4x200m Freestyle Relay	15-17 Prelims

Session #6 - April 18th - Start 6:00 PM

Event 57A	F 1500m Freestyle (fastest heat)	13-14 & 15-17 Timed Finals
Event 57B	M 800m Freestyle (fastest heat)	13-14 & 15-17 Timed Finals
Event 57/58	F/M 200m Individual Medley	11-12 Finals
Event 59/60	F/M 200m Individual Medley	13-14 Finals
Event 61/62	F/M 200m Individual Medley	15-17 Finals
Event 63/64	F/M 50m Breaststroke	11-12 Finals
Event 65/66	F/M 50m Breaststroke	13-14 Finals
Event 67/68	F/M 50m Breaststroke	15-17 Finals
Event 69/70	F/M 100m Freestyle	11-12 Finals
Event 71/72	F/M 100m Freestyle	13-14 Finals
Event 73/74	F/M 100m Freestyle	15-17 Finals
Event 75/76	F/M 200m Butterfly	11-12 Finals
Event 77/78	F/M 200m Butterfly	13-14 Finals
Event 79/80	F/M 200m Butterfly	15-17 Finals
Event 81	MIXED 4x100 Freestyle Relay	11-12 Finals
Event 82/83	F/M 4x200m Freestyle Relay	13-14 Finals
Event 84/85	F/M 4x200m Freestyle Relay	15-17 Finals

Day 4

Order of Events *Swimming*

Session #7 - April 19th - Start 9:00 AM

Event 86/87	F/M 400m Freestyle (slower heats)	11-12 Timed Finals
Event 88/89	F/M 400m Freestyle (slower heats)	13-14 Timed Finals
Event 90/91	F/M 400m Freestyle (slower heats)	15-17 Timed Finals
Event 92/93	F/M 50m Freestyle	11-12 Prelims
Event 94/95	F/M 50m Freestyle	13-14 Prelims
Event 96/97	F/M 50m Freestyle	15-17 Prelims
Event 98/99	F/M 100m Breaststroke	11-12 Prelims
Event 100/101	F/M 100m Breaststroke	13-14 Prelims
Event 102/103	F/M 100m Breaststroke	15-17 Prelims
Event 104/105	F/M 200m Backstroke	11-12 Prelims
Event 106/107	F/M 200m Backstroke	13-14 Prelims
Event 108/109	F/M 200m Backstroke	15-17 Prelims
Event 110/111	F/M 4x50m Freestyle Relay	11-12 Prelims
Event 112/113	F/M 4x50m Freestyle Relay	13-14 Prelims
Event 114/115	F/M 4x50m Freestyle Relay	15-17 Prelims

Session #8 - April 19th - Start 5:30 PM

Event 86/87	F/M 400m Freestyle (fastest heat)	11-12 Timed Finals
Event 88/89	F/M 400m Freestyle (Fastest heat)	13-14 Timed Finals
Event 90/91	F/M 400m Freestyle (fastest heat)	15-17 Timed Finals
Event 92/93	F/M 50m Freestyle	11-12 Finals
Event 94/95	F/M 50m Freestyle	13-14 Finals
Event 96/97	F/M 50m Freestyle	15-17 Finals
Event 98/99	F/M 100m Breaststroke	11-12 Finals
Event 100/101	F/M 100m Breaststroke	13-14 Finals
Event 102/103	F/M 100m Breaststroke	15-17 Finals
Event 104/105	F/M 200m Backstroke	11-12 Finals
Event 106/107	F/M 200m Backstroke	13-14 Finals
Event 108/109	F/M 200m Backstroke	15-17 Finals
Event 110/111	F/M 4x50m Freestyle Relay	11-12 Finals
Event 112/113	F/M 4x50m Freestyle Relay	13-14 Finals
Event 114/115	F/M 4x50m Freestyle Relay	15-17 Finals

Follow the action live on Flow Sports, the Flow Sports Mobile App and the Flow Sports YouTube Channel.

CONTACT US NOW

467-5559

MARKETING@CBC.BB

**RADIO
SOCIAL MEDIA
TELEVISION**

**BE HEARD BE SEEN
ADVERTISING
DONE RIGHT**



CARIBBEAN BROADCASTING CORPORATION



**Bienvenida, Herzlich, Receber,
Bienvenue, Välkommen, Welkom,
Velkoinn, Welcome.**



**BOLLES OFFERS AN
ACADEMIC SETTING
INCLUSIVE OF ALL
FAITHS, CULTURES
AND BACKGROUNDS.
WE BELIEVE DEEPER
LEARNING OCCURS
IN A RESPECTFUL
AND ACCEPTING
ENVIRONMENT.**

**Welcome to a
Broader Perspective.**



Bolles.org

Pre-K through Grade 12, Day & Boarding School.

**Good Luck Bolles Student-Athletes
in the CARIFTA Swimming Championships!**

Sofia Bonati '25 | Stefano Bonati '23 | Lila Higgo '25 | Rachel Lundy '23 | Sabrina Lyn '23 | Liam Roberts '26

A Special Tribute to Sonia O'neal

By Cheryl, Lady Forde
President, Barbados Aquatic Sports Association



The Esther Maynard Women in Sport Icon Award- April 27th, 2022

Sonia O'neal has not only talked the talk, she has walked the walk.

Sonia has spent the last thirty two years contributing to the BASA and to her community. It is therefore no question as to why she would have been selected to receive this prestigious award. Like the Icon whose name is given to this award, Esther Maynard, Sonia has earned the recognition by her peers and by the sporting world in general. I have the honour as President of BASA and as someone who has worked with her and have benefitted from her expertise, to pay tribute to her on this occasion to mark International Women's Day and BOA's Women in Sport Commission's Icon

Award, to recognize her as one who broke the bias during her journey as a Sports Administrator.

I first met Sonia in 1990 when the Aquatic Centre opened. I had the pleasure of working with her while being members of different swim clubs where rivalry was intense. During that time Sonia focused on her Club as President and was relentless in making sure that her club produced excellence in the pool. She later became President of the BASA. I served on a number of Committees with her and also as a Vice President. It was during these times that Sonia set herself the highest standards for achieving excellence. She brought excellent academic qualifications in management training, including Human Resource Management and Financial Planning to the position. She was prepared for the position without fear of gender bias and was able through her work and application to her various roles as President, with confidence. She was steadfast in her mission and her commitment to the sport was unquestionable.

During her tenure as President she established the Junior and Senior Squads and organized several training opportunities for officials and coaches in the various aquatic disciplines. She also continued to master her craft as a Technical official by attending several clinics. In her quest for technical skill she almost spanned the globe in these pursuits of excellence. From Mexico, Singapore, the USA, Uruguay the US Virgin Islands and of course, Barbados.

Sonia has officiated at World Championships in Monterrey - Mexico, Rome - Italy, Indianapolis in the USA, Hangzhou- China, World Juniors in Budapest - World Championships in Gwangju - South Korea, World Short Course Champ, in Abu Dhabi and as a FINA Technical Official for swimming in 2021 at the Olympics in Tokyo.

The list of events where she has officiated is long, starting at CISC from 1998 - 2010. As a Judge and Referee she served in the central American and Caribbean games I from 2002 - 2014. Sonia was a member of the Pan American Technical Swimming Committee until 2015, Chair and Technical Delegate on the Pan American Tech. Comm until 2019 and became Vice-Chair of the Pan American Technical Committee for the period 2020- 2023. Sonia is a Judge at all BASA Long and Short Course Championships in Barbados and at the Schools' Championships and the UWI Campus Swimming Competitions.

Sonia has already been honored for her achievements and contribution as a volunteer and Sports Administrator, and as Official of the Year and Sports Administrator of the year. The National Sports Council recognized her globally as The Official Gaining International Recognition in 2022. These awards and achievements have not prevented Sonia from making a contribution to her community. She serves as Administrative Director on the Barbados Cancer Society.

It is also commendable that Sonia continued to serve the Barbados Aquatic Sports Association long after her sons finished swimming. This in itself is testament to





the fact that she loves what she is doing. In this regard she is without doubt in great company of the first Chair of the BOA's Women in Sport Commission, Esther Maynard.

It gives me great pleasure on behalf of the Executive and Members of the BASA to first say thank you to Sonia for her meritorious contribution that she has given and continues to give to sport, and in particular to BASA . It is a distinct honour that we recognize Sonia O'neal as the Icon for 2022 to receive the Esther Maynard Woman in Sport award.



Carifta Swimming Records

as of December 2021

11 - 12 FEMALE				11 - 12 MALE			
50 Free	26:59	4/3/2018	Elan N Daley - BER	50 Free	26:59		Dilan Nunez-Green - FGU
100 Free	1:00:06	4/2/2018	Elan N Daley - BER	100 Free	56:11	4/18/2009	Dylan Carter - TRI
200 Free	2:10:26	4/1/2018	Elan N Daley - BER	200 Free	2:04:11	4/17/2009	Dylan Carter - TRI
400 Free	4:41:89	4/6/2010	Tyla Martin - TRI	400 Free	4:27:78	4/3/2018	Zarek Wilson - TRI
50 Back	31:52	3/31/2018	Elan N Daley - BER	50 Back	29:80	4/22/2014	Yael Touw Ngie Tjouw - SUR
100 Back	1:08:69	4/4/2010	Tyla Martin - TRI	100 Back	1:05:25	4/23/2014	Yael Touw Ngie Tjouw - SUR
200 Back	2:29:11	4/3/2018	Elan N Daley - BER	200 Back	2:23:09	4/19/2009	Timothy Wynter - JAM
50 Fly	28:87	4/1/2018	Elan N Daley - BER	50 Fly	28:05	4/17/2009	Dylan Carter - TRI
100 Fly	1:05:98	3/31/2018	Elan N Daley - BER	100 Fly	1:02:40	4/22/2014	Yael Touw Ngie Tjouw - SUR
200 Fly	2:30:81	4/12/2002	Jodie Foster - BER	200 Fly	2:21:67	4/24/2014	Yael Touw Ngie Tjouw - SUR
50 Breast	34:80	4/22/2019	Kokolo Foster - JAM	50 Breast	32:42	4/17/2017	Sam Williamson - BERAG
100 Breast	1:14:60	1/1/1995	Cerian Gibbs - TRI	100 Breast	1:13:04	4/18/2017	Sam Williamson - BERAG
200 Breast	2:47:93	4/22/2014	Chade Nersicio - CUR	200 Breast	2:36:67	4/15/2017	Sam Williamson - BERAG
200 IM	2:27:95	4/5/2010	Tyla Martin - TRI	200 IM	2:20:24	4/24/2014	Yael Touw Ngie Tjouw - SUR
400 IM	5:23:40	4/17/2009	Daniella van den Berg - ARU	400 IM	5:08:18	4/5/2015	Nkosi Dunwoody - BAR
13 - 14 FEMALE				13 - 14 MALE			
50 Free	26:73	4/3/2018	Emily MacDonald - JAM	50 Free	24:25	3/25/2016	Izaak Bastian - BAH
100 Free	57:99	4/2/2018	Emily MacDonald - JAM	100 Free	53:64	4/5/2010	Joshua Romany - TRI
200 Free	2:06:13	4/21/2019	Elan N Daley - BER	200 Free	1:56:80	4/4/2010	Joshua Romany - TRI
400 Free	4:31:05	4/14/2007	McKayla Lightbourn - BAH	400 Free	4:09:46	4/19/2009	Allan Huygues-Beaufond - GUA
800 Free	9:11:82	4/12/2012	Joanna Evans - BAH	1500 Free	16:17:72	4/16/2009	Allan Huygues-Beaufond - GUA
50 Back	30:36	4/15/2017	Gabriela Donahue - TRI	50 Back	27:67	4/15/2017	Davante S Carey - BAH
100 Back	1:05:61	4/16/2017	Danielle Titus - BAR	100 Back	59:63	4/24/2011	Dylan Carter - TRI
200 Back	2:24:16	3/25/16	Danielle Titus - BAR	200 Back	2:11:49	4/19/2009	Laurent Geran - GUA
50 Fly	27:94	4/1/2018	Zaneta Alvaranga - JAM	50 Fly	25:66	4/8/2007	Cadell Lyons - TRI
100 Fly	1:03:19	4/20/2019	Sabrina Lyn - JAM	100 Fly	57:49	3/22/2016	Yael Touw Ngie Tjouw - SUR
200 Fly	2:22:26	1/1/2001	Heather Roffey - CAY	200 Fly	2:10:18	1/1/2003	Shaune Fraser - CAY
50 Breast	34:29	4/6/2015	Shne Joachim - SVG	50 Breast	30:41	3/24/2016	Izaak Bastian - BAH
100 Breast	1:14:35	4/7/2015	Lilly L Higgs - BAH	100 Breast	1:07:76	3/25/2016	Izaak Bastian - BAH
200 Breast	2:38:67	4/7/2007	McKayla M Lightbourn - BAH	200 Breast	2:23:78	3/22/2016	Izaak Bastian - BAH
200 IM	2:22:80	4/9/2007	McKayla M Lightbourn - BAH	200 IM	2:13:56	4/1/2013	Mikel Schreuders - ARU
400 IM	5:00:35	4/8/2007	McKayla M Lightbourn - BAH	400 IM	4:44:89	1/1/2003	Shaune Fraser - CAY
15 - 17 FEMALE				15 - 17 MALE			
50 Free	26:12	4/26/2011	Chinyere Pigot - SUR	50 Free	23:25	4/3/2018	Izaak Bastian - BAH
100 Free	56:77	3/29/2008	Arianna F Vanderpool-Wallace - BAH	100 Free	50:67	4/1/2013	Dylan Carter - TRI
200 Free	2:03:00	4/5/2015	Joanna L Evans - BAH	200 Free	1:50:35	3/31/2013	Dylan Carter - TRI
400 Free	4:16:48	4/7/2015	Joanna L Evans - BAH	400 Free	3:59:79	4/15/2012	Joris Bouchaut - GUA
800 Free	8:43:44	1/1/1999	Janelle Atkinson - JAM	1500 Free	15:45:04	4/12/2012	Joris Bouchaut - GUA
50 Back	29:84	4/22/2014	Kristin Julien - TRI	50 Back	26:27	3/31/2018	Jack Kirby - BAR
100 Back	1:04:60	4/21/2019	Danielle Titus - BAR	100 Back	56:59	4/1/2018	Jack Kirby - BAR
200 Back	2:21:38	4/19/2009	Rebecca Sharpe - BER	200 Back	2:04:44	4/18/2017	Patrick G Groters - ARU
50 Fly	28:00	4/1/2018	Chade Nersicio - CUR	50 Fly	25:06	3/31/2013	Joshua Romany - TRI
100 Fly	1:02:54	3/27/2008	Arianna F Vanderpool-Wallace - BAH	100 Fly	54:85	4/22/2014	Zuhayr Pigot - SUR
200 Fly	2:18:87	1/1/2004	Heather C. Roffey - CAY	200 Fly	2:05:83	4/5/2010	Matthias Bellance - MAR
50 Breast	32:70	4/17/2017	Lilly L Higgs - BAH	50 Breast	28:20	4/22/2019	Izaak Bastian - BAH
100 Breast	1:11:92	4/18/2017	Lilly L Higgs - BAH	100 Breast	1:02:84	4/23/2019	Izaak Bastian - BAH
200 Breast	2:35:33	3/22/2016	Margaret Higgs - BAH	200 Breast	2:17:78	3/31/2018	Izaak Bastian - BAH
200 IM	2:20:09	3/29/2008	McKayla Lightbourn - BAH	200 IM	2:04:69	4/17/2017	Patrick G Groters - ARU
400 IM	4:59:25	4/5/2015	Joanna L Evans - BAH	400 IM	4:27:69	4/16/2017	Patrick G Groters - ARU

Carifta Swimming Records

as of December 2021

RELAYS

Mixed 11-12 4 x 100 Free Relay	4:05:25	4/2/2018	TRINIDAD
Girls 11-12 4 x 100 Free Relay	4:16:14	4/15/2017	BERMUDA
Boys 11-12 4 x 100 Free Relay	4:01:92	4/12/2012	GUADELOUPE
Girls 13-14 4 x 100 Free Relay	4:01:04	4/4/2015	ARUBA
Boys 13-14 4 x 100 Free Relay	3:42:24	4/3/2010	TRINIDAD
Girls 15-17 4 x 100 Free Relay	3:59:25	3/27/2008	BAHAMAS
Boys 15-17 4 x 100 Free Relay	3:33:68	4/20/2019	BAHAMAS
Girls 11-12 4 x 100 Medley Relay	4:49:77	4/21/2019	JAMAICA
Boys 11-12 4 x 100 Medley Relay	4:33:43	4/23/2014	BAHAMAS
Girls 13-14 4 x 100 Medley Relay	4:33:81	4/1/2018	JAMAICA
Boys 13-14 4 x 100 Medley Relay	4:09:98	4/16/2017	BAHAMAS
Girls 15-17 4 x 100 Medley Relay	4:27:37	3/28/2008	BAHAMAS
Boys 15-17 4 x 100 Medley Relay	3:54:32	4/21/2019	BAHAMAS
Girls 13-14 4 x 200 Free Relay	8:59:00	4/22/2019	CAYMAN ISLANDS
Boys 13-14 4 x 200 Free Relay	8:12:71	4/18/2009	GUADELOUPE
Girls 15-17 4 x 200 Free Relay	8:45:69	4/2/2018	ARUBA
Boys 15-17 4 x 200 Free Relay	7:54:61	4/18/2019	MARTINIQUE
Girls 11-12 4 x 50 Free Relay	1:55:47	4/3/2018	JAMAICA
Boys 11-12 4 x 50 Free Relay	1:49:34	4/15/2012	GUADELOUPE
Girls 13-14 4 x 50 Free Relay	1:49:82	4/23/2019	JAMAICA
Boys 13-14 4 x 50 Free Relay	1:40:90	4/6/2010	TRINIDAD
Girls 15-17 4 x 50 Free Relay	1:48:06	3/30/2008	BAHAMAS
Boys 15-17 4 x 50 Free Relay	1:35:18	4/23/2019	BAHAMAS



Casual ocean front dining
specializing in pizza, pasta, salads

& of course our **signature**

Mimosa cocktails.

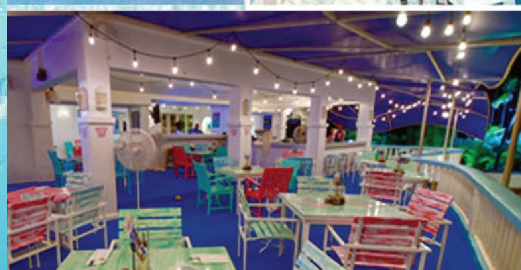
St. Lawrence Gap

(Christ Church)

1.246.234.6527



Mimosas Barbados





Barbados National LC Swimming Records

as of December 2021



11 - 12 FEMALE

50M FREESTYLE	Alexis Jordan	27.86	Dec-01
100M FREESTYLE	Inayah Sherry	1:01.67	May-10
200M FREESTYLE	Hannah Gill	2:12.72	Dec-12
400M FREESTYLE	Hannah Gill	4:37.28	Dec-12
800M FREESTYLE	Hannah Gill	9:40.99	Dec-12
50M BACKSTROKE	Danielle Titus	32.01	Apr-15
100M BACKSTROKE	Danielle Titus	1:07.14	Jun-15
200M BACKSTROKE	Danielle Titus	2:29.80	Apr-15
50M BUTTERFLY	Aza Dunwoody	30.80	Jun-17
100M BUTTERFLY	Zabrina Holder	1:07.80	Apr-09
200M BUTTERFLY	Amara Gibbs	2:27.92	Dec-09
50M BREASTSTROKE	Deandre Small	35.88	Jul-09
100M BREASTSTROKE	Deandre Small	1:20.06	Jul-09
200M BREASTSTROKE	Ashley Weekes	2:53.78	Jun-15
200M I.M	Zabrina Holder	2:31.49	Dec-09
400M I.M.	Zabrina Holder	5:25.37	Apr-09
200M FREESTYLE RELAY	B'DOS CARIFTA 2009	1:57.60	Apr-09
200M MEDLEY RELAY	ALPHA SHARKS	2:19.83	Dec-07
400M FREESTYLE RELAY	B'DOS CCCAN 2009	4:17.12	Jul-09
400M MEDLEY RELAY	B'DOS CCCAN 2009	4:47.85	Jul-09
800M FREESTYLE RELAY	B'DOS CCCAN 2013	9:57.12	Jul-13
200M MIXED RELAY	XXX CCCAN 2017	1:53.03	Jun-17
400M MIXED FREE RELAY	B'DOS CARIFTA 2019	4:21.73	Apr-19

11 - 12 MALE

50M FREESTYLE	Kai Trotman	26.59	Oct-17
100M FREESTYLE	Damon St. Prix	58.08	Jul-13
200M FREESTYLE	Damian Alleyne	2:06.11	Dec-96
400M FREESTYLE	Damon St. Prix	4:21.55	Oct-13
800M FREESTYLE	Damian Alleyne	9:04.31	Dec-96
1500M FREESTYLE	Christian Selby	17:46.88	May-10
50M BACKSTROKE	Damon St. Prix	31.11	Oct-13
100M BACKSTROKE	Jack Kirby	1:06.54	Dec-13
200M BACKSTROKE	Jack Kirby	2:23.39	Dec-13
50M BUTTERFLY	Omari Sealy	27.95	Jun-18
100M BUTTERFLY	Omari Sealy	1:02.85	Jun-18
200M BUTTERFLY	Damon St. Prix	2:22.71	Apr-13
50M BREASTSTROKE	McCallum Clarke	33.29	Jun-16
100M BREASTSTROKE	McCallum Clarke	1:12.75	Jun-16
200M BREASTSTROKE	McCallum Clarke	2:36.83	Jun-16
200M I.M	Luis-Sebastian Weekes	2:22.84	Dec-13
400M I.M.	Nkosi Dunwoody	5:04.03	Oct-15
200M FREESTYLE RELAY	B'DOS CARIFTA '13	1:52.55	Apr-13
200M MEDLEY RELAY	STINGRAYS	2:16.45	Jun-98
400M FREESTYLE RELAY	B'DOS CCCAN 2017	4:08.66	Jun-17
400M MEDLEY RELAY	B'DOS CCCAN 2017	4:35.17	Jun-17
800M FREESTYLE RELAY	B'DOS CCCAN 2013	9:13.84	Jul-13
200M MIXED RELAY	XXX CCCAN 2017	1:53.03	Jun-17
400M MIXED FREE RELAY	B'DOS CARIFTA 2019	4:21.73	Apr-19

13 - 14 FEMALE

50M FREESTYLE	Sariyah Sherry	27.76	Apr-13
100M FREESTYLE	Sariyah Sherry	1:00.08	Jun-12
200M FREESTYLE	Hannah Gill	2:09.99	Apr-14
400M FREESTYLE	Hannah Gill	4:30.99	Jul-14
800M FREESTYLE	Hannah Gill	9:13.49	Jul-14
1500M FREESTYLE	Hannah Gill	17:52.86	Aug-13
50M BACKSTROKE	Danielle Titus	30.82	Apr-17
100M BACKSTROKE	Danielle Titus	1:05.61	Apr-17
200M BACKSTROKE	Danielle Titus	2:22.39	Jun-17
50M BUTTERFLY	Zabrina Holder	29.04	Jul-11
100M BUTTERFLY	Zabrina Holder	1:04.48	Jul-11
200M BUTTERFLY	Amara Gibbs	2:22.33	Apr-11
50M BREASTSTROKE	Deandre Small	35.37	Apr-10
100M BREASTSTROKE	Deandre Small	1:17.19	Mar-10
200M BREASTSTROKE	Adara Stoddard	2:46.37	Apr-19
200M I.M	Zabrina Holder	2:26.79	Apr-11
400M I.M.	Amara Gibbs	5:16.04	Mar-11
200M FREESTYLE RELAY	CARIFTA TEAM	1:54.02	Apr-11
200M MEDLEY RELAY	ALPHA SHARKS	2:08.74	Mar-11
400M FREESTYLE RELAY	CARIFTA TEAM	4:10.65	Apr-11
400M MEDLEY RELAY	CARIFTA TEAM	4:40.03	Apr-11
800M FREESTYLE RELAY	B'DOS CISC 2014	8:59.32	Jul-14
200M MIXED RELAY	XXX CCCAN 2017	1:49.38	Jun-17

13 - 14 MALE

50M FREESTYLE	Martyn Forde	24.71	Jul-00
100M FREESTYLE	Damon St. Prix	53.29	Sep-15
200M FREESTYLE	Damian Alleyne	1:57.09	Jul-98
400M FREESTYLE	Damian Alleyne	4:06.68	Aug-98
800M FREESTYLE	Damian Alleyne	8:42.27	Jun-98
1500M FREESTYLE	Cliff Gittens	16:49.25	Jul-98
50M BACKSTROKE	Tristan Pragnell	28.30	Jun-18
100M BACKSTROKE	Bradley Ally	59.60	Aug-01
200M BACKSTROKE	Bradley Ally	2:09.62	Jul-01
50M BUTTERFLY	Bradley Ally	27.17	Aug-01
100M BUTTERFLY	Bradley Ally	58.05	Aug-01
200M BUTTERFLY	Bradley Ally	2:09.83	Jul-01
50M BREASTSTROKE	Nkosi Dunwoody	30.95	Jun-17
100M BREASTSTROKE	Andrei Cross	1:08.90	Jul-99
200M BREASTSTROKE	Nkosi Dunwoody	2:28.19	Jun-17
200M I.M	Bradley Ally	2:13.07	Jul-01
400M I.M.	Bradley Ally	4:38.40	Jul-01
200M FREESTYLE RELAY	B'DOS CARIFTA 15	1:42.65	Apr-15
200M MEDLEY RELAY	UANA CUP 2018	1:58.81	Jan-18
400M FREESTYLE RELAY	CARIFTA 2015	3:46.52	Apr-15
400M MEDLEY RELAY	CARIFTA 2015	4:11.48	Apr-15
800M FREESTYLE RELAY	CARIFTA 2015 & 2018	8:21.84	Apr-15
200M MIXED RELAY	XXX CCCAN 2017	1:49.38	Jun-17



Barbados National LC Swimming Records

as of December 2021



15 - 17 FEMALE

50M FREESTYLE	Leah Martindale	25.49	Jul-96
100M FREESTYLE	Leah Martindale	56.03	Jul-95
200M FREESTYLE	Hannah Gill	2:08.54	Mar-16
400M FREESTYLE	Hannah Gill	4:28.60	Jun-15
800M FREESTYLE	Hannah Gill	9:12.68	Jun-15
1500M FREESTYLE	Lani Cabrera	18:02.39	Mar-11
50M BACKSTROKE	Danielle Titus	29.72	Feb-20
100M BACKSTROKE	Danielle Titus	1:03.66	Jul-19
200M BACKSTROKE	Danielle Titus	2:19.38	Jul-19
50M BUTTERFLY	Zabrina Holder	29.04	Apr-12
100M BUTTERFLY	Zabrina Holder	1:03.93	Apr-12
200M BUTTERFLY	Marsha Watson	2:23.68	Apr-07
50M BREASTSTROKE	Deandre Small	35.65	Jan-13
100M BREASTSTROKE	Adara Stoddard	1:17.71	Aug-21
200M BREASTSTROKE	Alexis Jordan	2:47.94	Dec-05
200M I.M	Danielle Titus	2:27.21	Jul-19
400M I.M. L	ani Cabrera	5:14.52	Apr-11
200M FREESTYLE RELAY	B'DOS CARIFTA 2012	1:54.05	Apr-12
200M MEDLEY RELAY	HEATWAVE	2:29.76	May-95
400M FREESTYLE RELAY	B'DOS CISC 2014	4:04.02	Jul-14
400M MEDLEY RELAY	B'DOS CARIFTA 2012	4:40.45	Apr-12
800M FREESTYLE RELAY	B'DOS CISC 2014	8:54.15	Jul-14
200M MIXED RELAY	XXI CISC, Bahamas	1:45.16	Jun-16

15 - 17 MALE

50M FREESTYLE	Jack Kirby	23.46	Jul-18
100M FREESTYLE	Jack Kirby	50.97	Jul-18
200M FREESTYLE	Damian Alleyne	1:52.75	Sep-00
400M FREESTYLE	Alex Sobers	3:57.30	Jun-16
800M FREESTYLE	Damian Alleyne	8:19.20	Mar-00
1500M FREESTYLE	Damian Alleyne	16:08.33	Mar-00
50M BACKSTROKE	Jack Kirby	26.07	Jul-18
100M BACKSTROKE	Jack Kirby	56.19	Jul-18
200M BACKSTROKE	Nicholas Neckles	2:05.22	Apr-18
50M BUTTERFLY	Bradley Ally	25.70	Aug-02
100M BUTTERFLY	Bradley Ally	56.98	Jul-02
200M BUTTERFLY	Bradley Ally	2:05.25	Aug-02
50M BREASTSTROKE	Luis Sebastian Weekes	29.13	Jul-18
100M BREASTSTROKE	Bradley Ally	1:03.82	Aug-03
200M BREASTSTROKE	Bradley Ally	2:18.64	Aug-04
200M I.M	Bradley Ally	2:03.29	Aug-04
400M I.M.	Bradley Ally	4:24.42	Aug-03
200M FREESTYLE RELAY	CARIFTA '01	1:38.79	Apr-01
200M MEDLEY RELAY	UANA TEAM 2020	1:57.47	Apr-93
400M FREESTYLE RELAY	CCCAN '01	3:36.17	Jul-01
400M MEDLEY RELAY	CARIFTA 2017	4:02.39	Apr-17
800M FREESTYLE RELAY	CCCAN '01	7:55.24	Jul-01
200M MIXED RELAY	XXI CISC, Bahamas	1:45.16	Jun-16

18 & OVER FEMALE

50M FREESTYLE	Leah Martindale	26.05	Sep-00
100M FREESTYLE	Leah Martindale	57.21	Sep-00
200M FREESTYLE	Lani Cabrera	2:05.62	Mar-16
400M FREESTYLE	Lani Cabrera	4:23.31	May-12
800M FREESTYLE	Lani Cabrera	9:00.09	Mar-12
1500M FREESTYLE	Lani Cabrera	17:14.37	Jul-12
50M BACKSTROKE	Danielle Titus	29.65	Apr-21
100M BACKSTROKE	Natalie Ferdinand	1:08.74	Mar-07
200M BACKSTROKE	Lee-Ann Rose	2:30.01	Jul-14
50M BUTTERFLY	Leah Martindale	28.18	Jul-02
100M BUTTERFLY	Leah Martindale	1:03.49	Jul-97
200M BUTTERFLY	Marsha Watson	2:22.64	Jul-09
50M BREASTSTROKE	Deandre Small	35.14	May-16
100M BREASTSTROKE	Carol-Ann Cozier	1:22.01	Aug-87
200M BREASTSTROKE	Trudy Carter	3:40.04	Dec-91
200M I.M	Marsha Watson	2:35.62	Jul-08
400M I.M.	Lani Cabrera	5:14.90	Feb-12
200M FREESTYLE RELAY	UWICAVE HILL TEAM	2:05.46	Apr-06
200M MEDLEY RELAY	B'DOS TEXACO '92	2:25.79	Jun-92

18 & OVER MALE

50M FREESTYLE	Terrance Haynes	22.70	Jul-09
100M FREESTYLE	Alex Sobers	49.78	Mar-21
200M FREESTYLE	Alex Sobers	1:48.09	Jul-21
400M FREESTYLE	Alex Sobers	3:53.19	Mar-21
800M FREESTYLE	Cliff Gittens	9:19.15	Mar-02
1500M FREESTYLE	Cliff Gittens	17:45.23	Mar-02
50M BACKSTROKE	Jack Kirby	26.15	May-19
100M BACKSTROKE	Jack Kirby	55.42	Nov-19
200M BACKSTROKE	Nicholas Neckles	2:00.85	Jul-06
50M BUTTERFLY	Shawn Clarke	25.65	Jul-10
100M BUTTERFLY	Bradley Ally	52.73	Jul-09
200M BUTTERFLY	Bradley Ally	2:03.68	Jun-07
50M BREASTSTROKE	Andrei Cross	28.48	Dec-07
100M BREASTSTROKE	Bradley Ally	1:03.38	Mar-06
200M BREASTSTROKE	Bradley Ally	2:14.52	Jul-08
200M I.M	Bradley Ally	1:58.57	Aug-08
400M I.M.	Bradley Ally	4:14.01	Aug-08
200M FREESTYLE RELAY	CASUARINA	1:46.14	Aug-87
200M MEDLEY RELAY	CASUARINA	2:03.28	Aug-87
400M FREESTYLE RELAY	13TH WORLDS	3:27.15	Jul-09
400M MEDLEY RELAY	CAC GAMES	3:48.65	Jul-06
800M FREESTYLE RELAY	CAC GAMES	7:59.69	Jul-06



Barbados National LC Swimming Records



as of December 2021

NATIONAL FEMALE

50M FREESTYLE	Leah Martindale	25.49	Jul-96
100M FREESTYLE	Leah Martindale	56.03	Jul-96
200M FREESTYLE	Lani Cabrera	2:05.62	Mar-16
400M FREESTYLE	Lani Cabrera	4:23.31	May-12
800M FREESTYLE	Lani Cabrera	9:00.09	Mar-12
1500M FREESTYLE	Lani Cabrera	17:14.37	Jul-12
50M BACKSTROKE	Danielle Titus	29.65	Apr-21
100M BACKSTROKE	Danielle Titus	1:03.66	Jul-19
200M BACKSTROKE	Danielle Titus	2:19.38	Jul-19
50M BUTTERFLY	Leah Martindale	28.18	Jul-02
100M BUTTERFLY	Leah Martindale	1:03.49	Jul-97
200M BUTTERFLY	Amara Gibbs	2:22.37	Apr-10
50M BREASTSTROKE	Deandre Small	35.14	May-16
100M BREASTSTROKE	Deandre Small	1:17.19	Mar-10
200M BREASTSTROKE	Adara Stoddard	2:46.37	Apr-19
200M I.M	Zabrina Holder	2:26.79	Apr-11
400M I.M.	Lani Cabrera	5:14.52	Apr-11
200M FREESTYLE RELAY	CARIFTA TEAM	1:54.02	Apr-11
200M MEDLEY RELAY	ALPHA SHARKS	2:08.74	Mar-11
400M FREESTYLE RELAY	CISC BARBADOS	4:04.02	Jul-14
400M MEDLEY RELAY	ALPHA SHARKS	4:38.28	Mar-11
800M FREESTYLE RELAY	CISC BARBADOS	8:54.15	Jul-14

NATIONAL MALE

50M FREESTYLE	Terrence Haynes	22.70	Jul-09
100M FREESTYLE	Alex Sobers	49.78	Mar-21
200M FREESTYLE	Alex Sobers	1:48.09	Jul-21
400M FREESTYLE	Alex Sobers	3:53.19	Mar-21
800M FREESTYLE	Damian Alleyne	8:19.20	Mar-00
1500M FREESTYLE	Damian Alleyne	16:08.33	Mar-00
50M BACKSTROKE	Jack Kirby	26.07	Jul-18
100M BACKSTROKE	Jack Kirby	55.42	Nov-19
200M BACKSTROKE	Nicholas Neckles	2:00.85	Jul-06
50M BUTTERFLY	Shawn Clarke	25.65	Jul-10
100M BUTTERFLY	Bradley Ally	52.73	Jul-09
200M BUTTERFLY	Bradley Ally	2:03.68	Jun-07
50M BREASTSTROKE	Andrei Cross	28.48	Dec-07
100M BREASTSTROKE	Bradley Ally	1:03.38	Mar-06
200M BREASTSTROKE	Bradley Ally	2:14.52	Jul-08
200M I.M	Bradley Ally	1:58.57	Aug-08
400M I.M.	Bradley Ally	4:14.01	Aug-08
200M FREESTYLE RELAY	CARIFTA '01	1:38.79	Apr-01
200M MEDLEY RELAY	UANA TEAM 2020	1:57.47	Apr-93
400M FREESTYLE RELAY	13TH WORLDS	3:27.15	Jul-09
400M MEDLEY RELAY	CAC-Games- 2006	3:48.65	Jul-06
800M FREESTYLE RELAY	D.REP CCCAN '01	7:55.24	Jul-01



Now more
than ever,
you must
be well
hydrated.

Connect
mind and
body

dasani

a product of The Coca-Cola Company



**ESSCO wishes the best of luck to the teams
and swimmers competing in the
2022 CARIFTA Aquatic Championships!**

**ESSCO, Air Conditioning, Elevators,
Appliances, Tools, Sales & Service.**



www.esscooline.com



Follow Us!



@esscobarbados



CARIFTA FLASHBACKS



Alex Sobers, OLY

With a whopping 42 Barbados National Long Course records and 38 National Short Course records currently held between them, these four veteran Carifta swimmers have given this new wave of swimmers something to aim for. Here's what they had to say about their individual Carifta experiences along with some words of wisdom and wishes of good luck for the new members of the national team.

My first Carifta games were in Barbados in 2011. I was in my 2nd year of 11-12.

One of my best Carifta memories is winning gold in the 200m Fly at my first Games and my favorite Carifta Games were those in Barbados and Martinique.

Some of my favorite races to swim were any of the freestyle events and if I wasn't swimming I loved watching the 15-17 men's 50m free.

I have won / medaled in most of the freestyle events and the 200m fly (my first year).

Swimming on a relay team at Carifta is an amazing feeling. Especially when you are swimming on home soil. Being on a relay team brings the swimmers together for one common goal. It is exciting just to think about - winning a relay medal meant we were the fastest of our counterparts in the region. The relay medal means more to most swimmers than an individual one. It is also quite thrilling to see supporters cheering on their respective teams in a relay.

Carifta swimming is not only a stepping stone to the world of competitive swimming. It also is the time when lifelong friendships are made. You never know who is going to represent the Caribbean at the next Olympics. My advice to this year's Carifta swimmers is to have fun, cheer for your teammates, be proud of the accomplishment to represent your country at this stage, and make memories.



CARIFTA FLASHBACKS



Lani Cabrera, OLY

Ciao!

2006 Barbados- my first meet and first medal, bronze in the 400 free. Such excitement. This was my second year in 11-12.

In 2008 Aruba, I swam my first Carifta 800 free and won the Gold medal, this was my last year in 13-14. The 800 free would go on to be one of my record breaking events. In 2011 I was back in Barbados for my last Carifta meet on home soil. I was fortunate to have my first and last CARIFTA on home soil, as home is the best place to race and feel appreciated.

My favourite races were the relays because there was always a special energy being in a group all wanting to win for our country.

My advice to you all now is to use these swim meets to make lifelong friends who are also experiencing training and discipline in their development through swimming.

Carifta connects the youth in the region to strengthen unity amongst our countries and it truly is a beautiful initiative.

It is also a great opportunity to get familiar on the racing stage and have recruiters from international universities see your talent.



M. D. Miller

CARIFTA FLASHBACKS

Hannah Gill

I was lucky that my Carifta debut was in Barbados when I competed in 2011 as a first-year in the 11-12 age group. After that I continued to compete every year until my final year in 2017 which was in The Bahamas.

What I loved about Carifta was meeting people from the different islands and reuniting with them each year. Great friendships were built as we continued to race each other beyond the Carifta level at State Championships in the US and U-Sport in Canada and many of them are still my closest friends.

Although I didn't see it as much fun to pack in the most mileage of the team with my 200m and 400m freestyle prelims and finals as well as the 800 finals, it was a nice challenge and always a test in the morning to swim fast enough to be seeded nicely for finals. The 800m freestyle was always my favorite individual event, but second overall to a relay. Swimming is a pretty individual sport, but racing with the other girls was the best. In Jamaica in 2013, coming after our winning performances in the freestyle relays, the medley relay will always be one of the lasting memories I have for some very unique reasons. A lot of laughs and fun

Carifta is great preparation for future meets because it really challenges you to put up fast swims in the morning in order to make finals. If you have a lane, you have a chance!

Nothing beats racing at home, but Carifta in The Bahamas was probably my second favorite.

For the current generation of Carifta swimmers, I'd really just encourage them to have fun. One thing about Caribbean swimming is that we start competing at such high levels from a young age, which can make racing seem way more intense than it needs to be. If you focus on having fun doing the sport now, there will be many more years with opportunities to race and refine your talents in the pool. For now, put your best foot forward for your country, make lifelong friends, and most importantly have a good time!



CARIFTA FLASHBACKS

Damon St. Prix



My first Carifta would have been in the Bahamas in 2012 and I was a first year 11-12 competitor. My favorites races were always the 100m, 200m and 400m freestyle and I have won and medaled in these as well as the 50m free and 200 fly as well as in all of the relays.

My best memory would have to be 2015 in Barbados because just being able to swim in front of the home crowd was a great experience. My favorite Carifta was right here in Barbados, it was the loudest I've ever heard the Aquatic Centre crowd.

Relays were always my favorite events to watch and be a part of during my Carifta times. Shoutout to the dream team!

I would say that the competitiveness of Carifta can drive you to stay motivated to continue improving.

My one piece of advice would be make s.m.a.r.t goals, and work on being 1% better each day, each race.



Carifta 2022

Open Water Championships

The first CARIFTA swimming championships took place in 1985 in Barbados. Jump forward twenty-eight years to CARIFTA 2013 when open water swimming was added to the program for the very first time. The Caribbean region arguably has some of the most spectacular waters in the world so it stands to reason the addition of the open water event was a great move and it has led to the development of open water swimming in the region. In 2013, there were 53 swimmers entered in the various races indicating the readiness of the swimmers to take on this exciting, new event.

To date the picturesque Carlisle Bay in Barbados has been the location for the 5KM CARIFTA open water event in 2015 and 2019. Carlisle Bay is a beautiful, natural harbor located on the southwest coast of Barbados. Within the Bay there are six sunken ships that provide spectacular views for scuba divers and snorkelers.

The tranquil waters of the Bay are the perfect location for open water training as was discovered by South African Cameron Bellamy, the first person to successfully swim around Barbados. Prior to his monumental swim in November 2018, Cameron trained day and night in the waters of Carlisle Bay and returned again in 2019 for more training prior to his incredible swim from Barbados to St. Lucia (September 2019.)

Other persons to frequent Carlisle Bay for training were Barbadian Chris Gibbs who successfully swam the English Channel in 2003 and his brother Peter Gibbs who was the first Barbadian to swim across Lake Ontario in 2004.

Once again, Carlisle Bay is set to be the location where the 2022 CARIFTA Open Water Championships will be contested and we would like to wish all the swimmers a safe and enjoyable experience!



BEHIND THE SCENES



Aggie Watson

We at the Barbados Aquatic Center are very proud of our local facility and for the excellent condition in which it is maintained, both the grounds and the pool itself. We recognise that this is owing to the dedicated staff who work tirelessly behind the scenes seven days a week to make the Aquatic Center such a welcoming and refreshing environment and we send a great big thank you to them all for their commitment and hard work.

Many of you who have visited us over the past 30 years, whether it was for the Aquatic Center Invitational, our National Championships, Goodwill, CARIFTA or CCCAN would no doubt have had the pleasure of meeting Agatha Watson, or as she was always known, "AGGIE". Aggie joined the Aquatic Center family in 1990 and for the next 31 years, she acted as guardian to hundreds of children as they came through the doors to get their first taste of swimming. She could often be heard reminding someone to change out of their wet swimsuit after practice or to go back and get their water bottle left on deck. A child worried about why he had not yet been picked up by his mom could count on Aggie to reassure him that she would soon be there. At all of our meets, it is Aggie who would "man" the door and greet all visitors as they arrived. She watched children who had arrived for their first CARIFTA as tiny, green, 11-12 year olds return for their final 15-17 showing as young adults. She rarely forgot anyone who had visited the Aquatic Center.

Aggie decided to say goodbye to us in 2021 after 31 years of service and we want to wish her much happiness and joy in her retirement. **You will be greatly missed Aggie!**

THE AQUATIC CENTRE TEAM



Bill Marshall



Kevin Mark



Avonda Alleyne



Andy Jordan



Lawrence Weatherhead



Donna Watson



Jamar Belgrave



Damian Thorne

Carifta

Barbados 2022

SWIMMING • OPEN WATER

THE NATIONAL TEAMS





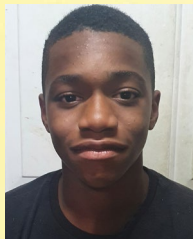
Antigua & Barbuda



Reuben
Edwards



Davina
Barton



Davien
Barton



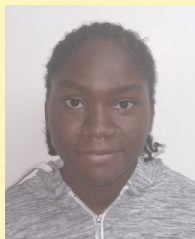
Ellie
Shaw



Selah
Wiltshire



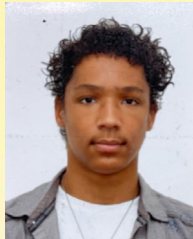
Tivon
Benjamin



Alandra
Dublin



Aunjelique
Liddle



Ethan
Stubbs-Green



Angelique
Gittens



Tony
Goodwin



Matthew
Kotze



Arianna
John



Nelson Molina Folo
Coach



Wayne Mitchell
Coach



Laurilyn Dublin
Chaperone



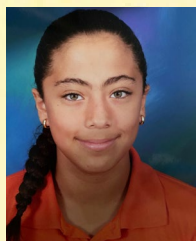
Ayesha Green
Team Official



Dr. Effie Barton
Doctor



Aruba



Genisis A.
Lacle



Ocean R.
Van Loon



Liv
Farro



Anezka
Tromp



Jaydon
Croes



Braynsly
Dirksz



Gavin
Kock



Britta C.
Schwengle



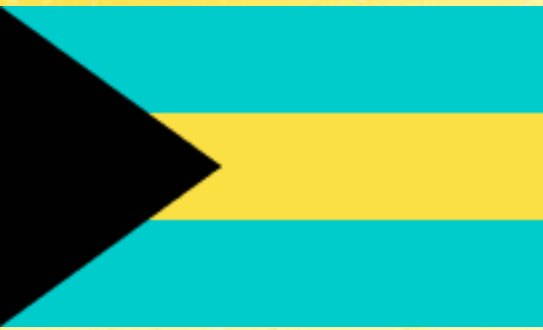
Tyrine de Kort
Coach



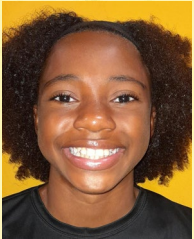
Ismael Santiesteban
Coach



Rudolf Lacle
Team Official



Bahamas



Christin-Alyssa C.
Clarke



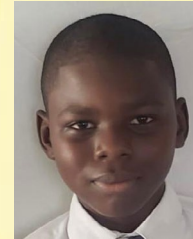
Samirah E.
Donaldson



Saleste A.
Gibson



David A.
Singh



Maxwell P.
Daniels



William A.
Farrington



Lenin M.
Hamilton



Noah S.
Knowles



Lelah E.
Lewis



Trinity C.
Pratt



Dijon M.
Simmons



Tristen M.
Hepburn



Donald L.
Saunders



Tia-Isabella J.
Adderley



Lauren J.
Bridgewater



Caleb T.
Ferguson



Zion U.
Gibson



Asher A.
Johnson



Ayrton G.
Moncur



Mia K.
Patton



Erin M.
Pritchard



Elle A.
Theberge



Caden A.
Wells



Tristin K.
Ferguson



Rhanishka R.
Gibbs



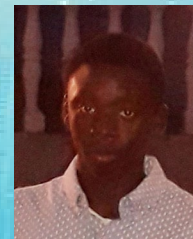
Kyana D.
Higgs



Marvin L.
Johnson



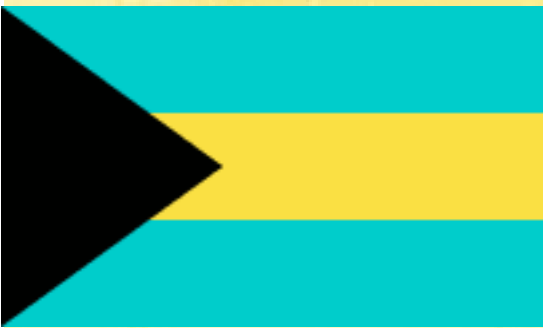
Jack C.
Barr



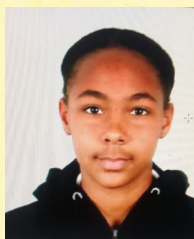
Nigel J.
Forbes



Emmanuel L.
Gadson



Bahamas cont'd



Keianna B.
Moss



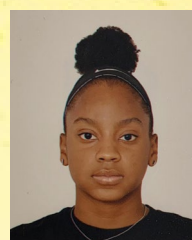
Rachel L.
Lundy



Delaney L.
Mizell



Jake F.
Thompson



Zaylie-Elizabeth P.
Thompson



Erald C.
Thompson III



Andy Loveitt
Coach



Camron Brune
Coach



Travano McPhee
Coach



Andrea Strapp
Team Manager



William Hamilton
Doctor



Bermuda



Arabella
Newport Derbyshire



Violet
Smith



Marleigh F.
Howes



Imojen
Judd



Brandon B.
Adkins



Elijah
Daley



Bella S.
Howes



Flynn C.
Watson-Brown



Myeisha N.
Sharrieff



Finn
Moseley



Taylor E.
White



Sam
Williamson



Ben Smith
Head Coach



Shona Palmer
Coach



Rebecca White
Team Manager



Cayman Islands



Lev
Fahy



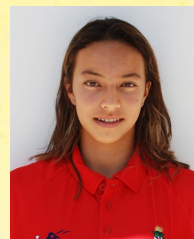
Azania
Osborne



Kassandra S.
Adapa



Luke A.
Higgs



Reagan
Lisle



Coco
McGrath



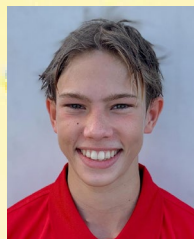
Eva
Oldfield



Riley
Watson



Sierrah
Broadbelt



Jack L.
Clarke-Terrell



Phin
Ellison



Dominic
Gunn



Sofia
Bonati



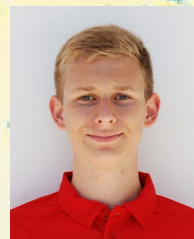
Brianna
Fischetti



Lola G.
Haworth



Lila
Higgs



Dominic
Hilton



Danny
Kish



Teagan
Nash



James
Allison



Harper
Barrowman



Jillian
Crooks



Kathryn
Lambert-Wragg



Jordan
Lisle



Conner
Macdonald



Will
Sellars



Kaitlyn
Sullivan



Allyson
Belfonte



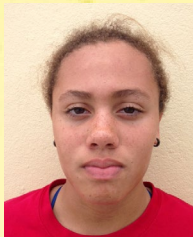
Stefano
Bonati



Tate
Marr



Cayman Islands cont'd



Raya
Embury-Brown



Corey
Frederick-Westerborg



Kyra
Rabess



Terri Barrowman
Team Manager



Andrea Ho
Asst. Team Manager



Jacky Pellerin
Head Coach



Darren Mew
Coach



Rob Harrington
Assistant Coach



David Pursley
Official



Sam Foster
Team Physiotherapist



Grenada



Tilly
Collymore



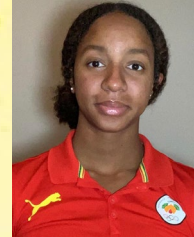
Sara
Dowden



Nathan
Fletcher



Joshua
Wilson-Dumont



Gabrielle
Hyson



Zackary
Gresham



Kimberly
Ince



Gerson Fernandez
Head Coach



Sandra Gonzalez Bustos
Coach - Open Water



Chad Hyson
Team Manager



Ruth Collymore
Team Official



Nigel Gresham
Team Official



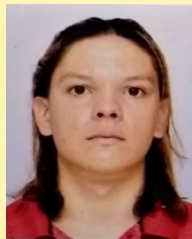
Guyana



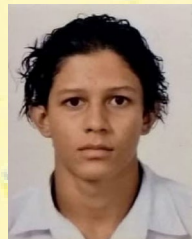
Vishal
Babulall



Daniel
Claxton



Eliot
Gonsalves



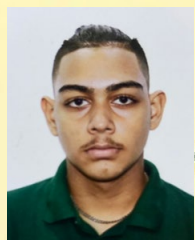
Ethan
Gonsalves



Nathan
Jackson



Shareefah
Lewis



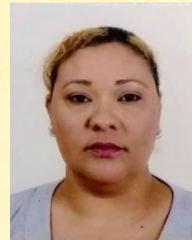
Stephen
Ramkhalawan



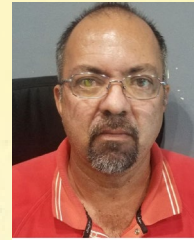
Stephon
Ramkhalawan



Amber
Degoeas



Shyka Gonsalves
Coach



Sean Baksh
Chaperone



Elke Rodrigues
Team Manager



Haiti



Daknishael Bezaleel
Sanon



Christian Vladimir
Jerome



Raphael Emmanuel
Grandpierre



Cleo Grandpierre
Team Manager



Naomy Grandpierre
Head Coach



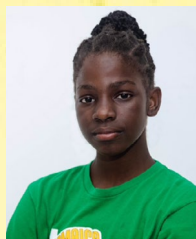
Robert Macleod
Assistant Coach



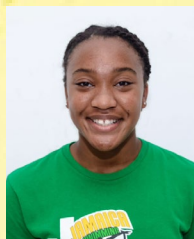
Dakson Sanon
Team Official



Jamaica



Jessica
Denniston



Kara
Hutchinson



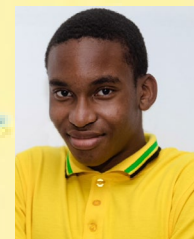
Alexandria
Cogle



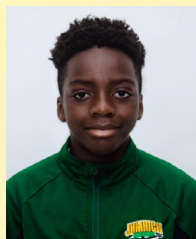
Victoria
Vandeeler



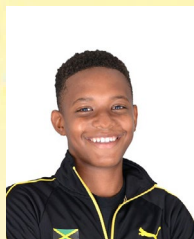
Alyssa
Jefferson



Kai
Radcliffe



Adlai
Nixon



Benjamin
Davis



Talon
Longmore



Matthew
Kennedy



Leah
Chin



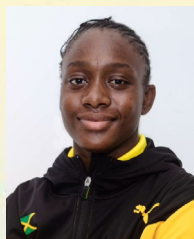
Davia
Richardson



Ethan-George
Hunter



Carolyn
Levy-Powell



Christanya
Shirley



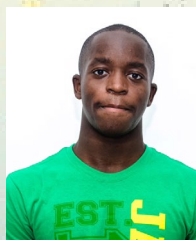
Zack-Andre
Johnson



Kabiki
Thomas



Charles
McIntosh



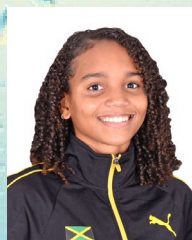
Akeem
Nicely



Brady
Lewinson



Asha
Davis



Leana
Wainwright



Mackenzie
Headley



Nelson
Denny



Morgan
Cogle



Devaughn
Robe



Daniel
Mair



Sabrina
Lyn



Zaneta
Alvaranga



Nathaniel
Thomas



Jamaica cont'd



Zachary
Jackson-Blaine



Kaheem
Lozer



Zachary
Randle



Lynval Lowe
Assistant Coach



Debbie-Ann Kennedy
Team Manager



Dr. Carleene Grant-Davis
Team Doctor



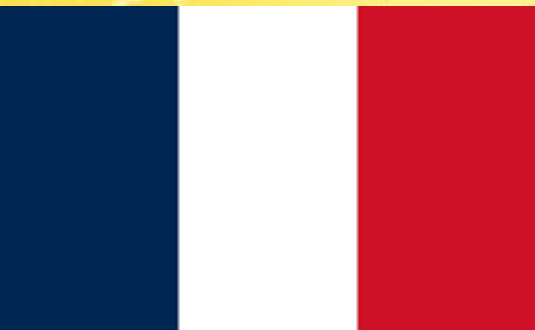
Dr. Dialo Brown
Team Physiotherapist



Wendy Lee
Official



Nesta-Claire Hunter
Official



Martinique



Sayane
Guivissa



Malia
Soroman



Jade
Bering



Cyrielle
Manin



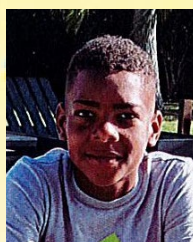
Lucas
Onteniente



Nelle
Aurore



Maylis
Lepel



Christophe
Maleau



Kimani
Bellanger



Coralie
Lepel



Baptiste Degrace
Head of Delegation



Alex Badain
President



Bruno Lacour
Coach



Catherine Ardes
Chaperone



Saint Lucia



Fayth
Jeffrey



Karic
Charles



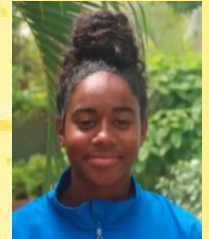
Tristan
Dorville



Ethan
Hazell



D'Andre
Blanchard



Naima
Hazell



Naekeisha
Louis



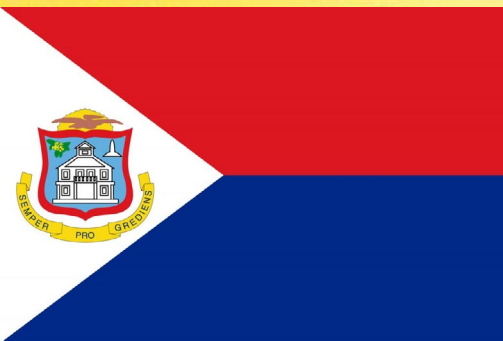
Andy Edward
Team Coach



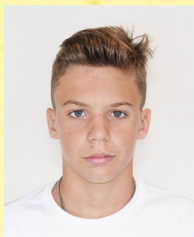
Tessa Charles-Louis
Team Manager



Sabrina Odol
Chaperone



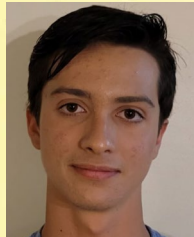
Saint Martin



Joey
Schvartz



Saphir
Thomas



Matias
Piazza



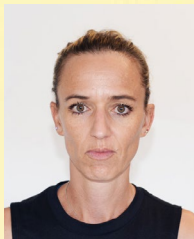
Sacha
Gibbs



Attilio Piazza
Team Official



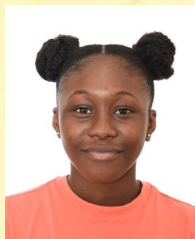
Stephen Leal
Team Official



Ady Arnaud
Team Official



St. Vincent & the Grenadines



Eltonique
Leonard



Matthew
Ballah



Zariel
Nelson



Kevern
DaSilva



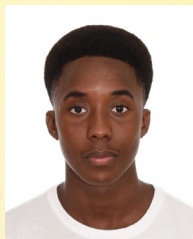
Brandon
George



Kennice
Greene



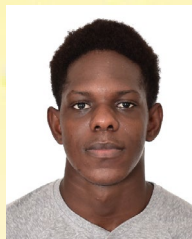
Jamie S.
Joachim



Eltonte
Leonard



Tia
Gun-Munro



Kenale A.
Alleyne



Bryson A.
George



Kyle Dougan
Coach



Brian George
Team Manager



Aphene John
Team Official



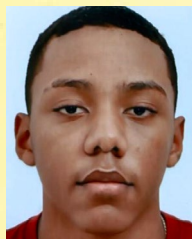
Suriname



Chris Gerald
Soeperman



Ismael
Holtuin



Ezra
Rodriguez



Anieldath Girjasing
Team Official



Trinidad & Tobago



Alejandro
Agard



Marcus
Alexander



Sapphire
Wong Chong-Achee



Liam
Carrington



Liam
Roberts



Zachary
Anthony



Nikoli
Blackman



Zarek
Wilson



Johann-Matthew
Matamoro



Aaron B.
Stuart



Irmani
Smith



Jade
Foncette



Zoe
Anthony



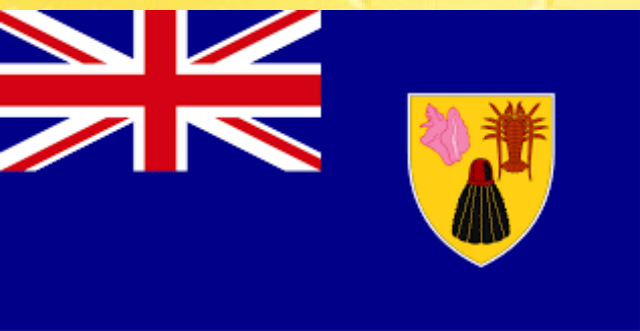
Maurice Faria
Head Coach



Nisha Charles
Assistant Coach



Bertram Blackman
Team Manager



Turks & Caicos



Danielle
Burgess



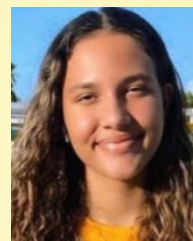
Jayden M.
Davis



Ethan
Gardiner



Mateo
Gardiner



Angelina F.
Lindenhahn



Sophie B.
Taylor



Tajhari J.
Williams



Thais A.
Burgess



Rohan
Shearer



Sean
Walters



Ezekial Hall
Coach



Bennett Williams
Coach



Vander Walters
Team Manager



US Virgin Islands



Zion
John Baptiste



Dominique
McClammy



Quinnton
Caines



Daryan
Maynard



Riley
Miller



Sasha
Poe



Kalonji
Von Schilling-Royer



Morgan
Garner



Kaeden
Gleason



Allison L.
Joseph



Gaby D.
Evora



Veronica
Leinenbach



Lindsay
Barr



Gabriela
Brunt



Victoria
Sperber



Jaidan
Camacho



Michael
Dizon-Bumann



Max
Wilson



Brian Brady
Coach



Cinthia Sanes
Team Official



John Vasbinder
Team Official



Anna Wilson
Team Official



Barbados



Toria
Alleyne



Amiya
Harrison



Ayobami
Leon-Barker



Jaiya
Simmons



Heidi
Stoute



Victor
Ashby



Zachary
Burke



Brendan
Gill



Tariq
Greenidge



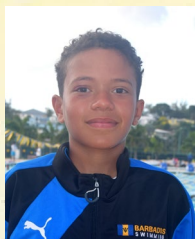
Nikolai
Sisnett



Brennan
Watson



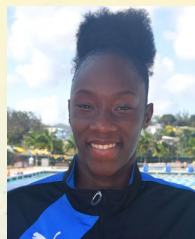
Zachary
Best



Luke
McIntyre



Amelie
Baker



Amelia
Mayers



Keilani
Talma



Adara
Stoddard



Toni
Walrond



Jake
Chee-A-Tow



Christopher
Pollard



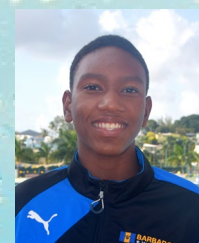
Storme
Collymore



Omari
Sealy



Kai
Trotman



Amani
Miller



Dave Farmer
Head Coach



Aisha Norville
Assistant Coach



Darny Olalde-Hernandez
Open Water Coach



Sharon Small
Team Manager



Anthony Walrond
Chaperone



Ian Watson
Chaperone

We offer our heartfelt gratitude to the generous sponsors & supporters of Carifta Aquatics 2022!



NATIONAL SPORTS COUNCIL
GET MOVING...GET ACTIVE...GO SPORTS



BARBADOS W.I.



BARBADOS
TENNIS
ASSOCIATION INC



THANK YOU!

The successful hosting of Carifta 2022 has only been made possible through the combined efforts of the BASA staff and Executive Members, loyal volunteers and our many sponsors. We at the BASA are aware of the multitude of challenges which many businesses have faced in the last 2 years as a result of the pandemic and are therefore truly grateful to Corporate Barbados and all those who have offered sponsorship for their generosity in helping us make this event possible.

We would be remiss if we did not also express our heartfelt thanks and appreciation to you, our loyal supporters who have travelled from Haiti in the north to Trinidad in the south and from many islands in between, to lend your support and celebrate a return to CARIFTA swimming.

We hope everyone has a memorable experience and we look forward to when we all meet again.

Barbados Bottling Company
Barbados Olympic Association
Barbados Rally Club
Barbados Tennis Association
Caribbean Aerial Photography
CBC
ESSCO
ESSO Oistins
Flow Sports
McBride (Caribbean) Limited
mPowered Inc.
National Sports Council
New Tech Incorporated
Riveting Media Inc.
Rubis West Indies Ltd.
The Boatyard
The Bolles School
Urgent Care





HOSTED BY THE BARBADOS AQUATIC SPORTS ASSOCIATION
The Barbados Aquatic Centre
Wilkey, St. Michael
Barbados

basa@caribsurf.com | www.swimbarbados.com