
RECORDS Absolute Record
LC Meters-Female

50 Free	25.61	27-avr.-19	ARU	Ally Ponson at Puerto Rico Open 2019
100 Free	56.78	26-août-19	ARU	Ally Ponson at Puerto Rico Ope
200 Free	2:05.66	6-mars-20	ARU	Ally Ponson at So Zone South Sectional Championships 2020
400 Free	4:24.20	3-mars-16	ARU	Daniella P. Van den berg at Arena Pro series Orlando
800 Free	8:58.09	3-mars-16	ARU	Daniella P. Van den berg at Arena Pro series Orlando
50 Back	31.72	11-déc.-20	STING- BD	Elisabeth Timmer at Back to the pool 2020
100 Back	1:09.41	27-avr.-07	STING	Valerie Eman at Dutch Caribbean 2007
200 Back	2:30.23	2-août-05	ARU	Valerie Eman at CCCAN 2005
50 Breast	32.98	20-juil.-18	ARU- BD	Anahi Schreuders at XXIII Juegos CAC-Barranquilla 2018
100 Breast	1:12.79	19-févr.-20	ARU- BD	Anahi Schreuders at MW Conference Long Course Trial Minneapolis
200 Breast	2:45.45	23-juin-12	ARU	Ashley Bransford at IXX CARIBBEAN ISLANDS SWIMMING CHAMPIONSHIPS
50 Fly	28.52	12-mai-17	STING	Keeley Maduro at XI Stingray Challenge 2017
100 Fly	1:05.08	15-avr.-15	ARU	Keeley Maduro at XXV Campeonato Sudamericano Juvenil de Nataci
200 Fly	2:25.41	6-mai-14	ARU	Daniella P. Van den berg at Dominican Republic Open Swimming Meet
200 IM	2:28.02	22-avr.-14	ARU	Daniella P. Van den berg at CARIFTA Swimming Championships 2014
400 IM	5:09.40	28-juin-14	ARU	Daniella P. Van den berg at XX CARIBBEAN ISLANDS SWIMMING CHAMPIONSHIPS
200 Free Relay	1:50.01	12-avr.-12	ARU	Aruba G. Ponson, C. Maduro, D. van den Berg, A. Ponson
400 Free Relay	4:00.17	15-avr.-15	ARU	Aruba A. Schreuders, E. Timmer, K. Maduro, F. KOCK
800 Free Relay	8:50.52	29-juin-16	ARU	Aruba K. Maduro, A. Van den berg, R. 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-juin-15	ARU	Aruba E. Timmer, A. Schreuders, K. Maduro

RECORDS Absolute Record
LC Meters-Male

50 Free	22.84	16-janv.-20	ARU- BD	Mikel Schreuders at TYR proswim knoxville
100 Free	49.08	8-août-19	ARU- BD	Mikel C. Schreuders at Panamerican Games Lima 2019
200 Free	1:48.63	20-juil.-18	ARU- BD	Mikel C. Schreuders at XXIII Juegos CAC-Barranquilla 2018
400 Free	3:58.38	28-juin-17	ARU	Mikel C. Schreuders at XXX CCCAN Swimming Championships 2017
1500 Free	16:18.17	4-avr.-15	ARU	Patrick G. Groters at XXX Carifta Swimming Championships 2015
50 Back	26.32	20-juil.-18	ARU- BD	Patrick G. Groters at XXIII Juegos CAC-Barranquilla 2018
100 Back	55.82	8-août-19	ARU- BD	Patrick G. Groters at Juegos Panamericanos Lima 2018
200 Back	2:02.32	7-août-19	ARU- BD	Patrick G. Groters at Juegos Panamericanos 2019
50 Breast	28.40	23-juil.-17	ARU- BD	Jordy A. Groters at 17th Fina World Championships
100 Breast	1:02.95	23-juil.-17	ARU- BD	Jordy A. Groters at 17th Fina World Championships
200 Breast	2:18.55	14-juil.-15	ARU	Jordy A. Groters at PANAMERICAN GAMES TORONTO 2015
50 Fly	25.16	27-juin-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-juin-16	ARU	Joseph A. Winterdal at XXI CARIBBEAN ISLANDS SWIMMING CHAMP
200 IM	2:01.62	12-déc.-19	ARU- BD	Patrick G. Groters at US Open
400 IM	4:27.69	15-avr.-17	ARU	Patrick G. Groters at XXXII Carifta Swimming Championships 2017
200 Free Relay	1:37.33	2-juin-16	STING	STINGRAY SWIMMING J. Winterdal, D. Jacobs, P. Groters, M. Sch
400 Free Relay	3:33.55	29-juin-16	ARU	Aruba D. Jacobs, P. Groters, J. Winterdal, M. Schreuders
800 Free Relay	7:55.80	29-juin-16	ARU	Aruba D. Jacobs, J. Winterdal, P. Groters, M. Schreuders
200 Medley Relay	1:55.60	5-juin-14	ARDOL	ARUBA DOLPHINS T. WERNET, R. Hoen, E. Mulder, R. POSTM
400 Medley Relay	3:54.79	29-juin-16	ARU	Aruba P. Groters, M. Schreuders, J. Winterdal, D. Jacobs

RECORDS Absolute Record**LC Meters-Mixed**

200	Free Relay	1:42.75	4-juin-15	STING	Stingray Swimming	
200	Medley Relay	2:00.44	15-avr.-15	ARU	ARUBA	K. Maduro, B.Cheong, D. Jacobs, F.Kock
200	Medley Relay	1:56.19	13-mai-16	STING	STINGRAY SWIMMING	P. Groters, A. Schreuders, J. Winterdal, A.