



2005 Carifta Swimming Championships

Final Point Standings

Place	Team	Points
1st	The French Antilles	884.50
2nd	Trinidad & Tobago	865
3rd	Bahamas	753.50
4th	The Netherlands Antilles	589
5th	Suriname	506.50
6th	Jamaica	441.50
7th	Cayman Islands	266
8th	Barbados	241
9th	Aruba	169.50
10th	St. Lucia	113
11th	Bermuda	73
12th	Grenada	67.50
13th	The Virgin Islands	25

Final Medal Standings

Team	Gold	Silver	Bronze	Total
The French Antilles	24	21	20	65
Bahamas	24	20	21	65
Trinidad & Tobago	20	19	26	65
Cayman Islands	14	4	3	21
The Netherlands Antilles	13	10	8	31
Barbados	6	8	6	20
Suriname	4	7	14	25
Aruba	4	7	4	15
Grenada	4	1	1	6
Jamaica	3	11	9	23
St. Lucia	2	7	1	10
The Virgin Islands	1	0	1	2
Bermuda	0	1	2	3

BAHAMAS TOTAL MEDALS - 65

GOLDS (24)

Ashley Butler - 11-12 Girls 50 metre Free - 29.17
 Mykayla Lightbourne - 11-12 Girls 50 metre Breast - 37.94***
 Mykayla Lightbourne - 11-12 Girls 100 metre Breast - 1:21.84
 Mykayla Lightbourne - 11-12 Girls 200 metre Breast - 2:52.69***
 Mykayla Lightbourne - 11-12 Girls 200 metre IM - 2:37.14
 Mykayla Lightbourne - 11-12 Girls 400 metre IM - 5:35.22***
 Alicia Lightbourne - 13-14 Girls 100 metre Breast - 1:17.61
 Alicia Lightbourne - 13-14 Girls 200 metre Breast - 2:47.08
 Alicia Lightbourne - 13-14 Girls 200 metre IM - 2:31.88
 Alicia Lightbourne - 13-14 Girls 400 metre IM - 5:27.77
 Arianna Vanderpool-Wallace - 13-14 Girls 50 metre Fly - 30.72
 Arianna Vanderpool-Wallace - 13-14 Girls 100 metre Fly - 1:09.49
 Alana Dillette - 15-17 Girls 50 metre Back - 31.25
 Alana Dillette - 15-17 Girls 100 metre Back - 1:08.05
 Alana Dillette - 15-17 Girls 200 metre Back - 2:30.44
 Alana Dillette - 15-17 Girls 100 metre Fly - 1:05.67
 Alana Dillette - 15-17 Girls 200 metre Fly - 2:28.99
 Alana Dillette - 15-17 Girls 100 metre Free - 1:00.15
 Alana Dillette - 15-17 Girls 200 metre Free - 2:09.72
 Alana Dillette - 15-17 Girls 400 metre Free - 4:41.74
 Alana Dillette - 15-17 Girls 200 metre IM - 2:26.12
 Alana Dillette - 15-17 Girls 400 metre IM - 5:16.89
 13-14 Girls Medley relay - Jade Thompson, Anthaya Rolle, Arianna Vanderpool-Wallace, Alicia Lightbourne - 4:48.53
 15-17 Boys Medley relay - Nevar Smith, Ashton Knowles, Denaj Seymour, Vereance Burrows - 4:11.10

SILVERS (20)

Ashley Butler - 11-12 Girls 100 metre Free - 104.31
 Kadesha Culmer - 11-12 Girls 50 metre Fly - 31.82
 Mykayla Lightbourne - 11-12 Girls 200 metre Free - 2:20.60
 Mykayla Lightbourne - 11-12 Girls 200 metre Back - 2:42.43
 Alicia Lightbourne - 13-14 Girls 50 metre Breast - 36.09
 Alicia Lightbourne - 13-14 Girls 100 metre Free - 1:01.81
 Arianna Vanderpool-Wallace - 13-14 Girls 50 metre Free - 28.80
 Arianna Vanderpool-Wallace - 13-14 Girls 200 metre Free - 2:14.94
 John Bradley - 13-14 Boys 1500 metre Free - 18:04.68
 Teisha Lightbourne - 15-17 Girls 50 metre Free - 28.24
 Shane Armbrister - 15-17 Boys 200 metre IM - 2:18.52
 Shane Armbrister - 15-17 Boys 400 metre IM - 4:59.59
 11-12 Girls 200 metre Free relay - Kadesha Culmer, Shante Moss, Jessica Greene, Ashley Butler - 2:00.10
 11-12 Girls 400 metre Free relay - Kadesha Culmer, Shante Moss, Jessica Greene, Ashley Butler - 4:28.84
 11-12 Girls Medley relay - Mykayla Lightbourne, Shante Moss, Kadesha Culmer, Ashley Butler - 5:05.32
 13-14 Girls 200 metre Free relay - Arianna Vanderpool-Wallace, Jenna Chaplin, Jade Thompson, Alicia Lightbourne - 1:57.37
 13-14 Girls 400 metre Free relay - Arianna Vanderpool-Wallace, Jade Thompson, Jenna Chaplin, Alicia Lightbourne - 4:14.98
 13-14 Girls 800 metre Free relay - Jenna Chaplin, Alicia Lightbourne, Jade Thompson, Arianna Vanderpool-Wallace - 9:25.71
 15-17 Girls 200 metre Free relay - Teisha Lightbourne, Franshon Francis, Alana Dillette, Chanteia Musgrove - 1:55.86
 15-17 Girls 400 metre Free relay - Teisha Lightbourne, Franshon Francis, Alana Dillette, Chanteia Musgrove - 4:16.38

BRONZE (21)

Ashley Butler - 11-12 Girls 50 metre Fly - 32.45
 Mykayla Lightbourne - 11-12 Girls 50 metre Back - 35.62
 Mykayla Lightbourne - 11-12 Girls 400 metre Free - 5:01.95
 Shante Moss - 11-12 Girls 50 metre Breast - 38.64
 Alicia Lightbourne - 13-14 Girls 200 metre Free - 2:15.74
 Arianna Vanderpool-Wallace - 13-14 Girls 100 metre Free - 1:01.85
 Arianna Vanderpool-Wallace - 13-14 Girls 400 metre Free - 4:53.74
 Arianna Vanderpool-Wallace - 13-14 Girls 200 metre IM - 2:37.05
 John Bradley - 13-14 Boys 400 metre Free - 4:33.30
 Jonathan Bain - 13-14 Boys 50 metre Free - 26.25
 Teisha Lightbourne - 15-17 Girls 50 metre Fly - 30.84
 Teisha Lightbourne - 15-17 Girls 100 metre Breast - 1:19.82
 Teisha Lightbourne - 15-17 Girls 200 metre Breast - 2:53.69
 Teisha Lightbourne - 15-17 Girls 200 metre IM - 2:33.76
 Nevar Smith - 15-17 Boys 50 metre Back - 28.59
 Nevar Smith - 15-17 Boys 100 metre Back - 1:02.47
 Shane Armbrister - 15-17 Boys 1500 metre Free - 17:37.61
 Vereance Burrows - 15-17 Boys 50 metre Fly - 26.35
 15-17 Girls 800 metre Free relay - Teisha Lightbourne, Chanteia Musgrove, Franshon Francis, Alana Dillette - 9:26.78
 15-17 Boys 200 metre Free relay - Vereance Burrows, Ashton Knowles, Nevar Smith, Jevaughn Saunders - 1:41.13
 15-17 Boys 400 metre Free relay - Nevar Smith, Shane Armbrister, Ashton Knowles, Vereance Burrows - 3:44.90

*** denotes new Carifta record.

Carifta swim team returns

Alana is top female with 10 gold medals

By **SHELDON LONGLEY**
 NG Sports Reporter

The Bahamas' 30-member Carifta Swim team returned home yesterday afternoon with more medals than ever before, and leading the way was female captain Alana Dillette who made sure that her final Carifta would be her best.

Dillette won two more gold medals Sunday night to bring her total to a whopping 10, and by the end of the night, The Bahamas had pulled into a three-way tie for first place in total medals. Coincidentally, winner The French Antilles, Trinidad & Tobago, who finished second overall, and The Bahamas, who had to settle for third, all finished with 65 medals.

The French Antilles had 24 gold medals, 21 silvers, 20 bronze and 884.50 overall points to win the meet in Otrobanda, Curacao over the week-



Sports photo by Sheldon Longley

WE CAME THIRD - The entire Bahamas' Carifta Swim contingent pose for a group shot at the airport in Otrobanda, Curacao yesterday afternoon before leaving for New Providence.

end. Trinidad & Tobago was second overall with 20 golds, 19 silvers, 26 bronze and 865 overall points while The Bahamas had to

settle for third despite having more gold and silver medals than Trinidad & Tobago. The Bahamas finished with 24 gold

medals, 20 silvers, 21 bronze and 753.50 overall points. The Netherlands Antilles were a distant (See **RETURN on C3**)



Sports photo by Sheldon Longley

LOADED WITH MEDALS - The Bahamas' 11-12 Girls pose with their medals won at the Carifta Swimming Championships in Otrobanda, Curacao this past weekend. From left to right are: Mykayla Lightbourne, Shante Moss, Ashley Butler, Kadesha Culmer and Jessica Greene.

The future looks bright!

11-12 year olds might be the next Alana's

By **SHELDON LONGLEY**
 NG Sports Reporter

Alana Dillette might not be with them next year, but waiting to move up to that next level are a number of young athletes, and young females in particular, who promises to be just as good!

One of them even broke one of Alana's long-standing Carifta records this past weekend in Otrobanda, Curacao.

Mykayla Lightbourne, 12, set a new standard in the 11-12 Girls 200 metre Breast, breaking Alana's old mark of 2:55.73.



Sports photo by Sheldon Longley

NUMBER ONE - The Bahamas' 11-12 Boys pose at the airport in Otrobanda, Curacao yesterday afternoon before leaving for New Providence. From left to right are: Travis Strachan, Mancer Roberts, Pemrae Walker and Dimitri Knowles.

Mykayla swam 2:52.69 for one of three meet records she set over the weekend. In total, she won five

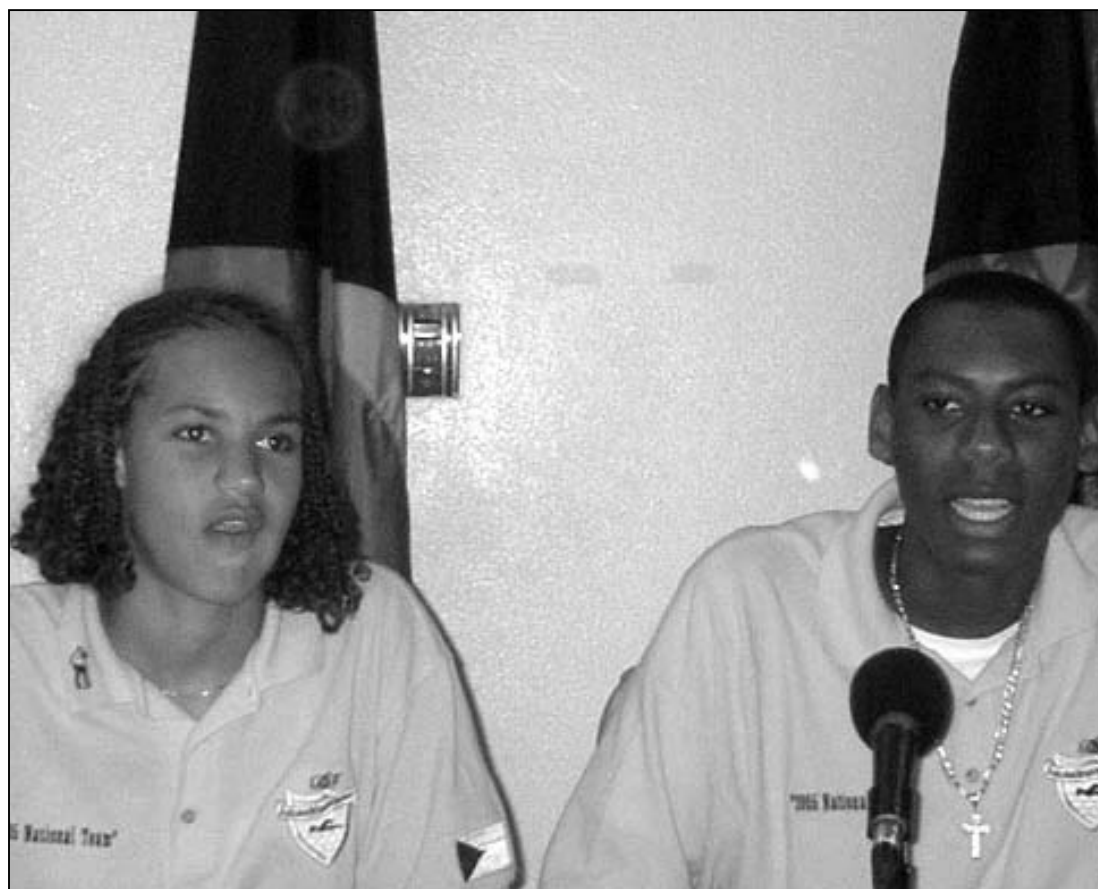
individual gold medals, two silvers and two bronze. She also had another silver medal on

the 11-12 Girls Medley relay squad. Mykayla was the high (See **BRIGHT on C3**)



Sports photo by Sheldon Longley.

PARTY TIME - Some of the girls on The Bahamas' Swim team gather for a group shot at the party held in their honour last night in Otrobanda, Curacao.



Sports photo by Sheldon Longley

CAPTAINS SPEAK - The Bahamas' Swim team captains address the gathering upon their arrival yesterday afternoon at the Nassau International Airport.



Sports photo by Sheldon Longley

STRAPPED IN GOLD - Alana Dillette addresses the gathering on The Bahamas' Swim team arrival yesterday afternoon at the Nassau International Airport. Alana swam in 10 events in Otrobanda, Curacao and won 10 gold medals.

BRIGHT

(CONT. From C1)

point winner in the 11-12 Girls category, but she wasn't the only Bahamian which stood out in that age group.

Young Ashley Butler had a phenomenal meet as she went full circle with an individual gold, silver and bronze. She also anchored three relay squads to silver medal performances.

Ashley was so elated with her gold

medal, whereas she was glowing from ear to ear straight through her medal presentation. Mom Michelle even commented on how she noticed her daughter's huge smile from the stands. Ashley won gold in the 50 metre Free on the final night of competition in 29.17 seconds.

"I am so elated. I love that so much," she said. "I finally got a gold medal. I did exactly what my coach told me what to do and I got that gold medal."

Ashley said that she wasn't too sure if she would get the gold or not, because the same girl who beat her in the 100 metre

Free was in that race. However, she added that she just got out as fast as she could and came home strong.

"I wanted to get her back in the 50 Free and I did that," she said. "That was a dream of mine and I am very proud of myself."

Ashley finished second in the 100 Free in 1:04.31 and third in the 50 metre Fly in 32.45. Grand Bahamian Kadesha Culmer won the silver medal in that same race in 31.82 seconds and was also a part of the three silver medal squads.

Even the youngest member on team Bahamas, 11 year-old Shante Moss, who is still in elementary school, won an individ-

ual medal. Moss, a sixth grader at St. Thomas More, won the bronze medal in the 11-12 Girls 50 metre Breast in 38.64 seconds. She was also a part of the three silver medal squads. Jessica Greene, who also swam in that age group, didn't win an individual medal but was a member of two of those relay squads.

Even the 11-12 Boys, who didn't medal this year in Curacao, were relentless in their efforts and could only get better. Mancor Roberts II swam in a whopping 10 events, Pemrae Walker swam in seven, and Dimitri Knowles and Travis Strachan both swam in six.

RETURN

(CONT. From C1)

fourth with 589 points.

"I was very proud of the team and very proud to be the coach," said Head Coach Gavin Ferguson. "These swimmers were prepared very well and that is the reason why we are able to do as well as we did. This team has set a high standard for the future and it is going to be tough to match that. They did an excellent job and they need to be commended for that."

Not to be forgotten is an 11-member Boys Water Polo team, which scored their first goal in Carifta history. Jared Strachan had that first goal for The Bahamas. They then went on to score two in the next game and finished the competition with a 14-8 loss to Jamaica. Jamaica beat them 43-0 last year.

As for Dillette, she became the first Bahamian female to win 10 individual gold medals at a single Carifta Championships. As a matter of fact, she was the first female period to win 10 individual gold medals at a single Carifta Swimming Championships. She led by

example in her final Carifta Championships, and The Bahamas will definitely miss her next year in Barbados.

"I did almost all best times and I am really happy with the meet," she said in Curacao after winning her 10th gold medal. She admitted that she didn't expect to get all 10 gold medals.

"Had I come here and did all best times and not get 10 gold medals, I would have been fine with that," she added. "I started from the bottom and worked hard and I hope that my teammates could see that, and continue to work hard."

Alana's father, Al Dillette, said in Curacao that one of the reasons that Alana developed so quickly and so tremendously was a direct result of her chasing her older brothers around in the pool. Both of her older brothers are former Carifta swimmers for The Bahamas. Alana's mother simply joked that she got the athletic side from her and the good looks from her father.

"Right now she is reaping the rewards of a lot of hard and consistent effort," Al Dillette said. "Certainly her accomplishments are stellar. Parents are proud of their children at times like these and I

am certainly very proud of Alana. She is a tremendous athlete. There is a whole tribe of girls looking up to her and that means well for the future of Bahamian swimming."

Some of those girls looking up to her had fabulous performances in Curacao themselves. Mykayla and Alicia Lightbourne both won additional gold medals on the final night of competition to bring their totals up to five and four individual gold medals respectively. Mykayla had five gold medals in total, three silvers, and two bronze and Alicia had five golds, five silvers and one bronze.

Arianna Vanderpool-Wallace had three golds, five silvers and three bronze. Teisha Lightbourne had three silvers and five bronze.

Boys captain Nevar Smith had one gold and four bronze and Shane Armbrister had two silvers and two bronze.

A number of other swimmers had spectacular performances, like young Ashley Butler who struck gold on the final night in the 11-12 Girls 50 metre Free in a time of 29.17 seconds. She went full circle with an individual gold, silver and bronze in these championships, and three other sil-

ver medals courtesy of the relays.

To return home with 65 medals alone, the most ever by a Bahamian Carifta Swim squad, speaks for itself.

The entire team was greeted to a reception yesterday afternoon inside the VIP Lounge of Nassau International Airport. Returning home after a two-and-a-half-hour plane ride on a Bahamasair Boeing 737 chartered jet, many of them were still exhausted from the weekend's activities but glad to be home nonetheless. The team reached Curacao last Tuesday on a Bahamasair jet and returned home on one.

Minister of Youth, Sports and Culture, Neville Wisdom, who couldn't make the trip, told the team upon their arrival home yesterday afternoon that judging from the medal sheet, they won the meet.

"I am so proud of you because you just happen to be the most well-disciplined, most well-behaved and most focused athletes," the minister said. "Sports is a powerful tool for national development and I just want to celebrate with you and thank you so much."

The team reached home two hours after schedule yesterday but all were still in high spirits just to be back on home soil.