

| Swim 100yd Breaststroke                                       |                  |              |         |            |           |              |            |
|---------------------------------------------------------------|------------------|--------------|---------|------------|-----------|--------------|------------|
| Female Record Holders                                         |                  |              |         |            |           |              |            |
| <b>SWIMMING - BREAST STROKE 100 YDS - WOMEN (NEW IN 2016)</b> |                  |              |         |            |           |              |            |
| 55 - 59                                                       | Joanne Brenton   | Alexandria   | 1:55.18 | 2017*      |           |              |            |
| 60 - 64                                                       | Denise Kirwan    | Falls Church | 1:27.59 | 2016       |           |              |            |
| 65 - 69                                                       | Denise Kirwan    | Leesburg     | 1:31.03 | 2017*      |           |              |            |
| 70 - 74                                                       | Elinor Schwartz  | Arlington    | 2:34.46 | 2017*      |           |              |            |
| 75 - 79                                                       | Karen Parker     |              | 1:59.25 | 2016       |           |              |            |
| List of Participants 2017                                     |                  |              |         |            |           |              |            |
| Sex                                                           | Age Group        | Place        | Age     | First Name | Last Name | City         | Score/Time |
| F                                                             | 55-59            | Gold         | 56      | Joanne     | Shabelski | Alexandria   | 1:55.18 *  |
| F                                                             | 60-64            | Gold         | 61      | Betsy      | Boswell   | Vienna       | 1:51.31    |
| F                                                             | 60-64            | Silver       | 62      | Priscilla  | Knight    | Gainesville  | 2:00.12    |
| F                                                             | 65-69            | Gold         | 65      | Denise     | Kirwan    | Leesburg     | 1:31.03 *  |
| F                                                             | 70-74            | Gold         | 70      | Elinor     | Schwartz  | Arlington    | 2:34.46 *  |
| Male Recorde Holders                                          |                  |              |         |            |           |              |            |
| <b>SWIMMING - BREAST STROKE 100 YDS - MEN (NEW IN 2016)</b>   |                  |              |         |            |           |              |            |
| 50 - 54                                                       | Mark Harris      | Alexandria   | 1:13.46 | 2016       |           |              |            |
| 55 - 59                                                       | Robet Romo       | Oakton       | 1:22.03 | 2017*      |           |              |            |
| 60 - 64                                                       | Ralph Swiger     | Leesburg     | 1:38.75 | 2016       |           |              |            |
| 65 - 69                                                       | James Hill       | Springfield  | 1:22.31 | 2017*      |           |              |            |
| 70 - 74                                                       | James Leimkuhler | McLean       | 1:39.50 | 2016       |           |              |            |
| 75 - 79                                                       | Herb Levitan     | Arlington    | 1:51.56 | 2016       |           |              |            |
| 80 - 84                                                       | David Nicholas   | Oakton       | 1:51.09 | 2017*      |           |              |            |
| 85 - 89                                                       | Phil Case        | Springfield  | 2:57.56 | 2016       |           |              |            |
| List of Male Participants                                     |                  |              |         |            |           |              |            |
| M                                                             | 50-54            | Gold         | 52      | Ian        | Liu       | Falls Church | 1:20.28    |
| M                                                             | 55-59            | Gold         | 59      | Robert     | Romo      | Oakton       | 1:22.03*   |
| M                                                             | 55-59            | DNP          | 55      | Mark       | Harris    | Alexandria   |            |
| M                                                             | 60-64            | Gold         | 61      | Ralph      | Swiger    | Leesburg     | 1:41.72    |
| M                                                             | 60-64            | DNP          | 64      | Ken        | Freund    | Alexandria   |            |
| M                                                             | 60-64            | DNP          | 62      | Anwar      | Hussain   | Alexandria   |            |
| M                                                             | 65-69            | Gold         | 67      | James      | Hill      | Springfield  | 1:22.31*   |
| M                                                             | 65-69            | Silver       | 69      | Eiji       | Yasuhara  | Sterling     | 1:48.49    |
| M                                                             | 65-69            | DNP          | 66      | Edwin      | Allen     | Arlington    |            |
| M                                                             | 65-69            | DNP          | 68      | James      | Lengle    | Arlington    |            |
| M                                                             | 70-74            | Gold         | 73      | Donald     | Meli      | Annandale    | 1:53.78    |
| M                                                             | 70-74            | Silver       | 74      | Samir      | Salman    | Vienna       | 2:00.91    |
| M                                                             | 75-79            | Gold         | 78      | Herb       | Levitan   | Arlington    | 1:53.84    |
| M                                                             | 75-79            | Silver       | 77      | John       | Dineen    | Springfield  | 1:58.65    |
| M                                                             | 80-84            | Gold         | 81      | David      | Nicholas  | Oakton       | 1:51.09*   |
| M                                                             | 80-84            | DNP          | 82      | Lawrence   | Cohen     | Sterling     |            |