

	Event:		3 Meter Diving				
	Women Record Holders						
	3 M DIVING – WOMEN (New in 2022)						
	70 - 74	Carol J Mackela	Springfield	150.4	2022*		
	List of Participants 2022						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	60-64		64	Guinevere	Meyer	Alexandria	DNP
F	70-74	Gold	72	Carol J	Mackela	Springfield	150.40*
	Men Record Holders						
	3 M DIVING – MEN (New in 2022)						
	50 - 54	Miguel Perez	Oakton	190.4	2022*		
	60 – 64	Douglas Bell	Vienna	142.25	2022*		
	80 – 84	Kim Alderman	Arlington	164.35	2022*		
	List of Participants 2022						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	53	Miguel	Perez	Oakton	190.40*
M	55-59		58	Stephen	Neal	Chantilly	DNP
M	60-64	Gold	61	Douglas	Bell	Vienna	142.25*
M	80-84	Gold	82	Kim	Alderman	Arlington	164.35*
M		Silver	83	Carlos	Rodriguez	Dumfries	47.6

