

| | | Event: | | Bowling 10-Pin | | | |
|---|-------------------|-------------|-----|----------------|--------------|-------------------|---------|
| Women Record Holders | | | | | | | |
| BOWLING - TEN PIN – WOMEN | | | | | | | |
| 50 - 54 | Jasmine Joo | Burke | 622 | 2023* | | | |
| 55 - 59 | Jacqueline Oliver | Lorton | 670 | 1992 | | | |
| 60 - 64 | Poppy Price | Springfield | 704 | 1995 | | | |
| 65 - 69 | Tess Gowel | Sterling | 720 | 2018 | | | |
| 70 - 74 | Joyce Harwood | Springfield | 722 | 1995 | | | |
| 75 - 79 | Betty Graves | Alexandria | 719 | 2014 | | | |
| 80 - 84 | Dorothy Segal | Fairfax | 673 | 1994 | | | |
| 85 - 89 | Eva Sorenson | Alexandria | 655 | 2012 | | | |
| 90 - 94 | Eva Sorenson | Alexandria | 617 | 2016 | | | |
| 95 - 99 | Eva Sorenson | Alexandria | 578 | 2022 | | | |
| 100+ | Eva Sorenson | Alexandria | 527 | 2023* | | | |
| List of Participants (DNP=Did Not Participate; DNF= Did not Finish; " * " = New record) | | | | | | | |
| Sex | Age Group | Place | Age | Firstname | LastName | City | Results |
| F | 50-54 | Gold | 53 | Jasmine | Joo | Burke | 622* |
| F | 55-59 | Gold | 56 | Kay | Christiansen | Woodbridge | 507 |
| F | 60-64 | Gold | 63 | Kathy | McGarril | Arlington | 589 |
| F | | Silver | 61 | Vanstacia | Jackson | Alexandria | 578 |
| F | | Bronze | 60 | Colleen | Cornwell | Manassas | 558 |
| F | | 4 | 64 | Jacklyn | Rush | Dumfries | 556 |
| F | | 5 | 62 | Deborah | Bastaich | North Springfield | 525 |
| F | 65-69 | Gold | 69 | Sandra | Friend | Woodbridge | 579 |
| F | | Bronze | 65 | Daria | Zane | Arlington | 575 |
| F | | Silver | 66 | Beverly | Holt | Fairfax | 471 |
| F | 70-74 | Gold | 70 | Diana | Rouse | Ashburn | 611 |
| F | | Silver | 70 | Miriam | Witherspoon | Arlington | 566 |
| F | | Bronze | 70 | Susan | Caputo | Springfield | 557 |
| F | | 4 | 74 | Lancet Ann | Boyer | Herndon | 540 |
| F | | 5 | 71 | Shirley | Elrod | Ashburn | 522 |
| F | 75-79 | Gold | 79 | Lucky | Friend | Alexandria | 592 |
| F | | Silver | 77 | Margaret | Moyer | Alexandria | 559 |
| F | | Bronze | 76 | Kat | Brette | Warrenton | 522 |
| F | | 4 | 76 | Donna | Jerome | Haymarket | 508 |
| F | | 5 | 77 | Margaret | DeWilde | Dumfries | 424 |
| F | 80-84 | Gold | 81 | Sandra | Graves | Linden | 538 |
| F | | Silver | 84 | Mary | Dalessandris | Falls Church | 490 |
| F | 85-89 | Gold | 89 | Barbara | Williams | Sterling | 632 |
| F | | Silver | 85 | Betty | Graves | Alexandria | 606 |
| F | 100+ | Gold | 100 | Eva | Sorensen | Alexandria | 527* |

| Men Record Holders | | | | | | | |
|--------------------------------|-----------|--------|-----|-----------------|--------------|--------------|---------|
| BOWLING - TEN PIN – MEN | | | | | | | |
| | 50 - 54 | | | Thomas Robinson | Hendon | 726 | 2016 |
| | 55 - 59 | | | Michael Knight | Falls Church | 811 | 2010 |
| | 60 - 64 | | | Rick Thompson | Fairfax | 686 | 2022 |
| | 65 - 69 | | | Robert Fabian | Manassas | 742 | 2019 |
| | 70 - 74 | | | John Melescue | Springfield | 716 | 1995 |
| | 75 - 79 | | | Edward Dizon | Springfield | 697 | 2021 |
| | 80 - 84 | | | John Sheppard | Falls Church | 696 | 2011 |
| | 85 - 90 | | | Michael Curcio | Manassas | 679 | 1998 |
| | 90 - 94 | | | Bob McNare | Falls Church | 666 | 2010 |
| Sex | Age Group | Place | Age | Firstname | LastName | City | Results |
| M | 50-54 | Gold | 53 | George | Griffin | Alexandria | 465 |
| M | 55-59 | Gold | 55 | Taeheon | Kang | Centreville | 630 |
| M | | | 59 | Stephen | Neal | Chantilly | DNP |
| M | | | 56 | JJ | Sunday | Arlington | DNP |
| M | 60-64 | | 62 | Ken | Moreland | Aldie | DNP |
| M | 65-69 | Gold | 68 | Suk | Bae | Fairfax | 654 |
| M | | | 66 | Robert | Roll | Arlington | DNP |
| M | 70-74 | Gold | 72 | Thomas | Shank | Woodbridge | 573 |
| M | | | 71 | Jon | Tervo | Springfield | DNP |
| M | 75-79 | Gold | 78 | Donald | Brette | Warrenton | 654 |
| M | | Gold | 75 | Raymond | Marquardt | Alexandria | 654 |
| M | | Silver | 75 | Christopher | Fialkovich | Arlington | 645 |
| M | | Bronze | 78 | Ted | Crews | Springfield | 559 |
| M | | 4 | 75 | Raymond | Ferguson | Fairfax | 523 |
| M | 80-84 | Gold | 81 | David | Tutt | Falls Church | 575 |
| M | | Silver | 81 | Robert | Foor | Alexandria | 523 |
| M | | Bronze | 84 | Carlos | Rodriguez | Dumfries | 369+DNP |
| M | | | 80 | Arlington | Walker | Alexandria | DNP |
| M | 85-89 | | 89 | Robert | Strohmayr | Burke | DNP |
| M | 90-94 | Gold | 91 | Dominador | Endoso | Annandale | 567 |
| M | | Silver | 91 | Sonny | Caputo | Springfield | 538 |
| M | | | 90 | Nicholas | Fidandis | Alexandria | DNP |
| M | 95-99 | | 95 | Leonard | Kalkwarf | Springfield | DNP |