

		EVENT:		Diving 1 Meter			
	Women record Holders						
	1 M DIVING – WOMEN						
	50 - 54	Deb Ryan		Arlington	202.60	2023*	
	55 - 59	Madeline Fleckenstein		Arlington	206.50	2018	
	60 - 64	Carol Mackela		Arlington	175.7	2012	
	65 - 69	Carol Mackela		Springfield	203.60	2018	
	70 – 74	Carol Mackela		Springfield	160.4	2021	
	75 – 79	Mandy Whalen		Falls Church	101.95	2018	
	80 – 84	Mandy Whalen		Falls Church	98.3	2021	
	List of Participants 2023						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	51	Deb	Ryan	Arlington	202.60*
F		Silver	52	Nora	Ristovska	Arlington	152.40
F	55-59	Gold	55	Elizabeth	Alves	Arlington	134.67
F	60-64	Gold	61	Madeline	Fleckenstein	Arlington	164.15
F	70-74	Gold	74	Karen	Alderman	Arlington	150.05
F		Silver	73	Carol J	Mackela	Springfield	146.75
	Men Record Holders						
	1 M DIVING – MEN						
	50 – 54	Thomas Blakemen		Falls Church	255.95	2022	
	55 – 59	Bobby Meeks		Arlington	253.25	2012	
	60 – 64	Bobby Meeks		Arlington	207.85	2013	
	65 – 69	Duane Clayton Cox		Fairfax	205.15	2015	
	70 – 74	Kim Alderman		Arlington	166.35	2012	
	75 – 79	Kim Alderman		Arlington	168.45	2016	
	80 – 84	Kim Alderman		Arlington	172.45	2021	
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	54	Miguel	Perez	Oakton	200.90
M			51	Thomas	Blakeman	Falls Church	DNP
M	55-59		59	Stephen	Neal	Chantilly	DNP
M	60-64	Gold	62	Douglas	Bell	Vienna	166.45
M	70-74	Gold	74	R Duane	Clayton-Cox	Fairfax	139.50
M			71	Jeffrey	Kidwell	Vienna	DNP
M	80-84	Gold	83	Kim	Alderman	Arlington	140.80
M			84	Carlos	Rodriguez	Dumfries	DNP