

		EVENT:	Diving 3 Meter				
	Women Record Holders						
	3 M DIVING – WOMEN (New in 2022)						
	50 – 54	Deb Ryan	Arlington	177.86	2023*		
	60 – 64	Madelne Fleckenstein	Arlington	191.95	2023*		
	70 - 74	Carol J Mackela	Springfield	150.4	2022		
	List of Participants 2023						
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
F	50 - 54	51	Gold	Deb	Ryan	Arlington	177.86*
F	60 - 64	61	Gold	Madeline	Fleckenstein	Arlington	191.95*
F	70 - 74	73	Gold	Carol J	Mackela	Springfield	145.40
	Men Record Holders						
	3 M DIVING – MEN (New in 2022)						
	50 - 54	Miguel Perez	Oakton	219.20	2023*		
	60 – 64	Douglas Bell	Vienna	142.25	2022		
	70 – 74	R. Duane Clayton-Cox	Fairfax	157.70	2023*		
	80 – 84	Kim Alderman	Arlington	164.35	2022		
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
M	50- - 54	54	Gold	Miguel	Perez	Oakton	219.20
M	55 - 59	59		Stephen	Neal	Chantilly	DNP
M	70 - 74	74	Gold	R Duane	Clayton-Cox	Fairfax	157.70
M	80-84	83	Gold	Kim	Alderman	Arlington	154.20
M	80 - 84	84		Carlos	Rodriguez	Dumfries	DNP