

Men Record Holders							
SWIMMING – BACKSTROKE 100 YDS – MEN (NEW IN 2014)							
Age Group	Name	City	Time	Year			
50 – 54	Tom Gittins	Falls Church	1:08.21	2016			
55 – 59	Tom Gittins	Falls Church	1:08.35	2018			
60 – 64	Rob Romo	Oakton	1:20.65	2018			
65 – 69	Bruce Fisher	Fairfax	1:19.6	2014			
70 – 74	Leo Deege	Vienna	1:20.2	2014			
75 – 79	Howard Rolston	Arlington	1:24.07	2019			
80 – 84	Frederick Zamon	Fairfax	1:44.69	2023*			
85 – 89	Lawrence Cohen	Sterling	2:01.25	2022			
90 – 94	Phil Case	Springfield	2:38.59	2019			
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
M	50-54	51	Gold	Jeff	Woodall	Sterling	1:34.40
M	55-59	57	Gold	Sean	Sinclair	Vienna	1:51.70
M	60-64	64	Gold	Slawomir	Olender	McLean	1:52.22
M		62	Silver	Ken	Moreland	Aldie	2:03.97
M	65-69	67	Gold	William	Wilson	Burke	1:73.82
M		68	Silver	Kap	Ro	Nokesville	2:18.66
M	70-74	73	Gold	James	Hill	Springfield	1:30.66
M		71	Silver	Frank	Millikan	Woodbridge	1:43.37
M		70	Bronze	Ken	Freund	Alexandria	2:25.68
M		73		Steve	Stone	Frederick	DNP
M	75-79	78	Gold	James	Leimkuhler	McLean	1:46.75
M		79	Silver	Don	Meli	Annandale	2:01.88
M		79		Charles	Kleymeyer	Arlington	DNP
M	80-84	81	Gold	Frederick	Zamon	Fairfax	1:44.69*
M		81	Silver	Hugh	McGee	Annandale	1:54.63
M		84	Bronze	Carlos	Rodriguez	Dumfries	3:18.56
M		84		Herb	Levitan	Arlington	DNP
M	85-89	89		George	Haggerty	Arlington	DNP
M		88		Lawrence	Cohen	Sterling	DNP
M		88		Niel	Sween	Vienna	DNP
M	90-94	94	Gold	Phil	Case	Springfield	2:47.50
M		92		John	Ewing	Falls Church	DNP