

			EVENT:		1M Diving		
Women Record Holders							
<b>1 M DIVING – WOMEN</b>							
	50 - 54	Deb Ryan		Arlington	202.60	2023	
	55 - 59	Madeline Fleckenstein		Arlington	206.50	2018	
	60 - 64	Madeline Fleckenstein		Arlington	184.1	2024*	
	65 - 69	Carol Mackela		Springfield	203.60	2018	
	70 – 74	Carol Mackela		Springfield	160.4	2021	
	75 – 79	Karen Alderman		Arlington	153.6	2024*	
	80 – 84	Mandy Whalen		Falls Church	98.3	2021	
List of Participants 2024							
<b>Sex</b>	<b>Age Group</b>	<b>Place</b>	<b>Age</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
F	50-54	Gold	53	Nora	Ristovska	Arlington	167.75
F	55-59	Gold	59	Bridget	White	Nokesville	132.3
F	60-64	Gold	62	Madeline	Fleckenstein	Arlington	184.1*
F	70-74	Gold	74	Carol	Mackela	Springfield	156.25
F	75-79	Gold	75	Karen	Alderman	Arlington	153.6*
Men Record Holders							
<b>1 M DIVING – MEN</b>							
	50 – 54	Thomas Blakeman		Falls Church	276.35	2024*	
	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	
List of Participants 2024							
<b>Sex</b>	<b>Age Group</b>	<b>Place</b>	<b>Age</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
M	50-54	Gold	52	Thomas	Blakeman	Falls Church	276.35*
M	55-59		55	Miguel	Perez	Oakton	DNP
M	60-64	Gold	63	Douglas	Bell	Vienna	118
M	60-64		60	Stephen	Neal	Chantilly	DNP
M	70-74	Gold	72	Rod	Hupp	Falls Church	117.2
M	70-74	Silver	73	Nathan	Granger	Sterling	112.9