

				EVENT:	3M Diving		
	Women Record Holders						
<b>3 M DIVING 3 M DIVING – WOMEN (New in 2022)</b>							
	50 – 54	Deb Ryan		Arlington	177.86	2023	
	60 – 64	Madeline Fleckenstein		Arlington	191.95	2023	
	70 - 74	Carol J Mackela		Springfield	158.65	2024*	
	List of Participants 2024						
<b>Sex</b>	<b>AgeGroup</b>	<b>Place</b>	<b>Age</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
F	60-64	Gold	62	Madeline	Fleckenstein	Arlington	171.1
F	70-74	Gold	74	Carol	Mackela	Springfield	158.65*
	Men Record Holders						
<b>3 M DIVING – MEN (New in 2022)</b>							
	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	
	List of Participants 2024						
<b>Sex</b>	<b>AgeGroup</b>	<b>Place</b>	<b>Age</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
M	50-54	Gold	52	Tom	Blakeman	Falls Church	180.55
M	55-59		55	Miguel	Perez	Oakton	DNP
M	70-74		73	Nathan	Granger	Sterling	DNP