

	Event:			Divng 1 M			
	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	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 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Nora	Ristovska	Arlington	138.30
F	60-64	Gold	63	Madeline	Fleckenstein	Arlington	139.10
F	75-79	Gold	76	Karen	Alderman	Arlington	122.20
	Men Record Holders						
	1 M DIVING – MEN						
	50 – 54	Thomas Blakemen		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 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	109.05
M	55-59		56	Miguel	Perez	Oakton	DNP
M	60-64		61	Stephen	Neal	Chantilly	DNP
M	70-74	Gold	73	Rod	Hupp	Falls Church	70.70
M			74	Nathan	Granger	Sterling	DNP