

	Event:		Diving 3M				
	Women Record Holders						
	3 M DIVING – WOMEN (New in 2022)						
	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 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	60-64	Gold	63	Madeline	Fleckenstein	Arlington	152.65
	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	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	51.40
M	55-59		56	Miguel	Perez	Oakton	DNP
M	70-74	Gold	73	Rod	Hupp	Falls Church	70.70