

|            |                                                           |                    |            |                          |                 |              |                |
|------------|-----------------------------------------------------------|--------------------|------------|--------------------------|-----------------|--------------|----------------|
|            | Event:                                                    |                    |            | Swimming 100yd Freestyle |                 |              |                |
|            |                                                           |                    |            |                          |                 |              |                |
|            | Female Record Holders                                     |                    |            |                          |                 |              |                |
|            | <b>SWIMMING – FREESTYLE 100 YDS – WOMEN (NEW IN 2014)</b> |                    |            |                          |                 |              |                |
|            | 50 – 54                                                   | Marilyn Lipstreuer |            | Bristow                  | 1:09.58         | 2019         |                |
|            | 55 – 59                                                   | Beth Baker         |            | Arlington                | 1:06.70         | 2019         |                |
|            | 60 – 64                                                   | Beth Baker         |            | Arlington                | 1:09.19         | 2022         |                |
|            | 65 – 69                                                   | Denise Kirwan      |            | Leesburg                 | 1:11.78         | 2021         |                |
|            | 70 – 74                                                   | Denise Kirwan      |            | Leesburg                 | 1:14.77         | 2025*        |                |
|            | 75 – 79                                                   | Ruth Bennett       |            | Alexandria               | 1:29.28         | 2022         |                |
|            | 80 - 84                                                   | Beth Schreiner     |            | Annandale                | 1:33.62         | 2021         |                |
|            | 85 – 89                                                   | Susan Daniels      |            | Falls Church             | 2:09.39         | 2025*        |                |
|            |                                                           |                    |            |                          |                 |              |                |
|            |                                                           |                    |            |                          |                 |              |                |
|            | List of Participants 2025                                 |                    |            |                          |                 |              |                |
| <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                                                     |                    | 54         | Renee                    | LaRue           | Sterling     | DNP            |
|            |                                                           |                    |            |                          |                 |              |                |
| F          | 55-59                                                     | Gold               | 59         | Marilyn                  | Lipstreuer      | Bristow      | 1:12.22        |
| F          |                                                           | Silver             | 57         | Laura                    | Wissing         | Ashburn      | 1:27.70        |
|            |                                                           |                    |            |                          |                 |              |                |
| F          | 60-64                                                     |                    | 61         | Amy                      | Levinrad        | Ashburn      | DNP            |
|            |                                                           |                    |            |                          |                 |              |                |
| F          | 65-69                                                     | Gold               | 66         | Mary Catherine           | Malin           | Arlington    | 1:17.56        |
| F          |                                                           | Silver             | 67         | Catherine                | Pennington      | Fairfax      | 1:19.57        |
| F          |                                                           | Bronze             | 69         | Phyllis                  | Rogers          | Fairfax      | 1:41.83        |
| F          |                                                           | 4                  | 66         | Duk                      | Ro              | Nokeville    | 1:57.82        |
|            |                                                           |                    |            |                          |                 |              |                |
| F          | 70-74                                                     | Gold               | 73         | Denise                   | Kirwan          | Leesburg     | 1:14.77*       |
| F          |                                                           | Silver             | 72         | Bobbe                    | Duquette        | Herndon      | 1:36.2         |
|            |                                                           |                    |            |                          |                 |              |                |
| F          | 75-79                                                     | Gold               | 76         | Patricia                 | Lengle          | Tysons       | 1:38.2         |
| F          |                                                           | Silver             | 78         | Valerie                  | Campbell        | Manassas     | 2:31.37        |
|            |                                                           |                    |            |                          |                 |              |                |
| F          | 80-84                                                     | Gold               | 84         | Beth                     | Schreiner       | Annandale    | 1:42.53        |
| F          |                                                           | Silver             | 82         | Susan                    | Poretz          | McLean       | 1:57.0         |
|            |                                                           |                    |            |                          |                 |              |                |
| F          | 85-89                                                     | Gold               | 86         | Susan                    | Daniels         | Falls Church | 2:09.39*       |

|            |                                                         |                |            |                  |                 |              |                |
|------------|---------------------------------------------------------|----------------|------------|------------------|-----------------|--------------|----------------|
|            |                                                         |                |            |                  |                 |              |                |
|            | Male Record Holders                                     |                |            |                  |                 |              |                |
|            | <b>SWIMMING – FREESTYLE 100 YDS – MEN (NEW IN 2014)</b> |                |            |                  |                 |              |                |
|            | 50 – 54                                                 | Mark Harris    |            | Alexandria       | :56.21          | 2016         |                |
|            | 55 – 59                                                 | Tom Gittins    |            | Falls Church     | :59.63          | 2018         |                |
|            | 60 – 64                                                 | Bret Bailey    |            | Bristow          | 1:04.59         | 2023         |                |
|            | 65 – 69                                                 | Bret Bailey    |            | Bristow          | 1:04.07         | 2025*        |                |
|            | 70 – 74                                                 | Bruce Fisher   |            | Fairfax          | 1:11.34         | 2018         |                |
|            | 75 – 79                                                 | Howard Rolston |            | Arlington        | 1:13.82         | 2019         |                |
|            | 80 – 84                                                 | John Woodward  |            | Fairfax          | 1:24.06         | 2018         |                |
|            | 85 – 89                                                 | John Woodward  |            | Fairfax          | 1:31.31         | 2023         |                |
|            | 90 – 94                                                 | Phil Case      |            | Springfield      | 2:36.45         | 2019         |                |
|            |                                                         |                |            |                  |                 |              |                |
|            | List of Participants 2025                               |                |            |                  |                 |              |                |
| <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           | 50         | Adam             | Sproule         | Haymarket    | 1:02.93        |
| M          |                                                         | Silver         | 53         | Jeff             | Woodall         | Sterling     | 1:13.97        |
| M          |                                                         | Bronze         | 51         | Michael          | Wardian         | Arlington    | 1:27.6         |
| M          |                                                         |                | 50         | Jane             | Bojadzievski    | Arlington    | DNP            |
|            |                                                         |                |            |                  |                 |              |                |
| M          | 55-59                                                   |                | 58         | Christopher      | Austin          | Arlington    | DNP            |
| M          |                                                         |                | 59         | Ronald           | Molteni         | Arlington    | DNP            |
|            |                                                         |                |            |                  |                 |              |                |
| M          | 60-64                                                   | Gold           | 62         | Christopher      | House           | Annandale    | 1:06.22        |
| M          |                                                         | Silver         | 60         | Mark             | Ross            | Gainesville  | 1:22.51        |
| M          |                                                         | Bronze         | 61         | Stephen          | Neal            | Chantilly    | 2:52.79        |
|            |                                                         |                |            |                  |                 |              |                |
| M          | 65-69                                                   | Gold           | 66         | Bret             | Bailey          | Bristow      | 1:04.07*       |
| M          |                                                         | Silver         | 68         | Michael          | Rinick          | Falls Church | 2:06.0         |
| M          |                                                         |                | 69         | Bill             | Wilson          | Burke        | DNP            |
| M          |                                                         |                | 66         | William          | Sulik           | Springfield  | DNP            |
|            |                                                         |                |            |                  |                 |              |                |
| M          |                                                         |                | 70         | Benjamin         | Viellieu        | Burke        | DNP            |
| M          | 70-74                                                   | Gold           | 72         | Daniel           | Elliott         | Great Falls  | 1:38.65        |
| M          |                                                         | Silver         | 74         | Douglas          | Shaw            | Herndon      | 1:39.39        |
| M          |                                                         | Bronze         | 70         | Kap              | Ro              | Nokesville   | 1:48.65        |
| M          |                                                         |                | 74         | Michael          | Schlabs         | Oakton       | DNP            |
| M          |                                                         |                | 74         | Nathan           | Granger         | Sterling     | DNP            |
| M          |                                                         |                | 71         | Robert           | Stites          | Reston       | DNP            |
|            |                                                         |                |            |                  |                 |              |                |
| M          | 75-79                                                   | Gold           | 76         | James            | Lengle          | Tysons       | 1:27.77        |
| M          |                                                         | Silver         | 78         | Benyuan          | Meng            | Vienna       | 1:49.04        |
| M          |                                                         | Bronze         | 78         | Robert           | Bleimann        | McLean       | 2:22.42        |
| M          |                                                         |                | 75         | Steve            | Stone           | Sterling     | DNP            |

|   |       |        |    |           |            |           |         |
|---|-------|--------|----|-----------|------------|-----------|---------|
|   |       |        |    |           |            |           |         |
| M | 80-84 | Gold   | 83 | Frederick | Zamon      | Fairfax   | 1:27.16 |
| M |       | Silver | 80 | James     | Leimkuhler | McLean    | 1:28.75 |
| M |       | Bronze | 81 | Don       | Meli       | Annandale | 1:43.53 |
| M |       | 4      | 83 | Sterling  | Pilette    | Reston    | 1:53.66 |
| M |       |        | 83 | Hugh      | McGee      | Annandale | DNP     |
| M |       |        | 81 | David     | Pierce     | McLean    | DNP     |
|   |       |        |    |           |            |           |         |
| M | 85-89 | Gold   | 87 | John      | Woodward   | Fairfax   | 1:35.42 |
| M |       | Silver | 86 | Herbert   | Levitan    | Arlington | 2:01.91 |
| M |       | Bronze | 87 | Nick      | Nobbe      | Reston    | 2:22.36 |
| M |       | 4      | 86 | Carlos    | Rodriguez  | Dumfries  | 3:20.28 |