

	Event:			Swimming 100 yd Individual Medley			
	Women Record Holders						
	SWIMMING – INDIVIDUAL MEDLEY 100YDS – WOMEN (NEW IN 2024)						
	55-59	Marilyn Lipstreuer		Bristow	1:27.4	2024	
	60-64	Sara Demyanovich		Springfield	1:21.3	2024	
	65-69	Phillis Rogers		Fairfax	2:02.00	2025*	
	70-74	Denise Kirwan		Leesburg	1:29.88	2025*	
	75-79	Patricia Lenge		Tysons	2:02.67	2025*	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	55-59	Gold	59	Marilyn	Lipstreuer	Bristow	1:30.19
F		Silver	57	Laura	Wissing	Ashburn	1:44.24
F	60-64	Gold	60	Branka	Bowman	Burke	1:46.12
F		Silver	60	Ann	Chaney	Bristow	1:49.83
F			61	Amy	Levinrad	Ashburn	DNP
F	65-69	Gold	69	Phyllis	Rogers	Fairfax	2:02.00*
F		Silver	66	Duk	Ro	Nokesville	2:33.28
F	70-74	Gold	73	Denise	Kirwan	Leesburg	1:29.88*
F	75-79	Gold	76	Patricia	Lenge	Tysons	2:02.67*

	Men Record Holders						
	SWIMMING – INDIVIDUAL MEDLEY 100YDS – MEN (NEW IN 2024)						
	50-54	Michael Doane		Falls Church	1:02.8	2024	
	55-59	Mark Ross		Gainesville	1:28.2	2024	
	60-64	Christopher House		Annandale	1:15.06	2025*	
	65-69	Bret Bailey		Bristow	1:19.89	2025*	
	70-74	James Hill		Springfield	1:27.3	2024	
	75-79	Benyuan		Meng	2:29.08	2025*	
	80-84	Frederick Zamon		Fairfax	1:43.42	2025*	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	1:50.67
M	55-59		58	Christopher	Austin	Arlington	DNP
M	60-64	Gold	62	Christopher	House	Annandale	1:15.06*
M		Silver	64	Gregory	DeRosa	Herndon	1:26.44
M		Bronze	60	Mark	Ross	Gainesville	1:33.78
M	65-69	Gold	66	Bret	Bailey	Bristow	1:19.89*
M		Silver	69	Bill	Wilson	Burke	1:52.01
M			65	Chris	Laiti	Leesburg	DNP
M			66	William	Sulik	Springfield	DNP
M	70-74	Gold	72	Daniel	Elliott	Great Falls	1:59.47
M		Silver	71	Robert	Stites	Reston	2:01.72
M	75-79	Gold	78	Benyuan	Meng	Vienna	2:29.08*
M			75	Steve	Stone	Sterling	DNP
M	80-84	Gold	83	Frederick	Zamon	Fairfax	1:43.42*
M		Silver	83	Sterling	Pilette	Reston	2:29.72
M		Bronze	81	Don	Meli	Annandale	2:30.66
M		4	81	Chuck	Kleymeyer	Arlington	2:41.58
M			81	David	Pierce	McLean	DNP
M			82	Peter	Michel	Alexandria	DNP
M	85-89		86	Carlos	Rodriguez	Dumfries	DNP