

			EVENT:		Swimming 100 yd Backstroke		
	Women Record Holders						
	SWIMMING – BACKSTROKE 100 YDS – WOMEN (NEW IN 2014)						
	50 – 54	Terri Cameron		Bristow	1:29.37	2018	
	55 - 59	Beth Baker		Arlington	1:15.04	2019	
	60 – 64	Abigail Romanowski		Nokesville	1:19.85	2025	
		Denise Kirwan		Falls Church	1:20.28	2016	
		Beth Baker		Arlington	1:20.59	2021	
	65 – 69	Denise Kirwan		Leesburg	1:24.94	2019	
	70 – 74	Denise Kirwan		Leesburg	1:26.25	2022	
	75 – 70	Inas Elattar		Alexandria	2:01.05	2024	
	80 – 84	Beth Schreiner		Annandale	1:54.35	2021	
	85 – 89	Geertruida DeRosa		Springfield	3:03.87	2022	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	51	Whitney	Colella	Alexandria	2:14.59
F	55-59	Gold	58	Laura	Wissing	Ashburn	1:46.59
F	60-64	Gold	61	Ann	Chaney	Bristow	1:50.72
F			60	Marilyn	Lipstreuer	Bristow	DNP
F			60	Susan	Dodson	Midland	DNP
F	65-69	Gold	66	Deborah	Sulik	Springfield	1:49.14
F	70-74	Gold	74	Denise	Kirwan	Leesburg	1:30.9
F		Silver	74	Carol	Rivers	Arlington.	5:46.75
F	75-79	Gold	79	Inas	Elattar	Alexandria	2:05.08
F		Silver	77	Patricia	Lengle	Tysons	2:07.55
F		Bronze	79	Valerie	Campbell	Manassas	2:34.08
F		4	79	Jennifer	Johnston	Springfield	4:24.0
F	80-84		81	Elizabeth	Hall	Manassas	DNP
F			80	Margaret	Brolin	Alexandria	DNP

	Men Record Holders						
	SWIMMING – BACKSTROKE 100 YDS – MEN (NEW IN 2014)						
	50 – 54	Dave Bell		Burke	1:01.00	2026*	
	55 – 59	Tom Gittins		Falls Church	1:08.35	2018	
	60 – 64	Christopher House		Arlington	1:10.19	2026*	
	65 – 69	Bruce Fisher		Fairfax	1:19.6	2014	
	70 – 74	Leo Deege		Vienna	1:20.2	2014	
	75 – 79	Howard Rolston		Arlington	1:24.07	2019	
	80 – 84	Frederick Zamon		Fairfax	1:44.69	2023	
	85 – 89	Lawrence Cohen		Sterling	2:01.25	2022	
	90 – 94	Phil Case		Springfield	2:38.59	2019	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	51	Dave	Bell	Burke	1:01.00**
M		Silver	53	Patrick	Fry	Falls Church	1:05.58
M		Bronze	54	Jeff	Woodall	Sterling	1:28.27
M	55-59	Gold	59	Stephen	Eid	Ashburn	1:13.77
M	60-64	Gold	63	Christopher	House	Annandale	1:10.19**
M	65-69	Gold	67	Bret	Bailey	Bristow	1:23.30
M		Silver	66	William	Melis	Ashburn	1:41.07
M	70-74	Gold	70	William	Wilson	Burke	1:44.11
M		Silver	74	Thomas C	Ackerly Jr	The Plains	1:50.57
M			71	Benjamin	Viellieu	Burke	DNP
M	75-79	Gold	76	James	Hill	Springfield	1:32.65
M		Silver	77	James	Lengle	Tysons	1:53.88
M		Bronze	79	Benyuan	Meng	Vienna	2:08.28
M			75	Nathan	Granger	Sterling	DNP
M	80-84	Gold	84	Hugh	McGee	Springfield	1:59.03
M		Silver	82	David	Pierce	McLean	2:18.79