

			EVENT:		Swimming 100yd Freestyle		
	Women Record Holders						
	SWIMMING – FREESTYLE 100 YDS – WOMEN (NEW IN 2014)						
	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	Beth Schreiner		Annandale	1:41.62	2026*	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	53	Sue	Budd	Arlington	1:29.89
F		Silver	51	Whitney	Colella	Alexandria	1:48.00
F	55-59	Gold	58	Laura	Wissing	Ashburn	1:25.53
F	60-64	Gold	61	Holly	Giehler	Manassas Park	2:04.92
F			60	Marilyn	Lipstreuer	Bristow	DNP
F			64	Ruth	Bollinger	McLean	DNP
F			60	Susan	Dodson	Midland	DNP
F	65-69	Gold	67	Mary Catherine	Malin	Arlington	1:15.03
F		Silver	65	Judy	Wiles	Haymarket	1:42.02
F		Bronze	67	Duk	Ro	Nokesville	1:57.38
F	70-74	Gold	74	Denise	Kirwan	Leesburg	1:18.09
F			73	Janice	Canterbury	Arlington	DNP
F			72	Laraine	Field	Alexandria	DNP
F	75-79	Gold	77	Patricia	Lengle	Tysons	1:41.93
F		Silver	79	Inas	Elattar	Alexandria	1:54.24
F		Bronze	79	Valerie	Campbell	Manassas	2:27.47
F			79	Ruth	Hamilton	McLean	DNP
F			75	Susan	Gallagher	Ashburn	DNP
F	80-84	Gold	83	Susan	Poretz	McLean	2:06.48
F		Silver	81	Dianna	Pierce	McLean	2:37.17
F			80	margaret	brolin	Alexandria	DNP
F	85-89	Gold	85	Beth	Schreiner	Annandale	1:41.62**

	Men Record Holders						
	SWIMMING – FREESTYLE 100 YDS – MEN (NEW IN 2014)						
	50 – 54	Dave Bell	Burke	:54.36	2026*		
	55 – 59	Tom Gittins	Falls Church	:59.63	2018		
	60 – 64	Christopher House	Annandale	1:00.61	2026*		
	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 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	51	Dave	Bell	Burke	54.36**
M		Silver	53	Patrick	Fry	Falls Church	59.29
M		Bronze	54	Jeff	Woodall	Sterling	1:11.22
M	60-64	Gold	63	Christopher	House	Annandale	1:00.61**
M		Silver	64	James	Patteson	Fairfax	1:16.50
M		Bronze	63	Stephen	Young	Arlington	1:48.58
M		4	62	Mark	Christoffersen	Herndon	1:48.80
M	65-69	Gold	65	Jeffrey	Milnes	Gainesville	1:00.62
M		Silver	67	William	Sulik	Springfield	1:39.78
M			68	Terry	Green	McLean	DNP
M			66	William	Melis	Ashburn	DNP
M	70-74	Gold	73	Daniel	Elliott	Great Falls	1:31.41
M		Silver	70	William	Wilson	Burke	1:33.02
M		Bronze	74	Thomas C	Ackerly Jr	The Plains	1:34.28
M			71	Benjamin	Viellieu	Burke	DNP
M	75-79	Gold	76	James	Hill	Springfield	1:17.15
M		Silver	77	James	Lengle	Tysons	1:30.34
M		Bronze	75	Douglas Alan	Shaw	Herndon	1:51.53
M		4	79	Benyuan	Meng	Vienna	1:51.96
M			75	Nathan	Granger	Sterling	DNP
M			75	Thomas	Godwin	McLean	DNP
M	80-84	Gold	84	Sterling	Pilette	Reston	1:58.31
M	85-89	Gold	88	John	Woodward	Fairfax	1:38.62