

			EVENT:		Swimming 100 Individual Medley		
	Women Record Holders						
	SWIMMING – INDIVIDUAL MEDLEY 100YDS – WOMEN (NEW IN 2024)						
	50-54	Whitney Colella		Alexandria	1:57.08	2026*	
	55-59	Marilyn Lipstreuer		Bristow	1:27.4	2024	
	60-64	Sara Demyanovich		Springfield	1:21.3	2024	
	65-69	Judy Wiles		Haymarket	1:57.93	2026*	
	70-74	Denise Kirwan		Leesburg	1:29.88	2025	
	75-79	Patricia Lengle		Tysons	2:02.67	2025	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	51	Whitney	Colella	Alexandria	1:57.08**
F	55-59	Gold	56	Ann	Wendel	Oakton	1:34.62
F		Silver	58	Laura	Wissing	Ashburn	1:42.04
F	60-64	Gold	61	Ann	Chaney	Bristow	1:54.44
F		Silver	64	Lynne	Giordano	Fairfax	1:56.66
F			64	Grace	Clark	Falls Church	DNP
F			60	Susan	Dodson	Midland	DNP
F	65-69	Gold	65	Judy	Wiles	Haymarket	1:57.93**
F		Silver	67	Duk	Ro	Nokesville	2:28.58
F	70-74	Gold	74	Denise	Kirwan	Leesburg	1:31.41
F	75-79	Gold	77	Patricia	Lengle	Tysons	2:07.03

	Men Record Holders						
	SWIMMING – INDIVIDUAL MEDLEY 100YDS – MEN (NEW IN 2024)						
	50-54	Dave Bell		Burke	:59.41	2026*	
	55-59	Stephen Eid		Ashburn	1:12.54	2026*	
	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	James Hill		Springfield	1:29.56	2026*	
	80-84	Frederick Zamon		Fairfax	1:43.42	2025	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	51	Dave	Bell	Burke	59.41**
M		Silver	53	Patrick	Fry	Falls Church	1:08.07
M		Bronze	50	Dai	Tran Trong	Alexandria	1:11.83
M	55-59	Gold	59	Stephen	Eid	Ashburn	1:12.54**
M	60-64		64	James	Patteson	Fairfax	DNP
M			61	Mark	Ross	Gainesville	DNP
M	65-69	Gold	67	William	Sulik	Springfield	2:03.62
M			66	Christopher	Laiti	Leesburg	DNP
M			68	Terry	Green	McLean	DNP
M	70-74	Gold	73	Daniel	Elliott	Great Falls	1:52.13
		Silver	72	Robert	Stites	Reston	2:17.65
M			71	Benjamin	Viellieu	Burke	DNP
M			70	William	Wilson	Burke	DNP
M	75-79	Gold	76	James	Hill	Springfield	1:29.56**
M		Silver	75	Douglas Alan	Shaw	Herndon	2:09.67
M		Bronze	79	Benyuan	Meng	Vienna	2:31.26
M	80-84	Gold	84	Sterling	Pilette	Reston	2:32.17
M			82	Chuck	Kleymeyer	Arlington	DNP
M			83	Peter	Michel	Alexandria	DNP
M	85-89		87	Carlos	Rodriguez	Dumfries	DNP