

	Event:	Diving 1 Meter					
	Women RecordHolders						
	1 M DIVING – WOMEN						
	50 - 54	Cheryl Meltz-Kroopnick		Fairfax	309.80	2026*	
	55 - 59	Madeline Fleckenstein		Arlington	206.50	2018	
	60 - 64	Madeline Fleckenstein		Arlington	184.1	2024	
	65 - 69	Carol Mackela		Springfield	203.60	2018	
	70 – 74	Carol Mackela		Springfield	160.4	2021	
	75 – 79	Karen Alderman		Arlington	153.6	2024	
	80 – 84	Mandy Whalen		Falls Church	98.3	2021	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	50	Cheryl	Meltz-Kroopnick	Fairfax	309.80**
F	55-59	Gold	57	Audrey	Moore	Fairfax	206.3
F		Silver	55	Nora	Ristovska	Arlington	154.1
F	60-64	Gold	64	Madeline	Fleckenstein	Arlington	132.3
F	75-79	Gold	77	Karen	Alderman	Arlington	126.45
	1 M DIVING – MEN						
	50 – 54	Thomas Blakemen		Falls Church	276.35	2024	
	55 – 59	Bobby Meeks		Arlington	253.25	2012	
	60 – 64	Bobby Meeks		Arlington	207.85	2013	
	65 – 69	Duane Clayton Cox		Fairfax	205.15	2015	
	70 – 74	Kim Alderman		Arlington	166.35	2012	
	75 – 79	Kim Alderman		Arlington	168.45	2016	
	80 – 84	Kim Alderman		Arlington	172.45	2021	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	55-59		57	Miguel	Perez	Oakton	DNP
M	60-64	Gold	64	James	Patteson	Fairfax	143.9
M			63	Stephen	Young	Arlington	DNP
M	70-74		74	Rod	Hupp	Falls Church	DNP
M	75-79	Gold	75	Nathan	Granger	Sterling	68.6