

	Event:	Diving 3 M					
	Women Record Holders						
	3 M DIVING – WOMEN (New in 2022)						
	50 – 54			Cheryl Meltz-Kroopnick	Fairfax	287.50	2026*
	60 – 64			Madeline Fleckenstein	Arlington	191.95	2023
	70 - 74			Carol J Mackela	Springfield	158.65	2024
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	50	Cheryl	Meltz-Kroopnick	Fairfax	287.50**
F	60-64	Gold	64	Madeline	Fleckenstein	Arlington	164.95
	Men Record Holders						
	3 M DIVING – MEN (New in 2022)						
	50 - 54			Miguel Perez	Oakton	219.20	2023
	60 – 64			Douglas Bell	Vienna	142.25	2022
	70 – 74			R. Duane Clayton-Cox	Fairfax	157.70	2023
	75 – 79			Nathan Granger	Sterling	122.40	2026*
	80 – 84			Kim Alderman	Arlington	164.35	2022
	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	127.55
M			63	Stephen	Young	Arlington	DNP
M	70-74		74	Rod	Hupp	Falls Church	DNP
M	75-79	Gold	75	Nathan	Granger	Sterling	122.40**