



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Elizabeth Almond (50y)** 

has successfully competed in

**IISA USA Nationals**

Brookfield Swim Club Chantilly, VA (Washington DC Area)

13-Jan-2024

**500m Freestyle in 08:11.17 minutes**



Overall 5th / Age Group (50-54y) 1st

Category Women

Open Water Course

Water 3.90°C, Wind Chill 0.00°C, Altitude 0m, 38.88° N

**IISA**  
INTERNATIONAL  
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ASSOCIATION



**Ram Barkai**  
IISA Chair

*United States*  
*Chair & Board*

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