



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Elizabeth Pongo (49y) 

has successfully competed in
IISA USA Nationals

Brookfield Swim Club Chantilly, VA (Washington DC Area)
13-Jan-2024

100m Freestyle in 01:41.91 minutes



Overall 14th / Age Group (50-54y) 1st

Category Women

Open Water Course

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

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Ram Barkai
IISA Chair

United States
Chair & Board

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