



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Penelope Armstrong (77y) 

has successfully competed in

IISA USA Nationals

Brookfield Swim Club Chantilly, VA (Washington DC Area)

14-Jan-2024

100m Breaststroke in 03:16.82 minutes



Overall 9th / Age Group (75-79y) 1st

WORLD RECORD - AGE GROUP

Category Women

Open Water Course

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



Ram Barkai
IISA Chair

United States
Chair & Board

