



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)
14-Jan-2024

100m Breaststroke in 01:58.20 minutes



Overall 3rd / Age Group (50-54y) 2nd

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

