



# 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

**250m Freestyle in 06:01.12 minutes**



Overall 15th / Age Group (75-79y) 1st

Category Women

Certified Pool Course

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



**Ram Barkai**  
IISA Chair

*United States*  
*Chair & Board*

