



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

Certified Pool Course

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



Ram Barkai
IISA Chair

