



# 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

**50m Freestyle in 00:44.06 minutes**



Overall 7th / Age Group (50-54y) 1st

Category Women

Certified Pool Course

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