



# 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