



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**John Zemaitis (40y)** 

has successfully competed in  
**IISA USA Nationals**

Brookfield Swim Club Chantilly, VA (Washington DC Area)  
14-Jan-2024

**100m Individual Medley in 01:22.22 minutes**



Overall 3rd / Age Group (40-44y) 3rd

Category Men

Open Water Course

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

**IISA**  
INTERNATIONAL  
ICE SWIMMING  
ASSOCIATION



**Ram Barkai**  
IISA Chair

*United States*  
*Chair & Board*

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ASSOCIATION

