



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Elizabeth Almond (50y)** 

has successfully competed in

**IISA USA Nationals**

Brookfield Swim Club Chantilly, VA (Washington DC Area)

14-Jan-2024

**100m Individual Medley in 01:38.78 minutes**



**Overall 3rd / Age Group (50-54y) 1st**

**Category Women**

Pool Course

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