



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**rena demeo** (54y) 

has successfully competed in

**IISA USA Nationals**

Brookfield Swim Club Chantilly, VA (Washington DC Area)

14-Jan-2024

**250m Freestyle in 07:11.35 minutes**



Overall 16th / Age Group (55-59y) 2nd

Category Women

Pool Course

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

