



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