



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Jackson Arlidge (33y) 

has successfully competed in
200IM NZ & Sthrn Hemisphere Champs

Alexandra Pool

12-Jul-2024

200m Individual Medley in 02:33.13 minutes

Overall 2nd / Age Group (30-34y) 1st


WORLD RECORD - AGE GROUP

Category Men

Certified Pool Course

Water 2.18°C, Wind Chill -3.00°C, Altitude 150m, 45.24° S




Ram Barkai
IISA Chair

New Zealand
Chair & Board

