

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Participant Name:	Date of Start:
	Date of Completion:

1 Lap = 50 yards 33 Laps = 1 mile

Use this grid to help track your miles for the 100 mile swim challenge

### 25 Miles

	550 yds			550 yds	V	
1 mile	550 yds		11 miles	550 yds		21 miles
	550 yds			550 yds		
	550 yds			550 yds	7	
2 miles	550 yds		12 miles	550 yds		22 miles
	550 yds		142.22	550 yds		- Tarania
	550 yds		SAL UVANISMENTE	550 yds		
3 miles	550 yds		13 miles	550 yds		23 miles
F 1-44 82-7110	550 yds		×	550 yds		
	550 yds		- 50 PHILIP	550 yds		
4 miles	550 yds		14 miles	550 yds		24 miles
	550 yds		w	550 yds		
	550 yds		15 miles	550 yds		25 miles
5 miles	550 yds			550 yds		
	550 yds			550 yds		
	550 yds		16 miles	550 yds		
6 miles	550 yds			550 yds		
	550 yds			550 yds		
	550 yds		17 miles	550 yds		17 April - 17
7 miles	550 yds			550 yds		
	550 yds			550 yds		
	550 yds		18 miles	550 yds	i.	
8 miles	550 yds			550 yds	2 22	
	550 yds			550 yds		
9 miles	550 yds		19 miles	550 yds		
	550 yds			550 yds		
	550 yds		Walington T	550 yds		
10 miles	550 yds		20 miles	550 yds		
	550 yds			550 yds		
	550 yds	3-1		550 yds	4	



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	550 yds	11 miles	550 yds		21 miles
	550 yds		550 yds		
2 miles	550 yds		550 yds	7	
	550 yds	12 miles	550 yds		22 miles
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	550 yds		550 yds		
3 miles	550 yds	13 miles	550 yds		23 miles
1-44-113-113	550 yds		550 yds		
ABRIDE THE THE PARTY OF THE PAR	550 yds	- W. P. W.	550 yds		
4 miles	550 yds	14 miles	550 yds		24 miles
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	550 yds		550 yds		
5 miles	550 yds	15 miles	550 yds		25 miles
	550 yds		550 yds		
	550 yds		550 yds		
6 miles	550 yds	16 miles	550 yds		
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7 miles	550 yds	17 miles	550 yds		
	550 yds		550 yds	]	
	550 yds		550 yds		
8 miles	550 yds	18 miles	550 yds	2322	
3000	550 yds		550 yds		
9 miles	550 yds		550 yds		
	550 yds	19 miles	550 yds		
	550 yds	ini walioni in	550 yds		
50000000	550 yds		550 yds		
10 miles	550 yds	20 miles	550 yds		
	550 yds		550 yds		



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	550 yds	12 miles	550 yds	22 miles
	550 yds		550 yds	
	550 yds		550 yds	1
3 miles	550 yds	13 miles	550 yds	23 miles
5 - 4 4 - 102- 54 04	550 yds		550 yds	
ABRIDE THE THE THE THE THE	550 yds		550 yds	
4 miles	550 yds	14 miles	550 yds	24 miles
	550 yds		550 yds	
	550 yds		550 yds	
5 miles	550 yds	15 miles	550 yds	25 miles
	550 yds		550 yds	
	550 yds	V a	550 yds	
6 miles	550 yds	16 miles	550 yds	
	550 yds		550 yds	
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7 miles	550 yds	17 miles	550 yds	
	550 yds		550 yds	
8 miles	550 yds		550 yds	
	550 yds	18 miles	550 yds	
	550 yds		550 yds	
9 miles	550 yds		550 yds	
	550 yds	19 miles	550 yds	
	550 yds	sseed Washington	550 yds	
	550 yds		550 yds	] ,
10 miles	550 yds	20 miles	550 yds	
	550 vds		550 yds	



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	550 yds			550 yds		
	550 yds	7930.004		550 yds		
	550 yds			550 yds		
3 miles	550 yds		13 miles	550 yds		23 miles
1-02-12-20-	550 yds		¥0	550 yds		
	550 yds		- 1/2 - 1 to 1 to 2	550 yds		
miles	550 yds		14 miles	550 yds		24 miles
	550 yds			550 yds	3.63	
	550 yds			550 yds		25 miles
5 miles	550 yds		15 miles	550 yds		
	550 yds			550 yds		Cintillation and a contract of
	550 yds	THE VIOLET OF	16 miles	550 yds		
6 miles	550 yds			550 yds		
	550 yds			550 yds		
	550 yds		17 miles	550 yds		
7 miles	550 yds			550 yds	П	
	550 yds			550 yds		
8 miles	550 yds		18 miles	550 yds		
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	550 yds			550 yds		
9 miles	550 yds			550 yds		
	550 yds		19 miles	550 yds		
	550 yds			550 yds		
10 miles	550 yds			550 yds		
	550 yds		20 miles	550 yds		
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