



100 Mile Swim Challenge

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

1 mile	550 yds		11 miles	550 yds		21 miles	550 yds	
	550 yds			550 yds			550 yds	
	550 yds			550 yds			550 yds	
2 miles	550 yds		12 miles	550 yds		22 miles	550 yds	
	550 yds			550 yds			550 yds	
	550 yds			550 yds			550 yds	
3 miles	550 yds		13 miles	550 yds		23 miles	550 yds	
	550 yds			550 yds			550 yds	
	550 yds			550 yds			550 yds	
4 miles	550 yds		14 miles	550 yds		24 miles	550 yds	
	550 yds			550 yds			550 yds	
	550 yds			550 yds			550 yds	
5 miles	550 yds		15 miles	550 yds		25 miles	550 yds	
	550 yds			550 yds			550 yds	
	550 yds			550 yds			550 yds	
6 miles	550 yds		16 miles	550 yds				
	550 yds			550 yds				
	550 yds			550 yds				
7 miles	550 yds		17 miles	550 yds				
	550 yds			550 yds				
	550 yds			550 yds				
8 miles	550 yds		18 miles	550 yds				
	550 yds			550 yds				
	550 yds			550 yds				
9 miles	550 yds		19 miles	550 yds				
	550 yds			550 yds				
	550 yds			550 yds				
10 miles	550 yds		20 miles	550 yds				
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