



PAUL NELSON AQUATIC CENTER

100 MILE SWIM CHALLENGE

Name: _____

Individual Tracking Form

T-Shirt Size: _____

Mark off each mile as you go and don't forget to collect your rewards along the way.

1	2	3	4	5	6	7	8	9	YOU'VE EARNED YOUR FIRST PRIZE!
11	12	13	14	15	16	17	18	19	20
21	22	23	24	1/4 DONE!	26	27	AVILA BEACH!	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	KEEP IT UP! YOU'RE HALFWAY TO THE FINISH!
51	52	53	54	55	YOU'VE MADE IT TO AVILA BEACH AND BACK!	57	58	59	60
61	62	JUST KEEP SWIMMING!	64	65	66	67	68	69	70
71	72	73	74	3/4 DONE!	76	77	78	79	80
YOU ARE IN THE HOME STRETCH!	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	YOU DID IT!

1 Length = 25 yards

1 Lap = 50 yards (down and back)

1 Mile = 66 lengths of the pool or 33 laps

GOAL = 165,000 yards and 3,300 laps