Virtual Swim Series Log

January 1, 2004 - December 31, 2004

Sanctioned by the Florida LMSC for USMS, Inc.
Sanction Number: 144-008P
Hosted by the Florida Maverick Masters, Inc.

25 YD POOL
1 mile = 1760 yds = 70 lengths
1/4 mile = 18 lengths

50 M POOL
1 mile = 1600 m = 32 lengths
1/4 mile = 8 lengths

25 M POOL
1 mile = 1600 m = 64 lengths
1/4 mile = 16 lengths

Name _____

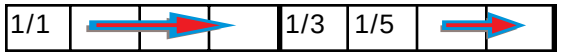
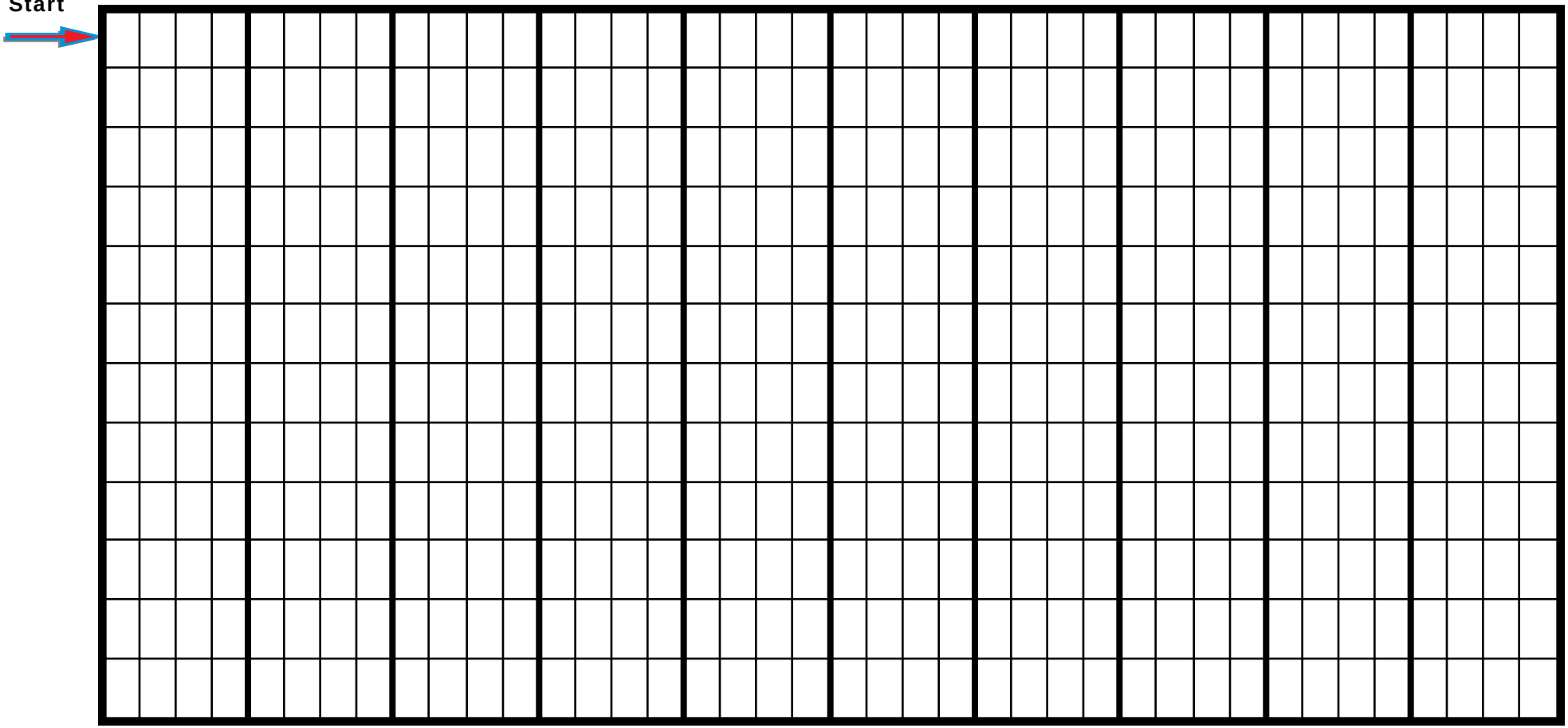
Virtual Swim _____

Dates Swum _____ **to** _____

Total Miles _____

USE ONE LOG FOR EACH VIRTUAL SWIM.
Include log with registration form.

Each ☐ represents 1/4 mile. Indicate distance swum, with dates. Ex: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