

## 300 CLUB SWIM TO THE SPRINGS CHALLENGE

- This is a swim challenge for young and old alike.
- For this challenge, 4 laps (lengths) of the pool (4 x 25 yards) will be equivalent to 1 mile.
- The swim will start at the 300 Club in Gainesville, and participants will swim their way to other Springs around the area (Devil's Millhopper, San Felasco Hammock, River Rise, O'Leno State Park, Ichetucknee Springs, Peacock Springs, Lafayette Blue Springs, Troy Spring, and Manatee Springs) and end up back at the 300 Club.
- Parents, please encourage your child to participate. They do not have to complete the challenge, but let's see how far they can go.
- Adults are encouraged to accept the challenge too.
- Track your distance on the following sheet.
- Place your's or your child's name on top.
- Enter the date of each swim and the number of laps swum.
- The number of laps to complete a distance are listed on the left.
- Enjoy your swim and good luck to everyone.

## **SWIM TO THE SPRINGS CHALLENGE**



Starting and Ending at the 300 Club

4 laps (lengths) of pool ~ 1 mile

	Segment	# of Laps	Accumulation	Description
1.	4.5 miles	18 laps	18	Swim to Devil's Millhopper
2.	1 mile	4 laps	22	Swim to San Felasco Hammock
3.	13 miles	52 laps	74	Swim to River Rise Spring
4.	4 miles	16 laps	90	Swim to Oleno State Park
5.	12 miles	48 laps	138	Swim to Ichetucknee Springs
6.	24 miles	96 laps	234	Swim to Peacock Springs
7.	6 miles	24 laps	258	Swim to Lafayette Blue Springs
8.	16 miles	64 laps	322	Swim to Troy Springs
9.	35 miles	140 laps	462	Swim to Manatee Springs
10.	44 miles	176 laps	638	Swim to the 300 Club
<b>TOTAL</b>	159.5 miles	638 laps		

**NAME** 

DATE	# laps	DATE	# laps
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	_	+	
	_	+	_
		+	_
		+	
	+	+	