



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.

