



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

100 MILE SWIM CHALLENGE

12 months to swim 100 miles!

January 2 to December 31, 2022

COST
\$25
Member &
Non-Member

Challenge Information:

- All ages welcome!
- All swim styles and techniques welcome! Dog paddle to all swim strokes. The technique is not a priority, just the distance!
- Simply keep track of the laps you swim during each workout and record your yardage/ mileage on the tracking sheet located behind the guard chair

The challenge lasts one year. You will receive rewards:

- Splish Splash: 1-100 mile- prize includes a bag with Y logo
- Going the Distance: 101-200 miles -prize includes a club t-shirt
- Master of the Pool: 201-250 miles - prize includes a club long sleeve performance shirt
- Olympic Zone- Super Hero: 251 and up miles - prize includes –long sleeve shirt, towel, bag with Y logo

TO REGISTER: Wardle Family YMCA front desk or online: beaufort-jasperymca.org

How many laps are in a mile??

Length = One end of the pool to other is 25 yards

Lap = Down and back is 50 yards

1 mile = 1,650 yards = Approximately 66 lengths or 33 laps

(We use a competitive mile, which is slightly less than an accurate mile. Comes down to meters vs yards)

How can you get to 100 miles?? It's as easy as:

2 miles a week equals 100 miles in about 50 weeks

3 miles a week equals 100 miles in about 33 weeks

1 mile a day, 5 days a week, equals 100 miles in 20 weeks

WARDLE FAMILY YMCA

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Questions? See Perri Flaherty, p.flaherty@wardlefamilyymca.org · Direct: 843-379-1365