



Virtus Global Swim Challenge Series

STAGE #	BASED ON SWIM COURSE	DISTANCE YOU SWIM	50 METER POOL	25 METER POOL	25 YARD POOL	TOTAL CUMULATIVE DISTANCE
1	Midmar Mile <i>South Africa</i>	1.5km	30 Lengths	60 Lengths	66 Lengths	1.5km
2	Chesapeake Bay <i>USA</i>	5.5km	110 Lengths	220 Lengths	242 Lengths	7km
3	Diamond Lake Minnesota <i>USA</i>	3km	60 Lengths	120 Lengths	132 Lengths	10km
4	Bay of Bengal <i>India</i>	6km	120 Lengths	240 Lengths	264 Lengths	16km
5	Lac St Jean Quebec <i>Canada</i>	2km	40 Lengths	80 Lengths	88 Lengths	18km
6	Lake Argyle <i>Western Australia</i>	2km	40 Lengths	80 Lengths	88 Lengths	20km
7	St Petersburg Kotlin Island <i>Russia</i>	4km	80 Lengths	160 Lengths	176 Lengths	24km
8	Dover - Calais English Channel <i>Great Britian</i>	10km	200 Lengths	400 Lengths	440 Lengths	34km
9	Manhattan Island New York <i>USA</i>	11km	220 Lengths	440 Lengths	484 Lengths	45km
10	Kalamata <i>Greece</i>	15km	300 Lengths	600 Lengths	660 Lengths	60km
11	Round Jersey (Channel Islands) <i>Great Britian</i>	12km	240 Lengths	480 Lengths	528 Lengths	72km
12	Parana <i>Argentina</i>	16km	320 Lengths	640 Lengths	704 Lengths	88km
13	Sicily-Malta <i>Italy/Malta</i>	7km	140 Lengths	280 Lengths	308 Lengths	95km

Swim Stages should be completed in order; when you complete a Stage use the link on the event page below to enter your time for that Stage then move on to the next. The last day to submit is December 13th GMT.

[Due to time differences USA athletes should submit their last time by December 12th]

<http://www.athleteswithoutlimits.org/event/2020-virtus-global-swim-challenge>