



GLOBAL CHALLENGE SERIES

SWIMMING CHALLENGE 2020

The Virtus Global Challenge Series has been developed to support opportunities for athletes to remain connected to their sport. The Global Challenge series may be delivered via online or video participation.

Virtus has selected major international open water and Marathon swim venues from around the world. The challenge is to perform as many of these swims as possible, in order, between 23rd October and 13th December 2020.

There is no set place to swim – you can use a pool or open water - but you must be able to accurately record distance and time.

Once the stage has been completed you submit the stage number and name and the time in (hours/minutes/seconds) in the water using the online entry form and move straight on to the next stage.





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Stage Number	Distance YOU swim	Swim Name	Country	Target Total Distance
1	1.5km	Midmar Mile	South Africa	1.5km
2	5.5km	Chesapeake Bay	USA	7km
3	3km	Diamond Lake (Minnesota)	USA	10km
4	6km	Bay of Bengal	India	16km
5	2km	Lac St Jean (Quebec)	Canada	18km
6	2km	Lake Argyle (Western Australia)	Australia	20km
7	4km	St Petersburg - Kotlin Island	Russia	24km
8	10km	Dover - Calais (English Channel)	Great Britain	34km
9	11km	Manhattan Island (New York)	USA	45km
10	15km	Kalamata	Greece	60km
11	12km	Round Jersey (Channel Islands)	Great Britain	72km
12	16km	Parana	Argentina	88km
13	7km	Sicily-Malta	Italy/Malta	95km





The Swimming Challenge

Entry procedures

- Athletes should submit their entry using the [online form here](#).
- There is no event fee but each athlete must have an 'Active' Virtus competition license and a hold a minimum of a National Eligibility registration. All competition licences will be valid for 12 months. Questions regarding eligibility and licensing should be referred to the Virtus National Member Organisation.
- There will be a separate competition for males and females and for athletes in II1, II2 and II3 eligibility groups
- Age groups will be 12- 18 years old (under 19 on 13th December 2020) and 19 years and above.
- All swimmers must be swimming in a pool that is recognised by the National Federations. If in open water the distances must be validated by a GPS tracker (garmin/fitbit/etc)
- The Challenge will finish on 13th December 2020.
- All swimmers who have submitted completed stages will appear on the website.



The Swimming Challenge

- To complete the swim challenge, start at stage 1.
- To complete this stage you must swim 1.5 km. We have helped by breaking it down into number of lengths you will swim depending on your pool length.
- For stage 1, if you swim in a 50 m pool you swim 30 lengths, a 25 metre pool you swim 60 lengths and in a 25 yard pool you swim 66 lengths.
- Once you have completed all these lengths complete the online form and which will ask stage number, distance covered and total time taken to swim the whole stage.
- Once you have submitted your stage 1 results, you may then move on to stage 2.
- As you move through the stages the total distance you have swam accumulates, hence the column at the end giving a total of the km swam.

Stage Number	Distance in Pool lengths						Target Total Distance
		50m Pool	25m Pool	25m Pool	25yd pool	25yd pool	
	DISTANCE YOU SWIM	LENGTHS YOU SWIM	Total	LENGTHS YOU SWIM	Total	LENGTHS YOU SWIM	
1	1.5km	30	60	60	66	66	1.5km
2	5.5km	110	280	220	308	242	7km
3	3km	60	400	120	440	132	10
4	6km	120	640	240	704	264	16km
5	2km	40	720	80	792	88	18km
6	2km	40	800	80	880	88	20km
7	4km	80	960	160	1056	176	24km
8	10km	200	1360	400	1496	440	34km
9	11km	220	1800	440	1980	484	45km
10	15km	300	2400	600	2640	660	60km
11	12km	240	2880	480	3168	528	72km
12	16km	320	3520	640	3872	704	88km
13	7km	140	3800	280	4180	308	95km