



Bay Challenge Pool Pace Swim

All pool pace swims must be swum continuously for 60 minutes. You may elect to wear a wetsuit; no additional swim aids, such as paddles, fins, pull buoys, or snorkels may be used.

Prior to the pool pace swim:

- Print one copy of this booklet.

During the pool pace swim:

- Read the booklet to determine what information you will need to assess during the swim.
- We recommend the recruitment of a friend / coach/ guard to record your splits; you are welcome to self-report data provided you have an accurate means of doing so.
- Split data must be recorded for at minimum 50% of your total distance. *ie. If you swam 3200m in 60 min you must have 15 split data points at 200m, 400m ...etc.*

After completing the pool pace swim:

- Fill in all pool and swim information and sign the completed log verifying its validity.
- Scan or take a photo of the log and send it Attn: to the Bay Challenge Race Director vowsa.racedirector@gmail.com *Note: you may also drop your log off to any of the VOWSA practice swims provided you notify the race director that you have done so.*

Tips

- For recommended course deadlines and expected pace times please review the Bay Challenge Safety Policy on the Bay Challenge registration page at www.vowsa.bc.ca
- For swims completed in non-standard 25/50m length pools split information should be recorded in multiples of laps. *ie. At Kits pool (137.5m / 150yds) you would record information every 2 laps (300yds) in the 300 row, you may elect to record your lap split data in the other rows by crossing out the distance.*
- A lap is a single, one-way length of a pool.
- Strokes Per Minute (SPM) is the average number of strokes taken continuously in 1 minute. In shorter pools measure this value over a single lap and multiply to get average SPM. *ie. In a 25m pool if you measure 14 strokes in 15s your average SPM would be 56*

These notes are the property of the Vancouver Open Water Swim Association (VOWSA) for use in operating the Bay Challenge swim from Sandy Cove to Kitsilano Beach, Vancouver, BC. Should you have any questions regarding any of the contents of this document, please contact VOWSA.Racedirector@gmail.com.

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POOL INFORMATION

Pool Name:	
Pool Length: (Specify Yards or Meters)	
Pool Size: (Number of Lanes)	
Pool Spec's: (Indoor/Outdoor)	
Pool Address:	
Pool Telephone Number:	
Pool Website:	

SWIM INFORMATION

Swim Date:	
Number of Full Laps (Lengths):	@ 15min:
	@ 60 min:
Distance completed: (Specify Yard/meters include approx. partial lap distances)	@ 15min:
	@ 60min:
Wetsuit worn (Yes/No):	
Heart Rate (Beats in 15s)	@ Start:
	@ 60min:

By Signing below I attest that the information recorded in this log is correct:

Swimmer Full Name: _____

Swimmer Signature: _____ Date: _____

Swimmer Name: _____

Distance	Split	Cumulative	Distance	Split	Cumulative	Distance	Split	Cumulative
100			1600			3100		
200			1700			3200		
300			1800			3300		
400			1900			3400		
500			2000			3500		
600			2100			3600		
700			2200			3700		
800			2300			3800		
900			2400			3900		
1000			2500			4000		
1100			2600			4100		
1200			2700			4200		
1300			2800			4300		
1400			2900			4400		
1500			3000			4500		

STROKE RATE (spm)	@ 10min	@ 30min	@ 50min
Strokes per minute, can evaluate over 15s for 25m pool			