

Welcome to the BNL "Virtual Swim" 2020

We begin where we ended last year in the southern tip of the Kamchatka Peninsula and swim south along the Kuril Islands to Tokyo Japan, the city of the 2020 Summer Olympics where we shall visit our friend Ralf Seidl. **Total distance of 1500 miles.** The swim will run from January 2 to March 31st, 2020. With a celebration upon completion!

Like in the last time each swimmer will log his, her lengths on the shared spreadsheet, see link below. The instructions are in the first worksheet (see the second page here).

<http://rb.gy/kmignq>

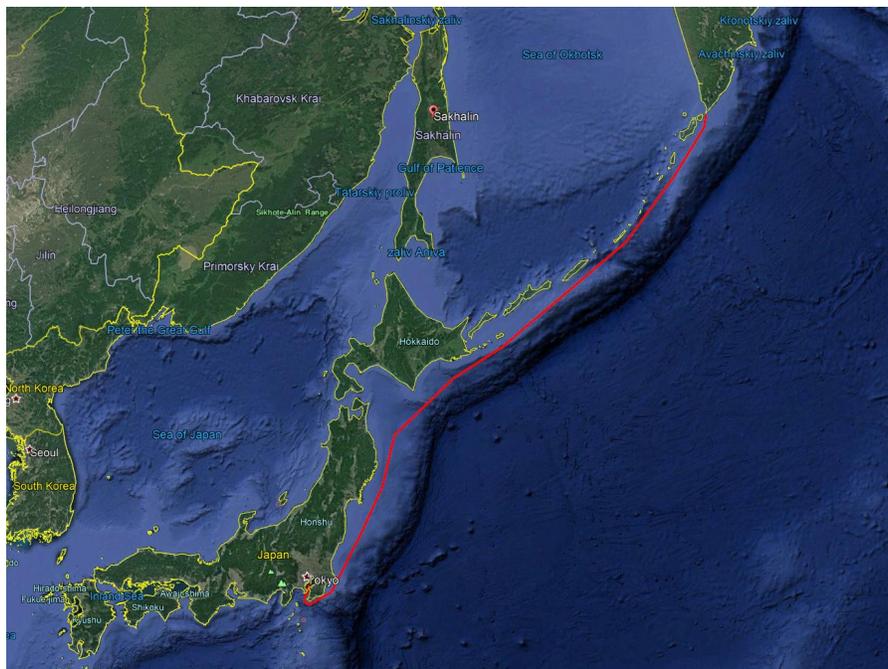
If you need help, ask the lifeguards or please contact:

Wlodek Guryn guryn@bnl.gov

John Sinsheimer jsinsheimer@bnl.gov

Rob Todd rtodd@bnl.gov

Individual and group lengths will be totaled periodically, then converted to miles and tracked on the BNL "Virtual" Swim Map. (53 pool lengths = 1 mile)



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1 **Instructions:**

2 Step 1: If you have not done so, add your name to the next available row in this list below. Once you do this, your name will appear on all the tabs (sheets) below.

3 Step 2: Click the tab at the bottom of the screen labeled "Weeks 1&2", or "Weeks 3&4", etc. Find your name and add in your lengths swam on the respective days

4 Step 3: You can view our team's and your totals on the tab labeled "Statistics".

5 Contact John Sinsheimer (jsinsheimer at bnl.gov) for any comments or questions about this document

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7 **Name:**

8 Wlodek Guryn

9 John Sinsheimer

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+ ≡ Name Entry **Weeks 1&2** Weeks 3&4 Statistics

← Add your name to the next blank box in the list of names

Click these tabs at the bottom of the page to view different sheets

Virtual Swim 2014 ★

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	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	Enter lengths on dates below:								Enter lengths on dates below:								
2																	
3	Week 1: Jan 1st - Jan 4th								Week 2: Jan 5th - Jan 11th								
4	Name					Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
5	Wlodek Guryn																
6	John Sinsheimer																
7	Your name here					10	12		16		8						
8																	
9																	
10																	
11																	
12																	
13																	
14																	

+ ≡ Name Entry Weeks 1&2 Weeks 3&4 **Statistics**

Your name will appear on all other sheets once entered in the Name Entry sheet. Find your name and enter your lengths swam for each day

You can view your total lengths swam by clicking the Statistics sheet.