Welcome to the BNL “Virtual Swim” 2019

We begin where we ended last year in Dutch Harbor, Alaska and travel across Bering Sea with the goal of reaching Petropavlovsk-Kamchatskiy. Total distance is 1400 mi. The swim will run from January 2 to March 31st, 2019. 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).

https://goo.gl/9fZ4uX

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)
Instructions:

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.

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.

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

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

Name:
Wlohek Guryn
John Sinsheimer

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.

Click the Name Entry tab and add your name to the list.

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.