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).

https://tinyurl.com/w3qm9mc

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:**
Wlodek Guryn
John Sinsheimer

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

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.