

*2006 Virtual Swim to the XI FINA World Championships in California!  
January 1, 2006 to August 1, 2006*

Enjoy a “virtual swim” to the XI FINA World Championship meet in California!

Each Zone (8 total) will be racing and competing with each other to get to Stanford first. A distance of 1500 miles has been set as the goal - which is close to the average distance a USMS swimmer will have to travel to this meet (sorry, but Alaska and Hawaii distances weren't used in this estimate!). Let's see which zone will arrive there first – ready for the world competition.

Simply log your swim mileage (logs are provided for your convenience in the Fitness Section) that you swim daily. Then just email your mileage to Mary Sweat ([marysweat@email.com](mailto:marysweat@email.com)) at the end of each month. Please include the following:

Name  
Age  
Zone  
Miles swum during month

There is no entry fee or official rules – just good ol racing fun in a virtual sense. The results will be compiled and posted on the website (see the Fitness section) each month for you to see the race of the “zones to worlds” in progress!

This swim also counts towards the 2006 Virtual Swim Series. A t-shirt commemorating your participation in this specific swim will be available for minimal cost.

We hope you will enjoy the fun of training and swimming (virtually speaking!) to the XI FINA World Championships in California.