# Get your goggles on

and help us create a world where diabetes can do no harm.

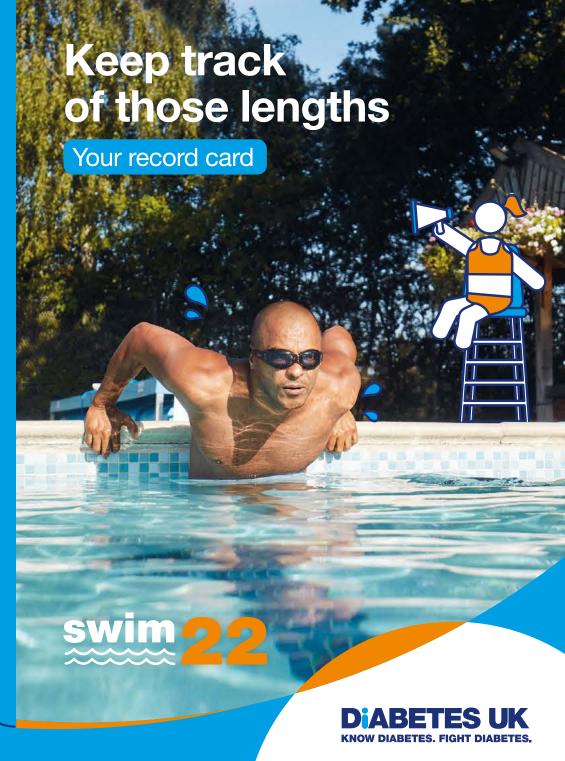


For swimming information and events tips go to www.diabetes.org.uk/swim22









## **Record card**

If you're taking on the ultimate Swim22 challenge, here's some useful breakdowns:

### 22 miles is

In a 20m pool: 1,770 lengths 25m pool: 1,416 lengths

33m pool: 1,073 lengths 50m pool: 708 lengths

### Halfway there is

In a 20m pool: 885 lengths 25m pool: 708 lengths 33m pool: 536 lengths 50m pool: 354 lengths

### If you want to swim all the way back again

In a 20m pool: 3,541 lengths 25m pool: 2,832 lengths

33m pool: 2,146 lengths 50m pool: 1,416 lengths

Date	Lengths/ distance	Total so far	How did it feel?		
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Date	distance	so far	it feel?

Lengths/ Total How did

Date	Lengths/ distance	Total so far	How did it feel?		

Date	Lengths/ distance	Total so far		How did it feel?		
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16. Or was it 17? I always lose count.