HOW IT WORKS

REGISTER

You can register at the pool or online. Scan the Qr code for more information.

SWIM

The swim is at the Terrace Aquatic Centre. Please respect the lane etiquette.

TRACK YOUR PROCESS



You can use the swim log provided here or track your progress on the challenge hound app to track your mileage.

MILESTONES

Every 100 kms

Make sure to let the pool staff know once you've hit a milestone so you can enter into a prize draw!

1 lane length = 25 m 40 lanes = 1 km Skeena River = 570 kms

LANE ETIQUETTE



The pool is divided into three double lines, and each section is divided into "Fast," "Medium," and "Slow."



When there are only two swimmers, it is acceptable to swim parallel to each other. Once a third swimmer joins the lane, you **must** swim in a circle counter-clockwise - **No exceptions.**



Choose the lane based on your swimming ability.



Don't push off right before a swimmer comes in to turn.



If you will stop at the end of the lane, please move to the side.

LANE SWIM HOURS

Monday to Friday: 6:00 am to 9:00 am (Pass holders only) 11:30 am to 1 pm

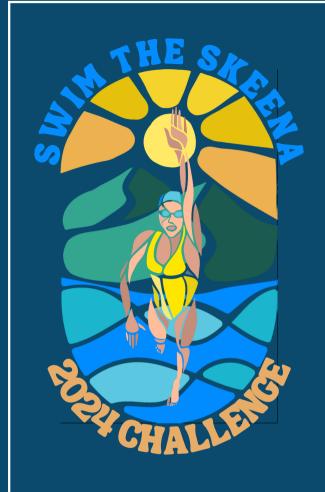
Monday, Wednesday and Friday: 8:00 to 9:00 am

Saturday: Noon to 1 pm

Sunday: 11:00 am to 1 pm



TERRACE AQUATIC CENTER, 4540 PARK AVENUE, TERRACE, BC, V8G 2N1.



Let's dive into a fun-tastic challenge: Can we swim a whopping 570 km together? While we're at it, we'll learn about the amazing Skeena Watershed.





Skeena River

From start: the source of the Skeena River

THE SACRED HEADWATERS (Spotsizi Plotegy)





The Skeena River is one of the most important and diverse in the world and home to five species of Pacific salmon and steelhead.

2024 CHALLENGE HOW FAR CAN YOU SWIM?



Formed in 2007, SkeenaWild Conservation Trust is dedicated to making the Skeena River and nearby coastal communities a global model of sustainability. Our mission is to conserve the health and resiliency of wild salmon populations in the Skeena Watershed while supporting Indigenous Peoples' rights and deepening all people's connection with wild salmon. Our approach is based on rigorous scientific research, community input, and responsible sustainable development.

THANK YOU FOR YOUR SUPPORT



www.skeenawild.org



ঠি Brian Huntington

To end: the mouth of the Skeena River

SWIM LOG

	Date	Distance	
T N			
2024			
A.			
万万万			
∧			
S			
7			
F WI			
S			

SWIM LOG

Date	Distance



SKEENA RIVER = 570 KM

40 LANES = 1 KM

Date	Distance

Date	Distance







SWIM LOG

HOW FAR CAN YOU SWIM?



SWIM THE SKEENA CHALLENGE

40 LANES = 1 KM

SKEENA RIVER = 570 KM



Date	Distance	

Date	Distance

Date	Distance



