Welcome to the Ball State Swim the MAC Challenge! You will have until April 4th to complete your choice of distance to swim. You will be able to choose a distance that you want to challenge yourself, or a team of up to 4 people, to swim to! You will be responsible for tracking your progress along the way.

INSTRUCTIONS/RULES:
1. The official start date of the challenge is Monday, January 27th. However, you can sign-up from January 19th – January 24th.
2. The Word file contains a blank swim tracking log to help keep you on pace. Feel free to keep track electronically or print (make sure you print in landscape).
3. You need to complete the “Swim the MAC” in either Lewellen Pool, located at the Student Recreation and Wellness Center, or at Ball Pool, located at Ball Gym.
4. After completing each workout, you will need to record your miles on your official tracking sheet.
5. The “Swim The MAC” distances can be either of the following:
   Swim to Akron: 251 miles (6,275 yards)
   Swim to Bowling Green: 152 miles (3,800 yards)
   Swim to Buffalo: 478 miles (11,958 yards)
   Swim to Central Michigan: 278 miles (6,950 yards)
   Swim to Eastern Michigan: 219 miles (5,475 yards)
   Swim to Kent: 262 miles (6,550 yards)
   Swim to Miami (OH): 70 miles (1,750 yards)
   Swim to Northern Illinois: 287 miles (7,175 yards)
   Swim to Ohio University: 222 miles (5,550 yards)
   Swim to Toledo: 181 miles (4,525 yards)
   Swim to UMass: 851 miles (21,275 yards)
   Swim to Western Michigan: 199 miles (4,975 yards)
   Swim the entire MAC: 2858 miles (71,450 yards)
6. There may be up to 4 members on a Swim Challenge Team that can work together to complete one of the longer distances. This way you may work together with friends and encourage each other to stay physically fit! Be sure to mention who your team members are on your registration form, which can be found at www.bsu.edu/recreation Aquatics & Safety page under “Swim the MAC.”
7. To promote how people are doing in the challenge, we will have a “Leader Board” located at both pools that will track the progress of those wishing to participate. Please note if you would like your name shown on the “Leader Board” on your registration form.
8. Emails will be sent out at the Week 2, Week 4, Week 6, and Week 8 marks in order to obtain leader information. An email reminding participants will be sent out on March 28th to remind participants of the Friday, April 4th at 5pm deadline for final results and prize qualification. Prizes include such items as a “swag bag”
9. All events must be completed in full by April 4th. Official tracking sheets must be turned into the SRWC Front Office or e-mailed to Kristyn Watts at kmwatts2@bsu.edu by Friday, April 4th, at 5:00pm.

The following are options for exercise that will count towards your mileage:

**SWIM:** - 1 length of the pool is 25 yards; one lap (down and back) is 50 yards. (Lewellen Pool and Ball Pool)
  - Each length of the pool will count as 1 mile
  - AquaFit BSU Fit classes = 1500 yards.