

## → MARK YOUR CALENDAR ←

**100 x 100's Workout Challenge on  
Monday 20 February 2023 morning  
(Presidents Day - federal holiday)  
at the Nassau County Aquatic Center**



**Online registration OPENS on New Years Day 2023.  
Limited to 100 participants on a first-received basis.  
Set your 2023 GOALS now and plan to participate!**

Generous goodies, snacks, beverages and raffle prizes. Motivating group training dynamics. Awesome endurance training foundation to set you up for success the rest of the year. Must be 18 years of age or older. Completing all 100 x 100's is not required; just challenge yourself by swimming as far or long as you can within the four-hour time limit. Participants will be placed into lanes respective to training capability with others of similar speed. The workout will be divided into segments with opportunities for brief bathroom, hydration or nutrition breaks, or to change lane order or otherwise. If you miscalculated your training pace or want to do some Stroke or IM instead of just freestyle, you can switch to a different lane at any time.

Direct Workout Challenge inquiries to Lisa Baumann at [excelswimming@aol.com](mailto:excelswimming@aol.com)