



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Helene Caron (53y) 

has completed a swim observed by IISA:

Date: 25-Feb-2024

Venue: Newport, Vermont

Distance: 100 metres

Swim Time: 00:01:36.00

Water Temp: 0.00°C

Wind Chill: -11.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Nadine Bennett
Canada

KEEP SAFETY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION