



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Tom Heyerdahl (61y)** 

has completed a swim observed by IISA:

Date: 11-Nov-2023

Venue: Britannia Park, Ottawa, Canada

Distance: 1100 metres

Swim Time: 00:29:09.00

Water Temp: 5.60°C

Wind Chill: -3.00°C

Altitude: 53 metres

Stroke: Crawl

Observer: Susan McKay  
Canada

KEEP SAFETY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**