



CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

Helene Caron (53y) 

has completed a swim observed by IISA:

Date: **23-Feb-2024**

Venue: **Newport, Vermont**

Distance: **200 metres**

Swim Time: **00:03:20.00**

Water Temp: **1.10°C**

Wind Chill: **0.00°C**

Altitude: **Sea Level metres**

Stroke: **Crawl**

Observer: **Nadine Bennett**
Canada

KEEP SAFTEY AND INTEGRITY IN THE ICE

INTERNATIONAL ICE SWIMMING ASSOCIATION