



## CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Nadine Bennett (45y)** 

has completed a swim observed by IISA:

Date: **28-Oct-2018**

Venue: **Lac Meech, Gatineau, Quebec, Canada**

Distance: **1750 metres**

Swim Time: **00:56:00.00**

Water Temp: **7.90°C**

Wind Chill: **2.00°C**

Stroke: **Crawl**

Observer: **Catherine Desmarais  
Canada**

**KEEP SAFETY AND INTEGRITY IN THE ICE**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**