



# CERTIFICATE OF ACHIEVEMENT

This is to acknowledge that

**Frederik Masson (39y)** 

has completed a swim observed by IISA:

Date: 07-Dec-2024

Venue: britannia beach, ottawa ON, CA

Distance: 250 metres

Swim Time: 00:05:22.00

Water Temp: 0.30°C

Wind Chill: -5.00°C

Altitude: Sea Level metres

Stroke: Crawl

Observer: Matt Prince  
Canada

KEEP SAFTEY AND INTEGRITY IN THE ICE

**INTERNATIONAL ICE SWIMMING ASSOCIATION**