

BOWS

BALTIMORE OPEN WATER SWIMMERS

Baltimore Harbor Swim | June 7th, 2026

CERTIFICATION OF ABILITY - SWIM TEST

(To Be Used If Participant Has No Recorded Open Water Swim)

A certified Red Cross lifeguard or swim coach must witness this test. This can be done at your local pool. No swimmer will be allowed to participate in the 2026 Baltimore Harbor Swim without having met qualifications of this test.

The below named participant has demonstrated that they can swim one mile (1650 yards) continuously in under 60 minutes.

Name of participant (please print clearly): _____

Signature of participant: _____ Date: _____

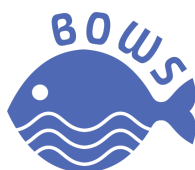
Location of 1-mile pool swim: _____

1 Mile (1650 yards) Pool swim TIME: _____ Date: _____

Name of Witness (please print clearly): _____

Signature of Witness: _____ Date: _____

Please complete & send this form to HELLO@BMOREBOWS.ORG by June 1st, 2026.



Contact us:
HELLO@BMOREBOWS.ORG

BMOREBOWS.ORG