

# SVØMMEMERKE

The Svømmemerke (Svum-eh-merk-eh) Swimming Medal Program awards Sons of Norway members for living an active lifestyle. For their swimming efforts members can earn bronze, silver, gold and enamel medals. Here's how the program works:

## INSTRUCTIONS

1. Find your age group and medal level. You will start with the bronze and move on in order to the silver, gold and enamel. Every time you complete a medal, you will start over at zero.
2. Use this card to keep track of the distance in miles you swim.
3. Have someone initial your record card showing your efforts.
4. When your record card is complete, submit it to your lodge sports director and they will order your medal. Sports medals are provided at no cost to members.

**DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS**

All strenuous sports activities should not be attempted without consulting your doctor first.

"Participation in the Sports Medal Program may involve the risk of injury. The Participant (or their legal representative) agrees that he / she understands and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc."

## HOW OFTEN CAN YOU EARN A PIN?

You can earn more than one pin each year, but they must be earned in consecutive order. You must first earn the bronze pin, next the silver, then the gold, and finally the enamel.

**YOU MUST START AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN.**

**MEMBERS MUST COMPLETE THE REQUIREMENTS FOR EACH PIN WITHIN 365 DAYS.**



**SONS OF  
NORWAY**

[www.sonsofnorway.com](http://www.sonsofnorway.com)

**NAME:** \_\_\_\_\_

**ADDRESS :** \_\_\_\_\_

**DISTRICT/LODGE:** \_\_\_\_\_

**MEMBER #:** \_\_\_\_\_

**BIRTH DATE:** \_\_\_\_\_

I have completed the requirements for the (circle one):

**BRONZE SILVER GOLD ENAMEL PIN**

and wish to be considered for an award for \_\_\_\_\_  
(year)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Lodge Sports Director

Date of completion: \_\_\_\_\_

List of previous pins earned: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# SVØMMEMERKE

SWIMMING  
SPORTS MEDAL PROGRAM



FORM # 815R

## REQUIREMENTS FOR SVØMMEMERKE

Age	Bronze	Silver	Gold	Enamel
0-7	15	30	45	60
8-14	40	75	110	150
15-39	60	115	170	230
40-54	50	95	145	190
55-69	40	80	120	160
70+	30	60	90	120

*Units are in miles*

*25 yard pool: 66 lengths (33 laps) = 1 mile*

*25 meter pool: 64 lengths (32 laps) = 1 mile*

*50 meter pool: 32 lengths (16 laps) = 1 mile*

*\*A mile refers to 5280 feet*

Date	Location	Distance	Initials
<b>Subtotal</b>			

Date	Location	Distance	Initials
<b>Subtotal</b>			

Date	Location	Distance	Initials
<b>Subtotal</b>			

Date	Location	Distance	Initials
<b>Total of all points</b>			