



**GREAT LAKES SINGLEHANDED SOCIETY  
Lake Ontario 300 Solo Challenge**

**Sailing Experience Resume (Page 2 of 2)**

3. To the best of your memory, list the sailing passages that you have accomplished as a racing or cruising skipper that have covered 25 or more nonstop statute miles, or a cumulative 50 or more miles consisting of two or more nonstop passage legs. Include the following information:
- A. The year that this sailing passage took place.
  - B. Total cumulative distance traveled for all legs in this passage.
  - C. Longest non-stop leg traveled in this passage.
  - D. Water body sailed.
  - E. Number of overnight legs during this passage.
  - F. Total crew including skipper (1, 2 or more than 2).
  - G. Navigation method used (dead reckoning, Loran, GPS, etc).
  - H. Farthest distance offshore during a leg in this passage.
  - I. Estimate percent of time motor assistance was required.

Year	CumulDist	LongestLeg	WaterBody	Overnight	TotalCrew	NavMethod	DistoffShore	%Motored
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____

4. List any seamanship courses, licenses, or training that you have achieved.

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If necessary, additional information to complete or supplement Section 1, 2 or 3 can be provided on a separate sheet of paper.

To the best of my knowledge, the above information represents my sailing experience.

\_\_\_\_\_  
Signature

Date \_\_\_\_\_