



*This is to certify that*

**KAREN THROSBY**

*swam the Catalina Channel*

*from* CATALINA TO MAINLAND

*on* JULY 20, 2011

*in* 14 *hours* 11 *minutes*

*The swim was entered in the  
historical records of the Federation*

*on* NOVEMBER 5, 2011

*[Signature]*  
*President*

*[Signature]*  
*Swim Committee Chairman*

*[Signature]*  
*Historian*