

Qualifying Swim Information	
Swimmer Name:	Catherine Delneo
Date of Qualifying Swim:	August 30, 2013
NYC Swim Event That You Wish to Qualify For:	MIMS
Body of Water (include city, state, country):	San Francisco Bay, California, USA. Round-Trip Angel Island - first woman ever
Length of Qualifying Swim (hours, minutes):	6 hours, 10 minutes
Maximum Water Temperature During Swim:	64F
Type of swim suit worn (specify traditional, jammers, shoulders covered, wetsuit, etc.):	traditional women's one-piece

Observer Information	
Observer Name:	Evan Morrison
Observer Address:	[Redacted]
Observer Phone:	[Redacted]
Observer E-mail:	[Redacted]

By signing below, we attest that the information recorded in this log is correct.

Swimmer Signature: 

Date: **1 Sep 2013**

Observer Signature: _____

Date: _____

Qualifying Swim Log	
Actual Time:	0410 Pacific Daylight Time
Swim Time (hours, minutes):	0:00
Air Temperature and Conditions:	15C, calm, clear
Water Temperature and Conditions:	17C, light ripples
Swimmer's Mental and Physical Conditions:	excited, ready for adventure
Stroke Rate (per minute):	82
Feedings (time, what the swimmer consumed):	N/A

Qualifying Swim Log	
Actual Time:	0440
Swim Time (hours, minutes):	0:30
Air Temperature and Conditions:	15C, same
Water Temperature and Conditions:	17C, same
Swimmer's Mental and Physical Conditions:	Same. Having trouble seeing boat, wants us to come nearer.
Stroke Rate (per minute):	80
Feedings (time, what the swimmer consumed):	Maxim flavored w/ Gatorade + 1 GU gel (subsequently: "standard feed")

[The observer should complete a section of the log at the start and finish of the swim and every half-hour in between.]

Qualifying Swim Log	
Actual Time:	0510
Swim Time (hours, minutes):	1:00
Air Temperature and Conditions:	15C, same
Water Temperature and Conditions:	17C, same
Swimmer's Mental and Physical Conditions:	Smiling, feeling good
Stroke Rate (per minute):	80
Feedings (time, what the swimmer consumed):	standard feed

Qualifying Swim Log	
Actual Time:	0540
Swim Time (hours, minutes):	1:30
Air Temperature and Conditions:	15C, same
Water Temperature and Conditions:	17C, same
Swimmer's Mental and Physical Conditions:	Can see the outline of Angel Island!
Stroke Rate (per minute):	80
Feedings (time, what the swimmer consumed):	standard feed

[The observer should complete a section of the log at the start and finish of the swim and every half-hour in between.]

Qualifying Swim Log	
Actual Time:	0610
Swim Time (hours, minutes):	2:00
Air Temperature and Conditions:	15C, same
Water Temperature and Conditions:	17C, same
Swimmer's Mental and Physical Conditions:	Passing Knox Point & red buoy. Cathy joyously "tags" buoy.
Stroke Rate (per minute):	80
Feedings (time, what the swimmer consumed):	standard feed

Qualifying Swim Log	
Actual Time:	0640
Swim Time (hours, minutes):	2:30
Air Temperature and Conditions:	15C, same
Water Temperature and Conditions:	17C, same
Swimmer's Mental and Physical Conditions:	We flew through the Raccoon Strait. Approaching Campbell Pt, top of the island. Cathy continuing on machine-like.
Stroke Rate (per minute):	78
Feedings (time, what the swimmer consumed):	standard feed

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Qualifying Swim Log	
Actual Time:	0710
Swim Time (hours, minutes):	3:00
Air Temperature and Conditions:	16C, same
Water Temperature and Conditions:	17C, same
Swimmer's Mental and Physical Conditions:	Approaching Pt Simpson. Cathy is pleased with progress.
Stroke Rate (per minute):	79
Feedings (time, what the swimmer consumed):	standard feed

Qualifying Swim Log	
Actual Time:	0740
Swim Time (hours, minutes):	3:30
Air Temperature and Conditions:	16C, same
Water Temperature and Conditions:	17C. In lee of island, the water has smoothed out to a lake-like glassy calm.
Swimmer's Mental and Physical Conditions:	Approaching Quarry Point. We received a visit from Steve W. on his boat, which made Cathy happy. Gorgeous sunrise.
Stroke Rate (per minute):	75
Feedings (time, what the swimmer consumed):	standard feed

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Qualifying Swim Log	
Actual Time:	0810
Swim Time (hours, minutes):	4:00
Air Temperature and Conditions:	16C, same.
Water Temperature and Conditions:	17C, surface conditions back to ripples.
Swimmer's Mental and Physical Conditions:	Passing Pt Blunt, the southern edge of the island. Cathy is ready for the return trip!
Stroke Rate (per minute):	72
Feedings (time, what the swimmer consumed):	standard feed

Qualifying Swim Log	
Actual Time:	0840
Swim Time (hours, minutes):	4:30
Air Temperature and Conditions:	18C, a little more wind, but still <5 kts.
Water Temperature and Conditions:	17C, some minor chop, now that we're out of the lee of island.
Swimmer's Mental and Physical Conditions:	The flood pushed us off-course to the east, but Cathy isn't aware. Still chugging along.
Stroke Rate (per minute):	70
Feedings (time, what the swimmer consumed):	standard feed

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Qualifying Swim Log	
Actual Time:	0910
Swim Time (hours, minutes):	5:00
Air Temperature and Conditions:	17C, wind up to 10-12 knots
Water Temperature and Conditions:	17C, bigger chop, almost whitecaps
Swimmer's Mental and Physical Conditions:	We're 2/3 of the way from Angel Isl to Alcatraz now. First semi-challenging conditions of the swim, but Cathy remains in good spirits.
Stroke Rate (per minute):	75
Feedings (time, what the swimmer consumed):	standard feed

Qualifying Swim Log	
Actual Time:	0940
Swim Time (hours, minutes):	5:30
Air Temperature and Conditions:	17C, wind 10-12 kts
Water Temperature and Conditions:	17C, minor-moderate chop
Swimmer's Mental and Physical Conditions:	We've passed Alcatraz. Cathy is on the home stretch and she knows she's got this in the bag.
Stroke Rate (per minute):	84
Feedings (time, what the swimmer consumed):	standard feed

[The observer should complete a section of the log at the start and finish of the swim and every half-hour in between.]

Qualifying Swim Log	
Actual Time:	1010
Swim Time (hours, minutes):	6:00
Air Temperature and Conditions:	17C, wind 8-10 kts
Water Temperature and Conditions:	17C, less chop
Swimmer's Mental and Physical Conditions:	Approaching the Creakers. Cathy & pilots all very excited. The sailing boats are out on the Bay and it's a gorgeous day.
Stroke Rate (per minute):	80
Feedings (time, what the swimmer consumed):	standard feed

Qualifying Swim Log	
Actual Time:	1020
Swim Time (hours, minutes):	6:10 - FINISH
Air Temperature and Conditions:	18C, wind 8 kts
Water Temperature and Conditions:	17C, not flat but not choppy
Swimmer's Mental and Physical Conditions:	Victory! First woman to do a Round-Trip Angel Island.
Stroke Rate (per minute):	80
Feedings (time, what the swimmer consumed):	standard feed

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