

Swimmer

Name: Gender: Age: Resides In:

Support Personnel

Pilot name(s): Vessel: Port:

Crew names & roles:

Swim Details

Date: Body of Water: Location:

Route description:

Swim distance: Start time: Finish time: Elapsed:

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency):

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

List any modifications of MSF Standard Swim Rules:

Observer:

Email or Phone:



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

10 Jan 2017

Swimmer(s)

Caroline Block

Observer(s)

LMB

Swim Description

length
Lake George
S → N

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
9:50 am	43.25.21 N	73.42.40 W	61.8 70	47h S	59	Calm water, happy swimmer
10:10	43.26.0 N	73.49.90 W	62.2 69	4 SSW	58	Feed 1/2 bottle 10:25
10:50	43.26.38 N	73.41.36 W	63.2 72	7 S	58	Calm sunny Feed 11:00 swimmer chatty
11:10	43.27.8 N	73.41.18 W	62.8 75	7 S	60	light wind, sunny Feed 11:20 swimmer laughing
11:40	43.27.44 N	73.40.60 W	62.1 75	7 SSW	59	light chop Feed 12
12:10	43.28.27 N	73.40.46 W	62.4 75	7 SSW	57	a few whitecaps sunny winds variable Feed 12:30
12:40	43.25.11 N	73.40.19 W	62.2 77	7 SW	57	wind shift to S / Feed 1:00
1:10	43.29.56 N	73.39.52 W	62.3 78	7 SW	56	wind variable boat traffic picking up
1:40	43.30.29 N	73.39.26 W	62.8 82	7 SW	57	cloudy, swimmer strong Feed 1:30
2:10	43.31.21 N	73.38.59 W	62.8 79	7 SW	57	widest part of lake, swimmer laughing Feed 2:00
2:40	43.32.2 N	73.38.33 W	62.6 78	7 SW	57	cloudy, swimmer strong Feed 2:30
3:10	43.32.23 N	73.38.26 W	62.2 75	7 SW	57	cloudy swimmer smiling Feed 3:00
3:40	43.33.27 N	73.37.30 W	62.2 82	7 S	56	Kayaker switch cloudy swimmer chatty Feed 3:30
4:10	43.34.14 N	73.36.59 W	62.2 83	7 S	57	approaching narrows sunny Feed 4
4:40	43.34.39 N	73.36.2 W	62.2 81	7 S	57	in the shoals narrows swimmer joking Feed 4:30

many boats activities nearby sometimes from the e
 much water winds

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

10 Sun 2018

Swimmer(s)

Caroline Block

Observer(s)

LMB

Swim Description

length
Lake George
S → W

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11 Sun

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5 ¹⁰	43.34.28 N	73.36.3 W	59.6 78	2 S	58	sunny, winds dying a little Feed 5:00
5 ⁴⁰	43.34.26 N	73.36.5 W	60 78	2 S	57	Sunny, light winds swimmer happy/smiling Feed 5:30
6 ¹⁰	43.64.98	73.56.683 W	59.2 81	1 SSW	56	cloudy light wind Feed 6:00
6 ⁴⁰	43.34.26 N	73.36.3 W	59.9 80	1 SSW	58	Sunny swimmer happy/strong Feed 6:30
7 ¹⁰	43.34.26 N	73.36.3 W	59.5 78	1 SSW	57	Fair Condensing E Kogals Feed 7:00
7 ⁴⁰	43.34.28 N	73.36.5 W	59.5 75	1 SSW	57	Fair > clear warm feeds swimmer happy/strong Feed 7:30
8 ¹⁰	43.64.831 N	73.52.863 W	59.2 75	1 SSW	57	Prepared warm feeds (I'll eat soon) Feed 8:00
8 ⁴⁰	43. N	73. W	59.5 69.6	1 SSW	57	chilly Kogals IB prof talk Feed 8:30
9 ¹⁰			59.4 68.6	1 SSW	57	switch Kogals Keytar to boat - switch to next goose Feed 9:00
9 ⁴⁰			59.4 66	1 S	59	switch mode nitelites on Feed 9:30
10 ¹⁰			59 65	calm	58	chilly IB prof talk 12:30 Request Coke swimmer strong code Feed 10:00
10 ⁴⁰			59.2 67.3	calm	58	MOONRISE swimmer talk to Kogals Feed 10:30
11 ¹⁰			59 64.8	2 S	58	Full moon slight breeze swimmer positive Feed 11:00
11 ⁴⁰			60 64.6	1 S	59	headed towards Anthony's nose swimmer & dog wait code 11:30
12 ¹⁰			59.2 62.5	calm	58	still headed towards Anthony's nose, in the middle of lake mid date Feed

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

20 Sun 2017
21 Sun 2017

Swimmer(s)

Caroline
Black

Observer(s)

LMB

Swim Description

length
Lake George
S → N

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
12:40 am			59.4 63.6	L S	58	Swimmer strong talking IB strong talking PRT-12:10 Feed 12:30 pup feeds
1:10 am			59.6 63.5	calm	58	cloud cover getting close to Anthony's nose Feed on
1:40 am			59.6 60	3 SSW	58	wind picking up a little swimmer strong moon from out cover Feed 1:30 am
2:10 am			59.4 62	3 SSW	56	very bright moon Cal little haze swimmer Feed passing fine 2 am
2:40 am			61.2 68.2	3 SSW	57	Kayaker switch ~ 4 miles left Feed 2:30
3:10 am	43.79031 N	73.45867 W	61.2 70	3 S	57	swimmer strong committed to finish strong Feed 3:00
3:40 am	43.79031 N	73.45867 W	61.8 68.6	2 S	56	swimmer well hard off extra feed Feed 3:30
4:10 am	43.79456 N	73.44752 W	61.7 65.2	1 SSW	56	swimmer happy large amount of pollen on water Feed 4:00
4:40 am	43.4831 N	73.26115 W	62.5 62	3 SSW	57	Pic down somewhat light nearing of upper end lake Feed 4:30
5:10 am	43.4920 N	73.2542 W	64 61.3	1 S	57	approaching Diamond Rock swimmer strong
						Finish 5:11 am 11 Sun 2017
						19 h 21 mins.