

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.

(Digital watch reach water) 2:28A MUM

MARATHON SWIMMERS FEDERATION - Standard Swim Log



GPS TIME	N LATITUDE	W LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
8:06:09	36.64N	94.61W	86.5°F / 91°F		65	goggles leaky at start, stops to adjust (never had them do that. These are leakings so bad) Rachel in @ start.
8:36:55	36.63N	94.81W	86°F / 89°F	make waves / skip	62	
9:04	36.61936	94.82787	86°F / 87°F	waves	59	Rachel in boat @ 9:04P. Sarah swims ahead w/ sight. Feed (carbopro w/ apple juice). Exchange goggles w/ blue light.
9:36	36.61292	94.83616	88°F / 85°F	boat waves	59	Feed (carbopro w/ apple juice) (1/3)
9:57	36.60491	94.8474	84°F / 85°F	boat waves	59	Feed @ 10:00. Finish bottle #1. Sarah says something is itchy + prickly in her suit. "Might be a suitless night." Boat approves but suit stays on for now. Feed @ 10:30. Carbopro + electrolytes.
10:30	36.59054	94.84481	85°F / 85°F	intermittent waves	60	10:25 speeding boat passes ~100m close. Sarah says @ feed that she's going to take her straps down b/c itchy. Feed @ 11:02. Requests water w/ all feeds. (1/4 bottle #2 remains. Waves throwing off stroke count. #2 dumped. #3 used Carbopro + apple juice.
11:04	36.57934	94.84687	85°F / 84°F		58	Took 1/3 of mix + 1/4 bottle water.
11:32	36.57181	94.84472	85°F / 83°F		58	
12:00A	36.56006	94.83502	84°F / 82°F		60	Feed @ 12:08A. SST says "it's pretty hot right here. 4m told me it was getting colder than I swam in to a wall of heat." Drink 1/3 feed. 1/3 water left.
12:30A	36.55749	94.84849	85°F / 81°F		58	Lightning spotted @ 12:27A. No thunder heard. Feed @ 12:34A. Both bottles empty.
12:54A	36.56150	94.85565	86°F / 81°F		60	Feed of carbopro + electrolytes at 1:00A. Anne + Andy updates 2 1/2 feed + 1/4 water. Bottle #4. Lightning continues w/ sound. Can feel it in her joints a bit. Big boat fucks shit up @ 1:03A. Ocean-size swells.
1:30A	36.56638	94.89241	87°F / 81°F		58	Feed @ 1:32A. "Where are we?" 1/3 feed left + 1/2 water. Says feeds don't need to be put on it.
2:01A 2:06	36.55909	94.89085	83°F / 81°F		57	Crew discovers the radio. Feed @ 2:01A. Sarah tells obs. that thermometers may not be reaching water. @ Waypoint 7 out of 13. Sarah wants to name Ryan's GPS "SNAPE": Swimmer Navigator And Performance Enhancer. Evaluator Pilot says he doesn't do Harry Potter. Last of electrolyte gone (#4).
2:35A	36.55324	94.91282	81°F / 77°F	3 mph? based on boat speed by up to catch SST.	57	Strong headwind develops @ 2:26A. Boat turns temporarily off course. Adjust to put SST on Rts. Carbopro + apple juice @ 2:32A. SST says green light "uh worse than red light" so she switched back to LHS. (1/3 feed bottle) changed waters

Date

7/22-23/17

Swimmer(s)

Sarah Thomas

Observer(s)

Melody Maxson

Swim Description

Grand Lake O' the Cherokee

23° colder than actual

FRAN (mostly submerged, held under before reading)

SLIM: Swimmer Location Information Machine
LEWS: Location Evaluator for Water Infested w/ Swimmers

MARATHON SWIMMERS FEDERATION - Standard Swim Log



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Swimmer(s)

Sarah
Thomas

Observer(s)

Melody
Maxson

Swim Description

Grand Lake
O' the
Cherokees

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GPS TIME	N LATITUDE	W LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
3:05A	36.55231	94.91012	80°F / 80°F		59	2:45A course adjustment to avoid land ahead. Wind dies down. Feed @ 3:03. SST underwhelmed by Mom's CASSIOPEIA submission. Finished water.
3:34A	36.54602	94.92310	80°F / 80°F		57	Feed @ 3:32A. John submits "POPI" = underwhelmed. SST asks how far, Pilot refuses to answer. "You don't get to know shit like that". Finished feed bottle #5.
4:01A	36.54226	94.93276	80°F / 80°F		56 / 59	3:50A winds have been picking up steadily since last feed. Start feed bottle #6 (Carbopro + electrolytes). Feed @ 4:04A. Took 1/4 feed. Incidental contact w/ boat.
4:34A	36.52923	94.94910	78°F / 79°F		61	Feed @ 4:31A. Move SST back to LTS.
5:04A	36.51453	94.95655	79°F / 80°F		58	Feed @ 5:02A. "I could probably use some adult on my next feed." Finished bottle #6.
5:35A	36.50828	94.97046	78°F / 78°F		60	5:33A Karl's route has us going along a barricade labeled "DANGER Underwater Rigging". We are going parallel to the barricade about 50m away. Feed @ 5:32A. "Feeling 'okay'" "I just feel swollen everywhere like my hands + my feet." Carbopro + apple juice + adult (1/3)
6:03A	36.49884	94.98064	78°F / 77°F		60	Feed @ 6:02A. Finish water. (1/3) feed.
6:37A	36.49336	95.00338	74°F / 76°F		62	good tailwind this morning. Feed @ 6:33A. Finish feed bottle #7. "That's sad He trained so hard!" - SST's response when told about Andrew. Using last feed Carbopro tub is empty. "Just give me some cookies + water. And put electrolytes in the water." 6:42A first morning/sunlight bob + sighting.
6:59A	36.48610	95.01949	74°F / 77°F		60	Feed @ 7:00A (electrolytes + cookies). (Cookies tossed in ziploc bag to SST). Switch to daytime goggles. Rachel jumps in @ 7:03A.
7:30A	36.47877	95.02624	74°F / 77°F		65	7:20A Rachel + Sarah discuss where to end the swim. SST wants to try to touch the rope before the dam. Boat crew decides to skip 7:30A feed b/c near end of swim. 7:33A Incidental contact, swimmers collide. <1 sec interaction. 7:36A choppy waters @ finish
7:37:17	(11 hr 31min 7sec)					Finish w/ touch on buoy.
	36.47877 N	95.02624 W	final coord.			

Intensely Swimming

Carbopro + apple juice

mark SST over so she'll feed off side. SST + waters push to finish. Carbopro + apple juice