

1

MARATHON SWIMMERS FEDERATION ± Standard Swim Log



Date

24/7/15

Swimmer(s)

Grant Westwater

Observer(s)

Paul McQueeny

Swim Description

TIME      LATITUDE      LONGITUDE      TEMP sea / air      WIND spd / dir      STR. RATE      NOTES (distances, feeds, subjective conditions, other incidents)

4:25:12			74.6			* Grant swims in from Boat 1 to a small sandy beach about 20 meters from the boat - he clears the water and then starts back to the water quickly - official start time 4:25:12 am - No kayakers out: 1 we meet Boat 2 in about 10 mins
	N 41.53462					
		W 70.26102				
4:39						60 Grant stroking well - Meet kayakers Mark & Scott
5:25	N 41.56	W 70.27				58 200ml Warm Water + Rocket Brew Soap
5:57						60 200ml Warm Water + Rocket Brew Soap
6:26						54 200 ML Warm Water + RBS + Cu
6:56	N 41.55426					52 200 ML Warm Water + RBS
		W 70.24555				Shark Divers jump in & check S/Shields green lights (changed)

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7:22	N 41.5526					200 ml Water + RBS + G + Mouthwash
7:57	W 70.26552				52	Wind picked up - Waves (1-1 1/2 ft) 200 ml Warm Water + RBS
8:30	N 41.49633	70.8				200 ml Warm Water + RBS + Roctane + 2 Alleve (Paink. Med.)
9:00	N 41.45652	70.9			52	200 ml Warm Water + RBS (Grant asked for Cliff bar next feed) * Spotted Jellyfish & Chloe thought that Grant was possibly a little hypothermic - She will do his next feed in 20 mins
9:21		70.1				120 ml Warm Water + RBS Change Paddlers to Mark & Sue + Waves 1/2 - 1 ft

(56)

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9:35	N 41.45652					120 MI Warm Water + RBS + 1/2 Cl. of Ben
	W 70.32610					- Lots More tubular Jellyfish
9:55					SA	20 MI Warm Water + RBS
10:25	N 41.40806					200 MI Warm Water + RBS + Rodane + Mouth Wash
	W 70.01158					- Change S/Shield on 1 Kgack
10:55	N 41.32785				SA	200 MI Warm Water + RBS
	W 70.06623					
11:26	N 41.32785		?		SA	200 MI Warm Water + RBS + Rodane + Gw
	W 70.66228		?			
<p>* Appears to be issue with GPS on Boat (May need to check previous - have asked boat 2 to also start taking GPS (Boat 2) )</p>						
	N 41.267549					
	W 70.12291					

\* John pilot said issue with GPS on 1 due to other equipment on boat - believes he has now fixed

(4)

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
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Date

(8h) 12-26

Swimmer(s)

Grant

Observer(s)

Swim Description

11:55	N 41.93425				S0	200 MI Warm Water + RBS (Grant asked Cliff Ben next feed)
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Waves ½ + 1-1½ ft

S2 ½ Cliff Ben + 200 MI RBS

+ Ractone (Chloe asked Grant if he wanted her to jump in for support swim - he said yes)

12:39	* Chloe jumps in as support swimmer - I tell Chloe as support swimmer she must swim behind Grant/and not in front of him/or allow him to draft off her - Max/hr				
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12:54	N 41.41558	706			S2	Andy (Sherdoguy) feeds Grant 200 MI Warm Water + RBS
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- Waves settling

1:11

Chloe out of the water

1:25	N 41.41501	709			S2	200 MI Warm Water + RBS + Mouth Wash
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sea / air      WIND      STR.  
spd / dir      RATE  
NOTES  
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1.56 N 41-40931      70.3      56 Waves 1/2 ft - Grant in great spirits  
on ca-noe (lighthouse)  
W 70-12660      200 MI Warm Water + RBS + 1/4 G.I.C. bar

Date (10)

2.25 N 41-40539      70.4      200 MI Warm Water + BRBS  
W 70-10232      + Rocketo Gel

Swimmer(s)

2.29 Seal spotted - fish on - 2 Divers in (Andy + Blake)  
Divers have PVC Poles in hand.

Grant

Observer(s)

2.39 Divers out - Believe Shark was sighted - have everyone  
on full alert. Grant not advised

Swim Description

3.00 N 41-40218      71.8      200 MI Warm Water + RBS  
W 70-08382      + Rocketo Gel

3.05 Another sea creature spotted - Divers in Water again -  
- High Alert

3.12 Divers out

3.20 N 41-39660      73.4      Rocketo + 100 MI Warm Water  
W 70-06124

Grant is fighting a strong  
tide that is trying to push  
him around the point.

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Date

3.46

Grant continues to fight strong tides - About 800 Meters off the Beach

Swimmer(s)

3.50

The whole team plus a few other boats are cheering Granton / St. Ill trying to fight tide

Grant

Observer(s)

402 N 41-39471  
W 72.05741

St. Ill pushing hard. Approx 400/500 Mts to the Beach

Swim Description

4.26

Paddlers go ahead to beach Grant clears the water! - He is on the beach - Finish time 4.26.06 - A crowd of over 50 people meet Grant on the beach

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\* Official Start time 4.25.12 am  
\* Official Finish time 4.26.06 pm  
Time 12.00.54