

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:

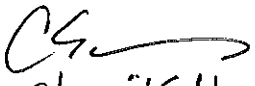
List any "first" or record claims:

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: 
Cherie Edborg
Email or Phone:
cheriecdborg@gmail.com
714.614.4365



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

April 16, 2016

Swimmer(s)

Scott Zornig

Observer(s)

Cherie Edborg

Swim Description

Circum Coronado Isl

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
7:00 AM	32.40N	117.10W	67F/56F	no wind		Great conditions in the bay, no wind, sunny, and warm water. However,
						due to shallow water the boat had to keep a distance for the first 1/4 mile.
7:29 AM	32.41N	117.09W	68F/58F	no wind	72	Swimmer passed on first planned. This was anticipated for first 2 feeds.
8:00 AM	32.42N	117.10W	67.5F/58F	no wind	70	Swimmer passed on 2nd feed, as expected. Boat support was pleasantly
						surprised to the Navy Band playing The Star Spangled Banner on the
						USS Carl Vinson!!!
8:10 AM						Seal followed the swimmer briefly while near the Navy fence.
8:23 AM			67F/64F			Swimmer announced first void
8:30 AM	32.42N	117.12W	66F/67F	no wind	68	Feed 12 oz Perpetuem and GU; swimmer mentioned he had cramps
9:02 AM	32.42N	117.13W	66F/67F	no wind	68	Feed 12 oz Perpetuem. Feed was a little late due to an alarm on the boat
						everything checked out okay on boat and Swimmer is OK
9:30 AM	32.41N	117.13W	64F/63F	no wind	70	Feed 12 oz Perpetuem and GU; 2 support swimmers entered water
						water temp dropping as we near the jetty.
10:00AM	32.40N	117.13W	64F/68F	little/none	68	Feed 12 oz Perpetuem; Swimmer feels OK, still cramping a little and
						has continued to void a lot. Both support swimmers still in water

MSF
4/16/16

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10:00AM	32.40N	117.13W	64F/68F	little/none	68	(Continued): 2 F18's flew took flight overhead
10:15AM						Passed a boat named Top Shelf at the tip of the jetty fishing. Top Shelf
						had a fish on the line...the support boat was thankfully it was a smaller
						fish with nothing to worry about. Top Shelf was polite and pulled lines until
						our Swimmer passed (and 2 support swimmers).
10:30AM	32.40N	117.13W	64F/65F	little/none	70	Feed 12 oz Perpetuem and GU; Support boat saw 2 whales!! A Mommy
						and calf approx 700 yards off. Support boat notified a nearby boat of our
						Swimmer passing.
10:37AM						F18 flying in for a landing
10:40AM					72	Gorgeous conditions no wind, sunny, water is very calm with tides pushing
						our Swimmer nearly the entire way.
10:55AM						A strong smell of diesel has become apparant to the support boat
11:00AM	32.40N	117.11W	65F/66F	little/none	70	Swimmer passed on feed; shoreline approx 1 NM away. Rollers are
						helping with a push!!
11:30AM						Boat is unable to approach the shoreline any further and has to stay out

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11:30AM						(Continued): of the buoy line and any surf rolling in.
11:31:59			63F/74F			FINISH!!!! Swimmer has successfully cleared the water line on the shore
11:36AM						Coronado Lifeguard on SeaDoo came up to remind support boat we must
						stay outside the buoy line. Captain acknowledged the policy and informed
						lifeguard we are waiting for our Swimmer to return after swimming the
						Coronado Island!! Lifeguard approached Swimmer and said Good Job!!

*AKZ
4/16/16*