

Swimmer

Name: Gender: Age: Resides In:

Support Personnel

Pilot name(s): Vessel: Port:
63 water @ start

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

5/22/16

Swimmer(s)

Scott Zornig

Observer(s)

Cherie Edborg

Swim Description

74 Loma -
to Imperial
Pier

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
7:59	32°/40.1	117°/13.5	63/61	very light		very calm, beach start just before point @ point Loma Admiring boat @ shoreline
8:20					70	mild rocking waves
8:42						Paddlers on port side of boat; possibly an organized race. Lifeguards were escorting all of them
8:59			62/62	light wind	68	Fed on 8oz Perpetuum just over 2 miles Support swimmer entered water
9:29	32°/39.37	117°/11.44	64/61	light wind	68	Fed on 8oz Perpetuum and 1 Gu gel swimmer feels good
						tides are pushing swimmer so the ^{he isn't}
						on a straight course; chop is picking up
9:39						A "thing" was spotted by Lynn Kubask It was a seal, about 200 yards from swimmer
9:59			64/62	wind & chop		Fed 8oz Perp. / shoulder hurting a little but his ok. Owen jumped in water

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

5/22/16

Swimmer(s)

Scott Zornig

Observer(s)

Cherie Calvey

Swim Description

At home to Imperial Pier

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
9:59					68	rolling swells w/ light chop another seal sighted 4.16 miles swim
10:29	32°/38.21	117°/10.10	64/64	light	64	Fed w/ 8oz Perp. 1 GU salted caramel
						Swimmer noted he is peeing like a faucet. Sadly the GU packet was lost at sea. !! rolling waves note
10:59			64/65		66	Fed w/ 8oz perp 6.03 miles
						we can see Imperial pier
11:29			64/67	light		Fed w/ 8oz water + 1 GU
						pulled Rachel + Owen out of water.
11:59	32°/35.92	117°/8.31	64	light		Fed w/ ^{8oz} Perpetuem ^{scott} asked if we could see Imperial Beach pier. Dropped water bottle - Owen jumped in and retrieved it

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

05/22/16

Swimmer(s)

Scott Zornig

Observer(s)

Chari Edrington

Swim Description

PT home to Imperial Pier

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
12:15					69	Scott stopped to adjust his goggles
						and asked if he was swimming
						in place - NO - making good progress
12:29			64/68	light	70	skipped feed wants to get past
						pier. Swimmer only has about 1/2
						mile to 10 miles.
12:45						Helicopter flying overhead
1:48						Swimmer decided to finish just past
						Imperial pier. He is at 10.22 miles
	Finish	4:59.25	64			Swimmer cleared on sandy beach just
		10.42	back on GPS			south of pier. Swells are 4-5
		from	Track.			with wind chop of 1-2 ft.
						Swimmer said it was a tough
						swim after out of water