

### Swimmer

Name: Caroline Block Gender: F Age: 34 Resides In: Ithaca NY

### Support Personnel

Pilot name(s): Willie Miller Vessel: Pontoon boat Port: Frontenac Harbor

Crew names & roles: Kellie Latimer - crew  
Betsy Block - observer

### Swim Details

Date: 10 June 2018 Body of Water: Cayuga Lake Location: Ithaca NY  
- 11 June 2018

Route description: Treman Manne Park to Railroad (Cayuga, South to North)

Swim distance: 35 miles Start time: 11:48<sup>am</sup> Finish time: 9:16<sup>am</sup> Elapsed: 2:32  
10:50am 11:34am

List any "first" or record claims:

### Rules & Conduct

Feeding (substances & frequency): Infinite (liquid feed)

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:  
One textile suit  
Cap (silicone), goggles, aquaphor

List any modifications of MSF Standard Swim Rules:  
No modifications

Observer: Betsy Block  
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

10-11 June 2018

Swimmer(s)

Caroline Black

Observer(s)

Swim Description

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
11:30 <del>10:30</del>	42° 22' 42" N	76° 30' 52" W	60 / 65	SE 4	60	starting stats ☺
12:30 pm	42° 28' 45" N	76° 31' 32" W	61 / 67	SE	57	cloud cover backing off Feed 12 <sup>th</sup>
1:00 pm	42° 29' 21" N	76° 31' 48" W	58 / 68	SE 4	56	br. breeze pick up boat traffic Feed 12 <sup>th</sup>
1:30 pm	42° 30' 40" N	76° 32' 10" W	58 / 70	SE 5	56	swimmer happy + chatting Feed 1 <sup>st</sup>
2:00 pm	42° 30' 41" N	76° 32' 37" W	59 / 70	SE 5	56	sailboats out - breeze pick up Feed 1 <sup>st</sup>
2:30 pm	42° 31' 18" N	76° 33' 6" W	60 / 71	SE 2	56	swimmer curious about undertow, wind a little more active doing Feed 2 <sup>nd</sup>
3:00 pm	42° 31' 52" N	76° 33' 44" W	59 / 71	SE 2	56	moderate boat traffic swimmer with wicket swell asks distance Feed 2 <sup>nd</sup>
3:30 pm	42° 32' 35" N	76° 34' 24" W	59 / 71	S 2	55	sign. wind pattern on water surface Feed 3 <sup>rd</sup>
4:00 pm	42° 33' 16" N	76° 35' 2" W	59 / 70	S 2	55	swimmer looks thoughtful Feed 3 <sup>rd</sup>
4:30 pm	42° 33' 57" N	76° 35' 46" W	59 / 70	S 2	55	discussion of wind all is better & swimmer still Feed 4 <sup>th</sup>
5:00 pm	42° 34' 29" N	76° 36' 29" W	58 / 69	S 2	55	talked to swimmer in rear team about goal split Feed 4 <sup>th</sup>
5:30 pm	42° 35' 6" N	76° 37' 13" W	58 / 69	S 4	53	more boat traffic approaching portland Feed 5 <sup>th</sup>
6:00 pm	42° 35' 38" N	76° 37' 53" W	60 / 69	S 4	55	swimmer in mood more cloud cover Feed 5 <sup>th</sup>
6:30 pm	42° 36' 16" N	76° 38' 20" W	60 / 68	SSW 4	54	swimmer T. Howe will take next 1/2 hour Feed 6 <sup>th</sup>
7:00 pm	42° 36' 54" N	76° 38' 14" W	60 / 67	SSW 4	54	cancel boat traffic decreasing (2 adoi) Feed 6 <sup>th</sup>

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7 <sup>30</sup> pm	42° 37' 44" N	76° 39' 4" W	60° / 67	SSW 4	54	~ 14 miles covered	9 <sup>15</sup> feed
8 <sup>00</sup> pm	42° 38' 36" N	76° 39' 40" W	59° / 65	SSW 4	54	warm feeds to swimmer happy	9 <sup>20</sup> feed warm
8 <sup>30</sup> pm	42° 38' 18" N	76° 40' 6" W	60° / 62	SSW 2	54	getting heat really for darkness swimmer eating basket	8 <sup>18</sup> feed
9 <sup>00</sup> pm	42° 38' 57" N	76° 40' 27" W	58° / 60	SSW 2	55	solid feed for next feeding	8 <sup>48</sup> feed
9 <sup>30</sup> pm	42° 40' 44" N	76° 40' 30" W	58° / 61	S 2	54	cake time cap light on	9 <sup>15</sup> feed
10 <sup>00</sup> pm	42° 41' 25" N	76° 41' 18" W	59° / 60	S 2	54	all lights on - fully dark swimmer story	9 <sup>45</sup> feed
10 <sup>30</sup> pm	42° 42' 5" N	76° 41' 55" W	59° / 59	E 2	54	getting close to Long Point State Park	10 <sup>15</sup> feed
11 <sup>00</sup> pm	42° 42' 48" N	76° 42' 33" W	61° / 59	E 2	54	154 feeds control warm feeds swimmer happy	10 <sup>50</sup> feed
11 <sup>30</sup> pm	42° 43' 21" N	76° 42' 44" W	60° / 58	E 2	54	warm cake swimmer in good spirits	11 <sup>15</sup> feed
12 <sup>00</sup> am	42° 44' 4" N	76° 42' 58" W	60° / 59	E 2	54	regular feed passed wild eagle	11 <sup>45</sup> feed
12 <sup>30</sup> am	42° 44' 43" N	76° 42' 33" W	60° / 58	NE 2	53	just a reminder - use correct + oals for each set	12 <sup>15</sup> feed
1 <sup>00</sup> am	42° 45' 23" N	76° 42' 53" W	60° / 57	N 2	53	pollen in major amounts on water surface	12 <sup>48</sup> feed
1 <sup>30</sup> am	42° 45' 59" N	76° 42' 57" W	61° / 57	N 2	53	solid food for next feed.	1 <sup>18</sup> feed
2 <sup>00</sup> am	42° 46' 44" N	76° 43' 3" W	61° / 56	N 2	54	swimmer strong + curious about distances	1 <sup>48</sup> feed
2 <sup>30</sup> am	42° 47' 24" N	76° 43' 6" W	61° / 54	NE 2	52	9365 yam!	2 <sup>18</sup> feed



NSF

NATIONAL SETTLEMENTS  
FEDERATION

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3 <sup>00</sup>	42° 17' 53" N	76° 43' 3" W	62 / 54	N 2	53	
3 <sup>30</sup>	42° 48' 25" N	76° 43' 7" W	62 / 54	NNE 4	53	stays out - swimmer stray
4 <sup>00</sup>	42° 48' 56" N	76° 43' 12" W	61 / 54	NNE 4	52	entering channel towards end of
4 <sup>30</sup>	42° 48' 44" N	76° 43' 12" W	61 / 53	NNE 4	52	sky is becoming light.
5 <sup>00</sup>	42° 50' 21" N	76° 43' 14" W	62 / 52	NNE 4	52	warm cake
5 <sup>30</sup>	42° 50' 48" N	76° 43' 19" W	62 / 51	NNE 4	52	sun rise beginning <sup>sailed</sup> Feed requested
6 <sup>00</sup>	42° 51' 25" N	76° 43' 21" W	63 / 51	NNE 4	52	sun's up. warming up!
6 <sup>30</sup>	42° 51' 56" N	76° 43' 23" W	64 / 52	NNE 4	53	swimmer stray 2nd <sup>in</sup> major part debris + pilch. water
7 <sup>00</sup>	42° 52' 36" N	76° 43' 31" W	65 / 54	calm	52	through the buoys <sup>last stretch</sup> to the bridge
7 <sup>30</sup>	42° 53' 8" N	76° 43' 35" W	67 / 55	calm	54	water temp may be elevated due to position of pipe on steel porton
8 <sup>00</sup>	42° 53' 47" N	76° 43' 41" W	68 / 57	NNE 2	54	bridge in sight breeze picking up
8 <sup>30</sup>	42° 54' 21" N	76° 43' 44" W	69 / 60	NNE 2	54	swimmer backless feeds - will finish up
9 <sup>00</sup>						