

Documentation of Craig Coombs Alameda Island Swim 9 Sept 2018

Swimmer Biographical Data

- full name Craig Coombs
- age on date of swim 57
- nationality United States of America
- city & country of residence Alameda, California
- previous marathon swims completed
 - Maui-Molokai
 - Molokai-Lanai
 - Straits of Gibraltar
 - Pennock Island Challenge (Alaska)
 - Arizona Challenge (Saguaro, Canyon, Roosevelt)
 - Multiple Bay Bridge to the Breakers

Support Personnel

- Names of everyone involved in the swim, and each of their roles.
 - Steve Waterloo -Boat Pilot
 - Ranie Pearce - Marathon Swim Federation observer
 - Danielle Ruymaker - Support Manager
 - John Zenner – Boat Support
 - Jeff Violet – Beach Support

Rules

- List of any swimwear and equipment not specified as “standard equipment” under the [MSF Rules of Marathon Swimming](#).
 - None, only standard equipment used
- If the swimmer plans to use any equipment *not* listed under standard equipment, please [contact us](#) to clarify whether the equipment is allowed.
 - NA

Swim Report completed by independent observer

MSF standard observer report.

Attached as item 002_MSF Log by Ranie Pearce

Route Specification

- Start location: coordinates (latitude, longitude) and name/description (if applicable).
 - On beach 10 meters west of seawall breakwater at south end of Park Street
 - Boat was about ¼ mile offshore at 37.45.091 Latitude, 122.15.208 Longitude
- Finish location: coordinates (latitude, longitude) and name/description (if applicable).
 - On beach 10 meters west of seawall breakwater at south end of Park Street
- Distance of minimum [repeatable route](#) connecting the start and finish.
 - 15.75 miles

Please note: Swim routes governed by established local sanctioning organizations are not eligible for MSF Documented Swims, unless there is consent from the relevant organization.

Basic Swim Facts

- Start date and time. 3:17:15
- Finish date and time. 10:29:19
- Local time zone. Pacific Daylight Time
- Elapsed time of swim (hours, minutes, seconds) 7:12:03
- [Log of regular timestamped observations](#) of:
 - GPS location - satisfied by complete GPS tracking data
 - Stroke rate (strokes per minute)
 - Water temperature
 - Air temperature
 - Wind speed or force
 - Wave height
 - **Notes** on conditions, feeds, and any notable events

Log attached as item 002_MSFS Log by Ranie Pearce

Narrative

Narrative account of swim planning and execution. Can be completed by either observer or swimmer.

See 003_Craig Coombs 9.9.18 Alameda - Narrative by Ranie Pearce

Also

004_Swim Narrative by Craig Coombs

Alternatively, please answer the following question prompts:

- What inspired you to do this swim?
- Please describe how you planned for the swim.
- How did the swim go, generally? Did you face any unanticipated challenges?

All questions answered in Swim Narrative by Craig Coombs

GPS Tracking Data

Original/raw data from GPS tracking device such as a SPOT Tracker, Garmin watch, or smartphone app. Accepted data formats: GPX, TCX, CSV, KML. We recommend using at least two tracking devices simultaneously in case one fails.

See 005_track.rs.webarchive - Unable to save in the accepted formats. Can also be seen online at https://track.rs/Alameda_Craig_Coombs

Photos and Video

A representative collection of images and video footage, taken at various stages of the swim.

Photo/Video guidelines

- At least one photo per hour of the swim.
- At least 30 seconds of video mid-swim, showing the swimmer's stroke.

See pictures 006 through 019 and video 020

Other Supporting Data (as available)

- Marine buoy readings during the timeframe of the swim (e.g., NOAA National Data Buoy Center).
- Local tide and current predictions for the timeframe of the swim.

See attachments 021 & 022 for buoy charts