

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:

Email or Phone:

814-490-3836



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.

Elliot S. Spaeder
5801 Forest Crossing
Erie, PA 16506
Re: Rob Cooney Lake Erie Swim

On July 19, 2018 at 6:40 am, Rob Cooney left Long Point, Ontario Canada, and swam across Lake Erie, arriving at 8:12 pm in North East, PA USA. The following bullet points discuss the highlights of his swim.

- 3:30 am. Boat captains arrived at North East Marina.
- 3:45 am. Swimmer and his crew arrived and loaded up onto the boats
- 4:00 am. Boats started to make their way across Lake Erie. 2-3 foot waves were encountered at the beginning. Enough for the experienced boat captain to question if we should proceed. Decision was made to continue across the Lake.
- 6:00 am. Arrived to Long Point, Ontario Canada. Water was now calm
- 6:00 am – 6:30 am. Swimmer ate his breakfast and applied Destin and sunscreen to his body.
- 6:30 am. Swimmer and 5 kayakers landed on the beach of Long Point. Spot GPS was started up and everyone got in their positions to start.
- 6:40 am. Official start time for the swimmer.
- 7:25 am. Swimmer stopped for his first break. This was break number 1 out of 16.
 - All breaks were 45 minutes apart
 - All breaks consisted of a normal feed of water mixed with Hammer Nutrition “Perpetuem” and “Gatorade Endurance”. Swimmer did ask for Banana’s, Coke, and Sugar Cookies on two different occasions

- Breaks were as little as 2 minutes and all the way to 8 minutes. Total break stop time was 91 minutes
- Due to changing winds and current, it is important to note that at each break, the swimmer and crew were forced to spend time getting back on course. This added to the swimmers overall time
- USA was in sight at all times. Visibility was high. We lost sight of Canada after 5 miles.
- With 10 miles remaining, the conditions changed to 1' waves or less. Winds were changing as well.
- With less than 8 miles remaining in the swim, the swimmers mother, wife, and three kids came out on Boat # 1 and cheered on the swimmer for an hour.
- Very little cloud coverage throughout the day.
- Due to changing winds and longer breaks, the last 5 miles were fought with getting back on course. Please notice the Spot GPS map.
- With 1 mile remaining, Boats 1 & 2 took Dave Cooney, Joey Jablonski, and Scott Proctor to shore.
- Greg Cooney, Drew Paris, Jim Smith, and Darrell Martin escorted the swimmer the last mile.
- 8:12 pm. Rob Cooney arrived at Freeport Beach, North East, PA USA. Rob was met with over 200 family and friends.

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

July 19, 2018

Swimmer(s)

Rob Cooney

Observer(s)

Elliot Spaeder

Swim Description

Long Point
Ontario Canada
to NE PA USA

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TIME elapsed	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0:45	42'21.33	80'12.8	72/70	S	63	1.9 mi, normal feed, 2 minute break
1:30	42'30.19	80'00.34	72/72	S	56	3.6 mi, normal feed, 4 min. break
2:15	42'29.04	79'59.40	72/77	S	60	5.6 mi, normal feed, 5 min. break
3:00	42'27.48	79'58.55	72/79	Calm	60	6.8 mi, normal feed, 5 min. break
3:45	42'26.35	79'58.18	72/80	Calm	60	8 mi, normal feed w/ (1) tylenol, 5 min. break
4:20	42'25.28	79'57.30	71/81	Calm	60	9.8 mi, normal feed, 5 min. break
5:15	42'29.23	79'56.43	72/81	Calm	58	11 mi, normal feed w banana, 6 min break
6:00	42'23.26	79'55.59	72/85	Calm	58	12.4 mi, normal feed, 6 min. break
6:44	42'22.45	79'55.37	72/85	Calm	59	13.6 mi, normal feed, 7 min. break
7:29	42'21.45	79'54.66	72/85	N	59	15 mi, normal feed w/ banana, 6 min. break
8:15	42'20.51	79'53.95	72/82	N	60	16.5 mi, normal feed w/ coke-a cola, 6 min. break
9:00	42'19.36	79'53.16	72/80	NE	58	17.5 mi, normal feed, 8 min. break
9:45	42'18.48	79'52.59	72/79	NW	55	18.8 mi, normal feed w/ cookie, 8 min break
10:39	42'14.42	79'50.01	72/77	NE	58	20.1 mi, normal feed, 8 min. break
11:25	n/a	n/a	72/77	NE	55	21.3 mi, normal feed with coke-a-cola, 7 min break
12:10	n/a	n/a	72/77	Calm	55	22.5 mi, 1/2 normal feed, 3 min break

Mile	Split	Distance Remaining
1	21.56	22.9
2	45.00	21.9
3	25.18	20.9
4	28.04	19.9
5	25.00	18.9
6	28.00	17.9
7	30.02	16.9
8	26.49	15.9
9	30.31	14.9
10	???	13.9
11	23.59	12.9
12	36.22	11.9
13	37.00	10.9
14	34.10	9.9
15	30.30	8.9
16	36.75	7.9
17	38.00	6.9
18	36.33	5.9
19	39.56	4.9
20	40.00	3.9
21	44.00	2.9
22	46.41	1.9
23		0.9

**Above Data is unofficial due to lack of information

