

Saint Lucia Channel Swim – Molly Nance
May 2018

Day/Time	Task	Tasker(s)	Stuff
Sat. May 12	Paul and Molly arrive, contact Sue by phone to determine meeting place and time.	Molly	None
	Molly calls Wes to confirm time and meeting place for swim on Sunday.	Molly	None
	Molly calls Bruce to catch-up, confirm meeting and discuss weather	Molly	None
Sun. May 13	Molly and Wes practice swimming with kayak and feeds	Molly, Wes and Paul	Water bottles and feeding rope
Mon. May 15	Nathaniel arrives		
	Team Meeting: discuss MSF rules, event logistics, Q&A	Paul and Molly Sue Wes	Printed copies of MSF rules
	Molly and Sue- discuss observer duties	Lily Thalia Nathaniel	
	Bruce- swim date	Bruce and his crew	Sweet potatoes, bananas, water, coconut water, groceries for crew
Grocery, supply shopping	Molly and Paul		
Night before swim	Prepare feeds: mashed sweet potatoes, carbo pro	Molly and Sue	Potatoes, carbo pro, gels Groceries for crew (sandwiches, chips, fruit, candy, pop and water)
	Sandwiches, snacks for crew	Paul	

**Saint Lucia Channel Swim – Molly Nance
May 2018**

	Apply SeaSafe	Paul, Molly	
Tue, Weds or Thurs 3:00 am	Meet at Rodney Bay Marina, load gear onto Captain Mike's yacht	All crew	Swimming supplies* Cooler food and drinks Phones and chargers Passports!
Swim date, 4 a.m.	Leave for Body Holiday Beach Apply Desitin liberally, then channel grease Put on earplugs, swim cap, nose clip, single light Crew prayer and high five	All crew Paul, Molly Paul, Molly All crew	Desitin, channel grease, old towel
Swim start 4:30 a.m.	Molly leaves boat, swims to Body Holiday Beach Unload kayak from yacht, Wes gets into kayak. Molly completely clears the water, raises hand to indicate start, Bruce honks horn, Molly begins swim, catching up to Wes Paul starts tracking on all devices, posts start on Molly's FB page	Molly, Wes, Paul, Bruce and Crew	Feeds, supplies loaded onto kayak Kayak to boat communication? (walkie talkies? Cell phone?)

**Saint Lucia Channel Swim – Molly Nance
May 2018**

	Nathanial, Thalia and/or Lily- photos, video		
First hour	Sue begins observing, noting coordinates, stroke rate, etc.	Sue, Paul (track coordinates)	
5:30 a.m.	First feed on the hour	Wes, Molly	
Every half hour	Feed, observer check (thumbs up from swimmer)	Wes, Molly, Sue, Paul	
	Photos, video	Crew	
Every 3 hours	Change kayakers or kayaker rest	Wes (Nathaniel?)	
	Have bag with fresh feeds ready to exchange with used feeds	Paul	
Ongoing maintenance	Boat captain- keep us on track, observe weather, avoid other vessels	Bruce	
	Observer tasks- checking stroke rate, checking in on swimmer	Sue	
	Coordinates, tracking	Paul	
	Watch for sharks, debris, provide positive feedback to swimmer! Photos, video	Crew	
	Social media updates	Lily	

**Saint Lucia Channel Swim – Molly Nance
May 2018**

	Kayaker- follow feed schedule, ibuprofen doses, watch for sharks, jellies	Wes	
Swim Finish	Alert swimmer to beach	Wes	
	Provide security from boat traffic	Bruce	
	Watch clock	Sue	
	Photos, video	Lily, crew	
	Clear the water, stand up, raise arm to indicate finish	Molly	
	Swim back to kayak to get a tow to the yacht	Molly, Wes	
	Quick med check, change into dry clothes, put swimwear in a bag	Thalia, Molly, Paul, Sue	
	Celebrate and return to Rodney Bay Marina	Crew	