

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

Swimmer(s)

Observer(s)

Swim Description

Around Absecon Island
New Jersey

Gardner's Basin
clockwise back to
Gardner's Basin

Page of

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
						Sun is rising. Swimmer switched to mirrored goggles; swimmer consistent and strong, has peed 2X
						Overcast, a tad choppy, some swells. Swimmer strong and consistent. Kayaker change - Mark out, Jen in
						Increased winds, tad choppy. About 1/2 way through ocean including inlet. Swimmer strong and consistent.
						Swimmer peeing regularly; overcast, increased winds; swimmer strong and consistent. Past Ventnor, going towards Margate
						Increased wind and chop; dolphin sighting; swimmer happy to see the dolphins; strong swimming
10:07:27						Raining, choppy. Kayak switch (Jen out, Mark in) at 10:15 swimmer strong and consistent
10:53:17						
11:38:15						Bye, Ocean! Into the Longport Inlet! @11:20 sun is out; much smoother water. Elaine is swimming with incoming tide.
12:27:27						Swimmer is peeing regularly; (12:22) delayed feed to get under the Margate Bridge; swimmer smooth and strong and enjoying calmer waters
1:11:29						
1:56.45						1 Tylenol (lost one on prior feed) Calmer waters - protected from the winds. 1:45 switched kayakers, Mark out, Jen in
2:47:30						

