

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:



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.



Solo Swim Observation Log

Swimmer Name: Natalie Merrow Swim: 4 oil islands Long Beach

Time	Strokes	Temperature		Wind		Notes <small>Use reverse side for longer notes - please include timestamps.</small>
		Water	Air	Speed	Dir	
06:01		68	62	-		Beach Start at lifeguard tower 2 off LBS Mamitos Beach by the LB conversion center No wind water is really calm. Swimmer will be feeding every hour
06:15						Swimmer noted the water is warm with cold spots
06:30	66	66	62	-		Swimmer is going strong - conditions are really calm and smooth
06:42	66	68	64	-		swimmer feed - raspberry tail wind water warmer for swimmer Pace swimmer Ambu getting in water Swimmer has reached first island observer saw a fish breach out of water Swimmer just feed. approaching direct path to the 2 nd island

Observer Name: Cherice Edberg

Coordinates: 33:45N 118:9:25

Observer Signature: [Signature]



Solo Swim Observation Log

Swimmer Name: Natalie Merrow Swim: 4 eil islands Long Beach

Time	Strokes	Temperature		Wind		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
0703	66	66	64	—		no wind at all water calm great conditions.
0718						seal or large bird about 1/2 mile off near buoy lines off shore.
0725	66	68	70			swimmer fed tall wind chocolate
0741			72	—		Pace swimmer out and switching kayakers Wendy out for Julie still really calm and flat conditions a lot of shipping containers in the harbor waiting for the port. a large cruise ship "Regatta" anchored
0816	66	68	76	0-1		slight breeze starting rolling texture in the water as we are approaching the 3rd island. Smell of oil + gas swimmer has an extremely congested stroke

Observer Name: Cherie Edborg Observer Signature: [Signature]



Solo Swim Observation Log

Swimmer Name: Natalie Merrow Swim: 4 oil Island Long Beach

Time	Strokes	Temperature		Wind		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
0820	60	68	76	0-1		water and tailwind chocolate feed
						swimmer feels a little slow because she is a little bored 😊. Swimmer is not going slow!!
						coordinates 33.44.22 118.9.36
0835						you can see the ^{convention center} LB aquarium
						carnival and princess cruise ships in the harbor as well (anchored)
						3rd island on the back side small like oil
0838						kayaker just saw a jumping fish
0845						Swimmer has requested another feed tailwind chocolate feed.
						a waterski race just took off!!! boats w/ skiers
0848		68	76			

Observer Name: Cherie Edborg Observer Signature: [Signature]



Solo Swim Observation Log

Swimmer Name: Natalie Merrow Swim: 4 Oil Islands Long Beach

Time	Strokes per minute	Temperature C or F		Wind kts mph kph m/s BF		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
0854						Boat w/2 guys just pulled up to see if this was a personal goal and a first or what. We shared its a first attempt around the islands they thought it was pretty cool!
0918		66	76	0-1		Pace swimmer preparing to jump back in. We are approaching the 4 th and final island
0935						Swimmer said it's colder in the water now.
0939	66	68				Pace swimmer out Swimmer at final leg approaching beach about 50 yards out from finish
0941	111	Finish				!!!

Observer Name: Cheri Edberg Observer Signature: [Signature]



Solo Swim Observation Log

Swimmer Name: Natalie Morrow Swim: Foil Islands Long Beach

Time	Strokes per minute	Temperature C or <u>F</u>		Wind kts mph kph m/s BF		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
Finish	duration			3 hours 40 minutes 34 seconds		
				6.59 miles		
						Conditions were calm and mellow the entire way swimmer stayed consistent and strong the entire way. The water was brown in spots and not clear it was the only downside of the swim.
Coordinates		33.4551				
		118.10.48				

Observer Name: Cherie Edberg Observer Signature: [Signature]