



Solo Swim Observation Log

Date: October 1, 2022

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Saint Croix River

Swimmer Name: Seth Baetzold Route Description: Stillwater, MN - Hastings, MN (Boom site public access) (Point Douglas Beach)

| Time | Strokes per minute | Temperature C or F | | Wind kts mph kph m/s BF | | Notes |
|----------------|--------------------|-----------------------|-----|----------------------------|-----|---|
| | | Water | Air | Speed | Dir | |
| | | | | | | Stroke counts taken ~ 5 minutes before the feeds Use reverse side for longer notes - please include timestamps. First Kayaker: Adam |
| 06:34 | | 59 | 55 | | | Direct Seth to start at the top of the minute. Light showers Stop at 6AM. |
| 07:06 | 75 | 59.2 | 54 | 0 | - | "Feeling pretty good" First feed Midchannel at Tift span bridge @ 7:12 |
| 07:36 | 73 | 61.9 | 54 | (calm) | - | Second feed. Throw bottle on rope from escort boat (typ.) 07:45 @ St. Croix Hwy 36 Bridge @ Navigation Channel |
| 08:06 | 75 | 62.2 | 55 | - | - | Feed 1/2 bottle liquid (typ.) fast ~ 20 sec Some sun through the clouds |
| 08:38 | 73 | 61.9 | 59 | - | - | "Doing Good" 1/2 bottle feed. 13 pre-mixed feed bottles, 3 types of feed randomly given: |
| 09:09 | 74 | 62.1 | 61 | - | - | Feed <u>Vitargo Carbo/Skratch Superfuel/Infiniit: Speed fuel w/ electrolytes</u> |
| 09:40 | 73 | 62 | 63 | - | - | Feed; Kayaker changeout from Adam to Landon 09:45 @ R/Road bridge |
| 10:08 | 73 | 61.5 | 63 | - | - | Feed ~ 10 seconds forward facing. Water continues flat, clouds clearing. Past the congested area but only fishing boats. I-94 Bridge ~ 10:15 AM |
| 10:35 | 73 | 66.2 | 67 | - | - | Feed; Sunny skies & water remaining flat in widened region. Water temp significant increase just south of I-94 bridge likely due to much deeper water |
| 11:06 | 72 | 66.7 | 66 | <3 | W | Feed; Cloudy skies return Per Captian ~ 50' + |
| 11:36 | 69 | 66 | 68 | 0 | | Fast feeds continue; partly sunny skies. Record mid-swim long duration video |
| 12:06 | 70 | 66 | 72 | 0 | | Feed from Gatorade squeeze bottle "I'm good" |
| 12:35 | 70 | 66.4 | 73 | 6 | E | Feed from Gatorade squeeze bottle. Seth: "Are we on track for Point Douglas Beach?" Answer: "Yes!" Overcast |
| 13:06 13:06 | 71 | 66 | 69 | 7 | E | Feed; Kayak changeout from Landon to Jared. Continued overcast small weather cells Bayport, MN area |

PAGE 1 ONLY - Time recorded as (HH-MM-SS)

Start Time: 06:34:00

Finish Time: 17:40:05

Total Elapsed Time: 11:06:05

Observer Name: Michael D. Miller

Observer Signature: *Michael Miller*



Solo Swim Observation Log

Date: October 1, 2022

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Saint Croix River

Swimmer Name: Seth Baetzold

Route Description: Stillwater, MN - Hastings, MN
(Boom Site Public Access) (Point Douglas 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 | |
| 13:35 | 70 | 66 | 68 | 4 | E | Feed; Doing good; thumbs up Overcast. Steady pace; some weeds, underwater |
| 14:06 | 70 | 67 | 70 | 5 | S | Feed; all business no <u>region</u> weeds after State Park Chat. Continued pace |
| 14:36 | 71 | 67 | 69 | 4 | SE | Feed; "Feeling good" predominant bi-lateral breathing Entering various region at opposite Kinnickinnic Bar |
| 15:06 | 70 | 66 | 68 | 3 | S | Feed; REF screw cap bottle - more boaters asking questions & cheering Seth on |
| 15:37 | 69 | 67 | 68 | 3 | S | Feed; only liquid feeds random from bag. No other requests, no pauses |
| 16:05 | 69 | 67 | 67 | <3 | SE | Feed; Continued focus on swimming no Q&A. Point Douglas Beach in view |
| 16:36 | 67 | 67 | 63 | Calm | - | Feed; ~ 2 miles to finish |
| 17:06 | 67 | 67 | 62 | Calm | - | Feed; 3 1/2 bottles remaining of the 13 bottles. Pt Douglas Beach finish in sight |
| 17:40:05 | | | | | | Seth on dry sand @ Point Douglas Beach |
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PAGE 1 ONLY - Time recorded as (HH-MM-SS)

Start Time: _____ Finish Time: _____ Total Elapsed Time: _____

Observer Name: Michael D. Miller

Observer Signature: Michael Miller

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6:15⁺ (Prior to swim start)
 5:45 AM: Grease; one gel

10/1/22
 Seth Baetzold
 Saint Croix River

Speedo Endurance Jammer textile suit, cap, goggles

6:25 Read aloud the rules to boat captain, crew & swimmers



11:23 Large Paddlefish starboard side near Lake St. Croix public beach

11:56 Inquiring fishermen: where did he start?
 where is he going? A: Prescott, WI
 Reply: "Holy Crap"

12:13 ~16 boats stationary fishing @ Catfish sandbar region

| Swimmer Name | Route Description | Time | Stroke | Water | Wind | Temp |
|--------------|-------------------|-------|--------|-------|------|------|
| | | 11:00 | 13 | 62.5 | 0 | 62 |
| | | 11:30 | 13 | 62 | 0 | 62 |
| | | 12:00 | 13 | 62 | 0 | 62 |
| | | 12:30 | 13 | 62 | 0 | 62 |
| | | 13:00 | 13 | 62 | 0 | 62 |
| | | 13:30 | 13 | 62 | 0 | 62 |
| | | 14:00 | 13 | 62 | 0 | 62 |
| | | 14:30 | 13 | 62 | 0 | 62 |
| | | 15:00 | 13 | 62 | 0 | 62 |
| | | 15:30 | 13 | 62 | 0 | 62 |
| | | 16:00 | 13 | 62 | 0 | 62 |
| | | 16:30 | 13 | 62 | 0 | 62 |
| | | 17:00 | 13 | 62 | 0 | 62 |
| | | 17:30 | 13 | 62 | 0 | 62 |
| | | 18:00 | 13 | 62 | 0 | 62 |
| | | 18:30 | 13 | 62 | 0 | 62 |
| | | 19:00 | 13 | 62 | 0 | 62 |
| | | 19:30 | 13 | 62 | 0 | 62 |
| | | 20:00 | 13 | 62 | 0 | 62 |
| | | 20:30 | 13 | 62 | 0 | 62 |
| | | 21:00 | 13 | 62 | 0 | 62 |
| | | 21:30 | 13 | 62 | 0 | 62 |
| | | 22:00 | 13 | 62 | 0 | 62 |
| | | 22:30 | 13 | 62 | 0 | 62 |
| | | 23:00 | 13 | 62 | 0 | 62 |
| | | 23:30 | 13 | 62 | 0 | 62 |
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| | | 32:30 | 13 | 62 | 0 | 62 |
| | | 33:00 | 13 | 62 | 0 | 62 |
| | | 33:30 | 13 | 62 | 0 | 62 |
| | | 34:00 | 13 | 62 | 0 | 62 |
| | | 34:30 | 13 | 62 | 0 | 62 |
| | | 35:00 | 13 | 62 | 0 | 62 |
| | | 35:30 | 13 | 62 | 0 | 62 |
| | | 36:00 | 13 | 62 | 0 | 62 |
| | | 36:30 | 13 | 62 | 0 | 62 |
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| | | 37:30 | 13 | 62 | 0 | 62 |
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| | | 41:00 | 13 | 62 | 0 | 62 |
| | | 41:30 | 13 | 62 | 0 | 62 |
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| | | 42:30 | 13 | 62 | 0 | 62 |
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| | | 47:00 | 13 | 62 | 0 | 62 |
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| | | 48:00 | 13 | 62 | 0 | 62 |
| | | 48:30 | 13 | 62 | 0 | 62 |
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| | | 57:30 | 13 | 62 | 0 | 62 |
| | | 58:00 | 13 | 62 | 0 | 62 |
| | | 58:30 | 13 | 62 | 0 | 62 |
| | | 59:00 | 13 | 62 | 0 | 62 |
| | | 59:30 | 13 | 62 | 0 | 62 |
| | | 60:00 | 13 | 62 | 0 | 62 |

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10/1/22
Seth Baetzold
Saint Croix River



| Swimmer Name: Seth Baetzold | | Route Description: | |
|-----------------------------|--------|--------------------|-----|
| 16:15 Start of Light Rain | | | |
| 16:30 end of light rain | | | |
| Time | Stroke | Temperature | |
| | | Water | Air |
| Time | Stroke | Wind | |
| | | Speed | Dir |
| 16:32 | 70 | 62 | SE |
| 16:35 | 70 | 61 | SE |
| 16:38 | 70 | 61 | SE |
| 16:41 | 70 | 61 | SE |
| 16:44 | 70 | 60 | SE |
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