



# Solo Swim Observation Log

Date:

8/3/2022

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Swimmer Name: Lori King Route Description: Block Island RI to Montauk NY 11954

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	
6:58 <sup>25</sup>	78	69.3	73	4 <sup>K</sup>	N	Jellies & Sea Lice turtles
7:35 <sup>45</sup>	78	68.4	78.3	8 <sup>K</sup>	N	Jellies No pee / Dolphin / baby squid
8:00 <sup>AM</sup>	77	69.6	80°	calm	calm	Feed 8 <sup>AM</sup> peed 3.5 miles from beach
8:30	77	69.3	85.1	calm	calm	Feed 8:30 peed / ok cold squid eggs junk moon jellies
9	77	69.6	84.1	calm	calm	DRANK Feed peed 6.2
9:30	77	71.3	85.2	calm	calm	No pee having trouble 9.2 miles Drank
10	77	68.9	85.3	calm	calm	Feed peed (10.7m) DOLPHIN Drew jumped in Shear/water BIRD
10:30	75	70.5	89.1	3 <sup>K</sup>	NW	Sin head vomiting fin 4x behind Prone paddler
11	75	68	88	4 <sup>K</sup>	W	drank no pee Happy Lori pee'd Sin head ok 13.8 miles
11:30	72	70.2	84	14	W	3.2 MPH no pee 14.8 7.6 to MTK
12 <sup>PM</sup>	74	68.9	84.2	5 <sup>K</sup>	NW	mustard leg cramps 6.17 to MTK
12:30	75	73.2	88.9	5 <sup>K</sup>	NW	pee 2 MUSTARDS / feed 17.3
1:00	72	72.9	85.5	calm	calm	fed no pee mustard Starting get cold
1:30	72	72	81.3	calm	calm	Shark tip fed late

Start Time: 6:58<sup>35</sup> PAGE 1 ONLY - Time recorded as (HH:MM:SS) Finish Time: 3:29.20 Total Elapsed Time: 8:39

Observer Name: Marcie Honerking Observer Signature: Marcie



# Solo Swim Observation Log

Date: 8/3/22

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Swimmer Name: Lari King

Route Description: Block Island to Montauk NY  
RI

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	
2	72	71 <sup>2</sup>	82 <sup>2</sup>	Calm	Calm	No MUSTARD YES pee'd SWAM Feeding 20.6 miles 2.9 Average pace
2 <sup>30</sup>	75	71 <sup>4</sup>	96 <sup>8</sup>	Calm	Calm	Drank Mustard pee'd
3	72	73 <sup>2</sup>	97 <sup>5</sup>	Calm	Calm	pee

Start Time: 6:58<sup>35</sup>

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

Finish Time: 3:29<sup>20</sup>

Total Elapsed Time: 8:39<sup>45</sup>

Observer Name: Marcie Honerkap

Observer Signature: Marcie Honerkap