



Solo Swim Observation Log

Date: 12.2.22

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Swimmer Name:

Route Description:

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	
20:18	53	42.8	65.8°F	2	ExSE	eric looks like he is trying to pull over a drunk swimmer
20:48	52	42.2	45.8	2	ExSE	Cheryl ate food Sara looking steady and consistent. Jim took a short nap added lights to engine area
21:18	52	41.2	46.0	<1		
21:48	51	41.3	44.6	1	NE	Available power: 150W. Power needed for coffee: 700W
22:18	51	41.2	43.9	1	N-NE	baby food first next time. upping #2
22:48	52	40.4	65.5	1	N	3rd pb change fuel, banana crumbling deep a little
23:16	52	40.6	44.9	<1	N	
23:48	51	40.6	44.0	<1	N	2337 pb #4 ; L hand steering dropping elbow a little slightly longer feed.
0:18	51	40.8	65.5	2	S/SE	0:15 pb #5 ; Swallowing seawater
0:35						vomit (ex, clear) w/ 1 min stop pb #6,7
0:48	51	41.2	65.7	2	E/SE	also took 4g, 1g, 1g pb 0:54 Our 1st "are we there yet?" (Pg)
1:18	52	41.9	45.5	2+	S/SE	warm water + food
1:48	51	41.9	45.1	2+	S,S/E	
2:18	50	41.2	44.9	2	SSE	

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

Start Time:

Finish Time:

Total Elapsed Time: 6 hrs

Observer Name: helen naylor

Observer Signature: Helen Naylor



Solo Swim Observation Log

Date:

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Swimmer Name: Sara Wolf

Route Description: Fairhope to Foley Creek

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	
2:48:12	50	41.5	64.9	2-	SSE	blue film & devices (blue gel) ^{spung goal} wind/waves starting to calm
3:17:48	51	61.5	64.8	1+	SSE	tylenol next time cloudy, breezy/gusty 3:pe
3:47:02	51	61.2	64.9	1+2-	SSE	Next time: kitchen timer (4 30min intervals) 3:30:00 back from? down
4:18:09	52	61.3	64.8	1+	SSE	3x spung
4:47:52	51	61.2	64.9	1+	SSE	4:57 "disco party" → Red use lights bumped - time to swim mode 5:03 sprinting & moon springling
5:18:12	50	61.5	64.9	1+	SSE	hey, we didn't come here to float back red nerves were → hypothermia
5:47:03	51	61.3	64.6	1+	SSE	wants something warm - trying head warmers in baggie in water in ultramos held up to a light...??! maybe kept??!
6:18:24	50	61.3	65.8	1	SSE	glimped 4x100 chocolate "bottles warm, chocolate no so much" 6:28 Run, 21st long Bell 1 up coming up, last 5 miles!
6:48:03	50	61.3	65.5	1	SSE	You look Asian w/ goggles on Rain clouds, blue sky above. Can get your 4-bae sea started continue...
7:16:57	50	61.3	64.8	1	SSE	Green resupply grape marlin 1000% better "what's this do?" x 3 (to the cap rain from Calleb) ^{peung}
7:47:27	51	61.5	66.6	<1	SSE	whoever paid off the weather capt. → u could at ask for better water conditions Sun! (clouds breaking up) hold it steady, putting in contacts 7:37 6:37 !
8:18:12	50	61.7	68.2	<1	SSE	"i can see clearly now" (lots of song lyrics quoted!) "Take a pic of this!" that updates coming in Past platform (disoriented) → Tacky Jane's ahead ^{check}
8:47:41	50	62.1	67.3	<1	SSE	4 per channel make IDs (they are orange markers - prob send benches) 8:56 Are we there yet #2 + Shove → Save / up Sass!!
9:18:15	50	62.4	69.4	<1	SSE	Mango mouthwash

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

Start Time: 2:48:12

Finish Time: 9:18:15

Total Elapsed Time: 6:30:03

Observer Name: helen naylor

Observer Signature: Chloe de Nator

Swimmer:

Route:

Date:

Observer Log -- Expanded Notes

24 hr Time	Clothing Spotted ~ leis h, ~ time to go, "i know" # R arm straining to almost do catchup ~ rotate more oil platforms looming large in foreground #
7:47 #	#
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Swimmer:

Route:

Date:

Observer Log -- Expanded Notes

24 hr Time		#
9:24	20.01 miles (GPS watch on boat so prob 20H)	#
9:36	we've hit >70° air temp (71.4) but 7 inches windchill	#
	or head-chill! we are all still bundled as we	#
	watch Sara smoking away in her seat, cap + goggles	#
	(+ her plup). Still kicking lightly, stroke remarkably consistent.	#
	Lend booming laughter in the goggles, + see footpops behind us!	#
9:54	DOLPHINS!! 2+2 +? ~ 8-9, everyone	#
	phoned out that me VER: COOL!!	#
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