

Swimmer

Name: AMBER BAKER Gender: F Age: 34 Resides In: LAKE SIDE, CA

Support Personnel

Pilot name(s): MARINO CACCIOTTI
BRENT Vessel: TANGO Port: HYDE STREET

Crew names & roles: Melendez, Miguel, Kayaker, Kris Berglund, kayaker support
alice ma, support

Swim Details

Date: 6/27/19 Body of Water: SAN FRANCISCO BAY Location: SAN FRANCISCO

Route description: ROUND TRIP ANGEL ISLAND

Swim distance: 10 mi Start time: 4:06.15 Finish time: 10:28.29 Elapsed: 6:22.14

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency): 6 OZ ACCELERADE EVERY 30 MIN.

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

SUIT, GOGGLES, CAP, EAR PLUGS, BAG BALM, SUNSCREEN

List any modifications of MSF Standard Swim Rules:

NONE

Observer: Carol Sing
Email or Phone: CAROLSING@
OUTLOOK.COM



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.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

6/27/19

Swimmer(s)

AMBER
BAKER

Observer(s)

Cowl Sing

Swim Description

Around
Angel
Island

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
4:06.15						TOES IN THE WATER
4:16.00	37.48.997	122.25.394	60/60	#58K	61	AMBER MET BOAT AT MOUTH OF PARK. FLOOD TIDE
4:26						FEED, 1:20 MIN.
5:07	37.49.867	122.26.058	62/58	#0 #6		FEED, 30 SEC
5:31					62	AMBER REQUESTED OTHER GOGGLES. GOGGLES CHANGED
5:37						FEED, 30 SEC, PEE
6:07	37 51 388	122 26 807	62/58	7	62	FEED
6:37						AT PT. STUART ON ANGEL ISLAND
6:37						PT SIMPTON FEED - BACKSIDE OF ANGEL ISLAND
6:57			62/60			RACCOON STRAITS, RED ROCK IN DISTANCE
7:07	37 52 301	122 25.456		1	60	FEED - 30 SEC PEE
7:37						FEED 30 SEC PEE
8:06						FEED 1:15 SEC LARGE CONTAINER SHIP CROSSING
						SWELLS FROM CONTAINER SHIP, AMBER GOT A SNOOTFUL
8:15	37 54 8979	122 25.066	62/64	7	58	END OF ANGEL ISLAND. HEADED BACK

