

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.

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MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

Jan 30, 2020

Swimmer(s)

Amber Baker
Michella Thomas

Observer(s)

Dan Simonelli

Swim Description

Around Coronado, CA

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
06:08:00	32°40.41 N	117°10.36 W	57F/53F	< 1kt		Tides: 06:16 Low 2.2' ; 11:51 High 4.0' ; high rate .5/hr Start N.Gator Beach, Avenida Lunar. Clear sky, little-no wind. 3'-5' surf. Challenging start: Swimmers and I (Observer on kayak) made it out through surf. Kevin (pilot on prone paddle board) did not. He got hit by larger wave and injured his left arm/elbow. He returned to beach unbeknown to us (swimmers & Observer). I searched around for Kevin and subsequently met up with swimmers outside the wave break. We couldn't locate Kevin. I called Bruce on the beach and he returned to start to find Kevin coming in. Kevin wasn't sure he could continue, at least to try going back out in that area with the surf. So, he walked north to the Coronado Beach Main Lifeguard Tower to try there in smaller surf. I continued with swimmers parallel to the beach waiting for Kevin to re-enter and meet up with us. The surf was smaller there and he was able to paddle out (with one arm), and meet us and with all the swimmers' feeds. Feed: ocean surface calm and flat
0706	32°40'47" N	117°11'12" W	57/54	< 2 / NE		
0710						

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0740	32°40'41" N	117°12'13" W	57F/54F	< 3kts		Feed; swimming against NW swell, 1-2ft toward Zuniga Jetty
0810	32°40'21" N	117°13'03" W		< 3kts		Feed; Stroke rates: Amber 58; Michella 66
0830						Rounded end of Zuniga Jetty, entered San Diego Bay channel
0840						Feed
0910	32°41'17" N	117°13'38" W	57F/65F	< 3kt		Feed; Michella: "Sun feels good;" SR: Amber 58; Michella 66
0940						Feed
1010	32°42'42" N	117°12'58" W	59/67	< 3kt /SE		Feed; surface: small wavelets. "Everyone feels good."
1040	32°42'56" N	117°12'10" W	60/67	< 3kt		Feed
1110	32°42'51" N	117°11'20" W	60/67	< 3kt /SE		Feed
1140	32°42'22" N	117°10'40" W				Feed
1210	32°41'55" N	117°10'02" W	60/68	3-5kts/SE		Feed; .5' wavelets
1220						Rich Henry cheering from shore
1240						Feed
1250						Swim under Coronado Bridge

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13:26:30	32°40.52 N	117°10.12 W				Michella finish, Glorietta Bay Park beach
13:28:44	32°40.52 N	117°10.12 W				Amber finish, Glorietta Bay Park beach
						Greeted at finish on beach by Rich Henry and Becky Jackman