



## People

<b>Swimmer</b>	<b>Support Team</b>
Name: Suzanne Heim	Names: Stan Hlynskly/Lead Pilot/Crew Sam Lawson/Kayak
Gender: Female      Age on swim date: 26	Roles:
Nationality: USA	
Hometown: San Rafale	
Contact email: swimmersuz@gmail.com	
Other documented swims:	Escort vessel: Boston Whaler/Kayak

## Swim Parameters

<b>Rules</b>	<b>Route</b>
List all swimwear & equipment used by swimmer: Traditional swim suit/cap/goggles	Body of water: SF Bay San Rafael Richmond Bridge to the San Mateo Bridge 26.9 miles
Deviations (if any) from standard unassisted rules:	Specific start loc or coord: Under San Rafael Richmond Bridge
	Specific finish loc or coord: Under San Mateo Bridge
	Intermediate waypoints (if any): East Side of Treasure Island

## Swim Results

<b>Start</b>	<b>Finish</b>	<b>Summary of Conditions</b>
Date: 8/26/1984	Date: 8/26/1984	Light texture/wind. water temp 59 -63 degrees Nutrition: peanut butter/honey/ tea/Andes mints ERG/Instant Nutriment (ugh)
Time of day: 4:40 AM jump	Time of day:	
Time zone: Pacific	Elapsed (H:M:S) 7:32	