

	TIME	COORDINATES	SEA/MIR	SPD/DIR	RATE/GO, etc	REMARKS
7:25	14° 14.555 N	060° 54.413 W	81	9 knots	57 SP	6 hours - 1/3 way across rainbow above the boat
7:55	14° 15.303 N	060 54.468 W		9.4 knots	61 SP	shadows fine conserving energy asked for zinc to rub on shoulders
8:25	14° 16.061 N	60 54.483 W		9.3 knots	59 SP	brown boobies keep flying around here Swimmer put on some more zinc brown
8:55	14 16.929 N	60 54.567 W	82	8.8 knots		Swimmer putting on some more zinc
8:55						Some nice seas
9:30	14 17.693 N	60 54.562 W		7.5 knots	58 SP	keeping a good pace
9:52	14 18.496 N	060 54.625 W		7.8 knots	55 SP	getting some encouragement from
10:22	14 19.276 N	060 54.614 W		6 knots		Saw a pilot whale
10:53	14 20.126 N	060 54.597 W	82	6 knots	55 SP	Saw dolphins - last quarter of 1 hour from Martinique - katie still
11:25	14 20.94 N	060 54.597 W	84	4 knots		Encouragement from Team
11:49	14 21.919 N	060 54.431 W		5 1/2 knots	54 SP	Team cheering
12:02	14 22.766 N	060 54.374 W		5.8 knots		Christoph and crew along with
12:50	14 23.605 N	060 54.126 W		5 1/2 knots	55 SP	fast feet before shore - along with some Martiniquais
				5.5		Katie decided to take a
				10 knots	53	Shore. Team cheering! Katie took a fast nap

	TIME	LONGITUDE	SPD/AIR	SPD/DIR	RATZ/COSE	
7:25	14.555 N	060° 54.413 W	81	9 knots	57	6 hours - 1/2 way across rainbow above the boat
7:55	15.303 N	060 54.468 W		9.4 knots	61	shoulders fine conserving energy for return
8:25	16.061 N	60 54.483 W		9.3 knots	59	asked for zinc to rub on shoulders & face
8:55	16.929 N	60 54.567 W	82	8.8 knots	59	brown boobies keep flying around watching katie
8:55	16.929 N	60 54.567 W		8.8 knots	59	swimmer put on some more zinc. brown boobies seem very interested in katie.
9:30	17.693 N	60 54.562 W		7.5 knots	58	swimmer putting on some more zinc. still getting some nice seas.
9:52	18.496 N	060. 54.625 W		7.8 knots	55	keeping a good pace
10:22	19.276 N	060 54.614 W		6 knots	58	getting some encouragement from her son.
10:53	20.126 N	060 54.597 W	82	6 knots	55	saw a pilot whale
11:25	20.94 N	060 54.597 W	84	7 knots	58	saw dolphins. last quarter of 1st leg. 2 1/2 hours from Martinique. katie still going strong
11:49	21.919 N	060 54.431 W		5 1/2 knots	54	encouragement from team. team cheering
12:20	22.746 N	060 54.374 W		5.8 knots	58	christoph and crew along with kayak ^{came to} cheer.
12:50	23.605 N	060 54.136 W		5 1/2 knots 5.5	58	fast feed before shore. team cheering along with some Martinigans on a boat! katie decided to take a feed before shore. team cheering! Martinique crew
1:33	24.324 N	060 53.648 W		10 knots	53	katie took a feed now, water
2:29	24.498 N	060 53.192 W	84	8.9 knots		finished 1st leg

TIME	LATITUDE	LONGITUDE	SEA / AIR	SPD / DIR	SINKER RATE / 60 SEC	NOTES
2:01 pm	14 21.493 N	060 53.192 W	85	9 knots		Restarts from Martinique
2:36	14° 23.554 N	060 53.195 W		8 knots	54	Swimmer is abt fatigue → she requested meds & lsterine.
3:03	14 22.931 N	060 53.327 W		7.6 knots		
3:42	14° 22.332 N	060° 53.991 W	84	8 knots		
3:45	14° 22.237 N	060 54.112 W		7-8 knots	53 LD	Shanice jumps into the ocean to accompany Katie. (3:57 Shanice given fins?)
4:12	14° 21.861 N	060° 54.390 W		8.3 knots	LD	Katie requests cheese burger + coke for next feed.
4:30	14° 21.583 N	060° 54.561 W	82	5.3 k.	LD	Katie eats burger. Shanice feet cramping, returns on boat.
5:25	14 20.703 N	060 55.140 W		7.8 knots	52	Katie is a little tired but doing ok Vanessa jumps in
5:47	14 20.363 N	060 55.172 W		9.6 knots		Jellyfish are stinging Katie. She also changed her goggles
6:07	14' 20.015 N	060 55.281 W	81	7.5 knots		Swimmer comes in for food. In good spirits - Vanessa comes out. Jellyfish
6:37	14 19.91 N	060 55.378 W		10.5 knots	51 SD	getting fatigued, hearing whales or dolphins under the water darkness