## MARATHON SWIMMERS FEDERATION - Standard Swim Log

		MAKATIE	2 M T MIME		3 EX #YILL COLV		standard Swim Log
	TIME	LATITUDE	LONGITUDE	TEMP sea / air	<u>WIND</u> spd/dir	STR. RATE	<u>NOTES</u> (distances, feeds, subjective conditions, other incidents)
	8:58 PM			68.4/ 65.5	MPH 1.4 N	56	At 9:15 passed some guys drinkng beer on their boat Great start, hugs, kisses and laughing
MARATHON SWIMMERS FEDERATION	9:55 PM	N38.58.0.5	W120.01.51.1	67.9/ 67.8	2.8 S	54	2 miles completed. lights on kayak were adjusted and she requested food ready when she stops. 19 miles to go!
<u>Date</u>	10:34 PM	N38.59.15.7	W120.01.05.4	67.4/ 67.6	2.9 S	52	Great mood, added more lights on kayaker
7/31/16	11:32	N39.00.33.6	W120.01.05.4	66.8/	1.7 N	54	Changed side kayak was to swimmer
Swimmer(s)	12:45	N39.04.01.7	W120.00.24.9	65.7/63.2	1.7 N	53	She requested more lights. changed kayakers. Mark looks like a Christmas tree
Susan Lindstrom	1:42	N39.04.01.7	W119.59.58.3	65.2/ 63.4	2.7 N	58	She expalined to Mark "stick to the plan!" Excelent communicator.
	2:56	N39.05.52.6	W119.59.25.7	65.1/ 65.3	3.3 N	52	Sussie instructed Mark that he needs to shake the bottles better.
Observer(s)	3:57	N39.07.28.0	W119.58.54.2	65.2/ 63.1	0.0	52	Paul took over kayaking - no whistle - Sussie and Paul found an easy solution. Sussie is still going strong!
Paul Lundgren	4:51	N39.09.05.6	W119.58.23.6	65.9/ 62.8	1.3NE	52	time feels like it is going by slower" "but it's ok" Sky turning light on horizon
	5:35	N39.10.14.4	W119.58.02.3	65.7/ 60.1	1.2 NE	54	Tom is napping. The text messages are coming in as people are waking up and checking in.
Swim Description  21.2 mile swim across	6:36	N39.11.45.4	W119.57.33.4	67.3/ 59.1	0.5 NNE	54	Natalie is back in the kayak. the sky is lighting up. Sussie wants the coconut almound butter. 2.9 miles to go Paul turned the music on.
Lake Tahoe	7:35	N39.13.13.3	W119.57.08.2	68.7/63.3	7.9NNE	52	20 MILES SWUM! 1.2 miles to go! Susie looks smooth. A little double arm backstroke to mix it up. "I'm going to finish"
	8:02	N39.13.48.3	W119.58.55.2	67.8/ 66.4	2.1 N	52	"I want the cookies at the beach" We hear cheering. 11:00 hours .58 miles to go. "WooHoo"
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