

9/19/15

OBSERVER'S LOG, SOLO Swim

Montauk Point

Number & Time of stop		Stop duration	Food/Drink/ Medication taken during stop	HOURLY GPS position both Lat & Long from Pilot & Map Description		
Stop/feed #	Feed Time			Hr	Time	GPS / Position
1	6:15		20oz Black Tea w/ Half-salt	0	6:46	Start 41.02.327 71.54.861-006
2	7:14	2 min	12oz Carbo Pro Mix	1		Lat. 41.02.860 Long. 71.52.883
3	8:15	2 min	12oz Carbo Pro Mix		7:41	Pos.
4	8:15	2 min	12oz Carbo Pro Mix	2		Lat. 41.04.241 Long. 71.51.259
5	8:45	2 min	12oz Carbo Pro Mix		8:41	Pos. off light house - 011
6	Bite in ear 9:15	3 min	12oz Carbo Pro Mix	3		Lat. 41.05.200 Long. 71.53.613
7	9:45	2 min	12oz CPMix - Hot -		9:38	Pos.
8	10:15	2 min	12oz CPMix - Hot 3 min's	4		Lat. 41.04.711 Long. 71.56.493
9	Pulled ice out 10:45	2 min	8oz CPMix		10:44	Pos. Lake Montauk inlet - 016
10	11:13	2 min	1 Bar NV 1/4 Banana 3 M+Ms	5		Lat. 41.03.892 Long. 71.58.100
11	11:44	2 min	12oz CPMix		11:45	Pos. Fort Pond Bay - 017
12	12:12	2 min	12oz CPMix 3 M+Ms	6		Lat. 41.02.639 Long. 72.00.056
13	12:45	2 min	1/2 can Clenitines 3/4 Protein Bar		13:19	Pos. 634
14	13:15	2 min	12oz CPMix 3 M+Ms	7		Lat. 41.02.202 Long. 72.00.760
15	13:45	2 min	12oz CPMix		13:52	Pos.
16	14:14	2 min	12oz CPMix	8		Lat. 41.01.851 Long. 72.02.174
17	question distance 14:44	3 min	12oz CPMix		14:46	Pos. off Fresh Pond - 021
18	" 15:14	3 min	6oz CPMix 3 M+Ms	9		Lat. 41.01.329 Long. 72.03.365
19	" 15:44	1 min	6oz CPMix		15:44	Pos. off Hicks Island - 022
20	No cut 16:16	4 min	12oz CPMix	10		Lat. 41.00.778 Long. 72.03.543
21	16:43	-	Refused		16:43	Pos. WP-023
22	on Beach 16:51.27	Finish		11		Lat. 41.00.780 Long. 72.03.433
23					16:51	Pos. Lazy Point WP-024
24				12		Lat. _____ Long. _____
25						Pos. _____
26				13		Lat. _____ Long. _____
27	10 hrs 4 min 57 sec		18 miles			Pos. _____
28				14		Lat. _____ Long. _____
29						Pos. _____
30			M+Ms - w/ Peanut	15		Lat. _____ Long. _____
31						Pos. _____
31			Carbo Pro Mix =	16		Lat. _____ Long. _____
31			2 scoops Pro			Pos. _____
32	Bar NV = Nature Valley		1 scoop Pro Hydra C			Pos. _____

HOURS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Stroke rate	55	55	55	54	53	54	54	52	54	54						
Wind Speed	calm	Calm	1 mph	2 mph	4	5 mph	5 mph	5 mph	4 mph	4 mph						
Wind Direction	-	-	S	S	SSE	SSE	SSE	SE	SE	SE						
Sea Temp	71	71	72	72	72	73	72	72	74	74						
Air Temp	72	80	78	76	74	76	76	76	76	76						
Sea State	Roll	roll	mod roll	roll	roll	roll	roll	roll	roll	roll						
Flood/Ebb	Ebb	Slack	Flood	Flood	Flood	Flood	Slack	Ebb	Ebb	Ebb						
Wave Height	1	1 1/2	1	1 1/2	1	1	1	1	1	1/2						

2 wakes

OBSERVER'S SIGNATURE

