

Swimmer

Name: Scott P. Connelly Gender: M Age: 21 Resides In: Concord, NC

Support Personnel

Pilot name(s): Christopher Connelly Vessel: Pontoon Boat Port: Marion Lake Club

Crew names & roles: Chris Connelly pilot, Julie Connelly observer, Robert Connelly food & water, Richard Faulkner

Swim Details

Date: July 20, 2020 Body of Water: Lake James Location: Nebo, NC

Route description: Swam length of Lake James west to east (from Catawba River end to Linville River end)

Swim distance: 14.8 miles Start time: 06:25.45 Finish time: 15:35.20 Elapsed: 9:09.35

List any "first" or record claims: First person known to swim entire length of lake

Rules & Conduct

Feeding (substances & frequency): Approx every 30 min- water, gatorade, Cliff bars, Kind bars, Twix, etc.

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

Swim suit, goggles, swim cap, sunscreen (Desitin zinc oxide).

List any modifications of MSF Standard Swim Rules:

None.

Observer:

Julie Connelly

Email or Phone:

980-621-1743

jconnelly101@gmail.com



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.

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

July 20, 2020

Swimmer(s)

Scott Connelly

Observer(s)

Julie Connelly

Swim Description

Length of Lake James

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
06:25.45	35.729685	-81.981623	75F/70.5F	0.0m/s ---	52	Great start, swimming on righthand side of boat, fishermen nearby to see
						About 5 min in, boat momentarily too close to left shore and lodged in
						mud. Situation resolved by raising motor and passengers moving to front.
						Scott got about 25 yards ahead of boat before it caught back up to him.
6:53.00	35.719552	-81.976873	78/ 71.4	0.4 NW	53	water, Cliff bar, floated on back to eat
7:02.15	35.719578	-81.973778	78/ 72.6	0.1 NW	50	very calm, smooth water; steady stroke, no boats
7:10.02						Phone said "no sim card" and crew didn't know if this would affect the
						tracking, so turned phone off and back on again. Error message gone.
7:16.37	35.722374	-81.967732	82/ 74.4	0.1 NW	53	Scott moved to left side of boat so he could breathe to opposite side & still
						see boat. Garmin InReach Mini displayed onscreen 1.5mi so far.
7:35.50	35.729939	-81.966643	82/ 76.6	0.0 ---	49	Water, gatorade chews, swam back to R side of boat. Garmin 2.2 mi
7:59.10	35.740305	-81.965276	83/ 80.2	0.1 NW	50	Water, gatorade drk, Kind Br. move to L; S says cut thumb on fish! 3.0mi
						Saw McDowell Co Rescue Squad boat turn up ahead of us- Didn't stop us
8:20.27	35.745498	-81.957792	84/ 91.4	0.6 NW	53	light waves from boat traffic- one fisherman, one speed boat. 3.5mi
8:39.32	35.746576	-81.947272	85/ 97.7	1.2 NW	50	Water, gatorade chew & drink; back to R side; steady swimming. 4.1mi

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8:52.12	35.745485	-81.941325	84F/ 100F	0.5 NW	50	Consistent stroke; super HOT on boat, some clouds, mostly sunny; 4.5mi
9:01.08	35.744464	-81.936047	84/ 100.0	0.6 NW	51	Switched to L side of boat. Garmin 4.8mi
9:15.03	35.748320	-81.930327	88/ 99.1	1.3 NW	50	Water, no food, adjusted swim cap, said one side chaffing some. 5.1mi
9:31.45	35.751971	-81.923623	86/ 101.0	1.2 NW	52	clear sky; poked up head to see boat; still L side; plugging along! 5.6 mi
9:40.00	35.751030	-81.919063	86/ 96.0	1.2 NW	49	Passing boat makes sim waves; Scott looking tired, but still steady. 5.9mi
9:46.58	35.749366	-81.917055	86/ 96.2	1.3 NW	---	Water break, took Aleve tablet, Twix Bar; kicking on back to eat; 6.1 miles
10:01.11	35.745666	-81.913101	86/ 90.3	1.1 NW	48	sunny, clear sky, few boats (one in last 15 min or so). Garmin 6.4 miles
10:13.35	35.741945	-81.908902	86/ 92.4	0.6 NW	---	Water break; tread water & float on back; Moved to R side of boat; 6.8 mi
10:37.55	35.737600	-81.897284	85/ 96.2	2.0 NW	49	Slight welcome breeze. Within sight of Granny's house; Garmin 7.5 mi
10:44.00						Water, Cliff bar, moved to L side of boat again
10:48.40	35.736776	-81.895257	86/ 96.9	2.1 NW	50	medium sized waves from two passing speed boats. 7.7 miles
11:15.13	35.743316	-81.884380	84/ 91.8	1.1 NW	51	Passing under bridge!! This should be more than half way to finish. 8.6 mi
11:20.15	35.744855	-81.882838	84/ 92	1.3 NW	---	Eat waffle, breaststroke a few, float on back a few
11:31.56	35.745657	-81.878615	88/ 93	0.0 ---	51	Passing Lake James State Park beach; Garmin 8.8 miles
11:42.01	35.746228	-81.873182	86/ 96.6	0.4 ENE	50	Still consistent, heading straight ahead toward hwy/dam area. Garmin 9.1

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11:51.4C	35.746216	-81.869950	86/ 97	1.5 SE	49	Stop for water, waffle, tread water, move to R side of boat.
12:08.4C	35.746327	-81.862729	86/ 93.3	1.4 ESE	45	Getting tired! Scott asked us what time it was. One passing boat; 9.7 mi
12:18.0C	35.746229	-81.859997				waffle, water, Gatorade, change to L side of boat. Garmin 9.9 mi
12:34.0C	35.745416	-81.853665	88/ 93.5	1.2 SE	44	Mostly freestyle, some mixed breaststroke; Garmin 10.2 mi
12:50.0C	35.745461	-81.845591	88/ 95.5	0.3 SE	45	waffle, water, float a minute; Garmin 10.8 mi
13:04.3C	35.747630	-81.841140	89/ 95.7	0.0 ---	48	Clear sky, used yellow flag to alert boat to swimmer in water. 11.0 mi
13:25.0C	35.754323	-81.841477	89/ 96.4	0.2 S	--	water break; dark clouds; on R side of boat; Garmin 11.7 miles
13:33.5C	35.756428	-81.843933	86/ 98.2	0.1 S	49	Possible rain in distance; see clouds to left side of mtn; Garmin 11.8 miles
13:49.2C	35.762409	-81.849249	88/ 94.1	0.2 SSW	48	Clouds building; looking darker; hoping storm moves off to one side. 12.3 n
13:55.2C	35.764716	-81.850739	88/ 91.0	3.2 SSW	---	Water, gatorade chews; on L side of boat; wind really picking up! 12.6 mi
14:09.1C	35.768852	-81.852894	86/ 82.0	3.7 SSW	50	Water suddenly very rough; looks like Scott swimming against wind/current
						Multiple lightening strikes at horizon, but Papa says far enough away. 12.8 mi
14:16.4C						Started raining; packed away papers to dry bag; Scott fighting waves. 13.0
14:21.3C	35.772667	-81.854670	80/ 78.9	4.0 SSW	50	Storm may be going around us, but still raining; waves still increasing.
						Observer holding papers under rain poncho. Garmin 13.1 miles

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