




### Solo Swim Observation Log

Swimmer Name: Michael Johann Swim: Flathead Lake

Time	Strokes	Temperature <sup>°F</sup> C or F		Wind <sup>"from"</sup> kts mph kph m/s BF		Notes (P) = Powerade (C) = Coke (AP) = Arnold Palmer Tea/Lemnade Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
0545	66	61 <sup>8</sup>	57	2	N	☼ Start Video @ Somers Boat Ramp.
0615	65	61 <sup>8</sup>	57	2	N	6oz P
0645	64	62 <sup>2</sup>	59	2	NE	6oz P / Gel (GU Brand)
0715	64	62 <sup>3</sup>	61	4	NE	6oz P
0745	61	62 <sup>3</sup>	63	4	NE	8oz C / Gel
0815	60	62 <sup>8</sup>	64	3	NE	6oz C / 1/4 Sandwich (Beef <sup>eye</sup> / cheddar)
0845	61	62 <sup>8</sup>	66	3	NE	8oz C / Gel
0915	62	62 <sup>2</sup>	70	3	NE	6oz P / 1/4 Sandwich
0945	61	62 <sup>3</sup>	70	2	NE	8oz P / Gel
1015	60	62 <sup>5</sup>	72	2	NE	6oz C / 1/4 Sandwich
1045	61	62 <sup>1</sup>	72	4	NE	8oz C / Gel
1115	61	62 <sup>7</sup>	73	3	NE	8oz C / 1/4 Sandwich
1145	60	63	73	3	NE	8oz C / Gel
1215	61	62 <sup>9</sup>	75	4	NE	8oz AP / 1/4 Sandwich
1245	63	62 <sup>4</sup>	79	4	NE	8oz P / Gel

Observer Name: John Fischbach Observer Signature: 



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Time	Strokes	Temperature		Wind		P = Powerade C = Coke AP = Arnold Palmer Notes Tea/lemnade Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
1315	63	63 <sup>3</sup>	81	3	NE	80z P 1/4 Sandwich
1345	61	63 <sup>7</sup>	81	3	NE	80z P (2) Salt Tabs * 30sec 1/2 way Video
1415	59	63 <sup>5</sup>	84	3	NE	80z C Gel (GU Brand)
1445	61	65 <sup>1</sup>	84	3	NE	60z C 1/4 Sandwich
1515	61	64 <sup>3</sup>	84	3	NE	60z AP (2) Salt tabs (Salt stick Brand)
1545	61	64 <sup>3</sup>	84	4	NE	60z AP Gel
1615	62	64 <sup>5</sup>	84	3	NE	60z P 1/4 Sandwich
1645	61	64	83	3	NE	60z P (2) Salt Tabs
1715	57	64 <sup>1</sup>	84	4	NE	80z C Gel
1745	60	64	84	2	NE	60z C 1/4 Sandwich
1815	58	64	84	2	NE	60z AP (2) Salt Tabs
1845	58	63 <sup>9</sup>	84	4	NE	60z AP Gel
1915	56	63 <sup>7</sup>	86	2	NE	60z P 1/4 Sandwich
1945	58	64 <sup>2</sup>	84	2	NE	80z P Gel
2015	57	64 <sup>1</sup>	83	2	NE	80z C (no food)

Observer Name: John Fischbach Observer Signature:



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Swimmer Name: Michael Johmann Swim: Flathead Lake

Time	Strokes <small>per minute</small>	Temperature <small>C of (F)</small>		Wind <small>kts mph kph m/s BF</small>		Notes <small>Use reverse side for longer notes - please include timestamps.</small>
		Water	Air	Speed	Dir	
2045	58	63 <sup>9</sup>	82	2	NE	80z C 1/4 Sandwich (Rye beef cheddar)
2115	58	65	78	2	NE	60z AP (no food)
2145	57	64 <sup>5</sup>	76	5	NE	40z AP 1/4 Sandwich
2215	59	63 <sup>6</sup>	73	4	NE	40z AP (no food)
2245	56	63 <sup>4</sup>	69	4	NE	40z C (no food)
2315	53	63	68	4	NE	40z C (no food)
2345	N/A	N/A	N/A	N/A	N/A	⊛ Finish Video ? Track.rs
						Track.rs stopped after parking pontoon

Observer Name: John Fischbach Observer Signature: