

Swimmer

Name: Gender: Age: Resides In:

Support Personnel

Pilot name(s): Vessel: Port:

Crew names & roles:

Swim Details

Date: Body of Water: Location:

Route description:

Swim distance: Start time: Finish time: Elapsed:

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency):

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

List any modifications of MSF Standard Swim Rules:

Observer:

Email or Phone:



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

Nov 27, 2020

Swimmer(s)

Ajae Clearway

Observer(s)

Dan Simonelli

Swim Description

Around Coronado

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
08:00:00	32°40'56" N	117°10'16" W	62°F/58°F	2-3kt NE		Start: 08:00:00 Glorietta Bay Park Boat Launch
						Jess Hass, kayaker; Summer Wesson, Shawn Gallagher -land-crew
						water surface calm, slight ripples; clear blue sky; visibility 5+ miles
08:20				3-4kt NE		wind slight increase, small wavelets
08:30	32°41'15"N	117°9'47"W				going under Coronado Bridge
08:31			62°/61°	0-1kt	52	feed: warm water, warm broth; 2minutes-50seconds. water surface flat
08:49	32°41'46"N	117°9'50"W				passing Marriott Hotel pier
08:57	32°41'59"N	117°10'3"W	62°/61°	1-2kt NW		feed: warm water, warm broth; 2min.
09:05					50	feed stop again, warm broth; 1min-30sec
09:30	32°43'14"N	117°10'10"W	62°/61°	2-4kt NW	52	feed: warm water, warm broth; 2min. small wavelets (headwind)
09:58	32°43'4"N	117°11'51"W	62°/66°	1-2kt NW		feed: warm water, warm CarboPro; 2min-30sec; Good spirits, enjoying the views
10:32	32°42'45"N	117°13'6"W	62°/66°	3-5kt SW	52	feed: Gu, warm water; 2min. wind increase, direction change
10:46						wind increase, .5'-1'wavelets, (headwind)
10:54				6-8kt SSV		stop, "are we almost out to the ocean"; wind^, against current; 1-1.5' wavelets
11:04	32°41'44"N	117°13'47"W	62°/67°	1-2kt	51	feed: warm CarboPro + bar; 3min. wind down, .5' wavelets. Ajae feeling cold

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11:34	32°40'45"N	117°13'36"W	60°/68°	4-6kt SW		feed: Gu + warm CarboPro; 3min.
11:56	32°40'1"N	117°13'24"W	59°/	4-6kt SW		rounded Zuniga jetty. (tailwind now)
12:06	32°40'2"N	117°13'7"W	59°/	5-8kt SW	51	feed: warm CarboPro (+ partial Gu: espresso, "yuck")
12:39	32°40'9"N	117°12'21"W	59°/66°	3-5kt SW		feed: CarboPro; 1min-10sec; voiding regularly
13:02						Ajae: "how much farther to go?"
13:04						feed: CarboPro; 1min.
			59°/			Ajae feeling cold. I asked her if she could pick up pace. She said yes.
13:08	32°40'12"N	117°11'37"W			53	
13:20						started her doing some intervals: 30sec on, 1min off; for 15min.
13:35	32°40'14"N	117°10'52"W	60°/			feed: warm CarboPro; 1min.
13:53			60°/			
13:54:33	33°40'43"N	117°10'33"W				Finish 13:54:33. Gator Beach/Avenida Lunar
						track.rs/coronadoAjae/