

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/6/20

Swimmer(s)

Kathleen Wilson

Observer(s)

Fred Wilson
Taylor Cook

Swim Description

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TIME	LATITUDE 32N	LONGITUDE 117W	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1155	40.545	10.128	75/			Glorietta Park - START
1230	41.555	09.788			74	Bayshore Bikeway - Feed 60z
1245				WSW 5	72	Passing Coronado Ferry Landings
1300	42.267	10.596				Passed Incoming DDG 105 Feed 40z
1310					71	Passing CVN 71 (TR)
1330						Passing CVN 72 (Linedn) Skipped feed due to traffic
1400	42.891	12.399	72/			Italo full - changed Kayak Paddlers - Feed 80z
1430	42.255	13.500			74	End of Runway - Feed 60z
1500	41.125	13.624	68	WSW 5	75	Start of Getty @ Ammo Dump - Feed 60z
1530	40.008	13.313	63		75	End of Getty on Ocean side - Switch Paddlers - Feed 80z
1600	40.227	12.626	65		72	off Breakers Beach North Island - Feed 40z
1630	40.557	11.609	68	WSW 5	73	offshore N. end of Del Hotel - Coast Guard Cutter Ancher Feed - 60z
1700	40.489	10.762				No feed - Past Del - in front of Condos
1707	40.507	10.613	69			Feed Day - END

• Feeds - Gatorade/water/Maxim Mixture