|  |  |
| --- | --- |
| MSF Documented Swims Template |  |

## Swimmer Bio

* First (given) name(s):
* Last (family) name(s):
* Gender:
* Age on date of swim:
* Nationality:
* City, (state/province), and country of residence:
* Contact email:

## Observer(s) Bio

***Include the following details for EACH observer:***

* Name:
* Contact email:
* Contact phone:
* Previous marathon swim observing experience:
* Other qualifications (e.g., observer training, CPR/AED/First Aid/etc., marathon swims completed, other involvement in the sport of swimming):
* Relationship to swimmer (must declare if observer is family relation or coach of the swimmer):

## Support Personnel

|  |  |
| --- | --- |
| Name | Role |
|  |  |
|  | Insert new row with <TAB> |

### Support Vessels

|  |  |  |
| --- | --- | --- |
| Name (if applicable) | Type | Home Port |
|  |  | Insert new row with <TAB> |

## Rules

Review MSF Rules of Marathon Swimming at: <https://marathonswimmers.org/rules>

* Swimsuit brand and model:
* List all other equipment worn by swimmer:
* Did the swimmer complete the swim route under their own power and without making supportive contact with any vessel, person, or object? Yes or No

## Route Definition

**Body of Water:**

**General Route Description:**

*List* ***coordinates*** *(latitude and longitude, preferably in decimal degree format) AND* ***name/description*** *for the following depending on route type:*

* **One-way:** start and finish
* **Multi-way:** start, finish, and any intermediate waypoints
* **Circumnavigation:** start/finish and direction (clockwise or counter)
* **Island loop:** start/finish and direction (clockwise or counter)

If this swim is not an established route (listed in [LongSwimsDB](http://db.marathonswimmers.org/)), please include details of any **historical swims** you are aware of:

## Basic Swim Facts

* Start Date (year, month, day):
* Start Time (hour, minute, second)
* Finish Date:
* Finish Time:
* Time Zone:
* Total Elapsed Time (hours, minutes, seconds):

### Summary of Conditions

|  |  |  |
| --- | --- | --- |
| **Feature** | **Minimum (include units)** | **Maximum (include units)** |
| Wind Speed |  |  |
| Water Temperature |  |  |
| Air Temperature |  |  |

## Observer Log

Must include **regular timestamped observations** of:

* Water temperature
* Air temperature
* Wind speed or force
* Stroke rate (strokes per minute)
* **Notes** on conditions, feeds, and notable events.

MSF standard observer log can be downloaded at: <https://marathonswimmers.org/swims/document>

Please submit log as scanned PDF or image files. If the log is handwritten and illegible, we will request a typed transcription.

Describe nutrition/feeding plan. Include specific products used and frequency.

## GPS Tracking Data

Original/raw data from GPS tracking device such as a SPOT Tracker, GPS watch, or smartphone app. We recommend using at least two tracking devices simultaneously in case one fails. Note: If you used **track.rs** live tracking service for your swim, we probably already have this data.

**Accepted formats***:* GPX, TCX, CSV.

Images or screenshots of a tracking map are not acceptable. Must be raw data.

## Swimmer Narrative or Statement

Narrative account of swim planning and execution, written by the swimmer.

OR, please answer the following question prompts:

* What inspired you to do this swim?
* Describe how you planned for the swim.
* How did the swim go, generally? Did you face any unanticipated challenges?

*Submit as separate document (Word, PDF, or text file).*

## Photos & Video

A representative collection of images and video footage, taken at various stages of the swim.

### Photo/Video Guidelines

* Photo of swimmer at or just before the start.
* Photo of swimmer at or just after the finish.
* At least one photo per hour of the swim. Variety of angles and perspectives is encouraged.
* At least 30 seconds of video mid-swim, showing the swimmer's stroke.
* “Produced” videos uploaded to Vimeo or YouTube are acceptable.

## Other Supporting Data (as available)

* Marine buoy readings during the timeframe of the swim (e.g., NOAA National Data Buoy Center).
* Local tide and current predictions for the timeframe of the swim.
* Media coverage of swim (newspaper articles, TV segments, etc.).

Please submit all documentation materials via the **Dropbox link**

you were provided when you paid the ratification fees.

Questions? Email [evan@marathonswimmers.org](mailto:evan@marathonswimmers.org)

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