



MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

8/9/2016

Swimmer(s)

Jenni Sea  
Dutton

Observer(s)

Janine  
Sereh

Swim Description

Lake George  
length.

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
11:10 AM	43 41 532N	73 29.920W	16 75	35	49	Emergency jumps in @ 11:55 to page starts w/for 15 min
11:40	43 42 557N	73 29.685W	74 79	35	48	Gingerkeno Drops -
12:10	43 43 002N	73 29.569W	77 81	45	48	Gingerkeno Drops -
12:40	43 43 579N	73 29.437W	77 82	65	48	
1:10	43 44 204N	73 28.985W	77 84	65	49	Peanut Butter Cup - Drop
1:40					48	1.2 miles to go to leave bay (friends point) Team discussion on direction to
2:10	43 45 270N	73 28.901W	77 88	75	47	Anthony's Dosey local friend Megan helped via phone → 1/2 Foot Swells
2:40	43 45 924N	73 28.477W	77 87	45	49	Continue to alternate back + free
3:10	43 46 559N	73 28.366W	77 86	45	47	Emergency jump in @ 3pm → 4.5 miles left swells lessening boat @ 3:20
3:40	43 47 021N	73 27.949W	77 90	95	49	sheo perservering. stroke is deliberate
4:10	43 47 614N	73 27.499W	78 90	65	48	back stroker + free
4:40	43 48 091N	73 26.827W	78 88	105	48	Ate a milky way + went back swimming
5:10	43 48 424N	73 26.424W	76 88	95	47	<del>no stroke count</del>
5:40	43 49 177N	73 25.939W	78 86	95	47	No stroke count → Back/Free/Breast 1/2 mile to go
5:40						Talk to swimmer she knows where 1/2 mile + the direction

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Swimmer(s)

Jennifer Spence  
Out Hon

Observer(s)

Janine Serj

Swim Description

Lake George  
Lung

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND Knots spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
3:40	43 34 208N	73 36 745W	76/59	Ø	47	Entered the narrows
4:10	43 33 813N	73 35 954W	76/57	Ø	48	4 miles
4:40	43 34 955N	73 35 209W	76/55	ZW	47	Trouble narrows!!! This feed last feed not kept down - A lot of
5:10	43 35 795N	73 34 103W	76/55	ZW	48	Trouble keeping down feeds - swimmer's <u>exceeding</u> hands back + breast
5:40	43 35 485N	73 34 272W	76/55	Ø	48	feed alternate - encouraged swimmer to return to feed
6:10	43 36 274N	73 33 784W	76/55	Ø	48	Last feed not kept down - swim mostly 1 to 20 minute feeds - ate peanut butter cup
6:40	43 36 597N	73 33 643W	76/55	Ø	49	Feed stayed down!
7:10	43 37 354N	73 32 877W	76/57	Ø	49	Feed stayed down - saw Rose over the mountains
7:40	43 37 799N	73 32 495W	76/61	Ø	49	
8:10	43 38 183N	73 32 213W	76/43	Ø	49	Happy swimmer -> new feed schedule + sun working
8:40	43 38 841N	73 31 378W	76/64	Ø	50	
9:10	43 39 135N	73 31 061W	75/66	3.5W	50	exceeding w/ feed.
9:40	43 39 847N	73 30 547W	76/70	Ø	49	SABBATH DAY POINT has been reached
10:10	43 40 385N	73 30 310W	77/72	3.5	50	10:15 OBSERVER HITS prop climbs into boat - BOAT WAS IN neutral - injury
10:40	43 41 063N	73 30 075W	77/73	2.5	49	Free + Back stroke continues

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Feeds Every 40 minutes  
TAFE on left shoulder Blade.

Ardi. Dutton - Captain  
Emera Dutton - Crew + Feed.

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8/8/2016

Swimmer(s)

Jennifer Spencer Dutton

Observer(s)

Janine Serell

Swim Description

Lake George Length

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7:37 <sup>pm</sup>	43 25 26 N	73 42 58 W	71.5 / 71.2	Ø	47	Clear calm night → Sun setting Swimmer feeding off boat BOAT.
8:14	43 26 36 N	73 41 42 W	77 / 68	Ø	49	1st Feed. - Note feeds from BOAT - NO KAYAK
9:10	43 26 76 N	73 41 09 W	76 / 68	2S	49	3.2 miles SW - eating 1/3 of bar too
9:40	43 27 38 N	73 40 78 W	76 / 66	2S	48	4.4 miles →
10:10	43 28 04 N	73 39 24 W	76 / 64	2S	49	5.1 miles → NO boat traffic - water flat Swimmer strong + smooth.
10:40	43 28 87 N	73 39 55 W	76 / 67	Ø	48	5.6 miles → Swimmer + crew up right before 10:40 feed from migraine headache brought on from darkness → crew says normal for her
11:10	43 29 41 N	73 38 61 W	76 / 66	Ø	49	6.4 miles - @ 11:30 took 2 feeds in
11:40	43 30 56 N	73 39 54 W	76 / 66	3N	47	7.2 miles - in the flats of Lake George North of Long Island + South of the One - last feed kept down.
12:10	43 28 36 N	73 35 24 W	76 / 67	2N	48	8.1 miles
12:40	43 31 25 N	73 39 37 W	76 / 67	Ø	47	Warm Feed. - finished 2/3rds Wants to know who won Olympic Boat Stroke
1:10	43 32 55 N	73 38 93 W	76 / 68	Ø	47	Feed stayed down.
1:40	43 32 08 N	73 36 26 W	76 / 68	2N	47	Still warm feeds - says feeds staying down
2:10	43 33 05 N	73 37 13 W	76 / 64	2N	46	
2:40	43 32 79 N	73 37 54 W	76 / 61	2N	46	11.6 miles in 7 hours.
3:10	43 33 86 N	73 36 75 W	76 / 61	2W	47	