

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: *Tom Cunningham*

Email or Phone:
Tom@pawonesta.net
518-585-3703



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

8/8/17

Swimmer(s)

Bridget Simpson

Observer(s)

Tom Cunningham

Swim Description

5 Towt Lake George village

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
21:07	43.4219	-73.7114	72/68	Calm	57	
21:36	43.26	-73.4.15	72/65	Calm	55	
22:07	43.442	-73.675	72/62	Calm	54	
22:42	43.4515	-73.6876	73/62	Calm	54	
23:15	43.4614	-73.6811	73/60	Calm	57	changed Kayaker sanction virginia out
23:46	43.4712	-73.6761	73/60	1-2W	56	23:54 liquid Food muscle milk
00:15	43.4803	-73.6702	74/59	3-4NW	57	now day 8/8/17
00:45	43.4897	-73.6654	73/59	0	57	01:05 banana bite
01:15	43.4980	-73.6612	73/59	0-1NW	54	01:37 1/2 glass liquid Food
01:45	43.5072	-73.6583	73/58	0-1	55	02:00 changed Kayakers - buinn
02:16			157	1-2NW		swimmer moved ahead with Kayaker & wrapped Tow rope in prop. 02:25 operated
03:10	43.5312	-73.6412	73/55	1-NW	55	changed Kayakers out 03:00 virginia
03:40	43.5376	-73.6354	72/55	1-2NW	51	03:30 1/3 muscle milk Carnation
04:12	43.5475	-73.6297	72/51	3-4NW	57	04:18 - Carnation - Finished
04:44	43.5557	-73.6257	73/55	1-2NW	51	

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MARATHON SWIMMERS FEDERATION - Standard Swim Log



TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND / spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
05:15	43.5645	-73.6199	74/56	3-5 NW	52	changed kayakers - Quinn
05:48	43.5726	-73.6119	73/56	calm	51	0610 PBS
06:15	43.5777	-73.6079	-/56	calm	53	0630 Butterfly for Boris - Big Bulet 231
06:52	43.5824	-73.5895	/57	S S	50	0638 PBS & 1/2 Bolte muscle Food
7:09	43.5		58°	S S	50	
7:23	43.5898	-73.5807	73/58		51	
7:50	43.5974	-73.5731	73/58	S S	48	
8:15	43.6031	-73.5680	72/61	S S	49	Waves picking up
8:45	43.6107	-73.5602	73°/61°	S SW	48	Food stop Quinn on kayak 0900 Janet & Virginia departed
09:15	43.6184	-73.5542	/61	S S	46	1's oars from south, clear sky
09:45	43.6262	-73.5471	/65	S S	48	0945 - maoria arrives
10:15	43.6325	-73.5401	73/64	S 3-5	48	10:22 change kayaker's maoria
10:45	43.6392	-73.5313	69	S-2-4	48	
11:15	43.6457	-73.5233	74/73°	S-2-4	45	11:10 PBS 11:28 PBS
11:45	43.6524	-73.5147	73	sw-24		no STR making cuts & correction

Date

8/01/17

Swimmer(s)

Bridget
Simpson

Observer(s)

Tom
Cunningham

Swim Description

Lake Coors
to
Tiundorosa

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MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

8/8/17

Swimmer(s)

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Swim Description

Lake George
to
Ticonderoga

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
12:35	43.6596	-73.5088	75	SW-3	50	11:50 1/2 Carnation 12:48 1/2 btl warm Gatorade
12:45	43.6659	-73.5089	75	SSW-2	42	Course correction, PR5 = 12:49 RITZ + PB + 3 aspirin
1:00						ate one protein bar
1:15	43.6747	-73.5007	74°/75°	S-3-4	45	
13:22						changed kayakers - Quinn PR5
13:45	43.6833	-73.4976	77	S-34	46	Quite a bit of boat waves 1402 arrive silver bay
14:16	43.6918	-73.4944	79	4MPH SW	51	
14:43	43.6999	-73.4914	79	3-5/SW	40	changed to breast stroke rest + water
15:17	43.7102	-73.4859	67	20 ⁺ SW	51	* after squall just passed thru large squall! changing out kayaker - Maxotte
15:45	43.7160	-73.4824	71/79	5 ⁺ SW	49	1541 Rest + drink 1/2 Carnation
16:14	43.7229	-73.4813	71	5 SW		Rest for 5 mins 1624 Food Packet
16:46	43.7305	-73.4774	71/71	3 SW	47	Clear sky's 1' chop out of SW in Hague Bay
17:16	43.7369	-73.4758	71	3-5 SW	42	1' chop from SW 1743 - drinking Bro Th arrives 17:30 Jim Cunningham
17:45	43.7422	-73.4733	71	5 SW	40	Resting for 3 min. in water OCE
18:15	43.7483	-73.4719	73	3-5 SW	42	1-2' waves

Time	Latitude	Longitude	Temp. sea/air	Wind spd. / dir.	Stroke rate	Notes distance, feet , subjective / other... feet
18:45	43.7540	-73.4705	73	4 SW	38	waves - 1 to 2'
19:30	43.7639	-73.4711	71	2 SW	44	putting two additional kayaker in water
20:00	43.7697	-73.4736	71	3-4 SW	45	getting up traveling armada drinking soup
20:30	43.7768	-73.4712	71	1-2 SW	46	getting dark, passing Anthony's nose seas calm
21:00	43.7822	-73.4668	66	1-2 SW	32	2122 REST + SOUP 10 breast strokes
21:30	43.7881	-73.4603	65	1 SW	32	20 breast strokes
22:00	43.7932	-73.4557	65	2 SW	38	2157 REST + SOUP 4 breast strokes
22:30	43.7989	-73.4497	65	1 to 2 SW		
23:00	43.8025	-73.4446	64	2 to 2 SW		
23:45	43.8106	-73.4371	64	1 to 2 SW		Just approaching Briscoe Island
0/1/17 00:15	43.8155	-73.4330	64	0		Just entering channel 5 MPH zone
00:50	43.8229	-73.4277	60	0		Making the OT Mossy Point launch
13:09	43.8257	-73.4257	60	calm		Arrive Diane Rock
						Awesome Great Job
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