



# Solo Swim Observation Log

Date: 8/24/2021  
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Swimmer Name: Elizabeth Almond Route Description: Length of Lake George

Time	Strokes per minute	Temperature C or F		Wind kts mph kph m/s BF		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
4:19:00 PM	66	78.1	88	-	-	Swim the Sea Wall @ the South
[umbrella otherwise noted swimmer feeds on Carbo Pro + Gatorade Miso every 40 min also + every 2 hours a peanut butter protein ball.]						
4:53						Paraly Boat blows kisses to swimmer.
5:19	65	78.4	86	0	0	Full Bottle + Feeling Good.
6:00	65	78.4	84	0	0	" " " "
6:40	66	78.4	84	3	NW	Quit on the lake - just w/ the jetskis + black of lies.
7:20						Swimmer is peeing - Kayaker swap Jeff out SAM in!
8:00	64	78.4	79	0	0	Swimmer very thank full to her crew + she peed - liquids
8:40	64	78.4	75	0	0	Feed bottle closed took a bit to get it peed - down
9:20	63	78	73	0	0	Feed -> BALLS CARBO PRO + Gatorade
10:00	65	76	72	0	0	Feels good -> almost @ the Narrows.
10:40		76	72	0	0	Swim paddle - Jeff in SAR out. well into the Narrows - No Boats.
						Full Feed + pee all is well through the Narrows + the noon has
						erger

8/24  
 Start Time: 4:19:00 PM  
 Finish Time: 9:26:56 AM  
 Total Elapsed Time: 17:07:58

Observer Name: Janine Sereff  
 Observer Signature: Janine Sereff

17:07:54



# Solo Swim Observation Log

Date: 8/28/2021  
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Swimmer Name: Elizabeth Almont Route Description: Lake George length

Time	Strokes per minute	Temperature C or F		Wind kts mph kph m/s BF		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
11:20	64	76.5	72	-	-	Resupply Kafeay w/ 4 bottles, orange slices, Neoprokin (2) + TWINKIES give @ 11:40 (1)
12:00	64	76	72	4	5	other Neoprokin (1) Full feed + Feeding Fine! - <u>Feed</u>
12:40	62	76.5	70	4	5	Feed Fine and a TWINKIE!! 17 miles @ 2 MPH
1:20	63	76	68	0	0	only 1/2 bottle + orange.
2:00	63		66	0	0	Feed was oranges... Next feed back to CARBO PRO.
2:40			66	0	0	CARBO PRO full bottle + PB BALL -> Feed Plan on track 20 Miles*
3:00						Smooth Feed BAG HANDOFF - 6 bottles, Apple, 3 BASS/BALLS Trainees
3:20	62	74	66	4	5	Feed + Completed her feed + Neoprokin
4:00	63		66	4	5	CARBO PRO / PB BALLS / + Feeding by both vomited a bit Husband + Wife swimming is tired of swimming !!
4:40	61	74	64	4	6	1/2 bottle + she feed - "she's tired"
5:20	61		64	7	5	1/2 bottle / Peanut BALLS / Feed 25 Miles in 13 hours
	NO BATS since 9 PM / She's Cranky but not hurt today					

PAGE 1 ONLY - Time recorded as (HH:MM:SS)

Start Time: Finish Time: Total Elapsed Time:

Observer Name: Janine Sorrell Observer Signature: [Signature]



# Solo Swim Observation Log

Date: 8/25/2021  
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Swimmer Name: Elizabeth Almond      Route Description: Lake George Length

Time	Strokes per minute	Temperature C or F		Wind kts mph kph m/s BF		Notes  Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
6:00	64	74	66	-	-	1/2 Bottle - Feed - ATE BALLS Almost @ Anthony's Nose.
6:25						swimmer blowing kisses to her paddler 😊
6:40	64	74	66	0	0	1/2 bottle - Feed - BALLS were eaten.
7:20	63	74	66	0	0	1/2 bottle <del>feed</del> → GOAL is 2 more feeds done.
8:00						1/2 bottle - More BALLS + Feed.
8:10	63	75	73	0	0	30 MILES Down!!!
8:40	63			0	0	1/4 bottle. →

PAGE 1 ONLY - Time recorded as (HH:MM:SS)

Start Time:      Finish Time:      Total Elapsed Time:

Observer Name: Janine Serell      Observer Signature: Janine Serell