

Swimmer

Name: Gracie O'Connell Gender: F Age: 16 Resides In: Manhattan Beach

Support Personnel

Pilot name(s): N/A Vessel: N/A Port: N/A

Crew names & roles: Beth Lee

Swim Details

Date: 9-20-2020 Body of Water: Pacific Ocean Location: LA. County

Route description: Redondo Beach Breakwall to Dockweiler Beach LAX

Swim distance: 6.8 miles Start time: 6:49:18 AM Finish time: 9:42:36 Elapsed: 2:53:22

List any "first" or record claims: N/A

Rules & Conduct

Feeding (substances & frequency): Water ever 30 min

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

Jolya Fixed Back Suit
Cap + Goggles

List any modifications of MSF Standard Swim Rules:

Observer: John York

Email or Phone:

Jbyork@verizon.net
310-291-1845



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

9-20-2020

Swimmer(s)

Gracie
O'Connell

Observer(s)

John York

Swim Description

Redondo
to CAT:

Page 1 of 1

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
6:49	33.850310	-118.401090	68,61	3.8		Low Tide 5:45 Fog @ 6:45 Surf 2.5 Feet
7:20			68,63	2.5+	72	Fog Thick, First Feed
7:50						Feed #2
7:55						Fog Lifting Passing Manhattan Pier
8:20			68-67	4.0 S	74	Feed #3
8:50					70	Feed #4 + Dolphins - ☺
9:20			68	2.4 E	68	Feed #5
9:42			68			2:53.22
						Finish Run up the Beach
						Big Smile Family + Friends
						on the Beach
	33.9401090					
		-118.443880				