

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:

Email or Phone:



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

9-20-20

Swimmer(s)

Abigail
Rousseau

Observer(s)

Krista Anderson

Swim Description

Lax to
Redondo Beach
to Break wall
LAX, Dockweiler
Beach Jetty

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
6:49:18	33.850370	-118.401090	68/61.5	3.8 ESE		Low tide was 5:45 AM Fog rolled in 6:45 AM Surf 2-2.5'
7:39			68/63.1	2.5 E	61	2' Surf Feed Napture / 1st Manhattan Beach swimmers mental status is excellent -
						Per Kayaker, Still Foggy Swimmer and Kayak 100-125 yds off shore
7:55						Fog is lifting swimmer passed Manhattan Pier
8:19			68/67.8	4.05	61	34 th St Manhattan Beach
8:27						Feeds 8oz Gatorade, 40 th St MB
8:47						Dolphins !! ☺
			68/70.3		60	.1 hr 53 into swim
9:08			71	2.4 E		Feeds 8oz Gatorade + CarboPro
9:17						Dolphin Escort !!
9:39:49						2:50:32 Finished with a big smile
	33.940740	-118.443880				