

Observer: Please fill out this log with as many details as you can every half hour. Make additional copies of the second page if you need more lines.
Please return your hand-written log and a typed version of this report to MOWSA as soon as possible after the swim for ratification.



MOWSA Solo Swim Observation Log

Swimmer Name: Mike Klonsky	Finish Date and Time: September 12, 2024, 11:21 am
Start Date and Time: 6:47 am September 24, 2024	Elapsed Time: 4:34:25
Support Vessel and Pilot:	Route Description: Nantasket to Nahant via Grave's Light
Support Crew: Craig Lewin	
Observer: Rena Demeo	Additional Crew: Jason

Elapsed Time	Water Temp	Air Temp	Wind Speed/Dir	Stroke Rate	GPS Position	Feed Taken	Comments
Start	61.2	60/1			N 4218.512 W 07052.758	None	Start
7:16	61.2	63		55	N 4219.181 W 07052.486	E Fuel Pick	Giant tanker passing green buoy
7:48	60.1	63		55	4219.962 W 07052252	E Fuel Hot Shot	Looking good Fast feed

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8:16	60.9	67.1		55	4220.793 W 07052.370	Ban E Fuel Pickle brine	Took feedback like a champ
Time	Water Temp	Air Temp	Wind Speed/Dir	Stroke Rate	GPS Position	Feed Taken	Comments
8:46	61	65.5		54	4221520 W 07052.578	Caffeine Goo Hot shot Water	Fast feed
9:16	61.3	71.6		54	4222.308 W 07052.779	Advil E Fuel Pickle brine	Great! Solid Fast feed
9:47	62.6	77.4			4222937 W 07053225	E Gel Water	Saw some whales!!
10:19	61.9	80.0		52	4223657 W 07053.667	Ban E Gel	Can't means you won't

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10:48	61.6	77.4		52	4224379 W 07054017	Pickle B E Gel	Bad cramps, last feed
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