Projected Stroke Rate 52

Swimmer or relay name Graeme Lowe	Total time (or DNF) 11:40,09 (STOPWATCH)
Start date & time 08/24/13 11:13.15	Finish date & time 08/25/13 10:53.26
Support vessel Outrider	Captain Danny, ~~Sean~~, Mike, Dave
Swimmer's Coach	USA Swimming Coach
Paddlers [redacted]	
Observers [redacted]	Direction C2M

Time	Water temp deg F	Air temp deg F	Wave height feet	Wind speed knots	Stroke rate / min	Observations (incidents, comments, hourly latitude & longitude, etc.)
	64	62	0-1	0-1		Feeder: Katherine Lowe, Liz Lowe
11:13	15 –					Start. clear, moonlit night with fog tendrils wrapping around the east end of the island
						Super calm...
11:45	66	62	2-3	3	52	Feed (need light stick on bottle)
						We're into fog now
						33.29 117 N 118.31.417 W
12:15	67	61	2-3	3	52	Feed - All Good - Swimmer Alert & Comfortable
12:45	66	62	2-3	2	52	Feed Line Stuck ~ 3/4 Feed
1:15 01:00	66	60	3	2	52	Quick-Feed - Very Alert
1:45 0130	67	62	3	2	52	Feed 14.05 NM Left
~~0200~~						Still Foggy - Flat Seas - Calm
2:15 0200	66	62	3	1	50	Quick Feed 15 sec - Switch out
						Kayakers in 1/2 hr: 13.35 NM Left
2:45 0230	67	60	2	1	52	Kayaker Switch (2 min switch time)
						12.5 NM Left - Graeme Requested
						Peaches on next feed. Very Alert
3:15 0300	67	60	2	1	52	Feed
3:45 0330	67	60	2	1	52	Feed 11.25 NM Left
4:15 0400	68	60	2	1	53	Quick Feed
0440	68	59	1	1	48	Conditions are smooth as glass -
						incredibly calm (knock on wood)

Observer's signature [redacted]

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Time	Water temp, deg F	Air temp, deg F	Wave height feet	Wind speed, knots	Stroke rate / min	Observations (incidents, comments, hourly latitude & longitude, etc.)
4:45	69	60	1	4	49	Feed - threw up forcefully
						asked for water next time
						9.767 nm to go
						Katherine asked to be swapped out next feed
						Graeme is exclusively a right-side
						breather and is zig-zagging between the
						kayak and the Outrider on the Starboard
						side
5:15	69	60	1	4	48	Long feed - kayak swap to Allison
						forgot painkiller - next time - elbow is ok.
						8.81 nm to go - foggy + flat (high fog)
						NEVROPHEN = IBUPROFEN (UK BRAND)
5:45	69	60	2-3	6	48	Feed + 2 caps ibuprofen - Graeme
						wonders when sun is coming up - but it
						is foggy - keeping conditions mild.
6:15	68	60	1-2	6	48	Feed - "Happy Otter" smooth, fog
						7.02 nm to go
						33.37.837 N 118.26.922 W
6:45	68	59	1-2	6	48	Feed - Smells like breakfast here
						6.343 nm
						little fish glinting like shooting stars
6.59						5.97 nm to go
7:15	68	60	1-2	5	47	Feed - he says "fish are a lovely show"
						5.31 nm to go
7:45	68	60	1-2	5	48	Feed - 30 sec.
						4.594 nm to go - smooth foggy
						fish are still with us

Observer's signature [redacted]

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Time	Water temp, deg F	Air temp, deg F	Wave height feet	Wind speed, knots	Stroke rate / min	Observations (incidents, comments, hourly latitude & longitude, etc.)
0800	67	64	1-2	2	48	KAYAKER CHANGE - ALLISON IN - SMOOTH
						TRANSISION - 90 SEC TOTAL 3.75 NM TO GO
0830	66	66	1-2	2	50	FEED - PARACYTOMIL (x2) OTC 1000MG
~~0830~~	~~66~~	~~66~~	~~1-2~~	~~2~~	~~50~~	2.818 NM TO GO 33.41.706 N x 118.24.942 W
						(9:12 - swam thru nasty looking
time in	9:22	Clock				slick of sewage - oil - something
10:00	66	66	1-2	2	50	Feed - Graeme has been informed temp
						has dipped a bit... he says "Like a bath,
						mate!" YAY!!!
						DOLPHINS - not too close.
						Big jelly fish 10' down
						→ Left arm is dragging
	9:45					1.60 nm to go.
10:30	68	68	1-2	2	50	Feed - More dolphins - Graeme saw them
						1.32 nm to go
	~~10:04~~					33.43.019 N 118.23.981 W
10:59	67	68	2	4-5		We see land! - wind blowing S
						small white caps.
11:00	10:15	~~70~~	2-3	15	51	FEED - LAST FEED
	66	74				Sun is out - Wind has picked up -
						current is pushing SW
						0.57 nm to go
11:30 / 10:44						Police activity @ normal landing beach Helicopter Fire trucks
	61	76	2-3	15	50	Strong current - will land next beach down
					47	Congratulations Graeme!!!
						TRIPLE CROWN
						Beautiful Swim

10:53:26

Observer's signature [redacted]

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