

Observer Log

NAME OF SWIM [NAME OF COURSE, SWIM]

LOCATION [CITY, COUNTRY]



START POINT	START DATE	START TIME
Starts Jamaica	26th Feb	08-01
FINISH POINT	FINISH DATE	FINISH TIME

Dina KERIC
SWIMMER NAME [SWIMMER'S NAME]

SWIMMER DOB [DATE OF BIRTH]

RULES FOLLOWED [RULES FOLLOWED I.E.]

WOWSA RULES

Time	Stroke Rate per minute	Water Temp °F or °C	Air Temp °F or °C	Wind Speed kts mph kph Bf	Wind Direction cardinal or °	Feeding duration in min	Notes Brief description of the swimmer's physical and mental state or brief description of the nutrition or feeding
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12:21	60	25	20	1.5	SW	40	200ml MALTIX Warm Water
12:43	60	25		1.2	SE	20	200ml MALTIX Warm Water Quick/short words from mum & Dina
1:01	60	24		8	SE	35	yellow gel 150ml warm Pee Pee
1:20			20			30	MALTIX Comp 200ml Warm Dina say all OK Mum says Dina well
1:30	60	24		9			Pee Pee
1:41						15	150ml MALTIX Pee Pee Jamie mermaid
1:50	61	24		3			
2:00	/	/	/	/	SE	25	200ml yellow gel / 350ml Carbine tablet Dina ball Good/Hot
2:10	60	25	20	3			Jamie ask everyone ok. Yes
2:22						30	MALTIX warm Pee Pee stick Suen
2:33	62	24		3	E		
2:41						15	500ml Sel / water Conversation / quick / present Creative
2:55	62	24		5.2	SE	12	200ml yellow gel MALTIX
3:01	60	20				18	200ml Pee Pee Yellow gel / MALTIX
3:10	60	24		2.0	E		

23 200ml MALTIX

321

0

6

23

341

Observer Log

NAME OF SWIM [NAME OF COURSE, SWIM]

LOCATION [CITY, COUNTRY]



START POINT	START DATE	START TIME
LANDING JEPs JANESTOWN	25 Feb 26	00-01
FINISH POINT	FINISH DATE	FINISH TIME

Dina Ievacic

SWIMMER NAME [SWIMMER'S NAME]

SWIMMER DOB [DATE OF BIRTH]

RULES FOLLOWED [RULES FOLLOWED I.E.

WOWSA RULES

Time	Stroke Rate per minute	Water Temp °F or °C	Air Temp °F or °C	Wind Speed kts mph kph Bf	Wind Direction cardinal or °	Feeding duration in min	Notes Brief description of the swimmer's physical and mental state or brief description of the nutrition or feeding
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3A1	60	24		0		25	max 200m	Lights go out place new ones
401							yellow gel 200m + 3 caffeine P.l.s	4am - call in radio
410	60	24		0		42		
421						32	200m MAX NO conversation	
441	60	24		0		15	200m max 200m	dark/no conv
5-01	60	24	20	2		15	yellow gel - 200m	gentle swell / gentle breeze
540	60	24	20	0		40	max 200m	perhaps 75% people
603	60	24		0		30	max 200m - drunk 100ml	tried to put alpha up at daylight no wind
623	60	24	21	0		30	max 200m	competition 200m
643	60	24		0		20	max 200m	yellow gel
703	60					30	max 200m	Mum Bravo Bravo call in radio.
723	60	24		0		100	change goggles to dark lens mother shouting -	max - warm water 200m
742	62	24		0		56	max 200m yellow gel	you talking to them. Cant balance what Dina says @ 60.5km
802	60	24				60	max 200m 3 caffeine tabs	100 drunk
822	60	24	21	0		30	max 200m	comp 200m - 100 drunk

Open Water Africa

SE WS Win Time Rest

Time	Longitude				Latitude	
8.50	60	29	0	1.30	MAX water	200ml
	60	29	0	40	Cola gel	200ml
9.20	60	24	3 W	50	MAX water	200ml
9.44	62	24	0	63	MAX water	200ml
10.01	60	24	2.1 E	50	Yellow gel	200ml
10.20	60	24	3 E	20	MAX water	200ml
10.40	62	24	3 E	47	Yellow gel	200ml
11.02	60	25	5 E	58	MAX water	200ml
11.21	60	25	12 E	35	MAX water	200ml
11.40	60	26	17 E	35	MAX water	200ml
12.00	60	24	21 E	30	Cola gel	200ml
12.25	60	24	11 E	35	MAX water	200ml
12.42		24	9 E	30	MC + Yellow gel	200ml
13.00	60	24	0	25	MAX water	200ml
13.05					MAX water	200ml
13.20	60	25	0	20	MAX water	200ml
13.42	60	24	0	20	MAX water	200ml

Ona slight disoriented & spacy not clear mungues support

concentration with 100% colorant.

Ona has a stretch out.

stretch out.

Sign of Goltz 3rd stretch

Con on 3rd stretch / slightly frustrated

that point not low

Sign on rock.

Calm + little cool

Support Dina acknowledge

dark day from 65

1600ac

400 32C

9.00 23C

11.20 25

Blue ocean included

D. P. R.

[illegible]