



NYC SWIM

PHONE: 888 NYC-SWIM

Fax: 212 784-6850

WWW.NYCSWIM.ORG

Observer Documented Qualifying Swim

The qualifying swim must be swum continuously in a body of water (not a pool) of the prescribed water temperature (if applicable), without a wetsuit (except for Catch'em Relays entering in the wetsuit division), and documented by an observer. For full details, including the required length of time and the eligible dates, see the qualifying swim information for the event on www.nycswim.org. For a more in-depth explanation and suggested locations, see the pages that follow.

In advance of the qualifying swim:

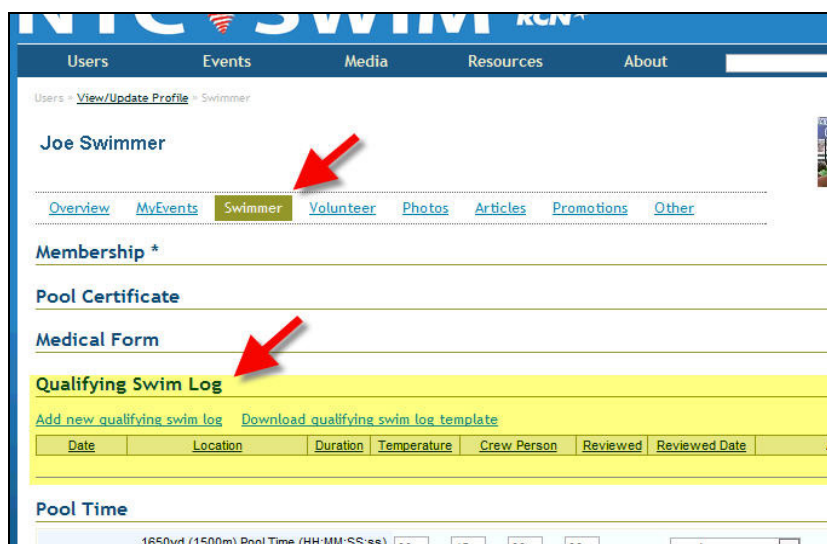
- Print one copy of this cover page.
- Print one copy of the log (page 2) for the first half-hour and additional copies of that page for each additional hour to be swum. For example, for a four-hour swim, print out this cover page plus five copies of the log page.

During the qualifying swim:

- The observer should use the log form to document conditions at the start and finish of the swim and every half-hour in between.

After the qualifying swim:

- Upload the completed log as a PDF by clicking “Add new qualifying swim log” from within the Swimmer > Qualifying Swim Log section of your nycswim.org user profile (see image below) or fax to +1 212 784 6850.



Qualifying Swim Information	
Swimmer Name:	
Date of Qualifying Swim:	
NYC Swim Event That You Wish to Qualify For:	
Body of Water (include city, state, country):	
Length of Qualifying Swim (hours, minutes):	
Maximum Water Temperature During Swim:	
Type of swim suit worn (specify traditional, jammers, shoulders covered, wetsuit, etc.):	

Observer Information	
Observer Name:	
Observer Address:	
Observer Phone:	
Observer E-mail:	

By signing below, we attest that the information recorded in this log is correct.

Swimmer Signature: _____ Date: _____

Observer Signature: _____ Date: _____

Qualifying Swim Log	
Actual Time:	
Swim Time (hours, minutes):	
Air Temperature and Conditions:	
Water Temperature and Conditions:	
Swimmer's Mental and Physical Conditions:	
Stroke Rate (per minute):	
Feedings (time, what the swimmer consumed):	

Qualifying Swim Log	
Actual Time:	
Swim Time (hours, minutes):	
Air Temperature and Conditions:	
Water Temperature and Conditions:	
Swimmer's Mental and Physical Conditions:	
Stroke Rate (per minute):	
Feedings (time, what the swimmer consumed):	

[The observer should complete a section of the log at the start and finish of the swim and every half-hour in between.]

Observer Documented Qualifying Swim Guidelines

NYC Swim requires marathon swim applicants to provide documentation certifying their qualifications and background. This helps with the acceptance process and in ensuring a safe, successful event. The certification may be either an event based qualifying swim or an observer documented qualifying swim (“ODQS”). The forms and information in this document apply to the ODQS.

There are many benefits of doing a proper ODQS: It helps with training, builds confidence about swimming in colder water, provides an opportunity to meet/network with other swimmers, and allows for the testing of various forms of in-water feedings and of crew personnel.

Furthermore, if at the time of enrollment the application committee is presented with two applications that are equal on their merits and submission, the committee will defer to the application that includes an ODQS or other proof of qualification.

The ODQS should be taken seriously, as it is intended to benefit you, the swimmer. Done right, it will increase your chance of success. Do not misreport information in your swim log.

Rules and Recommendations

The ODQS must be:

- without a wetsuit (except for Catch’em Relays entering in the wetsuit division)
- in water that is the prescribed water temperature or colder, if applicable (detailed on the event page)
- completed within the appropriate timeline for the event (detailed on the event page)
- at a beach or lake of the participant’s choosing (not a pool)
- observed by an impartial/neutral observer
- for a specified minimum length of time (detailed on the event page)
- continuous open water swimming, with in-water feedings as necessary. Just like during an event, the clock continues to run while you feed.

You will need the assistance of at least one person during the swim, preferably a member or members of your intended support crew. The observer(s) will log and feed you while you remain in the water. It is also permissible to have other swimmers accompany you during the ODQS. Have the observer complete the log as in the sample (see next page). Details to record include air and water temperature and conditions, your mental and physical conditions, stroke rate (strokes per minute, counting one arm pull as one stroke), and feedings.

Use this opportunity to experiment with different hot and cold foods (solids and liquids), feeding intervals, strokes, swimming speeds, stretches, grease treatments, etc., to determine what will work for you during the race. You may go as fast or as slow as you choose.

Submission and Confirmation/Acceptance

Once completed, the log should be uploaded to the swimmer’s profile (PDF format only; see instructions on p. 1) or faxed to NYC Swim. The application committee will follow up with you if more information is required.

Sample Qualifying Swim Log

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Swimmer Name Chris Chlorine

Qualifying Swim Log	
Actual Time:	<i>8:05 a.m.</i>
Swim Time (hours, minutes):	<i>Start</i>
Air Temperature and Conditions:	<i>75° , nice day, sun is out, mild breeze</i>
Water Temperature and Conditions:	<i>62° , flat water, high tide</i>
Swimmer's Mental and Physical Conditions:	<i>Chris started off in good spirits, looking forward to this Qualifying Swim</i>
Stroke Rate (per minute):	<i>72</i>
Feedings (time, what the swimmer consumed):	<i>Cereal w/milk for breakfast at 7 AM, carbo drink just before entering the water</i>

Qualifying Swim Log	
Actual Time:	<i>8:35 a.m.</i>
Swim Time (hours, minutes):	<i>0:30</i>
Air Temperature and Conditions:	<i>75° , nice day, partly cloudy</i>
Water Temperature and Conditions:	<i>62° , flat water, slight chop</i>
Swimmer's Mental and Physical Conditions:	<i>Still in high spirits</i>
Stroke Rate (per minute):	<i>69</i>
Feedings (time, what the swimmer consumed):	<i>Banana and carb drink</i>

Suggested Qualifying Swim Locations

The course is up to you. You could swim laps along a beach, with your support crew members wading in to the water for feedings, or you could swim out to a certain point and back with an escort boat or kayak accompanying you.

Below are a few possible venues and contacts.

Greenwich, Connecticut (Todd's Point)

Contact: Henry Eckstein/Morris Finkelstein, Henry.Eckstein@YorkISG.com

Time of Year: Late May, early June, October

Water Temp: High 50s and low 60s

Water Body: Long Island Sound

La Jolla, California

Contact: Bob West

Club: La Jolla Cove Club

Website: <http://lajollacoveswimclub.org/NewHome.html>

San Francisco, California

Contact: Brenda Austin, baaustin2003@yahoo.com

Club: South End Rowing Club

Time of Year: Year-round

Water Temp: 46-63

Water Body: Aquatic Park for non-members, San Francisco Bay for members

Website: www.south-end.org

Austin, Texas

Contact: Leslie and David Blanke, tel. 512.542.8622 (David's work), 512.494.0987 (home);
dblank@velaw.com (David) or leslieblanke@sbcglobal.net (Leslie)

Time of Year: November-December, March-May

Water Temp: 60-63 depending on which lake and timing

Water Body: Lake Austin or Lake Travis

New Jersey

Contact: Nancy Steadman Martin, nsmswims@aol.com

Time of Year: May, June, October, November

Water Body: Atlantic Ocean (off the coast of Ocean Grove and Long Branch)

Other possible locations include Florida (east and west coasts), Georgia (Lake Lanier, Tybee Island), the Carolina coasts, Massachusetts, Oregon/Washington, Illinois, Vermont, Maryland, and Quebec.