

**OBSERVER'S LOG, SOLO Swim**

Number & Time of stop		Stop duration	Food/Drink/ Medication taken during stop	HOURLY GPS position both Lat & Long from Pilot & Map Description		
Stop/feed #	Feed Time			Hr	Time	GPS / Position
1				0		Start
2				1		Lat._____ Long._____
3						Pos.
4				2		Lat._____ Long._____
5						Pos.
6				3		Lat._____ Long._____
7						Pos.
8				4		Lat._____ Long._____
9						Pos.
10				5		Lat._____ Long._____
11						Pos.
12				6		Lat._____ Long._____
13						Pos.
14				7		Lat._____ Long._____
15						Pos.
16				8		Lat._____ Long._____
17						Pos.
18				9		Lat._____ Long._____
19						Pos.
20				10		Lat._____ Long._____
21						Pos.
22				11		Lat._____ Long._____
23						Pos.
24				12		Lat._____ Long._____
25						Pos.
26				13		Lat._____ Long._____
27						Pos.
28				14		Lat._____ Long._____
29						Pos.
30				15		Lat._____ Long._____
31						Pos.
31				16		Lat._____ Long._____
32						Pos.

HOURS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Stroke rate																
Wind Speed																
Wind Direction																
Sea Temp																
Air Temp																
Sea State																
Flood/Ebb																
Wave Height																

**OBSERVER'S SIGNATURE**

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