Gulf of Maine Open Water Swimming Association

Swimmer and Swim Details

Swimmer Name	
Date of Birth	
Name of Swim / Course	
Location (City, State)	

Description of Swim Route:

_____

_____

Observer, Pilot & Boat Details

Observer Name(s)	
Pilot Name(s)	
Vessel Name	

Crew Details (List crew members and roles):

Name	Role

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Pre-Swim Checklist

Gear	Used (Y/N)	Description (brand, type, condition, etc.)
Swimsuit textile, 1 or 2 pieces, not past shoulders or below knees		
Single silicone or latex cap only (no neoprene/heat-retaining caps)		
Standard or prescription goggles		
Ear plugs and/or nose clips		
Body grease and/or sunscreen		
Swim buoy, lights and/or glow sticks		
Wildlife deterrent		

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Swim Start Information

Start Latitude Coordinates	
Start Longitude Coordinates	
Description of Start Point	
Start Date (dd/mm/yyyy)	
Start Time (HH:MM:SS)	
Water & Air Temperature at Start (°F)	

Swim Turn Around Information (multiway swims only)

Turn Around Latitude Coordinates	
Turn Around Longitude Coordinates	
Description of Turn Around Point	
Turn Around Date (dd/mm/yyyy)	
Turn Around Time (HH:MM)	
Water & Air Temperature at Turn Around (°F)	
Duration on land, gear changes, or other notable comments (if applicable):	

Swim Finish Information

Finish Latitude Coordinates	
Finish Longitude Coordinates	
Description of Finish Point	
Finish Date (dd/mm/yyyy)	
Finish Time (HH:MM:SS)	
Water & Air Temperature (°F)	
Total Distance Swum (km)	
Total Swim Time (HH:MM:SS)	
Reason for stoppage (if applicable):	

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Observation Log

Use HH:MM format. Environmental data and observations shall be documented at intervals no greater than 30 minutes. Active observers must sign off each segment of the record at the end of their observation segment- please use fresh row when signing off.

Swimmer Name:		Route:	Page:

Time (HH:MM)	Water Temperature (°F)	Air Temperature (°F)	Wind Speed & Direction	Stroke Rate (per min)	Observations (Weather conditions incidents, swimmer's physical and mental state, latitude, longitude, feeds consumed, sea life encounters, support swimmer, etc.)

Print additional pages if needed for your swim

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Official Signatures

I certify this is a true and accurate account of this swim attempt and that it followed GoMOWSA marathon swimming rules.

Observer Name & Signature

Swimmer Name & Signature

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Wind Direction

Use cardinal and intermediate directions: The wind direction is commonly described using cardinal directions (north, south, east, west) and intermediate directions (northeast, southeast, southwest, northwest).

Here are the corresponding wind directions:

Direction	Description
North	Wind coming from the north
South	Wind coming from the south
East	Wind coming from the east
West	Wind coming from the west
Northeast	Wind coming from the northeast
Southeast	Wind coming from the southeast
Southwest	Wind coming from the southwest
Northwest	Wind coming from the northwest

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Beaufort Scale Force

Force	Wind Speed (knots)	Description	Sea Conditions
0	<1	Calm	Sea like a mirror
1	1–3	Light air	Ripples without crests
2	4–6	Light breeze	Small wavelets, no foam
3	7–10	Gentle breeze	Large wavelets, crests begin to break
4	11–16	Moderate breeze	Small waves, some whitecaps
5	17–21	Fresh breeze	Moderate waves, many whitecaps
6	22–27	Strong breeze	Large waves forming, white foam crests
7	28–33	Near gale	Sea heaps up, white foam blown in streaks
8	34–40	Gale	Moderately high waves, edges of crests begin to break
9	41–47	Strong gale	High waves, spray may reduce visibility
10	48–55	Storm	Very high waves, sea surface white with foam
11	56–63	Violent storm	Exceptionally high waves, visibility seriously affected
12	64+	Hurricane	Air filled with spray, sea completely white