	TAND CREW DETAILS		
SOLO SWIMMER			
	FIRST NAME	SURNAME	
NAME OF SWIMMER	I II O I IVAINE	SOLVANIE	
DOB		GENDER	
		GENDER	
COUNTRY REPRESENTE	ED		
RELAY TEAM	TEAM NAME:		
FIRST NAME	SURNAME	COUNTRY REPRESENTED	DOB   GENDER
1.			
2.			
3.			
4.			
5.			
6.			
OBSERVER			
OBSERVER	<del></del>		
NAME OF OBSERVER(S)	)		
PILOT			
NAME OF PILOT(S)			



NAME OF BOAT(S)	
lonew.	
CREW	

CREW	
LIST CREW NAMES AND ROLES (includes kayakers if any).  NAME	ROLE

#### PRE SWIM CHECKS

	CHECKED
ALL SWIMSUITS MUST BE MADE FROM TEXTILE MATERIALS, AND MUST BE IN ONE OR TWO PIECES. SWIMWEAR MUST NOT EXTEND PAST THE SHOULDER OR BELOW THE KNEE.	
ONE SINGLE LAYER SWIMMING CAP IS PERMITTED, AND MUST BE MADE FROM SILICONE OR LATEX. CAPS MAY NOT BE MADE FROM NEOPRENE OR OTHER HEAT RETAINING MATERIALS.	
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED.	
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	
NO WATCHES OR WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS NOT PERMITTED (CHECK GOGGLES)	
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	

#### **CERTIFICATION**

OBSERVER NAME & SIGNATURE	I / WE CERTIFY THAT THIS IS A TRUE AND ACCURATE ACCOUNT OF THIS SWIM ATTEMPT, AND THAT THE SWIM WAS CONDUCTED IN ACCORDANCE WITH THE ILDSA RULES.
PILOT NAME & SIGNATURE	I CERTIFY THAT THIS IS A TRUE AND ACCURATE ACCOUNT OF THIS SWIM ATTEMPT, AND THAT THE SWIM WAS CONDUCTED IN ACCORDANCE WITH THE ILDSA RULES.



	I/ WE HAVE READ AND UNDERSTAND THE ILDSA MARATHON SWIM RULES, WILL ABIDE BY THEM AND ACCEPT THE DECISIONS OF THE ILDSA RATIFICATION PROCESS.
EMAIL DETAILS FOR SOLO SWIMMER OR FOR TEAM LEAD SWIMMER	

#### SUBMISSION FOR RATIFICATION

SCAN REPORT USING ADOBE SCAN COMPLETE THE ONLINE RATIFICATION SUBMISSION FORM ON THE ILDSA WEBSITE WWW.ILDSA.INFO

**CONTACTS** 

ILDSA MARATHON SWIMS ildsaireland@gmail.com ILDSA NORTH CHANNEL SWIMS swimnorthchannel@gmail.com

#### SWIM START

JANI STAIN	
	IST ENTER THE WATER FROM THE SHORE, OR FROM THE E, BEACH OR ROCKS WITH NO RUNNING WATER BEHIND.
OR SWIMMER STARTED STANDING IN	N WATER NO MORE THAN WAIST HEIGHT AS ADVISED BY EASONS AND AGREED WITH OBSERVER.
OR FLOATING START SWIMMER STAF CHANNEL)	RTS FROM DEEP WATER START POINT (NOT FOR NORTH
START LATITUDE CO-ORDINATES	
START LONGITUDE CO-ORDINATES	
DESCRIPTION OF START POINT	
START DATE (DD:MM:YYYY)	
START TIME (HH.MM.SS) E.G. (06.15.)	
.WATER TEMPERATURE °C AT START	
AIR TEMPERATURE °C AT START	



					1
	WIM FINIS				
	POSITION BEYOND	: SWIMMI	ER MUST FIN	IISH ON DF	RY LAND OR BY TOUCHING CLIFFS WITH NO
FINISH I	LATITUDE	CO-ORD	INATES		
FINISH I	LONGITUE	DE CO-OF	RDINATES		
_	DATE IF D	IFFEREN	T FROM		
START [	JAIL				
STOP V	VATCH TIN	ЛЕ .			
TOTAL [	DISTANCE	SWAM			
TOTAL	SWIM TIM	F HH· MN	√. SS		
F	OR UNSU	CCESSF	UL SWIMS *N	ORTH CH	ANNEL ONLY
REASO	N FOR STO	OPPAGE			
TIME	WATER TEMP	AIR TEMP	BEAUFORT	STROKE RATE /	OBSERVATIONS INCIDENTS / WEATHER / LONGITUDE AND LATITUDE/
	DEG C	DEG C		MINUTE	FEEDING / MEDICATION / TURN POINTS OF SWIM




TIME	WATER	AIR	BEAUFORT	STROKE	OBSERVATIONS
	TEMP	TEMP		RATE /	INCIDENTS / WEATHER / LONGITUDE AND LATITUDE/
	DEG C	DEG C		MINUTE	FEEDING / MEDICATION / TURN POINTS OF SWIM
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TIME	WATER TEMP DEG C	AIR TEMP DEG C	BEAUFORT	STROKE RATE / MINUTE	OBSERVATIONS INCIDENTS / WEATHER / LONGITUDE AND LATITUDE/ FEEDING / MEDICATION / TURN POINTS OF SWIM



TIME	WATER TEMP DEG C	AIR TEMP DEG C	BEAUFORT	STROKE RATE / MINUTE	OBSERVATIONS INCIDENTS / WEATHER / LONGITUDE AND LATITUDE/ FEEDING / MEDICATION / TURN POINTS OF SWIM
		<u> </u>			



Beaufort Number	Name	Knots	МРН	Effects Observed Far From Land	Effects Observed On Land
0	Calm	Under 1	Under 1	Sea like mirror.	Calm; smoke rises vertically
1	Light Air	1-3	1-3	Ripples with appearances of scales; no foam crests.	Direction of wind shown by smoke drift, but not by wind vanes.
2	Light Breeze	4-6	4-7	Small wavelets; crests of glassy appearance, not breaking.	Wind felt on face; leaves rustle; ordinary vane moved by wind.
3	Gentle Breeze	7-10	8-12	Large wavelets; crests begin to break; scattered whitecaps.	Leaves and small twigs in constant motion; wind extends light flag.
4	Moderate Breeze	11-16	13-18	Small waves, becoming longer; numerous whitecaps.	Raises dustand loose paper small branches are moved.
5	Fresh Breeze	17-21	19-24	Moderate waves, taking longer form; many whitecaps; some spray.	Small trees in leaf begin to sway; crested wavelets form on inland waters.
6	Strong Breeze	22-27	25-31	Larger waves forming; whitecaps everywhere; more spray.	Large branches in motion; whistling heard in telegraph wires; umbrellas used with difficulty.
7	Near Gale	28-33	32-38	Sea heaps up; white foam from breaking waves begins to be blown in streaks.	Whole trees in motion; inconvenience felt in walking against the wind.
8	Gale	34-40	39-46	Moderately high waves of greater length; edges of crests begin to break into spindrift; foam is blown in well-marked streaks.	Breaks twigs off trees; generally impedes progress.
9	Strong Gale	41-47	47-54	High waves; sea begins to roll; dense streaks of foam; spray may reduce visibility.	Slight structural damage occurs (chimney pots and slate removed).
10	Storm	48-55	55-63	Very high waves with overhanging crests; sea takes white appearance as foam is blown in very dense streaks; rolling is heavy and visibility reduced.	Seldom experienced inland; trees uprooted; considerable structural damage occurs.
11	Violent Storm	56-63	64-72	Exceptionally high waves; sea covered with white foam patches; visibility still more reduced.	Very rarely experienced; accompanied by widespread damage.
12	Hurricane	64 and over	73 and over	Air filled with foam; sea completely white with driving spray; visibility reduced.	

WEATHER CODE	DESCRIPTION	0	OVERCAST
В	BLUE SKY	Р	PASSING SHOWERS
С	DETACHED CLOUDS	Q	SQUALLY
D	DRIZZLING RAIN	R	RAIN
F	FOG	S	SNOW
G	DARK, GLOOMY	Т	THUNDER
Н	HAIL	U	UGLY (THREATENING)
L	LIGHTNING	V	VISIBILITY (UNUSUAL TRANSPARENCY)
М	MISTY (HAZY)	W	WET, DEW