## New York Open Water - swim log

HYOW	ELAPSED TIME (HR:MIN:SEC)	REAL TIME (HR:MIN:SEC)	LOCATION (LANDMARKS)	TEMP. (SEA/AIR)	WIND (SPEED/DIR.)	STR. RATE	NOTES (DISTANCES/FEEDS/CONDITIONS/OTHER)
DATE:							
SWIMMER:							
FIRST:							
LAST:							
OBSERVER:							
FIRST:							
LAST:							
KAYAKER:							
FIRST:							
LAST:							
BOAT CAPTAIN:							
FIRST:							
LAST:							
SWIM DESCRIPTION:							
FINAL TIME:			Observer Signature /Date:				Pageof

Send a clear photo of all pages of the completed log to **info@nyopenwater.org**. Keep the log until you get confirmation of receipt.