

2018 Women's Monterey Bay Crossing 5 Person trans-Monterey Bay Relay Swim



Date: September 22, 2018

Course: A Single Crossing of the Monterey Bay as defined by MBSA course and rules.

Swim route chosen was North to South, from Santa Cruz Harbor beach to Monterey Municipal Beach.

Straight Line Distance: 26 statute miles

Overall Swim Duration: 12h, 59m, 40s

START/FINISH	LOCATION	LATITUDE/LONGITUDE	TIME
Start	Santa Cruz Harbor Beach	36° 57.730'N, 121° 59.993'W	03:47:00
Finish	Monterey Municipal Beach	36° 36.071'N, 121° 53.167'W	16:46:40

Independent Observer: [Kimberly Rutherford](#)

Boat & Captain(s) & Navigation: [Brian Thom \(Nomad Charters\)](#); Peter Albers (4 Reels)

Swimmers and swim rotation order:

1. Maggie Albers (Team Captain)
2. Marisa Lovos
3. Kristine Cosgrove
4. Christa Prior
5. Claire Linney

Crew:

Mark Kane (safety/medic), Clayton Keller (paddler), Nick Harvey (paddler), Kanani Hocking (boat support)



Press:

<https://sites.google.com/montereybaycrossing2018.com/monterey-bay-crossing-2018/home>

Swim Category:

Unassisted Marathon Relay Swim

Rules (see pre-swim observer plan and rules review below for more detail):

1. This swim was conducted following Marathon Swim and Relay Rules as defined by the Monterey Bay Swimming Association. These rules are based on rules used to govern unassisted marathon relay swims in the English Channel by the [CSA](#) and [CS&PF](#) with the following exception:
 - a. The relay team consisted of 5 (not 6) total swimmers. This exception is allowed by the Monterey Bay Swimming Association.
2. This swim was ALSO conducted following the rules as defined by the [Marathon Swimmers Federation](#)

Costume & Swim Gear:

1. All swimmers used swimwear that conforms to MBSA, CSA, CS&PF and MSF definitions of standard equipment. (Speedos, 1 Cap, and Goggles)
2. All swimmers used minimal Vaseline for chaffing.
3. All swimmers wore one standard silicon or latex swim cap.
4. All swimmers used standard swim goggles.

Feedings:

N/A - Swimmers fed between swim legs while on the boat. No feeds were administered to swimmers while in the water.

Weather & Ocean Observations:

Wind: Beaufort Force 0-2 (0-6 knots) during most of the swim, not exceeding Force 3 (7-10 knots)

Water Temperature (degrees Fahrenheit): 57-64, remaining 59-61f for most of the swim. Boat thermometer was reading warmer than nearby buoy reports and the occasional manual dip of the thermometer, so it is possible actual water temperature was a few degrees colder than logged.

Air Temperature (degrees Fahrenheit): Low 52, High 57. – cool Fall Temperatures

Swells: Mixed swell direction 1-4 feet

Skies: Mostly foggy throughout the swim. Sun eventually came out early afternoon, but air temp was still very cool.

Note: The weather and ocean conditions were nearly perfect for a Monterey Bay attempt. Currents were mild.

Jelly Fish:

The team ran into thick jelly fish fields early in the swim and experienced periodic clusters of jellies. Stings were frequent, but the girls stayed strong and kept swimming. Luckily nobody had a serious allergic reaction to stings.

Historical Claims:

- This swim was observed and ratified by the Monterey Bay Swimming Association.
- The team set up a go fund me page. Any money raised beyond the cost of the swim was donated to the Crohn's and Colitis Foundation.

Narrative:

On September 22, 2018, five talented young swimmers got together to take on the challenge of swimming across the Monterey Bay, in California. The route they chose went from the Santa Cruz harbor to the Monterey Municipal Beach, just South of the Monterey Harbor, for a total straight-line swim distance of 26 statute miles. According to the rules and acceptable routes, they could have cut off a mile by ending at nearby San Carlos beach, but the girls chose the longer route because... well because they are tough!

As if it's not scary enough to start a swim in the dark beginning with a swim through breaking surf (Maggie Albers started at Santa Cruz Harbor beach at 3:30 AM), the swimmers were greeted by thick blankets of sea nettle jelly fish – the kind that sting!

When Marisa first reported the jellies, it was dark. It's not that anyone didn't believe her, but they had to see for themselves, so they aimed a light onto the black water. They were shocked to see what looked (and felt) like "jelly fish soup." Marisa had a choice. Get out or keep swimming. She chose to keep swimming, a move that inspired the team and set the tone for the rest of the adventure.

For most of the swim, the sky was overcast and the air was very cool. The water temperature readings were around 60, plus or minus a degree or two. But the nearby NOAA buoys were showing temps in the mid 50s. The girls were coming out chilled, so it's highly likely there were very cold pockets of upwelling and the average temps were colder than recorded. Recorded temps from 57 to 64 might have actually been closer to 55-60, depending on when and where the temps were taken.

Winds were light for most of the swim, but the wind picked up in the early afternoon as predicted.

Winds topped out at about 8-10 knots for the last few hours of the swim.

During the swim, there were several whales sighted, including one very active mammal who was busy with lots of tail slapping. This behavior is thought to be a form of hunting fish, but is also believed to be used as a form of communication. It may have simply been a loud round of applause for the five heroic swimmers venturing across one of the wildest bodies of water in the Pacific Ocean. The Monterey Bay is known to be the Serengeti of the sea.

The Monterey Bay National Marine Sanctuary (MBNMS) is a federally protected marine area. At its deepest point, it reaches 12,713 feet (more than two miles). It is one of our nation's largest marine sanctuaries, larger than Yellowstone National Park. The sanctuary contains extensive kelp forests and one of North America's largest underwater canyons and closest-to-shore deep ocean environments. Its diverse marine ecosystem also includes an incredible variety of marine life, including 36 species of marine mammals, more than 180 species of seabirds and shorebirds, at least 525 species of fishes, and an abundance of invertebrates and algae.

The Monterey Bay is considered one of the most challenging marathon swim venues, and considered by most to be on par with the English Channel, Catalina Channel, Santa Barbara Channel, Molokai Channel, Tsugaru Strait, and other internationally recognized swims.

To succeed, you must have a well-trained team of swimmers who are properly acclimated to sea water ranging from the mid to upper 50s (Fahrenheit).

Although several relay swims have been completed over the past 15 years, many have been stopped short due to hypothermia, overwhelming jellyfish stings, and shark encounters.

But, on September 22, 2018 these five very brave and talented swimmers took on the challenge with focus and grace, finishing in the respectable time of 12:59:40. Well done ladies!



















Swim: 2018 Women's Trans-Monterey Bay Relay

Date: September 22, 2018

Observer: Rutherford

Boat & Captain(s): Brian Thom (Nomad Sailing Charters; Pete Albers (Private Charter, 4Reels)

Planned Course: Santa Cruz Harbor Beach to Monterey Municipal Beach (South End Del Monte)

Actual Course: Planned Course – No Deviations. Straight Line Distance = 25.7 Statute Miles

Final Swim Duration: 12h, 59m, 40s

Start Time: Saturday September 22, 03:47:00

Finish Time: Saturday September 22, 16:46:40

Start/End Locations:

Start: Santa Cruz Harbor Beach- About 100 Yards East of Jetty GPS: 36° 57.730'N, 121° 59.993'W

Finish: Monterey Municipal Beach (Adjacent to Jetty at South End of the Beach) GPS: 36° 36.071'N, 121° 53.167'W

Team Captain/Crew Chief: Maggie Albers, Mark Kane

Crew: Mark Kane (safety/medic), Clayton Keller (paddler), Nick Harvey (paddler), Kanani Hocking (boat support)

Swimmers and order:

1. Maggie Albers
2. Marisa Lovos
3. Kristine Cosgrove
4. Christa Prior
5. Claire Linney

Outcome/Notes: Success. Despite a few run-ins with Jellies, the ladies performed exceptionally and finished the swim in just under 13 hours. The water temperatures recorded in the log were taken from the boat thermometer. But the nearby buoys were recording much colder temps. So, note the recorded water temp is on the "warm" side, but the swimmer reported some cold water and the buoy data backs that up. It is entirely possible that actual temperatures in certain areas were much colder than recorded during the swim. All temps are in F.

Swimmer	Time	Transition Duration	Water Temp	Air Temp	Wave Height	Wind Speed	Stroke Count	Observations
Maggie 3:47 AM Start	START 3:47:00		61.4	53	Flat	0		<p>Scott drove Maggie to the harbor. Maggie's friend swam with her through the surf at the start. Start was very dark and Maggie stepped off the beach into waist to head high beach break. She made her way through the surf and was off to a strong swim start.</p> <p>Clayton was kayaking first.</p>
	03:49							Escort swimmer is back on the beach safely.
	4:01		61.4				68	Maggie wants kayaker to stay closer.
	4:15						72	Maggie is seeing rays with bioluminescence
Marisa Maggie Out, Marisa In	4:47 AM	43 sec.	61.2	52	1ft	Light	76	Maggie is Out and Marisa is in.
	5:07							Marisa reports jelly stings. THOUSANDS OF JELLIES – FROM TEA CUPS TO DINNER PLATES – NO ESCAPTING THEM
	5:14							Jellies thinning out a little.
Kristine Marisa out, Kristine In	5:47 AM	quick	59.9		rollers	light	62	Kayak Exchange – Clayton coming out and Nick going in.
	6:40							Kristine runs into more jellies. Swimming heads up.

Christa Kristine out, Christa in	6:47 AM		59.3	52	3ft rollers	Light	57	
	7:43							Roughly 7.5 miles into the swim
Claire Christa out, Claire in	7:47 AM							Very gray out. Foggy all morning.
	7:55		60.2	55	3ft	Light	57	Kayak Exchange: Clayton in for Nick
	8:44							About 9.6 miles into swim Claire gets some jelly stings.
Maggie (second shift)	8:47							Still foggy
	9:01		65.2	52.5	3ft	Light	67	About 10.4 miles in
	9:12							Whale sighting.
	9:32		65.3					
Marisa (second shift)	9:47	60 secs					76	30 to 60 seconds transitions. Always well-under the allowed time.
	9:55							Kayak Exchange: Nick in , Clayton out
	9:56		62.6					Currently in 1200 feet of water.
	10:23							Now in 1,886 feet of water
Kristine (second shift)	10:47		62	53	3 ft		59	Beginning to get some texture on the surface. More whales sightings.

	11:34							2 Sea Lions
Christa (second shift)	11:47		61.7	53	3 ft	3-5k	59	About 15.7 miles into the swim
	11:55							Kayak Exchange: Clayton back in
	12:32		60.6	54	2-3ft	Textur e		About 17.1 miles into the swim 320 feet of water, over the canyons
Claire (second shift)	12:47		60.6	54			59	
	13:09							About 18 miles into the swim
	13:34		59.1					Water is cooling off.
Maggie (third shift)	13:47							
	13:52		57.5			5K	68	Kayak Exchange: Clayton back in Wind is starting to pick up
	14:00					8-10K		Wind is now up.
	14:10							More WHALES! Tail Slapping Over and Over.
	14:40		57	52		8-10k	76	
Marisa (third shift)	14:47		59					About 20.7 miles into the swim.
	15:39		58.6	56	2-3ft	8K	63	Sun is finally out.

Kristine (third shift)	15:47		57.7	57	2-3 ft	7K	66	23.5 miles into the swim.
	16:25							Sun is out, but still feels very cold. Fall weather.
	16:44							It's just a few minutes to transition, but MBSA rules allow a 10 minutes finish line buffer, so if Kristine wants to keep swimming she can make land within her allowed leg time. She may make it within her 1 hour leg anyway.
								The rest of the team jumps in to swim behind her to the finish.
FINISH	16:46:40							Kristine lands on the dry beach with a crowd of family and friends waiting to cheer her on. Scott and Ashley Tapley present the team with a bottle of pink champagne, which they open immediately to celebrate.

Swim:

Date: 9.22.2018

Observer 1:

Observer 2:

Boat & Captain(s):

KIM Rutherford
Planned Course:

BRIAN

Fishing Vessel 9 miles

Actual Course:

Final Swim Duration:

Start Time:

Finish Time:

Start Location:

SE Harbor Beach

Finish Location:

Course Straight Line Distance:

Actual Distance Travelled (as defined by GPS on support boat):

Crew Chief:

Crew:

Swimmers and order:

1. Maggie
2. Marisa Lovos
3. Kristine Cosgrove
4. Christa Prior
5. Claire Linney
- 6.

Notes:

Locos Swim Log								
Swimmer	Time of Transition	Transition Duration	Water Temp	Air Temp	Wave Height	Wind Speed	Stroke Count	Observations
DMaggie-0330			61.4°	53°	Q	Q	0330	Scott driving Maggie to crownest beach / S Harbor beach
0:3:47:00	start	Time						escort swimmer with Maggie through surf to get to Kayaker "Clayton"
0:3:48:30								Maggie's work with Kayaker
0:3:49:00								escort swimmer on the beach with Scott
0:4:01:								Maggie 68 spm waits Kayaker closer to her
0:4:15			61.4	53°				Water temp air temp Maggie sees raph with bio luminescent
0:4:42 #1								Maggie - 72 spm
0:4:47 #2								Maurissa in / Maggie out :43 sec in boat
0:4:56 #2			61.2	54.5	54.5	Q	76 spm	Maurissa (12:39 Est time)
0:5:07								jelly cleanup - blanket - thousands most small tea cup some dinner plate
0:5:14								thin out of jellies
0:5:24			60.2	52°	1'	Q	80 spm	(13:10)

0:5:47 #2 maurissa driving out #3 Kristina going in

0:5:55 Kayak exchange "Clayton" out "Mick" in

Locos Swim Log								
Swimmer	Time of Transition	Transition Duration	Water Temp	Air Temp	Wave Height	Wind Speed	Stroke Count	Observations
0:6:11:00	62 spm	83	59.9°		Q	Q		one sticking on fore
0:6:20	62 spm	83	59.4°	52°	rollers	1-2		
0:6:40	jellies				1-2			
0:6:45	heads up				now			
06:47	Christa in		59.3°	52°	1-2	1-2	52	(4.5 mi) (13:09)
0:7:04	Christa		60.2°	55°	3'	1-2	52	(7.5 mi) (13:14)
0:7:45	Christa							
07:47	claire in							
	very grey out							
07:55	claire		60.2°	55°	3'	1-2	57	
08:44	Kayak exchange		60.6°	52°	3'	1-2		
08:47	claire							
08:47	Maggie in							
09:01	Maggie		65.2°	52.5°	3'	1-2	67	(10.4) (13:13)
09:12	W hale!							

0:9:32 Maggie | Marissa 65.2° transition 60 sec average.

0:9:47 Maggie out | Marissa in 65.3°

0:9:55 Kayak exchange "nick" | Clayton out

0:9:56 62.6° 1200' H2O

Locos Swim Log

Swimmer	Time of Transition	Transition Duration	Water Temp	Air Temp	Wave Height	Wind Speed	Stroke Count	Observations
10:47 Maria out	Kristine in							just now hatters on the water
more whales	3 east of us							(14 min) (12:45) total time
10:40 11:01			59.2° 59.1°	53°	1400 386' deep		59 rpm	
11:34	2 sealions (kg!) on opposite side of boat from summer							
11:47 Kristine out	Christa in		62.0 61.7	53°	7'	AK		(15.7 min) (13:13)
11:55	Kayak exchange							water 333' deep
12:32	Christa out		60.6	54°	2'-3'	3K	45	320' water depth
12:47	Christa out							(17.1) (13:49)
13:09	Clare out		59.1	55°	2'-3'	5K	59	(18 min) (13:59)
13:34	Clare out		58.3	53°	2'-3'	7K	56	307' water depth
13:47	Clare out							380' water
14:52	Kayak exchange							
14:00	Maggie out		57.5	52°		5K	68 rpm	289' water depth
14:10 - 14:30	Whales (grey)							

14:40 - Maggie tail slapping over & over
57.7° 52° 8K 62 rpm

14:47 Maggie out / Maurice in (20.7)

247' depth
(10:54) - (13:30) 11:00

Locos Swim Log

Swimmer	Time of Transition	Transition Duration	Water Temp	Air Temp	Wave Height	Wind Speed	Stroke Count	Observations
15:39 Marissa			59°		2' 4" deep			@ 22.8 mi (13:21)
15:47 Marissa								23.5 mi (13:19)
16:04			58.0°	56°	2'-3'	8k	63	143' water depth
16:25 Kirstine			57.8°	57°	2'-3'	7k	60	242 (13:16)
								74' water Depth
								sun came out about 1 hr ago but it's still
								flopping - fall weather.
16:44 Kirstine								will finish in all other girls
								pushing in to finish with her
16:46:40								

12:59:40

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Monterey Bay Swim Relay Reminders

Congratulations on your choice to participate in a relay swim across the Monterey Bay. This document includes a few suggestions, tips, and reminders to help you prepare for a successful swim.

OBSERVERS, DOCUMENTATION, AND SANCTIONING

Two MBSA observers will be assigned to observe, document, and sanction your swim. They will contact you to confirm you have adequate crew and to discuss meet time, location, and course within three weeks of your swim date.

RELAY SWIM OVERVIEW

A relay swim (see detailed rules) includes 2 or more (usually 6) swimmers who complete a marathon swim as a team. Each swimmer swims for a specified duration called a "leg." The most common leg duration is 60 minutes. The duration of each leg must be the same for all swimmers throughout the entire swim. The rotation order of swimmers must remain the same throughout the entire swim. About 10 seconds before a swimmer's leg is complete, a replacement swimmer enters the water, approaching the current swimmer from behind, tags them (high five), and then begins their leg. The previous swimmer, having completed their leg, returns to the boat immediately. The entire transition must take place within 5 minutes or less (from the time the new swimmer enters the water and the previous swimmer is back on the boat). Most transitions take about 20-30 seconds. Each leg is recorded in the observation log. For example, the swim starts from the beach at 3:00 AM, the second swimmer's leg starts at 4:00 AM and is recorded as such in the observation log. The third swimmer begins their leg at 5:00 AM, and so on. Once the entire team has swum a leg, the rotation starts over in the same order and continues until the last swimmer exits the water.

The timing of the swim begins when the first swimmer enters the water from the beach and ends when the final swimmer exits the water back onto the beach. If at any time a swimmer is unable to start or complete their scheduled leg, the swim is disqualified, with the exception of the final swimmer reaching the beach.

When the swim is about 1 mile or less from the beach, and it is confirmed the current swimmer will reach the finish during their current leg, the entire team (or any other swimmers) are permitted to enter the water and finish the swim together as long as the extra swimmers stay behind the official finisher and let the finishing swimmer exit the water first. The observers must be able to see from a distance when the official swimmer has exited the water. Upon completing the swim, the swimmer(s) will return to the escort vessel and ride with the rest of the team/crew back to the docks to unload the boat.

Every swimmer (and crew) must read the rules prior to the swim. If you have any questions about the rules, ask your observer before the swim starts. The rules are listed in full at the end of this document.

SWIM START

After loading the boat, your captain will motor to the designated start location. The first step will be to launch your safety paddlers (see safety paddlers below).

With your paddler in the water, the first swimmer in the rotation will exit the boat, swim to the beach, and clear the water. When they are ready to begin, they will re-enter the water and swim back to the side of the boat. The boat and paddler will then guide the swimmer on course toward the destination.

NOTE: If starting from Harbor Beach in Santa Cruz, the swimmer may also choose to walk to the starting beach in front of the Crows Nest and begin the swim. If you choose to do this, you will need to agree on a signal (such as hands up) so the observers on the boat can clearly see when the swimmer enter the water.

SAFETY PADDLERS (provided by the swimmer/team)

Many Monterey Bay swims (both solos and relays) begin and/or end in the dark. In some cases the escort boats are unable to stay positioned exactly beside the swimmer. For both swimmer safety and navigational aid, safety paddlers are HIGHLY RECOMMENDED. To not have safety paddlers increases your chances of a swim being prematurely called off due to safety concerns. It is up to the swimmer/team to provide paddlers. Most swimmers/teams have two people capable of paddling and one or two kayaks available during the swim. One paddler is in the water with the swimmer at all times.

- Paddlers must be comfortable and experienced paddling (including at night), in a variety of ocean conditions and wind. Many paddlers choose to wear a wetsuit while paddling (some do not).
- Paddlers should be able to paddle a minimum of 3 hours without a break to limit the number of paddler exchanges.
- All kayaks must have a bow line attached and stowed inside the kayak, and the kayak must be well-lit (with lights or glow sticks) when in the water at night.
- Paddlers must be wearing a PFD (life vest) at all times.
- Paddlers must have a working marine radio in their possession while paddling (provided by MBSA).
- While escorting a swimmer, paddlers should stay no more than 15 feet from the swimmer. The paddler and escort boat can create a "lane" in which the swimmer stays positioned between the boat and the paddler.
- Although the escort boat is expected to provide navigation for the paddler and swimmer, there are times when the boat may ask the paddler to stay on a specific heading or course. At night or in the fog when there are no landmarks, it is necessary that paddlers have a GPS or Compass and know how to use it.

IF YOU CANNOT SECURE PADDLE SUPPORT PRIOR TO YOU SWIM, PLEASE CONTACT MBSA ASAP, SO WE CAN HELP YOU FIND QUALIFIED PADDLERS. 😊

SWIM COURSE(S)

The following is a list of Start and Landing locations for sanctioned trans-Monterey Bay swims.

STARTING:

Northern End:

1. Cowell or Main Beach (within 100 yards of the wharf) 36°57'42.27"N, 122° 1'23.82"W
2. Seabright or Harbor Beach (within 100 yards of the jetties)
36°57'41.57"N, 122° 0'12.68"W OR 36°57'44.07"N; 122° 0'2.31"W
3. Capitola Beach (within 100 yards of the wharf) 36°58'15.26"N, 121°57'11.90"W

Southern End:

1. San Carlos Beach 36°36'34.54"N; 121°53'42.40"W
2. Lovers Beach 36°37'30.11"N, 121°54'58.53"W
3. Monterey Municipal Beach (within .25 miles E of wharf) 36°36'4.39"N, 121°53'7.41"W

Distances are in statute miles (All distances are straight line distance) Actual swim distance taking into consideration currents and navigation can be closer to 28 statute miles.

Start or Finish	Monterey Municipal Beach	San Carlos Beach	Lovers Beach
Cowells/Main Beach	26	25	24
Seabright/Harbor Beach	26	25	24
Capitola Beach	26	25	24

FINISHING:

Swimmers will also attempt to land at one of the approved start locations on the opposite shore. If weather prohibits a swimmer from reaching a designated finish location, the swimmer may land (clear of the water) at any point **West of:**

- Monterey Municipal Beach (North to South swims) 36°36'4.39"N, 121°53'7.41"W
- New Brighton State Beach Bathrooms (South to North swims) 36°58'42.22"N, 121°56'11.11"W

MONTEREY BAY SWIM RELAY SWIM RULES

Every swimmer and crew member should be familiar with these rules.

Swim Rules and Logistical Guidelines

Swim Rules

These rules will be read aloud by the observer before every swim attempt.

A. General Rules

1. The boat captain has the ultimate authority on the boat. (S)he may call off a swim at any time because (s)he perceives that anyone's safety may be in jeopardy.
2. The observer is in sole charge of interpreting the rules during a swim. (S)he may call off a swim at any time because of failure to comply with the rules or danger to the swimmer. Failure to follow the observer's instructions by the swimmer or any support person will result in disqualification.
3. If the swim is called off by the captain or observer, the swimmer must immediately exit the water.
4. The swimmer is permitted to wear one standard swimsuit, one standard cap, goggles, ear plugs, a nose clip, and may grease their body.
5. The swimmer may not use or be assisted by artificial aids of any kind. This includes, but is not limited to, swim fins, webbed gloves, body tape, a metronome or pace keeping device, audio players, or streamers (lane lines).
6. The swimmer must be aged 18 years or older on the day of the swim attempt.
7. During the swim, the swimmer may not make supporting contact with any person or object.
8. Paddlers are highly recommended. To not have a safety paddler increases the risk of your swim ending due to safety concerns.
9. Support swimmers are allowed as long as they are not in the water for the entire duration of the swim.
10. The swimmer may not intentionally draft off the escort boat, paddler, or the support swimmer.
11. The swimmer must start from one natural connecting shore, standing above the water line, and finish on the opposite natural connecting shore, above the water line.
12. The timing of the swim starts when the swimmer enters the water and ends when the swimmer clears the water. The observer is the single official timer of the swim and will record the official time in the observer notes.
13. No alcoholic beverages may be consumed by anybody associated with the swim or the escort vessel, from dock to dock.

14. The swimmer or crew may not intentionally pollute the ocean with trash or debris (including but not limited to feed cups and gel packs) at any point before, during, or after the swim, from dock to dock.
15. The swimmer or crew may not intentionally harm any wildlife at any point before, during, or after the swim, from dock to dock.

B. Double/Multiple Crossings (read if applicable)

1. Each single crossing (called a “leg”) must conform to each of the General Rules above.
2. After completing one leg of a multiple-crossing by clearing the water, the swimmer must re-enter the water to begin the subsequent leg (if applicable) no more than ten minutes later.
3. During this time between legs (the “interlude”), the swimmer may be handed food, medicines, swimming apparel, and grease, but (s)he cannot be touched by anyone.
4. The elapsed time of the swim continues running during the interlude.

C. Relays (read for all relays)

1. A relay team may be comprised of two or more swimmers. (6 is recommended)
2. Each member of the relay team must conform to each of the General Rules above.
3. Each relay member shall swim for a set time period – called a “leg” – each time he or she enters the water. The team shall choose its own leg duration, but it must be the same for each swimmer, and must remain constant throughout the duration of the relay. **1 hour legs are most common.**
4. The order of rotation must remain the same throughout the duration of the relay.
5. Swimmer exchange: The new swimmer must approach the preceding swimmer from behind, pass him or her. It is recommended, but not required, to touch hands above the water during the exchange. The exchange must not exceed **five minutes**. (from the time a new swimmer enters the water and the other is back on the boat) To achieve this, the replacement swimmer should enter the water about 15 to 30 seconds before the current swimmer’s leg is complete.
6. A relay team may substitute an “alternate” in place of a core team member, provided: (a) the alternate was listed in the original application or is approved by the observer, and (b) the core member has not yet entered the water to begin a leg. No more than two alternate substitutions are allowed. (This circumstance may arise if, for example, a team member fails to show up at the dock, or a team member becomes sick or otherwise disabled on the ride to the starting point.)
7. Any relay member who has swum any part of any leg is not eligible to be replaced with an alternate.
8. If any swimmer exits the water before his or her leg is completed, or does not enter the water when his or her leg is scheduled to begin, the relay is disqualified.
9. If a relay is disqualified, the swim is over.

RELAY FINISH NOTE

The entire relay team is permitted to swim in as a team and finish together as long as the person swimming the final leg **is within the duration of their leg AND they exit the water first and clear dry land before any of the other relay members join them on the beach.**

The MBSA has a 10 minute buffer for the final swimmer. So if the final swimmer has reached their 1 hour swim time and they are within 10 minutes of the beach, they are allowed to finish the swim. If you think a swimmer will come up short of the finish before their leg is completed, you must account for this. Be prepared to have the next swimmer in the rotation replace them at the appropriate time and finish the swim.

Clarification of Allowed Swimwear and Devices

This section applies only to Category A (marathon) swims.

1. Swimwear / costume
 1. For men: One porous swimsuit made from textile materials, which does not extend below the knees or above the navel. Jammer-style suits are permissible.
 2. For women: One porous swimsuit in one or two pieces, made from textile materials, which does not cover the neck, extend past the shoulder, nor extend below the knees.
 3. In general, these guidelines are equivalent to those for FINA pool competition.
2. Swim cap: standard-style, constructed from latex or silicone. Not allowed: neoprene caps, multiple caps, caps with chin straps.
3. Any device or apparel that improves speed, buoyancy, or heat retention other than the standard items listed in Section II, Rule 4 is considered to be an artificial aid and is prohibited.
4. The swimmer may not use or be assisted by artificial aids of any kind. This includes, but is not limited to, swim fins, webbed gloves, body tape, a watch that receives and displays GPS data, a metronome or pace keeping device, audio players, and streamers (lane lines). If the swimmer is uncertain whether a device or apparel item is allowed under these rules, he or she should seek clarification from the MBSA well in advance of the swim attempt.

IV. Mandatory Pre-Swim Requirements

If any of the following pre-swim requirements are not met, the MBSA reserves the right to cancel the swim attempt (with refund of fees according to the schedule published in the Swim Application).

1. A complete application package, along with requisite fees, must be received by the MBSA at least 60 days before the swim attempt.

2. Solo swimmers must demonstrate sufficient open water marathon swimming experience to justify their planned attempt. This information is provided in the “Swim History” section of the Solo Application.
3. It is solely the swimmer’s responsibility to arrange the dates, meeting times and departure times with the escort boat and to communicate this information to the observer and support crew.
4. *Observer assignments.* The MBSA will assign an observer to the swim attempt. Swimmers are not permitted to assign observers. A swimmer may request an observer, or request a change in observers, and the MBSA may accommodate these requests at its discretion.
5. *Communication with observer.* The swimmer and observer(s) are expected to be in communication with each other at least 3 weeks before the swim attempt (contact information will be provided in the email).
6. Escort boat and pilot:
 1. *Capacity.* The escort boat must be large enough to accommodate the swimmer, observer(s) and support crew. It is the swimmer’s responsibility to determine the boat has sufficient capacity before booking. Keep in mind, the swimmer counts toward this capacity even if he or she is in the water.
 2. *License.* The escort boat must be licensed with the U.S. Coast Guard, and a copy of this license must be on file with the MBSA.
 3. *12-Hour Rule.* According to the USCG “12 Hour Rule,” a commercial boat captain may not work for more than 12 of any 24 hours at sea, except in an emergency when life or property is endangered. If the escort pilot is a commercial captain, and the swim attempt may last more than 12 hours (dock to dock), it is the swimmer’s responsibility to ensure there is a second licensed captain aboard the vessel. *Note:* If the escort pilot is not a commercial boat captain, this rule does not apply.
 4. *Familiarity with rules.* The boat pilot must be familiar with MBSA rules. If a pilot has not escorted a MBSA swim before, (s)he must confirm in writing that (s)he has read and understands the rules.
7. *Support crew.* It is the swimmer’s responsibility to recruit a support crew capable of handling feedings, paddling, and other needs of the swimmer. The observer’s job is to *observe* only, not to act in a support capacity. If the support crew is more than two people, it is recommended to designate a crew chief.

After the Swim

1. Finishers’ certificates and awards will be handed out at the end of the season beach party (most likely sometime in late October or early November.) If you cannot attend, your certificates and awards will be mailed to you.
2. *Swim ratification:* Within 2 weeks following a successful swim observed by MBSA, the observer logs and report will be available and the swim is ratified.

BRIEF HISTORY OF SWIMS IN THE MONTEREY BAY

Solo Marathon Swims:

- **27% Success Rate**
- **11 Attempts (by 7 swimmers)**
- **3 Completed Solos**
 - September 1980, [Cindy Cleveland](#), 15:21:00 (first trans-bay swim) from Cowells to Lovers Beach (24 Miles)
 - August 2014, [Patti Bauernfeind](#), 13:00:00 (fastest solo crossing) from SC Harbor to San Carlos Beach (25 Miles)
 - September 2014, [Kim Rutherford](#), 22:06:00 (first South to North) from San Carlos Beach to SC Harbor (25 Miles)

Assisted & Adventure Swims:

- **Bruckner Chase, 2010**

Relay Swims:

- **UCSC: Multiple Relays from ~2000-2012**

Swims went from Seabright (by the Harbor) to San Carlos Beach (25 miles). Times vary. MBSA is awaiting records from the USCS.
- **Santa CRUZ Masters 2004, 2008, 2009**
 - In 2004 CRUZ (team unknown) swam from Santa Cruz to Monterey (time unknown).
 - In 2008 CRUZ (8 person team) Randy Brown, Joel Swartz, Karah Nator, Moby Coquillard, Jim Sweeny, Dan Sheridan, Judith Sheridan, Joel Wilson swam from Seabright to MB Aquarium (24 miles) in 9:27:00.
 - In 2009 CRUZ (6 person team) Hendrik Meerman, Joel Wilson, Marta Bechhoefer, Michelle Macy, Tim Cespedes and Lizzie Miller swam from Seabright to San Carlos Beach (25 miles) in 10:29:00.
- **SERC 2001**

In 2001 SERC, (6 person team) Kristine Buckley, Colleen Vojvodich, Gary Emich, Dan Needham, Drew Downs, Laura Colette swam from Seabright to San Carlos Beach (25 miles) in 12:24:16.
- **SERC & DOLPHIN CLUB 2004**

In 2004 there was a mixed SERC and Dolphin Club relay that swam from Santa Cruz to Monterey. Details are unknown.
- **West End Wharf Wine and Swim Club 2008** (attempted a mix wetsuit and skin relay that was aborted mid swim)
- **NIGHT TRAIN SWIMMERS 2012** Crossed the bay on its way during their San Francisco to Santa Barbara Relay.
- **[KELP KRAWLERS 2015](#)**

August 23, 2015 Kelp Krawlers, (5 person team), Frank Reynolds, Thomas Dietrich, Michael Sharf, Paul Reynolds, Joe Schertler swam from Capitola to Lovers Beach (24 miles) in 10:20:55. This was the first MBSA sanctioned relay and the first relay to swim from Capitola to Lovers Beach.

- **NADADORES LOCOS 2016**

May 1, 2016, Nadadores Locos (6 person team), Andrew McLaughlin, Amy Gubser, Kirk McKinney, Les Mangold, John Sims, Jeff Everett swam from San Carlos Beach Monterey to Cowells Beach Santa Cruz (25.3 miles) in 13:41:32. This was the first RELAY from Monterey to Santa Cruz.