



MOEZ CHERIF

Solo – Category B, Wetsuit

10 Kilometer Black Wave Rider

Date: June 3, 2023

Course:

Black Point (beach start) > Mile Buoy > Waverider Buoy > SC Wharf (tip) > Black Point (beach finish)

Straight Line Swim Course Distance: 10 Kilometers

Swim Duration: 3 hours, 59 minutes, 00 seconds

MARK	LOCATION	LATITUDE/LONGITUDE	TIME
Start	Black Point (beach start)	36 58.261°; -121 57.195°	07:52:00
Marker 1	SC Mile Buoy	36 56.363°; -122 00.600°	08:54:00
Marker 2	Waverider Buoy	36.934000°; -122.034000°	09:46:00
Marker 3	SC Wharf (end of wharf)	36.957196°; -122.017250°	11:03:00
Finish	Black Point (beach finish)	36 58.261°; -121 57.195°	11:51:00



MBSA Observer 1: Scott Tapley

Boat & Captain(s) & Navigation: Brian Thom, Nomad Sailing Charters

Crew: N/A

Sanctioning:

This swim was observed and sanctioned by the Monterey Bay Swimming Association

Swim Category:

Category B – Solo Assisted Swim: non-standard equipment

Rules

This swim was conducted following the rules for Monterey Bay Relay swims as published by the [Monterey Bay Swimming Association](#), with the exception the swimmer wore a wetsuit and two caps.

Costume & Swim Gear:

1. Wetsuit (long sleeves and legs)
2. 2 latex and/or silicon swim caps
3. Swim goggles
4. Ear plugs

Feedings:

From the boat. Every 30 minutes. Liquid carbohydrate mixture, liquified gels, and smoothie.

Weather & Ocean Observations:

Wind: Wind was calm for most of the swim, ranging from 0 to 4 knots. Periods of slight texture, but mostly flat water.



Water Temperature (degrees Fahrenheit): 58F

Air Temperature (degrees Fahrenheit): Low 57, High 65

Swells: 1 ft S + 2 ft NW – slight pull East on Waverider to SC Wharf leg.

Skies: The sky was overcast for the entire swim.

Wildlife:

Several Sea Lions and Sea Birds.



Summary

This swim is part of an ongoing campaign driven by Moez to raise awareness about [Fragile X Syndrome](#) and it was also intended to be a training/test swim for an upcoming 25k at the end of June.

We met at the harbor at 7:30, launched the Zodiac, and motored over to Black Point. Moez jumped in near the swim buoy and swam ~300 yards to the beach and exited the water. Moez began his swim at 07:52 and kept a steady stroke rate and positive attitude throughout the swim.

There was a glitch in the Spot Tracker for the first .3 miles (I think I failed to press the Track button hard enough), but we had a backup Garmin GPS running.

The sky was overcast from start to finish. There were a few curious (and large) sea lions, and a few clusters of sea birds, but no other wildlife was spotted. There were several fishing boats and kayak fishers out, mostly South of Mile Buoy – fishing for cod and halibut. The water surface began very glassy. About 1/3 into the swim, there was a little cross current and lumpy texture, and this lasted for most of the Mile Buoy to Waverider leg, but flattened out again after rounding Waverider. With the exception of periodic boat wakes of speedy fishing boats passing nearby. Moez fed every 30 minutes. He planned on having a smoothie pack every hour, but these didn't agree with his stomach, so he went to Carbs + a Liquid Get concoction for the remainder of the swim. His Carb consumption was at least 8-10 oz per feed. I am unsure of the strength of the mixture or caloric intake, but it seemed to me like more calories than needed, given the wetsuit and water temp.

On the final leg from the SC Wharf back to Blacks, Moez commented that his shoulder was bothering him. He had taken zero meds during the swim, and we suggested experimenting with some ibuprofen before his 25k.

Overall, Moez kept the same stroke count (46) and pace throughout the swim, and a very positive attitude and showed very little signs of fatigue. He landed back on the beach, just under 4 hours.



Monterey Bay Swimming Association

Swim: MONTEREY BAY COASTAL 10K.
MOEZ CHERIF

Swimmer:

Date: 6/3/23

Observer 1: SCOTT TAPLEY

Observer 2: N/A.

Boat & Captain(s):

Planned Course: BRAD THOM, NORMAN TENDON (16' BOAT)
BLACK POINT > MILE BUOY > WAVE MARKER BUOY > SC WHARF > BLACK P.

Actual Course:

SAME.

Final Swim Duration: 3 HOURS 52 MINUTES

Start Time: 7:52:00

Finish Time: 11:51:00

Start (GPS OR WRITTEN DESCRIPTION):

BLACK POINT / BEACH. (AKA. TWO LAKES @ 14th AVE)

Finish (GPS OR WRITTEN DESCRIPTION):

SAME

Crew Members and Roles:

Additional Notes:

CATELYN B WETSUIT ASSISTED

Monterey Bay Swimming Association

Time	H2O	Air	Wind	Surface Cond.	Stroke	Observations
7:52:00	58°	57	Ø	blazy	45	1 SEA LION AT START. LOST OF KUMUK FU (HAWAII). OVERCAST - LOW FOG. STARTED 6 AM + 10 mi.
7:20				CALM		
	58°	58	Ø	blazy	46	FEED. FEW SWAG WAVES.
7:50	58°	58	1k	small waves	46	
9:20	58°	56	3k	swims in 2ft swell. turbulent over water	47	8:54 @ MILWAUKEE 800Y. 1.4 TO NEXT MARK WARM (1.7 OUE) 9:46 WATER OER
9:50	58°	56	3k	Feed carb + smelly.	46	
10:20	57.7	59	3k	CALM CALM/LIGHT TERRIBLE	46	Feed carb + bel. 3.9 st. mi. overcasty calm. Fun with water slight push EAST off rock. MAFZ OUE GREAT S-B.
10:50	58.4	65	1k	blazy overcast.	46	Feed carb + bel 4.8 mi.
11:20	58.6			CALM. OVERCAST. very misty 4k → Bruce	46	11:03 @ WHARF. 5.1 mi. Feed carb + bel ↓ WATER FEED 5.6 mi.
11:57:00						6.6 outland
						COURT 6.2 6.5 DIST. 6.6

SWIMMER FEELING GOOD.

TRUCKER
MALE
JCTD.
PERET.

FROM
TRUCKER OFF

5.1
1.3

6.4



Spot Tracker GPS Data Log

<u>Date</u>	<u>Lat/Lng</u>	<u>Speed</u>
6/3/23 8:17	36.950250, -121.998000	0.00 mph
6/3/23 8:26	36.947390, -121.999830	1.56 mph
6/3/23 8:36	36.944130, -122.003070	1.73 mph
6/3/23 8:46	36.941220, -122.006730	1.71 mph
6/3/23 8:56	36.938700, -122.010270	1.58 mph
6/3/23 9:07	36.937640, -122.015870	1.78 mph
6/3/23 9:16	36.936740, -122.020610	1.70 mph
6/3/23 9:25	36.935810, -122.024580	1.45 mph
6/3/23 9:36	36.935120, -122.029100	1.52 mph
6/3/23 9:49	36.934610, -122.033290	1.03 mph
6/3/23 9:57	36.936490, -122.031340	1.27 mph
6/3/23 10:05	36.938600, -122.029310	1.33 mph
6/3/23 10:16	36.941690, -122.026250	1.51 mph
6/3/23 10:25	36.944100, -122.024410	1.30 mph
6/3/23 10:35	36.947420, -122.022490	1.52 mph

6/3/23 10:45	36.951070, -122.021120	1.59 mph
6/3/23 10:55	36.954430, -122.019500	1.51 mph
6/3/23 11:05	36.957060, -122.016110	1.57 mph
6/3/23 11:16	36.957240, -122.010710	1.66 mph
6/3/23 11:25	36.957300, -122.006150	1.68 mph
6/3/23 11:35	36.957310, -122.000770	0.00 mph
6/3/23 11:45	36.958550, -121.995880	1.73 mph
6/3/23 11:55	36.958750, -121.994290	0.53 mph