

Combined logs of Janet Hinkle and Roger McVeigh.

From Anthony McCarley's Diana Nyad Timeline:

https://nyadfactcheck.com/articles/mccarley_timeline.pdf

SORTED

Start Time: Saturday, August 31, 2013 at approximately 9 am est (8:58 am) from seawall near ocean entrance to Marina Hemingway (gps coordinates recorded by McVeigh from Voyager's captains mounted gps was North 23 degrees 5.327 and West 8 degrees 30.604)

Currents were very light and seas calm at start and water temperature was 84 degrees (per thermometer placed in water near handlers)

Finish Time: Monday, September 2, 2013 just before 2 pm est at Smather's Beach Key West, FL

Swim Time: 52 hours, 54 minutes, and 18.6 seconds (recorded both on iPhone stop watch held by Hinkle and backed up by McVeigh's timex ironman style watch)

Thursday/Friday, August 29/30, 2013

After arriving at about 5 pm, we departed for Havana from Oceanside Marina in Key West at 7:45 pm Thursday, August 29, 2013, expecting it to take about 12 to 14 hours to make the crossing. Janet Hinkle and I were assigned to the support boat "Dreams Come True" along with 3 captains and 4 individuals on the Social Media Team. At 12:36 pm on Friday, August 30, 2013, we had reached the outermost buoy of the channel entrance into Customs and Marina Hemingway and radioed in announcing our arrival. We were instructed to continue to Buoy #7 and tie up at the dock. At 12:50 pm we were greeted by customs officials at the dock. We were instructed to stay on board while we cleared customs. After several hours of waiting and having about 3 to 6 different officials board our vessel, we cleared customs at 2:48 pm. We were instructed to continue down the channel to Marina Hemingway where a press conference was scheduled for 4 pm, immediately followed by a team meeting at 5 pm. We disembarked at 3:28 pm, just shy of 24 hours since we boarded the boat in Key West.

At 5:05 pm, the press conference ended and seemed to go well. Diana was excellent as usual. She spoke mostly in Spanish with a translator there to help her with certain words.

At 5:13 pm, team meeting began. Diana kicked off the meeting indicating that this is not a solo sport, but this swim is a team effort. She indicated the swim could take 3 days and 3 nights. John Bartlett spoke briefly about the great weather and current conditions forecasted and indicated we would be travelling sideways and that the currents have a little northern direction rather than the normal eastern push.

After the meeting concluded, we were instructed by Chief of Operations, John Berry, that the boats should be ready to head out at 6 am sharp. We were also told that the adjacent hotel/resort had several rooms available (\$68 per single and \$100 per double with food and beverages included) if anyone wanted to pay their own way and sleep in a bed instead of on the boat. I took the opportunity to check into a room (and take a shower) as it had been difficult to sleep in the last 24 hours during the boat ride across. Several groups decided to travel by taxi into Havana (about a 30 min ride) while I elected to stay put with several others, eat at the hotel and get a good night's rest before a 4:30 am wake up. Did have the opportunity to spend a little time with John Berry, D Brady, John Bartlett, and Bonnie Stoll getting a tour of Voyager and where it would be best for me to stand or sit.

Saturday, August 31, 2013

We boarded and arrived with our sister boats at Customs at about 6 am. They cleared us for departure fairly quickly, but we had to wait for our flares to be returned. Apparently, there

was some confusion with respect to Diana and Bonnie's visas because they were not on board. After that was cleared up we shoved off at 7:55 am; I took the first observer shift, so I quickly moved from "Dreams Come True" to "Voyager" before we left shoved off from customs.

After clearing Cuba customs and immigration at 7:55 am, McVeigh took first observer shift by boarding Voyager, the primary escort boat, and travelling to swim start

McVeigh and Hinkle started with a 3 hour shift plan, which was revised to longer shifts by mutual agreement

Actual Observer Shifts were modified as necessary along the way with 11 total shifts allowing one of the two observers to ride on Voyager watching the swim for the entire duration (either Hinkle or McVeigh were on Voyager during the duration of the trip). Approximate shift times were as follows:

Shift 1: McVeigh	Saturday, August 31, 2013	9 am to 12 noon
Shift 2: Hinkle	Saturday, August 31, 2013	12 noon to 3 pm
Shift 3: McVeigh	Saturday, August 31, 2013	3 pm to 6 pm
Shift 4: Hinkle	Saturday, August 31, 2013	6 pm to 9 pm

Observers decided to adjust shifts to 5 hours beginning with Shift 5 to allow observers more time to sleep/rest

Shift 5: McVeigh	Saturday, August 31, 2013	9 pm to 2 am
Shift 6: Hinkle	Sunday, September 1, 2013	2 am to 7 am
Shift 7: McVeigh	Sunday, September 1, 2013	7 am to 12 noon
Shift 8: Hinkle	Sunday, September 1, 2013	12 noon to 5pm
Shift 9: McVeigh	Sunday, September 1, 2013	5 pm to 11 pm

Shift 9/10 times adjusted to accommodate safety decision to limit dinghy activity during night; shift time for Shift 9 actually adjusted because of squall protocol that was triggered right before 11 pm shift change; McVeigh's shift 9 time actually didn't end until approximately 1:26 am Monday, September 2, 2013, after storms had cleared and it was safe to transport observers in dinghy

Shift 10: Hinkle	Sunday, September 1, 2013	11 pm to 7 am
Shift 11: McVeigh	Monday, September 2, 2013	7 am to finish

Shift 1 (McVeigh):

Gps at start North 23 degrees 5.327 West 8 degrees 30.604

I quickly learned how to pull gps data from gps instrument mounted in front of captain's cockpit, although I was told that this was not quite as accurate as gps unit used by John

Bartlett

8:10 am Dawn B getting on dinghy to come watch Voyager crew put out the swim rails which held the streamer underwater Diana used for swim direction

Bartlett indicated water conditions are very favorable at this time. Normal west to east gulf stream current can reverse itself closer to shore, but Bartlett just measured this potential counter current and said it was extremely light

2 gps trackers on board to help relay our position to Diana's website

8:40 am The crew put out the swim boom; we can now see a small gathering of media on shore along the seawall at the mouth of the channel. About 15 to 20 individuals appear to have gathered and an American flag appears.

Note that no white lights will be allowed on Voyager at night as ,apparently, they could potentially attract the dangerous box jellyfish and it can also impair good night vision. Only dull red or amber lights are allowed on board, which made it challenging to write and record notes at night

8:54 am Now a Cuban flag is also flying and the crowd on shore erupts in cheers Don M and Darlene are the first kayakers on duty for the kayak escort

Dawn B taking picture from a dinghy close to the start jumping off point 8:58:46 am Diana is in the water, swimming now, water is flat calm

Bonnie, chief handler rode on a jet ski with some local spectators and was ferried over to Voyager

9:04 am she is swimming at 56 strokes per minute, a little more than normal according to Bartlett, but probably because of adrenalin

First water break will be at 45 minutes

Note that I reference hydration breaks and feedings throughout my notes on a random basis, but not with the intention of logging all hydration breaks and feedings

We were told that the Commodore from Marina Hemingway gave Diana and Bonnie a ride to start point

Diana wearing a 2 color royal blue and black suit with a royal blue swim cap

She appears to be swimming strong, kayakers in good position, and shark diver goes in the water with fins and snorkel about 5 yards behind Diana

Starting to feel a little eastern breeze as we move farther from land

Captain is instructed to follow a compass heading of 345, quickly adjusted to 340

9:25 am. Diana swimming strong, about 55 strokes per minute and about 1.9 mph; initial food/hydration breaks would be set at 45 minutes

Very little current slight wind from the east

Noted the boat was dragging a large yellow funnel on port side, about 30" in diameter, apparently to allow the boat to maintain a slow enough speed

Bartlett indicates that when he gives me readings, it will generally be in mph (speed) and statutory miles (distance)

Dr Angel Y, jellyfish expert came aboard at Bonnie's request; Bonnie suggested that Angel stay on board for first two hours of the swim in case of any jellyfish sightings

First drink/hydration stop in about 5 minutes at 9:45 am

Protocol would be for kayakers to have one bottle of water, so every other stop would be water from kayakers, then she would come to side of boat for every other feeding/hydration break

Shark diver in the water on regular scouting mission Darlene told Diana that she looks like poetry in motion

9:48 am John Berry showed me how to access an ipad that had water depths, it looks like a reading of 350 which is apparently in fathoms so it would be about 2100 feet

Gps North 23 degrees 6.783 West 82 degrees 30.695

Water still appears flat calm, Diana seems to be kicking stronger, Dr. Angel is passing time by cross stitching

10:04 am she is now swimming at 53 strokes per minute

Dr. Angel just spent about 60 seconds in the water looking for jellyfish, nothing seen, water was very clear

10:18 am Diana stopped for a brief minute to adjust her goggles and nose clip

10:21 am Shark diver in the water

10:24 am Winds from the east/northeast at 5 mph according to Bartlett's hand held wind gauge

One blow of the whistle means time for feeding, handlers wear rubber gloves for feeding

Kayakers did first rotation, two kayakers on duty at a time with one relieved every 1.5 hours, each kayak shift was 3 hours

Pauline made Diana a peanut butter sandwich

Liquids taken both in a water bottle, some contain water and some contain a brown mixture that includes a sports drink and other ingredients

Other liquids taken in via bladder from a camelback 5

A little Vaseline or other type of lubricant applied under her arms and around her neck for chafing, careful that none gets on her goggles

She also took in 2 pieces of Clif Shot Bloks 10:47 am 55 strokes per minute

11:02 am winds still light from the east (7 mph), she is swimming strong, heading is now 330 on the compass, approximately 3.45 miles from starting point

Slight white capping ahead, also a slight change in water color, could mean a stronger current 11:20 am Diana took a bottle of water from kayaker Buco, she drank about 3/4 of bottle

Note to social media team, shark divers have a camera to take pictures and Don, kayaker has go pro camera mounted on his cap

11:26 am gps coordinates North 23 degrees 8.925 and West 82 degrees 31.175, water temperature 86 degrees

11:32 am water depth at 655 (feet or fathoms?), 86 degrees water temperature

11:42 am she is now swimming about 52 strokes per minute, looks like initial adrenalin is wearing off

Shift relief arrives

Sat. 8:15 am

All boats are gathered around a rock face near Marina Hemingway, about 11 miles west of Havana, Cuba. Winds are 4-6 knots, seas are calm and skies above the boat are clear. In the east are Alto Cirrus clouds. Katie says: "It's a great day for Dreams to come true." There was a bit of friendly banter over who wished they had said that first.

The sun suggests it's mid morning. I discuss our route with Captain Jeff Lewis who is related to the explorer Meriwether Lewis. At this point he thinks our route is going to "look like a sawtooth." It will look like we are headed to Mexico but we will actually be moving to the keys. The course will factor in the strong west to east Gulf Stream which can help Diana.

Storms, eddys, jelly fish are the unknowns at this point. But today there are perfect conditions.

Sat. 8:59:02 am

Diana jumps into the water and we are off. There is an incoming tide so she will have to work to get out of the waters. Roger McVeigh will take the first shift aboard Voyager. We settle on three-hour shifts with the understanding that we'll modify if needed. Winds are 4 knots from the south east. Seas are calm and we pray they will stay that way.

Sat. 11:55 am

I step aboard Voyager. We are 2 hours and 58 minutes into the swim and our position is:
N 23.09.527
W 82.31.246

Diana is strong and kayakers are staying close. My personal trip odometer says we are 5.53 nautical miles from Cuba. Stability of the boat at such a slow speed has been improved with the launching of a second drogue.

"I think that's going to be the perfect amount of drag," said Capt. David, who along with other drivers Dee, Nancy and John, is charged with the difficult task of keeping Diana on course, staying close to her, and second by second dealing with how currents, wave action, and other variables at such a slow speed can be disruptive to our course heading.

We are averaging in the neighborhood of one knot.

Sat. 12:05 pm

Diana stopped for feeding. Divers are in the water to look for sharks and jellyfish. Diana eating a banana with peanut butter and natural organic energy drink. She requested water. Chafing cream is visible in the neck and under her arms. She treads water between feeding/watering and did not touch the boat.

As she returns to the swim about 10 minutes later, the boats around her cheer her on. She flashes them all a peace sign.

Sat.12:15 pm

Clear skies above, Havana still in hazy view.

Course altered slightly to 325 degrees and briefly to avoid large freighter boat ahead that appeared to be pulling something. The crew dubs it the HMS Rust Bucket and suggested they were in the process of hazing a new crewmember and that is what was being dragged.

Position:

N 23.10.231

W 082.31.182

Course Heading: 325 degrees.

At 3 hours and 31 minutes into the swim, Diana is swimming 50 strokes per minute. Kicks

her feet occasionally and takes a breath after two strokes.

Sat.12:43 pm

Course returned to 320 degrees.

Handlers change shifts every four hours but that is always dependent upon circumstances and events. That is the goal.

Pauline just coming off shift said in response to my question about how is she doing: "Awesome, strong, she's kicking ass, going like a normal practice swim."

This is Pauline's second Cuba swim with Diana and she and her husband, John Berry, have been primary practice boat drivers for her for the last two years.

I asked if there have been any adjustments made in the way she is being handled this trip compared to last. "She is getting more food. It gives her more energy and keeps her from getting nauseous." This was something they experimented with this summer and appears to be working.

Pauline confirmed that there is always a shark diver on top of the vessel looking for sharks, jelly fish, anything dangerous. At night there are two divers on top of the boat.

David, boat driver, is very funny. Someone recalls the first comment after seeing the spare but functional Voyager: "I think I should buy you a fern."

Sat.1:01 pm

Position:

N. 23.10.231

W. 082. 31.203

Bonnie concerned she may get a headache wearing the mask and asks the doctors if she can give her Tylenol through the night and they approve the dosage and frequency.

Bonnie reports that Diana is "not nearly as chatty". "Very focused."

Sat.1:12 pm

Driver reports that conditions are excellent with re: waves, wind...

"This is nothing compared to what she has been training under."

Navigator resting. At this time, crew refers to him as "the navigator"

Wind picking up to 6.5 knots.. We are 4 hours 17 minutes into the swim. Havana still visible.

There is a white ribbon that runs parallel the boat about 15 feet away from the boat. At this, this ribbon is replaced with a red streaming light rope. Diana swims to the right of this ribbon and rope. There is a kayaker to her right and also behind her. Each is trailing a "shark shock" to keep predators at bay.

Sat. 1:20 pm

Water temperature is 86 degrees F.

Position:

N 23.11.384

W 82.31.410

Heading: 320 degrees

Seas are 1 to 2 feet, washboard

There is an easterly current

We are about 7.21 nautical miles from Cuba (by my Garmin)

Sat. 1:33 pm

John Bartlett: "It's going very well now."

Sat. 1:36pm

Whistle warning, short water break from kayakers

Sat. 1:45 pm

Update from John Barlett

7.05 Statute miles off coast of Cuba.

"Last time I calculated, she was moving at around 2 miles per hour which makes us very happy."

"That's on the high end and that's cooking."

"Currents are neither helping nor hurting us at this point."

Sat. 1:49 pm

Diana jokes with Orioles fan Operations Chief John Berry

"Yankees beat the Orioles last night....just sayin"

Sat. 2 pm

Position:

N 23.11.981

W 082.31.410

Seas 1-2 feet

Current: slightly easterly

Boat speed continues at 1 knot

Nancy suggests we put together a shark diver calendar because we have such fine looking divers on the boat..

At this point, John Bartlett is predicting the swim to be 60 hours if everything goes well.
"That's more than any human has ever done."

Sat. 2:33 pm

Water break

Sat. 2:38 pm

Jellyfish sighting by one of the entourage boats - Dreams. The entire crew jumps to look as if alarm bells going off. But Voyager boat sees nothing.

Sat. 2:39 pm

5 hours 42 minutes into the swim

Position:

N 23.11.981

W 082.31.414

Course Heading 320 degrees still stroking 50 strokes per minute

Shift ends at 3 pm Roger on board. After my shift I talk with Bonnie and inquire about Diana's cardinal rule.

Bonnie: "First of all, she never wants to know the time....but I promise you...she knows."

Why?

Bonnie: "because somebody could be wrong. It gets in her head. She has her own way of doing things. She has always been that way."

Bonnie cont. "When I used to run with her, she has to go a minute past the time we are supposed to end."

The dream for swim dates back 30 years when Diana was in Ft. Lauderdale. Diana "can't let go of it"

SHIFT ENDS.

Shift 3 (McVeigh):

Back for 3 pm to 6 pm shift

Depth of 818 feet (fathoms) at 3:02 pm

3:03 pm gps coordinates North 23 degrees 12.938 West 82 degrees 31.409, water temperature at 86 degrees, swimming at 53 strokes per minute, course heading 320, wind speed at 8.6 mph east/northeast

3:11 pm winds out of the east/northeast at 7.5 knots or 8.6 mph 3:15 pm 5 minute whistle warning to next feeding

3:20 pm feeding, banana with peanut butter, strawberry colored can drink, liquid from camelback bladder, Vaseline on the lips, 2 pieces of Clif Shot Bloks, compass heading is 320

3:51 pm travelling at 1.4 mph now, and 9.3 statutory miles off starting point, gps North 23 degrees 13.541 West 82 degrees 31.199, whistle for water break

4:52 pm winds lightened up a bit at 6.5 knots

4:53 pm gps North 23 degrees 13.522 West 82 degrees 31.199

5:14 pm looks like weather moving in from the South should be here in about 15 minutes

Preparing for potential storm/squall protocol

5:24 pm gps coordinates North 23 degrees 15.136 West 82 degrees 30.745, weather approaching from south, but never reached us, though squall protocol was discussed

5:33 pm diver going in water

5:38 pm Diana swimming at about 50 strokes per minute. Compass heading is now 320

5:52 pm Diana stopping for hydration, Diana says she is starting to get minor stings every couple of seconds from no-seeum jellyfish, handlers say she can put on suit at anytime, she says she will wait a few minutes

Shift ends with 6 pm arrival of Janet

Sat. 6 pm

Back on board Voyager. While I was gone, wind got up to 7.5 knots but is now 6 knots. 1-3 foot chop against a current of 1.3, 11.85 statute miles into the swim.

Position:

N 23.15.38

W082.30.61

Heading: 320 degrees.

John Bartlett: "We are right where we want to be right now." Diana is starting to feel some tingles, could be sea lice. This is first time she has mentioned this.

Sat. 6:09pm

Diana's swim stroke clocked at 51 strokes per minute. I checked twice. She is very rhythmic and consistent.

Sun beginning to set behind the clouds.

Water temperature: 86 degrees

Sat. 6:33 pm

Five minute warning whistle

Jellyfish expert Angel is in the water looking for jelly fish.

Diana very quiet asking for Angel to give her a report and wanting to know if it is time for the mask. Feeding her pasta. She says: "I feel like I need to eat something with a lot of calories."

As dusk approaches she puts on the suit. She instructs the diver:

"I cannot be held up but if I have trouble with the suit you can pull it up.

Nico is assisting her with the suit. Bottom of the suit and socks are tightly taped with dark aqua tape to prevent any jelly fish venom from reaching in the crack between her feet and ankles.

Bottom of suit and socks are taped together with dark aqua tape. Assisted by handlers. Very stressful scene – water getting to her as she attempts to get suit on. Arduous task.

She is receiving an inhaler treatment and expressing worry about the security around the zipper of the suit.

The mask is going on. When it is on she looks like a robber with a mask.

Diana remarks: "Give me all your money."

She is back swimming at 7:09. It took about half hour to completely suit up.

She is stroking 40 strokes per minute. Apparent she must reach higher for a breath compared to no mask.

Sat. 7:21 pm

Red light rope is broken; fortunately crew planned for the possibility and a back up is quickly installed. The test was done prior to sundown and easily switched out in the dusk light.

I have a wonderful conversation with Nico about his diving business. He spear fishes and sells his fresh catch to Richard Hatch for his restaurants.

Sat. 7:38 pm

Calm seas, some dark clouds around us.

Course heading: 310 degrees.

We are 10 hours and 40 minutes into the swim. I'm clocking her at 47 strokes per minute.

She must be getting into a rhythm and returning to her 50 stroke average.

How is Diana feeling I ask one of the handlers:

"Good but not her usual jovial self. We are feeding her more during the day because it is very difficult to get any nutrition into her with the mask.

Sat. 7:53 pm

John Bartlett reports we have crossed into international waters.

"This is the first time she has reached international waters without a crisis," said Bonnie Stoll, noting that Diana is getting her personality back and sense of humor.

Angel requests that boats with white lights on mast move to port side of Voyager or kill their lights. Concerned about anything that might attract the jellyfish.

Sat. 8:09 pm

Position:

N 23.27.924

W 082.29.356

Course heading 310 degrees. Calm seas. No waves

Averaging 1.5 knots, good signs all around...

Sat. 8:40 pm

Nourishment break..

"Don't change anything, Bonnie tells her, "you are swimming beautifully."

Angel and divers in the water looking for sharks and jelly fish.

Switched to red light from green light on her swim cap per Angels direction. Divers out of the water.

Interviewed Angel: "I am seeing fireworms but no box jellyfish."

"It's a beautiful thing," a crew person says.

Sat. 8:55 pm

Position:

N 23.27.924

W. 082.29.356

Course heading 310 degrees. Calm seas.

SHIFT ENDS.

Shift 5 (McVeigh):

Wow, its dark and 9 pm shift has started, seems pretty dicey getting in and out of the dinghy out on the dark ocean

Night swimming is tough

Very easy for Diana to drift away from boat, kayakers have a tough job keeping her close to Voyager

Winds shifted from southeast, makes it hard for the boat to stay with her with winds pushing

Compass heading is 300

Large lightning strike to the northeast, seems to be about 10 miles away

9:33 pm gps coordinates North 23 degrees 17.924 West 82 degrees 29.356, current heading is 300, stroke count has dropped to 46 strokes per minutes, hard to swim in suit

10:07 pm gps North 23 degrees 20.184 West 82 degrees 28.179 10:22 pm feeding at side of boat, very quick and efficient

10:55 pm gps coordinates North 23 degrees 20.848 West 82 degrees 27.606, water temperature 86 degrees, winds from the south, 2 to 3 feet swells, stroke count down to 45 strokes per minute

11:01 pm 5 minute whistle till hydration stop Staying on 300 compass heading

11:32 pm stroke count is 49, gps is North 23 degrees 21.536 West 82 degrees 27.212
11:51 stop for feeding/hydration

Diana stops to ask whether Candace and the social media team is paying attention

12 midnight gps coordinates North 23 degrees 21.66 West 82 degrees 26.91, currently have gone 19.32 statutory miles (about 16.8 nautical miles) in about 15 hours at cumulative speed of 1.29 mph, seems as if current is turning slightly north going with us

12:22 am swimming at 48 strokes per minute

12:24 am water break, everything is good, going to 30 minute hydration breaks till daylight, now 43 strokes per minute, though it is hard to count in the dark

Relieved by Janet at 1:51 am

Sun. 1:47 am

BACK ON BOARD Voyager

Position:

N.23.24.256

W 82.24.783

Diana in water, course heading 300 degrees (a shift of 10 degrees)

Bonnie and Lois Ann on duty; both John's resting.

Strokes in keeping with what's expected with mask on.

Sun 2:02 am

Water break – get's water from kayakers

Angel tells me risk of jellyfish higher between 2 and 3 am –

Sun. 2:10 am

John Bartlett reports:

Average last two hours 1.44 mph – better than the previous two hours. We are anticipating even better currents three miles ahead.

Sun 2:21 am

Water temperature 84 degrees.

Sun 2:37 am

Food break for about 5-7 minutes. Divers in the water. Later Nico reports he saw one round, clear, small jelly with tentacles streaming down.

They are coming up; Angel making sure all divers are completely protected.

17 hours, 55 minutes into the swim.

Position:

N 23.25.419

W. 082 23 322

Course setting is 300 degrees.

Sun 3:09 am

Water break, Angel and Nico in the water – Absolutely NO JELLYFISH spotted..this is excellent news.

Apparently Diana not suffering from headache, however lots of saltwater ingested.

Sun. 3:37 am

Position:

N 23.25.419

W. 082.23.322

Course heading 300 degrees.

Sun 3:50 am

Divers down "No jelly fish, nothing," reports Nico

Large rolling waves are making boat steerage a challenge.

Sun 4:12 am

Kayaker Darlene is seasick. Diana swimming.

Position:

N 23.27.085

W 082.21.432

Sun. 4:45 am

Janet, this is me thinking: "I am in awe of what I am witnessing.. I am taking in the moment. I am so grateful for the privilege of being in the midst of such a loving and generous group of people.

Sun 4:50 am

Diana in distress. Vomiting. (Diana) has requested some Coke.

Back swimming but took some periodic breaks.

Sun 6:01 am

Diana continuing to throw up. Complains of feeling weak. Requests physicians. Physicians are in another boat and effort underway to get them to Diana.

Position:

N. 23.30.529

W 082.18.799

Sun 6:06 am

Back swimming. Still no reports of jellyfish.

Sun 6:17 am

Bonnie wants to give her solid food and tells Diana she must remove the mask to receive a banana peanut butter concoction. Diana resists taking off mask. Very concerned that if we take too long a break it will throw us off course. We are 21 hours 24 minutes into the swim.

Sun 6:42 am

Sun beginning to show light on eastern horizon. Diana swimming.

Sun 6:43 am

Diana stops, is coughing.

We are moving at 2.5 knots – E-NE, just crossing the rumb line. Diana is taking off the mask to adjust.

Shift 7 (McVeigh):

Shift started at 6:51 am

She has upset stomach, swells are 3 to 4 feet, course change to 290 compass heading, the jf mask is not positioned correctly and seems to be hurting her

Shark divers wearing shark shields that repel sharks, but need to be recharged Angel leaving boat along with shark diver team

Changing course to 290 compass heading

6:30 am gps position North 23 degrees 30.9 West 82 degrees 18.2, 2.5 knot current, 21.5 hours in, covered 33.23 statutory miles at cumulative average speed of 1.56 mph, 85 degrees water temperature, Diana feeling great, now at 46 strokes per minute

Changing course to 280 heading

7:33 am removing suit and mask, doctor's pulse reading was 66, eating pasta now, holding down food feeling great, stroke count is 50 strokes per minute, course change by 10 degrees to 270 degrees

Lights and streamer were coming apart, used feeding stop to tape them back together, now on a 45 minute break schedule

7:40 am she is swimming again

Depth is 5400 feet and she is swimming at 50 strokes per minute

She is drinking a combination of liquids including Jamba Juice?, coca cola and water

She also has a liquid concoction that includes hammer sustained energy, ginger, honey and electrolytes

Course change 10 degrees to 270 compass heading

8:26 am quick bite to eat

8:33 am everything is going well, next stop in 30 minutes at 24 hours, swimming at 53 strokes per minute

8:39 am gps coordinates North 23 degrees 34.759 West 82 degrees 14.532, 4.5 knot wind from southeast, boat pointed west, but travelling in a northeast direction, water temperature at 85 degrees, 2 to 4 foot swells

8:46 am swimming at 53 strokes per minute, 2 to 4 foot swells, apparently caused by current moving across undulation on the bottom

8:58 am in 20 minutes all boats are going to rally a cheer

Course is now 270, gps North 23 degrees 35.239 West 82 degrees 14.109

Winds at 4 to 8 knots out of south/southeast, seas are now less than 1 foot

She is in good spirits, but has lots of chafing, enjoyed eating eggs and drinking coca cola

9:27 am her bicep muscles are burning, heading still at 270 degrees essentially due west, gps coordinates North 23 degrees 35.968 West 82 degrees 13.436, 51 strokes per minute

9:30 am changed heading 10 degrees to 260

9 am reading was we have travelled 38.18 statutory miles at average speed of 1.6 mph 51 strokes per minute at 9:40 am

Bruce was captain from 6 am till about 9:44 am on Voyager, Nancy in relief

2 to 4 foot swells, 8 knot wind out of the southeast

10 am North 23 degrees 36.731 West 82 degrees 12.754, at 10 am feeding she says, "**everybody get ready, its Roger McVeigh's birthday and we are going to sing**" (how she ever knew it was my birthday, I'm not sure, but very surprised to say the least, could be my best birthday ever)

Bartlett estimates Monday evening landing, several hours after darkness

She is now swimming at 49 strokes per minute, 86 degrees water temperature

Just before 11 am Bartlett was recharting course, saying we have big decision on course direction Course heading is now 260, water break in 20 minutes

11:18 am She was scheduled for water only stop, but needs food, doctors were being consulted about pain in corner of her mouth and inside of her mouth; doctors had brought xylocaine(?), but she decided against it

11:24 am gps coordinates North 23 degrees 39.696 West 82 degrees 9.952, holding course steady at 260 Dee is driving Voyager next for a 2 hour shift

Holding course at 260

12 pm noon feeding, breaks set at 40 minutes for now

Janet arrives for shift change, Roger to come back to relieve her at 5 pm

Sun. 12:14 pm

Back on Voyager

Seas 3-5 feet. Wind 2 to 3 knots from S.E.

Position:

N 23.41.426

W 082.08.351

27.16 hours into the swim.

Diana wearing her swimsuit this morning.

49/50 strokes per minute.

Clear skies, cirrus clouds on horizon.

Bonnie and Pauline on duty as handlers

Course heading: 260 degrees.

Learned Diana sang Happy Birthday to Roger during his shift.

NOON STAT Report from John Bartlett

Diana swimming strong, riding the swells. 3-5 foot swell out of the east which is right behind her. 47.61 statute miles in 27 hours. 1.76 mph for swimmer.

Over the last few hours have entered a more favorable current. (1.44 at 2 am. 1.68 at 10 am)

"getting into more favorable current." John Barlett

Still steering at 260 degrees but course made good is 42 degrees - we are in 3.8 knots of current right now. "54 degree current is running which is in our favor."

What we've always hoped for.

Where will we land?: Thinking Sombrero Beach in Marathon but will know better 10 miles out (from the keys). If tide is coming out, we will steer away from the cuts and bridges. If the tide is coming in, we will take advantage of the cuts and bridges and bring her in."

Interviewed Bonnie: It got pretty tough last night, probably more of same tonight."

Predicting 12 knot winds.

On the chart table was a typed list of rules (covered in plastic)

"Don't ever tell me, or let anyone else tell me how far we have gone or how far we have to go."

"Emerging shark episode is the only reason I would be allowed out of the water until shark divers deem it safe to return. No storm will disrupt the swim. We have a definite storm contingency.

"Apply lanolin with gloves...never use hands. Avoid goggles and cap. Never near ears. Reapply lip lanolin with your finger.

At night, no solid food. Pauline's shake for nutrition. Can drink Jamba Juice, Coke, Water...No shot blocks with mask on.

Stomach settling concoction:
3 caps pink stuff (Pepto Bismal?)
3 Tbs Hammer Sustained Energy
9 tiny spoonfuls of Electrolyte Powder
3 tsp ginger extract
good dose of honey – fill rest with water.

Sun. 12:57 pm

Whistle blown for break.

Diana reports that "it might be psychosomatic, but feeling pressure in lungs."

Diana sees me and acknowledges my presence with a wink.

Position:
N. 23.42.970
W. 082.07.001

Clears skies, sunny. Divers in water...Ice on Diana's lips.

Doctors are here. Diana reports her lungs are constricted.

"I'm tired, last night almost broke me." she said.

"I do feel a better sense of well being....but there is heaviness in my lungs." Again, wonders if it's psychosomatic. Doctors listen to her chest and measure her heart beat. They report her heart is beating 71 beats per minute and "lungs are clear"
They tell me mid 60s to low 70s is a normal heart beat.

Sun. 1:13 pm

Back swimming - I note this was a 16 minute break.

Sun 1:32 pm

Position:
N 23.44.642
W 082.05.564

Funny David back as boat driver after his break: "That three hours of sleep I got was the best ten hours of sleep ever."

Sun 1:59 pm

Whistle blow, Nico in the water looking for sharks.

"Diana feeding – she reports feeling strong but her mouth is hurting from the mask. The mask is chafing. Diana shuns suggestion of orajel or other pain relievers – fearful it will reduce effectiveness of mask.

Doctors suggest Vaseline or lanolin. They have given her Zofran for the nausea. It is only anti-nausea that will not sedate her. They report it has helped. Doctor: "If (mouth soreness) is her main complaint, we are in good shape."

The catamaran Dreams Do Come True pulls close and the crew encourages Diana on with cheers.

Diana jokes: "What are they all excited about.?"

Diver adds: "And why are they following us?"

Bonnie suggests testing the netting to see if it could replace the mask? Diana expresses skepticism. "Penny Palfry tried this." "We'll try it again," says Bonnie.

"Let's try it for five minutes and see what happens."

Did not work. Water coming into Diana's mouth. She removes netting.

Sun 2:17 pm

Back swimming.

Course heading 330 degrees – course made good still working.

Sun. 2:25 pm

Water temperature 88 degrees – a bit warmer than previously reported.

Sun 2:35 pm

I clock Diana at 50 strokes per minute and once again at 52 strokes per minute.

Sun 2:38 pm

Possible good news (from sources on land) about the absence of eddies...John Barlett calling Lee to confirm Frank's latest email.

Sun. 2:45 pm

Trip is full of highs and lows. News of a favorable current brings smiles all around to the navigator and crew. Diana still stroking 50 strokes per minutes, the same steady stroke she began nearly 30 hours ago.

Sun. 3:03pm

Whistle blows for break. The two physicians took a turn diving in the water and looking around.

Diana reports mouth still irritated from the mask experience. She is occasionally vomiting. Bonnie tells her: "Sometimes it's good to vomit..that said... let it come up."

Sun. 3:11 pm

Diana tells Bonnie: "I've got to figure out how to get calories...I don't want to eat anything." Bonnie is feeding her a peanut butter (like) substance with a spoon. Diana has a red sore on the right side of her mouth.

Sun. 3:19 pm

Back swimming.

Sun. 3:20 pm

Course heading 330 degrees

Position:

N 23.50.616

W 082.01.580

Pauline Berry interviewed on the sat phone. Bonnie works with Dreams boat to make ice cubes out of jamba juice concoction "This is pretty much going to be her sustenance through the night."

Sun. 3:50 pm

Diana takes bathroom break.

There is a possible moon jelly sighting. Angel is called over to make a perimeter check.

John Barlett is giving social media update. Diana is next to the boat, wading. She asks for sandwiches and is eating with a good attitude.

Angel is in the water. Upon her return reports there is a thermal plane 30 feet down but no jelly fish.

Sun 4:07 pm

Diana swimming.

John Bartlett gives me a report as of 4 pm

Position:

N 23.52.7

W 82.00.4

63.25 Statute miles from Cuba starting point. 31 hours since start of swim. Averaging 2.04 miles per hour, anticipating the average will increase as day progresses because "Diana is in a favorable current."

Diana still swimming strong. 1.5 to 1.6 miles per hour – there is current advantage. Average speed over the bottom is 4 mph.

"We are farther along than Diana has been on any of her previous three attempts."

("We are) significantly farther north."

The trending currents up head are not eddys but a horseshoe like hump..that's 11 miles ahead of us right now.

"Could be another 29 hours, things going very well right now..could be 60 hours total trip.

"We're looking pretty good."

"we are five miles east of a straight line from Key West to Cuba."

"At 6:15 we're going to be at a point where a few course changes will be contemplated."

"She insists on using statute miles verses nautical miles.."

Sun. 4:38 pm

(Diana) stops for a feeding.

Diana: "My motivation is good but I'm not getting enough nutrition... I feel it."

Position:

N.23.55.024

W. 081.59.000

Course heading 330 degrees

Diana wants another pill for nausea at 4:45 pm Doctors have approved pill for nausea. Back swimming at 4:50 pm

SHIFT ENDS.

Shift 9 (McVeigh):

Shift started at 5 pm

She is swimming at 52 strokes per minute, compass heading at 330, 30 minutes between hydration/feeding stops

5:10 pm 10 minutes till next feeding, 30-35 minutes in between feedings now

We have travelled 70.15 statutory miles, approximately 37 miles from Oceanside Marina, water temperature at 86 degrees, compass heading is 330, first stroke count after putting suit on was 52 strokes per minute

Wind direction has changed and is now coming from east/southeast Gps North 24 degrees 2.488 West 81 degrees 55.609

Next feeding is at 8:20 pm, now swimming at 50 strokes per minute

About 10:45 pm storms arrived in a hurry, delaying our planned 11 pm shift change; rains and strong winds were on us in the blink of an eye and we went into storm protocol; suddenly all the shark divers were on board via the zodiac, then all of the shark divers entered the water forming a circle around Diana (could see small circle of red lights); Diana and the shark divers drifted ahead of Voyager and all of the support boats spread out

putting some distance between the boats

Storms lasted a couple of hours and then we started getting back to normal Janet arrived at about 1:26 am to relieve me

Mon. 1:26 am

Diana wearing jellyfish suit but no mask.

Back on boat, red light out. Kayakers in place.. encouraging words coming from Bonnie.

"I see a lot left in you." Bonnie says.

Diana appears a bit delirious. She is bobbing in the water.

"Free style... you are so close...you have no idea," says Bonnie.

Kayakers begin encouraging words: "Come on Diana." Take you to my party.

John Berry discussing strategy with Angel. Diana yells: "Woo, woo."

I sense a lot of stress. Diana is back stroking.

I learn about the storm protocol that was invoked late last night. "We were prepared, we had a plan, and it worked." John Berry tells me. Sharks shields worn around the ankles of Nico, Jay, Ben and Cal who were all in the water with Diana.

Bonnie yells to Diana. "We are going to Key West for breakfast."

John Bartlett yells: "I'm going to have lobster Benedict and you're buying."

Doctors are concerned about the swelling.

Lots of encouragement coming from all in the boat and among kayakers:
"Diana...come on...this is just a six hour training swim....you can do it." Bonnie says.

Mon. 1:37 am

Diana is always veering right, away from the boat and many voices direct her back to the light and the boat. More confusion than I've witnessed before. Everyone constantly bidding her to swim toward the red rope light and nearer the boat.

Bonnie: "Come on Diana, take us home."

Angel reports no jelly fish sighted. "Nothing," she says.

(my notes difficult to read here) but I think we discussed the importance of the insistence that she get on dry land before it is over."

Minutes later (did not note time)

I note the words: "coherent." "she's strong" She is behind the boat and there is concern she has gotten under the boat. Nico jumps in to find her behind the boat. He coaxes her back to the red rope light.

Doctors examine and report: "She is unbelievably swollen in her mouth." They use the words "angiodema" Bonnie talking with Dr. Derrick "She's swollen..100%

Diana is lucid and asking specific questions.

Mon. 2:19 am

Diana swimming. Handler Lois Ann counts the strokes while I watch the stopwatch. She is swimming 50 strokes per minute.

Position:

N24.19.203

W.81.56.457

Course heading 340 degrees

Mon. 2:20 am

Lots of encouragement from everyone around Diana

"Take us home."

Bonnie asked Dee, who was at the helm, "Am I making you nuts Dee? (with her yelling at Diana) Dee said: "No."

Mon. 2:37 am

Diana switched to breast stroke...she then stopped and asked: "Are we there?"

She then told Bonnie that she wanted to change into a different swimsuit or something like that. Everyone noted that was a good sign. She's thinking about how she wants to arrive in Key West.

Mon. 2:52 am

Diana asks for John Bartlett what time we are getting to shore. He says six hours (puzzling) but I don't follow up.

Diana is asking for food and "coca cola"

Mon. 2:57 am

(Diana is) back swimming.

Several stops and starts – switching from breast stroke to free style...

Mon. 3:37am

Angel in the water putting sting stopper on Diana's face – she is not wearing the mask

Position:
N 24.22.375
W 081.49.875

No spotting of any jelly fish...all clear...Diana resting for a minute...divers in water to stay close.

Mon. 3:49 am

(Diana) begins swimming again with breast stroke.

Driver comments: she still has good form.

Mon. 4:22 am

Position:
N 23.23.772
W 81.29.419

Water smooth – glassy – no wind. Diana back swimming strong...50 strokes per minute.
Clear skies, lots of stars out

Lights of Key West in the distance.

Mon. 4:39 am

(Diana) takes a break; getting new goggles

Mon. 4:45 am

(Diana is) back swimming, breast stroke.

Heading 340 degrees.

John Bartlett: "We know exactly what distance, big unknown is how much stoppage time she needs (from here on out) "She's running on fumes now."

The trip will be 112 statute miles – 35 miles longer than any human being has ever swam.
Appears Smathers Beach could be done sometime in late afternoon 4 to 6 pm.

Diana is stopping.

Lots of encouragement from kayakers trying to keep her on course. "Go left Diana, swim to the light."

For some reason, she swims to the right and she must return to the boat on her left to stay on course – Kayaker Don McCumber: singing a mantra over and over and over and over...

Mon. 5:10 am

(took video) Kayker singing: :Follow the light. Follow the light. On-ward to Flor-i-da..Find a way..follow the lights to Flor-i-da..Find a way to Flor-i-da ...onward to find a way....Onward, onward, to Flor-i-da

Diana stopping and starting...periodically asking for water and nourishment...effort is to just

keep her going...I recall now that she was very apologetic to divers for throwing up.. They respond..."don't worry, it's just fish food."

Key West lights getting brighter on the horizon. No jellyfish sighted.

SHIFT ENDS.

Shift 11 (McVeigh):

McVeigh's last shift started at 7:16 am Monday, September 2, 2013 Excitement is building

11:39 am approximately 52 strokes per minute; discussed landing protocol and need for her to exit water without being touched, according to email received from Steve

Lots of satellite phone call interviews this morning for Bonnie with various media

Time undetermined, 4.23 miles away, gps coordinates North 24 degrees 28.199, West 81 degrees 47.622

With less than one mile to beach, McVeigh rode to beach in dinghy in accordance with finish protocol

Conclusion:

During all my shifts and time aboard Voyager (approximately 31.5 hours of her 53 hours of swim time), I never saw Diana receive any assistance in floating or in propelling forward, never used any snorkel or fins, she never left the water (always swimming forward or treading water), and she never hung on or touched any boat or kayak or person (with the exception of doctors taking her pulse and handlers/Dr. Angel applying sting stopper and lubricant to relieve chafing)

I assumed a position on the bow of Dreams Do Come True and monitored progress of the swim. (Roger on boat as official observer)

She is swimming strong – appears to be at her 50 stroke pace.

(from the video I took, not in notes) 10:40 am – The entire fleet is gathered around (Diana). She thanks everyone for helping her accomplish this feat. "I'm about the swim the last two miles in the ocean....I am surrounded by some of the most intimate friends of my life and some I just met on Friday."Thank you, thank you so much for your generosity."

John Berry reminds everyone to make sure Diana is not touched until she is out of the water and Bonnie will be the first person to touch her.

I was taken to the beach in a dinghy. When Diana stepped on dry land I stopped the stop watch on my Iphone 4. Her swim log time was 52 hours, 54 minutes, 18.6 seconds.

POSTSCRIPT:

About six hours before the boats headed for Cuba I was asked by Diana to join this historic trip. I was acquainted with a few members of her crew. I was meeting everyone else for the first time. The professionalism that surrounded Diana was apparent. The course researched, debated, discussed and charted by John Bartlett, the navigator, was critical to the success of this swim. I was particularly impressed with John Berry – ground zero for interaction with everyone. His calm demeanor, kindness, and judgment played a critical role in bringing out the best in everyone participating in the swim. The stars truly aligned for Diana – a favorable course and stream, no jellyfish, no sharks. Her hours and hours of training paid off in her ability to swim for over 54 hours. All the information contained above was recorded to the best of my ability. Diana did not leave the water. She was never buoyed up or supported in any way. She never held onto the boat or kayak or anything that would have assisted her through the water. I continue to be in awe that she could sustain the 50 strokes per minute pace.