



Rules of Marathon Swimming

Overview and Purpose

The [Marathon Swimmers Federation](#) (MSF) Rules of Marathon Swimming are a set of standards and guidelines for undertaking a solo, unassisted open-water marathon swim in any body of water.

MSF Rules may be used by any swimmer who wishes to attempt a swim for which there is no local governing body. They also may be used by local governing bodies wishing to adopt a global standard, or as a foundation upon which to establish local exceptions.

MSF Rules do not override local rules; they aim to codify their shared spirit.

The Spirit of Marathon Swimming

MSF Rules are guided by the traditions and spirit of unassisted marathon swimming.

Marathon swimmers embrace the challenge of crossing wild, open bodies of water with minimal assistance beyond their own physical strength and mental fortitude. There are ways to make the sport easier, but marathon swimmers consciously eschew them.

Marathon swimmers take pride that their achievements can be meaningfully compared to the achievements of previous generations, because the standard equipment of the sport has not changed significantly since 1875.



Definitions

Marathon Swim

A nonstop open-water swim, undertaken according to standardized rules, and requiring at least several hours of sustained effort to complete. Ten kilometers without significant assistance from currents is the minimum distance considered to be a marathon swim.

Nonstop

Remaining in the water for the entire duration of the swim from start to finish without intentional physical contact with escort vessels, support personnel, or other objects (fixed or floating).

Unassisted

Without artificial assistance to performance, other than the [standard equipment](#) of the sport. Any swim that benefits from assistance - in the form of nonstandard performance-enhancing equipment, supportive contact with the swimmer, or other violation of the spirit of unassisted marathon swimming - is considered an Assisted Swim.



Standard Equipment of Marathon Swimming

- One swimsuit made of porous, textile material. For males, the suit must not extend below the knee or above the waist. For females it must not extend below the knee, onto the neck, or beyond the shoulder.
- One bathing cap made of latex or silicone.
- Goggles, earplugs, and noseclips.
- Sunscreen and grease.
- Safety lights for night visibility.
- Simple timekeeping device (chronometer).
- Escort boat, pilot, and crew.
- Nutrition, and equipment to transport it between the boat and swimmer. The swimmer may not be supported or towed by the feed equipment.
- Paddler(s) and support swimmer(s).
- [Observer\(s\)](#).

The swimmer does not need to declare the use of standard equipment (i.e., it is assumed).

Any equipment not specifically listed here is considered [nonstandard equipment](#).

Varieties of Nonstandard Equipment

Nonstandard equipment is anything not specifically included in the list of [standard equipment](#). While it is impossible to exhaustively list all potential nonstandard equipment, we can categorize them as either (1) performance-enhancing, or (2) non-performance enhancing.

Regardless of the performance benefit, swimmers must always declare use of nonstandard equipment in their swim rules and documentation.

[Performance-Enhancing Equipment](#)

Performance-enhancing equipment is defined as nonstandard equipment that benefits the swimmer's speed, buoyancy, heat retention, or endurance. Swims using such equipment cannot be considered [unassisted](#).

Examples of performance-enhancing equipment include:



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- Equipment that may retain or increase warmth – e.g., wetsuits, neoprene caps, booties, gloves.
- Equipment that may increase speed – e.g., flippers, paddles, shark cages.
- Equipment that may increase buoyancy - e.g., pull buoys, wetsuits.
- Auditory pacing aids - e.g., music players, metronomes.
- Wearable electronic devices that transmit information to the swimmer beyond the time of day and elapsed time.
- Underwater streamers.
- Performance-enhancing drugs on the [World Anti-Doping Agency List of Prohibited Substances](#).



Non-Performance-Enhancing Equipment

Non-performance-enhancing equipment provides no obvious benefit to performance, but nonetheless is not considered part of the [standard equipment](#) of marathon swimming. Swims using such equipment may still qualify as [unassisted](#), but the equipment must be specifically declared in the swim rules and documentation.

Examples of non-performance-enhancing equipment include:

- Swimwear with increased coverage - e.g., stinger suits, rash guards.
- Wildlife deterrents - e.g., shark shields, shark divers, jellyfish sweepers. Note: harming marine wildlife violates the [spirit](#) of marathon swimming.
- Wearable electronic devices that log data but do not transmit it to the swimmer.

Observers

The swim observer documents the facts of a swim and verifies the swim's adherence to the declared rules. Documentation produced by a qualified observer is the single most important source material for authenticating a swim claim.

Qualifications

The primary qualifications of an observer are:

Independence

The observer must be capable of dispassionately evaluating the swim and its adherence to the declared rules. If the observer is acquainted with the swimmer, (s)he must be able

to separate the personal relationship from his or her duties to observe, document, and verify.



The observer must be knowledgeable about the rules, traditions, and spirit of marathon swimming, and with the responsibilities of observing a marathon swim.

The MSF maintains a global [network](#) of qualified, willing observers. Local observer networks and official trainings are offered by following organizations:

- [Channel Swimming & Piloting Federation](#)
- [Channel Swimming Association](#)
- [Catalina Channel Swimming Federation](#)
- [Santa Barbara Channel Swimming Association](#)
- [NYC Swim](#)

Observers who have not attended an official training may also demonstrate expertise through their personal history in the sport - as a swimmer, crew-member, or administrator.

Special Considerations

Very Long Swims

If a single observer is not able to maintain alertness for the entire duration of the swim, an additional observer is necessary. The MSF recommends two observers for swims anticipated to last longer than 18 hours, and three observers for swims anticipated to last longer than 30 hours. Overnight swims in the 10-18 hour range may also require a second observer.

On swims with multiple observers, a lead observer should be designated to coordinate the observer team and documentation procedures.

High-Profile or Unprecedented Swims

Swims of unusual magnitude or notoriety - especially unprecedented swims - demand a stricter standard for observer qualifications and reputation. In such cases, it is essential that the observers are trusted by the broader community of marathon swimmers.

The MSF recommends a minimum of two highly qualified, reputable observers for high-profile swims, to reinforce their credibility.

“Golden Rules” of Marathon Swimming



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Transparency of Swim Conduct



The intended conduct of the swim - including Swim Rules and any nonstandard equipment to be used - must be communicated fully and clearly before the swim begins, to everyone involved in the swim attempt, and in all public promotion. The declared rules and equipment may not be changed once the swim has begun.

Independent Observation

Independent and knowledgeable observers must document the facts of the swim and verify the swimmer's adherence to the Swim Rules.

Swim Rules

This section defines standard MSF Swim Rules for a one-way solo swim (Point A to Point B). Standard rules for multi-leg swims, circumnavigation swims, relay swims, and stage swims are defined in the [Special Swim Types](#) supplement.

Individual swimmers or local governing bodies may adopt MSF Swim Rules in full, as shorthand for "standard conduct." Or, they may adapt the rules to local circumstances, as long as two conditions are met:

1. Any modifications of standard swim conduct are declared.
2. The modifications do not violate the [spirit](#) of unassisted marathon swimming.

The declared Swim Rules must be read aloud by the observer in the presence of the swimmer and all support personnel before the swim begins.

Start & Finish

The swim begins when the swimmer enters the water from a natural shore. If geographic obstacles (e.g., cliffs) prevent the swimmer from clearing the water at the start, the swimmer may begin the swim by touching and releasing from part of the natural shore (e.g., cliff face).

The swim finishes when the swimmer clears the water on a natural shore, beyond which there is no navigable water. If geographic obstacles prevent the swimmer from clearing the water at the finish, the swimmer may finish by touching part of the natural shore.



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Physical Contact



The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim.

Standard Equipment

The swimmer may wear a single textile swimsuit with standard coverage, one latex or silicone cap, goggles, ear plugs, nose clips, and may grease the body. The swimmer may not use any additional equipment that benefits speed, buoyancy, endurance, or heat retention.

Drafting

The swimmer may not intentionally draft behind any escort vessel or support swimmer. The swimmer may swim alongside an escort vessel, but may not intentionally position him or herself inside the vessel's bow and displacement waves, except while feeding.

Support Swimmers

A support swimmer (or swimmers) may accompany the solo swimmer for a limited duration. Multiple support swims are allowed, but should not occur consecutively. The MSF recommends a maximum of one hour per support swim and a minimum of one hour between support swims.

The support swimmer may not intentionally touch the solo swimmer and must position him or herself at least slightly behind the solo swimmer.

Authority on the Escort Vessel

The observer is responsible for documenting the facts of the swim, interpreting the swim rules, and keeping the official time.

The pilot of the escort vessel (or lead pilot, if there are multiple vessels) is the ultimate authority in all other matters. The pilot may cancel the swim at any time, for any reason, including, but not limited to, concerns for the safety of the swimmer or support personnel. The pilot is responsible for following all relevant local maritime regulations.

Responsible Environmental Stewardship

Everyone involved in the swim attempt - swimmer, observer, support personnel, and escort boat personnel - must treat the environment respectfully and prevent avoidable harm to marine wildlife and ecosystems.



Continuance of the Spirit of Marathon Swimming



If any issue regarding swim conduct arises that the Swim Rules do not clearly address, the swimmer should act - and the observer should judge - in accordance with the [spirit](#) of unassisted marathon swimming.

Using MSF Rules For Your Swim

The MSF Rules of Marathon Swimming are licensed through [Creative Commons](#), and may be used or adapted by individual swimmers or local sanctioning bodies according to the following guidelines:

- The [Swim Rules](#) section (and only that section) is subject to an [Attribution 4.0 International license](#). You may create adaptations of the MSF Swim Rules, provided you attribute the [Marathon Swimmers Federation](#) as the source.
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Special Swim Types

Certain types of swims require additions or modifications to the standard rules for a one-way swim (Point A to Point B). Swimmers and observers should incorporate the indented portions below into their declared Swim Rules, as appropriate.

Multi-Leg Swims

A multi-leg swim is a swim that reaches one or more intermediate destinations (shores) before the final destination.

The simplest form of a multi-leg swim is a two-way (“double”) channel crossing - a swim from one shore to a different, non-contiguous shore, and then returning to the first shore.

However, a multi-leg swim need not return to the original shore. For example, a swim from Island A to Island B to Island C is also a multi-leg swim, with Island A to Island B as “Leg 1” and Island B to Island C as “Leg 2.”

For a multi-leg swim, add the following two rules:



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1. After finishing one leg of the swim, the swimmer may rest for up to 10 minutes before beginning the next leg. While resting, the swimmer may be supported by a natural land mass but not by people or artificial objects.
2. Timing of the first leg begins when the swimmer enters the water and ends when the swimmer finishes the leg. Timing of subsequent legs begins at the end of the previous leg and includes any break on shore.

Circumnavigation Swims

A circumnavigation swim is a swim around an island (or islands). For a circumnavigation swim, replace the standard Rule #1 ([Start & Finish](#)) with the following:

The swim begins when the swimmer enters the water from the island's shore. If no beach is available on the island, the swimmer may begin the swim by touching and releasing from part of the island's shore (e.g., cliff face).

The swim finishes when the swimmer swims around the island and then clears the water beyond the starting point (or touches the island's shore beyond the starting point, if no beach is available).

If access to the island is restricted, the swimmer may start and finish offshore, as long as (s)he "closes the loop" by swimming beyond the starting point, as measured by GPS.

Relay Swims

A swim undertaken by a team of two or more swimmers, swimming in successive turns of a fixed time interval, in a fixed order.

For a relay swim, add the following two rules:

1. Relay teams may choose the number of swimmers (six is standard) and the turn interval (one hour is standard), but the team roster, order, and interval must remain fixed for the duration of the swim.
2. The swimmer exchange takes place in the water, with the new swimmer approaching the previous swimmer from behind. The swimmers are allowed five minutes to complete the exchange, starting from the scheduled exchange time.

Stage Swims

A stage swim consists of two or more "stages," between which the swimmer rests on shore or on an escort vessel.

For a stage swim, add the following two rules:



Each stage after the first should begin at or behind the finish location of the previous stage.

If the resting location is in open water, the observer must record the GPS coordinates of the stage start and finish locations.

Endorsements

The MSF [Rules of Marathon Swimming](#) are endorsed by the following marathon swimmers and marathon swimming governing bodies.

You may add your name to the endorsers by:

- Leaving a comment through the [MSF Contact Form](#).
- Sending a [Forum](#) private message to either @evmo or @lonesswimmer (requires Forum membership).
- Adding a comment to the relevant [Forum thread](#).

Individuals

- [Scott Zornig](#) (California, USA). President (2009-2017), Santa Barbara Channel Swimming Association.
- David Barra (New York, USA). Co-Founder & Co-Race Director, 8 Bridges Hudson River Swim. Triple Crown marathon swimmer.
- Rondi Davies (New York, USA). Co-Founder & Co-Race Director, 8 Bridges Hudson River Swim. Manhattan Island Marathon Swim women's world record holder. Completed full 8 Bridges stage swim in 2012.
- Ron Collins (Florida, USA). Founder & Race Director, Tampa Bay Marathon Swim. Triple Crown swimmer. First to swim length of Tampa Bay.
- Barbara Held (California, USA). Triple Crown swimmer. Voting member, Catalina Channel Swimming Federation.
- Anthony McCarley (Pennsylvania, USA). English Channel soloist.
- Greg O'Connor (Massachusetts, USA). Co-Founder, Massachusetts Open-Water Swimming Association. Race Director, Boston Light Swim. Co-world record holder, two-way Boston Light Swim. Catalina Channel & Manhattan Island Marathon Swim soloist.

- Josh Heynes (Pennsylvania, USA). Founder, Lake Erie Open Water Swimming Association. Lake Erie solo swimmer.
- Michael Tyson (Washington DC, USA). Dart 10K, Swim the Suck 2012, DC Tri Club Open Water Swim Coach.
- David Harley (London, UK). English Channel relay swimmer.
- Mark Robson (United Kingdom). One-way and two-way Lake Windemere solo swimmer.
- Michael J. Toner (New York, USA). Triple Crown relay swimmer (oldest to complete). Gulf of Messina (solo), Strait of Gibraltar (relay), two-time USMS Open Water Champion.



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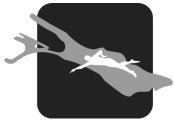
- Ted Erikson (Illinois, USA). Honour Swimmer, International Marathon Swimming Hall of Fame. Two-way English Channel solo swimmer (and former record-holder). World-record holder, Farallon Islands to SF.
 - Lynn Kubasek (California, USA). Catalina Channel & Santa Barbara Channel solo swimmer. Farallon Island relay member. Board member, SBCSA. Member, South End Rowing Club and La Jolla Cove Swim Club.
 - Ian Down (London, United Kingdom). English Channel solo swimmer.
 - Bonnie Schwartz (New York, USA). English Channel and Manhattan Island solo swimmer.
 - Julian Rusinek (California, USA). Catalina Channel & Santa Barbara Channel relay swimmer, first to swim from San Miguel Island to Santa Rosa Island.
 - Raymond Kilz (California, USA).
 - Jason Malick (Delaware, USA). Founder, Cape May Circumnavigation Challenge. Catalina Channel solo swimmer. Solo swims around Seven Mile Island & Absecon Island.
 - George Meenan (Dublin, Ireland), English Channel and Manhattan Island solo swimmer.
 - Theo Schmeeckle (California, USA). Board member, SBCSA. Santa Barbara Channel solo swimmer.
 - Leonard Jansen (Pennsylvania, USA). Boston Light, END-WET, 8 Bridges, Pitonof, and Lake Champlain solo swimmer.
 - Cathy Delneo (California, USA). Swim commissioner emerita, South End Rowing Club. Farallon Island relay member. Int'l Ice Swimming Assoc. member. Lake Champlain solo swimmer.
 - Finbarr Hedderman (Cork, Ireland). English Channel solo & relay swimmer. Member, Sandycove Island Swim Club (SISC).
 - Craig Morrison (Cork, Ireland & Tasmania, Australia). English Channel solo swimmer. Member, SISC.
 - Kieran O'Sullivan (Cork, Ireland) English channel relay swimmer. Member, SISC.
 - Graeme Lowe (Jersey, UK). Triple Crown marathon swimmer. Solo swims: Round Jersey, Jersey-France, Lake Zurich, Lake Windemere.
 - Genevieve Mackwood (Ottawa, Canada). Manhattan Island & Ederle solo swimmer.
 - Dan Simonelli (California, USA). Board member, La Jolla Cove Swim Club.
 - Sylvain Estadiou (Göteborg, Sweden). Two-time English Channel solo swimmer including first butterfly swim across the English Channel by a male.
 - Carol Cashell (Cork, Ireland). Solo swims of Manhattan Island, Lake Zurich, Bere Island. English Channel two-way relay.
 - Paul Hopfensperger (Bury St-Edmunds, UK). Two-time English Channel solo swimmer. FINA World Cup Open Water Grand Prix swimmer. BLDSA Senior & Veteran Race Winner. English Channel relay swimmer.
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- Chris LaFlamme (Dayton, USA), Peaks to Portland
 - Kerri Lienhard (Switzerland) English Channel Aspirant.
 - Robert Bohane (Cork, Ireland) English Channel solo. Round Valentia record holder, Skelligs to Portmagee.
 - Jonathon Gladstone (Massachusetts, USA), Boston Light Swim.
 - Madhu Nagaraja (Ontario, Canada). English Channel and Lake Ontario solo swimmer.
 - Richard Clifford (New York, USA). Kayaker for Manhattan Island & Ederle world-record swims. Kayaker for Penny Palfrey, Lexie Kelly, and Marcia Cleveland record swims.
 - Angela Harris (Cork, Ireland) Sandycove Island Swimming Club



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- Jamie Patrick (California, USA). 2011 World Open Water Swimming Association Man of the Year. Founder, Lake Tahoe Swimming Society. Strait of Gibraltar solo swimmer. Adventure swimmer.
- John Humenik (New York, USA). Manhattan Island and Ederle solo swimmer.
- Chris Blakeslee “El Sharko” (California, USA). English Channel solo swimmer. Member, South End Rowing Club. Co-Founder & President, Tomales Bay White Shark Swimming Assoc. & Bubble Cap Channel Swimmers Assoc. Lifetime waterman.
- Mandy Mackleworth (Guernsey, Channel Islands). English Channel solo.
- Kelley Prebil (California, USA). Aspiring marathon swimmer.
- Barton Cobb (Florida, USA). Tampa Bay Marathon Swim.
- Tom Ball (California, USA). Santa Barbara Channel solo. Ventura Deep Six Relay.
- Gábor Molnár (Hungary, Ireland). Triple Crown marathon swimmer.
- Robert Kane (California, USA). South End Rowing Club member. Aspiring marathon swimmer.
- Mallory Mead (California, USA). Triple Crown marathon swimmer. FINA Grand Prix professional circuit.
- Paul Lundgren (California, USA). Catalina Channel solo.
- Hadar Aviram (California, USA). Solo swim of Sea of Galilee.
- Daniel Foster (Ontario, Canada) Lake Ontario solo swim. 21-year veteran swim coach.
- Brian Lanahan
- Sylvia Lacock Marino (California, USA). South End Rowing Club member. English Channel relay.
- Josh Sale (California, USA). South End Rowing Club member.
- Suzie Dods (California, USA). Solo swims of English Channel, Catalina Channel, Lake Tahoe (length & width), Swim the Suck, Great Salt Lake, 8 Bridges, Coronado Island, Pennock Island, Portland Bridges, Maratona de Due Mare (Sicily). English Channel relay. Member, South End Rowing Club and Dolphin Club. Director, 24 Hour Aquatic Park Swim Relay.
- Geoff Wilson (WA, Australia). English Channel, Rottneest Island, & Manhattan Island solo swimmer. Rottneest two-way.
- Caitlin Rosen (New York, USA). Manhattan Island & 8 Bridges solo swimmer, Kingdom Swim. CIBBOWS member & former advisory board member.
- Tobias Frenz. 10km Dragon Island, Mallorca, 15km Cold Half Swim, Hong Kong, 15km Clean Half Swim, Hong Kong, 20km Lake Argyle Swim, 25km Cabrera Channel, Mallorca; 30km Giants of the Bay Swim, Melbourne, 43km End-Wet Swim, North Dakota
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- Anne Cleveland (California, USA). Honour Swimmer, International Marathon Swimming Hall of Fame. Two-way English Channel & Catalina Channel solo swimmer. Swim coach
- Kelley Schall (California, USA). Catalina Channel & Santa Barbara Channel relay swimmer.
- Cristian Vergara (New York, USA). Executive Director, CIBBOWS. Solo swims of English Channel, Manhattan Island, Straits of Gibraltar, & Straits of Magellan. Two-way crossing of Beagle Channel. Bering Strait Relay member.
- Jacques Tuset (Montpellier, France) English Channel solo, Strait of Gibraltar solo, Strait of Beltquerung solo and Marathon swim races : Capri-Napoli, Manhattan Island, Gulf of Messina, Gulf of Toroneos, Zurich lake, Marathon IJsselmeer



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- Owen O’Keefe (Fermoy, Ireland). Solo swims of English Channel, Strait of Gibraltar, Round Jersey, Fermoy to Youghal.
- Bryn Dymott (United Kingdom).
- Tom McGann (New York, USA). Coney Island Polar Bears. Swimmer & volunteer for NYC Swim events.
- Dianna Shuster (California, USA). 2013 swim commissioner, South End Rowing Club. Santa Barbara Channel relay swimmer.
- Scott Tapley (California, USA). Santa Barbara Channel solo swimmer.
- Jim Alabiso (Florida, USA). Race director, Swim Across St Johns River.
- Melissa Braisted Nordquist (Washington, USA). South End Rowing Club member, aspiring marathon swimmer.
- Haydn Welch (United Kingdom). Two-time English Channel soloist. First-ever English Channel backstroke.
- Janet Manning (Maryland, USA). Potomac River swim & Kingdom Swim. Lake Tahoe lengthwise.
- Paul Duffield (BC, Canada). Int’l Ice swimmer.
- Simon Dominguez (California, USA & Sydney, Australia). Solo lengthwise Lake Tahoe swim. Member, South End Rowing Club, Bondi Icebergs, North Bondi Surf Lifesaving Club, Night Train Swimmers.
- Jill Bunyan (United Kingdom). English Channel relay swimmer. Member: BLDSA, ASA, STA, & MIOS. Swim teacher & coach.
- Mary Staples (Georgia, USA). Swim the Suck, END-WET solo swimmer.
- Doug McConnell (Illinois, USA). Solo swims of English Channel, Catalina Channel, Boston Light, & Tampa Bay.
- Darren Miller (Pennsylvania, USA). Oceans Seven. Triple Crown. Race Director, Three Rivers Marathon Swim.
- Marcia Cleveland (Illinois, USA). Triple Crown marathon swimmer. Santa Barbara Channel solo. Chicago skyline solo record. Author, Dover Solo.
- Leticia Flores (Mexico). Manhattan Island & Strait of Gibraltar solo. Two-way English Channel relay, two-way Catalina Channel relay. 8 Bridges. Numerous swims in Mexico.
- Sarah Thomas (Colorado, USA). Triple Crown marathon swimmer. First two-way Lake Tahoe lengthwise. First two-way Lake Memphremagog.
- Kevin Williams (Kerry, Ireland). Blennerville to Maharees, Cork to Cobh, English Channel Relay
- Katherine Watson (California, USA).
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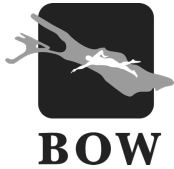
- Gordon Gridley (Utah, USA). English Channel solo, Catalina Channel solo. IISA Ice Mile. Race Director, Great Salt Lake Marathon Swim. President, Salt Lake Open Water.
- Zoe Sadler (Hampshire, UK). English Channel solo, English Channel relay x 3, Two-way Windermere, 1 lap of Sandycove Island
- Cherie Edborg (California, USA). Santa Barbara Channel solo swimmer. Board member, SBCSA.
- Jim Fitzpatrick (California, USA). Triple Crown marathon swimmer. San Clemente Island to mainland relay. Board member, SBCSA.
- Dave Van Mouwerik (California, USA). Solo swims of Catalina Channel, Lake Tahoe lengthwise, and Lake Siljan, Sweden. Vice President, SBCSA.
- Neil van der Byl (California, USA). Kayaker for numerous Catalina Channel & other swims.



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- Clare Morrissey (Waterford, Ireland) English Channel relay swimmer, English Channel crew. Swim navigator and pilot.
- Grace van der Byl (California, USA). Catalina Channel world record holder. 8 Bridges – all stages & record-holder on all 7. S.C.A.R. Challenge.
- Tanya MacLean (California, USA & Ontario, Canada). Santa Barbara Channel solo. Catalina Channel & Santa Barbara Channel relay. Former Open Water Chair, Southern Pacific Masters Swimming.
- Mike Harris (Kinsale, Ireland). Founding member Sandycove Island Swimming Club. Pioneer of Triple Crown of Prison Breaks (Spike, Robben & Alcatraz Islands). Hellsport (x2).
- Fergal Somerville (Dublin, Ireland). North Channel Solo, English Channel Solo, Aran Islands Swim, IISA Ice Mile, Dublin Bay Two-Way.
- Ellen Shockro (California & Maine, USA). Over 350 ocean races.
- Karah Nazor (Tennessee, USA). English Channel solo. Founder & Race Director, Swim the Suck.
- Bob Needham (Oregon, USA). Catalina, Manhattan Island, and Tampa Bay solo swims.
- Mo Siegel (New York, USA). Triple Crown marathon swimmer. Sixth person to cross Cape Cod Bay. Arizona SCAR, 8 Bridges, Lake Zurich, Ederle Swim 2x.
- Rob Kent (Ontario, Canada). Lake Ontario, Manhattan Island Marathon Swim, Swim Around Key West, Tampa Bay Marathon Swim solo swims. 1988 Olympic Trials. Founder and President of the Lake Ontario Swim Team (LOST Swimming). Founder of Lake Ontario Crossing Organization (LOCO). Founder of the LOST Race.
- Mauricio Prieto (Barcelona, Spain).
- Franco Prezioso (Maryland, USA).
- Stephen Wargo (USA). Lake Erie, Strait of Gibraltar, and Swim Around Key West solo swimmer.
- [Carina Bruwer](#) (Cape Town, South Africa). Solo swims of the English Channel, False Bay, Strait of Gibraltar, Around Robben Island, Toroneos Gulf.
- [Suzanne Heim-Bowen](#) (San Francisco, CA). San Francisco Dolphin Club, English Channel Solo Swims, Three-Way English Channel Relay Crossing, United States Swimming Long Distance Swimmer of the Year, International Masters Swimming Hall of Fame Honor Open Water Swimmer, Six Way Golden Gate Bridge Crossing.



- David Yudovin (California, USA). Honor Swimmer, International Swimming Hall of Fame. Honour Swimmer, International Marathon Swimming Hall of Fame. First person to swim Tsugaru Strait. First person to swim from Santa Cruz Island to California. For full list see DavidYudovinChannelSwimmer.com.
- Chloë McCardel (Melbourne, Australia). 7x English Channel solo swimmer (3x one-way and 2x two-way). Winner, Manhattan Island Marathon Swim. English Channel coach.
- Paul McQueeney (Melbourne, Australia). English Channel solo swimmer.
- Carlos Alvarez (Puerto Rico). Saint John Beach to Beach Power Swim, Swim Around Key West, Turks & Caicos Race for the conch. Semana Nautica Ocean Swim, Santa Barbara, CA, St. Croix Coral Reef Swim. Cruce a Nado Internacinal Bahia de Ponce, PR. Swim Miami, Miami FL.
- [Jesper Damgaard](#). Founder, Danish Open Water Swimming Association.
- John Royer (Washington DC, USA). Kingdom Swim, 8 Bridges (Stage 3, Stage 6).
- Jen Alexander (Vancouver, Canada). First double-crossing of the Northumberland Strait.
- [Kathleen Wilson](#) (Charleston, South Carolina). Race director, Swim Around Charleston.
- [Steve Walker](#) (San Francisco, California).
- [Spencer Schneider](#) (New York, NY).
- [Victoria Rian](#) (Indianapolis, Indiana).
- [Guy Cohen](#) (Israel). Co-Founder, Galilee Marathon Swimming Association.
- [Richard Broer](#) (Netherlands). Owner, [Channel Challenge](http://channelchallenge.nl). IMSHOF executive committee.
- [Grant Wentworth](#) (New York, NY).
- [Jessica Kieras](#) (Oregon, USA).
- [Bogdan Zurbagiu](#) (Romania).
- Sue Dyson (St. Lucia). Organizer, St. Lucia Channel Swim.
- [Milko van Gool](#) (Netherlands).

Swim Organizers & Local Governing Bodies

- [Santa Barbara Channel Swimming Association](#)
 - [New York Open Water](#) - organizer, 20 Bridges Manhattan Swim and 8 Bridges Hudson River Swim
 - [Massachusetts Open Water Swimming Association](#)
 - [Monterey Bay Swimming Association](#)
 - [Tampa Bay Marathon Swim](#)
 - Lake Erie Open Water Swimming Association
 - World Open Water Swimming Association (WOWSA)
 - Coney Island Brighton Beach Open Water Swimmers (CIBBOWS)
 - Lake Tahoe Swimming Society
 - Farallon Islands Swimming Federation
 - Three Rivers Marathon Swim
 - Bear Lake Swimming Association
 - Salt Lake Open Water Swim Club
 - Sandycove Island Swimming Club (SISC)(Kinsale, Ireland)
 - Lake Ontario Swim Team (LOST Swimming)
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- Lake Ontario Crossing Organization (LOCO)



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- Danish Open Water Swimming Association (DOWSA)
- Dutch Long Distance Swimming Academy (DLDSA)



End Notes

Linked Documents

- [Endorsements](#): Marathon swimmers and organizations who endorse MSF Rules
- [Press Release](#) for launch of MSF Rules

About the Marathon Swimmers Federation

The [Marathon Swimmers Federation](#) (MSF) provides resources, guidelines, and social networking to the global community of marathon swimmers and aspiring marathon swimmers. The MSF was founded in 2012 by Evan Morrison and Donal Buckley, and is centered at the 850-member online [Marathon Swimmers Forum](#).

About the Authors

- Evan Morrison (San Francisco, Calif., USA). Co-Founder, MSF. Board Member, Santa Barbara Channel Swimming Assoc. [LongSwimsDB profile](#). [Personal website](#)
- Andrew Malinak (Seattle, Wash., USA). Co-founder and president, Northwest Open Water Swimming Assoc. [LongSwimsDB profile](#).
- Donal Buckley (Co. Tipperary, Ireland). Co-Founder, MSF. [LongSwimsDB profile](#). [LoneSwimmer.com](#).
- Elaine Howley (Boston, Mass., USA). Co-Founder, Massachusetts Open Water Swimming Assoc. Triple Crown marathon swimmer. Ice swimmer. Co-record holder, triple Boston Light Swim, Race Director of the Boston Light Swim. [LongSwimsDB profile](#).

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Contact

To contact the MSF, please use the [Contact Form](#).

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