

Oregon Postal 3000-Yard Records

(as of November 15, 2016)

3000-Yard Swim: Women's Individual Records

<u>Age Group</u>	<u>Time</u>	<u>Swimmer</u>	<u>Year</u>
W18-24	37:56.19	Gina Dhom	2000
W25-29	34:42.37	Sara Quan	2001
W30-34	34:51.96	Sara Quan	2004
W35-39	35:04.81	Simone Lapay	1997
W40-44	35:02.88	Sara Nelson	2016
W45-49	36:24.90	Arlene Delmage	2009
W50-54	37:14.80	Mary Sweat	2011
W55-59	37:35.18	Mary Sweat	2013
W60-64	38:52.36	Colette Crabbe	2016
W65-69	47:35.00	Sue Calnek-Morris	2010
W70-74	56:20.00	Pat Sherman	2016
W75-79	1:11:07.00	Nina Gee	2008
W80-84	1:12:15.24	Pat Hunt	2011

3000-Yard Swim: Men's Individual Records

<u>Age Group</u>	<u>Time</u>	<u>Swimmer</u>	<u>Year</u>
M18-24	37:17.48	Travis Smith	2013
M25-29	34:49.54	Nathan Johnsen	2005
M30-34	33:31.06	Greg Jablonski	2000
M35-39	34:31.91	Dave Cloninger	2008
M40-44	34:21.07	Greg Jablonski	2008
M45-49	32:36.99	Hardy Lussier	2012
M50-54	32:09.06	Hardy Lussier	2016
M55-59	35:09.24	Steve Johnson	2007
M60-64	35:47.04	Steve Johnson	2008
M65-69	38:25.89	Tom Landis	2007
M70-74	39:30.88	Dave Radcliff	2007
M75-79	39:22.67	Dave Radcliff	2009
M80-84	42:00.08	Dave Radcliff	2014
M85-89			
M90-94	1:01:08.36	Willard Lamb	2015

3000-Yard Swim: Women's Relay Records (3 x 3000)

<u>Age Group</u>	<u>Time</u>	<u>Swimmers</u>	<u>Year</u>
W18+	1:56:09.42	Kelsey Bowen, Erin Popelka, Stephanie Schultz	2009
W25+	1:50:15.19	Arlene Delmage, Kristine Senkier, Sara Nelson	2007
W35+	1:53:48.24	Stephanie Schultz, Karen Matson, Arlene Delmage	2006
W45+	1:52:03.60	Mary Sweat, Holly Vaughn-Edmonds, Arlene Delmage	2010
W55+	2:07:44.22	Madeleine Holmberg, Marlys Cappaert, Mary Sweat	2014
W65+	2:57:20.57	Peggie Hodge, Lynda Christiansen, Sue Calnek-Morris	2009

3000-Yard Swim: Men's Relay Records (3 x 3000)

<u>Age Group</u>	<u>Time</u>	<u>Swimmers</u>	<u>Year</u>
M18+	1:53:49.86	Tim Nelson, Mark Frost, Travis Smith	2013
M25+	1:50:28.29	Rob Higley, Eric Askerman, Greg Jablonski	2000
M35+	1:44:04.08	Mark Frost, Matt Miller, Hardy Lussier	2016
M45+	1:45:32.30	Kris Calvin, Darrin Lajoie, Hardy Lussier	2011
M55+	1:52:17.92	Bob Bruce, Charlie Swanson, Steve Johnson	2009
M65+	2:02:13.19	Bob Bruce, Tom Landis, Steve Johnson	2013
M75+	2:47:07.75	George Thayer, Earl Ellis, Dave Radcliff	2014

3000-Yard Swim: Mixed Relay Records (4 x 3000)

<u>Age Group</u>	<u>Time</u>	<u>Swimmers</u>	<u>Year</u>
Mx18+	2:33:22.52	Kelsey Bowen, Erin Popelka, Kris Calvin, Doug Otto	2009
Mx25+	2:22:31.32	Amy Halligan, Sara Quan, Eric Askerman, Greg Jablonski	2000
Mx35+	2:22:59.30	Suzy Jajewski, Sara Nelson, Matt Miller, Hardy Lussier	2016
Mx45+	2:23:57.10	Holly Vaughn-Edmonds, Arlene Delmage, David Hathaway, Hardy Lussier	2009
Mx55+	2:38:41.47	Marlys Cappaert, Mary Sweat, Jed Cronin, Pat Allender	2013
Mx65+	3:08:25.19	Jan Plesner, Geri Mathewson, Tom Landis, Steve Johnson	2013
Mx75+	4:13:48.84	Nina Gee, Pat Hunt, George Thayer, Dave Radcliff	2011