

Oregon Postal 6000-Yard Records

(as of November 15, 2015)

6000-Yard Swim: Women's Individual Records

| <u>Age Group</u> | <u>Time</u> | <u>Swimmer</u> | <u>Year</u> |
|------------------|-------------|----------------|-------------|
| W18-24 | | | |
| W25-29 | 1:10:44.87 | Sara Quan | 2000 |
| W30-34 | 1:10:15.56 | Sara Quan | 2004 |
| W35-39 | 1:20:06.40 | Serena Johnson | 2013 |
| W40-44 | 1:14:45.07 | Jayna Tomac | 2015 |
| W45-49 | 1:16:27.58 | Arlene Delmage | 2009 |
| W50-54 | 1:17:20.57 | Mary Sweat | 2011 |
| W55-59 | 1:17:09.84 | Mary Sweat | 2013 |
| W60-64 | 1:52:24.99 | Tam Jenkins | 2009 |
| W65-69 | 2:09:21.09 | Esther Ellis | 2010 |
| W70-74 | 2:10:40.99 | Peggy Whiter | 2014 |
| W75-79 | | | |
| W80-84 | | | |

6000-Yard Swim: Men's Individual Records

| <u>Age Group</u> | <u>Time</u> | <u>Swimmer</u> | <u>Year</u> |
|------------------|-------------|-----------------|-------------|
| M18-24 | | | |
| M25-29 | 1:30:01.01 | Ricardo Frietas | 2000 |
| M30-34 | 1:15:00.76 | Matt Miller | 2011 |
| M35-39 | 1:12:23.96 | Matt Miller | 2013 |
| M40-44 | 1:14:22.99 | Tim Nelson | 2007 |
| M45-49 | 1:07:10.26 | Hardy Lussier | 2013 |
| M50-54 | 1:07:25.41 | Hardy Lussier | 2015 |
| M55-59 | 1:11:57.72 | Steve Johnson | 2005 |
| M60-64 | 1:13:22.02 | Steve Johnson | 2008 |
| M65-69 | 1:21:56.99 | Tom Landis | 2008 |
| M70-74 | 1:22:05.75 | Dave Radcliff | 2006 |
| M75-79 | 1:22:04.17 | Dave Radcliff | 2009 |
| M80-84 | 1:26:30.78 | Dave Radcliff | 2014 |

6000-Yard Swim: Women's Relay Records (3 x 6000)

| <u>Age Group</u> | <u>Time</u> | <u>Swimmers</u> | <u>Year</u> |
|------------------|-------------|--|-------------|
| W18+ | | | |
| W25+ | 3:52:38.27 | Joni Young, Mary Sweat, Sara Quan | 2004 |
| W35+ | 3:52:49.01 | Serena Johnson, Mary Sweat, Jayna Tomac | 2013 |
| W45+ | 3:58:40.59 | Mary Sweat, Karen Matson, Arlene Delmage | 2009 |
| W55+ | | | |
| W65+ | | | |

6000-Yard Swim: Men's Relay Records (3 x 6000)

| <u>Age Group</u> | <u>Time</u> | <u>Swimmers</u> | <u>Year</u> |
|------------------|-------------|--|-------------|
| M18+ | | | |
| M25+ | 4:05:17.21 | Alan Larson, Chris Tujo, Matt Miller | 2011 |
| M35+ | 3:33:17.32 | Mark Frost, Matt Miller, Hardy Lussier | 2013 |
| M45+ | 3:40:00.71 | Pat Allender, Darrin Lajoie, Hardy Lussier | 2011 |
| M55+ | 3:55:37.04 | Tom Landis, Bob Bruce, Steve Johnson | 2003 |
| M65+ | 4:17:09.03 | Dave Radcliff, Bob Bruce, Steve Johnson | 2013 |

6000-Yard Swim: Mixed Relay Records (4 x 6000)

| <u>Age Group</u> | <u>Time</u> | <u>Swimmers</u> | <u>Year</u> |
|------------------|-------------|---|-------------|
| Mx18+ | | | |
| Mx25+ | 5:03:04.75 | Amy Halligan, Sara Quan, Bob Bruce, Steve Johnson | 2000 |

| | | | |
|-------|------------|---|------|
| Mx35+ | 4:55:13.39 | Serena Johnson, Jayna Tomac, Matt Miller, Hardy Lussier | 2013 |
| Mx45+ | 5:00:33.40 | Karen Matson, Mary Sweat, Darrin Lajoie, Hardy Lussier | 2011 |
| Mx55+ | 6:04:34.44 | Tam Jenkins, Elizabeth Budd, Dave Radcliff, Bob Bruce | 2009 |
| Mx65+ | | | |