

Oregon Postal 6000-Yard Records

(as of November 15, 2019)

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	1:21:20.36	Stephanie Martin	2019
W65-69	2:09:21.09	Esther Ellis	2010
W70-74	1:58:08.00	Pat Sherman	2016
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	1:11:16.78	Matt Miller	2016
M40-44	1:09:06.94	Matt Miller	2018
M45-49	1:07:10.26	Hardy Lussier	2013
M50-54	1:06:48.25	Hardy Lussier	2016
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	1:17:18.65	Dan Kirkland	2019
M75-79	1:22:04.17	Dave Radcliff	2009
M80-84	1:26:30.78	Dave Radcliff	2014
M85-89	1:48:25.09	Dave Radcliff	2019

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+			