

# Oregon Postal 3000-Yard Records

(as of November 15, 2009)

## 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	36:48.71	Arlene Delmage	2006
W45-49	36:24.90	Arlene Delmage	2009
W50-54	37:58.48	Mary Sweat	2007
W55-59	43:51.76	Elizabeth Budd	2009
W60-64	45:00.11	Barbara Frid	2004
W65-69	49:44.99	Sue Calnek-Morris	2009
W70-74			
W75-79	1:11:07.00	Nina Gee	2008
W80-84			

## 3000-Yard Swim: Men's Individual Records

<u>Age Group</u>	<u>Time</u>	<u>Swimmer</u>	<u>Year</u>
M18-24	43:22.99	Will Steinhauff	2008
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	35:23.53	Steve Johnson	1996
M50-54	35:55.41	Steve Johnson	2002
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	1:12:51.02	Ray Allen	2007

## 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+	1:54:48.10	Mary Sweat, Karen Matson, Arlene Delmage	2009
W55+	2:24:52.05	Ginny Saunders, Joanna Summers, Elizabeth Budd	2009
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+	2:16:43.17	Tom Shuman, Will Steinhauff, Keith Dow	2008
M25+	1:50:28.29	Rob Higley, Eric Askerman, Greg Jablonski	2000
M35+	1:47:07.09	Dave Cloninger, Doug Asbury, Tim Nelson	2006
M45+	1:50:35.55	Doug Otto, David Hathaway, Pat Allender	2009
M55+	1:52:17.92	Bob Bruce, Charlie Swanson, Steve Johnson	2009
M65+	2:03:34.35	Ralph Mohr, Dave Radcliff, Tom Landis	2008

## 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+	2:26:01.08	Karen Matson, Arlene Delmage, Dave Cloninger, Tim Nelson	2006
Mx45+	2:27:43.66	Karen Matson, Arlene Delmage, David Hathaway, Pat Allender	2009
Mx55+	2:43:41.54	Jeanna Summers, Elizabeth Budd, Charlie Swanson, Steve Johnson	2009
Mx65+	3:09:45.27	Lynda Christiansen, Sue Calnek-Morris, Tom Landis, Dave Radcliff	2009