

## Oregon Postal 5-Kilometer Swim Records (as of September 15, 2011)

### 5-Kilometer Swim: Women's Individual Records

<u>Age Group</u>	<u>Time</u>	<u>Swimmer</u>	<u>Year</u>
W18-24	1:18:38.05	Gina Dhom	2002
W25-29	1:06:16.42	Sara Quan	2001
W30-34	1:06:20.56	Sara Quan	2003
W35-39	1:16:53.63	Jayna Tomac	2011
W40-44	1:11:10.99	Arlene Delmage	2007
W45-49	1:11:00.62	Arlene Delmage	2008
W50-54	1:11:38.54	Mary Sweat	2010
W55-59	1:27:38.00	Elizabeth Budd	2009
W60-64	2:02:15.00	Peggie Hodge	2001
W65-69	1:24:41.82	Lavelle Stoinoff	1998
W70-74			
W75-79	2:57:03.02	Judy Melcher	1999
W80-84	3:01:50.18	Judy Melcher	2000
W85-89			

### 5-Kilometer Swim: Men's Individual Records

<u>Age Group</u>	<u>Time</u>	<u>Swimmer</u>	<u>Year</u>
M18-24	1:25:17.66	John Collins II	2000
M25-29	1:21:25.41	Chris Scheller	2001
M30-34	1:04:18.30	Greg Jablonski	2000
M35-39	1:06:24.19	Greg Jablonski	2006
M40-44	1:09:05.00	Hardy Lussier	2009
M45-49	1:03:04.01	Dennis Baker	2010
M50-54	1:09:45.83	Steve Johnson	2002
M55-59	1:08:37.32	Steve Johnson	2005
M60-64	1:08:35.47	Steve Johnson	2008
M65-69	1:14:28.99	Tom Landis	2008
M70-74	1:16:47.57	Dave Radcliff	2004
M75-79	1:16:36.73	Dave Radcliff	2009
M80-84			
M85-89			

### 5-Kilometer Swim: Women's Relay Records (3 x 5 km)

<u>Age Group</u>	<u>Time</u>	<u>Swimmers</u>	<u>Year</u>
W18+	4:06:26.07	Megan Lassen, Evelyn Pryor, Celeste Morton	2009
W25+	3:34:41.12	Colette Crabbe, Mary Sweat, Sara Quan	2003
W35+	3:53:29.12	Anicia Criscione, Susie Young, Jana Tomac	2011
W45+	3:38:06.97	Arlene Delmage, Karen Matson, Mary Sweat	2010
W55+	4:26:18.51	Madeleine Holmberg, Joanna Summers, Elizabeth Budd	2010
W65+			
W75+			

### 5-Kilometer Swim: Men's Relay Records (3 x 5 km)

<u>Age Group</u>	<u>Time</u>	<u>Swimmers</u>	<u>Year</u>
M18+			
M25+	3:41:47.14	Eric Askerman, Mike Drew, Greg Holles	2000
M35+	3:36:33.78	Tim Waud, Rob Higley, Hardy Lussier	2009
M45+	3:18:51.19	David Hathaway, Hardy Lussier, Dennis Baker	2010
M55+	3:40:54.53	Jed Cronin, Bob Bruce, Steve Johnson	2008
M65+	4:10:33.85	Ralph Mohr, Tom Landis, Dave Radcliff	2010
M75+			

### **5-Kilometer Swim: Mixed Relay Records (4 x 5 km)**

<u>Age Group</u>	<u>Distance</u>	<u>Swimmers</u>	<u>Year</u>
Mx18+	5:08:24.10	Evelyn Pryor, Celeste Morton, Nathan Boal, Kris Calvin	2009
Mx25+	4:52:58.36	Mary Sweat, Stephanie Schultz, Kris Calvin, Nathan Boal	2008
Mx35+	4:46:00.04	Mary Sweat, Kris Calvin, Arlene Delmage, Doug Asbury	2007
Mx45+	4:32:34.54	Karen Matson, Mary Sweat, Hardy Lussier, Dennis Baker	2010
Mx55+	5:31:00.95	Joanna Summers, Elizabeth Budd, Jed Cronin, Bob Bruce	2009
Mx65+			
Mx75+			