

Oregon Postal 5-Kilometer Swim Records

(as of October 1, 2007)

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	1:21:48.03	Joni Young	2001
W40-44	1:11:10.99	Arlene Delmage	2007
W45-49	1:11:22.56	Mary Sweat	2005
W50-54	1:13:21.07	Mary Sweat	2007
W55-59	1:37:19.34	Pam Himstreet	2001
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	1:17:26.91	Rob Higley	2007
M45-49	1:09:37.99	Doug Asbury	2007
M50-54	1:09:45.83	Steve Johnson	2002
M55-59	1:08:37.32	Steve Johnson	2005
M60-64	1:14:51.62	Tom Landis	2002
M65-69	1:14:55.99	Tom Landis	2007
M70-74	1:16:47.57	Dave Radcliff	2004
M75-79			

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+			
W25+	3:34:41.12	Colette Crabbe, Mary Sweat, Sara Quan	2003
W35+	3:57:25.48	Kristin Brooks, Joni Young, Mary Sweat	2002
W45+	4:13:01.39	Pat Rogers, Madeleine Holmberg, Mary Sweat	2006
W55+	5:31:00.84	Peggie Hodge, Peggy Whiter, Pam Himstreet	2001
W65+			

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+	3:52:18.89	Bob Bruce, Rob Higley, Mike Tennant	2007
M45+	3:36:95.97	Eric Steinhauff, Kris Calvin, Doug Asbury	2007
M55+	3:41:29.07	Tom Landis, Bob Bruce, Steve Johnson	2003
M65+	4:17:45.20	Brent Lake, Dave Radcliff, Tom Landis	2007

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

<u>Age Group</u>	<u>Distance</u>	<u>Swimmers</u>	<u>Year</u>
Mx18+			

Mx25+	4:55:45.96	Barb Harris, Dave Radcliff, Rob Higley, Sara Quan	2003
Mx35+	4:46:00.04	Mary Sweat, Kris Calvin, Arlene Delmage, Doug Asbury	2007
Mx45+	4:51:31.75	Colette Crabbe, Bob Bruce, Mary Sweat, Steve Johnson	2003
Mx55+	6:18:19.77	Peggy Whiter, Pam Himstreet, Brent Lake, Dave Radcliff	2001
Mx65+			