

Oregon Postal 6000-Yard Records

(as of November 15, 2011)

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	1:21:18.00	Susie Young	2006
W40-44	1:16:42.00	Karen Matson	2005
W45-49	1:16:27.58	Arlene Delmage	2009
W50-54	1:17:20.57	Mary Sweat	2011
W55-59	1:31:54.99	Elizabeth Budd	2009
W60-64	1:52:24.99	Tam Jenkins	2009
W65-69	2:09:21.09	Esther Ellis	2010
W70-74			
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	Matthew Miller	2011
M35-39	1:14:41.37	Rob Higley	2003
M40-44	1:14:22.99	Tim Nelson	2007
M45-49	1:08:47.99	Hardy Lussier	2011
M50-54	1:14:59.06	Steve Johnson	2002
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	2:32:46.01	Ray Allen	2006

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+	3:58:29.95	Arlene Delmage, Mary Sweat, Karen Matson	2007
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, Matthew Miller	2011
M35+	3:50:09.17	Bob Bruce, David Hathaway, Rob Higley	2009
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+	4:28:34.05	Brent Lake, Dave Radcliff, Tom Landis	2008

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+	5:08:57.45	Karen Matson, Arlene Delmage, David Hathaway, Rob Higley	2009
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+			