

Oregon Postal 6000-Yard Records

(as of November 15, 2007)

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	1:16:52.16	Mary Sweat	2006
W50-54	1:18:57.75	Mary Sweat	2007
W55-59	1:44:57.00	Pam Himstreet	2001
W60-64	2:03:28.50	Peggy Whiter	2003
W65-69			
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	1:21:38.96	Bill Volckening	1998
M35-39	1:14:41.37	Rob Higley	2003
M40-44	1:14:22.99	Tim Nelson	2007
M45-49	1:11:30.51	Steve Johnson	1993
M50-54	1:14:59.06	Steve Johnson	2002
M55-59	1:11:57.72	Steve Johnson	2005
M60-64	1:25:23.65	Tom Landis	2003
M65-69	1:26:15.52	Dave Radcliff	2002
M70-74	1:22:05.75	Dave Radcliff	2006
M75-79	2:19:04.05	Ray Allen	2002
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+	5:01:45.87	Jani Sutherland, Pam Himstreet, Deb Gregoire	2001
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+			
M35+	3:52:38.97	Bob Bruce, Rob Higley, Tim Nelson	2007
M45+	4:08:43.45	Brent Lake, Bob Bruce, Steve Johnson	2001
M55+	3:55:37.04	Tom Landis, Bob Bruce, Steve Johnson	2003
M65+	4:36:39.80	Brent Lake, Ralph Mohr, Dave Radcliff	2007

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+	5:10:50.18	Arlene Delmage, Karen Matson, Rob Higley, Tim Nelson	2007
Mx45+	5:50:10.20	Pam Himstreet, Deb Gregoire, Bob Bruce, Steve Johnson	2001
Mx55+			
Mx65+			