

Oregon Postal 3000-Yard Records (as of November 15, 2023)

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	34:50.40	Alexis Higlett	2020
W40-44	35:02.88	Sara Nelson	2016
W45-49	36:24.90	Arlene Delmage	2009
W50-54	37:14.80	Mary Sweat	2011
W55-59	37:35.18	Mary Sweat	2013
W60-64	38:52.36	Colette Crabbe	2016
W65-69	39:57.34	Colette Crabbe	2021
W70-74	56:20.00	Pat Sherman	2016
W75-79	55:34.99	Janet Gettling	2023
W80-84	1:12:15.24	Pat Hunt	2011

3000-Yard Swim: Men's Individual Records

<u>Age Group</u>	<u>Time</u>	<u>Swimmer</u>	<u>Year</u>
M18-24	37:17.48	Travis Smith	2013
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	33:45.56	Matt Miller	2017
M45-49	32:36.99	Hardy Lussier	2012
M50-54	32:09.06	Hardy Lussier	2016
M55-59	33:37.02	Hardy Lussier	2022
M60-64	35:47.04	Steve Johnson	2008
M65-69	38:25.89	Tom Landis	2007
M70-74	37:16.82	Dan Kirkland	2019
M75-79	38:22.14	Dan Kirkland	2023
M80-84	42:00.08	Dave Radcliff	2014
M85-89	50:36.23	Dave Radcliff	2019
M90-94	1:01:08.36	Willard Lamb	2015
M95-99	1:04:02.08	Willard Lamb	2017

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+	1:52:03.60	Mary Sweat, Holly Vaughn-Edmonds, Arlene Delmage	2010
W55+	2:00:55.11	Jayette Pettit, Arlene Delmage, Valerie Jenkins	2022
W65+	2:39:12.04	Judy Ziemer, Jeanna Summers, Colette Crabbe	2022
W75+	3:16:03.30	Judy Ziemer, Ginger Pierson, Janet Gettling	2023

3000-Yard Swim: Men's Relay Records (3 x 3000)

<u>Age Group</u>	<u>Time</u>	<u>Swimmers</u>	<u>Year</u>
M18+	1:53:49.86	Tim Nelson, Mark Frost, Travis Smith	2013
M25+	1:50:28.29	Rob Higley, Eric Askerman, Greg Jablonski	2000
M35+	1:41:07.59	Matt Miller, Scot Sullivan, Hardy Lussier	2018
M45+	1:45:32.30	Kris Calvin, Darrin Lajoie, Hardy Lussier	2011
M55+	1:46:18.69	Dan Kirkland, Scot Sullivan, Hardy Lussier	2021
M65+	2:02:13.19	Bob Bruce, Tom Landis, Steve Johnson	2013

M75+ 2:10:55.86 Steve Johnson, Bob Bruce, Dan Kirkland 2023

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+	2:22:59.30	Suzy Jajewski, Sara Nelson, Matt Miller, Hardy Lussier	2016
Mx45+	2:23:57.10	Holly Vaughn-Edmonds, Arlene Delmage, David Hathaway, Hardy Lussier	2009
Mx55+	2:31:50.86	Arlene Delmage, Valerie Jenkins, Dan Kirkland, Hardy Lussier	2022
Mx65+	2:45:12.04	Jeanna Summers, Colette Crabbe, Jeff Piette, Dan Kirkland	2021
Mx75+	3:24:03.99	Ginger Pierson, Janet Gettling, Bob Bruce, Dan Kirkland	2023