



**Dr. Caroline Block, Honor Swimmer, United States of America, 2022**



Personal Website (None known)

**Dr. Caroline Block** has completed record swims: longest distance, fastest, first ever, earliest and coldest marathons in lakes and oceans. Having earned the title of “Queen of the North Channel” with 4 successful crossings, more impressively she is also the only swimmer to twice attempt 2-way swims. While not completing the 2nd leg, in both cases her elapsed time in the water exceeded 25 hours.

Caroline has also broken barriers in the Santa Barbara Channel: Santa Rosa Island to Goleta 44.3 km and Oxnard to Santa Cruz Island 30.6 km – the 1<sup>st</sup> woman to complete these crossings. In fresh water, she is the only swimmer to have completed (or even attempted) a 2-way Lake George swim. This 103.6 km swim took more than 52 hours and set the distance record for a multi-segment lake swim.

As a deaf swimmer, she has often had to fight for access to the same basic information as other swimmers in group events - swim logistics, safety information, announcements, and last minute instructions - a struggle that has both tilted her swim resume toward varied long and difficult solo challenges, and inspired her to advocate for greater inclusion in the sport.

[Expanded Biography \(Openwaterpedia\)](#)

[Long Swims Database \(Marathon Swimmers Federation\)](#)