



Carol Sing, Honor Swimmer, United States of America, 2000



Personal Website (None known)

Carol Sing became the oldest woman in history, at age 55, to swim the Catalina Channel when she crossed in 10 hours 38 minutes in 1997. She also completed the 48 km (28.5-mile) Manhattan Island Marathon Swim in 8 hours and 46 minutes in 1998 and in 9 hours and 16 minutes in 2001. The Triple Crown was achieved with an English Channel crossing in 1999 in 12 hours and 32 minutes. Carol completed Coronado Around the Island (17.7 km) three times, Strait of Gibraltar, Maui Channel and Pennock Island. She is also a long-time Catalina Channel Swimming Federation committee member.

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

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