



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



Videos: [Interview 1](#) [Swim 1](#)

Dr. Caroline Block completed several first ever swims: 2-way 103.6 km Lake George swim in 52 hours and 25 minutes *I can't see this ??set the distance record for a multi-segment lake swim

; 1st female Santa Rosa Island to Goleta 44.3 km and Oxnard to Santa Cruz Island 30.6; and first swimmer to twice attempt 2-way crossings of the North Channel.

Most SB channel swims?

longest distance, fastest, earliest and coldest marathons - ??

She earned the title of "Queen of the North Channel" with her 4th crossings in 2019 which stood in 2022 (and beyond). Other marathon swims include: English Channel; Finger Lakes 51.8 km; 1-way Lake George; Manhattan; DC marathon swim 33 km; Three Rivers 30km; and Swim the Suck 16.6 km.

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 \(Marathon Swimmers Federation\)](#)