



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



Videos: [Interview 1](#) [Swim 1](#) [Swim 2 at 9:13](#)

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 – the record held until 2010. She completed the 45.9 km Around Manhattan Island 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 3 times; Strait of Gibraltar; and Maui Channel. She served as a Catalina Channel Swimming Federation committee member from 2002 to 2022.

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

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