



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 in 1997, at age 55, to swim the Catalina Channel when she crossed in 10 hours 38 minutes in 1997 – the record held until 2010. She became the oldest female to cross the English Channel at age 57.9 in 1999 – the record held until 2006. 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 – both female records for the oldest at 56 and 59 – which held until 2018. 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.

Carol received the Dale Petranek Award for Service to the International Marathon Swimming Hall of Fame in 2025.

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

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