

FULL 2018 PAN PACIFIC CHAMPIONSHIPS COVERAGE INSIDE

SWIMWEEKLY

AUGUST 2018 • VOL 4 • ISSUE 16

TWITTER - @SWIMMINGWORLD
INSTAGRAM - @SWIMMINGWORLD MAG



GREAT CATE

CATE CAMPBELL AND AUSTRALIA SHINE AT 2018 PAN PACIFIC CHAMPIONSHIPS

OLYMPIC MEDALISTS
HALI FLICKINGER
MISSY FRANKLIN

speedo

T AI I SPEEDO
I I SPEEDO

DRIPPING IN GOLD
#TEAMSPEEDO



PROUD
PARTNER



SUIT: ENERGY VOLT FLYBACK

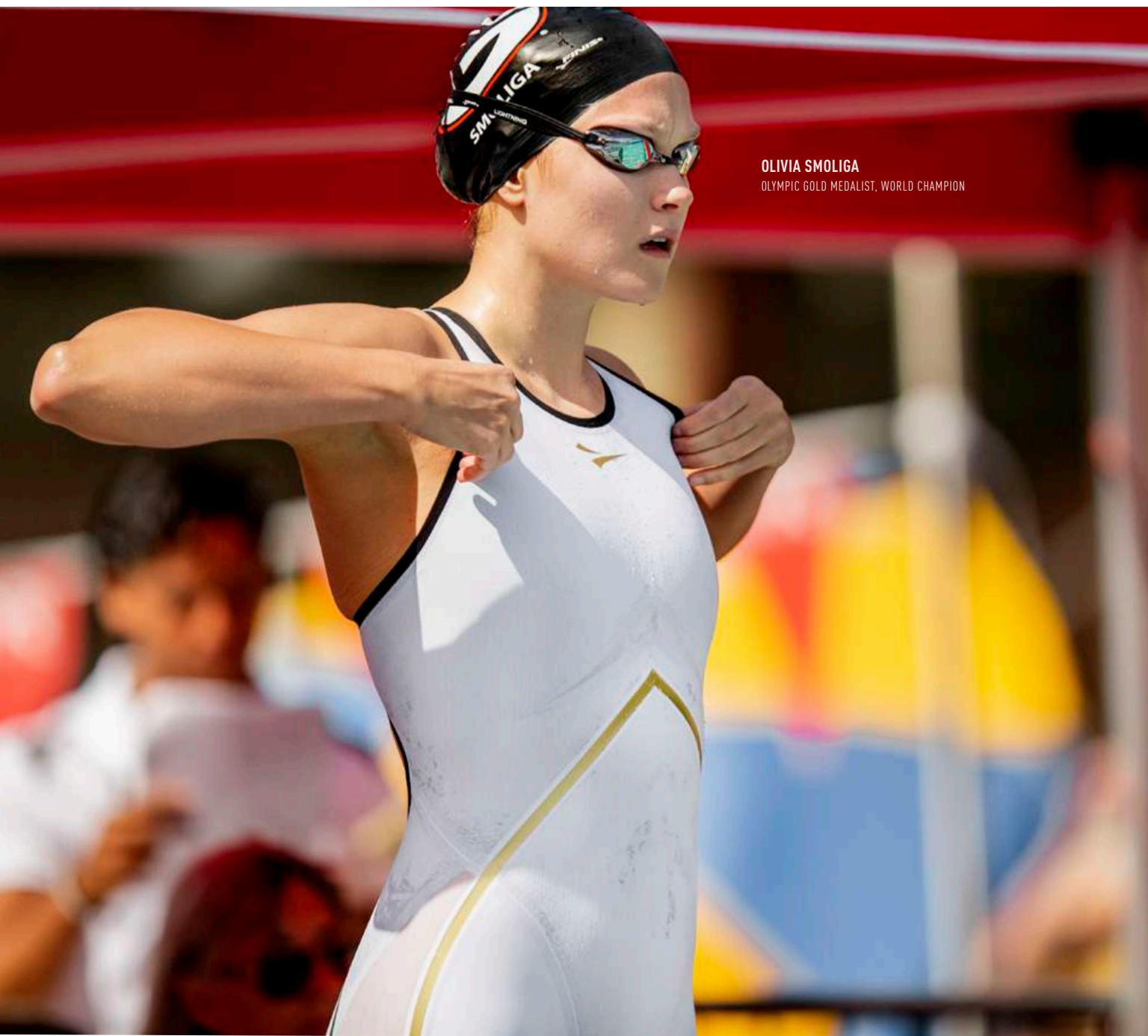
DISCOVER MORE AT [SPEEDOUSA.COM](https://www.speedousa.com)

Speedo and > are registered trademarks of and used under license from Speedo International Limited

NEW!

RIVAL

ELITE TECHNICAL RACING SUIT



OLIVIA SMOLIGA

OLYMPIC GOLD MEDALIST, WORLD CHAMPION



Discover more at FINISswim.com

FINIS®
simplify swimming

FEATURES

010 TEAM USA BRINGS HOME 65 MEDALS FROM PAN PACIFIC PARA SWIMMING CHAMPIONSHIPS

Team USA, comprised of 15 women and five men, put on a show in Cairns, Australia, Aug. 9-13, at the 2018 Pan Pacific Para Swimming Championships.

011 JOSEPH SCHOOLING PLANNING FOR TWO MORE OLYMPICS, WILL HANG UP GOGGLES IN 2024

Speaking in advance of the 2018 Asian Games, Olympic gold medalist Joseph Schooling of Singapore revealed that he intends to swim professionally through 2024.

012 ON THE RECORD WITH RICARDO AZEVEDO, FORMER U.S. HEAD COACH, NOW ADVISING BRAZILIAN WATER POLO

by Michael Randazzo

Ricardo Azevedo Sr. responded by email to a series of questions about his work with Confederação Brasileira De Desportos Aquáticos, which oversees the sport in Brazil; the continued impact his son, Tony, has on the sport; and water polo's prospects for success in America and beyond.

014 ON THE RECORD WITH RATKO RUDIC, LEGENDARY WATER POLO COACH

by Michael Randazzo

Ratko Rudic, arguably the most successful water polo coach in the history of the sport, recently surprised polo observers the world over when he came out of retirement to assume the coaching reigns at Pro Recco. Recently, Rudic took time for a Q and A with Swimming World Magazine.

016 FERRY WEERTMAN WINS RCP TIBURON MILE AHEAD OF HERON, VARGAS, GROTHE, TWICHELL

by Dan D'Addona

The Netherlands' Ferry Weertman, the 2016 Olympic gold medalist in the 10K open water marathon and fresh off a victory in the same event at the 2018 European Championships, finished first in the elite group of the RCP Tiburon Mile, an open water ocean race in the San Francisco Bay.

017 SPEEDO ANNOUNCES PARTNERSHIP WITH WORLD RECORD HOLDER KATHLEEN BAKER

by Diana Pimer

Days after Kathleen Baker announced that she would forego her senior year at Cal and would begin the start of her professional career, Speedo USA added the Olympic gold medalist and world record holder to its team of sponsored professional athletes.

018 DAGNY KNUTSON VERDICT IN FRAUD CASE AGAINST ATTORNEY UPHeld BY APPEALS COURT

by Dan D'Addona

Swimmer Dagny Knutson saw a verdict reinstated by a California appeals court recently in her fraud case against attorney Richard Foster.

019 PRINCETON NAMES LITVAK AND ELLINGSON NEW WATER POLO COACHES

by Michael Randazzo

Dustin Litvak, formerly an assistant coach at UCLA, has been named head coach of the Princeton Men's Water Polo team. Derek Ellingson was promoted to head coach of the women's team.

020 THE ALL-CITY SWIM MEET: OVER 50 YEARS OF HISTORY AND TRADITION

by Daniela Navarette

For more than 50 years, the summer swimming league known as the All-City Swim and Dive has been providing a fun, dynamic experience in healthy competition and sportsmanship for the youth from the Madison, Wis. area.

023 CAELEB DRESSEL HURT IN MOTORCYCLE ACCIDENT IN JUNE, ALMOST MISSED NATIONALS

by David Rieder

Superstar Caeleb Dressel suffered injuries from a motorcycle accident that had him thinking he might not be able to compete at this summer's nationals. Had he missed the meet, he would have also missed his chance to compete at Pan Pacs or any international meet in 2019, including the World Championships.

024 2018 PAN PACIFIC CHAMPIONSHIPS—FULL FINALS RECAP

by Andy Ross and Dan D'Addona

Full event-by-event coverage of all the pool and open water swimming events, Aug. 9-14, from Tokyo, Japan.

040 CATE CAMPBELL HAS HER SIGNATURE PERFORMANCE AT PAN PACS

by David Rieder

When Australia's Cate Campbell failed to capture the crown she wanted most in Rio—an individual Olympic gold medal—the three-time Olympian questioned her love for the sport and all the effort she had put in over her career. She skipped last summer's World Championships, but returned to the pool in stunning fashion, leaving Tokyo as the most decorated swimmer of the meet with five gold medals.

042 WHAT'S SO FRUSTRATING FOR KATIE LEDECKY?

by David Rieder

Before this year, Katie Ledecky had never NOT swum her season-best times at the end-of-season international meet. But at Pan Pacs, she swam slower than her season bests twice (800 and 200 freestyles) on the first day of the meet. "It's all about the process," she admits, "and I know that I have two more years to go until the big show here in Tokyo."

043 LEDECKY GIVES SWIM LESSONS IN TOKYO AS PART OF U.S. EMBASSY PROGRAM

by James Sica

After winning five medals at Pan Pacs, Katie Ledecky stayed in Tokyo to give back to the sport, providing swimming lessons to 100 elementary and junior high school-aged swimmers and answering questions about her career. The lessons were part of the U.S. Embassy's "Go for Gold" initiative, which brings American athletes and diplomats to participating schools in Japan.



PUBLISHING, CIRCULATION AND ACCOUNTING

www.SwimmingWorldMagazine.com

Publisher, CEO - Brent T. Rutemiller
BrentR@SwimmingWorld.com

Operations Manager - Laurie Marchwinski
LaurieM@ishof.org

Assistant Operations Manager - Taylor Brien
TaylorB@SwimmingWorld.com

Circulation/Membership - Ivonne Schmid
ISchmid@ishof.org

Accounting - Marcia Meiners
Marcia@ishof.org

EDITORIAL, PRODUCTION, MERCHANDISING, MARKETING AND ADVERTISING OFFICE

2744 East Glenrosa Avenue, Phoenix, AZ 85016

Toll Free: 800-511-3029

Phone: 602-522-0778 • Fax: 602-522-0744

www.SwimmingWorldMagazine.com

EDITORIAL AND PRODUCTION

Editorial@SwimmingWorld.com

Senior Editor - Bob Ingram
BobI@SwimmingWorld.com

Managing Editor - Dan D'Addona
DanD@SwimmingWorld.com

Assistant Managing Editor - Annie Grevers
AnnieG@SwimmingWorld.com

Design Director - Joseph Johnson

Historian - Bruce Wigo

Staff Writers - Michael J. Stott, David Rieder,
Michael Randazzo

Fitness Trainer - J.R. Rosania

Chief Photographer - Peter H. Bick

SwimmingWorldMagazine.com WebMaster:
WebMaster@SwimmingWorld.com

MARKETING AND ADVERTISING

Advertising@SwimmingWorld.com

Marketing Assistant - Meg Keller-Marvin
Meg@SwimmingWorld.com

INTERNATIONAL CORRESPONDENTS

Africa: Chaker Belhadji (TUN)

Australia: Wayne Goldsmith, Ian Hanson
Europe: Norbert Agh (HUN), Camilo Cametti (ITA),
Oene Rusticus (NED), Rokur Jakupsstovu (FAR)

Japan: Hideki Mochizuki

Middle East: Baruch "Buky" Chass, Ph.D. (ISR)

South Africa: Neville Smith (RSA)

South America: Jorge Aguado (ARG)

PHOTOGRAPHERS/SWTV

David Rieder (SWTV Host)

davidr@swimmingworld.com

Joe Johnson (SWTV Producer)

Peter H. Bick, USA Today Sports Images,
Reuters, Getty Images

A side-profile photograph of swimmer Katie Ledecky. She is wearing a dark blue swim cap with a small American flag and the name 'LEDECKY' in white. She is also wearing black swim goggles. Her swimsuit is a vibrant, multi-colored geometric pattern. The background is a dark, textured American flag with stars and stripes.

TYR®

ALWAYS IN FRONT

CHOOSE
TO WIN

KATIE LEDECKY

5X OLYMPIC GOLD MEDALIST,
14X WORLD CHAMPION,
14X WORLD RECORD BREAKER

#TYRxLEDECKY



agonswim.com

1.877.718.9403

INFO@AGONSWIM.COM



**FIRST IN QUALITY
FIRST IN DELIVERY
FIRST IN CUSTOM**

BE AUTHENTIC

Introducing **arena Icons**:
Heritage sportswear brought
unaltered to the present.

For people that dared to be
truly authentic.

AVAILABLE IN-STORE AND ONLINE AT
ARENAWATERINSTINCT.COM



Celebrate

The Merger Of The International Swimming Hall of Fame
With Swimming World Magazine



Become A Member Today

\$100



INDIVIDUAL MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- *Swimming World Magazine*

[Join Now](#)

\$500



LEGACY MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- ISHOF Embroidered Polo Shirt
- *Swimming World Magazine*

[Join Now](#)

\$250



FAMILY MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- ISHOF T-Shirt Supporting Your Sport
- *Swimming World Magazine*

[Join Now](#)

\$1000



CORPORATE MEMBERSHIP

- Basic Member Benefits
- ISHOF Pin & Vintage ISHOF Patch Limited Collectors Edition
- ISHOF Embroidered Jacket
- *Swimming World Magazine*

[Join Now](#)

BASIC MEMBER BENEFITS

STAY CONNECTED

- Monthly Member ISHOF e Newsletter
- Annual Yearbook With Your Name Listed
- 12 Month *Swimming World Magazine* Subscription

MEMBER DISCOUNTS

- Discounted Ticket Price At ISHOF Events And Ceremony
- 10% OFF At The Museum/Swim Shop



- ☐ Individual Membership..... \$100
- ☐ Family Membership.....\$250
- ☐ Legacy Membership.....\$500
- ☐ Corporate Membership..... \$1000
- ☐ T-shirt/Polo/Jacket Size - ☐ S ☐ M ☐ L ☐ XL ☐ XXL
- ☐ T-Shirt Sport - ☐ Swim ☐ Dive ☐ Synchro ☐ H2O Polo
- ☐ I also want to make a tax-deductible donor contribution in the amount of \$ _____ [Donate Now](#)
- ☐ Donation In Honor of My Coach-Name: _____

Return completed form with payment to:
ISHOF, One Hall of Fame Drive, Fort Lauderdale, FL 33316
p (954)462-6536 / f (954)525-4031
or pay through our store at www.ishof.org

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Payment (Check one): ☐ Check ☐ Visa ☐ MC ☐ AmEx ☐ Discover

Enclosed is my check to ISHOF for a total of \$ _____

Please charge my credit card for a total of \$ _____

Acc't# _____

Exp. Date _____ Card Code _____

Signature _____

Contributions to the International Swimming Hall of Fame, a tax-exempt organization under section 501c3 of the Internal Revenue Code, are deductible for computing income and estate taxes.

FALL | WINTER 2019

NOW AVAILABLE AT

www.dolphinswimwear.com

GRAPHLITE SERIES
ROGUE: V BACK



DOLFIN[®]



>> BECCA MEYERS

TEAM USA BRINGS HOME 65 MEDALS FROM PAN PACIFIC PARA SWIMMING CHAMPIONSHIPS

Team USA put on a show in Cairns, Australia, for the 2018 Pan Pacific Para Swimming Championships, which was held Aug. 9-13. The team, comprised of 15 women and five men, took home 65 medals, including 33 gold, 19 silver and 13 bronze.

Becca Meyers (Baltimore, Maryland) kicked off the first day of competition in record-setting fashion, swimming to a new world record in the S12 400-meter freestyle. She finished the race in a time of 4:24.30 to win the gold medal. To complete a full sweep of her events, Meyers also won gold in the 100 breaststroke, 100 freestyle, 200 individual medley and the 100 butterfly.

The team's performance was highlighted by Sophia Herzog (Fairplay, Colorado) who won gold in all six events she entered despite having knee surgery in April. She swam to first-place finishes in the 100 backstroke, 400 free, 100 breast, 200 IM, 50 fly and 50 free.

Julia Gaffney (Mayflower, Arkansas) and McClain Hermes (Dacula, Georgia) each return home with six medals, while

Jessica Long (Baltimore, Maryland) and Robert Griswold (Freehold, New Jersey) earned five medals at the Pan Pacific Para Swimming Championships.

Five Team USA athletes swam to four medals: McKenzie Coan (Clarksville, Georgia), Ahalya Lettenberger (Glen Ellyn, Illinois), Lizzi Smith (Muncie, Indiana), Leanne Smith (Beverly, Massachusetts) and Colleen Young (St. Louis, Missouri).

The meet featured athletes from the U.S., Australia, Brazil, Canada, Costa Rica, Japan and Singapore. Full results from the meet can be found [here](#).

Next up for Team USA is the California Classic in Yucaipa, California, from Sept. 15-16, followed by the Fred Lamback Disability Meet in Augusta, Georgia, from Oct. 20-21. The U.S. Paralympics Swimming National Championships will be held Dec. 14-16 in Tucson, Arizona. ◀

The above press release was posted by Swimming World in conjunction with the United States Olympic Committee.



JOSEPH SCHOOLING PLANNING FOR TWO MORE OLYMPICS, WILL HANG UP GOGGLES IN 2024

In an article that originally appeared on [todayonline.com](#), Olympic gold medalist Joseph Schooling revealed for the first time he intends to swim professionally through 2024, when he will likely hang up his goggles.

Speaking in advance of the 2018 Asian Games, which are currently underway, Schooling emphasized moving past his Olympic gold from Rio as he looked toward his new life as a pro athlete: “Rio changed my life, but I like to live in the present... I want to swim until 2024, I don’t think I want to swim past 2024 right now.”

The 23-year-old also acknowledged his less than stellar 2017 and 2018 was “much needed,” giving him perspective to get back on track with his focus and training:

“Last year was an interesting year, it was much needed, but this year we’re right back on track and you don’t really think about medals, you think about racing yourself. I come into this week trying to race myself, trying to race my expectations and that’s all I can focus on.”

In the two years following his Olympic gold medal he failed to repeat as NCAA Champion in the 100 and 200 butterfly. He was dethroned by Caeleb Dressel the last two years in the 100 and failed to score in the 200 both years. Schooling is the defending Asian Games Champion in the 100 butterfly, which he won in 2014 in 51.76, and also picked up a silver in the 50 butterfly and a bronze in the 200 butterfly at those Games. Schooling had stated earlier this year that he may be dropping the 200 butterfly from his international event schedule, and he did not swim that event on the first day in Jakarta.

The Singapore native, who signed with Speedo earlier this year after graduating from the University of Texas, is entered in five events this week at the Asian Games: the 50m freestyle, 50m and 100m butterfly, men’s 4x100m freestyle relay, and 4x100m medley relay. He recently just picked up a bronze in the 4x200 free relay for Singapore. ◀

TodayOnline contributed to this report.



ON THE RECORD WITH RICARDO AZEVEDO, FORMER U.S. HEAD COACH, NOW ADVISING BRAZILIAN WATER POLO

BY MICHAEL RANDAZZO

The recent UANA Pan American Junior Water Polo Championship in Clearwater, Florida was an enlightening experience, underscoring as it did just how seriously select teams from both North and South America take their water polo at all levels. In particular, Brazil's boys and girls teams performed exceptionally well and can be expected to provide deep reservoirs of talent as their senior teams look to qualify for the 2020 Tokyo Olympics.

Brazil's success at UANA—they captured gold over the U.S. for the boys' title and finished with silver in the girls' competition—will come as no surprise to polo watchers. Drilling their junior teams was Ricardo Azevedo, who has coached a number of powerhouses, including the U.S. and China's men's senior national teams. Azevedo is now a consultant to Confederação Brasileira De Desportos Aquáticos, which oversees the sport in Brazil. He's as well known for his coaching prowess as he is for siring Tony Azevedo, arguably the greatest polo player America has ever turned out.

Swimming World met up with Azevedo senior during the UANA Cup; he recently responded by email to a series of questions about his work with CBDA, the continued impact his son has on the sport and water polo's prospects for success in America and beyond.

You've been involved in the sport for decades as a coach, a player, an administrator and as a parent. What is your assessment of the current health of water polo worldwide?

I have been involved for 51 years, and during that time I have seen many changes in the game but also in the way that the world views the sport. Since 1989, when professionals were allowed to participate, the sport has become more global, [with] growth from a cult sport to a professional one.

As for today, the sport is flourishing in Europe but [with] modest growth in the rest of the world. [The] lack of participation at main events has hurt development; as an example, in the last Olympic Games there were seven teams



from Europe and five from the rest of the world. Fortunately, FINA has taken a stand to help development in all continents to assure the [continued] health of the sport.

How are you currently involved in polo?

After the Olympics in 2016, I started a consulting business that took me around the world. One of these places was Brazil; this offered me a chance to come back home and work as a Technical Director and coordinator nationally of the sport and [with the] national teams.

For years you've known—and worked with—Ratko Rudic, who at 70 has come out of retirement to take over Pro Recco.

Ratko is a brilliant sportsman who can adjust to any situation. But, like anything in life, training national teams is very different than clubs. In this case, Pro Recco is like a national team.

Your son is arguably the greatest polo player in the long history of American polo. Why might his contributions outside of the pool be more important to growing the sport than what he did competing for Team USA?

I am very proud of Tony for his contributions outside the pool. He has stayed humble and [is] careful to understand that the dignity of the sport must be observed—and as a player he has always given 100%.

But he's never forgotten what the sport has done for him. It's marketing [for water polo] that we have to work on, and Tony is doing just that.

Speaking of which, you and Tony are Brazilians! How might the course of Olympic—and Azevedo family—history have been changed if he had forsaken the red white and blue for the blue, green and gold of Brazil?

My family has a long history in sports—even Olympic participation prior of coming to U.S.—but there is no doubt that exposure, education and the possibility of competing at a high level has given both of us a boost. Team USA has an

excellent program for student athletes that is second to none. In Brazil you have to choose one or another.

There's much discussion about how to fix the games – rules changes, marketing campaigns, investment in new areas. What do you think needs to be improved?

At every Olympic and [FINA] world event, the games sell out. Our problem is that we need to create events—not competitions—that are global. Without any disrespect, a final between Serbia and Montenegro is not going to have high television ratings or impact financially. If the sport is global with markets on every continent, in every type of culture, the growth will come.

You know US water polo as well as anyone on the planet. Now that a new crop of players is in the pipeline for the national team, how do you see the American men performing in the run-up to the 2020 Tokyo Olympics?

[The] U.S. is always pipelining its players; our biggest challenge is keeping our athletes playing after college. Successful teams have three- or four-time Olympians; in U.S. history we have only 29 athletes that have three or more Olympics. Continuity and programs that promote experience and opportunity of playing at a high level will bring success.

[The year] 2020 will be a challenge. We have excellent athletes, but time is short and we need to make up a lot of ground in two years. The Serbian and Spanish teams that played in the finals of the European championships last week had between them 11 players over 30, but they also have seven under 23. This chemistry is what we are missing. In the last four Olympics we have, out of 27 athletes (some are multiple) 12 are one-timers—that's not healthy. We need to go back to strong national programs, championships and clubs.

With Azevedo in charge, *Swimming World* feels certain, Brazil can be counted on to deliver its share of them. ◀



ON THE RECORD WITH RATKO RUDIC, LEGENDARY WATER POLO COACH

BY MICHAEL RANDAZZO

Without a doubt the most successful water polo coach in the history of the sport, Ratko Rudic recently surprised polo observers the world over when he came out of retirement to assume the coaching reigns at Pro Recco, arguably the world's best professional club.

If he never coached another game, Rudic has already achieved more than any water polo coach who ever diagrammed a play. He's led five different countries to the Olympics and won four Olympic golds—Yugoslavia in 1984 and 1988, Italy in 1992, and Croatia in 2012—the pinnacle of a career studded with countless success.

He led the United States to the Athen Games in 2004; even though the Americans did not advance to the medal round, the core of that squad captured silver at the 2008 Olympics in Beijing.

Perhaps Rudic's ultimate success was in the 2016 Olympic

Games in Rio. Coaching the host Brazilian team, he engineered a stunning upset of Serbia in pool play, the Serbians' only stumble on their way to a gold medal.

Now, the peerless coach has a new mission: restore Pro Recco to the top of European water polo.

Why return to coaching?

After my experience with the Brazilian national team, I declared that my coaching career was over. But when the request came from Pro Recco, I accepted almost immediately because Pro Recco is a special club, the most titled in the world, a water polo brand. Being here gives me new energy and motivation.

If I had received a proposal from another club or national, I would have refused. In Recco I felt a beautiful atmosphere and a contagious enthusiasm, decisive factors in my choice.

You've already accomplished more than any water polo coach alive. What do you hope to accomplish in this latest act of your storied career?

I don't like to say it will be the last act, now I don't think about it. It will be exciting to train this group of players and try to give them a way to play interesting and winning. I have won everything, but one thing I miss: the Champions League and this is a great goal for me.

You are famous for the rigorous training system you impose on your players. What changes do you anticipate for the Pro Recco roster as well as the club's style of play?

I'll work to have a team always ready, able to maintain an adequate physical, technical, tactical and psychological level during the entire season. Without a good foundation it is difficult to win. We have a group composed by very fast and technical players, so we can have a faster and more dynamic game. But I believe the style of play depends a lot on the type of refereeing and the criteria with which the fouls are whistled. We will have to be good to adapt.

One of the things you mentioned is the importance of promoting water polo. How will you work with Pro Recco President Maurizio Felugo on this?

President Felugo has clear ideas about the way to promote Pro Recco and water polo. Pro Recco Academy's project captivates young athletes and goes in the right direction: we can implement it further. Then it's certainly important to have a tight relationship with media and to organize the events in such a way that they can interest televisions [coverage] and have a wide diffusion.

It appears that professional prospects as well as salaries for European water polo athletes have stagnated of late. Do you feel that success by leading clubs including Pro Recco, Partizan Belgrade and Szolnok can reverse this negative trend?

This is a delicate aspect depending on club resources and state of the economy. If we continue to make water polo more popular, to make it known in the media, to create a game agreeable for people, then we can have someone who invests more in water polo. If this happens, consequently wages also increase.

In contrast with Europe, the U.S. has seen continued growth in its youth water polo programs but has yet to break into the world's top five men's programs. You are likely still familiar with American polo; what's noteworthy about the current climate there for polo?

There is a large number of water polo players in the United



States, especially in California. Water polo is played in all schools, from elementary to college. The national youth teams have grown a lot, showing an improvement in the results and in the quality of the players.

The university competition is the most interesting, but it lasts for too short a time, three months, then for the rest of the season there is no activity. Athletes don't train like in Europe and this is a limit. When I was in US, as coach of the national team, I organized a sort of Premier League with eight teams – four Americans national teams (two from South, one from North and California) and four blazoned clubs—it was a good experience. I think it's necessary to organize a semi-professional league in which all players can play, even the university ones, for all the season; It can be done with the support of the Federation [USA Water Polo].

Is a professional polo league in North America-which you championed when you led the U.S. Senior Men's Team-an idea whose time will someday come? How important is such a league to the sport's future?

An investment is required: if the resources are found and newspapers and TV are attracted, then I think it becomes a possible thing.

You recently attended the FINA World Water Polo Conference in Budapest. How vital is it to make changes to polo at this time-or is the sport doing fine as it is?

The main aim is to create a water polo development system as requested by the CIO. Water polo must be present on all continents, bringing young people closer to this sport through, for example, the use of new media: the last World Cup in Budapest has been followed by many people via streaming.

Marketing and organization are the aspects on which we must push and improve, on this the FINA conference has focused a lot: it's been a very interesting conference, I've heard great ideas. Then we have to think about creating a clearer water polo for the spectators, with simple rules that everyone can understand: a game therefore faster, more technical and less physical. Some ideas have been proposed, tests will be made before the Olympic Games, but the priority is to work about what happens outside the water. ◀



>> FERRY WEERTMAN

FERRY WEERTMAN WINS RCP TIBURON MILE AHEAD OF HERON, VARGAS, GROTHE, TWICHELL

BY DAN D'ADDONA

Loaded with some of swimming's biggest names in distance — and some who aren't even distance specialists — the 2018 RCP Tiburon Mile had an exciting finish with a big group of elite swimmers competing in the open water ocean race in San Francisco.

Ferry Weertman of the Netherlands, fresh off a victory in open water at the 2018 European Championships, finished first in the elite group in 21:50, finishing just one second ahead of David Heron (21:50) and two seconds ahead of Michigan's Ricardo Vargas (21:52).

Team USA members Zane Grothe and Ashley Twichell each finished at 21:56, giving Twichell the women's victory.

Becca Mann was next at 22:09, followed by a trio of Italians — Rachele Bruni (22:14), Martina Dememme (22:18) and Caroline Jouis (22:46).

Alex Meyer of the U.S. was 10th (23:26).

There were plenty of non-distance and non-open water specialists that competed as well. Sprinting sensation Ranomi Kromowidjojo of the Netherlands competed in the event and finished 20th, clocking a 27:25.

There were also different divisions in the race.

Cristian Twyman won the men's race in 25:56, finishing ahead of Michael Stokes (26:01) and Stephen Root (26:40).

The women's race went to Lizzy Follmer, who finished in 27:12. Jesse Chamberlain was second in 27:57.

Local Morgan Schlesinger won the wet suit race in 25:45 ahead of Jane Esahak-Gage (25:53).◀



SPEEDO ANNOUNCES PARTNERSHIP WITH WORLD RECORD HOLDER KATHLEEN BAKER

BY DIANA PIMER

Speedo USA has announced the addition of two-time Olympic Medalist and World Record holder Kathleen Baker to their team of sponsored professional athletes. The news was announced on August 10 via their Instagram and Twitter handles.

“Swim faster. Set Records. Turn Pro. Welcome to #TeamSpeedo Kathleen Baker,” They said on the posts. Baker has yet to post or make a statement on her new deal. David Marsh, head coach for Team Elite in San Diego commented: “Best suit + Best team =Perfect Choice.” Baker trained with Team Elite leading up to the Phillips 66 National Championships.

The deal comes days after the California Golden Bear announced the start of her professional career, forgoing her final year of NCAA collegiate competition. Five days before

this, she set a new World Record in the 100 meter backstroke at the Phillips 66 National Championships. Her run at Nationals also included a title in the 200 backstroke and a new U.S. Open Record in the 200 IM.

Most recently, Baker earned two bronze medals at the 2018 Pan Pacific Championships in Tokyo taking place August 9-14. She led off the Americans on the mixed 4 x 100 medley relay, swam a 58.83 in the individual event, and is slated to race the 200 backstroke and women’s 4 x 100 medley relay later this weekend.

Speedo has also re-signed European Champion Duncan Scott and inked a new deal with Olympic and World Champion Caeleb Dressel in the last four weeks. ◀



DAGNY KNUTSON VERDICT IN FRAUD CASE AGAINST ATTORNEY UPHeld BY APPEALS COURT

BY DAN D'ADDONA

Dagny Knutson saw a verdict reinstated by a California appeals court on Wednesday in her fraud case against attorney Richard Foster, the *Orange County Register* reported.

A three-judge panel for the California Court of Appeals 4th Appellate District ruled that Orange County Superior Judge Theodore R. Howard's decision to grant Foster a new trial was based on "erroneous legal theories," the Register reported.

In 2016, an Orange County Superior Court jury awarded Knutson \$647,800 for breach of fiduciary duty by Foster.

The appeals court Wednesday reinstated the damages.

The original suit claimed that Mark Schubert, USA Swimming National Team Director at the time, made a deal with Knutson to support her national team training at a newly established National Center of Excellence in Southern

California. However, Schubert was placed on leave by USA Swimming two months into the program and was eventually terminated.

Knutson was then told by USA Swimming officials that only part of the agreement would be honored.

Knutson, encouraged by Foster, accepted a financial agreement with USA Swimming that was worth less than the original Schubert deal.

The jury returned a verdict that said Foster willfully concealed information while advising her to accept a financial settlement with USA Swimming. Discovery documents revealed confidential, behind the scene discussions with Foster and Chuck Wielgus, Executive Director for USA Swimming, that helped convince the jury that Foster was not representing Knutson's best interests. ◀



[PHOTO COURTESY: PRINCETON ATHLETICS]

PRINCETON NAMES LITVAK AND ELLINGSON NEW WATER POLO COACHES

BY MICHAEL RANDAZZO

In a change that has been highly anticipated since former head coach Luis Nicolao abruptly departed last January, Mollie Marcoux Samaan, Princeton's Director of Athletics, announced yesterday that Dustin Litvak, formerly an assistant coach at UCLA, has been named head coach of the Princeton Men's Water Polo team. Derek Ellingson, who for the past 14 years had been Nicolao's top assistant for the Tiger men and women, was promoted to head coach of the Princeton Women's Water Polo squad.

Complicating the change was assigning coaching responsibilities to two separate candidates—for two decades Nicolao ran both programs—and Ellingson's long, successful tenure at Princeton. As Nicolao's assistant, Ellingson was intimately involved with seven NCAA tournament appearances: 2004, 2009, 2011 and 2015 for the men and 2012, 2013, and 2015 for the women. This past women's season, he was an assistant to rookie head coach Rebecca Dorst, who led the Tiger's to the 2018 Collegiate Water Polo Association's (CWPA) title match—an 11-8 loss to Michigan. Dorst, named 2018 CWPA Coach of the Year, chose to return to her native California and pursue a career in nursing.

Perhaps key to understanding Princeton's new coaching structure, Litvak will serve as an assistant to the women's program and Ellingson will continue to serve as an assistant to the men's team.

"I am excited to begin working with the high-achieving student-

athletes on both the men's and women's teams as we look to continue the legacy Luis and his staff built," Litvak said in a statement on the Princeton Athletics web site. "I also want to thank Adam Wright, Brandon Brooks, Molly Cahill, Kodi Hill, Ashley Armstrong and everyone at UCLA for an unbelievable experience there with both the men's and women's programs. I will forever be grateful to them.

"This is an exciting time to be a part of Princeton Water Polo and I can't wait to get started," he added.

From 2013-15 Litvak was an assistant to UCLA head men's coach Adam Wright when the Bruins won back-to-back national titles (2014, 2015). In 2015 he switched over to assisting Bruin women's water polo, first under Head Coach Brandon Brooks, and then under Wright for the 2017-18 campaign, when he assumed the top women's water polo gig in Westwood.

Litvak also coached at Occidental College (2007-08) and was head coach of the boys' water polo team at his alma mater, Agoura High School, where he earned Marmonte League Coach of the Year nine straight years. Agoura won its first-ever California Interscholastic Federation (CIF) Championship in 2007 and three additional crowns (2010, 2011 and 2012). He was a four-time CIF Division III Coach of the Year and a seven-time Los Angeles Daily News Coach of the Year.

Ellingson, who has been on the Princeton staff since 2004, has been integral to the Tigers' success. With 12 CWPA Southern Division titles (six for the women – 2005, 2006, 2008, 2012, 2013, 2014 and six for the men – 2004, 2008, 2010, 2011, 2014, 2015) and the 2017 Northeastern Water Polo Conference (NWPC) regular season title, Princeton has represented the East in more NCAA water polo tournaments this century than any other program. He has also been intimately involved in developing two of the greatest goalies to ever wear the Tigers' orange and black. Vojislav Mitrovic (2014-17) who backstopped Princeton to the national tournament in 2015, was named the 2017 NWPC Player of the Year and is the program's all-time leader in saves with 1,142.

Ashleigh Johnson (2013-2017), arguably the greatest water polo player in Princeton history, led her team to NCAA berths in 2013 and 2015, was a gold-medal winning goalie for the U.S. Senior Women's National Team at the 2016 Rio Olympics, and is the only player from the East to win the Peter J. Cutino Award (2016), given annually to the best male and female intercollegiate polo players.

"I am truly honored and grateful for the opportunity to lead the Princeton Women's Water Polo team," Ellingson said in a statement. "I'm thankful for the search committee for giving me the opportunity to be the head coach of the women's team and assist with the men's squad. I am excited to continue the program's tradition of excellence and look forward to the challenge of guiding the next generation of student-athletes in their pursuit of greatness." ◀

With content from Princeton Athletics



THE ALL-CITY SWIM MEET: OVER 50 YEARS OF HISTORY AND TRADITION

BY DANIELA NAVARRETE

Summer swimming leagues are a popular way to introduce children to the aquatic sport and make them fall in love with it for the rest of their lives. All kinds of summer leagues exist around the U.S. that are similar in training sessions, swim meets, and overall traditions.

ALL-CITY SWIM LEAGUE

Up north in the Madison, Wis. area, there is a long-standing summer league called the All-City Swim and Dive. The All-City Swim and Dive league was founded in 1962 with the purpose of introducing kids ages five to 18 to swimming. Starting with only five teams – Ridgewood, Hill Farm, Shorewood, West Side, and Maple Bluff – the All-City Swim Meet competed in one open water summer competition in a lake. Nowadays, thirteen pools are members of the league.

For over 50 years of history and tradition, All-City has been providing a fun, dynamic experience in healthy competition and sportsmanship for the youth while forming great friendships and creating life-long summer memories.

The league continues to host the annual All-City Swim Meet. With over 2,100 age group swimmers and over 5,000 entries, it is easily one of the largest outdoor amateur meets

in the United States.

EARLY YEARS

During the late 1950s, an All-City Swim Meet took place every year at B.B. Clarke Beach in Monona Lake. Swimmers would qualify for the meet throughout the summer and competed in lake events such as the 10- and 20-yard freestyle. Diving events took place as well, including a high dive event.

Similarly, a beach meet would be held at Shorewood Hills. The course was set up on a pier in a small “H” form with wooden brown boards and a red and white target attached at the center on either side so the length would be approximately 25 yards. At the starting signal, they would use a hammer and hit it on the metal pier. There were no blocks, therefore the competitors would dive off the pier and swim between primitive lane lines which allowed weeds, waves, and dead fish to flow freely through.

The B.B. Clarke meet already had “All-City” as a name, so when Hill Farm decided to create the new (and official) pool meet in 1962, it went through several names, such as the City Pool Meet and the All-Madison Pool meet. During the 60s, there was both a pool and a beach meet. It was

not until 1984 that only the pool meet was officially established as the Madison All-City Swim Meet.

FOUNDING POOLS

The Ridgewood Pool opened in the summer of 1958 on the southwest side of Madison. It joined the league during its inaugural year in 1962. The swimming and diving teams at Ridgewood have had a history of success built on more than 50 years of tradition. In fact, many of the All-City coaches grew up swimming at Ridgewood.

The Hill Farm Swim Club is Madison's third oldest private outdoor family swim and dive club. It was established in 1960 with the long-lived motto: "Have fun." They have always enjoyed an excellent reputation throughout Madison's swimming and diving history as a cornerstone club providing a safe place for children and families to spend their summers.

The Shorewood Hills Swim and Dive Team is part of the Shorewood Hills Pool. The Shorewood Hills Sharks are a founding member of the All-City Swim and Dive League and



has been a part of the local swimming and diving community in Madison for more than 50 years. It is the only outdoor 50-meter pool in the Madison area that is used as an eight lane, 25-yard pool for swim meets. It also has two 1-meter diving boards for diving competitions.

West Side Swim Club was the first pool in the All-City League. Founded in 1961 as part of the West Side Businessman's Club, West Side was also one of the founding pools for

CONTINUED ►



viviLED Display Company

Join the Expanding viviLED Family of Satisfied Customers

viviLED designs and manufactures an outstanding line of LED video displays and numeric scoreboards

All of our products are 100% compatible with

- Colorado Time Systems 5, 6, & GEN7
- Daktronics Omnisport 2000 & 2000E
- Omega/Swiss Timing ARES & Quantum

viviLED is perfect for new installations or to replace your existing scoreboard!

viviLED customers include:

- MIT
- University of Alabama,
- Orlando YMCA
- and more

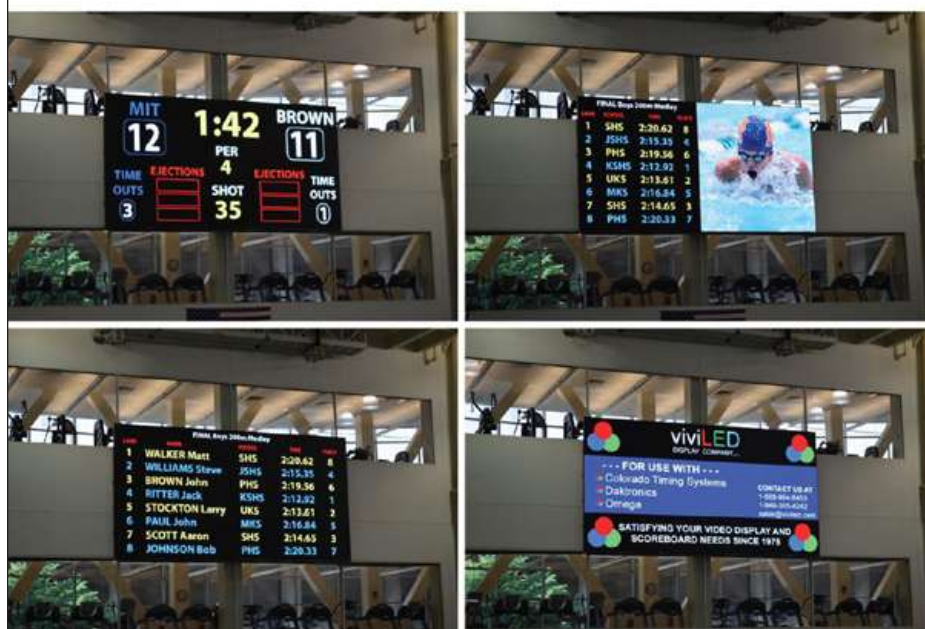
Our viviLED products are known for ease of use and very affordable pricing!

MENTION THIS AD FOR SPECIAL PRICING!

viviLED DISPLAY COMPANY

23182 ALCALDE DRIVE SUITE H
LAGUNA HILLS, CA 92653

TOLL FREE - 1.800.984.8453 1.888.9VIVILED
SALES@VIVILED.COM • WWW.VIVILED.COM





> During the late 1950s, an All-City Swim Meet took place every year at B.B. Clarke Beach in Monona Lake

NOTABLE SWIMMERS

Summer swimming leagues have been the cradle for several elite athletes. Brad Horner, a Master's national and world record-holder in the 100 and 200-meter fly, swam in the All-City Swim Meet during the 60s. Likewise, the first American to go under 50 seconds in the 100-meter free, Jim Montgomery, was a rising swimmer kid at the All-City Swim Meet as well.

University of Wisconsin-Madison student and NCAA finalist Beata Nelson has several breaststroke meet records that remain unbroken. Wisconsin natives Aja Van Hout and Ivy Martin also swam in the All-City Swim League.

Additionally, 2000 Olympic Trials qualifier Jane Evans swam in the All-City Meet right before heading to the national competition.

Furthermore, Shorewood Hills native Erick Heiden, participated at the 1968 edition of the meet. Although he did not become a swimmer, he is a five-time gold medalist in speed skating.

TODAY

As the years go by, the All-City Swim Meet has developed with time, but its roots remain deep in their history. From using starting blocks to touch pads and having underwater cameras for turns at this year's edition of the meet, the All-City League has developed over time and will no doubt continue to play a crucial role in summer swimming in Wisconsin. ◀

the first All-City Meet in 1962 and has participated every year since.

In 1962, Maple Bluff Country Club became one of the five original teams that established Madison's All-City Swim and Dive League.





CAELEB DRESSEL HURT IN MOTORCYCLE ACCIDENT IN JUNE, ALMOST MISSED NATIONALS

BY DAVID RIEDER

Caeleb Dressel won a record-tying seven gold medals at the 2017 World Championships, but he was well off his best form at 2018's biggest meets, U.S. Nationals in late July and the Pan Pacific Championships in Tokyo.

Dressel had provided no explanation for his sudden dropoff, aside from speculating that the transition to professional swimming had taken a toll. But on NBC's tape-delayed broadcast of Pan Pacs Sunday afternoon, play-by-play announcer Dan Hicks revealed that Dressel had crashed his motorcycle just a month before Nationals.

"At the end of June while riding his motorcycle, Dressel lost control," Hicks said. "Luckily, he crashed onto a grassy median. The accident happened in his hometown of Gainesville, Fla. Still, he suffered some injuries that had him thinking he might not be able to compete at the Nationals in Irvine."

When Dressel spoke to NBC, he said that the accident caused only minor injuries and that it "maybe did, maybe didn't interfere with my training," but according to a source, he was out of the pool for two full weeks and he only decided a few days before Nationals that he would compete.

Had Dressel missed Nationals, he would have missed his chance to compete at Pan Pacs or any international meet in 2019, including the World Championships.

"It wasn't anything too big. I had a gentleman pull out in front of me, so I had to avoid him," Dressel said, refusing to go into any more detail. "I think that accident was as lucky as I could have gotten with it."

Dressel added that he doesn't plan on riding his motorcycle again any time soon.

Individually, Dressel ended up winning Pan Pacs gold in the 100 fly and two silvers. But his season-best times in his three best events were all significantly slower than in 2017.

50 Free: 2017 — 21.15, 2018 — 21.67

100 Free: 2017 — 47.17, 2018 — 48.13

100 Fly: 2017 — 49.86, 2018 — 50.50

Dressel still had his explosive start, underwater kicks and breakouts, but he struggled and even looked stiff at the end of his races. Now, we know what went wrong in 2018. ◀



[PHOTO COURTESY: SWIMMING CANADA/IRWIN WONG]

2018 PAN PACIFIC CHAMPIONSHIPS— FULL FINALS RECAP

BY ANDY ROSS & DAN D'ADDONA

NIGHT 1

The first finals session of the 2018 Pan Pacific Swimming Championships kicked off from Tokyo, Japan with some stellar swims from Taylor Ruck and Cate Campbell. Ruck stunned Katie Ledecky in the 200 free final while Campbell swam the fastest relay split ever to anchor Australia's 4×100 mixed medley relay.

Chase Kalisz, Ledecky, Ruck and Yui Ohashi also posted the world's number one times in their respective final events.

WOMEN'S 800 FREE

Katie Ledecky was out fast in her first final at the 2018 Pan Pacific Swimming Championships in Tokyo. Under world record pace. She was hanging on to that 8:04 pace by a thread until about the 600 mark when she slowly fell off that pace.

Ledecky ended up well off her world record with an 8:09.13 for a new meet record. That old record was the 8:11.35 she set in Australia in 2014.

Ledecky was off her number one time this year from her 8:07.27 from the Indianapolis Pro Swim Series, but it was enough for her to win her second straight Pan Pac title.

Australia's Ariarne Titmus finished in the silver medal with

a 8:17.07, just holding off American Leah Smith (8:17.21). Titmus and Smith are now third and fourth in the world rankings after Italy's Simona Quadarella (8:16.45). Titmus's time is also a new Australian record, lowering Jessica Ashwood's 8:18.14 from 2016 Santa Clara Pro Swim Series.

The rest of the field was way back as Australia's Kiah Melverton (8:25.64), Japan's Waka Kobori (8:31.89), Canada's Mackenzie Padington (8:34.49), Japan's Yukimi Moriyama (8:41.44) and China's Zhang Ke (8:44.17) also competed in tonight's "A-Final."

Notably from this morning, American Erica Sullivan posted her best time with an 8:26.27. Americans Haley Anderson (8:27.13) and Ashley Wall (8:29.36) also posted times in the top eight.

Australia's Madeline Gough (8:27.28) placed seventh from her swim this morning.

MEN'S 1500 FREE

The United States has not been a historically great nation in the men's 1500, but on the first night of the 2018 Pan Pacific Swimming Championships in Tokyo, the Americans had three swimmers break 14:50 in the men's 1500. Jordan Wilimovsky won the battle of attrition with fellow American

Robert Finke and pre-race favorite Jack McLoughlin of Australia.

Wilimovsky grinded his way to a gold medal at 14:46.93. Finke finished in second in the final with a 14:48.70, but it was not fast enough to surpass Zane Grothe, who swam a 14:48.40 in the earlier heats. Grothe will end up with the silver medal and McLoughlin (14:55.92) will get the bronze medal. It is the first time Grothe has broken 15 minutes in the event.

This is the first time in quite a while that the United States had three swimmers break 14:50 in the men's 1500. It is the first time since 2008 when Peter Vanderkaay (14:45.54), Larsen Jensen (14:48.16) and Erik Vendt (14:46.78) were the stars of distance swimming.

Wilimovsky moved up to fourth in the world rankings with his time as Germany's Florian Wellbrock is still on top with his 14:36.15 from European Championships earlier this week.

Grothe is now sixth in the world rankings while Finke is eighth.

Brazil's Guilherme Costa (15:03.40), Japan's Shogo Takeda (15:05.81), Canada's Eric Hedlin (15:07.18), Japan's Kohei Yamamoto (15:18.71) and Canada's Peter Brothers (15:41.63) also competed in the night heat.

American Michael Brinegar was also faster this morning with his 15:07.04 in the earlier heats.

WOMEN'S 100 BREAST

Lilly King got her Pan Pacific Swimming Championships off to a good start with her 1:05.44 in the 100 breast final. King was well off her 1:04.13 world record from last summer but it was still good enough for gold.

King went faster at Nationals a few weeks ago with her 1:05.36 as she is still second in the world rankings behind Russia's Yulia Efimova (1:04.98). King finished ahead of a charging Australian in Jessica Hansen (1:06.20) and Japan's Reona Aoki (1:06.34).

This was a relatively slow final with King, Aoki and Micah Sumrall going slower than their in-season bests. Australia's Hansen improved on her best and moved up to sixth in the world rankings for 2018.

The other American in the final was Sumrall, who finished in fifth at 1:06.56. Sumrall beat out Bethany Galat and Katie Meili in the heats but it appears Meili will get the second World Championship spot thanks to her 1:06.19 at US Nationals. Galat won the B-Final with a 1:06.41 ahead of

Meili's 1:06.86.

Japan's Satomi Suzuki (1:06.51), Argentina's Julia Sebastian (1:07.69), Canada's Kelsey Wog (1:07.91) and Argentina's Macarena Ceballos (1:08.38) also competed in the A-Final.

MEN'S 100 BREAST

The Americans had been on fire in the pool to start the Pan Pacific Swimming Championships in Tokyo, taking out the first three gold medals available. But Japan has a rich history in the men's breaststroke events, and it was Yasuhiro Koseki who won Japan's first gold medal at the 2018 Pan Pacs with his 100 breast swim.

Koseki took the lead early and held on with a 59.08. Koseki successfully defended his Pan Pac title as he won four years ago in Australia. He was also off the meet record of 59.04 by Japanese legend Kosuke Kitajima. Koseki was faster this year with his 58.78 from the Mare Nostrum as he is still third in the world rankings.

In a stunning race, Australia's Jake Packard finished in the silver medal with his 59.20, tying him for seventh in the world rankings. Brazil's Joao Gomes (59.60) finished in the bronze medal, leaving the Americans Andrew Wilson (59.70) and Michael Andrew (1:00.04) off the podium in fourth and seventh.

China's Wang Lizhuo (59.76), Australia's Matthew Wilson (59.83) and Canada's Richard Funk (1:00.62) also competed in the A-Final.

Australia's Zac Stubblety-Cook (1:00.20) won the B-Final ahead of Japan's Ippei Watanabe (1:00.49) and American Josh Prenot (1:00.63).

Andrew and Wilson will retain their spots for the World Championships next year with their times from US Nationals.

WOMEN'S 200 FREE

Canadian teenage sensation Taylor Ruck has been on a huge high in 2018. She won the Commonwealth Games gold in the 200 free in April with her 1:54.81 in Australia, and she just took down perhaps the greatest swimmer ever in Katie Ledecky in the 200 free on the first night of the Pan Pacific Swimming Championships in Tokyo. Ruck, just 18, had the second fastest time in the world behind the seemingly invincible Ledecky.

Ledecky got her Pan Pacs started with a win in the 800 free. She was off her best time but she still was on form and it was looking unlikely she would be challenged this week. Last year's defeat at the World Championships seemed to be a fluke.

CONTINUED ►



Ruck went out fast in the 200 free with Ledecky right with her, but the future Stanford Cardinal held her own and actually pulled away a bit from the Olympic Champion on the last 50.

Ruck won the gold medal with a 1:54.44 for a new meet record. Ledecky set that meet record this morning with a 1:55.16. Ledecky ended up fading to bronze with Japan's Rikako Ikee finishing in second at 1:54.85. Ledecky finished in third at 1:55.15.

Ruck and Ikee both broke their national records, with Ruck lowering her 1:54.81 and Ikee lowering her own 1:55.04 from earlier this year.

Ruck now has the world's fastest time with her 1:54.44. She moved ahead of Ledecky's 1:54.56 from Santa Clara as Ikee is now tied for third with Australian Ariarne Titmus.

Ruck is also now fifth all-time in the 200 free with Ikee now tied for eleventh.

Allison Schmitt (1:56.71), Kayla Sanchez (1:57.23), Mikkayla Sheridan (1:57.48), Chihiro Igarashi (1:57.83) and Brianna Throssell (1:59.26) also competed in the A-Final.

MEN'S 200 FREE

Americans Townley Haas and Andrew Seliskar had two completely different race strategies in the 200 free final

on Thursday night in Tokyo at the Pan Pacific Swimming Championships. Haas was out quick while Seliskar held back the first 100. Seliskar pulled even at the 150 and even had the lead over the last 25 but Haas used a final burst of speed the last 15 meters and won the gold with a 1:45.56. Seliskar was second at 1:45.74.

Haas is now tied for third in the world rankings with Australia's Kyle Chalmers from the Commonwealth Games as he did not make it to the final here in Japan.

Seliskar was slightly slower than he was at US Nationals (1:45.70) so he will stay in fifth in the world rankings. Japan's Katsuhiko Matsumoto finished in third at 1:45.92.

Seliskar and Haas will likely swim the 200 free individually at Worlds next year with their swims at this meet.

Brazil's Fernando Scheffer was in second with a 50 to go but faded to fourth with a 1:46.12.

Australia's Alexander Graham (1:46.50), Japan's Naito Ehara (1:46.90), Australia's Clyde Lewis (1:46.94) and Brazil's Luiz Melo (1:47.43) also competed in the final.

Blake Pieroni (1:46.68) won the B-Final ahead of Zach Apple (1:46.78) and Australian Mack Horton (1:47.90).

WOMEN'S 400 IM

Japan's Yui Ohashi, swimming in her home country, swam the fastest time of 2018 on Thursday night in Tokyo in the 400 IM. Ohashi opened her Pan Pacs with a 4:33.77, moving past Italy's Ilaria Cusinato in the world rankings as the Italian was a 4:34.65 earlier in the summer.

Ohashi held off a charging Melanie Margalis for the gold as the American settled for silver at 4:35.60, splitting a 1:01 her last 100 compared to Ohashi's 1:04. Margalis was a tenth faster at US Nationals a couple weeks ago.

Margalis's swim was not enough for a World Championship berth as she was slightly slower than Ally McHugh and Brooke Forde from the US Nationals. Forde finished fourth here in Tokyo with a 4:39.22.

Japan's Sakiko Shimizu finished with the bronze with a 4:36.27, after being in silver medal position for the majority of the race.

Canada's Emily Overholdt (4:39.48), Erika Seltenreich-Hodgson (4:40.22), China's Ye Huiyan (4:52.40) and the Philippines' Chloe Isleta (4:58.81) also competed in the final.

MEN'S 400 IM

In one of the most hyped races of the meet, the last three major 400 IM winners met in the pool in Tokyo on Thursday night at the Pan Pacific Swimming Championships. 2015 World Champion Daiya Seto, 2016 Olympic gold medalist Kosuke Hagino and 2017 World Champion Chase Kalisz were all looking to win the gold medal in the 400 IM to open up the Pan Pacs in Tokyo.

The Japanese crowd was really pulling for Seto and Hagino, who took it out hard thanks to the energy of the crowd, but could not compete with Kalisz's incredible 1:08 breaststroke leg.

Kalisz swam a 4:07.95 to take the gold medal and the world's number one time. Kalisz pulled away from the two Japanese swimmers as Hagino took silver in 4:11.13 while Seto faded badly for bronze at 4:12.60, almost getting caught by American Jay Litherland (4:12.87).

Seto and Hagino really took advantage of the crowd excitement, turning in first at the 200, but really seemed to hurt over the second 200, as Kalisz really showed himself on the last 200.

All three have been faster in their careers, and both Japanese swimmers have been faster this year. Even the other American Litherland has been faster this year. It was an exciting race, but it was not quite as quick as a lot of

people probably expected.

New Zealand's Lewis Clareburt (4:14.27), Brazil's Brandonn Almeida (4:14.53), Leonardo Santos (4:18.90) and Canada's Tristan Cote (4:21.72) also competed in the final.

MIXED 4×100 MEDLEY RELAY

Australia used a great anchor leg from Cate Campbell to get its first gold medal of the 2018 Pan Pacific Swimming Championships. The split from Campbell of 50.93 is the fastest all-time, becoming the first woman to break 51 in a relay. The team of Mitch Larkin (53.08), Jake Packard (58.68), Emma McKeon (56.22) and Campbell (50.93) won the 4×100 mixed medley relay with a 3:38.91. Japan was second (3:40.98) and the United States was third (3:41.74).

Australia was less than a second off the United States' world record from 2017 of 3:38.56, but will have the world's fastest time, beating out Great Britain's 3:40.18 from the European Championships.

Japan was second with Ryosuke Irie (52.83), Yasuhiro Koseki (58.57), Rikako Ikee (55.53) and Tomomi Aoki (54.05) swimming for them.

The United States did not put two male swimmers on the first 200 and never quite fully recovered. Kathleen Baker (59.29), Michael Andrew (59.21), Caeleb Dressel (50.50) and Simone Manuel (52.74) could not catch the Australians and Japanese over the last 200.

NIGHT 2

The second finals session of the 2018 Pan Pacific Swimming Championships in Tokyo saw some favorites live up to the billing as well as some upsets. Australia won three gold medals with Cate Campbell, Kyle Chalmers and their women's 4×200 free relay.

The Americans had gold medals from Hali Flickinger, Ryan Murphy and the men's 4×200 free relay.

Canada also picked up a gold from Kylie Masse and Japan got a gold from Daiya Seto.

WOMEN'S 100 FREE

The second night of swimming at the Pan Pacific Swimming Championships in Tokyo got off to a flying start. Australia's Cate Campbell seems reborn after a disappointing Rio Olympics and sitting out the 2017 World Championships. Campbell has since lost her world record she set before the Olympics two years ago, but swam the second fastest time ever in the 100 free on Friday night in Tokyo.

Campbell swam a 52.03 in the 100 free final to sit second all-

CONTINUED ►

time in the world rankings behind Sweden's Sarah Sjöström.

Campbell was the class of the field finishing ahead of reigning World and Olympic Champion in American Simone Manuel (52.66). Canada's young hot shot Taylor Ruck (52.72) finished with the bronze. Ruck moved to sixth in the world and eleventh all-time with her swim.

The rest of the field was pretty stacked as young stars Mallory Comerford (52.94) and Rikako Ikee (53.14) finished off the podium in the final. Comerford put herself in the top eight in the world with that swim, despite not getting on the medal stand.

Canada's Kayla Sanchez (53.68), Australia's Shayna Jack (53.74) and Brazil's Larissa Oliveira (54.78) also swam in the final.

MEN'S 100 FREE

Australia clearly came to play on the second night of action at the 2018 Pan Pacific Swimming Championships in Tokyo. Cate Campbell got the night started with a gold in the 100 free and Kyle Chalmers continued that momentum with a gold of his own in the 100 free at 48.00.

Chalmers led a 1-2 finished with Australian teammate Jack Cartwright, who tied for second with American superstar Caeleb Dressel at 48.22.

Cartwright has been a rising young star in Australia and is showing what he was capable of as a junior swimmer. Cartwright picked up his first individual international medal.

Dressel finished over a second off his time from last year at the World Championships as the American settled for silver in a tie with Cartwright.

Dressel will have a chance to defend his title at World Championships next year as Blake Pieroni (48.08) has been the only American faster this year. In fact, Pieroni won the B-Final with a 48.21, which would have won the silver medal. This also means Nathan Adrian will not swim in the 100 free at a major meet for the first time since the 2008 Olympics. Adrian was second in the B-Final at 48.32.

Zach Apple had a slower finals swim after he was a 48.03 this morning. He finished in fifth at 48.47 behind Brazil's Marcelo Chierighini (48.36).

Japan's Katsumi Nakamura (48.49), Brazil's Pedro Spajari (48.51) and Japan's Shinri Shioura (48.68) also competed in the final.

WOMEN'S 200 FLY

American Hali Flickinger was slightly off her incredible 2:05 from the US Nationals a couple weeks ago, but it was good

enough for the win as the 24-year-old won the 200 fly final at the Pan Pacific Swimming Championships with a 2:07.35. Flickinger held off a hard charging Sachi Mochida in the final as the 19-year-old Japanese swimmers finished second at 2:07.66 in front of her home crowd.

The other American in the final was Katie Drabot who fell off pace a little bit the last 50 and finished with a bronze medal at 2:08.40. Both Flickinger and Drabot will get to represent Team USA again at the 2019 World Championships next year in South Korea.

Japan's Suzuka Hasegawa (2:08.70) and Australia's Laura Taylor (2:09.23) charged late but could not get on the podium with their swims.

Canada's Mabel Zavaros (2:09.95), Danielle Hanus (2:11.34) and the Philippines' Rosalee Santa Ana (2:22.69) also competed in the final.

MEN'S 200 FLY

One of Japan's biggest stars in the sport of swimming, Daiya Seto, pleased the Tokyo crowd on Friday night with a gold medal in the 200 fly final. Seto took it out hard and held off a strong push from the field as Seto won the gold with a 1:54.34.

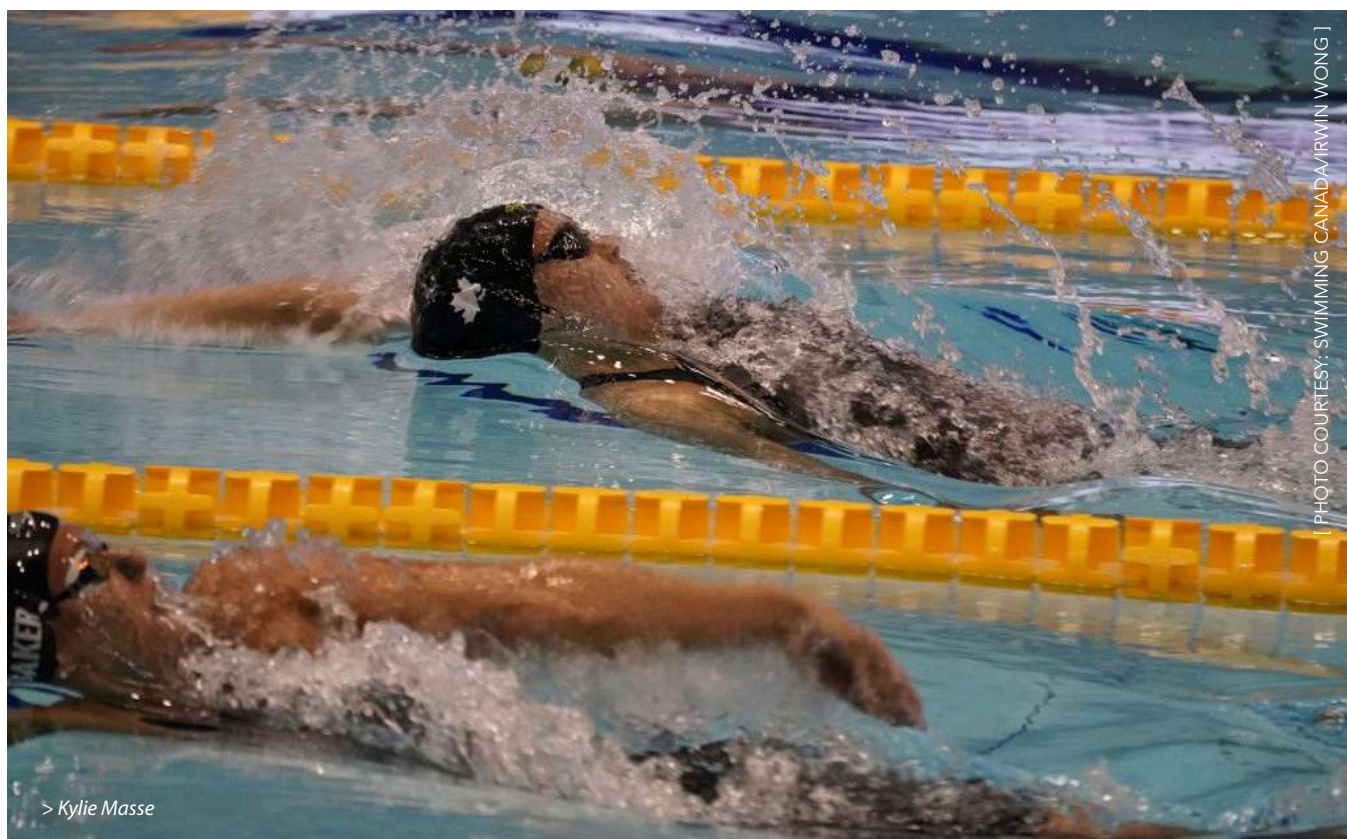
Seto was off his best time of 1:54.03 from last year's World Championships.

Seto was one of two swimmers under 1:55 in the final as Brazil's Leonardo De Deus finished with the silver medal at 1:54.89. It is not a Brazilian Record for the veteran but he looked rather happy with that medal, celebrating on the lane line.

American Zach Harting finished with the bronze medal after being in last place at the 100, and seventh at the 150. Harting had an incredible finish as he finished in third at 1:55.05, his best time. He lowered his 1:55.11 from Nationals and he will represent Team USA next summer at World Championships in that event, joining Justin Wright thanks to his swim at Nationals.

The other American in the final was Jack Conger, who faded badly over the second half and finished seventh at 1:56.83. He will not swim next summer at Worlds in this event despite being faster than Wright from the B-Final (1:57.27).

Australia's David Morgan (1:55.82), Canada's Mack Darragh



> Kylie Masse

(1:56.27), Japan's Yuya Yajima (1:56.33) and New Zealand's Lewis Clareburt (1:57.37) also competed in the A-Final.

WOMEN'S 100 BACK

The women's 100 back, like the men's 400 IM, was one of the most hyped races of the 2018 Pan Pacific Swimming Championships. The three fastest swimmers in the world for the year, Kathleen Baker of the United States, Kylie Masse of Canada, and two-time defending Pan Pac champion Emily Seebohm of Australia, were all facing one another in the final. Young stars Regan Smith of the United States and Kaylee McKeown of Australia were also in the final and could steal a medal.

Baker (1st), Masse (2nd) and Seebohm (5th) are also all in the top eight all-time in the event, so surely it would take a world record to win the gold medal. Could we see someone go a 57 for the first time ever?

But also like the men's 400 IM, the swimmers in the final swam slower than expected. Baker broke the world record at the US Nationals with a 58.00, but it was Masse on top in Tokyo with a 58.61, despite swimming faster in the heats at 58.29.

Masse won the gold while Seebohm got the silver at 58.72 and Baker got the bronze at 58.83.

Smith finished in fourth at 58.95 but it was not good enough to

get a World Championship spot in that event. Olivia Smoliga was a 58.75 at Nationals and that will get the spot behind Baker for Gwangju next year. Smoliga won the B-Final tonight at 59.20.

McKeown (59.25) and Japan's Natsumi Sakai (59.33) also broke a minute in the final. McKeown moved up to ninth in the world rankings with her swim.

Canada's Kennedy Goss (1:00.90) finished in seventh while Japan's Anna Konishi was disqualified.

MEN'S 100 BACK

Ryan Murphy was out under world record pace in the 100 back final on Friday night at the Pan Pacific Swimming Championships in Tokyo. Murphy holds that world record from when he led off the 4×100 medley relay in Rio two years ago. Murphy could not quite hold on for a best time, but finished in a 51.94, not far off his 51.85 world record.

It is the third fastest time in the 100 back of all-time, tying Aaron Peirsol's former world record from 2009. Murphy is now the first swimmer to break 52 seconds more than once. Murphy is now over half a second ahead of the rest of the world this year, including second place Kliment Kolesnikov of Russia.

Murphy was well in front of the rest of the field as Japan's Ryosuke Irie finished with the silver at 52.78 in front of his

CONTINUED ►

home crowd.

Australia's Mitch Larkin (52.88) was back on the podium at a major meet in the 100 back after missing it the last two years. Larkin swam faster here in Tokyo than he did to win the Commonwealth Games in April, a promising sign for the now 25-year-old.

Irie and Larkin moved up in the world rankings this year to sixth and seventh respectively.

American veteran Matt Grevers finished off the podium in a surprising fourth. The time wasn't bad for the gentle giant, as he had a 52.99. Grevers will keep his spot on the World Championship team for next year as he was a 52.55 at Nationals last month.

Michael Andrew won the B-Final at 53.55 ahead of Justin Ressa at 53.59.

Canada's Javier Acevedo (53.90) and Markus Thormeyer (54.02) finished in fifth and sixth.

Japan's Masaki Kaneko (54.33) and Australia's Bradley Woodward (54.34) finished in seventh and eighth.

WOMEN'S 4×200 FREE RELAY

Australia got off to a fast start. The United States did not. At the halfway point, the Australians were under world record pace and the Americans were in last. It was slightly misleading because Canada and Japan put their best swimmers in the second spot while Australians led off with their best two, leaving the Americans with their best swimmer on the anchor leg.

Australia's Ariarne Titmus (1:55.27) and Emma McKeon (1:55.66) put Australia in great position up front, leaving the rest of the field to try and catch up. The Americans almost did with Katie Ledecky charging home at 1:53.84, but it was not enough as anchor leg Maddie Groves (1:56.47) held on to give Australia its third gold medal of the night at the Pan Pacific Swimming Championships in Tokyo.

Ledecky has been faster in a relay, going 1:53.74 to anchor Team USA in Rio two years ago. It is still one of the fastest splits of all-time, not far behind the quickest ever in Federica Pellegrini's 1:53.45 from 2009.

Titmus, McKeon, Mikkayla Sheridan (1:56.72) and Groves took home the gold medal at 7:44.12, breaking the meet record from 2014 set by the Americans.

The United States was second with Allison Schmitt (1:58.62), Leah Smith (1:56.44), Katie McLaughlin (1:55.47) and

Ledecky at 7:44.37.

Canada's Kayla Sanchez (1:58.37), Taylor Ruck (1:54.08), Rebecca Smith (1:58.08) and Mackenzie Padington (1:56.75) finished with the bronze at 7:47.28.

Japan put up a good fight for fourth at 7:48.96 for a new Japanese record, lowering their 7:50.43 from last year's Worlds. Rikako Ikee notably split a 1:54.69 on their relay.

The top four teams would have finished well ahead of everyone at the European Championships earlier this week as Great Britain won that title with a 7:51.

MEN'S 4×200 FREE RELAY

It was almost a mirror image of the women's 4×200 free relay earlier in the night. Australia had the lead on the United States and it was up to the American anchor to try and catch the Australians over the last 200. Katie Ledecky could not quite catch Maddie Groves in the women's relay. But in the men's relay, Townley Haas successfully swam down Jack Cartwright of Australia and the United States won its first relay gold medal of the 2018 Pan Pacific Swimming Championships in Tokyo.

The Americans won the gold medal in 7:04.36 with Andrew Seliskar (1:46.75), Blake Pieroni (1:47.63), Zach Apple (1:46.20) and Haas (1:43.78). The Australians put up a valiant effort in second as they got the silver with Clyde Lewis (1:46.54), Kyle Chalmers (1:46.73), Alexander Graham (1:45.91) and Jack Cartwright (1:45.52) at 7:04.70.

Haas's split is one of the fastest all-time. Sun Yang has been a 1:43.16 and Yannick Agnel has been a 1:43.24. Based off of a quick internet search, Haas is roughly third all-time in splits with his 1:43.78, moving ahead of James Guy's 1:43.80 from last year.

Japan was a distant third at 7:08.07 with Naito Ehara (1:47.28), Reo Sakata (1:47.07), Yuki Kobori (1:48.41) and Katsuhiro Matsumoto (1:45.31).

Brazil (7:11.65) and Canada (7:18.25) also competed in the final.

Both the United States and Australia beat Great Britain's winning time from Europeans earlier this week.

NIGHT 3

The third night of finals from the 2018 Pan Pacific Swimming Championships from Tokyo saw five meet records fall as the competition is heating up with one more day to go. The United States were the big winners again on night three with four gold medals from Katie Ledecky,

Caeleb Dressel and Chase Kalisz.

The men's 4×100 free relay for the Americans originally won the gold medal but were disqualified for swimming in the wrong order. Brazil's team ended up winning the gold medal after the disqualification was made public.

Japan had a great night in the pool with Rikako Ikee and Yui Ohashi winning gold medals for the home country. Australia also had two gold medal winners with Jack McLoughlin and the women's 4×100 free relay team taking home golds.

WOMEN'S 400 FREE

American superstar and world record holder Katie Ledecky went out under her own world record pace on Saturday night in Tokyo in the 400 free at the Pan Pacific Swimming Championships. Ledecky was challenged early in the race by Australia's rising distance star Ariarne Titmus but Ledecky was able to hold her off over the last 100 even when she was falling off her own world record pace.

Ledecky finished just off her 2014 meet record of 3:58.50. Ledecky has been faster this season, swimming a 3:57.27 at the Indianapolis Pro Swim Series.

It is very rare to see someone challenge Ledecky like Titmus did in the final. Titmus was less than two seconds behind for the majority of the race and joined Ledecky and Italian Federica Pellegrini in the sub-four minute club. She is now third all-time in the event.

Titmus is easily now the second fastest in the 2018 world rankings, breaking four minutes for the first time in her young career.

It is quite refreshing for Ledecky to finally be seriously challenged in the distance races. The 17-year-old Titmus will not be going away it seems either.

American Leah Smith was well off the hot pace by the leaders, finishing in third place at 4:04.23.

Those three were well in front of the rest of the field as Australia's Madeline Gough (4:08.42) and Canada's Emily Overholt (4:08.81) finished in fifth and sixth with solid times for themselves.

Japan's Waka Kobori (4:09.04), Chihiro Igarashi (4:11.96) and Canada's Kennedy Goss (4:13.25) also competed in the final.

CONTINUED ►

Be podium ready

Train Smart



TRITONWEAR
Track·Learn·Improve

Learn more at www.info.tritonwear.com





> Australia wins gold in the 4x200m freestyle relay

MEN'S 400 FREE

Australia continued its strong meet at the 2018 Pan Pacific Swimming Championships in Tokyo with a 1-2 finish in one of its best events historically. Jack McLoughlin took the race out hard in the final and was able to successfully hold off the 2016 Olympic Champion Mack Horton.

McLoughlin won the 400 free final with a 3:44.20, holding off a charging Horton at 3:44.31. McLoughlin is now second in the world this year with that swim, sitting only behind Horton with his time from the Commonwealth Games in April.

Australia has a rich history in the men's 400 free with guys like Ian Thorpe, Grant Hackett and Kieren Perkins dominating this event in past years. Despite their historical dominance, this is Australia's first gold medal in this event at the Pan Pacs since 2002 when Thorpe won it. South Korea's Park Tae Hwan has won the last three titles in this event.

American Zane Grothe finished with the bronze medal at 3:45.37, his second medal of the meet. Grothe was slightly off his best time of 3:44.44 from last summer's Nationals.

The other American in the final was Grant Shoults, who finished in fourth place at 3:48.27. Grothe and Shoults will represent the United States in Gwangju next summer in that event. Shoults held off a good challenge from veteran Conor Dwyer, who won the B-Final at 3:48.45.

Japan's Naito Ehara (3:48.80), Brazil's Fernando Scheffer

(3:50.55), Cook Islands' Wesley Roberts (3:54.73) and Japan's Shogo Takeda (3:55.30) also competed in the championship final.

WOMEN'S 100 FLY

Japan's Rikako Ikee won her first gold medal at the 2018 Pan Pacific Swimming Championships on Saturday night in Tokyo. Ikee also won the first gold medal for Japan on the women's side and almost became the third woman to break 56 seconds in the 100 fly. Ikee lowered her meet and Japanese record with a 56.08, just missing that 56 second barrier.

Ikee now sits on top of the world rankings after she was tied with Sweden's Sarah Sjöström. She is now fourth all-time in the 100 fly.

Ikee had a good push from the two around her in American Kelsi Dahlia (56.44) and Australian Emma McKeon (56.54). Both Dahlia and McKeon lowered their 2018 bests, but both have been faster in their careers.

Those three were the only swimmers to break 58 seconds in the final as they were head and shoulders ahead of everyone else.

Canada's Rebecca Smith was fourth at 58.19 and Mallory Comerford of the United States was fifth at 58.25. This means that Dahlia and Katie McLaughlin will swim this event at the World Championships next year thanks to McLaughlin's 57.51 from Nationals. McLaughlin won the B-Final with a 57.80.

Australia's Brianna Throssell (58.80), Japan's Ai Soma (58.87) and Canada's Danielle Hanus (59.19) also swam in the championship final.

MEN'S 100 FLY

The United States fired back with another 1-2 finish of their own in the men's 100 fly after Australia did it in the 400 free earlier in the night. Caeleb Dressel swam a 50.75 for a new meet record on Saturday night in Tokyo at the Pan Pacific Swimming Championships.

Dressel keeps the title in the United States as they have not lost this race at this meet since 2002 when Australian Michael Klim won the title. Fellow American Jack Conger (51.32) finished in second with the silver medal.

Dressel took down Michael Phelps's meet record of 50.86 from 2010. Dressel has been faster already this year with his 50.50 from US Nationals a few weeks ago. Conger also was quicker at Nationals with his 51.11. Both those guys will compete again at Worlds next summer in Gwangju as Michael Andrew won the B-Final at 51.53.

Brazil's Vini Lanza won the bronze medal with a 51.44, not far off of the Brazilian Record of 51.02 by Gabriel Mangabeira. This is Lanza's first major international medal in his career, even though he was just a fraction faster earlier this summer.

Australia's Grant Irvine (51.65) and David Morgan (51.80) finished in fourth and fifth in the final.

With the 4×100 medley relay on the last night, this is Australia's major weakness compared to the Americans. The other three legs are pretty evenly matched between the Americans and their down under competitors. Dressel will need to play to his strengths if the US are to beat Australia in this relay on Sunday night because butterfly could be the deciding factor.

Japan's Yuki Kobori (51.82), Brazil's Iago Moussalem (52.17) and Japan's Yuya Yajima (52.70) also competed in the A-Final.

WOMEN'S 200 IM

Japan's Yui Ohashi won the country's second gold medal of the night, following in the act of the young superstar Rikako Ikee. Ohashi also swam the number one time in the world in her swim, the 200 IM on Saturday night at the Pan Pacific Swimming Championships in Tokyo.

Japan got two on the podium with Ohashi (2:08.16) and Miho Teramura (2:09.86) representing the red and white. Ohashi now has the world's number one time, moving past American Kathleen Baker from last month's Nationals (2:08.32).

Ohashi also broke the meet record that Teramura set in the heats. Also under the meet record in the final was Canada's Sydney Pickrem, who won the silver medal at 2:09.07 breaking her Canadian Record she set at Worlds last year at 2:09.17. Pickrem is now sitting fourth in the world rankings this year with her best time.

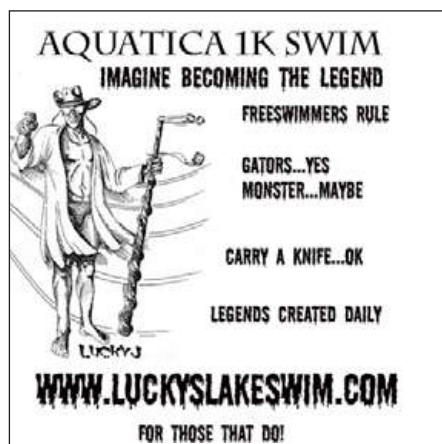
Ella Eastin (2:09.90) and Melanie Margalis (2:10.67) finished off the podium in fourth and fifth. If Baker still decides to swim the 200 IM at Worlds, it is likely Margalis will get the second spot in that event with her 2:09.43 from Nationals last month.

The 100 back semi-finals and 200 IM final are on the same day at Worlds, so Baker could elect to focus on the 100 back next year and give up her spot to Eastin. Katinka Hosszu has not attempted that double heats to finals in a World Championships in her career.

Canada's Kelsey Wog (2:12.08), Peru's McKenna DeBever (2:18.38) and the Philippine's Chloe Isleta (2:18.63) also competed in the championship final.

CONTINUED ►

SWIM MART



AQUATICA 1K SWIM
IMAGINE BECOMING THE LEGEND
FREESWIMMERS RULE
GATORS...YES
MONSTER...MAYBE
CARRY A KNIFE...OK
LEGENDS CREATED DAILY
WWW.LUCKYSLAKESWIM.COM
FOR THOSE THAT DO!



DRY LAND RESISTANCE TRAINING GEAR
Improve Form & IM time | Enhance endurance | Train anywhere
NZGordz.com | 800.886.6621



800-448-7714
SHIELD ICE
8 COLOR CHOICES AVAILABLE!
AS LOW AS **\$245**
SHIELD-ICEU 5"
Big Ridge Raiders Swim & Dive
2018 Swimmer of the Year
www.hastuawards.com

MEN'S 200 IM

Chase Kalisz won his second gold medal of the meet on Saturday night at the Pan Pacific Swimming Championships in Tokyo. Kalisz added to his 400 IM gold on Thursday with a gold in the 200 IM with a 1:55.40, the number one time in the world in 2018.

Kalisz took down his Japanese rival Kosuke Hagino (1:56.66) again as he settled for bronze. The big surprise of the race was Australia's Mitch Larkin dropping over a full second off his Commonwealth Games time with a 1:56.21 for the silver medal. Larkin took down the Australian Record of 1:56.69 by Leith Brodie from 2009.

Larkin moved up to second in the world rankings with that swim.

This is a huge swim for Larkin, who is showing he is back on form after a lackluster 2017. Larkin was a 1:57.67 earlier in the year at the Commonwealth Games and dropped a world class time with that 1:56. Australia has not had a world class IM'er since the days of Matthew Dunn in the late 90's. The 200 IM and 200 back usually clash at international meets so it is yet to be seen if Larkin will pursue an international career in the 200 IM, but for now a 1:56 is nothing to sneeze at.

Japan's Daiya Seto (1:57.36) finished fourth ahead of American Abrahm DeVine (1:57.81), who will join Kalisz in Gwangju next year in that event.

Clyde Lewis (1:58.17), Leonardo Santos (1:58.83) and Lewis Clareburt (1:59.31) also competed in the A-Final.

WOMEN'S 4×100 FREE RELAY

Australia has had a very successful Pan Pacific Swimming Championships thus far in Tokyo. Cate Campbell has already won the gold medal in the 100 free, and swam the fastest split ever on the end of the mixed medley relay. So with Campbell on the end of Australia's 4×100 free relay, it was very unlikely they would get beat on Saturday night in Tokyo.

The team of Emily Seebohm (54.56), Shayna Jack (53.10), Emma McKeon (52.56) and Campbell (51.36) won the gold medal with a 3:31.58, beating their own meet record of 3:32.46 from the 2014 meet. They set the world record earlier this year at the Commonwealth Games in a 3:30.05. With the addition of Bronte Campbell next year at World Championships, they could go a 3:29.

The United States finished with the silver medal at 3:33.45. Mallory Comerford (53.48), Margo Geer (53.59), Kelsi Dahlia (53.59) and Simone Manuel (52.79) swam for the Americans as they had to run down Canada to do so.

The Canadians got off to a flying start thanks to Taylor Ruck leading off with a 52.85, not far off her 52.72 yesterday. Ruck left it up to Kayla Sanchez (53.11), Rebecca Smith (54.00) and Alexia Zevnik (54.11) to try and pull the upset but they did not have the depth to match the Australians and Americans. They were bronze medal winners with a 3:34.07, not far off their National record of 3:32.89 from the Olympics. Canada did swim faster though at the Commonwealth Games in April.

All three medalists were ahead of France's winning time from Europeans last week.

Japan (3:36.93) and the Philippines (3:54.80) also swam in the championship final.

MEN'S 4×100 FREE RELAY

It was originally reported that the United States won the gold medal in men's 4×100 free relay on the third night at the Pan Pacific Swimming Championships in Tokyo. After the race however, there were rumors that the United States would be disqualified for swimming Zach Apple and Blake Pieroni in the wrong order.

The disqualification was confirmed on the official results report.

Pieroni was listed to go second on the start list but swam the third leg after Apple went second. The commentator on the Olympic Channel pointed this out when he said Pieroni was in the water when it was clearly Apple swimming.

This elevated Brazil to the gold medal, Australia to silver and Japan to bronze.

The United States will also lose their meet record they set and the 2010 team will live to survive through 2022.

NIGHT 4

The final session of the 2018 Pan Pacific Swimming Championships in Tokyo had ten medal events. Seven of the gold medals went to Team USA while two went to Australia and one to Japan.

Katie Ledecky, Zane Grothe, Kathleen Baker, Ryan Murphy, Michael Andrew and Micah Sumrall won individual gold medals for the United States. Cate Campbell won gold for Australia while Ippei Watanabe won gold for Japan.

WOMEN'S 1500 FREE

American superstar Katie Ledecky finished off her busy week in Tokyo at the Pan Pacific Swimming Championships with three gold medals, capping her week off with a gold in the 1500 final. Ledecky was well off her world record from

earlier this year with a 15:38.97. She set the world record earlier this season with a 15:20.43 at the TYR Pro Swim Series in Indianapolis.

Ledecky is still the best distance swimmer in the world, despite not being pushed by Australian Ariarne Titmus, who did not swim in the 1500 here in Tokyo. Ledecky will have plenty of time to get back to work to get back to her usual self by next summer.

Ledecky was well ahead of second place Kiah Melverton of Australia. No Titmus in the 1500 gave the opportunity to Melverton and Kareena Lee to fight for medals. Melverton got the silver with a 16:00.08 and Lee finished in fourth at 16:03.26. Both of the Australians were off their season best times from a few weeks ago at their Pan Pac Trials.

The other American on the podium was Leah Smith, who swam in the earlier heats. Smith got the bronze medal at 16:00.82 after finishing ahead of Haley Anderson (16:04.26) in her heat, and Ashley Twichell (16:07.49) in the final tonight.

Japan's Waka Kobori (16:14.22) finished fifth overall. China's Zhang Ke (16:18.55), Japan's Yukimi Moriyama (16:20.46) and Canada's Kate Sanderson (16:33.16) also finished in the top eight.

MEN'S 800 FREE

American Zane Grothe has had himself quite a week in Tokyo at the Pan Pacific Swimming Championships. Grothe set a huge best time in the 1500 on the first day, won bronze in the 400 free yesterday, and followed it up with another best time in the 800 on Sunday.

Grothe swam a 7:43.74 to win the 800 free, lowering his best time from a 7:44.57. He also just missed the American Record of 7:43.60 from Michael McBroom at the 2013 World Championships. Grothe had a big second half, negative splitting the race by almost four seconds. Grothe finished ahead of American teammate Jordan Wilimovsky (7:45.19) and Australia's Jack McLoughlin (7:47.31).

Grothe is now ranked second in the world in the 800 free, almost a rarity for American men's distance swimming. Grothe's time would have won silver at the European Championships last week, sitting only behind Ukraine's Mykhailo

Romanchuk (7:42.96).

Grothe also sits 12th in the all-time rankings in this event, sitting behind McBroom and moving in front of Italian Federico Colbertaldo (7:43.84, 2009).

Australia's Mack Horton finished in fifth as he was never really on pace to challenge Grothe. Horton was fourth with a 7:53.43. Brazil's Guilherme Costa was fourth at 7:51.67.

Japan's Naito Ehara (7:55.02) and Shogo Takeda (7:56.01) finished in sixth and seventh. Canada's Alex Pratt (8:03.12) was eighth.

WOMEN'S 200 BACK

The United States has won its third straight gold medal on the last night of the Pan Pacific Swimming Championships in Tokyo. Kathleen Baker took the 200 back final out hard and she never relinquished her lead. She was swimming against four other swimmers that joined her in the World Championship final last summer in Budapest and she showed no fear and dominated the rest of the field for the gold medal.

Baker won the final at 2:06.14, breaking Elizabeth Pelton's meet record of 2:07.48 from 2010. Baker held off a late push from Canada's Taylor Ruck, who finished with the silver at 2:06.41, out-touching Regan Smith for bronze. Smith was third at 2:06.46, slightly off her 2:06.43 from Nationals.

Baker is now second in the world sitting behind Canada's Kylie Masse's 2:05.98 from the Commonwealth Games. Baker is now tenth all-time in the event, moving past

CONTINUED ►



Want Stronger, Better, Faster?

Powered by...  vasatrainer.com

Elizabeth Beisel (2:06.18, 2012) and sitting just behind Margaret Hoelzer (2:06.09, 2008).

Masse was slower in Tokyo with her 2:07.00 as she finished in fourth. The Australian duo of Kaylee McKeown (2:07.01) and Emily Seebohm (2:07.12) ran out of gas as they finished fifth and sixth in the stacked final.

Japan's Natsumi Sakai (2:08.18) and New Zealand's Ali Galyer (2:10.26) also competed in the final.

MEN'S 200 BACK

American Ryan Murphy has been on point this week in Tokyo at the Pan Pacific Swimming Championships. Murphy was just off his best time in the 100 back earlier in the meet, and on Sunday night he took a stab at Aaron Peirsol's legendary world record from the 2009 Worlds. Peirsol set the almost unbreakable time at 1:51.92 before he retired a year later. Peirsol is one of only three swimmers to break 1:53 in that event and Murphy almost joined him in the club.

Murphy was under world record pace through 100 meters and was within a second at the third turn. But the piano fell on Murphy's back the last 50, and he faded off pace. But Murphy still swam a best time with his 1:53.57. Murphy improved on his 1:53.62 that he did to win the Olympics two years ago. His time is a new meet record, breaking his time from the prelims.

Murphy's time puts him second in the world rankings behind Evgeny Rylov of Russia, the 2017 World Champion.

Murphy was well in front of the rest of the field as he finished ahead of home favorite Ryosuke Irie at 1:55.12. Irie is one of the three swimmers who have broken 1:53 in their lifetime. Irie is still consistently one of the best backstrokers in the world at 28-years-old.

American Austin Katz finished with the bronze medal at 1:56.00, but it was not fast enough to surpass Jacob Pebley's time from Nationals (1:55.68) to get on the World Championship team. Pebley won the B-Final with a 1:57.12.

Australia's Mitch Larkin (1:56.02) finished just outside the medals in fourth place.

Japan's Keita Sunama (1:57.03), Australia's Bradley Woodward (1:58.00), Canada's Javier Acevedo (1:58.36) and Brazil's Leonardo De Deus (2:01.56) also swam in the championship final.

WOMEN'S 50 FREE

There have been a number of near-misses in terms of world records this week at the Pan Pacific Swimming Championships

in Tokyo. Australia's Cate Campbell followed suit with that trend as she rattled the world record in the 50 free on Sunday night in Japan. The 26-year-old swam a 23.81 for a new meet record, breaking her old record of 23.96 from the 2014 Championships in Australia.

Campbell was just off the world record set by Sarah Sjöström of Sweden at last year's World Championships. Campbell is fourth all-time in the world rankings with her time from the Commonwealth Games at 23.78. Campbell is second in the world rankings for 2018.

Campbell finished ahead of American Simone Manuel (24.22) and fellow Aussie Emma McKeon (24.34).

Canada's Taylor Ruck is one of the busiest swimmers in the meet as she finished fourth in her second race of the night at 24.47. Ruck will be swimming the anchor leg on Canada's medley relay at the end of the session for her third race of the night.

The other American in the field was Abbey Weitzeil who finished fifth at 24.58. Weitzeil swam faster than she did at Nationals (24.63) and secured her spot on the World Championship team for next season with that swim.

Japan's Rikako Ikee (24.60), Canada's Kayla Sanchez (24.94) and Brazil's Larissa Oliveira (25.03) also swam in the championship final.

MEN'S 50 FREE

19-year-old Michael Andrew of the United States won his first individual medal at a major long course international meet with his 21.46 in the 50 free final on the last night of action from the Pan Pacific Swimming Championships in Tokyo. Andrew has proved he is the real deal in long course at US Nationals and again at Pan Pacs with this 50 free gold. Andrew led a 1-2 finish with fellow American Caeleb Dressel (21.93).

This is Andrew's best time as he improved off his 21.49 from Nationals in July. Andrew is now tied for 24th all-time with Ukraine's Andrii Govorov.

Dressel was well off his best time of 21.17 from last year, but if he can get to his 2017 form then the United States has a solid 1-2 punch in the 50 free that they can build on for the rest of the Olympic quad cycle. Andrew still has a ways to go to catch Great Britain's Ben Proud (21.11), the world's fastest swimmer.

The Americans were the only ones to break 22 in the final as Yuri Kisil (22.02) won the bronze medal for Team Canada. This is Kisil's first individual medal at a major meet.

Japan's Katsumi Nakamura (22.24) and Shinri Shioura (22.27) finished fourth and fifth for the home nation.

Brazil's Pedro Spajari (22.30) and Marcelo Chierighini (22.50) placed sixth and eighth as they will get a chance to hear their national anthem tonight for the 4×100 free relay gold they won last night.

New Zealand's Daniel Hunter (22.39) was seventh in the final.

WOMEN'S 200 BREAST

The Americans are on fire in the pool at the Pan Pacific Swimming Championships in Tokyo. The last night of action has been a favorable one for the Americans as they have taken every single gold medal except one thus far in the session. 28-year-old Micah Sumrall continued that streak with a gold in the 200 breaststroke, leading a 1-2 finish with fellow American Lilly King.

Sumrall won with a 2:21.88, holding off a late push from King who was second at 2:22.12. Both swimmers have been 2:21's in their careers, but Sumrall's best time of 2:21.74 from the 2013 Worlds is within her grasp which is good news for her and the American breaststrokers. The United States now has three women who have 2:21's as their best time with Sumrall,

King and Bethany Galat. Galat won the B-Final in 2:24.18, not good enough to get on the World Championships team.

Sumrall and King also had a good race with Japan's Satomi Suzuki, who is on a similar trajectory like Sumrall. Suzuki was the silver medalist in this event at the 2012 Olympics in London, a race that Sumrall was sixth in. Suzuki, 27, is still swimming at a world class level, despite missing the 2016 Olympic Team.

Japan's Reona Aoki (2:24.46) finished in fourth for the home nation.

Canada's Sydney Pickrem and Kelsey Wog (2:24.73) tied for fifth place.

Argentina's Julia Sebastian (2:25.55) and Macarena Ceballos (2:29.51) placed seventh and eighth.

MEN'S 200 BREAST

Japan has been one of the historic powerhouses in the 200 breast, and on Sunday night in Tokyo at the Pan Pacific Swimming Championships, Japan continued that dominance with a gold from world record holder Ippei Watanabe. He missed his world record, but was still quick enough for gold

CONTINUED ►

MAKE YOUR TIME COUNT TIMING, SCORING, AND DISPLAY SOLUTIONS



Call today and learn more about our complete solutions designed specifically for your pool environment.

www.coloradotime.com
800.279.0111
+1 970.667.1000



© Colorado Time Systems 2018



[PHOTO COURTESY: SERGEI GRITS]

> Jordan Wilimovsky

at 2:07.75, breaking the meet record that Josh Prenot set in the heats at 2:08.02.

Watanabe held off a serious challenge from the Australian duo of Zac Stubblety-Cook (2:07.89) and Matthew Wilson (2:08.22). Wilson was leading through 150 meters and Stubblety-Cook split a 32.14 over the last 50. Stubblety-Cook had a huge time drop, moving up to tied for 19th all-time with Australian legend Brenton Rickard from 2009.

It was a very tight battle as Japan's Yasuhiro Koseki (2:08.25) and American Josh Prenot (2:08.44) finished off the podium in the very tight final.

Koseki will be swimming breaststroke for Japan on their medley relay in a few minutes as he is the only one to do the double. American Andrew Wilson scratched the final here to focus on being his best for the medley relay.

China's Wang Lizhuo (2:11.49), Liu Yunsong (2:12.27) and Canada's Eli Wall (2:13.56) also swam in the A final.

WOMEN'S 4×100 MEDLEY RELAY

Australia has swept the women's relays at the 2018 Pan Pacific Swimming Championships in Tokyo with their final gold in the 4×100 medley relay. The team of Emily Seebohm (59.28), Jessica Hansen (1:05.82), Emma McKeon (56.45) and Cate Campbell (51.19) won their third relay gold with a 3:52.74 to smash the meet record of 3:55.23 from the 2010 Championships in Irvine. That record was held by the Americans.

The Americans finished second in a valiant effort at 3:53.21. Kathleen Baker (59.41), Lilly King (1:04.86), Kelsi Dahlia

(56.72) and Simone Manuel (52.22) closed their Pan Pacs with a silver medal in the medley relay, their third silver in the women's relays, despite breaking the world record last year.

Both Australia and Team USA finished ahead of Russia's winning time from the European Championships.

The Japanese broke their national record with a 3:55.03 for the bronze medal. Natsumi Sakai (59.20), Reona Aoki (1:06.84), Rikako Ikee (55.48) and Tomomi Aoki (53.51) broke the 2012 national record of 3:55.73 from the London Olympics six years ago.

Japan held off a strong push from Canada as Taylor Ruck was charging home in 51.72. Canada finished in fourth at 3:55.14 while the Philippines was fifth at 4:22.18.

MEN'S 4×100 MEDLEY RELAY

The United States finished their 2018 Pan Pacific Swimming Championships in Tokyo on a high note as Nathan Adrian chased down Japan's Katsumi Nakamura on the anchor leg of the 4×100 medley relay. Adrian came home to give the United States the gold with a 3:30.20, out-touching Japan who got silver at 3:30.25. Australia was not far behind for bronze at 3:30.52.

Ryan Murphy (52.70), Andrew Wilson (59.15), Caeleb Dressel (50.64) and Adrian (47.71) closed their Pan Pacs campaign with the second gold medal for the American men in relays. They would have won all three if it were not for a disqualification in the 4×100 free relay last night.

Ryosuke Irie (52.61), Yasuhiro Koseki (58.62), Yuki Kobori (51.19) and Nakamura (47.83) finished in second, not far

off their Japanese record of 3:30.19 from last year's World Championships. Koseki had an impressive split just minutes after the 200 breast final. Irie also chased down Murphy on his leg, after both swimmers swam the 200 back earlier in the night.

Both the United States and Japan finished ahead of Great Britain's winning time from the European Championships.

Australia won the bronze medal with Mitch Larkin (53.18), Jake Packard (59.03), Grant Irvine (51.40) and Kyle Chalmers (46.91) swimming for them.

Brazil (3:32.16), Canada (3:34.20) and the Philippines (3:58.76) also swam in the final.

OPEN WATER

Jordan Wilimovsky continued his dominating open water swimming at the 2018 Pan Pacific Swimming Championships, leading a sweep of the gold medals along with Haley Anderson.

Wilimovsky, a U.S. Olympian from Northwestern, won the men's 10K open water race, finishing in 1:58.50.5.

Canada's Eric Hedlin hung with Wilimovsky, but was not able to get past him, finishing in 1:58.56.7.

Third place went to Australia's Nicholas Sloman, who finished in 1:59.20.8.

Ecuador's Santiago Endérica Salgado was fourth (1:59.22.7), followed by Brazil's Allan Do Carmo (1:59.23.8), American David Heron (1:59.25), Canada's Hau-Li Fan (1:59.26.5) and Brazil's Victor Colonese (1:59.27.2).

In the women's race, Anderson, an Olympian from the U.S., won the women's 10K in 2:08.24.8.

Anderson held off Australia's Kareena Lee, who finished just 1.2 seconds behind (2:08.26.0) and 2.2 seconds ahead of Brazil's Ana Marcela Cunha (2:08.27.0).

USA's Ashley Twichell took fourth in 2:08.29.6, ahead of USA teammate Hannah Moore (2:08.33.5), who didn't place since only two from each country can place. That also happened to Erica Sullivan (2:08.43) and Chase Travis (2:08.44), who had the eighth and ninth place finishes, respectively.

Japan's Yukimi Moriyama was fifth (2:08.33) and Yumi Kida was sixth (2:08.38.3). ◀



STRECHCORDZ
Gear for stretching, exercising and training.
The ORIGINAL Resistance Swim Team Training Gear
USED BY ATHLETES WORLDWIDE

NZCordz.com | 800.886.6621
FREE SHIPPING ON ALL ORDERS OVER \$50
Continental USA ONLY

IN WATER RESISTANCE TRAINING GEAR

Used by international Olympians and swim novices, swimmers train with our StretchCordz® in water gear to improve Stamina, Power, Stroke, Endurance, and IM times.



CATE CAMPBELL HAS HER SIGNATURE PERFORMANCE AT PAN PACS

BY DAVID RIEDER

Cate Campbell first swam at a senior-level international meet 11 years ago, and it took place at the Tatsumi International Swim Center. She was just 15 at the time of that 2007 Japan Open, a promising young sprinter who would be the teenage complement to dominant Aussie sprinter Libby Trickett headed into the Beijing Olympics.

When fans see a 15-year-old break into stardom, as Campbell did at Australia's Olympic Trials in 2008, they project long-term greatness, but few actually manage to maintain that form over a decade.

For instance, just a few years after Campbell's emergence, Yolan Kukla came along, and as a 15-year-old, she won gold in the 50 free for Australia at the 2010 Commonwealth Games. But that was her international peak. Kukla won a gold as a prelims relay swimmer at the 2012 Olympics but has hardly been heard from since.

But Campbell went on to become a three-time Olympian and swim in four World Championships. She was the World Champion in the 100 free in 2013, and she twice keyed

Olympic gold medal-winning efforts in the 4×100 free relay. But her inability to capture the crown she wanted most—individual Olympic gold—left her questioning her love for the sport and all the effort she had put in over the years.

Campbell had to remind herself that two bad races did not define her swimming career. But to do that, she had to take a step back—and that meant skipping the 2017 World Championships.

“There were tears, there were many tears—I’d be lying if there weren’t,” Campbell said in 2017. “I took a step back from sport and I found other things I was good at and I enjoyed. But none of those things really filled that void that swimming had left.”

She did not swim for six weeks after the Olympics, but she smiled as she recalled her first time diving back in the water: I’m back, Campbell thought to herself. I’m home. I can do this.

But it was never a given that she would return to this level.

Campbell swam five remarkable races this week at the Pan Pacific Championships—held the same Tokyo pool in which she first raced in 2007. She leaves Japan as the most decorated swimmer of the meet and with five gold medals.

Yes, Campbell did win four golds at the Pan Pacs in 2014, and the fifth this year was in the 4×100 mixed medley relay, an event new to the program this year. But it was the stunning nature of her individual triumphs and the clutch nature of her relay swims that makes this meet the signature performance of her lengthy career.

First, Campbell posted the first-ever 50-second long course 100 free split as she anchored that mixed medley relay to gold. One day later, she swam the second-fastest time ever in the 100 free—52.03, quicker than her one-time world record. Then she came from behind on the 4×100 free relay to win gold for Australia, splitting 51.36 to leave the United States and Canada in the dust.

On the meet's final day, Campbell won individual gold in the 50 free by a whopping four tenths and then again came from behind to win gold in the women's 4×100 medley relay.

For all three anchor legs this week, Campbell was matched up with American Simone Manuel, who shared Olympic gold in the 100 free after Campbell's stunning collapse and sixth-place finish and then won the World title in the event one year later. On all three occasions, Campbell split at least a second faster than Manuel.

In that medley relay, Kelsi Dahlia gave the Americans a half-second lead heading into the anchor leg, but Campbell had erased that deficit 50 meters in, and then she pulled away from Manuel.

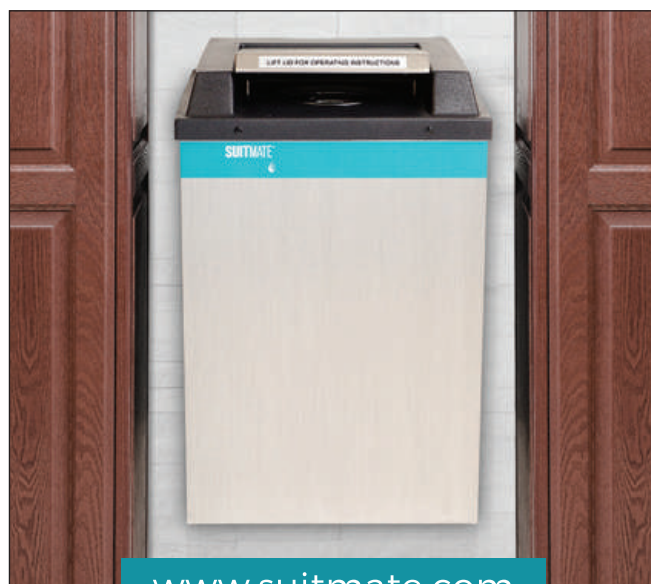
In the two years between the lowest point of her career and one of the highest, Campbell finally learned how to take the pressure off herself, to step up in the biggest moments and enjoy them.

"I kind of came to peace with whatever the outcome was going to be. For me, that's what it all about. Win, lose, I know that I can live with whatever the outcome is. It's just about enjoying the race," Campbell said Friday. "Moments like these reignite your love for the sport, and they make those really hard training sessions worthwhile. They made all the sacrifices you made on a daily basis worthwhile."

She will have another opportunity to prove herself worthy of the big state next year at the World Championships in Gwangju and another in 2020 at the Tokyo Olympics. If what happened this week is any indication, when those big moments come, Campbell will be ready. ◀



[PHOTO COURTESY: DELLY CARR/SWIMMING AUSTRALIA]



www.suitmate.com

What's your facility missing?

The SUITMATE® Swimsuit Water Extractor

An innovative system that efficiently removes 95% of water from a wet swimsuit in just eight seconds.

SUITMATE
Swimsuit Water Extractor

1-800-553-3353
info@suitmate.com
Manufactured in the USA





WHAT'S SO FRUSTRATING FOR KATIE LEDECKY?

BY DAVID RIEDER

Katie Ledecky had reason to be frustrated—not because she fell off her scintillating world record pace down the stretch in the 800 free and not because she finished behind both Taylor Ruck and Rikako Ikee in the 200 free, in a time of 1:55.15. It was because over the previous few months, she had consistently swum faster.

“I have been a lot faster than that a number of times this year,” Ledecky said after her 200 free. “I’m a little disappointed in that time. I think I have a lot more for me in that race.”

Compare that time to Ledecky’s efforts from her three previous long course meets this year: 1:55.42 at the TYR Pro Swim Series in Indianapolis in May, 1:54.56 from three weeks later in Santa Clara and 1:54.60 from U.S. Nationals two weeks ago. Either of the latter two performances would have put her ahead of Ikee and almost even with Ruck.

Sure, she swam the 800 less than an hour before her 200, so it’s excusable if she was fatigued. Perhaps that’s why Ledecky couldn’t shift into her trademark higher gear on the last 50 to keep up with the two teenagers she was racing.

But it’s worth remembering that her 800 was not her top time this season, either. Yes, Ledecky’s 8:09.13 was the fifth-fastest performance in history and almost five seconds faster than anyone else has ever swum, but she was two seconds quicker in Santa Clara, with an 8:07.27. And that was on a chilly night in what no one would describe as record-breaking conditions.

It’s foolish to expect world records from anyone, even an all-time great like Ledecky, but it does seem odd that she hasn’t come close to her best times this summer after smashing one of her own world records in her very first long course race

this year. That was in the 1500 free at the Indianapolis meet, when she swam a time of 15:20.48, exactly five seconds faster than her previous best.

A world record in the middle of the season—which, you might remember, is not unheard of for Katie Ledecky.

“I guess I don’t need to taper ever again,” Ledecky joked. “I need my confidence to be skyrocketed to swim fast. It’s not really about the rest for me—it’s how I feel my training’s been.”

Maybe she shouldn’t taper anymore. Maybe, for whatever reason, her confidence has tapered off in the four months since.

Yes, Ledecky’s bronze in the 200 free was her first medal of that color at any international meet. But here’s what’s even more unusual: Before this year, Ledecky had never not swum her season-best times at the end-of-season international meet. At Pan Pacs, she swam slower than her season bests twice on day one.

Still, Ledecky did manage to find a bright side to her disappointing evening: She was faster in both the 800 and 200 than she was in the same situation four years earlier at the Pan Pacs in Australia. And from the loss, she found motivation.

“Of course it’s motivating,” she said. “It’s something that motivated me last year, getting silver in the 200, and I really put a lot of work into trying not to have that happen again. It’s all about the process, and I know that I still have two more years to go until the big show here in Tokyo. I hope to be here competing in that event and get another shot at it.” ◀

LEDECKY GIVES SWIM LESSONS IN TOKYO AS PART OF U.S. EMBASSY PROGRAM

BY JAMES SICA



Olympic gold medalist Katie Ledecky, who is fresh off of winning five medals (including three golds) at the 2018 Pan Pacific Championships, stuck around after that meet in Tokyo to give swim lessons to Japanese students, per a report in the Charlotte Observer.

Ledecky was on hand to work with more than 100 elementary school and junior high school aged swimmers, answering questions about her career before getting into the pool and swimming with the students. Her lessons were part of the United States Embassy's "Go For Gold" initiative, which brings American athletes and diplomats to participating schools in Japan.

"It's fun for me to give back to the sport I love so much," Ledecky told reporters, adding with a smile that "Hopefully I'll see a lot of their faces again in two years."

Preparations for the 2020 Olympic Games are well underway in Tokyo, including adding a roof to the swimming venue that is currently under construction. Ledecky figures to be a major player at those Games, with the swimmer forgoing her final two years of eligibility at Stanford to turn professional heading into the next Olympics. ◀

The Charlotte Observer contributed to this report.



ver · sa · tile (adj). **1. Power Bags**



www.swimmersbest.com