

# Kate Ziegler



**PRONOUNCED:** ZIG-ler  
**CLUB:** The Fish (FISH-VA)  
**AGE:** 25 **DOB:** June 27, 1988  
**HEIGHT:** 6' 0" (182.9 cm)  
**HOMETOWN:** Great Falls, Va.  
**BIRTHPLACE:** Fairfax, Va.  
**COACHED BY:** Ray Benecki / Ray Benecki

## Career Highlights:

Placed 21st in the 800m free at the 2012 Olympic Games in London...Qualified for the 2012 Olympic team by finishing second in the 800m free ... Swam away with two medals at the 2011 FINA World Championships, a silver in the 1500m free and bronze in the 800m free ... Brought home a bronze medal in the 800m free at the 2010 FINA Short Course World Championships ... Earned a gold medal in the 800m free and silver in the 1500m free at the 2010 MOO Pan Pacific Championships ... Competed at the 2008 Olympic Games in the distance events, placing tenth in the 800m free and 14th in the 400m free ... Qualified for the 2008 Olympic team by placing second in both the 400m free and 800m free at Trials ... Broke the longest-standing swimming world record when she shattered Janet Evans' world record in the 1500m freestyle in June 2007 ... Won World Championship gold in the 800m and 1500m freestyle in 2007 ... Double gold medalist in the 800m and 1500m free at the 2006 Pan Pacifics and 2005 World Championships ... Has won four medals (one of them gold) in two appearances at the SC World Champs (2004 & 2006) ... First broke Sippy Woodhead's 25-year-old American record in the 800m free at the 2005 FINA World Cup stop in New York, which at the time was the oldest American record on the books ... Took down two of Janet Evans' distance freestyle records within a short period of time, setting new marks in the 500y free (Feb. '06) and 1000y free (Dec. '05)

## Olympics History:

2008: 10th, 800m FR; 14th, 400m FR

## World Champs History:

2011: Silver, 1500m FR; Bronze, 800m FR ... 2007: Gold, 800m/1500m FR; 6th, 400m FR ... 2005: Gold, 800m FR & 1500m FR

## Pan Pacs History:

2010: Gold, 800m FR; Silver, 1500m FR ... 2006: Gold, 800m FR & 1500m FR(CR); 4th, 400m FR

## SC Worlds History:

2010: Bronze, 800m FR ... 2006: Gold, 400m FR; Silver, 800m FR; Bronze, 800m FR-R ... 2004: Silver, 800m FR

## Olympic Trials History:

2012: 2nd, 800m FR; 7th, 400m FR ... 2008: 2nd, 400m FR; 2nd, 800m FR ... 2004: 4th, 800m FR; 5th, 400m FR

## Briefly:

Finished seventh in the 2007 10K Open Water Grand Prix

## RECORDS:

Former WR holder in 1500m FR, set at 2007 CA SMC ... Holds AR in 800m FR (SCM), set at 2006 US FINA World Cup ... Holds NAG (17-18) in 1500m FR, set at 2007 CA SMC ... Former NAG (17-18) holder in 1500m FR, set at 2007 World Championships

## NATIONAL TITLES:

400m Free (3): '07 SUM, '06 SUM, '04 SUM  
 800m Free (3): '07 SUM, '05 SUM, '05 SPG  
 1500m Free (3): '05 SUM, '05 SPG, '04 SUM

## ADDITIONAL HONORS:

**General Accolades:** 2005 USA Swimming Female Performance of the Year (World Champs 1500m free)

**High School:** Two-time High School All-American (2003-04)

## PERSONAL:

**High School:** Bishop O'Connell HS '06

**College:** George Mason / Chapman '12

**College Major:** Communications

**Future Professional Aspirations:** Psychology, nutrition, interior design

**Parents:** Don and Cathy ... father is President of First Service Bank, and mother is a homemaker

**Sibling(s):** Older brother (David) graduated from MIT ... older sister (Anne) attended Mary Washington

**Started Swimming:** Age 6 ... wanted the team swim suit

**Sports Played Before Swimming:** Basketball, softball

**Hobbies Outside the Pool:** Reading, cooking, yoga, pilates

## FAST FACTS

**Two-time Olympian** (2012, 2008)  
**Six World Champs LCM medals** (4g, 1s, 1b)

## INTERNATIONAL MEDALS

### 2011 FINA World Championships

2011: Silver, 1500m FR; Bronze, 800m FR

### 2010 FINA World Champs (25m)

2010: Bronze, 800m FR (SCM)

### 2010 Pan Pacific Champs

2010: Gold, 800m FR; Silver, 1500m FR

### 2007 World Championships

2007: Gold, 1500m FR (NAG (17-18)); Gold, 800m FR

### 2006 SC World Champs

2006: Bronze, 800m FR-R (SCM) (WR); Gold, 400m FR (SCM)

### 2006 Pan Pacific Champs

2006: Gold, 1500m FR

### 2005 World Championships

2005: Gold, 1500m FR; Gold, 800m FR

## TOP TIMES

Event	Best	Year
800m FR	8:18.52	Mar 07

## CAREER STATS:

2012	Olympic Games - , 400m FR
2011	WC - , 200m FR; , 200m FR; , 400m FR; , 400m FR; , 400m FR; 3 Final, 800m FR; , 800m FR; , 800m FR; 2 Final, 1500m FR
2010	SCM World Champs - 3 Final, 800m FR (SCM) Pan Pacs - 9 Final, 400m FR; 1 Final, 800m FR; 2 Final, 1500m FR; Final, 800m FR-R; Final, 800m FR-R
2009	US Open - 38 Prelim, 200m FR; 23 Prelim, 400m FR; 2 Final, 800m FR
2008	Olympics - t14 Prelim, 400m FR; 10 Prelim, 800m FR Swimvitational - 1 Final, 400m FR; 1 Final, 800m FR; 1 Final, 1500m FR 08 SCSC GP - 7 Final, 200m FR; 3 Final, 400m FR; 2 Final, 800m FR 08 OSU GP - t3 Final, 200m FR; t1 Final, 400m FR; 2 Final, 800m FR 08 MIZZ GP - 20 Final, 100m FR; 8 Final, 200m FR; t2 Final, 400m FR
2007	WORLD - 6 Final, 400m FR; 1 Final, 800m FR; 1 Final, 1500m FR (NAG (17-18))
2006	PAN PAC - 4 Final, 400m FR; , 800m FR; 1 Final, 1500m FR SUM NATS - 10 Final, 200m FR; 1 Final, 400m FR; 2 Final, 800m FR Santa Clara GP - 1 Final, 1500m FR SC WORLD - , 100m FR (SCM); , 200m FR (SCM); , 200m FR (SCM); 1 Final, 400m FR (SCM); 3 Final, 800m FR-R (SCM) (WR)
2005	SPG CHAMPS - 13 Final, 100m FR; 1 Final, 200m FR; 1 Final, 800m FR SUM NATS - 9 Final, 200m FR; 2 Final, 400m FR; 1 Final, 800m FR; 1 Final, 1500m FR MoO DiP - 1 Final, 400m FR

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## PERSONAL: (continued)

**Most Influential Person:** Her coach, Ray Benecki

**Charities:** Nadar Por Vida

**Training Stats:** Swims 14,000 meters/yards per day, 4 hours a day, 6 days a week

**More:** Likes to celebrate a big win by going out with her mom and getting her nails done ... turned professional in April 2006, forgoing her eligibility to swim for a college

**Favorites:** Movies: Oceans 11, The Departed, The Notebook, Mean Girls ... t.v. shows: Friends, Grey's Anatomy ... music: rap, country, rock

## CAREER STATS: (continued)

WORLD - 1 Final, 800m FR; 1 Final, 1500m FR

WC TRIALS - 12 Final, 200m FR; 3 Final, 400m FR

2004 OLY TRIALS - 5 Final, 400m FR; 3 Prelim, 800m FR; 4 Final, 800m FR