

# U.S. Olympic Team Trials - Swimming

Sunday, June 13, 2021  
Omaha, Nebraska, USA  
CHI Health Center

## Emma Weyant

400 Individual Medley  
Media Conference

THE MODERATOR: Joined here this evening by Emma Weyant the winner of the Women's 400 Meter IM and nominated to the Olympic Team this evening. We will start right here.

### Q. Congratulations.

EMMA WEYANT: Thank you.

### Q. What was the first thing that went through your head when you turned and looked at the clock and realized that you had touched the wall first?

EMMA WEYANT: I was honestly shocked. I didn't even look at my time first. I just heard it, and I looked straight over to my sister. I'm super excited.

### Q. Emma, take us through that last 25. What are you thinking? I don't know what you could see, as far as Margalis and Leah Smith. How were you pushing yourself, because it was the last 10, 15 meters that you accelerated. What was going through your head?

EMMA WEYANT: I breathe to my right, so I could see Leah Smith, and the last 25 I was just putting down my head and not breathe until the wall and kick as hard as I could.

### Q. How hard was this last year trying to get back in shape? I think it was about a year ago that people were starting to get back into the pool, and here you are, you are on the Olympic Team. Reflect on what you've gone through the last year and trying to get back in shape and now you are on the Olympic Team, the ultimate goal?

EMMA WEYANT: I was fortunate to have a really amazing training environment in Sarasota with my Coach, Brent, and my club teammates. I mean, we got back to work pretty soon after, and it's been a really good year.



# U.S. OLYMPIC TEAM TRIALS



### Q. Emma, would you say the 400 IM chose you or you chose the 400 IM?

EMMA WEYANT: I think when I was younger I fought doing IM a little bit. I wanted to be a distance swimmer, which probably isn't common, and it's the opposite now, but my coach has pushed me into IM, which I'm really grateful for, and I definitely like it now so that's the most fun event for me.

### Q. What makes it fun?

EMMA WEYANT: I think the strategy behind it and racing.

### Q. Emma, with the pandemic delaying your plans to go to college, do you think that your training would have been substantially different, or I guess is that something you thought what if, if you had gone to UVA this fall versus if you were staying in Sarasota?

EMMA WEYANT: I think there is just less uncertainty staying in Sarasota and staying consistent with my training, but I'm really excited to get back there next year.

### Q. When they gave you the medal and the whole crowd is going nuts, we could tell you got a little emotional there and how could you not. What was that moment like for you when you had been able to kind of soak a little bit of it in and just have that appreciation with the crowd?

EMMA WEYANT: Yeah, I mean, I've never experienced anything like that. It's definitely like the biggest crowd I've ever swam in front of, just like hearing everything, seeing everything, it was is your real for me.

### Q. Emma, can you talk about your expectations coming here and what it's like to stand up on the blocks with three Olympians?

EMMA WEYANT: These were my first Trials, but I had goals in trying to place as high as I could. I think this was about racing for me, and I get to race with the best, and that pushes me, so it's been fun to get to race these amazing people.



**Q. Emma, we heard when you were getting the award, your mom, how she was saying, "She did it!" She couldn't really believe it. Have you talked to your family? What kind of reaction have they given you?**

EMMA WEYANT: I saw them for a little bit; I saw my sister. They're going crazy, probably freaking out more than I am, but I will see them soon. Thank you.

**Q. In 2016 when the Trials were going on what were you doing? Where were you at? Where were your goals at that time?**

EMMA WEYANT: I was at my home in Sarasota watching my teammates. I made my cut about two weeks after the meet so I got to watch my teammates, and that was inspiring for me to want to be there this time.

**Q. What event?**

EMMA WEYANT: 400 IM, yes.

**Q. Without having a chance to prove yourself over the last year in long course because there haven't been these meets and you had that 4:35, but it's been a couple years. Where were you confidence wise about your abilities going into tonight?**

EMMA WEYANT: I definitely haven't been 4:35 or close to that in a while, but I think for me, staying consistent in times throughout the season and not being too far off. Obviously the end-of-the-season meet is always the big goal for me, but throughout the season trying to work on the race plan and getting my splits where I want them to be.

**Q. You said this was all about racing for you. In the 400 IM, how much do you pay attention to other people's race strategies and also your own? How do you find that balance? Assuming you want to know where others make their move and Margalis and Flickinger had quite a few moves throughout that race. What is that balance like for you knowing what to expect but focusing on your own race?**

EMMA WEYANT: I think that's been something I had to learn and work on. Obviously sticking to my race plan and being aware of where everyone else is in the pool.

That has not been easy because not going out too hard or coming back, you know, just trying to stick to what I'm good at.

**Q. Emma, would you say this extra year actually ended up benefitting you?**

EMMA WEYANT: I mean, I think it did. I can say that now. But, of course, like more time to train, get stronger. I think that only helps.

**Q. Emma, is it was once described to me that if you aren't hurting after the backstroke in the 400 IM you aren't swimming it right. Do you agree or disagree? For you what is the toughest part of it?**

EMMA WEYANT: I definitely agree. I think mentally for me the fly is the hardest, just not -- trying not to go too hard on it, but obviously the breaststroke and the freestyle hurts the most, but that's the better part of the race for me.

**Q. Emma, I'm curious what you like to do outside of the pool, your hobbies and interests?**

EMMA WEYANT: I have three sisters so we always are keeping each other busy. It's a house full of girls so it's crazy.

**Q. You mentioned your race plan, and I don't know if you've ever negative split your 400 IM. Is that something you have done before? Is that something you realized you did that?**

EMMA WEYANT: I didn't know I did that, and I'm not sure if ever done that before, but tonight it was whatever it takes. That's been the mantra throughout training, on the freestyle, whatever it takes to get to the wall.

**Q. You said when you were younger you wanted to be a distance swimmer? Why? What about that appealed to you?**

EMMA WEYANT: I think those were my strength when I was younger. I had a club that had a lot of good distance swimmers on so we trained that a lot and through the years I incorporated more IM into it and it's kind of become something I do more.

**Q. 400 IM is as close to swimming has as a decathlon. I'm wondering if that's the allure for you, the toughness that it takes, mentally and physically?**

EMMA WEYANT: Yeah and I think I really like training multiple things like switching it, up because there is always something to work on. It definitely never gets boring.

THE MODERATOR: Thank you.

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