

FOR IMMEDIATE RELEASE: Wednesday, July 28, 2021



2020 Olympic Games – Day Four Recap, July 28

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USA Swimming Event Medal Count at the Olympic Games Tokyo 2020

Country	Gold	Silver	Bronze	Total
USA	4	5	7	16

Team USA Athlete Medal Count at the Olympic Games Tokyo 2020

Athlete	Gold	Silver	Bronze	Total
Katie Ledecky	1	1	0	2
Zach Apple	1	0	0	1
Bowe Becker	1	0	0	1
Brooks Curry*	1	0	0	1
Caeleb Dressel	1	0	0	1
Lydia Jacoby	1	0	0	1
Blake Pieroni	1	0	0	1
Chase Kalisz	1	0	0	1
Jay Litherland	0	1	0	1
Erica Sullivan	0	1	0	1
Alex Walsh	0	1	0	1
Emma Weyant	0	1	0	1
Erika Brown	0	0	1	1
Catie DeLoof*	0	0	1	1
Kate Douglass	0	0	1	1
Hali Flickinger	0	0	1	1
Natalie Hinds	0	0	1	1
Lilly King	0	0	1	1
Simone Manuel	0	0	1	1
Ryan Murphy	0	0	1	1
Allison Schmitt*	0	0	1	1
Kieran Smith	0	0	1	1
Regan Smith	0	0	1	1

Olivia Smoliga*	0	0	1	1
Abbey Weitzel	0	0	1	1

*prelim swim in relay event

Men's 100m Freestyle – Semifinal

2. Caeleb Dressel (Green Cove Springs, Fla./Gator Swim Club), 47.23

11. Zach Apple (Trenton, Ohio/Mission Viejo Nadadores), 48.04

Race Notes

- Dressel's semifinal time is the second fastest in the world this year.
- Dressel's time is .27 off his American-record time, set at the 2019 FINA World Championships.

Quote

Caeleb Dressel: "That's about what I expected, it is going to be a fast final. I've never been a fan of favorites so there is certainly no favorite at this point. It will be a really fun race; I'm looking forward to it. Quite honestly, there are eight guys in contention, so it is going to be exciting for everyone to watch."

Caeleb Dressel: "I wanted to have a good swim because I was the first guy (for the U.S.) diving in for the session, so I wanted to start the team off right – do my part. I remember getting off the bus, watching Lydia (Jacoby)'s 100 breast - I was going nuts. I was with Drew Kiber, and we were watching on his phone. Every race excites us. That the standard with USA Swimming is gold, and we know that. That is certainly what we aim for every race."

Women's 200m Freestyle – Final

Gold – Ariarne Titmus (AUS), 1:53.50*

Silver – Siobhan Haughey (HKG), 1:53.92

Bronze – Penny Oleksiak (CAN), 1:54.70

5. Katie Ledecky (Bethesda, Md./Nation's Capital/Alto Swim Club), 1:55.21

**Olympic record*

Race Notes

- Only two other Americans in history (Allison Schmitt and Missy Franklin) have swum faster than Ledecky's 1:55.21.

Men's 200m Butterfly – Final

Gold – Kristof Milak (HUN), 1:51.25

Silver – Tomoru Honda (JPN), 1:53.73

Bronze – Federico Burdisso (ITA), 1:54.45

7. Gunnar Bentz (Atlanta, Ga./Dynamo Swim Club/TXLA), 1:55.46

Race Notes

- Bentz stated after yesterday's semifinal that this would be the last race of his career.
- This finish ties the fourth-fastest swim of Bentz's career and is the seventh time he has gone 1:55 in the event.

Quote

Gunnar Bentz: "To be honest, I wasn't even sure if I was going to make the Olympic Team, then I did that. I wasn't sure if I was going to make semis, and then I did that. At that point, I was like, 'well, I'm in

the final,' so I wasn't too nervous. I was sort of trying to absorb everything and soak it all in and enjoy my last race. It was a really cool thing to be a part of."

Women's 200m Butterfly – Semifinal

1. Yufei Zhang (CHN), 2:04.89

2. Hali Flickinger (Spring Grove, Pa./Sun Devil Swimming), 2:06.23

4. Regan Smith (Lakeville, Minn./Riptide), 2:06.64

Race Notes

- Smith's time was .25 off her personal best.
- Flickinger's time is the fourth-fastest time posted this year.

Quotes

Regan Smith: "It felt great. I always love racing Hali, I think she pushes me really hard, and I'm super pleased with that time – I think that's my second best ever, so I'm really happy with it."

Regan Smith: "Yesterday was a big day for me, it was a little tough, but I'm proud of myself for sticking through and putting up a solid swim last night. I got a good night of sleep and I think I felt a lot better this morning and I think I'll feel even better tomorrow."

Regan Smith: "I knew Hali and I were super close, and I get fired up when I'm close to her. I think I pushed hard but I think I have another gear for tomorrow so I'm feeling good about it."

Men's 200m Breaststroke – Semifinal

1. Izaak Stubblety-Cook (AUS), 2:07.35

4. Nic Fink (Morristown, N.J./Athens Bulldog Swim Club), 2:08.00

Race Notes

- Second-fastest time Fink has ever posted.
- Fink was .45 seconds off his personal best, which he set at the U.S. Olympic Team Trials – Swimming.
- U.S. searching for just third medal of the 2000s.

Women's 200m Individual Medley – Final

Gold – Yui Ohashi (JPN), 2:08.52

Silver – Alex Walsh (Nashville, Tenn./Nashville Aquatic Club/University of Virginia), 2:08.65

Bronze – Kate Douglass (Pelham, N.Y./University of Virginia), 2:09.04

Race Notes

- Walsh and Douglass earn first Olympic medals of their Olympic debuts.
- U.S. duo train together at the University of Virginia.
- Walsh was in first place heading into the final 50 meters.
- Douglass was in sixth at the halfway point of the competition before climbing back to claim bronze.
- New personal bests for both Americans – Walsh is now the fourth-fastest American ever, followed by Douglass who is the ninth.

Quotes

Alex Walsh: “I’m so happy for all of us (U.S. medalists). I think this summer has been really hard dealing with the nerves. I know that I was feeling a lot of pressure just from myself wanting to win a medal for USA and I think a lot of the other youngsters were feeling the same way. Obviously we’re doing really well, but I think it’s a huge learning opportunity for us and I’m really excited for the rest of my career having this medal under my belt. I couldn’t be prouder of us and we’re kind of making a statement, which I think is great.”

Alex Walsh: “Last night, I was really struggling. I had seen a lot of my friends medal. You know that the whole United States is kind of watching you, so that can definitely get to you. I think, for me, (U.S. Olympic Team Trials – Swimming) is where I learned how to deal that. I called my parents, I called my friends and just wanted to talk to them and kind of vent but also get my mind off of (the pressure). I think that really helped. For me, I think the mental strength has really played a part in how well I’ve been doing the past year, and so my perspective going into this race was unlike any other I’ve had – I just felt really calm and felt really good in the water. I just knew that I wanted to do as best as I could, and I knew that keeping my mental patience intact – I think that was make or break for me winning this.”

Kate Douglass: “It has been great being able to watch all my other USA teammates medal and do amazing things, so now it was Alex (Walsh) and I’s chance to do that together and it was awesome we were able to do that next to each other.”

Kate Douglass: “I think we all feed off each other’s successes, and I think it’s just showing that there is a great future for USA Swimming out there.”

Kate Douglass: “It’s a lot of fun being able to train with your best friends every day, so we just try to have fun and train hard.”

Women’s 1500m Freestyle – Final

Gold – Katie Ledecky (Bethesda, Md./Nation’s Capital/Alto Swim Club), 15:37.34

Silver – Erica Sullivan (Las Vegas, Nev./Sandpipers of Nevada), 15:41.41

Bronze – Sarah Kohler (GER), 15:42.91

Race Notes

- Ledecky and Sullivan claim medals in Olympic debut of the 1500m freestyle women’s event.
- Ledecky earns sixth Olympic gold medal of her career – she is now tied for the sixth-winningest female Olympian (most golds) of all time.
- Sullivan earns first Olympic medal of her career at her Olympic debut.
- Sullivan is a dual citizen of Japan and the United States and has numerous extended family members still living in Japan.
- Sullivan shaved more than five seconds off her personal best. Before June, Sullivan’s best time was 15:55.25, nearly 14 seconds slower than her silver-medal swim today.

Quotes

Katie Ledecky: “I’m so happy to go 1-2 there with Erica (Sullivan) in the first women’s mile – can’t have a better outcome than that so I’m so happy.”

Katie Ledecky: “After the 200, I knew I had to turn the page very quickly. In the warm down pool, I was just thinking of my family. Kind of each stroke, I was thinking of my grandparents, and they are the toughest four people I know. That is what helped me get through that.”

Katie Ledecky: “It means a lot. I think people maybe feel bad for me in that I’m not winning everything and whatever, but I want people to be more concerned about other things going on in the world – people that are truly suffering. I’m just proud to bring home a gold medal to Team USA.”

Katie Ledecky “It (her double with the 200- and 1500m freestyle) was hard. I kind of thought that the better my 200 was going to be, the better my mile was going to be, just from the adrenaline that I would get from that. Things didn’t work out super well there, my coach, Greg (Meehan), just helped me try to use it to my advantage. We were hoping that I would have an awards ceremony to go to, and would kind of be stressed about getting the warm down in that we needed to, so we just said hey, we got a good chunk of 40 or 45 minutes that I could just swim down, get my mind right and I felt like I was able to do that and I still felt confident going into the mile.”

Erica Sullivan: “I did plan to swim it that way, and thank God it paid off because there was a point there where I was worried I was too far back and I’m really glad I was able to bring it home.”

Erica Sullivan: “Honestly, I didn’t realize I got second until I saw her slam the water and then I looked up and was like, ‘wow, she must have done something really good,’ and then I looked up and was like, ‘oh shoot, I did something really good!’”

Men’s 4x200m Freestyle Relay – Final

Gold – Great Britain, 6:58.58

Silver – Russian Olympic Committee, 7:01.81

Bronze – Australia, 7:01.84

4. USA, 7:02.43

Kieran Smith (Ridgefield, Conn./University of Florida)

Drew Kibler (Carmel, Ind./Longhorn Aquatics/Texas)

Zach Apple (Trenton, Ohio/Mission Viejo Nadadores)

Townley Haas (Richmond, Va./NOVA of Virginia Aquatics/Texas)

Race Notes

- First time in Olympic history where U.S. has missed the podium in this event.
- Great Britain touched the wall just three one-hundredths shy of the world record.

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