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SWIMMING WORLD

BIWEEKLY

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LEDECKY DOMINATES IN RUSSIA



FULL RECAP FROM WORLD CHAMPIONSHIPS

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ON THE COVER - MICHAEL PHELPS BY PETER H. BICK





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A full-page photograph of Michael Phelps, a professional swimmer, celebrating a victory. He is shirtless, with his arms raised in a 'V' shape, and his face shows a look of intense effort and triumph. He is covered in water droplets. The background is a blurred blue wall with some white text and logos, likely from a swimming pool or arena.

WALK THE WALK

WITH HIS RIVALS TAKING VERBAL JABS AT HIM HALF A WORLD AWAY, MICHAEL PHELPS SHUT THEM UP WITH THREE WORLD BEST TIMES.

BY DAVID RIEDER & EVAN DULANEY

Few athletes can channel motivation the way Michael Phelps can. Many have tried using trash talk to get into Phelps' head over the years, most notably Milorad Cavic prior to going head-to-head with Phelps in the 100 fly at both the 2008 Olympics and 2009 World Championships. Both times, Cavic's words came back to bite him as each time Phelps responded to the wordy gauntlet with swift second-half splits and impressive touch-out victories.

Phelps found two familiar foes talking about him to the media after they occupied the first two spots in the 100 fly at the World Championships. Laszlo Cseh finished second in the 100 fly in 50.87 after earlier winning the 200 fly World title in 1:53.48. Cseh, who has stood on an international podium with Phelps nine different times but each time on a lower step, responded to Phelps' world-leading 200 fly, a 1:52.94 from San Antonio on Friday night.

"I saw his time. It's quite good, but it doesn't matter because I won the World Championship." - Laszlo Cseh

But it's the words of 100 fly World Champion Chad Le Clos that seemed to really inspire the most-decorated Olympian of all time. Le Clos had already expressed his annoyance with Phelps calling out slow times recorded internationally in the fly events over the past few years, to which Phelps responded with his world-leading effort in the 200 fly on Friday. After Le Clos clocked 50.56 to win the 100 fly World crown, he airtailed a message express to San Antonio.

"I just did a time that [Phelps] hasn't done in four years, so he can keep quiet now." - Chad le Clos



In fact, Phelps had not eclipsed that time by Le Clos since he set the world record in the event, a 49.83 from the tech-suit World Champs in 2009. That was until Phelps dropped a 50.45 100 Butterfly in finals at U.S. Nationals. Before this meet, no man had broken 51 seconds in the event since Phelps clocked 50.86 in the semi-finals at the Olympics.



After the dust had settled in the butterfly events, Phelps almost outdid himself. After three lengths of the men's 200-meter IM under World Record pace, Phelps clocked the fastest time in the globe with a 1:54.75. Although his time was just short of Ryan Lochte's 1:54.00 World Record, it was unquestionably fast enough to be the top time in the world this year.

Three days ago at the FINA World Championships in Kazan, Lochte swam a 1:55.81 to claim the world's fastest time. It was short lived. Phelps busted out the first 50 meters in a lightning quick 24.65. From there, the crowd in San Antonio cheered Phelps on to a momentous and dominant win.

This became Phelps's third swim of the weekend to register first in the world, a truly remarkable accomplishment on his comeback trail.

Phelps has responded with his best swims when he hears of his rivals talking trash. In the 100 fly in Rome in 2009, he answered Cavic with a 23.36 opening split, by far his fastest ever, and a world record time of 49.83, still his best time ever in the event by four tenths of a second. When the French 400 free relay team told the media they planned to win gold in the event at the 2008 Olympics, Phelps responded with a 100 free American record on the lead-off split as the U.S. went on to shock France with Jason Lezak's legendary anchor split. ◀



[Photo Courtesy: R-Sport / MIA Rossiya Segodnya]

THE LEDECKY FACTOR

BY EMMA FOSTER, SWIMMING WORLD COLLEGE INTERN

Unless you have been living under a rock for the last week, you are probably aware of the phenomenon that is Katie Ledecky. Ledecky's performance at the 2015 World Championships was record-breaking in every sense of the word. Some of the highlights included her twice broken world record in the 1500, the tough as nails finish in the semifinals of the 200 freestyle which came just 30 minutes after her final in the 1500, and the history making 800 freestyle which set her up as the first woman under the 8:10 barrier and the first swimmer to win the 200, 400, 800, and 1500 freestyle in a single meet.

In a meet that was considered by many to be subpar for the USA, with the entire team only winning 23 medals (just above their worst performance of 22 medals in 2009), in many ways Ledecky carried the team on her back.

Excitement started early when she just missed her own world record in the 400 freestyle and it built from there. Her races had everything: huge margins of victory (she won the 400 by almost four seconds, the 800 by 10 seconds, and the 1500 by almost 15 seconds), obstacles to overcome (her 30 minutes between her 1500 final and 200 semifinal could be considered one of the most grueling turnarounds a swimmer could be asked to do) and her awesome celebrations (few things compare to the surprise that flashed across her face when she realized she had broken the world record in the 1500 during prelims).

So what does Ledecky's success mean for the swimming community? More than even the surface level might suggest. Her accomplishments are great personal achievements, but they are also setting a standard that the swimming community is excited to rise to.



USHERING IN A NEW AGE

In a sport that has been ruled by the name Michael Phelps since the lead up to the 2004 Olympics, new recognizable names like Ledecky are great for the sport.

When he was just a teenager, Phelps said that he wanted to change the sport of swimming. The excitement that is stemming from the Ledecky buzz is probably exactly what he was talking about.

Swimming desperately needs media attention outside of the swimming community and Ledecky is proving that there is more than just one swimmer worth talking about. Missy Franklin has been recognized for her awesome swimming and sparkling personality, and this is exactly what the swimming community needs to draw attention to the sport beyond the Olympic year. While Ledecky was practically unknown in the lead up to the 2012 Olympics, that will not be the case this time. The more names become recognized by the general population, the more swimming will make its way to a more prominent place on the sports world map.

More than just giving people more swimmers to talk about, this new notoriety is great for the athletes. Instead of the media only talking about one swimmer, with the burden of the sport being put on one set of broad shoulders, the public can start getting behind all of these awesome athletes who work so hard in such a grueling sport.

This generation of swimmers will help continue the legacy that Phelps and others have worked so hard to foster: getting swimming into the public eye.



GIRL POWER

Ledecky and other female swimmers are teaching young girls that they can do anything they set their minds to, and the significance of this message cannot be understated.



[Photo Courtesy: R-Sport / MIA. Rossiya Segodnya]

Ledecky is fierce. She is competitive. She wants to win, and she isn't afraid to be confident about her chances of winning. These are the kinds of role models we want to see in the sports world.

Ledecky (and Franklin, Natalie Coughlin, Simone Manuel, and others like them) are showing young girls that they can be competitive, and fierce, and want to win, and that it is possible to do all that and also carry yourself in a way that makes your country proud.

These women are great examples for young girls and present behavior that they can model themselves after. They are proving that it pays off to go after your goals with all the energy one can muster, and that anyone who dares question their work ethic better step aside, or they will be left in the dust.

Beyond becoming an amazing role model, it cannot be ignored that watching Ledecky absolutely crush a 1500 raises questions as to why the race is not included in the women's Olympic lineup. Hopefully the more that this is questioned, the closer the swimming world will get to throwing out the sexist model and allowing Katie Ledecky and her competitors to show the world just what a girl can do.

ERA OF DISTANCE SWIMMING

More than anything, what is most impressive is what

Ledecky has done for distance swimming. Often shoved aside by even the swimming community, distance swimming has been "boring" for too many years. There is a long history of the 800/1500 being the race that inspires people to take a bathroom break, and for the network to cut to commercial.

That is all changing, as Ledecky's swims are gluing people to their seats.

Will she break the record? Will she lap someone? Will she really be able to keep up that pace throughout the whole race?

These are questions that commercial breaks disrupt. In the lead up to Rio more and more people are asking that the 800 be aired in its entirety, showing that the popularity of distance swimming is on a steep rise.

The most awe-inducing thing about Ledecky is that just nine short years ago, she was waiting in line to get Michael Phelps's autograph. Just imagine how many young girls watched Ledecky's races last week thinking "I want to be just like her." Picture how many autographs she signed for adoring fans.

It is comforting to think that even as we are awed by the power that is Ledecky, young girls around the world are plotting how one day, they're going to beat her. ◀

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2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 1 FINALS RECAP

BY JASON MARSTELLER

MEN'S 400 FREE FINALS

China's Sun Yang put up a world best in the men's 400-meter free to defend his title at the 2015 FINA World Championships.

Sun, who had some doping issues to take care of in the past year, threw down a top time of 3:42.58 to defend his 2013 title. That swim cleared Mack Horton's 3:42.84 from Australian Nationals as the top time in the world this year.

That's Sun's sixth world championship gold medal, and 10th career medal overall.

Great Britain's James Guy earned silver in a time of 3:43.75. That swim eclipsed his British record of 3:44.16 as he managed to capture his first world championship medal.

Guy bettered his third-best ranking in the world with that swim.

Canada's Ryan Cochrane, a 26-year-old veteran of the sport, collected bronze in 3:44.59. That's his third world bronze medal and seventh overall including four silvers.

USA's Connor Jaeger (3:44.81), Hungary's Peter Bernek (3:46.29), Poland's Wojciech Wojdak (3:46.81), Germany's Clemens Rapp (3:48.52) and USA's Michael McBroom (3:51.94) also competed for the world title.

WOMEN'S 400 FREE FINALS

Out under world-record pace at the 300-meter mark, USA's Katie Ledecky settled for a meet record with the third-best time ever in the women's 400-meter free at the 2015 FINA World Championships.

Ledecky, who already has a pair of 3:58s to her credit with the world record 3:58.37 from the 2014 Pan Pacific Championships as well as a 3:58.86 from the 2014 USA Swimming Summer Nationals, just missed her third 3:58 with a meet-record time of 3:59.13.

That swim clipped Federica Pellegrini's former meet mark of 3:59.15 from the 2009 World Championships as Ledecky defended her 2013 title when she posted a 3:59.82 for the win.

Before Ledecky came around, Pellegrini had the only sub 4:00 swim in the history of the sport. Ledecky has now accomplished the feat five times.

The Netherlands' Sharon Van Rouwendaal earned a distant silver with a 4:03.02. That swim still broke her national record of 4:03.76 from 2014 as she moved to second in the world behind Ledecky.

Australia's Jessica Ashwood grabbed bronze in 4:03.34 with an Oceania record time, downing Kylie Palmer's Australian record of 4:03.40.

Great Britain's Jaz Carlin (4:03.74), New Zealand's Lauren Boyle (4:04.38), Spain's Melani Costa (4:06.50), Italy's Diletta Carli (4:07.30) and Hungary's Boglarka Kapas (4:08.22) rounded out the championship finale.

WOMEN'S 400 FREE RELAY FINALS

Led by a stunning split by Bronte Campbell, the Australia foursome took down The Netherlands' meet record in

Photo Courtesy: Maria Dobysheva

the women's 400-meter free relay at the 2015 FINA World Championships.

Emily Seebohm (53.92), Emma McKeon (53.57), Bronte Campbell (51.77) and Cate Campbell (52.22) smoked the finale with a time of 3:31.48. That swim clipped The Netherlands' 2009 record of 3:31.72 with Bronte definitely serving as the MVP of the relay.

The Netherlands' Ranomi Kromowidjojo (53.30), Maud van der Meer (54.50), Marrit Steenbergen (53.88) and Femke Heemskerk (51.99) tracked down silver in a time of 3:33.67.

USA's Missy Franklin (53.68), Margo Geer (54.14), Lia Neal (53.70) and Simone Manuel (53.09) clinched bronze with a time of 3:34.61.

That's Franklin's 12th career world medal along with nine golds, a silver and another bronze. She just needs 1 gold medal to break the all-time tie with Libby Trickett, but her 12th overall medal inched her closest to the most-lauded rankings.

MEN'S 400 FREE RELAY FINALS

France managed to hold off a hard-charging home team of Russia to win the men's 400-meter free relay and defend its 2013 title.

France's Mehdy Metella (48.37), Florent Manaudou (47.93), Fabien Gilot (47.08) and Jeremy Stravius (47.36) had too much in the tank for Russia, winning in 3:10.74.

Russia's Andrey Grechin (48.60), Nikita Lobintsev (47.98), Vlad Morozov (46.95!) and Alexander Sukhorukov (47.66) put up a second-place time of 3:11.19 as Morozov powered the Russia into silver-contention.

Italy's Luca Dotto (48.75), Marco Orsi (47.75), Michele Santucci (48.48) and Filippo Magnini (47.55) earned bronze in 3:13.53.

Brazil (3:13.22), Poland (3:14.12), Japan (3:15.04), China (3:15.41) and Canada (3:15.94) also swam for the title in the finale.

Noticeably absent from finals were Australia and the United States. For the first time since USA won the first world title in the event in 1973, neither Australia nor the United States made finals after both failed to make the top eight in prelims. ◀



[Photo Courtesy: R-Sport / MIA Rossiya Segodnya]

2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 2 FINALS RECAP

BY JASON MARSTELLER

MEN'S 100 BREAST FINALS

Great Britain's Adam Peaty, the world-record holder in the event, powered by South Africa's Cameron van der Burgh to win the men's 100-meter breast.

Peaty, who set the world record with a stunning 57.92 at British Nationals in April, turned up the heat down the stretch to win the final in 58.52. That's just a bit off his meet record 58.18 from semifinals.

Van der Burgh made a huge push for gold, going out in 26.79, but settled for silver with a time of 58.59. That's just off his national record of 58.46 as he claimed his eighth career world championship medal. Van der Burgh now has two golds, two silvers and four bronzes in his career.

Great Britain's Ross Murdoch chased down bronze with a scorching final 50 meter 31.14 as he clocked a 59.09 for third overall.

Kazakhstan's Dmitriy Balandin (59.42), Australia's Jake Packard (59.44), Lithuania's Giedrius Titenis (59.56), Russia's Kirill Prigoda (59.84) and Germany's Hendrik Feldwehr (1:00.16) also competed in the finale.

WOMEN'S 100 FLY FINALS

Sweden's Sarah Sjöström did it again as she shaved off a tenth from her world record in the women's 100-meter fly. Heading into this meet, only Dana Vollmer had ever broken 56 seconds as she owned the world record with

a 55.98. Sjostrom crashed the party with a world-record time of 55.74 during the semifinal heats.

Tonight, Sjostrom took the time even lower to 55.64 to give Vollmer a new goal to chase as she's returned to the pool with eyes on battling Sjostrom at the 2016 Rio Olympics.

Tonight, Sjostrom changed up the game plan by going out much faster and holding on for the victory. That's her third world title and fourth world championship medal overall.

Denmark's Jeanette Ottesen, finding her form after a broken finger from a road rage attack last month, earned silver in a time of 57.05. That's just off her semifinal swim of 57.04, but was good enough for her third world championship medal. She already has two golds in her career.

China's Lu Ying rounded out the podium with a third-place time of 57.48, her fourth career world medal with two silvers and two bronze.

Australia's Emma McKeon (57.67), Canada's Katerine Savard (57.69), China's Chen Xinyi (57.85), Germany's Alexandra Wenk (57.94) and Canada's Noemie Thomas (58.22) also competed in the finale.

WOMEN'S 200 IM FINALS

France's Florent Manaudou cracked 23 seconds again to stand tall as the men's 50-meter fly world champion.

Manaudou hit the wall in 22.97 for the gold medal, off his French record of 22.84 from the semifinal heats.

That's Manaudou's third career world title as he continues to pile up a strong resume heading into the 2016 Rio Olympics.

Brazil's Nicholas Santos took home silver with a time of 23.09. He's been faster this year with a 22.90 from the Maria Lenk Trophy meet.

Hungary's Laszlo Cseh and Poland's Konrad Czerniak shared bronze with 23.15s.

Ukraine's Andrii Govorov placed fifth overall in 23.18, while two-time defending champion Cesar Cielo took

sixth with a 23.21 as he's been battling a shoulder injury.

Singapore's Joe Schooling lowered his Asian record with a 23.25 for seventh overall, while Great Britain's Ben Proud took eighth overall in 23.39.

WOMEN'S 200 IM FINALS

The Iron Lady Katinka Hosszu broke the most infamous world record of the techsuit era as she clipped Ariana Kukors' amazing women's 200-meter IM global mark.

Hosszu, who broke down in tears after the tremendous feat, did what no one thought would be done anytime soon as she blazed her way to a scorching time of 2:06.12.

That performance clipped the previous world record of 2:06.15 set by Kukors at the 2009 World Championships.

Before Hosszu began her focused attack on the record this year, Stephanie Rice was the closest swimmer to Kukors' record with a 2:07.03 from the 2009 meet as well. The textile best also had stood to Ye Shiwen with a 2:07.57 from the 2012 London Olympics, a full second-and-a-half off Kukors' time.

No one thought the record would fall – other than Hosszu. Hosszu, so focused on breaking the record, changed up her typical Iron Lady schedule by scratching the top seed in the 100-meter back semis as she definitely sacrificed a medal in that event for the world record in the 200 IM.

That's Hosszu's fourth career world title as she is looking to make history this year heading into the 2016 Rio Olympics.

In the mythical swim against Kukors, one can see that Hosszu pushed the pace as hard as she possibly could through 150 meters and did what she had to do to overcome the techsuit-aided final freestyle charge of Kukors.

Japan's Kanako Watanabe finished second in 2:08.45 to crush her Japanese record of 2:09.61. ◀



[Photo Courtesy: R-Sport / MIA Rossija Segodnya]

2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 3 FINALS RECAP

BY JASON MARSTELLER

MEN'S 200 FREE FINALS

Great Britain's James Guy slayed a bunch of dragons in the stacked men's 200-meter free at the 2015 FINA World Championships.

Guy had enough in the tank to overtake Sun Yang for gold with a time of 1:45.14. That swim is a British record, breaking his own mark of 1:45.43.

That's the fastest time in the world this year, clearing the 1:45.36 set by Ryan Lochte yesterday. Guy now has a gold and a silver this week, having earned silver in the 400 free earlier this week.

Sun lost out on a chance for a historic 200-400-800-1500 free sweep as he took silver in 1:45.20. That's not a Chinese record for Sun, but it is his 11th career world championship medal with six gold, two silvers and three bronzes.

Germany's Paul Biedermann unleashed a final split of 26.67 to get himself on the podium with a third-place 1:45.38. That performance delivered him a seventh career worlds medal.

WOMEN'S 100 BACK FINALS

Emily Seebohm led an Australian 1-2 in the women's 100-meter backstroke finals.

Seebohm claimed her second gold of the meet with a sizzling 58.26 in the finale for her first individual world title in long course competition. That's the fourth-fastest 100 back of all time.

Madison Wilson checked in with a silver-winning time of 58.75, while Denmark's Mie Nielsen managed to claim bronze in 58.86.

China's Fu Yuanhui wound up fourth in 59.02, while Olympic champion Missy Franklin settled for fifth in 59.40 after a bad start that led to her turning last with a 29.20 initial split.

Russia's Anastasia Fesikova (59.66), Great Britain's Lauren Quigley (59.78) and USA's Kathleen Baker (59.99) closed out the all sub-1:00 finale.

WOMEN'S 1500 FREE FINALS

Katie Ledecky continued her march towards immortality as

the best distance freestyle swimmer of all time with another world-record smashing in the women's 1500-meter free.

Ledecky won the finale in 15:25.48 to earn her sixth career world title and break her preliminary world record of 15:27.71. Most noticeable, Ledecky held off on going to her legs until the very end of the race as she kept her tank full for the women's 200-meter free semis later in the evening.

On top of cutting two seconds off her previous record and moving 13 seconds ahead of the second-fastest swimmer all time (Lotte Friis, 15:38.88), Ledecky's splits are truly remarkable.

Ledecky clocked an 8:13.25 at the 800-meter mark, which is the fifth fastest time ever in the event. Additionally, Ledecky has now become so dominant in distance freestyle that no one has ever been faster than her 800 split, much less her 800-meter free individual world record of 8:11.00.

Rebecca Adlington topped the 2008 Beijing Olympics with a then-amazing time of 8:14.10 to rank second all time in the world. Now, Ledecky has beat that time with a split.

New Zealand's Lauren Boyle took silver in 15:40.14 to break the Oceanic record as well as cut four seconds from her personal best of 15:44.71.

Hungary's Boglarka Kapas snared bronze in 15:47.09 to break 16:00 for the first time as she destroyed her Hungarian record of 16:02.58. That's about the only Hungarian record outside of Katinka Hosszu's reach.

Denmark's Lotte Friis (15:49.00), Australia's Jessica Ashwood (15:52.17), The Netherlands' Sharon van Rouwendaal (16:03.74), Chile's Kristel Kobrich (16:06.55) and Italy's Aurora Ponsele (16:09.57) also swam in the historic finale.

WOMEN'S 100 BREAST FINALS

Mitchell Larkin of Australia overhauled the men's 100-meter back field for the world title.

Larkin, who posted a world best with an Oceanic record of 52.38 yesterday, won his first world title with a

52.40 this evening. That swim is just outside the top 10 swims all time in the event's history.

France's Camille Lacourt charged his way into silver with a second-place time of 52.48. That's off his French record of 52.11, but good enough to claim a fifth career world title. He now owns three golds and two silvers.

USA's Matt Grevers, first at the 50 with a 25.40, couldn't keep up the pace as he faded to third with a 52.66. That swim gave him his first bronze at a world championship event as his career tally now rises to five with three golds, a silver and a bronze.

WOMEN'S 100 BREAST FINALS

After her doping suspension concluded earlier this year, Russia's Yuliya Efimova has been on fire. She kept up with that momentum with a world title in the women's 100-meter breaststroke.

Efimova, who concluded her doping suspension with a sizzler at the Mission Viejo Invitational in March, showed up at the starting blocks to a hero's ovation in Kazan. She then backed up that support with a world-title winning time of 1:05.66.

That's just off her semifinal swim of 1:05.60, but was good enough to give her a fourth world title and a ninth career world medal.

Lithuania's Ruta Meilutyte, the world-record holder with a 1:04.35 to her credit from 2013, wound up with a silver in 1:06.36. That's her third world medal with a gold and two silvers to her credit now.

Jamaica's Alia Atkinson won her first world medal ever with a bronze-winning 1:06.42 to round out the podium.

Japan's Kanako Watanabe (1:06.43), China's Shi Jinglin (1:06.55), Iceland's Hilda Luthersdottir (1:07.10), Sweden's Jennie Johansson (1:07.17) and Italy's Arianna Castiglioni (1:07.60) finished the finale in fourth through eighth. ◀



2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 4 FINALS RECAP

BY JASON MARSTELLER

MEN'S 200 FLY FINALS

Hungary's Laszlo Cseh upsets South Africa's Chad le Clos in men's 200-meter fly at the 2015 FINA World Championships for his first world title since 2005.

Cseh overtook le Clos in the final 100 meters for the win, 1:53.48 to 1:53.68. That's Cseh's second individual world title and first since winning the 400-meter IM back in 2005 a decade ago.

Cseh now has a total of 11 world championship titles, having claimed a truckload of medals behind Michael Phelps and Ryan Lochte in the IMs and flies throughout the past 10 years. He now has two golds, four silvers and five bronzes to his credit.

Le Clos, the clear favorite coming into the meet, took too much time to turn on the jets down the stretch as he settles for his first silver ever in world championship competition.

Poland's Jan Switkowski put up a 1:54.10 to round out the podium with a bronze.

Japan's Masato Sakai (1:54.24), Denmark's Viktor Bromer (1:54.66), Japan's Daiya Seto (1:55.16), Belgium's Louis Croenen (1:55.39) and USA's Tom Shields (1:56.17) also competed in the finale.

WOMEN'S 200 FREE FINALS

USA's Katie Ledecky has already stamped her mark as the best distance freestyle swimmer ever, but now she's moving into

legendary air with her third gold medal as she won the women's 200-meter free at the 2015 FINA World Championships.

Ledecky, who already won the 400 and 1500-meter freestyle this week, kept on pace to make history as the only person ever to win the 200-400-800-1500 gold medal quartet. Considering her 1500 free split is faster than anyone else has ever gone in the 800 free ever, the freestyle sweep is a foregone conclusion.

Ledecky won against a loaded field of seven world championship medalists with a top time of 1:55.16. That's not the fastest time this year, putting her only fourth in the world. But it tied her personal best and demonstrated a ridiculous range this week.

That's Ledecky's seventh world title as she is quickly tracking down Missy Franklin and Libby Trickett's record of nine career golds.

Italy's Federica Pellegrini finished second with a time of 1:55.32 as she charged home hard to move from fourth to second. That's world championship medal number eight with four golds, three silvers and a bronze.

Franklin, meanwhile, earned bronze in 1:55.49 in what proved to be a close finish. That's Franklin's 13th career medal. With one more medal this week, she will move into a fourth-place tie with Jenny Thompson and Leisel Jones for the most career world medals.

MEN'S 800 FREE FINALS

China's Sun Yang overtook the field to win the men's 800-meter free world title for the third straight time at the 2015 FINA World Championships.

Sun, who trailed Italy's Gregorio Paltrinieri until the 700-meter mark, turned on the jets to win in 7:39.96. That's a world best by far, and stands sixth all time in the event's history.

That's Sun's third win to go with his victories in 2011 (7:38.57) and 2013 (7:41.36).

Paltrinieri clocked a European record with a silver-winning time of 7:40.81, crushing the previous record of 7:42.74 from 2014. That time is now the eighth-fastest time ever as he moved to sixth in the all-time performers list. ◀



[Photo Courtesy: R-Sport / MIA Rossiya Segodnya]

2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 5 FINALS RECAP

BY JASON MARSTELLER

MEN'S 200 IM FINALS

USA's Ryan Lochte made history as he joined Grant Hackett in the fourpeat club with a win in the men's 200-meter IM at the 2015 FINA World Championships.

Lochte raced his way to victory in a time of 1:55.81, the only sub-1:56 of the year as she smashed the world best of 1:56.30 set by Kosuke Hagino in April.

That's Lochte's fourth consecutive victory in the 200-meter IM as he previously won in 2009 (1:54.10), 2011 (1:54.00) and 2013 (1:54.98).

He joins Hackett as the only two people to ever win a world title four straight times in the same event. Hackett won the 1500 free from 1998-2005.

That's also the sixth world championships during which Lochte has won a gold medal as he pushed his total career medals to 16 golds, four silvers and four bronzes for 24 total. He trails only Michael Phelps' 33 total medals (26 gold, six silver, one bronze).

Brazil's Thiago Pereira, fresh off becoming the most decorated athlete ever at the Pan American Games, took silver in 1:56.65. That's just a second off his Brazilian record of 1:55.55, and gave him his first silver at a world champion-

ship meet. He previously earned a pair of bronzes.

China's Wang Shun snared bronze overall in 1:56.81, breaking his own Chinese record of 1:56.86 from 2013 for his third career bronze medal at worlds.

Great Britain's Dan Wallace (1:57.59), USA's Conor Dwyer (1:57.96), Poland's Marcin Cieslak (1:58.14), Brazil's Henrique Rodrigues (1:58.52) and Sweden's Simon Sjodin (1:59.06) also competed for the title.

MEN'S 100 FREE FINALS

Ning Zetao became China's first male sprint world champion as he took home the men's 100-meter free title at the 2015 FINA World Championships.

Ning clocked a top time of 47.84, the best swim in the world this year, for his first world championship medal. That time cleared the previous world best of 47.94 set by Cameron McEvoy yesterday.

It wasn't enough to break his Chinese record of 47.65, but it was definitely good enough for him to join Sun Yang and Zhang Lin as just the third man from China to ever win a world title.

McEvoy, meanwhile, snared silver in 47.95 for his first

world championship medal as well.

Argentina's Federico Grabich chased down bronze in a time of 48.12 as he just missed his Argentinian record of 48.11.

Canada's Santo Condoirelli (48.19), Brazil's Marcelo Chierighini (48.27), Russia's Alexander Sukhorukov (48.28), USA's Nathan Adrian (48.31) and Belgium's Pieter Timmers (48.31) comprised the rest of the championship heat.

Adrian, the reigning Olympic champion in the event, fell surprisingly out of the medals.

WOMEN'S 200 FLY FINALS

Japan's Natsumi Hoshi powered her way to her first world title with a win at the women's 200-meter fly at the 2015 FINA World Championships.

Hoshi, who sat back in the third and fourth-place spots throughout most of the swim, turned on the jets to win the title down the stretch with a 2:05.56.

That swim put Hoshi third in the world rankings behind Franziska Hentke (2:05.26) and Madeline Groves (2:05.41) this year.

Hoshi didn't need her best for the win as she's been a 2:04.69 back in 2012 for the Japanese record.

USA's Cammile Adams chased down her first world championship medal with a silver-winning time of 2:06.40. That's her lifetime best, clearing a 2:06.52 on her resume as the Pan Pacific Champion clinched silver here on the brightest stage.

China's Zhang Yufei lowered her own World Junior Record with a bronze-winning 2:06.51. That swim cleared her 2:06.92 set yesterday.

Australia's Brianna Throssell (2:06.78), Germany's Hentke (2:06.78), USA's Katie McLaughlin (2:06.95), Hungary's Liliana Szilagyi (2:07.76) and China's Zhou Yilin (2:10.20) closed out the rest of the championship field.

WOMEN'S 50 BACK FINALS

Fu Yuanhui took down her textile best in the women's

50-meter back yet again with a winning time at the 2015 FINA World Championships.

Fu raced her way to a 27.11, just off the world record of 27.06 set by Zhao Jing back in 2009. Fu nearly set the world record, but crashed into the lane line at the finish.

Fu's time lowered her textile best of 27.18 from semis and produce her first career world title. She took silver in this event back in 2013.

That's the third out of four worlds where someone from China has won the event. Zhao topped the sprint back in 2009 (27.06) and 2013 (27.29).

Brazil's Etiene Medeiros turned in a silver-winning time of 27.26, breaking the Brazilian and South American record of 27.37 she set back in 2014.

China's Liu Xiang snatched bronze in a time of 27.58 as she lowered her own personal best of 27.67.

Australia's Emily Seebohm (27.66), Denmark's Mie Nielsen (27.73), Australia's Madison Wilson (27.92), Great Britain's Lauren Quigley (27.99) and Greece's Theodora Drakou (28.17) finished fourth through eighth in the finale.

WOMEN'S 800 FREE RELAY FINALS

Team USA captured its third straight women's 800-meter freestyle relay title with a strong anchor leadoff and anchor from Missy Franklin and Katie Ledecky.

The USA foursome of Franklin (1:55.95), Leah Smith (1:56.86), Katie McLaughlin (1:56.92) and Ledecky (1:55.64) won the world title by three seconds with a 7:45.37.

While not quite so dominant as some of the previous U.S. iterations that had Team USA in world-record contention in the 7:42 range, it was more than enough to give Ledecky her fourth gold medal here at the 2015 Worlds.

That's Ledecky's eighth career world title now as she trails only Franklin and Libby Trickett in the all time gold medal chart as Franklin broke a tie with Libby Trickett with her 10th career world title as Trickett owns nine. ◀



[Photo Courtesy: R-Sport / MIA Rossiya Segodnya]

2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 6 FINALS RECAP

BY TAYLOR BRIEN

WOMEN'S 100 FREE FINALS

Bronte Campbell of Australia topped the competition in the women's 100 free, turning in a 52.52 to replace her sister as the top ranked woman in the world for 2015. Sister Cate Campbell settled for third with a time of 52.82, adding .13 seconds onto her time of 52.69 from the Australian Championships. This marks the first occasion where sisters both won medals in the same event at the same World Championships.

Sweden's Sarah Sjostrom added to her medals and claimed silver in the event with a time of 52.70. That betters her time of 52.78 posted earlier in the meet.

The Netherland's Ranomi Kromowidjojo and teammate Femke Heemskerk finished in the middle of the pack for fourth and fifth. American's Simone Manuel and Missy Franklin stuck close to each other throughout, finishing only .07 seconds apart. Manuel won out with a finishing time of 53.93 for sixth, while Franklin took seventh with a 54.00.

MEN'S 200 BACK FINALS

Australia's Mitch Larkin blasted to first in the men's 200-meter back. Larkin powered into the final turn

and took advantage of that final push to propel himself ahead of the competition turning in a 1:53.58 for the gold. Larkin's time also further secures his spot at the top of the world rankings for 2015, lowering his time of 1:54.29.

Poland's Radoslaw Kawecki finished second overall with a final time of 1:54.55. This betters his best time of 1:55.54, which he posted earlier in the meet, for 2015.

Russia's Evgeny Rylov turned in a sizzling 1:54.60 to claim the bronze in the event. The eighteen-year-old improved upon his time of 1:55.54 which he posted earlier in the meet.

Ryosuke Irie of Japan posted a 1:54.81 to finish fourth in the event. Irie was .09 seconds off his 2015 best of 1:54.62 which he posted earlier this year at the BHP Super Series.

American Ryan Murphy took fifth with a time of 1:55.00. While Murphy lowered his 2015 best of 1:55.10 that he set earlier in the meet, this marks the first-time in the last eight meets that an American has not won the men's 200 back.

China's Jiayu Xu (1:55.20), USA's Tyler Clary (1:56.26) and China's Guangyuan Li (1:56.79) finished sixth, seventh, and eighth respectively.

WOMEN'S 200 BREAST FINALS

Japan's Kanako Watanabe topped the competition in the women's 200 breaststroke posting a final time of 2:21.15 for the gold. Watanabe was just shy of her 2015 best time of 2:20.90 which she posted at the Japanese National Championships.

Micah Lawrence of the USA held onto second despite a quick final 50 meters from Jessica Vall. Lawrence turned in a time of 2:22.44 for the silver, adding slightly to her time of 2:22.04 from earlier in the meet.

Denmark's Rikke Pedersen tied Vall for third in the event with both posting a time of 2:22.76. For Vall, this is an improvement upon her time of 2:22.90 from earlier in the meet. Pedersen added 1.18 seconds to her 2015 best of 2:21.58 from the Swedish Grand Prix. China's Jinglin Shi completed the three-way tie also adding to her 2015 best of 2:22.08.

Japan's Rie Kaneto took sixth with a time of 2:23.19, adding to her time of 2:21.90 from the Japanese National Championships.

Russia's Vitalina Simonova (2:23.59) and Canada's Kierra Smith (2:23.61) finished seventh and eighth respectively.

MEN'S 200 BREAST FINALS

Germany's Marco Koch bested the competition in the men's 200 breaststroke turning in a final time of 2:07.76. Koch's win ends Daniel Gyurta's winning streak in the event and neared his meet record of 2:07.23 from 2013. Gyurta slipped to third in the event finishing with a time of 2:08.10.

Kevin Cordes of the USA posted a time of 2:08.05 to claim silver in the event. Cordes improved upon his time of 2:08.69 from earlier in the meet.

Great Britain's Andrew Willis finished fourth overall in the event with a time of 2:08.52, dropping .07 from his time of 2:08.59 from the British Championships. ◀



Photo Courtesy: iSport / AIA - Rossiya - Segodnya

USA SWIMMING WINS MEDAL COUNT AT 2015 FINA WORLD CHAMPIONSHIPS

USA Swimming took home the most medals with a total of 23 in the pool swimming portion of 2015 FINA World Championships. USA led in the gold (8) and the silver (10) medal count. Led by their women, Australia won 7 golds, 3 silvers and 6 bronze medals. China was third with a total of 13 medals; winning 5 gold, 1 silver and 7 bronze.

The 2015 FINA World Championship certainly sets an exciting tone for the sport of swimming as all eyes are now looking toward Rio for the Olympics in 2016

RANK					TOTAL
1	 USA	8	10	5	23
2	 AUS	7	3	6	16
3	 CHN	5	1	7	13
4	 GBR	5	1	3	9
5	 FRA	4	1	1	6
6	 HUN	3	2	4	9
7	 SWE	3	2	1	6
8	 JPN	3	1	0	4
9	 ITA	1	3	1	5
10	 RSA	1	3	0	4
11	 RUS	1	1	2	4
12	 GER	1	0	2	3
13	 NED	0	5	0	5
14	 BRA	0	3	1	4
15	 DEN	0	2	2	4



2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 7 FINALS RECAP

BY TAYLOR BRIEN

WOMEN'S 50 FLY FINALS

Sweden's Sarah Sjöström added another medal to her collection with a win in the 50-meter fly. Sjöström clocked a swift 24.96 for the title. While her time was behind her world record time of 24.43, it does effectively lower the meet record of 25.06 which she set earlier in the meet.

Denmark's Jeanette Ottesen claimed the silver medal with a final time of 25.34, adding slightly to her 2015 best of 25.27 from earlier in the meet.

Ying Lu of China finished right on Ottesen's heels with a time of 25.37. Lu improved upon her time of 25.69 from earlier in the meet.

The Netherlands' Inge Dekker cranked out a 25.64 to grab fourth overall in the event. While she drops slightly in the world rankings, her time is an improvement from the 25.66 she had set earlier in the meet.

Egypt's Farida Osman finished fifth overall with a time

of 25.78, while Great Britain's Fran Halsall took sixth with a time of 25.85.

Arianna Vanderpool-Wallace of the Bahamas dipped to seventh with a final time of 25.93, while Poland's Anna Dogwiert was eighth with a 26.20.

MEN'S 50 FREE FINALS

After losing the top seed to Nathan Adrian of the USA yesterday in the semi-finals France's Florent Manaudou successfully re-claimed the top spot and the gold medal in the 50-meter free. Manaudou finished with a time of 21.19 to move him to the top of the world rankings for 2015. This is an improvement on his time of 21.41 from earlier in the meet.

Adrian's 21.52 comes as a slight disappointment after watching the American set a new American record in the event during semi-finals with a time of 21.37. Adrian will slip to second in the world rankings and will take home the silver medal.

Brazil's Bruno Fratus was close behind Adrian touching with a quick 21.55, improving upon his time of 21.60 from earlier in the meet.

Russia Vladimir Morozov moved up in the rankings finishing fourth overall with a time of 21.56. This is an improvement from semi-finals where he had to swim off with USA's Anthony Ervin for the top spot in finals.

Andrii Govorov of the Ukraine turned in a time of 21.86 to finish fifth in the event and to tie with Italy's Marco Orsi who turned in a matching time. Govorov's time moves him up from twelfth in the world rankings with his previous time of 21.93, to a three-way tie for sixth with Orsi and the USA's Josh Schneider.

Greece's Kristian Gkolomeev took seventh in the event with a time of 21.98, while Benjamin Proud of Great Britain was eighth with a 22.04.

WOMEN'S 200 BACK FINALS

Australia's Emily Seebohm blasted her way to the top of the podium in the women's 200-meter back finishing .53 seconds ahead of the second-place finisher with a time of 2:05.81. While Seebohm was a little more than a second and a half off Missy Franklin's world record of 2:04.06, the Australian proved that she can turn on the heat and that Franklin's record could be in trouble in future meets. Seebohm's time moves her to the top of the world rankings for 2015, replacing her time of 2:06.56.

Franklin moved up and claimed the silver medal with a finishing time of 2:06.34. This is a definite improvement from her time of 2:07.79 from earlier in the meet.

Katinka Hosszu of Hungary slipped to third and a bronze medal with a time of 2:06.84. Hosszu added some time to her semis win of 2:06.18, which also broke a 24-year-old Hungarian National Record.

Russia's Daria Ustinova clocked a time of 2:07.64 for a fourth-place finish in the event. Her time lowers her own world junior record of 2:08.74 which she posted earlier in the meet.

Germany's Jenny Mensing turned in a 2:08.49 to finish fifth overall, while Canada's Dominique Bouchard was

close behind with a 2:08.51 finish for sixth.

Canadian teammate Hilary Caldwell took seventh with a time of 2:08.66, and Israel's Eyglo Gustafsdottir finished eighth with a time of 2:09.53.

MEN'S 100 FLY FINALS

South Africa's Chad Le Clos dashed to the top of the men's 100-meter fly finals with a time of 50.56. Le Clos's time situates him as the new top dog in the 2015 world rankings, improving upon his previous 2015 best of 51.11 from earlier in the meet.

Hungary's Laszlo Cseh slipped to second after tying Tom Shields of the USA for the first-place seed for finals. Cseh posted a finishing time of 50.87, dropping .04 seconds from his best of 50.91 earlier in the meet.

Shields slipped to fourth overall with a time of 51.06, adding only .03 seconds to his 2015 best. This allowed for the young Joseph Schooling of Singapore to claim the bronze medal with a finishing time of 50.96, shaving almost half of a second from his previous best time of 51.40 from earlier in the meet.

France's Mendy Metella turned in a 51.24 to finish fifth overall, while Poland's Konrad Czerniak (51.28) and Pawel Korzeniowski (51.46) finished sixth and seventh respectively.

China's Zhuhao Li rounded out the top eight with a final time of 51.66.

WOMEN'S 800 FREE FINALS

Katie Ledecky swept the 200, 400, 1500 and now the 800 Freestyle events with a world record swim time of 8:07.39. Lauren Boyle of New Zealand went 8:17.65 for second and Jaz Carlin of Great Britain 8:15.15

MIXED 4X100 FREE RELAY FINALS

The United States set a new world record in this event with a time of 3:23.05 led by Ryan Lochte with a split of 48.79 followed by Nathan Adrian (47.29) Simone Manuel (53.66) and Missy Franklin anchoring with a time of 53.31. The Netherlands came in second with a time of 3:23.59 and Canada a strong third with a time of 3:24.21 ◀



2015 FINA WORLD CHAMPIONSHIPS, SWIMMING: DAY 8 FINALS RECAP

BY TAYLOR BRIEN

MEN'S 50 BACK FINALS

France's Camille Lacourt maintained his spot at the top in the men's 50-meter back posting a final time of 24.23 to claim gold in the event. Lacourt succeeded in dropping .04 seconds from his 2015 best of 24.27 from earlier in the meet.

Matt Grevers of the USA also maintained his spot throughout the course of the event, holding steady at second with a finishing time of 24.61. Grevers added slightly to his 2015 best of 24.59 from earlier in the meet.

Australia collected both third and fourth place in the event with Ben Treffers at third. Treffers turned in a time of 24.69, finishing only .01 seconds ahead of teammate Mitchell Larkin who got his hand on the wall at the 24.70 mark.

Russia's Vladimir Morozov finished close behind Larkin with a final time of 24.73 for fifth place. Morozov succeeded in shaving .04 seconds off his best time of 24.77 from earlier in the meet.

Norway's Lavran Solli finished sixth in the event with a time of 24.84, adding .09 seconds to his best of 24.75.

Great Britain's Liam Tamcock was seventh overall, touch-

ing the wall at the 24.88 second mark, while USA's David Plummer slipped to eighth in the event. Plummer finished in 24.95, adding to his 2015 best of 24.82 from earlier in the meet.

WOMEN'S 50 BREAST FINALS

Sweden's Jennie Johansson moved up in the ranks in the women's 50-meter breaststroke finishing first with a time of 30.05. Johansson's time moved her up to second in the world rankings for 2015. Going into finals Johansson was ranked fourth but was able to bypass the competition to earn another medal for Sweden.

Jamaica's Alia Atkinson turned in a 30.11 for second in the event, and a move up to third in the world rankings. Atkinson had slipped to sixth in the semi-finals but that only seemed to encourage her as she flew past her time of 30.78 posted in the semis.

Russia's Yuliya Efimova finished only .02 seconds behind Atkinson with a quick 30.13 for the bronze medal, a best time for Efimova for 2015. Finishing .01 seconds behind her was Ruta Meilutyte of Lithuania who touched in 30.14. Meilutyte had dominated the event throughout prelims and the semi-finals, being the only swimmer under the 30-second

mark, however she slipped back to fourth for finals.

Jessica Hardy of the USA also slipped some in the event finishing fifth overall with a time of 30.20. While Hardy managed to shave .05 seconds off her semi-finals time of 30.25, it was not enough to keep her in the top three.

Ran Suo of China took sixth in the event with a time of 30.74, a best time for 2015 for her.

Israel's Hrafnhildur Luthersdottir touched with a 31.12 to claim seventh overall in the event, while Mariia Liver of the Ukraine fell to eighth and a final time of 31.14.

MEN'S 400 IM FINALS

Daiya Seto of Japan finished first in the men's 400-meter IM with a time of 4:08.50 and claimed the first win for the Japanese men. Seto's time is a best time for the year for him and moves him past teammate Kosuke Hagino in the world rankings. Hagino was originally the top contender in the event but had to pull out of the meet due to injury.

Hungary's David Verraszto claimed the silver medal with a finishing time of 4:09.90, improving upon his prelims time of 4:11.99.

USA's Chase Kalisz slipped to third in the event with a final time of 4:10.05. While Kalisz improved upon his time of 4:11.83 from prelims, it was not enough to keep up with defending champion Seto.

USA teammate Tyler Clary maintained his spot at fourth with a time of 4:11.71, dropping .51 seconds from his prelims time of 4:12.22.

Jacob Heidtmann of Germany finished fifth overall with a time of 4:12.08, improving upon his time of 4:13.62 from finals.

Teammates Daniel Wallace and Roberto Pavoni of Great Britain kept it close in finals finishing .04 seconds apart for sixth and seventh. Wallace, who was the champion at the Commonwealth Games, snagged sixth with a final time of 4:13.77, adding slightly to his prelims time of 4:13.07. Pavoni clocked a time of 4:13.81 for seventh.

Zhixian Yang of China was eighth overall with a final time of 4:16.74.

WOMEN'S 50 FREE FINALS

Bronte Campbell of Australia earned her second gold medal of the meet from lane six in the women's 50-meter free with

a final time of 24.12, a best time for 2015. After being seeded fourth from her performance in the semi-finals Campbell succeeded in shaving .20 seconds off her time of 24.32 to blast to the top of the podium.

Ranomi Kromowidjojo of the Netherlands finished second overall with a time of 24.22, dropping .01 seconds from her semi-finals time of 24.23.

Sarah Sjostrom of Sweden maintained her spot at third with a finishing time of 24.31, an identical time to her semi-finals time.

Campbell's older sister Cate Campbell slipped to fourth in finals with a time of 24.36. The older Campbell had maintained a steady hold at first in the event through prelims and semi-finals but was unable to shave time off and near her 2015 best of 24.03 from the BHP Super Series. She is still the top ranked swimmer in the event for 2015.

Canada's Chantal Van Landeghem finished close behind Campbell with a time of 24.39, moving up from her eighth place seed. Van Landeghem succeeded in shaving .13 seconds off her semi-finals time of 24.52.

Arianna Vanderpool-Wallace of the Bahamas settled for sixth overall finishing with a time of 24.44. Her time of 24.31 from the Pan Am Games held earlier this summer in Toronto continues to be her best time for 2015.

Great Britain's Fran Halsall kept her seventh place spot with a time of 24.51, adding only .01 seconds to her semi-finals time of 24.50.

Simone Manuel of the USA was eighth with a time of 24.57, adding one tenth of a second to her semi-finals time of 24.47.

MEN'S 1500 FREE FINALS

Italy's Gregorio Paltrinieri claimed the title in the men's 1500-meter free with a final time of 14:39.67 and set a new Italian record. Paltrinieri lowered his own record of 14:39.93 which he set at the European Championships in 2014. His finals time is a new best for 2015 after previously posting a 14:51.04 in prelims and a 14:43.87 from the Italian Championships earlier this year.

Current world-record holder Sun Yang of China was a no show for finals after posting a 14:55.11 in prelims the day before. Connor Jaeger of the USA finished second overall with a time of 14:41.20, a drastic improvement from his prelims time of 14:53.34, separating himself from the competition by ten seconds. Jaeger's time from finals will move him up to

second in the world rankings for 2015.

Canada's Ryan Cochrane grabbed the bronze medal with a time of 14:51.08, dropping 4.88 seconds from his prelims time of 14:55.96.

Fourth place went to Akram Ahmed of Egypt who posted a time of 14:53.66 to move up from his fifth-place seed.

Great Britain's Stephen Milne took fifth in the event with a final time of 14:58.62, adding slightly to his prelims time of 14:55.42.

Michael McBroom of the USA grabbed sixth place with a time of 15:06.81, adding almost ten seconds to his prelims time of 14:57.07.

WOMEN'S 400 IM FINALS

Katinka Hosszu of Hungary claimed victory in the women's 400-meter IM with a final time of 4:30.39, finishing just shy of her meet record of 4:30.31 from 2009. Hosszu succeeded in shaving 2.39 seconds off her prelims time of 4:32.78.

Silver in the event went to Maya DiRado of the USA who posted a finishing time of 4:31.71, pushing her to second in the world rankings for the event in 2015. Going into finals DiRado was tied with Great Britain's Hannah Miley with a time of 4:36.11, but managed to use her prowess in the back and breast to stick with Hosszu.

Canada's Emily Overholt took third in the event with a time of 4:32.52, improving upon her prelims time of 4:35.85 by 3.34 seconds. Overholt's time moves her up to fourth in the world rankings for 2015.

Hannah Miley of Great Britain finished fourth overall with a final time of 4:34.79. While she dropped time from her prelims swim of 4:36.11, Miley's best time for 2015 was a 4:32.16 that she posted at the British Championships earlier this year.

Barbora Zavadova of the Czech Republic turned in a time of 4:36.73 to finish fifth in the event, adding slightly to her prelims time of 4:35.60.

Sakiko Shimizu of Japan maintained her spot at sixth with a time of 4:37.19, a slight add to her prelims time of 4:36.16.

Great Britain's Aimee Willmott posted a time of 4:38.75 for seventh overall, while France's Lara Grangeon was eighth with a time of 4:40.98.

MEN'S 4X100 MEDLEY RELAY FINALS

The USA relay team of Ryan Murphy (53.05), Kevin Cordes (58.88), Tom Shields (50.59) and Nathan Adrian (47.41) claimed the gold medal in the men's 400-meter medley relay with a combined time of 3:29.05. The men managed to shave 2.01 seconds off the USA's prelims time of 3:31.06.

Australia's relay team of Mitchell Larkin (52.41), Jake Packard (59.16), Jayden Hadler (51.91) and Cameron McEvoy (46.60) took second and the silver medal with a time of 3:30.08, dropping 1.78 seconds from their prelims time of 3:31.86.

Bronze went to the relay team of Camille Lacourt (52.81), Giacomo Perez-Dortona (59.88), Mehdy Metella (50.39) and Fabien Gilot (47.42) from France. The men posted a combined time of 3:30.50 for third.

Great Britain took fourth with a time of 3:30.67, while Russia secured a fifth-place finish from the outside lane with a time of 3:30.90.

Japan finished sixth overall with a final time of 3:31.10, while Germany (3:32.16) and Poland (3:34.34) finished seventh and eighth respectively.

WOMEN'S 4X100 MEDLEY RELAY FINALS

The relay team of Yuanhui Fu (59.29), Jinglin Shi (1:05.56), Ying Lu (56.56) and Duo Shen (53.00) from China posted a combined time of 3:54.41 to claim the gold medal in the women's 400-meter medley relay. The foursome were just over two seconds away from the current meet record of 3:52.19 set by China at the 2009 World Championships in Rome.

Sweden's relay team of Michelle Coleman (1:00.74), Jennie Johansson (1:05.63), Sarah Sjostrom (55.28) and Louise Hansson (53.59) turned in a combined time of 3:55.24 for the silver medal. The group of four also succeeded in taking down the Swedish National Record of 3:56.04 in the event which was previously set in 2014 at the European Championships. Of the four, only Hansson was not on the 2014 relay.

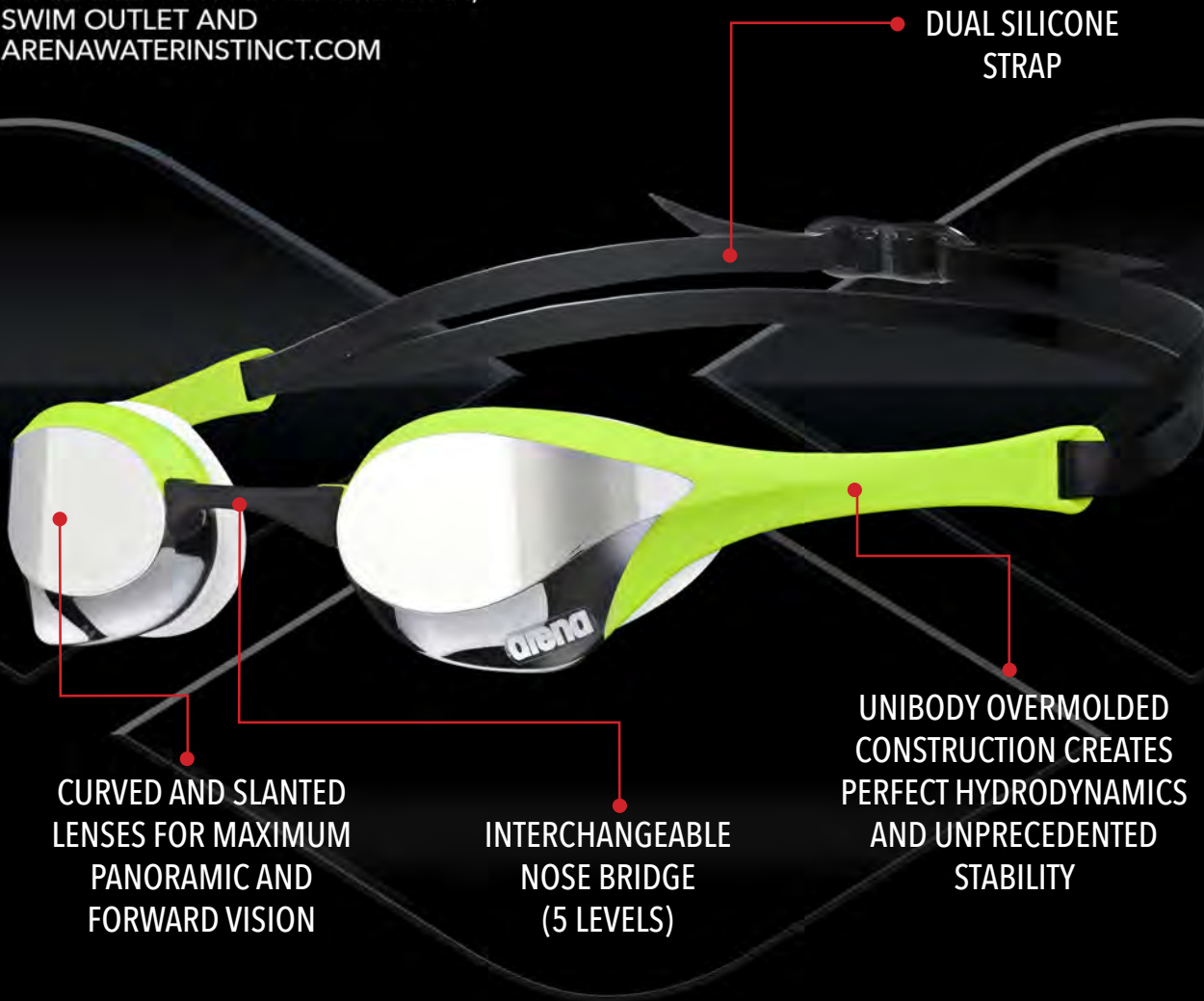
Emily Seebohm (58.81), Taylor McKeown (1:07.38), Emma McKeon (57.59) and Bronte Campbell (51.78) of Australia eared the bronze medal with a final time of 3:55.56, improving upon their time of 3:57.95 in prelims.

The USA fell to fourth in the event with a final time of 3:56.76. ◀

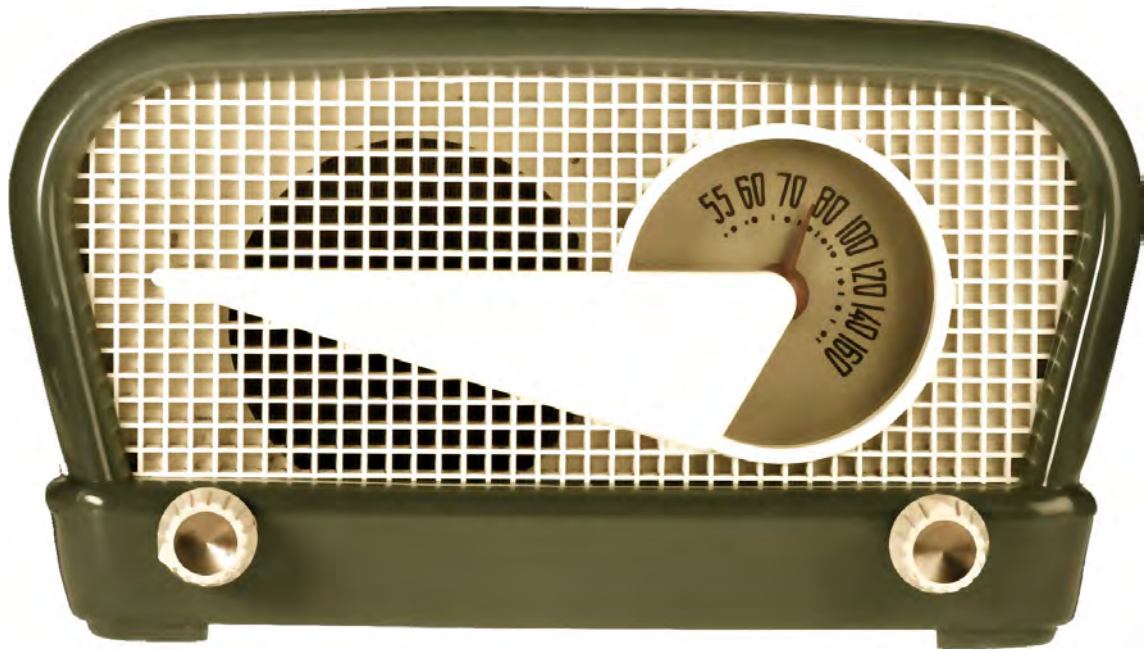
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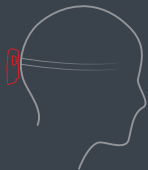
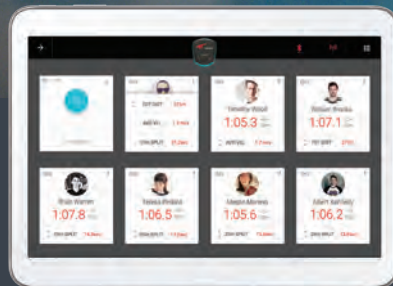
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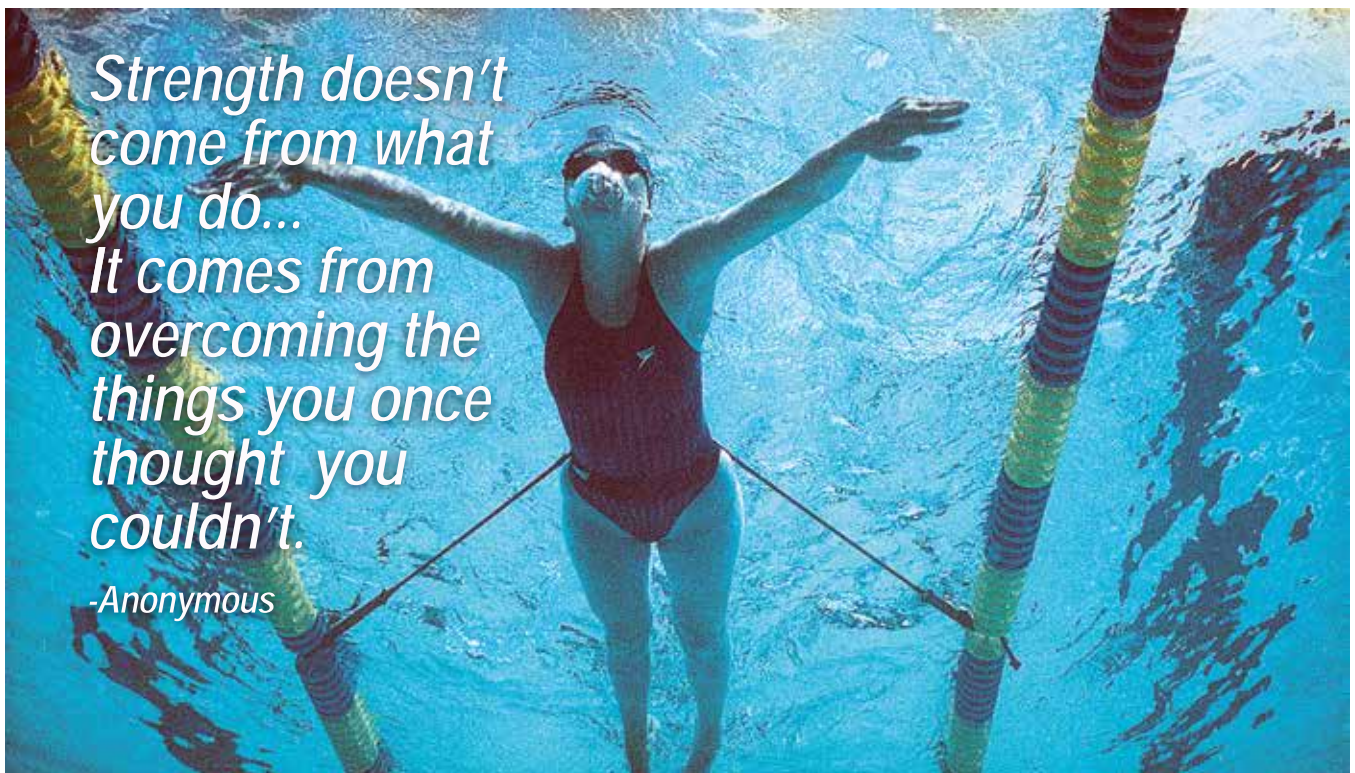
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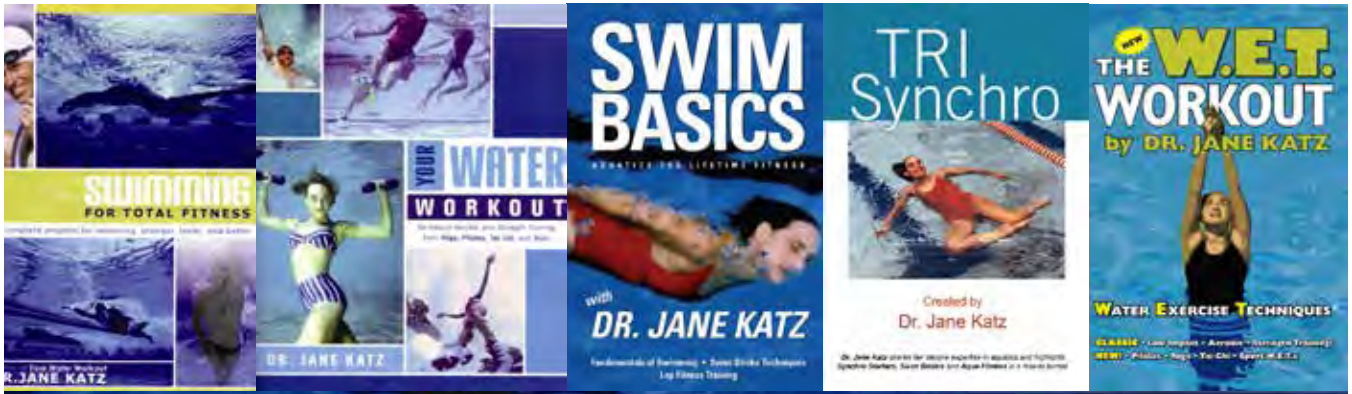
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