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Heroes of the Day

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Chase Kalisz winner of the gold medal of Men's 200m Individual Medley

"Those 2 will never be replaced. I grew up idolizing those 2. I'm very happy to carry on the tradition. Going into the trials, I wasn't even confident that I'd be on this team. It felt like a long shot to even medal. I dropped over 3 seconds since 3 months ago. Still kind of shocked with it, but it boats well with my future in other events. I train a high amount of yardage for the 400 IM. I'm happy I can cut that down for the 200 IM. No one wants to be the one that ruins the US IM tradition of winning. It was a motivating factor, something that drove me every day. Right now, my focus was butterfly, IM's and backstroke. I don't really train much breaststroke at all. It was never a focus stroke. We'll see where it takes me. I'll experiment around"

FINA "Hero of the Day": Etiene Medeiros winner of the gold medal of Women's 50m Backstroke

"Gold medal in Doha was a tremendous experience. I'm sure it helped me achieve the result today. To win a gold medal in a long course with outstanding swimmers has a huge meaning to me, my country, my team. The Brazilian swimming is getting stronger. A silver medal in men's relay, silver in 50 fly and breaststroke, on top of my gold medal. We are in a progression since 2015. We are developing and getting stronger. The focus this year was on the 50m events only. Brazil has a history and tradition in sprint swimmers. I'm very happy to see that athletes are also swimming other events, and I am here to support them. The Belarus swimmer won bronze in the Olympics, and the Chinese was the champion 2 years ago, but you also see other countries in the 100 back, so it depends on the day really."

FINA “Hero of the Day”: Melanie Margalis on of the winners of the gold medal of Women’s 4x200m Freestyle

“I’m proud to carry on the US tradition for this relay. If you’re swimming anywhere for the US, you are always trying to get a medal. I still don’t feel like a veteran. Luckily after being on the team, I started talking to them more. My goal is to put a smile on their face before they swim. That’s something I’ve done as I’ve gotten older.”

FINA “Hero of the Day”: Mireia Belmonte Garcia winner of the gold medal of Women’s 200m Butterfly

“It’s amazing to swim here. The people here are very loud. In 2013 in Barcelona, I felt the same as the Hungarian swimmers here. Yes it is one of the biggest medal that I didn’t have. I still can’t believe it; it hasn’t sunk in yet. But for now I need to focus on the upcoming races. For me the 1500 is one more event to swim. I had a place for 5k in Budapest, but I decided not to because it is a lot of contact with other swimmers. I prefer to swim here without conflict, but maybe next year at the European’s. It was difficult because there were a lot of good swimmers in all the lanes. Also, when I woke up, I felt very bad and cold. I needed the day to recover. It’s different than winning Olympic gold. It just feels different here; I can’t explain it. It’s always difficult to swim against Katinka, but you can’t go into the swimming thinking that you will lose.”