

# Fran Crippen



**CLUB:** Germantown Academy Aquatic Club (GAAC-PA)

**AGE:** 25 **DOB:** Apr 17, 1984

**HEIGHT:** 6' 2" (188.0 cm)

**WEIGHT:** 180 lbs (81.6 kg)

**HOMETOWN:** Conshohocken, Pa.

**RESIDENCE:** Philadelphia, Pa.

**COACHED BY:** Richard Shoulberg

## FAST FACTS

**2007 Pan American Games gold medalist in the Open Water 10k**

## CAREER STATS:

- 2008 08 MIZZ GP - 15 Final, 200m FR; 5 Final, 400m FR; 3 Final, 1500m FR; 14 Final, 200m FL; 7 Final, 400m IM
- 2007 SCY NATS - 12 Final, 200y FR; t6 Final, 500y FR; 6 Final, 1650y FR; 15 Final, 200y FL; 5 Final, 800y FR-R  
SUM NATS - 12 Final, 400m FR; 5 Final, 800m FR; 19 Final, 1500m FR  
2007 Mizzou GP - , 200m FR; , 200m FR; , 400m FR; , 400m FR; , 800m FR; , 1500m FR; , 100m BK; , 200m FL; , 200m FL; , 200m IM; , 400m IM; , 400m IM
- 2006 PAN PAC - 6 Final, 800m FR  
SUM NATS - 5 Final, 400m FR; 20 Final, 200m FL  
NCAA - 14 Final, 1650y FR
- 2005 SUM NATS - 12 Final, 400m FR; 3 Final, 800m FR
- 2004 OLY TRIALS - 5 Final, 400m FR; 6 Final, 1500m FR
- 2003 US OPEN - 17 Final, 200m FR; 9 Final, 400m FR; 6 Final, 1500m FR  
SPG NATS - 5 Final, 400m FR; 3 Final, 1500m FR
- 2002 SUM NATS - 5 Final, 400m FR; 2 Final, 800m FR; 4 Final, 1500m FR  
SPG NATS - 3 Final, 400m FR; 1 Final, 800m FR; 2 Final, 1500m FR; 3 Final, 400m IM

## Career Highlights:

Earned a bronze medal in the 10k at the 2009 FINA World Championships ... 2009 National Champion in the 5k at the 2009 Open Water National Championships ... gold medalist in the Open Water 10K at the 2007 Pan American Games ... took second place in the 10K at the 2007 Open Water National Championships ... Finished fifth in the 400m free and sixth in the 1500m free at Olympic Trials in 2004

## Pan Pacs History:

2006: 6, 800m FR; 13, 400m FR

## Pan Ams History:

2007: Gold, 10K O.W. ... 2003: Silver, 400m & 1500m FR

## U.S. Nationals History:

2007: 5th, 800m FR; 12th, 400m FR ... 2006: 5th, 400m FR ... 2005: 3rd, 800m FR ... 2003: 3rd, 1500m FR; 5th, 400m FR ... 2002: 1st, 800m FR; 2nd, 1500m FR; 3rd, 400m FR; 3rd, 400m IM

## 2007 World Rankings:

39th, 800m free; 54th, 400m free; 62nd, 800m free

## 2005 World Rankings:

92nd, 400m free; 30th, 800m free; 79th, 400m IM

## NATIONAL TITLES:

800m Free (2): '02 SPG, '01 SUM

## ADDITIONAL HONORS:

**Meet Honors:** 2002 P66 Spring Nationals Kiphuth Award (tie)

**High School:** 2001 USA Swimming All-American

## PERSONAL:

**High School:** Germantown Academy '02

**College:** Virginia '06

**College Major:** Sociology

**Parents:** Pete and Pat ... Pete is head of admissions at Devon Prep, Pat is an insurance agent

**Sibling(s):** Older sister (Maddy) was a member of the 2000 Olympic team ... has two more sisters (Claire and Teresa) ... Fran and Teresa both competed on the 2006 Pan Pac team and the 2007 Pan Am team

**Started Swimming:** At age 6 ... because his sister swam

**Sports Played Before Swimming:** Baseball, basketball, soccer

**Nickname(s):** Frank

**Hobbies Outside the Pool:** Watching sports ... if he could be on any TV show, it would be SportsCenter (Eagles, Sixers, Flyers, and the Phillies), shootout for cancer, UVA, reading, sleeping, spending time with family and friends, white water rafting

**Ultimate Way to Relax:** Watching a game

**Most Influential Person:** Sister Maddy ... "I watched her make the Olympic Team." ... role models: all sisters "Because of their hard work and determination."

**Sponsor(s):** TYR

**Training Stats:** Swims 15-20,000 meters/yards per day, 5 hours a day, 6 days a week

**More:** Superstition: "If I have a bad swim, I never wear that suit again." ... drives a 2001 Crown Victoria

**Favorites:** U.S. city: Philadelphia ... int'l destination: Australia ... singer: Jay-Z ... celebrity: Michael Jordan ... movie: Rocky ... tv: Sportscenter