

Jason Lezak



PRONOUNCED: (LEE-zak)
CLUB: Gators Swim Club (GSC-CA)
AGE: 44 **DOB:** November 12, 1975
HEIGHT: 6' 4" (193.0 cm)
WEIGHT: 205 lbs (93.0 kg)
HOMETOWN: Irvine, Calif.
RESIDENCE: Irvine, Calif.
BIRTHPLACE: Bellflower, Calif.
COACHED BY: Jeff Julian

FAST FACTS

Four-time Olympian (2012, 2008, 2004, 2000)
Eight Olympic Games medals (4g, 2s, 2b)
Six World Champs LCM medals (4g, 1s, 1b)

INTERNATIONAL MEDALS

2004 Olympic Trials

2004: Silver, 50m FR; Gold, 100m FR

2002 Pan Pacifics Champs

2002: Gold, 50m FR; Silver, 400m FR-R; Gold, 400m MED-R

2010 Pan Pacific Champs

2010: Gold, 400m FR-R

2006 Pan Pacific Champs

2006: Silver, 100m FR; Gold, 400m FR-R (WR); Gold, 400m MED-R

2006 SC World Champs

2006: Bronze, 400m FR-R (SCM); Silver, 400m MED-R (SCM) (pr)

2012 Olympic Games

2012: Silver, 400m FR-R (pr)

2000 Olympic Games

2000: Silver, 400m FR-R (AR); Gold, 400m MED-R (pr)

2011 World Champs

2011: Bronze, 400m FR-R

2008 Olympic Games

2008: Gold, 400m MED-R (WR); Bronze, 100m FR; Gold, 400m FR-R (WR)

2007 World Champs

2007: Gold, 400m FR-R

2005 World Champs

2005: Gold, 400m FR-R; Gold, 400m MED-R

2004 Olympic Games

2004: Gold, 400m MED-R (WR); Bronze, 400m FR-R

TOP TIMES

Event	Best	Year
100m FR	47.58	Jun 08

CAREER STATS:

2012 Oly Trials - 9 Semi, 100m FR; 6 Final, 100m FR
 2012 OH GP - 4 Final, 50m FR; 12 Final, 100m FR
 - t3 Final, 50m FR; 7 Final, 100m FR
 2011 Sum Nats - 5 Final, 50m FR
 LCM Worlds - 3 Final, 400m FR-R
 - t5 Final, 50m FR; 11 Final, 100m FR; 1 Final, 50m FR; 3 Final, 100m FR
 Austin GP - t1 Final, 50m FR; 5 Final, 100m FR
 2010 Pan Pac's - 4 Final, 100m FR; 1 Final, 400m FR-R
 Natl Champs - t3 Final, 100m FR

Career Highlights:

Took silver in the 400m free relay at the 2012 Olympic Games in London...Qualified for the 2012 Olympic team by finishing sixth in the 100m free ... Earned a bronze medal in the 400m free relay at the 2011 FINA World Championships ... Finished fifth in the 50m free at the 2011 ConocoPhillips National Championships ...Took third place in the 100m free at the 2010 ConocoPhillips National Championships ... Earned a gold medal and set a world record by anchoring the 400m free-relay and the 400 med-relay at the 2008 Olympic Games; also won a bronze in the 100m free ... Member of the gold medal-winning 400m free-relay at the 2007 FINA World Championships ... Earned three medals at the 2006 Pan Pacifics, including individual silver in the 100m free and relay gold on the 400m free and med-relays ... Gold medalist on world record-breaking 400m med-relay at the 2004 Olympic Games, in addition to winning bronze in the 400m free-relay ... His freestyle split at the 2004 Games was the second-fastest performance by an American

Olympics History:

2012: Silver, 4x100m FR-R (pr) ... 2008: Gold, 4x100m Med-R; Gold, 4x100m FR-R; Bronze, 100m FR ... 2004: Gold, 4x100m Med-R; Bronze, 4x100m FR-R; 5th, 50m FR; 21st, 100m FR ... 2000: Gold, 4x100m Med-R (pr); Silver, 4x100m FR-R

World Champs History:

2011: Bronze, 4x100m FR-R; 20th, 100m FR ... 2007: Gold, 4x100m FR-R; 5th, 100m FR ... 2005: Gold, 4x100m Med-R; Gold, 4x100m FR-R; 4th, 100m FR; 21st, 50m FR ... 2003: Gold, 4x100m Med-R; Silver, 4x100m FR-R; 4th, 100m FR; 8th, 50m FR ... 2001: 8th, 100m FR

Pan Pacs History:

2010: Gold, 4x100m FR-R; 4th, 100m FR; T-9th, 50m FR ... 2006: Gold, 4x100m FR-R; Gold, 4x100m Med-R; Silver, 100m FR; T-4th, 50m FR ... 2002: Gold, 100m FR; Gold, 4x100m Med-R; Silver, 4x100m FR-R ... 1999: Silver, 4x100m FR-R

WUGs History:

1997: Gold, 400m FR-R

SC Worlds History:

2006: Silver, 4x100m Med-R (pr); Bronze, 4x100m FR-R; T-15th, 100m FR ... 2004: Gold, 100m FR; Gold, 4x100m FR-R; Gold, 4x100m Med-R

Olympic Trials History:

2012: 6th, 100m FR ... 2008: 2nd, 100m FR; 5th, 50m FR ... 2004: 1st, 10m FR; 2nd, 50m FR ... 2000: 4th, 100m FR; 5th, 50m FR

U.S. Nationals History:

2011: 5th, 50m FR; T-22nd, 100m FR ... 2010: T-3rd, 100m FR ... 2006: 1st, 100m FR; 3rd, 50m FR

PERSONAL:

High School: Irvine HS '94

College: California - Santa Barbara '99

College Major: Business/Economics

Job Outside of Swimming: Motivational speaker

Parents: David and Linda ... father has retired from leather goods sales, and mother is an elementary school science teacher

Spouse: Married Danielle DeAlva on April 24, 2004 ... she competed at the Pan American Games for Mexico in swimming ... is a registered nurse ... the couple has two children, Ryan and Blake

Sibling(s): Older sister (Nicole) attended Chapman University and is a social worker ... younger sister (Erin) attended UC-Santa Barbara and is a teacher

Started Swimming: Age 5

Sports Played Before Swimming: Basketball, baseball, soccer, water polo

Pet(s): One dog (Bailey), who is a lab

Hobbies Outside the Pool: Spending time with his wife and kids

Ultimate Way to Relax: Watching television

Most Influential Person: Parents ... "Because of their continued support throughout the years."

Charities: Maccabi Games, creates awareness of Israel and Jewish identity

Training Stats: Swims 3,500 yards per day, 1.5 hours a day, 5 days a week

Jason Lezak

CAREER STATS: (continued)

- 2008 Olympics - 6 Semi, 100m FR; t3 Final, 100m FR; 1 Final, 400m FR-R (WR); 1 Final, 400m MED-R (WR)
TRIALS - 6 Semi, 50m FR; 5 Final, 50m FR; 1 Semi, 100m FR; 2 Final, 100m FR
08 SCSC GP - 7 Final, 100m FR
- 4 Final, 50m FR; t1 Final, 100m FR
Socal GP - 3 Final, 50y FR; 3 Final, 100y FR; 5 Final, 400y FR-R; 6 Final, 400y MED-R
- 2007 SCY NATS - t2 Final, 50y FR; t2 Final, 100y FR
LCM Worlds - 5 Final, 100m FR; 1 Final, 400m FR-R
- 2006 Pan Pac's - 9 Final, 50m FR; 2 Final, 100m FR; 1 Final, 400m FR-R (WR); 1 Final, 400m FR-R (AR); 1 Final, 400m MED-R
SUM NATS - 3 Final, 50m FR; 1 Final, 100m FR
SCM Worlds - t15 Semi, 100m FR (SCM); 3 Final, 400m FR-R (SCM)
- 2005 LCM Worlds - 4 Final, 100m FR; 1 Final, 400m FR-R
WC TRIALS - 1 Final, 50m FR; 2 Final, 100m FR
- 2004 Olympics - 3 Semi, 50m FR; 5 Final, 50m FR; 3 Final, 400m FR-R
OLY TRIALS - 1 Semi, 50m FR; 2 Final, 50m FR; 1 Semi, 100m FR (AR); 1 Final, 100m FR
SPG NATS - 5 Final, 50m FR
- 2003 US OPEN - 1 Final, 50m FR; 1 Final, 100m FR
LCM Worlds - 2 Final, 400m FR-R; 1 Final, 400m MED-R
SPG NATS - 3 Final, 50m FR; 3 Final, 100m FR
- 2002 Pan Pac's - 1 Final, 50m FR; 2 Final, 400m FR-R; 1 Final, 400m MED-R
- 2001 LCM Worlds - 8 Final, 100m FR
- 2000 Olympics - , 400m FR-R (SCM) (AR); , 400m MED-R (SCM) (AR); 1 Prelim, 400m FR-R; 2 Final, 400m FR-R (AR); 1 Final(pr), 400m MED-R