

= Jessica Hardy =

Jessica Adele Hardy (born March 12 , 1987) is an American competition swimmer who specializes in breaststroke and freestyle events . Hardy earned a bronze medal in the 4 × 100 @-@ meter freestyle and a gold medal in the 4 × 100 @-@ meter medley relays at the 2012 Summer Olympics .

She has won a total of twenty @-@ eight medals in major international competition , fourteen gold , nine silver , and five bronze spanning the Olympics , World and the Pan Pacific Championships .

= = Personal life = =

Hardy was born in Orange , California , in 1987 , the daughter of George Hardy and Denise Robinson . Her mother swam collegiately for Indiana State University for one week and is currently a psychotherapist . She is a 2005 graduate of Wilson Classical High School in Long Beach and was Swimming World 's Female High School Swimmer of the Year in 2004 and 2005 . Hardy attended the University of California , Berkeley , where she competed for coach Teri McKeever 's California Golden Bears swim team for two years . She was a four @-@ time NCAA Champion , and met her husband Dominik Meichtry , a Swiss swimmer and 3 @-@ time Olympian , at Berkeley . She gave up her eligibility and turned professional in 2007 , to train with coach Dave Salo for Trojan Swim Club of the University of Southern California . In 2016 , she announced that she would now be training with Mark Schubert at the Golden West Swim Club in Huntington Beach , CA . She also completed her Bachelors of Science degree from Arizona State University in 2016 .

She married Dominik Meichtry on October 5 , 2013 .

In 2015 , she released an autobiography , titled Swimming Toward the Gold Lining : How Jessica Hardy turned her wounds into wisdom , in 2015 . The book " covers her journey from trials to triumph , from wounds to wisdom , and from setbacks to comebacks . You know her name , but you won ? t know her true story until you ? ve read [the] book . "

She also has a long history of philanthropy work with organizations such as the USA Swimming Foundation , the Jessie Rees Foundation , the Special Olympics , Surf Aid International , the Long Beach Water Department , and volunteering as an athlete representative on the Olympic Internal Operations Committee , the USA Swimming Steering Committee , and the USA Swimming Athletes ? Executive Committee .

= = 2005 ? 08 = =

At the 2005 World Aquatics Championships , a long course meet , Hardy competed in two individual breaststroke events and in the 4 × 100 @-@ meter medley relay . She won silver in all of those events . Hardy broke Leisel Jones ' world record in the semifinals of the 100 @-@ meter breaststroke on July 25 before ultimately finishing second in the finals two days later . In the 4 × 100 @-@ meter medley relay , on July 30 , Hardy won a silver medal with Natalie Coughlin , Rachel Komisarz , and Amanda Weir . On July 31 , Hardy placed second in the 50 @-@ meter breaststroke , finishing behind Jade Edmiston of Australia .

At the 2006 Short Course World Championships in Shanghai , Hardy competed in two individual breaststroke events and swam in the heats of the 4 × 100 @-@ meter medley relay . At the conclusion of the meet , she won a silver and bronze medal . In the 50 @-@ meter breaststroke on April 6 , Hardy won a bronze medal , finishing behind Jade Edmiston and Brooke Hanson of Australia . Hardy then competed in the heats of the 4 × 100 @-@ meter medley relay (with Mary Mohler , Elaine Breeden , and Amanda Weir) on April 7 , and won a silver medal after the United States placed second in the finals . On April 8 , Hardy finished in fourth place in the 100 @-@ meter breaststroke .

At the 2007 World Aquatics Championships , a long course meet , Hardy competed in two individual breaststroke events and in the 4 × 100 @-@ meter medley relay . She won a gold and silver medal at this competition . In her first event , the 100 @-@ meter breaststroke , on March 27 , Hardy

placed fourth . Hardy then swam in the heats of the 4 × 100 @-@ meter medley relay (with Leila Vaziri , Dana Vollmer , and Amanda Weir) on March 31 , and won a silver medal after the United States placed second in the finals . On April 1 , Hardy won the gold in the 50 @-@ meter breaststroke .

At the 2008 Short Course World Championships in Manchester , England , Hardy won a total of three gold medals . In her first event , the 50 @-@ meter breaststroke , on April 10 , Hardy won gold with a world record time of 29 @.@ 58 . In the 4 × 100 @-@ meter medley , on April 11 , Hardy teamed with Margaret Hoelzer , Rachel Komisarz , and Kara Denby to win gold in a world record time of 3 : 51 @.@ 36 . Going into the final of the 100 @-@ meter breaststroke , Hardy was the clear favorite for gold . She topped the heats with a time of 1 : 05 @.@ 31 and broke the championship record in the semifinals with a time of 1 : 04 @.@ 63 both on April 11 . In the final of the 100 @-@ meter breaststroke , on April 12 , Hardy won gold with a time of 1 : 04 @.@ 22 , and broke her own championship record .

= = Positive drug test = =

At the 2008 U.S. Olympic Team Trials , Hardy qualified for the USA Olympic Team . A few weeks later , on July 23 , 2008 , Hardy was notified that the second of her three tests from the Trials came back as positive for low levels of clenbuterol ; this notification subsequently leaked to the media . Her attorney confirmed on July 24 , 2008 , that Hardy 's " A " and " B " samples from a test administered on July 4 were positive for clenbuterol .

Hardy claimed innocence and said she had never even heard of clenbuterol . Media coverage of the issue noted that tainted supplements have played a part in some previous instances of bans . An example offered has been that of American swimmer Kicker Vencill , who won a lawsuit against a company that provided him with tainted supplements that resulted in a positive dope test and two @-@ year ban from the sport . Under both American and international regulations , a lack of knowledge of the source of the substance ingested is not considered to be a defence against a positive result .

On August 1 , 2008 , following Hardy 's hearing before the United States Anti @-@ Doping Agency (USADA) , USADA released a statement stating , " The U.S. Anti @-@ Doping Agency (USADA) announced today that U.S. swimmer , Jessica Hardy , of Long Beach , CA , tested positive for the prohibited substance clenbuterol at the U.S. Olympic Trials on July 4 , 2008 , and has agreed to withdraw from the 2008 United States Olympic Team in the best interests of the team . " On August 1 , 2008 , Hardy officially , and voluntarily , left the 2008 U.S. Olympic Team . In May 2009 , it was announced that Hardy would be banned from the sport for one year for the positive test .

On May 21 , 2010 , the Court of Arbitration for Sport (CAS) agreed with the 2009 decision of the American Arbitration Association and dismissed the appeal by WADA (the World Anti @-@ Doping Agency) to increase the suspension from one to two years . However , CAS did not entertain Hardy 's request to have the International Olympic Committee join this arbitration nor her request to make a recommendation on her eligibility for the 2012 London Olympic games . In April 2012 , it was announced that Hardy would be eligible for the 2012 Olympics .

= = 2009 comeback = =

Hardy returned from her suspension on August 5 , at the U.S. Open National Championships . On August 6 , Hardy broke Yuliya Yefimova 's world record in the 50 @-@ meter breaststroke (long course) with a time of 29 @.@ 95 to become the first woman under 30 seconds in the event . On August 7 , Hardy lowered the world record for the 100 @-@ meter breaststroke with a time of 1 : 04 @.@ 45 . En route to this world record , she also lowered her own world record in the 50 @-@ meter breaststroke with a time of 29 @.@ 80 .

At the World Cup on October 17 , Hardy broke her own 50 @-@ meter breaststroke (short course) record set in April 2008 with a time of 29 @.@ 45 . On November 7 , Hardy again bettered her own world record in the 50 @-@ meter breaststroke (short course) with a time of 29 @.@ 36 . On

November 12 , Hardy broke her own world record for the third time with a 28 @.@ 96 , the first woman to go sub 29 in the 50 @-@ meter short course breaststroke . On November 15 , Hardy bettered her record for the fourth time with a time of 28 @.@ 80 , 0 @.@ 16 seconds faster than her previous record . Hardy was the overall winner in the female division for the 2009 FINA Swimming World Cup . She received U.S. \$ 100 @,@ 000 for her efforts .

= = 2010 = =

= = = 2010 National Championships = = =

At the 2010 National Championships , Hardy made the American team that competed at the 2010 Pan Pacific Swimming Championships after finishing second in the 100 @-@ meter freestyle . On August 5 , despite being the world record holder in the 100 @-@ meter breaststroke , Hardy finished in seventh place with a time of 1 : 09 @.@ 24 . At the first 50 , Hardy came in first in 30 @.@ 92 , but faded badly at the end . Hardy did not blame her poor performances on her physical condition but rather her mental state . On her final chance of making the team , on August 7 , Hardy finished in second place in the 100 @-@ meter freestyle in 54 @.@ 14 , a personal best for her . After the competition , Hardy said , " I 've been struggling so much with the pressure I put on myself , especially in the 100 [meter] breaststroke . "

= = = 2010 Pan Pacific Swimming Championships = = =

Going into the 2010 Pan Pacific Swimming Championships , Hardy said her only goal was to have fun . Hardy competed in two individual freestyle events (the 50 @-@ meter and 100 @-@ meter freestyle) , the 50 @-@ meter butterfly , the 50 @-@ meter breaststroke , and in the 4 x 100 @-@ meter medley and freestyle relays . She went on to win four gold medals . On the first day of competition , on August 18 , Hardy competed in the 50 @-@ meter butterfly and finished in sixth place . On the second day of competition , on August 19 , Hardy didn 't qualify to swim in the 100 m freestyle A final and had to compete in the B final . In the 100 @-@ meter freestyle B final , she finished first with a time of 54 @.@ 16 . On the third day of competition , on August 20 , Hardy won gold in the 50 @-@ meter breaststroke and the 4 x 100 @-@ meter freestyle relay . In the 50 @-@ meter breaststroke , Hardy won gold in a time of 30 @.@ 03 . Less than an hour later , Hardy competed in the 4 x 100 @-@ meter freestyle relay with Natalie Coughlin , Amanda Weir and Dana Vollmer . As the second leg of the relay , Hardy had a 53 @.@ 43 split , the fastest in the field . The next day , on August 21 , Hardy competed in both the 50 @-@ meter freestyle and the 4 x 100 @-@ meter medley relay . In the 50 @-@ meter freestyle , Hardy won gold in a championship record time of 24 @.@ 63 , just ahead of Amanda Weir who recorded a time of 24 @.@ 70 . Hardy then competed in the 4 x 100 @-@ meter medley relay with Natalie Coughlin , Dana Vollmer and Rebecca Soni . As the freestyle leg , Hardy recorded a time of 53 @.@ 12 and the American team went on to win the gold medal in a time of 3 : 55 @.@ 23 .

= = 2011 World Championships = =

Hardy won the 50 @-@ meter breaststroke at the 2011 World Championships in Shanghai , China . She swam the race in 30 @.@ 19 seconds , beating defending champion and training partner Yuliya Efimova by 0 @.@ 3 seconds . It was her first win in the event since 2007 . After qualifying from the 50 @-@ meter freestyle heats with the joint fastest time , she finished eighth in the final . She also won a silver medal with the 4x100 @-@ meter freestyle relay .

= = 2012 Summer Olympic Games = =

At the 2012 United States Olympic Trials in Omaha , Nebraska , Hardy won the 50 @-@ meter

freestyle with a time of 24 @. @ 50 seconds , and also won the 100 @- @ meter freestyle in 53 @. @ 96 seconds , thus qualifying to compete in those two events , as well as the 4 x 100 @- @ meter freestyle and the 4 x 100 @- @ meter medley relays , at the 2012 Olympics . She also competed in the 100 @- @ meter breaststroke , and placed third in the final behind Olympic newcomer Breeja Larson and veteran Rebecca Soni .

At the 2012 Summer Olympics in London , Hardy won her first Olympic medal , a bronze , in the 4 x 100 @- @ meter freestyle with Missy Franklin , Lia Neal and Allison Schmitt , when the U.S. team finished third behind the teams from Australia and the Netherlands . Swimming the second leg , Hardy had a split of 53 @. @ 53 seconds and the team finished with a total time of 3 : 34 @. @ 24 , an American record . She also earned a gold medal by swimming for the winning U.S. team in the preliminary heats of the 4 x 100 @- @ meter medley relay . In her two individual events , she finished seventh in the 50 @- @ meter freestyle and eighth in the 100 @- @ meter freestyle .

= = 2013 @- @ 2015 = =

Jessica won a gold and two bronze medals at the long course 2013 World Championships in Barcelona , Spain . Her first bronze medal was in the 100 breaststroke , with her best time coming from the heats with a 1 : 05 @. @ 18 . Her second bronze medal was in the 50 breaststroke , tying her American Record time of 29 @. @ 80 seconds . The gold medal was in the 4x100 @- @ meter medley relay , swimming with Missy Franklin , Dana Vollmer , and Megan Romano .

Jessica won gold in the 100 breaststroke at the 2014 Pan Pacific Championships , as well as a silver in the 4x100 @- @ meter medley relay with Missy Franklin , Kendyl Stewart , and Simone Manuel . She was voted team captain of the 2014 Pan Pacific USA team , along with Caitlin Leverenz , Matt Grevers , and Anthony Ervin .

Despite competing on a SLAP shoulder tear , fractured ribs , and a micro @- @ fracture in her left knee , Jessica was able to compete in the final of the 50 breaststroke , finishing 5th , missing out on the gold medal by a mere .15 of a second . She also placed 4th in the 4x100 medley relay , and 10th in the individual 100 breaststroke . She was again voted team captain of the 2015 World Championships team along with Elizabeth Beisel , Cammille Adams , Matt Grevers , Anthony Ervin , and David Plummer .

= = Personal bests = =

As of June 30 , 2012 .