

Kristy Kowal was a USA National team member from 1995-2004. She made her first international swimming competition while still in high school. Kristy broke the National High School Record in the 100 yard breaststroke her senior year of high school and was an alternate for the 1996 Atlanta Olympic Games.

Kowal attended the University of Georgia and in 1998 became the first American woman to win the World Championship title in the 100 breaststroke. She added another Gold medal in the 400 meter Medley Relay and claimed the silver medal in the 200 meter breaststroke. Kowal added another silver World Championship medal in the 2001 World Championships.

She was a 24 time NCAA All American and also a 3 time Academic All American. Kowal was an 8 time NCAA Champion and the first American woman to break the minute barrier in the 100 yard breaststroke. She was also the first woman to sweep the 100 and 200 breaststroke all 4 years in the SEC conference. Kowal was named the 1999 and 2000 NCAA Swimmer of the Year.

During her career she held 8 American and 1 World Record. She also won multiple gold, silver, and bronze medals at the Pan Pacific Championships.

In 2000, Kristy Kowal won the Silver medal in the Sydney Olympic Games, breaking the American record in the event for the second time in a month. She was named the 2000 NCAA Woman of the Year, a prestigious title based on both academic and athletic achievement as well as community service. The nominees for this award hail from every college and every division in the United States. Kowal was also named a Today's Top VIII award recipient in 2000.

Kristy Kowal retired from swimming in 2004 after being the National Team Captain at the World Championships. She is now in her fifth year of teaching the 3rd grade at Whitfield Elementary in the Wilson School District in her hometown of Reading, PA.