



# Megan Romano

## ...at a glance

### Career Highlights

American/NCAA Record holder in 200 yard free (1:41.21)  
Two-Time Long Course World Champion (2013 – 400 free relay; 2013 – 400 medley relay)  
Two-Time Short Course World Champion (2012 – 400 free relay; 2012 – 800 free relay)  
2012 World Short Course Championship silver medalist (200 free)  
10-time World University Games medalist (2 golds, 4 silvers, 4 bronze)



Swimming

### Vital Statistics

**Born:** Feb. 2, 1991  
**Hometown:** St. Petersburg, FL  
**Resides:** Athens, GA  
**Height:** 6'2"

### Sponsors





## getting to know...

# Megan Romano

### Biography

In the summer of 2013, World Champion swimmer Megan Romano set the early standard for [Team USA](#). Swimming against one of the world's best swimmers, Alicia Coutts of Australia, Romano entered the water as the American anchor with almost a full second lead to make up.

There's a reason that Romano is referred to by many as the 'greatest relay swimmer in the world. She overcame that deficit and gave the Americans their first long course World Championship in the 400 free relay since 2003 – a drought that stretched four events.

She would get her second World title by anchoring the American 400 medley relay, though in that case the USA lead the entire way.

Through her career at [Georgia](#), though, which completed in the spring of 2013, she built an incredible reputation for those relay swims. She is the holder of the fastest 50 yard freestyle relay split in history (under 21 seconds).

"It's probably my favorite part about swimming," Romano said of her passion for relays. "I just love the adrenaline that ignites within you when you are about to jump in for your team. I especially love anchoring. I love to run people down. I think that's why my splits are insanely fast when I anchor and I jump in behind because I refuse to let my team lose."

"I am just a different swimmer on relays. There is no stopping me. This past summer was just a small piece of what I've been doing my whole swimming career. I remember running people down on the end of relays back when I was competing at the Junior Olympics in Gainesville, FL when I was 14. I just feel like celebrating and sharing a victory with other people instead of just myself is awesome. Not that I don't like to win individually, but just winning and celebrating with three other girls right there next to you is the best feeling in the world."

Her relay performances are certainly not Romano's lone achievements. She's the American Record holder and 2012 NCAA Champion in the 200 yard freestyle as well.

On the international stage, however, the individual races have been a challenge for her. The United States picks their Olympic Teams based on results of individual swims, and Romano, to the surprise of many, missed that Olympic Team, and thus wasn't able to bring her relay mentality to the United States' Olympic quest.

"My favorite quote in the whole entire world is 'everything happens for a reason' and I 100% believe that," Romano said, without hiding her disappointment. "The summer of 2012 was not what I was looking for and as much as I say I wasn't expecting to make the Olympic Team I should have. I blame myself 100% for what happened and it was a learning experience.

"I didn't give up on the season, though. I was back in training the day after the Olympic Trials, and three weeks later I was times that would have made the team in 3 different events. Yes, I was disappointed but I proved my point and it's something I will never regret.

She showed incredible perseverance: later that summer at the U.S. Open National Championships, she swam some of the fastest times in the country.

“For someone who happens to miss a qualifying time, or misses a team by one spot, or doesn't achieve their goal, just remember that everything really does happen for a reason, and remember that something great is just around the corner. Mistakes and failures are there to learn from. Take them as a blessing in disguise. It works.”

For a list of Fitter and Faster Swim Tour clinics featuring Megan [CLICK HERE](#)