

Katie Hoff



CLUB: North Baltimore Aquatic Club (NBAC-MD)
AGE: 20 **DOB:** Jun 3, 1989
HEIGHT: 5' 9" (175.3 cm)
HOMETOWN: Towson, Md.
BIRTHPLACE: Palo Alto, Calif.
COACHED BY: Bob Bowman

Career Highlights:

Three-time medalist at the 2008 Olympic Games, earning a silver medal in the 400m free and a bronze in the 200 IM and 800 free-relay (AR) ... qualified for the 2008 Olympic team by placing first in the 200m IM, 400m IM, 200m free, 400m free, and 800m free at Trials ... set a world record in the 400 IM and as a member of the 800m free-relay at the 2007 World Championships ... Triple gold medalist at the 2006 Pan Pacifics, capturing gold in the 200m free, 400m IM and as a member of the 800m free-relay ... triple gold medalist at the 2005 World Championships, winning individual gold in the 200m IM (AR), 400m IM and as a member of the 800m free-relay ... named the 2005 & 2007 USOC SportsWoman of the Year and was the USA Swimming Female Athlete of the Year from 2005-07.

Olympics History:

2008: Silver, 400m FR; Bronze, 400m IM/ 800m FR-R (AR); 4, 200m FR (AR); 4, 200m IM; 11, 800m FR ... 2004: 7, 200m IM; 17, 400m IM

Olympics History:

Was the youngest member of the entire U.S. delegation (15 years, 2 months) at the 2004 Olympic Games, she finished seventh in the 200m IM.

World Champs History:

2007: Gold, 200m/400m(WR) IM & 800m FR-R(WR); 4, 200m/400m FR ... 2005: Gold, 200m & 400m IM and 800m FR-R; 9, 200m FR

Pan Pacs History:

2006: Gold, 200m FR & 400m IM & 800m FR-R; Silver, 400m FR & 200m IM

SC Worlds History:

2004: Silver, 400m IM; Bronze, 200m IM

Duel in the Pool History:

2005: Gold, 200m & 400m IM; Bronze, 200m FR

Olympic Trials History:

2008: 1, 200m IM; 1, 400m IM; 1, 200m FR; 1, 400m FR; 1, 800m FR ... 2004: 1, 200m IM; 1, 400m IM

2007 World Rankings:

85th, 50m FR; 67th, 100m FR; 5th, 200m FR; 4th, 400m FR; 3rd, 800m FR; 10th, 1500m FR; 7th, 200m BK; 58th, 200m FL; 1st, 200m IM; 1st, 400m IM

2006 World Rankings:

66th, 50m FR; 24th, 100m FR; 6th, 200m FR; 3rd, 400m FR; 12th, 800m FR; 99th, 100m BK; 39th, 200m BK; 74th, 200m BR; 77th, 100m FL; 31st, 200m FL; 1st, 200m IM; 2nd, 400m IM

2005 World Rankings:

112th, 50m FR; 48th, 100m FR; 16th, 200m FR; 32nd, 400m FR; 72nd, 200m BK; 36th, 100m FL; 13th, 200m FL; 1st, 200m IM; 1st, 400m IM

RECORDS:

Former WR holder in 400m IM, set at 2008 Olympic Trials ... Former WR holder in 800m FR-R, set at 2007 World Championships ... Holds AR in 400m FR, set at 2008 Missouri Grand Prix ... Holds AR in 200m FR, set at 2008 Missouri Grand Prix ... Holds AR in 400m IM, set at 2007 World Championships ... Holds USO in 200m FR, set at 2008 Missouri Grand Prix ... Holds USO in 400m FR, set at 2008 Missouri Grand Prix ... Holds NAG (17-18) in 1650y FR, set at 2008 MD State Champs ... Holds NAG (17-18) in 400m FR, set at 2008 Missouri Grand Prix ... Former NAG (17-18) holder in 200m FR, set at 2008 Missouri Grand Prix ... Holds NAG (17-18) in 100m FR, set at 2008 Missouri Grand Prix

NATIONAL TITLES:

400m IM (3): '06 SUM (USO), '05 SPG, '04 SPG

200m Back (1): '07 SUM

200m Free (2): '07 SUM, '05 SPG

200m IM (3): '07 SUM, '06 SUM (AR), '05 SPG (AR)

ADDITIONAL HONORS:

General Accolades: Youngest member of entire U.S. delegation (all sports) at the Athens Olympic Games

FAST FACTS

Two-time Olympian (2008, 2004)

Three Olympic Medals (1s, 2b)

INTERNATIONAL MEDALS

Beijing Olympic Games

2008: Bronze, 800m FR-R; Bronze, 400m IM; Silver, 400m FR

2007 World Championships

2007: Gold, 400m IM (WR); Gold, 200m IM; Gold, 800m FR-R (WR)

2007 Duel in The Pool

2007: Gold, 400m IM; Silver, 200m FR; Gold, 200m IM

2006 Pan Pacific Champs

2006: Silver, 400m FR; Silver, 200m IM; Gold, 400m IM; Gold, 200m FR (NAG (17-18))

2005 World Championships

2005: Gold, 200m IM (NAG (15-16)); Gold, 400m IM (NAG (15-16))

TOP TIMES

Event	Best	Year
200m FR	1:55.78	Aug 08
400m FR	4:02.20	Feb 08
800m FR	8:19.70	Apr 08
200m IM	2:09.71	Jun 08
400m IM	4:31.12	Jun 08

CAREER STATS:

2009 WCT - 8 Final, 200m FR; 6 Final, 400m FR
 Santa Clara - 17 Final, 100m FR
 Ultra Swim - 8 Final, 100m FR; 3 Final, 200m FR; 2 Final, 400m FR; 1 Final, 800m FR

2008 Oly Games - 2 Semi, 200m FR; 4 Final, 200m FR; 2 Final, 400m FR; 3 Semi, 200m IM; 4 Final, 200m IM; 3 Final, 400m IM; 3 Final, 800m FR-R
 TRIALS - 11 Semi, 100m FR; 1 Semi, 200m FR; 1 Final, 200m FR; 1 Final, 400m FR; 1 Final, 800m FR; 1 Semi, 200m IM; 1 Final, 200m IM; 1 Final, 400m IM (WR)
 Swimvitational - 8 Final, 50m FR; 3 Final, 100m BK; 1 Final, 200m BK; 10 Final, 100m BR; 2 Final, 200m BR; 4 Final, 100m FL
 08 OSU GP - t1 Final, 100m FR; 1 Final, 800m FR; t1 Final, 100m FL; t2 Final, 200m FL; t1 Final, 400m IM; 1 Final, 400m FR-R; 1 Final, 800m FR-R; 1 Final, 400m MED-R

2007 SUM NATS - , 100m FR; 1 Final, 200m FR; 2 Final, 400m FR; 2 Final, 800m FR; 1 Final, 200m BK; 1 Final, 200m IM; 17 Final, 400m FR-R; 5 Final, 400m MED-R
 Namesnik GP - 3 Final, 50m FR; 2 Final, 100m BK; 1 Final, 200m BK; 3 Final, 100m BR; 1 Final, 200m BR; 5 Final, 100m FL; , 400m FR-R; , 800m FR-R; , 400m MED-R
 MoO DiP - 2 Final, 200m FR; 1 Final, 200m IM; 1 Final, 400m IM
 WORLD - 4 Final, 200m FR (AR); 4 Final, 400m FR; 1 Final, 200m IM; 1 Final, 400m IM (WR); 1 Final, 800m FR-R (WR)
 US OPEN - , 100m FR; 1 Final, 800m FR; 6 Final, 200m BK; 5 Final, 200m BR; 1 Final, 200m IM; 1 Final, 400m IM; , 400m FR-R; , 800m FR-R
 PAN PAC - 1 Final, 200m FR (NAG (17-18)); 2 Final, 400m FR; 2 Final, 200m IM; 1 Final, 400m IM; 1 Final, 800m FR-R
 SUM NATS - 5 Final, 100m FR; 2 Final, 200m FR (NAG

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ADDITIONAL HONORS: (continued)

General Accolades: 2005 and 2007 USOC SportsWoman of the Year ... Three-time USA Swimming Female Athlete of the Year (2005-07) and 2005 Relay Performance of the Year (World Champ 800m free-relay)

National Teams: Five-time National A Team (2004-08) ... 2003 National B Team ... 2004 National Junior Team member

All-Star Team: Two-time (2005-06)

Meet Honors: Has qualified for all 13 events on the schedule for the 2008 Olympic Trials in Omaha, Neb.

PERSONAL:

High School: Homeschool '07

Future Professional Aspirations: Journalism

Job Outside of Swimming: Currently serves as a volunteer assistant swimming coach at Loyola College

Parents: John and Jeanne ... father is in seminar sales, and mother is a homemaker/part-time health care worker ... Jeanne (Ruark) Hoff was a basketball standout at Stanford from 1980-83; she still holds the record for average points per game (17.6) and is third all-time leading point scorer in school history (2038); she was the first Stanford player to score 2000 career points

Sibling(s): Younger brother (Christian)

Hobbies Outside the Pool: Writing, hip hop dancing

Ultimate Way to Relax: Sleeping, watching television

Most Influential Person: Summer Sanders

Training Stats: Swims 8-15,000 meters/yards per day, 2-5 hours a day, 7 days a week

More: In the fall of 2005 at age 16, signed with Octagon, the same agency that represents former North Baltimore Aquatic Club teammate Michael Phelps ... in January 2006, she signed a record 10-year deal with Speedo which, at the time, was the longest athlete contract in the brand's history

More: In April 2006, Teen People named her one of their "Twenty Teens Who Will Change The World"

Favorites: U.S. city: Los Angeles ... band: Fall Out Boy ... celebrity: Jennifer Aniston ... summer activity: laying out at the pool ... tv: The O.C., The Office

CAREER STATS: (continued)

(17-18)); 2 Final, 400m FR; 1 Final, 200m IM (NAG (17-18)); 1 Final, 400m IM (NAG (17-18))
SPG CHAMPS - 3 Final, 50m FR; 1 Final, 100m FR; 1 Final, 400m FR; 2 Final, 200m FL; 1 Final, 200m IM; 1 Final, 400m IM; , 400m FR-R; , 800m FR-R; , 400m MED-R

2005 US OPEN - 1 Final, 200m FR; 11 Final, 100m BR; 1 Final, 100m FL; 1 Final, 200m FL; 1 Final, 200m IM; , 400m FR-R; , 400m MED-R
SUM NATS - 8 Final, 50m FR; 4 Final, 100m FR; 4 Final, 100m FL; , 400m FR-R; , 800m FR-R; , 400m MED-R
MoO DiP - 3 Final, 200m FR; 1 Final, 200m IM; 1 Final, 400m IM (USO)
WORLD - 9 Semi, 200m FR; 1 Final, 200m IM (NAG (15-16)); 1 Semi, 200m IM; 1 Final, 400m IM (NAG (15-16))
WC TRIALS - 11 Final, 100m FR; 1 Final, 200m FR; 2 Final, 200m BK; 1 Final, 200m IM (AR); 1 Final, 400m IM

2004 OLY - 7 Final, 200m IM
OLY TRIALS - 9 Final, 200m BR; 1 Final, 200m IM; 1 Final, 400m IM
SPG NATS - 11 Final, 200m BR; 14 Final, 100m FL; 3 Final, 200m IM (NAG (13-14)); 1 Final, 400m IM; , 800m FR-R; , 400m MED-R

2003 US OPEN - 8 Final, 200m BR; 2 Final, 200m IM; 2 Final, 400m IM
SUM NATS - 20 Final, 200m BR; 4 Final, 200m IM; 17 Final, 400m IM
SPG NATS - 19 Final, 100m BR; 18 Final, 200m BR; 18 Final, 200m IM