

THOMAS A. MALCHOW

CLASS OF 1995

Tom Malchow is Saint Thomas Academy's only alumnus Olympic gold medal winner. He competed in three Olympic Games and won gold and silver medals for the 200m Butterfly. During his years at STA he set 11 school and pool swimming records – the maximum available; seven of those records still stand today. He was named the team M.V.P. four times and set conference and state records. After the Academy, he was twice named Swimmer of the Year, set records and won numerous championships. Tom and his wife Christie live in Kirkland, WA, and he is a sales associate for Zimmer Northwest.

TOM MALCHOW STATISTICS -

Saint Thomas Academy Athletics, total of four Letters –

- STA swimming: '92, '93, '94, '95 (captain)
- All-Conference: '92, '93, '94, '95
- All-State: '92, '93, '94, '95
- All-American: '92, '93, '94, '95
- Set seven school records, seven conference records and two state records
- Individual State Championships:
 - 100-yard Butterfly: '92
 - 200 Freestyle: '93, '94, '95
 - 500 Freestyle: '93, '94, '95
- Team State Championship: '95

- As of September 2008, still holds the school record for 200 Freestyle, 200 Individual Medley, 100 Butterfly and 500 Freestyle, and the pool record for 200 Individual Medley, 100 Butterfly and 500 Freestyle

Post-Secondary Athletics, total of four Letters –

- University of Michigan swimming:
 - '96, '97, '98, '99 (captain)
- Big Ten Champion seven times
- NCAA All-American seven times
- 1997 Big Ten Swimmer of the Year
- 1997 NCAA Champion: 800-yard Free Relay
- National titles: '97, '98 200m Butterfly
- 1998 NCAA Swimmer of the Year

Professional Experience –

- 1999-2005 Warnaco-Speedo America sponsorship
- 2000 Wheaties sponsorship
- 2000-2004 Powerbar sponsorship

Other athletic-related activities, awards and accomplishments –

- Olympic Games:
 - 1996 Atlanta, Silver medalist - 200m Butterfly
 - 2000 Sydney, Gold medalist - 200m Butterfly (Olympic record)
 - 2004 Greece, USA Swimming Team Captain; finalist in 200m Butterfly
- World Championships:
 - 1998 Perth, Bronze medalist - 200m Butterfly
 - 2001 Fukuoka, Silver medalist - 200m Butterfly
 - 2003 Barcelona, Bronze medalist - 200m Butterfly
- Pan Pacific Championships:
 - 1997 Fukuoka, Silver medalist - 200m Butterfly
 - 1997 Fukuoka, Gold medalist - 4x200m Freestyle
 - 1999 Sydney, Silver medalist - 200m Butterfly
 - 1999 Sydney, Silver medalist - 4x200m Freestyle
- Pan American Games:
 - 1995 Mar del Plata, Silver medalist - 200m Butterfly
- Summer Universiade:
 - 1995 Fukuoka, Gold medalist - 200m Butterfly
- World record holder for the 200m Butterfly (June 17, 2000 to March 30, 2001)
- Inducted into the MSHSL Hall of Fame in 2006