

Asia Seidt

Hometown

Louisville, Kentucky

High School

Sacred Heart Academy

Hometown Pool

Lakeside Swim Club

Kentucky Athletic Hall of Fame club, and home to 10 U.S. Olympians.

College Degree

Bachelor of Science in kinesiology with summa cum laude honors (4.0 GPA)

Accepted into UK's Physical Therapy Graduate Program, began on Monday, August 17, 2020

Events

100 and 200 backstroke, 200 IM

2019-20 Individual National Rankings

Rankings updated on March 12, right before the cancelled 2020 NCAA Championships. None of the below times are her career bests, as she historically swims her career bests at the NCAA Championships.

3rd in the nation – 200-yard backstroke (1:48.86)

5th in the nation – 100-yard backstroke (50.73)

6th in the nation – 200-yard individual medley (1:53.70)

CATSPY Awards

2018 Female Athlete of the Year

2019 Miss Wildcat

2020 Miss Wildcat

Conference Honors and Awards

2017 SEC Freshman of the Year

2019 SEC Scholar-Athlete of the Year

2017, 2018, 2019 All-SEC First Team

2020 All-SEC Second Team

2017 SEC All-Freshman Team

2020 SEC NCAA Woman of the Year nominee

2020 SEC H. Boyd McWhorter Scholar-Athlete of the Year

The highest achieving honor in both academics and athletics given in the conference, which includes a \$20,000 post-graduate scholarship.

National Honors and Awards

2016, 2020 U.S. Olympic Trials qualifier

2017-18, 2018-19 USA Swimming National Team Member

2017, 2019 World University Games (Team USA)

2019 World University Game silver medalist in the 200-meter backstroke

2019 Phillips 66 National Championships gold medalist in the 200-meter backstroke

2019 NCAA ELITE 90 award winner
2019 Arthur Ashe Female Sports Scholar of the Year
2020 CSCAA At-Large Academic Female Team Member of the Year
2020 NCAA Woman of the Year
2021 NCAA Today's Top 10 Award Winner

School Records (9)

100-yard backstroke (50.68)
200-yard backstroke (1:48.65)
200-yard individual medley (1:53.04)
400-yard freestyle relay (3:14.59)
800-yard freestyle relay (6:56.23)
200-yard medley relay (1:36.76)
400-yard medley relay (3:29.69)
200-meter backstroke (2:08.56)
200-meter individual medley (2:12.30)

SEC Championship Gold Medals (4)

2017 – 200-yard backstroke (1:50.22)
2018 – 100-yard backstroke (50.86)
2018 – 200-yard backstroke (1:49.65)
2019 – 200-yard backstroke (1:49.31)

SEC Championship Silver Medals (5)

2017 – 800-yard freestyle relay (6:59.33)
2018 – 200-yard individual medley (1:53.04)
2019 – 100-yard backstroke (51.16)
2020 – 200-yard backstroke (1:48.86)
2020 – 800-yard freestyle relay (6:56.66)

SEC Championship Bronze Medals (6)

2017 – 100-yard backstroke (51.40)
2019 – 400-yard medley relay (3:31.27)
2019 – 800-yard freestyle relay (6:56.23)
2020 – 100-yard backstroke (50.73)
2020 – 400-yard medley relay (3:29.69)
2020 – 200-yard individual medley (1:53.70)

First Team All-America Honors (8)

Placing first through eighth place at the NCAA Championships

2017 – 800-yard freestyle relay (6th place)
2017 – 200-yard backstroke (3rd place)
2017 – 200-yard individual medley (8th place)
2018 – 200-yard individual medley (7th place)
2018 – 200-yard backstroke (2nd place)
2019 – 200-yard individual medley (5th place)
2019 – 100-yard backstroke (5th place)
2019 – 200-yard backstroke (3rd place)

Honorable Mention All-America Honors (8)

Placing ninth through 16th place at the NCAA Championships

2017 – 400-yard medley relay

2017 – 100-yard backstroke

2018 – 800-yard freestyle relay

2018 – 400-yard medley relay

2018 – 100-yard backstroke

2019 – 800-yard freestyle relay

2019 – 400-yard medley relay

2019 – 400-yard freestyle relay

Honorary All-America Honors (5)

Honorary All-America honors due to cancelled 2020 NCAA Championships

100-yard backstroke

200-yard backstroke

200-yard individual medley

800-yard freestyle relay

400-yard medley relay