



Kyle Ponsler - FAST Member Since 2010

Hometown: Fishers, IN - Birthdate: March 5, 2004 - Height: 6'2"

National Team Highlights:

2021-22 USA National Jr. Team for International Competition: World Cup Berlin, Germany & Budapest, Hungary

National Events: 400/200 IM, 200/100 Backstroke, 200/100 Breaststroke, 100 Fly, 50, 100, 200, 400/500, 800/1000, & Mile Freestyle, 5K Open Water, 7.5K Open Water

Meets Competed at: 2021 Olympic Trials (Wave I & Wave II), Summer Junior Nationals, Winter Junior Nationals, Futures, Open Water Junior Nationals, & FINA Swimming World Cup (2021 I Berlin & Budapest).

National Competition Results: Wave 1 Olympic Trials Runner up in 400 IM advancing to Wave II, Best times at 2021 Olympic Trials in 400 IM, 200 Breast, 50 Free (33% of swims), Multiple best times at Summer and Winter Junior Nationals, 6th Place in 2021 Open Water Jr Nationals 7.5K. Futures and World Cup upcoming.

Best Times (as of 7/1/2021):

400 IM scy – 3:50.03	-	400 IM lcm – 4:22.23 (Olympic Trials cut – Wave II)
200 IM scy – 1:47.18	-	200 IM lcm – 2:04.61
500 Free scy – 4:23.37	-	400 Free lcm – 4:03.83
1650 Free scy – 15:41.41	-	100 Fly scy – 50.71
200 Back scy – 1:46.24	-	200 Back lcm – 2:02.32 (Olympic Trials cut Wave I)
100 Back scy – 49.25	-	100 Back lcm – 57.95
200 Breast scy – 2:03.21	-	200 Breast lcm – 2:26.90
200 Free scy – 1:38.84	-	100 Breast lcm – 1:07.80
Mile scy – 15:41.41	-	Mile lcm – 16:31.44

Fun Facts:

High School: Fishers HS – Class of 2022 then will swim for NC State Wolfpack in College!

Family: Chris (Father), Kelly (Mother), and Katie (sister)

Favorite Pool: IUUI Natatorium (The Nat) but also love Open Water in the Ocean!

Goals: Compete at NCAA Championships in “A” final, Olympic Trials “A” Final, Olympic Champion

Advice for younger swimmers: When its time to work, work hard and focus. When it’s time for fun play hard!