## 2021

## Eugene - June 18-21, 24-27

It had almost become a tradition that Eugene would host the Trials, and this was the $4^{\text {th }}$ consecutive time that the Oregon town became the core at the centre of US Track and Field. It was, however, different, with the Covid-19 pandemic setting the meeting back a full year, and crowd attendance limited to a small number because of this. Temperatures were record breaking, with the meeting rescheduled on the final day because of excessive heat.

Attendance: 6/18-3124; 6/19-4752; 6/20-5367; 6/21—5519; 6/24-5348; 6/25-6586; 6/26-6044; 6/27-4836; total 41,576

Weather: Sunny all days; 6/18- high $82 ; 6 / 19 —$ breezy, high $84 ; 6 / 20$ —high $89 ; 6 / 21$ —high $94 ; 6 / 24$ —high $91 ; 6 / 25$ —high 95; 6/26-high 103; 6/27-high 111

100 meters - June 20, 19.52 Hr; wind +0.8

|  |  | Reaction |
| :---: | :---: | :---: |
| 1. 5. Trayvon Bromell (NBal) | 9.80 | 0.144 |
| 2. 6. Ronnie Baker (Nik) | 9.85 | 0.189 |
| 3. 4. Fred Kerley (Nik) | 9.86 | 0.152 |
| 4. 3. Kenny Bednarek (Nik) | 9.89 | 0.160 |
| 5. 8. Micah Williams (Or) | 9.91 | 0.164 |
| 6. 1. Cravon Gillespie (Nik) | 10.00 | 0.151 |
| 7. 7. Noah Lyles (adi) | 10.05 | 0.185 |
| 8. 2. Justin Gatlin (Nik) | 10.87-inj | 0.167 |

SEMI-FINALS (June 20, $\mathbf{1 8 . 1 9} \mathbf{~ H r}$, Qualify 3+2 fastest losers)
I(-0.3)-1. Bromell 9.90; 2. Bednarek 9.96; 3. Gatlin 10.00; 4. Williams 10.02; 5. Gillespie 10.03; 6. Young 10.08; 7. Bacon 10.17; 8. Rodgers 10.23.

II(0.7)-1. Kerley 9.92; 2. Baker 9.94; 3. Lyles 9.97; 4. Belcher 10.11; 5. Henderson 10.16; 6. King 10.18; 7. Boling 10.22; 8. Bracy 17.82.

HEATS (June 19, $\mathbf{1 7 . 3 4} \mathbf{~ H r}$, Qualify 3 +4)
I(-0.3)-1. Bednarek 10.07; 2. Isiah Young (Nik) 10.08; 3. Gillespie 10.20; 4. Cravont Charleston (NCSt) 10.23; 5. Chris Royster (unat) 10.34; 6. Cole Beck (VaT) 10.35; 7. Devin Quinn (Unat) 10.40 (10.391).
II(2.7)-1. Bromell 9.84w; 2. Gatlin 9.93w; 3. Williams 9.95w; 4. Jaylen Bacon (adi) 10.04w; 5. Michael Rodgers (Nik) 10.13w; 6. Marcellus Moore (Pur) 10.14w; 7. Ameer Webb (Nik) 10.21w; 8. Rodney Rowe (unat) 10.22w.

III(2.0)-1. Marvin Bracy (Nik) 10.00; 2. Christopher Belcher (Nik) 10.01; 3. Kyree King (Nik) 10.05; 4. Bryan Henderson (SamH) 10.12; 5. Matthew Boling (Ga) 10.13; 6. Nolton Shelvin (unat) 10.18; 7. Jeff Demps (adi) 10.48; 8. Jaylen Slade (FlHS) 43.79.
IV(1.9)-1. Baker 9.88; 2. Kerley 9.93; 3. Lyles 9.95; 4. Bryce Robinson (Tracksm) 10.13; 5. Kendal Williams (adi) $10.15 ; 6$. Lance Lang (Ky) 10.27; 7. Denzell Feagin (unat) 10.35; 8. Demek Kemp (Asics) 10.40.

The fastest before the trials were 2016 Olympians Bromell (9.77) and Marvin Bracy. Both were heat winners, with Bromell's 9.84 w the fastest of the day, while Bryce Robinson found 10.13 [10.126/+1.9] not quick enough to make the semifinals, and was unlucky to be edged out by veteran Mike Rodgers [10.125/+2.7]. Ronnie Baker ran the fastest legal time of the round -9.88 - holding off Fred Kerley. The Texan had made the unusual step of moving from the 400 m where he was the world's \#2 in 2019, to the 100 m , and was clearly the dark horse of the field. Bromell and Micah Williams were the best starters in semi-final 1, and Bromell got clear after 40 m to win in 9.90 , leaving Bednarek and super-vet Gatlin to battle out second place. Despite a positive wind reading, the second race was slower, with 3 qualifiers, headed up by Kerley's 9.92, edging the smooth looking Baker (9.94), and Noah Lyles (9.97). Bracy pulled up after 30m.

Bromell, unsurprisingly, was the fastest away in the final, but less expected was Kerley's good start and pick-up. By 60 m Bromell had a clear but slim lead, with Baker and Williams perhaps a foot back, and Kerley $4^{\text {th }}$ just ahead of Bednarek. Bromell smoothly drew clear to win by a half metre from Baker and Kerley, with Bednarek running a fine 9.89 in $4^{\text {th }}$ just ahead of Oregon's Williams. Other than Bromell, all of the top 5 ran lifetime bests. Gatlin, in the hunt at 30 m , was clearly injured by halfway. After being a surprise in Eugene, Kerley would go on to win silver in Tokyo with a PR 9.84
$\underline{200}$ meters - June 27, 21.52 Hr ; wind +0.3

|  |  | Reaction | 100 m |  |
| :--- | :--- | :--- | :--- | :--- |
| 1. 5. | Noah Lyles (adi) | 19.74 | 0.171 | $10.3 / 9.4$ |
| 2. 7. | Kenny Bednarek (Nik) | 19.78 | 0.167 | $10.2 / 9.6$ |
| 3. 6. | Erriyon Knighton (adi) | 19.84 | 0.190 | $10.4 / 9.4$ |
| 4. 2. | Fred Kerley (Nik) | 19.90 | 0.168 | $10.3 / 9.6$ |
| 5. 8. | Isiah Young (Nik) | 20.03 | 0.155 | $10.2 / 9.8$ |


| 6. 9. | Terrance Laird (adi) | 20.15 | 0.152 | $10.4 / 9.8$ |
| :--- | :--- | :--- | :--- | :--- |
| 7.3. | Kyree King (Nik) | 20.30 | 0.166 | $10.2 / 10.1$ |
| 8. 4. | Andrew Hudson (unat) | 20.37 | 0.136 | $10.3 / 10.1$ |

SEMI-FINALS (June 26, 19.33 Hr , Qualify 3+2 fastest losers)
$\mathrm{I}(0.9)-1$. Bednarek 19.90; 2. Young 19.99; 3. Hudson 20.02; 4. Kerley 20.08; 5. King 20.23; 6. Boling 20.27; 7. Merritt 20.41; 8. Rowe 20.46.

II(1.1)-1. Knighton 19.88; 2. N.Lyles 19.91; 3. Laird 20.22; 4. J.Lyles 20.28; 5. Morrow 20.51; 6. Parker 20.55; 7. Flournoy 20.59; 8. Booker 20.62.

HEATS (June 25, 14.04 Hr , Qualify 3 +4)
I(-0.2)-1. Knighton 20.04, 2. Lyles 20.19; 3. Kerley 20.41; 4. Rodney Rowe (unat) 20.62; 5. Marcus Parker (Clem) 20.63; 6. Gavin Schurr (CoHS) 20.92.
II(-0.1)-1. Young 20.21; 2. Bednarek 20.22; 3. Josephus Lyles (adi) 20.39; 4. Elijah Morrow (AthTX) 20.60; 5. Brandon Carnes (unat) 20.80; 6. Christopher Belcher (Nik) 20.89.
III(0.8)-1. Laird 20.44; 2. Jordan Booker (Hous) 20.49; 3. Jaron Flournoy (Nik) 20.69; 4. Micaiah Harris (Tx) 20.90; 5. Jaylen Slade (FIHS) 21.02; 6. Evan Miller (SC) 21.04.
IV(0.4)-1. Hudson 20.40; 2. Matthew Boling (Ga) 20.47; 3. LaShawn Merritt (Nik) 20.53; 4. King 20.63; 5. Daveon Collins (unat) $20.69 ; \ldots$ dq-EJ Floréal (unat)

Bednarek, one of the pre-Trials favourites [with Noah Lyles], and with 3 sub- 20 clockings under his belt, got another one in the semi-finals, but was trumped by Knighton, the remarkable 17 year old, who had run a World Youth record of 20.04 in his heat. This time he broke Usain Bolt's World Junior record, passing Noah Lyles after 150m, and easing across the line in 19.88, with Lyles (19.91) well clear of LSU's highly rated Terrance Laird (20.22). Josephus Lyles had the unfortunate distinction of being the only man to run under 20.30 at the Trials and not make the final. Bednarek was out quickest in the final, and led off the curve, with Young and Lyles within immediate striking distance, and Knighton and Laird occupying $7^{\text {th }}$ and $8^{\text {th }}$ places 2 yards back. Lyles surged into the lead after 130 m , and held off Bednarek to win by half a metre, while Knighton closed fastest of all to beat out Kerley, with 2-3-4 all running lifetime bests. For Knighton it was his $3^{\text {rd }}$ PR in 3 days, and a world junior and youth record.

400 meters - June 20, $\mathbf{1 9 . 1 5 ~ H r}$

|  |  |  | Reaction | 200m/300m |
| :---: | :---: | :---: | :---: | :---: |
| 1.7. | Michael Norman (Nik) | 44.07 | 0.178 | 21.2/32.1 |
| 2.6. | Michael Cherry (Nik) | 44.35 | 0.188 | 21.3/32.1 |
| 3. 8. | Randolph Ross (NCAT) | 44.74 | 0.184 | 21.9/32.8 |
| 4. 2. | Trevor Stewart (NCAT) | 44.90 | 0.202 | 21.8/32.8 |
| 5.3. | Vernon Norwood (NBal) | 44.92 | 0.307 | 22.1/33.1 |
| 6. 5. | Elija Godwin (Ga) | 44.94 | 0.196 | 21.3/32.2 |
| 7.4. | Bryce Deadmon (TxAM) | 44.96 | 0.177 | 21.8/32.8 |
| 8.9. | Wil London (unat) | 45.00 | 0.251 | 22.0/32.8 |

SEMI-FINALS (June 19, $\mathbf{1 7 . 3 5} \mathbf{~ H r}$, Qualify 3 + 2 fastest losers)
I-1. Cherry 44.50; 2. Godwin 45.10; 3. Deadmon 45.17; 4. Willie 45.40; 5. Robinson 45.41; 6. Patterson 45.68; 7. Williams 45.73; 8. Johnson 45.78.

II-1. Norman 44.73; 2. Ross 44.85; 3. London 44.92; 4. Stewart 45.05; 5. Norwood 45.12; 6. Terry 45.84; 7. Merritt 46.27; 8. Strother 47.37

HEATS (June 18, 16.58 Hr , Qualify $3+4$ fastest losers)
I-1. Stewart 44.75; 2. Noah Williams (LSU) 45.21; 3. Justin Robinson (GateC) 45.46; 4. Howard Fields (Bay) 46.00; 5. Michael Bluth (BYU) 46.05; 6. Marcus Chambers (unat) 46.30.

II-1. Cherry 44.86; 2. Ryan Willie (FI) 45.34; 3. Deadmon 45.46; 4. Tyler Johnson (OhSt) 45.71; 5. LaShawn Merritt (Nik) 45.81; 6. Kahmari Montgomery (Nik) 45.85; 7. Gil Roberts (unat) 49.96.
III-1. Godwin 44.81; 2. Norman 45.18; 3. Nathan Strother (adi) 45.44; 4. Tyler Terry (LSU) 45.56; 5. Jacory Patterson (unat) 45.61; 6. Myles Pringle (unat) 46.18; 7. Chris Bailey (Tn) 46.29.
IV-1. London 45.46; 2. Norwood 45.46; 3. Ross 45.61; 4. Aldrich Bailey (unat) 46.03; 5. Jonathon Sawyer (SEnLa) 46.39; 6. Johnnie Blockburger (Az) 46.75

Pre-meet favourites were Norman and Ross, who had won the NCAA a week earlier in a world leading 43.85. Trevor Stewart was fastest in the heats with 44.75 , with Michael Cherry and Elija Godwin also ducking under 45 seconds in winning their heats. Cherry was a dominant winner of the first semi with 44.50 , the fastest of the day, while Norman took the
other race in 44.73 , with Ross moving from $5^{\text {th }}$ to $2^{\text {nd }}$ in the last 50 m . LaShawn Merritt, the most successful OT 400 runner ever - winner of the 3 previous Trials finals, reached the end of the road, placing $7^{\text {th }}$ in 46.27 .

Norman, went to the front immediately in the final, and led at halfway in 21.2 , with Cherry and Godwin a metre back. Cherry caught Norman at 300 m , with Godwin still a metre back, some 5 metres ahead of the rest, with only Norwood trailing, some 3 metres behind the field. Norman broke clear of Cherry with 50 m remaining, and won by over 2 metres. Cherry ran a PR 44.35, as Ross's strength drew him clear of the rest another 3-4 metres behind

| 800 meters June 21, 17.28 Hr |  | 200m splits: | Halves |
| :---: | :---: | :---: | :---: |
| 1. Clayton Murphy (Nik) | 1:43.17 | (25.61, 26.06 [51.67], 24.98 [1:16.65], 26.52) | (51.67/51.50) |
| 2. Isaiah Jewett (USC) | 1:43.85 | (25.25, 25.35 [50.60], 25.06 [1:15.66], 28.19) | (50.60/53.25) |
| 3. Bryce Hoppel (adi) | 1:44.14 | (25.33, 25.90 [51.23], 25.43 [1:16.66], 27.48) | (51.23/52.91) |
| 4. Isaiah Harris (USC) | 1:44.58 | (25.37, 26.09 [51.46], 25.52 [1:16.98], 27.60) | (51.46/53.12) |
| 5. Brannon Kidder (BrkB) | 1:45.08 | (25.90, 26.27 [52.17], 25.70 [1:17.87], 27.21) | (52.17/52.91) |
| 6. Samuel Voelz (NDam) | 1:45.54 | (25.92, 26.18 [52.10], 26.18 [1:18.28], 27.26) | (52.10/53.44) |
| 7. Daniel Nixon (IaSt) | 1:45.56 | (25.71, 26.30 [52.01], 25.68 [1:17.69], 27.87) | (52.01/53.55) |
| 8. Donavan Brazier (Nik) | 1:47.88 | (25.50, 25.50 [51.00], 25.58 [1:16.58], 31.30) | (51.00/56.88) |

SEMI-FINALS (June 19, $\mathbf{1 7 . 0 4} \mathbf{~ H r}$, Qualify 3 + 2 fastest losers)
I-1. Murphy $1: 46.26$; 2 . Brazier 1:46.57; 3. Kidder 1:46.97; 4. Koech 1:47.03; 5. Dolan 1:47.16; 6 . Sowinski 1:47.45; 7. Miller 1:47.65; 8. Windle 1:51.65.
II-1. Hoppel 1:46.00; 2. Harris 1:46.16; 3. Jewett 1:46.18; 4. Nixon 1:46.21; 5. Voelz 1:46.39 PR; 6. Streich 1:46.92; 7. Rhoads 1:47.39; 8. Alvarado 1:47.46

HEATS (June 18, 17.26 Hr , Qualify $3+4$ fastest losers)
I-1. Abraham Alvarado (AtITC) 1:48.35; 2. Hoppel 1:48.38; 3. Shane Streich (Lips) 1:48.49; 4. Voelz 1:48.49; 5. Joseph White (unat) 1:48.57; 6. Kameron Jones (Clem) 1:48.86; 7. Mitchell Black (CraftGRP) 1:49.61; 8. Matthew Payamps (Gtn) 1:52.83.
II-1. Brazier 1:45.00; 2. Kidder 1:45.06 PR; 3. Harris 1:45.25; 4. Erik Sowinski (unat) 1:45.47; 5. Nixon 1:46.15 PR; 6. Samuel Ellison (unat) 1:48.67; 7. Eric Brown (Aub) 1:49.68; 8. Paris Simmons (unat) 1:53.00.
III-1. Michael Rhoads (USAF) 1:48.64; 2. Sean Dolan (Vill) 1:48.68; 3. Brandon Miller (TxAM) 1:48.75; 4. Drew Piazza (NBal) 1:48.88; 5. Vincent Crisp (UArm) 1:49.36; 6. Luca Chatham (TracksmTxEI) 1:49.83; 7. Josh Hoey (adi) 1:50.54; 8. Jason Gomez (laSt) 1:55.73.
IV-1. Jewett 1:47.83; 2. Murphy 1:47.84; 3. Jonah Koech (USAr) 1:47.92; 4. Drew Windle (BrkB) 1:48.41; 5. Derek Holdsworth (Tracksm) 1:49.10; 6. Crayton Carrozza (Tx) 1:50.04; 7. Roshon Roomes (laSt) 1:50.55; 8. Robert Downs (Diad) 1:53.50

Only 1 of the first 3 first round heats was run with any sense of urgency. Erik Sowinski determined that he would at worst be one of the fastest losers, and duly finished $4^{\text {th }}$ in his heat with $1: 45.47$, the $4^{\text {th }}$ quickest run of the day, in a race won by Brazier in a seasonal best of 1:45.00 ahead of Brannon Kidder's PR of 1:45.06. The next day saw tactical races, with Clayton Murphy outkicking Brazier 1:46.26 to 1:46.57 in the first semi, and Bryce Hoppel taking the second race in 1:46.00 from Harris [1:46.16], with Jewett and Voelz both making the final. Isaiah Jewett led at 200 m in the final, maintaining that pace to the bell [50.60] where he led Brazier by 3m, with Hoppel and Harris next. There was no let up by Jewell in the next 200, and he reached 600 m some 8 m clear of Brazier, with Murphy and Hoppel less than a metre back. With 180 m to go Murphy flowed by Brazier, who clearly tightened up, and caught Jewett with 40 m to go. Murphy finished in 1:43.17, his $3^{\text {rd }}$ best ever, and Jewett improved his PR from 1:44.68 to 1:43.85. Hoppel needed a seasonal best of 1:44.14 to keep clear of Harris's 1:44.58. A disconsolate Brazier jogged in last, and later noted to the press that he had been trying to deal with hamstring and other niggling injuries.

| 1500 meters June $27,21.40 \mathrm{Hr}$ |  |
| :--- | :---: |
| Lap |  |
| 1. Cole Hocker (Or) | $3: 35.28$ |
| 52.3 |  |
| 2. Matthew Centrowitz (NikBowTC) | $3: 35.34$ |
| 52.7 |  |
| 3. Yared Nuguse (NDam) <br> 53.1 | $3: 36.19$ |
| 4. Craig Engels (Nik) <br> 53.6 | $3: 36.69$ |
| 5. Henry Wynne (BrkB) <br> 54.6 <br> 6. Josh Thompson (NikBowTC) <br> 54.8 | $3: 3: 37.70$ |

Lap
. Cole Hocker (Or)
2. Matthew Centrowitz (NikBowTC) 3:35.34 52.7
3. Yared Nuguse (NDam) 3:36.19
4. Craig Engels (Nik) 3:36.69
53.6
5. Henry Wynne (BrkB) $\quad \mathbf{3 : 3 7 . 7 0}$
6. Josh Thompson (NikBowTC) 3:37.73 54.8
(58.96, 60.84 [1:59.80], 56.85 [2:56.65], 38.63)
(58.87, 60.36 [1:59.23], 57.06 [2:56.29], 39.05)
(59.01, 60.52 [1:59.53], 57.19 [2:56.72], 39.47)
(58.80, 60.59 [1:59.39], 57.42 [2:56.81], 39.88)
(59.06, 60.67 [1:59.73], 57.17 [2:56.90], 40.80)
(58.73, 60.91 [1:59.64], $56.95[2: 56.59], 41.14)$

| 7. Eric Avila (adi) | $\mathbf{3 : 3 8 . 2 0}$ | $(58.50,61.10[1: 59.60], 57.97[2: 57.57], 40.63)$ |
| :--- | :--- | :--- |
| 54.6 |  |  |
| 8. Colby Alexander (EmpE) | $\mathbf{3 : 3 8 . 2 9}$ | $(59.23,59.90[1: 59.13], 57.41[2: 56.54], 41.75)$ |

## 55.4

9. Sam Prakel (adi) 3:38.67; 10. Vincent Ciattei (NikOTC) 3:39.02; 11. Waleed Suliman (BrkB) 3:40.08; 12. David Ribich (BrkB) 3:44.43

SEMI-FINALS (June 25, $\mathbf{1 7 . 0 4} \mathbf{H r}$, Qualify $5+2$ fastest losers)
I-1. Engels 3:38.56; 2. Nuguse 3:38.60; 3. Alexander 3:38.71; 4. Ciattei 3:38.74; 5. Ribich 3:38.75; 6 . Suliman 3:38.78; 7. Avila 3:39.07; 8. Holt 3:39.83; 9. Yearian 3:41.00; 10. Yorks 3:42.58; 11. Ibrahim 3:43.45; 12. Crawford 3:54.40.
II-1. Centrowitz 3:42.96; 2. Hocker 3:43.00; 3. Thompson 3:43.61; 4. Wynne 3:43.77; 5. Prakel 3:43.82; 6. Gregorek 3:44.41; 7. Ryan 3:44.60; 8. Kessler 3:45.50; 9. Maggard 3:45.91; 10. Franco 3:46.37; 11. Blankenship 3:46.58; 12. Hurt 3:47.38.

HEATS (June 24, 18.04 Hr , Qualify $6+6$ fastest losers)
I-1. Hobbs Kessler (adi) 3:45.63; 2. Thompson 3:45.67; 3. Ribich 3:45.71; 4. Vincent Ciattei (NOTC) 3:45.77; 5. Paul Ryan (WaSt) 3:45.86; 6. Alexander 3:45.87; 7. Jack Salisbury (Gtn) 3:46.17; 8. Casey Comber (Vill) 3:46.25; 9. Ryan Adams (Furm) 3:46.65.

II-1. Hocker 3:39.72; 2. Suliman 3:39.92; 3. Engels 3:40.03; 4. Centrowitz 3:40.09; 5. Jack Yearian (Or) 3:40.19;
6. Eric Holt (EmpE) 3:40.50; 7. Talem Franco (BYU) 3:40.58; 8. Graham Crawford (ReebB) 3:40.68; 9. Dillon Maggard (Hoka) 3:40.93; 10. Robert Domanic (ReebB) 3:42.85.
III-1. Prakel 3:39.02; 2. Nuguse 3:39.09; 3. Wynne 3:39.10; 4. Avila 3:39.13; 5. Tripp Hurt (unat) 3:39.18; 6. Johnny Gregorek (Asics) 3:39.36; 7. Abdirizak Ibrahim (NM) 3:40.04; 8. Izaic Yorks (BrkB) 3:40.18; 9. Ben Blankenship (NikOTC) 3:42.46; 10. Abraham Alvarado (AtITC) 3:47.88.

Centrowitz, the reigning Olympic champion, and new star Cole Hocker, who had celebrated his 20th birthday 5 days late by winning the NCAA with a final 800 in 1:48.85, were the pre-race favourites. Even more precocious Hobbs Kessler, 18, who had broken Jim Ryun's US junior record with 3:34.36, ran somewhat slower in taking the first heat in $3: 45.63$, while Hocker [3:39.72] and Sam Prakel [3:39.02] won the other first round races. Kessler was outgunned in a tactical semi-final which saw Centrowitz and Hocker clarify their ratings with easy but restrained qualifying, while Engels and NCAA runner-up Nuguse were the best in the first, faster semi-final. Avila led the final through 400 in 58.50 , and the pace slowed to $1: 59.13$ with Colby Alexander at the front, but with no-one wanting to lead. Centrowitz, moved up on the outside into the lead at the bell [2:42.6], with Hocker 3 yards back boxed in on the inside. Centrowitz kept winding up the pace and led by 3 metres with 150 to go, at which point Hocker, in 6th, suddenly accelerated and was in 2 nd within a dozen strides. The two battled down the straight with Hocker edging Centrowitz by half a metre, while Nuguse got clear of Engels in the last 50 metres for the final Olympic spot. The overall advance in world 1500 m running was reflected by the fact that Hocker's winning PR of 3:35.28 ranked him =57 on the pre-Tokyo world list. Hocker then went on to improve his PR twice in Tokyo, placing 6th in the final with 3:31.40.
$\mathbf{3 0 0 0}$ meters steeplechase - June 25, $\mathbf{1 6 . 4 2} \mathbf{~ H r}$

|  |  | Estimated kilometre splits | Last lap |
| :--- | :---: | :--- | :---: |
| 1. Hillary Bor (Hoka) | $\mathbf{8 : 2 1 . 3 4}$ | $2: 51.7-5: 43.2[2: 51.5]-2: 38.1$ | $\mathbf{5 9 . 6 0}$ |
| 2. Benard Keter (NikUSAr) | $8: 21.81$ | $2: 52.2-5: 43.4[2: 51.2]-2: 38.4$ | $\mathbf{5 9 . 9 5}$ |
| 3. Mason Ferlic (Tracksm) | $8: 22.05$ | $2: 52.2-5: 43.5[2: 51.3]-2: 38.6$ | $\mathbf{6 0 . 0 2}$ |
| 4. Daniel Michalski (Nik) | $8: 22.54$ | $2: 52.0-5: 43.6[2: 51.6]-2: 40.9$ | $\mathbf{6 0 . 2 9}$ |
| 5. Isaac Updike (EmpE) | $8: 24.72$ | $2: 51.9-5: 43.6[2: 51.7]-2: 43.0$ | $\mathbf{6 3 . 1 9}$ |
| 6. Donn Cabral (Tracksm) | $8: 25.95$ | $2: 51.4-5: 42.9[2: 51.5]-2: 44.5$ | $\mathbf{6 3 . 4 1}$ |
| 7. Sean McGorty (NikBowTC) | $8: 27.05$ | $2: 51.6-5: 44.1[2: 52.5]-2: 43.0$ | $\mathbf{6 3 . 0 0}$ |
| 8. Obsa Ali (Asics) | $8: 29.98$ | $2: 52.5-5: 43.9[2: 51.4]-2: 46.1$ | $\mathbf{6 6 . 5 3}$ |

9. Travis Mahoney (Hoka) 8:30.30; 10. Alec Basten (Mn) 8:33.32; 11. Brian Barraza (adiTinE) 8:33.70; 12. Jackson Mestler (Or) 8:36.58; 13. Anthony Rotich (NikUSAr) 8:40.71; 14. Duncan Hamilton (MtStB) 8:45.67

HEATS (June 21, 16.49 Hr , Qualify 5+4 fastest losers)
I-1. Updike 8:21.01; 2. Bor 8:21.09; 3. Michalski 8:22.03; 4. Basten 8:22.22; 5. Mahoney 8:24.05 PR; 6. Cabral 8:24.14; 7. Hamilton 8:25.70; 8. Rotich 8:25.74; 9. McGorty 8:25.95; 10. Fitsum Seyoum (VaT) 8:28.72; 11. Derek Johnson (Va) 8:32.97; 12. Frankline Tonui (NikUSAr) 8:37.94; 13. James Quattlebaum (unat) 8:51.73; 14. David Goodman (TmBou) 8:52.02; 15. Craig Nowak (unat) 8:57.74.
II-1. Keter 8:29.04; 2. Ferlic 8:30.78; 3. Ali 8:31.54; 4. Barraza 8:31.96; 5. Mestler 8:33.09; 6. Jordan Cross (Tracksm) 8:35.58; 7. Mike Leet (unat) 8:37.12; 8. Brandon Doughty (UArmDS) 8:40.33; 9. Alex Rogers (ReebB)

8:49.36; 10. Craig Huff (HokaAg) 8:49.98; 11. Garrett Marsing (BYU) 8:53.37; 12. Jordan Mann (NBal) 8:54.09; 13. Bennett Pascoe (ArSt) 8:56.81; 14. Michael Jordan (NikUSAr) 9:12.79.

Isaac Updike won the first heat in what would turn out to be the fastest time of the Trials - 8:21.01, with Fitsum Seyoum ( $8: 28.72$ ) missing out from the final despite being faster than Keter, the winner of the other heat in 8:29.04. Rio Olympian Cabral set the pace in the final, but it was clear early on that this would be a tactical race. A succession of laps [of 396m] in the 67-68 range took Cabral through kilo splits of 2:51.44 and 5:42.92. Bor took the lead approaching the penultimate waterjump, but was headed at the bell by Updike, with Keter and Ferlic a couple of yards back. Bor and Keter swept into the lead with 250 m remaining, and the win was determined by Bor's cleaner clearance at the final hurdle. Ferlic went past Updike just after the water-jump, and took the final Olympic spot by 4 m from Michalski. For Bor it was a second Olympic berth, while for Keter, who had become a US citizen in 2019, and Ferlic, who had finished 5th in 2016, this was their initial Olympic selections.

| Last Lap |  |  |
| :---: | :---: | :---: |
| 1. Paul Chelimo (Nik) | 13:26.82 | 2:41.05-5:21.59 [2:40.54]-8:07.26[2:45.67]-10:58.89 |
| [2:51.63]-2:27.93 52.83 |  |  |
| 2. Grant Fisher (NikBowTC) | 13:27.01 | 2:41.46-5:22.22 [2:40.76]-8:07.79 [2:45.57]-10:58.99 |
| [2:51.20]-2:28.02 52.98 |  |  |
| 3. Woody Kincaid (NikBowTC) | 13:27.13 | 2:41.25-5:51.79 [2:40.54]-8:07.34 [2:45.55]-10:59.08 |
| [2:51.74]-2:28.05 52.74 |  |  |
| 4. Cooper Teare (Or) | 13:28.08 | 2:41.42-5:22.59 [2:41.17]-8:07.67 [2:45.08]-10:59.16 |
| [2:51.49]-2:28.92 53.96 |  |  |
| 5. Emmanuel Bor (USAr) 13:30.30 2:41.96-5:22.38 [2:40.42]-8:07.46 [2:45.08]-10:59.3 |  |  |
| [2:51.88]-2:30.96 56.12 |  |  |
| 6. Morgan Beadiescomb (ViSt)[2:51.32]-2:31.51 56.31 |  |  |
|  |  |  |
| 7. Robert Brandt (Gtn) 13:32.21 2:42.05-5:22.65 [2:40.60]-8:07.91 [2:45.26]-10:58.82 |  |  |
| [2:50.91]-2:33.39 57.89 |  |  |
| 8. Conner Mantz (BYU) 13:32.69 2: |  |  |
| [2:50.78]-2:33.40 58.05 |  |  |
| 9. Nico Young (NnAz) 13:35.94 (x, 10 AJ ); 10. Eric Jenkins (Nik) 13:39.72; 11. Hassan Mead (NikOTC) 13:47.85; 12. |  |  |
| Casey Clinger (BYU) 13:50.20; 13. Ian Shanklin (NCSt) 13:50.71; 14. Garrett Heath (BrkB) 13:55.33 (2:40.81); 15. |  |  |
| Eduardo Herrera (Co) 14:00.46; .. dnf-Thomas Ratcliffe (NikBowTC). |  |  |
| HEATS (June 24, 20.04 Hr , Qualify 5+6 fastest losers) |  |  |
| I-1. Jenkins 13:43.18; 2 . Fisher 13:43.41; 3. Kincaid 13:43.41; 4. Teare 13:43.78; 5. Heath 13:44.48; 6 . Herrera |  |  |
| 13:45.33; 7. Sydney Gidabuday (unat) 13:48.75; 8. Biya Simbassa (unat) 13:52.19; 9. Willy Fink (UArm) |  |  |
| 13:54.86; 10. Josef Tessema (unat) 13:55.23; 11. Lawi Lalang (USAr) 13:55.32; 12. Kirubel Erassa (Hoka) |  |  |
| 14:08.35. |  |  |
| II-1. Chelimo 13:36.66; 2. Young 13:36.74; 3. Mead 13:36.80; 4. Bor 13:36.84; 5. Brandt 13:36.95; 6. |  |  |
| Beadlescomb 13:37.17; 7. Ratcliffe 13:37.80; 8. Clinger 13:39.27; 9. Mantz 13:39.31; 10. Shanklin 13:4 |  |  |

This was a slow paced final, with 12 men in touch with a kilometre to go, followed by a 600 m race building to an all-out sprint over the last lap. Paul Chelimo, silver medallist from Rio, held the inside line and led the bunched group with 3 laps to go. Connor Mantz was the first to up the pace with a 30.8200 m split to the 4200 m mark, but Chelimo, and Fisher swept by with 500 m remaining, and were joined by Teare as the bell sounded. Two metres covered these 3, plus Kincaid, with 200 m remaining, and Chelimo - constantly checking where the opposition was - let loose in the finishing straight and won by 2 m - possibly the clearest 2 m win since Nurmi beat Ritola in the 1924 Olympic 5000 - with Fisher a metre clear of Kincaid. All 3 Americans would make the final in Tokyo with Chelimo winning his second Olympic medal - a bronze - with a seasonal best of 12:59.05

| 10000 Meters - June 18, 19.26 Hr |  | Halves | Last Lap |
| :--- | :--- | :--- | :--- |
| 1. Woody Kincaid (NikBowTC) | $\mathbf{2 7 : 5 3 . 6 2}$ | $\mathbf{1 3 : 5 9 . 7 5 / 1 3 : 5 3 . 8 7}$ | $\mathbf{5 3 . 4 6}$ |
| 2. Grant Fisher (NikBowTC) | $27: 54.29$ | $13: 58.31 / 13: 55.98$ | $\mathbf{5 4 . 5 3}$ |
| 3. Joe Klecker (OnAC) | $27: 54.90$ | $13: 58.56 / 13: 56.34$ | $\mathbf{5 4 . 5 4}$ |
| 4. Ben True (unat) | $27: 58.88$ | $14: 00.00 / 13: 58.88$ | $\mathbf{5 8 . 6 3}$ |
| 5. Conner Mantz (BYU) | $27: 59.37$ | $13: 59.09 / 14: 00.28$ | $\mathbf{5 8 . 7 2}$ |
| 6. Galen Rupp (Nik) | $27: 59.43$ | $13: 59.91 / 13: 59.52$ | $\mathbf{5 9 . 0 3}$ |
| 7. Biya Simbassa (unat) | $27: 59.94$ | $13: 59.66 / 14: 00.28$ | $\mathbf{5 9 . 9 7}$ |
| 8. Sam Chelanga (unat) | $28: 02.47$ | $13: 58.84 / 14: 03.63$ | $\mathbf{6 0 . 7 7}$ |

9. Reid Buchanan (OnAC) 28:03.12; 10. Emmanuel Bor (USAr) 28:05.00; 11. Zach Panning (HansB) 28:05.96; 12. Robert Brandt (Gtn) 28:09.92; 13. Diego Estrada (unat) 28:10.78; 14. James Mwaura (Gonz) 28:11.89; 15. Leonard Korir (USAr)

28:13.84; 16. Girma Mecheso (USAr) 28:20.15; 17. Jacob Thomson (Tracksm) 28:42.08; 18. Frank Lara (TracksmRRP) 28:45.41; 19. Dillon Maggard (Hoka) 28:52.38; 20. Marty Hehir (ReebB) 29:02.91; 21. Eric Hamer (CoSt) 29:34.50; 22. Isai Rodriguez (OkSt) 29:49.80; ... dnf-Abdihamid Nur (NnAz), Eric Jenkins (Nik), Lopez Lomong (NikBowTC).

Connor Mantz pushed the pace early, passing 4 laps in 4:22.63 [27:20 pace], but recognising the heat [26C/79F], eased off. From 4000 m to 9000 m only 2 laps were quicker than 68 seconds, and with a kilometer to go the pace had dipped from 27:58 at halfway, to $28: 12$. Grant Fisher led at the bell after a 63 lap, but there were still a dozen possible qualifiers. Fisher still led with 200 m remaining, with Kincaid and Klecker well in touch, 10 m clear of Ben True and Biya Simbassa. Kincaid passed Fisher halfway through the final curve and won by a clear 5 m after a last 200 of 25.51 . Fisher, a club teammate of Kincaid was second, with Klecker well clear of True for third.

20k walk - June 26, 07.00 Hr, in Springfield, OR. - 1 lap course

|  |  | Halves |
| :--- | :--- | :--- |
| 1. Nick Christie (unat) | $\mathbf{1 : 3 0 : 4 8}$ | $\mathbf{4 3 : 0 8 / 4 7 : 4 0}$ |
| 2. Daniel Nehnevaj (RaIW) | $\mathbf{1 : 3 1 : 5 9}$ | $\mathbf{4 4 : 0 5 / 4 7 : 5 4}$ |
| 3. Emmanuel Corvera (NYAC) | $\mathbf{1 : 3 4 : 3 8}$ | $\mathbf{4 5 : 0 1 / 4 9 : 3 7}$ |
| 4. Steven Smith (unat) | $\mathbf{1 : 3 5 : 5 4}$ | $\mathbf{4 6 : 5 9 / 4 8 : 5 5}$ |
| 5. Anthony Gruttadauro (Shore) | $\mathbf{1 : 3 7 : 5 1}$ | $\mathbf{4 7 : 0 9 / 5 0 : 4 2}$ |
| 6. Samuel Allen (Shore) | $\mathbf{1 : 3 7 : 5 9}$ | $\mathbf{4 6 : 4 5 / 5 1 : 1 4}$ |
| 7. Bricyn Healey (unat) | $\mathbf{1 : 3 8 : 1 8}$ | $\mathbf{4 7 : 5 1 / 5 0 : 2 7}$ |
| 8. Jordan Crawford (Legacy) | $\mathbf{1 : 3 9 : 4 5}$ | $\mathbf{4 7 : 5 1 / 5 1 : 5 4}$ |

9. Joel Pfahler (unat) 1:42:48; 10. Pablo Gomez (Tracksm) 1:43:40; 11. Carson Johnson (Cumb) 1:43:49;
10. Michael Mannozzi (USAF) 1:44:35; 13. Benjamin Hofstra (Corner) 1:46:23; 14. Allen James (SoCalTC)

1:47:25; 15. Anthony Peters (RalW) 1:47:40 [Only the top 8 are included in the OT Index - but note that $14^{\text {th }}$ placed was Allan James, 29 years after is first OG selection, now at the age of 57]

The race was moved 2 hours earlier than initially scheduled because of the heat, but splits of 43:08 and then 47:40 for the winner, tell the tale of how the day heated up. Christie's effort was rewarded by being selected as the only male walker for Tokyo.

50k walk - January 25, 2020 Santee, CA.

1. Andreas Gustafsson (Unat) 4:12:11
2. Matthew Forgues (Unat) 4:14:44
3. Nick Christie (unat) 4:27:29
4. Anthony Gruttadauro (Shore) 4:42:32
5. Pablo Gomez (Unat) 4:45:23
6. Mike Mannozzi (Shore AC) 5:02:01
7. Dave Talcott (Shore) 5:08:52
8. Ian Whatley (CaminE) 5:08:54
9. Dave McGovern (Unat) 5:16:18, 10. Doug Johnson (Unat) 5:42:45

Andreas Gustafsson switched citizenship in 2015 from Sweden, where he had placed $12^{\text {th }}$ in the 2010 European 50k championships, but missed 2 years from 2013 for a doping offence. At the age of 38 he competed in his first US Trials and won in 4:12:11, which was a long way from the qualifying time required $-3: 50: 00$.

| Marathon - Atlanta - February 29, 2020, 12.08 Hr |  | Halves |
| :---: | :---: | :---: |
| 1.Galen Rupp (Nike) | 2:09:20 | 65:41/63:39 |
| 2. Jake Riley (Boulder TC) | 2:10:02 | 65:41/64:21 |
| 3. Abdi Abdirahman (Nike) | 2:10:03 | 65:41/64:22 |
| 4. Leonard Korir (US Army) | 2:10:06 | 65:42/64:24 |
| 5. Augustus Maiyo (US Army) | 2:10:47 |  |
| 6. Martin Hehir (Reebok) | 2:11:29 |  |
| 7. Clayton Albertson (Brooks) | 2:11:49 |  |
| 8. Jonas Hampton (unat) | 2:12:10 |  |
| 9. Colin Bennie (Reebok Boston) 2:12:14; 10. Matt McDonald (Atlanta TC) $2: 12: 19$; 11. Tyler Pennel (OnZap) |  |  |
| 2:12:34; 12. Scott Fauble (Hok (Hansons-Brooks) 2:13:27; 15 | Z Elite) 2:12:39 <br> Mickow (una | Lagat (US Ar <br> 6. Elkanah Kib |

Izewski (OnZap) 2:14:15; 18. Bernard Lagat (Nike) 2:14:23; 19. Scott Smith (Hoka NAZ Elite) 2:14:49; 20. Nicolas Montanez (On Mammoth TC) 2:15:02. 175 finished and 53 Dnf.

Early leaders on the 3-loop course were Luke Puskedra [3M - 14:36] and Brian Shrader with Dan Nestor. After 10 Miles [49:07] Nestor was dropped, and Shrader passed halfway in 64:53, and still led by 23 seconds at 15 Miles [1:14:24]. Rupp then produced an uphill $4: 57$ mile into the wind, gusting occasionally to 20 mph , and took the lead - Shrader retiring just after 16 Miles. Abdirahman, Leonard Korir, Augustus Maiyo and Matt McDonald went with Rupp. At 19.5 Miles Rupp accelerated and was half a minute clear by 22 miles. Jake Riley joined the chasing pack at the 24 mile point, and with Abdirahaman was able to hold off Korir's strong finish. For both Rupp and Abdirahman it was a second Olympic Marathon selection, with Abdirahman at 43 becoming the oldest runner ever to be selected for a US Olympic team.

| 110m Hurdles - June 26, 19.51 Hr , wind 0.4 |  | Reaction |
| :--- | :--- | :--- |
| 1. 4. Grant Holloway (adi) | 12.96 | 0.146 |
| 2. 5. Devon Allen (Nike) | 13.10 | 0.152 |
| 3. 6. Daniel Roberts (Nik) | 13.11 | 0.201 |
| 4. 3. Trey Cunningham (FISt) | 13.21 | 0.165 |
| 5. 8. Tai Brown (Ky) | 13.32 | 0.174 |
| 6. 2. Michael Dickson (unat) | 13.34 | 0.201 |
| 7. 7. Jamal Britt (Ia) | 13.47 | 0.158 |
| 8. 1. Jarret Eaton (PhxTC) | 13.64 | 0.137 |

SEMI-FINALS (June 26, $\mathbf{1 8 . 0 3} \mathbf{~ H r}$, Qualify 3+2 fastest losers)
I(1.8)-1. Holloway 12.81; 2. Cunningham 13.21; 3. Britt 13.27; 4. Brown 13.33; 5. Gilbert 13.41; 6. McConico 13.43; 7. Brooks 13.55; 8. Moore 13.59; 9. Brixey 13.99

II(1.2)-1. Allen 13.10; 2. Roberts 13.25; 3. Dickson 13.29; 4. Eaton 13.32; 5. Mallett 13.33; 6. Crittenden 13.63; 7. Ames 13.96;... dq-Marshall - trailing leg infraction [13.38]

HEATS (June 25, 14.33 Hr , Qualify 3 +4)
I(0.7)-1. Holloway 13.11; 2. Britt 13.52; 3. Aaron Mallett (Tracksm) 13.54; 4. Jesse Henderson (MsSt) 13.66; 5. Carl Elliot (Ar) 13.67; 6. Jordan Charles (unat) 13.72; 7. Kentre Patterson (AzSt) 13.77; 8. Arthur Price (LSU) 14.02 II(1.5)-1. Roberts 13.22; 2. Cunningham 13.23; 3. Isaiah Moore (unat) 13.40; 4. Devon Brooks (Clem) 13.45; 5. Jamar Marshall (AzSt) 13.47; 6. Brendan Ames (unat) 13.58; 7. Paris Williams (Kenn) 13.69; 8. Dashaun Jackson (unat) 13.81
III(0.5)-1. Allen 13.26; 2. Dickson 13.26; 3. Freddie Crittenden (PhxTC) 13.43; 4. Tre’Bien Gilbert (Ar) 13.63; 5. Max Hairston (unat) 13.73; 6. Ryan Fontenot (unat) 13.90; 7. Parker Bowden (EnWa) 13.94;... dnf—Eric Edwards (LSU)
IV(-0.2)-1. Jaylan McConico (la) 13.35; 2. Eaton 13.51; 3. Brown 13.55; 4. Nick Anderson (unat) 13.70; 5. Luke Siedhoff (Nb) 13.72; 6. Trey Holloway (unat) 13.78;... DQ-fs—Sam Brixey (WaSt) (advanced on appeal).

Event favourite Holloway opened proceedings with an easy looking 13.11, winning by 4 metres. Roberts and Cunningham ran 13.22 and 13.23 in the next heat, and Devon Allen and Michael Dickson in heat 3 with 13.26 were the other runners under 13.30 in the first round. Holloway moved from good to awesome in the semi-finals, producing an almost immaculate run to clock 12.81, the second fastest time ever, and the first run in the USA under 12.90. The conditions were perfect, as evidenced by PRs for all of the top 5 finishers. Roberts led the second semi-final till hurdle 6 , when Allen took over and won by $1 / 1 / 2$ metres from Roberts [ 13.25 ] in 13.10 . Holloway was $1 / 2 \mathrm{~m}$ up on the field by the first hurdle, and went on to win by 1.5 metres. Behind him Roberts was second until the last stride, when Allen edged him by $1 / 100$ th, having moved up from 4th behind Cunningham at the 7th barrier. The American trio repeated as the USA's representatives from the 2019 World Championships. One of the hottest favourites to win in Tokyo, Holloway had a rare off day in the final, taking the last 2 hurdles too high, and losing momentum to finish $2^{\text {nd }}$ in 13.09 , with Allen $4^{\text {th }}$ in 13.14 .

| 400m Hurdles - June 26, 18.35 Hr |  | Reaction |
| :--- | :--- | :--- |
| 1. 5. Rai Benjamin (Nik) | 46.83 | 0.235 |
| 2. 6. Kenny Selmon (unat) | 48.08 | 0.212 |
| 3. 4. Dave Kendziera (unat) | 48.38 | 0.172 |
| 4. 3. Aldrich Bailey (unat) | 48.55 | 0.228 |
| 5. 8. Khallifah Rosser (unat) | 48.81 | 0.279 |
| 6. 9. Isaiah Levingston (Ok) | 49.25 | 0.231 |
| 7. 7. Cameron Samuel (USC) | $\mathbf{4 9 . 2 7}$ | 0.199 |
| 8. 2. Trevor Bassitt (Ash) |  | 0.206 |

SEMI-FINALS (June 25, $\mathbf{1 5 . 1 8} \mathbf{H r}$, Qualify 3+2 fastest losers)
I-1. Selmon 48.51; 2. Rosser 49.04; 3. Levingston 49.34; 4. Allen 49.72; 5. Dean 49.78; 6. Schneider 50.89; 7. Jordan 50.94; 8. Holmes 53.98. II-1. Benjamin 48.61; 2. Samuel 49.01; 3. Kendziera 49.05; 4. Bailey 49.20 PR; 5. Bassitt 49.37; 6. Harvey 49.5

HEATS (June 24, 19.32 Hr , Qualify 3 +4)
I-1. Selmon 49.03; 2. Levingston 49.06; 3. William Spencer (SC) 49.84; 4. Bailey 49.99; 5. Eric Fogltanz (IaSt) 51.63; 6. Paramveer Chohan (unat) 52.70;... dq-Quincy Downing (unat)

II-1. Benjamin 49.12; 2. Kendziera 49.19; 3. Rosser 49.28; 4. CJ Allen (unat) 49.45; 5. Quivell Jordan (Hous) 50.31; 6. Collin Harden (Young) 50.81; 7. Nicholas Hilson (Ar) 51.63

III-1. TJ Holmes (Nik) 49.90; 2. Caleb Dean (Md) 50.03; 3. Drake Schneider (MtStB) 50.57; 4. Joshua Smith (SamH)
50.83; 5. Sean Burrell (LSU) 1:07.32;... dnf—Quincy Hall (adi);... dq[lane]—Amere Lattin (adi)

IV-1. Samuel 49.89; 2. Jonathan Harvey (Or) 49.95; 3. Charles Brockman (Tx) 49.98; 4. Bassitt 49.99; 5. Cass Elliott (Wa) 51.19; 6. Colten Yardley (BYU) 52.32.

With a series of exceptional PRs [10.03, 19.99, 44.31], Rai Benjamin was clearly one of the most talented athletes to have focused on the 400 h . Carrying a best of 46.98 from 2019 into the event, Benjamin held back through his first two races and was 1 of only 2 [Selmon with 48.61 was the other] to duck under 49 before the final. Benjamin and Rosser shared the lead until hurdle 6, at which point Benjamin attacked, and by the $8^{\text {th }}$ he was 6 m clear. Selmon was the nearest, and he finished in an excellent 48.08 , more than 10 m behind the flying Benjamin, whose 46.83 missed Kevin Young's 29 year old record by 0.05 seconds. 5 days later his great rival Karsten Warholm of Norway ran 46.70 to finally eclipse Young's record, setting up a fascinating duel in Tokyo for Olympic gold. In the battle for the USA team David Kendziera ran a PR 48.38 to beat Aldrich Bailey, who ran a PR 48.55 in his $8^{\text {th }}$ competition in the event. All of the top 5 ran PRs. Benjamin would smash the WR in the most remarkable race of the Tokyo Games, running 46.17, but losing to Warholm's 45.94

| $\underset{2.39}{\text { High Jump }- \text { June 27, } 13.15 \mathrm{Hr}}$ |  | 2.16 | 2.21 | 2.24 | 2.27 | 2.30 | 2.33 | 2.36 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. JuVaughn Harrison (LSU) <br> p | 7-73/4 (2.33) | p | 0 | 0 | 0 | 0 | 0 | xx |
| 2. Darryl Sullivan (Tn) | 7-73/4 (2.33) | xo | 0 | xxo | 0 | 0 | o | xx |
| 3. Shelby McEwen (unat) $x$ | 7-612 (2.30) | 0 | 0 | x0 | 0 | 0 | xx | p |
| 4. Erik Kynard (Jord) | 7-51/4 (2.27) | 0 | xo | 0 | o | xx | $\mathbf{x}$ |  |
| 5. Trey Culver (adi) | $7-3$ (2.21)xo | 0 | xxx |  |  |  |  |  |
| 6. Zack Anderson (SD) | 7-3 (2.21)xo | xo | xxx |  |  |  |  |  |
| 7. Jordan Wesner (FISt) | 7-1 (2.16) 0 | xxx |  |  |  |  |  |  |
| 7. Keenon Laine (Tracksm) | 7-1 (2.16) | 0 | xxx |  |  |  |  |  |

QUALIFYING (June 25)
Qualifiers: all finalists cleared 7-21/4/2.19; Non-qualifiers: [7-1/4/2.14]—Ben Milligan (Or); Jonathan Wells (II); Kamyren Garrett (InHS); Javen Reeves (unat); Zach Blackham (unat); Isaiah Holmes (Mia); ... nh—Justin Stuckey (Samf), Jeron Robinson (unat), Justice Summerset (Az), Kris Kornegay-Gober (USCG), Vernon Turner (Ok), Ethan Harris (GC)

Only 6 of the finalists were able to clear 7-3, and two of those missed at the next height. 3 of the remaining 4 jumpers had been ranked in the top-4 in Track and Field News's prescient preview in April, Sullivan being the exception. With 2.27 proving no problem for the quartet, with only McEwen requiring a second jump, the jumpers moved to 2.30 , which was the team decider. Kynard, whose 2012 Olympic silver had been upgraded to Gold in the wake of Russian doping scandals in April 2021, just missed 2.30 on his second attempt, and when his opponents all cleared 2.30 first time, took his remaining jump at 2.33 , without success. At this point Harrison, with a clean sheet, was leading McEwen [1 failure] and Sullivan [3]. Sullivan moved into the lead with a first time clearance at 2.33 without disturbing the bar, and Harrison was well clear with his first jump. None of the trio were successful with jumps ranging from 2.36 to 2.39 , leaving Harrison as the winner. The LSU junior originally had about 1 hour between the ending of the High Jump, and commencement of the Long Jump final, but the excessive heat in Eugene that day meant that the horizontal jump was put off until 8.30 that evening.

| Pole Vault - June 21, 15.30 Hr | $\mathbf{5 . 4 5}$ | $\mathbf{5 . 6 0}$ | $\mathbf{5 . 7 0}$ | 5.75 | $\mathbf{5 . 8 0}$ | 5.85 | 5.90 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| $\underset{\mathbf{x x x}}{\text { 1.Chris Nilsen (Nik) }}$ | 19'4 1/4 (5.90) | 0 | 0 | 0 | p | 0 | 0 | 0 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2.Sam Kendricks (Nik) | 19'2 1/4 (5.85) | 0 | 0 | 0 | 0 | $\mathbf{x}$ | 0 | Xxx |
| 2. KC Lightfoot (Puma) | 19-21/4 (5.85) | 0 | 0 | x0 | 0 | 0 | 0 | XXX |
| 4. Matt Ludwig (unat) | 19-1/4 (5.80) | 0 | 0 | 0 | 0 | 0 | $\mathbf{X}$ | XX |
| 5. Jacob Wooten (unat) | 19-1/4 (5.80) | 0 | 0 | xo | $\mathbf{x}$ | xo | $\mathbf{X}$ | x $\times$ |
| 6. Andrew Irwin (unat) | 18-101/4 (5.75) | 0 | 0 | 0 | 0 | xxx |  |  |
| 7. Scott Houston (Shore) | 18-101/4 (5.75) | xo | 0 | xo | xxo | XXX |  |  |
| 8. Keaton Daniel (Ky) | 18-81/4 (5.70) | 0 | xo | 0 | p | XXX |  |  |
| 8. Branson Ellis (SFA) | 18-81/4 (5.70) | 0 | xo | 0 | x | x |  |  |

10. Kyle Pater (USAF) 18-81/4 (5.70); 11. Carson Waters (BellAth) 18-81/4 (5.70) PR; 12. Austin Miller (Vaulth) 18-4½ (5.60).

## QUALIFYING (June 19)

 Fritsch (SamH), Cole Walsh (Nik), Ethan Bray (SD), Deakin Volz (unat); [18-1/2/5.50]-Tray Oates (unat), Nate Richartz (Tracksm); [17-81/2/5.40]- Zach McWhorter (BYU), Michael Carr (BellAth), Audie Wyatt (unat), Zach Bradford (Ks), Adam Coulon (In); ... nh—Reese Watson (unat), Drew Volz (unat).

After all jumpers except Miller [18-4 $1 / 2$ ] cleared $18-6 \frac{1}{2}$ in the qualifying, the same 11 went 1 better in the final, all making 18-8 $1 / 4$, which ensured that this would be the best US Pole Vault ever in terms of depth. Four jumpers went clear at $18-10 \frac{1}{4}$ first time, with Scott Houston going clear on his third jump. Previously this would have guaranteed an Olympic spot. Here it was only good enough for $7^{\text {th }}$. At $19-0 \frac{1}{4}$ Nilsen, Ludwig and Lightfoot had first time clearances, while event favourite Kendricks passed to 19-2 $1 / 4$ after one miss. Irwin missed at $19-0 \frac{1}{4}$, leaving him $6^{\text {th }}$ with $18-10 \frac{1}{4}$, while Wooten cleared 19-0 $1 / 4$ on his second jump, earning him $5^{\text {th }}$. Nilsen, Kendricks and Lightfoot all made 19-2 $1 / 4$ first time, leaving Ludwig, who had produced first time clearances at every height through 19-0 $1 / 4$, in $4^{\text {th }}$. The team was now decided, and only 1 more clearance was made - Nilsen at 19-4 $1 / 4$. Nilsen would go on to win Silver in Tokyo with Lightfoot $=4^{\text {th }}$. Kendricks had the misfortune of testing positive for Covid in Tokyo, and had to be replaced by Ludwig.

## Long Jump - June 27, 20.30 Hr

1. JuVaughn Harrison (LSU)
2. Marquis Dendy (unat)
3. Steffin McCarter (Tx)
4. Damarcus Simpson (unat)
5. Isaac Grimes (FISt)
6. Jeff Henderson (adi)
7. Cameron Crump (MsSt)
8. Corey Crawford (unat)
```
27-91/2 (8.47) -0.2 8.24, 8.15, 8.47, 8.05, 8.00, f
27-6 (8.38) 0.5 7.93, 8.38, 8.19, 7.97, 8.29, 8.28
27-11/4 (8.26)-0.2 f, 8.09, 8.26, 8.24, 8.09, f
26-101/2 (8.19) 0.4 7.95, 8.19, 7.93, f, 8.02, 8.08
26-61/2(8.09) 0.2 f, 8.06, 7.77, 8.01, 8.09, 7.91
26-61/4 (8.08) 0.4 8.08, 8.01, 7.86, 7.77, 7.74, 7.73
25-111/2 (7.91) 0.8 7.91, 7.83, f, 7.34, 7.83, 7.66
25-11 (7.90) -0.2 7.90, 7.86, 7.75, f, 7.56, f
```

9. Allen Gordon (Ms) 25-9½ (7.86); 10. Rayvon Allen (Ok) 25-3½ (7.71); 11. Trumaine Jefferson (unat) 25-13/4 (7.66); ... dnc-Jarrion Lawson (unat)

## QUALIFYING (June 25)

Qualifiers: Lawson 26-73/4w (8.12), McCarter 26-7w (8.10), Dendy 26-61/2w (8.09), Harrison 26-51/2 (8.06), Crawford 2641/4 (8.03), Allen 26-3 ${ }^{3} / 4$ (8.02), Henderson 26-3 $3 / 4 \mathrm{w}$ (8.02), Crump 26-2 $3 / 4$ (7.99) PR, Jefferson 26-21/4w (7.98), Gordon 26$1 / 4$ (7.93) PR, Grimes 25-101/4w (7.88), Simpson 25-91/4 (7.85)
Non-qualifiers: Rayvon Grey (LSU) 25-91/4 (7.85), Jarvis Gotch (unat) 25-5 $1 / 2$ w (7.76), Will Williams (unat) 25-4 $1 / 2(7.73$ ), Treyton Harris (unat) 25-23/4w (7.69), Jason Smith (LBSt) 25-13/4 (7.66), Harrison Schrage (UCLA) 25-0w (7.62), Marquise Goodwin (unat) 24-10 (7.57), Justin Hall (TxT) 24-13/4 (7.36), Kyle Darrow (CVE) 24-3/4 (7.33), Charles Brown (unat) 23-103/4 (7.28), Malik Moffett (unat) 23-91/2 (7.25), Will Claye (PumaNYAC) 23-63/4 (7.18).

Jarrion Lawson led the qualifiers with 26-7 $3 / 4 \mathrm{w}$, but damaged his right hamstring, and the 2016 Olympic $4^{\text {th }}$ placer had to sit out the final. Harrison was the $4^{\text {th }}$ to jump in the final, succeeding Simpson 26-1 [26-8 from take-off], Dendy 26-0 $1 / 4$ [26-6] and Crawford 25-11 [26-5], and the HJ winner immediately took the lead with $27^{\prime} 01 / 2$ [27-6]. Jeff Henderson followed with 26-6 $1 / 4$, barely touching the board on what would have been 27-1+. Marquis Dendy then boomed a $27-6$ jump, his best for 3 years, after Damarcus Simpson had started round 2 with 26-10 $1 / 2$. That round saw Steffin McCarter jump 26-6 $1 / 2$ and Isaac Grimes reach 26 '5 $1 / 4$. Harrison reacted with a winning PR of $27-91 / 2$, and McCarter closed the third round with $27 \times 11 / 4$, using the board to the max. The Texas senior had the best jump of round 4 [ $\left.27^{\prime} 0^{1 / 2}\right]$, while Dendy closed out the competition with jumps of 27-2 and 27-2 $1 / 2$. The best jumps by Harrison and Dendy measured toe-to-heel 28-1 and 27-11 respectively. All the US jumpers would be below their best in Tokyo, with Harrison the only finalist with his $5^{\text {th }}$ placed 26-9.

Triple Jump - June 21, 16.40 Hr

1. Will Claye (Puma/NYAC)
2. Donald Scott (adi)
3. Chris Benard (Nik/CVE)
4. Chris Carter (unat)
5. Timothy White (unat)

56-53/4 (17.21) 0.1 16.95, f, 17.10, 17.14, f, 17.21
56-4½ (17.18) 0.5 16.66, f, 16.98, 17.18, 17.08, 17.11
55-93/4 (17.01) 0.1 16.66, f, 16.61, f, 16.84, 17.01
55-21/4 (16.82) 0.3 16.13, 16.72, f, 16.58, f, 16.82
$54-51 / 4(16.59) 0.416 .53,16.27,16.12,16.33$, f, 16.59

6. Alphonso Jordan (unat)<br>7. Isaiah Griffith (Or)<br>54-4 (16.56) 0.3 f, f, 16.29, 16.41, 15.95, 16.56<br>8. Sean Dixon-Bodie (LSU)<br>54-1 (16.48) 0.7 f, 16.04, 16.48, f, p, p<br>9. Christian Edwards (AI) 53-3/4 (16.17); 10. Anthony Applequist (unat) 51-51/2 (15.68); 11. Jah-Jah Strange (KsSt) 5043/4 (15.36); 12. Keyshawn King (Stan) 50-2 (15.29)

## QUALIFYING (June 19)

Qualifiers: Claye 55-31/2 (16.85), Scott 55-2 (16.81), Benard 54-3 $3 / 4$ (16.55), Carter 54-2 $1 / 2$ (16.52), Jordan 53-93/4w (16.40), White 53-9 $1 / 4$ (16.39), Edwards 53-91/4 (16.39) =PR, Griffith 53-3 ${ }^{3} / 4$ (16.25) PR, Dixon-Bodie 53-1/4w (16.16), Strange 5210 (16.10), Applequist 52-514 (15.98), King 52-4 (15.95)
Non-qualifiers: Darrel Jones (unat) 52-3/4w (15.87), Craig Stevens (unat) 51-101/2 (15.81), Jelaani Davis (Ok) 51-51/2 (15.68), Chris Welch (HouB) 50-11 $1 / 2$ (15.53), Chauncey Chambers (VaT) 50-83/4 (15.46), Nathaniel Meade (BosNTC) 50-71/2w (15.43), James Carter (Ia) 49-81/4 (15.14), Rex Parker (unat) 47-3/4 (14.34); .. 3f—Keshun McGee (Al), Julian Hubbard (BosNTC)

The competition was clearly hurt by Christian Taylor's achilles injury which prevented him from competing; a similar injury suffered by Will Claye in 2019 had ruled out any competition in 2020, and restricted him to one 2021 competition before the Trials. America's next best Omar Craddock was ruled out through suspension for missing drug tests in 2020. After leading the qualifying round with 55-3 $1 / 2$, Claye produced the only 17 metre jump of the first half of the final in round three with 56-1 $1 / 4$. Claye improved in the next round to $56-23 / 4$, but lost the lead to Donald Scott's $56-41 / 2$. In round 5 Chris Benard jumped 553 to overtake Chris Carter [54-10 $1 / 4$ ] for third. Both men improved in the last round, Carter to 55-2 $1 / 4$, and Benard with 55-9 $3 / 4$. Scott backed up his best jump with 56-1 $1 / 2$, but was trumped by Claye's winning leap of $56-53 / 4$. Scott repeated his 56-4 $1 / 2$ in Tokyo, this time for $7^{\mathrm{th}}$, while Claye had his season's best of $57-21 / 2$ for $4^{\mathrm{th}}$, missing the bronze by $11 / 2^{\prime \prime}$.

## Shot Put - June 18, 18.20 Hr

1. Ryan Crouser (Nik)
2. Joe Kovacs (VelNYAC)
3. Payton Otterdahl (Nik)
4. Darrell Hill (Nik)
5. Josh Awotunde (Shore)
6. Andrew Liskowitz (Mi)
7. Jordan Geist (Az)
8. Curtis Jensen (Vel)

76-8 $1 / 4$ (23.37)
73-31/2 (22.34)
71-11 (21.92)
71-10 (21.89)
71-8 (21.84)
68-93/4 (20.97)
68-3 (20.80)
67-8 (20.62)
22.61, 22.55, 22.73, 23.37, f, 22.62
21.55, 21.56, 22.06, 21.38, 22.11, 22.34)
20.44, 21.30, 20.82, f, 21.92, 21.46
20.85, 21.13, 21.24, 20.84, 21.89, f
20.11, 20.87, 21.10, 20.95, f, 21.84
20.64, 20.48, f, f, 20.97, f
20.50, 20.72, 20.61, 19.96, 20.80, f
20.15, 19.95, 20.62, 19.99, 20.09, 20.17
9. Roger Steen (Vel) 66-111⁄2 (20.41); 10. T'Mond Johnson (GarS) 66-1/4 (20.12); 11. Tripp Piperi (Tx) 65-6 (19.96); 12. Darius King (NnIa) 60-5 ${ }^{3} / 4$ (18.43)

## QUALIFYING (June 18)

Crouser 75-2 $1 / 2$ (22.92) (22.92, 22.64, p), Kovacs 71-63/4 (21.81), Awotunde 68-103/4 (21.00), Piperi 68-13/4 (20.77), Otterdahl 67-7½ (20.61), Hill 67-1⁄2 (20.43), Liskowitz 66-31/4 (20.20), Jensen 65-10½ (20.08), Steen 65-6 (19.96), Johnson 65-31/4 (19.89), Geist 64-8 $1 / 2$ (19.72), King 64-6 (19.66)
Non-qualifiers: Matthew Katnik (USC) 64-1/4 (19.51), Lucas Warning (GarS) 62-73/4 (19.09), Tyler Blalock (Kenn) 62-4 (19.00), John Meyer (Mi) 62-4 (19.00), Nik Curtiss (Tif) 62-1 (18.92), Ralph Casper (Tif) 61-0 (18.59), Coy Blair (unat) 60-103/4 (18.56), Jonah Wilson (Wa) 60-8 $1 / 2$ (18.50), Adam Kessler (Drake) 58-6 (17.83), Daniel McArthur (NC) 58-53/4 (17.82), McKay Johnson (USC) 57-113/4 (17.67);... 3f—David Pless (Iron)

The Rio trio of Crouser, Kovacs and Hill were expected to repeat, with Hill being the thrower most liable to be upset by Payton Otterdahl. Crouser, who had averaged 73-11 in 8 competitions prior to the Trials was the overwhelming favourite, and he lived up to his billing with a Trials record $75^{\prime} 2 \frac{1}{2}$ in the qualifying round, more than a metre clear of Kovacs [ $\left.71-63 / 4\right]$. Crouser continued in the final, opening with 74-2 $1 / 4$, improving to $74-7$ in round 3 , before producing an effort of 76-8 $1 / 4$ [23.37], breaking the 31 year old WR of Randy Barnes by 10 ". Crouser yelled with delight seeing the shot land, which was echoed by the crowd's roar, and immediate congratulations of his fellow competitors even before the distance was announced. Crouser had one more fair throw - of 74-2 $1 / 2$ and averaged $74-81 / 2$ for his 5 throws. Behind him Joe Kovacs had taken a hold on second place with his opening $70-8 \frac{1}{2}$ and he showed his competitive mettle by then improving 4 times during the competition, culminating with his $6^{\text {th }}$ round 73-3 $1 / 2$. Payton Otterdahl won the 3 -way competition for $3^{\text {rd }}$, moving past Darrell Hill 69-4 with $69-103 / 4$ in round 2, withstanding efforts by Hill of $69-81 / 4$ and $71-10$, and a final round $71-8$ by Josh Awotunde, with his $5^{\text {th }}$ round throw of 71-11. The Rio medallists repeated in Tokyo, with Crouser throwing 76-5 $1 / 2$ and averaging 75-0 $1 / 4$, and Kovacs reaching 74-3 $1 / 2$ for Olympic silver.

Discus Throw - June 25, 15.30 Hr

1. Mason Finley (unat)
2. Reggie Jagers (Iron)
3. Sam Mattis (NYAC)
4. Brian Williams (Tracksm)
5. Legend Boyesen Hayes (GarS)
6. Josh Syrotchen (GarS)
7. James Plummer (Shore)

206-11 (63.07) f, 60.70, 60.59, 62.80, 63.07, f
205-5 (62.61) 61.08, 61.23, 59.90, f, 59.39, 62.61
205-1 (62.51) $\quad \mathbf{6 2 . 5 1 , 6 0 . 8 4 , ~ f , ~ 6 2 . 1 2 , ~ 6 0 . 8 5 , ~} 60.15$
204-0 (62.19)
202-11 (61.85)
198-3 (60.44)
195-11 (59.73)
62.19, f, f, f, 60.04, 59.81
57.74, 61.85, 60.36, 58.39, f, f
58.56, 58.91, 59.53, f, f, 60.44
59.36, f, f, f, f, 59.73
9. Duke Kicinski (unat) 190-10 (58.17); 10. Nate Moses (unat) 190-5 (58.04); 11. Ben Hammer (unat) 187-3 (57.09); 12. Mitchell Weber (Mo) 185-4 (56.48)

QUALIFYING (June 24)
Hayes 205-4 (62.59), Jagers 205-2 (62.55), Mattis 203-11 (62.15), Syrotchen 203-0 (61.87), Williams 200-4 (61.07), Hammer 200-2 (61.03) PR, Kicinski 197-4 (60.15), Roach 196-10 (60.01), Moses 196-5 (59.88), Finley 195-8 (59.64), Weber 194-10 (59.38), Plummer 194-1 (59.17)
Non-qualifiers: Elijah Mason (Wa) 194-0 (59.14), Kord Ferguson (T1D) 193-8 (59.05), David Lucas (PennSt) 193-6 (58.99), Jared Schuurmans (unat) 193-1 (58.86), Turner Washington (AzSt) 192-5 (58.65), Luke Vaughn (unat) 192-2 (58.59), Jason Harrell (Arete) 191-0 (58.22), Sam Welsh (Harv) 190-4 (58.03), Darian Brown (unat) 189-8 (57.82), Jayson Kovar (unat) 187-9 (57.24), Marcus Gustaveson (ConcStP) 186-8 (56.90), Noah Kennedy White (unat) 180-8 (55.08), Joseph Brown (unat) 175-9 (53.56).

When Mason Finley won in 2016 with 208-1, it was one of the shortest winning throws in recent years. Finley won again in 2021, this time with 206-11, the shortest winning distance since 1964. The top-3 here finished in reverse order in Tokyo, with Mattis throwing a seasonal best of 209-7 for $8^{\text {th }}$, the USA's only representative in the final.

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Hammer Throw - June 20, 16.25 Hr
1. Rudy Winkler (Tracksmith/NYAC) 271-4 (82.71) 80.75, 82.71, 80.98, 82.10, 79.61, 80.28
2. Daniel Haugh (T1D) 260-5 (79.39) 76.42, 76.93, f, 76.60, 78.97, 79.39
3. Alex Young (unat) \(\quad 256-11(78.32) \quad 74.64,75.73,76.01,74.25,74.45,78.32)\)
4. Conor McCullough (NYAC) 244-10 (74.64) f, 73.23, 74.53, 72.90, 74.64, 73.21
5. Michael Shanahan (CVE) 242-0 (73.77) f, 72.11, 72.80, 73.25, 73.77, f
6. Brock Eager (unat)
239-4 (72.94) \(\quad 72.94\), f, f, f, f, f
7. Alex Talley (NDSt) 236-8 (72.14) 72.14, 69.94, 70.01, f, f, 69.71
8. Vlad Pavlenko (IaSt) 230-0 (70.10) 68.37, 70.10, 67.51, 62.85, 65.14, 69.48
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9. Erich Sullins (unat) 229-11 (70.09); 10. Johnnie Jackson (unat) 226-4 (69.00); 11. Israel Oloyede (Az) 223-9 (68.21); ... 3f-Morgan Shigo (Vel).

QUALIFYING (June 18)
Winkler 259-7 (79.13), Haugh 254-0 (77.43), Young 252-11 (77.09), Shigo 244-0 (74.39), Eager 240-8 (73.37), Shanahan 239-1 (72.89), McCullough 236-7 (72.11), Sullins 234-0 (71.32), Pavlenko 233-3 (71.10), Oloyede 231-2 (70.46), Talley 230-0 (70.10), Jackson 228-6 (69.66)
Non-qualifiers: Justin Stafford (unat) 228-4 (69.60), Tyler Merkley (PennSt) 224-11 (68.56), Manning Plater (II) 224-1 (68.30), Mike Bryan (Wich) 223-0 (67.98), Colin Dunbar (unat) 222-11 (67.94), Nathan Bultman (unat) 220-9 (67.28), Austin Combs (Find) 218-0 (66.45), Victor Perez (unat) 217-7 (66.33), Alex Hill (Ash) 217-6 (66.31), Avery Carter (unat) 213-6 (65.09), Ryan Davis (EC) 208-11 (63.68); ... 3f—Sean Donnelly (adi).

The shock of the qualifying round came when Sean Donnelly, who had thrown 260-1 a month earlier, recorded 3 fouls. Winkler, the 2016 winner and favourite, led qualifiers with $259-7$, with 11 throwers reaching 230 '0 or better. Winkler had thrown over 267'0 twice earlier in the season, so it was no surprise to see him open with $264^{\prime} 11$. He then improved his own PR in the next round with 271-4, which broke Lance Deal's 1996 US record of 270'9, and was immediately congratulated by Deal. Behind him Daniel Haugh opened with 250-9, and followed it with 251-4. Alex Young and Conor MCullough duelled for third, with Young holding the upper hand with 248-5 in round two as compared with McCullough's 240-3. McCullough improved in round 3 to 244-10, but Young reached 249-4 and then 256-11 in round 6. Up ahead Haugh improved to 259-1 in the penultimate round before finishing with $260-5$, which meant that all of the top- 3 produced lifetime bests in the Trials, Winkler had again gone beyond 82 metres in round 4, with $82.10-269-4$. Winkler finished with a 6 throw series that averaged $81.07 / 265-11$. The Tokyo circle was less to the liking of the USA throwers, with Winkler finishing $7^{\text {th }}$ [252-11] and Haugh $11^{\text {th }}$ [250-1], which was nevertheless the first time the US had 2 OG finalists since 1964.

Javelin Throw - June 21, 16.15 Hr

1. Curtis Thompson (unat)
2. Michael Shuey (Vel/NYAC)
3. Riley Dolezal (Vel)
4. Marc Anthony Minichello (unat)
5. Denham Patricelli (unat)
6. Capers Williamson (unat)
7. Sam Hardin (unat)
8. Tzuriel Pedigo (LSU)

271-7 (82.78)
260-0 (79.24)
252-10 (77.07)
251-9 (76.73)
251-5 (76.63)
247-1 (75.32)
242-5 (73.88)
230-10 (70.37)
80.34, 74.27, 79.36, 80.08, 79.15, 82.78
73.20, f, 79.24, f, f, 78.68
75.48, 75.42, f, f, 75.47, 77.07
72.52, 76.73, 73.76, 69.07, 68.57, 73.04
f, 73.51, f, 73.26, 72.35, 76.63
72.76, 73.93, 70.51, 75.32, 74.77, 72.54
72.38, f, 70.42, 73.06, 73.88, 72.82
63.78, 63.84, 69.86, 68.65, 69.07, 70.37
9. Zach Holland (UmpCC) 221-7 (67.55); 10. Ethan Shalaway (unat) 219-4 (66.86); 11. August Cook (Army) 219-2 (66.81); 12. Brett Thompson (PittSt) 210-2 (64.07)

Minichello 251-5 (76.63), Thompson 250-1 (76.23), Williamson 249-2 (75.94), Shuey 243-8 (74.26), Dolezal 239-1 (72.88), Holland 237-8 (72.45), Cook 234-2 (71.38), Pedigo 232-0 (70.73), Thompson 230-0 (70.10), Patricelli 227-7 (69.37), Hardin 227-2 (69.25), Shalaway 223-3 (68.04)
Non-qualifiers: Aaron True (ShockTC) 222-5 (67.81), Cameron Bates (BYU) 221-7 (67.55), Donavon Banks (unat) 2213 (67.45), Mark Porter (PennSt) 219-8 (66.96), Benji Phillips (NDSt) 216-2 (65.88), Scott Fuchs (IaSt) 212-10 (64.89), Cord Neal (SFA) 212-3 (64.70), Logan Wolfley (KsSt) 210-3 (64.08), Joshua Hudiburg (PittSt) 209-0 (63.70), Liam Christensen (Stan) 208-10 (63.66), Nick Howe (unat) 194-4 (59.25);... 3f—Cade Antonucci (Aub).

Curtis Thompson was always in command of the event, and had 4 valid throws exceeding the best of runner-up Michael Shuey, who reached 260-0. And averaged 260-3 with his 6 throws. After leading with his opening 263'7, he closed out the event with his best of 271-7. The battle for third was won by RileyDolezal with 252-10, ahead of Marc Minichello 251-9 and Denham Patricelli 251-5. The Olympic qualifying standard was $85.00 / 278^{\prime} 10$, which Shuey reached with 281-1 two weeks before the Games. By then he and Thompson had been approved to compete for a global ranking of 27 and 32 nd respectively, according to World Athletics. Dolezal, ranked 33rd, just missed the cut.

| Decathlon - June 19-20 |  |  |
| :---: | :---: | :---: |
| 1. Garrett Scantling (Nik) | [4494/1] | 8647 |
| 10.53, $7.61 \mathrm{w}, 15.91$, 2.05, 48.86, 13.88, 48.17, 5.15, 64.21, 4:57.75 |  |  |
| 2. Steven Bastien (unat) | (4386/4] | 8485 |
| 10.52, 7.20, 14.47, 2.08, 47.79, 14.24, 42.10, 4.95, 61.20, 4:22.21 |  |  |
| 3. Zach Ziemek (unat) | [4409/3] | 8471 |
| $10.70,7.74 w, 14.79,2.14,50.89,15.04,45.83,5.55,55.72,4.40 .69$ |  |  |
| 4. Harrison Williams (unat) | [4291/6] | 8306 |
| 10.79, $7.55,14.24,1.99,48.21,14.37,43.90,5.25,52.69,4.32 .49$ |  |  |
| 5. Joseph Delgado (Navy) | [4205/7] | 8161 |
| 10.73, 7.34, 14.10, 1.96, 48.48, 14.96, 43.92, 4.75, 58.69, 4:20.93 |  |  |
| 6. Kyle Garland (Ga) | [4424 /2] | 8140 |
| 10.79, 7.65, 15.79, 2.17, 51.58, 14.54, 43.97, 4.65, 56.19, 4:56.72 |  |  |
| 7. Markus Ballengee (Ar) | [3982/14] | 8097 |
| 11.21, 6.86, 15.26, 1.96, 50.02, 14.49, 53.04, 5.05, 54.78, 4:39.55 |  |  |
| 8. Solomon Simmons (MSI) | [4136/9] | 8037 |
| 10.98, $7.56,15.00,1.90,49.95,14.37,41.54,4.65,63.26, ~ 4: 38.90$ |  |  |
| 9. Jack Flood (unat) | [4154/8] | 8036 |
| 11.18, 7.32, 14.29, 2.11, 50.54, 14.08, 42.89, 4.55, 58.51, 4:36.23 |  |  |
| 10. Samuel Black (SagV) | [4303/5] | 7899 |
| 10.82, 7.26, 14.21, 2.08, 48.05, 14.64, 38.88, 4.25, 55.19, 4:35.92 |  |  |
| 11. Tim Ehrhardt (SBTC) | [4069/12] | 7772 |
| 10.99, 7.17, 12.74, 2.02, 48.62, 15.74, 40.24, 5.45, 45.62, 4:37.40 |  |  |
| 12. T.J. Lawson (Kent) | [4023/13] | 7410 |
| 10.88, 7.19w, 14.34, 1.99, 51.81, 16.08, 45.06, 4.55, 46.16, 4:55.11 |  |  |
| 13. Scott Filip (unat) | [4113/10] | 6958 |
| 10.74, 7.13, 13.95, 1.96, 49.09, 14.71, 41.15, nh, 61.03, 5:07.11 |  |  |
| 14. Will Daniels (Ia) | [3220/15] | 6803 |
| 10.92, $7.07 \mathrm{w}, 13.37,2.02$, dq, 14.55, 39.51, 4.65, 56.61, 5:04.96 |  |  |
| 15. Kurtis Brondyke (unat) | [2966/16] | 6575 |
| $11.46,6.85 w, 13.67, \text { nh, } 52.12,14.98,43.85,4.45,60.75,5: 07.12$ |  |  |
| dnf- Hunter Price (unat) | [4100/11] | 6288 |
| 10.82, 6.68, 14.03, 2.08, 49.19, 14.56, 35.26, 4.35, dnc |  |  |
| Devon Williams (NYAC) |  | 3302 |
| 10.56, 7.29, 14.25, 1.90, dnc |  |  |

The form chart had Scantling and Ziemek most likely to make the team. Scantling began with 2 PRs -10.53 and 7.61 w , scoring 1930 , just 6 points ahead of Ziemek who had long jumped $25^{\prime} 43 / 4$ w. Scantling won the Shot with 52-2 $1 / 2$ ahead of big [65/190] Kyle Garland's 51-9 $1 / 2$. Garland, a junior at Georgia then went into the lead with a $7-11 / 2 \mathrm{HJ}$ to give him 3681 ahead of Ziemek 3635 off a $7-0 \frac{1}{4} \mathrm{HJ}$, with Scantling on 3626 . Scantling was the only one of these 3 to run quicker than 50.89 in the 400 , with 48.86 , giving him a lead of 70 points over Garland, with Ziemek a further 15 points back with his cumulative 4494 . After 2 more events, where Scantling scored well with 13.88 and a Discus of 158-0, his score amounted to 6316, giving him a lead of 240 over Garland, with Ziemek 38 pts further behind, just 1 ahead of Bastien. The best of the contenders in the PV were Ziemek - a superb 18-2 $1 / 2$, Harrison Williams 17-2 $3 / 4$, and Scantling 16-10 $3 / 4$. Seven of the 15 competitors had PRs in the javelin, but only 1 of the contenders, Bastien, whose 200-9 moved him into $3^{\text {rd }}$ with 7688 , with Scanlting 8074 and Ziemek 7795 , ahead, and Williams 7578 and Garland 7561 , behind. Bastien was the best of the top echelon in the 1500 , and his $4: 22.21$ overtook Ziemek [4:40.69] for second, well behind Scantling, whose 4:57.75 [more than 20 seconds slower than he would run in Tokyo] gave him 8647. Bastien followed with 8485 and Ziemek was third with 8471, PRs for all three. Of the 15 finishers, 6 had PRs, and 5 achieved seasonal bests, with 9 scoring more than 8000 .

## WOMEN

100 meters - June 19, 19.51 Hr; wind -1.0

|  |  | Reaction |
| :--- | :--- | :--- |
| 1. 5. Sha'Carri Richardson (Nik) | 10.86 | 0.178 |
| 2. 4. Javianne Oliver (Nik) | 10.99 | 0.210 |
| 3. 3. Teahna Daniels (Nik) | 11.03 | 0.163 |
| 4. 2. Jenna Prandini (Pum) | 11.11 | 0.165 |
| 5. 6. Gabby Thomas (NBalTBB) | 11.15 | 0.167 |
| 6. 7. English Gardner (Nik) | 11.16 | 0.164 |
| 7. 9. Aleia Hobbs (adi) | 11.20 | 0.163 |
| 8. 8. Kayla White (Nik) | 11.22 | 0.164 |
| 9. 1. Candace Hill (Asics) | 11.23 | 0.180 |

SEMI-FINALS (June 19, $\mathbf{1 8 . 0 3} \mathbf{~ H r}$, Qualify 3+2 fastest losers)
I (2.6)-1. Richardson 10.64w; 2. Daniels 10.84w; 3. Prandini 10.96w; 4. White $10.98 w ; 5$. Hill $11.02 w ; 6$. Sturgis 11.05w; 7. Bartoletta 11.09 w; 8. McCoy 11.16 w

II (2.5)-1. Oliver 10.83w; 2. Thomas 10.95w; 3. Gardner 10.96w; 4. Bryant 11.03w; 5. Terry 11.04w; 6. Brisco 11.05w; 7. Akinosun 11.1. DQ-False start Hobbs, but then advanced on appeal.

HEATS (June 18, 18.37 Hr , Qualify 3 +4)
(0.8)-1. Thomas 11.00 PR; 2. Hobbs 11.04; 3. Dezerea Bryant (Nik) 11.09; 4. Morolake Akinosun (adi) 11.14; 5. Tamara Clark (AI) 11.20; 6. Jada Baylark (Ar) 11.21; 7. Ashley Henderson (adi) 11.39;... fs—Destiny Smith-Barnett (unat).
II(-0.7)-1. Cambrea Sturgis (NCAT) 11.15; 2. Prandini 11.22; 3. Tianna Bartoletta (unat) 11.27; 4. Kortnei Johnson (Nik) 11.28; 5. Alfreda Steele (Mia) 11.37; 6. Marybeth Sant Price (FKEl) 11.45; 7. Shannon Ray (unat) 11.58
III(1.1)-1. Oliver 10.96 PR; 2. White 10.99; 3. Daniels 11.02; 4. Maia McCoy (Tn) 11.13; 5. TeeTee Terry (USC) 11.14; 6. Caitland Smith (unat) 11.23; 7. Kiara Parker (Asics) 11.25

IV(0.9)-1. Richardson 10.84; 2. Mikiah Brisco (Nik) 11.15; 3. Gardner 11.17; 4. Hill 11.19; 5. Hannah Cunliffe (adi) 11.21; 6. Taylor Anderson (unat) 11.36; 7. Anavia Battle (OhSt)

The heats were won by Gabby Thomas with a PR 11.00, Cambrea Sturgis, the NCAA winner, with 11.15 into a headwind, Javianne Oliver with a PR 10.96 ahead of Kayla White 10.99 and Teahna Daniels 11.02, seasonal bests for both, and most impressive of all - Sha' Carri Richardson with 10.84 .

The following today wind conditions were a little too favourable as Richardson won the first heat after taking more than 50 metres to catch Daniels. She flew clear of the field and had time to point at the clock just past the finish when she reached the 90 metre point. Her time of 10.64 was impressive even with the wind at +2.6 . Aleia Hobbs inadvertently twitched in the set position in semi-final 2 , setting Thomas off to a false start. Hobbs was disqualified, but not Thomas. On appeal Hobbs was advanced to the final. Oliver was out quickest at the second start, and broke free of the field after 40 m and with the wind at +2.5 clocked 10.83 ahead of Thomas (10.95).

Oliver was out fastest in the final, with Richardson again coming into her own in the second half, catching Oliver at 60 m , and going away to win by $11 / 2$ metres. Daniels was third for the last 80 m , and was nearly a metre clear of fast finishing Jenna Prandini, who edged Thomas and English Gardner for $4^{\text {th }}$.

The enervated Richardson afterwards enthused about making the Olympic team, how crazy the season had been [ 3 sub 10.80 marks as part of that] and how the death of her birth mother had affected her in the week leading up to the Trials. This was again mentioned 5 days later when she was banned for using marijuana, a drug not noted for making people faster. She was suspended for a month to 28 July, but USATF decided to leave her off the squad for Tokyo.

200 meters - June 26, 19.24 Hr; wind 1.3

|  |  | Reaction | 100 m splits |
| :--- | :--- | :--- | :--- |
| 1. 6. Gabby Thomas (NBaITBB) | 21.61 | 0.173 | $11.1 / 10.5$ |
| 2. 5. Jenna Prandini (Pum) | 21.89 | 0.191 | $11.2 / 10.7$ |
| 3. 8. Anavia Battle (OhSt) | 21.95 | 0.207 | $11.3 / 10.7$ |
| 4. 9. Tamara Clark (Al) | 21.98 | 0.186 | $11.3 / 10.7$ |
| 5. 7. Allyson Felix (Athleta) | 22.11 | 0.163 | $11.3 / 10.8$ |
| 6. 4. Dezerea Bryant (Nik) | 22.24 | 0.190 | $11.3 / 10.9$ |
| 7. 3. Lynna Irby (adi) | 22.46 | 0.190 | $11.5 / 11.0$ |
| 8. 2. Morolake Akinosun (adi) | 22.49 | 0.197 | $11.5 / 11.0$ |

SEMI-FINALS (June 25, 16.25 Hr , Qualify 3+2 fastest losers)
I(-0.3)-1. Prandini 21.99; 2. Felix 22.20; 3. Bryant 22.37; 4. Akinosun 22.44; 5. Irby 22.45; 6. Flannel 22.46; 7. Sturgis 22.68; 8. Annelus 22.78

II(1.8)-1. Thomas 21.94; 2. Battle 22.32; 3. Clark 22.35; 4. Daniels 22.62; 5. Jefferson 22.75; 6. Hayes 22.83; 7. Brown 22.97; 8. Hall 23.32.

HEATS (June 24, 18.31 Hr , Qualify 2 +6)
I(1.7)-1. Cambrea Sturgis (NCAT) 22.37; 2. Teahna Daniels (Nik) 22.54; 3. Irby 22.75; 4. Cassandra Hall (UNLV) 22.97; 5. Jada Baylark (Ar) 23.11; 6. Ashley Henderson (adi) 23.25

II(1.2)-1. Battle 22.37; 2. Bryant 22.71; 3. Brittany Aveni (Duke) 23.09; 4. Alfreda Steele (Mia) 23.61; 5. Thelma Davies (LSU) 23.65
III(1.9)-1. Prandini 22.14; 2. Brittany Brown (adi) 22.49; 3. Quanera Hayes (Nik) 22.58; 4. Anglerne Annelus (USC) 22.76; 5. Alexa Rossum (Stan) 23.26

IV(0.7)-1. Thomas 21.98; 2. Kynnedy Flannel (Tx) 22.31; 3. Kyra Jefferson (Nik) 22.57; 4. Maia McCoy (Tn) 23.24; 5. Caisja Chandler (Cinc) 23.59

V(1.0)-1. Clark 22.44; 2. Akinosun 22.48; 3. Felix 22.56; 4. Kennedy Blackmon (Ok) 23.33; 5. Bri’Anna Branch (unat) 24.36.

Tamara Clark ran an excellent 22.44 in heat 5 of the first round, the slowest winning time of that round. Gabby Thomas was the fastest with a PR 21.98, while Oregon graduate Jenna Prandini ran 22.14, a PB for her. NCAA winner Cambrea Sturgis and Anavia Battle won the other two heats in 22.37. A grand total of 27 athletes faced the starter, and 4 races could have been run without using the two inside lanes, giving a more competitive feel to the heats. Both Prandini (21.99) and Thomas (21.94) again ran PRs in the semi-finals, with Prandini leading by 2 metres at halfway [11.1] from Bryant, Irby and Felix. Felix's 400 m strength told and she finished second in 22.20 in the outside lane, as 5 qualified from this race. Thomas was a meter clear of the field, with 100 m splits of $11.2 / 10.7$ to beat Battle and Clark by 4 metres.

Thomas and Bryant were away fastest in the final, and Prandini ran the second half of the curve well to be less than a metre behind Thomas at halfway. Battle, Clark and Bryant were level, fractionally ahead of Felix a metre back. Thomas powered down the stretch steadily drawing away to win by nearly 3 metres in 21.61 to put herself $\# 2$ on the world all-time list. Prandini won the battle for second, holding off Battle and Clark, as all of the top-4 ran lifetime bests, with Battle and Clark running best ever times for placings. Felix ran a seasonal best for the third time out of five Olympic Trials finals, her best time since 2016, and Bryant missed her 2015 PR by 0.06

400 meters - June 20, 19.06 Hr

|  |  | Reaction | $200 \mathrm{~m} / 300 \mathrm{~m}$ |
| :--- | :--- | :--- | :--- |
| 1. 6. Quanera Hayes (Nik) | $\mathbf{4 9 . 7 8}$ | 0.202 | $\mathbf{2 3 . 5} / 36.4$ |
| 2. 8. Allyson Felix (Athleta) | $\mathbf{5 0 . 0 2}$ | $\mathbf{0 . 1 7 2}$ | $23.7 / 36.8$ |
| 3. 5. Wadeline Jonathas (adi) | $\mathbf{5 0 . 0 3}$ | $\mathbf{0 . 2 3 5}$ | $23.8 / 36.5$ |
| 4. 7. Kendall Ellis (NBal) | $\mathbf{5 0 . 1 0}$ | 0.235 | $23.4 / 36.5$ |
| 5. 9. Kaylin Whitney (Nik) | $\mathbf{5 0 . 2 9}$ | 0.311 | $23.9 / 36.7$ |
| 6. 2. Lynna Irby (adi) | $\mathbf{5 0 . 3 5}$ | 0.253 | $23.7 / 36.9$ |
| 7. 3. Taylor Manson (Fl) | $\mathbf{5 0 . 7 9}$ | 0.547 | $23.8 / 36.9$ |
| 8. 4. Shae Anderson (UCLA) | $\mathbf{5 0 . 8 4}$ | $\mathbf{0 . 2 4 8}$ | $24.3 / 37.1$ |

SEMI-FINALS (June 19, 19.20 Hr , Qualify 3+2 fastest losers)
I-1. Ellis 50.83; 2. Felix 51.01; 3. Anderson 51.27; 4. Beard 51.49; 5. Stepter Baynes 51.77; 6. Diggs 52.04; 7. Francis 52.12; 8. Hastings 52.35
II-1. Hayes 50.07; 2. Jonathas 50.24; 3. Whitney 50.35; 4. Irby 50.58; 5. Manson 51.11; 6. Robinson 52.04; 7. Bechtel 52.28; 8. Aveni 52.31

HEATS (June 18, 16.30 Hr , Qualify 3 +4)
I-1. Felix 50.99; 2. Jessica Beard (adi) 51.10; 3. Jaide Stepter Baynes (unat) 51.21; 4. NaAsha Robinson (unat) 51.30 PR; 5. Chloe Abbott (OnAC) 52.52; 6. Joanna Atkins (unat) 52.89; 7. Stephanie Davis (SC) 52.89

II-1. Hayes 52.34; 2. Manson 52.37; 3. Brittany Aveni (Duke) 52.54; 4. Aaliyah Birmingham (OkSt) 52.64; 5. Francena McCorory (unat) 52.93; 6. Bailey Lear (USC) 53.54; 7. Honour Finley (Ks) 57.11
III-1. Jonathas 50.64; 2. Irby 50.91; 3. Whitney 50.94 PR; 4. Phyllis Francis (Nik) 51.34; 5. Natasha Hastings (UArmNYAC) 51.92; 6. Olivia Bechtel (MiaO) 52.11; 7. Kendall Baisden (unat) 53.17
IV-1. Ellis 51.02; 2. Anderson 51.32; 3. Talitha Diggs (FI) 51.74; 4. Courtney Okolo (unat) 52.37; 5. Ziyah Holman (Mi) 52.83; 6. Isabella Whittaker (Penn) 52.96; 7. Jordan Lavender (unat) 53.06.

The art of running just fast enough to qualify meant that only 4 athletes - Felix, Jonathas, Irby and Whitney - broke 51 seconds, with the curious quirk that the last 3 would run against each other in both preliminary rounds, all qualifying each time. Fastest non qualifier was 2016 Olympian Courtney Okolo on 52.37, though the seeding meant that Brittany Aveni was able to make the semis with 52.54 .

Ellis led the first semi-final early on, won by $1 \frac{1}{2}$ metres from Felix. Hayes and Irby battled for the lead for the first 300 m in the second semi-final, before Hayes pulled away, with Irby being overtaken by Jonathas and Whitney in the last 15 m . The first 4 were faster than Ellis's 50.83 , and 5 in all made the final from this semi, leaving Jessica Beard a non-qualifier with 51.49.

Most of the speculation before the final centred on whether America's most medal winning athlete, Felix, might again make a US Olympic team. Ellis, one lane inside Felix, was the fastest to 200m [23.4] just ahead of Hayes. Fastest in the third 100 was Jonathas, who moved past Ellis into second, just behind Hayes, with all but Anderson in touch. Quickest over the last 100 was Felix, who moved from $5^{\text {th }}$ to $2^{\text {nd }}$, only passing Ellis with 20 m to go, as Hayes held form to win in 49.78 from Felix, who caught Jonathas on the line. A loss of form in the Tokyo final would mean that Hayes would miss out on the Olympic $4 x 400$, an event which saw the other 5 of the top-6 in the trials win Olympic gold medals, with Felix preceding this with a 400 m bronze. The awards won by Felix almost reads like a litany, with 7 Olympic Golds, including 4 consecutive $4 x 400$ titles, and 11 medals in all, the most by any track athlete.

| 800 meters - June 27, 21.30 Hr |  | 200 m splits |  |  | Halv |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Athing Mu (Nik) | 1:56.07 | (27.54, 29.99 | [57.53], 30.05 | [1:27.58], 28.49) | (57.73/58.54) |
| 2. Raevyn Rogers (Nik) | 1:57.66 | (27.66, 30.22 | [57.88], 30.12 | [1:28.00], 29.66) | (57.88/59.78) |
| 3. Ajee' Wilson (adi) | 1:58.39 | (27.46, 30.17 | [57.63], 30.33 | [1:27.96], 30.43) | (57.63/60.76) |
| 4. Michaela Meyer (Va) | 1:58.55 | (27.74, 30.30 | [58.04], 30.17 | [1:28.21], 30.34) | (58.04/60.51) |
| 5. Chanelle Price (NikOTC) | 1:58.73 | (27.32, 30.12 | [57.44], 30.31 | [1:27.75], 30.98) | (57.44/61.29) |
| 6. Allie Wilson (AtITC) | 1:59.02 | (27.86, 30.14 | [58.00], 30.25 | [1:28.25], 30.77) | (58.00/61.02) |
| 7. Kate Grace (Nik) | 1:59.17 | (27.70, 30.07 | [57.77], 30.06 | [1:27.83], 31.34) | (57.77/61.40) |
| 8. Hanna Green (NikOTC) | 1:59.55 | (27.61, 30.12 | [57.73], 30.20 | [1:27.93], 31.62) | (57.73/61.82) |
| 9. Nia Akins (BrkB) | 2:12.87 | (31.14, 30.58 | [61.72], 32.43 | [1:34.15], 38.72) | (61.72/71.15) |

SEMI-FINALS (June 25, $\mathbf{1 5 . 0 2} \mathbf{~ H r}$, Qualify 3+2 fastest losers)
I-1. Mu 1:59.31; 2. Grace 1:59.43; 3. Price 1:59.90; 4. Green 2:01.19 (advanced on appeal); 5. Mehra 2:01.33; 6. Schlachtenhaufen 2:01.85; 7. Willis 2:03.99;... dnf—Hurta.
II-1. Aj. Wilson 1:59.49; 2. Rogers 1:59.66; 3. Al. Wilson 1:59.94; 4. Meyer 2:01.06; 5. Akins 2:01.09; 6. Whittaker 2:01.30; 7. Southerland 2:05.61; 8. Rizk 2:07.77.

HEATS (June 24, 19.00 Hr , Qualify 3 +4)
I-1. Price 1:59.86; 2. Sage Hurta (OnAC) 2:00.08; 3. Juliette Whittaker (MdHS) 2:01.21; 4. Amber Tanner (Ga) 2:01.53; 5. Laurie Barton (Clem) 2:02.54; 6. Brooke Feldmeier (adi) 2:03.10; 7. Michelle Howell (UArm) 2:06.70 II-1. Mu 2:00.69; 2. Green 2:00.79; 3. Helen Schlachtenhaufen (Sauc) 2:01.05; 4. Nikki Hiltz (adi) 2:01.42; 5. Dana Mecke (TracksmCSTC) 2:02.36; 6. Brenda Martinez (NBal) 2:02.72; 7. Brenna Detra (BAA) 2:03.45; 8. Sammy Watson (adi) 2:03.83; 9. Olicia Williams (Caden\&M) 2:04.38
III-1. Aj. Wilson 2:00.55; 2. Al. Wilson 2:00.71; 3. Meyer 2:00.75; 4. Roisin Willis (WiHS) 2:01.27; 5. Julia Rizk (unat) 2:01.31; 6. Sarah Hendrick (Kenn) 2:04.15; 7. Claire Seymour (BYU) 2:06.67; 8. Lauren Johnson (unat) 2:08.12; 9. Skylyn Webb (Sauc) 2:13.02
IV-1. Sabrina Southerland (OTC) 2:00.85; 2. Rebecca Mehra (OisLWA) 2:01.42; 3. Sadi Henderson (OisLWA) 2:02.40; 4. Kendra Chambers (OisTxEI) 2:02.73; 5. Avi' Tal Wilson-Perteete (UNLV) 2:03.06; 6. Sinclaire Johnson (NikBowTC) 2:04.05; 7. Lauren Barnes (BYU) 2:05.59; 8. Kaela Edwards (adi) 2:05.92; 9. Angel Piccirillo (OisLWA) 2:06.95
V-1. Rogers 2:00.75; 2. Grace 2:00.81; 3. Akins 2:00.82; 4. Sophia Gorriaran (RIHS) 2:02.26; 5. Aaliyah Miller (Bay) 2:03.27; 6. Olivia Baker (GSTCNBal) 2:03.33; 7. McKenna Keegan (Vill) 2:03.81; 8. Emily Richards (Hoka) 2:03.88.

As a 17 year old High Schooler in 2019 Mu [pronounced Mo] was little known and finished her season with bests of 51.98/2:01.17. Indoor marks in 2021 of 50.52/1:58.40 got her noticed. By the time of the trials Mu had set a US junior records of $1: 57.73$, and 49.57 when winning the NCAA 400 . Chanelle Price was the fastest heat winner with $1: 59.86$, as the other 4 heats were won with times ranging from 2:00.55 to 2:00.85.

Chanelle Price led the first semi-final through 400 m in 58.96 from a closely bunched field, and kept the lead until Mu went past with 90 m to go. At that moment Sage Hurta, in $5^{\text {th }}$, tripped and fell after coming into contact with Hanna Green's heel. Up ahead Mu finished in $1: 59.31$, just ahead of Kate Grace (1:59.43) with Price also under 2 minutes [1:59.90]. Green was disqualified but advanced on appeal. The second semi-final followed a similar pattern with 3 dipping under 2 minutes, led by Ajee Wilson, who had followed Allie Wilson through 400 [59.72] and then took the lead with 140 m remaining to win in 1:59.49 from a fast closing Raevyn Rogers [1:59.66], with Allie Wilson $3^{\text {rd }}$ in 1:59.94.

Price led through 200 in 27.32, with Nia Akins falling as the athletes converged after the lane break on the back straight. Price led at the bell [57.44], but Mu went ahead 30 m later and passed 600 m in $1: 27.75$, with Grace, Green and Ajee Wilson closed behind. Without apparent effort the tall and statuesque $[1.78 \mathrm{~m} / 56 \mathrm{~kg}] \mathrm{Mu}$ began to flow away from the field, and had a margin of 12 meters by the finish, reached in 1:56.07. Behind her US junior record, Rogers [1;57.66] finished well, moving from $5^{\text {th }}$ to second early in the finishing straight, while Ajee Wilson took third in 1:58.39, holding off the fast finishing Michaela Meyer [1:58.55].

Mu would go on to win 2 Gold medals in Tokyo - the 800 leading from gun to tape with a US record 1:55.21, featuring a negative split [57.82/57.39], followed by the fastest split of the $4 \times 400$ relay [48.32] when anchoring the winning US team.

| 1500 meters June 21, 17.05 Hr |  | 400, 800, 1200, last 300 | Last |
| :---: | :---: | :---: | :---: |
| Lap |  |  |  |
| 1. Elle Purrier St. Pierre (NBal) | 3:58.03 | (64.79, 64.41 [2:09.20], 62.21 [3:11.41], 46.62) | 61.9 |
| 2. Cory McGee (NBal) | 4:00.67 | (65.00, 64.30 [2:09.30], 62.20 [3:11.50], 49.17) | 64.5 |
| 3. Heather MacLean (NBaIB) | 4:02.09 | (65.91, 64.64 [2:10.55], 63.18 [3:13.73], 48.36) | 64.1 |
| 4. Shannon Osika (Nik) | 4:02.18 | (66.20, 63.45 [2:09.65], 63.04 [3:12.69], 49.49) | 65.3 |
| 5. Helen Schlachtenhaufen (Sauc) | 4:04.41 | (65.84, 65.26 [2:11.10], 65.70 [3:16.80], 47.61) | 64.5 |
| 6. Julia Heymach (Stan) | 4:04.84 | (66.23, 65.47 [2:11.70], 64.31 [3:16.01], 48.83) | 65.0 |
| 7. Grace Barnett (MammTC) | 4:05.05 | (66.39, 64.51 [2:10.90], 64.61 [3:15.51], 49.54) | 65.6 |
| 8. Dani Aragon (EmpE) | 4:05.09 | (66.37, 64.90 [2:11.27], 64.54 [3:15.81], 49.28) | 65.5 |
| 9. Dani Jones (NBal) 4:06.46 (69.5 last lap); 10. Jenny Simpson (NBal) 4:07.76; 11. Rebecca Mehra (OisLWA) 4:08.47; 12. |  |  |  | Sinclaire Johnson (NikBowTC) 4:08.81; 13. Nikki Hiltz (adi) 4:10.60

SEMI-FINALS (June 19, $18.40 \mathbf{H r}$, Qualify 5+2 fastest losers)
I-1. Purrier St. Pierre 4:09.18; 2. Simpson 4:09.92; 3. Aragon 4:09.94; 4. Schlachtenhaufen 4:10.40; 5. Mehra 4:10.41; 6. MacLean 4:10.65 (advanced on appeal); 7. Lancaster 4:11.05; 8. Camp-Bennett 4:12.05; 9. Donaghu 4:12.08; 10. Nelson 4:15.40; 11. Eccleston 4:17.80; 12. Johnson 4:29.00
II-1. Hiltz 4:05.87; 2. McGee 4:05.96; 3. Johnson 4:06.04; 4. Osika 4:06.14; 5. Jones 4:06.81; 6. Barnett 4:07.70; 7. Heymach 4:09.65; 8. Morgan 4:10.70; 9. Fulton 4:12.07; 10. Rego 4:12.50; 11. Tyynismaa 4:13.14; 12. Kampf 4:21.56

HEATS (June 18, 16.03 Hr , Qualify 6 +6)
I-1. Simpson 4:11.34; 2. Hiltz 4:11.42; 3. Osika 4:11.59; 4. Barnett 4:11.73; 5. Schlachtenhaufen 4:11.82; 6. Heymach 4:12.41; 7. Heather Kampf (AsicsMDE) 4:13.76; 8. Amaris Tyynismaa (Al) 4:14.59; 9. Krissy Gear (Ar) 4:19.81; 10. Taryn Rawlings (UArm) 4:21.11
II-1. Aragon 4:13.34; 2. Jones 4:13.47; 3. Sarah Lancaster (unat) 4:13.60; 4. Mehra 4:13.71; 5. Whittni Morgan (BYU) 4:13.74; 6. Eleanor Fulton (unat) 4:14.41; 7. Amanda Rego (TracksmCSTC) 4:14.80; 8. Alexa Efraimson (Nik) 4:16.70; 9. Micaela Degenero (Co) 4:18.34
III-1. Purrier St. Pierre 4:11.78; 2. MacLean 4:11.85; 3. McGee 4:11.86; 4. Johnson 4:11.95; 5. Amanda Eccleston (Brk) 4:12.06; 6. Ella Donaghu (Stan) 4:12.16; 7. Anna Camp-Bennett (BYU) 4:12.63; 8. Lauren Johnson (unat) 4:12.67; 9. Karisa Nelson (BrkB) 4:13.98

The form chart for the 1500 m produced in April by Track and Field News showed US record holder Shelby Houlihan as the favourite, but Houlihan was banned in June for a positive test for Nandrolone, leaving Elle Purrier as the one most likely to win. Purrier duly won both of her preliminary races, with 3 time Olympian Jenny Simpson following her home in the semifinals. Heather MacLean was disqualified for colliding with an off balance Sinclaire Johnson, but reinstated as both advanced to the final. The second semi-final was a quicker affair $4: 05.87$ vs 4:09.18, with Nikki Hiltz prevailing as 7 finished in 4:09.65 or better with all 7 making it to the final.

8 seconds into the final Purrier got shoved onto the infield, and this determined her tactics of going to the front and staying out of trouble. Purrier led a bunched field through 400 m in 64.79 , and stretched the field out with a slightly quicker second lap of 64.42. Cranking up the pace in the third lap got rid of everyone except Cory McGee, and Purrier reached the bell in 2:56.1, with McGee a tenth back, with Osika [2:56.9] and Dani Jones 2:57.0] well ahead of MacLean [2:58.0]. McGee stayed with Purrier until 150 m remained, and then the diminutive Purrier eased away to win by almost 20 metres. A 3:58.36 in early May showed her class, and she eclipsed her PR with 3:58.03, which also broke Mary Slaney's 1988 meeting record of 3:58.92. MacLean caught Osika with 150 m remaining and just held off Osika's charge at the end of the race. Neither Simpson nor Hiltz was a factor in the race. Purrier and McGee would go on to make the Tokyo final, with Purrier best placed - in $10^{\text {th }}$ with 4:01.75.

## 3000 meters steeplechase - June 24, 20.47 Hr

|  |  |
| :--- | ---: |
| 1. Emma Coburn (NBal) | $9: 09.41$ |
| 2. Courtney Frerichs (NikBBowTC) | $9: 11.79$ |
| 3. Val Constien (Tracksm) | $9: 18.34$ |
| 4. Courtney Wayment (BYU) | $\mathbf{9 : 2 3 . 0 9}$ |
| 5. Marisa Howard (IAA) | $\mathbf{9 : 2 4 . 7 4}$ |
| 6. Grayson Murphy (Sauc) | $\mathbf{9 : 2 5 . 5 5}$ |
| 7. Mel Lawrence (OisLWA) | $\mathbf{9 : 2 6 . 1 5}$ |


| Estimated kilometre splits | Last lap |
| :--- | :--- |
| 3:10.6-6:14.0 [3;03.4]-2:55.4 | $\mathbf{6 8 . 9}$ |
| 3:10.0-6:13.7 $[3: 03.7]-2: 58.1$ | 70.8 |
| 3:10.4-6:14.9 $[3: 04.5]-3: 03.4$ | 71.1 |
| 3:10.5-6:15.2 $[3: 04.7]-3: 07.9$ | 74.8 |
| 3:10.6-6:15.0 $[3: 04.4]-3: 09.7$ | 76.5 |
| 3:10.3-6:15.5 [3:05.2]-3:10.4 | 73.4 |
| 3:10.8-6:17.5 (3:06.7]-3:08.7 | 73.3 |

8. Allie Ostrander (BrooksB) 9:26.96 3:11.2-6:20.5 [3:09.3]-3:06.5 71.9
9. Leah Falland (OnAC) 9:27.06; 10. Katie Rainsberger (Wa) 9:30.18; 11. Summer Allen (Web) 9:40.22; 12. Alexina Wilson (Tracksm) 9:40.62; 13. Mahala Norris (AF) 9:41.59; 14. Katy Kunc (Tracksm) 9:47.82

HEATS (June 20, 18.35 Hr , Qualify 5 +4)
I-1. Murphy 9:25.37; 2. Wayment 9:27.17 PR; 3. Frerichs 9:27.75; 4. Constien 9:28.37; 5. Howard 9:30.62; 6. Ostrander 9:35.56; 7. Wilson 9:36.80; 8. Krissy Gear (Ar) 9:47.59; 9. Sara Vaughn (\&Mother) 9:51.12; 10. Abby Kohut-Jackson (Mn) 9:52.84; 11. Caroline Austin (Tracksm) 9:56.08; 12. Madie Boreman (Co) 9:56.63; 13. Hannah Steelman (NCSt) 9:59.11; 14. Olivia Markezich (NDam) 10:00.45; 15. Madeline Strandemo (Ois-LWA) 10:01.85; 16. Kaylee Mitchell (OrSt) 10:26.69;... dnf—Alissa Niggemann (Wi)

II-1. Coburn 9:21.32; 2. Falland 9:23.36; 3. Lawrence 9:29.30; 4. Rainsberger 9:33.38; 5. Norris 9:35.32; 6. Kunc 9:37.85; 7. Allen 9:38.61; 8. Carmen Graves (unat) 9:41.80; 9. Dana Klein (IdA) 9:49.89; 10. Gabbi Jennings (Furm) 9:58.07; 11. Kayley Delay (Yale) 9:58.87; 12. Emily Oren (OnAC) 9:59.34; 13. Lydia Olivere (Vill) 10:03.13; 14. Meredith Rizzo (TracksmH) 10:06.42; 15. Annie Rodenfels (AsicsGr) 10:11.76; 16. Tori Gerlach (unat) 10:25.39.

Alex Wilson led the field through the first kilometre [3:09.9] in the final, with Frerichs at her shoulder, and the field bunched up. With 4 laps remaining Frerichs went to the front. At 2000m Frerichs [6:13.8] only had Emma Coburn and Leah Falland for company, with Marisa Howard leading Wayment and Murphy some 7-8 metres back. Falland fell with 2 laps to go, and would drift back to finish $9^{\text {th }}$. Coburn went to the front with 700 m remaining, led by 5 metres at the bell, and won by 20 metres, her third consecutive Trials victory, with Frerichs more than 50 metres clear of Val Constien an isolated third. In Tokyo it was Frerichs who was the top American, with a much merited silver medal after breaking the race open in the second kilometre.

| 5000 Meters - June 21, 17.40 Hr |  | Kilometre splits |
| :---: | :---: | :---: |
| Last Lap |  |  |
| 1. Elise Cranny (NikBowTC) 63.7 | 15:27.81 | 3:06.6, 6:17.7 [3:11.1], 9:35.3 [3:17.6], 12:41.3 [3:06.0]-2:46.5 |
| 2. Karissa Schweizer (NikBowTC) 64.1 | 15:28.11 | 3:06.7, 6:17.5 [3:10.8], 9:35.4 [3:17.9], 12:41.1 [3:05.7]-2:47.0 |
| 3. Rachel Schneider (Hoka) 65.3 | 15:29.56 | 3:06.0, 6:17.4 [3:11.4], 9:35.7 [3:18.3], 12:41.4[3:05.7]-2:48.2 |
| 4. Abbey Cooper (NBal) 66.4 | 15:31.05 | 3:06.9, 6:18.0 [3:11.1], 9:35.7 [3:17.7], 12:41.7 [3:06.0]-2:49.4 |
| 5. Allie Buchalski (BrkB) 71.0 | 15:47.52 | 3:07.9, 6:17.7 [3:09.8], 9:35.4 [3:17.7], 12:42.7 [3:07.3]-3:04.8 |
| $\begin{aligned} & \text { 6. Elly Henes (NCSt) } \\ & 68.4 \end{aligned}$ | 15:47.73 | 3:07.6, 6;18.4 [3:10.8], 9:36.0 [3:17.6], 12:46.8 [3:10.8]-3:00.9 |
| ```7. Lauren Paquette (HokaNAZ) 71.3``` | 15:48.10 | 3:06.9, 6:18.0 [3:11.1], 9:35.8 [3:17.8], 12:44.6 [3:08.8]-3:03.5 |
| 8. Josette Norris (ReebB) | 15:48.70 | 3:06.2, 6:17.8 [3:11.6], 9:35.3 [3:17.5], 12:42.1 [3:06.8]-3:06.6 | 76.1

9. Gwen Jorgensen (NikBowTC) 15:50.62; 10. Carrie Verdon (TracksmTB) 15:54.04; 11. Taylor Werner (Puma) 15:56.83; 12. Maddie Alm (Tracksm) 15:58.40; 13. Vanessa Fraser (NikBowTC) 16:02.92; 14. Millie Paladino (NBal) 16:06.52; 15. Erika Kemp (BAA) 16:22.27

HEATS (June $18,17.54 \mathrm{Hr}$, Qualify 5 +6)
I-1. Cooper 15:07.80; 2. Schneider 15:23.45; 3. Alm 15:31.43; 4. Buchalski 15:32.35; 5. Verdon 15:32.87; 6. Werner 15:39.98; 7. Kemp 15:42.76; 8. Sammy George (Tracksm) 15:48.09; 9. Katie Izzo (Ar) 16:04.35; 10. Dana Giordano (BAA) 16:06.18
II-1. Norris 15:32.58; 2. Schweizer 15:32.63; 3. Cranny 15:32.71; 4. Henes 15:32.75; 5. Fraser 15:33.54; 6. Jorgensen 15:34.84; 7. Paquette 15:36.59; 8. Paladino 15:38.23; 9. Taylor 15:40.29; 10. Katrina Coogan (NBalB) 15:45.23.

Abbey Cooper was fastest in the heats with 15:07.80, more than 15 seconds quicker than anyone else, and her best for 6 years. A temperature of 940 militated against a fast pace in the final. Taylor Werner was the initial reluctant leader with two laps of 75 and 79. The pace dawdled along at 15:50 pace until 3400 m when Karissa Schweizer upped the pace from 75 to 71 , reducing the pack from 15 to 7, and laps of 70 and 67 drew Schweizer, Cranny, Cooper and Schneider well clear. At the bell Cooper was struggling to stay with the other three, and would place $4^{\text {th }}$. Schweizer led most of the last lap, and was only overtaken on the inside by Cranny with 60 m remaining. The margin of 0.30 was even less in Tokyo with Schweizer 0.18 seconds and 2 places ahead with 14:55.80 in 11th

| 1. Emily Sisson (NBal) | $\mathbf{3 1 : 0 3 . 8 2}$ | $\mathbf{1 5 : 4 9 . 1 8 / 1 5 : 1 4 . 6 4}$ | $\mathbf{6 9 . 2 6}$ |
| :--- | :--- | :--- | :--- |
| 2. Karissa Schweizer (NikBowTC) | $\mathbf{3 1 : 1 6 . 5 2}$ | $\mathbf{1 5 : 5 0 . 3 0 / 1 5 : 2 6 . 2 2}$ | $\mathbf{6 8 . 8 1}$ |
| 3. Alicia Monson (OnAC) | $\mathbf{3 1 : 1 8 . 5 5}$ | $\mathbf{1 5 : 5 0 . 8 5 / 1 5 : 2 7 . 7 0}$ | $\mathbf{7 4 . 3 4}$ |
| 4. Elise Cranny (NikBowTC) | $\mathbf{3 1 : 3 5 . 2 2}$ | $\mathbf{1 5 : 5 0 . 0 4 / 1 5 : 4 5 . 1 8}$ | $\mathbf{7 5 . 1 1}$ |
| 5. Rachel Schneider (Hoka) | $\mathbf{3 1 : 4 2 . 9 2}$ | $\mathbf{1 5 : 5 1 . 3 7 / 1 5 : 5 1 . 5 5}$ | $\mathbf{7 6 . 7 1}$ |
| 6. Sara Hall (Asics) | $\mathbf{3 1 : 5 4 . 5 0}$ | $\mathbf{1 5 : 4 9 . 7 7 / 1 6 : 0 4 . 7 3}$ | $\mathbf{7 7 . 0 3}$ |
| 7. Natosha Rogers (HansB) | $\mathbf{3 1 : 5 9 . 0 9}$ | $\mathbf{1 5 : 4 9 . 4 5 / 1 6 : 0 9 . 6 4}$ | $\mathbf{7 3 . 9 5}$ |
| 8. Emily Infeld (NikBowTC) | $\mathbf{3 2 : 1 9 . 9 4}$ | $\mathbf{1 5 : 5 1 . 5 5 / 1 6 : 3 8 . 3 9}$ | $\mathbf{7 4 . 4 3}$ |

9. Emily Durgin (UArm) 32:25.45; 10. Jaci Smith (USAF) 32:33.33; 11. Ednah Kurgat (USAr) 32:36.93; 12. Kellyn Taylor (HokaNAZ) 32:42.00; 13. Stephanie Bruce (HokaNAZ) 32:42.01; 14. Makenna Myler (RunEI) 32:44.72; 15. Hannah Everson (USAF) 32:48.02; 16. Anne-Marie Blaney (HansB) 32:49.26; 17. Nell Rojas (RISE) 32:51.43; 18. Lauren Hurley (unat) 32:52.60; 19. Makena Morley (Asics) 33:02.87; 20. Fiona Okeeffe (Puma) 33:03.09; 21. Elvin Kibet (USAr) 33:06.17; 22. Lindsay Flanagan (Asics) 33:08.69; 23. Katrina Coogan (NBaIB) 33:10.22; 24. Elaina Tabb (BAA) 33:10.86; 25. Olivia Pratt (HansB) 33:11.88; 26. Maya Weigel (PenDC) 33:14.59; 27. Carrie Verdon (TracksmTmBou) 33:18.61; 28. Maria Mettler (USAF) 33:20.96; 29. Emma Bates (Asics) 33:21.00; 30. Carrie Dimoff (BowTC) 33:25.00; 31. Grace Forbes (Rice) 33:28.98; 32. Cailie Logue (IaSt) 33:32.51; 33. Sarah Pagano 33:39.98

The race was rescheduled to 10 am because of the hot weather, and the first 2 kilometres were run at 32 minutes pace. Sisson then took the lead, moving up from a 77 pace to 74.36 . A series of 75 second laps reduced the pack from the initial total of 41 to 10 at halfway [15:49.18]. Sisson increased the pace to 74 second laps. At the 8 kilo mark only the 5000 team of Cranny, Schweizer and Schneider, plus Alicia Monson, were in touch, with Schneider beginning to fade. Sisson's pace was continually increasing with $72.58-72.48-71.47$ and 71.25 leading to the bell with a margin of 10 seconds over Monson. Sisson's advantage at the finish was nearly 13 seconds over Schweizer, with Monson 90 m clear of Cranny in $3^{\text {rd }}$. Sisson was again the best American in Tokyo with 31:09.58 in $10^{\text {th }}$.

20k walk - June 26, 07.00 Hr, in Springfield, OR. - 1 lap course

|  |  | Halves |
| :--- | :--- | :--- |
| 1. Robyn Stevens (WolfRC) | $1: 35: 13$ | $46: 37 / 49: 36$ |
| 2. Maria Michta-Coffey (OisWalkUSA) | $1: 39: 25$ | $48: 19 / 51: 06$ |
| 3. Miranda Melville (NYAC) | $1: 40: 39$ | $49: 26 / 51: 13$ |
| 4. Stephanie Casey (Tracksm) | $1: 42: 32$ | $51: 27 / 51: 05$ |
| 5. Celina Lepe (unat) | $1: 43: 00$ | $51: 39 / 51: 21$ |
| 6. Taylor Ewert (Ar) | $1: 43: 41$ | $48: 26 / 55: 15$ |
| 7. Amberly Melendez (HarrTC) | $1: 45: 31$ | $51: 39 / 53: 52$ |
| 8. Anali Cisneros (ElgS) | $1: 48: 57$ | $52: 03 / 56: 54$ |

9. Lauren Harris (Marist) 1:50:59; 10. Chelsea Conway (Shore) 1:54:25 PR; 11. Erin Taylor Talcott (Shore) 1:54:48; 12. Janelle Branch (Tracksm) 1:57:38 PR; 13. Kayla Shapiro (Marist) 2:01:53; 14. Katie Miale (unat) 2:07:03 PR; ... dq-Audrey Fox (unat).

Stevens led from start to finish, and led Maria Michta-Coffey by more than $1 \frac{1}{2}$ minutes at halfway, and extended this to more than 4 minutes by the finish. Stevens and her other half - Nick Christie, the men's winner - were the only US representatives in the 20 k walk in Tokyo, with Stevens placing $33^{\text {rd }}$ in a field of 58

| Marathon - Atlanta - February 29, 2020, 12.20 Hr |  | Halves |
| :---: | :---: | :---: |
| 1. Aliphine Tuliamuk (Hoka NAZ Elite) | 2:27:23 | 74:38/72:45 |
| 2. Molly Seidel (Saucony/Freedom TC) | 2:27:31 | 74:38/72:53 |
| 3. Sally Kipyego (Nike OTC) | 2:28:52 | 74:38/73:14 |
| 4. Des Linden (Brooks) | 2:29:03 | 74:38/73:25 |
| 5. Laura Thweatt (Saucony) | 2:29:08 | 74:38/73:30 |
| 6. Stephanie Bruce (Hoka NAZ Elite) | 2:29:11 | 74:38/73:33 |
| 7. Emma Bates (Asics Idaho DP) | 2:29:35 | 74:38/74:57 |
| 8. Kellyn Taylor (Hoka NAZ Elite) | 2:29:55 | 74:38/75:17 |

9. Nell Rojas (unat) 2:30:26; 10. Julia Kohnen (GoStL) 2:30:43; 11. Sarah Sellers (unat) 2:31:48; 12. Lindsay Flanagan (Asics) 2:32:05; 13. Brittany Charboneau (unat) 2:33:14; 14. Kate Landau (unat) 2:34:07; 15. Keira D'Amato (unat) 2:34:24; 16. Becky Wade (Nomad) 2:35:12; 17. Jennifer Bergman (RRP) 2:36:11; 18. Bethany Sachtleben (unat) 2:36:34; 19. Jaci Smith (USAF) 2:36:34; 20. Carrie Dimoff (Nike Bowerman TC) 2:36:41-390 finished, and 54 Dnf. 43 sub 2:40, 222 sub 2:50, 349 sub 3:00.

Sara Hall [2:22:16 in 2019], Jordan Hasay [2:20:57 '17] and Emily Sisson [2:23:08 '19] were race favourites. The race began slowly with the first 2 hilly miles covered in 11:51 [2:35 pace], and the runners upped the ante, with a leading group of 21 reaching halfway in 1:14:38. Hasay was not among them, having dropped 21 seconds back, and she would eventually finish 26th in 2:37:57. Just after 20 miles Molly Seidel went to the front, and an uphill mile of 5:32 dropped Hall, Sisson and Molly Huddle. Seidel surged again after 22 miles, and only Tuliamuk went with her. The Kenyan born Tuliamuk went clear in the last mile and missed her PR by 33 seconds. Sally Kipyego, 2012 Olympic silver medalist for Kenya, took third. Seidel, whose

Olympic aim was " to go in and for people to think, 'who the hell is this girl?"" did just that, winning a bronze medal, running 2:27:46 in humid conditions.

| 100m Hurdles - June 20, 19.53 Hr, wind 0.8 | Reaction |  |
| :--- | :---: | :--- |
| 1. 4. Keni Harrison (adi) | 12.47 | 0.177 |
| 2. 2. Brianna McNeal (Nik) | 12.51 | 0.202 |
| 3. 6. Christina Clemons (adi) | 12.53 | 0.188 |
| 4. 8. Gabbi Cunningham (Nik) | 12.53 | 0.184 |
| 5. 3. Anna Cockrell (USC) | 12.58 | 0.307 |
| 6. 5. Tonea Marshall (LSU) | 12.63 | 0.196 |
| 7. 7. Payton Chadwick (Asics) | 12.66 | 0.178 |
| 8. 1. Alia Armstrong (LSU) | 12.84 | 0.153 |
| 9. 9. TeJyrica Robinson (NCAT) | 12.99 | 0.251 |

SEMI-FINALS (June 20, $\mathbf{1 8 . 0 3 \mathrm { Hr } \text { , Qualify 3+2 fastest losers) }}$
I(1.2)-1. Marshall 12.50; 2 . Clemons 12.51; 3. McNeal 12.56; 4. Cunningham 12.61; 5. Armstrong 12.65; 6 . Brooks 12.70; 7. Nelvis 12.81; 8. Castlin 12.84; 9. Britton 12.95

II(1.3)-1. Harrison 12.50; 2. Cockrell 12.59; 3. Chadwick 12.64; 4. Robinson 12.65; 5. Jones 12.68; 6. Brissett 12.71; 7. Claye 12.78; 8. Stark 12.79.

HEATS (June 19, 17.04 Hr , Qualify 3 +4)
I(-0.3)-1. Harrison 12.49; 2. Grace Stark (FI) 12.85; 3. Sharika Nelvis (adi) 12.92; 4. Evonne Britton (EvoTC) 12.96; 5. Dawn Harper-Nelson (Caden) 13.12; 6. Tiffani McReynolds (unat) 13.22; 7. Faith Ross (Ky) 13.32; 8. Akira Rhodes (NCSt) 13.39
II(0.8)-1. Taliyah Brooks (Asics) 12.61; 2. Clemons 12.64; 3. Queen Quedith Claye (unat) 12.93; 4. Robinson 12.93; 5. Cha’mia Rothwell (Duke) 13.10; 6. Tawnie Moore (unat) 13.23; 7. Camri Austin (Ok) 13.36; 8. Madeleine Akobundu (NCAT) 13.70
III(1.0)-1. Cockrell 12.63; 2. Rayniah Jones (UCF) 12.64; 3. Chadwick 12.66; 4. Armstrong 12.82; 5. Kristi Castlin (Nik) 12.88; 6. Amber Hughes (unat) 13.13; 7. Danielle Beattie (unat) 13.28; 8. Destiny Huven (Wi) 13.33
IV(0.1)-1. McNeal 12.50; 2. Cunningham 12.67; 3. Marshall 12.76; 4. Chanel Brissett (Tx) 12.80; 5. Dior Hall (unat) 12.99; 6. Masai Russell (Ky) 13.09;... dnf—Jasmine Jones (USC).

The strength of this event in the USA could be seen from the fact that 11 ran under 12.70 during the meet. Race favourite was Keni Harrison, and she duly was quickest in the first round, winning the first heat in 12.49. 2016 Olympic champion Brianna McNeal was next quickest with 12.50 in the final heat. McNeal was competing, although a ban had been levied on her for "tampering with the anti-doping process", and a CAS appeal was underway at the time of the Trials. Not making out of the heats was 2008 Olympic champion Harper-Nelson, competing in her 5th Trials meeting.

Tonea Marshall, top of the US list with 12.44, started fast in semi-final 1 alongside Christina Clemons [formerly Manning] and the two duelled to the finish with Marshall winning by 0.01 in 12.50, with McNeal clear of Cunningham 12.56 to 12.61 . Harrison also clocked 12.50, winning comfortably over NCAA champion Anna Cockrell.

Less than 2 hours later the final took place, with McNeal and Marshall out best, and Harrison 6th at the first hurdle. By the 5th hurdle, Harrison had moved to the front with McNeal, Marshall, Clemons and Cunningham vying for second. Marshall then began to lose ground, and Harrison was the clear winner, with McNeal fractionally ahead of Clemons and Cunningham. 12 days later the court of Arbitration upheld the suspension of McNeal [until 2025] and Cunningham made the team. Harrison went on to win a silver medal in Tokyo.

| 400m Hurdles - June 27, 21.20 Hr |  | Reaction |
| :--- | :--- | :--- |
| 1. 6. Sydney McLaughlin (NBal) | $\mathbf{5 1 . 9 0}$ | $\mathbf{0 . 1 9 4}$ |
| 2. 7. Dalilah Muhammad (Nik) | $\mathbf{5 2 . 4 2}$ | $\mathbf{0 . 1 6 7}$ |
| 3. 9. Anna Cockrell (USC) | 53.70 | 0.201 |
| 4. 5. Shamier Little (adi) | 53.85 | 0.213 |
| 5. 4. Cassandra Tate (unat) | 56.51 | 0.194 |
| 6. 2. Deonca Bookman (unat) | $\mathbf{5 6 . 9 0}$ | 0.349 |
| 7. 3. Ashley Spencer (Nik) | $\mathbf{1 : 0 0 . 1 9}$ | 0.222 |
| -. .8.Nnenya Hailey (unat) | Dq-[54.79] | $\mathbf{0 . 2 5 1}$ |

SEMI-FINALS (June 26, 18.19 Hr , Qualify 3+2 fastest losers)
I-1. McLaughlin 53.03; 2. Hailey 54.24; 3. Tate 55.24; 4. Bookman 55.66; 5. Seymour 55.84; 6. Hoffman 57.59; 7. Lindley 58.04; 8. Young 59.39
II-1. Little 53.71; 2. Muhammad 53.86; 3. Cockrell 55.10; 4. Spencer 55.25; 5. Meisberger 57.22; 6. Russell 58.00; 7. Humphrey 58.95; 8. Barber 1:00.14.

HEATS (June 25, 15.35 Hr, Qualify 3 +)
I-1. McLaughlin 54.07; 2. Hailey 55.05; 3. Shannon Meisberger (Az) 57.51; 4. Vanessa Watson (Tn) 58.26; 5. Kate Sorensen (Web) 58.45; 6. Deandreah Young (SC) 58.59; 7. Faith Ross (Ky) 58.99
II-1. Little 55.22; 2. Spencer 55.92; 3. Bookman 56.96; 4. Ashton Lindley (SC) 57.51; 5. Brittley Humphrey (LSU) 57.52; 6. Bianca Stubler (Wi) 57.90;... dq-Trailing leg] - [7]Madison Langley-Walker (Ok) [58.44]

III-1. Tate 56.11; 2. Cockrell 56.83; 3. Milan Young (LSU) 57.71; 4. Lauren Hoffman (Duke) 57.88; 5. Britton Wilson (unat) 59.95; 6. JaeNisa Heckstall (SFI) 1:00.29
IV-1. Muhammad 55.51; 2. Kiah Seymour (GlenTC) 57.18; 3. Kaila Barber (unat) 57.48; 4. Masai Russell (Ky) 57.55; 5. Jaylah Walker (Azusa) 58.52; 6. Eriana Henderson (Co) 58.55; 7. Faith Roberson (UTSA) 58.97

Muhammad and McLaughlin had produced one of the highlights of the 2019 season with Muhammad setting a WR of 52.16 in the World championships ahead of McLaughlin's 52.23, \#2 of all-time. McLaughlin, with a sprint hurdles improvement to 12.65 and the world's fastest time - 52.83 - was the favourite leading into the Trials with Muhammad and Shamier Little [53.12] just behind. McLaughlin was fastest in both preliminary rounds with 54.07 and 53.03 , while Little headed Muhammad 53.71 to 53.83 in the semi-finals. Nenya Hailey was the only other athlete under 55, with 54.24 behind McLaughlin.

The final was delayed until 9.20 pm because of the heat, which had dropped to 950 by race time. Muhammad started fastest and had a slight lead over McLaughlin and Little until the 8th hurdle, where Little lost her balance after touching down, and was eventually overtaken by NCAA winner Cockrell after the 9th hurdle. Up ahead McLaughlin passed Muhammad between the 9 th and 10th hurdles, and went away to win by 4 meters with the first ever sub 52 run - 51.90 , with Muhammad finishing in 52.42 . Cockrell beat Little by a metre 53.70 to 53.85 , and the team was set. In Tokyo, the duo outdid themselves with McLaughlin again gaining the upper hand, this time off the final hurdle as the two ran the jaw dropping times of 51.46 and 51.58.

| High Jump - July 3, 15.15 Hr |  | 1.77 | 1.82 | 1.87 | 1.90 | 1.93 | 1.96 | 2.02 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Vashti Cunningham (Nik) | 6-5 (1.96) | p | p | 0 | 0 | 0 | 0 | XXX |
| 2. Inika McPherson (unat) | 6-4 (1.93)p | 0 | xxo | 0 | 0 | xxx |  |  |
| 3. Nicole Greene (unat) | 6-4 (1.93) | 0 | 0 | 0 | 0 | xo | xxx |  |
| 4. Rachel McCoy (unat) | 6-4 (1.93)0 | 0 | 0 | 0 | xxo | xxx |  |  |
| 5. Liz Evans (unat) | 6-23/4 (1.90) | 0 | 0 | 0 | xxo | $\mathbf{x}$ | pp |  |
| 6. Rachel Glenn (SC) | 6-1½ (1.87) | 0 | xxo | xo | xxx |  |  |  |
| 7. Amina Smith (Shore) | 6-1 11/2 (1.87) | 0 | 0 | xxo | xxx |  |  |  |
| 7. Shelley Spires (USAF) | 6-1½ (1.87) | 0 | 0 | xxo | xxx |  |  |  |
| 9. Abigail O'Donoghue (LSU) | 87); 10. Jam | ke (1 | 5-11 | 82); | e, An | Hall (C) | San | arne | (Vill) 5-93⁄4 (1.77).

## QUALIFYING

(June 18, 16.45 Hr) All finalists cleared 6-1½/1.87
Non-qualifiers: [5-11 $1 / 2 / 1.82$ ] — Morgan Smalls (unat), Ty Butts Townsend (unat), Krystle Schade (unat), Lucy Corbett (MtStB); [5-93/4/1.77] — Rylee Anderson (Ks), Nissi Kabongo (SFA), Taylor Beard (Cinc), Chinenye Agina (Azusa), Shelby Tyler (Ga), Lily Lowe (Az), Claire Kieffer-Wright (unat); [nh] — Jelena Ro

In 2016 Cunningham and McPherson had jumped 1.97 and 1.93 behind Chaunte Lowe's 2.01. Cunningham had a clean sheet all the way through to her final height of 2.02 . McPherson and Greene, who both cleared 1.93 were unselected as neither had the Olympic qualifying height of 1.96 , while 4th placed Rachel McCoy, who had cleared 1.96 did make the team. A bizarre note was added when Ty Butts-Townsend, 14th in the OT qualifying and 8th at the 2019 Worlds, who had not gone higher than 1.87 in 2021, was deemed by World Athletics to have a World Ranking in 2021 good enough for Olympic selection. She placed 31 st and last in the OG qualifying confirming a fault in the selection process. Cunningham repeated her 1.96 in Tokyo, tying for 6th.

| $5.07$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Katie Nageotte (Nik) | 16-23/4 (4.95) |  | p | p | 0 | 0 | p | 0 | x0 |
| xxx |  |  |  |  |  |  |  |  |  |
| 2. Morgann LeLeux (NHGTC) | 15-5 | (4.70) | 0 | 0 | 0 | xxo | p | X | r |
| 3. Sandi Morris (Puma) | 15-1 | (4.60) | p | 0 | 0 | $\mathbf{x x x}$ |  |  |  |
| 4. Olivia Gruver (Nik) | 15-1 | (4.60) | xo | 0 | 0 | xxx |  |  |  |
| 5. Jenn Suhr (adi) | 15-1 | (4.60) | p | p | xo | $\mathbf{x x x}$ |  |  |  |
| 6. Nastassja Campbell (Ar) | 14-9 | (4.50) | 0 | 0 | XXX |  |  |  |  |
| 7. Sophie Gutermuth (unat) | 14-9 | (4.50) | xo | 0 | XXX |  |  |  |  |
| 8. Alina McDonald (KMR) | 14-9 | (4.50) | 0 | x0 | XXX |  |  |  |  |

9. Bridget Guy (unat) 14-9 (4.50); 10. Megan Clark (OisNYAC) 14-9 (4.50); =11. Kristen Brown (unat) \& Sydney Walter (unat) 14-3¼ (4.35); 13. Lauren Chorny (Landon) 14-3¼ (4.35).

## QUALIFYING

(June 24, 17.00 Hr) All finalists cleared 14'9 (4.50(,except Chorny, Walter and Brown, who cleared 14-5 ¼ (4.40) Non-qualifiers: [14-51/4/4.40]—Rachel Baxter (VaT); [14-1 $1 / 4 / 4.30$ ]—Kayla Smith (Ga), Kortney Ross (unat); ... nh—Tuesdi Tidwell (Bay), Daylis Caballero Vega (unat), Kristen Leland (unat), Lauren Martinez (Ar), Kaylee Bizzell (SFA), Emily Grove (unat), Paige Sommers (CaHS), Chloe Cunliffe (Puma)

The opening height in the final was 4.35 m , and 10 of the 13 then made 4.50. At 4.60 Nageotte, LeLeux and Morris led, all with no failures, while Gruver, with a miss at 4.35 was 4th, ahead of Jenn Suhr, competing in her 5th Trials, who got over 4.60 second time. Only Nageotte, first time, and Leleux on her final attempt made 4.70, meaning Morris was a second time Olympian, despite jumping below her usual level. Nageotte then made 4.80 first time to ensure the win, and then negotiated 4.95 at her second attempt to set a PR and the world's leading jump of 2021. Nageotte went on to win a nail biting Olympic pole vault with 4.90 , but her teammates had less good fortune, with Leleux no-heighting in the final, while Morris failed to qualify after injuring herself on a warm-up jump for the qualifying round.

Long Jump - June 26, 18.30 Hr

1. Brittney Reese (Nik)
2. Tara Davis (Tx)
$23-43 / 4 \quad(7.13) \quad 1.3 \quad 6.94 w, 6.81,6.91,7.11,7.13,7.02 w$
3. Tara Davis (Tx)
4. Quanesha Burks (adi)
5. Tiffany Flynn (unat)

23-11/4 (7.04) $1.4 \quad 6.92,6.74,6.75$, f, 7.04, 7.02
22-10 (6.96) 1.6 6.68, 6.68, 6.65, 6.42, 6.96, 6.62
6. Shakeela Saunders (adi)
7. Keturah Orji (AtITC)
$22-33 / 4$ (6.80) $1.2 \quad 6.51,6.61,6.75,6.33,6.80,6.38)$
$22-31 / 2$ (6.79) $1.2 \quad 6.49,6.55,6.69,6.36,6.79,6.66)$
$22-1 / 4 \quad(6.71) \quad 1.4 \quad f, 6.58,6.61 w, 6.70,6.46,6.71$
21-11w (6.68) $2.2 \quad$ 6.68w, f, f, f, 6.64/+0.1, 6.64
21-10 (6.65) $0.8 \quad$ f, 6.65, 6.47, 6.12, f, f)
8. Jasmine Todd (Tracksm)
9. Bria Matthews (GaT) 21-6 (6.55)/+1.5; 10. Tianna Bartoletta (unat) 21-5½ (6.54)/+1.2; 11. Aliyah Whisby (LSU) 214¼ (6.51)/+1.4; 12. Claire Bryant (Fl) 20-93/4 (6.34)/+0.4

## QUALIFYING

(June 24, 17.45 Hr) Qualifiers: Reese 22-61/4 (6.86), Burks 22-41/4 (6.81), Flynn 22-3/4 (6.72), Davis 21-11 (6.68), Payton 21-9 $1 / 2$ (6.64), Todd 21-9 $1 / 2$ (6.64), Saunders $21-71 / 4$ (6.58), Orji 21-5 $1 / 2$ (6.54), Bartoletta 21-5 $1 / 2$ (6.54), Whisby 20-113/4 (6.39), Matthews 20-91⁄4 (6.33), Bryant 20-73/4 (6.29)

Non-qualifiers: Jada Seaman (Va) 20-53/4W (6.24), Jasmyn Steels (NWnLa) 20-4¼ (6.20), Madisen Richards (unat) 201½ (6.13), Sydney Conley (unat) 20-1/2 (6.11), Adreanna Parlette (Belm) 19-43/4 (5.91), Kenyattia Hackworth (unat) 178¼ (5.39); ... 3f—Rhesa Foster (Or), Monae' Nichols (TxT), Michelle Fokam (Rice), Alysah Hickey (Or).

There has never been a better athlete, in terms of peaking for the Trials, than Brittney Reese. In 3 previous appearances Reese had won the Trials Long Jump, and always with a seasonal best -6.95 in 2008, 7.15 in 2012, and a lifetime best of 7.31 in 2016. Among team contenders, only Kendell Williams, focusing on the Heptathlon, was missing. After leading the qualifiers with 6.86 , Reese opened up with $22-91 / 4 \mathrm{w}$ [6.94] in the final, good enough for third on the day, and was closely followed by Tara Davis, collegiate record holder, with 6.92. TJer Orji and Quanesha Burks were both on 6.68 . There were no changes until round 3 when Tiffany Flynn moved into third with 6.75 , followed by Malaina Payton's 6.69 . Olympic champion Tianna Bartoletta jumped 6.54 which gained her only 10th place. While there were no 7 m jumps in the first 3 rounds, the last 3 produced 5, with Davis getting within 10 cm of her NCAA record with her 5 th round 7.04 to ensure second place behind Reese, who produced effort of 7.11 and 7.13 in rounds 4 and 5 . Burks settled any doubts for third place with her 22-10 [6.96] in the 5 th round. Reese had again triumphed at the Trials....with a seasonal best. The 2012 Olympic champion announced her retirement later in the season, after winning silver in Tokyo.

Triple Jump - June 20, 17.55 Hr

9. Lynnika Pitts (unat) 43-83/4 (13.33)/+0.2; 10. Leah Moran (In) 43-73/4 (13.30)/+0.1; 11. Alex Madlock (Bay) 42-113/4 (13.10)/+1.0; 12. Kiana Davis (unat) 42-51/4 (12.93)/+1.2

## QUALIFYING

(June 18, 18.15 Hr ) Qualifiers: Orji 46-103/4 (14.29), Moore 46-3/4 (14.04), Franklin 45-5 (13.84), Fokam 45-3 (13.79), Pitts 44-93/4w (13.66) (44-1 $1 / 2 / 13.45$ ), Moran 44-3 $1 / 4$ (13.49), Manning 44-1 $1 / 4 \mathrm{w}(13.44)(42-23 / 4 / 12.87)$, Oliver 44-3/4 (13.43), Marsh 44-3/4w (13.43), Madlock 43-6 (13.26), Fisher 43-13/4 (13.15), Davis 43-13/4 (13.15)

Non-qualifiers: Dominique Ruotolo (Or) 42-11 $1 / 2 \mathrm{w}$ (13.09) (42-31/4/12.88), Harleigh White (unat) 42-9w (13.03) (4231⁄4/12.88), Sophia Falco (Tx) 42-7½ (12.99), Adja Sackor (Jack) 42-43/4 (12.92), Bria Matthews (GaT) 42-3122 (12.89), Mylana Hearn (DBTC) 42-31/4 (12.88), Sammy Evans (unat) 42-0 (12.80), Alexa Wandy (unat) 41-73/4 (12.69), Ryann Porter (InSt) 41-73/4w (12.69), Essence Thomas (Ok) 40-111/2 (12.48), Makenzy Mizera (Lib) 40-43/4 (12.31).

Keturah Orji retained her Trials title with 4 jumps of 47 foot or better, culminating in a Trials record of 47-7 $3 / 4$ [14.52] in the final round. Behind her Tori Franklin with 14.36 and Jasmine Moore [14.15] were the only other jumpers to exceed 14 metres. These were the 3 predicted by T\&FN as the Olympic team members.

Shot Put - June 24, 14.15 Hr

1. Jessica Ramsey (adi)
2. Raven Saunders (Nik)
3. Adelaide Aquilla (OhSt)
4. Maggie Ewen (Nik)
5. Chase Ealey (Nik)
6. Khayla Dawson (In)
7. Jessica Woodard (unat)
8. Akealy Moton (NDSt)
19.45, 19.05, 19.13, 20.12, f, f
18.05, 18.24, 19.96, 19.59, 18.90, 18.89
$18.95,17.34,17.11,18.15$, f, f
18.31, 18.92, f, 18.14, 18.69, f
18.39, f, 18.24, f, f, 18.39
18.17, 17.78, f, 17.21, 17.48, f
$17.39,17.90$, f, 17.98, 17.83, f
$16.84,17.62,17.90,17.58,17.62$, f
9. Samantha Noennig (Az) 54-9¼ (16.69)

## QUALIFYING

(June 24, 13.30 Hr ) Qualifiers: Saunders 62-10 $1 / 2$ (19.16), Ramsey 61-9 (18.82), Ewen 61-71⁄2 (18.78), Ealey 61-4 (18.69), Aquilla 61-3/4 (18.61), Woodard 60-31/4 (18.37), Dawson 59-3 (18.06), Schaefer 58-8½ (17.89), Noennig 57-11 (17.65), Moton 57-1½ (17.41), Maines 57-1½ (17.41), Riddick 56-11½ (17.36)
Non-qualifiers: Haley Teel (unat) 56-8 (17.27), Rachel Fatherly (VelGarS) 56-2 (17.12), Payden Montana (Ok) 55-111/4 (17.05), Shelby Gunnells (NDSt) 55-914 (17.00), Essence Henderson (VaT) 54-2½ (16.52), Taylor Latimer (KsSt) 53-11 (16.43), Jalani Davis (Ms) 52-103/4 (16.12), Nickolette Dunbar (AI) 51-113/4 (15.84); ... 3f—Felisha Johnson (Greenes), Madison Pollard (In)

This was thought to be a battle between Ealey, Ewen, Ramsey and Saunders. These 4 led the qualifying, headed by Saunders 19.16, with the only surprise being the failure of Felisha Johnson, 2016 Olympian, to make the final - recording 3 fouls.

Ramsey led at the end of round 1 with 19.45 , just 5 cm short of her PR, and half a metre clear of Adelaide Aquilla. The Ohio State senior had become a contender after improving from 58-5 $1 / 2$ in 2020 to $62-83 / 4$ and NCAA indoor titles under the tutelage of Ashley Kovacs, Joe's wife and coach. Ewen moved past Ealey [18.39] with 18.92 in the second round, but dropped to 4th when Raven Saunders boomed a PR 65-6 in round 3. Having a "day of days" Ramsey then reached 66-0 $1 / 4$ [20.12] in round 4. Things were less positive in Tokyo for Ramsey, as she fouled out in the Olympic final, though Saunders threw 19.79 to win silver.

Discus Throw - June 19, 18.42 Hr

1. Valarie Allman (Asics/NYAC) f
2. Micaela Hazlewood (unat) 205-2 (62.54)
3.Rachel Dincoff (TracksmIron)
3. Kelsey Card (unat)
4. Whitney Ashley (unat)
5. Gia Lewis-Smallwood (NYAC)
6. Alex Collatz Sellens (unat)
7. Alyssa Wilson (UCLA)

197-6 (60.21)
194-9 (59.37)
193-11 (59.10)
191-10 (58.49)
190-0 (57.91)
189-1 (57.63)

229-5 (69.92) 69.45, 69.92, 66.36, "68.65"-mismeasurement, 68.46,
205-2 (62.54) 57.90, 62.54, f, 57.53, f, 59.72
f, 57.74, f, 59.35, 60.21, f
59.37, f, 56.64, f, 57.77, 59.33
56.44, 59.10, 58.76, 58.21, f, 58.55
58.49, f, 58.45, 58.11, f, f
57.63, 57.91, 54.14, f, f, f
57.63, f, 53.81, 55.44, 55.15, f)
9. Seasons Usual (TxT) 187-10 (57.25); 10. Veronica Fraley (Clem) 182-6 (55.64); 11. Desirea Buerge (UTRGV) 181-11 (55.44); ... 3f-Gabi Jacobs (unat).

## QUALIFYING

(June 18, 16.00 Hr) Qualifiers: Allman 229-8 (70.01) (f, 70.01, f); Dincoff 202-2 (61.63); Lewis-Smallwood 199-11 (60.94), Hazlewood 195-11 (59.72), Jacobs 195-4 (59.55), Wilson 192-11 (58.80), Ashley 190-5 (58.05), Card 189-8 (57.82), Collatz Sellens 189-3 (57.69), Fraley 186-1 (56.73), Usual 184-1 (56.12), Buerge 183-9 (56.02)

Non-qualifiers: Deborah Ajagbe (Mia) 181-10 (55.43), Elena Bruckner (Tx) 180-10 (55.12), Zakiya Rashid (Mia) 180-9 (55.10), Essence Henderson (VaT) 180-1 (54.88), Summer Pierson (SCThr) 178-9 (54.48), Adelaide Aquilla (OhSt) 1782 (54.32), Josie Schaefer (Wi) 178-0 (54.26), Jeré SummersHall (unat) 176-9 (53.87), Kiana Phelps (Or) 175-6 (53.50), Ashley Petr (KsSt) 174-6 (53.19), Sydney Laufenberg (IISt)

Valarie Allman was the event favourite, and surpassed all expectations by throwing the second best ever qualifying throw with 70.01 [the best is 70.50 by Tsvetanka Khristova in Bulgaria in 1988]. The lean Allman's first two throws in the final were 22710 and 229-5, more than 20 foot beyond 2nd place, the 205-4 PR by Micaela Hazlewood.Third place was held by Kelsey Card's opening throw of 194-9, until round 5 when Rachel Dincoff threw 197-6. Allman's class was further shown in Tokyo when she threw 226-3 $1 / 2$, winning the Olympic title by more than 2 metres

Hammer Throw - June 26, 16.05 Hr

1. DeAnna Price (Nik) 263-6 (80.31)
2. Brooke Andersen (NikIron) 255-0 (77.72)
3. Gwen Berry (PumaNYAC) 241-2 (73.50)
4. Janee' Kassanavoid (unat)

241-0 (73.45)
5. Lisa Wilson (unat)

232-7 (70.90)
6. Alyssa Wilson (UCLA)

226-6 (69.04)
7. Erin Reese (Vel)

222-8 (67.88)
8. Whitney Simmons (T1D) 222-6 (67.82)
9. Lara Boman (Vel) 219-2 (66.80); 10. Michaela (64.88); 12. Alina Duran (GSTCNBal) 205-2 (62.55)
77.82, 78.51, 79.98, f, 80.31, 78.16
74.38, 77.72, f, 75.48, f, f
73.50, 71.83, 72.63, f, f, f
72.73, 73.45, f, f, 72.41, 72.32
68.27, 66.51, 68.41, 64.84, 70.90, f
f, f, 68.11, f, 67.61, 69.04
67.71, 67.02, 67.88, 65.72, 66.59, 66.77
66.89, 67.82, p, f, p, f)

## QUALIFYING

(June 24, 13.25 Hr) Qualifiers: Price 252-11 (77.10), A. Wilson 241-11 (73.75), Kassanavoid 238-6 (72.69), Reese 237-11 (72.53), Andersen 236-9 (72.16), Berry 232-1 (70.74), Boman 227-7 (69.37), Dendinger 223-0 (67.98), L. Wilson 222-9 (67.90), Fluker 222-5 (67.81), Simmons 220-9 (67.30), Duran 219-3 (66.82)

Non-qualifiers: Rachel Tanczos (NDam) 218-5 (66.59), Shey Taiwo (Ms) 217-8 (66.36), Maddy Nilles (NDSt) 217-5 (66.28), Jillian Shippee (NC) 216-11 (66.12), Jordan McClendon (Mo) 214-7 (65.41), Lauren Jones (Ok) 213-10 (65.19), Emma Robbins (LSU) 212-8 (64.83), Quiara Wheeler (CMi) 209-5 (63.83), Madi Malone (Aub) 207-7 (63.29), Jasmine Mitchell (Ms) 205-1 (62.50), Mikaila Martin (Hous) 205-0 (62.48), Shauniece O’Neal (SnII) 204-0 (62.19).

If this was an event which followed form, distances achieved were as impressive as in the men's event. Price led the qualifiers with 252-11, ahead of Alyssa Wilson's PR 241-11, with 6 in total exceeding 70 metres. Price opened up with $255-4$, and followed that with 257-7 [78.51] just 9cm short of her US record. Behind her, Andersen took control of runner-up spot with successive throws of 244-0 and 255-0 [77.72]. Gwen Berry took third place with her opening throw of 241-2 [73.50], but it was a close run thing, as Janee' Kassanavoid threw 241-0 [73.45] in round 2. The next round saw a new US record as Price moved to \#2 all-time with 262-5, tantalisingly close to 80 metres with 79.98. Price didn't have to wait long, as she then reached 263-6 [80.31]. Price was the best placed American I Tokyo, in 8th, while suffering from an ankle injury.

Javelin Throw - June 26, 17.30 Hr

1. Maggie Malone (unat) 208-4 (63.50)
2. Kara Winger (TracksmNYAC) 201-8 (61.47)
3. Avione Allgood-Whetstone (USAr) 193-4 (58.94)
4. Ariana Ince (Vel)

188-7 (57.49)
5. Kylee Carter (Aub)
6. Virginia Miller (Stan)
7. Maura Fiamoncini (Buck)

181-4 (55.28)
$170-3$ (51.91)
8. Chantae McMillan (DayTC) 168-6 (51.36)

58.96, 60.74, f, 56.92, 63.50, 60.07

9. Maddie Harris (Nb) 167-10 (51.16); 10. Madison Wiltrout (NC) 166-9 (50.82); 11. Claire Meyers (LaL) 156-6 (47.71);
10. Katelyn Fairchild (unat) 146-4 (44.61)

## QUALIFYING

(June 25, 13.00 Hr) Qualifiers: Malone 195-7 (59.62), Winger 192-10 (58.78), Ince 188-8 (57.52), Allgood-Whetstone 182-0 (55.48), Carter 178-2 (54.30), Fiamoncini 174-4 (53.14), Wiltrout 172-9 (52.67), Harris 169-4 (51.63), McMillan 167-11 (51.18), Meyers 161-6 (49.22), Miller 161-3 (49.15), Fairchild 160-11 (49.05)
Non-qualifiers: Ashley Carter (Aub) 157-8 (48.06), Sarah Blake (MsSt) 157-5 (47.98), Kari Wolfe (NDSt) 156-7 (47.72), Carley Vonheeder (MtStB) 156-2 (47.61), Sydney Juszczyk (UltSpA) 156-1 (47.58), Danielle Collier (SlipR) 155-2 (47.29), Emma Foster (Navy) 153-4 (46.75), Ashton Riner (BYU) 153-3 (46.73), Madison Smith (PennSt) 150-8 (45.93), Katie Reichert (unat) 146-9 (44.74), Casey Bogues (Day) 143-2 (43.64)

Winger [3 times] and Malone [2] both previous Olympians were expected to qualify again with Ince and Allgood-Whetstone their most likely rivals. Winger led the final with her 201-8, one of her 3 throws beyond 61 metres. Malone, the other 60 m thrower on the day, reached 60.74 in round 2, before hitting a winning 208-4 [63.50] in round 5 . The battle for third was won by Allgood-Whetstone with a PR of 193-4, ahead of Ince's 188-7. However, Ince won the war, as her seasonal best of 61.64 - and more importantly her World Athletics rating of 15 th - ensured her Olympic selection. Malone was the only American to make the final, placing 10th with 59.82 , though her qualifying mark of 63.07 would have placed 6 th in the final.

## Heptathlon - (June 26-27)

$\begin{array}{ll}\text { 1. Annie Kunz (unat) } & \text { 4042-1 } \\ \mathbf{1 2 . 9 5 w}, 1.81,15.73,23.71, ~ 6.50,45.06, ~ 2: 15.24 ~\end{array}$
2. Kendell Williams (Nik) 3924-3 6703
12.95, 1.84, 13.12, 23.51w, 6.73w, 47.41, 2:16.85
3. Erica Bougard (Nik) 3912-4

6667
12.92, 1.87, 12.38, 23.56w, 6.50, 46.75, 2:10.93
4. Michelle Atherley (Mia) 3776-6 6352
12.91, 1.72, 12.96, 23.45, 6.27, 39.65, 2:08.86
$\left.\begin{array}{l}\text { 5. Ashtin Mahler (Tracksm) 3669-8 } \\ \text { 13.79, 1.75, 14.23, 24.47, 6.05, 51.30, 2:17.74 } \\ \text { 6. Chari Hawkins (OnAC) 3856-5 }\end{array}\right)$

The T\&FN prognostication had the top-3 as Bougard-Wlliams-Kunz, and these were the 3 who qualified to Tokyo, though in reverse order. Kunz had 5 lifetime bests over the 2 days. All 3 candidates ran under 13.00 in the hurdles, which was won by Taliyah Brooks's 12.85. Bougard and Williams led the high jump with 1.87 and 1.84 respectively. Kunz won the shot with 15.73, more than $1 \frac{1}{2}$ metres ahead of the field, and a PR 23.71 took her to a PR first day score of 4042 . Behind her were three over 3900 led by Brooks 3946, ahead of Williams 3924 and Bougard 3912. The Long Jump was held in the heat of the final day of the Trials, and while Brooks reached 6.36, she then collapsed and had to be taken to hospital. Williams won with 6.73 w ahead of Kunz and Bougard's 6.50. All 3 produced PRs in the Javelin, led by Williams 47.41, ahead of Bougard 46.75 and Kunz 45.06. Ashtin Mahler, who would place 5th with 6273, won the JT with 5130 , and the 800 was led by Michelle Atherley who ran a PR 2:08.86 to score 6352 in 4th. With 6 events completed Williams led Kunz by just 2 points with 5816 , with Bougard in third [5716].Bougard was the quickest of the three with 2:10.93 to score 6667, and Kunz overtook Williams with 2:15.24 to win with 6703 ahead of Williams 6683, after a 2:16.85. Williams, Kunz and Bougard would finish 5-6-9 in Tokyo.

