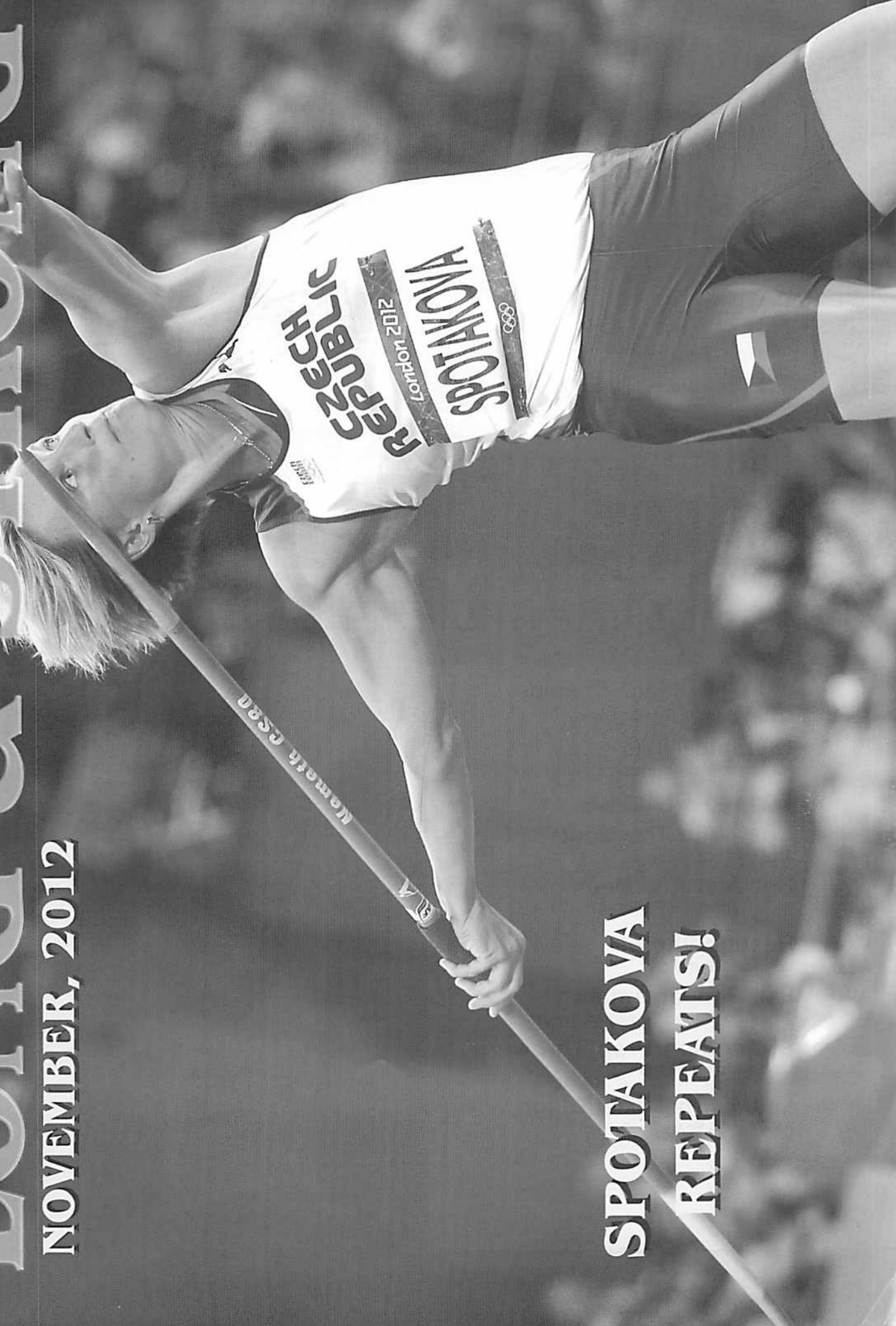


# LONG & STRONG

NOVEMBER, 2012



**SPOTÁKOVÁ  
REPEATS!**

## Correspondents:

- Jeff Gorski
- Brad Reid
- Scott Weiser
- Mark Valenti
- Dan McQuaid
- Lane Dowell
- Pat Corbett
- Don Amini

On the cover:

Barbora Špotáková seized her second consecutive Olympic gold in London. (Victor Sailer)

This page (top):

Young upstart Sandra Perkovic dominated the Olympic discus. (Victor Sailer)

This page (bottom right):

Tomasz Majewski triumphed over a deep field to defend his Olympic title. (Victor Sailer)

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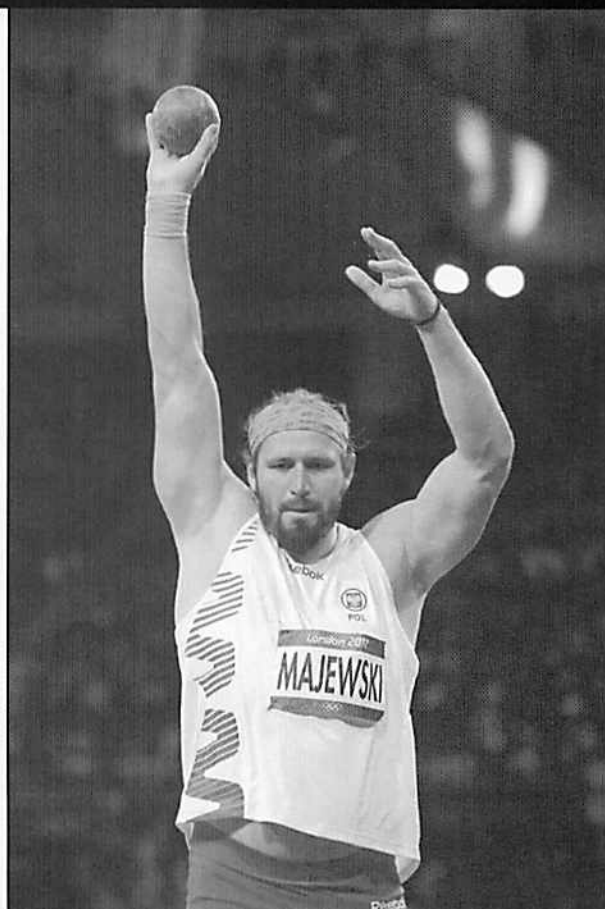
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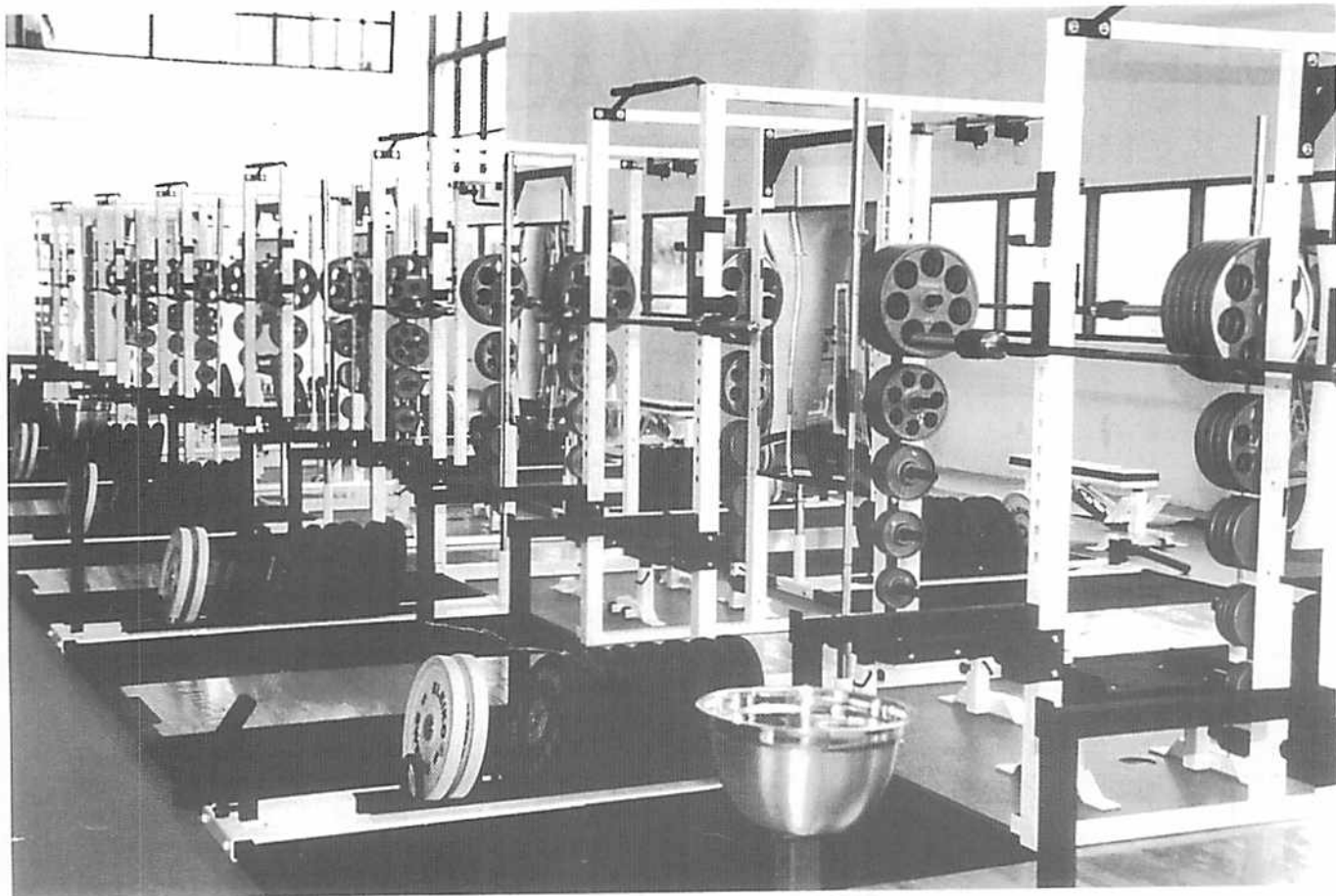
Regular U.S. Rate (3rd-class mail) is \$20.00 for four issues, one year. Foreign subscriptions are \$24.00 North American, \$40 elsewhere.

## MAILING:

**Long & Strong** is published quarterly by Thompson Publishing, 414 W. Penn Street, Carlisle, PA 17013. Third-class postage paid at Harrisburg, PA.

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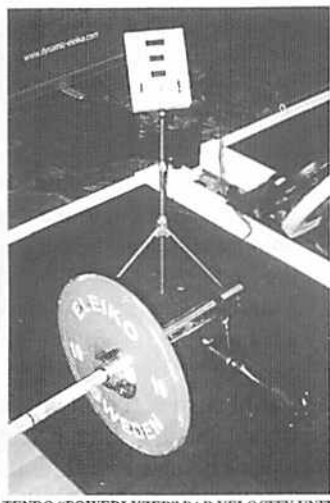
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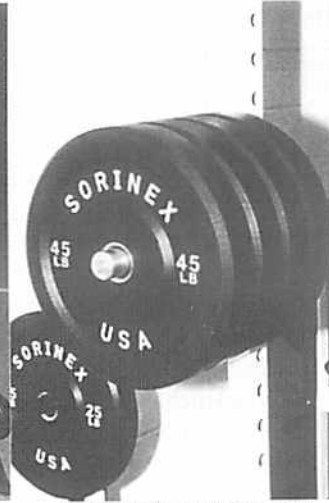
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# MIDWESTERN MAGIC

BY DAN McQUAID AND PAT TROFIMUK

*Tucked into the cornfields of Iowa, there is magic place. A place where courtesy is the rule and not the exception. A place where you can get a reasonably-priced motel room even when the World Pork Expo is in town. A place where you can get one of the comfy seats at Starbucks at 8:00 on a Saturday morning. A place where they will charge you \$6 for a milkshake but only \$3 for a quality beer. A place where almost every June world class throwers gather to compete.*

*Yep, I'm talking about Des Moines, Iowa, site of this year's NCAA Division I Track and Field Championships. With four winners from 2011 returning to defend their titles in the throws and some formidable challengers eager to knock them off, there promised to be plenty of drama at this year's meet. Determined to witness it first-hand, my friend Pat Trofimuk and I piled into my Prius on a hot June morning and hauled butt "Born to be Wild" style across three hundred miles of sun-drenched cornfields. Our motto: If they chuck it, we will come.*

## Men's Discus

We arrived in Des Moines and made our way to Drake University just in time to catch the flight one warm-ups for the men's discus. The layout at Drake is spectator-friendly. The long throws are contested on a large field outside the stadium, but not so far away that you feel like you've been banished to a remote island. There are two throwing cages, one right next to the stadium and one about 100 meters distant. The farther cage is right next to the javelin runway, which allows the discus or hammer to be contested concurrently with the jav. This layout would come in handy on a couple of occasions during the week ahead.

There is a grass berm running along one side of the field that wraps around behind the farther cage and the javelin runway, providing an excellent vantage point for spectators. That's where the discus was contested, and as warm-ups began, Pat and I staked out a nice spot on the grass directly behind and above the cage.

With defending champion Julian Wruck taking a redshirt year to prepare for the Olympics and manage a transfer to UCLA, this competition was wide open. The top returning finishers from last year, Mason Finley of Kansas (3rd), Chad Wright of Nebraska by way of Jamaica (6th), and Tyler Hitchler of Nebraska by way of Nebraska (7th) were all slotted into flight one. This was a matter of chance because, as was the case in 2011, the twenty-four qualifiers from regionals were divided into two randomly-selected flights.

It was a nice day to throw the disc. Sunny. Eighty-some degrees. It was hard to pin down the direction of the wind (they had divider flags strung all over the place and it seemed like they kept blowing in different directions), but it definitely wasn't a bad wind, and if nothing else, it kept the humidity at bay.

As seems to often be the case in high-pressure meets, most of the throwers looked a bit tentative in the early going. Wright got off the best throw of the first flight, 59.29m in round three. He doesn't have the height of the classic discus thrower (I'd guess he's around 6'2"), but he looks like he's got long arms and he moves really well. Same for Hitchler, who put himself into second place with a round-two toss of 59.09m, and Andrew Evans of Kentucky, a sophomore who came in with a regional seed of 55.67m, opened with 51.91m then improved to 58.91m in the second round. Next best after Evans was Geoffrey Tabor, a junior from Stanford, who reached 58.67m in round two. Tabor is another guy who does not look like he's tall enough to be a top-notch discus thrower, but he uses an extremely aggressive right leg sweep to develop speed out of the back (kind of like the Hungarian thrower Zoltan Kövágó) and attacks every throw with passion. Out of all the throwers we'd see throughout the week, he had my favorite yell. It's hard to describe, but even the Incredible Hulk would be impressed.

Finley's best in prelims was 57.93m. He doesn't have the classic discus build either. He's certainly got the height, but at 420 pounds he is much thicker than any elite discus thrower I've ever seen. Current world champion Robert Harting, for example, is 6'7" and weighs around 280. Finley was not happy with his performance in prelims, as 57.93m did not assure him a spot in the finals. He told us later that his coach kept admonishing him to stop dropping his left shoulder out of the back and pulling his head through the power position, but that he just couldn't feel what he was doing wrong.

As flight one finished up, the competitors from flight two were marched out to the cage. They had been gathered in a holding tent near the edge of the stadium, and that's where the flight one throwers would spend the next hour or so waiting to see if they'd made the finals (the top nine overall advanced).

The big gun in flight two was Oklahoma senior Luke Bryant, another smooth, technically excellent thrower who looks a bit undersized for the discus. He came in with the best throw out of regionals (60.24m). Other possible



contenders were Jared Thomas, a senior from South Florida with a PR of 61.26m, and Lonnie Pugh, a Michigan State junior who finished eighth last year and came in with a 58.39m regional toss.

The main attraction in flight two, though, was the Texas freshman Ryan Crouser. He has that classic, lanky discus-thrower build, but is also powerful enough to have put the shot 20.29m indoors. That combination of size and strength is generally limited to Marvel Comics characters, and many American throws fans are hoping that young Ryan eventually mutates into World Class Discus Man and rescues us from the current European domination of that event.

Bryant was Mr. Steady during prelims, going 59.50m, 59.36m, and 59.11m. That put him into the overall lead, and throwing in flight two meant that he could roll right into the finals without having to go back in the holding tent for an hour.

Thomas secured his spot in the finals with a third-round toss of 59.26m. I thought that Crouser looked a bit cautious. There has been talk of him struggling with injuries during the outdoor season, and he didn't seem that dynamic in the ring. He clenches his left arm as he turns out of the back, the way Suzy Powell-Roos does, and he lacked the fluidity of most of the other throwers. That said, he punched his ticket to the finals with a round-two 58.13m. The guy from flight two who really impressed me was Texas A&M freshman Dalton Rowan. He is tall and lanky like Crouser, but what set him apart was his speed. All twenty-four throwers seemed to be using the same basic technique template. Slide the left armpit over the left knee. Get the right foot off the ground quickly. Generate power with an aggressive right leg sweep. Finish with a violent reverse. What stood out about Rowan was that he moved through those positions faster than anybody else. He's still pretty light in the butt (232 pounds) and not super strong (bench: 255lbs for 3 sets of 3, hang clean: 125k for 1 of 3), but he can really haul.

He also is a young man of great enthusiasm and confidence. His secret for handling big meet pressure? "Got to have the memory of a goldfish, dude. No matter what happens I just tell myself, 'you already know how to do it, so just get out there and do it.'" After opening with 55.55m and 56.72m, he needed a big effort in round three to get in the finals. Summoning his inner gold fish, he banged a 58.85m to move temporarily into sixth place overall. As the flight two guys took their third throws, the flight one throwers were marched from the holding tent back out to the throwing area. At that point, Finley was hanging on to the number nine spot. Just as he and his fellow flight one competitors neared the discus cage, Pugh unleashed what appeared to be a 60-meter throw. Finley said later that when he saw that throw land his heart "dropped." Luckily

for him, and for the local EMTs, Pugh stepped on the front of the ring for a foul.

Mason did not immediately take advantage of his reprieve. His opening throw of the finals was a disappointing 56.16m. Crouser, sitting in eighth and up next, nailed a 59.77m to move into third place, a remarkable throw for a freshman under any circumstances and truly amazing if he was, as we suspected, not at one hundred percent. No one else made any noise in round four until Wright (60.98) became the first to break the 60-meter barrier. Bryant responded with 60.94m.

Mason remained stuck in neutral in round five (56.98), while Rowan, Tabor, and Hitchler all hit respectable 58-meter throws without moving up. Evans and Crouser fouled, making for a pretty uneventful round until Wright stepped into the ring then quickly stepped back out in order to let an official sweep a bug out of the way.

Those who follow the sport will remember what he and Hitchler went through last year as their coach, Mark Colligan, shockingly, passed away here in Des Moines the day of the discus final. Carrie Lane, hired in September to succeed Colligan, told me later about the difficulty of replacing a beloved coach who adhered to a rather idiosyncratic technical model. She had to figure out the best way to proceed with each individual thrower: help them improve while sticking with the technique they had gotten used to, or move them toward the more standard throwing style that she favored. In Wright's case, Lane discovered that her approach to technique meshed quite easily with the way he had learned to throw growing up in Jamaica, so they were able to find common ground without too much trouble. Lane even found herself, late in the season, adjusting Wright's technique using "Mark Colligan terms." This Colligan/Lane combo proved to be a powerful mix, as Wright drilled a fifth-round 62.79m to take a commanding lead.

Bryant responded with a foul, and then Mason ambled into the ring having apparently decided to try a novel approach: listening to his coach. "On my last throw," he said later, "I just figured he must be right so I just trusted him and really over-exaggerated not pulling my head and not dipping my shoulder." The result was enough to warm the heart of coaches everywhere: a three-meter improvement to 61.02m which launched him from ninth place all the way to second.

That was it in terms of final-round fireworks. Wright finished with a foul and Bryant closed with 60.42m to end up third.

## RESULTS (June 6)

1. \*\*Chad Wright' (Nb) 206-0 (62.79) PR (CL); 2. \*Mason Finley (Ks) 200-2 (61.02); 3. Luke Bryant (Ok) 199-11 (60.94); 4. \*\*\*Ryan Crouser (Tx) 196-1 (59.77) PR; 5. Jared Thomas (SFl) 194-5 (59.26); 6. Tyler Hitchler (Nb) 193-10 (59.08); 7. \*\*Andrew Evans (Ky) 193-3 (58.91) PR; 8. \*\*\*Dalton Rowan (TxAM) 193-1 (58.85) PR (5, x AJ); 9. \*Geoffrey Tabor (Stan) 192-6 (58.67) PR; 10. \*\*Matthew Kosecki (UCLA) 189-5 (57.74); 11. \*Lonnie Pugh (MiSt) 187-9 (57.24); 12. \*\*Danny Block (Wi) 187-9 (57.23); 13. \*\*Nathaniel Williams (NCSt) 184-6 (56.25); 14. \*Jordan Williams (Nnla) 183-10 (56.04); 15. \*\*Emmanuel Stewart' (Morg) 180-5 (54.99); 16. \*\*Zachary Duncavage (Navy) 179-9 (54.78); 17. \*\*Burke McCarty (Ga) 178-11 (54.53); 18. \*\*\*Kole Weldon (TxT) 178-1 (54.28); 19. \*\*\*Antonio James (MiSt) 177-6 (54.11); 20. \*\*\*Blake Jakobsson' (Tx) 175-6 (53.51); 21. \*\*Stephen Saenz' (Aub) 173-0 (52.75); 22. \*Michael Levine (Yale) 169-8 (51.71); ...3f—\*\*Will Barr (PennSt); ...nm—\*Richard Collingwood' (SnMs) (f, p, p).

## Women's Javelin

The women's javelin competition ran concurrently with the men's discus, but no worries. Because they were using the discus cage that sits right next to the javelin runway, it was possible to follow both events at the same time.

That was nice, because I really wanted to see Oklahoma's Brittany Borman try to defend her title. Borman, who looks like what the actress Emma Stone would look like if Emma Stone could clean 100k, has had a fantastic throwing career at Oklahoma but one characterized by dramatic unpredictability. She finished second in the NCAA discus in 2010, came into the 2011 meet as one of the favorites and... fouled out of the prelims. She also finished second in the jav in 2010, came into the 2011 meet as the clear favorite and...looked very shaky in the prelims before righting her ship and knocking out a fourth-round 54.32m for the win. In April of this year, she launched a 59.42m missile, thus announcing herself as a potentially world class javelin thrower and...hit only 50.89m at the regional and came into Des Moines ranked second behind Stanford freshman Brianna Bain (50.92m). So, it would be interesting to see which version of Borman showed up.

The illogical logic of randomization put Bain in flight one and Borman in flight two, thus giving Bain the chance to maybe get into Borman's head a little bit by knocking the

crap out of one early, but she couldn't manage it. Her first-round 50.01m was her best throw of the prelims, putting her in second behind Emily Tyrrell of Montana State (50.50m).

Borman took over the lead with her first attempt (52.15m) then pretty much sealed the deal with a round-two toss of 56.27m.

That throw seemed to take the starch out of the rest of the field, as the first two rounds of the finals produced only two fifty-meter throws, Borman's fourth-round 53.09m and Bain's fifth-round 51.11m.

Cheryl Treworgy/PrettySporty.com



Borman

The snoozefest continued into round six until, out of the blue, Bain hammered one. I imagine Borman had an uncomfortable moment or two there while waiting for the measurement. Kind of like me when the doorbell rings and I have reason to suspect that one of my sisters-in-law might be in town. But she needn't have worried. Bain's 54.93m gave her a new PR and sent a message to her fellow underclassmen that she'll be the one to beat in 2013, but it was not enough to pull off the upset.

## RESULTS (June 7)

1. Brittany Borman (Ok) 184-7 (56.27) (10, x NCAA) (defending champ); 2. \*\*\*Brianna Bain (Stan) 180-2 (54.93) PR (2, 2 AJ); 3. \*\*Laura Loht (PennSt) 169-4 (51.62) PR; 4. \*\*\*Lauren Kenney (PennSt) 167-10 (51.17) PR; 5. Emily Tyrrell (MtSt) 165-8 (50.50); 6. \*Heather Bergmann (Ks) 163-2 (49.74); 7. \*\*Victoria Pattera (MO) 162-11 (49.67); 8. Kristine Busa' (USC) 161-3 (49.15); 9. \*\*\*Allison Updike (Ga) 158-9 (48.38); 10. Melissa Fraser' (DeP) 158-1 (48.18); 11. Laura Asimakis (TxAM) 155-11 (47.52); 12. \*\*Chelsea Whalen' (FlSt) 155-8 (47.44) PR; 13. Alanna Kovacs' (DeP) 155-2 (47.31); 14. \*\*Nika Ouellette (Vt) 154-11 (47.22); 15. Ana Ruzevic' (Tul) 153-4 (46.74); 16. \*Allyson Wardell-Andersen (BYU) 148-1 (45.14); 17. \*\*\*Emelie Larsson' (Cinc) 147-7 (44.99); 18. \*Andrea Hopkins (Duke) 146-9 (44.74); 19. \*\*\*Anna Adamko (WaSt) 146-9 (44.73);

## Women's Discus

Last year, Arizona State's Anna Jelmini came to Des Moines as one of the favorites, threw quite well (57.97m), held first place going into round six, and lost the title to an unheralded thrower, Tracey Rew of Northwestern Louisiana who PR'd by three meters.

No way something like that could happen two years in a row, right?

Aside from Jelmini, the top returners from 2011 were Tennessee's Annie Alexander (3rd), Michigan State's Beth Rohl (6th), and San Diego State's Whitney Ashley (7th), none of whom had come within two meters of Jelmini at regionals where she posted 57.49m.

Rohl and Ashley were both slotted in flight one, and as warm-ups began (around 5:00), the sun started to ease up a bit and a light breeze continued wafting in, making the conditions quite pleasant for throwers and spectators.

Rohl and Ashley each punched their ticket to the finals during round one, Rohl hitting 55.69m and Ashley producing a 42-centimeter PR of 56.22m. None of the other flight-one throwers would advance. That included Brittany Borman, who had to skip the javelin awards ceremony in order to report for the discus. She looked really smooth technically, but just didn't seem to have much pop and could manage only a round-two 52.48m. I asked her afterwards if she was exhausted after throwing the jav in that sun for two hours but she said no, she felt fine and was not sure why she couldn't get off a better throw in the disc. It was kind of a sad way to end what had been an outstanding college discus career, but she was already looking forward to competing in the javelin in the Olympic Trials and beyond. She plans to continue training at OU under her current coach, Brian Blutreich, and with two NCAA jav titles and the Olympic B-standard under her belt, she could not be blamed for losing a bit of focus in the discus.

Jelmini had to be feeling pretty good as flight two was brought out to take their warm-up throws. The weather was getting nicer by the minute, and nobody in flight one had done anything that might cause her undo worry. She snapped off a couple of warm-up throws in the 60-meter range, and looked relaxed and confident even when she mistimed one and yanked it badly down the left foul line. Her coach, Dave Dumble, encouraged her to "face the throw longer" as she appeared to be pulling down a bit with her head and left arm as she sprinted out of the back of the ring.

Speaking of technique, it was interesting to note the variety of approaches found among the women. While almost all the male discus throwers looked alike technically, almost none of the women did. Jelmini has a unique way of holding the discus—she sort of cups it against her forearm, and she chalks her throwing arm from wrist to elbow to keep the disc from sticking. Whitney Ashley lets the disc drop down near her right knee as she leaves the back of the ring. Nebraska junior Morgan Wilken seems to throw her head and right arm towards the center of the ring as a way of creating momentum out of the back and then sprints

under the discus and into the power position. Also, unlike the men, there were several fixed-feet throwers among the ladies, including Ashley and Morgan.

Throwing sixth in her flight, Jelmini stepped in and took control right away. Her 58.79m opener put her into the lead by two-and-a-half meters. She followed that up with a round-two foul (another yanker down the left foul line) and a round-three 55.12m. Queuing up behind her and into medal contention were Alexander at 56.69m and Ashley Hearn of UC Davis who smoked a second-round 56.30m, ran over to the spectator berm, flashed her coach a big smile and declared, "That, was a PR!"

The top five heading into the final then were Jelmini, Alexander, Hearn, Rohl, and Ashley.

Jelmini got back on track in round four and fired a 58.34m—again almost two meters better than everyone else, but not quite the coup de grâce she was hoping for. Otherwise, it was a quiet round, with no changes in the rankings. Suddenly, in round five, things got interesting. By then, the weather was just about perfect. The harsh sun was gone. The breeze was blowing in. The opportunity was there for someone to nail a big throw.

The first to take advantage was Rohl. Her 56.85m jumped her into third place.

Next up was Whitney Ashley, and she absolutely killed one. Her coach let out a yell as the disc bit near the 60meter line. A few seconds later the exact distance flashed up on the board: 59.99m, four meters farther than her PR coming into this meet. She was now in first place.

Ashley Hearn was up next and, remarkably, came veeery close to trumping Whitney Ashley's bomb as she hit the sixty-meter line...but just barely fouled at the front of the ring.

God only knows what was going through Jelmini's head as she stepped up for her fifth throw. The conditions were right for her to throw 60 meters and retake the lead, but could she do it after being knocked out of first by a miracle throw two consecutive years? She did an impressive job of keeping her composure, but could only reach 58.19m.

Not much action in round six until Hearn got in and drilled 57.94m. She told us later that she had struggled the entire year until just before regionals when she and her coach decided to change her windup so that she kept more weight on her left leg. That helped her get out of the back efficiently, and basically saved her career. That sixty-meter foul has her determined to continue throwing post-collegiately.

Whitney Ashley finished with a 56.41m toss. Jelmini had



one more shot at retaking the lead, but could manage only 56.75m. She stood in the ring for a long time after the throw landed.

## RESULTS (June 6)

1. Whitney Ashley (SDi) 196-10 (59.99) PR (CL) (8, x NCAA); 2. \*\*Anna Jelmini (AzSt) 192-10 (58.79); 3. Ashley Hearn (UCD) 190-1 (57.94) PR; 4. \*Beth Rohl (MiSt) 186-6 (56.85) PR; 5. Annie Alexander' (Tn) 186-0 (56.69); 6. \*\*\*Kearsten Peoples (Mo) 182-5 (55.60) PR; 7. \*Skylar White (Bay) 181-0 (55.16); 8. \*Morgan Wilken (Nb) 178-5 (54.39); 9. TeRina Keenan' (Hi) 177-11 (54.22); 10. Jeneva McCall (SnH) 177-4 (54.05); 11. \*Ashlee Smith' (McN) 176-8 (53.86) PR; 12. Emily Pendleton (Mi) 173-2 (52.79); 13. Brittany Borman (Ok) 172-2 (52.48); 14. \*\*\*Alex Collatz (USC) 171-7 (52.31); 15. Monteka Flowers (WnKy) 170-4 (51.92); 16. \*\*\*Kelsey Card (Wi) 169-8 (51.72); 17. \*\*\*Tremisha Taylor (NCSt) 169-2 (51.56); 18. Samia Stokes (LSU) 162-3 (49.46); 19. \*Jacquelyne Leffler (KsSt) 162-1 (49.41); 20. Brittany Hampton (NCSt) 161-9 (49.31); 21. \*\*\*Amber Monroe (Mia) 160-2 (48.82); 22. \*Felisha Johnson (InSt) 155-4 (47.35); 23. \*\*Rachel Polk (SnMs) 152-8 (46.53); ... 3f—\*\*Erica Brand (Duke). (best-ever mark-for-NCAA-place: 5, 10)

## Men's Javelin

Covering the throws in the heat of June makes a man powerful thirsty, so after the first day's events were over we retired to a West Des Moines pub called Old Chicago where they have an awesome beer selection and where, on Wednesday nights, every third beer is free. Yes, you read that correctly.

We woke up Thursday morning feeling thoroughly refreshed, and headed to the Blank Park Zoo to while away some time before the Day 2 throwing events. My favorite exhibits were the tortoises and the animatronic mastodon. I also came away with a very nice blackmail picture of Pat cuddling a baby seal doll.

Last year, Tim Glover of Illinois State had the javelin title sewn up after his first throw—an 80.33m bomb that left everyone else fighting for second place. A year later he arrived in Des Moines stronger (a 125k bench—up from 105k, and a 130k hang clean—up from 110k), more experienced, and determined not only to defend his title but to reach the Olympic A standard of 82.00m. He had come close earlier this season with a toss of 81.31m at the Sea Rays Relays.

Stepping up to challenge Glover were 2011 runner-up Matthias Treff of Virginia Tech, Texas A&M's Sam Humphreys (3rd in 2011) and Florida sophomore Stipe Zunic (4th in 2011). Also in the hunt was Oregon freshman Sam Crouser, who posted a fine 76.70m toss in the regionals. Humphreys likely posed the biggest threat, as he

came in with the leading throw out of regionals (77.94m) after winning the Big 12 meet with a PR toss of 78.98m. He is also a very large man who looks like he could punch out a steer.

Glover, Treff, and Crouser were all slotted into flight one. Warmups began at 2:00, and it was smoking hot out by then. There are a few small trees scattered on the spectator hill overlooking the jav runway, so Pat and I grabbed a spot underneath one of them, but there was still no escaping the oppressive heat. I know that journalists are meant to be impartial, but Pat is a teammate of Glover's, so I'm not going to lie—we were rooting for him big time and hoping that he'd open up with a monster toss like last year.

Unfortunately, that was not to be the case.

Glover put together an okay series, 73.46m, 75.42m, 71.69m, but could not deliver a knockout blow. He ended up second in the flight, behind Treff's 75.83m. Crouser, like Humphreys an imposing physical specimen, could manage only 70.09m.

Out marched flight two, and into the tent went Glover with a lot of time to think things over.

Now it was Humphreys' chance to turn up the heat, and he wasted no time, opening with 76.93m to take the lead. But that was the best he could muster (he followed up with 75.01m and 76.76m), and it was not likely to hold up against Glover.

Heading into the final then, it was Humphreys, Treff, and Glover, followed by two seniors—Ignacio Guerra of Western Kentucky (74.84m) and Ben Chretien of McNeese State (74.78m).

Illinois State throws coach Erik Whitsitt told us later that the lack of a big throw from the second flight gave him a chance to help Glover regroup. "Ever since Tim hit his big one at the Sea Ray Relays, he's been focused on getting the A standard rather than competing. Before the final, I just had to settle him down...convince him to just go out and get the win and stop thinking about throwing 82 meters."

Mission accomplished. The newly relaxed Glover hammered an 81.69m to take a commanding lead. Humphreys responded with 79.62m in round five. They were the only two who managed to improve over their preliminary throws.

I asked Pat if he was worried when Glover started slowly in prelims. "No," he replied. "The thing about Tim is that he's got a heart and a cannon." Both came in handy on this day.

The good news for javelin fans? Each of the top three will be back next year.

## RESULTS (June 6)

1. \*Tim Glover (IIS) 268-0 (81.69) PR (CL) (9, x C; 5, x AmC; 3, 3 NCAA); 2. \*Sam Humphreys (TxAM) 261-3 (79.62) PR (=9, x AmC; 9, x NCAA); 3. \*Matthias Treff' (VaT) 248-9 (75.83); 4. Ignacio Guerra' (WnKy) 245-6 (74.84); 5. Ben Chretien (McN) 245-4 (74.78) PR; 6. \*\*\*Raymond Dykstra' (Ky) 242-11 (74.04); 7. \*\*Stipe Zunic' (Fl) 242-9 (73.99); 8. Brandon Heroux (WM) 241-3 (73.55) PR; 9. \*\*\*Joshua Suttmeier (SC) 238-6 (72.69) PR; 10. \*Matt Byers (Ia) 237-6 (72.39); 11. Brett Trudo (Wich) 233-10 (71.29); 12. \*\*\*Devin Bogert (TxAM) 232-11 (70.99); 13. Martins Pildavs' (Troy) 230-9 (70.33); 14. \*\*\*Sam Crouser (Or) 229-11 (70.09); 15. \*James Brookman (Wa) 225-9 (68.81); 16. Jason Flanagan (CCar) 225-5 (68.70); 17. \*\*Mike Marshall (Id) 224-10 (68.52); 18. \*Ben Lincoln (WF) 223-7 (68.15); 19. Benjamin Woodruff (LBSt) 221-10 (67.62); 20. Aaron Moore (LSU) 216-7 (66.02); 21. \*\*\*Jeremy Tuttle (LSU) 212-10 (64.87); 22. \*\*\*Derek Eager (UCLA) 211-8 (64.52); 23. Jon Gomez (TxAM) 187-11 (57.28); ... dne—Sean Mackelvie (PortSt). (best-ever mark-for-NCAA-place: 2, 5—at least 14)

### Women's Hammer

Going in, this appeared to be a contest among three throwers each of whom had a remarkable month of May. Alena Krechyk of Kansas by way of Belarus had set a school and conference record of 69.02m at the Big 12 meet and followed that up with a 68.23m toss at regionals. Jeneva McCall of Southern Illinois had broken the Missouri Valley Conference record with a throw of 68.58m and then nailed 69.13m at regionals. Amanda Bingson of UNLV did not break the Mountain West Conference record when she won her third consecutive title with a throw of 67.94m, but her 71.04m regional toss led all qualifiers.

All three of these ladies were slotted into the second flight.

The women's hammer ran concurrently with the men's jav, and my vote for Man Most Likely to Suffer Heat Stroke went to Coach Whitsitt who had to scramble around the spectator hill for two hours trying to coax a jav title out of Tim Glover while also keeping tabs on ISU hammer thrower Brittany Smith. A 2011 finalist, Smith tossed a solid 66.19m at regionals but then, according to Whitsitt, fell into a bit of a funk. "The big thing with us," he explained, "is that we are expected to compete at the conference level so we have to peak them a little bit...then we have to create another mini-peak for the regional and national championships. Brittany's last week of practice was probably one of her worst all year just because she was kind of feeling beat to

crap, but she started to liven up a bit the last two days."

She certainly looked lively during warm-ups, dropping a couple in the 65-meter range and flashing Coach Whitsitt a thumbs up. She then took charge of flight one with a fine series: 67.31m, 67.54m, and 68.45m. Behind her were the 6'3" Swede, Ida Storm of UCLA (65.68m), and Jenny Ozorai, a native of Hungary competing for USC (65.20m). Of the flight two throwers, McCall may have faced the greatest mental challenge as she was competing in three events (discus, hammer, shot put), the first of which had not gone well. The 2010 discus champion, this year she managed a best of 54.05m in the prelims and did not advance to the final. Bitterly disappointed, she let herself grieve for a couple of hours afterwards and then took in a showing of the film *Battleship*. That apparently did the trick, as her opening salvo of 68.47m in the hammer put her into first place.

Meanwhile, neither Krechyk nor Bingson could get it rolling. Krechyk's second-round 64.58m assured her a spot on the podium, but did not put her in the hunt for the title. Bingson opened with two fouls. "I was just really confused about what was going on because I'd picked up some habits I'd never had before," she said later. Facing a really lousy end to a fine college career, Bingson stepped over to the spectator area, coaxed her eight-year-old cousin into giving her a hug, and then stepped into the ring and hit 66.96m which put her into third place behind McCall and Smith.

The final was uneventful. Smith, after an hour break, could not recapture her prelim luster. Her best throw in the finals was a round-four 66.26m. McCall extended her lead a bit with a round-four 68.67m, but Bingson continued to struggle, sandwiching a 63.80m between two fouls. Ozorai's fifth-round 65.91m jumped her over Storm into fourth. Georgia's Nicole Lomnicka, the 2010 champion, finished an injury-plagued career with a sixth-round 64.55m that moved her from ninth into seventh-place, just behind Krechyk.

That was the last throwing event of the day, which was lucky since both Pat and I felt dangerously dehydrated at that point. Fortunately, Peggy's Tavern is just a short walk from the track, and they helped us regain our vigor with some of those aforementioned \$3.00 beers.



Cheryl Trevorgy/PrettySporty.com  
McCall

## RESULTS (June 8)

1. Jeneva McCall (Snll) 225-3 (68.67) (5, x NCAA); 2. \*Brittany Smith (IISl) 224-7 (68.45) PR (10, x C; 6, x AmC; 7, x NCAA); 3. Amanda Bingson (UNLV) 219-8 (66.96); 4. \*\*Jenny Ozorai' (USC) 216-3 (65.91); 5. \*\*Ida Storm' (UCLA) 215-6 (65.68); 6. \*Alena Krechyk' (Ks) 211-10 (64.58); 7. Nikola Lomnická' (Ga) 211-9 (64.55); 8. Marissa Minderler (USC) 208-1 (63.43); 9. Favian Cowards (MsSt) 206-3 (62.87); 10. \*\*\*DeAnna Price (Snll) 204-2 (62.25); 11. \*Taylor Bush (Az) 202-9 (61.81); 12. \*\*Melissa Kurzdorfer (PennSt) 199-7 (60.84); 13. Brianna Kennedy (LSU) 197-3 (60.13); 14. Maureen Laffan (Va) 196-6 (59.91) PR; 15. \*Victoria Flowers (Ct) 193-6 (58.99); 16. Melinda Bendik (Lib) 192-7 (58.71); 17. Latifah Johnson (SAI) 192-7 (58.71); 18. \*Alexis Thomas (OhSt) 191-2 (58.27); 19. Amanda Murphy (MtSt) 190-7 (58.08); 20. \*\*\*Kearsten Peoples (Mo) 189-1 (57.64); 21. Jade Niemeyer (USC) 188-6 (57.47); 22. Maggie Mullen' (OhSt) 187-0 (57.01); 23. \*Beth Rohl (MiSt) 184-9 (56.33); ... 3f—\*\*\*Jackie Leppelmeier (Kent).

## Men's Hammer

Friday morning's *Des Moines Register* contained a nice article about Tim Glover, although they referred to him by the rather unfortunate nickname of "Tiny Tim." Regardless, Pat tucked it in his bag as a souvenir for his teammate, and we headed for the track.

Going in, this shaped up as a ferocious battle: 2010 World Junior Champion Connor McCullough of Princeton vs. 2011 NCAA Champion Alex Ziegler of Virginia Tech. Unfortunately, a few days after McCullough won the East Regional with a throw of 72.40m, it was announced that he had been declared academically ineligible.

That left Ziegler to defend his title against the likes of Florida junior Jeremy Postin (70.23m at Drake, 66.50m at regionals) and UCLA sophomore Alec Faldermeyer (69.89m at Mt. SAC, 67.04m at regionals).

No offense to those guys, but everyone knew that with McCullough absent, this was Ziegler's meet to win, and he wasted no time in doing just that. Throwing in flight one on another sun-scorched afternoon, he opened with 70.86m, improved to 72.96m, and then sealed the deal with a third-round toss of 73.35m.

Postin, also in flight one, put together a pretty nice series himself (69.47m, 69.36m, F), but the way Ziegler was dealing, he had no shot.

Faldermeyer was the class of flight two, his third round 68.37m ensconcing him comfortably into third place. But when the finalists were sorted out and the competition resumed, so did the butt-whipping. You could tell by Ziegler's reaction to his prelim throws that he felt a big one brewing. He did not look especially thrilled with any of them, and he again showed a little frustration after his round-four toss of 72.59m. Finally, in round five he grooved one, encouraging it in flight with a long, loud yell. When a hammer is in the air long enough to travel 75.78m, it lets you plenty of time to vocalize, and Alex took full advantage.

The effort must have tired him out, as he finished the day with a pedestrian 70.29m, which, by the way, would still have been good enough for the win.

Afterwards, Alex said that the break between flights probably helped him. His coach, Greg Jack, had exhorted him during prelims to "finish" his throws, and the down time gave him a chance to digest that advice. I got a chuckle out of this, because I know that his coach, Greg Jack, is not a fan of randomized prelim flights. He told me quite emphatically last year that the best throwers deserve the chance to throw in flight two so that they can build on their prelim performances without a momentum-killing interruption. I guess it worked out okay this time, though. Ziegler is German and planned to return home after NCAA's to compete in his National Championships. I am a huge fan of German throwers like Robert Harting and Ralph Bartels, and it was fun talking to Alex about them. Harting, apparently, is a man of strong opinions. I won't tell you what he said about people who wear straps when they lift, but take it from me—if you ever find yourself sharing a platform with him, leave the straps in your locker. If he is able to snag the qualifying mark of 76.00m, Alex would then move on to the European Championships before returning to Virginia Tech for summer school. He has one more year of eligibility remaining, so hammer fans might finally get to see a Ziegler/McCullough heavyweight bout next year.



Ziegler

## RESULTS (June 7)

1. \*Alexander Ziegler' (VaT) 248-7 (75.78) PR (CL) (8, x C; 5, x NCAA); 2. \*Jeremy Postin (Fl) 227-11 (69.47); 3. \*\*Alec Faldermeyer (UCLA) 224-3 (68.37); 4. Michael Lauro (LSU) 216-8 (66.04); 5. \*Quentin Mege (Mn) 212-11 (64.90); 6. \*Brandon Pounds (InSt) 212-2 (64.66); 7. \*Micah Hegerle (Mn) 209-8 (63.90); 8. \*Tyler Johnson (Az) 209-7



(63.88); 9. \*\*Justin Welch (Ga) 209-4 (63.82); 10. \*Jordan Clarke (AzSt) 208-10 (63.67); 11. \*\*Akil Mills (ILSt) 208-8 (63.61) PR; 12. \*\*\*Daniel Szabo' (USC) 208-6 (63.56); 13. Ryan McCullough (CMi) 206-2 (62.85); 14. \*\*\*Nick Miller' (OkSt) 206-2 (62.84); 15. Pascal Tang' (NnAz) 205-2 (62.54); 16. \*\*\*Anastas Papazov' (Man) 202-11 (61.85); 17. \*Leonard Joseph (Buck) 202-0 (61.59); 18. Eric Hubbard (Akr) 199-3 (60.73); 19. Vincenzo Chiariello (Va) 199-0 (60.66); 20. Matt Banse (Ia) 197-11 (60.33); 21. \*\*\*Scott Esparza (Cal) 193-6 (58.99); ... 3f—\*Denis Mahmic' (VaT), \*Caleb Stuart (UCR);... dnc[si]—\*\*Conor McCullough (Prin).

### Women's Shot Put

Last year, Arizona's Julie Labonté steamrolled through a season in which she never lost a collegiate competition. This year, with Labonté redshirting outdoors, Oklahoma's Tia Brooks took over as Avenger of the women's shot. She also broke my heart.

I love the non-reverse glide, and last year Brooks had a great one. This year, on the advice of her coach, Brian Blutreich, she began using a reverse to "get out over the toe board better" while still being able to save the throw.

Whaaaaatever.

It's not like it worked or anything. Okay, she threw 19 meters indoors. She won the indoor NCAA meet by more than a meter over a field that included Labonté. She won the Big 12 title indoors and out. She won the Drake Relays while hitting the Olympic A standard. She...never mind.

The only collegiate thrower to defeat Brooks this year was Arizona's Alyssa Hasslen, who blasted an 18.35m toss at Mt. SAC. Unfortunately, Hasslen had since been derailed by injury and would not be competing in Des Moines. Slotted into flight one, Brooks took the Ziegler approach and let everyone know right away that she wasn't here to mess. First throw: 18.14m. Second throw: 18.13m. It would take a Whitney Ashley style thunderbolt for someone to challenge Brooks. Redshirt freshman Kearsten Peoples, a spinner who finished second to Brooks in the Big 12 meet and in the regional, was probably the only thrower in flight one with a chance to stay close. Peoples qualified in the discus and hammer as well, and certainly has the potential to become an elite shot putter. She's big, and she can move as evidenced by her sixth-place finish in the disc. Her best toss in prelims, though, was a second-round 17.31m, well below her regional mark of 17.74m and not enough to bother Brooks who fouled her third throw and then retired to the holding area with a substantial lead.

Two throwers in the second flight seemed to have at least an outside shot at challenging Brooks. Hammer champion Jeneva McCall had used her highly unusual non-reverse spin technique to reach 17.89m at her conference meet.

Hammer runner-up Brittany Smith had thrown 17.92m at Sea Rays. Could one of them find some magic?

It sure didn't look like it would be Smith, as she struggled mightily to find her rhythm going 16.61m, 16.70m, and 16.52. That put her into eighth place heading into the final.

McCall opened tentatively with 16.06m, but quickly got her bearings and took over second place with a round-two 17.67m.

The top five heading into the finals were Brooks, McCall, senior Annie Alexander of Tennessee (17.36m), Peoples, and Louisville senior Chinwe Okoro (17.21m).

In each of the throwing events, the finalists were given a few minutes to take some warm-up throws, and Smith put that time to good use. After three subpar prelim throws, she was able to find some rhythm during warm-ups and on her first attempt of the finals moved from eighth to second with a toss of 17.80m.

Brooks quickly put an end to any thoughts of an upset with a fourth-round 18.44m. The only other finalist to move up in the standings was Indiana State junior Felisha Johnson whose round-six 17.35m moved her from ninth to fifth.

Afterwards, an ebullient Brooks told us that her favorite lift is the jerk (her max is 130k) and that she had plenty left in the tank for the Olympic Trials. Coach Blutreich having adjusted her training after she nailed the A-standard indoors.

Pat and I decided to adjust our training as well. Three days of that heat was just too much for us, and knowing that we'd need to leave something in the tank for tomorrow's men's shot put competition, we had dinner at Panera and packed it in for the night.

### RESULTS (June 8)

1. \*Tia Brooks (Ok) 60-6 (18.44) (3, 7 NCAA); 2. \*Brittany Smith (ILSt) 58-4¾ (17.80); 3. Jeneva McCall (SnIl) 57-11¾ (17.67); 4. Annie Alexander' (Tn) 56-11½ (17.36); 5. \*Felisha Johnson (InSt) 56-11¼ (17.35) PR; 6. \*\*\*Kearsten Peoples (Mo) 56-9½ (17.31); 7. Chinwe Okoro (Louis) 56-5¾ (17.21); 8. \*\*Michelle Anumba (Duke) 56-2¾ (17.14); 9. \*\*Kyla Buckley (In) 55-8½ (16.98) PR; 10. \*Danielle Frere (IaSt) 54-7½ (16.65) PR; 11. Khadija Abdullah (Louis) 54-4¾ (16.58); 12. \*\*Hilenn James' (Ga) 54-3¾ (16.54) PR; 13. Whitney Ashley (SDi) 53-9¼ (16.39); 14. \*\*\*Valentina Muzaric' (VaT) 53-3½ (16.24); 15. \*\*Dani Bunch (Pur) 53-2¼ (16.21); 16. \*Kim Fortney (SnIl) 53-1¾ (16.20) PR; 17. \*Skylar White (Bay) 53-1 (16.18); 18. \*\*Anna Jelmini (AzSt) 52-3¾ (15.94); 19. \*Taylor Smith (Wi) 52-2 (15.90); 20. \*Mary Theisen (InSt) 52-1¾ (15.89); 21. Vanessa Henry' (MdES) 51-6½ (15.71); 22. \*\*\*Jill Rushin (Mo) 51-1 (15.57); 23. \*\*\*Tremisha Taylor (NCSt) 47-3¾ (14.42); ... 3f—\*\*Hayli Bozarth (IaSt). (best-ever mark-for-NCAA-place: 5 through at least 13)

## Men's Shot Put

If anyone has figured out the secret to throwing well under pressure, it is Arizona State junior Jordan Clark. Yes, he is a big, powerful man (485 bench, 175k clean) but according to Coach Dumble, Clark's greatest asset is that "he's got it between the ears."

"He's level-headed and confident. He thinks he can win every meet, but he doesn't put too much pressure on himself."

That mental strength, combined with Clark's physical gifts and outstanding technique, make him a hard man to beat. This was not, however, likely to be a one-person show like the men's hammer and women's shot. The field was loaded with possible contenders. The first prelim flight alone featured Mason Finley, Auburn's Stephen Saenz, and the Texas trio of Hayden Ballio, Ryan Crouser, and Jacob Thormaehlen.

As in the men's disc though, the contenders struggled to find some rhythm in the early going.

Finley opened the proceedings on this, you guessed it, hot, sun-bleached morning by way over-rotating and spinning out of the ring to the left of the toe board for a foul. Crouser stopped in the middle of his first attempt, reset, then threw 18.50m. Clark over-rotated badly on his first attempt and tossed it out of bounds to the left. Ballio, employing an unusual start to his throw, (he winds, starts to open to his left, then rewinds and carries out the throw) opened with 18.60m. Thormaehlen hit only 18.13m.

Ohio State's Matt DeChant was the first to find some comfort. A lefty who throws his free arm way ahead out of the back in the manner of Christian Cantwell, he took the early lead with a round-one 19.46m.

The token glider of the group, Bozidar Antunovic, a 6'6" Serbian throwing for the University of Arizona, opened with 19.25m.

Mason, once again running down the left foul line, got on the board in round two with a toss of 19.33m. Clark took over the lead with 19.56m. Ballio moved up with a 19.24m toss. DeChant reclaimed the lead with 19.57m. Thormaehlen got into the mix with 19.43m, as did Saenz with 19.54

With both flights full of top-notch putters, it was difficult to predict what it might take to make the final, so several throwers stepped into the ring for round three anxious to move up. The first was Finley, whose 19.33m had him sitting in fifth. He did not help himself, though, once again over-rotating badly and stepping over the left side of the toe board for a foul. Crouser, sitting ninth, fouled as well and walked out of the ring clutching his right hand. Ballio's 19.24m had him in seventh, and all he could manage was 18.94m. Thormaehlen, who finished second indoors, seemed to be intent on hammering a big one, but reached only 18.34m with his third effort and unleashed a growl of

frustration as he exited the ring.

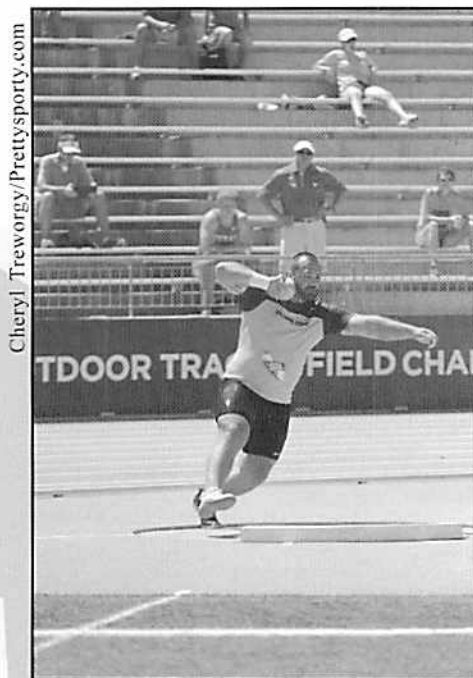
Meanwhile, Clark, looking very smooth, popped a 19.57m to tie DeChant (who fouled his third throw) for the lead. He was not on top for long, though, as Saenz blasted a 19.71m to take over first.

Flight two featured two veterans from the Big 10 Conference, Penn State's Joe Kovacs and Nebraska's Luke Pinkelman, both of whom had to be considered serious contenders here. If they could match their efforts from the Big 10 Conference meet (Kovacs: 20.85m, Pinkelman: 20.02m), they'd be tough to beat.

Like many of the flight-one contestants, Kovacs opened tentatively, hitting only 18.77m. Pinkelman, on the other hand, put himself securely in the final with his opening toss of 19.50m. Kovacs took over second place with his round-two 19.58m, but then Pinkelman (channeling his inner Tressa Thompson with his bent-over windup) drilled a 19.72m to seize the overall lead and drop Kovacs into third. Like Thormaehlen, Kovacs seemed to ratchet up his aggressiveness each throw in an effort to launch one. He got the crowd clapping before his third effort, but could reach only 19.30m. As he left the ring, he motioned to his coach that the shot had come off of his hand wrong.

\*\*Zach Hill (MiSt) 58-8 (17.88); 22. Michael Putman' (FIS) 58-3¼ (17.77); 23. Vincent Elardo (Monm) 57-11¼ (17.66); 24. Michael Barbas (Duke) 57-7¾ (17.57).

*Thanks, Des Moines, for putting on another great meet. Thanks to Pat for his invaluable navigational skills, his vast knowledge of the college throwing scene, and his remarkable patience—he never complained once about the air-conditioning in my Prius not working. Thanks, especially, to my wife and daughter for letting me go off on these jaunts every summer and acting like they are glad to see me when I return. \*L&S\**



Cheryl Treworgy/PrettySporty.com

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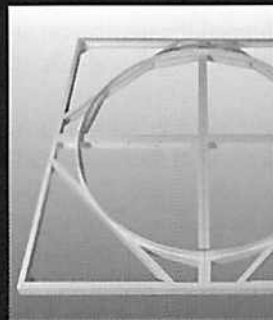
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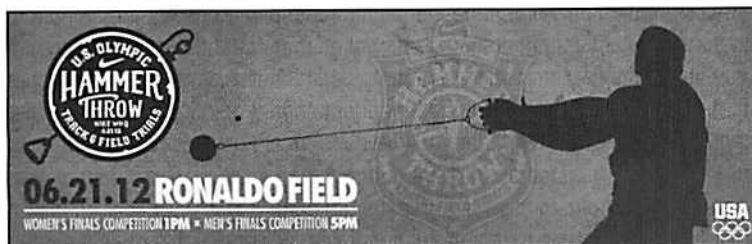
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# HAMMER TIME A SUCCESS!

BY LANE C. DOWELL

The Presentation: "A great day for the hammer, our athletes and all the gathered fans"...Len Krsak (USATF National Chairman of Officials.

Having the best seat in the house for the USATF National Hammer Throw Championships, starting with the 2000 Olympic Trials and ending with the 2008 Olympic Trials, I can say, for the most part, this artistic event has been relegated to the back forty, thus receiving little attention, which was composed of hardcore aficionados, relatives, significant others and perhaps a few Holsteins.

For the 2012 Trials, USATF and Nike decided to move the most technical event in the sport of FIELD and track to center stage: a beautifully-groomed soccer field behind the Tiger Woods building on the Nike campus in Beaverton, Oregon. Here the hammer would be the only show in town and receive two hours of live TV courtesy of the Comcast Sports Network.

A cloudless sky and sun-splashed field with mid-80's temperatures welcomed Uncle Sam's best. A guess-timated crowd of well over three thousand packed the stands and surrounding competition area to witness very athletic competitors execute the "dance of the ball and wire" and fling what were once weapons of war through a narrowing opening (20 feet) in the monstrous IAAF protective cage.

Spectators were fascinated with the combination of the grace of movement combined with raw effort as the athletes whipped the implement around and around and releasing it with a final guttural roar of, "Go..Go... Goooooo!"

Avid hammer fans to those just curious voiced their approval of the concept of Hammer Time, the opening day event for the 2012 USA Olympic Trials. Athletes with whom we chatted, some of whom had expressed doubt, appeared overjoyed at the stage upon which they had just competed. Perhaps, the gregarious Lucais McKay said it best, "We loved it. I talked with Kibwe [Johnson], and we are thinking of circulating a petition to make the site and this event the permanent home of the USA Trials hammer."

We asked the spearhead of the event, American Record Holder and the USA's last Olympic Hammer Medalist (Atlanta 1996) Lance Deal his feelings on McKay's comment.

He shot right back saying, "I like it."

When we asked Coach Deal if he would again take the lead on a Hammer Time in Beaverton for 2016 his response was "I would certainly do it again."

Deal told us that he had heard very positive things from everyone at Nike.

Mark Pilkenton, the Nike representative, who worked hand in hand with Deal to make Hammer Time the success it was said, "Nike was pleased with the event, particularly the enthusiastic response from the athletes and their families. I thought we had a good turnout from both employees and visitors to campus. And of course we couldn't have dialed up better weather. All in all, I think Nike feels good about the event, and I hope we're able to host similar competitions in the future."

There you go Lucais.

We asked the still hammer passionate Deal about his overall thoughts, memories and feedback he had received.

"The most gratifying feedback is from the athletes and coaches. One of the coaches took me aside and told me that he was very much against it, but once he got there, he had changed his mind. It was good for me to hear from one of the top three women that the ring was "perfect." Everyone at Nike from the top down was excited by the competition and very impressed with the actual throwing and the throwers. We gained a lot of new fans!"

"This hammer competition was as important to me as anyone involved. I wanted it to be a success for everyone from Nike to the Trials LOC [Local Olympic Committee], but

*\* All photos by Victor Sailer*

especially for the throwers. It took an unimagined and unprecedented amount of work and cooperation from a great number of people, many who had never even seen a hammer. It is a testament to the vision of a few and the hard work of many. My best memory is of looking around at 10:00am during the first flight of women and seeing 1,500 people watching."

Pat Connolly, wife of America's last Olympic Gold Medalist, Harold Connolly (Melbourne 1956) was an unofficial hostess and welcoming committee to this event that Hal would have loved. She told of how, at one time, how her husband actually wore ballet slippers when he threw.

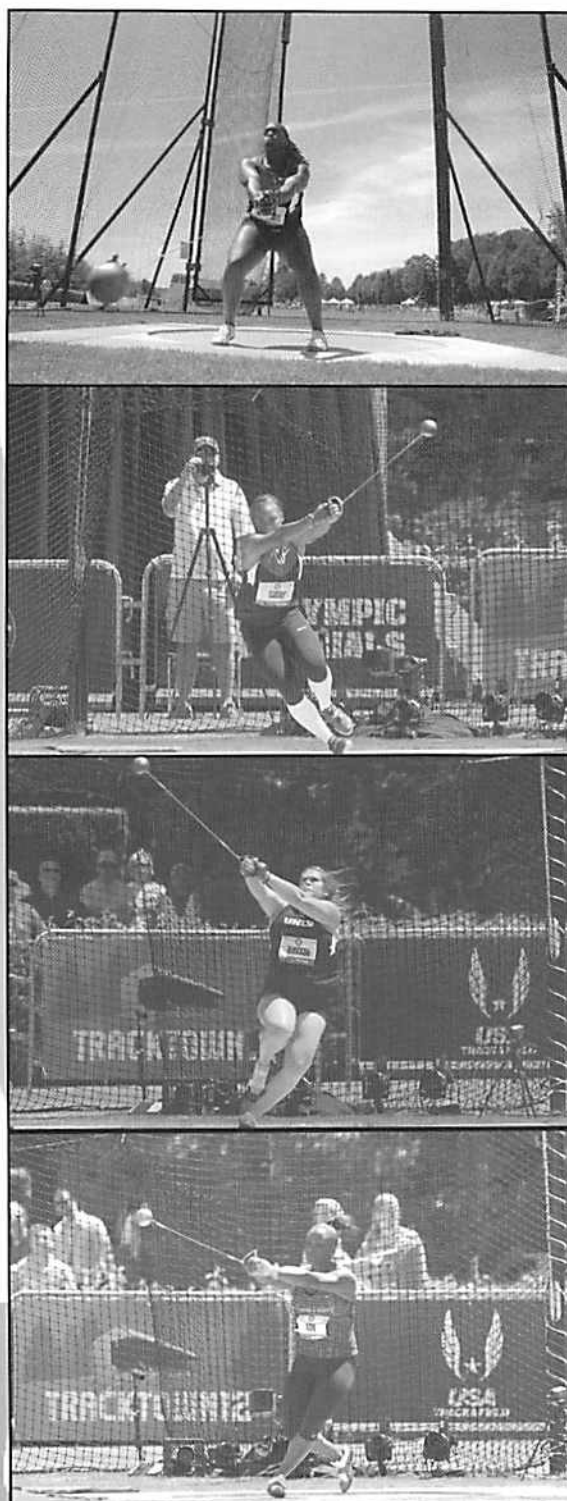
#### The Results: Predictably Unpredictable

While having our breakfast, Deanna, my wife, was perusing informational Trials' websites via her iPad. She found a blog that tried to handicap the throwers. My initial thought was, "Good Godfrey, what next."

If I was a betting man, the only thing I would wager on as it relates to the hammer throw is that the results would not fall into place as the so-called experts predicted. On any given day. What do you think of that Amanda Bingson and Chris Cralle?

#### Women

Entering the competition, three athletes had achieved the A Standard of 71.50m, which, if they could finish in the top three, would punch their ticket to London. Of those two, Amber Campbell, who won Trials gold by a couple of centimeters and American Record Holder, Jessica Cosby, who netted the bronze, qualified for our USA Olympic Team.



*From top to bottom: Campbell, Cosby, Bingson and Ashe.*

Perhaps, the surprise of the meet was a little known 22 year-old gal from UNLV, Amanda Bingson, who said that she was very relaxed and felt no pressure coming to Beaverton, for she thought she would just be gaining experience this year for a run at making Uncle Sam's representatives to the 2016 games in Brazil.

Well, hammer aficionados and casual fans, add another name to your "to watch" list. The former Nevada prep shot put and discus thrower picked up the hammer when she became a Runnin' Rebel, and her acquaintance with the ball and wire is nowhere near the 7 to 11 years that former University of Oregon Coach Lance Deal says it takes to become very proficient and perhaps a world contender.

Leading the competition after her three preliminary throws, whispers could be heard on press row, "Who is that girl?" But, the Las Vegas student still had not hit the A Qualifying Standard, which left an injured Gwen Berry, who had achieved the A mark but appeared to be gimpy due to a left hamstring injury, as an Olympian.

On her fourth throw Bingson blasted her way onto the U.S. team with a lifetime best and A standard qualifier of 71.78m. The three-time collegiate All-American bettered her previous best three times at the 2012 Trials.

Taking a page from the hockey tradition of picking three stars at the end of each contest, Bingson would get my first star.

Keelin Godsey, who was probably throwing in his last Olympic Trials, came away from the meet with a smile on his face, saying that he would like to continue coaching as he makes some big life adjustments and continues his

career as a physical therapist. Godsey proudly said, "I'm really proud of being able to compete at this level for quite some time. My best today would normally have made the top three. I don't think anyone could be disappointed in that." He released a lifetime best in Round 4 of 70.48m, which temporarily advanced him into fourth place.

Amy Haapanen advanced to third in round five with a 70.63m, forcing the eventual champion, Amber Campbell to a max effort of 71.80m to claim trials gold.

While addressing the media, the gregarious Campbell, who made her second Olympic team, said, "My expectation put on the pressure, but in the end experience paid off. In London I hope to make the finals and be in a fight for a medal."

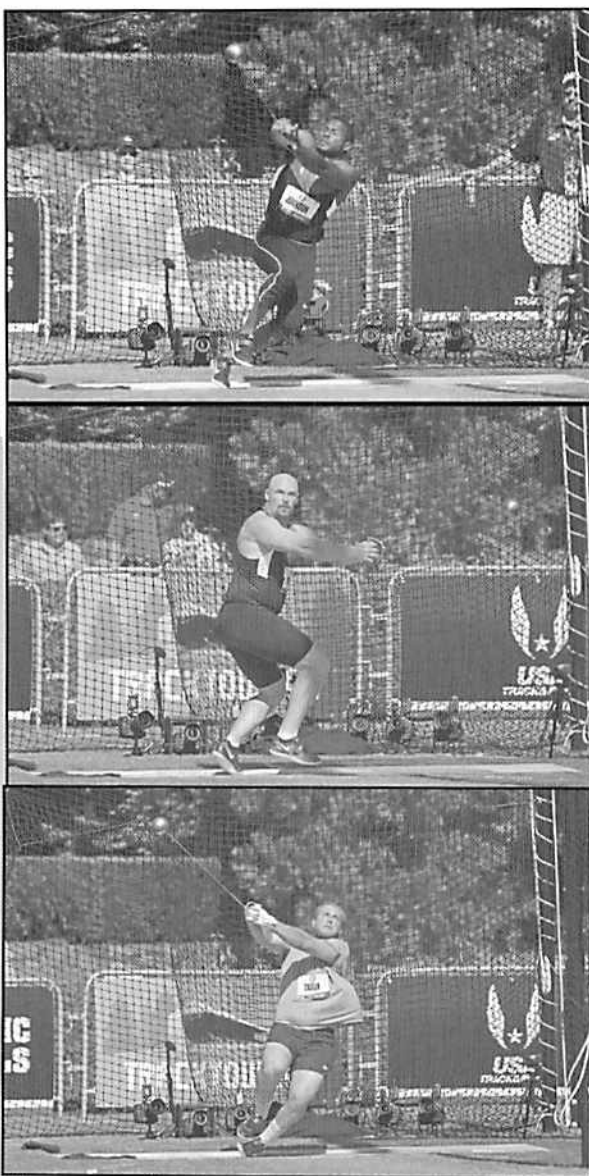
Initially considering the plan for Hammer Time, Campbell was skeptical concerning the removal of the throwers from the mainstream of the Trials competition, but when asked how she felt about the Trials being conducted as the featured event, the gold medalist beamed as she affirmed, "This was fantastic and exceeded all my expectations."

Local favorite, Oregon All-American Britney Henry, who many thought might have a shot at a medal and the A Standard, fell short with a best of 68.47m.

#### Men

Coming into the Men's Final only two of our throwers, Kibwe Johnson, the only American over 80m besides American Record holder Lance Deal (82.52) and now, three-time Olympian A.G. Kruger had achieved the 78m A standard required for participation on our Olympic team.

The die was cast early in the Men's competition. With a throw of 74.40m, Kibwe Johnson established himself as the man to beat at the end of round 1. Throughout the 6 rounds of competition, Johnson was the only thrower to



*From top to bottom: Johnson, Kruger and Cralle.*

best his round 1 toss. He bettered his opening heave to 74.97m., which guaranteed Trials gold and put his ticket to London in his hip pocket.

Kruger settled for Trials bronze spinning his top mark of 73.93m mark in round 1.

Talking with Johnson and Kruger after the competition, both admitted that they were not in peak condition. They hoped that would come in London.

In Round 2 Chris Cralle burst onto the American hammer scene, wrenching Silver from the huge paws of AG with a fling of 74.35m, a Lifetime Best. He bettered his best in Round 5 with a heave of 74.36m. Not a bad day at the office. Trials silver was not enough for Cralle to garner a free trip to the British Isles. He failed to make the monumental A Standard barrier.

National high school record holder Conor McCullough, age 21, threw his best in round 1 (73.55m) good for fourth place and had a fairly consistent series. The young man of Irish\* descent appears

to be back on track. Conor was pushed by Drew Loftin, who hit his top mark of the day in round 3, 73.51m. He finished fifth.

\*In approximately 1800 BC Ireland was credited for being the birthplace of an event that eventually became the hammer throw. The event was so named when England's King Henry VIII threw a sledge hammer.

#### In Closing From The Best Seat In The House

If one must choose between strength and mastery of technique to achieve success, it is the mastery of one's technical skills and athleticism that will lead to gold at the end of the Olympic rainbow. Never was this more evident than the center stage that was Hammer Time, June 20, 2012, a red letter date in American hammer throwing history.

Lance Deal, whose dream was/is Hammer Time says, "It's about the throw."



I interpret this to mean that the event is so highly technical that each time a thrower is called "Up," she/he is presented with a new, unique challenge and for one to make the ball and wire "go, Go, GO" to achieve desired distances, a myriad of little things must fall into place. One misstep - misapplication of technique - results in the agony of defeat.

Combining relaxation with the ultimate in human effort and time spent honing technical skills may result in the perfect throw. Example - Lance Deal from disaster and defeat at the Atlanta Games in 1996 to finding that he did qualify for the final and achieving the near perfect throw on his last trial, which resulted in a silver medal. His focus was "One throw...best throw," which is the mantra of success for a hammer thrower. Like the event, each throw is unique.

Thanks, Nike and to all those who made Hammer Time possible. It was a great day. Hope to see you all in 2016.

## RESULTS

### Men's Hammer

(June 21, Beaverton; instead of proper qualifying round, flights system used)

1. Kibwé Johnson (Nike).245-11 (74.97) (244-1, 241-9, f, 238-2, 245-11, f) (74.40, 73.70, f, 72.60, 74.97, f); 2. Chris Cralle (unat).243-11 (74.36) (236-4, 243-11, 239-4, 236-10, 243-11, 242-8) (72.05, 74.35, 72.95, 72.20, 74.36, 73.96); 3. A.G. Kruger (Nike).242-6 (73.93) (242-6, f, 234-8, 240-8, 242-3, 237-2) (73.93, f, 71.53, 73.37, 73.85, 72.29); 4. Conor McCullough (unat).241-3 (73.55) (241-3, f, 230-11, f, 240-10, 238-2) (73.55, f, 70.38, f, 73.42, 72.61); 5. Drew Loftin (unat).241-2 (73.51) (232-4, 234-10, 241-2, 230-1, 236-11, 227-6) (70.82, 71.59, 73.51, 70.14, 72.21, 69.35); 6. Andy Fryman (Mjo).238-3 (72.63) (f, 223-11, 234-6, f, 238-3, 232-3) (f, 68.27, 71.49, f, 72.63, 70.80); 7. Garland Porter (unat) 232-11 (71.01); 8. Jake Freeman (Nike) 231-0 (70.41); 9. Lucais MacKay (OTC) 225-11 (68.87); 10. Michael Mai (USAr) 225-8 (68.78); 11. Kevin

Becker (Shore) 223-3 (68.04); 12. Colin Dunbar (unat) 222-8 (67.86); 13. Ryan Loughney (unat) 222-5 (67.79); 14. Jeremy Postin (Fl) 221-6 (67.51); 15. Christopher Bryce (unat) 218-2 (66.51); 16. Travis Nutter (unat) 217-8 (66.36); 17. Brian Richotte (unat) 217-6 (66.30); 18. Nicholas Welihozkiy (GWAC) 215-9 (65.77); 19. Alec Faldermeyer (UCLA) 215-0 (65.54); 20. Michael Lauro (LSU) 212-0 (64.62); 21. Zach Hazen (unat) 201-9 (61.51); 22. Collin Post (AzDT) 195-3 (59.51) nm—Justin Welch (Ga);... dnc—William Royer (Indy).

### Women's Hammer

(June 21, Beaverton; no q-round)

1. Amber Campbell (Nike)...235-7 (71.80) (MR—old, 235-6/71.78 Bingson in series) (227-11, 226-9, f, 217-10, 235-7, 234-9) (69.48, 69.11, f, 66.40, 71.80, 71.56); 2. Amanda Bingson (UNLV)...235-6 (71.78) PR (7, x A) (MR—old, 233-8/71.22 Bingson in series) (220-0, 228-4, 233-8 [MR—old, 232-2/70.77 Cosby in series], 235-6, f, 233-7) (67.07, 69.61, 71.22, 71.78, f, 71.21); 3. Jessica Cosby (Nike) 232-2 (70.77) (MR—old, 232-0/70.72 Cosby '08) (225-6, 227-5, 232-2, 225-1, 214-11, f) (68.75, 69.33, 70.77, 68.62, 65.50, f); 4. Amy Haapanen (unat) 231-8 (70.63) PR (12, x A) 5. Keelin Godsey (unat) 231-3 (70.48) PR (13, x A) 6. Brittany Riley (unat) 227-4 (69.29) 7. Gwen Berry (Nike) 225-10 (68.84); 8. Aubrey Baxter (Brooks) 225-7 (68.77); 9. Britney Henry (AST) 224-7 (68.47); 10. Jeneva McCall (unat) 219-3 (66.82); 11. Brittany Smith (IlSt) 216-7 (66.02); 12. Kristin Smith (TID) 215-2 (65.58); 13. Chelsea Cassulo (AzSt) 213-2 (64.98); 14. Loree Smith (NYAC) 208-10 (63.67); 15. Chandra Andrews (ShockTC) 206-9 (63.02); 16. Jessica Rowland (Find) 204-3 (62.26); 17. Kimery Hern (unat) 201-0 (61.27); 18. Caressa Sims (unat) 200-9 (61.20); 19. Marissa Minderler (USC) 199-7 (60.83); 20. Valerie Fraizer (NEOhTC) 194-8 (59.35); 21. Ashley Harbin (CtQ) 192-9 (58.77); 22. Alexis Thomas (OhSt) 186-0 (56.70); 3f—Shelby Ashe (TID), Taylor Bush (Az). \*L&S\*

**USA**  
**TRACK & FIELD** <sup>SM</sup>

# LONDON CALLING

BY DON AMINI AND KARIN SMITH



## June 24

Two days of wet and treacherous qualifying conditions preceded the first pair of weight event finals staged at Hayward Field on a sunny and calm late Sunday afternoon.

The 2012 U.S. Olympic Track and Field Trials had seen two of the most prominent athletes in the sport struggle in the preliminaries. Only one sur-

vived.

The reigning Olympic Champion, Stephanie Brown-Trafton fell twice during her Friday qualifying attempts, on her first throw, a foul, and on her 181-9 second, which was saved when her six-foot, three-inch frame folded inside the circle.

Brown-Trafton had already secured a spot in the final but consulted her coach before entering the ring for her last throw. Applying the advice of simply starting lower in the slippery circle, her next result was a preliminary round leading mark of 206-1.

2004 and '08 Trials Champion Aretha Thurmond, the five-foot, ten-inch powerhouse from Opelika, Alabama, led the first flight, cruising to a third throw of 197-6 to place second in the prelims.

The ninth thrower in the order for the final, Thurmond was the first over 200 feet, with her 203-7 opener. As the competition turned, Thurmond, with her usual strong start, had done enough to qualify for a landmark fourth Olympics.

Next up, Brown-Trafton propelled her disc 207-feet, eight-inches down the left side of the sector. The defending National Champion would join Thurmond for their third consecutive Games.

Early leader Liz Podominick (193-7) of Colorado Springs and three-time Olympian Suzy Powell-Roos (192-6) recorded the other marks above 190 feet in round one. High school sensation Shelbi Vaughan, the prep and junior record-holder from Mansfield, Texas, squeezed into third-place with a 195-10 second throw, the only improvement among the top five in the first three rounds.

Summoning all of her superlative speed, a determined Powell-Roos re-established herself in third place with her fourth throw of 197-6.

The battle for first heated up in the fifth round with Thurmond's improvement to 204-2. Brown-Trafton followed with a walk-out, leaving Thurmond just three-and-a-half feet from the lead.

Thurmond enlisted the support of the lively audience with rhythmic clapping on her last throw, but the mighty effort resulted in the only unintended step outside the circle of the three fouls in her series, which included a fourth round mark of 196-6.

With her first Trials victory in hand and the crowd involved, Brown-Trafton wound through the circle to her best of day. The left sector throw carried to 213-10 (65.18).

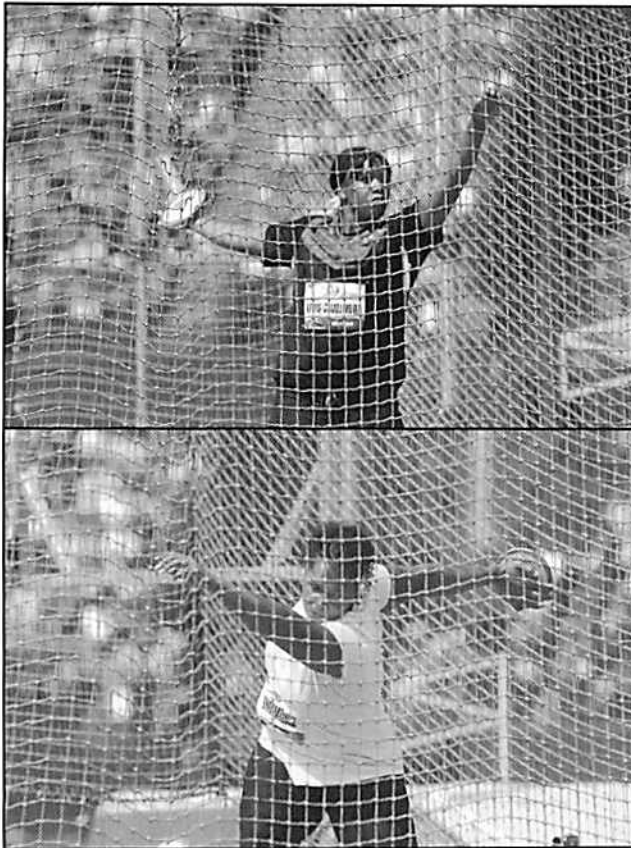
"What was good on my last throw was I knew I had won it, but I needed to get the right cues to really get it done. I just thought about getting really wide and using my really long arms to my advantage, and just landing it in a



*Brown-Trafton*



*Powell-Roos*



*Lewis-Smallwood and Thurmond.*

position that was going to be just very long, wide and closed," said Brown-Trafton, who has trimmed down 20 pounds from last year, while maintaining a 220 lb. power clean and increasing her power snatch by more than 10 percent. Working with a dietician she has brought her body fat level down to about 19 percent, and the increased strength to weight ratio has brought about a new more dynamic, fluid feel to her throwing. On May 4th, the streamlined Brown-Trafton set an American record (pending) of 222-3 in Wailuku, Hawaii.

All placements held during the last two rounds. Powell-Roos, as she had predicted to LSTJ here last year, returned to the Trials/Nationals podium for the tenth time in her career. What she could not have imagined, however, was that she would not attain the Olympic "A" standard (203-5) within the proscribed window.

With the start of the London Games set so close to the Trials, no "chase period" of any kind was allowed this time for a top three finisher. The only consideration such a performer would receive was an invitation to an unavoidably agonizing official press conference, which Powell-Roos bravely accepted.

The third American team member for London was Gia Lewis-Smallwood, who put forth a surprisingly subdued performance (192-10, 58.78). That did not change Lewis-Smallwood's appraisal of the city where she achieved All-

American status in 2001 while at the University of Illinois and qualified for her first World team last year. She describes the Eugene atmosphere as "Magic. They care about every event."

Lewis-Smallwood's placement was sweetly ironic, in that it was her sixth-place finish at 192-8 three years ago here at Nationals which was then a breakthrough performance.

#### RESULTS

1. Stephanie Brown Trafton (Nike) 213-10 (65.18) (207-8, 205-5, 197-5, f, f, 213-10) (63.30, 62.62, 60.19, f, f, 65.18); 2. Aretha Thurmond (Nike)....204-2 (62.23) (203-6, f, f, 196-6, 204-2, f) (62.04, f, f, 59.90, 62.23, f); 3. Suzy Powell (Asics) 197-6 (60.20) (192-6, 188-8, 187-5, 197-6, 188-10, f) (58.68, 57.50, 57.13, 60.20, 57.57, f); 4. Shelbi Vaughan (TxHS) 195-9 (59.68) 5. Liz Podominick (unat) 194-11 (59.42) 6. Gia Lewis-Smallwood (unat) 192-10 (58.78) 7. Beth Rohl (MiSt) 189-8 (57.82) PR; 8. Summer Pierson (unat)....188-5 (57.44). 9. Anna Jelmini (AzSt).183-6 (55.94); 10. Jeré Summers (unat) 183-4 (55.89); 11. Mary Angell (unat) 174-4 (53.15); 12. Baillie Gibson (Az) 148-4 (45.21).

#### QUALIFYING

(June 22; auto-qualifier 203-5/62.00)

Qualifiers: Brown Trafton 206-1 (62.83), Thurmond 197-6 (60.21), Podominick 196-7 (59.92), Vaughan 193-8 (59.05) (x, 4 HS), Powell 189-2 (57.66), Lewis-Smallwood 189-0 (57.60), Rohl 188-10 (57.56), Jelmini 180-8 (55.06), Summers 178-8 (54.47), Gibson 177-2 (54.00), Pierson 177-0 (53.96), Angell 176-11 (53.93), Non-qualifiers: Kelechi Anyanwu (unat) 176-2 (53.71), Trecey Hoover (unat) 173-0 (52.73), Jeneva McCall (unat) 172-11 (52.70), Rachel Longfors (unat) 172-7 (52.60), Rachel Andres (unat) 172-5 (52.55), Skylar White (Bay) 167-9 (51.13), Samantha Lockhart (GVal) 165-2 (50.35), Jessica Maroszek (Ks) 163-6 (49.85), Rachel Varner (unat) 162-4 (49.49), Whitney Ashley (SDi) 153-3 (46.73), Becky O'Brien (Buf) 147-5 (44.95);... 3f—Ashley Hearn (UCD).

Coinciding with the concluding rounds of the women's competition, the beginning of the men's shot put provided a highly charged dosage of enthusiasm to the mix at Hayward Field. It was an atmosphere most welcome by four-time Trials finalist Summer Pierson. Once again healthy, after competing here last year while recovering from injuries that had led to severe hip and leg imbalances, Pierson finished eighth (188-5) behind Beth Rohl of Michigan State (189-8).

Sadly missing from the scene though, was the great MC of crowd reaction, Adam Nelson, the Ivy Leaguer who had for a time been a training cohort of Pierson during her undergraduate days at Stanford.

On a rain-soaked Saturday that will be remembered for Ashton Eaton's setting a world record with every living



American Olympic Decathlon Champion in attendance, Nelson would be turned back in his bid to match the legendary Parry O'Brien as a four-time U.S. shot put Olympian.

Only three competitors of the eight finalists from last year's Nationals made it back to that elite grouping in 2012.

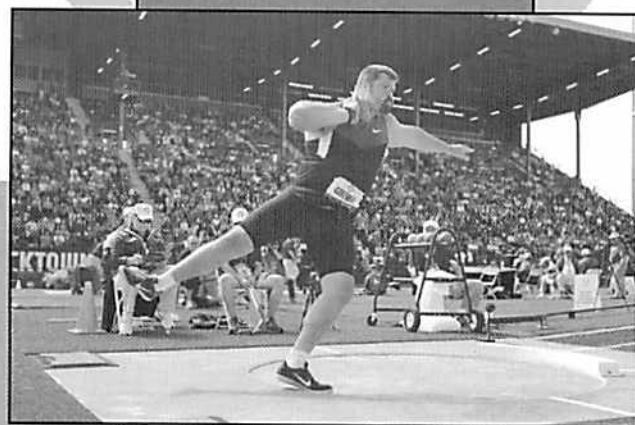
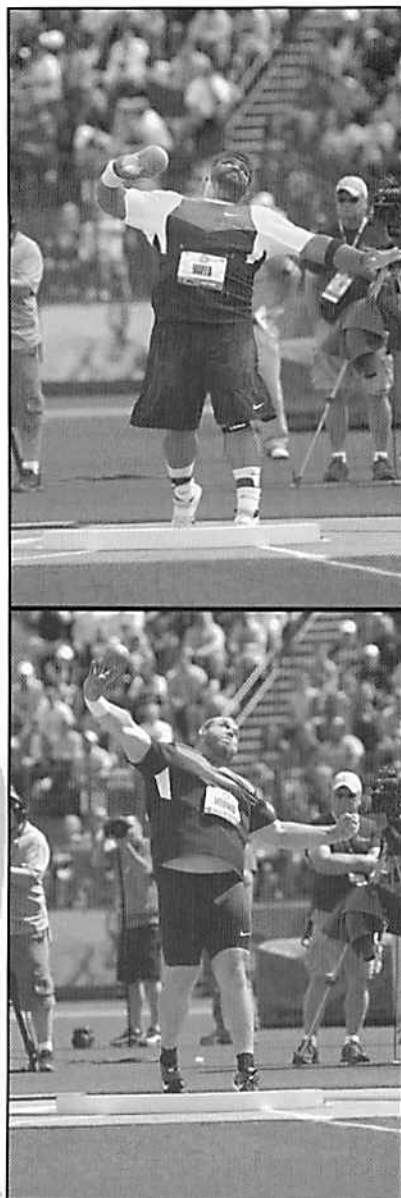
Russ Winger (seventh in '11) decided to concentrate on the discus. Defending National Champion Nelson and three others outside the final this time could all be found from fourteenth to seventeenth- place: Zach Lloyd (60-7 ¼), Nelson (60-7 ¼), Dan Taylor (60-4 ½) and Noah Bryant (59-11 ¾). That foursome fouled 50 percent of their throws. Exactly one-third of all the qualifying throws were fouls.

Nelson's absence from the final reconfigured a competition that previously had looked like the 2004 Trials with a Big Four contending for the three Olympic spots. The '04 comparison points to the long-standing pre-eminence of Nelson, Reese Hoffa and Christian Cantwell. All three were a part of the earlier Big Four that included John Godina, now 40-years-old, who has since been replaced by Ryan Whiting, age 25.

Whiting, Hoffa and Cantwell threw from the fifth, seventh and ninth positions in the rotation in the final. Whiting's opening throw of 71-¾ (21.66) removed virtually any doubt of his eventual qualification for London.

The first round closed predictably with Hoffa (70-5 ¼) and Cantwell (68-½) rounding out the top three. Of the top group, only Hoffa (69-10) recorded a mark in round two.

In round three, in the heart of the order, three consecutive throws in the competition proved decisive, a possibility not lost on the astute audience, and accentuated by the on



Top to bottom: Hoffa, Whiting and Cantwell.

point meet announcing of Gary Hill.

After Whiting's 69-1 ½ third round effort, Hoffa took over the show. He hit 22 meters exactly with a throw near the left sector line, just 12 centimeters short of Nelson's record set at the 2000 Trials in Sacramento. With the crowd still abuzz, Joe Kovacs of Penn State pushed open the door for London with 69-2 (21.08) personal record only to have it slammed shut by Cantwell's growling response of 69-9 ¾ (21.28).

Kovacs was not able to exert further pressure on Cantwell, nor did Whiting or Cantwell manage to push Hoffa. Whiting did exceed the 70-foot mark again on his final throw (70-5), after throws of 69-9 ¾ and 69-3 ½ on his previous two. Although no placements changed after the third rotation, the lower of half of the field, Kurtis Roberts (68-1), Cory Martin (67-11), Jacob Thormaehlen (64-10), and Jordan Clarke (64-1 ¾) all improved in the later rounds.

Hoffa continued at a high level after taking the lead. He hit 22 meters again on his fourth throw, literally knocking over the distance marker with his left sector foul. He matched his 70-5 first mark with his fifth attempt, and came seven centimeters short of posting another 22 meter throw on the books (71-11 ½) with one that just snuck inside the left foul line.

"Pretty much going into this year, I knew this was my last chance to make an Olympic team. I'm getting older. I want to leave where I'm still throwing really well, and I still have a few more years, but I don't think another four. So to come out here, [and to] perform well, throw 22 meters which is the world

leader outdoors... It's just tremendous," said the three-time Olympian Hoffa after his second Trials victory.

At the post-competition press conference with first-time Olympian Whiting, Hoffa was the focal point of attention,

and he commanded the dais with a quiet but enthusiastic confidence. It was a sharp contrast from the media treatment of Hoffa at a press conference nine years ago, as a third-place finisher in the Nationals at Stanford, where, as a newcomer, he wasn't asked a single question.

Of 2012 World Indoor Champion Whiting, the 34-year-old Hoffa said, "This kid's the real deal... He is the guy. I know that I'm leaving in some ways, shot put in the capable hands of a monster shot putter... I wouldn't be surprised he's going to be the third American over 22.50... He's so effortless when he throws. He's tough to beat..."

Hoffa gave his assessment of the American shot putters set for London in light of the 2011 Worlds, "We have three really strong throwers. I think Ryan showed a lot of class during the World Indoor Championships. Christian Cantwell, very seasoned, he's got four World Championships to his name. I've got two, myself. It seems like we always send a very strong team, and I think among the three of us, I got to think we can get it done this time.

"I told Ryan, we were in Turkey, our rallying cry is 'Remember Daegu,' because we had four Americans that made the final, pretty much half the field were Americans, and we didn't get a medal. And for me, I want to make sure, even if I get a bronze we got to continue to get medals, just to show that we're pretty good in the shot."

1. Reese Hoffa (Nike) 72-2¼ (22.00)(=WL, AL; out WL, AL) (70-5, 69-9¼, 72-2¼, f, 70-5, 71-11½) (21.46, 21.28, 22.00, f, 21.46, 21.93); 2. Ryan Whiting (Nike) 71-¾ (21.66) (71-3¼, f, 69-1½, 69-9¼, 69-3½, 70-5) (21.66, f, 21.07, 21.28, 21.12, 21.46); 3. Christian Cantwell (Nike) 69-9¼ (21.28) (68-1½, f, 69-9¼, f, 68-11¾, 68-3¼) (20.74, f, 21.28, f, 21.02, 20.81); 4. Joe Kovacs (PennSt) 69-2 (21.08) PR (19.56, 20.20, 21.08, f, 20.53, 19.91); 5. Kurt Roberts (unat) 68-1 (20.75) 6. Cory Martin (Nike) 67-11 (20.70) (66-2¼, 65-7¾, f, f, 67-11, f) (20.17, 20.01, f, f, 20.70, f); 7. Jacob Thormaehlen (Tx) 64-10 (19.76); 8. Jordan Clarke (AzSt) 64-1¾ (19.55); 9. Eric Werskey (CtQ) 62-9½ (19.14); 10. Kevin Bookout (unat) 62-6½ (19.06); 11. Blake Eaton (unat) 61-8½ (18.81); 12. Rob Golabek (Buf) 61-¾ (18.61).

#### QUALIFYING

(June 23; auto-qualifier 67-3¼/20.50) Qualifiers: Hoffa 69-7½ (21.22), Cantwell 66-5¼ (20.25), Whiting 65-5 (19.94), Thormaehlen 65-0 (19.81), Eaton 64-7¾ (19.70), Roberts 64-½ (19.52), Martin 62-10¼ (19.17), Clarke 62-9½ (19.14), Golabek 61-11 (18.87), Kovacs 61-10¼ (18.85), Bookout 61-9 (18.82), Werskey 61-7 (18.77); Non-qualifiers: Lucas Pinkelman (Nb) 60-8½ (18.50), Zack Lloyd (unat) & Adam Nelson (Saucony) 60-7¼ (18.47), Dan Taylor (Nike) 60-4½ (18.40), Noah Bryant (unat) 59-11¾ (18.28), Matt DeChant (OhSt) 59-5¾ (18.13), Hayden Baillio (Tx) 57-3¼ (17.47), Derrick Vicars (Find) 56-10¼ (17.34), Chris Figures (unat) 56-6½ (17.23), Nick Jones (ACU) 55-7½ (16.95);... nm—Caleb Whitener (Ga), John Ybarra (unat).

#### June 25

Unlike the competition in the 2008 Trials here that was beset by strong headwinds, the conditions for the men's javelin final on Monday evening were relatively mild. The first-round atmospherics, however, apart from the weather could only be described as wild.

Throwing third in the rotation, NCAA runner-up Sam Humphries from Texas A&M opened by shattering his personal record by more than three-and-a-half feet, taking the lead up to 264-1. On the previous throw, 2010 National Champion Sean Furey posted a solid start of 255-5 (77.86) that held for second by the end of an eventful, and for some, harrowing round.

Midway through the rotation, Sam Crouser's implement sent officials and male vaulters into a delayed scurry, as it landed near a picket fence set between the pole vault runway and the right side fringe of the javelin area. Set to close the round, Cyrus Hostetler heard a noise as he released his javelin, then witnessed it fold in half in the air. His brand new Nordic Sport had just gotten a custom paint job from Ron Johnson, "The Jav Guy," and other competitors had warmed-up with it. Although the cause of the distraction remained a mystery, the undaunted Hostetler made the most of the additional throw he received to pull into third place at 248-8.

In the second round, Humphries, one of the more physically imposing javelin throwers of this or any era, launched an assault on his newly acquired PR, improving to 268-7, short of the Olympic "A" qualifying standard (269-0) by not much more than the length of the brim of the baseball cap that he wore backwards throughout the competition.

Home crowd favorite Hostetler improved to 254-8 (77.63) to close round two, but dropped to fourth-place. Two throws earlier, Craig Kinsley, formerly of Brown, excited his own vocal support group, with an increase of over 12 feet to 256-0, putting him into second.

Just inside the bubble for the final eight going into his third throw, Tim Glover's javelin struck 250 feet exactly (76.21) to pull him to fifth. Glover would do no better though. The two-time NCAA Champion from Illinois State, who led the prelim at 263-4 would finish sixth, ahead of former USC star Corey White, 248-5 (75.73) and Sean Keller of Evergreen Storm Track Club, 246-5 (75.12).

There were no place changes and only one improvement in rounds four or five, that by Kinsley (261-5 in the fifth), who looked confident as he reacted positively to his results throughout his series.

The sixth round was the last call to qualify more team members for London on Monday night's limited program, before a two-day hiatus from competition, and several



Top to bottom: Kinsley, Crouser and Humphreys.

athletes stepped-up to take their shot.

Using a noticeably short approach that he employed for all his throws, the six-foot, five-inch Crouser jumped from sixth (248-0) to second-place (265-1). The Oregon redshirt sophomore achieved a metric milestone of 80.80 with his throw down the right side of sector that broke his previous personal record by more than 13 feet. With the penultimate throw of the night, Kingsley came just eight centimeters shy of 80 meters (262-2) to remain in third. Finally, Humphreys hit his fourth 80 meter throw (263-11) but this time roughly five feet, not inches from the "A."

Leading the "A" team (those who had previously achieved that standard) of three first-time Olympians was Kinsley, who was well-positioned since the second round. Right

behind the 2010 NCAA Champion almost the entire way was Furey. The former Dartmouth star added three marks of near or over 250 feet to his series on his fair throws in the second, fourth and sixth rounds.

Just inside the bubble for London, however, was Hostetler, who passed on his fourth throw after hurting his knee. The injury was not serious, and following a foul, he managed a 251-1 effort on his last throw. This was not the manner in which Hostetler wished to make the Olympic team, but the ever-enthusiastic sportsman was genuinely happy that the two Sams threw so well.

"They deserved it," said the Pac-12 record-holder, stating that they were close to throwing that well all year, but that it was great that they did it here!

Much positive could be about said about the future of this year's final eight, including Vancouver, Washington high school prodigy Keller who biomechanics expert Duncan Atwood thinks really has the feel for the event. We can not look back from the 2012 Trials, however, without a note of sadness.

Defending National Champion and 2008 Olympian Mike Hazle, who suffered an apparently career ending elbow injury in May, bowed out in the prelim in an unusual ceremonial style. After passing his first two attempts, Hazle engaged the crowd in rhythmic clapping for what would be his final throw. After finishing his approach, Hazle simply stabbed the ground with his implement, and then placed his empty shoes just over the foul line. No mark was recorded, as Hazle bid his farewell.

1. Sam Humphreys (TxAM).268-7 (81.86) PR (264-11, 268-7, f, 249-10, 265-3, 263-11) (80.74, 81.86, f, 76.16, 80.84, 80.44);
2. Sam Crouser (Or) 265-1 (80.80) PR (f, 245-1, 248-0, 247-4, f, 265-1) (f, 74.70, 75.60, 75.38, f, 80.80);
3. Craig Kinsley (unat) 262-2 (79.92) PR (243-9, 256-0, 254-1, 249-3, 261-5, 262-2) (74.30, 78.04, 77.45, 75.98, 79.69, 79.92);
4. Sean Furey (Mizuno).255-5 (77.86)
5. Cyrus Hostetler (OTC).254-8 (77.63)
6. Tim Glover (ILSt).250-0 (76.21)
7. Corey White (unat) 248-5 (75.73);
8. Sean Keller (WaHS) 246-5 (75.12) (x, 4 AJ, HS);
9. Aris Borjas (unat) 242-5 (73.89);
10. Barry Krammes (Shore) 236-4 (72.05);
11. Richard McKay (LaM) 223-5 (68.11);
12. Benjamin Woodruff (LBSt) 215-7 (65.73).

#### QUALIFYING

(June 23; auto-qualifier 269-0/82.00) Qualifiers: Glover 263-4 (80.27), Humphreys 256-3 (78.12), Krammes 255-10 (77.99), Kinsley 254-5 (77.54), Keller 253-0 (77.12) PR (2, 2 AJ, HS), Furey 249-4 (76.00), Crouser 248-0 (75.60), Hostetler 245-2 (74.74), Borjas 241-8 (73.66), White 241-7 (73.63), McKay 237-2 (72.29), Woodruff 235-2 (71.69), Non-qualifiers: Trent Mazanec (unat) 234-11 (71.61), Ben Lincoln (WF) 233-3 (71.10), Ben Chretien (McN) 232-11 (70.99), Andy Fahringer (Va) 232-4 (70.83), Riley Dolezal (TND) 232-3 (70.78), Ryan



Brandel (unat) 230-6 (70.27), Ryan Young (Nike) 229-9 (70.04), Brian Chaput (JavUSA) 223-11 (68.26), Jason Flanagan (CCar) 209-4 (63.81), Nick Lyons (unat) 204-9 (62.40), Colin Moleton (unat) 196-8 (59.95);... nm—Mike Hazle (Nike) (p, p, f), Alex Wolff (unat) (f, f, p).

## June 28

The top six finishers in the men's discus at last year's Nationals were also the six leading qualifiers from the preliminaries, three days earlier. Monday's mid-afternoon qualifying was contested in a light rain.

Competing in the second flight, Lance Brooks came exactly eight inches from attaining the Olympic "A" standard on his first throw of 212-7 (he fouled his second and passed his third). The next best mark belonged to first flight competitor Russ Winger, the U.S. leader with a 214-9 mark this February in Perth. The former Idaho All-American took a decidedly progressive approach to a third throw of 205-5 (179-4 first, 187-8 second) that he would need to make the final.

Although the more visible raindrops were saved for the 5,000 meter runners who immediately followed Thursday evening's final, the conditions were far from optimal. The intermittent rain left the competitors with a surface that presented a risk for slides and injury. Although no slips appeared to occur, athletes towed down the circle numerous times.

Last year's Nationals top six: Brooks, Winger, defending Champion and 2004 Trials winner, Rome, 2010 and '11; runner-up Jason Young, and two-time Olympians Ian Waltz and Casey Malone were the only athletes to reach 200 feet in the final.

Dan Hytin came through with a big third round throw (195-10, 59.69) to ultimately claim seventh-place. Wes Stockbarger was eighth at 194-2 (59.19).

The first three rounds set a tone that continued throughout the competition. One storyline was Brooks' pursuit of the "A" standard. The sub-plot, of course, was the rise of the current Denver resident from basketball player, thrower for Millikin University in Decatur, Illinois in '06 to U.S. internationalist and potential London Games contender. Throwing tenth in the order, Brooks again came close, with identical first and second marks of 210-5, and a third throw that was exactly one-foot further.

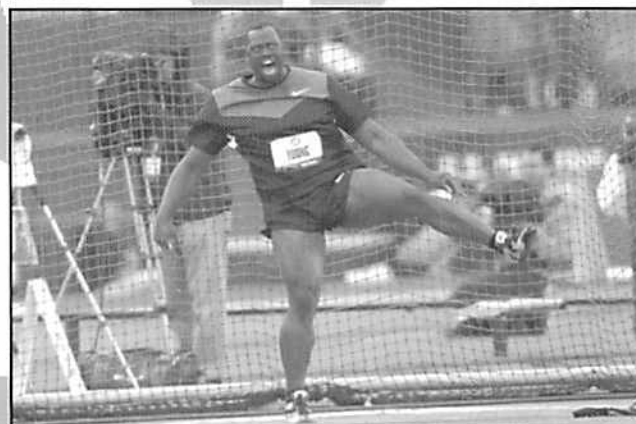
Storyline two was the battle for the couple or three remaining Olympic team spots. The 31-year-old Young positioned himself strongly into second with a series of three 200-foot throws, starting with 201-9 and improving to 202-10 in round two. Rome's opener of 201-0 held third place throughout the first two rounds, until it was sur-



Brooks



Rome



Young

passed by two inches with the third effort of his long-time Olympic Training Center training partner Waltz. Malone, who was forced to evacuate his home across from Horsetooth Mountain Park ten days earlier due to a massive Colorado wild fire, made incremental progress in a range of about three feet to reach 199-6 on his third throw, leaving him fifth. Although in the mix for the top three through the final round, Malone, who has been hampered by a knee injury over the last two seasons, lacked the "A" standard.

Winger, who opened at 194-2, hit stride near the start of the fourth rotation, coming one-inch from Rome's precari-

ous qualifying position with his throw of 200-11 (61.24). It was the only improvement in the round that was closed with intentional fouls from Young and Brooks.

In the fifth round, Rome continued his technically sound but conservative course (admittedly due to the conditions). He broke a string of three consecutive intentional fouls (all in the 60 meter range) by accepting a mark of 198-4. Waltz came close to matching his best with 200-11, and Young, eager to step to the top of the podium, resumed his upward pushing series, hitting 203-7 down the left side of the sector. Brooks, looking for London or bust, again closed with an intentional foul.

In round six, Winger could not recapture his fourth throw feel, after intentionally fouling his fifth attempt. His last effort carried just over the 60 meter mark, four feet from his best. Malone's 200-6 (61.11), just a half foot from third, nonetheless left him in sixth-place.

Rome came to his sixth throw with an Olympic team position only barring a last chance breakthrough by Brooks. That perhaps was the only chance that Rome was not taking. The six-foot, four-inch, 308 lb. Rome raised the stakes for the pressure-packed attempt with an all-in, full-tilt effort that wrote the textbook for 'letting' it all out.

The 207-10 (63.35) measurement brought the 35-year-old Rome to second. Waltz's foul locked Rome and Young in for London, but left Waltz, a member of every U.S. Olympic and World Team from 2004 through '09, on the bubble. Young capped his fine series with his best throw of the day, a barely legal 203-11 (62.15) just inside the left sector line.

With tremendous support from the entire crowd, the six-foot, six-inch Brooks launched his last try for London. Like his first preliminary throw, it landed a few inches away from the Olympic standard. This time, it was six inches over!

1. Lance Brooks (Nike) 213-9 (65.15) PR (gets A-standard on final throw) (210-4, 210-5, 211-5, f, f, 213-9) (64.13, 64.15, 64.44, f, f, 65.15); 2. Jarred Rome (Nike) 207-10 (63.35). (201-0, f, f, f, 198-4, 207-10) (61.26, f, f, f, 60.46, 63.35); 3. Jason Young (Nike) 203-11 (62.15) (201-9, 202-10, 202-2, f, 203-7, 203-11) (61.50, 61.83, 61.62, f, 62.07, 62.15); 4. Ian Waltz (NYAC) 201-2 (61.33) 5. Russ Winger (Asics) 200-11 (61.24) 6. Casey Malone (Nike) 200-6 (61.11) 7. Dan Hytinen (unat). 195-10 (59.69) 8. Wes Stockbarger (unat) 194-2 (59.19) 9. Nick Jones (ACU) 188-8 (57.50) 10. Will Conwell (Brk) 188-4 (57.41) 11. Luke Bryant (Ok). 187-6 (57.17) 12. Chase Madison (unat).....178-9 (54.49)

#### QUALIFYING

(June 25; auto-qualifier 213-2/65.00)

Qualifiers: Brooks 212-7 (64.80), Winger 205-5 (62.61), Rome 202-11 (61.84), Young 201-3 (61.34), Waltz 201-1 (61.30), Malone 199-2 (60.71), Conwell 198-10 (60.61), Stockbarger 197-5 (60.19), Hytinen 196-4 (59.85), Madison 195-4 (59.55), Jones 194-1 (59.17), Bryant 192-7 (58.71); Non-qualifiers: Mason Finley (Ks) 192-2 (58.59), Nate Moses (ConcOr) 190-9 (58.14), Jared Thomas (SFI) 190-2 (57.96), Bryan Powlen (unat) 189-4 (57.72), Jon Tipton (unat) 188-2 (57.36), Brian Trainor (unat) 188-2 (57.35), Jared Schuurmans (Brk) 186-10 (56.94), Jon Bowman (unat) 185-9 (56.63), Adam Kuehl (Nike) 185-8 (56.61), Jason Dixon (unat) 180-9 (55.11), Brian Bishop (unat) 179-11 (54.84), Greg Garza (unat) 178-11 (54.53).

#### June 29

After all the drama of the men's discus, the same three athletes that comprised last year's World Team will be representing the U.S. in London. It was a good day for the 2011 World Team in the women's shot put as well. The preliminaries scheduled just 25 minutes before the men's final, saw Jill Camarena-Williams (63-4), Michelle Carter (60-6) and Sarah Stevens-Walker (60-1) hit the only automatic qualifying marks.

Carter was the first to surpass 18 meters (59-7) with the fifth throw of Friday's mid-afternoon competition. Two throws later, Stevens-Walker debuted in second at 57- ¼, but was immediately upstaged by the next 18 meter throw delivered by Oklahoma's Tia Brooks, the 2012 Indoor and Outdoor NCAA Champion. Surprisingly, Camarena-Williams opened at only 56-10 ¼, placing her fourth.

Carter managed a modest improvement to 59-11 ¼ in round

two, but it was not enough to hold off fellow glider Brooks who hit 60-2, surpassing the 18.33 "A" standard by a centimeter. Five athletes had Olympic "A" marks in the books coming to the Trials, but Brooks, clearly revved up by her result, was the first to bring it to



Carter



*Camarena-Williams*

the meeting.

Still unable to get on track, Camarena-Williams had dropped to fifth as a result of a 56-11 1/2 mark by Pac-12 Champion Alyssa Hasslen, before she fouled her second attempt.

In round three Carter seemed poised for a 60 foot plus throw to retake the lead. She had the

distance, but the throw landed outside the left sector line. Stevens-Walker, in an unenviable third position with Camarena-Williams behind her, pushed up to nearly 18 meters (17.97, 58-11 1/2). Camarena-Williams later admitted to being nervous and "not even using my legs at all" on her first two throws. Her key was to "slow down" for her next attempt. Following that proviso, Camarena-Williams took command of the competition, working her spin technique to a throw of over 19 meters (19.18, 62-10 1/2).

In the fourth round, Big 12 Freshman of the Year, Kearston Peoples rocked the show with a personal record 59-9 1/2 (18.22) that brought a decided future tilt to Track Town straight away. Perhaps Peoples was anxious to finish higher at a major championship. She placed sixth at this month's NCAA's where she threw three feet less. In any event, the intense effort that produced a one-foot, seven-inch PR boosted her from number six up to fourth in the standings.

Next up, Hasslen improved by over a foot to 58-2 1/2 (17.74) but remained sixth, behind Stevens-Walker, who came within ten inches of her previous throw.

Carter's first 60-footer of the day (60-3 1/4) brought her into second. Brooks' response of exactly 18 meters (59-3/4) left her in third. Camarena-Williams continued in a better groove, coming just a centimeter shy of another 19 meter throw (62-3 3/4).

Carter advanced to 60-11 1/4 (18.57) in round five, and Brooks hit her fourth 18 meter throw (59-3) of the day. Peoples, at 58-8 3/4 (more than a half-foot over her old PR), was the only other thrower to post a mark in the fifth.

NCAA Hammer Throw ('12) and Discus ('10) Champion



*Brooks*

Jeneva McCall of Southern Illinois led-off the final round in eighth-place (55-10 1/2, 17.03) and although she did not improve her standing, she made her mark on this Trials by her versatility. She was the only thrower to make a final in two events (10th in the hammer, and also 15th in the discus, missing the final by four feet). Indiana graduate Tiffany Howard finished seventh at 56-2 (17.12).

Peoples, Hasslen and Stevens-Walker would all set aim for one last shot at making it to London. Only Stevens-Walker recorded a mark, coming to one-inch of her day's best. Tia Brooks would make her first Olympic team.

Carter and Camarena-Williams did not engage in the tight lock-up of last year's titanic struggle. Carter, the defending Trials and National Champion, would not relinquish her titles easily though, giving this year's finale the flavor of the waning moments of a championship boxing match. The five-foot, nine-inch Carter unleashed one last haymaker. "That may have had the length," Gary Hill intoned, "but also a long foul," Hill said of the throw that landed well outside the left sector line. Although such a foul is rare for Carter in competition, it is something that has surfaced in practice recently and is now being addressed.

Brooks and Camarena-Williams both fouled their final attempts. Camarena-Williams' foul was a fruitless impulse to save turned intentional stroll, her hands raised to acknowledge the applause as she reached the center of the sector. The victory capped a marvelous 12 months for the Tucson, Arizona resident, that included tying the American record in Paris last July and winning the first shot put medal by an American woman at Worlds.

Gospel music mega-star Kurt Franklin was co-presenter of the awards, much to the delight and inspiration of fans Carter and Brooks. The triumphant trio of Olympians later stopped the music (as did many others throughout the Trials) when they mounted the stage for interviews at the Track Town 12 Festival area adjacent to Hayward Field, where fans could watch the competition on the giant screen.



## RESULTS

1. Jill Camarena-Williams (Nike) 62-10½ (19.16) (56-10¼, f, 62-10½, 62-3¼, f, f) (17.33, f, 19.16, 18.99, f, f); 2. Michelle Carter (Nike)...60-11¼ (18.57) (59-7, 59-11¼, f, 60-3¼, 60-11¼, f) (18.16, 18.27, f, 18.37, 18.57, f); 3. Tia Brooks (Ok)...60-2 (18.34) (59-1¼, 60-2, 57-3½, 59-¾, 59-3, f) (18.01, 18.34, 17.46, 18.00, 18.06, f); 4. Kearsten Peoples (Mo)...59-9½ (18.22) PR (f, 56-10, 55-3½, 59-9½, 58-8¾, f) (f, 17.32, 16.85, 18.22, 17.90, f); 5. Sarah Stevens-Walker (Shore) 58-11½ (17.97) 6. Alyssa Hasslen (Az) 58-2½ (17.74) 7. Tiffany Howard (unat) 56-2 (17.12); 8. Jeneva McCall (Snll) 55-10½ (17.03); 9. Baillie Gibson (Az) 85-8½ (16.98); 10. Brittany Smith (IIS) 54-6 (16.61); 11. Trecey Hoover (unat) 54-0 (16.46); 12. Adriane Blewitt-Wilson (unat) 53-10½ (16.42).

## QUALIFYING

(June 28; auto-qualifier 60-½/18.30)

Qualifiers: Camarena-Williams 63-4 (19.30), Carter 60-6 (18.44), Stevens-Walker 60-1 (18.31), Brooks 57-10½ (17.64), McCall 57-9¼ (17.62), Hasslen 55-11¼ (17.06), Howard 55-11 (17.04), Peoples 55-8¼ (16.97), Gibson 55-2 (16.81), Blewitt-Wilson & Smith 54-11¼ (16.74), Hoover 54-4¾ (16.58); Non-qualifiers: Felisha Johnson (InSt) 54-2 (16.51), Chandra Brewer (unat) 53-10¼ (16.41), Christina Hillman (IaSt) 53-8¼ (16.36) PR, Becky O'Brien (Buf) 53-¼ (16.16) PR, Michelle Anumba (Duke) 52-5½ (15.99), Skylar White (Bay) 52-4¼ (15.97), Ashley Muffet-Duncan (unat) 51-11 (15.82), Kelsey Card (Wi) 51-9¼ (15.78), Danielle Frere (IaSt) 51-8½ (15.76), Nia Henderson (unat) 51-3¼ (15.64), Kyla Buckley (In) 48-1¾ (14.67).

## July 1

For all but two of Sunday afternoon's javelin finalists, the distance 200-feet, one-inch represented the combined jackpot of English measure milestone PR and A-list status for London's Summer Party.

Kara Patterson and Rachel Yurkovich, who had both already earned their "A's," were the leading qualifiers two days

earlier, topping the first and second flights with throws of 198-5 and 185-1 respectively. Two-time Olympian Kim Kreiner, still climbing back after serious injury, finished less than seven feet away from the final at 157-11, placing her seventeenth in this her fourth Olympic Trials.

The final began in a way Yogi Berra might describe as déjà vu all over again. Again the first thrower of the competition, Patterson set the bar high exactly as she had done here at last year's Nationals, this time at 193-10, ten inches shy of her mark of 2011. Unlike last year, however, there was one athlete who responded early. The third thrower, Brittany Borman hit 185-3 to put herself in range of the four-time U.S. Champion.

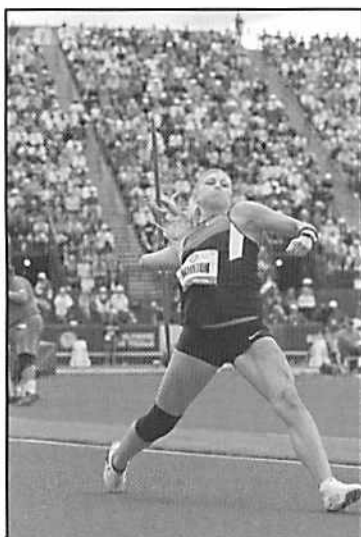
After Patterson opened the second round at 191-3, Kim Hamilton, throwing fourth in the order, extended her PR by four-and-a-quarter feet to 190-5 (58.04). Late in the round, Pan American Games Champion Alicia Deshasier climbed to third at 185-9.

Patterson found her best result of the day in the third rotation at 196-2 (59.79), breaking her own Trials record. In the same round, Borman pulled to third at 188-11. Illinois State senior, Leigh Petranoff also posted her best of the day in the third, 175-10 (53.59) to move into the final eight. Another youthful legacy thrower, Haley Crouser of Gresham, Oregon (17-year-old daughter of Dean and sister of Sam) would finish in seventh at 179-8 (54.77) next to Petranoff (daughter of Tom).

2007 National Champion Dana Pounds-Lyon recorded her top throw in round four, a seasonal best of 180-11 (55.16), to move back into fifth, although she would eventually drop a place in the final standings. The most fateful occurrence of the round, however, came on the last throw when Patterson hyper-extended her left knee on her plant.

The throw measured 185-6, but Patterson would pass her next two attempts.

In the fifth round, Yurkovich looked more like herself, exhibiting greater speed on the runway and better rhythm in jumping from sixth to fourth-place at 186-6



From top left, clockwise: Hamilton, Patterson, Yurkovich and Borman.

(56.85). DeShasier responded with a throw of 185-5, shy of her best on the day by only four inches. Neither Yurkovich nor DeShasier improved in round six.

With the penultimate throw of the competition, Borman would attempt to reach an Olympic qualifying standard with her final effort. It was something Lance Brooks achieved a few days earlier, but in terms of the women's javelin something reminiscent of an event from decades ago.

As Stanford freshman Mary Osborne had done here in 1980, Borman succeeded. Her dramatic throw of 201-9 (61.51) that broke her personal record by nearly seven feet (194-11), of course set a Trials record. The throw also pushed Hamilton, who fouled her last attempt, to third-place.

First to embrace the five-foot, eleven-inch, 170 lb. Borman in a joyous, celebratory hug was five-foot, two-inch Pounds-Lyon, who had missed qualifying for the Olympics as runner-up at the '08 Trials.

Did she really think she had that throw in her? Borman was asked at the press conference, "I really didn't know. I prayed before that last throw to let whatever happens happen and to throw to the best of my ability. I was really excited. I'm still shocked that I threw that far," Borman said through a chuckle on her 23rd birthday.

In a telephone interview the next day for MoTrackFanatic, when asked if after Friday's prelim she felt ready to give it all she had on Sunday, Borman replied, "Not really. I was consistent in the 170s and was hitting it pretty hard. So I was a little nervous. I just wanted to come out Sunday and see what happens."

When she let go of her last throw did she know it was good? "No! I had no idea. I thought it would be like 170 feet. Because I didn't feel like I put my best into it. I mean I was trying hard but it all kind of ran together... And I kind of heard the crowd, I was like, oh, please God, please don't let it be 60.99," responded Borman later in the conversation.

A native of St. Louis, Borman won Missouri State Championships in the shot put, discus and high jump while at

Festus High School. She entered UCLA with hopes of emulating childhood idol Jackie Joyner-Kersey as a heptathlete, but after spending her freshman year at the Westwood campus, she transferred to Coach Brian Blutreich's program at Oklahoma. A five-time All-American, Borman owns the Sooner discus record at 186-1. She has not cut her ties to UCLA entirely though; after the Olympics she plans to marry former Bruin hammer and weight throw All-American Boldizsar Kocsor.

The 2011 and 2012 NCAA Javelin Champion is no stranger to final throw improvements. Only last year at U.S. Nationals, Borman moved from eighth to seventh-place in round six. Her distance: exactly 52 meters, 170-feet, seven-inches!

#### RESULTS

1. Brittany Borman (Nike).201-9 (61.51) PR (AL) (3, 18 A) (185-3, 180-8, 188-11, f, 188-5, 201-9) (56.47, 55.07, 57.59, f, 57.44, 61.51); 2. Kara Patterson (Asics).196-2 (59.79) (193-10, 191-3, 196-2, 185-6, p, p) (59.09, 58.29, 59.79, 56.55, p, p); 3. Kim Hamilton (Nike).190-5 (58.04) PR (8, x A) (f, 190-5, 178-10, 176-11, 182-5, f) (f, 58.04, 54.52, 53.92, 55.61, f); 4. Rachel Yurkovich (Nike).186-6 (56.85) 5. Alicia DeShasier (Nike).185-9 (56.62) 6. Dana Pounds-Lyon (Nike).181-0 (55.16) 7. Haley Crouser (OrHS) 179-8 (54.77) (x, 2 AJ, HS) (177-7 [x, 3 AJ; x, 2 HS]); 8. Leigh Petranoff (TJav).175-10 (53.59) PR; 9. Karlee McQuillen (unat) 173-8 (52.93); 10. Amy Backel (unat).170-2 (51.88); 11. Kayla Wilkinson-Colgrove (unat) 168-5 (51.35); 12. Ariana Ince (unat). 168-3 (51.28).

#### QUALIFYING

(June 29; auto-qualifier 200-1/61.00)  
Qualifiers: Patterson 198-5 (60.49), Yurkovich 185-1 (56.42), McQuillen 182-10 (55.73) PR, Borman (Ok) 178-10 (54.50), Hamilton 175-10 (53.60), DeShasier 174-10 (53.28), Ince 174-8 (53.25), Wilkinson-Colgrove 171-6 (52.27), Backel 171-2 (52.19), Pounds-Lyon 170-0 (51.82), Crouser 165-7 (50.48), Petranoff 164-8 (50.21); Non-qualifiers: Brianna Bain (Stan) 162-4 (49.48), Emily Tyrrell (MtSt) 161-7 (49.27), Jennifer Austin (Shore) 160-10 (49.02), Laura Loht (PennSt) 160-7 (48.96), Kim Kreiner (Nike) 157-11 (48.13), Samantha Hatten (unat) 155-0 (47.25), Heather Bergmann (Ks) 154-4 (47.05), Laura Asimakis (TxAM) 154-3 (47.02), Grace Zollman (CParkTC) 152-8 (46.53), Paige Blackburn (USAF) 151-9 (46.27), Randi Hicks (unat) 151-1 (46.06), Brittany Aanstad (unat) 148-4 (45.23) \*L&S\*

#### Olympic Trials Quiz

1. Reese Hoffa qualified for his third U.S. Olympic Team, one away from the great Parry O'Brien. In addition to Adam Nelson and John Godina, who are the male shot putters that have qualified for three U.S. Olympic Teams? In what years?
2. The top six female shot putters in this year's Trials have competed in what two collegiate conferences? What universities did or do they attend?
3. Trials Champion Lance Brooks and 2007 NCAA Discus Champion and Swedish Olympian Nick Arrhenius have what personal accomplishment in common?
4. Aretha Thurmond qualified for her fourth U.S. Olympic Team. Who is the other female discus thrower that qualified for four U.S. teams?
5. From 1993 to 2002 every U.S. National Hammer Throw Championship was won by Lance Deal or Kevin McMahon. Prior to this year, what was the most recent Trials in which neither Deal nor McMahon competed?
6. What club swept the first U.S. Olympic Trials for the Women's Hammer Throw? Where and when?
7. What is the longest distance ever achieved in the javelin at the U.S. Olympic Trials? Name the athlete and the year.
8. With her 201-9 Trials record Brittany Borman became a member of what exclusive English measure milestones throwing club?
9. An Olympic Bronze Medalist present at this year's Trials is the marketing genius behind what successful sports drink? What is his name?
10. What famous American author is the son of an Olympic decathlete? <ANSWERS ON PAGE 37>



## BY KURT DUNKEL, SHIPPENSBURG UNIVERSITY

London enjoys a very unique and exceptional existence in today's world. It is one of only a handful of worldwide cities that seem to exist as independent and autonomous cultural, geopolitical, economic, educational and psychological entities. In this new millennium it has arguably taken on the role of the 'world capital.' Its gravitational pull seems to know no bounds in today's world. It is the artistic, financial, and creative center of the universe, and by no means is London European. It straddles its European, American, and Commonwealth relatives and is the city where anyone who is anyone from Russia, and the Middle East aspire to have an image, foothold, and presence. Athens was a perfect Olympic host in terms of the historical significance of the Olympic Games. However, in 2012 there could be no better host than the most diverse and vibrant city in the world.

London has a quiet and confident identity in relation to its global counterparts. The sophisticated and complex assuredness of London is only matched by its deep-rooted, attractive and well-developed sense of doubt and uncertainty. London embraces an attitude of Eeyore from Winnie the Pooh; however, it's much classier, refined, and positive. Londoners don't have a cynical edge (leave that to Philadelphia), they are instead just a little uncertain of themselves. Behind the schoolgirl/schoolboy uncertainty lies a depth of character and charm that is inviting and intoxicating. In the U.S. we are in the homestretch of a presidential election cycle. We are told ad Infinitum how we are the greatest nation and greatest people to ever grace this planet. A perfect example of the difference between American cocksureness and London was when Mitt Romney flew to London to publicly criticize Lord Coe and Mayor Johnson's preparedness.

London is not so bold. Leading up to the Olympics, London was collectively cautiously optimistic, with an emphasis on the cautious. Handwringing was bountiful, and questions about London's ability to handle the tourists, the somewhat-flawed ticketing scheme, the preparedness of the organizers, the weather, the security, and the venues were abound. It was easy to hear the voice of Eeyore in those that said 'Maybe we should have never even taken this on.' But in a moment of leadership and strength Boris Johnson told Mitt Romney to piss off, which seemed to awaken and inspire an excited yet doubtful city.

The opening ceremonies were spectacular, very English and very Danny Boyle. They were not without some eclectic and perplexing and awkward moments (i.e., agrarian folks techno dancing, giant creepy babies, or a parachuting Queen Elizabeth); however those moments were all part of a much larger display that was not without two moments which will surely go down as two of the most iconic and epic moments in Olympic history. First, the forging of the Olympic Rings from the molten steel not only symbolized the enduring power and energy of the Olympic Games, it also symbolized England's history as the heart of the industrial revolution. Seeing the sparks pour from the rings, and the associated feelings of inspiration, wonder, and power, will be an enduring memory of the games for me. Second, the Olympic Cauldron – created out of 204 copper petal-like bows (each representing a competing country) – was a sight to behold as it was lit by Sir Steve Redgrave. This was followed by a culminating display of fireworks that truly could not be rivaled. Only eight years after Beijing gave us an opening ceremony that set the bar at an impossible height, London responded with a ceremony that was inspiring, eclectic, and which represented the people of England beautifully.



*No one celebrates like Robert Harting.*

\*Pictures courtesy of Kurt Dunkel



London 2012 would then begin – as Bud Greenspan might say – 16 Days of Glory – which were in a word, flawless. The venues, volunteers, Olympians, spectators, energy, mood, and competition were truly legendary. After a few less than perfect days of weather (hey, it's London, what do you expect?), sun, clear skies, and warm temperatures were abundant throughout the remainder of the Games. It was truly a joy to see Englanders proud and excited. A chink in the armor of 'Stay Calm And Carry On' or 'Keep A Stiff Upper Lip' is always a refreshing and welcome relief. Londoners seemed to become more and more excited and proud as each day passed. Team GB was exceeding the expectations of even the most optimistic prognosticators, and London was feeding off the continual flow of medals. In all, Team GB would earn 65 medals and finish an astonishing third in the medal count. In perspective, Team GB only earned 28 medals in Sydney.

London was alive with a positive and pulsating energy only to be found once every four years. The Olympic values of Respect, Excellence, and Friendship were evident and palpable throughout the city. So many British athletes were exceeding expectations, but Mo Farah's sensational double pushed the energy level to 11 so to speak. After winning the 10k, Mo was asked if he had preferred to run as a Somali, to which he replied, *"Look, mate, this is my country. This is where I grew up; this is where I started life. This is my country and when I put on my Great Britain vest I'm proud. I'm very proud. The support I got today was unbelievable. I couldn't believe it. It was the best moment of my life. If it wasn't for the crowd and people shouting out my name, cheering and putting the Union Jack up, I don't think it would have happened. To win the Olympics in the place you grew up and went to school just means so much to me."*

An attitude of 'Surely Mo can't pull off the double', which would have been omnipresent only a few days before had disappeared. The sentiment had somehow become 'Surely there is no way Mo can lose in the 5k.' And with the backing of an exhilarated country, Mo won the 5k in somewhat easy fashion. As a visitor to the country, it was an amazing experience for me to be part of. Londoners were proud and happy. They were basking in the very unique collective feel that can only come when a concern or fear transforms into something much more spectacular than could ever be imagined.

As anyone who has visited England can attest, drinking is a very prominent aspect of day to day life. Whether one has a few pints after a bad day, or whether a few drinks are in order to celebrate, alcohol is linked with culture. The vast majority of socializing is spent whilst enjoying a few drinks; be it after work, having 'a night out,' preparing for the weekend, or having 'one big weekend.' Robert Harting, the charismatic beast of a discus thrower from Germany, fully embraced the London Olympic spirit of celebration after his exciting discus victory. It would be difficult for Harting to top his antics at the 2009 World Championships in Berlin, where he ripped his shirt off and ran around with Berlino – the mascot – on his shoulders. The events which

followed his London Games victory will, for me, always symbolize the 2012 Olympics. After beating Eshan Hadadi by a mere 9 centimeters on his 5th throw, Harting ripped his shirt off in what has become trademark fashion. He then draped a German flag over his back and proceeded onto his victory lap. The hurdles which were set up for the women's 100 meter hurdles were literally no obstacle as he hurdled each one as he ran down the homestretch.



*Always the man about town, Kurt made friends with Tibetan monks and Brit gold medal rower Jeff Reed.*

This was only a prelude to what would be a big night out for Harting. In London celebratory fashion, Harting embarked on an epic evening of drink. After an alcohol-fueled evening on a Thames party boat, Harting left his Olympic credentials somewhere between the boat and his tube ride back to the London Olympic Village. The security wouldn't permit Harting into the Village so he was thus forced to pass out on the ground outside of the Olympic Village. A celebration which morphs into a sloppy night of drunken escapades: I can't think of a set of events which more perfectly embody the London experience than this. Thank you, Robert Harting.

Similarly, the closing ceremonies were a musical celebration. In essence, it was one massive celebration of musical artists hailing from the U.K. What a show it was. I must admit, it was very difficult watching Mayor Johnson pass the Olympic Flag to Mayor Paes of Rio de Janeiro. But that is the nature of the Olympic Games. The wait makes it worthwhile. More importantly, thank you to London for putting on what may go down as the most perfect Olympics in history. \*L&S\*

Not Really...

# ...JUST ANOTHER MEET

By KIBWE JOHNSON, U.S. OLYMPIAN

I can still remember when Crystal and I drove into Kamloops (British Columbia, Canada) for the first time like it was yesterday. After coming down a mountainside, the valley opened up and the sun seemed to be setting right

down the middle in the direction pointing towards our destination. A giant 'Welcome to Kamloops' sign greeted us as we crossed the city limits. We were filled with feelings of anticipation, joy, fear, and anxiety as we began this journey just four years ago. We expected Dr. Bondarchuk, to be this hard, militant style of coach. And while we prepared for that, we were pleasantly surprised to find that couldn't be further from the truth! An ebb and flow of frustration and elation has occurred since that move, but if I had to make that same decision again, I would.

So let's get down to it. It was no secret that I moved to Kamloops in pursuit of an Olympic medal. But it was also for the opportunity of a lifetime: to learn from the greatest mind our sport has ever known.

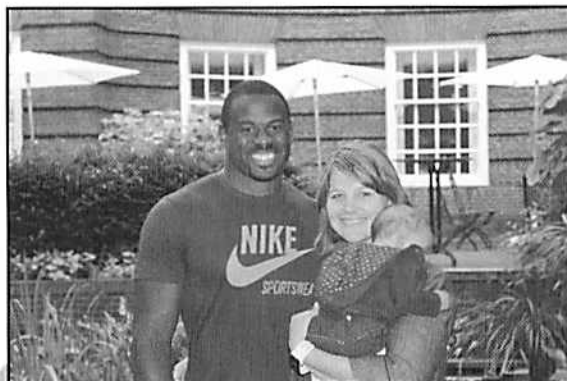
## Hammer Time

This was an absolutely fantastic event! The planning, the volunteers, and the eventual competition were all first rate. An enormous thank you goes out to Gill Athletics, Vin Lananna, Lance Deal, Nike, and all the volunteers who brought Hammer Time to be. From its inception, I accepted and welcomed the idea of hammer trials being hosted two hours away from the rest of Olympic Trials. Firstly, Nike was hosting the event (Beaverton, OR campus) and they don't do anything without giving it their all. Secondly, it was already a done deal. It didn't make sense to me to get mad about something that wasn't going to change. Lastly, anything that brings more exposure to one of the most exciting events in track and field is fine by me.

## My Competition

With my former training partner A.G. Kruger hitting 'A' standard a couple weeks previous, it definitely made my job easier. However, I did not waiver in my intention to win. I'm disappointed that I wasn't able to improve on my previous winning mark from 2011, but Dr. Bondarchuk was trying to prepare me for London and that's just life. He was concerned about how inconsistent my reaction had been all spring and for about

six weeks after my daughter Brooklyn was born, my training was pretty awful. But I was hoping I could muster 75m. I knew that a throw of 75m had a very good shot at winning.



*Kibwe, Crystal and baby Brooklyn*

With the completion of the event and my second straight championship in the bag, I was finally an Olympian! This was a process countless people have been involved in and I thank them all. I've been watching the Olympics on television since I was about 8 years old. I always wanted to be an Olympian, but admittedly I imagined it as a sprinter.

Punching my ticket to

London had a bigger psychological effect on me than I thought it would. As evidenced by my saunter to midfield for that ill conceived grass angel. I DO NOT suggest doing that! The effect of having never made the team after a failed opportunity in 2008, the emotions and hardships that went into the decision and subsequent move to Kamloops, and then to finally make the team despite my hormones going haywire after my daughter's birth... I just needed a moment to realize and appreciate the struggle of achieving my dream. My disappointing season was a result of my hormones changing in reaction to the birth. I had heard of this possibility, but did not give it much thought. When I did my own research, I found that it is indeed fact. The only discussion is about why it happens. Testosterone drops and prolactin rises. This happens about two weeks before birth. This is almost exactly when my fantastic training turned south. During the spring this year, I was on pace for about 82m. This projection is based on training distances and correlations.



*Johnson was victorious at the Trials.*

Of course, everyone's reaction to the change in hormones will be different, it's not a death sentence. Plenty of athletes have had babies. It's just a matter of getting back to normal. Signs of my old self are beginning to come back, so I am confident.

## Preparation for London - Portugal

My training turned around about half way through my four-week training camp in Portugal. I became hopeful again of producing a decent mark in London. That camp was so important in resetting my body. Words aren't enough to thank all the friends and family that donated to

make that camp happen. Without them, I don't think my performance in London would have been what it was. About a day before my training turned for the better, I sort of meditated on the fact that it was a possibility I may not medal. This was a big realization for my peace of mind. I had been training my mind and body for the very moment that was fast approaching. I think accepting that it was okay to fall short of my own standards was vital. It was clear that I wasn't in optimum shape to challenge for a medal this year. You can't shine a turd. In fact, as of this moment, I have thrown 75m plus only four times since March. Prior to March I was throwing 75-76.5m with a consistency I had never seen in my training.

### Village Life

The Olympic Village is as advertised. One of the coolest experiences an athlete can be a part of I think. I've been to two Pan American Games, but those village settings pale compared to the Olympics. My first ten minutes in the Village, I shared an elevator with Michael Phelps. It occurred to me, "Yup, this is the Olympics!" It's interesting seeing and interacting with athletes from other U.S. sports. Everyone is all about Team USA, and that camaraderie is infectious.

The food was great. There were stations from every part of the world. And of course, there was McDonalds. For free. It was a popular place after athletes were done competing. I haven't been to a McDonald's since returning home. Probably because I know it's probably frowned upon to not bring your wallet.

### The Competition

I've been asked quite a few times if I was nervous. I was not. Not in the least. I've been on the international stage long enough to know how it goes. I also give a ton of credit to Dr. B (Bondarchuk). There is absolute confidence because I know that he's writing my programs. I know that I will be ready when I'm supposed to be. It is indeed an advantage. I think, however, I may have done myself a disservice when I was sitting in 9th during finals. Everything felt like 'just another meet,' and going into my last throw, I don't think I brought my normal amount of "last throw, best throw" focus. That is what I was most disappointed with. Not the 9th place finish, but my last

attempt for three more. That third throw should have bought me three more. Having my family and friends in attendance to see me perform was a humbling experience. Among them, my grandparents, who have been to all but two summer Olympic Games since 1976. And of course my awesome girls, Brooklyn and Crystal. However, Brooklyn slept through most of my final and all of the 100m final.

Poor kid missed out!

### My Future

If you asked me just after the Olympic final, I'd have told you that I'd be perfectly happy never throwing a hammer ever again. After all we've had to go through the last four years and having started our family, the idea of committing another four years just seemed so daunting. The list grows

longer when I consider the lack of funding and competitive opportunities. On the flip side, there is the chance of learning even more from my coach, earning a Master's in the throws, if you will. He's someone who has become a part of my family. He's Grandpa. The original indecision has given way to an immense ambition to put my stamp on this event and the sport I love so much, for future generations. A good man said to me once, "leave it better than you found it." This will be the philosophy I live by for the remainder of my career.

Overall, I am happy with my season best in London, and so very proud to be able to represent my country in the Olympics. No American has made an Olympic final since Lance in 1996. I don't take that achievement lightly, but my story doesn't end there. It's back to the drawing board as I prepare for the 2013 season and beyond. Crystal and I have started our family, and I couldn't be happier. I am recommitted and ready to move forward towards greater Olympic success in 2016, and I have learned that there is

room for me to be a husband, professional thrower, and a father. And where I come from, family is the most important thing in life. Throwing a hammer is just icing on the proverbial cake. I've had great success in Brazil. My first international medal for Team USA was in Rio in 2007. I threw the first 80m throw of my career in Brazil in 2011. I want to go out with the Gold in Rio 2016.

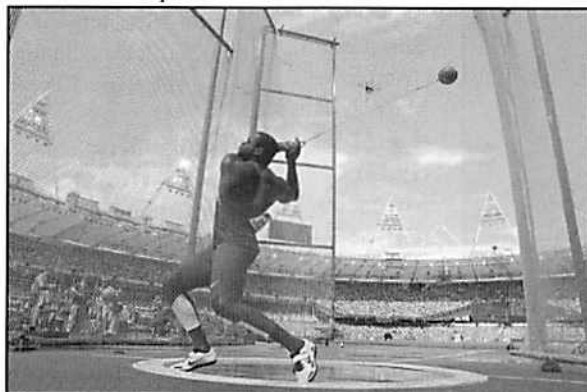
*\*L&S\**



*Olympic Village*



*Johnson above with Dr. Bondarchuk in London and below in competition.*





# LONDON OLYMPICS RESULTS

## MEN'S SHOT

### FINAL

(August 03)

(66F/19C; 55% humidity)

1. Tomasz Majewski (Poland), 71-10 (21.89); 2. David Storl (Germany), 71-8¾ (21.86) [outdoor PR]; 3. Reese Hoffa (US), 69-8 (21.23); 4. Christian Cantwell (US), 69-6¼ (21.19); 5. Dylan Armstrong (Can), 68-8 (20.93); 6. Germán Lauro (Arg), 68-4½ (20.84) [NR]; 7. Asmir Kolašinac (Ser), 67-11½ (20.71); 8. Pavel Lyzhyn (Blr), 67-10¼ (20.69); 9. Ryan Whiting (US), 67-8¾ (20.64); 10. Dorian Scott (Jam), 67-7½ (20.61); 11. Maksim Sidorov (Rus), 66-11½ (20.41); 12. Ming-Huang Chang (Tai), 65-7 (19.99); (best-ever mark-for-place: 8-11)

**Non-qualifiers:** Soslan Tsirikhov (Rus)

66-2¼ (20.17) (longest non-Q ever), Rutger Smith (Hol) 65-10½ (20.08), Marco Fortes (Por) 65-9¾ (20.06), Ralf Bartels (Ger) 65-7½ (20.00), Andrei Mikhnevich (Blr) 65-3¼ (19.89), Nedžad Mulabegovic (Cro) 65-2 (19.86), Om Prakash Singh (Ind) 65-2 (19.86), Hüseyin Atici (Tur) 64-9¼ (19.74), Lajos

Kürthy (Hun) 64-5¼ (19.65),

Georgi Ivanov (Bul) 64-5 (19.63),

Antonín Zalský (CzR) 64-4½

(19.62), Kemal Mesic (Bos) 64-3¾

(19.60), Mihail Stamatoyiannis (Gre) 63-1½

(19.24), Dale Stevenson (Aus) 62-10¼ (19.17),

Kim Christensen (Den) & Maris Urtans (Lat) 62-9¼

(19.13), Carl Myerscough (GB) 62-2¼

(18.95), Raigo Toompuu

(Est) 62-½ (18.91), Borja Vivas (Spa) 61-11½ (18.88),

Stephen Saenz (Mex) 61-2¼ (18.65), Amin Nikfar (Iran) 61-1¼

(18.62), Carlos Véliz (Cub) 60-11¼ (18.57), Emanuele Fuamatu (AmS) 58-4 (17.78), Odinn Björn Thorsteinsson (Ice) 57-9¼ (17.62), Adriatik Hoxha (Alb) 57-8¼ (17.58); ...

3f—Justin Rodhe (Can), Andriy Semenov (Ukr), Jun Zhang (Chn). (best-ever mark-for-place: 10-12)

## WOMEN'S

### DISCUS

#### FINAL

(August 04)

(temperature 66F/19C;

63% humidity)

1. Sandra Perkovic

(Croatia), 226-9 (69.11)

[NR]; 2. Darya Pishchalnikova (Russia),

221-8 (67.56); 3. Yanfeng Li (China), 220-6 (67.22); 4.

Yarelis Barrios (Cub), 217-9 (66.38); 5. Nadine Müller

(Ger), 216-4 (65.94); 6.

Mélina Robert-Michon

(Fra), 209-11 (63.98); 7.

Krishna Poonia (Ind), 208-9 (63.62);

8. Stephanie Brown

Trafton (US), 206-8 (63.01);

9. Zinaida Sendriute (Lit), 202-4 (61.68); 10. Anna Rüh

(Ger), 201-4 (61.36); 11.

Xuejun Ma (Chn), 200-2 (61.02); 12. Dani Samuels

(Aus), 198-2 (60.40);

**Non-qualifiers:** Seema Antil

(Ind) 203-1 (61.91), Nicoleta

Grasu (Rom) 202-11 (61.86),

Gia Lewis-Smallwood (US)

201-7 (61.44), Andressa de

Morais (Bra) 199-11 (60.94),

Svetlana Saykina (Rus) 199-0

(60.67), Nataliya Semenova



Top to bottom: Perkovic, Pishchalnikova and Li



Top to bottom: Hoffa, Majewski and Storl

(Ukr) 198-10 (60.61), Dragana Tomasevic (Ser) 198-7 (60.53), Julia Fischer (Ger) 197-7 (60.23), Karen Gallardo (Chl) 197-1 (60.09), Wen Hua Li (Tai) 196-6 (59.91), Vera Ganeyeva (Rus) 196-6 (59.90), Zaneta Glanc (Pol) 196-5 (59.88), Aretha Thurmond (US) 194-10 (59.39), Rocío Comba (Arg) 193-6 (58.98), Denia Caballero (Cub) 192-10 (58.78), Kateryna Karsak (Ukr) 192-5 (58.64), Allison Randall (Jam) 190-6 (58.06), Yaimí Pérez (Cub) 189-10 (57.87), Monique Jansen (Hol) 188-8 (57.50), Irina Rodrigues (Por) 187-9 (57.23), Sviatlana Siarova (Blr) 186-0 (56.70), Vera Cechlová (CzR) 180-5 (55.00); ... 3f—Jian Tan (Chn).

## MEN'S HAMMER

### FINAL

(August 05)

(68F/20C; 54% humidity)

1. Krisztián Pars (Hungary), 264-5 (80.59); 2. Primo Kozmus (Slovenia), 260-4 (79.36); 3. Koji Murofushi (Japan), 258-3 (78.71); 4. Oleksiy Sokyrskyy (Ukr), 256-8 (78.25); 5. Kirill Ikonnikov (Rus), 255-5 (77.86); 6. Lukás Melich (CzR), 253-2 (77.17); 7. Szymon Ziółkowski (Pol), 252-11 (77.10); 8. Nicola Vizzoni (Ita), 249-7 (76.07); 9. Kibwé Johnson (US), 245-10 (74.95); 10. Dilshod Nazarov (Taj), 242-1 (73.80); 11. Valeri Sviatokha (Blr), 239-11 (73.13); 12. Alex Smith (GB), 239-1 (72.87);

**Non-qualifiers:** Eivind Henriksen (Nor) 244-10 (74.62), Jérôme Bortoluzzi (Fra) 243-3 (74.15), Marcel Lomnický (Svk) 242-9 (74.00), Javier Cienfuegos (Spa) 241-10 (73.73), Esref Apak (Tur) 241-0 (73.47), Mohamed Ali Al-Zankawi (KuW) 240-10 (73.40), Roberto Janet (Cub) 240-7 (73.34), Dzmitry Marshyn (Aze) 239-0 (72.85), Igors Sokolovs (Lat) 238-8 (72.76), Kaveh Mousavi (Irn) 238-6 (72.70), Aleksey Zagorniy (Rus) 237-11 (72.52), Quentin Bigot (Fra) 237-7 (72.42), A.G. Kruger (US) 236-7 (72.13), David Söderberg (Fin) 235-5 (71.76), Lorenzo Povegliano (Ita) 234-



Top to bottom: Pars, Kozmus and Murofushi

9 (71.55), Pavel Kryvitski (Blr) 234-6 (71.49), Mostafa Hicham Al-Gamal (Egy) 234-1 (71.36), Andras Haklits (Cro) 231-8 (70.61), Sergiu Marghiev (Mol) 228-10 (69.76), Nicolas Figère (Fra) 228-10 (69.74), Constantinos Stathelakos (Cyp) 228-6 (69.65), Oleksandr Dryhol (Ukr) 228-3 (69.57), Mergen Mamedov (Tkm) 224-4 (68.39), Juan Ignacio Cerra (Arg) 223-9 (68.20), Aléxandros Papadimitriou (Gre) 220-5 (67.19), Sukhrob Khodyayev (Uzb) 216-2 (65.88); 3f—Pawel Fajdek (Pol), Artem Rubanko (Ukr), Jim Steacy (Can).

## WOMEN'S SHOT

### FINAL

(August 06)

(temperature 64F/18C; 75% humidity)

(light rain)

1. Valerie Adams (New Zealand) 67-11 (20.70); 2. Yevgeniya Kolodko (Russia) 67-2¼ (20.48) [PR]; 3. Lijiao Gong (China), 66-4¼ (20.22); 4. Ling Li (Chn), 64-5 (19.63); 5. Michelle Carter (US), 63-8¾ (19.42) [SB]; 6. Xiangrong Liu (Chn), 62-11¼ (19.18); 7. Geisa Arcanjo (Bra), 62-5 (19.02) [PR]; 8. Irina Tarasova (Rus), 62-4 (19.00); 9. Natalia Ducó (Chl), 61-8¼ (18.80) [NR]; 10. Christina Schwanitz (Ger), 60-7¼ (18.47); 11. Natallia Mikhnevich (Blr), 60-5¼ (18.42); ...dq[drugs]—[1]Nadzeya Ostapchuk (Blr);

**Non-qualifiers:** Cleopatra Borel-Brown (Tri) (retroactively added to Q list) & Nadine Kleinert (Ger) 60-3 (18.36), Chiara Rosa (Ita) 60-½ (18.30), Jill Camarena-Williams (US) 59-9½ (18.22), Årsula Ruiz (Spa) 59-¼ (17.99) PR, Yanina ravalinskay-Karolchyk (Blr) 58-7½ (17.87), Josephine Terlecki (Ger) 58-4 (17.78), Tia Brooks (US) 58-1¾ (17.72), Misleydis González (Cub) 58-¼ (17.68), Leyla Rajabi (Irn) 57-7 (17.55), Julie Labonté (Can) & Anita Márton (Hun) 57-4¼ (17.48), Anna Avdeyeva (Rus) 57-3¾ (17.47), Ying Lin (Tai) 57-



Top to bottom: Adams, Gong and Kolodko

2¼ (17.43) NR, Mailín Vargas (Cub) 55-0 (16.76), Sandra Lemus (Col) 54-1¼ (16.50), Aleksandra Fisher (Kaz) 53-¼ (16.16), Ana Po'uhila-Kisina (TGA) 51-10 (15.80), Yelena Smolyanova (Uzb) 47-4¼ (14.43); 3f—Radoslava Mavrodieva (Bul).

## MEN'S DISCUS

### FINAL

(August 07)

(63F/17C; 65% humidity)

1. Robert Harting (Germany), 223-11 (68.27); 2. Ehsan Hadadi (Iran), 223-8 (68.18); 3. Gerd Kanter (Estonia), 223-2 (68.03); 4. Virgilijus Alekna (Lit), 221-1 (67.38); 5. Piotr Malachowski (Pol), 220-5 (67.19); 6. Martin Wierig (Ger), 216-0 (65.85); 7. Frank Casañas (Spa), 215-1 (65.56); 8. Vikas Gowda (Ind), 212-6 (64.79); (212-6, 199-11, 206-9, 210-5, 211-6, 209-7); 9. Benn Harradine (Aus), 208-7 (63.59); 10. Erik Cadée (Hol), 206-0 (62.78); 11. Jorge Fernández (Cub), 203-6 (62.02); 12. Lawrence Okoye (GB), 200-2 (61.03); (best-ever mark-for-place: 5)

**Non-qualifiers:** Apostolos Parelis (Cyp) 208-3 (63.48), Mario Pestano (Spa) 208-0 (63.40), Bogdan Pishchalnikov (Rus) 207-2 (63.15), Rutger Smith (Hol) 207-0 (63.09), Martin Maric (Cro) 206-3 (62.87), Jason Young (US) 204-0 (62.18),

Scott Martin (Aus) 203-10 (62.14), Traves Smikle (Jam) 202-11 (61.85), Lance Brooks (US) 200-8 (61.17), Przemyslaw Czapkowski (Pol) 200-5 (61.08), Ercüment Olgunzeniz (Tur) 199-8 (60.87), Gerhard Mayer (Aut) 199-6 (60.81), Märt Israel (Est) 197-11 (60.34), Omar El-Ghazaly (Egy) 197-8 (60.26), Aleksander Tammert (Est) 197-6 (60.20),

Abdul Buhari (GB) & Julian Wruck (Aus) 197-1 (60.08), Markus Münch (Ger) 196-8 (59.95), Jarred Rome (US) 195-5 (59.57), Robert Urbanek (Pol) 195-5 (59.56), Sultan Mubarak Al-Dawoodi (Sau) 195-4 (59.54), Mykyta Nesterenko (Ukr) 194-1 (59.17), Brett Morse (GB) 190-10 (58.18), Roland Varga (Cro) 190-10 (58.17), Germán Lauro (Arg) 188-9 (57.54), Danijel Furtula (MNE) 188-7 (57.48), Jason Morgan (Jam) 188-6 (57.46), Yuniór Lastre (Cub) 188-1 (57.33), Ronald Julião (Bra) 184-4 (56.20). (best-ever mark-for-place: 9–12)

## WOMEN'S JAVELIN

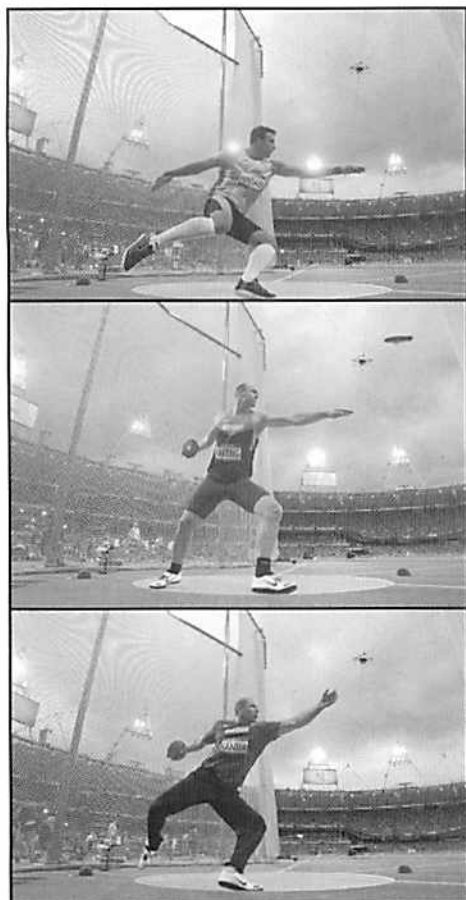
### FINAL

(August 09)

(temperature 75F/24C; 46% humidity)

1. Barbora Špotáková (Czech Republic), 228-2 (69.55) (WL); 2. Christina Obergföll (Germany), 213-9 (65.16); 3. Linda Stahl (Germany), 212-11 (64.91); 4. Sunette Viljoen (SA), 211-8 (64.53); 5. Huihui Lu (Chn), 209-0 (63.70); 6. Katharina Molitor (Ger), 206-4 (62.89); 7. Martina Ratej (Slo), 202-2 (61.62); 8. Madara Palameika (Lat), 199-3 (60.73); 9. Kathryn Mitchell (Aus), 195-1 (59.46); 10. Mariya Abakumova (Rus), 194-8 (59.34); 11. Ásdís Hjálmsdóttir (Ice), 193-10 (59.08); 12. Liz Gleadle (Can), 192-10 (58.78);

**Non-qualifiers:** Lina Muze (Lat) 196-6 (59.91), Jarmila Klimesová (CzR) 196-6 (59.90), Brittany Borman (US) 194-5 (59.27), Yuki Ebihara (Jpn) 194-4 (59.25), Kim Mickle (Aus) 194-4 (59.23), Indre Jakubaityte (Lit) 193-8 (59.05), Vira Rebryk (Ukr) 193-5 (58.97), Sinta Ozolina-Kovale (Lat) 193-1 (58.86), Laila de Silva (Bra) 191-7 (58.39), Hanna Hasko (Ukr) 191-6 (58.37), Li Zhang (Chn) 191-5 (58.35), Rachel Yurkovich (US) 190-0 (57.92), Nora Bicet (Spa) 189-6 (57.77), Tatjana Jelaca (Ser) 187-3 (57.09), Sávva Líka (Gre) 187-2 (57.06), Marharyta Dorozhon (Ukr) 186-2 (56.74), Yainelis



Top to bottom: Hadadi, Harting and Kanterewski



Top to bottom: Stahl, Špotakova and Obergföll





Top to bottom: Heidler,  
Lysenko and Wlodarczyk  
**FINAL**

(August 10)

(temperature 72F/22C; 50% humidity)

1. Tatyana Lysenko (Russia), 256-6 (78.18); 2. Anita Wlodarczyk (Poland), 254-7 (77.60); 3. Betty Heidler (Germany), 253-0 (77.12); 4. Wenxiu Zhang (Chn), 250-5 (76.34); 5. Kathrin Klaas (Ger), 249-6 (76.05) [PR]; 6. Yipsi Moreno (Cub), 244-9 (74.60); 7. Aksana Menkova (Blr), 244-1 (74.40); 8. Zalina Marghieva (Mol), 243-0 (74.06); 9. Stéphanie Falzon (Fra), 239-8 (73.06); 10. Joanna Fiodorow (Pol), 237-5 (72.37); 11. Mariya Bepalova (Rus), 233-4 (71.13); 12. Sophie Hitchon (GB), 227-5 (69.33); (best-ever mark-for-place: 2-10)

**Non-qualifiers:** Amber Campbell (US) 229-5 (69.93) (farthest-ever non-Q), Jessica Cosby (US) 228-6 (69.65), Kivilcim Kaya (Tur) 228-0 (69.50), Gulfiya Khanafeyeva (Rus) 227-9 (69.43), Éva Orbán (Hun) 225-2 (68.64), Johana Moreno (Col) 224-10 (68.53), Anna Skydan (Ukr) 224-9 (68.50), Berta Castells (Spa) & Martina Hrasnová (Svk) 224-5 (68.41), Bianca Perie (Rom) 224-2 (68.34), Arasay Thondike (Cub) 222-10 (67.93), Tugçe Sahutoglu (Tur) 221-

Ribeaux (Cub) 185-6 (56.55), Lingwei Li (Chn) 185-4 (56.50), Kara Patterson (US) 184-5 (56.23), Flor Dennis Ruiz (Col) 178-3 (54.34), Maryna Novik (Blr) 178-2 (54.31), Leryn Franco (Par) 168-9 (51.45), Anastasiya Svechnikova (Uzb) 168-2

(51.27), Vanda Juhász (Hun) 164-1 (50.01), Elisabeth Eberl (Aut) 162-11 (49.66), Kristine Harutyunyan (Arm) 156-4 (47.65); ... 3f—Yanet Cruz (Cub), Goldie Sayers (GB), Sanni Utriainen (Fin). (best-ever mark-for-place: 7-9)

## WOMEN'S HAMMER

9 (67.58), Ariannis Vichy (Cub) 221-5 (67.48), Sultana Frizell (Can) 221-3 (67.45), Rosa Rodríguez (Ven) 220-11 (67.34), Amanda Bingson (US) 220-9 (67.29), Barbara Spiler (Slo) 220-6 (67.21), Alena Matoshka (Blr) 219-11 (67.03), Katerina Safranková (CzR) 217-1 (66.16), Amy Sene (Sen) 214-10 (65.49), Iryna Novozhylova (Ukr) 214-5 (65.35), Heather Steacy (Can) 208-0 (63.40), Vânia Silva (Por) 206-1 (62.81), Silvia Salis (Ita) 35-7 (10.84), 3f—Jenny Dahlgren (Arg). (best-ever mark-for-place: 5-12)

## MEN'S JAV- ELIN

**FINAL**

(August 11)

(68F/20C; 53% humidity)

1. Keshorn Walcott (Trinidad), 277-6 (84.58) [NR]; 2. Oleksandr Pyatnytsya (Ukraine), 277-3 (84.51); 3. Antti Ruuskanen (Finland), 276-0 (84.12); 4. Vítězslav Veselý (CzR), 273-5 (83.34); 5. Tero Pitkämäki (Fin), 271-8 (82.80); 6. Andreas Thorkildsen (Nor), 271-1 (82.63); 7. Spiridon Lebésis (Gre), 268-8 (81.91); 8. Tino Häber (Ger), 266-5 (81.21); 9. Stuart Farquhar (NZ), 263-2 (80.22); 10. Genki Dean (Jpn), 262-3 (79.95); 11. Ari Mannio (Fin), 257-10 (78.60); 12. Julius Yego (Ken), 253-1 (77.15);

**Non-qualifiers:** Leslie Copeland (Fij) 263-1 (80.19), Roman Avramenko (Ukr), Uladzimir Kazlou (Blr) & Guillermo Martínez (Cub) 262-8 (80.06), Ainars Kovals (Lat) 259-9 (79.19), Kim Amb (Swe) 259-0 (78.94), Igor Janik (Pol) 258-10 (78.90), Fatih Avan (Tur) 258-9 (78.87), Risto Mätas (Est) 257-9 (78.56), Curtis Moss (Can) 256-7 (78.22), Craig Kinsley (US) 256-6 (78.18), Yukifumi Murakami (Jpn) 255-3



Top to bottom: Walcott,  
Ruuskanen and Pyatnytsya

# FALL FUNDAMENTALS

BY JEFF GORSKI, KLUB KEIHAS

This is the time of year that you set the stage for your success or failure next season. By now you should have had a review of last season with your coach or yourself. If you have not done so, go do it now! Your progress will mostly be based on what you saw as good, bad and all the in-betweens from last year. You can't plan where to go without knowing where you've been! So, have an honest evaluation of the season:

- goals reached
- things that worked
- things that didn't
- problems that came up: did you deal with them well or not? If not, why not? And what/how to fix those issues while still supporting or improving the good takes some planning, so get on top of that first. Reviewing your training logs will be a big help in this project.

There are several areas to consider in the training program you'll work on these next few months; improved general and specific conditioning, correcting technical flaws, setting your base for later general and specific power gains. This is probably the most time-consuming part of the season, in terms of hours spent training. The loads are low to moderate so volume will be up a good bit. One nice thing is that lots of this training will overlap in goals: drills to correct a technique issue can also improve specific conditioning or power, for example. A lot of this work is throws-general, yet can still be somewhat event specific. Let me explain. One of my favorite general power exercises is standing shot puts, with either shots or medicine balls. These can be really specific for putters by varying the weight of the shot; heavier for increased flexibility and power, or lighter for relaxation and speed. But they are very good for javelin and discus throwers to work on weight shift to block and position as well as improving balance/stability during the delivery and helping with general and specific power. You can even make them increase their technical benefits by adding some movement into the delivery; 1-2 crossovers or a half to full spin into the delivery position adds technical points of how best to get to the solid delivery position in the standing throws and channel that momentum into the shot. And, because

you come to a less complex delivery- a put rather than over or under shoulder long "sling"- you take some stress off joints and smaller muscle groups involved in the javelin or discus release. The athlete can focus more on leg action to position, rhythm and relaxation without any care about flight path or angle while the weight of the shot (always will be heavier than the discus or javelin) give a good sense of gaining wait or patience to allow full body arching at block before the shoulder and arm actually get involved.

Attention should also be paid to holding a solid block side, foot to shoulder, so that a nice, tall chest up delivery position is gained with all energy/power directed straight out in front of you. Throws that trail off left or right show a problem with getting into a good delivery position, or a failure to hold that position through the release. You can't overlook this stuff and hope to gain much improvement

later in the year. Take your time, get it right and do lots of reps to make these new positions your new normal. Some of my favorite (and most effective) medicine ball drills/exercises are shown below:

## Med ball shot puts

Pick the ball up off box or chair - this makes you really load the back leg so you can sense the weight shift from power to block leg; Hint: really focus on lifting the power foot heel as soon as possible to get to the block sooner and more completely. Done both lefty and righty.

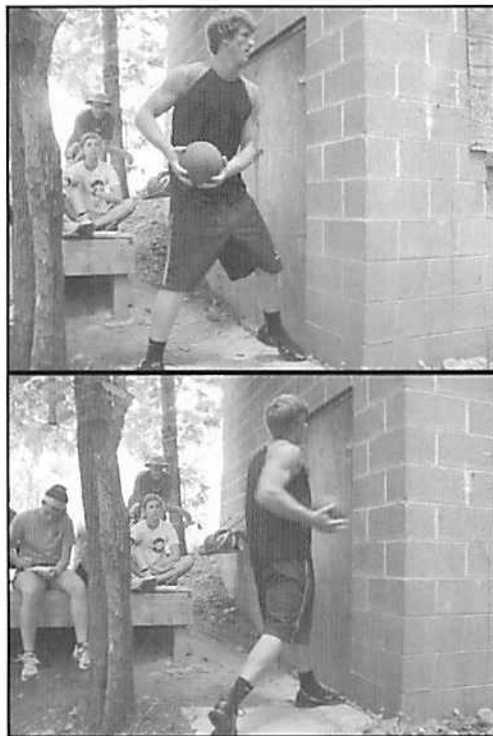
## Med ball hip throws

Holding the ball on the hip, load power leg fully with a nice flex/bend in the knee. Keeping that bend, lift and pivot the power heel out fast, firm up the block side and throw the med ball from the hip shift and rotation; just open the

hands to let the ball fly. No pushing or throwing with the hands! Done both lefty and righty.

## Hammer throws - forward and backward

With two hands, throw the med ball against a wall from shoulder rotation, keeping hips stable with bent knees, to the left and right sides. Find a rhythm of catching the ball off the wall; bounce so it helps sweep you into the throw on the other side. Do them both facing and with back to the wall.



*Med ball throws.*

Med ball for height: very much like backwards overhead for distance, now it's a simple, totally vertical application of power. The ball should drop down right in front of you each time, if you're balanced and smooth.

2-3 sessions a week of these highly inclusive drills will really give you a solid start on a foundation to build the rest of the season on. Remember, this is a time of high volume, moderate intensity, so find a rhythm/groove for each and soon you'll find you can gauge and control your energy output pretty well. You're looking to work at 60-65% effort in sets of 15-20 reps of all these. I generally prefer med balls for this because they can be thrown into a wall to gain some plyometric aspect (loading the body on the bounce/catch) and you can really rep out to gain some conditioning work and avoid walking to collect the shot each throw.

You cannot forget, or avoid, running. If you did nothing else other than improve running and jumping ability, you would throw farther. The gains in functional strength from running and jumping are wonderful and you instantly gain from it. There is no need for bridge training like you do between heavy lifting gains and finding how to get that power into your throw. Varying between longer distance work and shorter, interval or break-down work (200m, 150m, 100m, 80m, 60m, 40m) on the track keeps the system adapting and improving. Running as the main goal of the training should happen at least twice a week, but some running is advisable in about every training day, even if it's only 30-40 minutes of easy jogging (a speed you can talk at easily) at the end of the workout as warm down/recovery. One really good way to get in good running work is to have some sort of game or sport day in the training routine. Speedball, soccer, team handball, ultimate Frisbee and volleyball are all great for conditioning,

explosive work, balance/body awareness and giving the competitive juices an outlet. Basketball is also good, but there is more chance in hoops someone will think they're Michael Jordan and try to dominate play. The others listed are much more geared towards full team participation.



*Med ball puts.*

Actual throwing work is very important for solving technical problems and improving overall skill and rhythm levels. I've found it very helpful to throw things other than the actual implements; this avoids any effort to throw far rather than focus on the goal of the drill or session. Med balls, weighted balls, bowling pins, short logs, sand bags, lengths of pipe, rocks or stones are all things you can throw and not worry about how far they go- especially if you can throw into a net or cage- and put your focus on the real goal, be it positions, relaxation, rhythm, etc. This is when you learn to do it right and, if you do it right with some speed or effort, it will go farther than before much more often! This is driver's ed; you get to go racing in season

months later!

Along these lines you also need to work on your mental game, i.e. - the psychological aspects of throwing. If you get stressed or wigged out at meets and throw poorly this is the time to correct the mindset and develop confidence in your results because of your training. Learning to focus and ignore distractions while you train will enhance that ability when season starts and this is for real. A \$1,000,000.00 body is only as good as the brain driving it is worth: we've all seen the thrower with the body of a champion but has a 10 cent head running it.

As our fearless Minister of Propaganda often says...  
"Train your brain!" \*L&S\*

#### **Olympic Trials Quiz Answers <QUESTIONS ON PAGE 27>**

1. Al Feuerbach ('72, '76, '80), George Woods ('68, '72, '76) and Ralph Rose (1904, 1908, 1912).
2. The Pac-12 (formerly Pac-10) and the Big 12. Camarena-Williams, Stanford; Stevens-Walker, Arizona State and Hasslen, Arizona. Carter, Texas; Brooks, Oklahoma and Peoples, Missouri.
3. They were both Eagle Scouts.
4. 1956 Olympic Champion Olga Fitkova from Czechoslovakia as Olga Connolly ('60, '64, '68, '72).
5. 1984.
6. The New York Athletic Club (Dawn Ellerbe, Amy Palmer and Jesseca Cross). Sacramento, 2000.
7. 306-7. Two-time Olympian Duncan Atwood, 1984.
8. The 50/200 Club. Borman has an indoor shot put best of 51-2 1/4 from 2011.
9. Gatorade. Munich medalist Bill Schmidt was in Eugene working with Cave Junction, Oregon's Kim Hamilton, third-place finisher in the women's javelin.
10. The late Gore Vidal. His father Gene Vidal placed seventh in 1920 Games of Antwerp.



Using Olympic Lifts To...

# STRENGTHEN PREP THROWERS

BY MATT FOREMAN, MOUNTAIN VIEW HIGH SCHOOL (MESA, AZ)

A tremendous amount of literature has been produced over the years regarding the most effective approaches of strength training for throwers. A variety of different methods have been used by coaches and, despite their differences, many of these methods have contributed to successful performances by throwers. At the college and post-collegiate levels, various adaptations are often necessary to guide athletes as they continue to pursue their throwing goals while battling age, job demands, injuries, and other variables. However, at the high school level, the coach and athlete have their own challenges to face in the pursuit of optimal throwing performance. Some coaches attempt to get creative and "reinvent the wheel" by developing strength programs with new exercises that nobody has heard of or tried before. On the other hand, some coaches rely on the same old-school strength program that they used when they were throwing twenty years prior. With new strength training research and information being generated every track season, along with the availability of proven methods from the past, how can a high school coach select the perfect strength program for throwers to follow?

This article presents a blend of information from various schools, coaches, and time periods. Ultimately, it is the job of the coach to develop his/her own strength training approach and commit to following the plan. We are all looking for the perfect weapon that will give our throwers an advantage in their pursuit of big throws. Having a wide range of information gives the coach a larger arsenal to pick that perfect weapon from.

## Successful Examples and Resources

There is nothing new about using the Olympic movements to enhance throwing performance. The snatch, clean, jerk, and related exercises have been building the foundation for championship throwers for decades. Interestingly, several elite throwers have competed successfully in Olympic Weightlifting competition. American world shot put champion Al Feuerbach won the U.S. National Weightlifting Championship in 1974 with a 341 pound snatch and 418 pound clean and jerk. Two-time discus Olympian Adam Setliff has competed in both the Senior National and American Open Weightlifting Championships. Swedish Olympian discus throwers Anna Soderberg and Kristian Petterson have been national medalists in weightlifting, and the list goes on. However, before any of these tremendous performances were achieved, the Olympic lifts had to be taught as precisely and carefully as the throws.

Unlike collegiate throwers, who usually have some experience with the Olympic lifts when their college coaches begin working with them, high school throwers often have little to no experience in the Olympic movements or any other kind of weight training when they join the track team. In addition to this challenge, the high school coach will often be working with throwers who have very limited athletic ability. The "studs" will pop up now and then, but the average thrower will usually have average talent. Where a collegiate coach can focus on refining a thrower's power clean technique, for example, the high school coach is responsible for building this technique from the beginning.

Because of this, it is extremely important that the throws coach has a solid teaching progression for the snatch, clean, and any other lifts that will be part of the throwers' training regimen. The high school throws coach should be as knowledgeable in the Olympic lifts as the throws. USA Weightlifting is the national governing body for Olympic Weightlifting in America. Various books, articles, and videos are available through the USAW website. These videos and articles provide an excellent teaching sequence for the Olympic lifts. Even coaches who have little or no experience with Olympic lifting can master these materials and implement their use in the development of throwers. This article, for the sake of brevity, will not go in-depth with these teaching progressions and their components. It is the task of the coach to seek them out and perfect them, but it is important to know of their availability.

## Importance of Teaching Progressions

Teaching the Olympic lifts is a progression, just like teaching the throws. When a coach teaches an athlete to throw the shot or disc, it is likely done with a sequence of drills that lead the athlete through the arm strike, shoulder rotation, hip drive, etc. Teaching the Olympic lifts is no different. The athlete must develop an effective posture, grip width on the bar, stance/foot position, etc., before a proper clean, jerk, or snatch can be performed. One of the best equipment choices a coach can make to teach these elements is PVC pipe weighted with sand and end caps to seal the sand in. Having the athletes use these pipes to learn the pulling movements, squatting movements, and overhead positions serves the same purpose as teaching an athlete the proper discus movements using a cone or bowling pin instead of a disc. Without the physical and psychological burden of a full-sized barbell (or an implement in the throws), the athlete can focus on movement only. If the coach has a strong mastery of the teaching progression, several athletes can learn the movements at the same time.

For example, let us suppose that a coach wants to teach a dozen athletes to perform split jerks. Having that dozen athletes stand in a cluster around you, the coach, while you perform split jerks with an empty barbell and talk them through it while you are doing the jerks, huffing and puffing, and asking a bunch of high school kids, "Do you guys see how I'm doing this?" is a recipe for disaster. Instead, try the following method:

- Have the athletes stand in lines or some other formation so they all have room to work and they can see you, the coach, in front of the group.
- Give each athlete a PVC pipe.
- Teach them proper foot placement for the beginning of a jerk.
- Teach them proper grip width on the pipe.
- Teach them how to hold the pipe correctly on their shoulders.
- Teach them to perform a standing military press with the pipe.
- Teach them to perform a push press with the pipe.
- Teach them to perform a push jerk with the pipe.
- Have them put the pipe down and teach them the proper foot placement and lower body movement of a split.
- Have them jump into the split position with their hands on their hips.
- Have them pick up the pipe and perform a split jerk with the pipe.
- After a hundred reps of solid split jerks with a pipe, they should be ready to try the movement with an empty barbell.

When the athlete has been guided through the teaching progression and can perform a complete snatch, clean, jerk, etc. with a PVC pipe and an empty barbell using consistent, solid technique, the coach can move the athlete along to a weighted barbell. In the teaching stages of the Olympic lifts, the use of light weights cannot be overemphasized. The focus of the athlete has to be entirely on proper positions and speed. When an inexperienced athlete puts too much weight on the bar too quickly, all the time spent in the teaching progression will be discarded and you will start to see the slow, rounded-back, reverse-curl, press out-snatch movements that we have all witnessed in high school weight rooms. These movements are inefficient, injury-prone, and will do very little to improve throwing performance. It will be clear to a coach when an athlete is ready to add more weight to the bar, but it must be added slowly in all cases.

### **Selection of Exercises**

The coach can decide which Olympic exercises to use in the strength training program. There are a variety of movements to choose from. At Mountain View, our focus is primarily on the following exercises:

- Power Snatch
- Power Clean
- Power Clean and Push Jerk
- Split Jerk
- Overhead Squat
- Front Squat, Back Squat, Stop Squat (back squat with a one-second pause at the bottom)
- Clean Pulls from hang below the knee
- Snatch Pulls from hang below the knee
- Slow-motion clean pulls- This is a relatively uncommon exercise. The lifter performs a clean pull from the floor as slowly as possible. A full clean pull is performed, finishing with the lifter extending on the toes and shrugging the shoulders, but the whole movement is done slowly. Returning the bar to the floor is also done slowly, with the athlete lowering the barbell in the same pattern it was raised in. Each repetition will take 12-15 seconds. The focus of the exercise is tightness and maintaining solid posture throughout the movement. This is a torturous exercise, but the development of the spinal erectors is amazing. I learned this exercise from legendary Olympic Weightlifting coach Jim Schmitz of California, who calls them the "Clean Deadlift & Shrug."

This exercise also brings up another important point. Slow movements are not entirely evil in the weight room. Because of the explosive nature of the throwing movements, many coaches subscribe to the theory that every movement performed in a strength training regimen should be executed as explosively as possible. For the most part, this idea is correct. But there are also times when slow, tight movements can develop strength that will translate effectively into quicker movements. I have seen several throwers incorporate slow-motion clean pulls into their programs and, after five or six weeks, their cleans are stronger and more explosive. I have also experienced this personally in my career as an Olympic lifter.

These are some very general ideas on the use of the Olympic lifts in high school strength programs. There are obviously several other issues to be discussed such as the number of sets/repetitions, yearly planning, periodization, etc. These subjects can be analyzed in future articles. However, remember that the internet has truckloads of information floating around that deals with all of these subjects. All coaches are encouraged to explore this information and collect as many tools as possible.

### **Complex Movements**

Complex exercises are a combination of multiple exercises into the same set. There are several different complexes that can be implemented into an athlete's training program. For example, a snatch complex might look like this: three power snatches from the floor, followed by three overhead squats, followed by three snatch-grip push presses behind the neck. These exercises are performed with no interruption. In other words, when the lifter has completed the third power snatch, the bar remains fixed over the head and the

three overhead squats are performed; following the third overhead squat, the bar is lowered to the shoulders and the three snatch-grip push presses are performed. Basically, the complex is one set of nine repetitions broken up into three different exercises.

These exercises were popularized in the late 1980s and early 1990s when Romanian coach Istvan (Steve) Javorek implemented them with the athletes he trained at Johnson County Community College in Kansas. Several articles were written about complex movements, and strength coaches were quick to include them in their athletes' programs. They were sometimes even referred to as "Javorek Complexes." As years have passed, complexes have remained a part of many strength coaches' training programs.

The benefits of these exercises are varied.

- Conditioning- Olympic lifts are difficult, multi-jointed exercises, and performing a set of nine repetitions is quite taxing on the athlete's strength-endurance capacity.
- Multi-tasking- In one set of a complex, the athlete is learning to master three exercises at the same time. This requires mental focus and kinesthetic awareness to concentrate on different movements.
- Stabilizer Strength Development- "Stabilizer Strength" refers to the strength of the body's connective tissues (tendons and ligaments) along with the muscles of the body that stabilize the core and shoulder girdle while performing the Olympic lifts (obliques, rhomboids, deltoids, forearms, etc.) In a set of nine repetitions, the athlete's stabilizer muscles are contracting for almost the entire duration of the set, which could last up to one minute.
- Variety- Complexes are difficult, but they can be a welcome change from the daily grind of cleans, squats, etc. Athletes enjoy variety from time to time, and complexes are a way of accomplishing valuable work while freshening up the athlete's routine.

Here are a few examples of other complexes:

- Three power cleans-three front squats-three jerks
- Three push jerks from behind the neck-three back squats-three good mornings with the bar on the shoulders
- Three muscle snatches-three full snatches-three snatch-grip push jerks

Coaches can use their imagination when combining the movements. Complexes can also be performed with only two exercises, making the complex a set of six (3 + 3) instead of nine. With high school athletes, complexes are an excellent way of teaching different exercises. Light weights, obviously, are a must. Nine reps is a tough task in the Olympic lifts, and the athlete must be able to concentrate on movement instead of possible failure due to overloading the bar. As time passes and the movements become consistent, weight can be added slowly.

Again, there are various other aspects of high school strength training, and the strength training of throwers in general, that can be discussed in other articles. Although this article is focused on the improvement of teaching prep throwers, collegiate and post-collegiate throwers should not be afraid to consider adding some of these ideas. I have trained with several collegiate throwers over the years who decided to add some of these exercises to their routines after we discussed them, and the benefits have been impressive. Regardless of training age or expertise, there is always a piece of information floating around out there in Throwerland that could improve your performance. It could be information that you learned fifteen years ago and forgot, or it could be a new idea that you haven't tried. But the learning process, for intelligent throwers and coaches, is a lifelong road. You never know what nuggets might be lying on that road. All you have to do is remember to look around every once in a while.

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When the athlete has been guided through the teaching progression and can perform a complete snatch, clean, jerk, etc., with a PVC pipe and an empty barbell using consistent, solid technique, the coach can move the athlete along to a weighted barbell. In the teaching stages of the Olympic lifts, the use of light weights cannot be overemphasized. The focus of the athlete has to be entirely on proper positions and speed. When an inexperienced athlete puts too much weight on the bar too quickly, all the time spent in the teaching progression will be discarded and you will start to see the slow, rounded-back, reverse-curl, press out-snatch movements that we have all witnessed in high school weight rooms. These movements are inefficient, injury-prone, and will do very little to improve throwing performance. It will be clear to a coach when an athlete is ready to add more weight to the bar, but it must be added slowly in all cases.

## Selection of Exercises

The coach can decide which Olympic exercises to use in the strength training program. There are a variety of movements to choose from. At Mountain View, our focus is primarily on the following exercises:

- Power Snatch
- Power Clean
- Power Clean and Push Jerk
- Split Jerk
- Overhead Squat
- Front Squat, Back Squat, Stop Squat (back squat with a one-second pause at the bottom)
- Clean Pulls from hang below the knee
- Snatch Pulls from hang below the knee
- Slow-motion clean pulls- This is a relatively uncommon exercise. The lifter performs a clean pull from the floor as slowly as possible. A full clean pull is performed, finishing with the lifter extending on the toes and shrugging the shoulders, but the whole movement is done slowly. Returning the bar to the floor is also done slowly, with the athlete lowering the barbell in the same pattern it was raised in. Each repetition will take 12-15 seconds. The focus of the exercise is tightness and maintaining solid posture throughout the movement. This is a torturous exercise, but the development of the spinal erectors is amazing. I learned this exercise from legendary Olympic Weightlifting coach Jim Schmitz of California, who calls them the "Clean Deadlift & Shrug."

This exercise also brings up another important point. Slow movements are not entirely evil in the weight room. Because of the explosive nature of the throwing movements, many coaches subscribe to the theory that every movement performed in a strength training regimen should be executed as explosively as possible. For the most part, this idea is correct. But there are also times when slow, tight movements can develop strength that will translate effectively into quicker movements. I have seen several throwers incorporate slow-motion clean pulls into their programs and, after five or six weeks, their cleans are stronger and more explosive. I have also experienced this personally in my career as an Olympic lifter.

These are some very general ideas on the use of the Olympic lifts in high school strength programs. There are obviously several other issues to be discussed such as the number of sets/repetitions, yearly planning, periodization, etc. These subjects can be analyzed in future articles. However, remember that the internet has truckloads of information floating around that deals with all of these subjects. All coaches are encouraged to explore this information and collect as many tools as possible.

## Complex Movements

Complex exercises are a combination of multiple exercises into the same set. There are several different complexes

that can be implemented into an athlete's training program. For example, a snatch complex might look like this: three power snatches from the floor, followed by three overhead squats, followed by three snatch-grip push presses behind the neck. These exercises are performed with no interruption. In other words, when the lifter has completed the third power snatch, the bar remains fixed over the head and the three overhead squats are performed; following the third overhead squat, the bar is lowered to the shoulders and the three snatch-grip push presses are performed. Basically, the complex is one set of nine repetitions broken up into three different exercises.

These exercises were popularized in the late 1980s and early 1990s when Romanian coach Istvan (Steve) Javorek implemented them with the athletes he trained at Johnson County Community College in Kansas. Several articles were written about complex movements, and strength coaches were quick to include them in their athletes' programs. They were sometimes even referred to as "Javorek Complexes." As years have passed, complexes have remained a part of many strength coaches' training programs.

The benefits of these exercises are varied.

- Conditioning- Olympic lifts are difficult, multi-jointed exercises, and performing a set of nine repetitions is quite taxing on the athlete's strength-endurance capacity.
- Multi-tasking- In one set of a complex, the athlete is learning to master three exercises at the same time. This requires mental focus and kinesthetic awareness to concentrate on different movements.
- Stabilizer Strength Development- "Stabilizer Strength" refers to the strength of the body's connective tissues (tendons and ligaments) along with the muscles of the body that stabilize the core and shoulder girdle while performing the Olympic lifts (obliques, rhomboids, deltoids, forearms, etc.) In a set of nine repetitions, the athlete's stabilizer muscles are contracting for almost the entire duration of the set, which could last up to one minute.
- Variety- Complexes are difficult, but they can be a welcome change from the daily grind of cleans, squats, etc. Athletes enjoy variety from time to time, and complexes are a way of accomplishing valuable work while freshening up the athlete's routine.

Here are a few examples of other complexes:

- Three power cleans-three front squats-three jerks
- Three push jerks from behind the neck-three back squats-three good mornings with the bar on the shoulders
- Three muscle snatches-three full snatches-three snatch-grip push jerks

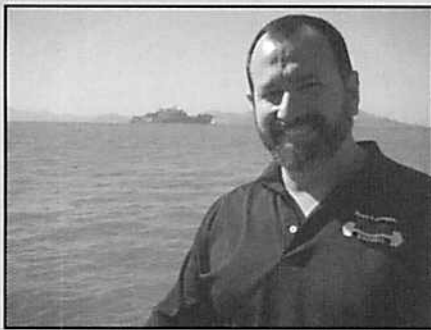
Coaches can use their imagination when combining the movements. Complexes can also be performed with only two exercises, making the complex a set of six (3 + 3)

instead of nine. With high school athletes, complexes are an excellent way of teaching different exercises. Light weights, obviously, are a must. Nine reps is a tough task in the Olympic lifts, and the athlete must be able to concentrate on movement instead of possible failure due to overloading the bar. As time passes and the movements become consistent, weight can be added slowly.

\*\*\*\*\*

Again, there are various other aspects of high school strength training, and the strength training of throwers in general, that can be discussed in other articles. Although this article is focused on the improvement of teaching prep

throwers, collegiate and post-collegiate throwers should not be afraid to consider adding some of these ideas. I have trained with several collegiate throwers over the years who decided to add some of these exercises to their routines after we discussed them, and the benefits have been impressive. Regardless of training age or expertise, there is always a piece of information floating around out there in Throwerland that could improve your performance. It could be information that you learned fifteen years ago and forgot, or it could be a new idea that you haven't tried. But the learning process, for intelligent throwers and coaches, is a lifelong road. You never know what nuggets might be lying on that road. All you have to do is remember to look around every once in a while. \*L&S\*



Matt Foreman is the throws coach at Mountain View High School in Mesa, AZ and the president of the Toro Throwers Club, a youth development program. He has also been an Olympic weightlifter since 1990, medaling at multiple National Championships and competing in the 2004 Olympic Trials. His book Bones of Iron: Collected Articles on the Life of the Strength Athlete, has received wide critical praise from the lifting and throwing communities. It is available on Amazon.com.



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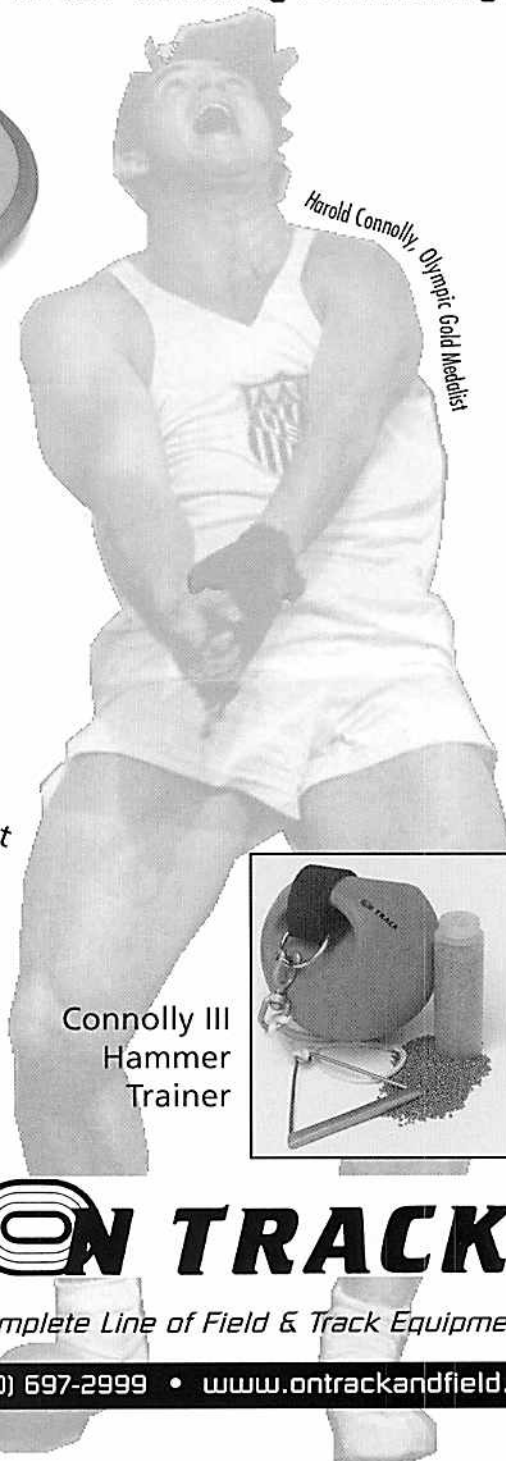
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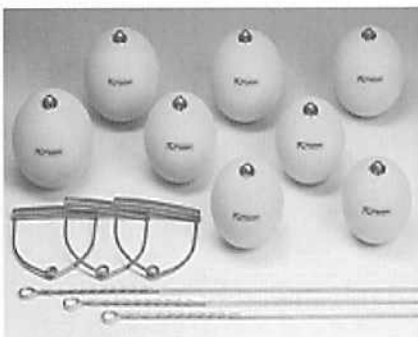
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Letter From The Editor

# AN ETERNAL THANK YOU!

BY GLENN THOMPSON, PUBLISHER

If you are a long-time subscriber to *Long & Strong*, you might have wondered where the Letter From The Editor was when you opened the front cover but did not see my personal message across from the Table Of Contents in its customary locale. Instead you've stumbled across it inside the back cover. Curious layout choice, right?

As they say, there is a method to my madness. My letter to you appears here as the final installment of my personal mission over the last 14 years. With great regret and some sorrow, this will be the last print version of *Long & Strong*.

There were many factors that went into my decision. Life constantly evolves for all of us as does our environment. When I published the first issue in September of 1998, I was still primarily a competitor nibbling on the edges of national levels. I coached one athlete then and that relationship was primarily seasonal. In short, I had much more discretionary time at that point in my personal journey.

Much has happened in my track and field life since 1998. I am now a volunteer throws coach at my alma mater, Shippensburg University (PA) two days a week and dedicate one day a week to individual sessions with my high school charges. I have immense pride in both my prep and collegiate athletes, and I find that much of my time and energy is parceled out to them. So much so that I took my first summer off from competing (and training) in nearly 25 years in 2012.

Add to that having a young son who is engaged in his year-round activities – some of which I help coach – and I've come to grudgingly accept my own limitations.

The information environment has changed much as well. When *Long & Strong* first published, the internet was still in its infant stages. Submissions from volunteer authors were relatively easy to come by and my success rate getting interviewees was high.

Now we live in the age of Facebook and EVERYTHING and EVERYONE seemingly has a web presence. *Long & Strong* was never designed to provide breaking news. The publication cycle is much too lengthy. The concept was to give behind the scenes looks at major competitions, to go in depth with athletes and coaches of interest and to share training ideas. I think that mission was largely achieved.

And now it is time to move on. I haven't entirely ruled out the possibility of publishing a free online version in a PDF format. That remains to be determined because I know that I will miss the process and my relationship with readers a

great deal. Any announcements I will post to my Facebook page or [www.longandstrong.com](http://www.longandstrong.com).

As you read this, you are probably thinking, "What the...I paid for this subscription!" Never worry, I would never shut this down and turn my back on my throwing family and bail on my obligations. You have the option of taking a refund check from me, or selecting back issues as listed on the opposite page. The back issues will be at a reduced price. Enclosed is a flyer with the available issues which you can compare to what you may still have on hand. You can view the covers and article listings at <http://www.longandstrong.com/LSTJ/LSTJ.htm>.



The premier issue from September, 1998.

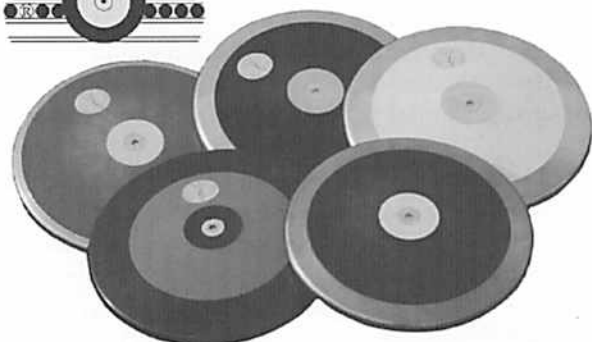
I want to say a special thank you to all my friends who have helped me fill the pages over these years. To avoid missing anyone, I will not list names, but you know who you are and so does the readership. You are wonderful people and your passion for the throws and support of *Long & Strong* means more than you know.

I wish you all the very best and as always, look forward to meeting you in a circle or alongside a runway somewhere!  
\*L&S\*

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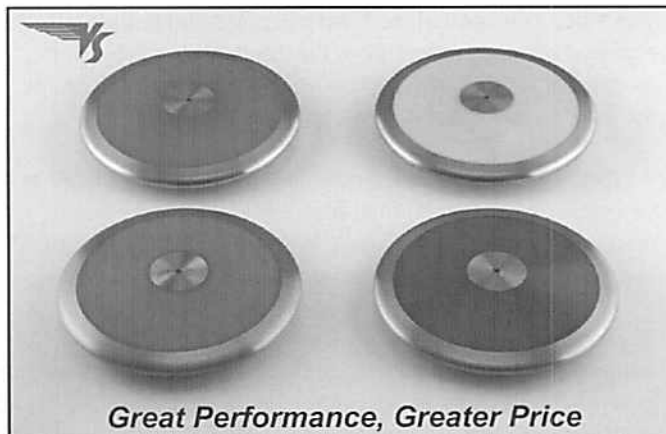
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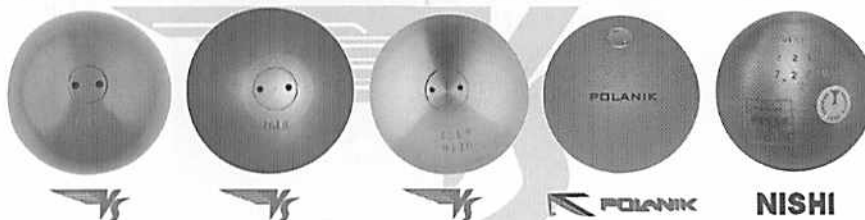
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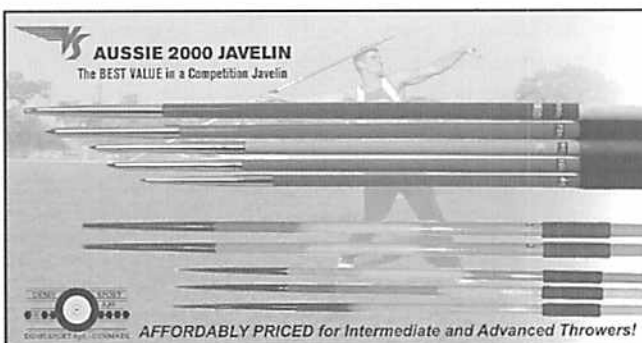
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