



NYAC ATHLETICS NEWS

Track and Field - Allman Better Own American Discus Record



RESULTS: On Friday, April 14th, the NYAC's Olympic discus champion, **Valerie Allman**, broke her own American record by a foot, launching a 71.46m/234-5 throw, the world's best discus throw in 30 years. Allman now stands in 15th place on the world all-time list. The NYAC woman made this remarkable throw at the [Triton Invitational](#) in La Jolla, CA. [Click here](#) to watch the record-setting throw and [here](#) to learn more about the La Jolla meet. Allman set the previous American record at 71.16m/233-5 in September 2021. At the same meet, the NYAC's Sam Mattis placed third in the men's discus with a throw of 65.05/213-5, a US leader for the season. **COMING UP:** Tomorrow, Saturday, April 16th, the NYAC's **Valerie Allman, Rudy Winkler, Sam Mattis, Kara Winger** and **Janeah Stewart** will contest the [2022 USATF Golden Games](#) at the Mt. SAC Relays at San Antonio College in Walnut, CA. For more information, [click here](#). Check back next week for results. On Monday, April 18th, Patriot's Day in Massachusetts, thousands of runners will contest the celebrated [Boston Marathon](#). [Click here](#) for more details about this year's race.

Water Polo - NYAC Men Crowned National League Champions

RESULTS: On Sunday, April 10th, the NYAC claimed the [2022 National League](#) title with a perfect 7-0 record for the series. A close match against Los Angeles Athletic Club sealed the deal, with the NYAC winning 12-9. The Los Angeles Athletic Club placed second in the League with a 6-1 record; third place went to San Francisco's Olympic Club, 4-3. To read more about the NYAC's domination of the 2022 National League, [click here](#). To hear the NYAC's **Sawyer Rhodes** speak about what it means to represent the NYAC, [click here](#).



Basketball - The NYAC Winged Foot Awards, Tuesday May 10th

The results are in, and the South Carolina Gamecocks and the Kansas Jayhawks are the winners of the men's and women's [NCAA Division I Basketball Tournaments](#). But the collegiate basketball season isn't fully completed until the [NYAC Winged Foot Awards](#) are presented. This year's event will take place on Tuesday, May 10th, when coaches **Dawn Staley** and **Bill Self** will be in attendance at the City House to receive these prestigious awards. NYAC members may secure your tickets now by sending an e-mail to lvelisse.Rivera@nyac.org or by calling (212) 767-7094. It will be an un-missable evening of basketball celebrations.



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Judo - NYAC Judokas in Peru

COMING UP: From Friday, April 15th to Sunday, April 17th, NYAC judokas **Angie Delgado** (-52kg), **Alisha Galles** (-63kg), **Katelyn Jarrell** (-52kg), **Jacob More** (-60kg) and **Nicolas Yonezuka** (-81kg) will contest the [Pan-American-Oceania Senior Championships](#) in Lima, Peru. Over 230 competitors from over 20 countries are set to compete in the Peruvian capital. For more information about the championships, [click here](#). Check back next week for results.



Rugby - NYAC Men Defeat Army at West Point

RESULTS: On Saturday, April 9th, the NYAC rugby team defeated the Army, 41-12, in a match at the US Military Academy in West Point, NY. The win took the winged foot team to a 2-0 for the spring season. Flanker Lorenzo Maso was Man of the Match, scoring two tries and being omnipresent on the pitch. The NYAC B team defeated the Army B team, 24-0, to also improve to 2-0 record for the season. **COMING UP:** This Saturday, April 16th, the NYAC As and Bs will face [Old Blue RFC at Travers Island](#). Kick-off is at 1pm. Check back next week for results.



Team Handball - Results from West Point

RESULTS: The NYAC men's team handball team finished fourth in the [CPT Scott L. Pace Memorial Tournament](#), which was hosted at the United States Military Academy in West Point, NY from Friday, March 25th to Sunday, March 27th. In preliminary rounds, the NYAC defeated the Toronto Team Handball Club, 31-15, and the Boston Team Handball Club, 21-9, but lost to the West Point Team Handball Club, 24-31. In the bronze medal match, the winged foot team was defeated by the New York City Team Handball Club, 21-26, installing them in fourth position.

News

This Week in NYAC Sports History - On this day, April 15th, in 1896, the first modern Olympic Games came to a close in Athens, Greece. The Games had begun on April 6th and saw the NYAC's **Thomas Burke** secure gold medals in the 100m and 400m races. [Click here](#) to learn more about the 1896 Athens Games.

Triathlon - Talking Triathlon...Virtually

Yesterday evening, Thursday, April 14th, saw a unique virtual round-table conversation take place among the NYAC's world class triathletes. **Katie Zaferes, Taylor Knibb** and **Matt McElroy**, plus celebrated coach, **Ian O'Brien**. Put together by the NYAC and USA Triathlon, the event saw the panelists cover a spectrum of triathlon-related subjects ranging from the Olympic Games, to gymnasium training, to how to get started, to planks in pajamas! Without exaggeration, it was an enthralling evening of conversation, offering a glimpse into the lives of the world's finest competitors. For those who may have missed it, the unedited recording is [here](#). Please note: audio does not begin until approximately two minutes in.

Links

- To see the NYAC's athletics pages, [click here](#).
- For all the news from the US Olympic and Paralympic Committee, [click here](#).
- For all the news from the International Olympic Committee, [click here](#).
- To see the IOC's Olympic channel, [click here](#).



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