



NYAC Athletics News 2022 Performances of the Year

It's been a year of fantastic performances from NYAC athletes. To re-visit all of the action from 2022, scan the QR code above to view past editions of the weekly Athletics News.

Highlights of the year include:



Kate Douglass - Five World Titles in Six Days

Tuesday, December 13th-Sunday, December 18th; Melbourne, Australia – At the FINA Short Course (25m) World Swimming Championships in Melbourne, Australia, the NYAC's Kate Douglass produced a remarkable string of performances, claiming five world titles, two world records, two silver medals, two American records and two championship records. In the process, Kate claimed world medals on every day of the six-day competition. Her world titles came in the women's 200m medley, with an American record of 2:02.12, the women's 200m breaststroke, with a championship record of 2:15.77, the mixed 4x50m medley relay, with a world record of 1:35.15, the women's 4x100m medley relay with a world record of 3:44.35, and the women's 4x50m freestyle relay, with a US and championship record of 1:33.89. Kate also claimed silver medals in the women's 4x50m medley relay (1:42.41) and the women's 4x100m freestyle relay (3:26.29, US record)

Kara Winger - World Javelin Silver in Final Season of Career

Friday, July 15th-Sunday, July 24th; Eugene, OR – The NYAC's Kara Winger had an outstanding showing at the 2022 World Athletics Championships in Eugene, Oregon, securing the silver medal in the javelin. Winger is the first American female ever to win a medal in her event at a world championship. For Winger, a four-time Olympian and six-time world championships competitor, it was the first major championships medal of her career, claimed on her last throw of the competition and, the last world championship throw of her career, as she plans to retire after this season.

[Click here](#) to watch Kara secure her silver medal.



US Women Take 4th Water Polo World Title

Saturday, June 18th – Sunday, July 3rd; Budapest, Hungary – The US women's team won its fourth consecutive water polo world title after defeating the home-team, Hungary, 9-7 in the July 2nd final of the FINA World Championships. The US squad went undefeated throughout the tournament, from the Group B preliminary matches (against the Netherlands, Argentina and South Africa) which began on June 20th, to the quarter-final against Spain on June 28th (13-8), to the semi-final against Italy on June 30th (14-6), to the aforementioned final against Hungary. The victorious team included eight NYAC players: NYAC Athlete of the Year Ashleigh Johnson (goalkeeper), Maddie Musselman, Rachel Fattal, Maggie Steffens,

Stephania Haralabidis, Kaleigh Gilchrist, Jordan Raney and Amanda Longan. Musselman was named MVP of the final.

Final standings for the tournament were as follows: 1 USA, 2 Hungary, 3 Netherlands, 4 Italy, 5 Spain, 6 Australia. [Click here](#) to watch the final.

Joe Kovacs - Diamond League Shot Put Champion

Wednesday, September 7th - Thursday, September 8th; Zurich, Switzerland - In a remarkable showing, the NYAC's Joe Kovacs (shot put) claimed the Diamond League title at the 2022 Final in Zurich, the conclusion of the annual series of elite track and field meets. Not only did he defeat two-time Olympic (2016, 2020) and two-time world champion (2019,2022) Ryan Crouser, his winning throw has only ever been exceeded by Crouser (twice). The NYAC man thus became the second farthest thrower in history with the third farthest throw. Kovacs' massive heave came to

land at 23.23m/76-2.75, comfortably ahead of Crouser's 22.74m/74-7.25.

It was a stunning end to a magnificent season. [Click here](#) to watch Joe secure his title.



Sarah Hildebrandt - World Bronze After Illegal Headlock

Saturday, September 10th – Sunday, September 18th; Belgrade, Serbia – In a thrilling bout against 2019 world championships silver medalist, Emilia Vuc of Romania, the NYAC's #1 ranked Sarah Hildebrandt won the 50kg bronze medal at the World Wrestling Championships in Belgrade with a 10-0 technical fall. The bout was not without high drama. After scoring a pair of takedowns early on to lead 4-0, Vuc caught Hildebrandt in an illegal headlock, choking her out and forcing the NYAC woman to lose consciousness. Vuc was penalized two points and medical staff came to Hildebrandt's aid. After recovering, she fought on to score three more takedowns, securing the technical fall late in the second period. In taking the

bronze medal, Hildebrandt boosted her major championships medal tally to four: a 2020 Olympic bronze medal, two world championships silvers (2018, 2021), plus this most recent bronze.



Jack Yonezuka - Making History at Junior Judo World Championships

Wednesday, August 10th – Sunday, August 14th; Guayaquil, Ecuador - By winning the -73kg bronze medal at the World Junior Championships in Ecuador on August 11th, the NYAC's Jack Yonezuka became the first US man in 30 years to make the Junior World Championships podium.

Yonezuka earned his place via a 4-1 defeat over Daniel Szegedi of Hungary. Ryuga Tanaka of Japan took the -73kg gold medal. Yonezuka, thereby, follows in the footsteps of NYAC judo legends Jimmy Pedro and Jason Morris, both Olympic medalists who claimed world junior medals in 1990 and 1986, respectively.



Claire Collins and Maddie Wanamaker - Bronze at Rowing World Championships

Sunday, September 18th-Sunday, September 25th; Racice, Czech Republic – On Saturday, September 24th, the NYAC's Claire Collins and Maddie Wanamaker claimed the bronze medal in the women's pair at the 2022 World Rowing Championships with a finishing time of 7:08.03. Olympic champions New Zealand took the world title with a dominant 7:03.76 finish, while the Netherlands finished second in 7:06.02. After an excellent start, the US sat in third position after 500m of the 2K course, behind Great Britain and New Zealand. In the second quarter of the race, the Kiwi boat took the lead, with Collins and Wanamaker overtaking Great Britain shortly after the midway point to move into second. The American duo fought hard to maintain their position, but there was little they could do to forestall a powerful surge from the Netherlands in the last quarter of the race. Even so, the NYAC women's bronze medal was a superb performance, being the first US medals in this event since 2017, when the Club's Megan Kalmoe and Tracy Eisser earned silver.



Sarah True - IRONMAN 70.3 Eagleman Champion After Years Away From Racing

Saturday, June 11th; Cambridge, Maryland – After two years away from racing, Sarah True, 2012 and 2016 Olympian and mother of 11-month-old Haakon Barrett True, won the IRONMAN 70.3 Eagleman with a finish of 4:03:52, more than a minute ahead of the second-place finisher, Tamara Jewett (4:05:05). Sophie Watts finished third in 4:05:35. Sarah completed the 1.2-mile swim in 24:51, the 56-mile bike in 2:14:27, and the half marathon run in 1:19:57.

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