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NYAC ATHLETICS NEWS HIGHLIGHTS OF 2023

It was a year filled with NYAC action across more than 15 sports, with Club athletes taking thrilling wins and suffering devastating defeats. Through it all, some performances stand out; we recognize them below as the “NYAC Athletics News Highlights of 2023.” Congratulations to all NYAC athletes on what they have accomplished this past year, and we look forward to all they will achieve in 2024.

July - Kate Douglass Claims Six World Championships Medals, Ties for the Most Medals by a Female in the Meet's History

Friday, July 14th – Sunday, July 30th; Fukuoka, Japan - At the [2023 World Aquatics Championships](#), **Kate Douglass** secured a remarkable six medals in a matter of six days - silver in the 4x100m freestyle relay on July 23rd, gold in the 200m medley and bronze in the mixed 4x100m freestyle relay on July 24th, bronze in the mixed 4x100m medley relay on July 26th, silver in the 200m breaststroke on July 28th, and silver in the mixed 4x100m freestyle relay on July 29th. Thus, Kate is tied for the most medals by any female swimmer at the meet. In addition to Kate's six medals, the NYAC's **Hunter Armstrong** secured three medals, including golds in the 50m backstroke and 4x100m medley relay, and **Ryan Held**, one, at the 2023 World Championships.



September - Gray Takes World Champs Bronze 14 Months After Giving Birth to Twins

Saturday, September 16th - Sunday, September 24th; Belgrade, Serbia - On September 20th, at the [2023 World Wrestling Championships](#), the NYAC's **Adeline Gray** claimed the 76kg bronze medal, only 14 months after giving birth to twins. This was Adeline's third world championships bronze (2011, 2013, 2023), and her ninth overall world championships medal. In her bronze medal match in Belgrade, Gray faced Milaimys De La Caridad Marin Potrille of Cuba and was victorious, 10-6. Additionally, the NYAC's **Sarah Hildebrandt**, Tokyo 2020 Olympic bronze medalist at 50kg, also claimed a bronze medal in Belgrade in her weight.



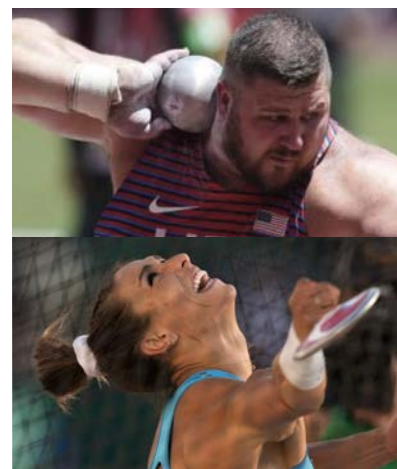
August - Taylor Knibb, 25-Year-Old Defends her 70.3 World Title

Saturday, August 26th, Lahti, Finland - The NYAC's **Taylor Knibb** defended her 2022 [IRONMAN 70.3 World Championships](#) title with a 2023 win in Lahti, Finland in 3:53:02. She swam 1.9K in 24:45, biked 90.1K in 2:07:52, and ran a half-marathon (21.1K) in 1:18:05 to secure the win. Kat Matthews of England took second in 3:57:05, and Imogen Simmonds of Switzerland took third in 3:57:56. Notably, Taylor's finish was over 10 minutes faster than her 2022 winning time of 4:03:20. In 2021, at the age of 24, she claimed the bronze medal with a finish of 4:08:50. Also of note, over the past 15 years of Ironman 70.3 female champions, the average winner's age was 30, the oldest winner was 38, and the youngest, before Taylor, was 26.



September - Kovacs and Allman Defend Diamond League Titles

Saturday, September 16th - Sunday, September 17th; Eugene, OR - The NYAC's **Joe Kovacs** and **Valarie Allman** defended their 2022 Diamond League titles in the men's shot put and women's discus, respectively, at the [2023 Diamond League Final - Prefontaine Classic](#) at the fabled Hayward Field. In the shot, Kovacs threw 22.93m/75-2.75 to defeat world record holder and world champion Ryan Crouser, who was second with a mark of 22.91m/75-2. Prior to 2023, Kovacs claimed Diamond League shot put titles in 2015 and 2022. In the women's discus, Allman claimed the win with a mark of 68.66m/225-3, defeating Laura Tausaga, who had upset the NYAC woman to take the world title last month in Budapest. This time, Tausaga had to settle for silver with a mark of 68.36m/224-3. This marked Allman's third consecutive Diamond League title, the others being in 2021 and 2022.



June - US Women's National Team Secures Fourth Straight World Cup Title

Sunday, June 25th; Long Beach, CA - The US women defeated the Netherlands, 12-11, in a closely contested final match to claim the gold medal at the [2023 World Aquatics Women's World Cup](#). This marked Team USA's fourth straight world cup title, the others being in 2010, 2014, and 2018. The NYAC's **Maggie Steffens**, the US team's captain who scored a hat trick in the final, was named Player of the Match, while the NYAC's **Amanda Longan**, with 15 saves, was named Best Goalkeeper. In addition to Steffens and Longan, NYAC members on the team were **Kaleigh Gilchrist**, **Maddie Musselman**, **Ashleigh Johnson**, **Rachel Fattal**, **Ava Johnson**, **Denise Mammolito**, **Jordan Raney**, **Tara Prentice** and **Bayley Weber**.



Honorable Mentions

SEPTEMBER: NYAC Rowing secures four silver medals at the [2023 World Rowing Championships](#). [Details here](#)

JULY: Fencer Mitchell Saron claims team sabre bronze at [2023 World Fencing Championships](#). [Details here](#)

AUGUST, JULY: NYAC Track and Field claims nine medals at the [2023 World Athletics Championships](#) and [2023 World Handisport Athletics Championships](#). [Details here](#)

OCTOBER: Jack Yonezuka secures silver medal at [World Junior Judo Championships](#). [Details here](#)

OCTOBER - NOVEMBER: NYAC athletes claim 36 medals across several sports at [2023 Pan-American Games](#). [Details here](#)

Upcoming Events in 2024 - January and February

JUDO: Friday, January 26th - Sunday, January 28th [Grand Prix Portugal](#) - Odivelas, Portugal [Info](#)

TRACK AND FIELD: Saturday, January 27th [Astana Indoor Meet](#) - World Athletics Gold Meeting - Astana, Kazakhstan [Info](#)

TRACK AND FIELD: Tuesday, January 30th [Atleticka Hala](#) - World Athletics Gold Meeting - Ostrava, Czech Republic [Info](#)

AQUATICS: Friday, February 2nd - Sunday, February 18th [2024 World Aquatics Championships](#) - Doha, Qatar [Info](#)

JUDO: Friday, February 2nd - Sunday, February 4th [Paris Grand Slam](#) - Paris, France [Info](#)

TRACK AND FIELD: Saturday, February 3rd [US Olympic Marathon Team Trials](#) - Orlando, FL [Info](#)

TRACK AND FIELD: Sunday, February 4th [New Balance Indoor Grand Prix](#) - World Athletics Gold Meeting - Boston, MA [Info](#)

TRACK AND FIELD: Tuesday, February 6th [Orlen Copernicus Cup](#) - Torun, Poland [Info](#)

TRACK AND FIELD: Saturday, February 10th [Meeting Hauts-de-France Pas-de-Calais](#) - World Athletics Gold Meeting - Lievin, France [Info](#)

TRACK AND FIELD: Sunday, February 11th [Millrose Games](#) - World Athletics Gold Meeting - New York, NY [Info](#)

TRACK AND FIELD: Friday, February 23rd [World Indoor Tour Gold Madrid](#) - World Athletics Gold Meeting - Madrid, Spain [Info](#)

ROWING: Friday, February 23rd - Saturday, February 24th [World Rowing Indoor Championships](#) - Prague, Czech Republic [Info](#)

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