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US 200m Breaststroke Record for Kate Douglass



Wednesday, January 10th – Saturday, January 13th; Knoxville, TN – Since the previous installment of the *NYAC Athletics News*, the NYAC's **Kate Douglass** has continued her winning ways, setting an American record in the 200m breaststroke at the [TYR Knoxville Pro Series](#) meet in Knoxville, TN on Saturday, January 13th. Douglass' time of 2:19:30 trimmed 0.29 from the previous mark of 2:19:59, set by Olympic champion Rebecca Soni in 2012. Two days earlier, Douglass had claimed victory in the 100m freestyle, recording a time of 53.12.

These results send a clear message that Douglass is on course for powerful performances at the US Olympic Trials and, all being well, at the Games themselves. The NYAC's **Paige Madden, Catie DeLoof, Gabby DeLoof,**

Hunter Armstrong, and Ryan Held also competed in Knoxville, highlights being Madden's second place in the 400m freestyle (4:05.66) and Armstrong's second place in the 100m backstroke (53.97). [Click here](#) to watch Kate's record performance and [here](#) for full results from Knoxville.

Meet Kate Douglass

Sport: Swimming **Hometown:** Pelham, NY
College: University of Virginia, BA in Statistics '23
Achievements: Two-time long course world champion, seven-time short course world champion, 21-time world championships (long and short course) medalist, Tokyo 2020 Olympic bronze medalist in 200m medley [Find Kate on Instagram @kaatedouglass](#)



Wrestling - Gray Takes Bronze in Zagreb

Wednesday, January 10th - Sunday, January 14th; Zagreb, Croatia – At the [Zagreb Open](#) in Croatia, the NYAC's legendary **Adeline Gray** (76kg) took the women's bronze medal, defeating France's Pauline Denise Lecarpentier, 3-0. This performance has heightened significance, being the first UWW Ranking Tournament of 2024. As reported in last week's *Athletics News*, **Nate Jackson** claimed the 92kg freestyle title, a superb victory, setting him on course for a fine season in this Olympic year. In addition to Jackson and Gray, NYAC wrestlers saw mixed results. **Mahmoud Sebie** (82kg GR) advanced as far as the bronze medal match, but was defeated by Germany's Deni Nakaev, 6-2. **Alan Vera Garcia** (97kg GR) and **Haley Augello** (53kg WFS) both reached the 1/8 round, before going out at the hands of Alex Szoke (HUN) and Karla Gonzalez (CAN), respectively. **Ravaughn Perkins** (GR 77kg) went out in the round of 16, while **Mitchell Finesilver** (74kg FS), **Adam Coon** (GR 130kg) and **Hayden Tuma** (GR 60kg) were eliminated in the qualification round. [Click here](#) for complete results from Zagreb.

Track and Field - Nilsen Opens Season with World Lead in Reno



Friday, January 12th – Saturday, January 13th; Reno, NV – The NYAC's **Chris Nilsen** opened his pole vault season with a win, and a world-leading mark of 5.90m (19'4.25") at the [UCS Spirit Pole Vault Summit](#) in Reno, NV. Fellow American Zach Bradford placed second at 5.82m (19'1.25") with France's Thibaut Collet taking third with the same mark. Nilsen is the Olympic silver medalist from Tokyo 2020, and also has world championships silver and bronze medals to his credit. [Click here](#) for results from Reno. In other track and field news, on **Sunday, January 14th**, the NYAC's **Allie Kieffer** placed second in 1:14:47 at the [Naples Half Marathon](#) in Naples, FL. Fellow American Sarah Pagano won the race in 1:12:09. [Click here](#) for results from Naples. Kieffer had been prepping for the US Olympic Marathon Trials, taking place in Orlando, FL on February 3rd. Unfortunately, injury intervened and she has had to withdraw from that race, focusing instead on the London Marathon in April.

News

Track and Field – The US Cross Country Championships take place tomorrow (Saturday, January 20th) in Richmond, VA. Morgan Pearson, already selected for the US Olympic triathlon team, will toe the line for the NYAC. [Click here](#) for details.

Swimming – The TSX Report writes that no Russian entries were received for the World Aquatics Championships taking place in Qatar next month. So, there will be no Russian competitors in diving and open water swimming at the Paris Olympic Games. [Click here](#) for more news from the TSX Report.

Paris 2024 – Pope Francis calls for an Olympic truce. [Click here](#) to read more.

More Paris 2024 – Almost 20,000 military personnel will be mobilized during the Paris Olympic Games. Details are [here](#).

Upcoming Events

TRACK AND FIELD: Saturday, January 20th [USATF National Cross Country Championships](#) - Richmond, VA - Morgan Pearson [More info](#)

TRACK AND FIELD: Sunday, January 21st [USATF Marathon Race Walk Mixed Relay](#) - Santee, CA - Nick Christie, Miranda Melville [More info](#)

RUGBY: Friday, January 26th - Sunday, January 28th [Rugby Sevens](#) - Perth, Australia [More info](#)

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

TRACK AND FIELD: Saturday, January 27th [World Indoor Tour Gold Astana](#) - Astana, Kazakhstan [More info](#)

LOCAL ACTION! TRACK AND FIELD: Saturday, January 27th [Dr. Sander Invitational](#) - The Armory, New York, NY [More info](#)

Links

To see the **NYAC's athletics pages**, [click here](#).

For news from the **IOC**, [click here](#).

To see the **IOC's Olympic channel**, [click here](#).

For news from the **USOPC**, [click here](#).

For the **Paris 2024** site, [click here](#).

For the **LA 2028** site, [click here](#).

For **NBC Olympics**, [click here](#). For the **Olympic Studies and Research Center**, [click here](#).



What's News?

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Sports Information Manager, Laura Walsh, at LauraW@nyac.org

Follow the NYAC on Twitter and Instagram ([@newyorkac](#)) to get the latest results, photos, video highlights and news, as the NYAC's athletes compete around the world.