



Scan the code for past issues



Douglass, Held, Armstrong Medal Haul at World Aquatics Championships

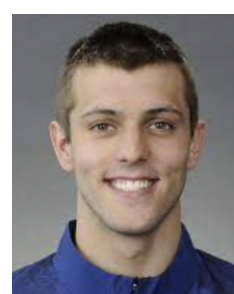
Friday, July 14th – Sunday, July 30th; Fukuoka, Japan – In the first four days of competition at the [World Aquatics Championships](#), three NYAC swimmers – **Kate Douglass, Ryan Held and Hunter Armstrong** – secured five medals, with the remarkable Kate Douglass claiming three of the tally. The NYAC woman's first medal of the meet came on Sunday, 23rd, when she earned a silver medal in the 4x100m freestyle relay, the US squad clocking 3:31.93 and Douglass contributing a 52.28 anchor leg, the fastest split of the team. Beating the US to the line was the Australian team, which set a world record of 3:27.96. The following day, Monday, July 24th, Douglass moved up one step on the rostrum, claiming her first ever long course world title, this one in the 200m IM. Her finishing time of 2:07.17 gave her a 0.8 second victory over US teammate Alex Walsh after a thrilling final 50m in which the NYAC woman stormed through to take the win. Yiyi Yu from China took the bronze medal spot (2:08.74). Two days later, On Wednesday 26th, Douglass was back on the podium, ensuring a complete set of medals by adding a bronze to her gold and silver. This one came in the 4x100m mixed medley relay, with the US team clocking 3:40.19 (51.79 for Douglass on the anchor) and being beaten to the touch by China (3:38.57) and Australia (3:39.03). Other NYAC medals came in the form of bronzes for Ryan Held in the 4x100m FS Relay on Sunday, 23rd and for Hunter Armstrong in the 100m backstroke on Tuesday, 25th. The competition runs through Sunday, July 30th, so check back for more results next week. In the meantime, up to date results may be found [here](#).

Watch Kate Douglass win the 200IM world title.
[Click here.](#)

• **Wednesday, July 26th – Saturday, July 29th; Irvine, CA** – On the first day of competition at the [TYR Pro Championships](#), the NYAC's **Paige Madden** won the 800m freestyle in a time of 8:32.46, defeating Rachel Stege of Athens Bulldog (8:34.75), and Caroline Pennin of TAC Titans (8:41.10). [Click here](#) for more results as they are posted, and check back next week for complete results from the meet.

Meet Ryan Held

Sport: Swimming. **Hometown:** Springfield, Illinois
College: North Carolina State University, 2018
Achievements: 2016 Rio Olympic champion in 4x100m freestyle relay. Four gold medals at 2018 Short Course World Championships
Find Ryan on Instagram [@heldilox](#)



Track and Field - Nilsen Defeats World Champ

Friday, July 21st; Monaco – The NYAC's **Chris Nilsen** won the pole vault competition at the [Diamond League Monaco Meeting](#) with a season's best mark of 5.92m/19-5.25, defeating, among others, world record holder Armand Duplantis of Sweden, who suffered an uncharacteristic off-day, struggling to place fourth at 5.72m/18-9.25. Duplantis' world record stands at 6.22m/20-5. Also in



Monaco, the NYAC's **Will Claye** placed seventh in the triple jump with a mark of 16.21m/53-2.25, behind Hugues Fabrice Zango of Burkina Faso who won with a jump of 17.70m/58-1. Claye has reason to celebrate as he was recently named to the US team that will contest the World Championships in Budapest, Hungary next month. To this point in time, Claye has claimed three Olympic medals and six world championships medals (indoors and out). [Click here](#) for full results from Monaco.

• **Saturday, July 22nd; Los Angeles, CA** – The NYAC's **Aisha Praught-Leer** finished 14th in the 5000m at the [Under Armour Sound Running Sunset Tour](#) with a finish of 16:13.42. Brigham Young University graduate Whittni Morgan won the race in 15:02.07. Praught-Leer had challenged to make the Jamaican team for the coming World Championships; however, when the team was announced earlier this week, she had not been selected. [Click here](#) for full results from Los Angeles.

• **Sunday, July 23rd; London, England** – At the [Diamond League London](#) meet, the NYAC's **Joe Kovacs** finished third in the shot put, reaching a mark of 21-87/71-9, behind the winning meet record of the indomitable Ryan Crouser (23.07/75-8.25). New Zealand's Tom Walsh was second at 22.58/74-1. Crouser owns five of the top 10 throws in history, plus two Olympic gold medal medals and one world championships gold. Kovacs has the fourth farthest throw of all time, plus two Olympic silvers and two world championships gold. The battle for gold at the Budapest World Championships next month - in Kovacs' ancestral home - will be epic. Also in London, **Sam Mattis** placed seventh in the discus, reaching 61.83/202-10, behind the winning 67.03/219-11 of Sweden's Olympic champion, the 6' 7" Daniel Stahl. [Click here](#) for full results from London.

Watch Chris Nilsen soar to victory in Monaco.
[Click here.](#)

NYAC Celebrates One Year to go to Paris 2024

Wednesday, July 26th marked one year to go until the Opening Ceremony of the Paris Olympic Games. With almost 300 Olympic medals on its books to this point in time, including 20 from Tokyo 2020, it was only fitting that the NYAC should mark this milestone with a special virtual event. Guests for the evening constituted three undisputed Olympic legends and one who, if the portents are correct, soon will be. **Meb Keflezighi** is a legend in the world of track and field, having won an Olympic marathon silver medal in 2004 and having also won both the New York City and Boston marathons. (He is the only man in history to have won New York and Boston and an Olympic medal). **Bob Beamon** is among the most celebrated track and field stars of all time, his Olympic long jump victory in 1968 having added a new adjective to the dictionary: "Beamonesque," meaning spectacular and unprecedented. **Caryn Davies** is arguably the greatest female rower in US history, having claimed two Olympic gold medals, one silver, and four world championship titles. These days, she is also head of the US Olympians' Association. If **Jack Yonezuka**, the fourth panelist, has his way, he will soon be joining that organization, having, all being well, fought his way onto the US judo team for Paris as a first step to adding further to his family's remarkable judo history: his father was a 1980 Olympian and his grandfather was a legendary Olympic coach. Those sufficiently fortunate to log in to the NYAC event were treated to an hour of fascinating Olympic insights and enthralling anecdotes and observations. For those who missed it, don't worry; a link to the recording will appear in *Athletics News* next week. And watch for more NYAC virtual events in the coming months, as Paris 2024 draws ever nearer.

ONE YEAR OUT
THE GAMES OF THE XXXIII OLYMPIAD
BEGIN IN PARIS ON JULY 26TH, 2024



Water Polo - Stunning World Championships Upset for Team USA

Friday, July 14th - Sunday, July 30th; Fukuoka, Japan - A shock upset on Monday, July 24th saw the powerhouse US women defeated, 7-8, by Italy in the quarter-finals of the [World Championships](#). Not only did the defeat bring to an end US hopes for a fifth consecutive world title, it also meant that this is the first major tournament since 2013 in which the US women have not claimed a medal. The loss also ended the USA's 26 game winning streak in world championships play. "The Italians were fantastic," US head coach Adam Krikorian commented to NBC Sports. "That's the best I've seen them play in a long time. I'm not shocked by the result; obviously disappointed and, clearly, there's just a lot for us to work on. I've been saying it to the team for the last couple months. We've got a long ways to go. I think, sometimes, as Team USA, the success that we've had, we've been living a little bit in fantasy land in some sense. This is honestly just a kind of knock back down to reality." The game was a nail biter, down to the final buzzer. Tied at 6-6- after the third quarter, USA Water Polo reported, "Early in the fourth, Italy broke the tie with a score in the opening 30 seconds to go in front, 7-6. Neither side found the cage again until 2:57 left in the quarter, when Italy scored again for an 8-6 lead. Team USA tried to make one last push as Jordan Raney connected with 21 left in the quarter on a power play. One final effort to get the ball back didn't materialize and Italy took the match by one." That meant that the USA's next match is today Friday, July 28th, at 3:30pm EST, when they face Hungary to decide fifth position. Also today, the US men face Montenegro in the seventh place game, having lost to Hungary, 13-12, in the quarter-finals on Tuesday and then to France, 18-16, yesterday (Thursday, 27th). That clash against Montenegro takes place at 10:30pm EST. Live streams are available on Peacock. [Click here](#) for results.

Fencing - Cebula and Saron, 16th at World Championships

Saturday, July 22nd – Sunday, July 30th; Milan Italy – The NYAC's **Anne Cebula** and **Mitchell Saron** each placed 16th in the women's epee and the men's sabre, respectively, at the [FIE World Championships](#). Also in the women's epee competition, the NYAC's **Kat Holmes** finished 72nd overall. **Dylan Nollner** placed 106th with **Stephen Ewert** 172nd, both in the men's epee. The opening rounds of the women's epee team competition, with Cebula on the roster (Holmes was out with a toe injury), took place yesterday; Team USA placed 10th. Those teams making it through the rounds compete for the medal positions today. Also today, Friday 28th, Saron, Nollner and Ewert contest the opening rounds of the men's epee team event, with the medal rounds happening tomorrow. Watch for full results next week, and [click here](#) for results so far.



Upcoming Events

SWIMMING AND WATER POLO: Friday, July 14th – Sunday, July 30th [2023 World Aquatics Championships](#) – Fukuoka, Japan - US Water Polo National Teams, Kate Douglass, Hunter Armstrong, Ryan Held

FENCING: Saturday, July 22nd - Sunday, July 30th [FIE World Championships](#) – Milan, Italy [More info](#)

SWIMMING: Wednesday, July 26th - Saturday, July 29th [TYR Pro Championships](#) – Irvine, CA [More info](#)

ROWING: Thurs, July 27th - Sunday, July 30th [USRowing Senior National Team Trials](#) – West Windsor, NJ - E. Putnam (M1x), T. Eisser and M. Kalmoe (W2x), S. Melvin (LM1x), J. Francis (LM1x) [More info](#)

News

Rowing: Late News – At the US Senior National Team Trials taking place in West Windsor, NJ. In the lightweight men's single sculls, the New York Athletic Club's Sam Melvin posted the fastest time in the time trial by more than nine seconds to earn the top seed in the semi-finals. In the semis, which took place this morning, Melvin again posted the fastest time, advancing to tomorrow's final as the top seed. Melvin won the event at the 2019 World Rowing Under 23 Championships and is seeking his first senior national team roster spot. If he makes it, he will compete in the World Championships, which take place in Belgrade, Serbia in early September.

Paris 2024 – A giant clock, counting down the days to the opening of the Paris 2024 Games, has been installed at the foot of the Eiffel Tower. [Click here](#) to learn more.

Twitter - Stay Up to Date with all the NYAC Athletics News

Follow the NYAC's Twitter page, [@newyorkac](#), to get the latest results, photos, video highlights, and more as our athletes excel in competitions around the world.

Read All About It

Do you have news or results of NYAC athletes that should be featured in **Athletics News**? Let us know by contacting the NYAC's Sports Information Manager, Laura Walsh, at LauraW@nyac.org



Links

NYAC Athletics [click here](#)

IOC's Olympic channel [click here](#)

Paris 2024 [click here](#).

Olympic Studies and Research Center [click here](#).

IOC [click here](#)

USOPC [click here](#)

LA 2028 [click here](#)

Museum of World Athletics [click here](#).