

An American record in the hammer throw and a fifth Olympics for Felix

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Rudy Winkler breaks Lance Deals American Hammer Throw Record in a cage built by Deal at Hayward Field. Photo by How Lao

By Caela Fenton and Kate Walkup

On the third day of the 2020 Track and Field Olympic Trials, Rudy Winkler set a meet record of 80.75m to open the finals of the men’s hammer throw. The previous meet record (80.12m) was set by Jud Logan in 1992. For Winkler’s second throw of the competition, he extended his meet record and broke the national record, throwing 82.71m. The previous national record (82.52m) was set by Lance Deal in 1996.

“If you saw my practices leading up to this I don’t think this would surprise you,” Winkler said post-event. “My mindset going into this was just to stay focused and not overdo it.”

All three top finishers in the hammer throw recorded personal records. Daniel Haugh (79.39m) came in second and Alex Young (78.32m) in third.

In the women’s high jump final, Vashti Cunningham won, clearing a height of 1.96m. Inika McPherson and Nichole Greene both cleared 1.93m to finish in second and third.

In the women’s triple jump final, Keturah Orji broke the meet record, jumping 14.52m. Tori Franklin (14.36m) took second and Jasmine Moore (14.53m) took third.

“A lot of people look at the event as weak, and so it’s exciting to have three people with the standard going to the Olympics,” Orji said.

Orji is the American record holder and placed 4th at the 2016 Olympics.



Keturah Orji wins her fifth straight U.S. national title in the women’s triple jump on Sunday. Photo by Matt Parker

Keni Harrison (12.47), Brianna McNeal (12.51) and Christina Clemons (12.53) topped the podium in the women’s 100m hurdles. Harrison, who went into the 2016 Olympic Trials as the favorite but missed making the team, came back with a vengeance this year.

In the women’s 400m, Quanera Hayes (49.78), Allyson Felix (50.02) and Wadeline Jonathas (50.03) are Tokyo bound. Jonathas ran the fastest time for 3rd place in Olympic Trials history. Hayes and Felix were both joined by their toddlers on the track immediately post-race.

The 1-2 punch by veterans Hayes and Felix seems to speak to the importance of big meet experience. Hayes says experience means that, “You know what you’re up for when you’re coming to races like this, and you know what’s at stake. It means taking your time and running your own race, not running anyone else’s race.”

In the men’s 400m, Michael Norman (44.07), Michael Cherry (44.35) and Randolph Ross (44.74) took the podium. The field for this final featured eighth athletes who all came into the final with the Olympic standard.

Trayvon Bromell took the top spot in the men’s 100m final, clocking 9.80. He was joined on the podium by Ronnie Baker (9.85) and Fred Kerley (9.86).



Trayvon Bromell completes his comeback from injury to earn his spot on the Olympic Team heading to Tokyo. Photo. by Jay Bendlin

“I had to go into the race humble and understand that I can’t get complacent and think that this is just up for grabs. I had to give every athlete in the field their respect,” Bromell said of his race attitude. And now? “I’m still going to go home and train like I’m not being talked about at all.”

The women’s 3,000m steeplechase got underway today with Grayson Murphy (9:25.37) and Emma Coburn (9:21.32) winning their preliminary heats. The final will be contested on Thursday evening. Murphy is the 2019 World Mountain Running Champion. Coburn is the 2017 World Champion and 2016 Olympics bronze medallist in the steeplechase.

Sunday marked the final day of the men’s decathlon where Garret Scantling (8647 points), Steven Bastien (8485) and Zach Ziemek (8471) topped the podium. Bastien and Ziemek achieved their Olympic standard at the Trials, both athletes are also unsponsored.

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