

Oregon-native breaks shot put world record at Olympic trials

By PAT GRAHAM
Associated Press

The record was older than he is.

When Ryan Crouser broke it, "it felt like it was a huge weight lifted."

The 28-year-old who built a training ring at his home in Arkansas to stay on point during the coronavirus pandemic shattered a shot put world record Friday night that was set 2 1/2 years before he was born.

On Day 1 of the U.S. Olympic Trials, he heaved the massive medal sphere 76 feet, 8 1/4 inches to put his name in the record book and punch his ticket to Tokyo, where he'll have a chance to defend his Olympic title next month.

Just like he always imagined.

"There were so many times that I was throwing a 6-pound shot put behind the middle school, throwing by myself, and let it go and put my hands over my head and be like, 'Oh, new world record!'" Crouser said. "I knew it's been a possibility or potential to do it since 2017."

Virtually everyone in this tightly knit group of throwers knew the record of 75-10 1/4, held by Randy Barnes since May 20, 1990, was in jeopardy. Earlier this year, Crouser topped Barnes' indoor record. Earlier on Friday, during qualifying, Crouser heaved 75-2 1/2 to set the American Olympic trials record.

Crouser was feeling so good in the preliminary round that he thought a world record was possible right then and there. What kept him from going for it was his shoes. Though he had brought a pair of new Nikes to Eugene for the trials, he opted for a more broken-in pair because the shot put ring at the newly remodeled Hayward Field was "fast."

"But they take your shoes if you break the world record," Crouser said of World Athletics, which tests all shoes involved in a record. "I thought, 'I don't know, if I throw a world record in prelims, I won't have shoes for the final. I'll have to throw in the (new) Nikes.'"

So, the record held — but only for a few more hours.

Even before the fourth of his six tries on a mild, sunny evening had plunked into the dirt, Crouser was lifting his arms to celebrate. When the shot landed, far beyond where any other mark had been made, a collective gasp



Charlie Riedel/AP Photo

Ryan Crouser celebrates after setting a world record during the finals of the men's shot put at the U.S. Olympic Track and Field Trials on Friday in Eugene.

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Ryan Crouser

came from the quarter-filled stands.

About a half-minute passed while officials checked the distance. When the mark came up on the board, confirming that he had broken one of the longest-standing records in the books, he was mobbed by his competitors near the ring.

"Finally timed that one up," said Crouser, who grew up in Oregon, went to college at Texas and now serves as a volunteer coach at Arkansas. "I think I was celebrating on that one almost before it left my hand."

Among those congratulating him were world champion Joe Kovacs, who finished second, and Payton Otterdahl, who earned the third spot.

"There are three or four guys capable of doing that," Kovacs said. "In Tokyo, there are going to be some fireworks. Every year, we're talking about the records being broken and I think there's more to come."

Several minutes after his record, Crouser was proudly posing on the field. The picture: Him standing next to the scoreboard with both thumbs raised and the words "World Record" highlighted in green on the board next to his new record.

Shot putters fashion themselves as part-time physics gurus. They spend hours analyzing their throws

from multiple angles, all in the hopes of eking out a few more centimeters.

About the dynamics of his best-ever throw, Crouser said: "I stayed big with my chest and relaxed and let the entry happen. I didn't force it. And once I did that well, I knew the throw was going to be good, so I didn't do anything to mess it up from there."

Crouser, who finished second to Kovacs at the world championships in Doha in 2019, didn't miss a day of training in 2020, even with the coronavirus pandemic shutting things down across the globe. He built a homemade shot-put ring that he constructed out of two sheets of plywood and screws from Home Depot.

Crouser is hard to miss at a track meet. The 320-pounder takes down about 5,000 calories a day to keep weight on his 6-7 frame. His diet consists of two big breakfast burritos in the morning, a pound of ground beef for lunch and three of the four portions from a meal delivery service at night.

So, what does a newly minted world record holder do for dinner? Well, options figured to be limited at the late hour he would get out of the track.

"I'll probably go for a big, old double-double hamburger somewhere," he said.



Alyson O'Connor

Astoria's state-qualifying 200-yard medley relay team. From left, Grace Peeler, Tori Smith, Brooke O'Connor and Hannah Daniels.

Astoria, Seaside swimmers qualify for one-day state meet

By GARY HENLEY
The Astorian

Astoria was the lucky school to serve as the host team for the District 1 swim championships, held last Thursday at the Astoria Aquatic Center.

And the home water advantage definitely served its purpose for the Fish, who qualified a host of athletes for this week's season-ending showcase meet, which will serve as the unofficial state championships.

Seaside won the boys team championship, while Astoria qualified multiple swimmers for the state meet, set one school record and sent seniors out on a winning note.

The unofficial state meet is a one-day meet set for Saturday at the Warren H. Daugherty Aquatic Center in Cottage Grove.

The Seaside boys qualified all three of their relays

for state and stacked up points with numerous second-place showings to compile 295 points, ahead of Taft (259) and Astoria (173).

Seaside's only win came from the 200-yard freestyle relay squad of Masyn McCulloch, Leif Rehnert, Logan Dennis and Henry Garvin, the only senior.

Their winning time of 1 minute, 42.01 seconds beat second-place Astoria (Phelan Dopp, Trevor Newman, Christian Womack, Steven Ero) which will head to state with a 1:50.03.

Garvin also qualified for state in the 50 and 100-yard freestyle; Dennis in the 100-yard butterfly and McCulloch in the 200 and 500-yard freestyle.

On the girls side, Newport cruised to the team title with 334 points, ahead of Astoria (216) and Seaside (144). Taft, Tillamook,

Toledo and Valley Catholic were the other schools competing.

Astoria's 200 medley relay (Tori Smith, Grace Peeler, Hannah Daniels, Brooke O'Connor) took second in 2:10.57, as did the 200 freestyle relay (Constance Rouda, Smith, Daniels and Peeler).

In her final meet in Astoria, Peeler highlighted the meet with a school record 1:15.47 to win the 100-yard breaststroke, well ahead of teammate Marlee Both (1:30.62), who will join Peeler at state.

Rachel Gascoigne's previous school record of 1:15.48 had stood for 15 years.

Astoria's 400 freestyle relay (Rouda, Lily Reed, Both and Peeler) also qualified for state, finishing second out of three teams.

Also a senior, Smith took second in the 200-yard individual medley.

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EAST AUSTRALIAN CURRENT

SEVEN-DAY FORECAST FOR ASTORIA

TODAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
66 54	65 54	68 55	71 57	73 58	69 56	65 51
Not as warm	Clouds breaking	Clouds breaking	Nice with some sun	Sunshine and pleasant	Clouds limiting sun	Mostly sunny

ALMANAC

Astoria through Sunday

Temperatures

High/low	71/56
Normal high/low	64/51
Record high	86 in 1902
Record low	42 in 1947

Precipitation

Sunday	0.00"
Month to date	1.91"
Normal month to date	1.92"
Year to date	37.27"
Normal year to date	35.28"

Forecasts and graphics provided by AccuWeather, Inc. ©2021

UNDER THE SKY

Tonight's Sky: Sunrise at 54 degrees (NE) and sunset at 306 degrees (NW).

Source: Jim Todd, OMSI

SUN AND MOON

Sunrise today	5:24 a.m.
Sunset tonight	9:11 p.m.
Moonrise today	7:13 p.m.
Moonset tonight	3:34 a.m.

Full	Last	New	First
June 24	July 1	July 9	July 17

TODAY'S TIDES

Astoria / Port Docks	Time	High (ft.)	Time	Low (ft.)
	12:30 p.m.	6.5	6:16 a.m.	-0.9
	11:51 p.m.	9.3	5:54 p.m.	2.3
Cape Disappointment	12:11 p.m.	6.4	5:25 a.m.	-1.0
	11:28 p.m.	9.3	5:03 p.m.	2.6
Hammond	12:20 p.m.	6.7	5:47 a.m.	-1.1
	11:41 p.m.	9.6	5:29 p.m.	2.3
Warrenton	12:25 p.m.	6.9	6:00 a.m.	-0.8
	11:46 p.m.	9.6	5:38 p.m.	2.4
Knappa	1:07 p.m.	6.8	7:17 a.m.	-0.7
	none	none	6:55 p.m.	2.0
Depoe Bay	11:26 a.m.	6.3	4:57 a.m.	-1.4
	10:40 p.m.	9.4	4:31 p.m.	2.5

NATIONAL CITIES

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	76/65/t	82/67/pc
Boston	80/56/c	74/60/s
Chicago	75/61/pc	80/66/pc
Dallas	86/72/s	93/77/pc
Denver	93/65/s	95/67/pc
Honolulu	88/73/s	88/73/c
Houston	90/76/t	93/77/t
Los Angeles	84/66/pc	82/62/pc
Miami	91/79/c	89/79/t
New York City	77/56/sh	76/61/s
Phoenix	106/86/pc	105/85/pc
San Francisco	76/62/pc	74/59/pc
Wash., DC	74/58/t	76/59/s

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, l-ice.

REGIONAL FORECAST

Shown is today's weather. Temperatures are today's highs and tonight's lows.

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Seattle	78/55	92/53/pc	Wenatchee	95/69	65/53/pc
Tacoma	78/52	92/53/pc	Moses Lake	98/67	88/56/s
Olympia	77/51	93/77/pc	Yakima	96/63	66/51/pc
Longview	77/52	93/77/pc	Kennewick	101/70	96/67
Astoria	66/54	93/77/pc	Walla Walla	93/68	86/58
Portland	84/58	93/77/pc	Hermiston	98/71	94/66
Salem	85/56	93/77/pc	Pendleton	94/66	86/58
Corvallis	83/54	93/77/pc	La Grande	89/60	86/58
Eugene	87/53	93/77/pc	John Day	88/57	90/52/s
Bend	87/58	93/77/pc	Burns	86/51	97/67
Medford	94/62	93/77/pc	Caldwell	98/67	98/67
Klamath Falls	85/50	93/77/pc			