

Track and Field

Bolt confident he'll be back in top form by worlds

NEW YORK (AP) — Usain Bolt remembers the rain, remembers the false start, and remembers his excitement at racing a big-name opponent in the 100 meters for the first time.

Just over seven years ago, the Jamaican sprinter arrived at Randall's Island, east of upper Manhattan, as a 200 and 400 runner considered too tall for the 100. In just slightly more than a blink of an eye — 9.72 seconds, to be exact — Bolt became the sport's biggest name.

He's retained that title ever since. On Saturday, Bolt returns to the stadium where he set his first world record May 31, 2008, in his first individual race in the U.S.

since then. Now the owner of six Olympic gold medals, he'll run the 200 at the Adidas Grand Prix, New York's stop on track's elite Diamond League series.

Bolt said Friday he hopes to break 20 seconds for the first time this season, a modest goal for someone whose world record is 19.19. Saturday's 200 does not count for Diamond League points, and no one else in the field has broken 20 seconds in 2015.

Slowed by injuries last year, Bolt's performances have been unremarkable so far this season: He ran a 10.12 in the 100 at an



Bolt

exhibition in Rio in April (his world record is now 9.58).

But Bolt has looked beatable before when the stakes aren't the highest. As he matter-of-factly put it Friday: "When it comes to the championship, everything always comes together for me."

"I never worry," Bolt said, and he certainly seemed relaxed Friday.

So he can only laugh when he's asked about American Justin Gatlin, who has run a 9.74 this season and proclaimed that for now at least, he's the man to beat.

"It's hard not to see what he's doing,

because he talks a lot," Bolt said with a wide grin.

The only times that concern him are what he can run at the world championships in China, and Bolt assured everyone he can tell from his training that he's well on his way to some fast ones. The opening rounds of the 100 aren't until Aug. 22 — 10 weeks away.

"Everything is coming together," Bolt said. "I'm feeling better every day in training. All I need to do now is get more races and execute. ... I'm just trying to work my way back into shape, work my way back up the ladder."

"I'm sure when I get to Beijing, I'll be ready to go."

WORLD CUP: Former coach unable to beat Americans

Continued from 1B
Nigeria 2-0.

Ellis tinkered with her lineup for the match against Sweden, starting 22-year old Morgan Brian while Wambach was on the bench.

Wambach did give the U.S. a spark after entering in the 68th minute, but couldn't get past Lindahl, who was named player of the match.

Klingenberg, who is just 5-foot-2, saved Seger's shot while Solo was on the other side of the goal.

"That was something we practiced this week," Klingenberg said. "I know that when Hope slides across, I need to tuck in and make sure I'm in position. Luckily I did and I was able to make the play when I needed to."

Klingenberg, who played for a Swedish club team and is friends with many of the players she faced in the game, exchanged jerseys with Seger following the match.

"She said, 'Are you serious?'" Klingenberg laughed.

Lindahl watched the key play unfold from the other end.

"I did think: goal-line technology, c'mon!" she said. "But it wasn't close, actually."

Lindahl came up with her first big save of the match when she leaped to pop Carli Lloyd's shot up and over the

bar early in the second half. Solo leaped to stop Therese Sjo gran's hard shot from far out in the 54th minute but it sailed over her fingertips and over the bar.

Solo started in goal for the United States as off-field incidents continue to haunt her. The United States opened played the day after an ESPN report revealed new details about her arrest last June in Washington state on domestic violence charges. The charges were dismissed earlier this year.

Sundhage was head coach of the United States for five years, guiding the team to two Olympic gold medals and the World Cup final in Germany. It was the first time the Americans had advanced to the final since winning it all in 1999.

Sundhage left after the 2012 London Olympics and returned home to coach her native Sweden's national team.

Adding to the buildup for the match, one of the most anticipated of the group stage, was a story about Sundhage earlier in the week in The New York Times. In it, Sundhage was quoted as saying that Lloyd was a challenge to coach and she suggested she wouldn't start Wambach at this point in the popular veteran's career. She said Solo was one of the most challenging players she had coached, "especially when it comes to trouble."

CHAMPIONS: USC sprinter blazes to sprints sweep

Continued from 1B

place finishes by Marcus Chambers, behind winner Vernon Norwood of LSU, in the 400 and Johnathan Cabral, behind Omar McLeod of Arkansas, in the 110-meter hurdles.

"We're a team. We think we can score in every event," Chambers said. "It just feels great to see all of our hard work at practice come off on the biggest stage of our career."

In a span of 55 minutes in the meet's compacted schedule, De Grasse won the 100 in 9.75 seconds and the 200 in 19.58. His 200 time was the fastest ever by a collegiate runner under any conditions.

Marquis Denby of Texas A&M dominated the triple jump, winning with a wind-aided 58 feet, 1 1/4 inches. He also won the long jump on Wednesday, his second straight victory in the two events.

De Grasse, who began his day anchoring the fourth-place USC 4 x 100 relay team, burst away from defending champion Trayvon Bromell of Baylor in the final 30 meters. Bromell was second at 9.88 and Larson third in 9.90.

The 200 was even more impressive for the young Canadian. He led almost from the start and held a big lead at the end. Detric Dukes of LSU was second and Bromell third, although both were clocked in 19.86.

"It was just an unbelievable feeling," De Grasse said. "I never thought that I could run that fast but I just have to believe in myself and, now that I've run that fast, it's just changed my whole perspective on running."

He said he played basketball until a friend and coach convinced him "I



Oregon's Edward Cheserek fist-pumps after winning the men's 5000-meter run during the NCAA track and field championships in Eugene Friday.

had a gift" of speed. De Grasse had a stop at Coffeyville Community College before going to USC.

There hasn't been a top Canadian sprinter on the world scene since Bruny Surin in the 1990s.

"I'm going to try to put Canada back on the map," De Grasse said, "and compete with the U.S. and Jamaica."

No one at Hayward Field dominated an event more than Denby, who had five of the day's best six triple jumps in what he called "by far" his best series.

In his final collegiate competition, he opened with a wind-legal 57-5 and, with the title already wrapped up, finished with his big winning mark. The 57-5 was the best wind-legal

mark by a collegian in 30 years and third-best all-time.

"I came in with the mentality that if I came out with a big jump at the beginning that I would be able to just sit comfortably and build from there," Denby said.

He plans to continue in both events. "Like they keep telling me, I'm one of the greatest doublers," Denby said, "and I'm trying to keep that mentality."

Anthony Rotich of UTEP became the third person to win three NCAA steeplechase titles, holding Stanley Kebenei of Arkansas in a repeat of the 1-2 finish by the Kenyans last year.

Jacorian Duffield and Bradley Adkins gave Texas Tech a 1-2 finish in the high jump.

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