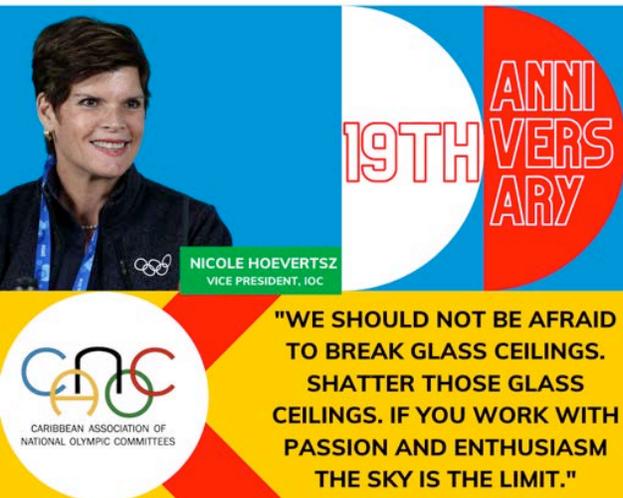


CANOC DAY



Shatter the Glass Ceilings!

That's the mandate that newly elected IOC Vice President, Nicole Hoevertsz, gave to the girls and women of the CANOC region.

Nicole was at the time delivering the feature address at the 19th CANOC Day ceremony held via Zoom, on Saturday 31 July 2021, under the theme, *'The*

Caribbean Woman and Leadership in the Olympic Movement'.

Hoevertsz called upon girls and women of the Caribbean involved in sport to resist the temptation to ask, why me? Instead, she insisted that once they have taken the time to develop themselves in their chosen field of endeavour and feel sufficiently confident of their competencies, they must ask, why not me? Why not this girl/woman from the Caribbean?

Nicole took time to chronicle her own journey as a woman in sport leadership serving in different capacities on the Pan American Sports Organisation (now Panam Sports), through to being elected to the International Olympic Committee some 15 years ago, to being elected to the IOC's Executive Board four years ago and more recently, on 21 July this year, being elected unopposed, Vice President of the IOC.

Nicole was clear that her achievements in and through sport have emboldened her, humbled her and made her all the more aware that she must serve as an inspiration to other women in the Caribbean, members of CANOC. She called upon the region's women to, 'Believe in yourself. Believe in what you can do. Never doubt yourself and you capacity to achieve'.

Nicole filled the IOC Vice Presidency that was recently vacated by another woman in sports pioneer, Anita De Franz, of the USA. She noted however that she could not dare to suggest that she could replace the former holder of the position given her legendary commitment to sport and the ideals of the Olympic Movement. What is different however, is that Nicole comes from the very small nation of Aruba.

IN THIS EDITION

- ▶ CANOC DAY Quotes
- ▶ Caribbean Olympic Medals
- ▶ Athletics
- ▶ Competition Schedule, DAY10





Record-breaking
Thompson-Herah
leads Jamaica
100 sweep

Amazing. Incredible. Greatest.
These were the adjectives used to describe Jamaica by the country's sprint queens following their Tokyo 2020 Women's 100 Metres medal sweep here in

Japan, yesterday.

Elaine Thompson-Herah blazed the track in an Olympic record time of 10.61 seconds to strike gold, retaining the title she captured at the 2016 Rio Games. Two-time Olympic champion **Shelly-Ann Fraser-Pryce** was well beaten, but had the consolation of claiming silver in 10.74. **Shericka Jackson** sealed the Jamaican sweep with bronze in a personal best 10.76.

"We're amazing," said Thompson-Herah when asked about the northern Caribbean island's 1-2-3 finish. Thompson-Herah said she has fond memories of a similar women's century podium sweep at the 2008 Beijing Olympics. Fraser-Pryce was golden, while silver was shared by Sherone Simpson and Kerron Stewart. "I was home," said Thompson-Herah, "and I was super excited for them, so to be in that history now is amazing."

Fraser-Pryce has the distinction of being the only athlete to feature in both sweeps. "The legacy we have in Jamaica is incredible," said Fraser-Pryce. "I'm hoping that no matter what happens, our athletes can draw inspiration. From Shericka, being a quartermiler and stepping down to the sprint. From Elaine, running the Olympic record. From me, coming to my fourth Olympic Games."

Jackson, the 2016 Olympic 400m bronze medallist, has transitioned smoothly to the short sprint. After the race, the third-place finisher spoke about her country with great pride. **"We are the greatest! We just bring it. A sweep is just amazing."**

Dominican Republic also earned silver yesterday in weightlifting, **Zacarias Bonnat** finishing second in the Men's 81kg category.

The **Dominican Republic** quartet of **Andres Feliz, Marileidy Paulino, Anabel Medina and Alexander Ogando** snatched silver in the 4x400m Mixed Relay in a national record time of three minutes, 10.21 seconds. Poland won in 3:09.87—a new Olympic record—with third spot going to United States in 3:10.22. Jamaica clocked 3:14.95 for seventh spot.

**CARIBBEAN OLYMPIC
MEDALLIST**



BERMUDA



CUBA



JAMAICA



DOMINICAN REPUBLIC

ATHLETICS

A fourth Caribbean sprinter, **Trinidad and Tobago's Michelle-Lee Ahye** missed out on a lane in the final by the narrowest of margins. Ahye finished second in the second semifinal in 11 seconds flat, the same time recorded by Briton Daryll Neita, who was fourth in the third semi. Neita earned the eighth and final qualification spot by one-thousandth of a second.



Bahamian Tynia Gaither clocked 11.31 seconds for sixth spot in the opening semi.

Chad Wright landed the implement 62.56 metres for ninth spot in the Men's Discus. Gold went to Sweden's Daniel Stahl (68.90m).

Jamaicans Oblique Seville and **Yohan Blake** and **St Kitts and Nevis** sprinter **Jason Rogers** are through to this morning's Men's 100m semifinals. In round one, Seville equalled his 10.04 seconds personal best in finishing second in heat three, while Blake was second in heat seven in 10.06. Rogers clocked 10.21 for third spot in heat four. "I'm not leaving here without a medal," Blake declared. "I know I'm in great shape, so I'm not worried."

Antigua and Barbuda's Cejhae Greene finished sixth in heat six in 10.25 seconds, and did not progress to the semis. "That race just didn't reflect what I know we've seen in practice," Greene lamented.

Bahamian Samson Colebrooke, **Guyana's Emanuel Archibald**, **Cayman Islands** sprinter **Kemar Hyman** and injured **Barbadian Mario Burke** were also eliminated. **Jamaican Tyquendo Tracey** was a non-starter.

"My body just didn't react," said Archibald. "I'm learning. I hope to be ready at World Champs next year. I'll be in better shape."

In the preliminary round, Archibald had finished second in heat two in 10.30 seconds to secure his round one lane. **Shaun Gill** did not advance, the **Belize** sprinter getting to the line fifth in heat one in 10.88.

"I was pretty calm and I was mentally focused," said Gill. "I just don't know. Halfway through the race, I just felt kind of gassed."

CARIBBEAN ATHLETES

Tynia Gaither



Chad Wright



Rose Mary Almanza



Emanuel Archibald





TOKYO 2020 OLYMPICS

CARIBBEAN ATHLETES COMPETITION SCHEDULE



DAY 10

SUNDAY AUGUST 1ST: EVENING SESSION

ECT/AST	EVENT	COMPETITORS	NOC
8:35 PM	(W) 1500 METRES (HEATS)	AISHA PRAUGHT	JAMAICA
9:20 PM	(M) LONG JUMP (FINALS)		
9:21 PM	(M) CANOE SPRINT- KAYAK SINGLE 1000M (HEATS)	AMADO CRUZ	BELIZE
9:30 AM	(W) 200 METRES (HEATS)	BRIANNE BETHEL	BAHAMAS
9:30 AM	(W) 200 METRES (HEATS)	TYNIA GAITHER	BAHAMAS
9:30 AM	(W) 200 METRES (HEATS)	SHAUNAE MILLER-UIBO	BAHAMAS
9:30 AM	(W) 200 METRES (HEATS)	ANHONIQUE STRATCHAN	BAHAMAS
9:30 AM	(W) 200 METRES (HEATS)	SHELLY-ANN FRASER-PRYCE	JAMAICA
9:30 AM	(W) 200 METRES (HEATS)	ELAINE THOMPSON-HERAH	JAMAICA
9:30 AM	(W) 200 METRES (HEATS)	SHERICKA JACKSON	JAMAICA
10:50 AM	(W) 100 METRES HURDLES (FINALS)		
10:50 AM	(W) 100 METRES HURDLES (FINALS)		
11:22 PM	(M) CANOE SPRINT- KAYAK SINGLE 1000M (QUARTERFINALS)	AMADO CRUZ	BELIZE

Jamaica's Janieve Russell and Barbadian Tia-Adana Belle will be on show in the semifinal round of the Women's 400m Hurdles, on Monday. Russell finished second in heat two in 54.81 seconds, while Bell was second in heat four in 55.69. "Ultimate goal," said Belle, "is to medal and beat the national record (53.36). I need a national record."

T&T's Sparkle McKnight was a non-starter after testing positive for Covid-19.

Jamaica's reigning world champion Tajay Gayle battled through a painful knee injury to qualify for the Men's Long Jump final. Gayle disturbed the sand at 8.14 metres. His teammate, Carey McLeod could only manage 7.75m and was eliminated. T&T's Andwuelle Wright contracted Covid-19, and is out of the Olympics.

Jasmine Camacho-Quinn sent a warning to her rivals in the opening round of the Women's 100m Hurdles. The Puerto Rican won heat five in a fast 12.41 seconds to lead all qualifiers into today's semis. "Before the race I was nervous," Camacho-Quinn explained, "but once he called set I knew right there to treat it as any other race."

Megan Tapper finished second to Camacho-Quinn in a personal best 12.53 seconds to book her semifinal appearance. Tapper's Jamaica teammates, Britany Anderson and Yanique Thompson as well as Bahamians Devynne Charlton and Pedrya Seymour also qualified. "We're trying to make history," said Seymour. "To have two female Bahamian hurdlers in the final."

Jamaica's Shadae Lawrence is through to Monday's Women's Discus final after throwing 62.27m in the qualifying competition.

For the latest news and updates about CANOC and the Caribbean athletes in Tokyo 2020 visit our website www.canoc.net and follow us on our social media channels for more contributions from our correspondent Kwame Laurence [@kwamelawrence@googlemail.com](mailto:kwamelawrence@googlemail.com).

CANOC DAY
19TH ANNIVERSARY

BRIAN AC LEWIS
PRESIDENT
CANOC

"COVID-19 HAS ACCELERATED CHANGE AND WE AT CANOC MUST EMBRACE THAT CHANGE AND PUSH ON!"

NEVEN ELIE
PRESIDENT
PANAM SPORTS

"FOR PANAM SPORTS IT IS VERY IMPORTANT TO WORK WITH YOU AND (IT IS ALSO) IMPORTANT TO LEARN HOW YOU ARE WORKING IN YOUR COUNTRIES TO DECIDE THE BEST WAY PANAM SPORTS (CAN) HELP YOU. FOR US IT IS IMPORTANT TO SEE HOW YOU ARE GROWING"

DAME LOUISE MARTIN
PRESIDENT
CIB

"WHERE THE CARIBBEAN LEADS THE OTHERS WILL FOLLOW. THE EFFORTS YOU'RE MAKING IN INCLUSION, GOOD GOVERNANCE AND INNOVATION IS PUSHING THIS REGION AND BY EXTENSION OUR MOVEMENT FORWARD."

LUIS MEJA OVIEDO
PRESIDENT
CENTROCARIBBEI SPORTS

"THERE ARE NO WORDS TO CELEBRATE THIS, AND TO CULMINATE THE FIRST DAYS OF THE DEVELOPMENT OF THE OLYMPIC GAMES, THE BIGGEST STAGE IN SPORTS, WE RECEIVED A GOLD MEDAL FROM FLORA DUFFY FROM BERMUDA IN TRIATHLON. WHAT AN EVENT TO BE ABLE TO HAVE THIS ACHIEVEMENT WHICH PLACES US, AND TELLS THE REST OF THE WORLD, HEY WE ARE HERE AND WE EXIST NOT ONLY IN NAMES BUT IN ACTIONS, REPRESENTATION AND MEDALS."

