

Usain Bolt



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Usain Bolt

- **Usain St Leo Bolt (born 21 August 1986) is a retired Jamaican sprinter. He is the first person to hold both the 100 metres and 200 metres world records since fully automatic time became mandatory. He also holds the world record as a part of the 4 × 100 metres relay. He is the reigning Olympic champion in these three events. Because of his dominance and achievements in sprint competition, he is widely considered to be the greatest sprinter of all time.**



Preparation for the start.

Early years

- Bolt was born on 21 August 1986 in Sherwood Content, a small town in Jamaica, the son of Wellesley and Jennifer Bolt. He has a brother named Sadiki and a sister named Sherine. His parents ran the local grocery store in the rural area, and Bolt spent his time playing cricket and football in the street with his brother, later saying, "When I was young, I didn't really think about anything other than sports." As a child, Bolt attended Waldensia Primary, where he first began to show his sprinting potential, running in the annual national primary-schools' meeting for his parish. By the age of twelve, Bolt had become the school's fastest runner over the 100 metres distance.





Usain Bolt at the World
Championships in London

Rise to prominence

- The 2002 World Junior Championships were held before a home crowd in Kingston, Jamaica, and gave Bolt a chance to prove his credentials on the world stage. By the age of 15, he had grown to 1.96 metres (6 ft 5 in) tall, and he physically stood out among his peers. He won the 200 m, in a time of 20.61 s, 0.03 s slower than his personal best of 20.58 s, set in the 1st round. Bolt's 200 m win made him the youngest world-junior gold medallist ever. The expectation from the home crowd had made him so nervous that he had put his shoes on the wrong feet. However, it turned out to be a revelatory experience for Bolt, as he vowed never again to let himself be affected by pre-race nerves. As a member of the Jamaican sprint relay team, he also took two silver medals and set national junior records in the 4×100 metres and 4×400 metres relay, running times of 39.15 s and 3:04.06 minutes respectively

World-record breaker

- The silver medals from the 2007 Osaka World Championships boosted Bolt's desire to run, and he took a more serious, more mature stance towards his career. Bolt continued to develop in the 100 m, and he entered to run in the event at the Jamaica Invitational in Kingston. On 3 May 2008, Bolt ran a time of 9.76 s, with a 1.8 m/s tail wind, improving his personal best from 10.03 s. This was the second-fastest legal performance in the history of the event, second only to compatriot Asafa Powell's 9.74 s record set the previous year in Rieti, Italy. Rival Tyson Gay lauded the performance, praising Bolt's form and technique especially. Michael Johnson, who was observing the race, said that he was shocked at how quickly he had improved over the 100 m distance. The Jamaican surprised even himself with the time, but coach Glen Mills remained confident that there was more to come. Bolt set a new 100 m world record on 31 May 2008. At the Reebok Grand Prix held in the Icahn Stadium in New York City, Bolt ran 9.72 s with a tail wind of 1.7 m/s. This race was Bolt's fifth senior 100 m. Gay again finished second and said of Bolt: "It looked like his knees were going past my face." Commentators noted that Bolt appeared to have gained a psychological advantage over fellow Olympic contender Gay

World-record breaker

- In June 2008, Bolt responded to claims that he was a lazy athlete, saying that the comments were unjustified, and he trained hard to achieve his potential. However, he surmised that such comments stemmed from his lack of enthusiasm for the 400 metres event, and chose to not make the effort to train for distance running. Turning his efforts to the 200 m, Bolt proved that he could excel in multiple events—first setting the world-leading time in Ostrava, then breaking the national record for the second time with a 19.67 s finish in Athens, Greece. Although Mills still preferred that Bolt focus on the longer distances, the acceptance of Bolt's demand to run in the 100 m worked for both sprinter and trainer. Bolt was more focused in practice, and a training schedule to boost his top speed and his stamina, in preparation for the Olympics, had improved both his 100 m and 200 m times.



Bolt and Sally Pearson with their IAAF Athlete of the Year awards in Monaco

Personal appearances

- Bolt made a cameo appearance in the opening sketch of 13 October 2012 broadcast of *Saturday Night Live*, hosted by Christina Applegate. The segment was a parody of the Vice Presidential debate between Joe Biden and Paul Ryan. In the sketch, Taran Killam mimicking Ryan had just lied about running a 2:50 marathon, a sub-4-minute mile on no training and winning the 100 metres in London when Bolt was introduced as his partner to confirm.
- When Ryan asked Bolt "Who won the 100 metres?" the Jamaican gold-medallist answered simply. "I did." Ryan followed up by asking Bolt about his (Ryan's) finish. "You didn't finish. You weren't even there."

Thank you for attention.

