

BIG UP!



TEAM JAMAICA

TOKYO 2020 OLYMPIC AND
PARALYMPIC GAMES

WARP SPEED

WORLD'S FASTEST
WOMAN CONTINUES
TO IMPRESS

TWICE AS NICE

AN OLYMPIAN'S
QUEST TO DEFEND
HER TITLE

COMING HOME

A SON DISCOVERS
HIS ROOTS



Letter from the Minister

This is an especially festive time for Jamaicans as we celebrate Emancipation and Independence. During this time, our athletes will also compete at the Olympic Games in Tokyo, Japan, and will surely give us many more reasons to feel proud to be Jamaican.

Our athletes bring with them the hope of our nation and also the love and support of Jamaicans everywhere. We will bang pot covers, we will shout, we will dance, we will scream their names and we will say prayers each time our Jamaican athletes appear to give of their best on the world's biggest sports stage.

As Minister, I am the chief advocate, chief cheerleader, chief supporter and chief motivator for our athletes in every discipline.

I am pleased that my Ministry has been able to assist all members of Team Jamaica to achieve their dream of competing in the Olympics. The major focus of our Government's sports development thrust is enabling our athletes to achieve global success through investment in national, community and school sport, coaching, facilities and welfare.

I'm happy that we were able to provide direct financial support in excess of J\$40M to our athletes as they prepared for the Tokyo 2020 Olympic and Paralympic Games through the Athletes Assistance Programme administered by the Institute of Sports.

I'm happy that we were able to provide funding, through the Sports Development Foundation, to our national sports federations to help run their development programmes and to prepare national teams for various competitions, including the Olympics.

I'm happy that we are continuously improving infrastructure at the national, community and school levels to give our athletes the best facilities in which to train and compete.

And thanks to many years of investment in capacity building, particularly through the GC Foster College of Physical Education and Sport, schools across the country can now engage at least one

well-trained Physical Education teacher who is able to spot and develop talent, encourage an active lifestyle, and go on to coach our elite athletes to global success.

I'm especially proud that we have a team of exceptional, hard-working, disciplined, well-trained and high-performing young people who will represent Jamaica at the Olympics. I have had the honour to interact with many of them and I can say that they are all excellent ambassadors for our country.

It has been gratifying to watch each member of this team — made up of some of our greatest athletes and the 47 Olympic debutants — blossom and carry on the Jamaican tradition of outstanding sports achievement.

It is equally pleasing to see trailblazers announce themselves and expand Jamaica's sporting repertoire. For the first time, Jamaica is represented in Judo. For the second time in the Olympics we are represented in Diving and Artistic Gymnastics. And for the first time in 25 years, a boxer will represent Jamaica at the Olympics. Together with the track and field competitors, they comprise a formidable Team Jamaica.

On behalf of the Government and people of Jamaica, I send best wishes to all the athletes and their support teams, including coaches, managers, administrators, family and friends.

I encourage all our athletes to enjoy this Olympic experience. Always do your best. Remember that we love you, we are proud of you and we'll be cheering for you.

Big up and thank you for inspiring us every day.

The Honourable Olivia Grange, CD, MP
Minister of Culture, Gender, Entertainment and Sport

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Jamaica at the summer Olympics

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Sports matter. From scores of people at the community playfield watching neighbours compete to thousands of people at the National Stadium cheering on the nation's elite competitors, Jamaicans are passionate about their sports and the people who wear the national colours in international competitions, such as the Olympic Games.

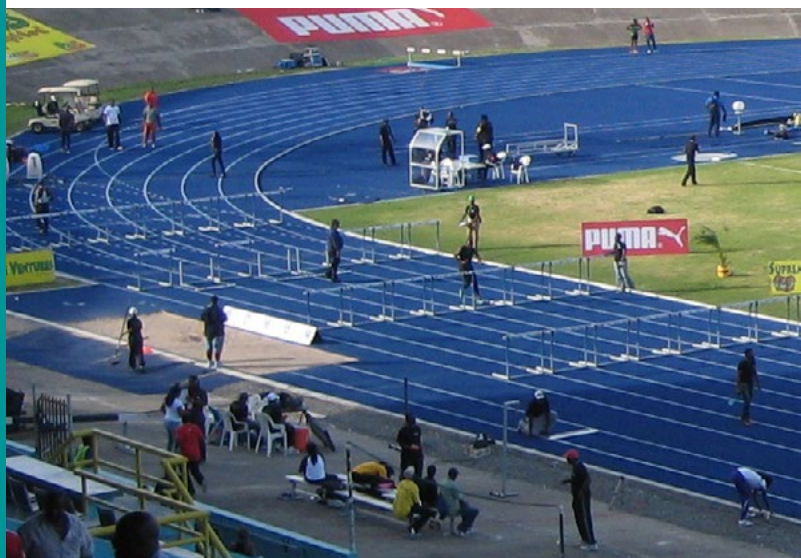
Our athletes, in every discipline, become a source of inspiration — but there is something special about those who make up Team Jamaica at the Olympic Games.

In keeping with the policy of the Minister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange, for us to tell our own stories, we have produced this special publication in tribute to Jamaica's team to the 2020 Tokyo Olympic and Paralympic Games. Each member of the team is featured in the photo gallery (on page 12) and right throughout we tell the stories of this year's competitors including three of the outstanding women — Shelly-Ann Fraser-Pryce (page 04), Elaine Thompson-Herah (page 05), and Shericka Jackson (page 06) — who are among the most anticipated performers at these Games.

This issue also shines a light on this team's trailblazers including the para taekwondo competitor, Shauna-Kay Hines (page 11) who thought she couldn't be able to fight when she was introduced to the sport, but is now so good that she has qualified as the first Jamaican to compete in taekwondo as the sport makes its debut at the Paralympic Games.

We also tell the story of how sports changed the life of Ricardo Brown (page 09) who is the first Jamaican boxer to compete in the Olympics in a quarter of a century. And we revisit the last time that the Japanese city of Tokyo hosted the Olympics (page 14) through the eyes of Vilma Charlton and Una Morris who were members of Jamaica's team to those 1964 Games.

Every four years the Olympics provides an opportunity to acknowledge the best athletes in the world. We aim to do just that.



History Awaits

Shelly-Ann Fraser-Pryce

On June 5, 2021 as the sun rose over Kingston, Shelly-Ann Fraser-Pryce, the World Champion in the 100m, ran 10.63 at the JOA/JAAA Olympic Destiny track meet to become the fastest woman alive. And get this, she wasn't even trying. "Honestly no... I never expected I would run 10.6 and think it's a good thing because there was no pressure. I just wanted to get one run in before the national championships and that's what I was really looking forward to."

Fraser-Pryce goes to Tokyo 2020 to do what no other woman has done—win three Olympic gold medals in the 100m.

Fraser-Pryce, 34, had already made history at the Beijing Olympics in 2008, when she became the first Jamaican woman to win the 100m at an Olympics. At the London Olympics in 2012, she became just the third woman to win consecutive 100m titles, and at the Rio Olympics in 2016, she took the bronze medal, becoming the only woman to win three Olympic medals in the event.

Fraser-Pryce goes to Tokyo 2020 to do what no other woman has done. In fact, only one person has accomplished her current mission of winning three Olympic gold medals in the 100m — and that is the

greatest sprinter of all time, Usain Bolt. But by running 10.63 without really trying, Fraser-Pryce has sent a strong message to her competitors and to the world that she's in great shape to answer as history beckons.

We have loved her from she punched through the air at the finish line in Beijing, to her colourful hair style in Rio. We have watched her as a college student, to her becoming a goodwill ambassador for UNICEF and we have watched her grow from "Pocket Rocket" to "Mommy Rocket."

Along the way, she has made Jamaicans proud. Representing her country with the strength, dignity, and wisdom it takes to be an elite athlete. She has used her Pocket Rocket Foundation to provide financial assistance to needy students and lately tablets.

And the country has recognised her hard work. When she returned from Beijing, she was conferred with the Order of Distinction. In 2018, a statue of her, commissioned by the Ministry of Culture, Gender, Entertainment and Sport, and designed by the sculptor Barry Watson, was unveiled by the Prime Minister, the Most Honourable Andrew Holness, at Statue Park in the Independence Park complex.



Achilles Heel Be Gone

Elaine Thompson-Herah

Elaine Thompson-Herah, the defending Olympic champion for the 100 and 200 metres is also chasing history. At the 2016 Rio Olympic Games, she became the first Jamaican and just the seventh woman to win the sprint double.

Thompson-Herah knows everyone is targeting her titles but doesn't worry about it. "As a double Olympic champion I would not add any pressure to myself, just make myself and my country proud," she said while in Italy before heading to Tokyo. "If you add pressure to yourself you may not perform the way you want to and that would defeat all the months of training hard."

Training for Thompson-Herah, 29, has been complicated by an injury to her achil-

les. "It's really an injury that's hard to manage and based on what the doctors observe of my injury it doesn't require any surgery," she said. "It's pretty much overworked and just needs rest and exercises, like strength work, and a lot of treatments."

The challenge of overcoming that injury and of training during a global pandemic only made Thompson-Herah stronger. "For me to get up every day, to go to practice was difficult because I had days when I just wanted to lay in bed, but because it's my job I have to go out there,"

"It would be a wonderful feeling to make history, my name is written down for all the younger generation coming up to see..."

she says. "It's been a battle, a war with this injury. Honestly, it's challenging, but I think I'm a tough cookie, a tough girl, so it comes with the package."

One of the fastest woman this year, when

she ran 10.71 in Hungary in July, seems to be peaking at just the right time to defend her titles. "If I should retain my title, honestly I don't know what words I would give. It would be a wonderful feeling to make history, my name is written down for all the younger generation coming up to see Elaine Thompson-Herah in that history book."



In it to Win it

Shericka Jackson

Shericka Jackson was the talk of the JAAA National Senior and Junior Championships in June. The former Vere Technical student was known mostly for her achievements in the 400m. After all, she won the bronze medal in the event at the Rio Olympics and was on the 4x400m team which took the silver medal.

But as her intentions to seriously compete in the 100m and 200m became clear, utterances of her speed and strength were repeated. Coming into the Senior Championships Jackson, 27, competed in May, at the JOA/JAAA Olympic Destiny Series where she clocked 11.02 seconds and 22.93 seconds in the 200m.

Then at the Championships she ran a personal best in her 100m semi-final heat of 10.77 seconds and ran another personal best in the 200m final of 21.82 seconds.

If there is one person who can block Elaine Thompson-Herah from defending her Olympic titles and prevent Shelly-Ann Fraser-Pryce from making history, Jackson is that person.



Leap of Faith

Tajay Gayle

Aquatic Ambassador

Alia Atkinson

The name Alia Atkinson is synonymous with Jamaican swimming. She has won 10 World Swimming Championship medals - 4 gold, 4 silver and 2

bronze. In 2014, Atkinson tied the world

record for the 100m

breaststroke at the

Short Course World

Championship to

become the first

black woman to win

a world title in swimming. At the time she remarked, "It wasn't just me getting the medal, it was more breaking down a barrier that I didn't even know existed or I didn't try to think existed because I was already trying to silence my own thoughts."

She has also been named Female Central American and Caribbean Swimmer of the Year six times.

Atkinson, 32, has basically achieved all in the pool, except a medal at the Olym-

pics. The closest she came was at the 2012 London Games where she finished fourth in the 100m breaststroke in 1:06.93.

It was the second time in

Jamaican history

that a female swimmer

finished in the top four of

an event at the Olympic

Games. Janelle Atkinson

(no relation), achieved

that feat in the 400m freestyle at the 2000 Olympic Games in Sydney, Australia.

Expectations are high of Atkinson who is now in her fifth consecutive Olympic Games and determined to end her Olympic career on the medal podium.

In a number of interviews this year, Atkinson has kept her thoughts about her medal prospects close to her chest, but she will enter the Olympics supposedly in fine form having warmed up by winning three

Atkinson is the first black woman to win a world title in swimming.



individual events in March and improving her record to 13 victories from 14 starts this year.

She finished the year 2020 ranked second in the world in the 100 breaststroke and third in the world in the 50 breaststroke and will once again make her mark at the Olympic Games.

"I'm never the one to falter. I'm never the one to get nervous over stuff like that."

Tajay Gayle knows what it's like to win a global title. In 2019, he was the world champion in the long jump and also set a national record when he jumped 8.69 metres at the Doha World Championships.

Gayle, 24, broke the Jamaican national record of 8.62 metres which stood for 22 years and was set by James Beckford. It was an achievement to boost the pride of Jamaicans everywhere, but especially the residents of August Town, St Andrew, where he's from.

Ranked number one in the world, he certainly is one of the favourites heading into the Olympics but doesn't let expectations pressure him. "I'm never the one to falter. I'm never the one to get nervous over stuff like that," he says. "Because at the end of the day this is a learning process and you can't force the progress and you can't force greatness in general. I'll just take my time, just like I did in the World Championships, see what's going on and then take the gold."

On The Edge

Yona Knight-Wisdom

When Yona Knight-Wisdom competed at Rio 2016, he was the first male diver from Jamaica and the Caribbean to participate in an Olympics. It was a dream come true. He finished in 14th place at those Games.

Now the 26 year old heads to his second Olympics. "I'm more focused on the actual competition and myself," he says. "I know I'm better than I was five years ago as a diver and I'm hoping I can show myself and, even more, that I can show everyone else."

Knight-Wisdom will be diving in the same pool for these Olympics that he recently dived at the FINA Diving World Cup held in Tokyo in May. His 12th place finish on the 3m Springboard, from that World Cup, allowed him to qualify for the Tokyo Olympics. "I guess it's an advantage because

I'm comfortable with the environment," he says, but knows that the Olympics gave the pool a facelift. "Now it's all decorated with the Olympic logos."

Although Knight-Wisdom is the first Olympic male diver to represent Jamaica, he feels he can offer technical support and help build the sport in the island. "The more I represent Jamaica internationally, the more I

feel a responsibility to be involved to build a diving culture and to give people a chance to learn how to dive.

"I think there's a lot of talent in Jamaica. I've seen videos of the kids jumping off bridges with so much control and at Rick's Cafe. Some of the stuff they do I wouldn't do."

Representing Jamaica has also been an opportunity for him to learn more about

himself. He was born in Leeds, but choose to represent Jamaica as his father is Jamaican.

The encouragement he has received from Jamaicans helps to sustain him mentally. "I'm grateful for all the love and support from Jamaica from 2012 when I first got on the team," he says.

He also received financial support from the Institute of Sport through the Athletes Assistance Programme. "The money that we've gotten through the Assistance Programme has been great," he says. "It allowed me to get more physiotherapy, eat better food and to look after myself a little more comfortable without having to worry about various things. It's been a weight off the shoulder which has been helpful."

Knight-Wisdom is grateful to get to a second Olympics and wants to make the best of it. "I'm confident in my ability," he says. "If I dive my best then I can definitely be in the mix for some of the higher places."



The Contender

Ricardo Brown

Ricardo 'Big 12' Brown has imagined himself competing at the Olympic Games for many years. "It was always a dream from a child," says the boxer who grew up watching the Olympic Games and fantasising about being an Olympian.

He got his shot after a chance, life-changing meeting.

Every day he'd run from Spanish Town to Ferry and then back to White Marl to Sherwin-Williams, where he worked as a chef in the canteen. One evening as he ran home, his life changed. "As soon as I reached my lane, this guy was driving pass. He told the taxi driver 'that yout look like him can box because him big body and him look strong.'" Although the taxi driver didn't know Brown, he agreed to take the man to meet him.

The man was a boxer and encouraged Brown to come to the gym. The next day,

he started training. Brown joined the boxing academy at GC Foster College of Physical Education and Sport where Tsetsi Davis of the Wray & Nephew Middle-weight Contender Series also trained.

Brown always travelled with the GC Foster boxing team and even competed in Caribbean club bouts. However, to take his game to another level he migrated to

Canada in 2019 to train with Coach Dewith Frazer, who himself was a welterweight fighter for Jamaica at the 1984 summer Olympics in Los Angeles.

Brown laughs about the weight criteria for the super heavyweight division. "We just go on the scale and come off. We don't have to worry about weight."

"This is the real deal," he says. "We're the guys who, one punch can change the game."

Although boxing is perceived as a violent sport, Brown feels it's more about mental toughness. "You have to have that

mindset to stay relaxed and focused. Once you get overboard you can get knocked out. You have to be thinking. You can't get carried away when you're fighting."

Brown wants to go pro after the Olympics to take care of his family, especially his six-year old autistic son. Right now, he plans to have fun at the Olympics but knows why he's there and isn't intimidated by any fighter.

"To tell you the truth, once I get in the ring and start fighting, I have no fear. I just fight my way until it ends."

"Once I get in the ring and start fighting, I have no fear. I just fight my way until it ends."



Try and Try again

Ronda Whyte

As Ronda Whyte approached the finish line at the JAAA National Senior and Junior Championships in June, she had a look of determination on her face. Resolute that she would be on the Tokyo 2020 Olympic team. She finished second in the 400m hurdles in a time of 54.94 seconds.

In 2016, an injury caused her to finish eighth at those Championships and miss getting a spot on the Rio team. That wouldn't happen again. All her years of running coincided in this one moment and the Maggotty

High alumna wasn't going to let it slip away.

"There was a time I realised that people looked down on me because I'm not this girl that come from the traditional high school," she said. "But I look at myself and say, 'I'm going to do this with dedication, hard work and determination. I'm going to show the world that it's not impossible to be an Olympian.'"

The 30 year old from St. Elizabeth with a degree in Physical Education and Sports heads to Tokyo to fulfil her childhood dream of being an Olympian. She would like to "inspire other young people and tell them it doesn't matter where you're coming from. All you have to do is stay focused and believe in yourself and believe in your dream."



Dream Fulfilled

Danusia Francis

Danusia Francis will represent Jamaica in Artistic Gymnastics at the 2020 Tokyo Olympics. Back in 2019, Francis became only the second Jamaican gymnast to qualify for an Olympic Games.

Now the Games are upon us and Francis, 27, is more excited than ever to don the green, black and gold colours of Jamaica at the highest level. "I am just happy to be here and continuing to push Jamaican gymnastics forward," she said.

The British-born Francis had set her goal and was determined to reach it and that she did – qualify for the Olympic Games. She never gave up on her dream. "It's been a dream of mine my whole life," she said.

But disappointment looms as Francis tore her Anterior Cruciate Ligament (ACL) which will severely hamper her performances in Tokyo. To limit further injury to her knee, Francis has pulled out of three events and will be competing only in the Uneven Bars.

"It's been a dream of mine my whole life."

Indomitable Spirit

Shauna-Kay Hines

Para Taekwondo makes its debut at the Paralympics in Tokyo and Jamaica has a star in Shauna-Kay Hines. When Hines was introduced to Para Taekwondo in 2017, she balked. “I’m not a fighter,” she remembers saying. “I may be very vocal and confident, but I’m not an aggressive person. I don’t even like nobody shout at me too hard, how am I going to fight?” she laughs.

But two weeks after being introduced to Taekwondo she was competing at the US Open Para Taekwondo Championships in the -58kg Class K-44 in Las Vegas. She wasn’t confident about how she should fight but changed her thinking when she saw the Jamaican flag. “I knew I was the reason why the flag was there. The flag is there because you’re representing your nation.” She had three fights, got to the finals and won a silver medal.

Hines was born without her right forearm but doesn’t let that bother her. “I was raised as a normal person,” she says. “I know that

I have a disability and I have accepted myself from an early age.”

Hines, 32, a student at the University of West Indies is pursuing a degree in Sports Management.

But while studying she’s racking up medals in Para Taekwondo. She qualified for the Paralympics at the Costa Rica Open in 2020.

Should she win a medal at the Tokyo Games, “It would mean so much to me and my country at large,” she says. “To say, hey, Parasports is beautiful. It’s not no pity party, ‘oh, we sorry for dem.’ No, these are persons with disabilities who are changing the game of how persons look at disability.”

“Parasports is beautiful. It’s not no pity party...”



Trailblazer

Ebony Drysdale-Daley

Ebony Drysdale-Daley created history when she became Jamaica’s first ever competitor to qualify for Judo in an Olympic Games.

Drysdale-Daley, 26, previously represented Great Britain but switched to Jamaica in 2019. Both sets of her grandparents and her father are Jamaicans, and she still has family on the island.

She will be competing in the rough and tough women’s 70-Kg category. In 2019, the judoka won the gold medal in the category at the Commonwealth Judo

Championships in Birmingham. Last year, she placed fifth at the Panamerican Senior Championships and is ranked 59th in the world out of 251 competitors.

Her entry into the Olympics has broadened the reach of athletes representing Jamaica and has shown the world yet again, how dynamic is this land of wood and water.



Athlete's Gallery



Nathan Allen
TRACK & FIELD
400m, 4x400m



Lloydricka Cameron
TRACK & FIELD
Shot Put



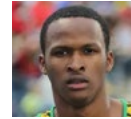
Tissanna Hickling
TRACK & FIELD
Long Jump



Britany Anderson
TRACK & FIELD
100m Hurdles



Fedrick Dacres
TRACK & FIELD
Discus Throw



Jaheel Hyde
TRACK & FIELD
400m Hurdles



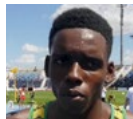
Alia Atkinson
SWIMMING
100m
Breastroke



Keanan Dols
SWIMMING
200m Butterfly,
200m individual
Medley



Yona Knight-Wisdom
DIVING
3m Springboard



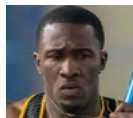
Sean Bailey
TRACK & FIELD
400m



Ebony Drysdale-Daley
JUDO
- 70kg



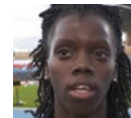
Shericka Jackson
TRACK & FIELD
100m, 200m



Karayme Bartley
TRACK & FIELD
4x400m



Rasheed Dwyer
TRACK & FIELD
200m



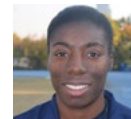
Tiffany James
TRACK & FIELD
4x400m
Mixed Relay



Yohan Blake
TRACK & FIELD
100m, 200m



Nigel Ellis
TRACK & FIELD
4x100m



Tovea Jenkins
TRACK & FIELD
4x400m



Junelle Bromfield
TRACK & FIELD
4x400m



Julian Forte
TRACK & FIELD
200



Shadae Lawrence
TRACK & FIELD
Discus Throw



Javier Brown
TRACK & FIELD
4x400m Mixed Relay



Shelly-Ann Fraser-Pryce
TRACK & FIELD
100m, 200m



Leonardo Ledgister (r)
TRACK & FIELD
400m Hurdles



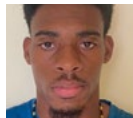
Ricardo Brown
BOXING
Super Heavyweight



Danusia Francis
ARTISTIC GYMNASTICS
All-Around,
Vault, Uneven Bars,
Balance Beam, Floor
Exercise



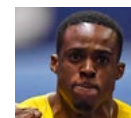
Phillip Lemonious
TRACK & FIELD
110m Hurdles



Keeno Burrell
TRACK & FIELD
4x400 Mixed Relay



Demish Gaye
TRACK & FIELD
400m



Ronald Levy
TRACK & FIELD
100m Hurdles



Remona Burchell
TRACK & FIELD
4x100m



Tajay Gayle
TRACK & FIELD
Long Jump



Rusheen McDonald
TRACK & FIELD
4x400m



Davonte Burnett
TRACK & FIELD
4x400 Mixed Relay



Natoya Goule
TRACK & FIELD
800m



Roneisha McGregor
TRACK & FIELD
400m



Candice McLeod
TRACK & FIELD
400m



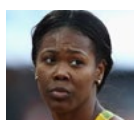
Carey McLeod
TRACK & FIELD
Long Jump &
Triple Jump



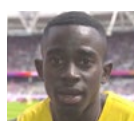
Stephenie Ann McPherson
TRACK & FIELD
400m



Jevaughn Minzie
TRACK & FIELD
4x100m



Natasha Morrison
TRACK & FIELD
200m (r), 4x100m



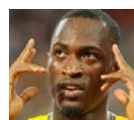
Kemar Mowatt
TRACK & FIELD
400m Hurdles



Leah Nugent
TRACK & FIELD
400m Hurdles



Kemba Nelson
TRACK & FIELD
4x400m
Mixed Relay



Hansle Parchment
TRACK & FIELD
110m Hurdles



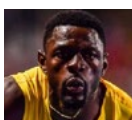
Chanice Porter
TRACK & FIELD
Long Jump



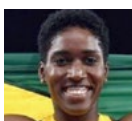
Aisha Praught-Leer
TRACK & FIELD
1500m



Shanika Ricketts
TRACK & FIELD
Triple Jump



Shawn Rowe
TRACK & FIELD
400m Hurdles



Janieve Russell
TRACK & FIELD
400m Hurdles



Shiann Salmon
TRACK & FIELD
400m Hurdles



Oblique Seville
TRACK & FIELD
100m



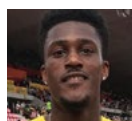
Traves Smikle
TRACK & FIELD
Discus Throw



Megan Tapper
TRACK & FIELD
100m Hurdles



Christopher Taylor
TRACK & FIELD
400m



Damion Thomas
TRACK & FIELD
110m Hurdles



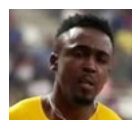
Dannel Thomas-Dodd
TRACK & FIELD
Shot Put



Elaine Thompson-Herah
TRACK & FIELD
100m, 200m



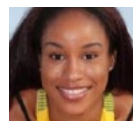
Yanique Thompson
TRACK & FIELD
100m Hurdles



Tyquendo Tracey
TRACK & FIELD
100m



Ronda Whyte
TRACK & FIELD
400m Hurdles



Briana Williams
TRACK & FIELD
4x100m



Danielle Williams
TRACK & FIELD
100m Hurdles (r)



Kimberly Williams
TRACK & FIELD
Triple Jump



Stacey Ann Williams
TRACK & FIELD
400m, 4x400m



Chad Wright
TRACK & FIELD
Discus Throw



Charokee Young
TRACK & FIELD
4x400m
Mixed Relay

Paralympic Athletes



Sylvia Grant
ATHLETICS
Class F 57



Shauna-Kay Hines
TAEKWONDO
Class K44-58 kg



Theodor Subba
ATHLETICS
Judo



Alberto Campbell
ATHLETICS
T20 400m

Memories of the '64 Tokyo Olympics

The 1964 Tokyo Olympics were the first Games where Jamaica raised its flag as an independent country. As the 21 athletes representing Jamaica entered the stadium for the Opening Ceremony, a group of school children lined the streets chanting, "Jamaica, Jamaica, McKenley, McKenley."

Vilma Charlton, one of four women on that squad said that moment was "touching. Those young people knew the history of all the countries and responded to each team accordingly."

The three-time Olympian calls the 1964 Tokyo Games her "favourite Olympics - including the ones I didn't run in."

"The [Japanese] culture is rich and we embraced it," she says. "We went to different sites. We were invited into homes. We learned how they eat [with chopsticks], to take off your shoes. And for dinner, everybody squat around the same table."

On the '64 Olympic team, were many of the most respected Jamaican sportsmen and women, including Pablo McNeil, George Kerr, Mal Spence, Mel Spence, Adlin Mair-Clarke, Tony Bridge, Barton Kirkconnell, John Elliott, Neville Myton and Dennis Johnson — who are all deceased. The other members of the team included Charlton, Lynn Headley, Patrick Robertson, Ronald Holmes, Earl Taylor, Rupert Hoilett, Carmen Smith, Wellesley Clayton, Steven Henriques, Laurie Khan and Una Morris.

Morris, was 17 years old and the youngest member of the team. She finished



L-R: Adlin Mair-Clarke, Carmen Smith-Brown, Vilma Charlton & Una Morris

fourth in the 200m finals. She retired from track & field at 23 and moved to California, USA where she became a radiologist. Morris says at the time "expectation for me was great, but I was not even cognisant of that. I was just a scared 17 year old who really did not have any real international exposure."

Charlton, President of the Olympians Association of Jamaica and the 4th Vice President of the Jamaica Athletics Administrative Association, says the friendships the athletes made from those Games have been preserved and deepened over the years. "I think we were in camp in Canada and we noticed that everywhere we went [the men on the team] were always behind us. Once we went into a plaza and we saw them standing at the top of the stairs looking down. So we kept saying, 'why, everywhere we go they following us so?'"



Jamaican delegation to the 18th Olympiad entering the Stadium

Years after we finished running they said they were protecting us. They were always around without our knowledge."

Despite the covid-19 restrictions, Charlton is assured that these Olympic Games will be good. "Anyone going to the Olympics will enjoy it, even though it's a pandemic year," she says.

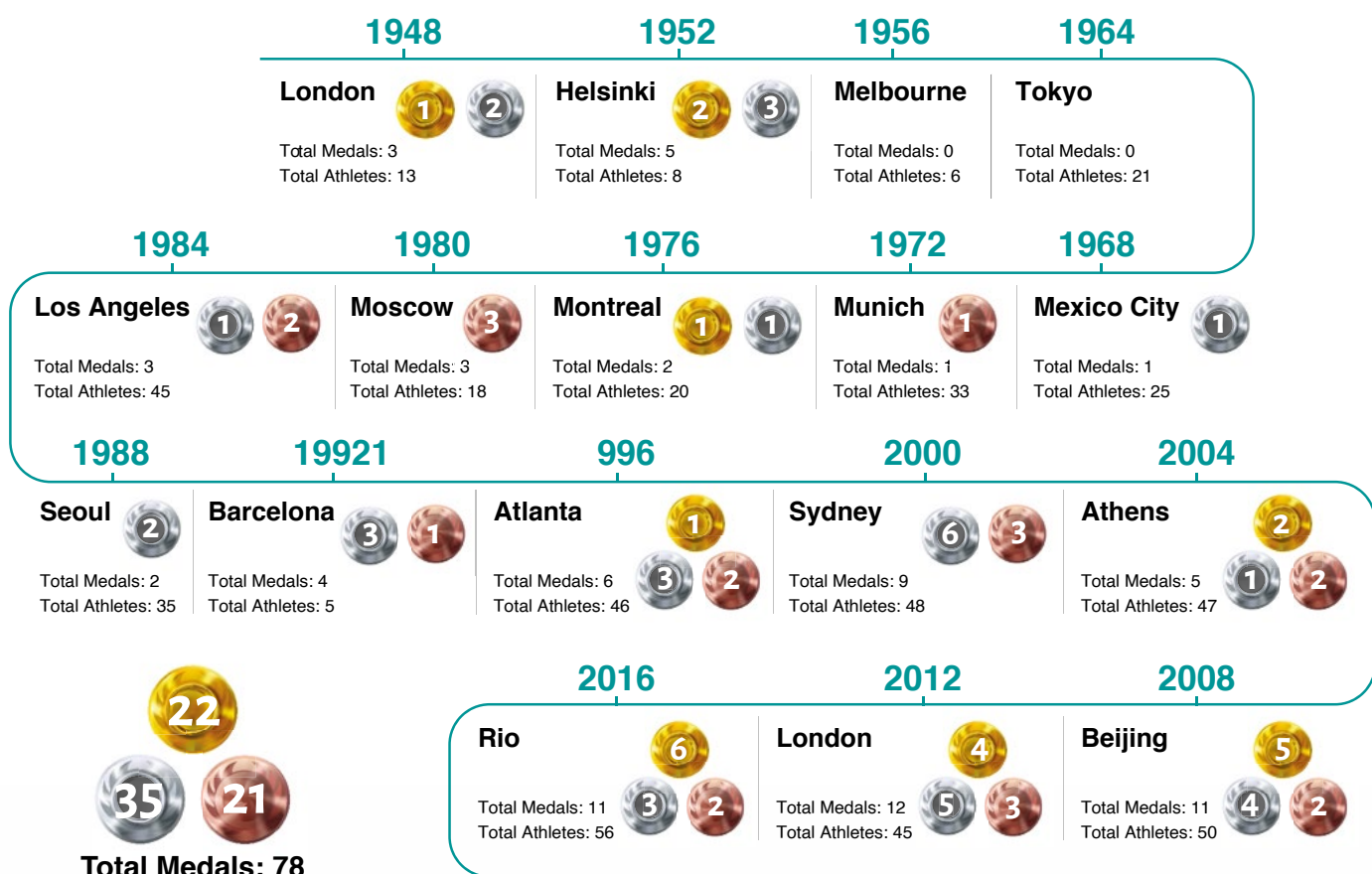
"They [the Japanese people] are very hospitable. And this is partly why Jamaica and Japan have this bond, because they're very hospitable and we're hospitable too."

Jamaica at the Summer Olympics

Jamaica has a rich history in the Olympic Games. Many of Jamaica's Olympic competitors have become sporting heroes including Herb McKenley, Arthur Wint, Donald Quarrie, Merlene Ottey, Veronica Campbell-Brown, Shelly-Ann Fraser-Pryce, Asafa Powell, Elaine Thompson-Herah and Usain Bolt.

Jamaica's Olympic heroes are Track and Field athletes, owing to the fact that all but one of the country's medals at the Olympics were achieved in Track and Field. Jamaica's only medal outside of Track and Field was won by the cyclist, David Weller, who took the bronze medal at the 1980 Moscow Games. Jamaica continues to

build its reputation in the Games and has been represented in Artistic Gymnastics, Badminton, Boxing, Diving, Equestrian, Sailing, Shooting, Table Tennis, Taekwondo, Triathlon, Weightlifting and this year, for the first time, in Judo.



Enabling our athletes to achieve global success

As the pandemic caused many of our sectors to close, including sports, we sought to provide relief to our most vulnerable.

The Ministry of Culture, Gender, Entertainment and Sport provided direct financial support in excess of J\$40M to members of Team Jamaica as they prepared for the Tokyo Olympic and Paralympic Games.

Through the Institute of Sports, we have paid out a little over J\$16M each month to 87 athletes under the Athletes Assistance Programme.

We saw the toll of these challenging times on Jamaica's athletes and sought to provide them with support to get them in the best frame of mind as they prepare for upcoming competitions. We worked closely with Optimisation Hub, which operates out of Australia, and with local mental health specialists to develop a mental health programme for athletes, coaches, and their support teams.

We staged a successful online seminar *Elevate the Game: Building the Muscle of the Mind*. The seminar produced the following outcomes:

- athletes, coaches and their support teams were given the skills to cope;
- and, importantly, there will be a new programme related to mental health for coaches and athletes at the GC Foster College of Physical Education and Sport. The Ministry of Culture, Gender, Entertainment and Sport will subsidise this programme in the sum of J\$2.2M.

The Ministry is also giving support to the sports sector through Independence Park Limited, which manages sports facilities at the National Stadium.

IPL has been subsidising the cost of using these facilities—by as much as 50 per cent. IPL has supported the staging of several development meets organised by the JAAA in the sum of J\$13.5M. We supported the National Senior and Junior Championships in the sum of J\$12M in direct funding, in addition to the subsidy for use of the facilities at the National Stadium.

We also assisted with the staging of Boys and Girls Champs this year.

The Ministry of Culture, Gender, Entertainment and Sport's investment in the provision of first rate infrastructure at the



national, community and school level is essential in enabling our sports people to achieve global success.

We recently resurfaced the running track inside the National Stadium at a cost of J\$60M.

We continue to pursue the redevelopment of the National Stadium and the Trelawny Stadium. Our development proposal which is currently going through the Public Investment Management system will see both facilities being transformed over a period of five years into modern stadia with state of the art facilities that will be able to sustain their operations.



The Trelawny Stadium will be at the centre of sports tourism and entertainment.

We continue to invest in facilities at the grass roots. During the last financial year, through the Sports Development Foundation, we spent J\$117M to put in and upgrade sports facilities in 20 schools and communities.

However, our major challenge and greatest success was working with the various federations as well as the Ministry of Health and Wellness, the Ministry of National Security, the Ministry of Local Government and Rural Development, and the Office of Dis-

aster Management and Emergency Management to achieve the safe re-opening of the sport sector. The well-designed protocols have served to keep our athletes, coaches and officials safe.

The Ministry of Culture, Gender, Entertainment and Sport has also facilitated the vaccination of several of our athletes and coaches as they prepared for local and international competitions, including the Olympic Games.

Tokyo Olympic Schedule

During the 2020 Olympic Games in Tokyo, Japan from July 23-August 8, 2021, Jamaica will be represented in Artistic Gymnastics, Athletics, Boxing, Diving, Judo and Swimming.



25 JULY SUNDAY ARTISTIC GYMNASTICS

SEX	EVENT	ROUND	TIME
W	UNEVEN BARS	Subdivision 3 Rotation 2	1:10 am

25 JULY SUNDAY SWIMMING

SEX	EVENT	ROUND	TIME
W	100m BREASTSTROKE	Heat 3	5:40 am

26 JULY MONDAY SWIMMING

SEX	EVENT	ROUND	TIME
M	200M BUTTERFLY	Heat 1	5:37 am

27 JULY TUESDAY JUDO

SEX	EVENT	ROUND	TIME
W	-70 Kg	Elimination Round of 32	9:00 pm

28 JULY WEDNESDAY SWIMMING

SEX	EVENT	ROUND	TIME
M	200m IM	Heat 1	5:54 am

28 JULY WEDNESDAY BOXING

SEX	EVENT	ROUND	TIME
M	MEN'S SUPER HEAVY WEIGHT (+91KG)	Preliminaries	10:18 pm

29 JULY THURSDAY TRACK & FIELD

SEX	EVENT	ROUND	TIME
M	DISCUS THROW	Qualifications	7:45 pm
W	800m	Heats	8:25 pm
M	400m Hurdles	Heats	9:25 pm
W	100m	Heats	10:15 pm

30 JULY FRIDAY TRACK & FIELD

SEX	EVENT	ROUND	TIME
W	TRIPLE JUMP	Qualifications	5:05 am
W	SHOT PUT	Qualifications	5:25 am
M&W	4x400m RELAY	Heats	6:00 am
W	400m HURDLES	Heats	7:00 pm
W	DISCUS THROW	Qualifications	7:30 pm
W	100m HURDLES	Heats	8:45 pm

31 JULY SATURDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
M	LONG JUMP	Qualifications	5:10 am
W	100m	Semi-Finals	5:15 am
M	100m	Heats	5:45 am
M	DISCUS THROW	Final	6:15 am
W	800m	Semi-Finals	6:50 am
M&W	4x400m RELAY	Final	7:35 am
W	100m	Final	7:50 am
W	LONG JUMP	Qualifications	7:50 pm
M	400m	Heats	8:45 pm

1 AUGUST SUNDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
M	100m	Semi-Finals	5:15 am
W	100m HURDLES	Semi-Finals	5:45 am
W	TRIPLE JUMP	Final	6:15 am
M	400m HURDLES	Semi-Finals	7:05 am
M	100m	Final	7:50 am
W	1500m	Heats	7:35 am
M	LONG JUMP	Final	8:20 am
W	200m	Heats	8:30 pm
W	100m HURDLES	Final	9:50 pm

2 AUGUST MONDAY DIVING			
SEX	EVENT	ROUND	TIME
M	3m SPRINGBOARD	Preliminary	1:00 am
M	3m SPRINGBOARD	Semi-Finals	8:00 pm

2 AUGUST MONDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
W	200m	Semi-Finals	5:25 am
W	DISCUS THROW	Final	6:00 am
M	400m	Semi-Finals	6:05 am
W	400m HURDLES	Semi-Finals	6:35 am
M	TRIPLE JUMP	Qualifications	7:00 pm
W	400m	Heats	7:45 am
W	LONG JUMP	Final	8:50 am
M	200m	Heats	9:05 pm
M	400m HURDLES	Final	10:20 pm

3 AUGUST TUESDAY DIVING			
SEX	EVENT	ROUND	TIME
M	3m SPRINGBOARD	Finals	1:00 am

3 AUGUST TUESDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
M	110m HURDLES	Heats	5:10 am
M	200m	Semi-Finals	6:50 am
W	800m	Final	7:25 am
W	200m	Final	7:50 am
M	110m HURDLES	Semi-Finals	9:00 pm
W	400m HURDLES	Final	9:30 pm

4 AUGUST WEDNESDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
W	1500m	Semi-Finals	5:00 am
W	400m	Semi-Finals	5:30 am
M	200m	Final	7:55 am
W	4x100m RELAY	Heats	8:00 pm
M	TRIPLE JUMP	Final	9:00 pm
M	4x100m	Heats	9:30 pm
M	110m HURDLES	Final	9:55 pm

5 AUGUST THURSDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
W	4x100m RELAY	Heats	5:25 am
M	400m	Final	7:00 am

6 AUGUST FRIDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
M	4x100m RELAY	Heats	6:25 am
W	400m	Final	7:35 am
W	1500m	Final	7:50 am
W	4x100m	Final	8:30 am
M	4x100m	Final	8:50 am

7 AUGUST SATURDAY TRACK & FIELD			
SEX	EVENT	ROUND	TIME
W	4x400m RELAY	Final	7:30 am
M	4x400m RELAY	Final	7:50 am



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