

Written by Christian Ivanov
Saturday, 10 August 2019 22:08



Sam Mikulak (USOPTC) easily defended his all-around title at the 2019 U.S. Championships held in Kansa City, MO. On day two of the competition Mikulak once again dominated the event posting 87.4 in the all-around to capture his sixth national all-around title (13, 14, 15, 16, 18). His two-day total was 174.15, which was 5.55 higher then the runner up in the competition **Yul Moldauer** (Oklahoma).

Mikulak was impressive throughout the entire two-day competition and in addition to the all-around title he secured four of the six individual event gold medals (floor, pommel horse, p-bars and high bar). On the second day the 26 year-old upgraded on two of the events performing a Makuts in his p-bar routine 15.3/6.5, and a Liukin (full twisting Tkatchev) in his already complex high bar set for a 14.5/6.6. With his sixth title Mikulak ties for the second most in history with **Makoto Sakamoto** (last title in 1970), and he is one title behind **Alfred Jochim** (last title 1933) who has seven.

For a second year in a row Moldauer finished second behind Mikulak posting a total of 168.6, (84.6 on day two). The only major issue for the 2017 champion came on his high bar routine where he caught his Kovacs close and had to bend his arms on the giant afterwards. Moldauer finished the competition with a strong floor routine sticking most of his tumbling passes for 14.7/5.8. By hitting 12-for-12 **Akash Modi** (Stanford) proved his consistency and earned the bronze medal with a total of 168.25 (84.3 on day two).

Shane Wiskus (Minnesota) finished fourth posting a total of 167.6 (83.65 second day). On day two, in his high bar set Wiskus was far away on his Cassina release move, but managed to hold onto the bar with one hand, resulting in a dramatic one arm giant catch, he posted 13.1 for the routine. Thanks to a well-executed Kasamatsu 1 ½ twist Wiskus took the vault title in the competition. With a balanced performance throughout both days **Trevor Howard** (Ohio State) finished fifth with a 164.9 (82.65 day two). Much stronger second day of the competition helped

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Allan Bower

(Oklahoma) climb from tenth to sixth place in the all-around scoring 163.65 (83.0 day two).

Donnell Whittenburg

(USOPTC) and

Sean Melton

(Ohio State) rounded out the top eight.

Alex Diab

(Illinois) won the rings title with a combined score of 29.35 (14.75 on day two). For full results

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Post the medal ceremony USA Gymnastics announced the 2019 Senior Men's National Team, which included the top six finishers: Bower, Howard, Mikulak, Modi, Moldauer and Wiskus.

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