

QUINCY HALL

THE RACE TO GOLD



COS

COLLEGE OF THE SEQUOIAS



A community watch party was held at College of the Sequoias during the Men's 400 meter race.



President's Message

We could not be prouder of all that Quincy has achieved here at COS, subsequently as a national champion at the University of South Carolina, and now as a Gold Medalist on the Olympic stage. We believe our investment in college athletics, as well as our support of the arts and other co-curricular programs, enhances not only the participants' experience here at the College of the Sequoias but also that of our students, employees, and community members alike.

Brent Calvin
Superintendent/President

ABOUT QUINCY HALL



Quincy Hall's journey to the Paris Olympics is a testament to resilience, determination, and raw talent. Born in Kansas City, Missouri, Hall's love for running began at a young age, influenced by a family deeply rooted in athletics. His early days saw him excelling in track and field events, particularly the 400-meter hurdles, where he quickly made a name for himself in local and national competitions.

Hall's collegiate career evolved at College of the Sequoias with Coach Curtis Allen. Quincy's talent was extraordinary and four-year universities took notice. He transferred to the University of South Carolina marking a significant turning point. Under the guidance of elite coaches, he honed his technique and mental toughness, becoming a dominant force in NCAA competitions. His breakthrough came in 2019 when he won the NCAA 400-meter hurdles title, setting a personal best of 48.48 seconds. This victory not only solidified his status as a rising star but also caught the attention of national team selectors.

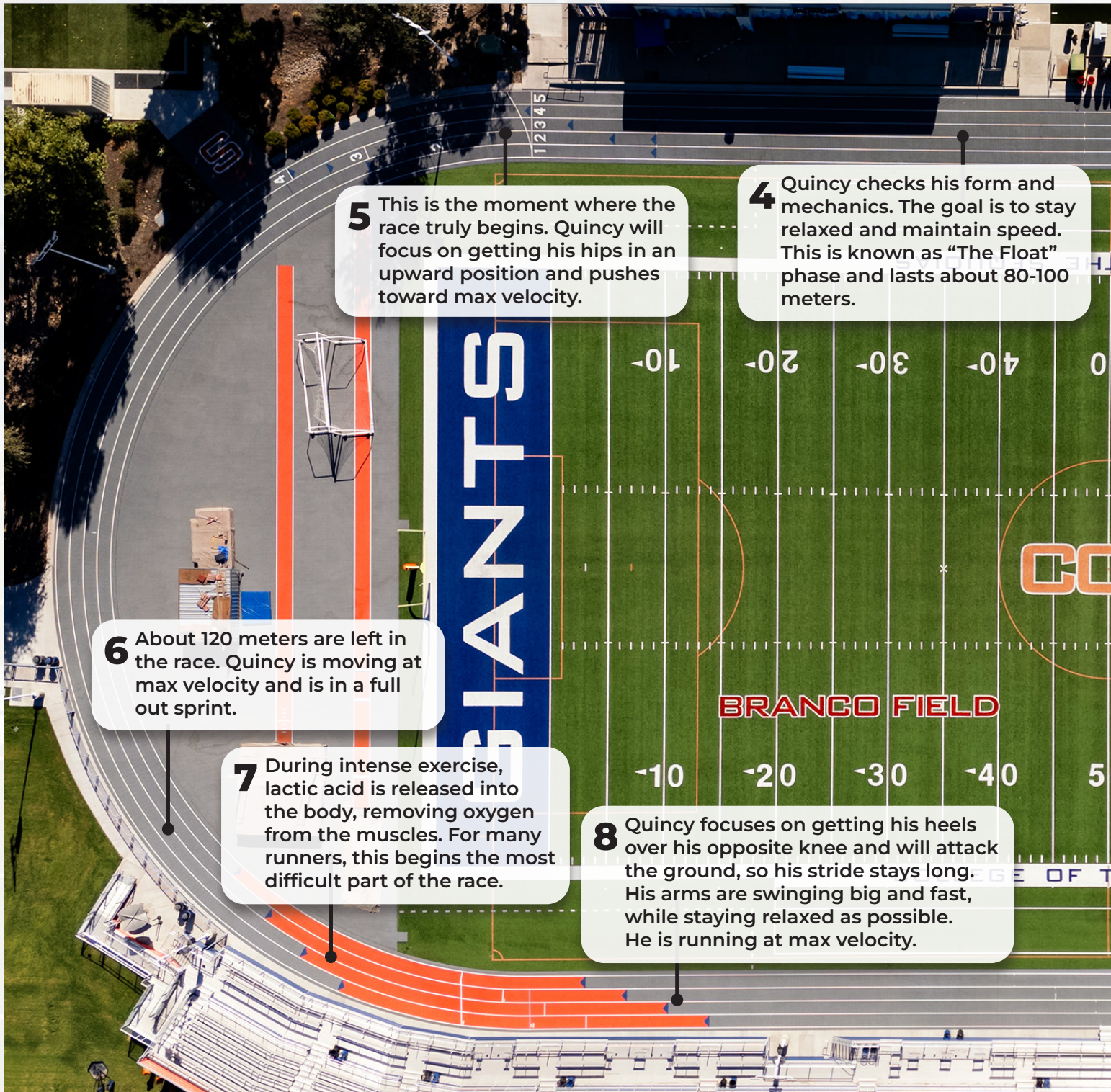
Despite facing challenges, including injuries that threatened to derail his career, Hall remained undeterred. His relentless work ethic and unwavering focus on his Olympic dream kept him going. His perseverance paid off when he qualified for the Tokyo Olympics in 2021, though he narrowly missed out on a medal. This setback only fueled his determination to reach the pinnacle of his sport.

Leading into the Paris Olympics, Hall is in peak form. He has consistently clocked times that place him among the world's best, and his recent victories on the Diamond League circuit made him a favorite for gold. Beyond his physical prowess, Hall's mental fortitude and strategic approach to races have set him apart from his competitors.

Quincy Hall's journey to Paris is more than just a quest for gold; it's a story of overcoming obstacles, pushing limits, and pursuing greatness with unyielding passion. As he competed at the Paris Olympic track in 2024, he carries with him the hopes of a nation and the culmination of years of dedication and sacrifice.

THE 400-METER RACE

Often hailed as one of the most difficult events in track and field, the 400-meter race combines an athlete's endurance and explosive speed. Quincy Hall's win highlights the physical demands and mental toughness required to win gold.



5 This is the moment where the race truly begins. Quincy will focus on getting his hips in an upward position and pushes toward max velocity.

4 Quincy checks his form and mechanics. The goal is to stay relaxed and maintain speed. This is known as "The Float" phase and lasts about 80-100 meters.

6 About 120 meters are left in the race. Quincy is moving at max velocity and is in a full out sprint.

7 During intense exercise, lactic acid is released into the body, removing oxygen from the muscles. For many runners, this begins the most difficult part of the race.

8 Quincy focuses on getting his heels over his opposite knee and will attack the ground, so his stride stays long. His arms are swinging big and fast, while staying relaxed as possible. He is running at max velocity.



3 Quincy begins to move down from 97% velocity to a maintenance speed. He will remain at this speed until the 100-meter mark.

2 Quincy transitions into an upright position while moving at 95% and increases to about 97% of his max velocity until the 60-meter mark.

9 At this point in the race, everyone is fatigued. Quincy's strength is running through the pain of the lactic acid and maintaining his stride length and frequency.

10 The race is over. The runner who can run through the pain and fatigue while maintaining a good posture and stride will normally win the race.

START HERE
1 Runners begin the race. The goal is to push out of the blocks quickly. For Quincy, the first 10-15 steps should be at 95% of his max velocity.

THE ART OF ATHLETIC TRAINING

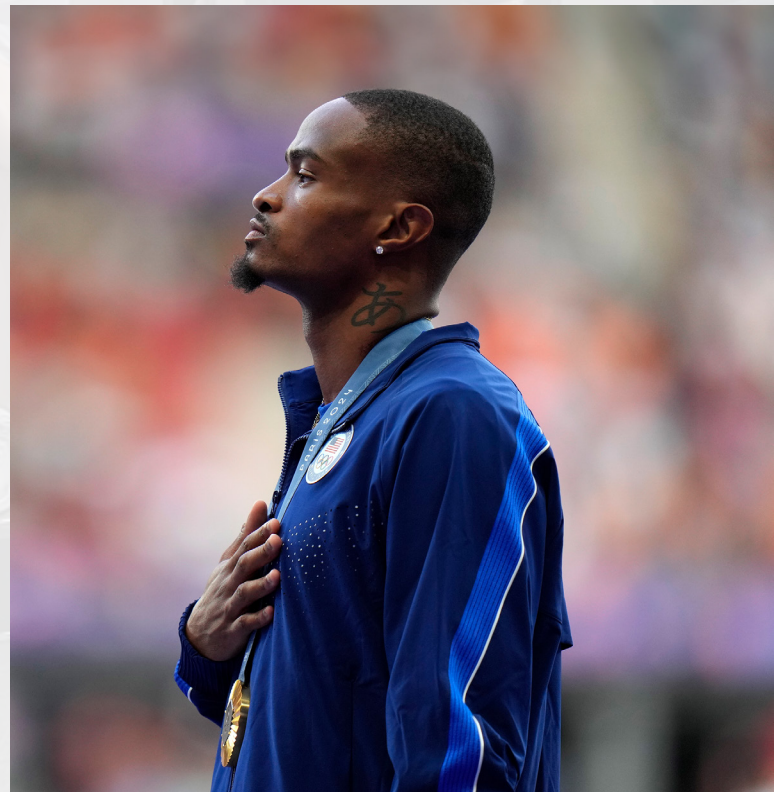
Curtis Allen, the HBCU Pathways Director at College of the Sequoias, has a keen eye for recruitment and student connection. Within three academic years, Allen relaunched the A2Mend & BStars Student Clubs, organized a Leadership Conference for Students of Color, and launched a Recognition Celebration for graduating High School Seniors and College of the Sequoias transfer Students of Color in Tulare County. Allen's recruitment strategies to cultivate community and support for students is no coincidence, his storied history in track and field has played an integral part in his success on and off the track. As a former high school and college track athlete, Curtis always had a passion for the sport. His journey began on the streets and parks, racing against friends, and evolved into a successful coaching career. Curtis's coaching path took him from Clovis West High School to Fresno City College, where he served as the sprint and jumps coach for six years. In 2002, he joined College of the Sequoias as the head track coach and assistant football coach, solidifying his love for track and the science behind it.

Allen's coaching career reached new heights when he had the opportunity to coach Quincy Hall and Deajah Stevens, two professional athletes. Hall, in particular, became a standout under Allen's guidance. The two met in the summer of 2016, and they quickly formed a strong bond. Hall's dedication to the sport was evident from the start, and under Allen's coaching, he achieved remarkable success. In 2017, Hall won the state championship in his freshman year, a testament to his hard work and Allen's coaching expertise.

Hall's journey continued at the University of South Carolina, where he became an NCAA champion in the 400-meter hurdles and indoor 400-meter events. After turning professional and signing with Adidas, Hall ultimately reconnected with Allen for additional coaching support. Their collaboration led to a bronze medal at the World Championships in Budapest and, eventually, a gold medal at the Paris Olympics. Allen's coaching philosophy, emphasizing the importance of mindset, visualization, and tailored training, played a crucial role in Hall's success. Allen's impact on Hall and other athletes exemplifies his dedication to the sport and his ability to guide athletes to greatness.



Coach Curtis Allen and Quincy Hall at the 2024 Paris Olympics.



Quincy Hall receives his gold medal.



Posted by Team USA, 2024, Instagram



We at COS are thrilled that Quincy was able to win a gold medal on the biggest stage in the world. He makes us all proud.

We offer 19 varsity sports at COS and serve nearly 600 student-athletes annually in our athletics program, and our coaches and staff use the athletic opportunities we provide to help our student-athletes with a better future. Whether it's winning a gold medal, or obtaining a dream job, we're here to help our student-athletes achieve their goals.

Brent Davis
Athletic Director
College of the Sequoias



**READY TO RECONNECT?
[COS.EDU/ALUMNI](https://cos.edu/alumni)**

