

Mac Wilkins - Olympic Gold & Silver Medalist

Mac Wilkins, Olympic gold and silver medalist, former world record holder and USA Track & Field Hall of Fame inductee joined the Concordia University track and field program as throws coach when it was established in 2005.

A native Oregonian, Wilkins' career spanned 21 years, including four Olympic teams and four world records in the discus. He set three of those records on a single day in 1976, during which he raised his prior world record from 226' 11" to 232' 6". A 1973 graduate of the University of Oregon, Wilkins also had lifetime bests of 69' 1-1/4"; in the shot put, 208' 10" in the hammer throw and 257' 4" in the javelin.

He was nationally ranked in three events but it was in the discus where he achieved his greatest glory. In 1976, Wilkins not only shattered the world record in the event, but won the gold medal at the Olympics after setting an Olympic record of 224' 0" in the preliminaries. He was also on the 1980 U.S. Olympic team, placed second at the 1984 Olympic Games and was fifth at the 1988 Games. In addition, Wilkins was the 1979 Pan-American Games champion, was second in the 1977 and 1979 World Cups and was 10th at the 1983 World Championships. He was top-ranked in the world in 1976 and 1980 and was the top-ranked U.S. discus thrower eight times, including five in a row from 1976 through 1980. He was inducted into the United States Track and Field Hall of Fame in 1993.

As a well-known coach and teacher, Wilkins shares the positive life values of sport not just with elite competitive athletes but also in community fitness programs for grade school children. He is currently the technical coaching consultant to the USA Track & Field's elite program for men and women discus throwers. He is also the Director of the Oregon Throwers Academy in Portland.



Olympics

1976 Montreal	Gold Medal
1980 Moscow	(US Boycott)
1984 Los Angeles	Silver Medal
1988 Seoul	5th Place

World Records

69.18 meters	Walnut, Calif.	April 24, 1976
69.80 meters	San José, Calif.	May 1, 1976
70.24 meters	San José, Calif.	May 1, 1976
70.86 meters	San José, Calif.	May 1, 1976

American Records

69.18 meters	Walnut, Calif.	April 24, 1976
69.80 meters	San José, Calif.	May 1, 1976
70.24 meters	San José, Calif.	May 1, 1976
70.86 meters	San José, Calif.	May 1, 1976
70.98 meters	Helsinki Finland	June, 1980

U.S. National Champion

Discus: 1973, 1976, 1977, 1978, 1979, 1980, 1988

Lifetime Records

Discus	70.98m	232' 10"
Javelin	78.44m	257' 4"
Shot Put	21.06m	69' 1 1/2"
Hammer	63.67m	208' 10"

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