

Pack's Palmer begins Olympic trials this weekend



Chris Murray, cmurray@rgj.com 1:29 p.m. PDT June 17, 2016



(Photo: Andy Barron/RGJ file)

Nevada Wolf Pack star Krysta Palmer begins her quest for Rio on Saturday when the U.S. Olympic diving trials begins at the IU Natatorium in Indianapolis.

Palmer is one of 100 divers competing for a handful of spots on the U.S. Olympic diving team. She will compete in two events.

The Douglas High graduate will take part in the women's individual platform and synchronized platform dives. The synchronized platform prelims and semifinal rounds are Saturday. Palmer, who didn't even try the event until two months ago, is paired with Tarrin Gilliland, who is the youngest diver in the field at just 13 years old.

Palmer will compete in the individual platform in the prelims and semifinal rounds Monday. The synchronized platform finals are set for Wednesday while the individual platform finals are June 25. Palmer is on one of seven teams in the synchronized platform and one of 26 entries in the individual platform.



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After two torn ACLs and sport switch, Pack's Palmer aims for Olympics

(<http://www.rgj.com/story/sports/college/nevada/2015/01/29/two-torns-acls-sport-switch-later-packs-palmer-aims-olympics/22540639/>)

Scores will be cumulative over three lists of dives (preliminaries, semifinals and finals). The top team in the synchronized dive and the top two finishers in the individual dive are selected to the U.S. Olympic Team.

Palmer recently capped a stellar collegiate career at Nevada as one of the most decorated divers in program and Mountain West history. She became the first diver in program history to earn All-America honors on the 1-meter, 3-meter and platform dives and was a two-time MW Diver of the Year. She was named the winner of the Ruth I. Russell Award, which is given annually to the top senior female athlete at Nevada.

Palmer is aiming to become the fifth Olympian in program history and the first since Limin Liu represented China in the 2000 Olympics. Palmer also is looking to become the first to represent the U.S. Olympic Team in program history (the other four represented foreign countries).



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Which locals have qualified for the U.S. Olympic trials?

(<http://www.rgj.com/story/sports/2016/06/13/renos-lawrence-sets-pr-olympic-trials-qualifying-steeplechase/85830324/>)

NBC and NBC Sports will be televising all semifinals and finals at the U.S. Olympic diving trials.

Palmer is one of seven locals who has qualified for the U.S. Olympic trials. The others include:

* **Jake Dalton, gymnastics:** The Spanish Springs graduate will head to the trials in St. Louis, which are June 23 and 25. Dalton, who underwent shoulder surgery last September, is healthy again and qualified for the trials with his performances at the 2016 P&G Championships, where he was named the 2016 USA Gymnastics Athlete of the Year. He was a part of the 2012 U.S. team that finished fifth in the 2010 London Games and is a heavy favorite to make the team again this year.

* **Mel Lawrence, track and field:** The Reno High graduate qualified for the trials in the 3,000-meter steeplechase with a time of 9:36.55, which was nearly five seconds better than her previous career best. An All-American at Washington, Lawrence will try to qualify for the Olympics on July 7 in Eugene. It is her first Olympic trials.

* **Michael Weiss, swimmer:** The Reno High graduate, who won four medals at the PanAm Games in 2015, will compete in the U.S. Olympic swimming trials in Omaha, Neb., from June 26-July 3. This will be Weiss' second Olympic trials after placing fifth in the 400-meter individual medley in 2012 (the top two, Michael Phelps and Ryan Lochte advanced). He will swim in the 200 and 400 individual medley, 100 and 200 freestyle and 200 breaststroke in this year's trials.

* **Rachel Matsumura, swimmer:** A Galena High alum who just completed her second season at Indiana, Matsumura has qualified for the trials in Omaha in the 200-meter backstroke, an event in which she finished 13th in at the Big Ten Championships this year. It will be the first Olympic trials for Matsumura, who swims for the Reno Aquatic Club.

* **McKenna Meyer, swimmer:** The Galena High grad (she graduated this month) posted a 4:53.21 in the 400 IM during a meet in California in May to qualify for the trials (the Olympic trials qualification time was 4:54.99). Meyer swims for the Reno Aquatic Club and has committed to swim for San Diego State next year.

* **Donna DePolo, swimmer:** The youngest of the local trials qualifiers, DePolo just completed her junior season at Bishop Manogue High. She qualified at the Summer Sanders Swim meet last weekend in the 100-meter breaststroke, clocking a time of 1:11.25. Like Meyer, DePolo swims for the Reno Aquatic Club.