



## **P R E S S   R E L E A S E**

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Collins High School, Shelbyville, KY  
**Track & Field 6-29-25**

### **Adidas Outdoor Nationals**

Graduating senior Nathan Janes of the Collins track and field team qualified for the Adidas Outdoor National Meet on June 21-22 at North Carolina A & T University in Greensboro. Janes competed in the decathlon. He was hoping to improve on his 12<sup>th</sup> place finish last year (4,683 points). Last year at this meet, prior to competing in the decathlon, he earned All-American status in the two-kilometer steeplechase by finishing fourth.

Collins Director of Track & Field and Cross Country, George Sanderlin, also coached another athlete in the decathlon besides Janes. Oldham County rising junior Austin Wheeldon who knew Janes from their pole vault club (Elevate the Ville). Sanderlin said, "It made no sense for both to train independently. Austin had good credentials – a 6:44 steeple, 12-6 vault, 4:50 1600 and 2:00 800. So, I knew Austin was athletic and had both speed and endurance, so we asked Austin to join us."

Janes is the first and only Collins athlete to compete in a combined event (i.e., decathlon). He got out of the blocks quickly, setting a personal record (PR) of 12.0 in the very first event, the 100-meter dash. He followed that up with PRs in the long jump (16-6.5), shot put (31-1.75), and high jump. In the final event of the first day, the 400, Janes ran the second-best time of his life, easily winning his section in 53.33. Coach Sanderlin said, "Had anyone been close to Nathan in the last 80 meters, he would have gone under his PR of 53.2." Janes' first-day point total of 2,564 was almost 10% ahead of target and put him on pace to break 5,000 points for the two-day total.



(Photo: L. Janes)

*Nathan Janes got a PR in the decathlon long jump at the Adidas Outdoor Nationals.*

Meanwhile, Wheeldon established personal records in the first four events, because he had never done them before. The best mark he established was a 16-11.25 long jump which earned him 413 decathlon points. In the 400, he went 55.38 to chisel .07 off his previous best. Wheeldon finished the first day with 2,356 points, about 3% ahead of plan. Janes said about



his training partner Wheeldon, "Austin helped me a lot. It was great having someone I know and am close with to train and compete with. It was much easier that way than going it alone."



(Photo: L. Janes)

*Austin Wheeldon of Oldham Co. gets a PR in the decathlon 400.*

On the second day, both Janes and Wheeldon got off to good starts by both going under their targets in the 110 hurdles. In fact, Janes broke his previous PR in the event by .65 going 17.49 to win his section. His time is the eighth fastest 110 hurdle time in Collins history.



(Photo: L. Janes)

*Nathan Janes got PRs in six of the 10 decathlon events at Nationals, including the 110 hurdles.*

Both athletes struggled to find their groove in the discus, as they were both behind their targets. However, they recovered in one of the best events for them both, the pole vault. Janes scaled 12-3.75 to finish sixth in the event, while Wheeldon got a 1.5-inch PR in the vault (12-7.5) to finish fourth in the event. In the penultimate event the javelin, Janes uncorked one that sailed 110-7.5 for a PR. This eclipsed his previous best by 12-8.25.



(Photo: L. Janes)

*Austin Wheeldon got a PR in his main event, the pole vault in the decathlon at Nationals.*

This set the stage for the final event, the 1500-meter run. Coach Sanderlin said, "Going into the 1500, I adjusted their targets for the heat (it was 91 degrees when the decathlon 1500 was contested). I knew that they had superior endurance running abilities compared to the other 11 contestants. So, I told them to work together at least through two of the 3.75 lap race." Justin Lawrence of the Durham (NC) Striders took the early lead. However, after about 350 meters, Janes took over with Wheeldon on his heels. Janes continued to increase the pace with laps of 1:15 and then 1:12. Again Wheeldon was on his heels. Janes blasted the final 300 in 51 seconds to pull away from Wheeldon (53 seconds for the last 300) to win in 4:34. "Team Kentucky" went 1-2 as Wheeldon finished two seconds back.



(Photo: L. Janes)

*Janes (R) and Wheeldon (Center) pull away from Justin Lawrence of the Durham Striders in the decathlon 1500.*

Janes' two-day point total of 5,094 (9<sup>th</sup> place) for the 10 events surpassed his previous school record by a whopping 411 points and is number seven on the all-time Kentucky list. Wheeldon finished with 4568 points, which is the third best sophomore mark in Kentucky history and number 11 on the all-time chart. Coach Sanderlin said, "I could not have asked for a better ending. With both of my athletes going 1-2 in the 1500 to dominate the field in that heat was a special moment."

Of his second decathlon, Janes said, "The competition was great. Being around such amazing athletes and getting to know them, pushed me to do better. I could have done better in a couple of events, but other than that it was great."



As Janes reflected on his career and what he learned as a Running Titan for Collins, he said, "Life is not easy. You just must persevere and be resilient no matter how many hard things come your way."



(Photo: L. Janes)

*Janes, Coach Sanderlin, and Wheeldon at the Adidas Outdoor Nationals meet at North Carolina A & T University in Greensboro.*

As Coach Sanderlin reflected on coaching two athletes in the decathlon, he said, "I love coaching athletes in the combined events (e.g., decathlon). I have a unique perspective since I am the only coach (high school or college) in the country who has competed in combined events in two separate sports. I competed for the Atlanta Track Club's Masters Team in the Pan-Am Games in the track pentathlon (long jump, javelin, 200, discus, and 1500). I also competed in the sport of modern pentathlon in both the tetrathlon (four events) and pentathlon (shoot, fence, swim, ride, and run). Adidas Nationals was a great ending to a fantastic season."

**Contact:**

George Sanderlin  
Director of Track and Cross Country  
Collins High School  
404-312-0945  
[georgesand@aol.com](mailto:georgesand@aol.com)