



Media Release

September 2, 2010

For immediate release

Tait Nystuen named Sask Sport Inc. July Athlete of the Month

On July 4, Tait Nystuen competed at the Canadian Junior Track and Field Championships in Moncton, NB, where he achieved a personal best of 51.79 seconds to take the gold medal in the men's 400 meter hurdles. This marked the fastest performance this year for junior men, broke the Saskatchewan Athletics Junior record set in 1987 by over two seconds, and broke the Senior record set in 2001. Nystuen's performance qualified him to compete in the IAAF World Junior Championships in Moncton from July 20-25, where he ran a 53.21 and placed 31st overall. Nystuen's outstanding performance is even more remarkable considering he has only been training and competing in track and field for two years. He was nominated by Saskatchewan Athletics.

For more information, contact Pat Rediger at (306) 780-9307 or email prediger@sasksport.sk.ca.

For information regarding the Athlete of the Month Awards program, including previous nominees and recipients, visit www.sasksport.sk.ca/awards.php

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For the latest in amateur sport news, visit www.sasksport.sk.ca