

= Walter Dix =

Walter Dix ( born January 31 , 1986 ) is an American sprinter who specializes in the 100 meters and 200 meters . He is the fourth @-@ fastest 200 @-@ meter runner ever with a best of 19 @.@ 53 seconds , and has broken the 10 @-@ second barrier in the 100 meters , with a best of 9 @.@ 88 seconds .

Dix was a highly successful amateur athlete , setting a state record in the 100 m and trying out for the US Olympic Team at the age of eighteen . He joined Florida State University and in his first year he broke the 100 m American junior record and won at the NCAA Outdoor Championships . After a fourth @-@ place finish at the 2005 US Championships , Dix continued with his collegiate success , setting an NCAA record of 19 @.@ 69 seconds in the 200 m and coming within one hundredth of the 100 m record . He completed a 100 m , 200 m , and 4 x 100 meter relay sweep at the 2007 NCAA Outdoor Championships , the first to do so since John Carlos in 1969 . He closed his amateur career in 2008 : another NCAA 200 m title made him the third most decorated track athlete in NCAA history , and he won gold and silver at the 2008 US Olympic Trials .

Dix turned professional in mid @-@ 2008 , signing a multimillion @-@ dollar contract with Nike . He reached the Olympic finals in the 100 and 200 m , and won two bronze medals ; the only American track athlete to win two individual medals at the 2008 Summer Olympics . He suffered an injury at the 2009 US Championships , thus missing out on the World Championships , and a contract dispute with his agent resulted in only a handful of appearances that season . In 2011 he was both the 100 and 200 m American champion and won silver medals in the events at the 2011 World Championships . An injury at the 2012 Olympic trials meant he missed a second Olympic appearance .

= = Early life = =

The son of a track and field coach , Walter Dix competed at athletics meetings from a young age , specialising in sprinting and the long jump . His speed also translated well to the football field , and he often played the sport at school . Dix was an accomplished high school runner : in his final year at Coral Springs High School in 2004 he recorded 10 @.@ 28 seconds in the 100 meters , then third all @-@ time on the Florida high school record list behind only Houston McTear and Curtis Johnson , and broke the 200 meters Florida high school record with 20 @.@ 62 seconds . Aside from J @-@ Mee Samuels ' 10 @.@ 28 seconds in the 100 m , these were the two fastest marks by a high school athlete that year . Both these times were within the Olympic standard for the events . He competed at the US Olympic Trials in the 200 m , but did not progress beyond the heats stage .

= = College track athletics = =

He began attending Florida State University ( FSU ) in late 2004 , working with coach Bob Braman . At his first regional meeting for the university , he won the 60 @-@ meter dash , 200 m and 4 x 400 meter relay , and was chosen as the Atlantic Coast Conference rookie of the year . He made his first major impact at the NCAA Indoor Championships : after a sixth @-@ place finish in the 60 m , he came second in the 200 m with a world junior record of 20 @.@ 37 s , beaten only by Wallace Spearmon . Following this , he became USA Track & Field 's Athlete of the Week after setting an American junior record in the 100 m . Running in the Icahn Stadium at the 2005 NCAA East Regional Championships , his heat @-@ winning time of 10 @.@ 06 seconds bettered Stanley Floyd 's 25 @-@ year @-@ old mark . Dix went on to win the 100 m final and also won the 200 m in 20 @.@ 23 seconds , the fourth fastest time by an American junior sprinter .

At his first NCAA Outdoor Championships , Dix became FSU 's first winner at the championships since 1980 , and the first to do so as a freshman . He won the 100 m in 10 @.@ 21 seconds , beating the defending NCAA champions DaBryan Blanton and Tyson Gay to the title . After recording a personal best of 20 @.@ 18 seconds in the semifinals , he managed a fourth @-@ place finish in the 200 m race . Dix competed at his first US senior championships that year and , as

the only amateur to reach the 100 m final , he finished fourth . The only athletes to beat him were Leonard Scott , reigning Olympic Champion Shawn Crawford and the eventual world champion Justin Gatlin .

= = = Multiple NCAA champion = = =

Dix 's second year at FSU was characterised by success in the 200 m . He won his first indoor NCAA title in the 200 m and was runner @-@ up in the 60 m , having set a personal best of 6 @.@ 59 seconds in the heats . His time of 20 @.@ 27 seconds in the 200 m final was the fastest indoor run in the world that year . His fastest of the season came at the Reebok invitational and his time of 20 @.@ 25 seconds placed him as the 13th fastest runner in 2006 . He completed a 200 m NCAA Championship double by taking the outdoor title , and he also finished as runner @-@ up in the 100 m , second to Xavier Carter .

In his third year as an FSU athlete he won four NCAA Division I titles , starting with a 200 m win indoors . In the 2007 NCAA East Regional final , he won the 100 m dash in 10 @.@ 05 seconds . His performance in the 200 m was more impressive however : he set the all @-@ time collegiate record of 19 @.@ 69 seconds in the 200 m , breaking Joe DeLoach 's record that had stood since 1988 . This made him the sixth fastest 200 m runner ever and it was the seventh fastest run in history at the time .

At the NCAA Outdoor Championships that year , he won three separate national titles , beating all opposition in the 100 m , 200 m , and 4 × 100 meter relay races . This achievement made him the first man to win the three races at an NCAA Championships since John Carlos did so in 1969 . Dix 's time of 9 @.@ 93 seconds in the 100 m was a world @-@ leader at that point of the season , and was just 0 @.@ 01 behind Ato Boldon 's NCAA record . For these accomplishments , he was again named USATF 's Athlete of the Week .

In his final year as an amateur athlete , he spent much of early 2008 battling a hamstring injury . However , he returned in April to win his third 200 m NCAA outdoor title , while placing fourth in the 100 m . Although his personal bests rivalled those of top professional athletes , Dix decided to finish his degree in social science at FSU , as his graduation in May 2008 allowed him to focus on the Olympic Trials thereafter .

Over the course of his college career , Dix became only the second athlete to win three NCAA 200 m outdoor titles ( after Ralph Metcalfe ) and , with six outdoor NCAA titles , he is listed as the joint third on all @-@ time list . Furthermore , he finished with two indoor titles and 18 All @-@ American honors .

= = Professional career = =

= = = 2008 Olympic Games = = =

Competing at the 2008 US Olympic Trials in Eugene , Oregon , Dix qualified for the 2008 Summer Olympics in both the 100 and 200 m events . After recording a personal @-@ best @-@ equaling 9 @.@ 93 seconds in the 100 m semifinals , he took second place behind Tyson Gay with a wind @-@ assisted 9 @.@ 80 seconds . He stated that his NCAA experience had helped raise his confidence and that he was less nervous than he was at the 2005 US Championships . The 200 m favorite Gay suffered an injury in the qualifying rounds , and Dix and Crawford both finished the 200 m final with 19 @.@ 86 seconds , with Dix elected the winner by a photo finish . After signing a sponsorship deal with Nike worth around \$ 1 @,@ 000 @,@ 000 a year , described by his agent as " the largest deal ever for a track athlete just coming out of college " , Dix stated that his aims for the Olympics were personal bests in the individual sprints and a gold in the relay race .

Competing in his first Olympics , Dix qualified for the 100 m final with a season 's best of 9 @.@ 95 seconds . In the final he registered a personal best of 9 @.@ 91 seconds , finishing behind new world record holder Usain Bolt of Jamaica and Richard Thompson of Trinidad and Tobago . The

Olympic bronze medal was Dix 's first medal at a major international competition .

A few days later , he finished fifth in the 200 m final with a time of 19 @. @ 98 seconds , some distance off the winner Usain Bolt who had broken the world record . However , it transpired that both the silver and bronze medalists ( Churandy Martina of the Netherlands Antilles and American Wallace Spearmon ) had stepped out of their lanes thus they were disqualified . As a result , Dix received his second Olympic bronze medal . Further disqualifications occurred in the heats of the Olympic 4 × 100 meter relay race : Darvis Patton and Tyson Gay misjudged a baton pass , causing the American team to be eliminated and spoiling any chance of Dix receiving a relay medal . He finished the Olympics as the only American sprinter to medal in two individual events . Dix closed the season with two sub @- @ 10 second runs at the Weltklasse and Athletissima meetings , finishing second to a Jamaican on both occasions ( Bolt and Asafa Powell ) .

== = Low @- @ key 2009 == =

The year after the Olympics , Dix began the season with a world @- @ leading time of 10 @. @ 00 seconds in Tallahassee in April . He also set a world @- @ leading relay time of 37 @. @ 92 seconds with Travis Padgett , Shawn Crawford and Darvis Patton at the Penn Relays . However , he failed to maintain this strong form through the rest of 2009 . Coach Teddy Long planned to improve Dix 's start and acceleration in his races , but the two parted company in April . He placed third behind Michael Rodgers and Asafa Powell at the Prefontaine Classic but , unusually , this proved to one of the highlights of a low @- @ profile year for Dix . He competed at the US Championships , but injuries forced him out of both the 100 m and 200 m races and he did not qualify for the World Championships . Furthermore , he entered a legal battle with his management company , regarding whether they merited the 20 % portion of his multimillion @- @ dollar sponsorship contract with Nike . The dispute with his agent Kimberly Holland was resolved in July : although the terms were undisclosed , Dix left Holland 's Icon Management and decided to be his own agent . With his father as his coach , a legal battle and no major races to prepare for , Dix ran only a handful of local meetings in the rest of 2009 .

== = Return to top level == =

Dix returned to national competition with an appearance at the 2010 USA Indoor Track and Field Championships . He took fourth place in the final and set a new 60 m indoor best of 6 @. @ 58 seconds . Event winner Ivory Williams was disqualified after testing positive for marijuana and Dix was upgraded to third . He opened his outdoor season at the Seminole Twilight meet in May , recording 9 @. @ 98 seconds in the 100 m and 19 @. @ 89 seconds for the 200 m . He began to participate in Diamond League meetings , competing on the European circuit for the first time . He beat Wallace Spearmon at the Golden Gala 's 200 m race , breaking Michael Johnson 's meet record . He also took to the national stage , winning the 100 m and finishing as the 200 m runner @- @ up at the 2010 USA Outdoor Track and Field Championships . A week later , Dix beat Tyson Gay at the Prefontaine Classic for another meet record of 19 @. @ 72 seconds . In August at a meet in Nottwil , Switzerland , Dix ran a new personal best of 9 @. @ 88 seconds , finishing second behind Nesta Carter who also set a new personal best of 9 @. @ 86 seconds . An injury at the London Grand Prix brought an end to his season .

In the first meeting of the 2011 IAAF Diamond League , at the Qatar Athletic Super Grand Prix , he won the 200 m with a time of 20 @. @ 06 seconds . Dix took further 200 m victories at the Eugene and London legs of the series , while Usain Bolt won the other three 200 m mid @- @ season legs . He achieved a 100 / 200 sprint double at the 2011 USA Track and Field Championships , winning in the absence of Tyson Gay and Wallace Spearmon . Running in both the events at the 2011 World Championships in Athletics , he first secured the silver medal in the 100 m final ? defending champion Bolt was disqualified for a false start and Dix was runner @- @ up to another Jamaican , Yohan Blake , in a comparatively slow 10 @. @ 08 seconds . In the 200 @- @ meter final Bolt beat the field but Dix was the closest to him , running 19 @. @ 70 seconds to take his second silver of the

tournament . He attempted to gain a third medal in the 4 × 100 metres relay final , but a mid @-@ race collision between Darvis Patton and Britain 's Harry Aikines @-@ Aryeetey meant the American team 's baton never reached Dix 's final leg . At the Diamond League 200 m final at the Memorial Van Damme he ran a personal best of 19 @.@ 53 seconds . Blake was even faster ( 19 @.@ 26 ) , however , leaving Dix in second place even as he became the fourth fastest 200 m runner of all @-@ time and then won the league series .

He moved to Southern California in 2012 to train with John Smith and opened his outdoor season with a wind @-@ aided run of 9 @.@ 85 seconds . A 200 m win followed at the Doha Diamond League meet . He entered the 2012 US Olympic Trials and reached the 100 m final but , having pulled a muscle in his semi @-@ final , he finished last in the race . This brought an end to his season .

= = 2015 Annual Bests = =

Event Result Wind Venue Date

55m i 6 @.@ 31 Gainesville ( USA ) 23 @.@ 01 @.@ 2015

60m 6 @.@ 67 Daytona Beach ( USA ) 21 @.@ 02 @.@ 2015

100m 10 @.@ 17 + 1 @.@ 4 Rieti ( ITA ) 13 @.@ 09 @.@ 2015

200m 20 @.@ 41 Daytona Beach ( USA ) 21 @.@ 02 @.@ 2015

400m 47 @.@ 86 Tampa ( USA ) 13 @.@ 03 @.@ 2015

= = Personal life = =

Walter Dix is the son of Washington and Plinnie Dix . His father , a former sprinter , is an assistant principal and track coach at New River Middle School , while his mother is a high school teacher . He has two older brothers , Alex and William , who also were track runners . While attending Florida State University , Dix became a member of the Phi Beta Sigma fraternity .

= = Personal bests = =

As of 2013 , Dix 's best in the 200 m outdoors makes him the fourth fastest man of all time , while his indoor best for the distance makes him the seventh fastest . His best in the 100 m is the eighth fastest by an American athlete .

All information from IAAF Profile

= = Major competition record = =