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Led by six podium finishes in track and field, Team USA added nine medals – including historic golds from wrestler Tamyra Mensah-Stock and teen phenom Athing Mu. In an epic race for silver, hurdler Rai Benjamin broke a world record, while the U.S. claimed bronze in track cycling and Simone Biles returned to the beam to win a record-tying seventh Olympic medal.

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MENSAH-STOCK TAKES GOLD IN WRESTLING

Tamyra Mensah-Stock dominated the women's freestyle 68 kg. final to win gold and become the first Black woman in wrestling history to win an Olympic medal.

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MU ENDS U.S. DROUGHT IN 800-METER GOLD

Nineteen-year-old Athing Mu led a 1-3 U.S. finish in the women's 800-meter, setting the U.S. record and ending the longest U.S. title drought in Olympic women's track events.

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BENJAMIN BREAKS 400-METER HURDLES RECORD

In an epic showdown, Rai Benjamin broke the existing men's 400-meter hurdles world record by half a second to take silver behind Norway's Karsten Warholm.

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BILES WINS BRONZE IN RETURN TO COMPETITION

After pulling out of events to focus on her mental health, Simone Biles returned to the beam to tie Shannon Miller as the most decorated U.S. gymnast in Olympic history.

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