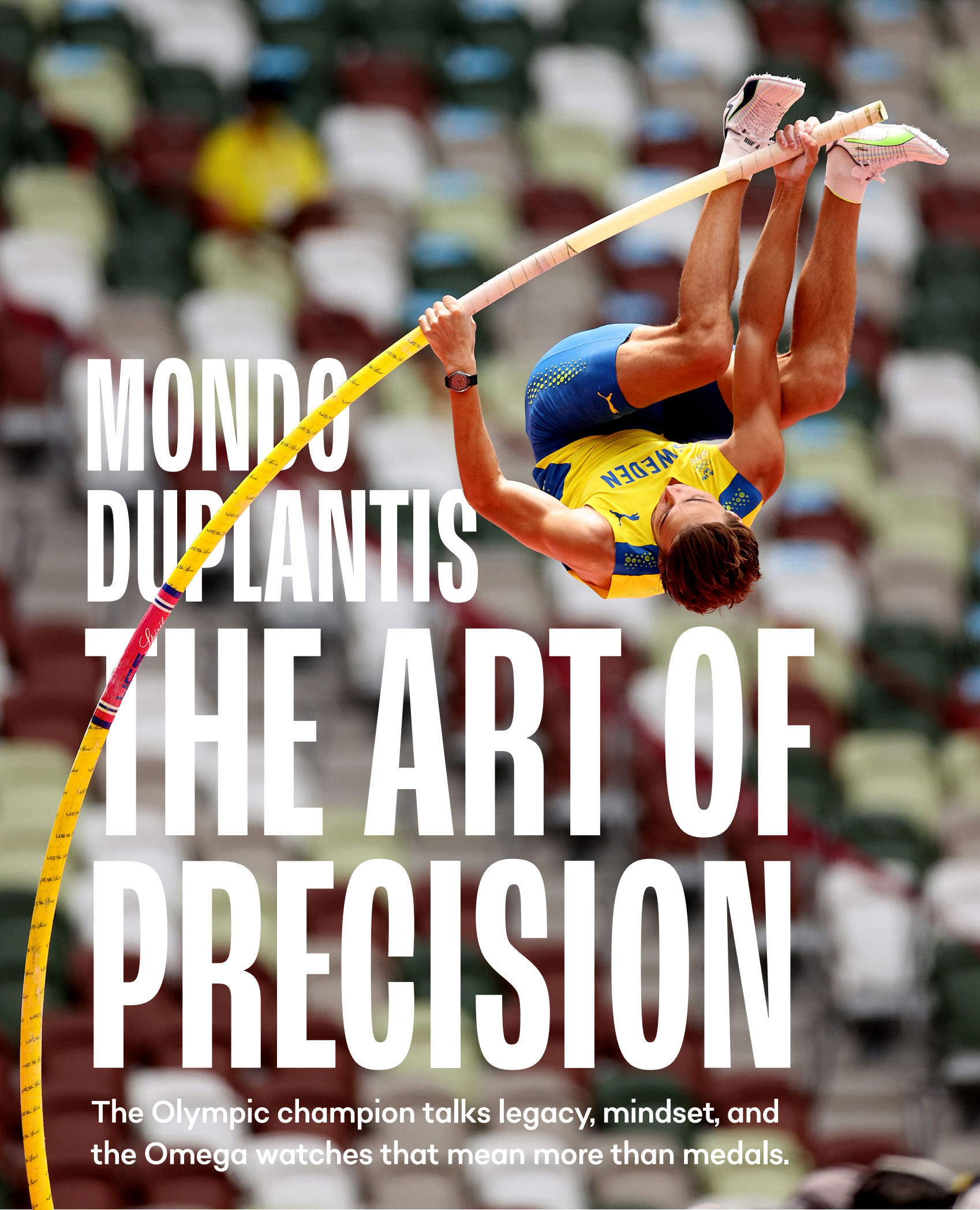




MONDO DUPLANTIS THE ART OF PRECISION

The Olympic champion talks legacy, mindset, and the Omega watches that mean more than medals.



“It's almost like my second gold medal.”

With an Olympic gold medal and multiple world records under his belt, Armand "Mondo" Duplantis has redefined what's possible in the sport of pole vaulting. But behind the seemingly effortless elegance is a mindset of intensity, obsession, and an eye for details — much like a watch collector chasing perfection. We sat down with Mondo just after his record-breaking jump in Stockholm, to talk legacy, mindset, and of course — his most meaningful Omega watches.

THE DNA OF A WORLD CHAMPION

Superwatchman: How are you feeling right now — in this moment?

Mondo: I feel quite good. It's been a busy schedule — three meets in two weeks — but Stockholm was special. Breaking the record on Swedish soil, in front of my people... that meant everything. I've done it a dozen times before, but this one was at the top of the list for me.

Superwatchman: What part of your mindset gives you that edge — to keep breaking records, again and again?

Mondo: I think I've just wired myself to always move forward. I have this short-term memory when it comes to success — I enjoy it, but then I hit the reset button. I keep myself hungry. It only takes a day or two before I start looking ahead again. That hunger is key.

"I was jumping at three, vaulting at four."

Superwatchman: Where does that hunger come from? Was pole vaulting something you discovered later or was it always part of you?

Mondo: I honestly don't remember a time it wasn't part of me. I was jumping at three, really vaulting at four. It became an obsession early on. I wanted to be the best — not just play around. If I didn't improve, I'd get upset, throw tantrums even. It wasn't always healthy, but that drive was always there. I grew up in a super competitive environment with two athletic older brothers and a neighborhood where everything was a game to win.



BREAKING BARRIERS — AGAIN AND AGAIN

"I just always want to look forward."

Superwatchman: That resonates — growing up in a high-performance environment shapes who you become.

Mondo: Totally. You become who you surround yourself with. When everyone expects a lot of themselves, it pushes you naturally.

Superwatchman: Let's talk watches. What made Omega the right fit for you?

Mondo: A few reasons. First, there's family history. We have a vintage Seamaster from the 60s that's been passed down for generations. It's the only serious watch in the family. Second — James Bond. I was Bond for Halloween like four years in a row. That character meant something to me as a kid. And third, Omega's deep ties to the Olympics. For track and field, the Olympics is everything. It's the pinnacle. Omega's legacy there speaks for itself.

Superwatchman: What does time mean to you, especially off the track?

Mondo: For me, it's about being present. That's the key. As life gets busier, it's easy to chase what's next — but I've learned to appreciate the now. Whether it's with people or by myself, being present is where the magic happens. That's how I try to use time.



Superwatchman: Do you remember your first truly meaningful Omega watch?

Mondo: The Aqua Terra Tokyo Edition — blue and gold — engraved specially for me after I won the Olympic gold. That one's sacred. I don't wear it much because it feels almost like my second gold medal. It represents all the hard work. One of the most special things I own, for sure.

“That one's sacred.
I don't even wear it.”



Superwatchman: We saw you wearing a watch during competition. That's rare — what was that piece?

Mondo: That was the Aqua Terra Ultra Light. Lightweight titanium, blue dial, and the hand even matches the color of the pole I use — yellow and white. It's another special one. The design even nods to the Swedish flag, which made it even more powerful. That one I wore during the Olympic final. It gave me this... swagger. I think it elevated me mentally.

Superwatchman: So it's not just aesthetic — it's a mindset enhancer?

Mondo: Exactly. You feel empty without it. Once you get used to wearing watches, it becomes part of you. I switch to lighter ones for performance, but the feeling stays. It's not just about time — it's about presence, identity, and confidence. Look good, feel good, perform good. That's real.



“Look good.
Feel good.
Perform good.”



“If you really want something, it’ll require 100% commitment.”

Superwatchman: Last question — what would you tell young athletes starting out today?

Mondo: Have a goal. I think the “just have fun” advice is overrated. Fun comes from chasing something, from competing. And don’t be afraid to fail. So many people don’t give their full effort because they want an excuse in their back pocket. But if you want it, really want it, there’s no Plan B. Commit 100%. Even small goals matter — achieving what you set out to do is always rewarding.

Superwatchman: Couldn’t have said it better. Thank you, Mondo — it’s been a pleasure.

Mondo: Thanks to you. Appreciate it.



THE ART OF PRECISION