

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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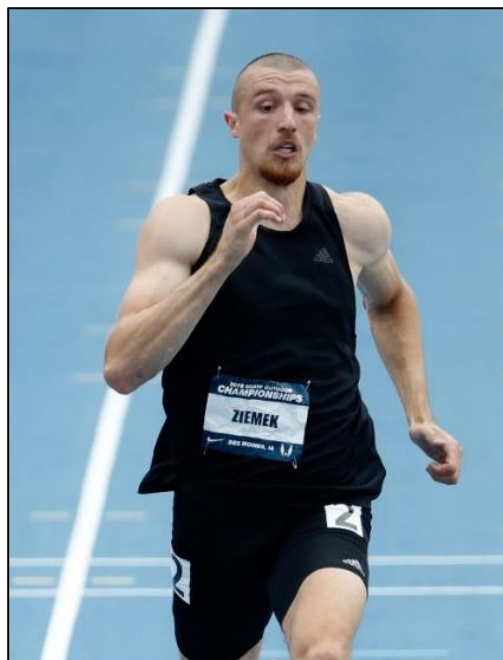
## IT's ALL ZZ on DAY #1 at USA Ziemek Leads at 4169



**Hello Again.....**Day one in Des Moines broke cloudy with an 80% chance of afternoon thundershowers. The temps never surpassed 74 F° as athletes kept a wary eye on the sky.

One might say that this meet represented the beginning of a new American era in its decathlon history. The 99<sup>th</sup> USA meeting (begun in 1915, but occasionally not held) would be their first since 2010 in which the winner was not named Eaton or Hardee. The pair of icons have retired and the last non Ash-Trey winning performance occurred here on Jim Duncan track in 2010....Jake Arnold the victor. Olympian Zach (Double Z) Ziemek was the odds on favorite. There were many absentees (retirements, injuries or just lengthy seasons.) Half the field were collegians with many coming off the NCAAs. There were few surprises, the most notable of which was the appearance of Stanford junior Harrison Williams whose NCAA hurdle crash was seen to be season-ending. Yet here he was, game and eager.

This meet represented a little bit of history for a variety of other reasons. It marked, we believe for the second time, when an athlete competed against his coach. Dartmouth junior Ben Ose, 21, and his coach, Tim Wunderlich, 31, (in his 3<sup>rd</sup> season in Hanover) lined up side-by-side. Neither would be contenders here but the interplay was fascinating. Central Missouri coach Kip



Zach Ziemek won only the 100 meters but held a 54 point lead on the field at the 99<sup>th</sup> USA national decathlon in Des Moines.

Janvrin and student Jeff Sander was the only other combination two dozen years back.

And it marked the 22<sup>nd</sup> time the PA announcer called a decathlon in which a Bastien (father Gary, son Steven) was entered. Let the record show that the Bastien family (& not me) supplied this bit of trivia.

As the day wore on the weather was overcast with periods of drizzling rain but, thankfully, no thunderstorms. Only some distant lightening. It could have been worse.

99<sup>th</sup>

**USA National Decathlon  
June 21-22, 2018  
Duncan Stadium  
Drake University  
Des Moines, IA**



**100 Meters:** [1:00 – 1:06 pm]

At 1 pm approximately 340 spectators were on hand for the sprint start as athletes ran north to south on the west side of the blue oval. Temps were in the low 70s and slight tailwinds. Cincinnati senior Alex Bloom ran a steady 10.96 seconds, a marginal PR, to win the first race. Unnoticed was Dan Golubovic's 11.26 career best for 5<sup>th</sup>.

**Section #1**

Place	name	PR	lane	reaction	time	points
1	Bloom	[10.99]	3	0.1	10.96	870
2	Nytes	[10.90]	1	0.1	11.09	841
3	Ballengee	[11.04]	6	0.1	11.19	819
4	Grob	[10.87]	2	0.1	11.25	806
5	Golubovic	[11.31]	4	0.1	11.26	804
6	FitzSimons	[10.90]	5	0.1	11.30	795
7	Triple C	[11.22]	7	0.1	11.33	709
8....	Wunderlich	[11.34]	8	0.1	11.67	717

Wind: +0.1mps; set-to-gun 2.20.

The second race was marred by a non-false start (Derek Jacobus) and then a charged one by Tim Ehrhardt. The runners complained of lengthy set time. ZZ jumped to an immediate lead and was clear at 60 meters but Simmons and Bastien ran strongest late and closed the gap to a step....10.65...10.67.....10.70.

**Section #2**

Place	name	PR	lane	reaction	time	points
1....	Ziemek	[1057]	2	0.1??	10.65	940
2	Simmons	[10.60]	5	0.1	10.67	935
3	Bastien	[10.62]	1	0.1	10.70	929
4	Williams	[10.63]	7	0.1	10.84	897
5	Ehrhardt	[10.67]	3	0.1	10.87	890
6	Bahner	[10.63]	8	0.1	10.99	863
7	Jacobus	[10.77]	4	0.1	11.02	856
8	Ose	[11.01]	6	0.1	11.06	847

Wind: +1.4mps; set-to-gun 2.31.

**Injury Recovery.....**



Michigan's Steve Bastien [left] was injured at last year's Thorpe Cup and took 8 months off. Stanford's Harrison Williams (right) was injured at this year's NCAA meet and took 8 days off. Both were first day contenders at Drake.

After One: ZZ 940, Simm 935, Bast 929, Will 897, Ehrh 890.

**Long Jump:** [1:53 – 2:25 pm]

Headwinds bedeviled the jumpers and, competing from west to east on the concurrent approaches, faced winds from the ENE. In fact 29 of the 47 attempts (62%) were into the breezes.

Before things got started the athletes requested a regrouping since the e/w runways at Drake are not of equal length. We started with a redraw with Flight # 1 (south) with 10 and Flight #2 (north) with just 6. Simmons leaped 7.18m/23-6¾ in Group #1 and ZZ responded at 7.23m/23-8¾ in the adjacent pit. Simmons improved to 7.25m/23-9¼ in round #3 to win the event and move to an overall tie with ZZ. Only six surpassed seven meters. The event was the antitheses of the recent NCAA counterpart. Jeff Bennett's 48-year old stadium record of 7.71m/25-3½ was never in jeopardy.

After Two: ZZ 1809, Simm 1809, Bast 1783, Ehrh 1740, Will 1739.

**Shot Put:** [2:56 – 3:19 pm]

Grouped into two circles at the south end of Drake Stadium, the event was completed in just 23 minutes. Simmons opened with a 14.60m/46-11 effort in round one which held up as a winner. He took over the lead over ZZ which was then 74 points.

Ziemek reduced it to 54 in round two and closed to within 24 in round #3 with a solid



Dartmouth College coach Tim Wunderlich/Shore AC, was 3<sup>rd</sup> in the shot at 13.66m

13.92m/45-8 toss. They went 1-2 with Dartmouth coach Tim Wunderlich 3<sup>rd</sup> at 13.66m/44-9<sup>3</sup>/<sub>4</sub>, one centimeter better than that of Dan Golubovic who posted the lone PR mark.

Veteran Tyler Grob won Flight #2 at 13.51m/44-4 while Liberty's Markus Ballengee scared his best with a fine 13.38m/43-10<sup>3</sup>/<sub>4</sub>.

After Three: *Simm 2556, ZZ 2532, Bast 2461, Ehrh 2406, Will 2393.*

### High Jump: [3:55 – 4:48 pm]

The very moment the high jump started so did the rain and it drizzled off and on for the next 90 minutes. A crowd of approximately 3000 had gathered.

In Flight #1 (SW corner) Harrison Williams, showing little effect from his NCAA crash, had little trouble early and then made 1.93m/6-4 and 1.96m/6-5 on final tries. He could do no better but won the pit by two bars. Austin Bahner/SBTC, who had only a single fair long jump and shot put, nh'd at 1.75m/5-8<sup>3</sup>/<sub>4</sub>.

In Flight # 2 (Southeast corner and the seeded jumpers) Ziemek moved back to the overall lead and padded it with a 2.02m/6-7<sup>1</sup>/<sub>2</sub> clearance and put 111 points between himself and Simmons. ZZ had an oh-so-close try at 2.05m/6-8<sup>3</sup>/<sub>4</sub> under less than ideal conditions. Cincy senior Alex Bloom won the pit at that setting.

In just 53 minutes officials had handled 125-attempts (45 clearances, 36%)

while using two pits. We had an attempt every 24 seconds. This event *moved*.

After Four: *ZZ 3354, Simm 3243, Bast 3228, Will 3160, Ehrh 3146.*

### 400 Meters: [6:42– 6:48 pm]

After a 1 hour and 40 minute break, we had an unusual false start (Bloom) in the



Dan Golubovic (left) PR'd for a 3<sup>rd</sup> time in the first 400m race won by Solomon Simmons (right)

first race. Ziemek and Simmons came off the final bend in tandem and the Eastern Michigan grad was strongest (49.22 to 49.99). Again, mostly unnoticed was yet another (his 3<sup>rd</sup>) career best by Golubovic, the 24 year old former Blue Devil (50.20). Bloom also PR'd in 50.77.

#### Section #1

Place	name	PR	lane	reaction	time	points
1	Simmons	[49.04]	7	0.1	49.22	851
2...	Ziemek	[49.04]	3	0.1??	49.99	815
3	Golubovic	[50.68]	8	0.1	50.20	805
4	Bloom	[51.03]	6	0.1	50.77	779
5	FitzSimmons	[48.39]	4	0.1	50.99	770
6	Triple C	[51.15]	2	0.1	52.16	718
7	Grob	[49.34]	1	0.1	52.25	714
8	Wunderlich	[51.76]	5	0.1	53.35	667

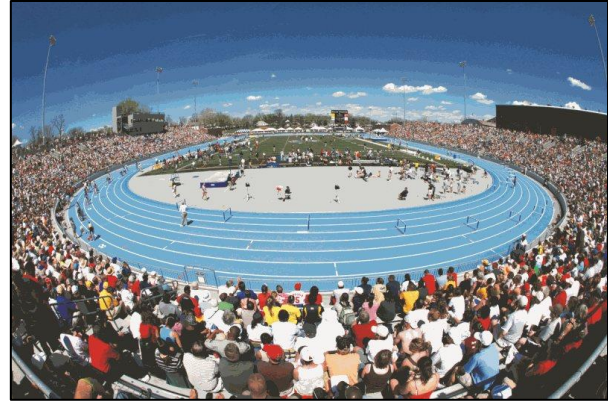
In the 2<sup>nd</sup> section, Harrison Williams led at 300m but was overtaken by Tim Ehrhardt who scooted by in lane 1 and won comfortably in a fine 47.91 seconds with Williams 25/100ths back. Bastien ran fastest in the homestretch to notch a 48.45 clocking.

#### Section #2

Place	name	PR	lane	reaction	time	points
1	Ehrhardt	[47.57]	1	0.1	47.91	913
2	Williams	[46.66]	6	0.1	48.16	901
3	Bastien	[47.49]	7	0.1	48.45	887
4	Jacobus	[48.34]	4	0.1	49.96	816
5.	Ballengee	[49.72]	5	0.1	50.36	798
6	Ose	[49.62]	2	0.1	50.49	792
7	Nytes	[49.67]	8	0.1	50.64	785
	Bahner	[48.94]			dns	

At the end of the day only 110 points separated the top five. Ziemek, with weighty 2<sup>nd</sup> day skills, holds the upper hand, but, as occurred often in the first 98 editions of this meet, much can change, and change quickly. Hold onto your 2<sup>nd</sup> day hats. Thankfully, better weather is in the cards.

*After Five: ZZ 4169, Bast 4115, 3Simm 4094, Will 4061, Ehrh 4059.*



## Results:

### 6/21-22 99<sup>th</sup> USA National Decathlon, Drake U, Des Moines, IA

4169	Ziemek, Zach/adidas	10.65+1.4	723-0.2	1392	202	49.99
4115	Bastien, Steven/unat	10.70+1.4	717-1.5	1318	196	48.45
4094	Simmons, Solomon/unat	10.67+1.4	725+0.2	1430	187	49.22
4061	Williams, Harrison/Stanford	10.84+1.4	712-0.7	1279	196	48.16
4059	Ehrhardt, Tim/Michigan St'18	10.87+1.4	715+0.5	1298	193	47.91
3920	Bloom, Alex/Cincinnati'18	10.96+0.1	691-0.2	1238	205	50.77
3916	Nytes, Trent/Wisconsin'19	11.09+0.1	686 0.0	1333	202	50.64
3874	Jacobus, Derek/Arkansas'18	11.02+1.4	713-0.6	1260	190	49.96
3794	Ballengee, Markus/Liberty	11.19+0.1	648-0.2	1338	199	50.36
3735	Golubovic, Dan/unat	11.26+0.1	665-0.2	1365	187	50.20
3624	Card-Childers, Charlie/Rice'19	11.33+0.1	673+0.3	1276	190	52.22
3550	FitzSimons, Thomas/SBTC	11.30+0.1	629-0.4	1311	184	50.99
3511	Wunderlich, Tim/Shore AC	11.67+0.1	665-0.2	1366	187	53.35
3507	Ose, Ben/Dartmouth'19	11.06+1.4	659 0.0	1091	178	50.49
3507	Grob, Tyler/unat	11.25+0.1	642 0.0	1351	178	52.25
dnf:	Bahner, Austin/SBTC	10.99+1.4	683 0.0	1190	nh	dns

16s,15f.