

THE DECATHLON ASSOCIATION

DECA Newsletter

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USA GOES TO DOUBLE Z 8294 is Drake Stadium Record



Hello Again.....Day two started with news of a pair of 400m disqualifications from the night before....Steven Bastien (2nd at 48.45 in section #2) and Alex Bloom (6th at a PR 50.77 in section #1). The sobering news took both out of contention for the former finished day one in second, the latter in 6th.

This day belonged to Zach Ziemek, Solomon Simmons and Harrison Williams. ZZ put together a fine 4124 2nd day score, including a stadium record in the discus to tally 8294, the highest decathlon score ever recorded at Drake. Simmons, 24, too got that elusive 8000 mark that'll go on his resume. And Stanford's Williams, after the NCAA calamity, ran himself into 3rd place with a 7878 tally. Given his recent terrific 1st Day in Eugene and his 2nd day here, a mid 8100 score can come at anytime.

There were few surprises here but the meet was marred by dq's to Steven Bastien and Tim Ehrhardt, the pair of Michigan collegians. They were the biggest negatives.



25 year old Zach Ziemek, Itasca, IL, won the 99th USA National Decathlon Championship at Drake University in Des Moines.

110 m Hurdles: [11:30 – 11:36 pm]

At 11:30 there were plenty of clouds hanging over Jim Duncan Stadium in Des Moines but forecasts called for a pleasant day with temps in the mid 70s. The wind came from the NNE so it was slightly behind the runners. The seeded section was scheduled first with Simmons side-by-side in lane 3 and 4. Harrison Williams was located on the far outside (lane 8). At the report ZZ and Simmons drew most of the attention but, pout in lane 8, Williams was running smoothly cathling the two leaders at 55 m and eased away for a nifty 14.13 win. Simmons pulled



99th
USA National Decathlon
June 21-22, 2018
Duncan Stadium
Drake University
Des Moines, IA

away for a 14.32 clocking while Dan Golubovic caught ZZ and Markus Ballengee at the tape without .02 seconds separating 3-4-5.....14.62-14.63-14.64. For the Duke grad it marked his 4th individual career best in 6 events. Aiding wind of 0.9 seconds.

What a difference two weeks made for Williams. The notion of his Eugene NCAA crash was placed far back in his memory bank.

Section #1

Place	name	PR	lane	time	points
1.	Williams	[13.88]	8	14.13	958
2.	Simmons	[14.18]	3	14.32	934
3.	Golubovic	[14.67]	6	14.62	896
4.	Ziemek	[14.29]	4	14.63	895
5.	Ballengee	[14.42]	5	14.64	894
6.	Bastien	[14.73]	7	14.92	859
7.	Nytes	[14.70]	2	15.11	836
8.	Ose	[14.87]	1	15.31	812

Wind: +0.9mps; set-to-gun 1.97ht.

The second race was somewhat anti-climatic. Cincy's Alex Bloom, who did not



The 2018 USATF decathlon crowd was @ 250 for the day two hurdles, but reached 6000 for the final event.

qualify for the NCAA's two weeks previous, kept up a hot personal pace with a solid 15.10 clocking and the win. Word came quickly that Tim Ehrhardt was dq'd in lane one for hooking a trail leg. Interestingly there was no hurdle set inside lane one to prevent this practice and some of the coaches cast the blame on meet organizers. A reminder to USATF and Drake: this practice must be corrected. Find ten more hurdles!!

Section #2

Place	name	PR	lane	time	points
1	Bloom	[14.93]	8	15.10	837
2	Triple C	[15.25]	5	15.34	809
3	FitzSimons	[14.70]	6	15.35	808
4	Wunderlich	[14.99]	4	15.46	795
5	Grob	[15.28]	3	15.63	775
6	Ehrhardt	[15.57]	1	15.73	763
7	Jacobus	[15.48]	4	15.99	734

Wind: +1.0mps; set-to-gun 2.11ht.

Simmons had carved 39 points out of Ziemek's lead.

After Six: ZZ 5064, Simm 5028, Will 5019, Nyte 4742, Ball 4688.

Discus: [12:22 – 12:51 pm]

The decathlon caravan tramped to the north field discus ring in an event that is often crucial in the meet's outcome. Only one continuous section was employed. In the first round Ziemek fouled and Simmons immediately pulled 45.78m/150-2 to take over the lead. In round # Ziemek grabbed it back with a nice 47.50m/155-10 while



Ziemek's PR 50.90m /167-0 discus toss in round three not only was a stadium record but it also broke a close meet open



Simmons fouled.

Round # was, in a sense, historic. Ziemek smoothly spun a terrific 50.90m/167-0, a 4 foot PR to ice the meet. Trying too hsrd Simmons tossed his 3rd disc outside the right sector line. FitzSimons and Bloom also PR'd. Ziemek's lead grew to 142 points.

After Seven: : ZZ 5953, Simm 5811, Will 5696, Ball 5434, Nyte 5378.

Pole Vault: [1:58 – 3:26 pm]

Conditions were ideal for this event....temps in mid-70s with ever so slight trailing breezes. There would be no rain on day as the storm from that bedeviled ths entire state floated eastward. Steven Bastien won the vaulting in the north pit (group #2) with a PR 4.85m/15-11 and Simmons had an ever so close miss at a PR 4.75m/15-7, settling for one bar less. Each bar was crucial since it became obvious that he had a chance for an 8000-point score.

1298 193 47.91 dsq[15.73] 3802 535 4650 4:35.29
6817 Bastien, Steven/unat 10.70+1.4 717-1.5 1318 196
dsq[48.45] 14.92+0.9 3851 495 4580 4:40.93
6357 Bloom, Alex/Cincinnati'18 10.96+0.1 691-0.2
1238 205 dsq[50.77] 15.15+1.0 3730 445 4207 5:00.45
dnf: Bahner, Austin/SBTC 10.99+1.4 683 0.0 1190 nh
dns
16s,15f.