

THE DECATHLON ASSOCIATION

DECA Newsletter

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Into the Swing of Things Weekend Results

Hello Again.....As the 2009 indoor season chugs away, there are a few multi events to report for the 2nd full week of January. The start of the season has been as cold as the weather. While snow, ice and Artic conditions blanket much of the nation results have filtered in from Utah, Wisconsin and Montana. Still awaiting results from the Rhode Island heptathlon qualifier last weekend in Kingston.

Host school athletes won all the meetings. On Jan 15-16 (Fri-Sat) Asa Staven, a Montana State sophomore from Georgetown, TX, won the Montana State hept in Bozeman with a meet and school record 5142 score using a 2.04m/6-8½ high jump along the way. The meet leader and former NCAA qualifier Adam Bork withdrew after 6 events.

On Saturday, Jan. 16, David Grezesiak, (Brookfield, Wisconsin) a 6-4 Wisconsin sophomore whose father was a 3 year track letterman at Wisconsin, opened with a nice 3682 pentathlon score and 157 point win over teammate Brennan Boettcher. On the following day Bemidji State's Zach Preble, (Jr, Coleraine, MN) an NCAA II decathlon qualifier a year ago, won his school's opening hept with a fine 4960 effort. He won by over 900 points.



Upper left: Montana State's Asa Staven got 5142 in Bozeman. Center: Wisconsin soph David Grezesiak won the Badger Pentathlon in Madison. Upper Right: Bemidji's Zack Preble posted a Div II 4960 qualifier on his home track.

2009 Indoor Qualifying Standards

USATF- Heptathlon Chapel Hill, NC 3/7-8

5450 i hept (qualifying window
3850 i pent Jan 2008 to March
7700 dec 2009)

NCAA I- Heptathlon College Station, TX

A B 3/13-14
5650 5300

NCAA II- Heptathlon Houston, TX 3/13-14
4500

NCAA III- Pentathlon Terre Haute, IN 3/13
3400

NAIA - Heptathlon Johnson City, TN 3/5-6
Top 16

NJCAA- Pentathlon Lubbock, TX 3/7
Top 16