

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## LAZAS HOT at NCAAs 3 PRs Dominate Day One



**Hello Again....** Arkansas junior Kevin Lazas put together a CE first day can only dream of. He PR'd in 3 of the first 4 events at the NCAA D-I affair on his home track in Fayetteville, AR; won a pair of events; and carries a 98 point lead over his nearest competitor at the break. However 3x Big Ten champ Jay Cato is lurking with significant 2<sup>nd</sup> day skills and five newcomers to this meet put up impressive first day numbers.

I have to admit that I failed to get to Fayetteville on time for the first two events, compliments of Delta Airlines and had to spend the previous evening at the Detroit airport because of cancelled flights. I arrived at UA's Tyson Center in time for the shot put, but can piece together what happened on day one.

**10<sup>th</sup> NCAA D-I Indoor  
Heptathlon Championships  
University of Arkansas  
Fayetteville, AR  
March 8-9, 2013**



**60 meters:** [11:00 am]

The sections were nicely seeded and lanky Zach Ziemek, Wisconsin's lanky soph, (hereafter 'Double Z') displayed surprising speed and loped away with a remarkable .39 hundredths career best, one of the biggest improvements on any stage. Estonian freshman Maicel Uibo/Georgia –pronounced Michael Wee' bo--(at 7.19 seconds) also PR'd and several others (for example Dakotah Key's 1/100<sup>th</sup> off) were close. Whew! Imagine, almost a 4/10ths PR in the 60!



Kevin Lazas, Brentwood, TN, holds a 98 point lead after day one at the 2013 NCAA indoor heptathlon.

Running in lane 4, local favorite Kevin Lazas pasted a good field in the seeded section of eight claiming a PR 6.90 seconds, .08 up on NDSU's Andy Lillejord. Johannes Hock/Texas, a full-sized 20 year old freshman from Germany, equaled his best at 7.03.

*After One:* Laza 918, Lill 889, Bahn 882, Ziem 879.

**Ling Jump:** [????]

Section #1 saw Keys lead after round #1 at 7.09m/23-3¼, improved to 7.20m/23-7½ but surrendered to Ziemek's final round



Wisconsin junior Jay Cato, Crete, IL, celebrates his 7.67m/25-2 long jump victory at the NCAAs in Fayetteville.

7.22m/23-8¼.

Section #2 (seeded) was hot as Cato lead on the first go-round at 7.52m/24-8¼, only to see Lazas (they went 2-3 a year earlier at this meet in Nampa) equal his career best at 7.55m/24-9¼ in the 2<sup>nd</sup> round. Unfazed, Cato, leading off round #3, missed his PR by an inch with the winning leap, 7.67m/25-2. He cut Lazas's leading margin to 34 points. Most, except Montana State's Jeff Mohl who fouled twice early, had little trouble with the bouncy runway.

*After Two: Laza 1865, Cato 1831, Lill 1782, Hock 1777,*

**Shot Put:** [11:40 am – 12:17 pm]

Hock, at 6-3, 220, the '11 Euro Junior medalist from Cologne, made his presence felt with a first round 14.87m/48-9 ½ put to move to 2<sup>nd</sup> overall as Lazas nailed a safe 14.04m/46-1 toss while Cato struggled with just 11.90m/39-½. Lazas scared his PR in round #2 to 14.72m.48-3 ¼ while UCLA Swede Marcus Nilsson, who had improved to 16 meters this year, never got untracked and finished with a best of 14.60m/47-11.

Hock improved to 14.97m/49-1¾ in the final round yet Lazas was not finished. He took his time going to and in the circle in round #3 and then exploded with a nifty 15.00m/49-2½ toss to the delight of the 300+ spectators in the house. His lead was back to 90 digits.

Last year's D-III winner Ethan Miller, now a transfer to Northern Iowa, managed only a safe 11.58m/38-0 after a pair of fouls and Uibo also recorded a career best. The much watched Lazas/Cato differential was 210 points.

*After Three: Laza 2655, Hock 2565, Cato 2445, Lill 2435.*

**High Jump:** [1:00 -2:18 pm]

Without the season's two top jumpers the event predicted to be a downer. Yet it turned out to be competitive. Indiana's Derek Drouin (new world record holder at 2.30m/7-6½) declined the hept in favor of the high jump where he is the defending champ. And

Washington's Jeremy Taiwo (new American record holder at 2.25m/7-4½) was injured at the Mountain Pacific meeting and never declared.

In the West pit Oregon's Keys won at



**Lazas had lots of gas in his first day tank, here getting a PR 15.00m/49-2½ career best and event win.**

2.02m/6-7 ½, 4cm under a lifetime best.

Lazas, too, was impressive here but could not post a 4<sup>th</sup> consecutive PR. But it was close. He handled 1.99m/6-6¼ and had a final excellent try at the height only cleared by Keys.

Meanwhile, in the East pit, Cato was cutting into his lead. He and Georgia soph Garratt Scantling shared the honors at 2.11m/6-11. A pair of Cato's 2.14m/7-¼ bars just rolled off. Double Z also impressed here with a career best 2.05m/6-8 ¾ leap. Officials moved the event along smartly in spite of numerous approach overlaps. In just 78 minutes they conducted a 147 attempts (69 clearances), or a jump, on average, every 33 seconds. At the end of the day Lazas held a 98 point margin on Cato in a struggle that predicted to be close given their 2<sup>nd</sup> day skills.

*After Four: Laza 3449, Cato 3351, Scan 3323, Hock 3279.*

### **FIRST DAY RESULTS:**



#### **3/8-9 NCAA D-I Champs, Randall Tyson Center, U of Arkansas, Fayetteville, AR**

3449	Lazas, Kevin/Arkansas	6.90 755 1500 199
3351	Cato, Jay/Wisconsin	7.08 767 1213 211
3323	Scantling, Garrett/Georgia	7.07 704 1412 211

3279 Hock, Johannes/Texas-GER  
7.03 738 1497 190

3246 Ziemek, Zach/Wisconsin  
7.01 722 1273 205

3244 Uibo, Maicel/Georgia-EST  
7.19 736 1364 202

3209 Emory, Austin/Montana  
7.16 632 1304 202

3187 Keys, Dakotah/Oregon  
7.14 720 1304 202

3170 Martin, Romain/Tex-Arl-FRA  
7.14 697 1412 199

3149 Lillejord, Andy/N Dakota St  
6.98 733 1277 190

3093 Bahner, Austin/Wichita St  
7.00 709 1291 190

3061 Miller, Ethan/N Iowa  
7.09 709 1158 199

3011 Dick, Devin/Kansas St  
7.35 708 1314 193

2988 McCune, Alex/Akron  
7.11 714 1248 184

2945 Mohl, Jeff/Montana St  
7.08 692 1205 187

2883 Nilsson, Marcus/UCLA  
7.37 652 1460 184

16s

## What Can We Expect on Day Two at NCAAs?

Just looking at career best scores, this chart may give you an idea of what we can expect on Day Two in Fayetteville:



At the break:

	day one score	PR score
Cato is:	57 pts up on	6090
Lazas is	35 pts up on	6042
Scantling is:	19 up on	5889
Double Z is:	34 up on	5846
Keys is :	83 up on	5753
Uibo is:	58 up on	5755
Hoch is:	66 down on	5858

Collegiate leader is 6156 by Jeremy Taiwo/Washington.