

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXVIII

Number 13

March (5), 2013

BIG SCORES at SMALL SCHOOLS

Midwesterners win D-II, D-III & NAIA Nationals

Hello Again.... As a final wrap-up to the 2013 indoor season we review the handful of additional national meets. Our focus in the past two weeks has been on the USA and NCAA I nationals. But not to be over-looked were the smaller school national championship meets which provided surprisingly high scores in both quality and quantity. And all of the winners came from the Heartland--- Nebraska, Iowa and Missouri.

Kudos go to Central Missouri senior Brent Vogel, senior, Jefferson City, MO, whose 5760 winning total at the NCAA II meeting in Birmingham, AL (3/8-9) was a meet record. He overcame an 8 point lead by Lake Superior's Justin Balczak and his 2:33.44 1000m was decisive. Balczak's 5664 and the 3rd place effort by Southern Connecticut's Nick LeBron, 5664 and 5518, were eye-opening. 12 of the 13 athletes scored over 5000 points.

"Honestly, I've dealt with so much pressure in the last event before," Vogel said. "I went into this event very relaxed, knowing that I can get it done. I was just going to run my race, PR (set a personal record) and if he holds on and beats me, so be it. I was very calm."

Vogel was named the USTFCCCA field athlete of the year for his efforts. He posted PRs in six of 7 events in a meet where the defending national champ, LeBron, also PR'd yet finished 3rd.

At the D-III affair in Naperville, IL, Central (IA) College Eric Larson, soph, Waverly, IA, came up with nearly a 400 point



Central Missouri senior Brent Vogel, Jefferson City, MO, posted a whopping 5760 score at the NCAA II affair in Birmingham, AL. It was good enough to qualify him for the USA indoor nationals in 2014.

career best effort to score 5277 and win going away. He was aided by a 2.02m/6-7½ high jump, but most of his marks were just plain solid. Wisconsin-Stout's Zach Anderson was



Central's Erik Larson (left), Waverly, IA, and Doane's Rob Keeney (right), Callaway, NE, won the NCAA III and NAIA indoor heptathlons.

the runner-up at 5132 as 4 bettered 5k. Doane's Rob Keeney, senior, Callaway, NE, won from a 16 man NAIA field at the Spire Institute in Geneva, OH. His 5379 was 121 better than that of Calvin Sullins of Siena Heights. In all, 19 heptathletes topped 5000 points over the March 8-9 weekend.

Other recent winners included Sweden's Felix Siljeback-Larsen, a Manhatta senior, who won the IC4A title with 5404 points; Mesa CC's Paul Tonneson whose 5331 was good enough for the national JC crown (NJCAA) and to Alabama high school junior Marlon Humphrey who was the National Scholastic (New Balance) pentathlon winner (at 3890).

That does it for the 2013 indoor season. Our next Newsletter will catch up on the emerging outdoor season.

BREAKING CE TIES

PLEASE NOTE: The NCAA has adjusted its rules to conform to the IAAF rulebook on breaking ties. No longer does the NCAA "not break ties in combined events." Some recent results have listed athletes as "tying" if they accumulate the same number of total points.

The first tie-breaker is the head-to-head count-back. The 2nd tie breaker gives the nod to the athlete who has scored the higher number of points in a single event. If there is still a tie then the 2nd highest number of points in a single event is used, and so on, until the tie is broken.

RESULTS:



| <u>3/8-9 NCAA D-II Champs, Birmingham, AL</u> | | |
|---|----------------------------------|----------|
| 5760 | Vogel, Brent/C Missouri | 7.10 720 |
| 1276 199 8.11 430 2:33.44 | | |
| 5664 | Balczak, Justin/Lake Superior St | 7.27 709 |
| 1388 205 8.12 420 2:42.71 | | |
| 5518 | LeBron, Nick/S Conn St | 7.21 677 |
| 1261 202 8.20 410 2:37.02 | | |

| | | |
|---|--------------------------------|----------|
| 5344 | Grob, Tyler/Saginaw Valley St | 7.27 624 |
| 1234 187 8.39 480 2:40.61 | | |
| 5321 | Hancock, Nick/Minn St-Mankato | 7.15 683 |
| 1189 199 8.77 410 2:39.31 | | |
| 5262 | Juell, Tandy/Minn St-Mankato | 7.09 660 |
| 1299 187 8.89 470 2:51.67 | | |
| 5185 | Schrodt, Dillon/Neb-Kearney | 6.98 661 |
| 1213 199 8.28 360 2:52.20 | | |
| 5176 | Holmberg, Henrik/Augustana(SD) | 7.26 677 |
| 1155 202 8.55 390 2:48.13 | | |
| 5094 | Thomas, Jayce/Augustana (SD) | 7.59 662 |
| 1060 202 8.32 440 2:55.69 | | |
| 5066 | Maydew, Payson/Emporia St | 7.31 630 |
| 1244 187 8.51 400 2:42.66 (wins on 2 nd tie breaker) | | |
| 5066 | Kolb, Ben/Bellarmino | 7.30 648 |
| 1195 187 8.57 410 2:45.24 | | |
| 5012 | Blackwell, James/Cedarville | 7.34 675 |
| 1037 178 8.73 470 2:51.56 | | |
| 4728 | Escaravage, Justin/S Conn St | 7.49 615 |
| 1131 184 9.07 430 2:52.98 | | |
| | 13s,13f. | |



3/8-9 NAIA Champs, Spire Institute, Geneva, OH

| | | |
|---------------------------|------------------------------|----------|
| 5379 | Keeney, Rob/Doane | 7.29 679 |
| 1240 201 8.41 440 2:48.88 | | |
| 5258 | Sullins, Calvin/Siena Hts | 7.25 687 |
| 1347 195 8.40 420 2:59.58 | | |
| 5048 | Holmquist, Jake/Hastings | 7.26 644 |
| 968 189 8.57 460 2:49.75 | | |
| 4981 | Wolken, Kale/Doane | 7.22 688 |
| 1192 198 9.16 420 3:04.64 | | |
| 4918 | Dougherty, Andy/Morningside | 7.36 653 |
| 1280 174 8.49 380 2:46.85 | | |
| 4813 | Bullock, James/Cumberlands | 7.23 657 |
| 952 201 9.32 410 2:55.75 | | |
| 4803 | Schurr, Chris/Siena Hts | 7.48 635 |
| 1119 180 8.99 470 2:59.51 | | |
| 4742 | Neal, Caleb/Okla Baptist | 7.15 660 |
| 1217 171 8.43 390 3:11.48 | | |
| 4696 | Von Seggern, Max/Midland | 7.29 630 |
| 1146 186 9.56 400 2:50.06 | | |
| 4650 | Adger, Bryce/Grand View | 7.33 659 |
| 911 171 9.14 410 2:45.00 | | |
| 4544 | Hurd, Michael/C of Idaho | 7.20 625 |
| 1049 156 8.66 380 2:50.88 | | |
| 4508 | Higgins, Brad/Doane | 7.91 628 |
| 1175 183 9.46 430 2:58.39 | | |
| 4452 | Derscheid, Travis/Siene Hts | 7.49 621 |
| 1253 165 8.81 450 3:28.37 | | |
| 4155 | Conneally, Jacob/Benedictine | 7.85 581 |
| 937 192 9.47 360 2:59.28 | | |
| 3061 | Mellado, David/Judson | 7.47 nm |
| 977 168 8.86 nh 3:10.90 | | |
| | 16s,15f | |



3/8-9 NCAA D-III Champs, North Central College, Naperville, IL

| | | |
|---------------------------|--------------------------------|-----------------|
| 5277 | Larson, Eric/Central (IA) | nearly 7.19 667 |
| 1149 202 8.24 400 2:46.89 | | 400 pts PR |
| 5132 | Anderson, Zach/Wisconsin-Stout | 7.31 638 |
| 1180 184 8.59 450 2:40.45 | | |

| | | |
|---------------------------|----------------------------------|----------|
| 5117 | Mettille, Tyler/Mt Union | 7.17 643 |
| 1129 190 8.53 430 2:48.59 | | |
| 5051 | Dunne, Maxwell/St Thomas | 7.23 649 |
| 1199 190 8.73 430 2:53.87 | | |
| 4981 | Clause, Cameron/Gustavus Adol | 7.43 640 |
| 995 181 9.03 470 2:44.46 | | |
| 4905 | Thill, Brian/Wisc-Stevens Pt | 7.51 650 |
| 1222 193 9.13 440 2:57.38 | | |
| 4839 | Lefort, Spencer/Fredonia St | 7.39 599 |
| 1055 196 8.85 410 2:47.16 | | |
| 4836 | Zarnoth, Brandon/Wisc-Eau Claire | 7.27 661 |
| 1131 181 8.60 390 2:56.65 | | |
| 4820 | Hunter, Matt/Ohio Wesleyan | 7.09 608 |
| 1003 169 8.36 420 2:49.05 | | |
| 4813 | Milhoan, Andrew/Mt Union | 7.05 644 |
| 1146 181 8.37 330 2:53.22 | | |
| 4770 | Blair, Michael/Tufts | 7.60 649 |
| 1145 193 8.79 350 2:46.14 | | |
| 4605 | Yseth, Gavin/St Thomas | 7.59 583 |
| 1215 184 8.94 380 2:49.30 | | |
| 3959 | Kovalik, Alex/Mt Union | 7.18 630 |
| 1099 175 dsq 420 2:57.85 | | |
| 13s,13f | | |