

LILLEJORD TOPS at MT SAC Taiwo's Vault 'nh' Nixes High Score

Hello Again....Andy Lillejord 'survived' the 43rd edition of the Mount Sac Relays/ California decathlon on April 17-18 at Azusa Pacific University. His 7397 PR score was 67 points better than that of Nebraska senior Teran Walford, York, NE. Lillejord, a junior from Jamestown, ND (where it snowed heavily today), leaped over vet Jake Arnold who was in total command but did not finish the 1500m.

Most eyes on day two were on Washington senior Jeremy Taiwo who led with 4151 points after 5 events. But a vault 'nh' nixed any chance of a big score and, in the end, it was Lillejord's consistency that carried the day at the nation's biggest combined events carnival where 104 dec/hept athletes competed. APUcoach Kevin Reid's staff and officiating crew provide an important favor each April....I mean...104 athletes! It is annual affairs like this in Azusa that accomodates out growing interest in CEs. We are in Kevin's debt.

We will provide an additional newsletter at the end of the current weekend to cover the numerous conference meetings (ACC, Big South, SoCon) as well as the Kansas Relays.

Mount Sac Relays
Cougar Track
Azusa Pacific U
Azusa, CA
April 17-18, 2013



North Dakota State junior Andy Lillejord outlasted a big field to win the 43rd Mount Sac Relays with a PR 7397 effort.

110m Hurdles:

Teran Walford won the first of two sections in 14.67 seconds while Jack Arnold captured the 2nd in 14.50 over Jeremy Taiwo's 14.83. Both races faced headwinds.

Discus:

Arnold's 45.84m/150-5 in round two was an easy winner as only Wisconsin's Zach Ziemek also bettered 40 meters. Arnold's 180 point swing over the Washington senior pushed him into the overall lead.

Pole Vault:

Ziemek withdrew. Minnesota's Jack Szmanda topped Lillejord, 5.20m/17-¾ to 4.80m/15-9. Arnold managed 4.70m/15-5 and was in control. Taiwo missed his opening attempt at 4.50m/14-9, then passed his final two trys.

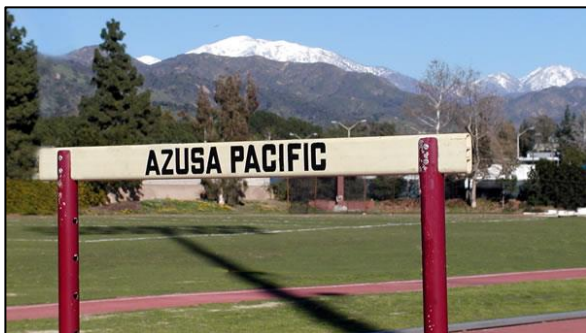
Javelin:

A relatively weak event as Arnold won at 52.49m/172-2 as just three surpassed 50 meters. The original field of 15 was down to 8.

1500m:

When Arnold retired during the event Lillejord, coming off a terrific indoor season,

was a winner. Walford's winning 4:35.21 made up just 32 points on Lillejord and the top places were secure. Szmanda put together a promising 2nd day to capture 3rd. Lake Superior's Justin Balczak posted a nice 7282 score, the nation's top D-II total.



RESULTS:

4/17-18 Mount Sac Relays, Azusa Pacific U, Azusa, CA

7397	Lillejord, Andy/N Dakota St	11.01+1.2
695+1.4 1281 189 48.47 15.86-1.0 3728 480 5105		4:40.13
7330	Walford, Teran/Nebraska	11.22+1.2
664+2.5 1217 195 49.87 14.67-1.1 3981 460 4674		4:35.21
7317	Szmanda, Jack/Minnesota	11.31+2.0
652-0.7 1338 192 50.48 15.45-1.1 3531 520 4979		4:39.20
7282	Balczak, Justin/Lake Superior St	11.27+2.0
697+3.0 1287 195 50.27 14.69-1.0 3177 450 5189		4:38.11
7014	Arnold, Jake/Asics	11.04+2.0
678-0.6 1435 192 50.65 14.55-1.0 4584 470 5249		dnf
6640	Gordon, Josh/Washington	11.18+2.0
708+1.9 1108 195 51.19 15.36-1.1 3111 350 4126		4:39.81
6183	Reichenback, Kurt/Michigan	11.38+2.0
668+1.4 1165 183 52.23 15.72-1.1 3571 430 nm		4:41.91
6154	Springall, Brent/unat	11.89+1.2
610+1.3 1310 183 55.08 16.77-1.0 3695 440 4335		5:14.68
	dnf: Taiwo, Jeremy/Washington[10.91-1.2	
751+1.7 1113 213 49.15 14.83-1.0 3701 nh		4245 dnr],
Ziemek, Zach/Wisconsin[10.77+2.0 660-2.4 1285 195 50.80		15.44-1.1 4027], Tibbs, Michael/Air Force[11.40+2.0 666-
2.7 1357 195], dnf, Giovannoni, Dominic/UCLA[11.14+1.2		648+1.0], Hammon, Corey/Illinois[11.13+1.2 636-0.5],13s,8f

California Invt, APU, Azusa, CA, Section A

7315	Glasnow, Ted/Notre Dame	11.42+1.7
696+2.2 1340 201 51.21 15.71+1.2 4349 465 4798		4:50.86
6800	Foss, Charlie/Wisconsin	11.06+1.6
683+1.4 1261 189 52.05 15.90+1.2 3761 405 4991		5:05.16
6751	Marsh, Mike/unat	11.26+1.5
563+1.0 1269 180 52.46 15.44+1.4 3824 475 4918		4:49.30
6705	Staeheli, Ivan/British Columbia	11.55+1.7
632 0.0 1182 192 51.72 16.17+1.5 3155 135 5683		4:48.45
6681	Pfeiffer, Nick/unat(Wash)	11.37+1.6
669+2.4 1205 183 51.76 16.58+1.5 3575 445 4388		4:41.65
6675	Schreib, Ben/Wisconsin	11.60+1.5
635+1.3 1313 198 53.10 16.32+1.4 3622 425 5278		5:03.69
6656	Blackwell, James/Cedarville	11.50+1.5
657+2.5 990 183 51.50 15.49+1.4 3664 485 3647		4:42.21

6560	Grob, Tyler/Saginaw Valley	11.26+1.6
613+1.7 1235 183 50.98 15.69+1.2 3232 455 3435		4:40.73
6387	Blanchard, Brandon/Tex-Arlington	11.39+1.5
653+2.5 1087 198 52.04 15.80+1.5 3501 365 4173		5:01.11
6371	Schofield, Kenny/Minnesota	11.25+1.6
670+0.4 1281 189 52.20 16.22+1.4 2223 415 4400		4:59.18
5977	Czerwinski, Tomek/Azusa-Pacific	11/37+1.7
652+1.8 1230 180 53.50 15.48+1.4 3797 nh		5034 4:57.50
5957	Frnka, John/Texas-Arlington	11.50+1.6
644+1.9 1074 171 52.89 17.49+1.4 3593 465 2013		4:48.21
5245	Barber, Colin/UCLA	11.72+1.7
668+2.0 1118 168 54.01 17.01+1.4 2611 nh		4505 5:02.14
dnf: Demirjian, Garrett/Long Beach St[11.40+1.5 667+2.1		1340 189 50.96 15.08+1.2 3877], McDowell, Evan/Air
Force[11.57+1.7 662 0.0 1127 186 52.40 15.98+1.2		withdrew],15s,13f.

Section B

6973	McPherson, Michael/Utah Valley	11.09-1.3
725-1.1 977 200 48.74 14.99+0.8 2784 400 4592		4:38.30
6713	Jenson, Ryan/N Dakota St	11.64-1.3
650 0.0 1102 182 50.27 16.25+1.0 3683 430 5256		4:42.34
6595	Schweiger, Kaleb/Lake Superior	11.61-1.1
621+2.0 1081 191 50.66 16.48+0.8 3151 440 4861		4:33.91
6557	Strickland, Maurice/CSU-San Marcos	11.30-1.3
620+0.6 1060 173 49.57 14.46+1.0 3237 440 4181		4:56.50
6326	Nash, Matt/Azusa Pacific	12.06-1.3
634+1.4 1147 170 53.07 16.18+1.0 3686 450 5060		5:00.23
6293	Eilers, Tiegan/Humboldt St	11.14-1.1
672+2.1 863 179 51.00 15.39+0.8 3392 310 4332		4:36.10
6215	Young, Justin/Azusa Pacific	11.54-1.1
641+1.2 1226 179 53.63 16.02+1.0 3549 380 4861		5:17.25
6114	Ilyas, Hassan/unat	11.78-1.1
626+1.8 1090 182 51.15 15.46+0.8 2903 370 3869		4:47.91
5916	Wilson, Stephen/Sn Utha	11.39-1.1
665+1.7 943 188 52.76 16.80+1.0 2844 380 3838		5:09.04
5715	Dittbenner, Hunter/Chadron St	11.66-1.1
643+2.6 978 179 52.21 16.11+0.8 2822 360 3198		5:06.82
5638	Gagnon, Beauregard/N Dakota St	12.27-1.3
615-0.4 976 194 54.22 16.62+0.8 2397 400 3445		4:56.91
5476	Plutowski, Kellen/N Dakota St	11.99-1.3
593+1.5 1014 179 52.14 16.63+0.8 2449 330 3794		5:00.53
5397	Munger, Sean/Chadron St	12.25-1.3
603+1.4 992 170 53.91 18.68+1.0 3279 340 4719		5:01.99
5119	Durrant, Eric/Sn Utah	11.81-1.1
587+1.7 1187 170 52.67 16.20+1.0 2947 nh		3405 5:08.61
dnf: Krall, Alex/Claremont-Mudd-Scripps[11.52-1.1 594+1.9		1123 nh], Kopy, Alex/N Dakota St[11.95-1.3 570+1.9 990
nh 53.82], 16s,14.		

Total: 44s,35f