

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXVIII

Number 57

Dec (1), 2013

INDOOR SEASON UNDERWAY

17 Meets on Initial Weekend

Hello Again....Anxious to get the 2013-14 season underway, 17 colleges scheduled indoor CE meets during the initial weekend of December. Although Liberty University Cody Bingham drew the season's first blood by winning the LU Kickoff at home-Lynchburg- (5020 pts) it was a pair of seniors who made the most noise. No surprise that North Dakota State's Andy Lillejord (Jamestown, ND) and Montana's Austin Emry (Homedale, ID), posted the top scores. Both were 2013 NCAA D1 indoor qualifiers. Lillejord (6-3, 180) used speed, a shot PR and vaulting (4.95m/16-2¾) to run up a 5604 total at the NDSU Dakota Duals in Fargo. His winning score, over, among other, 8! Bison teammates, represented a 200+ improvement over his opener a year ago. Lillejord was 7th at the 2013 NCAA I affair (5793 points).

Emry (23, 6-3, 190), 13th last season in Fayetteville, repeated his Candy Cane win in Cheney, WA with a workmanlike 5529 effort. After a pair of 23+' long jump fouls Emry safed his 3rd effort. "On his third jump he took off a foot and a half behind the board, so he probably lost 100 points in that event alone," UM track and field coach Brian Schweyen said. "But Austin was still solid."

For NCAA qualifying purposes indoor heptathlon scores are adjusted for track size and banking. This causes much confusion, but for NCAA qualifying *ONLY* the scores will read 5628 for Lillejord and 5554 for Emry. I note them in *italics* on the weekly "Results Page." My dislike for these adjustments is well documented. At the speed most



Seniors Andy Lillejord/North Dakota (left) and Montana's Austin Emry (right) put up big early season indoor numbers.

heptathletes run the 1000 meters (@ 12 mph) adjustments are unnecessary and only cause bewilderment. Oh well.....

The season got underway on Wednesday, December 4th and Liberty's Bingham, a redshirt soph from Lynchburg and



son of LU's associate head coach (and former decathlete Lance Bingham), notched the nation's first seasonal victory. Improvement ahead on the US father-son list.

Liberty's Cody Bingham(left) won the 1k race on the way to a 5020 score at the LU Kickoff.

The nationwide storms of Cleon and Dion made little dent into the first week's activities as 130 athletes started. Half a dozen additional meets are scheduled before the Holiday break.

New faces...

Thanks to *T&F News* for a recent update on the 2014 season recruits. The Pac-12 was the big winner as Arizona attracted NJCAA champ Pau Tonneson, Washington State added Serbian Dino Dodig and Oregon added a significant pair of prep stars.

USA Junior champ Wolf Mahler headed to Webb Cup winning Texas.

Foreign additions:

Weiland, Luca-7090Jr(GER)	Minnesota
Dodig, Dino-7434sr(SER)	Washington St
Leemet, Markus-7173jr(EST)	New Orleans
Pretorius, Friedrich-6291oct (RSA)	New Orleans

JUCO transfers:

Tonneson, Pau-7303sr	Arizona
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High School additions

Hawkins, Chaz-6311hs	Duke
Dunavant, Anthony-6416hs	Virginia
Zebold, Grant-6211hs	Nebraska
Filip, Scott-7255jr	Rice
Karabinos, David-6168hs	Cornell
Mahler, Wolf-7065sr	Texas
Delgado, Joe-6510hs	Oregon
Modin, Mitch-6969jr	Oregon