

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## SACTOWN SIZZLES

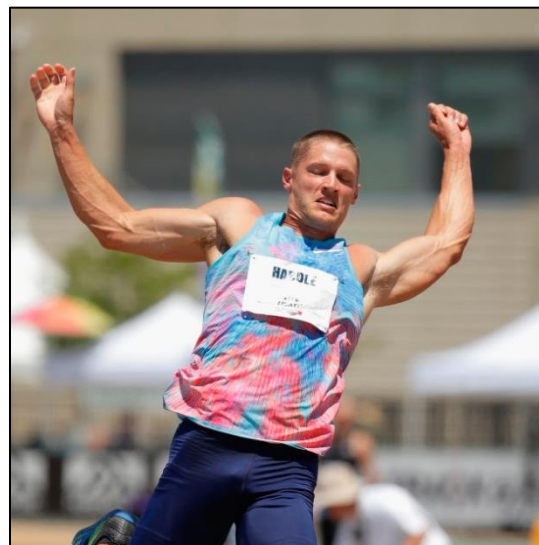
### Williams, Hardee, ZZ at Top of Leader Board

#### Hello Again...

It's hard to imagine conditions any hotter than at the 9th USA national decathlon at California State University-Sacramento. In the middle of the afternoon of day one air temps exceeded 110° F while temps steaming off of the artificial infield surpassed 125° F. I wish I was exaggerating. I'm not, causing me to retreat to the shade of the announcer's booth instead of doing the PA from the field. Even the '96 Olympic Trials in Atlanta had nothing on this heat wave. It was a far cry from the hail storm at the NCAAs two weeks earlier in Eugene. Anyone who doubts the legitimacy of 'climate change' just is not stepping outside. Bottom line...this was the hottest nationals in the 102 year history of this meet...period.

Meet officials, in an attempt to minimize the impact of the heat, moved all of Thursday events before 4 pm up one hour and all events after 4 pm back a single hour. That seemed reasonable for individual events but since the decathlon bridged that time span the decision actually added two more hours to the athletes misery by keeping them on the field with the horrendous heat. Not good. It did nothing for the scores for, at the end of day one the 400m performances simply wilted. At the first day break heat had claimed two casualties: Stanford's Harrison Williams and Wolf Mahler of Texas.

The trio of Zach Ziemek/Adidas, Trey Hardee/Nike and Devon Williams/Georgia dominated the first day news. Ziemek had the



**3x Nationals winner Trey Hardee spun five workmanlike events together in Sacramento which totaled 4306 points, 15 off the lead.**

lead well in hand after 4 events but flagged in the final 50 meters of his 400m race and barely crossed the finish line (50.20) and gave up the lead minutes later to consistent Williams and the surprising 33 year old Hardee

Here's the first day tale:

**98th USA National  
Decathlon Championships  
Alex G. Spanos Complex  
Sacramento State U.  
Sacramento, CA  
June 22-23, 2017**

## DAY ONE

### 100 Meters: [11:45 – 11:58 am]

With the searing heat radiating off a light colored track, an artificial surface infield and a stadium surrounded mostly by



The first sprint race found 3 x winner Trey Hardee (center) holding off Zach Ziemek (right) and Harrison Williams (left) to win in 10.57 seconds.

aluminum bleachers there was no way to stay cool for the approximate 300 in the bleachers. Devon Williams upset the pronosticators by blazing the first 100 section in a lifetime best 10.50 seconds and was fortunate to ride a +2.3 mps tailwind. Immediately after the first sprint race the tailwinds dialed back to virtually nothing. William's PR (10.65) was just a bit shy of having him included in the seeded race. That likely won't happen again.

In the 2nd race Texas's Wolf Mahler posted a nice 10.80 win as Duke senior Dan Golubovic's PR 11.25 went unnoticed. The seeded race (san D Williams) was both anti-climatic and instructive. Paired side by side (lane 5 and 6) Olympians Zach Ziemek/adidas and Trey Hardee/Nike made it a shoe sponsor sprint and Hardee, at age 33, was up to the task, holding off ZZ, 9 years younger, 10.57 to 10.67. Trey reacted fasted of all and simply would not be caught in spite of a mighty effort by ZZ.

Here's the summary of the third section.

### Section # 3

Place	name	lane	reaction	time	points
1.	Hardee	6	0.154	10.57	959
2.	Ziemek	5	0.182	10.67	935
3.	Bastien	2	0.160	10.71	926
4.	Filip	4	0.171	10.72	924
5.	Bahner	3	0.163	10.80	906
6.	Williams, H	7	0.163	10.81	903

Wind: +0.9 mps.

After One:, DWil 975, Hard 959, ZZ 935, Bast 926

### Long Jump: [12:30 - 1:04 pm]

Jumping in side-by side pits on the east side of the stadium Hardee opened with speedy 7.43m/24-4½ and immediately passed his two remaining attempt. The goal here was



Double Z's long jump covered 7.69m/25-2¼ of Sacramento city real estate.

simply to qualify for worlds and 7.43m was plenty. It also won group #1 in spite of a significant (8 inches) career best by Harrison Williams in round #2.

Group #2 (west pit and top seeded) saw Rice's Scott Filip lead after round #1 (7.45m/24-5½) and devon Williams (7.60m/24-11½) after round #2. Ziemek moved to the lead with a nifty 7.69m/25-2¼ but it did not last long as Williams responde with 7.74m/25-4¾ to win the pit and extend his lead. It was HOT!.

After Two, DWil 1970, ZZ 1913, Hard 1877, Bast 1802.

### Shot Put:[ 1:45 – 2:13 pm]

Much of this event went unnoticed as virtually all throwing events (including all CE throws) were moved to the north field. Wolf

mahler withdrew and Kurtis Brondyke/  
TheOtherGuys, won with a 2nd round put of  
15.45m/50-8¼. Hardee managed 14.91m/48-  
11 and Devon Williams did not improve after  
a 1st round toss of 14.30m/46-11. But only  
four (Tim Wunderlich-14.03m/46-½) got by  
14 meters. It was just too darn uncomfortable  
at 110 degrees....like walking around in a  
furnace!

Double Z was well below form here.  
Yet a trio: Mat Clark (13.61/44-8), Derek  
Jacobus (12.94m/42-5½) and Steven Bastien  
(13.54m/44-5¼) all came up with PR throws.  
*After Three: DWil 2717, Hard 2661, ZZ 2615, Fili  
2508.*

**High Jump:** [3:08 – 4:21 pm]

By now the heat began to take it's toll.  
Harrison Williams, striggling with a groin  
strain, managed by 1.92m/6-3½ and  
withdrew. Only two, ZZ and Filip, could  
manage anything over 2 meters as the heat  
radiated off the jumping apron on the south  
end. Ziemek took over the lead.

Section #1 (East Pit)

Pl	name	186	189	192	195	198	201	204	207	best	pts
1	..ZZ	p	p	p	o	xo	xxo	o	xxx	2.04 6-8¼	840
1	Filip	o	p	o	xxo	o	xxo	o	xxx	2.04 6-8¼	840

Hardee, because he possessed relatively weak  
high jump marks within the qualifying period  
(Jan 1, 2016 thru June 18, 2017), was  
relegated to the lower seeded pit. He cleared  
1.98m.6-6, (as did Dan Golubovic, the meets  
lone PR), to win group #2, but appeared a bit  
rusty. The event quickly ended as only 9  
points separated the top three.

*After Four: ZZ 3455, Dwil 3448, Hard 3446,  
Fili 3348.*

**400 meters:**[7:00 pm]

The adjusted time schedule pushed off  
the start to 7 pm at which time the temps still  
exceeded 100 °F. Making the athletes wait  
ther extra hour was costly. In the first race, as  
the draw would have it, featured four college  
coaches...Kurtis Brondyke, asst at Central  
Missouri; Tim Wunderlich/asst at Dartmouth;  
Mat Clark/strength coach at Arkansas; and  
Ziemek, volunteer coach at Wisconsin.

The latter raced off and had the race  
well in hand but simply wilted down the

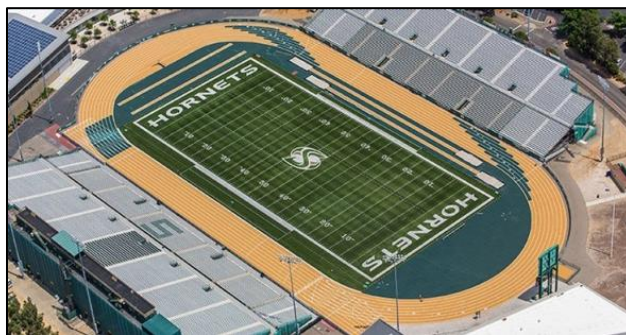


Devon Williams held the first day lead using a gutty 400.

home stretch. With 70 meters remaining he  
held a 7 meter lead. At the finish he was  
barely moving and his 50.20 3rd place  
clocking may have ultimately cost him the  
title. Thomas FitzSimons ran conservatley  
and well in the stretch winning the first race  
in 49.87. Everyone was approximately 1  
second slower that expected. ZZ's struggle  
was awarning light to subsequent races.

In section two Devon Williams held  
off Hardee, 48.75 to 49.02 as they ran a bit  
conservately early on.

In the 3rd race, without Harrison  
Williams and Wolf Mahler, the beattle was  
expected to be between a pair of collegians:  
Filip and Bastien. But vet Thomas Hopkins,  
in the outside lane, never saw the remainedr



of the field and won wire-to-wire in 47.04.  
His relay days at Princeton were a distant  
memory and the clocking was a deca best...a  
helluva race. Filip (48.47) and Bastien (48.52)  
were close but not in Hopkins' league on this  
sultry night.

The first day lasted a weary 7½ hours.  
After Five: DWil 4321, Hard 4306, ZZ 4260, Fili 4234.

## **Results:**

### **6/22-23 98th USA National Champs, Alex G Spanos Complex, Sacramento, CA**

4321	Williams, Devon/Georgia'17	10.50+2.3	774+1.7	1430	192	48.75	
4306	Hardee, Trey/Nike	10.57+0.9	743	0.0	1491	198	49.02
4260	Ziemek, Zach/Adidas	10.69+0.9	769+2.0	1357	204	50.20	
4234	Filip, Scott/Rice'18	10.72+0.9	745+1.4	1291	204	48.47	
4119	Bastien, Steven/Michigan'17	10.71+0.9	727+1.7	1354	192	48.52	
3991	Bahner, Austin/ShockerTC	10.80+0.9	741nwi	1332	183	49.63	
3985	Hopkins, Thomas/SBTC	10.82+2.3	727_2.0	1269	177	47.04	
3983	Wasik, Steele/Texas'19	10.96+0.9	691+1.0	1384	198	49.94	
3965	Moore, Gabe/Arkansas'19	10.96+0.9	697+2.4	1354	192	49.09	
3959	Brondyke, Kurtis/TheOtherGuys	11.12+2.3	706+2.2	1545	192	51.44	
3958	Jacobus, Derek/Arkansas'18	10.79+2.3	736+1.4	1294	186	50.17	
3853	Clark, Mat/unat	11.17+0.9	708+0.1	1361	189	50.58	
3788	Golubovic, Dan/Duke'17	11.25+0.9	671+0.9	1316	198	50.88	
3778	Modin, Mitch/Oregon'17	10.95+0.9	710+3.0	1316	183	51.70	
3766	FitzSimons, Thomas/SBTC	11.20+2.3	670+1.4	1279	192	49.87	
3672	Wunderlich, Tim/ShoreAC	11.42+2.3	675+1.1	1403	189	52.26	
dnf	Williams, Harrison/Stanford'19	10.81+0.9	734+3.5	1331	192	dns	
dnf	Mahler, Wolf/Texas'17	10.80+0.9	695+1.7	dns			

18s,14f.

