



DAY TWO at the NATIONALS

Hardee Stays Cool to Win 4th Title

Hello Again...33 year old Trey Hardee wrote another chapter of a storied career in Sacramento this week...winning a 4th national decathlon title in heat so nasty that nearly 40% of the field could not post marks in all ten events. But Hardee did remaining cool to the finish needing to simply jog the final event to post an 8225 score, his 15th career 8k. In the process he becomes the 2nd oldest to win a USA national decathlon. Only Kip Janvrin (age 35 in 2001) was older. Hardee's win comes in the post-Eaton era. Ironically, his decathlon career pre-dated the current world record-holder by four years. Now, 14 years and 51 CE meets after his start at Mississippi State, he wins a 4th national crown (only Bill Toomey, Dan O'Brien and Tom Pappas have won more).

As the saying goes, "the pros make it look easy." Well, Trey's a pro, and while fully half of the field either dnf'd, no heighted in the vault, came up with injuries or simply limped to the finish, Hardee appeared even nonchalant with his victory on two days when Sacramento temps exceeded 110°F. 110!.... 110!. I was fried and frequently had to had to retreat to the press box for some shade. But Trey seemed to handle it and when the dust cleared he had a 70 point win over '16 Olympian Zach Ziemek.

Amazingly two youngsters came up with PR score efforts and a pair of coaching veterans were close.

Here's day two.....



Hardee, giving fans a heart attack, waited until his final attempt on his opening vault height (4.90m/16-3/4) to clear the crossbar.

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

DAY TWO

110 m Hurdles: [12:56 – 1:11 pm]

Officials redrew section into four races of 4 apiece. Approximately 400 were present for the start of day two. I call these the true deca fans, those not just waiting for the rest of the meet to start. I don't know anyone who would come early and sit in 110° F

temps. These were decathlon's 3Fs...family, friends and fans.

Last year's JUCO winner, Gabe Moore, now an Arkansas soph, won the first race with a 1/100th PR 15.03 seconds into a slight headwind. Brondyke missed his own career best by 1/100th, 14.80, to capture the 2nd race. Again, headwind (-1.1mps).

Thomas Hopkins again made Scott Filip and Steven Bastien victims by winning the 3rd race in 14.57. More headwinds (-1.2mps). In the final (and seeded section) Devon Williams did not disappoint clocking a fine 13.61 (no wind, 0.0mps) while Hardee stayed reasonably close (13.97). But Ziemek again struggled here (after a false start... notice his reaction time) and could only manage 14.84, more than one half of a second slower than recent races. He just needs some work.

Williams extended his lead to 62 points. Mat Clark withdrew. Here's the summary of the fourth section.

Section # 4

<i>Place</i>	<i>name</i>	<i>lane</i>	<i>reaction</i>	<i>time</i>	<i>points</i>
1.	Williams, D	2	0.167	13.61	1025
2.	Hardee	4	0.157	13.97	978
3.	Wasik	8	0.190	14.29	937
4.	Ziemek	6	0.216	14.84	869

Wind: 0.0 mps.

After One: DWil 5346, Hard 5284, ZZ 5129, Fili 5091.

Discus: [1:55 – 2:30 pm]

Oregon's Mitch Modin did not finish his hurdle race but stayed to contest the discus and came away with a lifetime best 39.72m/130-4. So too Gabe Moore whose 2nd round 46.50m/152-7 was a nine foot PR.

William's 45.63.149-8 3rd round effort was enough to keep him atop the leader board, but barely as Hardee's 2nd round toss of 48.04m/157-6 erased all but 12 point of the lead. ZZ struggled again managing but a 42.30m/138-5 toss, seven meters below his best. He fell 286 point off the lead.

After Seven: DWil 6126, Hard 6114, ZZ 5840, Fili 5694.

Pole Vault: [3:25 – 4:43 pm]

The heat began to wear down the field. Filip (who needed just over 2300 points



The meet's defining moment came on Hardee's 3rd try at his opening bar, Yikes!

out of the final 3 events), Austin Bahner and Thomas Hopkins all failed to clear opening heights. I blamed the heat which was overbearing. In Group #1 (south pit) hardee waited until 4.90m/16-¾ before starting and then cleared on a 3rd try. Woa! ZZ started at 4.80m/15-9, progressed to 5.00m/16-4¾ and then began to look like the 2016 Double Z. He passed the nest two bars and neatly cleared 5.30m/17-4½ making up 155 points on Williams who suffered back spasms. Group #1 ended abruptly after ZZ passed 5.40m/17-8½, mised oce at 5.50m/18-½ and called it a day.

Kurtis Brondyke won group #2 at 4.70m/15-5. Hardee had moved to the overall lead by 19 points. In the meantime, and almost unnoticed, Bastien contined his relentless, solid, consisted efforts tomove to 4th.

After Eight: Hard 6994, DWil 6975, ZZ 6844, Bast 6464

Javelin: ['A' 5:03 – 5:24 pm; 'B' 5:48 – 6:12 pm]

Two groups on the north field. Dartmouth's 30 year old coach Tim Wunderlich, heretofore mostly unnoticed, speared a terrific 66.69m/218-9 to win the event the first group and then no one came remotely close in the 2nd.

When Williams could manage but a 52.56m/172-8 toss in the first group, Hardee moved in for the kill. His first toss landed at 60.30m/197-10, and at 15 points/meters, had positioned himself to a comfortable lead. Of 134 points. So to Ziemek responded with a

56.10m/183-9 effort to move within 80 of Williams. Brondyke came up with a career best, 62.20m/204-1 and Golubovic and Bastien were close. Now back to the stadium
After Nine: Hard 7736, DWil 7602, ZZ 7522, Bron 7175.

1500 meters:[7:07 – 7:12 pm]



Georgia's Devon Williams (left) led after day one but finished 3rd. Zach Ziemek/adidas (right) was the runner-up.

Hardee's margin over Williams was 134 points or 22.2 seconds in the final race. Although he ran at the back of the pack Trey kept a wary eye on the Georgia youngster, 10 year his junior and the gap never stretched to more than 6 seconds. By the homestretch of the final lap Williams had faded badly and gap was less than 3 seconds. Hardee hammed it up for the cameras at the finish line, taking nearly 3 seconds to cover the final 5 meters. Don't be hoodwinked...his 5:12.65 final clocking is not indicative of his condition, just a reflection of what he had to do to win the meet. One must recall last year's nationals ('The Trials') in Eugene where, gimpy, he clocked 72.49 seconds in the 400m, virtually walking to the finish. He is a good deal healthier in 2017!

SBTC teammates FitzSimons and Hopkins pushed the early pace, led the breakaway and the former won in 4:23.05. Ziemek pushed his 1500m hard and came away with a 4:47.61 time. It was enough to garner the silver medal and a long way from the days when a 'sub 5' for Double Z was an

infrequent occurrence. He had made up that 286 point deficit on Williams in just 3 events. Both Gabe Moore, a 21 year old sophomore at Arkansas, and Dan Golubovic, the 23 year old grad student at Duke, came away with PR scores, 7699 and 7717 respectively. And the coaching duo of Kurtis Brondyke and Tim Wunderlich just missed career bests, finishing in 5th and 9th place respectively. Under the conditions...remarkable. Way to go!

Day two was a bit more reasonable... lasting just over 6 hours.

After Nine: Hard 8225, ZZ 8155, DWil 8131, Bast 7836.

Results:

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

8225	Hardee, Trey/Nike	10.57+0.9
743	0.0 1491 198 49.02 13.97 0.0 4804 490 6030	5:12.65
8155	Ziemek, Zach/Adidas	10.69+0.9
769	+2.0 1357 204 50.20 14.84 0.0 4230 530 5601	4:47.61
8131	Williams, Devon/Georgia'17	10.50+2.3
774	+1.7 1430 192 48.75 13.61 0.04563 480 5256	5:05.44
7836	Bastien, Steven/Michigan'17	10.71+0.9
727	+1.7 1354 192 48.52 14.82-1.2 3955 470 5560	4:36.88
7746	Brondyke, Kurtis/TheOtherGuys	11.12+2.3
706	+2.2 1545 192 51.44 14.80-1.1 4428 470 6220	4:58.12
7717	Golubovic, Dan/Duke'17	11.25+0.9
671	+0.9 1316 198 50.88 14.95-1.1 4487 480 6144	4:36.86
7699	Moore, Gabe/Arkansas'19	10.96+0.9
697	+2.4 1354 192 49.09 15.03-0.6 4650 460 5496	4:46.83
7667	Wasik, Steele/Texas'19	10.96+0.9
691	+1.0 1384 198 49.94 14.29 0.0 4073 440 5600	4:43.35
7494	FitzSimons, Thomas/SBTC	11.20+2.3
670	+1.4 1279 192 49.87 15.20-1.1 3984 460 5488	4:23.05
7255	Jacobus, Derek/Arkansas'18	10.79+2.3
736	+1.4 1294 186 50.17 16.02-0.6 3669 460 4659	4:46.33
7205	Wunderlich, Tim/ShoreAC	11.42+2.3
675	+1.1 1403 189 52.26 15.26-1.1 4399 450 6669	4:42.15
6972	Filip, Scott/Rice'18	10.72+0.9
745	+1.4 1291 204 48.47 14.94-1.2 3694 nh	5365 4:47.23
6761	Bahner, Austin/ShockerTC	10.80+0.9
741	nwi 1332 183 49.63 15.53-0.6 4420 nh	5421 4:56.21
6746	Hopkins, Thomas/SBTC	10.82+2.3
727	+2.0 1269 177 47.04 14.57-1.2 3857 nh	4160 4:28.00
dnf	Modin, Mitch/Oregon'17	10.95+0.9
710	+3.0 1316 183 51.70 dnf	3972 withdrew
dnf	Clark, Mat/unat	11.17+0.9
708	+0.1 1361 189 50.58 dnf	withdrew
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.