



EATON WINS TRIALS

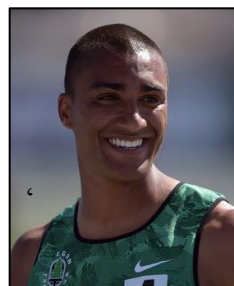
Taiwo, Double Z Also on Road to Rio



Hello Again... Ashton Eaton, Jeremy Taiwo and Zach Ziemek held a solid hold on team spots entering the final 5 events and did not disappoint. Eaton answered all question of fitness with the easiest looking 8750 score you'd ever see for his 2nd US Olympic Trials win. Although Garrett Scantling made a valiant attempt to upset the trio with a huge javelin Taiwo's 1500m margin over Scantling was a whoping was 45 seconds and it was over early and not close. Taiwo and Ziemek would be joining Eaton on the boat to Brazil. Interestingly Wisconsin's 'Double Z' became the first collegian to make the USA decathlon squad since Aric Long did so back in 1992. After winning the NCAA indoor hept title, slog thru an outdoor season and survive the meatgrinder called "NCAA champs" ZZ was more than ready for the challenge here.

Trey Hardee's injury led to a subsequent withdrawal overnight so there was little drama on who the Rio Games representatives would be. Ashton Eaton was steady and consistent showing no negative effects of a recent minor quad injury. "I learned a lot here, competing smoothly and not too aggressively and still scoring well," said Eaton. "My health is about 90 %, so if I train good and just do the same thing at a higher level, I'm confident going into the Games." The issues were a strained left quadricep and tight right hamstring.

And this was a breakout meet for both Taiwo (PR of 8425, up from 8303) and



2016 Olympic decathletes include: *top*: Ashton Eaton; *bottom left*: Zach Ziemek; *bottom right*: Jeremy Taiwo

'Double Z' (PR of 8413, up from 8300 3 weeks earlier). The top 3 Americans came away with the 1st, 6th and 7th best worldwide score in 2016! And Jeremy and ZZ become #'s 10 and 11 on the all-time US list.

Day two at the US Olympic Trials was only slightly cooler—temps in 80s with clear skies. Here's the story from historic Hayward Field with its 22,242 attendance of day two of the decathlon.



DAY TWO

**24th US Olympic Trials Decathlon
Hayward Field
University of Oregon
Eugene, OR
July 2-3, 2016**



110 m Hurdles: [10:00 - 10:13 am]

Trey Hardee announced he could not continue leaving 16 athletes but the fields were drawn assuming 17, and with alternate lane, five races were necessary.

Vet Kurtis Brondyke won the first race in 14.81 seconds and Steven Bastien's 14.83 PR was good for the win in the 2nd. The 3rd race matched up Taiwo (lane 3) and Ziemek (lane 5). Jeremy was in total command here opening up an immediate lead and ultimately just missing a career best with a 14.22 clocking. ZZ struggled (check reaction time) just managing 14.94.

Section # 3 wind +1.0 mps

Place	name	lane	reaction	time	points
1.	Taiwo	3	0.181	14.22	946
2...	Modin	1	0.255	14.55	905
3.	Ziemek	5	0.606	14.94	857

Scantling was a significant winner in the 4th race with a 14.13 PR. In the final race, with Hardees lane vacant, Eaton was off conservatively. But gunned it after the 2nd hurdle and ran away from the Williams boys. His 13.60 victory looked almost too easy and he showed no effect of the day one tight hamstring. Devon (13.98) and Harrison (14.12) posted quality times. Estimated crowd at 10 am was 3000 (!). That, in and of itself, is reason enough to continue to have Eugene host the quadrennial 'Trials.'

Section # 5 wind +2.1 mps

Place	name	lane	reaction	time	points
1.	Eaton	3	0.162	13.60	1027
2.	Williams,D	7	0.185	13.98	977
3.	Williams,H	1	0.191	14.12	959
dns	Hardee	5			

After Six: Eato 5587, Taiw 5424, ZZ 5268, Scan 5196.



Ashton Eaton looked sharp in the 110m highs.

Touchdown

Hurdle Splits for:	Taiwo		Eaton	
Hurdle 1:	2.38	2.38	2.19	2.19
Hurdle 2:	3.44	1.06	3.27	1.08
Hurdle 3:	4.52	1.08	4.25	0.98
Hurdle 4:	5.51	1.09	5.36	1.11
Hurdle 5:	6.66	1.15	6.30	0.94
Hurdle 6:	7.76	1.10	7.34	1.04
Hurdle 7:	8.82	1.06	8.42	1.08
Hurdle 8:	9.97	1.15	9.38	0.96
Hurdle 9:	11.11	1.04	10.48	1.10
Hurdle 10:	12.19	1.08	11.58	1.10
Finish:	14.22	2.03	13.60	1.62

Nb: touchdowns are hand-times. Final time is automatic
This may lack a little accuracy since I was trying to announce and time simultaneously

Discus: [10:50 - 11:11 am & 11:40 am - noon]

If this meet presented any drama it occurred after Eaton fouled on his first discus toss (a foot fault in the circle). "I was absolutely nervous," he said. "I knew I just had to get a mark and I would probably be safe for the team. But of course, I also want to perform well. So I was frustrated and also nervous a little bit." His 2nd effort travelled just 37.18m/122-0 of Lane County real estate. Not good enough? His 3rd toss of 41.39m/139-9 was almost respectable.

The view at the top of the leader board tightened up considerably when, in the second group, Ziemek rocketed a winning (just shy of a career best) 48.17m/158-0. It would have tightened even more if ZZ had been able to

save is 3rd toss which hit the 50m line. But he couldn't stay in the circle.

Bastien and Devon W notched career bests in the first group (45.44m/149-1 and 42.58m/139-8) and Solomon Simmons did so in the 2nd (45.45m/149-1). The affair was amazingly free of fouls...only 5 in the first two rounds of 32 throws. Deliberate foot faults, a reaction to an unacceptable effort, normally dominate the final round and that was the story here...8 fouls in 16 throws. The weather was a pleasant 78°F and the crowd grew to 4000.

After Seven: Eato 6280, Taiw 6131, ZZ 6100, DWil 5960.

Pole Vault: [1:00 – 2:32 pm]

The loss of Tim Ehrhardt (right hamsring injury during long jump) and Hardee, both excellent vaulters, thinned Group #2 (east pit), which featured the better vaulters. Conditions were excellent but Miller Moss and Stanford soph Harrison Williams both 'nh'd. The latter was marginally ahead of PR score (8032) pace at the time. That left only five to contest. When Ziemek opened successfully at 4.85m/15-11 and Eaton did the same one bar later, they were 'on the team.'" Both went on to clear 5.25m/17-2¾ to share the win. Eaton took but 5 jumps in total and



As a repeat of 2015 USA nationals, Wisconsin's 'Double Z' was the last man standing. competition ended when Ziemek was unable to clear 5.35m/17-7½. Later reflection revealed a clearance would have given him a realistic shot at Hardee's 8465 CR.

With a full flight of vaulters, Group #1 (West pit) took longer. The pit was won by Taiwo, Doane's Kale Wolken and Mitch

Modin at 4.75m/15-7. Taiwo then passed 4.85m/15-11 in favor of 4.95m/16-2¾ but a trio of close misses ended the vaulting. Again, later reflection revealed that a clearance at 4.95m would have given the 26 year Seattle native a realistic shot at 8500 points. Ahh... "all those ifs."

The crowd swelled to 5200+ midway thru the event. It included a large contingent of former Trials decatlon competitors, many whom bussed from Santa Barbara.

Group #2, East Pit

Place	name	435	455	465	475	485	495	505	515	525	535	best	pts
Ziemek		p	p	p	p	o	o	o	o	xo	xxx	5.25m	988
Eaton		p	p	o	p	p	o	p	p	xxo	stop	5.25m	988
Bahner		p	o	xo	o	o	xxx					4.85m	865
Scantling		p	p	xo	o	o	xxx					4.85m	865
Beach		p	p	xxo	p	xxx						4.65m	804
Moss		p	p	xxx								nh	0
Williams, H		p	p	p	xxx							nh	



Eaton (right) and coach Harry Marra (left) discussed the value of limiting the number of vault attempts. Ash took only five.

After Eight: Eato 7268, ZZ 7088, Taiw 6965, Scan 6802.

Javelin: [2:30 – 2:53 & 3:29 – 3:44 pm]



Eaton played it safe with a 57.84m/189-9 javelin and led Ziemek by 189 pts after nine events.

The first eight eliminated in the vault made up Group #1 of the javelin [Moss, Beach, Bahner, Brondyke, Scantling and the pair of Williams's. Only Scantling opened eyes with a terrific 69.37m/227-7.

When Taiwo was unable to respond in Group #2 Scantling found himself in 3rd place after 9 events. Yet it would prove illusionary since their 1500m skills were like night and day.

In Group #2 Eaton's 3rd toss of 57.84m/189-9 and Ziemek's opener of 57.24m/187-9 were both a bit less than expected but nonetheless safe. Taiwo, ready for 57m(!) -best throw landed outside right foul line) could spear just 52.82m/173-3. Thus Scantling had made up 250 points.

After Nine: Eaton 7973, ZZ 7784, Scan 7682, Taiwo 7595.

1500 meters: [5:33- 5:3 pm]

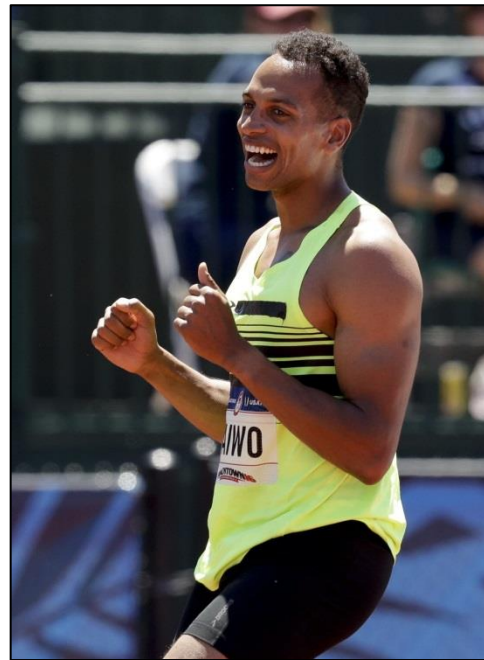
The story line focused on the third Olympic team spot. 87 points out of 3rd place (14 second differential in the 1500m), Taiwo was never in trouble here. His lifetime best was 28 seconds better than that of Scantling. They had met twice before at 1500m and the winning margins for Taiwo had been huge (34 seconds at the '13 NCAA and 36 seconds a month before in Götzis !!). Taiwo made up the 14 second gap on Scantling in the first lap! With two laps remaining the angular Washington grad was still running smoothly in front and was already 30 seconds ahead.

Curtis Beach jumped Taiwo at the bell and won in a comfortable 4:12.13 and Taiwo was 5 seconds back at the finish...4:17.35, one second off his lifetime best. Eaton ran comfortably finishing in 4:25.15 and Ziemek stayed with the pack and managed 4:48.21. Both Taiwo and ZZ had achieved times to surpass 8400 points.

Meanwhile Scantling had fallen off the back of the peleton. His 5:02.32 clocking was almost 45 seconds behind Taiwo and his final tally of 8228 was 4 points shy of his best.

<u>Splits:</u>	<u>400m</u>		<u>800m</u>
300m:[3 laps to go]	48		
400m:	63.8	63.8	
700m: [2 laps to go]	1:56	68	
800:	2:14	70	2:14+
1100m: [1 lap to go]	3:08	72	
1200m:	3:24.3	70	
Finish:	4:17.35	69	2:13+

After Ten: Eaton 8750, Taiwo 8425, ZZ 8413, Scan 8228.



The Results of the first three averaged 8527, only ever topped by the '08 and '96 teams



Results:

7/2-3 24th US Olympic Trials & 97th USA Nationals, Hayward Field U of Oregon, Eugene, OR

8750	Eaton, Ashton/Nike-OreTC-e	10.34+1.8
784+1.4	1404 200 46.30 13.60+2.1 4139 525 5784	4:25.15
8425	Taiwo, Jeremy/Brooks	10.94+1.6
755+1.1	1488 221 48.76 14.22+1.0 4210 475 5282	4:17.35
8413	Ziemek, Zach/Wisconsin	10.60+1.8
772+0.7	1411 209 49.30 14.94+1.0 4817 525 5724	4:48.21
8228	Scantling, Garrett/unat	10.86+1.2
724+3.0	1597 206 51.04 14.13+1.2 4376 485 6937	5:02.32
7927	Williams, Devon/Georgia	10.65+1.2
772+0.1	1292 197 49.48 13.98+2.1 4544 445 5000	4:47.88
7829	Simmons, Solomon/E Michigan	10.79+1.8

686+1.9 1491 188 49.44 14.18+1.2 4545 445 5783 4:46.37
 7785 Modin, Mitch/Oregon 10.87+1.2
 742+2.7 1392 197 49.67 14.55+1.0 3810 475 5787 4:56.49
 7776 Bahner, Austin/ShockerTC 10.84+1.2
 738+0.9 1386 188 49.87 15.52+1.4 4549 485 5459 4:44.93
 7728 Beach, Curtis/Nike 10.75+1.8
 733+1.7 1261 188 48.23 14.95+1.2 3685 465 4765 4:12.13
 7680 Filip, Scott/Rice 10.75+1.2
 737+3.2 1352 200 49.08 15.00+1.4 3958 455 4796 4:43.08
 7614 Brondyke, Kurtis/TheOtherGuys 11.06+0.6
 674+1.3 1535 194 51.26 14.83+1.4 4671 425 5821 4:53.46
 7599 Bastien, Steven/Michigan 10.70+1.8
 765+1.3 1236 197 49.15 14.82+0.7 4258 465 4833 5:14.77
 7576 Wolken, Kale/Doane 11.16+1.6
 723+1.9 1303 191 50.18 15.15+0.7 4060 475 5754 4:45.92
 7392 FitzSimons, Thomas/SBTC 11.26+1.6
 664+2.5 1312 185 50.17 15.25+0.7 3887 455 5614 4:23.16
 6951 Williams, Harrison/Stanford 10.71+1.2
 704+0.9 1306 194 46.66 14.12+2.1 3928 nh 4783 4:46.29
 6610 Moss, Miller/OTC 10.98+1.6
 705+1.5 1394 191 50.87 14.59+1.2 4308 nh 4791 5:08.61
 dnf Hardee, Trey/Nike 10.54+1.8
 693+2.5 1568 182 72.49 withdrew
 dnf Ehrhardt, Tim/Michigan St 10.90+1.5
 720+1.5 withdrew
 18s,16f.
