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DALLAS MEET NETS TWO 8s

Simmons, Filip, Veterans Dominate TGA, NCAA Next

Hello Again.... With the NCAA D-I meet around the corner action was light during the first weekend of June, 2019. The Texas Greatest Athlete meet in Dallas, which normally serves as a 'last chance' qualifying (for USA nationals) affair for post collegians became a high scoring eye-opener. Eastern Mochigan grad Solomon Simmons and Rice grad Scott Filip waged a terrific duel with both coming away with career best scores.



Ex Eastern Michigan star Solomon Simmons (left) edged Scott Filip for the TGA win as both posted 8000+ totals.

Simmons, 25, from Murrieta, CA, and a volunteer assistant coach at Kennesaw State U, prevailed at 8130, a 110 point improve-ment on last year's USA runner-up score. He managed PRs in the vault (4.90m/16-3/4) and javelin (65.70m/215-7) and just did hold off the speedy Filip, 24, Bloomington, IL. The Rice grad added 179 points (via new bests in the shot put and javelin) to his career best getting his initial 8000 score here, 8094. They move to 1-3 on the seasonal USA list. It was the season's opener for both.



After an 8 year absence Chris Helwick (l) is back on the track. He as 3rd in Dallas (7569) to former Rice star Scott Filip (r) who recorded his initial 8.

Yet that was hardly the entire story in Dallas as a trio of others were attempting to turn back the clock. After a eight (!) year absence Chris Helwick, 34, Greeley, CO, now a volunteer coach at Colorado State, returned to demonstrate his jumping and throwing skills. A bit rusty (hey, he's 34!) Chris nevertheless posted a nifty 7569 total, good enough for 3rd and certain the be enough for a spot at the USATF nationals which last saw him in 2011.

32 year old Dartmouth coach Tim Wunderlich was 4th with a 7480 total, 13 points better than his best of a year ago. And Mat Clark, 32, the strength and conditioning coach at University of Arkansas was 5th at 7231, 69 points up on comebacking ex Buffalo star Mike Morgan. Both Helwick and Wunderlich used significant 'reverse splits' (high 2nd day scores). Two things result here: first, we may have to create a "coaches category" for USA competitors. And second,

it's never too late lace 'em up again. (Are you listening Gunnar?)

The 50th (!) NCAA D-I nationals will dominate this weeks news. Scheduled for Wed-Thur, in Austin, Texas, the Pac-12 Conference brings the top thee entrants in super frosh Ayden Owens/USC, indoor champ Harrison Williams/Stanford and German import Maximillian Vollmer/Oregon. 24 will start three of the coaches standing on the sidelines in Austin will be Simmons, Wunderlich and Helwick.