



1st DAY at 100th USA NATIONALS

Simmons Leads Filip, Ziemek injured

Hello Again....16 athletes were accepted for the historic 100th USA national decathlon, a meet that began at the 1915 Pan-Pacific Exposition (World's Fair) in San Francisco. The decathlon has not been held every year since, hence in 2015 we celebrated the 100 anniversary of the meet. This year we celebrate the 100th meet.

The field was a good one yet exactly one-half (15 of 30) of those who had scores good enough to qualify (qualifying period ran from Jan 1, 2018 thru mid July, 2019) did not enter the USA nationals, their absence explained by retirements, injuries, retirements or other reasons. The qualifying standard was 7800 points while 7480 was the final accepted entry.

One who was not accepted, '16 Olympian Jeremy Taiwo (with a career best higher than the other 16 who were) could only shake his head. After a year long injury (last dec was '18 MultiStars) he was hoping to appeal to make the cut. The appeal process is in place just for these kind of situations. Yet, despite of his credentials, appeal denied. Go figure. This is almost a humiliation and the process needs to be looked at.

The Iowa capital of Des Moines, no stranger to exaggerated weather, dawned warm and mild on day one of the 100th USA national decathlon. championships. The weatherman promised good weather and kept the promise until 7:30 pm when the rains came casting a damper on the meet.



The first USA national championship, in San Francisco in 1915, was won by 1912 Olympic high jump winner Alma Richards of BYU (left). Solomon Simmons (right) leads the 100th nationals in Des Moines at the break.

The two major turning points of day one came in the jumps. In the long jump vet Solomon Simmons (25, Murrieta, CA), facing two earlier toeboard foot faults, came up with an exciting all or nothing 7.50m/24-7¼ leap, just 2cms under a career best, to grab the overall lead. The second event was not a happy one as defending champ Zach Ziemek caught a spike on his high jump approach (he had a PR 2.13m/6-11¾ earlier in the season) and badly twisted an ankle. A bit gimpy with a sore hamstring coming in he was forced to withdraw and his world champs status is now in doubt.

But the major story at Drake was Simmons who won the first three events and finished with 4281 points to lead Scott Filip by 30 with Steven Bastien and Harrison Williams another 25 and 47 points in arrears.

Good weather is forecast for day two. Here's the tale of day one.



**2109 and 100th USA
National
Decathlon Championship
Drake University
Des Moines, IA
July 25-26, 2019**

Day One

100 Meters: [2:45- 2:57 pm]

Weather, Overcast and cloudy, temps in mid 80s, with mild breezes coming from the south. So the event was conducted south to north on the west side of Drake's Jim Duncan track. After a pair of false starts Simmons out-dueled the Williams boys, with a PR equaling 10.60 for Solomon, 10.68 for Harrison and 10.72 for Devon. Unnoticed in 6th was globe-trotting Dan Golubovic who PR'd at 11.24. Aiding wind: +1.8 mps.

Section One	lane	PR	reaction	time	pl	points
1....Simmons	3	10.60	0.181	10.60	1	952
2....Williams, H	7	10.63	0.181	10.68	2	933
3....Williams, D	2	10.50	0.158	10.72	3	924
4....Moore	* 8	10.69	0.167	11.01	4	858
5....Brondyke	4	11.06	0.212	11.11	5	836
6....Golubovic	5	11.25	0.200	11.24pr	6	808
7....Helwick	1	10.94	0.167	11.52	7	748
8....Ghizzone	* 6	11.08	0.174	11.52	8	748



The Williams Clan (above), Devon (10.72 left) and Harrison (10.68 right) trailed Simmons (right) to the finish in the initial sprint.

Scott Filip's 10.61 career best topped both Steven Bastien and a cautious Zach Ziemek in the second race. Unseen in 6th was tall Jack Flood with a PR 11.07. Rice's 'Triple C,' senior Charlie Card-Childers recorded his best non-Texas sprint, 11.23. Aiding wind +1.4 mps.



Both Ziemek (left-10.87) and Bastien (right-10.71) trailed Scott Filip in the 2nd race.

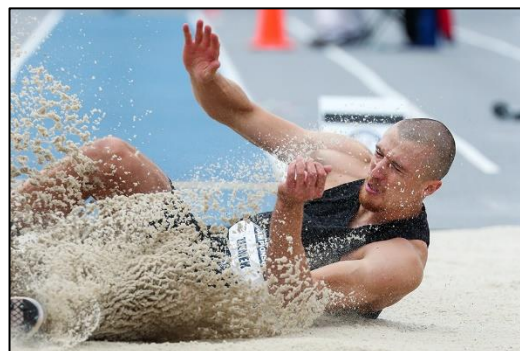
Section Two	lane	PR	reaction	time	pl	points
1....Ziemek	1	10.57	0.197	10.87	3	890
2....Card-Childers	2	11.00w	0.220	11.23	8	810
3....Rogers	3	10.77	0.224	10.89	4	885
4....Nytes	4	10.90	0.180	11.14	7	830
5....Filip	5	10.63	0.176	10.61	1	949
6....Bastien	6	10.61	0.193	10.71	2	926
7....Modin	7	10.71	0.200	10.95	5	872
8....Flood	8	11.16	0.164	11.07pr	6	845

*-false starts

After One. Simm 052, Fili 949, Will-H 933, Bast 926, Will-D 924, ZZ 890.

Long Jump: [3:26 – 4:20 pm]

A crowd (?0) of just over 300 were on hand for the start of the long jump. More than 500 were in attendance at its finish. This is what happens when you have time to count. Jumping south to north on the west side of Johnny Bright Field the 16 man 1st round ended with Filip leading with a 7.38m/24-2 1/2 mark. ZZ took a single jump, 7.32m/24-2 1/4. Simmons fouled.



ZZ took only one jump, 7.32m/24-1 1/4 and sat out the final two rounds.

The second round was completed with Filip still leading at 7.43m/24-4 1/2.

Simmons fouled again. In the 3rd round Bastien took the lead covering 7.49m/24-7 of Des Moines real estate. Simmons went for broke, hit the board perfectly with noooooo room to spare and won the event at 7.50m/24-7¼. Duke grad Golubovic recored the only liofetime best, 6.93m/22-9.

After Two: Simm 1887, Fili 1867, Bast 1858, Will-D 1824, Will-H 1785.

Shot Put: [4:55 – 5:20 pm]

Throwing at south end of Johnny Bright Field in two groups, Simmons opened in the east circle with a nice 15.11m49-7 toss to win the event. Ziemek’s 3rd round 14.82m/48-7½ was an eye-opening career best. Harr ison W illiams missed his own PR by 5 inches (13.80m/45-3½)

In the concurrent west circle Iowan Kurtis Brondyke won at 14.53m/47-8 as ‘Triple C’ PR’s with a 13.89m/44-7 put.

After Three: Simm 2683, Fili 2591, ZZ 2560, Will-D 2569, Bast 2544, Will-H 2501,

High Jump: [6:00 – 7:20 pm]

Golubovic and Houston Baptist junior Denim Rogers captured the east pit at 1.97m/6-5½, yet another PR for the Duke grad. In the west pit Ziemek badly twisted an ankle and was carried off the apron, unable to return. Bastien and TripIc both managed 2.00m/6-6¾ but the event belong to Flood, the ’17 NCAA III champ while at Cortland St (NY). His 2.06m/6-9 clearance proved a winner as he move to 9th. There were few place swings.

After Four: Simm 3432, Bast 3347, Fili 3340, ZZ 3309, Will-D 3382, Will-H 3250, Moor 3221.

400 Meters: [8:03- 8:10 pm]

Bastien, running in lane 1, made up the stagger on the field by 300m and ran strongly on the final straight clocking a nice 48.65 in the rain. Frogers held off Simmons, 49.24 to 49.27. Jack Flood PR’s in 5th pave, at 50.26.

Section One	lane	PR	time	pl	points
1....Bastien	1	47.49	48.65	1	879
2....Rogers	3	48.56	49.24	2	850
3....Simmons	4	49.04	49.27	3	849
4....Brondyke	8	50.06	50.10	4	810
5....Flood	7	50.33	50.26pr	5	803
6....Modin	2	48.10	50.33	6	799
7....Card-Childers	6	51.15	51.56	7	744
dns....Ziemek	5	49.04	-----	-	----



Stanford’s Harrison Williams won the days final event with a nifty 47.60 clocking.

In the day’s final event, and yes, it was still raining, Harrison Williams and Scott Filip were matched side-by-side in lanes 4 & 5.

Little separated them until Williams, displaying his running skills, pulled away for the win (nice lean) 47.60 to 47.96, terrific times considering. Devon Williams and Gabe Moore were 3rd and 4th, caught in 48.44 and 49.68 seconds.

Section One	lane	PR	time	pl	points
1....Williams, H	6	46.66	47.60	1	929
2....Filip	5	47.58	47.97	2	911
3....Williams, D	4	48.11	48.44	3	888
4....Moore	3	48.51	49.68	4	829
5....Nytes	2	49.67	50.26	5	803
6....Ghizzzone	8	48.50	50.42	6	542
7....Golubovic	1	50.13	50.93	7	772
8....Helwick	7	49.22	52.03	8	723

Hrrison Williams moved to 6th to 4th overall and Filip oulled within 30 points of Simmons’ overall lead. Solid first day sans the injury to Ziemek.

After Five: Simm 4281, Fili4251, Bast 4226, Will-H 4179, Will-D 4170, Moor 4050



Results:

7/25-26 100th USA National Decathlon, Drake U Stadium, Des Moines, IA

4281	Simmons, Solomon/unat	10.60+1.8 750+0.6 1511 194 49,27
4251	Filip, Scott/unat	10.61+1.4 743+1.7 1393 194 47.96
4226	Bastien, Steven/unat	10.71+1.4 749+2.2 1330 200 48.63
4179	Williams, Harrison/Stanford’19	10.68+1.8 716+0.7 1380 194 47.60
4170	Williams, Devon/unat	10.72+1.8 736+1.3 1411 191 48.44
4050	Moore, Gabe/Arkansas’19	11.01+1.8 727+1.6 1412 194 49.68
3987	Brondyke, Kurtis/Other Guys	11.11+1.8 718+1.6 1453 191 50.10
3971	Flood, Jack/Athletic Lab	11.07+1.4 679+1.5 1353 206 50.26
3889	Golubovic, Dan/unat	11.24+1.8 693+2.0 1413 197 50.93

3885 Modin, Mitch/unat
10.95+1.4 691+2.0 1309 194 50.53
3849 Rogers, Denim/Houston Baptist'20
10.89+1.4 678+1.2 1150 197 49.24
3791 Nytes, Trent/Wisconsin'19
11.14+1.4 680+1.4 1259 194 50.26
3755 Card-Childers, Charlie/Rice'19
11.23+1.4 649+2.1 1359 200 51.56
3652 Helwick, Chris/unat
11.52+1.8 674+1.8 1320 194 52.03
3447 Ghizzone, Andrew/unat
11.52+1.8 675+1.2 1073 179 50.42
dnf Ziemek, Zack/adidas
10.87+1.4 732+1.4 1481 194inj dns
16s,15f

