



## 2nd DAY at 100<sup>th</sup> USA NATIONALS

### D. Williams, Simmons, H. Williams

**Hello Again....** Devon Williams put together four terrific 2nd day events to overtake Solomon Simmons and win the 100th USA nationals decathlon at Drake University's famous blue oval. He won the hurdles and discus, then PR'd in the vault and javelin giving him an insurmountable lead before the final event. He finished with a 8295 score, a single point more than Zach Ziemek's 2018 winning total and Drake Stadium record.

But it was the shadow of Ziemek and '16 Olympic teammate Jeremy Taiwo that hung over this historic meet. Ziemek was the heavy favorite but an ankle injury stopped him in the high jump when it appeared he would take control (PR in shot put, and owned a new PR in high jump). When ZZ went down a pall stalked the meet. Just as noticeable by his absence was Taiwo whose career best is higher than any of the athletes here. Recovering from 2018 injuries he appealed for admittance to the meet, but was denied. Go figure. This was the first time since 1986 (33 years!!) that this meet did not finish with an Olympian.

On ther bright side we finished with four 8000 scores and PRs for Solomon Simmons, Harrison Williams and newcomer Jack Flood. A pretty good meet that had the potential to be spectacular. Welcome to the decathlon, which was once described as "an exercise in almosts."

Here is the tale from Drake.....



25 year old Devon Williams, Marietta, GA. used a solid 4125 2nd day effort to capture the 100th USA national decathlon in Des Moines.



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

#### Day Two

**110 m Hurdles:** [12:30 – 12:44 pm]  
Weather, The temps were already in the mid-80s and a strong wind blew from the south. Approximatley 220 spectators were on hand for the early event. Unfortunately the races went unseeded, as with all CE events in Des

Moines, went unseeded making this the world's only major CE w/o seeding. Go figure.

In the first race Harrison Williams, Scott Filip and Steven Bastien all ran in tandem until the 7th barrier where the Stanford senior pulled away clocking a fine 14.15. Filip outleaned Bastien, and the 14.51 and 14.53 clockings were career bests. WOW! Aiding wind, 3.8 mps. What start to day two.

Section One	lane	PR	time	pl	points
1....Williams, H	2	13.88	14.15	1	955
2....Filip	6	14.68 pr	14.51	2	910
3....Bastien	8	14.61 pr	14.53	3	907
4....Helwick	4	14.95	15.41	4	801

Wind +3.8 mps

Sans 'Double Z', Kurtis Brondyke and Mitch Modin battled with the former getting the nod in a PR 14.64 seconds. "Triple C" was 3rd, also in a lifetime best 14.93. Aiding wind: +3.6 mps.

Section Two	lane	PR	time	pl	points
1....Brondyke	6	14.79 pr	14.64	1	894
2....Modin	8	14.36	14.69	2	887
3....Card-Childers	4	15.05 pr	14.93	3	858
dns Ziemek....					

Wind +3.6 mps

The wind died a bit for the 3rd race where Solomon Simmons went directly to the lead and powered to a PR 14.02 clocking. Dan Golubovic recorded his 4th lifetime best in six events with a 14.51 clocking in 3rd. Gabe Moore pulled up after 3 barriers and dnf'd. Simmons time tied the Jim Duncan Track deca record. Wind: +1.5 mps.

Section Three	lane	PR	time	pl	points
1....Simmons	8	14.18 pr	14.02	1	972
2....Rogers	2	14.23	14.49	2	912
3....Golubovic	4	14.52 pr	14.51	3	910
dnf....Moore	6	14.50	dnf		

Wind +1.5 mps

The final race, this being his specialty, belonged to Devon Williams with tall Jack Flood giving chase. At the finish it was Williams, aided by a gust, at 13.78 (a track deca record) with Flood's 14.04 PR in second. Williams moved to 2nd overall, 80 points in arrears of Simmons. Aiding wind: +3.9 mps.

Section Four	lane	PR	time	pl	points
1....Williams, D	2	13.37 FR	13.78	1	1003
2....Flood	4	14.26 pr	14.04	2	969
3....Ghizzone	8	14.74	15.40	3	802
4....Nytes	6	14.70	15.82	4	783

Wind +3.9 mps

After Six: Simm 5253, Will-D 5173, Fili 5161, Will-H 5134, Bast 5133, Will-D 924, Floo 4940,.

**Discus:** [1:30 – 1:59 pm]

Of all events this one missed the presence of Ziemek whose PR 50.90m/167-1 a year ago lite up the meet.

The athletes removed to the North Field with Devon Williams leading after round #1 at 46.30/151-11 and Simmons responded at 44.88m/147-3 to maintain his lead. There was little of note in Round #2 but in the final round Williams improved to a PR 49.17m/162-1. When Simmons could not respond Williams found himself in the overall lead by 15 points. Harrison Williams came through with a 42.64m/139-11 effort to hold onto 3rd and from this point the overall place would not change.

After Seven: Will-D 6032, Simm 6017, Will-H 5852, Fili 5788, Bast 5781, Floo 5629.

**Pole Vault:** [3:05 - 5:03 pm]

Vault conditions were good although the weather could best be called sweltering... with temps pushing 90 F°



**Harrison Williams celebrated a nifty 5.30m /17-4½ vault clearance, his outdoor deca PR.**

Vaulting south to north, Wisconsin senior Trent Nytes nh'd and would soon withdraw-- not a good weekend for the Badgers. Card-Childers matched his best getting 4.90m/16-¾. for the pit win.

In Group #1 the vaulting was a high level. Simmons matched his PR at 4.90m/16-¾ but Devon Williams went one bar higher (a career best) to improve his lead to 45 points. Yet the real story here was Harrison Williams who opened at 4.50m successfully, and then cleared 4.80m, 5.00m, 5.10m and 5.20m

without much trouble. When he scraped over 5.30m/17-4½, his best ever in a decathlon, he pulled within 41 points of Simmons. His 13 attempts would later take its toll.

*After Eight: Will-D 6942, Simm 6897, Will-H 6856, Fili 6637, Bast 6600, Floo 6389.*

**Javelin:** [ A - ?-?, B 5:40-6:00 pm]

Without notifying the media (nor the PA announcer) officials ran an early section of the javelin, taking the first seven who had been PV eliminated. The section was over before anyone in the press box realized the schedule change. Chris Helwick won the section on his first effort, 64.81m/212-7. But the major story that went unnoticed was an injury to Simmons, normally a 65m/213-0 performer, who could only manage a 51.42m/168-8 effort. The meet was now over.

In Group #2 Dan Golubovic tossed 61.59m/202-0 for the section win. Devon Williams's 60.74m/199-3 guaranteed his overall win while Harrison Williams managed a 3rd round 49.77m/163-3 (his weakest event) to provide a shot at a 8200 World Championship qualifying score.

*After Nine: Will-D 7691, Simm 7507, Will-H 7441, Fili 7352, Bast 7296, Bron 7173.*

**1500 meters:** [6:48 – 6:53 pm]

With the top three places secure the final event was anti-climatic. Looking for an 8200 qualifying mark for the Doha world champs, the only question was whether Harrison Williams could duplicate his career best 1500m time (4:27) in order meet that standard and whether Solomon Simmons could run 4:38 (amounting to a 2 second PR) for the same goal. And boy did they give it the 'college try.'

Ex-Colorado's Andrew Ghizzone led Williams through 1 lap in 66.6 seconds, but from that point Williams had to do this on his own. He was on pace through 3 laps (see chart) but struggled in the final 200m losing about two crucial seconds. He literally dived at the finish completely spent, yet came up less than two seconds short (4:29.71 for an 8188 score). What an effort!

Just as impressive was the effort by Simmons who never allowed the leaders too big a margin and got a significant 6+ second PR (4:33.85) nudging him past the 6200 score (6227). Devon Williams had a big enough margin that he coasted to a 4:52.46 clocking. Scott Filip fell one second shy for his 8000 quest but Steven Bastien's 4:32.74 made him 4 seconds to the good. In summary, there was a lot of hard running on the track including that of 34 year old Chris Helwick whose 4:35.17 was his fastest in 8 years.

**Splits for Harrison Williams 1500m Race**

300m	50.3	3 laps to go	2 <sup>nd</sup> place
400m	66.5		2 <sup>nd</sup> "
700m	2:04.3	2 laps to go	1 <sup>st</sup> "
800m	2:22.8		1 <sup>st</sup> "
1100m	3:18.3	1 lap to go	1 <sup>st</sup> "
1200m	3:35.6		1 <sup>st</sup> "
1500m	4:29.71	final time	1 <sup>st</sup> "

*After Ten: Will-D 8295, Simm 8227, Will-H 8188, Bast 8023, Fili 7993, Golu 7824.*



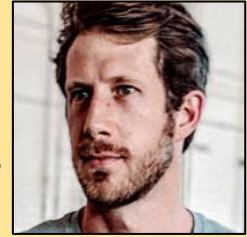
**Results:**

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

8295	Williams, Devon/unat	10.72+1.8 736+1.3 1411 191 48.44 13.78+3.9 4947 500 6074 4:52.46
8227	Simmons, Solomon/unat	10.60+1.8 750+0.6 1511 194 49.27 14.02+1.5 4488 490 5142 4:33.85
8188	Williams, Harrison/Stanford'19	10.68+1.8 716+0.7 1380 194 47.60 14.15+3.8 4264 530 4977 4:29.71
8023	Bastien, Steven/unat	10.71+1.4 749+2.2 1330 200 48.63 14.53+3.8 3917 470 5723 4:32.74
7993	Filip, Scott/unat	10.61+1.4 743+1.7 1393 194 47.96 14.51+3.8 3813 480 5848 4:46.36
7824	Golubovic, Dan/unat	11.24+1.8 693+2.0 1413 197 50.93 14.51+1.5 4309 470 6159 4:34.35
7785	Brondyke, Kurtis/Other Guys	11.11+1.8 718+1.6 1453 191 50.10 14.64+3.6 4341 460 6202 4:51.03
7711	Flood, Jack/Athletic Lab	11.07+1.4 679+1.5 1353 206 50.26 14.04+3.9 4122 450 5209 4:36.50
7524	Helwick, Chris/unat	11.52+1.8 674+1.8 1320 194 52.03 15.41+3.8 4179 480 6481 4:35.17
7499	Card-Childers, Charlie/Rice'19	

11.23+1.4 649+2.1 1359 200 51.56 14.93+3.6 4171  
 490 5827 4:53.94  
 7408 Modin, Mitch/unat  
 10.95+1.4 691+2.0 1309 194 50.53 14.69+3.6 3738  
 460 5479 4:57.58  
 7314 Rogers, Denim/Houston Baptist'20  
 10.89+1.4 678+1.2 1150 197 49.24 14.49+1.5 3695  
 440 4980 4:47.58  
 6713 Ghizzone, Andrew/unat  
 11.52+1.8 675+1.2 1073 179 50.42 15.82+3.9 3553  
 460 4571 4:57.43  
 dnf Nytes, Trent/Wisconsin'19  
 11.14+1.4 680+1.4 1259 194 50.26 15.82+3.9 3735  
 nh 4476 dns  
 dnf Moore, Gabe/Arkansas'19  
 11.01+1.8 727+1.6 1412 194 49.68 dnf  
 dnf Ziemek, Zack/adidas  
 10.87+1.4 732+1.4 1481 194inj dns  
 16s,13f.

## Was That Really Chris Helwick?



The fact that Chris Helwick, the 34 year old former of Tennessee decathlete was even in Des Moines to contest the 100th USA nationals decathlon is stunning in itself. After all only Kip Janvrin and Phil Mulkey were older when competing at this meet. In just months he'll be eligible for the submasters category. When asked by one of the younger decathletes when he last competed, Chris replied, "I think George Bush was President." "Which Bush?" was the rejoinder. In fact, his decathlon career dated to 2002 and included three top 8 USA finishes, three top 5 NCAA finishes, six USA international teams, 7 wins, three 8k scores including a 8143 PR.

Regardless, Chris, unwilling to let any Olympic dreams stay in old scrapbooks, decided to give it another try realizing the long odds. He achieved a qualifying mark last month and acquitted himself with a more than respectable 9th place 7524 score here in Des Moines. Ah, if all of us had that energy and drive. And well Chris, 'good for you.'