

THE DECATHLON ASSOCIATION

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FRID WINS at DRAKE Collegiate Championships Reving Up

Hello Again..... The final week of April is normally decathlon's 'quiet-before-the-storm,' scheduling a small number of collegiate conference meets for NCAA D-II, D-III and NAIA schools as well as several invitationals. Next week the collegiate champs season will roll into high gear with nearly 40 (!) decathlons nationwide. The following week will add another 30 (!) including most of the major D-I leagues. Hold onto your hat. This is the time of year when it becomes difficult to keep track of results and the qualifying lists are revised minute-by-minute.

The best of last weeks action came from the annual Drake Relays (Wed-Thurs) which dodged some very bad weather-midwest storms. Here the fields often feature notable college red-shirts. For example, Arkansas red-shirt Derek Jacobus was the 2018 winner. Teddy Frid (22, South St. Paul, MN), last year's Big-10 bronze medalist with a year remaining at Minnesota, easily handled an eight man field.

Fourth (5671 points) at the February's USA indoor heptathlon in Staten Island, Frid pushed his career best total to 7478 while seeking a USA nationals qualifier, a meet that will also be held at Drake Stadium in Des Moines. He demonstrated improved 2nd day prowess (PRs in hurdles, discus and javelin) along the way.

The Robison Invitational in Provo started four Brigham Young U. undergrads.



22 year old Minnesota red-shirt Teddy Frid came out on top at the Drake Relays in Des Moines with the week's top score, 7478 points.

Junior Brian Matthews topped freshman Ben Barton 7280-7002.

Only nine meets went into the books in the final weekend of April. In a reversal of a trend from the recent past, small fields were the order of the week as four decathlons (NJCAA Region #1, Penn Relays, PacWest Conf and Appalachian Conf) all had four or fewer finishers.

The D-II Rocky Mountain Conf (RMAC) title at South Dakota Mines U in Rapid City was the week's biggest meet with just nine starters.

A revised *Results Page*, with the week's details, will be posted shortly.