

THE DECATHLON ASSOCIATION

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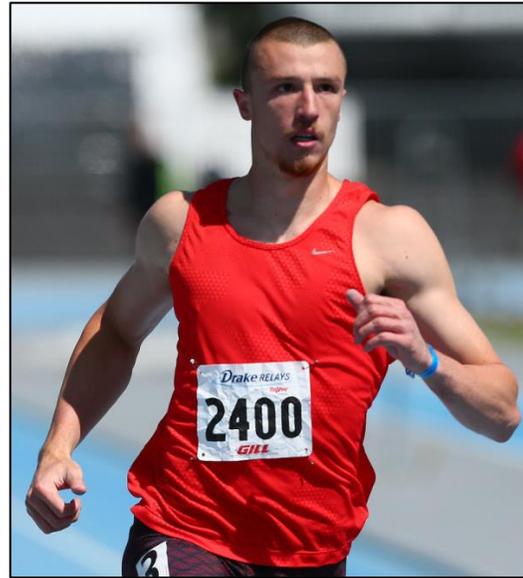
'DOUBLE Z' DAZZLES at DRAKE Wieland, Brondyke, Clark in Photo Runner-up

Hello Again..... This week's news comes from Des Moines, IA where a deep and talented field was recruited for the annual Drake Relays ten-eventer.

Wisconsin's redshirting junior Zach Ziemek, 22, Itasca, IL, (aka 'Double Z') put on an impressive display by posting a 7964 win over a large field. The weather was chilly yet there was nothing frosty about the efforts of Ziemek, 5th and 4th at last year's NCAA/USA double. This was his first competition, indoors or out, since last year's Thorpe Cup.

Second, third and fourth on Drake's blue oval was a photo finish as NCAA I indoor champ Luca Wieland/Minnesota just did hold off vets Kurtis Brondyke and two time Relays winner Mat Clark...7528, 7527, 7518 in what amounted to about 2 steps in the 1500m.

The story a day one was the two-man battle between Ziemek and Wieland. The former used a friendly +3.0mps breeze to cruise to a quick 10.68 seconds. In the next race Wieland's 10.92 (+1.9mps) was a PR. ZZ led by 55. Wieland then won the long jump at 7.37m/24-2¼ and claimed back 12 points of ZZ's (7.31m/23-11) lead. Only 3 points separated them in the shot put, Wieland getting the nod at 13.33m/43-8¾ to 13.28m/43-7 and the margin was just 37 points. They tied in the high jump at 1.99m/6-6¼. Gusting winds made the 400m a decathlete's nightmare as only one of 22 runners were able to crack 50 seconds. Wieland's 51.48 PR was eye-opening (ZZ 52.13) and Ziemek led the Minnesota



Wisconsin's Double Z, Zach Ziemek took the Drake Relays crown with an eye-opening 7964 score over a large and deep field.

sophomore by a scant 8 points at the break, 4018 to 4010. Ziemek remarked afterwards, "The wind is swirling around in the stadium, but everyone has to deal with it."

Day two opened chilly (sub 50°) and the athletes got underway at 9:30 am. ZZ beat Brondyke to the final section 14.88 (.03 off PR) to 14.99 with Wieland back at 15.18. ZZ's margin after six was 44 points.

Ziemek then used the final 4 events to salt the meet away. A PR 48.32m/158-6 discus toss and 5.30m/17-4½ vault pushed his lead to a safe 367 points. Near career bests in the final two events (56.00m/183-9 and 4:59.06) netted him a 7964 score, just 17 off

his career best total. The two-time Big Ten outdoor champ will go to the NCAAs in June as one of the favorites.

ZZ remarked afterwards, "I was shooting for 8,100 points, which is an Olympic "A" standard," Ziemek said. "I knew it wasn't realistic after my first day, but I was trying to go for 8,000 points today, and just missed it by 40 points."



Ziemek's 5.30m/17-4 1/2 vault salted the meet away.

"I am mentally stronger, I am in better shape. I know the events a lot better as well. Overall, I am a stronger athlete than I was seven months ago. I have to stay focused and work on my event work. I want to get better so I can go to USA's and do well and improve for next year's season."

In other weekend meets BYU's redshirting Kevin Nielsen won the Robison meet in Provo with a 7467 effort while Cornell soph Austin Jamerson was tops in a smallish Penn Relays at 7015. Eastern Oregon junior Ryan Rosenau notched one of the top NAIA efforts, 6687, with a win at the Cascade Conference champs. The weekend offered five collegiate conference meets but the true conference season begins next week and will last for three weeks into May. Each week we'll track the conference champs (see box below. There are at least 60 (!) conferences, at the 4 and 2 year levels which offer a league decathlon championship and the results will go a long way in determining

the national champs qualifying lists. Next week 27 conference meets are on tap.

2015 Collegiate Conferences Champs

<i>Conference</i>	<i>7k/6k</i>	<i>level</i>	<i>winner/affiliation</i>	<i>winning score</i>
April 11-17				
All Ohio	0/0	all	Floyd Lowry/Rio Grande	5594
Chicagoland	0/1	all	Bryce Holesinger/Lewis	6125
Indiana Little	0/1	all	Mason DePeal/IN Wesleyan	5445
Northwest	0/2	D-III	Cameron NBraithwaite/P Sound	6255
SIAC	0/0	D-II	Greg Coleman/Tuskegee	5302
Peach Belt	0/0	D-II	Taylor Coxwell/ GRU Augusta	5685
April 24-26				
Cascade	0/3	NAIA	Ryan Rosenau/E Ore	6687
SWAC	0/1	D-I	Daryl Jones/Alcorn St	6279
Golden State	0/0	NAIA	Quinton Alexander/Vanguard	5488
North Coast		D-III		
Southern Conf		D-I		

Ashton Eaton Watch

Ashton Eaton/Ore TC-Nike placed 7th at the Drake Relays 110m hurdles on Friday night (rain) clocking 13.43 seconds (-0.6mps).
