

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXX

Number 23

May (4), 2015

NCAA II, III, NAIA DECIDED

Balczak, Zarnoth, Wolken are National Champs

Hello Again..... The third weekend of May is reserved for the *smaller* (a qualified term since many have enrollments over 20,000) colleges and universities. Quality performances at all three sites emerged with the top score provided by Azusa Pacific senior Justin Balczak, Cedar Springs, MI, a 7425 effort at the D-II affair in Allendale, MI. Wisconsin-Eau Claire senior Brandon Zarnoth moved up one spot from 2014 to capture the D-III title in Canton, NY. His 7279 score was a career best by 266 points.

Doane College junior Kale Wolken defended his NAIA crown in Gulf Shores, AL with an overwhelming 7356 (and almost 800 point) victory.



NCAA II Champs
May 21-22, 2015
Grand Valley State University
Allendale, Michigan

Balczak, a 6-3, 205 lb transfer from Lake Superior State (MI) was returning home. Clear Lake, MI is but 32 miles from the Grand Valley State U campus and he disappointed no one. He put ten solid marks on the scorecard and won comfortably. "It's nice having my family out here," ghe said. "There about 20 people that I know here. My theatre teacher and my high school track coach came out too." Balczak, at 7550, was the number one seed. He won the indoor heptathlon as well.

He won only the high jump and had few problems on the way to the title. But one



This 53.59m/175-10 javelin toss came after a vault accident for eventual winner Justin Balczak, an Azusa Pacific senior.

came in the vault. "The pole vault was just a train wreck," he said. "There a lip at the front of the box that came off its track. I planted a little early so my pole caught the lip and I flung forward and hit my head. I blacked out for a sec. That kind of messed with my head a little bit."

One who was impressed was his decathlon coach, Bryan Clay, the 2008 Olympic champion and Azusa grad. "It's an attitude. The decathlon is about how bad you wanna hurt," Clay said. "How much time you put into it. He wants to see how hard he can take it. When you aren't afraid to push the limits in training, it makes for a good recipe for success.....he's a quick learner. As long

as he keeps doing that he'll keep getting better." Balczak led after 5 events with a 3895 score.

Tiffin junior Theo Mancheron was the meets biggest surprise posting a 286 point PR, netting 7347 for the silver medal. Bragging rights went to the California schools who went 1-4-5. On the other hand, entrants from Texas institutions had little to crow about. Co-favorite Hendrik Nungress/Texas A&M-Commerce won all three throws but was 8th overall, 600 points under his career best. A trio of others went unplaced.

The MIAA, arguably the nation's top D-II decathlon conference (with 1/3rd of the field), also fared poorly, providing just two scorers. A pre-meet favorite Tyler Chancellor, a Central Missouri senior, high jump 'no heighted' taking him out of contention. And Nebraska-Kearney senior Dillon Schrodt withdrew early. Only 3 in a field of 15 starters netted career best scores at Grand Valley State U. Temperatures were chilly for both decathlon days, normally in the high 50s, topping out at 64 degrees on Friday afternoon. No rain. Results:

5/21-22 NCAA II Champs, Grand Valley State U, Allendale, MI

7425	Balczak, Justin/Azusa Pacific'15	11.37+2.7
706+1.3	1300 202 50.36 14.71+1.6 3545 455 5359 4:43.88	
7347	Mancheron, Theo/Tiffin'16	11.67+2.7
679+1.2	1355 187 51.47 15.24+1.7 4048 496 5465 4:39.72	
7222	Maydew, Payson/Emporia St'16	11.38+2.7
654+2.4	1242 193 49.96 15.13+1.0 4079 445 4811 4:32.67	
7192	Bailey, Phill/Chico St'16	11.13+1.8
734+1.2	1089 187 48.29 14.47+1.6 3193 445 4683 4:46.90	
7113	Czerwinski, Tomek/Azusa Pacific'15	11.41+2.7
681+1.1	1240 196 51.48 15.34+1.0 3666 455 5023 4:44.25	
7018	Seitz, Blake/Central Missouri'16	11.57+2.7
671+1.9	1343 196 52.72 16.01+1.7 4101 415 5402 4:43.94	
6995	McNutt, Tanner/Pittsburg St'18	11.05+1.8
717+0.5	1260 190 49.95 15.94+0.9 3408 445 4110 4:48.39	
6938	Nungress, Hendrik/TAMU-Commerce-GER'17	12.00+2.7
6600	4:53.15	
6922	Mudd, Andrew/Saginaw Valley'17	11.30+1.8
680+0.9	1133 184 49.26 15.78+0.9 3550 425 4815 4:36.39	
6635	Boyls, Dalton/Angelo St'15	11.25+1.8
705+1.6	1169 181 49.17 16.89+1.0 3137 345 4670 4:23.19	
6378	Pearson, Seth/Angelo St'15	11.55+1.8
668+1.5	1105 172 52.77 16.00+0.9 3397 425 4810 4:57.87	
6153	Chancellor, Tyler/Central Missouri'15	11.22+1.8
686+0.9	1336 nh 52.37 15.49+0.9 3267 425 5062 4:58.63	

5740	Rich, Matt/TAMU-Commerce'15	11.59+2.7
695+1.0	1166 184 51.14 15.08+1.6 3388 nh 3689 5:26.65	
4702	Hancock, Nathan/Minn St-Mankato'16	11.28+1.8
662+1.2	nm 190 dq 15.26+1.03083 nh 4426 4:43.11	
dnf	Schrodt, Dillon/Nebraska-Kearney'15	10.92+1.8
706+1.0	1182 withdrew	
15s.14f.		



**NCAA III Champs
May 21-22, 2015
St. Lawrence University
Canton, New York**

As chilly as it was in Michigan, the temps were even lower in upstate New York. Day one was breezy and almost pleasant in Canton, NY (67 high) but only reached and overcast 55 degrees on day two and a good deal of the time the temps were in the high 40s, not conducive to high scores. The first day featured strong tailwinds, but the opposite occurred on the second day.

Yet, eight came away with career best totals and Wisconsin Eau Claire senior Brandon Zarnoth, 22, had things pretty much his own way. The speedy (10.80) Appleton, WI native built up a huge margin and cruised (5:04) the 1.5k. He's a solid last event away from national class.



D-III winner Brandon Zarnoth/Wisconsin-Eau Claire (center) wins the sprint (10.80) from Devin Cornelius/St John Fisher (left) and Kevin Wagner/St Scholastica (right) in Canton, NY.

Zarnoth's margin of victory over teammate Greg Peterson was a whopping 407 points. 2013 champ from central, IA, Eric Larson, Waverly, IA, faded to 5th. Bates senior Eric Wainman was 3rd at 6822.

Results:

5/21-22 NCAA III Champs, St Lawrence U, Canton, NY

7279	Zarnoth, Brandon/Wisc-Eau Claire'15	10.80+3.0
676+4.1	1375 185 49.52 14.87-2.2 3933 440 5171 5:04.79	
6872	Peterson/Greg/Wisc-Eau Claire'15	11.22+4.3
648+1.8	1161 185 50.33 15.28-0.8 3135 430 4718 4:27.78	
6822	Wainman/Eric/Bates'15	11.31+4.3
666+5.4	1108 188 51.66 15.28-2.2 3678 420 4465 4:35.29	
6785	Wagner, Kevin/St Scholastica'16	11.13+3.0
672+3.7	1227 188 51.68 15.51-0.8 3859 400 4803 5:02.46	
6709	Brockmeier, Brad/St Norbert'16	11.32+3.0
662+2.5	1439 182 53.13 15.57-0.8 4221 340 5279 5:03.12	
6695	Larsen/Eric/Central (IA)'16	11.13+4.3
683 +3.0	1194 197 51.56 15.42-2.2 3400 370 4041 4:46.42	
6686	Schulties/Blake/Rose-Hulman'15	11.03+3.0
607+1.1	1215 170 49.25 15.32 0.0 3601 450 4565 5:03.34	
6626	Cornelius/Devin/St John Fisher'16	10.95+3.0
670+5.1	1208 188 50.35 15.99+2.3 2530 400 4405 4:40.01	
6491	Firkins/Jacoby/Wartburg'15	11.46+4.3
632+2.1	1192 191 52.24 15.41-0.8 3645 390 4184 4:56.28	
6468	Spadaro, Michyael/Johns Hopkins'15	11.33+2.0
669+1.4	1228 188 53.92 16.05+1.2 3515 400 4483 5:01.12	
6417	Sisler, Dan/St Norbert'15	11.71+2.0
611+0.2	1302 188 51.53 15.88+2.3 3545 350 4930 4:51.39	
6243	Christopherson, Connor/Cortland St'17	11.18+4.3
611+2.9	1189 176 50.28 14.43 0.0 3024 360 4053 4:54.72	
6210	Toraason, Jeff/Illinois Wesleyan'15	11.53+2.0
629+4.5	1020 176 51.86 15.19-2.2 3033 370 4389 4:43.30	
6157	Sliwoski, Jason/Worcester St'15	11.38+4.3
586+2.0	1170 176 52.68 16.08+2.3 3595 360 5178 5:07.77	
6120	Esposito, Dominic/Babson'16	11.69+2.0
594+2.1	1026 173 51.48 16.27 0.0 3209 370 4408 4:26.30	
6075	Canchola, Alex/George Fox'18	11.82+2.0
670+5.6	949 185 52.97 16.79+1.2 3012 320 5249 4:38.18	
5951	Loeffler, Logan/Wisc-Stout'17	11.98+2.0
631+4.4	946 164 53.05 17.42+1.2 3311 430 4822 4:46.20	
5888	Salveson, Kevin/Wisc-Stout'16	11.22+3.0
632+2.1	1182 nh 49.87 15.61 0.0 3761 410 3599 4:56.28	
5384	Schlosser, Parrick/Wesley'17	10.87+3.0
577+5.8	1136 161 49.67 18.06+1.2 3529 360 4334 dnf	
dnf	Koch, John/George Fox'17	11.28+4.3
563+2.1	1026 176 withdrew	

20s,19f.



**NAIA Champs
May 21-22, 2015
Gulf Shores, AL**

Lightening and storms moved thru the Gulf Shores area late on the 21st and much of the NAIA first day was postponed. But the decathletes were lucky to get all five first day events in before the storms came and defending champ Kale Wolken/Doane, a junior from Tecumseh, NE held a 364 point lead on a 15 man field. His workmanlike 3856 total indicated he was not challenged. He pressed his advantage on day two winning the vault (4.70m/15-5) and javelin (57.67m/189-

2) and his final score of 7356 was nearly 800 up on runner-up Lucas Wiechman of Concordia, NE. Wolken's total was a seasonal best and six others achieved PR scores.

Temps reached 85 and conditions were cloudy both days.



Doane junior Kale Wolken defended his NAIA crown.

5/21-22 NAIA Champs, Gulf Shores, AL

7356	Wolken, Kale/Doane'16	11.24-0.7
716+1.5	1264 194 50.27 15.91+1.5 3881 470 5767 4:53.97	
6561	Wiechman, Lucas/Concordia (NE)'17	11.42-0.3
673+1.5	1112 176 51.88 15.19+1.4 3302 450 4307 4:58.64	
6468	Bullock, James/Embry-Riddle'16	11.42-0.7
675+0.1	1054 200 53.83 16.68+1.5 2864 470 3992 4:49.76	
6333	Asselin, James/Westmont'16	12.19-0.3
606+1.0	1147 188 53.47 16.10+2.3 3941 360 5174 4:38.60	
6326	Krueger, Jake/Doane'15	11.71-0.7
594+1.2	1165 173 51.34 15.41+2.3 3258 430 4644 4:46.62	
6317	Connealy, Jacob/Benedictine (KS)'15	12.23-0.7
639+0.9	1175 191 54.84 16.23+2.3 3498 400 5246 4:50.32	
6270	Strofaci, Jordan/Northwestern (IA)'15	11.17-0.3
647+1.1	1201 164 52.18 15.25+2.3 3546 360 3890 4:51.73	
6259	Cook, Brandon/Concordia (NE)'17	11.74-0.3
6-5+1.0	1206 179 51.10 16.28+2.3 2955 420 4447 4:48.57	
6196	Robke, Tyson/Baker'17	11.64-0.3
687 0.0	1076 188 52.80 15.45+2.3 2906 370 3915 4:58.94	
6174	Neal, Caleb/Oklahoma Baptist'15	11.52-0.7
633 0.0	1314 176 55.15 15.11+2.3 3871 390 4268 5:38.11	
6151	Brattain, Dan/Oregon Tech'18	11.39-0.3
603 0.0	950 176 52.63 15.02+1.2 3000 400 4379 4:51.21	
6075	Rosenau, Ryan/Eastern Oregon'16	11.31-0.7
631 0.0	980 182 55.45 15.24+1.4 3060 400 4601 5:13.76	
6025	Sease, Tommy/Dickinson St'18	11.85-0.3
604+1.4	1121 178 52.03 16.60+1.4 3446 340 4140 4:35.49	
5657	McCollum, Ben/Westmont'15	12.05-0.7
653+1.3	955 176 52.65 16.80+1.4 2810 330 4326 4:58.16	
5619	Stevens, Joshua/Graceland'16	11.87-0.3
661+1.8	1159 170 54.45 15.85+1.5 3299 430 4372 dnf	

15s,15f.