

THE DECATHLON ASSOCIATION

DECA Newsletter

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US TRIALS- DAY ONE

Scantling-Garland-ZZ Stand 1-2-3

Hello Again.... Good weather greeted 17 starters (Iowa's Austin West did not start) and boy, was this group ready to compete. Garret Scantling started with a 100m PR and was hot throughout. His 4494 first day could be the start of a big score. Kyle Garland's was 70 points bak relying ona hgh shot PR and a high jump win. Vet Zach Ziemek, (4404) stood third but was on PR (8424) pace. With a chance to have as many as eight 8000+ scores tomorrow, stay tuned. Here's the first day tale.



Vet Garrett Scantling put up big numbers on day one of the US Olymic Trials decathlon.



U.S. Olympic Trials & 101st USA National Champs Hayward Field Eugene, Oregon June 18-19, 2021

Day One:

100 Meters: [1:00 pm]

The weather was virtually perfect with high clouds at 78 degrees. In the first of three races '16 Olympic team member Zach Ziemek, running on the far outside beat Kyle Garland to the tape. A solid start for "Double Z."

Section #1	name	lane	PR	time	points	wind: +0.8
1....	Ziemek	8	10.57	10.70	929	
2.	Garland	5	10.89	10.79	908	
3.	Ehrhardt	7	10.67	10.99	863	
4.	Flood	6	11.07	11.18	821	
5.	Ballangee	3	11.04	11.21	814	
6.	Brondyke	4	11.06	11.46	7.61	

The second race saw Scott Filip edge Harrison by a step, 10.74 to 10.79.

Section #2	name	lane	PR	time	points	wind: +0.8
1....	Filip	3	10.61	10.74	919	
2....	Williams, H	5	10.64	10.79	908	
3....	Black	4	10.63	10.82	901	
4....	Daniels	8	10.61	10.92	878	
5....	Simmons	6	10.60	10.98	865	
dns	West	7	10.66	-----	-----	

The final race was a burner with Steven Bastien out-leaning Garret Scantling, 10.52 to 10.53, career bests for both as the win helped (+1.8mps). Joe Delgado and Devon Williams also recorded PRs (10.56, 10.73).

Section #3	name	lane	PR	time	points	wind: +1.8
1....	Bastien	6	10.61	10.52pr	970	
2....	Scantling	3	10.66	10.53pr	968	
3....	Williams, D	4	10.65	10.56pr	961	
4....	Delgado	8	10.83	10.73pr	922	
5....	Price	5	10.73	10.82	901	
6....	Lawson	7	10.83	10.88	888	

After One: Bast 970, Scan 968, WillD 961, ZZ 920, Fili 908.

Long Jump: [2:00 pm]

Jumping north to south is traditional at hayward Field and the jumping here was uncommonly good. In Flight #1 Ziemek, led round #1 with a nice 7.50m/24-7¼. And then improved in round #2 with a career best 7.74m/25-4¾, clearly getting the crowd into it. Harrison Williams improved to 7.55m/24-9¼. There was little improvement in round #3 except for vet Solomon Simmons, who, facing a pair of foot faults, exploded for a career best 7.56m/24-9 3/4.

Flight # 1

Place	PR	1	2	3	best	points
Lawson	7.54	719	697	696	7.19+2/2	859
Ziemek	7.73	750	774	foul	7.74+1.3	995
Simmons	7.52	foul	foul	756	7.56+1.7	950
Williams, H	7.70	foul	755	743	7.55+1.4	947
Balengee	7.01	684	foul	686	6.86+1.7	781
Ehrhardt	7.45	715	717	foul	7.17+1.7	854
Brondyke	7.23	681	685	654	6.85+2.1	778
Daniels	7.56	707	707	foul	7.07-1.6	830

In flight #2 (inside pit) round #3 was the entire story. Scantling improved to 7.61m/24-11¾ to take the overall lead and Naval Academy coach Joe Delgado, the local favorite being a Duck grad, PR'd at 7.34m/24-1. Garland saved a good score with a PR 7.66m/25-1¾ and did Bastien (2 fouls) at 7.20m/23-7½.

Flight #2

Place	PR	1	2	3	best	points
Filip	7.66	713	foul	697	7.13+1.2	845
Black	7.00	718	726	706	7.26+0.1	876
Scantling	7.56	728	738	761	7.61+2.6	962
Delgado	7.20	710	711	734 pr	7.34+2.0	896
Price	7.51	668	foul	659	6.68+1.0	739
Garland	7.58	foul	737	766	7.88+0.8	972
Flood	7.39	704	732	701	7.32+1.7	891
Williams,D	7.75	697	foul	729	7.29+0.1	883
Bastien	7.65	foul	foul	720	7.20-0.3	862

ZZ win moved him to 2nd overall, 6 points in arrears of Scantling as the expected leaders coalesced at the top of the leaderboard.

After Two: Scan 1930, ZZ 1924, Garl1880, WillH 1855, WillD 1844.

Shot Put:

[3:00 pm]

Flight #1 (west circle) saw Scantling lead at the end of each round eventually tossing 15.91m/52-2½. Ziemek threw the best, relative to career marks, missing a PR by one inch, 14.79m/48-6¼. Balengee and

Bastien also got PRs: 15.22m/49-11½ and 14.47m/47-6.

Flight #1	PR	1	2	3	best	points
Williams,D	14.43	1425	foul	1409	14.25m	744
Bastien	14.11	1394	1373	1447 pr	14.47m	757
Scantling	16.20	1529	1564	1591 pr	15.9m	846
Brondyke	15.45	1342	1367	1367	13.67m	708
Balengee	15.14	1506	1522 pr	1517	15.22m	806
Lawson	14.90	1434	1418	1411	14.3m	749
Daniels	14.15	1337	1303	foul	13.37m	690
Ziemek	14.82	1432	1479	1477	14.79m	777

The east circle (flight 2) saw Garland remain hot with huge PR, 15.79m/51-9 1/2, a 2 ½ foot career best, He moved ahead of Ziemek. Delgado too PR'd with a 14.10m/46-3 effort.

Flight #2	PR	1	2	3	best	points
Black	14.07	1400	foul	1421 pr	14.21m	741
Price	14.33	1403	1339	1337	14.03m	730
Ehrhardt	14.49	1273	foul	1274	12.74m	651
Filip	14.88	1336	1395	1392	13.95m	725
Delgado	13.91	1370	1410 pr	foul	14.10m	734
Williams, H	14.34	1424	1399	foul	14.24m	743
Flood	14.13	1331	1358	1429	14.29m	746
Simmons	15.40	1500	foul	1517	15.17m	790
Garland	14.98	1511	1579	foul	15.79m	838

After Three: Scan 2776, Garl 2718, ZZ 2701, Simm 2605, WillH 2598.

High Jump:

[4:00 pm]

Kyle Garland eschewed the NCAAs to be ready for the Trials. He was ready, winning here at 217m/7 1½. Just as impressive was Ziemek who PR's at 2.14m/7-3/4. Bastien (at 2.08m/6-9¾) and Jack Flood (2.11m/6-11) also got career bests and Saginaw's Sam Black equalled his at 2.08m/6-9¾)

Name	PR	184	187	190	193	196	199	202	best	ft-in	pts
Williams, D1	1.98	xo	o	xxo	xxx				1.90m	6-2¾	714
Filip	2.08	o	o	o	o	xo	xxx		1.96m	6-5	767
Simmons	1.97	xo	p	o	xo	xxx			1.90m	6-2¾	714
Balengee	2.01		xo	p	xxo	xo	xxx		1.96m	6-5	767
Brondyke	2.02	xxx							nh	-	0
Williams, H2	0.9	o	o	o	o	xo	xo	xxx	1.99m	6-6¼	794
Lawson	2.10		o	p	o	xo	xo	xxx	1.99m	6-6¼	794
Delgado	1.98		xo	p	o	o	xo	xxx	1.96m	6-5	767

Name	PR	193	196	199	202	205	208	211	214	217	best	ft-in	pts
Bastien	2.04	o	xo	o	o	o	o	xo	xxx		2.08m	6-9¾	878
Black	2.08,	o	p	o	p	o	o	xxx			2.08m	6-9¾	878
Ziemek	2.13	o	p	p	p	xxo	p	xo			2.14m	7-¾	934
Flood	2.10	o	p	o	o	o	xo	xxo	xxx		2.11m	6-11	906
Erhardt	2.12	o	p	o	o	xo	xxx				2.02m	6-7½	822

Price	2.13	<i>o p xo o o xxo xxx</i>	2.08m 6-9¼ 878
Daniels	2.12	<i>o p o p xxo xxo xxx</i>	2.02m 6-7½ 822
Scantling	2.08	<i>o p o o xxo xxx</i>	2.05m 6-8¾ 850
Garland	2.18	<i>o p o xxo o o xxo o x</i>	2.17m 7-1½ 963

After Four: *Garl 3681, ZZ 3635, Scan 3626, Bast 3647, Blac 3393.*

400 Meters: [5:00 pm]

Under perfect conditions Steven Bastien led from the first step, running aggressively throughout and clocked a nice 47.80. To the delight of the Eugene crowd Delgado caught Tim Erhardt in the stretch for 2nd.

Section #1	name	PR	lane	time	points
1....	Bastien	47.49	6	47.80	919
2....	Delgado	48.41	8	48.48	886
3....	Ehrhardt	47.57	7	48.62	879
4....	Price	48.56	5	49.19	852
5....	Simmons	49.21	3	49.95	817
6....	Lawson	49.24	4	51.81	733

Ziemek and Garland were matched in the 2nd race. ZZ took the lead at 200m but was caught by Arkansas' Markus Ballengee (50.02) and Jack Flood (50.54) in the stretch. ZZ was well off his best getting 3rd at 50.89. Garland was further back at 51.58 giving up the overall lead.

Section #2	name	PR	lane	time	points
1....	Ballengee	49.72	4	50.02	814
2....	Flood	50.26	8	50.54	790
3....	Ziemek	49.04	7	50.89	774
4....	Daniels	50.45	6	51.30	756
5.	Garland	50.10	5	51.58	743
6...	Brondyke	50.06	3	52.12	719

The two withdrawals (Austin West and Devon Williams) left Harrison Williams to run alone in lane 6. He led for 380 meters and was nipped by surprising Sam Black, the D-II champ from Saginaw Valley St...48.05 to 48.86. Scantling' 3rd place 48.86 was good enough to push him back to the overall lead.

Section #3	name	PR	lane	time	points
1...	Black	48.72	3	48.05	907
2...	Williams,H	46.66	6	48.21	899
3...	Scantling	48.61	4	48.86	868
4...	Filip	47.58	5	49.09	857
dns	Williams,D	48.11	7	dns	----

After Five: *Scan 4494, Garl 4424, ZZ 4409, Bast 4386, Blac 4303.*

1st Day Results:

4494	Scantling, Garrett/Nike8476	10.53 761 1591 205 48.86
4424	Garland, Kyle/Georgia8196	10.79 765 1579 217 51.51
4409	Ziemek, Zach/unat8344	10.70 774 1479 214 50.89
4386	Bastien, Steven/unat8008	10.52 720 1447 208 47.79
4303	Black, Sam/Saginaw Valley7807	10.82 726 1421 208 48.05
4291	Williams, Harrison/unat8439	10.79 755 1424 199 48.21
4205	Degado, Joe/unat7882	10.73 735 1410 196 48.48
4154	Flood, Jack/Athletic Lab8038	11.18 732 1429 211 50.54
4136	Simmons, Solomon/Multistars8227	10.98 756 1500 190 49.95
4113	Filip, Scott/unat8094	10.74 713 1395 196 49.09
4100	Price, Hunter/unat8035	10.82 668 1403 208 49.19
4069	Ehrhardt, Tim/SBTC8066	10.99 717 1274 202 48.62
4023	Lawson, TJ/Kent St7876	10.88 719 1434 199 51.81
3976	Daniels, Will/Iowa7864	10.92 707 1337 202 51.30
3892	Ballengee, Markus/Arkansas7895	11.21 686 1526 196 50.02
2966	Brondyke, Kurtis/OtherGuy7785	11.46 685 1367 nh 52.12
dnf	Williams, Devon/NYAC8295	10.56729 1425 190 dns
dns	West, Austin/Iowa	
17s,16f		



