

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXXVI

Number 25

June (6), 2021



SCANTLING WINS TRIALS

Bastien Make Team....Nine 8ks!

Hello Again...The 2021 Olympic decathlon Trials had something for everyone. The spanking new facility, world class scores and individual performances, a few placing surprises, all of which made this one of the best Trials yet. Here the vets ruled as Garrett Scantling (28), Zach Ziemek (28), and Steven Bastien (27) grabbed the three Olympic team spots. The top individual performance that electrified the Hayward crowd was supplied by Ziemek, "Double Z" whose 5.55m/18-2 ½ vault put him solidly on his 2nd Olympic team. Here's the story.



28 year old Garrett Scantling from Jacksonville, FL won the decathlon trials in Eugene, Ore with a PR score.



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

Day Two:

110m Hurdles: [1:00 pm]

Very favorable conditions greeted the 2nd day athletes. Because of the withdrawals a redraw occurred leaving 4 races of 4 each, with alternation lane (!???). Garrett Scantling solidified his first- place position with a nifty 13.88 clocking in the first race, a career best. Jack Flood was just off his own PR getting 14.08 for 2nd. Whew, what a start for day 2!

Section #1	name	PR	lane	time	points	wind: +1.2mps
1....	Scantling	14.18	8	13.88pr	990	
2....	Flood	14.04	2	14.08	964	
3....	Simmons	14.02	6	14.37	927	
4....	Filip	14.51	4	14.71	885	

In the second race Steven Bastien continued his hot streak getting a PR 14.24 as Kyle Garland led a blanket finish for second.

Section #2	name	PR	lane	time	points	wind: +1.9
1....	Bastien	14.52	4	14.24pr	944	
2....	Garland	13.88	8	14.54	906	
3....	Daniels	14.45	2	14.55	905	
4....	Price	13.98	6	14.56	903	

The 3rd race saw Harrison Williams out-legged Markus Ballengee, 14.37 to 14.49. Ziemek's 15.04 clocking was his slowest in 4 seasons.

Section #3	name	lane	PR	time	points	wind: +0.9
1....	Williams, H	13.88	4	14.37	927	
2....	Ballengee	14.31	2	14.49	912	
3....	Black	14.39	6	14.64	894	
4....	Ziemek	14.29	8	15.04	845	

The final race was captured by Joe Delgado as he continued a PR pace.

Section #4	name	PR	lane	time	points	wind:+0.4
1....	Delgado	14.65	4	14.96	854	
2....	Brondyke	14.69	2	14.98	852	
3....	Ehrhardt	15.29	8	15.75	762	
4....	Lawson	14.77	6	16.07	727	

After Six: Scan 5484, Garl & Bast 5330, ZZ 5254, WillH 5218

Discus: [2:00 pm]



Markus Ballengee, the 23 year old senior at Arkansas, used 3 second day PRs to score his first 8k total.

Several big 3rd round throws save good scores for Scantling (48.17m/158-0) and Ziemek (45.83m/150-4). Markus Ballengee continued his seasonal dominance of the event with a career best 53.04m/174-0 in the first round to win the event. It was a Trials record, besting Bryan Clay's 2004 toss by one foot. It put him back on 8k pace, in spite of having just competed in the NCAA affair here 10 days earlier.

Scott Filip and Joe Delgado also got PR marks. Scantling's margin grew to 240 points as ZZ moved to 3rd, one point ahead of Bastien, who himself was having a career meet. The discus results:

Pl	name	PR	1	2	3	best	ft-in	pts
1...	Ballengee	5227	5304 pr	foul	5186	53.04m	174-0	934
2....	Scantling	4245	4175	4179	4817	48.17m	158-0	832
3....	Ziemek	5090	4256	4212	4583	45.83m	150-4	784
4.	Lawson	4604	4307	4506	4367	45.06m	147-10	868
5....	Garland	4731	4397	4376	4363	43.97m	144-3	746
6....	Delgado	4240	4392 pr	foul	4273	43.92m	144-1	745
7...	Williams, H	4886,4171	4390	4355	4355	43.90m	144-0	744
8....	Brondyke	4341	4091	4385	4163	43.85m	143-10	743
9....	Flood	4379	4289	4195	4088	42.89m	140-8	724
10....	Bastien	4227	4210	4123	foul	42.10m	138-1	707
11...	Simmons	4806	foul	3715	4154	41.54m	136-3	696
12...	Filip	3959	4115 pr	foul	3999	41.25m	135-0	688
13...	Ehrhardt	3975	4006	foul	4024	40.24m	132-0	669
14...	Daniels	4074	foul	3781	3951	39.51m	129-7	655

15...	Black	3944	3888	foul	foul	38.88m	127-7	642
16...	Price	4525	foul	3525	foul	35.26m	115-8	569

After Seven: Scan 6316, Garl 6076, ZZ 6038, Bast 6037, WillH 5962.

Pole Vault: [6:15 pm]

Flight #2 contained eight 16 foot vaulters. Ballengee stopped the hearts of his coaches by missing twice at his 4.85m/15-11 opener before saving a good score with a 3rd try clearance. He would eventually PR at 5.05m/16-6 ¾ .

Four (Ehrhardt, Scantling, ZZ and Harrison Williams) all managed 5.15m/16-10 ¾. Scantling was done but Williams went a bar higher and Ehrhardt went 3 mre bars (5.45m/17-10½). It was here that Ziemek “



‘Double Z’ pumped the Trials crowd with an 5.55m/18-2 ½ vault clearance.

played his trump (no pun intended) card by passing 5.45 and went to a PR 5.55m/18-2½ and calmly (few things are ever calm with ZZ) popped over. He then passed at 4.65m and went for the AR at 5.75m/18-10¾ worth 1148 points. The AR was set at the 1988 Olympic Games in Seoul by Tim Bright at 5.70m/18-8¼.

Double Z took two unsuccessful trys and called it a day having moved to second place overall. Williams and Bastien also moved ahead of Garland into 3rd and 4th. This was a great event!!

Flight #1	PR	385	395	405	415	425	435	445	455	465	475	485
1...Delgado	480									o	o	
2...Daniels	470									o	p	xo
3...Price	455									o	xxo	wwp
4...Flood	465									o	o	xo
5...Black	435	o	p	o	p	o				xxx		
6...Lawson	470									xo	xo	xo
7...Garland	486									o	xxo	o

Fight # 2	PR	445	455	465	475	485	495	505	515	525	535
1...Ballengee	495					xxo	xo	xxo	xxx		
2...Ehrhardt	547									o	o xxo o
3...Filip	491		xxx								
4...Simmons	500		o	xxo	xxx						
5...Scantling	522				o	p	o	xo	xxo	x-	
6...Williams,H	532				o	p	o	xo	xxo	o	xxx
7...Ziemek	545						o	p	xo	xo	xxo
8...Brondyke	475	o	xxx								
9...Bastien	495	xo	o	o	o	xo	o	xxx			

Fight # 2 PR 545 555 565 575

2...Ehrhardt	547	xo	xxx		
2...Ziemek	545	ppp	o	p	xx-

Event Placing

	Best	ft-in	pts
1...Ziemek	5.55m	18-2½	1083
2...Erhardt	5.45m	17-10½	1051
3...Williams, H	5.25m	17-2¾	988
4...Scantling	5.15m	16-10¾	957
5... Ballengee	5.05m	16-6¾	926
6... Bstien	4.95m	16-2¾	895
7...Delgado	4.75m	15-7	8348
8...Simmons	4.65m	15-3	804
8...Garland	4.65m	15-3	804
8...Daniels	4.65m	15-3	804
11...Flood	4.55m	14-11	775
11...Lawson	4.55m	14-11	775
13...Brondyke	4.45m	14-7¾	746
14...Price	4.35m	14-3¾	716
15...Black	4.25m	13-11¼	688
---...Filip	nh	----	0

After Eight: Scan 7253 , ZZ 7121, Will 6950, Bast 6932, Garl 6880.

Javelin:

[5:15 & 6:15 pm]

Those finishing the vault earlier comprised the first group in the javelin. Steven Bastien shocked the field with a 3rd round PR, 61.20m/200-9 and a place on the Olympic team looked possible. Simmons won the group at 63.26m/207-6. Bastien would have to wait out the efforts by Garland and Williams in the 2nd group.

Scantling won the group/event on the last toss, 64.21m/210-8 and his lead and Olympic spot secure. Ziemek was four feet under his best, getting 55.72m/182-10. Harrison Williams managed a seasonal best, but this is his weakest event, 52.69/172-10 and clearly put Bastien in the driver's seat for the 3rd Olympic spot.

Fight # 1	PR	1	2	3	best	ft-in	pts
Simmons	6570	6080	6115	6326	63.26m	207-6	787
Bastien	5723	5443	foul	6120pr	61.20m	200-9	756
Filip	6185	5657	5740	6103	61.03m	200-2	753
Brondyke	6208	6028	6075	5948	60.75m	199-3	749
Flood	5626	5101	5383	5851pr	58.51m	191-11	715
Black	5400	5236	5263	5519pr	55.19m	181-1	666
Lawson	5050	4616	foul	4546	46.16m	151-5	532

Flight # 2	{R	1	2	3	best	ft-in	pts
Scantling	6575	6042	6100	6421	64.21m	210-8	801
Ziemek	5749	5572	5525	foul	55.72m	182-10	674
Williams, H	5469	5245	5269	foul	52.69m	172-10	628
Garland	5535	foul	5619pr	foul	56.19m	184-4	681
Erhardt	5257	4414	4288	4562	45.62m	149-8	624
Delgado	5533	5869pr	5164	5490	58.69m	192-6	718
Ballengee	5189	5172	foul	5478pr	54.78m	179-9	660
Daniels	5399	5661pr	5185	foul	56.61m	185-8	687
Price	5208	dns	----	---	-----	-----	-----

So electric was the infield that six(!) others beside Bastien (Daniels, Ballengee, Delgado, Flood, Black and Garland) had career bests and were on their way to big personal scores. **After Nine: Scan 8074, ZZ 7795, Bast 7688, WillH 7578, Garl 7561.**

1500 meters: [7:23 pm]

Given the point differential after nine events the three Olympic berths appeared secure for veterans Scantling, Ziemek and Bastien. Yet there was lots to run for and many were looking for PR scores. For example Ballengee and Delgado had legit shots at their initial 8000 scores.

Delgado immediately went to the front as Williams and Bastien tucked in behind him. The pace was brisk and the trio broke away from the peloton, 50 meters back at 400 meter. Delgado pushed the pace on a track where he trained for three years while at Duck, The Ontario. OR native had plenty of crowd support and the order remained unchanged thru 1200 meters. The Naval Academy coach pulled away from Williams who was stalked by Bastien who moved to second at 1300 meters. Delgado pressed on and Bastien, feeling his moment in history sprinted down the stretch for a 10 second PR!

1500 meters pace		
distance	leaderrs	time
3 to go (300m)	Delgado-Williams-Bastien	48.0h
1 lap (400m)	Delgado-Williams-Bastien	65.17
2 to go (700m)	Delgado-Williams-Bastien	1:55.0h
2 laps (800m)	Delgado-Williams-Bastien	2:14.46
1 to go (1100m)	Dlegado-Williams-Bastien	3:09.0h
3 laps (1200m)	Delgado-Williams-Bastien	3:26.80
Finish (1500m)	Delgado-Bastien-Williams	4:20.93

<i>Pl name</i>	<i>PR</i>	<i>time</i>	<i>points</i>
1...Delgado	4:14	4:20.93	805
2... Bastien	4:32	4:22.21 pr	797
3...Williams, H	4:29	4:32.49	728
4...Black	4:32	4:35.92	706
5...Flood	4:31	4:36.23	704
6...Erhardt	4:23	4:37.40	697
7...Simmons	4:33	4:38.90	687
8...Ballengee	4:40	4:39.55 pr	683
9...Ziemek	4:41	4:40.69 pr	676
10..Lawson	4:39	4:55.11	588
11..Garland	4:44	4:56.82	579
12..Scantling	4:53	4:57.75	573
13..Daniels	4:48	5:04.96	532
14..Filip	4:37	5:07.11	519
15..Brondyke	4:52	5:07.12	519

After Ten: Scan 8647, Bast 8485, ZZ 8471, WillH 8306, Delg 8161.

A Few Notes:

One has to love a meet where nearly half the field, which included lots of veterans, ran up career best scores (7). This meet also ties the US record for the most 8000+ scores (9) held by the 1996 US Trials in Atlanta. And it added two new 8k scorers (Delgado & Ballengee). Ballengee competed in two meets at Hayward in the space of ten days. Garland was the top collegian here although he did not contest the NCAAs as Ballengee did 93rd at NCAAs at 7681). The last collegian to make the US Olympic team was Tennessee's Aric Long (1992).

The 2021 Webb Cup winner, Michigan, claimed runner-up spots at both NCAAs (Ayden Owens) and Trials (Bastien'17). The Bastiens have moved up the top of the US father-son list.

Gary	1983	7847
Steven	2021	8485
total		16,332 (ave 8166)

Three decathletes attended the *same* high school.....Ziemek, Filip and Erhardt all attended Lake Park HS, Illinois.

Congrats to our trio of Olympians and the entire field which made Hayward the event showcase.

Final Results:



6/19-20 US Olympic Trials and 101st USA National Champs, Eugene, OR

8647	Scantling, Garrett/Nike8476	10.53+1.8	761
	1591 205 48.86 13.88+1.2 4817 515 6421	4:57.75	PR
8485	Bastien, Steven/unat8008	10.52+1.8	720
	1447 208 47.79 14.24+1.9 4210 495 6120	4:22.21	PR
8471	Ziemek, Zach/unat8344	10.70+0.8	774
	1479 214 50.89 15.04+0.9 4583 555 5572	4:40.69	PR
8306	Williams, Harrison/unat8439	10.79+0.8	755
	1424 199 48.21 14.37+0.9 4390 525 5269	4:32.49	
8161	Delgado, Joe/unat7882	10.73+1.8	735
	1410 196 48.48 14.96+0.4 4392 475 5869	4:20.93	PR
8140	Garland, Kyle/Georgia8196	10.79+0.8	765
	1579 217 51.51 14.54+1.9 4397 465 5619	4:56.72	
8097	Ballengee, Markus/Arkansas7895	11.21+0.8	686
	1526 196 50.02 14.49+0.9 5304 505 5478	4:39.55	PR
8037	Simmons, Solomon/Multistars822710.98+0.8	756	
	1500 190 49.95 14.37+1.2 4154 465 6326	4:38.90	
8036	Flood, Jack/Athletic Lab8038	11.18+0.8	732
	1429 211 50.54 14.08+1.2 4289 455 5851	4:36.23	PR
7899	Black, Sam/Saginaw Valley7807	10.82+0.8	726
	1421 208 48.05 14.64+0.9 3888 425 5519	4:35.92	PR
7792	Ehrhardt, Tim/SBTC8066	10.99+0.8	717
	1274 202 48.62 15.74+0.4 4024 545 4562	4:37.40	
7410	Lawson, TJ/Kent St7876	10.88+1.8	719
	1434 199 51.81 16.07+0.4 4506 455 4616	4:55.11	
6958	Filip, Scott/unat8094	10.74+0.8	713
	1395 196 49.09 14.71+1.2 4115 nh 6103	5:07.11	
6803	Daniels, Will/Iowa7864	10.92+0.8	707
	1337 202 dsq(51.30)14.55+1.9 3951 465 5661	5:04.96	
6575	Brondyke, Kurtis/OtherGuy7785	11.46+0.8	685
	1367 nh 52.12 14.98+0.4 4385 445 6075	5:05.12	
dnf	Price, Hunter/unat8035	10.82+1.8	668
	1403 208 49.19 14.56+1.9 3526 435 dns		
dnf	Williams, Devon/NYAC	10.56+1.8	729
	1425 190 dns		
dns	West, Austin/Iowa		
	17s,15f.		



Steven Bastien(l), Harrison Williams (center) and Joe Delgado (r) all put up impressive world class totals.

U.S. OLYMPIC TRIALS WINNERS: 1912-2021

<i>year</i>	<i>original score</i>	<i>1985 tables</i>	<i>record</i>	<i>winner</i>	<i>affiliation</i>	<i>site</i>
1912 tables						
1912	7414.555	5867	WR	J. Austin Menaul	U of Chicago	Evanston, IL (24 ½ pts was official score)
1920 tables						
1920	7022.9815	5937	MR	Brutus Hamilton	Missouri	New York City
1924	7401.285	6248	WR	Harold Osborn	Illinois AC	New York City
1928	7600.52	6345	MR	Ken Doherty	Cadillac AC	Philadelphia, PA
1932	8103.25	6431	MR	Jim Bausch	Kansas City AC	Evanston, IL
1934 tables						
1936	7880	7193	WR	Glenn Morris	Denver AC	Milwaukee, WI
1948	7224	6713		Bob Mathias	Tulare (CA) HS	Bloomfield, NJ
1952 tables						
1952	8042	7544	WR	Bob Mathias	Stanford	Tulare, CA
1956	7754	7420		Rafer Johnson	UCLA	Crawfordsville, IN
1960	8683	7982	WR	Rafer Johnson	SC Striders	Eugene, OR
1964	7794	7547		Paul Herman	U.S. Army	Walnut, CA
1962 tables						
	7728	7578		Dick Emberger	U.S. Marine Corps	Los Angeles, CA
1968	8222	8125	MR	Bill Toomey	SC Striders	S Lake Tahoe, CA
1972	8120	7981		Jeff Bannister	Dec Club/America	Eugene, OR
1976	8542	8459	WR	Bruce Jenner	San Jose Stars	Eugene, OR
1980	8184	8082		Bob Coffman	Houston Athletics	Eugene, OR
1984	8102	8126		John Crist	Athletics West	Los Angeles, CA
1985 tables						
1988		8293		Gary Kinder	unat, Albuquerque	Indianapolis, IN
1992		8649	MR	Dave Johnson	Reebok RT	New Orleans, LA
1996		8728	MR	Dan O'Brien	Nike/Footlocker	Atlanta, GA
2000		8467		Tom Pappas	Nike	Sacramento, CA
2004		8660		Bryan Clay	Nike	Sacramento, CA
2008		8832		Bryan Clay	Nike	Eugene, OR
2012		9039	WR	Ashton Eaton	Nike/OreTC-e	Eugene, OR
2016		8750		Ashton Eaton	Nike/OreTC-e	Eugene, OR
2021		8645		Garrett Scantling	Mike	Eugene, OR

*- Two Trials meets in 1964