

Zach Ziemek

University of Wisconsin - Madison

PR's

60m - 6.90

100m - 10.59

400m - 50.21

1000m - 2:48.25

1500m - 4:57.29

60H - 8.20

110H - 14.85

High Jump - 2.10m (6'10.75")

Pole Vault 5.40m (17'8.5")

Long Jump - 7.73m (25'4.5")

Shot Put 13.51m (44'4")

Discus 47.44m (155'8")

Javelin 58.25m (191'1")

Heptathlon – 5937

Decathlon - 7981.



4 time NCAA West Region Qualifier (2 Long Jump, 1 High Jump, 1 4x100).

4 time NCAA National Qualifier (2 Heptathlon, 2 Decathlon).

3 time NCAA Division 1 All-American (2 Heptathlon, 1 Decathlon).

3 time All-Big Ten in the Heptathlon highlighted by 2nd place finishes in 2013 and 2014.

2 time defending Big Ten Champion in the Decathlon (2013, 2014).

All-Big Ten in the 4x100m Relay outdoors 2014.

Zach finished 5th in the 2013 NCAA Indoor Championships in the Heptathlon earning All American status. During that competition he tied the Collegiate Heptathlon Pole Vault record!