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Malone

continued from page 3B

competition this week. Weingarten was the last athlete to make the competition, and she is ranked 21st in the nation heading in.

Weingarten and Malone have an unusual warm-up routine. Three or four days before meets, they play football.

"It breaks down my arm muscles," Malone said. "So they can

build back up for the meet."

After she threw that record toss at the Oregon Twilight, and after all the fans had left the stadium, there was Malone, connecting with another thrower like she was Oregon quarterback Joey Harrington throwing a dart to Marshaun Tucker in the Autzen Stadium end zone.

One can only wonder what Katy Polansky would have thought of that scene.

Lorenzo

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letes really show up. It's a very fast first day because there's the 100, long jump and shot put. There's much more technique involved on the second day."

Noon - 110 hurdles

"Everything can go wrong in the hurdles," Lorenzo said. "When I run the hurdles outside of the decathlon, it's totally different. In the decathlon it's a lot more intense. If you miss a hurdle and fall or something, you'll lose so many points, so you have to be much more careful. Outside you have nothing to lose. Inside you have to do as best as you can but be safe."

Lorenzo has run the 110 hurdles in 14.9 seconds for 857 points. The college high hurdles are 45 inches tall, which comes to the top of Lorenzo's hip.

1:15 p.m. - Discus

"It's a lot more of a skill event," Lorenzo said. "It takes thousands of throws in practice to get the release down. Every mistake you make is your hips, shoulder, wrist magnified to the nth power. Just a little mistake and the disc wobbles and falls."

Lorenzo's personal best discus throw is 137-8, which would give him 712 points.

2:30 p.m. - Pole Vault

"The pole vault is a very scary event," Lorenzo said. "Especially because it's one of the last events. You could be having an awesome decathlon and then you no-height in the vault and it's all out the window. The first bar is the most intense because you always want to make it on your first attempt. If you miss your first attempt, you get a little bit more nervous, and if you miss the second attempt it puts all of the pressure on the third."

Lorenzo has leapt 16-1 in the

pole vault for 880 points.

"Once I get done with the discus, it's time for me to catch up," Lorenzo said. "The last three events are the ones I'm pretty strong in. I know that most of the good decathletes are way better than me on the first day. What I try to do is stay as close as possible to them on the first day and then come back on the second."

5:00 p.m. - Javelin

"The javelin is funny because once I clear a bar in the pole vault, I know how I am going to finish," Lorenzo said. "Because it is so close to the end and I am so consistent in the javelin and 1,500, I am always relieved by then."

Lorenzo has tossed the javelin 202-5, good enough for 733 points.

"I did the javelin in high school, so I know the techniques better than in some of the other events," he said.

6:30 p.m. - 1,500 meters

"The 1,500 meters in the decathlon is nothing like the open 1,500," Lorenzo said. "It has different strategies. It depends on how you are doing, how you feel, your closest competitor. One of the factors that play into it the most is your heart and your head."

Lorenzo's personal best in the 3/4 lap race is 4:30 for 744 points.

"After nine events and two days of competition, you're beat up," Lorenzo said. "It's extremely exhausting - physically and mentally. Now it's time to put your heart into it and just run as fast as you can."

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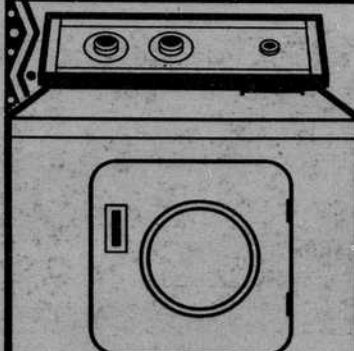
Lorenzo's personal best in the decathlon is 7,726 points, which ranks him fourth nationally and sixth on the Oregon all-time list. Lorenzo won the Pacific-10 Conference championship May 13 and the Texas Relays Decathlon April 5.

The decathlon gets under way today at 1 p.m.

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