

THE DECATHLON ASSOCIATION DECA Newsletter

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NIXON LEADS DAY ONE Eaton, Hardee Fit at USA Nationals



Hello Again...Day One of 94th nationals was hot, overcast and full of thunderstorms. At the 10 am start 300 spectators were in place to see Ashton Eaton and Trey Hardee, last year's Olympic gold and silver medalists, and a batch of young stars. Hardee, as the reigning world champ, had a pass into this year's IAAF world championship meet in Moscow but everyone else, including Eaton had to pass muster in Des Moines to obtain their Russian travel documents. Both Eaton and Hardee withdrew from the Hypo-Bank meeting in Götzis last month, a precaution from minor injuries, so onlookers were anxious to gauge their fitness.

The big story was the Gunnar Nixon and the weather...PRs and thunderstorms which chased about 1000 spectators and from the stadium after the long jump. Day One:



20 year old Gunnar Nixon leads the 94th USA National Decathlon in Des Moines with 4449 points. His 7.62m/25-0 long jump was a career best.



94th USA Senior Decathlon
Drake University
Des Moines, IA
June 21-22, 2013



100 meters: [10:00 - am]

Running from south to north on the blue Jim Duncan oval, the races were well seeded with the fastest seeded event first. Eaton drew lane 6 with Hardee on his left. A pall covered the stadium at this time as winds

died down and a cloudy front moved in. Isaac Murphy and Hardee reacted fast to the gun and Jeremy Taiwo was caught napping (0.373 seconds... one of the slowest ever!). Eaton caught Hardee at 20 meters and the pair ran side by side down the blue track with Ashton easing away at 80 meters and winning in 10.48. A fine time but well off what was anticipated with the big winds 20 minutes earlier. The body language told the story.

Section # 1 [wind +1.2mps]	lane	time	reaction	points
1...Ashton Eaton/Ore-eTC	6	10.48	0.186	980
2...Trey Hardee/Nike	5	10.52	0.169	970
3.. Isaac Murphy/Texas	2	10.65	0.162	940

4...Gray Horn/unat	4	10.76	0.178	915
5...Miller Moss/unat	3	10.79	0.177	908
6...Austin Bahner/WichitaSt	1	10.84	0.178	897
7...Jeremy Taiwo/Wash	8	10.98	0.373	865
8...Terry Prentice/unat	7	11.07	0.191	845

The 2nd race was anti-climatic. Gunnar Nixon showed blazing speed in the 2nd half of the race and won comfortably in 10.80, the lone PR and lone sub-11 clocking. Relative to bests, Dakotah Keys and vet Jake Arnold ran well.

Section # 2 [wind + mps]	lane	time	reaction	points
1..Gunnar Nixon/unat	4	10.80pr	0.174	906
2..Wes Bray/unat	1	11.08	0.159	843
3..Jake Arnold/Asics	6	11.12	0.166	834
4..Dakotah Keys/Oregon	3	11.18	0.154	821
5..Dom Giovannoni/UCLA	8	11.30	0.188	795
6..Ryan Harlan/unat	2	11.37	0.185	780
7. Dan Gooris/N Iowa	5	11.45	0.198	763
8..Corbin Duer/unat	7	11.49	0.197	756

One coach commented “I don’t like sprinting in the morning, and combined with dying wind conditions, we just added 2/10ths to everyone’s clocking. This made Nixon’s performance all the more remarkable.

After One: Eato 980, Hard 970, Murp 940, Horn 915.

Long Jump: [10:45 – 11:37 am]

With athletes ready for the event by 10:35 they requested to start early but were held up by TV decisions. The event got



Ashton Eaton leapt 7.59/24-11 at drake, looking a bit rusty. He passed his 3rd jump as the rains came.

underway at 10:45 while the weather front from the southwest quickly moved in and the

skies darkened. Most athletes faced headwinds in spite of every effort by USATF to accommodate the athletes by changing long jump pits to take advantage of winds. The breezes abruptly turned around and most efforts faced headwinds for the first two rounds. 414 fans stayed to watch (I counted ‘em) as Eaton opened at 7.59m/24-11.

The first raindrops came at the beginning of round #2 followed by loud thunder. It rained off and on during the 2nd round where Nixon opened a lot of eyes with another PR 7.62m/25-0 leap to win the event.

It rained thru out most of the 3rd round as Eaton declined to jump. How bad were conditions...only 6 athletes in a field of 16 surpassed 7 meters. Some days it doesn’t pay to get out of bed. Moments after the conclusion of the event meet officials chased everyone from the stadium as lightning was spotted. The meet ceased for over an hour and the shot put picked up after 1 pm.

After Two: Eato 1937, Nixo 1871, Horn 1835, Hard 1805.

Shot Put: [1:11- 1:29 pm]

After cleaning out both circles the shot started a bit late but under breezy and dry skies.

Northern Iowa’s Dan Gooris, who had Drake Relays credentials, was a crowd favorite.



No surprise that Ryan Harlan won Group B (east circle) with a nice 16.00m/52-6 toss in round #3. In the same grouping Miller Moss, Gray Horn and Gunnar Nixon all scared their PRs. But the news was in the west circle (Group #1) where Eaton opened with a PR 15.00m/49-2½, then tossed 14.57m/47-9½ in round # and passed his 3rd attempt. Hardee pushed a nifty 15.29m/50-2.

The athletes then stayed at the stadium’s south end for the high jump as the stadium dried out.

After Three: Eato 2727, Hard 2613, Nixo 2607, Horn 2543.

High Jump: [2:04 – 3:01 pm]

The event progressed swiftly as the field was divided in half and competed concurrently. Jake Arno⁹ld and Terry prentice shared the highlights in the West pit with 1.96m/6-5 clearances. But all of the attentio⁰n was focused on the east pit where 7-4½



Ashton Eaton's 15.00m/49-2½ shot put in the first round was a career best and a far cry from the 12m tosses of a few years back.

jumper Jeremy Taiwo and new star Gunnar Nixon shared the spotlight. The weather turned muggy. As I watched from the pressbox I was convinced that Taiwo had cleared 2.11m/6-11 on his first attempt and Nixon need three tries to duplicate. At 2.14m/7-¼ Taiwo was dropped but Nixon, now in a groove and using his wide arc approach cleared nicely on his 2nd attempt. Ditto on a 2nd try at 2.17m/7-1½ equaling a PR. At a meet record 2.20m/7-2½ he had one excellent effort (2nd). His performance vaulted him into the overall lead as Ashton Eaton cleared 1.84m/6-½ and 1.90m/6-2¾ then stopped as a precaution since he had a bit of aggravation behind his right knee.

At this point Nixon was the story, as the youngest athlete in the field, he exceeded or equaled career bests in 3 of 4 events and pressed a 4th.

It was later determined that Taiwo had actually passed 2.11m/6-11 and was subsequently credited with just 2.08m/6-9¾.

After Four: Nixo 3570, Eato 3441, Horn 3337, Taio 3220.

400 meters: [4:50 – 4:58 pm]

There were approximately 4000 spectators on hand for the day's final event. Conditions: 93 °F and very humid. The three sections were nicely seeded and Wichita State's Austin Bahner led wire-to-wire from the outside (6) lane clocking 49.11. A trio were within ½ second of career bests.

The 2nd 400m race was well seeded. The field just ran away from Nixon who could not reel them in down the stretch. He finished 6th in 48.63. Eaton looked refreshed and strong in the stretch winning comfortably in 46.89. Miller Moss (48.09), Hardee (48.10) Taiwo (48.30) and Murphy (48.37) blanketed 2 thru 5. An hour after the final results came word that Hardee had been dq'd for a lane violation. But the day was successful since he had successfully demonstrated his fitness off only 3 weeks of hard work.

Section # 2[lane	time	points
1...Ashton Eaton/Ore-eTC	4	46.89	964
2...Miller Moss/unqat	5	48.09	905
3...Trey Hardee/Nike	3	48.10	904
4...Jeremy Taiwo/Wash	7	48.30	895
5...Isaac Murphy/Texas	6	48.39	891
6...Gunnar Nixon/unat	2	48.63	879

An anticlimatic 3rd race was a repeat of the first as UCLA's Dom Giovannoni led wire-to-wire from lane 6 in a PR 48.96.

After Five: Nixo 4449, Eato 4405, Horn 4171, Taiw 4115.

**Results: Day One-
6/21-22 94th USA National Champs,
Drake U, Des Moines, IA**



4449	Nixon, Gunnar/unat	10.80+1.0	762+1.8	1412	217	48.63
4405	Eaton, Ashton/Nike-Ore-eTC	10.48+1.2	759+0.3	1500	190	46.89
4171	Horn, Gray/unat	10.76+1.2	744-1.3	1367	199	49.58
4115	Taiwo, Jeremy/Washington	10.98+1.2	686-1.0	1347	208	48.30
4057	Moss, Miller/unat	10.79+1.2	682-1.3	1407	193	48.09
3958	Bahner, Austin/Wichita St	10.84+1.2	717-1.3	1294	187	49.11
3913	Prentice, Terry/unat	11.07+1.2	717-0.1	1179	193	50.75
3843	Murphy, Isaac/Texas	10.65+1.2	662-0.1	1273	181	48.37
3796	Arnold, Jake/Asics	11.12+1.0	640+0.9	1384	196	50.29

3791 Bray, Wesley/unat
11.08+1.0 651-0.5 1357 190 49.62
3787 Duer, Corbin/unat
11.49+1.0 687+1.0 1204 205 50.54
3770 Giovannoni, Dominic/UCLA
11.30+1.0 681-0.1 1324 184 48.96
3759 Keys, Dakotah/Oregon
11.18+1.0 669-0.1 1258 196 50.59
3725 Harlan, Ryan/unat
11.37+1.0 632-1.0 1600 192 52.65
3684 Gooris, Dan/N Iowa
11.45+1.0 654+1.8 1329 193 50.57
Hardee, Trey/Nike
10.52+1.2 709-1.0 1529 dns 48.10
16s,16f.

