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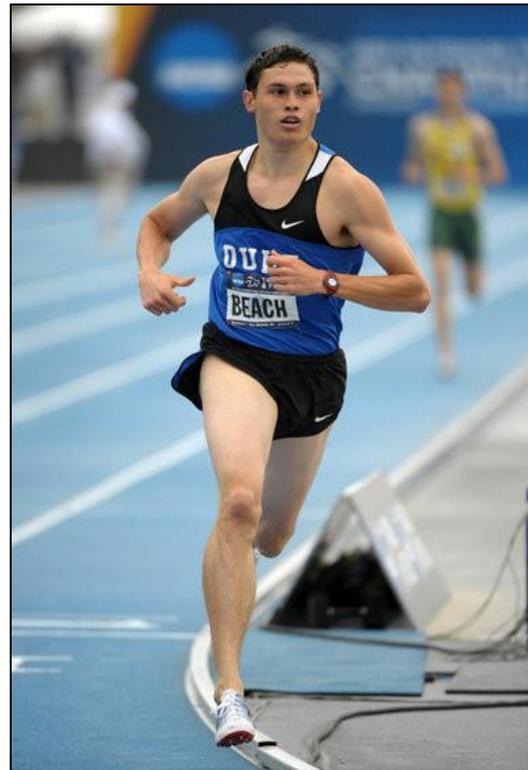
BEACH....6138 SUPRISES NCAA FIELD

His Record 2:23.63 1000m Decisive

Hello Again.... We may have moved into a new era of combined events where outstanding runners are dominating fields. We saw it in Istanbul where Ashton Eaton set a world record and again this afternoon in central Idaho where a Duke runner ran 3 PRs, including an astonishing 2:23.62 1000m to come from far back and win the NCAA heptathlon crown. Oh, of course it was not just running skills of Curtis Beach that won him the 9th NCAA title. He PR's in 6 of 7 events including three consecutive vault PRs ultimately getting 4.90m/16-¾. But it was his electrifying 1000m race that had onlookers gaping. Finding himself in 4th place and needing to make up 236 points on Jay Cato, a Wisconsin soph, he bolted at the gun and broke away with splits of 28.53 (200m), 56.10 (400m), 1:25.85 (600m), and 1:53.56 (800m). The crowd gasped as his lead over Cato was already 22 seconds with a lap remaining and he needed 21½ seconds for the gold medal. He calmly tacked on a 30 second final lap and when the crowd of 600+ recognized that his own record had been bettered by 4 (!) seconds, they were delirious. It was something.

To his credit Cato himself recorded a PR (2:49.34---once a respectable time) and a score (6082) that would have won six of the previous 8 NCAA finals or earned him the silver medal in Istanbul.

A groin pull claimed Florida senior Gray Horn after he had just run a big 60m hurdle PR (7.93). Horn was the overall leader



Duke junior Curtis Beach left no doubt that he has made the transition from prep to international competition with a scintillating 2:23.67 1000m and 6138 NCAA heptathlon win.

after 5 events, 18 up on Cato and 362 up on Beach.

Here is the NCAA tale.

**9th NCAA D I National Indoor
Heptathlon
Idaho Center-Jackson
Boise State U.
Nampa, ID
March 9-10, 2012**



60m Hurdles: [10:30 – 10:52 am]

I've never like running hurdles in non-adjacent lanes. The 16 athletes were grouped into 6 (!) race of 2 or 3 each. Only excellent seeding made the races competitive. Prepared athletes and a fast track did the rest as half of the field (8 of 16) recorded career bests.

The first race had only two runners (groan) and Arkansas soph Kevin Lazas raced to a 8.35 PR win. In the 2nd race Beach served notice with a career clocking himself, 8.15 seconds, winning over Kurt Felix/Boise and Isaac Murphy/Texas.

First day leader Gray Horn was next and he impressed with a terrific 7.93 clocking to win the 3rd race over Asa Staven/Montana St and Gunnar Nixon/Arkansas.

Not to be outdone, Cato then improved his own PR by 1 tenth (7.91) to win the 4th race over Cory Holman/Georgia (7.99). But this race was a disaster to the field's premier hurdler, K States' Mantas Silkauskas who had a seasonal best of 7.74. Clearly looking for a sub 7.70 clocking Silky had daylight over the field at 2 hurdles, but he was traveling so fast he could not control his speed and he stumbled over the 3rd barrier (s\till in the lead) and crashed the 4th, crashing to the track. The Lithuanian senior was disconsolate in the minutes of silence that followed.

The entire 5th race field PR'd next, with Nebraska senior Björn Barrefors winning in 8.04 over Petter Olson/Texas and Romain Martin/UT-Arlington.

In the Dan and Dave race, Dan Gooris used PR 8.45 to lead Dave Grzesiak/Wisconsin.

After Five: Horn 4356, Cato 4338, Holm 4295, Barr 4240....7th Beac 4194.

Pole Vault: [11:43 am – 2:16 pm]

Horn soon announced his groin injury and the complexion of the competition altered dramatically. He has been an outstanding vaulter (best of 4.90m/16-¾ and a solid 1k runner, 2:39.96). He would have been a factor.

Officials moved the vault along but having only one pit at the facility was a real shortcoming. The warm-up itself took nearly

an hour. Asa Staven was injured in the warm-ups and injured local Kurt Felix nh'd. But there was plenty to shout about.



Jay Cato gave the Badger contingent to cheer about with a 5.20m/17-¾ clearance.

Cory Holman got a pair of PRs eventually clearing 4.50m/14-9. So too did UCLA's Marcus Nilsson get a career best 4.80m/15-9. But it was Beach who began his run with PR leaps at 4.70m/15-5, 4.80m/15-9 (needing 3 attempts), and then, 4.90m/16-¾ on his first attempt. Romain Martin was next with a lifetime best, 5.00m/16-4¾.

With the bar a 5.20m three remained and all cleared: Cato (a PR), Lazas =PR and Dan Gooris. The later got over 5.30m/17-4½, another career best but he was unable to tie the collegiate record of 5.40m/17-8½.

This was one terrific event. 19 total bars, 113 attempts, 50 clearances, and, on 10 occasions, seven vaulters recorded career best leaps. Whew!

After Six: Cato 5310, Laza 5173, Barr 5150, Beac 5074.

1000 meters: [2:46- 2:49 pm]

The race was just a breakaway by beach and the field giving chase. Curtis beach has middle distance skills, and is particularly adept at pushing the pace, knowing pace and maintain form late in a race. He did all three here and his 2:23.63 was just off the charts.

Who breaks a world record by 4 seconds? 2:23. O my!
After Seven: Beac 6138, Cato 6082, Laza 5930, Barr 5894.

Final Results:



3/9-10 NCAA D-I Indoor Champs, Jacksons Track at Idaho Center, Nampa, ID

6138 Beach, Curtis/Duke

	7.03 752 1262 199 8.15 490 2:23.63
6082	Cato, Jahpeth/Wisconsin
	7.08 761 1254 208 7.91 520 2:49.34
5930	Lazas, Kevin/Arkansas
	7.03 745 1426 196 8.35 520 2:50.85
5894	Barrefors, Björn/Nebraska-SWE
	7.10 729 1470 196 8.04 500 2:52.06
5880	Martin, Romain /Texas-Arlington-FRA
	7.11 716 1300 202 8.13 500 2:43.36
5873	Holman, Cory/Georgia
	6.97 742 1231 208 7.99 450 2:45.08
5868	Olson, Petter/Texas -SWE
	7.06 713 1340 196 8.13 490 2:39.97
5859	Nixon, Gunnar/Arkansas
	7.09 736 1350 205 8.39 460 2:39.98
5662	Gooris, Dan/N Iowa
	7.31 661 1436 193 8.45 530 2:46.88
5571	Murphy, Isaac/Texas
	6.92 712 1245 181 8.39 480 2:45.49
5511	Nilsson, Marcus /UCLA-SWE
	7.34 687 1308 187 8.48 480 2:38.62
5456	Gresziak, Dave/Wisconsin
	7.44 659 1300 202 8.41 49- 2:50.87
dnf	Horn, Gray/Florida
	7.00 760 1388 199 7.93 inj withdrew
dnf	Felix, Kurt/Boise St-GRN
	7.17 764 1307 208 8.43 nh withdrew
dnd	Staven, Asa/Montana St
	7.19 676 1223 193 8.34 in j withdrew
dnf	Silkauskas, Mantas/Kansas St-LTH
	6.73 737 1245 190 dnf withdrew

16s,12f