

# THE DECATHLON ASSOCIATION DECA Newsletter

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## EATON WINS 3rd WORLD TITLE His 6470 is Tops in Portland; Beach 4th

**Hello Again....** With a 63 point lead and 90 down on WR pace, Ashton Eaton was in complete control at the 13th IAAF World Indoor Heptathlon at the Oregon Convention Center in Portland. There was still a good deal of talk of a WR for Eaton's whose own 6645 is the global standard. It was not to be. But he did put up the year's highest score, the \_\_\_\_\_ highest score in history and he became the first 3x World indoor heptathlon champ. After the vault where he tied for the event win most of the focus was on young American Curtis Beach's progress toward a medal.

The final event, much like the women's pent 800m the night before, was dramatic and Curtis Beach just could not put enough distance between himself and two opponents, in spite of setting a meet record in the 1000 meters. He finished 8 points out of the medals. Here's the tale.



**2016 and 13th IAAF  
World Championship Heptathlon  
Convention Center  
Portland, OR  
March 18-19, 2016**

### Day Two:

**60m: [11:00 – 11:08 am]**

The number of spectators in their seats at the start of day 3 and the 60m hep section was less than 1400 (attendance the night before reached 7016!). The hurdles sections were well seeded with the slower of two races first. Repeated introductions were overdone.



Ashton Eaton used 7 solid marks to capture an unprecedented 3rd world indoor title, one day after his wife, Brianne Theissen-Eaton, won the women's pentathlon.

In the first race Kurt Felix started fastest but lost ground at each barrier. It was tight at the finish with young Tim Nowak who leaned at the tape to get a PR 8.21 seconds.

#### Section One of 60m Hurdles

<i>pl</i>	<i>name</i>	<i>nation</i>	<i>lane</i>	<i>time</i>	<i>points</i>	<i>reaction</i>
1	Nowak	GER	4	8.21	930	0.146
2	Brugger	GER	2	8.24	922	0.152
3	Lelievre	FRA	3	8.24	922	0.161
4	Olson	SWE	5	8.25	920	0.145
5	Felix	GRN	6	8.34	898	0.133

Set to gun = 1.68 seconds

Ashton reacted well in the faster (2nd) race but drilled the 3rd barrier. He was verrrry conservative over the final hurdle and his clocking, 7.78 seconds, was 0.13 up on Oleksiy Kasyanov as they were the lone pair to dip under 8 seconds. Curtis Beach hit the first hurdle and spent a disappointing 8.45 seconds trying to catch up.

### Section Two of 60m Hurdles

pl	name	nation	lane	time	points	reaction
1	Eaton	USA	6	7.78	1038	0.144
2	Kasyanov	UKR	3	7.91	1005	0.157
3	Helcelet	CZE	5	8.04	972	0.138
4	Remedios	POR	2	8.13	949	0.155
5	Urena	ESP	7	8.23	925	0.137
6	Beach	USA	4	8.45	872	0.142

Set to gun = 1.83 seconds

After Five: Eato 4602, Kasy 4425, Feli 4399, Helc 4305...6th Beac 4209.

### Pole Vault: [12:03 – 1:54 pm]

Spain's Jorge Urena withdrew. The event opened a few minutes late with a 430m/14-1¼ clearance by Jeremy Lelievre/ FRA. The event moved sluggishly with but 21 attempt in the first half hour. Felix was the first eliminated managing just 4.50m/14-9 opening the medal door.



Eaton cleared 5.10m/16-8¾ and then passed to a meet record 5.50m/18-½. he had two decent stabs at it.

Conditions were crowded on the infield. At one early point I counted 52 individuals (athletes, officials, photographers, cameramen, recorders and ???) on or next to the vault runway. Who were all those people?

Beach appeared comfortable in the early going nabbing 4.60m, 4.70m and 4.80m all easily. At 4.90m/16-¾ seven remained and Eaton entered. He abandoned all form and missed his 1st try after Beach had cleared. Novak PR'd here on his 2nd try and then Eaton was easily over. Kasyanov got a PR here in the 3rd round and six continued.

At 5.00m/16-4¾ Eaton passed and Beach cleared on his 3rd attempt. At 5.10m/16-8¾ all other morning events were complete and the heptathletes held center stage. Beach, Brugger and Eaton all missed in the

1st round. Brugger PR'd and Ash skied in round #2. Beach was eliminated here and he began to think of his middle distance skills to make up some points.

Eaton, who recently had cleared 5.40m/17-8½ passed at 5.20m/17-¾ and asked for 5.50m/18-½, the meet and a new US record. He had a pair of decent trys and called it a day. And, just like that the arena went silent.

### Pole Vault Summary

Order name	nation	420	430	440	450	460	470	480	490	500	510
1 Remedios	POR	p	p	o	p	xxo	p	xxx	-----		
2 Helcelet	CZE	p	p	p	o	p	o	o	xo	xxx	----
3 Lelievre	FRA	p	o	p	xo	o	xxx	-----			
4 Olson	SWE	p	p	p	o	o	o	o	xxx	-----	
5 Nowak	GER	p	p	p	xo	p	o	xo	xo	xxx	----
6 Felix	GRN	p	p	xxo	o	xxx	-----				
7 Beach	USA	p	p	p	p	o	o	o	o	xxo	xxx
8 Brugger	GER	p	p	p	p	p	p	p	o	p	o
9 Eaton	USA	p	p	p	p	p	p	p	xo	p	xo
10 Kasyanov	UKR	p	p	p	o	p	o	xo	xxo	xxx	-----

Order name	nation	520	530	540	550
Brugger	GER	xxx	-----		
Eaton	USA	p	p	p	xxp

### Pole Vault Results:

pl	name	nation	best	ft-in	points
1.	Eaton	USA	5.10m	16-8¾	941
	Brugger	GER	5.10m	16-8¾	941 PR
3.	Beach	USA	5.00m	16-4¾	910
4.	Helcelet	CZE	4.90m	16-¾	880
	Nowak	GER	4.90m	16-¾	880 PR
	Kasyanov	UKR	4.90m	16-¾	880 PR
7.	Olson	SWE	4.80m	15-9	849
8.	Lelievre	FRA	4.60m	15-1	790
	Remedios	POR	4.60m	15-1	790
10.	Felix	GRN	4.50m	14-9	760
dsn	Urena	ESP			

After Six: Eato 5543, Kasy 5305, Brug 5186, Helc 5185, Feli 5150, Beac 5119.

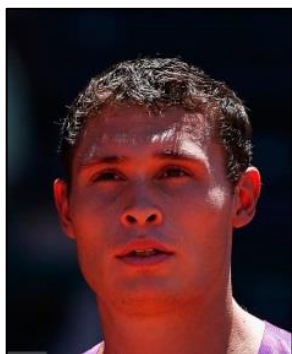
### 1000 Meters: [7:35 – 7:38]

During the 5½ hour break coaches did a lot of numerical figuring knowing that Beach has significant middle distance skills. For example he owns the WR at 2:23.63. But that was 4 years ago. Standing 6th, there were 4 athletes within his cross-hairs and the main target was Kasyanov, whose career best is 2:39.44. The differential between their current scores was almost exactly their PR differential of 16.3 seconds. On the OCC emerald green oval, that amounts to @ ½ a lap.

Here was the situation immediately before the final event. Eaton's 238 point lead was virtually insurmountable. But the next 5 would battle for the remaining two medals.

**The View from the Beach Patrol:**

Name	score	> 6	make-up time	pts	PR	SB
Eaton	5546				2:32	----
Kasyanov	5305	16.3 sec		186	2:39	2:49
Brugger	5186	6 "		67	2:38	2:38
Helcelet	5185	6 "		66	2:42	2:50
Felix	5159	3.5 "		40	2:42	----
Beach	5119				2:23	2:32



**Curtis Beach (left) gave it the 'college try' in the hept 1000m, setting a meet record 2:29.04. But he fell a half second short of the bronze medal. "I gave it everything I had," he said. "I won't lose any sleep."**

A packed house was on hand and, at the report (I can't say "gun" any longer since that is neither actually nor politically correct) Beach dashed of looking for 28 second splits. The idea was to put as much distance between himself and his opponents. He needed to make up 3½ seconds on Felix, 6 seconds on both Helcelet and Brugger and a whopping 16.3 on Kasyanov. That would be the story of the race. And everyone knew...it's 11 points per second on a scoring table that is virtually straight line.

Beach, in lane one, jumped to an immediate lead. He led throughout but, surprisingly (or not) Brugger jumped to the lead pack and trailed Eaton for a lap and a half. In a move that earned him the bronze medal, the young German doggedly plugged away and never let Curtis get too far ahead. At the bell Beach was 1:58.3 and Brugger, heavy legged, struggled on...the gap widened by never got to the six seconds the American needed. He clocked a 7 second PR, 2:34.10(!) and edged Beach by 8 points for the bronze

medal. Eaton ran a relaxed 2:35.22 and his final total was 6470, the 6th highest score ever. He has 4 of the other 5.

Meanwhile Kasyanov hung tough and stayed about 10 seconds behind Beach. He stormed down the final 80 meters thru heavy traffic and crossed in 2:39.64, 2/10ths off a PR (!)for the 30 year old. He grabbed the silver. Whew.

Curtis said later..."I gave everything I had today, so in that respect I'm not disappointed. I won't have any trouble sleeping. Now its one to outdoors and I'm really looking toward that."

Ashton was equally judicious. "I had some good events, some average events and a few sub-par events. But I'm happy with a 3rd title. This one goes into the books. I'll take a week off and then we'll go to Santa Barbara for about a month of training. Nice thing is, I came out of this healthy."

Lap	distance	split	200msplit	leaders
1	200m	29.8	29.8	Beach, Eaton
2	400m	59.5	29.7	Beach, Brugger
3	600m	1:28.9	29.4	Beach, Brugger
4	800m	1:58.3	29.4	Beach, Brugger
Finish	1000m	2:29.04	30.7	Beach, Brugger

**1000m Summary**

Pl	name	nation	time	points	importance
1.	Beach	USA	2:29.04	999	MR
2.	Brugger	GER	2:34.10	940	PR
3.	Eaton	USA	2:35.22	927	SB
4.	Lelievre	FRA	2:36.15	917	SB
5.	Kasyanov	UKR	2:39.64	877	SB
6.	Nowak	GER	2:40.57	867	PR
7.	Olson	SWE	2:43.85	831	
8.	Felix	GRN	2:44.23	827	SB
9.	Helcelet	CZE	2:45.06	818	SB
10.	Remedios	POR	2:46.92	798	

After Seven: Eato 6470, Kasy 6182, Brug 6126, Beac 6118



## ***RESULTS:***

### **3/18-19 13th IAAF World Indoor Heptathlon, Convention Center, Portland, OR**



6470	Eaton, Ashton/USA[Ore-eTC/Nike]	6.81 808 1416 199 7.78 510 2:35.22
6182	Kasyanov, Oleksiy/UKR	6.86 749 1453 199 7.91 490 2:39.64
6126	Brugger, Mathias/GER	7.15 730 1447 205 8.24 510 2:34.10
6118	Beach, Curtis/USA[Nike]	7.04 765 1312 202 8.45 500 2:29.04
6003	Helcelet, Adam Sebastien/CZE	7.05 719 1496 202 8.04 490 2:45.06
5986	Felix, Kurt/GRN	7.00 745 1502 211 8.34 450 2:44.23
5832	Nowak, Tim/GER	7.18 691 1431 199 8.21 490 2:40.57
5769	Lelievre, Jeremy/FRA	7.02 714 1404 187 8.24 460 2:36.15
5733	Remedios, Samuel/POR	6.93 716 1348 193 8.13 460 2:46.92
5697	Olson, Petter/SWE	7.17 699 1392 193 8.25 480 2:43.85
dnf	Urena, Jorge/ESP	7.10 715 1224 196 8.23 withdrew

11s,10f.

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## **THE MEDALISTS**



**World Championship medalists included Oleksiy Kasyanov/UKR,(left), the oldest competitor in the field at 30, and Mathias Brugger/GER,(right) one of the youngest at 23.**