

THE DECATHLON ASSOCIATION

DECA Newsletter

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Terek First 3x Indoor Champion Sebrle Wins Euros, NCAA Next

Hello Again....The US indoor season is fast coming to a close. Paul Terek, 27, became the first 3x national USA indoor winner when he captured the crown at Eddie Smith Field House on the campus of the University of North Carolina in Chapel Hill. Although this meet did not have the quantity of past years, it did have the quality. This meet resembled the Marine Corps slogan..."the few, the proud, the multis."

A pair of two time winners matched up—defending champ Ryan Harlan and Terek—so a three time champ was sure to result. Harlan had recently won the prestigious Reval Cup in Tallinn, Estonia while Terek claimed the top US score coming in. But Harlan was nurturing a hamstring twinge that came a cropper in the long jump. He withdrew before the hurdle race. So six hours after Roman Sebrle became the first to win three European indoor heptathlon titles, Paul Terek turned the same trick in the US.

Our next newsletter will cover the NCAA indoors champs in Fayetteville, Arkansas. You can obtain a copy of the meet handbook/media guide as a posting on our website.

We apologize for the slowness of our postings but there have been technical difficulties in the changeover. Hang in there with us.



22nd USATF
National Combined Events
Champs
Eddie Smith Field House
University of North Carolina
Chapel Hill, NC
March 3-4, 2007

60 meters: [2:01-2:02 pm]

After a false start the field stuttered off. Olkowski, in lane 4, was in command and his 6.92 looked easy. Harlan smoothly raced to a near PR 7.08 and was caught in the last 15 meters by Terek who stumbled at the start but who also managed a 7.08 clocking. *After One: Olko 911, Harl 854, Tere 854, Boyl 802.*

Long Jump: [2:31 – 2:44 pm]



Paul Terek won only the long (7.15m/23-5 ½) jump on day one but it was enough to propel him into the overall lead.

Terek managed 7.05m/23-1 ¾ in round one while Harlan had step problems and could get just 6.48m/21-3¼. Round #2 was critical even though there was no improvement in marks. Harlan pulled up

and limped away from the event, his try for three straight wins over.

In round #3 Terek improved to 7.15m/23-5½ to win the event and thake the overall lead. *After Two: Terek 1704, Olko 1694, Boyl 1585, Harl 1547.*

Shot Put: [3:05-3:16 pm]

Harlan , visibly limping, led round #1 with a 14.50m/47-7 toss. Terek took the lead in round two getting 15.10m/49-6½, but Harlan responded with a 15.42/50-7¼ rainmaker. After a pair of round #3 fouls Harlan finally got in the grove and this time the ball landed 15.95m/52-4 away. And that was that. 12 throws in 11 minutes. *After Three: Tere 2500, Harl 2395, Olko 2359, Boyl 2329.*

High Jump:

Chris Boyles noted before the event “I’m doing so badly I’ll need to break the



Chris Boyles used an indoor PR 2.14m/7-¼ effort to pull within 4 points of the overall lead after the first day.

world record to get back on pace.” He almost made the statement prophetic, getting a 2.14m/7-¼ clearance on his first attempt, then had one good try at 2.17m/7-1½ before retiring. The performance pushed him to within 4 points of Terek’s overall lead.

Terek had tons of daylight over 1.99m/6-6¼ but never quite managed the correct approach. Harlan limped thru getting just 1.93m/6-4. *After Four: Tere 3267, Boyl 3263, Harl 3135, Olko 3126.*

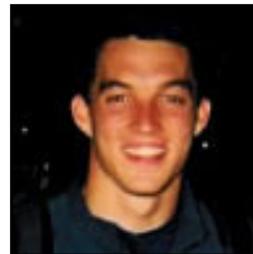
Day Two, March 4

60m Hurdles: [1:00 – 1:01 pm]

Harlan officially withdrew and vowed to get healthy in the spring. That left a field of three. After a verrrrrrrry long ‘set’ (videotape revealed in lasted 2.5 seconds) Olkowski stumbled out nearly falling. Terek led at 4 hurdles (Terek!) but Boyles caught him before the 5th and pulled away for the win, 8.39 to 8.51, and the overall lead. Olkowski, heavily favored here having recently run 8.06, was a demoralized 3rd in 8.78. *After Five: Boyl 4149, Tere 4125, Olko 3921.*

Pole Vault: [1:48 – 2:37pm]

With but three athletes remaining the event could have gone smoothly. It did not and something seemd amiss after a number of early failures. Olkowski managed 4.52m/14-10 and Boyles 4.62m/.15-1¾, yet neither, surprisingly, could go higher, seemingly not having enough depth on their efforts. When Terek inexplicably missed at his opener at 4.92/16-1¾ he asked for a standards check and officials found them to be two feet off, explaining much about the early failures. Start Over! Olkowski and Boyles had to be located. The former made another bar, the latter, with little



Ryan Olkowski actually started twice in the pole vault, clearing 4.62m the second time around.

warm-up, could not.

Then the show belonged to Terek who cleared 4.92m/16-1¾, 5.12m/16-9½ and 5.32m/17-5½ in short order. That allowed him an opportunity to try for his own meet and American record of 5.41m by going for 5.42m/17-9¼. One try was reasonably close and the event (or both events!) ended abruptly, as Terek held a 190 point lead and a chance at a 6k score. 8 clearances, 30 attempts in 49 minutes.

After Six: Tere 5135, Boyl 4945, Olko 4717.

1000 meters: [3:27 -3:30 pm]

With but three runners Terek was faced with trying for a 6000 score alone. He needed a 2:40.80 (PR of 2:39+).. Needing to run 200m splits in 32 seconds each he was right on pace after 3 laps, but flagged in the fourth lap, falling 4 seconds off pace. He got some of it back with a last lap sprint, but managed just 2:44.39, no real indication of his running condition.. Meanwhile Boyles ran I second off his PR with a 2:50.84 sprint, *After Seven: Tere 5960, Boyl 5702, Olko 5414.*

Notes: Who would have thought that, 4 years ago, the three team World's Greatest Athletes Decathlon team, would be the sole finishers in Chapel Hill this week? Congrats to Harry Marra who started the club by convincing Paul Terek, Chris Boyles and Ryan Olkowski to continue training after their college years. Without them there would have been no finishers I Chapel Hill.

Parents and coaches made the awards presentation. Boyle's brought a large contingent of family and friends, the C-Bo elite team that was raucous at times, thankfully. Attendance reached 120 during the vault, not a bad total. After the 1000 meter run the athletes watched as the women's pentathlon went down to the wire with Fiona Asigbee winning by a single point, 4098 to 4097 on a lean at the tape in the 800!

2008 should see a much larger field since it will be a indoor world champs year. UNC track coach Dennis Craddock set records for hospitality by feeding the entire crowd (over 100 spectators, officials, coaches, etc) with Carolina barbeque afterwards. This may be the only meet where the host institution buys dinner for everyone...it was on the house! Wow!



Final results:

3/3-4 22nd USATF National Champs, Eddie Smith Fieldhouse, UNC, Chapel Hill, NC

5960	Terek, Paul/Asics	7.08 715 1510 196 8.51 532 2:44.39
5702	Boyles, Chris/C-BO Elite	7.23 687 1425 214 8.39 462 2:50.84
5414	Olkowski, Ryan/unat	6.92 687 1297 196 8.78 462 2:56.65
dnf	Harlan, Ryan/unat	7.08 648 1595 193 inj, withdrew

nb: Terek's win is record three (2003, 2004, 2007) at nationals meet. 4s,3f.

NCAA I Heptathlon Qualifiers



[announced 9 pm EDT, March 5]

Donovan Kilmartin	Texas	5870
Raven Cepeda	N Iowa	5695
Jangy Addy	Tennessee	5688
Jake Arnold	Arizona	5687
Josh Hustedt	Stanford	5677
Chris Helwick	Tennessee	5666
Mike Morrison	Florida	5652
Joe Detmer	Wisconsin	5651
	(auto qualifiers)	
Duane Hynes	Princeton	5640
Brent LaRue	Wake Forest	5617
Josh Kinnamen	Arizona St	5585
Kevin Johnson	Colorado St	5569
Brian Walsh	Air Force	5539
Ryan Koontz	Clemson	5531
Hans Uldal	Missouri	5478

(provisional qualifiers)
Auto standard 5650, provisional 5300

Sebrle Wins third Euro Title



March 4, Birmingham, UK.

Veteran Roman Sebrle came back from pedestrian efforts in the hurdles and

vault to pass tall Russian Aleandr Pogorelov in the final event and capture his 3rd Continental crown. Sebrle, who always has gas in the tank for the final race, posted a 2:45 clocking, ten seconds faster than Pogorelov and won by a



comfortable 69 points, 6196 to 6127.

Pogo ran at the very back of the 12 man pack for most of the race until ex Kansas Stater Josef Karas lost a shoe and then jogged in.

Third place went to a comer, 21 year old belaRussian Andrei Krauchanka, with 6090. In the States he would be a college junior. "It was really a hard win this time," said Sebrle. "I was confident going into the final event. I knew I could make up the points lost in the high jump and vault." Pogorelov, who also was second behind Sebrle in 2005, claimed "Roman is so good at the moment it is making it hard. Next time I will try harder."

Results:

3/3-4 European Champs, Birmingham, UK

6196	Sebrle, Roman/CZE 7.06 779 1612 202 8.22 500 2:45.84
6127	Pogorelov, Alexandr/RUS 7.01 764 1521 208 8.14 510 2:55.47
6090	Krauchanka, Andrei/BLR 7.04 767 1246 211 8.04 490 2:41.85
5962	Leyckes, Dennis/GER 6.99 685 1276 199 8.14 540 2:40.43
5896	Jacob Minah/GER 6.92 741 1353 199 8.38 490 2:45.80
5883	Barras, Romain/FRA, 5737
5721	Bourguignon, Rudy/FRA, 5721
5720	Gourmet, Francois/BEL, 5720
5588	Xhonneux, Frederic/BEL, 5698
5588	Karlivans, Janis/LAT, 5588
5229	Karas, Conteras, Alvaco/ESP, 5229
1392	Karas, Josef/CZE-ex Kansas St [7.07 723 1392 190 8.60 440 3:18.06] 14s, 12f.
