

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## Kilmartin Takes Big 1<sup>st</sup> Day Lead Leads Addy, Kinnamen at Break

**Hello Again.....** Texas senior Donovan Kilmartin, 22, built a significant 157 digit lead after day one at the NCAA I indoor championship heptathlon in Fayetteville, Arkansas. Showing why he is a two time winner here and the meet record holder, Kilmartin put 4 solid marks on the board [7.12 -7.14/23-5¼--14.54m/48-7½--2.07m/6-9½] to lead Tennessee junior Jangy Addy, 3316 to 3159. Four others were within 57 points of the Volunteer. The day's most impressive performances, vis-à-vis lifetime bests belonged to Northern Iowa junior Raven Cepeda and Wisconsin senior Joe Detmer. Cepeda gave the Panther faithful much to crow about with a four foot shot PR [15.29m/50-2] then added 3cm to his high jump lifetime best at 1.92m/6-3½. Detmer, 23 from Lodi, Wisconsin, flirted with PRs in the first three events before clearing new PRs at four consecutive heights, eventually finishing at 2.04m/6-8¼. Detmer came to the Tyson Center as the 12<sup>th</sup> best high jumper in the field yet finished 3<sup>rd</sup> overall, losing only to a pair of 7 footers. As everyone knows, both Cepeda and Detmer have significant 2<sup>nd</sup> day skills.

Fifteen qualifiers met the starter's pistol in two sections at 9 am. Unlike 2006, there was no overwhelming favorite (Trey Hardee in 2006 after a CR earlier in season). Hardee, who would have been the meet favorite, had broken a wrist earlier in

the season and was competing in several open events here (60m hurdles and long jump).



Two Time NCAA Indoor heptathlon champion Donovan Kilmartin is at it again, holding a 157 point first day lead at the Tyson Track Center in Fayetteville, Arkansas/



**4<sup>th</sup> NCAA I Champs**  
**Randall Tyson Track Center**  
**University of Arkansas**  
**Fayetteville, AK**  
**March 9-10, 2007**

**60 Meters:** [9:00 – 9:07 am]

Crowd totaled 95 at 9 am. Addy, a talented but oft injured junior was running in lane 8. He *blasted* away from a goof field to win by an ungodly 2 tenths over speedy Wake soph Brent LaRue to set a meet record 6.88 seconds. Florida frosh Mike Morrison PR's in 3<sup>rd</sup> at 7.16 seconds.

Josh Kinnamen, the smooth striding Arizona State senior, outleaned Stanford junior Josh Hustedt (a PR) and Kilmartin, 7.10 – 7.11 – 7.12 . Nebraska's Ben Schutter withdrew.

*After One: Addy 925, LaRue 854, Kinn 847, Hust 844.*

**Long Jump:** [9:40 -10:19 am]

A lackluster event. The athletes used a bouncy and elevated runway and there were no favors at the visual toe-board. After all three rounds more than one third of all the efforts were fouls, many razor thin.

In round one Morrison (who recorded the lone PR) and Hustedt led at 7.27m/23-10¼ and they held up as the winning leaps. Only 4 surpassed 7 meters even though virtually the entire field owned lifetime bests in excess of that mark. LaRue was injured in round #2 and withdrew. Kilmartin improved to 7.14m/23-5 ¼ in round three as the fouls piled up. 17 of the 41 attempts (41% and way out of line) were toe-board fouls and an indication that the athletes had a difficult time handling the bouncy runway.

*After Two: Hust 1722, Morr 1704, Kilm 1687, Addy 1678.*

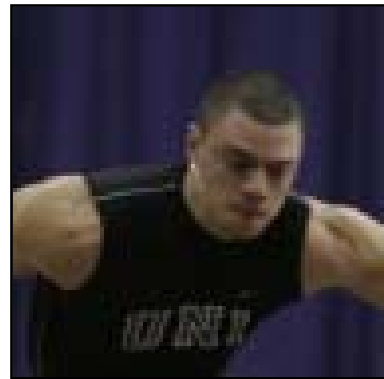
**Shot Put:** [10:55 – 11:28 pm]

Addy, the Volunteer junior, was expected to make a major move here. And, indeed, he took the overall lead. His seasonal best exceeded that of Kilmartin by more than 2 meters. Yet Cepeda stole the show arming 15.29m/50-2, 9cm ahead of Addy. NCAA decathlon kingpin Jake Arnold began to turn his fortunes around

with a PR 14.83m/48-8 toss while Kilmartin scared his PR with a 14.54m/47-8½ put. The surprising Hustedt stayed in the hunt with a 7cm PR in round #3, 11.94/39-2¼.

*After Three: Addy 2480, Kilm 2448, Cepe 2371, Kinn 2358.*

**High Jump:** [12:02 – 1:12 pm]



Northern Iowa's Raven Cepeda, Beloit, Wisconsin, PR'd in both the shot put and high jump to move into contention after 4 events.

The athletes were grouped into two pits as the infield resembled Piccadilly Circus with a traffic cop directing turns as jumpers came at the two pits from 4 different directions. To add to the confusion half the field was switched to the other pit in an attempt to provide background equity.

In the West pit Kilmartin, who grabbed the overall lead, and Clemson senior Ryan Koontz claimed the victory, both getting 2.07m/6-9½ while Hustedt equaled his lifetime best at 2.01m/6-7.

In the East pit Detmer dominated with his 4 lifetime bests, winning at 2.04m/6-8¼, besting Princeton soph Duane Hynes (2.01m/6-7). The traffic was fast and furious with 137 total attempts (55 clearances) in 70 minutes.

*After Four: Kilm 3316, Addy 3159, Kinn 3143, Hust 3138.*

*First Day Results:*

3316 Kilmartin, Donovan/Texas  
7.12 714 1454 207

3159 Addy, Jangy/Tennessee  
6.88 674 1520 186  
3143 Kinnaman, Josh/Arizona St  
7.10 694 1373 198  
3138 Hustedt, Josh/Stanford  
7.11 727 1194 201  
3106 Arnold, Jake/Arizona  
7.24 670 1483 198  
3102 Cepeda, Raven/Northern Iowa  
7.17 671 1529 192  
3083 Detmer, Joe/Wisconsin  
7.16 697 1206 204  
3072 Hynes, Duane/Princeton  
7.27 704 1266 201  
3000 Helwick, Chris/Tennessee  
7.30 684 1376 192  
2997 Johnson, Kevin/Colorado St  
7.16 686 1287 192  
2993 Koontz, Ryan/Clemson  
7.29 644 1286 207  
2976 Uldal, Hans/Missouri-NOR  
7.31 683 1390 189  
2916 Morrison, Mike/Florida  
7.16 727 1122 183  
2894 Walsh, Brian/Air Force  
7.21 693 1204 186  
dnf LaRue, Brent/Wake Forest  
7.08 471 withdrew  
dnf Schutter, Ben/Nebraska  
7.21 withdrew

