

THE DECATHLON ASSOCIATION

DECA Newsletter

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Kilmartin Wins 3rd NCCA Crown Arnold Runner-up, Detmer sets 1000m WR

Hello Again.....Donovan Kilmartin came thru with his 3rd NCAA undercover title, a record that is likely to stand for quite a while. But it was not easy as he held off a late charge by outdoor collegiate kingpin, Jake Arnold of Arizona. At the finish some of his thunder was stolen by Wisconsin senior Joe Detmer who brought the Tyson Center house down with a perfectly run 1000 meters world record.

But make no mistake; the major story was Kilmartin who won as a freshman, junior and senior and extended his heptathlon win streak to five. Kilmartin, Eagle, Idaho, took the lead during the high jump, and had to stay within 11 seconds of Arnold in the 1000 meters. He responded with a PR 2:47.44, just five seconds adrift of the Arizona senior.

In the meantime the 6-0, 160 lb Detmer was routinely rattling off 30 second laps, went by 800m in 2:01 then gunned a 28 second final 200 to shatter all previous 1k marks. It had Robert baker/Kip Janvrin written all over it.

As well, places 2-3-4-5 were putting up PR scores. Arnold was 89 back at the finish. Northern Iowa's Raven Cepeda claimed 3rd with an impressive 5864 which included three 2nd day PRs. Stanford junior Josh Hustedt, away on a mission for the past two years, was a



Donovan Kilmartin turned the NCAA Heptathlon field upside down in Fayetteville resulting in his third national crown.

surprise 4th at 5837 as he too managed a trio of 2nd day lifetime bests. Detmer added 110 to his PR, helped considerably by vault and 1000 PRs.

Once again Tennessee's Jangy Addy was injured. His awesome potential was obvious but he can't seem to get by physical ailments. He withdrew while in 2nd place, after day 1.

Interestingly, Texas teammate Trey Hardee, who might have been the favorite here but for a broken thumb, placed 2nd in the open long jump, 7.83m/25-8¼ !!!!

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



60 m Hurdles: [11:00 -11:14 am]

In a classic snafu, meet officials drew the athletes into four sections of the hurdles, running in non-adjacent lanes, in spite of the change in the 23 year old NCAA rule that now allows collegians to run in adjacent lanes. As always seems to happen, several of the withdrawals happened in the same section and we actually ran a race with *two* hurdlers. *TWO!* Come on, we've been over this ad infinitum. The only losers are the athletes who must contest non-competitive races. We were lucky we did not have a race on *one*. The reason for the non-adjacent lane rule, written in the rule book by Sam Adams and Dutch Warmerdam in the early 1970s, has long since disappeared. Let's give the athletes (at a national championship!) a break and allow them to compete with one another. The seeding was fine. Now let's fill the lanes.

In spite of the grumbling, some of the hurdles races produced fast times. In section one Hustedt (8.04), Cepeda (8.11) and Arnold (8.11) all PR'd while Kilmartin was adrift in 8.26. Section II had but two runners and Clemson's Ryan Koontz won handily in 7.98 seconds. Missouri's Hans Uldal won the third race in 8.25 seconds and Detmer captured the final race in 8.61. *After Five: Kilm 4233, Hust 4112, Cepe 4062, Arno 4060.*

Pole Vault: [11:55-1:56 pm]

Officials moved the event along smartly. Brian Walsh/Air force, nh at 4.40m/14-5¼. At 4.90 half the field was still vaulting. Detmer had recorded a pair of PR's but could not manage 4.90m/16-¾, nor could Hans Uldal. But Arnold, Kilmartin, Helwick and Cepeda all cleared on first attempts while Hustedt managed on his 3rd. Arnold, Kilmartin and Cepeda all got over 5.00m/16-4¾ and 5.10m/16-8¾. The latter a lifetime best for Cepeda.

Both Arnold and Kilmartin gave the crowd of 350 a show by clearing 5.20m/17-¾ on 2nd attempts. Kilmartin could go no higher but Arnold missed a lifetime best by 1 cm by skying over 5.30m/17-4½ to cut 32 points out of Kilmartin's lead.

94 attempts, 40 clearances. *After Six: Kilm 5205, Arno 5064, Cepe 5003, Hust 4992.*

1000 meters: [2:30-2:33 pm]

Attendance had reached 520 by race time and everyone knew the differential between Kilmartin and Arnold worked out to 11 seconds. The strategy was clear and, at the gun Arnold hopped on Detmer's shoulder hoping to tag along. The Lodi, Wisconsin senior clicked off splits of 30, 60, 1:30 and Arnold was adrift after 300 meters, a victim of the pace.



Wisconsin's Joe Detmer Pounded out a world record 2:29.42 1000m and placed 5th with a PR 5761.

Detmer pounded on and the crowd was on its feet with two laps to go, realizing they were seeing something special. When he

picked up his turnover at the bell (passed in 2:01) everyone knew there was a chance for the world record of 2:30.25. Down the back stretch and around the final curve Detmer flew, never flagging in his economical style. There was a crescendo at the finish, and the FinishLynx digital clock, run by Roger Jennings on the infield told everyone, including Wisconsin coach Ed Nuttycombe what they wanted, 2:29:42..... World record.

But the race and meet was far from over. Arnold had faded a bit, passed by Chris Helwick (who improved from 9th place to 6th in this event) with two laps remaining. Kilmartin hung tough, keeping a watchful eye on Arnold and the gap never got greater than 7 seconds. At the finish it was 4+ and Kilmartin had his hat trick.

After Seven: Kilm 5998, Arno 5909, Cepe 5864.

Final Results:

5998	Kilmartin, Donovan/Texas	7.12 714 1454 207 3316 8.26 520 2:47.44
5909	Arnold, Jake/Arizona	7.24 670 1483 198 3106 8.11 530 2:42.62
5864	Cepeda, Raven/Northern Iowa	7.17 671 1529 192 3108 8.11 510 2:41.09
5837	Hustedt, Josh/Stanford	7.11 727 1194 201 3138 8.03 490 2:42.60
5761	Detmer, Joe/Wisconsin	7.16 697 1206 204 3083 8.61 480 2:29.42
5595	Helwick, Chris/Tennessee	7.30 684 1376 192 3000 8.53 490 2:41.00
5569	Koontz, Ryan/Clemson	7.29 644 1286 207 2993 7.98 450 2:44.08
5511	Kinnaman, Josh/Arizona St	7.10 694 1373 198 3143 8.32 430 2:50.22
5478	Uldal, Hans/Missouri-NOR	7.31 683 1390 189 2976 8.24 480 2:53.33
5453	Hynes, Duane/Princeton	7.27 704 1266 201 3072 8.65 450 2:47.09
5422	Johnson, Kevin/Colorado St	7.16 686 1287 192 2997 8.17 450 2:53.79
4494	Walsh, Brian/Air Force	7.21 693 1204 186 2894 8.65 nh 2:49.13
dnf	Addy, Jangy/Tennessee	6.88 674 1520 186 3158 withdrew
dnf	Morrison, Mike/Florida	

	7.16 727 1122 183 2916 withdrew
dnf	LaRue, Brent/Wake Forest
	7.08 471 withdrew
dnf	Schutter, Ben/Nebraska
	7.21 withdrew
Records: Detmer's 2:29.42 1000m becomes new WR. AR. CR and MR. Old WR 2:30.25 by Vladimir Kryuchkov/RUS, 1984; old AR: Detmer, 2:30.86, Madison, 1/27/07; old CR: 2:30.74 Jim Stevenson/Mt St Mary's, Princeton, 1994; old MR 2:37.08 Mustafa Abdur-Rahim/Dartmouth, Fayetteville, 3/13/04. Addy's 6.88 becomes notable performance since he did not finish meet.	