

THE DECATHLON ASSOCIATION

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MOOSE PLATES 8106 in ALAMOSA Morrison's 7803 Tops Mount SAC Relays

Hello Again.....Outside the discus ring at Rex Stadium Adams State coach John Wallin reminded Mustafa Abdur-Rahim that his first discus toss, which measured 46.71m/153-2 was still 3 feet shy of his own PR. It seems bragging rights are pretty important in throwing sessions in Alamosa. When Moose's second platter covered 51.45m/168-9 of Colorado real estate, the PR and bragging rights shifted to the 25 year old Dartmouth grad. More importantly, it paved the way to a lifetime best 8106 score, his first 8000 effort and the nation's (& world's) 2nd best score of the early season. Only Trey Hardee's 8371 Texas Relays win is presently higher.

"I knew I had a good score going, but the discus really helped," said Mustafa. "I've only done conditioning training since mid-February so I'm really pumped after an 8K." If the discus helped Mustafa capture the 22nd Travis McKinley decathlon in Alamosa, the weather decidedly did not. A snowstorm blew through on Thursday, April 17, postponing the start 24 hours. Snow had to be cleared from the Adams State facility on Friday which turned out to be coolish and calm as Mustafa ran 4186 points. But gales blew up on the second day, so that, by the time the 1500m was contested, there were 30 mph gusts and the temperature was 48 degrees. Given the conditions his 4:39.6 time may have been

25 year old Mustafa Abdur-Rahim added 169 pts to his PR with an 8106 win at the McKinley meet in Alamosa. In 2007 he captured the USA vs GER Thorpe Cup in Bernhausen.



his best event. It proved to be his 4th victory in his past 5 decathlons (including last season's Thorpe Cup-USA vs Germany) as he became the 60th American over 8000 points. His former PR was a 7937 2nd place effort at the 2004 NCAAAs. "I don't know what to say," said Carl Wallin, Mustafa's college coach, "except that I'm glad my son is coaching him."

The McKinley meet is named in honor of the former Adams State track and field star who was killed in a 1986 car accident. Wayne Durham (ASC's football punter) was 2nd with a PR 7059, the 5th Div II 7K score of the season.

The 8106 was just one of a plethora of top scores in a 16 meet weekend. The most notable other effort came from University of Florida sophomore Mike Morrison (Chesapeake,

VA) who posted an eye-opening 7803 win at the deep Mount Sac Relays in Azusa. “I couldn’t be happier with what I saw from Mike this weekend,” Florida multi-events coach Rana Reider said. “He executed the plan



Florida soph Mike Morrison posted five event PR and a huge PR score, 7803, to win at Azusa’s Mount Sac Relays

to perfection and had a really good meet. Getting Mike automatically qualified for the NCAA Championships was a priority, and accomplishing that was big for him. He’s really established himself.”

Morrison set five event PRs on the way to a 487 point PR. Morrison was philosophical. “It always feels good to break a record. On the other hand, I easily left at least a hundred points out there, so now I’ll focus on getting ready for the conference meet and doing my best to help the team there.”

Everything did not work perfectly for the Florida Gators. Although senior Kurt Lee exceeded the NCAA provisional standard with 6901 score, sophomore Steffan Hommel (Albershausen, Germany) no heighted in the high jump and dnf’d prolonging his bad luck. He had been the 17th collegian on the college indoor heptathlon list (5507) where the top 16 were invited to the NAAs.

At Azusa the vault made all of the difference for Morrison took the overall lead when he equaled his PR 5.15m/16-



10^{3/4}. The effort also represented an NCAA regional-qualifying mark. Desi At Mount Sac, Desi Burt/Cal State-LA (I) used sprint and jumping skills to run a up a 7528 PR. Andrew Hall/ex Dartmouth, also PR’d with as7216 score.

Burt, a senior at Cal State-LA was runner-up with a PR 7528, the nation’s 2nd best Div II total. Stanford’s Josh Hustedt was 3rd with his own lifetime best of 7465. Ironically Andrew Hall, Abdur-Rahim’s former Dartmouth teammate, was 5th with his own lifetime best of 7216. Better known in the Ivy League as a wide receiver for “The Catch,” Hall was a two time Heptagonal decathlon champ. If you have never seen “The Catch” check out

Former Houston Cougar Nicholas Garza won Azusa’s concurrent California Invitational with a 6984 score. Azusa handled 34 entries at Mt Sac/Cal Invt.



Missouri soph Nick Adcock, the '07 USA Jr champ, won the Kansas Relays title with a PR 7329 come from behind effort.

The weekend’s other major invitational, the Kansas Relays in Lawrence, saw

Missouri's Nick Adcock add 251 points to his own PR. His 7329 score was 19 better than Norwegian freshman teammate Lars Rise. Adcock, who was 4th at the NCAAs indoors, trailed by 45 points with an event remaining but a nine second 1500m differential won him the gold medal.

Morrison was not the only Virginia born collegian to win a major decathlon title over the weekend. University of Virginia senior David Lewis (Centreville, VA) captured the Atlantic Coast Conference crown in Atlanta with a PR 7105 effort. And Daniel Newell, a sophomore at Liberty University (Roanoke, VA) was the Big South Conference winner



Virginia natives David Lewis (l) Centreville and Daniel Newell (r), Roanoke, won collegiate league titles. The former/Virginia, won the ACC, the latter/Liberty, was tops at the Big South.

The week began with Bemidji State's Zach Preble winning the Team Nodak meet in Fargo, ND. Max Westman/Penn won the Larry Ellis meet in Princeton (7322). Kevin Dwyer, a junior at Miami (OH) strolled the final event in 5:16 yet still posted a 7240 win at the All Ohio Champs in Cincinnati. Oklahoma's Mitch Henry survived the delayed John McDonnell meet in Fayetteville, AK (7059) when Northern Iowa junior Mat Clark dished three platters outside the sector.

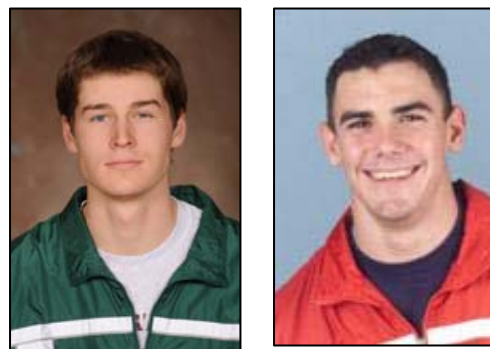
In total the weekend witnessed 13 NCAA I auto/provisional efforts, 8 more at the D-II and D-III levels, and, after the Moose's 8k, a dozen scores over 7000 points



Adams State junior Wayne Durham (r) was runner-up at the Travis McKinley meet in Alamosa with the nation's 5th 7000 point Div II score. Here the 6-5 athlete runs with 5-9 Abdur-Rahim in lap one of the 1500m.

The 2008 Relay season will conclude on Wednesday-Thursday with the Drake Relays where Northern Iowa's Raven Cepeda is defending.

Other Weekend Notables



Upper left: Kevin Dwyer/Miami (OH) won the All Ohio Champs; upper right: Lar Rise/Missouri was runner-up at Kansas Relays; lower left: Zach Preble/Bemidji was tops at the Team Nodak affair; lower right: Nick Garza was the Cal Invt winner.



David Pichler, a senior at Azusa Pacific and 'Dave Johnson look- alike' was runner-up at the Cal Invt with a 6809 score.

Who Has Qualified for the Trails ?

2008 US Olympic Trials Potential Qualifier List

field @ 18



Already Qualified [auto standard = 7900]

2007

8493	Clay, Bryan	Nike
	Götzis	5/27
8352	Pappas, Tom	Nike
	Indianapolis	6/23
8215	Arnold, Jake	Arizona
	Sacramento	6/7
8134	Terek, Paul	Asics
	DeSanzano	5/6
7963	Detmer, Joe	Wisconsin
	Sacramento	6/7
7901	Harlan, Ryan	unat
	Santo Domingo	5/26

2008

8371	Hardee, Trey	NIKE
	Austin	4/3
8106	Abdur-Rahim, Mustafa	ASC-elite
	Alamosa	4/19

Provisional Qualified [provisional standard = 7600]

2007

7871	Richardson II, Chris	unat
	Azusa	4/12
7838	Cepeda, Raven	Northern Iowa
	Des Moines	5/12
7808	Addy, Jangy	Tennessee
	Sacramento	6/7
7804	Boyles, Chris	CBO-Elite
	Indianapolis	6/23
7798	Randolph, Chris	unat
	Azusa	4/12
7732	Helwick, Chris	Tennessee
	Knoxville	4/12

7664	Hines, Neil	Iowa State
	Sacramento	6/7
2008		
7803	Morrison, Mike	Florida
	Azusa	4/18
7800	Hoskins, Brandon	Liberty
	Austin	4/3
7792	Eaton, Ashton	Oregon
	Sacramento	3/29
7787	Moody, Ricky	Washington St
	Austin	4/3

Active with PRs above 7800:

Kilmartin, Donovan	Texas
[PR 7897	
Olkowski, Ryan	unat
[PR 7895, 9 th in '04]	
Moore, Stephen	unat
[PR 8085, 5 th in '04]	
Harris, Stephen	unat
[PR 8103, dnf in '04]	

--As of 4/20/08, the 18th best score is 7732/Helwick
 --final qualifier in 2004 was 7624 for a field of 24
 --qualifying occurs from 2007 & 2008.



The weekend's notable coaches included: on left, John Wallin, the Associate Head Coach at Adams State , and, on right, Rana Reiner assistant coach at University of Florida, who guided Abdur-Rahim and Morrison respectively.