

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXIII

Number 24

May (3), 2008

OH TO BE A VOLUNTEER ! Helwick, Addy Post 8K Scores



Hello Again.... For three seasons they were teammates at the University of Tennessee where each won deca accolades. Chris Helwick, 23, Greeley, CO, was a 2x SEC outdoor champ and NCAA runner-up. Jangy Addy, 23, Norcross, GA, was the '07 SEC champ and NCAA 3rd place finisher. But on this mid-May weekend, on consecutive days and dodging raindrops in different meets, each posted initial career 8000 point scores gaining automatic Olympic Trials qualifiers. Veteran Volunteer coach Bill Webb smiled broadly as Chris and Jangy brought his total of Tennessee schooled 8K scorers to 7! [Brophy, Long, Pappas, Smith, Harris the others].

Helwick was first (May 14-15), winning the Deacon Multis in Winston-Salem where he serves a volunteer (no pun intended) coach a Wake Forest. His steady 8017 effort [4015 1st day; 4002 2nd day and terrific 4:21.80] was 140 better than come-backing Ryan Olkowski.

A day later, Addy added 202 digits to his lifetime best by snagging a 2nd consecutive SEC crown in Auburn, AL. Although he won 4 of the first 5 events, but no one was prepared for his eye-opening CR 13.70 (-0.2mps) 110 hurdles performance. 13.70!! 1014 points. Only Dan O'Brien, has ever run faster as an American decathlete. By this point the Tennessee captain had a 500 point lead



Left: 8010 for Jangy Addy at the SEC champs included a 13.70 CR hurdles. Right: Chris Helwick's 8017 win at Wake Forest included a 4:21.80 1500m.

over Florida's Steffan Hommel. He continued with solid marks and needed a 5:04.3 in the final test to break 8. Never speedy in the 1500, he nevertheless ran conservatively, timed it perfectly, and breasted the finish line with two seconds to spare....8010 points, making him both the current season collegiate leader and the 62nd American to score over 8K.

His margin of victory was a whopping 450 points. Hommel, although he experienced some shaky moments in the high jump, got an auto qualifier, 7540, and Tennessee frosh Michael Ayers, 19, Nashville, was 3rd, as a sure-to-be 7360 national invitee.

"I came here trying to get points for the team," Addy said. "I got out on a

good pace and just brought it home. I want to thank (team chiropractor) Dr. Petty, (trainer) Mark Dutton and (strength coach) Chris Stewart, in addition to the whole Tennessee training staff for helping me get ready. Hopefully our team will get on a roll now too. I'm proud of the effort from Michael Ayers; his score should get him to nationals, too. God has been good to me, allowing me to stay healthy the last two years."

Webb concurred. "I'm very proud that Jangy has worked through all of his injuries and kept his focus toward this. My goal is to have him completely healthy for NCAAs in four weeks because he is going to be one of the favorites there with this score."

The SEC affair at Auburn (rain delayed 4 hours by heavy downpours on the first day) was only one of eleven Div I conference championships where 151 athletes attempted to rewrite the NCAA meet qualifying list. Only the top 26 will be selected for the nationals in Des Moines, IA.

Big 12 Notables



At Boulder Donovan Kilmartin, Texas (upper left) and Moritz Cleve/Kansas St posted NCAA qualifying

totals. Nick Adcock/Missouri (upper right) and Lars Rise/Missouri (lower left) both solidified their season totals.

In Boulder, CO, the Big 12 championships provided lots of fireworks and some disappointments as well. Donovan Kilmartin/Texas, hung on to get an auto qualifier and the win, 7675 over Missouri soph Nick Adcock's 7657. Missouri frosh Lars Rise/NOR was 3rd with a PR 7559 and Kansas State's German frosh Moritz Cleve got an auto qualifier a 7391. But teammate Rok Derzanic/SLO no marked in the discus after Nebraska's Skyler Reising dnf'd in the hurdles. The former does not have a score to advance to the NCAAs, but the latter's early season 7295 may hold up.

Big Ten Notables



Minnesota's RJ McGinnis (left) and Michigan's Frank Shotwell (r) were 3rd and first at the Big Ten meet in Champaign, both getting significant PRs.

Frank Shotwell, a Michigan sophomore, outsprinted Penn State's in the straight of the 1500m to win the Big Ten crown in Champaign by a single point, 7362-7361. Yet this meet was not the closest decathlon of the weekend. That honor goes to the Atlantic Sun Conference meet where Logan Brelsford of Campbell U made up 219 points in the final event (a 40 second differential) to tie Evan Brusich of Gardner-Webb, both getting 5935 points. The NCAA rulebook does not break ties.



Top left: Nick Trubachik/Portland St took the Big Sky; Upper right: John Strang/Utah St was WAC king; Lower left: Justin Palmer/BYU won the Mountain West crown; Lower right: Wes Bray/Houston won the Con. USA title.

In three Rocky Mountain area conferences 7k winning totals was the order of the day. Brigham Young's Justin Palmer won the Mountain West crown with 7054; John Strang/Utah St won the WAC with a PR 7083, and Nick Trubachik/Portland State, was the Big Sky winner with 7058, also a PR. Other conference champions included Wesley Bray/Houston, who won the Conference USA title (6904), Ernest Martinez/Oral Roberts who captured the Summit crown (6695) and Kevin Dwyer of Miami (OH) who was the Mid-American king (6706). Add to the winners list: Raven Cepeda/Northern Iowa who captured a 3rd consecutive Missouri Valley title, and Dan Newell of Liberty, the IC4A winner.

The nation's top JC score was posted by Kurt Felix of Central Arizona (remember Maurice Smith!) with a 6835

score at the NJCAA meet in Levelland, TX.

So deep was the collegiate talent pool this season that the 26th NCAA I score, when the dust (and rain) cleared this past weekend, was 7290 points, although the NCAA Games Committee may go a bit lower since several of the top 26 are injured. At the present here are the top 30 NCAA I scores (as of May 19, 2008):

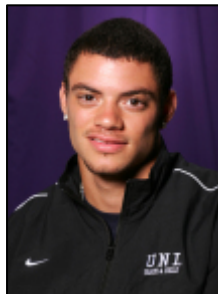
NCAA I List: [NCAA I qualifying standards: 7500 auto, 6900 provisional, field @ 26]		
8010	Addy, Jangy SEC, Auburn	Tennessee 5/16
7828	Barroilhet, Gonzalo Tex R, Austin	Florida St-CHI 4/3
7803	Morrison, Mike Mt Sac R, Azusa	Florida 4/17
7800	Hoskins, Brandon Tex R, Austin	Liberty 4/3
7792w	Eaton, Ashton NIKE, Sacramento	Oregon 3/29
7787	Moody, Ricky Tex R, Austin	Washington St 4/3
7691	Clark, Mat Drake R, Des Moines	Northern Iowa 4/24
7687	Cepeda, Raven Drake R, des Moines	Northern Iowa 4/24
7675	Kilmartin, Donovan Big 12, Boulder	Texas 5/18
7657	Adcock, Nick Big 12, Boulder	Missouri 5/18
7559	Rise, Lars Big 12, Boulder	Missouri 5/18
7540	Hommel, Steffan SEC, Auburn	Florida 5/16
	[12]	
7473	Johnson, Justin Tex R, Austin	CS-Northridge 4/3
7465	Hustedt, Josh Mt Sac R, Azusa	Stanford 4/17
7461	Richardson II, Chris Big West, Northridge	Long Beach St 5/10
7460	Koskenoja, Tyler CAN,Green, Scottsdale	Dartmouth- 3/19
7395	Wolfe, Tommy Antonio Southland, Huntsville	Tex-San 5/10
7391	Cleve, Moritz GER,Big 12, Boulder	Kansas St- 5/18
7362	Shotwell, Frank Big 10, Champaign	Michigan 5/18

7361	Colligan, Shawn Big 10, Champaign	Penn St 5/19
7360	Ayers, Michael SEC, Auburn	Tennessee 5/17
7332	Johnson, Kevin Morris, Ft Collins	Colorado St 4/25
7322h	Westman, Max Ellis, Princeton	Pennsylvania 4/18
7319	Harlan, Aaron Southland, Huntsville	SF Austin St 5/10
7295	Reising, Skyler Click, Tucson	Nebraska 4/4
7290	McGinnis, RJ Big 10, Champaign [26]	Minnesota 5/18
7253	Parish, B.J. Sun Belt, Denton	Arkansas St 5/10
7251	Bray, Wesley Tex R, Austin	Houston 4/3
7240	Dwyer, Kevin All Ohio, Cincinnati	Miami (OH) 4/19
7215	Fretwell, Adam NIKE, Sacramento [30]	Kansas St 3/29

right: Northern Iowa's Raven Cepeda won a 3rd Missouri Valley crown.

Weekend Winners: Div I
5/14-15 *Big Sky (Sacramento St)*
7058 Nick Trubachik/Portland St
5/14-15 *Mountain West (TCU)*
7054 Justin Palmer/BYU
5/14-15 *WAC (BoiseSt)*
7083 John Strang/Utah St
5/15-16 *Conference USA (UTEP)*
6904 Wes Bray/Houston
5/15-16 *Mid-American(Bowling Green St)*
6706 Kevin Dwyer/Miami (OH)
5/15-16 *SEC (Auburn)*
8010 Jangy Addy/Tennessee
5/17-18 *Atlantic Sun (Clemson)*
5935 Logan Brelsford/Campbell
and Evan Brusich/Gardner-Webb
5/17-18 *IC4A (Princeton)*
6898 Dan Newell/Liberty
5/17-18 *Big 12 (Colorado)*
7675 Donovan Kilmartin/Texas
5/17-18 *Big 10 (Illinois)*
7362 Frank Shotwell/Michigan
5/17-18 *Missouri Valley (SIU-E)*
7641 Raven Cepeda/N Iowa

Other Newsmakers----



Upper Left: Ryan Olkowski got untracked with his best total in 4 years, 7877 at Wake Forest, Upper right: Floridian German Steffan Hommel managed a fine 7540 for 2nd at SEC; Lower left: Michael Ayers, a Tennessee teenager got a PR 7360 at SEC; Lower

Collegiate Conference Season Continues

Second Conference Weekend, May 15-18

	DivI
auto standard:	7500
provisional:	6900
# of meets:	11
# of athletes:	137
>auto:	6
>provisional:	22
Total qualifiers:	28

