

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## EATON'S 8055 WINS NCAA TITLE



### Addy and Barrio 2<sup>nd</sup> and 3<sup>rd</sup>

**Hello Again....**Oregon soph Ashton Eaton nailed this meet. Duck coach Dan Steele had the Bend, Oregon native work on his throws (PRs in both shot and discus) and his fine running performances carried the day. Down 55 points with an event remaining, his steady 1500 netted the victory and his initial 8k effort. It also, more significantly, gave him an automatic qualifying score for the US Olympic Trials in 2 weeks, to be held at his home facility in Eugene.

Eaton and Tennessee senior Jangy Addy, Norcross, GA, waged a terrific battle and, given distance running skills, the Volunteer's 55 point margin after nine events was not enough to hold up. NCAA indoor champion Gonzalo Barriolhet/ Florida State, made a strong 2<sup>nd</sup> day run (3949 points) but could not catch the pair.

The forecast for Thursday, June 12, was for more showers and day two broke overcast and threatening, but unlike the previous day, the rain never materialized. Yet Iowans were taking no chances. I noticed a delivery of sandbags to downtown buildings while waiting for the #3 bus to the University. The weather held as Addy regained the lead with a MR 13.74 hurdles and he held it until the 1500m.

This turned out to be an affair in which first day weather wrecked many potentially high scores. Only Eaton and



Barrio posted PR scores, although Dartmouth's Tyler Koskenoja and Missouri's Nick Adcock came close. Oregon soph Ashton Eaton, 20, leaped in the history books as the 62<sup>nd</sup> American 8000 point performer.

**39<sup>th</sup> NCAA Div I Decathlon  
Drake University Stadium  
Des Moines, Iowa  
June 11-12, 2008**

**Day Two:**



**110m Hurdles:** [10:45 – 11:07 am]

Meet management decided to reverse the direction of the 110m hurdles yet the winds did not cooperate and 3 of the 7 races faced headwinds. Athletes were grouped into 7 sections with empty alternate lanes (I still don't like this procedure b/c it leads to less competitive

situations, takes forever and the initial reasons for it have long passed).

The first 3 races had tailwinds. All Ohio champ Kevin Dwyer/Miami (OH) won the first race in 15.21 seconds while Penn State's Shawn Colligan captured the



Tennessee's Jangy Addy powered his way to a 13.74 meet record in the 110m hurdles and regained the decathlon lead.

2<sup>nd</sup> in 14.80. The 3<sup>rd</sup> race brought together the top hurdlers, but for the exception of Addy, the results were somewhat disappointing. Addy let no one down here recording a terrific MR 13.74, just missing his own CR (13.70 set at recent SECs). See box for touchdown splits. Eaton came off the final hurdles in decent shape, a step behind Addy, then leaned at the wrong line and slowed, costing him perhaps 2 tenths.

Touchdown Splits for Addy's 13.74 MR 110m Hurdles race		
	time	split
Hurdle: 1	2.23	2.23
2	3.40	1.17
3	4.55	1.15
4	5.65	1.10
5	6.67	1.02
6	7.69	1.02
7	8.69	1.00
8	9.75	1.06
9	10.75	1.00
10	11.76	1.01
Finish	13.74	1.98 run-in

NB: these are hand timed touchdowns over hurdles. My hand time final was 13.66. Auto time was 13.74

Local favorite Raven Cepeda/Northern Iowa won the 4<sup>th</sup> race in 14.65 seconds but the winds reversed themselves and headwinds were now the order of the day. Cougar Ricky Moody

won section #5 in 14.56. Tall Chris Richardson/LB State won the 6<sup>th</sup> race in 14.88 and surprising Norwegian Lars Rise/Missouri was the winner of the 7<sup>th</sup> and last (thank goodness) race in 15.52. Only two PRs were recorded here (Koskenoja/14.93 and Michael Ayers/Tenn 15.91).

Addy's mark erased Ryan Harlan's 2004 meet record of 13.85 and was sufficient to recapture the overall lead. He would hold it for another 8 hours. Brandon Hoskins withdrew.

*After Six: Addy 5246, Eato 5229, Mood4951, Barr 4918.*

**Discus:** [11:45 and 12:43/-1:11pm]

At Drake the discus is conducted outside the stadium b/c of the AstroTurf football field. A crowd of 267 lined the field to watch...I counted them under pleasant conditions. What a difference from 24 hours earlier. The overnight rains left the field sloppy and soggy and every platter plopped in the turf raising a spray of water.

Eaton opened the event (Flight #1- weaker throwers) with a PR 38.02m/124-9, then improved in round #2 with a 39.96m/131-1 toss. He held the flight lead until Tyler Koskenoja's 41.09m/134-0 plate on the very last throw. Nick Adcock was the other PR thrower, getting 37.42m/122-9.

Everyone in Flight #2 recorded marks over 40 meters. Tommy Wolfe/UTSA and Barrio nailed PRs and Addy came close while winning a 2<sup>nd</sup> consecutive event at 47.06m/154-4. His lead over Eaton grew to points.

*After Seven: Addy 6055, Eato 5895, Barr5646, Mood 5634.*

**Pole Vault:** [2:30 – 4:31 pm]

When the winds inside Drake Stadium balked officials moved the vaulting pits so athletes could compete north to south and the event go underway

at 2:33 pm. In the North Pit (Flight #2) injured Kansas State frosh Moritz Cleve and Penn's Max Westman promptly no heighted. The former withdrew. Things moved smoothly and Adcock won the pit with a PR 4.60m/15-1 mark. Aside from the hoopla of the meet's "Big 3" (Addy/Eaton/Barrio) the 2007 USA Junior champ was putting together a consistent, workmanlike score. Addy managed 4.30m/14-1¼ and, ala the high jump, just missed at the next bar, two events that likely cost him another shot at 8000 points.

In the South pit there was high drama for the Northern Iowa athletes and the many fans who traveled to Des Moines as both Mat Clark (at 4.30m/14-1¼) and Raven Cepeda (at 4.80m/15-9) barely scraped over the crossbar on final attempts at opening heights. The same was true of Michigan's Frank Shotwell and Dwyer. Here everyone managed a mark. Eaton looked terrific at 4.60m/15-1 but not thereafter. He carved 88 points (3 bars) out of Addy's lead

At 5.00m/16-4¾ Ayers, Cepeda and Barrio all were successful. Ayers went no higher but Cepeda skied 5.10m/16-8¾ while the Florida State Chilean passed. At 5.20m/17-¾ Cepeda was eliminated while Barrio got over on a 3<sup>rd</sup> effort. He then passed 5.30m/17-4½ (a decision that likely cost him the silver medal) and was eliminated at a meet record tying 5.40m/17-8½.

*After Eight: Addy 6757, Eato 6683, Barr 6618, Cepe 6268.*

**Javelin:** [5:02 – 5:38 pm/ 6:09 -6:41 pm]

The javelin moved back out to the north field and flight #1 (weaker throwers) proved arresting b/c of Eaton's presence. He finally managed a respectable effort in round #3 (53.93m/176-11) and his 9 event score of 7330 assured him of an 8000 point score.

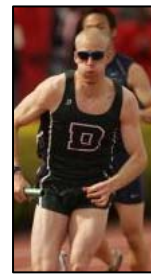
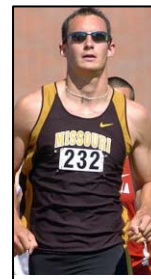
Cepeda won the flight at 54.30m/179-8, a meter under his lifetime best.

In Flight #2 Addy's best of 52.57m/172-10 gave up another 19 points to Eaton and his overall lead of 55 points would not be sufficient to hang onto the gold medal. As a matter of fact he'd have his hands full to maintain the silver.

Tyler Koskenoja led the flight (59.49m/195-2) until Richardson's bomb in round #3...65.75m/215-8. Addy's lead was now just 55 points (@9 seconds in the 1500m).

*After Nine: Addy 7378, Eato 7330, Barr7293, Rich 7064.*

(l-r) Gonzalo Barriolhet/Florida State, Nick Adcock/Missouri and Tyler Koskenoja/Dartmouth made



strong showings

at the NCAA

meet at Drake. Barrio managed a PR score for 3<sup>rd</sup>, while Adcock (4<sup>th</sup>) and Koskenoja (9<sup>th</sup>) were just off.

**1500 Meters:** [7:25 – 7:31 pm]

This year there would be no CR or MR 4:04.11 from Joe Detmer. 21 athletes remained and all ran in one section. This is a smart procedure since it eliminates a meaningless warm-up act with athletes jogging and strung out over the entire track. At the speed they travel, there is rarely a bumping incident and the top 1500m runners are guaranteed to race one another.

At the gun's report the top 3 runners (Clark, Koskenoja, and Eaton) went right to the front. Clark sped by 48 seconds at 300m, 67.5 at 400m, 1:58 with 2 laps remaining and 2:16.8 at 800m. Koskenoja gamely hung in, but, after two laps, was 30m in arrears. Eaton, realizing the pace was too fast for him, backed off

earlier and was soon caught by Ayers and Adcock.

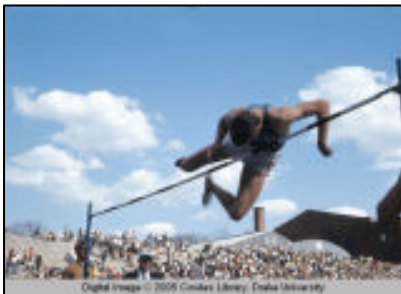
Up front Clark was alone at the bell (3:10) with the Dartmouth senior 5 seconds in arrears. At one point the gap shrunk to 2½ seconds but, at the tape, it was Clark at a fine 4:17.31 and Koskenoja a PR 4:21.00.

Eaton sprinted in the final 300 meters, took third place and his 4:33.05 was more than enough for his first 8k score. Up the track Addy never let Barrio get too far ahead as he held on for second overall. Barrios 4:50.79 netted him a PR 7907 score. At the finish no one seemed to remember what the weather was like 32 hours earlier.

*After Ten: Eato 8055, Angy 7916, barr 7907, Adco 7612, Rich 7594, Cepe 7581, Rise 7534, Mood 7477, Kosk 7449, Clar 7430.*

### ***Epilogue***

A nice treat for the award winners was the appearance of Rick Wanamaker who graciously made presentations to the top eight finishers. Wanamaker, a 6-8 Drake student and basketball star in 1970, won the first NCAA Div I (then called the



**Drake's Rick Wanamaker winning the 1970 NCAA decathlon high jump. Wanamaker was a 7-0 straddler.**

University Division). The winning score, incidentally, was 7451. As the meet's PA announcer in 1970 I recall his performance vividly, especially his 1500m sprint finish with diminutive Gary King/U of New Hampshire. The photo of that finish was the AP sports photo of the year.

Rick is now a Des Moines real estate executive (Iowa Realty)



## Final Results:

### 6/11-12 39<sup>th</sup> NCAA Div I Champs, Drake University, Des Moines, IA

8055	Eaton, Ashton/Oregon	10.64-1.1	768-2.6	1279	196	47.25	14.27+1.8	3996	460	5393	4:33.05
7916	Addy, Jangy/Tennessee	10.97-1.1	731-1.3	1531	196	48.52	13.74+1.0	4706	430	5267	5:05.13
7907	Barriolhet, Gonzalo/Fla St-CHI	11.22-0.4	712-0.6	1345	202	50.61	14.11+1.8	4312	520	5584	4:50.79
7612	Adcock, Nick/Missouri	11.18-1.0	687-2.0	1350	199	48.88	14.59-1.4	3742	460	5335	4:35.53
7594	Richardson II, Chris/Long Beach St	11.26+0.1	733-2.4	1466	196	52.51	14.88+1.2	4355	430	6575	5:05.16
7581	Cepeda, Raven/Northern Iowa	11.25-1.1	652-1.5	1460	190	51.58	14.65-0.7	4197	510	5470	4:44.01
7534	Rise, Lars/Missouri-NOR	11.47+0.1	684-1.4	1604	196	50.57	15.52-1.4	4296	460	5285	4:44.07
7477	Moody, Ricky/Washington St	10.94-1.1	705-1.2	1461	202	51.21	14.56-1.4	4093	400	5663	5:03.61
7449	Koskenoja, Tyler/Dartmouth-CAN	11.43+0.1	650-0.2	1344	190	49.80	14.93+1.2	4109	420	5949	4:21.00
7430	Clark, Mat/Northern Iowa	11.13-1.1	696-1.0	1237	202	49.51	15.73-1.4	3711	440	4914	4:17.31
7292	Hommel, Stefan/Florida-GER	11.28-1.0	674+0.7	1452	187	50.27	15.00+1.2	4498	450	4878	5:02.71
7288	Ayers, Michael/Tennessee	11.17-1.1	665-1.5	1256	187	49.87	15.91-1.4	3790	500	5330	4:41.40
7256	Johnson, Justin/CSU-Northridge	11.25+0.1	687-1.0	1241	208	49.95	14.46+1.8	3714	410	4670	4:47.59
7092	Wolfe, Tommy/Tex-San Antonio	11.22-1.0	646+0.5	1356	196	53.88	15.24+1.4	4144	470	5587	5:16.34
7033	Parish, BJ/Arkansas St	11.25-0.4	649-0.9	1322	190	50.45	16.05-1.4	4196	420	5190	4:49.45
7019	McGinnis, RJ/Minnesota	11.59+0.1	674-4.2	1350	184	51.89	15.25+1.4	3569	420	5944	4:45.96
6839	Colligan, Shawn/Penn St	11.28-0.4	629-0.7	1200	187	49.07	14.80+1.3	3331	410	4749	4:46.82
6739	Hustedt, Josh/Stanford	11.42-1.0	676-2.5	1146	193	51.82	15.26-0.7	3261	470	4430	5:09.19
6729	Dwyer, Kevin/Miami(OH)	11.34-0.4	655+1.2	1231	199	53.78	15.21+1.4	3634	430	5663	5:37.72
6641	Shotwell, Frank/Michigan	11.30-1.0	616-0.4	1227	175	52.29	15.00+1.3	4092	430	4303	4:55.78
6115	Westman, Max/Pennsylvania	11.21+0.1	654-1.3	1181	178	51.65	15.25-1.4	4198	nh	4993	5:04.18
dnf	Cleve, Moritz/Kansas St-GER	11.27-0.4	682 0.0	1382	178	49.84	14.75-0.7	3477	nh	withdrew	
dnf	Hoskins, Brandon/Liberty	11.30-1.1	630-1.4	1294	184	49.59	15.80+1.3	withdrew			
dnf	Harlan, Aaron/SF Austin St	11.20-0.4	625-0.5	1331	nh	52.86	withdrew				
dnf	Kilmartin, Donovan/Texas	11.29-1.0	691-0.7	1390	187	withdrew					
dnf	Bray, Wesley/Houston	11.52+0.1	653-0.5	1219	nh	withdrew					

26s,21f

