

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXIII

Number 33

June (7),

2008

CLAY'S 8832 PR WINS TRIALS Hardee, Pappas with Fine Marks



Hello Again.....Bryan Clay's effort at the US Olympic Trials left few doubters of both his talent and toughness. In spite of some rather mediocre marks on day one, he ran himself off his feet during the 1500m and made believers of 20,000 spectators by running up a personal best score, 8832, the world's leading mark (by 247 points!). It was Bryan's 2nd Olympic Trials victory, having won in Sacramento in 2004 with an 8660 total.

This was one terrific decathlon since it represented accomplishment for so many. It was a statement to the decathlon world by Clay, a breakout 8534 score for speedy Trey Hardee and a terrific homecoming for Tom Pappas whose 8511 effort made him the first American in history to make 3 Olympic decathlon teams.

The US will send a deep and talented trio to Beijing since their scores, as of this date, represent the world's first, 3rd and 4th best scores, sandwiching Andrei Krauchanka's 8585 win at the Euro Cup Super League meet the day before.

Four other young Americans surpassed 8k in Eugene, making this the highest number of 8s for an American contingent since 9 surpassed 8000 at the '96 Trials in Atlanta. Jake Arnold grabbed 4th with 8130, talented Ashton Eaton got 8122 (a PR), Tennessee's Jangy Addy also PR'd at 8025, and his former teammate, Chris Helwick posted an 8010 total.



Bryan Clay, 28, leaped to the top of the 2008 world decathlon list by winning the US Olympic Trials in Eugene, OR with a PR 8832 mark.

The meet also represented the discovery of a new talent, 25 year old Lysias Edmonds, a former football player at Northern Arizona who placed 8th with a PR 7765.

A highlight was a victory lap run by the entire decathlon field, ala major internationals. That was pretty neat.

**U.S. Olympic Trials
and
89th National Championships
Hayward Field
University of Oregon
June 29-30, 2008**

100 m Hurdles: [11:32 – 11:42]

Weather conditions changed substantially overnight. The temps cooled (from a high yesterday of 95 degrees). And

the breezes had shifted a bit. At 11:30 am the temps was in the low '80s and breezes were from were from the NW.



The crowd was much diminished (about 1600 at day two's start) from day one (a Sunday) but did

include an unexpected spectator, sitting in Section U near the finish straight. He was Guido Kratschmer, the 1980 world record holder from Germany, who, like the American decathletes, could not compete at the 1980 Moscow Games for political reasons,

The very first race, under comfortable temps, was the seeded section of the 110 hurdles and brought together Bryan Clay (lane 5) whose lifetime best of 13.74 was a bit slower than that of the new collegiate record holder Jangy Addy (lane 2) who had clocked 13.70 at the SECs. Trey Hardee (lane 7) was also primed (PR 13.83) and their expected battle was a classic. After a Clay false start the field regrouped. Bryan's reaction time was a safe 0.178 while Hardee reacted fastest of all at 0.131.



The event of the day was the hurdles where 3 posted world class times.

The early battle was between Clay who led after 4 hurdles but Addy caught him at the 5th barrier and held it until the 8th when Hardee charged past. A very time tailwind (+1.9mps) helped but the times were like an Olympic dec final....Hardee 13.71 (PR), Addy 13.73 (.03 off PR) and Clay 13.74 (.01 off PR). Whew! What a race! Hardee cut out 5 points

of Clay's overall lead. Pappas was a solid 4th at 14.17.

In the 2nd race Jake Arnold had everything pretty much his way, leading after the 2nd hurdle and clocking a huge PR 14.12 seconds. Aiding wind, +0.8mps. Matt Chisam took the 3rd race in 14.88 seconds
After Six: Clay 5483, Hard 5466, papp 5358, Addy 5259, Eato 6167, Arno & Mood 4992.
Discus: [12:20 -]

Two groups were used here, with the athletes with weaker history throwing first, necessitating a longer rest for the major players.

In flight #1 Lysias Edmonds opened with a PR then extended it in round #3 to 38.52m/126-4. Soon thereafter Jake Arnold lifted the platter a PR 45.00m/147-7, then surpassed it in round #2 to 46.02m/151-0. Eaton pumped a solid 39.69m/130-2 to be the clubhouse leader.

In the second flight Abdur-Rahim opened with a fine 46.13m/151-4 while Pappas struggled getting only 44.15/144-10. Hardee's first toss was a big disappointment, measuring but 41.76m/137-0 of Hayward Field real estate, more than 35 feet shy of his Texas Relays mark in April of 52.68m/172-10.

Clay was the very next thrower and he took his time and put the meet (and platter) out of site with a 52.74m/173-0 US Olympic Trials (old mark by Brian Brophy- 52.12m/171-1 New Orleans, 1992) and Hayward Field record (old mark—listen to this—belonged to Rafer Johnson who tossed 51.98m/170-6 on the way to a world record in 1960! 1960!)

Abdur-Rahim improved in round #2 to 47.49m/155-9 and Pappas gunned a near PR 49.44m/162-2 to move into 2nd place overall. Hardee and Clay (too fast in the circle) did not improve and the only significant mark in round three was a marginal improvement for Hardee to 42.41m/139-1. The weather was terrific.

After Seven: Clay 6411, Papp 6217, Hard 6180, Addy 6069, Eato 5825, Arno 5780.

Pole Vault: [2:35 -]

With varying wind conditions officials had to decide on the direction of the vault (N to S or vice versa). It turned out to be mostly fortuitous, vaulting north to south. Since the bar was always raised by 10cm, or approximately 30 points, each bar was equivalent to @5 seconds in the 1500m.

The top vaulters (minimum PR of 5.05m/16-6¾) were grouped into Flight #2 (West pit). There Bryan Clay made each attempt up to 5.00m/16-4¾ on first attempts. Trey Hardee scraped over the same height, but on a 3rd try and neither could go higher. But the story here was Tom Pappas who managed 5.10m/16-8¾, and then (on his final try) 5.20m/17-¾ to equal a lifetime best. And at age 31! Matt Chisam also cleared 5.10m/16-8¾

Joe Cebulski and Raven Cepeda both no heighted.

There was even more drama in the east Pit (a group of vaulters with weaker credentials. There Ryan "Goose" Olkowski skied 4.80m/15-9 but could not manage 4.90m/16-¾, a height easily cleared by NCAA champ Ashton Eaton. The Goose made a lot of Duck fans in Eugene.

Wearing the lemon-lime of Oregon never hurts at Hayward Field and with approximately 3000 spectators following his every move Eaton passed into Hayward Field lore.. At one point, with only Pappas (from nearby Azalea, OR) and Eaton (from Bend, OR), the vault became an instate show and the crowd was into it.

Ashton went on to get another PR at 5.00m/16-4¾ and. When he nailed 5.10m/16-8¾ his coach, Dan Steele, and the crowd went delirious. The event ended meekly with misses by Pappas at 5.30m/17-4½ and Eaton at one bar lower.

Pappas had solidified his runner-up position, carving 62 points out of Clay's overall lead. And Eaton had moved into 5th.

After Eight: Clay 7321, Papp 7189, Hard 7090, Addy 6800, Eato 6766, Arno 6690.

Javelin: [4:50-5:14 pm & 5:42-6:04 pm]

The weaker throwers were grouped into flight #1, giving Eaton the least rest. Postcard perfect conditions. Joe Detmer opened Flight #1 with a PR 56.31m/184-9 and Hardee opened eyes with a huge PR 63.69m/208-11 in round #1. Ryan Olkowski (53.03m/173-11) and Lysias Edmonds (51.60m/169-4) PR'd in round #2. The remainder of the flight was anti-climatic except for Eaton's crowding the toe board which resulted a poor toss and a pair of fouls.

After 30 minutes Flight #2 got underway with all eyes on Pappas, Clay and NCAA Regional jav qualifier (PR of 66.99m/219-9) Chris Richardson of Long Beach State. Clay's first round effort of 70.55m/231-1 and Chris Helwick's 3 PRs (finally getting 67.35m/221-0) stole the show. Clay passed his final toss. Pappas side-armed a 59.52m/195-6. The event ended at 6:04 pm and Kip Janvrin lobbied to have the 1500m run at 7:00 pm, just before the night's running program instead of waiting 2½ and running at the scheduled time of 8:35 pm? There were lots of quizzical looks when the schedule was announced initially, and now the athletes had to wait...and wait. It just remained to be seen whether they could adjust to the lengthy interim.

After Nine: Clay 8219, Papp 7917, Hard 7884 Addy 7494, Arno 7396, Eato 731.,

1500 meters: [8:35 -]

Those athletes who had finished the first flight of the javelin had a 3 hour and 20 minute break between events since the dec 1500m was thrown into the middle of the prime time schedule. It gave us plenty of time to calculate what was needed for big score. We knew that Belarussian Andrei Krauchanka had won the European Cup Super League

meet in Henglo, NED the day before with a seasonal leading score of 8585 so it appeared likely that Bryan would easily exceed that mark. He needed 4:53 to exceed his Athens' '04 PR score of 8820. Pappas needed a 4:56 to record 8500 points while Hardee needed 4:56 to match his 8465 PR. Many of the remaining athletes had reasonable 1500m goals to achieve score PRs. Few could afford to coast.

There was a single section of 19. The gun went off soon after a raucous crowd watched Oregonians go 1-2-3 in the men's 800m final. Still worked up and reminded of their responsibility to the decathletes, Hayward Field was rockin'.

At the gun Mat Clark jumped out to pace Joe Detmer in



Bryan Clay gutted a 4:50.97 in the final event to post the world's leading total, 8832 points. It was the highest score by an American in 16 years and only Dan O'Brien has scored more by an American.

an attempt to get as close to 4 flat as possible. Three others, Eaton, Abdur-Rahim and Helwick soon formed a 2nd peloton and ran in tandem. The rest of the field was tightly bunched with Clay and Hardee sitting in the middle with Pappas a few meters back. Bryan's group was 76, 2:33 and 3:50. Meanwhile Detmer had taken over from Clark and charged the entire last lap clocking 4:07.63 moving from 16th to 11th overall. Clark PR'd at 4:12.60 and the group of Moose, Ashton and Chris all raced one another and each recorded a PR (Eaton 4:20.56, Abdur-Rahim 4:21.34 and Helwick 4:21.44. Jake Arnold came racing home in 4:31.61 to grab 4th overall. It was wild, but everyone was racing, a fact that did not go

unnoticed by an appreciative crowd and Kip Janvrin.

Hardee had hung tough and, smelling a big score and perhaps a silver medal, charged home in 4:44.79. But most of the 40,000 eyes were on Clay who, with head rolling, gave it the college try. He ran out of gas 10 meters out but by then it was *a fait accompli*, his 4:50.97. Two seconds inside his goal for a PR score and the crowd showed its appreciation. Oh my did they!

So too did Pappas run out of gas and virtually collapsed at the finish line, but he too, managed his goal, getting 4:54.08. What an effort, since both Bryan and Tom were literally off their feet in the final straight. Seconds later Addy lumbered in with a time good enough to give him a PR score. The finish looked distinctly European, with bodies strewn just past the finish line. It was a delight to see the effort. Oh my, the USA was back, with 7 scores over 8000. At that moment I was thinking of Guido....was Bernhausen ever like this? Go Eugene! *After Ten: Clay 8832, Hard 8534, Papp 8511, Arno 8130, Eato 8122, Addy 8025, Helw 8010.*

QUOTES FROM THE TRIALS:

(supplied from USATF)

Bryan Clay, Olympic Qualifier, Winner "Like I was saying yesterday, we started out very well in the 100. It was a decathlon PR for me and then it just went to the crapper after that. Long jump and shot put were actually terrible. I started out in the high jump almost as bad as I did in the long and the shot, but we pulled it together. I have a team of coaches here that are in my face and they just don't let it go. If I didn't have my support system here, I think this would have been a very bad decathlon for me."

"I was able to get into somewhat of a rhythm yesterday. We went home. My coaches and I had dinner. We chatted about

what happened and realized we had a bad day and we are still not that far off."

"We plugged in some numbers and my coach Kevin Reid said this is what you could still do. It actually was an American record. We were like okay that is the goal. We came out and we were actually ahead of pace in the hurdles and then we fell back in the discus, came back and missed a tiny bit in the vault and missed a tiny bit in the javelin and then missed a tiny bit in the 1500."

"I think there is tons of room for improvement. I think this just goes to show everybody mentally I am a very tough competitor."

"Yesterday I started well, but then I had a bad long jump. I wasn't mentally disciplined enough and it carried over and I had a bad shot put. I didn't have any rhythm." "I made a decision with myself to come out today and make it happen. Despite any winds or problems, I decided on times I was going to make."

"My coach is more like a friend most of the time than the coach, and we have been together for so long. He is a huge part of my success, along with the rest of my family and friends who are here. I have been able to succeed because of that support system."

"I'm happy with my training. I'm happy with my mindset and I want to bring that to Beijing. I just have to get after it every event,



stay focused, and do my job. It's about getting the events to line up and staying consistent."

Trey Hardee,
Olympic Qualifier, Second Place

"The past few days have been a dream for me. It's the Olympic Trials

and Hayward Field. I have never experienced what I have in the past two days. I PR'ed in a couple events and had a really good meet. The decathlon is unique. You get to know people over the course of two days. You encourage one another. You're competing against each other, but you still consider them friends."

Tom Pappas, Olympic Qualifier, Third Place
"My biggest goal was just to finish. I didn't know what Trey [Hardee] was going to do. If



he was going to go out really fast, I wasn't going to go with him. I was going to run my race. It just happened that we

were kind of running the same race. We were kind of running the same pace. I just tried to stick with him and then about 250 to go, he kind of started to pull away. I thought with maybe 100 to go I had a chance but I was starting to fade pretty fast. I had a feeling I was going to be a couple seconds short. Disappointed at the time, but now I am just thankful that I made the team."

"I am really excited. I had the World Championships under my belt and this is really the only thing left in my career that I feel like is missing, is a good Olympic games. Sydney didn't turn out all that well. I was fifth. 2004 was kind of a disaster really. This is kind of the one thing left on my resume. If I could walk away with a medal it would kind of mean everything."

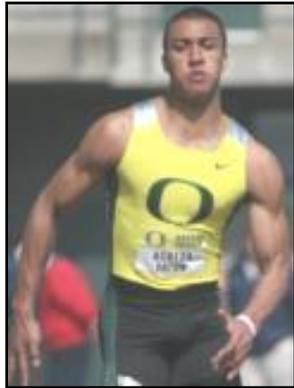
"I think it really helped. Mentally I didn't run that well in the hurdles. I started not doubting myself, but I just wondering how my legs were going to be. Warming up they felt great so I thought I could jump pretty high today. I

think that helped going into the last two events."

"Anything is possible. It's going to be hard [to sweep] because there are a lot of good guys out there. But, Trey is hard to beat, Bryan is the guy to beat, and I feel like I still have a PR in me. If we put it all together, anything is possible."

Ashton Eaton, Fifth Place

"It feels great, I did what I wanted to do and stay consistent. Overall, it was a good



experience and the Hayward crowd was amazing."

"It was just another learning experience and there is always something that I need to work on.

The more I work, the more I will get better."

"I just went out and wanted to have fun today. It's a lot of fun. The guys are focused, but they make jokes and chill out on the field."

"They asked all the athletes to take the victory lap and I think that shows a lot of respect. It's cool."



Results:

6/29-30 US Olympic Trials & 89th USA National Championships, U of Oregon, Eugene, OR

8832	Clay, Bryan/Nike	10.39-0.4	739-1.6	1517
208	48.41 13.75+1.9	5274	500	7055 4:50.97
8534	Hardee, Trey/Nike	10.43-0.4	775-1.1	1407
202	47.99 13.71+1.9	4241	500	6369 4:44.79
8511	Pappas, Tom/Nike	10.90-0.4	777+0.4	
1726	196 49.80 14.17+1.9	4944	520	5934 4:54.08
8130	Arnold, Jake/unat	11.11-0.4	704+1.3	
1454	196 48.66 14.12+0.8	4602	500	5785 4:31.61
8122	Eaton, Ashton/Oregon	10.61-0.4	749	0.0 1228
196	47.07 14.26+1.9	3969	510	4728 4:20.56
8025	Addy, Jangy/Tennessee	10.77-0.4	720-1.2	1563
196	48.61 13.73+1.9	4241	500	5710 5:05.07
8010	Helwick, Chris/unat	11.34-0.4	698-0.3	1380
199	50.20 15.26+1.7	4425	490	6735 4:21.44

7565	Edmonds, Lysias/ArizPu	10.92+0.1	688+1.4	
1243	199 47.80 14.30+0.8	3852	490	5160 4:37.92
7757	Abdur-Rahim, M/ASC-e	10.90-0.4	688-0.9	1400
187	47.64 14.38+1.9	4749	420	4586 4:21.34
7660	Randolph, Chris/CNW	11.38-0.4	663-0.8	1372
202	49.08 14.81+0.8	4217	450	5826 4:35.28
7653	Detmer, Joe/unat	11.09+0.1	677-0.6	
1275	190 48.12 15.08+0.8	3545	460	5631 4:07.63
7633	Olkowski, Ryan/unat	10.85-0.4	704+1.3	
1257	208 49.46 14.75+0.8	3759	480	5303 4:56.80
7587	Harlan, Ryan/unat	11.18+0.1	648-1.3	
1523	205 50.96 14.68+1.9	4290	460	5959 5:08.30
7512	Moody, Rickey/Wash St	11.09+0.1	741+0.8	
1528	205 52.58 14.74+0.8	4354	400	5495 5:09.89
7429	Chisam, Matt/unat	11.45-0.4	625+0.1	
1376	193 52.10 14.88+1.7	4377	510	5508 4:46.56
7312	Richardson II, Chris/VS	11.41-0.4	744-0.8	
1370	187 51.70 15.14+1.7	4450	440	5573 5:12.35
7279	Clark, Mat/N Iowa	11.21+0.1	683-0.6	
1252	193 48.71 15.62+1.7	3399	440	4561 4:12.60
6629	Cebulski, Joe/Tri Valley	11.68-0.4	657+1.2	
1346	199 50.93 14.99+1.7	4610	nh	5607 4:49.78
6443	Cepeda, Chris/N Iowa	11.22+0.1	654+0.3	
1434	190 53.47 14.70+0.8	4093	nh	4875 4:43.26
dnf	Boyles, Chris/unat	11.30-0.4	nm	1457
208	withdrew			
<u>1st/2nd day:</u> Clay 4476/4356, Hard 4454/4080, Papp 4405/4106, Arno 4003/4127, Eato 4226/3896, Addy 4249/3776, Helw 3910/4100, Edmo 4009/3756, Ab-Ra 4010/3747, Rand 3896/3764, Detm/3870/3783, Olko 4076/3557, Harl 3939/3648, Mood 4111/3501, Chis 3585/3851, Rich 3826/3486, Clar 3841/3438, Cebu 3689/2940, Cepe 3644/2799.				

