

THE DECATHLON ASSOCIATION

DECA Newsletter

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ARNOLD (8215) REPEATS at NCAA Detmer, Addy Shine

Hello Again.....sometimes everything falls into place providing an opportunity for a terrific decathlon. Sam Adams, the venerable coach from UCSB used to say that “every decathlon was a great decathlon.” But Adams would have agreed that the 2007 NCAA I meet was something special for everything fell into place: a large and talented field, enthusiastic fans, flawless weather, aiding winds, a terrific facility, and event seeding making for competitive situations. Big scores resulted. One could point to a break-out meet for the talented but oft-injured Jangy Addy of Tennessee who won half of the events here. Or you could point to steady Wisconsin Joe Detmer who PR'd in each 2nd day event and ended the day by taking Robert Baker's name of the 1500m record book. But our primary congratulation must go to Arizona senior Jake Arnold who PR's in 4 consecutive events and posted the fifth highest score in meet history. All three added between 250 to 400 points to their lifetime bests. Whew!

First, Arnold, a walk-on at Arizona and native of nearby Santa Rosa, CA, posted 8215 points, and became the first repeat winner since Rob Muzzio turned the trick in 1984-85. Arnold has stamped himself as a serious Olympic team threat next season.



Arizona's Jake Arnold became the first repeat NCAA decathlon champion since Rob Muzzio's 1984-85 effort. Arnold's eye-opening PR of 8215 was the meet's 5th highest ever total.

Second, there was Detmer, the 5-11 Lodi dynamo whose 61 second final lap gave him a new meet and collegiate record 4:04.11 1500m and a 7963 score. Think of it...4:04.11!!! He had the crowd buzzing. And then there was Addy, the 6-4, 220 explosion (7808) who survived and began to fulfill some of his awesome potential. 21 exceeded 7000 points in one of the better NCAA meets we had in a long time.



**38th NCAA I Decathlon
Hornet Stadium at
Alex G. Spanos Sports Complex
Sacramento State University
Sacramento, CA
June 7, 2007**

Day Two

110m Hurdles: [10:00 – 10: 23]

I don't like running hurdlers in non-adjacent lanes as is sometimes the custom at the NCAAs. But it made little difference competitively. Conditions could have hardly been better and the seeded races made every race competitive. In the very first race Kent's Chris Caine out-legged Joe Detmer to the finish line, 14.55 to 14.62, both significant PRs. Wind +2.2mps. O Boy. This was going to be some hurdle event!

The second section saw Nebraska's Lee Martin get the nod in 15.54 seconds in the only race that did not find a lifetime best time.

The 3rd section was made up of all Big 12 runners, and Neil Hines won in a



Volunteer Jangy Addy won half of the events at the 2007 NCAA meet including a 13.96 PR in the 110m hurdles. His break-out score came to 7808

PR 15.36 In the 4th race Carolin's French frosh, Mateo Sossah PR'd and got the victory in 14.94 seconds. Jake Arnold charged through the 5th race to a 14.20 clocking, a 26/100th PR. And it just never let up.

Liberty's talented Brandon Hoskins, who won both the Big South and IC4A meets, notched a lifetime best in the 6th race in 15.04. The 7th race brought together the top 4 hurdlers and Jangy Addy started Thursday the way he had Wednesday, win a win as he hurled himself across the line in a 13.96 PR, the 3rd fastest time ever run at the NCAAs. Th waiding winds ranged from +0.9 to +2.2mps. In all, nine career best hurdles marks. Addy's lead grew to 172 points. What a start.

After Six: Addy 5191, Arno5018, Detm 4886.

Discus: [10.55 – 11:35am and 12:12 - 12:48 pm]

Flight #1 had the better discus throwers and few disappointed. Three PR's including Arnold's who's 3rd round toss covered 44.42m/145-9 of California real estate. Yet he actually lost ground here to Addy who managed 45.74m/150-1 in round #2 and padded his lead by another 27 digits. Shawn Schmidt/Texas and Skyler Reising/Nebraska, also PR'd here.

In Flight #2 Penn's Kyle Calvo survived the annual "2nd" announcement and four more marked career best throws. Sossah/UNC, Morrison/Florida and Palmer/BYU all posted marginal PRs' but Detmer, on a roll, added 10 feet to his PR getting 40.43m/132-7 and solidifying his position. Addy's lead stretched to 199 points.

After Seven: Addy 5973, Arno 5774, Detm 5559.

Pole Vault: [1:48 - 4:41 pm]

The vaulting was uncommonly good although the crowded conditions at the North end of the infield made it look like rush hour ant Grand Central Station. The women's heptathlon shot put was adjacent to the vaulting strips so that, for 40 minutes, 51 athletes competed in closet-like conditions, stumbling and bumping into one another. Add another 67! officials for the two events, 41 coaches, and another three dozen assorted photographers, electronic board operators and meet personnel, and we had a scene that more closely resembled the start of the New York City Marathon. Nearly 200 people (I counted them!) 'sardined' into a limited space with the rest of the infield and track empty.

In the North Pit Addy opened the event and eventually managed 3.90m/12-9 ½ . Andrew Webb/Texas and Reising both PR's and won the pit at 4.50m/14-9 in a competition that dragged and dragged. 113 attempts and just 46 clearances at eleven different bars in nearly 3 hours. That's is a



Jake Arnold's 5.30m/17-4 ½ vault moved him into the decathlon lead.

slow event. 4 PR'd.

In the South Pit, which contained the higher vaulters, there were more athletes (14 to 12), more different settings (15 to 11) yet the finish came 20 minutes earlier. Here Stanford's Josh Hustedt and Florida's Mike Morrison, both 16 footers, no-heighted. Detmer equaled hi own PR of 4.80m/15-9 but most syes were on UNI's Raven Cepeda, who was fashioning a strong second day score, and Arnold, who needed to exceed Addy by 7 bars to take over the lead. That amounted to

4.60m/ 15-1. Yet he did not start until 4.90m/16-¾ which he negotiated easily. Both made the next two heights but Cepeda could go no higher.

But Arnold was far from finished. He pasted 5.20m/17-¾ on the first try, then equaled his PR of 5.30m/.17-4½ on his 3rd. He had one good effort at a meet record equaling 5.40m/17-8½. His 414 points turn-around pushed him to a215 point lead and it dawned on many that a big score was in the offing. His victory was assured.

After Eight: Arno 6778, Addy 6563, Detm 6408.

Javelin: [5:15 -5:52pm & 6:21 -6:56pm]

Two PR'd in the first group but it was the Orange clad Tennesse Volunteers which made most of the noise. Chris Helwick won the event with a 63.69m/208-11 first round toss while teammate Addy came within 2 inches of his own career best getting 58.69m/192-9.

In the second group Arnold matched Addy, 58.80m/192-11, so for the pair, the vent was a wash. But the ever determined Detmer speared 52.92/173-7, his 4th consecutive PR of the day, and he too had a big score opportunity. In all, 6



Chris Helwick used a 63.68/208-11 javelin to climb back into coring contention in Sacramento.

PR'd (6 of 11!!) in the flight, most notably Cepeda, who added more than 11 feet to his career best (55.45m/181-11). In spite of the event being frequently held up by the start of 4x400m relay qualifying (where the track ran across the javelin

approach) the event went off smartly with the exception of all electronic devices on the infield which broke down prevent any announcement or presentation of marks. It was all rather confusing. Only 3 marks of 33 came up on the infield indicator board and the crowd of 4500 had to wait until they were announced after the event was completed, all very anti-climatic.

After Nine: Arno 7498, Addy 7281, Detm 7040.

1500 Meters: [7:35-7:40pm and 7:45-7:50pm]

Occasionally a magic moment treats patient and loyal decathlon spectators. Such a moment occurred here in Sacramento.

After Dartmouth's Tyler Koskenoja posted a PR win of 4:21.84 to win the initial section, the top dozen athletes towed the starting line. The crowd was aware of the times Arnold needed for his first 800 score (5:10), an 8100 score (4:52) and an 8200 point score (4:36). At the starters report Arnold bounded off intent on at least 8200 and an eye on the meet record 8276 (needing 4:26).

The crowd kept there eye on Arnold's progress but it was Detmer who stole the show. Given his 1500m skills (recall his world best 2:29 indoor 1000m clocking at the indoor NCAA meet in Fayetteville) and 4:11 clocking here a year ago there was the possibility that he would challenge the 29 year old meet and collegiate records (4:07.3 and 4:06.3), both of which belonged to Robert Baker of tiny Principia College, Elsau, Illinois. Baker was a legend a generation ago, known for knocking out consistent 66 second laps and making up 300 to 400 points on opponents in the final event.

When the gun barked Detmer bounded off with the tall Sossah on his shoulder. His 65-2:13 splits gave no doubt that he was after Baker's records. With a

lap remaining Sossah had drifted 40 meters back and it was "Joe vs. the stopwatch." He was still running efficiently and strongly and clocked 3:03 with a lap remaining. That meant he needed a 63 and 64 final 400m for the record(s).

Unbelievably, at 1200m, he stepped on the accelerator and never let



Joe Detmer, seen here indoors, stung the last 1500m lap for 61 seconds and took out Robert Baker's meet and Collegiate 1500m records. How about 4:04.11!

Baker's marks were once believed to be untouchable by a national class decathlete.

up. The crowd had stopped watching Arnold (or anyone else) and kept one eye on the red clad, blond Detmer and the other eye on the clock. He came off the final turn in 3:46 and the record was history. Tying up slightly with 20 meters remaining, and with the crowd bellowing, Joe crushed Baker's marks getting 4:04.11. Oh My! 4:04. One does not see that often. Adios Bake!

It was only then that we returned our attention to Arnold's quest for a meet record score. Yet his calves tightened on the last lap and he had to settle for 4:34.22 and 8215 points. He hardly appeared tired No one was unhappy. The competition was intense elsewhere as 7 more PR'd in the 1500m (Helwick by 5 seconds, Hines by 7 seconds, Caine by 4 seconds). This was some 1500m! WOW! Can you imagine, Arnold and Detmer were track team walk-ons.

After Ten: Arno 8215 PR, Detm 7963 PR, Addy 7808 PR.

Quotes



Jake Arnold....I was thinking about the meet record in the 1500 but my calves tightened. I really wasn't tired at the end. I'm going to read the Deca Newsletter.

Bill Webb...."Jangy had fantastic results," Tennessee coach Bill Webb said. "Based on the fact that he has a stomach injury, it is just amazing what he did. We haven't worked out in nearly a month and it's just amazing that he did so well. Chris (Helwick) had an off meet, but still closed well to score. We came pretty close to what the forecasters had predicted, and I'm very happy with the results. We competed hard and they certainly knew we were here."

Ed Nuttcombe...(Wisconsin coach)"What can I say. Joe was the MAN today. He set our school record today."

Not To Be Overlooked in Sacramento:



Iowa State Senior Neil Hines (left) qualified for the USATF meet with a 7664 PR, good for 4th place. Kent State senior Chris Caine grabbed the final All-American plaque, by 16 points, with an 8th place 7394 PR score.



Liberty U's Brandon Hoskins (left) showed consistency and speed, gaining a 7th place finish. Tyler Koskenoja, a Dartmouth junior, PR'd winning the first section of the 1500 meters (4:21.84) and moved up seven places on day two.



Results:

6/6-7 NCAA I Champs, Sacramento State U, Sacramento, CA

8215	Arnold, Jake/Arizona	11.12+2.0	688+2.2	1415	202	48.38	14.20+1.8	4442	530	5880	4:34.22
7963	Detmer, Joe/Wisconsin	10.97+1.2	724+2.2	1176	193	47.77	14.62+2.2	4043	480	5292	4:04.11
7808	Addy, Jangy/Tenn	10.91+1.2	740+1.2	1556	193	49.12	13.96+1.9	4574	390	5869	5:05.72
7664	Hines, Neil/Iowa St	11.36+2.0	671+2.8	1424	205	50.63	15.36+1.9	4187	470	5810	4:33.91
7633	Helwick, Chris/Tenn	11.36+1.2	671+2.9	1361	190	50.06	15.13+2.2	4055	460	6368	4:24.30
7648	Cepeda, Raven/N Iowa	11.27+2.0	646+2.9	1467	190	52.12	14.46+1.9	4110	510	5545	4:30.21
7561	Hoskins, Brandon/Liberty	11.05+1.2	689+2.0	1382	187	49.44	15.04+1.5	4197	430	5983	4:38.37
7394	Caine, Chris/Kent St	11.32+2.0	673+1.5	1272	190	48.71	14.55+2.2	3727	440	4998	4:24.51
7378	Sossah, Mateo/UNC	11.80+0.5	684+1.9	1111	202	50.84	14.94+0.9	4091	440	5536	4:18.60
7268	Henry, Mitch/Oklahoma	11.37+0.5	721+2.4	1232	184	51.73	16.10+0.9	4129	470	5798	4:43.11
7245	Conrad, Steven/Cal	11.03+2.0	694+0.5	1145	193	48.64	15.87+0.9	3644	430	5508	4:37.63
7207	Walsh, Brian/Air Force	11.14+1.2	694+2.4	1133	190	49.48	15.76+0.9	3590	450	5195	4:30.65
7165	Martin, Lee/Nebraska	11.69+0.5	694+1.9	1290	196	52.58	15.54+0.9	4328	420	5185	4:33.96
7151	Palmer, Justin/BYU	11.13+2.0	686+3.3	1327	184	52.14	14.89+2.2	4091	400	5497	4:45.07
7140	Webb, Andrew/Texas	11.08+1.2	666+0.7	1204	205	51.09	14.61+1.9	3192	450	4827	4:50.26
7134	Calvo, Kyle/Penn	11.12+1.2	727+2.5	1226	187	50.25	14.86+1.8	3644	450	4777	5:04.52
7114	Roe, Olaf/Wyoming	11.37+0.5	665+2.8	1351	190	51.41	15.38+1.5	4396	410	5376	4:52.96
7086	Sommerfeldt, Bjorn/MO	11.44+0.5	710+3.0	1302	187	52.20	16.09+0.9	4116	440	5101	4:42.35
7065	Koskenoja, Tyler/Dart	11.53+0.5	642+2.3	1327	184	51.17	15.36+1.5	3842	420	5223	4:21.84
7063	Reising, Skyler/Nebraska	11.29+0.5	675-0.1	1316	196	52.09	16.24+1.9	4077	450	4831	4:47.12
7058	Fretwell, Adam/Kansas St	11.25+1.2	697+1.6	1246	187	51.37	14.83+1.8	3656	430	4926	4:48.78
6910	Kirk, Josh/Kansas	11.46+2.0	664+2.1	1133	184	49.81	16.25+1.9	3607	440	5297	4:34.45
6812	Schmidt, Shawn/Texas	11.70+0.5	662+1.7	1265	193	51.88	15.75+1.9	4253	400	4477	4:44.14
6226	Morrison, Mike/Florida	11.19+2.0	705+2.2	1025	187	51.93	15.31+0.9	3598	nh	5507	4:52.11
dnf	Hustedt, Josh/Stanford	11.22+1.2	736+4.1	1100	202	50.56	14.52+1.9	3428	nh		withdrew
dnf	Buteaux, Brandon/Tx-SA	11.35+2.0	669+2.1	1317	190	52.21	(3633)				withdrew

25s,24f,

Records: Detmer's 4:04.11 1500m breaks Meet Record (MR) of 4:07.3 by Robert Baker/Principia College, 1978, Eugene, and Collegiate Record (CR) of 4:06.3 by Baker at 1978 Texas Relays.

Weather: Warm and sunny both days, temps in high 70s, breezes to 3 mps.