

# THE DECATHLON ASSOCIATION

# DECA Newsletter

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## PAPPAS WINS 88<sup>th</sup> NATIONAL TITLE

### Ties Toomey, O'Brien with 5 Wins

**Hello Again.....**Indianapolis, June 23, Thirty year old Tom Pappas won a fifth USA National decathlon championship in Indianapolis with, given the weather conditions, an impressive 8352 score, his highest since 2004. Often injured, Pappas was pleased to have survived and to be on his way to the IAAF World Championship in August, his 3<sup>rd</sup> world team. He'll be joined by Paul Terek and Jake Arnold who placed 2<sup>nd</sup> and 3<sup>rd</sup>, and by Bryan Clay who started here but withdrew after 4 events. Clay gets an auto pass as the current world champ. Here's the 2<sup>nd</sup> day story.

### 88<sup>th</sup> National Decathlon Championships

#### Michael A. Carroll Stadium

#### IUPUI, Indianapolis

#### June 22-23, 2007



**110 m Hurdles:** [10:30-10:42 am]

Officials appropriately moved the 110 hurdles to the North side of the stadium to take advantage of the wind. A

cold, dreary rain beset the meet, yet the results were quite good considering. Approximately 380 spectators were in attendance.

In the first race Dartmouth grad Mustafa Abdur-Rahim quickly left the field far behind and zipped a neat 14.14, a



**Tom Pappas, 30, Manhattan, KS, captured a 5<sup>th</sup> USA crown in Indy with 8352 points.**

PR. Mike Marsh also recorded a PR 14.56 for second. (wind: +1.4 mps).

Section #2 was beset by empty lanes, but offered the best race and Ryan Harlan, room efficiently, had the race well in hand for the first 7 barriers. But Tom Pappas charged hard, caught the Texan at 9 and pulled dipped for a 14.12 to 14.16 victory. Jake Arnold ran best of all, relative to PRs, with a 14.36 3<sup>rd</sup> place finish. (wind: +1.9)

Section #3 was also a terrific race as talented Chris Richardson came up with a PR 14.76, 6/100ths ahead of Ryan Olkowski. Most significantly, Paul Terek, running in lane 4, stayed close and clocked 14.92, the first sub-15 second race of his career 35 meet, ten year career. Wow!

*After Six: Papp, 5353, Tere 5093, Harl 5032.*

**Discus:** [11:35 – 12:29 pm]

The event was ignorable moved to the upper field outside the Southwest corner of the Stadium, with no seating, no practice ring, and a more rain. 160 spectators, most in blue AT&T ponchos, showed to watch. In round #1 Abdur-Rahim opened with a 43.06m/141-3 toss in the rain. Several minutes later Pappas hit 44.65m/146-6 to take the event lead he never lost. It continued to drizzle and the circle was slick causing several fouls and lots of tentative tosses.

Tom improved to 45.43m/149-0 in round two and the drizzle abated soon thereafter. In round #3 he improved even more, this time managing 46.34/152-0. There was some confusion at the beginning of round #3 when several athletes felt the electronic measuring device was producing lower than expected marks. The culprit was the slick circle and not the equipment. As the PA announcer I had to leave for another event inside the stadium and afterwards all seven remaining throwers improved. Perhaps it was me! Joe Detmer withdrew.*After Seven: Papp 6147, Tere 5811 Har 5757.*

**Pole Vault:** [2:07 – 4:20 pm]

A deluge arrived a few minutes after the athletes began to warm up and there was a 30 minute delay. It poured! When the rain clouds passed the remainder of the day was dry, but rain threatened throughout.

By the time the bar got to 4.60m/15-1 ten of the original 13 vaulters remained. Here Pappas entered and cleared quite easily, then did the same at 4.80m/15-9 and 5.00m/16-4¾. Officials denied his request to pass his first attempt at 5.10m/16-8¾ and jump on the second. Request denied, amid confusion and a stoppage of the event. He then just stopped

although he would say later that he was unsure if his lead over Paul Terek was safe. It was and after the event he led by 305 points, safe in anyone's book.

Boyles' PR'd with a 5.00m/16-4¾ clearance to move to 3<sup>rd</sup> overall. Terek won at 5.10m then asked for the bar at 5.30m/17-4½. He did not have a decent try at it and the event abruptly ended.

*After Eight: Papp 7052, Tere 6752, Boyl 6558.*

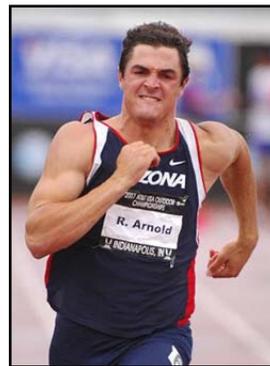
**Javelin:** [5:00 – 5:35 pm]

There were so many other events surrounding the decathlon that few realized how competitive the javelin was. There was Chris Helwick getting 62.83m/206-1 to open the competition, and Ryan Harlan's near PR 62.18m/204-0 to win himself a spot in Osaka. Chris Richardson won the event in the final round with a nice 62.89m/206-4, while Mike Marsh and Ryan Olkowski both came up with lifetime bests. Pappas managed a decent 59.70m/195-10 toss. Boyles came a cropper here but Arnold's 55.23m/181-3 kept him close enough to Harlan to have a shot at that third spot.

The weather generally improved, with breezy conditions but, luckily, no rain when it seemed to be raining everywhere in the state. Nearby state got as much as 8 inches of rain in the previous 24 hours.

*After Nine: Papp 7790, Tere 7484, Harl 7318...Arno 7217.*

**1500 Meters:** [6:30-6:35 pm]



NCAA Champ Jake Arnold, Santa Rosa, CA, needed to make up 16 seconds on Ryan Harlan in the 1500m. He got 23.

The race was anticlimactic, except for the battle for the third spot. The 101 points between Harlan and Arnold worked out to about 16½ seconds, almost exactly the difference in their PRs. But Ryan's PR came in 2004 and he's not been under 5 minutes since 2005. Arnold, on the other hand, ran 4:31 on the same track, in the same meet, a year earlier (paced by Detmer) and appeared ready for the struggle.

Terek raced off at the gun, making sure that no one challenged him. With a lap remaining Arnold had about 12 seconds margin and sprinted while Harlan faded and the third spot was settled.

Up front Chris Randolph jumped Mustafa Abdur-Rahim at the bell and the latter could not reel the former in. The ex Div II champ from Seattle Pacific posted a terrific 4:20.88 PR that gave him 6<sup>th</sup>. Pappas, as he did a year ago, faded on the final lap and clocked 4:59.69. He did not win the battle, but he did win the war, and a 5<sup>th</sup> national USA title. Remarkably, it was his 15<sup>th</sup> career win, 17<sup>th</sup> career 8000 score, and is assured to get him a 6<sup>th</sup> world ranking. By just two days, he was the eldest man in the field. Experience and survival skills count for something.

"I just glad I got through this," he remarked, then ticked off numerous recent injuries. "I just seem to come back here every year and do pretty well. There a lot more in the tank, but I'm pleased. I'll take it."

*After Ten: Papp 8352, Tere 8064, Arno 7921.*

## RESULTS



### 6/22-23 88<sup>th</sup> USA National Championships, IUPUI, Indianapolis, IN

8352	Pappas, Tom/Nike	11.00-0.5	750+0.3	1643	205	48.81	14.12+1.9	4634	500	5970	4:59.69	
8064	Terek, Paul/Asics	11.03-0.5	726+1.4	1527	202	48.70	14.92+1.4	4260	510	5295	4:39.98	
7921	Arnold, Jake/Arizona	11.23+0.3	689+2.9	1493	199	48.70	14.36+1.9	3971	500	5523	4:36.21	
7883	Harlan, Ryan/unat	11.35-2.0	677+1.5	1658	208	51.01	14.16+1.9	4295	460	6218	4:59.17	
7804	Boyles, Chris/CBO-E	11.35+0.3	718+2.3	1533	208	51.09	14.90+1.4	4133	500	5370	4:52.79	
7723	Randolph, Chris/CNW	11.59+0.3	679+1.2	1369	202	49.40	15.05+1.4	4259	470	5526	4:20.88	
7714	Helwick, Chris/Tenn	11.43+0.3	668+1.5	1343	199	50.54	15.09+1.4	4099	490	6280	4:29.59	
7640	Abdur-Rahim, Mustafa	10.84-0.5	693	0.0	1385	181	48.32	14.14+1.4	4306	410	4980	4:24.40
7542	Richardson, Chris/VS At	11.28-2.0	704+2.6	1472	190	50.39	14.76+1.4	4229	420	6289	4:54.23	
7503	Olkowski, Ryan	10.73-0.5	706+1.9	1272	196	48.22	14.82+1.4	3630	470	5119	5:01.50	
7424	Marsh, Mike/ChampNuit	11.11-0.5	691+2.0	1389	190	51.06	14.56+1.4	3825	450	5263	4:41.05	
7194	Cepeda, Raven/N Iowa	11.40+0.3	545+1.8	1437	187	52.22	14.65+1.4	3935	490	4858	4:54.81	
6478	Cebulski, Joe/TigerBar	11.80-2.0	671+1.0	1321	199	50.44	15.27+1.4	4127	nh	5482	4:52.03	
dnf	Detmer, Joe/Wisconsin	11.29-2.0	676+2.5	1193	nh	47.09	15.21+1.4	3560			withdrew	
dnf	Clay, Bryan/Nike	10.58-0.5	718+1.6	1574	193						withdrew	
dnf	Hoskins, Brandon/Liberty	11.42-2.0	641	0.0	1292	nh					withdrew	

16s, 13f. **Weather:** Day 1: rainy and cool in morning, light rain and headwinds during 100m. Weather steadily improved during day, mostly cloudy, and 75.8 degrees by 4 pm (400m). Day 2: rainy during both hurdles and discus. Downpour delayed pole vault. High of 73. **Records:** Pappas win is his 5<sup>th</sup>, tying meet record for most wins with Bill Toomey (1965-69) and Dan O'Brien (1991-1996).



