

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## Terek Wins Multi Stars at 8134 Points Arnold Defends Pac-10 Crown

**Hello Again.....**The 2007 season, so slow to get off the ground, began to heat up on May's first weekend. First, 27 year old Paul Terek returned to the top of the decathlon world with an impressive 8134 point win at the annual MultiStars in Desanzano, Italy. Terek finished a hefty 309 points ahead of former Asian champion Vitaliy Smirnov of Uzbekistan (7825). Terek used a solid 45.62m/149-8 discus, 5.00m/16-4¾ vault and 58.23m/191-0 to hold an insurmountable 9 event lead. Nonetheless, he pounded away at the final event and finished in 4:27.55.

It marked his 5<sup>th</sup> career "8" and his highest effort since he placed 3<sup>rd</sup> at the 2004 US Olympic Trials in Sacramento in 2004. "I was very tired," Terek said. "The shot put and high jump were really good for this time in the season, but the pole vault and hurdles were a bit off." He continued, "I have been under-trained for two years due to injury problems. After I return to the US I'll train very hard for the NACAC champs and the USA champs. Qualifying for the IAAF Worlds will be very tough against some very good USA guys."

The weather was postcard perfect for the day one's first three events. But it rained during most of the high jump, then returned to blue skies for the 400m. Terek had a close miss at 2.03m/6-8 in the high

jump and clocked 23.1 and 25.4 at 200/300m during 400m.

Day two proved to be cloudy with light rain.

Paul Terek gets over 5.00m in the vault (16-4¾). At MultiStars in Italy. After the discus his lead was never challenged.

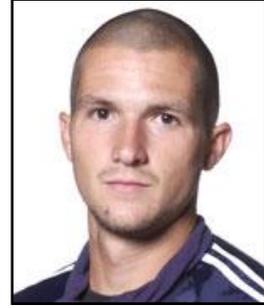


Back in the US the collegiate conference season heated up with some significant marks. Most noteworthy was Jake Arnold's repeat win at the PAC-10 meet in Stanford with a 7755 total, stamping him as the man to beat at the NCAA I affair in Sacramento where he is the defending champ. Arnold got nine workmanlike efforts and breezed to the title by a whopping 632 points over Oregon frosh Ashley Eaton. Washington State Junior Ricky Moody was 14 back in 3<sup>rd</sup>.

At the 4<sup>th</sup> Heptagonal's decathlon, Dartmouth Junior Tyler Koskenoja used his significant 1500 skills to demoralize the field by making up 37 seconds on nine vent leader, defending champ Kyle Calvo



Pac-10 defending champ Jake Arnold/Arizona (l), had an easy time of it at Stanford. Where won by a ton. Dartmouth junior Tyler Koskenoja (r) won by a much smaller margin at the Ivy league Heptagonals.



U.S. Military Academy junior Brandon Lewis (l) was the Patriot League winner. Texas-San Antonio senior Brandon Buteaux was the Southland Conf. champ.

of Pennsylvania, and then won by 91, with a 7157 effort. In other Div I conference affairs, James Nunno of Cal Poly won the Big West (6772) and Adam Golembeski of Rutgers captured the Big East meet (6834). Army's Brandon Lewis was the Patriot League winner (6671) and Thomas Dunn of Delaware State won the MEAC crown at 6603. Charles Devaud/UMBC was the America East Conference winner with a 6520 effort. Less than 200 points separated the top 4 at Southland as Brandon Buteaux of Texas-San Antonio (7148) prevailed. There were a spate of top Div II and Div III scores, topped by Abilene Christian's Chris Pound who rode gusts to ma 7056 win at the Lone Star Conference meet.

Major meets this weekend include Big Ten,. SEC, IC4A, Big 12, Sun Belt, Big Sky and MAC.

Next week we will post the NCAA I qualifiers. See box below for USATF last chance qualifying meets.

### Qualifying Meet Information

1. **Texas Greatest Athlete Meet** - June 2-3 in Dallas at St Marks School.....HS and elite divisions for both men and women.....Contact John Turek at 972-965-3667 for further meet info.
2. **USATF High Performance decathlon /hepathlon** at Chula Vista Training Center July 14-15.. Funding is available for athletes with A/B standards up to 6 athletes. Opportunity for Pan Am, WC and US-Germany qualified athletes to do selected events and for other national level, top junior and emerging elite athletes to extend their season and attain Olympic Trials standards. Contact Scott Hall 336-758-5860 for more info.