

THE DECATHLON ASSOCIATION

DECA Newsletter

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Arnold Wins USA Heptathlon Title Moore, Boyles Place, Terek Injured

Hello Again.....Comebacks, injuries and the continuing improvement of Jake Arnold were the major stories at the 23rd USA national heptathlon title meet in Chapel Hill, NC., March 8-9.

Arnold's trio of PRs in the speed events (60, LJ, 60H) catapulted him to his first USA national title. At 6-3, 200, the 24 year old is the two time NCAA decathlon champ (06-07) from the University of Arizona. Arnold PR'd in the 60 meter dash with a 7.11 clocking, then moved into a tie for the lead by tying for the long jump win with another PR (7.05m/23-1¾). He won the shot put at 14.60m/47-11 and never looked back.

Stephen Moore, 32, last competed in 2005. The former Pan-American champion and 2001 national heptathlon winner won an appeal to compete and disappointed no one. His 5794 total included a 4.80m/15-9 vault and a 2:42.71 1k race. It was all very impressive, especially after the 3 year layoff.

The most disappointed individual at Eddie Smith Field House was 3x winner and defending champ Paul Terek who gamely got thru the first day on a gimpy knee. He is scheduled for knee surgery on March 12.

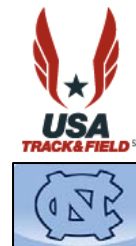
Elsewhere, of the nation's collegiate meets, the most impressive performance came in Charleston, IL where Jon Hilton of

Oklahoma Baptist won the NAIA crown with a tidy 5454 score. Liberty's Brandon Hoskins captured the IC4A title with a 5353 effort.



Two-time NCAA decathlon champ Jake Arnold won the USA indoor heptathlon title in Chapel Hill, NC.

**23rd USA National
Heptathlon**
Eddie Smith Field House
U of North Carolina
Chapel Hill, NC
March 8-9, 2008



Day Two:

60m Hurdles: [1:00 1:05 pm]

Terek withdrew so the field was down to eight. Chris Boyles appeared to get an outstanding start but he was caught at the 2nd hurdles by Jake Arnold. Stephen Moore and Boyle both clocked 8.24 seconds (=PR for Boyles). But Arnold

was the story here as he powered away and clocked 8.09 seconds, another (and 3rd in 5 events) PR.

Chris Helwick got the win in section #2, managing 8.57 seconds.
After Five: Arno 4179, Moor 4101, Boyl 4053, Detm 3853.

Pole Vault: [1:40 –3:05 pm]

The vaulting was excellent as there were still 5 competing at 4.90m/16-3/4. Moore and Gabe LeMay, (the former Oregon vaulter had recorded a lifetime best at the previous bar, 4.80m/15-9) did not manage this height, but Arnold did on his first attempt, while Boyles and Helwick needed three trys. 5.00m/16-4 3/4 stopped all three and the event quickly died. 60 attempt, 22 clearances.

After Six: Arno 5059, Moor 4950, Boyl 4933, Helw 4717.

1000 Meters. (3:35 pm)

With the top 3 spots virtually assured the only question was whether Joe Detmer was ready to repeat his indoor 1k WR of a year ago of 2:29.42 set at the NAAs in Fayetteville. To his credit he tried. The plan was to run each lap in 29 seconds which would give him 2:25. Joe split 29, 58+, 1L36+ but slowed on lap 4 passing 800m in 1:58+. His turnover lagged a bit on the final lap and it cost him, but he still managed a terrific 2:32.35, besting the Field house Record (Phil McMullen-2:35.01 in '04) and the meet record (Scott Daniels-2:32.59 in '84). In the end his effort was just enough to slip by Helwick for the 4th medal.

Detmer 's speedy departure from the starting line set up very quick times for the rest of the field which never had time to relax during the race. LeMay (2:38.51), Helwick (2:41.40) and Moore (2:42.71 at age 32!) all just missed PRs. Arnold kept an eye on Moore throughout and crossed in a comfortable 2:47.49, giving up 52 points of his lead over Moore. It was

Jake's 5th win out of 11 career heptathlons. And for Moore his 5794 represented a terrific comeback.

After Seven: Arno 5851, Moor 5794, 5688, Detm 5603.



Results

3/8-9 23rd USA National Combined Events Champs, U North Carolina, Chapel Hill, NC

5851	Arnold, Jake/unat	7.11 705 1460 198 8.09 490 2:47.49
5794	Moore, Stephen/unat	7.11 705 1303 204 8.24 480 2:42.71
5688	Boyles, Chris/EBO-e	7.25 665 1411 207 8.24 490 2:50.99
5603	Detmer, Joe/unat	7.08 694 1270 183 8.34 460 2:32.35
5575	Helwick, Chris/2gnc	7.30 683 1235 201 8.57 490 2:41.40
5322	LeMay, Gabe/Team XO	7.34 660 1125 192 8.74 480 2:38.51
5053	Walsh, Brian/USAF	7.21 662 1179 189 8.78 430 2:54.58
4948	Jellison, Mark/unat	7.26 693 1297 192 8.48 400 3:20.13
dnf	Terek, Paul/asics	7.25 669 1429 183 inj withdrew 9s,8f.



USATF/TAC National Indoor Combined Events Champions

Pentathlon

		[hj-60ydH-sp-lj-600yds]	site
1978	Jim Wooding	Coatesville, PA. 3605	Unat, Bethlehem, PA
		[55mH-lj-sp-hj-1000m]	
1984	Scott Daniels	4168	Utah Canyon, TX
1985	Orville Peterson	3968	Campbell TC Canyon, TX

1986	Tony Allen-Cooksey Barbara, CA.	4015	Unat, Santa Canyon, TX
	[60mH-lj-sp-hj-1000m]		
1987	Tony Allen-Cooksey	4315	Athlete's Forte Gainesville, FL
1988	Gary Kinder	4135	NYAC Lincoln, NE
1989	Ed Brown Outreach	4050	UCSB U Park, PA
1990	Vernon George Clippers	4171	Florida Baton Rouge,
1991	Dan O'Brien	4321	Reebok Racing Colorado Spgs
1993-94 no national meet			
Heptathlon			
	[60m-lj-sp-hj / 60mH-pv-1000m]		
1995	Sheldon Blockburger Obispo	6035	unat, San Luis Moscow, ID
1996	Steve Fritz	6213	Accusplit Manhattan, KS
1997	Ricky Barker Furniture	5969	VISA/Gallery Manhattan, KS
1998	Ricky Barker Furniture	5867	Gallery Atlanta, GA
1999	Trafton Rodgers	6044	Puma Atlanta, GA
2000	Tom Pappas	5933	adidas Atlanta, GA
2001	Stephen Moore	6068	unat, Lubbock, Atlanta, GA
2002	Tom Pappas	6113	Nike Chapel Hill,
2003	Paul Terek Greatest ADT	5870	World's Chapel Hill,
2004	Paul Terek Greatest A DT	6040	World's Chapel Hill,
2005	Ryan Harlan	6102	unat Chapel Hill,
2006	Ryan Harlan	5949	unat Chapel Hill,
2007	Paul Terek	5960	Asics Chapel Hill,
2008	Jake Arnold	5851	unat Chapel Hill