

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXIV

Number 31

June (6), 2009

HARDEE WINS 90th USA NATIONALS

Eaton, Arnold Punch Berlin Tickets, Beach is Junior Champ

Hello Again....25 year old Trey Hardee, Austin, Texas, won the 90th USA National Decathlon crown in Eugene, Oregon with a fine 8291 total in a meet where the weather was as good as the attendance was bad. Scheduled for an 11:00 am start on both Thursday/Friday, June 25-26, favorable winds and warm temps were balanced by a paucity of spectators (97 during the 100m-I count' em). In fact, the number of officials and volunteers (you can tell by the shirts) inside Hayward Field outnumbered spectators at this time by a factor of two. Hardee, who was 2nd at the Hypo-Bank meeting in Götzis, Austria a month ago, put nine workmanlike efforts into the books, then struggled with dehydration during the 1500m. Yet his nine-event margin was so over-whelming that he had no trouble holding onto the lead. His final tally was 8261.

Local favorite Ashton Eaton, 21, the 2 x Pac-10 and NCAA champion from Oregon, was the runner-up (8075), after a ding-dong battle with Hardee on the first day (only 4 points separated them) and the consistent Jake Arnold, another 2x Pac-10 and NCAA winner, was 3rd (7984) making up the USA team which will compete at the IAAF World champs in Berlin in August.

Eaton attempted to be the first collegiate victor at this meet since Steve Pauly of Oregon State won the affair in 1963...an indication that this event has been the virtual exclusive domain of the post-collegian. 1963! Ashton made it interesting.



25 year old Trey Hardee, Austin, TX, Nike, won the 90th USA national decathlon in Eugene, OR with a 8261 total. Oregon's Ashton Eaton and Asics's Jake Arnold will join Hardee at the IAAF Worlds in Berlin.

And the meet suffered when defending champ Bryan Clay pulled out an hour before the initial event, the victim of a leg injury just days before. Bryan warmed up, tested his hamstring, and decided that discretion was the better part of valor and notified meet referee Rex Harvey that he was unable to sprint all out. So some of the luster was missing as 18 athletes went to the starting line on day one. Here's what happened.



**90th USA National Decathlon
Championship
University of Oregon
Eugene, OR
June 25-26, 2009**

100 Meters: [11:00 – 11:09 am]

It was cool and breezy at 11:00 am and many of the 83 spectators who sat in the west grandstand were bundled. The first race saw ex Wisconsin Joe Detmer out-lean vet Mike Marsh (10.94 to 10.96), aided by a +1.9 mps tailwind. 3rd and 4th places were significant. Arnold rushed to a marginal PR (11.01) for 3rd while vet Paul Terek, 29, in the comeback trail after a year of injuries and surgeries ran surprisingly well clocking 11.13 seconds. Olympian Terek had to appeal for an entry into this meet (it was his 7th USA nationals) and he appears almost completely healthy after a year of knee troubles.

The 2nd race drew the crowd's(!) attention since it would have brought together 3 of the 6 fastest decathletes in history—Clay, Hardee and Eaton. But Clay's lane (8) was vacant and Hardee got out well and rode at +3.6mps breeze to a 10.43 clocking, one tenth faster than Eaton. From track side, the speed of big-league decathletes, is impressive.

Tall Desi Burt, VS Athletics, led teammate Chris Randolph to the finish in race III, 11.28 to 11.33. Wind +0.9 mps.

After One: Hard 992, Eato 968, Detm 874, Mars 870.

Long Jump: [11:40 am – 12:07 pm]

A pair of groups jumped concurrently, north to south and, although the temps were in the high 60s-low 70s, conditions were favorable. Hardee led Flight #1 after the first round with a 7.41m/24-4 ¾ leap, while Eaton, in Flight #2, popped 7.55m/24-9¼. Hardee did not improve in round two and passed his 3rd attempt. Detmer, showing some pop, was 1cm of a career best in round three covering 7.23m/23-8¾ of Lane County real estate.

Meanwhile, flight two saw Eaton reach 7.60m/24-11¼ to take the lead from Hardee by

23 digits. Tail winds were consistent and reached +3.7 mps.

After Two: Eato 1928, Hard 1905, Detm 1743, Edmo 1691.

Shot Put: [12:40 – 1:00 pm]

Temps warmed up. Arnold (14.69m/48-2½) edged Akron's Dan Kinsey (14.48m/47-6¼) in Flight #2.

Paul Terek won the event in round #2 of Flight #1 with a 14.75m/48-4¾ push, but all of attention was on the Hardee-Eaton skirmish as both challenged lifetime bests. The 21 year old Duck junior fired a 12.63m/41-5¼ missile in round two, just 14cm (about 5½ inches) off a PR. Tery's final toss traveled 14.38m/47-2¼, just 37cm (@15 inches) from his lifetime best mark. Four others were within a foot of PRs. Hardee's lead was now 84 points.

After Three: Hard 2657, Eato 2573, Arno 2431, Rand 2367.

High Jump: [1:40 - 2:55 pm]



Desi Burt, former star at Cal State-LA, wowed the crowd with a PR 2.17m/7-1½ high jump and he stood 3rd at the break.

Unfortunately the event went unseeded resulting in longer than necessary time lags when but a single athlete was left jumping. And both pits featured virtual identical settings. It may have been statistically interesting but w/o seeding the event crawled. In Flight one Hardee scraped over 1.99m/6-6¼ then packed his gear and left the infield, having taken only 4 jumps.

Chris Randolph, fashioning a fine score, managed 2.02m/6-7½ and tall Desi Burt, last season's CCAA "athlete of the year" while at

CSU-LA, showed plenty of spring when he negotiated a PR 2.17m/7-1½. The effort moved him into third overall.

In flight two Eaton needed 2 tries to manage 2.02m/6-7½ and three attempts to get 2.05m/6-8¾ while carving out all but 28 points of Hardee's lead. He had a pair of close misses at a near PR 2.08m/6-9¾.

Temps turned cooler during the event and the skies more resembled March than June.

After Four: Hard 2451, Eato 3423, Burt 3250, Arno 3198.

400 meters: [3:40 – 3:52 pm]



Local favorite Ashton Eaton raced to a fine 47.99 400m clocking and was within 4 points of the overall lead after day one.

Attendance grew to 1180 spectators by race time which was virtually the start of the open session.

Here both Eaton and Detmer, the meet's top 400m runners, were victims of a seeding error when they were placed in separate races. Both won handily, Detmer in section two with a 47.96 clocking and Eaton in section three with 47.99 into a stiff backstretch headwind. One can only speculate what would have happened if they had run side-by-side, but it's fair to say that the error cost Eaton the overall lead after 5. Hardee posted a 48.49 clocking in the second race, while Randolph was caught in 49.49 in the first race.

After Five: Hard 4337, Eato 4333, Burt 4046, Detm 4044.

Day Two

110m Hurdles: [11:00 – 11:14 am]

Conditions were sunny and cool and 380 fans were gathered in the west stands at 11:00 am. Breezes were accommodating as the decathletes gathered at Bowerman curve for the second day start. If there was to be a challenge to Trey Hardee's position it would have to start here. His match-up with Ashton Eaton would occur in the third race.

In the first race Missouri's Nick Adcock ran tall and confidently and just edged Jake Arnold, 14.16 to 14.17. It was a PR for the Kansas City junior. The +3.3 mps breeze helped.

In the second race the favorite, Desi Burt, clobbered the 3rd barrier and nearly went down. He ultimately stumbled in with a 16.80 clocking. Matt Chisam was the victor in 14.60.

Steady Jake Arnold used this 14.17 110m hurdle performance to fashion a 3rd place finish and a ticket to Berlin.



The anticipated match-up between Hardee and Eaton was everything it was cracked up to be. They were clear of the field (Hardee in lane 2 and Eaton in lane 8) after 3 hurdles. Trey was a bit smoother in the middle six and he edges away at the finish to clock a fine 13.95 seconds (wind +0.9 mps) while Ashton dipped in 14.03. Hardly seen, Lysias Edmonds was 3rd in 14.63.

In the final section, UNI's Mat Clark clobbered the 5th hurdle, lost his balance and 5 stepped in. The race went to vet Mike Marsh in a PR 14.55 seconds.

After Six: Hard 5318, Eato 5304, Arno 4989, Rand 4896.

Discus: [11:49 am – 12:27 pm]

Hardee's margin was now 84 points. He opened round # 1 with a foul. Eaton, immediately thereafter in the order, tossed the platter 41.33m/135-7, just 17 inches shy of a PR. His throws have traditionally weak but he is showing signs of improvement. Dan Kinsey led at the end of the round with a 47.63m/156-3 effort, a lifetime best. Carolina's Dan Keller also posted a career best, 38.27m/130-7, and Arnold scared his, getting 45.75m/150-0.

In round # 2 Hardee settled matters plating 44.76m/146-10. Eaton did not improve but Kinsey did to win the event with a 48.75m/160-0 effort and that was that. The first three places overall were decided and hereafter would not change.

After Seven: Hard 6080, Eato 5996, Arno 5771, Rand 5548.

Pole Vault: [2:12 – 3:38 pm]



29 year old Paul Terek had been on the shelf for more than a year with knee problems but came back to win the vault at 5.00m/16-4¾, before missing 3x at 5.20m/17-¾

There was a good deal of switching the draws at the last minute to assure the athletes were placed in the proper jumping pit (higher or lower vaulters based on their record).

The event was not kind to Mat Clark and Joe Detmer as both no marked in Flight #1 (West pit). This was particularly devastating for the latter who was fashioning a PR score. Adcock, who had no-heighted in his two

earlier season meets, took no chances here eventually clearing 4.50m/14-9.

Chris Randolph and Mike Marsh bit recorded career bests, both managing 4.90m/16-¾, a result that assured each a spot on the USA vs Germany team.

In Flight #2 (East pit), made up of all 5m+ vaulters, the event was a notable disappointment for Eaton, who got 4.50m.14-9, easily, passed 4.60m/15-1 but looked uncomfortable while missing thrice at 4.70m/15-5. Expectations were for something considerable higher, since he has cleared 5.10m/16-8¾ in the same pit at last year's meet.

Five (!), Paul Terek, Hardee, Keller, Chisam and Edmonds all managed 5.00m/16-4¾ but no one could go higher. Both Terek and Hardee passed 5.10m/16-8¾ but neither could get over 5.20m/17-¾ although Terek had an ever-so-close attempt. Truth-in-fact, he was just rusty. Throughout conditions were favorable while the temps got into the mid-80s.

Hardee's lead had grown to 234 points. *After Eight: Hard 6990, Eato 6756, Arno 6590, Rand 6428.*

Javelin: [4:15 – 4:59 pm]

During the javelin's first round the contestant's got a glimpse of the future while watching Curtis Beach gun the Junior dec 1500 meters. A 4:08.75 clocking left a lasting impression .

Amid a cluttered infield, Eaton's first spear covered just 47.74m/156-6 and minutes later Hardee left no doubt about who was in charge in Eugene getting a PR 64.12m/210-4 effort. It was a punctuation point to a major win. He quickly packed and left the infield, passing his final two attempts. At this point his overall lead was a whopping 479 points over Eaton. In round #2 Ashton improved to 51.46m/168-10.

Only Nick Adcock was the only other thrower to surpass 60m (60.22m/197-6).

After Nine: Hard 7790, Eato 7366, Arno 7295, Rand 7091.

1500m: [6:25 – 6:30 pm]

In front of 4000 fans and live TV coverage the 13 remaining athletes toed the starting line on the SE corner of Hayward Field. Eaton needed a 4:47.5 for his 6th consecutive 8k score (at age 21 !) and Hardee's planned to run @ 4:50,



Ashton Eaton and Nick Adcock (r) lead Paul Terek in the 1500m

which would bring him in just over 8400 points.

At the gun's report Joe Detmer and Mat Clark jumped into the lead but, almost immediately Hardee's leg began to cramp and he took it easy, and eventually he would shuffle around in 5:16.01 to preserve his victory.

Eaton was determined to end this ten-eventer on a positive note and he was competitive throughout, but the early pace set by Detmer and Clark was non-trivial. They would eventually slow and Detmer won in a fine 4:21.48. On pace for a 7800-7900 score before the vault snafu, he had much more energy in the tank. Sometime soon he'll challenge 8k.

For pride and to the delight of the Hayward faithful, Eaton sprinted the final 200m and clocked 4:35.45 giving him a final tally of 8075. Arnold could not muster the final sprint and his 4:39.59 left him 16 points shy of 8000.

The ever appreciative Eugene crowd made this final event memorable for the field and soon thereafter the entire field, ala European tradition, took a victory lap. But in the back of my mind I couldn't help think that, on this day, the crowd's biggest roar was reserved for Curtis Beach.

After Ten: Hard 8261, Eato 8075, Arno 7984, Rand 7766.

Results:

90th USA National Champs, U of Oregon, Eugene, OR

8261	Hardee, Trey/Asics	10.43+3.6
741+1.7	1438 199 48.49 13.95+0.9 4476 500 6412 5:16.01	
8075	Eaton, Ashton/Oregon	10.53+3.6
760+3.7	1263 205 47.99 14.03+0.9 4133 450 5146 4:35.45	
7984	Arnold, Jake/Asics	11.01+1.9
695+1.8	1469 196 49.49 14.17+3.3 4575 470 5782 4:38.59	
7766	Randolph, Chris/VS Athletics	11.33+0.9
721+1.8	1376 202 49.38 14.88+0.9 3936 490 5501 4:40.78	
7689	Terek, Paul/unat	11.13+1.9
657+3.4	1475 196 50.62 15.42+3.3 4461 500 5611 4:41.64	
7650	Edmonds, Lysias/Arizona Puma	11.00+3.6
707+3.3	1181 193 48.39 14.63+0.9 3677 500 5459 4:41.21	
7588	Adcock, Nick/Missouri	11.18+1.9
689+1.4	1392 187 49.46 14.16+3.3 3675 450 6022 4:40.81	
7534	Marsh, Mike/Champ Nutrition	10.96+1.9
665+2.0	1366 190 50.38 14.55+1.6 3950 490 5352 4:47.63	
7385	Chisam, Matt/unat	11.48+0.9
642+1.6	1394 190 52.34 14.60+0.9 4215 500 5337 4:45.78	
7327	Keller, Dan/North Carolina	11.59+0.9
680+2.2	1302 202 51.31 15.22+3.3 3827 500 4970 4:47.26	
7178	Kinsey, Dan/Akron	11.87+0.9
660+1.7	1448 198 54.70 15.57+1.6 4875 460 5743 4:55.95	
6809	Detmer, Joe/unat	10.94+1.9
723+2.1	1227 196 47.96 15.13+0.9 3288 nh 5136 4:21.48	
5669	Clark, Mat/Northern Iowa	11.08+3.6
699+1.7	1247 190 50.76 18.41+1.6 3897 nh nm 4:28.26	
dnf	Burt, Desi/VS Athletics	11.28+0.9
700+2.2	1311 217 50.40 16.80+0.9 3548 400 3805 dns	
dnf	Moody, Ricky/Club NW	11.16+1.9
694+1.2	1111 196 dnf 15.04+0.9 4294 420 5460 dns	
15s,13f. 1 st /2 nd day scores:	Hard 4337/3924, Eato 4333/3741, Arno 4036/3948, Rand 4032/3734, Tere 3872/3817, Edmo 3916/3734, Adco 3859/3729, Mars 3821/3713, Chis 3585/3800, Kell 3746/3581, Kins 3480/3698, Detm 4044/2765, Clar 3783/2886, Burt 4046, Mood 2944. <u>Weather:</u> Thursday, cool and breezy in am, sunny pm; Friday: same.	



37th USA Junior National Decathlon Championship University of Oregon Eugene, OR June 25-26, 2009

Duke University bound Curtis Beach ran up a 7599 score to win the 37th USA Junior decathlon title at Hayward Field in Eugene. As

a contrast to the very first USA junior nationals, held at a high school track in Porterville, CA in 1973, there were 3000 fans watching this year's finish, about 2950 more than in '73. And the finish was dramatically different. The first winner was, ironically, an Oregon athlete, burly Craig Brigham, a U of O freshman at the time.

This year a skinny kid from Albuquerque, NM dominated his sport and the last event like no other. With an insurmountable lead (156 points) after nine events, Beach decided to go for a PR in the final event, which is saying something since he is already the world junior record holder at the dec 1500m at 4:09.48. He had a little help from Trent Perez, a UCLA freshman, who set an unsustainable pace (58+ seconds at 400m, oh my) but gave Curtis someone to run after in the middle of the race.

And assistance came from another source, the 3000 spectators who knew they were watching something special. The meet record had been set 25 years earlier in the LA Coliseum at 4:12.59 by an Iowa schoolboy named Kip Janvrin. American decathlon record holder Dan O'Brien too was in that 1984 race, representing Henley High School of Klamath Falls, Oregon. O'Brien could only shake his head as he watched Beach scorch the pace from the infield. Running alone for the last two laps, Curtis passed the bell at 1100m at 3:02, then raced the final 400m in 65 seconds to erase Janvrin's name from the record books.

The crowd roared as the efficient running Beach pounded down the straight. And the noise was even louder when they saw the time....**4:07.85**.

His final score, 7599, was an American junior record using the junior implements. Earlier in the season he had (at Arcadia, CA) set the prep record using prep implements and (at the Great SW meet) the prep record using



Curtis Beach strains on the final lap of the Junior decathlon 1500m (4:08.75!!!!) where he erased Kip Janvrin's name from the meet record book.

senior implements. "After I got the first record I was going for the trifecta, I guess you could say," comment Beach later. "I was definitely going for a PR," he said. Six days earlier he finished 3rd at the Nike National Scholastic meet at 800m in 1:50+. "I did a good job of staying cool, relaxed and not getting overwhelmed with how hot it was."

Beach and second placer, Florida frosh Gray Horn, Wapakoneta, OH, will next compete at the Pan Am Junior meet in Trinidad next month. That is, if the meet is held. Health ministers in Trinidad have reported a swine flu epidemic and note the possibility of a cancellation.

Horn, the Southeastern Conference winner, was runner-up with a 7114 score and diminutive Neamen Wise of Lake Brantley HS, FL, was third with an impressive 6854 total. Impressive since Wise is 5-4, 139 pounds and has run 13.99 for the 110m

hurdles. He'll enroll at the U. of Central Florida in the fall.

A dozen started and completed the junior decathlon. They benefited from being on the field, at times, with their senior counterparts. And the seniors benefited by watching that 4:08.75.

Results:



6/25-26 37th USA Junior Championships, Eugene, OR

7599	Beach, Curtis/Albuquerque Academy	11.10+2.3
699+1.3	1195 205 48.76 14.64+2.4 3785 495 3896	4:07.85
7114	Horn, Gray/Florida	11.26+2.3
724+1.3	1297 196 52.05 14.56+1.7 4238 399 4311	4:58.76
6854	Wise, Neamen/Lake Brantley HS, FL	10.92+1.1
700+2.0	1248 172 50.68 14.38+1.8 3771 359 4581	4:52.23
6790	Godfrey, Kevin/Lane CC	11.48+2.3
641+1.7	1123 187 52.13 15.30+1.8 3053 459 4998	4:32.80
6738	Schmidt, Taylor/Battleground, WA	11.52+2.3
622+0.9	1252 190 53.34 14.81+2.4 3489 429 5324	4:58.83
6708	York, Richard/St Clair, MO	11.48+1.1
624+1.3	1078 184 51.05 14.84+1.7 3013 399 5572	4:32.66
6671	Uzoh, Anya/Penn St	11.34+1.1
657+1.1	1177 190 50.51 15.17+1.4 2977 409 4658	4:52.13
6575	Perez, Trent/UCLA	11.60+1.1
645+2.4	877 184 50.20 16.33+1.4 3282 459 4510	4:27.72
6491	Masterson, Derek/UCSB	11.67+2.3
624+1.9	1344 178 54.53 16.14+1.8 4322 459 4748	5:24.23
6309	DeMirjian, Garrett/Moorpark College	11.60+1.1
625+1.1	1188 190 52.48 14.97+1.4 3219 349 3916	4:45.14
6196	Hickey, Justin/Wichita St	11.48+2.3
616+0.9	1093 166 51.15 16.52+1.7 3219 409 4100	4:33.71
5114	Paquin, Ryan/Bishop Moore HS, Orlando	[11.57+1.1
593+2.2	1043 160 52.80 15.69+2.4 2838 nh 3818	5:06.63],12s,12f.