

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXVI

Number 7

February (2), 2011

HOW DOES 6568 SOUND ?

Eaton With Heptathlon World Record

Hello Again.....Ashton Eaton was a runaway train for the first three events of the first day. Then came calf cramps in the high jump which put his world heptathlon record attempt in jeopardy. But he came out on day two and, well, started with a world record 7.60 in the hurdles, equaled an indoor PR 5.20m/17- ¾ in the vault and then cruised 2:34.74 in the 1000 meters to break his own 6499 mark set 11 months ago in Fayetteville. The new standard by which all others will be judged is now 6568. Never mind what could have been had he been close to the board in the long jump or not cramped in the high jump. We all know there's more in the tank. A WR is a WR and we'll take it. Congrats Ash! Eaton's efforts made the other sporting event of February 6 pale by comparison. This was Super! Here's what happened.



Ashton Eaton blasted to a world record 7.60 60 meter hurdles on the way to breaking his own world heptathlon mark in Tallinn, Estonia.



International Invitational Tallinn, Estonia February 5-6, 2011

60m Hurdles: [Noon]

The noon start and seven hour time differential meant I needed to be up and watching at 5 am. Groan. There were 292 other viewers at 4:45 am when I logged on.

Jake Arnold looked sharp in winning the first race in 8.14 seconds. Positioned in lane 4, Ashton Eaton, lined up with 5 others in the seeded race. Roman Sebrle was on his right. With stopwatch in hand I awaited Eaton's race. Recall that he had blasted a 7.68 a week earlier at Millrose and the official (if there is such a thing) WR for this race was 7.74 seconds. As the runners went to the blocks the picture *disappeared* and the webcast went off the air!

I sat in disbelief. Fully awake and watching a black screen...what does one do at 5 am on a Sunday morning? It was 28 degree outside, but I went for a run.

Paul Doyle' email was waiting when I returned....7.60 seconds...a new WR (by a ton!) and now Ashton had a 62 point cushion on the WR chase. *After Five: Eato 4663, Raja 4469, Sebr 4310, Dist 4140....Arno (10th) 3805.*

Evolution of Indoor Heptathlon Record

6162	Sergey Zhelanov/RUSo	vs GDR, Seftenberg	1/27/84
6283	Torsten Voss/GDRo	NC, Seftenberg	1/27/85
6289	Christian Plaziat/FRA	NC, Norgent sur Oise	2/2/92
6418	Plaziat	EC, Geneva	2/29/92
6476	Dan O'Brien/USA	WC, Toronto	3/14/93
6499	Ashton Eaton/USA	NCAA, Fayetteville	3/13/10
6568	Eaton	Invt, Tallinn	2/6/2010

o-part of octathlon

Pole Vault: [1:13 pm]

The pit was placed in the NW corner of the fieldhouse. Vaulting south to north toward the fieldhouse windows, the athletes faced a very bright situation at the pit/bar. Group B, vaulting simultaneously, vaulted in a north to south direction so the vaulters were actually passing one another on adjacent runways. Jake Arnold withdrew at this point.

Anatomy of a World Record

Ashton Eaton.....6499 at NCAA, March 12-13, 2010
Ashton Eaton.....6568 at Tallinn, Estonia, Feb 5-6,2011

	<i>Fayetteville-2010</i>		<i>Tallinn-2011</i>	
60m	6.71	988	6.66	1007
LJ	7.73m/25-4½	992 1980	7.77m/25-6	1002 2009
SP	13.12m/43-½	2675 2655	14.45m.47-5	756 2765
HJ	2.11m/6-11	906 3561	2.01m/6-7	813 3578
1 st day:	3561 points		3578 points	
60H	7.77	1040 4601	7.60	1085 4663
PV	5.10m/16-8¾	941 5542	5.20m/17-¾	972 5635
1000m	2:32.67	957 6499	2:34.74	933 6568
Score:	6499 points WR		6568 points WR	

Ashton, wearing the Oregon Elite forest green singlet, opened at 4.70m/15-5. At the moment the webcast had 729 viewers. Taking a short approach he cleared easily then made 4.90m/16-¾ on a 2nd try. He consulted with coach Harry Marra, and rested. I went for breakfast since it was still only 7:29 am on the east coast.

At 5.00m/16-4¾ Eaton was vaulting alone. He cleared both 5.00m and 5.10m/16-8¾ on clutch 3rd attempts, keeping him 62 points ahead a his WR chase. Then, he skied over 5.20m/17-¾, an indoor PR on his first attempt. This put him 93 up on record pace, worth about 8 seconds in the 1k event. He took a single vault at 5.30m/17-4 ½. Missing, he then called it a day.

Metric:	470	480	490	500	510	520	530
Imperial:	15-5	15-9	16-¾	16-4¾	16-8¾	17-¾	17-4 ½
Points:	819	849	880	910	941	972	1004

Eaton o P xo xxo xxo o xpp
o = clear; x = miss

Aficionados went skittering to the scoring tables... the result, a clocking of 2:40.80 would give the 23 year old Oregonian another WR. Given a recent 800m time trial (1:55.90) the record looked likely.

After Six: Eato 5635, Raja 5288, Dist 5089, Sebr 5070.

1000m: [4:00 pm]

After calculating what was necessary for the record and pace, Coach Marra emailed...."we'll get it done." As he did the entire meeting, Ashton went it alone. At the gun he bolted and only Austrian Dominic Disterberger went with him. Needing a solid pace of 32 seconds per lap, Ashton was a bit too quick on the first go round, clocking 29!. His next lap was 30.1 (59.1 at

400m) and, at this point, Distelberger fell off. Running on alone, but with the crowd's help, he clocked 1:30.5 for 600m and then passed 800m in 2:02.1. Never slowing he cruised the final lap in 32.4 seconds and raised his right first 30 meters from the tape. The final clocking of 2:34.74 brought him 933 points and a final total of 6568!

After Seven: Eato 6568, etc.....

All Time World Heptathlon List

[2/6/2011]

6568	Ashton Eaton/USA	Tallinn	2011
6499	Eaton	Fayetteville-NCAA	2010
6479	Dan O'Brien/USA	Toronto-WC	1993
6438	Roman Sebrle/CZE	Budapest-WC	2004
6424	Tomas Dvorak/CZE	Gent-EC	2000
6420	Sebrle	Lisbon-WC	2001
6416	Christian Plaziat/FRA	Geneva-EC	1992
6415	Sebastian Chmara/POL	Valencia-EC	1998
6412	Lev Lobodin/RUS	Moscow-NC	2003
6386	Chmara	Maebashi-WC	1999
6374	Erki Nool/EST	Maebashi-WC	1999
6371	Bryan Clay/USA	Valencia-WC	2008
6365	Clay	Budapest-WC	2004
6362	Mikk Pahapill/EST	Torino-EC	2009
6361	Tom Pappas/USA	Birmingham-WC	2003
6358	Sebrle	Tallinn	2000
6350	Sebrle	Tallinn-Reval Cup	2004
6319	Sebrle	Maebashi0WC	1999
6300	Aleksey Drozdov/RUS	Penza-NC	2010

12 performers, 18 performances > 6300 points

All-Time US Heptathlon List

[2/6/2011]

6568	Ashton Eaton/Ore-eTC	Tallinn	2011
6499	Eaton	Fayetteville-NCA	2010
6479	Dan O'Brien/Footlocker	Toronto-WC	1993
6371	Bryan Clay/Nike	Valencia-WC	2008
6365	Clay	Budapest-WC	2004
6361	Tom Pappas/Nike	Birmingham-WC	2003
<i>[4 performers, 5 performances > 6300]</i>			
6213	Steve Fritz/	Manhattan-NC	1996
6208	Trey Hardee/Texas	Albuquerque	2006
6136	Donovan Kilmartin/Texas	Fayetteville-NCAA	2004
6132	Stephen Moore/	Lisbon-WC	2001
6128	Chris Huffins/Mizuno	Paris-WC	1997
6120	Ricky Barker/VISA	Barcelona-WC	1995
6102	Ryan Harlan/unat	Chapel Hill-NC	2005
6044	Trafton Rodgers/Puma	Atlanta-NC	1999
6040	Paul Terek/WGA	Chapel Hill-NC	2004
6035	Sheldon Blockburger/unat	Moscow	1995

[14 performers > 6000]

Quotes from Ashton after day two:

"I'm so happy!!!, I had a great day. I think this was a great experience. I am most proud of the way I competed, after some bad events I was able to come back and perform well today. I made some bars in the Pole Vault on 3rd attempt when I really needed them. I also think this shows that I have a lot of room to improve. I had a bad High Jump, I took off way behind the board in the Long Jump, I could have run better in the 1000m, and although the SP was a big Personal

Best, I know I can keep getting better. These fans here in Estonia are great, they have such a great tradition of decathletes and really support the event. Ever since I stepped off the plane I liked this place. I felt like the crowd was really behind me the whole way, they were pushing for me and I think that is why I did so well. I did not want to disappoint my new fans. Nothing quite compares to my home crowd in Eugene but Tallinn was a close 2nd. Now it's time to go home and get some rest before we start our preparations for outdoors. First I need to make the US team, then it's onto Daegu where I hope to make the medal stand and hopefully be on top."

Results:



6558	Eaton, Ashton/USA	6.66 777 1445 201 7.60 520 2:34.74
	WR, AR, FHR, MR, PR	
6114	Raja, Andres/EST	7.00 728 1493 210 7.83 470 2:44.36
5901	Distelberger, Dom/AUT	6.86 749 1258 192 7.92 480 2:41.01
5888	Riitmuro, Tarmo	7.21 714 1418 207 8.17 490 2:46.18
5848	Sebrle, Roman/CZE	7.18 740 1525 207 8.30 450 2:48.86
5743	Arro, Mikk-Mihkel/EST	7.00 705 1434 192 8.20 470 2:46.35
5459	Noponen, Pertu/FIN	7.09 704 1433 192 8.35 420 2:52.81
5397	Itani, Sami/FIN	7.28 692 1431 192 8.45 430 2:50.04
5268	Kukk, Aigar/EST	7.28 693 1366 186 8.91 470 2:54.99
5253	Sisas, Martin/EST	7.31 703 1425 198 8.79 480 3:19.54
5219	Eikens, Andris/LAT	7.29 703 1067 192 8.56 490 3:03.27
4991	Mangusson, Kaarel/EST	7.28 675 1108 198 9.28 400 2:45.49
4946	Saar, Allar/EST	7.56 675 1366 183 9.04 440 2:59.64
4842	Themas, Hendrik/EST	7.43 659 1192 177 8.95 450 2:59.71
Dnf..	Arnold, Jake/USA	7.23 621 1385 189 8.14 withdrew

21s,17f

Notes: What also gave this meet a touch of importance was the presence of decathlon world record holder Roman Sebrle, now 36 and in the final stages of a terrific career. This was not the first time world indoor and outdoor record holders of CEs have met in an indoor meet. Since Dan O'Brien held both records for such a long period, it is unusual. And O'Brien never competed indoors vs his decathlon WR successors, Thomas Dvorak and Roman Sebrle. It is rare. Notably 3 times Daley Thompson (then the decathlon WR holder) met Torsten Voss/GDR (the world indoor record holder) in the late 1980s in decathlons with Voss posting a 2-1 margin.

And there was one notable historical exception. In the 1920s there was an attempt to standardize and popularize indoor CEs. One notable 7 event meet was conducted annually as part of the old KofC Games at Madison Square Garden. In 1925 the world decathlon record holder, Harold Osborn/Illinois AC met Norwegian star Charles Hoff with the latter setting then, what was considered a WR for 7 events.

It does not happen often but seeing Sebrle, near the tail end of a career pass the torch to eaton, very near his beginning, even if one had to watch it on a webcast, was worth getting up in the middle of the night. As for the day's other sporting event....Go Pack.