

ANOTHER DAY AT THE BEACH

Duke Senior's 6190 Wins NCAA

Hello Again....Curtis Beach had a solid second day at the 11th NCAA I indoor heptathlon. Since the national collegiate affair was held in his hometown of Albuquerque he brought both 100 additional fans to watch and a competitive attitude that turned a close meet into a rout by day's end. The Duke University senior and 2012 meet champion had red-shirted last year, but it was hard to deny him at the downtown Convention Center this time around. He stood 3rd at the break but his 2880 point 2nd day (8.12 PR hurdles, 5.05m/16-6 ¾ vault and 2:28.76 1k) has been surpassed by only 5 other athletes in the 30 year history of the event. He walked away with a PR 6190 score, the season's 5th best point total worldwide.

Eight of the original 16 starters recorded lifetime best scores in a senior laden affair. Steady Maicel Uibo/Georgia was 2nd, defending champ Kevin Lazas third and Oregon vet Dakotah Keys hustled by Wisconsin's Zach Ziemek for 4th.

11th NCAA I Heptathlon
Convention Center
Albuquerque, NM
March 14-15, 2014



60m Hurdles: [11:00am- 11:12 am]

The sponsoring organization was back to its non adjacent lane procedure so 4 races were necessary. Tall Kurt Schneider/ Michigan State held the lead but stumbled badly over the final barrier as Mike Morgan/Buffalo



Hometown favorite Curtis Beach, a Duke senior, fashioned a 2880 second day score to easily paste a fine NCAA I field at the downtown Convention Center.

(8.17 PR), Dakota Keys/Oregon (8.18 PR) and Devin Dick/Kansas St (8.34) rushed past.

A trio of main contenders-Uibo(lane 1), Ziemek (lane 5) and Beach (lane 7)-- were matched here and Curtis did not let down the Albuquerque faithful. When he was introduced a crowd of nearly 100 (called the 'Beach Patrol') erupted for the meet's loudest ovation. The crowd was counted at 330.

The entire field PR'd with Curtis notching a nifty 8.12 seconds, quickly followed by Ziemek (8.20), Uibo (8.25) and UCLA's Marcus Nilsson (8.31). This race set the tone for day 2 which was filled with terrific performances.

Jay Cato (ankle injury) did not appear for the start of day two and the surprising

Austin Emry/Montana outleaned Alex McCune/Akron 8.09 to 8.11.

Wichita State's Austin Bahner went thru the motions during day 2 to guarantee a final placing. He took a single step in the final section which was captured by defending champ Kevin Lazas in 8.31 seconds. Lanky Pau Tonneson of Arizona was 2nd with a career best 8.50 clocking. In all 7 of the 14 runners recorded lifetime bests.

Beach and Ziemek both moved up a place but Uibo's lead diminished to just 16 points over Beach.

After Five: Uibo 4278, Beach 4262, ZZ 4228, Laza 4220

Pole Vault: [Noon – 3:28 pm]



Akron junior Alex McCune took out Paul Terek's AR vault record, recording a 5.45m/17-10 ½ clearance.

Some may have thought that record possibilities went out the window after Cato's withdrawal (ankle injury). His early season 5.55m/18-2½ performance foretold big things here. Not to worry, the rest of the field took up the slack and by the time the bar got to 5.15m/16-6¾ seven (!) were still in the hunt. Lazas passed this bar and Ziemek and McCune got over easily. Colorado State's Justin Green, Beach, Uibo and Tonneson all were eliminated here. Uibo and Beach matched clearances at 5.05m/16-6¾ so that differential (16 points did not change). But Lazas and Ziemek both negotiated 5.25m on 2nd tries and 'double Z' snatched the overall lead with Lazas also passing both Uibo and Beach. Neither were able to clear 5.35m/17-

6½ but Alex McCune did and the Akron junior from Pittsburgh moved to 5th. He then held the attention of over 450 spectators as he had no trouble getting by 5.45m/17-10½ surpassing Paul Terek's American record and the collegiate/meet/facility records as well. He made 3 solid stabs at 5.55m/18-2½ before the event ended after nearly 3½ hours. The Convention Center has but a single vault runway, one of the few negatives of the facility. With so many good college vaulters this event is a time schedule breaker. 127 attempts and 61 clearances in 208 minutes.

The top of the leader board read:

Ziemek	Wisconsin	5216
Lazas	Arkansas	5208
Uibo	Georgia	5204
Beach	Duke	5188

and given Beach's middle distance skills this meet was over. The only question was whether the Duke senior could eclipse Trey Hardee's 6208 Convention Center record which is now #2 on the all-time college list.

After Six: ZZ 5216, Laza 5208, Uibo 5204, Beach 5188.

1000 Meters: [4:07 – 4:10 pm]

The final event was scheduled for 2:15 pm but the elongated vault pushed back the start nearly two hours. The elevation of the Duke City (no, not named for Beach's affiliation....but there's a thought) at nearly 5000 feet may have cost the Duke senior the track record. In the second section he pushed the pace from the report going by 200m splits at 28.9, 57.5, 1:27 and 1:57. But he struggled on the final lap and managed 2:28.76 for a final 6190 score. His margin of victory over runner-up Uibo was 146 points. The altitude may have added a second, possibly two on the performances, but that was enough to keep the winning score under 6200.

Overall Lazas moved to 3rd and Keys squeaked by 'double Z' for 4th. For the home crowd Beach's victory, a repeat of his 2012 win in Nampa, was highly popular.

A final note about running two 1k sections with only 14 runners. Not only was that highly unnecessary but the predictable

big gaps between runners materialized soon enough and was a much more important



Oregon senior Dakotah Keys, Sweet Home, OR (left) and Wisconsin's Zach 'Double Z' Ziemek, Itasca, IL (right) were in the mix during the second day events.

reason than the altitude for some weak performances. Races with few competitors denies a competitive situation for CEers. This is different than open events and has to be recognized. CEers spread out quickly...there is a wide range of ability. Athletes who are not specialists (like Curtis Beach) in middle distances don't run faster than 12 mph anyway and tend to run poorly without competition. It was silly to have two sections. Small fields all but guaranteed some slow clockings. There is plenty of room and these guys are not going to be knocked around. This is a situation the NCAA must remedy as recent outdoor decathlons have amply proven. Enough of a soap box.

This was one fine meet...half the field recorded PRs so many things went right. But two others lost a chance at lifetime best scores when they found themselves all but alone in the 1k.

After Seven: Beac 6190, Uibo 6044, Laza 5973, Keys 5942.

Final Results:



3/14-15 NCAA D-I, Convention Center, Albuquerque, NM

6190	Beach, Curtis/Duke'14	7.06	767	1211	206	8.12	505	2:28.76
6044	Uibo, Maicel/Georgia'16	7.16	737	1377	213	8.25	505	2:43.06
5973	Lazas, Kevin/Arkansas'14	6.97	727	1420	200	8.31	525	2:50.08
5942	Keys, Dakotah/Oregon'14	7.15	706	1342	212	8.18	495	2:42.67
5913	Ziemek, Zach/Wisconsin'15	6.90	722	1323	203	8.20	525	2:56.74
5837	McCune, Alex/Akron'15	6.98	724	1311	191	8.11	545	2:58.92
5766	Morgan, Mike/Buffalo'16	7.00	713	1218	203	8.17	475	2:45.06
5760	Nilsson, Marcus/UCLA'14	7.24	685	1597	191	8.31	485	2:42.94
5726	Tonneson, Pau/Arizona'15	7.32	703	1397	215	8.50	505	2:58.79
5686	Schneider, Kurt/Michigan St'14	7.07	708	1279	215	8.39	435	2:47.25
5557	Dick, Devin/Kansas St'14	7.14	714	1387	191	8.34	485	2:59.32
5476	Emry, Austin/Montana'14	7.19	711	1265	203	8.09	435	2:59.61
5449	Green, Justin/Colorado St'15	7.32	683	1170	200	8.33	505	2:57.81
5401	Dalton, Chase/BYU'14	7.23	697	1238	194	8.55	465	2:49.09
2963	Bahner, Austin/Wichita St'14	7.11	706	1267	182	dnf	nh	dnf
2424	Cato, Jay/Wisconsin'14	7.13	743	1303	nh	withdrew		
16s,15f	[cutoff 5568]							