

# THE DECATHLON ASSOCIATION DECA Newsletter

Volume XXXIX

Number 33

June (5), 2014

## WILLIAMS OVER MOORE at JUNIORS 51 Individual PR Marks! 8 exceed 7000

**Hello Again....** The attraction of the 45th USA Junior decathlon title meet was the opportunity, in a month's time, to compete at the IAAF World Junior T&F championships in Eugene, Oregon. So, for two hot days in Sacramento, 13 teenagers, ran, jumped, hurdled, threw, huffed and puffed for the two USA spots to Eugene. Ironically, this meet had an Oregon slant from the start since it featured a pair of freshman Ducks (Mitch Modin or Bend and redshirt Joe Delgado of Ontario) and an U of Oregon signee in Liam Henshaw of Eugene's Marist Jesuit HS.

The meet's highest scoring entrant was Harrison Williams, a lanky Stanford signee from Memphis, Tennessee. And right from the opening gun Williams was engaged in a war with Gabe Moore, an Arkansas signee from Freeport, FL who held the outright lead halfway thru the vault. Here's the story:

**42nd USA Junior Nationals  
Alex G Spanos Complex  
Sacramento State U  
Sacramento, CA  
June 25-26, 2014**

Day One



Williams and Moore put on a terrific show as both PR's in both the 100 meters and long jump. Williams clocked 10.82 seconds but Moore won the event 2/100ths faster. Remarkably, and perhaps this is a record, 12



**Harrison Williams, a Stanford signee from Memphis, posted the 3rd highest score in meet history (7734) to win the USA Junior decathlon title in Sacramento.**

of the 13 runners achieved PR marks, complements of very favorable tailwinds. Lakewood, Ohio's Steel Wasik demonstrated the most improvement going from 11.31 to 10.88 seconds!!! Williams got a PR 7.13m/23-4<sup>3</sup>/<sub>4</sub> in the long jump but Moore was 3 cm longer (23-6). Six recorded lifetime bests. Moore's lead over Williams was as scant 12 points.

Moore then tossed the international junior shot (6kg, 13.23lb) 13.57m/44-6 <sup>1</sup>/<sub>4</sub> while Williams responded with 13.24m/43-5 <sup>1</sup>/<sub>4</sub>. Moore's lead was 32 points. Nebraska frosh Cody Walton, Forest Lake, MN, won the shot at 14.24m/46-8 <sup>3</sup>/<sub>4</sub>. He would win all three throws.



Oregon's Mitch Modin pumped a solid 13.96m/45-7¾ and was 3rd overall at 7561 points.

Tim Duckworth, Phoenix (a dual US/British citizen) won the high jump at 2.02m/6-7½ while Williams, at 1.99m/6-6¼ was 3cm better than Moore and cut the lead to just 5 points.

They were matched in the second 400m section. In the first race Corey Reid, nephew of Azusa Pacific U coach Kevin Reid, raced to a 47.40 high school and meet record. He needed a 7000 point score for the American junior record and a vault 'nh' on day two nixed this. In the 2nd race Williams (lane 8) and Moore (lane 4) were once again matched and both came away with significant PR's, Williams at 48.11 and Moore at 48.51. Williams had grabbed the first day lead by 14 points, 4126 to 4112. Oregon's Mitch Modin, competing in his 4th decathlon in 68 days, was not sharp and was 3rd with 4049 points.

### Day Two

The first hurdle race was remarkable, first because it was a matchup between Williams and Wasik, both sub 14 second performers over the 39' barriers, the height used at international junior meets. They were matched side-by-side in lanes 6 and 7. But Williams stuttered two steps out of the blocks, nearly stopping, and then resumed running and chased the field down, running a remarkable 14.98 seconds in the process. Wasik won with a HS, meet and American junior record 14.09 seconds. The stumble by Williams opened the door for Moore who ran in the 2nd race won by Walton in 14.75 seconds. Moore,

ironically, recorded an identical 14.98 time and Williams' lead remained at just 14 points.

When Moore tossed 43.43m/142-6, 16 feet further than Williams he made up 102 points and held an 88 point lead after seven.



Gabe Moore, Freeport, FL, had career bests in 6 events (100, lj, 400m, disc, pv, jav) and came away with a 7594 score.

The vault is Williams' forte (PR 5.10m/16-8¾) and when he cleared his opening height of 4.60m/15-1 he regained the lead, and bar by bar, pushed it ultimately to 119 points with as 4.90m/16-¾ clearance. Yet Moore did not go quietly in the adjoining pit matching his PR of 4.20m/13-9 ¼.

At the north field, both athletes then PR'd in the javelin. Moore's 50.55m/165-10 was 18 inches better but he made up but 7 points. Williams took an insurmountable 112 point lead to the start of the 1500 meters and posted a 4 second margin over Moore and the final latitude was 140 points, 7734 to 7594. Modin was another 33 back.

Carlsbad's Scott Snow gained a modicum of notoriety clocking a 4:06.21 1500m erasing Curtis Beach (4:07.85 in 2009) as the event's high school and meet record holder. But since his final score was below 7000 points the American junior record will remain in Beach's name.

From a depth standpoint this may have been the best USA junior champs since the new international implements were introduced in 2002. Eight exceeded 7000 points, 5 of them preps. Records abounded. So frequent were the individual 'career best' marks over two days that I totaled them up: 51 of the 130 marks (13 athletes x 10 events) were PRs, a remarkable 38%. All induced by a tightening of the entry standards, the incentive of the IAAF World juniors next month and track conditions (read: wind direction) conducive to good marks.



SACRAMENTO  
STATE



## ***Results:***

### **6/25-26 42nd USA Junior National Championships,**

#### **Alex G Spanos Complex, Sacramento, CA**

7734w Williams, Harrison/U School(TN)'14 10.82+2.6  
 713+3.5 1324 199 48.11 14.98+0.5 3845 490 5010 4:44.42  
 7594 Moore, Gabriel/Freeport (FL) HS'14 10.80+2.6  
 716+1.2 1357 196 48.51 14.98+2.1 4343 420 5055 4:48.87  
 7561 Modin, Mitch/Oregon '17 10.82+2.7  
 687+0.1 1396 196 48.78 14.77+0.5 3661 430 5388 4:45.68  
 7286 Wasik, Steele/St Edwards (OH)HS'17 10.88+2.7  
 712+2.1 1331 190 49.33 14.09+0.5 3569 370 5204 4:50.59  
 7265 Walton, Cody/Nebraska '18 11.22+2.7  
 614+0.8 1424 184 50.41 14.75+2.1 4433 420 6143 4:58.07  
 7160 Duckworth, Tim/Phoenix Bobcats 11.21+2.6  
 696+1.2 1179 202 51.82 14.97+2.1 3676 480 5152 5:14.23  
 7121 Cheval, Thomas/Cerritos '15 11.02+2.6  
 702+0.7 1280 199 49.50 14.65+0.5 3511 400 4087 4:48.11  
 7103W Toliver, Travis/Episcopal(Tx)HS'15 11.20+2.6  
 626+4.8 1385 181 50.43 14.86+0.5 3961 450 5229 4:55.64  
 6750 Matthews, Brian/BYU '17 11.16+2.6  
 663+2.0 1124 184 49.87 14.79+0.5 2800 420 4846 4:50.28  
 6737w Delgado, Joe/Oregon'18 11.35+2.7  
 645+4.9 1223 181 49.83 15.41+2.1 4024 410 4581 5:02.27  
 6734 Henshaw, Luis/Marist(OR) HS'14 11.36+2.7  
 687-0.1 1233 190 52.75 14.78+2.1 3479 440 3900 5:02.92  
 6615W Snow, Scott/Carlsbad, CA 12.21+2.7  
 630+4.8 1233 184 50.30 15.82+2.1 3848 390 3967 4:06.21  
 6298w Reid, Corey/Carson (NV) HS'14 11.13+2.6  
 637+2.0 1065 190 47.40 15.65+2.1 3197 nh 4214 4:11.30  
 13s,13f