

THE DECATHLON ASSOCIATION

DECA Newsletter

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JUNIOR OLYMPIC REPORT

Lint-USATF, Friis-AAU National Winners

Hello Again....Dueling National Junior Olympics (AAU vs USATF) often dominate our attention during the final week of July. A pair of national meets, for Young Men (17-18) and Intermediate Boys (15-16) capped the Junior Olympics season.



Most impressive are the sheer *numbers*. For USATF, the Junior Olympic program

offered 18 Regional and Association decathlon meets with 83 entries. The AAU countered with 19 Regional and Association decathlons for 103 athletes. Each provided a national affair, the USATF meet in Humble, Texas drew 35 starters in two divisions on Tuesday and Wednesday. The AAU meet in Des Moines attracted another 59 on Saturday and Sunday.

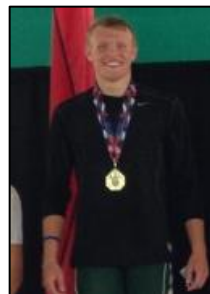
18 year old (dob: Jan 6, 96) John Lint, Westerville, OH (Columbus Academy) won the USATF YM division with the highest JO seasonl score of 7235. Lint competed for Te4am USA at last year's IAAF World Youth Champs in Donetsk, Ukraine (better 2013 than 2014 in the Ukraine!!) and finishing 13th in the Octathlon with 5879 points. At 5-11, 160, he won the 2012 national USATF JO Intermediate Boys division. Lint, who was 3rd at the Arcadia Prep affair two months back (7081) is a University of Virginia signee.

Ryan Chase, Barron Hill Striders was 2nd at 6481. Roman Ruiz/Inland Island NW won the IB division at 5989.



John Lint, Westerville, OH posted a 7235 score to win the USATF YM Junior Olympics decathlon.

The AAU nationals were held at Drake U and Christian Friis, Santa Rosa Beach, FL held off Matt Ludwig, a junior at Lake Catholic, Chadron, OH, 6276 to 6111. Ludwig used vault skills to overcome a 114 point first day deficit and drew virtually even after eight events. But superior javelin and



A busy Christian Friis, Santa Rosa Beach, FL(left) held off Matt Ludwig, Chadron, OH, for the national YM AAU Junior Olympic title.

1500m skills prevailed for the rising Florida senior who completed 4 decs (6086, 6195, 6196 and 6276) in two months time. Ludwig was 4th at New Balance in Greensboro and has a wrestling background.

IB winner was Antiane Dennard of Lawrenceville, GA(5860).

6/21-22 USATF National Junior Olympics, Humble, TX Young Men (17-18)



7235	Lint, John/Flying J'sTC(OH)	11.15	644
1290 190 50.14 14.30 4319 420 4285 4:34.08			
6421	Chase, Ryan/Barron Park Striders	11.39	669
1303 185 53.07 15.83 3519 345 4635 4:59.52			
6360	Littlefield, Luke/Club Vaultitude	11.48	622
1261 180 52.46 15.68 3551 405 4243 5:03.16			
6191	Brattain, Daniel/unat, Oregon	11.29	560
1035 180 51.81 14.41 2953 390 4278 4:57.37			
6003	Rodeman, James/Unat-Pacific NW	11.61	632
1185 180 54.85 15.34 3149 375 3710 5:04.38			
5874	Morgan, Samuel/unat-FLA	11.72	601
1163 165 52.35 16.54 3151 315 3115 4:40.18			
5874	Lament, Drew/unat, OH	12.18	579
1269 190 56.95 15.75 3226 390 3317 4:58.78			
5580	Cash, Carsen/SwampFoxTC	11.81	574
1105 170 54.29 16.10 3259 300 4322 5:00.88			
5577	Preston, Quinlin/uant-Ozark	12.60	555
1196 165 55.26 17.58 3734 300 4955 4:31.36			
5562	Heckey, Robt/Sierra Foothill	11.95	574
970 160 52.17 16.32 3420 285 3936 4:33.53			
5289	Holmes, Joel/FHG-TFC	11.70	503
953 175 52.52 18.22 2123 405 3053 4:35.33			
5251	Barnes, Marquis/Carrolton TT	11.01	678
785 180 49.45 14.93 2426 nh 2348 5:32.59			
5156	Galloway, Chance/Elite S Ath	11.85	606
947 170 52.04 18.13 2518 240 3188 4:33.03			
5097	Tarbell, Malik/Hurdles 1st TC	10.97	583
926 170 53.84 15.72 2470 225 3104 5:25.80			
	20s,18f.		

Intermediate Boys (15-16)

5989	Ruiz, Roman/unat-Inland NW	11.91	561
1348 170 54.27 15.92 3644 420 3372 4:55.29			
5496	Ashley, Hayden/PB Athletics	12.19	625
1076 175 55.78 18.91 2851 360 4265 4:38.16			
5175	Manders, James/TeamExpress	12.09	540
1000 160 54.99 18.26 3196 405 3381 5:02.35			
5158	Patterson, Tim/MontgomeryYMCA	11.95	592
1117 165 52.89 15.88 2513 255 3509 5:21.63			
5056	Lewis, Jason/Zoom TC	11.59	585
994 170 55.02 17.15 1994 360 2799 5:13.58			
	15s,13f.		

7/26-27 AAU Junior Olympics, Drake U, Des Moines, IA



6276	Friis, Christian/Santa Rosa Beach,FL	11.80-1.6
578nwi 1300 180 52.80 15.09+0.9 3776 335 4576 4:47.69		
6111	Ludwig, Matt/ Chardon, OH	11.54-1.0
620nwi 1023 175 51.92 15.72+0.9 2775 455 3418 4:51.96		
5932	Powell, Jerrick/St Louis, MO	11.51-0.1
649nwi 1119 175 52.26 15.88+0.3 2899 290 3920 4:40.46		
5724	Stadnika, Zachary /Shelby Twp, MI	11.79-0.4
611nwi 1073 175 53.66 16.01+2.3 3255 335 3942 5:05.84		
5541	Agyemang, Isaac/Stafford, VA	11.39-1.1
603nwi 1162 185 54.70 15.44+2.3 2472 245 3278 4:56.60		
5389	Rose, Gavin/Winter Park, FL	11.60-1.1
600nwi 926 165 52.70 15.55+0.9 2437 335 3244 5:08.09		
5314	Fletcher, Lane/Watkinsville, GA	11.55-1.0
610nwi 1043 160 53.89 17.70+0.9 2873 350 3648 5:14.70		
5293	Russi, Sebastian/Round Rock, TX	12.39-1.6
501nwi 1009 185 53.41 17.90+2.3 2908 350 3590 4:42.76		
5285	Blackshear-Bryant, Jaryn/St. Louis, MO	11.75-1.1
607nwi 1089 160 54.88 17.42+2.3 2889290 4354 5:06.22		
5262	Sawaya III, George/Westland, MI	12.04-1.1
581nwi 1118 185 59.77 15.99+0.3 3128 335 3384 5:29.32		
5047	Muhammad, Khalil/Gary, IN	12.22-0.1
542nwi 1069 185 57.32 15.83+2.2 2616 245 4094 5:21.88		
5010	Cargo, Charles/Rantoul, IL	12.15-1.6
529nwi 1151 165 58.47 17.41+2.2 3148 335 3940 5:20.46		
	29s,27f	

Intermediate Boys (15-16)

5860	Dennard, Antuane/Lawrenceville, GA	11.75+0.3
590nwi 1032 180 51.73 15.54+1.3 3229 290 3986 4:44.09		
5475	Murdock, Isaac/Boerne, TX	11.91+1.4
552nwi 1070 160 53.25 16.77+2.0 3365 320 3998 4:48.92		
5457	Zandes, Nicholas/Bakersfield, CA	12.26+0.3
571nwi 1010 175 55.76 16.33+2.0 2933 350 3889 4:48.06		
5306	Richardson, Daniel /Bakersfield, CA	12.28+1.5
569nwi 1273 165 56.00 19.27+1.3 4414 275 4204 5:02.39		
5128	West, Will/Dunwoody, GA	12.03+0.3
514nwi 891 155 54.67 16.19+2.0 3007 365 3471 5:01.55		
5110	Story, Gavin /Spring, TX	11.77+1.4
590nwi 903 170 51.30 17.51+1.1 1760 305 2841 4:40.92		
5042	Arnold, Ishmael /Nashville, TN	11.95+1.5
557nwi 1100 165 51.95 18.65+1.9 3308 230 2929 4:45.74		
	4806 10th Pearl, Michael/Kansas City, MO	
	[11.69+0.3 612nwi 1109 180 58.96 16.66+2.0	
	2560 nh 3750 5:28.26]	
	30s,30f.	