

THE DECATHLON ASSOCIATION DECA Newsletter

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EATON WINS 3rd NATIONAL TITLE Hardee, Nixon, Taiwo Russian Bound

Hello Again... Ashton Eaton competed under wraps, nursing a sore hamstring. Nevertheless his 8291 score at the 94th USA decathlon nationals was good enough to earn a 3rd consecutive title. Before the 1500m he learned that his fiancé, Canadian heptathlete Brienne Theissen, won the Canadian national crown earlier in the day in Monkton, New Brunswick,

There were more angles than a billiards tournament at the finish of the decathlon 1500. It was apparent who had placed 1-2-3-4 but not so clear (because of the world championship A and B standards) who had made the US world champs team which will compete in Moscow in August.

A dramatic 1500m finish for 3 of the key players turned predictions and expectations upside down and altered the make-up of the USA world champs squad. Trey Hardee had earned a wild card for his 2011 win in Daegu and Eaton was on the team for his win here. He had the "A" standard of 8200 points....actually the world record score from last summer counted. In the end Gunnar Nixon, although he missed the world's auto standard here by a scant 2 points found himself on the team because Jeremy Taiwo sprinted an entire lap to make up 21 seconds on Gray Horn, who stumbled and fell 20 meters from the finish. Taiwo had moved from 5th to 3rd in the final two events and, because he placed 3rd and also had the "A" standard (8289 from the recent NCAAs) he too punched a ticket to Moscow. Here's the



Ashton Eaton/Nike competed under wraps at the 94th national decathlon yet still prevailed at 8291 points. story on another hot (94°F), and muggy afternoon in Des Moines.



41st USA Junior Decathlon
Drake University
Des Moines, IA
June 19-20, 2013



Day Two

110m Hurdles: [9:46 – 9:58 am]

Race walking races ran late pushing back the decathlon start. Temps were already in the mid 80s by 9:30 am. Meet officials decided to run from south to north ala the 100m but the winds changed direction after two races. Seeding was excellent here but, as luck would have, the *fast* race featured Hardee who did not intend to finish and Eaton and Moss were both being being overly cautious. All took it easy and Ashton clocked his slowest dec hurdles since 2007. The times were slow enough that timing experts, not knowing that the runners had all backed off, thought that the track had been mis-measured.

Section #1	lane	time	reaction	points
1...Ashton Eaton	6	14.68	0.179	889
2...Miller Moss	2	14.75	0.206	880
3...Ryan Harlan	4	14.89	0.184	863
dnf...Trey Hardee	8	dnf		

[wind: 0.0 mps; set-to-gun: 1.71 sec]

Diminic Giovannoni outsprinted Gunnar Nixon off the last hurdle to capture the 2nd race, 14.50-14.59.

The 3rd race saw the wind do an abrupt about face from +0.7 to -1.7 mps. Jake Arnold cruised to a nice 14.37 victory. The 2nd day match-up of Moscow contenders, Jeremy Taiwo and Gray Horn took shape in the final race where Taiwo out-legged the Ohioan, 14.33 to 14.43. Win was a negative -0.3mps.

Ashton Eaton's & Gunnar Nixon's touchdown Splits:

Hurdle	touchdown	split	Hurdle	touchdown	split	
1 st	2.35	2.35	1 st	2.48	2.48	
2 nd	3.48	1.13	2 nd	3.48	1.00	
3 rd	4.61	1.13	3 rd	4.61	1.13	
4 th	5.89	1.28	4 th	5.79	1.18	
5 th	7.00	1.11	5 th	6.84	1.05	
6 th	8.10	1.10	6 th	7.84	1.00	
7 th	9.16	1.06	7 th	9.17	1.23	
8 th	10.24	1.18	8 th	10.33	1.16	
9 th	11.61	1.37	9 th	11.48	1.15	
10 th	13.18	1.57	10 th	12.69	1.21	
Final	14.68	1.50	run-in	Final	14.59	1.90

After Six: Nixo 5349, Eato 5294, Horn 5091, Taiw 5047.

Discus: [10:41 - 11:17 am]

A single group contested the platter under overcast skies. About 180 spectators kept one eye on the discus cage at Drake's north field and the other eye on the sky.

Dan Gooris opened the event at 10.41 am with a 41.73m/136-10 plate. Eaton's first toss covered 43.99m/144-4 of Des Moines real estate, a nice opener. Miller Moss got the event's lone PR with a 46.08m/151-2 toss that won the event. In the second round of the second event of the second day the second thrower was Hardee who disliked his 2nd rate



Gunnar Nixon, in the 'mixed zone' will be going to a 2nd world championship in 13 months.

result and took a foul on June 22, the second day of summer. Someone whispered... "second rate announcing." Later in the round a few rain drops fell as Ryan Harlan tossed 45.56m/149-6, Round #3 was both muggy and uneventful, Again, Hardee took a deliberate foul, one of 14 in 48 efforts.

Eaton had a 46 meter toss but lost it with a foot fault in the circle, But he retook the lead over Nixon by 20 points.

After Seven: Eato 6040, m Nixo 6020, Horn 5741, Moss 5726.

Pole Vault: [12:50- 2:10 pm]

The original single group format was scrapped and two simultaneous pits were used to minimize the time the athletes had to stay in the sun. At 11:15 am officials turned the pits around since the wind was blowing strongly from the north, By 12:30 the winds had died, then abruptly reversed and athletes faced strong headwinds. Some days, even when you want to be 'athlete friendly,' it just does not work out. The well intentioned decision resulted in a pair of no heights (Harlan and Giovannoni). On average the vaulters were 2 to 3 bars below par. This made the 5.00m/16-4¾ opener clearance by

Hardee all the more impressive. Eaton, nursing a sore hamstring, took one attempt, easily cleared 4.60m/15-1, then sat out the event in the South pit. Horn equaled his PR with a strong 5.00m/16-4 ¾ clearance.

In Group #2 (lower seeds) Harlan broke a pole on his opener at 4.50m/14-9 and promptly nh'd. Dakotah Keys and Wes Bray both notched 4.70m/15-5. Nixon, using brand new poles, made only a single bar (4.30m/14-1¼) and his chance for the Moscow 8200 "A" standard was in jeopardy.

In 80 minutes there were 88 attempts and only 26 of which were successful, a very low rate. Disappointing results.

After Eight: Eato 6830, Nixo 6722, Horn 6651, Moss 6516,

Javelin: [2:19 – 2:49 pm & 3:12 – 3:31 pm]

Grouped as they were eliminated in the vault (an old Sam Adams and highly efficient technique) the javelin's first section saw Gunnar Nixon spear a PR 60.44m/198-3 for 744 points. Harlan won the group with a nifty 61.43m/201-6 effort.

The second group was won by Dakotah Keys at 61.91m/203-1. But the story was Hardee who took all three throws with no pain (best 59.75m/196-0) and Eaton whose 60.36m/198-0 2nd rounder negated all but one point of Nixon's earlier mark. When the dust cleared Eaton's 107 point margin amounted to a comfortable 17 second bulge in the final event. For 3rd place Taiwo (52.24m/171-0) made up 27 points giving himself an outside chance for 3rd.

After Nine: Eato 7573, Nixo 7466, Horn 7246, Taiw 7115.

1500 meters: [5:18 – 5:23 pm]

Scheduled for TV coverage at 5:18 pm, the wait was nearly two hours. One section was used here (I've always liked that idea since it promotes competitive results), and for several, much was at stake. Eaton and Nixon were separated by @ 17 seconds and that story was easy to tell. What was not as observable was the battle between Taiwo and Horn. To make the Moscow roster, both had their work cut out. The Washington senior needed to beat Horn by 20 seconds (his own

PR was 4:16, 13 seconds faster than Horn's) and he was on the team since he had already achieved an "A" score (8239 at NCAAs in Eugene). Horn's charge was more problematic. He needed to stay within 20 seconds of Taiwo *and* run a 4:28 PR to achieve the "B" standard of 8000. This was a daunting task but he gamely went after it. He jumped on Taiwo's shoulder and stayed glued for 1100 meters at which time the 6-5 Taiwo took off and used long strides to eat up blue Drake real estate. The gap widened on the final lap to 5...then 10...then



Jeremy Taiwo (left) and Gray Horn (right) waged a ding-dong battle in Des Moines for a spot on the USA team headed to Moscow,

15 seconds with just 50 meters remaining. Up front Taiwo was racing UNI's Dan Gooris down the homestraight while Horn began to run in sand.... he fell 20 meters out, regained his feet and dragged himself to the finish, but was....oh my.....21 seconds back: 4:20 to 4:41. *Joy for Jeremy, groan for Gray.* Had he been able to stay on his feet he would have been able to chase a score thru July 20th. In the middle of this was the Nixon story as he frantically tried to get to the finish in 4:31.69 seconds or faster, a clocking that would give him the "A" standard. Amid the hullabaloo of Taiwo and Horn he hit the line at 4:31.95 missing the "A" by just two points. Eaton cruised in at 4:34.15 for the overall title, but

who had made the team? All of this happened within a few seconds and the team make-up changed by the nanosecond. The number of permutations and USATF standards were confusing to most. Suffice to say that Hardee was in on the bye, Eaton for the win, Nixon for the 2nd place and Taiwo for the 3rd place b/c he had an “A” mark. Understand? Horn



Wesley Bray of Houston (left) and Dan Gooris of Northern Iowa put together steady meets and solid scores in Des Moines.

was the odd man out.

Amid all of this was the stadium record story. Kip Janvrin’s 8198 at the 1996 Drake Relays went by the boards. In actuality Nixon had *tied* the record when he crossed the finish, only to lose it to Eaton 2.3 seconds later. Whew! Enough!

After Ten: Eato 8291, Nixo 8198, Taiw 7925, Horn 7918.

Results:



6/21-22 94th USA National Champs, Drake U, Des Moines, IA

8291	Eaton, Ashton/Nike-Ore-eTC	10.48+1.2
759+0.3	1500 190 46.89 14.68 0.0 3499 460 6036 4:34.15	
8198	Nixon, Gunnar/unat	10.80+1.0
762+1.8	1412 217 48.63 14.59+0.7 4032 430 6044 4:31.95	
7925	Taiwo, Jeremy/Washington	10.98+1.2
686-1.0	1347 208 48.30 14.33-0.3 3958 460 5224 4:20.29	
7918	Horn, Gray/unat	10.76+1.2
744-1.3	1367 199 49.58 14.43-0.3 3926 500 5043 4:41.35	
7632	Bray, Wesley/unat	11.08+1.0
651-0.5	1357 190 49.62 15.11+0.7 4142 470 5919 4:26.57	
7580	Arnold, Jake/Asics	11.12+1.0
640+0.9	1384 196 50.29 14.37-1.7 4431 490 5482 4:59.34	
7574	Bahner, Austin/Wichita St	10.84+1.2
717-1.3	1294 187 49.11 15.78-1.7 4366 440 5853 4:41.32	
7553	Gooris, Dan/N Iowa	11.45+1.0
654+1.8	1329 193 50.57 15.18-1.7 4254 490 5309 4:20.08	
7490	Moss, Miller/unat	10.79+1.2
682-1.3	1407 193 48.09 14.75 0.0 4608 460 3404 4:50.12	

7486	Keys, Dakotah/Oregon	11.18+1.0
669-0.1	1258 196 50.59 15.17+0.7 3659 470 6191 4:34.35	
7424	Duer, Corbin/unat	11.49+1.0
687+1.0	1204 205 50.54 15.24-1.7 4147 460 5470 4:41.05	
7214	Murphy, Isaac/Texas	10.65+1.2
662-0.1	1273 181 48.37 14.77-0.3 3884 450 4834 5:05.83	
6757	Prentice, Terry/unat	11.07+1.2
717-0.1	1179 193 50.75 15.21-0.3 3708 400 3844 5:14.72	
6125	Harlan, Ryan/unat	11.37+1.0
632-1.0	1600 192 52.65 14.89 0.0 4556 nh 6143 dnf	
5865	Giovannoni, Dominic/UCLA	11.30+1.0
681-0.1	1324 184 48.96 14.50+- .7 4050 nh 4456 dnf	
dnf	Hardee, Trey/Nike	10.52+1.2
709-1.0	1529 nh dq-48.10 dnf nm 500 5975 dns	
16s,15f		

