

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## TAIWO'S LEAPS TO WORLD LEAD

### 2.25m/7-4 1/2 High Jump WR

**Hello Again....** WOW---6156 by way of a 7-4 1/2 WR high jump by Jeremy Taiwo. Make no mistake. He's had his share of downers. In 2010, after a PR 2<sup>nd</sup> place effort at the Pac-10's Jeremy Taiwo crashed during the NCAA dec hurdles race suffering a concussion and prematurely ending his season. A year later the University of Washington junior recorded a PR 7732 score while winning the Pac-10 title in spite of a ruined left elbow requiring him to throw left-handed (32.85m/107-9). 2012 was a year of rehabilitation and before last weekend his most recent competitive effort was in early June, 2011. But he's healthy and BACK!

"I woke up this morning and felt completely normal," said Taiwo after day one. "Got to the track and I started feeling great in warm-ups. The 60 felt great, I had kind of a bad start but tried to finish well. Then it was awesome to get my first long jump in there and finally get over 24-feet. Rolled around to the shot put, I was nice and relaxed, and had a great warm-up throw around 15-meters. I ended up a little bit shy of that in but I know there's a lot more in there."

He had a bit of a wait for the high jump, as the bar started low. He would take his first attempt at 6-7, having "never come in that high before, so I was a little nervous. But the surface was firm and I knew I'd get some good return. I was excited to go, I was first attempt (clearing) everything. I knew when I cleared 2.22 (7-3/4), I knew I might tie the



Washington senior Jeremy Taiwo, 23, Renton, WA, had room to spare on his WR 2.25m/7-4 1/2 high jump in Nampa.

American record. I didn't want to think about it. So I didn't know (2.25) was a record until after the fact."

The Renton, WA native missed the entire 2012 season recovering from Tommy John surgery to his elbow as well as surgery on his hips to correct osteitis pubis. But when healthy, Taiwo has shown the talent for incredible things.

"I just feel stronger, faster and I've been able to have finally get a good base, and all fall to train, and this is what I can do when I'm healthy, I've always known this," said Taiwo. "So I'm thankful that I've been able to get a chance."

Day Two proved equally dramatic. He started with a PR 8.08 hurdle clocking. His only disappointing event was the vault where he cleared only 4.25m/13-11/4. Running alone he covered the 5 laps just a tick off his own PR, clocking 2:34.44.



**Ethan Miller (left) and Jeremy Taiwo (right) put up big numbers on the 2<sup>nd</sup> weekend of February.**

His final mark, 6156, takes over the young season's world lead, and he becomes the #7 all-time American performer. On the collegiate side Taiwo moves to the number #3 all-time performer and #5 all time performance. He's the 3<sup>rd</sup> US collegian to surpass 6k in the past 15 days.

Taiwo exploits overshadowed several other 'comeback' performers. Those at the NCAA D-III level recognize the name Ethan Miller, a two time D-III decathlon champion and 11-time All-American from Iowa's Central College. After his multi-teammate Kurtis Brondyke graduated Miller transferred to Northern Iowa and sat out the 2012 season.

His eye-opening 5682 performance while winning the Iowa State Classic hept immediately stamped him as a NCAA D-I scoring threat. The Seymour, IA native topped Brondyke, now an assistant coach at Central Missouri and recent UNI grad Dan Gooris. He recorded PRs in the shot (by 2 meters!), vault and 1000 meters.

And, overlooked earlier was the huge PR by 24 year old Arkansas grad Terry Prentice who added 317 points to his career best while winning a low key affair in Fayetteville. The Pomona, CA posted a noteworthy 5826 in his first competition since suffering a vault 'nh' a year ago at the NCAA affair in Des Moines.

### All-Time US Indoor Heptathlon List

6645	Ashton Eaton	Istanbul	2012
6568	Eaton	Tallinn	2011
6499	Eaton	Fayetteville	2010
6476	Dan O'Brien	Toronto	1993
6371	Bryan Clay	Valencia	2008
6365	Clay	Budapest	2004
6361	Tom Pappas	Birmingham	2003
	[4 performers, 7 performances]		
6213	Steve Fritz	Manhattan	1996
6208	Trey Hardee	Albuquerque	2008
6156	Jeremy Taiwo	Nampa	2013
6138	Curtis Beach	Nampa	2012
6136	Donovan Kilmartin	Fayetteville	2004
6132	Stephen Moore	Lisbon	2001
	[10 performers]		