

THE DECATHLON ASSOCIATION

DECA Newsletter

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EATON – 6645 WORLD RECORD

Wins IAAF World Championship Heptathlon

Hello Again..... For most of America this is “Bracktology Weekend.” But for CEers, there was plenty of dancin’ too. And no one danced up more of a storm in Istanbul Ashton Eaton and his coach Harry Marra as the 24 year old Oregon grad from Bend rewrote the indoor heptathlon record books yet again. For the 3rd consecutive time Eaton broke the world record. Needing *just* (for him) 2:39 + in the 1000m, Eaton going it alone but running relaxed, consistent and confident at the IAAF world indoor championships, clocked 2:32.77 and the new global standard became 6645. He has now set the heptathlon WR in each of his last three meets, all on different continents.

There are many superlatives we could mention but let us refer to just a few. First, Ashton set such a high standard at this meet that he was virtually un-pressed in the races or the long jump or even the vault. He won 5 of the 7 individual events His long jump was the best ever undercover and the 1000m was a meet record. He pushed his vault and shot PRs, yet when one watches, one realizes there are more points in the tank. His 574 point margin was the biggest in meet history.

Interestingly, this was the first meet since 1990 in which the world records for the men’s and women’s indoor CEs were set in the same meet. Natalia Dobrynska/UKR set the indoor pentathlon record at 5013 yesterday.

Here is what happened.



This photo says it all...as Ashton Eaton rushes to the finish of the 60m hurdles, leaving the field in his wake at the IAAF indoor world championships in Istanbul. Here runner-up Oleksiy Kasyanov/UKR managed to fall across the finish line, saving a good score and secured the silver medal.

IAAF World Indoor T&F Championships Men’s Heptathlon Istanbul, Turkey March 9-10, 2012



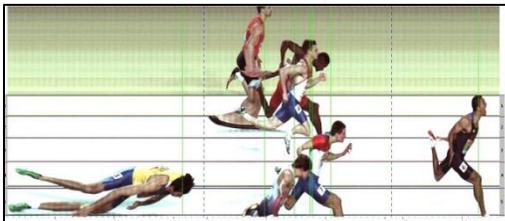
Day Two- Saturday

60m Hurdles: [9:30 am, 12:30 am Mountain Standard time]

Imagine my surprise when I awoke on Saturday morning and found that, ready to watch a stream video of the hurdle race, that I was two hours late and could only read the

results. I simply misread the schedule. Ah well.

As it happened Ashton Eaton continued his charge toward another world



The auto timing photo shows just how much Eaton dominated this field on the right and Kasyanov's plunge on the left.

record with a terrific 7.68 seconds clocking to earn 1064 points. This time he was not caught unaware at the gun and reacted quickest of all (0.150). That's more like it! More significant was the spectacular fall over the final barrier by overall runner-up (at the time) Oleksiy Kasyanov but he stayed in contention for the silver medal.

Ashton was now a whopping 343 points up on Kasyanov, and more importantly, 55 up on his own world record pace. His 7.68 clocking broke Trey Hardee's 7.79 meet record from Doha.

		<u>Time</u>	<u>points</u>	<u>reaction</u>
1.	Ashton Eaton USA	7.68	1045	0.150
2.	Ilya Shkurennev RUS	8.10	957	0.168
3.	Yordani Garcia CUB	8.13	949	0.179
4.	Artem Lukyanenko RUS	8.13	949	0.256
5.	Adam-Seb Helcelet CZE	8.16	942	0.173
6.	Andrei Krauchanka BLR	8.21	930	0.276
7.	Oleksiy Kasyanov UKR	8.39	886	0.210
-	Mikk Pahapill EST	dnf	0	0.261

After Five: Eato 4718, Kasy 4375, Luky 4238, Helc 4219.

Pole Vault: [10:30 am, 1:30 am to 3:10 am Mountain standard time]

I was able to watch most of the pole vault where Eaton came with a plan, stuck with it, and came away with a CE equaling PR to stay on WR pace. Unlike a year ago in Tallinn where he needed to make clutch 3rd attempts throughout his tenure, Ashton did not have a single miss until 5.10m/16-8¾. He easily handled: 4.50m/14-9 (which guaranteed him the win); 4.70m/15-5, 4.90m/16-¾

(which gave him a shot at the WR); 5.00m/16-4¾ (which virtually assured him of the record); 5.10m/16-8¾ (now he needed by 2:37.87 for the record). In each attempt he exhibited a consistent, steady rhythm, and a perfect plant. He cleared with plenty to spare, having dropped young Russian Artem Lukyanenko at 5.00m/16-4¾.



A full house was appreciative of Eaton's vault efforts.

His 2nd attempt at 5.20m/17-½ was picture perfect—speed, rhythm, plant and coming off the pole ---sailing easily over and it appeared he had at least one more bar in him. A bit anxious coming off the pole at 5.30m/17-4½ (which would be a new PR), he had a terrific 3rd attempt. But it was not to be today, but will be soon. Still 55 point up on record pace he could actually afford to walk the final event and still win. But he came here for the record and needed a time of 2:39.54 or better for the mark. Even more important would be how to manage the time since he would more than a 6 hour break before the final event.

After Six: Eato 5690, Kasy 5224, Luky 5148, Shku 5043.

1000m: [6:20 pm local time, 9:20 am Mountain standard time]

I wondered if this performance would make an appearance on *Sports Center*? In this event Eaton would have to go it alone, yet this would be symbolic of the entire meet where Eaton had been well out in front. Only one athlete in the field had ever broken 2:40 for the 1k race (Krauchanka at 2:39 and then when a medal was at stake), so Eaton would have to rely on his conditioning and sense of pace. A

recent and controlled 1:52 800m time trial at Hayward Field boded well.

And so, that's exactly what happened as Eaton went to the lead and towed the field thru in 28.71 (200m), 59.77 (400m), 1:31.41 (600m), 2:02.61 (800m) pulling away with every stride. He tacked on a 30 second final lap missing his career best by just .1 second. He was, in effect the breakaway and 21 year old Russian Ilya Shkurennev led the peloton to the finish, 9 seconds back.

After Seven: Eato 6645, Kasy 6071, Luky 5969, Shku 5898.



IAAF mascot Tick (or is it Tock?) gets very friendly with heptathlon winner Ashton Eaton.

The Last Four IAAF Heptathlon World Records:

3/13-14/93 6476	IAAF World Champs, Toronto, Ontario, Canada Dan O'Brien, Dan Reebok RT [6.67 784 1602 213 7.85 520 2:57.96]
3/12-13/10 6499	NCAA Div I Championships, Fayetteville, AK Eaton, Ashton U of Oregon [6.71 773 1312 211 7.77 510 2:32.67]
2/5-6/11 6568	International, Tallinn, Estonia Ashton Eaton Oregon-e TC [6.66 777 1445 201 7.60 520 2:34.74]
3/9-10/12 65	IAAF World Champs, Istanbul, Turkey Ashton Eaton Oregon-e TC [6.79 816 1456 203 7.68 520 2:32.77 WR]

Final Results:

3/9-10 IAAF World Champs, Istanbul, TUR	
6645	Eaton, Ashton/USA-Ore e TC 6.79 816 1456 203 7.68 520 2:32.77 WR
6071	Kasyanov, Oleksiy/UKR 6.87 768 1524 197 8.39 480 2:42.41
5969	Lukyanenko, Artem/RUS 7.07 738 1435 197 8.13 500 2:44.82
5898	Shkurennev, Ilya/RUS 7.39 750 1339 203 8.10 490 2:41.66
5878	Helcelet, Adam Sebastien/CZE 7.19 724 1404 206 8.16 470 2:43.05
5746	Andrei Krauchanka , Andrei/BLR 7.46 736 1490 203 8.21 480 2:53.83
5704	Garcia, Yordanis/CUB 7.02 664 1418 206 8.13 460 2:50.21
dnf	Pahapill, Mikk/EST 7.27 674 1454 194 dnf withdrew