

THE DECATHLON ASSOCIATION

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CLAY TUNES UP at DRAKE 7624 Score Wins for UNI's Gooris in Des Moines

Hello Again.....Only the venerable Drake Relays drew national decathlon attention on the final weekend in April. Bryan Clay, now representing Asics, appeared at the Drake Relays and used the meet as a fitness test. His grade: A. Competing in 4 first day and 3 second day events Clay put up excellent early season marks that will send aficionados to the scoring tables. Some quick arithmetic gives him 7066 points for his 7 Drake marks and the 69.85m jav of last weekend. Adding pedestrian clockings of 50.0 (400m) and 4:50 (1.5k) puts Bryan at 8500 exactly. And it's still April.

No matter that the meet was won by Northern Iowa's Dan Gooris in a PR 7624 which earned him the right to return to Drake in 7 weeks to contest the NCAA I affair, all eyes were on Clay and training partner Jake Arnold. Arnold, the 2010 national USA champ (he holds the Drake Stadium record at 8215) has had better meets and still is pursuing his Olympic Trials qualifier. But the focus at Drake was on the Olympic champ.

"We really are coming out just to kind of get our legs underneath us and get ready for U.S. Champs," said Clay. "Right now, with U.S. Champs being as close as it is, we've got our training set up and we didn't want to come out of this weekend and sacrifice a bunch of training weeks to get a full decathlon score in. "We know where we are in terms of things like 300s in practice, so we know we're fit. I know I can run a 400. I'm probably going to run a 400 next week. I just opened up last week in the javelin and threw 69.85 (meters), so those



Bryan Clay won his section of the 110m Hurdles at Drake in 13.92 seconds. His 7 event marks included: 10.45+1.4, 7.13m/23-4³/₄ 0.0, 15.15m/49-8¹/₂, 1.99m/6-6¹/₄ dnf 13.92+5.0, 50.86m/166-10, 4.90m/16-³/₄

types of events we kind of already know we're going to do OK in. So really for me the big question mark in my head was coming out here and getting in a 100, which we did, and it went well, and just seeing how I fare through four events and seeing how my legs feel at the end of it. I think we accomplished everything we came out to do.

"In terms of goals and hitting marks that we wanted to hit, the 100 we did great, right where we wanted to be. The long jump, I was



Bryan Clay managed 4.90m/16-³/₄ at his vault test at the Drake Relays



Dan Gorris/Northern Iowa, came up with a 56.48m/185-4 javelin to cement his Drake crown

coming from a short approach, seven steps, so it wasn't quite what I wanted to be. I didn't actually touch the board when I jumped, so I think there's a bigger jump there as we fine tune. Shot put was fine. It was 15 meters and some change. That's a good solid throw. I think there's definitely bigger throws there. And high jump was right exactly what I was hoping to jump. I didn't want to jump anything under 1.99, 2 meters, that's what we were able to get. High jump, I think there are bigger jumps there. It's just a matter of just fine tuning things. I think all in all it was good solid day. We'll go home, come back tomorrow and get a few more events tomorrow."

"We kind of came out to have fun, come up and support ASICS as an ASICS athlete." He signed with ASICS this year after being associated Nike

"It's been great. We've been having a great time. It's nice to feel like you're part of a family. It's kind of nice not just feeling like you're a number. It's nice to walk into rooms, walk into places and have people know who you are and come up and shake your hand and notice that you're there. So it's been an absolute blessing to be with them. They're supporting me 100 percent on the track as well as off the track. I think the future looks bright for everybody."

Gorris, 22, a UNI senior from Albuquerque, like competing with Clay and Arnold. "It actually helped me a lot. In the hurdles, Jake Arnold is a great world hurdler. When he got out of the blocks I was right with him. He maybe was doggin' it but I said I was on fire and ended up PR-ing (personal record) huge."

On winning a Drake Relays championship:

"It hasn't sunk in yet. I know winning has been a UNI tradition for a while and I wanted to keep it going. I wanted to do well and get a big score. That was on my mind all the time. I am really about this. This is my PR by over 200 points."

The final week/weekend of April offered half a dozen other decathlons but all were low key and half of them featured stay-at-home winners. Ex USA junior champ Chase Dalton led a 1-2-3-4 BYU sweep of BYU's Robison Invite. His winning total was 7183. Josh McMillan of Colorado State led a 1-2 Ram sweep on the Glenn Morris meet at Colorado State. Nathan Donelson of nearby Siena Heights College, led a 1-2-3 sweep of the Gina Relays in Hillsdale, MI. The once weighty Penn Relays decathlon drew just 4 entries. Three showed up, only two managed a mark in every event, and D-III athletes (Richard Roethel/C Newport 6971 the winner) went 1-2.

Collegiate championships will be the feature of the next two weekends.