

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## BROADBENT TOPS USAs at BREAK Sebrle Leads Krauchanka at Euros



**Hello Again.....**The first weekend of March is a busy one with the major focus on the 26<sup>th</sup> USA Indoor Combined Events Champs in Bloomington, IN. For the 2<sup>nd</sup> year this meet has been hosted by the Indiana University in Bloomington. After day one 25 year old Eric Broadbent, an '07 West Chester, PA grad, held a 34 point lead over former Ohio State Big Ten champ Pat Woods, 3263-3229. Defending and 3x champion Jake Arnold was off form and stood 7<sup>th</sup>.

Thank goodness we were indoors as a good deal of Indiana was under a flood watch. Outside the temps were in the mid 30s but inside cavernous Gladstein Field house a pretty good meet heated up on Saturday afternoon. Ten had entered, one just missed the qualifying standard and '10 D-III champ Todd Wildman withdrew early in the week with a tender Achilles. That left eight athletes to start including 3x and defending champ Jake Arnold who was not at 100%. The crowd count as we started day one was 79.



**26<sup>th</sup> National USA CE Champs**  
**U of Indiana-Gladstein Fieldhouse**  
**March 5-6, 2011**

**60m:** [1:00 pm]

Gladstein Fieldhouse was built in 1960s but the track is still in very good shape.



Former Tennessee star Chris Helwick moved into contention at the USA indoor CEs in Bloomington, IN with a PR 14.47m/47-6 shot.

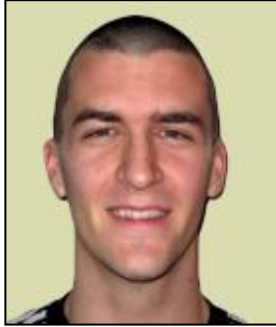
There was no need for seeding since all 8 athletes ran in the same sprint race. At the gun the start was as even as one can imagine but FH record holder Eric Broadbent, (in lane 2) who was 6<sup>th</sup> a year ago, eased away from the field and smoothed across in 6.99 seconds. So competitive was this race that 7 of the 8 ran within 1/10 of a second of career bests.

**Results:**

1. Eric Broadbent	HPC elite	6.99 seconds
2. Chris Dickman	unat	7.10 "
3. Lysias Edmonds	Ariz Puma	7.16 "
4. Nick Adcock	unat	7.17 "
5. Pat Woods	unat	7.18 "
6. Jake Arnold	Asics	7.20 "
7. Chris Helwick	unat	7.30 "
8. Dan Kinsey	unat	7.47 "

*After One: Broa 886, Dick 847, Edmo 826, Adco 823.*

**Long Jump:** [1:35-1:55 pm]



**HPC-Elite's Eric Broadbent won 2 and shared another first day event in Bloomington, IN.**

IU's elevated runway had a bit of bounce and 10 of the 24 jumps did not use the board (either short or foot fouls). Broadbent popped 7.12m/23-4½ in the initial round and never trailed. He improved to 7.17m/23-6½ in the 2<sup>nd</sup> round. Jake Arnold and Dan Kinsey both had step problems and each recorded one fair leap. Broadbent extended his lead over Dickman to 98 points.

Results:	1	2	3	best
Kinsey	foul	680	foul	6.80m/22-3¾
Edmonds	660	680	653	6.80m/22-3¾
Broadbent	712	717	foul	7.17m/23-6½
Arnold	foul	647	foul	6.47m/21-4¾
Dickman	667	foul	692	6.92m/22-8½
Woods	679	666	foul	6.79m/22-3½
Adcock	657	692	680	6.92m/22-8½
Helwick	661	681	691	6.91m/22-8

*After Two: Broa 1740, Dick 1642, Adco 1618, Edmo 1593.*

**Shot Put:** [2:30-2:48 pm]

The meet zipped along as this event took but 18 minutes. The news was Chris Helwick's 14.47m/47-6 PR in the first round which was led by Dan Kinsey's 14.88m/48-10. Neither improved. Arnold (14.56m/47-9½) and Pat Woods (14.50m/47-7) made noise in round #3. Broadbent's overall lead was pared to just 34 points.

Results:	1	2	3	best
Edmonds	1213	1201	foul	12.13m/39-7½
Dickman	1082	1047	1019	10.82m/35-6
Kinsey	1488	1425	foul	14.88m/48-10
Helwick	1447	1363	1414	14.47m/47-6
Broadbent	1248	foul	1225	12.48m/40-11½
Arnold	1439	1435	1456	14.56m/47-9½
Woods	1421	1441	1450	14.50m/47-7
Adcock	1349	1375	1361	13.75m/45-1½

*After Three: Broa 2376, Wood 2342, Adco 2331, Helw 2328.*

**High Jump:** [3:25-4:20 pm ]

Dan Kinsey used two different approaches, alternately jumping off right and left legs and eventually cleared 1.94m/6-4¼. At 2.03m/608 there were still 3 jumpers (Helwick, Woods and Broadbent). Helwick could not manage that bar but Woods did as



**Former Missouri Big 12 champ Nick Adcock managed a 1.97m/6-5½ high jump in Bloomington.**

Broadbent, an NCAA II hj scorer, passed. Woods, jumping with confidence, cleared 2.06m/6-9 and then 2.09m/2-10¼, the same height managed by Broadbent. Neither got over 2.12m/6-11½ and the event quickly ended at the 12<sup>th</sup> bar in 55 minutes: 70 attempts, 28 clearances, a jump on average, every 49 seconds. This event really zipped along as the 6-3, 180lb Broadbent managed to hold his overall lead. Crowd was 112.

**Results:**

	179	182	185	188	191	194	197	200	203	206	209	212
Edmonds	p	p	p	p	p	xo	xxo	xxx				
Woods	p	p	p	p	p	p	o	xo	xo	xo	x	xxx
Helwick	p	p	o	o	o	xxo	xxo	xxx				
Kinsey	o	o	xxo	xxo	p	xxo	xxx					
Arnold	p	p	p	xo	p	xxx						
Adcock	p	p	p	p	o	o	xo	xxx				
Broadbent	p	p	p	p	p	p	p	o	p	o	xo	xxx

*After Four: Broa 3262, Wood 3229, Helw 3131, Adco 3107.*

## 1<sup>st</sup> Day results:



### 3/5-6 26<sup>th</sup> USA National CE Indoor Champs, Indiana

#### University Gladstein Fieldhouse, Bloomington, IN

3263	Broadbent, Eric/HPC-elite	6.99	717	1248	209
3229	Woods, Pat/unat	7.18	679	1450	209
3131	Helwick, Chris/unat	7.30	691	1447	200
3107	Adcock, Nick/unat	7.17	692	1375	197
3021	Kinsey, Dan/unat	7.47	680	1488	194
2983	Edmonds, Lysias/Ariz Puma	7.16	680	1213	197
2963	Arnold, Jake/Asics	7.20	647	1456	188
2873	Dickman, Chris/unat	7.10	692	1082	188

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In other news, ageless Roman Sebrle/CZE leads the 31<sup>st</sup> European Indoor Championships in Paris over Andrei Krauchanka/BLR after the first day. Results below:



### 3/5-6 31<sup>st</sup> European Indoor Championships, Paris, FRA

3493	Sebrle, Roman/CZE	7.06	759	1542	206
3462	Krauchanka, Andrei/BLR	7.09	749	1504	209
3439	El Fassir, Nadir/FRA	7.09	751	1413	212
3399	Draudvila, Darius/LTU	6.90	740	1508	197
3354	Kharlamov, Visiliy/RUS	7.11	731	1548	200
3337	Vos, Igmarr/NED	6.89	736	1374	200
3333	Pahapill, Mikk/EST	7.21	733	1516	203
3281	Kislov, Aleksandr/RUS	7.12	692	1450	209
3268	Van Der Plaetsen, Thomas/BEL	7.23	748	1316	206
3265	Sintnicolaas, Eelco/NED	7.07	725	1446	197
3244	Van Alphen, Hans/BEL	7.20	726	1526	194
3120	Ditelberger, Dominik/AUT	6.92	717	1242	191
3239	Mikhan, Eduard/BLR	7.04	730	1368	197
3229	Schwartzl, Roland/AUT	7.27	741	1481	194
3152	Geffrouais, Floriasn/FRA	7.11	698	1478	191
dnf:	Raja, Andres/EST [7.06]				

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In other weekend action, Robbie Haynie, a transfer junior at Eastern Oregon, (below) used a 5.15m/16-6<sup>3</sup>/<sub>4</sub>



vault to overcome defending champ, Azusa's Casey Stevick and go on to win the NAIA nationals at Geneva's (OH) blue oval, with a whopping 5473 score. Five exceeded 5k and all PR'd. This is normally a busy weekend for NCAA III last chance pentathlon qualifying affairs. The top scores were turned in by Christopher Newport soph Richard Roethel (3629), and Kevin Diederich of Milwaukee Engineering (3526).