

THE DECATHLON ASSOCIATION

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ADCOCK IS INDOOR CHAMP Krauchanka Wins Euro Title



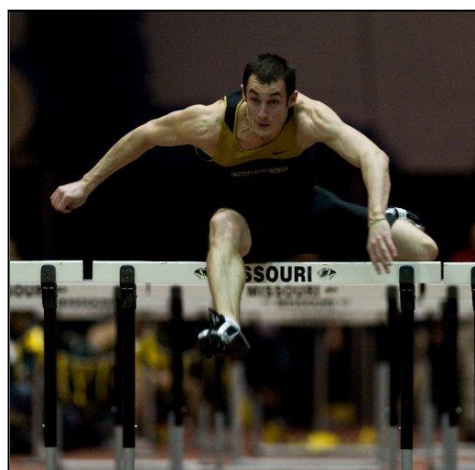
Hello Again....The second day at the 26th annual USA national CE's meet was much different than the first. With an emphasis on technique and endurance, Nick Adcock used 2nd day skills to forge past first day leaders Eric Broadbent/HPC-Elite and Pat Woods/ex Ohio State to win the national crown by a step and a roll. This meet came down to the last two steps and a dive in the 1000 meters before the order of the top 3 places was decided. *It was that close* and, at the conclusion of the final event and as the 1k clocking were posted on the large scoreboard inside Indiana's Gladstein Field house, a hush fell on the 150+ spectators and officials until the final scorers were posted...it took 90 seconds and everyone held their breath...then, there is was...

Nick Adcock	5711
Pat Woods	5700
Chris Helwick	5681.

In the meet's gamest effort Woods, 25, ran himself off his feet in the 1k and, when he realized that his legs would not carry him to the finish, he dove and rolled across the finish, an effort that at least got him to the finish but cost him the title. Here's how it all happened.



26th National USA CE Champs
U of Indiana-Gladstein Fieldhouse
March 5-6, 2011



Missouri's former Big 12 indoor and outdoor champ Nick Adcock, at 22, became the youngest ever to win a national men's indoor CE crown. His 5711 score was 11 better than that of Pat Woods.

60m Hurdles: [1:00 pm]

While 2/3rds of the 150 spectators were sequestered at one end of the field house watching the pentathlon high jump, the men's 60m hurdles got under way. After a false start (defending champ Jake Arnold) Nick Adcock (lane 6), who stood 4th after day one, got away quickest and held sway until the 4th barrier when Arnold (lane 3) drove past. Jake got the nod, 8.11 to 8.15. First day leaders Eric Broadbent and Pat Woods recorded career bests...8.21 for 4th, and 8.20 for 3rd serving notice that they would not roll over to 2nd day specialists. They remained 1st and 2nd overall.

Results:

- 1. Jake Arnold 8.11
- 2. Nick Adcock 8.15
- 3. Pat Woods 8.20 PR
- 4. Eric Broadbent 8.21 PR
- 5. Lysias Edmonds 8.28
- 6. Chris Helwick 8.58
- 7. Dan Kinsey 8.87
- 8. Chris Dickman 8.99

After Five: Broa 4193, Woods 4161, Adco 4051, Helw 3972.

Pole Vault: [1:45-3:00 pm]

Lysias Edmonds, favoring a tight hamstring muscle, took a deliberate miss-run thru at 3.90m/12-9½ to open the event. Broadbent struggled at the early heights, and although it appeared he would vault much higher (nothing like speed and a high hand



Chris Helwick (right) made up 90 points on Pat Woods (left) in the vault but still trailed by 99 after six.

hold) he managed but 4.10m/13-5¼ and his overall lead was soon in jeopardy.

Woods retired with 4.60m/15-1 followed by several close misses at a PR equaling 4.70m/15-5, misses that would come back to haunt him. Adcock got 4.70m/15-5 to put himself in the hunt and Chris Helwick won the event at 4.90m/16-¾, jusssssst missing the next bar at 5.00m/16-4¾. That miss too would come back irk him. Former Akron All American Dan Kinsey put up a solid 4.80m/15-9, but Arnold cleared but a single bar.

Results:

	390	400	410	420	430	440	450	460	470	480	490	500
Edmonds	x	pass
Broadbent	o	xo	xo	xxx								
Adcock	p	p	p	o	o	xo	xxo	p	o	xxx		
Helwick	p	p	p	p	p	p	p	o	o	o	xxx	
Woods	p	p	p	p	p	p	xo	o	xxx			

Kinsey	p	p	p	p	p	p	p	p	xo	o	xxx
Arnold	p	p	p	p	p	p	p	p	o	p	xxx
Dickman	p	p	p	p	p	o	o	xo	xxx		

The event lasted 75 minutes, 51 attempts, 20 clearances. The places were shuffled and Woods found himself with an 81 point lead.

After Six: Wood 4951, Adco 4870, Helw 4852, Broa 4838.

1000m: [3:30 pm]

This meet seems to produce dramatic finishes. A year ago Jake Arnold did not put Tom Pappas away until the final lap of the last event. This year the finish was as histrionic as can be imagined. Both Nick Adcock, 22, Columbia, MO, and Chris Helwick, 25, Winston-Salem, NC, had vaulted into contention but found themselves down 81 (about 8 seconds) and 99 (@9 ½ seconds) points respectively on Pat Woods, but both have middle distance credentials that Woods lacks. So there strategy was clear-cut.....put as much distance as possible between themselves and the Ohio State grad. Conversely, Woods' plan was just as basic.... hang on.

At the gun Arnold, suffering from back/hip stiffness, took several steps then stepped off the red-banked track. Kinsey took the early lead and towed the field thru 200m in 32 seconds before Adcock and Helwick pressed the pace. With 3 laps, 2 laps and at the bell Adcock continued to press while Woods hung on tough, 3, 4, then 5 seconds in



3x and defending champ Jake Arnold struggled with back/hip stiffness. He placed 7th.

Jake Arnold dnf

arrears. But Pat’s legs cramped with 300m remaining and on the final lap, while Chris Dickman made a mad dash for the lead and while Adcock and Helwick sprinted, Woods began to drift back. Yet he was still in it, and approximately 6 seconds back of Adcock on the final straight when he simply ran himself off his feet. With 30 meters remaining it was unclear whether he could even finish. With 15 meters to go he went down and alertly rolled the final 7 meters to the finish. This all took several seconds and, in that time, the title passed to Adcock who had clocked 2:42.90 for the event win. Yet it was so close, no one knew for certain who had actually won the title...hence the silent wait until the computer cranked out and eventually displayed the final results on the scoreboard. At that moment Adcock’s arms were raised in triumph while Woods, who narrowly lost 3rd place a year earlier to Skyler Reising, could only shake his head. Amazingly his final 2:51.57 was a PR. Yet he earned a lot of admirers with his brave attempt. And his final 5700 score was a 187 point career best.

Kudos go to Indiana University for putting on a first class affair (and even providing a small and enthusiastic crowd), to USATF for its organization, and to the small group of elite officials...this meet went smoothly.

After Seven: Adco 5711, Wood 5700, Helw 5681, Broa 5542.



Results:

3/5-6 26th USA National CE Indoor Champs, Indiana University Gladstein Fieldhouse, Bloomington, IN

5711	Adcock, Nick/unat	7.17 692 1375 197 8.15 470 2:42.90
5700	Woods, Pat/unat	7.18 679 1450 209 8.20 460 2:51.57
5681	Helwick, Chris/unat	7.30 691 1447 200 8.58 490 2:44.00
5542	Broadbent, Eric/HPC-elite	6.99 717 1248 209 8.21 410 2:55.98
5320	Kinsey, Dan/unat	7.47 680 1488 194 8.87 480 2:58.91
5329	Dickman, Chris/unat	7.10 692 1082 188 8.99 460 2:44.10
4560	Edmonds, Lysias/Arizona Puma	7.16 680 1213 197 8.28 nh 3:00.05
4736	Arnold, Jake/Asics	7.20 647 1456 188 8.11 470 dnf 8s,8f.

1000m Splits:

	<u>Split</u>	<u>leader</u>	
Lap 1	200m	32.1	Kinsey
Lap 2	400m	65.5	Adcock
Lap 3	600m	1:38.8	Adcock
Lap 4	800m	2:12.2	Adcock
Finish	1000m	2:42.90	Adcock

Nick Adcock earned this win. Others could only recall those final missed vault bars...Helwick’s close miss at the final bar cost him 30 points, and he finished.....30 points back at 5681. Broadbent’s 4th place 5542 score was also a PR.

Results:

Nick Adcock	2:42.90
Chris Helwick	2:44.00
Chris Dickman	2:44.10
Pat Woods	2:51.57
Eric Broadbent	2:55.98
Dan Kinsey	2:58.91
Lysias Edmonds	3:00.05

There were nine other domestic indoor meets over the weekend and we have already noted the fine NAIA results. Most meets were NCAA D-III qualifiers. The only D-I (and final qualifying opportunity) meet was the venerable IC4A meeting in Boston, but results did not shake up the NCAA lists. There UConn’s Aaron King got the ‘iron man’ for winning a 3rd heptathlon within 16 days:

Feb 19-20	Big East	5444
Feb 25-26	New England	5202
March 5-6	IC4A	5463

16,109 points in the space of 16 days. Some sort of record?

All details will be posted on our **Results Page** later today.

In Paris Andre Krauchanka laid the hammer down on day two of the 31st

European Indoor champs, =’ling a PR in the vault at 5.20m/17-¾ (on a close 3rd attempt no less), then had to race his belarussians off in the 1000m to save the win over France’s Nadir El Fassir, who himself ran 2:34.19 trying for the victory in front of a home town crowd. Krauchanka’s final tally was a PR 6282 and his margin of victory was 45 points. Roman Sebrle, 36, in his 30th career indoor hept, saved the bronze by 3 points over Dutchman Eelco Sintnicolaas who had moved into contention by winning the vault at 5.50m/18-½.

On a final language note, it is cheering to see that the European Athletics site and other statistical sites finally concede the correct spelling of Krauchanka...and that there is no longer any controversy about how to spell it...It is KRAUCHANKA, as it is listed on his passport and as his family insists it is spelled...end of story.



3/5-6 31st European Indoor Championships, Paris, FRA

6282	Krauchanka, Andrei/BLR	7.09 749 1504 209 8.04 520 2:39.80
6237	El Fassir, Nadir/FRA	7.09 751 1413 212 8.13 500 2:34.19
6178	Sebrle, Roman/CZE	7.06 759 1542 206 8.08 490 2:42.72
6175	Sintnicolaas, Eelco/NED	7.07 725 1446 197 8.03 550 2:40.44
6020	Vos, Igmarr/NED	6.89 736 1374 200 8.00 480 2:41.91
6020	Van Der Plaetsen, Thomas/BEL	7.23 748 1316 206 8.18 520 2:42.80
5970	Kislov, Aleksandr/RUS	7.12 692 1450 209 8.08 510 2:48.09
5959	Kharlamov, Visiliy/RUS	7.11 731 1548 200 8.25 490 2:46.23
5938	Van Alphen, Hans/BEL	7.20 726 1526 194 8.30 490 2:37.06
5846	Schwartzl, Roland/AUT	7.27 741 1481 194 8.27 510 2:50.41
5844	Mikhan, Eduard/BLR	7.04 730 1368 197 8.15 450 2:37.51
5795	Geffrouais, Floriasn/FRA	7.11 698 1478 191 8.43 500 2:41.54
5782	Pahapill, Mikk/EST	7.21 733 1516 203 8.42 470 2:51.40
5073	Draudvila, Darius/LTU	6.90 740 1508 197 8.04 430 dnf

4135 Distelberger, Dominik/AUT
6.92 717 1242 191 7.87 nh dnf
dnf: Raja, Andres/EST [7.06], 16s,15f.



Pat Woods exhibits terrific technique at 2.09m/6-10¼ during first day of USA CE champs in Bloomington