

THE DECATHLON ASSOCIATION

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5986 SCORE WINS FOR MOSS NCAA Sees Wave of Big Scores



Hello Again.....The second day at the 8th annual NCAA I indoor heptathlon in College Station, Texas, provided fireworks, terrific individual performances and the deepest set of results in meet history. Consider: the field of 15 established 26 individual event career best marks on day two alone. Scores 3rd thru 14th were the highest ever for place and it took a score of 5780 points to score a single team point.

Alone at the top of the leaderboard was Miller Moss, a soft spoken Clemson senior, just two days shy of his 23rd birthday. After a solid first day he raced a PR 7.94 in the 60 hurdles, equaled and then surpassed his career best in the vault (getting 4.90m/16-3/4), and then ran a conservative 1k to assure the NCAA crown. His 5986 score was an 83 point PR and 84 points better than second place. In other words first place at Texas A&M's Gilliam Indoor Track Stadium was clearcut.

Nothing else was as 8 other athletes scrambled for the remaining 7 team scoring places/awards. For example, only 12 points separated 2nd -3rd -and 4th places, while just 50 points separated 5th , 6th and 7th places. And Washington sophomore Jeremy Taiwo nabbed 8th place by a single point.

Missouri senior Lars Rise, 22, and UTAs French first year import Romain Martin, 22, were never far from PRs in any event (of their aggregate 14 individual events



Clemson senior Miller Moss registered a pair of vault PRs on the way to the NCAA heptathlon title.

they PR'd in 11). Only 5 points separated them at the finish with Rise getting the nod at 5902. So close was this completion, sans Moss's lock on first, that the 1000 meters was a war zone with all but Moss running desperately for time and points. Nearly 2000 watched the final event on Saturday afternoon. Here's what happened.

8th NCAA

**Indoor Men's Heptathlon
Texas A&M University
College Station, Texas
March 11-12, 2011**



60m Hurdles: [Noon]

Houston senior Wesley Bray withdrew necessitating a redraw of lane assignments (see insert about drawing lanes for the 60m hurdles). A crowd of 350 gathered for the event and watched Mateo Sossah capture the first race in 8.25 seconds. The 2nd race was electric as tall Jeremy Taiwo burned the maroon mondo for an 8.14 clocking (his PR had been 8.31!). K State's warhorse Moritz Cleve posted a solid 8.21 while 19 year old Kevin Lazas, the American junior hept record holder, got a 8.59 PR for 3rd. Athletes were running in non-adjacent (not my favorite) lanes.

The angular Martin bested the stocky Rise in the 3rd race as both registered significant career bests, 8.19 and 8.32. The 4th race featured the hept champs from the Big 10, SEC and Big 12 conferences. Florida's Gray Horn won this one in a fine 8.12 seconds. The 5th section was the top seeded race and it provided all that was expected. 1st day leader Mantas Silkauskas/Kansas State pulled away over the last 2 hurdles to set a FHR of 7.80. Oregon senior David Klech (7.88) and Moss (7.94) both posted big PR marks. Silky extended his overall margin to 91 points over Moss. 1st day runner-up Kurt Felix/Boise St, faded from 2nd to 9th.

Hurdles touchdowns:

Hand timed lead leg touch downs over each hurdle. Final time is auto timed.

Hurdle	Sossah	Taiwo	Martin	Horn	Silkauskas
1	2.49	2.40	2.44	2.41	2.24
2	3.64	3.53	3.64	3.48	3.32
3	4.87	4.68	4.71	4.63	4.41
4	5.97	5.72	5.82	5.68	5.56
5	7.16	6.91	6.94	6.84	6.60
Run-in	8.25	8.14	8.19	8.12	7.80

After Five: Silk 4380, Moss 4289, Rise 4220, Horn 4197.

Pole Vault: [12:53-2:30 pm]

The lower seeded pit (North, pit # 2) had all of the following elements: desperation attempts by novice vaulters; clutch efforts by several of the contenders; and the preeminent vaulter mistakenly placed in the wrong group.



Florida junior Gray Horn (left) earned 5 important team points for the Gators with a 4th place 5890 effort. Frenchman Romain Martin (center), a 1st year student at Texas-Arlington, put up an impressive 5897 score for 3rd, and Norwegian Lars Rise (right), a senior at Missouri, PR's at 5902 for 2nd overall.

Oregon senior David Klech came to College Station with a 3.85m/12-7½ PR and notched that up four times ultimately clearing 4.20m/13-9¼. Felix equaled his own career best at the same bar. Silkauskas stayed in contention managing 4.30m/14-1¼ and the competitive Rise equaled his own best at 4.70m/15-5 to stay in the hunt for a top 3 finish. But the real story of the North pit was Cal senior Mike Morrison who has been one of the event's top event performers since he cleared 5.25m/17-2½ five years earlier as a prep. His name is always mentioned as one of CE's top vaulters. Thus it was a surprise that he was relegated to the lower seeded group. He started after everyone else had virtually finished, and 'competed' alone at the last 4 bars. Since vault rules alot extra time when a single athlete remains, there was much waiting. It took Morrison 34 minutes to complete the last 4 bars alone. It had taken just 63 minutes for the other 7 athletes to finish vaulting at 11 bars! See sidebar.

The competition in the South pit, #1, was exciting as Moss took command getting 4.80m/15-9 (equaling a lifetime best) and then 4.90m/16-¾ on first attempts. Martin also equaled his best at 4.90m/16-¾ while Taiwo took a safety vault at 4.20m/13-9¼, then missed 3x at 4.50m/14-9 after passing two bars.

But the major story here was Wisconsin's Jay Cato who, while hiding a sore ankle, was not having anything close to an expected

meet. Yet he ruled supreme here equaling his PR at 5.00m/16-4¾, then made 5.10m/16-8¾ easily on his first try and rattled the bar squeaked over 5.20m/17-¾ on a 3rd attempt. He too vaulted alone at the last 3 bars, the same bars Mike Morrison was attempting in the adjacent pit.

Moss put the meet away at this point and enjoyed an 87 point lead over Silkauskas. But ten other contenders were closing in guarantying a frenetic 1000 race.

After Six: Moss 5169, Silk 5082, Mart 5057, Rise 5039.

1000m: [3:05 pm]

With Curtis Beach and David Klech in this race an opportunity for records was possible. The Duke sophomore had set a world best a year earlier in Fayetteville at 2:27.88 while Klech, who was returning to CEs, had a 2:31 PR. Others too had significant middle distance skills. So, at the report, when Klech jumped into the lead, a race was on. Klech passed laps one and two in 29.5 and 61.0. Beach took over on lap 3 and pushed the pace at 1:31+ at 600m. He passed 800m in 2:01 as he and Klech dropped Sossah. But behind them a mad scramble occurred as all the scoring places/awards were



Miller Moss took a cautious approach in the 1000m race, assuring himself of the NCAA title.

up for grabs. Beach held a 10 meter lead at the finish over Klech, 2:29.78 to 2:32.15 as Taiwo gunned the last lap and recorded a PR 2:34.35, a sprint that earned him 8th place by a single point over fading Bjorn Barrefors who was half a lap back, and managed 2:50.50 (itself a marginal PR). Between them



The Pac-10 had a trio of heptathlon scorers in College Station: Cal's Mike Morrison (left), 5th; Oregon's David Klech (center) 6th; and Washington's Jeremy Taiwo (right) 8th.

five others (Felix, Morrison, Horn, Martin and Rise) all ran lifetime bests in a mad dash for the places and PR scores. Seven ran under 2:40. Close competitions make for great 1k races.

Moss was content to protect his lead and he kept an eye on Silkauskas, his nearest competitor. The Clemson senior cruised in with a 2:45.15, 7 seconds better than the K-State junior. Whew!

After Seven: Moss 5986, Rise 5902, Mart 5897, Horn 5890.

How to Improve the NCAA Meet



In reference to the men's heptathlon a pair of organizational issues was discussed incessantly in College Station. I'd like to comment on both.

First, while the NCAA should be applauded for its forward-looking seeding procedure (it was virtually perfect in both races here) some logic and action needs to be applied when an athlete is so obviously misplaced in a group/race. Someone PLEASE (read: referee, games committee, someone) needs to speak up and place him in the proper group. This occurred in the hept vault with Mike Morrison, one of the event's best pole vaulters for years. Yes, his seasonal PV best may have made it appear that he should be placed with the weaker vaulters, but his placement there resulted in the situation seeding is designed to resolve, that is athletes competing alone, resulting in both non-competitive situations and time elongated events. The pleas of Cal coach Ed Miller went unheeded and Morrison competed alone in a pit adjacent to one where another vaulter competed alone at the very same time at the very same height settings. In fact the pole vault in College Station was so well officiated and conducted that this mistake did not carry the heptathlon into the remainder of the meet's scheduled events. But the vault here could have ended

20 minutes earlier with some logic. Someone has to step up a say, hey, this is silly. That's one issue.

The second issue deals with running hurdle sections with just 2 athletes. Two! I've railed about running this race in non adjacent lanes in the past so everyone knows my position here. But, in College Station, with a field of 16, and using non-adjacent lanes on an 8 lane track, and staying out of curb bounded lane one, and not- using lane 8 for fear of a dragging trail leg, then only lanes 2-4-6 are available for use. With 16 athletes this means that there has to be a few sections with just two athletes. For me, that's hard to sell as a competitive situation. The simple solution is to place a hurdle outside each hurdle in lane 8. There was plenty of space to do so here. I find it hard to swallow the argument that it couldn't be done?????? Four races (using lanes 2-4-6-8) is a lot more competitive than 6 races (using lanes 2-4 or 2-4-6). Of course this could all be solved if the NCAA were to retire the non-adjacent procedure. It can be kept for developmental situations. The NCAA national championships is not a development meet. When Sam Adams and Dutch Warmerdam wrote the non adjacent lane rule for CE's back in 1974 they never envisioned that it would result in non-competitive situation. It was done simply for safety for novice hurdlers on narrow tracks. This can be easily corrected.

5637 Beach, Curtis/Duke
7.13 723 1082 196 8.42 450 2:29.78
5596 Lazas, Kevin/Arkansas
7.12 714 1328 196 8.59 480 2:49.54
5436 Cato, Jay/Wisconsin
7.25 697 1126 193 8.27 520 3:02.03
dnf Bray, Wesley/Houston
7.17 704 1332 184 withdrew
16s,15f.

NCAA II



Former 2x NAIA All – American (at Hastings), Brad Gamble (left) of Nebraska's Chadron State College, won the NCAA II heptathlon crown with a record 5456 score as a pair of Central Missouri Mules, Brent Vogel and Shawn Boss went 2-3.

3/11-12 NCAA D-II Champs, Convention Center, Albuquerque, NM

5456 Gamble, Brad/Chadron St
7.07 695 1134 203 8.21 410 2:44.53
5385 Vogel, Brent/Central Missouri
7.31 689 1170 191 8.28 420 2:35.39
5076 Boss, Shawn/C Missouri
7.38 627 1240 191 8.57 440 2:51.54
5068 Stephens, Joe/Pittsburg St
7.35 683 1037 200 8.40 370 2:46.55
5019 Grob, Tyler/Saginaw Valley St
7.21 598 1204 179 8.74 460 2:46.21
5013 Robinson, Laquone/Minn-Moorhead
7.04 658 935 194 8.20 390 2:55.27
4965 Ammann, Chris/Lock Haven
7.29 668 1127 200 8.70 370 2:53.30
4943 Snyder, Isaac/Lake Erie
7.18 627 1016 191 8.59 420 2:51.72
4920 Whitehead, Ryan/S Conn St
7.60 660 1214 179 9.22 490 2:55.66
4904 Granillo, Tony/Emporia St
7.44 627 1041 191 8.77 420 2:44.60
4806 Mahlberg, Bryson/Nebraska-Kearney
7.38 641 1115 191 8.61 370 2:53.42
4595 Wert, Brady/Slippery Rock
7.30 573 1222 185 8.64 390 3:08.87

Results:



3/11-12 8th NCAA D-I Champs, Texas A&M, College Station, TX

5986 Moss, Miller/Clemson
6.91 716 1358 202 7.94 490 2:45.15
5902 Rise, Lars/Missouri-NOR
7.20 725 1575 199 8.32 470 2:40.52
5897 Martin, Romain/Texas-Arlington-FRA
7.15 720 1354 205 8.19 490 2:42.99
5890 Horn, Gray/Florida
6.01 729 1289 202 8.12 470 2:39.96
5872 Morrison, Mike/California
7.09 735 1283 196 8.32 510 2:41.69
5831 Klech, David/Oregon
6.08 734 1068 211 7.88 420 2:32.15
5822 Silkauskas, Mantas/Kansas St-LIT
6.78 765 1265 196 7.80 430 2:52.43
5780 Taiwo, Jeremy/Washington
7.06 728 1195 208 8.14 420 2:34.35
5779 Barrefors, Bjorn/Nebraska-SWE
7.12 720 1430 199 8.22 480 2:50.50
5722 Cleve, Moritz/Kansas St-GER
7.17 690 1393 193 8.21 470 2:38.01
5680 Felix, Kurt/Boise St-GRN
7.05 741 1338 205 8.55 420 2:42.91
5649 Sossah, Mateo/North Carolina-FRA
7.36 687 1353 196 8.25 470 2:37.55



NCAA III

Central College (IA)'s Kurtis Brondyke (left) captured the NCAA III pentathlon with a 3827 score in Geneva, OH. Teammate Ethan Miller was runner-up, 30 points back.

3/11 NCAA D-III Champs, Capital U, Columbus, OH

[55mH]

3827	Brondyke, Kurtis/Central (IA)	7.91 682 1300 200 2:53.35
3797	Miller, Ethan/Central (IA)	7.89 715 1120 200 2:54.01
3784	Roethel, Richard/Christopher Newport	7.94 666 1220 203 2:51.30
3652	Harmon, Ben/Washington(MO)	8.09 693 1046 194 2:48.48
3633	Thill, Brian/Wisconsin-Stevens Pt	8.37 655 1245 194 2:46.98
3580	Yoder, Joe/Heidleberg	7.98 598 1093 197 2:42.95
3522	Mestelle, Bart/Wisconsin Eau Claire	8.17 624 1090 191 2:44.02
3473	German, Alan/Wisconsin-Oshkosh	7.94 668 1068 182 2:54.90
3542	Marion, Matt/Rochester Inst of Tech	7.96 626 971 173 2:35.18
3450	Diederich, Kevin/Milwaukee-Engineering	7.90 644 1259 176 2:59.12
3398	Nicholson, Isaac/Williams	8.10 642 957 182 2:46.17
3079	Borchardt, Matt/North Central	8.69 611 1022 176 2:55.49

12s,12f.

7.