

THE DECATHLON ASSOCIATION

DECA Newsletter

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OUTDOOR SEASON OPENS

Little to Crow About

Hello Again.....Now that the 2010-11 indoor season is in the books we turn to the first full weekend (March 16-19) of the outdoor/decathlon campaign. Six meets were held nationwide with the top scoring meet held at Rice University. The outcomes were nothing to crow about, especially since a pair of featured local undergrads emploted ...a vault no height here, a hurdle 'dnf' there, and the consequence was that no collegian managed anything over a 6625 score. The good news was the return of Rice grad Ryan Harlan, the 2004 NCAA I champion, after an elongated absence. His 7720 winning score earned him a Eugene USA qualifier and represented his best score since 2007. He ran just hard enough in the 1500 meters (5:07.95) to get the qualifier. Although Ryan made a belated comeback attempt a year ago, his notable score in Houston so early in the season speaks of renewed resolve for the 29 year old.

Of the remaining weekend decathlons, the most notable was Avery Anderson's spring affair at Cal State-Northridge. Dominated by D-II and D-III athletes, the Dillow brothers of Oregon's George Fox U were at it again. Ex Bruin Ben won with a PR 7145 score while senior David, Newberg, OR, became the first to register an NCAA outdoor qualifier, getting a 6701 D-III score for 2nd. Former D-III champ Josh Lovell/ex Linfield, was 3rd.



Vet Ryan Harlan, 29, got a 7720 USA qualifier at an early Houston meet.

A pair of Carolina meets were won by Jake Wainwright (49er Classic in Charlotte, NC) and George Mason's David Wellington (Shamrock Invt in Myrtle Beach, SC).

Open Results.....

The weekend's most arresting news came from the U of Oregon's *Preview* meet where 2x collegiate champ Ashton Eaton was scheduled to work on field events---javelin, high jump and discus. In a driving rain and 40° his first javelin effort landed 56.69m/185-8 away, nearly a 9 foot PR! The remainder of his throws and jumps were abandoned as a downpour continued.

Next weekend we expect a number of top performances from the Cal and Angelo State Multis and relay meets at Florida State and the University of Alabama.

Deacon Combined Events



Wake Forest coach Scott Hall wants everyone to keep his Deacon CE's meet in mind when planning the spring schedule. The meet, scheduled for May 10-11, is "designed as an NCAA/USATF Senior/Junior qualifying meet. The design of the meet is to maximize the score of every athlete. Each event will be seeded to allow for maximum performance and running direction and field event venues will be set up to provide the most optimal conditions for performance...certified trainers are available throughout the meet."

The facility, Kentner Stadium features an 8 lane Beynon 1000 urethane track. The track and field design allows for the conduct of events with the prevailing wind in all races up to an including the 400m along with all jumping and throwing events. The adjacent long throws complex features multiple throw venues.

Stadium record is 8017 points, Chris Helwick, 2009.

For additional info contact Scott Hall at hallsa@wfu.edu. Entries open until Sunday, May 8, 2011.

Qualifying standards for 2011 Meets:

USA Sr:	7850-7500;
USA Jr:	6200int/6250hs
NCAA I:	7500-6900;
NCAA II:	6994-6300;
NCAA III:	6600-6050;
NAIA:	top 16.