

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## SLOW APRIL WEEKEND

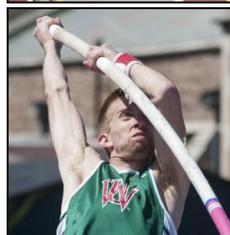
### Eaton With 3 Throwing PRs

**Hello Again.....**The 2011 season continued its sluggish start during the first weekend of April, 2011. The nine meets held nationally produced a trickle of satisfactory scores at the national level.

Speedy Canadian Damian Warner (coached by Jeff Lumley at Western Ontario) had things pretty much his own way at the Click Multis in Tucson (3/31-4/1), winning with a PR 7632. Behind him a trio of Americans produced 7k efforts....Pat Woods (7215), Heath Nickles/Ohio State(7078), and Dan O'Brien coached Jamie Sandys/Arizona State(7061). The latter two recorded lifetime bests. Warner used big league speed (10.56, 14.31) in his victory. Veteran Lysias Edmonds (7<sup>th</sup>, 6702) struggled with the running events in his comeback attempt.

A pair of Oregon transfers won meets at their new digs on opposite coasts. Taylor Schmidt, who transferred from Concordia (OR) to Liberty University in Lynchburg, VA, came out on top at Liberty's opener with a PR 6853, 9 up on his 5<sup>th</sup> place performance a year ago at the USA Junior meet (with international junior implements). He'll redshirt this spring. And Kevin Godfrey, who moved two miles west from Lane Community College to the U of O, won a low key affair at Hayward Field in Eugene (6808) with a 255 point improvement and 4 individual career bests.

The most intriguing meet was conducted in St. Louis where bad weather did not deter a



Ethan Miller/Central(IA) (upper left) and Ben Harmon/Washington U (lower left) battled in St Louis. Canadian Damian Walker, above, won the Jim Click Multis in Tucson.

trio a small college contenders from acting out a preview of the D-III nationals (May 26-27, Delaware, OH). Guy Mosher brought his deca Pella power squad of Ethan Miller (Jr, Seymour, IA), and Kurtis Brondyke (Sr, Clinton, IA), to Washington University to battle Ben Harmon (Sr, St Louis) of the host institution. Miller, the NCAA D-III indoor athlete of the year (26 team points at D-III nationals!!) came away with a 6973 win (a 111 point career improvement) yet was unhappy with (for him) a mediocre high jump of 2.00m/6-6 ¾. He has an indoor best of 2.11m/6-11. Brondyke edged Harmon for runner-up honors, 6785 to 6783. All three will meet again at Ohio Wesleyan in May.



Ashton Eaton(I), had a satisfying throwing weekend in San Luis Obispo collaring 3 PRs.

Any number of national class decathletes used weekend meets as a tune-up for the upcoming Texas (Austin) and Mt Sac (Azusa) Relays. The most notable news was the trio of throwing PRs recorded by 3x collegiate champion Ashton Eaton, now at the Oregon Elite TC in Eugene. Very acceptable weather was provided for the Cal Poly Invitational meet in San Luis Obispo where Eaton, 23, Bend, OR, worked on his throws. He came away with three lifetime bests, and,

for good measure, high jumped at Cal Poly and won at 2.03m/6-8. His PR is 2.11m/6-11. Thinking of a 4 PR meet, he went immediately to a PR 2.12m/6-11¼ and rattled the bar twice on good efforts.

Here's the log:

4/1: discus 44.19/144-11 PR; old PR 43.71m/143-5  
 4/2: javelin 57.23m/187-9 5<sup>th</sup>; old PR 53.93m/176-11  
 shot put 14.74m/48-4¼ 5<sup>th</sup>; old PR 14.45m/47-5  
 high jump 2.03m/ 6-8 1<sup>st</sup>

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Big fields await in Austin this Wed/Thurs at the Texas Relays (16) and at Mt Sac (really Azusa) the following week where 52 (52!) are entered in the concurrently run Mt Sac Relays and Cal Invitational. So deep is the Mt Sac field that half-a-dozen 7000 pointers including a trio of national collegiate indoor scorers and qualifiers, have been relegated to the Cal Invitational sections.

As always, check our weekly posted *Results Page*.

### Eaton 'sThrowing Progress

“Ash has made lots of improvements in the throws,” said mentor Harry Marra. “It was not a surprise that his discus and javelin throws were career bests. They have not been that good. But what was surprising was the shot since we had been working on that and competing all winter. Ash is beginning to understand the concepts.” As a matter of fact Eaton has PR'd in every throwing event of 2011. Everyone!

Consider his 3 indoor meets where he competed in the shot (in either open or CE meets) and his previous career best had been 13.12m/43-½.

Jan 22 Princeton Tune-up	14.18m/46-6¼
Jan 28 Millrose Multis	14.22m/46-8
Feb 5 Tallinn Heptathlon	14.45m/47-5
April 2 Cal Poly Invt	14.74m/48-4 ½