

THE DECATHLON ASSOCIATION

DECA Newsletter

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HELWICK RETURNS

Nixon, Lazas #2, #3 all time Prep Marks

Hello Again...a pair of Volunteers and another pair of Sooners made news during the 2nd weekend of April. Beset with back ailments for the past 14 months, former Tennessee Volunteer Chris Helwick (PR 8143 '08) returned to the deca battlefield with a fine 7779 win at the Sea Ray Relays in Knoxville. Down 272 points to Georgia's Cory Holman at the break, Helwick put up 5 solid 2nd day marks and his margin of victory was 471 at the finish. Holman's score was an NCAA provisional, and, if history is any indication, will be enough to earn him a ticket to the NCAA meet in Eugene, OR in early June. A pair of red-shirting Georgia Bulldogs came up short at Tom Black Track...SEC indoor champ Tommy Barrineau nh'd in the high jump while transfer Michael Ayers struggled over the last two events.

And, just days before, 2x NAIA champ Jonathan Hilton, now an assistant coach at his alma mater, Oklahoma Baptist, opened his 2010 campaign at the smallish Oklahoma Christian decathlon with a solid 7348 win in Oklahoma City.

At the prep level athletes from Oklahoma and Tennessee were also prominent. The Arcadia Prep decathlon, which witnessed Curtis Beach's 7909 prep record a yare ago, was the site of another eye-opener. Gunnar Nixon, 17, a junior from Sante Fe, Oklahoma, used jumping, hurdling and sprinting skills to run up a 7573 score, the #2 performance ever. But he did not have an



Chris Helwick, '07 Tennessee, has experienced injury problems in recent years. But nothing bothered him at Sea Ray as he nailed a fine 7779 season opener.

easy time of it as Kevin Lazas, 18, Brentwood, TN posted a 7510 score, the # 3 prep mark all time. Nixon's middle three marks- 2.11m/6-11½, 49.59 and 14.63-- were particularly decisive.



Two time NAIA champion Jon Hilton, Oklahoma Baptist '09, opened his season with a 7348 win in Oklahoma City.



Gunnar Nixon, 17, Sante Fe, OK, won the Arcadia Prep decathlon with 7573, a score only ever bettered by Curtis Beach.

Over the weekend 14 decathlons were held and of the 160+ athletes who went to the sprint starting line, the oldest was Central Missouri coach Kip Janvrin, who took his staff and athletes with him to a low key meet in Emporia, Kansas. The only athlete over the weekend who had more career wins than Kip Janvrin, was Tiger Woods. As we go to press Woods is challenging for a 5th green jacket in Augusta (hey, what a good idea, why don't we give jackets to decathlon winners?). But in this open meet in Emporia, Kansas, Janvrin, 44 (he'll be 45 in July), started his 94th career decathlon, finished his 91st and won (!) his 41st, a world best. The total, 6807, bodes well for a quest to be the first athlete at age 45 to score over 7000 on the international tables.

Next week's major meet will be the combined Mt Sac Relays and Cal Invitational at Azusa.

Weekend Watch:

We can't follow every individual event for top decathletes, but a few results were noteworthy:

Ashton Eaton: 4/10/10 Pepsi Invt, Eugene
 Long jump 1st 7.77m (25-6) +0.4
 110m H 1st 13.64 +2.4 PR
 4x400m R 2nd 45.78 leadoff leg (3:08.41)

Nick Adcock same meet
 110mH 2nd 14.13 +2.4 PR
 High Jump 6th 1.93m (6-4)



Making news: NCAA champ Ashton Eaton, (left). 22, Oregon, put up some Toomey-like numbers at Pepsi while Kip Janvrin, 44, (right) won for the 41st time in Emporia.