

## 2010 WORLD ULTRAS to US World-USA Rankings In, Indoor Year Begins

**Hello Again....**We begin the 35<sup>th</sup> year of the *DECA Newsletter* and 2010 promises much. It's a season without an outdoor IAAF World Championships yet it is a season where the incredible American depth could produce lots of big efforts and a year in which both the American and Collegiate outdoor records are at risk. Like the American economy itself, USA decathlon fortunes are on the rise.....  
.....keep your fingers crossed and hold on!

There is little news on the current indoor season itself. January's freezing cold weekend netted three low-key meets and the top score posted was a 4817 effort by Weber State's Andy Heaton while winning the BYU opener. Check our updated Results page.

One bit of coaching news...John Strang has been hired as an assistant at his alma mater, Utah State. Good news for those interested in the Double-Decathlon.....20 events over two days. The world champs come to Lynchburg, VA in September. Details are provided below. And *Track and Field News* has released their annual world and national 2009 rankings. As expected, Trey Hardee (left) earned the top spot (his first), and Tom Pappas earned



his 8<sup>th</sup> career world ranking.



### Here is the World Double Decathlon Info

The 2010 World Championships for Ultra Multi Events will be contested at Liberty University's Matthes-Hopkins Track Complex in Lynchburg, Virginia, Sept. 24-25, 2010. The same facility previously hosted the 2005 World Championships for Ultra Multi Events. Please see below for additional information on this year's meet.

#### Entry Information

The cost of entry into the 2010 World Championships for Ultra Multi Events is 60 American dollars, payable to Liberty Track & Field by check or money order. Your spot in the meet will be reserved upon receipt of your entry fee at the following address:

Liberty University Track & Field Office  
1971 University Blvd.  
Lynchburg, VA 24502 USA

The entry fee includes a meal on the evening

of Sept. 23 as well as a t-shirt.

### Field Size

The field will be limited to the first 48 male entrants and the first 24 female entrants.

### Basic Schedule Information

The first event is expected to begin at 9 a.m. on both days of competition. A tentative schedule will be posted here when it is completed.

### Day 1 Events

*Men's Double Decathlon* - 100, long jump, 200 hurdles, shot put, 5K, 800, high jump, 400, hammer, 3K steeplechase

*Women's Double Heptathlon* - 100 hurdles, high jump, 1,500, 400 hurdles, shot put, 200

### Day 2 Events

*Men's Double Decathlon* - 110 hurdles, discus, 200, pole vault, 3K, 400 hurdles, javelin, 1,500, triple jump, 10K

*Women's Double Heptathlon* - 100, long jump, 400, javelin, 800, 200 hurdles, discus, 3K

### International Association for Ultra Multievents

[Click here to visit the official website of the International Association for Ultra Multievents.](#)

### Questions?

Please bookmark this website and check back for additional information as the meet approaches. In the meantime, please email [track@liberty.edu](mailto:track@liberty.edu) with any questions you may

### 2009 Decathlon Rankings

#### World

1. Trey Hardee (US)
2. Leonel Suárez (Cuba)
3. Aleksandr Pogorelov (Russia)
4. Oleksiy Kasyanov (Ukraine)
5. Michael Schrader (Germany)
6. Tom Pappas (US)
7. Yordani García (Cuba)
8. Aleksey Sysoyev (Russia)
9. Pascal Behrenbruch (Germany)
10. Niklas Wiberg (Sweden)

On right top: Leonel Suarez/CUB;  
bottom: Aleksandr Pogorelov/RUS.



### USA

- |                   |                  |
|-------------------|------------------|
| 1. Trey Hardee*   | Nike             |
| 2. Tom Pappas*    | Nike             |
| 3. Ashton Eaton   | Oregon           |
| 4. Jake Arnold    | asics            |
| 5. Chris Randolph | CNW/VS Athletics |
| 6. Paul Terek     | unat             |
| 7. Joe Detmer     | unat             |
| 8. Michael Ayers  | Tennessee        |
| 9. Trinity Otto   | Texas A&M        |
| 10. Bubba Edmonds | Arizona Puma     |

### The Ranked USA Decathletes:



**Left Column (top to bottom):**  
Trey Hardee, Jake Arnold, Chris Randolph, Michael Ayers, Trinity Otto;  
**Right Column:** Tom Pappas, Ashton Eaton, Joe Detmer, Paul

Terek, Lysias Edmonds.

