

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## DES MOINES 1<sup>st</sup> DAY IN THE BOOKS

### Pappas Leads With 4234 Score



**Hello Again....**Who was and who was not at the 91<sup>st</sup> USA national decathlon meets was on everyone's mind at Drake Stadium in Des Moines. Yes, Olympic champ Bryan Clay withdrew two days before the start and World champ Trey Hardee and NCAA king Ashton Eaton did not enter, victims of nagging injuries and a long collegiate season.

Yet there was plenty of talent to go around and most of the interest focused on 33 year old Tom Pappas and his attempt at a record 6<sup>th</sup> national outdoor crown. Now a volunteer coach at Kansas State and short on running background, Pappas hoped to rely on field and hurdle experience to break the record keeping logjam of 5 wins he co-holds with Bill Toomey and Dan O'Brien. His main challenger appeared to be Jake Arnold who spent the better part of May and June competing in IAAF CE Challenge meetings in Europe...1<sup>st</sup> at Multi-Stars, 4<sup>th</sup> with PR in Götzis and 5<sup>th</sup> at Fortuna in Kladno, all in a 6 week period. Would his legs hold up for another ten-eventer? And what about resurging vets Joe Detmer and Chris Helwick whose running and javelin skills respectively are legendary. Toss in half a dozen collegians and we have a MEET!

The weather did not appear to be a major concern as day one broke hot and windy. The script went well enough for Tom Pappas whose 4234 point 1<sup>st</sup> day score was 178 up on Arnold at the break. Here is how day one unfolded.....

5 x national decathlon champ Tom Pappas (right) used field event skills to run up a 4234 1<sup>st</sup> day score. Here he manages a 7.26m/23-10 effort in the long jump.



**91<sup>st</sup> USA National Decathlon**  
**Drake U Stadium**  
**Des Moines, IA**  
**June 25-26, 2010**

#### Day One

**100 meters:** [10:30-10:35 am]

Day one broke hot and sunny. At the start the crowd count was 244. Cal's Mike Morrison withdrew at the last minute and the remaining 14 went to the SW corner starting line, running from south to north, with a smile since considerable breezes promised fast times.

The very busy Jake Arnold, in lane 5 (4<sup>th</sup> ten-eventer since early May) broke quickly and had a bit of daylight on the field

at 40 meters. Chris Helwick, in lane 4, cut the margin slowly but did not get everything back as Arnold breezed in at 11.08 seconds, .05 ahead of Helwick. Aiding wind +1.5mps.

Section #2 saw Trinity Otto get out well and cruised down lane 8 with speedy vet Joe Detmer and Clemson's tall Miller Moss in pursuit. They were never able to collar the Aggie who clocked a fine 10.73 seconds, .07 ahead of Detmer's PR with Moss another .01 back. Most of the crowd followed the progress of Tom Pappas, 33, a 5x winner here, to see if he would hold up. He sprinted just fine, clocking 11.00. A nice (well, let's be honest, ok, a GREAT) tailwind (+3.3mps) aided all of the runners. And the seeding was virtually perfect as both sections produced close finishes and no one ran slower than 11.13 in the 2<sup>nd</sup> race and only one ran faster than 11.13 in the first. Good athletes, proper seeding and a little wind produced very fine results.

*After One: Otto 922, Detm 906, Moss 903, Papp 861.*

**Long Jump:** [11:15-11:45 am]

A nice crowd built and watched the



Texas A&M senior Trinity Otto's speed kept him in 2<sup>nd</sup> place, 82 points behind Pappas (4234-4152)

long jump on the west side, jumping, again, from south to north. Simultaneously qualifying rounds in the junior men and women 200m dash were being conducted in the opposite direction, finishing directly into the wind. The large 200m wind gauge continually reminded the crowd of the strong

headwinds for the junior sprinters and comesurate tailwinds for the dec jumpers.... -3.3....-4.2.....-2.9.....-3.6. One had to sympathize for the sprinters but the decathletes were delighted...so what if the scores would be windy...here was an opportunity to PR and PR they did.

The very first jump was a 7.28m/23-10 ¾ PR by Detmer, while Moss ended round #1 with a lifetime best 7.16m/23-6. Detmer improved his PR in round #2 getting his first career 24 footer (7.33m/24-¾).

Otto leaped 7.40m/24-3½ in round #2 to win the event and Pappas got 7.25m/23-9 ½. Mat Clark, Ames, and a crowd favorite since he schooled at Northern Iowa, equaled a PR as well at 7.21m/23-8. In round #3 Akron's Dan Kinsey hit the toe-board perfectly and covered 7.04m/23-1¼ of Des Moines real estate, yet another lifetime best. Veteran Mark Jellison got a 7.29m/23-11 effort while Pappas improved 1cm in the final round. Helwick nailed his best leap in two years with a 7.17m/23-6¼. In all, there were 5 lifetime best efforts and nearly everyone pushed the PR envelope. Unlike the junior decathlon long jump conducted on the same pit two days earlier, the veterans managed the gusty winds and there were only 3 fouls in 36 attempts. The athletes were as hot as the temperatures (high 80's).

*After Two: Otto 1832, Detm 1799, Moss 1755, Papp 1737.*

**Shot Put:** [12:30-12:56 pm]

The decathletes had to share the CE spotlight with Hyleas Fountain who was running up a big 1<sup>st</sup> day score herself... eventually 4068 1<sup>st</sup> day points, one of the highest in history!).

Throwing in the southeast corner circle Pappas fouled (at the board) in round #1 while Dan Kinsey led with a 14.74m/48-4 ½ toss. Pappas, wearing the new purple Nike uniform, lit it up in round #2 with a 16.33m/53-7 put to take the overall lead. Kinsey improved to a near PR 15.02m/49-3 ½ effort.

With the crowd (now about 1200) following both the dec and hept, Pappas tossed a rocket, 16.87m/55-4¼, winning the event by 6 feet. Nick Trubachik, Portland State missed PR by a single cm in round #3. Good scores coming. *After Three: Eato 2684, Otto 2622, Moss 2441, Rise 2437.*

**High Jump:** [1:30 -2:50 pm]

The meet's first casualty was Dan Kinsey, who was well up on PR pace when he inexplicably nh'd at 1.87m/6-1½.

With the bar at 1.99m/6-6¼ nine of the original 12 athletes were still jumping. But only Arnold (looking springy in spite of his recent Marco Poloing) and Pappas got over 2.02m/6-7½. The leap moved Arnold, who currently leads the IAAF Combined Events Challenge. Pappas managed 2.05m/6-8¾ on his 2nd attempt, then went no higher and the high jump abruptly ended after 80 minutes, 113 attempts and 53 clearances at 10 bars. Another quality event.

*After Four: Papp 3492, Otto 3281, Detm 3222, Arno 3205.*



**400 meters:** [3:36 -3:46 pm]

All dozen starters went to the 400 starting. Dan Kinsey took the obligatory step in the first race so as to stay and compete tomorrow. Chris Helwick, in lane 3, bucked the strong headwind in the stretch and captured the event in 51.06.

The second race matched up collegian Moss with vet Detmer, both of whom have top middle distance skills. Moss, in lane 4 held a slight lead at 200m but Detmer, one

lane to his outside, caught him at 150 and just held the Clemson Tiger off, 47.78 to 47.90. Mostly unseen b/c he was in lane 8, Tom Pappas, light on training, struggled in at 51.60.

Jeff Bennett's championship meet record (46.4h-1972) and stadium record, 47.5-1970) lived for another day.

*After Five: Papp 4234, Otto, 4152, Detm 4142, Moss 4108.*



**RESULTS:**

**6/25-26 91<sup>st</sup> USA Senior Champs, Drake U, Des Moines.**

4234	Pappas, Tom/unat	11.00+3.3 726+2.9 1687 205 51.60
4152	Otto, Trinity/Tex A&M	10.73+3.3 740+2.4 1369 193 48.79
4142	Detmer, Joe/unat	10.80+3.3 733+1.1 1237 199 47.78
4108	Moss, Miller/Clemson	10.81+3.3 716+2.5 1263 199 47.90
4056	Arnold, Jake/Asics	11.08+1.5 689+2.6 1439 202 49.22
4011	Clark, Mat/unat	11.04+3.3 721+5.0 1270 199 49.20
3932	Adcock, Nick/Missouri	11.13+3.3 688+1.7 1333 196 49.01
3919	Jellison, Mark/unat	11.26+1.5 729+3.0 1393 199 52.25
3906	Helwick, Chris/unat	11.13+1.5 717+2.7 1333 196 51.06
3809	Trubachik, Nick/Portland St	11.20+1.5 674+2.4 1384 193 51.31
3725	Keller, Dan/UNC	11.51+1.5 674+5.1 1302 199 51.21
2335	Kinsey, Dan/Akron	11.65+1.5 704+3.1 1502 nh dnf
		12s,12f

[Photos credits to Christopher Gannon of the *Des Moines Register*.]