

THE DECATHLON ASSOCIATION

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ARNOLD CATCHES PAPPAS

8215 Total is Jake at USA Nationals



Hello Again....there were three stories within the 91st national decathlon title meet in Des Moines, all of them rather compelling. First: was 33 year old Tom Pappas in good enough shape to hold off Jake Arnold and grab a 6th national title and, conversely, would Arnold's legs hold out after his 7 week march through Europe?; second, could steady and improving Joe Detmer, 100 points up on PR (7892) pace, use his distance running skills to crack 8000 for the first time?; and third: would Kip Janvrin's 14 year old Drake Stadium record of 8198 points survive?. The answers: no/yes; yes, no.

The answers....Arnold used terrific 2nd day skills and recorded PRs in both the hurdles and discus to pare the Pappi lead, then put 35 seconds between himself and the 5 time winner to grab his first outdoor crown with 8215 points, *exactly the score used to win the 2007 NCAA title*. And the Wisconsin grad cranked out a meet and stadium record 4:07.98 to slip past 8k. And finally, Janvrin's name will be erased from the Drake record board behind the west stands. Here's what happened:



26 year old Jake Arnold won the 91st USA National Decathlon with a 8215 effort in Des Moines.

91st USA National Decathlon
Drake U. Stadium
Des Moines, IA
June 15-26, 2010

2nd Day

110 m Hurdles: [10:45-55 am]

Thunderstorms rushed thru Iowa's capital overnight and 2 hours of heavy rain (from 4-6 am) flooded the area. By 7:30 am the skies began to clear but parts of Drake Stadium were drenched. When I reached the stadium at 7:50 am the two discus rings were under 3 inches of water. The rain forced a



delay of the meet program, which, on Saturday morning started with a pair of race walks. The decathlon start, originally scheduled for 10:30 am, was delayed to make room for the junior women's 10k race walk! *(here is one of my asides: I have always maintained that the national CEs should have their own separate meet precisely for this reason. When the decathlon schedule is altered to accommodate the junior women's 10 race walk one knows where they stand in the meet's administrative pecking order)*

By ten am the track had dried out but there was casualty when contender Chris Helwick popped his left hamstring just 5 minutes prior to the 1st event.

Running south to north on the west side of Drake Bulldog blue oval, the decathletes were well seeded into two hurdle races and several hundred were on hand for the opening gun. In the first race, and using a terrific tail wind (+3.0 mps) Trinity Otto, Texas A&M, was never headed as he posted a significant PR of 14.57 seconds for the win. Dan Keller of UNC equaled his own PR at 14.98 and Dan Kinsey, who no marked twice on day one but who would finish the entire meet) PR'd as well at 15.25. Whew! Fast times today.

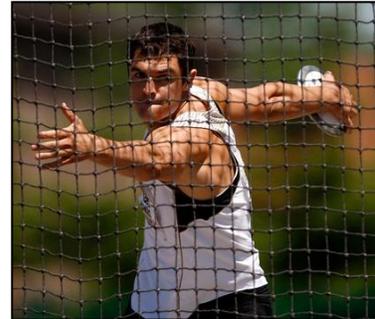
In the second race Tom Pappas and Jake Arnold ran side-by-side in lanes 3 and 4. The winds picked up (+4.4 mps) and Pappas was away sluggishly while Arnold dueled Nick Adcock. Jake, wearing orthotic socks to protect tight calves, crossed the finish line in a PR 14.06, .14 ahead of Adcock with Pappas 3rd in an acceptable 14.43. Jake moved to within 31 points of 2nd place.
After One: Papp 5144, Otto 5054, Arno 5023, Moss 5011.

Discus: [11:25 am and 12:07 pm]

The meet's PA announcer was charged with reporting both the decathlon and women's heptathlon and the former's discus and latter's long jump were scheduled for the same time. *(when I saw how well the men were throwing in round one I eschewed the long jump, 300 meters away and missed some big jumps by Hyleas Fountain. One can not be omnipresent.)*

The discus event is held outside the north end of Drake Stadium. I counted over 400 fans who lined the sloped west bank and walkway.

The throwing in round #1 was as good as I can remember. Throwing 4th Arnold spun a 49.14m/161-2 PR (by a foot!) that got everyone pumped. Dan Keller then tossed PR 40.48m/132-8 and Mat Clark, a local favorite from Ames, also dished a lifetime best, 41.26m/135-4. Minutes later Kinsey did the



Jake Arnold's 1st toss, a lifetime best, covered 49.14m/61-2 of Des Moines real estate.

same nailing with a big PR 49.95m/163-10, the ultimate winning effort. 4 PRs in 7 minutes! Wow. Who could leave for the long jump after watching that?

The left handed Pappas improved with each throw, but in truth, this was right-handers wind. He managed 48.03m/157-7, 48.37m/158-9 and 48.63m/159-6

In the final round Clark, who was fashioning a fine score, PR'd once again with 43.00m/141-1. Arnold carved out another 30 points of the Pappas lead. Every athlete was within 3m of a lifetime best and there were only two fouls in 33 efforts. Now to the hept long jump!

After Eight: Papp 6876, Arno 6785, Detm 6457, Otto 6392.

Pole Vault: [12:51-2:20 pm]

The vault witnessed yet another casualty as Mat Clark, himself fashioning a fine score, when he landed awkwardly after opening the vault by clearing 4.10m/13-5¼. The medics carted him off to the first aid tent. A 4.95m/16-2¾ vaulter and 4:12 1.5k runner, who had just PR'd in the discus, a big score was in the offing. Ah, the best laid plans! The

UNI grad would hobble thru the jav and slog the 1500 in 4:50 but his big score would have to wait.

Three cleared 4.90m/16-¾, Pappas, Arnold and Kinsey (a PR). Only Arnold managed 5.00m/16-4¾, cutting another 30 points from the Pappas lead, then he passed to 5.20m/17-¾ and had a pair of good attempts. “I was feeling pretty good at the time,” he would say later. “I was over 5.20m twice. Oh well.” In summary, 89 minutes, 74 attempts, 29 clearances at 11 different bars.

After Eight: Papp 6876, Arno 6785, Detm 6457, Otto 6392.

Javelin: [3:00 – 3:26 pm]

Temps pressed into the high 80s as a good crowd (nearly 500) went to the north javelin area to watch the drama. Few realized that Clemson junior Miller



Clemson’s ACC runner-up, Miller Moss added nearly 5 meters to his lifetime best in the javelin.



Moss, an upcoming talent from Sumter, SC, speared a nifty 16 foot PR at 51.70m/169-7. But all eyes were on Pappas who managed a 59.64m/195-8 effort, but again was upstaged by Arnold whose 3rd round 60.85m/199-7 won the event and moved another 19 points closer to the lead.

After Four: Papp7608, Arno 7536, Detm 7104, Otto 7000.

1500 meters: [4:05-4:10 pm]

Travis Geopfert, who still serves as Joe Detmer’s coach, did some quick pencil work and noted after the javelin event that Joe needed “just” 4:07.98 to crack 8000 for the first time. Given Detmer’s 1500 skills, this was indeed possible. Geopfert calculated that a 66 second/lap pace would just do it. See pace chart insert.

And, of course, the Pappas-Arnold duel took precedence and the 72 point lead

Pappas now held represented a 12 second differential between the two.

Laps	even pace	actual split	+/-
300m (3 laps to go)	49.5	51.5	-2 secs
400m (1 lap)	66	67.5	-1.5
700m (2 laps to go)	1:56.5	1:56	-0.5
800m (2 laps)	2:12	2:13	-1.0
1100m (1 lap to go)	3:01.5	3:02	-0.5
1200m (3 laps)	3:18	3:19	-1
1500m (finish)	4:08	4:08	+1

Joe Detmer (left) had no problem posting a 4:06.63 1500m time and got his first 8000+ score in the process.



At the gun Detmer did *not* rush into the lead. Rather Dan Kinsey led the field for 150m. It was then that Detmer made his break leaving the peloton further and further in his wake. He was 1 second off pace at 800m, and, at the bell, needed a 65+ second last lap. He pressed it with 300m remaining and when he crossed the finish line and the digital scoreboard read 4:06.63 the 6000 spectators roared their



approval with a standing “O.” Significantly he marks finally eliminated the 4:08.4 by Wally Wilson/LAAC in 1954 (!) from the meet record book and erased Robert Baker’s 4:06.5 hand timed Drake stadium record. Even more important, he almost *detmered* (lapped in 1500m) Pappas who was struggling on the final lap. He was 14 seconds behind Arnold with a lap remaining but, w/o any running training, could not hold on and Arnold ran

with the pack and clocked 4:40.21 while Pappas struggled in the last 300m getting 5:12.01. The large crowd was appreciative of both efforts.

After Ten: Arno 8215, Papp 8101, Detm 8009, Moss 7614.

Notes:



“I need a break,” said Jake Arnold, who managed a 4:40 1500m, enough to garner him his first outdoor USA crown. In the process he became just the 5th in history to win both NCAA and USA national decathlon titles. Rick Wanamaker , Chris Huffins, Tom Pappas and Trey Hardee were the others.

What a meet! All honor to Tom Pappas who came to Des Moines hoping his field event experience would carry him to an 8100 score. It did but it was just not enough and Jake Arnold shook off a lot of tightness and managed to get through this meet. He’d say later, “it was those 2 PRs in the first 2 events that really helped, that set me up. The better I did the easier it became. But I’m tired and need a break.” His coach, Sheldon Blockburger, explained that Jake would take two complete months off from training and just rest. Well, he earned it.

And, whatever else once can say about this meet, meet officials corrected 3 common errors of earlier national meets: they seeded the 3 races producing close, exciting results and improved performances; they eliminated the non-adjacent lane silliness of the hurdles; and they accommodated the athletes by orchestrating the vault, long jump, high jump, sprint and hurdles with the wind at the back of

the athletes. This meet showed just how much that could help, not only in a raw, biomechanical sense, but also in improved outlook of the athletes as they proceeded thru the ten events. Many got on a roll and stayed on a roll. I counted the number of lifetime best marks in this meet at 18! 18 from a veteran field is a very high number.

Finally, Arnold’s 8215 removed Kip Janvrin’s name from the Stadium record book.



RESULTS:

6/25-26 91st USA Senior Champs, Drake U, Des Moines,

8215	Arnold, Jake/Asics	11.08+1.5	689+2.6
	1439 202 49.22 14.06+4.4	4914 500 6085	4:40.21
8101	Pappas, Tom/unat	11.00+3.3	726+2.9
	1687 205 51.60 14.43+4.4	4863 490 5964	5:12.01
8009	Detmer, Joe/unat	10.80+3.3	733+1.1
	1237 199 47.78 14.88+4.4	3841 470 5394	4:06.63
7614	Moss, Miller/Clemson	10.81+3.3	716+2.5
	1263 199 47.90 14.56+4.4	3562 440 5170	4:39.66
7592	Otto, Trinity/Tex A&M	10.73+3.3	740+2.4
	1369 193 48.79 14.57+3.0	3860 430 5128	4:54.42
7579	Adcock, Nick/Missouri	11.13+3.3	688+1.7
	1333 196 49.01 14.20+4.4	3776 460 5256	4:42.86
7485	Jellison, Mark/unat	11.26+1.5	729+3.0
	1393 199 52.25 14.51+4.4	3805 460 5148	4:48.12
7434	Trubachik, Nick/Portland St	11.20+1.5	674+2.4
	1384 193 51.31 15.05+3.0	4086 430 5878	4:40.31
7428	Keller, Dan/UNC	11.51+1.5	674+5.1
	1302 199 51.21 14.98+3.0	4045 480 5417	4:40.57
7355	Clark, Mat/unat	11.04+3.3	721+5.0
	1270 199 49.20 16.16+3.0	4300 410 5374	4:50.75
6137	Kinsey, Dan/Akron	11.65+1.5	704+3.1
	1502 nh dnf 15.25+3.0	4995 490 5795	5:05.88
dnf	Helwick, Chris/unat	11.13+1.5	717+2.7
	1333 196 51.06 dnf, injured, withdrew		12s,12f