

THE DECATHLON ASSOCIATION DECA Newsletter

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EATON RACES to FIRST DAY LEAD Beach Also in IAAF Contention in Portland

Hello Again....24 hours before IAAF World Champs heptathlon was scheduled to start I sat in the Media Tribune area of the Portland's Oregon Convention Center watching a dozen or so athletes warm-up for the tomorrow's events. There was an eerie quiet, just a patter of approach steps for the jumps, some last minute high knee lifts and sprinting, and some quite chatter. By one pm the facility had lapsed into anticipatory stillness. Now, today, an hour before the heptathlon, as the arena fills, the mood is one of nervous anticipation. The eleven (Algeria's Larbi Bouraada couldn't obtain a Visa in time) athletes are itchy to get underway, to get moving. By the end of the day (2 sessions---morning, early afternoon for the sprint and horizontal jump, and evening for the shot and vertical leap), Ashton Eaton, 28, Eugene, although not as sharp as many had hoped, was in firm command here. He was 63 points up on ex-NCAA champ Kurt Felix with 3 outstanding 2nd day events coming up.

"I hold myself to high standards," Eaton said earlier in the week. Winning a 3rd worlds is just one of the few historic goals left for Eaton. Only Bryan Clay ever came close...winning in 2008 and 2010 after finishing in the runner-up slot in both 2004 and 2006.

Yet another former NCAA champ, Curtis beach literally leaped into medal contention with top long and high jump marks. He stands 4th, 83 digits down on Oleksiy Kasyanov. But, like Eaton, his best



Ashton Eaton rushed to a first day lead at the 2016 World Indoor heptathlon. He sprinted to a 6.81 60m clocking.

events come after the break. O My! I can't wait until Saturday morning. Stay tuned.

**2016 and 13th IAAF
World Championship Heptathlon
Oregon Convention Center
Portland, OR
March 18-19, 2016**



60 Meters: [11:30-10.42]

After a Hollywood introduction the athletes settled in before a crowd that could only be estimated as 60% full at 11:30 am. Ex NCAA champ Kurt Felix, representing Grenada caught fast starting Adam-Sebastian Helcelet/CZE and eased away for a PR win 7 flat.

Section One 60 Meters

pl	name	nation	lane	time	points	reaction
1	Felix	GRN	4	7.00	882	0.155
2	Helcelet	CZE	3	7.05	865	0.139
3	Brugger	GER	6	7.15	830	0.173

4	Olson	SWE	5	7.17	823	0.149
5	Nowak	GER	2	7.18	818	0.143

Eaton, in lane 5 was a heavy favorite but the rhythm was broken by an egregious false start by inexperienced Sam Remedios/POR. Ashton was caught napping when the race finally got under way and it took 40 meters to overcome vet Oleksiy Kasyanov/UKR. Eaton looked around at the finish, clearly disappointed with his 6.81 second clocking, muttering 'kinda slow.' Nevertheless he was up .05 on Kasyanov and 18 points up on the scoreboard.

And had it not been for the fast surface at Doane College two weeks earlier the 5th place 7.04 for national champ Curtis Beach would have been a PR. The crowd was rather subdued.

Section Two 60 Meters

pl	name	nation	lane	time	points	reaction
1	Eaton	USA	5	6.81	951	0.152
2	Kasyanov	UKR	7	6.86	933	0.142
3	Remedios	POR	4	6.93	907	0.195.
4	Lelievre	FRA	3	7.02	875	0.209
5	Beach	USA	2	7.04	868	0.149
6	Urena	ESP	6	7.10	847	0.145

After One: Eato 951, Kasy 933, Peme 907, Feli 882.

Long Jump: [12:22- 1:06 pm]

The super quick emerald green runway provided excellent marks. Beach covered 7.37m/24-2¼ in round #1 but was soon

2 x and defending champ Ashton Eaton (right) leaped 8.08m/26-6¼ to put him in firm command in Portland.



eclipsed by Eaton, jumping at the bottom of the order, with a nice 7.85m/25-9¼. This was the event Team Eaton was most nervous about. But this week there was no accompanying pole vault to bopp him on the

head (see photo from last week's nationals which resulted in 6 stitches to the noggin'). His approach was smooth, the last five steps shortened and he remained tall throughout. In



Eaton's head was bandaged after a vault crossbar required 6 stitches last week at the USA meet.

other words, technically very sound.

Round #2 saw Beach improve to 7.54m/24-9 moving into 3rd overall. Eaton's 2nd approach was a notch faster. He hit the board 2 inches back and the leap covered 8.08m/26-6¼ of Portland real estate. Wow! The sluggish sprint was forgotten. He was now 28 down on his '12 Istanbul WR, close enough and he subsequently passed his 3rd attempt.

But Beach was not done. His SB 7.65m/25-1¼ moved him to within 25 points of Oleksiy Kasyanov who held down 2nd at 1865 points. The athletes now got a 4+ hour break before the evening shot put.

Long Jump Results

pl	name	nation	1st	2nd	3rd	best	ft-in	points
1	Eaton	USA	7.85	8.08	P	8.08m	26-6¼	1081
2	Beach	USA	7.37	7.54	7.65	7.65m	25-1¼	972
3	Kasyanov	UKR	7.03	7.49	7.45	7.49m	24-7	932
4	Felix	GRN	7.22	7.29	7.45	7.45m	24-5½	922
5	Brugger	GER	7.30	7.15	7.26	7.30m	23-11½	886
6	Helcelet	CZE	7.09	7.19	7.06	7.19m	23-7¼	859
7	Remedios	POR	F	F	7.16	7.16m	23-6	852
8	Urena	ESP	F	6.92	7.15	7.15m	23-5½	850.
9	Lelievre	FRA	7.11	7.14	6.91.	7.14m	23-5¼	847
10	Olson	SWE	6.89	6.76	6.99	6.99m	22-11¼	811
11	Nowak	GER	6.69	6.79	6.92	6.92m	22-8½	795

After Two: Eato 2032, Kasy 1865, Beac 1840, Feli 1804.

Shot Put: [5:15-

The OCC filled quickly for the evening session. While high school relays and the women's pentathlon long jump filled up the track and infield the heptathletes went to the shot. Young German Mathias Brugger led off with a 14.16m/46-6 toss. Adeam-Sebastian helcelet/CZE led at the end of round #1 at 14.74m/48-4½. Eaton, throwing last and with a mark in the 14m vicinity, fouled at the toe-

board. Beach posted a near PR 13.03m/42-9 effort.

In round #2 Felix, the '12 NCAA outdoor champ while at Boise State, improved to 14.80m/48-7 but Eaton's toss measured just 13.39m/43-11¼.

In round #3 German Tim Nowak got a



The shot put gave a boost to Kurt Felix (left) who won at 15.02m/49-3½. Ashton Eaton (right) managed 14.16m/46-5½ in round #3.

PR 14.31m/46-11½ and Beach too, improved managing a 1cm career best at 13.12m/43-½.

Felix improved once again and won the event with a 15.02m/49-3½. Eaton's moment of truth came at 5:44 pm and he came up with a cluth 14.16m/46-5½ put but fell a bit further off his WR pace (53 points down). Yet he still led by 144 over Kasyanov with Felix and Beach another 31 and 111 back.

Heptathlon Shot Put

pl	name	nation	1st	2nd	3rd	best	ft-in	points
1	Felix	GRN	14.65	14.80	15.02	15.02m	49-3½	791
2	Helcelet	CZE	14.74	14.56	14.96	14.96m	49-1	787
3	Kasyanov	UKR	14.41	F	14.53	14.53m	47-8	761
4	Brugger	GER	14.17	14.47	14.03	14.47m	47-6	757
5	Nowak	GER	14.16	13.77	14.31	14.31m	46-11½	747
6	Eaton	USA	F	13.39	14.16	14.16m	46-5½	738
7	Lelievre	FRA	14.04	1374	F	14.04m	46-¾	731
8	Olson	SWE	13.46	F	13.92	13.92m	45-8	724
9	Remedios	POR	12.30	13.04	13.48	13.48m	44-2¾	697
10	Beach	USA	13.03	12.87	13.12	13.12m	43-½	675
11	Urena	ESP	12.24	F	11.89	12.24m	40-2	621

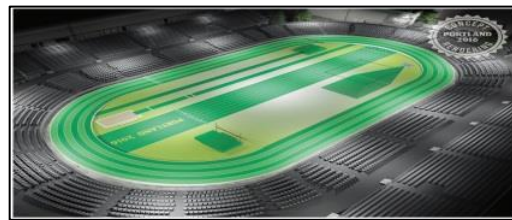
After Three: Eato 2770, Kasy 2626, Feli 2595, Beac 2515.

High Jump: [6:48- 8:28 pm]

The high jump pit was placed to the left of the sprint finish (SE corner). Felix opened at the 5th bar but had no steps and had to move cameramen out of the way for measurements. He was given some extra time

and nailed the bar, 199m/6-6¼, at a time when there were 8 left. Beach too cleared this bar which he kept hitting with his calves, but the crossbars stayed aloft. Eaton too was smooth and successful here.

At 2.02m/6-7½ seven remained and Felix had no trouble. His PR is 2.17m/7-1½. Brugger and Helcelet were also clear on 1st attempts. Beach put up a seasonal best here on his 2nd try but Eaton missed. He also



failed in the 3rd round but stayed 144 up on Kasyanov.

At 2.05m/6-8¾ the four remaining failed in both rounds #1 and #2. Felix popped over on his 3rd try as did Brugger. Beach's effort was ever so close but ultimately unsuccessful.

At 2.08m/6-9¾ Felix had a chance to move to 2nd. His jumping was interrupted by the women's pentathlon 800m and Brianne Theisen-Eaton brave last lap which won her the world crown. No matter, he collected himself and popped over 2.11m/6-11 on a 3rd try and was within 63 of Eaton's overall lead.

He was unable to manage 2.14m/7-1½ and the event abruptly ended after exactly 100 minutes, 92 attempts, 37 clearances at 10 different bars.

Heptathlon High Jump Summary

order	name	nation	187	190	193	196	199	202	205	208	211	214	217
1	Lelievre	FRA	xxo	xxx									
2	Urena	ESP	o	p	xo	o	xxx						
3	Remedios	POR	xxo	xxo	xo	xxx							
4	Felix	GRN	p	p	p	p	o	o	xxo	xxo	xxx		
5	Kasyanov	UKR	p	o	o	o	xo	xxx					
6	Brugger	GER	p	p	o	p	xxo	o	xxo	xxx			
7	Olson	SWE	o	o	xo	xxx							
8	Beach	USA	o	o	o	o	o	xo	xxx				
9	Helcelet	CZE	p	o	o	o	o	o	xxx				
10	Eaton	USA	p	o	p	p	o	xxx					
11	Nowak	GER	p	p	xo	p	o	xxx					
clear			5	5	8	4	7	4	2	1	1	0	= 37
attempts			9	10	12	10	13	14	12	6	3	3	= 92

Heptathlon High Jump Place

<i>Place</i>	<i>name</i>	<i>nation</i>	<i>best</i>	<i>ft-in</i>	<i>points</i>	<i>cumpts</i>
1.	Felix	GRN	2.11	6-11	906	3501
2.	Brugger	GER	2.05	6-8¾	850	3323
3t	Beach	USA	2.02	6-7½	822	3337
3t	Helcelet	CZE	2.02	6-7½	822	3333
5t	Eaton	USA	1.99	6-6¼	794	3564
5t	Nowak	GER	1.99	6-6¼	794	3155
5t	Kasyanov	UKR	1.99	6-6¼	794	3420
8	Urena	ESP	1.96	6-5	767	3085
9t	Remedios	POR	1.93	.6-4	740	3196
9t	Olson	SWE	1.93	.6-4	740	3097
11	Lelievre	FRA	1.87.	6-1½	687	3140

After Four: Eato 3564, Feli 3501, Kasy 3420, Beac 3337

RESULTS:



3/18-19 13th IAAF World Indoor Heptathlon, Convention Center, Portland, OR

3564	Eaton, Ashton/USA[Ore-eTC/Nike]	6.81 808 1416 199
3501	Felix, Kurt/GRN	7.00 745 1502 211
3420	Kasyanov, Oleksiy/UKR	6.86 749 1453 199
3337	Beach, Curtis/USA[Nike]	7.04 765 1312 202
3333	Helcelet, Adam Seb/CZE	7.05 719 1496 202
3323	Brugger, Mathias/GER	7.15 730 1447 205
3196	Remedios, Samuel/POR	6.93 716 1348 193
3155	Nowak, Tim/GER	7.18 691 1431 199
3140	Lelievre, Jeremy/FRA	7.02 714 1404 187
3097	Olson, Petter/SWE	7.17 699 1392 193
3085	Urena, Jorge/ESP	7.10 715 1224 196

11s,11f.
