

THE DECATHLON ASSOCIATION

DECA Newsletter

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BEACH with 6075 WIN Cato-Moss Medal at USAs



Hello Again....25 year old roommates and Phoenix training partners, Curtis Beach and Jay Cato, went 1-2 at the 31st USA national indoor CE champs at Doane College, Crete, NE on February 27-27. Beach lead Cato by just ten points after 6 events and then used his endurance skills to extend the margin to 200 points at the finish, 6075 to 5875. A consistent Miller Moss/Chula Vista OTC was third with a 5712 effort.

The renovated Fuhrer Field House on Doane's campus proved more than quick as the field of 13 veterans recorded ten career bests in straightaway races (4 in 60m, 6 in 60mH). A half dozen other lifetime best marks were recorded in the field events and the scores were significant. Beach's 6075 total is the US leading mark and 3rd best in the world at this point in the season. Beach will certainly earn a selection to the IAAF World Indoor champs meet in Portland in mid-March.

Beach's performance was more impressive than at first glance since he did not use his legendary long jump nor endurance skills to run up the total. Clearly capable of another ten seconds in the 1k race, he clocked just 2:37.66, his slowest 5 lapper in 6 seasons. Nevertheless he becomes only the 3rd athlete to earn both NCAA and USA indoor heptathlon crowns (Tom Pappas and Jake Arnold the others). His big efforts here came in the 60m (7.01), 60mH (8.07) and vault (5.10m/16-8³/₄), all PRs.

This meet also marked the return of Cato, a 4 x Big ten Conference heptathlon



25 year old Curtis Beach became only the 3rd athlete to win both the NCAA and USA indoor Heptathlon crowns.,

winner while at Wisconsin and Mike Morrison, the 2011 NCAA outdoor champ while at California. The latter was 4th behind a steady performance by Miller Moss, another NCAA champ ('11 indoor heptathlon). A pair of relative newcomers, Dillon Schrodt, ex Nebraska-Kearney and Calvin Sullins, former NAIA runner-up while at Siena Heights, recorded PR scores, 5495 and 5414 respectively.

Perhaps the most significant stat for this meet was the final attendance figures, 220 on Friday and 291 on Saturday, for a total of 511 spectators, the highest total in memory. Kudus go to Doane coach Ed Fye, whose career best decathlon total gives him a unique CE record---points per letter record (1433).

Here's the story:



**31st National CE Championships
Fuhrer Field House- Doane College
Crete, Nebraska
Feb. 26-27, 2016**

60m Hurdles: [12:30 – 12:39 pm]

Although there was scuttlebutt that the hurdles races would be run with empty adjacent lanes (now seen as a bad American habit), the event went off with over 150 spectators (a good sign if we are searching to locate this meet in the future) in attendance. The event ably demonstrated that we don't need every other empty lanes. In the first section, with athletes in lanes 3-4-5-6, ex Colorado Stater Justin Green raced to a nifty 8.25 clocking and the win while Sullins (8.35) and Thomas FitzSimons (8.46) raced to PRs.

It was more of the same in the 2nd section as Derek Masterson (8.47) and Bryan Jones (8.61) recorded lifetime bests in 1st and 3rd. Beach ran smoothly in the 3rd section winning in a PR 8.07 seconds, 7/100th in front of Cato. Thomas Hopkins/SBTC also managed a career best (8.22). Beach's margin over roommate Cato grew to 41 points.

After Five: Beach 4234, Cato 4193, Schr 4072, Moss 4034.

Pole Vault: [1:33 – 4:00 pm]

The vaulting was universally good here with no disasters. Sullins took 3 tries at his opening height, then went on to record two PRs ultimately managing 4.50m/14-9. At 4.90m/16-¾ five still remained. Here we lost Moss and Green, but Cato (3rd try), Morrison and Beach all were clear. The latter two could not muster 5.20m/17-¾ and settled for 1 bar lower, but Cato was full of vim and he was well over 5.20m/17-¾ on his 2nd attempt. A 2nd try at 5.30m/17-4½ resulted in a minor foot injury (lack of penetration into the pit) and he stopped. The event witnessed 96 attempts and 38 clearances over 14 bars in 147 minutes.

Cato had made up 31 points of Beach's overall lead and the margin was down to just 10 points, 5175 to 5165.

After Six: Beach 5175, Cato 5165, Moss 4883, Morr 4848.



A pair of 2011 NCAA champions made their persistence felt in Crete. Miller Moss (l), the national collegiate indoor champion from Clemson, and Cal's Mike Morrison, the outdoor dec champion, were in the mix throughout.

1000 meters: [4:32- 4:35 pm]

There was some pre race talk of Curtis going for a 2:28 clocking and a 6200 point score). He holds the world 1k hept best at 2:23.89!!! But after the first lap (30+ seconds) it was clear he was out of gas. He had vaulted 13 times over the previous 2 hours. He hung on for a 2:37.66 clocking while towing along FitzSimons (2:38.01) and Hopkins (2:38.60). His 6075 score is the world's 3rd best, missing 2nd by a single digit. Yet his total should be adequate to earn an invite to the IAAF WCs. He is clearly in 6200 shape and his victory completed a weekend 'Duke Double' as former teammate Robert Rohner won the ACC title the day before in Boston.

Well, this one is in the books...eleven 5k scores. And I suspect we'll see this affair return to Doane in the future.

The Results:

2/26-27 31st USATF Nationals, Fuhrer Field House,

<u>Doane College, Crete, NE</u>	<u>13</u>	<u>11 / 11</u>
6075 Beach, Curtis/Nike	7.01 742 1293 201 8.07 510	2:37.66
5875 Cato, Jay/Az T&F Aca	7.05 731 1185 210 8.14 520	2:55.29
5495 Schrodt, Dillon/unat	6.97 683 1215 210 8.36 420	2:51.45
5518 Bahner, Austin/ShockerTC	6.98 731 1319 186 8.71 460	2:48.42
5712 Moss, Miller/ChulaVistaOTC	7.06 676 1483 189 8.20 480	2:44.01
5571 Morrison, Mike/TimMackPV	7.29 696 1318 198 8.51 510	2:54.14
5425 Hopkins, Thomas/SBTC		

6.98 723 1327 174 8.22 390 2:38.60
5503 Green, Justin/unat
7.27 662 1205 207 8.25480 2:52.15
5414 Sullins, Calvin/SBTC
7.25 688 1313 192 8.33 450 2:49.88
5265 Masterson, Derek/SBTC
7.38 662 1475 186 8.47 440 2:52.75
5330 FitzSimons, Thomas/SBTC
7.35 667 1249 195 8.46 420 2:38.01
dnf: Bray, Wesley/unat
7.19 681 1289 186 9.01 460 dns
dnf Jones, Bryan/unat
7.16 685 1318 186 8.61 450 dns
13s,11f