

THE DECATHLON ASSOCIATION

DECA Newsletter

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EATON'S 4703 LEADS DAY #1 in BEIJING

45.00 400m WR, Hardee Injured

Hello Again....The 15th IAAF world championship decathlon is underway at Beijing's Birds Nest and it appears to be a repeat of the 2013 Moscow affair. Defending champ Ashton Eaton/USA holds a 173 point lead at break. The major stories included Ash's 45.00 400m, a new world deca best (yep, 45 flat) and Trey Hardee's back injury sustained in the long jump.

Given backgrounds, we may have the same three medalists as we had in Moscow two years ago...Eaton, Micahel Schrader/GER and Damian Warner/CAN. Eaton's 4703 1st day total put Tomas Dvorak's meet record in jeopardy. He is 25 down on WR pace and talk of a new global standard is premature. Tomorrow will be a long day.

Hey dad, 45 flat ! Here's Day One.



IAAF World Championships Beijing, China August 28-29, 2015

100 Meters: [9:00 - 9:26 am]

The Birds Nest is impressively filled this morning and the 100m sections are run while the walkers were outside the stadium. Temps hovered around 84°F with very slight breezes (read: headwind) from the SW. Air quality leaves something to be desired. 29 starters were formed into 4 races. Organizers wisely allotted 7 minutes between races to allow for false starts yet the sections were still slightly behind schedule.

Adam Sebastian Helcelet/CZE won the first race in 11.09 seconds with NCAA champ maicel Uibo/EST-Georgia 2 steps back (11.25) and NCAA runner-up Pau Tonnesen/



There's little else one can say...just shout it...45 flat!

ESP-Arizona 2rs (11.26, a PR). Slight headwind (-0.5mps).

2012 NCAA champ Kurt Felix/ GRN-ex Boise State was in lane 7 of the 2nd section. Willem Coertzen/RSA and Pawel Wiesiolek/POL both false started, the latter's flagrant. Coertzen outleaned Spain's Jorge Urena, 10.98 to 10.99 with Felix 4th in 11.02. Wind -0.7mps)

Jeremy Taiwo found himself in lane 7 of the third race, the the right of speedy Kai Kazmirek/GER. Both promptly false started. Their Gotzis differential was .17 in the German's favor. The false start pushed the

time schedule back 4 minutes. Dutch vet Eelco Sintincolaas won in a PR 10.62 clocking (wind -0.2mps). Kaz was 6th in 10.90 and Taiwo 7th in 11.06.

The anticipated 4th race, with 8 seeded runners, did not disappoint the sellout crowd. But before the real race Hardee false started in lane 4. Commonwealth champ Damian Warner was to his right with Ashton Eaton another lane over.

Ashton ran away with this one, smoothly clocking an eye-opening 10.23 seconds (1040 points) with Warner two steps back (10.31). Hardee was 5th in 10.56 seconds and defending silver medalist Michael Schrader/GER a disappointing 6th in 10.78, 3/100ths up on Zach Ziemek.

If there was any doubt as to Eaton's readiness, think...10.23...the event's 3rd fastest time in history and a meet record (erasing Chris Huffins 20year old mark of 10.34 from Göteborg). (wind: -0.4mps)

The summary of the 4th race:

Place	name	nation	lane	reaction	time	points
1.	Ashton Eaton	USA	6	0.168	10.23	1040
2.	Damian Warner	CAN	5	0.141	10.31	1020
3.	Rico Freimuth	GER	3	0.152	10.51	973
4.	Filipe dos Santos	BRA	7	0.155	10.53	968
5.	Trey Hardee	USA	4	0.122	10.56	961
6.	Michael Schrader	GER	9	0.136	10.78	910
7.	Zach Ziemek	USA	8	0.174	10.81	903
8.	Akihiko Nakamura	JPN	2	0.136	10.86	892

Excellent seeding!

After One: Eato 1040, Warn 1020, Frei 973, Sant 968, Hard 961....10th ZZ 903...19th Taiw 847.

Long Jump: [10:05 – 11:20 am]

In Group #A, Schrader's 7.71m/25-3½ opener was followed by a Taiwo foul. Halfway down the jumping order, Eaton waited patiently. His first leap of 7.88m/25-10¼ was enough to win the event while Warner immediately followed with a career best 7.65m/25-1¼. Neither improved in succeeding rounds. Taiwo's best of 7.15m/23-5½ and Uibo's 7.13m/23-4¾ were well below expectations. Conditions were generally good and the wind was never a factor even though more than 1/3rd (17/45) of all attempts were foot faults.....fast runway. Kazmirek was

particularly troubled with the runway getting only one fair jump, 7.40m/24-3½.

In Group B Felix and ZZ appeared ragged early but found their jumping legs on the third round. The ex-Boise State star managed a SB 7.66m/25-1¾ and the Wisconsin Badger got 7.57m/24-10 to go 1-2 in this group. Tonnesen was 9th with a solid 7.21m/23-8 effort. Again (16/42), lots of fouls. The major news was an injury to Trey



Ashton Eaton's 7.88m/25-10¼ long jump made it 2 for 2.

Hardee (7.30m/23-11½) in the 3rd round (he limped out of the pit with a back injury.

Ashton extended his margin over Warner to 78 points.

After Two: Eato 2070, Warn 1982, deSa 1913, Frei 1910.....8th ZZ 1855....9th Hard 1847...19th Taiw 1697.



Nike's new cooling headgear could not cool off Eaton.

Shot Put: [11:55 – 12:45 pm]

Hardee's injury appeared serious and after 2 tosses the 2x world champ would not make it thru the shot. After an initial round foul and

an aborted 10.20m/36-9 he withdrew, the meet's first casualty. Although early, but with Kazimirek well below par the medals almost seemed assured for Eaton, Schrader and Warner, the identical placings from Moscow. Hmmmmn.

Rico Freimuth won Group A at 15.50m/50-10¼. Only Helcelet produced a lifetime best (15.30m/50-2½). Eaton was consistet here with marks of 14.33m/47-½



Hardee injured his lower back during the high jump, and, as was the case in Moscow, could not finish. Coach Mario Sategna at left.

And 14.52m/47-7¾ before fouling his 3rd try.

Taiwo put up a nice 14.18m/46-6¼ and Tonnesen and ZZ managed 13.74m/45-1 and 13.38m/43-10¾.

In Group Uiibo edged Warner (a PR) 14.45m/17-5 to 14.44m/47-4½ to end the morning session with temps approaching 90°F. Eaton's lead was 93 points.

After Three: Eato 2830, Warn 2737, Frei 2730, Sint 2650, Schr 2645....6th Feli 2622,....10th ZZ 2545...19th Taiw 2436....26th Hard 2345.

High Jump: [4:15 – 6:06 pm]

After a 3½ hour break Eaton had a chance to work on his revamped high jump approach and things went smoothly thru 2.01m/6-7 in Group A. Yet he went no higher and opened the door for others. Taiwo also struggled here managing just 2.10m/6-10¾ in a pit won by Uiibo one bar higher. Felix also cleared 2.10 moving him into 3rd.

In Group B Warner stepped up with a 2.04m/6-8¼ leap in a pit won at 2.07m/6-9½

by African champ Larbi Bouraada/ALG. Schrader lost ground here getting just a 1.95m/6-4¾. Of the notables:

Group A

Progression:	1.92	1.95	1.98	2.01	2.04	2.07	2.10	2.13	2.16
Taiwo			o	p	o	p	xo	xxx	
Eaton	o	o	o	xo	xxx				
Felix		o	p	o	xo	xo	xo	xxx	
Uiibo			o	p	xo	o	o	o	xxx
Tonnesen		o	o	xo	o	xxx			
ZZ		xo	xo	xxo	o	xxx			

Group B

Progression:	1.86	1.89	1.92	1.95	1.98	2.01	2.04	2.07
Warner	o	o	o	o	o	xxo	o	xxx
Schrader	xo	o	o	o	xxx			

Officials moved this event along smartly.

There was constant action and not a lot of unnecessary fiddling with crossbars. Consider: 236 attempts in one hour and 49 minutes... an attempt every 27 seconds! Yet another a two hour break ensued (!?) requiring additional warmdowns and subsequent warmups.

The event was reminiscent of Moscow 2 years earlier where Ashton struggled getting just a 1.93m/6-4 clearance before gunning the



Maicel Uiibo/EST shared the high jump win with Thomas Van Der Plaetsen/BEL at 2.13m/6-11¾.

next 5 events for a dominate win. Yet, given recent training marks this event had to go in the "unsatisfactory" column. Luiz Alberto DeAraujo/BRA and Will Coertzen/ RSA withdrew.

After Four: Eato 3643, Warn 3587, Feli 3518, Frei 3488....10th Schr 3403, 11th ZZ 3385,....14th Uiibo 3342...20th Tonn 3320.

400 Meters: [8:20 – 8:45 pm]

The first section might be a preview to next year's NCAA decathlon with Ziemek/Wisconsin (lane 7), Tonneson/ Arizona (lane 4) and Uiibo/Georgia (lane 3)

are expected to be the major contenders. None had a career best under 50 seconds so all were slotted for the unseeded section. Yet all PR's here with ZZ racing to a 49.89 clocking for 2nd (Helecelet 1st in 49.66) with Tonnesen and Uiibo 3rd and 4th, both caught in 50.24.

Then 2nd race saw Freimuth outleg Russian Ilya Shkurenev, 47.82 to 47.88 in a race that saw 4 career bests. Bouraada had his way with the 3rd section clocking 47.60 with Felix 6th in 49.89.

The fastest seeded section (#4) drew Moscow medalists Warner in lane 3, the still high smarting Eaton in lane 7 and Schrader in lane 9.

O my! This race was one of total power and control. Can you say 45 flat!!! When he crossed the finish line Ashton Eaton had taken Bill Toomey's venerable (and oldest record, that of a 45.63 1968 Mexico City clocking) record off the books and had become the first decathlete since Jim Thorpe (1912) to own 3 individual world decathlon bests (Big Jim held marks for sp, hj and hurdles). Ashton already had the 100m and long jump in his collection ('1 Olympic Trials). But it was the margin that was awesome.....by 63/100ths. At the tape he had 18 meters of daylight. The remainder of the times were outstanding but it could be the field was drafting! 45 FLAT folks!

Section # 4.

Place	name	nation (PR)	lane	reaction	time	pts
1.	Ashton Eaton	USA (45.55)	7	0.177	45.00 WR	1060
2.	Kai Kazmirek	GER(46.75)	6	0.157	46.83	967
3.	Michael Schrader	GER (47.66)	9	0.148	47.12	952
4.	Damian Warner	CAN (47.04)	3	0.159	47.30	943
5.	Akihiko Nakamura	JPN (47.17)	5	0.154	47.81	918
6.	Jeremy Taiwo	USA (47.83)	4	0.175	47.94	912
7.	Pieter Braun	NED(48.02)	8	0.148	48.24	898

After Five: Eato 4703, Warn 4530, Frei 4406, Kazm 4401, Schr4355...8th Feli 4338.....12th Taiw 4244,13th ZZ 4205,.....18th Uiibo 4136..... 23rd Tonn 4024.



Finsih of the 100 meters...l-r, Ziemek, dos Santos, Eaton, Warner, Hardee



RESULTS:

8/28-29 IAAF World Champs, Beijing, CHN

4703	Eaton, Ashton/USA-Nike/Ore eTC	10.23-0.4	788	0.0	1452	201	45.00
4530	Warner, Damian/CAN	10.31-0.4	765+0.2	1444	204	47.30	
4406	Freimuth, Rico/GER	10.51-0.4	751+0.5	1550	195	47.82	
4401	Kazmirek, Kai/GER	10.90-0.2	740+0.2	1427	210	46.83	
4355	Schrader, Michael/GER	10.78-0.4	771+0.1	1432	195	47.12	
4345	Bourrada, Larbi/ALG	10.83-0.2	751+0.6	1373	207	47.60	
4344	Dos Santos, Felipe/BRA	10.53-0.4	654+0.6	1361	201	47.89	
4338	Felix, Kurt/GRN-ex Boise St	11.02-0.7	766+1.4	1502	210	49.89	
4338	Shkurenev, Ilya/RUS	11.01-0.7	750+0.5	1409	210	47.88	
4337	Kasyanov, Oleksiy/UKR	10.73-0.2	758-0.1	1425	201	48.13	
4294	Sintnicolaas, Eelco/NED	10.62-0.2	750+0.4	1465	192	47.93	
4244	Taiwo, Jeremy/USA-OTC	11.06-0.2	715+0.3	1418	210	47.94	
4205	Ziemek, Zach/USA-Wisconsin'16	10.81-0.4	757+0.3	1338	204	49.89	
4202	Helcelet, Adam S/CZE	11.09-0.5	729+0.6	1530	204	49.66	
4191	Auziel, Bastien/FRA	11.22-0.7	726+0.8	1538	201	48.66	
4179	Braun, Pieter/NED	11.11-0.7	729+0.2	1390	204	48.24	
4161	Garcia, Yordani/CUB	10.77-0.2	682+0.5	1454	204	48.67	
4136	Uiibo, Maicel/EST-Georgia'16	11.25-0.5	713+0.1	1445	213	50.24	
4125	Van Der Plaetsen/Thomas/BEL	11.44-0.5	742+1.2	1383	213	50.28	
4066	Urena, Jorge/ESP	10.99-0.7	730+1.0	1274	201	49.17	
4044	Wiesiolek, Pawel/POL	11.07-0.7	708+0.4	1350	198	48.55	
4030	Nakamura, Akihoko/JPN	10.86-0.4	726+0.5	1167	195	47.81	
4024	Tonnesen, Pau/ESP-Arizona'16	11.26-0.5	721+0.3	1374	204	50.24	

3781 Pittomils, Niels/BEL
11.39-0.5 686+0.4 1277 192 49.45
3769 Oiglane, Janek/EST
11.51-0.5 678 0.0 1473 192 50.95
3766 Ushiro, Keisuke/JPN
11.51-0.5 673+0.9 1473 189 50.85
dnf Coertzen, Willem/RSA
10.98-0.7 725+0.3 1375 195 withdrew
dnf Hardee, Trey/USA-Nike
10.56-0.4 730+0.1 1020 withdrew
dnf De Araujo, Luiz A/BRA
10.92-0.2 694+0.4 1484 withdrew
29s,26f,