

THE DECATHLON ASSOCIATION

DECA Newsletter

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8439 for HARRISON WILLIAMS Conference Season Begins

Hello Again.....Boy, did we miss this one! One week ago (we did not have the meet on our radar) Harrison Williams, (6-3, 189, Memphis, TN) the 24-year old Stanford grad and '19 NCAA indoor winner and outdoor runner-up, ran up an impressive breakthrough 8439 score at a small meet in Chula Vista, CA. Ultimately we were not surprised at the 321 point PR effort, given very fast indoor results, just embarrassed that we missed it in the previous *Newsletter*. Our apologies.

For Williams, who was 14th at the 2019 IAAF Worlds in Doha, used career bests in 4 events (100m, long jump, shot put and discus) and very solid performances in the remaining six. He meets the Olympic qualifying standard and move to #2 on the current USA list. Yea!



Harrison Williams had a fine indoor season and then exploded for a 300+ deca PR in Chula Vista. His 8439 PR is #2 I US & # 3 in world at present.

League meet at West Points. The dec was one of the crucial differences in the team score as Navy topped Army by just 4 points. Midshipman senior Thomas Johnstone was a winner at 6854.

15 conference champs decs were held on the first of 3 consecutive weekends when league champs are determined and nationals qualifying is the focus.

More than 30 league champs are scheduled for the upcoming week, mostly D-I mid-majors, D-II, III and NAIA alliances. Hold onto your hat, we'll be busy!

4/24-25

CVEATC, (Olympic Training Center), Chula Vista, CA
Harrison Williams.....

Score	8439
100m	10.64+1.8
Long jump	7.70m (25-3¼) +1.3
Shot Put	14.34m (47-¾)
High Jump	1.93m (6-4)
400 m	47.46
110m Hurdles	14.08+3.8
Discus	48.86m (160-3)
Pole Vault	5.30m (17-4½)
Javelin	54.69m (179-5)
1500m	4:34.00



Of the 15 meets which began the “conference championship” season, the top effort came from Hayden Sather, a Colorado Mines junior, who won the Rocky Mountain (RMAC) champs in Pueblo with a nice 7146 effort. The Naval Academy demonstrated some depth with a 1-2-4 finish at the Patriot