

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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### Combined Events Resume Indoors Outdoor Season Featured Helwick's 7430 Effort

**Hello Again.....**2020 will go into the books, as a non-season outdoors and a truncated one indoors. Our sport has tentatively resumed during the first week of December, with just five indoor combined eventers, most held in the mid-west. Many indoor CE affairs have been postponed to early 2021 or cancelled all together.

Because of the COVID-19 pandemic only two outdoor 2020decathlons were conducted. The lone significant score was turned in by 35 year-old Chris Helwick. The Greeley, CO native put up an impressive 7430 score (with a negative split) at a small meet in Marble Falls, Texas on October 3-4. It represented his 27<sup>th</sup> finish in 30 career decathlons and 8<sup>th</sup> win.

Day # 1---	11.55 0.0 695+2.1 1353 195 52.52	= 3704
Day # 2---	15.20+1.6 4036 460 6539 4:49.81	= 3726

Cal Poly SLO senior Kyle Lawson (Clovis, CA) got a pre-COVID score at Chico, CA (in February) of 6833, the 2<sup>nd</sup> best American score of the season. The rest of the year was a blank page.

20 year old Finley Gaio, an American citizen who lives/competes in Switzerland, posted a August 7668 total in Langanthal, SUI.

#### 2020-21 Indoors

The current indoor campaign touched off with a several notable mid-west affairs. At the Carol Robinson pentathlon at Kansas State's Ahearn Fieldhouse saw K-State senior Tejaswin Shankar use his high jumping skills



Notable marks were established over the weekend by K-State's Tejaswin Shankar (l) in the pentathlon (4343) and by Chris Helwick (r) in an October decathlon (7430).

(NCAA outdoor D-I champ with PR 2.29m/7-6) to run up an eye-opening 4343 total, the 3<sup>rd</sup> best collegiate pentathlon score on record. Just as impressive after his 2.24m/7-4½ vertical leap was 2:39.35 1000m clocking. Shankar (21, New Delhi, IND) was the '19 NCAA outdoor high jump runner-up. A marginal Hurdles improvement could push him past LSU's Bruce Reid's 4401 1989 CR.



4343Shankar, Tejaswin/Kansas St'21/IND [8.34 748 1194 224 2:39.35]

Central Missouri junior Trey Miller (l) posted the top indoor heptathlon score, 5492, while winning the Holiday meet at Doane U in Crete, NE.