

**JERRY P. JASINSKI 43<sup>RD</sup> ANNUAL  
VERMONT STATE MEN AND 10<sup>TH</sup> WOMEN DECATHLON  
CHAMPIONSHIPS, 2K STEEPLECHASE**

**SPONSORED BY UVM TRACK & FIELD, VTFOA AND 802 TIMING, SANCTIONED BY USATF**

**DATE:** Monday, June 18, 2018, Women's Decathlon 10:00 AM, Men's Decathlon 10:30 AM  
**POSTPONED - TUESDAY, June 19, 2018 Women's and Men's HS/Open 2K Steeplechase**

**1:00 PM**

**Tuesday, June 19, 2018, Men's Decathlon 9:00 AM, Women's Decathlon 10:00 AM**  
*(In the case of bad weather the meet start may be delayed 24 hours – coaches will be notify via Athletic.net web email)*

**LOCATION:** University of Vermont, Burlington, Vermont, Frank H. Livak Track & Field Complex  
**PARKING:** *Park in the Gutterson "Pay by Space" visitor parking area located on Gutterson's Upper Deck*

**DECATHLON ENTRY FEE:** HS athletes \$35.00 PER COMPETITOR FEE  
Open Division Athletes (college) \$95.00 PER COMPETITOR FEE  
**MUST BE PAYED ON ATHLETIC.NET WEB. PLEASE INCLUDE SHIRT SIZES FOR YOUR  
ATHLETES.** (This will include a T-Shirt, food and drink – after 2<sup>nd</sup> day of competition - plus the  
normal entry fee for each entrant).

**2K STEEPLE ENTRY FEE:** \$20.00 per HS athlete (includes T-Shirt), \$30 non VT HS competitor  
Athletes competing in the decathlon are NOT allowed to enter/run this race,

**ENTRIES:** Web Entry – Athletic.net ONLY - by Tuesday, May 29, 2018  
Late entry fee \$30 per athlete.  
Athletes will be seeded into 1<sup>st</sup> day events based on Decathlon points from previous years.  
**Please enter your athletes into Decathlon (event) and enter performance points** for athletes  
with a prior decathlon experience.

**ELIGIBILITY:** HS Decathlon - maximum of six (6) boys and six (6) girls from each school may compete.  
College athletes will compete in the OPEN DIVISION.  
2K Steeplechase – unlimited entries

**APPROVED:** by Vermont Principals Association.

**USATF:** Vermont Decathlon Championship is USATF sanctioned event.

**SHOES:** All weather track and runways (3/16" spikes max.); Cement circles (Flats). **Javelin has a  
synthetic runway (spikes 3/16" max.)!!!**

**DECATHLON AWARDS:** HS - Individual awards will be given to the first 15 places in each event. In  
addition, again this year, awards will be given to the HIGHEST team place total - 3 athletes per  
team in a team competition. All awards will be given out at the track, following the events for all  
competitors and accompanying coaches on the 2nd day.

**2K STEEPLE AWARDS:** Top six (6) competitors per gender.

**REGISTRATION:** Will be open 9:00-9:30 AM. Please make sure you weigh-in your implements and present  
the Pole Vault Certification form with correctly marked poles. **ALL ATHLETES MUST CHECK  
IN NO LATER THAN 9:30 AM.**

**EVENTS:** Athletes unable to compete in PV competition must attempt a jump to receive NH mark. We will  
use 2 pits for HJ and PV competition. Weights of implements and heights of hurdles will be  
according to NFHS/IAAF rules.



**Women Decathlon:**

## FIRST DAY

[100 Meter Dash, Discus, Pole Vault,  
Javelin, 400 meter Run]

## SECOND DAY

[100 Meter Hurdles, Long Jump, Shot Put,  
High Jump, 1500 Meter Run]

**Men Decathlon:**

## FIRST DAY

[100 Meter Dash, Long Jump, Shot Put,  
High Jump, 400 meter Run]

## SECOND DAY

[110 Meter Hurdles, Discus, Pole Vault,  
Javelin, 1500 Meter Run]

**DECATHLON SCORING:** IAAF FAT Scoring Tables (Hy-Tek Scoring System)

**TEAM COMPETITION:** Team score in both genders will be determined by totaling the best 3 places scored by the top 3 overall finishers of the each team. (1<sup>st</sup> place = 100 pts, 2<sup>nd</sup> place = 99 points etc.)

**MEET DIRECTOR:** Pavel Dvorak, Burlington HS, Burlington, VT

**RULES:** NFHS/IAAF rules will be followed.

**PARKING:** UVM - must pay for parking if parked in a pay location

**ENTRY FEE MUST BE PAID ON ATHLETIC.NET BY MAY 29, 2018**

**MISC.:**

- Every High School or an individual HS athlete must be accompanied by a coach or an adult.
- **All coaches and/or adults accompanying HS competitors will be asked to help with field events officiating. Attendance will be taken during the coaches meeting. Your cooperation is needed and appreciated.**
- *In field events athletes may provide their own markers. The host school will provide ½ tennis balls. Markers must be placed outside of runways. There is a maximum limit of 2 markers per competitor. **No tape is allowed.** Chalk is OK.*
- **Implement weigh-in / pole vault:** Implement weigh-in will be open 9:00 – 9:45 AM. Pole vaults will be inspected at the pole vault sector. Only inspected and marked equipment will be permitted in competition and in warm-up throws.
- **Pole Vault Weight Certification Form:** Every coach of an athlete competing in PV must submit the Weight Certification Form to the PV official at least 60 min prior to the start of the competition.
- **School - please bring your first aid kits and ice/plastic bags.**
- **No pets allowed on UVM athletic facility, no Frisbees, no footballs, soccer balls etc. allowed.**

**NOTES:** The Boys Decathlon will be run concurrently with the Girls Decathlon on both days.  
**THERE WILL BE NO POST ENTRIES. ALSO, THERE WILL BE NO OVERNIGHT CAMPING IN THE FACILITY BY ANY OF THE CONTESTANTS AND/OR HOSTS.**

**LIVE RESULTS:** Will be posted at <http://802timing.com>

## VERMONT STATE DECATHLON / HEPTATHLON CHAMPIONSHIPS MEET RECORDS / EVENTS HISTORY

### VERMONT HS DECATHLON WOMEN'S RECORDS

Women Decathlon	5214	6/20/2017	Katherine Cowan - St.Johnsbury
Dec: #1 Women 100 Meter Dash	13.02	6/19/2017	Katherine Cowan - St.Johnsbury
Dec: #2 Women Discus Throw	33.78m	6/15/2015	Katey Comstock - Windsor
Dec: #3 Women Pole Vault	3.15m	6/15/2015	Kathryn Bassette - Woodstock
Dec: #4 Women Javelin Throw**	40.64m	2001	Sarah Mattern - South Royalton
Dec: #5 Women 400 Meter Dash	59.29	6/13/2016	Katherine Cowan - St Johnsbury
Dec: #6 Women 100 Meter Hurdles**	14.4h	2003	Kasey Hill - North Country
Dec: #7 Women Long Jump**	5.35m	2003	Mary Heitkamp - Fair Haven
Dec: #8 Women Shot Put	11.06m	6/20/2017	Camryn Heath – Lyndon Institute
Dec: #9 Women High Jump**	1.65m	2012	Janel Conley - Burlington
		6/14/2016	Katherine Cowan - St.Johnsbury
Dec: #10 Women 1500 Meter Run	4:55.94	6/20/2017	Ellis, Avery – North Country

\*\* Event records transferred from Heptathlon competition

In 2014 Women Heptathlon was changed to Women Decathlon. Women's Decathlon was originally part of 9<sup>th</sup> Grade NVAC Championship (since 2008). In 1978 the Pentathlon was changed from a 1-day to the 2-day Heptathlon event to be in compliance with the Olympic format. Records (retired) for events held then but no longer continued are listed below:

200 Meters	Regan Coffey	Bellows Falls	25.7h	1996
800 Meters	Robin Vincent	St.Johnsbury Academy	2:17.81	2013
Heptathlon Total Points	Kasey Hill	North Country	4750	2003
-----				
80 Yard L.H.	Lori Dane	Lyndon Institute	11.5	1977
220 Yard Dash	Susan Gifford	Essex Jct.	27.0	1977
Total Points	Lori Dane	Lyndon Institute	4020	1977
-----				

### PREVIOUS HS WOMEN'S PENTATHLON / HEPTATHLON / DECATHLON WINNERS

#### WOMEN'S PENTATHLON

Janet Dewar	South Burlington	3740	1976
Lori Dane	Lyndon Institute	4020	1977
Janet Dewar	South Burlington	3225 **	1978
Karen Bucke	Essex Jct.	3104	1979
Karin Dwyer	Oxbow	3100	1980
Leah Cummings	Rice	3197	1981

#### WOMEN'S HEPTATHLON

Karin Dwyer	Oxbow	4543	1982
Denise Sanderson	Rutland	3913	1983
Karen Markowski	Rutland	3975	1984
Gabriel Velasquez	Essex Jct.	3889	1985
Gabriel Velasquez	Essex Jct.	3740	1986
Shea Sweeney	Montpelier	3468	1987
Heather Taft	Essex Jct.	3870	1988
Danielle Rodondi	North Country	3367	1989
Jennifer Buswell	Montpelier	3531	1990
Tracy Guilford	Springfield	3529	1991
Danielle Lewis	St. Johnsbury	3742	1992
Danielle Lewis	St. Johnsbury	3817	1993
Jasmyn Huntington	Oxbow	4032	1994

Danielle Carey	U-32	3665	1995
Heather Pancake	Brattleboro	4344	1996
Melissa Purdy	Fair Haven	3745	1997
Melissa Purdy	Fair Haven	3986	1998
Shannon Corliss	Fair Haven	3630	1999
Rachael King	Mt. Anthony	3780	2000
Kim Brewer	Mt. Abraham	3970	2001
Kasey Hill	North Country	4112	2002
Kasey Hill	North Country	4750	2003
Mary Heitkamp	Fair Haven	4360	2004
Andra Ieremias	Fair Haven	3716	2005
Antonia Armstrong-Laird	St. Johnsbury	3503	2006
Ashley Brown	Fair Haven	3935	2007
Sarah Sherman	Essex	3759	2008
Alisa Dupuis	Bellows Falls	3617	2009
Brittany Pfaff	Rice HS	4219	2010
Janel Conley	Burlington HS	3890	2011
Janel Conley	Burlington HS	3716	2012
Katherine Furland	Essex HS	3521	2013
<b>WOMEN'S DECATHLON (2008-2013 part of 9<sup>th</sup> Grade TF Invitational)</b>			
Mary Krug	Essex HS	4092	2008
Mary Krug	Essex HS	4231	2009
Kyla Ward	Essex HS	3951	2010
Hailey Burkhart	MMU	4938	2011
Kim Dvorak	Essex HS	3991	2012
	Not contested		2013
Katherine Furland	Essex HS	4983	2014
Kathryn Bassette	Woodstock	4281	2015
Kathrine Cowan	St. Johnsbury	5156	2016
Kathrine Cowan	St. Johnsbury	5214	2017

\*\* Metric Distances used for the first time and a 2-day event was initiated.

## WOMEN'S DECATHLON MEET RECORDS

<b>Women Decathlon</b>	<b>6846</b>	<b>6/16/2014</b>	<b>Leanna Carriere - Independent</b>
Dec: #1 Women 100 Meter Dash	12.66	6/15/2014	Leanna Carriere - Independent
Dec: #2 Women Discus Throw	33.78m	6/15/2015	Katey Comstock - Windsor
Dec: #3 Women Pole Vault	4.10m	6/15/2014	Leanna Carriere - Independent
Dec: #4 Women Javelin Throw**	40.64m	2001	Sarah Mattern - South Royalton
Dec: #5 Women 400 Meter Dash	59.29	6/13/2016	Katherine Cowan - St Johnsbury
Dec: #6 Women 100 Meter Hurdles**	14.4h	2003	Kasey Hill - North Country
Dec: #7 Women Long Jump	5.63m	6/16/2014	Leanna Carriere - Independent
Dec: #8 Women Shot Put	11.06m	6/20/2017	Camryn Heath – Lyndon Institute
Dec: #9 Women High Jump	1.65m	6/19/2012	Janel Conley - Burlington
		6/14/2016	Katherine Cowan - St. Johnsbury
Dec: #10 Women 1500 Meter Run	4:55.94	6/20/2017	Ellis, Avery – North Country

## MEN'S VERMONT HS DECATHLON RECORDS

<b>Men Decathlon</b>	<b>6626</b>	<b>1983</b>	<b>Lee McGranaghan - Windsor</b>
Dec: #1 Men 100 Meter Dash	11.08	6/17/2011	Mike Dimambro - Essex
Dec: #2 Men Long Jump	6.72m	6/17/2011	Mike Dimambro - Essex
Dec: #3 Men Shot Put	15.78m	1985	Steve Yates - Burlington
Dec: #4 Men High Jump	2.00m	6/17/2011	Michael Pianka - Springfield

<b>Dec: #5 Men 400 Meter Dash</b>	<b>50.30</b>	<b>6/15/2015</b>	<b>Alec Eschholz - Mt Mansfield</b>
<b>Dec: #6 Men 110 Meter Hurdles</b>	<b>14.57</b>	<b>6/15/2015</b>	<b>Alec Eschholz - Mt Mansfield</b>
<b>Dec: #7 Men Discus Throw</b>	<b>47.66m</b>	<b>1985</b>	<b>Steve Yates - Burlington</b>
<b>Dec: #8 Men Pole Vault</b>	<b>4.39m</b>	<b>2005</b>	<b>Chris Wilkins - St.Johnsbury</b>
<b>Dec: #9 Men Javelin Throw</b>	<b>60.00m</b>	<b>1999</b>	<b>Michael Heitcamp - Fair Haven</b>
<b>Dec: #10 Men 1500 Meter Run</b>	<b>4:08.18</b>	<b>6/15/2015</b>	<b>Sam Brunnette - North Country</b>

In 1978 the Decathlon was changed from a 1-day to a 2-day event to be in compliance with the Olympic format. Records (retired) for events held then but no longer continued are listed below:

70 Yard L.H.	Bruce Tobin	Rutland	9.0	1976
120 Yard L.H.	Russ Desilets	St. Johnsbury	13.6	1976
	Bruce Tobin	Rutland	13.6	1976
100 Yard Dash	Chris Watkins	St. Johnsbury	10.2	1976
220 Yard Dash	Chris Watkins	St. Johnsbury	23.1	1976
Total Points	Bruce Tobin	Rutland	6730	1976

### PREVIOUS HS MEN'S DECATHLON WINNERS

Bruce Tobin	Rutland	6730	1976
Zane Rodriguez	Rutland	6680	1977
David Gomez	Lamoille	5762 **	1978
David Gomez	Lamoille	6040	1979
David Gomez	Lamoille	6458	1980
Sean McDonough	Winooski	5570	1981
Russ Nauceder	Bellows Falls	5838	1982
Lee McGranaghan	Windsor	6626	1983
Vince Egizi	St. Johnsbury	5942	1984
Fred Waryas	Bellows Falls	6028	1985
Fred Waryas	Bellows Falls	5971	1986
Greg Anthony	St. Johnsbury	5662	1987
Brad Bellville	Montpelier	5849	1988
Chris Mailhot	Mt. Anthony	5590	1989
Rhett Morse	Windsor	5444	1990
John Dunbar	Vermont Acad	5280	1991
Ryan LaCasse	Mt. Anthony	5405	1992
Mike Middleton	St. Johnsbury	5882	1993
Ryan LaCasse	Mt. Anthony	5533	1994
Mike Healander	Peoples Academy	5998	1995
Peter Oliver	North Country	5391	1996
Nate Cloutier	St. Johnsbury	5283	1997
Nate Cloutier	St. Johnsbury	5485	1998
Michael Heitkamp	Fair Haven	5723	1999
Kevin Spaulding	Springfield	5337	2000
Linc Bigelow	St. Johnsbury	5914	2001
Thomas Heitkamp	Fair Haven	5634	2002
Paul Reiss	Rice	5930	2003
Ryan Meyers	BFA-St Albans	6058	2004
Chris Wilkins	St. Johnsbury	5814	2005
Tyrone Conley	Burlington	5856	2006
Manual Richards	Fair Haven	5420	2007
Jesse Chapman	Thetford Acad	5578	2008
Dammy Mustapha	Bellows Falls	5353	2009
Mike Dimambro	Essex HS	5963	2010
Mike Dimambro	Essex HS	6484	2011
Ed Simon	BFA St. Albans	5716	2012
Alec Eschholtz	MMU	5878	2013
Tobias Muellers	BHS	5979	2014

Alec Eschholtz	MMU	6326	2015
DJ Snide	Bellow Fall	5219	2016
DJ Snide	Bellow Fall	5724	2017

\*\* Metric Distances used for the first time and a 2- day event was initiated.