

July 10, 1979

REPORT ON DECATHLON FROM MEET DIRECTOR ROSS GREATHOUSE

The third annual Lincoln Track Club Decathlon was one of our finest meets. The times and distances in almost every event were outstanding.

Rex Harvey from Redfield, Iowa was our winner with a new meet record of 7345 points. We would like to thank Rex for adding so much to our meet.

John Green from Denver, Colorado put together a very consistent performance to win the open division with 6386 (new open record), with great competition from (2) Gary Tarrence, Lincoln, 6276 (first time); (3) Jim Novacek, Gothenburg, 5441; (4) Dan Zaloudek, Grand Island, 5856 (first time) and (5) Mike Reta, Lincoln, 5718 (first time).

Rex won the 30-34, with (2) Jerry Nott, Kearney 5603 and (3) Darrell Hessler, Topeka, Kansas 3636.

Jacques Lebel won 35-39 division with a score of 4478 (new meet and world age group record).

Larry Fuerst, Lincoln, won the 40-49 division with 4989; (2) Bob Warren, Ottumwa, Iowa, 4836; (3) Al Maxey, Lincoln, 3934. (Note: Larry also threw college discus 16 lbs. shot to score 4664, a new world age group record.)

I am enclosing a sheet showing the first, second & third performance in each event. As is illustrated, we had an outstanding meet. Some of the outstanding performances included Rex Harvey's (100m-10.9), Dan Zaloudek's (long jump 23'-7"), Jim Novacek's (high jump 6'-1 $\frac{1}{4}$ " ), Rex Harvey's (400m-50.7), Rex Harvey's and John Green's (110 M.H.-15.6), Rex Harvey's (pole vault-14'-9 $\frac{1}{4}$ " ) and Jerry Nott's (1500m-4:31.2).

I would be remiss if I did not mention some outstanding performances by the younger set. John Warren, 17 year old from Ottumwa, Iowa, 5333 points; Nay Novacek, 16 year old from Gothenburg, 4686; and Brian Warren, 16 year old from Ottumwa, Iowa, 4671.

The Lincoln Track Club again has provided an outstanding event with the help of our fine members like Lynn Lightner, Forrest Doling, Jim Lewis, Sue Scott, Jon Bible, Ralph Miller, Jack McVay and Warren Luckner. Thanks, troops - give me eight lashes for those I forgot.

Ross Greathouse  
Meet Director

NAME	100 M.	L. JUMP	SHOT	HIGH J.	400 M.	110 M.H.	DISCUS	POLE VAULT	JAVELIN	1500 M.	TOTAL
John Green	11.5 687	17'-11" 677	30'-4 1/2" 545	5'-8 1/2" 616	51.1 758	15.6 787	106'-7" 530	10'-3 1/4" 567	167'-11 1/2" 645	4:52.3 574	6386
Gary Tarrence	11.1 780	22'-9" 806	41'-11 1/2" 651	5'-10" 662	51.9 724	16.7 685	109'-6" 549	8'-4 1/2" 387	139'-3" 522	4:42.4 510	6276
Jim Novacek	11.9 601	20'-1 1/2" 628	37'-3 3/4" 557	6'-1 1/2" 734	56.9 534	17.0 660	114'-5" 581	12'-5 1/4" 754	143'-9 1/2" 547	5:12.1 345	5941
Dan Zaloudek	11.2 756	23'-7" 897	33'-9" 481	5'-10" 662	52.9 683	17.8 597	105'-0" 519	9'-3 3/4" 479	122'-2" 448	5:06.3 374	5856
Mike Reta	11.5 687	18'-11" 551	34'-8" 502	5'-10" 662	54.6 617	17.0 660	101'-8" 497	10'-3 1/4" 567	150'-9" 577	5:01.8 398	5718
John Warren	11.7 643	21'-3" 708	33'-10 1/2" 484	5'-3/4" 434	54.2 633	17.8 597	112'-3" 567	7'-9" 236	139'-2" 527	4:58.5 416	5333
Steve Hatesohl	12.2 540	19'-7" 597	32'-6" 453	6'-0" 707	56.5 548	17.4 629	79'-8" 537	9'-9 1/4" 522	161'-11" 624	5:26.9 274	5231
Jay Novacek	12.2 540	18'-10" 548	33'-4 3/4" 473	N.H. 0	55.4 588	17.6 613	91'-3 1/4" 423	12'-5 3/4" 754	119'-8" 436	5:18.9 311	4686
Brian Warren	11.9 601	19'-4" 580	31'-2 1/2" 423	5'-2 1/2" 473	54.9 607	17.5 621	80'-1 1/2" 340	6'-9 1/4" 219	118'-0" 429	5:05.7 378	4671
Greg Bauer	12.4 501	17'-11" 482	30'-4 1/2" 404	5'-3/4" 434	1:00.3 423	18.7 533	73'-2 3/4" 286	9'-9 1/4" 522	118'-7" 431	5:03.6 389	4406
Steve Loos	11.8 622	18'-5" 517	19'-9" 131	5'-4 1/2" 521	53.5 659	22.9 297	54'-6" 124	N.H. 0	76'-8" 207	5:03.6 389	3467
Steve Davis	11.6 665	21'-0" 695	33'-7 1/2" 479	5'-10" 662	55.5 584	N.T. 0	N.D. 0	N.H. 0	N.D. 0	N.T. 0	3085
Dale Nielsen	13.8 258	15'-11" 334	24'-11 1/4" 272	5'-3/4" 434	1:00.7 411	25.3 198	76'-8" 313	6'-3" 164	73'-3" 187	4:50.5 462	3033
Ben Mares	11.9 601	20'-0" 626	N.D. 0	N.H. 0	N.T. 0	N.T. 0	N.D. 0	N.H. 0	N.D. 0	N.T. 0	1227
Rex Harvey	10.9 828	22'-9 1/2" 808	44'-8 3/4" 704	6'-0" 707	50.7 775	15.6 787	127'-0" 660	14'-9 1/4" 932	175'-9" 680	4:50.0 464	7345
Jerry Nott	12.3 520	18'-6 1/2" 526	37'-1 1/2" 553	5'-4 1/2" 521	53.7 651	18.3 561	108'-1" 540	10'-5 3/4" 567	152'-3" 583	4:31.2 581	5603
Darrell Hessler	12.9 408	15'-8" 314	35'-2" 512	4'-6 1/4" 273	1:05.3 334	18.8 526	99'-10 1/2" 484	8'-3" 377	89'-1 1/4" 279	6:01.9 129	3636
Jacques Lebel	12.2 540	17'-6" 451	35'-7 1/2" 522	5'-2 1/2" 483	1:00.2 426	18.7 533	107'-5" 555	7'-9" 324	119'-1" 434	5:36.6 230	4478
Larry Fuerst	12.4 501	17'-11 1/2" 486	41'-1" (12) 33'-4 1/2" (16) 473 634	5'-4 1/2" 521	1:00.2 426	17.2 (36") 18.8 (42) 605 - 526	102'-9" (H.S.) 90'-7 1/2" (C) 504 - 419	10'-3 3/4" 567	145'-2" 570	5:49.9 175	4989 4664
Bob Warren	12.0 580	19'-4 1/2" 584	44'-9" 705	4'-10 3/4" 384	57.9 500	16.6 694	139'-8" 736	6'-3" 164	130'-9" 489	N.T. 0	4836
Al Maxey	13.2 356	15'-5" 296	35'-11 1/2" 529	4'-10 3/4" 384	57.9 500	20.9 398	95'-7 1/2" 454	6'-3" 164	117'-1" 424	4:56.1 429	3934
Dean Burgess	14.1 213	13'-1 1/2" 107	36'-6 1/2" 541	4'-6 1/4" 273	1:04.4 306	21.7 356	87'-1" 393	6'-9" 219	79'-1" 222	5:54.2 158	2788
Howard Hoffmaster	13.4 322	17'-2" 427	29'-7 1/2" 387	4'-10 3/4" 384	59.6 445	N.T. 0	N.D. 0	N.H. 0	N.D. 0	N.T. 0	1965
Phil Henn	N.T. 0	8'-2 1/2" 0	32'-4 1/2" 450	N.H. 0	N.T. 0	N.T. 0	97'-8 3/4" 469	N.H. 0	79'-10" 226	N.T. 0	1145

OPEN

50-54

55-59

40-49

50

EVENT	FIRST	SECOND	THIRD
100 M.	Rex Harvey 10.9	Gary Tarrence 11.1	Dan Zaloudek 11.2
Long Jump	Dan Zaloudek 23'-7"	Rex Harvey 22'-9½"	Gary Tarrence 22'-9"
Shot	Bob Warren 44'-9" (12 lb)	Rex Harvey 44'-8¾" (16 lb)	Garry Tarrence 41'-11½" (16 lb)
High Jump	Jim Novacek 6'-1¼"	Rex Harvey Steve Hatesohl 6'-0"	-
400 M.	Rex Harvey 50.7	John Green 51.1	Gary Tarrence 51.9
110 M.H.	Rex Harvey John Green 15.6	-	Bob Warren 16.6
Discus	Bob Warren 139'-8"	Rex Harvey 127'-0"	Jim Novacek 114'-5"
Pole Vault	Rex Harvey 14'-9¼"	Jim Novacek Jay Novacek 12'-5¾"	-
Javelin	Rex Harvey 175'-9"	John Green 167'-1½"	Steve Hatesohl 161'-11"
1500 M.	Jerry Nott 4:31.2	John Green 4:32.3	Gary Tarrence 4:42.4

THE THIRD ANNUAL LINCOLN TRACK CLUB DECATHLON CHAMPIONSHIP

Dates: June 30 & July 1, 1979

Place: Stuart Track, Lincoln East High School Track  
1000 South 70th Street, Lincoln, Nebraska

Time: 1:00 p.m. Saturday, 11:00 a.m. Sunday

- Age Groups:
1. Open
  2. 30-34
  3. 35-39
  - \*4. 40-49
  - \*5. 50 +

\*Note: If six or more people register in these age groups, an additional 5 year category may be added.

Awards: Plaques to 1st, 2nd & 3rd in each category.  
All participants to receive a medalion and a cap.

Dear Decathlete:

The Lincoln Track Club has a history of producing fine events, e.g. Mid-America Masters Indoor Championships, General Allgood Jogathon, Lincoln Marathon and many other events. I am sure that you will find this meet to be the same friendly, well run event.

If you need any help in securing accommodations or making travel arrangements, please contact me at: (also send entry forms to this address)

Home: 2826 South 25th Street  
Lincoln, Nebraska 68502  
Phone: (402) 423-3864  
Office: (402) 475-6202

Meet Director:  
Ross Greathouse  
Lincoln Track Club

Notes:

1. Shot Put: Open 16 lbs.  
30+ 12 lbs.
2. Discus: Open College  
30+ High School
3. Hurdles: Open 42"  
30+ 36"

(Any participant who wishes to compete at a weight or height greater than those listed above may do so.)

FEE \$15.00

NOTE JUNE 25 \$20.00

MEET FACTS  
1978 Winner: Tom Hood

5535 Points

Records:

Open:	Steve Rainbolt	(1977)	6118 Points
30-34	Jerry Holmberg	(1977)	4869 Points
35-39	Jacques Lebel	(1978)	4404 Points
40-49	Larry Fuerst	(1977)	5316 Points
50 +	Russell Jones	(1977)	2734 Points

ABBREVIATED SCORING CHART

Event	Time or Distance	Points
100 Meter	14 Sec.	228
	13 Sec.	390
	12 Sec.	580
	11 Sec.	804
Long Jump	14'-6"	270
	16'-6"	385
	17'-6"	453
	21'-0"	693
Shot Put	30'-0"	397
	36'-0"	530
	42'-0"	652
	48'-0"	766
High Jump	4'-6"	263
	5'-0"	414
	5'-6"	560
	6'-0"	707
400 Meters	64 Sec.	315
	61 Sec.	400
	56.5 Sec.	548
	53 Sec.	679
110 M. Hurdles	22 Sec.	340
	20.5 Sec.	420
	18 Sec.	582
	15.6 Sec.	787
Discus	83'-3"	364
	100'-0"	486
	115'-0"	585
	130'-0"	679
Pole Vault	8'-0"	351
	9'-0"	448
	10'-0"	543
	11'-6"	675
Javelin	97'-9"	326
	120'-8"	441
	140'-0"	531
	160'-0"	617
1500 Meter	5:43.9	200
	5:20	306
	5:00	408
	4:40	525

LINCOLN TRACK CLUB - DECATHLON CHAMPIONSHIP

ENTRY FORM Mail to: Meet Director, 2826 South 25/Lincoln, Nebraska 68502

Name \_\_\_\_\_ Age/June 30, 1979 \_\_\_\_\_  
 Street \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Club affiliation (if any) \_\_\_\_\_ Phone No. \_\_\_\_\_  
 Name, address of your local paper \_\_\_\_\_  
 Occupation \_\_\_\_\_ Best performance or estimate \_\_\_\_\_

In consideration of your acceptance of my entry, I hereby for myself, my heirs and executors, waive and release any and all rights and claims for damages against the Lincoln Track Club, local sponsors, the City of Lincoln, Lancaster County, meet officials, volunteers and workers for any injuries suffered by me in connection with the Lincoln Track Club Decathlon. I further certify that I am in good enough physical condition to participate in this event.

date \_\_\_\_\_ signature \_\_\_\_\_ signature of parent or guardian if under 19 \_\_\_\_\_



**Lincoln Track Club  
Third Annual**

**Decathlon Championship**