

Tom Delmoor



For someone who never planned on going out for the track team when he was at Norwalk High School, **Tom Delmoor** certainly made quite a name for himself. In fact, all he did was put Norwalk, Conn., on the track and field national map.

He actually did that twice. The first time was in the summer after he graduated from NHS in 1975. Delmoor had won the CIAC state decathlon championship that spring to qualify for the Junior Nationals, where he finished first in the National AAU High School Division.

The best was yet to come, however. Delmoor enrolled at Mount St. Mary's University in Maryland that fall and three years later he won the 1978 NCAA Division II decathlon national championship.

Not bad for someone whose first love growing up was baseball. He followed that passion to Norwalk High where he was brought up to varsity his first season and became the first NHS freshman to pitch in a state tournament game.

All signs pointed to a promising high school career, but unhappy with his role as a sophomore, Delmoor made what he called a difficult decision and walked away from his favorite sport.

The baseball team's loss would be the track team's gain. One day Delmoor decided to go to a track meet to watch his brother compete. Track coach Don Quinn, who was also the NHS basketball coach, knew Delmoor was a good all-around athlete from watching him play freshmen and JV basketball. So Quinn suggested he join the track team and Delmoor agreed to give it a try. It would be a decision that would change his life forever. Three weeks after joining the team, he won the FCIAC championship in the 220.

Then as a junior, he began to excel in several other events. When Quinn saw that, he convinced Delmoor to train for a decathlon, the grueling two-day competition in 10 different track and field events. Delmoor was up for the challenge and finished second in the CIAC decathlon that season. That only made him train harder and as a senior he captured the state decathlon championship, a feat even more astonishing given the fact Norwalk High School didn't have a track back then.

After taking first at Junior Nationals that summer, Delmoor took his decathlon talents to Mount St. Mary's, Quinn's alma mater. It turned out to be a perfect fit for Delmoor, who was named All-America his freshman year and made the 1976 U.S. track and field team that competed against the Soviets. He finished first in the 1500 in that meet.

Delmoor earned All-America honors again as a sophomore and for a third straight year in 1978. He also won a decathlon that year competing for the NCAA All-Stars in a meet against the Latin America All-Stars at the Mexico City Olympic Stadium. His time of 10.4 in the 100 meters is still among the best in the region.

He red shirted in 1979 to train for the 1980 Summer Olympics, which the U.S. ended up boycotting. But Delmoor did compete in the inaugural Olympic Sports Festival in Colorado Springs, while adding the U.S. Track and Field East decathlon title to his list of laurels.

While he still had one more year of college eligibility left, an injury sidelined him the entire season. Delmoor remained involved in track and field, however, as he became Mount St. Mary's first decathlon coach. During his time there, he laid the foundation for what has become arguably the best collegiate training program for decathletes in the world, producing several All-Americans, NCAA champions, and Olympians.

Delmoor's reputation was so highly regarded, in 1981 he was selected by the United States Department of State to spend 10 weeks in Africa putting on clinics and helping to develop African track athletes.