

THE DECATHLON ASSOCIATION

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RAVEN RULES SOUTH of the BORDER

Cepeda- Adcock 1-2 at NACAC u 23

Hello Again....Preparations for the Olympic Games in Beijing and the Thorpe Cup match in Manhattan, KS were overshadowed last week by an American sweep at the NACAC u23 meet in Toluca, Mexico.

At the North America, Central America and Caribbean (NACAC) championships Northern Iowa senior Raven Cepeda, 22, Beloit, WI, used his vault skills to turn back Missouri Soph Nick Adcock, 20, Kansas City, MO, 7504 to 7364.

Both competed well and handled a 7 man field that did not include Cuban eligibles Leonel Suarez (8451) and Yunior Diaz (7902). Toluca, MEX is about 80 kilometers from Mexico City, in the mountains at an elevation of about 8,700 feet



Looking southeast across the Plaza de las Martires and the Templo de la Santa Cruz at city center in Toluca.

(that's a mile and a half!). The decathlon competition was conducted in two sessions each day and the morning were very cool,

sometimes 45 degrees F. The siesta was followed by an evening session, usually following afternoon thundershowers.



CAMPEONATO NACAC SUB-23
2008

NACAC u 23
Toluca, Mexico
July 19-20, 2008



UNI's Raven Cepeda earned crowing rights in Toluca, Mexico, with a 7504 point NACAC u23 decathlon win.

Day One: A 9 am start. The 8750 foot altitude overshadowed the cool conditions. Cepeda 's 11.00 and PR 6.96m/22-10 long jump had in 3rd place behind Darwin Arman H Colon/ Honduras after two events. Adcock moved to the overall lead with a 13.29m/43-7 1'4 shot (here won by Cepeda at 13.70m/44-11½).

The Missouri sophomore then extended his lead with a PR equaling



Adcock's 2.12m/6-11½ sauto pushed him to a 171 point lead after four events.

2.12m/6-11½ high jump victory in the 4th event and a 49.41 seconds win at 400m. At the break he held a 225 point lead over Cepeda, 4137 to 3908 with NAIA competitor Reid Gustavson, U of British Columbia/CAN 3rd with 3776.

Day Two: Cepeda clocked a fine 14.57 hurdles to win over Adcock by .06 hundredths and both were now clear of the field.

Cepeda cut another 138 points out of Adcock's lead with a 39.75m/130-5 discus, then used his forte, the vault, to take command of the meet and would never be headed.

His 5.00m/16-4¾ clearance was 7 bars higher than Adcock and gave him a 124 point cushion with two events remaining.

Adcock carved 88 points from that lead with a near 20 foot margin in the javelin. With but the 1500m remaining Cepeda held a 36 point lead (about 6 seconds in the final event). Raven (remember, 8750 foot altitude!) managed a 5:02.34 clocking, ast Adcock struggled here (remember, 8750 foot altitude!!) getting but 5:21.49. Cepeda's margin was 140 points at the finish.

Gustavson held on for 3rd, nearly registering a near PR 6959.



University of British Columbia's Reid Gustavson was 3rd overall.



Results:

7/19-20 NACAC u23, Toluca, MEX

7504	Cepeda, Raven/USA-UNI-22	11.00-1.4	696nwi
	1370 194 50.67 14.57-0.1 3975 500 4933		5:02.34
7364	Adcock, Nick/USA-MO-20	11.10-1.4	714nwi
	1329 212 49.41 14.63-0.1 3285 430 5529		5:21.49
6959	Gustavsen, Reid/CAN-UBC-20	11.39-1.4	698nwi
	1227 194 49.91 16.14-0.1 3321 430 6013		5:11.34
6555	Colon, Darwin/HON-22	10.95-1.4	703nwi
	1290 194 53.43 15.09-0.1 4260 340 4270		5:52.74
6086	Saragon, Rodrigo/MEX-20	11.18-1.4	577nwi
	1128 173 49.81 16.49-0.1 3299 330 4809		4:56.65
5543	Semeis, Gamalier/DMR-21	11.75-1.4	621nwi
	1204 191 57.22 17.16-0.1 3493 410 4741		dnf
	Dnf: Evans, Alex/BEL, 7s,6f.		