

# THE DECATHLON ASSOCIATION

## DECA Newsletter

Volume XXXV

Number 39

July (1), 2010

## HORN OVER TRUB at NACAC u23 World Juniors Next



**Hello Again....**The 2010 summer season has a limited number of international competitions....no Olympic or IAAF world decathlons. One meet that was open to Americans, but no one competed in the first week in July, was the popular UK Hexham meeting, There Darius Draudvila/LIT (ex Kansas State) won with 7643 points. Last weekend (July 9-10) the Florida community of Miramar hosted the North America, Central America and Caribbean (NACAC) under 23 competition at their municipal facility. Florida soph Gray Horn edged Portland State's Nick Trubachik by a scant 13 points in blistering heat. Small fields are common at NACAC u23 and this field would have been enhanced by Cuban participation and more CE interest from the 32 member nation league. Only 18 nations entered athletes and fields were unusually small, often with only 3 or 4 athletes. This meet has had notable winners in the past...Maurice Smith, Trey Hardee, et. al. Another 4 entrants would have made this a very strong meet. Our coverage is below.

Next Tues-Wed (July 20-21) the IAAF World Junior champs will be conducted in Moncton, New Brunswick, Canada. There USA junior champ Neamen Wise/South Florida, and Nashville prep Kevin Lazas will start. The final major international (August 7-8) will be the 17th Thorpe Cup, the annual dual meet between the USA and German teams. Within two weeks we'll post a media



Florida's SEC champ Gray Horn, 20, Wapakoneta, OH, won the NACAC u23 decathlon in Miramar, Florida.

guide/handbook for the meet so that those of us on this side of the Atlantic can follow the meet's progress.

**NACAC u23  
Ansin Sports Complex  
Miramar, Florida  
July 9-10, 2010**



### Day One:

Only 4 athletes started at 10:01 where the prevailing winds on this Florida coast town are north to south and into the faces of the sprinters. By noon the winds begin to shift and by late afternoon become significant tailwinds (see the terrific sprint and hurdles open results). But this knowledge was of no help here and it took tall Gray Horn (awkwardly moving backwards at the start) 11.19 seconds to get to the finish line. Headwind of -1.4 mps.

Confusing winds (ranging from -0.6mps at the start to +2.1mps at the finish of the event) bedeviled the long jumpers. After a

pair of fouls (including a 2<sup>nd</sup> leap in the 7.50m /24-7 range) Horn, 20, won the event at 7.17m/23-6¼. The Wapakoneta, OH native then PR'd in the shot at 12.87m/42-2¾ but Trubachik began a charge that would eventually result in a virtual dead heat by the end of the 2<sup>nd</sup> day. The 6-4, 205 Estacada, OR native just missed PRs in the shot put (13.65m/44-9½) and high jump (2.03m/6-8) but won both. Although NAIA winner Reid Gustavsson/Canada-U of British Columbia captured the 400m in 49.55 (he would leadoff the Canadian 4x400 team two days later .....49.66), Trubachik raced to his 2<sup>nd</sup> best 400m ever, 50.62 seconds, and at the break, had pared the Floridian's lead to just 63 points, 3871-3809.

### Day Two:

Saturday broke hot and humid (no surprise) and the temperature was 92 degrees at 9:15 am for the hurdles. And again headwinds greeted the runners (also no surprise). Horn was in total command here and posted a nifty 14.57 (wind -0.6mps) to extend his overall lead over Trubachik to 147 points.



Portland State senior Nick Trubachik, 22, Estacada, OR, was 2<sup>nd</sup> at the NACAC u 23 meet missing a PR by 13 pts.

The Oregonian carved 29 out the margin by winning the discus (39.75m/130-5) but Horn got 30 back in the vault, winning at 4.60m/15-1. Trubachik's 4.50m/14-9 was a PR and the only thing hotter than the Portland State senior was the air temperature, now in triple

digits. He then won the javelin with a fine 60.45m/198-2 2<sup>nd</sup> round effort. Now the differential was but 25 points (Horn 6815-Trubachik 6790), approximately four 1500m seconds.

### The NACAC u23 Record Book



#### Previous winners

2000	Monterrey, MEX	
	Maurice Smith/JAM-AUB	7090
2002	San Antonio, TEX	
	David Lemen/USA-Georgia	7239
2004	Sherbrooke, CAN	
	Trey Hardee/USA-Miss St	7218
2006	Santo Domingo, DR	
	Chris Richardson/USA-LB St	7243
2008	Toluca, MEX	
	Raven Cepeda/USA-N Iowa	7504
2010	Miramar, FL	
	Gray Horn/USA-Florida	7510

At the report (at 7:15 pm) Horn, who only had to stick to his counterpart's shoulder (since he held a ten second PR advantage) decided to end any doubt of the outcome by sprinting to a substantial first lap lead (68 at 400m), while Gustavsson, Trubachik and Josue Raya/Mexico made up a peloton. Horn did not let up and passed 800m in 2:20 (about 4:20 1500m pace!). It was still well over 90 degrees. With a lap remaining (1100m in 3:19) Gustavsson began to give chase, Trubachik lagged and Raya dropped off. Horn still held a substantial lead as he sped down the backstretch and appeared to be an easy winner. Then something happened. With 200m Horn slowed abruptly, apparently out of gas and the victim of the heat. Gustavsson swept by with 100m remaining, at which time the Florida soph was just shuffling. The Vancouver, BC native raced on to a meet record 4:31.04 but this story was far from over. Trubachik sprinted, and sensing a kill, caught Horn with 60m left and swept by. Could he make up 4 seconds in the final 60 meters? The panicked Horn, in an attempt to get back to a sprinting mode, stumbled and nearly went down as Trubachik headed to the

finish. With 20 meters left Trubachik had a 2 second lead. But Horn regained his composure and hustled in. The differential at the finish was about 15 meters and Horn had the victory. But he had made it interesting. The differential was just 13 points, 7510 to 7497, the closest finish in meet history. Trubachik's final clocking, 4:35.96, was a three second PR and his final tally was just 13 shy of his PR NCAA PR. The 1500m PR was, for the fast improving Trubachik, his 7<sup>th</sup> single event PR of the season.

Under the weather and climate circumstances, the scores for both were excellent and both have rosy deca futures.

## **RESULTS:**



### **7/9-10 NACAC u 23, Miram.ar, FL**

7510	Horn, Gray/USA-Florida	11.19-1.4 717-0.5 1287 197 51.13
		14.57-0.6 3829 460 5227 4:37.73
7497	Trubachik, Nick/USA-Portland St	11.40-1.4 656+1.7 1365 203 50.62
		15.26-0.6 3975 450 6040 4:35.94
6866	Gustavsson, Reid/Canada-U of British Columbia	11.45-1.4 686+1.6 1165 185 49.55
		16.16-0.6 3356 420 4878 4:31.04
6252	Raya, Josue/Mexico,	4s,4f.