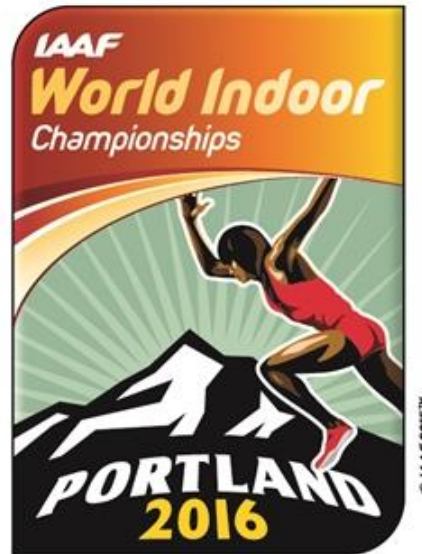


# MEDIA GUIDE/HANDBOOK

## Women's INDOOR PENTATHLON



### 15<sup>th</sup> IAAF WORLD INDOOR T&F CHAMPIONSHIPS

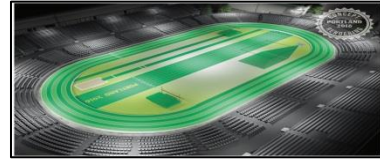
Portland, Oregon  
March 18-19, 2016



*Frank Zarnowski*  
*DECA, The Decathlon Association*  
[www.decathlonusa.typepad.com](http://www.decathlonusa.typepad.com)

## Time Schedule:

Friday, March 18, 2016	---	local time-----
60 m Hurdles	10:30	am
High Jump	12:10	pm
Shot Put	2.25	
Long Jump	5:15	
800 meters	8.10	



## Meet results are Available at:

<http://www.iaaf.org/competitions/iaaf-world-indoor-championships>

## 2016 IAAF World Indoor Championships March 18-19, 2016

### Entries:

#### *Invitation Criteria*

#### 2015 CE Challenge List

Anastasiya Mokhnyuk (UKR) –

#### 2015 Outdoor List

Brianne Theisen-Eaton(CAN) -

Barbara Nwaba (CAN)

Gyorgyi Farkas-Zsivoczky(HUN)

Alina Fodorova (UKR)

#### 2016 Indoor List

Kendell Williams (USA)

Morgan Lake (GBR)

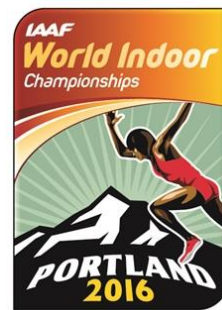
Katerina Cachova (CZE)

Makeba Alcide (LCA)

Georgia Ellenwood (CAN)

Salcia Slack (JAM)

Celina Leffler (GER)



### Selection Criteria

For the Combined Events, twelve (12) athletes will be invited by the IAAF in the Heptathlon and in the Pentathlon as follows:

- the winner of the IAAF Combined Events Challenge from 2015
- the five best athletes from the previous year's Outdoor Lists (as at 31st December), limited to a maximum of one per country and
- the five best athletes from the Indoor Lists during the year of the Competition
- one athlete which may be invited at the discretion of the IAAF

In total no more than two male and two female athletes from any one member nation will be invited. Upon refusals or cancellations, the invitations shall be extended to the next ranked athletes in the same lists respecting the above conditions.

## Event PRs

		<i>PR score</i>	<i>60mH</i>	<i>HJ</i>	<i>SP</i>	<i>LJ</i>	<i>800m</i>
Anastasiya Mokhnyuk	(UKR)	4745 '16	8.13	1.83	14.96	6.62	2:15.52
Brianne Theissen-Eaton	(CAN)	4768 '14	8.10	1.89	13.92	6.72	2:09.03
Barbara Nwaba	(USA)	4415 '16	8.40	1.87	14.64	6.23	2:07.13
Gyorgyi Farkas-Zsivoczky	(HUN)	4691 '15	8.44	1.86	14.62	6.32	2:11.88
Salcia Slack	(JAM)	4181 '15	8.37	1.69	14.99	6.32	2:14.34
Alina Fodorova	(UKR)	4724 '14	8.48	1.90	15.97	6.35	2:14.77
Kendell Williams	(USA)	4678 '15	8.10	1.88	12.77	6.54	2:17.30
Morgan Lake	(GBR)	4527 '15	8.63	1.94	14.85	6.32	2:18.53
Georgia Ellenwood	(CAN)	4392 '16	8.61	1.82	12.50	6.08	2:15.70
Makeba Alcide	(LCA)	4569 '13	8.35	1.89	13.20	6.15	2:13.66
Katerina Cachova	(CZE)	4506 '16	8.13	1.85	12.90	6.40	2:13.74
Celina Leffler	(GER)	4347 '16	8.47	1.77	14.35	6.32	2:18.03

## Previous Winners:

1993	4686	Liliana Nastase/ROM	Toronto, CAN
1995	4834	Svetlana Moskalets/RUS	Barcelona, ESP
1997	4780	Sabine Braun/GER	Paris, FRA
1999	4753	Dedee Nathan/USA	Maebashi, JPN
2001	4850	Natalya Sazanovich/BLR	Lisbon, POR
2003	4933	Carolina Klufft/SWE	Birmingham, GBR
2004	4759	Nadine Gomes/POR	Budapest, ROM
2006	4685	Ludmila Blonska/UKR	Moscow, RUS
2008	4867	Tia Hellebut/BEL	Valencia, ESP
2010	4937	Jessica Ennis/GBR	Doha, QTR
2012	5013WR	Nataliya Dobrynska/UKR	Istanbul, TUR
2014	4830	Nadine Broersen/NED	Sopot, POL
2016			Portland, OR, USA

## All-Time Women's Indoor Pentathlon List:

5013	Nataliya Dobrynska	UKR	WC-Istanbul	3/9/12
5000	Katarina Johnson-Thompson	GBR	EC, Prague	3/6/15
4991	Irina Belova	RUS	Berlin	2/15/92
4965	Jessica Ennis	GBR	Istanbul	3/9/12
4948	Carolina Krufft	SWE	WC, Madrid	4/3/05
4927	Kelly Sotherton	GBR	WC, Birmingham	3/2/07
4896	Ekaterina Bolshova	RUS	Moscow	2/7/12
4877	Tia Hellebaut	BEL	Ghent	2/11/07
4966	Svetlana Moskalets	RUS	Chelyabinsk	2/3/95
4855	Tatyana Chernova	RUS	Penza	2/3/10

## American Record and highest ever score in USA

4806	Sharon Day-Monroe	asics	Albuquerque
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## World Record Progression:

4768	Sabine John	GDR	Moscow, USSR	2/15/85	8.16	1.74	14.76	6.61	2:15.63
4991	Irina Belova	RUS	Berlin, GER	2/15/92	8.22	1.93	13.25	6.67	2:10.26
5013	Nataliya Dobrynska	UKR	Istanbul, TUR(WC)	3/09/12	8.38	1.84	16.51	6.57	2:11.15

## 2016 World List

4745	Anastasiya Mokhnyuk	UKR	Zaporizhzhya	1/27
4703	Kendell Williams	USA	NCAA Birmingham	3/12
4688	Alina Fyodorova	UKR	NC, Ukraine	2/25
	Claudia Rath	GER	Tallinn	2/14
4678	Nafissatou Thiam	BEL	Belgian Champs	2/7
4643	Akela Jones	BAR	Dodds, Manhattan	1/22
4535	Ulyana Aleksandrova	RUS	Rus Chmps	2/19
4519	Morgan Lake	GBR	Salamanca	2/20
4506	Katerina Cachova	CZE	NC, Prague	2/13
4482	Lyubov Tkach	RUS	Rus Champs	2/19
	[10]			
4470	Yana Makismava	BLR	NC, BelaRussia	2/17
4457	Taliyah Brooks	USA	Razorback, Fayetteville	1/29
4444	Amalie Iuel	NOR	Mnt Pac, Seattle	2/26
4434	Mariya Gromysheva	RUS	Volograd	1/20
4425	Eliska Klucinova	CZE	Reims	1/30
4415	Barbara Nwaba	USA	USA, Crete	2/27
4400	Karolina Tyminska	POL	NC, Poland	3/5
4393	Jess Lehman(nee Herauf)	USA	Big 10, Geneva	2/26
4392	Georgia Ellenwood	CAN	Big 10, Geneva	2/26
4380	Makeba Alcide	SLU	Albuquerque	2/05
	[20]			

## Previous World Champs Results

### 2014

#### 3/7/14 IAAF WC, Sopot, POL

4830	Broersen, Nadine	NED	8.32	193	1459	617	2:14.97
4768	Theisen-Eaton, Brianne	CAN	8.13	184	1386	613	2:10.07
4724	Fyodorova, Alinn	UKR	8.52	184	1505	626	2:15.31
4718	Day-Monroe, Sharon	USA	8.43	184	1495	594	2:09.80
4681	Rath, Claudia	GER	8.43	178	1366	637	2:10.29
4651	Maksimava, Yana	BLR	8.75	187	1493	590	2:11.28
4587	Melnychenko, Hanna	UKR	8.18	181	1302	627	2:18.40
4557	Tyminska, Karolina	POL	8.50	175	1436	607	2:12.03

### 2012

#### 3/9/12 IAAF WC, Istanbul, TUR

5013	Dobrynska, Nataliya	UKR	8.38	184	1651	657	2:11.15
4965	Ennis, Jessica	GBR	7.91	187	1479	619	2:08.09
4802	Skujyte, Austra	LTH	8.57	190	1626	624	2:19.99
4725	Tyminska, Karolina	POL	8.52	172	1468	649	2:08.25
4725	Chernova, Tatyana	RUS	8.29	184	1390	625	2:13.23
4639	Bolshova, Ekaterina	RUS	8.62	187	1207	652	2:14.43
4623	Melnychenko, Hanna	UKR	8.45	184	1329	627	2:15.53
4601	Maksimava, Yana	BLR	8.80	190	1485	580	2:14.25

## Indoor Women's Pentathlon Records

### World Records

60mH	7.91	Jessica Ennis/GBR	Istanbul, IAAF-4965	2012
HJ	1.99m(6-6 ½)	Tia Hellebut/BEL	Valencia-4867	2008
SP	20.27m (66-6)	Eva Wilms/GER	Berlin-4641	1977
LJ	6.81m(22-3)	Nadine DeBois/FRA	Paris	1986
800m	2:04.42	Ester Goossens/NED	Kalbach	1997
Score	5013	Nataliya Dobrynska/UKR	Istanbul	2012

*[8.38 184 1651 657 2:11.16]*



### American Records

60mH	7.99	Tiffany Lott-Hogan/USA	Chapel Hill/USATF-4224	2004
HJ	1.94m(6-4¼)	Gwen Wentland/Kansas St	Manhattan -4115	1995
SP	15.59m(51-2)	Sharon Day-Monroe/asics	Albuquerque-USA-4905	2014
LJ	6.68m(21-11)	Hyleas Fountain/Nike	University Park, PA-4731	2010
800m	2:08.36	Erica Moore/Indiana St	Ames-4030	2009
Score	4805A	Sharon Day-Monroe/asics	Albuquerque-USA	2014

*[8.44 188 1559 609 2:13.19]*



### Collegiate Records

60mH	8.10	Kendall Williams/Georgia	Fayetteville/NCAA-4412	2015
HJ	1.98m(6-6)	Akela Jones/Kansas St-BAR	Birmingham/NCAA I	2016
SP	16.34m(53-7½)	Austra Skyute/Kansas St-AUT	Manhattan	2002
LJ	6.80m(22-3)	Akela Jones/Kansas St-BAR	Birmingham/NCAA I	2016
800m	2:06.88	Amalie Iuel/USC-NOR	Seattle/MtnPac-4444	2016
Score	4703	Kendall Williams/Georgia	Birmingham/NCAA	2016

*[8.09 186 1355 635 2:20.47]*



### IAAF WC Meet Records

60mH	7.91	Jessica Ennis/GBR	Istanbul, IAAF-4965	2012
HJ	1.99m(6-6 ½)	Tia Hellebut/BEL	Valencia-4867	2008
SP	17.18m(56-4½)	Nataliya Dobrynska/UKR	Valencia-4742	2008
LJ	6.69m(	Natalya Sazanovich/BLR	Lisbon	2001
800m	2:08.09	Jessica Ennis/GBR	Istanbul-4965	2012
Score	5013	Nataliya Dobrynska/UKR	Istanbul	2014

*[8.38 184 1651 657 2:11.15]*



## ATHLETE'S BIOS:[listed alphabetically]

### Makeba Alcide

LCA

DOB: February 24, 1990 (26)  
Ht: 1.77m(5-9)  
College: Arkansas '13  
Club: World Athletics Center  
Coach: Kyle Heirholzer  
Hometown: Castries, St Lucia  
indoor criteria selection



4 top meets				60m	hj	sp	lj	800m
1/25/13	4464	1	Razorback, Fayetteville	8.45	189	1205	588	2:16.94
2/23/13	4569	1	SEC, Fayetteville	8.35	187	1232	615	2:16.37 CR
3/09/13	4327	3	NCAA I, Fayetteville	8.45	175	1222	584	2:14.05
2/05/16	4380	1	New Mexico, Albuquerque	8.42	177	1320	596	2:19.78

**PRs:** 4569 '13 [PR hept: 5968'13] 8.35 189 1320 615 2:13.66  
[2013 SEC champ i and o.]

### Katerina Cachova

CZE

DOB: February 26, 1990  
Ht/Wt: 1.76m/5-9  
Club: University Sports Club, Prague  
Coach:  
Hometown: Prague, CZE  
Outdoor criteria selection



3 top meets				60m	hj	sp	lj	800m
2/07/15	4386	1	NC, Prague	8.38	182	1166	608	2:19.83
2/13/16	4506	1	NC, Prague	8.30	184	1167	628	2:18.78

**PRs:** 4506 [hept PR 6123 '11] 8.13 185 1290 640 2:13.74  
[2007 World Youth champ-heptathlon; 21st at 2011 IAAF WC in Daegu, 5908; 15th IAAF World Juniors, 2006]

### Georgia Ellenwood

CAN

DOB: August 15, 1995  
Ht/Wt: 5-7  
College: Wisconsin'18  
Club:  
Coach:  
Hometown: Langley, B.C.  
Indoor criteria selection



4 top meets				60m	hj	sp	lj	800m
2/27/15	4223	2	Big Ten, Geneva	8.75	177	1203	588	2:18.55
3/14/15	4184	8	NCAA I, Fayetteville	8.83	174	1158	602	2:18.33
1/30/16	4295	1	UNI Jennett, Cedar Falls	8.77	179	1204	603	2:18.26
2/27/16	4392	2	Big 10, Geneva	8.61	182	1250	590	2:15.70
3/11/16	4390	4	NCAA I, Birmingham	8.56	180	1276	608	2:20.05

**PRs:** 4392 '16 [PR hept: 5786 '15] 8.56 182 1276 608 2:15.70  
[4th at recent NCAAs, 2 points shy of PR]

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## Gyorgyi Farkas-Zsivoczky

HUN

DOB: February 13, 1985 (31)  
Ht/Wt: 1.70m(5-7)  
Club: Honved SE  
Coach: Attila Zsivoczky  
Hometown: Budapest, HUN



Outdoor criteria selection

3 top meets				60m	hj	sp	lj	800m
2/19/12	4363	1	NC AUT, Vienna	8.84	181	1359	577	2:15.84
2/14/15	4691	1	NC, Budapest	8.44	185	1434	620	2:15.10
3/06/15	4564	6	Euro Champs, Prague	8.45	177	1420	610	2:13.91

2016:

?????

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**PRs:** 4691'15 [PR Hept: 6389'15] 8.44 186 1462 632 2:11.88  
[6th at 2015 outdoor WC in Beijing, 2x Olympian, 3rd '13 WUG]

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## Alina Fodorova

UKR

DOB: July 31, 1989 (26)  
Ht: 1.70m(5-7)  
Club:  
Coach:  
Hometown:



indoor criteria selection

3 top meets				0m	hj	sp	lj	800m
3/07/14	4724	3	IAAF WC, Sopot	8.52	184	1505	626	2:15.31
2/12/15	4609	1	NC, Sumy	8.70	183	1576	635	2:25.71
3/06/15	4563	7	Euro Champs, Prague	8.49	177	1509	622	2:20.38
2/25/16	4688	2	NC, Sumy	8.48	179	1597	618	2:16.63

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**PRs:** 4724 '14 [PR hept:6278 '15] 8.48 190 1597 635 2:14.77  
[3rd at 2014 WC indoors, 8th and 7th at two EC indoors]

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## Morgan Lake

GBR

DOB: May 12, 1997 (18)  
Ht: 1.78m(5-8)  
Club: Windsor S E & H  
Coach: Eldon Lake  
Hometown:



Outdoor criteria selection

3 top meets				60m	hj	sp	lj	800m
1/25/15	4448	1	3n u23 Nogent-Oise	8.85	188	1388	613	2:25.44
3/06/15	4527	9	Euro Champs, Prague	8.81	192	1391	610	2:23.44
2/20/16	4519	1	Intern, Salamanca	8.63	193	1297	589	2:18.53

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**PRs:** 4527 '15 [hept PR 6148 in Eugene-2014] 8.63 194 1485 632 2:18.53  
[2014 IAAF world junior champ-hept, 7th EC indoors in 2015]

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## Celina Leffler GER

DOB: April 9, 1996 (19)  
Ht/Wt: 1.70m/5-7  
Club: SSC Koblenz-Karthause  
Coach:



Hometown:

Indoor criteria selection

3 top meets				60m	hj	sp	lj	800m
1/30/16	4347	1	Hamburg	8.50	169	1435	609	2:22.19
2/01/14	3968	?	NC, Frankfurt	8.82	166	1234	589	2:28.33

**PRs:** 4347 '16 [PR heptathlon 5846 '14] 8.47 177 1435 632 2:18.03  
[2013 IAAF World Youth Champ, 4th, 2014 IAAF World Junior Champs]

## Anastasiya Mokhnyuk UKR

DOB: January 1, 1991  
Ht/Wt:  
Club:  
Coach:



Hometown:

2015 CE Challenge winner

3 top meets				60m	hj	sp	lj	800m
2/13/13	4507	2	NC, Sumy	8.34	182	1283	624	2:20.86
1/27/15	4707	1	Zaporizhzhya	8.13	180	1373	653	2:19.05
1/27/16	4745	1	Zaporizhzhya	8.20	182	1458	634	2:16.69

none

**PRs:** 4745 '16 (Hept PR 6359 '15) 8.13 183 1496 662 2:15.52  
['16 world leader, 7th '15 IAAF WC in Beijing, 11th 2010 W jr C]

## Barbara Nwaba USA

DOB: January 18, 1989  
Ht/Wt: 1.75m/5-8¾  
College: UCSB  
Club: Santa Barbara TC  
Coach: Josh Priester



Hometown: Los Angeles, CA

Outdoor criteria selection

3 top meets				60m	hj	sp	lj	800m
2/21/14	4406	3	USA, Albuquerque	8.51	185	1355	570	2:19.75
2/27/15	4389	2	USA, Roxbury	8.40	174	1376	562	2:12.14
3/04/16	4415	1	USA, Crete	8.62	183	1406	560	2:15.85

**PRs:** 4415 '16 [hept PR 6500 '15] 8.40 187 1464 623 2:07.13  
[Current USA national champ i and o]



## Salcia Slack

JAM



DOB: December 10, 1989 (26)  
Ht: 1.68m/5-6  
College: New Mexico Highlands U  
Coach: Bob DeVries (NMHU)  
Hometown: Kingston, JAM



Outdoor criteria selection

<u>3 top meets</u>				<u>60m</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/30/15	4007	1	Colo Mines, Golden	8.64	158	1400	592	2:30.30
3/14/15	4181	1	NCAA II, Birmingham	8.57	160	1339	590	2:16.52
2/06/16	4148	1	Western St, Gunnison	8.38	166	1346	621	2:35.49
3/11/16	4172	1	NCAA II, Pittsburg	8.78	164	1316	588	2:15.73

**PRs:** *4181'15 [PR hept: 6141 '15]* *8.37 169 1499 632 2:14.34*  
[2x NCAA II champ]

## Brianne Theisen-Eaton

CAN



DOB: December 18, 1988 (27)  
Ht: 1.73m/5-8  
College: Oregon '11  
Club: Oregon e-TC  
Coach: Harry Marra  
Hometown: Saskatoon, Saskatchewan



Outdoor criteria selection

<u>3 top meets</u>				<u>60m</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/27/12	4555	1	TAMU, College Station	8.38	188	1287	599	2:16.90
3/10/12	4536	1	NCAA I, Nampa	8.25	184	1246	595	2:13.95
3/07/14	4768	2	IAAF WC, Sopot	8.13	184	1386	613	2:10.07

2016:none

**PRs:** *4768 '14 (6808 '15)* *8.10 189 1392 672 2:09.03*  
[2x IAAF WC runner-up outdoors, 2014 WC indoors runner-up, 2015 seasonal leader, 3x NCAA champ i & o while at Oregon]

## Kendell Williams

USA



DOB: June 14, 1995 (20)  
Ht/Wt: 1.73m(5-8)  
College: Georgia '17  
Coach: Blaine Williams  
Hometown: Marietta, GA



Outdoor criteria selection

<u>6 top meets</u>				<u>60m</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
3/15/14	4635	1	NCAA I, Albuquerque	8.21	188	1205	632	2:17.31 WJrR
3/14/15	4678	1	NCAA I, Fayetteville	8.10	183	1224	653	2:17.30
1/29/16	4558	1	Razorback, Fayetteville	8.26	187	1251	638	2:24.96
2/27/16	4420	1	SEC, Fayetteville	8.26	178	1132	626	2:17.98

**PRs:** *4678'15 [PR hept:6223 '15]* *8.10 188 1277 654 2:17.30*  
[3x NCAA winner indoors, once outdoors, CR indoors.]