

**2016 US OLYMPIC TEAM
WOMEN'S HEPTATHLON TRIALS
and
36th NATIONAL CHAMPIONSHIPS**



**Hayward Field
University of Oregon
Eugene, Oregon
July 9-10, 2016**

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www.decathlonusa.typepad.com**

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SECTION ONE: Basic Info:

- a) Time Schedule
- b) Qualifying procedures
- c) List of Qualifiers
- d) Web sites which will provide results

a... Time Schedule

Saturday, July 9, 2016

12:30 pm 100 m Hurdles
1:30 High Jump
3:30 Shot Put
4:40 200 meters

Sunday, July 10, 2016

1:45 pm Long Jump
2:45 Javelin
4:11 800 meters

b)Qualifying Procedure

-The standard is 6150, (previously announced and remained 5900 until mid-May, 2016). Field limit is 18. Athletes who attain the standard will automatically be included in the event, provided they enter and declare.

-Additional athletes will be included in the event only if additional competitors are needed to make the event competitive (i.e., not enough athletes have attained the standard).

-Athletes must declare, and they may be invited for inclusion only after the close of declarations.

-The field sizes listed are the desired minimum of participants, and the Games Committee will try to fill the field to the minimum provided there are enough athletes entered and qualified without the quality of competition being affected. The Men's and Women's Track & Field Chairs may alter the field size as necessary.

Qualifying Guidelines

Qualifying marks must be made and verifiable in one of the following:

-USATF- or IAAF-sanctioned events that prescribe to or exceed USATF competition rules, events at collegiate meets that prescribe to or exceed USATF competition rules, high school meets, except duals and triangulars, or meets or events that meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for verification.

-Fully automatic timing (F.A.T.) is the only method of timing acceptable for qualifying marks for events equal to or shorter than 400 meters. A manual time may only be used for qualifying for events of 800 meters and longer only if no F.A.T. time is available. No timing allowance for qualifying will be made for hand times.

-Wind-assisted performances will not be accepted. Wind readings of +2.0 or higher will not be accepted for all relevant events except the combined events, which is wind aide if one or more marks is greater than 4.0 *and* the mean is greater than 2.0

-There is no adjustment for altitude.

-All qualifying marks must be attained between January 2, 2015 and June 26, 2016.

-All qualifying performances are subject to verification.

-Special Qualifying Regulations

Automatic Qualification [USATF Rules 10.3(b)i and 10.3(b)ii]

c)Qualifiers

Standards:

Olympic Games: 6200
 US Olympic Trials 6150 (former: 5900 until mid-May, 2016)

6500	Barbara Nwaba	SBTC	USA, Eugene	6/28/15
6458	Sharon Day-Monroe	Asics	USA, Eugene	6/28/15
6288	Erica Bougaard	Miss St'15	USA, Eugene	6/28/15
6274	Heather Miller-Koch	C Park TC	USA, Eugene	6/28/15
6225	Kendell Williams	Georgia'17	NCAA, Eugene	6/11/16
6150	Qualifying standard			
6147	Quintunya Chapman	Georgia'15	NCAA, Eugene	6/11/15
6112	Chantae McMillan	unat	DecaStar, Talence	9/20/15
6068	Jessica Flax	Texas Express	Mt Sac R, Azusa	4/14/16
6027	Alex Gochenour	Arkansas'16	Texas R, Austin	3/26/15
6023	Lindsay Lettow	SBTC	USA, Eugene	6/28/15
	[10]			
6022	Jena Hemann	TexA&M'15	USA, Eugene	6/28/15 inactive
6019	Sami Spenner	unat	Mt Sac R, Azusa	4/16/15
6014	Jess Lehman[Herhauf]	Minn'16	Big 10	5/16/15
5998	Lindsay Schwartz	SBTC	Sam Adams, S Barbara	4/4/15
5991	Taliyah Brooks	Arkansas'18	Texas R, Austin	3/31/16
5990	Allison Reaser	San Diego-elite	Mt Sac R, Azusa	4/14/16
5985	Payton Stumbaugh	Arkansas '18	Texas R, Austin	3/31/16
5977	Kiani Profit	CVE	S Adams, S Barbara	4/2/16
	[18]			
5976	Annie Kunz	TexA&M'16	SEC, Tuscaloosa	5/13/16
5956	Chari Hawkins	SBTC	S Adams, S Barbara	4/2/16
5952	Chelsea Carrier-Eades	unat	OTC HP # 2, Chula Vista	5/29/16
5951	Tiffany Parker	unat	TGA, Dallas	6/5/16
5948	Tatum Souza	unat	Mt Sac R, Azusa	4/14/16
5918	Breanna Leslie	Asics	Mt Sac R, Azusa	4/14/16
5914	Deanna Latham	Wisconsin'15	Big Ten	5/16/15 inactive
	[25]			
5900	Previously announced qualifying standard			

d)...Website listing results

HYPERLINK "<http://www.flashresult.com>" www.flashresults.com

SECTION TWO: RECORDS

U.S. OLYMPIC TRIALS, 1964- 2012

U.S. NATIONAL CHAMPIONSHIPS, 1950-2015

US Olympic Trials Winners:

Pentathlon

[1962 IAAF Tables]

1964	4544	Pat Connolly	San Mateo AA
1968	4823	Chi Cheng	CCTC/TPE
1972	4169	Jane Frederick	unat
1976	4622	Jane Frederick	LATC
1980	4679h	Jodi Anderson	LA Naturite

Heptathlon

1984	6520	Jackie Joyner	UCLA <i>[1985 IAAF Tables]</i>
1988	7215	Jackie Joyner-Kersee	McDonalds
1992	6695	Jackie Joyner Kersee	McDonalds
1996	6406	Kelly Blair	Nike
2000	6343	Dede Nathan	Indiana Invaders
2004	6194	Sheila Burrell	Nike
2008	6667	Hyleas Fountain	Nike
2012	6419	Hyleas Fountain	Nike
2016			



USA National Championship Winners:

AAU [Pentathlon]

1950	1929	Stella Walsh	Polish Falcons
1951	1932	Stella Walsh	Polish Falcons
1952	2183	Stella Walsh	Dreyer AC
1953	1984	Stella Walsh	unat
1954	1738	Stella Walsh	KnickerbockPC

[1954 IAAF Tables]

1955	3559	Barbara Mueller	Chi Comets
1956	4154	Barbara Mueller	unat
1957	3803	Ann Roniger	Cosmo Club
1958	3672	Ann Roniger	Cosmo Club
1959	4075	Ann Roniger	Cosmo Club
1960	4249	JoAnn Terry	Tennessee State
1961	4243	Pat Daniels	San Mateo AA
1962	3941	Pat Daniels	San Mateo AA
1963	4261	Pat Daniels	San Mateo AA

[1962 IAAF Tables]

1964	4644	Pat Daniels	San Mateo AA
1965	4399	Pat Daniels	San Mateo AA



1966	4496	Pat Daniels	San Mateo AA
1967	4824	Pat Daniels	Millbrae Lions
1968	4823	Che Cheng	CCTC/TPE
1969	4544	Jan Glotzer	Phoenix TC
1970	4735	Pat Daniels	LATC
1971	4731	Marilyn King	Millbrae Lions
1972	4169	Jane Frederick	unat
1973	4281	Jane Frederick	UCTC
1974	4051	Mitzi McMillan	Gazelles
1975	4676	Jane Frederick	LATC
1976	4677	Jane Frederick	LATC
1977	3919	Linda Cornelius	Texas A&M
1978	4379	Modupe Oshikoya	unat/Nigeria
1979	4506	Jane Frederick	Pacific Coast Club
TAC			
1980	4299	Themis Zambrzycki	BYU/Brazil
		[Heptathlon]	
1981	6011w	Jane Frederick	Athletics West
1982	6041	Jackie Joyner	UCLA
1983	6493	Jane Frederick	Athletics West
1984	6154	Cindy Greiner	Athletics West
		<i>[1985 IAAF Tables]</i>	
1985	6587	Jane Frederick	Athletics West
1986	6230	Jane Frederick	Athletics West
1987	6979	Jackie Joyner-Kersey	WCAC
1988	5881	Sheila Tarr	Track West
1989	6006w	Jolanda Jones	Houston TC
1990	6292w	Cindy Greiner	Nike Coast
1991	6878w	Jackie Joyner-Kersey	McDonalds
1992	6695	Jackie Joyner-Kersey	McDonalds
USATF			
1993	6770	Jackie Joyner-Kersey	unat
1994	6371	Kym Carter	Club West
1995	6375	Jackie Joyner-Kersey	Honda
1996	6406	Kelly Blair	Nike
1997	6465	Kelly Blair	Nike
1998	6402	Kelly Blair-LaBounty	Reebok
1999	6101	Shelia Burrell	unat
2000	6343	Dedee Nathan	Indiana Invaders
2001	6174w	Dedee Nathan	Indiana Invaders



2002	6299	Shelia Burrell	Nike
2003	6159	Sheila Burrell	Nike
2004	6194	Sheila Burrell	Nike
2005	6208	Hyleas Fountain	Nike
2006	6183	GiGi Johnson	unat
2007	6090	Hyleas Fountain	Nike
2008	6667	Hyleas Fountain	Nike
2009	6290	Diana Pickler	Asics
2010	6735	Hyleas Fountain	Nike
2011	6028	Sharon Day	Asics
2012	6419	Hyleas Fountain	Nike
2013	6550	Sharon Say-Monroe	Asics
2014	6470	Sharon Say-Monroe	Asics
2015	6500	Barbara Nwaba	SBTC
2016			



Multiple Winners:

9 wins:	Jane Frederick	1972	1973	1975	1976	1979	1981	1983	1985	1986
8 wins:	Pat Winslow	1961	1962	1963	1964	1965	1966	1967	1970	
6 wins:	Jackie Joyner Kersee				1982	1987	1991	1992	1993	1995
5 wins:	Stella Walsh					1950	1951	1952	1953	1954
	Hyleas Fountain					2005	2007	2008	2010	2012
4 wins:	Sheila Burrell						1999	2002	2003	2004

Most Consecutive Wins:

7 in a row:	Pat Winslow	1961-1967
5 in a row:	Stella Walsh	1950-1954
3 in a row:	Ann Roniger	1957-1959
	Jackie Joyner-Kersee	1991-1993
	Kelly Blair	1996-1998
	Sheila Burrell	2002-2004

Heptathlon Individual Event Records

World Records

100H	12.54 (+1.3)	Jessica Ennis/GBR	London	6955	2012
HJ	1.98/6-6	Tia Hellebut/BEL	Gotzis	6201	2006
SP	20.79m/68-2½	Eva Wilms/GER [pent]			
	17.31m/56-9½	Austra Skujyte/LTU [hept]	London	6599	2008
200m	22.30 (0.0)	Jackie Joyner-Kersee/USA	Indy	7215	1988
LJ	7.27m/23-10 ¼	Jackie Joyner-Kersee/USA (+0.7)	Seoul	7291	1988
Jav-new	60.90m/199-10	Barbara Spotakova/CZE	Talence	5880	2012
old	64.64m/212-1	Tessa Sanderson/GBR	Brussels	6125	1981
800m	2:01.84	Nadine DeBois/FRA	Talence	6227	1987
1 st day	4367	J Joyner-Kersee/USA	Indy	7215	1988
2 nd day	3027	J Joyner-Kersee/USA	Seoul	7291	1988
Score	7291	J Joyner-Kersee/USA	Seoul		1988



American Records

100H	12.65	Hyleas Fountain/Nike (+2.8)	Eugene	6667	2008
HJ	1.93/6-4	Jackie Joyner-Kersee/WCAC	Indy	7215	1988
		Sharon Day/unat	Havana	6036	2009
SP	16.30m/53-5 ¾	Jane Frederick/Naturite	Rome	6502	1987
200m	22.30 (0.0)	Jackie Joyner-Kersee/WCAC	Indy	7215	1988



LJ	7.27/23-10 ¼	Jackie Joyner-Kersey/WCAC (+0.7)	Seoul	7291	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:04.70	Marla Runyan/ unat	Atlanta-OT	5708	1996
1 st day	4367	Jackie Joyner-Kersey/WCAC	Indy	7215	1988
2 nd day	3027	Jackie Joyner-Kersey/WCAC	Seoul	7291	1988
Score	7291	Jackie Joyner-Kersey/WCAC	Seoul		1988

Collegiate Records

100H	12.83	Kendell Williams/Georgia (+1.4)	Eugene	6225	2016
HJ	1.93/6-4	Ewanjee Marysee Epee/ARZ-FRA	Athis-Mons	5867	1985
SP	16.72m/54-10 ½	Austra Skujyte/Kan St-LIT	Munich		2002
200m	23.13	Ali McKnight/Nev-Reno	Sacramento		1995
LJ	6.92m/22-8 ½	Diane Guthrie/GMU (+2.5)	Knoxville	6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:08.4h	Lana Zimmerman/LSU	Houston		1983
	2:08.58	Erica Moore/Indiana St	Normal	5553	2010
1 st day	4023	Akela Jones/Kansas St	Eugene	6371	2015
2 nd day	2799	Diane Guthrie/GMU-JAM	Knoxville	6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF		1985



USA National Championship Meet Records

100H	12.65 (+2.8)	Hyleas Fountain/Nike	Eugene	6667	2008
HJ	1.90m/6-2¾	Sharon Day/Asics	Eugene	6177	2009
		Hyleas Fountain/Nike	Des Moines	6735	2010
SP	16.07m/52-8¾	Kym Carter/	Knoxville	6371	1994
200m	23.02 (+0.4)	Jackie Joyner-Kersey	San Jose	6979	1987
LJ	7.25m/23-9½	Jackie Joyner-Kersey	San Jose	6979	1987
Jav	51.60m/169-3	Kelly Blair	Indianapolis	6465	1997
800m	2:04.70	Marla Runyan/	Atlanta-OT	5708	1996
1st day	4191	Jackie Joyner-Kersey	NYC	6878	1991
2nd day	2793	Kelly Blair	Indianapolis	6465	1997
Score	6979	Jackie Joyner-Kersey	San Jose		1987

[12.90 185 15.17 23.02 725 4024 2:13.07]



US Olympic Trials Meet Records

100H	12.65 (+2.8)	Hyleas Fountain/Nike	Eugene	6667	2008
HJ	1.93m/6-4	Jackie Joyner-Kersey	Indianapolis	7215	1988
SP	15.65m/51-4¼	Jackie Joyner-Kersey	Indianapolis	7215	1988
200m	22.30 (0.0)	Jackie Joyner-Kersey	Indianapolis	7215	1988
LJ	7.00m/22-11¾	Jackie Joyner-Kersey	Indianapolis	7215	1988
Jav					
800m	2:04.70	Marla Runyan/	Atlanta-OT	5708	1996
1st day	4366	Jackie Joyner-Kersey	Indianapolis		1988
2nd day	2849	Jackie Joyner-Kersey	Indianapolis		1988
Score	7215	Jackie Joyner-Kersey	Indianapolis		1988

[12.71-0.9 193 1565 22.30 0.0 700-1.3 5008 2:20.70]



RECENT MEET RESULTS

Olympic Trials:

2012 USA

June 21-22, 2012, U of Oregon, Eugene, OR

6419	Fountain, Hyleas/Nike	12.86+0.9	187	1317	23.84+1.0	630+1.3	4043	2:17.90
6343	Day, Sharon/Asics	13.71+1.6	187	1340	24.26+1.0	611+1.3	4503	2:14.55
6188	McMillan, Chantae/unat	13.36+0.7	172	1502	24.32+3.0	552+1.6	5024	2:17.71
6018	Wade, Bette/Nike	13.72+1.6	181	1362	24.84+2.2	621+1.1	3579	2:19.06
5986	Nwaba, Barbara/UCSB	13.68+1.3	187	1253	24.33+2.2	563+1.2	3788	2:15.55
5855	Stechschulte, Abbie/unat	13.76+0.7	172	1345	24.88+3.0	602+1.3	3566	2:16.78
5817	Krais, Ryann/Kansas St	13.84+1.6	175	1200	24.91+2.8	561+1.5	4050	2:12.03
5807	Lettow, Lindsay/C Missouri	13.96+1.3	175	1213	24.51+3.0	585+1.3	3683	2:14.91
5779	Miller, Heather/Central Park TC	14.18+0.5	169	1168	24.22+2.8	599+1.8	3929	2:15.59
5778	Adams, Aisha/unat	14.41+0.7	175	1134	24.38+2.8	581+0.9	4226	2:16.28
5772	Carrier-Eades, Chelsea/W Virginia	12.96+0.9	169	1186	23.80+1.0	564+0.8	3232	2:15.48
5763	Flax, Jessica/Wisconsin	13.70+1.3	172	1182	24.75+3.0	539+1.4	4579	2:17.58
5752	Pinnick, Shakeia/Arizona St	13.60+0.9	169	1102	24.43+1.0	602+1.2	3367	2:11.98
5614	Schwartz, Lindsay/S Alabama	13.94+0.5	169	1089	24.39+2.2	580+0.2	3675	2:17.42
5612	Reaser, Allison/San Diego St	13.55+1.6	163	1190	24.12+2.8	549+0.9	3685	2:16.84
5564	Profit, Kiani/Maryland	14.61+0.5	163	1231	24.54+2.2	556+0.4	3935	2:13.35
5563	Latham, Deanna/Wisconsin	14.00+1.3	160	1266	25.13+3.0	564+1.2	4213	2:20.27
5537	Hill, Kasey/unat	14.30+0.5	160	1239	23.96+2.8	575+0.9	3547	2:18.94
5252	Pearson, Emily/unat	14.03+0.7	169	1176	24.53+2.2	538+0.6	2139	2:15.80
5140	Lewis, Yvette/unat	12.84+0.9	175	861	23.70+1.0	604+1.3	2423	2:56.73 20s,20f.

2008 USA Olympic Trials

6/27-28, 2008 U of Oregon, Eugene, OR

6667	Fountain, Hyleas/Nike	12.65+2.8	181	1367	23.31+1.3	3989	688+1.6	4815	2:27.69
6347	Johnson, Jacqueline/Arizona St	13.12+2.8	178	1294	24.48+1.3	3717	646+2.3	4771	2:20.07
6257	Pickler, Diana/asics	13.13+2.8	184	1177	24.11+1.3	3750	624+2.0	4240	2:16.59
6247	Johnson, Gigi/Nike	12.83+2.8	166	1220	23.38+1.3	3671	642+2.9	4246	2:15.88
5819	Roehrig, Liz/Minnesota	14.12+3.5	178	1316	24.36+0.8	3598	602+2.2	3726	2:25.51
5789	Asigbee, Fiona/unat	13.80+1.1	178	1316	24.95+0.8	3589	599+1.8	3674	2:25.64
5747	Wilhelm, Ashley/unat	13.85+3.5	172	1225	25.25+2.7	3421	603+1.3	3691	2:17.42
5741	Poulson, Jackie/unat	14.03+3.5	169	1313	25.34+2.7	3408	549+0.6	4611	2:17.97
5723	Wade, Bette/Michigan	13.85+1.1	181	1303	24.72+2.7	3633	560+2.3	3479	2:22.24
5697	DuPree, Ryanne/Texas-SA	13.36+2.8	175	1134	24.64+0.8	3525	579+0.8	3621	2:22.40
5687	Hill, Kasey/Boston College	13.73+3.5	166	1178	24.70+0.8	3385	589+1.5	3589	2:16.07
5593	McNaney, Danielle/unat	13.80+3.5	169	1183	25.35+2.7	3354	543+2.7	3965	2:14.65
5352	Bamigboye, Buky/Georgetown	13.98+3.5	166	1204	25.27+2.7	3313	587+1.0	2748	2:21.73
dnf	Pickler, Julie/Asics	14.09+1.1	169	1182	24.55+0.8	3386	588+2.3	3466	dns
dnf	Quinley, Shevell/Arizona	13.80+1.1	172	1086	25.29+0.8	3332	578+1.0	3836	dns
dnf	Stechschulte, Abbie/Indiana	14.76+1.1	160	1277	25.83+2.7	3134	523+0.7	3662	dns
dnf	Nelson, Lela/Nike	13.46+2.8	166	1185	withdrew				
dnf	Hunter, Gayle/Penn St	13.71+1.1	166	905	withdrew				

National Championships,

2016 Indoor Nationals

2016	USATF Indoor Champs, Doane College, Crete, NE	60H	hj	sp	lj	800m
4415	Nwaba, Barbara.Santa BarbaraTC	8.62	183	1406	560	2:15.85
4285	Eppinger, Kaylon/Altis	8.18	174	1312	570	2:21.73

4225	Hawkins, Chari/Santa BarbaraTC	8.36	174	1252	578	2:22.08
4222	Schwartz, Lindsay/Santa Barbara TC	8.65	1.74	1300	579	2:20.10
4219	Souza, Tatum/unat	8.49	171	1440	545	2:19.83
4168	Lettow, Lindsey/Santa BarbaraTC	8.40	165	1191	598	2:19.08
3865	Wortham, Ellen/Adidas	8.60	168	1012	533	2:17.91
3560	Skipper, Sarah/Santa BarbaraTC	9.12	171	1042	524	2:35.58
dnf	McCutchen, Carley/unat 9s,8f.	9.15	156	967	520	dns

2015 USA National Outdoor Champs

2016	USATF Outdoor Champs, U of Oregon, Eugene, OR	100H	hj	sp	200m	lj	jav	800m
6500	Nwaba, Barbara.Santa BarbaraTC	13.49+2.2	182	1377	23.76+2.3	623+1.5	4348	2:07.13
6458	Day-Monrow, Sharon/Asics	13.31+1.4	176	1562	24.32+0.7	605+0.9	4490	2:09.41
6288	Bougard, Erica/unat-Miss St	13.03+2.2	188	997	23.40+2.3	613+1.4	3876	2:08.39
6274	Miller-Koch, Heather/Central Park TC	13.47+1.4	173	1272	23.64+0.7	619+0.6	4123	2:07.32
6023	Lettow, Lindsay/SBTC	13.56+1.4	176	1187	24.63+1.7	592+0.4	4263	2:11.90
6022	Hemann, Jena/Tex A&M	14.28+1.4	179	1288	25.06+1.7	605+2.1	4828	2:19.87
6012	Spenner, Sami/unat	14.13+1.4	173	1290	23.77+2.3	596+1.2	3851	2:10.25
5969	Schwartz, Lindsay/SBTC	13.55+1.4	167	1324	24.06+0.7	588+0.3	4162	2:15.97
5888	Eppinger, Kaylon/World Ath Ctr	13.07+2.2	176	1334	24.70+1.7	579-0.7	3562	2:20.83
5751	Hall, Lindsay/unat	13.68+1.4	170	1208	25.60+1.7	594+1.6	4665	2:25.79
5718	Leslie, Breanna/unat	13.61+2.2	164	1172	24.42+0.7	562+0.7	3877	2:11.80
5695	Latham, Deanna/Wisconsin	13.58+2.2	167	1210	24.79+1.7	579+1.4	3811	2:18.30
5655	Larch-Miller, Nikki/Wichita St	13.41+2.2	158	1091	23.64+2.3	593+0.8	3461	2:15.70
5580	Parker, Tiffany/unat	13.94+1.4	173	1214	25.25+1.7	564+1.7	4430	2:31.26
5517	Reaser, Allison/World Ath Ctr	13.85+2.2	161	1127	24.15+2.3	559-0.4	3548	2:15.65
dnf:	Gochenour, Alex/Arkansas 16s,15f.	13.34+2.2	167	1197	24.62+0.7	574+0.9	withdrew	

2014 USA National Outdoor Champs

June 27-28, Sacramento State U, Sacramento, CA

6470	Day-Monroe, Sharon/Asics	13.42	184	1545	24.40	585	4684	2:11.54
6307	Nwaba, Barbara/S Barbara TC	13.63	178	1454	23.92	602	4374	2:13.76
6118	Bougaard, Erica/unat	13.28	178	1132	23.33	621	3305	2:09.64
6100	Miller, Heather/C Park TC	13.65	178	1184	23.89	594	4016	2:09.65
6072	Profit, Kiani/unat	13.51	169	1280	24.12	594	4092	2:08.85
5960	Spenner, Sami/Nebraska-Omaha	13.91	172	1184	23.81	607	3927	2:13.38
5917	Reaser, Allison/San Diego St	13.49	160	1194	23.86	621	3720	2:11.10
5838	Leslie, Breanna/unat	13.72	166	1161	24.03	573	4074	2:10.88
5816	Schwartz, Lindsay/S Barbara TC	13.99	172	1231	24.07	585	3643	2:14.64
5738	Lettow, Lindsay/unat	13.96	169	1245	24.89	582	3817	2:14.73
5680	Latham, Deanna/Wisconsin	13.46	160	1109	24.69	598	4142	2:19.20
5549	Krais, Ryann/Nike	14.12	172	1276	25.32	505	4032	2:14.88
5466	Woods, Shana/unat	13.73	166	1228	24.25	596	3615	2:39.80
5377	Metoyer, Amber/unat	14.47	163	1382	25.28	545	4016	2:29.90

14s,14f.



2013 USA National Outdoor Champs

June 20, 2013, Drake University, Des Moines, IA

6550	Day, Sharon/Asics	13.54+1.7	190	1377	24.02+1.0	616+2.6	4738	2:12.12
6018	Wade, Bette/Nike	13.75+1.7	181	1349	24.95+0.1	606+0.9	3854	2:17.68
5990W	Bougard, Erica/Mississippi St	13.53+4.9	178	1037	23.56+0.1	622+2.6	3460	2:12.25
5957	Krais, Ryann/Nike	13.76+1.7	178	1187	24.98+0.4	584+0.8	3990	2:08.74



5945	Miller, Heather/CP TC-NB	13.75+4.9	175	1166	24.08+0.1	600+0.1	3838	2:13.30
5940W	Carrier-Eades, Chesea/unat	12.91+4.9	169	1099	23.49+0.1	625+1.5	3268	2:15.73
5933	Pinnick, Keia/Arizona St	13.04+2.7	169	1087	23.74+1.0	592+1.5	3632	2:10.45
5910W	Schwartz, Lindsay/unat	13.61+4.9	172	1161	24.18+0.4	585+4.0	3992	2:12.48
5899W	Profit, Kiani/Chula Vista-e	13.58+1.7	166	1162	24.22+0.4	590+4.6	3979	2:09.22
5768	Spenner, Sami/Neb-Omaha	13.94+2.7	163	1173	23.67+0.1	622+1.7	3097	2:11.63
5729	Lettow, Lindsay/unat	13.92+1.7	172	1195	24.70+0.1	574+1.7	3775	2:15.08
5636W	Jules, Vanessa/Marshall	13.44+4.9	175	1062	24.26+0.4	592+2.7	3233	2:22.55
5503	Leslie, Breanna/Azusa Pac	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35
5495	Reaser, Allison/SanDiegoSt	13.35+2.7	154	1208	24.34+1.0	561+1.4	3583	2:19.93
5360	Souza, Tatum/UCLA	13.96+1.7	166	1308	25.73+1.0	516+1.4	3879	2:24.09
5295W	Friesen, Tanya/Wichita St	13.96+4.9	169	829	25.39+1.0	585+2.8	3966	2:26.65
dnf	McMillan, Chantae/Nike	14.03+2.7	166	1351	25.96+1.0	withdrew		

16s,15f.

All Time USA Heptathlon List [performer list]

7291	Jackie Joyner-Kersey/WCAC	88	6371	Kym Carter/	94
6803	Jane Frederick/Athletics West	84	6352	Sharon Hanson	96
6735	Hyleas Fountain/Nike	10	6347	Jacqueline Johnson/Arizona St	08
6577	Dede Nathan/Nike	99	6323	Gea Johnson	92
6550	Sharon Day-Monroe/Ascis	14	6300	Cindy Greiner	92
6500	Barbara Nwaba/SBTC	15	6290	Diana Pickler/	09
6472	Shiela Burrell/Nike	01	6288	Erica Bougard/unat-Miss St	15
6465	Kelly Blair-LaBounty/Reebok	97	6274	Heather Koch-Miller/CPTC	15
6424	Jodi Anderson/ Puma Energizer	84	6247	Virginia Johnson/	08
6374	Jamie McNair/Reebok	95	6225	Kendell Williams/Georgia	16
	[10]			[20]	

JJK owns the top ten American Scores

The PR Page [alphabetical listing]

Seeding/PR information:

Score to left: the qualifying score made within the qualifying period (Jan 1, 2011-June 17,2012)

Row one: This is the mark (in italics) used in seeding. It is the best mark for each event made within the qualifying period (Jan 1, 2011-June 17, 2012)

Row two: In italics this is the career lifetime best (PR) for each event (in shaded grey).

<i>Q score</i>		<i>qscore/PR</i>	<i>100m w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
6288	Erica Bougard	<i>6288</i>	<i>12.99+1.2</i>	<i>188</i>	<i>1215</i>	<i>23.40+2.3</i>	<i>633+0.2</i>	<i>4038</i>	<i>2:08.39</i>
.		<i>6288</i>	<i>12.99+1.2</i>	<i>188</i>	<i>1251</i>	<i>23.33+2.6</i>	<i>643i</i>	<i>4038</i>	<i>2:08.39</i>
5991	Taliyah Brooks	<i>5991</i>	<i>13.16+2.9</i>	<i>183</i>	<i>1197</i>	<i>24.16+0.5</i>	<i>639-2.0</i>	<i>3685</i>	<i>2:17.66</i>
		<i>5991</i>	<i>13.16+2.9</i>	<i>183</i>	<i>1197</i>	<i>24.16+0.5</i>	<i>639-2.0</i>	<i>3685</i>	<i>2:17.66</i>
6147	Quintuna Chapman	<i>6147</i>	<i>13.43+1.0</i>	<i>166</i>	<i>1456</i>	<i>23.62+3.2</i>	<i>622+3.8</i>	<i>4366</i>	<i>2:13.58</i>
		<i>6147</i>	<i>13.43+1.0</i>	<i>166</i>	<i>1488</i>	<i>23.62+3.2</i>	<i>626+0.2</i>	<i>4366</i>	<i>2:13.58</i>
6458	Sharon Day-Monroe	<i>6458</i>	<i>13.31+1.4</i>	<i>177</i>	<i>1562</i>	<i>24.32+0.7</i>	<i>605+0.9</i>	<i>4684</i>	<i>2:09.41</i>
		<i>6550</i>	<i>13.31+1.4</i>	<i>195</i>	<i>1562</i>	<i>24.02+1.0</i>	<i>616+2.6</i>	<i>4738</i>	<i>2:08.94</i>
6068	Jessica Flax	<i>6068</i>	<i>13.20+1.5</i>	<i>171</i>	<i>1369</i>	<i>24.26+2.8</i>	<i>586+2.1</i>	<i>4109</i>	<i>2:13.81</i>
		<i>6068</i>	<i>13.20+1.5</i>	<i>171</i>	<i>1369</i>	<i>24.26+2.8</i>	<i>590i</i>	<i>4620</i>	<i>2:13.81</i>
6027	Alex Gochenour	<i>6027</i>	<i>12.98+1.7</i>	<i>172</i>	<i>1353</i>	<i>24.10+0.5</i>	<i>606+3.1</i>	<i>3770</i>	<i>2:15.38</i>
		<i>6027</i>	<i>12.98+1.7</i>	<i>180</i>	<i>1353</i>	<i>24.08+4.3</i>	<i>627+3.6</i>	<i>3805</i>	<i>2:15.38</i>
5976	Annie Kunz	<i>5976</i>	<i>13.54+0.1</i>	<i>181</i>	<i>1333</i>	<i>24.19+2.2</i>	<i>594i</i>	<i>4117</i>	<i>2:14.90</i>
		<i>5976</i>	<i>13.54+0.1</i>	<i>181</i>	<i>1333</i>	<i>24.19+2.2</i>	<i>594i</i>	<i>4117</i>	<i>2:14.90</i>
6014	Jess Lehman	<i>6014</i>	<i>14.22+1.8</i>	<i>174</i>	<i>1398</i>	<i>24.97-0.3</i>	<i>603i</i>	<i>4757</i>	<i>2:10.33</i>
		<i>6014</i>	<i>14.30+0.8</i>	<i>176</i>	<i>1399</i>	<i>24.79+2.3</i>	<i>606+2.1</i>	<i>4865</i>	<i>2:10.33</i>
6023	Lindsay Lettow	<i>6023</i>	<i>13.56+1.4</i>	<i>172</i>	<i>1243</i>	<i>24.63+1.7</i>	<i>622-1.2</i>	<i>4351</i>	<i>2:11.90</i>
		<i>6023</i>	<i>13.56+1.4</i>	<i>179i</i>	<i>1245</i>	<i>24.51+4.0</i>	<i>622-1.2</i>	<i>4351</i>	<i>2:11.90</i>
6112	Chantee McMillan	<i>6112</i>	<i>13.44+0.9</i>	<i>175</i>	<i>1465</i>	<i>24.65+2.1</i>	<i>581+2.0</i>	<i>4939</i>	<i>2:16.77</i>
		<i>6188</i>	<i>13.36+0.7</i>	<i>175</i>	<i>1502</i>	<i>24.32+3.0</i>	<i>633i</i>	<i>5024</i>	<i>2:16.77</i>
6274	Heather Miller-Koch	<i>6274</i>	<i>13.12+2.5</i>	<i>180</i>	<i>1350</i>	<i>23.64+0.7</i>	<i>655+0.1</i>	<i>4123</i>	<i>2:07.32</i>
		<i>6274</i>	<i>13.12+2.5</i>	<i>180</i>	<i>1350</i>	<i>23.64+0.7</i>	<i>655</i>	<i>4123</i>	<i>2:07.32</i>
6500	Barbara Nwaba	<i>6500</i>	<i>13.38+0.6</i>	<i>188</i>	<i>1500</i>	<i>23.76+1.3</i>	<i>623+1.5</i>	<i>5040</i>	<i>2:07.13</i>
		<i>6500</i>	<i>13.38+0.6</i>	<i>188</i>	<i>1500</i>	<i>23.04-0.2</i>	<i>623+1.5</i>	<i>5040</i>	<i>2:07.13</i>
5977	Kiani Profit	<i>5977</i>	<i>13.79-0.7</i>	<i>179</i>	<i>1265</i>	<i>24.21-0.5</i>	<i>593 0.0</i>	<i>4369</i>	<i>2:08.77</i>
		<i>6135</i>	<i>13.51+0.9</i>	<i>179</i>	<i>1280</i>	<i>23.98+1.3</i>	<i>611+2.3</i>	<i>4369</i>	<i>2:06.25</i>
5990	Allison Reaser	<i>5990</i>	<i>13.51+3.1</i>	<i>172</i>	<i>1317</i>	<i>24.15+1.5</i>	<i>611 0.0</i>	<i>4084</i>	<i>2:13.31</i>
		<i>5990</i>	<i>13.30+1.2</i>	<i>172</i>	<i>1317</i>	<i>23.86+2.6</i>	<i>622</i>	<i>4084</i>	<i>2:11.10</i>
5998	Lindsay Schwartz	<i>5998</i>	<i>13.55+1.4</i>	<i>178</i>	<i>1367</i>	<i>24.06+2.6</i>	<i>596+2.0</i>	<i>4162</i>	<i>2:11.93</i>
		<i>5998</i>	<i>13.55+1.4</i>	<i>178</i>	<i>1367</i>	<i>24.06+1.8</i>	<i>615+1.5</i>	<i>4247</i>	<i>2:11.93</i>
6019	Sami Spenner	<i>6019</i>	<i>14.11+2.1</i>	<i>176</i>	<i>1290</i>	<i>23.77+2.3</i>	<i>606+2.5</i>	<i>3897</i>	<i>2:10.25</i>
		<i>6019</i>	<i>13.91+1.8</i>	<i>176</i>	<i>1299</i>	<i>23.54+1.5</i>	<i>634+2.3</i>	<i>3927</i>	<i>2:10.25</i>
5985	Payton Stumbaugh	<i>5985</i>	<i>12.83+1.7</i>	<i>174</i>	<i>1214</i>	<i>23.67i</i>	<i>615+2.3</i>	<i>3954</i>	<i>2:14.73</i>
		<i>5985</i>	<i>12.83+1.7</i>	<i>174</i>	<i>1214</i>	<i>23.67i</i>	<i>615+2.3</i>	<i>3954</i>	<i>2:14.73</i>
6225	Kendell Williams	<i>6225</i>	<i>12.83+1.4</i>	<i>187</i>	<i>1355</i>	<i>23.78+2.0</i>	<i>645i</i>	<i>4133</i>	<i>2:17.30</i>
		<i>6225</i>	<i>12.83+1.4</i>	<i>188</i>	<i>1355</i>	<i>23.78+2.0</i>	<i>654i</i>	<i>4133</i>	<i>2:17.30</i>
Alternates—5900 point qualifiers--alphabetical									
5930	Chelsea Carrier-Eades	<i>5930</i>	<i>13.09+0.6</i>	<i>175</i>	<i>1209</i>	<i>23.99-0.2</i>	<i>632</i>	<i>3519</i>	<i>2:15.65</i>
		<i>6000</i>	<i>12.78+1.7</i>	<i>175</i>	<i>1209</i>	<i>23.49+0.1</i>	<i>642</i>	<i>3519</i>	<i>2:14.01</i>
5956	Chari Hawkins	<i>5956</i>	<i>13.30-0.7</i>	<i>180</i>	<i>1184</i>	<i>24.28+2.2</i>	<i>618</i>	<i>3913</i>	<i>2:15.01</i>
		<i>5956</i>	<i>13.30-0.7</i>	<i>183</i>	<i>1186</i>	<i>24.28+2.2</i>	<i>610+4.5</i>	<i>4103</i>	<i>2:15.01</i>
5918	Breanna Leslie	<i>5918</i>	<i>13.26+2.3</i>	<i>173</i>	<i>1237</i>	<i>23.97+2.8</i>	<i>589+1.9</i>	<i>4080</i>	<i>2:10.91</i>
		<i>5918</i>	<i>13.26+2.3</i>	<i>174</i>	<i>1249</i>	<i>23.97+2.8</i>	<i>597</i>	<i>4129</i>	<i>2:10.88</i>
5951	Tiffany Parker	<i>5951</i>	<i>13.55+0.7</i>	<i>178</i>	<i>1348</i>	<i>24.96+2.2</i>	<i>607+3.4</i>	<i>4569</i>	<i>2:30.27</i>
		<i>5951</i>	<i>13.62+0.2</i>	<i>178</i>	<i>1378</i>	<i>24.96+2.2</i>	<i>607+3.4</i>	<i>4552</i>	<i>2:28.34</i>
5948	Tatum Souza	<i>5948</i>	<i>13.72+0.7</i>	<i>174</i>	<i>1440</i>	<i>24.99+1.5</i>	<i>576+1.7</i>	<i>4427</i>	<i>2:14.23</i>
		<i>5948</i>	<i>13.72+0.7</i>	<i>174</i>	<i>1442</i>	<i>24.99+1.5</i>	<i>580+2.5</i>	<i>4427</i>	<i>2:14.23</i>

Athlete's Bios:

ERICA BOUGARD

DOB: July 26, 1993
POB: Memphis, TN
Ht: 5-6
Hometown: Byhalia, MS
High School: Byhalia HS
College: Mississippi St '15



2016: Runner-up at NCAA I. Captured 2nd SEC outdoor crown (6170). **2015:** 4th at NCAAs and 3rd at USA nationals making 2nd WC team roster. Dnf in Beijing. SEC champ with significant 6250 PR. 3rd at Mount Sac Relays. SEC and NCAA indoor runner-up. **2014:** Redshirt outdoor season. Place 3rd with new career best score (6118) a USAs and 3rd again at Thorpe Cup. Indoors set CR of 4586 at NCAAs in Albuquerque but it lasted less than 5 seconds. She pace 2nd. Captured SEC indoor crown with PR 4458 score, # 5 all-time college performer. **2013:** 24th at IAAF world champs. 3rd at USA nationals qualifying for spot on IAAF world champs team. 4th at NCAAs with PR 5976 score. SEC winner with yet another PR, 5786 points. Texas Relays winner with PR 5649 score. Was surprise NCAA indoor heptathlon winner (4399) using 4 second 800m PR. **2012:** Won USA Junior title, then placed 13th at IAAF world junior champs. 5th at Texas Relays and 4th at SEC (5532) in initial career heptathlons. 10th at NCAAs indoors. Runner-up at SEC indoor meet with PR 4109 score. **High School:** Long jumped 20-2½ to win Miss State meet . **Personal:** Erica Marsha Bourgard. Daughter of Toya Norman and Eric Bougard.

Career:

Indoor:

1/26/12	3840	1	UAB Multis, Birmingham	8.85	164	974	570	2:18.43
2/24/12	4109	2	SEC, Lexington	8.57	167	1002	604	2:14.80
3/09/11	3985	10	NCAA I, Nampa	8.59	166	1037	576	2:18.00
1/24/13	4190	1	Air Force Pent, USAFA	8.40	170	1037	633	2:22.58
2/22/13	3582	?	SEC, Fayetteville	8.35	178	1099	643	dnf
3/09/13	4399	1	NCAA I, Fayetteville	8.34	175	1100	611	2:10.80
1/16/14	4207	1	Samford, Birmingham	8.58	176	1149	599	2:22.48
2/27/14	4458	1	SEC, C Station	8.37	178	1248	614	2:15.41
3/15/14	4586	2	NCAA I, Albuquerque	8.31	179	1251	629	2:12.63 CR
1/21/15	4419	1	Samford, Birmingham	8.27	177	1189	631	2:20.97
2/27/15	4376	2	SEC, Lexington	8.14	166	1221	615	2:13.44
3/14/15	4566	2	NCAA I, Fayetteville	8.16	183	1246	616	2:16.93

Outdoor:

3/29/12	5382	5	Texas R, Austin	14.01+0.1	166	939	24.50-0.7	589+1.9	3079	2:16.78
5/11/12	5532	4	SEC, Baton Rouge	13.94-1.1	170	989	24.19-0.7	611+0.3	2711	2:14.16
6/ /12	5547	1	USA Jr, Bloomington	13.79-1.6	175	946	24.61-0.6	603-0.3	2837	2:14.39
7/13/12	5410	13	IAAF World Jr, Barcelona	13.73-1.0	172	1022	24.64-1.5	582+2.5	2430	2:15.36
3/28/13	5649	1	Texas R, Austin	13.39+1.3	181	1033	24.20+1.1	587+2.8	2641	2:17.34
5/10/13	5786	2	SEC, Columbia	13.40+1.1	176	1070	23.93+0.6	601-0.3	3253	2:17.82
6/07/13	5976	4	NCAA I, Eugene	13.37+1.2	175	1107	23.84+2.3	625+0.4	3428	2:13.75
6/20/13	5990W	3	USA, Des Moines	13.53+4.9	178	1037	23.56+0.1	622+2.6	3460	2:12.25
8/13/13	5829	24	IAAF WC, Moscow	13.69-0.6	180	1127	24.59 0.0	601+0.6	3262	2:13.72
6/29/14	6118	3	USA, Sacramento	13.28+0.9	178	1132	23.33+2.6	621+2.0	3305	2:09.54
7/27/14	5873	3	Thorpe Cup, Marburg	13.47-0.1	168	1081	23.96+2.4	630+0.5	3205	2:10.15
4/16/15	5962w	3	Mount Sac R, Azusa	13.29+2.1	179	1089	23.65+3.1	620+1.6	2864	2:11.08
5/14/15	6250	1	SEC, Starkville	13.11+0.7	185	1168	23.48+1.8	639+2.6	3164	2:11.00
6/11/15	6050w	4	NCAA I, Eugene	13.12+0.9	184	1049	23.63+3.2	637+3.6	3395	2:20.35
6/ /15	6288	3	USA, Eugene	13.03+2.2	188	997	23.40+2.3	613+1.4	3876	2:08.39
8/23/15	dnf	-	IAAF WC, Beijing	13.28-0.7	183	1140	24.41+0.2	618+0.1	3506	dns
5/13/16	6170	1	SEC, Tuscaloosa	13.38+0.1	184	1215	23.72+0.7	611-2.1	3724	2:14.67
6/11/19	6088	2	NCAA I, Eugene	13.19+2.0	181	1191	24.03+0.2	626+1.6	3573	2:17.89

PRs: 6288 / 4586

12.99+1.2 188 1251 23.33+2.6 643i 4038 2:08.39

Indoor: 60mH: 8.03 3820 1st day at SECs

TALIYAH BROOKS

DOB: Feb. 8, 1995
 POB:
 Ht: 5-9
 Hometown: Wichita Falls, TX
 High School: Rider HS
 College: Arkansas'18



2016: dnf'd at NCAAs. 4th at SEC (5855) after breakthrough win at Texas Relays (5991w). Opened indoor campaign with breakthrough PR 4457 effort at home and then placed 2nd at SECs and NCAAs. **2015:** 7th at SECs outdoors with PR 5681 score and upped PR to 5717 for 16th at NCAAs. 1st CE effort was 4155 performance at Razorback and then placed 7th at SECs. **2014:** Competed indoors. **High School:** Injury claimed senior season. **Personal:** daughter of Robert Brooks and Diann Clark. Major in communications and minor in legal studies.

Career:

Indoor:

	<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/30/15	4155	3	Razorback, Fayetteville	8.39	176 1040 605 2:24.39
2/27/15	4125	7	SEC, Lexington	8.29	178 1110 606 2:34.47
3/14/15	4230	7	NCAA I, Fayetteville	8.54	180 1022 608 2:19.79
1/29/16	4457	2	Razorback, Fayetteville	8.18	178 1140 635 2:19.06
2/27/16	4376	2	SEC, Fayetteville	8.25	178 1180 609 2:19.91
3/26/16	4432	2	NCAA I, Birmingham	8.17	183 1155 618 2:22.59

Outdoor:

	<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
3/26/15	5482w	3	Texas R, Austin	13.55+3.9	172 1062	25.22+2.5	618		2702	2:21.89
5/14/15	5681	7	SEC, Starkville	13.33+0.7	176 1197	24.43+1.8	603+1.8		2768	2:22.73
6/11/15	5717	16	NCAA I, Eugene	13.39+1.0	166 1168	24.35+3.2	628+1.4		3518	2:25.83
3/31/16	5991w	1	Texas R, Austin	13.16+2.9	178 1144	24.47+3.1	621+2.1		3685	2:17.66
5/13/16	5855	4	SEC, Tuscaloosa	13.37+1.7	175 1168	24.16+0.5	629-2.2		3455	2:24.64
6/11/16	dnf	-	NCAA I, Eugene	13.21+2.0	172 1186	25.98+0.2				withdrew

PRs: 5991 / 4457

13.16+2.9 183 1197 24.16+0.5 639-2.0 3685 2:17.66

Indoor: 60mH: 8.17

Updated: 6/23/16

QUINTUNA CHAPMAN

DOB: January 7, 1993
 POB:
 Ht: 5-8
 Hometown: Hinsville, GA
 High School: Bradwell Institute
 College: Georgia '15



2016: Won Pan Am Cup in Ottawa with 6035 score. **2015:** 3rd place at NCAAs. 4th at SECs(5886). Won Bulldog hept with PR 6146 effort. 6th at NCAA indoors. Runner-up at McCravey pent with PR 4257 effort and then placed 3rd at SEC. **2014:** 6th at NCAA outdoors. Scored PR 5659 in early season meet then placed 2nd at SECs. 12th at NCAAs with PR 4107 score. Score 3670 in first pentathlon, then placed 8th at SEC meet with 4043 effort. **2013-12:** Concentrated on sprints (54.76 400m/24.40200m). **High School:** '11 Georgia 5A state long jump champ. Named Girls Track and Field Athlete of the Year from 2009 to 2011. **Personal:** Daughter of David and Cenita Chapman. Pre-Exercise and Sport Science major.

Career:

Indoor:

				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/24/14	3670	6	UNM C&S, Albuquerque	8.91	157	1116	542	2:24.98
2/27/14	4043	8	SEC, C Station	8.65	160	1248	582	2:19.13
3/15/14	4107	12	NCAA I, Albuquerque	8.49	161	1290	587	2:20.99
1/23/15	4257	2	McCravey, Lexington	8.49	164	1374	602	2:20.10
2/27/15	4244	3	SEC, Lexington	8.36	160	1334	605	2:18.43
3/14/15	4259	6	NCAA I, Fayetteville	8.33	153	1395	607	2:15.38

Outdoor:

				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
4/11/14	5659	4	Bulldog, Athens	14.24	+1.0	162	1295	24.18	-0.5	600	+1.1	3295	2:15.53
5/16/14	5527w	2	SEC, Lexington	14.21	+0.4	157	1276	24.59	+3.1	602	+3.9	3113	2:15.42
6/13/14	5610	6	NCAA I, Eugene	13.96	+0.3	157	1271	24.26	-1.2	594	-1.1	3380	2:15.85
8/09/14	5332	3	NACACu23, Kamploops	13.81	+2.4	156	1306	24.50	+1.3	562	+0.4	2843	2:22.31
4/09/15	6146	1	Bulldog, Athens	13.56	+1.6	160	1430	23.71	+1.4	626	+0.2	4232	2:14.22
5/14/15	5886	4	SEC, Starkville	13.58	+0.3	158	1448	24.04	+1.8	582	+1.7	3968	2:16.21
6/11/15	6147	3	NCAA I, Eugene	13.43	+1.0	166	1456	23.62	+3.2	607	+1.0	4366	2:19.96
4/07/16	6039	1	Bulldog, Athens	13.70	+3.2	166	1371	24.34	-0.1	622	+3.8	4226	2:17.35
5/29/16	dnf	-	OTC HP#2, Chula Vista	13.85		160	1276	24.60		576		withdrew	
6/18/16	6035	1	Pan Am Cup, Ottawa	13.48	0.0	155	1488	23.75	+2.6	591	+2.0	4226	2:13.58

PRs: 6147 / 4259

13.43+1.0 166 1488 23.62+3.2 626+0.2 4366 2:13.58

Indoor: 60mH: 8.33

5/26/13	dnf	-	Hypo Bank, Götzis	13.54+1.1	nh	1420	withdrew
6/20/13	6550	1	USA, Des Moines	13.54+1.7	190	1377	24.02+1.0 616+2.6 4738 2:12.12
8/13/13	6407	6	IAAF WC, Moscow	13.51-0.2	183	1435	24.28 0.0 579+0.9 4717 2:08.94
9/15/13	dnf	-	DecaStar, Talence	14.01-0.1	nh	1475	25.25-0.8 590+0.7 4447 dnr
4/17/14	dnf		Mt Sac R, Azusa	13.49+1.3	184	1478	24.09+3.7
5/09/14	dnf		Classic, Claremont	13.51+1.1		1492	24.30+2.9 595+2.9 4429
6/26/14	6470	1	USA, Sacramento	13.42+0.9	184	1545	24.40+2.6 585+1.8 4684 2:11.54
6/28/15	6458	2	USA, Eugene	13.31+1.4	176	1562	24.32+0.7 605+0.9 4490 2:09.41
8/23/15	6246	14	IAAF WC, Beijing	13.42-0.7	177	1485	25.05-1.3 579+1.0 4602 2:11.01
5/29/16	6011	21	Hypo-Bank, Götzis	13.59+1.1	177	1510	24.73+0.9 582-1.3 4680 2:20.75

PRs: 6550 / 4805

13.31+1.4 195 1562 24.02+1.0 616+2.6 4738 2:08.94

Indoor: 60H: 8.43

JESSICA FLAX

DOB: September 4, 1990
 POB:
 Ht: 5-8
 Hometown: Pearland, TX
 High School: Pearland HS
 College: Wisconsin '12



2016: Runner-up at Mt Sac Relays with 5 event PRs. 2nd at A&M Thomas pentathlon with 4179 PR score. **2015:** 11th at Mount Sac Relays. **2013:** 8th at NCAAs indoors. Big Ten champ with PR 4078 score. **2012:** Outdoors she 4th at NCAAs with PR 5826 effort, Mount Sac Relays runner-up (with PR 5662) and Big 10 champ (another PR-5722). Big Ten indoor pentathlon runner-up with career best 4008 score. High jump no height at NCAAs ruined PR score. **2011:** 7th at NCAAs (PR 5440) after winning Big Ten heptathlon with PR 5372. 7th at Mt Sac Relays. Redshirt indoor season. **2010:** Third at Big Ten outdoor heptathlon. 10th at Mt Sac Relays. Fourth at Big Ten indoor pentathlon. **2009:** 6th at Big Ten indoor pentathlon. **2008:** Runner-up at USA Junior heptathlon (5108). **2007:** 15th at USA Jr national heptathlon **High School:** Texas 5A 100 hurdle champion in 2008. 12x District champion and 4x team MVP. **Personal:** Parents are Brant and Carylton Flax. Major is undecided.

Career:**Indoor:**

1/16/09	3492	2	Badger Classic, Madison	8.95	155	1073	507	2:26.39
1/30/09	3702	2	U Wisconsin Elite, Madison	8.87	155	1091	558	2:23.62
2/28/09	3821	6	Big Ten, Bloomington	9.05	175	1088	590	2:23.51
1/29/10	3672	2	Badger Elite, Madison	8.98	160	1216	523	2:27.34
2/27/10	3754	4	Big Ten, U Park	8.78	158	1247	551	2:26.52
2/03/12	3789	4	Sevigne, Lincoln	8.74	158	1261	518	2:21.56
2/24/12	4008	2	Big Ten, Lincoln	8.57	167	1251	535	2:19.09
3/09/12	3186	16	NCAA I, Nampa	8.62	nh	1226	543	2:18.98
2/01/13	4009	2	Sevigne, Lincoln	8.55	164	1269	542	2:19.05
2/22/13	4078	1	Big Ten, Geneva	8.49	165	1160	548	2:15.33
3/09/13	4112	8	NCAA I, Fayetteville	8.46	163	1250	565	2:16.15
2/05/16	4179	2	Thomas, College Station	8.44	169	1368	540	2:17.16

Outdoor:

6/21/08	5108	2	USA Jr, Columbus	14.10-0.7	162	1076	25.64-1.1	572+2.4	2599	2:20.94
3/20/09	4968	1	Hurricane, Miami	14.38	158	1120	26.12	543	2744	2:19.67
5/16/09	4974	6	Big Ten, Columbus	14.54-1.6	163	1054	26.05+3.7	505+1.8	3398	2:20.45
6/27/09	4746	4	USA Jr, Eugene	14.94+1.6	160	1006	26.70+3.0	506+2.3	3173	2:21.54
3/20/10	4754	1	Hurricane, Miami	14.86+0.0	152	1199	26.35+1.9	529+0.5	3053	2:29.75
4/15/10	5155	10	Mt Sac R, Azusa	14.55+1.0	158	1167	26.17+1.9	536+1.2	3723	2:18.39
5/15/10	5253	3	Big Ten, Bloomington	14.04+0.8	160	1195	25.35-0.8	518-2.5	3654	2:20.17
4/14/11	5353	7	Mt Sac R, Azusa	14.26+1.6	167	1255	25.60+2.3	529+1.9	3830	2:22.75
5/14/11	5372	1	Big Ten, Iowa City	14.18+0.9	167	1252	25.98+2.9	543+1.3	3950	2:24.18
6/10/11	5440	7	NCAA I, Des Moines	14.12+2.4	166	1201	25.64-0.8	531-0.2	4104	2:18.10
4/19/12	5662	2	Mt Sac R, Azusa	14.08+0.6	167	1213	25.33+1.4	563+2.9	4620	2:19.88
5/12/12	5722	1	Big 10, Madison	13.67+3.0	167	1273	24.79+1.7	542+1.3	4464	2:15.97
6/08/12	5828	4	NCAA I, Des Moines	13.72-0.3	169	1310	25.09+1.0	568-1.5	4312	2:16.43
4/16/15	5556w	11	Mount Sac R, Azusa	13.84+2.1	170	1267	25.12+3.1	565+0.6	3240	2:17.93
6/20/15	5318	11	Capital Cup, Ottawa	13.99-0.8	165	1230	25.34-0.3	530+0.7	3135	2:17.25
4/14/16	6068	2	Mt Sac R, Azusa	13.20+1.5	171	1369	24.26+2.8	586+2.1	3969	2:13.81
4/02/16	dnf	-	Sam Adams, S Barbara	13.28-0.7	169	1303	24.59-0.5	539	0.0	withdrew

PRs: 6068 / 4179
Indoor: 60mH: 8.44

13.20+1.5 171 1369 24.26+2.8 590i 4620 2:13.81

ALEX GOCHENOUR

DOB: February 17, 1993
 POB:
 Ht: 5-11
 Hometown: Missouri Valley, IA
 High School: Logan/Magnolis Sr HS '11
 College: LSU
 Arkansas'16
 Club: Cornhusker Flyers



2016: 4th place at NCAA with best non-windy score (5962). 3rd at Texas Relays and 5th at SEC outdoors, both with 5800+ efforts. Posted 4229 score in season opener and then placed 5th at SECs followed by 6th place at NCAAs indoors (4336). **2015:** 9th at NCAAs. 3rd at SEC. Won Texas Relays with 1st 6k score. 4th at NCAAs indoors with 4430 PR. 9th at NCAA outdoors. Won early season Razorback pent with PR 4259 effort. **2014:** 11th at NCAAs outdoors. Opened outdoor season with 5522 PR at Texas Relays and then placed 3rd at SEC champs. 12th at NCAAs indoors. 5th at SEC indoors. PR'd for 2nd at Razorback pentathlon. **2013:** redshirt year while transferring to U of Arkansas. **2012:** while at LSU was 6th at SEC indoor pentathlon and 7th outdoor heptathlon. **High School:** 13x Iowa 1A and 2A state champion. '11 Drake Relays long jump and 100mH winner. **Personal:** Parents are Jeff and Karla Gochenour.

Career:

Indoor:

				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/27/12	3679	6	Razorback, Fayetteville	8.84	158	1100	552	2:27.73
2/26/12	3855	6	SEC, Lexington	8.75	161	1157	553	2:21.53
2/01/14	4116	2	Razorback, Fayetteville	8.66	173	1184	570	2:19.27
2/27/14	4122	5	SEC, C Station	8.57	169	1191	573	2:17.69
3/15/14	4042	12	NCAA I, Albuquerque	8.43	170	1248	580	2:31.59
1/30/15	4259	1	Razorback, Fayetteville	8.55	179	1239	575	2:19.85
3/13/15	4430	4	NCAA I, Fayetteville	8.41	180	1237	604	2:16.85
1/29/30	4229	3	Razorback, Fayetteville	8.47	166	1258	597	2:17.42
2/27/16	4171	5	SEC, Fayetteville	8.39	172	1278	598	2:29.81
3/12/16	4336	6	NCAA I, Birmingham	8.38	171	1265	595	2:15.38

Outdoor:

				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
7/01/09	4690	1	World Youth, Ypsilanti	15.25	-1.0	160	950	26.34	+0.1	524	+1.7	3173	2:33.04
7/29/09	4600	1	USATF JO, Greensboro	14.04	+1.6	166	970	24.44	+3.4	522	0.0	3736	2:19.14
6/24/10	5300	1	USA Jr, Des Moines	13.97	+0.7	163	1117	24.49	+3.1	535	+3.3	3310	2:23.71
7/23/10	5260w	10	IAAF Junior, Moncton	14.34	+1.1	160	1062	24.98	+1.3	543	+1.8	withdrew	
6/23/11	dnf	-	USA Jr, Eugene	14.00	-0.2	157	1108	25.18	+0.3	546	+1.5	3544	2:21.14
3/29/12	5225	9	Texas R, Austin	13.67	+2.4	158	1198	25.36	-0.7	563	+0.8	3488	2:22.08
5/11/12	5354	7	SEC, Baton Rouge	14.20	+4.4	161	1174	25.64	+3.8	575	+4.0	3100	2:31.23
4/08/13	5118	3	McDonnell, Fayetteville	13.62	+2.6	169	1206	24.95	+3.8	560	+1.2	3526	2:22.83
3/27/14	5522w	5	Texas R, Austin	13.83	+0.4	169	1236	25.42	+3.1	565	+1.3	3205	2:18.93
5/16/14	5476	3	SEC, Lexington	13.63	-0.5	169	1165	25.34	+1.3	578	-0.1	3319	2:19.67
6/13/14	5515	11	NCAA I, Eugene	13.15	+2.0	178	1302	24.08	+4.3	627	+3.6	3114	2:18.95
3/26/15	6027w	1	Texas R, Austin	13.41	+0.7	170	1309	24.51	+1.8	605	+2.3	3769	2:20.19
5/14/15	5892	3	SEC, Starkville	13.49	+0.9	169	1262	24.64	+2.2	624	+2.7	3439	2:21.31
6/11/15	5806	9	NCAA I, Eugene	13.30	+2.9	169	1303	24.51	+3.1	603	+1.9	3524	2:20.64
3/31/16	5833	3	Texas R, Austin	12.98	+1.7	166	1353	24.10	+0.5	585	-0.4	3280	2:21.54
5/13/16	5804	5	SEC, Tuscaloosa	13.30	+1.4	172	1313	24.57	+0.2	606	+3.1	3770	2:18.14
6/11/16	5962	4	NCAA I, Eugene										

PRs: 6027w / 4430
 Indoor: 60mH: 8.39

12.98+1.7 180 1353 24.08+4.3 627+3.6 3805 2:15.38

ANNIE KUNZ

DOB: February 16, 1993
 POB: Wheat Ridge, CO
 Ht: 5-11
 Hometown: Denver, CO
 High School: Wheat Ridge HS
 College: Texas A&M 15



2016: Placed 9th at NCAAs. Runner-up at SEC outdoors with significant 5976 improvement. Breakthrough hept with 4363 home win and then placed 3rd at SEC. Dnf'd at NCAAs. **2015:** 9th at indoor SEC. **2014:** Redshirt season. **2013:** 24th at NCAAs. 8th at SEC. 5th at Texas Relays with PR 5442 score. 5th at SEC indoors. **2012:** 5th and 6th at Big 12 multis indoors and out. **High School:** Ten x Colorado state medalist, 6x gold. **Personal:** Daughter of Terry and Nancy Kunz. Majoring in general Studies. Also competes for A&M soccer team.

Career:

Indoor:				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
1/28/12	3508	7	A&M Challenge, C Station	8.77	155	1111	517	2:32.41
2/25/12	3823	5	Big 12, C Station	8.72	165	1165	533	2:24.54
1/25/13	3826	3	A&M Challenge, C Station	8.73	163	1216	551	2:28.37
2/22/13	3994	5	SEC, Fayetteville	8.65	172	1228	551	2:25.68
2/27/15	3961	9	SEC, Lexington	8.75	172	1222	556	2:27.50
2/06/15	3151	8	Aggie, C Station	8.76	166	1276	nm	2:31.60
2/05/16	4363	1	A&M Thomas, C Station	8.51	181	1278	594	2:20.78
2/27/16	4277	3	SEC, Fayetteville	8.51	176	1301	588	2:21.34
3/12/16	dnf	-	NCAA I, Birmingham	8.44	177	1321	nm	dns

Outdoor:				<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
3/29/12	5174	12	Texas R, Austin	14.17	+0.6	169	1208	25.36	+0.3	540	+0.8	2701	2:24.19
5/12/12	5273	6	Big 12, Manhattan	14.05	+0.8	169	1261	25.26	+0.3	551	+2.5	2939	2:27.33
3/28/13	5442	5	Texas R, Austin	13.85	+1.1	172	1217	24.64	+4.4	574	+3.7	2768	2:24.20
5/10/13	5141	8	SEC, Columbia	14.03		170	1107	24.92		555		2238	2:24.00
6/07/13	4880	24	NCAA I, Eugene	14.27	+2.7	166	1267	25.30	+2.3	500	+1.4	2267	2:31.81
3/26/15	4010	18	Texas R, Austin	14.16	+2.0	169	1307	25.26	+2.5	nm		nm	2:36.21
4/14/16	5904	1	Cal Invt, Azusa	13.67	0.0	175	1333	24.19	+2.2	585	0.0	3399	2:14.90
5/13/16	5976	2	SEC, Tuscaloosa	13.54	+0.1	178	1313	24.37	+0.5	572	-2.8	3977	2:16.64
6/11/16	5784	9	NCAA I, Eugene	13.59	+1.1	169	1318	24.55	+0.2	555	-1.1	4117	2:19.41
6/25/16	4848	2	SBTC LC, Carpenteria	13.68		178	1255	24.68		563		3224	dns

PRs: 5976 / 4363 13.54+0.1 181 1333 24.19+2.2 594i 4117 2:14.90

Indoor: 60mH: 8.44

Updated: 6/26/16

JESS LEHMAN (nee- Herauf)

DOB: January 17, 1993
 POB:
 Ht: 5-8
 Hometown: Dickinson, ND
 High School: Dickinson HS, ND
 College: Minnesota '16



2016: Placed 7th at NCAAs. Managed 6th at Mt Sac relays and then won 2nd Big ten crown outdoors. Won Big 10 crown by a single point with PR 4393 effort. **2015:** Big Ten champ with PR 6014 effort. Won outdoor UVA Challenge with PR 5912 score. Jack Johnson pent winner with PR 4289 effort and followed with another PR (4361) to win Big 10 title and a 5th place at NCAAs with new PRE 4372. **2014:** Big Ten outdoor runner-up. Places 9th at NCAAs indoors with PR 4172 score. Named team captain. Big 10 pentathlon runner-up indoors with 4054 PR. 3rd at Bergan pentathlon 4008 score. **2013:** redshirted indoor and outdoor seasons. **2012: High School:** also played volleyball and basketball. Jav PR was 140-6. **Personal:** Daughter of Carol and TJ Herhauf. Major is elementary education.

Career:

Indoor:

				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
1/20/12	3388	2	J Johnson, Minneapolis	9.30	150	1118	512	2:27.83
2/09/12	3488	10	ISU Bergan, Ames	9.37	153	1124	505	2:20.70
2/24/12	3516	10	Big 10, Lincoln	9.37	155	1137	531	2:25.87
1/31/14	4008	3	ISU Bergan, Ames	9.18	162	1297	566	2:14.18
2/28/14	4054	2	Big 10, Geneva	9.15	167	1334	557	2:15.43
3/15/14	4172	9	NCAA I, Albuquerque	8.81	170	1267	590	2:18.66
1/30/15	4289	1	Jack Johnson, Minneapolis	8.89	174	1368	585	2:16.17
2/27/15	4361	1	Big 10, Geneva	8.67	171	1343	602	2:14.36
3/14/15	4372	5	NCAA I, Fayetteville	8.78	174	1374	593	2:13.90
12/4/15	4242	1	Opener, Duluth	8.97	173	1388	606	2:23.18
2/27/16	4393	1	Big 10, Geneva	8.75	167	1398	603	2:10.33

Outdoor:

				<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/11/14	5444	5	Bulldog, Athens	15.08	+0.1	162	1260	26.07	+1.8	542	0.0	4630	2:14.28
5/17/14	5490	2	Big 10, W Lafayette	15.12	-1.8	164	1317	26.01	+0.6	561	+0.3	4654	2:20.18
4/18/15	5912	1	UVA Challenge, C'ville	14.57	+0.8	169	1399	24.79	+2.3	577	+2.1	4627	2:14.21
5/16/15	6014	1	Big 10, E Lansing	14.41	+1.6	176	1259	24.97	-0.3	600	+1.5	4591	2:11.43
6/11/15	5965	5	NCAA I, Eugene	14.30	+0.8	172	1325	25.04	+2.2	606	+2.1	4485	2:14.88
4/14/16	5917	6	Mt Sac R, Walnut	14.36	+0.7	174	1260	25.08	+2.8	577	0.0	4654	2:12.88
5/14/16	5763w	1	Big 10, Lincoln	14.43	+5.2	174	1317	25.08	+2.6	585	+3.1	4315	2:23.37
6/11/16	5835	7	NCAA I, Eugene	14.22	+1.8	172	1342	25.36	+2.0	585	+0.7	4461	2:18.77

PRs: 6014 / 4372
Indoor: 60mH: 8.67

14.30+0.8 176 1399 24.79+2.3 606+2.1 4865 2:10.33

LINDSAY LETTOW

DOB: June 6, 1990
 POB:
 Ht: 5-9
 Hometown: Urbandale, IA
 High School: Des Moines Christian
 College: Central Missouri '12
 Club: Santa Barbara TC



2016: Won season opener in Seattle. **2015:** USAs was breakthrough meet with 1st 6k score (6023 for 5th). 7th at Thorpe Cup. 2nd at Drake Relays. Placed 4th at USAs indoors. **2014:** 10th at USA Nationals with 3 event PRs. Sam Adams runner-up and then won Drake Relays for 2nd consecutive year. 2nd at Texas GA with PR 5859 effort. Missouri Southern indoor victor. **2013:** 11th at USA nationals and 7th at Thorpe Cup. Started outdoor campaign with win at Drake Relays. 3rd at USAs indoors. **2012:** 8th at US Olympic Trials and then placed 7th at Thorpe Cup vs Germany in Marburg. Repeated as NCAA II indoor pent and outdoor hep champ, the latter with PR 5748. **2011:** Swept the NCAA II boards by winning both indoor pentathlon (4064) and outdoor heptathlon (5514). Opened outdoor season with career best 5610 at Angelo State Spring Multis. MIAA student athlete of year. 9th at USA nationals. **2010:** MIAA champion in heptathlon and 4th at NCAA II meet. **High School:** Iowa State long and pentathlon champion and 100m hurdle record holder. **Personal:** Daughter of Kurt and Peggy Lettow.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
12/10/10	3775	1	Doane Holiday, Crete	7.9h	161	1035	557	2:22.11
2/25/11	3961	1	MIAA, Warrensburg	8.53	168	1118	568	2:24.70
3/11/11	4064	1	NCAA II, Albuquerque	8.62	170	1065	579	2:17.47
3/09/12	4193	1	NCAA II, Mankato	8.51	179	1125	583	2:21.58
2/07/13	4286	1	Iowa State Classic, Iowa City	8.55	177	1201	597	2:19.01
3/01/13	4301	3	USA, Albuquerque	8.42	173	1214	587	2:14.83
2/01/14	4282	1	Missouri Southern, Joplin	8.51	176	1245	591	2:19.84
2/21/14	4284	4	USA, Albuquerque	8.44	176	1209	588	2:18.34
1/30/15	4064	1	UWash Invt, Seattle	8.68	170	1098	581	2:18.40
2/28/15	4218	4	USA, Roxbury	8.66	171	1243	584	2:16.05
1/29/16	4148	1	U Washington, Seattle	8.55	170	1128	590	2:17.76
2/26/16	4168	6	USA, Crete	8.40	165	1191	598	2:19.08

Outdoor:

				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/ /09	5216	4	NCAA II, San Angelo										
5/02/10	5167	1	MIAA, Joplin	14.34	+3.0	164	1087	25.46	-0.1	553	+1.6	3328	2:23.80
5/28/10	5386	4	NCAA II, Charlotte	14.20	+0.6	170	1077	25.36	-0.4	563	+0.8	3375	2:17.28
3/25/11	5610	1	ASU Spring, San Angelo	13.98	+1.4	173	1118	25.43	+1.5	583	+2.7	3700	2:16.23
5/08/11	5225	1	MIAA, Emporia	13.90	+4.6	165	1040	25.42	+2.5	562	+0.4	3688	2:30.28
5/27/11	5514	1	NCAA II, Turlock	13.76	+2.3	174	1153	25.21	+2.4	555	+2.1	3575	2:21.79
6/26/11	5547	9	USA, Eugene	14.10	+1.6	169	1122	25.12	+1.6	589	+0.6	3523	2:17.09
8/14/12	4404	11	Thorpe Cup, Chula Vista	14.27	+1.8	166	1050	26.18	+1.5	568	+3.2	3442	dnf
3/23/12	5703	1	Trinity U, San Antonio	14.02		176	1187	24.47		583		3388	2:17.22
5/25/12	5748	1	NCAA II, Pueblo	13.69	-1.4	172	1194	24.80	+1.4	591	+1.8	3723	2:18.20
6/30/12	5807	8	OT/USA, Eugene	13.96	+1.3	175	1213	24.51	+3.0	585	+1.3	3683	2:14.91
7/22/12	5530	7	Thorpe Cup, Marburg	14.04	+1.7	174	1127	25.15	+1.5	562	+0.8	3567	2:18.13
4/25/13	5470	1	Drake R, Des Moines	14.34	-3.9	172	1138	24.91	+0.6	557	-3.9	3473	2:17.39
6/20/13	5729	11	USA, Des Moines	13.92	+1.7	172	1195	24.70	+0.1	574	+1.7	3775	2:15.08
7/28/13	5663	7	Thorpe Cup, Chula Vista	13.80	+0.7	172	1193	25.07	+1.8	570	+1.9	3623	2:15.40
4/05/14	5674	2	Sam Adams, S Barbara	13.99	+0.2	172	1211	24.75	+1.7	584	0.0	3770	2:20.81
4/24/14	5619	1	Drake R, Des Moines	14.14	+1.5	169	1168	24.67	+0.1	584	+0.8	3704	2:18.11
5/25/14	5859	2	Texas GA, Dallas	13.85	+0.1	174	1243	24.64	+3.2	586	+0.3	3840	2:14.38
6/28/14	5738	10	USA, Sacramento	13.96	+1.8	169	1245	24.89	+0.6	582	+2.3	3817	2:14.73
7/18/14	5715	5	Pan Am Cup, Ottawa	13.77	+2.5	169	1204	24.97	+2.0	588	+1.0	3704	2:15.62
4/04/15	5929	4	Sam Adams, S Barbara	13.70	0.0	172	1207	24.84	+0.3	597	0.0	4148	2:12.71
4/23/15	5749	2	Drake R, Des Moines	13.97	+2.2	169	1182	24.84	+3.3	584	-1.1	3898	2:12.80
6/28/15	6023	5	USA, Eugene	13.56	+1.4	176	1187	24.63	+1.7	592	+0.4	4263	2:11.90
8/09/15	5725	7	Thorpe Cup, Bernhausen	14.04	+1.7	169	1171	24.75	+2.6	603	-0.6	4005	2:19.45

4/02/16 5988 2 Sam Adams, S Barbara 13.65-0.5 172 1135 24.79+0.3 615+0.3 4351 2:12.66

PRs: 6023 / 4301

13.56+1.4 179i 1245 24.51+4.0 622-1.2 4351 2:11.90

Indoor: 60H: 8.42

CHANTAE McMILLAN

DOB: May 1, 1988

POB:

Ht: 5-7

Hometown: Rolla, MO

High School: Rolla HS

College: Nebraska '10



2015: 5th place at DecaStar in Talence. **2013: 2012:** Made US Olympic team with PR 6188 effort, then 29th at London Games. **2011:** Opened indoor season with significant 4378 PR in Lincoln pentathlon, and then tied for 2nd at NCAAs. Opened outdoor season with PR 5822 3rd place effort at Mt Sac Relays and subsequently captured a 2nd Big 12 outdoor heptathlon crown with PR 5951 score. Place 3rd at USA nationals with initial 6k effort. **2010:** 4th at NCAAs. Big 12 indoor and outdoor champ. **2009:** Runner-up at both Husker Invt and Big 12 affairs, the latter with a 4061 PR score. **2008:** 22nd at NCAA heptathlon. 3rd at Kansas Relays and Big 12 runner-up with PR 5444. 3rd at Big 12 indoor pentathlon. **2007:** Redshirt indoors. NCAA long qualifier outdoors (placed 23rd) with best of 20-6¼. **High School:** 3rd at Nike outdoor prep nationals in long jump. **Personal:** Interior design major. Parents are Badger and Peggy McMillan.

Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>	
2/29/08	3827	3	Big 12, Lincoln	9.11	163	1225	584	2:30.21
2/07/09	3996	2	Sevigne Husker, Lincoln	8.83	170	1233	588	2:29.48
2/27/09	4061	2	Big 12, College Station	8.91	170	1317	590	2:27.90
3/14/09	4096	8	NCAA, College Station	8.77	166	1230	614	2:24.97
1/30/10	dnf	-	Husker, Lincoln	dnf	163	1264		withdrew
2/27/10	4151	1	Big 12, Lincoln	8.86	164	1445	602	2:25.58
3/13/10	dnf	-	NCAA, Fayetteville	8.91	165	1325		withdrew
2/04/11	4378	1	Lincoln	8.63	170	1444	629	2:23.91
3/01/11	4396	2t	NCAA, College Station	8.69	166	1457	633	2:18.61

Outdoor:			<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>1st day</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
4/17/08	5226	3	Kansas R, Lawrence	14.60+2.5	162	1181	23.38+3.5	3155	576+5.4	3690			2:30.53
5/17/08	5444	2	Big 12, Boulder	14.46-1.4	160	1166	24.90	0.0	3185	599-0.3	4160		2:28.27
6/12/08	5261	22	NCAA, Des Moines	14.18+1.9	160	1093	25.31+0.6	3139	609+0.8	3333			2:29.04
5/15/10	5349	1	Big 12, Columbia	14.41+1.4	175	1370	26.23+0.5	3388	559+0.8	4162			2:43.14
6/10/10	5583	4	NCAA, Eugene	14.43+1.0	166	1425	25.90+1.8	3341	571-0.9	4195			2:23.65
4/14/11	5822	3	Mt Sac R, Azusa	13.87+1.8	161	1361	25.48+2.2	3355	630+1.9	4553			2:25.55
5/14/11	5951	1	Big 12, Norman	13.81+3.1	164	1418	24.92	0.0	3488	620+2.6	4339		2:20.32
6/09/11	dnf	-	NCAA I, Des Moines	13.91+2.1	nh								withdrew
6/26/11	6003	3	USA, Eugene	13.93+1.2	166	1475	25.25+1.6	3502	618-1.7	4758			2:22.99
8/14/11	dnf	-	Thorpe Cup, Chula Vista	13.89+1.8	169								withdrew
6/30/12	6188	3	USOT/USA, Eugene	13.36+0.7	172	1502	24.32+3.0	3762	552+0.6	5024			2:17.71
8/04/12	5688	29	Olympic G, London	13.49+0.9	168	1492	25.25+0.3		537-1.2	4978			2:40.55
4/25/13	3735	17	Drake R, Des Moines	14.42-3.9	157	nm	dnf		518+1.4	4440			2:25.32
6/21/13	dnf	-	USA, Des Moines	14.03+2.7	166	1351	25.96+1.0						withdrew
5/03/14	dnf	-	MultiStars, Firenze	14.01_0.9	169	1289	26.14+0.2						withdrew
6/20/15	5601	5	Capital Cup, Ottawa	13.95-0.8	165	1321	25.83-1.5		558-0.8	4592			2:24.45
9/20/15	6112	5	DecaStar, Talence	13.65+1.4	175	1400	25.00+0.6		574+0.6	4939			2:16.77

PRs: 6188 / 4396

13.36+0.71 175 1502 24.32+3.0 3762 633i 5024 2:16.77

Indoor: 60h: 8.52

HEATHER MILLER-KOCH

DOB: March 30, 1987
 POB: Madison, WI
 Ht: 5-10
 Hometown: New York, NY
 High School: Columbus HS, WI
 College: St. Cloud St. '10
 Club: Central Park TC/New Balance



2016: 21st place at Götzis after Drake Relays win. **2015:** Opened season with Drake Relays win and then was a close 4th at USA nationals with 6274 PR score. Runner-up at Pan-Am Games. **2014:** Placed 4th at USA nationals using 5 event PRs for breakthrough 6100 score and then was 6th at Thorpe Cup. Drake Relays runner-up and 3rd at Texas GA. **2013:** 5th at USA nationals with 5945 PR effort and 5th at Thorpe Cup. 6th at USA indoors with PR 4105 score. Opened season with pentathlon win at Bucknell. **2012:** 5th at Thorpe Cup. 9th at US Olympic Trials (with 5779 PR) after winning Texas GA heptathlon. Was Most valuable female athlete of '12 National Club champs. **2011:2010:** NCAA II runner-up. NCAA II indoor pentathlon champ. A 10-time All-American, Miller won NSIC titles during her college career in the indoor 60 meter hurdles (2009 and 2010), indoor triple jump (2009 and 2010), indoor pentathlon (2010), outdoor triple jump (2009 and 2010), outdoor long jump (2010) and outdoor heptathlon (2010). She also set Northern Sun IC records as a college athlete in the indoor pentathlon and outdoor heptathlon. **Personal:** Graduated from St. Cloud State University (MN) in 2010 with a Bachelor of Science in Nursing. Married former track teammate (now coach) Ryan Koch, in August 2013. Works as a operating room nurse in St. Paul, MN.

Career:

Indoor:			<u>60h hj sp lj 800</u>							
3/12/10	3993	1	NCAA II, Albuquerque	8.70	164	1067	591	2:18.74		
??/12	3795									
1/26/13	3776	1	Bucknell, Lewisburg	9.04	160	1089	574	2:23.30		
3/01/13	4105	6	USA, Albuquerque	8.84	170	1189	603	2:22.24		
Outdoor:			<u>100h w hj sp 200m w lj w jav 800m</u>							
4/09/10	5221		D II Challenge, Emporia	14.21	160	1015	25.18	582	3345	2:22.48
5/07/10	5063	1	Northern Sun Conf	14.07	162	960	25.42	570	3037	2:26.19
5/28/10	5239	7	NCAA II, Charlotte	14.21-0.1	155	1109	24.66-0.4	566+1.7	3245	2:20.07
6/12/12	5628	1	Texas GA, Dallas	14.22	159	1157	24.25	613	3765	2:17.72
6/30/12	5779	9	OT/USA, Eugene	14.18+0.5	169	1168	24.22+2.8	599+1.8	3929	2:15.59
7/22/12	5729	5	Thorpe Cup, Marburg	14.12+1.0	165	1089	24.85+1.4	639+2.8	3911	2:17.22
4/21/13	5440	1	CNU Captain, Newport-News	14.58+1.5	162	1122	25.05+1.2	577+1.7	3973	2:18.16
6/20/13	5945	5	USA, Des Moines	13.75+4.9	175	1166	24.08+0.1	600+0.1	3838	2:13.30
7/28/13	5848	5	Thorpe Cup, Chula Vista	13.83+0.7	169	1161	24.26+1.8	616+2.6	3593	2:12.80
4/24/14	5410	2	Drake R, Des Moines	14.36+0.4	166	1109	25.11+0.1	587+1.1	3297	2:17.69
5/25/14	5853	3	Texas GA, Dallas	14.22+0.1	174	1225	24.32+3.2	581+1.8	4040	2:13.94
6/29/14	6100	4	USA, Sacramento	13.65+1.8	178	1194	23.89+0.6	594+1.9	4016	2:09.65
7/27/14	5791	6	Thorpe Cup, Marburg	13.91-0.1	162	1190	24.47+1.9	593+1.6	3960	2:10.13
4/23/15	5860	1	Drake R, Des Moines	14.09+3.5	172	1191	24.34+3.3	585-0.5	4052	2:12.12
5/31/15	5896	1	Texas GA, Dallas	13.65+3.3	174	1184	24.22+1.3	587+1.4	3988	2:15.96
6/28/15	6274	4	USA, Eugene	13.47+2.2	173	1272	23.64+0.7	619+0.6	4123	2:07.32
7/25/15	6178	2	Pan Am G, Toronto	13.66+0.2	180	1234	24.30+0.5	628+2.9	4031	2:12.57
4/28/16	5796	1	Drake R, Des Moines	14.30-0.9	172	1282	24.18+1.1	571+1.2	3710	2:12.46
5/29/16	5980	21	Hypo-Bank, Götzis	13.46+1.5	168	1339	24.05+1.0	602+0.2	3455	2:11.50

PRs: 6274 / 4105 13.12+2.5 180 1350 23.64+0.7 655+0.1 4123 2:07.32
Indoor: 60mH: 8.70

BARBARA NWABA

DOB: January 18, 1989
 POB: Los Angeles, CA
 Ht: 5-9
 Hometown: Los Angeles, CA
 High School: University HS
 College: UCSB '12
 Club: Santa Barbara TC



2016: Place 5th in Gotzis (6350) with PR javelin toss. **2015:** USA national champ with 6500 PR score. 11th at Götzis with PR 6342 effort. Won Sam Adams meet with 6292 score. **2014:** Runner-up at USA nationals with breakthrough PR 6307 score and then won Thorpe Cup title in Marburg. Mt Sac Relays netted PR win of 6043 points. dnf'd at Sam Adams. Won U of Washington pentathlon. **2013:** Recovered from injury. **2012:** 5th at US Olympic Trials. Runner-up at Westmont's Sam Adams heptathlon with PR 5986 score. Captured Big West hept with 5709 score and was also Big West outdoor hurdle champ in 13.59. 4th at NCAA indoor heptathlon. Placed 2nd at U Washington indoor pentathlon with PR 4244 score. 2011: Runner-up at Washington indoor Invt with PR 4140 score, then raised heptathlon PR to 5714 with win at Claremont Classic. 8th at USA nationals with career best 5733 score. **2010:** 12th at NCAAs. Big West Conference champion (with PR 5552) followed a 7th at Mt Sac Relays. Runner-up at U of Washington indoor pentathlon (3931). **2009:** 3rd at Big West Conf heptathlon with 5000 points. **2008:** stress fracture. **2006: High School: Personal:** Graduated with a B.S. Sociology w/Minor in Speech & Hearing Sciences from UC Santa Barbara in 2012. Currently training in Santa Barbara with the Santa Barbara Track Club (SBTC), working with youngsters in the SBTC youth track club. Daughter of Theodore and Blessing Nwaba.

Career:

Indoor:

					<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
1/30/10	3931	2	U Washington, Seattle		8.83	179	1059	542	2:23.66
1/28/11	4140	2	U Washington, Seattle		8.69	177	1307	558	2:24.15
3/11/11	4020	9	NCAA, College Station		8.87	175	1210	550	2:21.84
1/27/12	4344	2	U Washington, Seattle		8.59	184	1283	545	2:20.52
3/09/12	4241	4	NCAA I, Nampa		8.67	175	1350	561	2:17.94
1/31/14	4248	1	U Washington, Seattle		8.47	172	1280	566	2:15.65
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

Outdoor:

					<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/16/09	5039	1	Cal Invt, Azusa		14.55	+2.6	167	1121	25.17	+2.9	540	+2.1	2658	2:25.10
5/09/09	5000	3	Big West, Irvine		14.21	nwi	175	1049	24.87	+2.3	497	+0.9	2846	2:25.35
4/15/10	5217	7	Mt Sac R, Azusa		14.69	0.0	173	1175	25.35	+1.9	523	0.0	3263	2:22.62
5/08/10	5552	1	Big West, Northridge		14.39	+0.5	176	1229	24.99	+1.9	554	-0.2	3471	2:17.80
6/10/10	5382	12	NCAA, Eugene		14.49	+2.9	172	1271	25.25	+1.9	532	+1.2	3535	2:22.12
6/26/10	5485	12	USA, Des Moines		14.56	+1.7	166	1285	24.79	+0.4	566	+4.3	3779	2:22.99
5/13/11	5714	1	CMS, Claremont		14.02	+3.7	181	1219	24.54	+2.4	547	+3.5	3768	2:19.52
6/26/11	5733	8	USA, Eugene		14.28	+1.2	178	1261	24.69	+1.7	566	+1.8	4125	2:22.79
8/14/11	5545	8	Thorpe Cup, Chula Vista		17.33	+1.8	181	1269	24.83	+1.9	560	+3.2	4660	2:17.20
4/03/12	5986	2	Sam Adams, Santa Barbara		13.98	0.0	184	1349	24.37	+0.3	546	+0.5	4317	2:17.70
5/12/12	5709	1	Big West, Irvine		13.82	+0.3	183	1263	24.59	+0.6	520	0.0	3827	2:20.76
6/08/12	5927	2	NCAA I, Des Moines		14.08	-0.8	184	1212	24.51	+1.1	545	-0.8	4447	2:15.06
6/30/12	5986	5	OT/USA, Eugene		13.68	+1.3	187	1253	24.33	+2.2	563	+1.2	3788	2:15.55
5/10/13	dnf	-	Classic, Claremont		14.23	+1.6	173	1198	24.89	+1.7	390	+2.3	withdrew	
4/05/14	dnf	-	Sam Adams, S Barbara		13.88	+0.3	178	1383	24.10	+1.9	nm		withdrew	
4/17/14	6043	1	Mt Sac R, Azusa		14.65	+1.1	181	1384	23.91	+3.7	579	+1.8	3972	2:11.42
6/29/14	6307	2	USA, Sacramento		13.63	+1.8	178	1454	23.92	+2.6	602	+0.6	4374	2:13.76
7/27/14	6209	1	Thorpe Cup, Marburg		13.67	-0.1	183	1399	23.99	+1.9	562	-1.6	4417	2:14.09
4/04/15	6292	1	Sam Adams, S Barbara		13.38	+0.6	178	1352	23.04	-0.2	594	-0.4	4120	2:07.47
5/30/15	6342	11	Hypo-Bank, Götzis		13.55	-0.1	180	1451	23.82	-0.1	599	+0.3	3889	2:07.37
6/26/15	6500	1	USA, Eugene		13.49	+2.2	182	1377	23.76	+2.3	623	+1.5	4348	2:07.13
6/23/15	5315	27	IAAF EC, Beijing		dnf		177	1464	24.47	-0.2	608	+0.8	4659	2:12.20
5/29/16	6350	5	Hypo-Bank, Götzis		13.75	+1.1	186	1247	24.04	+1.0	598	+0.1	4778	2:10.08

PRs: 6500 / 4406
Indoors: 60mh: 8.40

13.38+0.6 188 1500 23.04-0.2 623+1.5 5040 2:07.13

KIANI PROFIT

DOB: February 18, 1990
POB:
Ht: 5-4
Hometown: Pasadena, CA
High School: Muir HS
College: Maryland '11
Club: Chula Vista elite



2016: Placed 8th at Pan Am Cup. **2015:** 5th at USA champs. **2014:** Placed 19th at Götzis using a PR 2:06.25 800m. 4th at Sam Adams. **2013:** 9th at USA nationals and then captured Thorpe Cup with breakthrough 6135 PR effort.. Won Sam Adams meet with PR 5909 score. 5th at USA indoors. Runner-up at Husky pentathlon. **2012:** 9th at NCAAs was followed by a 16th place at US Olympic Trials and a victory at NACAC under 23 champs. ACC outdoor champion with marginal PR as 5th year senior. **2011:** Tied for 2nd (NCAA does not break CE ties) at NCAAs with career best 4396. Won ACC title with PR score, 4250. **2010:** Runner-up at NCAAs and ACC outdoor heptathlon with PR 5686 score. NCAA and Atlantic Coast Conf. runner-up indoors. **2009:** Atlantic Coast Conference runner-up with PR 5276 score. Dnf'd at NCAAs outdoors. **2008:** ECAC 400m hurdle runner-up. **High School:** 3rd Cal state 300m hurdles and scored 4747 in heptathlon. **Personal:** Kinesiology major. Parents are Youvet and George Profit.

Career:

Indoor:				60h	hj	sp	lj	800m					
2/27/09	3779	6	ACC, Blacksburg	8.94	159	1072	563	2:20.44					
3/07/09	3607	4t	ECAC, Boston	8.99	155	1085	528	2:22.08					
2/25/09	4125	2	ACC, Blacksburg	8.50	167	1133	576	2:14.74					
3/13/10	4242	2	NCAA, Fayetteville	8.40	171	1075	590	2:11.86					
2/24/11	4250	1	ACC, Blacksburg	8.54	168	1214	580	2:10.81					
3/11/11	4396	2t	NCAA, College Station	8.41	175	1200	588	2:09.67					
1/25/13	4119	2	UW Husky, Seattle	8.67	166	1218	568	2:13.96					
3/01/13	4162	5	USA, Albuquerque	8.85	170	1196	573	2:11.69					
2/13/15	3924	2	Spire D-I, Geneva	8.96	167	1158	549	2:17.58					
Outdoor:				100h	w	hj	sp	200	w	lj	w	jav	800m
??/??/07	4747												
4/18/08	dnf	-	ACC, Atlanta	15.37+1.0	157	1003	24.89+0.1	499+1.0	2689	dns			
4/17/09	5276	2	ACC, Miami	14.47+1.7	163	1186	25.08-1.1	533+1.5	3313	2:16.37			
5/16/09	5096	2	ECAC, Princeton	14.84		157	1069	24.87	537	3434	2:19/08		
6/12/09	dnf	-	NCAA, Fayetteville	14.74-0.1									
4/17/10	5686	2	ACC, Clemson	13.81+1.0	165	1075	24.73-1.2	580nwi	3336	2:11.91			
6/10/10	5682	2	NCAA, Eugene	13.78+0.4	166	1155	24.47+2.6	565-1.7	3790	2:12.50			
7/10/10	5576	1	NACAC u 23, Miramar	14.21-1.6	169	1211	24.32+2.3	560-1.7	3662	2:19.19			
4/20/12	5695	1	ACC, Charlottesville	14.13+1.2	167	1209	24.50+2.3	564+1.0	3780	2:10.92			
6/08/12	5625	8	NCAA I, Des Moines	14.04-1.0	163	1201	24.38+1.0	562-0.8	3570	2:10.71			
6/30/12	5564	16	USOT/USA, Eugene	14.61+0.5	163	1231	24.54+2.2	556+1.3	3935	213.35			
7/07/12	5653	1	NACAC u23, Irapuato	13.93+3.2	158	1193	24.08+1.9	572 nwi	4086	2:16.26			
4/05/13	5909	1	Sam Adams, Santa Barbara	13.93-1.3	170	1181	24.12+0.4	592+0.8	3865	2:08.79			
5/10/13	5878	1	Classic, Claremont	13.67+1.6	170	1107	24.02+1.7	571+2.1	4097	2:09.60			
6/20/13	5899W9		USA, Des Moines	13.58+1.7	166	1162	24.22+0.4	590+4.6	3979	2:09.22			
7/28/13	6135	1	Thorpe Cup, Chula Vista	13.52+1.2	169	1232	23.98+1.3	611+2.3	4234	2:09.37			
4/05/14	5661	4	Sam Adams, S Barbara	13.86+0.3	169	993	24.56+1.9	587+3.0	3712	2:11.28			
6/01/14	6012	19	Hypo-Bank, Götzis	13.97-1.4	169	1267	24.14+3.1	587+0.6	4089	2:06.25			
6/28/14	6072	5	USA, Sacramento	13.51+0.9	169	1280	24.12+2.6	594+2.2	4092	2:08.85			
4/04/15	5782	5	Sam Adams, S Barbara	13.96+0.6	169	1250	24.75-0.2	564-1.0	4080	2:12.53			
4/02/16	5977	4	Sam Adams, S Barbara	13.79-0.7	179	1177	24.21-0.5	593 0.0	4217	2:08.77			
6/18/16	5814	8	Pan Am Cup, Ottawa	14.34+3.1	167	1173	25.29+2.6	532-0.2	4369	2:13.30			

PRs: 6135 / 4396

13.51+0.9 179 1280 23.98+1.3 611+2.3 4369 2:06.25

Indoor: 60H: 8.40

ALLISON REASER

DOB: September 3, 1992
POB: Torrance, CA
Ht: 5-7½
Hometown: El Segundo, CA
High School: El Segundo HS
College: San Diego State U '14



2016: Runner-up at Pan Am Cup with 5988 score, 2 points shy of PR achieved with 3rd place at Mount Sac Relays. **2015:** 14th at Mount Sac Relays. **2014:** NCAA runner-up with PR 5836 score and followed with a 7th place PR 5917 at USA nationals and a 9th place at the Thorpe Cup. Mountain West Conf. runner-up. Mt Sac Relays netted 5637 score. 15th at NCAAs indoors. Runner-up at indoor Mountain West getting PR 4145 score. **2013:** Placed 8th at NCAA with career best 5813 score in Eugene. Won a 3rd consecutive outdoor Mountain West heptathlon. 2nd at season opening Aztec and then 6th at Mt Sac Relays. **2012:** 15th at US Olympic Trials while a teenager. Scored a 100 point PR to place 6th at NCAAs.. **2011:** USA Junior champs and 4th at Pan Am Juniors. 18th at NCAAs. Mountain West Conference champion indoors and out with PR scores (3916 and 5408). Won UCLAs JJK heptathlon with 5361 score. **High School:** 2010 National JO hept champ. Regional CIF 300m hurdle champ. Letters in t&f, tennis, cross-country and soccer. **Personal:** Received her B.S. in Kinesiology from San Diego State in 2014. Parents are Rick and Adrienne Reaser.

Career:

Indoor:

2/24/11	3916	1	Mountain West, Albuquerque	8.49	164	1169	586	2:32.14
2/23/12	3863	1	Mountain West, Albuquerque	8.39	159	1189	578	2:29.66
2/27/14	4145	2	Mountain West, USAFA	8.30	164	1151	622	2:25.23
3/15/14	3996	15	NCAA I, Albuquerque	8.32	158	1110	586	2:20.37

Outdoor:

7/28/10	5019	1	USATF JOs, Sacramento	14.52+2.5	155	992	24.65+1.1	538+2.2	3653	2:27.39	
4/01/11	5361	1	JJK, Los Angeles	13.83-0.5	159	1166	24.49+2.0	582+0.9	3293	2:26.78	
5/12/11	5408	1	Mountain West, Ft Collins	13.87+2.5	156	1082	24.54+2.4	604+2.9	3786	2:27.69	
6/09/11	5156	18`	NCAA I, Des Moines	14.31+2.1	154	1089	24.67-0.1	555-0.1	3584	2:25.79	
6/25/11	5359	1	USA Juniors, Eugene	13.99+1.1	148	1172	24.30+2.0	600+2.4	3413	2:23.22	
7/24/11	5162	4	Pan Am Juniors, Miramar	14.34+0.1	149	1127	24.56+4.2	582+2.5	3354	2:26.46	
3/16/12	5475	1	SDSU Aztec, San Diego	13.80+1.3	155	1163	24.35-0.2	570+0.9	3761	2:19.92	
4/19/12	5510	4	Mt Sac R, Azusa	13.77+0.6	155	1129	24.27+1.9	581+0.1	3797	2:19.37	
5/10/12	5653	1	Mtn West, Colo Springs	13.56+0.5	155	1205	24.09+3.3	608+3.5	3997	2:24.96	
6/08/12	5753	6	NCAA I, Des Moines	13.77-0.8	163	1171	24.20+1.1	596-0.5	4025	2:17.45	
6/30/12	5612	15	OT/USA, Eugene	13.55+1.6	163	1190	24.12+2.8	549+0.9	3685	2:16.54	
3/15/13	5392	2	SDSU Aztec, San Diego	13.86+0.8	161	1160	24.58+0.9	551+0.8	3304	2:18.15	
4/18/13	5527	6	Mt Sac R, Azusa	13.56+1.3	156	1182	24.28+2.4	574+0.7	3505	2:18.06	
5/09/13	5612	1	Mountain West, Las Vegas	13.65	158	1191	23.96w	589w	3553	2:19.23	
6/07/13	5813	8	NCAA I, Eugene	13.30+1.2	160	1198	23.88+2.3	579+0.6	3781	2:12.08	
6/20/13	5495	14	USA, Des Moines	13.35+2.7	154	1208	24.34+1.0	561+1.4	3583	2:19.93	
4/17/14	5637	9	Mt Sac R, Azusa	13.50+1.3	151	1164	24.03+1.5	609+2.0	3493	2:15.01	
5/15/14	5530	2	Mountain West, Laramie	13.41+2.2	158	1111	24.32+0.7	590+0.9	3660	2:23.12	
6/14/14	5836	2	NCAA I, Eugene	13.38+1.8	160	1199	24.60-1.2	602+1.2	3952	2:12.08	
6/29/14	5917	7	USA, Sacramento	13.49+0.9	160	1194	23.86+2.6	621+1.8	3720	2:11.10	
7/27/14	5591	9	Thorpe Cup, Marburg	13.77-0.1	162	1126	24.29+1.9	583+0.7	3405	2:14.19	
4/16/15	5438	14	Mt Sac R, Azusa	14.13+2.1	161	1130	24.60+3.1	575+2.8	3360	2:16.42	
4/14/16	5990	3	Mount Sac R, Azusa	13.67+1.0	168	1236	24.15+1.5	611	0.0	4084	2:13.31
5/23/16	5664	6	Elite II, Chula Vista	13.54+1.9	159	1151	24.57+2.8	604nwi	3679	2:16.43	
6/18/16	5988	2	Pan Am Cup, Ottawa	13.51+3.1	170	1227	24.07+2.6	598+1.1	3951	2:12.36	

PRs: 5990 / 4145
Indoor: 60mH: 8.30.

13.30+1.2 172 1317 23.86+2.6 622 4084 2:11.10

LINDSAY SCHWARTZ

DOB: April 23, 1990
 POB: Watertown, WI
 Ht: 5-10
 Hometown: Watertown, WI
 High School: Watertown HS
 College: South Alabama '12



2016: Won Sam Adams meet with 5992 score. PR'd in season opener pent with 4073 score.
2015: 8th at USAs with 5969 effort and then placed 3rd at Thorpe Cup. **2014:** 9th at USA Nationals. Won Sam Adams meet to open season. 6th at USA indoors with 4161 PR. **2013:** 8th at USA nationals and 3rd at Thorpe Cup with breakthrough scores. 3rd at Pan Am Cup in Ottawa with PR 5645 effort. 5th at Mt Sac Relays. 3rd at Sam Adams meet. 10th at USA indoors. **2012:** 10th at NCAAs outdoors with PR 5606 score. Won Sun Belt hept and 100 hurdles after a PR 4th place at Texas Relays (5468). Indoor pentathlon Sun Belt Con champ for 2nd consecutive year. **2011:** 13th at NCAA heptathlon in Des Moines. Sun Belt Conf heptathlon champion and record holder (5318). SBC indoor pentathlon champ. 3rd in high jump outdoors. **2010:** Runner-up at Sun Belt indoor pentathlon and winner of outdoor heptathlon. **High School:** 3x Wisconsin state hurdles (2x 100m, 1x 300m) champion. **Personal:** Major is Leisure Studies-Sports Management

Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>						
2/27/10	3426	2	Sun Belt, Mufreesboro	8.77	156	1112	522 2:30.05 [55mH]						
1/29/11	3492	2	Carnes, Gainesville	8.65	165	1005	515 2:30.27 [55mH]						
3/27/11	3585	1	Sun Belt, Mufreesboro	8.37	163	951	534 2:25.32 [55mH]						
2/25/12	3996	1	Sun Belt, Mufreesboro	8.16	165	1119	594 2:21.32 [55mH]						
3/09/12	3951	13	NCAA I, Nampa	8.59	166	1020	585 2:21.70						
3/01/13	3892	10	USA, Albuquerque	8.77	164	1177	561 2:23.87						
2/21/14	4161	6	USA, Albuquerque	8.58	176	1185	579 2:22.07						
1/30/15	3969	3	U Washington, Seattle	8.81	170	1204	560 2:23.96						
1/29/16	4073	2	U Washington, Seattle	8.57	167	1169	581 2:20.26						
2/26/16	4222	4	USA Crete	8.65	174	1300	579 2:20.10						
Outdoor:			<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>	
5/08/10	4966	1	Sun Belt, Mufreesboro	14.65	-3	166	1050	25.10	+3.7	535	+1.4	2978	2:29.22
3/24/11	4778	2	FSU R, Tallahassee	15.06	+1.8	164	953	25.48	+2.6	516	+1.6	2721	2:22.37
5/14/11	5318	1	Sun Belt, Mufreesboro	14.70	+1.0	170	962	25.23	-2.0	591	+1.3	3319	2:18.19
6/09/11	5274	13	NCAA I, Des Moines	14.33	+0.9	166	1015	25.25	-0.8	564	+1.2	3555	2:21.03
3/29/12	5468	4	Texas R, Austin	14.27	+0.9	169	1085	24.93	+0.2	574	+1.1	3649	2:19.07
5/12/12	5264	1	Sun Belt, Lafayette	14.20	+0.6	164	1067	24.50	+1.6	561	-1.5	3576	2:28.91
6/??/12	5606	10t	NCAA I, Des Moines	14.00	-0.3	166	1062	24.43	+1.1	590	-0.5	3699	2:15.66
4/06/13	5591	3	Sam Adams, S Barbara	14.13	-1.3	164	1171	24.65	+0.4	570	-0.1	3805	2:14.64
4/18/13	5565	5	Mt Sac R, Azusa	14.16	+1.3	168	1084	24.33	+2.5	565	+1.5	3809	2:16.65
6/02/13	5645	3	Pan Am CE Cup, Ottawa	13.94	+1.0	171	1188	24.64	+1.2	542	+1.5	4060	2:17.17
6/20/13	5910W	8	USA, Des Moines	13.61	+4.9	172	1161	24.18	+0.4	585	+4.0	3992	2:12.48
7/28/13	5982	3	Thorpe Cup, Chula Vista	13.78	+1.2	166	1194	24.06	+1.8	615	+1.5	4247	2:12.85
3/05/14	5942	1	Sam Adams, S Barbara	13.90	+0.3	175	1267	24.20	+1.9	595	0.0	3975	2:16.71
6/28/14	5816	9	USA, Sacramento	13.99	+1.8	172	1231	24.07	+0.6	585	+0.1	3643	2:14.64
7/18/14	5835	3	Pan Am Cup, Ottawa	13.93	+2.5	169	1215	24.28	+2.0	590	+1.9	4001	2:14.91
4/04/15	5998	3	Sam Adams, S Barbara	13.82	0.0	178	1303	24.27	-0.2	582	+0.2	3912	2:13.62
6/28/15	5969	8	USA, Eugene	13.55	+1.4	167	1324	24.06	+0.7	588	+0.3	4162	2:15.97
8/09/15	5832	3	Thorpe Cup, Bernhausen	13.84	0.0	172	1257	24.48	+1.9	593	-0.9	3922	2:17.46
4/02/16	5991	1	Sam Adams, S Barbara	13.63	-0.7	169	1367	24.32	-0.5	584	0.0	3939	2:11.93

PRs: 5998 / 4073 **13.55+1.4 178 1367 24.06+1.8 615+1.5 4247 2:11.93**
Indoor: 60mH: 8.57; 55mH 8.16

SAMI SPENNER

DOB: March 21, 1991
 POB: Columbus, NE
 Ht: 5-6
 Hometown: Columbus, NE
 High School: Scotus Central Catholic HS
 College: Wayne State College
 U Nebraska-Omaha



-nb: UNO not eligible for NCAA D-I champs until reclassification was complete in 2015-

2015: 7th at USAs (6012). Won Mount Sac Relays title with PR 6019 score. **2014:** Placed 5th at USA nationals and was Thorpe Cup runner-up. Mt Sac Relays season opener netted 6003 career best. Runner-up at USA nationals with 4498 score & PR. PR'd (4406 pentathlon) by winning UNI's Jennett meet. **2013:** 10th at USA nationals and 4th at Thorpe Cup. Won Summit league outdoor title. Won Mount Sac Relays with PR score, 5806. 4th at USA indoors with PR 4271. Won UNI Jennett indoor pent. **2012:** UNI Jennett indoor winner with PR 3810 pent score. **2011:** 5th at NCAA II outdoors with PR hept score of 5085. Transferred after fall term from Wayne State College. **High School:** Sprinter/jumper on track team. All state volleyball. **Personal:** Graduated in 2014 from University of Nebraska-Omaha (UNO) with a B.S. in Exercise Science w/emphasis in Pre-Physical Therapy. Training at UNO and working as a physical therapy technician at Athletes Training Center in Omaha. Daughter of Allan and Lori Spenner.

Career:

Indoor:

1/28/11	3273	2	UNI Jennett, Cedar Falls	9.62	154	954	543	2:34.01
2/25/11	3352	6	MIAA, Warrensburg	9.70	159	928	527	2:26.10
1/27/12	3810	2	UNI Jennett, Cedar Falls	9.10	165	964	588	2:21.23
1/25/13	4104	1	UNI Jennett, Cedar Falls	8.92	172	1029	609	2:16.42
3/01/13	4271	4	USA, Albuquerque	8.74	170	1155	623	2:14.53
1/31/14	4406	1	UNI Jennett, Cedar Falls	8.62	173	1260	632	2:16.32
3/21/14	4498	2	USA, Albuquerque	8.52	176	1225	634	2:12.87

Outdoor:

4/15/11	4358	6	ESU Open, Emporia	15.93w	157	919	26.28	528	2654	2:34.60
5/02/11	4850	3	MIAA, Emporia	15.67	159	976	25.91w	564	3239	2:22.59
5/27/11	5085	5	NCAA II, Turlock	15.16w	162	1080	25.74w	553w	3678	2:22.65
4/26/12	5593	4	Drake R, Des Moines	14.33+1.1	172	1124	24.77-1.5	595+2.5	3436	2:16.61
4/18/13	5806	1	Mt Sac R, Azusa	14.42+0.5	168	1157	23.97+2.5	634+2.3	3591	2:14.90
5/10/13	5356	1	Summit, Muncie	14.23	170	1143	24.51	604	3432	2:39.48
6/20/13	5768	10	USA, Des Moines	13.94+2.7	163	1173	23.67+0.1	622+1.7	3097	2:11.63
7/28/13	5898	4	Thorpe Cup, Chula Vista	14.31+0.7	172	1194	23.67+1.3	616+3.1	3630	2:13.18
4/17/14	6003	3	Mt Sac R, Azusa	14.00+1.3	172	1199	23.54+1.5	620+2.0	3711	2:11.93
6/29/14	5960	5	USA, Sacramento	13.91+1.8	172	1184	23.81+2.6	607+1.2	3927	2:13.38
7/27/14	5876	2	Thorpe Cup, Marburg	14.28-0.2	171	1244	23.87+1.9	617+0.3	3628	2:15.25
4/04/15	4892	8	Sam Adams, S Barbara	14.11 0.0	166	1263	24.07-0.2	583 0.0	3897	dnf
4/16/15	6019w	1	Mt Sac R, Azusa	14.11+2.1	176	1217	23.80+3.1	606+2.5	3873	2:11.38
6/28/15	6012	7	USA, Eugene	14.13+1.4	173	1290	23.77+2.3	596+1.2	3851	2:10.25
5/29/16	5284	3	OTC HP#2, Chula Vista	14.55+0.3	166	1180	25.48+0.9	572	3032	2:19.19

PRs: 6019 / 4498

13.91+1.8 176 1299 23.54+1.5 634+2.3 3927 2:10.25

Indoor: 60m: 7.68; 60mH: 8.52.

PAYTON STUMBAUGH

DOB: November 29, 1995
 POB:
 Ht: 5-7
 Hometown: Springdale, AR
 High School: Har-Ber HS
 College: Oklahoma
 Arkansas'18



2016: Placed 6th at NCAAs. 3rd at SEC outdoors after PR 5985 effort at Texas Relays. Opened indoor campaign with PR 4170 pentathlon after transferring from Oklahoma and then place 4th with PR 4371 score at NCAAs. **2015:** While at Oklahoma was 10th at Big 12 pent (3633) indoors and 6th at Texas Relays hept (5422) outdoors. **High School:** Arkansas prep athlete of year in 2014. 3x Gatorade 'athlete of the year.' Won 12 outdoor and 4 indoor state titles. **Personal:** Daughter of Lance and Christina Stumbaugh. Majoring in health and exercise science.

Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/30/15	3391	8	Razorback, Fayetteville	8.41	161	967	521 2:48.23
2/27/15	3633	10	Big 12, Ames	8.54	166	1115	529 2:39.88
1/29/16	4170	5	Razorback, Fayetteville	8.16	169	1160	593 2:23.87
2/27/16	4116	8	SEC, Fayetteville	8.16	172	1135	588 2:28.41
3/12/16	4317	5	NCAA I, Birmingham	8.10	174	1214	597 2:18.01

Outdoor:				<u>100 h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/16/12	4260	1	Arkansas State HS									
5/16/13	4538	2	State HS, Fayetteville	14.38		516	2310	24.83	158		999	2:43.12
5/23/14	5210	1	State HS, Chabot	13.93				24.16				
3/26/15	5422w	6	Texas R, Austin	13.76+2.2	169	1132	24.38+2.5	562+5.1	3361	2:27.43		
3/31/16	5985w	2	Texas R, Austin	13.20+2.9	169	1152	23.76+3.1	613+1.7	3954	2:16.79		
5/13/16	5955	3	SEC, Tuscaloosa	13.14+1.7	172	1206	24.06+0.5	584-1.1	3832	2:14.73		
6/11/16	5868	6	NCAA I, Eugene	13.11+1.4	166	1064	23.98+0.2	615+2.3	3921	2:17.94		

PRs: 5985 /4371 **12.83+1.7 174 1214 23.67nwi 615+2.3 3954 2:14.73**
Indoor: 60mH: 8.09
 Updated: 6/23/16

KENDELL WILLIAMS

DOB: June 14, 1995
 POB:
 Ht: 5-8
 Hometown: Marietta, GA
 High School: Kell HS (GA) '13
 College: Georgia '17



2016: Was NCAA outdoor winner. Won 3rd consecutive NCAA indoor pentathlon in Birmingham (4703). Won SEC after 4558 Razorback win indoors. **2015:** Runner-up at NCAA with PR 6223 score. SEC runner-up with 2nd 6k score. Won NCAA indoor title with collegiate record 4678 effort. McCravey (4609) winner and SEC champion with 4519 total. **2014:** Won NCAA title despite fall in 800m. Opened outdoor season with 6018 PR in Athens and then captured SEC title. Set world junior record (4635 points) to win NCAAs indoors. Opened college career with New Mexico indoor pentathlon wins, 4302 score breaking US Jr record. Runner-up at SEC indoors. **2013:** National Gatorade HS Athlete of Year. National Jr champion and Pan-Am Jr champion with PR 558s score. **2012:** 2nd at '12 USA Jr hept and 8th at IAAF World Champs hept in Barcelona. **High School:** Won 3 state titles for a career 11 state Ga State HS titles. **Personal:** Parents are Blane (also coach) and Terri Williams.

Career:

Indoor:				<u>60mh</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
3/10/12			New Balance Nat, NYC Armory					
3/09/13	4068	1	New Balance Nat, NYC Armory	8.43	182	1063	580	2:31.63
1/24/13	4302	1	NMU Cherry & Silver, Albuquerque	8.40	181	1121	625	2:26.64 AJrR
2/27/14	4283	2	SEC, College Station	8.27	181	1060	598	2:20.88
3/15/14	4635	1	NCAA I, Albuquerque	8.21	188	1205	632	2:17.31 WJrR
1/23/15	4609	1	McCravey, Lexington	8.23	185	1277	646	2:22.89
2/27/15	4519	1	SEC, Lexington	8.30	181	1218	641	2:20.56
3/14/15	4678	1	NCAA I, Fayetteville	8.10	183	1224	653	2:17.30 CR
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
3/12/16	4703	1	NCAA I, Birmingham	8.09	186	1355	635	2:20.47
3/18/16	4586	6	IAAF WC, Portland	8.31	185	1345	630	2:22.82

Outdoor:				<u>100 h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
6/29/11	5225	1	Nr Olympic, Myrtle Beach									
8/01/11	5170	1	Nat AAU, New Orleans	13.50+1.5	170	801	24.44-0.4	583+0.3	2526	2:26.19		[w/ 76.2cm hurdles]
6/01/12	5383	1	GreatSW, Albuquerque	13.73-0.1	185	961	24.79-2.6	618 nwi	2310	2:32.41		
6/ /12	5481	2	USA Junior, Bloomington	13.73-0.3	181	985	24.82-0.6	616+1.4	2866	2:29.47		
7/13/12	5578	8	IAAF World Jr, Barcelona	13,74-0.1	181	1070	24.94-1.5	611+2.9	3048	2:26.60		
6/20/13	5481	1	USA Jr, Des Moines	13.35+2.4	175	1060	24.63+0.9	588-0.2	3207	2:31.54		
8/25/13	5570	1	Pan-Am Jr, Medellin	13.48nwi	177	1049	24.84+0.6	615+1.2	3140	2:28.43	3458/2112	
4/11/14	6018	1	Bulldog, Athens	13.32+1.0	183	1259	24.58-0.5	593 0.0	3815	2:18.86		
5/16/14	5877	1	SEC, Lexington	13.32+0.4	178	1223	24.32+3.1	624+1.8	3123	2:21.94		
6/13/14	5854	1	NCAA I, Eugene	12.99+1.8	178	1189	24.30-1.2	613-0.5	3483	2:28.59		
4/23/15	dnf	-	Drake R, Des Moines	13.42+2.2	nm		withdrew					
5/14/15	6003	2	SEC, Starkville	13.31+0.7	182	1159	24.26+1.8	634+2.4	3685	2:24.08		
6/11/15	6223w	2	NCAA I, Eugene	13.08+1.0	181	1241	23.67+3.2	643+3.3	3874	2:22.43		
4/07/16	5957w	2	Bulldog, Athens	13.39+3.2	181	1283	24.41-0.1	611+3.4	3551	2:23.36		
6/11/16	6225	1	NCAA I, Eugene	12.83+1.4	178	1266	23.78+2.0	613+0.1	4030	2:17.89		

PRs: 6225 / 4703 12.83+1.4 188 1355 23.78+2.0 654i 4133 2:17.30

Indoor: 55mH: 7.93, 60m H: 8.09

Updated: 7/12/16

CHELSEA CARRIER-EADES

DOB: August 21, 1989
 POB:
 Ht: 5-6
 Hometown: Buckhannon, WV.
 High School: Buckhannon HS, WV '07
 College: West Virginia '11



2016: After 2 year hiatus returned with impressive 5930 win at UVA Challenge and then improved to 5952 to win Chula Vista OTC meet. **2013:** Posted PR 5940 total for 6th at USA nationals and then was Thorpe Cup runner-up with PR 6000 effort. **2012:** 11th at US Olympic Trials and then 3rd at Thorpe Cup in Marburg. 3rd at NCAAs with best non-windy score (5839).. No indoor season. Opened outdoor campaign by defending Texas relays crown with 5821 score. Big east 100m H champ at 12.93 seconds (wind +2.4mps). **2011:** Was 3rd at NCAA heptathlon in Des Moines. Opened outdoor with huge hept PR (5927w) to win Texas Relays. Won 3 events at Big East outdoor meet (100H, 400H, lj). Defended Big East crown indoors with PR 4170 score and followed with a 5th at NCAA pentathlon. Big East indoor 60m hurdle champ with PR 8.15 clocking. **2010:** Won Penn State meet with breakthrough PR 4126, then won Big East title. **2009:** co Big East outdoor hurdle champ, **2008:** Won Big East outdoor 100mH title and ECAC indoor 60m hurdles title. **High School:** Won 11 WV high school state titles. '07 USATF Jr runner-up. **Personal:** daughter of Rick and Andrea Carrier. Majored in pre-elementary education.

Career:

Indoor:			<i>60H</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>				
1/25/08	3601	Penn St, U Park	8.07	157	979	529	2:27.10	[55mH]			
2/23/08	3665	Big East, Armory, NYC	8.72	161	1019	542	2:27.05				
2/06/09	3967	1 Sykes-Sabock, Penn St	8.58	171	1001	573	2:21.59				
2/21/09	3786	Big East, Armory, NYC	8.69	158	1059	573	2:24.61				
3/13/09	3923	15 NCAA, College Station	8.36	157	1009	576	2:24.62				
2/06/10	4136	1 Sykes-Sabock, Penn St	8.45	171	1099	592	2:20.08				
2/20/10	3994	1 Big East, NYC Armory	8.48	168	1061	592	2:25.61				
3/13/10	4133	4 NCAA, Fayetteville	8.29	171	1040	589	2:19.49				
2/18/11	4170	1 Big East, Akron	8.26	175	1113	586	2:23.26				
3/11/11	4128	5 NCAA, College Station	8.29	166	1130	596	2:21.32				
Outdoor:			<i>100 h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/09/08	5023	Sea Ray R, Knoxville									
5/02/08	5073	Big East, Villanova	14.19		164	974	24.77	560		2877	2:26.64
5/16/08	5188	3 ECAC	13.66		163	976	25.15-0.2	557		3070	2:22.29
4/07/11	5927W	1 Texas R, Austin	13.04+5.4		173	1175	23.64+4.0	622+1.8		3124	2:18.88
6/10/11	5761	3 NCAA I, Des Moines	13.31-2.1		169	1176	23.95-0.1	594+0.5		3308	2:18.50
3/29/12	5821	1 Texas R, Austin	13.40-0.1		172	1149	24.16+0.3	622+2.0		3236	2:18.39
6/08/12	5839	3 NCAA I, Des Moines	13.15-0.4		169	1146	23.73+1.1	605-0.4		3293	2:16.92
6/30/12	5772	11 OT/USA, Eugene	12.96+0.9		169	1186	23.80+1.0	564+0.8		3232	2:15.48
7/22/13	5783	3 Thorpe Cup, Marburg	13.11+1.6		165	1036	23.84+2.5	610+3.1		3331	2:13.66
6/20/13	5940W	6 USA, Des Moines	12.91+4.9		169	1099	23.49+0.1	625+1.5		3268	2:15.73
7/28/13	6000	2 Thorpe Cup, C Vista	12.90+1.2		166	1162	23.55+1.3	639+2.2		3203	2:14.01
4/23/16	5930	1 UVA, Charlottesville	13.19+0.9		175	1209	24.22+1.7	614-2.1		3495	2:19.72
5/29/16	5952	1 OTC HP#2, Chula Vista	13.15		169	1183	24.32	632		3519	2:15.65
6/18/16	dnf	- Pan Am Cup, Ottawa	13.02+3.1		173	1175	24.13+2.6	586+2.8		withdrew	

PRs 6000 / 4170 12.78+1.7 175 1209 23.49+0.1 642 3519 2:14.01
Indoor: 60H: 8.08

CHARI HAWKINS

DOB: May 21, 1992
 POB:
 Ht: 5-7
 Hometown: Rexburg, ID
 High School: Madison HS
 College: Utah State '15



2016: PR 5956 score at Sam Adams for 4th. **2015:** 9th indoors and 14 outdoors (5750 PR) at NCAAs. Was Mountain West champ both indoors (4194 PR) and out. **2014:** 9th at NCAAs. Mountain West runner-up in hurdles and long jump. Seasonal opener at Mt Sac Relays netted 5550 score. 14th at NCAAs indoors. 5 indoor PRs netted Mountain West pentathlon title, 4173 score. 3rd at UNM indoor pentathlon (3965). **2013:** 13th at NCAAs. 5th at WAC despite no mark in javelin. Won Cal Invt with significant PR 5441 effort. **2012:** WAC indoor pentathlon winner. Injured and did not compete outdoors. **2011:** WAC heptathlon champion and 2nd at indoor pentathlon. **High School:** PRs of 14.46, 5-8 and 19-2. **Personal:** daughter of Bill and Peggy Hawkins. Majored in family consumer science education.

Career:

Indoor:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>					
1/22/11	3460	2	WSU Cougar, Pullman	8.84	164	885	532	2:35.05				
2/12/11	3718	2	Boise TeamCh-Nampa	8.85	172	973	542	2:35.37				
2/25/11	3719	2	WAC, Nampa	8.76	168	1034	557	2:33.01				
1/28/12	3610	2	WSU Cougar, Pullman	8.74	174	926	550	2:41.02				
2/29/12	3669	1	WAC, Moscow	8.89	168	1013	573	2:37.68				
1/24/14	3965	3	UNM, Albuquerque	8.63	178	1042	576	2:30.27				
2/27/14	4173	1	Mtn West, USAFA	8.41	182	1170	580	2:29.19				
3/15/14	4025	14	NCAA I, Albuquerque	8.33	179	1148	567	2:35.36				
2/06/15	4059	1	New Mexico, Albuquerque	8.39	177	1164	590	2:35.92				
2/26/15	4194	1	Mountain W, Albuquerque	8.39	178	1152	602	2:28.25				
3/13/15	4164	9	NCAA I, Fayetteville	8.48	177	1152	589	2:24.98				
1/29/16	4042	3	U Washington, Seattle	8.41	176	1173	543	2:25.19				
2/26/16	4225	3	USA, Crete	8.36	174	1252	578	2:22.08				
Outdoor:			<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/11/11	4948	6	UofA Click, Tucson	14.61		172	935	26.02	551		3352	2:33.18
4/22/11	5159	1	BYU Robison, Provo	14.12w		169	1077	25.68w	540		3825	2:33.72
5/11/11	5124	1	WAC, Honolulu	14.14		170	995	26.16	533		3809	2:27.90
3/28/13	5085	15	Texas R, Austin	14.15		172	948	25.46w	539w		3313	2:29.00
4/18/13	5441	1	Cal Invt, Azusa	14.05		176	1050	25.65	595w		3572	2:26.83
5/09/13	4990	5	WAC, Arlington	13.82w		181	1134	24.84w	573		nm	2:28.87
6/07/13	5598	11	NCAA I, Eugene	13.74+2.7		175	1030	25.05+2.8	584+3.4		4103	2:25.70
4/17/14	5550	12	Mt Sac R, Azusa	13.79+1.1		175	1115	24.69+2.7	577+2.2		3535	2:25.67
6/13/14	5552	9	NCAA I, Eugene	13.97-0.5		172	1186	25.28-1.9	571+1.3		3892	2:24.13
4/16/15	5732	7	Mt Sac R, Azusa	13.55+2.4		176	1156	24.63+2.1	607+2.0		3663	2:26.74
5/14/15	5622	1	Mountain W, San Diego	13.53+2.1		176	1118	24.72+1.2	610+4.5		3693	2:34.26
6/11/15	5750	14	NCAA I, Eugene	13.44+1.9		169	1148	24.28+2.2	602+3.5		3913	2:24.68
4/02/16	5956	4	Sam Adams, S Barbara	13.30-0.7		178	1184	24.73-0.5	604+0.3		3674	2:15.01
4/14/16	5878	2	Mt Sac R, Azusa	13.75-0.2		180	1106	24.45+3.5	618		3788	2:18.56
5/29/16	dnf	-	OTCHP#2, Chula Vista	13.47		178	1182	25.29	withdrew			
6/25/16	5872	1	SBTC LC, Carpenteria	13.56		175	1185	24.92	625		3621	2:18.21
PRs:			5956 / 4225	13.30-0.7	183	1186	24.28+2.2	625	4103	2:15.01		
Indoor:			60mH: 8.24									

BREANNA LESLIE

DOB: August 11, 1991
 POB: Phoenix, AZ
 Ht: 5-9
 Hometown: Mesa, AZ
 High School: Valley Christian HS
 College: Azusa Pacific '13



2015: Placed 6th at Mount Sac Relays and won Chula Vista Elite II. 5th at USAs indoors and 11th outdoors. **2014:** 8th at USA nationals and 7th at Thorpe Cup. 5th at Mt Sac Relays opener with career best 5893 score. **2013:** 13th at USA nationals. Place 5th in first international, the Pan American CE Cup. 3rd at Mt Sac Relays with PR 5761. 8th at USA indoors. National Christian College (NCCAA) champ indoors. **2012:** NAIA national champ in both pentathlon and heptathlon. **2011** NAIA outdoor runner-up and 3rd indoors. 2010: NAOA outdoor runner-up, and 6th indoors. **Personal:** Graduated in 2013 from Azusa Pacific University with a B.S. Kinesiology. Currently works as a personal trainer. Parents are Lynton and Rae Leslie.

Career:

Indoor:				<u>60mH</u> <u>hj</u> <u>sp</u> <u>lj</u> <u>800m</u>				
2/10/10	3324		APU Pent, Azusa					
3/04/10	3451	6	NAIA, Johnson City	9.06	156	1004	495	2:22.75
2/11/11	3539	1	APU Pent, Azusa	8.97	156	1015	517	2:22.53
3/03/11	3626	3	NAIA, Geneva	8.85	160	895	541	2:20.73
1/27/12	3762	2	UNA Mtn T, Flagstaff	8.58	160	1097	522	2:19.48
2/10/12	3864	1	APU Pent, Azusa	8.56	159	1184	530	2:18.66
3/01/12	3861	1	NAIA, Geneva	8.56	162	1097	526	2:16.21
2/08/13	3872	1	Big Meet, Allendale	8.65	169	1094	522	2:19.13
2/15/13	4109	1	NCCAA, Marion	8.53	170	1249	573	2:18.61
3/01/13	4053	8	USA, Albuquerque	8.47	170	1114	534	2:13.34
2/07/14	4055	1	Mt T, UNA, Flagstaff	8.52	166	1175	553	2:15.78
2/21/14	4182	5	USA, Albuquerque	8.45	170	1208	552	2:12.60
2/28/15	4134	5	USA, Roxbury	8.50	168	1204	552	2:13.28
1/29/16	3962	4	U Washington, Seattle	8.48	161	1130	546	2:15.11

Outdoor:				<u>100h</u> <u>h</u> <u>sp</u> <u>200m</u> <u>lj</u> <u>jav</u> <u>800mj</u>						
4/15/10	4781	3	Cal Invt, Azusa	14.93	155	1013	25.55	507	3266	2:23.85
5/28/10	5110	2	NAIA, Marian	14.27	157	1003	25.39	557	3386	2:20.53
4/14/11	5158	3	Cal Invt, Azusa	14.08	155	982	24.49	532	3245	2:15.23
5/27/11	4992	2	NAIA, Marian	14.40	150	971	24.44	533	3474	2:23.17
4/19/12	5369	7	Mt Sac R, Azusa	13.88	158	1143	24.52	556	3018	2:13.74
5/25/12	5308	1	NAIA, Marion	14.69	164	1194	24.70	544	3081	2:14.82
4/18/13	5761	3	Mt Sac R, Azusa	13.88+1.3	171	1142	24.27+2.4	588+2.0	3666	2:14.16
6/02/13	5552	5	Pan Am Cup, Ottawa	14.10+1.0	171	1122	24.45+1.2	520+3.2	3971	2:14.72
6/21/13	5503	13	USA, Des Moines	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35
4/17/14	5893	5	Mt Sac R, Azusa	13.83+1.3	169	1135	24.05+1.5	594+1.7	4129	2:12.33
6/29/14	5838	8	USA, Sacramento	13.72+1.8	166	1161	24.03+0.6	573+0.7	4074	2:10.88
7/27/14	5779	7	Thorpe Cup, Marburg	13.92-0.2	174	1133	24.56+2.4	574+0.1	3806	2:11.67
4/16/15	5734w	6	Mount Sac R, Azusa	13.52+2.1	167	1064	24.27+3.1	580+2.1	3665	2:10.91
5/23/15	5863	1	Elite II, Chula Vista	13.26+2.3	165	1181	23.97+2.8	585nwi	3810	2:13.40
6/26/15	5718	11	USA, Eugene	13.61+2.2	164	1172	24.42+0.7	562+0.7	3877	2:11.80
4/02/16	dnf	-	Sam Adams, S Barbara	13.38-0.7	nh	1230	24.17-0.5	withdrew		
4/14/16	5918	5	Mt Sac R, Azusa	13.37+1.5	165	1213	24.20+1.9	589+1.9	4080	2:12.88

PRs: 5918 / 4182
 Indoor: 60mH: 8.42

13.26+2.3 174 1249 23.97+2.8 594+1.7 4129 2:10.88

TIFFENY PARKER

DOB: June 8, 1988
 POB: Moreno Valley, CA
 Ht: 5-7
 Hometown: Moreno Valley, CA
 High School: Ranchi Verde HS '06
 College: Azusa Pacific U. '11



2016: Won Texas GA meet with 5951 PR score and placed 6th at PanAm Cup. 5th at A&M Thomas pentathlon.
2015: 10th at Mount Sac Relays with PR 5663 score & followed with PR (5732) at Chula Vista. **2014:** Mt Sac Relays opener netted 5562 PR score. 8th at USA indoors. **2013:** 2nd at Claremont Classic with PR 5430 score. 12th at USA indoors. **2012:** 8th at USA indoor champs. **2011:** 7th NAIA heptathlon **2010:** 3rd NAIA heptathlon, **2009:** 4th NAIA heptathlon . Won NAIA All-American honors in 5 events. **2008: 2007:** Competed at U of New Mexico.
High School: CIF finalist at 100m hurdles in 2006. Junior in 2005 qualified for CIF finals in 4 events. **Personal:** Parents are Ronald and Dolores Parker. Majored in Business at APU.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
/ /09	3418	4	NAIA, Johnson City, TN					
3/04/10	3528	2	NAIA, Geneva, OH	8.94	159	1165	548	2:42.05
3/04/12	3560	8	USATF, Bloomington	8.63	158	1158	514	2:35.32
3/01/13	3773	12	USA, Albuquerque	8.65	167	1253	537	2:36.68
2/08/14	3918	2	Mt T, UNA, Flagstaff	8.68	172	1378	561	2:41.97
2/21/14	3657	8	USA, Albuquerque	8.66	167	1271	503	2:39.24
2/13/15	3854	2	NAU Inv, Flagstaff	8.77	173	1235	565	2:39.72
3/ /15	3808	9	USA, Roxbury	9.00	171	1301	536	2:34.06
2/05/16	3738	5	Thomas, College Station	8.73	169	1198	539	2:37.57

Outdoor:				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/22/09	4633	4	NAIA, Edwardsville	14.38+0.1	159	1128	26.24-1.8	511+0.3	3181	2:47.15			
5/28/10	5028	3	NAIA, Marion, IN	14.27+1.3	163	1135	25.60+2.6	531+0.3	3887	2:39.92			
5/27/11	4427	7	NAIA,	15.33-2.4	159	1082	26.99+1.0	526+0.1	3054	2:47.51			
6/09/12	5363	2	Chula Vista, CA	14.09+1.5	164	1187	26.02+0.8	576+1.8	4041	2:28.34			
4/18/13	dnf	-	Mt Sac R, Azusa	13.96+0.5	168	1248	25.68+2.3	nm	3423	dnr			
5/10/13	5430	2	Classic, Claremont	13.89+1.6	167	1192	25.61+1.7	586+2.1	3933	2:31.90			
6/08/13	5384	2	Imperial, Chula Vista	13.65+1.9	170	1203	25.63+2.1	560nwi	3862	2:34.40			
4/05/14	dnf	-	Sam Adams, S Barbara	14.29+0.2	163	1179	26.00+1.9	withdrew					
4/17/14	5562	10	Mt Sac R, Azusa	13.91+1.1	172	1301	25.53+2.7	585+1.5	3823	2:30.39			
4/16/15	5663w	10	Mount Sac R, Azusa	14.16+2.1	176	1223	25.52+3.1	592+2.1	4349	2:29.13			
5/23/15	5732	3	Elite II, Chula Vista	13.64+2.3	171	1253	25.15+1.4	585nwi	4477	2:30.46			
6/20/15	5557	6	Capital Cup, Ottawa	14.13-0.8	171	1238	25.20+2.6	567+0.2	4313	2:29.61			
4/02/16	dnf	-	Sam Adams, S Barbara	13.80-0.5	175	1311	25.63+0.3	551	4552				
6/06/16	5951	1	Texas GA, Dallas	13.62+0.2	178	1348	24.96+2.2	607+3.4	4497	2:30.85			
6/17/16	5639	6	Pan Am Cup, Ottawa	13.63+3.1	173	1238	25.04 0.0	572+1.9	4166	2:30.27			

PRs: 5951 / 3918
Indoor: 60mH: 8.63

13.62+0.2 178 1378 24.96+2.2 607+3.4 4552 2:28.34

TATUM SOUZA

DOB: April 20, 1992
 POB: Concord, CA
 Ht: 5-6
 Hometown: Napa, CA
 High School: Napa HS
 College: UCLA '15



2016: Placed 7th at Pan Am Cup after PR and 4th place 5848 effort at Mt Sac Relays. 2nd at Kansas St with indoor 4124 PR score and followed with PR 4219 effort at USAs. **2015:** Pac-12 runner-up. Placed 5th at Mount Sac R with PR 5771 score. **2013:** 9th place at NCAAs with career best 5691 score and followed with a 15th at USA champs. Runner-up at Pac-12 with PR, 5624. 4th at Mt Sac Relays with PR 5587. 7th at Texas Relays. Scored 4023 at Mountain Pacific meet in Seattle. **2012:** Won Cal Invt at Azusa outdoors in PR 5350 score and then placed 5th at Pac-12 meet. **2011:** 6th at Pac-12 outdoors. **High School:** Napa County Volleyball Player of the Year. **Personal:** Daughter of Ronald and Jodi Souza. Undeclared major.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/27/12	3640	1	WSU Cougar, Pullman	9.11	153	1177	536	2:22.82
2/25/12	3695	5	Mtn Pacific, Seattle	9.03	155	1160	536	2:20.19
1/25/13	3884	4	UWash Invt, Seattle	8.83	166	1279	526	2:22.37
2/22/13	4023	?	Mtn Pacific, Seattle	8.48	163	1221	558	2:19.30
2/07/14	3809	3	Texas A&M, C Station	8.59	165	1222	533	2:30.20
1/22/16	4124	2	KSU Skuteyte, Manhattan	8.56	167	1374	557	2:21.36
2/05/16	4013	1	Sevigne Husker, Lincoln	8.52	163	1330	536	2:20.11
2/26/16	4219	5	USA, Crete	8.49	171	1440	545	2:19.83

Outdoor:				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/07/11	4906	6	Pac-12, Tucson	14.47		154	1243	26.48		532w		3580	2:33.83
4/19/12	5350	1	California Invt, Azusa	14.26		163	1183	25.51		561		3490	2:18.50
5/13/12	5334	5	Pac 12, Eugene	14.09		159	1203	25.42w		533w		3383	2:17.35
3/28/13	5288	7	Texas R, Austin	14.12		157	1264	25.41+4.4		533+1.7		3691	2:20.52
4/18/13	5587	4	Mt Sac R, Azusa	14.08+1.3		156	1303	25.03+0.5		580+2.5		3985	2:16.99
5/05/13	5624	2	Pac-12, Los Angeles	13.95+2.7		169	1242	25.20+0.3		556-0.9		3937	2:16.87
6/07/13	5691	9	NCAA I, Eugene	13.86+2.7		169	1276	25.26+2.8		574+1.2		3930	2:17.91
6/21/13	5360	15	USA, Des Moines	13.96+1.7		166	1308	25.73+1.0		516+1.4		3879	2:24.09
4/05/14	dnf	-	Sam Adams, S Barbara	13.85+0.2		169	1223	25.40+1.7		544-1.3		3767	dnr
4/16/15	5771w	5	Mount Sac R, Azusa	13.89+2.4		164	1335	25.36+2.1		574+2.3		4427	2:16.67
5/10/15	5636	2	Pac-12, Los Angeles	14.04+1.4		170	1385	26.03+1.6		560+2.4		3960	2:18.76
6/11/15	5604	17	NCAA I, Eugene	14.20+0.1		169	1394	25.60+2.1		535+3.2		4339	2:21.72
4/02/16	dnf	-	Sam Adams, S Barbara	13.93-0.5		169	1373	25.22+0.3		withdrew			
4/14/16	5948	4	Mt Sac R, Azusa	13.72+0.7		174	1353	24.99+1.5		576+1.7		4142	2:14.23
6/18/16	5570	7	Pan Am Cup, Ottawa	14.21+3.1		170	1332	25.15 0.0		549+2.1		3984	2:23.01

PRs: 5948 / 4219 **13.72+0.7 174 1442 24.99+1.5 580+2.5 4427 2:14.23**
Indoor: 60mH: 8.48