

MEDIA GUIDE

2015 Hypo-Bank Meeting



May 28-29, 2016
Mosle Stadium
Götzis, Austria



USA INFORMATION

Frank Zarnowski
DECA, The Decathlon Association
www.decathlonusa.typepad.com

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Men's Decathlon Schedule

Saturday, May 28, 2016

11:40 am	100 Meters	[likely 4-5 sections]
12:45 pm	Long Jump	[2 sections, same time]
2:30 pm	Shot Put	[2 sections, same time]
3:45	High Jump	[2 sections, same time]
5:45	400 Meters	[likely 4-5 sections]

Sunday, May 29, 2016

10:05 am	110m Hurdles	[4-6 sections]
11:10	Discus	[likely 2 sections]
12:50 pm	Pole Vault	[2 sections, same time]
3:40 /4:45	Javelin	[2 sections]
6:00	1500 Meters	TBA [1-2 races]

Women's Heptathlon Schedule

Saturday, May 30, 2015

11:05 am	100 m Hurdles	[likely 4-5 sections]
12:25 pm	High Jump	[2 sections, same time]
3:35	Shot Put	[2 sections, same time]
5:00	200 Meters	[likely 4-5 sections]

Sunday, May 31, 2015

11:30 am	Long Jump	[2 sections, same time]
1:15/2:25 pm	Javelin	[2 sections]
4:20	800 Meters	[likely 2 sections]

Athlete's Bios....

GARRETT SCANTLING

DOB: May 19, 1993
 POB:
 Ht/wt: 6-3,
 Hometown: Jacksonville, FL
 High School: Epispcal '11
 College: Georgia '15



2016: 3rd at NCAAs in final collegiate meet. Winner of Razorback Invt with 6020 effort and then captured 3rd SEC indoor title. **2015:** Opened season with 8232 PR score at local meet. Won McCravey Memorial (5886) and SEC indoor title with 6036 PR score, and then followed with NCAA runner-up with 6068 PR effort. **2014:** Did not compete indoors. Scored 8169 to win early season home meet and placed 2nd at SEC champs and 4th at NCAAs. **2013:** 9th at NCAAs with career best 7873 score. Opened outdoor season with huge 7824 PR at home meet. 5th at outdoor SEC, victim of vault 'nh.' Placed 3rd at NCAAs indoors with PR 6017 score. Opened indoor campaign with 5619 3rd place finish at Razorback, then won SEC affair with eye-opening 5889 heptathlon PR. **2012:** 5th at SEC indoors and 7th outdoors in initial CE season. **High School:** Named *Florida Times-Union* Male Track Athlete of the Year. PRs included: 15-3 vault, 6-9 hj and 46-0 tj. **Personal:** Son of Robbie and Michael Scantling. Majoring in Pre-Business.

Career:

Indoor:

1/28/12	5380	9	Razorback, Fayetteville	7.13	677	1265	206	8.50	450	3:00.62
2/25/12	5481	5	SEC Lexington	7.17	671	1265	209	8.45	450	2:51.83
1/26/13	5619	3	Razorback, Fayetteville	7.10	701	1339	207	8.27	471	3:00.41
2/23/13	5889	1	SEC, Fayetteville	6.95	714	1426	201	8.15	490	2:50.41
3/09/13	6017	3	NCAA I, Fayetteville	7.07	704	1412	211	8.10	510	2:47.07
1/24/15	5886	1	McCravey, Lexington	6.94	704	1483	202	7.98	500	3:00.35
2/28/15	6036	1	SEC, Lexington	6.99	715	1498	207	8.03	495	2:49.08
3/14/15	6068	2	NCAA I, Fayetteville	7.11	688	1539	213	8.00	495	2:44.57
1/30/16	6020	1	Razorback, Fayetteville	6.99	710	1554	202	7.96	510	2:54.57
2/27/16	6003	1	SEC, Fayetteville	7.01	706	1590	205	8.06	510	2:57.06
3/12/16	5951	3	NCAA I, Birmingham	6.99	728	1573	213	8.35	500	3:04.81

Outdoor:

4/13/12	7410	3	Bulldog, Athens	11.34+1.3	699	0.0	1359	207	52.38	14.93+2.0	3689	455	5823	4:55.08
5/11/12	6331	7	SEC, Baton Rouge	11.34+1.3	660+0.1	1328	205	51.47	dsq		3901	435	5708	5:12.71
6/17/12	7534#	2	USA Junior ,Bloomington	11.47-1.0	673+1.3	1430	208	52.08	14.98+0.9	4224	470	5796	5:12.31	
7/11/12	dnf	-	IAAF Jr WC, Barcelona	11.35-0.1	661+1.2	1447	201	dq	withdrew					
4/12/13	7824	2	Bulldog, Athens	10.85+1.8	706-1.4	1446	208	49.97	14.94+1.2	3587	485	6526	5:05.08	
5/10/13	6943	5	SEC, Columbia	10.91+1.7	704+2.3	1466	203	49.20	14.49+1.0	4115	nh	5883	5:16.77	
6/06/13	7873	9	NCAA I, Eugene	11.06+2.4	705+2.6	1350	202	49.72	14.66+1.1	4374	480	6130	4:50.74	
4/11/14	8169	1	Bulldog, Athens	11.02+2.9	702	0.0	1405	207	49.84	14.43+2.2	4609	495	6669	4:48.02
5/16/14	7675	2	SEC, Lexington	11.08+0.5	676+1.2	1259	202	50.15	14.31+0.6	4041	490	6310	5:05.21	
6/12/14	7984	4	NCAA I, Eugene	10.89+2.2	703+3.4	1392	205	49.61	14.25+1.5	4121	470	6467	4:50.81	
4/09/15	8232	1	Bulldog, Athens	10.85+0.8	725+2.0	1506	206	49.04	14.21+0.1	3719	495	6734	4:44.31	
6/11/15	dnf	-	NCAA I, Eugene	10.98+1.1	727+2.4	1415	199	withdrew						

PRs: 8232 / 6068 10.85+1.8 728i 1590 213 49.04 14.21+0.1 4609 510 6734 4:44.31

Indoor: 60m: 6.94; 60mH: 7.96; 1000m: 2:44.57

#-International Junior implements [6kg shot,100cm hurdles,1.75kg discus, 800g javelin]

JEREMY TAIWO

DOB: January 15, 1990
 POB: Ballard, WA
 Ht/wt: 6-5, 194
 Hometown: Renton, WA
 High School: Newport HS
 College: Washington '12
 Club: Chula Vista OTC



2015: 6th at Hypo-Bank meet in Götzis with PR 8303 score and followed with runner-up at USA champs. Finished 7 events at worlds. Was USA indoor champ after winning Washington Invt with PR 6344 score, 9th all time USA performer. **2013:** 3rd at USA nationals qualifying for World champs. NCAA runner-up in Eugene with breakthrough 8239 score. Shared spotlight with Oregon's Dakotah Keys as they raced to 8001 (Keys) and 7998 (Taiwo) scores at Pac-12 meet in Los Angeles. Returned to competition wars with eye-opening 6156 PR win (including WR 2.25m/7-4 ½ high jump) at Boise St. **2012:** Did not compete due to 2011 injury. **2011:** 15th at NCAAs despite elbow injury hindering javelin performance. Won Pac-10 crown with PR 7742 score. Opened indoor campaign with PR 5746 score in Seattle, then placed 8th at NCAAs. **2010:** Injured at NCAAs (hurdles) with concussion and 'dnf'd.' Pac-10 runner-up with PR 7521. Did not compete indoors. **2009:** 3rd at Pac-10 decathlon with PR 7299 score. 12th at NCAA indoor heptathlon. Mountain Pacific SF heptathlon champion in 2nd collegiate career meet (5559). **High School:** Was Washington state 3A high jump and triple jump champ, then missed junior year with injury. **Personal:** Parents are Irene Botero and Joseph Taiwo who placed 9th in the triple jump for Nigeria at both 1984 (Los Angeles) and 1988 (Seoul) Olympic Games.

Career:

Indoor:				60m	lj	sp	hj	60h	pv	1000m
1/31/09	5317	5	U Washington, Seattle	7.20	689	1296	200	8.47	367	2:41.76
2/28/09	5559	1	Mtn Pacific SF, Seattle	7.19	710	1252	201	8.36	435	2:42.58
3/14/09	5389	12	NCAA, College Station	7.17	727	1228	199	8.31	370	2:43.90
1/29/11	5746	1	U Washington, Seattle	7.15	700	1303	196	8.39	475	2:35.68
3/12/11	5780	8	NCAA I, College Station	7.06	728	1195	208	8.14	420	2:34.35
2/09/13	6156	1	Boise St Challenge, Nampa	7.02	742	1418	225	8.08	425	2:34.44
2/23/13	dnf	-	Mtn Pacific SF, Seattle	6.97	740	withdrew				
1/31/15	6344	1	U of Washington, Seattle	7.06	756	1477	213	8.03	490	2:30.85 [3502/2842]
2/28/15	6273	1	USA, Roxbury	7.09	739	1450	216	7.87	480	2:34.26

Outdoor:

Outdoor:				100m	w	lj	w	sp	hj	400m	110h	w	disc	pv	jav	1500m
6/ /08	hs	1	Washington State HS Dec													
4/16/09	dnf	-	Mt Sac R, Azusa	11.39	+3.4	3f		1144								
5/10/09	7299	3	Pac-10, Eugene	11.19	+2.6	684	+1.3	1169	198	51.15	14.88	+1.2	3831	425	5371	4:30.25
4/15/10	7289	6	Mt Sac R, Azusa	11.60	-0.5	688	0.0	1266	193	50.02	14.51	+2.5	3552	460	4852	4:32.23
5/09/10	7521	2	Pac-10, Berkeley	11.10	+0.5	668	+1.3	1168	203	50.47	14.54	+0.2	4145	445	4803	4:17.57
6/11/10	dnf	-	NCAA, Eugene	11.02	+0.7	693	+1.3	1197	202	48.98	dnf		withdrew			
4/14/11	7335	6	Mt Sac R, Azusa	11.05	+3.3	691	+2.5	1252	194	50.42	14.59	+1.1	3640	450	4496	4:29.90
5/07/11	7742	1	Pac-10, Tucson	10.98	+0.7	730	+1.0	1308	211	48.49	14.41	+3.9	3622	482	3285	4:18.69
6/09/11	7517	15	NCAA I, Des Moines	11.27	+1.6	716	+1.1	1297	208	48.64	14.49	+1.8	4180	480	3619	4:34.99
4/18/13	dnf	-	Mt Sac R, Azusa	10.91	-1.2	751	+1.7	1113	213	49.15	14.83	-1.0	3701	nh	4245	dnr
5/05/13	7998	2	Pac-12, Los Angeles	10.95	nwi	718	nwi	1357	209	48.56	14.74	+2.6	4075	480	4834	4:18.23
6/06/13	8239	2	NCAA I, Eugene	10.84	+1.4	742	+0.7	1370	217	48.11	14.16	+2.8	3490	500	4987	4:16.34
6/22/13	7925	3	USA, Des Moines	10.98	+1.2	686	-1.0	1347	208	48.30	14.33	-0.3	3958	460	5224	4:20.29
8/11/13	dnf	-	IAAF WC, Moscow	10.96	-0.1	753	+0.6	1299	withdrew							
5/31/15	8303	6	Hypo Bank, Götzis	10.95	+0.8	757	0.0	1395	215	48.29	14.47	+0.5	4316	490	4922	4:19.64
6/26/15	8264	2	USA, Eugene	10.89	+2.0	754	+2/2	1493	212	47.83	14.40	+1.4	4115	495	4811	4:29.27
8/27/15	dnf	-	IAAF WC, Beijing	11.06	-0.2	715	_0.3	1418	210	47.94	14.81	-1.0	4101	withdrew		

PRs 8303 / 6344 10.84+1.4 757 0.0 1493 225 47.83 14.16+2.8 4316 500 5371 4:16.34

Indoor: 60m: 6.97; 60h: 8.03; 1000m: 2:30.85 1st day ('13) 4389

Summary: 17 meets, 12 finishes, 2 wins, 3 x > 8000, PR score: 8303, Top ten Average: 7814.5, PR 1st day : '15 USA 4447
 Updated: 5/24/16

SHARON DAY-MONROE

DOB: June 9, 1985
 POB: Brooklyn, NY
 Ht: 5-8
 Hometown: Costa Mesa, CA
 High School: Costa Mesa HS
 College: Cal Poly-SLO '08
 Club: Asics



2015: Won 4th consecutive USA indoor pentathlon and was runner-up outdoors. Place 14th at IAAD outdoor worlds. **2014:** Set US indoor pentathlon record by winning 3rd consecutive American title, then place a close 4th at IAAF world indoor meet in Sopot, Poland. **2013:** Recorded four career bests in fashioning PR 6550 while winning 3rd consecutive USA nationals in Des Moines. And then placed 6th at IAAF outdoor world champs in Moscow. Won USA indoors. **2012:** 16th at London Olympic Games heptathlon after winning US Olympic Trials with PR 6343 score. Opened season with pentathlon (4430) win in Seattle and then won USA indoor national pentathlon with PR 4567 score. Opened outdoor season with PR 6337 effort at Westmont's Sam Adams meet in Santa Barbara, that included 3 event PRs. Placed 16th at Götzis. **2011:** Won USA nationals and placed 18th at IAAF world champs in Daegu. **2010:** Runner-up at USA nationals. **2009:** 2nd at USA outdoor champs and 10th at IAAF World Champs in Berlin, Won Pan-American CE Cup heptathlon with PR 6063 score. Runner-up at USA indoors (PR 4320). **2008:** Made USA Olympic team with 1.91m clearance at US Trials. Did not qualify for finals in Beijing. NCAA high jump runner-up. Won Big West Conference crown with 5642 score. **2007:** Second at U.S. Outdoor Championships with a leap of 6-2¼. Placed 4th at the NCAA Championships with a jump of 6-feet. Tied for 6th at the Pan-American Games in Rio de Janeiro (5-11¼). **2006:** Redshirted. **2005:** Won NCAA title at 1.95m/6-4¾. **2004:** NCAA runner-up at 6-2¾ and was USA Jr champ. **High School:** Pan Am Jr champ in high jump. PR was 6-2. **Personal:** Daughter of Eugene Day and Yolanda Gibson-Day. Majored in kinesiology. Assistant coach at UCLA.

Indoor:				Career:				
				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
1/30/09	4276	1	UW Husky Invt, Seattle	8.82	187	1246	565	2:19.92
3/08/09	4320	2	USA, Chapel Hill	8.79	185	1225	575	2:16.38
3/07/10	4467	3	USA, Bloomington	8.67	182	1310	590	2:14.63
1/26/12	4430	1	UW Husky Invt, Seattle	8.49	181	1275	595	2:16.27
3/04/12	4567	1	USA, Bloomington	8.46	185	1329	589	2:11.89
1/25/13	4462	1	UW Husky Invt, Seattle	8.51	181	1379	580	2:15.43
3/01/13	4478	1	USA, Albuquerque	8.57	182	1507	582	2:20.86
2/21/14	4805	1	USA, Albuquerque	8.44	188	1559	609	2:13.19 AR
3/07/14	4718	4	IAAF WC, Sopot	8.43	184	1495	594	2:09.80
2/28/15	4654	1	USA, Roxbury	8.56	183	1541	594	2:13.45

Outdoor:				Career:									
				<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>
5/ /07	5244	2	Big West	15.39				24.83					2:18.17
5/10/08	5642	1	Big West, Northridge	14.57+0.2	183	1143	25.07+0.5	573+1.9	3733	2:18.77			
4/16/09	5823	1	Mt Sac R, Azusa	14.34+3.1	181	1275	24.97+3.2	594+1.8	3894	2:20.08			
5/30/09	6063	1	Pan Am CE Cup, Havana	14.29		193	1292	24.87	592	4019	2:17.16		
6/28/09	6177	2	USA, Eugene	13.82+1.1	190	1275	24.66+3.1	599+3.0	4062	2:13.64			
8/16/09	6126	10	IAAF WC, Berlin	13.90-0.3	189	1342	25.15-0.3	569-0.8	4414	2:13.84			
6/26/10	6006	2	USA, Des Moines	14.12+2.6	178	1322	24.40+3.3	587+3.4	4320	2:16.77			
4/14/11	5828	2	Mt Sac R, Azusa	13.95+1.6	176	1330	25.01+2.3	594+3.3	3678	2:18.46			
5/28/11	dnf	-	NACAC, Kingston	14.21-1.2	172	1379	25.34-3.6	555-3.4	3609	dnr			
6/26/11	6028	1	USA, Eugene	13.85+1.2	181	1351	24.74+1.7	592+1.5	4167	2:16.53			
8/30/11	6043	18	IAAF WC, Daegu	13.69+1.6	180	1428	25.01-1.1	587+0.4	3914	2:15.74			
4/03/12	6337	1	Sam Adams, Santa Barbara	13.57	0.0	184	1440	24.27+0.3	606nwi	4160	2:12.63		
5/27/12	6156	16	Hypo-Bank, Gotzis	13.68-0.3	179	1406	24.09+1.9	597+1.2	3723	2:11.54			
6/30/12	6343	1	USOT/USA, Eugene	13.71+1.6	187	1340	24.26+1.0	611+1.3	4503	2:14.55			

8/04/12	6232	16	Olympic G, London	13.57+2.0	177	1428	24.36+0.6	585-0.4	4390	2:11.31
4/05/13	dnf	-	Sam Adams, Santa Barbara	13.93-1.3	185	1433	24.29+0.4	withdrew		
5/10/13	3568	9	Classic, Claremont	13.68+1.6	nh	1475	24.26+1.7	nm	4340	dnf
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

PRs: 6550 / 4805

13.42+0.9 195 1559 24.02+1.0 616+2.6 4738 2:08.94

Indoor: 60H: 8.43

Updated 6/18/15

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



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</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>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>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>
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	CNUCaptain, 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

PRs: 6274 / 4105

13.47+2.2 180 1282 23.64+0.7 639+2.8 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



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. dn^fd 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:					60h	hj	sp	lj	800m
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>100 h w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>		
4/16/09	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	14.21nwi	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	

PRs: 6500 / 4406

13.38+0.6 187 1454 23.04-0.2 623+1.5 4660 2:07.13

Indoors: 60mh: 8.40

BRIANNE THEISEN-EATON

DOB: December 18, 1988
 POB: Humboldt, SK, Canada
 Ht: 5-8
 Hometown: Saskatoon, Saskatchewan
 High School: Humboldt Collegiate Institute
 College: Oregon, '12



2016: Captured IAAF world indoor title in come-from behind performance in Portland.
2015: Won Hypo-Bank meet in Gotzis with career best 6808 score and then places 2nd at IAAF world champs in Beijing. **2014:** Was IAAF world indoor pentathlon runner-up in Sopot, POL with Canadian NR 4768. **2013:** Had world class breakout season with wins at Götzis and Canada nationals and then PR'd with 6530 score for runner-up at IAAF world champs. **2012:** Placed 11th (6383) at Olympic Games in London for native Canada. Won 3rd NCAA crown with PR 6440 effort and then won Canada Olympic Trials. Won 3rd Pac-12 crown with PR 6353 score in Eugene. Opened season with a collegiate record 4555 at Texas A&M Challenge and then won 3rd consecutive NCAA indoor crown in Nampa, ID. **2011:** Set collegiate pentathlon record in year's first indoor meet, 4507 points, Seattle and then captured a 2nd NCAA indoor crown with another collegiate record (4540). **2010:** Defended her Pac-10 title with 5917 effort and NCAA crown with PR 6094 effort. Won Texas Relays heptathlon with a 5942w score. Opened indoor season with low key 4198 win at Texas A&M then won NCAA title with 4396 score. **2009:** Won Big Green in *Desert* heptathlon (5634), and Pac-10 title with PR 5986 score. Won NCAA crown with PR 6086 and Canadian nationals. Then place 15 at IAAF worlds (5949). Opened season with 4181 win in Seattle then raised PR to 4321 with 3rd place showing at NCAAs. **2008:** Opened season with PR 5575 at Sacramento State NIKE Elite heptathlon. Added 190 points to PR with runner-up place at PAC-10. Was 4th at NCAAs with PR 5710 score. **Pre**

Oregon: Two-time Canadian national junior heptathlon champion (2006, '07). Has extensive international experience, and won 2007 Pan American Junior Championships heptathlon and competed in 2006 World Junior Championships and 2005 World Youth Championships. **Personal:** Business major. Last name is pronounced TY-son. Pre-business major. Married decathlete Ashton Eaton in 2013.

Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/30/09	4181	2	U Washington, Seattle	8.65	181	1124	582 2:21.77
3/13/09	4321	3	NCAA, College Station	8.54	181	1116	602 2:17.37
1/30/10	4198	1	Texas A&M, C Station	8.63	179	1219	562 2:19.24
3/13/10	4396	1	NCAA, Fayetteville	8.44	174	1265	608 2:15.58
1/28/11	4507	1	Husky, Seattle	8.45	183	1270	602 2:14.50 CR[oversized track]
3/11/11	4540	1	NCAA I, College Station	8.35	184	1238	596 2:11.82 CR
1/27/12	4555	1	Texas A&M, C Station	8.38	188	1287	599 2:16.90 CR
3/09/12	4536	1	NCAA I, Nampa	8.25	184	1246	595 2:13.95
3/07/14	4768	2	IAAF WC, Sopot	8.13	184	1386	613 2:10.07 NR
3/18/16	4881	1	IAAF WC, Portland	8.04	185	1370	642 2:09.99 NR

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>
/05	5181											
/05			World Youth									
7/23/06	5240	1	Canada-Jr, Sherbrooke	14.72-1.4	169	1016	25.47+1.9	538	0.0	4032	2:21.93	
8/19/06	5149	17	IAAF WJrC, Beijing	14.67-0.8	165	987	25.63+0.3	566-0.1	3652	2:24.08		
7/07/07	5413	1	Pan Am Jr, Sao Paulo	14.29		176	1080 25.05+0.5	554+0.8	3956	2:28.52		
3/28/08	5575	1	NIKE-e, Sacramento	14.42+3.7	170	1122	25.22+1.4	594+0.7	4020	2:20.21		
5/10/08	5765	2	PAC-10, Tempe	14.21+1.8	175	1166	25.24 0.0	593 0.0	4409	2:20.11		
6/12/08	5710	4	NCAA, Des Moines	14.23+1.1	175	1156	25.40-0.2	596+0.5	4391	2:22.73		
3/25/09	5643	1	Big Green <i>Desert</i> , Mesa	14.59+0.4	179	1126	25.0h+1.3	568+1.6	4342	2:20.51		
5/10/09	5986	1	Pac-10, Eugene	13.86+0.6	178	1189	24.02+4.9	591+2.6	4074	2:14.57		
6/12/09	6086	1	NCAA, Fayetteville	13.72+0.9	175	1212	24.10+1.3	600+1.6	4511	2:14.77		
6/26/09	5847	1	Canada NC, Toronto	13.84+1.1	173	1130	24.40+1.4	600+3.5	4203	2:18.73		
8/16/09	5949	15	IAAF WC, Berlin	13.69-0.2	177	1107	24.62 0.0	582+0.8	4384	2:12.62		
4/01/10	5942	w1	Texas R, Austin	13.69+3.7	180	1262	24.34+3.5	587+5.4	3935	2:19.78		
5/09/10	5917	1	Pac-10, Berkeley	13.74+0.3	182	1201	24.64+1.3	566+1.3	4113	2:15.83		
6/10/10	6094	1	NCAA, Eugene	13.39+0.2	175	1213	24.18+2.6	610+2.6	4235	2:15.40		
5/06/12	6363	1	Pac-12, Eugene	13.50+0.9	183	1261	23.90+1.9	624+0.7	4429	2:12.99		
6/08/12	6440	1	NCAA I, Des Moines	13.30-0.4	184	1292	24.09+1.1	628+1.7	4638	2:13.81		
6/28/12	6292	2	Canada O Trials, Calgary	13.09-0.6	183	1321	24.11+2.1	632+1.7	4314	2:16.07		
8/04/13	6383	11	Olympic G, London	13.30+1.3	183	1289	24.35-0.3	601-1.2	4646	2:09.27		
5/26/13	6376	1	Hypo Bank, Götzis	12.19+0.6	184	1300	24.17-0.5	639+2.7	4239	2:17.02		
6/22/13	6233	1	Canada Champs, Monkton	13.78-2.9	185	1250	24.76-3.3	613+2.9	4385	2:11.32		
8/13/13	6530	2	IAAF WC, Moscow	13.17-0.6	183	1307	24.18 0.0	637+0.5	4564	2:09.03		
9/15/13	6252	3	DecaStar, Talence	13.26-0.1	180	1266	24.24-0.8	620+2.3	4224	2:14.30		
6/01/14	6641	2	Hypo-Bank, Götzis	13.18-1.2	187	1329	23.52+1.5	659+1.3	4278	2:11.31		
7/30/14	6597	1	Commonwealth G, Glasgow	13.18+1.5	184	1371	23.41+0.2	674+1.7	4313	2:11.46		
5/31/15	6808	1	Hypo-Bank, Götzis	13.05-0.2	189	1373	23.34+1.4	672+0.9	4296	2:09.37		
8/23/15	6554	2	IAAF WC, Beijing	12.98-0.7	180	1370	23.94+0.2	655+1.2	4294	2:11.52		

PRs: 6808 / 4768 12.98-0.7 189 1392 23.34+1.4 672+0.9 4647 2:09.03

Indoor: 60h: 8.10, 1st/2nd days: 4031 / 2777

Coach:

Harry Marra is the CE coach of the Oregon elite Track Club, Eugene, Oregon. He is the personal coach for world record holder and Olympic champion Ashton Eaton and his wife, world indoor and outdoor runner-up, Brianne Theisen, both of whom he coached at the University of Oregon. Ashton Eaton set three indoor world records in the heptathlon under Marra's guidance and set the world decathlon record (9039 points) at the



2012 U.S. Olympic Trials and rebroke it (9045) at he 2015 IAAF World Championships.

Marra has also been heavily involved with Oregon's annual kid's clinic held in conjunction with the City of Eugene's "Starting Block" program. Marra, who coached Paul Terek to a 10th-place finish in the decathlon at the 2007 IAAF World Championships in Osaka, Japan, has more than 37years experience coaching athletes at every level from high school to professional. He was Team USA's national decathlon coach from 1990-2000 and helped seven different decathletes score 8,000 points. Other Marra-coached decathletes who have eclipsed the 8,000-point mark are Sheldon Blockburger (8,296), Brian Brophy (8,276), Paul Foxson (8,254), Bart Goodell (8,109) and Chris Wilcox (8,026).

Marra was the head track and field coach at San Francisco State for 12 years (1981-93) where he was twice named Northern California Athletic Conference coach of the year (1985, '90) and is also a member of that school's hall of fame. He coached one NCAA champion and 24 All-Americans while at SFSU. During that time, Marra was also a speed and fitness consultant for the San Francisco Giants.

He previously served as head coach at Springfield College in Massachusetts for four years and as an assistant coach at UC Santa Barbara for two years before that. He was a member of the United States' coaching staff at the IAAF World Championships in Paris (2003), Helsinki (2005) and Osaka (2007) and was an assistant coach for the 1999 Pan American Games, where U.S athletes won five gold medals, four silvers and a bronze and set a pair of meet records. He was also a coach for the 1981 and '82 U.S. Olympic Festivals.

A native of Cohoes, N.Y., Marra graduated from Mount St. Mary's College (MD) and holds a Master's Degree from Syracuse University.

World, American, Record Pace:

9039 points: [Ashton Eaton, US Olympic Trials, Eugene, 2012]

Day One:	<u>100m</u>	<u>1 j</u>	<u>shot</u>	<u>h j</u>	<u>400m</u>
mark:	10.21	8.23m	14.20m	2.05m	46.70
points:	1044	1120	741	850	973
cum points:	1044	2164	2905	3755	4728

Day Two:	<u>110H</u>	<u>disc</u>	<u>p v</u>	<u>jav</u>	<u>1500m</u>
mark:	13.70	42.81m	5.30m	58.87m	4:14.48
points:	1014	722	1004	721	850
cum points	5742	6464	7468	8189	9039

Meet Record Pace

Mosle Stadium Decathlon Record - 9026 [Roman Sebrle/CZE Hypo-Bank, Götzis, AUT, 5/26-27/01]

	<u>100m</u>	<u>1 j</u>	<u>shot</u>	<u>h j</u>	<u>400m</u>	<u>110H</u>	<u>disc</u>	<u>p v</u>	<u>jav</u>	<u>1500m</u>
mark	10.64	8.11m	15.33m	2.12m	47.79	13.92	47.92m	4.80m	70.16m	4:21.98
points 942	1089	810	915	919	985	827	849	892	798	
cum points		2031	2841	3756	4675	5660	6487	7336	8228	9026