

**37th
NATIONAL CHAMPIONSHIPS
WOMEN'S
HEPTATHLON**



**Sacramento State University
Sacramento, CA
Saturday-Sunday
June 24-25, 2017**



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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, June 24, 2017

10:45 am 100 m Hurdles
12:00 pm High Jump
2:00 Shot Put
3:04 200 meters

Sunday, June 25, 2017

11:0 am Long Jump
12:0 Javelin
1:28 800 meters

b)Qualifying Procedure

-The standard is 6200. Normal 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, 2016 and June18, 2017.

-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 and Entries

Standards:

IAAF World Championships 6200
 USA Championships 6200

					<u>entry status</u>	
6502*	Erica Bougaard	OTC	Hypo Bank, Götzis	5/28/17	entered	
6494*	Barbara Nwaba	SBTC	USOT/USA, Eugene	7/10/16	not entered	inactive
6423*	Heather Miller-Koch	C Park TC	USOT/USA, Eugene	7/10/16	not entered	inactive
6402*	Kendell Williams	Georgia'17	USOT/USA, Eugene	7/10/16	entered	
6385*	Sharon Day-Monroe	Asics	USOT/USA, Eugene	7/10/16	entered	
6326*	Chantae McMillan	unat	USOT/USA, Eugene	7/10/16	not entered	inactive
6200	Qualifying standard					
6099	Taliyah Brooks	Arkansas'18	SEC, Columbia	5/12/17	entered	
6098	Lindsay Lettow	SBTC	Thorpe Cup, Fayetteville	7/30/16	entered	
5962	Alex Gochenour	Arkansas'16	NCAA I, Eugene	6/11/16	entered	
6036	Lindsay Schwartz	SBTC	USOT/USA, Eugene	7/10/16	entered	
6023	Payton Stumbaugh	Arkansas '18	SEC, Columbia	5/12/17	entered	
5990	Allison Reaser	San Diego-elite	Mt Sac R, Azusa	4/14/16	entered	
5956	Chari Hawkins	SBTC	S Adams, S Barbara	4/2/16	entered	
5951	Tiffany Parker	unat	TGA, Dallas	6/5/16	entered	
5924	Emily Dearman	Pittsburg St	Nobles R, San Angelo	4/07/17	entered	
5852	Leigha Brown	Arkansas'17	SEC, Columbia	5/12/17	entered	
5820	Kelsey Herman	Arkansas'19	SEC, Columbia	5/12/17	entered	
5750	Jaclyn Sieftring	Akron'18	Mt Sac R, Azusa	4/12/17	entered	
5671	Riley Cooks	Long Beach St	Big West, Fullerton	5/6/17	entered	
5641	Jordan Gray	Kennesaw St'19	A Sun, Jacksonville	5/13/17	entered	
5640	Breaane Borman	Wichita St'17	MVC, Wichita	5/13/17	enteerd	
5636	Madeline Holmberg	Penn St	UVa, Charlottesville	4/22/17	entered	
5551	N Larch-Miller	Wichita St'17	Woodman, Wichita	4/12/17	entered	
5540	Rose Jackson	N Dakota St'17	Spring, Riverside	3/24/17	entered	
5471	Juanita Webster-Freeman	Cerritos'17	S Cal CC, Norwalk	4/04/17	entered	

*- has IAAF World Championship standard

d)....Website listing results

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

SECTION TWO: RECORDS

USA National Championship Winners 1950-2016

AAU [Pentathlon]		
1950	1929	Stella Walsh
1951	1932	Stella Walsh
1952	2183	Stella Walsh
1953	1984	Stella Walsh
1954	1738	Stella Walsh
<i>[1954 IAAF Tables]</i>		
1955	3559	Barbara Mueller
1956	4154	Barbara Mueller
1957	3803	Ann Roniger
1958	3672	Ann Roniger
1959	4075	Ann Roniger
1960	4249	JoAnn Terry
1961	4243	Pat Daniels
1962	3941	Pat Daniels
1963	4261	Pat Daniels
<i>[1962 IAAF Tables]</i>		
1964	4644	Pat Daniels
1965	4399	Pat Daniels



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
<i>[Heptathlon]</i>			
1981	6011w	Jane Frederick	Athletics West
1982	6041	Jackie Joyner	UCLA
1983	6493	Jane Frederick	Athletics West
1984	6154	Cindy Greiner	Athletics West



[1985 IAAF Tables]

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	6494	Barbara Nwaba	SBTC



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	Nafissatou Thiam/BEL	Rio de J	6810	2016
		Katarina Johnson-Thompson/GBR	Rio de J	6523	2016
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-Kersee/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-Kersee/WCAC	Indy	7215	1988
2 nd day	3027	Jackie Joyner-Kersee/WCAC	Seoul	7291	1988
Score	7291	Jackie Joyner-Kersee/WCAC	Seoul		1988



Collegiate Records

100H	12.83	Kendell Williams/Georgia	Eugene	5854	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 Gutherie/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 Gutherie/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
		Barbara Nwaba/SBTC	Eugene	6496	2016
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]

Facility (Alex G Spanos Complex at Sacramento State U) Records

100H
HJ
SP
200m
LJ
Jav
800m
1st day
2nd day
Score



RECENT MEET RESULTS

National Championships, 2017 Indoor Nationals

3/03/2017 USATF Indoor Champs, Convention Center, Albuquerque

4558	Bougaard, Erica/unat	8.21	187	1197	618	2:18.41
4404	Day-Monroe, Sharon/Asics	8.56	175	1444	585	2:17.55
4211	Spenner, sami/unat	8.58	169	1232	598	2:18.50
4185	Lettow, Lindsay/SBTC	8.58	166	1243	605	2:20.00
4082	Hawkins, Chari/SBTC	8.44	175	1161	581	2:28.74
4047	Reaser, Allison/Arete E	8.45	163	1160	576	2:19.10
3404	Maslowski, Teddi/SBTC	8.80	148	981	542	2:32.74
dnf	Schwartz, Lindsay/SBTC	8.56	166	1292	562	dns
dnf	Nwaba, Barbara/SBTC	8.41	181	1315		withdrew

2016 USA National Outdoor Champs (& Olympic Trials)

7/10/16 US Olympic Trails and USA Nationals, Eugene, OR

6494	Nwaba, Barbara/SBTC	13.65-0.2	190	1416	24.17-1.6	686+2.0	4919	2:11.71
6423	Miller-Koch, Heather/C ParkTC	13.39-0.1	181	1413	24.20-1.6	632+0.1	4102	2:09.97
6402	Williams, Kendell/Georgia	12.99-0.1	184	1295	23.67-1.6	620+0.2	4221	2:15.31
6385	Day-Monroe, Sharon/Asics	13.60-0.2	181	1519	24.73-0.9	599+2.4	4552	2:10.87
6326	McMillan, Chantae/unat	13.33-0.2	178	1350	24.77-0.9	610+1.3	4945	2:14.46
6089	Chapman, Quintunya/Georgia	13.68-0.2	160	1461	24.32-1.6	610+1.2	4635	2:16.30
6070	Bougaard, Erica/Mississippi St	13.11-0.1	184	1230	23.94-1.6	633+2.3	2974	2:18.74
6038	Kunz, Annie/Texas A&M	13.56-0.3	175	1358	24.52+0.6	602+1.0	3872	2:15.58
6036	Schwartz, Lindsay/SBTC	13.72-2.9	166	1352	24.19+0.6	612+1.4	4153	2:14.29
5960	Lettow, Lindsay/SBTC	13.84-2.9	172	1209	24.86-0.9	618+1.3	4220	2:14.64
5865	Reaser, Allison/Arete E TC	13.69-0.2	169	1159	24.38+0.6	604+2.4	3851	2:13.07
5806	Lehman, Jessica/Minnesota	14.79-2.9	169	1336	25.31-0.9	585+1.4	4736	2:16.55
5794	Gochenour, Alex/unat	13.43-0.1	172	1264	24.79+0.6	592+2.1	3587	2:19.36
5724	Spenner, Sami/Nebraska-Omaha	14.63-2.9	169	1252	24.73-1.6	590+2.3	4009	2:14.87
5720	Hawkins, Chari/SBTC	13.71-0.2	175	1280	25.01-0.9	583+0.3	3786	2:24.77
5662	Souza, Tatum/Napa TC	14.19-2.9	166	1343	25.42-0.9	588+2.0	3882	2:18.75
5629	Profit, Kiani/unat	14.75-2.9	166	1278	25.27+0.6	565+2.9	4331	2:14.63
5612	Parker, Tiffeny/unat	14.00-2.9	172	1324	25.53-0.9	561+2.0	4667	2:33.88
Dnf	Brookes, Taliyah/Arkansas	13.39-0.1	181	1155	24.85+0.6	nm	3466	dns
Dnf	Flax, Jessica/unat	13.57-0.1	166	1272	25.43+0.6			withdrew

20s,18f.

2015 USA National Outdoor Champs

2015 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-Monroe, Sharon/Asics	13.31+1.4	176	1562	24.32+0.7	605+0.9	4490	2:09.41
6288	Bougaard, 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	13.34+2.2	167	1197	24.62+0.7	574+0.9	withdrew	

16s,15f.

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	Bougaard, 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
6803	Jane Frederick/Athletics West	84
6735	Hyleas Fountain/Nike	10
6577	Dede Nathan/Nike	99
6550	Sharon Day-Monroe/Ascis	14
6502	Erica Bougaard/unat	17
6500	Barbara Nwaba/SBTC	15
6472	Shiela Burrell/Nike	01
6465	Kelly Blair-LaBounty/Reebok	97
6424	Jodi Anderson/ Puma Energizer	84
	[10]	
6402	Kendell Williams/Georgia	16
6374	Jamie McNair/Reebok	95
6371	Kym Carter/	94
6352	Sharon Hanson	96
6347	Jacqueline Johnson/Arizona St	08
6323	Gea Johnson	92
6300	Cindy Greiner	92
6290	Diana Pickler/	09
6274	Heather Koch-Miller/CPTC	15
6247	Virginia Johnson/	08
	[20]	

JJK owns the top ten American Scores

The Field



Top Row: Erica Bougaard, Breanne Borman, Taliyah Brooks, Leigha Brown, Riley Cooks, Sharon Day-Monroe, Emily Dearman, Alex Gochenour. Middle Row:



Middle Row: Jordan Gray, Chari Hawkins, Kelsey Herman, Madeline Holmberg, Rose Jackson, Nikki Larch-Miller, Lindsay Lettow, Tiffeny Parker.



Bottom Row: Allison Reaser, Lindsay Schwartz, Jaclyn Siefring, Payton Stumbaugh, Juanita Webster-Freeman, Kendell Williams.

PR Page

[alphabetical listing] Score to left: the qualifying score made within the qualifying period (Jan 1, 2016-June 18, 2017). In italics this is the career lifetime best (PR) for each event.

<i>Q score</i>		<i>PR score</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>
5640	Breanne Borman	5640	<i>14.08+0.6</i>	<i>175</i>	<i>1242</i>	<i>25.19+3.8</i>	<i>585i</i>	<i>4601</i>	<i>2:23.21</i>
6502	Erica Bougard	6502	<i>12.95+1.5</i>	<i>188</i>	<i>1266</i>	<i>23.28-2.9</i>	<i>659-0.2</i>	<i>4085</i>	<i>2:08.39</i>
6099	Taliyah Brooks	6099	<i>13.14+1.7</i>	<i>184</i>	<i>1199</i>	<i>23.88+1.3</i>	<i>650+1.8</i>	<i>3710</i>	<i>2:17.66</i>
5852	Leigha Brown	5852	<i>13.54+3.2</i>	<i>177</i>	<i>1331</i>	<i>24.19+2.0</i>	<i>591ii</i>	<i>3767</i>	<i>2:12.59</i>
5671	Riley Cooks	5671	<i>13.52+1.7</i>	<i>173</i>	<i>1261</i>	<i>23.79</i>	<i>612+2.0</i>	<i>4465</i>	<i>2:28.55</i>
6458	Sharon Day-Monroe	<i>6550 '13</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>
5924	Emily Dearman	5924	<i>13.43+1.9</i>	<i>178</i>	<i>1340</i>	<i>24.85+1.9</i>	<i>611-0.4</i>	<i>3978</i>	<i>2:15.96</i>
5962	Alex Gochenour	<i>6027 '15</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>2:14.56</i>
5641	Jordan Gray	5641	<i>14.26+4.3</i>	<i>173</i>	<i>1357</i>	<i>25.05+1.0</i>	<i>612+2.1</i>	<i>3997</i>	<i>2:27.17</i>
5956	Chari Hawkins	5956	<i>13.30-0.7</i>	<i>183</i>	<i>1280</i>	<i>24.28+2.2</i>	<i>625</i>	<i>4103</i>	<i>2:15.01</i>
5820	Kelsey Herman	5820	<i>13.31+1.7</i>	<i>185</i>	<i>1238</i>	<i>23.57+0.5</i>	<i>625+1.4</i>	<i>3534</i>	<i>2:22.47</i>
5636	Madeline Holmberg	5636	<i>14.01+1.7</i>	<i>164</i>	<i>1280</i>	<i>23.94+2.6</i>	<i>620-0.3</i>	<i>3561</i>	<i>2:23.39</i>
5540	Rose Jackson	5540	<i>14.31+0.7</i>	<i>164</i>	<i>1278</i>	<i>23.57+1.4</i>	<i>609i</i>	<i>3449</i>	<i>2:15.34</i>
5551	Nikki Larch Miller	<i>5812 '15</i>	<i>13.15+0.9</i>	<i>166</i>	<i>1198</i>	<i>23.23+3.5</i>	<i>613+2.3</i>	<i>4003</i>	<i>2:16.66</i>
6098	Lindsay Lettow	6098	<i>13.47+1.2</i>	<i>179i</i>	<i>1274</i>	<i>24.47+2.2</i>	<i>622-1.2</i>	<i>4351</i>	<i>2:11.90</i>
5951	Tiffeny 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>
5990	Allison Reaser	5990	<i>13.30+1.2</i>	<i>172</i>	<i>1317</i>	<i>23.86+2.6</i>	<i>622i</i>	<i>4084</i>	<i>2:11.10</i>
6036	Lindsay Schwartz	6036	<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>
5750	Jaclyn Siefring	5750	<i>13.91+0.4</i>	<i>169</i>	<i>1287</i>	<i>24.39-2.7</i>	<i>623+2.7</i>	<i>3987</i>	<i>2:12.60</i>
6023	Payton Stumbaugh	6023	<i>12.83+1.7</i>	<i>176</i>	<i>1214</i>	<i>23.22+2.0</i>	<i>615+2.3</i>	<i>3954</i>	<i>2:14.73</i>
5471	Juanita Webster-Freeman	5471	<i>13.65+0.3</i>	<i>175</i>	<i>1108</i>	<i>25.02+1.7</i>	<i>610+3.0</i>	<i>4272</i>	<i>2:20.94</i>
6402	Kendell Williams	6402	<i>12.83+1.4</i>	<i>188</i>	<i>1355</i>	<i>23.67-1.6</i>	<i>654i</i>	<i>4648</i>	<i>2:15.31</i>

Athlete's Bios:

BREANNE BORMAN

DOB: December 29, 1993
 POB: St. Louis, MO
 Ht: 5-7½
 Hometown: DeSoto, MO
 High School: Festus HS
 College: Wichita St'17



2017: 11th at NCAAs. Won MVC indoors and out. 16th at NCAA indoor. **2016:** Missouri Valley Conf indoor runner-up with 4133 PR score and outdoor champ. **2015:** First indoors and 2nd outdoors at MVC CEs. **2014:** 3rd indoors in MVC pentathlon and MVC shot put winner. Outdoors was MVC high jump champ. **2013:** red-shirted. **High School:** Won indoor prep national pentathlon. Was Missouri all-state on ten occasions. **Personal:** Daughter of Rich and Laura Borman. Majoring in Elementary Education.

Career:

Indoor:

				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
2/01/13	3257	7	Varsity Apts, Wichita	9.33	157	1026	499	2:36.76
3/01/14	3847	3	MVC, Cedar Falls	8.88	162	1209	569	2:27.10
1/30/15	3831	2	Jennett, Cedar Falls	8.84	168	1207	579	2:29.00
2/28/15	3835	1	MVC, Cedar Falls	8.73	168	1158	574	2:34.82
12/1/15	3020	9	Shocker, Wichita	8.77	171	1199	nm	2:43.40
2/27/16	4133	2	MVC, Cedar Falls	8.64	175	1285	570	2:25.21
3/11/16	4003	12	NCAA I, Birmingham	8.64	168	1241	576	2:27.75
12/1/16	dnf	-	Shocker, Wichita	8.90	166	1185	537	dnr
1/27/17	3878	2	UNI Jennett, Cedar Falls	8.71	166	1273	560	2:31.96
2/03/17	3975	2	WSU Wilson, Wichita	8.87	165	1297	577	2:26.48
2/25/17	4054	1	MVC, Cedar Falls	8.68	161	1271	575	2:28.74
3/10/17	3705	16	NCAA I, College Station	8.78	160	1272	533	2:33.25

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>
3/20/14	4881	4	Rice, Houston	14.50	+0.7	160	1167	26.73	0.0	534	0.0	3932	2:41.57
4/18/14	5269	1	Oregon R, Eugene	14.55	+1.5	167	1174	26.08	+1.2	559	+2.7	4113	2:29.41
5/17/14	5064	4	MVC, Carbondale	14.64	+0.4	164	1153	26.22	-0.4	550	+0.2	3805	2:33.25
5/16/15	5406	2	MVC, Normal	14.13	+0.8	167	1188	25.54	+0.6	551	+1.6	4052	2:25.02
3/31/16	dnf	-	Texas R, Austin	14.09	+3.1	163	1201	25.19	+3.8	559	+3.2	4219	dns
5/14/16	5349	1	MVC, Terre Haute	14.08		164	1218	25.44		564		4152	2:34.11
4/08/17	dnf	-	Adams, Santa Barbara	14.48	-0.9	160	1195	25.73	+0.3	withdrew			
4/12/17	5224	2	Woodman, Wichita	14.36	+0.2	164	1221	25.89	-1.9	569	+1.3	4021	2:37.31
5/13/17	5640	1	MVC, Wichita	14.13	+1.3	167	1289	25.25	+2.0	578	+2.3	4266	2:23.44
6/10/17	5405	11	NCAA I, Eugene	14.51	-0.5	163	1170	25.63	-0.9	555	+2.1	4485	2:23.21

PRs: 5640 / 4133

14.08+0.6 175 1242 25.19+3.8 585i 4601 2:23.21

Indoor: 60mH: 8.64

Updated: 6/22/17

ERICA BOUGARD

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



2017: Placed 6th at Hypo-Bank meeting in Götzis with PR 6502 in spite of hurdled stumble. #6 all time US. **2016:** Runner-up at NCAA I followed by 7th at Olympic Trials. 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
3/03/17	4558	1	USA, Albuquerque	8.21	187	1197	618	2:18.41

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

6/11/16	6088	2	NCAA I, Eugene	13.19+2.0	181	1191	24.03+0.2	626+1.6	3573	2:17.89
7/10/16	6070	7	USOT/USA, Eugene	13.11-0.1	184	1230	23.94-1.6	633+2.3	2974	2:18.74
3/30/17	6246	1	Texas R, Austin	13.29+0.3	185	1158	23.96+2.9	642+1.0	3424	2:09.79
6/28/17	6502	6	Hypo Bank-Götzis	13.57+1.0	183	1245	23.28-2.9	659-0.2	4085	2:08.68

PRs: 6502 / 4586

12.95+1.5 188 1266 23.28-2.9 659-0.2 4085 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



2017: Outdoor SEC Champ with 6099 PR and then placed 3rd at NCAAs. SEC indoor runner-up with 4450 effort and then NCAA runner-up. **2016:** Won NACAC title in El Salvador. dnf'd at NCAAs and Olympic Trials. 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
2/24/17	4450	2	SEC, Nashville	8.14	178	1153	640	2:22.72
3/10/17	4580	2	NCAA I, College Station	8.13	184	1197	648	2:22.39

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					
7/10/16	dnf	-	USOT/USA, Eugene	13.39-0.1	181	1155	24.85+0.6	nm		3466		dns	
7/16/16	5609	1	NACAC, El Salvador	13.61-0.8	174	1102	24.78-1.9	612-0.3		3699		2:31.36	
3/30/17	6075	2	Texas R, Austin	13.49+0.3	182	1186	23.97+2.9	623-0.1		3710		2:17.98	
5/12/17	6099	1	SEC, Columbia	13.14+1.7	180	1199	23.88+1.3	640+1.5		3640		2:22.29	
6/10/17	5795	3	NCAA I, Eugene	13.37+0.2	175	1138	24.81-3.1	650+1.8		3534		2:29.32	

PRs: 6099 / 4580

13.14+1.7 184 1199 23.88+1.3 650+1.8 3710 2:17.66

Indoor: 60mH: 8.13

LEIGHA BROWN

DOB: September 19, 1994
 POB:
 Ht: 6-0
 Hometown: Edinburg, TX
 High School: Economedes HS, TX
 College: Arkansas '17



2017: 3rd at SEC outdoors with 5852 career best score and then placed 4th at NCAAs. 5th at NCAA during indoor season. **2016:** Placed 10th at NCAAs with 5677 PR score. Posted a pair of 5600+ scores at Texas Relays (9th) and SEC (6th). Placed 5th at Razorback indoors and followed with 4th place (4207) score at SEC. 9th at NCAAs indoors. **2015:** 10th at SEC outdoors. Opened outdoor campaign with 5473 PR at Texas Relays. 4th at indoor Razorback with PR 4155 score and then placed 8th at SECs. And 11th at NCAAs. **2014:** 8th at SEC with 5239 PR effort. A javelin no mark thwarted a PR score at Texas Relays. **High School:** State hurdle qualifier as junior and senior. High jump and shot put school record holder. **Personal:** Daughter of Robert and Selena Brown. Majoring in kinesiology.

Career:

Indoor:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
1/31/14	3891	4	Razorback, Fayetteville	8.77	173	1081	519 2:18.38
2/27/14	3952	9	SEC, College Station	8.73	172	1137	526 2:17.62
1/30/15	4155	4	Razorback, Fayetteville	8.77	176	1255	530 2:12.59
2/27/15	4059	8	SEC, Lexington	8.67	166	1306	534 2:15.36
3/14/15	4089	11	NCAA I, Fayetteville	8.77	174	1248	540 2:17.11
1/29/16	4132	6	Razorback, Fayetteville	8.61	172	1205	549 2:14.53
2/27/16	4207	4	SEC, Fayetteville	8.54	172	1273	556 2:14.91
3/11/16	4218	9	NCAA I, Birmingham	8.64	171	1311	557 2:13.97
1/27/17	4257	3	Razorback, Fayetteville	8.58	173	1275	577 2:16.23
2/24/17	4379	3	SEC, Nashville	8.41	175	1305	591 2:16.41
3/10/17	4216	5	NCAA I, College Station	8.48	172	1245	561 2:15.00

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>
6/06/13	4791	2	GreatSW, Albuquerque	14.57+0.7		162	1249 25.92+1.8	489+1.8	2893	2:33.58	
3/27/14	4745	20	Texas R, Austin	14.15		172	1140 25.45	523	nm	2:20.30	
5/16/14	5239	8	SEC, Lexington	14.12	0.0	163	1218 25.43+0.5	513+3.4	3330	2:17.94	
3/26/15	5473w	4	Texas R, Austin	13.95+2.2		169	1261 25.33+2.4	537	3439	2:17.21	
5/14/15	5212	10	SEC, Starkville	14.02+0.5		161	1206 25.76+2.0	534+1.8	3366	2:21.33	
3/31/16	5618	9	Texas R, Austin	13.89+3.4		169	1212 24.95+3.8	562+1.7	3615	2:14.95	
5/13/16	5647	6	SEC, Tuscaloosa	13.76+0.1		172	1312 25.17+0.7	536-2.0	3767	2:16.88	
6/11/16	5677	10	NCAA I, Eugene	13.54+3.2		172	1281 24.78+2.0	547+1.2	3646	2:18.73	
3/30/17	5721	5	Texas R, Austin	13.76-0.2		176	1230 24.65-0.3	562-0.3	3373	2:14.60	
5/12/17	5852	3	SEC, Columbia	13.57+2.0		174	1331 24.19+2.0	577+2.3	3534	2:18.81	
6/10/17	5694	4	NCAA I, Eugene	13.73-0.8		172	1256 24.91-2.7	575+1.7	3533	2:17.85	

PRs: 5852 / 4379 **13.54+3.2** **177** **1331** **24.19+2.0** **591ü** **3767** **2:12.59**
Indoor: 60mH: 8.41
 Updated: 6/12/17

RILEY COOKS

DOB: December 6, 1993
 POB:
 Ht: 5-8
 Hometown: Coarsegold, CA
 High School: Yosemite HS
 College: Cuesta JC'14
 Long Beach St'17



2017: Riverside winner and then won Big West title with PR 5671 effort. 15th at NCAAs. **2016:** 20th at NCAAs. Won UC Riverside Spring meet with career best 5569 score and followed with Big West Conf title. **2015:** did not compete outdoors. **2014:** State CC heptathlon winner. Cuesta female 'athlete of the year.' **2013: 2012: 2011: High School:** 3 sport star (T&F, volleyball, soccer). **Personal:** Valedictorian at Yosemite HS. Majoring in film and electronic arts. Also played volleyball at Cuesta.

Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>						
2/28/15	3533	9	Mtn Pacific, Seattle	8.88	163	1146	515	2:37.54					
2/27/16	3690	9	Mtn Pacific, Seattle	8.41	157	1220	593	2:28.55					
2/24/17	3592	6	Mtn Pacific, Seattle	8.49	167	1242	515	2:49.88					
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>	
5/17/13	4704	2	Call CC, San Mateo	15.08			25.27						
5/10/14	4808	3	Sn Cal CC	15.19+0.4	148	1096	24.99+1.0	538-1.0	3755			2:35.37	
5/17/14	5110	1	Cal CC,	14.33+1.2	162	1076	24.60+1.3	562+1.1	3452			2:36.09	
3/25/16	5569	1	Spring, Riverside	13.85-1.0	163	1255	24.29+0.2	563+1.5	4465			2:33.31	
5/07/16	5414	1	Big West, Long Beach	13.60+1.6	160	1249	24.12+0.6	552+0.9	3940			2:36.21	
6/11/16	5372	20	NCAA I, Eugene	13.59+1.0	166	1261	24.07+2.0	504-0.8	4212			2:39.85	
3/24/17	5432	2	Spring, Riverside	13.82	0.0	166	1211	24.31	0.0	561	0.0	3765	2:33.59
5/06/17	5671	1	Big West, Fullerton	13.87-0.4	167	1220	24.27+0.7	612+2.0	4046	2:32.35			
6/10/17	5256	15	NCAA I, Eugene	13.69+0.2	154	1196	24.53-2.7	566+2.3	4011			2:40.89	
PRs: 5671 / 3690			13.52+1.7	173	1261	23.79	612+2.0	4465	2:28.55				
Indoor: 60mH: 8.41.													
Updated: 6/16/17													

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



2016: 4th (6385) at US Olympic Trials. **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:

1/30/09	4276	1	UW Husky Invt, Seattle
3/08/09	4320	2	USA, Chapel Hill
3/07/10	4467	3	USA, Bloomington
1/26/12	4430	1	UW Husky Invt, Seattle
3/04/12	4567	1	USA, Bloomington
1/25/13	4462	1	UW Husky Invt, Seattle
3/01/13	4478	1	USA, Albuquerque
2/21/14	4805	1	USA, Albuquerque
3/07/14	4718	4	IAAF WC, Sopot
2/28/15	4654	1	USA, Roxbury
3/03/17	4404	2	USA, Albuquerque

Career:

<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
8.82	187	1246	565	2:19.92
8.79	185	1225	575	2:16.38
8.67	182	1310	590	2:14.63
8.49	181	1275	595	2:16.27
8.46	185	1329	589	2:11.89
8.51	181	1379	580	2:15.43
8.57	182	1507	582	2:20.86
8.44	188	1559	609	2:13.19 AR
8.43	184	1495	594	2:09.80
8.56	183	1541	594	2:13.45
8.56	175	1444	585	2:17.55

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	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
8/09/15	6158	1	Thorpe Cup, Bernhausen	13.72 0.0	178	1494	24.44+1.9	584-0.5	4681	2:22.12
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
2/29/16	6011	18	Hypo-Bank, Götzis	13.59+1.1	174	1510	24.73+0.9	582-1.3	4082	2:20.75
7/10/16	6385	4	USOT/USA, Eugene	13.60-0.2	181	1519	24.73-0.9	599+2.4	4552	2:10.87
8/18/16	5846	10	DecaStar, Talence	13.62+2.2	178	1226	25.51+0.9	567+1.1	4106	2:14.26

PRs: 6550 / 4805 13.31+1.4 195 1562 24.02+1.0 616+2.6 4738 2:08.94

Indoor: 60H: 8.43

Summary: 30 meets, 24 finishes, 9 wins, PR score 6550, Top Ten Ave: 6360.5

EMILY DEARMAN

DOB: April 26, 1995
 POB:
 Ht: 5-8
 Hometown: Stockton, MO
 High School: Stockton HS
 College: Pittsburg St '17



2017: NCAA II champion indoors (4146) and out (5625). Managed PR score at Angelo State Nobles Relays (5924).
2016: 4th at NCAA II indoors and out. MIAA champ indoors and out. **2015:** 4th and 9th at NCAA II outdoors and indoors. **2014:** 9th at NCAA II heptathlon. **High School:** Won the state meet with a time of 34.9 in the 300m hurdles. **Personal:** Daughter of Bobby and Patricia Dearman. Exercise science major.

Career:

Indoor				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
12/6/13	3305	3	CMSU Holiday, Warrensburg	9.24	159	993	459	2:25.91
1/31/14	3443	4	MSSU Lion, Joplin	9.22	155	988	518	2:24.04
2/28/14	3520	3	MIAA, Joplin	9.00	161	1018	492	2:22.93
2/06/15	3939	1	MSSU Lion, Joplin	9.03	170	1188	546	2:18.85
2/27/15	3791	3	MIAA, Warrensburg	8.89	167	1101	517	2:18.95
3/13/15	3754	9	NCAA II, Birmingham	8.89	163	1036	533	2:18.36
12/4/15	3886	1	Boo Rogers, Pittsburg	8.80	165	1191	537	2:20.19
2/27/16	3928	1	MIAA, Pittsburg	8.63	168	1152	539	2:20.85
3/11/16	3839	4	NCAA II, Pittsburg	8.85	161	1188	534	2:18.50
12/9/16	3921	1	Boo Rogers, Pittsburg	8.79	164	1203	551	2:20.43
3/10/17	4146	1	NCAA II, Birmingham	8.40	171	1236	565	2:20.91

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>	
3/29/14	4917	1	PSU Wendy's, Pittsburg	14.65	+1.9	161	1066	26.36	+1.5	519	+1.9	3643	2:26.93
5/03/14	4898	3	MIAA, Jefferson City	14.75	+2.3	159	964	26.05	+2.9	522	-0.3	3419	2:19.93
5/23/14	4937	9	NCAA II, Allendale	14.53	+2.7	161	977	25.98	-0.1	531	+1.1	3256	2:21.58
4/09/15	5180	1	Woodman, Wichita	14.23	+1.4	164	1104	25.42	nwi	531	+3.7	3442	2:21.89
5/02/15	5063	3	MIAA, St Charles	14.15	nwi	160	1082	25.45	+0.3	521	+2.8	3756	2:29.19
5/22/15	5240	4	NCAA II, Allendale	14.34	+2.3	161	1124	25.32	+1.5	539	+0.9	3454	2:17.21
4/14/16	5178	2	Woodman, Wichita	14.34	+0.2	165	1134	25.66	+1.2	531	+0.3	3349	2:20.30
5/07/16	5363	1	MIAA, Maryville	14.10	+0.9	159	1196	25.37	+2.7	547	nwi	3617	2:15.96
5/27/16	5338	4	NCAA II, Bradenton	14.31	-0.1	158	1161	25.29	+0.5	552	+2.3	3730	2:16.34
4/07/17	5924w	1	Nobles R, San Angelo	13.43	+2.3	178	1225	24.85	+1.9	595	+4.4	3957	2:18.86
5/26/17	5625	1	NCAA II, Bradenton	13.77	+1.1	166	1233	25.37	-0.7	571	+0.5	3799	2:18.55

PRs: 5924 /4146 13.43+1.9 178 1340 24.85+1.9 611-0.4 3978 2:15.96

Indoor: 60mH: 8.40

Summary: 11 meets, 11 finished, 5 wins, PR score: 5924, Top ten Ave: 5276 .5

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



2017: 3rd at Texas Relays (5922). **2016:** 4th place at NCAA with best non-windy score (5962) and followed with 13th at Olympic Trials. 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	13.43	-0.1	172	1264	24.79	+0.6	592	+2.1	3587	2:19.36
7/10/16	5794	13	USOT/USA, Eugene	13.52	+0.3	173	1299	24.54	-0.3	605	+0.4	3493	2:14.56
3/30/17	5922	2	Texas R, Austin										

PRs: 6027w / 4430

12.98+1.7 180 1353 24.08+4.3 627+3.6 3805 2:14.56

Indoor: 60mH: 8.38

JORDAN GRAY

DOB: December 28, 1995
 POB:
 Ht:
 Hometown: Ball Ground, GA
 High School: Homeschool
 College: Kennesaw St'19



2017: 7th at NCAAs with 5621 effort. Atlantic Sun indoor champ with 3997 PR effort and outdoor champ with 5641 career best. **2016:** Atlantic Sun indoor & outdoor champ. **2015:** Atlantic Sun indoor champ. **2014: High School:** 2014 Junior Olympics heptathlon. **Personal:** undecided major.

Career:

Indoor				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
1/30/15	3522	4	UM Johnson, Minneapolis	9.13	162	1125	549	2:40.13
2/28/15	3704	1	A Sun, Winston-Salem	8.89	164	1139	557	2:29.09
1/22/16	3497	2	Gladstein, Bloomington	9.13	165	1141	541	2:44.42
2/26/16	3613	1	A Sun, Winston-Salem	8.81	165	1205	573	2:52.67
2/23/17	3997	1	A Sun, Winston-Salem	8.73	165	1357	574	2:29.49

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>
4/23/16	5240	3	UVa Ch, Charlottesville	14.51+0.2	172	1210	25.72+2.3	587-2.1	2991	2:31.09			
5/13/16	4988	1	A Sun, Jacksonville	14.65+0.1	155	1159	26.03+1.8	573+3.3	3221	2:28.96			
3/25/17	5377	1	Ole Miss Walker, Oxford	14.54+0.9	171	1255	25.28+2.6	554+0.8	3704	2:27.31			
4/22/17	5391	2	UVa Ch, Charlottesville	14.26+4.3	170	1155	24.82+2.6	605+4.2	3223	2:31.39			
5/13/17	5641	1	A Sun, Jacksonville	14.34-1.7	169	1294	25.05+1.0	612+2.1	3902	2:27.28			
6/10/17	5621	7	NCAA I, Eugene	14.29-0.5	172	1248	25.37-0.9	604+2.7	3997	2:27.17			

PRs: 5641 / 3997 **14.26+4.3 173 1357 25.05+1.0 612+2.1 3997 2:27.17**
Indoor: 60mH: 8.73

CHARI HAWKINS

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



2017: Won Harry Marra meet (5845). **2016:** 15th at Olympic Trials. 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
1/28/17	4014	2	U Washington, Seattle	8.56	170	1170	561 2:23.10
3/03/17	4082	5	USA, Albuquerque	8.44	175	1161	581 2:28.74

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
6/25/16	5872	1	SBTC LC, Carpenteria	13.56		175	1185	24.92	625		3621	2:18.21
7/10/16	5720	15	USOT/USA, Eugene	13.71-0.2		175	1280	25.01-0.9	583+0.3		3786	2:24.77
4/08/17	5685	2	Sam Adams, S Barbara	13.67		172	1195	25.31	604		3681	2:22.08
5/13/17	5845	1	Marra, Santa Barbara	13.83-1.1		178	1218	25.06-0.2	598+0.3		3985	2:19.69

PRs: 5956 / 4225 **13.30-0.7 183 1280 24.28+2.2 625 4103 2:15.01**
Indoor: 60mH: 8.24

KELSEY HERMAN

DOB: 1996
POB:
Ht: 5-9
Hometown: Crosset, Ark
High School: Crosset HS '14
College: Arkansas '19



2017: 4th at SEC outdoors with career best 5820 score. Placed 4th a SEC indoors after PR 4278 early season score.
2016: 9th indoors (3945) and 7th outdoors (5495) at SEC champs. **2015:** Redshirt year. **High School:** Hold 4 individual Arkansas state records. 6-1 high jump PR. **Personal:** Daughter of Maurice and Daphne Herman.

Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>	
1/29/16	3868	7	Razorback, Fayetteville	8.55	172	1073	567	2:32.95
6/26/16	3945	9	SEC, Fayetteville	8.33	181	976	557	2:32.24
1/27/17	4278	2	Razorback, Fayetteville	8.52	179	1238	617	2:28.55
2/24/17	4226	4	SEC, Nashville	8.46	178	1200	587	2:23.51
3/10/17	4139	9	NCAA, College Station	8.34	175	1192	606	2:33.68

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>
3/31/16	5372	11	Texas R, Austin	13.61+3.4	166	1089	24.43+3.1	603+2.7	3047			2:32.71
4/23/16	5489	1	McDonnell, Fayetteville	13.60+0.2	170	1148	24.43	548+0.1	33:71			2:22.47
5/13/16	5495	7	SEC, Tuscaloosa	13.31+1.7	163	1131	23.57+0.5	570-0.3	3090			2:25.13
4/22/17	5612	1	McDonnell, Fayetteville	13.75+2.7	173	1137	24.62+3.5	625+1.4	3239			2:28.08
5/12/17	5820	4	SEC, Columbia	13.45+1.7	177	1190	23.91+2.0	601+1.4	3534			2:25.76
6/10/17	dnf	-	NCAA I, Eugene	dnf								withdrew

PRs: 5820 / 4278 13.31+1.7 185 1238 23.57+0.5 625+1.4 3534 2:22.47
Indoor: 60mH: 8.33

MADELINE HOLMBERG

DOB: October 26, 1996
POB:
Ht: 5-7
Hometown: Greensburg, PA
High School: Hempfield Area HS'14
College: Penn State'19



2017: Virginia Challenge winner with career best 5636 score. No indoor season
2016: 6th and 7th at Big ten indoors and out. **High School:** Placed at state PIAA champs nine tiems. **Personal:** Daughter of Rob and Deidre Holmberg. Kinesiology major .

Career:

Indoor			<u>60h</u> <u>hj</u> <u>sp</u> <u>lj</u> <u>800</u>								
1/29/16	3580	5 Penn St Nat, U Park	8.76	149	1134	550	2:30.12				
2/05/16	3711	2 Sykes &S, U Park	8.77	150	1133	574	2:26.03				
2/26/16	3747	6 Big Ten, Geneva	8.71	149	1179	565	2:23.59				
Outdoor:			<u>100 h w</u> <u>hj</u> <u>sp</u> <u>200m w</u> <u>lj w</u> <u>jav</u> <u>800m</u>								
4/27/16	5053	2 Penn R, Philadelphia	14.32-0.4	155	1225	24.52+1.3	560+0.4	2529	2:28.26		
5/14/16	5118W	7 Big Ten, Lincoln	14.39+5.2	153	1145	24.98+2.6	568+4.2	3561	2:30.32		
4/22/17	5636	1 UVA Ch, Charlottesville	14.01+1.7	164	1280	23.94+2.6	611+1.6	3201	2:23.39		
6/10/17	dnf	- NCAA I, Eugene	dnf, withdrew								
PRs: 5636 / 3747			14.01+1.7 164 1280 23.94+2.6 620-0.3 3561 2:23.39								
Indoor: 60mH: 8.71											

ROSE JACKSON

DOB: 1996
 POB:
 Ht: 5-7
 Hometown: Willmar, MN
 High School: Willmar HS
 College: North Dakota St'17



2017: Summit League hept & 200m champ. 8th at NCAA I indoors with career best 4142 hept score. Summit League indoor champ with PR 4077 effort. **2016:** 4th indoors and 2nd outdoors at Summit league. Achieved career best score (5269) for 11th at Mt Sac Relays. **2015:** Summit League 3rd indoors and outdoor champ. **2014:** Summit League outdoor runner-up, then placed 4th at USA Juniors. **High School:** Four-year letter winner and two-time captain in track and field. Captain and 3 year letter-winner for the Cardinals' swimming team. **Personal:** Daughter of Linda Jackson. Major is mathematics.

Indoor:

Date	Time	Rank	Event	60m	100m	200m	400m	800m
12/6/13	2648	10	Dakota Duals, Fargo	12.96	147	858	552	2:32.88
2/07/14	3437	2	Thundering Herd, Fargo	9.67	150	994	573	2:25.76
2/28/14	3255	4	Summit Lea, Fort Wayne	9.76	147	978	541	2:22.88
12/6/14	3668	1	Dakota Duals, Fargo	9.25	155	1125	587	2:28.62
2/27/15	3553	3	Summit Lea, Fargo	9.47	158	1165	499	2:19.34
12/4/15	3241	6	Dakota Classic, Fargo	11.93	152	1158	579	2:22.93
1/29/16	3777	3	Johnson, Minneapolis	9.18	154	1261	572	2:23.89
2/26/16	3452	4	Summit Lea, Ft Wayne	9.21	152	1144	555	2:37.35
12/2/16	3799	1	Dakota Classic, Fargo	9.32	164	1205	564	2:24.21
2/03/17	3910	1	Bison Open, Fargo	9.16	157	1275	604	2:24.86
2/24/17	4077	1	Summit Lea, Brookings	9.05	160	1270	599	2:15.34
3/10/17	4142	8	NCAA I, College Station	8.77	160	1278	609	2:17.57

Career:

Outdoor:

Date	Time	Rank	Event	100m	200m	400m	800m	1600m	3200m	5000m	800m		
5/14/14	4864	5	Big Sky, Flagstaff	13.53	+3.4	163	897	24.97	+1.2	562	nwi	1928	2:30.74
3/28/14	4522	8	UC-R, Riverside	16.49	0.0	150	981	24.75	0.0	535	0.0	2692	2:25.98
4/17/14	4872	14	Cal Invt, Azusa	16.11	-1.0	157	956	24.87	+1.2	608	+0.6	2572	2:21.74
5/16/14	4950w	2	Summit League, Fargo	15.29	+2.8	155	970	24.53	+2.0	581	+1.7	2976	2:24.43
6/26/14	5025jr	4	USA Jr, Sacramento	15.15	+3.7	148	973	24.08	-0.1	577	+3.1	3022	2:17.49
3/26/15	4945	3	UCR Spring, Riverside	15.51	-1.8	154	1157	24.42	-1.4	541	+0.7	2779	2:20.12
5/14/15	4737	1	Summit Lea, MaComb	15.30	+1.2	148	1166	24.70	+2.6	541	0.0	3069	2:36.17
3/25/16	5240	2	UCR Spring, Riverside	14.90	-1.2	151	1204	24.02	+0.2	578	+1.3	3128	2:19.78
4/14/16	5269	11	Mt Sac R, Azusa	15.07	-0.3	157	1192	24.01	+2.2	569	0.0	2926	2:15.86
5/13/16	4685w	2	Summit Lea, Greenfield	15.31	+0.8	148	1116	24.44	+4.5	564	+7.1	2555	2:37.15
3/24/17	5540	1	Spring, Riverside	14.34	0.0	157	1251	23.87	0.0	609	0.0	3308	2:20.93
4/12/17	3892	14	Mt Sac R, Azusa	14.31	+0.7	160	nm	24.08	+0.4	584	+2.0	2844	dnf
5/12/17	5409	1	Summit Lea, Fargo	14.43	+0.4	151	1208	23.92	-0.1	608	0.0	3373	2:22.91

PRs: 5540 / 4142
 Indoor: 60mH: 8.77.

14.31+0.7 164 1278 23.57+1.4 609i 3449 2:15.34

NIKKI LARCH-MILLER

DOB: August 14, 1994
 POB:
 Ht: 5-6
 Hometown: San Diego, CA
 High School: Torrey Pines HS
 College: Wichita State '17



2017: WSU Woodman winner with 5551 score. 11th at NCAAs indoors. **2016:** Did not compete. **2015:** Runner-up at Cal Invt with 5812 score followed by 8th place at NCAAs. **2014:** **2013:** Redshirt indoors. 3rd MVC outdoors (5000). **High School: Personal:** Communications major.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
2/01/13	3294	6	Varsity Apts, Wichita	8.77	142	1105	486	2:30.99
3/01/14	3996	1	MVC, Cedar Falls	8.57	165	1123	557	2:16.66
1/30/15	3983	1	Jennett, Cedar Falls	8.56	162	1136	583	2:21.50
2/28/15	3797	2	MVC, Cedar Falls	8.44	159	1099	588	2:34.64
12/1/16	3888	1	Shocker, Wichita	8.48	163	1130	561	2:25.58
1/26/17	4085	1	UNI Jennett, Cedar Falls	8.42	166	1152	586	2:21.11
2/03/17	4121	1	Wilson, Wichita	8.27	162	1198	584	2:19.30
3/10/17	4088	11	NCAA I, College Station	8.26	163	1190	564	2:17.93

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>
3/20/13	4792	2	Rice U, Houston	14.29		146	1031	25.14	539		3128	2:30.68
5/11/13	5000	3	MVC, Des Moines	14.56		157	1158	24.80	526		3191	2:27.84
4/10/14	5281w	1	Woodmans, Wichita	13.90+3.1		156	1072	24.24+4.8	545+3.8		3789	2:25.48
5/17/14	5265	2	MVC, Carbondale	14.06		155	1047	24.43	576		3706	2:23.44
4/16/15	5812	2	Cal Invt, Azusa	13.63-0.2		159	1159	23.23+3.5	598+1.3		3954	2:16.92
6/11/15	5806	8	NCAA I, Eugene	13.15+0.9		166	1053	23.36+3.2	595+1.6		3793	2:19.63
4/12/17	5551	1	Woodman, Wichita	13.62+0.2		161	1130	24.37-1.9	587+1.1		3670	2:21.93
5/13/17	5370	2	MVC, Wichita	13.48+1.7		161	1171	24.11+2.0	590+1.5		3468	2:40.01
6/10/17	dnf	-	NCAA I, Eugene	13.69-0.5		163	1156	25.05-3.1	nm		withdrew	

PRs: 5812 / 4121 13.15+0.9 166 1198 23.23+3.5 613+2.3 4003 2:16.66
Indoor: 60mH: 8.22

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



2017: Placed 4th (4185) at indoor nationals. **2016:** 10th at Olympic Trials then PR'd with 2nd at Thorpe Cup (6098). 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:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
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
1/28/17	3952	2	U Wash Invt, Seattle	8.68	164	1166	566 2:21.36
3/03/17	4185	4	USA, Albuquerque	8.58	166	1243	605 2:20.00

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>
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
7/10/16	5960	10	USOT/USA, Eugene	13.84-2.9	172	1209	24.86-0.9	618+1.3	4220	2:14.64
7/30/16	6098	2	Thorpe Cup, Fayetteville	13.47+1.2	173	1274	24.57+0.6	611+0.9	4334	2:14.34

PRs: 6098 / 4301

13.47+1.2 179i 1274 24.47+2.2 622-1.2 4351 2:11.90

Indoor: 60H: 8.40

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



2017: 2016: 18th at Olympic Trials. 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 hj sp lj 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 Invt, 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 w hj sp 200m w lj w jav 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
7/10/16	5612	18	USOT/USA, Eugene	14.00-2.9	172	1324	25.53-0.9	561+2.0	4667	2:33.88

PRs: 5951 / 3918
Indoor: 60mH: 8.63

13.62+0.2 178 1378 24.96+2.2 607+3.4 4667 2:28.34

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
 Club: Arete Elite TC



2016: 11th at Olympic Trials. 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. Won outdoor Mountain West heptathlon with PR 5653 score. Repeated as Mountain West Conf. Indoor pentathlon winner. **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
3/03/17	4047	6	USA, Albuquerque	8.45	163	1160	576	2:19.10

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 ^w	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	Mount 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
7/10/16	5865	11	USOT/USA, Eugene	13.69-0.2	169	1159	24.38+0.6	604+2.4	3851	2:13.07
3/30/17	5681	7	Texas R, Austin	13.91-0.4	161	1159	24.08-0.3	578+3.6	4010	2:15.60
5/28/17	5799	1	OTC, Chula Vista	13.43+1.8	159	1170	23.94+1.8	598+6.1	3934	2:15.23

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

13.30+1.2 172 1317 23.86+2.6 622i 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



2017: Won Sam Adams meet. **2016:** 9th at Olympic Trials with PR 6036 score. 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
7/10/16	6036	9	USOT/USA, Eugene	13.72-2.9	166	1352	24.19+0.6	612+1.4	4153	2:14.29
7/30/16	5962	3	Thorpe Cup, Fayetteville	13.58+1.2	167	1326	24.12+0.5	596+2.2	3908	2:14.18
4/08/17	5773	1	Sam Adams, S Barbara	13.70	169	1339	24.73	588	3941	2:23.53

PRs: 6036 / 4222

13.55+1.4 178 1367 24.06+1.8 615+1.5 4247 2:11.93

Indoor: 60mH: 8.57; 55mH 8.16

JACLYN SIEFRING

DOB: September 30, 1995

POB:

Ht: 5-6

Hometown: Covington, OH

High School: Covington HS '14

College: Akron '18



2017: 5th at NCAAs. Opened season outdoors with career best 5750 effort at Mt Sac Relays and then repeated as MAC champ. Repeated as Mid-American champ indoors and then placed 12th at NCAAs. **2016:** Placed 12th at NCAAs. Mid-American indoor & outdoor CE champ, 4215 & 5412. PR at Texas Relays (5627). 10th at NCAA indoors. **2015:** Mid-American runner-up indoors (3796) and out (5377). **High School: Personal:**

Career:

Indoor:				60h	hj	sp	lj	800
2/16/15	3726	2	Akron Invt, Akron	8.91	160	1036	547	2:18.99
2/27/15	3796	2	Mid-American, Lansing	8.91	157	1152	565	2:22.30
2/06/16	4089	1	Akron Invt, Akron	8.69	159	1204	594	2:14.92
2/27/16	4215	1	Mid-American, Akron	8.67	166	1274	605	2:17.79
3/12/16	4162	10	NCAA I, Birmingham	8.76	165	1225	584	2:12.60
2/03/17	4204	1	Akron Invt, Akron	8.58	165	1215	605	2:16.43
2/24/17	4041	1	Mid-America, Ypsilanti	8.66	164	1287	579	2:23.92
3/10/17	4084	12	NCAA I, College Station	8.76	163	1213	588	2:16.72

Outdoor:				100h	w	hj	sp	200m	w	lj	w	jav	800m
4/16/15	5269	6	Cal Invt, Azusa	14.56	0.0	156	1090	24.98+3.5	576+1.3	3334	2:15.60		
5/15/15	5377	2	Mid-American, Muncie	14.25+0.4	160	1116	24.63+2.5	565+1.3	3601	2:19.06			
3/31/16	5627	8	Texas R, Austin	14.19+3.1	160	1176	24.84+3.1	597+2.4	3959	2:14.96			
5/12/16	5412	1	Mid-American, Toledo	14.06+0.3	167	1161	24.62+1.3	581-0.5	3452	2:28.37			

6/11/16	5626	12	NCAA I, Eugene	13.91+0.4	163	1135	24.97+2.0	598+0.2	3721	2:14.57
4/12/17	5750	3	Mt Sac R, Azusa	14.01+0.7	162	1246	24.65+1.4	593+2.2	3987	2:14.62
5/12/17	5613	1	Mid-American, Kalamazoo	14.00+0.9	169	1212	24.81+2.7	589+1.2	3872	2:24.67
6/10/17	5663	5	NCAA I, Eugene	13.98+0.3	166	1216	24.39-2.7	610+3.0	3678	2:16.83

PRs: 5750 / 4215 **13.91+0.4 169 1287 24.39-2.7 623+2.7 3987 2:12.60**
Indoor: 60mH: 8.58

PAYTON STUMBAUGH

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



2017: SEC outdoor hept runner-up with career best 6023 score. Did not compete indoors. **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>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>
													[100H lj disc 200/hj sp 800m]
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			
3/30/17	5880	4	Texas R, Austin	13.27+0.3	176	1146	23.65+2.9	582+0.1	3366	2:15.39			
5/12/17	6023	2	SEC, Columbia	13.00+1.7	171	1108	23.22+2.0	610+2.3	3728	2:15.91			
6/10/17	dnf	-	NCAA I, Eugene	13.17+0.2	159	1144	23.93-3.1	456+1.3	nm	dns			

PRs: 6023 / 4371 **12.83+1.7 176 1214 23.22+2.0 615+2.3 3954 2:14.73**
Indoor: 60mH: 8.09
 Updated: 6/13/17

JUANITA WEBSTER-FREEMAN

DOB: November 13, 1996
 POB:
 Ht: 5-7
 Hometown: Redlands, CA
 High School: Redlands HS '15
 College: Cerritos JC '17



2017: Undefeated in 4 CE including Cal Community College title. PR was 5471. **2016:** Undefeated in 4 CEs including Cal Community College title. PR was 5188. Ran X-C. **High School:** Runner-up at Arcadia Prep hept. **Personal:** Daughter of Jevita Webster. Youngest of 15 brothers and 5 sisters!! Kinesiology major

Career:

Indoor

60h hj sp lj 800

Outdoor:

100 h w hj sp 200m w lj w jav 800m

4/07/15	4971	2	Arcadia Prep, Arcadia	14.39+0.8	157	913	25.61+1.3	566+1.2	2970	2:20.02
2/27/16	4979	1	Cerritos Opener, Norwalk	15.30nwi	169	869	25.78nwi	551nwi	3518	2:22.01
3/18/16	5188	1	UNLV Tarr, Las Vegas	14.48nwi	168	1025	25.96nwi	565+1.3	3363	2:21.08
4/06/16	5091	1	S Cal CC, Norwalk	14.37nwi	162	1057	25.73nwi	586nwi	2589	2:20.94
5/21/16	4846	1	CCCAA, San Diego	15.24-0.3	152	1052	26.51+0.5	555nwi	3677	2:25.14
2/24/17	4999	1	Cerritos Opener, Norwalk	15.19-0.9	173	1092	26.41nwi	537nwi	3354	2:26.93
3/17/17	5399	1	UNLV Tarr, Las Vegas	14.20+0.2	173	990	25.12+0.1	581+0.9	3770	2:25.96
4/04/17	5471	1	S Cal CC, Norwalk	13.99-0.4	160	1037	25.69-2.0	558+0.9	4132	2:23.13
5/20/17	5424	1	CCCAA, Sacramento	13.96-0.6	175	1036	25.02+1.7	558+0.4	3632	2:24.27

PRs: 5471

13.65+0.3 175 1108 25.02+1.7 610+3.0 4272 2:20.94

Indoor: 60mH:

KENDELL WILLIAMS

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



2017: Opened outdoor season with local 6354 win and followed with NCAA win (6265) repeat. Won 3rd SEC indoor crown (4686). **2016:** Was NCAA outdoor winner and then place 3rd at US Olympic Trials then 17th at Rio games.. 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 NCAAAs 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 hj sp lj 800m</u>				
3/10/12			New Balance Nat, NYC Armory				
3/09/13	4068	1	8.43	182	1063	580	2:31.63
1/24/13	4302	1	8.40	181	1121	625	2:26.64 AJrR
2/27/14	4283	2	8.27	181	1060	598	2:20.88
3/15/14	4635	1	8.21	188	1205	632	2:17.31 WJrR
1/23/15	4609	1	8.23	185	1277	646	2:22.89
2/27/15	4519	1	8.30	181	1218	641	2:20.56
3/14/15	4678	1	8.10	183	1224	653	2:17.30 CR
1/29/16	4558	1	8.26	187	1251	638	2:24.96
2/27/16	4420	1	8.26	178	1132	626	2:17.98
3/12/16	4703	1	8.09	186	1355	635	2:20.47
3/18/16	4586	6	8.31	185	1345	630	2:22.82
1/27/17	4476	1	8.17	182	1205	620	2:21.28
2/24/17	4686	1	8.04	184	1266	649	2:19.65
3/10/17	4682	1	8.03	178	1296	647	2:15.61

Outdoor:			<u>100 h w hj sp 200m w lj w jav 800m</u>						
6/29/11	5225	1	Nr Olympic, Myrtle Beach [w/ 76.2cm hurdles]						
8/01/11	5170	1	13.50+1.5	170	801	24.44-0.4	583+0.3	2526	2:26.19
6/01/12	5383	1	13.73-0.1	185	961	24.79-2.6	618 nwi	2310	2:32.41
6/ /12	5481	2	13.73-0.3	181	985	24.82-0.6	616+1.4	2866	2:29.47
7/13/12	5578	8	13.74-0.1	181	1070	24.94-1.5	611+2.9	3048	2:26.60
6/20/13	5481	1	13.35+2.4	175	1060	24.63+0.9	588-0.2	3207	2:31.54
8/25/13	5570	1	13.48nwi	177	1049	24.84+0.6	615+1.2	3140	2:28.43
4/11/14	6018	1	13.32+1.0	183	1259	24.58-0.5	593 0.0	3815	2:18.86
5/16/14	5877	1	13.32+0.4	178	1223	24.32+3.1	624+1.8	3123	2:21.94
6/13/14	5854	1	12.99+1.8	178	1189	24.30-1.2	613-0.5	3483	2:28.59
4/23/15	dnf	-	13.42+2.2	nm	withdrew				
5/14/15	6003	2	13.31+0.7	182	1159	24.26+1.8	634+2.4	3685	2:24.08
6/11/15	6223w	2	13.08+1.0	181	1241	23.67+3.2	643+3.3	3874	2:22.43
4/07/16	5957w	2	13.39+3.2	181	1283	24.41-0.1	611+3.4	3551	2:23.36
6//11/16	6225	1	12.83+1.4	178	1266	23.78+2.0	613+0.1	4030	2:17.89
7/10/16	6402	3	12.99-0.1	184	1295	23.67-1.6	620+0.2	4221	2:15.31
8/13/16	6221	17	13.04 0.0	183	1121	24.09-0.1	631+0.2	4093	2:16.24
4/08/17	6354	1	13.17+1.1	185	1285	23.90 0.0	635-0.3	4184	2:18.40
6/10/17	6265	1	12.95+0.2	181	1184	24.12-3.1	644+1.7	4648	2:26.17

PRs: 6402 / 4703 12.83+1.4 188 1355 23.67-1.6 654i 4648 2:15.31

Indoor: 55mH: 7.93, 60m H: 8.03