

**35th Annual National Junior
WOMEN'S HEPTATHLON
Championships**



**Wednesday-Thursday
June 20-21, 2007
IUPUI
Indianapolis, IN**



**Frank Zarnowski
Deca, The Decathlon Association
www.decathlonusa.org**

2006 USA Junior Heptathlon
June 20-21, 2007

Time Schedule:

Wednesday, June 20, 2007

12:30 pm 100 m Hurdles

1:30 High Jump

4:30 Shot Put

5:45 200 meters

Thursday, June 21, 2007

11:00 am Long Jump

12:30 Javelin

2:40 800 meters



THE FIELD 2007 USA Junior Heptathlon

5507	Woods, Shana	USC
5490	Ali, Nia	Tennessee
5142	Krais, Ryann	unattached
4919	Williams, Brittani	unattached
4878	Cotton, Jasmine	unattached
4858	Nussey, Andria	unattached
4832	Dunlap, Victoria	Continental T-Belles
4767	Boldt, Lindsey	Missouri
4660	Izzicupo, Christine	unattached
4723	Lehr, Whitney	unattached
4646	Begany, Lauren	Missouri
4635	Guevel, Katie	unattached
4633	Borman, Brittany	unattached
4548	Pinnick, Shakeia	unattached
4540	Brown, Alexis	unattached
4511	Borries, Johnnie	unattached
4476	Flax, Jessica	Texas Storm TC
4474	Spiranac, Alexis	Colorado Spring Striders TC
4400	Gray, Alana	unattached
4349	Leverette, Christie	First Light TC
4344	Robins, Mindy	unattached
4342	Kilis, Bonnie	Sacred Heart U
4301	Gioia, Gabrielle	Kinder Sport TC
4297	Selmon, Precious	unattached
4272	McNeil, Jantelle	unattached

4255 Taylor, Christiana unattached
 4218 Morton, Indira unattached
 [27 > 4200] -----
 4192 Welz, Rachel Sierra Foothill TC
 4174 Pangiarella, Catherine unattached
 [9 returnees]

Previous National Junior Winners

U.S. JUNIOR CHAMPIONS 19722006

2006	5533	Shana Woods	unattached
2005	5142	Shevell Quinley	Tracy Flyers
2004	5328	Gayle Hunter	West Valley
2003	5154	Shanon Meyer	San Diego St
2002	5338	Julie Pickler	Texas Express TC
2001	5261	Diana Pickler	Texas Express TC
2000	5380	Jamie Walker	
1999	5600	Ellannee Richardson	
1998	5412	Kendra Reimer	
1997	5115	Ashley Bethel	
1996	5114	Kerry O'Bric	
1995	4916	Janet Blomstedt	
1994	5267	Tiffany Lott	
1993	5086	Melissa Flandera	
1992	5375w	Theresa Roy	
1991	4999w	Martha Harris	
1990	5080	Melanie Clarke	
1989	5152	Kelly Blair	
1988	5192	Kelly Blair	
1987	5455	Jamie McNeair	
1986	5163	Peggy Odita	
1985	4828	Kim Suddath	
1984	5047	Laura Kirkham	
1983	5346w	Camille Harding	
1982	5405	Sharon Hatfield	
1981	5211	Heidi Mann	
1980	3925 (Pentathlon)	Sharon Hatfield	
1979	3707 (Pentathlon)	Carina Westover	
1978	3912 (Pentathlon)	Kerry Zwart	
1977	4103 (Pentathlon)	Patsy Walker	
1976	3871 (Pentathlon)	Kerry Zwart	
1975	3854 (Pentathlon)	Nancy Kindig	

1974	3653 (Pentathlon)	Lisa Chiavario	
1973	Not held		
1972	3546 (Pentathlon)	Janet Reusser	

Heptathlon Individual Event Records

World Records

100H	12.62	Eunice Barber/FRA (+2.9)	Arles	6889	2005
HJ	1.97/6-5½	Tia Hellebut/BEL	Gotzis	6201	2006
SP	20.79m/68-2½	Eva Wilms/GER			
	16.98/55-7¾	Svetlana Ovchinnikova/RUS	Leningrad	pent hept	6125 1985
200m	22.30	J. Joyner-Kersey/USA	Indy	7215	1988
LJ	7.27m/23-10¼	J. Joyner-Kersey/USA	Seoul	7291	1988
Jav	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-Kersey/USA	Indy	7215	1988
2 nd day	3027	J Joyner-Kersey/USA	Seoul	7291	1988
Score	7291	J Joyner-Kersey/USA	Seoul		1988

American Records

100H	12.69	J Joyner-Kersey/WCAC (+0.5)	Seoul	7291	1988
HJ	1.93/6-4	J Joyner-Kersey/WCAC	Indy	7215	1988
SP	16.30m/53-5¾	Jane Frederick/Naturite	Rome	6502	1987
200m	22.30	J Joyner-Kersey/WCAC	Indy	7215	1988
LJ	7.27/23-10¼	J Joyner-Kersey/WCAC	Seoul	7291	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:04.70	Marla Runyan/	Atlanta-OT	5708	1996
1 st day	4367	J Joyner-Kersey/WCAC	Indy	7215	1988
2 nd day	3027	J Joyner-Kersey/WCAC	Seoul	7291	1988
Score	7291	J Joyner-Kersey/WCAC	Seoul		1988

Collegiate Records

100H	13.02	Tiffany Lott/BYU	Austin	6042	1997
HJ	1.93/6-4	Ewanjee Marysee Epee/ARZ-FRA	Athis-Mons	5867	1985
SP	16.72m/54-10½	Austra Skujyte/Kan St-LIT	Munich		2002
200m	23.13	Ali McKnight/Nev-Reno	Sacramento		1995
LJ	6.92m/22-8½	Diane Guthrie/GMU	Knoxville	6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:08.4	Lana Zimmerman/LSU	Houston		1983
1 st day	3942	Jackie Joyner/UCLA	Baton Rouge	6718	1985
2 nd day	2799	Diane Guthrie/GMU-JAM	Knoxville	6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF		1985

USATF Junior Meet Records

Score:	5600	Elanee Richardson	Washington St,	1999
		[14.11 160 1114 23.83 3300 578 4084 2:19.25]		



Background on Entries

[listed alphabetically]

Ali, Nia

Tennessee

5490

DOB: October 23, 1988
 POB: Norristown, PA
 Ht: 5-6
 Hometown: Philadelphia
 High School: Pleasantville, NJ
 College: Tennessee '10



2007: Won SEC heptathlon crown as frosh with PR 5490 score. **High School:** Nike National indoor Scholastic hurdle champ (8.36). Ran 13.55w outdoors for 4th at USATF Jr champs. Ran for Mallery Challengers Track Club. **Personal:** Parents are Melita Johnson and Aleem Ali. Enrolled in College of Arts and Sciences.

Career:

IOutdoor:

5/11/07	5490	1	SEC, Tuscaloosa	13.25	0.0	169	1047	24.00+0.4	595	2718	2:24.55
---------	------	---	-----------------	-------	-----	-----	------	-----------	-----	------	---------

PRs: 5490 /

Begany, Lauren

Missouri

4646

DOB: January 13, 1988
 POB:
 Ht: 5-10½
 Hometown: Fenton, MO
 High School: Lindberg HS, MO
 College: Missouri '10



2007: 4th at Drake relays heptathlon and 10th at Big 12 Conference. **High School:** Missouri 300m hurdle champ in 2006. 9x all state performer. **Personal:** Mother, father and both grandparents attended U of Missouri.

Outdoor:

6/22/06	4343	20	USA Jr, Indianapolis	15.05+1.4	154	938	26.23+0.4	2767	482+2.9	1817	2:28.62
3/23/07	4502	6	Click, Tucson	14.84	0.0	158	920	25.84	0.0	2863	2:30.07
4/??/07	4398	8	Walton, Columbia	15.01+1.6	157	972	26.88+1.3	2774	505	0.0	2:27.87
4/26/07	4646	4	Drake R, Des Moines	14.83+0.3	159	985	25.61+4.6	2940	543+0.4	1952	2:25.85
5/12/07	4546	10	Big 12, Lincoln	14.68-0.4	160	978	26.09+0.6	2924	533+0.8	1911	2:29.49

PRs: 4646 14.68-0.4 170 985 24.7h 543 2238 2:25.85

Boldt, Lindsey**Missouri 4767**

DOB: April 5, 1988
 POB:
 Ht:
 Hometown: Mount Pleasant, IA
 High School: Mount Pleasant HS, IA '06
 College: Missouri '10



2007: 3rd at Drake Relays heptathlon, then nplaced 9th at Big 12 conference hept. **High School:** 6x Iowa State Champion. Won four events at 2006 Drake Relays. Won 3 state Volleyball titles. **Personal:** daughter of Tom and Pam Boldt. Majoring in Business.

Outdoor:

3/23/07	4298	8	Click, Tucson	15.96	0.0	155	1094	27.01+0.4	2699	460-0.3	3373	2:37.85	
4/??/07	4613	4	Walton, Columbia	15.55+2.1		160	1185	27.09+1.1	2861	488	0.0	3510	2:33.37
4/26/07	4767	3	Drake R,DesMoines	15.31+0.3		162	1136	26.61+4.6	2924	493+2.2	4011	2:34.78	
5/12/07	4692	9	Big 12, Lincoln	15.37+0.6		160	1191	27.04-0.5	2892	489+0.7	3748	2:33.39	

PRs: 14.09 170 1191 26.61+4.6 493+2.2 4011 2:33.37

Borman, Brittany unattached 4633

DOB:
 POB:
 Ht:
 Hometown: Festus/DeSota, MO
 High School:

2007: As a thrower has SBs of 14.05m in shot(46-1) and 47.26m(155-1) in javelin. **2006:** 13th last year. Competed for Jefferson County Jets in 2006, had 2006 best of 4537, was 2nd at Great SW with 4419, from DeSoto, MO. Hometown: Festus, MO..

Outdoor

6/22/06	4362	13	USA Jr, Indianapolis	16.64+1.4		157	1177	28.13+1.7	2606	482+2.1	3517	2:31.86
7/00/06	4538	3	Nat JO (YW)	16.99-0.9		155	1223	28.40-2.5	2552	494+1.3	4214	2:26.70

Borries, Johnnie unattached 4511

DOB:
 POB:
 Ht:
 Hometown: Mobile, AL
 High School: St. Paul's Episcopal

Brown, Alexis **unattached-Western Michigan** **4540**

DOB: May 7, 1988
POB:
Ht:
Hometown: Otisville- (Michigan's Lower Peninsula)
High School: Otisville-Lakeville HS



2007: 6th at Mid-American Conference heptathlon with PR 4540. **High School:** State 300m Hurdle champ. **Personal:** Daughter of Eddie Brown and Valerie Bader. Majoring in Aviation Flight Science.

Outdoor:

4/14/06	4449	15	Cal Invt, Azusa	15.26	0.0	154	823	26.58+3.4	2635	492	3241	2:25.22
5/11/07	4540	6	MAC, Oxford									

PRs:

Cotton, Jasmine **unattached** **4878**

DOB: July 13, 1988
POB:
Ht:
Hometown: Fayetteville, WVa
High School: Fayetteville HS, WVa
College: Cincinnati '10



2007: 6th Big East Conference indoor pentathlon, 3485. 7th at Alabama hept in 4575. Runner-up at All Ohio champs with PR 4878. 12th at Big East outdoor hept. Relays

High School: West Virginia State record holder in 100, 400 and long jump. 2006 Coalfield Conference Athlete of Year, 2006. Won 7 state titles in sprints and jumps. **Personal:** Daughter of Richard and Sonya Cotton.. majoring in Psychology.

Dunlap, Victoriia Continental T-Belles 4832

DOB:
POB:
Ht:
Hometown: Nashville, TN
High School Brentwood Academy '07:

High School: In 2006 was state high jump mand pentathlon champion and tennessee T&F athlete of year. Had best of 4597 in 2006. **Personal:** Signed at Kentucky to run track and play basketball.

Outdoor:

6/22/06	4261	18	USA Jr, Indianapolis	15.20+2.0	175	1126	26.01+1.7	3139	535	0.0	3f	2:49.89
7/??/06	4832	1	Nat JO (YW)	15.30-0.9	165	1168	26.38-0.5	3001	540+0.7	3155	2:33.16	

PRs: 14.45 175 1171 560

Flax, Jessica Texas Storm TC 4476

DOB:
POB:
Ht:
Hometown: Texas
High School

High School: Won Great SW heptathlon with PR 4476 and was 3rd at Texas GA heptarthlon with 3959.. Had 2006 seasonal best of 4344

Outdoor:

6/22/06	4261	18	USA Jr, Indianapolis	15.38+2.0	157	860	26.10+0.9	2719	488+1.3	2201	2:30.31	
7/??/06	3989	8	Nat JO (IG)	15.32	0.0	150	916	26.49-2.7	2651	453-1.1	1805	2:33.53
6/01/07	4476	1	GreatSW, Albuquerque	14.86+0.2	152	914	25.82-2.7	532nwi	2255	2:29.27		
6/??/07	3959	3	Texas GA, Dallas	15.06+0.1	154	917	25.89+0.5	2782	493-1.3	3f	2:??.??	

PRs: 4476 14.86+0.2 157 917 25.82-2.7 532 2255 2:29.27

Gioia, Gabrielle Kinder Sport TC 4301

DOB:
POB:
Ht:
Hometown: Nashville, TN
High School Harpeth HS, TN '07

High School: From Nashville, TN, had 2006 seasonal best of 4483. Place 15th last year.

Outdoor:

6/22/06	4301	15	USA Jr, Indianapolis	15.07+1.9	151	982	27.21+2.0	2676	448+1.4	3418	2:33.81
---------	------	----	----------------------	-----------	-----	-----	-----------	------	---------	------	---------

Gray, Alana

unattached 4400

DOB:

POB:

Ht:

Hometown:

High School

Hazelwood East HS, MO

Guevel, Katie

unattached 4635

DOB:

POB:

Ht:

Hometown:

High School

Burlington, KS

High School: Won 4 state titles and set 3 state records at Kansas 3A state meet. PR 14.10 in 100mH

Izzicupo, Christine

unattached 4660

DOB:

POB:

Ht:

Hometown:

High School:

Stoneham, MA

Stonehan HS, MA

High School: Was Massachusetts state 400m champ. Also 5-4 hj.

Kilis, Bonnie**Sacred Heart U 4342**

DOB:

POB:

Ht:

Hometown:

High School:

College:

Malborough, CT

RAHM HS

Sacred heart HS '10



2007: Fourth at New England's heptathlon with 4290. Seasonal best of 4342.

Krais, Ryann**unattached 5142**

DOB:

POB:

Ht:

Hometown:

High School:

Norristown, PA

Methacton HS, PA '08



High School: Specialties are hurdles, sprints and jumps. Made 2006 USA World Youth team competed in Ostrava, Czech Republic. Won 3 state titles in 2006. Placed 5th in USA Junior meet in 2006.

Outdoor:

6/22/06 5138 5 USA Jr, Indianapolis 14.08+1.4 169 991 24.53+0.9 3263 536+2.6 2865 2:24.46

Leih, Whitney**unattached 4723**

DOB:

POB:

Ht:

Hometown:

High School

Palos Verdes HS, CA

High School: 2007- 4th at CIF state long jump. 2006 West region JO Heptathlon champ and National (young women) heptathlon runner-up. **Personal:** Signed at Stanford.

Outdoor:

7/00/06 4723 2 Nat JO (YW) 14.98-1.0 160 838 26.54+0.1 2755 553+0.1 3219 2:26.19

PRs:

14.57

594

Leverette, Christie**First Light TC 4349**

DOB:

POB:

Ht:

Hometown:

Marietta, GA

High School

Marietta HS, GA '08

High School: Had 2006 seasonal best of 4360. Placed 2nd at National JO (IG) heptathlon.**Outdoor:**

6/22/06	4264	17	USA Jr, Indianapolis	15.86+1.9	166	1015	27.67+1.7	2734	497+3.4	2719	2:41.93
7/??/06	4333	2	Nat JO (IG)	15.71-0.6	165	1074	27.89+0.5	2763	476+0.5	3162	2:40.41

PRs:

15.31 168 1120

McNeil, Jantelle**unattached -MO 4272**

DOB:

POB:

Ht:

Hometown:

East St. Louis

High School

Hazelwood HS, MO

High School: Placed 4th at Great SW heptathlon (4212).**Outdoor:**

6/02/07	4212	4	GreatSW, Albuquerque	15.08+0.2	152	1045	27.19+2.7	473nwi	2471	2:36.17
---------	------	---	----------------------	-----------	-----	------	-----------	--------	------	---------

Morton, Indira**unattached 4218**

DOB:

POB:

Ht:

Hometown:

South Brunswick, NJ

High School

High School: Two time NJ state javelin champ. Has 40.76m/133-9 javelin and 5.64m /18-6 ¼ long jump PRs.

Nussey, Andria **unattached** **4858**

DOB:

POB:

Ht:

Hometown:

High School:

College: Angelo State '10

Outdoor:

5/??/07 4858 2 Lone Star Conference
5/27/07 4320 14 NCAA II, Charlotte 15.46+0.2 156 1025 25.97-0.9 2817 516-0.8 3f 2:14.51

Pinnick, Shakeia **unattached** **4548**

DOB:

POB:

Ht:

Hometown: Aurora, IL

High School Waubonsie Valley HS

High School: had SBs of 5.63m/18-5 ³/₄, 25.57 200m and 2:14.91 800m. Competed for Aurora Flyers in 2006 and had 2006 seasonal best of 4551. 3rd at National JO in '2006 (IG).

Outdoors:

6/22/06 4239 21 USA Jr, Indianapolis 15.35+1.9 148 808 25.93+0.4 2603 493+2.5 1753 2:17.85
7/??/06 4239 3 Nat JO (IG) 15.54 0.0 150 684 26.15-3.5 2502 523+1.2 1749 2:16.47

Robins, Mindy **unattached** **4344**

DOB:

POB:

Ht:

Hometown: Orem, UT

High School

High School: Utah State \$A champ in 2007 in long jump, 100mH and 300mH. Was 3rd at 2006 Great SW with 4403.



Outdoor:

6/22/06 4396 12 USA Jr, Indianapolis 14.73+2.0 148 779 26.33+0.4 2640 534+3.1 2866 2:33.38
6/02/07 4334 2 GreatSW, Albuquerque 14.59+1.2 137 901 26.66-3.5 527nwi 3160 2:36.85

Selmon, Precious unattached 4297

DOB:

POB:

Ht:

Hometown:

Crystal City, MO

High School

High School: Had 2006 seasonal best of 4369, competing for Jefferson County Jets. Had 2007 SBs of 14.23 100m hurdles, 5-2 high jump and 5.54m/18-2¼ long jump.

Outdoor:

6/22/06 4297 16 USA Jr, Indianapolis 14.69+2.0 154 917 26.81+0.4 2752 550+1.5 2644 2:52.71

7/??/06 4041 6 Nat JO (IG) 15.45+0.3 145 859 26.75-0.6 2520 536+0.2 2326 2:45.52

Spiranac, Alexis Colorado Spring Striders TC 4474

DOB:

POB:

Ht:

Hometown:

Monument, CO

High School

Lewis Palmer HS

High School: Runner-up in Colorado state high jump.

Taylor, Christiana unattached-Cabrini College 4255

POB:

DOB:

Ht:

5-7

Hometown:

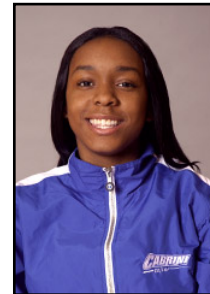
Ardmore, PA

High School

West Catholic HS '06

College:

Cabrini College '10



2007: Qualified at NCAA Div III nationals in 6 events.

Williams, Brittani**unattached 4919**

DOB:
 POB:
 Ht:
 Hometown:
 High School

7/00/06 3462 22 Nat JO, (YW) 18.02-0.6 150 1111 27.69-0.5 2364 3f 3737 2:48.34

Woods, Shana**USC 5507**

DOB: July 7, 1988
 POB:
 Ht: 5-8
 Hometown: Long Beach, CA
 High School: Long Beach Poly
 College: USC '10



2007: Opened outdoor season with 5393 score at Mount SAC Relays, then placed 5th at PAC-10 (5459 and 13th at recent NCAAs with 5507. **2006:** Won Junior National title in Indy with 5533 score while senior at Long Beach Poly HS, the first high school student over 5500. Ran 53+ 440 relay leg. Personal: Social Science and History major

Career Record:**Outdoor:**

6/27/06	5533*	1	USA Jr, Indy	14.03+2.0	166	959	24.40+0.9	3226	587+2.2	4042	2:20.10
4/13/07	5393	5	Mt SAC R, Azusa	14.11+1.9	163	986	23.94+2.9	3240	611nwi	3111	2:23.88
5/06/07	5459	5	PAC-10, Palo Alto	14.06-0.7	166	1082	24.40+1.8	3302	621+1.7	3016	2:24.64
6/08/07	5507		NCAA I, Sacramento	13.93+1.0	166	931	24.12+1.3	3247	606+1.1	3977	2:27.14

PRs: 5459 / 13.93+1.0 166 1082 23.94+2.9 635 4042 2:20.10

* Jr implements

Provisionals

Pangiarella, Catherine

unattached 4174

POB:

DOB:

Ht:

Hometown:

High School: Ludlow HS, MA '09

Welz, Rachel

Sierra Foothill TC 4192

POB:

DOB:

Ht:

Hometown:

High School: Bear River HS, CA



High School: SBs of 15.63 100m hurdles, 1.65m/5-6 hj and 5.46m/17-11 long jump. **Personal:** Signed at Sacramento State U.

Outdoor:

7/00/06 4092 10 Nat JO (YW) 16.85-1.4 165 876 27.97-2.5 2491 492+0.5 2565 2:32.01
