

MEDIA GUIDE

2007

NCAA Div I Men's HEPTATHLON



**Fri-Sat, March 9-10, 2007
Randall Tyson Center
University of Arkansas
Fayetteville, AK**

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

Media Guide

2007 NCAA Indoor Men's Heptathlon

Time Schedule

Friday, March 9, 2007

60 Meter Dash 9:00 am

Long Jump

Shot Put

High Jump



Saturday, March 10, 2007

60m Hurdles 11:00 am

Pole Vault

1000 Meters

Qualifying Standards: [qualifying window: 2007 Indoor season]

Automatic Indoor Heptathlon Score 5650

Provisional Indoor Heptathlon Score 5300

Entrants:

		<u>'07 best</u>	<u>PR score</u>	<u>Decathlon PR</u>
Donovan Kilmartin	Texas	5870	6136 '04	7897
Raven Cepeda	N Iowa	5695	5695	7371
Jangy Addy	Tennessee	5688	5688	6938
Jake Arnold	Arizona	5687	5687	7870
Josh Hustedt	Stanford	5677	5677	7070
Chris Helwick	Tennessee	5666	5917 '06	7780
Mike Morrison	Florida	5652	5652	-----
Joe Detmer	Wisconsin	5651	5651	7536
(auto qualifiers)				
Duane Hynes	Princeton	5640	5640	6754
Brent LaRue	Wake Forest	5617	5617	7066
Josh Kinnamen	Arizona St	5585	5603 '06	7484
Kevin Johnson	Colorado St	5569	5569	7151
Brian Walsh	Air Force	5539	5539	6940
Ryan Koontz	Clemson	5531	5531	7371
Hans Udal	Missouri	5478	5639	8018
(provisional qualifiers)				

NCAA I National Indoor Heptathlon Championships

2004	Donovan Kilmartin	Texas	6136
2005	Maurice Smith	Auburn	6004
2006	Donovan Kilmartin	Texas	6048
2007			

Records:

Most Wins: 2 Donovan Kilmartin Texas 2004-2006

Recent NCAA I Meet Results



2006

3/10-11 NCAA I Champs, U of Arkansas, Fayetteville, AK

6048	Kilmartin, Donovan/Texas	7.13	756	1384	206	(3365)	8.09	530	2:54.42
5917	Helwick, Chris/Tennessee	7.26	746	1388	206	(3297)	8.45	520	2:49.03
5707	Powell, Darion/LSU	7.16	708	1531	197	(3244)	8.13	470	2:56.90
5652	Billot, Edwin/LSU	7.17	680	1235	206	(3077)	8.02	460	2:45.97
5640	Arnold, Robert/Arizona	7.32	664	1364	194	(2956)	8.14	510	2:47.16
5619	King, Wiley/Weber St	7.05	715	1320	194	(3143)	7.96	440	2:51.23
5593	Uldal, Hans-Olaf/Missouri-NOR	7.28	719	1433	188	(3089)	8.31	480	2:51.51
5476	Kinnamen, Joshua/Arizona St	7.11	720	1305	191	(3099)	8.59	450	2:46.48
5414	Sommerfeldt, Bjorn/Missouri-NOR	7.41	706	1339	191	(2984)	8.47	450	2:46.42
5361	Hobbs, Brent/Clemson	7.18	695	1396	191	(3070)	8.14	430	3:02.24
5330	Cepeda, Raven/Northern Iowa	7.27	659	1414	182	(2888)	8.31	490	3:01.54
5292	Buteaux, Brandon/Texas-San Anto	7.31	666	1230	191	(2857)	8.33	450	2:49.11
5288	Walsh, Brian/Air Force	7.20	703	1108	185	(2855)	8.69	470	2:46.97
5249	Koontz, Ryan/Clemson	7.24	577	1290	197	(2773)	8.24	450	2:47.32
3649	Hallgrimsson, Jonas/Cal-ICE	7.69	nm	1297	191	(2041)	8.68	460	dnf

dnf Hardee, Trey/Texas [6.71 764 1475 200 (3535) 7.76 inj]. 16s,15f. note that the performances by Hardee will go into the books, not as "records" since he did not finish, but as "notable performances." They include Hardee's 60m 6.71 which would have been a new MR and CR; his

2005

3/11-12 NCAA I Champs, U of Arkansas, Fayetteville, AR

6004	Smith, Maurice/Auburn-JAM	Sr	6.99	725	1616	192	[3352]	7.88	470	2:44.76
5925	Kilmartin, Donovan/Texas	So	7.16	731	1402	207	[3312]	8.33	510	2:49.40
5859	Hardee, Trey/Texas	Jr	6.92	717	1314	204	[3281]	8.06	490	2:53.29
5657	Brandstatter, Travis/Minn	Sr	7.25	684	1293	204	[3075]	8.21	470	2:43.69
5567	Draudvila, Darius/Kansas St-LIT	Sr	7.04	702	1457	198	[3234]	8.06	420	2:57/09
5546	Uldal, Hans/Missouri-NOR	So	7.22	705	1417	189	[3076]	8.27	450	2:47.20
5519	Buteaux, Brandon/Tex-San Antonio	Jr	7.17	677	1292	189	[2950]	8.19	470	2:47.37
5421	Helwick, Chris/Tenn	So	7.45	682	1385	198	[3004]	8.89	490	2:49.85
5263	Hoskins, Brandon/Liberty	Fr	7.16	658	1255	183	[2835]	8.64	450	2:42.92
5209	Voge, Ryan/Oregon	Jr	7.50	681	1228	195	[2863]	9.01	460	2:45.60
5168	Bates, Rob/North Carolina	Sr	7.10	663	1194	180	[2804]	8.21	430	2:53.22
4945	Roland, Ben/Wisconsin	Jr	7.45	639	1342	195	[2853]	8.91	390	2:52.85
4575	Arnold, Robert/Arizona	Fr	7.33	653	1253	198	[2897]	8.32	nh	2:49.11
Dnf	Powell, Darion/Wash St	Jr	7.22	701	1430	nh	[2369]			withdrew
Dnf	Kinnamen, Joshua/Ariz St	So	6.97	549						withdrew

15s,13f nb: Smith # 3 all-time US college performance

2004

3/12-13 NCAA I Champs, U of Arkansas, Fayetteville, AK

6136	Kilmartin, Donovan/Texas-Austin	FR	7.05	737	1427	208	8.17	540	2:49.44
5928	Smith, Maurice/Auburn	SR	7.02	722	1533	199	7.96	450	2:43.85
5744	Abdur-Rahim, Mustafa/Dartmouth	SR	6.96	700	1436	193	7.96	410	2:37.08
5658	Thomas, Will/Connecticut	JR	7.27	686	1547	205	8.64	460	2:46.80
5629	Pugsley, Curtis/Brigham Young	JR	7.19	693	1288	202	8.29	490	2:52.07
5518	Townsend, Fred/South Carolina	SR	7.13	687	1051	202	7.86	430	2:42.90

5512 Youngblood, Justin/Texas –San AntonioSR 7.17 706 1374 199 8.31 420 2:48.87
 5501 Fadel, Ashraf/Wisconsin SR 7.11 668 1360 193 8.39 480 2:52.56
 5386 Helwick, Chris/Tennessee FR 7.38 675 1295 196 8.67 460 2:43.22
 5369 Svenssohn, Rajne/Manhattan-SWE SR 7.46 667 1319 193 8.45 440 2:39.00
 5362 Speer, Paul/Wichita State JR 7.15 678 1322 190 8.52 410 2:39.85
 5064 Richardson, Chris/Nebraska SR 7.21 711 1275 193 8.32 460 3:39.48
 dnf: Hill, Rick/Clemson [7.06 660 1395 193 8.48], Hinton, David/MtStMarys[7.27 692 1121 196 8.61]

Best Performances in Indoor Multi-Event Competition...Men

World Bests

Heptathlon	6476	DAN O'BRIEN (USA)	Toronto	3/13-14-93
		(6.67 784 1602 213/7.85 520 2:57.96)		
Pentathlon	4497	DAN O'BRIEN (USA)	Moscow. ID	2/28/92
		(7.88 735 1469 215 2:40.12)		
60m	6.61	CHRIS HUFFINS (USA)	Paris	3/09/97
		(Oakley-USA)	(6128-4)	
LJ	7.84(25-8.75)	DAN O'BRIEN (USA)	Toronto	3/13/93
		(Reebok RT-USA)	(6476-1)	
SP	17.13(56-2½)	GUIDO KRATSCHMER	Dortmund	2/14/86
		(West Germany)	(6143-2)	
HJ	2.21(7-3)	WILLIAM MOTTI	Fairfax	12/10/83
		(Mt St Mary's-FRA)	(4047-1)	
		TOM PAPPAS	Atlanta	3/03/00
		(adidas-USA)		
60mH	7.77	BRYAN CLAY	Budapest	3/07/04
		(unat-USA)	(6365)	
PV	5.60 (18-4½)	ALEKSANDR AVERBUKH	Valencia	3/01/98
		(Russia)	(6144-6)	
1000m	2:30.25	VLADIMIR KRYUCHKOV		/84
		(USSR-Russia)		

nb: marks made in pentathlon (one day) or heptathlon (two-day competition).

Coffman's 6.6 60 meters at 1980 USA/USSR Septathlon in Leningrad was reported as 6.60, auto timed. It was a hand timed performance. Other noteworthy marks include: 7.37 55m and 60 yd hurdles mark by Dannie Jackson/S&STC-USA, Canyon, Texas, 3/5/83; 1:10.31 for 600 yards by John Crist/unat-USA, Houston, 2/16/80 when these imperial distances were part of standard American pentathlon. Also note Trey Hardee has 60m Hurdle mark of 7.76 set at 2006 NCAA I meet in Fayetteville, but injured and did not finish.

American Bests

Heptathlon	6476	DAN O'BRIEN	Toronto	3/13-14/93
		(6.67 784 1602 213 7.85 520 2:57.96)		
Pentathlon	4497	DAN O'BRIEN	Moscow	2/28/92
		(7.88 735 1469 215 2:40.12)		
60m	6.61	CHRIS HUFFINS	Parris	3/09/97
		(Reebok TC 6476)		
LJ	7.84(25-8.75)	DAN O'BRIEN	Toronto	3/13/93
		(Reebok TC 6476)		
SP	16.88(55-4 3/4)	BRUCE REID	Baton Rouge	2/25/89
		(LSU)	(4401)	
HJ	2.21(7-3)	TOM PAPPAS	Atlanta	3/03/00

60m H	7.77	(adidas) BRYAN CLAY (unat-USA, 6365-2))	Budapest	3/07/04
PV	5.41m(17-9)	PAUL TEREK (WGA- 6040-1)	Chapel Hill	3/07/04
1000m	2:30.86	JOE DETMER (Wisconsin, 5651-3)	Madison	1/27/06

NB: Trey Hardee has 60m Hurdle mark of 7.76 set at 2006 NCAA I meet in Fayetteville, but injured and did not finish.

nb...other outstanding individual event performances by Jackson in 55mH and Crist, 600 yards, see notes above.

Collegiate Bests

Heptathlon	6208	TREY HARDEE (Texas)	Albuquerque, NM	1/26-27/06 (6.73 773 1431 195 7.87 530 2:55.16)
Pentathlon	4401*	BRUCE REID (LSU)	Baton Rouge	2/25/89 (7.95 749 1688 210 2:59.11)
60m	6.73	TREY HARDEE (Texas)	Albuquerque, NM	1/26/06 (6208-1)
LJ	7.73(25-2 1/2)	TREY HARDEE (Texas)	Albuquerque	1/26/06 (6208-1)
SP	16.88(55-4 3/4)	BRUCE REID (LSU)	Baton Rouge	2/25/89 (4401)
HJ	2.21(7-3)	WILLIAM MOTTI (Mt St Mary's)	Fairfax	12/10/83 (4047-1)
60m H	7.87	TREY HARDEE (Texas)	Albuquerque, NM	1/27/06 (6208-1)
PV	5.40m(17-8 ½)	PAUL TEREK (Michigan St)	Univ. Park, PA	2/25/01 (5685-1)
		DONOVAN KILMARTIN (Texas)	Fayetteville	3/13/04 (6136-1)
1000m	2:30.74	JIM STEVENSON (Mt St Mary's)	Princeton	3/05/94 (4077-2)

NB: Trey Hardee has marks of 6.71 for 60m and 7.76 for 60mH, both notable marks at NCAA I in Fayetteville in 2006 where he did not finish meet (injury)

NCAA I Meet Bests

Heptathlon	6136	DONOVAN KILMARTIN (Texas)	Fayetteville	3/13/04 (7.05 737 1427 208 8.17 540 2:49.44)
60m	6.92	TREY HARDEE (Texas)	Fayetteville	3/12/05 (5859-3)
LJ	7.56 (24-9¾)	DONOVAN KILMARTIN (Texas)	Fayetteville	3/11/06 (6048-1)
SP	16.16m(53-½)	MAURICE SMITH (Auburn)	Fayetteville	3/12/05 (6004-1)
HJ	2.08m(6-9¾)	DONOVAN KILMARTIN (Texas)	Fayetteville	3/13/04 (6136-1)
60m H	7.86	FRED TOWNSEND (South Carolina)	Fayetteville	3/13/04 (5518-6)
PV	5.40(17-8 ½)	DONOVAN KILMARTIN (Texas)	Fayetteville	3/13/04 (6136-1)
1000m	2:37.08	MUSATFA ABDUR-RAHIM (Dartmouth)	Fayetteville	3/13/04 (5744-3)

NB: Trey Hardee has marks of 6.71 for 60m, 7.64m long jump and 7.76 for 60mH, both notable marks at NCAA I in Fayetteville in 2006 where he did not finish meet (injury)

Athletes Bios

Jangy Addy

DOB:
 POB:
 Ht/Wt: 6-2, 195
 Hometown: Norcross, GA
 High School: Norcross HS, GA '04
 College: Tennessee '08



2006-Outdoor- Battled injuries throughout the outdoor season ... Lowered his personal-best times in the 400 (47.50) and the 110 hurdles (14.09) at the Yellow Jacket Invitational (April 1)
2006-Indoor- Extended his personal record in the heptathlon at the SEC indoor championships, his only full heptathlon of the season, while earning 5,410 points and a second-place finish
2005-Outdoor- Injury cut short his outdoor season
2005-Indoor- Authored a solid performance at the SEC indoor championships, his first conference meet, after posting a season-best heptathlon score of 5,149 points
2004-Indoor and Outdoor- Redshirted Finished 11th after scoring 7,129 points (using junior implements) at the IAAF world junior championships in Grosseto, Italy (July 18) against the finest athletes age 19 and younger the world offered ... Struck silver, trailing only teammate Chris Helwick, in the decathlon at the USA junior championships in College Station, Texas after accumulating 7,102 points (using junior implements). Major- Journalism/electronic media, Pronunciation- JAN-jee.

Career

Indoor:

1/31/04	4265	12	Clemson Multis, Clemson																
1/29/05	[3008]	dnf	Penn St Open, U Park	7.02	656	1490	183	inj											
2/26/05	5149	5	SEC, Fayetteville	6.99	708	1448	192	8.31	310	3:00.97									
2/25/06	5410	2	SEC, Gainesville [55m,55mH]	6.78	720	1375	194	7.61	373	2:57.90									
1/27/07	5421	4	Clemson Multis, Clemson	6.88	661	1434	194	7.98	405	3:00.70									
2/24/07	5688	1	SEC, Lexington	7.01	732	1680	191	8.12	415	2:58.07									

Outdoor:

4/08/04	6938	6	Sea Ray R, Knoxville	10.88+1.2	670+1.7	1316	191	48.81	14.12+0.3	3743	357	5020	5:35.71
6/25/04	7102*	2	USA Jr, College Station	10.96+1.2	713+0.6	1534	184	49.84	14.36+3.6	4215	344	5068	5:31.99
7/18/04	7129*	11	IAAF Jr, Grosseto, ITA										
4/13/06	dnf	-	Sea Ray R, Knoxville	10.73+2.9	3f								
5/12/06	dnf	-	SEC, Fayetteville	13.35+1.8	nm	1529	nh						

PRs: 6938 7129* 10.73 732 1680 196 47.50 14.09 4697 415 5533 4:58.28

*- Junior implements

Robert 'Jake' Arnold

DOB: January 8, 1984
 POB: Santa Rosa, CA
 Ht/Wt: 6-3, 177
 Hometown: Santa Rosa, CA
 High School: Maria Carrillo HS, CA



College:

U of Arizona '07

2007: runner-up in Albuquerque and winner of Mountain Pacific hepts.**2006:** Surprise winner of NCAA outdoors and then placed 3rd at USAs.. Placed 5th at NCAA's with PR 5640. Outdoors was 3rd at Jim Click decathlon on home track with PR 7470, then won PAC-10 champs with significant 7691 PR improvement. Lifetime bests in 7 deca events in 2006 season. **2005:** During indoor season, established a new MPSF Championship heptathlon mark and Arizona school record of 5,518 points. **2005:** In the outdoor season, had a season best score in the decathlon of 7,259 points. Competed in the NCAA Championships in the decathlon. **2004:** Did not compete, using a red-shirt season. **2003:** Placed seventh at the Pac-10 championships in the decathlon. Also finished third at the 2003 Junior National Championships. **High School-** Four year letter winner in track and field and lettered in basketball, soccer, and football during high school. **Personal:** Son of Mike and Catherine Arnold. Majored in Retail and Consumer Sciences.

Career Record

Indoor

1/29/05	5331	1	Athletes.com, Boise																	
2/26/05	5518	1	Mtn Pacific Conf, Seattle	7.27	677	1258	199	8.47	485	2:46.68										
3/12/05	4575	12	NCAA Champs, Fayetteville	7.33	653	1253	198	8.32	nh	2:49.11										
2/04/06	5607	1	Mountain T, Flagstaff	7.27	682	1319	202	8.38	507	2:53.84										
2/25/06	5562	2	Mountain Pacific, Seattle	7.24	666	1398	185	8.33	496	2:43.55										
3/11/06	5640	5	NCAA I, Fayetteville	7.32	664	1364	194	8.14	510	2:47.16										
1/26/07	5687	2	Cox, UNM, Albuquerque	7.20	662	1409	199	8.13	500	2:50.34										
2/24/07	5673	1	Mountain Pacific Conf, Seattle	7.20	691	1410	201													

Outdoor:

4/17/03	6489	7	Cal Invt, Azusa																	
5/11/03	6834	7	Pac-10, Los Angeles	11.64+0.5	630	1135	192	52.00	15.42+0.2	3597	465	4856	4:39.54							
6/20/03	6772*	3	USATF Jr, Palo Alto	11.85-0.4	606	1291	187	52.55	15.80+0.8	3938	440	5507	4:46.67							
4/14/05	7259	7	Mount Sac R, Azusa	11.41+0.6	659	1203	186	50.39	15.00+2.2	3871	490	5294	4:39.14							
5/08/05	6617	6	PAC-10, Los Angeles	11.38	0.0	667+1.1	1275	195	50.72	15.05+1.2	3f	495	4542	4:48.13						
6/09/05	[5140]dnf		NCAA I, Sacramento	11.56-1.5	670+1.9	1233	191	49.75	14.74+0.5	3685	nh	withdrew								
3/24/06	7470	3	Click, Tucson	11.16+2.3	633	0.0	1343	192	49.52	14.51+2.2	3993	490	5519	4:52.17						
5/07/06	7691	1	Pac-10, Eugene	11.20+1.4	680+0.7	1351	198	50.04	14.65-1.7	4038	495	5782	4:45.41							
6/08/06	7870	1	NCAA I, Sacramento	11.34-1.0	694+0.3	1443	195	48.72	14.59-0.8	3908	500	5959	4:35.50							
6/24/06	7827	3	USA, Indy	11.23+0.5	683-0.1	1427	199	49.48	14.67-0.9	3878	490	5861	4:31.04							

*- Junior implements/hurdles

PRs: 7870 11.16+2.3 694+0.3 1443 202 48.72 14.51+2. 4038 510 5959 4:31.04

Summary: 10 meets, 9 finishes, 2 wins, PR score: 7870

Raven Cepeda

DOB: June 26, 1986
 POB:
 Ht/Wt: 5-10, 175
 Hometown: Beloit, WI
 High School: Beloit Memorial HS '04
 College: Northern Iowa '07



2007: Won UNI and Missouri Valley indoor heptathlons. **2006: Indoors-** won UNI heptathlon (PR 5470) and followed with win at Missouri Valley Conference heptathlon with significant 5563 PR score. Finished 10th at indoor NCAA heptathlon (5330). Outdoors- captured Emporia State multis (6989) then PR'd with victory at Missouri Valley meet (7371). **2005: Outdoor -** Captured first place in the decathlon at the Alabama Relays, earning 6,588 points... second-ranked freshman decathlete in the NCAA

... Placed second in the decathlon at the UNI Twilight with 6,839 points... Captured second place in the decathlon at the MVC Championships with 7,087 points, earning all-MVC honors... Also earned all-MVC honors by placing third in the pole vault, reaching 16-6 ¾. Indoor -Placed second in the heptathlon at the UNI Invitational with a school-record score of 5330.... Was the MVC Champion in the heptathlon (5296).**High School:** Holds the Beloit Memorial school record in the pole vault (14-6)... State champ in the 110 meter hurdles and runner-up in the pole vault as a senior... Finished second in the pole vault at the All-Star meet in 2004. **Personal:** Son of Manny and Natalie Cepeda. Coached by Travis Geophert at UNI.

Indoor:

1/29/05	5330	2	UNI Invt, Cedar Falls	7.10	675	1294	182	8.48	480	2:55.80
2/26/05	5296	1	Missouri Valley, Carbondale	7.22	662	1325	179	?.??	???	?:?.??
1/28/06	5470	1	N Iowa Invt, Cedar Falls	7.18	683	1429	180	8.33	475	2:49.58
2/25/06	5563	1	Missouri Valley, Cedar Falls							
3/11/06	5330	10	NCAA I, Fayetteville	7.27	659	1414	182	8.31	490	3:01.54
1/27/07	5695	1	Northern Iowa, Cedar Falls	7.13	670	1494	189	8.28	500	2:46.66
2/24/07	5646	1	Missouri Valley, Carbondale	7.16	669	1491	186	8.25	500	2:48.11

Outdoor:

3/18/05	6588	1	Alabama R. Tuscaloosa							
4/??/05	6898	2	UNI Twilight							
5/14/05	7087	2	Missouri Valley, Cedar Falls	11.38+3.2	643+0.1	1306	187	51.68	15.29+0.5	3618 505 4901 4:48.45
6/26/05	*6257	10	USATF Jr, Carson	11.24+2.4	684+1.3	1382	184	52.75	14.88+0.7	3406 nh 4608 4:42.71
4/14/06	6989	1	Emporia St U, Emporia	11.19+4.6	634	1408	176	53.18	14.98+2.9	3794 480 4671 4:45.63
5/13/06	7371	1	Missouri Valley, Wichita	11.12+0.8	662+1.9	1409	189	51.77	14.76+2.2	3988 485 4759 4:40.24
6/08/06	7279	8	NCAA I, Sacramento	11.29-1.0	672-0.2	1421	186	51.96	14.82-0.8	3720 460 5211 4:37.00

*- Junior implements

PRs: 7371 11.12+0.8 684+1.3 1404 189 51.68 14.76+2.2 3988 505 4901 4:37:00

Summary: 7 meets, 7 finishes, 3 wins, PR score: 7371.

Joe Detmer

DOB: September 3, 1983
 POB:
 Ht/wt 5-11, 160
 Hometown: Lodi, WI
 High School
 College: Wisconsin '07



2007: PR'd (5651) at Wisconsin Elite and set American hept 100m record to boot. Won Big 10 indoor title. **2006:** Placed surprising 4th at NCAAs with dramatic 4:11.71 1500m., and PR'd in long jump, 400 (meet record 47.28), and javelin. Was runner-up at Big Ten Champs. **2005:** finished third in the 600 meters at the Big Ten indoor meet in 1:18.35 earned All-America honors as a member of the third-place DMR at the NCAA indoor meet in 9:34.80 .. did not compete the remainder of the outdoor season due to medical hardship. **2004:** Finished 14th in the decathlon at the NCAA outdoor championships with 7,290 points won the Big Ten indoor title at 600 meters in a personal best of 1:17.55 . **2003:** Finished second in the Big Ten Indoor 600 meters in 1:19.16 **High School:** Finished second in the 400 meters at the state Division 2 championships as a senior. **Notable:** 2004 and 2005 All-American as a member of the distance medley relay ... **Personal:** parents are Maureen and Kenneth Detmer ... major is computer engineering.

Career Record

Indoor:

1/31/04	5299	5	UNI Invitational, Cedar Falls	7.16	698	1122	195	8.96	410	2:33.50
1/15/05	5119	1	Badger Classic, Madison	7.30	661	1133	188	8.83	450	2:45.73
1/29/05	dnf	-	Health Alliance, Champaign							
1/13/06	3760	1	Badger Classic, Madison	7.14	686	1242	189	8.61	nh	dnf
1/27/07	5651	3	Wisconsin Elite, Madison	7.14	705	1197	192	8.44	465	2:30.86 AR
2/25/07	5360	1	Big 10, Bloomington	7.16	689	1204	191	8.68	470	2:48.87

Outdoor:

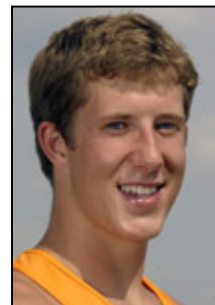
3/18/05	6910	3	Spring Break, Northridge	10.94+4.0	662+0.5	1069	189	48.41	16.21	2738	410	5073	4:18.24		
5/15/04	7292	4	Big Ten, E Lafayette	10.89	nwi	704+2.8	1138	193	47.84	16.12+2.3	3404	425	4908	4:17.09	
6/12/04	7290	14	NCAA I, Austin	10.84+2.7	678+3.8	1158	191	47.34	15.35+3.1	3395	390	4940	4:12.40		
3/25/05	6827	6	Wildcat, Tucson	11.14	0.0	688	0.0	1073	185	48.02	15.78	2930	380	4604	4:21.27
3/18/06	7036	1	Hurricane Invt, Miami	11.29-1.9	621+3.4	1152	180	48.17	15.49-0.1	3348	455	4760	4:14.44		
4/02/06	7319	2	Liberty Invt, Lynchburg	11.04+2.8	688+1.9	1158	178	48.23	15.62+3.4	3595	460	4909	4:11.76		
5/13/06	7195	2	Big 10, E Lansing	11.07+1.8	696+0.6	1164	177	48.11	?? ??	??	???	465		4:33.83	
6/08/06	7536	4	NCAA I, Sacramento	11.24-1.3	706+2.4	1219	192	47.28	15.53-1.3	3390	460	5203	4:11.71		
6/24/06	6453	7	USA, Indy	11.15-0.4	660-0.2	1176	181	47.03	15.27-0.9	3343	nh	5278	4:30.46		

PRs: 7536 10.84+2.7 706+2.4 1242 195 47.03 15.27-0.9 3642 465 5278 4:11.71

Career Summary: 9 meets; 9 finishes, 1 win, PR score: 7536.

Chris Helwick

DOB: March 18, 1985
 POB:
 Ht/Wt: 6-4, 202
 Hometown: Greeley, CO
 High School: Greeley Central HS, CO
 College: Tennessee '07



2007: 2nd at SEC indoor heptathlon. **2006- Indoor:** 2nd place at NCAAs both indoor and out. PR'd with 5917 effort for 2nd at NCAA indoor heptathlon. **2006- Outdoor:** Won Sea Ray Relays decathlon (7707) then neared PR again while winning SEC decathlon with 7765 points. **2005- Outdoor-** ... Won the Volunteer Award (toughest competitor) at team banquet . Won the SEC title, taking fifth at the NCAA championships and adding 490 points to push his career-best score to 7,780, Captured silver at the Sea Ray Relays decathlon after summing 7,341 points **2005-Indoor-** .. Finished second in the SEC heptathlon with a lifetime-best score of 5,609, and finished eighth with 5,421 points at the NCAA indoor championships ... **2004-Outdoor-** Posted his season-best score of 7,290 to earn silver honors in a rare, weather-marred three-day decathlon at the SEC outdoor championships. Won USA junior decathlon championship, using junior implements, at Texas A&M with a score of 7,358 points to earn his berth to the world junior meet ... Finished eighth at the IAAF world junior decathlon championship with 7,176 points, **2004-Indoor-**. Finished his first NCAA indoor meet by finishing ninth overall. **High School:** 2nd at USA Jr champs (6967). Colorado sate high jump champ. Scored 7216 in high school decathlon. **Personal:** Economics major.

Career Record

Indoor:											
1/31/04	5210	3	Clemson Hept, Clemson	7.43	665	1275	196	8.84	450	2:48.39	
2/29/04	5525	3	SEC, Lexington	7.32	674	1381	203	8.62	460	2:43.97	
3/13/04	5386	9	NCAA I, Fayetteville	7.38	675	1295	196	8.67	460	2:43.22	
1/28/05	dnf	-	Penn St Open, U Park	7.68	3f	1242	183	withdrew			
2/26/05	5609	2	SEC, Fayetteville	7.42	691	1410	204	8.75	500	2:47.51	
3/12/05	5421	8	NCAA, Fayetteville	7.45	682	1385	198	8.89	490	2:49.85	

1/29/06	5644	2	Clemson Invt, Clemson	7.22	668	1365	201	8.50	500	2:45.??
2/25/06	4881	6	SEC, Gainesville	6.74	714	1350	209	7.79	nh	2:42.77 (55m, 55mH)
3/11/06	5917	2	NCAA I, Fayetteville	7.26	746	1388	206	8.45	520	2:49.03
2/24/07	5666	2	SEC, Lexington	7.30	670	1411	203	8.44	475	2:40.34

Outdoor:

6/19/02	6157	7	USA Junior, Berkeley, CA								
6/20/03	6967*	2	USATF Junior, Palo Alto	11.66-0.4	634	1243	202	50.85	15.69+2.5	3745 410 4939 4:29.19	
7/19/03	6215*	6	PanAmJr, Bridgetown, BAR	11.68	0.0	620-1.7	1203	199	51.09	15.63-1.6 3520 nh 5196 4:30.33	
4/8/04	7276	3	Sea Ray R, Knoxville	11.43+0.7	688+1.7	1206	191	51.09	15.27+1.7	3872 437 6075 4:36.99	
5/15/04	7290	2	SEC, Oxford	11.45+0.3	647	0.0	1326	199	50.66	15.67	0.0 4099 445 5666 4:39.02
4/14/05	7341	2	Sea Ray R, Knoxville	11.66+0.4	658	0.0	1295	204	51.96	15.49+2.2	4115 445 6120 4:37.66
5/14/05	7780	1	SEC, Nashville	11.36+0.8	697	0.0	1349	204	49.22	15.06+1.4	4095 475 5908 4:34.00
6/09/05	7569	5	NCAA I, Sacramento	11.71-1.8	692+3.2	1352	197	50.10	15.70-0.6	4190 480 5840 4:29.66	
4/13/06	7707	1	Sea Ray R, Knoxville	11.17+4.2	695+7.0	1323	202	51.32	15.18+2.7	4491 475 6361 4:52.36	
5/12/06	7765	1	SEC, Fayetteville	11.24+1.8	700+3.2	1346	203	51.09	15.02+0.5	4204 480 5954 4:33.96	
6/08/06	7772	2	NCAA I, Sacramento	11.43-1.0	678+0.5	1278	204	49.97	15.44-1.3	4305 480 6511 4:29.90	

* - junior implements/hurdles, **(rain delay, final 3 events on 15th)

PRs: 7780 11.17+4.2 746i 1411 209 49.22 15.02+0.5 4706 520 6511 4:29.19

Summary: 11 meets, 11 finishes, 3 wins, PR score 7780.

Josh Hustedt

DOB: June 1, 1984
 POB:
 Ht/Wt:
 Hometown: Sandy, UT
 High School: Jordan HS, UT
 College: Stanford



2007: Won Washington Heptathlon with major breakthrough 5677 score.
2006: Was 4th at Mountain Pacific Conference heptathlon indoors and PR'd outdoors at Texas Relays decathlon, 7070. 4th at PAC-10 decathlon. Returned to Stanford after two year Mormon mission. **Pre Stanford:** 4x Junior Olympic all-American in pentathlon and 2x Utah state long jump champ. Personal: Parents are Barry and Linda Hustedt.

Career:

Indoor:

1/28/06	5190	4	U Wash, Seattle	7.31	714	1062	191	8.48	445	2:55.26
2/25/06	5359	4	Mountain Pacific, Seattle	7.17	669	1185	194	8.31	456	2:49.92
1/27/07	5677	1	U Wash, Seattle	7.15	735	1108	201	8.23	485	2:47.21

Outdoor:

	5727										
5/07/06	6992	4	PAC-10, Eugene	11.36+1.4	721	0.0	978	198	50.10	14.78-0.9	3303 465 4229 4:53.08
4/05/06	7070	5	Texas R, Austin	11.04+4.2	710+2.9	1134	196	51.93	14.85+2.9	3304 470 4709 5:02.99	

PRs: 7070 11.04+4.2 735 1185 201 50.10 14.78-0.9 3304 485 4709 4:53.08

Duane Hynes

DOB:
POB:
Ht/Wt: 6-0, 185
Hometown: Warrenton, PA
High School: Central Bucks HS, PA
College: Princeton '09



2007: Won indoor pentathlon at Princeton with 5640. Runner-up at Heptagonals with 5325. **2006:** Placed 3rd at USA Jr nationals (7108 with junior implements) and 4th at Heps decathlon (6754). **Pre Princeton:** 10TH at USA Jr nationals in 2005.

Career:

Indoor:

1/15/06	5329	1	Princeton R, Princeton	no marks available
1/16/07	5640	1	Invt, Princeton	6.8h 710 1277 203 8.3h 461 2:46.2h
2/25/07	5325	2	Heptagonals, NYC	7.24 707 1327 191 8.79 450 2:52.83

Outdoor:

6/26/05	6291*	10	USA Jr, Carson	11.46+1.2 643+0.4 1096 187 52.04 16.01 0.0 3199 405 3807 4:50.79
7/08/05	6806*	1	Jr Olympic, Allentown	no marks available
7/27/05	6722*	2	Nat Jr Olympic, Indy	11.52+3.0 680+1.4 1268 190 51.12 15.71-0.6 3837 410 3910 4:51.62
4/14/06	6722	3	Howell, Princeton	11.4h+0.9 675-1.4 1218 194 51.9h 16.12nwi 3472 435 4360 4:41.8h
5/07/06	6754	4	Heptagonals, Phila	11.56-1.8 683+1.2 1210 191 51.80 17.02-4.3 3468 460 4460 4:38.03
6/21/06	7108*	3	USA Jr, Indy	11.54+2.2 678+1.8 1406 198 51.64 14.99+1.5 3695 430 4537 4:52.00

PRs: 6754 11.52+3.0 710 1327 203 51.12 16.12 3472 461 4537 4:38.03

Kevin Johnson

DOB:
POB:
Ht/Wt:
Hometown: Aurora, CO
High School: Overland HS, CO
College: Colorado State '07



2007: Won Mountain West Conference heptathlon with PR 5569. **2006:** **Indoor:** Placed third at both New Mexico Zia (5185 PR) and Mountain West Conference (5319 PR) at Air Force Academy. **Outdoor:** Opened season with victory at California Invt in Azusa (6958), then won the Mountain West Conference crown with PR 7151 effort. 13th at NCAAs. **2005:** Finished second at the Cal Decathlon with a career-best 6,749 points. **2004:** Finished ninth at the MWC Championship in both the outdoor decathlon and indoor heptathlon **Personal:** coached by Lindsey Malone and Del Hessel.

Career Record

Indoor:

2/26/05	5077	2	Mountain West, USAFA	7.26 695 1259 192 8.46 410 3:07.??
1/27/06	5185	3	New Mexico Zia, Albuquerque	7.24 678 1280 189 8.38 430 2:58.98
2/25/06	5319	3	Mountain West, USAFA	7.17 693 1237 194 8.33 440 2:57.35
1/26/07	5330	4	Cox, UNM, Albuquerque	7.10 699 1173 190 8.13 450 3:00.53
2/23/07	5569	1	Mountain West, Albuquerque	7.06 713 1314 198 8.09 440 2:55.19

Outdoor:

4/02/04 6091 3 Bennett, Greeley

4/14/05	6749	2	Cal Invt, Azusa	11.49-1.6	676	1152	192	51.46	15.46-1.8	3929	425	4675	5:09.47
4/13/06	6958	1	Cal Invt, Azusa	11.53-1.7	710	1262	188	51.55	14.98+1.4	3769	435	4751	5:01.47
5/11/06	7151	1	Mountain West, Provo	11.33+1.1	705-0.1	1314	190	50.81	14.90+1.3	4152	445	4480	5:01.30
6/08/06	6946	13	NCAA I, Sacramento	11.47	0.0 705+0.1	1220	189	51.40	15.77-0.6	3996	430	5183	5:03.23

PRs: 7151 11.33+1.1 740 1314 198 50.81 14.90+1.3 4152 450 5183 5:01.30

Donovan Kilmartin

DOB: June 11, 1984
 POB: Silver City, New Mexico
 Ht/Wt: 6-2, 175
 Hometown:
 High School: Eagle HS, ID '03
 College: Texas, '07



Senior (2007): Won 3rd Big 12 indoor heptathlon. **Junior (2006):** Won NCAA indoor heptathlon for 2nd time in 3 years. Then scored PR 7897 for 2nd at Texas Relays before claiming Big 12 decathlon crown. 5th at NCAA's outdoors. **Sophomore (2005) Outdoor:** Finished fourth in the decathlon with a score of 7,662 points at the NCAA Championships, Took second place in the decathlon at the Big 12 Championships with 7,472 points . Won the Big 12 Championship in the heptathlon with a meet record 5,791 points. **Freshman (2004):** . Indoor: 2004 NCAA Champion in heptathlon (NCAA record 6,136 points; won three events). **High School:** Three-time Track and Field News All-American in the decathlon at Eagle High in Eagle, Idaho ... national high school record-holder in the decathlon (7,486 pts.) and in the indoor pentathlon (4,303 pts ...15-time Junior Olympic National Champion and 37-time Junior Olympic All-American ... finished as the runner-up in the voting for Track and Field News' Men's High School Athlete of Year coached by Gary Gorrell ... boasts top prep marks of 7,486 points in the decathlon, 17-4½ in the pole vault, 7-2 in the high jump, 24-10½ in the long jump, 13.86 FAT in the 110m hurdles, also competed for Team Idaho Track Club under Tim Severa and Mark Murdock ... valedictorian of Eagle High with a 4.00 GPA and a member of the National Honor Society. **Personal:** majored in biomedical engineering.

Outdoor:

4/27/02	7131	1	Arizona Prep, Paradise Valley	11.12-4.2	719	1144	210	53.23	15.55-1.8	3739	500	3752	4:55.44
6/19/02	*7440	1	USA Jr , Berkeley	11.17+2.4	721+1.7	1237	208	51.32	15.17+1.0	3961	480	4366	4:43.15
7/17/02	*6930	12	IAAF Jr ,Kingston, JAM	10.99+1.8	727-1.5	1359	204	50.82	15.06-0.9	nm	460	4551	4:34.48
6/20/03	*7431	1	USATF Jr, Palo Alto,	11.20-0.4	703	1318	199	51.04	14.95+0.6	3834	490	5117	4:36.31
7/19/03	*7486	1	Pan-Am Jr, Bridgetown, BAR	11.21	0.0 692-2.5	1363	181	50.42	15.00-1.6	4303	530	4274	4:40.33
4/01/04	7729	3	Texas R, Austin	11.07	0.0 677 0.0	1406	207	51.52	14.60+2.9	3879	520	5102	4:42.75
4/30/04	dnf	1	Big 12 , Norman	10.98+1.2	736+2.4	1356	210	withdrew					
4/07/05	7650	2	Texas R, Austin	11.05+3.8	720+2.6	1394	207	51.49	14.70+3.1	3498	505	5299	4:54.74
5/14/05	7472	2	Big 12, Manhattan	11.18+0.2	741+0.2	1383	201	51.49	15.05-3.8	3606	485	4838	4:49.40
4/05/06	7897	2	Texas R, Austin	10.88+4.2	746+5.9	1389	211	51.78	14.57+2.9	3886	520	5365	4:59.20
5/13/06	7744	1	Big 12, Waco	10.99+3.2	723+5.6	1439	192	50.76	14.77+2.8	4052	525	5363	4:58.86
6/08/06	7457	5	NCAA I, Sacramento	11.50-1.3	678+2.0	1401	207	51.30	14.84-0.8	3607	510	5011	4:52.37

PRs: 7897 10.88+4.2 761 1459 218 50.42 14.57+2.9 4052 540 5382 4:34.48

Indoor:

3/9/02	3920	1	National Scholastics,, NYC,										
3/15/03	4303	1	National Scholastic NYC (simple/hurdles)			8.17	751	1387	211	2:46.60			
1/31/04	5856	1	UNI Invt, Cedar Falls, IA			7.15	732	1346	210	8.42	510	2:54.05	
3/13/04	6136	1	NCAA I, Fayetteville, AK			7.05	737	1427	208	8.17	540	2:49.44	
1/29/05	5752	1	Houston Invt, Houston			7.22	718	1344	208	8.42	500	2:53.64	
2/26/05	5791	1	Big 12, Lincoln			7.11	685	1285	208	8.31	520	2:50.87	

3/12/05	5925	2	NCAA, Fayetteville	7.16	731	1402	207	8.33	510	2:49.40
1/27/06	5870	2	New Mexico Zia, Albuquerque	7.09	740	1424	201	8.11	510	3:00.64
2/25/06	5876	1	Big 12, Lincoln	7.09	688	1454	202	8.16	530	2:55.33
3/11/06	6048	1	NCAA I, Fayetteville	7.13	756	1384	206	8.09	530	2:54.42
1/26/07	5700	1	Cox, UNM, Albuquerque	7.11	712	1458	202	8.34	510	3:07.92
2/24/07	5870	1	Big 12, Ames	7.14	712	1427	205	8.25	502	2:50.27

Joshua Kinnamen

DOB: November 26, 1984
 POB:
 Ht/Wt: 6-2, 200
 Hometown: Chandler, AZ
 High School: Corona del Sol, Tempe, AZ '03
 College: Arizona State '08



2007: Runner-up at Mountain West hept with 5585 score. **2006:** Won Mountain Pacific Conference Heptathlon with PR 5603, then placed 8th at NCAA indoors. Placed 4th at Jim Click decathlon, then was runner-up at PAC-10 decathlon. And finished season with 6th place at NCAA outdoors. Coached by former world decathlon record holder Dan O'Brien. **2005** Won the NAU Multi-Events meet with 5,402 points...advanced to the NCAA Indoor Championships, but did not finish after sustaining an injury in the first event...at the NAU meet, won or tied for first in all events... **2004** Finished 12th overall in his first NCAA Championship meet, scoring 7,402 points in the decathlon...was the Pac-10 runner-up (7,484).....finished 10th in the javelin at the conference meet...also qualified for the Pac-10 long jump event. **2004 Indoor:** Did not compete.. **Personal:** Majoring in mechanical engineering...parents are Martin and Carla Kinnaman

Career Record

Indoor:

1/29/05	5402	1	N Arizona, Flagstaff	6.88	736	1398	188	8.81	437	3:02.04
3/12/05	dnf	-	NCAA I, Fayetteville	6.97	549	withdrew				
2/04/06	5304	2	Air Force Invt, USAFA	7.00	694	1290	199	8.74	440	3:03.23
2/25/06	5603	1	Mtn Pacific Conf, Seattle	6.93	700	1427	197	8.48	436	2:48.91
3/11/06	5476	8	NCAA I, Fayetteville	7.11	720	1305	191	8.59	450	2:46.48
1/26/07	5406	3	Cox, UNM, Albuquerque	7.06	693	1401	199	8.48	420	2:57.45
2/24/07	5585	2	Mountain Pacific, Seattle	6.98	699	1373	19			

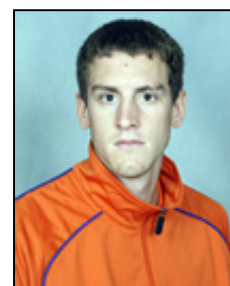
Outdoor:

3/24/04	7147	5	Maynard, Tucson	10.78+0.9	681	1205	195	49.65	16.16+0.9	3716	415	6104	5:04.18	
5/08/04	7484	2	PAC -10, Tucson	10.87	0.0	727+1.7	1276	194	49.77	15.84+0.1	4246	450	5665	4:57.42
6/12/04	7402	12	NCAA I, Austin	10.80+1.6	725+2.3	1283	194	50.56	15.18+4.2	4057	420	5540	4:56.26	
3/24/06	7331	4	Click, Tucson	11.07+1.8	686-0.2	1376	198	49.59	15.16+3.1	4151	430	5306	5:08.60	
5/07/06	7202	2	PAC-10, Eugene	11.07+1.4	711+2.2	1319	195	49.56	14.93-1.7	4538	415	3682	4:59.59	
6/08/06	7296	6	NCAA I, Sacramento	11.22-1.3	665-1.1	1214	198	48.24	15.42-0.6	4545	450	4044	4:41.75	

PRs: 7484 10.80+1.6 736i 1427 199 48.24 14.80 4538 450 6104 4:41.75

Ryan Koontz

DOB: September 25, 1983
 POB:
 Ht/Wt: 6-3, 190
 Hometown: Statesboro, GA



2/24/06	5138	4	ACC, Blacksburg	7.20	672	1055	190	8.27	380	2:40.57
1/27/07	5480	1	Clemson Multis, Clemson	7.06	685	1119	194	8.18	455	2:44.62
2/24/07	5617	1	ACC, Clemson	7.06	663	1247	190	8.01	460	2:36.67

Outdoor:

3/24/06	6937	2	Wake, Winston-Salem	11.03	687	1114	189	47.98		
4/21/06	7066	3	ACC, Winston-Salem	11.21-2.1	680+0.9	1102	195	47.75	14.70+2.6	3514 350 5090 4:33.38
6/22/06	7057*	4	USA Jr, Indy	10.89+2.2	666+2.0	1272	192	50.12	14.50+1.0	3532 390 4867 4:51.82

PRs: 7066 10.89+2.2 687 1247 195 47.75 14.70+2.6 3514 460 5090 4:33.38

*- Junior implements

Mike Morrison

DOB:
 POB:
 Ht/Wt: 6-0, 170
 Hometown: Chesapeake, VA
 High School: Great Bridge HS, VA
 College: Florida '10



2007: Placed 3rd at SEC indoor heptathlon with 5652 pts. **Pre Florida:** Won Nike Outdoor HS nationals in vault at 17-3 . Won 2005 USA Jr vault title and had nation's top marl with 17-6½. 3rd at 2005 USA Jr decathlon. Also played high school football and volleyball.

Career:

Indoor:

1/27/07	5478	2	Clemson Multis, Clemson	7.19	714	1117	194	8.37	505	2:57.09
2/24/07	5652	3	SEC, Lexington	7.16	711	1244	194	8.37	515	2:50.94

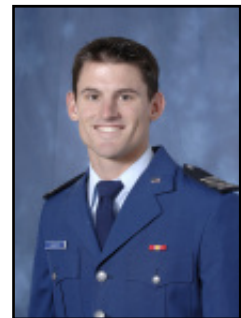
Outdoor:

6/26/05	6952*	3	USA Jr, Carson	11.14+2.4	695+1.5	990	184	51.60	15.24+0.7	3170 495 5120 4:50.32
7/14/05	58??	* 10	World Youth, Marrakech	11.31	689	1219		51.88	14.44	189 5245 3:00.56

PRs: 11.14+2.4 714 1244 194 51.60 15.24+0.7 525 5245 4:50.32

Brian Walsh

DOB:
 POB:
 Ht/Wt:
 Hometown: Redlands, CA
 High School: Redlands HS, CA
 College: U.S. Air Force Academy '07



2007: Was runner-up at both Air Force and Mountain West Conference heptathlons, latter with PR 5539.
2006. Mountain West Conference champion in the heptathlon...Academy record-holder in that event...competed at the NCAA Indoors. Winning score of 5412 at the MWC Champs. Scored 6940 points

at the MWC Outdoor Champs...finished third at the conference meet...placed second out of 26 competitors at the Cal Combined Events Meet **2005**: Earned the team's Laura Piper 'Iron man' Award. Finished second in the decathlon at the Mountain West Conference Outdoor Champs with 6716 points. Earned a 4th place finish in the heptathlon at the MWC Indoor Champs with a PR 5012 points. Finished second in the heptathlon at the Air Force Invt with 4803 points. **2004**: Recorded 4662 points in the heptathlon at the MWC Indoor Champs to finish eighth. Tallied a career-best 6188 points in the decathlon at the conference outdoor meet. **High School**: Four-time track MVP...league champion in the 200-meter (22.10) and 400-meter (49.49) dashes, as well as the triple jump (45'2¼")...also lettered three years in football and soccer... **Personal**: Son of Brian and Sherry Walsh.

Career:

Indoor

1/24/04	4352	10	USAFA, CO																
2/28/04	4662	8	Mtn West, USAFA																
1/22/05	4803	2	USAFA, CO																
2/26/05	5012	4	Mtn West, USAFA	7.11	649	1125	189	8.97	430	2:51.24									
2/04/06	5318	1	USAFA, CO	7.07	700	1149	193	8.77	460	2:52.10									
2/25/06	5412	1	Mtn West, USAFA	7.03	692	1164	194	8.74	460	2:45.13									
3/11/06	5288	13	NCAA I, Fayetteville	7.20	703	1108	185	8.69	470	2:46.97									
2/03/07	5224	2	USAFA, CO	7.10	673	1190	188	8.69	465	2:55.28									
2/23/07	5539	2	Mtn West, Albuquerque	7.09	710	1247	189	8.67	480	2:42.97									

Outdoor:

3/26/04	5755	9	Cal Multis, Berkeley																
5/13/04	6188	8	Mtn West, Las Vegas																
3/25/05	6671	9	Wildcat, Tucson																
4/14/05	5911	13	Cal Invt, Azusa	11.52-1.4	667	1104	183	50.06	16.00+0.4	3175	nh	4286	4:37.17						
5/12/05	6716	2	Mtn West, Fort Collins																
4/13/06	6901	2	Cal Invt, Azusa	11.02+0.1	671nwi	1128	188	50.38	15.53+1.4	3156	465	4086	4:36.50						
5/11/06	6940	3	Mtn West, Provo	11.09+1.1	689	0.0	1130	187	50.30	15.63+1.3	2969	445	5179	4:42.46					

PRs: 11.02 710 1247 194 50.06 15.53 3175 480 5179 4:36.50

Hans-Olaf Uldal

DOB: December 16, 1982
 POB: Arendal, Norway
 Ht/Wt: 6-2, 210
 Hometown: Arendal, Norway
 High School: Barbu VGS
 College: Missouri '07



2007: Runner-up at Big 12 indoor heptathlon. Has only indoor eligibility remaining. **2006**: **Outdoor**: opened season with 8018 PR win at Walton meeting in Columbia.....placed 2nd at Big 12 decathlon in Waco. **Indoor**: Was Big 12 heptathlon runner-up with PR 5639 effort, then placed 7th at NCAA heptathlon with 5593 score. **2005**: **Outdoor**: Had a very impressive season, winning the Big 12 Championship in the decathlon with a then-new school record of 7,740 ... followed up with a third-place national showing at the NCAA Championships (7,687), broke school record once again in winning Norwegian National Championship with a 7,752 score ... **Indoor**:, placed sixth at the NCAA Indoor with a personal-best score of 5,546 ... tripped over a hurdle at the Big 12 Championships, preventing a top-three finish ... **2004**: **Outdoor**: Olympian, finishing 27th in the Athens Games, scoring 7,495 points...selected by his home country of Norway to represent them in the decathlon after scoring a personal-best, school-record score of 7,733 points at the Norwegian Championships in late-July ... was the second-youngest competitor in the Olympic decathlon... scored 7,661 points at the NCAA Championships... finished runner-up at the Big 12 Championships, scoring 7,329 **Indoor**: Redshirt season

... had surgery to repair an artery wrapped around kidney. **2003:Outdoor:** Named all-Big 12 after fourth place finish in decathlon (7,261) ... earner career best at the Florida Relays with a meet-best of 7,587 points, breaking the Missouri record in the process,. **Indoor:** All-Big 12 in the indoor heptathlon with a score of 5,497 (third). **Personal:** Son of Arlid Uldal & Berit Stephansen ... communications on a major ... before college was a two time Nordic Junior National Champion in the decathlon (2001 & 2002) ... finished eighth in the European Cup in 2001 ... Norway's record holder in the pentathlon ... born December 16, 1982 in Arendal, Norway

Career Record

Indoor

3/01/03	5497	3	Big 12, Lincoln	7.30	700	1382	191	8.46	453	2:44.29
2/26/04	3869	13	Big 12, Lincoln	7.13	689	1415	187	dnf	470	dnf
3/5/05	5437	1	Intermountain, Pocatello							
3/12/05	5546	6	NCAA, Fayetteville	7.22	705	1417	189	8.27	450	2:47.20
2/25/06	5639	2	Big 12, Lincoln	7.14	707	1498	187	8.25	470	2:50.33
3/11/06	5593	7	NCAA I, Fayetteville	7.28	719	1433	188	8.31	480	2:51.51
2/24/07	5478	2	Big 12, Ames	7.21	698	1479	181	8.25	452	2:50.42

Outdoor

8/??/02	7443	?	Nordic Champs, Ålborg	11.40+0.7	705	1163	202	50.53	15.41-1.2	4492	422	5712	4:35.83
3/27/03	7587	1	Florida R, Gainesville	11.24+1.7	725+1.0	1366	186	50.87	15.33+0.4	4644	450	5602	4:37.25
5/18/03	7261	4	Big 12, Austin	11.16+3.5	699	1357	189	51.08	15.22+0.4	4513	430	5617	5:14.74
6/12/03	6820	19	NCAA I, Sacramento	11.46+0.6	705+2.9	1350	nh	50.82	15.59-3.0	4488	450	6123	4:37.31
3/19/04	4936	12	Tex A&M R,College Station	11.53+2.3	688	1255	174	52.69	dnf	4407	nh	6046	dnf
4/30/04	7329	2	Big 12, Norman	11.27+1.1	728+2.6	1315	186	51.63	15.25+1.6	3938	440	5611	4:41.80
6/12/04	7661	5	NCAA I, Austin	11.08+2.2	725+1.9	1422	176	50.90	14.71+3.3	4682	460	6032	4:50.92
7/04/04	[5868]dnf		European Cup, Riga,LAT	11.73	694	1303	183	50.80	15.82	4562	440		withdrew
7/25/04	7733	2	Nat Champs, Moss,NOR	11.06+2.2	739+2.0	1328	189	50.86	14.98+2.4	4634	450	5946	4:42.76
8/24/04	7495	27	Olympic Games, Athens	11.23-0.2	689+0.4	1353	185	50.95	15.09+1.5	4301	450	6000	4:41.70
4/15/05	7731	1	Walton, Columbia	11.14+1.7	734	1409	180	51.24	14.80+1.4	4456	475	5942	4:38.34
5/14/05	7740	1	Big 12, Manhattan	11.22+0.3	712-0.1	1485	189	51.75	15.13-0.7	4646	475	6209	4:48.01
6/09/05	7687	3	NCAA I, Sacramento	11.50-1.8	699+1.8	1383	188	51.25	14.98-0.6	4858	480	5865	4:38.23
7/24/05	7752	1	Norway Champs, Drammen	11.29+0.5	727+1.0	1446	186	51.25	14.76-0.2	4596	465	5893	4:38.35
4/14/06	8018	1	Walton, Columbia	11.08+2.3	729+2.3	1443	192	51.28	14.81+4.7	4656	495	6117	4:36.84
5/13/06	7484	2	Big 12, Waco	11.20+2.6	695+5.1	1440	180	51.40	15.23+4.2	4319	465	6193	4:51.28
6/08/06	[4544]dnf		NCAA I, Sacramento	11.48-1.0	720+0.9	1420	180	51.13	15.47-0.6	3f			withdrew
8/11/06			dnf Euro Champ, Goteborg	11.38-0.5	694+1.2	1284	185	52.41	15.42-0.8	4472	nh		withdrew

PRs: 8018

11.06+2.2 739+2.0 1498 202 50.53 14.71+3.3 4858 495 6209 4:26.32



Heptathlon PRs:

		score	60m	lj	sp	hj	60mH	pv	1000m
Donovan Kilmartin	Texas	6136	7.05	761	1459	218	8.09	540	2:49.40
Raven Cepeda	N Iowa	5695	7.10	684	1404	189	8.25	505	2:46.66
Jangy Addy	Tennessee	5688	6.88	732	1680	196	7.98	415	2:57.90
Jake Arnold	Arizona	5687	7.20	694	1443	202	8.13	510	2:47.16
Josh Hustedt	Stanford	5677	7.15	735	1185	201	8.23	485	2:47.21
Chris Helwick	Tennessee	5917	7.22	746	1411	209	8.44	520	2:40.34

Mike Morrison	Florida	5652	7.16	714	1244	194	8.37	525	2:50.95
Joe Detmer	Wisconsin	5651	7.14	706	1242	195	8.44	465	2:30.86
Duane Hynes	Princeton	5640	7.24	710	1327	203	8.79	461	2:46.2h
Brent LaRue	Wake Forest	5617	7.06	687	1247	195	8.01	460	2:36.07
Josh Kinnamen	Arizona St	5603	6.88	736	1427	199	8.48	450	2:46.48
Kevin Johnson	Colorado St	5569	7.06	740	1314	198	8.09	450	2:53.19
Brian Walsh	Air Force	5539	7.03	710	1247	194	8.67	480	2:42.97
Ryan Koontz	Clemson	5531	7.17	730	1405	218	8.12	465	2:47.02
Hans Uldal	Missouri	5639	7.13	739	1498	202	8.25	496	2:44.29