

# **2008 USATF Indoor Men's Heptathlon**

## **MEDIA GUIDE**



**Saturday-Sunday  
March 8-9, 2008  
University of North Carolina  
Chapel Hill, NC**



**Frank Zarnowski  
Deca, The Decathlon Association  
[www.decathlonusa.org](http://www.decathlonusa.org)**

# Media Guide

## 2008 USA Indoor Men's Heptathlon

### Time Schedule

**Saturday, March 8, 2008**

**60 Meter Dash**

**1:00 pm**

**Long Jump**

**Shot Put**

**High Jump**



**Sunday, March 9, 2008**

**60m Hurdles**

**1:00 pm**

**Pole Vault**

**1000 Meters**

**Qualifying Standards:** [qualifying window: Jan 6, 2007 to March 2, 2008]

**Indoor Heptathlon Score**                      **5450**

**Indoor Pentathlon Score**                      **3850**

**Outdoor Decathlon Score**                      **7700**

**Entrants:**

		<u>PR score</u>	<u>' 07-08 best</u>	<u>Decathlon PR</u>
Jake Arnold	unat	5909	5909	8215 '07
Chris Boyles	C-BO-Elite	5842	5842	7855 '06
Raffael Craig	Shore AC	5361	5361	
Joe Detmer	unat	5761	5761	7963 '07
Chris Helwick	2gnc	5917	5666	7732 '07
Mark Jellison	unat	5551	5532	7302 '05
Gabe LeMay	unat	5447	5403	7517 '04
Harold Rose	Bethune-Cook	5387	5387	6563 '07
Paul Terek	Asics	6040	5977	8312 '04
Brian Walsh	USAF	5539	5539	7334 '07
Stephen Moore	unat	6132	-----	8085 '04

**PRs for Indoor Heptathlon Events:**

	<u>60m</u>	<u>LJ</u>	<u>SP</u>	<u>HJ</u>	<u>60H</u>	<u>PV</u>	<u>1000m</u>
Jake Arnold	7.17	697	1501	209	8.11	530	2:42.62
Chris Boyles	7.15	746	1533	218	8.24	500	2:47.86
Raffael Craig	7.23	686	1515	207	8.34	414	3:01.84
Joe Detmer	7.14	724	1249	204	8.44	480	2:29.42
Chris Helwick	7.22	746	1411	209	8.44	520	2:40.34
Mark Jellison	7.23	765	1351	207	8.10	476	2:45.52
Gabe LeMay	7.23	668	1339	199	8.69	470	2:36.23
Stephen Moore	6.97	787	1348	217	8.06	510	2:42.35
Harold Rose	7.16	724	1148	198	8.26	433	2:57.06
Paul Terek	7.04	738	1599	208	8.43	570	2:39.43
Brian Walsh	7.03	724	1247	198	8.65	480	2:42.97

## USATF/TAC National Indoor Combined Events Champions

### Pentathlon

	[hj-60ydH-sp-lj-600yds]			site
1978	Jim Wooding	Unat, Coatesville, PA.	3605	Bethlehem, PA
	[55mH-lj-sp-hj-1000m]			
1984	Scott Daniels	Utah	4168	Canyon, TX
1985	Orville Peterson	Campbell TC	3968	Canyon, TX
1986	Tony Allen-Cooksey	Unat, santa Barbara, CA.	4015	Canyon, TX
	[60mH-lj-sp-hj-1000m]			
1987	Tony Allen-Cooksey	Athlete's Forte	4315	Gainesville, FL
1988	Gary Kinder	NYAC	4135	Lincoln, NE
1989	Ed Brown	UCSB Outreach	4050	University Park, PA
1990	Vernon George	Florida Clippers	4171	Baton Rouge, LA
1991	Dan O'Brien	Reebok Racing Team	4321	Colorado Springs
1993-94	no national meet			

### Heptathlon

	[60m-lj-sp-hj / 60mH-pv-1000m]			
1995	Sheldon Blockburger	unat, San Luis Obispo	6035	Moscow, ID
1996	Steve Fritz	Accusplit	6213	Manhattan, KS
1997	Ricky Barker	VISA/Gallery Furniture	5969	Manhattan, KS
1998	Ricky Barker	Gallery Furniture	5867	Atlanta, GA
1999	Trafton Rodgers	Puma	6044	Atlanta, GA
2000	Tom Pappas	adidas	5933	Atlanta, GA
2001	Stephen Moore	unat, Lubbock, TX	6068	Atlanta, GA
2002	Tom Pappas	Nike	6113	Chapel Hill, NC
2003	Paul Terek	World's Greatest Athletes DT	5870	Chapel Hill, NC
2004	Paul Terek	World's Greatest Athletes DT	6040	Chapel Hill, NC
2005	Ryan Harlan	unat	6102	Chapel Hill, NC
2006	Ryan Harlan	unat	5949	Chapel Hill, NC
2007	Paul Terek	Asics	5960	Chapel Hill, NC

### Records:

Most Wins:	3	Paul Terek	2003 2004 2007
	2	Ryan Harlan	2005 2006
		Tom Pappas	2000 2002
		Ricky Barker	1997 1998
		Dan O'Brien	1991 1992
		Tony Allen-Cooksey	1986 1987



# Recent Meet Results

## 2007 Indoor Champs

### 3/3-4 22<sup>nd</sup> USATF National Champs, Eddie Smith Fieldhouse, UNC, Chapel Hill, NC

5960	Terek, Paul/Asics	7.08 715 1510 196 8.51 532 2:44.39
5702	Boyles, Chris/C-BO Elite	7.23 687 1425 214 8.39 462 2:50.84
5414	Olkowski, Ryan/unat	6.92 687 1297 196 8.78 462 2:56.65
dnf	Harlan, Ryan/unat	7.08 648 1595 193 inj, withdrew



nb: Terek's win is record three (2003, 2004, 2007) at nationals meet. 4s,3f.

## 2006 Indoor Champs

### 3/4-5 22<sup>nd</sup> USATF Combined Events Champs, UNC, Chapel Hill, NC

5949	Harlan, Ryan/unat	7.07 693 1636 208 7.96 472 2:53.86
5883	Terek, Paul/Asics	7.12 709 1447 196 8.43 522 2:44.17
5751	Boyles, Chris/unat	7.25 682 1482 208 8.35 482 2:49.09
5747	Olkowski, Ryan/unat	6.98 736 1284 208 8.33 462 2:53.73
5452	Randolph, Chris/Seattle Pacific	7.23 665 1284 196 8.49 452 2:40.69
5452	Wineberg, Chris/unat	7.25 694 1327 190 8.72 472 2:44.43
5421	Marsh, Mike/unat	7.16 690 1307 187 8.31 462 2:51.98
5040	Creekmur, Cieth/unat	7.26 686 1130 205 8.75 402 3:03.78

Dnf Thomas, Will/unat [7.33 660 1489 1908 8.81], Haber, Ben/unat [7.33 650 1247 184], Richardson I, Chris/unat [7.46 651 1169]. 11s,8f

## 2005 Indoor Champs

### 3/5-6 21<sup>st</sup> USATF Champs, UNC, Chapel Hill, NC

6102	Harlan, Ryan/unat	7.09 685 1609 213 [3411] 7.97 510 2:50.47
5972	Terek, Paul/unat	7.12 733 1479 201 [3323] 8.77 520 2:39.43
5730	Moore, Stephen/unat	8.68 715 1253 201 [3180] 8.31 470 2:43.44
5694	Boyles, Chris/unat	7.24 707 1409 210 [3259] 8.29 460 2:52.93
5521	Schmidt, Nate/unat-Team Nodak	7.14 705 1297 201 [3137] 8.40 420 2:49.63
5503	Wineberg, Chris/unat	7.19 667 1265 198 [2983] 8.82 500 2:44.48
5438	Richardson, Chris/unat	7.29 694 1209 198 [2878] 8.59 450 2:41.15
5286	Haber, Ben/unat	7.24 635 1258 186 [2784] 8.32 480 2:51.49
5260	Aarke, Andrew/unat-NDSU	7.15 666 1168 192 [2882] 8.28 380 2:37.38
5171	Keller, Stevie/unat-Team Nodak	7.44 622 1411 195 [2860] 8.91 410 2:37.64
4391	Bullick, Allen/unat-Texas A&M	7.15 667 1275 186 [2897] 8.72 nh 2:57.85
dnf	Olkowski, Ryan	6.88 720 1297 201 [3265] 8.06 nh
Dnf	Thomas, Will/unat-UConn	7.35 673 1505 201 [3118] withdrew
Dnf	Baker, Keith/unat-Alabama	7.40 612 1451 nh withdrew[2128] 14s,11f

## 2004 Indoor Champs

### 3/6-7 USATF National Indoor Champs, UNC, Chapel Hill, NC

6040	Terek, Paul/WGA	7.04 708 1531 198 8.48 541 2:42/97
5989	Harris, Stephen/WGA	7.02 754 1309 216 8.29 451 2:40.28
5898	McMullen, Phil/unat	7.25 685 1462 198 8.19 501 2:35.41
5711	Lemen, David/unat	7.26 744 1325 186 8.25 531 2:55.29
5635	Olkowski, Ryan/WGA	6.87 743 1181 213 8.57 441 2:57.28
5600	Cook, Jamie/unat	7.26 704 1370 195 8.44 471 2:44.78
5557	Anderson, Bryan/unat	7.30 670 1384 204 8.42 441 2:40.94
5520	Geisler, Andy/unat	7.23 696 1407 192 8.63 481 2:49.63

5518	Wineberg, Chris/Bobcat TC	7.23	699	1264	189	8.94	501	2:39.13
5471	Geophert, Travis/unat	7.23	693	1487	180	8.57	441	2:38.89
5430	Bork, Adam/unat	7.14	676	1411	183	8.41	491	2:57.64
5391	Hart, Bevan/US Army	7.32	647	1244	180	8.39	511	2:43.20
5331	Wagner, Peter/unat	7.39	690	1095	198	8.27	431	2:42.69
5292	Tom Pappas/WGA-Nike	6.93	728	1575	210	7.93	nh	2:49.32
4736	Brozik, Paul/unat	7.30	687	1204	207	9.84	341	2:59.86
4612	Sprague, Alex/Indy Invaders	7.22	655	1439	nh	8.27	421	2:59.86
dnf	Boyles, Chris/WGA	7.26	694	1357	210	8.37	451	dns
dnf	Janvrin, Kip/K&KTC	7.40	657	1339	180	8.83	nh	dns

## 2003 Indoor Champs

### 3/8-9 USATF Champs, UNC, Chapel Hill, NC

5870	Terek, Paul/World's Greatest Athletes DT	7.10	697	1534	197	8.67	<b>540</b>	2:49.21
5731	Sander, Jeff/Bell Athletics	7.18	694	1396	200	<b>7.99</b>	480	2:51.40
5689	Lemen, David/Willamette Striders	7.24	737	1173	191	8.21	<b>530</b>	2:52.47
5669	Thomas, Will/Connecticut	7.25	692	1463	200	8.50	470	2:44.03
5622	Giesler, Andy/Oakley	7.26	694	1563	191	8.47	480	2:50.11
5551	Jellison, Mark/unat, Stoors, CT	7.23	724	1196	200	8.11	450	2:50.81
5413	Hart, Bevan/US Army	7.25	662	1248	188	8.40	510	2:52.98
5387	Cebulski, Joe/Bell Athletics	7.29	669	1396	206	8.59	450	2:58.36
5141	Longhenry, Eric/Northern St	7.29	655	1360	191	8.47	420	2:58.13
5134	Keller, Stevie/unat, Fargo, ND	7.45	606	1358	191	8.65	430	2:41.91
5052	Esler, Steve/U of Buffalo	7.51	642	1215	203	8.78	420	2:51.69
4634	Janvrin, Kip/WGA DT	7.34	650	nm	182	8.57	470	2:40.69
4627	Williams, Jason/unat-Boise, ID	7.04	652	1393	191	8.33	nh	2:55.45
3697	Pappas, Tom/Nike	<b>6.94</b>	nm	<b>1615</b>	nh	<b>7.84</b>	500	dnf
dnf	Falconer, Brendon/Indy Invaders	7.16	719	1395	194	8.20	nh	dnr
dnf	Sprague, Alex/Indy Invaders	7.08	652	1479	nh	8.21	420	dnr
dnf	McMullen, Phil/Nike	dsq	645	1476	194	withdrew		
dnf	Young, Elliot/unat-Warrensburg, MO	7.08	nm	1423	withdrew			

## 2002 Indoor Champs

### 3/1-2 18<sup>th</sup> USA Men's National Indoor Combined Events Champs, UNC, Chapel Hill, NC

6113	Pappas, Tom/adidas	6.93	745	1547	204	7.94	503	2:55.65
5720	Moser, Aaron/Miami	6.89	680	1356	195	8.15	503	2:55.58
5711	Giesler, Andy/Oakley International	7.20	701	1445	201	8.42	473	2:46.22
5689	Harris, Stephen/Tennessee	6.99	726	1245	201	8.20	433	2:43.27
5610	Thomas, Will/Connecticut	7.37	698	1461	198	8.38	463	2:46.01
5554	Sander, Jeff/unat	7.32	670	1398	198	8.12	473	2:51.81
5527	Jellison, Mark/Connecticut	7.26	705	1233	195	8.28	463	2:45.52
5506	Cook, James/unat	7.29	702	1332	195	8.44	453	2:45.04
5477	Janvrin, Kip/K&K TC	7.33	679	1426	183	8.55	473	2:40.24
5237	Kurelich, JT/Penn St Spiked Shoe	7.17	663	1305	195	8.24	403	2:55.26
5190	Spickler, Brian/unat	7.16	666	1392	186	8.90	403	2:43.56
5180	Cvelbar, Mike/North Carolina	7.40	647	1333	180	8.43	463	2:51.06
4149	Moore, Stephen/unat	7.04	732	1256	204	8.29	nh	dnf
dnf [4090]	Slack, Leo/unat [7.14 716 1503 195 8.52 nh withdrew], dnf [4141] Spague, Alex/unat [7.06 684 1454 204 8.32 withdrew, inj]. 15s,13f. Pappas total was #6 all-time US performer and # 7 all-time US performance.							

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

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### 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 KRATSCHEMER	Dortmund	2/14/86
		(West Germany)	(6143-2)	
HJ	2.24(7-4 ¼)	SCOTT SELLERS	Manhattan	12/07/07
		(Kansas State)	(4046-1)	
60mH	7.74	BRYAN CLAY	Ames	3/15/08
		(Nike-USA)	(6192)	
		JANGY ADDY	Fayetteville	3/1/08
		(Tennessee)	(5836)	
PV	5.60 (18-4½)	ALEKSANDR AVERBUKH	Valencia	3/01/98
		(Russia)	(6144-6)	
1000m	2:29.42	JOE DETMER	Fayetteville	3/10/07
		(Wisconsin, 5651-3)		

### 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	2.24(7-4 ¼)	SCOTT SELLERS	Manhattan	12/07/07
		(Kansas State)	(4046-1)	
60m H	7.74	BRYAN CLAY	Ames	3/15/08
		(Nike-USA, 6191-1st)		
		JANGY ADDY	Fayetteville	3/1/08
		(Tennessee)	(5836)	
PV	5.41m(17-9)	PAUL TEREK	Chapel Hill	3/07/04
		(WGA- 6040-1)		
1000m	2:29.42	JOE DETMER	Fayetteville	3/10/07
		(Wisconsin, 5651-3)		

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

### Collegiate Bests

Heptathlon	5891	CHAD SMITH	Manhattan,KS	2/10-11/96
		(Tenn)	(693 735 1410 201 8.12 471 2:50.07)	
Pentathlon	4401*	BRUCE REID	Baton Rouge	2/25/89

		(LSU)	(7.95 749 1688 210 2:59.11)	
60m	6.89	AARON MOSER (Miami)	Chapel Hill (5720-2)	3/2/02
		TREY HARDEE (Texas)	Lincoln, NE (5723-2)	2/25-05
LJ	7.68(25-2 1/2)	KEITH YOUNG (George Mason)	Canyon (4080)	2/15/86
SP	16.88(55-4 3/4)	BRUCE REID (LSU)	Baton Rouge (4401)	2/25/89
HJ	2.24(7-4 1/4)	SCOTT SELLERS (Kansas State)	Manhattan (4046-1)	12/07/07
60m H	7.74	JANGY ADDY (Tennessee)	Fayetteville (5836)	3/1/08
PV	5.40m(17-8 1/2)	PAUL TEREK (Michigan St)	Univ. Park, PA (5685-1)	2/25/01
1000m	2:29.42	JOE DETMER (Wisconsin, 5651-3)	Fayetteville	3/10/07

### Meet Records (AAU/TAC/USATF)

Heptathlon	6213	STEVE FRITZ	Manhattan	2/10-11/96
		[7.00 7.31m 16.02m 2.07m 7.93 5.01m 2:45.75]		
Pentathlon	4497	DAN O'BRIEN (7.88 735 1469 215 2:40.12)	Moscow	2/28/92
60m	6.78	DARRIN STEELE (US Army-UCTC)	Moscow	2/10/95
		DAN O'BRIEN (Nike-Footlocker)	Moscow	2/10/95
LJ	7.79m (25-6 3/4)	VERNON GEORGE (Fla Clippers)	Baton Rouge	2/18/90
		TERRY SIMPSON (Nike-Indiana)	Moscow	2/10/95
SP	16.88(55-4 3/4)	BRUCE REID (LSU)	Baton Rouge (4401)	2/25/89
HJ	2.21(7-3)	TOM PAPPAS (adidas)	Atlanta	3/03/00
60m H	7.83	VERNON GEORGE (Fla Clippers)	Baton Rouge	2/18/90
		ERIC REID (unat)	Baton Rouge	2/18/90
PV	5.41m(17-9)	PAUL TEREK (WGA)	Chapel Hill (6040-1)	3/07/04
1000m	2:32.59	SCOTT DANIELS (unat.)	Canyon,TX (4168-1)	2/20/84

### Facility Record [Eddie Smith Fieldhouse and Dick Taylor Track, UNC, Chapel Hill, NC]

Heptathlon	6113	TOM PAPPAS	adidas	3/1-2/03
		[6.93 745 1547 204 7.94 503 2:55.65]		
60m	6.89	AARON MOSER	Miami	3/01/02



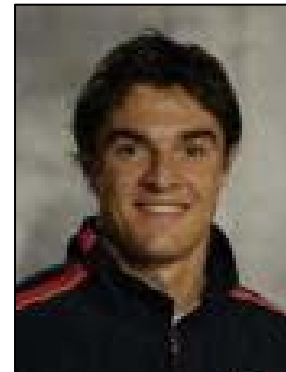
Long Jump	7.54m(24-9)	STEVEN HARRIS	WGA	3/07/04
Shot Put	16.36 (53-8)	RYAN HARLAN	unat	3/06/06
High Jump	2.16m(7-1)	STEVEN HARRIS	WGA	3/07/04
60m Hurdles	7.84	TOM PAPPAS	Nike	3/09/03
Pole vault	5.41m (17-9)	PAUL TEREK	WGA	3/07/04
1000 meters	2:35.41	PHIL McMULLEN	Nike	3/07/04

## Athlete Bios



### JAKE ARNOLD

DOB: January 8, 1984  
 POB: Santa Rosa, CA  
 Ht/Wt: 6-3, 188  
 Hometown: Santa Rosa, CA  
 High School: Maria Carrillo HS, CA  
 College: U of Arizona '07



**2007:** Eye-opening 8215 win at NCAAs made him first to repeat since 1985 and American all-time. Pr'd at LSU with 7946 opener in March, then defended PAC 10 crown with 7755. Runner-up in Albuquerque and winner of Mountain Pacific hepts.before placing 2<sup>nd</sup> at NCAA indoor. Opened **2006:** Surprise winner of NCAA outdoors and then placed 3<sup>rd</sup> at USAs.. Placed 5<sup>th</sup> at NCAA's with PR 5640. Outdoors was 3<sup>rd</sup> 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		
3/10/07	5909	2	NCAA I, Fayetteville	7.24	670	1483	198	8.11	530 2:42.62
2/02/08	5659	2	Husker, Lincoln	7.17	680	1440	196	8.28	494 2:52.09



5/28/05	7679	4	NACAC,San Juan	11.11+3.2	717+2.4	1475	201	50.74	14.75nwi	4110	470	5395	4:55.01		
6/24/05	7567	7	USATF, Carson	11.58-0.6	684+0.1	1443	212	51.17	15.25-1.4	4035	460	6077	4:54.32		
7/24/05	7595	5	vsGer,Bernhausen	11.21	0.0	723	0.0	1378	212	50.40	15.08-0.6	4198	430	5383	4:54.14
5/14/06	7855	1	M-Stars,Desanzano	11.39-0.5	723+0.9	1490	209	50.48	15.18-1.3	4197	490	5825	4:49.56		
6/24/06	7780	4	USATF, Indy	11.42-0.4	722-0.1	1441	211	50.91	15.04-0.9	4274	470	5902	4:52.13		
8/06/06	7672	3	vs Ger,Manhattan	11.23+1.5	742+2.1	1424	203	51.27	14.85+1.0	4446	445	5593	4:58.45		
8/26/06	7703	3	NACAC, San Juan	11.28+2.9	687+3.2	1457	207	51.26	14.89+1.1	4406	460	6084	4:56.18		
9/17/07	[5020]	dnf	DecaStar,Talence	11.48+1.8	687	0.0	1288	204	53.08	15.91-0.7	3476	nh	withdrew		
3/23/07	[ ]	dnf	Deacon, W-Salem	11.33+1.7	688+1.3	1418									
5/08/07	[ ]	dnf	Clemson Invt	11.32+3.3	700+1.8	1420	nh	dnf	14.90+1.7	4503	470	5738	dnc		
5/26/07	7791	4	NACAC, SDomingo	11.40-2.0	726		1429	206	50.94	14.73-0.2	4444	470	5776	4:52.52	
6/23/07	7804	5	USATF, Indianapolis	11.35+0.3	717+2.3	1533	208	51.09	14.90+1.4	4133	500	5370	4:52.79		
7/24/07	7666	6	Pan-Am,Riod'Janierio	11.29-0.8	707+0.6	1497	206	51.36	14.98-0.3	4267	460	5552	4:52.00		
8/19/07	7470	7	vs Ger, Bernhausen	11.33-0.1	673	0.0	1486	203	51.44	15.02+0.7	4501	470	5316	5:10.35	
8/25/07	[ ]	dnf	Woerden, NET	11.43	695		1473	208	51.35	15.02	4094	withdrew			

**Decathlon PRs:** 7855 / 5769 11.11+3.2 746 1533 218 50.0h 14.4h 4501 500 6220 4:43.85

**Summary:** 23 career meets, 17 finishes, 4 wins, PR score: 7855; Top Ten Ave= 7726.7

#### Indoor:

2/13/04	5674	2	Holiday Inn, Boise	7.34	690	1290	211	8.0h	496	2:53.24				
3/07/04	dnf	-	USATF, Chapel Hill	7.26	694	1357	210	8.37	451	dns				
3/06/05	5694	4	USATF, Chapel Hill	7.24	707	1409	210	8.29	460	2:52.93				
1/28/06	5600	1	Liberty, Lynchburg	7.15	679	1377	211	8.36	465	2:57.46				
3/05/06	5751	3	USATF, Chapel Hill	7.25	682	1482	208	8.35	482	2:49.09				
1/27/07	5769	2	Wisconsin-Elite, Madison	7.21	720	1500	207	8.30	465	2:53.67				
3/04/07	5702	2	USATF, Chapel Hill	7.23	687	1425	214	8.39	462	2:50.84				
1/26/08	5842	1	Wisconsin Elite, Madison	7.23	683	1495	206	8.24	500	2:47.86				

[last updated 2/08/08

## JOE DETMER

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



**2007:** Joe's 4:04.11 CR at NCAAs gave him a runner-up and PR score of 7963. Won Big Ten outdoor title (7276). 3<sup>rd</sup> at USA vs Germany Thorpe Cup in Bernhausen. PR'd (5651) at Wisconsin Elite and set American hept 100m record to boot. Won Big 10 indoor title then recorded 3 PRs including WR 1000m (2:29.42) to place 5<sup>th</sup> at NCAA indoor. Opened outdoor season with 7296 win at Auburn. **2006:** Placed surprising 4<sup>th</sup> 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 ... majored in 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	<b>2:30.86 AR</b>
2/25/07	5360	1	Big 10, Bloomington	7.16	689	1204	191	8.68	470	2:48.87
3/10/07	5761	5	NCAA I, Fayetteville	7.16	697	1206	204	8.61	480	<b>2:29.42 WR</b>
1/26/08	dnf	-	Wisconsin Elite, Madison	7.21	652	1318	182	8.44	440	dnr

### 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		
4/07/07	7296	1	Tiger Classic, Auburn, AL	11.08+4.3	678+0.4	1143	190	48.03	15.22+2.0	3371	455	4826	4:21.95		
5/12/07	7278	1	Big Ten, U. Park	11.12+0.3	691-0.8	1207	198	47.69	15.85+1.1	3719	425	4876	4:34.37		
6/07/07	7963	2	NCAA I, Sacramento	10.97+1.2	724+2.2	1176	193	47.77	14.62+2.2	4043	480	5292	<b>4:04.11</b>		
6/23/07	dnf	-	USATF, Indianapolis	11.29-2.0	676+2.5	1193	nh	47.09	15.21+1.4	3560			withdrew		
8/19/07	7616	3	vs GER, Bernhausen	11.17-0.6	703+0.8	1249	191	47.48	15.21+0.7	3802	450	5410	4:18.43		

**PRs:** 7536/ 5761 10.84+2.7 724+2.2 1249 204 47.03 14.62+2.2 4073 480 5292 4:04.11

**Career Summary:** 14 meets; 13 finishes, 3 wins, PR score: 7963, Top Ten Ave: 7382.1

Last updated: 2/22/08

## 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:** Won Sea Ray Relays title with 7731 in Apr then placed 5<sup>th</sup> at NCAAs with 7633. 2<sup>nd</sup> at SEC indoor heptathlon. **2006- Indoor:** 2<sup>nd</sup> place at NCAAs both indoor and out. PR'd with 5917 effort for 2<sup>nd</sup> 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 (7,341). **2005- Indoor:** Finished 2nd in the SEC heptathlon with PR score of 5,609, and finished eighth with 5,421 points at the NCAA indoor champs. **2004-Outdoor-** Posted season-best score of 7,290 to earn silver honors in a rare, weather-marred three-day decathlon at the SEC outdoor champs. 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 champs with 7,176 points, **2004-Indoor:** Finished his first NCAA indoor meet by finishing ninth overall. **High School:** 2<sup>nd</sup> at USA Jr champs (6967). Colorado sate high jump champ. Scored 7216 in high school decathlon. **Personal:** Economics major.

**Career Record**

**Indoor:**

2/14/03	3445	2	Valentine, Golden	9.03	649	1158	196	3:00.16	
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
3/10/07	5595	6	NCAA I, Fayetteville	7.30	684	1376	192	8.53	490 2:41.00
1/26/08	5447	2	Wisconsin Elite, Madison	7.37	697	1267	197	8.63	460 2:42.72

**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
4/12/07	7732	1	Sea Ray R, Knoxville	11.24	0.0	681	0.0	1305	201 50.75 15.04+3.0 4277 475 6512 4:40.51
6/07/07	7633	5	NCAA I, Sacramento	11.36+1.2	671+2.9	1361	190	50.06	15.13+2.2 4055 460 6368 4:24.30
6/23/07	7714	7	USATF, Indianapolis	11.43+0.3	668+1.5	1343	199	50.54	15.09+1.4 4099 490 6280 4:29.59
8/19/07	7354	10	vs. Germany, Bernhausen	11.54-0.1	686	0.0	1397	182	50.54 15.31+0.8 4116 460 5866 4:43.27
8/26/07	7602	3	Woerden, NET	11.47	675	1331	193	50.24	15.63 3996 470 6466 4:22.82

**PRs:** 7780 / 5917 11.17+4.2 746i 1411 209 49.22 15.02+0.5 4706 520 6512 4:24.30

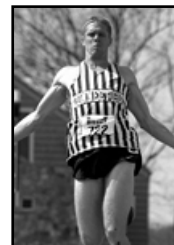
**Summary:** 16 meets, 16 finishes, 4 wins, PR score 7780, Top 10 Ave: 7623.7

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

Last updated 2/8/08

**MARK JELLISON**

DOB: April 25, 1980  
 POB:  
 Ht/Wt: 6-2, 185  
 Hometown: Reading, MA  
 High School:  
 College: Connecticut '03  
 Club: Golden Bear TC



**Indoor:**

2/17/01	3830	1	Big East, Syracuse	8.12	681	1162	197	2:51.54	
3/02/01	3971	2	IC4A, Boston	8.10	725	1153	194	2:45.54	
1/11/02	3977	1	Yale Invt, New Haven	7.56	712	1281	200	2:51.02	(55mH)
2/10/02	3812	2	Big East						
3/02/02	5527	7	USATF, Chapel Hill	7.26	705	1233	195	8.28	463 2:45.52
1/24/03	4200	1	UConn, Stors	7.92	743	1250	207	2:50.2	
3/09/03	5551	6	USATF, Chapel Hill	7.23	724	1196	200	8.11	450 2:50.81
1/06/06	dnf	-	UConn Invt, Stors	7.0h	704	1329	198		withdrew
2/02/08	5532	2	Herritage, Boise	7.25	700	1351	197	8.29	475 2:56.01

**Outdoor:**

4/11/02	6705	7	Sea Ray R, Knoxville	11.17+2.7	741+0.8	1261	203	51.63	14.60-0.5	nm	410	4863	4:46.17
5/04/02	6437	4	Big East, Stoops	11.29+2.3	711+1.5	1125	198	54.56					
4/11/03	7198	1	Sea Ray R, Knoxville	11.36	709	1187	192	52.05	14.70		3575	476	4:38.79
5/03/03	7225	2	Big East, Stoops	11.27+1.5	712	1255	201	51.98	14.69+2.1		3719	470	4:48.55
4/22/05	7302	1	UConn Invt, Stoops	10.8h	765	1245	207	53.2h	14.6h		3575	430	4:54.2h
6/04/06	dnf	-	Texas GA, Dallas	11.48+1.3	675	0.0	1225	184	dnf	dnf	3891	nh	4878
3/29/07	6971	3	Cal Multis, Berkeley	11.58+1.4	708+3.6	1258	197	53.78	15.05-0.7		3635	440	4:50.20

PRs: 7302 / 5551 11.27+1.5 765 1351 207 51.63 14.57 3891 476 4885 4:38.79  
 Indoors: 60m: 7.23; 60mH 8.10; 1000m 2:45.52

Summary: 7 meets, 6 finishes, 2 wins, PR score: 7302.

## STEPHEN MOORE

**Progression:**

1995	ACU	5617	(x,x,x)
1996	ACU	7446	(x,x,31)
1997	unat	injured	(-----)
1998	ACU	7190	(x,x,52)
1999	ACU	8037	(x,4,5)
2000	unat	7803	(x,9,14)
2001	unat	7714	(x,10,11)
2002	unat	8008	(x,5,5)
2003	unat	8010	(x,4,5)
2004	unat	8085	(x,5,6)
2005	unat	7655	

Stephen Moore  
 DOB: August 13, 1975  
 POB: Fort Worth, TX  
 Ht: 5-11, Wt: 168  
 Border (Borger, TX) HS '94  
 Abilene Christian U. '99  
 unat



Moore came to note as a sophomore at Abilene Christian University (coached by Wes Kitley and Chris Beene) by winning the >96 NCAA II crown. He was injured most of >97 (redshirt) and >98 but in his senior campaign Stephen blossomed. An asthmatic, he had the >99 Div II meet well in hand on way to initial A8" when an asthma attack and an officials helping hand resulted in a disqualification. As it was he narrowly lost to Jeff Sander by 6 points.

At USATF nationals he finished 5<sup>th</sup> earning several international spots. At the World University Games in Palma de Marca Stephen came up with huge 1500 PR and silver medal. He was the leading American in a narrow win over Germans in Aachen. In 2000 he stood 3<sup>rd</sup> at US Olympic Trials (where he tied MR in hj at 2.17m) before a nh in vault. Then he placed 5<sup>th</sup> vs Germany in Uniondale. Married, makes home in Lubbock, Texas..

In 2001 Stephen won USA indoor heptathlon crown (6078) then placed a fine 4<sup>th</sup> at IAAF world indoor champs Outdoors he was 6<sup>th</sup> at USA nationals, then stood a chance to win German dual but was plagued by dehydration.

Stephen opened the 2002 season with a 3<sup>rd</sup> '8', a 7<sup>th</sup> place finish at Gotzis then placed 5<sup>th</sup> at USATF nationals. In 2003 he was 6<sup>th</sup> at Gotzis and 4<sup>th</sup> at the USA nationals (8010) then won the Pan American Games crown in Santo Domingo.

Stephen won the Angelo St Relays to open the '04 season then placed second at the International in Arles, France with a PR 8085. He was 5<sup>th</sup> at the '05 US Olympic Trials and opened 2005 season with 7604 score in Arles, France, then placed 5<sup>th</sup> at USATF champs. New assistant track coach at alma mater.

**Decathlon Career:**

date	score	pl	meet	site	100	w	lj	w	sp	hj	400	110H	w	disc	pv	jav	1500
4/14/95	5617	15	ASU R	San Angelo													
3/15/96	7124	4	TexA&M R	C Station	10.98+3.0	690+3.2	994	196	49.08	14.69+2.5	3338	430	5440	4:51.26			
5/24/96	7446	1	NCAA II	Riverside	11.08	718	1059	203	48.62	14.93	3676	455	5192	4:42.31			
3/20/98	[3691]	dnf	TexA&M R	C Station	10.52+6.1	753+7.8	1169	201	61.04	injured	withdrew						
5/10/98	7190w	1	Invitational	Tarelton	10.42>4.0	710	1174	193	49.91	14.88	3956	441	4954	5:35.55			
5/22/98	[1524]	dnf	NCAA II	Edwardsville		10.95+0.7		630	-1.5	injured	withdrew						
3/12/99	7571	2	TexA&M R	C Station	10.77+1.4	735+1.6	1194	208	49.73	14.41+2.5	3774	460	4874	5:01.26			
5/01/99	7828w	1	UT Invt	Austin	10.74	748+4.4	1160	211	48.27	14.67+0.9	3888	490	5002	4:54.17			
5/28/99	7426	2	NCAA II	Emporia	10.71+0.9	750-0.4	1284	215	49.01	14.79	-1.6	4168	485	5510	dsq		
6/25/99	7864	5	USATF	Eugene	10.76+2.3	746-2.6	1287	212	48.95	14.69	0.0	4160	460	5157	4:53.08		

7/12/99	8029	2	WUG	PalmadeM	10.82+1.1	749+1.4	1270	210	47.77	14.85	-0.4	4005	460	5561	4:30.05	
8/08/99	8037	2	vs Germany	Aachen	10.61+0.8	760+3.6	1257	213	48.27	14.56	-0.1	3964	470	5314	4:44.51	
7/21/00	[5925]	dnf	USOT/USA	Sacramento	10.73+0.5	751	1243	217	48.18	14.77	-0.4	4135	nd	withdrew		
8/13/00	7803	5	vs Germany	Uniondale	10.91-0.2	753+3.5	1233	212	48.60	14.76+1.3	4127	441	5073	4:43.69		
6/22/01	7714	6	USATF	Eugene	11.11	0.0	715+2.6	1242	213	49.73	14.60+1.2	4031	460	5022	4:38.20	
7/22/01	7204	11	vs Germany	Bernhausen	10.93+0.2	724+1.0	1307	212	48.60	14.66-0.7	3706	485	5273	snd		
8/31/01	[ ]	dnf	WUG	Beijing	10.89	738	1233	216	48.16	14.99	inj	withdrew				
5/03/02	7554	2	Texas Tech	Lubbock	10.83	737-1.2	1348	210	50.20	14.82+1.8	4130	435	5030	5:13.92		
6/02/02	8008	7	Hypo-Bank	Gotzis	10.78+0.7	718+1.1	1345	209	48.08	14.40+2.2	4104	480	5312	4:43.18		
6/20/02	7793	5	USATF	Berkeley	10.87	0.0	740+1.8	1285	207	48.49	14.34+3.2	3581	470	5130	4:46.04	
7/28/02	7878	3	vs Germany	Walnut	10.68+0.8	729+3.0	1292	206	48.66	14.51+0.7	3927	461	5253	4:39.30		
9/22/02	7753	9	DecaStar	Talence	10.91-0.8	722+0.4	1298	203	48.11	14.95+0.5	3956	485	4837	4:42.81		
4/11/03	7389	1	Angelo St R	San Angelo	10.63+1.2	727+2.7	1299	213	48.42	14.67+0.5	3861	494	5027	dnf		
6/01/03	7967	6	Hypo-Bank	Gotzis	10.83-0.2	740+0.6	1284	212	47.18	14.50-0.8	3959	460	4961	4:37.35		
6/22/03	8010	4	USATF	Palo Alto	10.80+1.7	733-0.8	1287	202	47.18	14.44+1.7	4228	460	5434	4:35.44		
8/06/03	7809	1	Pan Am G	St Domingo	10.75	730	1183	210	48.16	14.79	4244	450	5035	4:41.71		
9/21/03	[ ]	dnf	DecaStar	Talence	11.08-0.9	723+0.3	1262	nh	48.44	14.81-1.2	4195	492	withdrew			
4/09/04	7899	1	Angelo St R	San Angelo	11.05-0.7	729	1304	208	48.98	14.60+4.3	4210	495	5240	4:47.93		
6/06/04	8085	2	International	Arles	10.68+1.8	763+5.1	1306	205	47.80	14.44+5.6	3968	491	5463	4:48.35		
7/17/04	7917	5	OSOT/USA	Sacramento	10.73+0.1	739-0.7	1282	204	47.26	14.89-1.1	4304	480	5200	4:54.90		
6/05/05	7604	11	International	Arles	10.80+2.2	718+3.4	1160	202	48.42	14.70+3.1	3960	475	5436	5:07.18		
6/24/05	7655	5	USATF	Carson	11.22-1.8	682-0.5	1287	200	48.21	14.96-1.4	4209	470	5568	4:43.58		

**Decathlon PRs:** 10.34+6.7 787+3.6 1348 217 47.18 14.22+3.1 4317 510 5568 4:30.05

**Summary:** 32 career meets, 27 finishes, 6 wins, 5 national rankings, 8 international teams, 5x> 8000, PR score: 8085, Top Ten Ave=7969.4, 2<sup>nd</sup> Ten Ave= 7708 .4

**Indoor:**

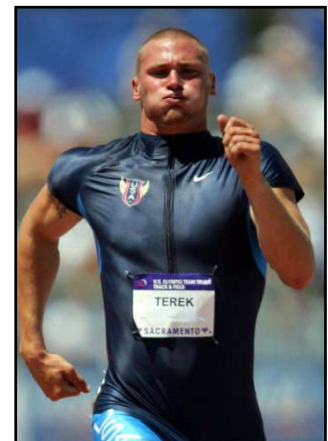
2/04/01	14	Reval Cup	Tallinn	7.11	695	1172	204	8.31	nm	3:00.66	
3/03/01	1	USATF	Atlanta	6.97	742	1284	217	8.21	490	2:43.00	
3/11/01	6132	4	IAAF WC	Lisbon	7.03	746	1265	214	8.06	510	2:42.35

## PAUL TEREK

**Progression:**

1998	Michigan St	7206	(x,x, )
1999	Michigan St	7225	(x,x,)
2000	Michigan St	redshirt	
2001	Michigan St	7695	(x,x,12)
2002	Michigan St	8041	(x,6,4)
2003	WGADC	8275	(x,3,3)
2004	WGA CDC	8312	(x,3,3)
2005	unat	7923	(x,3,5)
2006	Asics	7884	(x,7,6)
2007	Asics	8134	(x,4,4)

Paul Terek  
 DOB: Oct. 20, 1979  
 POB: Livonia, MI  
 Ht: 6-2; Wt 197  
 Michigan State U '02  
 World's Greatest  
 Athlete DC  
 Asics



**2007:** Won the USA national indoor heptathlon for a record 3<sup>rd</sup> time, then posted a major international win in Desanzano, Italy at MultiStars with an 8134 effort, best since 2004. He was runner-up at USA Nationals and placed 10<sup>th</sup> at IAAF World Champs in Osaka. **2006:** Runner-up at USA indoor champs at Chapel Hill, then opened outdoors with a 7822 performance at the Jim Click meeting in Tucson. After a 'dnf' at Götzis Paul placed 5<sup>th</sup> at USATF in Indianapolis. **2005:** Placed 4<sup>th</sup> at Multi-Stars in Salo and 3<sup>rd</sup> at the NACAC meet in San Juan with a 7923 effort before garnering a runner-up place at the U.S. nationals (7976). He was subsequently 13<sup>th</sup> at the IAAF World champs and 12<sup>th</sup> at DecaStar.. **2004:** 8<sup>th</sup> place at Gotzis (8161) then won the Olympic team's final spot with a dramatic finish in the 1500m (recorded a PR) in the 'Battle of Michigan' over Phil McMullen. Indoors he defended his national heptathlon title. **2003:** Vaulted 5.70m (18-8¾), then placed 8<sup>th</sup> at the USATF indoor nationals in the vault. He then captured the USATF indoor heptathlon crown (5870) and was 3<sup>rd</sup> at MultiStars in Desanzano. At outdoor nationals in Palo Alto he racked up 5 lifetime bests to score 8275 for rd

behind Tom Pappas and Bryan Clay, thereby making the USA World Championship team. A hurdle 'dq' cost him 4<sup>th</sup> place at IAAF world champs. **2002:** Was NCAA indoor vault runner-up in '02, then won Mt SAC Relays with PR 7926 and Big Ten crown again with 7829 score. At NCAAAs in Baton Rouge he became 55<sup>th</sup> American to score over 8000 by placing 2<sup>nd</sup> with 8041 total. He was subsequently 9<sup>th</sup> at the USA nationals.

**2001:** Was a double Big Ten champion in 2001 winning both the indoor heptathlon (5685 with 5.40m pv)) and outdoor decathlon (7695). Hen was also the Big 10 indoor vault champ and has a 5.56m (18-2 3/4 PR). He then placed 4<sup>th</sup> at the NCAAAs with 7645 getting =MR 5.40m vault.

#### Career:

##### Indoors:

					<u>60m lj</u>	<u>sp</u>	<u>hj</u>	<u>60H</u>	<u>pv</u>	<u>1000m</u>	
2/20/99	5462	3	Big Ten	Madison	7.19	678	1293	188	8.87	510	2:45.86
2/25/01	5685	1	Big Ten	Univ Park	7.18	689	1398	191	8.74	540	2:47.76
2/03/02	[3137]	-	Big Ten	Bloomington	7.07	677	1498	192			unfinished
3/09/03	5870	1	USATF	Chapel Hill	7.10	697	1534	197	8.67	540	2:49.21
2/13/04	5756	1	Boise Holiday	Nampa	7.15	684	1599	199	8.6h	496	2:44.36
3/07/04	6040	1	USATF	Chapel Hill	7.04	708	1531	198	8.48	541	2:42.97
3/06/05	5972	2	USATF	Chapel Hill	7.12	733	1479	201	8.77	520	2:39.43
1/28/06	5698	1	Wiscon Elite	Madison	7.19	716	1457	195	8.74	501	2:47.49
3/05/06	5883	2	USATF	Chapel Hill	7.12	709	1447	196	8.43	522	2:44.17
1/27/07	5977	1	Wiscon Elite	Madison	7.09	718	1490	198	8.51	535	2:44.71
3/04/07	5960	1	USATF	Chapel Hill	7.08	715	1510	196	8.51	532	2:44.39

##### Outdoor:

date	score	pl	meet	site	100	w	lj	w	sp	hj	400	110H	w	disc	pv	jav	1500
5/23/98	7206	2	Big Ten	Columbus	11.26		645		1252	187	49.79	16.56		3554	525	5134	4:33.04
3/25/99	7156	1	Florida R	Gainesville	11.21+1.4		655+3.3		1243	183	50.57	16.32		4132	484	5428	4:43.88
5/22/99	7225	2	Big 10	W Lafayette	11.31+1.2		627+3.6		1307	192	50.32	16.40+0.9		4302	500	5072	4:43.17
4/20/01	7441	3	Mt SAC R	Azusa	11.13+2.2		646+0.7		1400	179	49.61	16.07		4032	540	5291	4:40.30
5/19/01	7695	1	Big Ten	Bloomington	11.15+0.9		689+2.2		1395	185	48.91	16.05-2.3		4420	520	5194	4:28.79
5/31/01	7645	4	NCAA	Eugene	11.14+3.1		667+5.1		1361	188	49.34	16.39+1.7		4090	540	5407	4:24.92
7/22/01	6289	8	Sub Elite	Albuquerque	11.22-2.9		666	0.0	1470	181	49.20	16.89-0.6		4376	nh	5156	5:11.58
4/19/02	7926w	1	Mt SAC R	Azusa	10.85+3.8		682+3.4		1476	189	48.71	15.47+4.3		4321	505	5609	4:25.16
5/18/02	7829	1	Big Ten	Madison	10.93		691		1471	194	48.83	15.26		3556	535	5332	4:33.83
6/01/02	8041	2	NCAA	Baton Rouge	10.83+1.8		692+2.9		1516	194	48.99	15.26+2.7		4240	505	5764	4:25.18
6/20/02	7445	9	USATF	Berkeley	11.03+1.0		666	0.0	1435	186	48.96	15.86+3.2		3684	510	5418	4:49.26
4/17/03	[ ]	dnf	Mt Sac R	Azusa	11.01+0.4		670+2.6		1537	191	49.73						withdrew
5/11/03	7881	3	MultiStars	Desanzano	10.93	0.0	668-0.5		1526	194	49.65	15.81+1.3		4194	542	5736	4:39.73
6/22/03	8275	3	USATF	Palo Alto	10.90+1.7		738		1551	208	49.26	15.78+1.0		4619	520	5879	4:37.25
8/27/03	7507	12	IAAF WC	Paris	10.99-0.5		714+0.4		1530	203	48.75			4572	530	6114	4:30.77
9/21/03	[ ]	dnf	DecaStar	Talence	11.24-0.9		nm		1439	194	dnf	16.43-2.0		4358	522		withdrew
4/15/04	[ ]	dnf	Mt SAC R	Azusa	11.04		657		1172	189	50.88	15.77		4332	520	5338	dnr
5/30/04	8161	8	Hypo-Bank	Gotzis	11.04-1.8		729+1.1		1566	194	48.78	15.40-1.6		4437	540	5845	4:41.86
7/17/04	8312	3	USOT/USA	Sacramento	10.98-1.0		727+0.6		1537	201	48.74	15.40-1.1		4924	520	5469	4:24.28
8/24/04	7893	23	Olympic Gam	Athens	10.92+1.5		694-0.4		1515	194	49.56	15.12+1.5		4562	530	5062	4:50.36
3/26/05	6589	1	MO Southern	Joplin	10.91+3.8		743+3.1		1435	190	49.99	15.81+1.5		3766	nh	4540	4:49.98
5/08/05	7702	5	MultiStars	Salo	11.15-1.3		699+0.9		1419	197	49.26	15.66-1.1		4138	520	4834	4:37.25
5/29/05	7923	3	NACAC	San Juan	11.02+2.5		719+3.1		1464	198	48.70	15.19nwi		4039	530	4710	4:32.28
6/24/06	7976	2	USA Champs	Carson	11.17-0.6		705+0.1		1497	200	49.05	15.21	0.0	4422	520	5405	4:39.92
8/10/06	7921	13	IAAF WC	Helsinki	10.83+1.2		716-0.5		1431	197	48.85	15.83-1.6		4465	500	5446	4:36.59
9/18/06	7589	12	DecaStar	Talence	11.19+3.4		707+0.2		1415	198	49.62	16.19+1.7		4018	510	4865	4:37.46
3/24/06	7822	1	UofArizona	Tucson	10.91+2.3		686	0.0	1504	198	49.79	15.60+2.2		4314	500	5545	4:41.37
5/28/06	[4045]	dnf	Hypo-Bank	Götzis	10.98+0.6		703-1.6		1517	194	50.10						dnf, inj, withdrew
6/24/06	7714	5	USATF	Indianapolis	11.11+0.5		683-0.3		1439	187	49.39	15.35-0.9		4455	510	5644	4:48.04
8/06/06	7630	2	vs GER	Manhattan	11.16-0.1		680-0.9		1463	200	50.79	15.66-0.3		4439	495	5303	4:47.41
8/26/06	7884	2	NACAC	San Juan	11.01+2.9		698+3.1		1481	198	49.18	15.39+1.1		4630	490	5367	4:39.95
3/23/07	-----	dnf	Arizona Click	Tucson	10.81+1.5		665+2.3		1398	192	49.95	15.92+0.7		4389			withdrew
5/06/07	8134	1	MultiStars	Desanzano	11.08+0.8		729+0.8		1536	200	49.52	15.45-1.4		4562	500	5823	4:27.55
5/26/07	7609	5	NACAC	S Domingo	11.35-2.5		708		1416	191	51.09	15.60-0.2		4679	510	5273	4:50.42
6/23/07	8064	2	USATF	Indianapolis	11.03-0.5		726+1.4		1527	202	48.70	14.92+1.4		4260	510	5295	4:39.98
9/01/07	8120	10	IAAF WC	Osaka	10.95-0.2		726-0.8		1481	200	49.34	15.10+1.4		4481	520	5596	4:37.38

**Decathlon PRs:** 8312 / 6040 10.81+15 738+2.3 1599 208 48.70 14.92+1.4 4924 570 6114 4:24.38

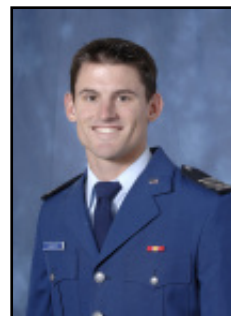


**Summary:** 36 career meets, 31 finishes, 7 wins, PR score: 8312 ('85); 5x> 8000; Top Ten Ave= 8093.2, 2<sup>nd</sup> Ave: 7798.5; 3<sup>rd</sup> 10 Ave= 7439.7 [missing a Gina Relays]

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## BRIAN WALSH

DOB:  
 POB:  
 Ht/Wt: 6-1, 184  
 Hometown: Redlands, CA  
 High School: Redlands HS, CA  
 College: U.S. Air Force Academy '07



**2007:** Runner-up at Mt SAC Relays with PR 7334. Indoors was runner-up at both Air Force and Mountain West Conference heptathlons, latter with PR 5539. **2006:** Mountain West Conference champion in the heptathlon (5412). Scored 6940 points at the MWC Outdoor Champs (3<sup>rd</sup>). Placed 2nd at 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 4<sup>th</sup> 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 (8<sup>th</sup>). 6188 points in the decathlon at the conference outdoor meet. **High School:** Four-time track MVP.. **Personal:** Son of Brian and Sherry Walsh.

### Career:

#### Indoor

1/24/04	4352	10	USAFA, CO	no marks available
2/28/04	4662	8	Mtn West, USAFA	7.25 662 1014 179 ?..? ?..?..?
1/22/05	4803	2	USAFA, CO	no marks available
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
3/30/07	4494	12	NCAA I, Fayetteville	7.21 693 1204 186 8.65 nh 2:49.13
2/02/08	5301	1	USAFA, CO	7.19 709 1246 192 8.67 465 3:06.29

#### Outdoor:

3/26/04	5755	9	Cal Multis, Berkeley	11.50+1.0 610nwi 967 177 51.20 16.8? ?..? ?..? ?..? ?..?..?
5/13/04	6188	8	Mtn West, Las Vegas	11.47+2.8 666+3.11075 180 51.28 16.79+1.1 2716 370 4260 4:35.35
3/25/05	6671	9	Wildcat, Tucson	11.35+0.5 662 0.0 1127 188 50.50 16.44-2.1 3110 440 4711 4:42.49
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	no marks available
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
4/12/07	7334	2	Mt SAC R, Azusa	10.98+2.1 724nwi 1199 198 49.43 15.21+3.7 3328 426 5252 4:37.53
5/10/07	7321	1	Mtn West, San Diego	10.84+1.5 671+1.2 1230 195 49.52 15.14+1.9 3594 470 4897 4:44.81
6/07/07	7207	12	NCAA I, Sacramento	11.14+1.2 694+2.4 1133 190 49.48 15.76+0.9 3590 450 5195 4:30.65

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**PRs:** 7334 / 5539 10.84+1.5 724nwi 1247 198 49.43 15.14+1.9 3741 480 5252 4:30.65

**Summary:** 10 meets, 10 finishes, 1 win, PR score: 7334.

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**Pending entries:**

## Harold Rose

DOB:  
POB:  
Ht/Wt: 6-0, 185  
Hometown: Jacksonville, FL  
High School: Wolfson HS, Jax  
College: Bethune-Cookman '09



**2008:** MEAC heptathlon winner with PR 5378 meet record, and meet MVP.  
**2007:** MEAC decathlon runner-up with 6563. **2006:** MEAC indoor and outdoor multi-event champ as freshman.

### Career

#### Indoor:

2/18/06 4691 1 MEAC, Landover  
2/??/07  
2/16/08 5378 1 MEAC, Landover 7.16 724 1148 198 8.26 433 2:57.06

#### Outdoor:

5/05/06 6245 1 MEAC, Greensboro  
5/04/07 6563 2 MEAC, Baltimore

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## Raffael Craig

DOB: , 1981  
POB:  
Ht/Wt: 6-2, 185  
Hometown: Millville, NJ  
High School:  
College: Connecticut  
Club: Shore AC



**2008:** Won U Connecticut Alumni hept with 5361

### Career:

**Indoor:**  
12/1/07 5020 3 Liberty Kick-off, Lynchburg 7.23 670 1337 200 8.34 385 3:16.97  
1/06/08 5361 1 UConn Alumni, Stoors 7.44 686 1515 207 8.42 414 3:01.84

#### Outdoor:

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## Gabe LeMay

DOB: Jan. 16, 1981  
POB: Spokane, Wash  
Ht/Wt: 6-2, 185  
Hometown: Eugene, OR  
High School:  
College: Lane CC '02, U of Oregon '04  
Club: Team XO



**2008:** Won Kent hept with 5408. **2007:** 7<sup>th</sup> at Texas GA; **2006 & 2005:** did not compete; **2004:** 4<sup>th</sup> at Pac-10 with PR 7333, Won Mtn Pacific Conf title in hept (5443); **2003:** ; **2002:** NWAACC decathlon champ while at Lane CC (6832). **Prep:** track (800m, hj, 300mH), football and wrestling. **Personal:** Born Gabriel F. LeMay. Majored in Biology. Assistant coach at Kent State U.

**Career:**

**Indoor:**

2/29/04	5443	1	Mtn Pacific Conf, Seattle	7.23	644	1284	199	8.70	470	2:39.94
12/9/07	5408	1	Golden Flash, Kent	7.24	642	1339	185	8.61	470	2:36.23
2/09/08	5276	2	Cornell, Ithaca	7.35	668	1255	188	8.78	470	2:44.39

**Outdoor:**

4/30/02	6832	1	NWAACC Champs, Eugene	11.17	640	1319	188	50.3h	16.20	3560	414	4606	4:38.12			
3/24/04	7175	4	UA Maynard, Tucson	11.08+0.9	645	1203	195	48.63	15.78+0.9	4005	435	4348	4:26.53			
5/08/04	7333	4	PAC-10, Tucson	11.08	0.0	683+0.5	1248	194	48.78	15.71	0.0	3870	470	4160	4:25.94	6/12/04
7517	11		NCAA I, Austin	10.89+2.2	659+2.9	1279	197	48.62	15.24+4.4	3999	460	4595	4:21.58			
6/03/07	6938	7	Texas GA, Dallas	11.50	0.0	647+1.5	1249	186	50.66	15.99-1.2	3894	460	4481	4:34.39		

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PRs: 7517 / 5443 10.89+2.2 683+0.5 1339 199 48.62 15.24+4.4 4005 470 4606 4:21.58

Summary: 5 meets, 5 finishes, 1 win, PR score: 7517.

Updated: 2/22/08