

DECATHLON HANDBOOK & MEDIA GUIDE



**15th THORPE CUP
USA vs GERMANY
TEAM DECATHLON
August 2-3, 2008
Kansas State University
Manhattan, KS**

by:
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Rosters:

USA

<i>Name</i>	<i>club</i>	<i>age</i>	<i>hometown</i>	<i>---best scores---</i>	
				<i>Lifetime</i>	<i>2008</i>
Abdur-Rahim, Mustafa	ASC Elite (Dartmouth '05)	25	Brookline, MA	8106 (08)	8106
Arnold, Jake	unat (Arizona '07)	24	Santa Rosa, CA	8215 (07)	8130
Detmer, Joe	Wisconsin '07	24	Lodi, WI	7963 (07)	7712
Edmonds, Lysias	Ariz Puma (N Arizona '05)	25	Phoenix, AZ	7763 (08)	7763
Helwick, Chris	unat (Tennessee '07)	23	Greeley, CO	8017 (08)	8017
Randolph, Chris	CNW (Seattle Pacific)	24	Denver, CO	8066 (08)	8066

Substitutes:

Cebulski, Joe	Tri Valley Asics (Taylor '99)	31		7963 (01)	7907
Boyles, Chris	CBE-e (Messiah '02)	28	Carlisle, PA	7855 (06)	7650
Olkowski, Ryan	unat (Penn St '02)	28	Baltimore, MD	7895 (04)	7877

Coaches:

Sheldon Blockburger	University of Arizona
Stevie Keller	North Dakota State University

GERMANY



<i>Name</i>	<i>club</i>	<i>age</i>	<i>hometown</i>	<i>---best scores---</i>	
				<i>Lifetime</i>	<i>2008</i>
Albert, Lars	LAC Elm	26	Elm	7920 (05)	
Fricke, Steffen	Vfb Halberstadt	25	Halberstadt	7555(07)	
Leyckes, Dennis	Erfurter LAC	26	Erfurt	8310(06)	nm
Minah, Jacob	LG Göttingen	26	Göttingen	8099(07)	
Müller, Norman	Hallesche LAF	22	Eisleben	8255(07)	
Peselmann, Nicolai	TV Wattenscheid	24	Osnabrück	7274(07)	
Johannes Schwuchow	Berliner TSC/LG Nord	23	Berlin	7529 (07)	

Coaches:

Marek, Claus
Zwirner, Georg

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Meet Schedule

Meet scheduled not released

Saturday- Aug 2

**100 meters
Long Jump
Shot Put
High Jump
400 meters**

Sunday, August 3

**110m Hurdles
Discus
Pole Vault
Javelin
1500 meters**

Meet Management:



Cliff Rovelto



Karol Rovelto



Steve Fritz

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Outlook for 2008 Meeting



Team USA selected itself from the recent Olympic Trials/USA national championships in Eugene, Oregon. Offered to athletes who place 4th place and Team USA is virtually set. Team USA is deep, with a mixture of veterans and youngsters.

lower,

The team will be led by Jake Arnold, the former 2x NCAA champion (Arizona 2006-07) who was 4th at the Trials with an 8130 effort. Defending champion Mustafa Abdur-Rahim of ASC-elite (Dartmouth '05) also returns. He is one of three new 8000 point scorers this season. The others joining Team USA are: Chris Helwick (8017-former NCAA runner-up while at Tennessee '07), Chris Randolph (8066, former NCAA Div II winner while at Seattle Pacific '06). Joe Detmer (7963 PR from Wisconsin '07) and newcomer Lysias Edmonds of Arizona Puma join the team. Edmonds, 25, is in his first decathlon season. The Trial's 5th place finisher (Ashton Eaton/Oregon) and 6th place finisher (Jangy Addy/Tennessee) have declined invitations due to injuries and lengthy seasons. A 7th competitor will be added shortly.

Germany, like USA, will send its top three to the Olympic Games. But their remaining team is deep and talented, led by Norman Muller, 25, who was in the hunt for a medal at last year's World Championships in Osaka before retiring in the vault. His 8255 PR is the 2nd best of the field. Oft injured 2000 IAAF world junior champion Dennis Lyckes (PR 8310) joins the team as does 2007 World University Games winner Jacob Minah (8099) and 2006 runner-up Lars Albert (7920). For the third time ever the German federation did not send a decathlon foursome to the European Cup (in July) deciding to focus on the USA team dual instead.

The USA coaching staff includes former world class decathlete Sheldon Blockburger (assistant coach at U of Arizona) and Stevie Keller, the assistant at North Dakota State U.

There is no way to forecast the outcome of this meet. It is always hotly contested, once being decided by a mere 5 points. The 2006 winning USA margin in Manhattan was just 57 points. USA teams have won 11 of the first 14 meets in the current series which date to 1993. the "Shellacken in Aachen." The US team has a current 4 meet win streak.

Meet History

Now the world's most important nation vs. nation team decathlon, this meet has been variously called the VISA CUP Meet or the JEEP Challenge. And in 2007 officially took the name of The Thorpe Cup in honor of 1912 Olympic Decathlon Champion Jim Thorpe, Carlisle, PA

The concept of an annual team match was initially conceived by VISA-USA team coach Harry Marra and Team Zehnkampf coach Claus Marek in 1993. This is the 15th of a series of annual international team decathlons between the USA and Germany. In the current series, the first meeting was arranged in Aachen, Germany in 1993 where Stefan Schmid of Germany and the VISA USA team were victorious. The American team won 6 of the initial 7 team battles, one (the 1999 affair, also in Aachen) by a mere 5 points, then dropped two in a row. Team USA got back on the winning side in 2002 with a major win in Walnut, CA, led by Tom Pappas and repeated in 2003 in Bernhausen. The 2004 meet, scheduled for Kansas State U, was cancelled by the German federation in June, 2004. The US won the 2005 meeting in Bernhausen, the 2006 meeting at Kansas State University in Manhattan and the 2007 affair in Bernhausen.. The USA holds an 11-3 won-loss advantage. Mustafa Abdur-Rahim and Team USA are defending.

In 1996, with the meet in Edwardsville, IL, the USA squad set a world 5 man team record averaging 8121.4 points per man.

Only Kip Janvrin and Mike Maczey have won the individual title more than once. See below. Janvrin won in 1996 with a meet record 8462 and again in 2000. He has also placed 2nd and 3rd twice. The series stands at USA 8, Germany 3.

In the years before the current series, USA and German teams met twice. Team USA won both, with Bruce Jenner getting a world leading score in 1974 in Tallinn, Estonia (tri meet: USA/USSR/ Germany). Team USA won again in 1983 in Baton Rouge, LA. So, counting the two earlier team meetings, the Americans hold a historical 13-3 team advantage.

History of Team Series:

	Site	team scores		won/loss differential	
1993	Aachen, Germany	USA 39,353	GER 38,292	W	+ 1061
1994	San Luis Obispo, Ca	USA 37,997	GER 37,580	W	+ 471
1995	Ratingen, Germany	USA 39,725	GER 39,831	L	- 106
1996	Edwardsville, IL	USA 40,607	GER 39,605	W	+ 1065
1997	Kreutzal, Germany	USA 39,299	GER 39,141	W	+ 158
1998	Lubbock, Texas	USA 39,016	GER 38,667	W	+ 349
1999	Aachen, Germany	USA 38,980	GER 38,975	W	+ 5
2000	Uniondale, NY	USA 38,360	GER 38,832	L	- 472
2001	Bernhausen, Germany	USA 36,991	GER 39,605	L	- 2,614
2002	Walnut, CA	USA 39,908	GER 37,817	W	+2,091
2003	Bernhausen, Germany	USA 37,447	GER 34,962	W	+2,475
2004	Manhattan, KS	cancelled			
2005	Bernhausen, Germany	USA 38,548	GER 37,144	W	+1,404
2006	Manhattan, KS	USA 37,792	GER 37,735	W	+ 57
2007	Bernhausen, Germany	USA 38,084	GER 36,976	W	+1,108

History of Individual medal Winners:

	Gold		Silver		Bronze	
1993	Schmid/GER	8061	Janvrin/USA	8052	Blockburger/USA	7888
1994	Long/USA	7996	Barker/USA	7871	Gunter/GER	7741
1995	Barker/USA	8175	Muller/GER	8122	Janvrin/USA	8044
1996	Janvrin/USA	8462	Kohnle/GER	8191	Maczay/GER	8154
1997	Sategna/USA	8107	Rodgers/USA	7986	Otte/GER	7983
1998	Rodgers/USA	8128	Janvrin/USA	8053	Smith/USA	8019
1999	Maczay/GER	8264	Moore/USA	8037	Janvrin/USA	8017
2000	Janvrin/USA	8029	Isekenmeier/GER	7912	Schonbeck/GER	7827
2001	Maczey/GER	8139	Goedicke/GER	8036	Mewes/GER	7820
2002	Pappas/USA	8431	Smith/USA	7880	Moore/USA	7878
2003	Lemen/USA	7748	Geisler/USA	7617	Geophert/USA	7575
2005	Harlan/USA	7919	Behrenbruch/GER	7842	Kilmartin/USA	7794
2006	Abele/GER	7834	Albert/GER	7824	Boyles/USA	7672
2006	Abdur-Rahim/USA	7760	Harlan/USA	7736	Detmer/USA	7616

Individual Event Meet Records:

100m	10.44	Trafton Rodgers/USA	Lubbock (+3.3)	08/09/98
LJ	7.71m (25-3 ½)	Tom Gorz/GER	Ratingen	07/29/95
	windy 7.73m(25-4 1/2)	Chad Smith/USA	Lubbock (+4.8)	08/09/98
SP	17.19m(56-4 ¾)	Norbert Demmel/GER	Ratingen	07/29/95
HJ	2.15m (7- ¾)	Tom Pappas/USA	Walnut	07/28/02
400m	47.26	Dan Steele/USA	Ratingen	07/29/95
110mH	13.92	Darwin Vande Hoef/USA	Edwardsville(+2.9)	7/17/96
Disc	54.78m (179-9)	Norbert Demmel/GER	Ratingen	07/30/95
PV	5.30m (17-4 ½)	Mario Sategna/USA	Kreutzal	07/27/97
		David Lemen/USA	Bernhausen	08/03/03
Jav	69.98m (229-7)	Stefan Schmid/GER	Aachen	08/08/93
1500m	4:09.07	Kip Janvrin/USA	Aachen	08/08/99
1 st day	4418	Tom Pappas/USA	Walnut	07/27/02

2 nd day	4166	Kip Janvrin/USA	Aachen	08/08/93
	4183w	Kip Janvrin/USA	Edwardsville	07/18/96
Total	8431	Tom Pappas	Walnut	07/27-28/02
	8462w	Kip Janvrin/USA	Edwardsville	07/17-18/96

Team Score Record:

USA **40,607 pts** 07/17-18/96 a five man team **World Record**, averaging **8121.4** points per man. (Edwardsville, IL)

Kip Janvrin	8462 pts
Drew Fucci	8146
Darwin Vande Hoef	8123
Brad Swanson	8066
Chris Wilcox	7873

Individual Appearances, by Nation:

USA		Germany	
7	Kip Janvrin (93,95,96,97,98,99,00)	6	Jorge Goedicke(96,97,98,99,00,02)
5	Stephen Moore (99,00,01,02,05)	5	Mike Maczey (95,96,97,99,01)
4	Ricky Barker (94,95,96,97)	4	Dirk-Achim Pajonik (93,95,97,98)
3	Drew Fucci (93,94,96)		
	Aric Long (93,94,95)	3	Norbert Demmel (93,94,95)
	Trafton Rodgers (97,98,99)		
	Travis Geophert (03,05,06)		
	Chris Boyles (05,06,07)		

Olympians who have appeared in the Dual Meet:

USA		Germany	
Kip Janvrin	2000	Stefan Schmid	2000
Aric Long	1992	Dirk-Achim Pajonik	1996
Chris Huffins	1996, 2000	Frank Muller	1992
Rob Muzzio	1992	Mike Maczey	2000
Steve Fritz	1996	Arthur Abele	2008
Tom Pappas	2000, 2004	Andrei Nicklaus	2004
Bryan Clay	2004		
Paul Terek	2004		

Recent Results.....2005 Results

7/23-24 USA vs Germany, Bernhausen, GER

7919	Harlan, Ryan/USA-unat	11.06	0.0	695+1.0	1661	212	49.83	14.12-0.1	4463	440	5943	5:16.88	
7842	Behrenbach, Pascal/GER	11.32	0.0	690+0.1	1611	200	49.94	14.94-0.6	4212	460	6537	4:51.57	
7794	Kilmartin, Donovan/USA-Texas	11.27	0.0	752+0.5	1437	203	51.28	14.89+1.4	4207	500	5147	4:49.12	
7715	Harris, Stephen/USA-unat	10.94	0.0	737+0.3	1319	206	51.03	14.99-0.1	3986	450	5805	4:44.78	
7595	Boyles, Chris/USA-unat	11.21	0.0	723	0.0	1378	212	50.40	15.08-0.6	4198	430	5383	4:54.14
7565	Minah, Jacob/GER	10.88	0.0	700	0.0	1312	203	48.32	14.55-0.1	3522	460	4535	4:40.11
7525	Geopfert, Travis/USA-unat	11.19	0.0	685	0.0	1491	182	49.16	15.67-0.6	4449	450	5331	4:33.45
7453	Abdur-Rahim/Mustafa/USA-Dartmouth	10.95	0.0	712+1.1	1333	179	49.60	14.51-0.1	4348	410	4768	4:28.37	
7318	Görllich, Marek/GER	11.58	0.0	681+1.7	1390	191	51.69	15.11-0.6	3994	460	5312	4:35.93	

7256	Beele, Kenny/GER	11.37	0.0	691+0.2	1406	200	50.54	16.05-0.6	4257	440	4783	4:47.81	
7163	Maier, Stephen/GER	11.26	0.0	637+1.3	1246	194	50.78	14.91-0.1	3543	480	5349	4:51.77	
6625	Moore, Stephen/USA-unat	10.98	0.0	702-0.1	1358	191	48.22	15.04-0.1	4165	nh	5185	5:18.28	
6164	Küter, Stefan/GER	11.79	0.0	641	0.0	1270	191	53.07	15.61-0.1	3935	nh	5604	4:47.00

1st/2nd day scores: Harl 4275/3644, Behr 4059/3783, Kilm 4080/3714, Harr 4083/3632, Boyl 4109/3584, Mina 4102/3463, Geop 3870/3655, Ab-Ra 3853/3600, Görl 3688/3630, Beel 3892/2264, Maie 3634/3529, Moor 4007/2618, Küte 3421/2743.

Team Scores:

USA	38,548	(ave = 7709)	Germany	37,144	(ave = 7428)
Harlan	7919		Behrenbach	7842	
Kilmartin	7794		Minah	7565	
Harris	7715		Görllich	7318	
Boyles	7595		Beele	7256	
Geopfert	7525		Maier	7163	

Team Scores after	1	2	3	4	5	6	7	8	9	10
USA	4277	8598	12285	16513	20554	24912	28443	37190	35521	38548
Germany	3999	7832	11542	15361	19375	23560	26786	30763	33807	37144
USA advantage	+278	+736	+833	+1152	+					

2006 Results

8/5-6 13th USA vs Germany Team Decathlon, Nike Challenge, Kansas State U, Manhattan, KS

7834	Abele, Arthur/GER	10.86-0.1	734+1.1	1217	188	49.37	14.20+1.0	4097	435	6318	4:27.96
7824	Albert, Lars/GER	11.19-0.1	718+0.6	1602	197	51.06	14.94-0.3	4359	495	6221	5:11.84
7672	Boyles, Chris/USA	11.23+1.5	742+2.1	1424	203	51.27	14.85+1.0	4446	445	5593	4:58.45
7657	Thomas, Will/USA	11.16+1.5	671+3.5	1605	194	50.54	15.54-0.3	4591	475	5287	4:43.70
7630	Terek, Paul/USA	11.16-0.1	680-0.9	1463	200	50.79	15.66-0.3	4439	495	5303	4:47.41
7604	Cebulski, Joe/USA	11.36+1.5	644+0.4	1314	206	50.54	15.42+1.0	4627	465	6090	4:42.27
7572	Minah, Jacob/GER	10.81-0.1	741+3.5	1267	194	47.92	14.58+1.0	3817	485	4343	4:59.66
7469	Hommel, Stefan/GER	11.05-0.1	723+0.5	1463	197	49.93	15.17+1.0	4540	445	4455	5:05.08
7229	Olkowski, Ryan/USA	10.99-0.1	682+0.6	1222	206	50.82	15.33+1.0	3792	445	4985	4:57.42
7183	Geopfert, Travis/USA	11.31-0.1	670+0.9	1441	185	50.44	15.84-0.3	4226	435	4919	4:40.92
7032	Schwuchow, Johan/GER	11.54+1.5	658+0.4	1290	191	51.34	15.22+1.0	3686	435	4833	4:32.22
dnf	Randolph, Chris/USA	11.06+1.5	652+1.4	1187	203	50.80	15.70-0.3	4118	inj	withdrew	
dnf	Geisler, Marian/GER	11.50+1.5	745+1.7	1287	197	52.67	dns				
dnf	Ruckdreschel, Simon/GER	11.91+1.5	inj	withdrew							

Team Scores after	1	2	3	4	5	6	7	8	9	10
USA	4170	8071	11,795	15,711	19,642	23,676	27,387	31,412	34,691	37,792
Germany	4217	8764	12,216	15,989	20,026	24,177	27,602	31,540	34,661	37,735
Difference	-47	-693	-421	-278	-384	-501	-215	-128	+30	+57

Weather: day 1—100 degrees, humid, sunshine, day 2- 105 degrees, humid, cooling and breezy for final two events.

2007 Results:

8/18-19 14th Thorpe Cup, USA vs Germany, Bernhausen, GER

7760	Abdur-Rahim, Mustafa/USA	10.85-0.6	700+0.5	1419	188	48.51	14.41+0.5	4431	410	5430	4:27.88	
7736	Harlan, Ryan/USA	11.24-0.6	688	0.0	1613	209	50.48	14.24+0.5	4354	490	5394	5:30.65
7616	Detmer, Joe/USA	11.17-0.6	703+0.8	1249	191	47.48	15.21+0.7	3802	450	5410	4:18.43	
7555	Fricke, Steffen/GER	11.28-0.1	702-0.3	1410	203	48.94	15.35+0.8	4190	430	4829	4:31.72	
7502	Randolph, Chris/USA	11.63-0.1	675	0.0	1331	206	49.68	15.64+0.8	4203	460	5663	4:38.24
7488	Spinner, Patrick/GER	11.20-0.6	745+1.3	1317	188	49.74	15.24+0.7	3636	420	6276	4:39.40	
7470	Boyles, Chris/USA	11.33-0.1	673	0.0	1486	203	51.44	15.02+0.7	4501	470	5316	5:10.35
7438	Albert, Lars/GER	11.36-0.6	713+0.1	1535	188	53.54	15.06+0.8	4658	450	5984	5:09.04	

7405	Olkowski, Ryan/USA	10.86-0.6	723+1.0	1300	206	49.59	15.04+0.8	3691	450	5251	5:19.76	
7354	Helwick, Chris/USA	11.54-0.1	686	0.0	1397	182	50.54	15.31+0.8	4116	460	5866	4:43.27
7248	Buchele, Uwe/GER	11.45-0.1	679+1.7	1316	194	51.63	15.71+0.8	4067	430	5653	4:33.49	
7247	Schwuchow, Johannes/GER	11.62-0.1	686+0.2	1302	197	50.57	15.12+0.8	3895	440	4858	4:32.52	
7169	Cleve, Moritz/GER	11.35-0.1	641	0.0	1317	188	49.43	14.67+0.5	3631	450	4947	4:41.27
6777	Ade, Julian/GER	11.26-0.6	684+0.4	1459	188	52.61	17.39+0.7	4118	420	4681	5:01.73	

1st/2nd day scores: Abdu 4029/3731, Harl 4132/3604, Detm 3937/3679, Fric 4046/3509, Rand 3854/3648, Spin 3940/3548, Boyl 3900/3570, Albe 3793/3645, Olko 4121/3284, Helw 3686/3668, Buch 3594/3554, Schw 3742/3505, Mori 3676/3493, Ade 3739/3036.

Team Scores:	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
USA	4206	8245	11,928	15,954	20,119	24,501	27,984	31,848	35,094	38,084
GER	3986	8090	11,755	15,423	19,260	23,393	26,719	30,345	33,600	36,976
+/-	+222	+155	+173	+531	+859	+1,108	+1,265	+1,503	+1,494	+1,108

Decathlon Individual Event Records

World Records (7000 point minimum)

100m	10.22	Chris Huffins/USA	Atlanta(OT/USA)(8546)+0.9)	06/22/96
LJ	8.22 (26-11.75)	Erki Nool/EST	Tallinn, EST (8362)(+3.0)	06/15/96
SP	19.17(62-10 3/4)	Edy Hubacher/Switzerland	Berne (7405h)	10/04/69
HJ	2.27 (7-5 1/2)	Rolf Bielschmidt/GDR	Jena (7245h)	09/30/77
		Christian Schenk/GDR	Seoul (OG) (8488)	09/28/88
400m	45.68	Bill Toomey/USA	Mexico City (OG) (8193)	10/18/68
110mH	13.47	Frank Busemann/GER	Atlanta (8706)	08/01/96
DT	55.87 (180-5)	Bryan Clay/USA	Carson (8506)	06/24/05
PV	5.76 (18-10½)	Tim Lobinger/GER	Leverkuesen (7346)	09/16/99
JT (old)	81.76 (268-3)	Lennart Hedmark/Sweden	Spala, Pol (EC) (7522)	06/25/78
(new)	79.80 (261-10)	Peter Blank/GER	Emmelhausen, GER(7425)	07/19/92
1500m	3:58.7	Robert Baker/USA	Austin, Texas (7583)	04/03/80
1st day	4738	Dan O'Brien/USA	Knoxville, TN (8707)	06/15/94
	4747 nwi	Dan O'Brien/USA	New York (TAC) (8844)	06/12/91
2nd day	4455	Dave Johnson/USA	New Orleans(OT) (8649)	06/27/92
Total	9026	Roman Sebrle/CZE	Gotzis, AUT	2001

American Records (7000 point minimum)

100m	10.22	Chris Huffins/Mizuno (+0.9)	Atlanta (OT/USA) (8546)	1996
LJ	8.08 (26-4 1/4)	Dan O'Brien/Talence (+0.81)	Talence, FRA (8891)	1992
SP	17.76(58-3 1/4)	Russ Hodge/Foothill JC	Hamburg, FRG	1966
HJ	2.21 (7-3)	Tom Pappas/adidas	Sydney, AUS (OG) (8425)	2000
400m	45.68	Bill Toomey/SC Striders	Mexico City (OG) (8193)	1968
110mH	13.67	Dan O'Brien/unat (+0.4)	Uniondale (Goodwill) (8755)	1998
DT	55.87 (183-3)	Bryan Clay/Nike	Carson (8506)	2005
PV	5.70 (18-8 1/4)	Tim Bright/Athletics West	Seoul (OG) (8216)	1988
JT (old)	78.18 (256-6)	Jim Connolly/UCLA	Pullman (7756)	1984
(new)	74.58 (244-8)	Dave Johnson/ReebokRT	New Orleans (8649)	1992
1500m	3:58.7	Robert Baker/Hi Plains TC	Austin (TexR) (7583)	1980

1st day	4738	Dan O'Brien/Footlocker AC	Knoxville (8707)	1994
	4747 nwi	Dan O'Brien/Reebok RT	New York(TAC) (8844)	1991
2nd day	4455	Dave Johnson/ReebokRT	New Orleans (OT) (8649)	1992
Total	8891	Dan O'Brien/Reebok RT	Talence (8891)	1992

American Collegiate Records

100m	10.35 (+2.5)	Trey Hardee/Texas	Austin (Texas R	2006
LJ	8.01 (26-3 1/2)	Chris Huffins/California	Tucson, Arizona (VISA)	1993
SP	17.76(58-3 1/4)	Russ Hodge/Foothill JC	Hamburg, FRG (vs W Ger)	1966
HJ	2.22 (7-3¼)	Attila Zsivoczky/Kansas St	Tallinn, EST (EC)	1998
400m	46.89	Jordgan Hudgens/APU	Mt Sac R	1999
110mH	13.70	Jangy Addy/Tennessee	Auburn, AL (SEC)	2008
DT	53.84 (176-8)	Brian Brophy/Tenn	Talence, FRA	1992
PV	5.50 (18-0 1/2)	Lawrence Johnson/Tennessee	Dogwood & SEC Knoxville	1993
		Dominic Johnson/Arizona	Pac 10, Palo Alto	1998
JT (old)	78.18 (256-6)	Jim Connolly/UCLA	Pullman, Wash. (PAC-10)	1984
	(new) 75.50 (247-8)	Mikail Olander/LSU	Baton Rouge, La. (NCAA)	1988
1500m	4:04.11	Joe Detmer/Wisconsin	Sacramento, (NCAA)	2004
1st day	4458	William Motti/Mt St Mary's	Athins-Mons, FRA (NC)	1985
2nd day	4117	Mauricio Bardales/UC-Irvine	Eugene, Ore (NCAA)	1978
Total	8465	Trey Hardee/Texas	Austin	

Germany National Records

100m	10.43	Hans-Ulrich Riecke/GDR	7910	Potsdam	07-21-85							
	10.53 (+1.9)	Paul Meier/GER	8460	Götzis	05-30-93							
LJ	8.07m(26-5¾)	Frank Buseman/GER	8706	Atlanta	07-31-96							
SP	17.40m(57-1)	Joachim Kirst/GDR	8181	Scheilettien	05-30-68							
	17.19m(56-4¾)	Norbert Demmel/GER	8011	Ratingen	07-29-95							
HJ	2.27m(7-5¼)	Rolf Bielschmidt/GDR	7088	Jena	10-01-77							
	2.27m(7-5¼)	Christian Schenk/GDR	8488	Seoul	09-28-88							
	2.23m(7-3¾)	Christianb Schenk/GER	8481	Götzis	06-17-90							
400m	46.79	Andreas Rizzi/GER	8155	Lage	08-08-81							
110mH	13.47 (+0.3)	Frank Buseman/GER	8706	Atlanta	08-01-96							
Disc	54.78m(179-9)	Norbert Demmel/GER	8011	Ratingen	07-30-95							
PV	5.76 (18-10½)	Tim Lobinger/GER	7346	Leverkusen	09-16-99							
Jav	79.80m(261-10)	Peter Blank/GER	7425	Emmelshausen	07-19-92							
1500m	4:00.51	Herbert Peter/GER	7127	Bernhausen	07-30-78							
1st day	4626	Paul Meier/GER		Götzis	05-29-93							
2nd day	4349	Uwe Freimuth/GDR		Potsdam	07-21-84							
	4308	Siggi Wentz/GER		Bernhausen	06-05-83							
Score	8832	Jürgen Hingsen/GER		Mannheim	06-08/09-84							
	(10.70/+2.9	7.76m	16.42m	2.07m	48.05m	4581	14.07/+0.2	49.36,	4.90m	59.86m	4:19.75	4251

Nb: GDR records also listed where better than GER records.

7806 Drews, Stefan/Germany 10.65+0.2 715-0.2 1128 194 47.08 14.22-0.7 3472 475 5312 4:25.04

Thorpe Cup Meet Records:

100m	10.44	Trafton Rodgers/USA	Lubbock (+3.3)	08/09/98
LJ	7.71m (25-3½)	Tom Gorz/GER	Ratingen	07/29/95
	windy 7.73m(25-4½)	Chad Smith/USA	Lubbock (+4.8)	08/09/98
SP	17.19m(56-4 ¾)	Norbert Demmel/GER	Ratingen	07/29/95
HJ	2.15m (7- ¾)	Tom Pappas/USA	Walnut	07/28/02
400m	47.08	Stefan Drews/GER	Bernhausen	07/22/01
110mH	13.92	Darwin Vande Hoef/USA	Edwardsville(+2.9)	07/17/96
Disc	54.78m (179-9)	Norbert Demmel/GER	Ratingen	07/30/95
PV	5.30m (17-4 ½)	Mario Sategna/USA	Kreutzal	07/27/97
		David Lemen/USA	Bernhausen	08/03/03
Jav	69.98m (229-7)	Stefan Schmid/GER	Aachen	08/08/93
1500m	4:09.07	Kip Janvrin/USA	Aachen	08/08/99
1 st day	4418	Tom Pappas/USA	Walnut	07/27/02
2 nd day	4166	Kip Janvrin/USA	Aachen	08/08/93
	4183w	Kip Janvrin/USA	Edwardsville	07/18/96
Total	8431	Tom Pappas	Walnut	07/27-28/02
	8462w	Kip Janvrin/USA	Edwardsville	07/17-18/96

KSU-Manhattan Decathlon Track Records

Top 10 Scores at KSU

8353	Steve Fritz	VISA	KSU Fall	1995
7954	Brian Brophy	Olympic Club	KSU All Comers	2000
7834	Arthur Abele	Germany	vs USA	2006
7824	Lars Albert	Germany	vs USA	2006
7740	Hans-Olaf Uldal	Missouri	Big 12	2005
7672	Chris Boyles	USA	vs Germany	2006
7657	Will Thomas	USA	vs Germany	2006
7630	Paul Terek	USA	vs Germany	2006
7604	Joe Cebulski	USA	vs Germany	2006
7572	Jacob Minah	Germany	vs USA	2006
7472	Kilmartin, Donovan	Texas	Big 12	2005

Kansas State U Track RecordsDECATHLON



R.V. Christian Track Complex

100m	10.62 +0.3	Trey Hardee/Texas	Big 12	(dnf)	5/13/05
	10.81 -0.1	Jacob Minah/GER	vs USA	(7572)	8/05/06
LJ	7.66m(25-1¾)	Luigy Llanos/PR (0.0)	KSU Dec	(dnf)	6/30/04
	7.80m(25-7¼)	Steve Fritz/VISA (+0.9)	KSU Pent	(4279)	5/5/96
	7.42m(24-4¼)	Chris Boyles/USA (+2.1)	vs Germany	(7672)	6/30/06
SP	16.50m(54-1½)	Brian Brophy/Olympic Club	KSU All Comers	(7954)	7/7/00
HJ	2.06m (6-9¼)	Joe Cebulski/USA	vs Germany	(7604)	8/5/06
400m	47.92	Jacob Minah/GER	vs USA	(7572)	8/5/06
110mH	14.17 (+2.2)	Steve Fritz/VISA	Fall Dec	(8353)	9/1/95
Disc	53.26m (174-9)	Steve Fritz/VISA	Fall Dec	(8353)	9/1/95
PV	4.95m (16-2¾)	Paul Terek/USA	vs Germany	(7630)	8/6/06
		Lars Albert/GER	vs USA	(7824)	8/6/06
Jav	65.96m (216-5)	Steve Fritz/VISA	Fall Dec	(8353)	9/1/95
1500m	4:27.96	Arthur Abele/GER	vs USA	(7834)	8/6/06
1 st day	4231	Steve Fritz/VISA	Fall Dec	(8353)	8/31/95
2 nd day	4122	Steve Fritz/VISA	Fall Dec	(8353)	9/1/95
Score	8353	Steve Fritz/VISA	Fall Dec	(8353)	8/31-9/1/95





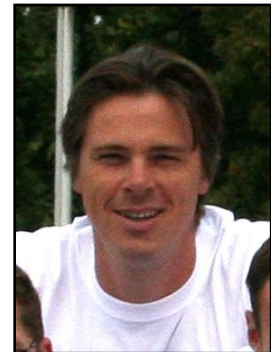
2008 Thorpe Cup German Decathlon Delegation



Head Coach: Claus Marek



Claus Marek (left) is in his 16th season as the German National Decathlon coach. At age 54 (born 1954) he is the longest serving national decathlon coach in Germany's history, exceeding the careers of Friedel Schirmer and Wolfgang Bergman. During his tenure as German decathlon coach .



He is co-founder (with American coach Harry Marra) of the annual USA vs Germany dual match which was formerly known as the VISA Cup and Jeep Challenge. He is also co-founder of Team Zehnkampf, a national decathlon program for his nation. During his tenure as national coach (1993-2008) Germany has had 29 decathletes score over 8000 points 118 times.

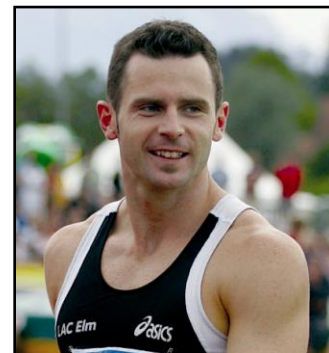
Marek was a 1976 Olympic team member who placed 10th in the Montreal Olympic decathlon (won by Bruce Jenner). PR 8010h, 1976.

Georg Zwirner (right) was a national class decathlete who competed in two of the USA/Germany matches (with 7712 PR) and is making his 4th appearance as the assistant coach.

Albert, Lars

DOB: February 9, 1982 (25)
Ht/Wt: 196/96
Hometown: Elm
Club: LAC Elm
PR score: 7933
Internet homepage: www.lars-slbert.de

Runner-up at European Junior Champs (2001), 2006 German National champion. Has 8 scores b/w 7800-7920. Was runner-up in 2006 in Manhattan with 7824 score.



PR meet

5/29/05 7920 10 Gotzis 11.05 7531536 194 51.81 15.12 4571 470 6370 4:52.36

PRs:

11.05 753 1644i 197 50.41[4086] 14.74 4998 510 6533 4:37.18

Fricke, Steffen

DOB: April 25, 1983 (25)
Ht/Wt: 197/92
Hometown: Halberstadt
Club: VfB Halberstadt
PR score: 7555



4th at 2007 Thorpe Cup in Bernhausen (PR 7555).11th in Ratingen (08) with PR 7573.

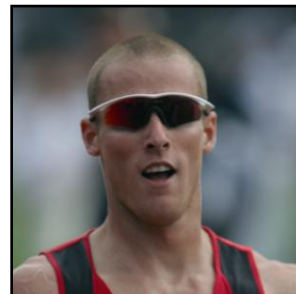
PR Meet:

6/22/08 7573 11 Ratingen 11.31+0.9 709+0.8 1326 202 48.89 14.97+1.6 3938 430 5003 4:24.93

PRs : 11.22 723 1410 208 48.25 [4025] 15.13 4345 430 6021 4:27.30

Leyckes, Dennis

DOB: April 20, 1982 (26)
Ht/Wt: 184/84
Hometown: Erfurt
Club: Erfurter LAC
PR score: 8310



World junior champ in 2000, dnf'd 2004 OG in Athens, dnf'd 2006 WC in 2006, 2002 Ger U23 champ. Often injured: dnf'd 5 of last 8 meets and 10 of last 16 meets since 2001. 3x>8000

PR meet:

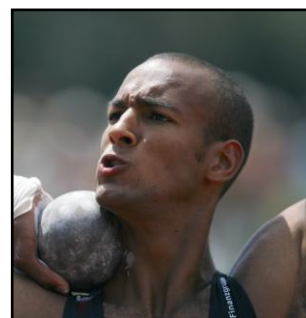
6/25/06 8310 3 Ratingen 10.95 707 1410 200 48.48 14.37 4536 545 6054 4:38.93

PRs:

10.93 728 1424 200 47.59 [4173] 14.37 4536 550 6293 4:21.24

Minah, Jacob

DOB: April 3, 1982 (26)
Ht/Wt: 189/90
Hometown: Göttingen
Club: LG Göttingen
PR score: 8099 (07)



2007 World University Games champ with PR 8099 in Bangkok, 2005 German national champ, 7th at 2007 IAAF Challenge (7759, 7998, 8099), 3rd vs USA 7th in Manhattan in 2006.

PR meet:

8/17/07 8099 1 WUG, Bangkok, THA 10.75 787 1380 192 47.79 14.38 4238 480 5266 4:41.11

PRs: 10.69 787 1392 203 47.23 [4310] 14.38 4238 490 5516 4:35.35

Müller, Norman

DOB: August 7, 1985 , 22
Ht/Wt: 195/85
Hometown: Eisleben
Club: Hallesche LAF
PR score: 8255

22nd 2007 WC in Osaka with 4310 1st day, then nh'd in vault. Eighth in IAAF Challenge '07 (88255-8244-7344), 3rd IAAF world junior '04, 2005 National champion at indoor heptathlon, , 4x(pre 2008) > 8k,



PR meet:

5/27/07 8255 7 Götzis 10.91 749 1458 191 48.26 14.53 4443 500 6206 4:34.23

PRs: 10.89 752 1518 204i 47.30 (4310) 14.46 4510 500 6206 4:26.83

Nicolai Peselmann

DOB: Sept 15, 1983 (24)
Ht/Wt: 210/96
Hometown: Osnabrück
Club: TV Wattenscheid

Fourth at 2006 Ger Nationals with PR 7273



PR meet:

6/22/08 7636 9 Ratingen 11.32+0.9 708+1.0 1416 193 49.71 14.72+1.6 4344 450 6006 4:55.22

PRs: 11.32 708 1446 198 49.71 [3930] 14.72 4344 450 6006 4:38.88

Johannes Schwuchow

DOB: February 28, 1985 (23)
Ht/Wt: 188/85
Hometown: Berlin
Club: Berliner TSC/LG Nord
Occupation: Student
PR score: 7589 (07)

Second at German National indoor junior heptathlon (2004), 3rd German national heptathlon (2008). 10th at Ratingen (08) with PR 7582.



PR Meet:

6/22/08 7582 10 Ratingen 11.42+0.9 683+0.4 1350 199 49.36 14.76+0.8 3950 460 4974 4:22.43

PRs: 11.40 711 1350 204 49.16 [3961] 14.76 3950 460 4990 4:15.60

Carsten Krohn 7254 12 Ratingen 11.36-0.2 600 0.0 1575 184 50.74 15.07+0.8 4571 430 5848 4:58.64



2008 Thorpe Cup USA Decathlon Delegation



SHELDON BLOCKBURGER

Men's Head Coach

Sheldon Blockburger has just completed his third season as an assistant coach for The University of Arizona. Blockburger, who came to the U of A from Cal Poly-San Luis Obispo, coaches the jumps and multi-events.

In his first season at Arizona, Blockburger coached Jake Arnold to the NCAA decathlon title and a fifth-place finish indoors in the heptathlon. Arnold's score of 7,870 in the decathlon is No. 2 all-time at Arizona, and his mark of 5,640 in the heptathlon is a school record. A year later Arnold won the NCAA decathlon title (8215) for a 2nd time. Under Blockburger's guidance Jordan Powell also earned All-American honors, placing ninth at the NCAA Championships in the long jump.



Blockburger served as the jumps and multi-events coach at Cal Poly for nine years prior to arriving at Arizona. During this time, he has coached three National Champions, 15 All-Americans and 20 Big West Conference jumping champions.

From 2002-04, Blockburger also served as a regional coach for the WGA Decathlon Club, where he coached two post-collegiate decathletes in preparation for the 2004 Olympic Trials. He placed one of them (Paul Terek) on the 2004 Olympic Decathlon Team.

An accomplished competitor at the international level, Blockburger was a standout at Louisiana State where he captured the Southeastern Conference (SEC) decathlon championship in 1986 with a meet-record 7,737 points and set the indoor pentathlon world record at the 1987 SEC Championships with 4,453 points.

Upon graduation, he spent 1989 and 1990 training under the leadership of ex-Polish national team coach Andrezej Krezinski. During those two years he finished second and third respectively at the U.S.A.T.F. National Decathlon Championships with scores of 8248 and 8301. From 1991-1992, Blockburger trained under the direction of Texas coach Jane Frederick and went on to win a bronze medal in the decathlon at the 1991 Pan-American Games despite no-heighting in the pole vault.

From 1993-94, Blockburger trained with Harry Marra, director and head coach of the US/ VISA Decathlon Team. In 1993, he won the MultiStars Decathlon in Brescia, Italy with 8,296 points.

From 1995-96, Blockburger served as an assistant to Marra. During that time, he captured the USA Track and Field national indoor heptathlon championship with 6,030 points.

A native of Newport Beach, Calif., Blockburger earned a bachelor of arts degree from LSU in 1988. He is married to Cynthia Blockburger. They have two children, Alyssa and Johnnie. (from 2008 *U of Arizona T&F Media Guide*)

STEVIE KELLER

Men's Assistant Coach

Stevie Keller is in his seventh year as an assistant coach for the Bison track and field team. He coaches both the men's and women's pole vault, combined events, javelin and hurdles. Under Keller's direction the Bison have claimed conference titles, earned All-American honors and established new school records in each of the past five years. In the program's first two years of Division I, Keller guided eight athletes to 10 Division I independent titles. He has coached 10 athletes to 28 NCAA Division II All-American awards, including one individual competitor who won two NCAA Division II national championships in the decathlon.



As an athlete at NDSU, Stevie was a two-time North Central Conference champion and a Division II All-American in the decathlon. Stevie also competed at Montana State University where he was a Big Sky Conference champion and Division I All-American in the decathlon. Stevie recently competed in the 2004 Olympic Trials in the decathlon. Married to former NDSU distance runner Erin Keller (Klein).

Hometown is Harvey, N.D. Previous coaching experience: Graduate assistant, North Dakota State, 2000-02. Athletic Career: North Central Conference pentathlon champion (1997) and All-America in the decathlon (1995) at North Dakota State; All-America in the decathlon (1999) at Montana State; Member of the U.S. Junior National Team; Competed at the 2004 U.S. Olympic Trials in the decathlon. Education: Bachelor's degree in health enhancement, Montana State, 1999. Masters degree in education, NDSU, 2006.

(from 2008 North Dakota State University T&F Media Guide)

Career Records of Team USA

MUSTAFA ABDUR-RAHIM

Progression	Mustafa Abdur-Rahim		
2002f Dartmouth	7171 (x,x,)	DOB:	Sept. 29, 1982
2003so Dartmouth	7466 (x,x,23)	POB:	Brookline, MA
2004j Dartmouth	7937 (x,8,9)	Ht:	5-9, Wt: 192
2005S Dartmouth	7739 (x,8,10)	Brookline (MS) HS	
2006 unat	dnc	Dartmouth '05	
2007 ASC-elite	7760 (x,7,12)		
2008 ASC-elite	8106		



2008: After 2 indoor wins Mustafa opened outdoor season with PR 8106 at McKinley meet in Alamosa becoming 60th American over 8000. Placed 9th at US Olympic Trials in Eugene.

2007: Won Big Green in *Desert* and McKinley early season meetis. **2006:** Injured, did not compete. **2005:** Was top collegiate finisher for 2nd consecutive year with 6th place at USA nationals, Was runner-up at NCAAs in Sacramento in early June with 7739 effort. Won 3rd consecutive Big Green in *Desert* affair in March, 2005. **2004:** Posted near identical scores in two 2004 meets 5th then place 6th at US Olympic Trials to rank 8th nationally for season. Made breakthrough with 7936 win at Big Green in *Desert*, and then added one point to PR with 3rd at NCAAs (7937) where he recorded lifetime bests in 5 events. Placed 3rd at NCAA indoor heptathlon (5744) while winning the first (60m) and last (1000m) events. Won Heptagonals (5645) and Dartmouth Relays (5563) indoor heptathlons. Runner-up at Heptagonals 110m hurdles, recording PR 14.38 in trials. **2003** named MVP of Indoor Heptagonals (Ivy League) champs, then won Big Green in the Desert with PR 7348 score. Placed 6th at NCAA decathlon with PR 7466. President of Junior class at Dartmouth. **2002** Was 3rd at Heptagonals indoor pentathlon, then won IC4A decathlon with PR 7171 score. Engineering major. Coached by Carl Wallin at Dartmouth and John Wallin at Adams State, Alamosa, CO

Career:

Indoor

2/23/02	3883	3	Heptagonal Champs, Ithaca	8.28	676	1204	190	2:43.02
1/10/03	3672	1	Dartmouth Relays, Hanover, NH	7.84	654	1361	185	2:52.30
3/01/03	3974	1	Heptagonals, Hanover, NH	8.18	662	1364	192	2:38.89
1/10/04	5563	1	Dartmouth Relays, Hanover, NH	6.90	703	1305	195	8.14 385 2:40.02
2/29/04	5645	1	Heptagonals Cornell U, Ithaca, NY	6.92	692	1342	193	8.15 435 2:42.50
3/13/04	5744	3	NCAA I Champs, Fayetteville, AK	6.96	700	1436	193	7.96 410 2:37.08
1/08 /05	5798	1	Dartmouth Relays, Hanover, NH	6.95	687	1387	199	8.11 420 2:39.93
1/06/06	5043	1	Dartmouth Relays, Hanover, NH	6.91	696	1430	187	8.04 nh 2:36.02
12/10/07	4154	1	ASU Kickoff, Alamosa	8.03	730	1397	194	2:45.03
1/12/08	5883	1	Dartmouth Relays, Hanover	6.94	720	1443	190	7.92 440 2:36.30

Outdoor

Date	score	pl	meet, site	100m	w	lj	w	sp	hj	400	110H	w	disc	pv	jav	1500m
3/22/02	6317	2	Green-Desert, Scottsdale	11.22+1.6	706+1.9	1360	185	51.46	15.38	0-9	4149	nh	4670	4:50.57		
5/17/02	7171	1	IC4A, Princeton	11.02+0.7	677	1270	187	49.50	15.01	0-3	3459	365	5584	4:24.48		
3/20/03	7348	1	Green-Desert Scottsdale	11.16-0.1	691+1.1	1395	191	50.24	14.5h	+2.9	4267	390	4826	4:30.75		
6/12/03	7466	6	NCAA, Sacramento	11.09-0.4	656+2.2	1386	187	49.30	14.59	+1.1	4052	420	5635	4:32.34		
3/25/04	7936	1	Green-Desert, Scottsdale	10.6h+0.4	714+1.2	1426	187	48.62	14.4h	+0.1	4425	445	5852	4:23.49		
6/12/04	7937	3	NCAA, Austin	10.74+2.7	719+3.9	1461	191	49.68	14.19	+3.5	3915	410	6217	4:24.51		
7/17/04	7844	6	OlympicTrials Sacramento	10.88-1.0	705-0.5	1499	192	48.88	14.70	-1.5	4245	430	5466	4:24.35		
3/24/05	7719	1	Green-Desert, Scottsdale	10.7h+1.4	711+2.1	1429	189	49.32	14.1h	+2.1	4331	415	5289	4:28.36		
6/09/05	7739	2	NCAA, Sacramento	10.96-1.5	692+1.8	1372	182	49.01	14.35	+0.5	4551	420	5761	4:25.30		
6/24/05	7619	6	USATF, Carson	11.01-0.6	678-0.2	1316	194	49.20	14.31	0.0	4332	420	5265	4:28.8		

7/24/05	7453	8	vs Germany, Bernhausen	10.95	0.0	712+1.1	1333	179	49.60	14.51-0.1	4348	410	4768	4:28.37
3/22/07	7648	1	Green-Desert, Scottsdale	10.5h+0.2	700+0.1	1429	192	49.43	14.2h+3.0	4112	395	5163	4:25.24	
4/20/07	7510	1	McKinley, Alamosa	10.80+1.9	747-0.4	1406	195	48.56	14.2h+0.3	4052	405	3891	4:44.04	
6/23/07	7640	8	USATF, Indianapolis	10.84-0.5	693	0.0	1385	181	48.32	14.14+1.4	4306	410	4980	4:24.40
8/19/07	7760	1	vs Germany, Bernhausen	10.85-0.6	700+0.5	1419	188	48.51	14.41+0.5	4431	410	5430	4:27.88	
4/19/08	8106	1	McKinley, Alamosa	10.72	0.0	722+0.5	1429	194	48.22	14.21+2.8	5145	440	5472	4:39.6h
6/30/08	7757	9	USOT/USA, Eugene	10.90-0.4	688-0.9	1400	187	47.64	14.38+1.9	4749	420	4586	4:21.34	

PRs: 8106 / 5883 10.72 0.0 747-0.4 1499 199 47.64 14.14+1.4 5145 445 6217 4:21.34

Indoor: 55m Hurdles: 7.49, 60m Hurdles: 7.92, 60m 6.90

Summary: 17 career meets, 17 finishes, 8 wins, PR score: 8106; Top Ten Ave = 7806.6

ROBERT '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



him

2008: 8th at MultiStars in nItaly after a win at USA indoor heptathlon. Four PRs got a 4th place at US Olympic Trials (8130). **2007:** Eye-opening 8215 win at NCAAs made him first to repeat since 1985 and #29 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 2nd at NCAA indoor. Opened **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 :

Indoor:

1/29/05	5331	1	Athletes.com, Boise	7.27	677	1258	199	8.47	485	2:46.68
2/26/05	5518	1	Mtn Pacific Conf, Seattle	7.33	653	1253	198	8.32	nh	2:49.11
3/12/05	4575	12	NCAA Champs, Fayetteville	7.27	682	1319	202	8.38	507	2:53.84
2/04/06	5607	1	Mountain T, Flagstaff	7.24	666	1398	185	8.33	496	2:43.55
2/25/06	5562	2	Mountain Pacific, Seattle	7.32	664	1364	194	8.14	510	2:47.16
3/11/06	5640	5	NCAA I, Fayetteville	7.20	662	1409	199	8.13	500	2:50.34
1/26/07	5687	2	Cox, UNM, Albuquerque	7.20	691	1410	201			
2/24/07	5673	1	Mountain Pacific Conf, Seattle	7.24	670	1483	198	8.11	530	2:42.62
3/10/07	5909	2	NCAA I, Fayetteville	7.17	680	1440	196	8.28	494	2:52.09
2/02/08	5659	2	Husker, Lincoln	7.11	705	1460	198	8.09	490	2:47.49
3/09/08	5851	1	USA, Chapel Hill							

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	2:29.42 WR
1/26/08	dnf	-	Wisconsin Elite, Madison	7.21	652	1318	182	8.44	440	dnr
3/09/08	5603	4	USA, Chapel Hill	7.08	694	1270	183	8.34	460	2:32.35

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	4:04.11		
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		
4/24/08	7712	1	Drake R, Wisconsin	10.7h+2.5	709-0.4	1197	194	48.59	14.3h+2.8	3680	480	5410	4:14.13		
5/11/08	7615	4	MultiStars, Desanzano	11.11+0.2	684+0.2	1261	192	48.61	15.15+0.3	3591	465	5189	4:05.31		
6/30/08	7653	11	USOT/USA, Eugene	11.09+0.1	677-0.6	1275	190	48.12	15.08+0.8	3545	460	5631	4:07.63		

PRs: 7963 / 5761 10.84+2.7 724+2.2 1275 204 47.03 14.3h+2.8 4073 480 5631 4:04.11
 Indoor: 60m: 7.08; 60H: 8.34; 1000m: 2:29.42.

Career Summary: 17meets; 16 finishes, 4 wins, PR score: 7963, Top Ten Ave: 7529.2.

LYSIAS EDMONDS

DOB: December 4, 1982
POB:
Ht/Wt: 6-1, 170
Hometown: Phoenix, AZ
High School: Moon Valley HS (AZ)
College: Northern Arizona '05
Club: Arizona Puma



2008: In only 3rd meet placed 8th at US Olympic Trials with 7765 score. **Pre** Known primarily as a vaulter (PR 5.20m/17-¾) and punt receiver at Northern Arizona. Was all Big Sky performer at NAU in 4 events for 3 seasons. **High School:** Arizona 4A 110m Hurdles champ. Named student-athlete of year and Moon Valley High School. **Personal:** Son of Winston and Sheryl Edmonds. Majored in micro-biology

2008:

Career:

Indoor:

Outdoor:

6/08/08	3550	11	Texas GA, Dallas	10.74+3.9	3f	1138	185	dnf	dnf	nm	490	4477	dnf
6/12/08	7722	2	George Fox, Newberg	10.86+2.3	713+0.1	1123	201	48.55	14.18+2.2	3405	520	4773	4:36.03
6/30/08	7765	8	USOT/USA, Eugene	10.92+0.1	688+1.4	1243	199	47.80	14.30+0.8	3852	490	5160	4:37.92

PRs: 7722 10.74+3.9 713+0.1 1243 201 47.80 14.18+2.2 3852 520 5160 4:36.03

Summary: 3 career meets, 3 finishes, PR score: 7765.

CHRIS HELWICK

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



2008: His 8017 win at Deacon was significant PR as he became the 61st American over 8K.. Then won NACAC with 7820 and scored 8010 for 7th at US Olympic Trials in Eugene.. **2007:** Won Sea Ray Relays title with 7731 in April then placed 5th at NCAAs with 7633. 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 (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:** 2nd 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
3/09/08	5575	5	USA, Chapel Hill	7.30	683	1235	201	8.57 490 2:41.40

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
4/10/08	dnf	-	Sea Ray R, Knoxville	11.28+0.3	678+1.0	1358	199	50.14	15.26+1.8	4582	nh	withdrew		
5/16/08	8017	1	Deacon, Winston-Salem	10.94+2.6	713+1.3	1360	201	49.90	15.42+0.6	4369	482	6198	4:21.80	
6/01/08	7820	1	NACAC, San Domingo	11.21+2.1	720+3.0	1349	197	50.35	15.12+0.5	4326	480	5498	4:22.60	
6/30/08	8010	7	USOT/USA, Eugene	11.34-0.4	698-0.3	1380	199	50.20	15.26+1.7	4425	490	6735	4:21.44	

PRs: 7780 / 5917 10.94+2.6 746i 1411 209 49.22 15.02+0.5 4706 520 6735 4:21.44

Summary: 20 meets, 19 finishes, 6 wins, 2x over 8000, PR score 8017, Top 10 Ave: 7795.0
 * - junior implements/hurdles, **(rain delay, final 3 events on 15th)

CHRIS RANDOLPH

Progression:

2003	SPU f	6287	(x,x,)
2004	SPU so	7030	(x,x,65)
2005	SPU j	7309	(x,x,27)
2006	SPU s	7872	(x,x,6)
2007	unat	7798	(,11)
2008	CNW	8066	()

Christopher James Randolph
 DOB: April 25, 1984
 POB: Lompoc, CA
 Ht: 6-3; Wt: 197
 Lone Tree, CO (Denver
 Christian)
 Seattle Pacific U '06



2008: Placed 3rd at NACAC meet in Santo Domingo and came back in two weeks to score 1st 8000 at George Fox meet. Placed 10th at US Olympic Trials. **2007:** Runner-up at Mt SAC Relays with 7798 score. **2006:** Won 2nd NCAA II title with highest score since 1988. (7872) after placing 3rd at Mount SAC R (7621) Injured and 'dnf'd' at USATF in Indianapolis. 5th at USATF indoor hep with 5452 points. Named NCAA II field athlete of year and GNAC T&F athlete of the year for 3rd time. Won conference 400m (48.27) title. **2005:** NCAA II decathlon champ. 2004 3rd at NCAA II decathlon after qualifying just weeks before. **2003** Placed 4th at USATF Jr decathlon in Palo Alto.

Career:

Indoors:

					60m	lj	sp	hj	60H	pv	1000m
1/29/05	5141	2	Athletes.com	Boise							
1/28/06	5508	1	UW Invt	Seattle	7.26	698	1279	197	8.39	455	2:45.27
3/05/06	5452	5	USATF	Chapel Hill	7.23	665	1284	196	8.49	452	2:40.69

date	score	pl	meet	site	100	w	lj	w	sp	hj	400	110H	w	disc	pv	jav	1500
??/??/03	5994																
4/25/03	6075	3	GNAC	Monmouth													
5/10/03	6287	1	Ken Foreman	Seattle													
6/20/03	6533*	4	USA Jr	Palo Alto	11.88-0.4	658			1108	196	50.75	16.17+0.6	3274	380	4918	4:41.21	
5/??/04	6881	1	Qualifier	Seattle													
5/28/04	7030	3	NCAA II	Walnut	11.45+0.8	661			1106	201	50.85	15.58+0.6	4032	410	5038	4:34.51	
3/24/05	6996	2	Cal Multis	Berkeley													
5/27/05	7309	1	NCAA II	Abilene	11.30+4.1	681+3.9			1142	196	49.82	15.53-1.0	4211	435	5268	4:29.88	
4/13/06	7621	3	Mt SAC R	Azusa	11.35	0.0	667		1283	198	48.95	14.82+0.8	4192	455	5566	4:25.83	
5/26/06	7872	1	NCAA II	Emporia	11.19+2.0	731nwi			1288	204	49.27	15.35-1.2	4600	470	5825	4:38.47	
6/24/06	dnf	-	USATF	Indianapolis	11.40-0.4	674-0.7			1306	nh	withdrew						
8/06/06	dnf	-	vs Germany	Manhattan	11.06+1.5	652+1.4			1187	203	50.80	15.70-0.3	4118	inj	withdrew		
4/12/07	7798	2	Mt SAC R	Azusa	11.45+1.4	700nwi			1316	207	49.62	14.79+3.7	4147	486	5474	4:29.47	
6/01/08	7747	3	Panamerican,	S Domingo	11.26+1.9	706+0.3			1400	197	49.44	15.48+1.7	4254	460	5883	4:28.88	
6/13/08	8066	1	George Fox	Newberg	11.26+2.3	735+0.5			1373	207	48.61	14.36+2.2	4550	490	5640	4:47.44	
6/30/08	7660	10	USOT/USA	Eugene	11.38-0.4	663-0.8			1372	202	49.08	14.81+0.8	4217	450	5826	4:35.28	

Decathlon PRs: 8066 11.19+2.0 735+0.5 1400 207 48.27 14.36+2.2 4930 490 5883 4:25.83

*- International Junior implements

Summary: 14 career meets, 12 finishes, 5 wins, PR score: 8066, Top Ten Ave= 7498.0

Substitutes:

JOE CEBULSKI

Progression:

1997	Taylor	6520	(x,x,x)	Joseph Cebulski
1998	Taylor	7147	(x,x,)	DOB: Sept. 8, 1976
1999	Taylor	7431	(x,x,28)	POB: Ann Arbor, MI
2000	Bell Ath	7624	(x,x,19)	Ht: 6-3½, Wt: 200
2001	Bell Ath	7969	(x,x,6)	Taylor (IN) U '99
2002	Bell Ath	7809w	(x,8,11)	Bell Athletics
2003	Bell Ath	7841	(x,10,8)	Tiger Bar
2004	Bell Ath	-----		Tri Valley-Asics
2005	did not compete			
2006	Bell Ath	7649	(x,10,12)	
2007	Tiger Bar	-----		
2008	Tri Valley	7907w		



Cebulski switched from baseball to track in his sophomore year at Taylor U (IN). He ran the table in '99 senior campaign going undefeated at Alabama Relays, Penn Relays and NAIA Champs. Joe was 5th ('98) & 2nd ('99) at NAIA indoor pentathlons. He now trains with Earl Bell at Arkansas State U. Opened 2001 season with win at Kansas Relays, then made significant improvement to 7969 in early June and followed with 8th place finishes at USATF nationals and the German dual.

He has been 6th and 10th at the '02 and '03 USA nationals and reached a PR 7841 in 2003 while placing 2nd at Atlas meeting. Retired after 2004 injury ridden season and made comeback with runner-up spot at 2006 Mount SAC Relays. Placed 6th at USA vs Germany then won his first international in September, 2007 in Hexham, UK. Posted a pair of heptathlon wins to open 2007 season. In 2008 he won a trio of meets including the Texas GA meet with a 7907w score. 18th at US Olympic Trials.

Career:

Indoors:

3/09/03	5387	8	USATF	Chapel Hill	7.29	669	1396	206	8.59	450	2:58.36
12/2/06	5518	1	Kickoff	Jonesboro	6.76	664	1326	202	7.99	478	2:47.75.[55,55H]
1/27/07	5378	6	Wisconsin-Elite	Madison	7.37	632	1398	198	8.36	495	2:59.81
2/10/07	5575	1	ISU Classic	Ames	7.37	662	1425	204			

Outdoor:

/97												
5/22/97	6520	9	NAIA	Atlanta								
3/26/98	7147	2	Florida R	Gainesville	11.72	647-1.7	1167	201	50.36	15.47+0.1	4358	405 5694 4:37.30
5/22/98	7065	3	NAIA	Tulsa	11.49-2.0	654+1.2	1151	201	50.01	15.18+1.6	3024	
3/26/99	7182	1	Alabama R	Tuscaloosa	11.49+1.9	615+1.6	1347	200	50.01	15.43-0.9	4388	400 5332 4:37.14
4/21/99	7391	1	Penn R	Philadelphia	11.72-3.5	663+1.7	1303	204	50.10	15.20+1.5	4612	430 5270 4:38.09
5/25/99	7431	1	NAIA	W Palm Bch	11.32+0.9	638+1.2	1327	206	49.12	14.87-0.1	4582	415 5296 4:48.16
3/31/00	7624w	2	Cal Mulis	Sacramento	11.15+4.9	684+4.2	1281	204	50.13	15.08+1.1	4474	450 5468 4:37.78
5/27/00	[3654]	dnf	RkyMtnE	Logan	11.37+1.6	662	1295	199	52.79		withdrew	
7/01/00	[5453]	dnf	Qualifier	Northridge	11.25+1.4	657	0.0	1401	204	50.07	15.34-0.5	4394 nh withd
4/19/01	6613	1	Kansas R	Lawrence	11.14+3.4	671+2.4	1335	202	50.34	15.14nwi	4369 nh	5330 5:07.38
6/07/01	7969	1	Invnt	Jonesboro	10.97+2.0	685+0.4	1442	210	51.3h	14.62nwi	4758	460 5908 4:39.65
6/22/01	7612	8	USATF	Eugene	11.27+1.1	648-0.4	1366	204	49.38	15.09+2.3	4489	460 5432 4:40.10
7/22/01	6881	12	vs Germany	Bernhausen	11.30	0.0	689+0.8	1448	206	49.76	15.09-0.1	4324 nh 5758 4:54.83
4/19/02	7809w	2	Mt SAC R	Azusa	11.38+2.0	670+1.6	1371	204	49.88	14.72+4.3	4769	475 5906 4:44.44

6/20/02	7748	6	USATF	Berkeley	11.27+1.0	662-0.3	1394	204	49.81	14.87+3.2	4535	450	6023	4:37.76
7/28/02	7667	8	vs Germany	Walnut	11.47-0.4	672+1.3	1371	206	49.82	14.84+0.7	4640	461	5712	4:50.84
5/10/03	7841	2	Atlas	Azusa	11.24	675	1385	202	49.91	15.05	4851	480	5722	4:38.15
6/22/03	7609	10	USATF	Palo Alto	11.44+0.2	680+0.4	1348	202	50.03	15.09+0.8	4139	470	5625	4:35.00
6/06/04	[]	dnf	OTC qualifier	San Diego										
4/13/06	7649	2	Mt SAC R	Azusa	11.45+1.3	659	1337	204	50.10	15.31+1.6	4298	505	5651	4:39.99
6/24/06	[]	dnf	USATF	Indianapolis	11.59-0.4	639+0.6	1440	202	51.83	withdrew				
8/06/06	7604	6	vs Germany	Manhattan	11.36+1.5	644+0.4	1314	206	50.54	15.42+1.0	4627	465	6090	4:42.27
9/02/06	7405	1	International	Hexam, UK	11.60+1.2	650 0.0	1320	199	51.19	15.48-1.8	4503	480	5884	4:50.83
4/17/08	dnf	-	Mt Sac R	Azusa	11.43-1.3	withdrew								
5/03/08	7356	1	CMS Classic	Claremont	11.43 0.0	655-1.4	1313	201	50.09	15.12+1.1	4391	480	5764	5:19.54
5/22/08	7465	1	Walton,	Columbia	11.60+1.5	678+1.9	1402	196	50.48	15.36+1.2	4493	455	5895	4:51.14
6/08/08	7907w	1	TexasGA	Dallas	11.35+4.3	682+0.2	1382	203	49.30	15.03+2.2	4629	470	6089	4:29.41
6/30/08	6629	18	USOT/USA	Eugene	11.68-0.4	657+1.2	1346	199	50.93	14.99+1.7	4610	nh	5607	4:49.78

Decathlon PRs: [8272] 10.97+2.0 689+0.8 1448 211 49.12 14.62nwi 4908 505 6090 4:29.41

Indoor: 60m: 7.29, 60H: 8:36, 1000m: 2:47.75.

Summary: 28 career meet, 23 finishes, 9 wins, PR score: 7969, Top Ten Ave= 7743.5, 2nd Ten Ave= 7292.7

CHRIS BOYLES

Progression:

2001j	Messiah	6780	(x,x,)	Christopher Boyles
2002s	Messiah	7115	(x,x,)	DOB: May 2, 1980
2003			injured	POB:
2004	WGA	7827	(x,x,12)	Ht: 6-3, Wt 205
2005	unat	7679	(x,7,11)	Messiah (PA) College '02
2006	CBO-Elite	7855	(x,5,8)	WGA, CBO-Elite
2007	CBO-Elite	7791	(x, ,10)	
2008	CBO-Elite	7650	()	



2008: Opened 2008 indoor season with PR 5842 score at Wisconsin Elite, then placed 3rd at USA heptathlon. 6th at Panamerican champs(NACAC). **2007:** 5769 score at Wisconsin Elite, placed 2nd at USA indoor nationals and 4th at NACAC in Santo Domingo (7791). 5th at USA nationals outdoors. **2006:** First major international victory, 7855 at MultiStars in Desanzano, after a 3rd place finish at USA indoor champs. Chris then placed 4th at the USA nationals, was top American vs. Germany and was bronze medalist at NACAC in San Juan. **2005:** 4th at USATF indoor meet in Chapel Hill and 7th at the outdoor meet in Carson. He was 4th at North American, Central America and Caribbean meet in San Juan in late June with 7678 score including a 2.18m/7-1 ¾ high jump. He was 7th at USA nationals and 7th in Bernhausen vs Germany. **2004:** Had a promising 2004 season curtailed when he broke a vertebrae in his back during the USATF indoor meeting in Chapel Hill. After 3 months of therapy he finally got back on track and added 700+ points to his PR with a 7827 score. Placed 10th at Olympic Trials. **2002:** Penn Relays and NCAA III champ while at tiny Messiah College, Grantham, PA, where he was primarily a high jumper.

Career:

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
 3/09/08 5688 3 USA, Chapel Hill 7.25 665 1411 207 8.24 490 2:50.99

Outdoor:

4/25/01 6759 2 Penn R, Phila 11.52+1.4 643-1.2 1125 208 52.86 15.29+2.0 3444 400 4818 4:43.85
 5/25/01 6780 4 NCAAIII, Decatur 11.20+1.1 667+0.5 1174 213 51.65 15.28 -2.0 3100 410 4006 4:55.93
 4/24/02 6946 1 Penn R, Phila 11.50+0.7 632+2.0 1193 209 51.89 15.38+1.1 3646 440 5090 4:55.36
 5/20/02 7115 1 NCAAIII, St Paul 11.59+0.3 690+1.8 1241 205 50.19 15.32 -1.1 3701 445 4775 4:55.18
 6/16/04 7827 1 C-BO, Atascadero 11.30+1.7 746 1386 202 52.55 14.73+4.1 4344 495 5942 4:49.35
 7/17/04 7536 10 OlyTrials, Sacram 11.44-1.0 694-0.2 1363 210 51.57 15.67 0.0 4392 480 6220 5:12.24
 3/24/05 [5341]dnf Fla R, Gainesville 11.23+1.0 687+0.2 1271 209 dnf 14.99 0.0 4261 nh 5960 dns
 5/08/05 dnf - MultiStars, Salo 11.38+1.1 723-0.4 1326 218 50.68 15.45-1.7 3912 nh withdrew
 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 Invnt 11.32+3.3 700+1.8 1420 nh dnf 14.90+1.7 4503 470 5738 dnc
 5/26/07 7791 4 NACAC, S Domingo 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
 6/01/08 7650 6 NACAC, S Domingo 11.26+1.9 733+1.6 1481 194 51.02 14.87+1.4 4363 440 5921 4:53.67
 6/30/08 []dnf USOT/USA, Eugene 11.30-0.4 nm 1457 208 withdrew

Decathlon PRs: 7855 / 5769 11.11+3.2 746 1533 218 50.0h 14.4h 4501 500 6220 4:43.85
 Indoors: 60m: 7.15; 60H: 8.24; 1000m: 2:47.86.

Summary: 25 career meets, 18 finishes, 4 wins, PR score: 7855; Top Ten Ave= 7742.7

RYAN OLKOWSKI

Progression:

2003	WGA	6776	Ryan Olkowski
2004	WGA	7895	DOB: April 19, 1980
2005	unat		POB: Baltimore, MD
2006	unat	7471	Ht: 6-2, Wt: 181
2007	unat	7584	Mt. St. Joseph's (MD) HS
2008	unat	7877	Penn State U. '02



2008: Placed 12th at US Olympic Trials. **2007:** In 2007 Ryan won the TGA meet in Dallas with 7584, his highest total since 2004., then placed 10th at the USA nationals with a 7503 total. **2006:** Placed 4th at 2006 USA indoor heptathlon and 5th at 2006 MultiStars in Desenzano. He was 9th vs. Germany in Manhattan and opened 2007 indoor campaign with 5724 win at Penn State. **2005:** Injured. **2004:** 7445 effort at Sam Howell meet in Princeton then added 450 points to his PR with a 7895 score to win the Nittany

Lion meet at his alma mater. **High School:** Mount St. Joseph HS, Baltimore, MD, is a 3x NCAA All-American and '02 Penn State graduate. A 7-1 high jumper and 25' long jumper, Olkowski made his mark at the elite collegiate level as a sprinter (10.46 and 20.59) as an NCAA finalist indoors and out at 200 meters in 2002. He was a member of the 1991 USA Pan-Am Junior team in the high jump. He was 4th in the Big 10 100m in 2002, and the 2002 Big Ten 200m champ and 8th at NAAs.

Career

Indoor:

1/31/04	5482	3	Penn St	University Park	6.97	687	1187	209	8.51	436	2:55.66
3/07/04	5635	5	USATF	Chapel Hill	6.97	743	1181	213	8.15	435	2:42.50
1/29/05	5827	1	Penn St	University Park	6.94	730	1249	210	8.11	460	2:50.33
3/06/05	dnf		USATF	Chapel Hill	6.88	720	1297	201	8.06	nh	
3/05/06	5747	4	USATF	Chapel Hill	6.98	736	1284	208	8.33	462	2:53.73
1/27/07	5724	1	Penn St	University Park	6.99	707	1349	209	8.19	470	2:59.45
3/04/07	5414	3	USATF	Chapel Hill	6.92	687	1297	196	8.78	462	2:56.65
1/26/08	dnf	-	Penn St	University Park	6.96	701	1404	203			

Outdoor:

Date	score	pl	meet	site	100m w	lj w	sp	hj	400m	110H w	disc	pv	jav	1500m
4/19/03	6776	3	Howell	Princeton	10.4h+2.2	710+2.8	1095	205	49.8h	15.46+1.1	3240	387	3220	5:06.14
4/15/04	7445	2	Howell	Princeton	10.4h+0.4	752+0.8	1124	206	48.4h	14.8h+1.2	3018	475	4498	4:57.5h
5/14/04	7250	5	Walton	Columbia	10.63+2.3	705	1189	195	47.36	14.63+0.3	3435	430	4237	5:00.59
5/22/04	7895	1	NittanyL	Univ Park	10.3h+0.4	750+1.2	1206	212	47.8h	14.3h+2.2	3735	473	4836	4:45.24
7/17/04	7553	9	USOT	Sacramento	10.55+0.4	744+1.1	1174	213	47.74	14.84-1.7	3696	460	4750	5:26.33
4/22/05	dnf		IUP	Indiana	10.91+0.6	3f	1140	nh	48.48	14.91+2.4	3469	nh	4688	dnr
5/08/05	dnf		MultiStars	Salo	10.85-1.3	715+0.1	1223	197	52.37	15.13-1.7	3401			withdrew
5/14/06	7471	5	MultiStars	Desenzano	10.87-0.7	732+0.8	1162	209	48.30	15.44-1.3	3516	460	4899	4:53.61
6/04/06	7227	3	TexasGA	Dallas	10.70+1.3	684-0.6	1252	196	51.35	15.09+1.0	3568	485	5059	5:13.26
8/06/06	7229	9	vs GER	Manhattan	10.99-0.1	682+0.6	1222	206	50.82	15.33+1.0	3792	445	4985	4:57.52
4/26/07	7014	3	Drake R,	Des Moines	10.88+2.7	662+1.6	1211	193	50.33	15.10+4.4	3732	460	4504	5:06.30
6/03/07	7584	1	Texas GA,	Dallas	10.59+1.1	712+0.5	1305	198	48.10	15.11-1.2	3707	480	4663	4:53.13
6/23/07	7503	10	USA,	Indianapolis	10.73-0.5	706+1.9	1272	196	48.22	14.82+1.4	3630	470	5119	5:01.50
8/19/07	7405	9	vs GER,	Bernhausen	10.86-0.6	723+1.0	1300	206	49.59	15.05+0.8	3691	450	5251	5:19.76
5/15/07	7877	2	Deacon,	Winston-Salem	10.64+2.6	751+1.7	1387	204	48.68	14.81+0.6	3857	462	5391	4:51.43
6/30/08	7633	12	USOT/USA,	Eugene	10.85-0.4	704+1.3	1257	208	49.46	14.75+0.8	3759	480	5303	4:56.80

Decathlon PRs 7895 / 5827 10.3h+0.4 762 1404 215 47.36 14.3h+2.2 3857 485 5391 4:45.24

Indoor: 60m: 6.88, 60H: 8.06, 1000m: 2:42.50

Summary: 16 career meets, 14 finishes, 2 wins, PR score= 7895., Top Ten Ave = 7561.5

PR Page

Team USA

Abdur-Rahim, Mustafa																				8106 (08)
All Time	10.72	0.0	747-0.4	1499	199	47.64	14.14+1.4	5145	445	6217	4:21.34									
07-08	10.72	0.0	747-0.4	1443	195	47.64	14.14+1.4	5145	440	5472	4:21.34									
Arnold, Jake																				8215 (07)
All Time	10.96+4.3	705i		1501	207	48.38	14.12+0.8	4602	530	6009	4:31.04									
07-08	10.96+4.3	705i		1501	207	48.38	14.12+0.8	4602	530	6009	4:31.61									
Detmer, Joe																				7963 (07)
All Time	10.84+2.7	724+2.2		1275	204	47.03	14.3h+2.8	4073	480	5631	4:04.11									
07-08	10.7h+2.5	724+2.2		1275	204	47.03	14.3h+2.8	4073	480	5631	4:04.11									
Edmonds, Lysias																				7763 (08)
All Time	10.74+3.9	713+0.1		1243	201	47.80	14.18+2.2	3852	520	5160	4:36.03									
07-08	10.74+3.9	713+0.1		1243	201	47.80	14.18+2.2	3852	520	5160	4:36.03									
Helwick, Chris																				8017 (08)
All Time	10.94+2.6	746i		1411	209	49.22	15.02+0.5	4706	520	6735	4:21.44									
07-08	10.94+2.6	720+2.9		1411	201	49.90	15.09+1.9	4582	490	6735	4:21.44									
Randolph, Chris																				8066 (08)
All Time	11.19+2.0	735+0.5		1400	207	48.27	14.36+2.2	4930	490	5883	4:25.83									
07-08	11.26+1.9	735+0.5		1400	207	48.61	14.36+2.2	4550	490	5883	4:28.88									
Substitutes:																				
Cebulski, Joe																				7969 (01)
All time	10.97+2.0	689+0.8		1448	211	49.12	14.62nwi	4908	505	6090	4:29.41									
07-08	11.35+4.3	682+0.2		1425	204	49.30	14.99+1.7	4629	480	6089	4:29.41									
Boyles, Chris																				7855 (06)
All-time	11.11+3.2	746		1533	218	50.0h	14.4h	4501	500	6220	4:43.85									
07-08	11.26+1.9	733+1.6		1533	214	51.02	14.73-0.2	4501	500	5921	4:52.00									
Olkowski, Ryan																				7895 (04)
All Time	10.3h+0.4	762		1404	215	47.36	14.3h+2.2	3792	485	5391	4:45.24									
07-08	10.59+1.1	751+1.9		1404	209	48.10	14.75+0.8	3857	480	5391	4:53.13									

Team Zehnkampf

Albert, Lars																				7920 (05)
All-Time	11.05	753	1644i	197	50.41	[4086]	14.74	4998	510	6533	4:37.18									
07-08	11.08	727	1597	194	50.67		14.84	4986	510	6248	4:41.84									
Fricke, Steffen																				7555(07)
All Time	11.22	723	1410	208	48.25	[4025]	14.97	4345	430	6021	4:24.93									
07-08	11.22	723	1410	208	48.25		14.97	4345	430	6021	4:24.93									
Leyckes, Dennis																				8310(06)
All Time	10.95	707	1410	200	48.48		14.37	4536	545	6054	4:38.93									
07-08	10.96	680	1404	194	48.07															
Minah, Jacob																				8099(07)
All Time	10.69	787	1392	203	47.23	[4310]	14.38	4238	490	5516	4:35.35									
07-08	10.69	787	1392	198	47.23	[4310]	14.38	4238	490	5516	4:35.35									
Müller, Norman																				8255(07)
All Time	10.89	752	1518	204i	47.30	(4310)	14.46	4510	500	6206	4:26.83									
07-08	10.89	744	1518	197	47.30	(4310)	14.56	4510	500	6206	4:26.83									
Peselmann, Nicolai																				7274(07)
All Time	11.34	708	1446	198	49.71	[3877]	14.72	4344	450	6006	4:38.88									
07-08	11.34	708	1446	198	49.71	[3877]	14.72	4344	450	6006	4:38.88									
Johannes Schwuchow																				7529 (07)
All Time	11.40	711	1350	204	49.16	[3961]	14.76	3950	460	4990	4:15.60									
07-08	11.40	711	1350	204	49.16	[3961]	14.76	3950	460	4990	4:15.60									

How Do You Know How They Are Doing??

Abdur-Rahim	<u>8106 PR (1) 4/19/08 McKinley, Alamosa, CO</u>									
Marks	10.72	722	1429	194	48.22	14.21	5145	440	5472	4:39.6h
Points	924	866	746	749	899	948	901	731	659	683
Cum Pts	924	1790	2536	3285	4184	5132	6033	6764	7423	8106
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Arnold	<u>8215 PR (1) 6.07.07 NCAA I, Sacramento</u>									
Marks	11.12	688	1415	202	48.38	14.20	4442	530	5880	4:34.22
Points	834	785	738	822	891	949	755	1004	720	717
Cum Pts	834	1619	2357	3179	4070	5019	5774	6778	7498	8215
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Detmer	<u>7963 PR (2) 6/07/07 NCAA I, Sacramento</u>									
Marks	10.97	724	1176	193	47.77	14.62	4043	480	5292	4:04.11
Points	867	871	592	740	920	896	673	849	632	923
Cum Pts	867	1738	2330	3070	3990	4886	5559	6408	7040	7963
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Edmonds	<u>7765 PR (8) 6/30/08 USOT/USA, Eugene</u>									
Marks	10.92	688	1243	199	47.80	14.30	3852	490	5160	4:37.92
Points	878	785	633	794	919	936	635	880	612	693
Cum Pts	878	1663	2296	3090	4009	4945	5580	6460	7072	7765
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Helwick	<u>8017 PR (1) 5/16/08 Deacon, Winston-Salem</u>									
Marks	10.94	713	1360	201	49.90	15.42	4369	482	6198	4:21.80
Points	874	845	704	813	819	799	740	856	768	799
Cum Pts	874	1719	2423	3213	4055	4854	5594	6450	7218	8017
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Randolph	<u>8066 PR (1) 6/13/08 George Fox Newberg</u>									
Marks	11.26	735	1373	207	48.61	14.36	4550	490	5640	4:47.44
Points	804	898	712	868	880	929	777	880	684	633
Cum Pts	804	1702	2414	3282	4162	5091	5869	6749	7433	8066
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Olkowski	<u>7877 (2)</u>	<u>5/15/07</u>	<u>Deacon, Winston-Salem</u>							
Marks	10.64	751	1387	204	48.68	14.81	3857	462	5391	4:51.43
Points	942	937	720	840	876	873	636	796	647	610
Cum Pts	942	1879	2599	3439	4315	5188	5824	6620	7267	7877
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Cebulski	<u>7907w (1)</u>	<u>6/08/08</u>	<u>TexasGA, Dallas</u>							
Marks	11.35	682	1382	203	49.30	15.03	4629	470	6089	4:29.41
Points	784	771	717	831	847	846	793	819	751	748
Cum Pts	784	1555	2272	3103	3950	4796	5589	6408	7159	7907
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Boyles	<u>7855 PR (1)</u>	<u>5/14/06</u>	<u>Multi-Stars, Desanzano</u>							
Marks	11.39	723	1490	209	50.48	15.18	4197	490	5825	4:49.56
Points	776	869	784	887	793	828	704	880	712	62211.42+0.9
Cum Pts	776	1645	2429	3316	4109	4937	5641	6521	7233	7855
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Albert	<u>7920 PR (10)</u>	<u>5/29/05</u>	<u>Gotzis</u>							
Marks	11.05	753	1536	194	51.81	15.12	4571	470	6370	4:52.36
Points	850	942	812	749	733	835	781	819	794	605
Cum Pts	850	1792	2604	3353	4088	4923	5704	6523	7317	7920
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Fricke	<u>7573 PR (11)</u>	<u>6/22/08</u>	<u>Ratingen</u>							
Marks	11.31	709	1326	202	48.89	14.97	3938	430	5003	4:24.93
Points	793	835	683	822	866	853	652	702	589	778
Cum Pts	793	1628	2311	3133	3999	4852	5504	6206	6795	7573
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Leyckes	<u>8310 PR (3)</u>	<u>6/25/06</u>	<u>Ratingen</u>							
Marks	10.95	707	1410	200	48.48	14.37	4536	545	6054	4:38.93
Points	872	830	734	803	886	927	774	1051	746	687
Cum Pts	872	1702	2436	3239	4125	5052	5826	6877	7623	8310
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Minah	8099 PR (1)		8/17/07		WUG, Bangkok, THA					
Marks	10.75	787	1380	192	47.79	14.38	4238	480	5266	4:41.11
Points	917	1027	716	731	919	926	713	849	628	673
Cum Pts	917	1944	2660	3391	4310	5236	5949	6798	7426	8099
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Muller	8255 PR (7)		5/27/07		Götzis					
Marks	10.91	749	1458	191	48.26	14.53	4443	500	6206	4:34.23
Points	881	932	764	723	897	907	755	910	769	717
Cum Pts	881	1813	2577	3300	4197	5104	5859	6769	7538	8255
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Peselmann	7636 PR (9)		6/22/08		Ratingen					
Marks	11.32	708	1416	193	49.71	14.72	4344	450	6006	4:55.22
Points	791	833	738	740	828	884	735	760	739	588
Cum Pts	791	1624	2362	3102	3930	4814	5549	6309	7048	7636
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Schwuchow	7582 PR (10)		6/22/08		Ratingen					
Marks	11.42	683	1350	199	49.36	14.76	3950	460	4974	4:22.43
Points	769	774	698	794	844	880	634	790	585	795
Cum Pts	769	1543	2241	3035	3879	4759	5393	6183	6768	7563
Current score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
+ / -	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Projected Score	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

.....**FINALLY**.....

*results will be posted on the Team Zehnkampf website
<http://www.zehnkampfteam.de>, daily and on our website,
www.decathlonusa.typepad.com as soon as possible. Remember, there is a seven
hour time difference between Germany and Kansas.*

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