

DECATHLON HANDBOOK & MEDIA GUIDE



17th THORPE CUP USA vs GERMANY TEAM DECATHLON

Marburg, Germany
August 7-8, 2010



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ROSTERS

USA

<i>Name</i>	<i>club</i>	<i>age</i>	<i>hometown</i>	<i>Lifetime</i>	<i>2010</i>
Adcock, Nick	U of Missouri '10	22	Kansas City, MO	7704 (10)	7704
Clark, Mat	unat (Northern Iowa '09)	23	Ames, IA	7785(09)	7355
Detmer, Joe	unat (Wisconsin '07)	25	Lodi, WI	8009(10)	8009
Jellison, Mark	unat (U Connecticut '03)	30	Reading, MA	7781(10)	7781
Helwick, Chris	unat (U of Tennessee '07)	25	Greeley, CO	8143 (08)	7779
Moss, Miller	Clemson U '11	22	Sumter, SC	7628(10)	7628
Otto, Trinity	Texas A&M '10	23	Lindsay, TX	7724(10)	7724

Coaches: Dan Steele, Northern Iowa University; Aaron Fox, University of Texas-San Antonio

GERMANY

<i>Name</i>	<i>club</i>	<i>age</i>	<i>hometown</i>	<i>----best scores----</i>	
				<i>Lifetime</i>	<i>2010</i>
Büker, Nils	TV Wattenscheid	23	Dortmund	7810 (09)	7477
Freimuth, Rico	Hallesche LA-Freunde	23		7826 (10)	7826
Hechler, Simon	Saarland	22	Leichtathletik Team Saar	7599(09)	6768
Heineke, Lars Niklas	LAV Bayer Uerdingen	25		7352 (10)	7352
Kahlert, Stefan	TuS Wunsdorf	23		7740 (09)	7565
Knobel, Jan Felix	LG Eintracht Frankfurt	20	Hessen	7896jr (08)	7626
Prey, Mattias	Ahrensburge TV	22		7797 (10)	7797
Spinner, Patrick	LG Ortenau Nord	26		7518 (10)	7518

Coaches: Claus Marek, George Zwirner

Meet Schedule:

Meet scheduled not released

Saturday- Aug 7

100 meters

Long Jump

Shot Put

High Jump

400 meters

Sunday- Aug 8

110m Hurdles

Discus

Pole Vault

Javelin

1500 meters



Outlook for 2010 Meeting

Team USA selected itself from the recent 91th USA national championships in Des Moines. Spots were offered to athletes who placed 4th to 8th. Coaches added two discretionary selections. Team USA has a trio of international veterans and another three facing their first international.

There will be no Tom Pappas to lead the American team as he did in 2009 when he ran up a meet record 8569 score. And Jake Arnold, the newly crowned USA champion will also not be with the USA team. Arnold and Pappas went 1-2 in Des Moines. Arnold was the Thorpe Cup runner-up in 2008. The team will be led by Joe Detmer, Lodi, Wisconsin, who used his significant running skills to record his first 8000 effort in Des Moines. For 3rd place.

Team USA will rely on recovering Chris Helwick, Greeley, CO, who was injured in Des Moines, Missouri's Big 12 champ Nick Adcock, Kansas City, and former Northern Iowa mainstay Mat Clark, Ames Iowa. Three other Americans will be making their first international appearance of any kind: Texas A&M's Trinity Otto, Clemson

junior Miller Moss, and 30 year old Mark Jellison, Berkeley, CA.

The American team is relatively young and US coaches Dan Steele/Northern Iowa and Aaron Fox/Texas-San Antonio, will have their work cut out for them.

Germany's Team Zehnkampf, will send it top three to the European Championships in Barcelona. Their remaining team is youthful and talented, led by Jan Felix Knobel, the 2008 IAAF world junior champion and 23 year old Rico Feimuth, who sports a 7826 seasonal best. He is the son of legendary East German Uwe Freimuth (PR 8792! 8792!!) who was 4th at the 1983 World champs and a 2x Gotzis winner. The Freimuth's are now the highest scoring father-son combo in history.

There is no way to forecast the outcome of this meet. There are four reasons why the host German team will be favored:

- youth (the German team averages 23 years of age-young legs);
- they have a timing advantage since it is now the height of the German CE season and late for the Americans who peaked 4-6 weeks ago.
- The atmosphere in Marburg will be terrific and will favor the hosts.
- they are at home.

There are five reasons why team USA will be favored:

- experience in the names of Detmer, Helwick and Adcock, all of who have been on winning Thorpe Cups teams in the past
- Using career best scores Team USA, on paper, appears superior.
- History: Team USA has on 13 of the 16 previous meetings including the last six.
- It simply cannot be as hot and humid in Germany as it has been in American the past month.
- Joe Detmer if the meet is close and it comes down to the 1500m..

Nothing is ever taken for granted at the Thorpe Cup and it is always hotly contested. In 1999 the meet was decided by a miniscule, microscopic, tiny, infinitesimal, atomic... (you get the picture!) five points. One German coach described the margin as "a puff of wind." It was the closest team match anywhere in decathlon history. The 2006 winning USA margin in Manhattan was a mere just 57 points. Team USA has also lost by the biggest margin in series' history, 2614 points in 2001. USA teams have won 13 of the first 16 meets in the current series which dates to the 1993 "Shellacken in Aachen." The American team has a current 7 meet win streak.

Thorpe Cup 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 17th 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 was decided by a mere 5 points. 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.

Last year's champion, Tom Pappas, will not defend. His brave 8100+ score at the USA nationals (w/o any running training) will be missed in Marburg.

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, Mike Maczey and Pappas have won the individual title more than once. See below.

In the years before the current series, USA and German decathlon 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 16-3 national team advantage.

History of Team Series:

<i>Year</i>	<i>Site</i>	<i>team scores</i>	<i>won/loss differential</i>
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
2008	Manhattan, KS	USA 40,093 GER 38,496	W +1,597
2009	Marburg, Germany	USA 39,462 GER 35,927	W +3,535



USA leads series 13-3, Current streak 7

History of Individual medal Winners:

	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
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	Maczey/GER 8154
1997	Sategna/USA 8107	Rodgers/USA 7986	Otte/GER 7983
1998	Rodgers/USA 8128	Janvrin/USA 8053	Smith/USA 8019
1999	Maczey/GER 8264	Moore/USA 8037	Janvrin/USA 8017
2000	Janvrin/USA 8029	Isekenmeier/GER7912	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/GER7842	Kilmartin/USA 7794
2006	Abele/GER 7834	Albert/GER 7824	Boyles/USA 7672
2007	Abdur-Rahim/USA 7760	Harlan/USA 7736	Detmer/USA 7616
2008	Müller/GER 8199	Arnold/USA 8191	Abdur-Rahim/USA 8175
2009	Pappas/USA 8569	Detmer/USA 7892	Knoebel/GER 7758

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 ½)	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 Drewes/GER	Bernhausen	07/22/01
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 (17-4½)	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	4472	Tom Pappas/USA	Marburg	08/08/09
2 nd day	4166	Kip Janvrin/USA	Aachen	08/08/93
	4183w	Kip Janvrin/USA	Edwardsville	07/18/96
Total	8569	Tom Pappas/USA	Marburg	08/08-09/09

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**

8 Kip Janvrin (93,95,96,97,98,99,00,02)

5 Stephen Moore (99,00,01,02,05)

4 Ricky Barker (94,95,96,97)

Chris Boyles (05,06,07,08)

Germany

6 Jorge Goedicke(96,97,98,99,00,02)

5 Mike Maczey (95,96,97,99,01)

4 Dirk-Achim Pajonik (93,95,97,98)

Lars Albert (02,06,07,08)

Olympians who have appeared in the Dual Meet:**USA**

Kip Janvrin 2000

Aric Long 1992

Chris Huffins 1996, 2000

Rob Muzzio 1992

Steve Fritz 1996

Tom Pappas 2000, 2004,2008

Bryan Clay 2004, 2008

Paul Terek 2004

Germany

Stefan Schmid 2000

Dirk-Achim Pajonik 1996

Frank Muller 1992

Mike Maczey 2000

Arthur Abele 2008

Andrei Nicklaus 2004

Recent Results.....

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:	1	2	3	4	5	6	7	8	9	10
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
differential+/-	+222	+155	+173	+531	+859	+1,108	+1,265	+1,503	+1,494	+1,108

2008 Results

7/2-3 USA vs Germany Thorpe Cup, KSU, Manhattan, KS

8199	Müller, Norman/GER	11.06+0.6	757+2.8	1444	185	48.35	14.68+1.1	4313	515	6022	4:26.50	
8191	Arnold, Jake/USA	11.03+0.6	722+1.8	1517	200	49.49	14.26+1.1	4571	495	5804	4:36.11	
8175	Abdur-Rahim, Mustafa/USA	10.74+0.6	744+3.2	1401	188	47.77	14.15+1.1	4723	455	5476	4:23.33	
8143	Helwick, Chris/USA	11.16+0.6	709+3.5	1368	203	49.94	15.06+1.1	4512	495	6672	4:24.51	
7861	Detmer, Joe/USA	10.91+0.6	735+2.3	1190	191	47.34	14.54+2.7	3958	465	5344	4:19.96	
7723	Boyles, Chris/USA	11.06+2.9	715+2.9	1411	203	52.29	14.88+2.7	4715	465	5816	5:00.06	
7666	Albert, Lars/GER	10.96+2.9	728+2.3	1551	191	51.58	14.80+2.7	4466	485	5779	5:25.15	
7581	Büker, Nils/GER	10.80+0.6	738+1.5	1399	200	51.07	15.30+1.1	3830	455	5723	5:00.46	
7577	Peselmann, Nicolai/GER	11.04+2.9	705+1.6	1488	194	51.75	14.88+2.7	4100	455	6090	5:00.53	
7473	Minah, Jacob/GER	10.79+0.6	743+5.2	1244	188	48.49	14.63+1.1	3893	445	5215	5:05.63	
7127	Leyckes, Dennis/GER	10.98+2.9	3f	1444	197	49.54	14.94+1.1	4694	505	5934	4:56.98	
6401	Cebulski, Joe/USA	11.42+2.9	670+2.1	1339	194	51.52	15.13+2.7	4460	nh	5510	5:20.72	
6063	Fricke, Steffen/GER	nm	2fs	742+3.9	1388	209	50.68	15.49+2.7	4233	425	4841	dnf
dnf	Edmonds, Lysias/USA	10.73+2.9	705+2.6	1275	191	94.91	19.72+1.1	3781	inj,	withdrew		

1st/2nd day scores: Müll 4116/4075, Arno 4161/4030, Ab-Ra 4184/3991, Helw 4017/4126, Detm 4043/3818, Boyl 3975/3748, Albe 4038/3628, Büke 4108/3473, Pese 3945/3632, Mina 4041/3432, Leyc 3232/3895, Cebu 3698/2703, Fric 3307/2756, Edmo 3123

Team Scores: After 1 After 2 After 3 After 4 After 5 After 6 After 7 After 8 After 9 After 10
 USA 4423 8783 12,299 16,173 20,380 24,888 28,718 32,891 36,447 40,093
 Germany 4401 8865 12,584 16,225 20,248 24,584 28,030 32,148 35,662 38,496
 USA differential +22 -82 -285 -52 +132 +304 +688 +743 +785 +1,597
Weather: Day 1- 105 degrees F, humid. Day 2- 114 degrees F, humid, winds from SSW to 3 mps.

2009 Results

8/8-9 16th Annual Thorpe Cup, USA vs Germany Team Match, Marburg, GER

8569	Pappas, Tom/USA	10.84+1.6	763+1.7	1682	207	49.49	14.19+0.3	5157	505	6170	5:00.77
7892	Detmer, Joe/USA	11.01+0.8	725+1.0	1200	198	47.91	14.90+0.6	3792	485	5380	4:12.67
7758	Knoebel, Jan-Felix/GER	11.35+1.6	708+1.5	1429	189	50.16	15.29+0.3	4259	485	6878	4:50.63
7729	Terek, Paul/USA	11.09+1.6	680+2.8	1362	195	49.90	15.66+0.6	4489	525	5367	4:41.53
7646	Adcock, Nick/USA	11.21+0.8	707+1.9	1294	192	49.03	14.45+0.3	3883	455	5935	4:39.15
7626	Edmonds, Lysias/USA	10.87+0.8	699+1.9	1245	201	48.37	14.51+0.3	3729	485	4697	4:43.55
7503	Marsh, Mike/USA	10.99+0.8	686+1.6	1293	195	50.94	14.78+0.6	4071	445	5692	4:41.13
7476	Hechler, Simon/GER	10.95+0.8	759+1.3	1217	192	50.21	14.91+0.3	3986	425	5573	4:51.51
7434	Randolph, Chris/USA	11.35+1.6	665+1.9	1290	192	48.94	15.10+0.6	3628	495	5456	4:39.27
7221	Tächl, Lukas/GER	11/56+1.6	680+2.4	1308	192	52.42	16.10+0.6	4158	465	5665	4:37.83
7089	Bender, Ralf/GER	11.43+1.6	674+1.4	1184	189	50.82	15.76+0.6	3362	515	4856	4:41.67
6383	Margis, Thorsten/GER	11.27+1.6	707+1.9	1307	189	50.25	16.30+0.6	4214	nh	5767	5:17.79
dnf	Büker, Nils/GER	10.81+0.8	676+1.0	1246		withdrew					

1st/2nd day Scores: Papp 4472/4097, Detm 4036/3858, Knoe 3875/3883, Tere 3890/3839, Adco 3899/3747, Edmo 4039/3587, Mars 3837/3666, Hech 3982/3594, Rand 3772/3662. Täch 3616/3605, Bend 3599/3490, Marg 3811/2572.

Team Scores:

Team USA	39,462	ave=7892+	[Papp 8569, Detm 7892, Tere 7729, Adco 7646, Edmo 7626]							
Team Zehnkampf	35,927	ave=7185+	[Knoe 7758, Hech 7476, Täch 7221, Bend 7089, Marg 6383]							
Scores by Event:	after: 1	2	3	4	5	6	7	8	9	10
USA	4339	8585	12,060	16,041	20,338	24,848	28,288	32,707	36,030	39,462
Germany	4127	8254	11,586	14,982	18,833	22,839	26,054	29,373	32,876	35,927
Differential	+212	+331	+474	+1059	+1505	+2009	+2234	+3334	+3154	+3535

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 ¾)	Edy Hubacher/Switzerland	Berne (7405h)	10/04/69
HJ	2.27 (7-5 ½)	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
1 st 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
2 nd 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	8.08m (26-4 ¼)	Dan O'Brien/Talence (+0.81)	Talence, FRA (8891)	1992
SP	17.76(58-3 ¼)	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 ¼)	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
1 st day	4738	Dan O'Brien/Footlocker AC	Knoxville (8707)	1994
	4747 nwi	Dan O'Brien/Reebok RT	New York(TAC) (8844)	1991
2 nd day	4455	Dave Johnson/ReebokRT	New Orleans (OT) (8649)	1992
Total	8891	Dan O'Brien/Reebok RT	Talence (8891)	1992

American Collegiate Records

100m	10.34 (+2.6)	Mantas Silkauskas/Kansas St	Lubbock (Big 12)	2009
LJ	8.01m(26-3½)	Chris Huffins/California	Tucson, Arizona (VISA)	1993
SP	17.76(58-3 ¼)	Russ Hodge/Foothill JC	Hamburg, FRG (vs W Ger)	1966
HJ	2.22 (7-3¼)	Attila Zsivoczky/Kansas St	Tallinn, EST (EC)	1998
400m	46.85	Ashton Eaton/Oregon	NCAA, Fayetteville	2009
110mH	13.70	Jangy Addy/Tennessee	Auburn, AL (SEC)	2008
DT	53.84m(176-8)	Brian Brophy/Tenn	Talence, FRA	1992
PV	5.50m(18-0½)	Lawrence Johnson/Tenn	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
1 st day	4458	William Motti/Mt St Mary's	Athins-Mons, FRA (NC)	1985
2 nd day	4145	Jake Arnold/Arizona	NCAA, Sacramento	2007
Total	8465	Trey Hardee/Texas	Austin (Tex R)	2006

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 Demmell/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)	Christian 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
1 st day	4626	Paul Meier/GER	Götzis	05-29-93
2 nd 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.

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(56-4¾)	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)	7/17/96
Disc	54.78m (179-9)	Norbert Demmel/GER	Ratingen	07/30/95
PV	5.30m (17-4½)	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	8569	Tom Pappas	Marburg	08/08-08/09

2010 Thorpe Cup – German Decathlon Delegation



Head Coach: Claus Marek

Claus Marek (left) is in his 18th season as the German National Decathlon coach. At age 55(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.

Assistant Coach: George Zwirner.

Georg Zwirner (right) was a national class decathlete who competed in two of the USA/Germany matches (with 7712 PR) and is making his 6th appearance as the assistant coach.

The Team:

Nils Büker 12/17/86

PR Meet 7810 Ratingen, 2009

[10.78+1.7 751+1.8 1335 193 49.05 15.33+1.2 4164 450 6025 4:42.52]

PRs: 10.78+1.7 751+1.8 1360 200 49.05 15.14+0.5 4164 450 6025 4:42.52

Scored 7581 for 8th as 21 yr old in Manhattan, KS, 2008.

Rico Freimuth 3/14/88
PR Meet: 7826 Bernhausen, 2010
 [10.82+0.8 702+0.2 1414 188 49.04 14.23+0.4 4701 420 5651 4:36.46]
 PRs: 10.82+0.8 726+1.7 1423 189 49.04 14.23+0.4 4701 440 5709 4:36.46
 Third, 2007 Euro Junior Champs.



Simon Hechler 6/15/88
PR Meet: 7599 Bernhausen, 2009
 [11.03-0.2 741 0.0 1141 185 49.50 14.75 0.0 4127 440 5654 4:34.15]
 PRs: 10.83+0.3 764+0.7 1269 191 49.50 14.75 0.0 4241 440 5854 4:34.15
 Fifth at 2007 Euro Junior Champs

Lars Niklas Heineke 11/7/89
PR Meet: 7352 Bernhausen, 2010
 [11.19+0.4 688 0.0 1242 182 49.82 15.51+0.2 4143 460 5683 4:39.06]
 PRs: 11.19+0.2 692-0.2 1246 182 49.77 15.35+0.7 4143 460 5683 4:39.06

Stefan Kahlert 5/30/87
PR Meet: 7740 Kaunas, LIT, 2009
 [11.22-0.6 732+1.7 1356 191 50.22 14.52-1.3 4014 510 4604 4:27.19]
 PRs: 11.19+0.8 732+1.7 1367 193 50.22 14.52-1.3 4014 520 5334 4:21.68

Thorsten Margis 8/14/89
PR Meet: 7492 Bernhausen, 2009
 [11.25-0.2 710 0.0 1419 200 50.09 16.15 0.0 4075 430 6119 4:36.42]
 PRs: 11.19-0.1 710 0.0 1419 200 50.09 15.30+0.9 4236 440 6142 4:36.42
 4th, 2008 IAAF World Junior champs

Jan Felix Knobel 1/16/89
 PR Meet: 7758 Marburg (Thorpe Cup), 2009
 [11.35+1.6 708+1.5 1429 189 50.16 15.29+0.3 4259 485 6878 4:50.63]
 PRs: 11.15 0.0 712+0.3 1521 196 48.91 14.70 0.0 4495 485 6962 4:42.84
 2008 IAAF World Junior champion; 3rd at Thorpe Cup in 2009 as 20 year old

Mattias Prey 8/9/88
 PR Meet: 7797 Bernhausen, 2010
 [11.15+0.8 738+1.3 1438 182 50.69 14.95+0.4 4755 440 6113 4:33.01]
 PRs: 11.03+1.8 760+1.6 1480 188 50.22 15.84 4755 440 6228 4:33.01
 2007 European Junior champion (7908), 10th 2006 Wprld Jr champs.

Patrick Spinner

11/28/85

PR Meet: 7518

Bernhausen, 2010

[11.09-0.1 709 0.0 1337 191 49.97 15.09+0.4 3933 430 6181
4:43,85]

PRs: 11.09-0.1 738+1.9 1337 192 49.65 15.09+0.4 3994 430 6531
4:42.70



TEAM USA DELEGATION:



Head Coach: Dan Steele, U of Northern Iowa.

Dan Steele has been named the Head Men’s and Women’s Track and Field/Cross Country Coach at the University of Northern Iowa, as announced by UNI Director of Athletics Troy Dannen.

Steele, a native of Sherrard, Ill., recently finished his seventh season at the University of Oregon. Steele was instrumental in leading the combined men’s and women’s teams to unprecedented success in 2009, where the Duck men won the NCAA Indoor title, the Pac-10 Conference title and finished second at NCAA Outdoor meet. Not to be outdone, the Duck women won the 2009 Pac-10 Conference title and finished second at the NCAA Outdoor meet. Steele made history at the 2009 NCAA Outdoor Championships by coaching Ashton Eaton to his second Decathlon title and Brienne Theisen to her first Heptathlon title. This is the first time in NCAA history both multis winners came from the same school. For his efforts, Steele was voted the 2009 Indoor NCAA Coach of the Year.



“My extraordinary experience at Oregon has prepared me well to take over the program at the University of Northern Iowa.” Steele said. “I had the great pleasure of working for and learning from two of the most brilliant head coaches in the business, Vin Lananna and Martin Smith. In that time, I have also enjoyed coaching some of the finest track and field athletes in America.

“Northern Iowa and I are a great fit. Originally from the Quad Cities, I also know Cedar Falls/Waterloo is the perfect place for raising a family. UNI’s proud and impressive tradition of athletic and academic excellence falls in line with my professional standards and expectations. Coaching is teaching; I am a passionate teacher. With my modern vision and leadership, UNI will remain relevant at the NCAA level and be a perennial Missouri Valley Conference championship-caliber team.”

As the Associate Director of Track and Field at Oregon, Steele was responsible for running the daily operations of the men’s and women’s track and field team. Overseeing the sprinters, hurdlers, pole vaulters, decathletes and

heptathletes, Steele has coached eight NCAA champions, 13 Pac-10 champions, 30 All-Americans and helped Oregon student-athletes establish 22 new school records.

As an athlete, Steele competed as the brakeman on the Olympic bronze medal four-man bobsled team for the United States at the 2002 Games.

Steele earned a bachelor's degree in sociology from Eastern Illinois in 1992. As a collegiate student-athlete at EIU, Steele captured the 400-hurdles NCAA title as a senior, was a two-time All-American and two-time Drake Relays champion for the Panthers. He was inducted into the EIU Athletics Hall of Fame in 2001.

He and his wife, Dusky, have two sons, Xander and Blake.

The Dan Steele File

Education:

- B.A. Sociology, Eastern Illinois, 1992

Coaching Experience:

UNI Head Coach, 2009-present

Oregon Associate Director of Track & Field, 2007-2009

Oregon Assistant Track & Field Coach, 2001 and 2003-2007

Coaching Honors:

2009 NCAA Men's Indoor Coach of the Year

2009 NCAA West Regional Women's Coach of the Year

2008 Pac-10 Coach of the Year

2007 West Regional Assistant Coach of the Year (Sprints/Hurdles)

2005 West Regional Assistant Coach of the Year (Sprints/Hurdles)

Personal Athletic Accomplishments:

2002 Olympic Bronze Medal (USA Bobsled Team)

1999 USA Track & Field World Championship Team (Decathlon – 8th place)

1999 USA Pan American Games Team (Decathlon – Silver Medal)

1998 USA Olympic Team (Bobsled)

1992 NCAA Champion (400m Hurdles)

Assistant Coach: Aaron Fox, University of Texas-San Antonio

Aaron Fox is in his second season as director of track & field and cross country. An integral part of UTSA track & field for the last decade, Fox has been in charge of the men since 2003 and he added the women to his list of responsibilities following the merging of the two programs in July 2008. His Roadrunners career began as an assistant for both the men and women from 2000-02.

He has led the men to five consecutive Southland Conference Indoor Championships and been named Southland Indoor Coach of the Year the past five seasons (only coach in league history to earn five straight awards). Fox's other honors include the 2008 U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Indoor South Central Region Coach of the Year and Southland Outdoor Coach of the Year in two of the past three years (2008, '10). In fact, the Flagstaff, Ariz., native became the first mentor to sweep the league's top coaching awards in four years in 2008.



Under his watchful eye, Roadrunners student-athletes have broken or tied six conference and 67 school records, won 77 league titles and earned 10 All-America certificates. There has been just as much success in the classroom, as multi-event performer Bryan Wolfe swept Southland Student-Athlete of the Year honors in 2005 and '06, while Mecke has been honored three times (2008 cross country/'09-10 indoor).

During the past five years, 57 individuals have qualified for NCAA Championship Preliminary Round competition and 12 have advanced to compete at the national meet.

On the women's side, Fox immediately has turned the Roadrunners into Southland contenders in just two short seasons.

UTSA posted its highest indoor finish, third, in a half dozen years in February on the strength of a school-record-tying six individual/relay crowns.

In his first season as interim head coach in 2003, Fox led the Roadrunners to a pair of individual league titles and a fifth-place finish at the Southland Indoor. Additionally, Carl Johnson was named Outstanding Track Athlete of the Meet.

Fox, a team captain at Texas in 1998-99, was an All-American and the first-ever Big 12 Champion in the indoor heptathlon and outdoor decathlon. He also holds the U.S. Junior first-day total and long jump records and held the Big 12 Outdoor meet record in the decathlon from 1997-2009. In 1995, he broke Daley Thompson's junior 100-meter dash mark in the decathlon and was the No. 1-ranked U.S. Junior and third-ranked junior decathlete in the world. Fox also still owns the Arizona Class 4A state record in the long jump (24-7) and his 10-year-old triple jump mark of 49-1 was broken in 2007.

A 1999 graduate with a bachelor of science degree in kinesiology, Fox served as an assistant with the Texas track & field camp from 1997-98 and with the Longhorns program until 1999.

Fox is married to the former Sarah Vestal and the couple has a daughter, June Elizabeth.

TEAM USA Members:

ADCOCK, NICK

DOB: April 2, 1988
 POB: Kansas City, MO
 Ht/Wt: 6-2, 180
 Hometown: Kansas City, MO
 High School: Oak Park HS
 College: Missouri '10



effort in
 Won a
 Placed

2010: Place 5th at NCAAs and 6th at USA nationals. Big 12 champ with PR 7704 the rain. Scored PR for 2nd at Mt Sac Relays in mid-April. 4th at NCAAs indoors. pair of heptathlons including Iowa State affair (5758) and Big 12 (PR 5938). **2009:** 7th at USA senior champs. A pair of vault no-heights marred early outdoor season. 5th at Thorpe Cup (vs Germany). Placed 4th at NCAA indoor heptathlon. Won initial heptathlon at Texas A&M new facility in January (5508), then was silver medalist at Big 12 affair (5747). **2008:** Opened outdoor campaign with PR 7329 win at Kansas Relays then was runner-up at Big 12 with PR 7657. Placed 4th at NCAA decathlon with 7612 score. 4th at NCAA indoor (5776) after winning Big 12 Heptathlon with 5795 score. **2007:** Was USA national junior champ after 8th at Big 12 champs with PR 7078 score after a 6th place at Walton Multis at home where he posted a 6694 total. Runner-up at Arizona's Click decathlon (6977). Indoors was 10th at Big 12 heptathlon with 5129. **High School:** a 6 time all-state performer with PRs 14.09 hurdles and 6-7 high jump. Coach: Mike Maus. **Personal:** Son of Gary and Sue Adcock. Business major.

Career:

Indoor:					
2/10/07	4993	7	Iowa State	Ames	7.32 634 1131 204
2/24/07	5129	10	Big 12	Ames	7.24 654 1266 199 8.47 352 2:44.21
2/15/08	5644	3	Cyclone	Ames	6.72 695 1339 205 7.66 425 2:41.29 [55m,55H]
3/01/08	5795	1	Big 12	Lincoln	7.09 685 1378 212 8.12 455 2:45.91

3/15/08	5776	4	NCAA	Fayetteville	7.14	680	1382_208	8.10	445	2:39.56
1/31/08	5508	1	Texas A&M	College Station	7.18	681	1374_202	8.33	440	2:50.87
2/28/09	5747	2	Big 12	College Station	7.14	679	1315_206	8.12	465	2:41.26
3/14/09	5714	4	NCAA	College Station	7.17	688	1461_202	8.24	460	2:45.74
1/29/10	5758	1	ISU Bergan	Ames	7.19	697	1370_199	7.99	465	2:42.73
2/27/10	5939	1	Big 12	Lincoln	7.12	709	1411_204	7.98	490	2:44.80
3/13/10	5763	4	NCAA	Fayetteville	7.12	705	1419_190	7.94	470	2:44.23

Outdoor:

3/23/07	6612	2	Click	Tucson	11.17+1.5	634	0.0	1275	189	49.38	14.98+0.7	2820	375	4518	4:56.55
4/13/07	6694	6	Walton	Columbia	11.23+3.0	627+1.3	1256	195	50.18	14.88	0.0	2760	345	5280	4:44.26
5/12/07	7078	8	Big 12	Lincoln	11.22+0.7	639+0.4	1305	201	48.88	14.99-0.7	2724	405	5638	4:42.05	
6/21/07	7293*	1	USA Jr	Indianapolis	11.20+0.7	634+0.8	1395	202	49.36	14.43+2.0	3541	410	5526	4:49.77	
7/07/07	7074*	2	Pan-Am Jr	Ibirapuera	11.37+0.2	628+0.9	1430	195	48.57	14.26	0.0	2676	390	5284	4:37.49
4/18/08	7329w	1	Kansas R	Lawrence	10.99+4.1	685+4.4	1313	193	49.25	14.44+2.7	3256	437	4834	4:36.17	
5/17/08	7657	2	Big 12	Boulder	10.94+0.7	731+1.8	1323	201	48.03	14.36+0.7	3549	435	5626	4:49.85	
6/12/08	7612	4	NCAA	Des Moines	11.18-1.0	687-2.0	1350	199	48.88	14.59-1.4	3742	460	5335	4:35.53	
7/20/08	7364	2	NACAC u23	Toluca	11.10-1.4	714nwi	1329	212	49.41	14.63-0.1	3285	430	5529	5:21.49	
4/16/09	dnf	-	Mt Sac R,	Azusa	11.10+3.9	693+2.9	1375	197	50.29	14.71-1.6	3176	nh	withdrew		
5/16/09	7059	8	Big 12	Lubbock	10.86+2.6	708+3.1	1402	201	48.21	14.22+1.0	3408	nh	5454	4:29.94	
6/26/09	7588	7	USA Sr	Eugene	11.18+1.9	689+1.4	1392	187	49.46	14.16+3.3	3675	450	6022	4:40.81	
8/09/09	7646	5	vsGermany	Marburg	11.21+0.8	707+1.9	1294	192	49.03	14.45+0.3	3883	455	5935	4:39.15	
4/15/10	7672	2	Mt Sac R	Azusa	10.99+2.0	688+0.6	1408	193	48.55	14.19+2.5	3728	470	4920	4:34.80	
5/15/10	7704	1	Big 12	Columbia	11.10+1.6	691	0.0	1348	201	48.64	14.26-0.9	3902	470	5089	4:40.20
6/11/10	7569	5	NCAA	Eugene	11.20+0.5	702-1.5	1315	193	49.01	14.36+1.6	3757	450	5407	4:36.30	
6/26/10	7579	6	USA	Des Moines	11.13+3.3	688+1.7	1333	196	49.01	14.20+4.4	3776	460	5256	4:42.86	

PRs: 7704/ 5795 10.86+2.6 731+1.8 1461 212 48.03 14.16+3.3 3902 490 6022 4:29.94

Indoor: 60m: 7.09; 60H: 7.98; 1000m: 2:39.56

Summary: 17 meets, 16 finishes, 3 wins, PR score: 7704. Top ten ave=7509.9

CLARK, MAT

DOB: May 31, 1987
 POB:
 Ht/Wt: 5-11. 171
 Hometown: Ames, IA
 High School: Ames HS, IA
 College: Northern Iowa '09



2010: 10th at USA nationals. **2009:** 9th at NCAAs with 7608 effort. Captured Missouri Valley title with PR 7785 score (an identical score with that of the PR of coach Travis Geopfert). Drake Relays winner with 7663 score. A vault no-height at Missouri Valley Conf meet ruined indoor season. Opened outdoors with 7202 5th place at Texas Relays. **2008:** Placed 10th at NCAAs and 18th at Olympic Trials. Scored huge PR 7691 for 2nd at Drake Relays, then placed 2nd at Missouri Valley conference. 11th at NCAA indoors getting 3 consecutive PR scores. **2007:** Runner-up at Missouri Valley Conf. indoors and out. 4th at Drake Relays. **2006:** Runner-up at Missouri valley Conf. indoors and out. 2nd at USA Junior nationals but dnf'd IAAF World Jr champs in Beijing. **Personal:** Son of James and Karen Clark. Major in biology.

Career:

Indoor:															
1/28/06	4991	2	N Iowa Invt,	Cedar Falls	7.30	685	1064	189	9.37	415	2:39.40				
2/25/06	5173	2	Missouri Valley,	Cedar Falls	7.30	693	1092	200	9.15	415	2:39.28				
1/27/07	5237	2	Northern Iowa,	Cedar Falls	7.24	703	1183	195	9.23	430	2:40.79				



2/24/07	5184	2	Missouri Valley, Carbondale	7.36	676	1141	198	9.22	440	2:39.18
2/02/08	5560	2	UNI, Cedar Falls	7.15	717	1290	202	8.89	450	2:40.93
3/02/08	5608	2	Missouri Valley, Cedar Falls	7.11	717	1269	199	8.70	464	2:37.96
3/15/08	5613	11	NCAA, Fayetteville	7.14	721	1297	193	8.72	455	2:35.26
1/31/09	5488	1	UNI Invt, Cedar Falls	7.14	716	1262	194	8.89	460	2:42.09
3/01/09	4798	6	Missouri Valley, Cedar Falls	7.12	729	1223	197	8.61	nh	2:42.58

Outdoor:

3/17/06	6005	3	Spring Break, San Angelo							
4/14/06	6733	4	Emporia St U, Emporia							
5/13/06	6891	2	Missouri Valley, Wichita	11.31+0.8	657-0.4	1135	186	51.00	16.32+2.1	3451 425 5298 4:22.06
6/22/06	7243*	2	USA Jr, Indianapolis	11.08+1.7	680+1.1	1190	195	50.73	15.27+1.8	3579 440 5163 4:28.71
8/17/06	dnf *	-	IAAF Jr WC, Beijing	11.19+1.3	691-0.5	1177				
4/05/07	6989	6	Texar R, Austin	11.11+3.8	677+4.9	1167	190	50.38	16.73+1.8	3421 430 4849 4:17.76
4/26/07	6838	4	Drake R, Des Moines	11.20+2.4	667+3.3	1140	193	50.72	16.51+2.3	3270 400 5070 4:20.55
5/12/07	7072	2	Missouri V, Des Moines	11.08+2.8	702+2.0	1128	188	49.85	17.17-3.6	3281 425 5693 4:18.31
4/18/08	dnf	-	McDonnell, Fayetteville	11.11+0.7	704+1.4	1244	187	49.91	15.82+1.2	3f nh withdrew
4/24/08	7691	4	Drake R, Des Moines	10.8h+2.5	713+0.4	1247	202	49.60	15.4h+2.8	3904 430 5971 4:14.38
5/17/08	7420	2	Missouri V, Carbondale	10.75+0.7	725+2.9	1246	198	48.77	15.58+1.2	3775 435 4577 4:37.57
6/12/08	7430	10	NCAA, Des Moines	11.13-1.1	696-1.0	1237	202	49.51	15.73-1.4	3711 440 4914 4:17.31
6/30/08	7279	17	USOT/USA, Eugene	11.21+0.1	683-0.6	1252	193	48.71	15.62+1.7	3399 440 4561 4:12.60
4/02/09	7202	5	Texas R, Austin	11.04+1.8	716+1.0	1207	193	50.20	16.18+4.1	3406 425 5154 4:23.89
4/23/09	7663	1	Drake R, Des Moines	11.15-0.2	717+0.5	1221	202	49.03	15.76+0.3	3659 460 5759 4:16.89
5/16/09	7785	1	Missouri V, Terre Haute	11.03+2.2	717+2.0	1255	204	49.11	15.87-0.1	4064 495 5519 4:28.47
6/11/09	7608w9		NCAA, Fayetteville	10.80+4.1	731+3.4	1217	196	49.35	16.14-1.3	3897 440 5486 4:16.96
6/26/09	5669	13	USA, Eugene	11.08+3.6	699+1.7	1247	190	50.76	18.41+1.6	3897 nh nm 4:28.26
4/23/10	dnf	-	Drake R, Des Moines	10.95+2.5	686+1.1	1240	193	49.54	16.09+1.3	3794 nh withdrew
6/26/10	7355	10	USA, Des Moines	11.04+3.3	721+5.0	1270	199	49.20	16.16+3.0	4300 410 5374 4:50.75

PRs: 7785 / 5613 10.75+0.7 731+3.4 1297 204 48.71 15.58+1.2 4064 495 5971 4:12.60

Indoors: 60m 7.11; 60mH 8.61 1000m 2:35.26

Summary: 18 meets, 16 finishes, 2 wins, PR score:: 7785 Top Ten Ave: 7413.9

*- Junior implements

JOE DETMER

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



2010: 3rd at USA nationals with PR 8009 score. **2009:** Runner-up at Thorpe Cup in Germany. 3rd at USA indoor heptathlon then opened season with 7760 win at Wake's Deacon meet. **2008:** Drake Relays victory and 4th at MultiStars in Desanzano, Italy to open outdoor season, after 4th place at USA indoor heptathlon. Placed 11th at US Olympic Trials and 5th vs Germany. **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). 3rd 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 5th at NCAA indoor. Opened outdoor season with 7296 win at Auburn. **2006:** Placed surprising 4th at NCAAs with dramatic 4:11.71 1500m., and PR'd in long jump, 400 (meet record 47.28), and javelin. Was runner-up at Big Ten Champs. **2005:**

finished third in the 600 meters at the Big Ten indoor meet in 1:18.35 . Earned All-America honors as a member of the third-place DMR at the NCAA indoor meet in 9:34.80. Did not compete the remainder of the outdoor season due to medical hardship. **2004:** Finished 14th in the decathlon at the NCAA outdoor championships with 7,290 points. Won the Big Ten indoor title at 600 meters in a personal best of 1:17.55 . **2003:** Finished second in the Big Ten Indoor 600 meters in 1:19.16 **High School:** Finished second in the 400 meters at the state Division 2 championships as a senior. **Notable:** 2004 and 2005 All-American as a member of the distance medley relay . **Personal:** parents are Maureen and Kenneth Detmer. Majored in computer engineering.

Career:

Indoor:

1/31/04	5299	5	UNI Invitational, Cedar Falls	7.16	698	1122	195	8.96	410	2:33.50
1/15/05	5119	1	Badger Classic, Madison	7.30	661	1133	188	8.83	450	2:45.73
1/29/05	dnf	-	Health Alliance, Champaign							
1/13/06	3760	1	Badger Classic, Madison	7.14	686	1242	189	8.61	nh	dnf
1/27/07	5651	3	Wisconsin Elite, Madison	7.14	705	1197	192	8.44	465	2:30.86 AR
2/25/07	5360	1	Big 10, Bloomington	7.16	689	1204	191	8.68	470	2:48.87
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
3/08/09	5505	3	USA, Chapel Hill	7.18	686	1279	188	8.46	435	2:31.54

Outdoor:

3/18/05	6910	3	Spring Break, Northridge	10.94+4.0	662+0.5	1069	189	48.41	16.21nwi	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		
7/03/08	7861	5	vs GER, Manhattan	10.91+0.6	735+2.3	1190	191	47.34	14.54+2.7	3958	465	5344	4:19.96		
5/13/09	7760	1	Deacon, Winston-Salem	10.97+1.3	706+0.3	1240	189	47.50	14.69+3.5	3817	452	5349	4:10.66		
6/26/09	6809	12	USA Sr, Eugene	10.94+1.9	723+2.1	1227	196	47.96	15.13+0.9	3288	nh	5136	4:21.48		
8/09/09	7892	2	vs GER, Marburg	11.01+0.8	725+1.0	1200	198	47.91	14.90+0.6	3792	485	5380	4:12.67		
5/12/10	6612	4	Deacon, Winston-Salem	11.12	684	1141	195	48.84	14.83+2.7	3574	432	5395	dnf		
6/26/10	8009w3		USA, Des Moines	10.80+3.3	733+1.1	1237	199	47.78	14.88+4.4	3841	470	5394	4:06.63		

PRs 8009 / 5761 10.80+3.3 733+1.0 1318 204 47.03 14.3h+2.8 4073 485 5631 4:04.11

Indoor: 60m: 7.08; 60H: 8.34; 1000m: 2:29.42.

Career Summary: 23 meets; 22 finishes, 5 wins, PR score: 8009, Top Ten Ave: 7602.7, 2nd ten ave: 7063.5.

Updated 5/18/10

CHRIS HELWICK

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



2010: dnf 'd USA nationals. Won Sea Ray Relays with 7770 score. Tossed PR 73.25m/240-4 javelin. **2009:** Injured and did not compete. **2008:** After a 7th at US Olympic Trials he placed 4th vs Germany, both with 8k efforts. His 8017 win at Deacon was significant PR as he became the 61st American over 8K. and then won Panamerican title (formerly NACAC) with 7820. **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. Coached by Scott Hall at Wake Forest U where he serves as volunteer coach.

Career Record

Indoor:			60m	lj	sp	hj	60h	pv	1000m						
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						
1/30/10	dnf	-	Taylor, Chapel Hill	7.39	nm	1386	nh								
Outdoor:			100m w	lj	w	sp	hj	400m	110h	w	disc	pv	jav	1500m	
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	Panamerican, San Dimingo	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		
8/03/08	8143	4	vs Germany, Manhattan	11.16+0.6	709+3.5	1368	203	49.94	15.06+1.1	4512	495	6672	4:24.51		
4/08/10	7779	1	SeaRay R, Knoxville	11.12+3.4	680+2.1	1396	198	50.73	14.95+2.0	4179	480	6160	4:34.05		
5/12/10	6294	6	Deacon, Winston-Salem	11.19+1.5	710+0.2	1331	198	50.47	15.08+2.7	3650	nh	7325	dnf		
6/26/10	dnf	-	USA, Des Moines	dnf											

PRs: 8143 / 5917 10.94+2.6 746i 1411 209 49.22 14.95+2.0 4706 520 7325 4:21.44

Indoor PRs: 60m: 7.26; 60H: 8.44; 1000m: 2:40.34.

Summary: 22 meets, 20 finishes, 6 wins, 3x > 8000, PR score 8143, Top 10 Ave: 7846.0

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

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, Stoops	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, Stoops	7.0h	704	1329	198	withdrew
2/02/08	5532	2	Heritage, Boise	7.25	700	1351	197	8.29 475 2:56.01
1/30/10	5599	2	U of Washington, Seattle	7.23	723	1417	201	8.35 445 2:53.04

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	4656	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	4885	5:07.51
4/22/05	7302	1	Uconn Invt, Stoops	10.8h	765	1245	207	53.2h	14.6h	3575	430	4835	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	4759	4:50.20
3/25/10	7414	1	Cal Multis, Berkeley	11.31+1.9	724+0.6	1343	197	52.28	14.82-0.7	3918	470	4943	4:44.82
5/14/10	7781	1	CMS, Claremont	11.27+1.3	749+2.4	1401	205	51.17	14.61+2.0	4101	480	5313	4:46.23
6/26/10	7485	7	USA, Des Moines	11.26+1.5	729+3.0	1393	199	52.25	14.51+4.4	3805	460	5148	4:48.12

PRs: 7781 / 5599 11.26+1.5 765 1417 207 51.17 14.57 4101 480 5313 4:38.79

Indoors: 60m: 7.23; 60mH 8.10; 1000m 2:45.52

Summary: 10meets, 9 finishes, 2 wins, PR score: 7781.

MILLER MOSS

DOB: March 14, 1988
POB: Lafayette, LA
Ht/wt: 6-4, 189
Hometown: Sumter, SC
High School: Wilson Hall HS, SC '06
College: Clemson '11



2010: 4th at USA Nationals. 20th (nm discus) at NAAs. Atlantic Coast Conf runner-up with PR 7628 score. Won JRF heptathlon at Clemson with PR (5653), then raised it with a 2nd place showing at the ACC champs (5699).

2009: 5th ACC indoor champs decathlon. Runner-up at Wake Forest Deacon decathlon with 7323 PR. **2008:** 5th at ACC indoor champs heptathlon. ACC decathlon runner-up with 6991 PR. **2007:** as red-shirt freshman placed 7th at USA Jr champs. **High School:** 2x state meet MVP

Career:

Indoor:

1/27/07	3956	12	JRF, Clemson																
1/26/08	5184	1	JRF, Clemson	7.11	691	1185	188	8.95	430	2:47.14									
3/29/08	5206	5	ACC, Chapel Hill	6.62	651	1230	197	8.26	427	2:48.83	[55m,55H]								
1/31/09	5459	2	JRF, Clemson	6.97	704	1306	189	8.82	450	2:44.76									
2/27/09	5468	5	ACC, Blacksburg	7.06	692	1328	194	8.85	455	2:44.43									
1/30/10	5653	1	JRF, Clemson	6.96	711	1313	196	8.28	460	2:49.48									
2/26/10	5699	2	ACC, Blacksburg	6.97	693	1317	198	8.11	460	2:42.41									
3/13/10	5638	8	NCAA, Fayetteville	7.00	693	1252	193	8.15	450	2:39.68									

Outdoor:

5/08/07	6476	1	Invt, Clemson																	
6/21/07	6774*	7	USA Jr., Indianapolis	11.29+0.7	636+1.4	1244	187	49.23	15.89+2.5	3821	410	4140	4:43.05							
3/22/08	6819	3	Clemson R, Clemson	11.19	662	1237	179	48.91	15.85	3146	430	4647	4:40.25							
4/18/08	6991	2	ACC, Atlanta	11.00+1.0	647+0.5	1249	189	48.25	15.68+0.6	3617	405	4506	4:37.19							
5/13/09	7323	2	Deacon, W-Salem	10.98+1.3	710	0.0	1278	186	47.78	15.08+3.5	3525	432	4518	4:31.90						
6/11/09	dnf	-	NCAA, Fayetteville	11.55+2.7																
4/16/10	7628	2	ACC, Clemson	10.70+1.0	699-1.1	1300	193	47.15	14.42+0.8	3573	475	4664	4:40.73							
6/11/10	6936	20	NCAA, Eugene	10.78+0.5	713-0.2	1330	196	47.96	14.62+1.0	nm	450	4674	4:49.80							
6/26/10	7614	4	USA, Des Moines	10.81+3.3	716+2.5	1263	199	47.90	14.56+4.4	3562	440	5170	4:39.66							

PRs: 7628 / 5699 **10.70+1.0 716+2.5 1330 199 47.15 14.42+0.8 3617 475 4674 4:31.90**

Indoor: 60m: 6.96; 60H: 8.11; 1000m: 2:39.68

*-Junior implements

Summary: 9 meets, 8 finishes, PR: 7628

TRINITY OTTO

DOB: September 23, 1986
POB: Sherman, Texas
Ht/wt: 6-2, 200
Hometown: Lindsay, TX
High School: Lindsay HS '05
College: Texas A&M '09



2010: 3rd at NAAs with PR 7724 and 5th at USA nationals.. Did not compete indoors.

Placed 3rd at Texas Relays with 7542 total then was 3rd at Big 12 conference. **2009:** 5th at Big 12 indoor heptathlon (PR 5499) and opened outdoor season with decathlon PR of 7355 at Texas Relays. 3rd at Big 12 decathlon with breakthrough meet of 7655 and scored 3 points less for 7th place at NAAs. **2008:** 10th at Big 12 indoor heptathlon and 6th in outdoor decathlon (PR 7166). **2007:** Injuries limited much of season. **2006:** 7th at Texas Relays decathlon.

High School: 2004 state 1A

200m champ. 2005 state runner-up in 200m and high jump. **Personal:** Parents are Mike and Sandy Otto. University Studies major.

Career:

Indoor:

2/25/06	455414	Big 12, Lincoln	7.13	699	1331	187	8.87	nh	2:50.71
1/26/08	4908	4 Razorback, Fayetteville	7.18	640	1231	190	8.92	395	2:55.57
3/01/08	5245	10 Big 12, Lincoln	7.14	682	1253	191	8.51	425	2:53.19
1/31/09	5373	4 Texas A&M, College Station	7.09	711	1324	196	8.37	420	2:59.54
2/28/09	5499	5 Big 12, College Station	7.10	732	1404	194	8.46	435	2:56.83

Outdoor:

4/06/06	6988	7 Texas R, Austin	10.58+5.2	686+2.5	1300	187	49.56	15.65+4.3	3900	400	4436	5:06.66	
4/03/08	7082	10 Texas R, Austin	10.84+1.7	660+1.1	1264	187	49.53	14.89+3.4	3749	425	4833	4:58.55	
5/17/08	7166	6 Big 12, Boulder	10.65+2.4	630+1.2	1286	198	49.12	14.92	0.0	4175	445	4458	5:17.95
4/02/09	7355	4 Texas R, Austin	10.77+1.1	683+2.5	1400	187	50.63	14.85+3.3	3908	415	5510	4:55.71	
5/16/09	7655	3 Big 12, Lubbock	10.59+2.6	744+3.6	1371	192	48.78	14.82+3.0	3928	455	5127	4:59.38	
6/11/09	7652	7 NCAA, Fayetteville	10.66+4.1	735+1.8	1393	190	48.94	14.71+0.4	4155	440	5510	5:03.76	
4/01/10	7542	3 Texas R, Austin	10.64+3.4	736+2.2	1382	199	49.59	14.72+4.9	3738	460	4628	5:04.40	
5/15/10	7270	3 Big 12, Columbia	10.82+1.6	697-1.0	1421	183	49.02	15.10-0.9	3736	470	4779	5:13.33	
6/11/10	7724	3 NCAA, Eugene	10.74+0.5	752+0.8	1457	196	48.92	15.04+1.6	4014	450	5079	4:53.43	
6/26/10	7592	5 USA, Des Moines	10.73+3.3	740+2.4	1369	193	48.79	14.57+3.0	3860	430	5128	4:54.42	

PRs: 7724 / 5499 10.58+5.2 752+0.8 1457 199 48.78 14.57+3.0 4187 470 5510 4:53.43

Indoor: 60m: 7.09; 60H: 8.37; 1000m: 2:53.19

Summary: 10 meets, 10 finishes, PR 7724.

PR PAGE:

	<u>100m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>400m</u>	<u>110H</u>	<u>disc</u>	<u>pv</u>	<u>jav</u>	<u>1500m</u>
TEAM ZEHNKAMP										
Nils Bucker	10.78+1.7	751+1.8	1360	200	49.05	15.14+0.5	4164	450	6025	4:42.52
Rico Freimuth	10.82+0.8	726+1.7	1423	189	49.04	14.23+0.4	4701	440	5709	4:36.46
Simon Hechler	10.83+0.3	764+0.7	1269	191	49.50	14.75 0.0	4241	440	5854	4:34.15
Lars Niklas Heineke	11.19+0.2	692-0.2	1246	182	49.77	15.35+0.7	4143	460	5683	4:39.06
Stefan Kahlert	11.19+0.8	732+1.7	1367	193	50.22	14.52-1.3	4014	520	5334	4:21.68
Jan Felix Knobel	11.15 0.0	712+0.3	1521	196	48.91	14.70 0.0	4495	485	6962	4:42.84
Thorsten Margis										
Mattias Prey	11.03+1.8	760+1.6	1480	188	50.22	15.84	4755	440	6228	4:33.01
Patrick Spinner	11.09-0.1	738+1.9	1337	192	49.65	15.09+0.4	3994	430	6531	4:42.70
TEAM USA										
Nick Adcock	10.86+2.6	731+1.8	1461	212	48.03	14.16+3.3	3902	490	6022	4:29.94
Mat Clark	10.75+0.7	731+3.4	1297	204	48.71	15.58+1.2	4064	495	5971	4:12.60
Joe Detmer	10.80+3.3	733+1.0	1318	204	47.03	14.3h+2.8	4073	485	5631	4:04.11
Chris Helwick	10.94+2.6	746i	1411	209	49.22	14.95+2.0	4706	520	7325	4:21.44
Mark Jellison	11.26+1.5	765	1417	207	51.17	14.57	4101	480	5313	4:38.79
Miller Moss	10.70+1.0	716+2.5	1330	199	47.15	14.42+0.8	3617	475	4674	4:31.90
Trinity Otto	10.58+5.2	752+0.8	1457	199	48.78	14.57+3.0	4187	470	5510	4:53.43

WHERE TO FIND MEET RESULTS.....

Results will initially be posted by host Team Zehnkampf at:

<http://www.zehnkampfteam.de/> and some of the events may also be streamed on YouTube. Check YouTube periodically.

Reports on each day will be posted on our website:

www.decathlonusa.typepad.com. There is a 6 hour time difference between Marburg and US east coast. I should be able to get a report posted each day.

