

MEDIA GUIDE / HANDBOOK

**30th
NATIONAL WOMEN'S
HEPTATHLON
CHAMPIONSHIPS**



**Drake University
Des Moines, IA
June 25-26, 2010**



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www.decathlonusa.typepad.com*

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SECTION ONE: Basic Info:

- a) Time Schedule
- b) Qualifying procedures
- c) List of Qualifiers
- d) Web sites which will provide results

a... Time Schedule

Saturday	Friday, June 25, 2010	Saturday, June 26, 2010
	10:00 am	11:30 am
	100 m Hurdles	Long Jump
	10:45	2:00 pm
	High Jump	Javelin
	1:00 pm	3:45
	Shot Put	800 meters
	2:50	
	200 meters	

b)Qualifying Procedure

"A" and "B" Standards A standard is 5650 B standard is 5400.

"A" - athletes who attain the "A" standard will automatically be included in the event, provided they enter and declare. *

"B" - athletes who attain the "B" standard will be included in the event only if additional competitors are needed to make the event competitive (i.e., not enough athletes have attained the "A" standard). *

* - subject to the Qualifying Guidelines, entry process, and declaration process. If the "B" standard is used, only the number of athletes needed to make the event competitive will be included. These athletes must declare, and they may be invited for inclusion only after the close of declarations.

The field sizes listed are the desired minimum of participants, and the Games Committee will try to fill the field to the minimum provided there are enough athletes entered and qualified without the quality of competition being affected. The Men's and Women's Track & Field Chairs may alter the field size as necessary.

Qualifying Guidelines

All qualifying performances for running events must be made in competition on a standard outdoor track. .

-USATF- or IAAF-sanctioned events that prescribe to or exceed USATF competition rules, events at collegiate meets that prescribe to or exceed USATF competition rules, high school meets, except duals and triangulars, or meets or events that meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for verification.

-All qualifying marks must be attained between January 1, 2009 and June 20, 2010.

-All qualifying performances are subject to verification.

c)Qualifiers

Qualified Automatically "A" >5650 (Jan 1, 2009 – June 20, 2010)

6473	Fountain, Hyleas	Nike	DecaStar, Talence	2008
6177	Day, Sharon	Nike	USA, Eugene	2009
6000	Wade, Bette	Nike	Hypo-Bank, Götzis	2010
5821	McFadden, Kalindra	Oregon	USA, Eugene	2009
5795	Adams, Aisha	Angelo State	Texas R, Austin	2010
5672	Taylor, Chelsea	Alabama	SEC, Gainesville	2010
5661	Stechschulte, Abbie	unat	Texas R, Austin	2008
	(A or auto standard = 5650)			
5636	Hill, Kasey	unat	USA, Eugene	2009
5636	Pearson, Emily	unat	Texas GA, Dallas	2010
5606	Krais, Ryann	UCLA	Pac-10, Eugene	2009
5584	Akkiniyi, Dorcas	Wisconsin	Big 10, Bloomington	2010
5583	McMillan, Chantae	Nebraska	NCAA, Eugene	2010
5572	Ruiz, Chrystal	Angelo St	NCAA II, Charlotte	2010
5552	Nwaba, Barbara	UCSB	Big West, Northridge	2010
5440	Stewart, Lauren	unat	Pac 10, Tempe	2008
5439	Bradford, Adreona	Iowa Central	NJCAA, Hutchinson	2010
5427	Zander, Heather	North Dakota St	NCAA, Eugene	2010
5405	Ingram, Bridgette	LeMans TC	Texas GA, Dallas	2010
	(provisional (B) standard 5400)			

d)....Website listing results

HYPERLINK "<http://www.flashresult.com>"

www.flashresult.com

SECTION TWO: RECORDS

U.S. NATIONAL CHAMPIONSHIPS, 1950-2007

USA National Championship Winners:

AAU [*Pentathlon*]

1950	1929	Stella Walsh	Polish Falcons	
1951	1932	Stella Walsh	Polish Falcons	2 nd win
1952	2183	Stella Walsh	Dreyer AC	3 rd win
1953	1984	Stella Walsh	unat	4 th win
1954	1738	Stella Walsh	KnickerbockPC	5 th win

[1954 IAAF Tables]

1955	3559	Barbara Mueller	Chi Comets	
1956	4154	Barbara Mueller	unat	2 nd win
1957	3803	Ann Roniger	Cosmo Club	
1958	3672	Ann Roniger	Cosmo Club	2 nd win
1959	4075	Ann Roniger	Cosmo Club	2 nd win
1960	4249	JoAnn Terry	Tennessee State	
1961	4243	Pat Daniels	San Mateo AA	
1962	3941	Pat Daniels	San Mateo AA	2 nd win
1963	4261	Pat Daniels	San Mateo AA	3 rd win

[1962 Tables]

1964	4644	Pat Daniels	San Mateo AA	4 th win
1965	4399	Pat Daniels	San Mateo AA	5 th win
1966	4496	Pat Daniels	San Mateo AA	6 th win
1967	4824	Pat Daniels	Millbrae Lions	7 th win
1968	4823	Che Cheng	CCTC/TPE	
1969	4544	Jan Glotzer	Phoenix TC	
1970	4735	Pat Daniels	LATC	8 th win
1971	4731	Marilyn King	Millbrae Lions	
1972	4169	Jane Frederick	unat	
1973	4281	Jane Frederick	UCTC	2 nd win
1974	4051	Mitzi McMillan	Gazelles	
1975	4676	Jane Frederick	LATC	3 rd win
1976	4677	Jane Frederick	LATC	4 th win
1977	3919	Linda Cornelius	Texas A&M	
1978	4379	Modupe Oshikoya	unat/Nigeria	
1979	4506	Jane Frederick	Pacific Coast Club	5 th win

TAC

1980	4299	Themis Zambrzycki	BYU/Brazil	
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[*Heptathlon*]

1981	6011w	Jane Frederick	Athletics West	6 th win
1982	6041	Jackie Joyner	UCLA	
1983	6493	Jane Frederick	Athletics West	7 th win
1984	6154	Cindy Greiner	Athletics West	

[1985 IAAF Tables]

1985	6587	Jane Frederick	Athletics West	8 th win
1986	6230	Jane Frederick	Athletics West	9 th win
1987	6979	Jackie Joyner-Kersee	WCAC	2 nd win
1988	5881	Sheila Tarr	Track West	
1989	6006w	Jolanda Jones	Houston TC	
1990	6292w	Cindy Greiner	Nike Coast	
1991	6878w	Jackie Joyner-Kersee	McDonalds	3 rd win
1992	6695	Jackie Joyner-Kersee	McDonalds	4 th win

USATF

1993	6770	Jackie Joyner-Kersee	unat	5 th win
1994	6371	Kym Carter	Club West	

1995	6375	Jackie Joyner-Kersey	Honda	6 th win
1996	6406	Kelly Blair	Nike	
1997	6465	Kelly Blair	Nike	2 nd win
1998	6402	Kelly Blair-LaBounty	Reebok	3 rd win
1999	6101	Shelia Burrell	unat	
2000	6343	Dedee Nathan	Indiana Invaders	
2001	6174w	Dedee Nathan	Indiana Invaders	2 nd win
2002	6299	Shelia Burrell	Nike	2 nd win
2003	6159	Sheila Burrell	Nike	3 rd win
2004	6194	Sheila Burrell	Nike	4 th win
2005	6208	Hyleas Fountain	Nike	
2006	6183	GiGi Johnson	unat	
2007	6090	Hyleas Fountain	Nike	2 nd win
2008	6667	Hyleas Fountain	Nike	3 rd win
2009	6290	Diana Pickler	Asics	

Multiple Winners:

9 wins:	Jane Frederick	1972 1973 1975 1976 1979 1981 1983 1985 1986
8 wins:	Pat Winslow	1961 1962 1963 1964 1965 1966 1967 1970
6 wins:	Jackie Joyner Kersee	1982 1987 1991 1992 1993 1995
5 wins:	Stella Walsh	1950 1951 1952 1953 1954
4 wins:	Sheila Burrell	1999 2002 2003 2004
3 wins:	Ann Roniger	1957 1958 1959
	Kelly Blair	1996 1997 1998
	Hyleas Fountain	2005 2007 2008

Most Consecutive Wins:

7 in a row:	Pat Winslow	1961-1967
5 in a row:	Stella Walsh	1950-1954
3 in a row:	Ann Roniger	1957-1959
	Jackie Joyner-Kersey	1991-1993
	Kelly Blair	1996-1998
	Sheila Burrell	2002-2004

Individual Event Records

World Records

100H	12.62	Eunice Barber/FRA (+2.9)	Arles 6889	2005
HJ	1.97m/6-5 ½	Tia Hellebut/BEL	Gotzis 6201	2006
SP	20.79m/68-2½	Eva Wilms/GER	pent	
	17.29m/56-8 ¾	Natalia Dobrynska/UKR	hept	Beijing 6733
200m	22.30	J. Joyner-Kersey/USA	Indy 7215	1988
LJ	7.27m/23-10 ¼	J. Joyner-Kersey/USA	Seoul 7291	1988
Jav	64.64m/212-1	Tessa Sanderson/GBR	Brussels 6125	1981
800m	2:01.84	Nadine DeBois/FRA	Talence 6227	1987
1st day	4367	J Joyner-Kersey/USA	Indy 7215	1988
2nd day	3027	J Joyner-Kersey/USA	Seoul 7291	1988
Score	7291	J Joyner-Kersey/USA	Seoul	1988

American Records

100H	12.65	Hyleas Fountain/Nike (+2.8)	Seoul 7291	1988
HJ	1.93m/6-4	J Joyner-Kersey/WCAC	Indy 7215	1988
		Sharon Day/Nike	Havana, 6063	2009
SP	16.30m/53-5 ¾	Jane Frederick/Naturite	Rome 6502	1987
200m	22.30	J Joyner-Kersey/WCAC	Indy 7215	1988
LJ	7.27/23-10 ¼	J Joyner-Kersey/WCAC	Seoul 7291	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston 5599	1983

800m	2:04.70	Marla Runyan/	Atlanta-OT 5708	1996
1st day	4367	J Joyner-Kersee/WCAC	Indy 7215	1988
2nd day	3027	J Joyner-Kersee/WCAC	Seoul 7291	1988
Score	7291	J Joyner-Kersee/WCAC	Seoul	1988

Collegiate Records

100H	13.02	Tiffany Lott/BYU	Austin 6042	1997
HJ	1.93m/6-4	Ewanjee Marysee Epee/ARZ-FRA	Athis-Mons 5867	1985
SP	16.72m/54-10 ½	Austra Skujyte/Kan St-LIT	Munich	2002
200m	23.13	Ali McKnight/Nev-Reno	Sacramento	1995
LJ	6.92m/22-8 ½	Diane Guthrie/GMU	Knoxville 6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston 5599	1983
800m	2:08.4	Lana Zimmerman/LSU	Houston	1983
1st day	3942	Jackie Joyner/UCLA	Baton Rouge 6718	1985
2nd day	2799	Diane Guthrie/GMU-JAM	Knoxville 6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF	1985

USATF Meet Records

100H	12.65	Hyleas Fountain/Nike	Eugene 6667	2008
HJ	1.89m/6-2¼	Jackie Joyner-Kersee	NYC 6878	1991
SP	16.07m/52-8¾	Kym Carter/	Knoxville 6371	1994
200m	23.02 (+0.4)	Jackie Joyner-Kersee	San Jose 6979	1987
LJ	7.25m/23-9½	Jackie Joyner-Kersee	San Jose 6979	1987
Jav	51.60m/169-3	Kelly Blair	Indianapolis 6465	1997
800m	2:04.70	Marla Runyan/	Atlanta-OT 5708	1996
1st day	4191	Jackie Joyner-Kersee	NYC 6878	1991
2nd day	2793	Kelly Blair	Indianapolis 6465	1997
Score	6979	Jackie Joyner-Kersee	San Jose	1987

[12.90 185 15.17 23.02 725 4024 2:13.07]

RECENT MEET RESULTS

2010 USA National Indoor Pentathlon Championships

3/08/10 USA National Pentathlon, Bloomington, IN

4544	Pickler, Diana/Asics	8.31	179	1249	628	2:15.33
4469	Wade, Bette/Nike	8.69	185	1367	593	2:17.94
4467	Day, Sharon/Asics	8.67	182	1360	590	2:14.63
4130	Stechschulte, Abbie/unat	8.62	167	1274	565	2:16.85
4004	Blackley, Kirby/unat	8.43	164	1137	581	2:23.39
3944	Ingram, Bridgett/unat	8.95	167	1154	586	2:24.14
3893	Roehrig, Liz/unat	8.88	173	1310	554	2:35.90

7s,7f.

2009 USA National Championships

6/23/09 Hayward Field, U of Oregon, Eugene

6290	Pickler, Diana/Asics	13.43+0.9	181	1349	24.25+3.6	633+4.3	4190	2:16.99
6177	Day, Sharon/Asics	13.82+1.1	190	1275	24.66+3.1	599+3.0	4062	2:13.54
5908	Wade, Bette/Michigan	14.05-0.1	172	1398	24.76+3.1	641+3.7	3364	2:19.37
5897	Nelson, Iela/unat	13.60+0.5	172	1180	24.34+2.1	636+1.4	3663	2:20.15
5821	McFadden, Kalindra/Oregon	14.04+1.1	169	1261	24.44+2.1	589+2.0	4042	2:16.33
5802	Roehrig, Liz/Minnesota	13.98+1.1	178	1213	24.41+3.6	606+.20	3722	2:23.73
5688	McNaney, Danielle/unat	14.01+1.6	172	1191	25.56+3.1	581+1.6	3994	2:15.71
5636	Hill, Kasey/unat	14.30+0.5	166	1283	24.15+2.1	570+2.7	3666	2:18.05
5636	Adams, Aisha/Angelo St	13.81+1.6	163	1172	24.68+2.1	609+2.4	3659	2:20.13
5590	Stechschulte, Abbie/unat	13.98-0.1	166	1291	25.49+3.1	589+5.7	3678	2:20.37
5486	Pearson, Emily/unat	14.19-0.1	169	1170	24.96+2.1	528+3.1	4366	2:23.53
5426	Chaplin, Ettiene/Arkansas	14.18-0.1	163	1103	24.49+2.1	601+2.7	3529	2:26.22
5289	Andres, Ashley/Nike	15.33+1.6	169	1174	25.29+3.1	592+1.5	3771	2:29.79
5217	Trimble, Adshley/Kentucky	14.17+0.5	157	1093	25.21+3.1	560+2.1	3043	2:15.28
dnf	Ali, Nia/USC	13.33+0.9	172	1261	24.16+3.6	597+3.8	3323	dnr
dnf	Fountain, Hyleas/Nike	12.90+0.9	187	1381	23.29+3.6	695+3.6	inj	withdrew
dnf	Hunter, Gayle/Penn St	13.79+0.5	160	1113	23.63+3.6	607+2.6		withdrew
dnf	Johnson, Gigi/Nike	13.14+0.9	160	1318	23.88+3.6	599+3.9		withdrew
dnf	Woods, Shana/USC	14.26+1.6						withdrew

2009 USA National Indoor Pentathlon Championships

3/08/09 USA National Pentathlon, Chapel Hill, NC

4391	Pickler, Diana/Asics	8.24	179	1159	614	2:20.05
4320	Day, Sharon/Asics	8.79	185	1225	575	2:16.38
4292	Pickler, Julie/Asics	8.48	170	1271	593	2:15.89
4252	Nelson, Lela/unat	8.58	173	1185	631	2:24.47
4228	Johnson, Jaqueline/Nike	8.47	176	1214	581	2:20.70
4051	Hill, Kasey/unat	8.69	170	1274	550	2:21.02
3905	Twigg, Amanda/unat	8.71	161	1091	580	2:21.08
3877	Andres, (Wilhelm) Ashley/Nike	8.81	170	1148	553	2:26.63
3824	Pearson, Emily/unat	8.66	164	1164	542	2:25.88
3234	Blackley, Kirby/unat	8.55	nh	1115	587	2:20.78
3167	Ingram, Bridgette/Lemans TC	9.28	158	1163	504	2:56.75

11s,11f.



2008 USA National Championships

6/27-28, 2008 U of Oregon, Eugene, OR

6667	Fountain, Hyleas/Nike	12.65+2.8	181	1367	23.31+1.3	3989	688+1.6	4815	2:27.69
6347	Johnson, Jacqueline/Arizona St	13.12+2.8	178	1294	24.48+1.3	3717	646+2.3	4771	2:20.07
6257	Pickler, Diana/asics	13.13+2.8	184	1177	24.11+1.3	3750	624+2.0	4240	2:16.59
6247	Johnson, Gigi/Nike	12.83+2.8	166	1220	23.38+1.3	3671	642+2.9	4246	2:15.88
5819	Roehrig, Liz/Minnesota	14.12+3.5	178	1316	24.36+0.8	3598	602+2.2	3726	2:25.51
5789	Asigbee, Fiona/unat	13.80+1.1	178	1316	24.95+0.8	3589	599+1.8	3674	2:25.64

5747	Wilhelm, Ashley/unat	13.85+3.5	172	1225	25.25+2.7	3421	603+1.3	3691	2:17.42
5741	Poulson, Jackie/unat	14.03+3.5	169	1313	25.34+2.7	3408	549+0.6	4611	2:17.97
5723	Wade, Bette/Michigan	13.85+1.1	181	1303	24.72+2.7	3633	560+2.3	3479	2:22.24
5697	DuPree, Ryanne/Texas-SA	13.36+2.8	175	1134	24.64+0.8	3525	579+0.8	3621	2:22.40
5687	Hill, Kasey/Boston College	13.73+3.5	166	1178	24.70+0.8	3385	589+1.5	3589	2:16.07
5593	McNaney, Danielle/unat	13.80+3.5	169	1183	25.35+2.7	3354	543+2.7	3965	2:14.65
5352	Bamigboye, Buky/Georgetown	13.98+3.5	166	1204	25.27+2.7	3313	587+1.0	2748	2:21.73
dnf	Pickler, Julie/Ascis	14.09+1.1	169	1182	24.55+0.8	3386	588+2.3	3466	dns
dnf	Quinley, Shevell/Arizona	13.80+1.1	172	1086	25.29+0.8	3332	578+1.0	3836	dns
dnf	Stechschulte, Abbie/Indiana	14.76+1.1	160	1277	25.83+2.7	3134	523+0.7	3662	dns
dnf	Nelson, Lela/Nike	13.46+2.8	166	1185	withdrew				
dnf	Hunter, Gayle/Penn St	13.71+1.1	166	905	withdrew				

18s,13f

2007 USA National Championships

6/20-21, 2007, IUPUI, Indianapolis, IN

6090	Fountain, Hyleas/Nike	13.81-1.0	181	1269	24.69-1.2	643+2.9	4159	2:22.54	
6029	Pickler, Diana/Washington St	13.46-1.0	175	1244	24.07-1.2	604+1.5	4161	2:19.33	
6002	Johnson, Gigi/unat	13.35-1.0	166	1331	23.90-1.2	609+0.9	3983	2:18.40	
5908	Asigbee, Fiona/unat	13.77-0.5	181	1201	24.84-1.9	617+0.8	3651	2:18.82	
5654	Pickler, Julie/Washington St	14.06-0.5	175	1123	25.12-1.9	590+2.3	3829	2:19.65	
5600	Hunter, Gayle/Penn St	13.95-0.5	157	1101	24.19-1.2	625+0.9	3623	2:19.29	
5582	Dupree, Ryanne/Texas-San Antonio	13.61-1.0	172	1166	24.96-1.2	576+1.8	3489	2:22.23	
5555	McNaney, Danielle/unat	14.25-0.9	166	999	25.33	0.0	587+0.1	4149	2:13.48
5536	Nelson, Lela/Nike	14.49-1.0	172	1157	25.01-1.2	615+1.8	3547	2:25.42	
5446	Bamigboye, Buky/unat	14.43-0.5	166	1046	24.95-1.9	587+1.3	3453	2:14.63	
5429	Wade, Bette/Michigan	14.15-0.9	178	1132	24.86	0.0	571+1.8	2916	2:23.22
5362	Wallin, Reidun/ASC-e	14.66-0.9	166	1158	26.15	0.0	544+0.4	4098	2:15.71
5329	Collins, Lauren/Cal-Irvine	14.62-0.9	175	1067	25.85-1.9	547+1.3	3710	2:19.19	
5320	Chaplin, Etienne/Arkansas	14.39-0.5	163	1147	25.39-1.9	583+2.2	3545	2:24.03	
5268	Wilhelm, Ashley/Cincinnati	14.61-0.9	172	1092	25.67	0.0	567+1.4	3822	2:29.74
5180	Poulson, Jackie/unat	14.62-0.5	163	1250	25.61	0.0	509+1.8	4688	2:37.04d
dnf	Selig, Ashley/Nebraska	14.23-0.9	172	1116	24.95	0.0	withdrew		
dnf	Quinley, Shevell/Arizona	15.00-0.9	157	withdrew					
dnf	Sterlin-Bigelow, Heather/unat	14.83-0.5	withdrew						

The PR Page

[*-all marks made in past 2 seasons, 2009-2010]

<i>Name</i>	<i>score</i>	<i>100h</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>lj</i>	<i>jav</i>	<i>800m</i>	
Aisha Adams	5795	13.76-0.1	177	1223	24.21-0.4	623+2.5	3747	2:20.03	
Dorcas Akinniyi	5584	13.95+0.3	178	1216	25.35+1.8	597i	3829	2:21.45	
Adreona Bradford	5439	13.66	179	1022	24.97+1.6	603	3519	2:19.62	
Sharon Day	6177	13.82+1.1	195	1342	24.66+3.1	599+3.0	4414	2:13.64	
Hyleas Fountain	nm	12.87+0.7	187	1381	23.29+3.6	695+3.6	nm	nm	
Kasey Hill	5687	14.01+1.6	167	1332	24.15+2.1	575+0.3	3666	2:17.58	
Bridgette Ingram	5405	14.38+2.0	172	1135	26.03+0.9	583nwi	3830	2:25.12	
Ryann Kraiss	5606	13.61	177	1208	24.31	617	4048	2:13.73	
Kalindra McFadden	5821	13.95+3.1	172	1303	24.44++2.1	589+2.0	4092	2:13.03	
Chantae McMillan	5583	14.18+1.9	175	1445	24.90	0.0	614i	4195	2:23.65
Barbara Nwaba	5552	14.21	179	1271	24.87+2.3	564	3584	2:17.80	
Emily Pearson	5636	13.98+2.0	170	1199	24.69+0.9	556+1.9	4744	2:22.75	
Chrystal Ruiz	5572	13.63	173	1023	24.88-0.4	612+7.1	3535	2:12.34	
Abbie Stechschulte	5590	13.98-0.1	166	1291	25.49+3.1	589+5.7	3678	2:30.37	
Lauren Stewart	4359	15.95	160	1089	27.12	540	3253	2:46.65	
Chealsea Taylor	5672	13.65+3.1	187	1329	23.53	642	3335	2:23.20	
Bette Wade	6000	13.79-0.2	185	1402	24.62+1.4	641+3.7	4044	2:17.94	
Heather Zander	5427	13.95+2.4	160	1100	24.22+1.9	597+2.4	3647	2:20.25	



All individual marks made in any competition in 2009-2010.

ATHLETES BIOS

AISHA ADAMS

DOB: September 24, 1987
 POB: 5-6
 Hometown: Covington, TN
 High School: Millington Central HS. TN
 College: Barton County
 Angelo State U '11



Ht:

2010: Runner-up at Texa Relays with PR 5795 and repeated as NCAA II champ. **2009:** 9th at USA nationals with PR 5636. Lone Star Conference track athlete of the year. NCAA Div-II heptathlon champion with PR 5586 score. **2006:** Named athlete of national NJCAA meet. **High School:** 3 sport standout (basketball, volleyball, t&f), **Personal:** Daughter of Patricia Adams. Undecided major.

Career:

Indoor:

2/17/06 3469 JUCO Region#6
 1/22/07 3431 Highland Multis

Outdoor:

				166 564					
				<u>100 h w</u>		<u>hj sp</u>		<u>200m w</u>	
						<u>lj w</u>		<u>jav 800m</u>	
4/14/06	5112	Cowley, KS		24.64		595			
5/05/06		JUCO Region#6		168					
3/20/09	5499 1	Spring, San Angelo		14.76-0.2	175 1195	25.01-0.2	578+1.0	3580	2:22.09
4/02/09	5529w 2	Texas R, Austin		14.09+2.4	166 1206	24.62+4.1	577+4.1	3747	2:24.24
5/22/09	5586 1	NCAA II, San Angelo		13.81+1.7	169 1223	25.39-0.3	597-0.3	3684	2:24.40
6/28/09	5636 9	USA Sr, Eugene		13.81+1.6	163 1172	24.68+2.1	609+2.4	3659	2:20.13
8/08/09	5616 guest	USA vs GER		13.77+1.2	174 1119	24.98 0.0	607+1.0	3331	2:22.11
4/01/10	5795w 2	Texas R, Austin		13.80+3.7	177 1110	24.48+3.5	623+2.5	3509	2:20.03
5/28/10	5698 1	NCAA II, Charlotte		13.76-0.1	176 1177	24.21-0.4	587+1.3	3367	2:22.19

PRs: 5795 13.76-0.1 177 1223 24.21-0.4 623+2.5 3747 2:20.03

DORCAS AKINNIYI

DOB:
POB:
Ht: 5-7
Hometown: Carrolltown, TX
High School: Creekview HS
College: Wisconsin '12



2010: 5th at NCAAs. Outdoor Big Ten champion with PR 5584 effort. Won Big Ten indoor crown with 3979 points then places 7th at NCAAs with PR 4056. **2009:** 16th at NCAAs indoors. 3rd at Big Ten with 3998 PR score. Won both Badger Classic and Wisconsin Elite pentathlons. **High School:**4th in Texas 5A discus (PR 139-1). **Personal:** Parents are Akin and Gloria Akinniyi. Psychology major.

Career:

Indoor:		<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/16/09	3676 1	Badger Classic, Madison	9.17	167	1108	541 2:28.75
1/30/09	3784 1	Wisconsin Elite, Madison	9.06	167	1155	542 2:23.62
2/28/09	3998 3	Big Ten, Champaign	9.05	175	1088	590 2:23.51
3/12/09	3651 16	NCAA, College Station	9.05	152	1026	518 2:28.08
1/30/10	3909	Wisc elite, Madison	9.01	169	1186	583 2:28.69
2/28/10	3979 1	Big Ten, University Park	9.00	172	1216	580 2:27.18
3/13/10	4056 7	NCAA, Fayetteville	8.86	174	1156	597 2:26.18

Outdoor:

4/15/10	5245 6	Mt Sac R, Azusa	14.35	173	1162	25.94	559	3077	2:23.99
5/15/10	5584 1	Big 10, Bloomington	14.15+1.2	178	1149	25.74+0.3	585-1.0	3829	2:22.64
6/10/10	5506 5	NCAA, Eugene	13.95+0.3	175	1120	25.35+1.8	573-0.7	3491	2:21.45

PRs: 5584 / 4056 13.95+0.3 178 1216 25.35+1.8 597i 3829 2:21.45
Indoors: 60h: 8.86

ADREONA BRADFORD

DOB:

POB:

Ht:

Hometown: Davenport, IA

High School: Davenport North HS

Community College: Iowa Central '10

2010: Repeat NJCAA heptathlon champion and indoor pentathlon champ. **2009:** NJCAA champion in indoor pentathlon and outdoor heptathlon. **High School: Personal:**

Career:

Indoor:

1/31/09	3717	2	UNI, Cedar Falls	8.92	171	946	532	2:25.45
3/07/09	3703	1	NJCAA, Lubbock	8.38	167	976	538	2:21.91 [55mH]
1/30/10	3752	1	Jennett, Cedar Falls	8.96	160	990	589	2:24.85
3/06/10	3764	1	NJCAA, Charleston	8.62	165	999	570	2:28.32

Outdoor:

5/09/09	5010	?	NJCAA Reg XI, Iowa City					
5/23/09	5332	1	NJCAA, Hutchinson	14.22nwi	179	971	25.24	581+1.5 3149 2:25.68
4/02/10	5091	1	Wartburg Select, Waverly	14.19+4.1	164	1004	25.47-3.3	555+1.3 3201 2:25.52
5/22/10	5439	1	NJCAA, Hutchinson	14.06+1.8	167	1022	24.97+1.6	588+1.3 3519 2:19.62

PRs: 5439

13.66 179 1022 24.97+1.6 603 3519 2:19.62

Indoor: 60mH: 8.62

SHARON DAY

DOB: June 9, 1985
 POB: Brooklyn, NY
 Ht: 5-8
 Hometown: Costa Mesa, CA
 High School: Costa Mesa HS
 College: Cal Poly-SLO '08
 Club: Asics



2009: Runner-up at USA outdoor champs and 10th at IAAF World Champs in Berlin, Won Pan-American CE Cup heptathlon with PR 6063 score. Runner-up at USA indoor pentathlon chamnpns with PR 4320. **2008:** Made USA Olympic team with 1.91m clearance at US Trials. Did not qualify for finals in Beijing. NCAA high jump runner-up. Won Big West Conference crown with 5642 score. **2007:** 2007 — Second at U.S. Outdoor Championships with a leap of 6-2 ¼. Took 4th at the NCAA Championships with a jump of 6-feet. Tied for 6th at the Pan-American Games in Rio de Janeiro (5-11¼). **2006:** Redshirted. **2005:** Won NCAA title at 1.95m/6-4¾. **2004:** NCAA runner-up at 6-2¾ and was USA Jr champ. **High School:** Pan Am Jr champ in high jump. PR was 6-2. **Personal:** Daughter of Eugene Day and Yolanda Gibson-Day. Majored in kinesiology.

Indoor:		Career:	
1/30/09	4276 1 UW Husky Invt, Seattle	<u>60h</u>	<u>hj</u> <u>sp</u> <u>lj</u> <u>800m</u>
3/08/09	4320 2 USA, Chapel Hill	8.82	187 1246 565 2:19.92
3/07/10	4467 3 USA, Bloomington	8.79	185 1225 575 2:16.38
Outdoor:		8.67	182 1310 590 2:14.63
5/ /07	5244 2 Big West	<u>100h</u>	<u>w</u> <u>hj</u> <u>sp</u> <u>200m</u> <u>w</u> <u>lj</u> <u>w</u> <u>jav</u> <u>800m</u>
5/10/08	5642 1 Big West, Northridge	15.39	24.83 2:18.17
5/30/09	6063 1 Pan Am CE Cup, Havana	14.57+0.2	183 1143 25.07+0.5 573+1.9 3733 2:18.77
6/28/09	6177 2 USA, Eugene	14.29	193 1292 24.87 592 4019 2:17.16
8/16/09	6126 10 IAAF WC, Berlin	13.82+1.1	190 1275 24.66+3.1 599+3.0 4062 2:13.64
		13.90-0.3	189 1342 25.15-0.3 569-0.8 4414 2:13.84
PRs:	6177 / 4467		13.82+1.1 195 1342 24.66+3.1 599+3.0 4414 2:13.64
Indoor:	60H: 8.67		

HYLEAS FOUNTAIN

DOB: January 14, 1981
 POB: Columbus, OH
 Ht: 1.70m
 Hometown: Harrisburg, PA
 High School: Central Dauphin HS
 College: Barton County CC '02
 Georgia '04



2010: Huge indoor breakthrough with PR 4731 at Penn State, then placed 4th at IAAF WC in Doha with PR 4752 (#2 all-time USA).. **2009:** Dnf'd at USA Championships after being on PR pace thru 5 events. **2008:** Had signature season with win (PR 6667) at US Olympic Trials, Olympic silver medal in Beijing and victory at France's DecaStar. Won IAAF CE Challenge. **2007:** Won USA national outdoor title with 6090 score. **2006:** Runner-up at USATF and NACAC. 8th at IAAF WC indoors. **2005:** Won USA indoor pentathlon, then PR'd with 3rd place at Götzis, 6502. Won USA national outdoor heptathlon and placed 12 at IAAF worlds. **2004:** Won NCAA indoor pentathlon with 4412, and was 2nd at NCAA outdoors. Finished 4th at US Olympic Trials. Won NCAA indoor and outdoor long jump. **2003:** Was NCAA heptathlon winner, a single digit shy of 6K. **2002:** National Junior College champ.

Career:

Indoor:

2/27/04	4417	1	SEC, Lexington	8.23 181 1171 632 2:24.94
3/13/04	4412	1	NCAA, Fayetteville	8.15 180 1146 645 2:27.61
3/06/05	4417	1	USATF, Chapel Hill	8.23 184 1137 620 2:23.23
3/10/06	4205	8	IAAF WC, Moscow	8.47 172 1276 631 2:33.85
1/30/10	4731	1	Penn St, University Park	8.04 181 1383 668 2:23.89
3/13/10	4753	4	IAAF WC, Doha	8.20 187 1406 646 2:21.02

Outdoor:

5/17/02	5673	1	NJCAA, Odessa	13.78+2.3 183 1030 23.64+2.1 615+5.2 3390 2:34.74
6/20/02	5136	9	USATF, Berkeley	13.66 0.0 170 953 25.17-2.3 565nwi 3310 2:37.27
4/10/03	5282	2	Sea Ray R, Knoxville	13.63-0.4 176 1002 24.79+1.0 599+0.9 2825 2:38.03
5/16/03	5626	1	SEC, Knoxville	13.46-0.8 182 1015 24.30+0.2 606+0.7 3486 2:34.42
6/14/03	5999	1	NCAA I, Sacramento	13.82+0.2 183 1154 23.53 0.0 616+2.1 4012 2:25.87
4/18/04	6033	1	Invt, Oxford, MS	13.43+2.2 182 1228 23.71-0.5 625+3.6 3483 2:22.80
6/10/04	5785	2	NCAA I, Austin	13.40+3.0 168 1020 24.41+0.2 634+2.7 3977 2:22.82
7/10/04	6035	4	USOT-USA, Sacramento	13.47-1.1 181 1163 24.05-0.9 618 0.0 3817 2:18.85
5/29/05	6502	3	Hypo-Bank, Götzis	13.09+1.1 188 1213 23.87+0.7 667-0.9 4690 2:22.81
6/26/05	6208	1	USATF, Carson	13.28-0.1 181 1122 24.35+2.2 625 0.0 4605 2:16.88
8/07/05	6055	12	IAAF WC, Helsinki	13.60-0.4 179 1195 24.60-2.5 650+1.2 4070 2:22.98
5/28/06	6019	12	Hypo-Bank, Götzis	13.37-0.1 176 1237 24.27-2.1 634+0.5 3760 2:21.41
6/24/06	6148	2	USATF, Indianapolis	13.58+1.1 175 1239 23.83-0.9 656+1.5 3723 2:16.79
8/28/06	5956	2	NACAC, San Juan	13.47+3.4 179 1154 24.37+1.7 643+1.2 3900 2:27.39
9/17/06	5644	13	DecaStar, Talence	13.54-0.2 172 1092 24.7?+2.5 639-0.7 3685 2:32.67
6/23/07	6090	1	USA, Indianapolis	13.81-1.0 181 1269 24.69-1.2 643+2.9 4159 2:22.54
7/25/07	-----	dnf	Pan-Am G, Rio de Janiero	14.05-0.6 168 withdrew
8/26/07	-----	dnf	IAAF WC, Osaka	13.68+0.9 177 1229 24.13-0.1 nm
3/ /07	-----	dnf	Bulldog, Athens	13.31+0.7 178 1247 24.13+0.7
6/28/08	6667	1	USOT/USA, Eugene	12.65+2.8 181 1336 23.31+1.3 688+1.6 4815 2:27.69
8/16/08	6619	2	Olympic G, Beijing	12.78+0.4 189 1336 23.21+0.4 638+0.3 4193 2:15.45
9/14/08	6473	1	Decastar, Talence	12.90+1.2 185 1210 23.55+3.5 652+0.7 4162 2:15.32
4/11/09	[3774]	dnf	Bulldog, Athens	13.22+0.4 178 1338 24.46+0.2 withdrew
6/28/09	[]	dnf	USA, Eugene	12.90+0.9 187 1381 23.29+3.6 695+3.6 inj withdrew
5/30/10	[4785]	dnf	Hypo-Bank, Götzis	12.87+0.7 179 1345 24.08+1.0 630+0.3 inj withdrew

PRs: 6667 / 4753

12.65+2.8 189 1406 23.21+0.4 6.95+3.6 4815 2:15.32

Indoor: 60H: 8.04

Summary: 24 meets, 19 finishes, 8 wins, 5 national titles (3 USATF outdoor, 1 NCAA outdoor, 1 NCAA indoor), 11x > 6000, PR score: 6502, Top Ten Ave: 6283.0

KASEY HILL

DOB: Oct. 10, 1985
POB:
Ht: 5-5
Hometown: , Vermont
High School: N County Union HS
College: Boston College '08



2009: 8th at USA seniors (5636) 6th at USA indoor pentathlon and runner-up at Deacon heptathlon. **2008:** Atlantic Coast Conference and ECAC outdoor heptathlon champ, PR at NCAAs for 7th then was 11th at US Olympic Trials. **2007:** Redshirted outdoor season. First BC field athlete to win All-American honors with 8th place at NCAA indoors with PR 4,073 points. 3rd at ECAC indoor pentathlon with 4,016 points. **2006:** 7th at Texas Relays with PR 5,256 effort followed by yet another PR (5423) while placing 2nd at ACC Champs. **2005:** Broke New England champion in heptathlon with 4,958 points. Finished 3rd at ECAC indoor pentathlon (3644) following her 4th at Big East pentathlon. **2004:** 7th place finish and 4,684 points in the heptathlon at Big East Championships. **High School (North Country Union HS)** Vermont state record holder in 55-meter dash, 55-meter hurdles and long jump. Won the state heptathlon in 2002 and 2003.

Indoor:		Career:						
		60h	hj	sp	lj	800m		
2/21/04	3290 8 Big East							
2/19/05	3514 4 Big East	8.88	158	1092	516	2:31.11		
3/06/05	3644 3 ECAC							
2/22/07	3875 4 ACC	8.66	162	1148	532	2:17.42		
3/03/07	4016 2 ECAC	8.72	164	1311	521	2:13.64		
3/10/07	4073 8 NCAA, Fayetteville	8.60	166	1224	551	2:15.06		
3/01/08	3895 1 ACC	8.00	165	1267	525	2:26.78 [55H]		
1/24/09	4009 1 Crimson CE, Cambridge	8.47	167	1275	553	2:25.75		
3/08/09	4051 6 USA, Chapel Hill	8.69	170	1274	550	2:21.02		
Outdoor		<u>100h hj sp 200 lj jav 800m</u>						
??/04	4683 1 Holy Cross R Worcester							
5/02/04	4684 7 Big East							
5/14/04	4811 5 ECAC	14.33	148	1073	25.69	525 3296	2:28.01	
5/14/05	4958 New Englands							
4/06/06	5256 7 Texas Relays, Austin	14.21	154	1174	24.88	540 3664	2:19.88	
4/22/06	5423 2 ACC	13.97	157	1214	25.03	581 3506	2:20.23	
6/08/06	5077 21 NCAA	14.81	157	1151	25.89	537 3562	2:19.73	
4/03/08	5437 4 Texas Relays, Austin	14.28	163	1249	24.98	545 3677	2:17.84	
4/18/08	5521 1 ACC	14.17	169	1175	24.52	529 3890	2:17.11	
5/17/08	5558 1 ECAC	14.43	172	1241	25.06	556 3743	2:17.59	
6/14/08	5666 7 NCAA, Des Moines	14.31	169	1317	25.06	568 3932	2:17.18	
6/28/08	5687 11 Olympic Trials, Eugene	13.73w	166	1178	24.70	589 3689	2:16.07	
8/03/08	5488 7 vs Germany, Manhattan	14.10	170	1188	24.72	556 3407	2:19.65	
5/13/09	5624 2 Deacon, Winston-Salem	14.01	167	1299	24.76	575 3451	2:17.58 [+1.6,+1.0,+0.3]	
6/28/09	5636 8 USA Sr, Eugene	14.30	166	1283	24.15	570 3666	2:18.05 [+0.5,+2.1,+2.7]	
8/08/09	5191 8 USA vs GER, Marburg	14.19	165	1185	24.79	521 3299	2:26.55 [+1.2, 0.0, -1.6]	
4/22/10	5505 3 Drake R, Des Moines	14.29	166	1332	24.93	541 3648	2:18.45 [0.0, +1.7, +0.2]	

PRs: 5687 / 4073 **13.73 172 1332 24.15 589 3932 2:13.64**
Indoor: 60 H 8.47

BRIDGETT INGRAM

DOB: March 19, 1981
 POB:
 Ht: 5-4
 Hometown: Maplewood, NJ
 High School:
 College: Seton Hall U '03
 Club: Lemans TC



2010: 6th at indoor pentathlon nationals. **2009:** 11th at USA indoor nationals. **2008: 2007:** Runner-up at Dartmouth Relays. 5288 score at Sea Ray Relays and runner-up at USA indoor nationals by a single point. **2006:** 13th at USATF. **2005:** 12th at USATF (5189) and runner-up at Sea Ray R. **2003:** 19th at NCAA I(5008), ECAC and Big East champion. **2002:** ECAC and Big East champion

Career:

Indoor:

	60h	hj	sp	lj	800m			
1/07/06	3750	2	Dartmouth R, Hanover	8.83	168	1168	555	2:36.07
3/05/06	3852	5	USATF, Chapel Hill	8.79	168	1212	568	2:33.84
1/06/07	3791	2	Dartmouth R, Hanover	8.84	167	1147	586	2:38.04
?/?/07	4056	1						
3/04/07	4097	2	USATF, Chapel Hill	8.67	168	1298	594	2:27.08
12/13/08	3882	1	Jasper, Riverdale	8.2h	167	1200	583	2:30.9h
3/07/09	3167	11	USATF, Chapel Hill	9.28	158	1163	504	2:56.75
6/06/10	3944	6	USATF, Bloomington	8.95	167	1154	586	2:24.14

Outdoor:

	100h	hj	sp	200m	lj	jav	800m				
5/?/02	5231	1	Big East								
5/17/02	5308	1	ECAC								
4/10/03			Sea Ray R, Knoxville	15.00+0.4	167	1034	26.68				
5/02/03	5124	1	Big East	14.43	165	1118	25.55	529	3060	2:18.89	
5/16/03	5223	1	ECAC, Princeton								
6/14/03	5008	19	NCAA I, Sacramento	15.14-2.2	165	1081	26.51-1.0	575	2936	2:20.56	
3/?/05	5158	2	Florida R, Gainesville	14.96	170	1069	26.10	599	3483	2:31.14	
4/?/05	5147	2	Sea Ray R, Knoxville	14.40	166	1078	26.40	594	3170	2:26.77	
6/?/05	5189	12	USATF, Carson	13.82	172	1211	26.40	582	3054	2:38.23	
4/15/06	5203	6	Sea Ray R, Knoxville	14.30+1.3	163	1237	26.88+2.9	588+2.1	3451	2:28.37	
6/04/06	5181	3	Texas GA, Dallas	14.42+0.9	166	1192	26.48-0.1	584+0.9	3195	2:27.??	
6/?/06	4242	13	USATF, Indy	14.33+0.6	154	1136	dq	563+0.9	3456	2:27.54	
4/13/07	5288	4	Sea Ray R, Knoxville	14.16	0.0	168	1149	25.78+1.5	589-0.7	3342	2:29.45
6/03/07	-----	dnf	Texas GA, Dallas	14.21-0.1	148	1193	25.63+1.4	514	0.0	2679	dnr
4/11/08	-----	dnf	LSU ME, Baton Rouge	14.16	160	1241	26.23	590	3220	dnr	
6/06/10	5405	2	Texas GA, Dallas	14.38+2.0	172	1135	26.03+0.9	583nwi	3830	2:25.12	

PRs: 5405/4097

Indoor: 60H 8.67

13.82 172 1237 25.63+1.4 599 3830 2:20.56

RYANN KRAIS

DOB: March 21, 1990
 POB: Philadelphia, PA
 Ht: 5-9
 Hometown: Eagleville, PA
 High School: Methacton HS
 College: UCLA '12



2010: 16th at NCAAs. Pac-10 runner-up. Won Mountain Pacific SF title with 4041 PR total. 10th at NCAA indoors.
2009: Opened season with 3rd place in Johnson/JJK heptathlon, then placed 4th at Pac-10 with PR 5606 score. **High School:** 9th at IAAF World Junior heptathlon (5457). Competed in 2008 Olympic Trials in 400m hurdles, 9x PA state champion. National class records for heptathlon for soph and junior years. Won GreatSouthwest heptathlon with 5522w (#2 all-time hs, all conditions). **Personal:** Daughter of John and Janelle Kraiss. Pre-psychology major.

Career:

Indoor:

	3823								
2/27/09	3896	Mountain Pacific, Seattle	8.69	164	1159	538	2:18.94		
2/12/10	3980	Boise State, Nampa	8.91	170	1085	569	2:17.71		
2/26/10	4041	1 Mountain Pacific, Seattle	8.84	177	1066	553	2:16.34		
3/13/10	3959	10 NCAA, Fayetteville	8.97	171	1056	564	2:17.44		

Outdoor:

6/21/07	5377	2 USA Jr, Indianapolis	13.82+0.2	166	991	24.47+2.0	555+3.0	3266	2:16.96			
6/??/08	5522w1	Great Southwest,	13.93+4.4	173	1030	24.31+4.3	575+1.2	3199	2:17.71			
6/22/08	5217	1 USA Jr, Columbus	14.03-3.4	165	948	25.28-1.6	571+2.3	3242	2:21.19			
7/12/08	5457	9 IAAF WC Jr, Bydgoszcz	13.73-0.2	172	1056	25.04-2.5	572+1.6	3188	2:19.15			
4/10/09	5220	3 Johnson/JJK, Los Angeles	14.07	0.0	165	1162	25.33	0.0	531	0.0	3150	2:20.69
5/10/09	5606	4 Pac-10, Eugene	13.81+3.1	166	1208	24.75+4.9	565+2.8	3553	2:14.96			
6/12/09	5549	11 NCAA, Fayetteville	13.80+0.7	169	1091	24.91+0.2	556+1.6	3680	2:14.96			
6/28/09	5344	1 USA Junior, Eugene	13.97+1.1	169	938	25.25+1.1	577+3.5	3293	2:17.75			
5/09/10	5426	2 Pac-10, Berkeley	14.06+0.3	170	983	25.77+1.7	565-1.3	3705	2:13.73			
6/10/10	5236	16 NCAA, Eugene	14.13+1.9	163	903	26.18+1.8	549-0.7	3929	2:12.65			

PRs: 5606 / 4041 13.61 177 1208 24.31 617 4048 2:13.73
Indoor: 60H: 8.54

KALINDRA McFADDEN

DOB: December 6, 1986
 POB:
 Ht: 5-10
 Hometown: Bozeman, MT
 High School: Bozeman HS '04
 Belgrade HS, MT
 College: Oregon '09



2010: Runner-up at Mt Sac Relays. **2009:** Breakthrough season with 5th at USA nationals and 6th at NCAAs. Opened season with runner-up at Big Green in *Desert*, PR'd while winning Oregon Relays (5582), then placed 2nd at Pac-10 with yet another PR, 5780. Mountain Pacific SF champion indoors with PR 4044 then raised PR to 4088 with 9th place effort at NCAAs. **2008:** 17th at NCAAs. 5th at Mt Sac Relays (5420) and 8th at PAC-10. **2007: 2006:** Placed 3rd at Mt SAC Relays in Azusa with PR 5428 score. Hurdle mishap prevented higher placing at PAC-10 meet where she was 6th with 5036 points. **2004-05: Redshirted.** Did not compete. **Prep:** As a senior at Belgrade HS in Bozeman, Montana, in 2004, placed in the state 100 (fourth, 13.00), 200 (second, 26.45), high jump (second, 5-2) and triple jump (second, 35-10), and captured her ninth and final individual state title in the 100 hurdles (15.07). **Personal:** Sports Marketing major.

Career:

Indoor:

				60h	hj	sp	lj	800m
1/26/06	3850	2	U Washington, Seattle					nma
2/24/06	3929	3	Mountain Pacific, Seattle	8.88	167			
2/02/07	3652	5	U Washington, Seattle					nma
1/30/09	3771	4	U Washington, Seattle	9.11	166	1158	527	2:20.91
2/27/09	4044	1	Mountain Pacific, Seattle	8.93	167	1301	555	2:17.45
3/13/09	4088	9	NCAA, College Station	8.83	169	1260	568	2:18.37

Outdoor:

				100h	w	hj	sp	200m	w	1 st day	lj	w	jav	800m
4/13/06	5428	3	Mt SAC R, Azusa	14.64	0.0	159	1237	25.01+1.7	3186	550			3916	2:15.12
5/07/06	5036	6	PAC-10, Eugene	16.66+1.3	169	1183	25.14+1.9	3001	556+0.8	2671			2:14.22	
6/10/06	4670	25	NCAA, Sacramento	14.69-0.5	154	1170	25.66-0.8	3017	566+2.4	3f			2:14.06	
5/06/07	5115	6	PAC-10, Stanford	14.81+0.8	160	1166	25.77+2.0	3059	553+1.1	3508			2:23.71	
4/17/08	5420	5	Mt SAC R, Azusa	14.37+0.6	159	1166	25.13+2.4	3165	568+1.1	3701			2:15.08	
5/10/08	5022	8	PAC-10, Tempe	14.67+1.8	163	1100	25.83	0.0	3034	517-1.9	3525		2:21.43	
6/12/08	5369	17	NCAA, Des Moines	14.45+1.1	172	1163	25.64-0.2	3261	538+1.1	3511			2:16.68	
3/25/09	5343	2	Big Green <i>Desert</i> , Mesa	14.87+0.4	164	1237	25.2h+1.3		547+1.2	3726			2:17.17	
4/24/09	5582	1	Oregon R, Eugene	14.38+1.5	169	1198	25.38-0.4		576+1.3	3860			2:15.47	
5/10/09	5780	2	Pac 10, Eugene	13.95+3.1	166	1275	24.62+4.0	3424	571+1.7	4092			2:13.82	
6/12/09	5683	6	NCAA, Fayetteville	14.05+1.1	166	1303	24.62+0.2	3428	561+1.5	3810			2:15.07	
6/28/09	5821	5	USA Sr, Eugene	14.04+1.1	169	1261	24.44+2.1	3456	589+2.0	4042			2:16.33	
8/08/09	5143	9	USA vs GER, Marburg	14.55+1.1	156	1123	25.55	0.0	3038	527-1.0	3707		2:17.35	
4/15/10	5628	2	Mt Sac R, Azusa	14.27	0.0	167	1192	25.02+1.3		577+3.2	3792		2:13.03	
6/06/10	dnf	-	Texas GA, Dallas	14.59+2.0	154	1221	25.46+0.9	3083	nm	3651			dnr	

PRs: 5821 / 4088

13.95+3.1 172 1303 24.44++2.1 589+2.0 4092 2:13.03

Indoor: 60h: 8.83

CHANTAE McMILLAN

DOB: May 1, 1988
 POB:
 Ht:
 Hometown: Rolla, MO
 High School: Rolla HS
 College: Nebraska '10



2010: 4th at NCAAs. Big 12 indoor and outdoor champ. **2009:** Runner-up at both Husker Invt and Big 12 affairs, the latter with a 4061 PR score. **2008:** 22nd at NCAA heptathlon. 3rd at Kansas Relays and Big 12 runner-up with PR 5444. 3rd at Big 12 indoor pentathlon. **2007:** Redshirt indoors. NCAA long qualifier outdoors (placed 23rd) with best of 20-6¼. **High School:** 3rd at Nike outdoor prep nationals in long jump. **Personal:** Pre interior design major. Parents are Badger and Peggy McMillan.

Career:

Indoor:			60h	hj	sp	lj	800m						
2/29/08	3827	3	Big 12, Lincoln	9.11	163	1225	584	2:30.21					
2/07/09	3996	2	Sevigne Husker, Lincoln	8.83	170	1233	588	2:29.48					
2/27/09	4061	2	Big 12, College Station	8.91	170	1317	590	2:27.90					
3/14/09	4096	8	NCAA, College Station	8.77	166	1230	614	2:24.97					
1/30/10	dnf	-	Husker, Lincoln	dnf	163	1264		withdrew					
2/27/10	4151	1	Big 12, Lincoln	8.86	164	1445	602	2:25.58					
3/13/10	dnf	-	NCAA, Fayetteville	8.91	165	1325		withdrew					
Outdoor:			100h	w	hj	sp	200m	w	1 st day	lj	w	jav	800m
4/17/08	5226	3	Kansas R, Lawrence	14.60+2.5	162	1181	23.38+3.5	3155	576+5.4	3690	2:30.53		
5/17/08	5444	2	Big 12, Boulder	14.46-1.4	160	1166	24.90	0.0	3185	599-0.3	4160	2:28.27	
6/12/08	5261	22	NCAA, Des Moines	14.18+1.9	160	1093	25.31+0.6	3139	609+0.8	3333	2:29.04		
5/15/10	5349	1	Big 12, Columbia	14.41+1.4	175	1370	26.23+0.5	3388	559+0.8	4162	2:43.14		
6/10/10	5583	4	NCAA, Eugene	14.43+1.0	166	1425	25.90+1.8	3341	571-0.9	4195	2:23.65		

PRs: 5583 / 4151 14.18+1.9 175 1445 24.90 0.0 3388 614i 4195 2:23.65
Indoor: 60h: 8.77
Updates 6/12/10

BARBARA NWABA

DOB:
 POB:
 Ht: 5-9
 Hometown: Los Angeles, CA
 High School: University HS
 College: UCSB '12



2010: 12th at NCAAs. Big West Conference champion (with PR 5552) followed a 7th at Sac Relays. Runner-up at U of Washington indoor pentathlon (3931). **2009:** 3rd at Big West Conf heptathlon with 5000 points. **2008:** stress fracture. **2006: High School: Personal:** daughter of Theodore and Blessing Nwaba. Biology major.

Career:

Indoor:		<u>60h hj sp lj 800m</u>						
1/30/10	3931 2 U Washington, Seattle	8.83	179	1059	542	2:23.66		
Outdoor:		<u>100h w hj sp 200m w lj w jav 800m</u>						
4/16/09	5039 1 Cal Invt, Azusa	14.55+2.6	167	1121	25.17+2.9	540+2.1	2658	2:25.10
5/09/09	5000 3 Big West, Irvine	14.21nwi	175	1049	24.87+2.3	497+0.9	2846	2:25.35
4/15/10	5217 7 Mt Sac R, Azusa	14.69	0.0	173	1175	25.35+1.9	523	0.0 3263 2:22.62
5/08/10	5552 1 Big West, Northridge	14.39+0.5	176	1229	24.99+1.9	554-0.2	3471	2:17.80
6/10/10	5382 12 NCAA, Eugene	14.49+2.9	172	1271	25.25+1.9	532+1.2	3535	2:22.12

PRs: 5552 / 3931 **14.21 179 1271 24.87+2.3 564 3584 2:17.80**
Indoors: 60mh: 8.83

EMILY PEARSON

DOB:
 POB:
 Ht: 5-6½
 Hometown: La Junta, CO
 High School: La Junta HS '04
 College: Colorado St. '08



2010: Won Glen Morris and Texas GA (with PR 5636) meets. **2009:** Opened season with PR win (3835) at Air Force Academy. 9th at USA indoor nationals. Seasonal best of 5508 at Northridge Spring meet. **2008:** Runner-up at Mountain West Conf with 5605 PR. Then placed 10th at NCAAs. Won Glenn Morris meet in Ft Collins. **2007:** PR 5204 was NCAA provisional qualifier. 4th indoor MWC pentathlon (3722). **2006:** NCAA regional qualifier in javelin. (149-3). **Personal:** Is volunteer assistant coach at U of Colorado.

Career:

Indoor:				<u>60h hj sp lj 800m</u>					
3/ /05	8	Mountain West							
3/ /06	3577	6	Mountain West						
1/25/07	3636	8	UNM Cox, Albuquerque	9.40	164	1164	542	2:28.57	
2/22/07	3722	4	Mountain West, Albuquerque	8.87	168	1124	535	2:30.50	
2/28/08	3820	2	Mountain West, USAFA	8.54	165	1224	549	2:34.05	
1/30/09	3835	1	Air Force CE, USAFA	8.90	170	1222	542	2:29.75	
3/08/09	3824	9	USA, Chapel Hill	8.66	164	1164	542	2:25.88	
Outdoor:				<u>100h w hj sp 200m w lj w jav 800m</u>					
5/ /05	7	Mountain West							
5/11/06	5194	3	Mountain West, Provo	14.35+0.4	161	1065	25.14-0.7	526+0.1	4097 2:25.18
4/12/07	5204								
5/10/07			Mountain West, San Diego	14.07+0.7	170	1150	25.49-0.3	512+2.2	
4/03/08	5414	5	Texas R, Austin	14.02+0.3	163	1186	25.54-0.9	544+2.1	4259 2:23.50
4/25/08	5439	1	Morris, Ft Collins	14.00+1.6	165	1162	24.68 0.0	545+0.3	4160 2:27.09
5/15/08	5605	2	Mountain West, Ft Worth	13.81+1.9	166	1200	24.48+1.9	541+2.2	4264 2:21.33
6/14/08	5553	10	NCAA, Des Moines	13.75+0.8	166	1138	25.17+0.9	534+1.0	4701 2:22.81
3/20/09	5508	2	Spring, Northridge	14.10+1.4	166	1188	25.33+1.0	551+2.0	4713 2:27.85
4/16/09	5294	4	Mt Sac R, Azusa	14.32+5.0	160	1190	25.47+3.2	556+1.9	4294 2:30.60
6/26/09	5486	11	USA Sr, Eugene	14.19-0.1	169	1170	24.96+2.1	528+3.1	4366 2:23.53
8/08/09	5568	g	USA vs GER, Marburg	14.03+1.2	169	1129	25.22 0.0	557-1.0	4744 2:25.39
4/02/10	5322	2	UofA Click, Tucson	14.26+0.9	166	1199	25.34-0.6	520 0.0	4231 2:26.94
4/23/10	5187	1	Glenn Morris, Ft Collins	14.44+0.4	170	1136	25.41+3.1	510+1.9	3742 2:26.25
6/06/10	5636	1	Texas GA, Dallas	13.98+2.0	169	1169	24.69+0.9	539nwi	4700 2:22.75
PRs: 5605 / 3835				13.75+0.8 170 1224 24.48+1.9 565i 4713 2:21.33					
Indoor: 60H: 8.49									

CHRYSTAL RUIZ

DOB: January 1, 1988
POB:
Ht: 5-8
Hometown: Lakehills, TX
High School: Bandera HS
College: Angelo State U '10



2010: NCAA D-II runner-up with PR 5572 score. Lone Star Conference champ. **2009:** 9th at NCAA D-II meet.

High School: lettered in basketball, volleyball and track. **Personal:** Daughter of Hector and Leticia Ruiz. Major is kinesiology and linguistics.

Career:

Indoor:

Outdoor:

3/20/09	4754	5	ASU Spring, San Angelo	14.84+0.2	163	887	26.34+0.4	535nwi	3170	2:27.10
4/09/09	4822	1	Noble R, San Angelo	14.66+4.3	161	821	26.21+1.8	561+2.4	3226	2:27.03
5/09/09	dnf	-	Lone Star Conf, Kingsville	14.42+3.6	159	932	26.23+3.1	568+4.6	3535	dnf
5/23/09	5188	9	NCAA II, San Angelo	14.55+1.3	166	860	25.94-0.2	550+1.5	3312	2:24.18
5/08/10	5373	1	Lone Star Conf, San Angelo	14.04-0.1	169	1023	24.97+3.6	612+7.1	2868	2:15.57
5/29/10	5572	2	NCAA II, Charlotte	14.04+0.4	173	990	24.88-0.4	580+0.3	3330	2:12.34

PRs: 5572

13.63 173 1023 24.88-0.4 612+7.1 3535 2:12.34

Indoor: 60mH:

ABBIE STECHSCHULTE

DOB: April 28, 198
 POB:
 Ht: 5-8
 Hometown: Columbus Grove, OH
 High School: Columbus Grove HS, OH
 College: West Virginia '07
 Indiana



2009: Won Gladstein Invt with 3994 score. **2009:** 10th at USA outdoor nationals.
2008: Runner-up at Texas Relays with PR (5661) competing for Indiana after 4th place at USA indoors (4088).
2007: 6th place PR at NCAA indoor heptathlon (4085). Opened with PR outdoors 5609 for 4th at Texas Relays, then placed 3rd at Big East. **2006:** took a red-shirt during spring season as a junior (2006). Placed 16th in the pentathlon at the NCAA championship (3874). Won Big East pentathlon indoors (3972). **2005:** Placed 2nd at the Big East indoor pentathlon as a sophomore (2005) and was fourth at ECAC pentathlon. Registered 4,870 for 2nd at Big East heptathlon. Finished 3rd at ECAC outdoor heptathlon. **2004:** 4th in heptathlon (4888) at Big East outdoors as a freshman. 5th in pentathlon at ECAC indoors (3464) and 4th in heptathlon at 'Bama Relays (4664). **High School:** State champion in 100m hurdles (state record 14.48). **Personal:** daughter of Dan and Gwyn Stechschulte. Majored in speech pathology at WVU, currently enrolled in IU Kinesiology master's program.

Career:

Indoor:

2/07/04	3470	1	State Farm Games	8.62	156	1160	535	2:37.81	(55mH)
2/21/04	3426	?	Big East	9.11	155	1129	515	2:33.79	
1/??/04	3496	3	VPI, Blacksburg						
3/06/04	3464	5	ECAC, Boston						no marks available
1/14/05	3412	1	Black Squirrel, Kent	9.02	155	1063	525	2:35.22	
2/04/05	3739	1	State Farm Games	8.67			560		
2/25/05	3653	2	Big East, Syracuse	8.88	152	1195	558	2:31.41	
3/??/05	3598	4	ECAC, Princeton						
1/27/06	3747	2	Penn State Open, U Park						no marks available
2/18/06	3972	1	Big East, Akron	8.70	168	1241	574	2:38.74	
3/11/06	3874	16	NCAA, Fayetteville	8.77	161	1221	554	2:23.19	
1/19/07	3907	1	Razorback, Fayetteville	8.87	168	1077	577	2:23.24	
2/17/07	4016	1	Big East, Akron	8.69	159	1247	592	2:21.80	
3/10/07	4085	6	NCAA I, Fayetteville	8.68	163	1283	592	2:22.11	
2/02/08	4009	1	Gladstein, Bloomington	8.68	162	1235	577	2:21.17	
3/09/08	4088	4	USA, Chapel Hill	8.52	165	1261	577	2:21.90	
1/22/10	3994	1	Gladstein, Bloomington	8.74	161	1256	571	2:20.11	
3/07/10	4130	4	USA, Bloomington	8.62	167	1274	565	2:16.85	

Outdoor:

3/19/04	4664	4	Alabama R, Tuscaloose	14.75+0.9	155	1103	26.32+3.6	499	3278	2:32.72
5/01/04	4888	5	Big East, Rutgers	14.57+3.9	155	1154	26.66+1.1	549+3.0	3372	2:29.06
4/06/05	5047		Texas R, Austin	14.38	157	1173	25.74	560	3406	2:23.58
5/??/05	4870	2	Big East							
5/14/05	4952	3	ECAC, Princeton	14.75nwi	163	1008	26.18nwi	546+0.2	3501	2:2??.??
4/05/07	5609	4	Texas R, Austin	14.00+2.5	169	1237	25.01+4.7	577+2.6	3602	2:18.37
5/06/07	5525	3	Big East, Storrs	13.85+4.6	166	1272	25.19+1.9	591+1.5	3553	2:26.53
6/09/07	5436	17	NCAA I, Sacramento	13.89+0.9	169	1241	25.18+1.4	546+1.5	3349	2:20.91
4/03/08	5661	2	Texas R, Austin	13.76+0.4	166	1244	25.12+4.7	596+3.9	3552	2:17.57
6/28/08	dnf	-	USOT/USA, Eugene	14.76+1.1	160	1277	25.83+2.7	523+0.7	3662	dns
6/28/09	5590	10	USA, Eugene	13.98-0.1	166	1291	25.49+3.1	589+5.7	3678	2:30.37

PRs: 5661/ 4088
Indoor: 60mH: 8.52

13.76+0.4 169 1291 25.01+4.7 592 3678 2:17.57

LAUREN STEWART

DOB:
 POB:
 Ht:
 Hometown: Brentwood, TN
 High School: Brentwood HS
 College: Stanford, '09



2008: 4th at PAC-10 heptathlon with PR 5440. Dnf'd NCAAs. **2007:** 5th Mountain Pacific indoor pentathlon. **2006:** NCAA qualifier in triple jump (12.84m/42-1½). **High School:** Pan American Jr gold medalist in heptathlon (5333). Three time state triple jump and high jump champion. The two-time Tennessee Gatorade Track & Field Athlete of the Year (2004 and 2005). **Personal:** Human Biology major. Parents are Tom and Cathy Stewart.

Career:

Indoor:

/ /05	1	Nike HS champs,	
/ /06	3788		
1/26/07	3780	U Wash Invt, Seattle	8.85 169 1052 546 2:25.89
2/23/07	3776 5	Mtn Pacific	8.82 166 1113 541 2:25.97
2/01/08	3785 2	U Wash, Seattle	8.93 170 1068 557 2:28.04
2/29/08	3924 1	Mtn Pacific	8.72 173 1129 572 2:30.65

Outdoor:

/ /05	5333 1	Pan-Am Jr	
4/05/06	5110 10	Texas R, Austin	14.38+3.1 166 1062 25.02+3.6 3186 580+2.8 2917 2:31.55
5/13/06	5141 5	PAC-10	14.64+0.5 172 1073 25.52+1.9 3187 549+0.5 3367 2:28.53
4/17/08	5262 8	Mt Sac R, Azusa	14.31+0.6 171 1126 25.83+1.7 3226 584+0.7 2923 2:23.75
5/10/08	5440 4	PAC-10, Tempe	14.24+0.7 175 1106 25.83 0.0 3272 587 0.0 3668 2:25.25
6/14/08	dnf -	NCAA, Des Moines	14.79+1.4 166 1082 26.15-0.2 withdrew
4/24/09	4359	Drake R, Des Moines	15.95 160 1089 27.12 540 3253 2:46.65

PRs: 5440 / 3924 14.00 183 1153 25.02 3272 595 3668 2:23.75
Indoors: 8.72

CHEALSEA TAYLOR

DOB: October 27, 1986
 POB:
 Ht/wt: 5-7
 Hometown: Denver, CO
 High School: Montbello HS
 College: Alabama '10



2010: Placed 3rd at NCAA meet. SEC outdoor champ with PR 5672 score. 12th at NCAAs indoor pentathlon after PR 4019 effort at SEC's. **2009:** Placed 4th at SEC championship heptathlon with major breakthrough score of 5406. 8th at Drake Relays. Third at SEC indoor pentathlon. **2008:** SEC indoor high jump runner-up and 3rd in pentathlon. Injured during outdoor season. **2007:** SEC freshman athlete of year. No multis. **High School:** 3x high jump and 2x long jump state champion. Won 2 state sprint titles. 2005 Pan Am Jr high jump runner-up and 2005 national Jr high jump winner. Personal: Parents are Brenda Gutrick and Al Taylor. Psychology major.

Career:

Indoor:

3/02/08	3920	3	SEC, Fayetteville	8.90	178	1022	581	2:29.61
3/01/09	3934	3	SEC, Lexington	9.31	179	1112	563	2:23.20
2/26/10	4019	2	SEC, Fayetteville	8.73	175	1173	559	2:24.25
3/13/10	3789	12	NCAA, Fayetteville	8.59	174	1091	546	2:36.67

Outdoor:

3/27/09	5015	5	Alabama R, Tuscaloosa	15.12+0.6	172	1016	24.33+0.7	556+2.4	2770	2:31.79	
4/23/09	4980	8	Drake R, Des Moines	14.64+2.1	175	1025	24.27+1.4	526+0.5	2589	2:34.09	
5/14/09	5406	4	SEC, Gainesville	14.09+0.2	181	1132	24.30	0.0	565+1.7	2908	2:31.16
6/13/09	5138	19	NCAA, College Station	14.17+1.1	175	1117	24.91-3.1	509+0.2	3009	2:29.05	
4/10/10	5291	2	Ole Miss, Oxford	14.49-0.1	175	1173	24.45+1.0	555+0.6	2759	2:26.43	
5/14/10	5672	1	SEC, Knoxville	13.65+3.1	181	1105	24.18+0.1	580+1.2	3335	2:24.50	
6/10/10	5617	3	NCAA, Eugene	13.80+0.2	187	1067	24.09+2.6	556-0.8	3150	2:23.58	

PRs: 5672 / 4019

Indoor: 60H: 8.59

Updated: 6/12/10

13.65+3.1 187 1329 23.53 642 3335 2:23.20

BETTE WADE

DOB: September 11, 1986
 POB:
 Ht: 5-10
 Hometown: Northville, MI
 High School: Farmington HS, Northville, MI
 College: Michigan '09



4469 at outdoor

2010: Opened season with PR 4376 at Iowa State, then placed 2nd with PR USA indoor champs. Won Click heptathlon in Arizona with PR 5937 to open campaign then PR's with 6000 (exactly!) effort for 9th at Götzis. **2009:** 3rd at NCAAs with PR 5876 effort and 3rd also at USA champs with another PR, 5908. Runner-up at Big 10 (with PRs in final 3 events) scoring PR 5834. Opened season with Texas Relays victory. Won Big Ten indoor title with 4216 score. 5th at NCAA indoor heptathlon/ **2008:** Big Ten runner-up outdoors and indoors was Big Ten and NCAA indoor pentathlon runner-up (4366). 9th at U.S. Olympic Trials. **2007:** 7th at t NCAA with 2 point PR, 5724. Won Big Ten outdoor title with PR 5722. 2nd at Big Ten indoors with PR 4158. Won Jim Click in Tucson with PR 5500. **2006:** took first place in the heptathlon with a NCAA provisional standard point total of 5147 at the California Invitational. Claimed fourth place in the heptathlon with a personal-best point total of 5,301, Drake Relays Was second at Big Ten champs with 5354 total. **Indoor.** Second at Big Ten Pentathlon.. Finished 14th in the pentathlon (3917) at the NCAA Indoor Championships. Personal: Enrolled at College of Literature, Science and Arts.

Career:

Indoor:

					60h	hj	sp	lj	800m
1/20/06	4047	1	Simmons, Ann Arbor		8.49	174	1114	603	2:24.06[55H]
2/26/06	3977	2	Big 10, Madison		9.10	175	1143	584	2:25.65
3/11/06	3917	14	NCAA Indoor Champs, Fayetteville		8.94	170	1129	582	2:26.96
1/20/07	3911	1	Simmons, Ann Arbor		8.88	168	1325	542	2:27.45
2/25/07	4158	2	Big Ten, Champaign		8.63	170	1214	594	2:20.77
3/10/07	4131	5	NCAA I, Fayetteville		8.56	169	1232	591	2:23.19
2/01/08	3868	1	Michigan Intercollegiates, Ann Arbor		8.04	169	1137	563	2:26.78 [55H]
3/01/08	4089	2	Big Ten, Minneapolis		8.66	174	1257	561	2:23.76
3/15/08	4366	2	NCAA, Fayetteville		8.67	181	1320	622	2:26.61
1/30/09	4195	1	Eastern Michigan, Ypsilanti		8.62	173	1316	589	2:24.81
2/28/09	4216	1	Big Ten, Bloomington		8.50	169	1320	586	2:21.08
3/13/09	4252	5	NCAA, College Station		8.58	172	1326	606	2:24.76
1/29/10	4376	2	Iowa State Bergan, Ames		8.46	179	1287	608	2:22.43
3/07/10	4469	2	USA, Bloomington		8.69	185	1367	593	2:17.94

Outdoor:

					100H	w	hj	sp	200m	w	1 st day	lj	w	jav	800m
4/13/06	5147	1	Cal Invt, Azusa		14.38	0.0	168	1097	25.57+0.8	3183	576nwi	2864	2:26.64		
4/20/06	5301	4	Drake R, Des Moines		14.04+0.6	169	1066	25.47nwi		3232	595nwi	2891	2:23.35		
5/13/06	5354	2	Big Ten, E Lansing		14.26nwi	168	1096	25.32nwi		3222	604nwi	3455	2:28.85		
6/08/06	5122	20	NCAA I, Sacramento		16.21-0.7	175	1206	25.42-0.8		3119	573+0.9	3015	2:25.09		
3/23/07	5500	1	Click, Tucson		14.07	0.0	173	1268	25.01+0.4		3451	578-1.3	3009	2:22.63	
5/12/07	5722	1	Big Ten, U Park		13.88+0.6	181	1283	25.14-1.7		3576	603-1.0	3363	2:26.19		
6/08/07	5724	7	NCAA I, Sacramento		14.00+0.9	178	1281	24.62+1.4		3568	598+4.3	3125	2:20.76		
6/23/07	5429	12	USA, Indianapolis		14.15-0.9	178	1132	24.86	0.0	3426	571+1.8	2916	2:23.22		
4/03/08	5395	1	Cal Multis, Berkeley		14.15+0.9	172	1273	24.77	0.0	3453	559+0.7	2970	2:25.95		
5/17/08	5658	2	Big Ten, Champaign		14.19	0.0	175	1385	24.85+0.5		3553	612+1.2	3184	2:28.99	
6/12/08	5738	3	NCAA, Des Moines		13.73-0.9	175	1314	24.62+1.4		3560	602-0.1	3229	2:20.76		
6/28/08	5723	9	USOT/USA, Eugene		13.85+1.1	181	1303	24.72+2.7		3633	560+2.3	3479	2:22.24		
4/02/09	5635	1	Texas R, Austin		13.86+1.4	181	1272	25.11+3.4			592+3.8	3252	2:28.53		
5/16/09	5834	2	Big 10, Columbus		14.10-1.6	175	1294	25.05+1.4			634+2.6	3514	2:20.30		
6/12/09	5876	3	NCAA, Fayetteville		13.84+1.0	178	1357	25.05+0.2		3601	633+0.4	3249	2:21.90		
6/28/09	5908	3	USA, Eugene		14.05-0.1	172	1398	24.76+3.1		3552	641+3.7	3364	2:19.37		
8/16/09	5134	24	IAAF WC, Berlin		13.79-0.3	180	nm	24.98-0.3		2802	618+0.8	3670	2:25.50		
4/02/10	5937	1	UofA Click, Tucson		13.97+0.9	178	1402	24.93-0.6			590-0.1	4044	2:20.43		

5/30/10 6000 9 Hypo-Bank, Götzis 14.00-1.3 182 1362 25.07+1.7 3630 629-0.7 3782 2:21.17

PRs: 6000 / 4469 13.73-0.9 185 1402 24.62+1.4 3601 641+3.7 4044 2:17.94

Indoor: 60H: 8.46

Summary: 19 meets, 19 finishes, 6 wins, PR score: 5937

Updated: 6/10/10

HEATHER ZANDER

DOB: September 23, 1986

POB:

Ht: 5-7

Hometown: Mandan, ND

High School: Mandan HS

College: North Dakota St '10



2010: 9th at NCAAs. Summit League heptathlon champ (PR 5328). **2009:** Summit league heptathlon champion. **2008:** Summit league heptathlon runner-up. **2007:** Redshirt outdoors and runner-up in doors pentathlon.. **2006:** Redshirt indoors. Won D-I Independent heptathlon outdoors. **High School:** 10 time state champion (sprinting events). **Personal:** Daughter of Fred and Lila Zander. Majoring in human performance and fitness.

Career:

Indoor:

1/12/07	3331	1	Bison Open, Fargo	9.03	142	995	543	2:30.50
2/02/07	3430	10	Husker, Lincoln	9.02	151	1011	522	2:26.70
1/11/08	3435	2	NDSU Multis, Fargo	9.09	148	1036	538	2:27.34
2/06/09	3798	1	Bison Open, Fargo	8.21	151	1079	557	2:21.48 [55H]
2/27/09	3508	2	Summit League, Sterling	9.04	156	1000	536	2:27.25

Outdoor:

5/06/06	4577	1	D-I Independent, Fargo	15.09+3.7	151	937	25.10-0.8	530+2.3	3006	2:35.30
3/22/08	4547	1	Hurricane, Miami	14.94+0.6	149	1042	25.75+0.5	519+3.0	2662	2:30.56
5/16/08	4692	2	Summit League, MaComb	no marks available						
4/03/09	4880	5	UofA Click, Tucson	14.56-0.3	151	1137	25.62-3.1	560+4.9	3027	2:30.53
5/15/09	5072	1	Summit League, Cedar City	14.53+0.8	159	1111	25.01-2.0	568-0.4	2981	2:27.17
3/26/10	5134	3	Florida St R, Tallahassee	14.20+2.5	155	1056	25.49+1.7	564nwi	3386	2:21.22
4/15/10	5203	8	Mt Sac R, Azusa	14.05	158	1058	24.66+2.1	543+1.3	3381	2:21.18
5/14/10	5328	1	Summit League, Fargo	14.03+2.0	157	1100	24.66+2.1	597+2.4	3536	2:21.22
6/10/10	5427	9	NCAA, Eugene	13.95+2.4	160	1069	24.33+1.9	571+1.1	3647	2:20.25

PRs: 5427 / 3798

13.95+2.4 160 1100 24.22+1.9 597+2.4 3647 2:20.25

Indoor: 60mH: 9.02

