

**91<sup>st</sup>  
NATIONAL DECATHLON  
CHAMPIONSHIPS**



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



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[www.decathlonusa.typepad.com](http://www.decathlonusa.typepad.com)*

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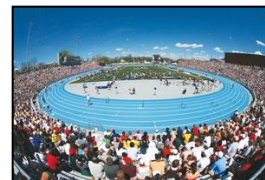
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## SECTION ONE: Basic Info:

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



### a... Time Schedule

#### Friday, June 25, 2010

|          |            |
|----------|------------|
| 10:30 am | 100 meters |
| 11:30    | Long Jump  |
| 2:00 pm  | Shot Put   |
| 3:15     | High Jump  |
| 5:10     | 400 meters |

#### Saturday, June 26, 2010

|           |                 |
|-----------|-----------------|
| 10:30 am  | 110 m Hurdles   |
| 11:30     | Discus          |
| 2:45 pm   | Pole Vault      |
| 4:15-5:15 | Javelin (a & b) |
| 6:30      | 1500 meters     |

### b .....Qualifying Procedure

#### Standard (men)

Male athletes who attain the Standard will automatically be included in the event.

#### Qualifying Guidelines for Championships in Non-Olympic Years

1. All qualifying performances for running events must be made on an indoor or outdoor track for the outdoor championships. No allowances are provided for altitude, nor for indoor facilities of differing size, banking or other configuration.
2. Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:
  - a. USATF or IAAF sanctioned events which prescribe to or exceed USATF competition rules
  - b. Events at collegiate meets which prescribe to or exceed USATF competition rules
  - c. High school meets, but not dual or triangular meets.
  - d. Meets or events which meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF National Office staff member responsible for verification.
3. This is an annual Championship which requires qualification within a specific period of time. Qualifying marks from outdoor competitions must be attained on or after the first day of competition of the National Championship, or Olympic qualifying meet, during the previous calendar year through the Sunday in the current calendar year just prior to the Championship. Qualifying marks for the 10,000-meters, Race Walk, and **Combined Events** must be attained on or after the first Saturday in January of the calendar year prior to the Championship through the Sunday in the current calendar year just prior to the Championship.
4. \* F.A.T. is the only method of timing acceptable for qualifying marks for events listed with an asterisk. Times submitted in hundredths of a second, must be fully automatic times.
5. \*\* A manual time may be used for qualifying in events with a double asterisk only if no fully automatic qualifying time exists for the individual in that event during the qualifying period. A manual time may not supersede any fully automatic qualifying time for an event. Qualifying manual times, for eligible events, not already listed, are always the FAT qualifying time without the last zero. Manual times will be converted for seeding purposes using USATF Rule 76.
6. \*\*Hand times will be accepted in events with a double asterisk.

### c) .....Qualifiers

*Qualified Automatically >7850 and Provisionally 7500 [Jan 3, 2008 - June 20, 2010]*

#### USA Qualifiers

##### From 2009:

|       |                |           |                      |      |
|-------|----------------|-----------|----------------------|------|
| 8790  | Hardee, Trey   | Nike      | IAAF WC, Berlin      | 8/20 |
| 8569  | Pappas, Tom    | Nike      | Thorpe Cup, Marburg  | 8/9  |
| 8241w | Eaton, Ashton  | Oregon    | NCAA I, Fayetteville | 6/11 |
| 8069  | Arnold, Jake   | Asics     | Hypo Bank, Götzis    | 5/31 |
| 7892  | Detmer, Joe    | unat      | Thorpe Cup, Marburg  | 8/9  |
| 7794w | Ayers, Michael | Tennessee | NCAA I, Fayetteville | 6/11 |



|      |                 |                 |                      |      |
|------|-----------------|-----------------|----------------------|------|
| 7785 | Clark, Mat      | Northern Iowa   | MVC, Terre Haute     | 5/16 |
| 7766 | Randolph, Chris | VS Athletics    | USA Champs, Eugene   | 6/26 |
| 7729 | Terek, Paul     | asics           | Thorpe Cup, Marburg  | 8/9  |
| 7655 | Otto, Trinity   | Texas A&M       | Big 12 Conf, Lubbock | 5/16 |
| 7650 | Edmonds, Lysias | Arizona Puma    | USA Champs, Eugene   | 6/26 |
| 7646 | Adcock, Nick    | Missouri        | Thorpe Cup, Marburg  | 8/9  |
| 7645 | Burt, Desi      | VS Athletics    | Classic, Claremont   | 5/2  |
| 7631 | Keller, Dan     | North Carolina  | NCAA I, Fayetteville | 6/11 |
| 7626 | McGinnis, RJ    | Minnesota       | Drake R, Des Moines  | 4/23 |
| 7623 | Marsh, Mike     | ChampNuitrition | Classic, Claremont   | 5/2  |
| 7563 | Kinsey, Dan     | Akron           | NCAA I, Fayetteville | 6/11 |

**From 2010:**

|      |                  |                |                      |      |
|------|------------------|----------------|----------------------|------|
| 8483 | Clay, Bryan      | Nike           | Hypo-Bank, Gotzis    | 5/30 |
| 8457 | Eaton, Ashton    | Oregon         | NCAA                 | 6/11 |
| 8253 | Arnold, Jake     | Asics          | Hypo-Bank, Gotzis    | 5/30 |
| 7801 | Morrison, Mike   | California     | NCAA, Eugene         | 6/11 |
| 7781 | Jellison, Mark   | unat           | Claremont            | 5/14 |
| 7779 | Helwick, Chris   | Team Wick-Set  | Sea Ray R, Knoxville | 4/8  |
| 7724 | Otto, Trinity    | Texas A&M      | NCAA, Eugene         | 6/11 |
| 7704 | Adcock, Nick     | Missouri       | Big 12, Columbia     | 5/15 |
| 7628 | Moss, Miller     | Clemson        | ACC, Clemson         | 4/16 |
| 7652 | Horn, Gray       | Florida        | SEC, Knoxville       | 5/14 |
| 7541 | Harlan, Ryan     | unat           | TGA, Dallas          | 6/6  |
| 7526 | Robinson, Robert | CSU-Northridge | Big West, Irvine     | 5/8  |
| 7521 | Taiwo, Jeremy    | Washington     | Pac-10, Berkeley     | 5/9  |
| 7510 | Trubachik, Nick  | Portland St    | NCAA, Eugene         | 6/11 |
| 7500 | Holman, Cory     | Georgia        | SEC, Knoxville       | 5/14 |

**Total: 28 qualifiers**

**d)....Website listing results**

**1. [www.flashresult.com](http://www.flashresult.com)**

**2. [www.decathlon2000.ee](http://www.decathlon2000.ee)**

*(both will post real time results)*

**3. [www.decathlonusa.typepad.com](http://www.decathlonusa.typepad.com)**

*(I'll try to post results and story as soon after the meet each day as possible)*

## SECTION TWO: RECORDS

### Decathlon Individual Event Records

#### World Records (7000 point minimum)

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

#### American Records (7000 point minimum)

|          |                |                             |                             |      |
|----------|----------------|-----------------------------|-----------------------------|------|
| 100m     | 10.22          | Chris Huffins/Mizuno (+0.9) | Atlanta (OT/USA) (8546)     | 1996 |
| LJ       | 8.08m (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 |
| 1st day  | 4738           | Dan O'Brien/Footlocker AC   | Knoxville (8707)            | 1994 |
|          | 4747 nwi       | Dan O'Brien/Reebok RT       | New York(TAC) (8844)        | 1991 |
| 2nd day  | 4455           | Dave Johnson/ReebokRT       | New Orleans (OT) (8649)     | 1992 |
| Total    | 8891           | Dan O'Brien/Reebok RT       | Talence (8891)              | 1992 |

#### American Collegiate Records

|          |               |                             |                         |      |
|----------|---------------|-----------------------------|-------------------------|------|
| 100m     | 10.34 (+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     | 46.28         | Ashton Eaton/Oregon         | NCAA, Eugene            | 2010 |
| 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 |
| 1st day  | 4500          | Ashton Eaton/Oregon         | Eugene, (NCAA)          | 2010 |
| 2nd day  | 4145          | Jake Arnold/Arizona         | NCAA, Sacramento        | 2007 |
| Total    | 8465          | Trey Hardee/Texas           | Austin (Tex R)          | 2006 |

#### U.S. Senior Championships (AAU – TAC – USATF)

|      |              |                             |               |          |
|------|--------------|-----------------------------|---------------|----------|
| 100m | 10.22        | Chris Huffins\Mizuno        | Atlanta       | 06/21/96 |
| LJ   | 8.04 (26-4½) | Dan O'Brien\Moscow-USA      | Norwalk, Cal  | 06/12/90 |
| SP   | 17.47 (57-4) | Russ Hodge\So.Cal. Striders | S. Lake Tahoe | 06/24/70 |
| HJ   | 2.18 (7-1¾)  | Chris Huffins\Mizuno        | New Orleans   | 06/19/98 |
|      |              | Darwin VandeHoef\Beach TC   | New Orleans   | 06/19/98 |

|         |               |                             |               |            |
|---------|---------------|-----------------------------|---------------|------------|
| 400m    | 46.4h         | Jeff Bennett\U.S. Army      | Los Angeles   | 06/04/72   |
| 110mH   | 13.74         | Steve Fritz\Accusplit       | Indianapolis  | 06/12/97   |
| DT      | 55.89 (183-4) | Bryan Clay/USA              | Carson (8506) | 06/24/05   |
| PV      | 5.60 (18-4½)  | Tim Bright\Athletics West   | Indianapolis  | 07/21/88   |
| JT      | 74.58 (244-8) | Dave Johnson\ReebokRT       | New Orleans   | 06/27/92   |
| 1500m   | 4:08.4        | Wally Wilson\Los Angeles AC | Santa Barbara | 07/04/54   |
| 1st day | 4747w         | Dan O'Brien\Reebok RT       | New York      | 06/12/91   |
|         | 4738          | Dan O'Brien\Footlocker AC   | Knoxville     | 06/14/93   |
| 2nd day | 4455          | Dave Johnson\Reebok RT      | New Orleans   | 06/27/92   |
| Total   | 8832          | Bryan Clay/Nike             | Eugene        | 06/30/08   |
|         | 8844 nwg      | Dan O'Brien\Reebok RT       | New York      | 6/12-13/91 |

#### Facility (Drake Stadium) Decathlon Records

|          |               |                                |      |
|----------|---------------|--------------------------------|------|
| 100m     | 10.3          | Steve Alexander/Hurricane TC   | 1977 |
|          | 10.57         | Richard Beattie/Alabama        | 1989 |
| LJ       | 7.71m(25-3½)  | Jeff Bennett/US Army           | 1970 |
| SP       |               |                                |      |
| HJ       | 2.20 (7-2½)   | Derek Gearman/unat             | 2008 |
| 400m     | 47.5          | Jeff Bennett/US Army           | 1970 |
| 110mH    | 14.28         | Darwin Vande Hoef/VISA         | 1997 |
| DT       | 48.08m/157-9  | Bruce Jenner/SJ Stars          | 1976 |
| PV       | 5.20m(17-¾)   | Kip Janvrin/VISA               | 1992 |
|          |               | Jay Thorsen/RTI TC             | 1990 |
| JT [new] | 63.60m(208-8) | Brad Swanson/unat-Morehead, MN | 1993 |
| [old]    | 69.49m(228-0) | Bruce Jenner/Graceland         | 1972 |
| 1500 m   | 4:06.5        | Robert Baker/Principia         | 1978 |
| 1st day  |               |                                |      |
| 2nd day  |               |                                |      |
| Total    | 8198          | Kip Janvrin/VISA               | 1996 |

[10.96 720 1372 198 48.57 14.70 4316 495 5802 4:11.63]

## Recent USA National Championships

### 2005

#### 6/23-24 86th USA National Championships, Home Depot Center, Carson, CA

|      |                           |  |                              |
|------|---------------------------|--|------------------------------|
| 8506 | Clay, Bryan/Nike          | 10.70-1.8 744+0.3 1488 206 49.62 14.06-1.4                       | <b>5587</b> 500 6002 4:57.11 |
| 7976 | Terek, Paul/unat          | 11.17-0.6 705+0.1 1497 200 49.05 15.21 0.0 4422 520 5405 4:39.92 |                              |
| 7795 | McMullen, Phil/Nike       | 11.63-0.6 664-0.6 1444 185 49.97 14.91-1.4 4839 500 5591 4:19.16 |                              |
| 7769 | Harris, Stephen/unat      | 11.25-1.8 721 0.0 1220 209 48.83 14.57 0.0 4020 450 5506 4:32.37 |                              |
| 7655 | Moore, Stephen/unat       | 11.22-1.8 682-0.5 1287 200 48.21 14.96-1.4 4209 470 5568 4:43.58 |                              |
| 7619 | Abdur-Rahim, Mustafa/Dart | 11.01-0.6 678-0.2 1316 194 49.20 14.31 0.0 4332 420 5265 4:28.82 |                              |
| 7567 | Boyles, Chris/unat        | 11.58-0.6 684+0.1 1443 212 51.17 15.25-1.4 4035 460 6077 4:54.32 |                              |
| 7473 | Geopfert, Travis/unat     | 11.36-0.6 671-0.5 1415 185 48.84 15.66 0.0 4499 450 4955 4:23.62 |                              |
| 7444 | Janvrin, Kip/K&K TC       | 11.58-0.6 634-0.6 1363 182 49.29 15.50-1.4 4258 470 5886 4:21.45 |                              |
| 7134 | Levin, Andrew/Montana     | 11.33-1.8 648+0.1 1367 197 50.51 15.40 0.0 3894 450 4945 4:54.52 |                              |
| 6736 | Kilmartin, Donovan/Texas  | 11.39-0.6 713-0.2 1371 209 50.87 14.90-1.4 3994 nh 5159 4:52.25  |                              |
| dnf  | Harlan, Ryan/unat         | 11.26-1.8 680+0.4 1610 212 49.23 14.16 0.0 4238 nh withdrew      |                              |
| dnf  | Cook, Jamie/unat          | 11.84-1.8 643+0.1 1317 188 53.02 16.12 0.0 4345 nh withdrew      |                              |

1st/2nd day: Clay 4322/3984, Tere 4099/3877, McMu 3695/4100, Harr 4045/3724, Moor 3944/3711, Ab-Ra 3898/3720, Boyl 3943/3624, Geop 3805/3668, Janv 3595/3849, Levi 3757/3377, Kilm 3994/2742, Harl 4193, Cook 3420. Records: **Discus**: Clay's marks is WR (breaks old WER of 55.00/180-5 by Jaroslav Jankov, Sofia, 1980); **AR** (breaks AR of 53.84/176-8 by Brian Brophy/Tenn, Talence, 1992), **MR** (breaks 53.22m/174-7 by Chris Huffins/Mizuno, in New Orleans, 1998). Weather: hot both days, low 80s, breezy. 13s,11f

## 2006

### 6/23-24 87<sup>th</sup> USA National Champs, Michael A Carroll Stadium, IUPUI, Indianapolis, IN

|      |                                 |           |         |      |      |          |           |           |      |          |         |
|------|---------------------------------|-----------|---------|------|------|----------|-----------|-----------|------|----------|---------|
| 8319 | Pappas, Tom/Nike                | 10.88+0.5 | 747+0.3 | 1653 | 196  | 48.68    | 14.32-1.0 | 4978      | 510  | 5568     | 4:59.50 |
| 7872 | Harlan, Ryan/unat               | 11.13+0.5 | 652-1.3 | 1634 | 205  | 50.26    | 14.08-1.0 | 4294      | 460  | 6313     | 5:01.90 |
| 7827 | Arnold, Jake/Arizona            | 11.23+0.5 | 683-0.1 | 1427 | 199  | 49.48    | 14.67-0.9 | 3878      | 490  | 5861     | 4:31.04 |
| 7780 | Boyles, Chris/unat              | 11.42-0.4 | 722-0.1 | 1441 | 211  | 50.91    | 15.04-0.9 | 4274      | 470  | 5902     | 4:52.13 |
| 7714 | Terek, Paul/Asics               | 11.11+0.5 | 683-0.3 | 1439 | 187  | 49.39    | 15.35-0.9 | 4455      | 510  | 5644     | 4:48.04 |
| 7205 | Geopfert, Travis/unat           | 11.33-0.4 | 685+0.2 | 1415 | 184  | 49.44    | 16.00-1.0 | 4195      | 420  | 4909     | 4:34.90 |
| 6453 | Detmer, Joe/Wisconsin           | 11.15-0.4 | 660-0.2 | 1176 | 181  | 47.03    | 15.27-0.9 | 3343      | nh   | 5278     | 4:30.46 |
| Dnf  | Clay, Bryan/Nike                | 10.49-0.4 | 722     | 0.0  | 1560 | 202      | 48.15     | 13.34-1.0 | 5106 | nh       |         |
| Dnf  | Hardee, Trey/Texas              | 10.62-0.4 | 735+0.2 | 1399 | 187  | 48.15    | 14.10-0.9 | 4187      | nh   |          |         |
| Dnf  | Cebulski, Joe/unat              | 11.59-0.4 | 639+0.6 | 1440 | 202  | 51.83    |           |           |      | withdrew |         |
| Dnf  | Randolph, Chris/Seattle Pacific | 11.40-0.4 | 674-0.7 | 1306 | nh   | withdrew |           |           |      |          |         |

Declared but did not start: Ryan Olkowski/unat, Allen Bulick/unat. 11s,7f

1st/2nd day scores: Papp 4342/3977, Harl 4059/3813, Arno 3962/3755, Boyl 40673713, Tere 3892/3822, Geop 38073398, Detm 3732/2721, Clay 4394, hard 4162, Cebu 3714. Weather: Day one: showers, hot , muggy, Day Two: Hot, muggy.

## 2007

### 6/22-23 88<sup>th</sup> USA National Championships, IUPUI, Indianapolis, IN

|      |                                |           |         |      |      |          |           |           |          |      |         |         |
|------|--------------------------------|-----------|---------|------|------|----------|-----------|-----------|----------|------|---------|---------|
| 8352 | Pappas, Tom/Nike               | 11.00-0.5 | 750+0.3 | 1643 | 205  | 48.81    | 14.12+1.9 | 4634      | 500      | 5970 | 4:59.69 |         |
| 8064 | Terek, Paul/Asics              | 11.03-0.5 | 726+1.4 | 1527 | 202  | 48.70    | 14.92+1.4 | 4260      | 510      | 5295 | 4:39.98 |         |
| 7921 | Arnold, Jake/Arizona           | 11.23+0.3 | 689+2.9 | 1493 | 199  | 48.70    | 14.36+1.9 | 3971      | 500      | 5523 | 4:36.21 |         |
| 7883 | Harlan, Ryan/unat              | 11.35-2.0 | 677+1.5 | 1658 | 208  | 51.01    | 14.16+1.9 | 4295      | 460      | 6218 | 4:59.17 |         |
| 7804 | Boyles, Chris/CBO-E            | 11.35+0.3 | 718+2.3 | 1533 | 208  | 51.09    | 14.90+1.4 | 4133      | 500      | 5370 | 4:52.79 |         |
| 7723 | Randolph, Chris/CNW            | 11.59+0.3 | 679+1.2 | 1369 | 202  | 49.40    | 15.05+1.4 | 4259      | 470      | 5526 | 4:20.88 |         |
| 7714 | Helwick, Chris/Tenn            | 11.43+0.3 | 668+1.5 | 1343 | 199  | 50.54    | 15.09+1.4 | 4099      | 490      | 6280 | 4:29.59 |         |
| 7640 | Abdur-Rahim, Mustafa           | 10.84-0.5 | 693     | 0.0  | 1385 | 181      | 48.32     | 14.14+1.4 | 4306     | 410  | 4980    | 4:24.40 |
| 7542 | Richardson, Chris/Vs Athletics | 11.28-2.0 | 704+2.6 | 1472 | 190  | 50.39    | 14.76+1.4 | 4229      | 420      | 6289 | 4:54.23 |         |
| 7503 | Olkowski, Ryan/unat            | 10.73-0.5 | 706+1.9 | 1272 | 196  | 48.22    | 14.82+1.4 | 3630      | 470      | 5119 | 5:01.50 |         |
| 7424 | Marsh, Mike/Champ Nutrition    | 11.11-0.5 | 691+2.0 | 1389 | 190  | 51.06    | 14.56+1.4 | 3825      | 450      | 5263 | 4:41.05 |         |
| 7194 | Cepeda, Raven/N Iowa           | 11.40+0.3 | 545+1.8 | 1437 | 187  | 52.22    | 14.65+1.4 | 3935      | 490      | 4858 | 4:54.81 |         |
| 6478 | Cebulski, Joe/TigerBar         | 11.80-2.0 | 671+1.0 | 1321 | 199  | 50.44    | 15.27+1.4 | 4127      | nh       | 5482 | 4:52.03 |         |
| dnf  | Detmer, Joe/Wisconsin          | 11.29-2.0 | 676+2.5 | 1193 | nh   | 47.09    | 15.21+1.4 | 3560      | withdrew |      |         |         |
| dnf  | Clay, Bryan/Nike               | 10.58-0.5 | 718+1.6 | 1574 | 193  | withdrew |           |           |          |      |         |         |
| dnf  | Hoskins, Brandon/Liberty       | 11.42-2.0 | 641     | 0.0  | 1292 | nh       | withdrew  |           |          |      |         |         |

16s, 13f. **Weather:** Day 1: rainy and cool in morning, light rain and headwinds during 100m. Weather steadily improved during day, mostly cloudy, and 75degrees by 4 pm (400m). Day 2: rainy during both hurdles and discus. Downpour delayed pole vault. High of 73. **Records:** Pappas win is his 5th, tying meet record for most wins with Bill Toomey (1965-69) and Dan O'Brien (1991-1996).

## 2008

### 6/29-30 US Olympic Trials & 89<sup>th</sup> USA National Championships, U of Oregon, Eugene, OR

|      |                         |           |         |      |      |       |           |           |      |      |         |         |
|------|-------------------------|-----------|---------|------|------|-------|-----------|-----------|------|------|---------|---------|
| 8832 | Clay, Bryan/Nike        | 10.39-0.4 | 739-1.6 | 1517 | 208  | 48.41 | 13.75+1.9 | 5274      | 500  | 7055 | 4:50.97 |         |
| 8534 | Hardee, Trey/Nike       | 10.43-0.4 | 775-1.1 | 1407 | 202  | 47.99 | 13.71+1.9 | 4241      | 500  | 6369 | 4:44.79 |         |
| 8511 | Pappas, Tom/Nike        | 10.90-0.4 | 777+0.4 | 1726 | 196  | 49.80 | 14.17+1.9 | 4944      | 520  | 5934 | 4:54.08 |         |
| 8130 | Arnold, Jake/una        | 11.11-0.4 | 704+1.3 | 1454 | 196  | 48.66 | 14.12+0.8 | 4602      | 500  | 5785 | 4:31.61 |         |
| 8122 | Eaton, Ashton/Oregon    | 10.61-0.4 | 749     | 0.0  | 1228 | 196   | 47.07     | 14.26+1.9 | 3969 | 510  | 4728    | 4:20.56 |
| 8025 | Addy, Jangy/Tennessee   | 10.77-0.4 | 720-1.2 | 1563 | 196  | 48.61 | 13.73+1.9 | 4241      | 440  | 5710 | 5:05.07 |         |
| 8010 | Helwick, Chris/unat     | 11.34-0.4 | 698-0.3 | 1380 | 199  | 50.20 | 15.26+1.7 | 4425      | 490  | 6735 | 4:21.44 |         |
| 7765 | Edmonds, Lysias/ArizPu  | 10.92+0.1 | 688+1.4 | 1243 | 199  | 47.80 | 14.30+0.8 | 3852      | 490  | 5160 | 4:37.92 |         |
| 7757 | Abdur-Rahim, M/ASC-e    | 10.90-0.4 | 688-0.9 | 1400 | 187  | 47.64 | 14.38+1.9 | 4749      | 420  | 4586 | 4:21.34 |         |
| 7660 | Randolph, Chris/CNW     | 11.38-0.4 | 663-0.8 | 1372 | 202  | 49.08 | 14.81+0.8 | 4217      | 450  | 5826 | 4:35.28 |         |
| 7653 | Detmer, Joe/unat        | 11.09+0.1 | 677-0.6 | 1275 | 190  | 48.12 | 15.08+0.8 | 3545      | 460  | 5631 | 4:07.63 |         |
| 7633 | Olkowski, Ryan/unat     | 10.85-0.4 | 704+1.3 | 1257 | 208  | 49.46 | 14.75+0.8 | 3759      | 480  | 5303 | 4:56.80 |         |
| 7587 | Harlan, Ryan/unat       | 11.18+0.1 | 648-1.3 | 1523 | 205  | 50.96 | 14.68+1.9 | 4290      | 460  | 5959 | 5:08.30 |         |
| 7512 | Moody, Rickey/Wash St   | 11.09+0.1 | 741+0.8 | 1528 | 205  | 52.58 | 14.74+0.8 | 4354      | 400  | 5495 | 5:09.89 |         |
| 7429 | Chisam, Matt/unat       | 11.45-0.4 | 625+0.1 | 1376 | 193  | 52.10 | 14.88+1.7 | 4377      | 510  | 5508 | 4:46.56 |         |
| 7312 | Richardson II, Chris/Vs | 11.41-0.4 | 744-0.8 | 1370 | 187  | 51.70 | 15.14+1.7 | 4450      | 440  | 5573 | 5:12.35 |         |
| 7279 | Clark, Mat/N Iowa       | 11.21+0.1 | 683-0.6 | 1252 | 193  | 48.71 | 15.62+1.7 | 3399      | 440  | 4561 | 4:12.60 |         |

|      |                          |           |         |      |     |          |           |      |    |      |         |
|------|--------------------------|-----------|---------|------|-----|----------|-----------|------|----|------|---------|
| 6629 | Cebulski, Joe/Tri Valley | 11.68-0.4 | 657+1.2 | 1346 | 199 | 50.93    | 14.99+1.7 | 4610 | nh | 5607 | 4:49.78 |
| 6443 | Cepeda, Chris/N Iowa     | 11.22+0.1 | 654+0.3 | 1434 | 190 | 53.47    | 14.70+0.8 | 4093 | nh | 4875 | 4:43.26 |
| dnf  | Boyles, Chris/unat       | 11.30-0.4 | nm      | 1457 | 208 | withdrew |           |      |    |      |         |

20s,19f

1st/2nd day: Clay 4476/4356, Hard 4454/4080, Papp 4405/4106, Arno 4003/4127, Eato 4226/3896, Addy 4249/3776, Helw 3910/4100, Edmo 4009/3756, Ab-Ra 4010/3747, Rand 3896/3764, Detm/3870/3783, Olko 4076/3557, Harl 3939/3648, Mood 4111/3501, Chis 3585/3851, Rich 3826/3486, Clar 3841/3438, Cebu 3689/2940, Cepe 3644/2799.

## 2009 Indoors

### 3/7-8 24<sup>th</sup> USA National Combined Events Champs, U North Carolina, Chapel Hill, NC

|      |                            |      |     |      |     |      |     |         |
|------|----------------------------|------|-----|------|-----|------|-----|---------|
| 5748 | Arnold, Jake/Asics         | 7.20 | 681 | 1494 | 197 | 8.15 | 495 | 2:50.03 |
| 5514 | Johnson, Justin/unat       | 7.27 | 717 | 1199 | 203 | 8.22 | 445 | 2:50.46 |
| 5505 | Detmer, Joe/unat           | 7.18 | 686 | 1279 | 188 | 8.46 | 435 | 2:31.54 |
| 5443 | Chisam, Matt/unat          | 7.33 | 654 | 1433 | 197 | 8.37 | 465 | 2:51.80 |
| 5393 | Broadbent, Eric/unat       | 7.04 | 706 | 1269 | 194 | 8.26 | 415 | 2:54.01 |
| 5265 | Woods, Patrick/unat        | 7.26 | 652 | 1289 | 203 | 8.44 | 435 | 2:57.52 |
| 4865 | Abdur-Rahim, Mustafa/ASC-e | 7.10 | 679 | 1426 | 185 | 8.07 | nh  | 2:39.74 |
| 3847 | Creekmur, Ceith/unat       | 7.22 | 688 | 1266 | 188 | 8.28 | nh  | dnf     |

8s,8f. nb: 2<sup>nd</sup> consecutive win for Arnold.

## 2009 Outdoors

### 6/25-26 90<sup>th</sup> USA National Champs, Hayward Field, U of Oregon, Eugene, OR

|      |                              |           |         |      |     |       |           |      |     |      |         |
|------|------------------------------|-----------|---------|------|-----|-------|-----------|------|-----|------|---------|
| 8261 | Hardee, Trey/Nike            | 10.43+3.6 | 741+1.7 | 1438 | 199 | 48.49 | 13.95+0.9 | 4476 | 500 | 6412 | 5:16.01 |
| 8075 | Eaton, Ashton/Oregon         | 10.53+3.6 | 760+3.7 | 1263 | 205 | 47.99 | 14.03+0.9 | 4133 | 450 | 5146 | 4:35.45 |
| 7984 | Arnold, Jake/Asics           | 11.01+1.9 | 695+1.8 | 1469 | 196 | 49.49 | 14.17+3.3 | 4575 | 470 | 5782 | 4:38.59 |
| 7766 | Randolph, Chris/Vs Athletics | 11.33+0.9 | 721+1.8 | 1376 | 202 | 49.38 | 14.88+0.9 | 3936 | 490 | 5501 | 4:40.78 |
| 7689 | Terek, Paul/unat             | 11.13+1.9 | 657+3.4 | 1475 | 196 | 50.62 | 15.42+3.3 | 4461 | 500 | 5611 | 4:41.64 |
| 7650 | Edmonds, Lysias/Arizona Puma | 11.00+3.6 | 707+3.3 | 1181 | 193 | 48.39 | 14.63+0.9 | 3677 | 500 | 5459 | 4:41.21 |
| 7588 | Adcock, Nick/Missouri        | 11.18+1.9 | 689+1.4 | 1392 | 187 | 49.46 | 14.16+3.3 | 3675 | 450 | 6022 | 4:40.81 |
| 7534 | Marsh, Mike/Champ Nutrition  | 10.96+1.9 | 665+2.0 | 1366 | 190 | 50.38 | 14.55+1.6 | 3950 | 490 | 5352 | 4:47.63 |
| 7385 | Chisam, Matt/unat            | 11.48+0.9 | 642+1.6 | 1394 | 190 | 52.34 | 14.60+0.9 | 4215 | 500 | 5337 | 4:45.78 |
| 7327 | Keller, Dan/North Carolina   | 11.59+0.9 | 680+2.2 | 1302 | 202 | 51.31 | 15.22+3.3 | 3827 | 500 | 4970 | 4:47.26 |
| 7178 | Kinsey, Dan/Akron            | 11.87+0.9 | 660+1.7 | 1448 | 198 | 54.70 | 15.57+1.6 | 4875 | 460 | 5743 | 4:55.95 |
| 6809 | Detmer, Joe/unat             | 10.94+1.9 | 723+2.1 | 1227 | 196 | 47.96 | 15.13+0.9 | 3288 | nh  | 5136 | 4:21.48 |
| 5669 | Clark, Mat/Northern Iowa     | 11.08+3.6 | 699+1.7 | 1247 | 190 | 50.76 | 18.41+1.6 | 3897 | nh  | nm   | 4:28.26 |
| dnf  | Burt, Desi/Vs Athletics      | 11.28+0.9 | 700+2.2 | 1311 | 217 | 50.40 | 16.80+0.9 | 3548 | 400 | 3805 | dns     |
| dnf  | Moody, Ricky/Club NW         | 11.16+1.9 | 694+1.2 | 1111 | 196 | dnf   | 15.04+0.9 | 4294 | 420 | 5460 | dns     |

15s,13f. 1<sup>st</sup>/2<sup>nd</sup> day scores: Hard 4337/3924, Eato 4333/3741, Arno 4036/3948, Rand 4032/3734, Tere 3872/3817, Edmo 3916/3734, Adco 3859/3729, Mars 3821/3713, Chis 3585/3800, Kell 3746/3581, Kins 3480/3698, Detm 4044/2765, Clar 3783/2886, Burt 4046, Mood 2944. Weather: Thursday, cool and breezy in am, sunny pm; Friday: same.

## 2010 Indoors

### 3/6-7 25<sup>th</sup> USA National Indoor CE Champs, U of Indiana, Bloomington, IN

|      |                               |      |     |      |     |      |     |         |
|------|-------------------------------|------|-----|------|-----|------|-----|---------|
| 5861 | Arnold, Jake/asics            | 7.13 | 690 | 1516 | 198 | 8.05 | 500 | 2:49.62 |
| 5845 | Pappas, Tom/UNAT              | 7.17 | 725 | 1590 | 198 | 8.08 | 480 | 2:55.72 |
| 5487 | Reising, Skyler/Tm Neb Brooks | 7.35 | 737 | 1390 | 207 | 8.96 | 440 | 2:51.91 |
| 5427 | Woods, Pat/unat               | 7.33 | 664 | 1362 | 201 | 8.42 | 470 | 2:55.14 |
| 5251 | Strang, John/HPC elite        | 7.00 | 704 | 1093 | 207 | 8.30 | 430 | 3:14.84 |
| 4861 | Broadbent, Eric/HPC elite     | 6.97 | 707 | 1311 | 201 | 8.28 | nh  | 2:52.67 |

dnf: Randolph, Chris/unat [7.41 653 1342 nh], Edmonds, Lysias/Ariz Puma [dnf 60m inj]



# U.S. NATIONAL CHAMPIONSHIPS

Meet winners (AAU – TAC – USATF)

U.S. CHAMPIONS (1915-2008) AAU – TAC - USATF

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|        |                          |                                 | <i>1912 tables</i> | <i>1985 tables</i> |
|--------|--------------------------|---------------------------------|--------------------|--------------------|
| 1915   | Alma Richards            | Intermountain Assn              | 6858.81            | 5719               |
|        |                          |                                 | <i>1920 tables</i> |                    |
| 1920   | Brutus Hamilton          | U of Missouri                   | 7022.9815 MR       | 5937               |
| 1921   | Dan Shea                 | Pastime AC-ex Dartmouth         | 5849.338           | 5181               |
| 1922   | Samuel Thompson          | Princeton                       | 6890.23            | 5869               |
| 1923   | Harold Osborn            | Illinois AC-ex Illinois         | 7351.89 MR         | 6247               |
| 1924   | Anthony Plansky          | Pere Marquette KofC             | 5901.45            | 4544               |
| 1925   | Harold Osborn (2nd win)  | Illinois AC                     | 7706.36 MR         | 6375               |
| 1926   | Harold Osborn (3rd win)  | Illinois AC                     | 7187.832           | 6021               |
| 1927#  | Fait Elkins              | U of Nebraska                   | 7574.42            | 6291               |
| 1928## | Ken Doherty              | Cadillac AC-ex Wayne St         | 7600.52            | 6345               |
| 1929   | Ken Doherty (2nd win)    | Cadillac AC                     | 7784.68R MR        | 6393               |
| 1930   | Wilson Charles           | Haskell Institute               | 7313.343           | 6118               |
| 1931   | Jess Mortensen           | Los Angeles AC-ex USC           | 8166.66 MR         | 6757               |
| 1932   | James Bausch             | Kansas City AC-ex Kansas        | 8103.25            | 6431               |
| 1933   | Barney Berlinger         | Penn AC-ex Pennsylvania         | 7597.19            | 6158               |
| 1934   | Bob Clark                | S.F. Olympic Club-ex Cal        | 7966.30            | 6861               |
| 1935   | Bob Clark (2nd win)      | S.F. Olympic Club               | 7929.22            | 6697               |
|        |                          |                                 | <i>1934 tables</i> |                    |
| 1936   | Glenn Morris             | unat, Silma, -ex Colo State     | 7880 WR            | 7213               |
| 1937   | --no meet held--         |                                 |                    |                    |
| 1938   | Joseph Scott             | Western Reserve U               | 6486               | 6087               |
| 1939   | Joseph Scott (2nd win)   | Western Reserve U               | 6671               | 6218               |
| 1940   | William Watson           | unat, Ann Arbor, ex Michigan    | 7523               | 6904               |
| 1941   | John Borican             | Asbury Park AC                  | 5666               | 5596               |
| 1942   | Bill Terwilliger         | unat, DeKalb, IL, ex N Illinois | 6802               | 6403               |
| 1943   | William Watson (2nd win) | Detroit Police AA               | 5994               | 5449               |
| 1944   | Irv Mondschein           | Brooklyn Army Base              | 5748               | 5510               |
| 1945   | Charles Beaudry          | Marquette U                     | 5886               | 5910               |
| 1946   | Irv Mondschein (2nd win) | New York U                      | 6466               | 6089               |
| 1947   | Irv Mondschein (3rd win) | N Y Pioneer Club                | 6715               | 6300               |
| 1948   | Bob Mathias              | unat, Tulare, CA                | 7227               | 6713               |
| 1949   | Bob Mathias (2nd win)    | unat, Tulare, CA                | 7556               | 6944               |
| 1950   | Bob Mathias (3rd win)    | unat, Tulare, CA /Stanford      | 8042 WR            | 7287               |
| 1951   | Bob Richards             | Illinois AC-ex Illinois         | 7834               | 6552               |
|        |                          |                                 | <i>1950 tables</i> |                    |
| 1952   | Bob Mathias (4th win)    | Stanford U                      | 7825 WR            | 7543               |
| 1953   | Milt Campbell            | Plainfield NJ HS                | 7235               | 7040               |
| 1954   | Bob Richards (2nd win)   | Los Angeles AC                  | 6501               | 7125               |
| 1955   | Bob Richards (3rd win)   | Los Angeles AC                  | 6862               | 6864               |
| 1956   | Rafer Johnson            | UCLA                            | 7754               | 7420               |
| 1957   | Charles Pratt            | U.S. Army                       | 7164               | 6993               |
| 1958   | Rafer Johnson (2nd win)  | UCLA                            | 7549               | 7432               |
| 1959   | C.K. Yang                | UCLA                            | 7549               | 7246               |
| 1960   | Rafer Johnson (3rd win)  | S.S. Striders                   | 8683 WR            | 7981               |
| 1961   | Paul Herman              | U.S. Army, ex Westmont          | 7142               | 7160               |
| 1962   | C.K. Yang (2nd win)      | UCLA                            | 8249               | 7694               |
| 1963   | Steve Pauly              | Oregon State U                  | 7852               | 7541               |
| 1964   | C.K. Yang (3rd win)      | Pasadena AA                     | 8641               | 7732               |
|        |                          |                                 | <i>1962 tables</i> |                    |
| 1965   | Bill Toomey              | Pasadena AA-ex Colorado         | 7764               | 7594               |
| 1966   | Bill Toomey (2nd win)    | S.C. Striders                   | 8234 WR            | 8096               |
| 1967   | Bill Toomey (3rd win)    | S.C. Striders                   | 7880               | 7761               |
| 1968   | Bill Toomey (4th win)    | S.C. Striders                   | 8037               | 7900               |



|      |                        |                                      |                |          |
|------|------------------------|--------------------------------------|----------------|----------|
| 1969 | Bill Toomey (5th win)  | S.S. Striders                        | 7818           | 7664     |
| 1970 | John Warkentin         | Fresno State U                       | 8026           | 7908     |
| 1971 | Rick Wanamaker         | Drake U                              | 7989           | 7879     |
| 1972 | Jeff Bennett           | U.S. Army ex Okla Christian          | 7910           | 7765     |
| 1973 | Jeff Bennett           | U.S. Army                            | 8121           | 8006     |
| 1974 | Bruce Jenner           | unat, San Jose, ex Graceland         | 8245 WR        | 8202     |
| 1975 | Fred Samara            | New York AC-ex Penn                  | 8061           | 7912     |
| 1976 | Bruce Jenner (2nd win) | San Jose Stars                       | 8542 WR(8444a) | 8459     |
| 1977 | Fred Dixon             | Tobias Striders, ex CSU-LA           | 8037           | 8007     |
| 1978 | Mike Hill              | Colorado TC, ex Colorado             | 8004           | 7971     |
| 1979 | Bob Coffman            | Hurricane TC, ex USC                 | 8154           | 8166     |
| 1980 | Bob Coffman (2nd win)  | Houston AC                           | 8184           | 8166     |
| 1981 | John Crist             | Athletics West, ex Alabama           | 8005           | 7976     |
| 1982 | John Crist (2nd win)   | Athletics West                       | 8129           | 8121     |
| 1983 | Mark Anderson          | Wilt's AC, ex UCLA                   | 8152           | 8142     |
| 1984 | John Crist (3rd win)   | Athletics West                       | 8102           | 8126     |
| 1985 | John Sayre             | U of Chicago TC, ex Sn ILL           |                | 8391w    |
| 1986 | Dave Johnson           | Puma, ex Azusa Pacific               |                | 8203w    |
| 1987 | Tim Bright             | Athletics West, ex Abilene Christian |                | 8340     |
| 1988 | Gary Kinder            | unat, Albuquerque,, ex New Mexico    |                | 8293     |
| 1989 | Dave Johnson (2nd win) | New York AC                          |                | 8549 =AR |
| 1990 | Dave Johnson           | Nike                                 |                | 8600w    |
| 1991 | Dan O'Brien            | Reebok RT, ex Idaho                  |                | 8844w    |
| 1992 | Dave Johnson           | Reebok RT                            |                | 8649     |
| 1993 | Dan O'Brien            | Reebok RT                            |                | 8331     |
| 1994 | Dan O'Brien            | Footlocker AC                        |                | 8707     |
| 1995 | Dan O'Brien            | Footlocker AC                        |                | 8682     |
| 1996 | Dan O'Brien            | Footlocker AC                        |                | 8726     |
| 1997 | Steve Fritz            | VISA/Accusplit, ex Kansas St         |                | 8604     |
| 1998 | Chris Huffns           | Oakley, ex California                |                | 8694     |
| 1999 | Chris Huffins          | Oakley                               |                | 8350     |
| 2000 | Tom Pappas             | adidas, ex Tennessee                 |                | 8467     |
| 2001 | Kip Janvrin            | K&K TC, ex Simpson                   |                | 8241     |
| 2002 | Tom Pappas             | Nike                                 |                | 8398     |
| 2003 | Tom Pappas             | Nike/WGA                             |                | 8784     |
| 2004 | Bryan Clay             | Nike, ex Azusa Pacific               |                | 8660     |
| 2005 | Bryan Clay             | Nike                                 |                | 8506     |
| 2006 | Tom Pappas             | Nike                                 |                | 8316     |
| 2007 | Tom Pappas             | Nike                                 |                | 8352     |
| 2008 | Bryan Clay             | Nike                                 |                | 8832     |
| 2009 | Trey Hardee            | Nike                                 |                | 8261     |

# - meet held in one day ## - meet held in three days



### Multiple U.S. Champions

\*\*\*\*\*

|                |                |                          |
|----------------|----------------|--------------------------|
| <b>5 wins:</b> | Bill Toomey    | 1965 1966 1967 1968 1969 |
|                | Dan O'Brien    | 1991 1993 1994 1995 1996 |
|                | Tom Pappas     | 2000 2002 2003 2006 2007 |
| <b>4 wins:</b> | Bob Mathias    | 1948 1949 1950 1952      |
|                | Dave Johnson   | 1986 1989 1990 1992      |
| <b>3 wins:</b> | Harold Osborn  | 1923 1925 1926           |
|                | Irv Mondschein | 1944 1946 1947           |
|                | Bob Richards   | 1951 1954 1955           |
|                | Rafer Johnson  | 1956 1958 1960           |
|                | C.K. Yang      | 1959 1962 1964           |
|                | John Crist     | 1981 1982 1984           |
|                | Bryan Clay     | 2004 2005 2008           |

**Most Consecutive U.S. Titles**

\*\*\*\*\*

**5 in a row:** Bill Toomey 1965-69  
**4 in a row:** Dan O'Brien 1993-96  
**3 in a row:** Bob Mathias 1948-50

**Most Meets:**

\*\*\*\*\*

17 Kip Janvrin 1989-2005  
13 John Warkentin 1967-1979  
12 Dave Johnson 1984-1996

**Most Top 3 places (most medals)**

\*\*\*\*\*

8 Tom Pappas 1999-2008 [5 wins, 2 2nds, 1 3rd]  
6 Dave Johnson 1986-1992 [4 wins, 1 2<sup>nd</sup>, 1 3<sup>rd</sup>.]  
6 Dan O'Brien 1989-1996 [5 wins, 1 2<sup>nd</sup>]

**Most Top 8 places**

\*\*\*\*\*

13 Kip Janvrin 1989-2003 [1 win, 2 3rds, 5 4ths, 2 5ths, 1 6<sup>th</sup>, 1 7<sup>th</sup>, 1 8<sup>th</sup>]  
11 John Warkentin 1967-1979 [1 win, 2 2nds, 1 3<sup>rd</sup>, 3 4ths, 1 5<sup>th</sup>, 1 6<sup>th</sup>, 1 7<sup>th</sup>, 1 8<sup>th</sup>]  
8 Jeff Bennett 1968-1976 [2 wins, 1 2<sup>nd</sup>, 2 3rds, 1 4th, 1 7<sup>th</sup>]

**Youngest Winner:**

\*\*\*\*\*

17 yrs, 222 days Bob Mathias, 1948

**Oldest Winner:**

\*\*\*\*\*

35 yrs, 349 days Kip Janvrin, 2001

**Youngest Competitor:**

\*\*\*\*\*

17 yrs, 222 days Bob Mathias 1948

**Oldest Competitor:**

\*\*\*\*\*

39 years, 351 days Kip Janvrin 2005

**Number of Competitors/Finishers, by Year:**

\*\*\*\*\*

|      |         |      |         |      |         |      |         |
|------|---------|------|---------|------|---------|------|---------|
| 1992 | 25 - 22 | 1997 | 20 - 16 | 2002 | 17 - 12 | 2007 | 16 - 13 |
| 1993 | 20 - 15 | 1998 | 17 - 12 | 2003 | 18 - 17 | 2008 | 20 - 19 |
| 1994 | 22 - 17 | 1999 | 16 - 13 | 2004 | 24 - 19 | 2009 | 15 - 13 |
| 1995 | 26 - 19 | 2000 | 16 - 11 | 2005 | 13 - 11 |      |         |
| 1996 | 24 - 16 | 2001 | 15 - 11 | 2006 | 11 - 7  |      |         |

**Sites of U.S. Championships**

\*\*\*\*\*

CALIFORNIA 33 times in 14 cities (San Francisco 15, 25; San Diego 35; Tulare 49, 50, 52, 62; Santa Barbara 51, 68, 75, 81; Kingsburg 57, 59; Walnut 64, 79; Bakersfield 65, 69; Los Angeles 67, 72, 84; South Lake Tahoe 70; Porterville 71, 73, San Jose 87; Norwalk 90; Sacramento 95, 00, 04, 06, 07; Berkeley 02, Palo Alto 03; Carson 05). NEW JERSEY 13 times in 9 cities (Jersey City 21; Newark 22; West Orange 24; Bridgeton 41; Elizabeth 43, 44; Bloomfield 45, 46, 47, 48; Plainfield 53; Atlantic City 54, Palmyra 58). OREGON 9 times in 2 cities (Eugene 60, 76, 86, 93; 99, 01, 08, 09; Corvallis 63). INDIANA 8 times in 3 cities (Crawfordsville 55, 56; Bloomington 77, Indianapolis 85, 88, 97, 06, 07). ILLINOIS 4 times in 2 cities (Chicago 23, 33, 42; Evanston 32). PENNSYLVANIA 3 times in 2 cities (Philadelphia 26,28; Pittsburgh 30). LOUISIANA 3 times (Baton Rouge 82, New Orleans 92, 98), NEW YORK 3 times (New York City 20, 38, 91). NEBRASKA 2 times (Lincoln 27,31). VIRGINIA 2 times (Richmond 74, 78). COLORADO 1 time (Denver 29). WISCONSIN 1 time (Milwaukee 36). NEW MEXICO 1 time (Albuquerque 61). KANSAS 1 time (Salina 66). TEXAS 1 time (Houston 89). TENNESSEE 1 time (Knoxville 94). GEORGIA 1 time (Atlanta 96), IOWA 1 time (Des Moines 2010).

# ATHLETES BIOS:

## 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



for 2<sup>nd</sup>

**2010:** Place 5<sup>th</sup> at NCAAs. Big 12 champ with PR 7704 effort in the rain. Scored PR at Mt Sac Relays in mid-April. 4<sup>th</sup> at NCAAs indoors. Won a pair of heptathlons including Iowa State affair (5758) and Big 12 (PR 5938). **2009:** Placed 7<sup>th</sup> at USA senior champs. A pair of vault no-heights marred early outdoor season. 5<sup>th</sup> at Thorpe Cup (vs Germany). Placed 4<sup>th</sup> 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 4<sup>th</sup> at NCAA decathlon with 7612 score. 4<sup>th</sup> at NCAA indoor (5776) after winning Big 12 Heptathlon with 5795 score. **2007:** Was USA national junior champ after 8<sup>th</sup> at Big 12 champs with PR 7078 score after a 6<sup>th</sup> place at Walton Multis at home where he posted a 6694 total. Runner-up at Arizona's Click decathlon (6977). Indoors was 10<sup>th</sup> 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] |
| <b>3/01/08</b> | <b>5795</b> | <b>1</b> | <b>Big 12</b> | <b>Lincoln</b>  | <b>7.09 685 1378 212 8.12 455 2:45.91</b>    |
| 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        |
| <b>5/15/10</b> | <b>7704</b> | <b>1</b> | <b>Big 12</b> | <b>Columbia</b> | <b>11.10+1.6 691 0.0 1348 201 48.64 14.26-0.9 3902 470 5089 4:40.20</b> |
| 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        |

**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: 16meets, 15 finishes, 3 wins, PR score: 7704. Top ten ave=7509.9



|                |             |          |                           |                  |                |             |            |              |                  |             |            |             |                |         |
|----------------|-------------|----------|---------------------------|------------------|----------------|-------------|------------|--------------|------------------|-------------|------------|-------------|----------------|---------|
| 5/06/07        | 7555        | 1        | PAC-10, Palo Alto         | 11.24+1.0        | 669+1.4        | 1501        | 207        | 49.72        | 14.55+1.6        | 3686        | 515        | 6009        | 5:07.40        |         |
| <b>6/07/07</b> | <b>8215</b> | <b>1</b> | <b>NCAA I, Sacramento</b> | <b>11.12+2.0</b> | <b>688+2.2</b> | <b>1415</b> | <b>202</b> | <b>48.38</b> | <b>14.20+1.8</b> | <b>4442</b> | <b>530</b> | <b>5880</b> | <b>4:34.22</b> |         |
| 6/23/07        | 7921        | 3        | USATF, Indianapolis       | 11.23+0.3        | 689+2.9        | 1493        | 199        | 48.70        | 14.36+1.9        | 3971        | 500        | 5523        | 4:36.21        |         |
| 9/01/07        | 8004        | 13       | IAAF WC, Osaka            | 11.14+0.2        | 686+0.4        | 1473        | 203        | 49.02        | 14.72-0.2        | 4370        | 510        | 5601        | 4:43.68        |         |
| 5/11/08        | 7520        | 8        | MultiStars, Desanzano     | 11.08+1.1        | 639+1.3        | 1408        | 195        | 49.85        | 14.39+0.4        | 3906        | 475        | 5312        | 4:44.52        |         |
| 6/30/08        | 8130        | 4        | USOT/USA, Eugene          | 11.11-0.4        | 704+1.3        | 1454        | 196        | 48.66        | 14.12+0.8        | 4602        | 500        | 5785        | 4:31.61        |         |
| 8/03/08        | 8191        | 2        | vs Germany, Manhattan     | 11.03+0.6        | 722+1.8        | 1517        | 200        | 49.49        | 14.26+1.1        | 4571        | 495        | 5804        | 4:36.11        |         |
| 5/10/09        | 7994        | 1        | MultiStars, Desanzano     | 11.17+0.9        | 683+1.4        | 1431        | 204        | 49.53        | 14.28            | 0.0         | 4419       | 505         | 5557           | 4:38.71 |
| 5/31/09        | 8069        | 10       | Hypo Bank, Götzis, AUT    | 11.06+0.4        | 692-0.7        | 1420        | 200        | 49.17        | 14.27-0.8        | 4576        | 490        | 5684        | 4:31.13        |         |
| 6/26/09        | 7984        | 3        | USA, Eugene               | 11.01+1.9        | 695+1.8        | 1469        | 196        | 49.49        | 14.17+3.3        | 4575        | 470        | 5782        | 4:38.59        |         |
| 8/20/09        | 7837        | 24       | IAAF WC, Berlin           | 11.01-0.4        | 673+2.0        | 1397        | 196        | 49.07        | 14.40+0.3        | 4323        | 480        | 5737        | 4:35.93        |         |
| 9/20/09        | 7540        | 11       | DecaStar, Talence         | 11.32-0.2        | 682+0.5        | 1357        | 191        | 50.36        | 14.55+0.3        | 4236        | 492        | 5477        | 4:54.55        |         |
| 4/02/10        | 7832        | 1        | UofA Click, Tucson        | 11.12-0.9        | 675+0.1        | 1496        | 193        | 50.73        | 14.54-2.5        | 4535        | 510        | 6078        | 4:59.19        |         |
| 5/09/10        | 8141        | 1        | MultiStars, Desanzano     | 11.25-0.2        | 693-0.2        | 1567        | 195        | 50.02        | 14.22-1.5        | 4880        | 515        | 5646        | 4:36.50        |         |
| 5/30/10        | 8253        | 4        | Hypo-Bank, Götzis         | 11.04+0.8        | 696+1.8        | 1517        | 200        | 49.29        | 14.12+0.3        | 4651        | 510        | 6228        | 4:40.74        |         |
| 6/16/10        | 8159        | 5        | TNT Fortuna, Kladno       | 10.99-0.1        | 692+0.3        | 1534        | 200        | 49.13        | 14.11+0.5        | 4815        | 500        | 5856        | 4:50.71        |         |

**PRs:** 8253 / 5909 10.99-0.1 722+1.8 1567 207 48.38 14.11+0.5 4880 530 6228 4:31.04

**Indoors:** 60m: 7.11, 60H: 8.05; 1000m: 2:42.62

\*- Junior implements/hurdles

Summary: 27 career meets, 26 finishes, 8 wins, PR 8253, 7x>8000, Top Ten Average: 8114.0; 2<sup>nd</sup> Ten Average: 7753.9.

## ERIC BROADBENT

DOB: August 5, 1985  
 POB:  
 Ht/Wt: 6-3, 170  
 Hometown: West Grove, PA  
 High School: Avon Grove HS  
 College: West Chester University '07  
 HPC-elite



**2010:** 3<sup>rd</sup> at both Deacon and Texas GA meets. Newport News pentathlon winner and 6<sup>th</sup> at USA indoor nationals. **2009:** Opened indoor season with 5542 win at Bucknell. 5<sup>th</sup> at USA indoor champs. **2008:** Tried first decathlon, 6662 win at West Chester, PA. **2007-SR:** PSAC outdoor MVP and 4x league champ in jumps. NCAA II scorer in high jump and triple jump, PSAC winner in high jump, triple jump and long jump. **2006: 2005-So:** Provisional NCAA II high jump qualifier. **High School: Personal:** major was Kinesiology Son of

### Multi Event Career:

#### Indoor:

|                |             |          |                                       |             |            |             |            |             |            |                           |
|----------------|-------------|----------|---------------------------------------|-------------|------------|-------------|------------|-------------|------------|---------------------------|
| 1/26/08        | 5254        | 1        | Penn State Open, U Park               | 7.01        | 713        | 1141        | 200        | 8.45        | 385        | 2:55.62                   |
| <b>1/31/09</b> | <b>5542</b> | <b>1</b> | <b>Bison Open, Lewisburg</b>          | <b>6.49</b> | <b>692</b> | <b>1280</b> | <b>210</b> | <b>7.70</b> | <b>400</b> | <b>2.48.65</b> [55m,55mH] |
| 3/08/09        | 5393        | 5        | USA, Chapel Hill                      | 7.04        | 706        | 1269        | 194        | 8.26        | 415        | 2:54.01                   |
| 1/30/10        | 3820        | 1        | CNU Captains Pentathlon, Newport News | 7.83        | 711        | 1232        | 201        | 3:00.04     | [55mH]     |                           |
| 3/07/10        | 4861        | 6        | USA, Bloomington                      | 6.97        | 707        | 1311        | 201        | 8.28        | nh         | 2:52.67                   |

#### Outdoor:

|                |             |          |                         |                  |                |             |            |              |                  |             |            |             |                |
|----------------|-------------|----------|-------------------------|------------------|----------------|-------------|------------|--------------|------------------|-------------|------------|-------------|----------------|
| 4/12/08        | 6662        | 1        | Open, West Chester      |                  |                |             |            |              |                  |             |            |             |                |
| 5/14/08        | 5689        | 5        | Deacon, Winston-Salem   | 10.72+2.6        | 712+2.0        | 1172        | 204        | 49.35        | 15.16+0.6        | 3055        | nh         | 3314        | dnf            |
| 5/12/10        | 7137        | 3        | Deacon, Winston-Salem   | 10.77+1.5        | 716+1.3        | 1148        | 213        | 49.25        | 14.51+2.7        | 3437        | 402        | 3774        | 5:06.06        |
| <b>6/06/10</b> | <b>7316</b> | <b>3</b> | <b>Texas GA, Dallas</b> | <b>10.83+0.7</b> | <b>742+0.2</b> | <b>1194</b> | <b>213</b> | <b>49.29</b> | <b>14.65+0.4</b> | <b>3396</b> | <b>410</b> | <b>4138</b> | <b>4:55.89</b> |

**PRs:** 7316 / 5542 10.72+2.6 742+0.2 1311 213 49.25 14.65+0.4 3437 415 4138 4:55.89

**Triple Jump:** 48-10 1/2, **Indoors:** 60m: 6.97; 60H: 8.26; 1000m: 2:48.65

# CLARK, MAT

DOB: May 31, 1987  
POB:  
Ht/Wt: 5-11. 171  
Hometown: Ames, IA  
High School: Ames HS, IA  
College: Northern Iowa '10



**2009:** 9<sup>th</sup> 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 5<sup>th</sup> place at Texas Relays. **2008:** Placed 10<sup>th</sup> at NCAAs and 18<sup>th</sup> at Olympic Trials. Scored huge PR 7691 for 2<sup>nd</sup> at Drake Relays, then placed 2<sup>nd</sup> at Missouri Valley conference. 11<sup>th</sup> at NCAA indoors getting 3 consecutive PR scores. **2007:** Runner-up at Missouri Valley Conf. indoors and out. 4<sup>th</sup> at Drake Relays. **2006:** Runner-up at Missouri valley Conf. indoors and out. 2<sup>nd</sup> 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        |
| <b>3/15/08</b> | <b>5613</b> | <b>11</b> | <b>NCAA, Fayetteville</b>    | <b>7.14</b> | <b>721</b> | <b>1297</b> | <b>193</b> | <b>8.72</b> | <b>455</b> | <b>2:35.26</b> |
| 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        |
| <b>5/16/09</b> | <b>7785</b> | <b>1</b> | <b>Missouri V, Terre Haute</b> | <b>11.03+2.2</b> | <b>717+2.0</b> | <b>1255</b> | <b>204</b> | <b>49.11</b> | <b>15.87-0.1</b> | <b>4064 495 5519 4:28.47</b> |
| 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             |

**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:** 17 meets, 15 finishes, 2 wins, PR score:: 7785 Top Ten Ave: 7413.9

\*- Junior implements

# BRYAN CLAY

## Progression:

|      |               |                 |          |
|------|---------------|-----------------|----------|
| 1999 | Azusa Pacific | 7312            | (x,x,38) |
| 2000 | Azusa Pacific | 7373            | (x,x,35) |
| 2001 | Azusa Pacific | 8169            | (x,4,4)  |
| 2002 | Azusa Pacific | 8230            | (x,2,2)  |
| 2003 | unat          | 8482            | (5,2,2)  |
| 2004 | unat          | 8820            | (2,1,1)  |
| 2005 | Nike          | 8732            | (1,1,1)  |
| 2006 | Nike          | 8677            | (1,1,1)  |
| 2007 | Nike          | 8493            | ( )      |
| 2008 | Nike          | 8832            | (1,1,1)  |
| 2009 | Nike          | did not compete |          |
| 2010 | Nike          | 8483            |          |

Bryan Ezra Clay  
 DOB: Jan. 3, 1980  
 POB:  
 Ht: 5-11, Wt: 186  
 Castle HS , Honolulu, HI

Azusa Pacific U, '02  
 Nike



**2010:** Opened outdoor season with his 2<sup>nd</sup> win at Hypo-Bank meet in Götzis. Successfully defended IAAF world indoor title with 6204 win in Doha. **2009** proved to be a respite season. In **2008:** Captured IAAF World Indoor heptathlon (6371) in Valencia, won US Olympic Trials with PR 8832 score, then became 11<sup>th</sup> American to win the Olympic decathlon gold medal (in Beijing). In **2007** dnf'd at USA champs after placing third at Götzis with 8493 in spite of discus snafu. Bryan opened **2006** outdoor season with a victory at Götzis (8677), the first American victory there ever. He had been runner-up at the IAAF world indoor heptathlon. 'Dnf'd at USATF in Indianapolis due to dehydration.

Bryan's **2004** year was a dream. Not only did he capture the US Olympic Trials with a PR score of 8660, but he then won the silver medal at the Olympic Games in Athens behind Roman Sebrle with an 8820 score, becoming America's 23<sup>rd</sup> Olympic decathlon medalist. Of Americans, only Dan O'Brien has ever scored more. Bryan then was 2<sup>nd</sup> (again to Sebrle) at France's DecaStar to capture 2<sup>nd</sup> in the IAAF Grand Prix Combined Events Challenge. And only at 25!

**2005** was even better as Bryan won a 2<sup>nd</sup> USA championship (using a world best 55.87m discus sling in the process) followed by the IAAF world title in Helsinki (8732 pts), all of which notched him a #1 world ranking for the season. He opened the **2006** campaign with a silver medal at the IAAF indoor championships in Moscow.

Bryan was 1999 National USATF Junior champion and Pan-American Jr Champion as freshman at Azusa Pacific where he is coached by Kevin Reid. As a sophomore (2000) he was both NAIA indoor pentathlon and outdoor decathlon champion. Made dramatic breakthrough in April, 2001 with 7980 PR win at Mount SAC Relays, then placed an eye-opening 3<sup>rd</sup> at the USATF nationals. Injured he dnf'd the IAAF Worlds in Edmonton and was 13 a World University Games in Beijing, China. In 2002, after knee surgery in April, he recovered quickly and was 2<sup>nd</sup> at USATF nationals with PR 8230, the nation's leading collegiate score.

He opened the 2003 campaign with a world leading 8225 effort at Atlas then made the USATF champs a 'breakthrough' affair getting 8482 points behind Tom Pappas. It earned him a world ranking. A leg injury curtailed his IAAF world champs meet.

Bryan opened the 2004 indoor meet with a 3<sup>rd</sup> at Estonia's Reval Cup and then was runner-up at the IAAF world champs in Budapest with an eye-opening 6365 score. He notably upped his long jump PR to 8.05m/26-5 in June, 2004. Has won 10 of 26 career meets.

## Career:

### Indoor:

|                |             |          |                |                 |  | <u>55/60H</u> | <u>lj</u>  | <u>sp</u>   | <u>hj</u>  | <u>1000m</u> |            |                |
|----------------|-------------|----------|----------------|-----------------|--|---------------|------------|-------------|------------|--------------|------------|----------------|
| 2/ /99         | 3817        | 4        | NAIA           | Lincoln         |  | 7.68          | 697        | 1226        | 195        | 2:52.52      |            |                |
| 2/ /00         | 3960        | 1        | NAIA           | Lincoln         |  | 7.62          | 710        | 1274        | 199        | 2:49.59      |            |                |
| 2/ /01         | 3958        | 1        | APU            | Azusa           |  | 8.12          | 705        | 1307        | 193        | 2:49.78      |            |                |
| 3/ /01         | 3942        | 1        | NAIA           | Johnson City    |  | 7.53          | 735        | 1369        | 199        | 3:05.0       |            |                |
| 2/ /02         | 4056        | 1        | APU            | Azusa           |  | 7.35          | 712        | 1374        | 192        | 2:47.46      |            |                |
| 3/ /02         | 3857        | 1        | NAIA           | Johnson City    |  | 7.57          | 722        | 1362        | 191        | 3:02.17      |            |                |
|                |             |          |                |                 |  | <u>60m</u>    | <u>lj</u>  | <u>sp</u>   | <u>hj</u>  | <u>60H</u>   | <u>pv</u>  | <u>1000m</u>   |
| 2/08/04        | 6014        | 3        | Reval Cup      | Tallinn         |  | 6.81          | 746        | 1508        | 201        | 7.85         | 455        | 2:52.97        |
| 3/07/04        | 6365        | 2        | IAAF WC        | Budapest        |  | 6.65          | 778        | 1484        | 208        | 7.77         | 490        | 2:49.41        |
| 3/12/06        | 6187        | 2        | IAAF WC        | Moscow          |  | 6.67          | 774        | 1389        | 210        | 7.83         | 460        | 2:50.92        |
| 2/15/08        | 6192        | 1        | Cyclone        | Ames            |  | 6.77          | 756        | 1591        | 202        | 7.74         | 515        | 3:06.39        |
| <b>3/09/08</b> | <b>6371</b> | <b>1</b> | <b>IAAF WC</b> | <b>Valencia</b> |  | <b>6.71</b>   | <b>775</b> | <b>1621</b> | <b>209</b> | <b>7.86</b>  | <b>500</b> | <b>2:55.64</b> |
| 1/30/10        | 5070        | 4        | Crimson        | Cambridge       |  | 6.85          | 717        | 1487        | 200        | 7.84         | nh         | 2:59.06        |
| 3/13/10        | 6204        | 1        | IAAF WC        | Doha            |  | 6.67          | 727        | 1531        | 206        | 8.00         | 500        | 2:50.28        |

### Outdoor:

|         |      |   |            |           |  | <u>100m</u> | <u>w</u> | <u>lj</u> | <u>w</u> | <u>sp</u> | <u>hj</u> | <u>400m</u> | <u>110H</u> | <u>w</u> | <u>disc</u> | <u>pv</u> | <u>jav</u> | <u>1500m</u> |
|---------|------|---|------------|-----------|--|-------------|----------|-----------|----------|-----------|-----------|-------------|-------------|----------|-------------|-----------|------------|--------------|
| 3/19/99 | 6666 | 2 | Point Loma | San Diego |  | 11.03       |          | 668       |          | 1151      | 188       | 52.18       | 16.31       |          | 3490        | 396       | 5416       | 4:58.84      |



|                |             |          |                 |               |                  |                |             |            |                        |                  |             |            |             |                |
|----------------|-------------|----------|-----------------|---------------|------------------|----------------|-------------|------------|------------------------|------------------|-------------|------------|-------------|----------------|
| 4/16/99        | 7020        | 11       | Mt SAC R        | Azusa         | 10.76+1.6        | 560+2.1        | 1188        | 198        | 49.97                  | 15.04+3.2        | 3938        | 410        | 5266        | 4:47.56        |
| 5/25/99        | 6898        | 3        | NAIA            | W Palm Beach  | 10.78+1.1        | 700+1.0        | 1170        | 197        | 51.79                  | 15.24-0.7        | 2692        | 405        | 5626        | 5:03.73        |
| 6/20/99        | 7312        | 1        | USATF Jr        | Denton        | 10.58+1.8        | 687+1.8        | 1168        | 200        | 51.77                  | 14.60+1.7        | 4074        | 415        | 5288        | 4:56.71        |
| 7/10/99        | 7207        | 1        | Pan-Am Jr       | Tampa         | 10.89-1.7        | 673+1.7        | 1235        | 191        | 51.22                  | 14.99-0.4        | 4229        | 395        | 5663        | 4:51.36        |
| 3/17/00        | 7094        | 1        | Point Loma      | San Diego     | 10.98            | 672            | 1166        | 185        | 50.19                  | 15.46            | 4032        | 435        | 5628        | 5:00.83        |
| 5/26/00        | 7373        | 1        | NAIA            | Abbotsford,BC | 10.91-0.8        | 716+0.7        | 1248        | 203        | 51.19                  | 14.78+0.3        | 3664        | 450        | 5294        | 5:02.31        |
| 3/23/01        | 7099        | 2        | Point Loma      | San Diego     | 11.21            | 699            | 1335        | 183        | 50.56                  | 15.02            | 4260        | 460        | 4872        | 5:26.29        |
| 4/20/01        | 7980        | 1        | Mt SAC R        | Azusa         | 10.63+2.2        | 742+3.0        | 1312        | 200        | 49.72                  | 13.99+2.3        | 4144        | 470        | 5396        | 4:40.37        |
| 6/22/01        | 8169        | 3        | USATF           | Eugene        | 10.50+1.1        | 754+1.6        | 1328        | 198        | 48.81                  | 14.16+1.2        | 4672        | 450        | 5796        | 4:38.93        |
| 8/07/01        | [5725]      | dnf      | IAAF World      | Edmonton      | 10.73+1.5        | 720-0.7        | 1279        | 194        | 49.64                  | 14.53-0.4        | 4663        | nh         | withdrew    |                |
| 8/31/01        | 6791        | 13       | WUG             | Beijing, CHN  | 10.63            | 743            | 1338        | 186        | 51.71                  | 14.77            | 4685        | nh         | 5391        | 5:12.12        |
| 6/20/02        | 8230        | 2        | USATF           | Berkeley      | 10.73-0.9        | 739+0.5        | 1415        | 204        | 49.65                  | 13.96+2.1        | 5016        | 450        | 5842        | 4:42.74        |
| 7/28/02        | 6781        | 13       | vs Germany      | Walnut        | 10.62+0.8        | 714+1.8        | 1337        | 200        | 50.32                  | 14.29+0.7        | 4665        | nh         | 3070        | 4:45.39        |
| 5/11/03        | 8225        | 1        | Atlas           | Berkeley      | 10.46+2.5        | 733+0.3        | 1402        | 199        | 49.48                  | 14.26+2.1        | 4933        | 480        | 5845        | 4:49.64        |
| 6/22/03        | 8482        | 2        | USATF           | Palo Alto     | 10.43+1.7        | 771-1.3        | 1401        | 202        | 47.85                  | 14.12+1.7        | 4351        | 470        | 6777        | 4:42.19        |
| 8/27/03        | [3529]      | dnf      | IAAF WC         | Paris         | 10.50-0.5        | 770-0.4        | 1505        | 197        | dnf, injured, withdrew |                  |             |            |             |                |
| 7/17/04        | 8660        | 1        | USOT/USA        | Sacramento    | 10.48-1.0        | 759-0.4        | 1528        | 201        | 47.90                  | 14.23-0.6        | 5210        | 510        | 6836        | 5:06.18        |
| 8/24/04        | 8820        | 2        | Olympic G       | Athens        | 10.44+2.2        | 796+0.2        | 1523        | 206        | 49.19                  | 14.13+1.5        | 5011        | 490        | 6971        | 4:41.65        |
| 9/26/04        | 8122        | 2        | DecaStar        | Talence       | 10.76+1.6        | 740+2.7        | 1426        | 186        | 49.37                  | 14.05 0.0        | 5072        | 492        | 6015        | 5:01.54        |
| 5/29/05        | 7961        | 9        | Hypo-Bank       | Gotzis        | 10.51+0.4        | 554+0.7        | 1520        | 200        | 48.52                  | 13.94-1.2        | 4988        | 490        | 6702        | 5:22.82        |
| 6/24/05        | 8506        | 1        | USA TF          | Carson        | 10.70-1.8        | 744+0.3        | 1488        | 206        | 49.62                  | 14.06-1.4        | <b>5587</b> | 500        | 6002        | 4:57.11        |
| 8/10/05        | 8732        | 1        | IAAF WC         | Helsinki      | 10.43+3.2        | 754+0.6        | 1625        | 200        | 47.78                  | 14.43-2.6        | 5368        | 490        | 7200        | 5:03.77        |
| 5/28/06        | 8677        | 1        | Hypo-Bank       | Götzis        | 10.42-0.4        | 767-1.0        | 1556        | 206        | 48.87                  | 13.74+1.3        | 5221        | 500        | 6647        | 5:13.47        |
| 6/24/06        | dnf         | -        | USATF           | Indianapolis  | 10.49-0.4        | 722 0.0        | 1560        | 202        | 48.15                  | 14.34-1.0        | 5106        | nh         |             |                |
| 5/26/07        | 8493        | 3        | Hypo-Bank       | Götzis        | 10.40-0.5        | 780+2.0        | 1530        | 209        | 48.41                  | 13.97-0.1        | 3618        | 480        | 6909        | 4:51.32        |
| 6/23/07        | dnf         | -        | USATF           | Indianapolis  | 10.58-0.5        | 718+1.6        | 1574        | 193        | withdrew               |                  |             |            |             |                |
| <b>6/30/08</b> | <b>8832</b> | <b>1</b> | <b>USOT/USA</b> | <b>Eugene</b> | <b>10.39-0.4</b> | <b>739-1.6</b> | <b>1517</b> | <b>208</b> | <b>48.41</b>           | <b>13.75+1.9</b> | <b>5274</b> | <b>500</b> | <b>7055</b> | <b>4:50.97</b> |
| 8/21/08        | 8791        | 1        | Olympic G       | Beijing       | 10.44+0.3        | 778 0.0        | 1627        | 199        | 48.92                  | 13.93-0.5        | 5379        | 500        | 7097        | 5:06.59        |
| 5/30/10        | 8483        | 1        | Hypo-Bank       | Götzis        | 10.35+0.2        | 751+0.4        | 1538        | 206        | 49.66                  | 14.08+0.1        | 4985        | 460        | 6619        | 4:56.37        |
| 6/16/10        | dnf         | -        | TNT Fortuna     | Kladno        | 14.05-0.6        | inj, withdrew  |             |            |                        |                  |             |            |             |                |

**Decathlon PRs:** 8832 / 6371 10.34 8.05+4.5 1627 210 47.78 13.64 5587 510 7200 4:38.93

**Indoor PRs:** 6.22 55m, 6.65 60m, 7.31 55mH, 7.74 60mH, 1000m: 2:47.46

**Summary:** 31 career meets, 26 finishes, 12 wins, 10 international teams, 14 scores >8000, PR score: 8832, Top Ten Ave=8647.6, 2<sup>nd</sup> Ten Ave: 7767.8.

## JOE DETMER

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



**2010: 2009:** Runner-up at Thorpe Cup in Germany. 3<sup>rd</sup> at USA indoor heptathlon opened season with 7760 win at Wake's Deacon meet. **2008:** Drake Relays and 4<sup>th</sup> at MultiStars in Desanzano, Italy to open outdoor season, after 4<sup>th</sup> place at USA indoor heptathlon. Placed 11<sup>th</sup> at US Olympic Trials and 5<sup>th</sup> 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). 3<sup>rd</sup> at USA vs Germany Thorpe Cup in Bernhausen. PR'd (5651) at Wisconsin Elite and set American hept 100m record to boot. Won Big 10 indoor title then recorded 3 PRs including WR 1000m (2:29.42) to place 5<sup>th</sup> at NCAA indoor. Opened outdoor season with 7296 win at Auburn. then victory

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

**Career:**

**Indoor:**

|                |             |          |                               |             |            |             |            |             |            |                   |
|----------------|-------------|----------|-------------------------------|-------------|------------|-------------|------------|-------------|------------|-------------------|
| 1/31/04        | 5299        | 5        | UNI Invitational, Cedar Falls | 7.16        | 698        | 1122        | 195        | 8.96        | 410        | 2:33.50           |
| 1/15/05        | 5119        | 1        | Badger Classic, Madison       | 7.30        | 661        | 1133        | 188        | 8.83        | 450        | 2:45.73           |
| 1/29/05        | dnf         | -        | Health Alliance, Champaign    |             |            |             |            |             |            |                   |
| 1/13/06        | 3760        | 1        | Badger Classic, Madison       | 7.14        | 686        | 1242        | 189        | 8.61        | nh         | dnf               |
| 1/27/07        | 5651        | 3        | Wisconsin Elite, Madison      | 7.14        | 705        | 1197        | 192        | 8.44        | 465        | <b>2:30.86 AR</b> |
| 2/25/07        | 5360        | 1        | Big 10, Bloomington           | 7.16        | 689        | 1204        | 191        | 8.68        | 470        | 2:48.87           |
| <b>3/10/07</b> | <b>5761</b> | <b>5</b> | <b>NCAA I, Fayetteville</b>   | <b>7.16</b> | <b>697</b> | <b>1206</b> | <b>204</b> | <b>8.61</b> | <b>480</b> | <b>2:29.42 WR</b> |
| 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 | <b>4:04.11</b> |         |         |
| 6/23/07 | dnf  | -  | USATF, Indianapolis       | 11.29-2.0 | 676+2.5 | 1193    | nh   | 47.09 | 15.21+1.4 | 3560      |       |      | withdrew       |         |         |
| 8/19/07 | 7616 | 3  | vs GER, Bernhausen        | 11.17-0.6 | 703+0.8 | 1249    | 191  | 47.48 | 15.21+0.7 | 3802      | 450   | 5410 | 4:18.43        |         |         |
| 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            |         |         |

**PRs:** 7963 / 5761 10.84+2.7 725+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:** 22 meets; 21 finishes, 5 wins, PR score: 7963, Top Ten Ave: 7602.7, 2<sup>nd</sup> ten ave: 7063.5.

# RYAN HARLAN

## Progression:

|      |      |                 |      |         |                       |
|------|------|-----------------|------|---------|-----------------------|
| 2000 | f    | Rice            | 6891 | (x,x, ) | DOB: April 25, 1981   |
| 2001 | so   | Rice            | 7319 | (x,x, ) | Ht: 6-3, Wt: 197      |
| 2002 | j    | Rice            | 7948 | ( )     | Midway HS, Hewitt, TX |
| 2003 |      | redshirt        |      |         | Rice University '04   |
| 2004 | s    | Rice            | 8171 | (x,6,5) |                       |
| 2005 | unat |                 | 7997 | (x,5,4) |                       |
| 2006 | unat |                 | 7966 | (x,3,4) |                       |
| 2007 | unat |                 | 7901 |         |                       |
| 2008 | unat |                 | 7587 |         |                       |
| 2009 |      | did not compete |      |         |                       |
| 2010 | unat |                 | 7531 |         |                       |

Jon Ryan Harlan



**2009:** did not compete. **2008:** 13<sup>th</sup> at US Olympic Trials. **2007:** Major international win at Reval Cup in Tallinn, Estonia, then won a 2<sup>nd</sup> NACAC crown (7901) in Dominican Republic in May, placed 4<sup>th</sup> at USA nationals, 5<sup>th</sup> at Pan American games and 2<sup>nd</sup> vs Germany in Bernhausen. **2006:** Won 2<sup>nd</sup> USA indoor heptathlon crown and opened outdoors with a victory at the Mount SAC Relays. He placed 15<sup>th</sup> at Götzis then placed a solid 2<sup>nd</sup> at the USATF nationals in Indianapolis. He finished a fine season with a win at NACAC and 6th place 8K score at Decastar in Talence. It all gave him a #3 USA ranking for the season. **2005:** Won the national indoor heptathlon and outdoor the North American-Central American and Caribbean (NACAC) title before nh-ing at USAs in Carson. He then won the USA vs Germany dual in Bernhausen. **2004:** NCAA champion with eye-opening 8171 score in Austin that included 4 PRs. WAC champ and had a pair of 8k efforts. **2003:** Red-shirted season. **Other:** 2000 National USATF Junior Champion. Ryan has been 3x WAC Conference indoor pentathlon champ. As a sophomore Ryan won the WAC outdoor title, then placed 11<sup>th</sup> at the NCAAs in Eugene. In 2002 Ryan ran up a PR score of 7948 at the Texas A&M Relays, then placed 5<sup>th</sup> at the NCAAs in Baton Rouge with a nearly identical (7945) mark. Former Rice team captain.

## Career:

### Indoor:

|         |       |     |                              |      |     |      |      |                  |
|---------|-------|-----|------------------------------|------|-----|------|------|------------------|
| 2/21/02 | 4049  | 1   | WAC Champs, Reno, NV (55mH)  | 7.52 | 674 | 1573 | 210  | 3:03.38          |
| 2/27/03 | 4058  | 1   | WAC Champs, Boise, ID (60mH) | 8.04 | 687 | 1472 | 210  | 3:02.97          |
| 3/06/05 | 6102  | 1   | USATF, Chapel Hill           | 7.09 | 685 | 1609 | 213  | 7.97 510 2:50.47 |
| 2/04/06 | 4499  | 13  | Reval Cup, Tallinn           | 7.30 | 586 | 1621 | 201  | 7.96 nh 3:18.46  |
| 3/05/06 | 5949  | 1   | USATF, Chapel Hill           | 7.07 | 693 | 1636 | 208  | 7.96 472 2:53.86 |
| 2/03/07 | 5969  | 1   | Reval Cup, Tallinn           | 7.06 | 686 | 1651 | 210  | 7.95 475 2:54.37 |
| 3/04/07 | ----- | dnf | USATF, Chapel Hill           | 7.08 | 648 | 1593 | 193, | inj, withdrew    |
| 2/16/08 | ----- | dnf | Reval Cup, Tallinn           | 7.22 | 639 | 1600 | 204  | 8.31 nh dnr      |

### Outdoor:

| Date    | score  | pl | meet        | site            | 100m      | w        | lj   | w   | sp    | hj        | 400m | 110mH | w        | disc    | pv | jav | 1500 |
|---------|--------|----|-------------|-----------------|-----------|----------|------|-----|-------|-----------|------|-------|----------|---------|----|-----|------|
| 4/06/00 | 6891   | 8  | Texas R,    | Austin          | 11.01+5.1 | 695+2.3  | 1374 | 215 | 61.17 | 14.38+4.1 | 3250 | 310   | 4694     | 5:19.92 |    |     |      |
| 6/24/00 | 6835w1 |    | USATF Jr,   | Denton          | 11.08+3.1 | 701+2.4  | 1366 | 206 | 52.32 | 14.70+4.9 | 3367 | 294   | 5721     | 5:22.51 |    |     |      |
| 3/16/01 | 6699   | 7  | TexA&M,     | CStation        | 10.84+3.2 | 71?      | 1473 | 208 | 51.89 | 14.56+4.0 | 3294 | nh    | 5656     | 5:16.36 |    |     |      |
| 4/04/01 | 6936   | 6  | Texas R     | Austin          | 11.09+1.2 | 690+0.4  | 1421 | 204 | 52.32 | 14.39+3.7 | 3488 | 330   | 5632     | 5:27.24 |    |     |      |
| 5/16/01 | 7319   | 1  | WAC         | Fresno          | 11.04+1.4 | 718      | 1460 | 208 | 51.13 | 14.32+1.2 | 3374 | 400   | 4834     | 5:01.65 |    |     |      |
| 5/31/01 | 7222   | 11 | NCAA        | Eugene          | 11.01+4.4 | 698+3.0  | 1396 | 203 | 52.49 | 14.36+2.7 | 3818 | 440   | 4541     | 5:13.14 |    |     |      |
| 3/15/02 | 7948   | 2  | Texas A&M   | College Station | 10.86+3.8 | 711+2.2  | 1553 | 211 | 50.17 | 14.29-0.5 | 3922 | 445   | 5934     | 4:49.67 |    |     |      |
| 6/01/02 | 7945   | 5  | NCAA        | Baton Rouge     | 10.89+3.1 | 726+3.1  | 1548 | 209 | 50.18 | 14.23+0.3 | 4243 | 485   | 5131     | 5:03.42 |    |     |      |
| 6/22/03 | 7560   | 11 | USATF       | Palo Alto       | 11.06+0.2 | 689-0.5  | 1481 | 205 | 51.13 | 14.08+1.7 | 3840 | 450   | 5165     | 4:59.06 |    |     |      |
| 4/17/04 | 8054   | 1  | LSU Gold    | Baton Rouge     | 10.95+1.8 | 675 +4.2 | 1560 | 209 | 48.72 | 14.25nw   | 3994 | 495   | 5802     | 4:48.18 |    |     |      |
| 5/15/04 | 6995   | 1  | WAC         | Houston         | 11.04+0.5 | 677      | 1519 | 206 | 49.95 | 15.39-2.0 | 4241 | 455   | 5172     | dnf     |    |     |      |
| 6/12/04 | 8171   | 1  | NCAA        | Austin          | 10.89+1.6 | 697      | 1580 | 203 | 48.82 | 13.85+3.1 | 4187 | 500   | 6107     | 4:56.81 |    |     |      |
| 7/17/04 | 7330   | 14 | OlympicTrls | Sacramento      | 11.19-1.0 | 677-0.6  | 1498 | 201 | 50.97 | 14.55 0.0 | 3711 | 450   | 5845     | 5:31.14 |    |     |      |
| 5/29/05 | 7997   | 2  | NACAC       | San Juan        | 11.05+2.5 | 697+3.5  | 1579 | 207 | 49.65 | 13.93 nwi | 4280 | 460   | 5775     | 4:52.56 |    |     |      |
| 6/24/05 | dnf    | -  | USATF       | Carson          | 11.26-1.8 | 680+0.4  | 1610 | 212 | 49.23 | 14.16 0.0 | 4238 | nh    | withdrew |         |    |     |      |
| 7/24/05 | 7919   | 1  | vs Germany  | Bernhausen      | 11.06 0.0 | 695+1.0  | 1661 | 212 | 49.83 | 14.12-0.1 | 4463 | 440   | 5943     | 5:16.88 |    |     |      |
| 4/13/06 | 7681   | 1  | Mt SAC R    | Azusa           | 11.09+0.2 | 697 nwi  | 1632 | 210 | 50.16 | 14.24+0.8 | 4094 | 465   | 5390     | 5:34.04 |    |     |      |
| 5/28/06 | 7744   | 15 | Hypo-Bank   | Götzis          | 11.04-0.1 | 673-1.1  | 1619 | 206 | 50.19 | 13.99+1.3 | 4172 | 480   | 5381     | 5:21.20 |    |     |      |

|         |      |    |          |                |           |         |      |      |       |           |           |      |      |         |         |
|---------|------|----|----------|----------------|-----------|---------|------|------|-------|-----------|-----------|------|------|---------|---------|
| 6/24/06 | 7872 | 2  | USATF    | Indianapolis   | 11.13+0.5 | 652-1.3 | 1634 | 205  | 50.26 | 14.08-1.0 | 4294      | 460  | 6313 | 5:01.90 |         |
| 8/26/06 | 7966 | 1  | NACAC    | San Juan       | 10.94+2.9 | 672+2.9 | 1602 | 210  | 50.54 | 14.17+1.1 | 4274      | 480  | 5964 | 5:01.37 |         |
| 9/17/06 | 8022 | 6  | DecaStar | Talence        | 11.10+1.8 | 708+0.4 | 1592 | 210  | 50.88 | 14.02-0.3 | 4404      | 470  | 6117 | 5:03.18 |         |
| 5/26/07 | 7901 | 1  | NACAC    | Santo Domingo  | 11.18-2.5 | 717     | 1638 | 206  | 49.97 | 14.36-0.2 | 4337      | 480  | 5731 | 5:17.00 |         |
| 6/23/07 | 7883 | 4  | USATF    | Indianapolis   | 11.35-2.0 | 677+1.5 | 1658 | 208  | 51.01 | 14.16+1.9 | 4295      | 460  | 6218 | 4:59.17 |         |
| 7/24/07 | 7687 | 5  | Pan-Am G | Rio de Janeiro | 11.15-0.8 | 678     | 0.0  | 1596 | 203   | 49.85     | 14.33-0.2 | 4279 | 480  | 5599    | 5:26.59 |
| 8/19/07 | 7736 | 2  | vs GER   | Bernhausen     | 11.24-0.6 | 688     | 0.0  | 1613 | 209   | 50.48     | 14.24+0.5 | 4354 | 490  | 5394    | 5:30.65 |
| 6/30/08 | 7587 | 13 | USOT/USA | Eugene         | 11.18+0.1 | 648-1.3 | 1523 | 205  | 50.96 | 14.68+1.9 | 4290      | 460  | 5959 | 5:08.30 |         |
| 6/06/10 | 7541 | 1  | Texas GA | Dallas         | 11.31+0.7 | 660+2.3 | 1520 | 207  | 51.68 | 14.51+0.4 | 4272      | 470  | 6188 | 5:32.02 |         |

**Decathlon PRs:** 10.86+3.8 726+3.1 1661 213 48.72 13.85+3.1 4463 510 6313 4:48.18

**Career Summary:** 27 meets, 26 finishes, 9 wins, 3 scores > 8000, Decathlon PR: 8171, Top Ten Ave= 7980.6, 2<sup>nd</sup> Ten Ave= 7605.7

## 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:** Won Sea Ray Relays with 7770 score. Tossed PR 73.25m/240-4 javelin.

**2009:** Injured and did not compete. **2008:** After a 7<sup>th</sup> at US Olympic Trials he placed 4<sup>th</sup> vs Germany, both with 8k efforts. His 8017 win at Deacon was significant

PR as he became the 61<sup>st</sup> American over 8K. and then won Panamerican title (formerly NACAC) with 7820. **2007:** Won Sea Ray Relays title with 7731 in April then placed 5<sup>th</sup> at NCAAs with 7633. 2<sup>nd</sup> at SEC indoor heptathlon.

**2006- Indoor:** 2<sup>nd</sup> place at NCAAs both indoor and out. PR'd with 5917 effort for 2<sup>nd</sup> at NCAA indoor heptathlon.

**2006- Outdoor:** Won Sea Ray Relays decathlon ( 7707) then neared PR again while winning SEC decathlon with 7765 points. **2005-Outdoor-** ... Won the Volunteer Award (toughest competitor) at team banquet . Won the SEC

title, taking fifth at the NCAA championships and adding 490 points to push his career-best score to 7,780, Captured silver at the Sea Ray Relays decathlon (7,341). **2005-Indoor:** Finished 2nd in the SEC heptathlon with PR score of

5,609, and finished eighth with 5,421 points at the NCAA indoor champs. **2004-Outdoor-** Posted season-best score of 7,290 to earn silver honors in a rare, weather-marred three-day decathlon at the SEC outdoor champs. Won USA

junior decathlon championship, using junior implements, at Texas A&M with a score of 7,358 points to earn his berth to the world junior meet. Finished eighth at the IAAF world junior decathlon champs with 7,176 points, **2004-**

**Indoor:** Finished his first NCAA indoor meet by finishing ninth overall. **High School:** 2<sup>nd</sup> at USA Jr champs (6967). Colorado sate high jump champ. Scored 7216 in high school decathlon. **Personal:** Economics major.

Coached by Scott Hall at Wake Forest U where he serves as volunteer coach.

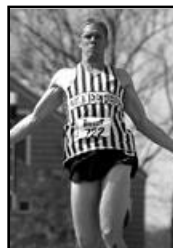
### Career Record

| <b>Indoor:</b> |               | 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) |
| <b>3/11/06</b> | <b>5917 2</b> | <b>NCAA I, Fayetteville</b> | <b>7.26</b> | <b>746</b> | <b>1388</b> | <b>206</b> | <b>8.45</b> | <b>520 2:49.03</b>     |
| 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            |



# 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        |
| <b>1/30/10</b> | <b>5599</b> | <b>2</b> | <b>U of Washington, Seattle</b> | <b>7.23</b> | <b>723</b> | <b>1417</b> | <b>201</b> | <b>8.35 445 2:53.04</b> |

## 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        |
| <b>5/14/10</b> | <b>7781</b> | <b>1</b> | <b>CMS, Claremont</b> | <b>11.27+1.3</b> | <b>749+2.4</b> | <b>1401</b> | <b>205</b> | <b>51.17</b> | <b>14.61+2.0</b> |     | <b>4101</b> | <b>480</b> | <b>5313</b> | <b>4:46.23</b> |

**PRs:** 7781 / 5599      11.27+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:** 9 meets, 8 finishes, 2 wins, PR score: 7781.

## KELLER, DAN

DOB: August 30, 1986  
POB: High Point, NC  
Ht/wt: 6-3½, 188  
Hometown: High Point, NC  
High School: Southwest Guilford HS  
College: North Carolina '09



**2010:** 11<sup>th</sup> at NCAAs. 3<sup>rd</sup> at ACC title meet and runner-up (7467) at Wake Forest Deacon. **2009:** 8<sup>th</sup> at NCAAs with breakthrough career best 7631 score. 10<sup>th</sup> at USA outdoors. Runner-up at ACC outdoor title meet with PR 7523. 7<sup>th</sup> at NCAA indoor heptathlon. Placed first and second at Carolina Fast Times and ACC champs respectively, both with PR scores, 5605 and 5712. **2008:** 3<sup>rd</sup> ACC indoor heptathlon. Red-shirted outdoor season. **2007:** 6<sup>th</sup> ACC indoor heptathlon. **2006:** 6<sup>th</sup> ACC decathlon. **High School:** 4 year MVP in track and earned letters in 5 sports. Personal: Major in management and sociology. Son of Kelly and Lyn Keller. Full name is Daniel Farabee Keller.

### Career:

#### Indoor:

|                |             |          |                                  |  |
|----------------|-------------|----------|----------------------------------|--|
| 1/27/07        | 4974        | 2        | Fast Times, Chapel Hill          | nma  |
| 2/23/07        | 5023        | 6        | ACC, Clemson                     | nma  |
| 2/02/08        | 5329        | 2        | Texas Roadhouse, Chapel Hill     | 7.42 643 1327 192 8.67 490 2:47.43                     |
| 2/29/08        | 5357        | 3        | ACC, Chapel Hill                 | 6.91 647 1371 185 7.97 487 2:45.73 [55m,55h]           |
| 1/31/09        | 5605        | 1        | Carolina Fast Times, Chapel Hill | 7.38 680 1355 203 8.60 500 2:45.06                     |
| <b>2/27/09</b> | <b>5712</b> | <b>2</b> | <b>ACC, Blacksburg</b>           | <b>7.35 679 1351 206 8.40 515 2:47.84</b>              |
| 3/14/09        | 5589        | 7        | NCAA, College Station            | 7.42 690 1344 199 8.51 510 2:49.26                     |
| 1/30/10        | 2936        | 2*       | Taylor Invt, Chapel Hill         | 7.47 670 1283 201 *remainder of meet cancelled by snow |



#### Outdoor:

|                |             |          |                                 |   |
|----------------|-------------|----------|---------------------------------|---|
| 3/23/07        | 6866        | 3        | Wake Forest Open, Winston-Salem | 11.82+0.5 641+1.1 11290 185 52.01 15.60-0.7 3703 490 4985 4:53.34       |
| <b>4/20/07</b> | <b>7015</b> | <b>3</b> | <b>ACC, College Park, MD</b>    | <b>11.72-0.8 669+1.3 1276 192 51.00 15.60+1.4 3222 495 4591 4:36.15</b> |
| 5/11/07        | 6194        | 1        | Elite, Chapel Hill              | nma   |
| 5/15/08        | 6921        | 4        | Deacon, Winston-Salem           | 11.45+2.6 677+2.9 1327 189 51.81 15.90+0.6 3491 472 5066 5:02.18        |
| 4/17/09        | 7523        | 2        | ACC, Miami                      | 11.48+1.3 706+1.3 1387 204 50.52 15.10+2.7 3799 485 5133 4:44.38        |
| 5/13/09        | 5311        | 7        | Deacon, Winston-Salem           | 11.65+1.3 686 0.0 1370 198 dnf 15.35+3.5 3541 262 5518 dnf              |
| <b>6/11/09</b> | <b>7631</b> | <b>8</b> | <b>NCAA, Fayetteville</b>       | <b>11.29+2.8 712+3.3 1399 202 50.40 15.13+0.1 3127 500 56214:31.98</b>  |
| 6/26/09        | 7327        | 10       | USA, Eugene                     | 11.59+0.9 680+2.2 1302 202 51.31 15.22+3.3 3827 500 4970 4:47.26        |
| 4/16/10        | 7378        | 3        | ACC, Clemson                    | 11.56+1.0 648-1.6 1319 202 51.07 15.21+0.8 3898 485 5369 4:36.56        |
| 5/12/10        | 7467        | 2        | Deacon, Winston-Salem           | 11.56+1.0 675+0.3 1311 198 51.36 14.98+2.7 4034 502 5348 4:39.99        |
| 6/11/10        | 7350        | 11       | NCAA, Eugene                    | 11.59+1.0 688+2.6 1326 199 50.81 15.30+1.2 3556 490 5311 4:41.31        |

PRs: 7631 /5712

Indoor: 60m: 7.35; 60h: 8.40; 1000m: 2:45.06

11.29+2.8 712+3.3 1399 206 50.40 14.98+2.7 4034 515 56214:31.98

## KINSEY, DAN

DOB:

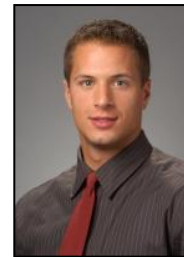
POB:

Ht/wt: 6-2, 195

Hometown: E Liverpool, OH

High School: Beaver Local HS

College: Indiana,  
Akron '10



**2010:** Had 3931 2<sup>nd</sup> day, with 3 PRs, at NCAAs to move from 22<sup>nd</sup> to ultimately 6<sup>th</sup>. Won MAC title with big 2<sup>nd</sup> day. **2009:** Placed 10<sup>th</sup> at NCAAs with 7563 PR effort. Won Mid-American indoor heptathlon (5490) and outdoor decathlon (7445) crowns. Runner-up at Texas Relays decathlon with then PR 7385. **2007:** played one year of football at Indiana U. **High School:** 2005 Nike indoor pentathlon champion. Set state records for the decathlon (7,248), pentathlon (3,736), javelin (201-10) and discus record (168-0). **Personal:**

### Career:

60m lj sp hj 60h pv 1000m

### Indoor:

2/25/07 dnf - Big Ten, Bloomington  
3/01/08 5076 1t MAC, Ypsilanti  
1/31/09 5163 2 Penn State Open, U Park  
**2/28/09 5490 1 MAC, Kent**  
2/13/10 5353 2 Akron Open, Akron  
2/27/10 5114 2 MAC, E Lansing, MI

7.48 660 1328 190 8.85 440 2:53.54

7.45 654 1474 192 8.89 450 2:57.23

**7.40 661 1507 199 8.54 470 2:50.17**

7.42 682 1416 190 8.64 470 2:51.94

7.50 670 1507 197 8.67 480 3:27.68



### Outdoor:

5/16/08 6112 5 MAC, Bowling Green  
4/02/09 7385 2 Texas R, Austin  
4/15/09 7445 1 Mid-American, Akron  
**6/11/09 7563 10 NCAA, Fayetteville**  
6/26/09 7178 11 USA, Eugene  
4/15/10 7206 9 Mt Sac R, Azusa  
5/14/10 7313 1 Mid-American, Buffalo  
6/11/10 7524 6 NCAA, Eugene

100m w lj w sp hj 400m 110h w disc pv jav 1500m  
nh

11.59+1.8 668+3.0 1428 196 53.33 15.70-1.8 4682 455 6048 4:46.30

11.70+0.9 661+0.5 1525 196 53.05 15.33+1.9 4645 465 5951 4:49.38

**11.44+2.8 683+2.0 1501 196 53.23 15.72-1.3 4596 470 5996 4:38.95**

11.87+0.9 660+1.7 1448 198 54.70 15.57+1.6 4875 460 5743 4:55.95

11.83+2.0 691+3.0 1474 199 55.03 15.89+1.5 4300 460 5654 4:50.45

11.82+1.5 654+1.5 1446 186 53.87 15.44+1.4 4867 465 6174 4:48.08

11.78+1.0 676+2.5 1388 193 53.04 15.36+2.1 4889 470 6203 4:38.41

**PRs: 7563 / 5490**

**Indoor: 60m: 7.40; 60h:8.54; 1000m: 2:50.17**

**11.44+2.8 691+3.0 1525 199 53.05 15.33-1.9 4889 480 6203 4:38.41**



# MIKE MORRISON

DOB: March 18, 1988  
POB:  
Ht/Wt: 6-0, 170  
Hometown: Chesapeake, VA  
High School: Great Bridge HS, VA  
College: Florida '10



**2010:** Runner-up at NCAAs with near PR 7801 score. 4<sup>th</sup> at Pac-10 meet. Opened outdoor campaign with 7557 PR effort at Texas Relays. U of Washington and Mountain Pacific hept winner. Placed 3<sup>rd</sup> at NCAAs with PR 5826. **2009:** Injured, transferred from Florida to California. **2008:** Won Mt Sac Relays with significant PR of 7803 but elbow surgery truncated season. 3<sup>rd</sup> at NCAA indoors (5791) after runner-up at SEC heptathlon with PR 5704. **2007:** Vault nd'd at NCAAs. SEC decathlon runner-up with PR 7316 score. Placed 3<sup>rd</sup> at SEC indoor heptathlon with 5652 pts. **Pre Florida:** Won Nike Outdoor HS nationals in vault at 17-3. Won 2005 USA Jr vault title and had nation's top mark with 17-6½. 3<sup>rd</sup> at 2005 USA Jr decathlon. Also played high school football and volleyball.

## Career:

### Indoor:

|         |      |   |                          |      |     |      |     |          |     |         |
|---------|------|---|--------------------------|------|-----|------|-----|----------|-----|---------|
| 1/27/07 | 5478 | 2 | Clemson Multis, Clemson  | 7.19 | 714 | 1117 | 194 | 8.37     | 505 | 2:57.09 |
| 2/24/07 | 5652 | 3 | SEC, Lexington           | 7.16 | 711 | 1244 | 194 | 8.37     | 515 | 2:50.94 |
| 3/10/07 | dnf  | - | NCAA I, Fayetteville     | 7.16 | 727 | 1122 | 183 | withdrew |     |         |
| 2/02/08 | dnf  | - | Boise Heritage, Nampa    | 7.28 | 717 | 1153 | 191 | withdrew |     |         |
| 3/01/08 | 5704 | 2 | SEC, Fayetteville        | 7.19 | 720 | 1250 | 202 | 8.48     | 504 | 2:48.71 |
| 3/15/08 | 5791 | 3 | NCAA, Fayetteville       | 7.13 | 731 | 1210 | 199 | 8.39     | 515 | 2:45.05 |
| 1/30/10 | 5710 | 1 | U of Washington, Seattle | 7.07 | 732 | 1221 | 195 | 8.38     | 495 | 2:46.63 |
| 2/27/10 | 5655 | 1 | Mtn Pacific SF, Seattle  | 7.05 | 729 | 1298 | 192 | 8.42     | 490 | 2:51.42 |
| 3/13/10 | 5826 | 3 | NCAA, Fayetteville       | 7.03 | 735 | 1277 | 193 | 8.23     | 500 | 2:44.15 |

### Outdoor:

|                |             |          |                        |                  |                |             |            |              |                  |             |            |             |                |
|----------------|-------------|----------|------------------------|------------------|----------------|-------------|------------|--------------|------------------|-------------|------------|-------------|----------------|
| 7/28/04        | 6308**1     |          | USATF Intermediate     | 11.62+0.7        | 627nwi         | 1052        | 180        | 53.87        | 16.03+0.9        | 3435        | 455        | 4644        | 5:01.07        |
| 6/26/05        | 6952* 3     |          | USA Jr, Carson         | 11.14+2.4        | 695+1.5        | 990         | 184        | 51.60        | 15.24+0.7        | 3170        | 495        | 5120        | 4:50.32        |
| 7/14/05        | 58?? * 10   |          | World Youth, Marrakech | 11.31            | 689            | 1219        |            | 51.88        | 14.44            | 189         |            | 5245        | 3:00.56        |
| 4/11/07        | ----- dnf   |          | Mt SAC R, Azusa        | 11.19+1.4        | 702nwi         | 1102        | nh         | 49.64        | withdrew         |             |            |             |                |
| 5/11/07        | 7316        | 2        | SEC, Tuscaloosa        | 11.17-0.1        | 718-0.3        | 1213        | 194        | 50.01        | 15.01+0.2        | 3540        | 475        | 5487        | 5:02.80        |
| 6/07/07        | 6226        | 24       | NCAA I, Gainesville    | 11.19+2.0        | 705+2.2        | 1025        | 187        | 51.93        | 15.31+0.9        | 3598        | nh         | 5507        | 4:52.11        |
| <b>4/17/08</b> | <b>7803</b> | <b>1</b> | <b>Mt Sac R, Azusa</b> | <b>11.14-1.3</b> | <b>740+1.8</b> | <b>1257</b> | <b>200</b> | <b>49.51</b> | <b>14.99+1.8</b> | <b>3985</b> | <b>515</b> | <b>5970</b> | <b>4:56.76</b> |
| 4/01/10        | 7557        | 2        | Texas R, Austin        | 10.79+3.4        | 729+2.7        | 1245        | 196        | 49.25        | 14.92+4.9        | 3766        | 460        | 5365        | 4:51.93        |
| 5/09/10        | 7218        | 4        | Pac-10, Berkeley       | 11.23-0.5        | 735+1.3        | 1189        | 191        | 49.74        | 16.49-1.0        | 3697        | 455        | 5623        | 4:49.49        |
| 6/11/10        | 7801        | 2        | NCAA, Eugene           | 11.00+0.5        | 724+0.8        | 1200        | 199        | 48.63        | 14.93+1.2        | 3973        | 490        | 5887        | 4:41.39        |

**PRs: 7803 / 5826 10.79+3.4 740+1.8 1298 202 49.25 14.92+4.9 4081 525 6311 4:44.39**

**Indoor:** 60m: 7.03; 60H: 8.23 1000m: 2:44.15

**Summary:** 9 meets, 8 finishes, 2 wins, PR score: 7803

\*-Junior implements, \*\* intermediate boys

# 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:** 20<sup>th</sup> (nm discus) at NCAAs. Atlantic Coast Conf runner-up with PR 7628 score. Won JRF heptathlon at Clemson with PR (5653), then raised it with a 2<sup>nd</sup> place showing at the ACC champs (5699). **2009:** 5<sup>th</sup> ACC indoor champs decathlon. Runner-up at Wake Forest Deacon decathlon with 7323 PR. **2008:** 5<sup>th</sup> at ACC indoor champs heptathlon. ACC decathlon runner-up with 6991 PR. **2007:** as red-shirt freshman placed 7<sup>th</sup> 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           |
| <b>2/26/10</b> | <b>5699</b> | <b>2</b> | <b>ACC, Blacksburg</b> | <b>6.97 693 1317 198 8.11 460 2:42.41</b>    |
| 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 inj, withdrew   |
| <b>4/16/10</b> | <b>7628</b> | <b>2</b> | <b>ACC, Clemson</b>   | <b>10.70+1.0 699-1.1 1300 193 47.15 14.42+0.8 3573 475 4664 4:40.73</b> |
| 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          |

**PRs:** 7628 / 5699 10.70+1.0 713-0.2 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

## 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:** 3<sup>rd</sup> at NCAAs with PR 7724. Did not compete indoors. Placed 3<sup>rd</sup> at Texas Relays with 7542 total then was 3<sup>rd</sup> at Big 12 conference. **2009:** 5<sup>th</sup> at Big 12 indoor heptathlon (PR 5499) and opened outdoor season with decathlon PR of 7355 at Texas Relays. 3<sup>rd</sup> at Big 12 decathlon with breakthrough meet of 7655 and scored 3 points less for 7<sup>th</sup> place at NCAAs. **2008:** 10<sup>th</sup> at Big 12 indoor heptathlon and 6<sup>th</sup> in outdoor decathlon (PR 7166). **2007:** Injuries limited much of season. **2006:** 7<sup>th</sup> 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        |
| <b>2/28/09</b> | <b>5499</b> | <b>5 Big 12, College Station</b> | <b>7.10</b> | <b>732</b> | <b>1404</b> | <b>194</b> | <b>8.46</b> | <b>435</b> | <b>2:56.83</b> |

#### 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        |         |
| <b>5/16/09</b> | <b>7655</b> | <b>3 Big 12, Lubbock</b> | <b>10.59+2.6</b> | <b>744+3.6</b> | <b>1371</b> | <b>192</b> | <b>48.78</b> | <b>14.82+3.0</b> | <b>3928</b> | <b>455</b> | <b>5127</b> | <b>4:59.38</b> |         |
| 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        |         |

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**PRs:** 7724 / 5499      10.58+5.2 752+0.8 1457 199 48.78 14.71+0.4 4187 470 5510 4:53.43

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

# TOM PAPPAS

Thomas Paul Pappas  
 DOB: September 6, 1976  
 POB: Azalea, Oregon  
 Ht: 6-5½, Wt: 209  
 High School: Glendale (OR) HS '94  
 College: Lane Community College  
           U. of Tennessee '99  
 Clubs: Adidas/WGA /Nike  
 Coach: Cliff Rovelto



## Progression

|      |          |               |
|------|----------|---------------|
| 1995 | Lane CC  | 7198 (x,x,53) |
| 1996 | Lane CC  | 7499 (x,x,30) |
| 1997 | Tenn     | 7677 (x,x,19) |
| 1998 | injured  | no score      |
| 1999 | Tenn     | 8463 (x,10,2) |
| 2000 | adidas   | 8467 (6,2,2)  |
| 2001 | adidas   | 8323 (10,1,1) |
| 2002 | Nike     | 8583 (2,1,1)  |
| 2003 | Nike-WGA | 8784 (1,1,1)  |
| 2004 | Nike-WGA | 8732 (4,2,2)  |
| 2005 | injured  | no score      |
| 2006 | Nike     | 8319 (7,2,3)  |
| 2007 | Nike     | 8352          |
| 2008 | Nike     | 8511          |
| 2009 | Nike     | 8569          |



**2010:** Runner-up at USA indoor nationals. **2009** was successful comeback season for the 32 year old. Tom won the Thorpe Cup with an eye-opening 8569 score and placed 3<sup>rd</sup> at DecaStar to earn an 8<sup>th</sup> world ranking. Made 3<sup>rd</sup> (a record) US Olympic team I **2008** with 3<sup>rd</sup> at US Trials (8511). Won the previous two USA national titles (2006-07) and has won a record tying 5 title overall. Injuries have bedeviled the 2003 IAAF world champ. A ruptured plantar fascia in his left foot felled him in Athens in 2004. The foot healed by early 2005 and he resumed training when his left shoulder gave him trouble. He had an operation which effectively wiped out the 2005 season. An MRI revealed further problems in mid-2005 (torn labrum) and another operation was necessary. In 2005 Tom married heptathlete Kim Schiemenz in 2005 and they welcomed a daughter in 2006. Put ten workmanlike marks up at USATF champs and came away with 4<sup>th</sup> national crown in **2006**.

Tom had shoulder surgery in early **2004**, conducted a modest indoor season, then opened the outdoor campaign with a 8732 effort (2<sup>nd</sup>) place at Gotzis, Austria, 110 down on Roman Sebrle. His 2<sup>nd</sup> day in Gotzis was a lifetime best and included a PR 13.90 hurdles. He then made a second U.S. Olympic team with an 8517 effort in Sacramento behind Bryan Clay. His left foot problems surfaced in Athens ruining any Olympic medal chance.

Tom won the IAAF World indoor heptathlon in Birmingham, UK in March, **2003** then opened outdoor season with PR 2<sup>nd</sup> place finish at Gotzis, 8585. He followed with a huge PR 8784 win at the USA nationals in Palo Alto to become the #2 scoring American ever (behind Dan O'Brien). In the 2003 Nationals Tom became the first man in history to jump over 26 feet (long jump) , over 7-0 (high jump) and over 17-0 (Pole vault) in the same meet. He then captured the IAAF outdoor world championships in Paris becoming the first decathlete to win indoor and outdoor world titles in the same season. He also won the IAAF Combined Events Challenge for 2004.

**2002** was a super season for Pappas as he won 3 of four major meets (USA nationals-his 2<sup>nd</sup> title), USA vs Germany and DecaStar in Talence, France. His only loss was an opening season meet to world record holder Roman Sebrle in Gotzis. He turned the table on the world's lone 9K man at the end of the season in France. For his efforts he was ranked #2 in the world. Tom also achieved a bit of notoriety in 2002 by becoming the first to win both USA indoor and outdoor titles in the same season and, at Gotzis, became the first decathlete in history to jump 25-0, 7-0 and 17-0 in the three jumps.

In his freshman year at Lane Community College the lanky Pappas won the national and Pan-Am junior titles. He repeated as conference champ a year later, then transferred to the University of Tennessee. Coached by Bill Webb, he filled out and won the SEC crown in 1997 but an injury relegated him to 8<sup>th</sup> at the NCAA meet. Tom red-shirted in **1998** in favor of knee surgery. As a Volunteer senior he opened eyes indoors then posted a collegiate record (8463) at the opening outdoor meet getting 8 PRs impressing both Dan O'Brien and Daley Thompson. A heel bruise slowed Tom yet he had little problem winning the NAAs (8184) and finishing 2<sup>nd</sup> at USATF (8187).

**2000** saw Tom win the US Olympic Trials with a PR 8467 then finished a solid 5<sup>th</sup> at the Sydney Olympic Games, beating both world record holder Thomas Dvorak/CZE and Atlanta silver medalist Frank Busemann/GER. Shoulder operation in early, 2001, only competed in first 7 events at USA nationals. Then placed 3<sup>rd</sup> in season's only completed decathlon, the Goodwill Games. Tom won the 2002 indoor USATF heptathlon title and outdoor title, after getting a PR with 2<sup>nd</sup> place effort at Gotzis, 8583,

Brother Paul (U of Oregon) scored 7303 in '97, and younger brother Billy (7745) make the Pappi the highest scoring family in American history (ave 7953). Tom and Billy took over the brother-brother world lead in mid '03, with 16,529 points.

## Career:

### Indoor:

|                |             |          |                |                      |             |            |             |            |             |            |                |
|----------------|-------------|----------|----------------|----------------------|-------------|------------|-------------|------------|-------------|------------|----------------|
| 2/27/99        | 5226        | 10       | USATF          | Atlanta              | 6.96        | 738        | 1571        | 206        | 7.96        | nh         | 2:52.45        |
| 3/04/00        | 5933        | 1        | USATF          | Atlanta              | 7.01        | 719        | 1492        | 221        | 7.95        | 450        | 3:00.34        |
| 3/02/02        | 6113        | 1        | USATF          | Chapel Hill          | 6.93        | 745        | 1547        | 204        | 7.94        | 503        | 2:55.65        |
| 3/09/03        | 3697        | 14       | USATF          | Chapel Hill          | 6.94        | m          | 1615        | nh         | 7.84        | 500        | dnf            |
| <b>3/16/03</b> | <b>6361</b> | <b>1</b> | <b>IAAF WC</b> | <b>Birmingham,UK</b> | <b>6.89</b> | <b>756</b> | <b>1623</b> | <b>217</b> | <b>7.80</b> | <b>490</b> | <b>2:51.65</b> |
| 3/07/04        | 5292        | 14       | UATF           | Chapel Hill          | 6.93        | 728        | 1575        | 210        | 7.93        | nh         | 2:49.32        |
| 1/27/06        | ---         | dnf      | Wildcat        | Manhattan            | 7.06        | 729        | 1582        | 209        | 8.13        | 480        | dnr            |
| 3/07/10        | 5845        | 2        | USA            | Bloomington          | 7.17        | 725        | 1590        | 198        | 8.08        | 480        | 2:55.72        |

### Outdoor:

| date           | score       | pl       | meet         | site             | 100              | w    | lj             | w    | sp          | hj         | 400          | 110H             | w    | disc        | pv         | jav         | 1500           |
|----------------|-------------|----------|--------------|------------------|------------------|------|----------------|------|-------------|------------|--------------|------------------|------|-------------|------------|-------------|----------------|
| 3/25/95        | 6743        | 5        | SFSU         | S Francisco      | 11.70            |      | 676            |      | 1192        | 204        | 52.34        | 15.91            |      | 3376        | 405        | 4742        | 4:43.44        |
| 4/13/95        | 6836        | 2        | Oregon Invnt | Eugene           | 11.55            |      | 680            |      | 1175        | 201        | 51.84        | 15.94            |      | 3432        | 427        | 4762        | 4:43.81        |
| 5/01/95        | 6932        | 1        | NWAC         | Portland         | 11.63            |      | 678            |      | 1217        | 198        | 51.46        | 15.66            |      | 3712        | 410        | 4763        | 4:35.14        |
| 6/24/95        | 7154        | 1        | USATF Jr     | Walnut           | 11.26            |      | 694            |      | 1262        | 210        | 51.47        | 15.55            |      | 3478        | 415        | 5178        | 4:45.65        |
| 8/19/95        | 7035        | 2        | vs Canada Jr | Windsor          | 11.48+0.3        |      | 711+0.2        |      | 1272        | 194        | 51.70        | 15.56+0.7        |      | 3918        | 435        | 5114        | 4:56.72        |
| 9/03/95        | 7198        | 1        | Pan Am Jr    | Santiago         | 11.43            | 0.0  | 696            |      | 1186        | 206        | 50.36        | 15.45            | -0.4 | 3884        | 450        | 4950        | 4:54.05        |
| 3/15/96        | 7269        | 2        | Tri State    | Richland         | 11.36            |      | 671            |      | 1270        | 210        | 50.48        | 14.95            |      | 4186        | 400        | 5420        | 4:57.00        |
| 4/19/96        | 7499        | 2        | Cal Invnt    | Azusa            | 11.34+0.9        |      | 712+4.0        |      | 1269        | 210        | 50.31        | 14.61            |      | 3722        | 470        | 5008        | 4:50.9         |
| 5/ /96         |             | 1        | NWAACC       | Spokane          |                  |      |                |      |             |            |              |                  |      |             |            |             |                |
| 5/16/97        | 7677        | 1        | SEC          | Auburn           | 10.90+2.6        |      | 711+2.6        |      | 1452        | 201        | 50.70        | 14.78+3.0        |      | 4322        | 440        | 5696        | 4:58.13        |
| 6/05/97        | 7487        | 8        | NCAA         | Bloomington      | 11.04            | -0.8 | 688            | -0.9 | 1411        | 196        | 49.89        | 14.72            | -1.1 | 3940        | 440        | 5730        | 4:59.19        |
| 3/19/99        | 8463        | 1        | U Arizona    | Tucson           | 10.75            | 0.0  | 752+0.9        |      | 1530        | 212        | 49.02        | 14.33            | -0.6 | 4866        | 500        | 6352        | 5:02.42        |
| 6/03/99        | 8184        | 1        | NCAA         | Boise            | 10.96+1.6        |      | 697            |      | 1538        | 214        | 49.44        | 14.24            |      | 4206        | 500        | 6442        | 5:01.18        |
| 6/25/99        | 8187        | 2        | USATF        | Eugene           | 10.75+2.3        |      | 736+1.8        |      | 1497        | 194        | 48.34        | 14.00            | 0.0  | 4465        | 500        | 6089        | 5:02.71        |
| 8/25/99        | [5895]      | dnf      | IAAF WC      | Seville          | 11.24+0.5        |      | 719+0.3        |      | 1431        | 212        | 48.95        | 14.16+0.6        |      | 4408        | nh         | withdrew    |                |
| 7/21/00        | 8467        | 1        | USOT/USA     | Sacramento       | 10.70+1.1        |      | 741-1.4        |      | 1532        | 214        | 48.91        | 14.27-0.4        |      | 4581        | 510        | 6345        | 4:59.74        |
| 9/28/00        | 8425        | 5        | Olympic G    | Sydney           | 10.82            |      | 741-0.4        |      | 1487        | 221        | 48.64        | 14.15            |      | 4142        | 500        | 6226        | 4:45.10        |
| 6/22/01        | dnf         | -        | USATF        | Eugene           | 10.70            | 0.0  | 747+2.5        |      | 1513        | 219        | 49.54        | 13.95+2.3        |      | 4602        | withdrew   |             |                |
| 9/07/01        | 8323        | 3        | Goodwill     | Brisbane         | 10.84+0.8        |      | 724+0.4        |      | 1530        | 218        | 50.27        | 14.05+0.8        |      | 4543        | 490        | 6219        | 4:57.10        |
| 6/0/02         | 8583        | 2        | Hypo-Bank    | Gotzis           | 10.85+0.7        |      | 762+1.3        |      | 1532        | 218        | 49.47        | 13.93+1.6        |      | 4575        | 520        | 6342        | 4:57.17        |
| 6/20/02        | 8398        | 1        | USATF        | Berkeley         | 10.81-0.9        |      | 749+1.1        |      | 1509        | 213        | 49.35        | 13.97+2.1        |      | 4524        | 500        | 6030        | 4:53.87        |
| 7/28/02        | 8431        | 1        | vs Germany   | Walnut           | 10.73+0.8        |      | 730+0.6        |      | 1532        | 215        | 49.09        | 14.23+0.7        |      | 4812        | 501        | 6038        | 4:56.59        |
| 9/22/02        | 8525        | 1        | DecaStar     | Talence          | 10.80-0.6        |      | 745+1.2        |      | 1568        | 212        | 48.36        | 14.08+0.4        |      | 4610        | 505        | 6276        | 4:53.26        |
| 6/01/03        | 8585        | 2        | Hypo-Bank    | Gotzis           | 10.65-0.2        |      | 742+1.3        |      | 1648        | 218        | 48.74        | 14.09            | 0.0  | 4671        | 500        | 6206        | 5:00.25        |
| <b>6/22/03</b> | <b>8784</b> | <b>1</b> | <b>USATF</b> | <b>Palo Alto</b> | <b>10.78+0.2</b> |      | <b>796+1.4</b> |      | <b>1628</b> | <b>217</b> | <b>48.22</b> | <b>14.13+1.7</b> |      | <b>4584</b> | <b>520</b> | <b>6077</b> | <b>4:48.12</b> |
| 8/27/03        | 8750        | 1        | IAAF WC      | Paris            | 10.80-0.5        |      | 762+1.1        |      | 1611        | 209        | 47.58        | 13.99            | 0.0  | 4694        | 510        | 6590        | 4:44.31        |
| 5/30/04        | 8732        | 2        | Hypo-Bank    | Gotzis           | 10.74+0.5        |      | 745+1.1        |      | 1589        | 215        | 48.81        | 13.90+0.3        |      | 4873        | 520        | 6448        | 4:49.03        |
| 7/17/04        | 8517        | 2        | US OT/USA    | Sacramento       | 10.75+0.4        |      | 751+0.7        |      | 1587        | 207        | 48.01        | 14.23            | 0.0  | 4680        | 500        | 6075        | 4:47.38        |
| 8/24/04        | [6182]      | dnf      | Olympic G    | Athens           | 10.80+2.2        |      | 738+0.5        |      | 1617        | 203        | 47.97        | 14.18+1.5        |      | 4739        | nm         | withdrew    |                |
| 4/14/06        |             | dnf      | Walton       | Columbia         | 10.90+1.9        |      | 747+1.9        |      | 1578        | nh         |              |                  |      |             |            | withdrew    |                |
| 6/24/06        | 8319        | 1        | USATF        | Indianapolis     | 10.88+0.5        |      | 747+0.3        |      | 1653        | 196        | 48.68        | 14.32-1.0        |      | 4978        | 510        | 5568        | 4:59.50        |
| 6/23/07        | 8352        | 1        | USATF        | Indianapolis     | 11.00-0.5        |      | 750+0.3        |      | 1643        | 205        | 48.81        | 14.12+1.9        |      | 4634        | 500        | 5970        | 4:59.69        |
| 9/01/07        |             | dnf      | IAAF WC      | Osaka            | 10.96-0.2        |      | 744+0.4        |      | 1631        | 203        | 49.22        | 14.84-0.2        |      | withdrew    |            |             |                |
| 6/30/08        | 8511        | 3        | USOT/USA     | Eugene           | 10.90-0.4        |      | 777+0.4        |      | 1726        | 196        | 49.80        | 14.17+1.9        |      | 4944        | 520        | 5934        | 4:54.08        |
| 8/22/08        | [ ]         | dnf      | Olympic G    | Beijing          | 11.12-0.2        |      | 741+1.3        |      |             |            |              |                  |      |             |            | withdrew    |                |
| 8/09/09        | 8659        | 1        | vs Germany   | Marburg          | 10.84+1.6        |      | 763+1.7        |      | 1682        | 207        | 49.49        | 14.19+0.3        |      | 5157        | 505        | 6170        | 5:00.77        |
| 9/20/09        | 8189        | 3        | DecaStar     | Talence          | 11.09            | 0.0  | 739+0.4        |      | 1586        | 206        | 49.96        | 14.29+0.6        |      | 4744        | 472        | 6177        | 4:56.83        |

**Decathlon PRs:** 8784 / 6361 10.63 +2.3 796+1.4 1726 221 47.58 13.90+0.3 5157 520 6612 4:35.14

Indoor: 60m: 6.89, 60H: 7.80 , 1000m: 2:49.32

**Summary:** 37 career meets, 31 finishes, 16 wins, 10 national rankings, 8 world rankings, 11 international teams, 20x>8000, PR score: 8784 (\*85 tables), Top Ten Ave= 8611.3, 2<sup>nd</sup> Ten Ave= 8327.1, 3<sup>rd</sup> Ten Average= 7183.0.

# NICK TRUBACHIK

DOB: June 24, 1988  
 POB:  
 Ht/wt: 6-3, 200  
 Hometown: Estacada, OR  
 High School: Estacada HS  
 College: Portland St '10



**2010:** 4 PRs and 5 near PRs propelled him to 7<sup>th</sup> at NCAAs (PR score 7510). Won Big Sky title with big PR (7390). **2009:** Big Sky indoor heptathlon champ indoors and decathlon runner-up outdoors. 12<sup>th</sup> at Texas Relays. **2008:** Big Sky Conference decathlon champ (7058), **2007:** 7<sup>th</sup> & 8<sup>th</sup> at Big Sky multis indoor and out. **High School:** Oregon state #A javelin winner. **Personal:** Parents are Paul and Susan Trubachik. Major is secondary education.

## Career:

### Indoor:

|                |             |          |                         |             |            |             |            |             |            |                           |
|----------------|-------------|----------|-------------------------|-------------|------------|-------------|------------|-------------|------------|---------------------------|
| 1/27/07        | 4693        | 8        | U Washington, Seattle   | 7.72        | 626        | 1303        | 195        | 9.04        | 365        | 2:54.39                   |
| 2/24/07        | 4704        | 7        | Big Sky, Bozeman        | 7.08        | 615        | 1273        | 193        | 8.53        | 410        | 3:02.01 [55m,55H]         |
| 2/02/08        | 4278        | 13       | U Washington, Seattle   | 7.59        | 603        | 1309        | 196        | 8.82        | nh         | 2:49.07                   |
| 3/01/08        | 5037        | 4        | Big Sky, Pocatello      | 7.40        | 636        | 1291        | 199        | 8.70        | 390        | 2:49.87                   |
| 12/6/08        | 5136        | 2        | Jackson, Nampa          | 7.43        | 665        | 1385        | 206        | 8.83        | 395        | 2:56.09                   |
| 1/31/09        | 5166        | 7        | U Washington, Seattle   | 7.46        | 646        | 1340        | 197        | 8.72        | 437        | 2:51.20                   |
| 2/28/09        | 5261        | 1        | Big Sky, Flagstaff      | 7.39        | 661        | 1384        | 202        |             | 435        | 2:57.54                   |
| 12/5/09        | 5001        | 4        | Jackson Open, Nampa     | 7.45        | 644        | 1308        | 196        | 8.82        | 420        | 2:57.42                   |
| 1/30/10        | 5307        | 6        | UWash, Seattle          | 7.37        | 643        | 1416        | 198        | 8.60        | 445        | 2:50.04                   |
| <b>2/27/10</b> | <b>5432</b> | <b>1</b> | <b>Big Sky, Bozeman</b> | <b>6.77</b> | <b>681</b> | <b>1325</b> | <b>201</b> | <b>7.88</b> | <b>440</b> | <b>2:45.76 [55m, 55H]</b> |

### Outdoor:

|         |       |    |                     |           |         |         |      |       |           |       |     |      |         |      |         |
|---------|-------|----|---------------------|-----------|---------|---------|------|-------|-----------|-------|-----|------|---------|------|---------|
| 4/12/07 | 6265  | 6  | Cal Invt, Azusa     | 11.86+1.7 | 633nwi  | 1268    | 197  | 55.14 | 16.41+0.8 | 3241  | 364 | 5551 | 5:06.78 |      |         |
| 5/10/07 | 6426  | 8  | Big Sky, Pocatello  | 11.64+0.1 | 600nwi  | 1294    | 200  | 54.56 | 16.59+1.4 | 3686  | 375 | 5656 | 5:05.54 |      |         |
| 4/11/08 | 6824w | 5  | LSU CE, Baton Rouge | 11.48+4.6 | 637+5.2 | 1315    | 191  | 51.98 | 15.76+4.9 | 3172  | 395 | 6055 | 4:42.14 |      |         |
| 5/15/08 | 7058  | 1  | Big Sky, Sacramento | 11.63+1.9 | 651+5.3 | 1367    | 204  | 51.35 | 15.61+2.8 | 3061  | 415 | 6044 | 4:40.73 |      |         |
| 4/02/09 | 6872  | 12 | Texas R, Austin     | 11.67-0.7 | 627+2.7 | 1327    | 193  | 53.24 | 15.47+6.0 | 3436  | 405 | 6066 | 4:38.43 |      |         |
| 5/14/09 | 7236  | 2  | Big Sky, Missoula   | 11.47nwi  | 644nwi  | 1351    | 193  | 51.33 | 15.69nwi  | 4147  | 425 | 6184 | 4:39.25 |      |         |
| 4/15/10 | 7240  | 8  | Mt Sac R, Azusa     | 11.56-0.5 | 669+2.9 | 1316    | 199  | 51.03 | 15.00+2.5 | 3790  | 410 | 6120 | 4:45.33 |      |         |
| 5/13/10 | 7390  | 1  | Big Sky, Ogden      | 11.44     | 0.0     | 694+0.4 | 1366 | 205   | 51.49     | 14.97 | 0.0 | 3981 | 425     | 6059 | 4:57.85 |
| 6/11/10 | 7510  | 8  | NCAA, Eugene        | 11.41+1.0 | 667+1.3 | 1361    | 202  | 50.03 | 15.12+1.9 | 3919  | 440 | 6245 | 4:40.92 |      |         |

**PRs:** 7510 / 5432 **11.41 1.0 694+0.4 1385 206 50.03 14.97 0.0 4147 440 6245 4:38.43**  
**Indoor:** 60m: 7.37; 60H: 8.60, 1000m: 2:45.76

## *PR Page\**

[\*-using marks form past two seasons]

| <i>Name</i>     | <i>score</i> | <i>100m</i> | <i>lj</i> | <i>sp</i> | <i>hj</i> | <i>400m</i> | <i>110H</i> | <i>disc</i> | <i>pv</i> | <i>jav</i> | <i>1500m</i> |
|-----------------|--------------|-------------|-----------|-----------|-----------|-------------|-------------|-------------|-----------|------------|--------------|
| Nick Adcock     | 7704         | 10.86+2.6   | 731+1.8   | 1461      | 212       | 48.03       | 14.16+3.3   | 3902        | 490       | 6022       | 4:29.94      |
| Jake Arnold     | 8253         | 10.99-0.1   | 722+1.8   | 1567      | 204       | 49.13       | 14.11+0.5   | 4880        | 515       | 6228       | 4:31.13      |
| Eric Broadbent  | 7316         | 10.72+2.6   | 742+0.2   | 1311      | 213       | 49.25       | 14.65+0.4   | 3437        | 415       | 4138       | 4:55.89      |
| Mat Clark       | 7785         | 10.75+0.7   | 731+3.4   | 1297      | 204       | 48.71       | 15.58+1.2   | 4064        | 495       | 5971       | 4:12.60      |
| Bryan Clay      | 8483         | 10.35+0.2   | 751+0.4   | 1538      | 207       | 49.66       | 13.64       | 4985        | 500       | 6619       | 4:56.37      |
| Joe Detmer      | 7891         | 10.94       | 725+1.0   | 1318      | 198       | 47.50       | 14.69       | 3792        | 485       | 5395       | 4:10.66      |
| Ryan Harlan     | 7541         | 11.31+0.7   | 660+2.3   | 1520      | 207       | 51.68       | 14.51+0.4   | 4272        | 470       | 6188       | 5:32.02      |
| Chris Helwick   | 7779         | 11.12+3.4   | 710+0.2   | 1396      | 198       | 50.47       | 14.95+2.0   | 4179        | 480       | 7325       | 4:34.05      |
| Mark Jellison   | 7781         | 11.27+1.3   | 749+2.4   | 1417      | 205       | 51.17       | 14.61+2.0   | 4101        | 480       | 5313       | 4:46.23      |
| Dan Keller      | 7631         | 11.29+2.8   | 712+3.3   | 1399      | 206       | 50.40       | 14.98+2.7   | 4034        | 515       | 5621       | 4:31.98      |
| Dan Kinsey      | 7563         | 11.44+2.8   | 691+3.0   | 1525      | 199       | 53.05       | 15.33-1.9   | 4889        | 480       | 6203       | 4:38.41      |
| Mike Morrison   | 7801         | 10.79+3.4   | 735       | 1298      | 202       | 49.25       | 14.92+4.9   | 4081        | 500       | 6311       | 4:44.39      |
| Miller Moss     | 7638         | 10.70+1.0   | 713-0.2   | 1330      | 199       | 47.15       | 14.42+0.8   | 3617        | 475       | 4674       | 4:31.90      |
| Trinity Otto    | 7724         | 10.58+5.2   | 752+0.8   | 1457      | 199       | 48.78       | 14.71+0.4   | 4187        | 470       | 5510       | 4:53.43      |
| Tom Pappas      | 8539         | 10.84+1.6   | 763+1.7   | 1682      | 207       | 49.49       | 14.19+0.3   | 5157        | 505       | 6177       | 4:56.83      |
| Nick Trubachik  | 7510         | 11.41+1.0   | 694+0.4   | 1385      | 206       | 50.03       | 14.97 0.0   | 4147        | 440       | 6245       | 4:38.43      |
| Other possible: |              |             |           |           |           |             |             |             |           |            |              |
| Gray Horn       | 7652         | 10.77+2.6   | 765+2.1   | 1279      | 202       | 50.23       | 14.50+0.9   | 4122        | 485       | 5282       | 4:29.19      |
| RJ McGinnis     | 7626         | 11.09+3.4   | 723+1.2   | 1536      | 205       | 50.22       | 14.77+2.0   | 4453        | 445       | 5944       | 4:34.10      |
| Robert Robinson | 7521         | 10.82+1.9   | 745+1.3   | 1320      | 199       | 48.53       | 14.23+5.1   | 3965        | 445       | 5390       | 4:48.23      |

# GRAY HORN

DOB: February 18, 1990  
POB:  
Ht/wt: 6-3½, 200  
Hometown: Wapakoneta, OH  
High School: Waynesfield Goshen  
College: Florida '12



**2010:** 15<sup>th</sup> at NCAAs. SEC outdoor champion with PR 7652. 2<sup>nd</sup> at both Texas A&M (5538) and SEC (5653) heptathlons indoors, then dnf'd at NCAAs. **2009:** USA and Pan American Junior runner-up SEC decathlon champ with 7389 score. 11<sup>th</sup> at NCAAs with PR 7490 score. SEC runner-up indoors and 14<sup>th</sup> at NCAAs. 7<sup>th</sup> at Texas Relays decathlon. **High School:** 11 times USATF Junior Olympic medalist. 2008 National Nike indoor pentathlon champ. 6-7 ½ high jump, 15-6 vault. 14.31 110m hurdles. **Personal:** Coached by grandfather Joe Horn.

## Career:

| <b>Indoor:</b>  |               | <u>60m lj sp hj 60h pv 1000m</u>                       |              |             |             |             |             |            |                |              |             |                              |
|-----------------|---------------|--|--------------|-------------|-------------|-------------|-------------|------------|----------------|--------------|-------------|------------------------------|
| 1/26/08         | 5189 1        | Findlay Open, Findlay                                  | 7.26         | 652         | 1203        | 196         | 8.50        | 445        | 2:57.56        |              |             |                              |
| 1/31/09         | 5384 3        | Texas A&M, College Station                             | 7.19         | 697         | 1243        | 199         | 8.60        | 450        | 2:52.70        |              |             |                              |
| 2/28/09         | 5586 2        | SEC, Lexington   | 7.06         | 708         | 1201        | 200         | 8.31        | 455        | 2:46.53        |              |             |                              |
| 3/14/09         | 4769 14       | NCAA, College Station                                  | 7.16         | 728         | 1249        | 199         | 8.33        | nh         | 2:53.22        |              |             |                              |
| 1/30/10         | 5538 2        | Tex A&M, College Station                               | 7.08         | 703         | 1171        | 201         | 8.28        | 436        | 2:44.66        |              |             |                              |
| <b>2/27/10</b>  | <b>5653 2</b> | <b>SEC, Fayetteville</b>                               | <b>6.99</b>  | <b>714</b>  | <b>1219</b> | <b>200</b>  | <b>8.06</b> | <b>460</b> | <b>2:43.30</b> |              |             |                              |
| 3/13/10         | dnf -         | NCAA, Fayetteville                                     | 7.03         | 710         | 1173        | 202         | 10.78       | 440        | dns            |              |             |                              |
| <b>Outdoor:</b> |               | <u>100m w lj w sp hj 400m 110h w disc pv jav 1500m</u> |              |             |             |             |             |            |                |              |             |                              |
| 6/21/07         | dnf -         | USA Jr, Indianapolis                                   | 11.46        | +1.4        | 610         | 0.0         | 1230        | 178        | dnf            | withdrew     |             |                              |
| 4/02/09         | 7067 7        | Texas R, Austin  | 10.94        | -0.7        | 713         | +2.7        | 1236        | 196        | 52.09          | 14.87        | -1.8        | 2885 435 4495 4:37.70        |
| 5/15/09         | 7389 1        | SEC, Gainesville                                       | 10.99        | +1.1        | 682         | +0.8        | 1166        | 198        | 50.23          | 14.87        | +0.2        | 3902 485 4086 4:29.19        |
| 6/11/09         | 7490 11       | NCAA, Fayetteville                                     | 11.05        | +2.7        | 732         | +2.7        | 1221        | 202        | 50.52          | 14.74        | +2.0        | 3754 450 4639 4:32.84        |
| 6/26/09         | 7114* 2       | USA Jr, Eugene   | 11.26        | +2.3        | 724         | +1.3        | 1297        | 196        | 52.05          | 14.56        | +1.7        | 4238 399 4311 4:58.76        |
| 8/01/09         | 6982* 2       | Pan Am Jr, Trinidad                                    | 11.29        | 0.0         | 720         | +3.9        | 1238        | 197        | 53.12          | 14.35        | +3.5        | 3872 440 4226 5:16.76        |
| 4/15/10         | 7566 3        | Mt Sac R, Azusa  | 10.85        | +2.0        | 739         | +3.2        | 1195        | 196        | 50.45          | 14.59        | +1.5        | 3896 450 4775 4:30.36        |
| <b>5/14/10</b>  | <b>7652 1</b> | <b>SEC, Knoxville</b>                                  | <b>10.77</b> | <b>+2.6</b> | <b>765</b>  | <b>+2.1</b> | <b>1258</b> | <b>194</b> | <b>50.48</b>   | <b>14.50</b> | <b>+0.9</b> | <b>3805 465 4888 4:41.28</b> |
| 6/11/10         | 7262 15       | NCAA, Eugene   | 11.33        | +0.7        | 676         | +1.8        | 1279        | 193        | 50.58          | 14.91        | +1.6        | 4122 440 5282 4:47.69        |

**PRs:** 7652 / 5653 10.77+2.6 765+2.1 1279 202 50.23 14.50+0.9 4122 485 5282 4:29.19

**Indoor:** 60m: 7.03; 60h: 8.31; 1000m: 2:43.30

\*-Junior implements



## McGINNIS, R.J.

DOB: April 22, 1987  
POB:  
Ht/Wt: 6-4, 210  
Hometown: Burnsville, MN  
High School: Burnsville HS '05  
College: St. Cloud St ['07]  
Minnesota '10



**2010:** Won Big 10 decathlon crown by 2 points after winning Drake Relays crown. PR'd in opening meet of season at Iowa State (5753), then won Bib Ten title (5708). **2009:** 17<sup>th</sup> at NCAAs. Runner-up at Drake Relays with lifetime best 7626 score. Big 10 decathlon runner-up. Opened indoor season with bug heptathlon PR (5511) by winning Minnesota's Jack Johnson meet. Won Big Ten heptathlon title. **2008:** 16<sup>th</sup> at NCAA decathlon. 3<sup>rd</sup> at Big Ten with PR 7290 total. Transferred from St. Cloud State U. 5<sup>th</sup> at Big Ten indoor heptathlon (5276). Opened outdoor season with runner-up 6985 at Clemson Relays and 4<sup>th</sup> at Kansas Relays with 6879. **2007:** North Central Conference champ and NCAA II runner-up (with PR 6985). **High School:** Conference 110m hurdle champ. **Personal:** Kinesiology major. Parents are Sheryl and Rodney McGinnis.

### Career:

#### Indoor:

|                |             |          |                              |             |            |             |            |             |            |                |
|----------------|-------------|----------|------------------------------|-------------|------------|-------------|------------|-------------|------------|----------------|
| 1/13/07        | 4371        | 8        | NDSU Alumni, Fargo           | 7.43        | 635        | 1320        | 177        | 8.93        | 244        | 3:01.45        |
| 2/03/07        | 3486        | 1        | Mankato Pent, Mankato        |             |            |             |            |             |            |                |
| 2/24/07        | 3510        | 2        | North Central, Sioux Falls   | 8.73        | 663        | 1307        | 182        | 3:00.38     |            |                |
| 1/26/08        | dnf         | -        | Johnson, Minneapolis         | 7.18        | 708        | 1461        | 188        | 8.69        | withdrew   |                |
| 3/02/08        | 5276        | 5        | Big Ten, Madison             | 7.22        | 695        | 1471        | 191        | 8.52        | 385        | 2:52.26        |
| 1/24/09        | 5511        | 1        | Johnson, Minneapolis         | 7.13        | 699        | 1488        | 192        | 8.31        | 420        | 2:49.40        |
| 3/01/09        | 5431        | 1        | Big Ten, University Park     | 7.13        | 700        | 1520        | 180        | 8.34        | 420        | 2:48.63        |
| <b>1/29/10</b> | <b>5753</b> | <b>2</b> | <b>ISU Bergan, Ames 5753</b> | <b>7.17</b> | <b>682</b> | <b>1517</b> | <b>205</b> | <b>8.18</b> | <b>445</b> | <b>2:44.30</b> |
| 2/28/10        | 5708        | 1        | Big Ten, Minneapolis         | 7.04        | 696        | 1456        | 205        | 8.36        | 436        | 2:43.17        |
| 3/13/10        | 5676        | 6        | NCAA, Fayetteville           | 7.17        | 689        | 1509        | 199        | 8.10        | 410        | 2:39.92        |



#### Outdoor:

|                |             |          |                            |                  |                |             |            |              |                  |             |            |             |                |         |
|----------------|-------------|----------|----------------------------|------------------|----------------|-------------|------------|--------------|------------------|-------------|------------|-------------|----------------|---------|
| 4/02/07        | 6286        | 3        | Herschel Neil, Maryville   | 11.56nw          | 634+2.0        | 1371        | 180        | 51.6h        | 16.38            | 0.0         | 3005       | 380         | 4633           | 5:00.34 |
| 4/14/07        | 6155        | 5        | ESU Open, Emporia          | 11.58+1.1        | 646+1.1        | 1291        | 181        | 51.73        | 15.99+1.7        | 2463        | 366        | 4689        | 5:04.6h        |         |
| 5/01/07        | 6741        | 1        | North Central, Mankato     | 11.25+1.5        | 657nw          | 1411        | 183        | 51.27        | 15.44+0.4        | 3270        | 387        | 5229        | 5:00.24        |         |
| 5/25/07        | 6968        | 2        | NCAA II, Charlotte         | 11.55-1.0        | 669+2.3        | 1373        | 186        | 50.22        | 15.18            | 0.0         | 3546       | 395         | 5434           | 4:47.70 |
| 3/22/08        | 6985        | 2        | Clemson R, Clemson         | 11.56+1.2        | 673nw          | 1516        | 182        | 52.75        | 15.01+3.8        | 3981        | 380        | 5651        | 4:52.24        |         |
| 4/17/08        | 6879w       | 4        | Kansas R, Lawrence         | 11.48+4.1        | 677+6.8        | 1425        | 184        | 51.24        | 15.33+2.7        | 3409        | 397        | 4965        | 4:44.46        |         |
| 5/17/09        | 7290        | 3        | Big Ten, Champaign         | 11.27+3.3        | 687-0.3        | 1416        | 195        | 50.75        | 15.31+0.9        | 3488        | 445        | 5780        | 4:52.14        |         |
| 6/12/09        | 7019        | 16       | NCAA, Des Moines           | 11.59+0.1        | 674-4.2        | 1350        | 184        | 51.89        | 15.25+1.4        | 3569        | 420        | 5944        | 4:45.96        |         |
| <b>4/23/09</b> | <b>7626</b> | <b>2</b> | <b>Drake R, Des Moines</b> | <b>11.26-0.2</b> | <b>723+1.2</b> | <b>1431</b> | <b>202</b> | <b>51.03</b> | <b>14.91+0.2</b> | <b>4453</b> | <b>430</b> | <b>5567</b> | <b>4:49.13</b> |         |
| 5/16/09        | 7330        | 2        | Big 10, Columbus           | 11.37+1.4        | 715+2.0        | 1452        | 201        | 51.15        | 14.88+2.5        | 4159        | 385        | 4468        | 4:34.10        |         |
| 6/11/09        | 7294        | 17       | NCAA, Fayetteville         | 11.09+3.4        | 699+3.4        | 1454        | 205        | 52.37        | 14.77+2.0        | 4108        | 430        | 4073        | 4:52.84        |         |
| 4/22/10        | 7319        | 1        | Drake R, Des Moines        | 11.25+2.5        | 681+1.4        | 1479        | 193        | 51.05        | 14.87            | 0.0         | 4142       | 410         | 4758           | 4:36.21 |
| 5/15/10        | 7381        | 1        | Big 10, Bloomington        | 11.30+0.2        | 704+2.3        | 1443        | 195        | 50.83        | 14.85-0.1        | 3803        | 420        | 5075        | 4:35.75        |         |
| 6/11/10        | 6650        | 21       | NCAA, Eugene               | 11.61+1.0        | 652+0.9        | 1400        | 193        | 52.34        | 15.04+1.1        | 2959        | 400        | 4645        | 4:55.45        |         |

**PRs:** 7626 / 5753

**11.09+3.4 723+1.2 1536 205 50.22 14.77+2.0 4453 445 5944 4:34.10**

**Indoor: 60m: 7.04; 60H: 8:10 1000m: 2:39.92**

**Summary:** 13 meets, 13 finishes, 1 win, PR score= 7626, Top Ten Ave: 7209.1

