

**2011 USATF
Indoor Men's
Heptathlon**



MEDIA GUIDE



**Saturday-Sunday
March 5-6, 2011
Indiana University
Bloomington, IN**

**Frank Zarnowski
Deca, The Decathlon Association
www.decathlonusa.typepad.com**

Media Guide

2011 USA Indoor Men's Heptathlon



Time Schedule

Saturday, March 5, 2011

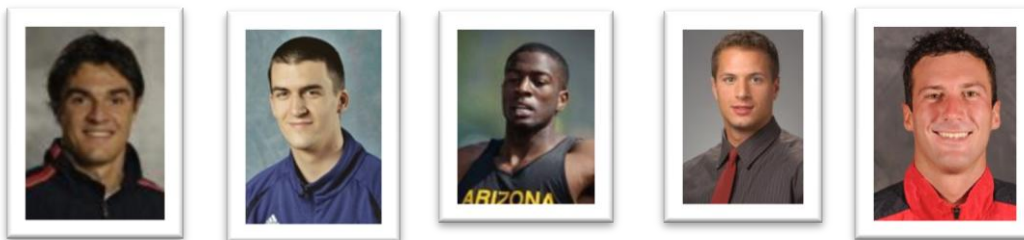
60 Meter Dash 1:00 pm
Long Jump
Shot Put
High Jump

Sunday, March 6, 2010

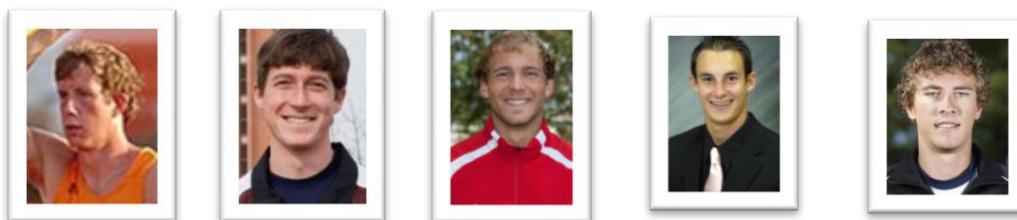
60m Hurdles 1:00 pm
Pole Vault
1000 Meters

Qualifying Standards: [qualifying window: Jan 2, 2010 to Feb.27, 2011]

Indoor Heptathlon Score	5450 points
Indoor Pentathlon Score	3850 points
Outdoor Decathlon Score	7700 points



Above: Jake Arnold; Eric Broadbent; Lysias Edmonds, Dan Kinsey, Pat Woods
Below:, Chris Helwick; Todd Wildman, Jordan Goffena, Nick Adcock, Chris Dickman



Entrants:

		<u>PR score</u>	<u>' 10-11 qualifier</u>	<u>Decathlon PR</u>
Nick Adcock	unat	5939	5939	7704 '10
Jake Arnold	Team Asics	5909	5748	8253 '10
Eric Broadbent	HPC elite	5542	4076 ^{pent}	7316 '10
Chris Dickman	unat	5662	5652	7086 '10
Lysias Edmonds	Arizona Puma	5669	5669	7765 '08
Jordan Goffena	Miami (OH)	4504	3846	6551 '10
Chris Helwick	unat	5917	5452	8143 '08
Dan Kinsey	unat	5490	3902	7563 '09
Todd Wildman	unat	5316	3876 ^{pent}	6725 '10
Patrick Woods	unat	5513	5513	7405 '09



PRs for Indoor Heptathlon Events:

	<u>score</u>	<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
Nick Adcock	5939	7.09	731	1461	212	7.94	490	2:39.56
Jake Arnold	5909	7.11	722	1517	207	8.00	535	2:42.62
Eric Broadbent	5542	6.97	742	1325	213	8.26	415	2:48.65
Chris Dickman	5652	6.88	707	1147	196	8.47	490	2:35.03
Lysias Edmonds	5669	7.06	713	1275	201	8.24	520	2:55.85
Jordan Goffena	4504	7.33	707	1220	184	8.21	410	2:44.06
Chris Helwick	5917	7.26	746	1420	209	8.44	520	2:40.34
Dan Kinsey	5490	7.40	704	1525	199	8.54	490	2:49.62
Todd Wildman	5316	6.64 ^{ss}	711	1113	211	8.19	300	2:48.33
Patrick Woods	5513	7.16	691	1517	211	8.28	470	2:52.09

USATF/TAC/AAU National Indoor Combined Events Champions

Pentathlon

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



Heptathlon

		[60m-lj-sp-hj / 60mH-pv-1000m]			
1995	Sheldon Blockburger	unat, San Luis Obispo	6035	Moscow, ID	
1996	Steve Fritz	Accusplit	6213	Manhattan, KS	
1997	Ricky Barker	VISA/Gallery Furniture	5969	Manhattan, KS	
1998	Ricky Barker	Gallery Furniture	5867	Atlanta, GA	
1999	Trafton Rodgers	Puma	6044	Atlanta, GA	
2000	Tom Pappas	adidas	5933	Atlanta, GA	
2001	Stephen Moore	unat, Lubbock, TX	6068	Atlanta, GA	
2002	Tom Pappas	Nike	6113	Chapel Hill, NC	
2003	Paul Terek	World's Greatest Athletes	DT 5870	Chapel Hill, NC	
2004	Paul Terek	World's Greatest Athletes	DT 6040	Chapel Hill, NC	
2005	Ryan Harlan	unat	6102	Chapel Hill, NC	
2006	Ryan Harlan	unat	5949	Chapel Hill, NC	
2007	Paul Terek	Asics	5960	Chapel Hill, NC	
2008	Jake Arnold	unat	5851	Chapel Hill, NC	
2009	Jake Arnold	Asics	5748	Chapel Hill, NC	



Records:

Most Wins:

3	Paul Terek	2003 2004 2007
3	Jake Arnold	2008 2009 2010
2	Ryan Harlan	2005 2006
	Tom Pappas	2000 2002
	Ricky Barker	1997 1998
	Dan O'Brien	1991 1992
	Tony Allen-Cooksey	1986 1987

Recent Meet Results

2010 Indoor Champs

3/6-7 25th 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]
8s,6f, 3rd consecutive win for Arnold



2009 Indoor Champs

3/7-8 24th USA Indoor CE Champs, U of 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: 2nd consecutive win for Arnold.



2008 Indoor Champs

3/8-9 23rd USATF National Champs, Eddie Smith Fieldhouse, UNC, Chapel Hill, NC

5851	Arnold, Jake/unat	7.11	705	1460	198	8.09	490	2:47.49
5794	Moore, Stephen/unat	7.11	705	1303	204	8.24	480	2:42.71
5688	Boyles, Chris/CBO-e	7.25	665	1411	207	8.24	490	2:50.99
5603	Detmer, Joe/unat	7.08	694	1270	183	8.34	460	2:32.35
5575	Helwick, Chris/2gnc	7.30	683	1235	201	8.57	490	2:41.40
5322	LeMay, Gabe/Team XO	7.34	660	1125	192	8.74	480	2:38.51
5053	Walsh, Brian/USAF	7.21	662	1179	189	8.78	430	2:54.58
4948	Jellison, Mark/unat	7.26	693	1297	192	8.48	400	3:20.13
dnf	Terek, Paul/asics	7.25	669	1429	183	inj	withdrew	

9s,8f

2007 Indoor Champs

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

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

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

2006 Indoor Champs

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

5949	Harlan, Ryan/unat	7.07	693	1636	208	7.96	472	2:53.86
5883	Terek, Paul/Asics	7.12	709	1447	196	8.43	522	2:44.17
5751	Boyles, Chris/unat	7.25	682	1482	208	8.35	482	2:49.09
5747	Olkowski, Ryan/unat	6.98	736	1284	208	8.33	462	2:53.73

5452	Randolph, Chris/Seattle Pacific	7.23 665 1284 196 8.49 452 2:40.69
5452	Wineberg, Chris/unat	7.25 694 1327 190 8.72 472 2:44.43
5421	Marsh, Mike/unat	7.16 690 1307 187 8.31 462 2:51.98
5040	Creekmur, Cieth/unat	7.26 686 1130 205 8.75 402 3:03.78
dnf	Thomas, Will/unat	7.33 660 1489 1908 8.81
dnf	Haber, Ben/unat	7.33 650 1247 184
dnf	Richardson I, Chris/unat	7.46 651 1169
	11s,8f	

2005 Indoor Champs

3/5-6 21st USATF Champs, UNC, Chapel Hill, NC

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

2004 Indoor Champs

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

6040	Terek, Paul/WGA	7.04 708 1531 198 8.48 541 2:42/97
5989	Harris, Stephen/WGA	7.02 754 1309 216 8.29 451 2:40.28
5898	McMullen, Phil/unat	7.25 685 1462 198 8.19 501 2:35.41
5711	Lemen, David/unat	7.26 744 1325 186 8.25 531 2:55.29
5635	Olkowski, Ryan/WGA	6.87 743 1181 213 8.57 441 2:57.28
5600	Cook, Jamie/unat	7.26 704 1370 195 8.44 471 2:44.78
5557	Anderson, Bryan/unat	7.30 670 1384 204 8.42 441 2:40.94
5520	Geisler, Andy/unat	7.23 696 1407 192 8.63 481 2:49.63
5518	Wineberg, Chris/Bobcat TC	7.23 699 1264 189 8.94 501 2:39.13
5471	Geophert, Travis/unat	7.23 693 1487 180 8.57 441 2:38.89
5430	Bork, Adam/unat	7.14 676 1411 183 8.41 491 2:57.64
5391	Hart, Bevan/US Army	7.32 647 1244 180 8.39 511 2:43.20
5331	Wagner, Peter/unat	7.39 690 1095 198 8.27 431 2:42.69
5292	Tom Pappas/WGA-Nike	6.93 728 1575 210 7.93 nh 2:49.32
4736	Brozik, Paul/unat	7.30 687 1204 207 9.84 341 2:59.86
4612	Sprague, Alex/Indy Invaders	7.22 655 1439 nh 8.27 421 2:59.86
dnf	Boyles, Chris/WGA	7.26 694 1357 210 8.37 451 dns
dnf	Janvrin, Kip/K&KTC	7.40 657 1339 180 8.83 nh dns
	18s,16f	

2003 Indoor Champs

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

5870	Terek, Paul/World's Greatest Athletes DT	7.10 697 1534 197 8.67 540 2:49.21
5731	Sander, Jeff/Bell Athletics	7.18 694 1396 200 7.99 480 2:51.40
5689	Lemen, David/Willamette Striders	7.24 737 1173 191 8.21 530 2:52.47
5669	Thomas, Will/Connecticut	7.25 692 1463 200 8.50 470 2:44.03
5622	Giesler, Andy/Oakley	7.26 694 1563 191 8.47 480 2:50.11

5551	Jellison, Mark/unat, Stors, CT	7.23 724 1196 200 8.11 450 2:50.81
5413	Hart, Bevan/US Army	7.25 662 1248 188 8.40 510 2:52.98
5387	Cebulski, Joe/Bell Athletics	7.29 669 1396 206 8.59 450 2:58.36
5141	Longhenry, Eric/Northern St	7.29 655 1360 191 8.47 420 2:58.13
5134	Keller, Stevie/unat, Fargo, ND	7.45 606 1358 191 8.65 430 2:41.91
5052	Esler, Steve/U of Buffalo	7.51 642 1215 203 8.78 420 2:51.69
4634	Janvrin, Kip/WGA DT	7.34 650 nm 182 8.57 470 2:40.69
4627	Williams, Jason/unat-Boise, ID	7.04 652 1393 191 8.33 nh 2:55.45
3697	Pappas, Tom/Nike	6.94 nm 1615 nh 7.84 500 dnf
dnf	Falconer, Brendon/Indy Invaders	7.16 719 1395 194 8.20 nh dnr
dnf	Sprague, Alex/Indy Invaders	7.08 652 1479 nh 8.21 420 dnr
dnf	McMullen, Phil/Nike	dsq 645 1476 194 withdrew
dnf	Young, Elliot/unat-Warrensburg, MO	7.08 nm 1423 withdrew
	18s,14f	

2002 Indoor Champs

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

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

15s,13f. Pappas total was #6 all-time US performer and # 7 all-time US performance.

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

World Bests

Heptathlon	6558 ASHTON EATON (USA)	Tallinn	2/5-6/2011
	(6.66 777 1445 201 7.60 520 2:34.74)		
Pentathlon	4497 DAN O'BRIEN (USA)	Moscow, ID	2/28/92
	(7.88 735 1469 215 2:40.12)		
60m	6.61	CHRIS HUFFINS (USA) Paris	3/09/97
		(Oakley-USA) (6128-4)	
LJ	8.04m(26-4½)	OLEKSIY KASAYNOV (UKR) Zaporizhzhya	1/31/04
		(Ukraine) (6254-1)	
SP	17.17(56-4)	ALEKSEY DROZDOV (RUS) Doha	3/12/10
		(Russia) (6143-2)	
HJ	2.24(7-4¼)	SCOTT SELLERS	Manhattan
		(Kansas State) (4046-1)	12/07/07
60mH	7.60	ASHTON EATON	Tallinn
		(Nike-USA) (6558)	2/05/11
PV	5.60 (18-4½)	ALEKSANDR AVERBUKH	Valencia
		(Russia) (6144-6)	3/01/98
1000m	2:27.88	CURTIS BEACH	Fayetteville
		(Duke, 5531)	3/13/10



American Bests

Heptathlon	6558 ASHTON EATON (USA)	Tallinn	2/5-6/2011
	(6.66 777 1445 201 7.60 520 2:34.74)		
Pentathlon	4497 DAN O'BRIEN	Moscow, ID	2/28/92

		(7.88 735 1469 215 2:40.12)		
60m	6.61	CHRIS HUFFINS	Paris	3/09/97
		(Reebok TC 6476)		
LJ	7.84(25-8.75)	DAN O'BRIEN	Toronto	3/13/93
		(Reebok TC 6476)		
SP	16.88(55-4 3/4)	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (4401)		
HJ	2.24(7-4¼)	SCOTT SELLERS	Manhattan	12/07/07
		(Kansas State) (4046-1)		
60mH	7.60	ASHTON EATON	Tallinn	2/05/11
		(Nike-USA) (6558)		
PV	5.41m(17-9)	PAUL TEREK	Chapel Hill	3/07/04
		(WGA- 6040-1)		
1000m	2:27.88	CURTIS BEACH	Fayetteville	3/13/10
		(Duke, 5531)		



Collegiate Bests

Heptathlon	6499	ASHTON EATON	Fayetteville	3/12-13/2010
		(Oregon) (6.71 773 1312 311 7.77 510)		2:32.67
Pentathlon	4401*	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (7.95 749 1688 210 2:59.11)		
60m	6.71	ASHTON EATON	Fayetteville	3/12/10
		(Oregon) (6499-1)		
LJ	7.73(25-4½)	TREY HARDEE	Albuquerque	1/27/06
		(Texas) (6208-1)		
		ASHTON EATON	Fayetteville	3/12/10
		(Oregon) (6499-1)		
SP	16.88(55-4 3/4)	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (4401)		
HJ	2.24(7-4¼)	SCOTT SELLERS	Manhattan	12/07/07
		(Kansas State) (4046-1)		
60m H	7.74	JANGY ADDY	Fayetteville	3/1/08
		(Tennessee) (5836)		
PV	5.40m(17-8 ½)	PAUL TEREK	Univ. Park, PA	2/25/01
		(Michigan St) (5685-1)		
1000m	2:27.88	CURTIS BEACH	Fayetteville	3/13/10
		(Duke, 5531)		



Meet Records (AAU/TAC/USATF)

Heptathlon	6213	STEVE FRITZ	Manhattan	2/10-11/96
		[7.00 7.31m 16.02m 2.07m 7.93 5.01m]		2:45.75]
Pentathlon	4497	DAN O'BRIEN	Moscow	2/28/92
		(7.88 735 1469 215 2:40.12)		
60m	6.78	DARRIN STEELE	Moscow	2/10/95
		(US Army-UCTC)		
		DAN O'BRIEN	Moscow	2/10/95
		(Nike-Footlocker)		
LJ	7.79m (25-6¾)	VERNON GEORGE	Baton Rouge	2/18/90
		(Fla Clippers)		
		TERRY SIMPSON	Moscow	2/10/95
		(Nike-Indiana)		
SP	16.88(55-4 3/4)	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (4401)		
HJ	2.21(7-3)	TOM PAPPAS	Atlanta	3/03/00
		(adidas)		
60m H	7.83	VERNON GEORGE	Baton Rouge	2/18/90
		(Fla Clippers)		
		ERIC REID	Baton Rouge	2/18/90
		(unat)		
PV	5.41m(17-9)	PAUL TEREK	Chapel Hill	3/07/04
		(WGA) (6040-1)		



1000m 2:31.54 JOE DETMER Chapel Hill 3/08/09
(unat.) (5505-3)

Facility Record [Gladstein Fieldhouse, Indiana University, Bloomington, IN]

Heptathlon	5861	JAKE ARNOLD	asics	3/5-6/10
				<i>[7.13 690 1516 198 8.05 500 2:49.62]</i>
60m	6.97	ERIC BROADBENT	HPC elite	3/05/10
Long Jump	7.37m(24-2¼)	SKYLER REISING	Team NE Brooks	3/05/10
Shot Put	15.90m(52-2)	TOM PAPPAS	unat	3/05/10
High Jump	2.16m(7-1)	DEREK DROUIN	Indiana	1/23/09
60m Hurdles	8.05	JAKE ARNOLD	asics	3/06/10
Pole vault	5.00m(16-4¾)	ANDREW RADEMACHER	Purdue	2/25/07
		JAKE ARNOLD	asics	3/06/10
1000 meters	2:41.90	CHRIS MORRISEY	Penn State	2/25/07



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



2011: Placed 2nd at Iowa State hept indoors. **2010:** Place 5th at NCAAs and 6th at USAs. Big 12 champ with PR 7704 effort in the rain. Scored PR for 2nd at Mt Sac Relays in mid-April. 4th at NCAAs indoors. Won a pair of heptathlons including Iowa State affair (5758) and Big 12 (PR 5938). **2009:** Placed 7th at USA senior champs. A pair of vault no-heights marred early outdoor season. 5th at Thorpe Cup (vs Germany). Placed 4th at NCAA indoor heptathlon. Won initial heptathlon at Texas A&M new facility in January (5508), then was silver medalist at Big 12 affair (5747). **2008:** Opened outdoor campaign with PR 7329 win at Kansas Relays then was runner-up at Big 12 with PR 7657. Placed 4th at NCAA decathlon with 7612 score. 4th at NCAA indoor (5776) after winning Big 12 Heptathlon with 5795 score. **2007:** Was USA national junior champ after 8th at Big 12 champs with PR 7078 score after a 6th place at Walton Multis at home where he posted a 6694 total. Runner-up at Arizona's Click decathlon (6977). Indoors was 10th at Big 12 heptathlon with 5129. **High School:** a 6 time all-state performer with PRs 14.09 hurdles and 6-7 high jump. Coach: Mike Maus. **Personal:** Son of Gary and Sue Adcock. Business major.

Career:

Indoor:

2/10/07	4993	7	Iowa State	Ames	7.32 634 1131 204
2/24/07	5129	10	Big 12	Ames	7.24 654 1266 199 8.47 352 2:44.21
2/15/08	5644	3	Cyclone	Ames	6.72 695 1339 205 7.66 425 2:41.29 [55m,55H]
3/01/08	5795	1	Big 12	Lincoln	7.09 685 1378 212 8.12 455 2:45.91
3/15/08	5776	4	NCAA	Fayetteville	7.14 680 1382_208 8.10 445 2:39.56
1/31/08	5508	1	Texas A&M	College Station	7.18 681 1374 202 8.33 440 2:50.87
2/28/09	5747	2	Big 12	College Station	7.14 679 1315 206 8.12 465 2:41.26
3/14/09	5714	4	NCAA	College Station	7.17 688 1461 202 8.24 460 2:45.74
1/29/10	5758	1	ISU Bergan	Ames	7.19 697 1370 199 7.99 465 2:42.73
2/27/10	5939	1	Big 12	Lincoln	7.12 709 1411 204 7.98 490 2:44.80
3/13/10	5763	4	NCAA	Fayetteville	7.12 705 1419 190 7.94 470 2:44.23
2/11/11	5669	2	Iowa State	Ames	7.17 674 1358 204 8.14 480 2:51.09

Outdoor:

3/23/07	6612	2	Click	Tucson	11.17+1.5 634 0.0 1275 189 49.38 14.98+0.7 2820 375 4518 4:56.55
4/13/07	6694	6	Walton	Columbia	11.23+3.0 627+1.3 1256 195 50.18 14.88 0.0 2760 345 5280 4:44.26
5/12/07	7078	8	Big 12	Lincoln	11.22+0.7 639+0.4 1305 201 48.88 14.99-0.7 2724 405 5638 4:42.05
6/21/07	7293*	1	USA Jr	Indianapolis	11.20+0.7 634+0.8 1395 202 49.36 14.43+2.0 3541 410 5526 4:49.77
7/07/07	7074*	2	Pan-Am Jr	Ibirapuera	11.37+0.2 628+0.9 1430 195 48.57 14.26 0.0 2676 390 5284 4:37.49
4/18/08	7329w	1	Kansas R	Lawrence	10.99+4.1 685+4.4 1313 193 49.25 14.44+2.7 3256 437 4834 4:36.17
5/17/08	7657	2	Big 12	Boulder	10.94+0.7 731+1.8 1323 201 48.03 14.36+0.7 3549 435 5626 4:49.85
6/12/08	7612	4	NCAA	Des Moines	11.18-1.0 687-2.0 1350 199 48.88 14.59-1.4 3742 460 5335 4:35.53
7/20/08	7364	2	NACAC u23	Toluca	11.10-1.4 714nwi 1329 212 49.41 14.63-0.1 3285 430 5529 5:21.49
4/16/09	dnf	-	Mt Sac R,	Azusa	11.10+3.9 693+2.9 1375 197 50.29 14.71-1.6 3176 nh withdrew
5/16/09	7059	8	Big 12	Lubbock	10.86+2.6 708+3.1 1402 201 48.21 14.22+1.0 3408 nh 5454 4:29.94
6/26/09	7588	7	USA Sr	Eugene	11.18+1.9 689+1.4 1392 187 49.46 14.16+3.3 3675 450 6022 4:40.81
8/09/09	7646	5	vsGermany	Marburg	11.21+0.8 707+1.9 1294 192 49.03 14.45+0.3 3883 455 5935 4:39.15
4/15/10	7672	2	Mt Sac R	Azusa	10.99+2.0 688+0.6 1408 193 48.55 14.19+2.5 3728 470 4920 4:34.80
5/15/10	7704	1	Big 12	Columbia	11.10+1.6 691 0.0 1348 201 48.64 14.26-0.9 3902 470 5089 4:40.20
6/11/10	7569	5	NCAA	Eugene	11.20+0.5 702-1.5 1315 193 49.01 14.36+1.6 3757 450 5407 4:36.30
6/26/10	7579	6	USA	Des Moines	11.13+3.3 688+1.7 1333 196 49.01 14.20+4.4 3776 460 5256 4:42.86
8/08/10	7327	12	Thorpe Cup	Marburg	11.45-0.7 685+0.2 1317 197 48.81 15.13-1.2 3725 441 5148 4:41.08

PRs: 7704 / 5939

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: 7.94; 1000m: 2:39.56

Summary: 18 meets, 17 finishes, 3 wins, PR score: 7704. Top Ten Ave=7509.9

Updated 2/20/11

ROBERT 'Jake' ARNOLD

DOB: January 3, 1984
POB: Santa Rosa, CA
Ht/Wt: 6-3, 192
Hometown: Santa Rosa, CA
High School: Maria Carrillo HS, CA
College: U of Arizona '07
Asics

asics



2010: Won USA indoor heptathlon crown for 3rd consecutive year. Captured 2nd MultiStars in Desanzano with fine 8141 effort and then PR's with 4th place (8253) at Götzis. Jake followed with a 5th place in Kladno (8159) then won the USA national title. He ultimately placed 3rd overall in the IAAF *Combined Events Challenge*. **2009:** After winning MultiStars meet in Desanzano, Jake placed 10th (8069) in Götzis. Placed 3rd at USA championships taking IAAF CE Challenge lead. 24th at IAAF World Championships in Berlin. Won 2nd USA indoor heptathlon crown. **2008:** A 4th place at US Olympic Trials was followed by a runner-up 8191 score vs Germany. 8th at MultiStars in Italy after a win at USA indoor heptathlon. **2007:** Eye-opening 8215 win at NCAAs made him first to repeat since 1985 and #29 American all-time. Pr'd at LSU with 7946 opener in March, then defended PAC 10 crown with 7755. Runner-up in Albuquerque and winner of Mountain Pacific hepts before placing 2nd at NCAA indoor. Opened **2006:** Surprise winner of NCAA outdoors and then placed 3rd at USAs. Placed 5th at NCAA's with PR 5640. Outdoors was 3rd at Jim Click decathlon on home track with PR 7470, then won PAC-10 champs with significant 7691 PR improvement. Lifetime bests in 7 deca events in 2006 season. **2005:** During indoor season, established a new MPSF Championship heptathlon mark and Arizona school record of 5518 points. In the outdoor season, had a season best score in the decathlon of 7,259 points. **2004:** Did not compete, using a red-shirt season. **2003:** Placed seventh at the Pac-10 championships in the decathlon. Also finished 3rd at the 2003 Junior Nationals. **High School-** Four year letter winner and also lettered in basketball, soccer, and football. **Personal:** Son of Mike and Catherine Arnold. Majored in Retail and Consumer Sciences.

Career :

Indoor:	60m	lj	sp	hj	60h	pv	1000m
1/29/05	5331	1	Athletes.com, Boise				
2/26/05	5518	1	Mtn Pacific Conf, Seattle	7.27	677	1258	199 8.47 485 2:46.68
3/12/05	4575	12	NCAA Champs, Fayetteville	7.33	653	1253	198 8.32 nh 2:49.11
2/04/06	5607	1	Mountain T, Flagstaff	7.27	682	1319	202 8.38 507 2:53.84
2/25/06	5562	2	Mountain Pacific, Seattle	7.24	666	1398	185 8.33 496 2:43.55
3/11/06	5640	5	NCAA I, Fayetteville	7.32	664	1364	194 8.14 510 2:47.16
1/26/07	5687	2	Cox, UNM, Albuquerque	7.20	662	1409	199 8.13 500 2:50.34
2/24/07	5673	1	Mountain Pacific Conf, Seattle	7.20	691	1410	201
3/10/07	5909	2	NCAA I, Fayetteville	7.24	670	1483	198 8.11 530 2:42.62
2/02/08	5659	2	Husker, Lincoln	7.17	680	1440	196 8.28 494 2:52.09
3/09/08	5851	1	USA, Chapel Hill	7.11	705	1460	198 8.09 490 2:47.49
3/08/09	5748	1	USA, Chapel Hill	7.20	681	1494	197 8.15 495 2:50.03
2/06/10	5743	1	UNM, Albuquerque	7.14	672	1485	201 8.19 490 2:51.12
3/07/10	5861	1	USA, Bloomington	7.13	690	1516	198 8.05 500 2:49.62
2/06/11	dnf	-	International, Tallinn	7.23	621	1385	189 8.14 withdrew

Outdoor:

100m	w	lj	w	sp	hj	400m	110H	w	disc	pv	jav	1500m
4/17/03	6489	7	Cal Invt, Azusa									
5/11/03	6834	7	Pac-10, Los Angeles	11.64+0.5	630		1135	192	52.00	15.42+0.2	3597	465 4856 4:39.54

6/20/03	6772*	3	USATF Jr, Palo Alto	11.85-0.4	606	1291	187	52.55	15.80+0.8	3938	440	5507	4:46.67	
4/14/05	7259	7	Mount Sac R, Azusa	11.41+0.6	659	1203	186	50.39	15.00+2.2	3871	490	5294	4:39.14	
5/08/05	6617	6	PAC-10, Los Angeles	11.38	0.0	667+1.1	1275	195	50.72	15.05+1.2	3f	495	4542	4:48.13
6/09/05	[5140]	dnf	NCAA I, Sacramento	11.56-1.5	670+1.9	1233	191	49.75	14.74+0.5	3685	nh	withdrew		
3/24/06	7470	3	Click, Tucson	11.16+2.3	633	0.0	1343	192	49.52	14.51+2.2	3993	490	5519	4:52.17
5/07/06	7691	1	Pac-10, Eugene	11.20+1.4	680+0.7	1351	198	50.04	14.65-1.7	4038	495	5782	4:45.41	
6/08/06	7870	1	NCAA I, Sacramento	11.34-1.0	694+0.3	1443	195	48.72	14.59-0.8	3908	500	5959	4:35.50	
6/24/06	7827	3	USATF, Indianapolis	11.23+0.5	683-0.1	1427	199	49.48	14.67-0.9	3878	490	5861	4:31.04	
3/30/07	7946	1	LSU, Baton Rouge	11.26+0.3	697nwi	1439	201	49.26	14.46+0.54	343	510	5428	4:40.60	
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	
6/07/07	8215	1	NCAA I, Sacramento	11.12+2.0	688+2.2	1415	202	48.38	14.20+1.8	4442	530	5880	4:34.22	
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	
6/26/10	8215	1	USA, Des Moines	11.08+1.5	689+2.6	1439	202	49.22	14.06+4.4	4914	500	6085	4:40.21	

PRs: 8253 / 5909 **10.96+4.3 722+1.8 1567 207 48.38 14.06+4.4 4914 535i6228 4:31.04**

Indoors: 60m: 7.11, 60H: 8.00; 1000m: 2:42.62, 1st/2nd days: 4161/4159

*- Junior implements/hurdles

Summary: 28 career meets, 27 finishes, 10 wins, PR 8253, 9x>8000, Top Ten Average: 6137.1; 2nd 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



2011: Won Christopher Newport pentathlon in January with PR 4056. **2010:** 3rd at both Deacon and Texas GA meets. Newport News pentathlon winner and 6th at USA indoor nationals. **2009:** Opened indoor season with 5542 win at Bucknell. 5th 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
1/31/09	5542	1	Bison Open, Lewisburg	6.49	692	1280	210	7.70	400	2.48.65 [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
1/28/11	4056	1	CNU Captains Pentathlon, Newport News	7.64	706	1325	208	2:52.19		[55mH]

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
6/06/10	7316	3	Texas GA, Dallas	10.83+0.7	742+0.2	1194	213	49.29	14.65+0.4	3396 410 4138 4:55.89

PRs: 7316 / 5542 10.72+2.6 742+0.2 1325 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

CHRIS DICKMAN

DOB: March 17, 1987
 POB:
 Ht/Wt: 6-0, 179
 Hometown: Grinnell, KS
 High School: Grinnell HS, KS
 College: Wichita St. '09



2010: 7th at NCAA indoors with PR 5652 score. Winner of Husker and MVC heptathlon crowns. **2009:** Runner-up at MVC indoor heptathlon. **2008:** 3rd place indoor PR at Kansas Relays (6917). 15th at NCAA indoor heptathlon (5499) and 5th at Missouri Valley Conf hept with PR 5511. **2007:** Redshirt indoor season, 4th MVC decathlon, Kansas relays runner-up, **2006:** Redshirt outdoor season, 7th MVC hept indoors. **High School:** 12 state X-C meet. **Personal:** Son of Ben and JoAnn Dickman. Majoring mechanical engineering.

Career:

Indoor:

12/9/05	3126	5	Robinson, Manhattan																	
1/27/06	4300	8	Wildcat, Manhattan																	
2/10/06	4371	9	Iowa St, Ames																	
2/25/06	4506	7	Missouri Valley, Cedar Falls																	
12/9/06	3304	6	Robinson, Manhattan																	
2/10/07	5021	5	Iowa St, Ames							7.18	646	990	192							
2/02/08	5122	2	USAFA Invt, USAFA							7.06	661	1065	192	8.93	435	2:46.23				
3/02/08	5511	4	Missouri Valley, Cedar Falls							7.00	701	1093	193	8.79	474	2:37.04				
3/15/08	5499	15	NCAA, Fayetteville							7.07	685	1088	190	8.70	485	2:35.03				
2/06/09	5433	2	Sevigne, Lincoln							7.00	676	1084	193	8.74	475	2:39.37				
3/01/09	5330	3	Missouri Valley, Cedar Falls							7.01	703	1101	191	8.75	450	2:46.82				
1/30/10	5569	1	Husker, Lincoln							6.99	688	1110	196	8.58	470	2:35.98				
2/28/10	5608	1	Missouri Valley, Cedar Falls							6.88	707	1109	193	8.47	496	2:47.02				
3/13/10	5652	7	NCAA, Fayetteville							6.93	675	1147	196	8.54	490	2:36.04				

Outdoor:

4/14/06	6256	11	Emporia St, Emporia																	
6/22/06	6287	11	USA Jr, Indianapolis	11.28+3.4	617+0.9	1015	189	50.68	16.15+1.5	3019	390	3614	4:33.85							
4/02/07	6661	1	Herschel Neil, Maryville																	
4/19/07	6596	2	Kansas R, Lawrence	11.16+0.5	657+2.4	1057	193	49.93	16.51-2.8	2910	425	3887	4:30.21							
5/12/07	5618	7	Missouri Valley, Des Moines	10.92+2.6	679+2.4	1047	191	49.18	15.64+1.8	3067	nh	4572	4:26.43							
4/17/08	6917w3		Kansas R, Lawrence	10.84+4.1	663+5.4	1043	190	48.70	15.85+3.4	3140	477	3464	4:30.63							
4/02/09	6750	13	Texas R, Austin	10.81+1.1	668+2.3	1023	184	49.34	16.55+4.1	3216	445	3828	4:27.49							
3/18/10	7086	2	Rice, Houston	10.89+0.3	699nwi	1091	184	48.12	15.84+0.9	3377	450	4031	4:25.08							
5/15/10	6838	2	Missouri Valley, Normal	10.78+0.8	663+5.0	1119	182	47.78	15.53+0.9	3293	485	4046	5:18.69							

PRs: 7086 / 5652 10.78+0.8 707i 1147 196 47.78 15.53+0.9 3377 490 4572 4:25.08
Indoors: 60m: 6.88, 60H: 8.47; 1000: 2:35.03.

LYSIAS EDMONDS

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



2010: Won Northern Arizona heptathlon. **2009:** Placed 6th at USA nationals and 6th at Thorpe Cup. **2008:** In only 3rd meet placed 8th at US Olympic Trials with 7765 score. **Pre 2008:** Known primarily as a vaulter (PR 5.20m/17-³/₄) and punt receiver at Northern Arizona. Was all Big Sky performer at NAU in 4 events for 3 seasons. **High School:** Arizona 4A 110m Hurdles champ. Named student-athlete of year and Moon Valley High School. **Personal:** Son of Winston and Sheryl Edmonds. Majored in micro-biology

Career:

Indoor:	60m	lj	sp	hj	60h	pv	1000m
1/31/09	5269	1	UNA Mtn T, Flagstaff	7.15	654	1192	198 8.28 485 3:10.25
1/30/10	5669	1	UNA Mtn T, Flagstaff	7.06	720	1299	200 8.24 480 2:55.85
3/07/10	dnf	-	USA, Bloomington	dnf	inj	withdrew	

Outdoor:	100m	w	lj	w	sp	hj	400m	110h	w	disc	pv	jav	1500m
6/08/08	3550	11	Texas GA, Dallas	10.74+3.9	3f	1138	185	dnf	dnf	nm	490	4477	dnf
6/12/08	7722	2	George Fox, Newberg	10.86+2.3	713+0.1	1123	201 48.55	14.18+2.2	3405	520	4773	4:36.03	
6/30/08	7765	8	USOT/USA, Eugene	10.92+0.1	688+1.4	1243	199 47.80	14.30+0.8	3852	490	5160	4:37.92	
8/03/08	dnf	-	vs Germany, Manhattan	10.73+2.9	705+2.6	1275	191 94.91	19.72+1.1	3781	inj	withdrew		
6/26/09	7650	6	USA Sr, Eugene	11.00+3.6	707+3.3	1181	193 48.39	14.63+0.9	3677	500	5459	4:41.21	
8/09/09	7626	6	vs Germany, Marburg	10.87+0.8	699+1.9	1245	201 48.37	14.51+0.3	3729	485	4697	4:43.55	

PRs: 7765 / 5669 10.73+2.9 713+0.1 1275 201 47.80 14.18+2.2 3852 520 5459 4:36.03

Indoors: 60m: 7.06; 60h: 8.24; 1000m: 2:55.85

Summary: 6 career meets, 5 finishes, PR score: 7765.

Updated: 2/20/10

JORDAN GOFFENA

DOB:
POB:
Ht/Wt: 6-3, 195
Hometown: Sidney, OH
High School: Sidney HS '08
College: Cal Poly/SLO (09-10)
Miami U (OH) '12



2011: [Transferred from Cal Poly/SLO]. Won Findlay Classic pentathlon with 3846 PR score. **2010:** 7th at Big West decathlon with PR 6551 score.

Career:

Indoor:

	60	lj	sp	hj	60H	pv	1000m							
12/11/10	4504	13					Golden Flash, Kent	7.33	665	1220	184	8.32	nh	2:44.86
1/29/11	3846	1					Findlay Classic, Findlay	8.21	707	1183	184	2:44.06		

Outdoor:

4/9/10	6005	7					Rafer Johnson, Los Angeles	11.65+1.1	627	1000	177	51.37	15.54	3126	360	3663	4:49.74
5/7/10	6551	7					Big West, Irvine	11.48+0.5	654+1.7	1128	178	50.17	14.87-0.4	3316	385	4007	4:37.58

PRs: 6551 / 4504 / 3846 11.48+0.5 707i 1220 184 50.17 14.72+1.9 3316 410 4258 4:37.58
Indoor: 60m: 7.33; 60H: 8.21; 1000m: 2:44.06.

CHRIS HELWICK

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



2011: 2nd at Clemson Heptathlon. **2010:** Won Sea Ray Relays with 7770 score. Tossed PR 73.25m/240-4 javelin. Injured at USA nationals. **2009:** Injured and did not compete. **2008:** After a 7th at US Olympic Trials he placed 4th vs Germany, both with 8k efforts. His 8017 win at Deacon was significant PR as he became the 61st American over 8K. and then won Panamerican title (formerly NACAC) with 7820. **2007:** Won Sea Ray Relays title with 7731 in April then placed 5th at NCAAs with 7633. 2nd at SEC indoor heptathlon. **2006- Indoor:** 2nd place at NCAAs both indoor and out. PR'd with 5917 effort for 2nd at NCAA indoor heptathlon. **2006- Outdoor:** Won Sea Ray Relays decathlon (7707) then neared PR again while winning SEC decathlon with 7765 points. **2005-Outdoor-** ... Won the Volunteer Award (toughest competitor) at team banquet . Won the SEC title, taking fifth at the NCAA championships and adding 490 points to push his career-best score to 7,780, Captured silver at the Sea Ray Relays decathlon (7,341). **2005-Indoor:** Finished 2nd in the SEC heptathlon with PR score of 5,609, and finished eighth with 5,421 points at the NCAA indoor champs. **2004-Outdoor-** Posted season-best score of 7,290 to earn silver honors in a rare, weather-marred three-day decathlon at the SEC outdoor champs. Won USA junior decathlon championship, using junior implements, at Texas A&M with a score of 7,358 points to earn his berth to the world junior meet. Finished eighth

at the IAAF world junior decathlon champs with 7,176 points, **2004-Indoor:** Finished his first NCAA indoor meet by finishing ninth overall. **High School:** 2nd at USA Jr champs (6967). Colorado state high jump champ. Scored 7216 in high school decathlon. **Personal:** Economics major. Coached by Scott Hall at Wake Forest U where he serves as volunteer coach.

Career Record

Indoor:			60m	lj	sp	hj	60h	pv	1000m
2/14/03	3445	2	Valentine, Golden	9.03	649	1158	196	3:00.16	
1/31/04	5210	3	Clemson Hept, Clemson	7.43	665	1275	196	8.84	450 2:48.39
2/29/04	5525	3	SEC, Lexington	7.32	674	1381	203	8.62	460 2:43.97
3/13/04	5386	9	NCAA I, Fayetteville	7.38	675	1295	196	8.67	460 2:43.22
1/28/05	dnf	-	Penn St Open, U Park	7.68	3f	1242	183	withdrew	
2/26/05	5609	2	SEC, Fayetteville	7.42	691	1410	204	8.75	500 2:47.51
3/12/05	5421	8	NCAA, Fayetteville	7.45	682	1385	198	8.89	490 2:49.85
1/29/06	5644	2	Clemson Invt, Clemson	7.22	668	1365	201	8.50	500 2:45.??
2/25/06	4881	6	SEC, Gainesville	6.74	714	1350	209	7.79	nh 2:42.77 (55m, 55mH)
3/11/06	5917	2	NCAA I, Fayetteville	7.26	746	1388	206	8.45	520 2:49.03
2/24/07	5666	2	SEC, Lexington	7.30	670	1411	203	8.44	475 2:40.34
3/10/07	5595	6	NCAA I, Fayetteville	7.30	684	1376	192	8.53	490 2:41.00
1/26/08	5447	2	Wisconsin Elite, Madison	7.37	697	1267	197	8.63	460 2:42.72
3/09/08	5575	5	USA, Chapel Hill	7.30	683	1235	201	8.57	490 2:41.40
1/30/10	dnf	-	Taylor, Chapel Hill	7.39	nm	1386	nh		
1/29/11	5452	2	Clemson JRF, Clemson	7.35	675	1420	192	8.67	470 2:44.52

Outdoor:			100m	w	lj	w	sp	hj	400m	110h	w	disc	pv	jav	1500m
6/19/02	6157	7	USA Junior, Berkeley, CA												
6/20/03	6967*	2	USATF Junior, Palo Alto	11.66-0.4	634		1243	202	50.85	15.69+2.5	3745	410	4939	4:29.19	
7/19/03	6215*	6	PanAmJr, Bridgetown, BAR	11.68	0.0	620-1.7	1203	199	51.09	15.63-1.6	3520	nh	5196	4:30.33	
4/8/04	7276	3	Sea Ray R, Knoxville	11.43+0.7	688+1.7	1206	191	51.09	15.27+1.7	3872	437	6075	4:36.99		
5/15/04	7290	2	SEC, Oxford	11.45+0.3	647	0.0	1326	199	50.66	15.67	0.0	4099	445	5666	4:39.02
4/14/05	7341	2	Sea Ray R, Knoxville	11.66+0.4	658	0.0	1295	204	51.96	15.49+2.2	4115	445	6120	4:37.66	
5/14/05	7780	1	SEC, Nashville	11.36+0.8	697	0.0	1349	204	49.22	15.06+1.4	4095	475	5908	4:34.00	
6/09/05	7569	5	NCAA I, Sacramento	11.71-1.8	692+3.2	1352	197	50.10	15.70-0.6	4190	480	5840	4:29.66		
4/13/06	7707	1	Sea Ray R, Knoxville	11.17+4.2	695+7.0	1323	202	51.32	15.18+2.7	4491	475	6361	4:52.36		
5/12/06	7765	1	SEC, Fayetteville	11.24+1.8	700+3.2	1346	203	51.09	15.02+0.5	4204	480	5954	4:33.96		
6/08/06	7772	2	NCAA I, Sacramento	11.43-1.0	678+0.5	1278	204	49.97	15.44-1.3	4305	480	6511	4:29.90		
4/12/07	7732	1	Sea Ray R, Knoxville	11.24	0.0	681	0.0	1305	201	50.75	15.04+3.0	4277	475	6512	4:40.51
6/07/07	7633	5	NCAA I, Sacramento	11.36+1.2	671+2.9	1361	190	50.06	15.13+2.2	4055	460	6368	4:24.30		
6/23/07	7714	7	USATF, Indianapolis	11.43+0.3	668+1.5	1343	199	50.54	15.09+1.4	4099	490	6280	4:29.59		
8/19/07	7354	10	vs. Germany, Bernhausen	11.54-0.1	686	0.0	1397	182	50.54	15.31+0.8	4116	460	5866	4:43.27	
8/26/07	7602	3	Woerden, NET	11.47	675		1331	193	50.24	15.63	3996	470	6466	4:22.82	
4/10/08	dnf	-	Sea Ray R, Knoxville	11.28+0.3	678+1.0	1358	199	50.14	15.26+1.8	4582	nh	withdrew			
5/16/08	8017	1	Deacon, Winston-Salem	10.94+2.6	713+1.3	1360	201	49.90	15.42+0.6	4369	482	6198	4:21.80		
6/01/08	7820	1	Panamerican, San Dimingo	11.21+2.1	720+3.0	1349	197	50.35	15.12+0.5	4326	480	5498	4:22.60		
6/30/08	8010	7	USOT/USA, Eugene	11.34-0.4	698-0.3	1380	199	50.20	15.26+1.7	4425	490	6735	4:21.44		
8/03/08	8143	4	vs Germany, Manhattan	11.16+0.6	709+3.5	1368	203	49.94	15.06+1.1	4512	495	6672	4:24.51		
4/08/10	7779	1	SeaRay R, Knoxville	11.12+3.4	680+2.1	1396	198	50.73	14.95+2.0	4179	480	6160	4:34.05		
5/12/10	6294	6	Deacon, Winston-Salem	11.19+1.5	710+0.2	1331	198	50.47	15.08+2.7	3650	nh	7325	dnf		
6/26/10	dnf	-	USA, Des Moines	dnf	, withdrew										

PRs: 8143 / 5917 10.94+2.6 746i 1420 209 49.22 14.95+2.0 4706 520 7325 4:21.44

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

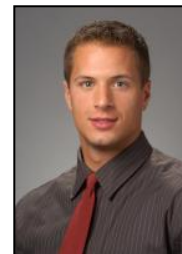
Summary: 22 meets, 20 finishes, 6 wins, 3x > 8000, PR score 8143, Top 10 Ave: 7846.0

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

Last updated : 2/19/11

KINSEY, DAN

DOB: July 25, 1986
POB:
Ht/wt: 6-2, 195
Hometown: E Liverpool, OH
High School: Beaver Local HS
College: Indiana,
Akron '10



2011: Won Ohio Wesleyan pentathlon with PR 3902 score. **2010:** Had 3931 2nd day, with 3 PRs, at NCAAs to move from 22nd to ultimately 6th. 11th at USA outdoor nationals. Won MAC title with big 2nd day. **2009:** Placed 10th 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:

Indoor:

	60m	lj	sp	hj	60h	pv	1000m
2/25/07	dnf	-					
3/01/08	5076	1t					7.48 660 1328 190 8.85 440 2:53.54
1/31/09	5163	2					7.45 654 1474 192 8.89 450 2:57.23
2/28/09	5490	1					7.40 661 1507 199 8.54 470 2:50.17
2/13/10	5353	2					7.42 682 1416 190 8.64 470 2:51.94
2/27/10	5114	2					7.50 670 1507 197 8.67 480 3:27.68
1/11/11	3547	6					7.53 644 1272 nh 8.77 nh 2:55.14
2/12/11	5327	2					7.46 675 1420 190 8.64 470 2:52.00
2/19/11	3902	1					8.01 683 1508 192 2:49.62 [55mH]

Outdoor:

	100m	w	lj	w	sp	hj	400m	110h	w	disc	pv	jav	1500m
5/16/08	6112	5											nh
4/02/09	7385	2											11.59+1.8 668+3.0 1428 196 53.33 15.70-1.8 4682 455 6048 4:46.30
4/15/09	7445	1											11.70+0.9 661+0.5 1525 196 53.05 15.33+1.9 4645 465 5951 4:49.38
6/11/09	7563	10											11.44+2.8 683+2.0 1501 196 53.23 15.72-1.3 4596 470 5996 4:38.95
6/26/09	7178	11											11.87+0.9 660+1.7 1448 198 54.70 15.57+1.6 4875 460 5743 4:55.95
4/15/10	7206	9											11.83+2.0 691+3.0 1474 199 55.03 15.89+1.5 4300 460 5654 4:50.45
5/14/10	7313	1											11.82+1.5 654+1.5 1446 186 53.87 15.44+1.4 4867 465 6174 4:48.08
6/11/10	7524	6											11.78+1.0 676+2.5 1388 193 53.04 15.36+2.1 4889 470 6203 4:38.41
6/26/10	6137	11											11.65+1.5 704+3.1 1502 nh dnf 15.25+3.0 4995 490 5795 5:05.88

PRs: 7563 / 5490

11.44+2.8 704+3.1 1525 199 53.05 15.25+3.0 4995 490 6203 4:38.41

Indoor: 60m: 7.40; 60h:8.54; 1000m: 2:49.62

Updated 2/19/11

TODD WILDMAN

DOB:
POB:
Ht/Wt: 6-4, 180
Hometown: Dallas, TX
High School:
College: Trinity University '10



2011: 2010: NCAA III pentathlon champion. **2009:** NCAA III indoor pentathlon champion. 2nd, NCAA III 110m hurdles.: **High School: Personal:**

Multi Event Career:

Indoor:

2/20/09	3483	1	U Chicago Bradley, Chicago	7.62	584	967	204	2:57.09	[55mH]
3/14/09	3859	1	NCAA III, Terre Haute	7.51	677	1035	208	2:51.03	[55mH]
2/05/10	3876	1	Keck, IWU, Bloomington	7.50	696	1067	204	2:52.10	[55mH]
3/12/10	3751	1	NCAA III, Greencastle	7.58	673	1113	202	2:58.12	[55mH]
12/11/10	5316	1	Doane Holiday, Crete	6.64	684	1177	198	7.57 395	2:48.33 [55m,55mH]

Outdoor:

6/06/10 6725 6 Texas GA, Dallas 10.99+0.7 699+1.3 1073 195 50.04 14.53+0.4 3255 300 4900 4:53.64

PRs: 6725 / 5316 / 3876 10.99+0.7 711 1113 211 50.04 14.16 3255 300 4900 4:53.64

Indoors: 55m: 6.64; 55mH: 7.50; 60mH: 8.19; 1000m: 2:48.33

Updated 2/12/11

