

**2011 USATF  
Indoor Women's  
Pentathlon**



**MEDIA GUIDE**



**Sunday  
March 6, 2011  
Indiana University  
Bloomington, IN**

**Frank Zarnowski  
Deca, The Decathlon Association  
[www.decathlonusa.typepad.com](http://www.decathlonusa.typepad.com)**

# 2009 USATF Indoor Women's Pentathlon Media Guide

## Time Schedule

Sunday, March 6, 2011

<b>60m Hurdles</b>	<b>Noon</b>
<b>High Jump</b>	
<b>Shot Put</b>	<i>[rolling</i>
<b>Long Jump</b>	<i>schedule</i>
<b>800 Meters</b>	<i>w 30 minutes rest]</i>



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

]

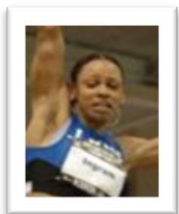
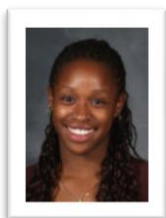
<b>Indoor Pentathlon Score</b>	<b>4000</b>
<b>Outdoor Heptathlon Score</b>	<b>5400</b>

### Qualifying Guidelines

1. All qualifying performances must be made on standard indoor or outdoor tracks. No allowances are provided for indoor facilities of differing size, bank or other configuration, or altitude.
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 that prescribe to or exceed USATF rules of competition
  - b. events at collegiate meets that prescribe to or exceed USATF rules of competition
  - c. meets or events that meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for verification.
3. Indoor qualifying standards must be met during the qualifying window shown above.
4. All performances are subject to verification

## Entrants:

		<u>Qualifying mark</u>	<u>PR</u>	<u>Heptathlon PR</u>
Janay DeLoach	unat	5116	4116	-----
Hyleas Fountain	Nike	4753	4753	6725 '10
Kasey Hill	unat	4218	4218	5804 '10
Emily Pearson	unat	4038	4038	5726 '10
Liz Roehrig	unat	4386	4386	5990 '09
Abbie Stechschulte	unat	3994	4088	5661 '08
Ashley Trimble	unat	4102	4102	5530 '09
Bette Wade	Nike	4376	4376	5908 '09



Top row: Janay DeLoach, Hyleas Fountain, Kasey Hill, Emily Pearson  
Bottom row: Liz Roehrig; Abbie (Norton) Stechschulte, Ashley Trimble, Bette Wade



## PRs of Entrants:

	<u>score</u>	<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
Janay DeLoach	4116	8.24	173	1185	699	2:36.50
Hyleas Fountain	4753	7.98	190	1426	695	2:15.32
Kasey Hill	4218	8.47	172	1267	589	2:13.64
Emily Pearson	4038	8.49	170	1224	568	2:18.96
Liz Roehrig	4386	8.65	183	1389	621	2:18.62
Abbie Stechschulte	4088	8.52	169	1291	592	2:17.57
Ashley Trimble	4102	8.45	167	1288	600	2:11.32
Bette Wade	4366	8.50	182	1398	641	2:19.37

## FACT SHEET: Recent Championship Results



		60H	hj	sp	lj	800m
<b>2010 USATF Indoor Champs, Bloomington</b>						
4544	Pickler, Diana/Asics	8.31	179	1249	628	2:15.33
4469	Wade, Bette/Nike	8.69	185	1367	593	2:17.94
4467	Day, Sharon/Asics	8.67	182	1360	590	2:14.63
4130	Stechschulte, Abbie/unat	8.62	167	1274	565	2:16.85
4004	Blackley, Kirby/unat	8.43	164	1137	581	2:23.39
3944	Ingram, Bridgette/unat	8.95	167	1154	586	2:24.14
3893	Roehrig, Liz/unat	8.88	173	1310	554	2:35.90

		60H	hj	sp	lj	800m
<b>2009 USATF Indoor Champs, Chapel Hill</b>						
4391	Pickler, Diana/Asics	8.24	179	1159	614	2:20.05
4320	Day, Sharon/Asics	8.79	185	1225	575	2:16.38
4292	Pickler, Julie/Asics	8.48	170	1271	593	2:15.89
4252	Nelson, Lela/unat	8.58	173	1185	631	2:24.47
4228	Johnson, Jackie/Nike	8.47	176	1214	581	2:20.70
4051	Hill, Kasey/unat	8.69	170	1274	550	2:21.02
3905	Twigg, Amanda/unat	8.71	161	1091	580	2:21.08
3877	Andres, Ashley/Nike	8.81	170	1148	553	2:26.63
3824	Pearson, Emily/unat	8.66	164	1164	542	2:25.88
3234	Blackley, Kirby/unat	8.55	nh	1115	587	2:20.78
3167	Ingram, Bridgette/LemansTC	9.28	158	1163	504	2:56.75

<b>2008 USATF Indoor Champs, Chapel Hill</b>						
4378	Diana Pickler/Asics	8.16	180	1198	598	2:21.41
4296	Julie Pickler/Asics	8.43	177	1133	602	2:18.07
4124	Ryanne DuPree/unat	8.50	171	1172	592	2:23.81
4088	Abbie Stecschulte/unat	8.52	165	1261	577	2:21.90
3993	Jackie Poulson/unat	8.89	168	1225	560	2:20.07
3913	Ashley Wilhelm/unat	8.90	171	1180	567	2:28.09
3874	Cassie Merkley/Idaho St	8.68	171	1201	522	2:25.72
3831	Tracy Partain/unat	8/81	171	1166	533	2:27.53
3747	Sarah Gretzmacher/Team Missouri	9.00	162	1155	558	2:27.02
3665	Amanda Feight/unat	9.41	159	1114	564	2:24.01

<b>2007 USATF Indoor Champs, Chapel Hill</b>							
1.	Fiona Asigbee	4098	8.56	168	1204	603	2:26.21
2.	Bridget Ingram	4097	8.67	168	1298	594	2:27.08
3.	Lela Nelson	3976	8.70	165	1115	610	2:27.71
4.	Ashley Wilhelm	3936	8.79	165	1173	575	2:24.03
5.	Ashley Huffman	3919	8.58	159	1053	595	2:21.96
6.	Danielle McNaney	3821	8.76	162	1051	543	2:17.51
--	Sara Jane Baker	dnf	9.01	174	1165	562	dnr

### 2006 USATF Indoor Champs, Chapel Hill

1	Lela Nelson	4143	8.47	165	1174	635	2:29.37
2	Jackie Poulson	4094	8.64	171	1287	562	2:20.80
3	Danielle McNaney	3886	8.87	162	1182	551	2:18.92
4	Jimoh Fummilayo	3873	8.40	171	1022	612	2:41.45
5	Bridgett Ingram	3852	8.79	168	1212	568	2:33.84
6	Ashley Wilhelm	3725	8.93	168	1149	563	2:37.22
7	Tacita Bass	3321	8.56	165	3f 547		2:19.43

### 2005 USATF Indoor Champs, Chapel Hill

1.	Hyleas Fountain	4417	8.23	184	1137	620	2:23.23
2.	Fiona Asigbee	4347	8.34	181	1278	586	2:22.94
3.	Jackie Poulson	4268	8.61	175	1227	594	2:18.07
4.	Gigi Miller	4262	8.13	169	1308	587	2:23.48

### 2004 USATF Indoor Results, Chapel Hill

1.	Tiffany Lott-Hogan	4224	7.99	165	1438	584	2:31.28
2.	Michelle Moran	4093	8.82	171	1235	569	2:18.95
3.	Fiona Asigbee	4041	8.60	174	1170	559	2:23.52
4.	Jackie Poulson	4026	8.75	168	1189	570	2:20.27

### 2003 USATF Indoor Results, Chapel Hill

1.	Tiffany Lott-Hogan	4317	8.01	172	1405	589	2:29.59
2.	Kim Schiemenz	4265	8.62	181	1286	563	2:19.77
3.	Robin Unger	4124	9.00	172	1495	561	2:25.91
4.	Trace Lawyer	4095	8.54	175	1375	542	2:28.11

### Previous Winners:

<u>Year</u>	<u>score</u>	<u>winner</u>	<u>site</u>
1993-94	No meet		
1995	4696	Kym Carter	Moscow, ID
1996	4151	Marla Runyan	Manhattan, KS
1997-02	No meet		
2003	4317	Tiffany Lott-Hogan	Chapel Hill, NC
2004	4224	Tiffany Lott-Hogan	Chapel Hill, NC
2005	4417	Hyleas Fountain	Chapel Hill, NC
2006	4143	Lela Nelson	Chapel Hill, NC
2007	4098	Fiona Asigbee	Chapel Hill, NC
2008	4378	Diana Pickler	Chapel Hill, NC
2009	4391	Diana Pickler	Chapel Hill, NC
2010	4544	Diana Pickler	Bloomington, IN

### Most Wins:

3	Diana Pickler	2008, 2009, 2010
2	Tiffany Lott-Hogan	2003, 2004

### All-Time USA List

[as of 2/29/10]

4753	Dede Nathan	3/5/99	IAAF WC, Maebashi	8.26	186	1510	624	2:18.98 (1)
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4731	Hyleas Fountain	1/30/10	Penn State, U Park	8.04 181 1383 668 2:23.89 (1)
4696	Kym Carter	2/10/95	Russia, Moscow	8.55 182 1557 607 2:13.32 (1)
4632	Carter	3/10/95	IAAF WC, Barcelona	8.37 179 1482 611 2:15.34 (2)
4627	Carter	3/7/97	IAAF WC, Paris (Bercy)	8.36 183 1548 568 2:13.32 (3)

*Incomplete:*

4544	Diana Pickler	3/6/10	USA, Bloomington	8.31 179 1249 628 2:15.33 (1)
4496	Jacquelyn Johnson	3/14/08	NCAA, Fayetteville	8.23 178 1186 616 2:13.45 (1)
4469	Bettie Wade	3/6/10	USA, Bloomington	8.69 185 1367 593 2:17.94
4467	Sharon Day	3/6/10	USA, Bloomington	8.67 182 1360 590 2:14.63
4442	Pickler, D	1/29/10	Iowa St, Ames	8.41 179 1167 624 2:16.18 (1)
4417	Fountain	2/27/04	SEC, Lexington	8.23 181 1171 632 2:24.94 (1)
4417	Fountain	3/6/05	USA, Chapel Hill	8.23 184 1137 620 2:23.23 (1)
4412	Fountain	3/13/04	NCAA, Fayetteville	8.15 180 1146 645 2:27.61 (1)
4378	Pickler	3/9/08	USA, Chapel Hill	8.16 180 1198 598 2:21.41 (1)
4376	Wade	1/29/09	NCAA, Fayetteville	8.46 179 1287 608 2:22.43 (2)
4347	Fiona Asigbee	3/6/05	USA, Chapel Hill	8.34 181 1278 586 2:22.94 (2)
4336	Ashley Selig	2/24/05	Big 12, Lincoln	
	Day	3/08/09	USA, Chapel Hill	8.79 185 1225 575 2:16.38 (2)
4312	Amy Menlove	3/11/05	NCAA, Fayetteville	8.28 167 1115 667 2:24.69 (2)

## Indoor Women's Pentathlon Records

### World Records

60mH	7.99	Tiffany Lott-Hogan/USA	Chapel Hill/USATF-4224	2004
HJ	1.99m(6-6 1/2)	Tia Hellebut/BEL	Valencia-4867	2008
SP	20.27m(66-6)	Eva Wilms/GER	Berlin-4641	1977
LJ	6.81m(22-3)	Nadine DeBois/FRA	Paris	1986
800m	2:07.37	Monika Westen/SWE	Berlin-4520	1991
Score	4991	Irina Belova/RUS	Berlin	1992
		<i>[8.22 193 1325 667 2:10.26]</i>		
	4995 [>200m]	Anke Behmer/GDR	Senftenberg/NC	1988
		<i>[8.21 178 1494 680 2:07.72]</i>		



### American Records

60mH	7.99	Tiffany Lott-Hogan/USA	Chapel Hill/USATF-4224	2004
HJ	1.94m(6-4 1/4)	Gwen Wentland/Kansas St	Manhattan -4115	1995
SP	15.57m(51-1)	Kym Carter/Nike	Moscow, ID/NC-4696	1995
LJ	6.68m(21-11)	Hyleas Fountain/Nike	University Park, PA-4731	2010
800m	2:08.36	Erica Moore/Indiana St	Ames-4030	2009
Score	4753	Dede Nathan/Nike	Maebishi/WC	1999
		<i>[8.26 186 1510 624 2:18.98]</i>		
	4753	Hyleas Fountain	Doha/WC	2010
		<i>[8.20 187 1406 646 2:21.02]</i>		



### Collegiate Records

60mH	8.15	Hyleas Fountain/Georgia	Fayetteville/NCAA-4412	2004
HJ	1.81m(5-11 1/4)	Hyleas Fountain/Georgia	Lexington/SEC-4417	2004
SP	16.34m(53-7 1/2)	Austra Skyute/Kansas St	Manhattan	2002
LJ	6.67m(21-10 3/4)	Amy Menlove/BYU	Fayetteville/NCAA-4312	2005
800m	2:08.36	Erica Moore/Indiana St	Ames-4030	2009
Score	4507	Brianne Theisen/Oregon	Seattle/Husky	2011
		<i>[8.45 183 1270 602 2:14.50]</i>		



### USATF Meet Records

60mH	7.99	Tiffany Lott-Hogan/USA	Chapel Hill -4224	2004
HJ	1.85 (6-3/4)	Bette Wade/Asics	Bloomington-4469	2010
SP	15.57m(51-1)	Kym Carter/Nike	Moscow, ID -4696	1995



LJ	6.35m(20-10)	Lela Nelson/Nike	Chapel Hill-4143	2006
800m	2:13.32	Kym Carter/Nike	Moscow, ID-4696	1995
Score	4696	Kym Carter/Nike	Moscow, ID	1995

*[8.55 182 1557 607 2:13.32]*

## ATHLETES BIOS.....

### CYNTHIA 'Janay' DELOACH

DOB: October 12, 1985  
 POB:  
 Ht:  
 Hometown: Eielson AFB, Alaska  
 High School: Ben Eilson HS '03  
 College: Colorado St '08



**2011:** Finished 3<sup>rd</sup> in VISA Indoor Challenge and won national USA indoor title with PR 6.99m/22-11½. Won CU Potts pentathlon with 4116 score, her first combined event. **2010: 2009: 2008:** 21<sup>st</sup> at US Olympic Trials long jump. **2007:** 5thm NCAA indoor long jump. **Personal:**

#### Career:

<b>Indoor:</b>						<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/21/11	4116	1	Potts, Boulder			8.60	173	1185	637	2:36.50

#### Outdoor:

*PRs: 100mH 13.33; HJ: 173; LJ: 669*  
*Indoor: 60mH: 8.24*

### HYLEAS FOUNTAIN

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



**2010:** Huge indoor breakthrough with PR 4731 at Penn State, then placed 4<sup>th</sup> at IAAF WC in Doha with PR 4752 (#2 all-time USA). Won 4<sup>th</sup> national USA outdoor crown in Des Moines with PR score 6725. **2009:** Dnf'd at USA Championships after being on PR pace thru 5 events. **2008:** Had signature season with win (PR 6667) at US Olympic Trials, Olympic silver medal in Beijing and victory at France's DecaStar. Won IAAF CE Challenge. **2007:** Won USA national outdoor title with 6090 score. **2006:** Runner-up at USATF and NACAC. 8<sup>th</sup> at IAAF WC indoors. **2005:** Won USA indoor pentathlon, then PR'd with 3<sup>rd</sup> place at Götzis, 6502. Won USA national outdoor heptathlon and placed 12 at IAAF worlds. **2004:** Won NCAA indoor pentathlon with 4412, and was 2<sup>nd</sup> at NCAA outdoors. Finished 4<sup>th</sup> at US Olympic Trials. Won NCAA indoor and outdoor long jump. **2003:** Was NCAA heptathlon winner, a single digit shy of 6K. **2002:** National Junior College champ.

#### Career:

<b>Indoor:</b>										
2/27/04	4417	1	SEC, Lexington			8.23	181	1171	632	2:24.94
3/13/04	4412	1	NCAA, Fayetteville			8.15	180	1146	645	2:27.61
3/06/05	4417	1	USATF, Chapel Hill			8.23	184	1137	620	2:23.23
3/10/06	4205	8	IAAF WC, Moscow			8.47	172	1276	631	2:33.85

1/30/10	4731	1	Penn St, University Park	8.04 181 1383 668 2:23.89
<b>3/13/10</b>	<b>4753</b>	<b>4</b>	<b>IAAF WC, Doha</b>	<b>8.20 187 1406 646 2:21.02</b>
<b>Outdoor:</b>				
5/17/02	5673	1	NJCAA, Odessa	13.78+2.3 183 1030 23.64+2.1 615+5.2 3390 2:34.74
6/20/02	5136	9	USATF, Berkeley	13.66 0.0 170 953 25.17-2.3 565nwi 3310 2 37.27
4/10/03	5282	2	Sea Ray R, Knoxville	13.63-0.4 176 1002 24.79+1.0 599+0.9 2825 2 38.03
5/16/03	5626	1	SEC, Knoxville	13.46-0.8 182 1015 24.30+0.2 606+0.7 3486 2 34.42
6/14/03	5999	1	NCAA I, Sacramento	13.82+0.2 183 1154 23.53 0.0 616+2.1 4012 2:25.87
4/18/04	6033	1	Invt, Oxford, MS	13.43+2.2 182 1228 23.71-0.5 625+3.6 3483 2:22.80
6/10/04	5785	2	NCAA I, Austin	13.40+3.0 168 1020 24.41+0.2 634+2.7 3977 2:22.82
7/10/04	6035	4	USOT-USA, Sacramento	13.47-1.1 181 1163 24.05-0.9 618 0.0 3817 2:18.85
5/29/05	6502	3	Hypo-Bank, Götzis	13.09+1.1 188 1213 23.87+0.7 667-0.9 4690 2:22.81
6/26/05	6208	1	USATF, Carson	13.28-0.1 181 1122 24.35+2.2 625 0.0 4605 2:16.88
8/07/05	6055	12	IAAF WC, Helsinki	13.60-0.4 179 1195 24.60-2.5 650+1.2 4070 2:22.98
5/28/06	6019	12	Hypo-Bank, Götzis	13.37-0.1 176 1237 24.27-2.1 634+0.5 3760 2:21.41
6/24/06	6148	2	USATF, Indianapolis	13.58+1.1 175 1239 23.83-0.9 656+1.5 3723 2:16.79
8/28/06	5956	2	NACAC, San Juan	13.47+3.4 179 1154 24.37+1.7 643+1.2 3900 2:27.39
9/17/06	5644	13	DecaStar, Talence	13.54-0.2 172 1092 24.7?+2.5 639-0.7 3685 2:32.67
6/23/07	6090	1	USA, Indianapolis	13.81-1.0 181 1269 24.69-1.2 643+2.9 4159 2:22.54
7/25/07	-----	dnf	Pan-Am G, Rio de Janiero	14.05-0.6 168 withdrew
8/26/07	-----	dnf	IAAF WC, Osaka	1368+0.9 177 1229 24.13-0.1 nm
3/ /07	-----	dnf	Bulldog, Athens	13.31+0.7 178 1247 24.13+0.7
6/28/08	6667	1	USOT/USA, Eugene	12.65+2.8 181 1336 23.31+1.3 688+1.6 4815 2:27.69
8/16/08	6619	2	Olympic G, Beijing	12.78+0.4 189 1336 23.21+0.4 638+0.3 4193 2:15.45
9/14/08	6473	1	Decastar, Talence	12.90+1.2 185 1210 23.55+3.5 652+0.7 4162 2:15.32
4/11/09 [3774]	dnf	dnf	Bulldog, Athens	13.22+0.4 178 1338 24.46+0.2 withdrew
6/28/09 [ ]	dnf	dnf	USA, Eugene	12.90+0.9 187 1381 23.29+3.6 695+3.6 inj withdrew
5/30/10 [4785]	dnf	dnf	Hypo-Bank, Götzis	12.87+0.7 179 1345 24.08+1.0 630+0.3 inj withdrew
<b>6/26/10 6725</b>	<b>1</b>		<b>USA, Des Moines</b>	<b>12.93+2.6 190 1373 23.28+3.3 679+2.7 4226 2:17.80</b>

**PRs:** 6725 / 4753

**12.65+2.8 190 1426 23.21+0.4 695+3.6 4815 2:15.32**

**Indoor:** 60H: 7.98

**Summary:** 26 meets, 20 finishes, 9 wins, 6 national titles (4 USATF outdoor, 1 NCAA outdoor, 1 NCAA indoor), 12x > 6000, PR score: 6725, Top Ten Ave: 6353.2

Updated: 2/24/11

## KASEY HILL

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



**2011:** Now assistant coach at Kansas State U. **2010:** Placed 4<sup>th</sup> at USA nationals and 6<sup>th</sup> vs Germany at Thorpe Cup in Marburg. **2009:** 8<sup>th</sup> at USA seniors (5636) 6<sup>th</sup> at USA indoor pentathlon and runner-up at Demon deacon heptathlon. **2008:** Atlantic Coast Conference and ECAC outdoor heptathlon champ, PR at NCAAs for 7<sup>th</sup> then was 11<sup>th</sup> at US Olympic Trials. **2007:** Redshirted outdoor season. First BC field athlete to win All-American honors with 8<sup>th</sup> place at NCAA indoors with PR 4,073 points. 3<sup>rd</sup> at ECAC indoor pentathlon with 4,016 points. **2006:** 7<sup>th</sup> at Texas Relays with PR 5,256 effort followed by yet another PR (5423) while placing 2<sup>nd</sup> at ACC Champs. **2005:** Broke New England champion in heptathlon with 4,958 points. Finished 3<sup>rd</sup> at ECAC indoor pentathlon (3644) following her 4<sup>th</sup> at Big East pentathlon. **2004:** 7<sup>th</sup> place finish and 4,684 points in the heptathlon at Big East Championships. **High School (North Country Union HS)** Vermont state record holder in 55-meter dash, 55-meter hurdles and long jump. Won the state heptathlon in 2002 and 2003.

**Career:**



**Indoor:**

			<u>60h hj sp lj 800m</u>				
2/21/04	3290	8	Big East				
2/19/05	3514	4	Big East	8.88	158	1092	516 2:31.11
3/06/05	3644	3	ECAC				
2/22/07	3875	4	ACC	8.66	162	1148	532 2:17.42
3/03/07	4016	2	ECAC	8.72	164	1311	521 2:13.64
<b>3/10/07</b>	<b>4073</b>	<b>8</b>	<b>NCAA, Fayetteville</b>	<b>8.60</b>	<b>166</b>	<b>1224</b>	<b>551 2:15.06</b>
3/01/08	3895	1	ACC	8.00	165	1267	525 2:26.78 [55H]
1/24/09	4009	1	Crimson CE, Cambridge	8.47	167	1275	553 2:25.75
3/08/09	4051	6	USA, Chapel Hill	8.69	170	1274	550 2:21.02
2/10/11	4218	1	Iowa State Classic, Ames	8.69	166	1335	585 2:15.84

**Outdoor**

			<u>100h hj sp 200 lj jav 800m</u>				
??/04	4683	1	Holy Cross R Worchester				
5/02/04	4684	7	Big East				
5/14/04	4811	5	ECAC	14.33	148	1073	25.69 525 3296 2:28.01
5/14/05	4958		New Englands				
4/06/06	5256	7	Texas Relays, Austin	14.21	154	1174	24.88 540 3664 2:19.88
4/22/06	5423	2	ACC	13.97	157	1214	25.03 581 3506 2:20.23
6/08/06	5077	21	NCAA	14.81	157	1151	25.89 537 3562 2:19.73
4/03/08	5437	4	Texas Relays, Austin	14.28	163	1249	24.98 545 3677 2:17.84
4/18/08	5521	1	ACC	14.17	169	1175	24.52 529 3890 2:17.11
5/17/08	5558	1	ECAC	14.43	172	1241	25.06 556 3743 2:17.59
6/14/08	5666	7	NCAA, Des Moines	14.31	169	1317	25.06 568 3932 2:17.18
6/28/08	5687	11	Olympic Trials, Eugene	13.73w	166	1178	24.70 589 3689 2:16.07
8/03/08	5488	7	vs Germany, Manhattan	14.10	170	1188	24.72 556 3407 2:19.65
5/13/09	5624	2	Deacon, Winston-Salem	14.01	167	1299	24.76 575 3451 2:17.58 [+1.6,+1.0,+0.3]
6/28/09	5636	8	USA Sr, Eugene	14.30	166	1283	24.15 570 3666 2:18.05 [+0.5,+2.1,+2.7]
8/08/09	5191	8	USA vs GER, Marburg	14.19	165	1185	24.79 521 3299 2:26.55 [+1.2, 0.0, -1.6]
4/22/10	5505	3	Drake R, Des Moines	14.29	166	1332	24.93 541 3648 2:18.45 [0.0, +1.7, +0.2]
<b>6/26/10</b>	<b>5804</b>	<b>4</b>	<b>USA, Des Moines</b>	<b>13.72</b>	<b>163</b>	<b>1367</b>	<b>24.61 587 3852 2:16.57 [+1.7,+3.3,+4.3]</b>
8/08/10	5514	6	Thorpe Cup, Marburg	14.07	168	1244	25.45 553 3704 2:17.01 [-0.3,-1.1, 0.0]

**PRs:** 5804/ 4218**13.72 172 1367 24.15 589 3932 2:13.64****Indoor: 60 H 8.47**

Updated: 2/27/11

**EMILY PEARSON**

DOB: August 8, 1985  
 POB:  
 Ht: 5-6½  
 Hometown: La Junta, CO  
 High School: La Junta HS '04  
 College: Colorado St. '08



**2011:** Opened indoor season with 1<sup>st</sup> 4k score for 2<sup>nd</sup> at Husker meet Lincoln. **2010:** Won Glen Morris and Texas GA (with PR 5636) meets. 5<sup>th</sup> at USA nationals with PR 5724, then placed 3<sup>th</sup> in USA win at Thorpe Cup in Marburg. **2009:** Opened season with PR win (3835) at Air Force Academy. 9<sup>th</sup> at USA indoor nationals. Seasonal best of 5508 at Northridge Spring meet. **2008:** Runner-up at Mountain West Conf with 5605 PR. Then placed 10<sup>th</sup> at NCAAs. Won Glenn Morris meet in Ft Collins. **2007:** PR 5204 was NCAA provisional qualifier. 4<sup>th</sup> indoor MWC pentathlon (3722). **2006:** NCAA regional qualifier in javelin. (149-3). **Personal:** Is volunteer assistant coach at U of Colorado.

**Career:**

			<u>60h hj sp lj 800m</u>				
3/ /05		8	Mountain West				
3/ /06	3577	6	Mountain West				

1/25/07	3636	8	UNM Cox, Albuquerque	9.40	164	1164	542	2:28.57
2/22/07	3722	4	Mountain West, Albuquerque	8.87	168	1124	535	2:30.50
2/28/08	3820	2	Mountain West, USAFA	8.54	165	1224	549	2:34.05
1/30/09	3835	1	Air Force CE, USAFA	8.90	170	1222	542	2:29.75
3/08/09	3824	9	USA, Chapel Hill	8.66	164	1164	542	2:25.88
<b>2/05/11</b>	<b>4038</b>	<b>2</b>	<b>Husker, Lincoln</b>	<b>8.58</b>	<b>170</b>	<b>1118</b>	<b>563</b>	<b>2:18.96</b>

**Outdoor:**

			<u>100h w hj sp 200m w lj w jav 800m</u>					
5/ /05		7	Mountain West					
5/11/06	5194	3	Mountain West, Provo	14.35+0.4	161	1065	25.14-0.7	526+0.1 4097 2:25.18
4/12/07	5204							
5/10/07			Mountain West, San Diego	14.07+0.7	170	1150	25.49-0.3	512+2.2
4/03/08	5414	5	Texas R, Austin	14.02+0.3	163	1186	25.54-0.9	544+2.1 4259 2:23.50
4/25/08	5439	1	Morris, Ft Collins	14.00+1.6	165	1162	24.68 0.0	545+0.3 4160 2:27.09
5/15/08	5605	2	Mountain West, Ft Worth	13.81+1.9	166	1200	24.48+1.9	541+2.2 4264 2:21.33
6/14/08	5553	10	NCAA, Des Moines	13.75+0.8	166	1138	25.17+0.9	534+1.0 4701 2:22.81
3/20/09	5508	2	Spring, Northridge	14.10+1.4	166	1188	25.33+1.0	551+2.0 4713 2:27.85
4/16/09	5294	4	Mt Sac R, Azusa	14.32+5.0	160	1190	25.47+3.2	556+1.9 4294 2:30.60
6/26/09	5486	11	USA Sr, Eugene	14.19-0.1	169	1170	24.96+2.1	528+3.1 4366 2:23.53
8/08/09	5568	g	USA vs GER, Marburg	14.03+1.2	169	1129	25.22 0.0	557-1.0 4744 2:25.39
4/02/10	5322	2	UofA Click, Tucson	14.26+0.9	166	1199	25.34-0.6	520 0.0 4231 2:26.94
4/23/10	5187	1	Glenn Morris, Ft Collins	14.44+0.4	170	1136	25.41+3.1	510+1.9 3742 2:26.25
6/06/10	5636	1	Texas GA, Dallas	13.98+2.0	169	1169	24.69+0.9	539nwi 4700 2:22.75
<b>6/26/10</b>	<b>5726w</b>	<b>5</b>	<b>USA, Des Moines</b>	<b>13.72+0.4</b>	<b>166</b>	<b>1199</b>	<b>24.63+0.4</b>	<b>552+5.4 4713 2:21.33</b>
8/08/10	5611	4	Thorpe Cup, Marburg	13.99-0.3	168	1187	25.31 0.0	568+0.6 4529 2:24.24

PRs: 5726w / 4038

13.72+0.4 170 1224 24.48+1.9 568+0.6 4744 2:18.96

Indoor: 60H: 8.49

## LIZ ROEHRIG

DOB: November 19, 1985  
 POB:  
 Ht: 5-6  
 Hometown: Chilton, WI  
 High School: Chilton HS, WI  
 College: Minnesota '08



**2010:** Won Iowa State pentathlon and was 7<sup>th</sup> at USA indoor nationals in Bloomington. **2009:** Won international Thorpe Cup in Marburg, GER. Placed 6<sup>th</sup> at USA nationals. Repeated as NCAA runner-up. Won Jim Click heptathlon, then captured 3<sup>rd</sup> consecutive Big Ten heptathlon (PR 5871). Won Jack Johnson pentathlon with PR 4386 score indoors. **2008:** Won 2<sup>nd</sup> Big Ten heptathlon with PR 5855. Kansas Relays winner with PR 5740. Won Big Ten pentathlon with PR 4218 score, then 6<sup>th</sup> at NCAAs indoors. **2007:** Big Ten indoor pentathlon champ, 4177. Opened outdoor season with PR 5621 at Arlington. **2006:** Indoor: sixth-place finish tallying a school-record pentathlon total of 4115 points at NCAAs. Defended her Big Ten pentathlon title (3983). Conference runner-up in the high jump (5-10). Outdoor: Placed eighth (5467) in the heptathlon at the NCAA Champs. 5498 at Georgia Spec Towns meet. Won Big Ten crown with 5472 points. **2005** Received Big Ten Conference Indoor Freshman of the Year honor. Big Ten pentathlon champion scoring 3801 points. 5<sup>th</sup> at Big Ten heptathlon (5089 points). **High School:** 3x state high jump champ. **Personal:** kinesiology major. Parents are Paul and Debbie Roehrig

**Career:**

<b>Indoor</b>			
1/??/05	3891	1	N Iowa, Cedar Falls
2/2?/05	3801	1	Big Ten, Ann Arbor
2/22/06	3983	1	Big Ten, Madison
3/11/06	4115	6	NCAA Indoor Champs, Fayetteville
			no marks available
			9.55 175 1182 569 2:30.87
			8.98 172 1216 590 2:29.54
			8.89 176 1193 598 2:25.11

2/24/07	4177	1	Big Ten, Champaign	8.84	176	1310	578	2:22.64
3/10/07	3229	16	NCAA I, Fayetteville	8.96	172	1289	3f	2:28.51
3/01/08	4218	1	Big Ten, Minneapolis	8.79	177	1357	602	2:29.30
3/15/08	4137	6	NCAA, Fayetteville	8.79	175	1252	594	2:26.28
<b>1/24/09</b>	<b>4386</b>	<b>1</b>	<b>Johnson, Minneapolis</b>	<b>8.65</b>	<b>180</b>	<b>1239</b>	<b>614</b>	<b>2:18.62</b>
1/12/10	4073	1	Iowa State, Ames	8.74	175	1354	574	2:32.85
3/07/10	3893	7	USA, Bloomington	8.88	173	1310	554	2:35.95

**Outdoor:**

5/14/05	5089	5	Big Ten,	15.04+2.7	174	1143	24.93+1.7	3255	557+3.2	2604	2:28.52	
3/30/06	5274	1	Cal Multis, Berkeley	14.62+1.7	175	1267	25.50	0.0	3355	602+3.1	2413	2:29.68
4/22/06	5498	1	Bulldog, Athens	14.44nwi	178	1244	25.40nwi	3431	602nwi	3085	2:28.00	
5/13/06	5472	1	Big 10, E Lansing	14.30+2.7	171	1308	24.74nwi	3447	595+3.1	3106	2:29.90	
6/08/06	5467	8	NCAA I, Sacramento	14.38-0.5	172	1295	24.76-0.8	3437	585+0.6	3117	2:27.32	
3/21/07	5621	1	UTA Invt, Arlington	14.13nwi	178	1273	24.60nwi	3546	598nwi	3380	2:31.04	
4/17/08	5740	1	Kansas R, Lawrence	14.35+2.8	183	1286	24.56+3.5	3591	576+3.1	3746	2:	
5/17/08	5855	1	Big Ten, Champaign	14.43+0.9	181	1366	24.12+0.5	3649	621+0.2	3926	2:34.50	
6/14/08	5811	2	NCAA, Des Moines	14.32-1.8	178	1356	24.54-0.4	3581	593+1.4	3792	2:23.63	
4/03/09	5857	1	Click, Tucson	14.09	181	1384	24.78	593	3793	2:25.19		
5/16/09	5871	1	Big Ten, Columbus	14.30-0.9	178	1350	24.22+3/7	602+2.6	3600	2:20.68		
6/12/09	5892	2	NCAA, Fayetteville	14.13+1.1	181	1329	24.29+1.3	3651	587+2.3	3830	2:22.05	
6/28/09	5802	6	USA Sr, Eugene	13.98+1.1	178	1213	24.41+3.6	3546	606+2.0	3722	2:23.73	
<b>8/13/09</b>	<b>5990</b>	<b>1</b>	<b>Thorpe Cup, Marburg</b>	<b>14.03+1.2</b>	<b>183</b>	<b>1297</b>	<b>24.90</b>	<b>0.0</b>	<b>3611</b>	<b>612+1.0</b>	<b>4193</b>	<b>2:22.67</b>

**PRs:** 5990 / 4386

**13.98+1.1 183 1389 24.12+0.5 3651 621+0.2 4193 2:18.62**

**Indoor:** 60H: 8.65

Updated: 2/23/11

## ABBIE STECHSCHULTE(NORTON)

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



**2011:** Opened season with PR 4254 win in Geneva, OH. **2010:** Won Gladstein 3994 score. Place 8<sup>th</sup> at USA outdoor nationals then 3<sup>rd</sup> with PR score (5755) at Thorpe Cup in Marburg. **2009:** 10<sup>th</sup> at USA outdoor nationals. **2008:** Runner-up at Texas Relays with PR (5661) competing for Indiana after 4<sup>th</sup> place at USA indoors (4088). **2007:** 6<sup>th</sup> place PR at NCAA indoor heptathlon (4085). Opened with PR outdoors 5609 for 4<sup>th</sup> at Texas Relays, then placed 3<sup>rd</sup> at Big East. **2006:** took a red-shirt during spring season as a junior (2006). Placed 16<sup>th</sup> in the pentathlon at the NCAA championship (3874). Won Big East pentathlon indoors (3972). **2005:** Placed 2<sup>nd</sup> at the Big East indoor pentathlon as a sophomore (2005) and was fourth at ECAC pentathlon. Registered 4,870 for 2<sup>nd</sup> at Big East heptathlon. Finished 3<sup>rd</sup> at ECAC outdoor heptathlon. **2004:** 4<sup>th</sup> in heptathlon (4888) at Big East outdoors as a freshman. 5<sup>th</sup> in pentathlon at ECAC indoors (3464) and 4<sup>th</sup> in heptathlon at 'Bama Relays (4664). **High School:** State champion in 100m hurdles (state record 14.48). **Personal:** daughter of Dan and Gwyn Stechschulte. Majored in speech pathology at WVU, currently enrolled in IU Kinesiology master's program.

**Career:**

**Indoor:**

2/07/04 3470 1 State Farm Games 8.62 156 1160 535 2:37.81 (55mH)

2/21/04	3426	?	Big East	9.11 155 1129 515 2:33.79
1/??/04	3496	3	VPI, Blacksburg	
3/06/04	3464	5	ECAC, Boston	no marks available
1/14/05	3412	1	Black Squirrel, Kent	9.02 155 1063 525 2:35.22
2/04/05	3739	1	State Farm Games	8.67 560
2/25/05	3653	2	Big East, Syracuse	8.88 152 1195 558 2:31.41
3/??/05	3598	4	ECAC, Princeton	
1/27/06	3747	2	Penn State Open, U Park	no marks available
2/18/06	3972	1	Big East, Akron	8.70 168 1241 574 2:38.74
3/11/06	3874	16	NCAA, Fayetteville	8.77 161 1221 554 2:23.19
1/19/07	3907	1	Razorback, Fayetteville	8.87 168 1077 577 2:23.24
2/17/07	4016	1	Big East, Akron	8.69 159 1247 592 2:21.80
3/10/07	4085	6	NCAA I, Fayetteville	8.68 163 1283 592 2:22.11
2/02/08	4009	1	Gladstein, Bloomington	8.68 162 1235 577 2:21.17
3/09/08	4088	4	USA, Chapel Hill	8.52 165 1261 577 2:21.90
1/22/10	3994	1	Gladstein, Bloomington	8.74 161 1256 571 2:20.11
3/07/10	4130	4	USA, Bloomington	8.62 167 1274 565 2:16.85
<b>2/05/11</b>	<b>4254</b>	<b>1</b>	<b>GaReat, Geneva</b>	<b>8.47 169 1355 580 2:19.15</b>

**Outdoor:**

3/19/04	4664	4	Alabama R, Tuscaloose	14.75+0.9 155 1103 26.32+3.6 499 3278 2:32.72
5/01/04	4888	5	Big East, Rutgers	14.57+3.9 155 1154 26.66+1.1 549+3.0 3372 2:29.06
4/06/05	5047		Texas R, Austin	14.38 157 1173 25.74 560 3406 2:23.58
5/??/05	4870	2	Big East	
5/14/05	4952	3	ECAC, Princeton	14.75nwi 163 1008 26.18nwi 546+0.2 3501 2:2?.??
4/05/07	5609	4	Texas R, Austin	14.00+2.5 169 1237 25.01+4.7 577+2.6 3602 2:18.37
5/06/07	5525	3	Big East, Storrs	13.85+4.6 166 1272 25.19+1.9 591+1.5 3553 2:26.53
6/09/07	5436	17	NCAA I, Sacramento	13.89+0.9 169 1241 25.18+1.4 546+1.5 3349 2:20.91
<b>4/03/08</b>	<b>5661</b>	<b>2</b>	<b>Texas R, Austin</b>	<b>13.76+0.4 166 1244 25.12+4.7 596+3.9 3552 2:17.57</b>
6/28/08	dnf	-	USOT/USA, Eugene	14.76+1.1 160 1277 25.83+2.7 523+0.7 3662 dns
6/28/09	5590	10	USA, Eugene	13.98-0.1 166 1291 25.49+3.1 589+5.7 3678 2:30.37
6/26/10	5640	8	USA, Des Moines	13.80+1.7 166 1317 25.14+0.4 566+4.3 3693 2:17.36
8/08/10	5755	3	Thorpe Cup, Marburg	13.77+2.2 168 1274 25.05-0.9 589+1.5 3768 2:15.71

**PRs:** 5661/4088

**13.76+0.4 169 1355 25.01+4.7 596+3.9 3693 2:15.71**

**Indoor:** 60mH: 8.47

Updated 2/20/11

## ASHLEY TRIMBLE

DOB: November 15, 1986  
 POB:  
 Ht: 5-8  
 Hometown: Columbus, OH  
 High School: Hamilton Township  
 College: Kentucky '09



**2011:** Registered PR to win McCray pentathlon in Lexington, 4102. **2009:** 14<sup>th</sup> at heptathlon. SEC heptathlon bronze medalist with PR 5530 score. 11<sup>th</sup> at NCAAs  
 Won Southeastern Conference pentathlon with PR 3991 score. **2008:** 4<sup>th</sup> at Sea Ray Relays and 3<sup>rd</sup> at SEC outdoor heptathlon (5295). **2007 Indoor** -800m with season-best time of 2:14.05 at the SEC Indoor Champs. **2006** Placed fifth at the SEC Championships in the 400 hurdles . **High School:** A three-time state champion in the 100 high hurdles and the 300 indoor hurdles. **Personal:** Ashley Denise Trimble. Parents are David Ellis and Celeste Trimble. Major is art studio.

NCAA indoors.

**Career:**

<b>Indoor:</b>									
3/ /08	3858	4	SEC, Fayetteville	8.55 157 1200 553 2:23.16					
1/30/09	3989	2	Penn St Open, U Park	8.64 155 1175 600 2:19.62					
2/27/09	3991	1	SEC, Lexington	8.45 158 1054 580 2:14.72					

3/13/09 3997 11 NCAA, College Station 8.48 163 1137 561 2:17.81  
**1/18/11 4102 1 McCray, Lexington 8.81 167 1288 574 2:18.47**

**Outdoor:**

4/12/08 5086 4 Sea Ray R, Knoxville 14.10-0.2 148 1127 25.61+1.0 552+4.9 3362 2:19.77  
 5/16/08 5295 3 SEC, Auburn 13.40+3.6 148 1154 25.00+1.6 3182 585+0.9 2641 2:14.87  
 4/09/09 5438 1 Sea Ray R, Knoxville 13.83 160 1158 24.85 572 3225 2:15.81  
**5/14/09 5530 3 SEC, Gainesville 13.48+0.7 166 1162 24.92 0.0 566+1.5 2905 2:12.02**  
 6/28/09 5459 14 NCAA, Fayetteville 13.67+1.3 154 1158 24.69+0.2 3240 543+1.3 3617 2:11.32  
 6/26/09 5217 14 USA, Eugene 14.17+0.5 157 1093 25.21+3.1 560+2.1 3043 2:15.28

**PRs: 5530 /4102 13.40+3.6 167 1288 24.69+0.2 600i 3617 2:11.32**

**Indoors: 60H: 8.45**

Update: 2/28/11

**BETTE WADE**

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



4469 at outdoor

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

**Career:**

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

<b>Outdoor:</b>				100H w	hj	sp	200m w	1 <sup>st</sup> day lj	w	jav	800m	
4/13/06	5147	1	Cal Invt, Azusa	14.38	0.0	168	1097	25.57+0.8	3183	576nwi	2864	2:26.64

4/20/06	5301	4	Drake R, Des Moines	14.04+0.6	169	1066	25.47nwi	3232	595nwi	2891	2:23.35	
5/13/06	5354	2	Big Ten, E Lansing	14.26nwi	168	1096	25.32nwi	3222	604nwi	3455	2:28.85	
6/08/06	5122	20	NCAA I, Sacramento	16.21-0.7	175	1206	25.42-0.8	3119	573+0.9	3015	2:25.09	
3/23/07	5500	1	Click, Tucson	14.07	0.0	173	1268	25.01+0.4	3451	578-1.3	3009	2:22.63
5/12/07	5722	1	Big Ten, U Park	13.88+0.6	181	1283	25.14-1.7	3576	603-1.0	3363	2:26.19	
6/08/07	5724	7	NCAA I, Sacramento	14.00+0.9	178	1281	24.62+1.4	3568	598+4.3	3125	2:20.76	
6/23/07	5429	12	USA, Indianapolis	14.15-0.9	178	1132	24.86	0.0	3426	571+1.8	2916	2:23.22
4/03/08	5395	1	Cal Multis, Berkeley	14.15+0.9	172	1273	24.77	0.0	3453	559+0.7	2970	2:25.95
5/17/08	5658	2	Big Ten, Champaign	14.19	0.0	175	1385	24.85+0.5	3553	612+1.2	3184	2:28.99
6/12/08	5738	3	NCAA, Des Moines	13.73-0.9	175	1314	24.62+1.4	3560	602-0.1	3229	2:20.76	
6/28/08	5723	9	USOT/USA, Eugene	13.85+1.1	181	1303	24.72+2.7	3633	560+2.3	3479	2:22.24	
4/02/09	5635	1	Texas R, Austin	13.86+1.4	181	1272	25.11+3.4		592+3.8	3252	2:28.53	
5/16/09	5834	2	Big 10, Columbus	14.10-1.6	175	1294	25.05+1.4		634+2.6	3514	2:20.30	
6/12/09	5876	3	NCAA, Fayetteville	13.84+1.0	178	1357	25.05+0.2	3601	633+0.4	3249	2:21.90	
6/28/09	5908	3	USA, Eugene	14.05-0.1	172	1398	24.76+3.1	3552	641+3.7	3364	2:19.37	
8/16/09	5134	24	IAAF WC, Berlin	13.79-0.3	180	nm	24.98-0.3	2802	618+0.8	3670	2:25.50	
4/02/10	5937	1	UofA Click, Tucson	13.97+0.9	178	1402	24.93-0.6		590-0.1	4044	2:20.43	
<b>5/30/10</b>	<b>6000</b>	<b>9</b>	<b>Hypo-Bank, Götzis</b>	<b>14.00-1.3</b>	<b>182</b>	<b>1362</b>	<b>25.07+1.7</b>	<b>3630</b>	<b>629-0.7</b>	<b>3782</b>	<b>2:21.17</b>	
6/26/10	5966	3	USA, Des Moines	13.78+2.6	181	1232	24.64+3.3		621+3.8	3663	2:18.44	
8/8/10	5984	1	Thorpe Cup, Marburg	13.91+2.2	183	1307	25.33-0.9		624+1.6	3709	2:17.89	
9/19/10	5982	7	DecaStar, Talence	14.00+0.2	182	1264	24.79+1.4		622+0.3	3824	2:18.83	

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**PRs: 6000 / 4469 13.73-0.9 185 1402 24.62+1.4 3601 641+3.7 4044 2:17.89**

**Indoor: 60H: 8.46**

**Summary: 22 meets, 22 finishes, 7 wins, PR score: 6000**

**Updated: 2/20/11**