

WOMEN'S HEPTATHLON HANDBOOK & MEDIA GUIDE



8th THORPE CUP USA vs GERMANY TEAM HEPTATHLON

Chula Vista, CA
July 27-28, 2013



by:
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Heptathlon Schedule:

Saturday [athlete intros at 11:45]

July 27, 2013

100 Hurdles	12:30 pm
High Jump	1:15
Shot Put	2:50
200m	3:55

Sunday

July 28, 2013

Long Jump	1:30 pm
Javelin	2:45
800 m	4:00

Team Rosters:



Team USA:

	dob	hometown	affiliation	PR	SB
Chelsea Carrie-Eades	Aug 21, 1989	Buckhannon, WV	unat/W Virginia 11	5940	5940
Ryann Kraiss	March 21, 1990	Eagleville, PA	Nike/Kansas St '12	6030	5957
Heather Miller	March 30, 1987	New York City	CPTC-NB/St Cloud '10	5945	5945
Keia Pinnick	Jan 23, 1991	Aurora, IL	Arizona St '13	5984	5984
Kiani Profit	Feb. 18, 1990	Pasadena, CA	CV-e/Maryland '12	5909	5899
Lindsay Schwartz	April 23, 1990	Watertown, WI	unat/S Alabama '12	5910	5910
Sami Spenner	March 21, 1991	Columbus, NE	Nebraska-Omaha	5806	5806

Substitutes:

Lindsay Lettow	June 6, 1990	Urbandale, IA	unat/C Missouri '12	5807	5729
Allison Reaser	Sept. 3, 1992	El Segundo, CA	San Diego St '14	5813	5813

Women's Staff: Head Coach Kendra Reimer/Claremont-Mudd-Scripps

Assistant Coach: Josh Priester/WAPF-Westmont;

Team Germany:

	dob	PR	SB
Biesenbach, Alina	April 27, 1991	5767	5767
Maiwald, Anna	Jan. 1, 1990	5863	5863
Schäfer, Carolin	Dec. 5, 1991	6072	5972
Mrotzek, Silvia	1990	5355	5355
Schwerdtner, Maren	Oct. 3, 1985	6167	6000



Substitute

Mrotzek, Simone	1990	5321	5321
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Coaches

Georg Zwirner (head team coach); Erik Schneider (women's coach)

Staff: Hermann Holzfuß (Coordination), Dr. Sven Reuter (physician); Heiko Kleeman (Physio)

Women's Thorpe Cup History

Individual Winners:

Year	score	winner	affiliation	site	
2006	5799	Julia Machting	GER	Manhattan, KS	MR
2007	6022	Lela Nelson	USA	Bernhausen	MR
2008	6029	Lela Nelson	USA	Manhattan, KS	MR
2009	5990	Liz Roehrig	USA	Marburg	
2010	5984	Bette Wade	USA	Marburg	
2011	6052	Bette Wade	USA	Chula Vista	MR
2012	5878	Kira Biesenbach	GER	Marburg	

Team Winners:

<i>Year</i>	<i>first</i>	<i>cum pts</i>	<i>second</i>	<i>cum pts</i>	<i>differential</i>	<i>site</i>
2006	United States	15,716	Germany	15,619	97	Manhattan, KS
2007	Germany	16,946	United States	16,933	13	Bernhausen
2008	Germany	17,267	United States	17,162	105	Manhattan, KS
2009	Germany	17,590	United States	16,650	940	Marburg
2010	United States	17,518	Germany	14,182	3,336	Marburg
2011	United States	17,611	Germany	17,115	496	Chula Vista
2012	United States	17,332	Germany	17,251	81	Marburg

Meet Results [2006-2012]

2006 Manhattan, KS

5799	Machting, Julia/GER	14.84+2.4	170	1405	24.90+2.6	601+2.1	4306	2:21.07
5475	McNaney, Danielle/USA	14.00+2.4	170	1112	25.47+2.6	541+0.7	4131	2:19.58
5292	Wallin, Reidun/USA	14.27+2.4	161	1133	25.77+2.6	510-1.6	4259	2:16.90
5062	Buder, Marlen/GER	14.76+2.4	164	1353	25.85+2.6	507+1.6	4088	2:40.28
4949	Bass, Tacita/USA	14.15+2.4	158	1171	24.80+2.6	534+1.2	2532	2:30.16
4796	Nelson, Lela/USA	13.58+2.4	173	1174	24.10+2.6	nm	3384	2:29.36
4758	Schrader, Annelie/GER	13.86+2.4	164	1160	25.57+2.6	567+0.2	4468	dnf
4758	Schwerdtner, Maren/GER	14.24+2.4	173	1266	24.84+2.6	546+0.4	3795	dnf

Team Scores: USA: 15,716; Germany: 15,619 (+97)

2007 Bernhausen

8/18-19/07

6022	Nelson, Lela/USA	13.74+0.5	182	1156	24.36	0.0	678	0.0	35.27	2:25.49
5718	Pickler, Julie/USA	13.93-0.5	173	1125	24.80	0.0	577	0.0	40.86	2:17.49
5680	Hebestreit, Ulrike/GER	13.69-0.5	167	1194	25.29	0.0	599+	0.5	38.35	2:18.80
5677	Schrader, Annelie/GER	13.90+0.5	167	1188	25.64	0.0	608	0.0	47.10	2:28.98
5589	Hartz, Ulrike/GER	14.92-0.5	173	1216	24.81	0.0	580+0.4	43.29	2:25.56	
5193	Johnson, Jackie/USA	13.63-0.5	176	nm	25.16	0.0	607+0.1	41.81	2:22.54	
dnf	Menne, Ekatarina	14.60+0.5	167	1144	26.04	0.0	5.6?	+0.2	withdrew	
dnf	Asigbee, Fiona	13.89-0.5	173	1141	25.27	0.0	594	0.0	33.69	dnr

Guests:

5638	McNaney, Dani	13.82+0.5	170	11.60	25.53	0.0	581+0.2	3716	2:14.47
5465	DuPree, Rynne	13.74-0.5	170	10.54	25.36	0.0	596+1.0	3551	2:24.93
dnf	Hunter, Gayle	14.32+0.5	155	10.64	25.87	0.0	withdrew		

Team Scores

1. GER 16,946; 2. USA 16,933.

2008 Manhattan, KS

7/2-3/08

6029	Nelson, Lela/USA	13.46+1.5	170	24.16+2.2	665+2.8	4186	2:25.41	
5791	Hartz, Ulrike/GER	14.11+1.4	173	1127	24.65+2.2	604+3.2	4755	2:27.04
5750	Schulz, Christine/GER	13.87+1.5	176	1297	25.58+2.2	603+2.3	3958	2:25.68
5726	Goldkuhle, Maiko/GER	13.77+1.5	167	1375	25.06+2.2	588+3.1	3781	2:21.70
5658	Keller, Katja/GER	13.96+1.4	167	1229	25.34+1.9	624+3.7	3818	2:24.44
5649	Wilhelm-Andres, Ashley/USA	14.24+1.5	173	1091	25.02+1.9	603+4.7	3926	2:19.72
5484	Hill, Kasey/USA	14.10+1.5	170	1188	24.72+2.2	556+4.2	3407	2:19.65
5402	Roehrig, Liz/USA	14.45+1.4	176	1268	24.67+2.2	595+2.5	3186	2:38.57
5271	Poulson, Jackie	14.12+1.4	167	1209	25.38+1.9	535+2.3	4304	2:38.53
5020	McNaney, Dani	14.37+1.4	164	1005	25.93+1.9	517+2.7	3688	2:24.79
dnf	Gurbig, Romy/GER	??	187	1079	25.41+1.9	619+4.6		

Team Results:

1 Germany 17,267; 2 United States 17,162

2009 Marburg, GER

8/8-9/09

5990	Roehrig, Liz/USA	14.03+1.2	183	1297	24.90	0.0	612+1.0	4193	2:22.67
5974	Schultz, Christine/GER	13.75+1.1	174	1299	25.28	0.0	613+1.0	4176	2:16.03
5941	Rath, Claudia/GER	14.07+1.2	177	1156	24.85	0.0	641-1.0	3960	2:17.45
5675	Schwerdtner, Maren/GER	14.17+1.1	168	1342	25.00	0.0	612+1.0	4203	2:27.81

5576	Rudiger, Julia/GER	13.75+1.1	177	1146	24.77	0.0	591	0.0	3654	2:32.25
5469	McNaney, Dani/USA	14.19+1.1	165	1129	25.72	0.0	577	+1.0	3878	2:17.23
5413	Schrader, Annelie/GER	14.23+1.2	165	1136	26.14	0.0	560	0.0	4867	2:29.01
5191	Hill, Kasey/USA	14.19+1.2	165	1185	24.79	0.0	521	-1.6	3299	2:26.55
5143	McFadden, Kalindra/USA	14.55+1.1	156	1123	25.55	0.0	527	-1.0	3707	2:17.35
4919	Nelson, Lela/USA	13.79+1.1	180	1076	25.02	0.0	639	+1.1	3105	dnr

Guests:

5616	Adams, Aisha/USA	13.77+1.2	174	1119	24.98	0.0	607	+1.0	3331	2:22.11
5568	Pearson, Emily/USA	14.03+1.2	168	1129	25.22	0.0	577	+1.0	4744	2:25.39
5549	Pickler, Julie/USA	14.07+1.2	171	1177	24.94	0.0	562	+1.0	3923	2:22.65

Team Scores: Germany 17,590; USA 16,650

2010: Marburg 8/7-8/10

5984	Wade, Bette/USA	13.91+2.2	183	1307	25.33	-0.9	624	+1.6	3709	2:17.89	
5779	Krais, Ryann/USA	13.85+2.2	177	1061	25.49	-0.9	592	+0.9	4075	2:13.05	
5755	Stechschulte, Abbie/USA	13.77+2.2	168	1274	25.05	-0.9	589	+1.5	3768	2:15.71	
5611	Pearson, Emily/USA	13.99	-0.3	168	1187	25.31	-1.1	568	+0.6	4529	2:24.24
5607	Kiffe, Christina/GER	14.39	-0.3	183	1188	26.61	-1.1	587	0.0	4637	2:31.92
5514	Hill, Kasey/USA	14.07	-0.3	168	1244	25.45	-1.1	553	0.0	3704	2:17.31
4711	Maiwald, Anna/GER	14.41	-0.3	171	1195	25.89	-1.1	nm	4295	2:26.79	
3864	Schrader, Annelie/GER	dnf		168	1167	26.07	-0.9	602	+0.8	4420	dnf

Guests:

5465	Adams, Aisha/USA	14.19	-0.3	168	997	25.01	-1.1	574	+0.5	3981	2:19.19
5198	Bradford, Adreona/USA	14.07	+2.2	171	995	25.45	-0.9	564	+1.2	2910	2:22.49

Team Scores: USA 17,518; Germany 14,182.

2011: Chula Vista 8/13-14/11

6052	Wade, Bette/USA-Nike	13.77+1.9	184	1374	25.05	+1.5	618	+3.0	3551	2:16.85
5858	Rath, Claudia/GER	14.16+1.9	169	1277	25.28	+1.9	624	+1.2	3752	2:11.48
5831	Krais, Ryann/USA-Kansas St	13.61+1.9	172	1152	24.92	+1.9	573	+1.5	3904	2:09.10
5728	Pearson, Emily/USA-unat	13.89+1.9	172	1161	24.76	+1.9	561	+1.3	4286	2:17.56
5646	Scheafer, Carolin/GER	14.11+1.8	172	1176	24.89	+1.9	561	+3.2	4600	2:25.78
5615	Stechschulte, Abbie/USA-unat	13.92+1.8	163	1316	25.38	+1.5	609	+1.1	3279	2:17.55
5611	Gambetta, Sara/GER	14.95+1.8	175	1429	25.23	+1.9	584	+2.6	4348	2:34.85
5545	Nwaba, Barbara/USA-UCSB	17.33+1.8	181	1269	24.83	+1.9	560	+3.2	4660	2:17.20
5484	Weber, Liane/GER	14.16+1.9	166	1173	25.96	+1.5	576	+1.0	3930	2:18.29
5462	Saumweber, Styefanie/GER	13.66+1.9	169	1190	25.93	+1.5	609	+2.2	3539	2:31.01
4404	Lettow, Lindsay/USA-C Missouri	14.27+1.8	166	1050	26.18	+1.5	568	+3.2	3442	dnf

Team Scores: United States 17,611; Germany 17,115

2012: Marburg 7/21-22/12

5878	Biesenbach, Kira/GER	13.96+1.7	171	1321	24.18	+2.5	598	+0.6	3784	2:17.77
5795	Wade, Bette/USA	13.98+1.6	174	1300	25.44	+2.5	620	+1.2	3549	2:18.47
5783	Carrier-Eades, Chelsea/USA	13.11+1.6	165	1036	23.84	+2.5	610	+3.1	3331	2:13.66
5754	Nwaba, Barbara/USA	13.80+1.7	180	1265	24.52	+2.5	534	+0.4	3526	2:14.31
5696	Maiwald, Anna/GER	13.98+1.6	159	1209	24.28	+2.5	561	-1.1	4582	2:17.42
5677	Biesenbach, Alina/GER	14.54+1.7	174	1223	26.05	+1.5	614	+1.5	4125	2:20.41
5530	Lettow, Lindsay/USA	14.04+1.7	174	1127	25.15	+1.5	562	+0.8	3567	2:18.13
5385	Udelhoven, Tilia/GER	14.15+1.6	156	1205	25.03	+1.5	601	+1.2	3263	2:20.89
5225	Mrotzek, Simone/GER	14.60+1.7	165	1068	26.49	+1.5	579	-0.6	3749	2:21.63
4967	Krais, Ryann/USA	14.11+1.6	177	1137	25.47	+1.5	nm		3988	2:12.05
5729g	Miller, Heather/USA	14.12+1.0	165	1089	24.85	+1.4	639	+2.8	3911	2:17.22
5316g	Adams, Aisha/USA	14.06+1.0	162	1053	24.79	+1.4	575	+1.6	3317	2:21.30
	Schwarzkopf, Lilli/GER	13.42+1.0	180		24.75	+1.4	632	-0.9		
	Oeser, Jennifer/GER	13.64+1.0	177	1322						
	McMillan, Chantae/USA	13.78+1.0	168							

Team Scores: USA 17,332; Germany 17,251 diff= 81

Individual Heptathlon Records:

Individual Event Records

World Records

100H	12.54	Jessica Ennis/GBR	OG, London	2012
HJ	1.97m/6-5 ½	Tia Hellebut/BEL	Gotzis 6201	2006
SP	20.79m/68-2½	Eva Wilms/GER	pent	
	17.29m/56-8 ¾	Natalia Dobrynska/UKR	hept Beijing 6733	2008
200m	22.30	J. Joyner-Kersey/USA	Indy 7215	1988
LJ	7.27m/23-10 ¼	J. Joyner-Kersey/USA	Seoul 7291	1988
Jav	64.64m/212-1	Tessa Sanderson/GBR	Brussels 6125	1981
800m	2:01.84	Nadine DeBois/FRA	Talence 6227	1987
1st day	4367	J Joyner-Kersey/USA	Indy 7215	1988
2nd day	3027	J Joyner-Kersey/USA	Seoul 7291	1988
Score	7291	J Joyner-Kersey/USA	Seoul	1988

American Records

100H	12.65	Hyleas Fountain/Nike (+2.8)	Seoul 7291	1988
HJ	1.93m/6-4	J Joyner-Kersey/WCAC	Indy 7215	1988
		Sharon Day/Nike	Havana, 6063	2009
SP	16.30m/53-5 ¾	Jane Frederick/Naturite	Rome 6502	1987
200m	22.30	J Joyner-Kersey/WCAC	Indy 7215	1988
LJ	7.27/23-10 ¼	J Joyner-Kersey/WCAC	Seoul 7291	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston 5599	1983
800m	2:04.70	Marla Runyan/	Atlanta-OT 5708	1996
1st day	4367	J Joyner-Kersey/WCAC	Indy 7215	1988
2nd day	3027	J Joyner-Kersey/WCAC	Seoul 7291	1988
Score	7291	J Joyner-Kersey/WCAC	Seoul	1988

Collegiate Records

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

Germany Records

100H	12.64 (+0.3)	Sabine John-Paetz/[GDR]	Potsdam	1984
HJ	1.94 (Sabine Braun/GER	Barcelona	1992
SP	20.79m/68-2½	Eva Wilms/GER	pent	
200m	22.73 (+4.0)	Anke Behmer/[GDR]	Gotzis	1988
LJ	6.95m /	Heike Dreschler/GER (+1.0)	Talence	1994
Jav	55.25m/	Lilli Schwartzkopf/GER	Ratingen	2009
800m	2:03.76	Make Behmer/[GDR]	Potsdam	1984
1st day	4118	Sabine Braun/GER	Gotzis	1992
2nd day	2962	Ramona Neubert/[GDR]	Moscow	1983
Score	6985	Sabine Braun/GER	Gotzis	1992

ThorpeCup Meet Records:

100H	13.11 (+1.6)	Chelsea Carrier-Eades/USA	Marburg	2012
HJ	1.84m/6-½	Bette Wade/USA	Chula Vista	2011
SP	14.29m/46-10¾	Sara Gambetta/GER	Chula Vista	2011
200m	23.84 (+2.5)	Chelsea Carrier-Eades/USA	Marburg	2012
LJ	6.78m/22-3	Lela Nelson/USA	Bernhausen	2007

Jav	48.67m/159-8	Annelie Schrader/GER	Marburg	2009
800m	2:09.10	Ryann Kraus/USA	Chula Vista	2011
1st day				
2nd day				
Score	6052	Bette Wade/USA	Chula Vista	2011
		[13.77+1.9 184 1374 25.05+1.5 618+3.0 3551 2:16.85]		

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Germany Athletes Bios:

Team Germany:

Coaches

Georg Zwirner (head team coach)

Erik Schneider (women's coach)



BIESENBACH, ALINA

DOB: 4/27/92, (21 yrs old), born: Leverkusen

Career:

Progression: 2010: 5180, 2011: 5339, 2012: 5582, 2013: 5767. Coach:

Club: TVS Bayer Leverkusen

6/15/12	5582		14.76+0.1	175	1251	26.27+0.4	590+1.0	4074	2:20.01
7/22/12	5677	Thorpe Cup, Marburg	14.54+1.7	174	1223	26.05+1.5	614+1.5	4125	2:20.41
6/16/13	5767	Ratingen	14.66+1.9	178	1311	26.35-1.4	602+1.0	4324	2:18.78

PRs: 5767

14.54+1.7 180 1311 26.05+1.5 614+1.5 4324 2:18.78



MAIWALD, ANNA

DOB: 1/1/1990 (23 yrs old),

Career: 2009 National Junior Champion;

Progression: 2008: 5224; 2009: 5411; 2010: 5452, 2012: 5658; 2013: 5863. Coach

Club: TVS Bayer Leverkusen; former club: TSV Ostringen.

5/25/12	5658	4	Ulm	14.16+0.3	166	1199	24.51	0.0	566+0.6	4320	2:19.78
6/17/12	5612	7	Ratingen	14.11+0.1	163	1198	24.65-0.2	565+1.0	4266	2:19.04	
7/22/12	5696	5	Thorpe Cup, Marburg	13.98+1.6	159	1209	24.28+2.5	561-1.1	4582	2:17.42	
6/16/13	5863	6	Ratingen	13.73+1.4	163	1278	24.39-1.4	572+0.6	4605	2:16.70	

PRs: 5863

13.73+1.4 168 1278 24.28+2.5 583+0.2 4605 2:16.70



MROTZEK, SILVIA

DOB: 1990, (23 yrs old),

Career:

Progression: 2013: 5355; Coach

Club: TSV Bayer 04 Leverkusen

4/27/13	5070	Ratingen	15.53-3.3	164	1189	27.00-0.5	566-1.2	3646	2:21.67
5/22/13	5059	Ulm	14.94+1.3	160	1123	27.27+2.0	550nwi	4058	2:27.15
6/16/13	5355	Ratingen	14.78+1.9	166	1152	26.61-1.4	582+1.7	3906	2:17.34

PRs: 5355

14.78+1.9 168 1189 26.61-1.4 582+1.7 4058 2:17.34



SCHÄFER, CAROLIN



DOB: 12/5/91, (21 yrs old),

Career: 5th, IAAF World Youth, 2007; 12th, IAAF world Jrs, 2008; 21st, European Champs, 2012.

Progression: 2007: 5545, 2008: 5833, 2009: 5697, 2010: 5333, 2011 5941, 2012: 6072, Coach

Club: LG Eintracht Frankfurt

8/14/11	5646	5	Thorpe Cup, Chula Vista	14.11+1.8	172	1176	24.89+1.9	561+3.2	4600	2:25.78
5/25/12	6072	1	Ulm	13.77+0.3	175	1350	24.31	0.0	583+1.6	4950 2:22.88
6/28/12	6003	11	Euro Ch, Helsinki	13.68+0.3	174	1270	24.19-0.4	591+0.9	4881	2:25.79
6/16/13	5972	5	Ratingen	13.54+1.4	175	1237	24.67-0.3	600+0.9	4641	2:24.17



PRs: 6072 13.54+1.4 179 1350 24.19-0.4 603+1.2 4950 2:20.78

SCHWERDTNER, MAREN



DOB: October 3, 1985 (27 yrs old),

Career: 2001 World Youth, 100mhurdles

Progression: 2003: 5585; 2004: 5603; 2005: 5835; 2006: 5865; 2007: 6096; 2009: 5765; 2010: 6167; 2011: 6039; 2012: 6154; 2013: Coach

Club:

5/27/12	6154	17	Hypo Bank, Götzis	13.62+0.2	173	1377	24.46+1.9	644+1.3	4456	2:23.89
6/15/12	6000		Ratingen	13.66+0.9	172	1330	24.73-0.2	637+1.0	4144	2:23.60



PRs: 6167 13.48+1.2 183 1407 24.07+0.7 644+1.3 4633 2:20.31

MROTZEK, SIMONE (alternate)



DOB: 1990 (23 yrs old),

Career:

Progression: 2008:; 2009:; 2010:; 2012:; 2013: Coach

Club: TSV Bayer 04 Leverkusen

7/22/12	5225	12	Thorpe Cup, Marburg	14.60+1.7	165	1068	26.49+1.5	579-0.6	3749	2:21.63
6/16/13	5321		Ratingen	14.44+1.9	166	1113	26.97+0.3	576+1.0	3717	2:17.31



PRs: 5321 14.44+1.9 166 1113 26.49+1.5 588i 3749 2:17

#####

USA Delegation:

Women's Staff: Head Coach Kendra Reimer-Clairemont-Mudd-Scripps-;
Assistant Coach –Josh Priester-WAPF-Westmont



Athletes Bios:

CHELSEA CARRIER-EADES

DOB: August 21, 1989
POB:
Ht: 5-6
Hometown: Buckhannon, WVa.
High School: Buckhannon HS, WVa '07
College: West Virginia '11



2013: Posted PR 5940 total for 6th at USA nationals. **2012:** 11th at US Olympic Trials and then 3rd at Thorpe Cup in Marburg. 3rd at NCAAs with best non-windy score (5839).. No indoor season. Opened outdoor campaign by defending Texas relays crown with 5821 score. Big east 100m H champ at 12.93 seconds (wind +2.4mps). **2011:** Was 3rd at NCAA heptathlon in Des Moines. Opened outdoor with huge hept PR (5927w) to win Texas Relays. Won 3 events at Big East outdoor meet (100H, 400H, lj). Defended Big East crown indoors with PR 4170 score and followed with a 5th at NCAA pentathlon. Big East indoor 60m hurdle champ with PR 8.15 clocking. **2010:** Won Penn State meet with breakthrough PR 4126, then won Big East title. **2009:** co Big East outdoor hurdle champ, **2008:** Won Big East outdoor 100mH title and ECAC indoor 60m hurdles title. **High School:** Won 11 WVa high school state titles. '07 USATF Jr runner-up. **Personal:** daughter of Rick and Andrea Carrier. Majored in pre-elementary education.

Career:

Indoor:			<i>60H</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>			
1/25/08	3601	Penn St, U Park	8.07	157	979	529	2:27.10	[55mH]		
2/23/08	3665	Big East, Armory, NYC	8.72	161	1019	542	2:27.05			
2/06/09	3967	1 Sykes-Sabock, Penn St	8.58	171	1001	573	2:21.59			
2/21/09	3786	Big East, Armory, NYC	8.69	158	1059	573	2:24.61			
3/13/09	3923	15 NCAA, College Station	8.36	157	1009	576	2:24.62			
2/06/10	4136	1 Sykes-Sabock, Penn St	8.45	171	1099	592	2:20.08			
2/20/10	3994	1 Big East, NYC Armory	8.48	168	1061	592	2:25.61			
3/13/10	4133	4 NCAA, Fayetteville	8.29	171	1040	589	2:19.49			
2/18/11	4170	1 Big East, Akron	8.26	175	1113	586	2:23.26			
3/11/11	4128	5 NCAA, College Station	8.29	166	1130	596	2:21.32			
Outdoor:			<i>100 h w</i>		<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
4/09/08	5023	Sea Ray R, Knoxville								
5/02/08	5073	Big East, Villanova	14.19		164	974	24.77	560	2877	2:26.64
5/16/08	5188	3 ECAC	13.66		163	976	25.15-0.2	557	3070	2:22.29
4/07/11	5927W	1 Texas R, Austin	13.04+5.4	173	1175	23.64+4.0	622+1.8	3124	2:18.88	
6/10/11	5761	3 NCAA I, Des Moines	13.31-2.1	169	1176	23.95-0.1	594+0.5	3308	2:18.50	
3/29/12	5821	1 Texas R, Austin	13.40-0.1	172	1149	24.16+0.3	622+2.0	3236	2:18.39	
6/08/12	5839	3 NCAA I, Des Moines	13.15-0.4	169	1146	23.73+1.1	605-0.4	3293	2:16.92	
6/30/12	5772	11 OT/USA, Eugene	12.96+0.9	169	1186	23.80+1.0	564+0.8	3232	2:15.48	
7/22/13	5783	3 Thorpe Cup, Marburg	13.11+1.6	165	1036	23.84+2.5	610+3.1	3331	2:13.66	
6/20/13	5940W	6 USA, Des Moines	12.91+4.9	169	1099	23.49+0.1	625+1.5	3268	2:15.73	

PRs 5940 / 4170 12.78 175 1176 23.49+0.1 642 3308 2:15.73

Indoor: 60H: 8.08

Updated 7/15/13

RYANN KRAIS

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



2013: No indoor season. Opened outdoors with 5781 score at Click in Tucson and then place 4th at USA nationals.
2012: 7th at US Olympic Trials. 14th at NCAAs after winning Big 12 heptathlon with 5661 score. Began outdoor season with 4th place 5694 effort at Arizona's Click Multis. Big 12 indoor pentathlon winner with 4079 effort, then placed 5th at NCAA with PR 4142 score. **2011:** Was runner-up at USA nationals with PR 6030 effort just two weeks after she became NCAA champion with PR 5961 in rainy Des Moines. Finished 3rd at Thorpe Cup. 6th at NCAA indoor pentathlon, then opened outdoor season with PR 5848 2nd place effort at Texas Relays. Transferred to Kansas St, scored 4021 in first indoor meet. Big 12 400H champ and NCAA qualifier (PR 56.06). **2010:** Scored huge PR for 2nd at USA vs Germany Thorpe Cup in Marburg, 5779. 16th at NCAAs. Pac-10 runner-up. Won Mountain Pacific SF title with 4041 PR total. 10th at NCAA indoors. **2009:** Opened season with 3rd place in Johnson/JJK heptathlon, then placed 4th at Pac-10 with PR 5606 score. **High School:** 9th at IAAF World Junior heptathlon (5457). Competed in 2008 Olympic Trials in 400m hurdles, 9x PA state champion. National class records for heptathlon for soph and junior years. Won GreatSouthwest heptathlon with 5522w (#2 all-time hs, all conditions). **Personal:** Daughter of John and Janelle Kraiss. Pre-psychology major.

Career:

Indoor:

			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
			3823				
2/27/09	3896	Mountain Pacific, Seattle	8.69	164	1159	538	2:18.94
2/12/10	3980	Boise State, Nampa	8.91	170	1085	569	2:17.71
2/26/10	4041	1 Mountain Pacific, Seattle	8.84	177	1066	553	2:16.34
3/13/10	3959	10 NCAA, Fayetteville	8.97	171	1056	564	2:17.44
1/29/11	4021	1 SEC/Big 12, College Station	8.80	170	1072	553	2:12.55
3/11/11	4115	6 NCAA, College Station	8.71	172	1136	643	2:09.93
2/24/12	4079	1 Big 12, College Station	8.74	171	1159	552	2:14.01
3/10/12	4142	5 NCAA I, Nampa	8.60	172	1204	567	2:17.74

Outdoor:

			<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
6/21/07	5377	2 USA Jr, Indianapolis	13.82	+0.2	166	991	24.47	+2.0	555	+3.0	3266	2:16.96
6/??/08	5522w1	Great Southwest,	13.93	+4.4	173	1030	24.31	+4.3	575	+1.2	3199	2:17.71
6/22/08	5217	1 USA Jr, Columbus	14.03	-3.4	165	948	25.28	-1.6	571	+2.3	3242	2:21.19
7/12/08	5457	9 IAAF WC Jr, Bydgoszcz	13.73	-0.2	172	1056	25.04	-2.5	572	+1.6	3188	2:19.15
4/10/09	5220	3 Johnson/JJK, Los Angeles	14.07	0.0	165	1162	25.33	0.0	531	0.0	3150	2:20.69
5/10/09	5606	4 Pac-10, Eugene	13.81	+3.1	166	1208	24.75	+4.9	565	+2.8	3553	2:14.96
6/12/09	5549	11 NCAA, Fayetteville	13.80	+0.7	169	1091	24.91	+0.2	556	+1.6	3680	2:14.96
6/28/09	5344	1 USA Junior, Eugene	13.97	+1.1	169	938	25.25	+1.1	577	+3.5	3293	2:17.75
5/09/10	5426	2 Pac-10, Berkeley	14.06	+0.3	170	983	25.77	+1.7	565	-1.3	3705	2:13.73
6/10/10	5236	16 NCAA, Eugene	14.13	+1.9	163	903	26.18	+1.8	549	-0.7	3929	2:12.65
6/26/10	5693	7 USA, Des Moines	14.09	+2.6	175	979	25.25	+3.3	614	+2.5	3742	2:13.07
8/08/10	5779	2 Thorpe Cup, Marburg	13.85	+2.2	177	1061	25.49	-0.9	592	+0.9	4075	2:13.05
4/06/11	5848w2	Texas R, Austin	13.67	+4.0	170	1214	24.85	+4.0	579	+1.8	3881	2:09.90
6/10/11	5961	1 NCAA I, Des Moines	13.56	+2.1	178	1181	24.41	-0.1	589	+1.5	3827	2:12.62 3585/2376
6/26/11	6030	2 USA, Eugene	13.70	+1.6	175	1221	24.69	+1.7	599	+1.9	4053	2:08.96
8/14/11	5831	3 Thorpe Cup, Chula Vista	13.61	+1.9	172	1152	24.92	+1.9	573	+1.5	3904	2:09.10
3/30/12	5694	4 UA Click, Tucson	13.91	0.0	169	1243	24.95	+2.2	553	-1.1	3986	2:14.09
5/12/12	5661	1 Big 12, Manhattan	13.78	+1.1	166	1144	25.11	+0.4	569	+2.8	4091	2:14.28
6/08/12	5516	14 NCAA I, Des Moines	13.87	-0.3	163	1176	25.34	+1.0	537	-0.5	4021	2:13.55
6/30/12	5817	7 OT/USA, Eugene	13.84	+1.6	175	1200	24.91	+2.8	561	+1.5	4050	2:12.03
4/05/13	5781	3 UA Click, Tucson	14.12	+1.1	170	1281	25.15	-0.1	568	-0.9	4050	2:11.18
6/20/13	5957	4 USA, Des Moines	13.76	+1.7	178	1187	24.98	+0.4	584	+0.8	3990	2:08.74

PRs: 6030 / 4142
Indoor: 60H: 8.54

13.56+2.1 178 1281 24.31 643 4091 2:08.74

LINDSAY LETTOW

DOB: June 6, 1990
POB:
Ht: 5-9
Hometown: Urbandale, IA
High School: Des Moines Christian
College: Central Missouri



2013: 11th at USA nationals. Started outdoor campaign with win at Drake Relays. **3rd** at USAs indoors. **2012:** 8th at US Olympic Trials and then placed 7th at Thorpe Cup vs Germany in Marburg. Repeated as NCAA II indoor pent and outdoor hep champ, the latter with PR 5748. **2011:** Swept the NCAA II boards by winning both indoor pentathlon (4064) and outdoor heptathlon (5514). Opened outdoor season with career best 5610 at Angelo State Spring Multis. MIAA student athlete of year. 9th at USA nationals. **2010:** MIAA champion in heptathlon and 4th at NCAA II meet. **High School:** Iowa State long and pentathlon champion and 100m hurdle record holder. **Personal:** Undeclared major. Daughter of Kurt and Peggy Lettow.

Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>	
12/10/10	3775	1	Doane Holiday, Crete	7.9h	161	1035	557	2:22.11
2/25/11	3961	1	MIAA, Warrensburg	8.53	168	1118	568	2:24.70
3/11/11	4064	1	NCAA II, Albuquerque	8.62	170	1065	579	2:17.47
3/09/12	4193	1	NCAA II, Mankato	8.51	179	1125	583	2:21.58
2/07/13	4286	1	Iowa State Classic, Iowa City	8.55	177	1201	597	2:19.01
3/01/13	4301	3	USA, Albuquerque	8.42	173	1214	587	2:14.83

Outdoor:			<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/ /09	5216	4	NCAA II, San Angelo	14.34+3.0	164	1087	25.46-0.1	553+1.6	3328	2:23.80		
5/02/10	5167	1	MIAA, Joplin	14.20+0.6	170	1077	25.36-0.4	563+0.8	3375	2:17.28		
5/28/10	5386	4	NCAA II, Charlotte	13.98+1.4	173	1118	25.43+1.5	583+2.7	3700	2:16.23		
3/25/11	5610	1	ASU Spring, San Angelo	13.90+4.6	165	1040	25.42+2.5	562+0.4	3688	2:30.28		
5/08/11	5225	1	MIAA, Emporia	13.76+2.3	174	1153	25.21+2.4	555+2.1	3575	2:21.79		
5/27/11	5514	1	NCAA II, Turlock	14.10+1.6	169	1122	25.12+1.6	589+0.6	3523	2:17.09		
6/26/11	5547	9	USA, Eugene	14.27+1.8	166	1050	26.18+1.5	568+3.2	3442	dnf		
8/14/12	4404	11	Thorpe Cup, Chula Vista	14.02	176	1187	24.47	583	3388	2:17.22		
3/23/12	5703	1	Trinity U, San Antonio	13.69-1.4	172	1194	24.80+1.4	591+1.8	3723	2:18.20		
5/25/12	5748	1	NCAA II, Pueblo	13.96+1.3	175	1213	24.51+3.0	585+1.3	3683	2:14.91		
6/30/12	5807	8	OT/USA, Eugene	14.04+1.7	174	1127	25.15+1.5	562+0.8	3567	2:18.13		
7/22/12	5530	7	Thorpe Cup, Marburg	14.34-3.9	172	1138	24.91+0.6	557-3.9	3473	2:17.39		
4/25/13	5470	1	Drake R, Des Moines	13.92+1.7	172	1195	24.70+0.1	574+1.7	3775	2:15.08		
6/20/13	5729	11	USA, Des Moines									

PRs: 5807 / 4301
Indoor: 60H: 8.51

13.69+1.4 179i 1213 24.51+4.0 591+1.8 3775 2:14.91

HEATHER MILLER

DOB: March 30, 1987
 POB:
 Ht: 5-10
 Hometown: New York, NY
 High School:
 College: St. Cloud St. '10
 Club: Central Park TC/New Balance



2013: 5th at USA nationals with 5945 PR effort. 6th at USA indoors with PR 4105 score. Opened season with pentathlon win at Bucknell. **2012:** 5th at Thorpe Cup, 9th at US Olympic Trials (with 5779 PR) after winning Texas GA heptathlon. Was Most valuable female athlete of '12 National Club champs. **2011-2010:** NCAA II runner-up. NCAA II indoor pentathlon champ. A 10-time All-American, Miller won NSIC titles during her college career in the indoor 60 meter hurdles (2009 and 2010), indoor triple jump (2009 and 2010), indoor pentathlon (2010), outdoor triple jump (2009 and 2010), outdoor long jump (2010) and outdoor heptathlon (2010). She also set Northern Sun IC records as a college athlete in the indoor pentathlon and outdoor heptathlon. **High School: Personal:** She works as a registered nurse in the New York area

Career:

Indoor:

3/12/10	3993	1	NCAA II, Albuquerque	8.70	164	1067	591	2:18.74
??/??/12	3795							
1/26/13	3776	1	Bucknell, Lewisburg	9.04	160	1089	574	2:23.30
3/01/13	4105	6	USA, Albuquerque	8.84	170	1189	603	2:22.24

Outdoor:

4/09/10	5221		D II Challenge, Emporia	14.21	160	1015	25.18	582	3345	2:22.48
5/07/10	5063	1	Northern Sun Conf	14.07	162	960	25.42	570	3037	2:26.19
5/28/10	5239	7	NCAA II, Charlotte	14.21-0.1	155	1109	24.66-0.4	566+1.7	3245	2:20.07
6/12/12	5628	1	Texas GA, Dallas	14.22	159	1157	24.25	613	3765	2:17.72
6/30/12	5779	9	OT/USA, Eugene	14.18+0.5	169	1168	24.22+2.8	599+1.8	3929	2:15.59
7/22/12	5729	5	Thorpe Cup, Marburg	14.12+1.0	165	1089	24.85+1.4	639+2.8	3911	2:17.22
4/21/13	5440	1	CNU Captain, Newport-News	14.58+1.5	162	1122	25.05+1.2	577+1.7	3973	2:18.16
6/20/13	5945	5	USA, Des Moines	13.75+4.9	175	1166	24.08+0.1	600+0.1	3838	2:13.30

PRs: 5945 / 4105

13.75+4.9 170 1189 24.08+0.1 639+2.8 3973 2:13.30

Indoor: 60mH: 8.70

KEIA PINNICK

DOB: January 23, 1991
 POB: Detroit, MI
 Ht: 5-5
 Hometown: Aurora, IL
 High School: Waubonsie Valley HS '09
 College: Arizona St U, '13



2013: 7th at USA nationals. NCAA 3rd place finisher with PR 5984 effort. Pac-12 winner with 5801 score. NCAA runner-up indoors then opened outdoor campaign with PR hept score in Tucson of 5791. **2012:** NCAA indoor pentathlon runner-up. PR'd (5761 score) for 5th at NAAs. Outdoors was Pac-12 runner-up with PR 5703 score using 2:10 800m. 5th at Jim Click heptathlon with then PR 5622. Posted near identical scores indoors, winning Mountain Pacific SF meet with 3975, 6 pts lower than she scored at Texas A&M Challenge. **2011:** 2^{ist} at NCAA heptathlon. Runner-up at both Jim Click Classic and Pac-10 heptathlons. 2nd at Mountain Pacific

indoor pentathlon. **2010:** Made semi finals at NCAA 400m hurdles. 3rd at Pac-10 heptathlon. **High School:** Won 7 Illinois state titles including 100m and 300m hurdles in '09. **Personal:** Majoring in elementary education. Parents are Roderick and Deidre Pinnick.

Career:

Indoor:				<u>60mh</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>		
2/20/10	3753	3	MPSF, Seattle	8.82	159	968	549	2:16.28		
2/04/11	3908	1	UNM, Albuquerque	8.80	161	1003	585	2:16.34		
2/25/11	3821	2	MPSF, Seattle	8.87	155	996	591	2:17.59		
1/27/12	3981	2	A&M Ch, College Station	8.70	158	1092	591	2:15.68		
2/24/12	3975	1	Mountain Pacific, Seattle	8.59	154	1028	589	2:19.45		
1/25/13	4208	1	A&M Challenge, C Station	8.35	172	1087	574	2:12.99		
3/09/13	4327	2	NCAA I, Fayetteville	8.22	163	1123	623	2:11.31		
Outdoor:				<u>100mH</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>lj</u>	<u>jav</u>	<u>800m</u>
4/02/10	5017	5	Click, Tucson	14.67+0.9	160	972	25.42-0.6	533-1.1	3221	2:17.01
5/16/10	5219	3	Pac-10, Berkeley	14.22+1.1	158	1014	24.95+1.3	570-1.5	2932	2:13.99
4/01/11	5455	2	Click, Tucson	14.07-0.1	160	981	24.27+0.8	600+1.3	3050	2:11.48
5/07/11	5385	2	Pac-10, Tucson	13.87+1.0	163	948	24.07 0.0	584 0.0	2826	2:14.15
6/09/11	5063	21	NCAA I, Des Moines	14.16+2.1	157	1011	24.60-0.1	563+1.3	2894	2:25.49
3/30/12	5622	5	UA Click, Tucson	13.87+0.7	160	1057	24.03+2.2	602+0.9	3310	2:10.78
5/06/12	5703	2	Pac-12, Eugene	13.73+0.9	165	1132	24.07+1.9	602+0.6	3305	2:13.78
6/08/12	5761	5	NCAA I, Des Moines	13.48-0.4	163	1137	24.00+1.1	591-0.5	3333	2:09.29
4/04/13	5791	2	UA Click, Tucson	13.71+1.1	170	1059	23.90-0.1	596 0.0	3468	2:10.64
5/05/13	5801	1	Pac-12, Los Angeles	13.27-1.3	169	1081	24.51+0.3	592-0.5	3873	2:15.06
6/07/13	5984	3	NCAA I, Eugene	13.13+1.2	166	1107	23.60+2.3	607+3.1	3813	2:10.89
6/20/13	5933	7	USA, Des Moines	13.04+2.7	169	1087	23.74+1.0	592+1.5	3632	2:10.45

PRs: 5984 / 4327

13.04+2.7 172 1137 23.60+2.3 623i 3873 2:09.29

Indoor: 60mH: 8.22

Updated : 7/05/13

KIANI PROFIT

DOB: February 18, 1990
 POB:
 Ht: 5-4
 Hometown: Pasadena, CA
 High School: Muir HS
 College: Maryland '11
 Club: Chula Vista elite



2013: 9th at USA nationals. Won Sam Adams meet with PR 5909 score. 5th at USA indoors. Runner-up at Husky pentathlon. **2012:** 9th at NCAAs was followed by a 16th place at US Olympic Trials and a victory at NACAC under 23 champs. ACC outdoor champion with marginal PR as 5th year senior. **2011:** Tied for 2nd (NCAA does not break CE ties) at NCAAs with career best 4396. Won ACC title with PR score, 4250. **2010:** Runner-up at NCAAs and ACC outdoor heptathlon with PR 5686 score. NCAA and Atlantic Coast Conf. runner-up indoors. **2009:** Atlantic Coast Conference runner-up with PR 5276 score. Dnf'd at NCAAs outdoors. **2008:** ECAC 400m hurdle runner-up. **High School:** 3rd Cal state 300m hurdles and scored 4747 in heptathlon. **Personal:** Kinesiology major. Parents are Youvet and George Profit.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
2/27/09	3779	6	ACC, Blacksburg	8.94	159	1072	563	2:20.44
3/07/09	3607	4t	ECAC, Boston	8.99	155	1085	528	2:22.08
2/25/09	4125	2	ACC, Blacksburg	8.50	167	1133	576	2:14.74
3/13/10	4242	2	NCAA, Fayetteville	8.40	171	1075	590	2:11.86
2/24/11	4250	1	ACC, Blacksburg	8.54	168	1214	580	2:10.81
3/11/11	4396	2t	NCAA, College Station	8.41	175	1200	588	2:09.67
1/25/13	4119	2	UW Husky, Seattle	8.67	166	1218	568	2:13.96

PRs: 5813 / 3916
Indoor: 60mH: 8.39.

13.30+1.2 164 1208 23.88+2.3 608+3.5 4025 2:12.08

SAMI SPENNER

DOB: March 21, 1991
POB:
Ht: 5-6
Hometown: Columbus, NE
High School: Scotus Central Catholic HS
College: Wayne State College
U Nebraska-Omaha



-nb: UNO not eligible for NCAA D-I champs until reclassification is complete in 2015-

2013: 10th at USA nationals Won Summit league outdoor title. Won Mount Sac Relays with PR score, 5806. 4th at USA indoors with PR 4271. Won UNI Jennett indoor pent. **2012:** UNI Jennet indoor winner with PR 3810 pent score. **2011:** 5th at NCAA II outdoors with PR hept score of 5085. Transferred after fall term from Wayne State College. **High School:** Sprinter/jumper on track team. All state volleyball. **Personal:** Daughter of Allan and Lori Spenner.

Career:

Indoor:

1/28/11	3273	2	UNI Jennett, Cedar Falls	9.62	154	954	543	2:34.01
2/25/11	3352	6	MIAA, Warrensburg	9.70	159	928	527	2:26.10
1/27/12	3810	2	UNI Jennett, Cedar Falls	9.10	165	964	588	2:21.23
1/25/13	4104	1	UNI Jennett, Cedar Falls	8.92	172	1029	609	2:16.42
3/01/13	4271	4	USA, Albuquerque	8.74	170	1155	623	2:14.53

Outdoor:

4/15/11	4358	6	ESU Open, Emporia	15.93w	157	919	26.28	528	2654	2:34.60
5/02/11	4850	3	MIAA, Emporia	15.67	159	976	25.91w	564	3239	2:22.59
5/27/11	5085	5	NCAA II, Turlock	15.16w	162	1080	25.74w	553w	3678	2:22.65
4/26/12	5593	4	Drake R, Des Moines	14.33+1.1	172	1124	24.77-1.5	595+2.5	3436	2:16.61
4/18/13	5806	1	Mt Sac R, Azusa	14.42+0.5	168	1157	23.97+2.5	634+2.3	3591	2:14.90
5/10/13	5356	1	Summit, Muncie	14.23	170	1143	24.51	604	3432	2:39.48
6/20/13	5768	10	USA, Des Moines	13.94+2.7	163	1173	23.67+0.1	622+1.7	3097	2:11.63

PRs: 5806 / 4271
Indoor: 60mH: 8.66.

13.94+2.7 172 1299 23.67+0.1 634+2.3 3718 2:11.63

LINDSAY SCHWARTZ

DOB: April 23, 1990
POB: Watertown, WI
Ht: 5-10
Hometown: Watertown, WI
High School: Watertown HS
College: South Alabama '12



2013: 8th at USA nationals with breakthrou score of 5910. 3rd at Pan Am Cup in Ottawa with PR 5645 effort. 5th at Mt Sac Relays. 3rd at Sam Adams meet. 10th at USA indoors. **2012:** 10th at NCAAs outdoors with PR 5606 score. Won Sun Belt hept and 100 hurdles after a PR 4th place at Texas Relays (5468). Indoor pentathlon Sun Belt Con champ for 2nd consecutive year. **2011:** 13th at NCAA heptathlon in Des Moines. Sun Belt Conf heptathlon champion and record holder (5318). SBC indoor pentathlon champ. 3rd in high jump outdoors. **2010:** Runner-up at Sun Belt indoor pentathlon and winner of outdoor heptathlon. . **High School:** 3x Wisconsin state hurdles (2x 100m, 1x 300m) champion. **Personal:** Major is Leisure Studies-Sports Management

Career:

Indoor:

2/27/10	3426	2	Sun Belt, Mufreesboro	8.77	156	1112	522	2:30.05	[55mH]
1/29/11	3492	2	Carnes, Gainesville	8.65	165	1005	515	2:30.27	[55mH]
3/27/11	3585	1	Sun Belt, Mufreesboro	8.37	163	951	534	2:25.32	[55mH]
2/25/12	3996	1	Sun Belt, Mufreesboro	8.16	165	1119	594	2:21.32	[55mH]
3/09/12	3951	13	NCAA I, Nampa	8.59	166	1020	585	2:21.70	
3/01/13	3892	10	USA, Albuquerque	8.77	164	1177	561	2:23.87	

Outdoor:

5/08/10	4966	1	Sun Belt, Mufreesboro	14.65	-3	166	1050	25.10+3.7	535+1.4	2978	2:29.22
3/24/11	4778	2	FSU R, Tallahassee	15.06	+1.8	164	953	25.48+2.6	516+1.6	2721	2:22.37
5/14/11	5318	1	Sun Belt, Mufreesboro	14.70	+1.0	170	962	25.23-2.0	591+1.3	3319	2:18.19
6/09/11	5274	13	NCAA I, Des Moines	14.33	+0.9	166	1015	25.25-0.8	564+1.2	3555	2:21.03
3/29/12	5468	4	Texas R, Austin	14.27	+0.9	169	1085	24.93+0.2	574+1.1	3649	2:19.07
5/12/12	5264	1	Sun Belt, Lafayette	14.20	+0.6	164	1067	24.50+1.6	561-1.5	3576	2:28.91
6/??/12	5606	10t	NCAA I, Des Moines	14.00	-0.3	166	1062	24.43+1.1	590-0.5	3699	2:15.66
4/06/13	5591	3	Sam Adams, S Barbara	14.13	-1.3	164	1171	24.65+0.4	570-0.1	3805	2:14.64
4/18/13	5565	5	Mt Sac R, Azusa	14.16	+1.3	168	1084	24.33+2.5	565+1.5	3809	2:16.65
6/02/13	5645	3	Pan Am CE Cup, Ottawa	13.94	+1.0	171	1188	24.64+1.2	542+1.5	4060	2:17.17
6/20/13	5910W	8	USA, Des Moines	13.61	+4.9	172	1161	24.18+0.4	585+4.0	3992	2:12.48

PRs: 5910 / 3996

13.61+4.9 170 1171 24.18+0.4 594i 3992 2:12.48

Indoor: 60mH: 8.59; 55mH 8.16

Updated: 7/19/13

The PR Page

Seeding/PR information:

Score to left: the Career best score.

In row 2 italics this is the career lifetime best (PR) for each event (in shaded grey).

Germany

<i>PR score</i>	<i>PR</i>	<i>100m w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
5767 Biesenbach, Alina	5767							
.	5767	14.54+1.7	180	1311	26.05+1.5	614+1.5	4324	2:18.78
5863 Maiwald, Anna	5863							
.	5863	13.73+1.4	168	1278	24.28+2.5	583+0.2	4605	2:16.70
6072 Carolin Schafer	5972							
.	6072	13.54+1.4	179	1350	24.19-0.4	603+1.2	4950	2:20.78
5355 Silvia Mrotzek	5355							
.	5355	14.78+1.9	168	1189	26.61-1.4	582+1.7	4058	2:17.34
6167 Maren Schwerdtner								
.	6167	13.48+1.2	183	1407	24.07+0.7	644+1.3	4633	2:20.31
Substitute								
5321 Simone Mrotzek								
.	5321	14.44+1.9	166	1113	26.49+1.5	588i	3749	2:17.31

USA

<i>PR score</i>	<i>qscore/PR</i>	<i>100m w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
6030 Ryan Kraiss	5957							
.	6030	13.56+2.1	178	1281	24.31	643	4091	2:08.74
5940 Chelsea Carrier-Eades	5940							
.	5940	12.78	175	1176	23.49+0.1	642	3308	2:15.73
5807 Lindsay Lettow	5729							
.	5807	13.69+1.4	179i	1213	24.51+4.0	591+1.8	3775	2:14.91
5945 Heather Miller	5945							
.	5945	13.75+4.9	170	1189	24.08+0.1	639+2.8	3973	2:13.30
5910 Lindsay Schwartz	5910							
.	5910	13.61+4.9	170	1171	24.18+0.4	594i	3992	2:12.48
5806 Sami Spenner	5768							
.	5806	13.94+2.7	172	1299	23.67+0.1	634+2.3	3718	2:11.63
5984 Keia Pinnick	5933							
.	5984	13.04+2.7	172	1137	23.60+2.3	623i	3873	2:09.29
5909 Kiani Profit	5899							
.	5909	13.58+1.7	175	1231	24.08+1.9	610	4086	2:08.79
5813 Allison Reaser	5813							
.	5813	13.30+1.2	164	1208	23.88+2.3	608+3.5	4025	2:12.08