

**2013 USATF
Indoor Women's
Pentathlon**



MEDIA GUIDE



**Friday
March 1, 2013
Convention Center
Albuquerque, NM**

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

2013 USATF Indoor Women's Pentathlon Media Guide

Time Schedule

Friday, March 1, 2013

| | |
|--------------------|-----------------|
| 60m Hurdles | 11:50 am |
| High Jump | 1:00 pm |
| Shot Put | 3:00 |
| Long Jump | 4:15 |
| 800 Meters | 5:30 |



Qualifying Standards: [qualifying window: Jan 1, 2012 to Feb 24, 2013

]

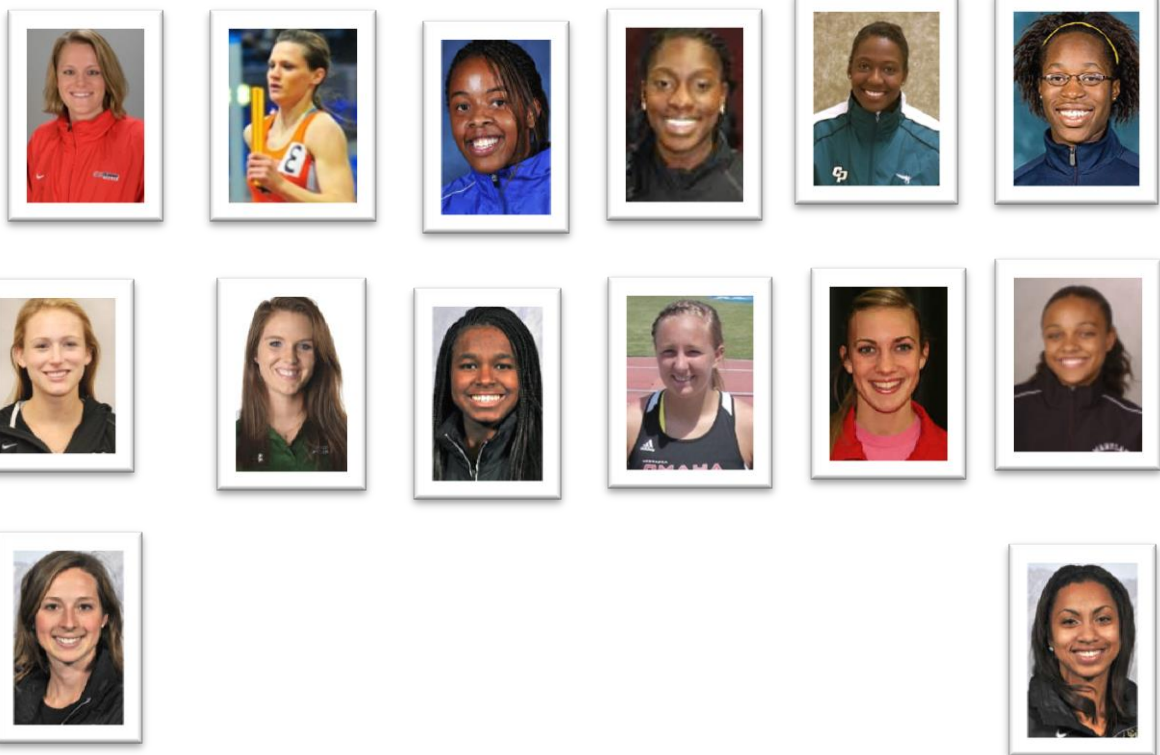
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|---------------------------------|-------------|
| Indoor Pentathlon Score | 3800 |
| Outdoor Heptathlon Score | 5200 |

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> |
|-------------------|-------------------|------------------------|-----------|----------------------|
| *Aisha Adams | W Ath Perf | 3953 | 3953 | 5861 '12 |
| *Breanne Beemer | Colorado | 3960 | 3960 | 5339 '12 |
| *Sharon Day | Asics | 4567 | 4567 | 6343 '12 |
| *Rachel Klinger | S Florida | 3804 | 3804 | 4971 '12 |
| *Breanna Leslie | Azusa Pacific | 4109 | 4109 | 5369 '12 |
| *Lindsay Lettow | unat | 4286 | 4286 | 5708 '12 |
| *Brittany Lewis | Colorado | 3863 | 3863 | 4977 '12 |
| *Heather Miller | CPTC(New Balance) | ----- | 3993 | 5779 '12 |
| *Tiffany Parker | unat | 3748 | 3748 | 5363 '12 |
| *Kiani Profit | unat | 5695 hept | 4396 | 5695 '12 |
| *Lindsay Schwartz | unat | 3996 | 4104 | 5606 '12 |
| *Sami Spenner | Neb-Omaha | 4104 | 4104 | 5593 '12 |
| *Abriana Torres | Colorado | 3832 | 3832 | none |
| * Bette Wade | Nike | 4371 | 4469 | 6143 '12 |
| ?Madelien Outman | unat | | | |



Top row: Lindsay Schwartz, Heather Miller, Aisha Adams, Tiffeny Parker, Sharon Day, Bette Wade.

2nd row: Breanna Leslie, Rachel Klinger, Abrianna Torres, Sami Spenner, Breanna Leslie

Bottom row: Breanne Beemer, Brittany Lewis

PRs of Entrants:

| | <u>score</u> | <u>60H</u> | <u>hj</u> | <u>sp</u> | <u>lj</u> | <u>800m</u> |
|-------------------|--------------|------------|-----------|-----------|-----------|-------------|
| *Aisha Adams | 3953 | 8.68 | 177 | 1223 | 623 | 2:14.32 |
| *Heather Miller | 3993 | 8.70 | 169 | 1168 | 639 | 2:15.59 |
| *Tiffeny Parker | 3748 | 8.63 | 164 | 1187 | 576 | 2:28.34 |
| *Lindsay Schwartz | 3996 | 9.28 | 170 | 1112 | 594 | 2:15.66 |
| *Sami Spenner | 4104 | 8.66 | 172 | 1124 | 623 | 2:16.42 |
| *Sharon Day | 4567 | 8.46 | 195 | 1440 | 611 | 2:11.31 |
| *Lindsay Lettow | 4286 | 8.51 | 179 | 1213 | 591 | 2:14.91 |
| *Bette Wade | 4469 | 8.37 | 185 | 1402 | 641 | 2:16.85 |
| *Kiani Profit | 4693 | 8.40 | 175 | 1231 | 610 | 2:09.67 |
| *Breanne Beemer | 3960 | 8.96 | 170 | 1122 | 548 | 2:09.24 |
| *Brittany Lewis | 3863 | 9.02 | 170 | 1108 | 574 | 2:21.63 |
| *Rachel Klinger | 3804 | 8.87 | 169 | 1040 | 565 | 2:23.25 |
| *Abriana Torres | 3832 | 9.11 | 160 | 1267 | 600 | 2:33.24 |
| ?Madelien Outman | 3807? | | | | | |
| ?Shana Woods | | | | | | |

* updated

FACT SHEET: Recent Championship Results



2012 USATF Indoor Champs, Bloomington

| | | <u>60H</u> | <u>hj</u> | <u>sp</u> | <u>lj</u> | <u>800m</u> |
|-------|--------------------------|------------|-----------|-----------|-----------|-------------|
| 4567 | Day, Sharon/Asics | 8.46 | 185 | 1329 | 589 | 2:11.89 |
| 4373 | Stechschulte, Abbie/unat | 8.47 | 173 | 1326 | 596 | 2:16.22 |
| 4371 | Wade, Bette/Nike | 8.39 | 182 | 1280 | 595 | 2:23.29 |
| 4171 | Hill, Kasey/unat | 8.62 | 164 | 1399 | 564 | 2:17.11 |
| 3994 | Pearson, Emily/unat | 8.60 | 167 | 1157 | 544 | 2:17.00 |
| 3960 | Beamer, Brianne/unat | 8.96 | 167 | 1122 | 541 | 2:11.71 |
| 3921 | Roehrig, Liz/unat | 8.83 | 170 | 1340 | 544 | 2:30.77 |
| 3560 | Parker, Tiffany/unat | 8.63 | 158 | 1158 | 514 | 2:35.32 |
| 3053 | Lofton, Sherria/unat | 8.65 | nh | 1043 | 561 | 2:23.28 |
| 9s,9f | | | | | | |

2011 USATF Indoor Champs, Bloomington

| | | <u>60H</u> | <u>hj</u> | <u>sp</u> | <u>lj</u> | <u>800m</u> |
|------|--------------------------|------------|-----------|-----------|-----------|-------------|
| 4439 | Wade, Bette/Nike | 8.49 | 182 | 1350 | 617 | 2:25.25 |
| 4337 | Stechschulte, Abbie/unat | 8.44 | 170 | 1364 | 581 | 2:15.21 |
| 4289 | DeLoach, Janay/unat | 8.61 | 173 | 1267 | 646 | 2:29.04 |
| 4241 | Hill, Kasey/unat | 8.48 | 170 | 1341 | 571 | 2:18.20 |
| 4118 | Roehrig, Liz/unat | 8.68 | 176 | 1322 | 573 | 2:29.24 |
| 4063 | Pearson, Emily/unat | 8.60 | 170 | 1168 | 557 | 2:17.87 |
| 3840 | Trimble, Ashley/unat | 8.82 | 161 | 1239 | 547 | 2:24.24 |
| 3628 | Beemer, Brianne/unat | 9.23 | 164 | 980 | 503 | 2:14.47 |
| dnf | Fountain, Hyleas/Nike | 8.15 | 182 | 1317 | 635 | dns |

60H hj sp lj 800m

2010 USATF Indoor Champs, Bloomington

| | | | | | | |
|------|--------------------------|------|-----|------|-----|---------|
| 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

2009 USATF Indoor Champs, Chapel Hill

| | | | | | | |
|------|----------------------|------|-----|------|-----|---------|
| 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 |

2008 USATF Indoor Champs, Chapel Hill

| | | | | | | |
|------|---------------------------------|------|-----|------|-----|---------|
| 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 |

2007 USATF Indoor Champs, Chapel Hill

| | | | | | | | |
|----|------------------|------|------|-----|------|-----|---------|
| 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:

| Year | score | winner | site |
|---------|---------|--------------------|-----------------|
| 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 |
| 2011 | 4439 | Bette Wade | Bloomington, IN |
| 2012 | 4567 | Sharon Day | Bloomington, IN |



Most Wins:

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

All-Time USA List

[as of 2/27/13]

| | | | | | | | | | |
|--------------------|--------------------|---------|------------------------|------|-----|------|-----|---------|-----|
| 4753 | Dede Nathan | 3/5/99 | IAAF WC, Maebashi | 8.26 | 186 | 1510 | 624 | 2:18.98 | (1) |
| 4753 | Hyleas Fountain | 3/13/10 | IAAF WC, Doha | 8.20 | 187 | 1406 | 646 | 2:21.02 | (4) |
| 4731 | 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) |
| <i>Incomplete:</i> | | | | | | | | | |
| 4567 | Sharon Day | 3/4/12 | USA, Bloomington | 8.46 | 185 | 1329 | 589 | 2:11.89 | (1) |
| 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 | (2) |
| 4467 | Day | 3/6/10 | USA, Bloomington | 8.67 | 182 | 1360 | 590 | 2:14.63 | (3) |
| 4442 | Pickler, D | 1/29/10 | Iowa St, Ames | 8.41 | 179 | 1167 | 624 | 2:16.18 | (1) |
| 4439 | Wade | 3/6/11 | USA, Bloomington | 8.49 | 182 | 1350 | 617 | 2:25.25 | (1) |
| 4430 | Day | 1/26/12 | UW Husky, Seattle | 8.49 | 181 | 1275 | 595 | 2:16.27 | (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) |
| 4373 | Abbie Stechschulte | 3/4/12 | USA, Bloomington | 8.47 | 173 | 1326 | 596 | 2:16.22 | (2) |
| 4371 | Wade | 3/4/12 | USA, Bloomington | 8.39 | 182 | 1280 | 595 | 2:23.29 | (3) |
| 4347 | Fiona Asigbee | 3/6/05 | USA, Chapel Hill | 8.34 | 181 | 1278 | 586 | 2:22.94 | (2) |
| 4337 | Stechschulte | 3/6/11 | USA, Bloomington | 8.44 | 170 | 1364 | 581 | 2:15.21 | |
| 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 | 7.91 | Jessica Ennis/GBR | Istanbul, IAAF-4965 | 2012 |
| HJ | 1.99m(6-6 ½) | 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 | 2:04.42 | Ester Goossens/NED | Kalbach | 1997 |
| Score | 5013 | Nataliya Dobrynska/UKR | Istanbul | 2012 |
| | | <i>[8.38 184 1651 657 2:11.16]</i> | | |



American Records

| | | | | |
|-------|--------------|------------------------------------|--------------------------|------|
| 60mH | 7.99 | Tiffany Lott-Hogan/USA | Chapel Hill/USATF-4224 | 2004 |
| HJ | 1.94m(6-4¼) | 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 | 1.88m(6-2) | Brianne Theisen/Oregon | College Station, TX | 2012 |
| SP | 16.34m(53-7½) | Austra Skyute/Kansas St | Manhattan | 2002 |
| LJ | 6.67m(21-10¾) | Amy Menlove/BYU | Fayetteville/NCAA-4312 | 2005 |
| 800m | 2:08.36 | Erica Moore/Indiana St | Ames-4030 | 2009 |
| Score | 4555 | Brianne Theisen/Oregon | College Station, TX | 2012 |
| | | <i>[8.38 188 1287 599 2:16.90]</i> | | |



USATF Meet Records

| | | | | |
|-------|--------------|------------------------------------|-------------------|------|
| 60mH | 7.99 | Tiffany Lott-Hogan/USA | Chapel Hill -4224 | 2004 |
| HJ | 1.85 (6-¾) | Bette Wade/Asics | Bloomington-4469 | 2010 |
| | | Sharon Day/Asics | Bloomington-4567 | 2012 |
| SP | 15.57m(51-1) | Kym Carter/Nike | Moscow, ID -4696 | 1995 |
| LJ | 6.46(21-2½) | Janay DeLoach/unat | Bloomington-4289 | 2011 |
| 800m | 2:11.71 | Brianne Beemer/unat | Bloomington-3960 | 2012 |
| Score | 4696 | Kym Carter/Nike | Moscow, ID | 1995 |
| | | <i>[8.55 182 1557 607 2:13.32]</i> | | |



Athletes Bios:

AISHA ADAMS

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



2013: 3rd at Washington indoor Pentathlon, Seattle. **2012:** 10th at US Olympic Trials. Won early season heptathlon in San Angelo with PR 5861 score. **2010:** Runner-up at Texa Relays with PR 5795 and repeated as NCAA II champ. **2009:** 9th at USA nationals with PR 5636. Lone Star Conference track athlete of the year. NCAA Div-II heptathlon champion with PR 5586 score. **2006:** Named athlete of national NJCAA meet. **High School:** 3 sport standout (basketball, volleyball, t&f), **Personal:** Daughter of Patricia Adams. Undecided major.

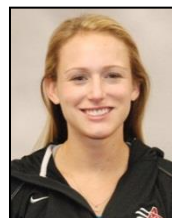
Career:

| Indoor: | | | | <u>60 h hj sp lj 800m</u> | | | | | |
|-------------------------|-------------|-------------------------------|----------|--|------------|-------------|------------------|----------------|---------------------|
| 2/17/06 | 3469 | JUCO Region#6 | | | | | | | |
| 1/22/07 | 3431 | Highland Multis | | 166 | 564 | | | | |
| 1/25/13 | 3953 | U Washington, Seattle | 3 | 8.68 | 169 | 1035 | 558 | 2:17.49 | |
| Outdoor: | | | | <u>100 h w hj sp 200m w lj w jav 800m</u> | | | | | |
| 4/14/06 | 5112 | Cowley, KS | | | | 24.64 | | 595 | |
| 5/05/06 | | JUCO Region#6 | | | 168 | | | | |
| 3/20/09 | 5499 | Spring, San Angelo | 1 | 14.76-0.2 | 175 | 1195 | 25.01-0.2 | 578+1.0 | 3580 2:22.09 |
| 4/02/09 | 5529w | Texas R, Austin | 2 | 14.09+2.4 | 166 | 1206 | 24.62+4.1 | 577+4.1 | 3747 2:24.24 |
| 5/22/09 | 5586 | NCAA II, San Angelo | 1 | 13.81+1.7 | 169 | 1223 | 25.39-0.3 | 597-0.3 | 3684 2:24.40 |
| 6/28/09 | 5636 | USA Sr, Eugene | 9 | 13.81+1.6 | 163 | 1172 | 24.68+2.1 | 609+2.4 | 3659 2:20.13 |
| 8/08/09 | 5616 | USA vs GER | guest | 13.77+1.2 | 174 | 1119 | 24.98 0.0 | 607+1.0 | 3331 2:22.11 |
| 4/01/10 | 5795w | Texas R, Austin | 2 | 13.80+3.7 | 177 | 1110 | 24.48+3.5 | 623+2.5 | 3509 2:20.03 |
| 5/28/10 | 5698 | NCAA II, Charlotte | 1 | 13.76-0.1 | 176 | 1177 | 24.21-0.4 | 587+1.3 | 3367 2:22.19 |
| 6/26/10 | 5708 | USA, Des Moines | 6 | 13.58+2.6 | 169 | 1171 | 24.37+3.3 | 609+1.7 | 3160 2:17.61 |
| 4/04/12 | 5861 | ASU Spring, San Angelo | 1 | 13.99-0.4 | 170 | 1162 | 24.33 0.0 | 621+1.1 | 3772 2:14.32 |
| 6/30/12 | 5778 | OT/USA, Eugene | 10 | 14.41+0.7 | 175 | 1134 | 24.38+2.8 | 581+0.9 | 4226 2:16.28 |
| 7/22/12 | 5316 | Thorpe Cup, Marburg | g | 14.06+1.0 | 162 | 1053 | 24.79+1.4 | 575+1.6 | 3317 2:21.30 |
| PRs: 5861 / 3953 | | | | 13.58+2.6 177 1223 24.21-0.4 623+2.5 3747 2:14.32 | | | | | |

Updated: 2/14/13

BREANNA LESLIE

DOB: August 11, 1991
POB: Phoenix, AZ
Ht: 5-9
Hometown: Mesa, AZ
High School: Valley Christian HS
College: Azusa Pacific '13



Highlights: 2011 NAIA outdoor runner-up, 2012 NAIA national champ in both pentathlon and heptathlon.

Recent Career:

Indoor:

| | | | | |
|---------|------|---|---------------------|---------------------------|
| 2/08/13 | 3872 | 1 | Big Meet, Allendale | 8.65 169 1094 522 2:19.13 |
| 2/15/13 | 4109 | 1 | NCCAA, Marion | 8.53 170 1249 573 2:18.61 |

Outdoor:

| | | | | |
|---------|------|---|--------------|---------------------------------------|
| 5/25/12 | 5308 | 1 | NAIA, Marion | 14.69 164 1194 24.70 544 3081 2:14.82 |
|---------|------|---|--------------|---------------------------------------|

PRs: 5369 / 4109

13.88 170 1249 24.44 573 3769 2:13.74

Indoor: 60mH: 8.42

Updated 2/23/13

LINDSAY LETTOW

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



2013: Began season with PR (4286) effort to win Iowa State Classic. **2012:** 8th at 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 |

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 | | | | | | | | | | |
| 5/02/10 | 5167 | 1 | MIAA, Joplin | 14.34+3.0 | | 164 | 1087 | 25.46-0.1 | | 553+1.6 | 3328 | 2:23.80 | |
| 5/28/10 | 5386 | 4 | NCAA II, Charlotte | 14.20+0.6 | | 170 | 1077 | 25.36-0.4 | | 563+0.8 | 3375 | 2:17.28 | |
| 3/25/11 | 5610 | 1 | ASU Spring, San Angelo | 13.98+1.4 | | 173 | 1118 | 25.43+1.5 | | 583+2.7 | 3700 | 2:16.23 | |
| 5/08/11 | 5225 | 1 | MIAA, Emporia | 13.90+4.6 | | 165 | 1040 | 25.42+2.5 | | 562+0.4 | 3688 | 2:30.28 | |
| 5/27/11 | 5514 | 1 | NCAA II, Turlock | 13.76+2.3 | | 174 | 1153 | 25.21+2.4 | | 555+2.1 | 3575 | 2:21.79 | |

| | | | | | | | | | | |
|----------------|-------------|----------|-------------------------|------------------|------------|-------------|------------------|----------------|-------------|----------------|
| 6/26/11 | 5547 | 9 | USA, Eugene | 14.10+1.6 | 169 | 1122 | 25.12+1.6 | 589+0.6 | 3523 | 2:17.09 |
| 8/14/12 | 4404 | 11 | Thorpe Cup, Chula Vista | 14.27+1.8 | 166 | 1050 | 26.18+1.5 | 568+3.2 | 3442 | dnf |
| 3/23/12 | 5703 | 1 | Trinity U, San Antonio | 14.02 | 176 | 1187 | 24.47 | 583 | 3388 | 2:17.22 |
| 5/25/12 | 5748 | 1 | NCAA II, Pueblo | 13.69-1.4 | 172 | 1194 | 24.80+1.4 | 591+1.8 | 3723 | 2:18.20 |
| 6/30/12 | 5807 | 8 | OT/USA, Eugene | 13.96+1.3 | 175 | 1213 | 24.51+3.0 | 585+1.3 | 3683 | 2:14.91 |
| 7/22/12 | 5530 | 7 | Thorpe Cup, Marburg | 14.04+1.7 | 174 | 1127 | 25.15+1.5 | 562+0.8 | 3567 | 2:18.13 |

PRs: 5807 / 4286

Indoor: 60H: 8.51

13.69+1.4 179i 1213 24.51+4.0 591+1.8 3729 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: Opened season with pentathlon win at Bucknell U. **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 |

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 |

PRs: 5779 / 3993

Indoor: 60mH: 8.70

14.07 169 1168 24.22+2.8 639+2.8 3929 2:15.59

TIFFENY PARKER

DOB: June 8, 1988
POB: Moreno Valley, CA
Ht: 5-7
Hometown: Moreno Valley, CA
High School: Ranchi Verde HS '06
College: Azusa Pacific U.'11



2012:8th at USA indoor champs. **2011:** 7th NAIA heptathlon **2010:** 3rd NAIA heptathlon, **2009:** 4th NAIA heptathlon . Won NAIA All-American honors in 5 events. **2008: 2007:** Competed at U of New Mexico. **High School:** CIF finalist at 100m hurdles in 2006. Junior in 2005 qualified for CIF finals in 4 events. **Personal:** Parents are Ronald and Dolores Parker. Majored in Business at APU.

Career:

Indoor:

| | | | | |
|---------|------|---|------------------------|---------------------------|
| 3/ /09 | 3418 | 4 | NAIA, Johnson City, TN | |
| 3/04/10 | 3528 | 2 | NAIA, Geneva, OH | 8.94 159 1165 548 2:42.05 |
| 3/04/12 | 3560 | 8 | USATF, Bloomington | 8.63 158 1158 514 2:35.32 |

Outdoor:

| | | | | |
|---------|------|---|--------------------|---|
| 5/22/09 | 4633 | 4 | NAIA, Edwardsville | 14.38+0.1 159 1128 26.24-1.8 511+0.3 3181 2:47.15 |
| 5/28/10 | 5028 | 3 | NAIA, Marion, IN | 14.27+1.3 163 1135 25.60+2.6 531+0.3 3887 2:39.92 |
| 5/27/11 | 4427 | 7 | NAIA, | 15.33-2.4 159 1082 26.99+1.0 526+0.1 3054 2:47.51 |
| 6/09/12 | 5363 | 2 | Chula Vista, CA | 14.09+1.5 164 1187 26.02+0.8 576+1.8 4041 2:28.34 |

PRs: 5363 / 3748

14.03w 164 1187 25.60 576 4041 2:28.34

Indoor: 60mH: 8.63

Updated: 2/06/13

LINDSAY SCHWARTZ

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



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 | |

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 | |

PRs: 5606 // 3996

13.95+2.2 170 1112 24.43+1.1 594i 3699 2:15.66

Indoor: 60mH: 9.28; 55mH 8.16

Updated: 2/12/13

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



2013: Won UNI Jennett indoor pent with PR 4104 effort. **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 |

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 | 14.3+1.1 | 172 | 1124 | 24.77-1.5 | 595+2.5 | 3436 | 2:16.61 |

PRs: 5593 / 4104

14.33+1.1 172 1124 24.77-1.5 623i 3678 2:16.42

Indoor: 60mH: 8.66.

Updated: 2/12/13

BETTE WADE

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



2013: Won ISU Bergan pentathlon to open season. **2012:** 4th at US Olympic at Nationals indoors (4371) and began outdoor season with PR 8143 score at Uof A Click meet. **2011:** Captured Thorpe Cup in Chula Vista with career best 6052 score. 4th at USA nationals. 17th at Götzis. Won indoor national pentathlon with 4439 score. **2010:** Opened season with PR 4376 at Iowa State, then placed 2nd with PR 4469 at USA indoor champs. Won Click heptathlon in Arizona with PR 5937 to open outdoor campaign then PR'd with 6000 (exactly!) effort for 9th at Götzis. Won Thorpe Cup in Marburg (USA vs Germany) and was 7th at DecaStar. **2009:** 3rd at NAAs with PR 5876 effort and 3rd also at USA champs with another PR, 5908. Runner-up at Big 10 (with PRs in final 3 events) scoring PR 5834. Opened season with Texas Relays victory. Won Big Ten indoor title with 4216 score. 5th at NCAA indoor heptathlon/ **2008:** Big Ten runner-up outdoors and indoors was Big Ten and NCAA indoor pentathlon runner-up (4366). 9th at U.S. Olympic Trials. **2007:** 7th at t NCAA with 2 point PR, 5724. Won Big Ten outdoor title with PR 5722. 2nd at Big Ten indoors with PR 4158. Won Jim Click in Tucson with PR 5500. **2006:** took first place in the heptathlon with a NCAA provisional standard point total of 5147 at the California Invitational. Claimed fourth place in the heptathlon with a personal-best point total of 5,301, Drake Relays Was second at Big Ten champs with 5354 total. **Indoor.** Second at Big Ten Pentathlon.. Finished 14th in the pentathlon (3917) at the NCAA Indoor Championships. Personal: Enrolled at College of Literature, Science and Arts. Trials. 3rd

Career:

Indoor:

| | | | | | 60h | hj | sp | lj | 800m |
|----------------|-------------|----------|--------------------------------------|--|-------------|------------|-------------|------------|----------------|
| 1/20/06 | 4047 | 1 | Simmons, Ann Arbor | | 8.49 | 174 | 1114 | 603 | 2:24.06[55H] |
| 2/26/06 | 3977 | 2 | Big 10, Madison | | 9.10 | 175 | 1143 | 584 | 2:25.65 |
| 3/11/06 | 3917 | 14 | NCAA Indoor Champs, Fayetteville | | 8.94 | 170 | 1129 | 582 | 2:26.96 |
| 1/20/07 | 3911 | 1 | Simmons, Ann Arbor | | 8.88 | 168 | 1325 | 542 | 2:27.45 |
| 2/25/07 | 4158 | 2 | Big Ten, Champaign | | 8.63 | 170 | 1214 | 594 | 2:20.77 |
| 3/10/07 | 4131 | 5 | NCAA I, Fayetteville | | 8.56 | 169 | 1232 | 591 | 2:23.19 |
| 2/01/08 | 3868 | 1 | Michigan Intercollegiates, Ann Arbor | | 8.04 | 169 | 1137 | 563 | 2:26.78 [55H] |
| 3/01/08 | 4089 | 2 | Big Ten, Minneapolis | | 8.66 | 174 | 1257 | 561 | 2:23.76 |
| 3/15/08 | 4366 | 2 | NCAA, Fayetteville | | 8.67 | 181 | 1320 | 622 | 2:26.61 |
| 1/30/09 | 4195 | 1 | Eastern Michigan, Ypsilanti | | 8.62 | 173 | 1316 | 589 | 2:24.81 |
| 2/28/09 | 4216 | 1 | Big Ten, Bloomington | | 8.50 | 169 | 1320 | 586 | 2:21.08 |
| 3/13/09 | 4252 | 5 | NCAA, College Station | | 8.58 | 172 | 1326 | 606 | 2:24.76 |
| 1/29/10 | 4376 | 2 | Iowa State Bergan, Ames | | 8.46 | 179 | 1287 | 608 | 2:22.43 |
| 3/07/10 | 4469 | 2 | USA, Bloomington | | 8.69 | 185 | 1367 | 593 | 2:17.94 |
| 3/06/11 | 4439 | 1 | USA, Bloomington | | 8.49 | 182 | 1350 | 617 | 2:25.25 |
| 3/04/12 | 4371 | 3 | USA, Bloomington | | 8.39 | 182 | 1280 | 595 | 2:23.29 |
| 1/25/13 | 4170 | 1 | Iowa State Bergan, Ames | | 8.68 | 178 | 1334 | 582 | 2:29.93 |

Outdoor:

| | | | | | 100H | w | hj | sp | 200m | w | 1 st day | lj | w | jav | 800m |
|----------------|-------------|----------|-------------------------|--|--------------|------------|------------|-------------|------------------|---|---------------------|----------------|---|-------------|----------------|
| 4/13/06 | 5147 | 1 | Cal Invt, Azusa | | 14.38 | 0.0 | 168 | 1097 | 25.57+0.8 | | 3183 | 576nwi | | 2864 | 2:26.64 |
| 4/20/06 | 5301 | 4 | Drake R, Des Moines | | 14.04+0.6 | 169 | 1066 | 25.47nwi | | | 3232 | 595nwi | | 2891 | 2:23.35 |
| 5/13/06 | 5354 | 2 | Big Ten, E Lansing | | 14.26nwi | 168 | 1096 | 25.32nwi | | | 3222 | 604nwi | | 3455 | 2:28.85 |
| 6/08/06 | 5122 | 20 | NCAA I, Sacramento | | 16.21-0.7 | 175 | 1206 | 25.42-0.8 | | | 3119 | 573+0.9 | | 3015 | 2:25.09 |
| 3/23/07 | 5500 | 1 | Click, Tucson | | 14.07 | 0.0 | 173 | 1268 | 25.01+0.4 | | 3451 | 578-1.3 | | 3009 | 2:22.63 |
| 5/12/07 | 5722 | 1 | Big Ten, U Park | | 13.88+0.6 | 181 | 1283 | 25.14-1.7 | | | 3576 | 603-1.0 | | 3363 | 2:26.19 |
| 6/08/07 | 5724 | 7 | NCAA I, Sacramento | | 14.00+0.9 | 178 | 1281 | 24.62+1.4 | | | 3568 | 598+4.3 | | 3125 | 2:20.76 |
| 6/23/07 | 5429 | 12 | USA, Indianapolis | | 14.15-0.9 | 178 | 1132 | 24.86 | 0.0 | | 3426 | 571+1.8 | | 2916 | 2:23.22 |
| 4/03/08 | 5395 | 1 | Cal Multis, Berkeley | | 14.15+0.9 | 172 | 1273 | 24.77 | 0.0 | | 3453 | 559+0.7 | | 2970 | 2:25.95 |
| 5/17/08 | 5658 | 2 | Big Ten, Champaign | | 14.19 | 0.0 | 175 | 1385 | 24.85+0.5 | | 3553 | 612+1.2 | | 3184 | 2:28.99 |
| 6/12/08 | 5738 | 3 | NCAA, Des Moines | | 13.73-0.9 | 175 | 1314 | 24.62+1.4 | | | 3560 | 602-0.1 | | 3229 | 2:20.76 |
| 6/28/08 | 5723 | 9 | USOT/USA, Eugene | | 13.85+1.1 | 181 | 1303 | 24.72+2.7 | | | 3633 | 560+2.3 | | 3479 | 2:22.24 |
| 4/02/09 | 5635 | 1 | Texas R, Austin | | 13.86+1.4 | 181 | 1272 | 25.11+3.4 | | | | 592+3.8 | | 3252 | 2:28.53 |
| 5/16/09 | 5834 | 2 | Big 10, Columbus | | 14.10-1.6 | 175 | 1294 | 25.05+1.4 | | | | 634+2.6 | | 3514 | 2:20.30 |
| 6/12/09 | 5876 | 3 | NCAA, Fayetteville | | 13.84+1.0 | 178 | 1357 | 25.05+0.2 | | | 3601 | 633+0.4 | | 3249 | 2:21.90 |
| 6/28/09 | 5908 | 3 | USA, Eugene | | 14.05-0.1 | 172 | 1398 | 24.76+3.1 | | | 3552 | 641+3.7 | | 3364 | 2:19.37 |
| 8/16/09 | 5134 | 24 | IAAF WC, Berlin | | 13.79-0.3 | 180 | nm | 24.98-0.3 | | | 2802 | 618+0.8 | | 3670 | 2:25.50 |
| 4/02/10 | 5937 | 1 | UofA Click, Tucson | | 13.97+0.9 | 178 | 1402 | 24.93-0.6 | | | | 590-0.1 | | 4044 | 2:20.43 |
| 5/30/10 | 6000 | 9 | Hypo-Bank, Götzis | | 14.00-1.3 | 182 | 1362 | 25.07+1.7 | | | 3630 | 629-0.7 | | 3782 | 2:21.17 |
| 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 |
| 8/08/10 | 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 |
| 5/27/11 | 5788 | 17 | Hypo-Bank, Götzis | | 13.87+0.3 | 176 | 1294 | 24.86+1.9 | | | | 591-0.1 | | 3597 | 2:19.69 |
| 6/26/11 | 5949 | 4 | USA, Eugene | | 13.68+1.2 | 178 | 1356 | 24.91+1.7 | | | 3637 | 616+1.7 | | 3494 | 2:18.63 |
| 8/14/11 | 6052 | 1 | Thorpe Cup, Ch Vista | | 13.77+1.9 | 184 | 1374 | 25.08+1.5 | | | | 618+3.0 | | 3551 | 2:16.85 |
| 9/18/11 | 5628 | 10 | DecaStar, Talence | | 13.82-0.5 | 179 | 1274 | 25.18 | 0.0 | | | 594+0.2 | | 3280 | 2:28.08 |
| 3/30/12 | 6143 | 1 | UA Click, Tucson | | 13.42 | 0.0 | 181 | 1320 | 24.41+2.2 | | | 622-1.9 | | 3940 | 2:19.29 |
| 6/30/12 | 6018 | 4 | OT/USA, Eugene | | 13.72+1.6 | 181 | 1362 | 24.84+2.2 | | | | 621+1.1 | | 3579 | 2:19.06 |
| 7/22/12 | 5795 | 2 | Thorpe Cup, Marburg | | 13.98+1.6 | 174 | 1300 | 25.44+2.5 | | | | 620+1.2 | | 3549 | 2:18.47 |

PRs: 6143 / 4469 13.42 0.0 185 1402 24.41+2.2 641+3.7 4044 2:16.85

Indoor: 60H: 8.37

Summary: 28 meets, 28 finishes, 9 wins, PR score: 6143, Top Ten Ave: 5983.9

Updated: 2/19/13

Limited Bios

BRIANNE BEEMER

DOB: April 26, 1990
POB: Poway, CA
Ht: 5-7
Hometown: Loveland, CO
High School: Mountain View HS, CO
College: Colorado '13



Highlights: Recent Career:

Indoor:

3/ /12 3960 6 USA, Bloomington 8.96 167 1122 541 2:11.71
2/22/13 3854 3 Mtn Pacific, Seattle 8.89 166 1105 527 2:15.68

Outdoor:

5/06/12 5339 3 Pac 12, Eugene 14.38 165 1025 25.16 537 3449 2:09.24

PRs: 5339 / 3960 14.38 170 1122 25.10 548 3449 2:09.24
Indoor: 60mH: 8.96

BRITTANY LEWIS

DOB: January 19, 1993
POB: Sterling, CO
Ht: 5-8
Hometown: Aurora, CO
High School: George Washington
College: Colorado '15



Highlights:

Recent Career:

Indoor:

2.25/12 3644 7 Mtn Pacific, Seattle 9.20 163 1092 597 2:??.??
1/25/13 3863 2 USAF Academy, CO 9.02 170 1024 574 2:22.82

Outdoor:

3.31.12 4919 16 Click, Tucson 15.10 157 1019 25,76 556 3195 2:21.90

PRs: 4977 / 3863 15.10 170 110825.76 574 3195 2:21.63
Indoor: 60mH: 9.02

ABRIANNA TORRES

DOB: January 3, 1993
POB: San Luis Obispo, CA
Ht: 5-7
Hometown: San Luis Obispo, CA
High School: San Luis Obispo, CA
College: Colorado '16



Highlights:

Recent Career:

Indoor:

2/22/13 3832 1 Mtn Pacific, Washington 9.11 160 1267 600 2:33.24

Outdoor:

None

PRs: ?? / 3832 none 160 1267 600 2:33.24

Indoor: 60mH: 9.11

Updated 2/23/13

RACHEL KLINGER

DOB: June 22, 1992
POB:
Ht:
Hometown: Niceville, FL
High School: Niceville HS, FL
College: U of South Florida



Highlights:

Recent Career:

Indoor:

2/02/13 3655 2 Sykes & Sabock, U Park 9.06 161 1036 556 2:26.22

2/16/13 3804 3 Big East, Geneva 8.87 169 1033 548 2:23.25

Outdoor:

5/15/12 4971 5 Big East, Tampa 14.58 166 1039 25.61 554 2741 2:24.27

PRs: 4971 / 3804

14.58 169 1040 26.59 565 2763 2:23.25

Indoor: 60mH: 8.87

Updated 2/23/13

MADELEINE OUTMAN

DOB:
POB:
Ht:
Hometown:
High School:
College: Williams '07
Indiana of PA '10



Highlights:

Recent Career:

Indoor:

??/??/10 3807

Outdoor:

5/ /10 5392 3 NCAA II

PRs: 5392 / 3807

Indoor: 60mH:

Updated 2/23/13