

# 2014 USATF Indoor Men's Heptathlon



## MEDIA GUIDE



**Saturday-Sunday  
February 21-22, 2014  
Albuquerque Convention Center  
Albuquerque, NM**

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

# Media Guide

## 2013 USA Indoor Men's Heptathlon



### Time Schedule needs update

Friday, February 21, 2014

<b>60 Meter Dash</b>	<b>Noon</b>
<b>Long Jump</b>	<b>12:50 pm</b>
<b>Shot Put</b>	<b>2:10</b>
<b>High Jump</b>	<b>4:00</b>

Saturday, February 22, 2014

<b>60m Hurdles</b>	<b>11:30 am</b>
<b>Pole Vault</b>	<b>12:45 pm</b>
<b>1000 Meters</b>	<b>3:45</b>

### Awards

A Gold Medal, emblematic of the Championships of the United States of America, will be given to the winner of each Championship event, a Silver Medal to second place, and Bronze Medals to third and fourth places.

### Prize Money

For the 2014 USA Indoor Track & Field/Combined Event Championships, USA Track & Field will pay prize money to the first through fourth place finishers in each Championship event. The prize structure is as follows:  
1st - \$5,000, 2nd - \$3,000, 3rd - \$1,250, 4th - \$750

**Qualifying Standards:** [qualifying window: Jan 1, 2012 to Feb.24, 2013] needs update

<b>Indoor Heptathlon Score</b>	<b>5450 points</b>
<b>Indoor Pentathlon Score</b>	<b>3850 points</b>
<b>Outdoor Decathlon Score</b>	<b>7700 points</b>



**Top Row:** Ryan Harlan, Jeff Mohl Gray Horn, Dan Gooris  
**Bottom Row:** Brent Vogel, Tim Wunderlich, Thomas FitzSimons, Michael McPherson

**Entrants:**

		<u>PR score</u>	<u>(13-14) qualifier</u>	<u>Decathlon PR</u>
Thomas FitzSimons	SBTC	5454	5454 <sup>14</sup>	7607 <sup>w'11</sup>
Dan Gooris	unat	5679	5596 <sup>14</sup>	7804 <sup>13</sup>
Ryan Harlan	unat	6102	5778 <sup>13</sup>	8171 <sup>04</sup>
Gray Horn	unat	5971	7918 <sup>13</sup>	7954 <sup>12</sup>
Mike McPherson	Utah Valley	5432		6963 <sup>13</sup>
Jeff Mohl	unat	5725	5725 <sup>13</sup>	7630 <sup>13</sup>
Gunnar Nixon	adidas	6232	6232 <sup>13</sup>	8312 <sup>13</sup>
Brent Vogel	unat	5760	5760 <sup>13</sup>	7519 <sup>12</sup>
Tim Wunderlich	unat	5186	3856 <sup>p'14</sup>	7636 <sup>12</sup>



**PRs for Indoor Heptathlon Events:**

	<u>score</u>	<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
*Tim Wunderlich	3856 <sup>p</sup>	7.44	714	1522	192	8.60	475	2:49.03
*Jeff Mohl	5725	7.05	777	1225	203	8.31	500	2:44.02
*Dan Gooris	5679	7.31	705	1436	201	8.45	540	2:42.67
*Ryan Harlan	6102	7.06	726	1682	213	7.95	510	2:50.47
*Gunnar Nixon	6232	6.86	780	1468	217	7.93	480	2:37.00
*Corbin Duer	5429	7.34	716	1375	205	8.51	495	2:43.02
*Thomas Fitzsimmons	5454	7.25	712	1221	194	8.55	460	2:32.36
*Brent Vogel	5760	7.10	720	1284	199	8.11	460	2:33.44

<b>*Gray Horn</b>	<b>5971</b>	<b>6.96</b>	<b>765</b>	<b>1388</b>	<b>207</b>	<b>7.93</b>	<b>500</b>	<b>2:39.96</b>
<b>*Mike McPherson</b>	<b>5432</b>	<b>6.86</b>	<b>749</b>	<b>1034</b>	<b>204</b>	<b>8.32</b>	<b>425</b>	<b>2:45.74</b>

*\*- updated during 2104 season*

# USATF/TAC/AAU National Indoor Combined Events Champions

## Pentathlon

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



## Heptathlon

		<b>[60m-lj-sp-hj / 60mH-pv-1000m]</b>			
1995	Sheldon Blockburger	unat, San Luis Obispo	6035	Moscow, ID	
1996	Steve Fritz	Accusplit	6213	Manhattan, KS	
1997	Ricky Barker	VISA/Gallery Furniture	5969	Manhattan, KS	
1998	Ricky Barker	Gallery Furniture	5867	Atlanta, GA	
1999	Trafton Rodgers	Puma	6044	Atlanta, GA	
2000	Tom Pappas	adidas	5933	Atlanta, GA	
2001	Stephen Moore	unat, Lubbock, TX	6068	Atlanta, GA	
2002	Tom Pappas	Nike	6113	Chapel Hill, NC	
2003	Paul Terek	World's Greatest Athletes	DT 5870	Chapel Hill, NC	
2004	Paul Terek	World's Greatest Athletes	DT 6040	Chapel Hill, NC	
2005	Ryan Harlan	unat	6102	Chapel Hill, NC	
2006	Ryan Harlan	unat	5949	Chapel Hill, NC	
2007	Paul Terek	Asics	5960	Chapel Hill, NC	
2008	Jake Arnold	unat	5851	Chapel Hill, NC	
2009	Jake Arnold	Asics	5748	Chapel Hill, NC	
2010	Jake Arnold	Asics	5861	Bloomington, IN	
2011	Nick Adcock	unat, Columbia, MO	5711	Bloomington, IN	
2012	Eric Broadbent	HPC-elite	5908	Bloomington, IN	
2013	Gunnar Nixon	unat	6232	Albuquerque, NM	



## Records:

### Most Wins:

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

### Oldest Winner:

30 years, 228 days	<i>pentathlon</i>	Tony Allen Cooksey	1987
28 years, 111 days	<i>heptathlon</i>	Steve Fritz	1996

### Youngest Winner:

20 years, 48 days		Gunnar Nixon/unat	2013
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# Recent Meet Results

## 2013 Indoor Champs

### 3/1-2 28<sup>th</sup> USA indoor National Champs, Convention Center, Albuquerque, NM

6232	Nixon, Gunnar/unat	6.86	742	1427	214	7.93	480	2:41.49	3527/2705	PR, MR, FHR, US Leader
5895	Beach, Curtis/unat	7.13	737	1307	211	8.34	440	2:33.40		
5778	Harlan, Ryan/unat	7.12	650	1682	208	8.10	480	3:00.84		
5730	Arnold, Jake/Asics	7.10	655	1486	196	8.06	500	2:51.58		
5466	Gooris, Dan/unat	7.43	662	1356	190	8.51	540	2:56.68		
5346	Duer, Corbin/unat	7.40	669	1277	205	9.01	480	2:50.18		
5322	Young, Aaron/Shocker TC	7.05	667	1264	181	8.52	470	2:49.94		
dnf	Murphy, Isaac/unat	6.88	740	1286	187	8.25	480	dns		
dnf	Hardee, Trey/Nike	6.77	734	1477	196	dnf	530	dns		
dnf	Moss, Miller/unat	7.15	inj	nm	1434	190	withdrew			
dnf	Prentice, Terry/unat	7.08	714	1341	205	dnf	440	dns		

11s,7f.



## 2012 Indoor Champs

### 3/3-4 27<sup>th</sup> USA National CE Champs, Indiana U, Bloomington, IN

5908	Broadbent, Eric/HPC-e	7.05	706	1370	218	8.14	430	2:39.17		
5809	Klech, David/Oregon eTC	7.10	735	1110	203	7.93	430	2:30.64		
5796	Adcock, Nick/unat	7.15	700	1353	197	8.02	480	2:42.15		
5788	Dwyer, Kevin/unat	7.03	620	1402	212	8.23	470	2:59.92		
5581	Harlan, Ryan/unat	7.17	662	1555	194	8.13	500	3:06.60		
5473	Randolph, Chris/Sketchers	7.38	679	1325	194	8.52	470	2:41.92		
5429	Duer, Corbin/unat	7.37	644	1263	203	8.52	470	2:43.02		
5365	Goffena, Jordan/Miami(OH)	7.28	678	1258	185	8.21	450	2:45.22		
5290	Salzman, Adam/Colorado	7.19	616	1159	191	8.27	440	2:37.48		
5259	Greaves, Kenny/unat	7.43	639	1188	182	8.64	490	2:37.62		
5020	Hardee, Trey/Nike	6.75	715	1086	200	7.75	nh	2:45.67		
5259	Greaves, Kenny/unat	7.43	639	1188	182	8.64	490	2:37.62		
3564	Edmonds, Lysias/Ariz Puma	7.20	656	1141	194	dsq	nh	2:54.40		
dnf	Moss, Miller/unat	6.97	692	1341	194	8.69	withdrew			

13s,12f



## 2011 Indoor Champs

### 3/5-6 26<sup>th</sup> USA National CE Indoor Champs, Indiana University Gladstein Fieldhouse, Bloomington, IN

5711	Adcock, Nick/unat	7.17	692	1375	197	8.15	470	2:42.90		
5700	Woods, Pat/unat	7.18	679	1450	209	8.20	460	2:51.57		
5681	Helwick, Chris/unat	7.30	691	1447	200	8.58	490	2:44.00		
5542	Broadbent, Eric/HPC-elite	6.99	717	1248	209	8.21	410	2:55.98		
5320	Kinsey, Dan/unat	7.47	680	1488	194	8.87	480	2:58.91		
5329	Dickman, Chris/unat	7.10	692	1082	188	8.99	460	2:44.10		
4560	Edmonds, Lysias/Arizona Puma	7.16	680	1213	197	8.28	nh	3:00.05		
4736	Arnold, Jake/Asics	7.20	647	1456	188	8.11	470	dnf		

8s,8f.



## 2010 Indoor Champs

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

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

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



8s,6f, 3<sup>rd</sup> consecutive win for Arnold

## 2009 Indoor Champs

### 3/7-8 24<sup>th</sup> USA Indoor CE Champs, U of North Carolina, Chapel Hill, NC

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

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



## 2008 Indoor Champs

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

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

9s,8f

## 2007 Indoor Champs

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

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

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

4s,3f.

## 2006 Indoor Champs

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

5949	Harlan, Ryan/unat	7.07	693	1636	208	7.96	472	2:53.86
5883	Terek, Paul/Asics	7.12	709	1447	196	8.43	522	2:44.17
5751	Boyles, Chris/unat	7.25	682	1482	208	8.35	482	2:49.09
5747	Olkowski, Ryan/unat	6.98	736	1284	208	8.33	462	2:53.73
5452	Randolph, Chris/Seattle Pacific	7.23	665	1284	196	8.49	452	2:40.69
5452	Wineberg, Chris/unat	7.25	694	1327	190	8.72	472	2:44.43
5421	Marsh, Mike/unat	7.16	690	1307	187	8.31	462	2:51.98
5040	Creekmur, Cieth/unat	7.26	686	1130	205	8.75	402	3:03.78
dnf	Thomas, Will/unat	7.33	660	1489	1908	8.81		
dnf	Haber, Ben/unat	7.33	650	1247	184			
dnf	Richardson I, Chris/unat	7.46	651	1169				

11s,8f

## 2005 Indoor Champs

### 3/5-6 21<sup>st</sup> USATF Champs, UNC, Chapel Hill, NC

6102	Harlan, Ryan/unat	7.09	685	1609	213	[3411]	7.97	510	2:50.47
5972	Terek, Paul/unat	7.12	733	1479	201	[3323]	8.77	520	2:39.43
5730	Moore, Stephen/unat	8.68	715	1253	201	[3180]	8.31	470	2:43.44
5694	Boyles, Chris/unat	7.24	707	1409	210	[3259]	8.29	460	2:52.93
5521	Schmidt, Nate/unat-Team Nodak	7.14	705	1297	201	[3137]	8.40	420	2:49.63

5503	Wineberg, Chris/unat	7.19 667 1265 198 [2983] 8.82 500 2:44.48
5438	Richardson, Chris/unat	7.29 694 1209 198 [2878] 8.59 450 2:41.15
5286	Haber, Ben/unat	7.24 635 1258 186 [2784] 8.32 480 2:51.49
5260	Aarke, Andrew/unat-NDSU	7.15 666 1168 192 [2882] 8.28 380 2:37.38
5171	Keller, Stevie/unat-Team Nodak	7.44 622 1411 195 [2860] 8.91 410 2:37.64
4391	Bulick, Allen/unat-Texas A&M	7.15 667 1275 186 [2897] 8.72 nh 2:57.85
dnf	Olkowski, Ryan	6.88 720 1297 201 [3265] 8.06 nh
dnf	Thomas, Will/unat-UConn	7.35 673 1505 201 [3118] withdrew
dnf	Baker, Keith/unat-Alabama	7.40 612 1451 nh withdrew[2128]

14s,11f

## 2004 Indoor Champs

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

6040	Terek, Paul/WGA	7.04 708 1531 198 8.48 541 2:42.97
5989	Harris, Stephen/WGA	7.02 754 1309 216 8.29 451 2:40.28
5898	McMullen, Phil/unat	7.25 685 1462 198 8.19 501 2:35.41
5711	Lemen, David/unat	7.26 744 1325 186 8.25 531 2:55.29
5635	Olkowski, Ryan/WGA	6.87 743 1181 213 8.57 441 2:57.28
5600	Cook, Jamie/unat	7.26 704 1370 195 8.44 471 2:44.78
5557	Anderson, Bryan/unat	7.30 670 1384 204 8.42 441 2:40.94
5520	Geisler, Andy/unat	7.23 696 1407 192 8.63 481 2:49.63
5518	Wineberg, Chris/Bobcat TC	7.23 699 1264 189 8.94 501 2:39.13
5471	Geophert, Travis/unat	7.23 693 1487 180 8.57 441 2:38.89
5430	Bork, Adam/unat	7.14 676 1411 183 8.41 491 2:57.64
5391	Hart, Bevan/US Army	7.32 647 1244 180 8.39 511 2:43.20
5331	Wagner, Peter/unat	7.39 690 1095 198 8.27 431 2:42.69
5292	Tom Pappas/WGA-Nike	6.93 728 1575 210 7.93 nh 2:49.32
4736	Brozik, Paul/unat	7.30 687 1204 207 9.84 341 2:59.86
4612	Sprague, Alex/Indy Invaders	7.22 655 1439 nh 8.27 421 2:59.86
dnf	Boyles, Chris/WGA	7.26 694 1357 210 8.37 451 dns
dnf	Janvrin, Kip/K&KTC	7.40 657 1339 180 8.83 nh dns

18s,16f

## 2003 Indoor Champs

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

5870	Terek, Paul/World's Greatest Athletes DT	7.10 697 1534 197 8.67 <b>540</b> 2:49.21
5731	Sander, Jeff/Bell Athletics	7.18 694 1396 200 <b>7.99</b> 480 2:51.40
5689	Lemen, David/Willamette Striders	7.24 737 1173 191 8.21 <b>530</b> 2:52.47
5669	Thomas, Will/Connecticut	7.25 692 1463 200 8.50 470 2:44.03
5622	Giesler, Andy/Oakley	7.26 694 1563 191 8.47 480 2:50.11
5551	Jellison, Mark/unat, Stoops, CT	7.23 724 1196 200 8.11 450 2:50.81
5413	Hart, Bevan/US Army	7.25 662 1248 188 8.40 510 2:52.98
5387	Cebulski, Joe/Bell Athletics	7.29 669 1396 206 8.59 450 2:58.36
5141	Longhenry, Eric/Northern St	7.29 655 1360 191 8.47 420 2:58.13
5134	Keller, Stevie/unat, Fargo, ND	7.45 606 1358 191 8.65 430 2:41.91
5052	Esler, Steve/U of Buffalo	7.51 642 1215 203 8.78 420 2:51.69
4634	Janvrin, Kip/WGA DT	7.34 650 nm 182 8.57 470 2:40.69
4627	Williams, Jason/unat-Boise, ID	7.04 652 1393 191 8.33 nh 2:55.45
3697	Pappas, Tom/Nike	<b>6.94</b> nm <b>1615</b> nh <b>7.84</b> 500 dnf
dnf	Falconer, Brendon/Indy Invaders	7.16 719 1395 194 8.20 nh dnr
dnf	Sprague, Alex/Indy Invaders	7.08 652 1479 nh 8.21 420 dnr
dnf	McMullen, Phil/Nike	dsq 645 1476 194 withdrew
dnf	Young, Elliot/unat-Warrensburg, MO	7.08 nm 1423 withdrew

18s,14f

## 2002 Indoor Champs

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

6113	Pappas, Tom/adidas	6.93 745 1547 204 7.94 503 2:55.65
5720	Moser, Aaron/Miami	6.89 680 1356 195 8.15 503 2:55.58
5711	Giesler, Andy/Oakley International	7.20 701 1445 201 8.42 473 2:46.22



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

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

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

### World Bests

<b>Heptathlon</b>	6645	ASHTON EATON (USA)	Istanbul, TUR	3/9-10/12
		(6.79 816 1456 203 7.68 520 2:32.77)		
<b>Pentathlon</b>	4497	DAN O'BRIEN (USA)	Moscow. ID	2/28/92
		(7.88 735 1469 215 2:40.12)		
		<i>[nb: Eaton's 5 pentathlon events in WR above score 4716, but over two days]</i>		
60m	6.61	CHRIS HUFFINS (USA)	Paris	3/09/97
		(Oakley-USA) (6128-4)		
LJ	8.16m(26-9¼)	ASHTON EATON (USA)	Istanbul	3/9/12
		(Oregon e TC) (6645-1)		
SP	17.17m(56-4)	ALEKSEY DROZDOV (RUS)	Doha	3/12/10
		(Russia) (6143-2)		
HJ	2.30m (7-6 ½)	DEREK DROUIN (CAN)	Geneva	2/22/13
		(Indiana)		
60mH	7.60	ASHTON EATON	Tallinn	2/05/11
		(Nike-USA) (6558)		
PV	5.60 (18-4½)	ALEKSANDR AVERBUKH	Valencia	3/01/98
		(Russia) (6144-6)		
1000m	2:23.68	CURTIS BEACH	Nampa	3/10/12
		(Duke, 6138-1)		



### American Bests

<b>Heptathlon</b>	6645	ASHTON EATON (USA)	Istanbul, TUR	3/9-10/12
		(6.79 816 1456 203 7.68 520 2:32.77)		
<b>Pentathlon</b>	4497	DAN O'BRIEN (USA)	Moscow. ID	2/28/92
		(7.88 735 1469 215 2:40.12)		
		<i>[nb: Eaton's 5 pentathlon events in WR above score 4716, but over two days]</i>		
60m	6.61	CHRIS HUFFINS	Paris	3/09/97
		(Reebok TC 6476)		
LJ	8.16m(26-9¼)	ASHTON EATON (USA)	Istanbul	3/9/12
		(Oregon e TC) (6645-1)		
SP	16.88(55-4 3/4)	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (44 01)		
HJ	2.25(7-4½)	JEREMY TAIWO	Nampa	2/08/13
		(Washington) (6156)		
60mH	7.60	ASHTON EATON	Tallinn	2/05/11
		(Nike-USA) (6558)		
PV	5.41m(17-9)	PAUL TEREK	Chapel Hill	3/07/04
		(WGA- 6040-1)		
1000m	2:23.68	CURTIS BEACH	Nampa	3/10/12
		(Duke, 6138-1)		



### Collegiate Bests

<b>Heptathlon</b>	6499	ASHTON EATON	Fayetteville	3/12-13/2010
		(Oregon) (6.71 773 1312 311 7.77 510 2:32.67)		
<b>Pentathlon</b>	4401*	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (7.95 749 1688 210 2:59.11)		
60m	6.71	ASHTON EATON	Fayetteville	3/12/10
		(Oregon) (6499-1)		
LJ	7.73(25-4½)	TREY HARDEE	Albuquerque	1/27/06
		(Texas) (6208-1)		
		ASHTON EATON	Fayetteville	3/12/10
		(Oregon) (6499-1)		
SP	16.88(55-4 3/4)	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (4401)		
HJ	2.30m (7-6½)	DEREK DROUIN (CAN)	Geneva	2/22/13
		(Indiana)		
60m H	7.74	JANGY ADDY	Fayetteville	3/1/08
		(Tennessee) (5836)		
PV	5.40m(17-8 ½)	PAUL TEREK	Univ. Park, PA	2/25/01
		(Michigan St) (5685-1)		
1000m	2:23.68	CURTIS BEACH	Nampa	3/10/12
		(Duke, 6138-1)		



### Meet Records (AAU/TAC/USATF)

<b>Heptathlon</b>	6232	GUNNAR NIXON	Albuquerque	3/2/13
		(6.86 742 1427 214 7.93 480 2:41.49 3527/2705)		
<b>Pentathlon</b>	4497	DAN O'BRIEN	Moscow	2/28/92
		(7.88 735 1469 215 2:40.12)		
60m	6.78	DARRIN STEELE	Moscow	2/10/95
		(US Army-UCTC)		
		DAN O'BRIEN	Moscow	2/10/95
		(Nike-Footlocker)		
LJ	7.79m (25-6¾)	VERNON GEORGE	Baton Rouge	2/18/90
		(Fla Clippers)		
		TERRY SIMPSON	Moscow	2/10/95
		(Nike-Indiana)		
SP	16.88(55-4 3/4)	BRUCE REID	Baton Rouge	2/25/89
		(LSU) (4401)		
HJ	2.21(7-3)	TOM PAPPAS	Atlanta	3/03/00
		(adidas)		
60m H	7.83	VERNON GEORGE	Baton Rouge	2/18/90
		(Fla Clippers)		
		ERIC REID	Baton Rouge	2/18/90
		(unat)		
PV	5.41m(17-9)	PAUL TEREK	Chapel Hill	3/07/04
		(WGA) (6040-1)		
1000m	2:31.54	JOE DETMER	Chapel Hill	3/08/09
		(unat.) (5505-3)		



### Facility Record [Convention Center, Albuquerque, NM]

60m	6.73	TREY HARDEE	Texas	1/26/06
Long Jump	7.73m(25-4½)	TREY HARDEE	Texas	1/26/06
Shot Put	16.82m(55-2¼)	RYAN HARLAN	unat	3/1/13
High Jump	2.18m(7-1¾)	MICHAEL BOLLIGAR	unat	2/5/11
60m Hurdles	7.87	TREY HARDEE	Texas	1/27/06
Pole vault	5.40m(17-8½)	DAN GOORIS	N Iowa	3/2/13
1000 meters	2:33.40	CURTIS BEACH	Duke	3/2/13
<b>Score</b>	6232	GUNNAR NIXON	unat	3/1-2/13
		[6.86 742 1427 214 7.93 480 2:41.49 3527/2705]		



### Top Facility Scores:

6232	Gunnar Nixon	unat	USA Champs	2013
6208	Trey Hardee	Texas	UNM Zia	2006 CR
5895	Curtis Beach	Duke	USA Champs	2013

## ALL TIME USA LIST 1/1/14

### Men's Indoor Heptathlon

*h = handtimed, ost= oversized track*

<i>Score</i>	<i>name</i>	<i>dob</i>	<i>nation</i>	<i>place</i>	<i>site - meet</i>	<i>date</i>
<b>6645</b>	<b>Ashton Eaton</b>	<b>21.1.88</b>	<b>USA</b>	<b>1</b>	<b>Istanbul-IAAF WC</b>	<b>10 Mar 2012</b>
					<i>6.79 - 8.16 - 14.56 - 2.03 [3654] / 7.68 - 5.20 - 2:32.77</i>	
<b>6568</b>	<b>Eaton</b>		<b>1</b>	<b>Tallinn</b>		<b>6 Feb 2011</b>
					<i>6.66 - 7.77 - 14.45 - 2.01 [3578] / 7.60 - 5.20 - 2:34.74</i>	
<b>6499</b>	<b>Eaton</b>		<b>1</b>	<b>Fayetteville-NCAA</b>		<b>3 Mar 2010</b>
					<i>6.71 - 7.73 - 13.12 - 2.11 [3561] / 7.77 - 5.10 - 2:32.67</i>	
<b>6476</b>	<b>Dan O'Brien</b>	<b>18.7.66</b>	<b>USA</b>	<b>1</b>	<b>Toronto-IAAF WC</b>	<b>14 Mar 1993</b>
					<i>6.67 - 7.84 - 16.02 - 2.13 [3800] / 7.85 - 5.20 - 2:57.96</i>	
<b>6371</b>	<b>Bryan Clay</b>	<b>3.1.80</b>	<b>USA</b>	<b>1</b>	<b>Valencia-IAAF WC</b>	<b>9 Mar 2008</b>
					<i>6.71 - 7.75 - 16.21 - 2.09 [3736] / 7.86 - 5.00 - 2:55.64</i>	
<b>6365</b>	<b>Clay</b>		<b>2</b>	<b>Budapest-IAAF WC</b>		<b>7 Mar 2004</b>
					<i>6.65 - 7.78 - 14.84 - 2.08 [3673] / 7.77 - 4.90 - 2:49.41</i>	
<b>6361</b>	<b>Tom Pappas</b>	<b>6.9.76</b>	<b>USA</b>	<b>1</b>	<b>Birmingham-IAAF WC</b>	<b>16 Mar 2003</b>
					<i>6.89 - 7.56 - 16.23 - 2.17 [3700] / 7.80 - 4.90 - 2:51.65</i>	
<b>6256</b>	<b>Eaton</b>		<b>1</b>	<b>College Station</b>		<b>30 Jan 2010</b>
					<i>6.78 - 7.66 - 12.56 - 2.07 [3445] / 7.86 - 4.96 - 2:38.02</i>	
<b>6232 A</b>	<b>Gunnar Nixon</b>	<b>13.1.93</b>	<b>USA</b>	<b>1</b>	<b>Albuquerque-USA</b>	<b>2 Mar 2013</b>
					<i>6.86 - 7.42 - 14.27 - 2.14 [3527] / 7.93 - 4.80 - 2:41.49</i>	
<b>6213</b>	<b>Steve Fritz</b>	<b>1.11.67</b>	<b>USA</b>	<b>1</b>	<b>Manhattan-USA</b>	<b>11 Feb 1996</b>
					<i>7.00 - 7.31 - 16.02 - 2.07 [3490] / 7.93 - 5.01 - 2:45.75</i>	
<b>6208 A</b>	<b>Trey Hardee</b>	<b>7.2.84</b>	<b>USA</b>	<b>1</b>	<b>Albuquerque</b>	<b>27 Jan 2006</b>
					<i>6.73 - 7.73 - 14.31 - 1.95 [3477] / 7.87 - 5.30 - 2:55.16</i>	
<b>6204</b>	<b>Clay</b>		<b>1</b>	<b>Doha-IAAF WC</b>		<b>13 Mar 2010</b>
					<i>6.67 - 7.27 - 15.31 - 2.06 [3549] / 8.00 - 5.00 - 2:50.28</i>	
<b>6192<sub>ost</sub></b>	<b>Clay</b>		<b>1</b>	<b>Ames</b>		<b>15 Feb 2008</b>
					<i>6.77 - 7.56 - 15.91 - 2.02 [3584] / 7.74 - 5.15 - 3:06.39</i>	
<b>6187</b>	<b>Clay</b>		<b>2</b>	<b>Moskva-IAAF WC</b>		<b>12 Mar 2006</b>
					<i>6.67 - 7.74 - 13.89 - 2.10 [3616] / 7.83 - 4.60 - 2:50.92</i>	
<b>6184</b>	<b>Hardee</b>		<b>2</b>	<b>Doha-IAAF WC</b>		<b>13 Mar 2010</b>
					<i>6.80 - 7.28 - 14.44 - 2.06 [3450] / 7.79 - 5.00 - 2:47.76</i>	
<b>6175</b>	<b>Kevin Lazas</b>	<b>25.1.92</b>	<b>USA</b>	<b>1</b>	<b>Fayetteville-NCAA</b>	<b>9 Mar 2013</b>
					<i>6.90 - 7.55 - 15.00 - 1.99 [3449] / 8.27 - 5.40 - 2:49.00</i>	
<b>6174<sub>ost</sub></b>	<b>Eaton</b>		<b>1</b>	<b>Seattle</b>		<b>31 Jan 2009</b>
					<i>6.84 - 7.59 - 12.06 - 2.09 [3394] / 7.91 - 4.97 - 2:39.92</i>	
<b>6165</b>	<b>Japheth Cato</b>	<b>25.12.90</b>	<b>USA</b>	<b>2</b>	<b>Fayetteville-NCAA</b>	<b>9 Mar 2013</b>
					<i>7.08 - 7.67 - 12.13 - 2.11 [3351] / 7.95 - 5.30 - 2:45.26</i>	
<b>6156</b>	<b>Jeremy Taiwo</b>	<b>15.1.90</b>	<b>USA</b>	<b>1</b>	<b>Nampa</b>	<b>9 Feb 2013</b>
					<i>7.02 - 7.42 - 14.18 - 2.25 [3570] / 8.08 - 4.25 - 2:34.44</i>	
					<i>(10 performers)</i>	
<b>6138</b>	<b>Curtis Beach</b>	<b>22.7.90</b>	<b>USA</b>	<b>1</b>	<b>Nampa-NCAA</b>	<b>10 Mar 2012</b>
					<i>7.03 - 7.52 - 12.62 - 1.99 [3250] / 8.15 - 4.90 - 2:23.63</i>	
<b>6136</b>	<b>Donovan Kilmartin</b>	<b>11.6.84</b>	<b>USA</b>	<b>1</b>	<b>Fayetteville-NCAA</b>	<b>13 Mar 2004</b>
					<i>7.05 - 7.37 - 14.27 - 2.08 [3391] / 8.17 - 5.40 - 2:49.44</i>	
<b>6132</b>	<b>Stephen Moore</b>	<b>13.8.75</b>	<b>USA</b>	<b>4</b>	<b>Lisboa-IAAF WC</b>	<b>11 Mar 2001</b>
					<i>7.03 - 7.46 - 12.65 - 2.14 [3377] / 8.06 - 5.10 - 2:42.35</i>	
<b>6128</b>	<b>Chris Huffins</b>	<b>15.4.70</b>	<b>USA</b>	<b>4</b>	<b>Paris (Bercy)-IAAF WC</b>	<b>9 Mar 1997</b>
					<i>6.61 - 7.18 - 15.55 - 2.04 [3547] / 7.80 - 4.70 - 2:53.53</i>	
<b>6120</b>	<b>Ricky Barker</b>	<b>14.11.69</b>	<b>USA</b>	<b>4</b>	<b>Barcelona-IAAF WC</b>	<b>12 Mar 1995</b>
					<i>7.02 - 7.26 - 14.62 - 2.13 [3442] / 8.05 - 5.10 - 2:49.72</i>	

6119	<b>Barker</b>	<b>2</b>	<b>Manhattan-USA</b>	<b>11 Feb 1996</b>
	6.91 - 7.29 - 14.10 - 2.04 [3372] / 7.96 - 5.21 - 2:48.69			
6113	<b>Pappas</b>	<b>1</b>	<b>Chapel Hill-USA</b>	<b>2 Mar 2002</b>
	6.93 - 7.45 - 15.47 - 2.04 [3488] / 7.94 - 5.03 - 2:55.65			
6102	<b>Ryan Harlan 25.4.81</b>	<b>USA 1</b>	<b>Chapel Hill-USA</b>	<b>6 Mar 2005</b>
	7.09 - 6.85 - 16.09 - 2.13 [3411] / 7.97 - 5.10 - 2:50.47			
6090 <sup>ost</sup>	<b>Cato</b>	<b>1</b>	<b>Geneva-Big 10</b>	<b>23 Feb 2013</b>
	7.03 - 7.70 - 11.99 - 2.03 [3294] / 7.83 - 5.15 - 2:45.42			
6082	<b>Cato</b>	<b>2</b>	<b>Nampa-NCAA</b>	<b>10 Mar 2012</b>
	7.08 - 7.61 - 12.54 - 2.08 [3333] / 7.91 - 5.20 - 2:49.34			
6078	<b>Moore</b>	<b>1</b>	<b>Atlanta-USA</b>	<b>3 Mar 2001</b>
	6.97 - 7.42 - 12.84 - 2.17 [3428] / 8.21 - 4.90 - 2:43.00			
6048	<b>Kilmartin</b>	<b>1</b>	<b>Fayetteville-NCAA</b>	<b>11 Mar 2006</b>
	7.13 - 7.56 - 13.84 - 2.06 [3365] / 8.09 - 5.30 - 2:54.42			
6044	<b>Trafton Rodgers 3.2.72</b>	<b>USA 1</b>	<b>Atlanta-USA</b>	<b>27 Feb 1999</b>
	6.88 - 7.28 - 13.92 - 2.15 [3473] / 8.05 - 4.90 - 2:54.24			
6042	<b>Lazas</b>	<b>1</b>	<b>Fayetteville</b>	<b>26 Jan 2013</b>
	6.94 - 7.44 - 14.79 - 2.01 [3414] / 8.38 - 5.11 - 2:47.10			
6040	<b>Paul Terek 20.10.79</b>	<b>USA 1</b>	<b>Chapel Hill-USA</b>	<b>7 Mar 2004</b>
	7.04 - 7.08 - 15.31 - 1.98 [3295] / 8.48 - 5.41 - 2:42.97			
6035 <sup>ost</sup>	<b>Sheldon Blockburger 19.9.64</b>	<b>USA 1</b>	<b>Moscow, ID-USA</b>	<b>11 Feb 1995</b>
	6.98 - 7.43 - 14.56 - 2.12 [3485] / 8.22 - 4.70 - 2:46.34			
6024	<b>Cato</b>	<b>1</b>	<b>Lincoln</b>	<b>2 Feb 2013</b>
	7.01 - 7.38 - 12.51 - 2.05 [3271] / 7.94 - 5.25 - 2:49.80			
6022	<b>Nixon</b>	<b>1</b>	<b>Fayetteville</b>	<b>28 Jan 2012</b>
	7.10 - 7.53 - 13.97 - 2.15 [3460] / 8.21 - 4.50 - 2:40.15			
6017	<b>Garrett Scantling 19.5.93</b>	<b>USA 3</b>	<b>Fayetteville-NCAA</b>	<b>9 Mar 2013</b>
	7.07 - 7.04 - 14.12 - 2.11 [3323] / 8.10 - 5.10 - 2:47.07			
6014	<b>Clay</b>	<b>3</b>	<b>Tallinn</b>	<b>8 Feb 2004</b>
	6.81 - 7.46 - 15.08 - 2.01 [3484] / 7.85 - 4.55 - 2:52.97			
6008	<b>Fritz</b>	<b>6</b>	<b>Paris (Bercy)-IAAF WC</b>	<b>9 Mar 1997</b>
	7.15 - 7.29 - 14.93 - 2.01 [3311] / 7.97 - 5.00 - 2:46.97			
6008	<b>Kilmartin</b>	<b>1</b>	<b>Nampa</b>	<b>2 Feb 2008</b>
	7.08 - 7.52 - 14.39 - 2.06 [3405] / 8.28 - 5.25 - 2:56.15			
	<i>(41 performances, 20 performers USA &gt;6000)-- (254 performances, 93 performers worldwide &gt;6000)</i>			
5989	<b>Stephen Harris 5.12.80</b>	<b>USA 2</b>	<b>Chapel Hill-USA</b>	<b>7 Mar 2004</b>
	7.02 - 7.54 - 13.09 - 2.16 [3446] / 8.29 - 4.51 - 2:40.28			
5986	<b>Miller Moss 14.3.88</b>	<b>USA 1</b>	<b>College Station-NCAA</b>	<b>12 Mar 2011</b>
	6.91 - 7.16 - 13.58 - 2.02 [3292] / 7.94 - 4.90 - 2:45.15			
5971	<b>Gray Horn 18.2.90</b>	<b>USA 1</b>	<b>College Station</b>	<b>28 Jan 2012</b>
	6.96 - 7.34 - 13.78 - 2.07 [3376] / 8.09 - 4.66 - 2:44.09			
5945	<b>David Pope 27.1.72</b>	<b>USA 3</b>	<b>Atlanta-USA</b>	<b>27 Feb 1999</b>
	7.14 - 7.46 - 14.54 - 2.09 [3406] / 8.12 - 4.70 - 2:49.72			
5938 <sup>ost</sup>	<b>Nick Adcock 2.4.88</b>	<b>USA 1</b>	<b>Ames -Big 12</b>	<b>27 Feb 2010</b>
	7.12 - 7.09 - 14.11 - 2.04 [3250] / 7.98 - 4.90 - 2:44.80			
5937	<b>Zach Ziemek 23.2.93</b>	<b>USA 5</b>	<b>Fayetteville-NCAA</b>	<b>9 Mar 2013</b>
	7.01 - 7.22 - 12.73 - 2.05 [3246] / 8.37 - 5.40 - 2:50.06			
5917	<b>Chris Helwick 18.3.85</b>	<b>USA 2</b>	<b>Fayetteville-NCAA</b>	<b>11 Mar 2006</b>
	7.26 - 7.46 - 13.88 - 2.06 [3297] / 8.45 - 5.20 - 2:49.03			
5909	<b>Jake Arnold 3.1.84</b>	<b>USA 2</b>	<b>Fayetteville-NCAA</b>	<b>10 Mar 2007</b>
	7.24 - 6.70 - 14.83 - 1.98 [3106] / 8.11 - 5.30 - 2:42.62			
5908	<b>Eric Broadbent 5.8.85</b>	<b>USA 1</b>	<b>Bloomington-USA</b>	<b>4 Mar 2012</b>
	7.05 - 7.06 - 13.70 - 2.18 [3376] / 8.14 - 4.30 - 2:39.17			
5906	<b>Raven Cepeda 26.6.86</b>	<b>USA 1</b>	<b>Cedar Falls</b>	<b>2 Feb 2008</b>
	7.09 - 6.89 - 15.08 - 1.99 [3228] / 8.06 - 5.00 - 2:46.64			
	<i>(30 performers)</i>			
5898	<b>Phil McMullen 3.2.75</b>	<b>USA 3</b>	<b>Chapel Hill -USA</b>	<b>7 Mar 2004</b>
	7.25 - 6.85 - 14.62 - 1.98 [3125] / 8.19 - 5.01 - 2:35.41			
5891	<b>Chad Smith 9.1.74</b>	<b>USA 3</b>	<b>Manhattan-USA</b>	<b>11 Feb 1996</b>



5/11/13 7228 3 U Virginia, Charlottesville 11.30+1.6 670 0.0 1221 194 50.12 15.74+1.3 3695 420 5463 4:19.01

**PRs:** 7607w / 5454 10.90+4.4 712 1221 194 48.39 14.70+2.1 3695 460 5891 4:10.81

**Indoor:** 60m: 7.25; 60h: 8.55; 1000m: 2:32.36

Updated 2/5/14

## DAN GOORIS

DOB: Sept. 28, 1989  
POB: Albuquerque, NM  
Ht/wt: 6-2, 185  
Hometown: Albuquerque, NM  
High School: Cibola HS, Albuquerque  
College: Northern Iowa, '12



**2014:** UNI Jennett heptathlon winner. **2013:** 4th at Thorpe Cup with PR 7804 score. 8th at USA nationals in Des Moines. 12<sup>th</sup> at NCAAs with 7748 effort. Captured the Drake Relays crown and a 4<sup>th</sup> consecutive Missouri Valley title with a 7780 PR. 5<sup>th</sup> at USAs indoors. Won UNI's Jennett heptathlon for 3<sup>rd</sup> time. **2012:** Won both Drake (PR 7624) and Missouri Valley Conf (7608) titles then placed 10<sup>th</sup> at NCAA champs with 7629 career best. Jennett and MVC (with PR 5679) hept champion **2011:** MVC decathlon winner (7346). Scored PR 5517 at UNI Jennett indoor heptathlon. Vaulted 5.25m/17-2½. **2010:** 3<sup>rd</sup> at MVC indoor heptathlon and scored 7228 outdoors. **2009:** Won MVC indoor heptathlon. Did not compete outdoors. **2008: High School:** 7067 decathlon with prep implements. 16-9 pv. **Personal:** Son of Paul and Mary Gooris. Majored in movement and exercise science.

### Career:

<b>Indoor:</b>		<u>60m lj sp hj 60h pv 1000m</u>							
1/31/09	5400 2	UNI Jennett, Cedar Falls	7.50	664	1233	191	8.66	510	2:42.67
3/01/09	5482 1	Missouri Valley, Cedar Falls	7.44	705	1280	194	8.59	500	2:49.47
1/30/10	5427 1	UNI Jennett, Cedar Falls	7.60	642	1385	201	8.79	510	2:46.67
2/28/10	5485 3	Missouri Valley, Cedar Falls	7.45	656	1382	199	8.71	506	2:47.33
1/22/11	5344 2	UM Johnson, Minneapolis	7.48	641	1362	196	8.63	488	2:49.31
1/29/11	5517 2	UNI Jennett, Cedar Falls	<b>7.45</b>	<b>641</b>	<b>1359</b>	<b>196</b>	<b>8.53</b>	<b>515</b>	<b>2:43.85</b>
2/11/11	5421 4	ISU Classic, Ames	7.43	633	1319	192	8.66	520	2:44.78
<b>2/27/11</b>	4266 10	Missouri Valley, Cedar Falls	7.81	571	1279	172	9.52	465	dnf
1/28/12	5549 1	UNI Jennett, Cedar Falls	7.42	669	1350	199	8.70	510	2:44.59
<b>2/26/12</b>	<b>5679 1</b>	<b>Missouri Valley, Cedar Falls</b>	<b>7.41</b>	<b>683</b>	<b>1408</b>	<b>199</b>	<b>8.51</b>	<b>510</b>	<b>2:43.30</b>
3/10/12	5662 9	NCAA I, Nampa	7.31	661	1436	193	8.45	530	2:46.88
1/26/13	5252 1	UNI Jennett, Cedar Falls	7.52	648	1346	190	8.73	500	2:53.64
3/02/13	5466 5	USA, Albuquerque	7.43	662	1356	190	8.51	540	2:56.68
2/01/14	5596 1	UNI Jennett, Cedar Falls	7.41	669	1319	202	8.69	530	2:47.49

<b>Outdoor:</b>		<u>100m w lj w sp hj 400m 110h w disc pv jav 1500m</u>										
4/01/10	7015 8	Texas R, Austin	11.70+5.9	620+5.8	1298	190	55.08	15.42+5.6	3993	510	5011	4:36.18
4/22/10	7229 4	Drake R, Des Moines	11.69+2.5	645+0.2	1274	190	51.89	15.53+1.3	3892	510	5158	4:28.86
5/15/10	7228 1	Missouri Valley, Normal	11.66+0.8	656+4.8	1322	191	52.49	15.39+0.2	4061	505	5095	4:39.41
4/06/11	6879 14	Texas R, Austin	11.68nwi	617nwi	1288	181	52.98	16.12+2.1	3949	510	5097	4:45.02
4/28/11	7132 5	Drake R, Des Moines	11.61+2.8	626+1.7	1299	189	52.02	15.33+4.4	3681	505	5117	4:33.81
5/14/11	7346w 1	Missouri Valley, Cedar Falls	11.53+1.1	658+2.8	1342	187	51.64	15.20+2.4	3851	510	5327	4:32.86
4/26/12	7624 1	Drake R, Des Moines	11.48+1.9	670+0.6	1297	193	50.68	14.95+5.0	4104	520	5648	4:31.39
5/12/12	7608 1	Missouri Valley, Wichita	11.48+1.7	668-0.2	1347	196	50.16	15.25+2.7	4117	520	5445	4:35.47
6/07/12	7629 10	NCAA I, Des Moines	11.31+3.2	636-2.5	1376	193	50.27	15.11-0.6	4265	520	5269	4:27.81
4/12/13	6783 1	WIU Calhoun, Macomb	12.15+2.1	646-0.1	1300	171	52.11	15.74-0.3	4210	515	4807	4:56.49
4/25/13	7395 1	Drake R, Des Moines	11.67+0.2	641+0.9	1309	196	51.17	15.48+0.7	4119	510	5216	4:28.06
5/11/13	7780 1	Missouri Valley, Des Moines	11.33+3.5	692nwi	1336	196	51.38	14.79+4.2	4211	520	5752	4:31.87
6/06/13	7748 12	NCAA I, Eugene	11.31+2.2	694+2.7	1326	196	50.90	14.89+1.8	4112	520	5305	4:25.19
6/22/13	7553 8	USA, Des Moines	11.45+1.0	654+1.8	1329	193	50.57	15.18-1.7	4254	490	5309	4:20.08
<b>7/28/13</b>	<b>7804 4</b>	<b>Thorpe Cup, Chula Vista</b>	<b>11.30+2.5</b>	<b>688+1.6</b>	<b>1390</b>	<b>195</b>	<b>51.09</b>	<b>14.86+2.4</b>	<b>4126</b>	<b>525</b>	<b>5277</b>	<b>4:21.11</b>

**PRs:** 7804 / 5679 11.30+2.5 705i 1436i 201 50.16 14.79+4.2 4265 540i 5752 4:20.08

**Indoor: 60m: 7.31; 60h: 8.45; 1000m: 2:42.67.**

Summary: 15 meet, 15 finishes, 7 wins, PR score: 7804, Top Ten Average: 7571.6

Updated: 2/5/14

## RYAN HARLAN

### Progression:

2000 f Rice 6891 (x,x, )  
2001 so Rice 7319 (x,x, )  
2002 j Rice 7948 ( )  
2003 redshirt  
2004 s Rice 8171 (x,6,5)  
2005 unat 7997 (x,5,4)  
2006 unat 8022 (x,3,4)  
2007 unat 7901  
2008 unat 7587  
2009 did not compete  
2010 unat 7531  
2011 unat 8011  
2012 unat 7715  
2013 unat 7710

Jon Ryan Harlan

DOB: April 25, 1981

Ht: 6-3, Wt: 197

Midway HS, Hewitt, TX

Rice University '04



**2013:** 3<sup>rd</sup> at USA indoors and 14<sup>th</sup> outdoors. 9<sup>th</sup> at Thorpe Cup. **2012:** 6<sup>th</sup> at rainy US Olympic Trials. **2011:** Was runner-up at USA nationals with 4<sup>th</sup> 8k score and then placed 22<sup>nd</sup> at IAAF world champs. Opened outdoor season with 7720 win at Rice decathlon. **2010:** Won Texas GA meet in comeback meet. **2009:** did not compete. **2008:** 13<sup>th</sup> at US Olympic Trials. **2007:** Major international win at Reval Cup in Tallinn, Estonia, then won a 2<sup>nd</sup> NACAC crown (7901) in Dominican Republic in May, placed 4<sup>th</sup> at USA nationals, 5<sup>th</sup> at Pan American games and 2<sup>nd</sup> vs Germany in Bernhausen. **2006:** Won 2<sup>nd</sup> USA indoor heptathlon crown and opened outdoors with a victory at the Mount SAC Relays. He placed 15<sup>th</sup> at Götztis then placed a solid 2<sup>nd</sup> at the USATF nationals in Indianapolis. He finished a fine season with a win at NACAC and 6<sup>th</sup> place 8K score at Decastar in Talence. It all gave him a #3 USA ranking for the season. **2005:** Won the national indoor heptathlon and outdoor the North American-Central American and Caribbean (NACAC) title before nh-ing at USAs in Carson. He then won the USA vs Germany dual in Bernhausen. **2004:** NCAA champion with eye-opening 8171 score in Austin that included 4 PRs. WAC champ and had a pair of 8k efforts. **2003:** Red-shirted season. **Other:** 2000 National USATF Junior Champion. Ryan has been 3x WAC Conference indoor pentathlon champ. As a sophomore Ryan won the WAC outdoor title, then placed 11<sup>th</sup> at the NCAAs in Eugene. In 2002 Ryan ran up a PR score of 7948 at the Texas A&M Relays, then placed 5<sup>th</sup> at the NCAAs in Baton Rouge with a nearly identical (7945) mark. Former Rice team captain.

### Career:

#### Indoor:

2/21/02 4049 1 WAC Champs, Reno, NV (55mH)  
2/27/03 4058 1 WAC Champs, Boise, ID (60mH)  
**3/06/05 6102 1 USATF, Chapel Hill**  
2/04/06 4499 13 Reval Cup, Tallinn  
3/05/06 5949 1 USATF, Chapel Hill  
2/03/07 5969 1 Reval Cup, Tallinn  
3/04/07 ----- dnf USATF, Chapel Hill  
2/16/08 ----- dnf Reval Cup, Tallinn  
3/02/13 5778 3 USA, Albuquerque

*60m lj sp hj 60mH pv 1000m*  
7.52 674 1573 210 3:03.38  
8.04 687 1472 210 3:02.97  
**7.09 685 1609 213 7.97 510 2:50.47**  
7.30 586 1621 201 7.96 nh 3:18.46  
7.07 693 1636 208 7.96 472 2:53.86  
7.06 686 1651 210 7.95 475 2:54.37  
7.08 648 1593 193, inj, withdrew  
7.22 639 1600 204 8.31 nh dnr  
7.12 650 1682 208 8.10 480 3:00.84

#### Outdoor:

Date	score	pl	meet	site	100m	w	lj	w	sp	hj	400m	110mH	w	disc	pv	jav	1500m
4/06/00	6891	8	Texas R,	Austin	11.01+5.1	695+2.3	1374	215	61.17	14.38+4.1	3250	310	4694	5:19.92			
6/24/00	6835w1		USATF Jr,	Denton	11.08+3.1	701+2.4	1366	206	52.32	14.70+4.9	3367	294	5721	5:22.51			
3/16/01	6699	7	TexA&M,	CStation	10.84+3.2	71?	1473	208	51.89	14.56+4.0	3294	nh	5656	5:16.36			
4/04/01	6936	6	Texas R	Austin	11.09+1.2	690+0.4	1421	204	52.32	14.39+3.7	3488	330	5632	5:27.24			
5/16/01	7319	1	WAC	Fresno	11.04+1.4	718	1460	208	51.13	14.32+1.2	3374	400	4834	5:01.65			
5/31/01	7222	11	NCAA	Eugene	11.01+4.4	698+3.0	1396	203	52.49	14.36+2.7	3818	440	4541	5:13.14			
3/15/02	7948	2	Texas A&M College Station		10.86+3.8	711+2.2	1553	211	50.17	14.29-0.5	3922	445	5934	4:49.67			

6/01/02	7945	5	NCAA	Baton Rouge	10.89+3.1	726+3.1	1548	209	50.18	14.23+0.3	4243	485	5131	5:03.42
6/22/03	7560	11	USATF	Palo Alto	11.06+0.2	689-0.5	1481	205	51.13	14.08+1.7	3840	450	5165	4:59.06
4/17/04	8054	1	LSU Gold	Baton Rouge	10.95+1.8	675 +4.2	1560	209	48.72	14.25nw	3994	495	5802	4:48.18
5/15/04	6995	1	WAC	Houston	11.04+0.5	677	1519	206	49.95	15.39-2.0	4241	455	5172	dnf
<b>6/12/04</b>	<b>8171</b>	<b>1</b>	<b>NCAA</b>	<b>Austin</b>	<b>10.89+1.6</b>	<b>697</b>	<b>1580</b>	<b>203</b>	<b>48.82</b>	<b>13.85+3.1</b>	<b>4187</b>	<b>500</b>	<b>6107</b>	<b>4:56.81</b>
7/17/04	7330	14	OlympicTrls	Sacramento	11.19-1.0	677-0.6	1498	201	50.97	14.55 0.0	3711	450	5845	5:31.14
5/29/05	7997	2	NACAC	San Juan	11.05+2.5	697+3.5	1579	207	49.65	13.93 nwi	4280	460	5775	4:52.56
6/24/05	dnf	-	USATF	Carson	11.26-1.8	680+0.4	1610	212	49.23	14.16 0.0	4238	nh	withdrew	
7/24/05	7919	1	vs Germany	Bernhausen	11.06 0.0	695+1.0	1661	212	49.83	14.12-0.1	4463	440	5943	5:16.88
4/13/06	7681	1	Mt SAC R	Azusa	11.09+0.2	697 nwi	1632	210	50.16	14.24+0.8	4094	465	5390	5:34.04
5/28/06	7744	15	Hypo-Bank	Götzis	11.04-0.1	673-1.1	1619	206	50.19	13.99+1.3	4172	480	5381	5:21.20
6/24/06	7872	2	USATF	Indianapolis	11.13+0.5	652-1.3	1634	205	50.26	14.08-1.0	4294	460	6313	5:01.90
8/26/06	7966	1	NACAC	San Juan	10.94+2.9	672+2.9	1602	210	50.54	14.17+1.1	4274	480	5964	5:01.37
9/17/06	8022	6	DecaStar	Talence	11.10+1.8	708+0.4	1592	210	50.88	14.02-0.3	4404	470	6117	5:03.18
5/26/07	7901	1	NACAC	Santo Domingo	11.18-2.5	717	1638	206	49.97	14.36-0.2	4337	480	5731	5:17.00
6/23/07	7883	4	USATF	Indianapolis	11.35-2.0	677+1.5	1658	208	51.01	14.16+1.9	4295	460	6218	4:59.17
7/24/07	7687	5	Pan-Am G	Rio de Janeiro	11.15-0.8	678 0.0	1596	203	49.85	14.33-0.2	4279	480	5599	5:26.59
8/19/07	7736	2	vs GER	Bernhausen	11.24-0.6	688 0.0	1613	209	50.48	14.24+0.5	4354	490	5394	5:30.65
6/30/08	7587	13	USOT/USA	Eugene	11.18+0.1	648-1.3	1523	205	50.96	14.68+1.9	4290	460	5959	5:08.30
6/06/10	7541	1	Texas GA	Dallas	11.31+0.7	660+2.3	1520	207	51.68	14.51+0.4	4272	470	6188	5:32.02
3/18/11	7720	1	Rice U	Houston	11.22nwi	680-0.4	1498	199	50.90	14.55+0.7	4325	490	6107	5:07.91
6/05/11	dnf	-	Texas GA	Dallas	dnf	649+1.0	1578	194	51.80	14.61+1.4	3310	500	withdrew	
6/24/11	8011	2	USA	Eugene	11.17+0.2	666+0.4	1651	205	52.04	14.48+1.5	4637	495	6510	4:56.44
8/28/11	6761	22	IAAF WC	Daegu	11.29 0.0	668+0.3	1649	202	51.57	14.71-0.5	4352	nh	5843	5:21.63
6/23/12	7715	6	USOT/USA	Eugene	11.26-0.2	674-1.0	1548	202	50.78	14.43+0.8	4470	480	6073	5:18.20
7/22/12	7683	4	Thorpe Cup	Marburg	11.28+1.1	663+0.8	1579	201	52.58	14.58+0.4	4442	495	6559	5:23.33
6/22/13	6125	14	USA	Des Moines	11.37+1.0	632-1.0	1600	192	52.65	14.89 0.0	4556	nh	6143	dnf
7/28/13	7710	9	Thorpe Cup	Chula Vista	11.26+2.5	669+1.5	1602	201	52.42	14.63+1.0	4716	475	6450	5:20.42

**PRs:** 8171 / 6102 **10.86+3.8 726+3.1 1682 213 48.72 13.85+3.1 4716 510 6450 4:48.18**

**Indoor:** 60m: 7.06; 60H: 7.95; 1000m: 2:50.47.

**Career Summary:** 35 meets, 33 finishes, 11 wins, 4 scores > 8000, Decathlon PR: 8171, Top Ten Ave=7983.4 , 2<sup>nd</sup> Ten Ave= 7803.1; 3<sup>rd</sup> Top Ten: 7221.6

Last Updated: 12/19/13

## GRAY HORN

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



**2013:** 4th at USA nationals and runner-up at annual Thorpe Cup. Won early Sam Adams meet, then the bronze medal at Pan-Am Cup. **2012:** Won a pair of heptathlons, both with PR scores. Injured at NCAA indoor meet. Missed outdoor collegiate season but came back with PR 7954 score for 4<sup>th</sup> at US Olympic Trials. **2011:** Placed 5<sup>th</sup> at NCAAs with lifetime best marks of 7914. Captured Mt Sac Relays (7771) and 2<sup>nd</sup> SEC title (7828) with PR scores. Posted 2 major indoor wins including SEC crown (5816) then upped PR to 5890 with 4<sup>th</sup> place effort at NCAAs. **2010:** Won u23 NACAC crown. 15<sup>th</sup> at NCAAs. SEC outdoor champion with PR 7652. 2<sup>nd</sup> at both Texas A&M (5538) and SEC (5653) heptathlons indoors, then dnf'd at NCAAs. **2009:** USA and Pan American Junior runner-up SEC decathlon champ with 7389 score. 11<sup>th</sup> at NCAAs with PR 7490 score. SEC runner-up indoors and 14<sup>th</sup> at NCAAs. 7<sup>th</sup> at Texas Relays decathlon. **High School:** 11 times USATF Junior Olympic medalist. 2008 National Nike indoor pentathlon champ. 6-7 ½ high jump, 15-6 vault. 14.31 110m hurdles.

**Personal:** Coached by grandfather Joe Horn.

### Career:

**Indoor:** 60m lj sp hj 60h pv 1000m  
 1/26/08 5189 1 Findlay Open, Findlay 7.26 652 1203 196 8.50 445 2:57.56



1/31/09	5384	3	Texas A&M, College Station	7.19	697	1243	199	8.60	450	2:52.70
2/28/09	5586	2	SEC, Lexington	7.06	708	1201	200	8.31	455	2:46.53
3/14/09	4769	14	NCAA, College Station	7.16	728	1249	199	8.33	nh	2:53.22
1/30/10	5538	2	Tex A&M, College Station	7.08	703	1171	201	8.28	436	2:44.66
2/27/10	5653	2	SEC, Fayetteville	6.99	714	1219	200	8.06	460	2:43.30
3/13/10	dnf	-	NCAA, Fayetteville	7.03	710	1173	202	10.78	440	dns
1/29/11	5747	1	Big12vsSEC, College Station	<b>6.98</b>	<b>726</b>	<b>1341</b>	<b>198</b>	<b>8.27</b>	<b>455</b>	<b>2:45.37</b>
2/25/11	5816	1	SEC, Fayetteville	6.99	735	1320	194	8.00	480	2:49.28
<b>3/12/11</b>	<b>5890</b>	<b>4</b>	<b>NCAA I, College Station</b>	7.01	729	1289	202	8.12	470	2:39.96
1/28/12	5971	1	TAMU Chal, College Station	6.96	734	1378	207	8.09	466	2:44.09
2/25/12	5885	1	SEC, Lexington	6.96	757	1370	206	8.11	450	2:51.25
3/10/12	dnf	-	NCAA I, Nampa	7.00	760	1388	199	7.93	inj	withdrew

**Outdoor:**

				<u>100m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>sp</u>	<u>hj</u>	<u>400m</u>	<u>110h</u>	<u>w</u>	<u>disc</u>	<u>pv</u>	<u>jav</u>	<u>1500m</u>
6/21/07	dnf	-	USA Jr, Indianapolis	11.46	+1.4	610	0.0	1230	178	dnf	withdrew					
4/02/09	7067	7	Texas R, Austin	10.94	-0.7	713	+2.7	1236	196	52.09	14.87	-1.8	2885	435	4495	4:37.70
5/15/09	7389	1	SEC, Gainesville	10.99	+1.1	682	+0.8	1166	198	50.23	14.87	+0.2	3902	485	4086	4:29.19
6/11/09	7490	11	NCAA, Fayetteville	11.05	+2.7	732	+2.7	1221	202	50.52	14.74	+2.0	3754	450	4639	4:32.84
6/26/09	7114*	2	USA Jr, Eugene	11.26	+2.3	724	+1.3	1297	196	52.05	14.56	+1.7	4238	399	4311	4:58.76
8/01/09	6982*	2	Pan Am Jr, Trinidad	11.29	0.0	720	+3.9	1238	197	53.12	14.35	+3.5	3872	440	4226	5:16.76
4/15/10	7566	3	Mt Sac R, Azusa	10.85	+2.0	739	+3.2	1195	196	50.45	14.59	+1.5	3896	450	4775	4:30.36
5/14/10	7652	1	SEC, Knoxville	10.77	+2.6	765	+2.1	1258	194	50.48	14.50	+0.9	3805	465	4888	4:41.28
6/11/10	7262	15	NCAA, Eugene	11.33	+0.7	676	+1.8	1279	193	50.58	14.91	+1.6	4122	440	5282	4:47.69
7/10/10	7510	1	NACAC u23, Miramar	11.19	-1.4	717	-0.5	1287	197	51.13	14.57	-0.6	3829	460	5227	4:37.73
4/14/11	7771	1	Mt Sac R, Azusa	10.83	+1.2	754	+3.5	1292	194	49.78	14.41	+1.7	3766	480	5263	4:37.69
5/13/11	7828	1	SEC, Athens	11.02	-0.8	743	+0.4	1313	194	49.80	14.25	+0.9	4182	480	5188	4:37.29
6/09/11	7914	5	NCAA I, Des Moines	10.71	+2.8	743	+1.4	1261	199	49.42	14.32	+1.8	3713	490	5232	4:29.45
<b>6/23/12</b>	<b>7954</b>	<b>3</b>	<b>USOT/USA, Eugene</b>	10.93	+0.4	760nwi		1349	196	50.66	14.41	+0.8	3834	500	5631	4:33.02
7/22/12	6990	10	Thorpe Cup, Marburg	11.02	+1.4	746	+3.5	1292	198	50.78	14.36	+0.4	3937	465	5061	dnf
4/06/13	7526	1	Sam Adams, Santa Barbara	10.91	+1.2	717	0.0	1372	198	50.59	14.73	-0.4	4103	485	4791	5:07.73
6/02/13	7581	3	Pan Am Cup, Ottawa	10.93		735		1343	203	50.11	14.16	+0.6	3844	450	4476	4:50.55
6/22/13	7918	4	USA, Des Moines	10.76	+1.2	744	-1.3	1367	199	49.58	14.43	-0.3	3926	500	5043	4:41.35
7/28/13	7865	2	Thorpe Cup, Chula Vista	10.85	+0.7	738	+2.0	1371	201	50.29	14.41	+1.0	4068	485	5187	4:43.28

PRs: 7954 / 5971

10.71+2.8 765+2.1 1388 207 49.42 14.25+0.9 4182 500 5631 4:29.19

Indoor: 60m: 6.96; 60h: 7.93; 1000m: 2:39.96,

Summary: 19 meets, 18 finishes, 6 wins, PR score: 7954, Top ten Ave: 7757.5

\*-Junior implements

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## MIKE McPHERSON

DOB: December 25, 1989[Christmas]

POB:

Ht/wt: 5-11, 160

Hometown: Parker, CO

High School: Chaparral Parker HS '08

College: Utah Valley St '15



**2014:** Runner-up at BYU Cougar with 5432 PR score. **2013:** Great West Conf athlete of year. Redshirt indoors. Won B section of Cal Invt. **2012:** Redshirted outdoors. **2009:** as freshman was Great West indoor athlete of year. **High School: Personal:** Major is Fire Science. Parents are Mack McPherson and Kristine Morand.

**Career:**

				<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
1/10/09	3891	6	BYU Cougar, Provo							
2/07/09	4632	5	ISU Mountain St, Pocatello	7.15	663	863	190	9.00	332	2:49.12
3/02/09	4532	1	Great West, Vermillion	7.15	658	910	191	9.04	340	3:03.29
2/26/12	4681	2	Great West, Sterling	7.06	701	???	???	8.66	???	?:?:??

12/1/12	5180	1	Jackson, Boise St, Nampa	6.84	695	971	201	8.59	375	2:49.66
1/28/12	5112	3	USAFA CE, USAFA	6.91	701	937	195	8.62	380	2:48.54
12/14/14	2909	5	Jackson, Boise St, Nampa	8.37	nm	1028	195	2:50.71	pent	
<b>1/11/14</b>	<b>5432</b>	<b>2</b>	<b>BYU Cougar, Provo</b>	<b>6.86</b>	<b>740</b>	<b>1034</b>	<b>197</b>	<b>8.36</b>	<b>395</b>	<b>2:45.74</b>
1/24/14	dnf	-	USAFA CE, USAFA	6.94	nm	995	nh	8.33	420	dnr

**Outdoor:**

				<u>100m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>sp</u>	<u>hj</u>	<u>400m</u>	<u>110h</u>	<u>w</u>	<u>disc</u>	<u>pv</u>	<u>jav</u>	<u>1500m</u>
4/11/09	6186	1	ISU Bengal, Pocatello	11.23		640		872	194	51.03	16.25		3003	360	4715	5:01.95
4/22/09	6324	8	BYU Robison, Provo	11.22-1.9		675-0.1		880	189	49.37	15.27+2.3		2672	340	4253	4:46.26
5/15/09	5970	1	Great West, Houston	11.11+2.9		703 0.0		830	190	50.87	16.13-0.1		2868	360	4310	5:54.42
3/16/12	6550	4	SDSU Aztec, San Diego	11.05-1.3		680-0.2		921	191	49.44	15.52-0.3		2930	350	4481	4:37.27
3/15/13	6476	1	SDSU Aztec, San Diego	11.03		682		1004	204	50.02	15.88		2960	344	4059	4:55.45
<b>4/18/13</b>	<b>6973</b>	<b>1B</b>	<b>Cal Invt, Azusa</b>	<b>11.09-1.3</b>		<b>725-1.1</b>		<b>977</b>	<b>200</b>	<b>48.74</b>	<b>14.99+0.8</b>		<b>2784</b>	<b>400</b>	<b>4592</b>	<b>4:38.30</b>

**PRs:** 6973 / 5432      **10.74**    **749w**    **1034 204 48.74 14.99+0.8 2960 425 5019 4:37.27**  
**Indoor:** 60m: 6.86; 60h: 8.32; 1000m: 2:45.74  
Updated: 2/11/14

**JEFFREY MOHL**

DOB: March 28, 1991  
POB:  
Ht/wt: 6-3, 200  
Hometown: Red Lodge, MT  
High School: Red Lodge HS '09  
College: Montana State U '13



**2014:** Competing unattached indoors. **2013:** Did not compete outdoors. 11th NCAA indoors after annexing Big Sky Conf title. **2012:** 17<sup>th</sup> at NCAAs outdoors. Runner-up at Big Sky indoors and then won the conference crown outdoors with PR 7630 effort. Opened outdoor season with Montana State Open win in snowstorm, then PR's at 7528 at Mt Sac Relays. **2011:** 3<sup>rd</sup> and 2<sup>nd</sup> at Big Sky indoor and outdoor multis. **2010:** 4<sup>th</sup> indoors and 10<sup>th</sup> outdoors in Big Sky multis as freshman. **2008: High School:** Montana Class B state vault champ '09, **Personal:**

**Career:**

				<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
1/12/10	4838	2	Montana St, Bozeman							
2/06/10	4799	4	Mountain St G, Pocatello	7.20	635	1104	182	8.86	430	3:01.34
2/27/10	5004	4	Big Sky, Bozeman	6.72	637	1132	189	8.14	450	2:56.39 [55m, 55h]
1/11/11	5160	1	Montana St, Bozeman	6.64	660	1060	196	8.02	463	2:57.16 [55m, 55h]
1/29/11	5290	2	Mtn State G, Pocatello	7.08	659	1044	196	8.53	470	2:49.86
2/26/11	5263	3	Big Sky, Pocatello	7.07	665	1102	194	8.36	470	2:59.97
1/10/12	5521	1	Montana St, Bozeman	6.55	704	1088	199	7.77	480	2:50.8h [55m, 55h]
2/04/12	5468	2	Mtn State G, Pocatello	7.01	686	1164	196	8.36	460	2:49.29
2/25/12	5438	2	Big Sky, Flagstaff	7.05	680	1137	201	8.39	480	2:57.43
1/08/13	5590	1	Montana St, Bozeman	6.55	696	1183	204	7.82	480	2:51.13 [55m, 55h]
<b>2/23/13</b>	<b>5725</b>	<b>1</b>	<b>Big Sky, Bozeman</b>	<b>6.60</b>	<b>720</b>	<b>1224</b>	<b>202</b>	<b>7.76</b>	<b>500</b>	<b>2:49.56 [55m, 55h]</b> <b>3152/2573</b>
3/09/13	5559	11	NCAA I, Fayetteville	7.08	692	1205	187	8.31	490	2:44.02    2945/2614
1/07/14	5450	1	Cat/Grizz, Bozeman	6.66	668	1225	200	7.70	472	2:54.16 [55m, 55h]

**Outdoor:**

				<u>100m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>sp</u>	<u>hj</u>	<u>400m</u>	<u>110h</u>	<u>w</u>	<u>disc</u>	<u>pv</u>	<u>jav</u>	<u>1500m</u>
4/15/10	6253	8	Cal Invt, Azusa	11.37+0.4		650nwi		1100	193	52.49	15.69nwi		2784	390	4492	5:11.97
5/13/10	6137	10	Big Sky, Ogden	11.56	0.0	619-1.0		1083	190	52.50	16.37	0.0	2549	445	4706	5:18.83
6/24/10	6190	9	USA Jr*, Des Moines	11.36-0.8		610-2.9		1132	184	52.23	15.67+2.1		3352	400	4107	5:14.39
4/14/11	6896	1	Cal Invt B, Azusa	11.25		666		1110	188	50.13	15.29		3455	450	4937	4:44.92
5/12/11	7371	2	Big Sky, Sacramento	10.81	0.0	659+0.5		1005	201	48.47	15.23+0.1		3290	485	4788	4:34.98
4/07/12	6622	1	Montana St, Bozeman	10.72+2.2		682nwi		1095	189	48.01	15.44nwi		3312	300	4512	4:57.77
4/19/12	7528	7	Mt Sac R, Azusa	11.01+0.8		696+3.8		1157	203	48.28	15.07+1.6		3421	480	5207	4:36.53
<b>5/10/12</b>	<b>7630</b>	<b>1</b>	<b>Big Sky, Bozeman</b>	<b>10.90-0.5</b>		<b>744+5.4</b>		<b>1147</b>	<b>201</b>	<b>48.04</b>	<b>14.78+0.4</b>		<b>3459</b>	<b>480</b>	<b>4940</b>	<b>4:41.12</b>
6/07/12	7414	17	NCAA I, Des Moines	10.99+0.4		661-1.0		1098	199	48.61	15.01+1.4		3575	480	5160	4:33.66







5/11/13 7394 1 UVirginia, Charlottesville 11.62+0.7 672+1.8 1429 182 52.67 15.48+1.3 4621 450 6613 4:43.53  
6/02/13 7201 5 Pan Am Cup, Ottawa 11.63 676 1408 185 53.14 15.47+0.5 4291 470 5841 4:54.68  
6/29/13 dnf - Vertical Adv, Medford, NJ 11.77+2.3 651nwi 1497 186 52.36 15.09+2.1 4429-cancelled heavy rain

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**PRs: 7636 / 5186 / 3856 11.40+1.7 714+1.9 1522 192 52.36 15.09+2.1 4621 475 6842 4:43.53**

**Indoor: 60m: 7.44; 60h: 8.60; 1000m: 2:49.03; 55m: 6.80; 55mH: 8.09.**

**Summary: 24 decathlons, 22 finishes, 7 career wins, PR: 7636, Top Ten Ave: 7217.8.**

**\*-high school implements, \*\*-international jr implements**

**College PRs: 6979 11.56 673 1409 192 52.94 15.38 4213 442 6237 4:48.39**

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