

2014 USATF Indoor Women's Pentathlon



MEDIA GUIDE



**Friday
February 21, 2014
Convention Center
Albuquerque, NM**

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

2014 USATF Indoor Women's Pentathlon Media Guide

Time Schedule

Friday, February 21, 2014

60m Hurdles	11:45 am
High Jump	1:00 pm
Shot Put	3:15
Long Jump	4:30
800 Meters	5:50



Day 1 - Friday, Feb. 21st

Start	Gender	Event	Round
11:45 a.m.	W	60mH	pentathlon
12:00 n.	M	60m	heptathlon
12:50 p.m.	M	long jump	heptathlon
1:00 p.m.	W	high jump	pentathlon
2:10 p.m.	M	shot put	heptathlon
3:15 p.m.	W	shot put	pentathlon
4:00 p.m.	M	high jump	heptathlon
4:30 p.m.	W	long jump	pentathlon
5:50 p.m.	W	800m	pent. final
6:00 p.m.		Day 1 Session Ends	

CHECK THESE

Qualifying Standards: [qualifying window: Jan 1, 2013 to Feb 16, 2014

]

Indoor Pentathlon Score **4150**

Outdoor Heptathlon Score **5800**

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

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:

5. 1st - \$5,000, 2nd - \$3,000, 3rd - \$1,250, 4th - \$750

NEED NEW STUFF

Entrants:

		Pentathlon		
		Qualifying mark	PR	Heptathlon PR
*Sharon Day	Asics	4478	4567	6550 '13
*Lindsay Lettow	unat	4301	4301	5807 '12
*Barbara Nwaba	WAPF	4248	4344	5986 '12
*Lindsay Schwartz	unat	5982 ^{hept}	3996	5982 '13
*Sami Spenner	Neb-Omaha	4406	4406	5898 '13
*Breanna Leslie	unat		4109	5761 '13
*Shana Woods	unat		4051	5533 '06
*Tiffany Parker	unat		3918	5430 '13
*Madeline Outman	unat		3949	5392 '10
*Shana Woods	unat			



Top row: Lindsay Schwartz, Barbara Nwaba, Lindsay Lettow, Sharon Day-Monroe.
2nd row: Breanna Leslie, Sami Spenner, Shana Woods, Tiffeny Parker, Madeline Outman

PRs of Entrants:

	<u>score</u>	<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
*Sharon Day	4567	8.46	195	1507	616	2:08.94
*Lindsay Lettow	4301	8.42	179	1245	591	2:14.83
*Lindsay Schwartz	3996	8.59	170	1194	615	2:12.48
*Barbara Nwaba	4344	8.47	187	1360	566	2:15.06
*Sami Spenner	4406	8.62	173	1299	634	2:11.63
*Breanna Leslie	4109	8.42	171	1249	588	2:11.35
*Tiffeny Parker	3918	8.63	170	1378	586	2:28.34
*Madeline Outman	3949	8.50	164	1094	609	2:11.70
*Shana Woods	4051	8.56	173	1234	635	2:20.10

FACT SHEET: Recent Championship Results



2013 USATF Indoor Champs, Albuquerque

		<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
4478	Day, Sharon/Asics	8.57	182	1507	582	2:20.86
4333	Wade, Bette/Nike	8.73	176	1431	599	2:23.45
4301	Lettow, Lindsay/unat	8.42	173	1214	587	2:14.83
4271	Spenner, sami/Neb-Omaha	8.74	170	1155	623	2:14.53
4162	Profit, Kiana/unat	8.85	170	1196	573	2:11.69
4105	Miller, Heather/CPTC NewBal	8.84	170	1189	603	2:22.24
4059	Beamer, Brianne/Colorado	8.85	173	1084	561	2:13.79
4053	Leslie, Breanna/Azusa Pacific	8.47	170	1114	534	2:13.34
3949	Outman, Madeleine/unat	8.50	158	1094	555	2:13.48
9s,9f						

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

		<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
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 Merkle/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
2013	4478	Sharon Day	Albuquerque, NM
2014			



Most Wins:

3	Diana Pickler	2008, 2009, 2010
2	Tiffany Lott-Hogan	2003, 2004
2	Sharon Day	2012, 2013

All-Time USA List

[as of 12/18/13]

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 1/2)	Tia Hellebut/BEL	Valencia-4867	2008
SP	20.27m (66-6)	Eva Wilms/GER	Berlin-4641	1977
LJ	6.81m(22-3)	Nadine DeBois/FRA	Paris	1986
800m	2:04.42	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(6-4 1/4)	Gwen Wentland/Kansas St	Manhattan -4115	1995
SP	15.57m(51-1)	Kym Carter/Nike	Moscow, ID/NC-4696	1995
LJ	6.68m(21-11)	Hyleas Fountain/Nike	University Park, PA-4731	2010
800m	2:08.36	Erica Moore/Indiana St	Ames-4030	2009
Score	4753	Dede Nathan/Nike	Maebishi/WC	1999
		<i>[8.26 186 1510 624 2:18.98]</i>		
	4753	Hyleas Fountain	Doha/WC	2010
		<i>[8.20 187 1406 646 2:21.02]</i>		



Collegiate Records

60mH	8.15	Hyleas Fountain/Georgia	Fayetteville/NCAA-4412	2004
HJ	1.88m(6-2)	Brianne Theisen/Oregon	College Station, TX	2012
SP	16.34m(53-7 1/2)	Austra Skyute/Kansas St	Manhattan	2002
LJ	6.67m(21-10 3/4)	Amy Menlove/BYU	Fayetteville/NCAA-4312	2005
800m	2:08.36	Erica Moore/Indiana St	Ames-4030	2009
Score	4569	Makeba Alcide/Arkansas-St Lucia	Fayetteville/SEC	2013
		<i>[8.35 187 1232 615 2:16.37]</i>		
	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 (6-3/4)	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	2:11.69	Kiana Profit/unat	Albuquerque- 4162		2013
Score	4696	Kym Carter/Nike	Moscow, ID	1995	

[8.55 182 1557 607 2:13.32]

Albuquerque Convention Center Facility Records

60m H	8.42	Lindsay Lettow/unat	USA Champs-4301	2013
HJ	1.82m(5-11½)	Sharon Day/Asics	USA Champs-4478	2013
SP	15.07m(49-5½)	Sharon Day/Asics	USA Champs-4478	2013
LJ	6.23m(20-5¼)	Sami Spenner/Neb-Omaha	USA Champs-4271	2013
800m	2:11.69	Kiani Profit/unat	USA Champs-4162	2013
Score	4478	Sharon Day/Asics	USA Champs	2013

[8.57 182 1507 582 2:20.86]



Top Facility Scores

4478	Day, Sharon	Asics	USA Champs	2013
4333	Wade, Bette	Nike	USA Champs	2013
4301	Lettow, Lindsay	unat	USA Champs	2013
4271	Spenner, Sami	Nebraska-Omaha	USA Champs	2013

Athletes's Bios:

SHARON DAY

DOB: June 9, 1985
 POB: Brooklyn, NY
 Ht: 5-8
 Hometown: Costa Mesa, CA
 High School: Costa Mesa HS
 College: Cal Poly-SLO '08
 Club: Asics



2013: Recorded four career bests in fashioning world's top score (PR 6550) to date while winning 3rd consecutive USA nationals in Des Moines. And then placed 6th at IAAF outdoor world champs in Moscow. Won USA indoors with 4478 effort. **2012:** 16th at London Olympic Games heptathlon after winning US Olympic Trials with PR 6343 score. Opened season with pentathlon (4430) win in Seattle and then won USA indoor national pentathlon with PR 4567 score. Opened outdoor season with PR 6337 effort at Westmont's Sam Adams meet in Santa Barbara, that included 3 event PRs. Placed 16th at Götzis. **2011:** Won USA nationals in Eugene, then placed 18th at IAAF world champs in Daegu. **2010:** Runner-up at USA nationals with 4th consecutive 6k score. **2009:** Runner-up at USA outdoor champs and 10th at IAAF World Champs in Berlin, Won Pan-American CE Cup heptathlon with PR 6063 score. Runner-up at USA indoor pentathlon champs with PR 4320. **2008:** Made USA Olympic team with 1.91m clearance at US Trials. Did not qualify for finals in Beijing. NCAA high jump runner-up. Won Big West Conference crown with 5642 score. **2007:** 2007 — Second at U.S. Outdoor Championships with a leap of 6-2¼. Placed 4th at the NCAA Championships with a jump of 6-feet. Tied for 6th at the Pan-American Games in Rio de Janeiro (5-11¼). **2006:** Redshirted. **2005:** Won NCAA title at 1.95m/6-4¾. **2004:** NCAA runner-up at 6-2¾ and was USA Jr champ. **High School:** Pan Am Jr champ in high jump. PR was 6-2. **Personal:** Daughter of Eugene Day and Yolanda Gibson-Day. Majored in kinesiology.

Indoor:
 1/30/09 4276 1 UW Husky Invt, Seattle

Career:
60h hj sp lj 800m
 8.82 187 1246 565 2:19.92

3/08/09	4320	2	USA, Chapel Hill	8.79	185	1225	575	2:16.38
3/07/10	4467	3	USA, Bloomington	8.67	182	1310	590	2:14.63
1/26/12	4430	1	UW Husky Invt, Seattle	8.49	181	1275	595	2:16.27
3/04/12	4567	1	USA, Bloomington	8.46	185	1329	589	2:11.89
1/25/13	4462	1	UW Husky Invt, Seattle	8.51	181	1379	580	2:15.43
3/01/13	4478	1	USA, Albuquerque	8.57	182	1507	582	2:20.86

Outdoor:				<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
5/ /07	5244	2	Big West	15.39				24.83					2:18.17
5/10/08	5642	1	Big West, Northridge	14.57+0.2	183	1143	25.07+0.5	573+1.9	3733	2:18.77			
4/16/09	5823	1	Mt Sac R, Azusa	14.34+3.1	181	1275	24.97+3.2	594+1.8	3894	2:20.08			
5/30/09	6063	1	Pan Am CE Cup, Havana	14.29	193	1292	24.87	592	4019	2:17.16			
6/28/09	6177	2	USA, Eugene	13.82+1.1	190	1275	24.66+3.1	599+3.0	4062	2:13.64			
8/16/09	6126	10	IAAF WC, Berlin	13.90-0.3	189	1342	25.15-0.3	569-0.8	4414	2:13.84			
6/26/10	6006	2	USA, Des Moines	14.12+2.6	178	1322	24.40+3.3	587+3.4	4320	2:16.77			
4/14/11	5828	2	Mt Sac R, Azusa	13.95+1.6	176	1330	25.01+2.3	594+3.3	3678	2:18.46			
5/28/11	dnf	-	NACAC, Kingston	14.21-1.2	172	1379	25.34-3.6	555-3.4	3609	dnf			
6/26/11	6028	1	USA, Eugene	13.85+1.2	181	1351	24.74+1.7	592+1.5	4167	2:16.53			
8/30/11	6043	18	IAAF WC, Daegu	13.69+1.6	180	1428	25.01-1.1	587+0.4	3914	2:15.74			
4/03/12	6337	1	Sam Adams, Santa Barbara	13.57	0.0	184	1440	24.27+0.3	606nwi	4160	2:12.63		
5/27/12	6156	16	Hypo-Bank, Gotzis	13.68-0.3	179	1406	24.09+1.9	597+1.2	3723	2:11.54			
6/30/12	6343	1	USOT/USA, Eugene	13.71+1.6	187	1340	24.26+1.0	611+1.3	4503	2:14.55			
8/04/12	6232	16	Olympic G, London	13.57+2.0	177	1428	24.36+0.6	585-0.4	4390	2:11.31			
4/05/13	dnf	-	Sam Adams, Santa Barbara	13.93-1.3	185	1433	24.29+0.4	withdrew					
5/10/13	3568	9	Classic, Claremont	13.68+1.6	nh	1475	24.26+1.7	nm	4340	dnf			
5/26/13	dnf	-	Hypo Bank, Götzis	13.54+1.1	nh	1420	withdrew						
6/20/13	6550	1	USA, Des Moines	13.54+1.7	190	1377	24.02+1.0	616+2.6	4738	2:12.12			
8/13/13	6407	6	IAAF WC, Moscow	13.51-0.2	183	1435	24.28	0.0	579+0.9	4717	2:08.94		
9/15/13	dnf	-	DecaStar, Talence	14.01-0.1	nh	1475	25.25-0.8	590+0.7	4447	dnf			

PRs: 6550 / 4567 13.53 195 1507 24.02+1.0 616+2.6 4738 2:08.94

Indoor: 60H: 8.46

Updated 1/1/14

BREANNA LESLIE

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



2014: Won Mountain T pentathlon in Flagstaff. **2013:** 13th at USA nationals. Place 5th in first international, the Pan American CE Cup. 3rd at Mt Sac Relays with PR 5761. 8th at USA indoors. National Christian College (NCCAA) champ indoors. **2012:** NAIA national champ in both pentathlon and heptathlon. **2011** NAIA outdoor runner-up and 3rd indoors. 2010: NAOA outdoor runner-up, and 6th indoors.

Career:

Indoor:				<i>60mH</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
2/10/10	3324		APU Pent, Azusa					
3/04/10	3451	6	NAIA, Johnson City	9.06	156	1004	495	2:22.75
2/11/11	3539	1	APU Pent, Azusa	8.97	156	1015	517	2:22.53
3/03/11	3626	3	NAIA, Geneva	8.85	160	895	541	2:20.73
1/27/12	3762	2	UNA Mtn T, Flagstaff	8.58	160	1097	522	2:19.48
2/10/12	3864	1	APU Pent, Azusa	8.56	159	1184	530	2:18.66
3/01/12	3861	1	NAIA, Geneva	8.56	162	1097	526	2:16.21

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
3/01/13	4053	8	USA, Albuquerque	8.47 170 1114 534 2:13.34
2/07/14	4055	1	Mt T, UNA, Flagstaff	8.52 166 1175 553 2:15.78

Outdoor:

				<u>100h</u>	<u>h</u>	<u>sp</u>	<u>200m</u>	<u>lj</u>	<u>jav</u>	<u>800mj</u>
4/15/10	4781	3	Cal Invt, Azusa	14.93	155	1013	25.55	507	3266	2:23.85
5/28/10	5110	2	NAIA, Marian	14.27	157	1003	25.39	557	3386	2:20.53
4/14/11	5158	3	Cal Invt, Azusa	14.08	155	982	24.49	532	3245	2:15.23
5/27/11	4992	2	NAIA, Marian	14.40	150	971	24.44	533	3474	2:23.17
4/19/12	5369	7	Mt Sac R, Azusa	13.88	158	1143	24.52	556	3018	2:13.74
5/25/12	5308	1	NAIA, Marion	14.69	164	1194	24.70	544	3081	2:14.82
4/18/13	5761	3	Mt Sac R, Azusa	13.88+1.3	171	1142	24.27+2.4	588+2.0	3666	2:14.16
6/02/13	5552	5	Pan Am Cup, Ottawa	14.10+1.0	171	1122	24.45+1.2	520+3.2	3971	2:14.72
6/21/13	5503	13	USA, Des Moines	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35

PRs: 5761 / 4109

13.73+2.7 171 1249 24.27+2.4 588+2.0 3769 2:11.35

Indoor: 60mH: 8.42

Updated : 2/10/14

LINDSAY LETTOW

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



2014: Missouri Southern indoor victor. **2013:** 11th at USA nationals and 7th at Thorpe Cup. 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
2/01/14	4282	1	Missouri Southern, Joplin	8.51	176	1245	591	2:19.84

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
4/25/13	5470	1	Drake R, Des Moines	14.34-3.9	172	1138	24.91+0.6	557-3.9	3473	2:17.39
6/20/13	5729	11	USA, Des Moines	13.92+1.7	172	1195	24.70+0.1	574+1.7	3775	2:15.08
7/28/13	5663	7	Thorpe Cup, Chula Vista	13.80+0.7	172	1193	25.07+1.8	570+1.9	3623	2:15.40

PRs: 5807 / 4301

13.69+1.4 179i 1245 24.51+4.0 591+1.8 3775 2:14.83

Indoor: 60H: 8.42

BARBARA NWABA

DOB: January 18, 1989

POB:

Ht: 5-9

Hometown: Los Angeles, CA

High School: University HS

College: UCSB '12



2014: Won U of Washington pentathlon. **2013:** Recovered from injury. **2012:** 5th at US Olympic Trials. Runner-up at Westmont's Sam Adams heptathlon with PR 5986 score. Captured Big West hept with 5709 score and was also Big West outdoor hurdle champ in 13.59. 4th at NCAA indoor heptathlon. Placed 2nd at U Washington indoor pentathlon with PR 4244 score. 2011: Runner-up at Washington indoor Invt with PR 4140 score, then raised heptathlon PR to 5714 with win at Claremont Classic. 8th at USA nationals with career best 5733 score. **2010:** 12th at NCAAs. Big West Conference champion (with PR 5552) followed a 7th at Mt Sac Relays. Runner-up at U of Washington indoor pentathlon (3931). **2009:** 3rd at Big West Conf heptathlon with 5000 points. **2008:** stress fracture. **2006: High School: Personal:** daughter of Theodore and Blessing Nwaba. Biology major.

Career:

Indoor:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>			
1/30/10	3931	2	U Washington, Seattle	8.83	179	1059	542 2:23.66			
1/28/11	4140	2	U Washington, Seattle	8.69	177	1307	558 2:24.15			
3/11/11	4020	9	NCAA, College Station	8.87	175	1210	550 2:21.84			
1/27/12	4344	2	U Washington, Seattle	8.59	184	1283	545 2:20.52			
3/09/12	4241	4	NCAA I, Nampa	8.67	175	1350	561 2:17.94			
1/31/14	4248	1	U Washington, Seattle	8.47	172	1280	566 2:15.65			
Outdoor:			<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
4/16/09	5039	1	Cal Invt, Azusa	14.55+2.6	167	1121	25.17+2.9	540+2.1	2658	2:25.10
5/09/09	5000	3	Big West, Irvine	14.21nwi	175	1049	24.87+2.3	497+0.9	2846	2:25.35
4/15/10	5217	7	Mt Sac R, Azusa	14.69	0.0	173	1175	25.35+1.9	523	0.0 3263 2:22.62
5/08/10	5552	1	Big West, Northridge	14.39+0.5	176	1229	24.99+1.9	554-0.2	3471	2:17.80
6/10/10	5382	12	NCAA, Eugene	14.49+2.9	172	1271	25.25+1.9	532+1.2	3535	2:22.12
6/26/10	5485	12	USA, Des Moines	14.56+1.7	166	1285	24.79+0.4	566+4.3	3779	2:22.99
5/13/11	5714	1	CMS, Claremont	14.02+3.7	181	1219	24.54+2.4	547+3.5	3768	2:19.52
6/26/11	5733	8	USA, Eugene	14.28+1.2	178	1261	24.69+1.7	566+1.8	4125	2:22.79
8/14/11	5545	8	Thorpe Cup, Chula Vista	17.33+1.8	181	1269	24.83+1.9	560+3.2	4660	2:17.20
4/03/12	5986	2	Sam Adams, Santa Barbara	13.98	0.0	184	1349	24.37+0.3	546+0.5	4317 2:17.70
5/12/12	5709	1	Big West, Irvine	13.82+0.3	183	1263	24.59+0.6	520	0.0	3827 2:20.76
6/08/12	5927	2	NCAA I, Des Moines	14.08-0.8	184	1212	24.51+1.1	545-0.8	4447	2:15.06
6/30/12	5986	5	OT/USA, Eugene	13.68+1.3	187	1253	24.33+2.2	563+1.2	3788	2:15.55
5/10/13	dnf	-	Classic, Claremont	14.23+1.6	173	1198	24.89+1.7	390+2.3	withdrew	

PRs: 5986 / 4344

13.59+0.4 187 1360 24.33+2.2 566+1.8 4660 2:15.06

Indoors: 60mh: 8.47

Updated 2/5/14

MADELEINE OUTMAN

DOB:
POB:
Ht: 5-7
Hometown: Newton Centre, MA
High School: Newton South HS
College: Williams '07
Indiana of PA '10



2013: 9th at USA indoors. **2010:** 3rd at NCAA II outdoors and 6th indoors. **2009:** 6th at NCAA II indoors after transferring from Williams College (D III) to Indiana U of PA (DII).

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
12/6/08	3527	1	Golden Flash, Kent	9.05	152	853	544	2:18.36
1/30/09	3807	3	Penn State, U Park	8.98	164	950	556	2:15.98
3/14/09	3628	6	NCAA II, Houston	8.67	158	963	525	2:17.92
3/01/13	3949	9	USA, Albuquerque	8.50	158	1094	555	2:13.48
2/07/14	3853	1	U Arron Invt, Akron	8.58	160	1016	529	2:11.70

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>
4/23/09	4975	3	Penn R, Philadelphia	14.54	+0.5	162	953	25.47	+0.1	529	+0.9	3149	2:19.78
5/09/09	4826	1	PSAC, Millersville	14.40	+1.5	158	936	25.30	nwi	549	-1.4	3107	2:29.42
5/23/09	dnf	-	NCAA II, San Angelo	14.06	+1.7	154	915	25.51	-0.3	558	+0.8	2181	dnr
4/24/10	5182	1	Penn R, Philadelphia	14.12	+1.3	158	990	25.48	-2.0	551	+0.1	3270	2:13.65
5/15/10	5062	1	PSAC, W Chester	14.01	-0.1	163	956	24.77	-0.3	553	+1.2	3145	2:30.56
5/29/10	5392	3	NCAA II, Charlotte	13.77	+0.8	158	1004	24.37	+2.0	562	+1.1	3379	2:13.90
4/18/13	dnf	-	Mt Sac R, Azusa	14.27	+0.5	153	1069	24.76	+2.3	withdrew			
6/08/13	4139	4	Imperial, Chula Vista	14.02	+1.9	158	1059	25.27	+2.1	505	nwi	2852	dnf

PRs: 5392 / 3949 **13.62w** **164** **1094** **24.37+2.0** **609** **3379** **2:13.65**
Indoor: 60mH: 8.50
Updated: 2/8/14

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



2013: 2nd at Claremont Classic with PR 5430 score. 12th at USA indoors. **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:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
/ /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
3/01/13	3773	12	USA, Albuquerque	8.65	167	1253	537	2:36.68
2/08/14	3918	2	Mt T, UNA, Flagstaff	8.68	172	1378	561	2:41.97

Outdoor:				<i>100h w hj sp 200m w lj w jav 800m</i>
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
4/18/13	dnf	-	Mt Sac R, Azusa	13.96+0.5 168 1248 25.68+2.3 nm 3423 dnr
5/10/13	5430	2	Classic, Claremont	13.89+1.6 167 1192 25.61+1.7 586+2.1 3933 2:31.90
6/08/13	5384	2	Imperial, Chula Vista	13.65+1.9 170 1203 25.63+2.1 560nwi 3862 2:34.40

PRs: 5430 / 3918 13.65+1.9 172 1378 25.60 586+2.1 4041 2:28.34

Indoor: 60mH: 8.63

Updated: 2/9/14

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 and 3rd at Thorpe Cup with breakthrough scores. 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	14.651-.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
7/28/13	5982	3	Thorpe Cup, Chula Vista	13.78+1.2 166 1194 24.06+1.8 615+1.5 4247 2:12.85

PRs: 5982 / 3996 13.61+4.9 170 1194 24.06+1.8 615+1.5 4247 2:12.48

Indoor: 60mH: 8.59; 55mH 8.16

Updated: 11/28/13

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



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

2014: PR'd (4406 pentathlon) by winning UNI's Jennett meet. **2013:** 10th at USA nationals and 4th at Thorpe Cup. 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 Jennett 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
1/31/14	4406	1	UNI Jennett, Cedar Falls	8.62	173	1260	632	2:16.32

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
7/28/13	5898	4	Thorpe Cup, Chula Vista	14.31+0.7	172	1194	23.67+1.3	616+3.1	3630	2:13.18

PRs: 5898 / 4406

13.94+2.7 173 1299 23.67+0.1 634+2.3 3718 2:11.63

Indoor: 60m: 7.68; 60mH: 8.62.

Updated: 2/1/14

SHANA WOODS

DOB: July 7, 1988
POB:
Ht: 5-8
Hometown: Long Beach, CA
High School: Long Beach Poly
College: USC '10



2013: Won San Diego Imperial meet with 5428 score. **2009:** 13th at NCAA heptathlon. Placed 5th at Pac-10 heptathlon. **2008:** 3rd place finish at PAC-10 and 16th at NCAAs. **2007:** Opened outdoor season with 5393 score at Mount SAC Relays, then placed 5th at PAC-10 (5459). **2006:** Won Junior National title in Indy with 5593 score while senior at Long Beach Poly HS, the first high school student over 5500. 12th at IAAF World Juniors. Ran 53+440 relay leg. **Personal:** Social Science and History major.

Career:

Indoor:

1/31/14 4051 1 Boise St Jacoby, Nampa

60H hj sp lj 800m

8.56 172 1234 601 2:35.01

Outdoor:

100H w hj sp 200m w 1st day lj w jav 800m

6/22/06	5533	1	USA Jr, Indianapolis	14.03+2.0	166	959	24.40+0.9	3226	587+2.2	4042	2:20.10
8/18/06	5311	12	IAAF World Jr, Beijing	14.14+1.6	168	893	24.33+0.2	3198	590-0.4	3451	2:36.95
4/13/07	5393	5	Mt SAC R, Azusa	14.11+1.9	163	986	23.94+2.9	3240	611nwi	3111	2:23.88
5/06/07	5459	5	PAC-10, Palo Alto	14.06-0.7	166	1082	24.40+1.8	3302	621+1.7	3016	2:24.64
6/07/07	5507	13	NCAA, Sacramento	13.93+1.0	166	931	24.12+1.3	3247	606+1.1	3977	2:27.14
6/21/07	5521	1	USA Jr, Indianapolis	13.73+1.2	166	1017	24.35+1.4	3311	583+3.1	3922	2:24.76
4/03/08	dnf	-	Texas R, Austin	14.22+1.1	160	981	24.63-0.9	3121	573+1.2	3437	dns
5/10/08	5474	3	PAC-10, Tempe	13.90+1.8	166	1036	24.21 0.0	3313	570 0.0	3760	2:23.13
6/14/09	5370	16	NCAA, Des Moines	14.39+0.8	166	1033	24.28-0.4		585+2.3	4126	2:34.33
4/10/09	5315	2	Johnson/JJK, Los Angeles	13.97 0.0	159	977	24.25 0.0		574+0.4	3979	2:29.23
5/10/09	5490	5	Pac-10, Eugene	13.84+0.9	163	1026	23.96+4.9		575+2.1	3988	2:26.41
6/28/09	5475	13	NCAA, Fayetteville	13.98+0.7	166	1077	24.28+3.1	3321	604+0.9	3627	2:29.78
5/10/13	5334	3	Classic, Claremont	14.02+1.6	167	1142	24.51+1.7		630+1.4	3126	2:42.69
6/09/13	5428	1	AC, Chula Vista	13.54+1.9	161	1217	24.25+2.1		567nwi	3627	2:32.40

PRs: 5533 / 4051
Indoors: 60mH: 8.56

13.54+1.9 173 1234 23.94+2.9 3321 635 4042 2:20.10