

33rd^{and} 2014
WOMEN'S HEPTATHLON
NATIONAL CHAMPIONSHIPS



Alex G Spano Complex
Sacramento State University
Sacramento, CA
June 27-28, 2014



Frank Zarnowski
DECA, The Decathlon Association
www.decathlonusa.typepad.com

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The Field.....



Top Row: Erica Bougard, Sharon Day-Monroe, Paige Knodle, Ryan Kraiss, Deanna Latham, Brianna Leslie.
Middle Row: Lindsay Lettow, Amber Metoyer, Heather Miller-Koch, Barbara Nwaba
Bottom Row: Kiana Profit, Allison Reaser, Lindsey Schwartz, Sami Spenner, Lindsay Vollmer, Shana Woods.

SECTION ONE: Basic Info:

- a) Time Schedule
- b) Qualifying procedures
- c) List of Qualifiers
- d) Web sites which will provide results

a... Time Schedule

Friday, June 27, 2014		Saturday, June 28, 2014	
12:15 pm	100m Hurdles	10:30 am	Long jump
1:15	High Jump	11:30	Javelin
3:30	Shot Put	2:25 pm	800 m
5:05	200 m		

b)Qualifying Procedure

- The Men's and Women's T&F Chairs will handle all entry appeals up to 48 hours prior to the start of competition in each event. Thereafter, the Entry Appeals Committee, consisting of two Athletes Advisory Committee members, one Men's T&F Committee member and one Women's T&F Committee member will have the sole responsibility to handle entry appeals.
- The approximate field size (*not the minimum*) for the heptathlon is 16.
- Automatic ("A") Qualifying Standard will be used....5900

- All verified entries who have met the “Automatic” standard within the prescribed period, shall be qualified to participate. Verified entries from the rank order list shall be invited to participate only to the extent that the indicated field size has not been filled by those with the “Automatic” standard. An invitation will be extended to these additional persons based on verified entries in their performance rank order.

2014 QUALIFYING GUIDELINES:

#...All qualifying performances for the US Championships must be attained on a standard outdoor track in the period Sunday, January 3, 2013 through Sunday, June 15, 2014.

Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:

- USATF or IAAF sanctioned meets/events which prescribe to or exceed USATF competition rules, or
- college meets/events which prescribe to or exceed USATF competition rules, or
- high school meets but not dual or triangular meets.
- meets or events which meet a minimum for competitiveness as set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for the verification and validity of marks.
- There will be no adjustment for marks made at altitude.
- An Athlete must be U.S. citizen and eligible to represent the United States in international competition, as well as being a U.S. citizen on the date of Declaration for the 2014 U.S. Championships in that event - this date being 48 hours prior to the first day of competition in the event.
- Athletes who have earned Automatic Qualification into the meet under USATF Rule 8 must follow all entry procedures and declarations procedures, and will be counted in that event’s field sizes by the seeding committee.

c)Qualifiers

Qualified Automatically(A) >5900 with no Provisional standard [qualifying window: Sunday, January 3, 2013 through Sunday, June 15, 2014.

c)Qualifiers

Q score	name	affiliation	meet/site	date
6550	Sharon Day	Asics	USA, Des Moines	6/20/13
6068	Lindsay Vollmer	Kansas	NCAA I, Eugene	6/07/13
6043	Barbara Nwaba	Santa Barbara TC	Mt Sac R, Azusa	4/17/14
6012	Kiani Profit	unat	Thorpe Cup, C Vista	7/28/13
6003	Sami Spenner	Nebraska-Omaha	Mt Sac R, Azusa	6/20/13
5990	Erica Bougard	Mississippi St	USA, Des Moines	6/20/13
5982	Lindsay Schwartz	Santa BarbaraTC	Thorpe Cup, C Vista	7/28/13
5957	Ryann Kraus	unat	USA, Des Moines	6/20/13
5836	Allison Reaser	San Diego St	NCAA I, Eugene	6/14/14
5859	Lindsay Lettow	unat	Texas GA, Dallas	5/25/14
5945	Heather Miller	CPTC-New Balance	USA, Des Moines	6/20/13
5893	Breanna Leslie	unat-Azusa Pacific	Mt Sac R, Azusa	4/17/14
5745	Latham, Deanna	Wisconsin	Bulldog, Athens	4/11/14
5681	Knodle, Paige	N Iowa	NCAA I, Eugene	6/14/14
5668	Woods, Shana	unat	Sam Adams, S Barbara	4/15/14
5340	Metoyer, Amber	unat	San Diego Imperial	6/14/14



d)....Website listing results

HYPERLINK "<http://www.flashresult.com>"

www.flashresults.com

SECTION TWO: RECORDS

U.S. NATIONAL CHAMPIONSHIPS, 1950-2013

USA National Championship Winners:

AAU [Pentathlon]

1950	1929	Stella Walsh	Polish Falcons	MR
1951	1932	Stella Walsh	Polish Falcons	MR
1952	2183	Stella Walsh	Dreyer AC	MR
1953	1984	Stella Walsh	unat	
1954	1738	Stella Walsh	KnickerbockPC	



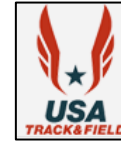
[1954 IAAF Tables]

1955	3559	Barbara Mueller	Chi Comets	MR
1956	4154	Barbara Mueller	unat	MR
1957	3803	Ann Roniger	Cosmo Club	
1958	3672	Ann Roniger	Cosmo Club	
1959	4075	Ann Roniger	Cosmo Club	
1960	4249	JoAnn Terry	Tennessee State	MR
1961	4243	Pat Daniels	San Mateo AA	
1962	3941	Pat Daniels	San Mateo AA	
1963	4261	Pat Daniels	San Mateo AA	MR



[1962 IAAF Tables]

1964	4644	Pat Daniels	San Mateo AA	MR
1965	4399	Pat Daniels	San Mateo AA	
1966	4496	Pat Daniels	San Mateo AA	
1967	4824	Pat Daniels	Millbrae Lions	MR
1968	4823	Che Cheng	CCTC-Chinese Taipei	
1969	4544	Jan Glotzer	Phoenix TC	
1970	4735	Pat Daniels	LA TC	MR
1971	4731	Marilyn King	Millbrae Lions	
1972	4169	Jane Frederick	unat	
1973	4281	Jane Frederick	UCTC	
1974	4051	Mitzi McMillan	Gazelles	
1975	4676	Jane Frederick	LATC	
1976	4677	Jane Frederick	LATC	
1977	3919	Linda Cornelius	Texas A&M	
1978	4379	Modupe Oshikoya	unat/Nigeria	
1979	4506	Jane Frederick	Pacific Coast Club	



TAC

1980	4299	Themis Zambrzycki	BYU-Brazil	
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Heptathlon

1981	6011w	Jane Frederick	Athletics West	MR
1982	6041	Jackie Joyner	UCLA	MR
1983	6493	Jane Frederick	Athletics West	MR
1984	6154	Cindy Greiner	Athletics West	

[1985 IAAF Tables]

1985	6587	Jane Frederick	Athletics West	MR
1986	6230	Jane Frederick	Athletics West	
1987	6979	Jackie Joyner-Kersey	WCAC	MR
1988	5881	Sheila Tarr	Track West	
1989	6006w	Jolanda Jones	Houston TC	
1990	6292w	Cindy Greiner	Nike Coast	
1991	6878w	Jackie Joyner-Kersey	McDonalds	
1992	6695	Jackie Joyner-Kersey	McDonalds	

USATF

1993	6770	Jackie Joyner-Kersey	unat
1994	6371	Kym Carter	Club West
1995	6375	Jackie Joyner-Kersey	Honda
1996	6406	Kelly Blair	Nike
1997	6465	Kelly Blair	Nike
1998	6402	Kelly Blair-LaBounty	Reebok
1999	6101	Sheila Burrell	unat
2000	6343	DeDee Nathan	Indiana Invaders
2001	6174	DeDee Nathan	Indiana Invaders
2002	6299	Sheila Burrell	unat
2003	6159	Sheila Burrell	unat
2004	6194	Sheila Burrell	Nike
2005	6208	Hyleas Fountain	Nike
2006	6183	GiGi Johnson	unat
2007	6090	Hyleas Fountain	Nike
2008	6667	Hyleas Fountain	Nike
2009	6290	Diana Pickler	Asics
2010	6735	Hyleas Fountain	Nike
2011	6028	Sharon Day	Asics
2012	6343	Sharon Day	Asics
2013	6550	Sharon Day	Asics
2014			



Multiple Winners:

9 wins:	Jane Frederick	1972	1973	1975	1976	1979	1981	1983	1985	1986
8 wins:	Pat Winslow	1961	1962	1963	1964	1965	1966	1967	1970	
6 wins:	Jackie Joyner Kersey			1982	1987	1991	1992	1993	1995	
5 wins:	Stella Walsh				1950	1951	1952	1953	1954	
4 wins:	Sheila Burrell					1999	2002	2003	2004	
	Hyleas Fountain					2005	2007	2008	2010	

Most Consecutive Wins:

7 in a row:	Pat Winslow	1961-1967
5 in a row:	Stella Walsh	1950-1954
3 in a row:	Ann Roniger	1957-1959
	Jackie Joyner-Kersey	1991-1993
	Kelly Blair	1996-1998
	Sheila Burrell	2002-2004
	Sharon Day	2011-2013

Heptathlon Individual Event Records

World Records

100H	12.54 (+1.3)	Jessica Ennis/GBR	London	6955	2012
HJ	1.98/6-6	Tia Hellebut/BEL	Gotzis	6201	2006
SP	20.79m/68-2½	Eva Wilms/GER [pent]			
	17.31m/	Austra Skujyte/LTU [hept]	London	6599	2008
200m	22.30 (0.0)	Jackie Joyner-Kersey/USA	Indy	7215	1988
LJ	7.27m/23-10 ¼	Jackie Joyner-Kersey/USA (+0.7)	Seoul	7291	1988
Jav-new	60.90m/	Barbara Spotakova/CZE	Talence	5880	2012
old	64.64m/212-1	Tessa Sanderson/GBR	Brussels	6125	1981
800m	2:01.84	Nadine DeBois/FRA	Talence	6227	1987
1 st day	4367	J Joyner-Kersey/USA	Indy	7215	1988
2 nd day	3027	J Joyner-Kersey/USA	Seoul	7291	1988
Score	7291	J Joyner-Kersey/USA	Seoul		1988



American Records

100H	12.65	Hyleas Fountain/Nike (+2.8)	Eugene	6667	2008
HJ	1.93/6-4	Jackie Joyner-Kersey/WCAC	Indy	7215	1988
		Sharon Day/unat	Havana	6036	2009
SP	16.30m/53-5 ¾	Jane Frederick/Naturite	Rome	6502	1987
200m	22.30 (0.0)	Jackie Joyner-Kersey/WCAC	Indy	7215	1988
LJ	7.27/23-10 ¼	Jackie Joyner-Kersey/WCAC (+0.7)	Seoul	7291	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:04.70	Marla Runyan/ unat	Atlanta-OT	5708	1996
1 st day	4367	Jackie Joyner-Kersey/WCAC	Indy	7215	1988
2 nd day	3027	Jackie Joyner-Kersey/WCAC	Seoul	7291	1988
Score	7291	Jackie Joyner-Kersey/WCAC	Seoul		1988



Collegiate Records

100H	12.99	Kendall Williams/Gerogia	Eugene	58	2014
HJ	1.93/6-4	Ewanjee Marysee Epee/ARZ-FRA	Athis-Mons	5867	1985
SP	16.72m/54-10 ½	Austra Skujyte/Kan St-LIT	Munich		2002
200m	23.13	Ali McKnight/Nev-Reno	Sacramento		1995
LJ	6.92m/22-8 ½	Diane Guthrie/GMU (+2.5)	Knoxville	6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:08.4h	Lana Zimmerman/LSU	Houston		1983
	2:08.58	Erica Moore/Indiana St	Normal	5553	2010
1 st day	3942	Jackie Joyner/UCLA	Baton Rouge	6718	1985
2 nd day	2799	Diane Guthrie/GMU-JAM	Knoxville	6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF		1985



USA National Championship Meet Records

100H	12.65 (+2.8)	Hyleas Fountain/Nike	Eugene	6667	2008
HJ	1.90m/6-2¾	Sharon Day/Asics	Eugene	6177	2009
		Hyleas Fountain/Nike	Des Moines	6735	2010
SP	16.07m/52-8¾	Kym Carter/	Knoxville	6371	1994
200m	23.02 (+0.4)	Jackie Joyner-Kersey	San Jose	6979	1987
LJ	7.25m/23-9½	Jackie Joyner-Kersey	San Jose	6979	1987
Jav	51.60m/169-3	Kelly Blair	Indianapolis	6465	1997
800m	2:04.70	Marla Runyan/	Atlanta-OT	5708	1996
1st day	4191	Jackie Joyner-Kersey	NYC	6878	1991
2nd day	2793	Kelly Blair	Indianapolis	6465	1997
Score	6979	Jackie Joyner-Kersey	San Jose		1987



[12.90 185 15.17 23.02 725 4024 2:13.07]

RECENT MEET RESULTS

2014 USA National Indoor Champs

February 21, 2014, Convention Center, Albuquerque, NM

4805	Day-Monroe, Sharon/Asics	8.44	188	1559	609	2:13.19	AR, MR
4498	Spenner, Sami/Nebraska-Omaha	8.52	176	1225	634	2:12.87	
4406	Nwaba, Barbara/unat	8.51	185	1355	570	2:19.75	
4284	Lettow, Lindsay/unat	8.44	176	1209	588	2:18.34	
4182	Leslie, Breanna/unat	8.45	170	1208	552	2:12.60	
4161	Schwartz, Lindsay/unat	8.58	176	1185	579	2:22.07	
3941	Outman, Madeline/unat	8.51	161	1027	543	2:10.87	
3657	Parker, Tiffany/unat	8.66	167	1271	503	2:39.24	
dnf	Woods, Shana/unat	8.37	167	1151	598	dnr	



2013 USA National Outdoor Champs

June 20, 2013, Drake University, Des Moines, IA

6550	Day, Sharon/Asics	13.54+1.7	190	1377	24.02+1.0	616+2.6	4738	2:12.12
6018	Wade, Bette/Nike	13.75+1.7	181	1349	24.95+0.1	606+0.9	3854	2:17.68
5990W	Bougard, Erica/Mississippi St	13.53+4.9	178	1037	23.56+0.1	622+2.6	3460	2:12.25
5957	Krais, Ryann/Nike	13.76+1.7	178	1187	24.98+0.4	584+0.8	3990	2:08.74
5945	Miller, Heather/CP TC-NB	13.75+4.9	175	1166	24.08+0.1	600+0.1	3838	2:13.30
5940W	Carrier-Eades, Chesea/unat	12.91+4.9	169	1099	23.49+0.1	625+1.5	3268	2:15.73
5933	Pinnick, Keia/Arizona St	13.04+2.7	169	1087	23.74+1.0	592+1.5	3632	2:10.45
5910W	Schwartz, Lindsay/unat	13.61+4.9	172	1161	24.18+0.4	585+4.0	3992	2:12.48
5899W	Profit, Kiani/Chula Vista-e	13.58+1.7	166	1162	24.22+0.4	590+4.6	3979	2:09.22
5768	Spenner, Sami/Neb-Omaha	13.94+2.7	163	1173	23.67+0.1	622+1.7	3097	2:11.63
5729	Lettow, Lindsay/unat	13.92+1.7	172	1195	24.70+0.1	574+1.7	3775	2:15.08
5636W	Jules, Vanessa/Marshall	13.44+4.9	175	1062	24.26+0.4	592+2.7	3233	2:22.55
5503	Leslie, Breanna/Azusa Pac	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35
5495	Reaser, Allison/SanDiegoSt	13.35+2.7	154	1208	24.34+1.0	561+1.4	3583	2:19.93
5360	Souza, Tatum/UCLA	13.96+1.7	166	1308	25.73+1.0	516+1.4	3879	2:24.09
5295W	Friesen, Tanya/Wichita St	13.96+4.9	169	829	25.39+1.0	585+2.8	3966	2:26.65
dnf	McMillan, Chantae/Nike	14.03+2.7	166	1351	25.96+1.0	withdrew		

16s,15f.



2012 USA National Champs [US Olympic Trials]

June 21-22, 2012, U of Oregon, Eugene, OR

6419	Fountain, Hyleas/Nike	12.86+0.9	187	1317	23.84+1.0	630+1.3	4043	2:17.90
6343	Day, Sharon/Asics	13.71+1.6	187	1340	24.26+1.0	611+1.3	4503	2:14.55
6188	McMillan, Chantae/unat	13.36+0.7	172	1502	24.32+3.0	552+1.6	5024	2:17.71
6018	Wade, Bette/Nike	13.72+1.6	181	1362	24.84+2.2	621+1.1	3579	2:19.06
5986	Nwaba, Barbara/UCSB	13.68+1.3	187	1253	24.33+2.2	563+1.2	3788	2:15.55
5855	Stechschulte, Abbie/unat	13.76+0.7	172	1345	24.88+3.0	602+1.3	3566	2:16.78
5817	Krais, Ryann/Kansas St	13.84+1.6	175	1200	24.91+2.8	561+1.5	4050	2:12.03
5807	Lettow, Lindsay/C Missouri	13.96+1.3	175	1213	24.51+3.0	585+1.3	3683	2:14.91
5779	Miller, Heather/Central Park TC	14.18+0.5	169	1168	24.22+2.8	599+1.8	3929	2:15.59
5778	Adams, Aisha/unat	14.41+0.7	175	1134	24.38+2.8	581+0.9	4226	2:16.28
5772	Carrier-Eades, Chelsea/W Virginia	12.96+0.9	169	1186	23.80+1.0	564+0.8	3232	2:15.48
5763	Flax, Jessica/Wisconsin	13.70+1.3	172	1182	24.75+3.0	539+1.4	4579	2:17.58
5752	Pinnick, Shakeia/Arizona St	13.60+0.9	169	1102	24.43+1.0	602+1.2	3367	2:11.98
5614	Schwartz, Lindsay/S Alabama	13.94+0.5	169	1089	24.39+2.2	580+0.2	3675	2:17.42



5612	Reaser, Allison/San Diego St	13.55+1.6	163	1190	24.12+2.8	549+0.9	3685	2:16.84
5564	Profit, Kiani/Maryland	14.61+0.5	163	1231	24.54+2.2	556+0.4	3935	2:13.35
5563	Latham, Deanna/Wisconsin	14.00+1.3	160	1266	25.13+3.0	564+1.2	4213	2:20.27
5537	Hill, Kasey/unat	14.30+0.5	160	1239	23.96+2.8	575+0.9	3547	2:18.94
5252	Pearson, Emily/unat	14.03+0.7	169	1176	24.53+2.2	538+0.6	2139	2:15.80
5140	Lewis, Yvette/unat	12.84+0.9	175	861	23.70+1.0	604+1.3	2423	2:56.73 20s,20f.

2011 USA National Champs,

June 23-24, 2011, U of Oregon, Eugene, OR

6058	Day, Sharon/Asics	13.85+1.2	181	1351	24.74+1.7	592+1.5	4167	2:16.53
6030	Krais, Ryann/Kansas St	13.70+1.6	175	1221	24.69+1.7	599+1.9	4053	2:08.96
6003	McMillan, Chantae/Nebraska	13.93+1.2	166	1475	25.25+1.6	618-1.7	4758	2:22.99
5949	Wade, Bette/Nike	13.68+1.2	178	1356	24.91+1.7	616+1.7	3494	2:18.63
5927	Stechschulte, Abbie/unat	14.25+1.6	175	1382	24.94+1.6	609+1.7	4054	2:18.85
5861	Fountain, Hyleas/Nike	13.17+1.6	172	1297	23.77+1.7	596 0.0	3746	2:29.49
5787	Pearson, Emily/unat	13.77+1.6	169	1156	24.46+1.7	584+2.6	4490	2:21.59
5733	Nwaba, Barbara/unat	14.28+1.2	178	1261	24.69+1.7	566+1.8	4125	2:22.79
5547	Lettow, Lindsay/C Missouri	14.10+1.6	169	1122	25.12+1.6	589+0.6	3523	2:17.09
5507	Hill, Kasey/unat	14.33+1.6	160	1274	24.44+1.6	549+0.9	3750	2:16.37
5497	Roehrig, Liz/unat	14.24+1.2	172	1338	25.15+1.6	581+0.5	3599	2:32.35
5302	Carlson, Whitney/N Dakota St	13.91+1.6	154	975	24.54+1.7	624+0.8	2741	2:18.00
dnf	Ingram, Bridgett/Lemans TC	15.00+1.2	160	1250	withdrew			

13s,12f.



2010 USA National Championships

6/25-26 Duncan Stadium, Drake U, Des Moines, IA

6735	Fountain, Hyleas/Nike	12.93+2.6	190	1373	23.28+3.3	679+2.7	4226	2:17.80
6006	Day, Sharon/Asics	14.12+2.6	178	1322	24.40+3.3	587+3.4	4320	2:16.77
5966	Wade, Bette/Nike	13.78+2.6	181	1232	24.64+3.3	621+3.8	3663	2:18.44
5804	Hill, Kasey/unat	13.72+1.7	163	1367	24.61+3.3	587+4.3	3852	2:16.57
5726	Pearson, Emily/unat	13.72+1.7	166	1199	24.63+0.4	552+5.4	4779	2:21.90
5708	Adams, Aisha/Angelo St	13.58+2.6	169	1171	24.37+3.3	609+1.7	3160	2:17.61
5693	Krais, Ryann/UCLA	14.09+2.6	175	979	25.25+3.3	614+2.5	3742	2:13.07
5640	Stechschulte, Abbie/unat	13.80+1.7	166	1317	25.15+0.4	566+4.3	3693	2:17.36
5535	Akinniyi, Dorcas/Wisconsin	13.98+1.7	178	1155	25.46+0.4	599+2.6	3154	2:23.79
5527	Bradford, Adreona/IA C CC	13.82+2.6	181	1012	24.45+0.4	560+2.9	2991	2:17.88
5490	Taylor, Chealsea/Alabama	13.92+2.6	175	1112	24.00+3.3	565+1.2	2981	2:23.03
5485	Nwaba, Barbara/UCSB	14.56+1.7	166	1285	24.79+0.4	566+4.3	3779	2:22.99
5357	Zander, Heather/NDSU	14.17+1.7	160	1112	24.38+3.3	570+4.7	3318	2:20.02
5332	Ruiz, Chrystal/Angelo St	14.14+2.6	160	1009	25.22+0.4	576+2.5	3384	2:13.91
5222	Ingram, Bridgett/Lemans	14.31+1.7	166	1080	25.81+0.4	566+2.7	3496	2:23.55



The PR Page

Seeding/PR information:

Score to left: PR score and, in italics, this is the career lifetime best (PR) for each event.

<i>PR score</i>		<i>100m w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
6550	Sharon Day-Monroe	<i>13.49+1.3</i>	<i>195</i>	<i>1559</i>	<i>24.02+1.0</i>	<i>616+2.6</i>	<i>4738</i>	<i>2:08.94</i>
6135	Kiani Profit	<i>13.52+1.2</i>	<i>175</i>	<i>1232</i>	<i>23.98+1.3</i>	<i>611+2.3</i>	<i>4234</i>	<i>2:08.79</i>
6068	Lindsay Vollmer	<i>13.57+0.3</i>	<i>181</i>	<i>1295</i>	<i>24.27+1.3</i>	<i>616+3.3</i>	<i>4618</i>	<i>2:19.36</i>
6043	Barbara Nwaba	<i>13.59+0.4</i>	<i>187</i>	<i>1384</i>	<i>23.91+3.7</i>	<i>579+1.8</i>	<i>4660</i>	<i>2:15.06</i>
6030	Ryann Kraus	<i>13.56+2.1</i>	<i>178</i>	<i>1281</i>	<i>24.31</i>	<i>643</i>	<i>4091</i>	<i>2:08.74</i>
6003	Sami Spenner	<i>13.94+2.7</i>	<i>176</i>	<i>1299</i>	<i>23.54+1.5</i>	<i>634+2.3</i>	<i>3718</i>	<i>2:11.63</i>
5990	Erica Bougard	<i>13.37+1.2</i>	<i>181</i>	<i>1251</i>	<i>23.56+0.1</i>	<i>643i</i>	<i>3460</i>	<i>2:10.80</i>
5982	Lindsay Schwartz	<i>13.61+4.9</i>	<i>175</i>	<i>1267</i>	<i>24.06+1.8</i>	<i>615+1.5</i>	<i>4247</i>	<i>2:12.48</i>
5945	Heather Miller	<i>13.75+4.9</i>	<i>170</i>	<i>1189</i>	<i>24.08+0.1</i>	<i>639+2.8</i>	<i>4040</i>	<i>2:12.80</i>
5893	Breanna Leslie	<i>13.73+2.7</i>	<i>171</i>	<i>1249</i>	<i>24.05+1.5</i>	<i>594+1.7</i>	<i>4129</i>	<i>2:11.35</i>
5859	Lindsay Lettow	<i>13.69+1.4</i>	<i>179i</i>	<i>1245</i>	<i>24.51+4.0</i>	<i>591+1.8</i>	<i>3840</i>	<i>2:14.83</i>
5813	Allison Reaser	<i>13.30+1.2</i>	<i>164</i>	<i>1208</i>	<i>23.88+2.3</i>	<i>622</i>	<i>4025</i>	<i>2:12.08</i>
5745	Deanna Latham	<i>13.15+3.1</i>	<i>170</i>	<i>1297</i>	<i>24.31+2.8</i>	<i>601</i>	<i>4306</i>	<i>2:17.01</i>
5681	Paige Knodle	<i>13.54+0.9</i>	<i>164</i>	<i>1007</i>	<i>24.47w</i>	<i>589+5.7</i>	<i>4620</i>	<i>2:12.44</i>
5668	Shana Woods	<i>13.54+1.9</i>	<i>173</i>	<i>1234</i>	<i>23.94+2.9</i>	<i>635</i>	<i>4042</i>	<i>2:20.10</i>
5340	Amber Metoyer	<i>14.57-0.1</i>	<i>170</i>	<i>1438</i>	<i>25.96+3.7</i>	<i>582+2.7</i>	<i>3927</i>	<i>2:39.46</i>

Athlete's Bios:

ERICA BOUGARD

DOB: July 26, 1993
 POB: Memphis, TN
 Ht: 5-6
 Hometown: Byhalia, MS
 High School: Byhalia HS
 College: Mississippi St '15



2014: Set CR of 4586 at NCAAs in Albuquerque but it lasted less than 5 seconds. She placed 2nd. Captured SEC indoor crown with PR 4458 score, # 5 all-time college performer. **2013:** 24th at IAAF world champs. 3rd at USA nationals qualifying for spot on IAAF world champs team. 4th at NCAAs with PR 5976 score. SEC winner with yet another PR, 5786 points. Texas Relays winner with PR 5649 score. Was surprise NCAA indoor heptathlon winner (4399) using 4 second 800m PR. After cruising to 4190 PR win at Air Force Academy, has major PR score going but failed to finish SEC meet. **2012:** Won USA Junior title, then placed 13th at IAAF world junior champs. 5th at Texas Relays and 4th at SEC (5532) in initial career heptathlons. 10th at NCAAs indoors. Runner-up at SEC indoor meet with PR 4109 score. Won pentathlon at UAB in Birmingham (3840) in initial college meet. **High School:** Long jumped 20-2½ to win Miss State meet. **Personal:** Erica Marsha Bourgard. Daughter of Toya Norman and Eric Bougard.

Career:

Indoor:

1/26/12	3840	1	UAB Multis, Birmingham	8.85	164	974	570	2:18.43
2/24/12	4109	2	SEC, Lexington	8.57	167	1002	604	2:14.80
3/09/11	3985	10	NCAA I, Nampa	8.59	166	1037	576	2:18.00
1/24/13	4190	1	Air Force Pent, USAFA	8.40	170	1037	633	2:22.58
2/22/13	3582	?	SEC, Fayetteville	8.35	178	1099	643	dnf
3/09/13	4399	1	NCAA I, Fayetteville	8.34	175	1100	611	2:10.80
1/16/14	4207	1	Samford, Birmingham	8.58	176	1149	599	2:22.48
2/27/14	4458	1	SEC, C Station	8.37	178	1248	614	2:15.41
3/15/14	4586	2	NCAA I, Albuquerque	8.31	179	1251	629	2:12.63 CR

Outdoor:

3/29/12	5382	5	Texas R, Austin	14.01+0.1	166	939	24.50-0.7	589+1.9	3079	2:16.78
5/11/12	5532	4	SEC, Baton Rouge	13.94-1.1	170	989	24.19-0.7	611+0.3	2711	2:14.16
6/ /12	5547	1	USA Jr, Bloomington	13.79-1.6	175	946	24.61-0.6	603-0.3	2837	2:14.39
7/13/12	5410	13	IAAF World Jr, Barcelona	13.73-1.0	172	1022	24.64-1.5	582+2.5	2430	2:15.36
3/28/13	5649	1	Texas R, Austin	13.39+1.3	181	1033	24.20+1.1	587+2.8	2641	2:17.34
5/10/13	5786	2	SEC, Columbia	13.40+1.1	176	1070	23.93+0.6	601-0.3	3253	2:17.82
6/07/13	5976	4	NCAA I, Eugene	13.37+1.2	175	1107	23.84+2.3	625+0.4	3428	2:13.75
6/20/13	5990W	3	USA, Des Moines	13.53+4.9	178	1037	23.56+0.1	622+2.6	3460	2:12.25
8/13/13	5829	24	IAAF WC, Moscow	13.69-0.6	180	1127	24.59 0.0	601+0.6	3262	2:13.72

PRs: 5990 / 4399

13.37+1.2 181 1251 23.56+0.1 643i 3460 2:10.80

SHARON DAY-MONROE

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.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/30/09	4276	1	UW Husky Invt, Seattle	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
2/21/14	4805	1	USA, Albuquerque	8.44	188	1559	609	2:13.19 AR

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/ /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, Götzis	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			
4/17/14	dnf		Mt Sac R, Azusa	13.49+1.3	184	1478	24.09+3.7						

5/09/14 dnf Classic, Claremont 13.51+1.1 1492 24.30+2.9 595+2.9 4429

PRs: 6550 / 4805 13.49+1.3 195 1559 24.02+1.0 616+2.6 4738 2:08.94
Indoor: 60H: 8.46

PAIGE KNODLE

DOB: August 15, 1993
POB:
Ht: 5-7½
Hometown: Bryon, IL
High School: Bryon HS
College: Northern Iowa '15



2014: 4th after superb 2nd day at NCAAs (5681 PR score). 7th at Sam Adams and then won Missouri Valley Conf. meet with PR 5564 score. **2013:** 17th at NCAAs. 3rd at Drake Relays and runner-up at Missouri Valley Conference heptathlon with PR 5476 score. **2012:** NCAA 400m hurdle qualifier (59.75). Ranked 25th on NCAA I hept list. **High School:** 2x Illinois state champ in 300m hurdles. 3rd in state pole vault! **Personal:**

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/27/12	3635	3	UNI Jennett, Cedar Falls	8.77	163	993	539	2:19.69
2/25/12	3631	4	MVC, Cedar Falls	8.83	154	979	529	2:18.65
2/01/14	3831	3	UNI Jennett, Cedar Falls	8.68	164	1000	570	2:19.39
3/01/14	2975	18	MVC, Cedar Falls	8.57	156	985	571	dnf

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>
4/12/12	4964	3	Woodman, Wichita	14.30		149	903	25.49		530w		3740	2:18.10
4/26/12	5280	5	Drake R, Des Moines	14.04		154	985	25.08		546w		3907	2:14.10
5/12/12	5392	2	MVC, Wichita	13.98		160	954	24.97		546w		4171	2:14.61
3/28/13	5207	10	Texas R, Austin	14.20		148	937	24.96w		544		4259	2:15.88
4/24/13	5312	3	Drake R, Des Moines	14.17		151	917	24.81		546		4324	2:12.44
5/11/13	5476	2	MVC, Des Moines	13.68		151	1004	24.47w		572w		4374	2:18.23
6/07/13	5450	17	NCAA I, Eugene	13.59+2.7		151	926	24.53+2.3		570+2.6		4271	2:15.08
4/05/14	5317	7	Sam Adams, S Barbara	15.18+0.3		163	994	25.18+1.9		580+0.9		4044	2:16.87
4/24/14	dnf	-	Drake R, Des Moines	14.21+1.5		154	958	25.28+0.1		555+1.5		withdrew	
5/17/14	5564	1	MVC, Carbondale	14.00-1.6		164	957	24.66-0.4		570+0.4		4479	2:16.92
6/13/14	5681	4	NCAA I, Eugene	13.54+0.9		163	1007	24.83-1.2		570 0.0		4548	2:14.65

PRs: 5681 / 3831 13.54+0.9 164 1007 24.47w 589+5.7 4620 2:12.44
Indoor: 60mH: 8.57

RYANN KRAIS

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



2014: 4th at Drake Relays. **2013:** No indoor season. Opened outdoors with 5781 score at Click in Tucson and then place 4th at USA nationals. **2012:** 7th at US Olympic Trials. 14th at NCAAs after winning Big 12 heptathlon with 5661 score. Began outdoor season with 4th place 5694 effort at Arizona's Click Multis. Big 12 indoor pentathlon winner with 4079 effort, then placed 5th at NCAA with PR 4142 score. **2011:** Was runner-up at USA nationals with PR 6030 effort just two weeks after she became NCAA champion with PR 5961 in rainy Des Moines. Finished 3rd at Thorpe Cup. 6th at NCAA indoor pentathlon, then opened outdoor season with PR 5848 2nd place effort at Texas Relays. Transferred to Kansas St, scored 4021 in first indoor meet. Big 12 400H champ and NCAA qualifier (PR 56.06). **2010:** Scored huge PR for 2nd at USA vs Germany Thorpe Cup in Marburg, 5779. 16th at NCAAs. Pac-10 runner-up. Won Mountain Pacific SF title with 4041 PR total. 10th at NCAA indoors. **2009:** Opened season with 3rd place in Johnson/JJK heptathlon, then placed 4th at Pac-10 with PR 5606 score. **High School:** 9th at IAAF World Junior heptathlon (5457). Competed in 2008 Olympic Trials in 400m hurdles, 9x PA state champion. National class records for heptathlon for soph and junior years. Won GreatSouthwest heptathlon with 5522w (#2 all-time hs, all conditions). **Personal:** Daughter of John and Janelle Kraiss. Pre-psychology major.

Career:

Indoor:

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

Outdoor:

			100h	w	hj	sp	200m	w	lj	w	jav	800m
6/21/07	5377	2 USA Jr, Indianapolis	13.82	+0.2	166	991	24.47	+2.0	555	+3.0	3266	2:16.96
6/??/08	5522w1	Great Southwest,	13.93	+4.4	173	1030	24.31	+4.3	575	+1.2	3199	2:17.71
6/22/08	5217	1 USA Jr, Columbus	14.03	-3.4	165	948	25.28	-1.6	571	+2.3	3242	2:21.19
7/12/08	5457	9 IAAF WC Jr, Bydgoszcz	13.73	-0.2	172	1056	25.04	-2.5	572	+1.6	3188	2:19.15
4/10/09	5220	3 Johnson/JJK, Los Angeles	14.07	0.0	165	1162	25.33	0.0	531	0.0	3150	2:20.69
5/10/09	5606	4 Pac-10, Eugene	13.81	+3.1	166	1208	24.75	+4.9	565	+2.8	3553	2:14.96
6/12/09	5549	11 NCAA, Fayetteville	13.80	+0.7	169	1091	24.91	+0.2	556	+1.6	3680	2:14.96
6/28/09	5344	1 USA Junior, Eugene	13.97	+1.1	169	938	25.25	+1.1	577	+3.5	3293	2:17.75
5/09/10	5426	2 Pac-10, Berkeley	14.06	+0.3	170	983	25.77	+1.7	565	-1.3	3705	2:13.73
6/10/10	5236	16 NCAA, Eugene	14.13	+1.9	163	903	26.18	+1.8	549	-0.7	3929	2:12.65
6/26/10	5693	7 USA, Des Moines	14.09	+2.6	175	979	25.25	+3.3	614	+2.5	3742	2:13.07
8/08/10	5779	2 Thorpe Cup, Marburg	13.85	+2.2	177	1061	25.49	-0.9	592	+0.9	4075	2:13.05
4/06/11	5848w2	Texas R, Austin	13.67	+4.0	170	1214	24.85	+4.0	579	+1.8	3881	2:09.90
6/10/11	5961	1 NCAA I, Des Moines	13.56	+2.1	178	1181	24.41	-0.1	589	+1.5	3827	2:12.62
6/26/11	6030	2 USA, Eugene	13.70	+1.6	175	1221	24.69	+1.7	599	+1.9	4053	2:08.96
8/14/11	5831	3 Thorpe Cup, Chula Vista	13.61	+1.9	172	1152	24.92	+1.9	573	+1.5	3904	2:09.10
3/30/12	5694	4 UA Click, Tucson	13.91	0.0	169	1243	24.95	+2.2	553	-1.1	3986	2:14.09
5/12/12	5661	1 Big 12, Manhattan	13.78	+1.1	166	1144	25.11	+0.4	569	+2.8	4091	2:14.28
6/08/12	5516	14 NCAA I, Des Moines	13.87	-0.3	163	1176	25.34	+1.0	537	-0.5	4021	2:13.55
6/30/12	5817	7 OT/USA, Eugene	13.84	+1.6	175	1200	24.91	+2.8	561	+1.5	4050	2:12.03
4/05/13	5781	3 UA Click, Tucson	14.12	+1.1	170	1281	25.15	-0.1	568	-0.9	4050	2:11.18
6/20/13	5957	4 USA, Des Moines	13.76	+1.7	178	1187	24.98	+0.4	584	+0.8	3990	2:08.74
7/28/13	5621	8 Thorpe Cup, Chula Vista	13.79	+0.7	166	1241	25.46	+1.8	593	+2.1	3650	2:18.37
4/24/14	5240	4 Drake R, Des Moines	14.11	+0.4	169	1175	26.31	+0.1	550	+1.4	3705	2:21.63

PRs: 6030 / 4142
Indoor: 60H: 8.54

13.56+2.1 178 1281 24.31 643 4091 2:08.74

DEANNA LATHAM

DOB: February 23, 1992
POB:
Ht: 5-6
Hometown: Newbury, MA
High School: Triton Regional
College: Wisconsin '15



2014: Redshirt outdoors and scored PR 5745 as unattached athlete. 5th at NCAAs indoors with PR 4253 effort. Won Bill Bergan pentathlon with PR 4117 score. And followed with yet another PR, 4176, to annex Big Ten title. **2013:** 12th at NCAAs. Big 10 100m hurdle runner-up with 13.15 clocking. 7th at Mt Sac Relays. 11th at NCAAs indoors. Opened season with win and career best pentathlon score at Sevigne meet in Lincoln, then placed 3rd at Big 10 affair. **2012:** 10th at NCAAs with PR 5606 effort. Place 3rd at outdoor Big Ten meet after a 6th place finish at Mount Sac Relays, both with PR scores. 3rd at Big Ten indoor pentathlon (3978). **2011:** Earned bronze medal and led U.S. in heptathlon at 2011 Pan Am Junior Championships with personal-best score of 5,277 points Took second at 2011 USA Junior Championships in the heptathlon with score of 5,200 points. Redshirt indoors. **High School:** Won 12 (6 indoors, 6 outdoors) state titles. Massachusetts high school record of 13.93. Named 2010 *Boston Globe* Indoor Athlete of the Year and 2010 *Boston Globe* Outdoor Athlete of the Year. High school coach: Joseph Colbert. **Personal:** Parents are K.C. and Helen Latham. Both parents competed in track and field at the University of Maine.

Career:

Indoor:

2/03/12	3768	5	Sevigne, Lincoln	8.75	155	1256	565	2:30.58
2/24/12	3978	3	Big Ten, Lincoln	8.64	167	1229	565	2:21.81
2/01/13	4024	1	Sevigne, Lincoln	8.49	170	1127	573	2:24.11
2/22/13	4003	3	Big Ten, Geneva	8.43	159	1164	592	2:22.88
3/09/13	4066	11	NCAA I, Fayetteville	8.34	163	1138	596	2:22.77
1/31/14	4117	1	ISU Bergan, Ames	8.41	168	1092	592	2:19.13
2/28/14	4176	1	Big Ten, Geneva	8.37	170	1155	584	2:18.54
3/15/14	4253	5	NCAA I, Albuquerque	8.34	170	1199	598	2:18.55

Outdoor:

3/19/11	4869	2	Aztec Invt, San Diego	14.76	159	1147	26.00	511	3532	2:30.97
4/14/11	5200	2	Cal Invt, Azusa	14.18	161	1158	25.55	585	3100	2:25.52
6/24/11	5200jr	2	USA Jr, Eugene	14.10+1.1	154	1104	25.03+1.3	568+1.6	3517	2:24.38
7/ /11	5277jr	3	Pan Am Jr, Miramar	14.14+0.1	161	1171	25.05+4.2	585+2.5	3419	2:30.64
4/19/12	5451	6	Mt Sac R, Azusa	14.46+0.7	167	1210	25.31+2.0	571+2.4	3748	2:20.92
5/12/12	5553	3	Big 10, Madison	13.66+2.0	158	1240	24.82+0.3	570+1.3	3940	2:21.17
6/07/12	5606	10	NCAA I, Des Moines	13.75-0.3	157	1297	24.84+1.0	574+0.6	4119	2:21.52
4/18/13	5493	7	Mt Sac R, Azusa	13.62+1.2	159	1221	24.84+2.5	574+1.0	3678	2:23.09
6/07/13	5574	12	NCAA I, Eugene	13.37+1.2	154	1143	24.31+2.8	578+2.1	3976	2:20.32
4/11/14	5745	2	Bulldog, Athens	13.73+1.0	162	1239	24.57-0.5	581+0.5	4159	2:17.01

PRs: 5745 / 4253
Indoor: 60mH: 8.33

13.15+3.1 170 1297 24.31+2.8 601 4306 2:17.01

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: 5th at Mt Sac Relays opener with career best 5893 score. Mountain T pentathlon winner. **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						
3/04/10	3451	6	9.06	156	1004	495	2:22.75
2/11/11	3539	1	8.97	156	1015	517	2:22.53
3/03/11	3626	3	8.85	160	895	541	2:20.73
1/27/12	3762	2	8.58	160	1097	522	2:19.48
2/10/12	3864	1	8.56	159	1184	530	2:18.66
3/01/12	3861	1	8.56	162	1097	526	2:16.21
2/08/13	3872	1	8.65	169	1094	522	2:19.13
2/15/13	4109	1	8.53	170	1249	573	2:18.61
3/01/13	4053	8	8.47	170	1114	534	2:13.34
2/07/14	4055	1	8.52	166	1175	553	2:15.78

Outdoor:			<i>100h</i>	<i>h</i>	<i>sp</i>	<i>200m</i>	<i>lj</i>	<i>jav</i>	<i>800mj</i>
4/15/10	4781	3	14.93	155	1013	25.55	507	3266	2:23.85
5/28/10	5110	2	14.27	157	1003	25.39	557	3386	2:20.53
4/14/11	5158	3	14.08	155	982	24.49	532	3245	2:15.23
5/27/11	4992	2	14.40	150	971	24.44	533	3474	2:23.17
4/19/12	5369	7	13.88	158	1143	24.52	556	3018	2:13.74
5/25/12	5308	1	14.69	164	1194	24.70	544	3081	2:14.82
4/18/13	5761	3	13.88+1.3	171	1142	24.27+2.4	588+2.0	3666	2:14.16
6/02/13	5552	5	14.10+1.0	171	1122	24.45+1.2	520+3.2	3971	2:14.72
6/21/13	5503	13	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35
4/17/14	5893	5	13.83+1.3	169	1135	24.05+1.5	594+1.7	4129	2:12.33

PRs: 5893 / 4109 **13.73+2.7 171 1249 24.05+1.5 594+1.7 4129 2:11.35**
Indoor: 60mH: 8.42

LINDSAY LETTOW

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



2014: Sam Adams runner-up and then won Drake Relays for 2nd consecutive year. 2nd at Texas GA with PR 5859 effort. 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		
4/05/14	5674	2	Sam Adams, S Barbara	13.99+0.2	172	1211	24.75+1.7	584 0.0	3770	2:20.81		
4/24/14	5619	1	Drake R, Des Moines	14.14+1.5	169	1168	24.67+0.1	584+0.8	3704	2:18.11		
5/25/14	5859	2	Texas GA, Dallas	13.85+0.1	174	1243	24.64+3.2	586+0.3	3840	2:14.38		

PRs: 5859 / 4301 **13.69+1.4** **179i** **1245** **24.51+4.0** **591+1.8** **3840** **2:14.83**
Indoor: **60H:** 8.42

AMBER METOYER

DOB: September 7, 1983
POB:
Ht:
Hometown: Boulder, CO
High School: Fairview HS
College: Colorado/ Louisiana Tech



2014: Won Chula Vista Imperial heptathlon (PR 5340). **2006:** 3rd at WAC heptathlon. **2005:** 3rd at WAC heptathlon. **High School: Personal:** Degree in communications and sociology. Masters in health at Okla State. On basketball coaching staff at U of Albany. Two seasons as coach at Oklahoma State U. Daughter of Mike and Rene'e Metoyer.

Career:

Indoor:

60h hj sp lj 800

Outdoor:

100 h w hj sp 200m w lj w jav 800m

6/ /02	4646		Great SW, Albuquerque																
6/ /02	4673	6	USA Jr, Palo Alto																
5/ /05	4777	3	WAC,																
5/ /06	4977	3	WAC																
3/20/14	5212	1	Rice U, Houston	14.74+1.7	166	1438	26.38	0.0	532	0.0	3927	2:40.58							
6/14/14	5340	1	Imperial, Chula Vista	14.57-0.1	170	1415	25.96+3.7	568+1.3	3407	2:39.46									

PRs: 5340

14.57-0.1 170 1438 25.96+3.7 582+2.7 3927 2:39.46

Indoor: 60mH:

HEATHER MILLER-KOCH

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



2014: Drake Relays runner-up and 3rd at Texas GA. **2013:** 5th at USA nationals with 5945 PR effort and 5th at Thorpe Cup. 6th at USA indoors with PR 4105 score. Opened season with pentathlon win at Bucknell. **2012:** 5th at Thorpe Cup. 9th at US Olympic Trials (with 5779 PR) after winning Texas GA heptathlon. Was Most valuable female athlete of '12 National Club champs. **2011-2010:** NCAA II runner-up. NCAA II indoor pentathlon champ. A 10-time All-American, Miller won NSIC titles during her college career in the indoor 60 meter hurdles (2009 and 2010), indoor triple jump (2009 and 2010), indoor pentathlon (2010), outdoor triple jump (2009 and 2010), outdoor long jump (2010) and outdoor heptathlon (2010). She also set Northern Sun IC records as a college athlete in the indoor pentathlon and outdoor heptathlon. **High School: Personal:** She works as a registered nurse in the New York area

Career:

Indoor:

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

Outdoor:

4/09/10	5221		D II Challenge, Emporia	14.21	160	1015	25.18	582	3345	2:22.48
5/07/10	5063	1	Northern Sun Conf	14.07	162	960	25.42	570	3037	2:26.19
5/28/10	5239	7	NCAA II, Charlotte	14.21-0.1	155	1109	24.66-0.4	566+1.7	3245	2:20.07
6/12/12	5628	1	Texas GA, Dallas	14.22	159	1157	24.25	613	3765	2:17.72
6/30/12	5779	9	OT/USA, Eugene	14.18+0.5	169	1168	24.22+2.8	599+1.8	3929	2:15.59
7/22/12	5729	5	Thorpe Cup, Marburg	14.12+1.0	165	1089	24.85+1.4	639+2.8	3911	2:17.22
4/21/13	5440	1	CNUCaptain, Newport-News	14.58+1.5	162	1122	25.05+1.2	577+1.7	3973	2:18.16
6/20/13	5945	5	USA, Des Moines	13.75+4.9	175	1166	24.08+0.1	600+0.1	3838	2:13.30
7/28/13	5848	5	Thorpe Cup, Chula Vista	13.83+0.7	169	1161	24.26+1.8	616+2.6	3593	2:12.80
4/24/14	5410	2	Drake R, Des Moines	14.36+0.4	166	1109	25.11+0.1	587+1.1	3297	2:17.69
5/25/14	5853	3	Texas GA, Dallas	14.22+0.1	174	1225	24.32+3.2	581+1.8	4040	2:13.94

PRs: 5945 / 4105

Indoor: 60mH: 8.70

13.75+4.9 170 1189 24.08+0.1 639+2.8 4040 2:12.80

BARBARA NWABA

DOB: January 18, 1989
 POB:
 Ht: 5-9
 Hometown: Los Angeles, CA
 High School: University HS
 College: UCSB '12



2014: Mt Sac Relays netted PR win of 6043 points. dnf'd at Sam Adams. 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</i>	<i>w</i>	<i>lj</i>	<i>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					
4/05/14	dnf	-	Sam Adams, S Barbara	13.88+0.3	178	1383	24.10+1.9	nm	withdrew	3718	1st day			
4/17/14	6043	1	Mt Sac R, Azusa	14.65+1.1	181	1384	23.91+3.7	579+1.8	3972	2:11.42				

PRs: 6043 / 4344 13.59+0.4 187 1384 23.91+3.7 579+1.8 4660 2:15.06
 Indoors: 60mh: 8.47

KIANI PROFIT

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



2014: Placed 19th at Götzis using a PR 2:05.25 800m. 4th at Sam Adams. **2013:** 9th at USA nationals and then captured Thorpe Cup with breakthrough 6135 PR effort.. Won Sam Adams meet with PR 5909 score. 5th at USA indoors. Runner-up at Husky pentathlon. **2012:** 9th at NCAAs was followed by a 16th place at US Olympic Trials and a victory at NACAC under 23 champs. ACC outdoor champion with marginal PR as 5th year senior. **2011:** Tied for 2nd (NCAA does not break CE ties) at NCAAs with career best 4396. Won ACC title with PR score, 4250. **2010:** Runner-up at NCAAs and ACC outdoor heptathlon with PR 5686 score. NCAA and Atlantic Coast Conf. runner-up indoors. **2009:** Atlantic Coast Conference runner-up with PR 5276 score. Dnf'd at NCAAs outdoors. **2008:** ECAC 400m hurdle runner-up. **High School:** 3rd Cal state 300m hurdles and scored 4747 in heptathlon. **Personal:** Kinesiology major. Parents are Youvet and George Profit.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
2/27/09	3779	6	ACC, Blacksburg	8.94	159	1072	563	2:20.44
3/07/09	3607	4t	ECAC, Boston	8.99	155	1085	528	2:22.08
2/25/09	4125	2	ACC, Blacksburg	8.50	167	1133	576	2:14.74
3/13/10	4242	2	NCAA, Fayetteville	8.40	171	1075	590	2:11.86
2/24/11	4250	1	ACC, Blacksburg	8.54	168	1214	580	2:10.81
3/11/11	4396	2t	NCAA, College Station	8.41	175	1200	588	2:09.67
1/25/13	4119	2	UW Husky, Seattle	8.67	166	1218	568	2:13.96
3/01/13	4162	5	USA, Albuquerque	8.85	170	1196	573	2:11.69

Outdoor:				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
??/07	4747												
4/18/08	dnf	-	ACC, Atlanta	15.37+1.0	157	1003	24.89+0.1	499+1.0	2689				dns
4/17/09	5276	2	ACC, Miami	14.47+1.7	163	1186	25.08-1.1	533+1.5	3313	2:16.37			
5/16/09	5096	2	ECAC, Princeton	14.84		157	1069	24.87	537		3434	2:19.08	
6/12/09	dnf	-	NCAA, Fayetteville	14.74-0.1									withdrew
4/17/10	5686	2	ACC, Clemson	13.81+1.0	165	1075	24.73-1.2	580nwi	3336	2:11.91			
6/10/10	5682	2	NCAA, Eugene	13.78+0.4	166	1155	24.47+2.6	565-1.7	3790	2:12.50			
7/10/10	5576	1	NACAC u 23, Miramar	14.21-1.6	169	1211	24.32+2.3	560-1.7	3662	2:19.19			
4/20/12	5695	1	ACC, Charlottesville	14.13+1.2	167	1209	24.50+2.3	564+1.0	3780	2:10.92			
6/08/12	5625	8	NCAA I, Des Moines	14.04-1.0	163	1201	24.38+1.0	562-0.8	3570	2:10.71			
6/30/12	5564	16	USOT/USA, Eugene	14.61+0.5	163	1231	24.54+2.2	556+1.3	3935	2:13.35			
7/07/12	5653	1	NACAC u23, Irapuato	13.93+3.2	158	1193	24.08+1.9	572 nwi	4086	2:16.26			
4/05/13	5909	1	Sam Adams, Santa Barbara	13.93-1.3	170	1181	24.12+0.4	592+0.8	3865	2:08.79			
5/10/13	5878	1	Classic, Claremont	13.67+1.6	170	1107	24.02+1.7	571+2.1	4097	2:09.60			
6/20/13	5899W9		USA, Des Moines	13.58+1.7	166	1162	24.22+0.4	590+4.6	3979	2:09.22			
7/28/13	6135	1	Thorpe Cup, Chula Vista	13.52+1.2	169	1232	23.98+1.3	611+2.3	4234	2:09.37			
4/05/14	5661	4	Sam Adams, S Barbara	13.86+0.3	169	993	24.56+1.9	587+3.0	3712	2:11.28			
6/01/14	6012	19	Hypo-Bank, Götzis	13.97-1.4	169	1267	24.14+3.1	587+0.6	4089	2:06.25			

PRs: 6135/ 4396 13.52+1.2 175 1232 23.98+1.3 611+2.3 4234 2:08.79
Indoor: 60H: 8.40

ALLISON REASER

DOB: September 3, 1992
 POB:
 Ht: 5-7½
 Hometown: El Segundo, CA
 High School: El Segundo HS
 College: San Diego State U '14



2014: NCAA runner-up with PR 5836 score. Mountain West Conf. runner-up. Mt Sac Relays netted 5637 score. 15th at NCAAs indoors. Runner-up at indoor Mountain West getting PR 4145 score. **2013:** Placed 8th at NCAA with career best 5813 score in Eugene. Won a 3rd consecutive outdoor Mountain West heptathlon. 2nd at season opening Aztec and then 6th at Mt Sac Relays. **2012:** Scored a 100 point PR to place 6th at NCAAs. Won outdoor Mountain West heptathlon with PR 5653 score. Repeated as Mountain West Conf. Indoor pentathlon winner. **2011:** 18th at NCAAs. Mountain West Conference champion indoors and out with PR scores (3916 and 5408). Won UCLAs JJK heptathlon with 5361 score. **High School:** 2010 National JO hept champ. Regional CIF 300m hurdle champ. Letters in t&f, tennis, cross-country and soccer. **Personal:** parents are Rick and Adrienne Reaser, Major is Kinesiology.

Career:

Indoor:

2/24/11	3916	1	Mountain West, Albuquerque	8.49	164	1169	586	2:32.14
2/23/12	3863	1	Mountain West, Albuquerque	8.39	159	1189	578	2:29.66
2/27/14	4145	2	Mountain West, USAFA	8.30	164	1151	622	2:25.23
3/15/14	3996	15	NCAA I, Albuquerque	8.32	158	1110	586	2:20.37

Outdoor:

??/10	5019							
4/01/11	5361	1	JJK, Los Angeles	13.83-0.5	159	1166	24.49+2.0	582+0.9 3293 2:26.78
5/12/11	5408	1	Mountain West, Ft Collins	13.87+2.5	156	1082	24.54+2.4	604+2.9 3786 2:27.69
6/09/11	5156	18`	NCAA I, Des Moines	14.31+2.1	154	1089	24.67-0.1	555-0.1 3584 2:25.79
3/16/12	5475	1	SDSU Aztec, San Diego	13.80+1.3	155	1163	24.35-0.2	570+0.9 3761 2:19.92
4/19/12	5510	4	Mt Sac R, Azusa	13.77+0.6	155	1129	24.27+1.9	581+0.1 3797 2:19.37
5/10/12	5653	1	Mtn West, Colo Springs	13.56+0.5	155	1205	24.09+3.3	608+3.5 3997 2:24.96
6/08/12	5753	6	NCAA I, Des Moines	13.77-0.8	163	1171	24.20+1.1	596-0.5 4025 2:17.45
3/15/13	5392	2	SDSU Aztec, San Diego	13.86+0.8	161	1160	24.58+0.9	551+0.8 3304 2:18.15
4/18/13	5527	6	Mt Sac R, Azusa	13.56+1.3	156	1182	24.28+2.4	574+0.7 3505 2:18.06
5/09/13	5612	1	Mountain West, Las Vegas	13.65	158	1191	23.96w	589w 3553 2:19.23
6/07/13	5813	8	NCAA I, Eugene	13.30+1.2	160	1198	23.88+2.3	579+0.6 3781 2:12.08
6/20/13	5495	14	USA, Des Moines	13.35+2.7	154	1208	24.34+1.0	561+1.4 3583 2:19.93
4/17/14	5637	9	Mt Sac R, Azusa	13.50+1.3	151	1164	24.03+1.5	609+2.0 3493 2:15.01
5/15/14	5530	2	Mountain West, Laramie	13.41+2.2	158	1111	24.32+0.7	590+0.9 3660 2:23.12
6/14/14	5836	2	NCAA I, Eugene	13.38+1.8	160	1199	24.60-1.2	602+1.2 3952 2:12.08

PRs: 5836 / 4145
Indoor: 60mH: 8.30.

13.30+1.2 164 1208 23.88+2.3 622 4025 2:12.08

LINDSAY SCHWARTZ

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



2014: Won Sam Adams meet to open season. **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	14.65	-3.166	1050	25.10+3.7	535+1.4	2978	2:29.22
3/24/11	4778	2	FSU R, Tallahassee	15.06	+1.8164	953	25.48+2.6	516+1.6	2721	2:22.37
5/14/11	5318	1	Sun Belt, Mufreesboro	14.70	+1.0170	962	25.23-2.0	591+1.3	3319	2:18.19
6/09/11	5274	13	NCAA I, Des Moines	14.33	+0.9166	1015	25.25-0.8	564+1.2	3555	2:21.03
3/29/12	5468	4	Texas R, Austin	14.27	+0.9169	1085	24.93+0.2	574+1.1	3649	2:19.07
5/12/12	5264	1	Sun Belt, Lafayette	14.20	+0.6164	1067	24.50+1.6	561-1.5	3576	2:28.91
6/??/12	5606	10t	NCAA I, Des Moines	14.00	-0.3166	1062	24.43+1.1	590-0.5	3699	2:15.66
4/06/13	5591	3	Sam Adams, S Barbara	14.13	-1.3164	1171	24.65+0.4	570-0.1	3805	2:14.64
4/18/13	5565	5	Mt Sac R, Azusa	14.16	+1.3168	1084	24.33+2.5	565+1.5	3809	2:16.65
6/02/13	5645	3	Pan Am CE Cup, Ottawa	13.94	+1.0171	1188	24.64+1.2	542+1.5	4060	2:17.17
6/20/13	5910W	8	USA, Des Moines	13.61	+4.9172	1161	24.18+0.4	585+4.0	3992	2:12.48
7/28/13	5982	3	Thorpe Cup, Chula Vista	13.78	+1.2166	1194	24.06+1.8	615+1.5	4247	2:12.85
3/05/14	5942	1	Sam Adams, S Barbara	13.90	+0.3175	1267	24.20+1.9	595 0.0	3975	2:16.71

PRs: 5982 / 3996

13.61+4.9 175 1267 24.06+1.8 615+1.5 4247 2:12.48

Indoor: 60mH: 8.59; 55mH 8.16

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: Mt Sac Relays season opener netted 6003 career best. Runner-up at USA nationals with 4498 score & PR. 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
3/ /14	4498	2	USA, Albuquerque	8.52	176	1225	634	2:12.87

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
4/17/14	6003	3	Mt Sac R, Azusa	14.00+1.3	172	1199	23.54+1.5	620+2.0	3711	2:11.93

PRs: 6003 / 4498

13.94+2.7 176 1299 23.54+1.5 634+2.3 3718 2:11.63

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

LINDSAY VOLLMER

DOB: September 10, 1962
 POB:
 Ht: 5-6
 Hometown: Hamilton, MO;
 High School: Penney HS
 College: Kansas '15



2014: Injured in LJ at NCAAs. Opened season with win at Texas Relays and then defended Big 12 title. **2013:** Registered 442 point career best with 6 individual event PRs for NCAA I title in Eugene, 6086 score. Big 12 champ and Texas Relays runner-up. 9th at NCAAs indoors. PR'd at first two heptathlons, at 4073 and Big 12 win at 4123. **2012:** 18th at NCAA nationals. 3rd at outdoor Big 12 meet with PR 5516 score. 4th at Big 12 indoor pentathlon (3905). Placed 7th at Texas relays with PR 6323 score. **High School:** 2x GSW Heptathlon winner. **Personal:** Daughter of Mark and Melissa Vollmer.

Career:

Indoor:

				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
1/27/12	3841	1	Jayhawk, Lawrence	8.93	171	1172	565	2:32.45
2/25/12	3905	4	Big 12, C Station	8.89	165	1194	570	2:24.68
1/11/13	4073	1	Jayhawk, Lawrence	8.53	172	1166	585	2:26.24
2/22/13	4123	1	Big 12, Ames	8.51	172	1188	582	2:23.16
3/09/13	4105	9	NCAA I, Fayetteville	8.54	172	1210	587	2:26.26
1/24/14	3325	1	Jayhawk Classic, Lawrence	8.45	175	1113	576	dnf

Outdoor:

				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
6/??/08	4736	6	USA Jr, Columbus	15.41		159	942	26.44	542		3628	2:29.41
6/04/10	5133	1	GSW, Albuquerque	14.05-0.1		162	1092	25.23+1.0	560	0.0	3793	2:38.51
6/24/10	5134	4	USA Jr, Des Moines	14.59-1.7		166	1054	25.16+1.6	546	0.0	3719	2:29.96
4/??/11	5185	1	GSW, Albuquerque									
3/29/12	5323	7	Texas R, Austin	14.54+0.9		166	1161	25.98+0.3	575	+1.6	4175	2:29.01
5/12/12	5517	3	Big 12, Manhattan	14.34+0.8		172	1217	25.47-0.4	569	+2.2	4169	2:28.68
6/07/12	5336	18	NCAA I, Des Moines	14.23		169	1137	25.08	554		4071	2:32.89
3/28/13	5578	2	Texas R, Austin	13.93+1.9		166	1194	24.80+4.4	588	+1.1	3855	2:23.97
5/04/13	5644	1	Big 12, Waco	13.65w		175	1226	25.21	601w		4226	2:38.55
6/07/13	6086	1	NCAA I, Eugene	13.58+1.0		175	1197	24.27+1.3	616	+3.3	4618	2:19.36
3/27/14	5640	1	Texas R, Austin	13.81		160	1240	24.45	588		3918	2:21.18
5/17/14	5786	1	Big 12, Lubbock	13.57+0.3		173	1295	24.41-0.4	580		4412	2:33.21
6/14/14	dnf	-	NCAA I, Eugene	13.61-0.5		172	1224	24.82-1.2	558	-1.7	withdrew	

PRs: 6086 / 4123
Indoor: 60mH: 8.45

13.57+0.3 181 1295 24.27+1.3 616+3.3 4618 2:19.36

SHANA WOODS

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



2014: 3rd at Sam Adams. **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:			<u>60H hj sp lj 800m</u>											
Date	Score	Rank	Location	60H	hj	sp	lj	800m						
1/31/14	4051	1	Boise St Jacoby, Nampa	8.56	172	1234	601	2:35.01						
Outdoor:			<u>100H w hj sp 200m w 1st day lj w jav 800m</u>											
Date	Score	Rank	Location	100H	w	hj	sp	200m	w	1 st 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	611	nwi	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		567	nwi	3627	2:32.40
4/05/14	5668	3	Sam Adams, S Barbara	13.64	+0.3	172	1185	23.98	+1.9	626	+0.9	3201	2:31.02	

PRs: 5668 / 4051 13.54+1.9 173 1234 23.94+2.9 3321 635 4042 2:20.10
 Indoors: 60mH: 8.56