

# MEDIA GUIDE

## 2015 Hypo-Bank Meeting



**May 30-31, 2015  
Mosle Stadium  
Götzis, Austria**



## USA INFORMATION

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

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### Men's Decathlon Schedule

#### *Saturday, May 30, 2015*

11:40 am	100 Meters	[likely 4-5 sections]
12:45 pm	Long Jump	[2 sections, same time]
2:20 pm	Shot Put	[2 sections, same time]
3:40	High Jump	[2 sections, same time]
5:45	400 Meters	[likely 4-5 sections]

#### *Sunday, May 31, 2015*

11:05 am	110m Hurdles	[4-6 sections]
11:10	Discus	[likely 2 sections]
12:50 pm	Pole Vault	[2 sections, same time]
3:35 /4:45	Javelin	[2 sections]
6:00	1500 Meters	TBA [1-2 races]

### Women's Heptathlon Schedule

#### *Saturday, May 30, 2015*

11:05 am	100 m Hurdles	[likely 4-5 sections]
12:25 pm	High Jump	[2 sections, same time]
3:30	Shot Put	[2 sections, same time]
5:00	200 Meters	[likely 4-5 sections]

#### *Sunday, May 31, 2015*

11:30 am	Long Jump	[2 sections, same time]
1:05/2:20 pm	Javelin	[2 sections]
3:50	800 Meters	[likely 2 sections]

# Athlete's Bios....

## ASHTON EATON

DOB: January 21, 1988  
 POB: Portland, OR  
 Ht/Wt: 6-1, 185  
 Hometown: Bend, Oregon  
 High School: Mountain View HS  
 College: Oregon '10  
 Club: Oregon Elite TC / Nike



**2015: 2014:** Took season away from decathlon and ran a series of 400m hurdle races, clocking 48.69 and was world ranked 6th. **2013:** Captured IAAF world title in Moscow with world leading 8809 score. Contested Individual events (e.g 45.64 400m, 66.64m/218-8 jav) during early season and won USA nationals in Des Moines under wraps with a 8291 score. **2012:** Was named Jesse Owens award winner and T&F News USA T&F athlete of the year. Ashton became 12<sup>th</sup> American to win the Olympic decathlon gold medal with 8869 effort in London. Won US Olympic Trials in Eugene with world record 9039 score. Set 3<sup>rd</sup> consecutive indoor heptathlon world record (6645) while winning IAAF world title in Istanbul and then competed in individual events during spring season with dramatic results (e.g.: 45.68 400m, 13.34 hurdles). **2011:** Won silver medal at IAAF world champs with improved throws and dramatic PR effort in 1500m. Tuned up at Thorpe Cup in Chula Vista with legal 100m PR, outdoor HJ PR and discus PR. Won USA nationals with significant and world leading 8729 total. Upped his own WR for indoor heptathlon in Tallinn, EST with gaudy 6568 effort. Won Millrose games tri. Set individual event PRs in open competition at shot put (14.74), hurdles (13.35), discus (45.51) and javelin (57.23). **2010:** Was 2010 *Bowerman Award* winner, emblematic of top collegiate T&F athlete nationally. Broke meet record and set PR (8457) while winning 3<sup>rd</sup> straight NCAA crown in front of hometown fans. Won 3<sup>rd</sup> consecutive Pac-10 crown (8154). Won Texas Relays crown with PR 8310 effort in April. Set world indoor heptathlon record (6499) while winning NCAA title, six weeks after setting collegiate record (6256). **2009:** Runner-up at USA champs with 6<sup>th</sup> consecutive 8k score. Repeated as NCAA champion with PR 8241 effort. 18<sup>th</sup> at IAAF World Championships in Berlin to end long season. Has scored over 8k in last 9 decathlons. Won both Oregon Relays and a 2<sup>nd</sup> Pac-10 title, both with 8000+ scores. Opened indoor campaign with 2<sup>nd</sup> highest collegiate score ever, 6174, in winning U of Washington meet in Seattle then won NCAA indoor crown in College Station. **2008:** Was 4<sup>th</sup> at US Olympic Trials with breakthrough 8122 score. Won NCAA title with eye-opening 8055 in Des Moines. Opened season with eye-opening 5859 heptathlon win in Seattle then placed 6<sup>th</sup> at NCAA indoor. Won Nike Elite in Sacramento with 600+ PR, 7792 and was PAC-10 deca champ with 7604 score. **2007:** Was runner-up at Husky Relays in January and 10<sup>th</sup> at Mountain Pacific champs in February. Outdoors won initial career decathlon at Jim Click meet in Tucson in March, then was PAC-10 runner-up with PR 7123 score. 3<sup>rd</sup> at USA Junior nationals (7155) and earned trip to Pan Am Jr Champs in Brazil in long jump. 2006 (Prep) Oregon state 4A 400 champ (48.69). **Personal:** Undeclared major.

### Career:

#### Indoor:

1/27/07	5370	2	Husky R, Seattle	6.93 739 1228 189 8.51 385 2:47.35
2/23/07	4061	10	Mountain Pacific, Seattle	6.94 721 1195 198
2/02/08	5859	1	U Washington, Seattle	6.83 722 1203 205 7.97 450 2:44.23
3/15/08	5676	6	NCAA, Fayetteville	6.93 728 1087 184 7.96 475 2:40.90
1/30/09	6174	1	U Washington, Seattle	6.84 759 1206 209 7.91 497 2:39.92
3/14/09	5899	1	NCAA, College Station	6.86 739 1168 202 7.90 510 2:47.68
1/30/10	6256	CR 1	Tex A&M, College Station	6.78 766 1256 207 7.86 496 2:38.02
<b>3/13/10</b>	<b>6499</b>	<b>WR1</b>	<b>NCAA, Fayetteville</b>	<b>6.71 773 1312 211 7.77 510 2:32.67</b>
<b>2/06/11</b>	<b>6568</b>	<b>WR1</b>	<b>International, Talliin, EST</b>	<b>6.66 777 1445 201 7.60 520 2:34.74</b>
<b>3/10/12</b>	<b>6645</b>	<b>WR1</b>	<b>IAAF WC, Istanbul</b>	<b>6.79 816 1456 203 7.68 520 2:32.77</b>
3/08/14	6632	1	IAAF WC, Sopot	6.66 778 1488 206 7.64 520 2:34.72

**Outdoor:**

3/23/07	6977	1	Arizona Click, Tucson	10.66+1.5	719+0.2	1197	192	48.55	14.92+0.9	3793	375	3365	4:56.62
5/06/07	7123	2	PAC-10, Palo Alto	10.81-0.2	723+0.1	1188	192	49.19	14.66+1.0	3657	395	3692	4:39.72
6/21/07	7155	* 3	USA Jr, Indianapolis	10.58+3.7	667+0.8	1280	187	48.48	14.47+2.0	4063	430	3513	4:58.35
3/28/08	7792	1	Nike Elite, Sacramento	10.82+3.4	764+5.0	1221	196	47.00	14.21+1.4	3516	450	4526	4:24.15
5/10/08	7604	1	Pac-10, Tempe	10.57-0.9	685+1.0	1225	198	47.68	13.9h-0.6	3462	485	4429	4:44.48
6/12/08	8055	1	NCAA, Des Moines	10.64-1.1	768- 2.6	1279	196	47.25	14.27+1.8	3996	460	5393	4:33.05
6/30/08	8122	5	USOT/USA, Eugene	10.61-0.4	749 0.0	1228	196	47.07	14.26+1.9	3969	510	4728	4:20.56
4/24/09	8023	1	Oregon Relays, Eugene	10.66+1.2	758+3.9	1161	205	47.54	14.08+1.4	3828	455	5370	4:28.93
5/10/09	8091	1	Pac-10, Eugene	10.49+2.6	745+2.0	1263	201	47.12	14.01+1.2	3980	485	4969	4:36.87
6/11/09	8241w	1	NCAA, Fayetteville	10.35+4.1	758+3.5	1257	199	46.85	13.85-1.3	4179	440	5362	4:20.75
6/26/09	8075	2	USA, Eugene	10.53+3.6	760+3.7	1263	205	47.99	14.03+0.9	4133	500	5146	4:35.45
8/20/09	8061	18	IAAF WC, Berlin	10.53+0.2	785+0.9	1226	202	47.75	14.28+0.3	3715	500	5087	4:45.03
4/01/10	8310w	1	Texas R, Austin	10.34+3.4	788+3.0	1311	202	47.06	13.85+4.9	4371	460	5219	4:41.43
5/09/10	8154	1	Pac-10,Berkeley	10.59-0.5	743+1.6	1277	194	47.25	13.79-1.0	4229	515	4967	4:39.97
6/11/10	8457	1	NCAA, Eugene	10.37+0.5	790+1.1	1260	202	46.28	13.68+1.6	4171	470	5241	4:21.85
6/24/11	8729	1	USA, Eugene	10.33+0.6	780+3.1	1414	205	46.35	13.52+1.6	4158	505	5619	4:24.10
8/28/11	8505	2	IAAF WC, Daegu	10.46-0.5	746 0.0	1444	202	46.99	13.85-0.8	4617	460	5517	4:18.94
<b>6/23/12</b>	<b>9039</b>	<b>WR1</b>	<b>OT/USA, Eugene</b>	<b>10.21+0.4</b>	<b>823+0.8</b>	<b>1420</b>	<b>205</b>	<b>46.70</b>	<b>13.70-0.8</b>	<b>4281</b>	<b>530</b>	<b>5887</b>	<b>4:14.48</b>
8/09/12	8869	1	Olympic G, London	10.35+0.4	803+0.8	1466	205	46.90	13.56+0.1	4253	520	6196	4:33.59
6/23/13	8291	1	USA, Des Moines	10.48+1.2	759+0.3	1500	190	46.89	14.68 0.0	4399	460	6036	4:34.15
8/11/13	8809	1	IAAF WC, Moscow	10.35-0.5	773+0.3	1439	193	46.02	13.72+0.4	4500	520	6483	4:29.80

**PRs:** 9039 / 6645 10.19+2.7 823+0.8 1540 211 45.64 13.34 4736 530 6664 4:14.48

60m 6.66; 60mH 7.51; 1000m 2:32.67 , [outdoor hj PR 210] \*- Junior Implements

Summary: 21 meets, 21 finishes, 15 wins, 16x> 8000, PR= 9039, Top Ten Ave: 8540.04; 2nd Ten Ave: 7792.3; 1st day 4728, 2nd day 4311 (both in '12 WR effort).

Updated 5/19/15

**2015 Results:**

100m:	10.20 (+3.6)	Eugene 5/8
Long Jump:	8.03m (+1.0)	Hengelo 5/23
Shot Put:	14.71m	Santa Barbara 4/3
High Jump:	2.02m	indoors, Saskatoon 1/30
400m:	46.27	Eugene 5/8
110mH:	13.43 (-0.6)	Drake R, Des Moines 4/24
Discus:	38.38m	Santa Barbara 4/4
Pole Vault:	5.22m	Drake R, Des Moines 4/25
Javelin:	59.76m	Santa Barbara 4/4
1500m:	-----	

60mH indoors 7.51 Millrose, New York, 2/14

**JEREMY TAIWO**

DOB: January 15, 1990  
 POB: Ballard, WA  
 Ht/wt: 6-5, 194  
 Hometown: Renton, WA  
 High School: Newport HS  
 College: Washington '12  
 Club: Chula Vista OTC



**2015:** Was USA indoor champ after winning Washington Invt with PR 6344 score, 9th all time USA performer.  
**2013:** 3rd at USA nationals qualifying for World champs. NCAA runner-up in Eugene with breakthrough 8239 score. Shared spotlight with Oregon's Dakotah Keys as they raced to 8001 (Keys) and 7998 (Taiwo) scores at Pac-

12 meet in Los Angeles. Returned to competition wars with eye-opening 6156 PR win (including WR 2.25m/7-4 ½ high jump) at Boise St. **2012:** Did not compete due to 2011 injury. **2011:** 15<sup>th</sup> at NCAAs despite elbow injury hindering javelin performance. Won Pac-10 crown with PR 7742 score. Opened indoor campaign with PR 5746 score in Seattle, then placed 8<sup>th</sup> at NCAAs. **2010:** Injured at NCAAs (hurdles) with concussion and ‘dnf’d.’ Pac-10 runner-up with PR 7521. Did not compete indoors. **2009:** 3<sup>rd</sup> at Pac-10 decathlon with PR 7299 score. 12<sup>th</sup> at NCAA indoor heptathlon. Mountain Pacific SF heptathlon champion in 2<sup>nd</sup> collegiate career meet (5559). **High School:** Was Washington state 3A high jump and triple jump champ, then missed junior year with injury. **Personal:** Parents are Irene Botero and Joseph Taiwo who placed 9<sup>th</sup> in the triple jump for Nigeria at both 1984 (Los Angeles) and 1988 (Seoul) Olympic Games.

**Career:**

**Indoor:**

				<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
1/31/09	5317	5	U Washington, Seattle	7.20	689	1296	200	8.47	367	2:41.76
2/28/09	5559	1	Mtn Pacific SF, Seattle	7.19	710	1252	201	8.36	435	2:42.58
3/14/09	5389	12	NCAA, College Station	7.17	727	1228	199	8.31	370	2:43.90
1/29/11	5746	1	U Washington, Seattle	<b>7.15</b>	<b>700</b>	<b>1303</b>	<b>196</b>	<b>8.39</b>	<b>475</b>	<b>2:35.68</b>
<b>3/12/11</b>	<b>5780</b>	<b>8</b>	<b>NCAA I, College Station</b>	7.06	728	1195	208	8.14	420	2:34.35
2/09/13	6156	1	Boise St Challenge, Nampa	7.02	742	1418	225	8.08	425	2:34.44
2/23/13	dnf	-	Mtn Pacific SF, Seattle	6.97	740	withdrew				
<b>1/31/15</b>	<b>6344</b>	<b>1</b>	<b>U of Washington, Seattle</b>	<b>7.06</b>	<b>756</b>	<b>1477</b>	<b>213</b>	<b>8.03</b>	<b>490</b>	<b>2:30.85</b> [3502/2842]
2/28/15	6273	1	USA, Roxbury	7.09	739	1450	216	7.87	480	2:34.26

**Outdoor:**

				<u>100m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>sp</u>	<u>hj</u>	<u>400m</u>	<u>110h</u>	<u>w</u>	<u>disc</u>	<u>pv</u>	<u>jav</u>	<u>1500m</u>
6/ /08	hs	1	Washington State HS Dec													
4/16/09	dnf	-	Mt Sac R, Azusa	11.39	+3.4	3f		1144								
5/10/09	7299	3	Pac-10, Eugene	11.19	+2.6	684	+1.3	1169	198	51.15	14.88	+1.2	3831	425	5371	4:30.25
4/15/10	7289	6	Mt Sac R, Azusa	11.60	-0.5	688	0.0	1266	193	50.02	14.51	+2.5	3552	460	4852	4:32.23
5/09/10	7521	2	Pac-10, Berkeley	11.10	+0.5	668	+1.3	1168	203	50.47	14.54	+0.2	4145	445	4803	4:17.57
6/11/10	dnf	-	NCAA, Eugene	11.02	+0.7	693	+1.3	1197	202	48.98	dnf		withdrew			
4/14/11	7335	6	Mt Sac R, Azusa	11.05	+3.3	691	+2.5	1252	194	50.42	14.59	+1.1	3640	450	4496	4:29.90
5/07/11	7742	1	Pac-10, Tucson	10.98	+0.7	730	+1.0	1308	211	48.49	14.41	+3.9	3622	482	3285	4:18.69
6/09/11	7517	15	NCAA I, Des Moines	11.27	+1.6	716	+1.1	1297	208	48.64	14.49	+1.8	4180	480	3619	4:34.99
4/18/13	dnf	-	Mt Sac R, Azusa	10.91	-1.2	751	+1.7	1113	213	49.15	14.83	-1.0	3701	nh	4245	dnr
5/05/13	7998	2	Pac-12, Los Angeles	10.95	nwi	718	nwi	1357	209	48.56	14.74	+2.6	4075	480	4834	4:18.23
<b>6/06/13</b>	<b>8239</b>	<b>2</b>	<b>NCAA I, Eugene</b>	<b>10.84</b>	<b>+1.4</b>	<b>742</b>	<b>+0.7</b>	<b>1370</b>	<b>217</b>	<b>48.11</b>	<b>14.16</b>	<b>+2.8</b>	<b>3490</b>	<b>500</b>	<b>4987</b>	<b>4:16.34</b>
6/22/13	7925	3	USA, Des Moines	10.98	+1.2	686	-1.0	1347	208	48.30	14.33	-0.3	3958	460	5224	4:20.29
8/11/13	dnf	-	IAAF WC, Moscow	10.96	-0.1	753	+0.6	1299	withdrew							

**PRs** 8239 / 6344      **10.84+1.4 756i**      **1477 225 48.11 14.16+2.8 4180 500 5371 4:16.34**  
**Indoor: 60m: 6.97; 60h: 8.03; 1000m: 2:30.85**  
 Updated: 5/19/15

**BRIANNE THEISEN-EATON**

DOB: December 18, 1988  
 POB: Humboldt, SK, Canada  
 Ht: 5-8  
 Hometown: Saskatoon, Saskatchewan  
 High School: Humboldt Collegiate Institute  
 College: Oregon, '12



**2014:** Was IAAF world indoor pentathlon runner-up in Sopot, POL with Canadian NR 4768. **2013:** Had world class breakout season with wins at Götzis and Canada nationals and then PR'd with 6530 score for runner-up at IAAF world champs. **2012:** Placed 11<sup>th</sup> (6383) at Olympic Games in London for native Canada. Won 3<sup>rd</sup> NCAA crown with PR 6440 effort and then won Canada Olympic Trials. Won 3<sup>rd</sup> Pac-12 crown

with PR 6353 score in Eugene. Opened season with a collegiate record 4555 at Texas A&M Challenge and then won 3<sup>rd</sup> consecutive NCAA indoor crown in Nampa, ID. **2011:** Set collegiate pentathlon record in year's first indoor meet, 4507 points, Seattle and then captured a 2<sup>nd</sup> NCAA indoor crown with another collegiate record (4540). **2010:** Defended her Pac-10 title with 5917 effort and NCAA crown with PR 6094 effort. Won Texas Relays heptathlon with a 5942w score. Opened indoor season with low key 4198 win at Texas A&M then won NCAA title with 4396 score. **2009:** Won Big Green in *Desert* heptathlon (5634), and Pac-10 title with PR 5986 score. Won NCAA crown with PR 6086 and Canadian nationals. Then place 15 at IAAF worlds (5949). Opened season with 4181 win in Seattle then raised PR to 4321 with 3<sup>rd</sup> place showing at NCAAs. **2008:** Opened season with PR 5575 at Sacramento State NIKE Elite heptathlon. Added 190 points to PR with runner-up place at PAC-10. Was 4<sup>th</sup> at NCAAs with PR 5710 score. **Pre Oregon:** Two-time Canadian national junior heptathlon champion (2006, '07). Has extensive international experience, and won 2007 Pan American Junior Championships heptathlon and competed in 2006 World Junior Championships and 2005 World Youth Championships. **Personal:** Business major. Last name is pronounced TY-son. Pre-business major. Married decathlete Ashton Eaton in 2013.

#### Career:

Indoor:			60h	hj	sp	lj	800m	
1/30/09	4181	2	U Washington, Seattle	8.65	181	1124	582	2:21.77
3/13/09	4321	3	NCAA, College Station	8.54	181	1116	602	2:17.37
1/30/10	4198	1	Texas A&M, C Station	8.63	179	1219	562	2:19.24
3/13/10	4396	1	NCAA, Fayetteville	8.44	174	1265	608	2:15.58
1/28/11	4507	1	Husky, Seattle	8.45	183	1270	602	2:14.50 CR[oversized track]
3/11/11	4540	1	NCAA I, College Station	8.35	184	1238	596	2:11.82 CR
1/27/12	4555	1	Texas A&M, C Station	8.38	188	1287	599	2:16.90 CR
3/09/12	4536	1	NCAA I, Nampa	8.25	184	1246	595	2:13.95
<b>3/07/14</b>	<b>4768</b>	<b>2</b>	<b>IAAF WC, Sopot</b>	<b>8.13</b>	<b>184</b>	<b>1386</b>	<b>613</b>	<b>2:10.07 NR</b>

#### Outdoor:

			100h	w	hj	sp	200m	w	lj	w	jav	800m
/05	5181											
/05												
7/23/06	5240	1	Canada-Jr, Sherbrooke	14.72-1.4	169	1016	25.47+1.9	538	0.0	4032	2:21.93	
8/19/06	5149	17	IAAF WJrC, Beijing	14.67-0.8	165	987	25.63+0.3	566-0.1	3652	2:24.08		
7/07/07	5413	1	Pan Am Jr, Sao Paulo	14.29		176	1080	25.05+0.5	554+0.8	3956	2:28.52	
3/28/08	5575	1	NIKE-e, Sacramento	14.42+3.7	170	1122	25.22+1.4	594+0.7	4020	2:20.21		
5/10/08	5765	2	PAC-10, Tempe	14.21+1.8	175	1166	25.24	0.0	593	0.0	4409	2:20.11
6/12/08	5710	4	NCAA, Des Moines	14.23+1.1	175	1156	25.40-0.2	596+0.5	4391	2:22.73		
3/25/09	5643	1	Big Green <i>Desert</i> , Mesa	14.59+0.4	179	1126	25.0h+1.3	568+1.6	4342	2:20.51		
5/10/09	5986	1	Pac-10, Eugene	13.86+0.6	178	1189	24.02+4.9	591+2.6	4074	2:14.57		
6/12/09	6086	1	NCAA, Fayetteville	13.72+0.9	175	1212	24.10+1.3	600+1.6	4511	2:14.77		
6/26/09	5847	1	Canada NC, Toronto	13.84+1.1	173	1130	24.40+1.4	600+3.5	4203	2:18.73		
8/16/09	5949	15	IAAF WC, Berlin	13.69-0.2	177	1107	24.62	0.0	582+0.8	4384	2:12.62	
4/01/10	5942w1		Texas R, Austin	13.69+3.7	180	1262	24.34+3.5	587+5.4	3935	2:19.78		
5/09/10	5917	1	Pac-10, Berkeley	13.74+0.3	182	1201	24.64+1.3	566+1.3	4113	2:15.83		
6/10/10	6094	1	NCAA, Eugene	13.39+0.2	175	1213	24.18+2.6	610+2.6	4235	2:15.40		
5/06/12	6363	1	Pac-12, Eugene	13.50+0.9	183	1261	23.90+1.9	624+0.7	4429	2:12.99		
6/08/12	6440	1	NCAA I, Des Moines	13.30-0.4	184	1292	24.09+1.1	628+1.7	4638	2:13.81		
6/28/12	6292	2	Canada O Trials, Calgary	13.09-0.6	183	1321	24.11+2.1	632+1.7	4314	2:16.07		
8/04/13	6383	11	Olympic G, London	13.30+1.3	183	1289	24.35-0.3	601-1.2	4646	2:09.27		
5/26/13	6376	1	Hypo Bank, Götzis	12.19+0.6	184	1300	24.17-0.5	639+2.7	4239	2:17.02		
6/22/13	6233	1	Canada Champs, Monkton	13.78-2.9	185	1250	24.76-3.3	613+2.9	4385	2:11.32		
<b>8/13/13</b>	<b>6530</b>	<b>2</b>	<b>IAAF WC, Moscow</b>	<b>13.17-0.6</b>	<b>183</b>	<b>1307</b>	<b>24.18</b>	<b>0.0</b>	<b>637+0.5</b>	<b>4564</b>	<b>2:09.03</b>	
9/15/13	6252	3	DecaStar, Talence	13.26-0.1	180	1266	24.24-0.8	620+2.3	4224	2:14.30		
6/01/14	6641		Hypo-Bank, Götzis	13.18-1.2	187	1329	23.52+1.5	659+1.3	4278	2:11.31		

PRs: 6641/ 4768

13.00-0.6 188i 1392 23.39+2.0 661+1.9 4647 2:09.03

Indoor: 60h: 8.10, 1st/2nd days: 3816 / 2720

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# BARBARA NWABA

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



Ht:



**2015:** Won Sam Adams meet with 6292 score. **2014:** Runner-up at USA nationals with breakthrough PR 6307 score and then won Thorpe Cup title in Marburg. Mt Sac Relays netted PR win of 6043 points. dnf'd at Sam Adams. Won U of Washington pentathlon. **2013:** Recovered from injury. **2012:** 5<sup>th</sup> 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. 4<sup>th</sup> at NCAA indoor heptathlon. Placed 2<sup>nd</sup> 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. 8<sup>th</sup> at USA nationals with career best 5733 score. **2010:** 12<sup>th</sup> at NCAAs. Big West Conference champion (with PR 5552) followed a 7<sup>th</sup> at Mt Sac Relays. Runner-up at U of Washington indoor pentathlon (3931). **2009:** 3<sup>rd</sup> at Big West Conf heptathlon with 5000 points. **2008:** stress fracture. **2006: High School: Personal: Personal:** Graduated with a B.S. Sociology w/Minor in Speech & Hearing Sciences from UC Santa Barbara in 2012. Currently training in Santa Barbara with the Santa Barbara Track Club (SBTC) and working with kids in the SBTC youth track club. Daughter of Theodore and Blessing Nwaba.

## 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
<b>1/27/12</b>	<b>4344</b>	<b>2</b>	<b>U Washington, Seattle</b>		<b>8.59</b>	<b>184</b>	<b>1283</b>	<b>545</b>	<b>2:20.52</b>
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		14.21	nwi	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
<b>6/29/14</b>	<b>6307</b>	<b>2</b>	<b>USA, Sacramento</b>		<b>13.63</b>	<b>+1.8</b>	<b>178</b>	<b>1454</b>	<b>23.92</b>	<b>+2.6</b>	<b>602</b>	<b>+0.6</b>	<b>4374</b>	<b>2:13.76</b>
7/27/14	6209	1	Thorpe Cup, Marburg		13.67	-0.1	183	1399	23.99	+1.9	562	-1.6	4417	2:14.09
4/04/15	6292	1	Sam Adams, S Barbara		13.38	+0.6	178	1352	23.04	-0.2	594	-0.4	4120	2:07.47

PRs: 6307 / 4344

13.38+0.6 187 1454 23.04-0.2 602+0.6 4660 2:07.47

Indoors: 60mh: 8.47

## Coach:

Harry Marra is the CE coach of the Oregon elite Track Club, Eugene, Oregon. He is the personal coach for world record holder and Olympic champion Ashton Eaton and his wife, world indoor and outdoor runner-up, Brianne Theisen, both of whom he coached at the University of Oregon. Ashton Eaton set three indoor world records in the heptathlon under Marra's guidance and set the world decathlon record (9039 points) at the 2012 U.S. Olympic Trials.



Marra has also been heavily involved with Oregon's annual kid's clinic held in conjunction with the City of Eugene's "Starting Block" program. Marra, who coached Paul Terek to a 10th-place finish in the decathlon at the 2007 IAAF World Championships in Osaka, Japan, has more than 35 years experience coaching athletes at every level from high school to professional. He was Team USA's national decathlon coach from 1990-2000 and helped seven different decathletes score 8,000 points. Other Marra-coached decathletes who have eclipsed the 8,000-point mark are Sheldon Blockburger (8,296), Brian Brophy (8,276), Paul Foxson (8,254), Bart Goodell (8,109) and Chris Wilcox (8,026).

Marra was the head track and field coach at San Francisco State for 12 years (1981-93) where he was twice named Northern California Athletic Conference coach of the year (1985, '90) and is also a member of that school's hall of fame. He coached one NCAA champion and 24 All-Americans while at SFSU. During that time, Marra was also a speed and fitness consultant for the San Francisco Giants.

He previously served as head coach at Springfield College in Massachusetts for four years and as an assistant coach at UC Santa Barbara for two years before that. He was a member of the United States' coaching staff at the IAAF World Championships in Paris (2003), Helsinki (2005) and Osaka (2007) and was an assistant coach for the 1999 Pan American Games, where U.S athletes won five gold medals, four silvers and a bronze and set a pair of meet records. He was also a coach for the 1981 and '82 U.S. Olympic Festivals.

A native of Cohoes, N.Y., Marra graduated from Mount St. Mary's College (MD) and holds a Master's Degree from Syracuse University.

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## World, American, Record Pace:

9039 points: [Ashton Eaton, US Olympic Trials, Eugene, 2012]

<b>Day One:</b>	100m	1j	shot	h j	400m
mark:	10.21	8.23m	14.20m	2.05m	46.70
points:	1044	1120	741	850	973
cum points:	1044	2164	2905	3755	4728

<b>Day Two:</b>	110H	disc	p v	jav	1500m
mark:	13.70	42.81m	5.30m	58.87m	4:14.48
points:	1014	722	1004	721	850
cum points	5742	6464	7468	8189	<b>9039</b>

## Meet Record Pace

**Mosle Stadium Decathlon Record - 9026** [Roman Sebrle/CZE Hypo-Bank, Götzis, AUT, 5/26-27/01]

	100m	1j	shot	h j	400m	110H	disc	p v	jav	1500m
mark	10.64	8.11m	15.33m	2.12m	47.79	13.92	47.92m	4.80m	70.16m	4:21.98
points 942	1089	810	915	919	985	827	849	892	798	
cum points		2031	2841	3756	4675	5660	6487	7336	8228	9026