

2015 and 30th USATF Indoor Men's Heptathlon



MEDIA GUIDE



**Saturday-Sunday
February 27-28, 2015
Reggie Lewis Center
Roxbury, MA**

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

Media Guide

2014 USA Indoor Men's Heptathlon



Time Schedule needs update

Friday, February 27, 2015

60 Meter Dash	9:30 am
Long Jump	10:15
Shot Put	11:15
High Jump	12:15 pm

Saturday, February 28, 2015

60m Hurdles	10:00 am
Pole Vault	11:15
1000 Meters	2:52 pm

Awards

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

Prize Money

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

Qualifying Standards: [qualifying window: Jan 3, 2014 to Feb.22, 2015]

Indoor Heptathlon Score **5450 points**

Outdoor Decathlon Score **7700 points**

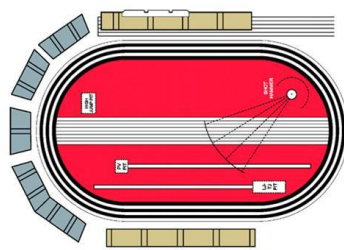
The Field



Top Row: Austin Bahner, Tobias Boese, Chase Dalton, Thomas FitzSimons, Ted Glasnow,
Bottom Row: Jeremy Taiwo, Henry Vildosola, Miller Moss, Tom Hopkins.

Entrants: [listed alphabetically, does not imply acceptance]

		<i><u>PR score</u></i>	<i><u>(14-15)qualifier</u></i>	<i><u>Decathlon PR</u></i>
Austin Bahner	Shocker TC	5666'14	5666'14	7847'13
Tobias Boese	Shocker TC	5370'13	5327'14	7167'13
Chase Dalton	unat	5621'14	5621'14	7642'14
Thomas FitzSimons	SBTC	5549'14	5549'14	7645'14
Ted Glasnow	SBTC	5459'14	5459'14	7315'13
Tom Hopkins	SBTC	5462'14	5462'14	-----
Miller Moss	unat	5986'11	5543'15	7996'11
Jeremy Taiwo	unat	6344'15	6344'15	8239'13
Henry Vildosola	unat	5346'15	5346'15	7344'14



PRs for Indoor Heptathlon Events:

	<u>score</u>	<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
Austin Bahner	5645	6.87	766	1347	195	8.46	475	2:43.24
Tobias Boese	5370	7.10	690	1294	202	8.54	475	2:47.16
Chase Dalton	5621	7.10	710	1441	208	8.37	461	2:49.09
Thomas Fitzsimmons	5454	7.25	712	1221	194	8.55	460	2:32.36
Ted Glasnow	5459	7.14	696	1457	202	8.55	470	2:46.19
Tom Hopkins	5462	6.97	771	1290	183	8.27	375	2:30.91
Miller Moss	5986	6.91	734	1434	204	7.94	490	2:39.68
Jeremy Taiwo	6344	6.97	756	1477	225	8.03	500	2:30.85
Henry Vildosola	5346	7.18	709	1336	193	8.58	470	2:43.96

USATF/TAC/AAU National Indoor Combined Events Champions

Pentathlon

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



Heptathlon

		[60m-lj-sp-hj / 60mH-pv-1000m]			
1995	Sheldon Blockburger	unat, San Luis Obispo	6035	Moscow, ID	
1996	Steve Fritz	Accusplit	6213	Manhattan, KS	
1997	Ricky Barker	VISA/Gallery Furniture	5969	Manhattan, KS	
1998	Ricky Barker	Gallery Furniture	5867	Atlanta, GA	
1999	Trafton Rodgers	Puma	6044	Atlanta, GA	
2000	Tom Pappas	adidas	5933	Atlanta, GA	
2001	Stephen Moore	unat, Lubbock, TX	6068	Atlanta, GA	
2002	Tom Pappas	Nike	6113	Chapel Hill, NC	
2003	Paul Terek	World's Greatest Athletes	DT 5870	Chapel Hill, NC	
2004	Paul Terek	World's Greatest Athletes	DT 6040	Chapel Hill, NC	
2005	Ryan Harlan	unat	6102	Chapel Hill, NC	
2006	Ryan Harlan	unat	5949	Chapel Hill, NC	
2007	Paul Terek	Asics	5960	Chapel Hill, NC	
2008	Jake Arnold	unat	5851	Chapel Hill, NC	
2009	Jake Arnold	Asics	5748	Chapel Hill, NC	
2010	Jake Arnold	Asics	5861	Bloomington, IN	
2011	Nick Adcock	unat, Columbia, MO	5711	Bloomington, IN	
2012	Eric Broadbent	HPC-elite	5908	Bloomington, IN	
2013	Gunnar Nixon	unat	6232	Albuquerque, NM	
2014	Gray Horn	unat	6071	Albuquerque, NM	



Records:

Most Wins:

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

Oldest Winner:

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

Youngest Winner:

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

2014 Indoor Champs

2/21-22 USA Champs, Convention Center, Albuquerque, NM

6071	Horn, Gray/unat	6.96	769	1336	207	8.03	490	2:48.51
5746	Mohl, Jeff/unat	7.07	717	1186	207	8.46	500	2:47.82
5613	Gooris, Dan/unat	7.41	688	1332	195	8.55	530	2:47.81
5549	FitzSimons, Thomas/SBTC	7.27	688	1228	201	8.56	460	2:36.36
5535	McPherson/Michael/Utah Valley' 14	6.91	716	1061	198	8.25	430	2:43.15
5365	Wunderlich, Tim/unat	7.44	675	1442	192	8.58	460	2:50.38
5313	Harlan, Ryan/unat	7.23	635	1589	198	8.29	470	3:18.50
4797	Vogel, Brent/unat	7.28	689	1218	198	8.38	nh	2:34.67



2013 Indoor Champs

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

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



2012 Indoor Champs

3/3-4 27th USA National CE Champs, Indiana U, Bloomington, IN

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



2011 Indoor Champs

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

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



2010 Indoor Champs

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

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

dnf: Randolph, Chris/unat [7.41 653 1342 nh], Edmonds, Lysias/Ariz Puma [dnf 60m inj]
8s,6f, 3rd consecutive win for Arnold



2009 Indoor Champs

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

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

8s,8f. nb: 2nd consecutive win for Arnold.



2008 Indoor Champs

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

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

9s,8f

2007 Indoor Champs

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

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

nb: Terek's win is record three (2003, 2004, 2007) at nationals meet.
4s,3f.

2006 Indoor Champs

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

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

11s,8f

2005 Indoor Champs

3/5-6 21st USATF Champs, UNC, Chapel Hill, NC

6102	Harlan, Ryan/unat	7.09	685	1609	213	[3411]	7.97	510	2:50.47
5972	Terek, Paul/unat			7.12	733	1479	201	[3323]	8.77 520 2:39.43
5730	Moore, Stephen/unat			8.68	715	1253	201	[3180]	8.31 470 2:43.44
5694	Boyles, Chris/unat	7.24	707	1409	210	[3259]	8.29	460	2:52.93
5521	Schmidt, Nate/unat-Team Nodak			7.14	705	1297	201	[3137]	8.40 420 2:49.63
5503	Wineberg, Chris/unat			7.19	667	1265	198	[2983]	8.82 500 2:44.48
5438	Richardson, Chris/unat			7.29	694	1209	198	[2878]	8.59 450 2:41.15
5286	Haber, Ben/unat			7.24	635	1258	186	[2784]	8.32 480 2:51.49
5260	Aarke, Andrew/unat-NDSU			7.15	666	1168	192	[2882]	8.28 380 2:37.38
5171	Keller, Stevie/unat-Team Nodak			7.44	622	1411	195	[2860]	8.91 410 2:37.64
4391	Bulick, Allen/unat-Texas A&M			7.15	667	1275	186	[2897]	8.72 nh 2:57.85
dnf	Olkowski, Ryan			6.88	720	1297	201	[3265]	8.06 nh
dnf	Thomas, Will/unat-UConn			7.35	673	1505	201	[3118]	withdrew
dnf	Baker, Keith/unat-Alabama			7.40	612	1451	nh	withdrew[2128]	
	14s,11f								

2004 Indoor Champs

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

6040	Terek, Paul/WGA	7.04	708	1531	198	8.48	541	2:42.97
5989	Harris, Stephen/WGA	7.02	754	1309	216	8.29	451	2:40.28
5898	McMullen, Phil/unat	7.25	685	1462	198	8.19	501	2:35.41
5711	Lemen, David/unat	7.26	744	1325	186	8.25	531	2:55.29
5635	Olkowski, Ryan/WGA	6.87	743	1181	213	8.57	441	2:57.28
5600	Cook, Jamie/unat	7.26	704	1370	195	8.44	471	2:44.78
5557	Anderson, Bryan/unat	7.30	670	1384	204	8.42	441	2:40.94
5520	Geisler, Andy/unat	7.23	696	1407	192	8.63	481	2:49.63
5518	Wineberg, Chris/Bobcat TC	7.23	699	1264	189	8.94	501	2:39.13
5471	Geophert, Travis/unat	7.23	693	1487	180	8.57	441	2:38.89
5430	Bork, Adam/unat	7.14	676	1411	183	8.41	491	2:57.64
5391	Hart, Bevan/US Army	7.32	647	1244	180	8.39	511	2:43.20
5331	Wagner, Peter/unat	7.39	690	1095	198	8.27	431	2:42.69
5292	Tom Pappas/WGA-Nike	6.93	728	1575	210	7.93	nh	2:49.32
4736	Brozik, Paul/unat	7.30	687	1204	207	9.84	341	2:59.86
4612	Sprague, Alex/Indy Invaders	7.22	655	1439	nh	8.27	421	2:59.86
dnf	Boyles, Chris/WGA	7.26	694	1357	210	8.37	451	dns
dnf	Janvrin, Kip/K&KTC	7.40	657	1339	180	8.83	nh	dns
	18s,16f							

2003 Indoor Champs

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

5870	Terek, Paul/World's Greatest Athletes DT	7.10	697	1534	197	8.67	540	2:49.21
5731	Sander, Jeff/Bell Athletics	7.18	694	1396	200	7.99	480	2:51.40
5689	Lemen, David/Willamette Striders	7.24	737	1173	191	8.21	530	2:52.47
5669	Thomas, Will/Connecticut	7.25	692	1463	200	8.50	470	2:44.03
5622	Giesler, Andy/Oakley	7.26	694	1563	191	8.47	480	2:50.11
5551	Jellison, Mark/unat, Stors, CT	7.23	724	1196	200	8.11	450	2:50.81
5413	Hart, Bevan/US Army	7.25	662	1248	188	8.40	510	2:52.98
5387	Cebulski, Joe/Bell Athletics	7.29	669	1396	206	8.59	450	2:58.36
5141	Longhenry, Eric/Northern St	7.29	655	1360	191	8.47	420	2:58.13
5134	Keller, Stevie/unat, Fargo, ND	7.45	606	1358	191	8.65	430	2:41.91
5052	Esler, Steve/U of Buffalo	7.51	642	1215	203	8.78	420	2:51.69
4634	Janvrin, Kip/WGA DT	7.34	650	nm	182	8.57	470	2:40.69
4627	Williams, Jason/unat-Boise, ID	7.04	652	1393	191	8.33	nh	2:55.45
3697	Pappas, Tom/Nike	6.94	nm	1615	nh	7.84	500	dnf
dnf	Falconer, Brendon/Indy Invaders	7.16	719	1395	194	8.20	nh	dnr
dnf	Sprague, Alex/Indy Invaders	7.08	652	1479	nh	8.21	420	dnr
dnf	McMullen, Phil/Nike	dsq	645	1476	194	withdrew		
dnf	Young, Elliot/unat-Warrensburg, MO	7.08	nm	1423	withdrew			
	18s,14f							

2002 Indoor Champs

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

6113	Pappas, Tom/adidas	6.93 745 1547 204 7.94 503 2:55.65
5720	Moser, Aaron/Miami	6.89 680 1356 195 8.15 503 2:55.58
5711	Giesler, Andy/Oakley International	7.20 701 1445 201 8.42 473 2:46.22
5689	Harris, Stephen/Tennessee	6.99 726 1245 201 8.20 433 2:43.27
5610	Thomas, Will/Connecticut	7.37 698 1461 198 8.38 463 2:46.01
5554	Sander, Jeff/unat	7.32 670 1398 198 8.12 473 2:51.81
5527	Jellison, Mark/Connecticut	7.26 705 1233 195 8.28 463 2:45.52
5506	Cook, James/unat	7.29 702 1332 195 8.44 453 2:45.04
5477	Janvrin, Kip/K&K TC	7.33 679 1426 183 8.55 473 2:40.24
5237	Kuretych, JT/Penn St Spiked Shoe	7.17 663 1305 195 8.24 403 2:55.26
5190	Spickler, Brian/unat	7.16 666 1392 186 8.90 403 2:43.56
5180	Cvelbar, Mike/North Carolina	7.40 647 1333 180 8.43 463 2:51.06
4149	Moore, Stephen/unat	7.04 732 1256 204 8.29 nh dnf
dnf [4090]	Slack, Leo/unat	7.14 716 1503 195 8.52 nh withdrew
dnf [4141]	Spague, Alex/unat	7.06 684 1454 204 8.32 withdrew, inj.

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

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

World Bests

Heptathlon	6645	ASHTON EATON (USA)	Istanbul, TUR	3/9-10/12
		(6.79 816 1456 203 7.68 520 2:32.77)		
Pentathlon	4497	DAN O'BRIEN (USA)	Moscow, ID	2/28/92
		(7.88 735 1469 215 2:40.12)		
		<i>[nb: Eaton's 5 pentathlon events in WR above score 4716, but over two days]</i>		
60m	6.61	CHRIS HUFFINS (USA)	Paris	3/09/97
		(Oakley-USA) (6128-4)		
LJ	8.16m(26-9¼)	ASHTON EATON (USA)	Istanbul	3/9/12
		(Oregon e TC) (6645-1)		
SP	17.17m(56-4)	ALEKSEY DROZDOV (RUS)	Doha	3/12/10
		(Russia) (6143-2)		
HJ	2.30m (7-6½)	DEREK DROUIN (CAN)	Geneva	2/22/13
		(Indiana)		
60mH	7.60	ASHTON EATON	Tallinn	2/05/11
		(Nike-USA) (6558)		
PV	5.60 (18-4½)	ALEKSANDR AVERBUKH	Valencia	3/01/98
		(Russia) (6144-6)		
1000m	2:23.68	CURTIS BEACH	Nampa	3/10/12
		(Duke, 6138-1)		



American Bests

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



PV	5.41m(17-9)	PAUL TEREK (WGA- 6040-1)	Chapel Hill	3/07/04
1000m	2:23.68	CURTIS BEACH (Duke, 6138-1)	Nampa	3/10/12

Collegiate Bests

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



Meet Records (AAU/TAC/USATF)

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



Facility Record [Reggie Lewis Center, Roxbury, MA]

60m	7.17	Cornelius, Devin/St John Fisher	ECAC III	3/8/14
Long Jump	6.97m/22-10 ½	Justin Gross/McDonough TC	Nike Prep Indoor	3/3/10
Shot Put	13.57m/44-6¼	Vincent Rentzsch/UMBC	America East	2/11/13
High Jump	2.15m/7- ½	Gunnar Nixon/Edmond, OK	Nike Prep Indoor	3/3/10
60m Hurdles	8.48	David Cariello/Moravian	ECAC III	3/9/14
Pole vault	5.05m/16-3¾	Alfonso Scannapieco/Albany	America East	2/12/13
1000 meters	2:42.74	Devin Cornelius/St John Fisher	ECAC III	3/9/13

ALL TIME USA LIST 2/15/15

Men's Indoor Heptathlon

USA All-Time Indoor Heptathlon List 2/1/15

score	name	dob	pl	meet	site	date
		60m	lj	sp	hj	1st day
		60H	pv	1000m		
6645	Ashton Eaton	21.1.88	1	WC, Istanbul	10 Mar	2012
		6.79	- 8.16	- 14.56	- 2.03	[3654] / 7.68 - 5.20 - 2:32.77
6632	Eaton		1	WC, Sopot,POL	8 Mar,	2014
		6.66	- 7.78	- 14.88	- 2.06	- [3648] - 7.64 - 5.20 - 2:34.72
6568	Eaton		1	WC, Tallinn	6 Feb	2011
		6.66	- 7.77	- 14.45	- 2.01	[3578] / 7.60 - 5.20 - 2:34.74
6499	Eaton		1	NCAA Fayetteville	13 Mar	2010
		6.71	- 7.73	- 13.12	- 2.11	[3561] / 7.77 - 5.10 - 2:32.67
6476	Dan O'Brien	18.7.66	1	WC Toronto (SD)	14 Mar	1993
		6.67	- 7.84	- 16.02	- 2.13	[3800] / 7.85 - 5.20 - 2:57.96
6371	Bryan Clay	3.1.80	1	WC Valencia	9 Mar	2008
		6.71	- 7.75	- 16.21	- 2.09	[3736] / 7.86 - 5.00 - 2:55.64
6365	Clay		2	WC Budapest (SA)	7 Mar	2004
		6.65	- 7.78	- 14.84	- 2.08	[3673] / 7.77 - 4.90 - 2:49.41
6361	Tom Pappas	6.9.76	1	WC Birmingham	16 Mar	2003
		6.89	- 7.56	- 16.23	- 2.17	[3700] / 7.80 - 4.90 - 2:51.65
6344	Jeremy Taiwo	15.1.90	1	Wash Invt, Seattle	31 Jan	2015
		7.06	- 7.56	- 14.77	- 2.13	- [3502] - 8.03 - 4.90 - 2:30.85
6256	Eaton		1	College Station	30 Jan	2010
		6.78	- 7.66	- 12.56	- 2.07	[3445] / 7.86 - 4.96 - 2:38.02
		[10 performances]				
6232A	Gunnar Nixon	13.1.93	1	USATF Albuquerque	2 Mar	2013
		6.86	- 7.42	- 14.27	- 2.14	[3527] / 7.93 - 4.80 - 2:41.49
6213	Steve Fritz	1.11.67	1	USATF, Manhattan	11 Feb	1996
		7.00	- 7.31	- 16.02	- 2.07	[3490] / 7.93 - 5.01 - 2:45.75
6208A	Trey Hardee	7.2.84	1	UNM, Albuquerque	27 Jan	2006
		6.73	- 7.73	- 14.31	- 1.95	[3477] / 7.87 - 5.30 - 2:55.16
6204	Clay		1	WC, Doha	13 Mar	2010
		6.67	- 7.27	- 15.31	- 2.06	[3549] / 8.00 - 5.00 - 2:50.28
6190A	Curtis Beach	22.7.90	1	NCAA Albuquerque	15 Mar	2014
		7.06	- 7.67	- 12.11	- 2.06	- [3310] - 8.12 - 5.05 - 2:28.76
6187	Clay		2	WC, Moskva	12 Mar	2006
		6.67	- 7.74	- 13.89	- 2.10	[3616] / 7.83 - 4.60 - 2:50.92
6184	Hardee		2	WC, Doha	13 Mar	2010
		6.80	- 7.28	- 14.44	- 2.06	[3450] / 7.79 - 5.00 - 2:47.76
6175	Kevin Lazas	25.1.92	1	NCAA, Fayetteville	9 Mar	2013
		6.90	- 7.55	- 15.00	- 1.99	[3449] / 8.27 - 5.40 - 2:49.00
		[10 performers]				
6165	Japheth Cato	25.12.90	2	NCAA, Fayetteville	9 Mar	2013
		7.08	- 7.67	- 12.13	- 2.11	[3351] / 7.95 - 5.30 - 2:45.26
6156	Taiwo		1	Nampa	9 Feb	2013
		7.02	- 7.42	- 14.18	- 2.25	[3570] / 8.08 - 4.25 - 2:34.44
6138	Beach		1	NCAA, Nampa	10 Mar	2012
		7.03	- 7.52	- 12.62	- 1.99	[3250] / 8.15 - 4.90 - 2:23.63
6136	Donovan Kilmartin	11.6.84	1	NCAA Fayetteville	13 Mar	2004
		7.05	- 7.37	- 14.27	- 2.08	[3391] / 8.17 - 5.40 - 2:49.44
6132	Stephen Moore	13.8.75	4	WC, Lisboa	11 Mar	2001
		7.03	- 7.46	- 12.65	- 2.14	[3377] / 8.06 - 5.10 - 2:42.35
6128	Chris Huffins	15.4.70	4	WC, Paris (Bercy)	9 Mar	1997
		6.61	- 7.18	- 15.55	- 2.04	[3547] / 7.80 - 4.70 - 2:53.53
6120	Ricky Barker	14.11.69	4	WC, Barcelona	12 Mar	1995
		7.02	- 7.26	- 14.62	- 2.13	[3442] / 8.05 - 5.10 - 2:49.72
6119	Barker		2	USATF, Manhattan	11 Feb	1996
		6.91	- 7.29	- 14.10	- 2.04	[3372] / 7.96 - 5.21 - 2:48.69
6113	Pappas		1	USATF, Chapel Hill	2 Mar	2002
		6.93	- 7.45	- 15.47	- 2.04	[3488] / 7.94 - 5.03 - 2:55.65
6102	Ryan Harlan	25.4.81	1	USATF, Chapel Hill	6 Mar	2005
		7.09	- 6.85	- 16.09	- 2.13	[3411] / 7.97 - 5.10 - 2:50.47

6090 Cato 1 Big Ten, Geneva 23 Feb 2013
7.03 - 770 - 1199 - 203- [3294] / 7.83- 515- 2:45.42

6082 Cato 2 NCAA, Nampa 10 Mar 2012
7.08 - 7.61 - 12.54 - 2.08 [3333] / 7.91 - 5.20 - 2:49.34

6078 Moore 1 USATF, Atlanta 3 Mar 2001
6.97 - 7.42 - 12.84 - 2.17 [3428] / 8.21 - 4.90 - 2:43.00

6071A Gray Horn 18.2.90 1 USATF Albuquerque 22 Feb 2014
6.96 - 7.69 - 13.36 - 2.07 - [3436] - 8.03- 490 - 2:48.51

6048 Kilmartin 1 NCAA, Fayetteville 11 Mar 2006
7.13 - 7.56 - 13.84 - 2.06 [3365] / 8.09 - 5.30 - 2:54.42

6044 Trafton Rodgers 3.2.72 1 USATF, Atlanta 27 Feb 1999
6.88 - 7.28 - 13.92 - 2.15 [3473] / 8.05 - 4.90 - 2:54.24

6042 Lazas 1 Fayetteville 26 Jan 2013
6.94 - 7.44 - 14.79 - 2.01 [3414] / 8.38 - 5.11 - 2:47.10

6040 Paul Terek 20.10.79 1 USATF, Chapel Hill 7 Mar 2004
7.04 - 7.08 - 15.31 - 1.98 [3295] / 8.48 - 5.41 - 2:42.97

6039 Nixon 1 Birmingham, 8 Feb 2014
6.93 - 7.50 - 14.42 - 2.12 - [3511] - 8.12 - 4.43 - 2:43.44

6024 Cato 1 Lincoln 2 Feb 2013
7.01 - 7.38 - 12.51 - 2.05 [3271] / 7.94 - 5.25 - 2:49.80

6022 Nixon 1 Fayetteville 28 Jan 2012
7.10 - 7.53 - 13.97 - 2.15 [3460] / 8.21 - 4.50 - 2:40.15

6017 Garrett Scantling 19.5.93 3 NCAA Fayetteville 9 Mar 2013
7.07 - 7.04 - 14.12 - 2.11 [3323] / 8.10 - 5.10 - 2:47.07

6014 Clay 3 Tallinn 8 Feb 2004
6.81 - 7.46 - 15.08 - 2.01 [3484] / 7.85 - 4.55 - 2:52.97

6008 Fritz 6 WC Paris (Bercy) 9 Mar 1997
7.15 - 7.29 - 14.93 - 2.01 [3311] / 7.97 - 5.00 - 2:46.97

6008 Kilmartin 1 Nampa 2 Feb 2008
7.08 - 7.52 - 14.39 - 2.06 [3405] / 8.28 - 5.25 - 2:56.15
[20 performers, 43 performances > 6000]

ATHLETE BIOS:

AUSTIN BAHNER

DOB: July 7, 1991
POB:
Ht/wt: 6-2, 178
Hometown: Wichita, KS
High School: Wichita Heights HS
College: Wichita St U '14
Club: Shocker TC



2014: 9th at Thorpe Cup. Won Missouri Valley Champs and followed with 7th at USAs. PR'd at indoor Varsity Apts win (5666) and then placed 15th at NCAAs indoors while injured. **2013:** Posted 3 event PRs for 7th place at Thorpe Cup. 7th at USA nationals and 10th at NCAAs with 7847 score. Missouri Valley Conf runner-up with a 7599 effort. 16th at NCAAs indoors. Won Missouri Valley Conference (MVC) indoor title with PR 5645. **2012:** 6th at MVC indoors. Decathlon PR came at Trinity spring meet at 7188. **2011:** 3rd MVC indoors. **2010:** 2nd at Shocker decathlon with 6692 score. Redshirt both indoor and outdoor season. **High School:** Lettered in basketball, soccer and track. **Personal:** Son of Brent and Lisa Bahner. Accounting major.

Career:

Indoor:	60m	lj	sp	hj	60h	pv	1000m
1/30/10	4592	6	Husker, Lincoln	7.25	644	995	172 9.11 360 2:43.24
2/05/11	5173	2	WSU Quad, Wichita	7.09	713	1157	195 9.12 410 2:49.23
2/27/11	5122	3	MVC, Cedar Falls	7.04	735	1204	187 9.11 405 2:55.69
2/04/12	5326	2	Varsity Apts, Wichita	6.97	707	1189	189 9.10 465 2:49.54
2/26/12	5219	6	MVC, Cedar Falls	7.01	714	1198	187 9.15 420 2:45.34
2/02/13	5473	2	Varsity Apts, Wichita	7.00	712	1321	193 8.73 445 2:48.95

4/12/13	7215	1	Mondo Mid Maj, Sacramento	11.28+2.1	698+1.6	1323	197	52.87	15.61+0.5	3731	445	5638	4:45.45
4/25/13	7194	1	BYU Robison, Provo	11.36+2.1	680-2.1	1253	193	51.12	15.59+0.4	4363	425	5949	4:54.08
5/11/13	7172	4	IC4A, Princeton	11.31+0.5	689+0.6	1233	196	51.01	15.60-0.1	3466	415	6074	4:39.03
3/27/14	7642	1	Texas R, Austin	11.13+3.6	709 0.0	1355	193	52.33	15.10+2.7	4407	450	6417	4:40.44
6/12/14	7568	9	NCAA I, Eugene	11.26+2.3	673+0.3	1321	196	50.20	15.21+1.5	4466	440	6246	4:41.28
6/27/14	7592w	5	USA, Sacramento	11.23+1.9	698+3.6	1243	193	50.28	15.38+1.7	4406	460	6069	4:35.69
7/27/14	7445	7	Thorpe Cup, Marburg	11.33-0.6	706-0.4	1335	187	51.61	15.32+0.8	4523	461	5987	4:53.41

PRs: 7642 / 5621 11.12+3.6 710 1441 208 50.20 15.10+2.7 4523 461 6651 4:35.69

Indoor: 60m: 7.10; 60h: 8.37 1000m: 2:49.09

Updated 7/28/14

THOMAS FITZSIMONS

DOB: March 8, 1989
 POB:
 Ht/wt: 6-2, 182
 Hometown: Hamden, CT
 High School: Hamden HS
 College: Mt St Mary's '12
 Club: Santa Barbara TC



2014: 3rd at USA nationals. Won Claremont and San Diego Imperial meets. 4th at USA indoor champs. PR runner-up at U of Washington heptathlon. **2013:** 2nd at Sam Adams spring meet. **2012:** 13th at NCAAs. outdoors: 8th at Texas Relays and improved score to 7440 at local meeting. Indoors- 4th at IC4A meet. **2011:** 19th at NCAA decathlon. 3rd at IC4A indoor heptathlon. Opened outdoor season with windy 7607 score for 5th at Texas Relays. **2010:** Won Penn Relays and IC4A decathlons. **2009:** Competed in pair of indoor heptathlons. **2008:** 2nd IC4A decathlon. **High School:** Connecticut state 400m champ. **Personal:** Son of Tom and Mary Sue Fitzsimons. Majored in Criminal Justice.

Career:

Indoor:		<u>60m lj sp hj 60h pv 1000m</u>											
1/19/08	4479	2	Navy, Annapolis										
1/31/09	4465	8	Penn St Open, U Park	7.19	647	1122	189	8.68	nh	2:39.74			
2/12/09	5043	1	Liberty U, Lynchburg	7.32	656	1078	184	8.62	425	2:39.83			
1/15/11	5198	1	Navy, Annapolis	7.26	643	1156	183	8.72	455	2:37.04			
1/29/11	5142	3	Penn St, U Park	7.39	620	1164	188	8.60	440	2:36.26			
3/06/11	5293	3	IC4A, Boston	7.25	655	1155	186	8.58	450	2:35.03			
1/14/12	5036	1	Navy, Annapolis	7.35	648	1071	189	8.67	455	2:51.20			
1/28/12	5026	4	Penn St Open, U Park	7.29	623	1138	184	8.69	405	2:34.96			
3/04/12	5110	4	IC4A, Boston	7.33	644	1088	186	8.55	405	2:32.36			
1/12/13	5200	1	Navy Invt, Annapolis	7.45	654	1129	195	8.73	440	2:37.10			
1/26/13	5122	1	Penn St Open, U Park	7.49	647	1163	183	8.84	451	2:34.63			
2/01/14	5454	2	U Washington, Seattle	7.28	692	1217	193	8.68	455	2:35.50			
2/22/14	5549	4	USA, Albuquerque	7.27	688	1228	201	8.56	460	2:36.36			
1/31/15	5372	4	UWash, Seattle	7.33	693	1268	192	8.84	440	2:36.26			

Outdoor:

Outdoor:		<u>100m w lj w sp hj 400m 110h w disc pv jav 1500m</u>																
3/18/08	6277	6	Big Green Desert, Scottsdale															
5/17/08	6763	2	IC4A, Princeton															
6/21/08	6835*	4	USA Jr, Columbus	11.44-0.6	676+1.0	1156	167	49.04	15.22-1.4	3618	425	4423	4:28.95					
4/21/10	7036	1	Penn R, Philadelphia	11.51-0.1	661-2.1	1117	185	49.40	15.66-1.0	3590	430	5577	4:26.94					
5/15/10	7195	1	IC4A, Princeton	11.41	0.0	697+1.6	1191	188	49.61	15.51+0.6	3463	435	5542	4:28.07				
4/06/11	7607w	5	Texas R, Austin	10.90+4.4	682+2.1	1133	193	49.20	14.70+2.1	3688	450	5891	4:17.76					
6/09/11	7364	19	NCAA I, Des Moines	11.07+1.8	677+0.5	1139	181	49.11	15.07+0.4	3899	460	4968	4:16.04					
3/29/12	7390	8	Texas R, Austin	11.14+2.2	664+1.4	1159	190	48.98	15.09+1.8	3673	460	5041	4:13.41					
4/21/12	7440	1	MSM, Emmitsburg	11.13+1.1	694-0.9	1162	193	48.73	15.44-1.5	3494	455	5351	4:16.27					
6/07/12	7547	13	NCAA I, Des Moines	11.02+3.0	658-2.0	1212	187	48.70	15.20+0.9	3847	460	5577	4:10.81					
4/06/13	7237	2	Sam Adams, Santa Barbara	11.44+1.2	670+0.6	1204	189	49.79	15.60+0.5	3598	455	5700	4:27.23					
4/19/13	5469	3	MSM, Emmitsburg	11.45+0.6	nm		1165	194	50.37	16.04+0.5	3461	430	4994	dnf				

5/11/13	7228	3	U Virginia, Charlottesville	11.30+1.6	670	0.0	1221	194	50.12	15.74+1.3	3695	420	5463	4:19.01
4/05/14	7240	5	Sam Adams, Santa Barbara	11.25	0.0	710+4.5	1210	199	49.62	15.51+3.0	3642	400	5506	4:37.53
5/09/14	7468	1	Classic, Claremont	11.31+1.7	700+1.5	1231	191	49.74	15.17+3.0	3554	450	5876	4:21.31	
6/13/14	7642	1	San Diego Imperial, CVista	11.28+1.3	712+0.8	1277	190	49.56	15.23+0.6	3981	455	6066	4:22.73	
6/27/14	7645	3	USA, Sacramento	11.19+1.9	684+2.1	1198	193	49.02	15.19+1.5	3947	460	6120	4:19.01	
7/27/14	dnf	-	Thorpe Cup, Marburg	11.39-0.6	683-0.3	1153	193	49.32	15.34+1.7	3630	nh	withdrew		

PRs: 7645 / 5549

10.90+4.4 712+0.8 1277 201 48.39 14.70+2.1 3981 460 6120 4:10.81

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

TED GLASNOW

DOB:

POB:

Ht/wt: 6-2,

Hometown: Newhall, CA

High School: William S. Hart Union

College: Notre Dame '13



2015: 2014: 3rd at ACC indoor heptathlon. **2013:** Big East indoor champ with 5493 PR score. Won Cal Invt with 7315 PR score. **2012:** 4th indoors and 3rd outdoors at Big East. **2011:** did not compete. **2010:** 6th and 7th at Big East Multis indoors and out. **High School:** 6x letter winner in track and football. **Personal:** Son of Greg and Donna Glasnow.

Career:

Indoor:

				<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
1/23/10	4385	2	ND Multis, South Bend	7.1h	620	1192	192	9.3h	290	2:57.1h
2/04/10	4682	1	ND Meyo, South Bend	7.2h	666	1204	186	9.1h	350	2:54.20
2/21/10	4776	6	Big East, Armory, NYC	7.35	638	1158	194	9.45	394	2:50.20
1/14/12	4345	6	Eubanks, Allendale	7.38	668	1315	197	9.05	nh	2:59.70
2/19/12	4981	4	Big East, NYC Armory	7.39	645	1291	193	9.11	410	2:48.87
1/12/13	5104	1	Eubanks, Allendale	7.26	669	1397	188	8.80	405	2:53.85
2/17/13	5493	1	Big East, Geneva	7.14	674	1314	202	8.67	465	2:48.12
12/7/13	dnf	-	Golden Flash, Kent	7.30	633	1457	187	8.88	nh	
2/15/14	5444	1	Spire D-I, Geneva	7.22	686	1453	188	8.64	470	2:51.12
2/28/14	5459	3	ACC, Clemson	7.22	666	1421	193	8.55	460	2:46.76
1/31/15	4510	13	U Washington, Seattle	7.37	651	1449	189	8.82	nh	2:46.19

Outdoor:

				<u>100m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>sp</u>	<u>hj</u>	<u>400m</u>	<u>110h</u>	<u>w</u>	<u>disc</u>	<u>pv</u>	<u>jav</u>	<u>1500m</u>
4/02/10	6384	6	Click, Tucson	11.71-0.9	673+1.0	1199	199	53.27	17.64+0.8	3992	340	4613	4:45.77			
5/01/10	6220	7	Big East, Cincinnati	11.54+2.9	659+1.0	1240	194	51.63	17.17+0.8	2389	335	4631	4:35.95			
3/29/12	6664	14	Texas R, Austin	11.54+1.4	680+0.5	1183	187	52.80	16.02+1.4	4222	410	4387	4:55.36			
5/05/12	6865	3	Big East, Tampa	11.67+0.6	658+1.5	1188	190	51.84	15.92+3.1	3986	435	5136	4:43.18			
3/30/13	6314	4	Nickoloff, Cincinnati	11.58nwi	652nwi	1405	183	51.45	15.92nwi	4374	nh	5285	4:43.29			
4/18/13	7315	1	Cal Invt Azusa	11.42+1.7	696+2.2	1340	201	51.21	15.71+1.2	4349	465	4798	4:50.86			
5/04/13	7223	3	Big East, Piscataway	11.25+5.8	678+2.3	1384	194	50.82	15.39+3.6	4195	425	5344	4:57.39			
3/27/14	7299W7		Texas R, Austin	11.20+3.6	670+2.7	1378	181	51.22	15.42+4.4	4539	440	5584	4:44.99			
5/10/14	dnf	-	UVa Challenge, Charlottesville	11.40+0.5	660+2.4	1419	nh									

PRs: 7315 / 5459

11.20+3.6 696+2.2 1457 202 50.82 15.39+3.6 4539 470 5584 4:35.95

Indoor: 60m: 7.14; 60h 8.55; 1000m: 2:46.19

THOMAS HOPKINS

DOB:
 POB:
 Ht/wt: 6-2, 188
 Hometown: Bryn Mawr, PA
 High School: Haverford School '10
 College: Princeton '14
 Club: Santa Barbara TC



2015: Scored 5462 PR for 3rd at U Washington Invt indoors. **2014:** Heptagonal indoor 500m champ. Qualified for NCAA Regionals for 4th consecutive season in 400m. **2013:** Princeton Track team captain. **2012: High School: Personal:**

Indoor:

1/22/11 5086 1 Princeton R, Princeton
 1/31/15 5462 3 U Washington, Seattle

Career:

60m lj sp hj 60h pv 1000m
 6.8h 723 1080 183 8.2h 375 2:52.4h
 6.97 717 1290 180 8.27 370 2:30.91

Outdoor:

4/18/13 dnf 1 Ellis, Princeton

100m w lj w sp hj 400m 110h w disc pv jav 1500m
 11.12-0.8 730+1.8 1196 withdrew [=2324]

PRs: / 5462

10.91-0.2 771+1.3 1290 183 46.23

375

Indoor: 60m:6.97 ; 60h: 8.27; 1000m: 2:30.91

MILLER MOSS

DOB: March 14, 1988
 POB: Lafayette, LA
 Ht/wt: 6-4, 190
 Hometown: Sumter, SC
 High School: Wilson Hall HS, SC '06
 College: Clemson '11



2015: 2nd at New Mexico Classic heptathlon. **2014:** Injured and did not compete. **2013:** 9th USA champs outdoors. **2012:** 7th at US Olympic Trials, while recovering from injury. **2011:** 3rd place at NCAAs with PR just 4 points shy of 8000 and place 3rd at USA nationals in Eugene. Was ACC outdoor runner-up with 7706 effort. Captured NCAA indoor heptathlon with 5986 effort. Opened indoor season with breakthrough 5903 heptathlon win at Clemson, then won ACC title with 5881 score. **2010:** 4th at USA nationals and 6th vs Germany in initial international. 20th (nm discus) at NCAAs. Atlantic Coast Conf runner-up with PR 7628 score. Won JRF heptathlon at Clemson with PR (5653), then raised it with a 2nd place showing at the ACC champs (5699). **2009:** 5th ACC indoor champs decathlon. Runner-up at Wake Forest Deacon decathlon with 7323 PR. **2008:** 5th at ACC indoor champs heptathlon. ACC decathlon runner-up with 6991 PR. **2007:** as red-shirt freshman placed 7th at USA Jr champs. **High School:** 2x state meet MVP

Career:

Indoor:

1/27/07	3956	12	JRF, Clemson	
1/26/08	5184	1	JRF, Clemson	7.11 691 1185 188 8.95 430 2:47.14
3/29/08	5206	5	ACC, Chapel Hill	6.62 651 1230 197 8.26 427 2:48.83 [55m,55H]
1/31/09	5459	2	JRF, Clemson	6.97 704 1306 189 8.82 450 2:44.76
2/27/09	5468	5	ACC, Blacksburg	7.06 692 1328 194 8.85 455 2:44.43
1/30/10	5653	1	JRF, Clemson	6.96 711 1313 196 8.28 460 2:49.48
2/26/10	5699	2	ACC, Blacksburg	6.97 693 1317 198 8.11 460 2:42.41
3/13/10	5638	8	NCAA, Fayetteville	7.00 693 1252 193 8.15 450 2:39.68
1/29/11	5903	1	JRF, Clemson	6.93 731 1332 201 7.99 470 2:46.24
2/26/11	5881	1	ACC, Blacksburg	7.00 699 1329 204 8.04 480 2:42.87
3/12/11	5986	1	NCAA, College Station	6.91 716 1358 202 7.94 490 2:45.15
3/04/12	dnf	-	USA, Bloomington	6.97 692 1341 194 8.69 withdrew

3/02/13 dnf - USA, Albuquerque 7.15-inj nm 1434 190 withdrew
 2/07/15 5563 2 UNM Classic, Albuquerque 7.08 700 1299 192 8.17 450 2:46.97

Outdoor:

5/08/07 6476 1 Invt, Clemson
 6/21/07 6774*7 USA Jr, Indianapolis 11.29+0.7 636+1.4 1244 187 49.23 15.89+2.5 3821 410 4140 4:43.05
 3/22/08 6819 3 Clemson R, Clemson 11.19 662 1237 179 48.91 15.85 3146 430 4647 4:40.25
 4/18/08 6991 2 ACC, Atlanta 11.00+1.0 647+0.5 1249 189 48.25 15.68+0.6 3617 405 4506 4:37.19
 5/13/09 7323 2 Deacon, W-Salem 10.98+1.3 710 0.0 1278 186 47.78 15.08+3.5 3525 432 4518 4:31.90
 6/11/09 dnf - NCAA, Fayetteville 11.55+2.7 inj, withdrew
 4/16/10 7628 2 ACC, Clemson 10.70+1.0 699-1.1 1300 193 47.15 14.42+0.8 3573 475 4664 4:40.73
 6/11/10 6936 20 NCAA, Eugene 10.78+0.5 713-0.2 1330 196 47.96 14.62+1.0 nm 450 4674 4:49.80
 6/26/10 7614 4 USA, Des Moines 10.81+3.3 716+2.5 1263 199 47.90 14.56+4.4 3562 440 5170 4:39.66
 8/08/10 7606 6 vs Germany, Marburg 10.97+1.7 715+1.6 1303 194 47.52 14.79-1.2 3745 441 4828 4:32.17
 4/22/11 7706 2 ACC, Durham 10.86+1.0 692+1.0 1381 200 47.85 14.38-1.6 3501 460 4919 4:32.80
6/09/11 7996 3 NCAA I, Des Moines 10.58+2.8 724+1.6 1359 199 47.23 14.10-0.4 3908 490 4981 4:44.71
 6/24/11 7878 3 USA, Eugene 10.92+0.6 711+0.4 1370 199 48.06 14.21+2.0 3905 485 4945 4:35.04
 8/14/11 7066 11 vs Germany, Chula Vista 10.77+1.5 718+2.6 1369 186 48.64 14.34+1.5 3626 471 nm 4:38.67
 6/23/12 7712 7 USOT/USA, Eugene 10.85+0.4 691-1.4 1403 187 49.62 14.91 -0.8 4476 470 5322 4:36.84
 4/27/13 7053 3 Ark Invt, Fayetteville 10.84+0.4 694+0.7 1485 193 49.21 14.17+1.9 4376 500 3584 dnf
 6/22/13 7490 9 USA, Des Moines 10.79+1.2 682-1.3 1407 193 48.09 14.75 0.0 4608 460 3404 4:50.12

PRs: 7996 / 5986 10.58+2.8 734+0.2 1434 204 47.15 13.81 4608 490 5322 4:31.90

Indoor: 60m: 6.91; 60H: 7.94; 1000m: 2:39.68 *-Junior implements

Summary: 17 meets, 16 finishes, PR: 7996 Top Ten Ave: 7602.9

JEREMY TAIWO

DOB: January 15, 1990
 POB: Ballard, WA
 Ht/wt: 6-5, 192
 Hometown: Renton, WA
 High School: Newport HS
 College: Washington '12



2015: Won 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 1/2 high jump) at Boise St. **2012:** Did not compete due to 2011 injury. **2011:** 15th 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 8th at NCAAs. **2010:** Injured at NCAAs (hurdles) with concussion and 'dnf'd.' Pac-10 runner-up with PR 7521. Did not compete indoors. **2009:** 3rd at Pac-10 decathlon with PR 7299 score. 12th at NCAA indoor heptathlon. Mountain Pacific SF heptathlon champion in 2nd 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 9th in the triple jump for Nigeria at both 1984 (Los Angeles) and 1988 (Seoul) Olympic Games.

Career:

Indoor:	60m	lj	sp	hi	60h	pv	1000m
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	7.15	700	1303	196	8.39	475	2:35.68
3/12/11 5780 8 NCAA I, College Station	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				
1/31/15 6344 1 U of Washington, Seattle	7.06	756	1477	213	8.03	490	2:30.85 [3502/2842]

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	10.95nwi	718nwi	1357	209	48.56	14.74+2.6	4075	480	4834	4:18.23			
6/06/13	8239	2 NCAA I, Eugene	10.84+1.4	742+0.7	1370	217	48.11	14.16+2.8	3490	500	4987	4:16.34			
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****HENRY VILDOSOLA**

DOB: January 15, 1992
 POB: San Bernadino, CA
 Ht/wt: 6-0, 170
 Hometown: Moreno Valley, CA
 High School: Woodcrest Christian HS
 College: Baylor '14



2014: 17th at NCAAs. 3rd indoors and 4th outdoors (PR 7344 score) at Big 12 champs. **2013:** 8th at Big 12, won Mt Sac Open. Did not compete indoors, **2012:** 8th at Big 12 decathlon. **High School:** Won Mt Sac Relays HS decathlon in 2010. **Personal:** Son of Cassandra Vildosola, and grandson of Dean and Vera McPike, Majoring in physics.

Career:**Indoor:**

			<u>60m</u>	<u>lj</u>	<u>sp</u>	<u>hj</u>	<u>60h</u>	<u>pv</u>	<u>1000m</u>
1/29/11	4046	10 Razorback, Fayetteville	7.57	645n	1201	187	9.35	nh	2:55.94
2/26/11	4622	17 Big 12, Lincoln	7.48	636	1156	185	8.98	350	2:51.04
1/28/12	4752	20 Razorback, Fayetteville	7.50	647	1183	182	9.19	410	2:50.64
2/25/12	4907	10 Big 12, College Station	7.51	663	1171	189	8.85	410	2:43.96
2/08/14	5128	2 A&M Challenge, C Station	7.28	676	1320	190	8.85	420	2:52.36
3/01/14	5334	3 Big 12, Ames	7.18	670	1336	191	8.66	465	2:53.10
2/07/15	5346	1 A&M Aggie, C Station	7.19	676	1365	190	8.58	465	2:55.72

Outdoor:

			<u>100m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>sp</u>	<u>hj</u>	<u>400m</u>	<u>110h</u>	<u>w</u>	<u>disc</u>	<u>pv</u>	<u>jav</u>	<u>1500m</u>
4/09/10	6480	3 Arcadia Preps, Arcadia	11.67+0.2	650+0.8	1370	187	53.25	15.48-0.4	3965	320	5312	4:49.74			
5/30/10	6056	1 Mt Sac HS, Walnut	11.84nwi	624+1.1	1195	185	53.24	17.41	0.0	3373	320	5267	4:47.15		
4/06/11	6152W	18 Texas R, Austin	11.67+3.1	653+4.2	1168	187	53.84	17.91+2.0	3202	360	5225	4:45.98			
4/05/12	6701	2 Sam Houston, Huntsville	11.71+0.3	686+0.6	1210	192	51.55	16.24+3.8	3183	415	4730	4:35.57			
5/12/12	6799	8 Big 12, Manhattan	11.68-0.5	687nwi	1182	190	51.67	15.97+3.1	3691	426	4574	4:38.81			
5/03/13	6836	8 Big 12, Waco	11.59+1.6	684+2.2	1258	188	52.64	16.07+1.8	3601	419	5072	4:35.06			
5/25/13	6751	1 Mt Sac Open, Walnut	11.69	nwi	691nwi	1333	187	52.55	16.48	nwi	3866	410	4811	4:45.12	
3/27/14	7112W	8 Texas R, Austin	11.25+3.6	686+5.8	1325	184	51.87	15.61+1.8	3659	460	5482	4:48.23			
5/17/14	7344	4 Big 12, Lubbock	11.36	0.0	689+2.1	1316	193	50.55	15.58+0.7	3953	459	5311	4:35.39		
6/12/14	7202	17 NCAA I, Eugene	11.49+2.3	709+4.5	1313	181	51.69	15.27+2.4	3668	470	5378	4:39.31			

PRs: 7344 / 5346**11.36 0.0 709+4.5 1336 193 50.55 15.27+2.4 3953 470 5482 4:35.06****Indoor: 60m: 7.18; 60h: 8.58; 1000m: 2:43.96**