

**34<sup>th</sup> and 2015**  
**WOMEN'S HEPTATHLON**  
**NATIONAL CHAMPIONSHIPS**



**Hayward Field**  
**University of Oregon**  
**Eugene, OR**  
**June 27-28, 2015**



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

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## The Field.....



**Top Row:** Erica Bougard, Sharon Day-Monroe, Quintuna Chapman, Kaylon Eppinger, Alex Gochenour, Lindsey Hall;  
**Middle Row:** Jenna Hemann, Nikki Larch-Miller, Deanna Latham, Brianna Leslie, Lindsay Lettow, Heather Miller-Koch, Barbara Nwaba;  
**Bottom Row:** Tiffeny Parker, Allison Reaser, Lindsey Schwartz, Sami Spenner, Lindsay Vollmer, Kendell Williams.

## SECTION ONE: Basic Info:

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

### a... Time Schedule

Saturday, June 27, 2015		Sunday, June 28, 2015	
11:00 am	100m Hurdles	10:45 am	Long jump
12:00 pm	High Jump	11:45	Javelin
2:00	Shot Put	1:11 pm	800 m
3:03	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.

**2015 QUALIFYING GUIDELINES:**

#...All qualifying performances for the U.S. Championships must be attained on a standard outdoor track in the period Sunday, January 2, 2014 through Sunday, June 14, 2015.

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 2015 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 2, 2014 through Sunday, June 14, 2015.



**c) .....Qualifiers**

Q score	name	affiliation	meet/site	date
6470	Sharon Day-Monoe	Asics	USA, Sacramento	6/26/14
6342	Barbara Nwaba	Santa Barbara TC	Hypo-Bank, Götzis	5/30/15
6250	Erica Bougard	Mississippi St	SEC, Starkville	5/14/15
6223	Kendall Williams	Georgia	NCAA I, Eugene	6/11/15
6146	Quintuna Chapman	Georgia	NCAA I, Eugene	6/11/15
6100	Heather Miller-Koch	CPTC-New Balance	USATF, Sacramento	6/29/14
6027	Alex Gochenour	Arkansas	Texas R, Austin	3/26/15
6019	Sami Spenner	Nebraska-Omaha	Mt Sac R, Azusa	4/16/15
6002	Jena Hemann	Texas A&M	Texas R, Austin	3/26/15
5998	Lindsay Schwartz	Santa Barbara TC	Sam Adams, S Barbara	4/04/15
5929	Lindsay Lettow	Santa Barbara TC	Sam Adams, S Barbara	4/04/15
5917	Allison Reaser	San Diego St	USATF, Sacramento	6/29/14
5914	Latham, Deanna	Wisconsin	Big 10, E Lansing	5/16/15
5893	Breanna Leslie	unat-Azusa Pacific	Mt Sac R, Azusa	4/17/14
5863	Kaylon Eppinger	W Athletics Center	E II, Chula Vista	5/23/15
5812	Larch-Miller, Nikki	Shocker TC	Cal Invt, Azusa	4/16/15
5767	Lindsay Vollmer	Kansas	Kansas R, Lawrence	4/16/15
5732	Tiffany Parker	unat	E II, Chula Vista	5/23/14
5712	Lindsey Hall	unat	E II, Chula Vista	5/23/14

[19]

nb: **Entries were not received from:**

6014	Herauff, Jess	5723	Jules, Vanessa
5782	Profit, Kiana	5717	Brooks, Taliyah
5771	Souza, Tatum	5706	Maslowski, Teddi
5757	McDonald, Fabia	5556	Flax, Jessica
5750	Hawkins, Chari	5550	Krais, Ryan

**d)....Website listing results**

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

[www.flashresults.com](http://www.flashresults.com)

**SECTION TWO: RECORDS**

U.S. NATIONAL CHAMPIONSHIPS, 1950-2014

**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	
<b>Heptathlon</b>				
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	
<i>[1985 IAAF Tables]</i>				
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	6470	Sharon Day	Asics	



## 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
	Sharon Day-Monroe	2011 2012 2013 2014

## Most Consecutive Wins:

7 in a row:	Pat Winslow	1961-1967
5 in a row:	Stella Walsh	1950-1954
4 in a row	Sharon Day-Monroe	2011-2014

## 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 <sup>st</sup> day	4367	J Joyner-Kersey/USA	Indy	7215	1988
2 <sup>nd</sup> 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 <sup>st</sup> day	4367	Jackie Joyner-Kersey/WCAC	Indy	7215	1988
2 <sup>nd</sup> 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 <sup>st</sup> day	3942	Jackie Joyner/UCLA	Baton Rouge	6718	1985
2 <sup>nd</sup> 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]



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## RECENT MEET RESULTS

### 2015 USA National Indoor Champs

February 27, 2015, Reggie Lewis Center, Roxbury, MA

4654	Day-Monroe, Sharon/Asics	8.56 183 1541 594	2:13.45
4389	Nwaba, Barbara/unat	8.40 174 1376 562	2:12.14
4317	Eppinger, Kaylon/W Athletics C	8.30 177 1307 570	2:19.96
4218	Lettow, Lindsay/unat	8.66 171 1243 584	2:18.34
4134	Leslie, Breanna/unat	8.50 168 1204 552	2:13.28
4110	Profit, Kiani/unat	8.74 171 1186 560	2:14.64
4071	Schwartz, Lindsay/S Barbara TC	8.82 171 1290 562	2:21.73
3928	Metoyer, Amber/unat	8.98 168 1343 567	2:31.23
3808	Parker, Tiffany/unat	9.00 171 1301 536	2:34.06
dnf	Reaser, Allison/W Athletic C	8.56 159 1127	withdrew

10s,9f.



### 2014 USA National Outdoor Champs

June 27-28, Sacramento State U, Sacramento, CA

6470	Day-Monroe, Sharon/Asics	13.42 184 1545 24.40 585 4684	2:11.54
6307	Nwaba, Barbara/S Barbara TC	13.63 178 1454 23.92 602 4374	2:13.76
6118	Bougaard, Erica/unat	13.28 178 1132 23.33 621 3305	2:09.64
6100	Miller, Heather/C Park TC	13.65 178 1184 23.89 594 4016	2:09.65
6072	Profit, Kiani/unat	13.51 169 1280 24.12 594 4092	2:08.85
5960	Spenner, Sami/Nebraska-Omaha	13.91 172 1184 23.81 607 3927	2:13.38
5917	Reaser, Allison/San Diego St	13.49 160 1194 23.86 621 3720	2:11.10
5838	Leslie, Breanna/unat	13.72 166 1161 24.03 573 4074	2:10.88
5816	Schwartz, Lindsay/S Barbara TC	13.99 172 1231 24.07 585 3643	2:14.64
5738	Lettow, Lindsay/unat	13.96 169 1245 24.89 582 3817	2:14.73
5680	Latham, Deanna/Wisconsin	13.46 160 1109 24.69 598 4142	2:19.20
5549	Krais, Ryann/Nike	14.12 172 1276 25.32 505 4032	2:14.88
5466	Woods, Shana/unat	13.73 166 1228 24.25 596 3615	2:39.80
5377	Metoyer, Amber/unat	14.47 163 1382 25.28 545 4016	2:29.90

14s,14f.



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## 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		



## 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.

## 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>13.42+0.9</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>
6342	Barbara Nwaba	<i>13.38+0.6</i>	<i>187</i>	<i>1454</i>	<i>23.04-0.2</i>	<i>602+0.6</i>	<i>4660</i>	<i>2:07.37</i>
6250	Erica Bougard	<i>13.02+1.8</i>	<i>185</i>	<i>1251</i>	<i>23.33+2.6</i>	<i>643i</i>	<i>3605</i>	<i>2:09.54</i>
6223	Kendell Williams	<i>12.99+1.8</i>	<i>188</i>	<i>1277</i>	<i>23.67+3.2</i>	<i>654</i>	<i>3874</i>	<i>2:17.30</i>
6147	Quintuna Chapman	<i>13.43+1.0</i>	<i>164</i>	<i>1456</i>	<i>23.62+3.2</i>	<i>626+0.2</i>	<i>4366</i>	<i>2:14.22</i>
6100	Heather Miller-Koch	<i>13.65+1.8</i>	<i>178</i>	<i>1194</i>	<i>23.89+0.6</i>	<i>639+2.8</i>	<i>4052</i>	<i>2:09.65</i>
6068	Lindsay Vollmer	<i>13.40+1.0</i>	<i>182</i>	<i>1312</i>	<i>24.05+2.2</i>	<i>619+3.3</i>	<i>4767</i>	<i>2:19.36</i>
6027	Alex Gochenour	<i>13.15+2.0</i>	<i>180</i>	<i>1309</i>	<i>24.08+4.3</i>	<i>627+3.6</i>	<i>3805</i>	<i>2:16.85</i>
6019	Sami Spenner	<i>13.91+1.8</i>	<i>176</i>	<i>1299</i>	<i>23.54+1.5</i>	<i>634+2.3</i>	<i>3927</i>	<i>2:11.38</i>
6002	Jena Hemann	<i>14.25+0.3</i>	<i>180</i>	<i>1369</i>	<i>24.82+2.1</i>	<i>603+2.2</i>	<i>4880</i>	<i>2:19.85</i>
5998	Lindsay Schwartz	<i>13.61+4.9</i>	<i>178</i>	<i>1303</i>	<i>24.06+1.8</i>	<i>615+1.5</i>	<i>4247</i>	<i>2:12.48</i>
5929	Lindsay Lettow	<i>13.69+1.4</i>	<i>179i</i>	<i>1245</i>	<i>24.51+4.0</i>	<i>597 0.0</i>	<i>4148</i>	<i>2:12.71</i>
5917	Allison Reaser	<i>13.30+1.2</i>	<i>164</i>	<i>1208</i>	<i>23.88+2.6</i>	<i>622</i>	<i>4025</i>	<i>2:11.10</i>
5914	Deanna Latham	<i>13.15+3.1</i>	<i>173</i>	<i>1346</i>	<i>24.31+2.8</i>	<i>607+1.7</i>	<i>4306</i>	<i>2:17.01</i>
5893	Breanna Leslie	<i>13.26+2.3</i>	<i>174</i>	<i>1249</i>	<i>23.97+2.8</i>	<i>594+1.7</i>	<i>4129</i>	<i>2:10.88</i>
5863	Kaylon Eppinger	<i>13.17+1.4</i>	<i>180</i>	<i>1320</i>	<i>24.34+2.8</i>	<i>591+2.1</i>	<i>3897</i>	<i>2:17.82</i>
5812	Nikki Larch-Miller	<i>13.15+0.9</i>	<i>166</i>	<i>1159</i>	<i>23.23</i>	<i>612</i>	<i>4003</i>	<i>2:16.66</i>
5732	Tiffany Parker	<i>13.64+2.3</i>	<i>176</i>	<i>1378</i>	<i>25.15+1.4</i>	<i>592+2.1</i>	<i>4477</i>	<i>2:28.34</i>
5712	Lindsey Hall	<i>13.46+2.3</i>	<i>175</i>	<i>1268</i>	<i>25.40+1.7</i>	<i>605nwi</i>	<i>4698</i>	<i>2:21.35</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



**2015:** 4th at NCAAs. SEC champ with significant 6250 PR. 3rd at Mount Sac Relays. SEC and NCAA indoor runner-up. **2014:** Redshirt outdoor season. Place 3rd with new career best score (6118) a USAs and 3rd again at Thorpe Cup. Indoors set CR of 4586 at NCAAs in Albuquerque but it lasted less than 5 seconds. She pace 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. 4<sup>th</sup> 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. **2012:** Won USA Junior title, then placed 13<sup>th</sup> at IAAF world junior champs. 5<sup>th</sup> at Texas Relays and 4<sup>th</sup> at SEC (5532) in initial career heptathlons. 10<sup>th</sup> at NCAAs indoors. Runner-up at SEC indoor meet with PR 4109 score. **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
<b>3/15/14</b>	<b>4586</b>	<b>2</b>	<b>NCAA I, Albuquerque</b>	<b>8.31</b>	<b>179</b>	<b>1251</b>	<b>629</b>	<b>2:12.63 CR</b>
1/21/15	4419	1	Samford, Birmingham	8.27	177	1189	631	2:20.97
2/27/15	4376	2	SEC, Lexington	8.14	166	1221	615	2:13.44
3/14/15	4566	2	NCAA I, Fayetteville	8.16	183	1246	616	2:16.93

#### 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
6/29/14	6118	3	USA, Sacramento	13.28+0.9	178	1132	23.33+2.6	621+2.0	3305	2:09.54
7/27/14	5873	3	Thorpe Cup, Marburg	13.47-0.1	168	1081	23.96+2.4	630+1.5	3205	2:10.15
4/16/15	5962w	3	Mount Sac R, Azusa	13.29+2.1	179	1089	23.65+3.1	620+1.6	2864	2:11.08
<b>5/14/15</b>	<b>6250</b>	<b>1</b>	<b>SEC, Starkville</b>	<b>13.11+0.7</b>	<b>185</b>	<b>1168</b>	<b>23.48+1.8</b>	<b>639+2.6</b>	<b>3164</b>	<b>2:11.00</b>
6/11/15	6050w	4	NCAA I, Eugene	13.12+0.9	184	1049	23.63+3.2	637+3.6	3395	2:20.35

PRs: 6250 / 4586

Indoor: 60mH: 8.14 3820 1st day at SECs

13.02+1.8 185 1251 23.33+2.6 643i 3605 2:09.54

# QUINTUNA CHAPMAN

DOB: January 7, 1993  
 POB:  
 Ht: 5-8  
 Hometown: Hinsville, GA  
 High School: Bradwell Institute  
 College: Georgia '15



**2015:** 3rd place at NCAAs. 4th at SECs(5886). Won Bulldog hept with PR 6146 effort. 6th at NCAA indoors. Runner-up at McCravey pent with PR 4257 effort and then placed 3rd at SEC. **2014:** 6th at NCAA outdoors. Scored PR 5659 in early season meet then placed 2nd at SECs. 12th at NCAAs with PR 4107 score. Score 3670 in first pentathlon, then placed 8th at SEC meet with 4043 effort. **2013-12:** Concentrated on sprints (54.76 400m/24.40200m). **High School:** '11 Georgia 5A state long jump champ. Named Girls Track and Field Athlete of the Year from 2009 to 2011. **Personal:** Daughter of David and Cenita Chapman. Pre-Exercise and Sport Science major.

### Career:

#### Indoor:

				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/24/14	3670	6	UNM C&S, Albuquerque	8.91	157	1116	542	2:24.98
2/27/14	4043	8	SEC, C Station	8.65	160	1248	582	2:19.13
3/15/14	4107	12	NCAA I, Albuquerque	8.49	161	1290	587	2:20.99
1/23/15	4257	2	McCravey, Lexington	8.49	164	1374	602	2:20.10
2/27/15	4244	3	SEC, Lexington	8.36	160	1334	605	2:18.43
<b>3/14/15</b>	<b>4259</b>	<b>6</b>	<b>NCAA I, Fayetteville</b>	<b>8.33</b>	<b>153</b>	<b>1395</b>	<b>607</b>	<b>2:15.38</b>

#### 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>
4/11/14	5659	4	Bulldog, Athens	14.24	+1.0	162	1295	24.18	-0.5	600	+1.1	3295	2:15.53
5/16/14	5527w	2	SEC, Lexington	14.21	+0.4	157	1276	24.59	+3.1	602	+3.9	3113	2:15.42
6/13/14	5610	6	NCAA I, Eugene	13.96	+0.3	157	1271	24.26	-1.2	594	-1.1	3380	2:15.85
8/09/14	5332	3	NACACu23, Kamploops	13.81	+2.4	156	1306	24.50	+1.3	562	+0.4	2843	2:22.31
4/09/15	6146	1	Bulldog, Athens	13.56	+1.6	160	1430	23.71	+1.4	626	+0.2	4232	2:14.22
5/14/15	5886	4	SEC, Starkville	13.58	+0.3	158	1448	24.04	+1.8	582	+1.7	3968	2:16.21
<b>6/11/15</b>	<b>6147</b>	<b>3</b>	<b>NCAA I, Eugene</b>	<b>13.43</b>	<b>+1.0</b>	<b>166</b>	<b>1456</b>	<b>23.62</b>	<b>+3.2</b>	<b>607</b>	<b>+1.0</b>	<b>4366</b>	<b>2:19.96</b>

PRs: 6147 / 4259

Indoor: 60mH: 8.33

13.43+1.0 164 1456 23.62+3.2 626+0.2 4366 2:14.22

# 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



**2015:** Won 4th consecutive USA indoor pentathlon. **2014:** Set US indoor pentathlon record by winning 3rd consecutive American title, then place a close 4th at IAAF world indoor meet in Sopot, Poland. **2013:** Recorded four career bests in fashioning PR 6550 while winning 3rd consecutive USA nationals in Des Moines. And then placed 6th at IAAF outdoor world champs in Moscow. Won USA indoors. **2012:** 16<sup>th</sup> 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 16<sup>th</sup> at Götzis. **2011:** Won USA nationals and placed 18<sup>th</sup> at IAAF world champs in Daegu. **2010:** Runner-up at USA nationals. **2009:** 2nd at USA outdoor champs and 10<sup>th</sup> at IAAF World Champs in Berlin, Won Pan-American CE Cup heptathlon with PR 6063 score. Runner-up at USA indoors (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:** 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. Assistant coach at UCLA.

## Career:

Indoor:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
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
<b>2/21/14</b>	<b>4805</b>	<b>1</b>	<b>USA, Albuquerque</b>	<b>8.44</b>	<b>188</b>	<b>1559</b>	<b>609 2:13.19 AR</b>
3/07/14	4718	4	IAAF WC, Sopot	8.43	184	1495	594 2:09.80
2/28/15	4654	1	USA, Roxbury	8.56	183	1541	594 2:13.45

Outdoor:			<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
5/ /07	5244	2	Big West	15.39			24.83					2:18.17
5/10/08	5642	1	Big West, Northridge	14.57+0.2	183	1143	25.07+0.5	573+1.9	3733	2:18.77		
4/16/09	5823	1	Mt Sac R, Azusa	14.34+3.1	181	1275	24.97+3.2	594+1.8	3894	2:20.08		
5/30/09	6063	1	Pan Am CE Cup, Havana	14.29	193	1292	24.87	592	4019	2:17.16		
6/28/09	6177	2	USA, Eugene	13.82+1.1	190	1275	24.66+3.1	599+3.0	4062	2:13.64		
8/16/09	6126	10	IAAF WC, Berlin	13.90-0.3	189	1342	25.15-0.3	569-0.8	4414	2:13.84		
6/26/10	6006	2	USA, Des Moines	14.12+2.6	178	1322	24.40+3.3	587+3.4	4320	2:16.77		
4/14/11	5828	2	Mt Sac R, Azusa	13.95+1.6	176	1330	25.01+2.3	594+3.3	3678	2:18.46		
5/28/11	dnf	-	NACAC, Kingston	14.21-1.2	172	1379	25.34-3.6	555-3.4	3609	dnf		
6/26/11	6028	1	USA, Eugene	13.85+1.2	181	1351	24.74+1.7	592+1.5	4167	2:16.53		
8/30/11	6043	18	IAAF WC, Daegu	13.69+1.6	180	1428	25.01-1.1	587+0.4	3914	2:15.74		
4/03/12	6337	1	Sam Adams, Santa Barbara	13.57	0.0	184	1440	24.27+0.3	606nwi	4160	2:12.63	
5/27/12	6156	16	Hypo-Bank, 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			
<b>6/20/13</b>	<b>6550</b>	<b>1</b>	<b>USA, Des Moines</b>	<b>13.54+1.7</b>	<b>190</b>	<b>1377</b>	<b>24.02+1.0</b>	<b>616+2.6</b>	<b>4738</b>	<b>2:12.12</b>
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	dnr
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	
6/26/14	6470	1	USA, Sacramento	13.42+0.9	184	1545	24.40+2.6	585+1.8	4684	2:11.54

**PRs:** 6550 / 4805 **13.42+0.9 195 1559 24.02+1.0 616+2.6 4738 2:08.94**  
**Indoor:** 60H: 8.43

## KAYLON EPPINGER

**DOB:** Sept. 17, 1989  
**POB:**  
**Ht:** 5-7  
**Hometown:** Warrensville, OH  
**High School:** Warrensville Heights HS  
**College:** Cincinnati/Alabama '12



**2015:** Won Azusa's Cal Invt with breakthrough 5863 PR effort and followed with a 5835 at Chula Vista. Won Mountain T pentathlon & was 3rd at USAs with PR 4317. **2012:** 17th at NAAs. 3rd at SEC outdoors with career best 5560 score. 3<sup>rd</sup> at SEC indoor pentathlon with PR 4081 score and then placed 9<sup>th</sup> at NAAs with 4000 points. **2011:** Placed 20<sup>th</sup> at NCAA heptathlon in Des Moines. 6<sup>th</sup> at SEC indoors and runner-up in SEC heptathlon outdoors. **2010:** at Alabama-did not compete. **2009:** 6<sup>th</sup> Big East pentathlon indoors and 4<sup>th</sup> at Big East heptathlon outdoors. **2008:** Competed as hurdler at Cincinnati. **High School:** Ohio State 100mH champ and 300mH runner-up. 12 varsity letters. **Personal:** Parents: Timothy and Katie Eppinger. Majored in Criminal Justice

### Career:

#### Indoor:

1/23/09	3489	3	IU Gladstein, Bloomington	8.95	161	1026	535	2:36.09
2/21/09	3717	6	Big East, Armory, NYC	8.81	164	1214	545	2:35.30
2/25/11	3835	6	SEC, Fayetteville	8.40	167	1094	550	2:30.48
1/27/12	3834	2	Razorback, Fayetteville	8.67	167	1103	559	2:28.38
2/24/12	4081	3	SEC, Lexington	8.40	173	1248	565	2:28.35
3/09/12	4000	9	NCAA I, Nampa	8.41	169	1215	575	2:31.38
1/30/15	4069	1	NAU Mt T, Flagstaff	8.37	170	1267	593	2:34.83
<b>2/28/15</b>	<b>4317</b>	<b>3</b>	<b>USA, Roxbury</b>	<b>8.30</b>	<b>177</b>	<b>1307</b>	<b>570</b>	<b>2:19.96</b>

#### Outdoor:

3/26/09	4822	6	Alabama R, Tuscaloosa	13.90+0.5	163	1017	25.79+0.7	511nwi	2872	2:32.62
4/18/09	4983		All Ohio							
5/01/09	4708	4	Big East, Villanova	13.94+1.1	158	986	26.19+0.3	511nwi	3129	2:36.11
3/25/11	5499	1	Alabama R, Tuscaloosa	13.93+1.8	170	1162	25.30+5.5	569+1.3	3894	2:24.95
5/12/11	5479	2	SEC, Athens	13.54+1.5	164	1153	25.73-0.1	578	0.0	3765 2:23.38
6/09/11	5140	20	NCAA I, Des Moines	13.86-2.1	160	1275	26.23-1.7	532-0.1	3600	2:31.08
4/13/12	5345	2	Bulldog, Athens	14.01-0.7	165	1145	25.45	0.0	529+1.0	3897 2:20.67
5/11/12	5560	3	SEC, Baton Rouge	13.52+2.4	170	1244	25.68+0.4	548+1.1	3741	2:19.45
6/07/12	5389	17	NCAA I, Des Moines	13.64-0.8	163	1196	25.47+1.4	567+0.6	3327	2:24.25
<b>4/16/15</b>	<b>5863</b>	<b>1</b>	<b>Cal Invt, Azusa</b>	<b>13.67-0.1</b>	<b>180</b>	<b>1320</b>	<b>24.59-0.8</b>	<b>591+2.1</b>	<b>3217</b>	<b>2:17.82</b>
5/23/15	5835	2	Elite II, Chula Vista	13.17+1.4	180	1216	24.34+2.8	579nwi	3284	2:20.22

**PRs:** 5863 / 4317 **13.17+1.4 180 1320 24.34+2.8 591+2.1 3897 2:17.82**  
**Indoor:** 60mH: 8.19

# ALEX GOCHENOUR

DOB: February 17, 1993  
 POB:  
 Ht: 5-11  
 Hometown: Missouri Valley, IA  
 High School: Logan/Magnolis Sr HS '11  
 College: LSU  
 Arkansas'16  
 Club: Cornhusker Flyers



**2015:** 9th at NCAAs. 3rd at SEC. Won Texas Relays with 1st 6k score. 4th at NCAAs indoors with 4430 PR. Won early season Razorback pent with PR 4259 effort. **2014:** 11th at NCAAs outdoors. Opened outdoor season with 5522 PR at Texas Relays and then placed 3rd at SEC champs. 12th at NCAAs indoors. 5th at SEC indoors. PR'd for 2nd at Razorback pentathlon. **2013:** redshirt year while transferring to U of Arkansas. **2012:** while at LSU was 6th at SEC indoor pentathlon and 7th outdoor heptathlon. **High School:** 13x Iowa 1A and 2A state champion. '11 Drake Relays long jump and 100mH winner. **Personal:** Parents are Jeff and Karla Gochenour.

### Career:

<b>Indoor:</b>				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>	
1/27/12	3679	6	Razorback, Fayetteville	8.84	158	1100	552	2:27.73	
2/26/12	3855	6	SEC, Lexington	8.75	161	1157	553	2:21.53	
2/01/14	4116	2	Razorback, Fayetteville	8.66	173	1184	570	2:19.27	
2/27/14	4122	5	SEC, C Station	8.57	169	1191	573	2:17.69	
3/15/14	4042	12	NCAA I, Albuquerque	8.43	170	1248	580	2:31.59	
1/30/15	4259	1	Razorback, Fayetteville	8.55	179	1239	575	2:19.85	
<b>3/13/15</b>	<b>4430</b>	<b>4</b>	<b>NCAA I, Fayetteville</b>	<b>8.41</b>	<b>180</b>	<b>1237</b>	<b>604</b>	<b>2:16.85</b>	

  

<b>Outdoor:</b>				<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>
7/01/09	4690	1	World Youth, Ypsilanti	15.25	-1.0	160	950	26.34+0.1	524+1.7	3173	2:33.04		
7/29/09	4600	1	USATF JO, Greensboro	14.04	+1.6	166	970	24.44+3.4	522 0.0	3736	2:19.14		[3228 1 <sup>st</sup> day]
6/24/10	5300	1	USA Jr, Des Moines	13.97	+0.7	163	1117	24.49+3.1	535+3.3	3310	2:23.71		
7/23/10	5260w	10	IAAF Junior, Moncton	14.34	+1.1	160	1062	24.98+1.3	543+1.8	withdrew			
6/23/11	dnf	-	USA Jr, Eugene	14.00	-0.2	157	1108	25.18+0.3	546+1.5	3544	2:21.14		
3/29/12	5225	9	Texas R, Austin	13.67	+2.4	158	1198	25.36-0.7	563+0.8	3488	2:22.08		
5/11/12	5354	7	SEC, Baton Rouge	14.20	+4.4	161	1174	25.64+3.8	575+4.0	3100	2:31.23		
4/08/13	5118	3	McDonnell, Fayetteville	13.62	+2.6	169	1206	24.95+3.8	560+1.2	3526	2:22.83		
3/27/14	5522w	5	Texas R, Austin	13.83	+0.4	169	1236	25.42+3.1	565+1.3	3205	2:18.93		
5/16/14	5476	3	SEC, Lexington	13.63	-0.5	169	1165	25.34+1.3	578-0.1	3319	2:19.67		
6/13/14	5515	11	NCAA I, Eugene	<b>13.15+2.0</b>		<b>178</b>	<b>1302</b>	<b>24.08+4.3</b>	<b>627+3.6</b>	<b>3114</b>	<b>2:18.95</b>		
<b>3/26/15</b>	<b>6027w</b>	<b>1</b>	<b>Texas R, Austin</b>										
5/14/15	5892	3	SEC, Starkville	13.41	+0.7	170	1309	24.51+1.8	605+2.3	3769	2:20.19		
6/11/15	5806	9	NCAA I, Eugene	13.49	+0.9	169	1262	24.64+2.2	624+2.7	3439	2:21.31		

**PRs:** 6027w / 4430

**Indoor:** 60mH: 8.41

**13.15+2.0 180 1309 24.08+4.3 627+3.6 3805 2:16.85**

# LINDSEY HALL

DOB: March 25, 1991  
POB: Missoula, MT  
Ht:  
Hometown: Missoula, MT  
High School: Big Sky HS '10  
College: U of Montana '14



**2015:** 14th at Mount Sac Relays & 5th at Chula Vista (5712 PR). **2014:** 7th at NCAAs with 5603 PR effort. Mt Sac Relays opener netted PR 5550 score. Won 2nd Big Sky outdoor title after having won 3rd indoor crown. **2013:** Won Reno Tarr heptathlon. **2012:** Big Sky indoor champ, reshirt outdoors. **2011:** Big Sky champion with 5360 PR. Also won indoor Big Sky pentathlon. **2010:** NCAA Regional qualifier in hj (t28). Big Sky outdoor heptathlon runner-up (with 5255 PR). **High School:** AA State champ in 100H, 300h, long jump and triple jump. **Personal:** Daughter of Steve and Deb Hall. Wildlife biology major.

## Career:

### Indoor:

12/4/09	3618	1	EWU Candy Cane, Cheney	8.00	165	873	560	2:33.31	[55mH]
1/12/10	3473	1	Montana St, Bozeman	8.35	163	839	571	2:37.58	[55mH]
1/22/10	3459	2	WSU Cougar, Pullman	8.88	162	856	568	2:39.70	
2/26/10	3539	4	Big Sky, Bozeman	8.05	168	918	562	2:45.09	[55mH]
12/4/10	3687	1	EWU Candy Cane, Cheney	8.28	167	1005	551	2:33.05	[55mH]
1/10/11	3881	1	Montana St, Bozeman	7.90	175	1112	576	2:35.68	[55mH]
1/28/11	2941	16	Mountain St G, Pocatello	8.75	nh	1071	554	2:30.22	
2/25/11	3742	1	Big Sky, Pocatello	8.64	154	1081	568	2:25.79	
1/09/12	3783	1	Mont St Multis, Bozeman	8.22	169	1083	573	2:29.74	[55mH]
1/27/12	3568	3	WSU Cougar, Pullman	8.68	156	1099	531	2:32.85	
2/10/12	3842	1	BSU T Challenge, Nampa	8.66	162	1121	571	2:27.09	
2/24/12	3928	1	Big Sky, Flagstaff	8.48	170	1105	551	2:25.43	
1/25/13	3686	1	WSU Cougar, Pullman	8.70	165	1040	556	2:33.95	
1/06/14	3541	1	MSU-UM, Bozeman	8.13	165	1229	536	2:52.17	[55mH]
2/07/14	3675	1	Montana St, Bozeman	8.04	165	1120	556	2:40.19	[55mH]
<b>2/27/14</b>	<b>3969</b>	<b>1</b>	<b>Big Sky, Pocatello</b>	<b>8.56</b>	<b>171</b>	<b>1220</b>	<b>572</b>	<b>2:32.72</b>	

### Outdoor:

4/09/10	3332	9	JJK, Los Angeles	14.52-1.2	156	918	dnf	3f	3694	2:33.34	
5/13/10	5255	2	Big Sky, Ogden	14.05-2.0	171	1010	26.38-0.5	556+1.2	4306	2:31.44	
4/08/11	5169	1	Mondo, Sacramento	14.29-0.2	168	1020	25.95+0.2	560+1.2	3713	2:28.24	
4/15/11	4468	1	Montana Open, Missoula	14.60	159	nm	26.18-0.4	546+0.8	3916	2:27.16	
5/06/11	4448	1	Tom Gage, Bozeman	14.19	160	1001	25.58+3.3	551	4134	dnf	
5/12/11	5360	1	Big Sky, Sacramento	14.07+1.2	173	1027	25.40+1.7	525-1.6	4019	2:21.35	
4/13/13	5343	1	UNLV Tarr, Reno	14.07+0.1	167	1076	26.47-0.8	577nwi	4309	2:28.31	
4/26/13	4549	1	Montana Multis, Missoula	13.88nwi	167	1058	26.33nwi	560nwi	4017	dnf	
5/09/13	4731	4	Big Sky, Forest Grove	13.86-0.4	162	1063	26.26+0.1	541+2.1	3726	3:02.82	
4/05/14	5424	1	MSU Open, Bozeman	14.09+0.1	176	1231	26.00	0.0	567+2.2	4126	2:31.73
4/17/14	5550	11	Mt Sac R, Azusa	13.70+0.3	166	1233	26.90+2.7	573+1.9	4680	2:25.22	
5/15/14	5401	1	Big Sky, Flagstaff	14.61+3.3	169	1268	26.87-0.8	588+4.8	4199	2:28.08	
6/13/14	5603	7	NCAA I, Eugene	13.61+1.8	172	1207	26.69-1.9	558+0.9	4698	2:24.89	
4/16/15	5438	14	Mount Sac R, Azusa	13.89+2.4	161	1150	25.77+2.1	587	0.0	4529	2:31.60
5/01/15	5594	1	Montana Open, Missoula	13.81+0.2	167	1138	25.97-1.9	599+0.4	4344	2:23.84	
<b>5/23/15</b>	<b>5712</b>	<b>5</b>	<b>Elite II, Chula Vista</b>	<b>13.46+2.3</b>	<b>168</b>	<b>1237</b>	<b>25.76+1.4</b>	<b>605nwi</b>	<b>4255</b>	<b>2:26.12</b>	

PRs: 5712 / 3969

13.46+2.3 175 1268 25.40+1.7 605nwi 4698 2:21.35

Indoor: 60mH: 8.48; 55mH: 7.90



# JENA HEMANN

DOB: October 16, 1992  
 POB: Breese, IL  
 Ht: 5-5  
 Hometown: Breese, IL  
 High School: Breese Central HS  
 College: Texas A&M '15



**2015:** 6th at NCAAs following a 5th at SECs. Runner-up at Texas Relays with 6002 PR effort. Placed 5th at SEC and 13th at NCAA indoor. **2014:** 14th at NCAAs outdoors. 7th at Texas Relays and 4th at SEC champs. Was 8th at NCAAs indoors with career best score of 4193. Placed 6th at SEC indoors with 4079 PR. Texas A&M winner. **2013:** 16th at NCAAs. 5<sup>th</sup> at SEC. 4<sup>th</sup> at Texas Relays with 5531 PR. **2012:** 5<sup>th</sup> at Big 12 heptathlon. **2011: High School:** won 4 state 1A titles on two consecutive years (in 100, high jump, long jump, triple jump). **Personal:** Accounting major. Daughter of Curtis and Lori Hemann.

### Career:

Indoor:				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
1/28/12	3789	6	A&M Challenge, C Station	9.03	176	1104	568	2:37.18
2/25/12	3748	8	Big 12, C Station	9.12	171	1121	547	2:29.78
5/12/12	4017	3	SEC, Fayetteville	8.81	175	1255	564	2:28.50
2/07/14	4008	1	Texas A&M, C Station	8.72	171	1258	552	2:24.68
2/27/14	4079	7	SEC, C Station	8.67	175	1267	533	2:19.85
<b>3/15/14</b>	<b>4193</b>	<b>8</b>	<b>NCAA I, Albuquerque</b>	<b>8.63</b>	<b>173</b>	<b>1322</b>	<b>582</b>	<b>2:23.58</b>
2/06/15	4160	1	Aggie, College Station	8.65	178	1341	567	2:28.02
2/27/15	4179	5	SEC, Lexington	8.73	172	1298	584	2:21.37
3/14/15	4019	13	NCAA I, Fayetteville	8.64	174	1276	535	2:24.66

Outdoor:				<i>100h</i>	<i>h</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>
3/29/12	5300	8	Texas R, Austin	15.01	+1.0	169	1133	25.72	+0.2	571	+1.3	4158	2:27.90	
5/ /12	5285	5	Big 12, Manhattan	14.70	-0.1	172	1226	26.44	+0.3	560	+1.3	3881	2:28.31	
3/28/13	5531	4	Texas R, Austin	14.44	+1.6	169	1273	25.12	+4.4	558	+1.8	4172	2:24.42	
5/10/13	5378	5	SEC, Columbia	14.30		164	1273	25.01		520		4159	2:25.36	
6/07/13	5459	16	NCAA I, Eugene	14.28	+2.4	160	1345	24.83	+2.8	538		4476	2:29.32	
3/27/14	5440	7	Texas R, Austin	14.64		169	1215	25.58		559		4238	2:23.01	
5/16/14	5471	4	SEC, Lexington	14.78	+0.8	166	1226	25.59	+0.5	568	+0.9	4346	2:22.04	
6/13/14	5410	14	NCAA I, Eugene	14.46	0.0	163	1235	26.02	-1.9	561	-0.7	4468	2:24.96	
<b>3/26/15</b>	<b>6002w</b>	<b>2</b>	<b>Texas R, Austin</b>	<b>14.27</b>	<b>+3.9</b>	<b>175</b>	<b>1369</b>	<b>25.07</b>	<b>+2.5</b>	<b>595</b>	<b>+5.7</b>	<b>4880</b>	<b>2:20.16</b>	
5/14/15	5842	5	SEC, Starkville	14.25	+0.3	176	1304	25.62	+1.8	582	+0.9	4731	2:21.22	
6/11/15	5913	6	NCAA I, Eugene	14.27	+0.8	172	1303	24.81	+2.1	603	+2.2	4782	2: 22.36	

**PRs:** 6002w / 4193

**14.25+0.3 180 1369 24.82+2.1 603+2.2 4880 2:19.85**

**Indoor: 60mH: 8.63**

# NIKKI LARCH-MILLER

DOB:

POB:

Ht:

Hometown: San Diego, CA

High School: Torrey Pines HS

College: Wichita State '16



**2015:** Runner-up at Cal Invt with 5812 score followed by 8th place at NCAAs. **2014:** **2013:** Redshirt indoors. 3rd MVC outdoors (5000). **High School: Personal:** Communications major. Twin sister also runs for Wichita St.

### Career:

#### Indoor:

2/01/13 3294 6 Varsity Apts, Wichita  
**3/01/14 3996 1 MVC, Cedar Falls**  
 1/30/15 3983 1 Jennett, Cedar Falls  
 2/28/15 3797 2 MVC, Cedar Falls

60h hj sp lj 800  
 8.77 142 1105 486 2:30.99  
**8.57 165 1123 557 2:16.66**  
 8.56 162 1136 583 2:21.50  
 8.44 159 1099 588 2:34.64

#### Outdoor:

3/20/13 4792 2 Rice U, Houston  
 5/11/13 5000 3 MVC, Des Moines  
 4/10/14 5281w 1 Woodmans, Wichita  
 5/17/14 5265 2 MVC, Carbondale  
**4/16/15 5812 2 Cal Invt, Azusa**  
 6/11/15 5806 8 NCAA I, Eugene

100 h w hj sp 200m w lj w jav 800m  
 14.29 146 1031 25.14 539 3128 2:30.68  
 14.56 157 1158 24.80 526 3191 2:27.84  
 13.90+3.1 156 1072 24.24+4,8 545+3.8 3789 2:25.48  
 14.06 155 1047 24.43 576 3706 2:23.44  
**13.63-0.2 159 1159 23.23+3.5 598+1.3 3954 2:16.92**  
 13.15+0.9 166 1053 23.36+3.2 595+1.6 3793 2:19.63

**PRs: 5812 / 3996**

**13.15+0.9 166 1159 23.23 612 4003 2:16.66**

**Indoor: 60mH: 8.32**

# DEANNA LATHAM

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



**2015:** 12th at NCAAs. Big Ten runner-up outdoors with 5914 career best score. **2014:** 11th at USA Nationals. 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. 7<sup>th</sup> at Mt Sac Relays. 11<sup>th</sup> at NCAAs indoors. Opened season with win and career best pentathlon score at Sevigne meet in Lincoln, then placed 3<sup>rd</sup> at Big 10 affair. **2012:** 10<sup>th</sup> at NCAAs with PR 5606 effort. Place 3<sup>rd</sup> at outdoor Big Ten meet after a 6<sup>th</sup> place finish at Mount Sac Relays, both with PR scores. 3<sup>rd</sup> 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
<b>3/15/14</b>	<b>4253</b>	<b>5</b>	<b>NCAA I, Albuquerque</b>	<b>8.34</b>	<b>170</b>	<b>1199</b>	<b>598</b>	<b>2:18.55</b>

### 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
6/28/14	5680	11	USA, Sacramento	13.46+0.9	160	1109	24.69+0.6	598+2.4	4142	2:19.20
7/18/14	5668	6	Pan Am Cup, Ottawa	13.45+2.5	160	1169	24.71+2.0	600+1.8	4023	2:21.99
<b>5/16/15</b>	<b>5914</b>	<b>2</b>	<b>Big 10, E Lansing</b>	<b>13.49+1.7</b>	<b>173</b>	<b>1346</b>	<b>24.37+1.9</b>	<b>593+1.2</b>	<b>3715</b>	<b>2:19.75</b>
6/11/15	5778w	12	NCAA I, Eugene	13.50+1.9	163	1235	24.37+3.2	607+1.7	3868	2:20.64

**PRs:** 5914 / 4253  
**Indoor:** 60mH: 8.29

**13.15+3.1 173 1346 24.31+2.8 607+1.7 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



**2015:** Placed 6th at Mount Sac Relays and won Chula Vista Elite II. 5th at USAs indoors. **2014:** 8th at USA nationals and 7th at Thorpe Cup. 5th at Mt Sac Relays opener with career best 5893 score. **2013:** 13th at USA nationals. Place 5<sup>th</sup> in first international, the Pan American CE Cup. 3<sup>rd</sup> 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 3<sup>rd</sup> indoors. 2010: NAOA outdoor runner-up, and 6<sup>th</sup> indoors.

**Personal:** Graduated in 2013 from Azusa Pacific University with a B.S. Kinesiology. Currently works as a personal trainer. Parents are Lynton and Rae Leslie.

### Career:

Indoor:			<i>60mH lj sp lj 800m</i>					
2/10/10	3324		APU Pent, Azusa					
3/04/10	3451	6	NAIA, Johnson City	9.06	156	1004	495	2:22.75
2/11/11	3539	1	APU Pent, Azusa	8.97	156	1015	517	2:22.53
3/03/11	3626	3	NAIA, Geneva	8.85	160	895	541	2:20.73
1/27/12	3762	2	UNA Mtn T, Flagstaff	8.58	160	1097	522	2:19.48
2/10/12	3864	1	APU Pent, Azusa	8.56	159	1184	530	2:18.66
3/01/12	3861	1	NAIA, Geneva	8.56	162	1097	526	2:16.21
2/08/13	3872	1	Big Meet, Allendale	8.65	169	1094	522	2:19.13
2/15/13	4109	1	NCCAA, Marion	8.53	170	1249	573	2:18.61
3/01/13	4053	8	USA, Albuquerque	8.47	170	1114	534	2:13.34
2/07/14	4055	1	Mt T, UNA, Flagstaff	8.52	166	1175	553	2:15.78
<b>2/21/14</b>	<b>4182</b>	<b>5</b>	<b>USA, Albuquerque</b>	<b>8.45</b>	<b>170</b>	<b>1208</b>	<b>552</b>	<b>2:12.60</b>
2/28/15	4134	5	USA, Roxbury	8.50	168	1204	552	2:13.28

Outdoor:			<i>100h h sp 200m lj jav 800mj</i>							
4/15/10	4781	3	Cal Invt, Azusa	14.93	155	1013	25.55	507	3266	2:23.85
5/28/10	5110	2	NAIA, Marian	14.27	157	1003	25.39	557	3386	2:20.53
4/14/11	5158	3	Cal Invt, Azusa	14.08	155	982	24.49	532	3245	2:15.23
5/27/11	4992	2	NAIA, Marian	14.40	150	971	24.44	533	3474	2:23.17
4/19/12	5369	7	Mt Sac R, Azusa	13.88	158	1143	24.52	556	3018	2:13.74
5/25/12	5308	1	NAIA, Marion	14.69	164	1194	24.70	544	3081	2:14.82
4/18/13	5761	3	Mt Sac R, Azusa	13.88+1.3	171	1142	24.27+2.4	588+2.0	3666	2:14.16
6/02/13	5552	5	Pan Am Cup, Ottawa	14.10+1.0	171	1122	24.45+1.2	520+3.2	3971	2:14.72
6/21/13	5503	13	USA, Des Moines	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35
<b>4/17/14</b>	<b>5893</b>	<b>5</b>	<b>Mt Sac R, Azusa</b>	<b>13.83+1.3</b>	<b>169</b>	<b>1135</b>	<b>24.05+1.5</b>	<b>594+1.7</b>	<b>4129</b>	<b>2:12.33</b>
6/29/14	5838	8	USA, Sacramento	13.72+1.8	166	1161	24.03+0.6	573+0.7	4074	2:10.88
7/27/14	5779	7	Thorpe Cup, Marburg	13.92-0.2	174	1133	24.56+2.4	574+0.1	3806	2:11.67
4/16/15	5734w	6	Mount Sac R, Azusa	13.52+2.1	167	1064	24.27+3.1	580+2.1	3665	2:10.91
5/23/15	5863	1	Elite II, Chula Vista	13.26+2.3	165	1181	23.97+2.8	585nwi	3810	2:13.40

PRs: 5893 / 4182  
 Indoor: 60mH: 8.42

13.26+2.3 174 1249 23.97+2.8 594+1.7 4129 2:10.88

# LINDSAY LETTOW

DOB: June 6, 1990  
 POB:  
 Ht: 5-9  
 Hometown: Urbandale, IA  
 High School: Des Moines Christian  
 College: Central Missouri '12  
 Club: Santa Barbara TC



**2015:** 2nd at Drake Relays. Won U Washington Inv pent & placed 4th at USAs indoors. **2014:** 10th at USA Nationals with 3 event PRs. 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. 3<sup>rd</sup> at USAs indoors. **2012:** 8<sup>th</sup> at US Olympic Trials and then placed 7<sup>th</sup> 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. 9<sup>th</sup> at USA nationals. **2010:** MIAA champion in heptathlon and 4<sup>th</sup> 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:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
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
<b>3/01/13</b>	<b>4301</b>	<b>3</b>	<b>USA, Albuquerque</b>	<b>8.42</b>	<b>173</b>	<b>1214</b>	<b>587 2:14.83</b>
2/01/14	4282	1	Missouri Southern, Joplin	8.51	176	1245	591 2:19.84
2/21/14	4284	4	USA, Albuquerque	8.44	176	1209	588 2:18.34
1/30/15	4064	1	UWash Invt, Seattle	8.68	170	1098	581 2:18.40
2/28/15	4218	4	USA, Roxbury	8.66	171	1243	584 2:16.05

Outdoor:			<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
5/ /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		
6/28/14	5738	10	USA, Sacramento	13.96+1.8	169	1245	24.89+0.6	582+2.3	3817	2:14.73		
7/18/14	5715	5	Pan Am Cup, Ottawa	13.77+2.5	169	1204	24.97+2.0	588+1.0	3704	2:15.62		
<b>4/04/15</b>	<b>5929</b>	<b>4</b>	<b>Sam Adams, S Barbara</b>	<b>13.70 0.0</b>	<b>172</b>	<b>1207</b>	<b>24.84+0.3</b>	<b>597 0.0</b>	<b>4148</b>	<b>2:12.71</b>		

4/23/15 5749 2 Drake R, Des Moines 13.97+2.2 169 1182 24.84+3.3 584-1.1 3898 2:12.80

**PRs:** 5929 / 4301  
**Indoor:** 60H: 8.42

13.69+1.4 179i 1245 24.51+4.0 597 0.0 4148 2:12.71

## HEATHER MILLER-KOCH

DOB: March 30, 1987  
POB: Madison, WI  
Ht: 5-10  
Hometown: New York, NY  
High School: Columbus HS, WI  
College: St. Cloud St. '10  
Club: Central Park TC/New Balance



**2015:** Opened season with Drake Relays win. **2014:** Placed 4th at USA nationals using 5 event PRs for breakthrough 6100 score and then was 6th at Thorpe Cup. Drake Relays runner-up and 3rd at Texas GA. **2013:** 5th at USA nationals with 5945 PR effort and 5th at Thorpe Cup. 6<sup>th</sup> at USA indoors with PR 4105 score. Opened season with pentathlon win at Bucknell. **2012:** 5<sup>th</sup> at Thorpe Cup. 9<sup>th</sup> 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. **Personal:** Graduated from St. Cloud State University (MN) in 2010 with a Bachelor of Science in Nursing. Married former track teammate (now coach ) Ryan Koch, in August 2013. Works as a operating room nurse in St. Paul, MN.

### 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
<b>3/01/13</b>	<b>4105</b>	<b>6</b>	<b>USA, Albuquerque</b>	<b>8.84</b>	<b>170</b>	<b>1189</b>	<b>603</b>	<b>2:22.24</b>

#### 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	CNU Captain, 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
<b>6/29/14</b>	<b>6100</b>	<b>4</b>	<b>USA, Sacramento</b>	<b>13.65+1.8</b>	<b>178</b>	<b>1194</b>	<b>23.89+0.6</b>	<b>594+1.9</b>	<b>4016</b>	<b>2:09.65</b>
7/27/14	5791	6	Thorpe Cup, Marburg	13.91-0.1	162	1190	24.47+1.9	593+1.6	3960	2:10.13
4/23/15	5860	1	Drake R, Des Moines	14.09+3.5	172	1191	24.34+3.3	585-0.5	4052	2:12.12
3/31/15	5896	1	Texas GA, Dallas	13.65+3.3	174	1184	24.22+1.3	587+1.4	3988	2:15.96

**PRs:** 6100 / 4105  
**Indoor:** 60mH: 8.70

13.65+1.8 178 1194 23.89+0.6 639+2.8 4052 2:09.65

# BARBARA NWABA

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



**2015:** 11th at Götzis with PR 6342 effort. 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:** 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), working with youngsters in the SBTC youth track club. Daughter of Theodore and Blessing Nwaba.

## Career:

### Indoor:

				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
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
<b>3/ /14</b>	<b>4406</b>	<b>3</b>	<b>USA, Albuquerque</b>	<b>8.51</b>	<b>185</b>	<b>1355</b>	<b>570</b>	<b>2:19.75</b>
2/27/15	4389	2	USA, Roxbury	8.40	174	1376	562	2:12.14

### 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>
4/16/09	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			
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			
6/29/14	6307	2	USA, Sacramento	13.63+1.8	178	1454	23.92+2.6	602+0.6	4374	2:13.76			
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			
<b>5/30/15</b>	<b>6342</b>	<b>11</b>	<b>Hypo-Bank, Götzis</b>	<b>13.55-0.1</b>	<b>180</b>	<b>1451</b>	<b>23.82-0.1</b>	<b>599+0.3</b>	<b>3889</b>	<b>2:07.37</b>			

PRs: 6342 / 4406

13.38+0.6 187 1454 23.04-0.2 602+0.6 4660 2:07.37

Indoors: 60mh: 8.40

# TIFFENY PARKER

DOB: June 8, 1988  
 POB: Moreno Valley, CA  
 Ht: 5-7  
 Hometown: Moreno Valley, CA  
 High School: Ranchi Verde HS '06  
 College: Azusa Pacific U. '11



**2015:** 10th at Mount Sac Relays with PR 5663 score & followed with PR (5732) at Chula Vista. **2014:** Mt Sac Relays opener netted 5562 PR score. 8th at USA indoors. **2013:** 2nd at Claremont Classic with PR 5430 score. 12th at USA indoors. **2012:** 8<sup>th</sup> at USA indoor champs. **2011:** 7<sup>th</sup> NAIA heptathlon **2010:** 3<sup>rd</sup> NAIA heptathlon, **2009:** 4<sup>th</sup> NAIA heptathlon . Won NAIA All-American honors in 5 events. **2008: 2007:** Competed at U of New Mexico. **High School:** CIF finalist at 100m hurdles in 2006. Junior in 2005 qualified for CIF finals in 4 events. **Personal:** Parents are Ronald and Dolores Parker. Majored in Business at APU.

### Career:

Indoor:						<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
/ /09	3418	4	NAIA, Johnson City, TN							
3/04/10	3528	2	NAIA, Geneva, OH	8.94	159	1165	548	2:42.05		
3/04/12	3560	8	USATF, Bloomington	8.63	158	1158	514	2:35.32		
3/01/13	3773	12	USA, Albuquerque	8.65	167	1253	537	2:36.68		
<b>2/08/14</b>	<b>3918</b>	<b>2</b>	<b>Mt T, UNA, Flagstaff</b>	<b>8.68</b>	<b>172</b>	<b>1378</b>	<b>561</b>	<b>2:41.97</b>		
2/21/14	3657	8	USA, Albuquerque	8.66	167	1271	503	2:39.24		
2/13/15	3854	2	NAU Invt, Flagstaff	8.77	173	1235	565	2:39.72		

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>
5/22/09	4633	4	NAIA, Edwardsville	14.38	+0.1	159	1128	26.24	-1.8	511	+0.3	3181	2:47.15		
5/28/10	5028	3	NAIA, Marion, IN	14.27	+1.3	163	1135	25.60	+2.6	531	+0.3	3887	2:39.92		
5/27/11	4427	7	NAIA,	15.33	-2.4	159	1082	26.99	+1.0	526	+0.1	3054	2:47.51		
6/09/12	5363	2	Chula Vista, CA	14.09	+1.5	164	1187	26.02	+0.8	576	+1.8	4041	2:28.34		
4/18/13	dnf	-	Mt Sac R, Azusa	13.96	+0.5	168	1248	25.68	+2.3	nm		3423	dnr		
5/10/13	5430	2	Classic, Claremont	13.89	+1.6	167	1192	25.61	+1.7	586	+2.1	3933	2:31.90		
6/08/13	5384	2	Imperial, Chula Vista	13.65	+1.9	170	1203	25.63	+2.1	560nwi		3862	2:34.40		
4/05/14	dnf	-	Sam Adams, S Barbara	14.29	+0.2	163	1179	26.00	+1.9	withdrew					
4/17/14	5562	10	Mt Sac R, Azusa	13.91	+1.1	172	1301	25.53	+2.7	585	+1.5	3823	2:30.39		
4/16/15	5663w	10	Mount Sac R, Azusa	14.16	+2.1	176	1223	25.52	+3.1	592	+2.1	4349	2:29.13		
<b>5/23/15</b>	<b>5732</b>	<b>3</b>	<b>Elite II, Chula Vista</b>	<b>13.64</b>	<b>+2.3</b>	<b>171</b>	<b>1253</b>	<b>25.15</b>	<b>+1.4</b>	<b>585nwi</b>		<b>4477</b>	<b>2:30.46</b>		

**PRs:** 5732 / 3918

**13.64+2.3 176 1378 25.15+1.4 592+2.1 4477 2:28.34**

**Indoor:** 60mH: 8.63



# ALLISON REASER

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



**2015:** 14th at Mount Sac Relays. **2014:** NCAA runner-up with PR 5836 score and followed with a 7th place PR 5917 at USA nationals and a 9th place at the Thorpe Cup. 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 8<sup>th</sup> at NCAA with career best 5813 score in Eugene. Won a 3<sup>rd</sup> consecutive outdoor Mountain West heptathlon. 2<sup>nd</sup> at season opening Aztec and then 6<sup>th</sup> at Mt Sac Relays. **2012:** 15th at US Olympic Trials while a teenager. Scored a 100 point PR to place 6<sup>th</sup> at NCAAs. Won outdoor Mountain West heptathlon with PR 5653 score. Repeated as Mountain West Conf. Indoor pentathlon winner. **2011:** USA Junior champs and 4th at Pan Am Juniors. 18<sup>th</sup> 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:** Received her B.S. in Kinesiology from San Diego State in 2014. Parents are Rick and Adrienne Reaser.

### 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
<b>2/27/14</b>	<b>4145</b>	<b>2</b>	<b>Mountain West, USAFA</b>	<b>8.30</b>	<b>164</b>	<b>1151</b>	<b>622</b>	<b>2:25.23</b>
3/15/14	3996	15	NCAA I, Albuquerque	8.32	158	1110	586	2:20.37

#### Outdoor:

7/28/10	5019	1	USATF JOs, Sacramento	14.52+2.5	155	992	24.65+1.1	538+2.2	3653	2:27.39
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 <sup>th</sup>	NCAA I, Des Moines	14.31+2.1	154	1089	24.67-0.1	555-0.1	3584	2:25.79
6/25/11	5359	1	USA Juniors, Eugene	13.99+1.1	148	1172	24.30+2.0	600+2.4	3413	2:23.22
7/24/11	5162	4	Pan Am Juniors, Miramar	14.34+0.1	149	1127	24.56+4.2	582+2.5	3354	2:26.46
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
6/30/12	5612	15	OT/USA, Eugene	13.55+1.6	163	1190	24.12+2.8	549+0.9	3685	2:16.54
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
<b>6/29/14</b>	<b>5917</b>	<b>7</b>	<b>USA, Sacramento</b>	<b>13.49+0.9</b>	<b>160</b>	<b>1194</b>	<b>23.86+2.6</b>	<b>621+1.8</b>	<b>3720</b>	<b>2:11.10</b>
7/27/14	5591	9	Thorpe Cup, Marburg	13.77-0.1	162	1126	24.29+1.9	583+0.7	3405	2:14.19
4/16/15	5438	14	Mount Sac R, Azusa	14.13+2.1	161	1130	24.60+3.1	575+2.8	3360	2:16.42
5/23/15	5664	6	Elite II, Chula Vista	13.54+1.9	159	1151	24.57+2.8	604nwi	3679	2:16.43

PRs: 5917 / 4145  
 Indoor: 60mH: 8.30.

13.30+1.2 164 1208 23.86+2.6 622 4025 2:11.10

# LINDSAY SCHWARTZ

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



**2014:** 9th at USA Nationals. Won Sam Adams meet to open season. **2013:** 8th at USA nationals and 3rd at Thorpe Cup with breakthrough scores. 3<sup>rd</sup> at Pan Am Cup in Ottawa with PR 5645 effort. 5<sup>th</sup> at Mt Sac Relays. 3<sup>rd</sup> at Sam Adams meet. 10<sup>th</sup> at USA indoors. **2012:** 10<sup>th</sup> at NCAAs outdoors with PR 5606 score. Won Sun Belt hept and 100 hurdles after a PR 4<sup>th</sup> place at Texas Relays (5468). Indoor pentathlon Sun Belt Con champ for 2<sup>nd</sup> consecutive year. **2011:** 13<sup>th</sup> at NCAA heptathlon in Des Moines. Sun Belt Conf heptathlon champion and record holder (5318). SBC indoor pentathlon champ. 3<sup>rd</sup> 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]
<b>2/25/12</b>	<b>3996</b>	<b>1</b>	<b>Sun Belt, Mufreesboro</b>	<b>8.16 165 1119 594 2:21.32 [55mH]</b>
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
1/30/15	3969	3	U Washington, Seattle	8.81 170 1204 560 2:23.96

### Outdoor:

5/08/10	4966	1	Sun Belt, Mufreesboro	14.651-3 166 1050 25.10+3.7 535+1.4 2978 2:29.22
3/24/11	4778	2	FSU R, Tallahassee	15.06+1.8 164 953 25.48+2.6 516+1.6 2721 2:22.37
5/14/11	5318	1	Sun Belt, Mufreesboro	14.70+1.0 170 962 25.23-2.0 591+1.3 3319 2:18.19
6/09/11	5274	13	NCAA I, Des Moines	14.33+0.9 166 1015 25.25-0.8 564+1.2 3555 2:21.03
3/29/12	5468	4	Texas R, Austin	14.27+0.9 169 1085 24.93+0.2 574+1.1 3649 2:19.07
5/12/12	5264	1	Sun Belt, Lafayette	14.20+0.6 164 1067 24.50+1.6 561-1.5 3576 2:28.91
6/??/12	5606	10t	NCAA I, Des Moines	14.00-0.3 166 1062 24.43+1.1 590-0.5 3699 2:15.66
4/06/13	5591	3	Sam Adams, S Barbara	14.13-1.3 164 1171 24.65+0.4 570-0.1 3805 2:14.64
4/18/13	5565	5	Mt Sac R, Azusa	14.16+1.3 168 1084 24.33+2.5 565+1.5 3809 2:16.65
6/02/13	5645	3	Pan Am CE Cup, Ottawa	13.94+1.0 171 1188 24.64+1.2 542+1.5 4060 2:17.17
6/20/13	5910W	8	USA, Des Moines	13.61+4.9 172 1161 24.18+0.4 585+4.0 3992 2:12.48
7/28/13	5982	3	Thorpe Cup, Chula Vista	13.78+1.2 166 1194 24.06+1.8 615+1.5 4247 2:12.85
3/05/14	5942	1	Sam Adams, S Barbara	13.90+0.3 175 1267 24.20+1.9 595 0.0 3975 2:16.71
6/28/14	5816	9	USA, Sacramento	13.99+1.8 172 1231 24.07+0.6 585+0.1 3643 2:14.64
7/18/14	5835	3	Pan Am Cup, Ottawa	13.93+2.5 169 1215 24.28+2.0 590+1.9 4001 2:14.91
<b>4/04/15</b>	<b>5998</b>	<b>3</b>	<b>Sam Adams, S Barbara</b>	<b>13.82 0.0 178 1303 24.27-0.2 582+0.2 3912 2:13.62</b>

**PRs:** 5998 / 3996

**13.61+4.9 178 1303 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: Columbus, NE  
 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-**

**2015:** Won Mount Sac Relays title with PR 6019 score. **2014:** Placed 5th at USA nationals and was Thorpe Cup runner-up. 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. 4<sup>th</sup> at USA indoors with PR 4271. Won UNI Jennett indoor pent. **2012:** UNI Jennett indoor winner with PR 3810 pent score. **2011:** 5<sup>th</sup> 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:** Graduated in 2014 from University of Nebraska-Omaha (UNO) with a B.S. in Exercise Science w/emphasis in Pre-Physical Therapy. Training at UNO and working as a physical therapy technician at Athletes Training Center in Omaha. 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
<b>3/ /14</b>	<b>4498</b>	<b>2</b>	<b>USA, Albuquerque</b>	<b>8.52</b>	<b>176</b>	<b>1225</b>	<b>634</b>	<b>2:12.87</b>

#### 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		
6/29/14	5960	5	USA, Sacramento	13.91+1.8	172	1184	23.81+2.6	607+1.2	3927	2:13.38		
7/27/14	5876	2	Thorpe Cup, Marburg	14.28-0.2	171	1244	23.87+1.9	617+0.3	3628	2:15.25		
4/04/15	4892	8	Sam Adams, S Barbara	14.11	0.0	166	1263	24.07-0.2	583	0.0	3897	dnf
<b>4/16/15</b>	<b>6019w</b>	<b>1</b>	<b>Mt Sac R, Azusa</b>	<b>14.11+2.1</b>	<b>176</b>	<b>1217</b>	<b>23.80+3.1</b>	<b>606+2.5</b>	<b>3873</b>	<b>2:11.38</b>		

**PRs: 6019 / 4498**

**13.91+1.8 176 1299 23.54+1.5 634+2.3 3927 2:11.38**

**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



**2015:** Opened outdoor season with 5767 win at Kansas Relays, then dnf'd NCAAs. Big 12 indoor champ with significant PR 4404 score and two event PRs. **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. 9<sup>th</sup> at NCAAs indoors. PR'd at first two heptathlons, at 4073 and Big 12 win at 4123. **2012:** 18<sup>th</sup> at NCAA nationals. 3<sup>rd</sup> at outdoor Big 12 meet with PR 5516 score. 4<sup>th</sup> at Big 12 indoor pentathlon (3905). Placed 7<sup>th</sup> at Texas relays with PR 6323 score. **High School:** 2x GSW Heptathlon winner. **Personal:** Daughter of Mark and Melissa Vollmer.

### Career:

Indoor:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>	
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
<b>2/27/15</b>	<b>4404</b>	<b>1</b>	<b>Big 12, Ames</b>	<b>8.35</b>	<b>178</b>	<b>1312</b>	<b>609</b>	<b>2:22.56</b>
3/14/15	3432	14	NCAA I, Fayetteville	8.29	177	1211	570	dnf

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>
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
<b>6/07/13</b>	<b>6086</b>	<b>1</b>	<b>NCAA I, Eugene</b>	<b>13.58+1.0</b>		<b>175</b>	<b>1197</b>	<b>24.27+1.3</b>	<b>616</b>	<b>+3.3</b>	<b>4618</b>	<b>2:19.36</b>
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
6/13/14	dnf	-	NCAA I, Eugene	13.61-0.5		172	1224	24.82-1.2	558	-1.7	withdrew	
4/16/15	5767W	1	Kansas R, Lawrence	13.63+2.4		170	1208	24.99+5.3	607	+1.1	4258	2:26.34
6/11/15	dnf	-	NCAA I, Eugene	13.40+1.0		172	1260	24.05+2.2	nm		withdrew	

**PRs:** 6086 / 4404 **13.40+1.0 182 1312 24.05+2.2 619+3.3 4767 2:19.36**  
**Indoor:** 60mH: 8.29

# KENDELL WILLIAMS

DOB: June 14, 1995  
 POB:  
 Ht: 5-8  
 Hometown: Marietta, GA  
 High School: Kell HS (GA) '13  
 College: Georgia '17



**2015:** Runner-up at NCAA with PR 6223 score. SEC runner-up with 2nd 6k score. Won NCAA indoor title with collegiate record 4678 effort. McCravey (4609) winner and SEC champion with 4519 total. **2014:** Won NCAA title despite fall in 800m. Opened outdoor season with 6018 PR in Athens and then captured SEC title. Set world junior record (4635 points) to win NCAAAs indoors. Opened college career with New Mexico indoor pentathlon wins, 4302 score breaking US Jr record. Runner-up at SEC indoors. **2013:** National Gatorade HS Athlete of Year. National Jr champion and Pan-Am Jr champion with PR 558s score. **2012:** 2<sup>nd</sup> at '12 USA Jr hept and 8<sup>th</sup> at IAAF World Champs hept in Barcelona. **High School:** Won 3 state titles for a career 11 state Ga State HS titles. **Personal:** Parents are Blane (also coach) and Terri Williams.

### Career:

Indoor:					<u>60m</u> <u>hj</u> <u>sp</u> <u>lj</u> <u>800m</u>					
3/10/12			New Balance Nat, NYC Armory							
3/09/13	4068	1	New Balance Nat, NYC Armory		8.43	182	1063	580	2:31.63	
1/24/13	4302	1	NMU Cherry & Silver, Albuquerque		8.40	181	1121	625	2:26.64	AJrR
2/27/14	4283	2	SEC, College Station		8.27	181	1060	598	2:20.88	
3/15/14	4635	1	NCAA I, Albuquerque		8.21	188	1205	632	2:17.31	WJrR
1/23/15	4609	1	McCravey, Lexington		8.23	185	1277	646	2:22.89	
2/27/15	4519	1	SEC, Lexington		8.30	181	1218	641	2:20.56	
<b>3/14/15</b>	<b>4678</b>	<b>1</b>	<b>NCAA I, Fayetteville</b>		<b>8.10</b>	<b>183</b>	<b>1224</b>	<b>653</b>	<b>2:17.30</b>	<b>CR</b>
Outdoor:					<u>100</u> <u>h</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>					
6/29/11	5225	1	Nr Olympic, Myrtle Beach							
8/01/11	5170	1	Nat AAU, New Orleans		13.50+1.5	170	801	24.44-0.4	583+0.3	2526 2:26.19
6/01/12	5383	1	GreatSW, Albuquerque		13.73-0.1	185	961	24.79-2.6	618 nwi	2310 2:32.41
6/ /12	5481	2	USA Junior, Bloomington		13.73-0.3	181	985	24.82-0.6	616+1.4	2866 2:29.47
7/13/12	5578	8	IAAF World Jr, Barcelona		13,74-0.1	181	1070	24.94-1.5	611+2.9	3048 2:26.60
6/20/13	5481	1	USA Jr, Des Moines		13.35+2.4	175	1060	24.63+0.9	588-0.2	3207 2:31.54
8/25/13	5570	1	Pan-Am Jr, Medellin		13.48nwi	177	1049	24.84+0.6	615+1.2	3140 2:28.43 3458/2112
4/11/14	6018	1	Bulldog, Athens		13.32+1.0	183	1259	24.58-0.5	593 0.0	3815 2:18.86
5/16/14	5877	1	SEC, Lexington		13.32+0.4	178	1223	24.32+3.1	624+1.8	3123 2:21.94
6/13/14	5854	1	NCAA I, Eugene		12.99+1.8	178	1189	24.30-1.2	613-0.5	3483 2:28.59
4/23/15	dnf	-	Drake R, Des Moines		13.42+2.2	nm		withdrew		
5/14/15	6003	2	SEC, Starkville		13.31+0.7	182	1159	24.26+1.8	634+2.4	3685 2:24.08
<b>6/11/15</b>	<b>6223w</b>	<b>2</b>	<b>NCAA I, Eugene</b>		<b>13.08+1.0</b>	<b>181</b>	<b>1241</b>	<b>23.67+3.2</b>	<b>643+3.3</b>	<b>3874 2:22.43</b>
<b>PRs:</b>	<b>6223w / 4678</b>				<b>12.99+1.8</b>	<b>188</b>	<b>1277</b>	<b>23.67+3.2</b>	<b>654</b>	<b>3874 2:17.30</b>
<b>Indoor:</b>	<b>55mH: 7.93, 60m H: 8.10</b>									