

2016 & 16th USATF Indoor Women's Pentathlon



MEDIA GUIDE



**Friday
February 26, 2016
Fuhrer Field House
Doane College
Crete, NE**

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

2016 USATF Indoor Women's Pentathlon Media Guide

Time Schedule

Saturday, February 27, 2016

60m Hurdles	11:00 am
High Jump	noon
Shot Put	2:00 pm
Long Jump	3:00
800 Meters	4:00



[Day 2 session ends 4:15]

Qualifying Standards: [qualifying window: Jan 1, 2015 to Feb.24, 2016]

Indoor Pentathlon Score **4250**

Outdoor Heptathlon Score **5900**

Qualifying Guidelines

1. All qualifying performances must be made on standard indoor or outdoor tracks. No allowances are provided for indoor facilities of differing size, bank or other configuration, or altitude.
2. Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:
 - a. USATF- or IAAF-sanctioned events that prescribe to or exceed USATF rules of competition
 - b. events at collegiate meets that prescribe to or exceed USATF rules of competition
 - c. meets or events that meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for verification.
3. Indoor qualifying standards must be met during the qualifying window shown above.
4. All performances are subject to verification

Awards

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

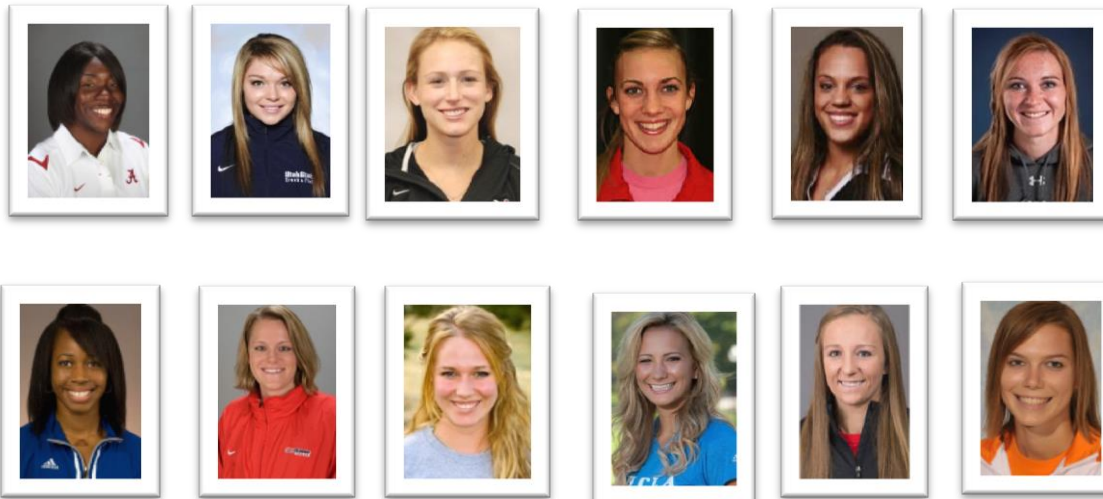
Prize Money

For the 2015 USA Indoor Track & Field/Combined Event Championships, USA Track & Field will pay prize money to the first through fourth place finishers in each Championship event. The prize structure is as follows:

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

Entrants: [alphabetical list of entrants only, does not imply they have been accepted]

	Pentathlon		
	<u>Qualifying mark</u>	<u>PR</u>	<u>Heptathlon PR</u>
-Kaylon Eppinger	4317 ¹⁵	4317 ¹⁵	5888 ¹⁵
-Chari Hawkins	4194 ¹⁵	4194 ¹⁵	5750 ¹⁵
-Breanna Leslie	4134 ¹⁵	4182 ¹⁴	5893 ¹⁴
-Lindsay Lettow	6023 ^{hept'15}	4301 ¹³	6023 ^{hept'15}
-Carley McCutchen	4034 ¹⁵	4034 ¹⁵	5461 ¹⁵
-Amber Metoyer	3988 ¹⁶	3988 ¹⁶	5478 ¹⁵
-Barbara Nwaba	4389 ¹⁵	4406 ¹⁴	6500 ¹⁵
-Lindsay Schwartz	5998 ^{hept'15}	4161 ¹⁴	5998 ¹⁵
-Sara Skipper	3706 ¹⁵	3706 ¹⁵	5066 ¹⁴
-Tatum Souza	4124 ¹⁵	4124 ¹⁵	5771 ¹⁵
-Sami Spenner	6019 ^{hept'15}	4498 ¹⁴	6019 ¹⁵
-Ellen Wortham	3933 ¹⁶	4042 ¹¹	-----
[- , entered as of 2/14]			
Jessica Flax	4179 ¹⁶	4179 ¹⁶	5828 ¹²
Tiffany Parker	3834 ¹⁵	3918 ¹⁴	5732 ¹⁵



Top row: Kaylon Eppinger, Chari Hawkins, Breanna Leslie, Lindsay Lettow, Carley McCutchen, Amber Metoyer,
 Bottom row: Barbara Nwaba, Lindsay Schwartz, Sara Skipper, Tatum Souza, Sami Spenner, Ellen Wortham.



PRs of Entrants:

score *60H* *hj* *sp* *lj* *800m*
[alphabetical list of entrants only, does not imply they have been accepted]

*Kaylon Eppinger	4317'15	8.19	180	1334	591	2:17.82
*Chari Hawkins	4194'15	8.24	183	1186	609	2:24.13
*Breanna Leslie	4182'14	8.42	174	1249	594	2:10.88
*Lindsay Lettow	4301'13	8.42	179	1245	603	2:11.90
*Carley McCutchen	4034'16	8.57	172	1099	595	2:17.03
*Amber Metoyer	3988'16	8.91	171	1438	580	2:27.50
*Barbara Nwaba	4406'14	8.40	187	1464	623	2:07.13
*Lindsay Schwartz	4161'14	8.57	178	1324	615	2:12.48
*Sara Skipper	3706'15	9.07	172	1099	574	2:20.27
*Tatum Souza	4124'16	8.48	170	1394	580	2:16.67
*Sami Spenner	4498'14	8.52	176	1299	634	2:10.25
*Ellen Wortham	4042'11	8.34	172	1024	622	2:16.57
Jessica Flax	4179'16	8.44	170	1368	590	2:15.33
Tiffany Parker	3918'14	8.63	176	1378	592	2:28.34

FACT SHEET: Recent Championship Results



2015 USATF Indoor Champs, Roxbury, MA

		<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>	
4654	Day-Monroe, Sharon/Asics	8.56	183	1541	594	2:13.45	
4389	Nwaba, Barbara/Santa Barbara TC	8.40	174	1376	562	2:12.14	
4317	Eppinger, Kaylon/World Athletics Center	8.30	177	1307	570	2:19.96	
4218	Lettow, Lindsay/Santa Barbara TC	8.66	171	1243	584	2:16.05	
4134	Leslie, Breanna/unat	8.50	168	1204	552	2:13.28	
4110	Profit, Kiani/unat	8.74	171	1185	560	2:14.64	
4071	Schwartz, Lindsay/Santa 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/World Athlete	8.56	159	1127		withdrew	
10s,9f							

2014 USATF Indoor Champs, Albuquerque

		<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>	
4805	Day-Monroe, Sharon/Asics	8.44	188	1559	609	2:13.19	AR, MR
4498	Spenner, Sami/Nebraska-Omaha	8.52	176	1225	634	2:12.87	
4406	Nwaba, Barbara/unat	8.51	185	1355	570	2:19.75	
4284	Lettow, Lindsay/unat	8.44	176	1209	588	2:18.34	
4182	Leslie, Breanna/unat	8.45	170	1208	552	2:12.60	
4161	Schwartz, Lindsay/unat	8.58	176	1185	579	2:22.07	
3941	Outman, Madeline/unat	8.51	161	1027	543	2:10.87	
3657	Parker, Tiffany/unat	8.66	167	1271	503	2:39.24	
dnf	Woods, Shana/unat	8.37	167	1151	598	dnr	
9s,8f							

2013 USATF Indoor Champs, Albuquerque

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

2012 USATF Indoor Champs, Bloomington

		<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>	
4567	Day, Sharon/Asics	8.46	185	1329	589	2:11.89	
4373	Stechschulte, Abbie/unat	8.47	173	1326	596	2:16.22	
4371	Wade, Bette/Nike	8.39	182	1280	595	2:23.29	
4171	Hill, Kasey/unat	8.62	164	1399	564	2:17.11	
3994	Pearson, Emily/unat	8.60	167	1157	544	2:17.00	
3960	Beamer, Brianne/unat	8.96	167	1122	541	2:11.71	
3921	Roehrig, Liz/unat	8.83	170	1340	544	2:30.77	
3560	Parker, Tiffany/unat	8.63	158	1158	514	2:35.32	
3053	Lofton, Sherria/unat	8.65	nh	1043	561	2:23.28	
9s,9f							

2011 USATF Indoor Champs, Bloomington

		<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>	
4439	Wade, Bette/Nike	8.49	182	1350	617	2:25.25	

4337	Stechschulte, Abbie/unat	8.44	170	1364	581	2:15.21
4289	DeLoach, Janay/unat	8.61	173	1267	646	2:29.04
4241	Hill, Kasey/unat	8.48	170	1341	571	2:18.20
4118	Roehrig, Liz/unat	8.68	176	1322	573	2:29.24
4063	Pearson, Emily/unat	8.60	170	1168	557	2:17.87
3840	Trimble, Ashley/unat	8.82	161	1239	547	2:24.24
3628	Beemer, Brianne/unat	9.23	164	980	503	2:14.47
dnf	Fountain, Hyleas/Nike 9s,8f	8.15	182	1317	635	dns

60H hj sp lj 800m

2010 USATF Indoor Champs, Bloomington

4544	Pickler, Diana/Asics	8.31	179	1249	628	2:15.33
4469	Wade, Bette/Nike	8.69	185	1367	593	2:17.94
4467	Day, Sharon/Asics	8.67	182	1360	590	2:14.63
4130	Stechschulte, Abbie/unat	8.62	167	1274	565	2:16.85
4004	Blackley, Kirby/unat	8.43	164	1137	581	2:23.39
3944	Ingram, Bridgette/unat	8.95	167	1154	586	2:24.14
3893	Roehrig, Liz/unat 7s,7f	8.88	173	1310	554	2:35.90

60H hj sp lj 800m

2009 USATF Indoor Champs, Chapel Hill

4391	Pickler, Diana/Asics	8.24	179	1159	614	2:20.05
4320	Day, Sharon/Asics	8.79	185	1225	575	2:16.38
4292	Pickler, Julie/Asics	8.48	170	1271	593	2:15.89
4252	Nelson, Lela/unat	8.58	173	1185	631	2:24.47
4228	Johnson, Jackie/Nike	8.47	176	1214	581	2:20.70
4051	Hill, Kasey/unat	8.69	170	1274	550	2:21.02
3905	Twigg, Amanda/unat	8.71	161	1091	580	2:21.08
3877	Andres, Ashley/Nike	8.81	170	1148	553	2:26.63
3824	Pearson, Emily/unat	8.66	164	1164	542	2:25.88
3234	Blackley, Kirby/unat	8.55	nh	1115	587	2:20.78
3167	Ingram, Bridgette/LemansTC 11s,11f	9.28	158	1163	504	2:56.75

2008 USATF Indoor Champs, Chapel Hill

4378	Diana Pickler/Asics	8.16	180	1198	598	2:21.41
4296	Julie Pickler/Asics	8.43	177	1133	602	2:18.07
4124	Ryanne DuPree/unat	8.50	171	1172	592	2:23.81
4088	Abbie Stechschulte/unat	8.52	165	1261	577	2:21.90
3993	Jackie Poulson/unat	8.89	168	1225	560	2:20.07
3913	Ashley Wilhelm/unat	8.90	171	1180	567	2:28.09
3874	Cassie Merkley/Idaho St	8.68	171	1201	522	2:25.72
3831	Tracy Partain/unat	8.81	171	1166	533	2:27.53
3747	Sarah Gretzmacher/Team Missouri	9.00	162	1155	558	2:27.02
3665	Amanda Feight/unat 10s,10f	9.41	159	1114	564	2:24.01

2007 USATF Indoor Champs, Chapel Hill

4098	Fiona Asigbee	8.56	168	1204	603	2:26.21
4097	Bridget Ingram	8.67	168	1298	594	2:27.08
3976	Lela Nelson	8.70	165	1115	610	2:27.71
3936	Ashley Wilhelm	8.79	165	1173	575	2:24.03
3919	Ashley Huffman	8.58	159	1053	595	2:21.96
3821	Danielle McNaney	8.76	162	1051	543	2:17.51
dnf	Sara Jane Baker 7s,6f	9.01	174	1165	562	dnr

2006 USATF Indoor Champs, Chapel Hill

4143	Lela Nelson	8.47	165	1174	635	2:29.37
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4094	Jackie Poulson	8.64 171 1287 562 2:20.80
3886	Danielle McNaney	8.87 162 1182 551 2:18.92
3873	Jimoh Fummilayo	8.40 171 1022 612 2:41.45
3852	Bridgett Ingram	8.79 168 1212 568 2:33.84
3725	Ashley Wilhelm	8.93 168 1149 563 2:37.22
3321	Tacita Bass	8.56 165 3f 547 2:19.43

7s,7f

2005 USATF Indoor Champs, Chapel Hill

4417	Hyleas Fountain	8.23 184 1137 620 2:23.23
4347	Fiona Asigbee	8.34 181 1278 586 2:22.94
4268	Jackie Poulson	8.61 175 1227 594 2:18.07
4262	Gigi Miller	8.13 169 1308 587 2:23.48

2004 USATF Indoor Results, Chapel Hill

4224	Tiffany Lott-Hogan	7.99 165 1438 584 2:31.28
4093	Michelle Moran	8.82 171 1235 569 2:18.95
4041	Fiona Asigbee	8.60 174 1170 559 2:23.52
4026	Jackie Poulson	8.75 168 1189 570 2:20.27

2003 USATF Indoor Results, Chapel Hill

4317	Tiffany Lott-Hogan	8.01 172 1405 589 2:29.59
4265	Kim Schiemenz	8.62 181 1286 563 2:19.77
4124	Robin Unger	9.00 172 1495 561 2:25.91
4095	Trace Lawyer	8.54 175 1375 542 2:28.11

Previous Winners:

Year	score	winner	site	.
1993-94	No meet			
1995	4696	Kym Carter	Moscow, ID	
1996	4151	Marla Runyan	Manhattan, KS	
1997-02	No meet			
2003	4317	Tiffany Lott-Hogan	Chapel Hill, NC	
2004	4224	Tiffany Lott-Hogan	Chapel Hill, NC	
2005	4417	Hyleas Fountain	Chapel Hill, NC	
2006	4143	Lela Nelson	Chapel Hill, NC	
2007	4098	Fiona Asigbee	Chapel Hill, NC	
2008	4378	Diana Pickler	Chapel Hill, NC	
2009	4391	Diana Pickler	Chapel Hill, NC	
2010	4544	Diana Pickler	Bloomington, IN	
2011	4439	Bette Wade	Bloomington, IN	
2012	4567	Sharon Day	Bloomington, IN	
2013	4478	Sharon Day	Albuquerque, NM	
2014	4805	Sharon Day-Monroe	Albuquerque, NM	MR, AR
2015	4634	Sharon Day-Monroe	Roxbury, MA	
2016				



Most Wins:

4	Sharon Day-Monroe	2012, 2013, 2014
3	Diana Pickler	2008, 2009, 2010
2	Tiffany Lott-Hogan	2003, 2004

All-Time USA List

[as of 1/13/16]

4805A	Sharon Day-Monroe	2/21/14	USA, Albuquerque	8.44	188	1559	609	2:13.19	(1)
4753	Dede Nathan	3/5/99	IAAF WC, Maebashi	8.26	186	1510	624	2:18.98	(1)
4753	Hyleas Fountain	3/13/10	IAAF WC, Doha	8.20	187	1406	646	2:21.02	(4)
4731	Fountain	1/30/10	Penn State, U Park	8.04	181	1383	668	2:23.89	(1)
4718	Day-Monroe	3/7/14	IAAF-WC, Sopot	8.43	184	1495	594	2:09.80	(4)
4696	Kym Carter	2/10/95	Russia, Moscow	8.55	182	1557	607	2:13.32	(1)
4678	Kendall Williams	3/14/15	NCAA I, Fayetteville	8.10	183	1224	653	2:17.30	(1)
4635A	Williams	3/15/14	NCAA I, Albuquerque	8.21	188	1205	632	2:17.31	(1)
4634	Day- Monroe	2/27/15	USA, Roxbury	8.56	183	1541	594	2:13.45	(1)
4632	Carter	3/10/95	IAAF WC, Barcelona	8.37	179	1482	611	2:15.34	(2)
			<i>[10 performances]</i>						
4627	Carter	3/7/97	IAAF WC, Paris (Bercy)	8.36	183	1548	568	2:13.32	(3)
4609	Williams	1/23/15	McCravey, Lexington	8.23	185	1277	646	2:22.89	(1)
4586A	Erica Bougard	3/15/14	NCAA, Albuquerque	8.31	179	1251	629	2:12.63	(2)
4567	Day	3/4/12	USA, Bloomington	8.46	185	1329	589	2:11.89	(1)
4566	Bougard	3/14/15	NCAA I, Fayetteville	8.16	183	1246	616	2:16.93	(3)
4544	Diana Pickler	3/6/10	USA, Bloomington	8.31	179	1249	628	2:15.33	(1)
4519	Williams	2/27/15	SEC, Lexington	8.30	181	1218	641	2:20.56	(1)
4498A	Sami Spenner	2/21/14	USA, Albuquerque	8.52	176	1225	634	2:12.87	(2)
4496	Jacquelyn Johnson	3/14/08	NCAA, Fayetteville	8.23	178	1186	616	2:13.45	(1)
4478A	Day	3/1/13	USA, Albuquerque	8.57	182	1507	582	2:20.86	(1)
4469	Bettie Wade	3/6/10	USA, Bloomington	8.69	185	1367	593	2:17.94	(2)
			<i>[10 performers, 20 performances]</i>						
4467	Day	3/6/10	USA, Bloomington	8.67	182	1360	590	2:14.63	(3)
4452	Day	1/25/13	UW Husky, Seattle	8.51	181	1379	580	2:15.43	(1)
4458	Bougard	2/27/14	SEC, College Station	8.37	178	1248	614	2:15.41	(1)
4442	Pickler, D	1/29/10	Iowa St, Ames	8.41	179	1167	624	2:16.18	(1)
4439	Wade	3/6/11	USA, Bloomington	8.49	182	1350	617	2:25.25	(1)
4430	Day	1/26/12	UW Husky, Seattle	8.49	181	1275	595	2:16.27	(1)
4430	Alex Gochenour	3/14/15	NCAA I, Fayetteville	8.41	180	1237	604	2:16.85	(4)
4419	Bougard	1/21/15	Samford, Birmingham	8.27	177	1189	631	2:20.97	(1)
4417	Fountain	2/27/04	SEC, Lexington	8.23	181	1171	632	2:24.94	(1)
			<i>[30 performances]</i>						
4417	Fountain	3/6/05	USA, Chapel Hill	8.23	184	1137	620	2:23.23	(1)
4412	Fountain	3/13/04	NCAA, Fayetteville	8.15	180	1146	645	2:27.61	(1)
4406A	Barbara Nwaba	2/21/14	USA, Albuquerque	8.51	185	1355	570	2:19.75	(3)
4404	Lindsay Vollmer	2/27/15	Big 12, Ames	8.35	178	1312	609	2:22.56	(1)
4399	Bougard	3/9/13	NCAA, Fayetteville	8.34	175	1100	611	2:10.80	(1)
4389	Nwaba	2/27/15	USA, Roxbury, MA	8.40	174	1376	562	2:12.14	(2)
4378	Pickler	3/9/08	USA, Chapel Hill	8.16	180	1198	598	2:21.41	(1)
4376	Wade	1/29/09	NCAA, Fayetteville	8.46	179	1287	608	2:22.43	(2)
4376	Bougard	2/27/15	SEC, Lexington	8.14	166	1221	615	2:13.44	(2)
4373	Abbie Stechschulte	3/4/12	USA, Bloomington	8.47	173	1326	596	2:16.22	(2)
			<i>[40 performances]</i>						
4372	Jess Herauf	3/14/15	NCAA I, Fayetteville	8.78	174	1374	593	2:13.90	(5)
4371	Wade	3/4/12	USA, Bloomington	8.39	182	1280	595	2:23.29	(3)
4361	Herauf	2/27/15	Big Ten, Geneva	8.67	171	1343	602	2:14.36	(1)
4347	Fiona Asigbee	3/6/05	USA, Chapel Hill	8.34	181	1278	586	2:22.94	(2)
4337	Stechschulte	3/6/11	USA, Bloomington	8.44	170	1364	581	2:15.21	(2)
4333A	Wade	3/1/13	USA, Albuquerque	8.73	176	1431	599	2:23.45	(2)
4336	Ashley Selig	2/24/05	Big 12, Lincoln	8.30	177	1307	570	2:19.96	(3)
4320	Day	3/08/09	USA, Chapel Hill	8.79	185	1225	575	2:16.38	(2)
4317	Kaylon Eppinger	2/27/15	USA, Roxbury, MA	8.30	177	1307	570	2:19.96	(3)
4312	Amy Menlove	3/11/05	NCAA, Fayetteville	8.28	167	1115	667	2:24.69	(2)
4302A	Williams	1/24/13	UNM, Albuquerque	8.40	181	1121	625	2:26.64	(1)
4301A	Lindsay Lettow	3/1/13	USA, Albuquerque	8.42	173	1214	587	2:14.83	(3)
			<i>[52 performances, 20 performers > 4300]</i>						

Indoor Women's Pentathlon Records

World Records

60mH	7.91	Jessica Ennis/GBR	Istanbul, IAAF-4965	2012
HJ	1.99m(6-6 1/2)	Tia Hellebut/BEL	Valencia-4867	2008
SP	20.27m (66-6)	Eva Wilms/GER	Berlin-4641	1977
LJ	6.81m(22-3)	Nadine DeBois/FRA	Paris	1986
800m	2:04.42	Ester Goossens/NED	Kalbach	1997
Score	5013	Nataliya Dobrynska/UKR	Istanbul	2012

[8.38 184 1651 657 2:11.16]



American Records

60mH	7.99	Tiffany Lott-Hogan/USA	Chapel Hill/USATF-4224	2004
HJ	1.94m(6-4 1/4)	Gwen Wentland/Kansas St	Manhattan -4115	1995
SP	15.59m(51-2)	Sharon Day-Monroe/asics	Albuquerque-USA-4905	2014
LJ	6.68m(21-11)	Hyleas Fountain/Nike	University Park, PA-4731	2010
800m	2:08.36	Erica Moore/Indiana St	Ames-4030	2009
Score	4805A	Sharon Day-Monroe/asics	Albuquerque-USA	2014

[8.44 188 1559 609 2:13.19]



Collegiate Records

60mH	8.10	Kendall Williams/Georgia	Fayetteville/NCAA-4412	2015
HJ	1.88m(6-2)	Brianne Theisen/Oregon	College Station, TX	2012
		Kendall Williams/Georgia	Fayetteville/NCAA-4635	2014
SP	16.34m(53-7 1/2)	Austra Skyute/Kansas St	Manhattan	2002
LJ	6.67m(21-10 3/4)	Amy Menlove/BYU	Fayetteville/NCAA-4312	2005
800m	2:08.36	Erica Moore/Indiana St	Ames-4030	2009
Score	4678	Kendall Williams/Georgia	Fayetteville/NCAA	2015

[8.10 183 1224 653 2:17.30]



USATF Meet Records

60mH	7.99	Tiffany Lott-Hogan/USA	Chapel Hill -USA-4224	2004
HJ	1.88(6-2)	Sharon Day-Monroe/asics	Albuquerque-USA-4805	2014
SP	15.59m(51-2)	Sharon Day-Monroe/asics	Albuquerque-USA-4805	2014
LJ	6.46(21-2 1/2)	Janay DeLoach/unat	Bloomington-4289	2011
800m	2:10.87	Madeline Outman/unat	Albuquerque- 3941	2014
Score	4805	Sharon Day-Monroe/asics	Albuquerque-USA	2014

[8.44 188 1559 609 2:13.19]



Fuhrer Field House Records..... Doane College

60mH
HJ
SP
LJ
800m
Score



Athletes's Bios:

KAYLON EPPINGER

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



2016: 2nd at Albuquerque hept (4188). **2015:** Scored a PR 5888 for 9th at USAs. 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 NCAAs. 3rd at SEC outdoors with career best 5560 score. 3rd at SEC indoor pentathlon with PR 4081 score and then placed 9th at NCAAs with 4000 points. **2011:** Placed 20th at NCAA heptathlon in Des Moines. 6th at SEC indoors and runner-up in SEC heptathlon outdoors. **2010:** at Alabama-did not compete. **2009:** 6th Big East pentathlon indoors and 4th 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
2/28/15	4317	3	USA, Roxbury	8.30	177	1307	570	2:19.96
2/05/16	4188	2	New Mexico, Albuquerque	8.33	171	1183	590	2:21.93

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
4/16/15	5863	1	Cal Invt, Azusa	13.67-0.1	180	1320	24.59-0.8	591+2.1	3217	2:17.82
5/23/15	5835	2	Elite II, Chula Vista	13.17+1.4	180	1216	24.34+2.8	579nwi	3284	2:20.22
6/28/15	5888	9	USA, Eugene	13.07+2.2	176	1334	24.70+1.7	579-0.7	3562	2:20.83

PRs: 5888 / 4317

Indoor: 60mH: 8.19

Updated 6/17/15

13.07+2.2 180 1334 24.34+2.8 591+2.1 3897 2:17.82

CHARI HAWKINS

DOB: May 21, 1992
 POB:
 Ht: 5-7
 Hometown: Rexburg, ID
 High School: Madison HS
 College: Utah State '15



2016: 3rd at U Washington pent. **2015:** 14th at NCAAs. Mountain West Conf. outdoor winner. 7th at Mount Sac Relays with 5732 PR score. Mountain West Conf winner with PR 4194 effort and followed with 9th place at NCAAs indoors. **2014:** 9th NCAA outdoors. Mountain West runner-up in hurdles and long jump. Seasonal opener at Mt Sac Relays netted 5550 score. 14th at NCAAs indoors. 5 indoor PRs netted Mountain West pentathlon title, 4173 score. 3rd at UNM indoor pentathlon (3965). **2013:** 13th at NCAAs. 5th at WAC despite no mark in javelin. Won Cal Invt with significant PR 5441 effort. **2012:** WAC indoor pentathlon winner. Injured and did not compete outdoors. **2011:** WAC heptathlon champion and 2nd at indoor pentathlon. **High School:** PRs of 14.46, 5-8 and 19-2. **Personal:** daughter of Bill and Peggy Hawkins. Majoring in family consumer science education.

Career:

Indoor:				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
1/22/11	3460	2	WSU Cougar, Pullman	8.84	164	885	532	2:35.05
2/12/11	3718	2	Boise TeamCh-Nampa	8.85	172	973	542	2:35.37
2/25/11	3719	2	WAC, Nampa	8.76	168	1034	557	2:33.01
1/28/12	3610	2	WSU Cougar, Pullman	8.74	174	926	550	2:41.02
2/29/12	3669	1	WAC, Moscow	8.89	168	1013	573	2:37.68
1/24/14	3965	3	UNM, Albuquerque	8.63	178	1042	576	2:30.27
2/27/14	4173	1	Mtn West, USAFA	8.41	182	1170	580	2:29.19
3/15/14	4025	14	NCAA I, Albuquerque	8.33	179	1148	567	2:35.36
2/06/15	4059	1	New Mexico, Albuquerque	8.39	177	1164	590	2:35.92
2/26/15	4194	1	MtnWest, Albuquerque	8.39	178	1152	602	2:28.25
3/14/15	4164	9	NCAA I, Fayetteville	8.48	177	1152	589	2:24.98
1/29/16	4042	3	U Washington, Seattle	8.41	176	1173	543	2:25.19

Outdoor:				<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/11/11	4948	6	UofA Click, Tucson	14.61		172	935	26.02		551		3352	2:33.18
4/22/11	5159	1	BYU Robison, Provo	14.12w		169	1077	25.68w		540		3825	2:33.72
5/11/11	5124	1	WAC, Honolulu	14.14		170	995	26.16		533		3809	2:27.90
3/28/13	5085	15	Texas R, Austin	14.15		172	948	25.46w		539w		3313	2:29.00
4/18/13	5441	1	Cal Invt, Azusa	14.05		176	1050	25.65		595w		3572	2:26.83
5/09/13	4990	5	WAC, Arlington	13.82w		181	1134	24.84w		573		nm	2:28.87
6/07/13	5598	11	NCAA I, Eugene	13.74+2.7		175	1030	25.05+2.8		584+3.4		4103	2:25.70
4/17/14	5550	12	Mt Sac R, Azusa	13.79+1.1		175	1115	24.69+2.7		577+2.2		3535	2:25.67
6/11/14	5552	9	NCAA I, Eugene	13.97-0.5		172	1186	25.28-1.9		571+1.3		3592	2:24.13
4/16/15	5732w	7	Mount Sac R, Azusa	13.55+2.4		176	1156	24.63+2.1		607+2.0		3663	2:26.74
5/14/15	5622W	1	Mountain West, San Diego	13.53+2.1		176	1118	24.72+1.2		610+4.5		3693	2:34.26
6/11/15	5750	14	NCAA I, Eugene	13.44+1.9		169	1148	24.28+2.2		602+3.5		3913	2:24.68

PRs: 5750 / 4194
 Indoor: 60mH: 8.24

13.44+1.9 183 1186 24.28+2.2 609 0.0 4103 2:24.13

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



2016: Won season opener in Seattle. **2015:** USAs was breakthrough meet with 1st 6k score (6023 for 5th). 7th at Thorpe Cup. 2nd at Drake Relays. 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. 3rd at USAs indoors. **2012:** 8th at US Olympic Trials and then placed 7th at Thorpe Cup vs Germany in Marburg. Repeated as NCAA II indoor pent and outdoor hep champ, the latter with PR 5748. **2011:** Swept the NCAA II boards by winning both indoor pentathlon (4064) and outdoor heptathlon (5514). Opened outdoor season with career best 5610 at Angelo State Spring Multis. MIAA student athlete of year. 9th at USA nationals. **2010:** MIAA champion in heptathlon and 4th at NCAA II meet. **High School:** Iowa State long and pentathlon champion and 100m hurdle record holder. **Personal:** Daughter of Kurt and Peggy Lettow.

Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
12/10/10	3775	1	Doane Holiday, Crete	7.9h	161	1035	557	2:22.11
2/25/11	3961	1	MIAA, Warrensburg	8.53	168	1118	568	2:24.70
3/11/11	4064	1	NCAA II, Albuquerque	8.62	170	1065	579	2:17.47
3/09/12	4193	1	NCAA II, Mankato	8.51	179	1125	583	2:21.58
2/07/13	4286	1	Iowa State Classic, Iowa City	8.55	177	1201	597	2:19.01
3/01/13	4301	3	USA, Albuquerque	8.42	173	1214	587	2:14.83
2/01/14	4282	1	Missouri Southern, Joplin	8.51	176	1245	591	2:19.84
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
1/29/16	4148	1	U Washington, Seattle	8.55	170	1128	590	2:17.76

Outdoor:

				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/ /09	5216	4	NCAA II, San Angelo	14.34	+3.0	164	1087	25.46	-0.1	553	+1.6	3328	2:23.80
5/02/10	5167	1	MIAA, Joplin	14.20	+0.6	170	1077	25.36	-0.4	563	+0.8	3375	2:17.28
5/28/10	5386	4	NCAA II, Charlotte	13.98	+1.4	173	1118	25.43	+1.5	583	+2.7	3700	2:16.23
3/25/11	5610	1	ASU Spring, San Angelo	13.90	+4.6	165	1040	25.42	+2.5	562	+0.4	3688	2:30.28
5/08/11	5225	1	MIAA, Emporia	13.76	+2.3	174	1153	25.21	+2.4	555	+2.1	3575	2:21.79
5/27/11	5514	1	NCAA II, Turlock	14.10	+1.6	169	1122	25.12	+1.6	589	+0.6	3523	2:17.09
6/26/11	5547	9	USA, Eugene	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
4/04/15	5929	4	Sam Adams, S Barbara	13.70	0.0	172	1207	24.84	+0.3	597	0.0	4148	2:12.71
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
6/28/15	6023	5	USA, Eugene	13.56	+1.4	176	1187	24.63	+1.7	592	+0.4	4263	2:11.90
8/09/15	5725	7	Thorpe Cup, Bernhausen	14.04	+1.7	169	1171	24.75	+2.6	603	-0.6	4005	2:19.45

AMBER METOYER

DOB: September 7, 1983
 POB:
 Ht: 5-9
 Hometown: Boulder, CO
 High School: Fairview HS
 College: Colorado/ Louisiana Tech



5-9



2016: 2015: 13th at Mount Sac Relays. Ryan hept winner. **2014:** 14th at USA nationals. Won Chula Vista Imperial heptathlon (PR 5340). **2006:** 3rd at WAC heptathlon. **2005:** 3rd at WAC heptathlon. **High School: Personal:** Degree in communications and sociology. Masters in health at Okla State. On basketball coaching staff at U of Albany. Two seasons as coach at Oklahoma State U. Daughter of Mike and Rene'e Metoyer.

Career:

Indoor:

				<u>60h hj sp lj 800</u>				
1/30/15	3910	1	Ryan, Houston	8.95	171	1353	559	2:35.29
2/05/16	3988	3	Thomas, College Station	9.08	169	1412	559	2:27.50

Outdoor:

				<u>100 h w hj sp 200m w lj w jav 800m</u>								
6/ /02	4646	Great SW, Albuquerque										
6/ /02	4673	6	USA Jr, Palo Alto									
5/ /05	4777	3	WAC,									
5/ /06	4977	3	WAC									
3/20/14	5212	1	Rice U, Houston	14.74+1.7	166	1438	26.38	0.0	532	0.0	3927	2:40.58
6/14/14	5340	1	Imperial, Chula Vista	14.57-0.1	170	1415	25.96+3.7	568+1.3	3407	2:39.46		
6/28/14	5377	14	USA, Sacramento	14.47+1.8	163	1382	25.28+0.6	545+1.6	4016	2:29.90		
7/18/14	5234	14	Pan Am Cup, Ottawa	14.98+0.3	169	1343	25.87+1.9	531+1.7	3971	2:31.34		
4/16/15	5478	13	Mount Sac R, Azusa	14.30+0.2	170	1347	25.46+3.3	566+1.8	3750	2:28.08		
5/20/15	5468	7	Capital Cup, Ottawa	14.49+0.6	168	1367	25.52+2.6	534-1.2	4420	2:28.34		

PRs: 5478 / 3988

Indoor: 60mH: 8.91

14.30+0.2 171 1438 25.46+3.3 580+2.7 3927 2:27.50

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: USA national champ with 6500 PR score. 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:** 5th at US Olympic Trials. Runner-up at Westmont's Sam Adams heptathlon with PR 5986 score. Captured Big West hept with 5709 score and was also Big West outdoor hurdle champ in 13.59. 4th at NCAA indoor heptathlon. Placed 2nd at U Washington indoor pentathlon with PR 4244 score. 2011: Runner-up at Washington indoor Invt with PR 4140 score, then raised heptathlon PR to 5714 with win at Claremont Classic. 8th at USA nationals with career best 5733 score. **2010:** 12th at NCAAs. Big West Conference champion (with PR 5552) followed a 7th at Mt Sac Relays. Runner-up at U of Washington indoor pentathlon (3931). **2009:** 3rd at Big West Conf heptathlon with 5000 points. **2008:** stress fracture. **2006: High School: Personal:** 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
3/ /14	4406	3	USA, Albuquerque	8.51	185	1355	570	2:19.75
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			
5/30/15	6342	11	Hypo-Bank, Götzis	13.55-0.1	180	1451	23.82-0.1	599+0.3	3889	2:07.37			
6/26/15	6500	1	USA, Eugene	13.49+2.2	182	1377	23.76+2.3	623+1.5	4348	2:07.13			
6/23/15	5315	27	IAAF EC, Beijing	dnf		177	1464	24.47-0.2	608+0.8	4659	2:12.20		

PRs: 6500 / 4406

13.38+0.6 187 1464 23.04-0.2 623+1.5 4660 2:07.13

Indoors: 60mh: 8.40

LINDSAY SCHWARTZ

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



2016: PR's in season opener pent with 4073 score. **2015:** 8th at USAs with 5969 effort and then placed 3rd at Thorpe Cup. **2014:** 9th at USA Nationals. Won Sam Adams meet to open season. 6th at USA indoors with 4161 PR. **2013:** 8th at USA nationals and 3rd at Thorpe Cup with breakthrough scores. 3rd at Pan Am Cup in Ottawa with PR 5645 effort. 5th at Mt Sac Relays. 3rd at Sam Adams meet. 10th at USA indoors. **2012:** 10th at NCAAs outdoors with PR 5606 score. Won Sun Belt hept and 100 hurdles after a PR 4th place at Texas Relays (5468). Indoor pentathlon Sun Belt Con champ for 2nd consecutive year. **2011:** 13th at NCAA heptathlon in Des Moines. Sun Belt Conf heptathlon champion and record holder (5318). SBC indoor pentathlon champ. 3rd in high jump outdoors. **2010:** Runner-up at Sun Belt indoor pentathlon and winner of outdoor heptathlon. . **High School:** 3x Wisconsin state hurdles (2x 100m, 1x 300m) champion. **Personal:** Major is Leisure Studies-Sports Management

Career:

Indoor:

2/27/10	3426	2	Sun Belt, Mufreesboro	8.77	156	1112	522	2:30.05	[55mH]
1/29/11	3492	2	Carnes, Gainesville	8.65	165	1005	515	2:30.27	[55mH]
3/27/11	3585	1	Sun Belt, Mufreesboro	8.37	163	951	534	2:25.32	[55mH]
2/25/12	3996	1	Sun Belt, Mufreesboro	8.16	165	1119	594	2:21.32	[55mH]
3/09/12	3951	13	NCAA I, Nampa	8.59	166	1020	585	2:21.70	
3/01/13	3892	10	USA, Albuquerque	8.77	164	1177	561	2:23.87	
2/21/14	4161	6	USA, Albuquerque	8.58	176	1185	579	2:22.07	
1/30/15	3969	3	U Washington, Seattle	8.81	170	1204	560	2:23.96	
1/29/16	4073	2	U Washington, Seattle	8.57	167	1169	581	2:20.26	

Outdoor:

5/08/10	4966	1	Sun Belt, Mufreesboro	14.65	-3	166	1050	25.10	+3.7	535	+1.4	2978	2:29.22
3/24/11	4778	2	FSU R, Tallahassee	15.06	+1.8	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
4/04/15	5998	3	Sam Adams, S Barbara	13.82	0.0	178	1303	24.27	-0.2	582	+0.2	3912	2:13.62
6/28/15	5969	8	USA, Eugene	13.55	+1.4	167	1324	24.06	+0.7	588	+0.3	4162	2:15.97
8/09/15	5832	3	Thorpe Cup, Bernhausen	13.84	0.0	172	1257	24.48	+1.9	593	-0.9	3922	2:17.46

PRs: 5998 / 4161

13.55+1.4 178 1324 24.06+1.8 615+1.5 4247 2:12.48

Indoor: 60mH: 8.57; 55mH 8.16

SARAH SKIPPER

DOB:

POB:

Ht: 5-6

Hometown: Lewistown, MT

High School:

College: Jamestown College '11

Club: Santa Barbara TC



2016: 10th at U Washington pent (3606). **2015:** Placed 4th at U Washington pent, PR 3706. **2014:** Runner-up at Claremont Clasic hept. **2013: 2012:** Assistant coach at U of Great Falls, MT. **2011:** Runner-up at NAIA indoors and 6th NAIA outdoors CEs. Dakota AC indoor and outdoor CE champ. **2010:** 9th at both NAIA indoors & outdoors CEs. **2009: High School: Personal:**

Career:

Indoor:

				<u>60h hj sp lj 800</u>				
1/27/08	2905	Northern St,	Aberdeen					
2/23/08	3165	Dakota AC,						
2/06/09	3106	3	Bison Open,	8.77	155	833	482	2:31.52 [55mH]
2/20/09	3347	1	Dakota AC,	8.60	155	908	545	2:31.95 [55mH]
1/31/10	3180	1	Northern St,	9.60	161	844	494	2:31.63
2/19/10	3342	1	Dakota AC,	9.47	164	926	515	2:32.53
3/04/10	3295	9	NAIA,	9.41	162	871	508	2:30.70
2/04/11	2800	1	NDSU Bison,	9.38	160	949	nm	2:27.69
2/18/11	3536	1	Dakota AC,	9.20	162	976	545	2:30.71
3/03/11	3644	2	NAIA,	9.24	163	958	550	2:20.96
2/11/14	3510	1	Westmont,	9.41	167	1036	508	2:26.90
1/30/15	3706	4	U Washington,	9.17	167	1033	548	2:24.13
1/29/16	3606	10	U Washington,	9.07	167	1066	517	2:28.56

Outdoor

				<u>100 h w hj sp 200m w lj w jav 800m</u>							
4/22/08	3472		Dakota AC,								
4/27/09	4291	1	Dakota AC,	15.14	159	800	27.03	492	2656	2:30.56	
4/10/10	4488	1	Team Nodak,	15.49	161	958	26.81	507w	3137	2:33.31	
5/07/10	4642	2	Dakota AC,	15.37	170	890	26.42	533	3064	2:34.70	
5/28/10	4537	9	NAIA,	15.66+0.4	160	1003	26.32+3.4	522+0.8	2920	2:32.35	
5/ /11	4657	1	Dakota AC,	14.96	158	952	25.60	532	2897	2:32.47	
5/27/11	4637	6	NAIA,	15.37-2.6	159	909	25.89+1.0	537 0.0	2672	2:24.37	
5/09/14	5066	2	Classic,	14.77+2.3	168	1096	26.01+2.1	548+2.4	3164	2:23.73	
5/08/15	5003	1	Classic,	15.01+0.7	160	1099	25.74+1.3	552+1.6	3055	2:20.27	

PRs: 5066 / 3706

14.56+0.8 172 1099 25.74+1.2 574+2.3 3164 2:20.27

Indoor: 60mH: 9.07

TATUM SOUZA

DOB: April 20, 1992
POB: Concord, CA
Ht: 5-6
Hometown: Napa, CA
High School: Napa HS
College: UCLA '15



2016: 2nd at Kansas St with indoor 4124 PR score. **2015:** Pac-12 runner-up. Placed 5th at Mount Sac R with PR 5771 score. **2013:** 9th place at NCAAs with career best 5691 score and followed with a 15th at USA champs. Runner-up at Pac-12 with PR, 5624. 4th at Mt Sac Relays with PR 5587. 7th at Texas Relays. Scored 4023 at Mountain Pacific meet in Seattle. **2012:** Won Cal Invt at Azusa outdoors in PR 5350 score and then placed 5th at Pac-12 meet. **2011:** 6th at Pac-12 outdoors. **High School:** Napa County Volleyball Player of the Year. **Personal:** Daughter of Ronald and Jodi Souza. Undeclared major.

Career:

Indoor:

1/27/12	3640	1	WSU Cougar, Pullman	9.11	153	1177	536	2:22.82
2/25/12	3695	5	Mtn Pacific, Seattle	9.03	155	1160	536	2:20.19
1/25/13	3884	4	UWash Invt, Seattle	8.83	166	1279	526	2:22.37
2/22/13	4023	?	Mtn Pacific, Seattle	8.48	163	1221	558	2:19.30
2/07/14	3809	3	Texas A&M, C Station	8.59	165	1222	533	2:30.20
1/22/16	4124	2	KSU Skuteyte, Manhattan	8.56	167	1374	557	2:21.36
2/05/16	4013	1	Sevigne Husker, Lincoln	8.52	163	1330	536	2:20.11

Outdoor:

5/07/11	4906	6	Pac-12, Tucson	14.47	154	1243	26.48	532w	3580	2:33.83
4/19/12	5350	1	California Invt, Azusa	14.26	163	1183	25.51	561	3490	2:18.50
5/13/12	5334	5	Pac 12, Eugene	14.09	159	1203	25.42w	533w	3383	2:17.35
3/28/13	5288	7	Texas R, Austin	14.12	157	1264	25.41+4.4	533+1.7	3691	2:20.52
4/18/13	5587	4	Mt Sac R, Azusa	14.08+1.3	156	1303	25.03+0.5	580+2.5	3985	2:16.99
5/05/13	5624	2	Pac-12, Los Angeles	13.95+2.7	169	1242	25.20+0.3	556-0.9	3937	2:16.87
6/07/13	5691	9	NCAA I, Eugene	13.86+2.7	169	1276	25.26+2.8	574+1.2	3930	2:17.91
6/21/13	5360	15	USA, Des Moines	13.96+1.7	166	1308	25.73+1.0	516+1.4	3879	2:24.09
4/05/14	dnf	-	Sam Adams, S Barbara	13.85+0.2	169	1223	25.40+1.7	544-1.3	3767	dnr
4/16/15	5771w	5	Mount Sac R, Azusa	13.89+2.4	164	1335	25.36+2.1	574+2.3	4427	2:16.67
5/10/15	5636	2	Pac-12, Los Angeles	14.04+1.4	170	1385	26.03+1.6	560+2.4	3960	2:18.76
6/11/15	5604	17	NCAA I, Eugene	14.20+0.1	169	1394	25.60+2.1	535+3.2	4339	2:21.72

PRs: 5771 / 4124

13.85+0.2 170 1394 25.03+0.5 580+2.5 4427 2:16.67

Indoor: 60mH: 8.48

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 was complete in 2015-

2015: 7th at USAs (6012). 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. 4th at USA indoors with PR 4271. Won UNI Jennett indoor pent. **2012:** UNI Jennett indoor winner with PR 3810 pent score. **2011:** 5th at NCAA II outdoors with PR hept score of 5085. Transferred after fall term from Wayne State College. **High School:** Sprinter/jumper on track team. All state volleyball. **Personal:** 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
3/21/14	4498	2	USA, Albuquerque	8.52	176	1225	634	2:12.87

Outdoor:

4/15/11	4358	6	ESU Open, Emporia	15.93w	157	919	26.28	528	2654	2:34.60
5/02/11	4850	3	MIAA, Emporia	15.67	159	976	25.91w	564	3239	2:22.59
5/27/11	5085	5	NCAA II, Turlock	15.16w	162	1080	25.74w	553w	3678	2:22.65
4/26/12	5593	4	Drake R, Des Moines	14.33+1.1	172	1124	24.77-1.5	595+2.5	3436	2:16.61
4/18/13	5806	1	Mt Sac R, Azusa	14.42+0.5	168	1157	23.97+2.5	634+2.3	3591	2:14.90
5/10/13	5356	1	Summit, Muncie	14.23	170	1143	24.51	604	3432	2:39.48
6/20/13	5768	10	USA, Des Moines	13.94+2.7	163	1173	23.67+0.1	622+1.7	3097	2:11.63
7/28/13	5898	4	Thorpe Cup, Chula Vista	14.31+0.7	172	1194	23.67+1.3	616+3.1	3630	2:13.18
4/17/14	6003	3	Mt Sac R, Azusa	14.00+1.3	172	1199	23.54+1.5	620+2.0	3711	2:11.93
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
4/16/15	6019w	1	Mt Sac R, Azusa	14.11+2.1	176	1217	23.80+3.1	606+2.5	3873	2:11.38
6/28/15	6012	7	USA, Eugene	14.13+1.4	173	1290	23.77+2.3	596+1.2	3851	2:10.25

PRs: 6019 / 4498

13.91+1.8 176 1299 23.54+1.5 634+2.3 3927 2:10.25

Indoor: 60m: 7.68; 60mH: 8.52.

ELLEN WORTHAM

DOB: January 5, 1990
 POB: Memphis, TN
 Ht: 5-10
 Hometown: Maryville, TN
 High School: Maryville HS
 College: Tennessee '12



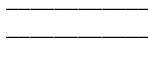
2016: Won a pair of early season pentathlons. **2012:** 3rd at NCAA I 400m H (PR 55.55). SEC indoor runner-up at 60mH. Was 5x All-American in hurdles and relays at Tennessee. **2011:** 8th at NCAA I pentathlon with 4042 PR. **2010:** Was member of Tennessee's NCAA winning indoor DMR in Fayetteville. 4th SEC indoor pentathlon. Ran 56.83 for 400 hurdles and was NCAA outdoor finalist. **2009:** SEC Freshman of the Year. Relay specialist. **High School:** 14 x Tennessee high school State honoree. 2008 Tenn TSSAA pentathlon champ (3493). **Personal:** Daughter of Tom and Donna Wortham. Majored in psychology.

Career:

Indoor:			<i>60h</i> <i>hj</i> <i>sp</i> <i>lj</i> <i>800</i>					
1/29/10	3899	5	Penn State Invt, U Park	8.65	169	952	580	2:22.80
2/26/10	3863	4	SEC	8.58	169	898	572	2:22.30
1/28/11	3983	2	Penn State Invt, U Park	8.54	170	973	563	2:16.64
2/25/11	3977	3	SEC, Fayetteville	8.47	164	938	587	2:16.57
3/11/11	4042	8	NCAA, College Station	8.46	172	996	572	2:18.44
1/21/16	3933	1	Samford Multi, Birmingham	8.55	163	1024	592	2:22.76
2/05/16	3748	1	ETSC Buccaneer, J City	8.73	158	915	569	2:18.87

Outdoor: 100 h w hj sp 200m w lj w jav 800m
 None

PRs: **4042** **13.58+0.6** **172** **1024** **622i** **2:16.57**
400m: 52.99. Indoor: 60mH: 8.34



JESSICA FLAX

DOB: September 4, 1990
 POB:
 Ht: 5-8
 Hometown: Pearland, TX
 High School: Pearland HS
 College: Wisconsin '12



2016: 2nd at A&M Thomas pentathlon with 4179 PR score. **2015:** 11th at Mount Sac Relays. **2013:** 8th at NCAAs indoors. Big Ten champ with PR 4078 score. **2012:** Outdoors she 4th at NCAAs with PR 5826 effort, Mount Sac Relays runner-up (with PR 5662) and Big 10 champ (another PR-5722). Big Ten indoor pentathlon runner-up with career best 4008 score. High jump no height at NCAAs ruined PR score. **2011:** 7th at NCAAs (PR 5440) after winning Big Ten heptathlon with PR 5372. 7th at Mt Sac Relays. Redshirt indoor season. **2010:** Third at Big Ten outdoor heptathlon. 10th at Mt Sac Relays. Fourth at Big Ten indoor pentathlon. **2009:** 6th at Big Ten indoor pentathlon. **2008:** Runner-up at USA Junior heptathlon (5108). **2007:** 15th at USA Jr national heptathlon **High School:** Texas 5A 100 hurdle champion in 2008. 12x District champion and 4x team MVP. **Personal:** Parents are Brant and Carylon Flax. Major is undecided.

Career:

Indoor:

1/16/09	3492	2	Badger Classic, Madison	8.95	155	1073	507	2:26.39
1/30/09	3702	2	U Wisconsin Elite, Madison	8.87	155	1091	558	2:23.62
2/28/09	3821	6	Big Ten, Bloomington	9.05	175	1088	590	2:23.51
1/29/10	3672	2	Badger Elite, Madison	8.98	160	1216	523	2:27.34
2/27/10	3754	4	Big Ten, U Park	8.78	158	1247	551	2:26.52
2/03/12	3789	4	Sevigne, Lincoln	8.74	158	1261	518	2:21.56
2/24/12	4008	2	Big Ten, Lincoln	8.57	167	1251	535	2:19.09
3/09/12	3186	16	NCAA I, Nampa	8.62	nh	1226	543	2:18.98
2/01/13	4009	2	Sevigne, Lincoln	8.55	164	1269	542	2:19.05
2/22/13	4078	1	Big Ten, Geneva	8.49	165	1160	548	2:15.33
3/09/13	4112	8	NCAA I, Fayetteville	8.46	163	1250	565	2:16.15
2/05/16	4179	2	Thomas, College Station	8.44	169	1368	540	2:17.16

Outdoor:

6/21/08	5108	2	USA Jr, Columbus	14.10-0.7	162	1076	25.64-1.1	572+2.4	2599	2:20.94
3/20/09	4968	1	Hurricane, Miami	14.38	158	1120	26.12	543	2744	2:19.67
5/16/09	4974	6	Big Ten, Columbus	14.54+1.6	163	1054	26.05+3.7	505+1.8	3398	2:20.45
6/27/09	4746	4	USA Jr, Eugene	14.94+1.6	160	1006	26.70+3.0	506+2.3	3173	2:21.54
3/20/10	4754	1	Hurricane, Miami	14.86+0.0	152	1199	26.35+1.9	529+0.5	3053	2:29.75
4/15/10	5155	10	Mt Sac R, Azusa	14.55+1.0	158	1167	26.17+1.9	536+1.2	3723	2:18.39
5/15/10	5253	3	Big Ten, Bloomington	14.04+0.8	160	1195	25.35-0.8	518-2.5	3654	2:20.17
4/14/11	5353	7	Mt Sac R, Azusa	14.26+1.6	167	1255	25.60+2.3	529+1.9	3830	2:22.75
5/14/11	5372	1	Big Ten, Iowa City	14.18+0.9	167	1252	25.98+2.9	543+1.3	3950	2:24.18
6/10/11	5440	7	NCAA I, Des Moines	14.12+2.4	166	1201	25.64-0.8	531-0.2	4104	2:18.10
4/19/12	5662	2	Mt Sac R, Azusa	14.08+0.6	167	1213	25.33+1.4	563+2.9	4620	2:19.88
5/12/12	5722	1	Big 10, Madison	13.67+3.0	167	1273	24.79+1.7	542+1.3	4464	2:15.97
6/08/12	5828	4	NCAA I, Des Moines	13.72-0.3	169	1310	25.09+1.0	568-1.5	4312	2:16.43
4/16/15	5556w	11	Mount Sac R, Azusa	13.84+2.1	170	1267	25.12+3.1	565+0.6	3240	2:17.93
6/20/15	5318	11	Capital Cup, Ottawa	13.99-0.8	165	1230	25.34-0.3	530+0.7	3135	2:17.25

PRs: 5828 / 4179
 Indoor: 60mH: 8.44

13.67+3.0 170 1368 24.79+1.7 590i 4620 2:15.33

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



2016: 5th at A&M Thomas pentathlon. **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:** 8th at USA indoor champs. **2011:** 7th NAIA heptathlon **2010:** 3rd NAIA heptathlon, **2009:** 4th NAIA heptathlon . Won NAIA All-American honors in 5 events. **2008: 2007:** Competed at U of New Mexico. **High School:** CIF finalist at 100m hurdles in 2006. Junior in 2005 qualified for CIF finals in 4 events. **Personal:** Parents are Ronald and Dolores Parker. Majored in Business at APU.

Career:

Indoor:									
/ /09	3418	4	NAIA, Johnson City, TN						
3/04/10	3528	2	NAIA, Geneva, OH	8.94	159	1165	548	2:42.05	
3/04/12	3560	8	USATF, Bloomington	8.63	158	1158	514	2:35.32	
3/01/13	3773	12	USA, Albuquerque	8.65	167	1253	537	2:36.68	
2/08/14	3918	2	Mt T, UNA, Flagstaff	8.68	172	1378	561	2:41.97	
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	
3/ /15	3808	9	USA, Roxbury	9.00	171	1301	536	2:34.06	
2/05/16	3738	5	Thomas, College Station	8.73	169	1198	539	2:37.57	

Outdoor:													
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			
5/23/15	5732	3	Elite II, Chula Vista	13.64+2.3	171	1253	25.15+1.4	585nwi	4477	2:30.46			
6/20/15	5557	6	Capital Cup, Ottawa	14.13-0.8	171	1238	25.20+2.6	567+0.2	4313	2:29.61			

PRs: 5732 / 3918
 Indoor: 60mH: 8.63

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