

WOMEN'S HEPTATHLON HANDBOOK & MEDIA GUIDE



12th THORPE CUP USA vs GERMANY TEAM HEPTATHLON

Dusseldorf, GER
July 29-30, 2017



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Coach: Uwe Euchner		

Heptathlon Schedule:

<p style="text-align: center;"><i>Saturday</i> [opening ceremony <i>pm</i>]</p> <p>July 29, 2017</p> <p>100 Hurdles</p> <p>High Jump</p> <p>Shot Put</p> <p>200m</p>	<p style="text-align: center;"><i>Sunday</i></p> <p>July 30, 2017</p> <p>Long Jump</p> <p>Javelin</p> <p>800 m</p>
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Team Rosters:



Team USA:	<u>dob</u>	<u>hometown</u>	<u>affiliation</u>	<u>PR</u>	<u>'17 best</u>
Alex Gochenour	Feb. 17, 1993	Missouri Valley, IA	Arkansas'16	6129	6129
Chari Hawkins	May 21, 1992	Rexburg, ID	Santa Barbara TC	5956	5845
Lindsay Lettow	June 6, 1990	Urbandale, IA	Santa Barbara TC	6023	5774
Tiffeney Parker	June 8, 1988	Moreno Valley, CA	unat	5951	5609
Allison Reaser	Sept. 3, 1992	El Segundo, CA	San Diego St '14	5990	5830
Lindsay Schwartz	April 23, 1990	Watertown, WI	Santa Barbara TC	6036	5889
Jaclyn Seifring	Sept. 30, 1995	Covington, OH	Akron'18	5750	5750

Alternate:

Women's Staff: Coach's Kevin Reid/La Verne U and Chris Richardson/Cerritos College.



Team Germany:	<u>Club</u>	<u>dob</u>	<u>PR</u>	<u>'17 best</u>
Hamann, Sophie	TuS Metzingen,	1996, 21 years old	5475	5475
Obermaier, Anna-Lena	LG Sempt,	1996, 22 years old	5322	5322
Schubert, Jana	LG Filder	1993, 24 years old	5209	5209
Steinlage, Lisa	LG Kreis	1993, 24 years old	5418	5223

Coach: Uwe Euchner

Women's Thorpe Cup History

Individual Winners:

<u>Year</u>	<u>score</u>	<u>winner</u>	<u>affiliation</u>	<u>site</u>	
2006	5799	Julia Machting	GER	Manhattan, KS	MR
2007	6022	Lela Nelson	USA	Bernhausen	MR
2008	6029	Lela Nelson	USA	Manhattan, KS	MR
2009	5990	Liz Roehrig	USA	Marburg	
2010	5984	Bette Wade	USA	Marburg	
2011	6052	Bette Wade	USA	Chula Vista	MR
2012	5878	Kira Biesenbach	GER	Marburg	
2013	6135	Kiani Profit	USA	Chula Vista	MR
2014	6205	Barbara Nwaba	USA	Marburg	MR
2015	6158	Sharon Day-Monroe	USA	Bernhausen	
2016					

Team Winners:

<u>Year</u>	<u>first</u>	<u>cum pts</u>	<u>second</u>	<u>cum pts</u>	<u>differential</u>	<u>site</u>
2006	United States	15,716	Germany	15,619	97	Manhattan, KS
2007	Germany	16,946	United States	16,933	13	Bernhausen
2008	Germany	17,267	United States	17,162	105	Manhattan, KS
2009	Germany	17,590	United States	16,650	940	Marburg
2010	United States	17,518	Germany	14,182	3,336	Marburg
2011	United States	17,611	Germany	17,115	496	Chula Vista
2012	United States	17,332	Germany	17,251	81	Marburg
2013	United States	18,117 MR	Germany	16,364	1753	Chula Vista
2014	United States	17,954	Germany	17,206	748	Marburg
2015	United States	17,813	Germany	16,870	943	Bernhausen
2016						

Past Meet Results [2006-2015]**2006 Manhattan, KS**

5799	Machting, Julia/GER	14.84+2.4	170	1405	24.90+2.6	601+2.1	4306	2:21.07
5475	McNaney, Danielle/USA	14.00+2.4	170	1112	25.47+2.6	541+0.7	4131	2:19.58
5292	Wallin, Reidun/USA	14.27+2.4	161	1133	25.77+2.6	510-1.6	4259	2:16.90
5062	Buder, Marlen/GER	14.76+2.4	164	1353	25.85+2.6	507+1.6	4088	2:40.28
4949	Bass, Tacita/USA	14.15+2.4	158	1171	24.80+2.6	534+1.2	2532	2:30.16
4796	Nelson, Lela/USA	13.58+2.4	173	1174	24.10+2.6	nm	3384	2:29.36
4758	Schrader, Annelie/GER	13.86+2.4	164	1160	25.57+2.6	567+0.2	4468	dnf
4758	Schwerdtner, Maren/GER	14.24+2.4	173	1266	24.84+2.6	546+0.4	3795	dnf

Team Scores: USA: 15,716; Germany: 15,619 (+97)

2007 Bernhausen

8/18-19/07

6022	Nelson, Lela/USA	13.74+0.5	182	1156	24.36	0.0	678	0.0	3527	2:25.49
5718	Pickler, Julie/USA	13.93-0.5	173	1125	24.80	0.0	577	0.0	4086	2:17.49
5680	Hebestreit, Ulrike/GER	13.69-0.5	167	1194	25.29	0.0	599+0.5		3835	2:18.80
5677	Schrader, Annelie/GER	13.90+0.5	167	1188	25.64	0.0	608	0.0	4710	2:28.98
5589	Hartz, Ulrike/GER	14.92-0.5	173	1216	24.81	0.0	580+0.4		4329	2:25.56
5193	Johnson, Jackie/USA	13.63-0.5	176	nm	25.16	0.0	607+0.1		4181	2:22.54
dnf	Menne, Ekatarina	14.60+0.5	167	1144	26.04	0.0	56?	+0.2		withdrew
dnf	Asigbee, Fiona	13.89-0.5	173	1141	25.27	0.0	594	0.0	3369	dnr

Guests:

5638	McNaney, Dani/USA	13.82+0.5	170	11.60	25.53	0.0	581+0.2		3716	2:14.47
5465	DuPree, RYanne/USA	13.74-0.5	170	10.54	25.36	0.0	596+1.0		3551	2:24.93
dnf	Hunter, Gayle/USA	14.32+0.5	155	10.64	25.87	0.0				withdrew

Team Scores

1. GER 16,946; 2. USA 16,933.

2008 Manhattan, KS

7/2-3/08

6029	Nelson, Lela/USA	13.46+1.5	170		24.16+2.2	665+2.8	4186	2:25.41
5791	Hartz, Ulrike/GER	14.11+1.4	173	1127	24.65+2.2	604+3.2	4755	2:27.04
5750	Schulz, Christine/GER	13.87+1.5	176	1297	25.58+2.2	603+2.3	3958	2:25.68
5726	Goldkuhle, Maike/GER	13.77+1.5	167	1375	25.06+2.2	588+3.1	3781	2:21.70
5658	Keller, Katja/GER	13.96+1.4	167	1229	25.34+1.9	624+3.7	3818	2:24.44
5649	Wilhelm-Andres, Ashley/USA	14.24+1.5	173	1091	25.02+1.9	603+4.7	3926	2:19.72
5484	Hill, Kasey/USA	14.10+1.5	170	1188	24.72+2.2	556+4.2	3407	2:19.65
5402	Roehrig, Liz/USA	14.45+1.4	176	1268	24.67+2.2	595+2.5	3186	2:38.57
5271	Poulson, Jackie	14.12+1.4	167	1209	25.38+1.9	535+2.3	4304	2:38.53
5020	McNaney, Dani	14.37+1.4	164	1005	25.93+1.9	517+2.7	3688	2:24.79
dnf	Gurbig, Romy/GER	??		187	1079	25.41+1.9	619+4.6	

Team Results:

1 Germany 17,267; 2 United States 17,162

2009 Marburg, GER

8/8-9/09

5990	Roehrig, Liz/USA	14.03+1.2	183	1297	24.90	0.0	612+1.0	4193	2:22.67	
5974	Schultz, Christine/GER	13.75+1.1	174	1299	25.28	0.0	613+1.0	4176	2:16.03	
5941	Rath, Claudia/GER	14.07+1.2	177	1156	24.85	0.0	641-1.0	3960	2:17.45	
5675	Svchwerdtner, Maren/GER	14.17+1.1	168	1342	25.00	0.0	612+1.0	4203	2:27.81	
5576	Rudiger, Julia/GER	13.75+1.1	177	1146	24.77	0.0	591	0.0	3654	2:32.25
5469	McNaney, Dani/USA	14.19+1.1	165	1129	25.72	0.0	577+1.0	3878	2:17.23	
5413	Schrader, Annelie/GER	14.23+1.2	165	1136	26.14	0.0	560	0.0	4867	2:29.01
5191	Hill, Kasey/USA	14.19+1.2	165	1185	24.79	0.0	521-1.6	3299	2:26.55	
5143	McFadden, Kalindra/USA	14.55+1.1	156	1123	25.55	0.0	527-1.0	3707	2:17.35	
4919	Nelson, Lela/USA	13.79+1.1	180	1076	25.02	0.0	639+1.1	3105	dnr	

Guests:

5616	Adams, Aisha/USA	13.77+1.2	174	1119	24.98	0.0	607+1.0	3331	2:22.11
5568	Pearson, Emily/USA	14.03+1.2	168	1129	25.22	0.0	57?+1.0	4744	2:25.39
5549	Pickler, Julie/USA	14.07+1.2	171	1177	24.94	0.0	562+1.0	3923	2:22.65

Team Scores: Germany 17,590; USA 16,650

2010: Marburg 8/7-8/10

5984	Wade, Bette/USA	13.91+2.2	183	1307	25.33-0.9	624+1.6	3709	2:17.89	
5779	Krais, Ryann/USA	13.85+2.2	177	1061	25.49-0.9	592+0.9	4075	2:13.05	
5755	Stechschulte, Abbie/USA	13.77+2.2	168	1274	25.05-0.9	589+1.5	3768	2:15.71	
5611	Pearson, Emily/USA	13.99-0.3	168	1187	25.31-1.1	568+0.6	4529	2:24.24	
5607	Kiffe, Christina/GER	14.39-0.3	183	1188	26.61-1.1	587	0.0	4637	2:31.92
5514	Hill, Kasey/USA	14.07-0.3	168	1244	25.45-1.1	553	0.0	3704	2:17.31
4711	Maiwald, Anna/GER	14.41-0.3	171	1195	25.89-1.1	nm	4295	2:26.79	
3864	Schrader, Annelie/GER	dnf	168	1167	26.07-0.9	602+0.8	4420	dnf	

Guests:

5465	Adams, Aisha/USA	14.19-0.3	168	997	25.01-1.1	574	+0.5	3981	2:19.19
5198	Bradford, Adreona/USA	14.07+2.2	171	995	25.45-0.9	564+1.2	2910	2:22.49	

Team Scores: USA 17,518; Germany 14,182.

2011: Chula Vista 8/13-14/11

6052	Wade, Bette/USA-Nike	13.77+1.9	184	1374	25.05+1.5	618+3.0	3551	2:16.85
5858	Rath, Claudia/GER	14.16+1.9	169	1277	25.28+1.9	624+1.2	3752	2:11.48
5831	Krais, Ryann/USA-Kansas St	13.61+1.9	172	1152	24.92+1.9	573+1.5	3904	2:09.10
5728	Pearson, Emily/USA-unat	13.89+1.9	172	1161	24.76+1.9	561+1.3	4286	2:17.56
5646	Scheafer, Carolin/GER	14.11+1.8	172	1176	24.89+1.9	561+3.2	4600	2:25.78
5615	Stechschulte, Abbie/USA-unat	13.92+1.8	163	1316	25.38+1.5	609+1.1	3279	2:17.55
5611	Gambetta, Sara/GER	14.95+1.8	175	1429	25.23+1.9	584+2.6	4348	2:34.85
5545	Nwaba, Barbara/USA-UCSB	17.33+1.8	181	1269	24.83+1.9	560+3.2	4660	2:17.20
5484	Weber, Liane/GER	14.16+1.9	166	1173	25.96+1.5	576+1.0	3930	2:18.29
5462	Saumweber, Styefanie/GER	13.66+1.9	169	1190	25.93+1.5	609+2.2	3539	2:31.01
4404	Lettow, Lindsay/USA-C Missouri	14.27+1.8	166	1050	26.18+1.5	568+3.2	3442	dnf

Team Scores: United States 17,611; Germany 17,115

2012: Marburg 7/21-22/12

5878	Biesenbach, Kira/GER	13.96+1.7	171	1321	24.18+2.5	598+0.6	3784	2:17.77
5795	Wade, Bette/USA	13.98+1.6	174	1300	25.44+2.5	620+1.2	3549	2:18.47
5783	Carrier-Eades, Chelsea/USA	13.11+1.6	165	1036	23.84+2.5	610+3.1	3331	2:13.66
5754	Nwaba, Barbara/USA	13.80+1.7	180	1265	24.52+2.5	534+0.4	3526	2:14.31
5696	Maiwald, Anna/GER	13.98+1.6	159	1209	24.28+2.5	561-1.1	4582	2:17.42
5677	Biesenbach, Alina/GER	14.54+1.7	174	1223	26.05+1.5	614+1.5	4125	2:20.41
5530	Lettow, Lindsay/USA	14.04+1.7	174	1127	25.15+1.5	562+0.8	3567	2:18.13
5385	Udelhoven, Tilia/GER	14.15+1.6	156	1205	25.03+1.5	601+1.2	3263	2:20.89
5225	Mrotzek, Simone/GER	14.60+1.7	165	1068	26.49+1.5	579-0.6	3749	2:21.63
4967	Krais, Ryann/USA	14.11+1.6	177	1137	25.47+1.5	nm	3988	2:12.05
5729g	Miller, Heather/USA	14.12+1.0	165	1089	24.85+1.4	639+2.8	3911	2:17.22
5316g	Adams, Aisha/USA	14.06+1.0	162	1053	24.79+1.4	575+1.6	3317	2:21.30
	Schwarzkopf, Lilli/GER	13.42+1.0	180		24.75+1.4	632-0.9		
	Oeser, Jennifer/GER	13.64+1.0	177	1322				
	McMillan, Chantae/USA	13.78+1.0	168					

Team Scores: USA 17,332; Germany 17,251 diff= 81

2013: Chula Vista, CA 7/27-28/13

6135	Profit, Kiana/USA	13.52+1.2	169	1232	23.98+1.3	611+2.3	4234	2:09.37
6000	Carrier-Eades, Chelsea/USA	12.90+1.2	166	1162	23.55+1.3	639+2.2	3203	2:14.01
5982	Schwartz, Lindsay/USA	13.78+1.2	166	1194	24.06+1.8	615+1.5	4247	2:12.85
5898	Spenner, Sami/USA	14.31+0.7	172	1194	23.67+1.3	616+3.1	3630	2:13.18
5848	Miller, Heather/USA	13.83+0.7	169	1161	24.26+1.8	616+2.6	3593	2:12.80
5794	Maiwald, Anna/GER	13.97+1.2	166	1248	24.05+1.3	565	4288	2:16.54
5663	Lettow, Lindsay/USA	13.80+0.7	172	1193	25.07+1.8	570+1.9	3623	2:15.40
5621	Krais, Ryann/USA	13.79+0.7	166	1241	25.46+1.8	593+2.1	3650	2:18.37

5384	Mrotzek, Silvia/GER	14.34+0.7	169	1174	26.33+1.8	550	3978	2:19.64
5186	Biesenbach, Alina/GER	14.94+1.2	172	1292	26.37+1.3	574	3833	2:40.66
5180	Mrotzek, Simone/GER	14.68+0.7	163	1112	26.52+1.8	575	3608	2:21.35
5035	Schwerdtner, Maren/GER	13.87+1.2	169	1323	24.58+1.3	606	3963	dnf

12s,12f.

Team Scores: USA 18,117; Germany 16,364, diff= 1753

2014: Marburg 7/26-27

6205	Nwaba, Barbara/USA	13.67-0.1	183	1399	23.99+1.9	562-1.6	4417	2:14.09
5876	Spenner, Sami/USA	14.28-0.2	171	1244	23.87+1.9	617+0.3	3628	2:15.25
5873	Bougard, Erica/USA	13.47-0.1	168	1081	23.96+2.4	630+0.5	3205	2:10.15
5847	Fleming, Annett/GER	14.28-0.2	174	1364	26.08+0.8	552+0.6	4949	2:15.13
5804	Maiwald, Anna/GER	14.07-0.1	171	1296	24.05+1.9	566+0.1	3911	2:16.57
5791	Miller, Heather/USA	13.91-0.1	162	1190	24.47+1.9	593+1.6	3960	2:10.13
5779	Leslie, Breanna/USA	13.92-0.2	174	1133	24.56+2.4	574+0.1	3806	2:11.67
5642	Krais/Ryann/USA	14.26-0.2	177	1212	25.52+0.8	525-0.7	4195	2:13.27
5591	Reaser, Allison/USA	13.77-0.1	162	1126	24.29+1.9	583+0.7	3405	2:14.19
5555	Marieke, Arndt/GER	14.07-0.1	162	1168	24.46+2.4	584+0.1	3820	2:20.45
5197	Mrotzek, Simone/GER	14.66-0.2	165	1101	26.82+0.8	572+0.2	3851	2:22.61
5075	Biesenbach, Alina/GER	15.28-0.2	174	1278	27.34+0.8	535-1.0	4136	2:35.93
4103	Schwertner, Maren/GER	13.79-0.1	165	1312	25.02+2.4	nm	4064	dnf

13s,13f,

Team Scores: USA: 17,954; Germany: 17,206, diff= 748 pts.

2015: Bernhausen 8/8-9

6158	Day-Monroe, Sharon/USA	13.72	0.0	178	1494	24.44+1.9	584-0.5	4661	2:22.12	
5875	Maiwald, Anna/GER	13.83	0.0	169	1302	24.16+1.9	582	0.0	4036	2:16.82
5852	Schwartz, Lindsay/USA	13.84	0.0	172	1257	24.48+1.9	593-0.9	3922	2:17.46	
5803	Eppinger, Kaylon/USA	13.12	0.0	172	1236	24.67+2.6	584-0.1	3654	2:20.71	
5725	Lettow, Lindsay/USA	14.04+1.7	169	1171	24.75+2.6	603-0.6	4005	2:19.45		
5527	Biesenbach, Alina/GER	14.79+0.2	175	1404	26.60+1.8	576+0.3	4096	2:26.62		
5468	Mrotzek, Silvia/GER	14.67+0.2	166	1202	26.44+1.8	594+0.3	4307	2:21.89		
dnf	Hemann, Jena/USA	14.40+0.2	172	1290	25.56+1.8	nm	4675	dns		
dnf	Spenner, Sami/GER	14.34+0.2	172	1223	24.43+1.9	withdrew				
dnf	Rahn, Xenia/GER	14.38+1.7	166	1176	dns					

Team Scores: USA: 17,813 ; Germany: 16,870, diff= 943

2016: Fayetteville, AR 7/29-30

6260	McMillan, Chantae/USA	13.22+1.2	179	1446	24.56+0.5	601+1.7	4712	2:22.27	
6098	Lettow, Lindsay/USA	13.47+1.2	173	1274	24.57+0.6	611+1.9	4334	2:14.43	
5962	Schwartz, Lindsay/USA	13.58+1.2	167	1326	24.12+0.5	596+2.2	3908	2:14.18	
5878	Reaser, Allison/USA	13.58+1.2	167	1289	24.37+0.5	592+0.9	3941	2:16.28	
5744	Gochenour, Alex/guest-USA	13.13+1.2	161	1332	24.59+0.6	584+2.2	3537	2:18.92	
5542	Hamann, Sophie/GER	13.83+0.6	176	1019	24.85+0.5	561+1.2	3446	2:16.29	
5442	Menzel, Lea/GER	14.31+0.6	161	1388	25.95+0.6	551+2.5	4272	2:25.57	
5437	Obermaier, Anna-Lena/GER	14.52+0.6	170	1133	26.19+0.6	544+2.5	4639	2:21.34	
4650	Souza, Tatum/guest-USA	14.21+0.6	nh	1304	25.80+0.6	553+1.4	4035	2:23.75	
dnf	Kunz, Annie/USA	13.97+1.2	170	1324	24.87+0.5	withdrew			

Indv events: Nwaba, Barbara/USA 13.57+0.6...1447...606+1.5], Fleming, Annett/GER[4465], 10s,9f.

EVENT RECORDS

Heptathlon Individual Event Records

World Records

100H	12.54 (+1.3)	Jessica Ennis/GBR	London	6955	2012
HJ	1.98/6-6	Nafissatou Thiam/BEL	Rio de J	6810	2016
		Katarina Johnson-Thompson/GBR	Rio de J	6523	2016
SP	20.79m/68-2½	Eva Wilms/GER [pent]			
	17.31m/56-9½	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/199-10	Barbara Spotakova/CZE	Talence	5880	2012
old	64.64m/212-1	Tessa Sanderson/GBR	Brussels	6125	1981
800m	2:01.84	Nadine DeBois/FRA	Talence	6227	1987
1 st day	4367	J Joyner-Kersey/USA	Indy	7215	1988
2 nd day	3027	J Joyner-Kersey/USA	Seoul	7291	1988
Score	7291	J Joyner-Kersey/USA	Seoul		1988



American Records

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



Collegiate Records

100H	12.82	Kendell Williams/Georgia	Sacramento	6564	2017
HJ	1.93/6-4	Ewanjee Marysee Epee/ARZ-FRA	Athis-Mons	5867	1985
SP	16.72m/54-10 ½	Austra Skujyte/Kan St-LIT	Munich		2002
200m	23.13	Ali McKnight/Nev-Reno	Sacramento		1995
LJ	6.92m/22-8 ½	Diane Guthrie/GMU (+2.5)	Knoxville	6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:08.4h	Lana Zimmerman/LSU	Houston		1983
	2:08.58	Erica Moore/Indiana St	Normal	5553	2010
1 st day	4023	Akela Jones/Kansas St	Eugene	6371	2015
2 nd day	2799	Diane Guthrie/GMU-JAM	Knoxville	6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF		1985



Germany Records

100H	12.64 (+0.3)	Sabine John-Paetz/[GDR]	Potsdam		1984
HJ	1.94m/6-4¼	Sabine Braun/GER	Barcelona		1992
SP	20.79m/68-2½	Eva Wilms/GER			
	16.10m/52-10	Kristine Nitsche/GDR	Sofia		1983
200m	22.73 (+4.0)	Anke Behmer/[GDR]	Gotzis		1988
LJ	6.95m /22-9¾	Heike Dreschler/GER (+1.0)	Talence		1994
Jav	55.25m/181-3	Lilli Schwartzkopf/GER	Ratingen		2009
800m	2:03.76	Anke Behmer/[GDR]	Potsdam		1984
1st day	4118	Sabine Braun/GER	Gotzis		1992
2nd day	2962	Ramona Neubert/[GDR]	Moscow		1983
Score	6985	Sabine Braun/GER	Gotzis		1992



Thorpe Cup Meet Records:

100H	12.90 (+1.2)	Chelsea Carrier-Eades/USA	Chula Vista		2013
HJ	1.84m/6-½	Bette Wade/USA	Chula Vista		2011



SP	14.94m/49-¼	Sharon Day-Monroe	Bernhausen	2015
200m	23.55 (+1.3)	Chelsea Carrier-Eades/USA	Chula Vista	2013
LJ	6.78m/22-3	Lela Nelson/USA	Bernhausen	2007
Jav	49.49/162-4	Annette Fleming/GER	Marburg	2014
800m	2:09.10	Ryann Kraus/USA	Chula Vista	2011
1st day	3818	Barbara Nwaba/USA	Marburg	2014
2nd day	2569	Kiana Profit/USA	Chula Vista	2013
Score	6205	Barbara Nwaba/USA	Marburg	2014

[13.67-0.1 183 1399 23.99+1.9 562-1.6 4417 2:14.09]

All Time USA Heptathlon List [performer list]

7291	Jackie Joyner-Kersey/WCAC	88
6803	Jane Frederick/Athletics West	84
6735	Hyleas Fountain/Nike	10
6577	Dede Nathan/Nike	99
6564	Kendell Williams/GA	17
6557	Erica Bougard/unat	17
6550	Sharon Day-Monroe/Ascis	14
6500	Barbara Nwaba/SBTC	15
6472	Shiela Burrell/Nike	01
6465	Kelly Blair-LaBounty/Reebok	97
	[10]	
6424	Jodi Anderson/ Puma Energizer	84
6423	Heather Miller-Koch/CPTC	16
6374	Jamie McNair/Reebok	95
6371	Kym Carter/	94
6352	Sharon Hanson	96
6347	Jacqueline Johnson/Arizona St	08
6326	Chantae McMillan/unat	16
6323	Gea Johnson	92
6300	Cindy Greiner	92
6290	Diana Pickler/Wash St	09
	[20]	

PRs: 6129 / 4430
Indoor: 60mH: 8.38

12.98+1.7 180 1391 24.08+4.3 627+3.6 4035 2:13.21

CHARI HAWKINS

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



2017: Won Harry Marra meet (5845) and placed 7th at USA nationals. **2016:** 15th at Olympic Trials. PR 5956 score at Sam Adams for 4th. **2015:** 9th indoors and 14 outdoors (5750 PR) at NCAAs. Was Mountain West champ both indoors (4194 PR) and out. **2014:** 9th at NCAAs. 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. Majored in family consumer science education.

Career:

Indoor:			60h	hj	sp	lj	800m	
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	Mountain W, Albuquerque	8.39	178	1152	602	2:28.25
3/13/15	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
2/26/16	4225	3	USA, Crete	8.36	174	1252	578	2:22.08
1/28/17	4014	2	U Washington, Seattle	8.56	170	1170	561	2:23.10
3/03/17	4082	5	USA, Albuquerque	8.44	175	1161	581	2:28.74

Outdoor:			100h	w	hj	sp	200m	w	lj	w	jav	800m
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		
6/13/14	5552	9	NCAA I, Eugene	13.97-0.5	172	1186	25.28-1.9	571+1.3	3892	2:24.13		
4/16/15	5732	7	Mt Sac R, Azusa	13.55+2.4	176	1156	24.63+2.1	607+2.0	3663	2:26.74		
5/14/15	5622	1	Mountain W, 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		
7/11/15	5707	4	W University G, Kwanjiu	13.59+1.3	174	1147	25.06-0.4	574	4229	2:23.43		
4/02/16	5956	4	Sam Adams, S Barbara	13.30-0.7	178	1184	24.73-0.5	604+0.3	3674	2:15.01		
6/25/16	5872	1	SBTC LC, Carpenteria	13.56	175	1185	24.92	625	3621	2:18.21		
7/10/16	5720	15	USOT/USA, Eugene	13.71-0.2	175	1280	25.01-0.9	583+0.3	3786	2:24.77		
4/08/17	5685	2	Sam Adams, S Barbara	13.67	172	1195	25.31	604	3681	2:22.08		

5/13/17	5845	1	Marra, Santa Barbara	13.83-1.1	178	1218	25.06-0.2	598+0.3	3985	2:19.69
6/26/17	5785	7	USA, Sacramento	13.75-0.1	171	1325	24.96+2.0	602+1.1	3779	2:22.57 3515

PRs: 5956 / 4225

13.30-0.7 183 1325 24.28+2.2 625 4229 2:15.01

Indoor: 60mH: 8.24

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



2017: Placed 4th (4185) at indoor nationals and 8th outdoors. **2016:** 10th at Olympic Trials then PR'd with 2nd at Thorpe Cup (6098). 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
2/26/16	4168	6	USA, Crete	8.40	165	1191	598	2:19.08
1/28/17	3952	2	U Wash Invt, Seattle	8.68	164	1166	566	2:21.36
3/03/17	4185	4	USA, Albuquerque	8.58	166	1243	605	2:20.00

Outdoor:

				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/ /09	5216	4	NCAA II, San Angelo										
5/02/10	5167	1	MIAA, Joplin	14.34+3.0		164	1087	25.46-0.1		553+1.6	3328		2:23.80
5/28/10	5386	4	NCAA II, Charlotte	14.20+0.6		170	1077	25.36-0.4		563+0.8	3375		2:17.28
3/25/11	5610	1	ASU Spring, San Angelo	13.98+1.4		173	1118	25.43+1.5		583+2.7	3700		2:16.23
5/08/11	5225	1	MIAA, Emporia	13.90+4.6		165	1040	25.42+2.5		562+0.4	3688		2:30.28
5/27/11	5514	1	NCAA II, Turlock	13.76+2.3		174	1153	25.21+2.4		555+2.1	3575		2:21.79
6/26/11	5547	9	USA, Eugene	14.10+1.6		169	1122	25.12+1.6		589+0.6	3523		2:17.09
8/14/12	4404	11	Thorpe Cup, Chula Vista	14.27+1.8		166	1050	26.18+1.5		568+3.2	3442		dnf
3/23/12	5703	1	Trinity U, San Antonio	14.02		176	1187	24.47		583			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		
4/02/16	5988	2	Sam Adams, S Barbara	13.65-0.5	172	1135	24.79+0.3	615+0.3	4351	2:12.66		
7/10/16	5960	10	USOT/USA, Eugene	13.84-2.9	172	1209	24.86-0.9	618+1.3	4220	2:14.64		
7/30/16	6098	2	Thorpe Cup, Fayetteville	13.47+1.2	173	1274	24.57+0.6	611+0.9	4334	2:14.34		
6/26/17	5774	8	USA, Sacramento	14.10-0.1	168	1184	24.95+2.0	614+2.5	4264	2:19.74	3336	

PRs: 6098 / 4301

13.47+1.2 179i 1274 24.47+2.2 622-1.2 4351 2:11.90

Indoor: 60H: 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



2017: 11th at USA nationals. **2016:** 18th at Olympic Trials. Won Texas GA meet with 5951 PR score and placed 6th at PanAm Cup. 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		
4/02/16	dnf	-	Sam Adams, S Barbara	13.80-0.5	175	1311	25.63+0.3	551	4552			
6/06/16	5951	1	Texas GA, Dallas	13.62+0.2	178	1348	24.96+2.2	607+3.4	4497	2:30.85		

6/17/16	5639	6	Pan Am Cup, Ottawa	13.63+3.1	173	1238	25.04	0.0	572+1.9	4166	2:30.27
7/10/16	5612	18	USOT/USA, Eugene	14.00-2.9	172	1324	25.53	-0.9	561+2.0	4667	2:33.88
6/26/17	5609	11	USA, Sacramento	14.09-0.8	174	1228	25.93	+2.0	590+1.5	4975	2:39.12 3352

PRs: 5951 / 3918
Indoor: 60mH: 8.53

13.56+0.7 178 1378 24.93+2.0 607+3.4 4975 2:28.34

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
Club: Arete Elite TC



2017: 7th at USA nationals. **2016:** 11th at Olympic Trials. Runner-up at Pan Am Cup with 5988 score, 2 points shy of PR achieved with 3rd place at Mount Sac Relays. **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 8th at NCAA with career best 5813 score in Eugene. Won a 3rd consecutive outdoor Mountain West heptathlon. 2nd at season opening Aztec and then 6th at Mt Sac Relays. **2012:** 15th at US Olympic Trials while a teenager. Scored a 100 point PR to place 6th at NCAAs. Won outdoor Mountain West heptathlon with PR 5653 score. Repeated as Mountain West Conf. Indoor pentathlon winner. **2011:** USA Junior champs and 4th at Pan Am Juniors. 18th at NCAAs. Mountain West Conference champion indoors and out with PR scores (3916 and 5408). Won UCLAs JJK heptathlon with 5361 score. **High School:** 2010 National JO hept champ. Regional CIF 300m hurdle champ. Letters in t&f, tennis, cross-country and soccer. **Personal:** 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
2/27/14	4145	2	Mountain West, USAFA	8.30	164	1151	622	2:25.23
3/15/14	3996	15	NCAA I, Albuquerque	8.32	158	1110	586	2:20.37
3/03/17	4047	6	USA, Albuquerque	8.45	163	1160	576	2:19.10

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	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
6/29/14	5917	7	USA, Sacramento	13.49+0.9	160	1194	23.86+2.6	621+1.8	3720	2:11.10
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
4/14/16	5990	3	Mount Sac R, Azusa	13.67+1.0	168	1236	24.15+1.5	611 0.0	4084	2:13.31
5/23/16	5664	6	Elite II, Chula Vista	13.54+1.9	159	1151	24.57+2.8	604nwi	3679	2:16.43
6/18/16	5988	2	Pan Am Cup, Ottawa	13.51+3.1	170	1227	24.07+2.6	598+1.1	3951	2:12.36
7/10/16	5865	11	USOT/USA, Eugene	13.69-0.2	169	1159	24.38+0.6	604+2.4	3851	2:13.07
3/30/17	5681	7	Texas R, Austin	13.91-0.4	161	1159	24.08-0.3	578+3.6	4010	2:15.60
5/28/17	5799	1	OTC, Chula Vista	13.43+1.8	159	1170	23.94+1.8	598+6.1	3934	2:15.23
6/26/17	5830	6	USA, Sacramento	13.65-0.1	165	1199	23.86+2.0	579+1.5	3953	2:13.87 3477

PRs: 5990 / 4145
Indoor: 60mH: 8.30.

13.30+1.2 172 1317 23.86+2.0 622i 4084 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



2017: Won Sam Adams meet and then placed 5th at USA nationals. **2016:** 9th at Olympic Trials with PR 6036 score. Won Sam Adams meet with 5992 score. PR'd 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:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>					
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					
2/26/16	4222	4	USA Crete	8.65	174	1300	579	2:20.10					
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>
5/08/10	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
4/02/16	5991	1	Sam Adams, S Barbara	13.63-0.7	169	1367	24.32-0.5	584	0.0	3939	2:11.93
7/10/16	6036	9	USOT/USA, Eugene	13.72-2.9	166	1352	24.19+0.6	612+1.4	4153	2:14.29	
7/30/16	5962	3	Thorpe Cup, Fayetteville	13.58+1.2	167	1326	24.12+0.5	596+2.2	3908	2:14.18	
4/08/17	5773	1	Sam Adams, S Barbara	13.70	169	1339	24.73	588	3941	2:23.53	
6/26/17	5889	5	USA, Sacramento	13.58-0.8	165	1306	24.12+2.0	573+3.2	4107	2:14.53	3534

PRs: 6036 / 4222

13.55+1.4 178 1367 24.06+1.8 615+1.5 4247 2:11.93

Indoor: 60mH: 8.56; 55mH 8.10

JACLYN SIEFRING

DOB: September 30, 1995

POB:

Ht: 5-6

Hometown: Covington, OH

High School: Covington HS'14

College: Akron '18



2017: 5th at NCAAs and 10th at USA nationals. Opened season outdoors with career best 5750 effort at Mt Sac Relays and then repeated as MAC champ. Repeated as Mid-American champ indoors and then placed 12th at NCAAs. **2016:** Placed 12th at NCAAs. Mid-American indoor & outdoor CE champ, 4215 & 5412. PR at Texas Relays (5627). 10th at NCAA indoors. **2015:** Mid-American runner-up indoors (3796) and out (5377). **High School: Personal:**

Career:

Indoor:	60h	hj	sp	lj	800
2/16/15	3726	2	Akron Invt, Akron	8.91	160 1036 547 2:18.99
2/27/15	3796	2	Mid-American, Lansing	8.91	157 1152 565 2:22.30
2/06/16	4089	1	Akron Invt, Akron	8.69	159 1204 594 2:14.92
2/27/16	4215	1	Mid-American, Akron	8.67	166 1274 605 2:17.79
3/12/16	4162	10	NCAA I, Birmingham	8.76	165 1225 584 2:12.60
2/03/17	4204	1	Akron Invt, Akron	8.58	165 1215 605 2:16.43
2/24/17	4041	1	Mid-America, Ypsilanti	8.66	164 1287 579 2:23.92
3/10/17	4084	12	NCAA I, College Station	8.76	163 1213 588 2:16.72

Outdoor:	100	h	w	hj	sp	200m	w	lj	w	jav	800m
4/16/15	5269	6	Cal Invt, Azusa	14.56	0.0	156	1090	24.98+3.5	576+1.3	3334	2:15.60
5/15/15	5377	2	Mid-American, Muncie	14.25+0.4	160	1116	24.63+2.5	565+1.3	3601	2:19.06	
3/31/16	5627	8	Texas R, Austin	14.19+3.1	160	1176	24.84+3.1	597+2.4	3959	2:14.96	
5/12/16	5412	1	Mid-American, Toledo	14.06+0.3	167	1161	24.62+1.3	581-0.5	3452	2:28.37	
6/11/16	5626	12	NCAA I, Eugene	13.91+0.4	163	1135	24.97+2.0	598+0.2	3721	2:14.57	
4/12/17	5750	3	Mt Sac R, Azusa	14.01+0.7	162	1246	24.65+1.4	593+2.2	3987	2:14.62	
5/12/17	5613	1	Mid-American, Kalamazoo	14.00+0.9	169	1212	24.81+2.7	589+1.2	3872	2:24.67	
6/10/17	5663	5	NCAA I, Eugene	13.98+0.3	166	1216	24.39-2.7	610+3.0	3678	2:16.83	
6/26/17	5652	10	USA, Sacramento	14.11-0.8	165	1236	25.08+0.8	593+1.5	3600	2:13.73	3322

PRs: 5750 / 4215

13.91+0.4 169 1287 24.39-2.7 623+2.7 3987 2:12.60

Indoor: 60mH: 8.58

Head Coach: Kevin Reid

Kevin Reid is the new head coach at La Verne University in the Los Angeles area. Reid, one of the most respected multi-events coaches in the nation, has spent the past 22 seasons as head men's track and field coach at Azusa Pacific, one of the nation's elite programs. He led the Cougars to an incredible 14 national championships during his tenure and earned 13 NAIA Coach of the Year awards. Reid was inducted into the NAIA Hall of Fame in 2014.



In addition, Reid has been involved with USA Track & Field since 1990 and has coached in three Olympic Games. Most notably, he coached Bryan Clay to a gold medal at the 2008 Summer Olympic Games in Beijing and a silver medal at Athens 2004. He has coached in every U.S. Olympic Team Trials since 1992 and every USA Track & Field Championships since 1990. He has received two USA Track & Field head coaching assignments, leading Team USA's Thorpe Cup combined events team in 2005 and 2015.

Under Reid, Azusa Pacific posted top-10 finishes in all 17 NAIA Indoor Championship meets that he coached, including a run of seven indoor national championships in nine years between 2002 and 2010. While winning four consecutive indoor titles (2007-10), Azusa Pacific also claimed outdoor national championships in 2008 and 2009 for a run of five national championships in a row during a three-year stretch.

An average of 11 Azusa Pacific athletes per year garnered All-American status and the program produced an individual national champion in 16 of Reid's 17 NAIA seasons at the helm.

Reid has also served or is serving on various national committees. He served on the games committee of the NAIA indoor and outdoor championship meets, of which he co-chaired the games committee for the 2004 NAIA Outdoor Championships Meet. He has served as outdoor championship meet referee for 4 years, and he served as the NAIA Track & Field Coaches Association president from 2006 to 2008. He has also served as a lead mentor in the USA Track & Field Coaches Education Mentorship Program and has sat on USA Track & Field Coaches Advisory Committee from 2011-16. He is currently a member of the USA Track & Field Combined Events Development Executive Committee.

Kevin and his wife Stacey reside in Pomona. They have two sons, Jonathan and Zachary.

Assistant Coach: Chris Richardson

Prior to being named the head coach at Cerritos, Richardson was the cross country and track coach at both ECC Compton Center and Moorpark College, and also coached at East Los Angeles College, as well as NCAA Division I Central Arkansas University, while he started his coaching career with the Cerritos coaching staff at the conclusion of his competitive career.



Richardson saw six of his athletes ranked nationally last season, and over the course of his brief coaching career with the Falcons, he had seen seven men's school records set and 20 marks in the top five, while on the women's side, 10 school records have been set, with 36 making the top five list. He was named the South Coast Conference Coach of the Year with Cerritos, as well as the Western State Conference Coach of the Year in his time at Moorpark College.

As a track and field athlete for Cerritos from 2004-05, Richardson was a two-time state champion in the decathlon and in 2005 set a new state record by accruing 41 team points by himself, winning the state championship in the long jump (24' 7") and javelin (191' 1"). He was also a NACAC gold medalist in the decathlon.

At Cal State University, Long Beach, where he was a two-time All-American selection and competed in the 2008 Olympic Team Trials, where he placed 16th with 7312 points. In his time at CSULB, Richardson was the Big West Conference Field Athlete of the Year as a senior and junior and won the championship both years. In his junior year, he set a school record with 7605 points and placed third at the NCAA Championships.

Richardson has a United States Track and Field Level 1, 2 and 3 license, as well as being a Certified USATF Coaches Education Instructor. Richardson earned his Bachelor's degree from Cal State University, Long Beach in Religious Studies with a minor in Kinesiology and Master's Degree in Exercise Science from Concordia University. He completed a Doctorate degree in Higher Education Athletic Administration from Northcentral Arizona University. Richardson and his wife Jennifer have two children – Christopher Jr. (9) and Cameron (6).

TEAM DEUTCHLAND -GERMANY



Sophie Hamann Anna-Lena Obermaier Jana Schubert Lisa Steinlage

Hamann, Sophie

TuS Metzingen, DOB 1996. 21 years old, 2015 national Jr champ. 6th last year (5542 PR).

				100Hm	HJ	SP	200m	LJ	Jav	800m
2015	BaWu	5240	Bernhausen	14.79-2.0	168	1000	25.96+1.0	600-0.5	3441	2:21.76
2015	u20 NC	5430	1st Heidenheim	14.25+1.6	174	983	25.18+0.4	558 0.0	3610	2:15.92
2016	Stadwerke	5675	11th Ratingen	14.15-1.6	171	953	25.01 0.0	584+1.3	3425	2:14.76
2016	Thorpe Cup	5542	6th Fayetteville	13.83+0.6	176	1019	24.85+0.5	561+1.2	3446	2:16.29
2017	GerNC	5600	2nd Kienbaum	13.70+0.3	175	1049	25.09+1.7	582	3559	2:18.52
2017	Ger u23	5726	Bernhausen	13.72 0.0	178	1130	24.86-0.5	595+0.4	3260	2:15.92

PRs: 5726 / 3927

13.70+0.3 179 1130 24.85+0.5 603+1.4 3758 2:14.76

SBs: 5475

13.72 0.0 179 1130 24.86-0.5 603+1.4 3758 2:15.92

Obermaier, Anna-Lena

LG Sempt, 2015 national Jr runner-up. DOB, 1996. 8th last year in Fayetteville.

				100Hm	HJ	SP	200m	LJ	Jav	800m
2015	u20 NC	5383	2nd Heidenheim	14.27+1.6	174	1127	26.12+0.4	533 0.0	4074	2:21.25
2016	South	5322	Ulm	14.56+0.2	175	1127	26.15 0.0	538	4201	2:26.55
2016	Bayer	5224	Gamisch-Partenkirchen	14.57+1.2	181	1105	26.63-0.5	528	4081	2:31.57
2016	Thorpe C5437	8th Fayetteville		14.52+0.6	170	1133	26.19+0.6	544+2.5	4639	2:21.34
2016	GerNC	5504	Kienbaum	14.45+0.8	172	1228	26.56-1.4	557	4563	2:22.95
2017		5239	Erding	14.88+0.3	175	1163	26.80-0.6	551-0.4	4063	2:28.07

PRs: 5504 / 3797

14.27+1.6 181 1228 25.76+0.7 574 4639 2:21.25

SBs: 5239 / 3677

14.50+1.2 175 1133 26.31-0.5 551-0.4 4063 2:28.07

Schubert, Jana

LG Filder, DOB: 1993, 24 years old.

				100Hm	HJ	SP	200m	LJ	Jav	800m
2016	Regional	4923	Ruelingen	15.18+0.6	160	972	26.09+3.3	595+1.3	3964	2:39.82
2016	GerNC	4953	Kienbaum	15.04-0.2	157	1051	26.40-1.4	575	3864	2:31.42
2017	International	5209	Filderstadt	14.69 0.0	163	1037	26.23+0.1	601+0.7	3985	2:28.88

PRs: 5209

14.55+1.6 169 1117 26.09+3.3 604+1.6 4215 2:28.88

SBs: 5209

14.55+1.6 169 1117 26.23+0.1 604+1.6 3985 2:28.88

Steinlage, Lisa

LG Kreis, Gütersloh 09, DOB: 1993, 24 years old. 1st international.

				100Hm	HJ	SP	200m	LJ	Jav	800m
2016		5122	Wesel	14.12+3.4	156	1145	25.01+1.8	561+0.1	3435	2:31.85
2016	Ger NC	5418	Kienbaum	14.06+1.2	163	1189	25.31-1.7	561	3955	2:23.79
2017	Club	5223	Gütersloh	14.20+2.1	158	1177	25.33+0.3	556+1.3	3639	2:26.08

PRs: 5418

13.92+0.9 166 1189 24.98 0.0 564 4083 2:23.79

SBs: 5223

14.20+2.1 160 1177 25.33+0.3556+1.3 3961 2:26.08