

**2018**

**NCAA Div I  
37th Annual  
Women's**

# **HEPTATHLON**



*Friday-Saturday*

**June 8-9, 2018  
Hayward Field  
University of Oregon  
Eugene, Oregon**



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

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Alternate:		
Aaron Howell	Sr Michigan	34





**The Field**

**Top Row:** Michelle Atherley, Hope Bender, Emile Berge, Taliyah Brooks, Alisa Brooks-Thompson, Shaina Burns, Ayesha Champagnie, **Second Row:** Georgia Ellenwood; Amanda Froyens, Tyra Gittens, Louisa Gravogel, Kendell Gufstafson, Kaylee Hinton,; **Third Row:** Madeline Holmberg Lyndsey Lopes, Grace Mackenzie, Maya Neal, Ariel Okorie, Patricias Ortega, Nina Schultz; **Bottom Row:** Jaclyn Sieftring, Alyssa Thompson, Aliyah Whisby, Ashtin Zamzow, and alternate Aaron Howell

**Qualifiers** [listed by score]

qualifier name	class/affiliation	qualifying meet	date	
6173 Georgia Ellenwood	Sr Wisconsin	Big 10, Bloomington	5/11	Canada
6074 Tyra Gittens	Fr Texas A&M	SEC, Knoxville	5/11	Trinidad-Tobago
6018 Nina Schultz	So Kansas St	Roadrunner, San Antonio	3/22	Canada
5977 Alissa Brooks-Johnson	SR Washington St	Pac 12, Stanford	5/5	
5976 Madeline Holmberg	JR Penn St	Big 10, Bloomington	5/11	
5946 Taliyah Brooks	SR Arkansas	Texas Relays, Austin	3/28	
5877 Louisa Gravogel	SO Georgia	Towns, Athens	4/6	Germany
5886 Kendall Gufstafsson	SR UCLA	Pac 12, Stanford	5/5	
5872 Jaclyn Sieftring	SR Akron	Bryan Clay, Azusa	4/19	
5821 Ayesha Champagnie	JR Minnesota	Big 10, Bloomington	5/11	Jamaica
5816 Michelle Atherley	SO Miami	Bryan Clay, Azusa	4/19	

### Qualifiers Continued:

5782	Patricia Ortega	SR Akron	Bryan Clay, Azusa	4/19	Spain
5761	Alyssa Thompson	SR Arizona	Pac 12, Stanford	5/5	
5743	Shaina Burns	SR Texas A&M	SEC, Knoxville	5/11	
5725	Hope Bender	JR UCSB	Bryan Clay, Azusa	4/19	
5719	Lyndsey Lopes	JR USC	Pac 12, Stanford	5/5	
5663	Amanda Froeynes	FR Florida	SEC, Knoxville	5/11	Norway
5662	Ashtin Zamzow	SR Texas	Big 12, Waco	5/11	
5650	Maya Neal	JR Tennessee	SEC Knoxville	5/11	
5632	Emile Berge	SO S Alabama	Sun Belt,	5/11	Norway
5632	Ariel Okorie	SO Kansas St	Big 12, Waco	5/11	
5619	Grace McKenzie	SO McNeese St	Southland	5/4	Ireland
5590	Aliyah Whisby	FR Kennesaw St	Bryan Clay, Azusa	4/19	Spain
Alternate					
5541	Aaron Howell	SR Michigan	Bryan Clay, Azusa	4/19	

### PR Page: [alphabetically]

Marks here made in any competition.

<u>'18 score</u>	<u>name</u>	<u>PR [if different]</u>	<u>100mH</u>	<u>w</u>	<u>h</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5816	Atherley, Michelle		13.05+0.5	177	1275	24.16+1.4	596-1.8	3244	2:14.26			
5725	Bender, Hope		13.59+0.9	168	1228	24.15-0.6	578-0.6	3572	2:11.30			
5632	Berg, Emile		14.00+1.8	176	1219	25.44+2.6	595i	4041	2:19.32			
5946	Brooks, Taliyah	6099 '17	12.82+2.6	184	1236	23.84+1.8	678+1.2	3710	2:17.66			
5977	Brooks-Johnson, Alissa		13.65+1.7	176	1245	24.69+0.4	589+1.5	4475	2:12.05			
5743	Burns, Shaina		13.91+2.0	174	1452	25.76+2.0	558-0.3	4254	2:20.04			
5821	Champagnie, Ayesha		13.95+1.1	170	1479	25.32	656	4953	2:26.50			
6173	Ellenwood, Georgia		13.76+1.1	182	1295	24.35+0.7	619+1.9	4594	2:14.28			
5663	Froeynes, Amanda		14.26+1.8	179	1186	25.23-0.1	613+0.7	4435	2:13.07			
6074	Gittens, Tyra		13.21+1.2	186	1284	24.01+1.6	647	4110	2:30.89			
5877	Grauvogel, Louisa	6053 '18	13.12+0.8	175	1316	23.69+0.3	598	4356	2:17.42			
5886	Gustafson, Kendall		14.08+0.8	180	1346	25.25+0.5	582+0.7	4671	2:20.14			
5793	Hinton, Kaylee	5869 '17	13.48+3.2	179	1070	24.08+2.9	627+1.9	3725	2:17.58			
5976	Holmberg, Madeline		13.95+1.1	164	1403	23.94+2.6	637+0.9	4335	2:19.62			
5719	Lopes, Lyndsey		13.49+1.7	179	1110	24.08+1.0	604+0.4	3864	2:18.67			
5619	Mackenzie, Grace		13.73+1.7	173	1129	24.71-0.9	576+1.0	3219	2:12.96			
5650	Neal, Maya		13.72+2.0	167	1249	24.58+2.3	617+1.4	4245	2:22.66			
5632	Okorie, Ariel		13.57+1.3	170	1097	24.88+2.0	620+1.8	3876	2:21.44			
5782	Ortega, Patricia		13.52+5.2	178	1221	25.22+0.7	584+0.3	3353	2:11.53			
6018	Schultz, Nina	6021 '17	13.46+1.3	185	1274	24.25+1.6	641+3.3	4767	2:18.75			
5872	Siefring, Jaelyn		13.91+0.4	170	1287	24.39-2.7	623+2.7	3987	2:11.81			
5761	Thompson, Alyssa		14.26	0.0	169	1172	24.54	0.0	636+2.1	4223	2:16.04	
5590	Whisby, Aliyah		14.22+1.4	178	1164	24.53+0.5	601	3475	2:21.57			
5662	Zamzow, Ashtin		13.80+3.4	173	1231	24.91+3.9	573-0.5	5065	2:18.02			
Alternate:												
5541	Aaron Howell		13.70+2.8	176	1344	25.70+2.3	597i	4319	2:20.79			

**2018 NCAA Div I Track and Field Championships  
University of Oregon, Hayward Field, Eugene, OR**

**Women's Heptathlon Schedule:**

Times are for Pacific Time Zone

**Friday, June 8, 2018**

12:30 pm	100 m Hurdles	(4/8 sections)*
1:30	High Jump	(2 sections)*
3:30	Shot Put	(2 sections)*
7:13	200 Meters	(4 sections)*

**Saturday, June 9, 2018**

11:30 am	Long Jump	(2 sections)*
12:45 pm	Javelin	(2 sections)*
5:13	800 Meters	(2 sections)*

NB: rolling schedule with approximately 30 minutes between end of one event and start of the next. @ refers to approximate start times. \*-likely number of sections

**NCAA DIVISION I CHAMPIONS 1982-2017**

<u>date</u>	<u>winner</u>	<u>affiliation</u>	<u>score</u>	<u>site</u>
1982	Jackie Joyner	UCLA	6099	Provo, UT
1983	Jackie Joyner	UCLA	6365	Houston, TX
1984	Shelia Tarr	Nevada-Las Vegas	5856	Eugene, OR
1985	Lauri Young	NE Louisiana St	5723w	Austin, TX
1986	Jolanda Jones	Houston	5826	Indianapolis, IN
1987	Jolanda Jones	Houston	6068	Baton Rouge, LA
1988	Wendy Brown	USC	5701w	Indianapolis, IN
1989	Jolanda Jones	Houston	6022	Provo, UT
1990	Gea Johnson	Arizona St	6132	Durham, NC
1991	Sharon Jaklofsky	LSU	5732	Eugene, OR
1992	Anu Kaijurand	BYU	6142	Austin, TX
1993	Kelly Blair	Oregon	6038	New Orleans, LA
1994	Diane Guthrie	George Mason	6032	Boise, ID
1995	D. Guthrie-Gresham	George Mason	6527	Knoxville, TN
1996	Corissa Yasen	Purdue	5765	Eugene, OR
1997	Tiffany Lott	BYU	6211	Bloomington, IN
1998	Tiffany Lott	BYU	5982	Buffalo, NY
1999	Tracye Lawyer	Stanford	5855	Boise, ID
2000	Christi Smith	Akron	5797	Durham, NC
2001	Austra Skujyte	Kansas State	5857	Eugene, OR
2002	Austra Skujyte	Kansas State	6061	Baton Rouge, LA
2003	Hyleas Fountain	Georgia	5999	Sacramento, CA
2004	Jacquelyn Johnson	Arizona St	5807	Austin, TX
2005	Lela V. Nelson	Eastern Michigan	5878	Sacramento, CA
2006	Jacquelyn Johnson	Arizona St	5939	Sacramento, CA
2007	Jacquelyn Johnson	Arizona St	5984	Sacramento, CA
2008	Jacquelyn Johnson	Arizona St	6053	Sacramento, CA
2009	Brianne Theisen	Oregon	6086	Fayetteville, AR
2010	Brianne Theisen	Oregon	6094	Eugene, OR
2011	Ryann Kraiss	Kansas St	5961	Des Moines, IA
2012	Brianne Theisen	Oregon	6440	Des Moines, IA
2013	Lindsay Vollmer	Kansas	6086	Eugene, OR
2014	Kendell Williams	Georgia	5854	Eugene, OR
2015	Akela Jones	Kansas St	6371	Eugene, OR
2016	Kendall Williams	Georgia	6225	Eugene, OR
2017	Kendall Williams	Georgia	6265	Eugene, OR



### Host Cities (by state):

10	Oregon	Eugene (84,91,96,01,10,13,14,15,16,17);
4	Texas	Austin (85,92,04), Houston (83);
	California	Sacramento (03,05,06,07)
3	Louisiana	Baton Rouge (87,02), New Orleans (93);
	Indiana	Indianapolis (86,88), Bloomington (97);
	Iowa	Des Moines (08,11,12)
2	Utah	Provo (82,89);
	Idaho	Boise (94,99);
	North Carolina	Durham (90,00);
1	Tennessee	Knoxville (95);
	New York	Buffalo (98)
	Arkansas	Fayetteville (09)

### NCAA Meet Records

#### Most Wins:

4	Jacqueline Johnson	Arizona St	(2004, 2006, 2007, 2008)
3	Jolanda Jones	Houston	(1986, 1987, 1989)
	Brianne Theissen	Oregon	(2009, 2010, 2012)
	Kendall Williams	Georgia	(2014, 2016, 2017)
2	Jackie Joyner	UCLA	(1982, 1983)
	Diane Guthrie	George Mason	(1994, 1995)
	Tiffany Lott	BYU	(1997, 1998)
	Austra Skujyte	Kansas St	(2001, 2002)

#### Most Wins by School:

5	Arizona St	(90,04,06,07,08)
4	Oregon	(93,09,10, 12)
	Georgia	(03,14,16,17)
3	Brigham Young	(92,97,98),
	Houston	(86,87,89);

#### Most Wins by Conference:

13	PAC 10/12
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### 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
1st day	4367	J Joyner-Kersey/USA	Indy 7215	1988
2nd 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-Kersee/WCAC Sharon Day/unat	Indy 7215	1988
SP	16.30m/53-5 ¾	Jane Frederick/Naturite	Havana 6036	2009
200m	22.30 (0.0)	Jackie Joyner-Kersee/WCAC	Rome 6502	1987
LJ	7.27/23-10 ¼	Jackie Joyner-Kersee/WCAC (+0.7)	Indy 7215	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Seoul 7291	1988
800m	2:04.70	Marla Runyan/ unat	Houston 5599	1983
1st day	4367 pts	Jackie Joyner-Kersee/WCAC	Atlanta-OT 5708	1996
2nd day	3027 pts	Jackie Joyner-Kersee/WCAC	Indy 7215	1988
Score	7291 pts	Jackie Joyner-Kersee/WCAC	Seoul 7291	1988
			Seoul	1988

**Collegiate Records**

100H	12.83	Kendell Williams/Georgia	Eugene 5854	2016
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
1st day	4023	Akela Jones/Kansas St	Eugene 6371	2015
2nd day	2799	Diane Guthrie/GMU-JAM	Knoxville 6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF	1985

**NCAA Meet Records**

100H	12.83	Kendell Williams/Georgia	Eugene 5854	2016
HJ	1.89m/6-2 ¼	Chris Hall/Nebraska	Eugene	1992
SP	16.07m/52-8¾	Austra Skujyte/Kan St-LIT	Baton Rouge 6061	2002
200m	23.36 (+3.2)	N. Larch-Miller/Wichita St	Eugene 5806	2015
LJ	6.92m/22-8 ½	Diane Guthrie/GMU	Knoxville 6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston 5599	1983
800m	2:08.4	Lana Zimmerman/LSU	Houston	1983
1st day	4023	Akela Jones/Kansas St	Eugene 6371	2015
2nd day	2799	Diane Guthrie/GMU-JAM	Knoxville 6527	1995
Score	6527	Diane Guthrie/GMU-JAM	Knoxville	1995

**Hayward Field Records**

100H	12.65	Hyleas Fountain/Nike (+2.8)	USOT 6667	2008
HJ	1.90m/6-2¾	Sharon Day/Asics	USA NC 6177	2009
SP	15.62m/51-3	Sharon-Day Monroe	USA NC 6458	2015
200m	23.36 (+3.2)	N. Larch-Miller/Wichita St	Eugene 5806	2015
LJ	6.88m/22-7	Hyleas Fountain/Nike (+1.6)	USOT 6667	2008
Jav	48.28m/158-4	Jenna Hemann/TexA&M	USA NC 6022	2015
800m	2:08.39	Erica Bougaard/Miss St	USA NC 6288	2015
1st day	4023	Akela Jones/Kansas St	NCAA 6371	2015
2nd day	2678	Hyleas Fountain/Nike	USOT 6667	2008
Score	6667	Hyleas Fountain/Nike	USOT	2008

## RECENT RESULTS

### 2018 Indoor Pentathlon Results, March, 2018, College Station, TX

4572	Brooks, Taliyah/Arkansas'18	8.05	184	1216	636	2:22.44
4467	Schultz, Nina/Kansas St'20	8.29	184	1153	621	2:19.58
4381	Ellenwood, Georgia/Wisc-CAN'18	8.55	178	1231	596	2:14.28
4365	Siefring, Jaclyn/Akron'18	8.67	169	1272	619	2:12.64
4318	Grauvogel, Louisa/Georgia-GER'20	8.23	175	1229	593	2:20.51
4257	Atherley, Michelle/Miama'19	8.34	172	1238	573	2:16.47
4216	Holmberg, Madeline/Penn St'20	8.51	160	1373	611	2:21.26
4197	Gittens, Tyra/Texas A&M-TRN'21	8.35	178	1284	599	2:35.05
4160	Frøeynes, Amanda/Florida-NOR'21	8.76	176	1077	578	2:13.07
4100	Destin, Stacey/Alabama'19	8.60	178	1054	580	2:21.92
4060	Brooks-Johnson, Alissa/Wash St'18	8.63	169	1220	570	2:22.07
4010	Bender, Hope/UCSB'19	8.44	163	1134	559	2:17.01
4000	Hankenson, Holly/Louisville'19	8.72	166	1188	553	2:17.14
3997	Howell, Aaron/Michigan'18	8.90	169	1263	560	2:22.32
3943	Cannigan, Shanice/S Dakota'18	8.62	166	100	554	2:18.85
3865	Popp, Selena/Samford'19	8.99	169	1110	547	2:26.42

16s, 16f.

### 2017 Heptathlon Results, June 9-10, 2017, Eugene, Oregon

6265	Williams, Kendell/Georgia'17	12.95+0.2	181	1184	24.12-3.1	644+2.7	4648	2:26.17
5959	Schultz, Nina/Kansas St-CAN'20	13.70+0.2	172	1274	25.12-2.7	610+3.6	4670	2:21.97
5795	Brooks, Taliyah/Arkansas'18	13.37+0.2	175	1138	24.81-3.1	650+1.8	3534	2:29.32
5694	Brown, Leigha/Arkansas'17	13.73-0.8	172	1256	24.91-2.7	575+1.7	3533	2:17.85
5663	Siefring, Jaclyn/Akron'18	13.98+0.3	166	1216	25.39-2.7	610+3.0	3678	2:16.83
5658	Brooks-Johnson, Alissa/Wash St'18	14.24-0.5	163	1165	24.89-0.9	585+1.4	4421	2:17.70
5621	Gray, Jordan/Kennesaw St'19	14.29-0.5	172	1248	25.37-0.9	604+2.7	3997	2:27.17
5580	Hinton, Kaylee/Texas Tech'19	14.02-0.5	178	950	24.66-3.1	593+1.7	3725	2:22.23
5575	Wadden, Nicole/Nevada'17	13.94-0.8	169	1116	25.63-0.9	592+2.0	3721	2:16.57
5444	Hallock, Kara/Oregon St'17	14.26+0.3	157	1198	25.96-0.9	590+2.2	4171	2:20.77
5405	Borman, Breanne/Wichita St'17	14.51-0.5	163	1170	25.63-0.9	555+2.1	4485	2:23.21
5348	Yetter, Gavyn/Wichita St'17	14.60+0.2	160	1241	25.44-2.7	559+2.1	3531	2:16.03
5303	Pfeiffer, Jenna/Baylor'17	14.78-0.5	166	1130	27.21-0.9	544+1.7	4545	2:17.18
5268	Dadzie, Elizabeth/Mid Tenn St-NIG'17	13.81-0.5	151	1154	25.23-2.7	616+4.2	3664	2:35.00
5356	Cooks, Riley/Long Beach St'17	13.69+0.2	154	1196	24.53-2.7	566+2.3	4011	2:40.89
5245	Usgaard, Tori/UCSB'17	14.38+0.2	160	1079	25.77-0.9	582+1.9	3306	2:17.60
5172	Mokrasova, Lucia/UTEP'18	14.49-0.8	154	1336	25.39-2.7	534+1.9	3710	2:27.26
5133	Hankenson, Holly/Louisville'19	14.26+0.3	151	1119	25.55-2.7	568+1.5	2838	2:13.46
dnf	Stumbaugh, Payton/Arkansas'18	13.17+0.2	169	1144	23.93-3.1	456+1.3	nm	dns
dnf	Larch-Miller, Nikki/Wichita St'17	13.69-0.5	163	1156	25.05-3.1	nm	withdrew	
dnf	Grauvogel, Louisa/Georgia-GER'20	13.53-0.5	nh	1180	withdrew			
dnf	Farrington, Melissa-M/Fla St-AUS'17	14.08-0.8	withdrew					
dnf	Holmberg, Madeline/Penn St'19	dnf	withdrew					
dnf	Herman, Kelsey/Arkansas'19	dnf	withdrew					

24s, 18f.



**2016 Heptathlon Results, June 10-11, 2016, Eugene, Oregon**

6225	Williams, Kendall/Georgia	12.83+1.4	178	1266	23.78+2.0	613+0.1	4030	2:17.89	5373	6 events
6088	Bougaard/Mississippi St	13.19+2.0	181	1191	24.03+0.2	626+1.6	3573	2:17.89		
6063	Jones, Akela/Kansas St	13.10+1.4	181	1475	23.73+0.2	637+0.4	3456	2:39.04	5479	6 events
5962	Gochenour, Alex/Arkansas	13.30+1.4	171	1313	24.57+0.2	606+3.1	3770	2:18.14		
5935	Ellenwood, Georgia/Wisconsin	13.81+3.2	175	1236	24.60+2.0	611+0.4	3967	2:17.29		
5868	Stumbaugh, Payton/Arkansas	13.11+1.4	166	1064	23.98+0.2	615+2.3	3921	2:17.94		
5835	Lehman, Jess/Minnesota	14.22+1.8	172	1342	25.36+2.0	585+0.7	4461	2:18.77		
5833	Knodle, Paige/N Iowa	13.50+2.0	166	1048	24.63+2.0	605+1.3	4510	2:16.98		
5784	Kunz, Annie/Texas A&M	13.59+1.1	169	1318	24.55+0.2	555-1.1	4117	2:19.41		
5677	Brown, Leigha/Arkansas	13.54+3.2	172	1281	24.78+2.0	547+1.2	3646	2:18.73		
5658	Sadieko, Grete/Florida St	14.06+0.4	163	1231	25.04+2.0	589+1.2	4492	2:23.67		
5626	Siefring, Jaclyn/Akron	13.91+0.4	163	1135	24.97+2.0	598+0.2	3721	2:14.57		
5569	Mokrasova, Lucia/UTEP	14.26+0.4	166	1415	24.56+2.0	569+2.0	3807	2:29.19		
5514	Thompson, Alyssa/Arizona	14.30+1.8	160	1098	24.77+2.0	607+0.9	3936	2:20.67		
5482	Cvitanovic, Lucija/SMU	14.68+1.8	166	1183	26.39+2.0	560+1.0	4735	2:18.75		
5446	Harper, Liz/Washington St	13.74+3.2	175	1068	24.94+2.0	542+0.6	3224	2:17.94		
5443	Zamzow, Ashtin/Texas	14.68+3.2	169	1139	25.56+2.0	554-0.1	4431	2:21.88		
5382	Maslowski, Teddi/Duke	13.59+1.1	151	1087	24.34+0.2	581-0.3	3350	2:18.57		
5373	Loeffel, Carly/Notre Dame	14.07+1.8	169	1332	25.49+2.0	536-0.6	3229	2:22.37		
5372	Cooks, Riley/Long Beach St	13.59+1.1	166	1261	24.07+2.0	504-0.8	4212	2:39.85		
5298	Dadzie, Elizabeth/Mid Tenn St	13.52+2.0	157	1110	24.97+2.0	615+1.6	3388	2:36.65		
5032	Green, Jessica/Colorado St	14.91+0.4	163	1104	25.93+2.0	550+1.1	3644	2:28.86		
5030	Dameus, Clairwin/Tennessee St	14.15+1.1	139	1053	24.95+0.2	617+2.6	3737	2:37.89		
dnf	Brooks, Taliyah/Arkansas	13.21+2.0	172	1186	25.98+0.2	withdrew	[3423 pts]			

24s,23f.

**2015 Heptathlon Results, June 10-11,2015, Eugene, Oregon**

6371	Jones, Akela/Kansas St'16	13.10+0.9	184	1485	23.45+3.2	653+3.3	3813	2:29.43		
6223	Williams, Kendell/Georgia'17	13.08+1.0	181	1241	23.67+3.2	643+3.3	3874	2:22.43		
6147	Chapman, Quintuna/Georgia'15	13.43+1.0	166	1456	23.62+3.2	607+1.0	4366	2:19.96		
6050	Bougaard, Erica/Miss St'15	13.12+0.9	184	1049	23.63+3.2	637+3.6	3395	2:20.35		
5965	Herauf, Jess/Minnesota'16	14.30+0.8	172	1325	25.04+2.2	606+2.1	4485	2:14.88		
5913	Hemann, TexasA&M'15	14.27+0.8	172	1303	24.81+2.1	603+2.2	4782	2:22.98		
5851	Rahn, Xenia/North Carolina'15-GER	13.61+1.9	169	1272	25.29+2.1	627+3.6	4141	2:23.36		
5806	Larch-Miller, Nikki/WichitaSt'16	13.15+0.9	166	1053	23.36+3.2	595+1.6	3793	2:19.63		
5806	Gochenour, Alex/Arkansas'16	13.49+0.9	169	1262	24.64+2.2	624+2.7	3439	2:31.31		
5786	Ellenwood, Georgia/Wisconsin'17-CAN	14.11+0.1	175	1140	24.45+2.2	608+1.8	4004	2:21.31		
5782	Chauchard, Sarah/E Michigan'15	13.88+0.8	169	1286	25.09+2.1	582+1.7	3804	2:12.88		
5778	Latham, Deanna/Wisconsin'15	13.50+1.9	163	1235	24.37+3.2	607+1.7	3868	2:20.64		
5757	McDonald, Fabia/Mississippi	14.01+0.1	169	1223	25.36+2.1	586+3.4	4292	2:16.07		
5750	Hawkins, Chari/Utah St'15	13.44+1.9	160	1148	24.28+2.2	602+3.5	3913	2:24.68		
5730	Sadieko, Grete/Florida St'17	13.92+0.1	172	1177	24.77+2.1	599+3.5	4333	2:27.27		
5717	Brooks, Taliyah/Arkansas'18	13.39+1.0	166	1168	24.35+3.2	628+1.4	3518	2:25.83		
5604	Souza, Tatum/UCLA'15	14.20+0.1	169	1394	25.6-+2.1	535+3.2	4339	2:21.72		
5572	Brooks-Johnson, Alissa/WashSt'18	14.27+1.2	166	1152	24.63+2.2	534+1.8	4139	2:12.60		
5486	Moore, Ashlee/Oregon'18	13.89+1.2	169	1163	24.93+2.1	616+1.7	3918	2:40.37		
5483	Torres, Abrianna/Colorado	14.63+0.8	172	1357	26.17+2.1	584+2.6	3769	2:26.18		
5394	Kelly, Brittany/Mississippi	13.65+1.2	172	938	24.43+2.2	582+2.4	2626	2:17.56		
5320	Pearson, Jallycia/UTEP	14.12+1.2	163	1266	25.80+2.2	545+2.1	4169	2:30.91		
dnf	Vollmer, Lindsay/Kansas'15	13.40+1.0	172	1260	24.05+2.2	nm				
dnf	Maslowski, Teddi/Duke	13.61+1.9	157	nm	24.08+3.2					

24s,22f.

**2014 Heptathlon Results, June 12-13, 2014, Eugene, Oregon**

5854	Williams, Kendell/Georgia'17	12.99+1.8	178	1189	24.30-1.2	613-0.5	3483	2:28.59
5836	Reaser, Allison/San Diego St'14	13.38+1.8	160	1199	24.60-1.2	602+1.2	3952	2:12.08
5835	Harrell, Brittany/Florida'15	13.84+0.9	175	1097	24.67+1.3	592-2.1	4044	2:13.96
5681	Knodle, Paige/Northern Iowa'15	13.54+0.9	163	1007	24.83-1.2	570 0.0	4548	2:14.65
5638	Chauchard, Sarah/E Michigan'12-FRA	14.15+0.5	169	1251	25.84-1.9	571+0.6	4077	2:15.25
5610	Chapman, Qunitunya/Georgia'15	13.96+0.3	157	1271	24.26-1.2	594-1.1	3380	2:15.85
5603	Hall, Lindsay/Montana'14	13.61+1.8	172	1207	26.69-1.9	559+0.9	4698	2:24.89
5558	Rahn, Xenia/North Carolina'15-GER	14.05+0.3	169	1245	25.93-1.9	575+1.7	4245	2:24.56
5552	Hawkins, Chari/Utah St '15	13.97-0.5	172	1186	25.28-1.9	571+1.3	3892	2:24.13
5530	Howell, Brittney/Penn St'14	13.96+1.8	178	1145	24.73-1.2	605+1.3	2941	2:27.37
5515	Gochenour, Alex/Arkansas'16	13.63-0.5	169	1165	25.34+1.3	578-0.1	3319	2:19.67
5480	Ellenwood, Georgia/Wiscon'17-CAN	14.19+0.3	178	1065	25.14+1.3	563-3.3	3325	2:17.82
5465	Martin, Anne/Nebraska'14	14.37 0.0	166	1143	25.42+1.3	567-0.2	4194	2:21.35
5410	Hemann, Jena/Texas A&M'15	14.46 0.0	163	1235	26.02-1.9	561-0.7	4468	2:24.96
5397	Pearson, Jallycia/UTEP'15	13.75+0.9	160	1186	25.31-1.2	518-0.5	4027	2:17.68
5294	Howell, Aaron/Michigan'17	14.48 0.0	160	1222	26.59-1.9	574-0.1	3933	2:21.83
266	Cvitanovic, Lucija/SMU'16 -SKV	14.87 0.0	169	1126	27.32-1.9	527-1.0	4887	2:22.03
5184	Stewart, Shanic/Texas Tech'15	13.92+0.9	154	1236	25.57+1.3	582-0.6	4263	2:47.00
5116	Walker, Alexis/UCLA'15	14.45+0.5	175	1014	25.68-1.9	501+0.3	3005	2:15.94
5027	McCuthen, Carley/Montana St'14	14.33+0.5	172	1020	25.73+1.3	474-1.5	3709	2:25.55
4923	Dameus, Clairwin/Tennessee St'16	16.76+0.3	151	1027	24.47-1.2	592-0.8	3838	2:27.59
dnf	Vollmer, Lindsay/Kansas'15	13.61-0.5	172	1224	24.82-1.2	558-1.7		
dnf	Sadeiko, Grete/Florida St-EST'17	14.49+0.5	163	1116	25.61+1.3			
dnf	Oudenaarden, Nicole/SanDiegoSt-CAN	14.77-0.5						withdrew

**2013 Heptathlon Results, June 6-7, 2013, Eugene, OR**

6086	Vollmer, Lindsay/Kansas	13.58+1.0	175	1197	24.27+1.3	616+3.3	4618	2:19.36
6050	Alcide, Makeba/Arkansas-STL	13.52+1.0	181	1235	24.18+2.3	605+2.7	3465	2:12.05
5984	Pinnick, Keia/Arizona St	13.13+1.2	166	1107	23.60+2.3	607+3.1	3813	2:10.89
5976	Bougard, Erica/Mississippi St	13.37+1.2	175	1107	23.84+2.3	625+0.4	3428	2:13.75
5899	Friesen, Tanya/Wichita St	13.83+2.2	178	1100	24.45+2.8	602+1.6	4180	2:17.89
5865	Jules, Vanessa/Marshall	13.39+1.0	175	1121	24.47+2.3	626+4.0	3541	2:19.63
5853	Ondraschkova, Lucie/Georgia-CZE	13.75+2.2	172	1182	24.81+2.8	610+0.8	3906	2:16.04
5813	Reaser, Allison/San Diego St	13.30+1.2	160	1198	23.88+2.3	579+0.6	3781	2:12.08
5691	Souza, Tatum/UCLA	13.86+2.7	169	1276	25.26+2.8	574+1.2	3930	2:17.91
5629	Akinniyi, Dorcas/Wisconsin	13.81+2.7	175	1313	25.48+2.8	588+2.8	3609	2:27.58
5598	Hawkins, Chari/Utah St	13.74+2.7	175	1030	25.05+2.8	584+3.4	4103	2:25.70
5574	Latham, Deanna/Wisconsin	13.37+1.2	154	1143	24.31+2.8	578+2.1	3976	2:20.32
5563	Vinson, Joenisha/Portland St	13.76+2.7	163	1268	24.84+1.3	593+1.3	3673	2:26.47
5562	Nall, Mary/Ole Miss	13.77+2.2	163b	990	24.90+1.3	577+2.2	4312	2:17.76
5470	Loeffel, Carly/Notre Dame	14.54+2.4	169	1270	24.88+1.3	599+2.5	2816	2:19.34
5449	Hemann, Jena/Texas A&M	14.28+2.4	160	1345	24.83+2.8	538+0.5	4476	2:29.32
5450	Knodle, Paige/Northern Iowa	13.59+2.7	151b	926	24.53+2.3	570+2.6	4271	2:15.08
5427	Rahn, Xena/Memphis-GER	14.07+2.7	166	1186	26.18+1.3	589+1.1	4118	2:28.33
5423	Labreck, Jesse/Maine	13.83+1.0	175	1020	25.29+1.3	606+1.9	2970	2:24.57
5419	Kline, Elizabeth/Pittsburgh	13.93+2.2	166	1130	24.99+2.8	558+1.4	3063	2:13.78
5414	Martin, Anne/Nebraska	14.61+2.4	166	1129	25.20+1.3	562+1.3	3970	2:19.23
5294	Lyssy, Danessa/Texas St	14.24+2.7	166	1305	25.64+1.3	548+1.3	3682	2:30.79
4971	Oudenaarden, Nicole/San Diego St	14.30+2.4	nh	1326	24.68+2.3	589+1.7	4368	2:20.29
4880	Kunz, Annie/Texas A&M	14.27+2.7	166	1267	25.30+2.3	500+1.4	2267	2:31.81

24s,24f.

## Athlete Profiles

### MICHELLE ATHERLEY

DOB: December 12, 1995  
 POB:  
 Ht: 5-8  
 Hometown: North Point, FL  
 High School: Port Charlotte HS  
 College: Auburn, Miami (FL)'19



**2018:** Scored 5816 at first outdoor hept for 4<sup>th</sup> at Bryan Clay and then won AAC title. Placed 2<sup>nd</sup> at ACC with 4319 score and then 6<sup>th</sup> at NCAAs. **2017:** Transferred to Miami and won ACC crown with 4281 PR. **2016:** 6th at SEC as freshman at Auburn. **High School:** 2x district and regional champion in 100m hurdles and 300m hurdles. Runner-up in 1090m hurdles and 3rd in triple jump at 2015 Fla state meet. 2015 Florida State Weightlifting champion.

**Personal:** Daughter of Clifford and Brenda Atherley. Political Science major.

#### Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
3/11/15	3439	6	New Balance Prep, NYC Armory	8.69	155	820	538 2:28.82
2/05/16	3833	5	Husker Sevigne, Lincoln	8.58	163	1059	558 2:23.91
2/27/16	4148	6	SEC, Fayetteville	8.40	175	1114	562 2:17.76
3/11/16	4153	11	NCAA I, Birmingham	8.42	177	1211	544 2:19.81
1/20/17	3984	1	McCravey, Lexington	8.43	173	1090	527 2:18.94
2/23/17	4281	1	ACC, South Bend	8.35	176	1178	576 2:15.80
<b>3/10/17</b>	<b>4319</b>	<b>4</b>	<b>NCAA I, College Station</b>	<b>8.21</b>	<b>175</b>	<b>1269</b>	<b>567 2:17.05</b>
2/02/18	4096	1	Mich Power 5, Ann Arbor	8.56	166	1213	570 2:17.53
2/22/18	4159	2	ACC, Clemson	8.37	164	1218	584 2:14.26
3/10/18	4257	6	NCAA, College Station	8.34	172	1238	573 2:16.47

Outdoor:			<u>100 h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
<b>4/20/18</b>	<b>5816</b>	<b>4</b>	<b>Bryan Clay, Azusa</b>	<b>13.28</b>	<b>+1.4</b>	<b>172</b>	<b>1241</b>	<b>13.96</b>	<b>+2.1</b>	<b>584</b>	<b>+1.8 2989 2:14.16</b>
4/10/18	5793	1	ACC, Miami	13.05	+0.5	167	1275	23.93	+2.2	588	+5.1 2945 2:15.83

**PRs:** 5816 / 4319 13.05+0.5 177 1275 24.16+1.4 596-1.8 3244 2:14.26

**Indoor: 60mH: 8.21**

Updated: 2/27/18

# HOPE BENDER

DOB: January 2, 1997  
 POB:  
 Ht: 5-6½  
 Hometown: Newport Beach, CA  
 High School: Newport Beach HS'15  
 College: UCSB'21



**2018:** Runner-up at Bryan Clay meet (B section) with career best 5725 score. Won outdoor Big West title. 12<sup>th</sup> at NCAAs indoors. 5<sup>th</sup> at USA indoors (with 4149 PR effort) after winning Seattle meet. **2017:** 4<sup>th</sup> at Big West outdoors. **2016:** 3<sup>rd</sup> at Big West outdoors. **High School:** Ran 14.35 and 42.18 for prep hurdles. **Personal:** Parents are Steve and Lynn Bender. Majoring in Biology. Aspires to become a Genetic Engineer. Also competed in Motocross and Horse-Show Jumping.

### Career:

#### Indoor

1/15/16 3211 7 Jacoby, Nampa  
 1/27/18 3884 1 UW Invt, Seattle  
**2/16/18 4149 5 USATF, Albuquerque**  
 3/10/18 4010 12 NCAA, College Station

60h hj sp lj 800  
 8.84 150 1075 426 2:29.63  
 8/62 159 1169 533 2:16.14  
**8.61 168 1228 576 2:16.68**  
 8.44 163 1134 559 2:17.01

#### Outdoor:

4/02/16 4909 7 Sam Adams, S Barbara  
 5/14/16 5114 3 Big West,  
 5/13/17 5212 3 Cal Invt. Azusa  
 5/12/17 4312 14 Big West,  
**4/20/18 5725 2b Bryan Clay, Azusa**  
 5/05/18 5561 1 Big West, Northridge

100h w hj sp 200m w lj w jav 800m  
 14.28-0.5 148 1087 24.89+0.3 507nwi 2864 2:17.45  
 14.17+1.6 160 1014 24.71+0.6 523+2.3 3028 2:16.91  
 14.18-0.1 160 1108 24.66+1.9 538+3.2 2818 2:14.63  
 14.06-0.4 nh 1098 24.84+0.7 538+1.9 2778 2:26.86  
**13.59+0.9 160 1190 23.97+2.5 578-0.6 3572 2:11.30**  
 13.70+0.4 164 1204 24.15-0.6 558 3388 2:17.78

**PRs: 5725 / 4149**

**13.59+0.9 168 1228 24.15-0.6 578-0.6 3572 2:11.30**

**Indoor: 60mH: 8.44**

Updated: 2/28/18

# EMILE BERGE

DOB: December 7, 1997  
POB: Iveland, Norway  
Ht: 5-10  
Hometown: Iveland, Vest-Agder, Norway  
High School: Kristiansand Katedralskole Grimle, in Vest-Agder, NOR.  
College: South Alabama '20



**2018:** Defended Sun Belt outdoor title with career best 5632 score. **2017:** Won Sun Belt heptathlon with career best 5382 score. **2016:** Norwegian jr Hept champs (5047). **2015:** 6<sup>th</sup> at Nordic Jr hept (4358), **2013:** 7<sup>th</sup> at Nordic Jr champs in first CE (4503). **High School:** Also participated in basketball and volleyball at Kristiansand Katedralskole Grimle in Vest-Agder, Norway **Personal:** Full name is Gunn Emilie Berge. Daughter of Oeystein and Tone Kristin Berge. Majoring in Emergency Medical Services.

## Career:

### Indoor:

2/21/16	3575	1	Norway Jr, Sandnes	8.91 163 1045 548 2:25.78
1/18/17	3923	1	Samford U, Birmingham	8.92 168 1219 560 2:24.54
2/21/17	3947	1	<b>Sun Belt, Birmingham</b>	<b>8.88 168 1164 573 2:23.46</b>

### Outdoor:

6/09/13	4503	7	Nordic u18, Huddinge	15.35-1.4 153 1009 26.62+1.7 532+1.3 3043 2:34.32
8/06/14	3498	10	Nordic u18, Kopvegur	14.75-0.6 153 1086 26.34+0.7 520 0.0 nm nm
5/24/15	dnf	-	Norway Jr, Nittedal	14.80+1.5 171 1041 26.37-2.7 withdrew
6/14/15	4358	6	Nordic Jr, Copenhagen	14.74-0.3 155 1029 25.88-2.4 550+1.9 nm 2:25.65
5/22/16	5047	1	Norway u20, Nittedal	14.61-1.1 560+1.4
4/13/17	5258	1	S Alabama Invt, Mobile	14.66+1.5 167 1189 25.78+1.3 558-0.7 3421 2:21.62
5/13/17	5382	1	Sun Belt, Arlington	14.24+2.1 169 1193 25.44+2.6 540-2.5 3584 2:19.32
4/14/18	5479	2	Tiger Track, Auburn	14.30+2.7 171 1179 25.83+1.7 574+3.9 4041 2:23.96
5/12/18	5632	1	<b>Sun Belt, San Marcos</b>	<b>14.00+1.8 175 1193 25.50+2.2 580+2.1 3784 2:19.82</b>

**PRs:** 5632 / 3947

**Indoor: 60mH: 8.73**

Updated 5/30/18

**14.00+1.8 176 1219 25.44+2.6 595i 4041 2:19.32**

# TALIYAH BROOKS

DOB: February 8, 1995  
 POB:  
 Ht: 5-9  
 Hometown: Wichita Falls, TX  
 High School: Rider HS  
 College: Arkansas'18



**2018:** Won Texas Relays title with 5946 effort. SEC indoor pentathlon winner and NCAA indoor pentathlon champ.  
**2017:** Outdoor SEC Champ with 6099 PR and then placed 3rd at NCAAs. SEC indoor runner-up with 4450 effort and then NCAA runner-up. **2016:** Won NACAC title in El Salvador. dnf'd at NCAAs and Olympic Trials. 4th at SEC (5855) after breakthrough win at Texas Relays (5991w). Opened indoor campaign with breakthrough PR 4457 effort at home and then placed 2nd at SECs and NCAAs. **2015:** 7th at SECs outdoors with PR 5681 score and upped PR to 5717 for 16th at NCAAs. 1st CE effort was 4155 performance at Razorback and then placed 7th at SECs.  
**2014:** Competed indoors. **High School:** Injury claimed senior season. **Personal:** daughter of Robert Brooks and Diann Clark. Major in communications and minor in legal studies.

### Career:

#### Indoor:

				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/30/15	4155	3	Razorback, Fayetteville	8.39	176	1040	605	2:24.39
2/27/15	4125	7	SEC, Lexington	8.29	178	1110	606	2:34.47
3/14/15	4230	7	NCAA I, Fayetteville	8.54	180	1022	608	2:19.79
1/29/16	4457	2	Razorback, Fayetteville	8.18	178	1140	635	2:19.06
2/27/16	4376	2	SEC, Fayetteville	8.25	178	1180	609	2:19.91
3/26/16	4432	2	NCAA I, Birmingham	8.17	183	1155	618	2:22.59
2/24/17	4450	2	SEC, Nashville	8.14	178	1153	640	2:22.72
<b>3/10/17</b>	<b>4580</b>	<b>2</b>	<b>NCAA I, College Station</b>	<b>8.13</b>	<b>184</b>	<b>1197</b>	<b>648</b>	<b>2:22.39</b>
1/26/18	4395	1	Razorback, Fayetteville	8.09	178	1236	628	2:28.58
2/24/18	4422	1	SEC, College Station	8.08	176	1218	627	2:22.73
3/10/18	4572	1	NCAA, College Station	8.05	184	1216	636	2:22.44

#### 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>
3/26/15	5482w	3	Texas R, Austin	13.55+3.9	172	1062	25.22+2.5	618				2702	2:21.89
5/14/15	5681	7	SEC, Starkville	13.33+0.7	176	1197	24.43+1.8	603+1.8				2768	2:22.73
6/11/15	5717	16	NCAA I, Eugene	13.39+1.0	166	1168	24.35+3.2	628+1.4				3518	2:25.83
3/31/16	5991w	1	Texas R, Austin	13.16+2.9	178	1144	24.47+3.1	621+2.1				3685	2:17.66
5/13/16	5855	4	SEC, Tuscaloosa	13.37+1.7	175	1168	24.16+0.5	629-2.2				3455	2:24.64
6/11/16	dnf	-	NCAA I, Eugene	13.21+2.0	172	1186	25.98+0.2	withdrew					
7/10/16	dnf	-	USOT/USA, Eugene	13.39-0.1	181	1155	24.85+0.6	nm			3466	dns	
7/16/16	5609	1	NACAC, El Salvador	13.61-0.8	174	1102	24.78-1.9	612-0.3				3699	2:31.36
3/30/17	6075	2	Texas R, Austin	13.49+0.3	182	1186	23.97+2.9	623-0.1				3710	2:17.98
<b>5/12/17</b>	<b>6099</b>	<b>1</b>	<b>SEC, Columbia</b>	<b>13.14+1.7</b>	<b>180</b>	<b>1199</b>	<b>23.88+1.3</b>	<b>640+1.5</b>				<b>3640</b>	<b>2:22.29</b>
6/10/17	5795	3	NCAA I, Eugene	13.37+0.2	175	1138	24.81-3.1	650+1.8				3534	2:29.32
6/26/17	dnf	-	USA, Sacramento	13.25-0.1	180	1170	24.38+0.2	nm			withdrew	651	
3/31/18	5946	1	Texas R, Austin	13.28+1.6	172	1172	23.99+0.9	630				3691	2:21.17

**PRs: 6099 / 4580**

**12.82+2.6 184 1236 23.84+1.8 678+1.2 3710 2:17.66**

**Indoor: 60mH: 8.05**

Updated: 5/28/18

# ALISSA BROOKS-JOHNSON

DOB: August 1, 1995  
 POB: Olympia, WA  
 Ht: 5-9  
 Hometown: Doty, WA  
 High School: Pe Ell HS  
 College: Washington St'17



**2018:** 5<sup>th</sup> at Bryan Clay and Pac-12 outdoor champ with 5977 PR score. Won WSU indoor pentathlon with PR 4190 effort, then scored 4040 at Mountain Pacific. 11<sup>th</sup> at NCAAs indoors. **2017:** PAC-12 champ with 5638 effort and then [placed 6<sup>th</sup> at NCAAs. **2016:** no outdoor season. Mountain Pacific indoor runner-up. **2015:** Pac-12 heptathlon champ with PR 5803 score. **2014:** Pac-12 heptathlon runner-up. **High School:** 3x state 2B 300m hurdle champ. Earned 12 varsity letters (4 T&F, 4 basketball, 4 volleyball). **Personal:** daughter of Ken Johnson and Karen Brooks.

### Career:

Indoor:			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/31/14	3521	1 Cougar, Pullamn	9.18	162	1022	491	2:24.09
2/28/14	3633	7 Mtn Pacific, Seattle	8.93	162	1064	502	2:19.96
1/17/15	3573	2 Jacoby, Boise	9.17	157	975	547	2:23.76
2/06/15	3578	1 Cougar, Pullman	8.88	156	959	523	2:19.56
2/27/15	3776	5 Mtn Pacific, Seattle	8.83	163	1046	525	2:16.58
2/05/16	4101	1 Cougar, Pullman	8.81	176	1210	560	2:19.80
2/26/16	4027	2 Mtn Pacific, Seattle	8.77	169	1245	537	2:16.50
<b>2/02/18</b>	<b>4190</b>	<b>1 Cougar, Pullman</b>	<b>8.57</b>	<b>172</b>	<b>1169</b>	<b>579</b>	<b>2:15.78</b>
2/23/18	4040	3 Mtn Pacific, Seattle	8.52	165	1136	562	2:16.05
3/10/18	4060	11 NCAA, College Station	8.63	169	1220	570	2:22.07

Outdoor:			<u>100</u>	<u>h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
3/27/14	4987	18 Texas R, Austin	14.90			160	1067	25.92		529		3455	2:19.37
5/11/14	5325	2 Pac-12, Pullman	14.75			161	1064	25.42		546		4184	2:15.05
5/10/15	5803	1 Pac-12, Los Angeles	13.96+0.3	170		1141	24.91+1.6			577+0.2		4475	2:13.94
6/11/15	5572	16 NCAA I, Eugene	14.27+1.2	166		1152	24.63+2.2			534+1.8		4139	2:12.60
4/12/17	5616	4 Mt Sac R, Azusa	14.13+0.7	169		1196	24.96+1.4			560+2.4		4068	2:17.58
5/07/17	5638	1 Pac-12, Corvallis	14.06+0.6	169		1165	24.83+1.8			566+4.1		4222	2:19.57
6/10/17	5658	6 NCAA I, Eugene	14.24-0.5	163		1165	24.89-0.9			585+1.4		4421	2:17.70
4.20/18	5740	5 Bryan Clay, Azusa	13.88+3.4	169		1180	24.69+1.0			568+1.7		3921	2:12.05
<b>5/06/18</b>	<b>5977</b>	<b>1 Pac-12, Stanford</b>	<b>13.68+0.8</b>	<b>174</b>		<b>1255</b>	<b>24.40+2.3</b>			<b>589+1.6</b>		<b>4160</b>	<b>2:14.81</b>

**PRs:** 5977 / 4190 13.65+1.7 176 1245 24.69+0.4 589+1.5 4475 2:12.05

**Indoor: 60mH: 8.50**

Updated: 5/27/18

# SHAINA BURNS

DOB: March 26, 1996  
 POB:  
 Ht: 5-10  
 Hometown: Lakeview, MN  
 High School: Lakeville S HS, MN '14  
 College: Texas A&M '18



**2018:** 2<sup>nd</sup> at SEC outdoors (PR 5743). **2017:** 7<sup>th</sup> at SEC indoors and 8<sup>th</sup> outdoors. **2016:** 10<sup>th</sup> SEC outdoors. **2015:** 14<sup>th</sup> & 12 at SEC indoors and out. **2014:** Won New Balance Prep (5163 PR score). **2013:** 12<sup>th</sup> at USA Juniors. 9<sup>th</sup> at Arcadia. 2012: USATF Junior Olympic champ and Minn Regional winner with 4722 PR. **Personal:** daughter of John & Luonna Burns.

## Indoor:

			<b>Career:</b>					
			<u>60m</u> <u>h</u> <u>h</u> <u>sp</u> <u>lj</u> <u>800m</u>					
3/09/13	3214	10	New Balance, NYC Armory	9.75	152	1078	501	2:31.99
3/ /14	3706	1	New Balance,					
12/13/14	3701	2	Reveille, College Station	9.49	169	1395	512	2:32.15
2/06/15	3410	5	Aggie, College Station	9.57	160	1260	501	2:36.24
2/27/15	3274	14	SEC, Lexington	9.61	151	1273	493	2:37.12
2/05/16	2888	15	TAMU Thomas, C Station	9.31	nh	1335	522	2:31.74
1/27/17	3846	5	Razorback, Fayetteville	9.18	170	1310	533	2:26.82
2/10/17	3762	1	Tiger Paw, Clemson	9.19	164	1354	507	2:24.22
2/24/17	4005	7	SEC, Nashville	8.96	169	1363	540	2:21.34
1/26/18	3910	5	Razorback, Fayetteville	9.06	169	1396	525	2:25.35
2/02/18	4006	1	TAMU Thomas, C Station	8.95	174	1405	533	2:26.71
<b>2/24/18</b>	<b>4085</b>	<b>4</b>	<b>SEC, College Station</b>	<b>8.92</b>	<b>173</b>	<b>1378</b>	<b>538</b>	<b>2:20.04</b>

## Outdoor:

			<u>100 h</u> <u>w</u> <u>h</u> <u>sp</u> <u>200m w</u> <u>lj</u> <u>w</u> <u>j</u> <u>av</u> <u>800m</u>							
4/22/10	dnf	-	Drake R, Des Moines	16.56-1.0	154	804	27.97+3.9	437-0.2	2529	dns
5/11/12	4519	2	Classic, Claremont	15.41+1.6	154	1030	27.01+2.6	497+2.6	3213	2:26.56
6/15/12	4706	3	New Balance, Greensboro	15.44+1.3	156	1098	26.68nwi	512+2.7	3377	2:24.74
6/27/12	4486	1	USATF Youth, Arlington					484	3278	2:27.91
7/08/12	4722	1	Reg JO, Eagan HS							
7/25/12	4707	1	USATF JO, Baltimore	15.86+0.6	155	1126	26.83-0.1	499+1.3	3579	2:23.34
4/05/13	4130	9	Arcadia Prep, Arcadia	15.75+1.6	152	1012	27.61-1.5	481 0.0	2675	2:26.07
6/20/13	4569	12	USA Jr, Des Moines	15.32+1.8	160	1171	27.25+0.9	493+1.4	3233	2:34.37
7/ /13	4581	4	W Youth Tr,Edwardsville	15.61-1.6	155	1422	27.25nwi	520+1.5	3217	2:45.78
4/11/14	4908	3	Arcadia Prep, Arcadia	15.07-0.9	162	1236	26.61+1.8	506+0.8	3745	2:29.98
6/13/14	5163	1	New Balance, Greensboro	14.44+0.7	162	1388	26.64-2.5	520-2.2	3725	2:27.09
6/26/14	5363	2	USA Jr, Sacramento	14.33+3.7	169	1390	26.48-0.1	533-0.5	3656	2:22.19
7/23/14	4582	21	IAAF WJrC, Eugene	14.58	170	1359	dq	538	3959	2:26.43
3/18/15	4789	2	Rice U, Houston	15.86+1.0	159	1304	17.69+1.3	543+1.4	3486	2:29.53
5/14/15	4800	12	SEC, Starkville	15.51+0.3	161	1384	27.62+2.0	523+2.3	3466	2:33.84
3/24/16	5022	1	Romo, San Antonio	14.64+5.9	163	1308	27.20+5.2	517-1.5	3870	2:30.62
5/13/16	5056	10	SEC, Tuscaloosa	14.66-0.2	163	1365	26.69+0.7	520-1.6	3268	2:25.71
3/30/17	5332	11	Texas R, Austin	14.41+1.1	167	1319	26.08+1.4	529+1.4	3685	2:20.56
5/12/17	5356	8	SEC, Columbia	14.28+2.0	168	1325	25.76+2.0	534+3.5	3725	2:25.08
3/29/18	5464	4	Texas R, Austin	14.17+0.3	172	1320	26.15+1.2	542nwi	3696	2:20.26
<b>5/12/18</b>	<b>5743</b>	<b>2</b>	<b>SEC, Knoxville</b>	<b>13.91+2.0</b>	<b>174</b>	<b>1452</b>	<b>25.76+2.0</b>	<b>558-0.3</b>	<b>4254</b>	<b>2:20.04</b>

PRs: 5743 / 4085

Indoor: 60mH: 8.89

Updated 5/30/18



# AYESHA CHAMPAGNIE

DOB: March 10, 1996  
 POB:  
 Ht: 5-11  
 Hometown: Kingston, Jamaica  
 High School: St Andrew Technical HS '15  
 College: Barton Community College '17  
 Minnesota '19



**2018:** Placed 3<sup>rd</sup> at Big 10 outdoors with breakthrough 5821 effort that included a 49.53m/162-6 javelin. **2017:** Defended NJCAA outdoor heptathlon title and also won javelin. Won NJCAA indoor pentathlon and in four other individual events. **2016:** Won NJCAA indoor pentathlon in meet record 4003 score. **High School:** 3<sup>rd</sup> at Pan Am Jr heptathlon in 2015 and Jamaican ISSA winner. **Personal:** Parents are June Lee Champagnie and Lawrence Champagnie. Sociology major.

### Career:

#### Indoor:

				<i>60.H</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
2/05/16	3787	7	Husker, Lincoln	8.83	163	1398	535	2:36.00
<b>3/04/16</b>	<b>4003</b>	<b>1</b>	<b>NJCAA, Winston-Salem</b>	<b>8.58</b>	<b>170</b>	<b>1396</b>	<b>565</b>	<b>2:36.57</b>
2/03/17	3691	5	Husker, Lincoln	8.83	162	1329	521	2:35.83
3/03/17	3943	1	NJCAA, Pittsburg	8.47	165	1400	530	2:30.43
12/1/17	3667	2	Holiday Open, Brookings	8.70	154	1297	531	2:32.86
1/27/18	3711	4	Jack Johnson, Minneapolis	8.80	155	1465	525	2:36.47
2/23/18	dnf	-	Big Ten, Geneva	8.65				withdrew

#### Outdoor:

				<i>100mh</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
3/12/13	4094	2	ISSA Champs, Kingston				1413			531+0.3		3783	
3/29/14	4268	5	ISSA Champs, Kingston	15.18+0.4	nh	1240	26.16nwi	565+3.8	4095	2:42.15			
3/28/15	5172	1	ISSA Champs, Kingston	14.46+0.8	158	1427	25.80-2.7	526+4.2	4702	2:42.66			
4/05/15	5279	?	Carifta Games, Barre-Terre	14.49+1.2	161	1382	25.69+1.3	543+0.4	4437	2:39.27			
8/02/15	5245	3	Pan Am Jr, Edmonton	15.05+0.9	160	1355	26.16+0.3	537+0.8	4579	2:30.84			
4/09/16	5397	1	W Texas A&M, Canyon	14.12+1.0	162	1363	25.32+0.3	563+3.6	4294	2:38.69			
5/18/16	5201	1	NJCAA, Levelland	14.42nwi	159	1331	26.10nwi	542+2.4	4561	2:40.31			
5/05/17	4793	1	Reg VI NJCAA, Arkansas City	15.08+1.8	166	1206	26.00+2.9	522nwi	4175	2:59.11			
5/ /17	5227	1	NJCAA, Hutchinson	14.45-0.5	161	1274	25.35+2.5	526nwi	4497	2:37.26			
4/20/18	5521	4b	Bryan Clay, Azusa	13.95+1.1	163	1255	24.75+2.5	549+1.1	4464	2:29.16			
<b>5/11/18</b>	<b>5821</b>	<b>3</b>	<b>Big 10, Bloomington</b>	<b>14.31+1.1</b>	<b>166</b>	<b>1479</b>	<b>24.78+2.1</b>	<b>563-0.5</b>	<b>4953</b>	<b>2:26.50</b>			

**PRs:** 5821 / 4003

**13.95+1.1 170 1479 25.32 656 4953 2:26.50**

**Indoor: 60mH: 8.47**

Updated 5/29/18

# GEORGIA ELLENWOOD

DOB: August 5, 1995  
 POB:  
 Ht: 5-7  
 Hometown: Langley, BC, Canada  
 High School: Langley Secondary School  
 College: Wisconsin '17



**2018:** Defended Big 10 indoor title after 4259 effort at Husker in Lincoln. **2017:** Big Ten champ (4122) indoors and then placed 7<sup>th</sup> at NCAAs. Did not compete outdoors. **2016:** Career best (5935) while earning 5th at NCAAs. Outdoors scored an early PR (5914) and then placed 2nd at Big Ten affair. Used 4 event PRs for career best 4392 runner-up score at Big Ten and followed with a 4th place at NCAAs and 10th at IAAF world indoor champs. **2015:** 3rd at Big 10 with career best 5714 score. Opened outdoor season with 5575 PR 6th place finish at Sam Adams meet. Big 10 indoor runner-up with 4223 PR and then placed 8th at NCAAs indoors. **2014:** 12th at NCAAs. As freshman at Wisconsin she was 4th at Bulldog and 6th at Big 10 outdoors. **2013:** 3rd at Pan-Am Junior champs with 5493 PR effort. BC and Canada Jr champion. **2012:** 18th at IAAF World juniors (5262). BC Provincial winner. Canada Youth LJ champ. **2011:** 12th at World Youth champs. BC HS champ. 2010: Named BC Summer Games outstanding athlete. **Personal:** Sociology major. Has competed in 7 major internationals for Canada.

## Career:

Indoor:				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
2/27/15	4223	2	Big Ten, Geneva	8.75	177	1203	588	2:18.55
3/14/15	4184	8	NCAA I, Fayetteville	8.83	174	1158	602	2:18.33
1/30/16	4295	1	UNI Jennett, Cedar Falls	8.77	179	1204	603	2:18.26
<b>2/27/16</b>	<b>4392</b>	<b>2</b>	<b>Big 10, Geneva</b>	<b>8.61</b>	<b>182</b>	<b>1250</b>	<b>590</b>	<b>2:15.70</b>
3/12/16	4390	4	NCAA I, Birmingham	8.56	180	1276	608	2:20.05
3/ /16	4324	10	IAAF WC, Portland	8.64	179	1254	601	2:20.18
1/27/17	4104	1	Black & Gold, Iowa City	8.80	172	1254	571	2:20.67
2/24/17	4122	1	Big Ten, Geneva	8.68	174	1210	547	2:15.75
3/10/17	4162	7	NCAA I, College Station	8.64	172	1212	577	2:18.29
2/03.18	4259	1	Husker, Lincoln	8.62	176	1198	581	2:15.35
2/23/18	4264	1	Big 10, Geneva	8.59	175	1238	573	2:14.70
3/10/18	4381	3	NCAA, College Station	8.55	178	1231	596	2:14.28

Outdoor:				<u>100 h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>	
6/26/09	4348	1	Pacific Invt, Langley	??	??	169	754	26.55	514		2754	2:24.64	
5/07/11	4616	1	Valley Royals HS, Burnaby	15.93	-2.0	162	905	26.02	-1.1	533	+1.2	3158	2:28.42
5/28/11	4847	1	BC HS Champs, Burnaby	15.19	+1.6	168	913	25.58	-1.3	531	0.0	2998	2:23.82
7/09/11	4592	12	World Youth, Lille	14.46	-2.0	163	867	25.71	-0.4	540	-1.2	3407	2:23.56
7/17/11	4673	1	BC Jamboree, Coquitlam	14.99	-0.3	158	850	26.47	+0.4	522	+0.4	3273	2:23.09
8/07/11	5043	1	Legion Youth, Ottawa	14.52	+0.4	167	814	25.58	+0.2	553	+0.8	3415	2:25.67
5/16/12	5198	1	qualifier, Whitworth	15.18		165	1035	25.37		560		3793	2:20.07
5/26/12	4995	1	BC Provincial, Burnaby	14.92		162	974	25.62		530		3730	2:26.14
7/13/12	5262	18	IAAF WJrC, Barcelona	14.76	-1.1	166	999	25.18	-2.3	573	+3.2	3602	2:19.98
4/18/13	5288	4	Mt Sac R, Azusa	14.93	-1.5	173	1108	25.47	-1.1	575	+2.5	3334	2:22.65
5/11/13	5248	2	Spring, Calgary	15.10	-1.3	166	1094	25.05	-0.4	561	+2.8	3774	2:22.84
6/01/13	5296	1	BC HS Champs, Langley	15.11	-2.7	174	1085	25.53	-1.0	567	0.0	3482	2:19.94
7/14/13	5461	1	Canada Jr, Ste Therese	14.40	+1.2	176	1076	25.24	-0.1	547	-0.3	3789	2:18.20
8/25/13	5493	3	Pan Am Jr, Medellin	14.43	nwi	174	1044	24.87	+0.6	581	+0.6	3561	2:18.80
4/11/14	5400	6	Bulldog, Athens	14.60	+1.0	168	1108	25.33	+2.3	569	0.0	3722	2:18.24
5/17/14	5383	4	Big 10, W Lafayette	14.31	-0.3	173	1061	26.04	+0.2	574	+0.7	3605	2:19.43
6/13/14	5480	12	NCAA I, Eugene	14.19	+0.3	178	1065	25.14	+1.3	563	-3.3	3325	2:17.82
4/04/15	5575	6	Sam Adams, S Barbara	14.38	0.0	175	1129	24.99	+0.3	568	+0.3	3832	2:18.52

5/20/15	5714	3	Big Ten, E Lansing	14.02+1.7	176	1192	24.88-0.3	586+1.0	3670	2:18.46
6/11/15	5786	10	NCAA I, Eugene	14.11+0.1	175	1140	24.45+2.2	608+1.8	4004	2:21.31
4/07/16	5914	3	Bulldog, Athens	14.02+3.2	178	1267	25.13-0.1	609+3.0	4202	2:20.16
5/14/16	5677	2	Big 10, Lincoln	13.97+2.8	171	1226	24.90+2.6	576+1.9	3990	2:20.89
6/11/16	5935	5	NCAA I, Eugene	13.81+3.2	175	1236	24.60+2.0	611+0.4	3967	2:17.29
6/18/16	5814	4	Pan Am Cup, Ottawa	14.85 0.0	179	1191	24.58 0.0	598+1.2	4196	2:17.55
4/20/18	5983	1	Bryan Clay, Azusa	13.80+0.7	172	1250	24.29+2.1	603+1.1	4159	2:14.96
<b>5/11/18</b>	<b>6173</b>	<b>1</b>	<b>Big 10, Bloomington</b>	<b>13.76+1.1</b>	<b>178</b>	<b>1269</b>	<b>24.21+2.1</b>	<b>611+1.2</b>	<b>4594</b>	<b>2:16.37</b>

PRs: 6173 / 4392

13.76+1.1 182 1295 24.35+0.7 619+1.9 4594 2:14.28

Indoor: 60mH: 8.52

Updated: 2/27/18

## AMANDA FRØEYNES

DOB: September 13, 1998

POB:

Ht: 5-10

Hometown: Tonesberg, Norway

High School:

College: Florida '21



**2018:** 9<sup>th</sup> at NCAAS indoors. 3<sup>rd</sup> at SEC outdoors (PR 5663) after 3<sup>rd</sup> place effort at Texas Relays. 3<sup>rd</sup> at SEC indoors after winning Clemson Invt with PR 4199 score. **2017:** 16<sup>th</sup> at Euro Jr champs (5387). National Junior and Nordic u23 champion. **2016:** 11<sup>th</sup> at IAAF World Junior Champs. Runner-up at Norway under 20 champs (4806) and 2<sup>nd</sup> at international team meet (5321). **2015:** Had 5183 PR junior heptathlon score while winning Norway un 18 champs. **2014: High School: Personal:** Amanda Marie Grefstad Frøeynes.

### Career:

#### Indoor

				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/11/15	3445	1	Sandnes, NOR					
<b>1/19/18</b>	<b>4199</b>	<b>1</b>	<b>Invt, Clemson</b>	<b>8.94</b>	<b>179</b>	<b>1073</b>	<b>604</b>	<b>2:16.45</b>
2/24/18	4175	3	SEC, College Station	8.82	173	1147	586	2:14.31
3/10/18	4160	9	NCAA, College Station	8.76	175	1077	578	2:13.07

#### Outdoor:

				<u>100 h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
5/24/15	5183 <sup>^</sup>	1	NOR u 18, Nittedal	15.10+1.4	169	1078	26.18-1.2	553+1.3	3689	2:19.25		
6/14/15	4960 <sup>^</sup>	7	Nordic u18, Copenhagen	15.92 0.0	164	1050	26.29-1.2	535+0.5	3842	2:19.88		
7/18/15	dnf <sup>^</sup>	-	IAAF World Youth, Cali	15.43-0.6	164	921	25.81nwi					
5/22/16	4806	2	NOR u 20, Nittedal					511+1.5				
6/12/16	5321	2	SWE-EST-FIN, Huddinge	15.57-1.5	165	1079	25.85-1.2	585+0.7	4201	2:17.57		
7/22/16	5493	11	IAAF World Jr, Bydgoszcz	14.92+1.0	171	1034	25.86+1.2	578+0.7	4435	2:15.97		
5/21/17	5129	1	Norway NC, Bergen					569+0.3	4092	2:19.31		
6/11/17	5318	1	Nordic u23, Kuotane	15.59 0.0	177	1170	25.87+0.4	567+1.5	4006	2:26.01		
7/21/17	5387	16	Euro Jr, Grosseto, ITA	15.10+1.2	172	1113	25.53-1.2	553+1.0	4085	2:18.48		
3/29/18	5546	3	Texas R, Austin	14.38+0.4	169	1053	25.26+1.2	591	3896	2:15.69		
<b>5/12/18</b>	<b>5663</b>	<b>3</b>	<b>SEC, Knoxville</b>	<b>14.32+2.0</b>	<b>171</b>	<b>1116</b>	<b>24.95+2.3</b>	<b>586+1.4</b>	<b>4169</b>	<b>2:17.47</b>		

PRs: 5663 / 4199

14.26+1.8 179 1186 25.23-0.1 613+0.7 4435 2:13.07

Indoor: 60mH: 8.76 <sup>^</sup>-girls heptathlon [76.2cm hurdles, 3k sp, 500g jav]

Updated: 5/28/18

# TYRA GITTENS

DOB: September 6, 1998  
 POB: Trinidad/Tobago  
 Ht: 5-8½  
 Hometown: Nashville, TN  
 High School: The Ensworth School  
 College: Texas A&M '21



**2018:** 2<sup>nd</sup> at Texas Relays in first heptathlon (5700) and then won SEC title with 6074 effort. 8<sup>th</sup> at NCAA indoors (4197 PR). 5<sup>th</sup> at SEC indoors (PR 4121) after 3<sup>rd</sup> place at Razorback pentathlon. **2017:** Won 3 international junior heptathlons and was Pan American u20 long jump champ. **High School:** Competed in 19 indoor and outdoor combined events meets, mostly at Junior Olympic level. Was New Balance Prep runner-up in 2016. **Personal:** Born in Trinidad & Tobago. Won 12 Tennessee D II individual state titles from 2014-17. Coached by father, Sterling Gittens and high school coach was Dillon Seigenthaler.

### Career:

#### Indoor

	<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
1/26/18	4009	3	Razorback, Fayetteville	8.57	175 1232 589 2:38.29
2/24/18	4121	5	SEC, College Station	8.54	176 1233 619 2:38.18
<b>3/10/18</b>	<b>4197</b>	<b>8</b>	<b>NCAA, College Station</b>	<b>8.35</b>	<b>178 1284 599 2:35.05</b>

#### Outdoor:

	<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
6/18/16	5164	2	New Balance, Greensboro	14.77+1.7	178 1050 24.71+1.3	550-1.0	2965	2:35.64		
4/16/17	4854	1	Carifta Games, Willemsted	14.22	0.0 183 1200 25.36-2.9	610-1.8		2:42.45		
6/11/17	5324	1	Trinidad u20, Port-of-Spain	14.09	0.0 172 1194 24.49+2.6	588-1.0				
7/04/17	5490	1	Pan Am Cup, u20, Ottawa	14.17+2.9	181 1237 24.90+5.1	598+1.1	3390	2:40.30		
7/23/17	5229	4	Pan Am Jt, Trujillo	14.11-0.2	172 1162 25.01+0.3	578+/-1	3195	2:40.41		
3/29/18	5700	2	Texas R, Austin	13.78+1.6	175 1253 24.28+0.9	619	3303	2:30.89		
<b>5/12/18</b>	<b>6074</b>	<b>1</b>	<b>SEC, Knoxville</b>	<b>13.21+1.2</b>	<b>186 1282 24.01+1.6</b>	<b>637+1.0</b>	<b>3671</b>	<b>2:32.41</b>		

PRs: 6074 / 4197

13.21+1.2 186 1284 24.01+1.6 647 4110 2:30.89

Indoor: 8.35

Updated: 5/28/18

# LOUISA GRAUVOGEL

DOB: September 28, 1996  
 POB:  
 Ht: 5-8½  
 Hometown: Saarbrücken, GER  
 High School: Gymnasium am Rothenbühl  
 College: Georgia'20



**2018:** After 5887 win at Spec Towns in April, did not compete at SEC heptathlon outdoors. Rather she won a heptathlon at Saarland University in her hometown of Saarbrücken, Germany with a 6053 effort. SEC indoor runner-up with 4312 effort and then was 5<sup>th</sup> at NCAAs with almost identical score (4318). **2017:** 5th at SEC indoors (4187) and outdoors (5616). 14<sup>th</sup> at NCAA indoors, dnf'd outdoors. **High School:** 2015 Euro Jr Bronze medalist in heptathlon. 5th at World junior hept in Eugene. 2013 World Youth Champions. **Personal:** Coach is Marlen Buder. Daughter of Gerd and Katja Grauvogel. Major in Biochemistry.

<b>Indoor:</b>		<b>Career:</b>					
		<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>	
1/26/13	3646^						
2/02/14	3860^	Frankfurt (Kalbach)	8.70	166	1164	570	2:30.72
1/27/17	3956	4 Razorback, Fayetteville	8.67	164	1236	568	2:25.16
2/24/17	4187	5 SEC, Nashville	8.41	163	1271	598	2:19.69
3/10/17	4008	14 NCAA I, C Station	8.47	160	1237	581	2:23.99
1/26/18	4253	2 Razorback, Fayetteville	8.30	172	1255	579	2:19.56
2/24/18	4312	2 SEC, College Station	8.35	173	1316	583	2:20.84
<b>3/10/18</b>	<b>4318</b>	<b>4 NCAA, College Station</b>	<b>8.23</b>	<b>175</b>	<b>1229</b>	<b>593</b>	<b>2:20.51</b>

<b>Outdoor:</b>		<u>100 h w hj sp 200m w lj w jav 800m</u>									
6/09/13	5692^	Bernhausen	13.88+1.5	164	1305	24.65+1.0	568	0.0	4465	2:24.06	
7/13/13	5581^	3 IAAF W Youth, Donetsk									
7/22/14	5621^	5 IAAF World Jr, Eugene	14.02+1.1	167	1212	24.85-0.5	570-0.6	4049	2:20.18		
6/07/15	5747	1 NC u20, Bernhausen	14.03	0.0	169	1238	24.68-1.0	579	0.0	4089	2:17.42
5/22/16	5682	3 Marburg	14.05-1.3	168	1259	24.80-0.9	584+1.2	4009	2:21.30		
6/26/16	dnf	- Erdgas, Ratingen	14.82-1.3	163	1149	withdrew					
4/08/17	5616	2 Towns, Athens	13.63+1.1	164	1274	24.34	565-1.1	3900	2:25.34		
5/12/17	5595	5 SEC, Columbia	13.55+1.7	155	1229	24.11+2.0	552+2.9	4104	2:22.90		
6/10/17	dnf	- NCAA I, Eugene	13.53-0.5	nh	1180	withdrew					
4/07/18	5887	1 Towns, Athens	13.16+0.4	172	1197	23.69+0.3	567-0.7	4084	2:21.36		
<b>6/06/18</b>	<b>6053</b>	<b>1 LA Halle-Saale, GER</b>	<b>13.18-0.6</b>	<b>168</b>	<b>1292</b>	<b>23.79+1.1</b>	<b>600+1.7</b>	<b>4276</b>	<b>2:19.30</b>	3650/2403	

**PRs:** 6053 / 4318 **13.12+0.8 175 1316 23.69+0.3 598 4356 2:17.42**

**Indoor:** 60mH: 8.23

Updated: 6/2/18 ^-international junior implements/hurdles.

# KENDALL GUSTAFSON

DOB: March 30, 1995  
 POB:  
 Ht: 5-10  
 Hometown: Los Angeles, CA  
 High School: Palisades Charter HS, CA '13  
 College: Duke  
 UCLA '18



**2018:** Mountain Pacific indoor winner (4084) and Pac-12 outdoor runner-up (PR 5886). **2017:** 5<sup>th</sup> at Pac-12 outdoors and Mountain Pacific indoor runner-up. **2016:** 11<sup>th</sup> Pac-12 outdoor. **2015:** At Duke. Did not compete in CEs. **2014:** Competed at Duke sparingly. **2013:** Arcadia Prep champ with career best 5217 score. 2<sup>nd</sup> at USA Jr **2012:** Won USATF Junior Olympic title **2011:** USA Junior Olympic champ. Two stress fractures of shins in Jan, '11. **High School:** 4 year letter winner at Palisades Charter HS. **Personal:** Daughter of Susan and Randy Gustafson. Major is Geography/Environmental Studies.

## Career:

### Indoor:

2/25/12	3589	1	Oaks Christian, Westlake Village, CA	9.34-0.6	167	1177	549	2:40.40
2/24/13			Oak Christian, Westlake Village, CA					
3/09/13	3681	4	New Balance Prep Nationals, NYC	9.33	170	1141	531	2:28.94
1/22/16	3841	3	Dodds, Kanasa St, Manhattan	8.94	167	1196	568	2:30.21
2/05/16	3878	3	Husker, Lincoln	8.85	169	1195	561	2:29.03
2/04/17	3882	1	TAMU Thomas, College Station	8.96	172	1306	520	2:26.26
2/24/17	3958	2	Mtn Pacific, Seattle	8.98	173	1270	542	2:24.07
1/26/18	4065	1	Sander, Columbia, NYC	8.91	169	1273	576	2:21.15
<b>2/24/18</b>	<b>4084</b>	<b>1</b>	<b>Mtn Pacific, Seattle</b>	<b>8.84</b>	<b>177</b>	<b>1279</b>	<b>554</b>	<b>2:23.73</b>

### Outdoor:

/07		1	USA Youth Pentathlon	-age 12--				
6/28/09	5590	10	USA, Eugene	13.98-0.1	166	1291	25.49+3.1	589+5.7 3678 2:30.37
4/09/10	4608	3	Arcadia Prep, Arcadia	15.89+0.8	162	1068	26.97+0.5	522-0.5 3361 2:31.97
4/09/11			Arcadia Prep, Arcadia	15.68	162			538
7/27/12	4812	1	USA JO, Baltimore	15.48+1.7	165	1094	26.59+0.1	518-0.3 3740 2:31.43
4/05/13	5217	1	Arcadia Prep, Arcadia	14.74+1.6	172	1167	26.02-0.1	545 0.0 4009 2:31.62
6/23/13	5189	2	USA Junior, Des Moines	14.29+2.4	169	1128	25.59+0.6	543-0.5 3827 2:33.62
8/24/13	5138	5	Pan-Am Jr, Medellin	14.68nwi	168	1076	25.99+0.6	553nwi 3962 2:31.19
4/14/16	5442	8	Mt Sac R, Azusa	14.74-0.3	169	1279	25.90+2.4	578+1.7 3774 2:21.92
5/08/16	4517	11	Pac-12, Seattle	14.39+0.2	172	1237	25.54+1.1	529-0.7 3388 dnf
5/07/17	5217	5	Pac-12, Corvallis	14.83+1.2	169	1280	26.21+0.5	547-0.2 4108 2:34.35
3/23/18	5691	1	40 <sup>th</sup> Aztec Open, San Diego	14.50-0.7	174	1267	25.19+2.3	558 4475 2:20.14
<b>5/06/18</b>	<b>5886</b>	<b>2</b>	<b>Pac-12, Stanford</b>	<b>14.08+0.8</b>	<b>180</b>	<b>1308</b>	<b>25.02+2.2</b>	<b>572+1.0 4656 2:24.49</b>

PRs: 5886 / 4084

14.08+0.8 180 1346 25.25+0.5 582+0.7 4671 2:20.14

Indoor: 60mH: 8.84, Updated: 5/30/18

# KAYLEE HINTON

DOB: April 19, 1997  
 POB:  
 Ht: 5-8  
 Hometown: Rockwall, TX  
 High School: Rockwall HS '15  
 College: Texas Tech '19



**2017:** Big 12 winner indoors and out. Repeated as Kansas Relays champ. **2016:** 16th place at IAAF World u20. Big 12 runner-up outdoors and Kansas relays winner. **2015:** 4th at Pan Am Juniors. Was USA Jr champ. Won Texas GA with PR 4850 score. **2014:** 3rd at USA Junior Olympics with 4766 effort. Competed for Club Vaultitude. **High School:** 5th and 4th at '14 and '15 Texas state meet long jump. **Personal:** Daughter of Robert and Tammi Hinton. Majoring in Kinesiology.

### Career:

Indoor:			<i>60m</i>	<i>h</i>	<i>j</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
3/14/15	3509	NYC Armory	8.95		970		2:33.48	
2/05/16	3882	2 Husker, Lincoln	8.59	166	1070	578	2:27.74	
2/26/16	4026	3 Big 12, Ames	8.51	169	1043	597	2:23.94	
2/03/17	3974	2 New Mex, Albuquerque	8.51	173	935	595	2:25.73	
2/24/17	4010	1 Big 12, Ames	8.51	170	926	593	2:19.48	
2/09/18	4039	2 Tech Shootout, Lubbock	8.37	170	1044	585	2:23.54	
<b>2/23/18</b>	<b>4075</b>	<b>2 Big 12, Ames</b>	<b>8.35</b>	<b>173</b>	<b>904</b>	<b>587</b>	<b>2:17.58</b>	

Outdoor:			<i>100</i>	<i>h</i>	<i>w</i>	<i>h</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
7/12/14	4562	2 USA Reg JO, San Marcos	15.12		156	905	25.98		5	2562	2:33.84		
6/07/14	4768	5 GreatSW, Albuquerque	14.89+0.8	162	975	25.70-0.6	576+3.3	3160	2:43.66				
7/22/14	4766	3 USA JO, Humble	15.13	160	929	25.39		551	2943	2:29.28			
5/31/15	4850	1 Texas GA, Dallas	14.13+1.8	159	850	24.91+1.1	540+2.2	2937	2:29.19				
6/28/15	5245	1 USA Jr, Eugene	14.38+1.9	167	966	24.58+3.5	589+2.0	3034	2:24.02				
8/02/15	5125	4 Pan Am Jr, Edmonton	14.27-0.9	169	918	24.79-0.3	563+1.1	3049	2:26.60				
3/31/16	4628	25 Texas R, Austin	14.00+2.9	169	988	24.90+3.9	603+3.3	3285	dnf				
4/21/16	5348	1 Kansas R, Lawrence	14.26+1.1	167	1034	25.06-0.5	589+0.5	3589	2:25.53				
6/26/16	4626	10 USA Jr, Clovis, CA	13.94+2.4	167	948	24.78+1.2	567+0.4	nm	2:32.12				
7/22/16	5349	16 IAAF u20(Jr), Bydgoszcz	14.12+1.7	174	1037	24.95+1.4	566-0.6	3323	2:25.17				
5/14/16	5287	2 Big 12, Ft Worth	14.12+1.0	164	1015	25.13+0.6	580+3.8	3479	2:23.86				
4/20/17	5372	W 1 Kansas R, Lawrence	13.58+4.2	168	976	24.29+6.3	558+1.6	3221	2:22.18				
<b>5/13/17</b>	<b>5869</b>	<b>1 Big 12, Lawrence</b>	<b>13.48+3.2</b>	<b>179</b>	<b>1019</b>	<b>24.08+2.9</b>	<b>615+2.1</b>	<b>3627</b>	<b>2:19.10</b>				
6/10/17	5580	8 NCAA, Eugene	14.02-0.5	178	950	24.66-3.1	593+1.7	4725	2:22.23				
4/07/18	5585	3 UA Click, Tucson	13.71-0.6	177	875	24.17+0.8	574	3689	2:19.31				
5/11/18	5793	1 Big 12, Waco	13.49+3.5	179	1010	23.85+6.6	595+2.7	3520	2:19.19				

**PRs:** 5869 / 4075 13.48+3.2 179 1070 24.08+2.9 627+1.9 3725 2:17.58

**Indoor:** 60mH: 8.35.

**Summary:** 16 meets, 16 finishes, 6 wins, PR Score: 5869, Top Ten Ave: 5455.3

Updated: 5/28/18

# MADELINE HOLMBERG

DOB: October 26, 1996  
POB:  
Ht: 5-7  
Hometown: Greensburg, PA  
High School: Hempfield Area HS'14  
College: Penn State'19



**2018:** Was Big 10 runner-up with 5976 PR score. Made major improvements indoors with 4133 and 4268 scores. **2017:** Virginia Challenge winner with career best 5636 score. No indoor season. **2016:** 6th and 7th at Big ten indoors and out. **High School:** Placed at state PIAA champs nine times. **Personal:** Daughter of Rob and Deidre Holmberg. Kinesiology major.

## Career:

Indoor			<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800</u>
1/29/16	3580	5 Penn St Nat, U Park	8.76	149	1134	550	2:30.12
2/05/16	3711	2 Sykes &S, U Park	8.77	150	1133	574	2:26.03
2/26/16	3747	6 Big Ten, Geneva	8.71	149	1179	565	2:23.59
1/26/18	4133	1 Penn St, U Park	8.56	158	1402	598	2:23.34
2/23/18	4168	2 Big Ten, Geneva	8.49	160	1403	582	2:20.13
<b>3/10/18</b>	<b>4216</b>	<b>7 NCAA, College Station</b>	<b>8.51</b>	<b>160</b>	<b>1373</b>	<b>611</b>	<b>2:21.26</b>

Outdoor:			<u>100 h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
4/27/16	5053	2 Penn R, Philadelphia	14.32	-0.4	155	1225	24.52+1.3	560	+0.4	2529	2:28.26
5/14/16	5118W	7 Big Ten, Lincoln	14.39	+5.2	153	1145	24.98+2.6	568	+4.2	3561	2:30.32
4/22/17	5636	1 UVA Ch, Charlottesville	14.01	+1.7	164	1280	23.94+2.6	611	+1.6	3201	2:23.39
6/10/17	dnf	- NCAA I, Eugene	dnf, withdrew								
4/21/18	5736	1 UVa Ch, Charlottesville	14.33	-1.2	156	1362	24.08+0.1	617	-0.3	3870	2:19.62
<b>5/11/18</b>	<b>5976</b>	<b>2 Big 10, Bloomington</b>	<b>13.95</b>	<b>+1.1</b>	<b>160</b>	<b>1320</b>	<b>23.79+2.1</b>	<b>637</b>	<b>+0.9</b>	<b>4335</b>	<b>2:20.55</b>

**PRs:** 5976 / 4216 13.95+1.1 164 1403 23.94+2.6 637+0.9 4335 2:19.62

**Indoor:** 60mH: 8.49

Updated: 5/29/18



# LYNDSEY LOPES

DOB: August 23, 1997  
 POB:  
 Ht: 5-9  
 Hometown: Clovis, CA  
 High School: Edison HS, (Fresno)'15  
 College: USC'19



**2018:** 4<sup>th</sup> at Pac-12 with career best 5719 score. 4<sup>th</sup> at MPSF indoors (3978). **2017:** Third at Pac-12 outdoors (5371) and 5<sup>th</sup> at MPSF indoors. **2016:** 5<sup>th</sup> at Pac-12 outdoors. **2015:** Won Arcadia Prep hept. And USATF Junior Olympic titles as prep. **High School: Personal:** Daughter of Valerie and Peter Lopes. Major is Digital Journalism and Communication. Coached by Sheldon Blockburger.

### Career:

#### Indoor:

3/14/15	3453	5	New Balance, NYC	9.03	161	948	520	2:30.03
2/26/16	2849	18	Mtn Pacific, Seattle	9.07	nh	1039	549	2:39.31
1/20/17	3602	5	UK McCravey, Lexington	8.92	161	1110	533	2:31.44
1/27/17	3754	8	Razorback, Fayetteville	8.87	170	1041	557	2:30.52
2/24/17	3679	5	Mtn Pacific, Seattle	8.76	164	1045	546	2:30.39
1/26/18	3921	4	Razorback, Fayetteville	8.70	169	1049	571	2:23.19
<b>2/23/18</b>	<b>3978</b>	<b>4</b>	<b>Mtn Pacific, Seattle</b>	<b>8.51</b>	<b>174</b>	<b>1020</b>	<b>559</b>	<b>2:22.38</b>

#### Outdoor:

4/12/14	4848	5	Arcadia Prep, Arcadia	14.44-0.9	167		25.56+1.8	
6/26/14	4680	10	USA Jr, Sacramento	16.79+3.7	166	905	24.96+1.6	520+3.0 3407 2:27.18
7/11/14	4785	1	AAU Club, Orlando	14.48-1.2	162		25.34+0.4	
2/27/15	4792	2	CSU Classic, Chico	14.29-0.8	165	917	25.64+0.2	532+0.7 2826 2:32.40
4/10/15	4984	1	Arcadia Prep, Arcadia	14.40+1.1	167	992	25.05+1.3	499-0.1 3063 2:22.41
6/26/15	5069	6	USA Jr, Eugene	14.29+1.9	164	911	24.84+2.3	527+2.0 3191 2:19.69
7/28/15	4921	1	USATF JO, Jacksonville	14.74	0.0	165	979	25.25+0.6 524+0.1 2934 2:23.22
5/08/16	5277	5	Pac-12, Seattle	14.18+0.2	169	1059	24.63nwi	525+1.5 3498 2:22.21
3/24/17	5368	1	Westmont Klein, S Barbara	14.29-1.0	172	1028	25.09+2.4	579+0.4 3577 2:25.40
5/07/17	5371	3	Pac 12, Corvallis	13.87+0.6	169	962	24.81-1.8	558+0.4 3621 2:21.34
4/07/18	5574	3	Westmont Adams, S Barbara	13.58+0.3	170	1097	24.08+1.0	543+0.4 3609 2:18.67
<b>5/06/18</b>	<b>5719</b>	<b>4</b>	<b>Pac-12, Stanford</b>	<b>13.63+0.8</b>	<b>174</b>	<b>1086</b>	<b>24.31+2.2</b>	<b>586+2.8 3814 2:21.04</b>

**PRs:** 5719 / 3978

**Indoor: 60mH: 8.51**

Updated 5/30/18

**13.49+1.7 179 1110 24.08+1.0 604+0.4 3864 2:18.67**

# GRACE McKENZIE

DOB: December 4, 1996  
 POB: Ireland  
 Ht: 5-6  
 Hometown: Cork, Ireland  
 High School: Crosshaven HS, IRE  
 College: McNeese St '20



**2018:** Southland CE champ indoors (4030) and out (5619). **2017:** 5<sup>th</sup> at Southland indoors. did not compete outdoors. **2016:** 7<sup>th</sup> Southland indoors **2015:** 9<sup>th</sup> at England/Wales indoor CE pentathlon (3321). **High School:** did first CE (in Glasgow, Scotland) at age 15. **Personal:** Major is Exercise Science.

## Career:

### Indoor:

				60.H	hj	sp	lj	800m
12/1/12	????	?	SIAB Pentathlon, Glasgow		166			
1/11/14	3372	2	Irish CE Ch, Athlone	9.45	170		516	
1/10/15	3321	9	Eng/Wales CE, Sheffield	9.60	168	999	526	2:42.76
1/17/15	3410	1	Irish CE Ch, Athlone		169		541	
1/22/16	3239	5	ASU Open, Jonesboro	8.88	166	994	499	2:41.82
2/15/16	3365	7	Southland, Birmingham	9.43	169	984	492	2:33.99
1/19/17	3653	4	Samford Multi, Birmingham	9.11	168	1007	509	2:23.29
2/22/17	3599	5	Southland, Birmingham	9.09	167	1112	507	2:28.72
1/26/18	3880	1	ASU Invt, Jonesboro	8.18	166	1111	559	2:22.01 [55mH]
<b>2/21/18</b>	<b>4030</b>	<b>1</b>	<b>Southland, Birmingham</b>	<b>8.65</b>	<b>171</b>	<b>1110</b>	<b>562</b>	<b>2:18.67</b>

### Outdoor:

				100mh	w	hj	sp	200m	w	lj	w	jav	800m
5/25/14	4358	8	England CE Ch, Bedford	15.93	-0.7	169	1003	28.00	nwi	519	+1.7	2394	2:32.78
5/07/16	4334	12	Southland, Corpus Christi	15.59	+0.5	168	983	28.19	0.0	525	-2.6	2287	2:34.70
4/06/18	5406	1	Knight Sketchers, Nagadoches	13.73	+1.7	168	1080	25.02	+2.2	571	-0.6	3099	2:19.13
<b>5/05/18</b>	<b>5619</b>	<b>1</b>	<b>Southland, San Antonio</b>	<b>13.88</b>	<b>+2.2</b>	<b>173</b>	<b>1129</b>	<b>24.71</b>	<b>-0.9</b>	<b>572</b>	<b>nwi</b>	<b>3219</b>	<b>2:12.96</b>

**PRs:** 5619 / 4030  
**Indoor:** 60mH: 8.65

**13.73+1.7 173 1129 24.71-0.9 576+1.0 3219 2:12.96**

# MAYA NEAL

DOB: December 22, 1996  
 POB: Naperville, IL  
 Ht: 5-5  
 Hometown: Naperville, IL  
 High School: Neuqua Valley HS, IL  
 College: Tennessee '19



**2018:** 9<sup>th</sup> at SEC indoor pentathlon and then won SEC heptathlon outdoors (PR 5650). **2017:** 6<sup>th</sup> at SEC hept outdoors (5443). **2016:** did not compete indoors. 9<sup>th</sup> at SEC hept outdoors. **2015: High School:** Competed in most prep CE meets **Personal:** Maya Camille Neal. Parents are Sherman and Michelle Neal. Major in Political Science with minor in Business Administration. Also plays soccer for Tennessee.

### Career:

#### Indoor:

3/09/13	3368	5	New Balance Prep, NYC						
3/15/14			New Balance Prep, NYC	9.28	152	945	550	2:30.83	
1/27/17	dnf	-	Razorback, Fayetteville	9.18	155	withdrew			
2/24/17	3618	13	SEC, Nashville	9.01	160	1098	563	2:34.14	
1/19/18	3680	3	Invt, Clemson	9.03	161	1107	577	2:33.53	
<b>2/24/18</b>	<b>3814</b>	<b>9</b>	<b>SEC, College Station</b>	<b>8.72</b>	<b>158</b>	<b>1118</b>	<b>589</b>	<b>2:28.65</b>	

#### Outdoor:

6/01/12	4430	6	Great SW, Albuquerque	15.06+0.4	145	785	25.19-0.3	563-0.1	1952	2:25.29
4/05/13	4650	3	Arcadia Prep, Arcadia	14.82+2.6	147	916	25.24-0.1	543 0.0	2962	2:28.34
6/26/13	4484	6	US Youth Trials,Edwardsville	15.95+1.1	155	1026	26.33nwi	555+2.2	3288	2:44.18
7/28/13	4464	2	AAU JO, Ypsilanti	15.69-1.1			25.40-1.2			
4/11/15	4904	4	Arcadia Prep, Arcadia	15.13-0.9	157	1023	25.43+1.8	567+1.3	3186	2:27.61
6/07/14	4861	3	GreatSW, Albuquerque	15.03-1.3		1078	25.17-1.3	562+0.6		
6/13/14	4786	4	New Balance, Greensboro	14.67+.8		1041	25.31-1.8	522-1.6	3485	2:28.78
---need 2015 meets---										
5/13/16	5091	9	SEC, Tuscaloosa	14.55-0.2	157	1015	25.13+0.7	549-3.7	3776	2:25.33
4/07/17	4905	4	Tennessee R, Knoxville	14.61+4.7	148	1015	26.06+4.1	583+0.8	4145	2:38.71
5/12/17	5443	6	SEC, Columbia, SC	14.19+3.7	159	1181	24.85+1.3	587+2.3	3747	2:22.66
4/12/18	5456	1	Tennessee R, Knoxville	14.55+1.0	167	1213	25.13+3.6	594+3.9	3826	2:27.35
<b>5/11/18</b>	<b>5650</b>	<b>1</b>	<b>SEC, Knoxville</b>	<b>13.72+2.0</b>	<b>162</b>	<b>1249</b>	<b>24.58+2.3</b>	<b>608+2.0</b>	<b>3925</b>	<b>2:27.40</b>

**PRs: 5650 / 3814 13.72+2.0 167 1249 24.58+2.3 617+1.4 4245 2:22.66**

**Indoor: 60mH: 8.72**

Updated 5/30/18

# ARIEL OKORIE

DOB: September 11, 1998  
 POB:  
 Ht: 5-6  
 Hometown: Waynesville, MO  
 High School: Waynesville HS '16  
 College: Kansas St '20



**2018:** 4<sup>th</sup> at Big 12 indoors (3949) and 3<sup>rd</sup> outdoors with career best 5632. **2017:** National junior hept champion and Pan-Am jr runner-up. 3rd at Big 12 outdoors. NCAA q in LJ and 100m H. 3rd at UofA Click at 5221. 4th Big 12 pentathlon indoors (3758). **2016:** 7th at USA Jr Heptathlon. **2015: High School:** '16 Missouri state 100m hurdle champ. **Personal:** Daughter of Travis and Selina Huggard. Majoring in International Business.

				<b>Career:</b>										
<b>Indoor:</b>				<u>60H</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>						
12/9/16	3664 2	KSU	Robinson, Manhattan	8.59	161	961	578	2:34.90						
1/20/17	3523 4	KSU	Dodds, Manhattan	8.66	163	945	547	2:38.95						
2/24/17	3758 4	Big 12,	Ames	8.59	164	938	574	2:28.03						
12/8/17	3901 3	KSU	Robinson, Manhattan	8.57	166	1031	582	2:25.67						
2/02/18	3723 2	KSU	Dodds, Manhattan	8.57	163	1051	546	2:29.51						
<b>2/23/18</b>	<b>3949 4</b>	<b>Big 12,</b>	<b>Ames</b>	<b>8.40</b>	<b>167</b>	<b>1006</b>	<b>575</b>	<b>2:22.86</b>						
<b>Outdoor:</b>				<u>100</u>	<u>h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
6/07/14	4262 11	Great SW,	Albuquerque	14.84		1.3								
7/28/15	4482 7	USATF JO,	Jacksonville	14.97	0.0	150	858	26.92+0.7	550+0.1	3606	2:40.41			
6/04/16	4966 2	Great SW,	Albuquerque	14.35	+1.1	159	911	25.98+1.0	595 0.0	3352	2:32.23			
6/25/16	4830 7	USA Jr,	Clovis	14.07	+2.4	158	889	26.33+1.7	569+1.4	3406	2:36.50			
4/18/17	5221 3	UA Click,	Tucson	13.90	+0.1	163	914	25.31+1.8	591+1.4	3666	2:29.42			
5/13/17	5251 3	Big 12,	Lawrence	13.65	+3.2	155	976	25.04+2.9	574+2.7	3505	2:21.44			
6/23/17	5266 1	USA Jr,	Sacramento	13.93	+0.8	162	1064	25.25+2.8	585+1.6	3480	2:28.49			
7/22/17	5253 2	Pan Am Jr,	Lima	14.12	-0.6	163	1006	25.04+0.3	579+1.9	3471	2:25.58			
4/07/18	5429 5	UA Click,	Tucson	13.61	+0.9	168	1006	25.17+0.8	574+0.8	3679	2:22.92			
<b>5/12/18</b>	<b>5632 3</b>	<b>Big 12,</b>	<b>Waco</b>	<b>13.36</b>	<b>+3.5</b>	<b>170</b>	<b>1097</b>	<b>24.88</b>	<b>+6.6</b>	<b>585</b>	<b>+1.7</b>	<b>3851</b>	<b>2:23.81</b>	
<b>PRs: 5632 / 3949</b>				<b>13.57+1.3 170 1097 24.88+2.0 620+1.8 3876 2:21.44</b>										
<b>Indoor: 60mH: 8.32</b>														
Updated 5/30/18														

# PATRICIA ORTEGA

DOB: April 18, 1994  
 POB:  
 Ht: 5-8  
 Hometown: Logrono, Spain  
 High School: Colegio Paula Montal  
 College: University of La Rioja, Spain  
 University of Akron '18



**2018:** Won 'b' section of Bryan Clay meet with career best 5782 score and then was Mid-American Conf runner-up. Had indoor PR 4008 at local meet and then placed 2<sup>nd</sup> at Mid-American Conf indoors. **2017:** 4<sup>th</sup> at Spain outdoor nationals. Third at Mid-American Conf champs indoors (3808) and runner-up outdoors (5352). **2016:** Third at 3 nation indoor pentathlon. 2<sup>nd</sup> Spain u23 and 5<sup>th</sup> at Spain senior champs. **2015:** Placed 7<sup>th</sup> at 3 national indoor pentathlon. Was 12<sup>th</sup> at European u23 champs (5206), **2014:** Runner-up at Spain outdoor nationals. **2013:** Repeated as Spanish indoor and outdoor junior champ. **2012:** Was Spanish indoor and outdoor junior champ, **2011:** Won 1<sup>st</sup> indoor and outdoor CE competitions at age 17. **High School: Personal:**

## Career:

### Indoor:

3/12/11	3434	1	ESP u18m Zaragoza	8.94	154	905	502	2:32.13
3/10/12	3563	1	ESP U20, San Sebastian	9.00	161	967	551	2:29.85
3/25/12	3550	8	GBR-FRA-ESP U20, Cardiff	8.84	161	1006	542	2:33.59
1/27/13	3342	9	International Jr, Valencia	9.08	159	993	536	2:42.88
3/16/13	3610	1	ESP u20, Antequera	9.09	166	951	558	2:30.03
1/25/14	3760	6	British CE, Sheffield	8.97	169	1053	548	2:25.97
2/08/14	3695	1	ESP u23, Antequera	9.00	168	962	548	2:25.05
2/22/14	3848	4	ESP NC, Sabadell	8.73	168	1045	546	2:21.41
1/24/15	3563	7	FRA-ESP-GBR, Nugent-sur-Oise	8.85	164	1068	537	2:30.00
2/14/15	3597	2	ESP u23, Antequera	9.51	162	1053	534	2:22.16
2/21/15	3874	7	ESP NC, Antequera	8.90	169	1114	550	2:21.93
1/09/16	3793	1	Soria	8.82	166	1145	543	2:26.79
2/20/16	3991	3	ESP-FRA-GBR, Salamanca	8.79	175	1047	553	2:19.24
2/03/17	3823	4	Invt, Akron	8.97	165	1176	550	2:24.23
2/24/17	3808	3	Mid-American, Ypsilanti	8.79	167	1097	534	2:22.56
<b>2/02/18</b>	<b>4008</b>	<b>3</b>	<b>Invt, Akron</b>	<b>8.51</b>	<b>167</b>	<b>1139</b>	<b>555</b>	<b>2:18.83</b>
2/23/18	3887	2	Mid-American, B'ing Green	8.57	170	1066	539	2:22.53

### Outdoor:

6/19/11	4805	1	ESP u18, Granollers	14.30	-0.8			
7/09/11	4784	19	Little IAAF World, FRA	14.49	-0.7	157	939	26.06-0.1 532+0.9 3156 2:26.53
5/27/12	4737	11	Arona	14.52	-0.7	168	972	26.42-0.6 525+1.9 3212 2:39.00
6/24/12	4915	1	ESP u20, Avites	14.42	-0.8	163	970	25.89+1.1 564-1.5 3193 2:33.25
7/13/12	4876	24	IAAF World u20, Barcelona	14.36	-1.1	163	930	26.01-1.5 570+3.6 2734 2:28.48
6/02/13	5040	1	Arona	14.56	-1.1	167	1053	25.96 0.0 548+1.2 2992 2:22.68
7/07/13	4943	1	NC u20, Castellón	14.77	-0.3	169	1021	26.40+1.6 546+1.0 3077 2:27.27
7/28/13	4748	7	ESP NC, Alcobendas	14.64	-2.4	165	1041	26.48 0.0 546+2.1 2777 2:35.38
6/15/14	5337	2	Valladolid	14.03	+2.7	174		25.66-3.9 596+2.2
7/06/14	5326	15	Euro Cup 1 <sup>st</sup> , Riberira Brava	13.93	+1.9	169	1048	25.54-0.5 572-0.5 3299 2:21.78
7/27/14	5362	2	ESP NC, Alcobendas	14.13	-0.2	172	1016	25.37-0.2 561+1.2 2:21.52
7/10/15	5206	12	Euro Champs, u23, Tallinn	14.28	-0.3	170	1099	25.45_2.0 531-0.3 3207 2:20.96
5/29/16	5193	2	Castellón	14.15	+2.5	166	1094	25.53+1.5 550+2.8 3140 2:21.97
6/26/16	5212	2	ESP u23, Toledo	14.19	0.0	168	1125	25.46+0.3 541+1.2 3031 2:20.45
7/24/16	5280	5	ESP NC, Gijon	14.14	+0.3	168	1079	25.22+0.7 557+1.6 3061 2:19.15
3/30/17	5055	15	Texas R, Austin	14.41	-0.2	161	1056	25.60+0.8 510-2.0 3316 2:17.03
5/12/17	5352	2	Mid-American, Kalamazoo	14.16	+0.9	169	1202	25.71+2.7 559+2.3 3135 2:18.72
7/28/17	5410	4	ESP NC, Barcelona	13.93	+2.0	172	1172	25.31+0.9 565+1.5 2734 2:16.55
<b>4/20/18</b>	<b>5782</b>	<b>1b</b>	<b>Bryan Clay, Azusa</b>	<b>13.66</b>	<b>+1.0</b>	<b>178</b>	<b>1125</b>	<b>24.82+2.4 584+0.3 3353 2:11.53</b>
5/11/18	5285	2	Mid-American, Buffalo	13.52	+5.2	174	1108	24.66+2.4 544+2.3 3036 2:33.40

PRs: 5782 / 4008

13.52+5.2 178 1221 25.22+0.7 584+0.3 3353 2:11.53

Indoor: 60mH: 8.50

Summary: 20 meets, 20 finishes, 5 wins, PR score 5782, Top Ten Ave: 5355.2. Has completed 37 CE meets.

Updated 5/30/18

## NINA SCHULTZ

DOB: November 12, 1998

POB:

Ht: 5-10

Hometown: New Westminster, CAN

High School: New West Secondary School '16

College: Kansas St '20

Club: New West Spartans



**2018:** Won early season UTSA affair at 6018 score. NCAA indoor run ner-up. Big 12 indoor high jump champ(1.85). Won Texas Tech pentathlon with 4502 PR.**2017:** NCAA outdoor runner-up. Won Big 12 high jump (PR 1.82m/5-11½). Won Arizona Click season opener hept with career best 6021 score for national u20 record. As freshman indoors won Husker Invt in Lincoln with 4271 PR effort and then placed 3rd at NCAAs indoors with PR 4340 score. **2016:** 6th at IAAF World junior champs (5639). **2015: 2014: High School:** 13x Provincial High School, champion and Canadian nation high school record holder in heptathlon. **Personal:** Daughter of Debra Duan. Majoring in Animal Sciences. Grandfather was China's national high jump champ and Grandmother (Zheng Fengrong, back in China) was world high jump record holder (1.77m) in 1957.

### Career:

Indoor	60h	hj	sp	lj	800m
12/9/16 3874 1	Robinson, Manhattan	8.67	170	1196	550 2:30.94
1/20/17 4042 1	Dodds, Manhattan	8.60	178	1111	565 2:25.70
2/03/17 4271 1	Husker, Lincoln	8.44	174	1211	599 2:19.95
3/10/17 4340 3	NCAA I, C Station	8.41	181	1214	618 2:26.55
12/8/17 4083 2	Robinson, Manhattan	8.58	175	1179	592 2:29.87
2/02/18 ----- -	Dodds, Manhattan	8.24	180	1170	nm dns
<b>2/09/18 4502 1</b>	<b>Texas Tech, Lubbock</b>	<b>8.28</b>	<b>182</b>	<b>1161</b>	<b>639 2:19.79</b>
3/10/18 4467 2	NCAA, College Station	8.29	184	1153	621 2:19.58

Outdoor:	100h	w	hj	sp	200m	w	lj	w	jav	800m
5/31/14 4655^ 1	BC HS Champs	14.92	159	951	26.55	572	2576	2:31.81		
6/15/14 5105^	Langley, BC	14.73+1.9	178	1180	26.42-1.0	536-1.0	3166	2:29.70		
3/28/15 4954^ 1	UBC Open, Vancouver	14.73+0.7	166	1213	26.83+0.2	560 0.0	3080	2:33.19		
5/23/15 5046 11	Abbotsford, BC	14.82	174	1030	26.35	538	3637	2:29.61		
6/21/15 5233^	Langley, BC		177	1207		553nwi		2:26.57		
7/18/15 5406 11	IAAF World Youth, Cali	14.13-1.2	179	1157	25.64 0.0	538+0.1	3905	2:29.14		
5/27/16 5501 1	BC HS Multis	13.98+0.6	180	1154	25.26 +0.1	561+2.0	3717	2:29.18		
7/22/16 5639 6	IAAF World Jr Bydgoszcz	14.13+1.7	177	1153	24.79+2.6	557-0.4	4284	2:24.74		
<b>4/08/17 6021 1</b>	<b>UA Click, Tucson</b>	<b>13.83+0.5</b>	<b>175</b>	<b>1219</b>	<b>24.43+1.8</b>	<b>604 0.0</b>	<b>4609</b>	<b>2:18.75</b>		
6/10/17 5959 2	NCAA I, Eugene	13.70+0.2	172	1274	25.12-2.7	610+3.6	4670	2:21.97		
3/24/18 6018 1	Roadrunner, San Antonio	13.34+2.4	179	1202	24.40+2.2	615+3.0	4376	2:26.52		

PRs: 6021 / 4502

13.46+1.3 185 1274 24.25+1.6 641+3.3 4767 2:18.75

Indoor: 60mH: 8.24 legend: ^= girls heptathlon [3kg sp, 300g jav, 76.2cm hurdles]

Updated: 5/28/18

# JACLYN SIEFRING

DOB: September 30, 1995  
 POB:  
 Ht: 5-6  
 Hometown: Covington, OH  
 High School: Covington HS'14  
 College: Akron '18



**2018:** PR came a Bryan Clay runner-up 5872 score. Won 3<sup>rd</sup> consecutive Mid-American Conf heptathlon. NCAA 4<sup>th</sup> place finish indoors with 4365 PR. Scored career best 4308 in early season and then three-peated as MAC indoor champ. **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:

<b>Indoor:</b>			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
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
2/02/18	4308	1	U Akron, Akron	8.55	167	1232	618 2:14.70
2/23/18	4124	1	Mid-American, Bowling Green	8.63	170	1182	602 2:23.64
<b>3/10/18</b>	<b>4365</b>	<b>4</b>	<b>NCAA, College Station</b>	<b>8.67</b>	<b>169</b>	<b>1272</b>	<b>619 2:12.64</b>

<b>Outdoor:</b>			<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/16/15	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	
<b>4/20/17</b>	<b>5872</b>	<b>2</b>	<b>Bryan Clay, Azusa</b>	<b>14.12+3.4</b>	<b>169</b>	<b>1232</b>	<b>24.89+1.0</b>	<b>615+1.8</b>	<b>3897</b>	<b>2:11.81</b>		
5/11/18	5688	1	Mid-American, Buffalo	13.74+5.2	165	1267	24.43+2.4	602+0.8	3562	2:22.25		

**PRs:** 5872 / 4365 **13.91+0.4 170 1287 24.39-2.7 623+2.7 3987 2:11.81**  
**Indoor: 60mH:** 8.55  
 Updated: 2/28/18

# ALYSSA THOMPSON

DOB:  
 POB:  
 Ht: 5-5  
 Hometown: Tucson, AZ  
 High School: Salpointe Catholic HS(AZ)'13  
 College: Wake Forest  
 Arizona'17



**2018.** 3<sup>rd</sup> at Pac-12 meet outdoors. **2017.** did not compete. **2016:** 14th at NCAAs. Pac-12 runner-up with career best 5580 effort. **2015:** 3rd at Mountain Pacific pentathlon indoors (PR 3904). **2014:** at Wake Forest- was 4th and 3rd at ACCs indoors and out. **High School:** As a senior, Thompson won the Arizona State Championship in the long jump, triple jump, 100-meter hurdles and 300-meter hurdles. 6th at USA Jrs heptathlon. **Personal:** Daughter of Douglas and Loree Thompson and is pursuing a degree in physiology.

### Career:

Indoor:				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
1/31/14	3667	1	Hilton G, W-Salem	9.17	164	958	579	2:27.76
2/27/14	3813	4	ACC, Clemson	8.95	158	968	616	2:23.75
2/13/15	3829	3	NewMexico, Albuquerque	8.91	168	1048	583	2:28.57
2/26/15	3904	3	Mtn Pacific, Seattle	8.98	154	1088	598	2:25.20
1/29/16	3807	6	Wash Invt, Seattle	8.95	158	1087	584	2:22.75
2/26/16	3764	7	Mtn Pacific, Seattle	8.98	154	1088	598	2:25.20
1/27/18	3884	1	Wash Invt, Seattle	9.17	168	1142	574	2:22.73
<b>2/10/18</b>	<b>4001</b>	<b>3</b>	<b>Tech Shootout, Lubbock</b>	<b>8.81</b>	<b>164</b>	<b>1136</b>	<b>611</b>	<b>2:24.30</b>

Outdoor:				<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
6/20/13	5002	6	USA Jr, Des Moines	14.69	+2.4	163	874	24.79	+0.9	548	-0.8	3690	2:29.98
3/27/14	5135	w12	Texas R, Austin	14.73	+3.2	160	914	24.74	+3.8	565	+2.0	3657	2:22.42
4/18/14	5343	3	ACC, Chapel Hill	14.43	+1.5	161	1045	24.73	+0.3	587	-0.2	3875	2:25.20
3/10/15	5320	3	UA Click, Tucson	15.08	0.0	162	1059	24.73	0.0	603	+1.7	4043	2:28.25
5/10/15	5343	6	Pac-12, Los Angeles	14.34	-0.1	158	1039	24.69	+1.6	592	-0.1	3800	2:23.58
4/09/16	5159	4	UA Click, Tucson	15.16	0.0	164	1054	24.84	+2.6	583	+0.8	3248	2:24.30
5/08/16	5580	2	Pac-12, Seattle	14.70	-0.5	169	1130	24.54	0.0	567	-0.2	4223	2:17.95
6/11/16	5514	14	NCAA I, Eugene	14.30	+1.8	160	1098	24.77	+2.0	607	+0.9	3936	2:20.67
4/07/18	5596	2	UA Click, Tucson	14.66	-0.6	165	1172	24.68	+0.8	606	nwi	4203	2:23.15
<b>5/06/18</b>	<b>5761</b>	<b>3</b>	<b>Pac-12, Stanford</b>	<b>14.26</b>	<b>0.0</b>	<b>162</b>	<b>1116</b>	<b>24.59</b>	<b>+2.2</b>	<b>636</b>	<b>+2.1</b>	<b>4114</b>	<b>2:16.04</b>

**PRs:** *5761 / 4001* **14.26 0.0 169 1172 24.54 0.0 636+2.1 4223 2:16.04**

**Indoor:** *60mH: 8.81*

Updated: 5/27/18



# ALIYAH WHISBY

DOB: February 23, 1998  
 POB: Madrid, Spain  
 Ht: 5-10  
 Hometown: Newnan, GA  
 High School: East Coweta HS  
 College: Kennesaw St'21



**2018:** Atlantic Sun Conf winner after 5590 PR at Bryan Clay meet. Won 2 early season heptathlons. **2017:** did not compete due to injuries. **2016: 2015: High School:** Class 6A Georgia state high jump champ. **Personal:** Born in Madrid, Spain. Major is Business with minor in Management.

### Career:

#### Indoor:

#### Outdoor:

3/23/18	5286	1	Winthrop Adidas, Rock Hill	14.72+3.5	176	1130	25.31+2.4	580+1.1	3043	2:26.97
6/07/18	5480	1	UM Hurricane, Miami	14.40+2.5	176	1164	24.95+1.7	589	3475	2:28.00
<b>4/20/18</b>	<b>5590</b>	<b>6</b>	<b>Bryan Clay, Azusa</b>	<b>14.22+1.4</b>	<b>178</b>	<b>1146</b>	<b>24.58+1.0</b>	<b>596</b>	<b>3121</b>	<b>2:21.57</b>
5/11/18	5028	1	A Sun, Jacksonville	14.25+0.2	175	1121	24.53+0.5	546-0.9	2896	2:47.95

**PRs:** 5590 /

**14.22+1.4 178 1164 24.53+0.5 601 3475 2:21.57**

**Indoor: 60mH:**

Updated 5/30/18

# ASHTIN ZAMZOW

DOB: August 13, 1996  
POB:  
Ht: 5-6  
Hometown: Goliard, TX  
High School: Goliard HS '14  
College: Texas A&M, Texas '18



**2018:** Big 12 indoor pentathlon champ (4076 PR) and outdoor runner-up (5662). **2017:** Competed sparingly. **2016:** 17th at NCAAs. Placed 4th at Texas Relays with career best (but windy) 5829 effort. **2015:** 9th at SEC outdoors (5482) and 13th indoors. USA Junior runner-up and Pan American Junior champs gold medalist in heptathlon. **High School:** Texas state champ in 100m and 300m hurdles as senior. Lettered 4 years in T&F and volleyball. **Personal:** Daughter of Kalleen (mother) and Stacy Zamzow, both of whom competed in T&F for Texas A&M. Sister Avery is heptathlete at Sam Houston State. Major is exercise science.

<b>Indoor:</b>			<b>Career:</b>					
			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>	
13/13/14	3536	3	Reveille, C Station	8.85	163	1097	501	2:31.89
2/27/15	3566	13	SEC, Lexington	8.92	160	1119	486	2:23.75
2/06/16	3663	3	TexA&M, C Station	8.89	169	1113	503	2:28.56
2/05/15	3861	4	Husker, Lincoln	8.50	166	1194	522	2:24.66
2/26/16	3965	4	Big 12, Ames	8.55	169	1201	542	2:23.36
1/27/18	3003	24	Texas Tech, Lubbock	8.61	nh	1214	522	2:27.85
<b>2/23/18</b>	<b>4076</b>	<b>1</b>	<b>Big 12, Ames</b>	<b>8.80</b>	<b>173</b>	<b>1213</b>	<b>554</b>	<b>2:18.02</b>

  

<b>Outdoor:</b>			<i>100 h w</i>					<i>hj</i>	<i>sp</i>	<i>200m w</i>		<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
3/18/15	5231	1	Rice, Houston	14.48	+1.7	161	1082	25.52	+1.7	515	+1.2	4532	2:24.33		
5/15/15	5482	9	SEC, Lexington	14.22	+0.3	170	1167	25.20	+2.0	524	+3.0	4580	2:24.19		
6/26/15	5200	2	USA Jr, Eugene	14.64	+0.6	164	1098	25.74	+2.3	515	+1.2	4652	2:27.96		
8/01/15	5462	1	Pan-Am Jr, Edmonton	14.32	-0.9	169	1153	25.11	+0.3	527	0.0	4615	2:24.84		
<b>3/30/16</b>	<b>5829w</b>	<b>4</b>	<b>Texas R, Austin</b>	<b>13.80</b>	<b>+3.4</b>	<b>169</b>	<b>1156</b>	<b>24.91</b>	<b>+3.9</b>	<b>573</b>	<b>-0.5</b>	<b>5065</b>	<b>2:20.86</b>		
5/14/16	5215	3	Big 12, Fort Worth	14.37	+1.0	158	1164	25.51	+0.6	537	+4.6	4342	2:29.25		
6/11/16	5443	17	NCAA I, Eugene	14.68	+3.2	169	1138	25.56	+2.0	554	-0.1	4431	2:21.88		
5/12/18	5662	2	Big12, Waco	13.76	+5.4	161	1231	24.86	+3.9	579	+4.9	4382	2:22.26		

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**PRs:** 5829 / 4076      **13.80+3.4 173 1231 24.91+3.9 573-0.5 5065 2:18.02**

**Indoor:** 60mH: 8.50

Updated: 5/31/18

# AARON HOWELL

DOB: October 3, 1995  
POB:  
Ht: 5-7  
Hometown: Farmington Hills, MI  
High School: Farmington HS, MI '13  
College: Michigan '18



**2018:** PR (5541) came at Bryan Clay meet. 3<sup>rd</sup> at Big 10 and 12<sup>th</sup> at NCAA indoors. **2017:** Big 10 outdoor hept champ and 4<sup>th</sup> indoors. **2016:** 3<sup>rd</sup> Big ten outdoors. **2015:** Did not compete outdoors, injury. Won Spire pentathlon with PR 4115 effort. **2014:** 16th at NCAAs outdoors. Won Cal Invt with 5416 PR effort, and then placed 6th at Big 10. **2013:** 5th at USA Junior champs. **2012:** New Balance national heptathlon prep champ. **High School:** Was scholar athlete in basketball, softball and cross-country as well as track and field. **Personal:** Majoring in International Studies with a sub plan in Securities and Norms.

## Career:

Indoor:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>	
2/14/14	3887	7	Spire D-I, Geneva	8.79	171	1112	564	2:27.69
2/28/14	3908	5	Big 10, Geneva	8.97	167	1193	561	2:22.76
2/13/15	4115	1	Spire D-I, Geneva	8.82	176	1228	597	2:27.92
2/24/17	3873	4	Big 10, Geneva	8.78	171	1249	527	2:27.66
2/03/18	4033	2	Power 5, Ann Arbor	8.70	166	1275	563	2:21.43
<b>2/23/18</b>	<b>4133</b>	<b>3</b>	<b>Big 10, Geneva</b>	<b>8.67</b>	<b>172</b>	<b>1335</b>	<b>561</b>	<b>2:22.39</b>
3/09/18	3997	12	NCAA, C Station	8.90	169	1263	560	2:22.32

Outdoor:			<i>100 h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>		
6/15/12	5071	1	NB Nationals, Greensboro	15.13	+1.2	168	1132	25.79	nwi	537	+1.7	3617	2:27.31
6/21/13	5071	5	USA Jr, Des Moines	14.54	+1.8	163	1077	26.09	+0.6	542	-1.1	3720	2:26.54
4/17/14	5416	1	Cal Invt, Azusa	14.64	+0.3	175	1269	26.19	+0.7	533	+0.3	3952	2:20.79
5/17/14	5056	6	Big 10, W Lafayette	14.59	+2.8	161	1244	27.59	+0.9	550	+0.2	3710	2:25.84
6/13/14	5294	16	NCAA I, Eugene	14.48	0.0	160	1222	26.59	-1.9	574	-0.1	3933	2:21.83
4/14/16	5493	6	Mt Sac R, Azusa	14.23		172	1266	25.79	+1.3	574	+0.3	3498	2:21.37
5/14/16	5538w	3	Big 10, Lincoln	13.70	+2.8	165	1260	25.70	+2.3	572	+3.2	4080	2:25.64
5/13/17	5359	1	Big 10, U Park	14.03	+1.6	167	1290	26.63	+1.0	533	+0.7	3955	2:22.29
<b>4/20/18</b>	<b>5541</b>	<b>8</b>	<b>Bryan Clay, Azusa</b>	<b>14.32</b>	<b>+1.8</b>	<b>175</b>	<b>1344</b>	<b>26.53</b>	<b>+1.0</b>	<b>543</b>	<b>-0.1</b>	<b>4239</b>	<b>2:22.46</b>
5/11/18	5527	4	Big 10, Bloomington	14.07	+0.8	175	1279	26.28	-1.1	537	-0.1	4319	2:24.38

PRs: 5541 / 4133

13.70+2.8 176 1344 25.70+2.3 597i 4319 2:20.79

Indoor: 60mH: 8.61

Updated: 5/28/18