

**38th  
NATIONAL CHAMPIONSHIPS  
WOMEN'S  
HEPTATHLON**



**Drake University  
Des Moines, IA  
Saturday-Sunday  
June 23-24, 2018**



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[www.decathlonusa.typepad.com](http://www.decathlonusa.typepad.com)*

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## **SECTION ONE: Basic Info:**

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

### **a... Time Schedule**

Saturday, June 23, 2018

Sunday, June 24, 2018

10:00 am	100 m Hurdles	11:30	am	Long Jump
11:00 pm	High Jump	12:50	pm	Javelin
1:05	Shot Put	2:50		800 meters
2:00	200 meters			

### **b) .....Qualifying Procedure**

-The standard is 5900. Normal field limit is 16. Athletes who attain the standard will automatically be included in the event, provided they enter and declare.

-Additional athletes will be included in the event only if additional competitors are needed to make the event competitive (i.e., not enough athletes have attained the standard).

-Athletes must declare, and they may be invited for inclusion only after the close of declarations.

-The field sizes listed are the desired minimum of participants, and the Games Committee will try to fill the field to the minimum provided there are enough athletes entered and qualified without the quality of competition being affected. The Men's and Women's Track & Field Chairs may alter the field size as necessary.

#### **Qualifying Guidelines**

Qualifying marks must be made and verifiable in one of the following:

-USATF- or IAAF-sanctioned events that prescribe to or exceed USATF competition rules, events at collegiate meets that prescribe to or exceed USATF competition rules, high school meets, except duals and triangulars, or meets or events that meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for verification.

-Fully automatic timing (F.A.T.) is the only method of timing acceptable for qualifying marks for events equal to or shorter than 400 meters. A manual time may only be used for qualifying for events of 800 meters and longer only if no F.A.T. time is available. No timing allowance for qualifying will be made for hand times.

-Wind-assisted performances will not be accepted. Wind readings of +2.0 or higher will not be accepted for all relevant events except the combined events, which is wind aide if one or more marks is greater than 4.0 *and* the mean is greater than 2.0

-There is no adjustment for altitude.

-All qualifying marks must be attained between January 1, 2017 and June 17, 2018.

-All qualifying performances are subject to verification.

**-Special Qualifying Regulations**

Automatic Qualification [USATF Rules 10.3(b)i and 10.3(b)ii]

**c) .....Qualifiers and Entries**

Standards: USA Championships 6200

<i>qualifier name</i>	<i>affiliation</i>	<i>qualifying meet</i>	<i>date</i>	<i>entry status</i>
6725 Erica Bougaard	Nike	Hypo Bank, Götzis	5/27/18	entered
6564 Kendell Williams	Georgia'17	USATF, Sacramento	6/25/17	inactive
6421 Sharon Day-Monroe	Asics	USATF, Sacramento	6/25/17	retired
<b>6200 Qualifying standard</b>				-----
6144 Allison Reaser	Arete	Hypo Bank, Götzis	5/27/18	entered
6129 Alex Gochenour	OTC	USATF, Sacramento	6/25/17	entered
6099 Taliyah Brooks	Arkansas '18	SEC, Columbia	5/12/17	injured
6023 Payton Stumbaugh	Arkansas'18	SEC, Columbia	5/12/17	inactive
5986 Sami Spinner	unat	Pan Am Cup	7/5/17	inactive
5977 Alissa Brooks-Johnson	Washington St'18	Pac 12, Stanford	5/5/18	entered
5976 Madeline Holmberg	Penn St'19	Big 10, Bloomington	5/11/18	entered
5924 Emily Dearman	Pittsburg St'17	Nobles R, San Angelo	4/07/17	entered
5889 Lindsay Schwartz	SBTC	USATF, Sacramento	6/25/17	entered
5886 Kendall Gufstafsson	UCLA'18	Pac 12, Stanford	5/5/18	entered
5872 Jaclyn Sieftring	Akron'18	Bryan Clay, Azusa	4/19/18	
5869 Kaylee Hinton	Texas Tech'18	Big 12,	5/13/17	
5852 Leigha Brown	Arkansas'17	SEC, Columbia	5/12/17	retired
5831 Annie Kunz	unat	Hypo Bank, Götzis	5/27/18	entered
5820 Kelsey Herman	Arkansas'19	SEC, Columbia	5/12/17	inactive
5816 Michelle Atherley	Miami'20	Bryan Clay, Azusa	4/19/18	
5798 Anna Hall	Colorado HS	GreatSW, Albuquerque	6/01/18	junior meet
5788 Juanita Webster	unat	Twilight, Azusa	5/11/18	entered
5785 Chari Hawkins	SBTC	USATF, Sacramento	6/25/17	retired
5774 Lindsay Lettow	SBTC	USATF, Sacramento	6/25/17	retired
5773 Riley Cooks	unat	Sam Adams	4/7/185	entered
5761 Alyssa Thompson	Arizona'18	Pac 12, Stanford	5/5/18	entered
5743 Shaina Burns	Texas A&M'18	SEC, Knoxville	5/11/18	entered
5725 Hope Bender	UCSB'19	Bryan Clay, Azusa	4/19/18	
5719 Lyndsey Lopes	USC'19	Pac 12, Stanford	5/5/18	
5715 Tiffany Parker	unat	Thorpe Cup, Dusseldorf	7/30/17	
5667 Ashtin Zamzow	Texas'18	NCAA, Eugene	6/9/18	
5650 Maya Neal	Tennessee'19	SEC Knoxville	5/11/18	
5641 Jordan Gray	Kennesaw St'19	A Sun, Jacksonville	5/13/17	retired
5640 Breanne Borman	Wichita St'17	MVC, Wichita	5/13/17	retired
5632 Ariel Okorie [34>5600]	Kansas St'20	Big 12, Waco	5/11/18	
5590 Aliyah Whisby	Kennesaw St'21	Bryan Clay, Azusa	4/19/18	Spain
5584 Jenna Pfeiffer	Baylor'17	Big 12,	5/13/17	
5574 Rose Jackson	Team Nodak	Texas GA, Dallas	6/3/18	entered
5563 N Larch-Miller	SBTC	Twilight, Azusa	5/11/18	entered
5541 Aaron Howell	Michigan'18	Bryan Clay, Azusa	4/19/18	
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5351 Becky Collier	Santa Barbara TC	Twilight, Azusa	5/11/18	entered

**Website listing results**

HYPERLINK "http://www.flashresult.com" [www.flashresults.com](http://www.flashresults.com)

## SECTION TWO: RECORDS

### USA National Championship Winners 1950-2017

#### AAU [Pentathlon]

1950	1929	Stella Walsh	Polish Falcons
1951	1932	Stella Walsh	Polish Falcons
1952	2183	Stella Walsh	Dreyer AC
1953	1984	Stella Walsh	unat
1954	1738	Stella Walsh	KnickerbockPC



#### [1954 IAAF Tables]

1955	3559	Barbara Mueller	Chi Comets
1956	4154	Barbara Mueller	unat
1957	3803	Ann Roniger	Cosmo Club
1958	3672	Ann Roniger	Cosmo Club
1959	4075	Ann Roniger	Cosmo Club
1960	4249	JoAnn Terry	Tennessee State
1961	4243	Pat Daniels	San Mateo AA
1962	3941	Pat Daniels	San Mateo AA
1963	4261	Pat Daniels	San Mateo AA



#### [1962 IAAF Tables]

1964	4644	Pat Daniels	San Mateo AA
1965	4399	Pat Daniels	San Mateo AA



1966	4496	Pat Daniels	San Mateo AA
1967	4824	Pat Daniels	Millbrae Lions
1968	4823	Che Cheng	CCTC/TPE
1969	4544	Jan Glotzer	Phoenix TC
1970	4735	Pat Daniels	LATC
1971	4731	Marilyn King	Millbrae Lions
1972	4169	Jane Frederick	unat
1973	4281	Jane Frederick	UCTC
1974	4051	Mitzi McMillan	Gazelles
1975	4676	Jane Frederick	LATC
1976	4677	Jane Frederick	LATC
1977	3919	Linda Cornelius	Texas A&M
1978	4379	Modupe Oshikoya	unat/Nigeria
1979	4506	Jane Frederick	Pacific Coast Club

#### TAC

1980	4299	Themis Zambrzycki	BYU/Brazil
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#### [Heptathlon]

1981	6011w	Jane Frederick	Athletics West
1982	6041	Jackie Joyner	UCLA
1983	6493	Jane Frederick	Athletics West
1984	6154	Cindy Greiner	Athletics West



*[1985 IAAF Tables]*

1985	6587	Jane Frederick	Athletics West
1986	6230	Jane Frederick	Athletics West
1987	6979	Jackie Joyner-Kersey	WCAC
1988	5881	Sheila Tarr	Track West
1989	6006w	Jolanda Jones	Houston TC
1990	6292w	Cindy Greiner	Nike Coast
1991	6878w	Jackie Joyner-Kersey	McDonald



1992	6695	Jackie Joyner-Kersey	McDonalds
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**USATF**

1993	6770	Jackie Joyner-Kersey	unat	
1994	6371	Kym Carter	Club West	
1995	6375	Jackie Joyner-Kersey	Honda	
1996	6406	Kelly Blair	Nike	
1997	6465	Kelly Blair	Nike	
1998	6402	Kelly Blair-LaBounty	Reebok	
1999	6101	Shelia Burrell	unat	
2000	6343	Dedee Nathan	Indiana Invaders	
2001	6174w	Dedee Nathan	Indiana Invade	
	2002	6299	Shelia Burrell	Nike
	2003	6159	Sheila Burrell	Nike
	2004	6194	Sheila Burrell	Nike
	2005	6208	Hyleas Fountain	Nike
	2006	6183	GiGi Johnson	unat
	2007	6090	Hyleas Fountain	Nike
	2008	6667	Hyleas Fountain	Nike
	2009	6290	Diana Pickler	Asics
	2010	6735	Hyleas Fountain	Nike
	2011	6028	Sharon Day	Asics
	2012	6419	Hyleas Fountain	Nike
	2013	6550	Sharon Day-Monroe	Asics
	2014	6470	Sharon Day-Monroe	Asics
	2015	6500	Barbara Nwaba	SBTC
	2016	6494	Barbara Nwaba	SBTC
	2017	6564	Kendell Williams	Georgia
	2018			



## Multiple Winners:

9 wins:	Jane Frederick	1972	1973	1975	1976	1979	1981	1983	1985
8 wins:	Pat Winslow	1961	1962	1963	1964	1965	1966	1967	
6 wins:	Jackie Joyner Kersee			1982	1987	1991	1992	1993	1995
5 wins:	Stella Walsh				1950	1951	1952	1953	1954
	Hyleas Fountain				2005	2007	2008	2010	2012
4 wins:	Sheila Burrell					1999	2002	2003	2004

## Most Consecutive Wins:

7 in a row:	Pat Winslow	1961-1967
5 in a row:	Stella Walsh	1950-1954
3 in a row:	Ann Roniger	1957-1959
	Jackie Joyner-Kersee	1991-1993
	Kelly Blair	1996-1998
	Sheila Burrell	2002-2004

## Heptathlon Individual Event Records

### World Records

100H	12.54 (+1.3)	Jessica Ennis/GBR	London	6955	2012
HJ	2.01m/6-7	Nafissatou Thiam/BEL	Götzis	6806	2018
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-Kersee/USA	Indy	7215	1988
LJ	7.27m/23-10 ¼	Jackie Joyner-Kersee/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 <sup>st</sup> day	4367	J Joyner-Kersee/USA	Indy	7215	1988
2 <sup>nd</sup> day	3027	J Joyner-Kersee/USA	Seoul	7291	1988
Score	7291	J Joyner-Kersee/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	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-Kersee/WCAC	Indy	7215	1988
LJ	7.27/23-10 ¼	Jackie Joyner-Kersee/WCAC (+0.7)	Seoul	7291	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:04.70	Marla Runyan/ unat	Atlanta-OT	5708	1996
1 <sup>st</sup> day	4367	Jackie Joyner-Kersee/WCAC	Indy	7215	1988
2 <sup>nd</sup> day	3027	Jackie Joyner-Kersee/WCAC	Seoul	7291	1988
Score	7291	Jackie Joyner-Kersee/WCAC	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 Gutherie/GMU (+2.5)	Knoxville	6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston	5599	1983
800m	2:08.4h	Lana Zimmerman/LSU	Houston		1983
	2:08.58	Erica Moore/Indiana St	Normal	5553	2010
1 <sup>st</sup> day	4023	Akela Jones/Kansas St	Eugene	6371	2015
2 <sup>nd</sup> day	2799	Diane Gutherie/GMU-JAM	Knoxville	6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF		1985



### USA National Championship Meet Records

100H	12.65 (+2.8)	Hyleas Fountain/Nike	Eugene	6667	2008
HJ	1.90m/6-2¾	Sharon Day/Asics	Eugene	6177	2009
		Hyleas Fountain/Nike	Des Moines	6735	2010
		Barbara Nwaba/SBTC	Eugene	6496	2016
SP	16.07m/52-8¾	Kym Carter/	Knoxville	6371	1994
200m	23.02 (+0.4)	Jackie Joyner-Kersee	San Jose	6979	1987
LJ	7.25m/23-9½	Jackie Joyner-Kersee	San Jose	6979	1987
Jav	51.60m/169-3	Kelly Blair	Indianapolis	6465	1997
800m	2:04.70	Marla Runyan/	Atlanta-OT	5708	1996
1st day	4191	Jackie Joyner-Kersee	NYC	6878	1991
2nd day	2793	Kelly Blair	Indianapolis	6465	1997
Score	6979	Jackie Joyner-Kersee	San Jose		1987



[12.90 185 15.17 23.02 725 4024 2:13.07]

### Facility (Jim Duncan Stadium, Drake University, Des Moines, IA) Records

100H	12.91 (+4.9)	Chelsea Carrier-Eades/unat	USATF	5940	2013
HJ	1.90m/6-2¾	Sharon Day-Monroe/Asics	USATF	6550	2013
		Hyleas Fountain/Nike	USATF	6735	2010
SP	13.77m/45-2¼	Sharon Day-Monroe/Asics	USATF	6550	2013
200m	23.28 (+3.3)	Hyleas Fountain/Nike	USATF	6735	2010
LJ	6.79m/22-3½	Hyleas Fountain/Nike	USATF	6735	2010
Jav	47.58m/156-1	Chantae McMillan/Nebraska	USATF	6033	2010
800m	2:08.74	Ryann Kraus/Nike	USATF	5957	2013
1st day	4068	Hyleas Fountain/Nike	USATF	6735	2010
2 <sup>nd</sup> Day	2667	Hyleas Fountain/Nike	USATF	6735	2010
Score	6735	Hyleas Fountain/Nike	USATF		2010



[12.93+2.6 190 1373 23.28+3.3 679+2.7 4226 2:17.80]



## RECENT MEET RESULTS

### 2018 NCAA Outdoor Nationals

#### 6/8-9/18 NCAA D-I Champs, U of Oregon, Hayward Field, Eugene, OR

6146	Ellenwood, Georgia/Wisco sin-CAN'18	13.60-0.1	181	1247	24.33+0.1	604+1.0	4345	2:15.76
6074	Grauvogel, Louisa/Georgia-GER'19	12.95+2.0	175	1252	23.72+1.1	571-1.1	4350	2:19.92
5833	Holmberg, Madeline/Penn St'19	14.06+0.3	163	1368	24.29+0.1	599-0.4	4091	2:19.16
5800	Gustafson, Kendall/UCLA'18	14.19+0.3	175	1255	25.14+0.8	578-1.4	4327	2:18.27
5794	Frøeynes, Amanda/Florida-NOR'21	14.27+0.9	175	1221	25.60+0.8	577-1.1	4463	2:14.98
5789	Brooks-Johnson, Alissa/Washington St'18	13.84+1.4	166	1287	24.93+1.9	572-4.0	4287	2:15.69
5778	Schultz, Nina/Kansas St-CAN'20	13.71+2.0	175	1219	25.49+1.9	587-0.7	4055	2:18.95
5748	Gittens, Tyra/Texas A&M-TRN'21	13.31+2.0	172	1242	24.83+0.1	614+0.1	3717	2:29.95
5740	Champagnie, Ayesha/Minnesota-JAM'19	14.03+0.3	163	1359	24.89+0.8	566-2.1	4882	2:25.79
5725	Sieftring, Jaclyn/Akron'18	14.19-0.1	172	1182	24.69+1.9	593-0.9	3585	2:13.53
5667	Zamzow, Ashtin/Texas'18	13.85-0.1	166	1256	25.00+0.8	562-1.9	4324	2:20.92
5653	Bender, Hope/UCSB'19	13.73+0.4	166	1189	24.21+0.1	563-1.2	3585	2:15.24
5555	Neal, Maya/Tennessee'19	13.77+1.4	163	1222	24.69+1.9	599-1.1	3654	2:26.70
5553	Burns, Shaina/Tex A&M'18	14.06-0.1	166	1376	25.98+0.8	563+0.8	4062	2:23.05
5542	Ortega, Patricia/Akron-ESP'18	13.54+0.4	172	1099	24.85+1.9	533-2.2	3538	2:14.88
5504	Lopes, Lyndsey/USC'19	13.48+1.4	172	1050	24.40+0.1	559+0.1	3716	2:27.24
5490	Whisby, Aliyah/Kennesaw St'21	13.60+0.9	175	1145	24.38+1.9	587-0.4	2701	2:26.43
5404	Howell, Aaron/Michigan'18	13.86+0.9	169	1284	26.93+0.8	529-1.6	4328	2:24.84
5314	Berge, Emilie/S Alabama-NOR'20	14.17+0.3	169	1134	25.93+0.8	537-1.1	3849	2:22.05
5189	Okorie, Ariel/Kansas St'20	13.78+0.4	160	964	25.41+0.8	585+0.7	3335	2:26.09
dnf	Atherley, Michelle/Miami'20	13.22+2.0	169	1064	24.04+0.1	595-2.5	nm	dns
dnf	McKenzie, Grace/McNeese St-IRE'20	13.92+1.4	163	1078	25.46+1.9	533-2.6	withdrew	
dnf	Hinton, Kaylee/Texas Tech'19	13.66+0.4	169	896	24.59+0.1	withdrew		
dnf	Thompson, Alyssa/Arizona'18	16.81+0.9	withdrew					

24s, 20f.

### 2018 USA Indoor Nationals

#### 2/16/18 USATF Indoor Champs, Convention Center, Albuquerque, NM

4760	Bougaard, Erica/Nike	7.98	189	1276	620	2:13.77
4508	Williams, Kendell/unat	8.11	174	1255	638	2:19.22
4405	Gochenour, Alex/unat	8.35	171	1391	601	2:18.27
4260	Dearman, Emily/unat	8.28	174	1197	591	2:20.98
4149	Bender, Hope/UCSB'19	8.61	168	1228	576	2:16.68
4106	Reaser, Allison/Arete	8.37	159	1182	583	2:15.29
4025	Pfeiffer, Jenna/unat	9.03	177	1122	554	2:17.49
4020	Winters, Melanie/unat	8.69	177	1060	580	2:25.90
3991	Jackson, Rose/Team Nodak	8.99	159	1204	590	2:16.51
3813	Collier, Becky/SBTC	8.87	162	1041	569	2:21.38

10s,10f.

## 2017 Outdoor Nationals:

### 6/25/17 37th USA Champs, Alex G Spanos Complex, Sacramento, CA

6564	Williams, Kendell/Georgia'17	12.82-0.1	183	1301	23.50+0.2	649+1.9	4497	2:16.46	3925
6557	Bougaard, Erica/unat	12.92-0.1	192	1198	23.40+0.2	636+1.1	4096	2:11.51	3966
6421	Day-Monroe, Sharon/Asics	13.50-0.8	183	1549	24.94+0.8	589+1.6	5012	2:15.14	3852
6129	Gochenour, Alex/unat	13.41-0.1	168	1391	24.22+0.8	615+1.5	4035	2:13.21	3641
5889	Schwartz, Lindsay/SBTC	13.58-0.8	165	1306	24.12+2.0	573+3.2	4107	2:14.53	3534
5830	Reaser, Allison/Arete Elite	13.65-0.1	165	1199	23.86+2.0	579+1.5	3953	2:13.87	3477
5785	Hawkins, Chari/SBTC	13.75-0.1	171	1325	24.96+2.0	602+1.1	3779	2:22.57	3515
5774	Lettow, Lindsay/SBTC	14.10-0.1	168	1184	24.95+2.0	614+2.5	4264	2:19.74	3336
5723	Stumbaugh, Payton/Arkansas'18	13.19-0.1	168	1124	23.58+0.2	598+1.9	3119	2:20.01	3558
5652	Siefring, Jaclyn/Akron'18	14.11-0.8	165	1236	25.08+0.8	593+1.5	3600	2:13.73	3322
5609	Parker, Tiffeny/unat	14.09-0.8	174	1228	25.93+2.0	590+1.5	4975	2:39.12	3352
5499	Jackson, Rose/N Dakota St'17	14.63-0.8	159	1211	24.10+0.2	598+0.7	3500	2:19.51	3254
5430	Gray, Jordan/Kennesaw St'19	14.51-0.8	168	1288	25.43+0.8	576+2.6	3852	2:26.27	3304
5376	Webster-Freeman, Juanita/Cerritos'17	14.06-0.8	177	994	25.65+0.8	565+1.4	3542	2:22.66	3265
5232	Cooks, Riley/Long Beach St'17	13.71-0.8	159	1250	24.71+0.2	540+2.8	3627	2:36.52	3352
dnf	Brooks, Taliyah/Arkansas'18	13.25-0.1	180	1170	24.38+0.2	nm	withdrew		3651

16s,15f.

## 2016 USA National Outdoor Champs (& Olympic Trials)

### 7/10/16 US Olympic Trails and USA Nationals, Eugene, OR

6494	Nwaba, Barbara/SBTC	13.65-0.2	190	1416	24.17-1.6	686+2.0	4919	2:11.71	
6423	Miller-Koch, Heather/C ParkTC	13.39-0.1	181	1413	24.20-1.6	632+0.1	4102	2:09.97	
6402	Williams, Kendell/Georgia	12.99-0.1	184	1295	23.67-1.6	620+0.2	4221	2:15.31	
6385	Day-Monroe, Sharon/Asics	13.60-0.2	181	1519	24.73-0.9	599+2.4	4552	2:10.87	
6326	McMillan, Chantae/unat	13.33-0.2	178	1350	24.77-0.9	610+1.3	4945	2:14.46	
6089	Chapman, Quintunya/Georgia	13.68-0.2	160	1461	24.32-1.6	610+1.2	4635	2:16.30	
6070	Bougaard, Erica/Mississippi St	13.11-0.1	184	1230	23.94-1.6	633+2.3	2974	2:18.74	
6038	Kunz, Annie/Texas A&M	13.56-0.3	175	1358	24.52+0.6	602+1.0	3872	2:15.58	
6036	Schwartz, Lindsay/SBTC	13.72-2.9	166	1352	24.19+0.6	612+1.4	4153	2:14.29	
5960	Lettow, Lindsay/SBTC	13.84-2.9	172	1209	24.86-0.9	618+1.3	4220	2:14.64	
5865	Reaser, Allison/Arete E TC	13.69-0.2	169	1159	24.38+0.6	604+2.4	3851	2:13.07	
5806	Lehman, Jessica/Minnesota	14.79-2.9	169	1336	25.31-0.9	585+1.4	4736	2:16.55	
5794	Gochenour, Alex/unat	13.43-0.1	172	1264	24.79+0.6	592+2.1	3587	2:19.36	
5724	Spenner, Sami/Nebraska-Omaha	14.63-2.9	169	1252	24.73-1.6	590+2.3	4009	2:14.87	
5720	Hawkins, Chari/SBTC	13.71-0.2	175	1280	25.01-0.9	583+0.3	3786	2:24.77	
5662	Souza, Tatum/Napa TC	14.19-2.9	166	1343	25.42-0.9	588+2.0	3882	2:18.75	
5629	Profit, Kiani/unat	14.75-2.9	166	1278	25.27+0.6	565+2.9	4331	2:14.63	
5612	Parker, Tiffeny/unat	14.00-2.9	172	1324	25.53-0.9	561+2.0	4667	2:33.88	
Dnf	Brookes, Taliyah/Arkansas	13.39-0.1	181	1155	24.85+0.6	nm	3466	dns	
Dnf	Flax, Jessica/unat	13.57-0.1	166	1272	25.43+0.6	withdrew			

20s,18f.

## 2015 USA National Outdoor Champs

**2015 USATF Outdoor Champs, U of Oregon, Eugene, OR** 100H hj sp 200m lj jav 800m

6500	Nwaba, Barbara.Santa Barbara TC	13.49+2.2	182	1377	23.76+2.3	623+1.5	4348	2:07.13
6458	Day-Monroe, Sharon/Asics	13.31+1.4	176	1562	24.32+0.7	605+0.9	4490	2:09.41
6288	Bougard, Erica/unat-Miss St	13.03+2.2	188	997	23.40+2.3	613+1.4	3876	2:08.39
6274	Miller-Koch, Heather/Central Park TC	13.47+1.4	173	1272	23.64+0.7	619+0.6	4123	2:07.32
6023	Lettow, Lindsay/SBTC	13.56+1.4	176	1187	24.63+1.7	592+0.4	4263	2:11.90
6022	Hemann, Jena/Tex A&M	14.28+1.4	179	1288	25.06+1.7	605+2.1	4828	2:19.87
6012	Spenner, Sami/unat	14.13+1.4	173	1290	23.77+2.3	596+1.2	3851	2:10.25
5969	Schwartz, Lindsay/SBTC	13.55+1.4	167	1324	24.06+0.7	588+0.3	4162	2:15.97
5888	Eppinger, Kaylon/World Ath Ctr	13.07+2.2	176	1334	24.70+1.7	579-0.7	3562	2:20.83
5751	Hall, Lindsay/unat	13.68+1.4	170	1208	25.60+1.7	594+1.6	4665	2:25.79
5718	Leslie, Breanna/unat	13.61+2.2	164	1172	24.42+0.7	562+0.7	3877	2:11.80
5695	Latham, Deanna/Wisconsin	13.58+2.2	167	1210	24.79+1.7	579+1.4	3811	2:18.30
5655	Larch-Miller, Nikki/Wichita St	13.41+2.2	158	1091	23.64+2.3	593+0.8	3461	2:15.70
5580	Parker, Tiffeny/unat	13.94+1.4	173	1214	25.25+1.7	564+1.7	4430	2:31.26
5517	Reaser, Allison/World Ath Ctr	13.85+2.2	161	1127	24.15+2.3	559-0.4	3548	2:15.65
dnf:	Gochenour, Alex/Arkansas	13.34+2.2	167	1197	24.62+0.7	574+0.9	withdrew	

16s,15f.

## 2014 USA National Outdoor Champs

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

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

14s,14f.



## 2013 USA National Outdoor Champs

**June 20, 2013, Drake University, Des Moines, IA**

6550	Day, Sharon/Asics	13.54+1.7	190	1377	24.02+1.0	616+2.6	4738	2:12.12
6018	Wade, Bette/Nike	13.75+1.7	181	1349	24.95+0.1	606+0.9	3854	2:17.68
5990W	Bougard, Erica/Mississippi St	13.53+4.9	178	1037	23.56+0.1	622+2.6	3460	2:12.25
5957	Krais, Ryann/Nike	13.76+1.7	178	1187	24.98+0.4	584+0.8	3990	2:08.74
5945	Miller, Heather/CP TC-NB	13.75+4.9	175	1166	24.08+0.1	600+0.1	3838	2:13.30
5940W	Carrier-Eades, Chesea/unat	12.91+4.9	169	1099	23.49+0.1	625+1.5	3268	2:15.73
5933	Pinnick, Keia/Arizona St	13.04+2.7	169	1087	23.74+1.0	592+1.5	3632	2:10.45
5910W	Schwartz, Lindsay/unat	13.61+4.9	172	1161	24.18+0.4	585+4.0	3992	2:12.48
5899W	Profit, Kiani/Chula Vista-e	13.58+1.7	166	1162	24.22+0.4	590+4.6	3979	2:09.22
5768	Spenner, Sami/Neb-Omaha	13.94+2.7	163	1173	23.67+0.1	622+1.7	3097	2:11.63
5729	Lettow, Lindsay/unat	13.92+1.7	172	1195	24.70+0.1	574+1.7	3775	2:15.08
5636W	Jules, Vanessa/Marshall	13.44+4.9	175	1062	24.26+0.4	592+2.7	3233	2:22.55
5503	Leslie, Breanna/Azusa Pac	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35
5495	Reaser, Allison/SanDiegoSt	13.35+2.7	154	1208	24.34+1.0	561+1.4	3583	2:19.93
5360	Souza, Tatum/UCLA	13.96+1.7	166	1308	25.73+1.0	516+1.4	3879	2:24.09
5295W	Friesen, Tanya/Wichita St	13.96+4.9	169	829	25.39+1.0	585+2.8	3966	2:26.65
dnf	McMillan, Chantae/Nike	14.03+2.7	166	1351	25.96+1.0	withdrew		

16s,15f.



## All Time USA Heptathlon List [performer list]

7291	Jackie Joyner-Kersey/WCAC	88	
6803	Jane Frederick/Athletics West	84	
6735	Hyleas Fountain/Nike	10	
6725	Erica Bougaard/Nike	18	
6577	Dede Nathan/Nike	99	
6564	Kendell Williams/Georgia	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	
6374	Jamie McNair/Reebok	95	
6371	Kym Carter/	94	
6352	Sharon Hanson	96	
6347	Jacqueline Johnson/Arizona St	08	
6323	Gea Johnson	92	
6300	Cindy Greiner	92	
6290	Diana Pickler/	09	
6274	Heather Koch-Miller/CPTC	15	
6247	Virginia Johnson/	08	JJK owns the top ten American Scores
	[20]		

## The Field



*Top Row: Erica Bougaard, Alyssa Brooks-Johnson, Shaina Burns, Riley Cooks, Becky Collier, Emilyn Dearman, Alex Gochenour. Middle Row: Middle Row: Kendell Gustafson, Madeline Holmberg, Rose Jackson, Annie Kunz, Nikki Larch-Miller, Allison Reaser. Bottom Row: Lindsay Schwartz, Alyssa Thompson, Juanita Webster-Freeman, Ashtin Zamzow/*

## PR Page

[alphabetical listing] Score to left: the qualifying score made within the qualifying period (Jan 1, 2017-June 18, 2018). Followed by career lifetime best (PR) and year, and then followed by all-time PR for each event.

<i>Qualifying score</i>		<i>PR score</i>	<i>100m</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>
x6725	Erica Bougard	6725'18	<b>12.80+1.5</b>	<b>192</b>	<b>1302</b>	<b>23.31+0.4</b>	<b>662+1.1</b>	<b>4263</b>				<b>2:08.39</b>
x5977	Alissa Brooks-Johnson	5977'18	<b>13.65+1.7</b>	<b>176</b>	<b>1287</b>	<b>24.69+0.4</b>	<b>589+1.5</b>	<b>4475</b>				<b>2:12.05</b>
x5743	Shaina Burns	5743'18	<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>
x5351	Becky Collier	5351'18	<b>14.33+1.1</b>	<b>178</b>	<b>1104</b>	<b>25.73+2.4</b>	<b>569+1.1</b>	<b>3755</b>				<b>2:19.68</b>
x5773	Riley Cooks	5773'18	<b>13.44+1.9</b>	<b>173</b>	<b>1355</b>	<b>23.79+3.3</b>	<b>612+2.0</b>	<b>4465</b>				<b>2:28.55</b>
x5924	Emily Dearman	5924'17	<b>13.43+1.9</b>	<b>178</b>	<b>1377</b>	<b>24.85+1.9</b>	<b>614+5.2</b>	<b>4091</b>				<b>2:15.96</b>
x6129	Alex Gochenour	6129'17	<b>12.98+1.7</b>	<b>180</b>	<b>1454</b>	<b>24.08+4.3</b>	<b>627+3.6</b>	<b>4094</b>				<b>2:13.21</b>
x5886	Kendell Gustafson	5886'18	<b>14.08+0.8</b>	<b>180</b>	<b>1346</b>	<b>25.02+2.2</b>	<b>582+0.7</b>	<b>4671</b>				<b>2:18.27</b>
x5976	Madeline Holmberg	5976'18	<b>13.95+1.1</b>	<b>164</b>	<b>1403</b>	<b>23.94+2.6</b>	<b>637+0.9</b>	<b>4335</b>				<b>2:19.16</b>
x5574	Rose Jackson	5574'18	<b>14.31+0.7</b>	<b>164</b>	<b>1278</b>	<b>23.57+1.4</b>	<b>633</b>	<b>3500</b>				<b>2:15.34</b>
x5831	Annie Kunz	6038'16	<b>13.54+0.1</b>	<b>181</b>	<b>1398</b>	<b>24.19+2.2</b>	<b>602+1.0</b>	<b>4117</b>				<b>2:14.90</b>
x5563	Nikki Larch Miller	5812'15	<b>13.08+3.8</b>	<b>166</b>	<b>1198</b>	<b>23.23+3.5</b>	<b>617+4.8</b>	<b>4003</b>				<b>2:15.70</b>
x6144	Allison Reaser	6144'18	<b>13.30+1.2</b>	<b>172</b>	<b>1317</b>	<b>23.82-0.6</b>	<b>622i</b>	<b>4454</b>				<b>2:11.10</b>
x5889	Lindsay Schwartz	6036'16	<b>13.55+1.4</b>	<b>178</b>	<b>1367</b>	<b>24.06+1.8</b>	<b>615+1.5</b>	<b>4247</b>				<b>2:11.93</b>
x5751	Alyssa Thompson	5751'18	<b>14.26 0.0</b>	<b>169</b>	<b>1172</b>	<b>24.54 0.0</b>	<b>636+2.1</b>	<b>4223</b>				<b>2:16.04</b>
x5788	Juanita Webster-Freeman	5788'18	<b>13.60+3.2</b>	<b>183</b>	<b>1247</b>	<b>25.00+0.5</b>	<b>610+3.0</b>	<b>4272</b>				<b>2:20.94</b>
x5667	Ashtin Zamzow	5829'16	<b>13.80+3.4</b>	<b>173</b>	<b>1231</b>	<b>24.91+3.9</b>	<b>573-0.5</b>	<b>5065</b>				<b>2:18.02</b>

## Athlete's Bios:

### ERICA BOUGARD

DOB: July 26, 1993  
 POB: Memphis, TN  
 Ht: 5-7  
 Hometown: Byhalia, MS  
 High School: Byhalia HS  
 College: Mississippi St '16  
 Club: Chula Vista Elite



**2018:** Opened outdoor campaign with MultiStars wins (6327) in Florence and immediately followed with 6725 3<sup>rd</sup> plac performance in Gotzis. Defended USA national title indoors (4760 PR) and was 5<sup>th</sup> at IAAF world indoor (4571). **2017:** National indoor champion (4558) and runner-up outdoors with career best 6557 effort. That followed a breakthrough meet at Gotzis- 6<sup>th</sup> at 6502 despite hurdle stumble. **2016:** SEC champ and NCAA runner-up outdoors. 7<sup>th</sup> at Olympic Trials. **2015:** SEC champ and 4<sup>th</sup> at NCAAs and a 3<sup>rd</sup> place at USAs followed. Dnf'd at IAAF worlds in Beijing. NCAA and SEC indoor runner-up. **2014:** 3<sup>rd</sup> at USAs outdoors. NCAA indoor runner-up. **2013:** Extensive season ending with 24<sup>th</sup> at IAAF worlds in Moscow . SEC runner-up, 4<sup>th</sup> at NCAAs and 3<sup>rd</sup> at USA nationals. NCAA indoor pentathlon champ. **2012:** 13<sup>th</sup> at IAAF World u20 champs. 5<sup>th</sup> at Texas Relays and 4<sup>th</sup> at SEC (5532) in initial career heptathlons. 10<sup>th</sup> at NCAAs indoors. Runner-up at SEC indoor meet with PR 4109 score. Won pentathlon at UAB in Birmingham (3840) in initial college meet. **High School:** Long jumped 20-2½ to win Miss State meet . **Personal:** Erica Marsha Bourgard. Daughter of Toya Norman and Eric Bougard.

#### Career:

##### Indoor:

1/26/12	3840	1	UAB Multis, Birmingham	8.85	164	974	570	2:18.43
2/24/12	4109	2	SEC, Lexington	8.57	167	1002	604	2:14.80
3/09/11	3985	10	NCAA I, Nampa	8.59	166	1037	576	2:18.00
1/25/13	4190	1	USAFA, Colo Springs	8.40	170	1037	633	2:22.58
3/09/13	4399	1	NCAA, Nampa	8.34	175	1100	611	2:10.80
1/16/14	4207	1	Birmingham	8.58	176	1171	599	2:22.38
2/27/14	4458	1	TAMU, College Station	8.37	178	1248	614	2:16.41
3/15/14	4586	2	NCAA, Albuquerque	8.31	179	1251	629	2:12.63
1/21/15	4419	1	Birmingham	8.27	177	1189	631	2:20.97
2/27/15	4376	2	SEC, Lexington	8.20	166	1221	615	2:13.44
3/14/15	4566	2	NCAA, Fayetteville	8.16	183	1246	616	2:16.93
3/03/17	4558	1	USA NC, Albuquerque	8.21	187	1197	618	2:18.41
1/26/18	4504	1	Texas Tech, Lubbock	8.55	187	1229	627	2:20.45
<b>2/16/18</b>	<b>4760</b>	<b>1</b>	<b>USA NC, Albuquerque</b>	<b>7.98</b>	<b>189</b>	<b>1276</b>	<b>620</b>	<b>2:13.77</b>
3/02/18	4571	5	IAAF I WC, Birmingham	8.07	185	1231	618	2:19.51

##### Outdoor:

3/29/12	5382	5	Texas R, Austin	14.01+0.1	166	939	24.50-0.7	589+1.9	3079	2:16.78
5/11/12	5537	4	SEC, Baton Rouge	13.94-1.1	170	989	24.19-0.7	611+0.3	2711	2:14.16
6/08/12	dnf	-	NCAA, Des Moines	13.64-0.2	160	881	24.08+1.1	577-0.4	2973	dns
6/17/12	5547	1	USA Jr, Bloomington	13.79-1.6	175	946	24.61-0.6	603-0.3	2837	2:14.39
7/13/12	5410	13	IAAF Jr, Barcelona	13.73-1.0	172	1022	24.64-1.5	582+2.5	2420	2:15.36
3/28/13	5649	1	Texas R, Austin	13.39+1.3	181	1033	24.20+1.1	587+2.8	2641	2:17.34
5/10/13	5786	2	SEC, Columbia	13.40+1.1	176	1070	23.93+1.6	601-0.3	3253	2:17.82
6/07/13	5976	4	NCAA, Eugene	13.37+1.2	175	1107	23.84+2.3	625+0.4	3428	2:13.75
6/22/13	5990w	3	USA NC, Des Moines	13.53+4.9	178	1037	23.56+0.1	622+2.6	3460	2:12.25
8/13/13	5829	24	IAAF WC, Moscow	13.69-0.6	180	1127	24.59 0.0	601+0.6	3262	2:13.72
6/26/14	6118	3	USA NC, Sacramento	13.28+0.9	178	1132	23.33+2.6	621+2.0	3305	2:09.64
7/28/14	5873	3	Thorpe Cup, Marburg	13.47-0.1	168	1081	23.96+2.4	630+0.5	3205	2:10.15
4/16/15	5962	3	Mt Sac R, Azusa	13.29+2.1	179	1089	23.65+3.1	620+1.6	2864	2:11.08
5/15/15	6250	1	SEC, Starkville	13.11+0.7	185	1168	23.48+1.8	639+2.6	3164	2:11.00
6/11/15	6050	4	NCAA, Eugene	13.12+0.9	184	1049	23.63+3.2	637+3.6	3395	2:20.35
6/26/15	6288	3	USA NC, Eugene	13.03+2.2	188	997	23.40+2.3	613+1.4	3876	2:08.39

8/22/15	dnf	-	IAAF WC, Beijing	13.28-0.7	183	1140	24.41+0.2	618+0.1	3506	dns	
4/14/16	dnf	-	Mobile	13.79+0.9	177	1125	dnf	588+1.0	3182	dns	
5/13/16	6170	1	SEC, Tuscaloosa	13.38+0.1	184	1215	23.72+0.7	611-2.1	3724	2:14.67	
6/11/16	6088	2	NCAA, Eugene	13.19+2.0	181	1191	24.03+0.2	626+1.6	3573	2:17.89	
6/10/16	6070	7	US Oly Tr/NC, Eugene	13.11-0.1	184	1230	23.94-0.6	633+2.3	2974	2:18.74	
3/30/17	6246	1	Texas R, Austin	13.29+0.3	185	1158	23.96+2.9	642+1.0	3424	2:09.79	
5/26/17	6502	6	Hypo Bank, Götzis	13.57+1.0	183	1245	23.28-2.9	659-0.2	4085	2:08.68	
<b>6/25/17</b>	<b>6557</b>	<b>2</b>	<b>USA NC, Sacramento</b>	<b>12.93-0.1</b>	<b>192</b>	<b>1198</b>	<b>23.40+0.2</b>	<b>636+1.1</b>	<b>4096</b>	<b>2:11.51</b>	
8/06/17	6036	18	IAAF WC, London	13.24	0.0	174	1141	23.66-0.2	609-1.0	3376	2:08.77
4/28/18	6327	1	MultiStars, Florence	13.26+0.4	184	1176	23.62+2.0	612-1.6	4263	2:11.35	
5/27/18	6725	3	Hypo-Bank, Götzis	12.80+1.5	186	1302	23.31+0.4	662+1.1	4197	2:08.42	

PRs: 6725 / 4760

12.80+1.5 192 1302 23.31+0.4 662+1.1 4263 2:08.39

Indoor: 60mH: 7.98

Summary: 27 meets, 24 finishes, 6 wins, PR score: 6725, Top Ten Ave :6327.1; 2<sup>nd</sup> Ten Ave: 5922.1. Has contested 42 CE meets.

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:** 6<sup>th</sup> at NCAA. 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:	60h	hj	sp	lj	800			
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</b>	<b>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:	100h	w	hj	sp	200m w	lj	w	jav	800m	
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
<b>5/10/15</b>	<b>5803</b>	<b>1</b>	<b>Pac-12, Los Angeles</b>	<b>13.96+0.3</b>	<b>170</b>	<b>1141</b>	<b>24.91+1.6</b>	<b>577+0.2</b>	<b>4475</b>	<b>2:13.94</b>
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</b>	<b>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>
6/09/18	5789	6	NCAA, Eugene	13.84+1.4	166	1287	24.93+1.9	572-4.0	4287	2:15.69



PRs: 5977 / 4190  
Indoor: 60mH: 8.50  
Updated: 6/11/18

13.65+1.7 176 1287 24.69+0.4 589+1.5 4475 2:12.05

## 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:** 14<sup>th</sup> at NCAA. 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.

### Career:

Indoor:			<u>60mh hj sp lj 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 w hj sp 200m w lj w jav 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	26.68	nwi	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	27.25	nwi	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	542	nwi	3696	2:20.26
<b>5/12/18</b>	<b>5743</b>	<b>2</b>	<b>SEC, Knoxville</b>	<b>13.91</b>	<b>+2.0</b>	<b>174</b>	<b>1406</b>	<b>15.89</b>	<b>+1.6</b>	<b>555</b>		<b>4254</b>	<b>2:20.76</b>
6/09/18	5553	14	NCAA, Eugene	14.06	-0.1	166	1576	25.98	+0.8	563	+0.8	4062	2:23.05

PRs: 5743 / 4085  
Indoor: 60mH: 8.89  
Updated 6/11/18

13.91+2.0 174 1452 25.76+2.0 558-0.3 4254 2:20.04



# RILEY COOKS

DOB: December 6, 1993

POB:

Ht: 5-8

Hometown: Coarsegold, CA

High School: Yosemite HS

College: Cuesta JC'14  
Long Beach St'17



**2018:** Runner-up at Sam Adams with 5773 PR score. **2017:** Riverside winner and then won Big West title with PR 5671 effort. 15th at NCAAs. **2016:** 20th at NCAAs. Won UC Riverside Spring meet with career best 5569 score and followed with Big West Conf title. **2015:** did not compete outdoors. **2014:** State CC heptathlon winner. Cuesta female 'athlete of the year.' **2013: 2012: 2011: High School:** 3 sport star (T&F, volleyball, soccer). **Personal:** Valedictorian at Yosemite HS. Majored in film and electronic arts. Also played volleyball at Cuesta.

## Career:

### Indoor:

				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
2/28/15	3533	9	Mtn Pacific, Seattle	8.88	163	1146	515	2:37.54
<b>2/27/16</b>	<b>3690</b>	<b>9</b>	<b>Mtn Pacific, Seattle</b>	<b>8.41</b>	<b>157</b>	<b>1220</b>	<b>593</b>	<b>2:28.55</b>
2/24/17	3592	6	Mtn Pacific, Seattle	8.49	167	1242	515	2:49.88

### Outdoor:

				<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
5/17/13	4704	2	Call CC, San Mateo	15.08				25.27					
5/10/14	4808	3	Sn Cal CC	15.19+0.4	148	1096	24.99+1.0	538-1.0	3755	2:35.37			
5/17/14	5110	1	Cal CC,	14.33+1.2	162	1076	24.60+1.3	562+1.1	3452	2:36.09			
3/25/16	5569	1	Spring, Riverside	13.85-1.0	163	1255	24.29+0.2	563+1.5	4465	2:33.31			
5/07/16	5414	1	Big West, Long Beach	13.60+1.6	160	1249	24.12+0.6	552+0.9	3940	2:36.21			
6/11/16	5372	20	NCAA I, Eugene	13.59+1.0	166	1261	24.07+2.0	504-0.8	4212	2:39.85			
3/24/17	5432	2	Spring, Riverside	13.82	0.0	166	1211	24.31	0.0	561	0.0	3765	2:33.59
5/06/17	5671	1	Big West, Fullerton	13.87-0.4	167	1220	24.27+0.7	612+2.0	4046	2:32.35			
6/10/17	5256	15	NCAA I, Eugene	13.69+0.2	154	1196	24.53-2.7	566+2.3	4011	2:40.89			
6/26/17	5232	15	USA, Sacramento	13.71-0.8	159	1250	24.71+0.2	540+2.8	3627	2:36.52			
<b>4/07/18</b>	<b>5773</b>	<b>2</b>	<b>Sam Adams, S Barbara</b>	<b>13.55-0.7</b>	<b>170</b>	<b>1355</b>	<b>24.46+1.0</b>	<b>559+0.5</b>	<b>4388</b>	<b>2:28.97</b>			

**PRs:** 5773 / 3690

**13.44+1.9 173 1355 23.79+3.3 612+2.0 4465 2:28.55**

**Indoor: 60mH: 8.41.**

Updated: 6/16/18

# EMILYN DEARMAN

DOB: April 26, 1995  
 POB:  
 Ht: 5-8  
 Hometown: Stockton, MO  
 High School: Stockton HS  
 College: Pittsburg St '17



**2018:** 4<sup>th</sup> at USA indoor champs with 4260 PR score. **2017:** NCAA II champion indoors (4146) and out (5625). Managed PR score at Angelo State Nobles Relays (5924). **2016:** 4<sup>th</sup> at NCAA II indoors and out. MIAA champ indoors and out. **2015:** 4<sup>th</sup> and 9<sup>th</sup> at NCAA II outdoors and indoors. **2014:** 9<sup>th</sup> at NCAA II heptathlon. **High School:** Won the state meet with a time of 34.9 in the 300m hurdles. **Personal:** Daughter of Bobby and Patricia Dearman. Exercise science major.

## Career:

### Indoor

				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
12/6/13	3305	3	CMSU Holiday, Warrensburg	9.24	159	993	459	2:25.91
1/31/14	3443	4	MSSU Lion, Joplin	9.22	155	988	518	2:24.04
2/28/14	3520	3	MIAA, Joplin	9.00	161	1018	492	2:22.93
2/06/15	3939	1	MSSU Lion, Joplin	9.03	170	1188	546	2:18.85
2/27/15	3791	3	MIAA, Warrensburg	8.89	167	1101	517	2:18.95
3/13/15	3754	9	NCAA II, Birmingham	8.89	163	1036	533	2:18.36
12/4/15	3886	1	Boo Rogers, Pittsburg	8.80	165	1191	537	2:20.19
2/27/16	3928	1	MIAA, Pittsburg	8.63	168	1152	539	2:20.85
3/11/16	3839	4	NCAA II, Pittsburg	8.85	161	1188	534	2:18.50
12/9/16	3921	1	Boo Rogers, Pittsburg	8.79	164	1203	551	2:20.43
3/10/17	4146	1	NCAA II, Birmingham	8.40	171	1236	565	2:20.91
<b>2/16/18</b>	<b>4260</b>	<b>4</b>	<b>USA, Albuquerque</b>	<b>8.28</b>	<b>174</b>	<b>1197</b>	<b>591</b>	<b>2:20.98</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>
3/29/14	4917	1	PSU Wendy's, Pittsburg	14.65	+1.9	161	1066	26.36	+1.5	519	+1.9	3643	2:26.93
5/03/14	4898	3	MIAA, Jefferson City	14.75	+2.3	159	964	26.05	+2.9	522	-0.3	3419	2:19.93
5/23/14	4937	9	NCAA II, Allendale	14.53	+2.7	161	977	25.98	-0.1	531	+1.1	3256	2:21.58
4/09/15	5180	1	Woodman, Wichita	14.23	+1.4	164	1104	25.42	nwi	531	+3.7	3442	2:21.89
5/02/15	5063	3	MIAA, St Charles	14.15	nwi	160	1082	25.45	+0.3	521	+2.8	3756	2:29.19
5/22/15	5240	4	NCAA II, Allendale	14.34	+2.3	161	1124	25.32	+1.5	539	+0.9	3454	2:17.21
4/14/16	5178	2	Woodman, Wichita	14.34	+0.2	165	1134	25.66	+1.2	531	+0.3	3349	2:20.30
5/07/16	5363	1	MIAA, Maryville	14.10	+0.9	159	1196	25.37	+2.7	547	nwi	3617	2:15.96
5/27/16	5338	4	NCAA II, Bradenton	14.31	-0.1	158	1161	25.29	+0.5	552	+2.3	3730	2:16.34
<b>4/07/17</b>	<b>5924w</b>	<b>1</b>	<b>Nobles R, San Angelo</b>	<b>13.43</b>	<b>+2.3</b>	<b>178</b>	<b>1225</b>	<b>24.85</b>	<b>+1.9</b>	<b>595</b>	<b>+4.4</b>	<b>3957</b>	<b>2:18.86</b>
5/26/17	5625	1	NCAA II, Bradenton	13.77	+1.1	166	1233	25.37	-0.7	571	+0.5	3799	2:18.55
4/06/18	5713	1	Nobles R, San Angelo	13.54	+2.8	170	1253	25.12	+2.0	589	+2.3	3660	2:20.00

**PRs:** 5924 /4146

13.43+1.9 178 1377 24.85+1.9 614+5.2 4091 2:15.96

**Indoor:** 60mH: 8.40

**Summary:** 12 meets, 12 finished, 6 wins, PR score: 5924, Top ten Ave: 5456.1.

Updated: 6/14/18

# ALEX GOCHENOUR

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



**2018:** 13<sup>th</sup> at Götzis (6111). 3<sup>rd</sup> at USA indoor nationals and opened outdoor campaign with 6063 runner-up at MultiStars in Firenze, Italy. **2017:** Thorpe Cup winner in Dusseldorf. Recorded career best 6129 at USA nationals. 3rd at Texas Relays (5922). **2016:** 4th place at NCAA with best non-windy score (5962) and followed with 13th at Olympic Trials. 3rd at Texas Relays and 5th at SEC outdoors, both with 5800+ efforts. Posted 4229 score in season opener and then placed 5th at SECs followed by 6th place at NCAAs indoors (4336). **2015:** 9th at NCAAs. 3rd at SEC. Won Texas Relays with 1st 6k score. 4th at NCAAs indoors with 4430 PR. 9th at NCAA outdoors. Won early season Razorback pent with PR 4259 effort. **2014:** 11th at NCAAs outdoors. Opened outdoor season with 5522 PR at Texas Relays and then placed 3rd at SEC champs. 12th at NCAAs indoors. 5th at SEC indoors. PR'd for 2nd at Razorback pentathlon. **2013:** redshirt year while transferring to U of Arkansas. **2012:** while at LSU was 6th at SEC indoor pentathlon and 7th outdoor heptathlon. **High School:** 13x Iowa 1A and 2A state champion. '11 Drake Relays long jump and 100mH winner. **Personal:** Parents are Jeff and Karla Gochenour.

## Career:

### Indoor:

				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
1/27/12	3679	6	Razorback, Fayetteville	8.84	158	1100	552	2:27.73
2/26/12	3855	6	SEC, Lexington	8.75	161	1157	553	2:21.53
2/01/14	4116	2	Razorback, Fayetteville	8.66	173	1184	570	2:19.27
2/27/14	4122	5	SEC, C Station	8.57	169	1191	573	2:17.69
3/15/14	4042	12	NCAA I, Albuquerque	8.43	170	1248	580	2:31.59
1/30/15	4259	1	Razorback, Fayetteville	8.55	179	1239	575	2:19.85
<b>3/13/15</b>	<b>4430</b>	<b>4</b>	<b>NCAA I, Fayetteville</b>	<b>8.41</b>	<b>180</b>	<b>1237</b>	<b>604</b>	<b>2:16.85</b>
1/29/30	4229	3	Razorback, Fayetteville	8.47	166	1258	597	2:17.42
2/27/16	4171	5	SEC, Fayetteville	8.39	172	1278	598	2:29.81
3/12/16	4336	6	NCAA I, Birmingham	8.38	171	1265	595	2:15.38
1/25/18	4368	1	Mule R, Warrensburg	8.45	168	1432	605	2:19.51
2/16/18	4405	3	USA NC, Albuquerque	8.35	171	1391	601	2:18.27

### 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>
7/01/09	4690	1	World Youth, Ypsilanti	15.25	-1.0	160	950	26.34	+0.1	524	+1.7	3173	2:33.04
7/29/09	4600	1	USATF JO, Greensboro	14.04	+1.6	166	970	24.44	+3.4	522	0.0	3736	2:19.14
6/24/10	5300	1	USA Jr, Des Moines	13.97	+0.7	163	1117	24.49	+3.1	535	+3.3	3310	2:23.71
7/23/10	5260w	10	IAAF Junior, Moncton	14.34	+1.1	160	1062	24.98	+1.3	543	+1.8	withdrew	
6/23/11	dnf	-	USA Jr, Eugene	14.00	-0.2	157	1108	25.18	+0.3	546	+1.5	3544	2:21.14
3/29/12	5225	9	Texas R, Austin	13.67	+2.4	158	1198	25.36	-0.7	563	+0.8	3488	2:22.08
5/11/12	5354	7	SEC, Baton Rouge	14.20	+4.4	161	1174	25.64	+3.8	575	+4.0	3100	2:31.23
4/08/13	5118	3	McDonnell, Fayetteville	13.62	+2.6	169	1206	24.95	+3.8	560	+1.2	3526	2:22.83
3/27/14	5522w	5	Texas R, Austin	13.83	+0.4	169	1236	25.42	+3.1	565	+1.3	3205	2:18.93
5/16/14	5476	3	SEC, Lexington	13.63	-0.5	169	1165	25.34	+1.3	578	-0.1	3319	2:19.67
6/13/14	5515	11	NCAA I, Eugene	13.15	+2.0	178	1302	24.08	+4.3	627	+3.6	3114	2:18.95
3/26/15	6027w	1	Texas R, Austin	13.41	+0.7	170	1309	24.51	+1.8	605	+2.3	3769	2:20.19
5/14/15	5892	3	SEC, Starkville	13.49	+0.9	169	1262	24.64	+2.2	624	+2.7	3439	2:21.31
6/11/15	5806	9	NCAA I, Eugene	13.30	+2.9	169	1303	24.51	+3.1	603	+1.9	3524	2:20.64
3/31/16	5833	3	Texas R, Austin	12.98	+1.7	166	1353	24.10	+0.5	585	-0.4	3280	2:21.54
5/13/16	5804	5	SEC, Tuscaloosa	13.30	+1.4	172	1313	24.57	+0.2	606	+3.1	3770	2:18.14
6/11/16	5962	4	NCAA I, Eugene	13.43	-0.1	172	1264	24.79	+0.6	592	+2.1	3587	2:19.36
7/10/16	5794	13	USOT/USA, Eugene	13.52	+0.3	173	1299	24.54	-0.3	605	+0.4	3493	2:14.56
3/30/17	5922	2	Texas R, Austin	<b>13.41</b>	<b>-0.1</b>	<b>168</b>	<b>1391</b>	<b>24.22</b>	<b>+0.8</b>	<b>615</b>	<b>+1.5</b>	<b>4035</b>	<b>2:13.21</b>
<b>6/26/17</b>	<b>6129</b>	<b>4</b>	<b>USA, Sacramento</b>									<b>3641</b>	
7/30/17	5898	1	Thorpe Cup, Dusseldorf	13.55	+1.9	168	1338	25.06	-0.8	608	+0.9	3968	2:17.66

4/28/18	6063	2	MultiStars, Florence	13.40+0.4	166	1454	24.19+2.0	602+1.5	4057	2:16.99
5/27/18	6111	13	Hypo-Bank, Götzis	13.23+1.5	168	1425	24.40-0.6	610+0.7	4094	2:16.48

**PRs:** 6129 / 4430 **12.98+1.7 180 1454 24.08+4.3 627+3.6 4094 2:13.21**  
**Indoor:** 60mH: 8.38, **Summary:** 22 meets, 21 finishes, 5 wins, PR score: 6129, Top Ten Ave: 5964.7.  
Updated: 5/28/18

## 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:** NCAA 4<sup>th</sup>. 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.

### 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
2/24/18	4084	1	Mtn Pacific, Seattle	8.84	177	1279	554	2:23.73

### Career:

### 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>
6/09/18	5800	4	NCAA, Eugene	14.19+0.3	175	1255	25.14+0.8	578-1.4 4327 2:18.27

**PRs:** 5886 / 4084 **14.08+0.8 180 1346 25.02+2.2 582+0.7 4671 2:18.27**  
**Indoor:** 60mH: 8.84, **Updated:** 6/11/18

# MADELINE HOLMBERG

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



**2018:** 3<sup>rd</sup> at NCAA. 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>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
4/27/16	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</b>	<b>+2.1</b>	<b>637</b>	<b>+0.9</b>	<b>4335</b>	<b>2:20.55</b>
6/09/18	5833	3 NCAA, Eugene	14.06	+0.3	163	1368	24.29	+0.1	599	-0.4	4091	2:19.16

**PRs:** 5976 / 4216 13.95+1.1 164 1403 23.94+2.6 637+0.9 4335 2:19.16

**Indoor:** 60mH: 8.49

Updated: 6/11/18

# ROSE JACKSON

DOB: 1996  
 POB:  
 Ht: 5-7  
 Hometown: Willmar, MN  
 High School: Willmar HS  
 College: North Dakota St'17  
 Club: Team NoDak



**2018:** Won Texas GA meet with 5574 PR score. **2017:** Summit League hept & 200m champ. 8th at NCAA I indoors with career best 4142 hept score. Summit League indoor champ with PR 4077 effort. **2016:** 4th indoors and 2nd outdoors at Summit league. Achieved career best score (5269) for 11th at Mt Sac Relays. **2015:** Summit League 3rd indoors and outdoor champ. **2014:** Summit League outdoor runner-up, then placed 4th at USA Juniors. **High School:** Four-year letter winner and two-time captain in track and field. Captain and 3 year letter-winner for the Cardinals' swimming team. **Personal:** Daughter of Linda Jackson. Major is mathematics.

<b>Indoor:</b>				<b>Career:</b>				
				<i>60mh</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
12/6/13	2648	10	Dakota Duals, Fargo	12.96	147	858	552	2:32.88
2/07/14	3437	2	Thundering Herd, Fargo	9.67	150	994	573	2:25.76
2/28/14	3255	4	Summit Lea, Fort Wayne	9.76	147	978	541	2:22.88
12/6/14	3668	1	Dakota Duals, Fargo	9.25	155	1125	587	2:28.62
2/27/15	3553	3	Summit Lea, Fargo	9.47	158	1165	499	2:19.34
12/4/15	3241	6	Dakota Classic, Fargo	11.93	152	1158	579	2:22.93
1/29/16	3777	3	Johnson, Minneapolis	9.18	154	1261	572	2:23.89
2/26/16	3452	4	Summit Lea, Ft Wayne	9.21	152	1144	555	2:37.35
12/2/16	3799	1	Dakota Classic, Fargo	9.32	164	1205	564	2:24.21
2/03/17	3910	1	Bison Open, Fargo	9.16	157	1275	604	2:24.86
2/24/17	4077	1	Summit Lea, Brookings	9.05	160	1270	599	2:15.34
<b>3/10/17</b>	<b>4142</b>	<b>8</b>	<b>NCAA I, College Station</b>	<b>8.77</b>	<b>160</b>	<b>1278</b>	<b>609</b>	<b>2:17.57</b>

  

<b>Outdoor:</b>				<b>Career:</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>
5/14/14	4864	5	Big Sky, Flagstaff	13.53	+3.4	163	897	24.97	+1.2	562	nwi	1928	2:30.74
3/28/14	4522	8	UC-R, Riverside	16.49	0.0	150	981	24.75	0.0	535	0.0	2692	2:25.98
4/17/14	4872	14	Cal Invt, Azusa	16.11	-1.0	157	956	24.87	+1.2	608	+0.6	2572	2:21.74
5/16/14	4950w	2	Summit League, Fargo	15.29	+2.8	155	970	24.53	+2.0	581	+1.7	2976	2:24.43
6/26/14	5025jr	4	USA Jr, Sacramento	15.15	+3.7	148	973	24.08	-0.1	577	+3.1	3022	2:17.49
3/26/15	4945	3	UCR Spring, Riverside	15.51	-1.8	154	1157	24.42	-1.4	541	+0.7	2779	2:20.12
5/14/15	4737	1	Summit Lea, MaComb	15.30	+1.2	148	1166	24.70	+2.6	541	0.0	3069	2:36.17
3/25/16	5240	2	UCR Spring, Riverside	14.90	-1.2	151	1204	24.02	+0.2	578	+1.3	3128	2:19.78
4/14/16	5269	11	Mt Sac R, Azusa	15.07	-0.3	157	1192	24.01	+2.2	569	0.0	2926	2:15.86
5/13/16	4685w	2	Summit Lea, Greenfield	15.31	+0.8	148	1116	24.44	+4.5	564	+7.1	2555	2:37.15
3/24/17	5540	1	Spring, Riverside	14.34	0.0	157	1251	23.87	0.0	609	0.0	3308	2:20.93
4/12/17	3892	14	Mt Sac R, Azusa	14.31	+0.7	160	nm	24.08	+0.4	584	+2.0	2844	dnf
5/12/17	5409	1	Summit Lea, Fargo	14.43	+0.4	151	1208	23.92	-0.1	608	0.0	3373	2:22.91
6/26/17	5499	12	USA, Sacramento	14.63	-0.8	159	1211	24.10	+0.2	598	+0.7	3500	2:19.51
<b>6/03/18</b>	<b>5574</b>	<b>1</b>	<b>Texas GA, Dallas</b>	<b>14.45</b>	<b>+2.0</b>	<b>163</b>	<b>1179</b>	<b>23.97</b>	<b>0.0</b>	<b>589</b>	<b>+1.9</b>	<b>3484</b>	<b>2:16.57</b>

PRs: 5574 / 4142      14.31+0.7 164 1278 23.57+1.4 633      3500 2:15.34  
 Indoor: 60mH: 8.77.  
 Updated: 6/15/18

# ANNIE KUNZ

DOB: February 16, 1993  
 POB: Wheat Ridge, CO  
 Ht: 5-11  
 Hometown: Denver, CO  
 High School: Wheat Ridge HS  
 College: Texas A&M 15



**2018:** 20<sup>th</sup> at Götzis and 9<sup>th</sup> at MultisStars in Firenze with 5565 score. **2016:** Placed 9<sup>th</sup> at NCAAs and followed with 8<sup>th</sup> at Olympic Trials. Runner-up at SEC outdoors with significant 5976 improvement. Breakthrough hept with 4363 home win and then placed 3<sup>rd</sup> at SEC. Dnf'd at NCAAs. **2015:** 9<sup>th</sup> at indoor SEC. **2014:** Redshirt season. **2013:** 24<sup>th</sup> at NCAAs. 8<sup>th</sup> at SEC. 5<sup>th</sup> at Texas Relays with PR 5442 score. 5<sup>th</sup> at SEC indoors. **2012:** 5<sup>th</sup> and 6<sup>th</sup> at Big 12 multis indoors and out. **High School:** Ten x Colorado state medalist, 6x gold. **Personal:** Daughter of Terry and Nancy Kunz. Majored in general Studies. Also competed for A&M soccer team.

## Career:

### Indoor:

				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
1/28/12	3508	7	A&M Challenge, C Station	8.77	155	1111	517	2:32.41
2/25/12	3823	5	Big 12, C Station	8.72	165	1165	533	2:24.54
1/25/13	3826	3	A&M Challenge, C Station	8.73	163	1216	551	2:28.37
2/22/13	3994	5	SEC, Fayetteville	8.65	172	1228	551	2:25.68
2/27/15	3961	9	SEC, Lexington	8.75	172	1222	556	2:27.50
2/06/15	3151	8	Aggie, C Station	8.76	166	1276	nm	2:31.60
<b>2/05/16</b>	<b>4363</b>	<b>1</b>	<b>A&amp;M Thomas, C Station</b>	<b>8.51</b>	<b>181</b>	<b>1278</b>	<b>594</b>	<b>2:20.78</b>
2/27/16	4277	3	SEC, Fayetteville	8.51	176	1301	588	2:21.34
3/12/16	dnf	-	NCAA I, Birmingham	8.44	177	1321	nm	dns
1/26/18	4078	3	Texas Tech, Lubbock	8.57	169	1367	551	2:24.86

### Outdoor:

				<i>100h</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>
3/29/12	5174	12	Texas R, Austin	14.17+0.6	169	1208	25.36+0.3	540+0.8	2701	2:24.19		
5/12/12	5273	6	Big 12, Manhattan	14.05+0.8	169	1261	25.26+0.3	551+2.5	2939	2:27.33		
3/28/13	5442	5	Texas R, Austin	13.85+1.1	172	1217	24.64+4.4	574+3.7	2768	2:24.20		
5/10/13	5141	8	SEC, Columbia	14.03		170	1107	24.92	555	2238	2:24.00	
6/07/13	4880	24	NCAA I, Eugene	14.27+2.7	166	1267	25.30+2.3	500+1.4	2267	2:31.81		
3/26/15	4010	18	Texas R, Austin	14.16+2.0	169	1307	25.26+2.5	nm	nm	2:36.21		
4/14/16	5904	1	Cal Invt, Azusa	13.67	0.0	175	1333	24.19+2.2	585	0.0	3399	2:14.90
5/13/16	5976	2	SEC, Tuscaloosa	13.54+0.1	178	1313	24.37+0.5	572-2.8	3977	2:16.64		
6/11/16	5784	9	NCAA I, Eugene	13.59+1.1	169	1318	24.55+0.2	555-1.1	4117	2:19.41		
<b>7/10/16</b>	<b>6038</b>	<b>8</b>	<b>USOT/USA, Eugene</b>	<b>13.56-0.2</b>	<b>175</b>	<b>1358</b>	<b>24.52+0.6</b>	<b>602+1.0</b>	<b>3872</b>	<b>2:15.58</b>		
7/30/16	dnf	-	Thorpe Cup, Fayetteville	13.97+1.2	170	1324	24.87	withdrew				
3/30/17	4600	21	Texas R, Austin	14.25+0.4	164	1272	25.74-0.3	nm	3639	2:25.79		
4/28/18	5565	9	MultiStars, Florence	14.26+0.4	172	1379	25.37+2.0	556-0.8	3754	2:23.71		
5/27/18	5831	20	Hypo-Bank, Götzis	13.87+0.3	174	1398	25.04-1.2	592+1.2	3585	2:18.64		

**PRs: 6038 / 4363**

**13.54+0.1 181 1398 24.19+2.2 602+1.0 4117 2:14.90**

**Indoor: 60mH: 8.44**

Updated: 5/28/18



# NIKKI LARCH-MILLER

DOB: August 14, 1994  
 POB:  
 Ht: 5-6  
 Hometown: San Diego, CA  
 High School: Torrey Pines HS  
 College: Wichita State '17



**2018:** posted a 5563 score at Azusa Twilight. **2017:** WSU Woodman winner with 5551 score. 11th at NCAAs indoors. **2016:** Did not compete. **2015:** Runner-up at Cal Invt with 5812 score followed by 8th place at NCAAs. **2014: 2013:** Redshirt indoors. 3rd MVC outdoors (5000). **High School: Personal:** Communications major.

### Career:

Indoor:				<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800</i>
2/01/13	3294	6	Varsity Apts, Wichita	8.77	142	1105	486	2:30.99
3/01/14	3996	1	MVC, Cedar Falls	8.57	165	1123	557	2:16.66
1/30/15	3983	1	Jennett, Cedar Falls	8.56	162	1136	583	2:21.50
2/28/15	3797	2	MVC, Cedar Falls	8.44	159	1099	588	2:34.64
12/1/16	3888	1	Shocker, Wichita	8.48	163	1130	561	2:25.58
1/26/17	4085	1	UNI Jennett, Cedar Falls	8.42	166	1152	586	2:21.11
<b>2/03/17</b>	<b>4121</b>	<b>1</b>	<b>Wilson, Wichita</b>	<b>8.27</b>	<b>162</b>	<b>1198</b>	<b>584</b>	<b>2:19.30</b>
3/10/17	4088	11	NCAA I, College Station	8.26	163	1190	564	2:17.93

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>
3/20/13	4792	2	Rice U, Houston	14.29		146	1031	25.14		539		3128 2:30.68
5/11/13	5000	3	MVC, Des Moines	14.56		157	1158	24.80		526		3191 2:27.84
4/10/14	5281w	1	Woodmans, Wichita	13.90+3.1		156	1072	24.24+4.8		545+3.8		3789 2:25.48
5/17/14	5265	2	MVC, Carbondale	14.06		155	1047	24.43		576		3706 2:23.44
<b>4/16/15</b>	<b>5812</b>	<b>2</b>	<b>Cal Invt, Azusa</b>	<b>13.63-0.2</b>		<b>159</b>	<b>1159</b>	<b>23.23+3.5</b>		<b>598+1.3</b>		<b>3954 2:16.92</b>
6/11/15	5806	8	NCAA I, Eugene	13.15+0.9		166	1053	23.36+3.2		595+1.6		3793 2:19.63
4/12/17	5551	1	Woodman, Wichita	13.62+0.2		161	1130	24.37-1.9		587+1.1		3670 2:21.93
5/13/17	5370	2	MVC, Wichita	13.48+1.7		161	1171	24.11+2.0		590+1.5		3468 2:40.01
6/10/17	dnf	-	NCAA I, Eugene	13.69-0.5		163	1156	25.05-3.1		nm		withdrew
5/11/18	5563	2	Twilight, Azusa	13.57+3.2		159	1177	24.33+2.2		581+0.5		3596 2:20.12

**PRs:** *5812 / 4121* **13.08+3.8 166 1198 23.23+3.5 617+4.8 4003 2:15.70**

**Indoor: 60mH: 8.22**

Updated: 6/14/18



# ALLISON REASER

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



**2018:** Placed 11<sup>th</sup> in Götzis. 6<sup>th</sup> at USA indoor champs and 5<sup>th</sup> at MultStars in Florence. **2017:** 6<sup>th</sup> at USA nationals and runner-up at Thorpe Cup. **2016:** 3<sup>rd</sup> at Mount Sac relays (PR 5990) and 11<sup>th</sup> at US Olympic Trials. **2014:** Mountain West and NCAAs runner-up outdoors. 15<sup>th</sup> at NCAAs indoors. **2013:** Mountain West Champion outdoors and 8<sup>th</sup> at NCAAs. **2012:** Scored a 100 point PR to place 6<sup>th</sup> at NCAAs. Won outdoor Mountain West heptathlon with PR 5653 score. Repeated as Mountain West Conf. Indoor pentathlon winner. **2011:** 18<sup>th</sup> at NCAAs. Mountain West Conference champion indoors and out with PR scores (3916 and 5408). Won UCLAs JJK heptathlon with 5361 score. **High School:** 2010 National JO hept champ. Regional CIF 300m hurdle champ. Letters in t&f, tennis, cross-country and soccer. **Personal:** parents are Rick and Adrienne Reaser, Majored in Kinesiology.

## Career:

### Indoor:

2/24/11	3916	1	Mountain West, Albuquerque	8.49	164	1169	586	2:32.14
2/23/12	3863	1	Mountain West, Albuquerque	8.39	159	1189	578	2:29.66
<b>2/27/14</b>	<b>4145</b>	<b>2</b>	<b>Mountain West, USAFA</b>	<b>8.30</b>	<b>164</b>	<b>1151</b>	<b>622</b>	<b>2:25.23</b>
3/15/14	3996	15	NCAA I, Albuquerque	8.32	158	1110	586	2:20.37
3/03/17	4047	6	USA, Albuquerque	8.45	163	1160	576	2:19.10
1/26/18	4045	4	Texas Tech, Lubbock	8.49	160	1255	579	2:21.28
2/16/18	4106	6	USA, Albuquerque	8.37	159	1182	583	2:15/29

### Outdoor:

7/28/10	5019 <sup>^</sup>	1	USATF JO, Sacramento	14.52+2.5	155	992	24.65+1.1	538+2.2	3653	2:27.39	
4/01/11	5361	1	JJK, Los Angeles	13.83-0.5	159	1166	24.49+2.0	582+0.9	3293	2:26.78	
5/12/11	5408	1	Mountain West, Ft Collins	13.87+2.5	156	1082	24.54+2.4	604+2.9	3786	2:27.69	
6/09/11	5156	18 <sup>^</sup>	NCAA I, Des Moines	14.31+2.1	154	1089	24.67-0.1	555-0.1	3584	2:25.79	
6/25/11	5359 <sup>^</sup>	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 <sup>^</sup>	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	
4/29/17	5642	11	MultiStars, Florence	13.55+0.6	163	1135	24.34-0.2	577+0.4	3678	2:16.19	
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	

6/25/17	5830	6	USA NC, Sacramento	13.65-0.1	165	1199	23.86+2.0	579+1.5	3953	2:13.87
7/30/17	5782	2	Thorpe Cup, Dusseldorf	13.57+1.9	159	1118	23.96-0.8	606+0.2	3881	2:13.49
4/28/18	5799	5	MultiStars, Florence	13.72+0.4	163	1242	24.16+2.0	589+0.3	3988	2:16.24
5/27/18	6144	11	Hypo-Bank, Götzis	13.45+0.1	165	1298	23.82-0.6	607+0.5	4454	2:11.61

PRs: 6144 / 4145

13.30+1.2 172 1317 23.82-0.6 622i 4454 2:11.10

Indoor: 60mH: 8.30.

Summary: 34 meets, 34 finishes, 8 wins, PR = 6144, Top Ten Ave: 5898.1, 2<sup>nd</sup> Ten Ave: 5640.4 ^-international junior implements

Updated 5/28/18

## LINDSAY SCHWARTZ

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



**2018:** Won Sam Adams meet with 5852 score. **2017:** Won Sam Adams meet and then placed 5<sup>th</sup> at USA nationals. 4<sup>th</sup> at Thorpe Cup. **2016:** 9<sup>th</sup> at Olympic Trials with PR 6036 score. Won Sam Adams meet with 5992 score. PR'd in season opener pent with 4073 score. **2015:** 8<sup>th</sup> at USAs with 5969 effort and then placed 3<sup>rd</sup> at Thorpe Cup. **2014:** 9<sup>th</sup> at USA Nationals. Won Sam Adams meet to open season. 6<sup>th</sup> at USA indoors with 4161 PR. **2013:** 8<sup>th</sup> at USA nationals and 3<sup>rd</sup> at Thorpe Cup with breakthrough scores. 3<sup>rd</sup> at Pan Am Cup in Ottawa with PR 5645 effort. 5<sup>th</sup> at Mt Sac Relays. 3<sup>rd</sup> at Sam Adams meet. 10<sup>th</sup> at USA indoors. **2012:** 10<sup>th</sup> at NCAAs outdoors with PR 5606 score. Won Sun Belt hept and 100 hurdles after a PR 4<sup>th</sup> place at Texas Relays (5468). Indoor pentathlon Sun Belt Con champ for 2<sup>nd</sup> consecutive year. **2011:** 13<sup>th</sup> at NCAA heptathlon in Des Moines. Sun Belt Conf heptathlon champion and record holder (5318). SBC indoor pentathlon champ. 3<sup>rd</sup> in high jump outdoors. **2010:** Runner-up at Sun Belt indoor pentathlon and winner of outdoor heptathlon. **High School:** 3x Wisconsin state hurdles (2x 100m, 1x 300m) champion. **Personal:** Major is Leisure Studies-Sports Management

### Career:

Indoor:			60h	hj	sp	lj	800m						
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:			100h	w	hj	sp	200m	w	lj	w	jav	800m	
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
<b>7/10/16</b>	<b>6036</b>	<b>9</b>	<b>USOT/USA, Eugene</b>	<b>13.72-2.9</b>	<b>166</b>	<b>1352</b>	<b>24.19+0.6</b>	<b>612+1.4</b>	<b>4153</b>	<b>2:14.29</b>
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
4/29/17	5728	7	MultiStars, Firenze	13.95+0.6	169	1218	24.91-0.2	578+1.2	3955	2:15.11
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
7/30/17	5759	4	Thorpe Cup, Dusseldorf	13.84+1.9	165	1292	24.61-0.8	588+1.0	3780	2:15.94
4/07/18	5852	1	Sam Adams, Santa Barbara	13.87-0.7	170	1357	24.29+1.0	574+1.8	3907	2:17.23
6/03/18	4066	-	Texas GA, Dallas	14.07+2.0	nh	1339	24.39 0.0	554+1.4	4112	dnf

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

Updated: 6/14/18

# ALYSSA THOMPSON

DOB:

POB:

Ht: 5-5

Hometown: Tucson, AZ

High School: Salpointe Catholic HS(AZ)'13

College: Wake Forest

Arizona'17



**2018.** dnf'd at NCAA 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 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	5135w12		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	606nwi	4203	2:23.15		
<b>5/06/18</b>	<b>5761</b>	<b>3</b>	<b>Pac-12, Stanford</b>	<b>14.26 0.0</b>	<b>162</b>	<b>1116</b>	<b>24.59+2.2</b>	<b>636+2.1</b>	<b>4114</b>	<b>2:16.04</b>		
6/09/18	dnf	-	NCAA, Eugene	16.81+0.9			withdrew					

**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: 6/11/18

# JUANITA WEBSTER-FREEMAN

DOB: November 13, 1996  
 POB:  
 Ht: 5-7  
 Hometown: Redlands, CA  
 High School: Redlands HS'15  
 College: Cerritos JC'17



**2018:** 7<sup>th</sup> at Bryan Clay and then PR 5788 score to win Azusa Twilight. **2017:** 14<sup>th</sup> at USA champs. Undefeated in 4 CE at Community College level. **2016:** Undefeated in 4 CEs including Cal Community College title. PR was 5188. Ran X-C. **High School:** Runner-up at Arcadia Prep hept. **Personal:** Daughter of Jevita Webster. Youngest of 15 brothers and 5 sisters!! Kinesiology major

## Career:

### Indoor

60h hj sp lj 800

### Outdoor:

100 h w hj sp 200m w lj w jav 800m

4/07/15	4971	2	Arcadia Prep, Arcadia	14.39+0.8	157	913	25.61+1.3	566+1.2	2970	2:20.02
2/27/16	4979	1	Cerritos Opener, Norwalk	15.30nwi	169	869	25.78nwi	551nwi	3518	2:22.01
3/18/16	5188	1	UNLV Tarr, Las Vegas	14.48nwi	168	1025	25.96nwi	565+1.3	3363	2:21.08
4/06/16	5091	1	S Cal CC, Norwalk	14.37nwi	162	1057	25.73nwi	586nwi	2589	2:20.94
5/21/16	4846	1	CCCAA, San Diego	15.24-0.3	152	1052	26.51+0.5	555nwi	3677	2:25.14
2/24/17	4999	1	Cerritos Opener, Norwalk	15.19-0.9	173	1092	26.41nwi	537nwi	3354	2:26.93
3/17/17	5399	1	UNLV Tarr, Las Vegas	14.20+0.2	173	990	25.12+0.1	581+0.9	3770	2:25.96
4/04/17	5471	1	S Cal CC, Norwalk	13.99-0.4	160	1037	25.69-2.0	558+0.9	4132	2:23.13
5/20/17	5424	1	CCCAA, Sacramento	13.96-0.6	175	1036	25.02+1.7	558+0.4	3632	2:24.27
6/26/17	5376	14	USA, Sacramento	14.06-0.8	177	994	25.65+0.8	565+1.4	3542	2:22.66
7/05/17	5607	4	Pan Am Cup, Ottawa	13.90+1.3	179	1057	25.59+0.5	573+0.4	4038	2:21.39
4/14/18	5585	1	Cerritos Invt, Norwalk	14.04-0.5	183	1247	25.00-0.5	541+2.0	3850	2:27.00
4/20/18	5558	7	Bryan Clay, Azusa	14.17+0.7	178	1247	25.33+1.5	578+0.3	3715	2:29.18
<b>5/11/18</b>	<b>5788</b>	<b>1</b>	<b>Twilight, Azusa</b>	<b>13.60+3.2</b>	<b>180</b>	<b>1215</b>	<b>25.71+2.2</b>	<b>591+0.7</b>	<b>3821</b>	<b>2:21.89</b>

**PRs:** 5788

**13.60+3.2 183 1247 25.00+0.5 610+3.0 4272 2:20.94**

**Indoor: 60mH:**

Updated: 6/16/18

# 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:** 11<sup>th</sup> at NCAA. 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 hj sp lj 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 hj sp 200m w lj w jav 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+3.4</b>	<b>169</b>	<b>1156</b>	<b>24.91+3.9</b>	<b>573-0.5</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	
6/09/18	5667	11	NCAA, Eugene	13.85-0.1	166	1256	25.00+0.8	562-1.9	4324	2:20.92	

**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: 6/11/18

## Added:

## Becky Collier

DOB: 1/14/95 Riverside, CA Santa Barbara Track Club, Westmont'17, 2016, 2017 NAIA champ  
 2018 scores:

<b>5/11/18</b>	<b>5351</b>	<b>4</b>	<b>Twilight, Azusa</b>	<b>14.33+1.1</b>	<b>174</b>	<b>1058</b>	<b>25.83+1.2</b>	<b>555+1.8</b>	<b>3755</b>	<b>2:21.57</b>
6/03/18	5218	2	Texas GA, Dallas	14.56+2.0	172	1050	25.91 0.0	543+2.2	3447	2:19.61
Indoor:										
2/16/18	3813	10	USA, Albuquerque	8.87	162	1041	569	2:21.38		
<b>PRs:</b>	<b>5351 / 3813</b>	<b>14.33+1.1 178 110425.73+2.4 569+1.1 3755 2:19.68</b>								

