

# WOMEN'S HEPTATHLON HANDBOOK & MEDIA GUIDE



## 9<sup>th</sup> THORPE CUP USA vs GERMANY TEAM HEPTATHLON

MARBURG, GERMANY  
July 26-27, 2014



by:  
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## Heptathlon Schedule:

**Saturday** [athlete intros at 11:45]

**July 26, 2014**

100 Hurdles TBA  
High Jump  
Shot Put  
200m

**Sunday**

**July 27, 2014**

Long Jump TBA  
Javelin  
800 m

## Team Rosters:



### Team USA:

	dob	hometown	affiliation	PR	'14 best
Erica Bougaard	July 26, 1993	Byhalia, MS	Mississippi St '16	6118	6118
Ryann Kraiss	March 21, 1990	Eagleville, PA	Nike/Kansas St '12	6030	5549
Breanna Leslie	August 11, 1991	Mesa, AZ	unat/Azusa Pacific	5893	5838
Heather Miller	March 30, 1987	New York City	CPTC-NB/St Cloud '10	6100	6100
Barbara Nwaba	Jan. 18, 1989	Santa Barbara	SBTC/UCSB	6307	6307
Allison Reaser	Sept. 3, 1992	El Segundo, CA	San Diego St '14	5917	5917
Sami Spenner	March 21, 1991	Columbus, NE	Nebraska-Omaha	6003	6003

**Women's Staff:** Head Coach: Cliff Rovelto, Kansas State University,  
Assistant Coach: Lori Shepard, Vanderbilt University



### Team Germany:

	Club	dob	PR	'14 best
Arndt, Mareike	LG Filstal	1992	5709	5709
Biesenbach, Alina	TVS Bayer Leverkusen	April 27, 1992	5767	no mark
Fleming, Annett	LG Jena	May 4, 1984	5918	5918
Maiwald, Anna	TVS Bayer Leverkusen	Jan. 1, 1990	5894	5894
Schwerdtner, Maren	Hannover 96	Oct. 3, 1985	6167	6038

### Substitute

### Coaches

Erik Schneider (women's coach), Assistant: Andreas Bernshausen

## Women's Thorpe Cup History

### Individual Winners:

Year	score	winner	affiliation	site	
2006	5799	Julia Machting	GER	Manhattan, KS	MR
2007	6022	Lela Nelson	USA	Bernhausen	MR
2008	6029	Lela Nelson	USA	Manhattan, KS	MR
2009	5990	Liz Roehrig	USA	Marburg	
2010	5984	Bette Wade	USA	Marburg	
2011	6052	Bette Wade	USA	Chula Vista	MR
2012	5878	Kira Biesenbach	GER	Marburg	
2013	6135	Kiani Profit	USA	Chula Vista	MR

## Team Winners:

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

## Meet Results [2006-2013]

### 2006 Manhattan, KS

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

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

### 2007 Bernhausen

8/18-19/07

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

Guests:

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

#### Team Scores

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

### 2008 Manhattan, KS

7/2-3/08

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

#### Team Results:

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

### 2009 Marburg, GER

8/8-9/09

5990	Roehrig, Liz/USA	14.03+1.2	183	1297	24.90	0.0	612+1.0	4193	2:22.67
5974	Schultz, Christine/GER	13.75+1.1	174	1299	25.28	0.0	613+1.0	4176	2:16.03
5941	Rath, Claudia/GER	14.07+1.2	177	1156	24.85	0.0	641-1.0	3960	2:17.45

5675	Svchwerdtner, Maren/GER	14.17+1.1	168	1342	25.00	0.0	612+1.0	4203	2:27.81	
5576	Rudiger, Julia/GER	13.75+1.1	177	1146	24.77	0.0	591	0.0	3654	2:32.25
5469	McNaney, Dani/USA	14.19+1.1	165	1129	25.72	0.0	577+1.0	3878	2:17.23	
5413	Schrader, Annelie/GER	14.23+1.2	165	1136	26.14	0.0	560	0.0	4867	2:29.01
5191	Hill, Kasey/USA	14.19+1.2	165	1185	24.79	0.0	521-1.6	3299	2:26.55	
5143	McFadden, Kalindra/USA	14.55+1.1	156	1123	25.55	0.0	527-1.0	3707	2:17.35	
4919	Nelson, Lela/USA	13.79+1.1	180	1076	25.02	0.0	639+1.1	3105	dnr	
Guests:										
5616	Adams, Aisha/USA	13.77+1.2	174	1119	24.98	0.0	607+1.0	3331	2:22.11	
5568	Pearson, Emily/USA	14.03+1.2	168	1129	25.22	0.0	57?+1.0	4744	2:25.39	
5549	Pickler, Julie/USA	14.07+1.2	171	1177	24.94	0.0	562+1.0	3923	2:22.65	
<b>Team Scores:</b> Germany 17,590; USA 16,650										

### 2010: Marburg 8/7-8/10

5984	Wade, Bette/USA	13.91+2.2	183	1307	25.33-0.9	624+1.6	3709	2:17.89		
5779	Krais, Ryann/USA	13.85+2.2	177	1061	25.49-0.9	592+0.9	4075	2:13.05		
5755	Stechschulte, Abbie/USA	13.77+2.2	168	1274	25.05-0.9	589+1.5	3768	2:15.71		
5611	Pearson, Emily/USA	13.99-0.3	168	1187	25.31-1.1	568+0.6	4529	2:24.24		
5607	Kiffe, Christina/GER	14.39-0.3	183	1188	26.61-1.1	587	0.0	4637	2:31.92	
5514	Hill, Kasey/USA	14.07-0.3	168	1244	25.45-1.1	553	0.0	3704	2:17.31	
4711	Maiwald, Anna/GER	14.41-0.3	171	1195	25.89-1.1	nm	4295	2:26.79		
3864	Schrader, Annelie/GER	dnf	168	1167	26.07-0.9	602+0.8	4420	dnf		
Guests:										
5465	Adams, Aisha/USA	14.19-0.3	168	997	25.01-1.1	574	+0.5	3981	2:19.19	
5198	Bradford, Adreona/USA	14.07+2.2	171	995	25.45-0.9	564+1.2	2910	2:22.49		
<b>Team Scores:</b> USA 17,518; Germany 14,182.										

### 2011: Chula Vista 8/13-14/11

6052	Wade, Bette/USA-Nike	13.77+1.9	184	1374	25.05+1.5	618+3.0	3551	2:16.85		
5858	Rath, Claudia/GER	14.16+1.9	169	1277	25.28+1.9	624+1.2	3752	2:11.48		
5831	Krais, Ryann/USA-Kansas St	13.61+1.9	172	1152	24.92+1.9	573+1.5	3904	2:09.10		
5728	Pearson, Emily/USA-unat	13.89+1.9	172	1161	24.76+1.9	561+1.3	4286	2:17.56		
5646	Scheafer, Carolin/GER	14.11+1.8	172	1176	24.89+1.9	561+3.2	4600	2:25.78		
5615	Stechschulte, Abbie/USA-unat	13.92+1.8	163	1316	25.38+1.5	609+1.1	3279	2:17.55		
5611	Gambetta, Sara/GER	14.95+1.8	175	1429	25.23+1.9	584+2.6	4348	2:34.85		
5545	Nwaba, Barbara/USA-UCSB	17.33+1.8	181	1269	24.83+1.9	560+3.2	4660	2:17.20		
5484	Weber, Liane/GER	14.16+1.9	166	1173	25.96+1.5	576+1.0	3930	2:18.29		
5462	Saumweber, Styefanie/GER	13.66+1.9	169	1190	25.93+1.5	609+2.2	3539	2:31.01		
4404	Lettow, Lindsay/USA-C Missouri	14.27+1.8	166	1050	26.18+1.5	568+3.2	3442	dnf		
<b>Team Scores:</b> United States 17,611; Germany 17,115										

### 2012: Marburg 7/21-22/12

5878	Biesenbach, Kira/GER	13.96+1.7	171	1321	24.18+2.5	598+0.6	3784	2:17.77		
5795	Wade, Bette/USA	13.98+1.6	174	1300	25.44+2.5	620+1.2	3549	2:18.47		
5783	Carrier-Eades, Chelsea/USA	13.11+1.6	165	1036	23.84+2.5	610+3.1	3331	2:13.66		
5754	Nwaba, Barbara/USA	13.80+1.7	180	1265	24.52+2.5	534+0.4	3526	2:14.31		
5696	Maiwald, Anna/GER	13.98+1.6	159	1209	24.28+2.5	561-1.1	4582	2:17.42		
5677	Biesenbach, Alina/GER	14.54+1.7	174	1223	26.05+1.5	614+1.5	4125	2:20.41		
5530	Lettow, Lindsay/USA	14.04+1.7	174	1127	25.15+1.5	562+0.8	3567	2:18.13		
5385	Udelhoven, Tilia/GER	14.15+1.6	156	1205	25.03+1.5	601+1.2	3263	2:20.89		
5225	Mrotzek, Simone/GER	14.60+1.7	165	1068	26.49+1.5	579-0.6	3749	2:21.63		
4967	Krais, Ryann/USA	14.11+1.6	177	1137	25.47+1.5	nm	3988	2:12.05		
5729g	Miller, Heather/USA	14.12+1.0	165	1089	24.85+1.4	639+2.8	3911	2:17.22		
5316g	Adams, Aisha/USA	14.06+1.0	162	1053	24.79+1.4	575+1.6	3317	2:21.30		
	Schwarzkopf, Lilli/GER	13.42+1.0	180		24.75+1.4	632-0.9				
	Oeser, Jennifer/GER	13.64+1.0	177	1322						
	McMillan, Chantae/USA	13.78+1.0	168							
<b>Team Scores:</b> USA 17,332; Germany 17,251 diff= 81										

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

6135	Profit, Kiana/USA	13.52+1.2	169	1232	23.98+1.3	611+2.3	4234	2:09.37
6000	Carrier-Eades, Chelsea/USA	12.90+1.2	166	1162	23.55+1.3	639+2.2	3203	2:14.01
5982	Schwartz, Lindsay/USA	13.78+1.2	166	1194	24.06+1.8	615+1.5	4247	2:12.85
5898	Spenner, Sami/USA	14.31+0.7	172	1194	23.67+1.3	616+3.1	3630	2:13.18
5848	Miller, Heather/USA	13.83+0.7	169	1161	24.26+1.8	616+2.6	3593	2:12.80
5794	Maiwald, Anna/GER	13.97+1.2	166	1248	24.05+1.3	565	4288	2:16.54
5663	Lettow, Lindsay/USA	13.80+0.7	172	1193	25.07+1.8	570+1.9	3623	2:15.40
5621	Krais, Ryann/USA	13.79+0.7	166	1241	25.46+1.8	593+2.1	3650	2:18.37
5384	Mrotzek, Ailvia/GER	14.34+0.7	169	1174	26.33+1.8	550	3978	2:19.64
5186	Biesenbach, Alina/GER	14.94+1.2	172	1292	26.37+1.3	574	3833	2:40.66
5180	Mrotzek, Simone/GER	14.68+0.7	163	1112	26.52+1.8	575	3608	2:21.35
5035	Schwerdtner, Maren/GER	13.87+1.2	169	1323	24.58+1.3	606	3963	dnf

12s,12f.

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

# ATHLETE'S BIOS

## Germany Delegation:

### ARNDT, MAREIKE

**DOB:** 1992 (22 yrs old),

**Progression:** 2014: 5709. Coach

**Club:** LG Filstal

Career Synopsis:

5/25/14	5709	3	SSV Ulm, Ulm	13.93+1.3	161	1296	24.38+2.1	579-1.8	3930	2:17.08
6/29/14	5527	8	Erdgas, Ratingen	14.23	160	1267	24.61+0.9	565	3845	2:19.20



**PRs:** 5709

**13.93+1.3 161 1296 24.38+2.1 579-1.8 3930 2:17.08**

### BIESENBACH, ALINA

**DOB:** 4/27/92, (22 yrs old), born: Leverkusen

**Career:**

**Progression:** 2010: 5180, 2011: 5339, 2012: 5582, 2013: 5767. 2014 no mark. Coach:

**Club:** TVS Bayer Leverkusens

*Indoor:*

1/27/13	4067		Kalbach, Frankfurt	9.15	176	1234	598	2:25.89
2/02/14	4226	1	Kalbach, Frankfurt	9.13	178	1378	598	2:23.44

*Outdoor:*

6/15/12	5582		Erdgas, Ratingen	14.76+0.1	175	1251	26.27+0.4	590+1.0	4074	2:20.01
7/22/12	5677	6	Thorpe Cup, Marburg	14.54+1.7	174	1223	26.05+1.5	614+1.5	4125	2:20.41
6/16/13	5767		Erdgas, Ratingen	14.66+1.9	178	1311	26.35-1.4	602+1.0	4324	2:18.78
7/28/13	5186	10	Thorpe Cup, Chula Vista	14.94+1.2	172	1292	26.37+1.3	574	3833	2:40.66



**PRs:** 5767 / 4226

**14.54+1.7 180 1378 26.05+1.5 614+1.5 4324 2:18.78**

### ANNETT (nee WICHMANN) FLEMING

**DOB:** May 4, 1984

**POB:** Jena, Thuringia, Germany

**Ht:** 5-11

**Hometown:** Jena, GER

**High School:** SportGymnasium, Jena, GER

**College:** Hawaii-Manoa '09



**2014:** 4th at Mt Sac Relays with PR 5914 effort. **2012:** Won Mt Sac Relays with PR 5851 score. **2011:** 4th at Mt Sac Relays. **2009:** Won 3<sup>rd</sup> consecutive WAC indoor pentathlon title, then placed 7<sup>th</sup> at NCAAs. Runner-up at Mount Sac Relays and won a 4<sup>th</sup> WAC heptathlon crown. **2008:** 6<sup>th</sup> at NCAA heptathlon with PR 5670 score. Opened outdoor season with 4th place at Mt Sac Relays then won WAC crown. Washington Huskie and WAC champ at indoor pentathlon, then 4<sup>th</sup> at NCAAs (4177). **2007:** 11<sup>th</sup> at NCAA indoor pentathlon. 9<sup>th</sup> at NCAAs after wining WAC crown. **2006:** Won the Western Athletic Conference champs with 5374 score. Placed 17th at NCAA (5191). Won the silver medal in the pentathlon at the WAC Indoor Championship. **Prep:** A 2004 graduate of SportGymnasium Jena in Thuringia, Germany, and. has 5636 PR. German University champ in shot put and relay. Attended the World Youth Championship in Hungary in 2001. **Personal:** Intends to double-major in kinesiology and psychology. Parents are Hannelore and Dieter Wichmann. Greatest athletic accomplishment is being the 2001 U18 WC in Hungary.

**Career:**

<b>Indoor:</b>				<u>60h</u>	<u>hj</u>	<u>sp</u>	<u>lj</u>	<u>800m</u>
2/25/06	3741	2	WAC, Boise	9.23	165	1397	522	2:31.65
1/26/07	4039	1	U-Wash, Seattle	9.14	172	1391	548	2:21.99
2/24/07	3830	1	WAC, Nampa	9.18	163	1355	542	2:26.37
3/10/07	4007	11	NCAA I, Fayetteville	9.01	172	1261	544	2:19.18
2/02/08	4027	1	U Washington, Seattle	8.99	173	1321	534	2:19.60
2/28/08	3936	1	WAC, Boise	9.08	172	1312	540	2:24.92
<b>3/15/08</b>	<b>4177</b>	<b>4</b>	<b>NCAA, Fayetteville</b>	<b>8.95</b>	<b>175</b>	<b>1411</b>	<b>554</b>	<b>2:19.68</b>
1/30/09	3919	3	U Washington, Seattle	9.20	169	1420	528	2:24.45
2/26/09	4034	1	WAC, Boise	8.98	171	1412	551	2:25.65
3/13/09	4118	7	NCAA, College Station	9.05	175	1380	558	2:21.86

<b>Outdoor:</b>				<u>100h</u>	<u>w</u>	<u>hj</u>	<u>sp</u>	<u>200m</u>	<u>w</u>	<u>1<sup>st</sup>day</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
8/23/03	5267	5	German Nat Jr, Wesel	15.05	+1.3	166	1188	26.74	+1.8	3028	560	+2.4	4155	2:20.76
9/05/04	5403	4	Ger u 23, Vaterstetten	14.88	-0.2	166	1269	26.15	-0.8	3155	536	-0.1	4557	2:20.67
6/26/05	5636	8	Invt, Ratingen, GER	14.60	+0.4	170	1319	26.18	0.0	3271	567	-0.3	4464	2:17.46
4/13/06	dnf	-	Cal Invt, Azusa	14.91	+1.4	165	1390	26.47	+1.5	3193	withdrew			
5/11/06	5374	1	WAC, Honolulu	14.81	+1.4	166	1393	26.59	+1.7	3208	535	-0.3	4305	2:23.01
6/08/06	5191	17	NCAA I, Sacramento	15.24	+0.9	169	1394	27.04	-1.9	3150	516	-0.2	3873	2:22.10
4/13/07	5413	4	Mount SAC R, Azusa	14.83	+0.7	172	1292	26.72	+3.4	3200	550	nwi	4274	2:22.29
5/10/07	5557	1	WAC, Fresno	14.73	-1.7	178	1301	26.22	0.0		547	-0.7	4197	2:19.97
6/09/07	5649	9	NCAA I, Sacramento	14.48	+2.2	175	1355	26.03	+1.1	3387	540	0.0	4478	2:17.46
4/ /08	dnf	-	Cal Multis, Berkeley	15.14	+1.7	166	1306	27.15		withdrew				
4/17/08	5521	4	Mt Sac R, Azusa	14.77	+2.5	168	1288	26.60	+2.3	3166	575	+1.7	4381	2:18.80
5/15/08	5266	1	WAC, Boise	15.02	+3.0	171	1264	26.54	+4.5	3161	532	-0.6	4667	2:32.54
6/12/08	5670	6	NCAA, Des Moines	14.51	+1.9	178	1246	26.51	+2.8	3305	561	+2.7	4681	2:19.18
4/16/09	5334	2	Mt Sac R, Azusa	15.06	+3.1	169	1351	26.86	+3.2	3161	520	+1.3	4496	2:22.01
5/14/09	5450	1	WAC, Logan	14.99	-0.2	173	1348	26.67	-1.3		546	0.0	4639	2:26.35
6/12/09	5675	7	NCAA I, Fayetteville	14.62	-0.1	178	1377	26.28	-1.8		549	+1.2	4660	2:22.74
4/15/11	5760	4	Mt Sac R, Azusa	14.48	+1.8	176	1275	26.02	+2.2		563	+2.1	4680	2:16.07
4/19/12	5851	1	Mt Sac R, Azusa	14.35	+0.9	176	1342	26.13	+1.4		572	+1.1	4592	2:14.00
3/28/14	5643	1	Spring B, Riverside	14.48	+0.4	168	1317	26.36	0.0		547	+1.2	4797	2:15.60
<b>4/17/14</b>	<b>5914</b>	<b>4</b>	<b>Mt Sac R, Azusa</b>	<b>14.06</b>	<b>+0.3</b>	<b>172</b>	<b>1401</b>	<b>25.46</b>	<b>+3.7</b>		<b>577</b>	<b>+1.5</b>	<b>4586</b>	<b>2:16.68</b>

**PRs:** 5914 / 4177 14.06+0.3 178 1602 25.46+3.7 583+1.6 4842 2:14.00  
**Indoor:** 60H: 8.93

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**MAIWALD, ANNA****DOB:** 1/1/1990 (24 yrs old),**Career:** 2009 National Junior Champion;**Progression:** 2008: 5224; 2009: 5411; 2010: 5452, 2012: 5658; 2013: 5863; 2014: 5894. Coach**Club:** TVS Bayer Leverkusen; former club: TSV Ostringen.

5/25/12	5658	4	SSV Ulm, Ulm	14.16	+0.3	166	1199	24.51	0.0	566	+0.6	4320	2:19.78	
6/17/12	5612	7	Ratingen	14.11	+0.1	163	1198	24.65	-0.2	565	+1.0	4266	2:19.04	
7/22/12	5696	5	Thorpe Cup, Marburg	13.98	+1.6	159	1209	24.28	+2.5	561	-1.1	4582	2:17.42	
6/16/13	5863	6	Ratingen	13.73	+1.4	163	1278	24.39	-1.4	572	+0.6	4605	2:16.70	
7/28/14	5794	6	Thorpe Cup, Chula Vista	13.97	+1.2	166	1248	24.05	+1.3	565		4288	2:16.54	
5/25/14	5894		SSV Ulm, Ulm	14.00	+1.4	170	1332	24.03	+2.1	564	+0.9	4238	2:15.92	
6/29/14	dnf	-	Erdgas, Ratingen	13.90	+1.0	169	1252	24.31	+0.9	564	+0.3	withdrew		

**PRs:** 5894 13.73+1.4 170 1332 24.03+2.1 583+0.2 4605 2:15.92



# SCHWERDTNER, MAREN

**DOB:** October 3, 1985 (28 yrs old),

**Career:** 2001 World Youth, 100mhurdles

**Progression:** 2003: 5585; 2004: 5603; 2005: 5835; 2006: 5865; 2007: 6096; 2009: 5765; 2010: 6167; 2011: 6039; 2012: 6154; 2013: 5035; 2014: 6038. Coach

**Club:** Hannover 96

## Career Synopsis:

### Indoor:

1/29/12 4318 Dortmund 8.61 175 1338 630 2:28.37

### Outdoor:

7/31/10 6167 Barcelona  
5/27/12 6154 17 Hypo Bank, Götzis 13.62+0.2 173 1377 24.46+1.9 644+1.3 4456 2:23.89  
6/15/12 6000 Erdgas, Ratingen 13.66+0.9 172 1330 24.73-0.2 637+1.0 4144 2:23.60  
7/28/13 5035 12 Thorpe Cup, Chula Vista 13.87+1.2 169 1323 24.58+1.3 606 3963 dnf  
5/25/14 6038 1 SSV Ulm, Ulm 13.61+1.4 173 1411 24.33+2.1 613-0.6 4290 2:35.51

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**PRs:** 6167

**13.48+1.2 183 1411 24.07+0.7 644+1.3 4633 2:20.31**

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## USA Delegation:



## Head Coach: CLIFF ROVELTO

### Kansas State U

Under the direction of Cliff Rovelto, the Kansas State track and field program has not only experienced a consistent stream of success, but has also established itself as a force among fellow elite programs in the nation. In 2013-14, Rovelto begins his 22nd season as the head coach at Kansas State and his 26th at the school overall.

The steady progression of the K-State program culminated in 2001 with Rovelto being honored by his peers as the women's outdoor National Coach of the Year by the U.S. Track Coaches Association.

During his tenure, he has led Kansas State to back-to-back Big 12 Conference women's outdoor team championships in 2001 and 2002 and has earned consecutive Midwest Region Coach of the Year honors, giving him five such honors in his 21 seasons as the Wildcats' head coach. Prior to the start of the 2005 season, Rovelto earned the United States Women's Track and Field College Coaches Award for Service at the USA Track and Field Convention. Rovelto was nominated by his peers and selected by the officers of USA Track and Field as the 2007 recipient of the John Bennett Decathlon Award.

Since becoming the head coach in November of 1992, the men's and women's cross country, indoor and outdoor track and field programs have earned 196 All-American certificates and 125 individual conference championships. Over his 25 seasons at K-State, Rovelto has personally directed 56 individuals to 136 NCAA All-America certificates, as well as 54 individuals to 82 conference event championships.

The success Rovelto has cultivated at Kansas State has propelled him onto the international coaching stage with the United States Track and Field Association eight times.

An internationally recognized authority in combined events who helped write and teach the curriculum for the U.S. combined events coaching education program, Rovelto is a Level II combined event instructor, and is one of two coaches in the U.S. to coach multiple combined event athletes to over 8,000 points in the decathlon and 6,000 points in the heptathlon.

He has also served as head coach of the U.S. Decathlon Team in dual meets with Germany in 1997 and 2003. He also was named to the U.S. coaching staff for the 2002 World Cup and the 2003 World Outdoor Championships in Paris. In 2010 Rovelto was on the staff for American's Team for the IAAF Continental Cup held in Split, Croatia.

Under Rovelto's tutelage, combined-events athletes have earned 22 All-American certificates and won 15 conference titles. He has coached several internationally known multi-event athletes, including former Wildcat Austra Skujyte, who claimed the 2001 and 2002 NCAA heptathlon championships and set a collegiate record in the pentathlon while at K-State.

A native of Ancon, Panama, Rovelto spent seven years coaching at his alma mater, the University of Kansas. He was a graduate assistant on the men's team from 1981 to 1983 before becoming a full-time women's assistant and cross country coach in 1983. He became the interim head coach for women at Kansas in 1987. While with the Jayhawks, he coached eight All-Americans and seven Big Eight champions in five different events. His women's team broke 24 school records during his tenure. Rovelto began his full-time coaching career at McLouth (Kan.) High School in 1979. While there, he coached one high school All-American, six state champions and five state record-holders.

Rovelto is married to his wife Karol Rovelto, (formerly Damon), who serves as the director of operations for the track and field and cross country teams as well as an assistant coach. She was a professional high jumper and competed at 2000 Olympic Games in Sydney. The couple lives in Manhattan.



## **Assistant Coach: LORI SHEPARD**

### **Vanderbilt University**

Lori Shepard has completed her seventh season at the helm of Vanderbilt women's track and field. In recent years, Shepard has watched as one of her student-athletes contended for an individual national title and numerous others set competitive personal bests.



During her tenure, Shepard also has revitalized the program while overseeing an extensive update of facilities, including a Mondo surface complex on campus that served as the host site for the 2005 Southeastern Conference Track and Field Championships. Shepard's journey to the SEC head coaching ranks began two decades ago as a graduate assistant in track and cross country at Indiana University. While earning a master's in kinesiology, she apprenticed under Hoosier head coach Sam Bell, a legendary figure in American track and field.

After her time at Indiana, Shepard moved on to Eastern Michigan University where she coached the sprints, hurdles and jumps. From 1985-89, she served as a coach and teacher at Evangelical Christian High School on Florida's Gulf Coast.

Shepard also has plenty of experience on the international stage. Last year, she served as head coach of the U.S. squad at the NACAC Under-23 Championships in Canada. Previously, she coached Team USA to victory in a heptathlon competition against Team Canada in 1998, and had taught at clinics in Central America, Puerto Rico, Australia and the United States.

Shepard attended Taylor University in Indiana, where she is considered one of the school's finest athletes. She was the NAIA national high jump champion, and a five-time NAIA All-American. She was a four-time team MVP and a two-time winner of the school's Female Athlete of the Year Award. Shepard became just the second woman inducted into Taylor's Athletic Hall of Fame.

A native of Neenah, Wisconsin, Shepard also serves as a club coach for the Fellowship of Christian Athletes at Vanderbilt.

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# ERICA BOUGARD

DOB: July 26, 1993  
 POB: Memphis, TN  
 Ht: 5-6  
 Hometown: Byhalia, MS  
 High School: Byhalia HS  
 College: Mississippi St '15



**2014:** Redshirt outdoor season. Place 3rd with new career best score (6118) a USAs. Indoors set CR of 4586 at NCAAs in Albuquerque but it lasted less than 5 seconds. She pace 2nd. Captured SEC indoor crown with PR 4458 score, # 5 all-time college performer. **2013:** 24th at IAAF world champs. 3rd at USA nationals qualifying for spot on IAAF world champs team. 4<sup>th</sup> at NCAAs with PR 5976 score. SEC winner with yet another PR, 5786 points. Texas Relays winner with PR 5649 score. Was surprise NCAA indoor heptathlon winner (4399) using 4 second 800m PR. After cruising to 4190 PR win at Air Force Academy, has major PR score going but failed to finish SEC meet. **2012:** Won USA Junior title, then placed 13<sup>th</sup> at IAAF world junior champs. 5<sup>th</sup> at Texas Relays and 4<sup>th</sup> at SEC (5532) in initial career heptathlons. 10<sup>th</sup> at NCAAs indoors. Runner-up at SEC indoor meet with PR 4109 score. 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
1/24/13	4190	1	Air Force Pent, USAFA	8.40	170	1037	633	2:22.58
2/22/13	3582	?	SEC, Fayetteville	8.35	178	1099	643	dnf
3/09/13	4399	1	NCAA I, Fayetteville	8.34	175	1100	611	2:10.80
1/16/14	4207	1	Samford, Birmingham	8.58	176	1149	599	2:22.48
2/27/14	4458	1	SEC, C Station	8.37	178	1248	614	2:15.41
<b>3/15/14</b>	<b>4586</b>	<b>2</b>	<b>NCAA I, Albuquerque</b>	<b>8.31</b>	<b>179</b>	<b>1251</b>	<b>629</b>	<b>2:12.63 CR</b>

#### Outdoor:

3/29/12	5382	5	Texas R, Austin	14.01+0.1	166	939	24.50-0.7	589+1.9	3079	2:16.78
5/11/12	5532	4	SEC, Baton Rouge	13.94-1.1	170	989	24.19-0.7	611+0.3	2711	2:14.16
6/ /12	5547	1	USA Jr, Bloomington	13.79-1.6	175	946	24.61-0.6	603-0.3	2837	2:14.39
7/13/12	5410	13	IAAF World Jr, Barcelona	13.73-1.0	172	1022	24.64-1.5	582+2.5	2430	2:15.36
3/28/13	5649	1	Texas R, Austin	13.39+1.3	181	1033	24.20+1.1	587+2.8	2641	2:17.34
5/10/13	5786	2	SEC, Columbia	13.40+1.1	176	1070	23.93+0.6	601-0.3	3253	2:17.82
6/07/13	5976	4	NCAA I, Eugene	13.37+1.2	175	1107	23.84+2.3	625+0.4	3428	2:13.75
6/20/13	5990W	3	USA, Des Moines	13.53+4.9	178	1037	23.56+0.1	622+2.6	3460	2:12.25
8/13/13	5829	24	IAAF WC, Moscow	13.69-0.6	180	1127	24.59 0.0	601+0.6	3262	2:13.72
<b>6/29/14</b>	<b>6118</b>	<b>3</b>	<b>USA, Sacramento</b>	<b>13.28+0.9</b>	<b>178</b>	<b>1132</b>	<b>23.33+2.6</b>	<b>621+2.0</b>	<b>3305</b>	<b>2:09.54</b>

**PRs: 6118 / 4586**

**13.28+0.9 181 1251 23.33+2.6 643i 3550 2:09.54**

**Indoor: 60mH: 8.31**

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# RYANN KRAIS

DOB: March 21, 1990  
 POB: Philadelphia, PA  
 Ht: 5-9  
 Hometown: Eagleville, PA  
 High School: Methacton HS  
 College: UCLA  
 Kansas St '12



**2014:** 4th at Drake Relays and 12th at USA nationals. **2013:** No indoor season. Opened outdoors with 5781 score at Click in Tucson and then place 4th at USA nationals. **2012:** 7th at US Olympic Trials. 14th at NCAAs after winning Big 12 heptathlon with 5661 score. Began outdoor season with 4th place 5694 effort at Arizona's Click Multis. Big 12 indoor pentathlon winner with 4079 effort, then placed 5th at NCAA with PR 4142 score. **2011:** Was runner-up at USA nationals with PR 6030 effort just two weeks after she became NCAA champion with PR 5961 in rainy Des Moines. Finished 3rd at Thorpe Cup. 6th at NCAA indoor pentathlon, then opened outdoor season with PR 5848 2nd place effort at Texas Relays. Transferred to Kansas St, scored 4021 in first indoor meet. Big 12 400H champ and NCAA qualifier (PR 56.06). **2010:** Scored huge PR for 2nd at USA vs Germany Thorpe Cup in Marburg, 5779. 16th at NCAAs. Pac-10 runner-up. Won Mountain Pacific SF title with 4041 PR total. 10th at NCAA indoors. **2009:** Opened season with 3rd place in Johnson/JJK heptathlon, then placed 4th at Pac-10 with PR 5606 score. **High School:** 9th at IAAF World Junior heptathlon (5457). Competed in 2008 Olympic Trials in 400m hurdles, 9x PA state champion. National class records for heptathlon for soph and junior years. Won GreatSouthwest heptathlon with 5522w (#2 all-time hs, all conditions). **Personal:** Daughter of John and Janelle Kraiss. Pre-psychology major.

## Career:

### Indoor:

			60h	hj	sp	lj	800m
			3823				
2/27/09	3896	Mountain Pacific, Seattle	8.69	164	1159	538	2:18.94
2/12/10	3980	Boise State, Nampa	8.91	170	1085	569	2:17.71
2/26/10	4041	1 Mountain Pacific, Seattle	8.84	177	1066	553	2:16.34
3/13/10	3959	10 NCAA, Fayetteville	8.97	171	1056	564	2:17.44
1/29/11	4021	1 SEC/Big 12, College Station	8.80	170	1072	553	2:12.55
3/11/11	4115	6 NCAA, College Station	8.71	172	1136	643	2:09.93
2/24/12	4079	1 Big 12, College Station	8.74	171	1159	552	2:14.01
<b>3/10/12</b>	<b>4142</b>	<b>5 NCAA I, Nampa</b>	<b>8.60</b>	<b>172</b>	<b>1204</b>	<b>567</b>	<b>2:17.74</b>

### Outdoor:

			100h	w	hj	sp	200m	w	lj	w	jav	800m
6/21/07	5377	2 USA Jr, Indianapolis	13.82	+0.2	166	991	24.47	+2.0	555	+3.0	3266	2:16.96
6/??/08	5522w1	Great Southwest,	13.93	+4.4	173	1030	24.31	+4.3	575	+1.2	3199	2:17.71
6/22/08	5217	1 USA Jr, Columbus	14.03	-3.4	165	948	25.28	-1.6	571	+2.3	3242	2:21.19
7/12/08	5457	9 IAAF WC Jr, Bydgoszcz	13.73	-0.2	172	1056	25.04	-2.5	572	+1.6	3188	2:19.15
4/10/09	5220	3 Johnson/JJK, Los Angeles	14.07	0.0	165	1162	25.33	0.0	531	0.0	3150	2:20.69
5/10/09	5606	4 Pac-10, Eugene	13.81	+3.1	166	1208	24.75	+4.9	565	+2.8	3553	2:14.96
6/12/09	5549	11 NCAA, Fayetteville	13.80	+0.7	169	1091	24.91	+0.2	556	+1.6	3680	2:14.96
6/28/09	5344	1 USA Junior, Eugene	13.97	+1.1	169	938	25.25	+1.1	577	+3.5	3293	2:17.75
5/09/10	5426	2 Pac-10, Berkeley	14.06	+0.3	170	983	25.77	+1.7	565	-1.3	3705	2:13.73
6/10/10	5236	16 NCAA, Eugene	14.13	+1.9	163	903	26.18	+1.8	549	-0.7	3929	2:12.65
6/26/10	5693	7 USA, Des Moines	14.09	+2.6	175	979	25.25	+3.3	614	+2.5	3742	2:13.07
8/08/10	5779	2 Thorpe Cup, Marburg	13.85	+2.2	177	1061	25.49	-0.9	592	+0.9	4075	2:13.05
4/06/11	5848w2	Texas R, Austin	13.67	+4.0	170	1214	24.85	+4.0	579	+1.8	3881	2:09.90
6/10/11	5961	1 NCAA I, Des Moines	13.56	+2.1	178	1181	24.41	-0.1	589	+1.5	3827	2:12.62
<b>6/26/11</b>	<b>6030</b>	<b>2 USA, Eugene</b>	<b>13.70</b>	<b>+1.6</b>	<b>175</b>	<b>1221</b>	<b>24.69</b>	<b>+1.7</b>	<b>599</b>	<b>+1.9</b>	<b>4053</b>	<b>2:08.96</b>
8/14/11	5831	3 Thorpe Cup, Chula Vista	13.61	+1.9	172	1152	24.92	+1.9	573	+1.5	3904	2:09.10
3/30/12	5694	4 UA Click, Tucson	13.91	0.0	169	1243	24.95	+2.2	553	-1.1	3986	2:14.09
5/12/12	5661	1 Big 12, Manhattan	13.78	+1.1	166	1144	25.11	+0.4	569	+2.8	4091	2:14.28
6/08/12	5516	14 NCAA I, Des Moines	13.87	-0.3	163	1176	25.34	+1.0	537	-0.5	4021	2:13.55
6/30/12	5817	7 OT/USA, Eugene	13.84	+1.6	175	1200	24.91	+2.8	561	+1.5	4050	2:12.03
4/05/13	5781	3 UA Click, Tucson	14.12	+1.1	170	1281	25.15	-0.1	568	-0.9	4050	2:11.18
6/20/13	5957	4 USA, Des Moines	13.76	+1.7	178	1187	24.98	+0.4	584	+0.8	3990	2:08.74
7/28/13	5621	8 Thorpe Cup, Chula Vista	13.79	+0.7	166	1241	25.46	+1.8	593	+2.1	3650	2:18.37
4/24/14	5240	4 Drake R, Des Moines	14.11	+0.4	169	1175	26.31	+0.1	550	+1.4	3705	2:21.63
6/29/14	5549	12 USA, Sacramento	14.12	+0.9	172	1276	25.32	+0.6	505	+2.1	4032	2:14.88

PRs: 6030 / 4142  
Indoor: 60H: 8.54

13.56+2.1 178 1281 24.31 643 4091 2:08.74

## BREANNA LESLIE

DOB: August 11, 1991  
POB: Phoenix, AZ  
Ht: 5-9  
Hometown: Mesa, AZ  
High School: Valley Christian HS  
College: Azusa Pacific '13



**2014:** 8th at USA nationals. 5th at Mt Sac Relays opener with career best 5893 score. Mountain T pentathlon winner. **2013:** 13th at USA nationals. Place 5<sup>th</sup> in first international, the Pan American CE Cup. 3<sup>rd</sup> at Mt Sac Relays with PR 5761. 8th at USA indoors. National Christian College (NCCAA) champ indoors. **2012:** NAIA national champ in both pentathlon and heptathlon. **2011** NAIA outdoor runner-up and 3<sup>rd</sup> indoors. 2010: NAOA outdoor runner-up, and 6<sup>th</sup> indoors.

### Career:

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

Outdoor:			<u>100h</u> <u>h</u> <u>sp</u> <u>200m</u> <u>lj</u> <u>jav</u> <u>800mj</u>							
4/15/10	4781	3	Cal Invt, Azusa	14.93	155	1013	25.55	507	3266	2:23.85
5/28/10	5110	2	NAIA, Marian	14.27	157	1003	25.39	557	3386	2:20.53
4/14/11	5158	3	Cal Invt, Azusa	14.08	155	982	24.49	532	3245	2:15.23
5/27/11	4992	2	NAIA, Marian	14.40	150	971	24.44	533	3474	2:23.17
4/19/12	5369	7	Mt Sac R, Azusa	13.88	158	1143	24.52	556	3018	2:13.74
5/25/12	5308	1	NAIA, Marion	14.69	164	1194	24.70	544	3081	2:14.82
4/18/13	5761	3	Mt Sac R, Azusa	13.88+1.3	171	1142	24.27+2.4	588+2.0	3666	2:14.16
6/02/13	5552	5	Pan Am Cup, Ottawa	14.10+1.0	171	1122	24.45+1.2	520+3.2	3971	2:14.72
6/21/13	5503	13	USA, Des Moines	13.73+2.7	169	1067	24.36+0.4	540+0.2	3170	2:11.35
<b>4/17/14</b>	<b>5893</b>	<b>5</b>	<b>Mt Sac R, Azusa</b>	<b>13.83+1.3</b>	<b>169</b>	<b>1135</b>	<b>24.05+1.5</b>	<b>594+1.7</b>	<b>4129</b>	<b>2:12.33</b>
6/29/14	5838	8	USA, Sacramento	13.72+1.8	166	1161	24.03+0.6	573+0.7	4074	2:10.88

PRs: 5893 / 4109  
Indoor: 60mH: 8.42

13.73+2.7 171 1249 24.03+0.6 594+1.7 4129 2:10.88

# HEATHER MILLER-KOCH

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



**2014:** Placed 4th at USA nationals using 5 event PRs for breakthrough 6100 score. Drake Relays runner-up and 3rd at Texas GA. **2013:** 5th at USA nationals with 5945 PR effort and 5th at Thorpe Cup. 6<sup>th</sup> at USA indoors with PR 4105 score. Opened season with pentathlon win at Bucknell. **2012:** 5<sup>th</sup> at Thorpe Cup. 9<sup>th</sup> at US Olympic Trials (with 5779 PR) after winning Texas GA heptathlon. Was Most valuable female athlete of '12 National Club champs. **2011:2010:** NCAA II runner-up. NCAA II indoor pentathlon champ. A 10-time All-American, Miller won NSIC titles during her college career in the indoor 60 meter hurdles (2009 and 2010), indoor triple jump (2009 and 2010), indoor pentathlon (2010), outdoor triple jump (2009 and 2010), outdoor long jump (2010) and outdoor heptathlon (2010). She also set Northern Sun IC records as a college athlete in the indoor pentathlon and outdoor heptathlon. **High School: Personal:** She works as a registered nurse in the New York area

## Career:

### Indoor:

3/12/10	3993	1	NCAA II, Albuquerque	8.70	164	1067	591	2:18.74
??/??/12	3795							
1/26/13	3776	1	Bucknell, Lewisburg	9.04	160	1089	574	2:23.30
<b>3/01/13</b>	<b>4105</b>	<b>6</b>	<b>USA, Albuquerque</b>	<b>8.84</b>	<b>170</b>	<b>1189</b>	<b>603</b>	<b>2:22.24</b>

### Outdoor:

4/09/10	5221		D II Challenge, Emporia	14.21	160	1015	25.18	582	3345	2:22.48
5/07/10	5063	1	Northern Sun Conf	14.07	162	960	25.42	570	3037	2:26.19
5/28/10	5239	7	NCAA II, Charlotte	14.21-0.1	155	1109	24.66-0.4	566+1.7	3245	2:20.07
6/12/12	5628	1	Texas GA, Dallas	14.22	159	1157	24.25	613	3765	2:17.72
6/30/12	5779	9	OT/USA, Eugene	14.18+0.5	169	1168	24.22+2.8	599+1.8	3929	2:15.59
7/22/12	5729	5	Thorpe Cup, Marburg	14.12+1.0	165	1089	24.85+1.4	639+2.8	3911	2:17.22
4/21/13	5440	1	CNU Captain, Newport-News	14.58+1.5	162	1122	25.05+1.2	577+1.7	3973	2:18.16
6/20/13	5945	5	USA, Des Moines	13.75+4.9	175	1166	24.08+0.1	600+0.1	3838	2:13.30
7/28/13	5848	5	Thorpe Cup, Chula Vista	13.83+0.7	169	1161	24.26+1.8	616+2.6	3593	2:12.80
4/24/14	5410	2	Drake R, Des Moines	14.36+0.4	166	1109	25.11+0.1	587+1.1	3297	2:17.69
5/25/14	5853	3	Texas GA, Dallas	14.22+0.1	174	1225	24.32+3.2	581+1.8	4040	2:13.94
<b>6/29/14</b>	<b>6100</b>	<b>4</b>	<b>USA, Sacramento</b>	<b>13.65+1.8</b>	<b>178</b>	<b>1194</b>	<b>23.89+0.6</b>	<b>594+1.9</b>	<b>4016</b>	<b>2:09.65</b>

PRs: 6100 / 4105

13.65+1.8 178 1225 23.89+0.6 639+2.8 4040 2:09.65

Indoor: 60mH: 8.70

# BARBARA NWABA

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



**2014:** Runner-up at USA nationals with breakthrough PR 6307 score. Mt Sac Relays netted PR win of 6043 points. dnf'd at Sam Adams. Won U of Washington pentathlon. **2013:** Recovered from injury. **2012:** 5<sup>th</sup> at US Olympic Trials. Runner-up at Westmont's Sam Adams heptathlon with PR 5986 score. Captured Big West hept with 5709 score and was also Big West outdoor hurdle champ in 13.59. 4<sup>th</sup> at NCAA indoor heptathlon. Placed 2<sup>nd</sup> at U Washington indoor pentathlon with PR 4244 score. 2011: Runner-up at Washington indoor Invt with PR 4140 score, then raised heptathlon PR to 5714 with win at Claremont Classic. 8<sup>th</sup> at USA nationals with career best 5733 score. **2010:** 12<sup>th</sup> at NCAAs. Big West Conference champion (with PR 5552) followed a 7<sup>th</sup> at Mt Sac Relays. Runner-up at U of Washington indoor pentathlon (3931). **2009:** 3<sup>rd</sup> at Big West Conf heptathlon with 5000 points. **2008:** stress fracture. **2006: High School: Personal:** daughter of Theodore and Blessing Nwaba. Biology major.

## Career:

### Indoor:

					<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
1/30/10	3931	2	U Washington, Seattle		8.83	179	1059	542	2:23.66
1/28/11	4140	2	U Washington, Seattle		8.69	177	1307	558	2:24.15
3/11/11	4020	9	NCAA, College Station		8.87	175	1210	550	2:21.84
<b>1/27/12</b>	<b>4344</b>	<b>2</b>	<b>U Washington, Seattle</b>		<b>8.59</b>	<b>184</b>	<b>1283</b>	<b>545</b>	<b>2:20.52</b>
3/09/12	4241	4	NCAA I, Nampa		8.67	175	1350	561	2:17.94
1/31/14	4248	1	U Washington, Seattle		8.47	172	1280	566	2:15.65

### Outdoor:

					<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/16/09	5039	1	Cal Invt, Azusa		14.55+2.6	167	1121	25.17+2.9	540+2.1	2658	2:25.10			
5/09/09	5000	3	Big West, Irvine		14.21nwi	175	1049	24.87+2.3	497+0.9	2846	2:25.35			
4/15/10	5217	7	Mt Sac R, Azusa		14.69	0.0	173	1175	25.35+1.9	523	0.0	3263	2:22.62	
5/08/10	5552	1	Big West, Northridge		14.39+0.5	176	1229	24.99+1.9	554-0.2	3471	2:17.80			
6/10/10	5382	12	NCAA, Eugene		14.49+2.9	172	1271	25.25+1.9	532+1.2	3535	2:22.12			
6/26/10	5485	12	USA, Des Moines		14.56+1.7	166	1285	24.79+0.4	566+4.3	3779	2:22.99			
5/13/11	5714	1	CMS, Claremont		14.02+3.7	181	1219	24.54+2.4	547+3.5	3768	2:19.52			
6/26/11	5733	8	USA, Eugene		14.28+1.2	178	1261	24.69+1.7	566+1.8	4125	2:22.79			
8/14/11	5545	8	Thorpe Cup, Chula Vista		17.33+1.8	181	1269	24.83+1.9	560+3.2	4660	2:17.20			
4/03/12	5986	2	Sam Adams, Santa Barbara		13.98	0.0	184	1349	24.37+0.3	546+0.5	4317	2:17.70		
5/12/12	5709	1	Big West, Irvine		13.82+0.3	183	1263	24.59+0.6	520	0.0	3827	2:20.76		
6/08/12	5927	2	NCAA I, Des Moines		14.08-0.8	184	1212	24.51+1.1	545-0.8	4447	2:15.06			
6/30/12	5986	5	OT/USA, Eugene		13.68+1.3	187	1253	24.33+2.2	563+1.2	3788	2:15.55			
5/10/13	dnf	-	Classic, Claremont		14.23+1.6	173	1198	24.89+1.7	390+2.3	withdrew				
4/05/14	dnf	-	Sam Adams, S Barbara		13.88+0.3	178	1383	24.10+1.9	nm	withdrew	3718	1st day		
4/17/14	6043	1	Mt Sac R, Azusa		14.65+1.1	181	1384	23.91+3.7	579+1.8	3972	2:11.42			
<b>6/29/14</b>	<b>6307</b>	<b>2</b>	<b>USA, Sacramento</b>		<b>13.63+1.8</b>	<b>178</b>	<b>1454</b>	<b>23.92+2.6</b>	<b>602+0.6</b>	<b>4374</b>	<b>2:13.76</b>			

**PRs:** 6307 / 4344

**13.59+0.4 187 1454 23.91+3.7 602+0.6 4660 2:13.76**

**Indoors: 60mh: 8.47**

# 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



**2014:** NCAA runner-up with PR 5836 score and followed with a 7th place PR 5917 at USA nationals. Mountain West Conf. runner-up. Mt Sac Relays netted 5637 score. 15th at NCAAs indoors. Runner-up at indoor Mountain West getting PR 4145 score. **2013:** Placed 8<sup>th</sup> at NCAA with career best 5813 score in Eugene. Won a 3<sup>rd</sup> consecutive outdoor Mountain West heptathlon. 2<sup>nd</sup> at season opening Aztec and then 6<sup>th</sup> at Mt Sac Relays. **2012:** 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, Major is 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

### Outdoor:

??/10	5019							
4/01/11	5361	1	JJK, Los Angeles	13.83-0.5	159	1166	24.49+2.0	582+0.9 3293 2:26.78
5/12/11	5408	1	Mountain West, Ft Collins	13.87+2.5	156	1082	24.54+2.4	604+2.9 3786 2:27.69
6/09/11	5156	18	NCAA I, Des Moines	14.31+2.1	154	1089	24.67-0.1	555-0.1 3584 2:25.79
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
3/15/13	5392	2	SDSU Aztec, San Diego	13.86+0.8	161	1160	24.58+0.9	551+0.8 3304 2:18.15
4/18/13	5527	6	Mt Sac R, Azusa	13.56+1.3	156	1182	24.28+2.4	574+0.7 3505 2:18.06
5/09/13	5612	1	Mountain West, Las Vegas	13.65	158	1191	23.96w	589w 3553 2:19.23
6/07/13	5813	8	NCAA I, Eugene	13.30+1.2	160	1198	23.88+2.3	579+0.6 3781 2:12.08
6/20/13	5495	14	USA, Des Moines	13.35+2.7	154	1208	24.34+1.0	561+1.4 3583 2:19.93
4/17/14	5637	9	Mt Sac R, Azusa	13.50+1.3	151	1164	24.03+1.5	609+2.0 3493 2:15.01
5/15/14	5530	2	Mountain West, Laramie	13.41+2.2	158	1111	24.32+0.7	590+0.9 3660 2:23.12
6/14/14	5836	2	NCAA I, Eugene	13.38+1.8	160	1199	24.60-1.2	602+1.2 3952 2:12.08
<b>6/29/14</b>	<b>5917</b>	<b>7</b>	<b>USA, Sacramento</b>	<b>13.49+0.9</b>	<b>160</b>	<b>1194</b>	<b>23.86+2.6</b>	<b>621+1.8 3720 2:11.10</b>

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

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



# SAMI SPENNER

DOB: March 21, 1991  
 POB:  
 Ht: 5-6  
 Hometown: Columbus, NE  
 High School: Scotus Central Catholic HS  
 College: Wayne State College  
 U Nebraska-Omaha



**-nb: UNO not eligible for NCAA D-I champs until reclassification is complete in 2015-**

**2014:** Placed 5th at USA nationals. Mt Sac Relays season opener netted 6003 career best. Runner-up at USA nationals with 4498 score & PR. PR'd (4406 pentathlon) by winning UNI's Jennett meet. **2013:** 10th at USA nationals and 4th at Thorpe Cup. Won Summit league outdoor title. Won Mount Sac Relays with PR score, 5806. 4<sup>th</sup> at USA indoors with PR 4271. Won UNI Jennett indoor pent. **2012:** UNI Jennett indoor winner with PR 3810 pent score. **2011:** 5<sup>th</sup> at NCAA II outdoors with PR hept score of 5085. Transferred after fall term from Wayne State College. **High School:** Sprinter/jumper on track team. All state volleyball. **Personal:** Daughter of Allan and Lori Spenner.

### Career:

#### Indoor:

1/28/11	3273	2	UNI Jennett, Cedar Falls	9.62	154	954	543	2:34.01
2/25/11	3352	6	MIAA, Warrensburg	9.70	159	928	527	2:26.10
1/27/12	3810	2	UNI Jennett, Cedar Falls	9.10	165	964	588	2:21.23
1/25/13	4104	1	UNI Jennett, Cedar Falls	8.92	172	1029	609	2:16.42
3/01/13	4271	4	USA, Albuquerque	8.74	170	1155	623	2:14.53
1/31/14	4406	1	UNI Jennett, Cedar Falls	8.62	173	1260	632	2:16.32
<b>3/ /14</b>	<b>4498</b>	<b>2</b>	<b>USA, Albuquerque</b>	<b>8.52</b>	<b>176</b>	<b>1225</b>	<b>634</b>	<b>2:12.87</b>

#### Outdoor:

4/15/11	4358	6	ESU Open, Emporia	15.93w	157	919	26.28	528	2654	2:34.60
5/02/11	4850	3	MIAA, Emporia	15.67	159	976	25.91w	564	3239	2:22.59
5/27/11	5085	5	NCAA II, Turlock	15.16w	162	1080	25.74w	553w	3678	2:22.65
4/26/12	5593	4	Drake R, Des Moines	14.33+1.1	172	1124	24.77-1.5	595+2.5	3436	2:16.61
4/18/13	5806	1	Mt Sac R, Azusa	14.42+0.5	168	1157	23.97+2.5	634+2.3	3591	2:14.90
5/10/13	5356	1	Summit, Muncie	14.23	170	1143	24.51	604	3432	2:39.48
6/20/13	5768	10	USA, Des Moines	13.94+2.7	163	1173	23.67+0.1	622+1.7	3097	2:11.63
7/28/13	5898	4	Thorpe Cup, Chula Vista	14.31+0.7	172	1194	23.67+1.3	616+3.1	3630	2:13.18
<b>4/17/14</b>	<b>6003</b>	<b>3</b>	<b>Mt Sac R, Azusa</b>	<b>14.00+1.3</b>	<b>172</b>	<b>1199</b>	<b>23.54+1.5</b>	<b>620+2.0</b>	<b>3711</b>	<b>2:11.93</b>
6/29/14	5960	5	USA, Sacramento	13.91+1.8	172	1184	23.81+2.6	607+1.2	3927	2:13.38

**PRs:** 6003 / 4498

**13.91+1.8 176 1299 23.54+1.5 634+2.3 3965 2:11.63**

**Indoor: 60m: 7.68; 60mH: 8.62.**

## PR PAGE

### USA

		100m h w	hj	sp	200m w	lj w	jav	800m	PR score
<b>Erica Bougaard</b>	<b>PR</b>	<b>13.28+0.9</b>	<b>181</b>	<b>1251</b>	<b>23.33+2.6</b>	<b>643i</b>	<b>3550</b>	<b>2:09.54</b>	<b>6118 '14</b>
	SB	13.28+0.9	179	1251	23.33+2.6	638i	3550	2:09.54	
<b>Ryann Kraiss</b>	<b>PR</b>	<b>13.56+2.1</b>	<b>178</b>	<b>1281</b>	<b>24.31</b>	<b>643i</b>	<b>4091</b>	<b>2:08.74</b>	<b>6030 '11</b>
	SB	14.11+0.4	172	1276	25.32+0.6	550+0.4	4032	2:14.58	<b>5549</b>
<b>Breanna Leslie</b>	<b>PR</b>	<b>13.73+2.7</b>	<b>171</b>	<b>1249</b>	<b>24.03+0.6</b>	<b>594+1.7</b>	<b>4129</b>	<b>2:10.88</b>	<b>5893 '13</b>
	SB	13.73+2.7	169	1175	24.03+0.6	594+1.7	4129	2:10.88	5838
<b>Heather Miller</b>	<b>PR</b>	<b>13.65+1.8</b>	<b>178</b>	<b>1225</b>	<b>23.89+0.6</b>	<b>639+2.8</b>	<b>4040</b>	<b>2:09.65</b>	<b>6100 '14</b>
	SB	13.65+1.8	178	1225	23.89+0.6	594+1.9	4040	2:09.65	
<b>Barbara Nwaba</b>	<b>PR</b>	<b>13.59+0.4</b>	<b>187</b>	<b>1454</b>	<b>23.91+3.7</b>	<b>602+0.6</b>	<b>4660</b>	<b>2:13.76</b>	<b>6307 '14</b>
	SB	13.63+1.8	181	1454	23.91+3.7	602+0.6	4374	2:13.76	
<b>Allison Reaser</b>	<b>PR</b>	<b>13.30+1.2</b>	<b>164</b>	<b>1208</b>	<b>23.86+2.6</b>	<b>622i</b>	<b>4025</b>	<b>2:11.10</b>	<b>5917 '14</b>
	SB	13.38+1.8	160	1199	23.86+2.6	621+1.8	3952	2:11.10	
<b>Sami Spenner</b>	<b>PR</b>	<b>13.91+1.8</b>	<b>176</b>	<b>1299</b>	<b>23.54+1.5</b>	<b>634+2.3</b>	<b>3965</b>	<b>2:11.63</b>	<b>6003 '14</b>
	SB	13.91+1.8	176	1299	23.54+1.5	634i	3965	2:11.93	

### GER

		100m h w	hj	sp	200m w	lj w	jav	800m	PR score
<b>Arndt, Mareike</b>	<b>PR</b>	<b>13.93+1.3</b>	<b>161</b>	<b>1296</b>	<b>24.38+2.1</b>	<b>579-1.8</b>	<b>3930</b>	<b>2:17.08</b>	<b>5709 '14</b>
	SB	13.93+1.3	161	1296	24.38+2.1	579-1.8	3930	2:17.08	
<b>Biesenbach, Alina</b>	<b>PR</b>	<b>14.54+1.7</b>	<b>180</b>	<b>1378i</b>	<b>26.05+1.5</b>	<b>614+1.5</b>	<b>4324</b>	<b>2:18.78</b>	<b>5767</b>
	SB		178i	1378i		595i		2:23.44i	no mark
<b>Fleming, Annett</b>	<b>PR</b>	<b>14.06+0.3</b>	<b>178</b>	<b>1602</b>	<b>25.46+3.7</b>	<b>583+1.6</b>	<b>4842</b>	<b>2:14.00</b>	<b>5918 '14</b>
	SB	14.06+0.3	172	1401	25.46+3.7	577+1.5	4586	2:16.68	
<b>Maiwald, Anna</b>	<b>PR</b>	<b>13.73+1.4</b>	<b>170</b>	<b>1332</b>	<b>24.03+2.1</b>	<b>583+0.2</b>	<b>4605</b>	<b>2:15.92</b>	<b>5894 '14</b>
	SB	13.90+1.3	170	1332	24.03+2.1	564+0.3	4238	2:15.92	
<b>Schwerdtner, Maren</b>	<b>PR</b>	<b>13.48+1.2</b>	<b>183</b>	<b>1411</b>	<b>24.07+0.7</b>	<b>644+1.3</b>	<b>4633</b>	<b>2:20.31</b>	<b>6167 '13</b>
	SB	13.61+1.4	175i	1411	24.33+2.1	630i	4290	2:25.51	6038