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Decamouse Presents:

Men's & Women's American Record Details (*)

(Version 2025-06-25)

(*) All scoring is based on the latest 2023 WMA scoring tables

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Decamouse's American Record Details: Men's Decathlon																
Age Group	Last Name	First	Age	Venue	Date	Points	100	LJ	SP	HJ	400	HH	DT	PV	JT	1500
M35	Janvrin	Kip	35	Eugene, OR	6/21/2001	8496	10.98 (+1.1) (865)	7.01 (+2.9) 23-00.00 (878)	14.21 46-07.50 (781)	1.89 6-02.25 (723)	48.41 (931)	14.72 (+1.2) (891)	45.59 149-7 (779)	5.20 17-00.75 (991)	60.41 198-2 (784)	4:14.96 (873)
M40	Janvrin	Kip	40	San Sebastian, ESP	8/23/2005	8451	11.56 (-0.8) (821)	6.78 (+1.0) 22-03.00 (918)	14.01 45-11.75 (825)	1.80 5-10.75 (723)	49.46 (955)	15.40 (+0.2) (874)	42.70 140-1 (736)	4.70 15-05.00 (920)	58.43 191-8 (822)	4:25.87 (857)
M45	Burton	David	45	San Marcos, TX	9/26/2015	7488	12.07 (+1.3) (799)	5.97 (+2.1) 19-07.00 (795)	11.52 37-09.50 (708)	1.76 5-09.25 (767)	55.19 (777)	16.32 (+0.6) (839)	35.00 114-10 (624)	4.25 13-11.25 (856)	46.79 153-6 (688)	5:12.09 (635)
M50	Coushay	Brian	50	Neosho, MO	7/5/2014	7363	11.93 (+3.0) (910)	6.33 (-0.3) 20-09.25 (1005)	11.63 38-02.00 (693)	1.75 5-08.75 (850)	56.68 (792)	16.99 (-2.1) (686)	40.53 132-11 (682)	3.20 10-06.00 (579)	44.14 144-9 (652)	5:47.36 (514)
M55	Murray	Bill	55	Lahti, FIN	7/28/2009	7614	12.98 (-1.8) (789)	5.57 (-1.4) 18-03.25 (876)	12.29 40-04.00 (806)	1.66 5-05.25 (840)	60.98 (701)	16.09 (-0.6) (867)	37.48 122-11 (680)	3.80 12-05.50 (877)	37.43 122-9 (592)	5:46.54 (586)
M60	Osland	Doug	60	San Antonio, TX	6/27/2015	7244	13.12 (+0.7) (847)	5.25 (+1.2) 17-02.75 (881)	11.95 39-02.50 (768)	1.61 5-03.25 (878)	64.72 (643)	17.05 (+0.4) (718)	40.55 133-0 (647)	3.60 11-09.75 (898)	35.49 116-5 (567)	6:44.19 (397)
M65	Atherton	Rodney	66	Jacksonville, FL	5/29/2022	7271	14.06 (+1.5) (763)	4.60 (+0.0) 15-01.25 (767)	11.24 36-10.50 (787)	1.53 5-00.25 (887)	69.41 (565)	16.80 (+0.2) (843)	41.13 134-11 (737)	3.25 10-08.00 (856)	34.20 112-2 (617)	6:49.89 (449)
M70	Shipp	Phil	70	Mayfield, OH	7/2/2005	7045	15.70 (-0.6) (586)	4.39 (nwi) 14-05.00 (797)	12.78 41-11.25 (892)	1.37 4-06.00 (776)	74.72 (482)	15.37 (-2.5) (668)	42.02 137-10 (857)	2.60 8-06.25 (665)	38.75 127-1 (743)	6:38.37 (579)
M75	Hewitt	Robert	75	Joplin, MO	6/21/2008	7143	14.37 (+1.1) (883)	4.28 (nwi) 14-00.50 (871)	9.09 29-10.00 (672)	1.34 4-04.75 (840)	69.87 (725)	15.04 (-0.5) (824)	28.37 93-1 (613)	2.70 8-10.25 (825)	24.19 79-4 (484)	7:44.85 (406)
M80	Hewitt	Robert	80	Charlotte, NC	6/22/2013	7052	15.39 (-0.1) (801)	4.16 (-0.7) 13-07.75 (977)	10.18 33-04.75 (736)	1.25 4-01.25 (822)	1:20.16 (564)	15.98 (+0.0) (848)	26.53 87-0 (666)	2.35 7-08.50 (763)	26.51 86-11 (571)	8:46.90 (304)
M85	Vergin	Roger	85	St. Charles, MO	8/27/2022	4827	17.53 (-0.8) (616)	3.04 (+0.2) 9-11.75 (648)	7.70 25-03.25 (610)	0.94 3-01.00 (472)	1:52.08 (112)	18.75 (+1.0) (743)	20.51 67-3 (589)	1.60 5-03.00 (467)	19.20 63-0 (472)	11:14.47 (98)
M90	Maxwell	Ralph	91	Sacramento, CA	7/6/2011	5320	19.69 (+0.9) (538)	2.63 (+1.4) 8-07.50 (657)	6.17 20-03.00 (551)	1.03 3-04.50 (714)	1:49.24 (371)	21.62 (-1.5) (742)	13.98 45-10 (461)	1.40 4-07.00 (488)	18.30 60-0 (579)	11:35.51 (219)

Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Women's Decathlon																
Age Group	Last Name	First	Age	Venue	Date	Points	100	IJ	SP	HJ	400	HH	DT	PV	JT	1500
W35	Colby	Stephanie	39	Slippery Rock, PA	6/24/2017	3357	14.88 (+1.9) (474)	4.11 (+0.0) 13-06.00 (364)	8.43 27-08.00 (447)	1.42 4-07.75 (555)	79.71 (153)	20.37 (+0.0) (283)	23.75 77-11 (346)	3.20 10-06.00 (641)	9.12 29-11 (94)	DNF (0)
W40	Herzner	Angela	44	Waukesha, WI	6/8/2019	5871	14.40 (-0.8) (584)	4.62 (-0.6) 15-02.00 (567)	13.51 44-04.00 (866)	1.47 4-09.75 (701)	68.41 (527)	13.11 (-0.1) (854)	30.37 99-7 (511)	3.00 9-10.00 (637)	25.68 84-3 (458)	7:40.42 (166)
W45	Herzner	Angela	48	Walnut, CA	8/12/2023	6289	14.91 (-2.5) (592)	4.26 (+1.5) 13-11.75 (535)	13.24 43-05.25 (926)	1.40 4-07.00 (701)	70.47 (547)	13.68 (+na) (840)	37.35 122-6 (732)	3.03 9-11.25 (729)	25.88 84-11 (521)	7:59.54 (166)
W50	Hedges	Jennifer	53	Waukesha, WI	6/8/2019	6871	14.73 (nwi) (704)	4.52 (-2.1) 14-10.00 (706)	9.05 29-08.25 (546)	1.44 4-08.75 (855)	70.23 (653)	13.87 (-1.1) (882)	26.27 86-2 (539)	2.50 8-02.50 (563)	34.80 114-2 (745)	6:11.91 (678)
W55	Hanscom	Rita	55	Shoreline, WA	8/15/2009	7617	13.94 (-0.5) (920)	4.61 (+0.7) 15-01.50 (843)	9.34 30-07.75 (630)	1.36 4-05.50 (842)	70.01 (769)	14.10 (-0.4) (927)	21.73 71-3 (483)	2.70 8-10.25 (745)	26.41 86-7 (613)	5:56.97 (845)
W60	Scott	Daphne	62	St. Charles, MO	8/27/2022	6673	14.61 (+1.1) (905)	4.14 (-0.1) 13-07.00 (762)	8.57 28-01.50 (634)	1.30 4-03.25 (842)	74.99 (722)	15.63 (+1.0) (805)	17.78 58-4 (429)	2.15 7-00.50 (544)	17.71 58-1 (436)	7:04.93 (594)
W65	Hanscom	Rita	65	Waukesha, WI	6/8/2019	7434	16.21 (nwi) (764)	3.97 (-2.0) 13-00.25 (804)	8.61 28-03.00 (718)	1.29 4-02.75 (941)	1:22.45 (624)	15.67 (-1.3) (887)	21.30 69-10 (611)	2.40 7-10.50 (774)	22.32 73-2 (657)	7:12.23 (654)
W70	Glynn	Kay	70	Walnut, CA	8/12/2023	7190	16.81 (-1.4) (776)	4.04 (+1.8) 13-03.25 (962)	7.08 23-02.75 (646)	1.19 3-10.75 (879)	1:32.34 (498)	17.08 (+na) (823)	18.88 61-11 (610)	2.73 8-11.50 (1112)	19.79 64-11 (659)	9:39.24 (225)
W75	Warren	Barbara	75	St. Charles, MO	8/27/2022	3323	21.72 (+1.1) (325)	2.47 (+0.0) 8-01.25 (350)	7.63 25-00.50 (639)	1.00 3-03.25 (644)	2:54.10 (0)	36.47 (+1.0) (0)	17.56 57-7 (550)	1.45 4-09.00 (375)	13.73 45-0 (440)	15:57.07 (0)
W85	Meiler	Florence	89	Walnut, CA	8/12/2023	3202	24.68 (-1.4) (297)	1.66 (+1.5) 5-05.50 (188)	4.89 16-00.50 (522)	0.89 2-11.00 (632)	2:50.96 (0)	34.89 (+na) (89)	12.53 41-1 (531)	1.33 4-04.25 (511)	8.51 27-11 (355)	13:41.92 (77)
W90	Meiler	Florence	90	Charlottesville, VA	6/22/2024	4554	24.23 (+0.1) (518)	1.80 (+0.7) 5-11.00 (391)	5.35 17-06.75 (719)	0.92 3-00.25 (855)	3:13.66 (0)	36.44 (+0.2) (245)	11.94 39-2 (630)	1.23 4-00.50 (617)	8.45 27-8 (443)	14:56.80 (136)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Women's Heptathlon

Age Group	Last Name	First	Age	Venue	Date	Points	HH	HJ	SP	200	LJ	JT	800
W35	Nathan	DeDee	36	Sacramento, CA	7/9/2004	6195	13.64 (-1.1) (1043)	1.75 5-08.75 (953)	13.94 45-09.00 (824)	25.27 (+0.0) (862)	6.12 (+1.8) (946)	43.29 142-0 (750)	2:21.48 (817)
W40	Guest	Rachel	40	Lyon, FRA	8/4/2015	5336	11.62 (+2.5) (1093)	1.61 5-03.25 (879)	8.87 29-01.25 (523)	26.04 (+1.8) (842)	5.54 (-1.9) (862)	31.56 103-6 (584)	2:49.14 (553)
W45	Pierce	Erika	45	San Marcos, TX	9/17/2016	4928	12.85 (-1.0) (964)	1.48 4-10.25 (806)	8.60 28-02.75 (554)	28.07 (-1.0) (761)	4.60 (+0.0) (643)	29.70 97-5 (612)	2:52.62 (588)
W50	Baird	Marsha	50	Charlottesville, VA	6/22/2024	5603	13.17 (-0.7) (984)	1.41 4-07.50 (806)	12.01 39-05.00 (767)	28.61 (-0.4) (809)	4.46 (+1.3) (686)	37.38 122-7 (807)	2:45.62 (744)
W55	Jakstiene	Neringa	55	Waukesha, WI	6/8/2019	5806	13.05 (-0.1) (1080)	1.45 4-09.00 (978)	9.55 31-04.00 (647)	30.16 (+0.4) (783)	5.00 (+0.0) (1004)	22.74 74-7 (515)	2:48.16 (799)
W60	McDonald	Sue	60	Walnut, CA	8/12/2023	6269	13.83 (+1.1) (1047)	1.37 4-06.00 (966)	8.14 26-08.50 (596)	29.08 (-2.5) (964)	4.12 (+0.6) (756)	29.77 97-8 (799)	2:27.19 (1141)
W65	Hanscom	Rita	67	Ft. Collins, CO	8/11/2021	5012	15.59 (-0.9) (897)	1.24 4-00.75 (855)	7.76 25-05.50 (634)	33.85 (-0.9) (718)	3.49 (-2.9) (598)	24.20 79-4 (721)	3:27.25 (589)
W70	Glynn	Kay	71	Gotenburg, SWE	8/15/2024	4215	18.31 (-1.0) (686)	1.15 3-09.25 (806)	6.99 22-11.25 (636)	38.32 (-1.5) (546)	3.43 (+0.1) (671)	18.77 61-7 (620)	4:26.79 (250)
W75	Donley	Christel	75	Joplin, MO	6/19/2010	4068	19.88 (+2.1) (666)	1.09 3-06.75 (806)	7.33 24-00.75 (608)	40.68 (-0.3) (520)	2.92 (+1.2) (543)	18.82 61-9 (637)	4:35.67 (288)
W80	Obera	Irene	82	Perth, AUS	10/28/2016	4142	18.96 (+2.0) (943)	1.00 3-03.25 (736)	6.29 20-07.75 (592)	39.84 (+3.5) (680)	2.77 (-3.6) (592)	9.76 32-0 (345)	5:03.74 (254)
W85	Donley	Christel	89	Gotenburg, SWE	8/15/2024	1647	DNF (na) (0)	0.88 2-10.50 (610)	4.64 15-02.75 (490)	DNF (na) (0)	1.57 (+1.0) (153)	9.26 30-4 (394)	DNF (0)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Men's Indoor Heptathlon													
Age Group	Last Name	First	Age	Venue	Date	Points	60	LJ	SP	HJ	60H	PV	1000
M35	Kuoppamaki	Mike	39	Kenosha, WI	3/8/2015	4792	7.62 (675)	6.62 21-08.75 (783)	12.24 40-02.00 (655)	1.74 5-08.50 (593)	8.76 (800)	4.10 13-05.25 (659)	3:03.88 (627)
M40	Kuoppamaki	Mike	41	Kenosha, WI	1/29/2017	5167	7.57 (745)	6.54 21-05.50 (854)	12.89 42-03.50 (749)	1.75 5-08.75 (679)	8.71 (872)	3.80 12-05.50 (634)	3:10.21 (634)
M45	Souza	Jeferson	45	Kenosha, WI	1/26/2020	5502	7.67 (775)	6.29 20-07.75 (886)	13.26 43-06.00 (835)	1.76 5-09.25 (767)	8.66 (952)	3.50 11-05.75 (609)	3:12.73 (678)
M50	Murray	Bill	51	Kenosha, WI	3/5/2005	5123	8.32 (640)	5.57 18-03.25 (778)	12.11 39-08.75 (727)	1.65 5-05.00 (740)	9.65 (786)	3.80 12-05.50 (784)	3:21.61 (668)
M55	Murray	Bill	55	Kenosha, WI	3/9/2009	5602	8.37 (694)	5.52 18-01.50 (862)	12.34 40-06.00 (809)	1.66 5-05.25 (840)	9.88 (818)	3.80 12-05.50 (877)	3:25.95 (702)
M60	Atherton	Rodney	61	Kenosha, WI	1/28/2018	5173	8.78 (650)	5.11 16-09.25 (835)	11.53 37-10.00 (736)	1.57 5-01.75 (831)	10.02 (802)	3.40 11-01.75 (816)	4:00.65 (503)
M65	Atherton	Rodney	65	Lynchburg, VA	1/20/2022	5471	8.77 (726)	4.59 15-00.75 (762)	11.24 36-10.50 (787)	1.53 5-00.25 (887)	10.09 (877)	3.30 10-09.75 (880)	4:04.08 (552)
M70	Pawlik	Emil	70	Kenosha, WI	3/9/2009	5132	8.98 (749)	4.45 14-07.25 (818)	10.95 35-11.25 (745)	1.41 4-07.50 (831)	10.34 (869)	2.60 8-06.25 (665)	4:29.90 (455)
M75	Hewitt	Bob	75	Kenosha, WI	3/9/2009	5250	9.02 (823)	4.46 14-07.75 (945)	9.58 31-05.25 (715)	1.32 4-04.00 (813)	11.33 (791)	2.60 8-06.25 (775)	4:54.31 (388)
M80	Hewitt	Bob	80	Kenosha, WI	3/9/2014	5066	9.78 (716)	4.09 13-05.00 (945)	9.77 32-00.75 (701)	1.18 3-10.50 (714)	11.85 (836)	2.40 7-10.50 (790)	5:18.04 (364)
M85	Vergin	Roger	85	Kenosha, WI	1/22/2023	3090	11.35 (489)	2.81 9-02.75 (544)	7.60 24-11.25 (600)	1.01 3-03.75 (569)	15.78 (475)	1.50 4-11.00 (413)	DNF (0)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Women's Indoor Heptathlon

Age Group	Last Name	First	Age	Venue	Date	Points	60	LJ	SP	HJ	60H	PV	800
W35	Fisher	Erycka	36	Kenosha, WI	1/22/2023	2932	8.46 14-01.25 (712)	4.30 33-01.75 (411)	10.10 4-02.00 (560)	1.27 (399)	10.68 (590)	0.90 2-11.50 (0)	3:13.58 (260)
W40	Herzner	Angela	44	Kenosha, WI	1/27/2019	4511	8.84 14-06.50 (610)	4.43 43-03.25 (514)	13.19 4-10.25 (842)	1.48 (712)	9.91 (867)	2.80 9-02.25 (552)	3:02.94 (414)
W45	Herzner	Angela	45	Kenosha, WI	1/26/2020	4886	9.39 14-03.00 (558)	4.34 43-08.75 (559)	13.33 4-08.25 (933)	1.43 (736)	10.05 (904)	2.90 9-06.25 (668)	2:58.39 (528)
W50	Hedges	Jennifer	54	Kenosha, WI	1/26/2020	4635	9.27 14-10.00 (676)	4.52 29-05.50 (706)	8.98 4-07.00 (541)	1.40 (795)	10.55 (838)	2.40 7-10.50 (518)	3:02.66 (561)
W55	Hanscom	Rita	57	Kenosha, WI	3/4/2012	5373	9.02 15-03.25 (833)	4.65 32-07.50 (859)	9.94 4-04.25 (679)	1.33 (795)	10.49 (920)	2.53 8-03.50 (656)	3:03.87 (631)
W60	Raschker	Phil	62	Kenosha, WI	3/9/2009	5665	9.19 14-07.25 (876)	4.45 27-01.75 (893)	8.27 4-04.00 (608)	1.32 (879)	10.74 (952)	2.60 8-06.25 (786)	3:08.65 (671)
W65	Raschker	Phil	65	Kenosha, WI	3/4/2012	5730	9.24 12-09.50 (952)	3.90 25-06.00 (771)	7.77 4-02.00 (635)	1.27 (903)	10.70 (1039)	2.33 7-07.75 (729)	3:15.22 (701)
W70	Donley	Christel	73	Kenosha, WI	3/9/2008	3613	10.95 9-00.00 (624)	2.74 24-08.50 (381)	7.53 3-06.50 (696)	1.08 (689)	13.92 (646)	1.40 4-07.00 (286)	4:19.67 (291)
W75	Donley	Christel	75	Kenosha, WI	1/16/2011	3350	11.29 8-10.00 (632)	2.69 24-09.75 (441)	7.56 3-06.75 (631)	1.09 (806)	14.75 (672)	NH (0)	4:59.39 (168)
W80	Donley	Christel	80	Kenosha, WI	3/8/2015	3626	11.80 8-01.75 (626)	2.48 22-09.25 (448)	6.94 3-02.50 (667)	0.98 (701)	15.09 (802)	0.95 3-01.25 (160)	5:10.43 (222)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Men's Pentathlon											
Age Group	Last Name	First	Age	Venue	Date	Points	LJ	JT	200	DT	1500
M35	Reilly	Frank	39	Eagle Rock, CA	6/20/1987	3532	5.94 (na) 19-6 (621)	55.94 183-6 (714)	24.84 (na) (664)	48.18 158-1 (833)	4:41.10 (700)
M40	Thomas	Bart	40	Charlotte, NC	5/21/2011	3704	6.52 (na) 21-4 ¾ (850)	61.06 200-4 (866)	23.18 (na) (885)	42.05 137-11 (722)	5:50.09 (381)
M45	Janusey	Michael	45	Eugene, OR	8/7/2003	3679	5.67 (-0.5) 18-7 ¾ (716)	55.11 180-9 (840)	24.41 -2.0 (842)	35.13 115-3 (627)	5:08.75 (654)
M50	Coushay	Brian	50	Winston-Salem, NC	7/17/2014	3616	5.80 (-0.1) 19-0 ½ (845)	42.32 138-10 (619)	24.59 (1.1) (898)	42.07 138-0 (713)	5:41.96 (541)
M55	Janusey	Michael	55	Raleigh, NC	5/17/2013	3671	5.19 (-1.9) 17-0 ½ (760)	53.56 175-8 (918)	26.76 (na) (785)	37.60 123-4 (682)	5:58.85 (526)
M60	Kroodsma	Roger	60	Decatur, IL	8/5/2004	3619	5.03 (2.3) 16-6 (807)	40.87 134-1 (676)	27.62 -4.0 (789)	38.56 126-6 (608)	5:31.44 (739)
M65	Kroodsma	Roger	65	Oshkosh, WI	7/9/2009	3716	4.75 (-3.1) 15-7 (818)	39.34 129-1 (734)	28.77 (-1.5) (774)	38.41 126-0 (678)	5:51.87 (712)
M70	Sagedahl	Sherwood	73	Lisle, IL	8/2/2012	3485	3.85 (-0.3) 12-7 ¾ (602)	35.83 117-6 (674)	30.37 (2.1) (731)	33.43 109-8 (650)	5:45.96 (828)
M75	Sagedahl	Sherwood	75	Winston-Salem, NC	7/17/2014	3620	3.72 (-1.7) 12-2 ½ (650)	32.57 106-10 (704)	31.12 (-0.7) (753)	30.45 99-11 (669)	6:01.04 (844)
M80	Sagedahl	Sherwood	80	Ames, IA	7/11/2019	3180	3.19 (0.9) 10-5 ¾ (561)	23.81 78-1 (498)	33.86 (-1.1) (668)	24.10 79-1 (592)	6:20.17 (861)
M85	Sagedahl	Sherwood	85	Sacramento, CA	7/18/2024	2336	2.23 (0.0) 7-3 ¾ (310)	20.22 66-4 (504)	42.22 (-1.7) (366)	18.41 60-4 (514)	7:50.92 (642)
M90	Maxwell	Ralph	91	Raleigh, NC	6/11/2011	2369	2.60 (1.3) 8-6 ½ (641)	17.02 55-10 (529)	43.56 (-1.2) (514)	14.60 47-10 (487)	11:46.48 (198)
M95	Platts	William	96	Sacramento, CA	7/18/2024	3311	2.20 (-0.1) 7-2 ¾ (695)	23.78 78-0 (1088)	57.91 (-1.7) (259)	19.64 64-5 (933)	12:52.51 336

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Women's Pentathlon											
Age Group	Last Name	First	Age	Venue	Date	Points	HH	HJ	SP	LJ	800
W35	Look-Jaeger	Claire	39	Honolulu, HI	8/5/2005	3486	15.85 (-1.3) (745)	1.65 5-5 (830)	10.41 34-2 (581)	5.06 (2.5) 16-7 ¼ (620)	2:29.69 (710)
W40	Sluder	Anne	42	Jacksonville, FL	7/23/2015	3719	13.20 (-1.3) (840)	1.66 5-5 ¼ (941)	8.50 27-10 ¾ (495)	5.16 (1.2) 16-11 ¼ (735)	2:35.62 (708)
W45	Raschker	Phil	45	Provo, UT	8/11/1993	4130	12.32 (na) (1047)	1.60 5-3 (978)	7.65 25-1 ¼ (479)	5.35 (na) 17-6 ¾ (902)	2:40.48 (724)
W50	Baird	Marsha	50	Sacramento, CA	7/18/2024	3937	13.26 (0.1) (970)	1.34 4-4 ¾ (712)	11.81 38-9 (753)	4.52 (0.6) 14-10 (706)	2:41.14 (193)
W55	Jakstiene	Neringa	55	Toronto, CAN	7/18/2019	4414	13.02 (-1.2) (1084)	1.48 4-10 ¾ (1016)	8.65 28-4 ½ (574)	4.99 (0.7) 16-4 ½ (997)	2:53.20 (743)
W60	Jakstiene	Neringa	60	Sacramento, CA	7/18/2024	4921	13.00 (0.1) (1168)	1.46 4-9 ½ (1106)	9.13 29-11 ½ (684)	4.89 (-0.4) 16-0 ½ (1089)	2:49.49 (874)
W65	O'Connor	Nadine	67	Oshkosh, WI	7/9/2009	4002	14.42 (-1.5) (1052)	1.24 4-0 ¾ (855)	7.96 26-1 ½ (654)	4.18 (2.8) 13-8 ¾ (896)	3:32.39 (545)
W70	Glynn	Kay	70	Greensboro, NC	7/20/2023	3665	16.33 (na) (912)	1.21 3-11 ½ (916)	6.81 22-4 ¼ (616)	4.00 (na) 13-1 ½ (943)	4:21.85 (278)
W75	Meiler	Florence	75	Oshkosh, WI	7/9/2009	2945	18.63 0.0 (793)	1.03 3-4 ½ (689)	6.25 20-6 ¼ (500)	3.16 (0.2) 10-4 ½ (654)	4:31.95 (309)
W80	Meiler	Florence	80	Winston-Salem, NC	7/17/2014	2862	20.42 (-1.3) (796)	0.99 3-3 (724)	6.34 20-9 ¾ (598)	2.46 (-0.1) 8-1 (441)	4:54.19 (303)
W85	Meiler	Florence	87	Ames, IA	7/22/2021	2202	26.69 (0.6) (511)	0.91 2-11 ¾ (666)	5.62 18-5 ¼ (619)	2.01 (3.1) 6-7 ¼ (347)	6:33.18 (59)
W80	Meiler	Florence	90	Sacramento, CA	7/18/2024	2218	34.55 (0.1) (332)	0.86 2-9 ¾ (724)	5.14 16-10 ½ (686)	1.71 (1.7) 5-7 ½ (338)	6:57.83 (138)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Men's Indoor Pentathlon											
Age Group	Last Name	First	Age	Venue	Date	Points	60H	LJ	SP	HJ	1000
M35	Souza	Jeferson	39	Boston, MA	3/14/2014	3578	8.47 (867)	6.08 19-11 ½ (655)	12.27 40-3 ¾ (657)	1.84 6-0 ½ (679)	2:54.42 (720)
M40	Souza	Jeferson	44	Winston-Salem, NC	3/1/2019	3909	8.36 (954)	6.28 20-7 ¾ (788)	13.29 43-7 ¾ (776)	1.78 5-10 (705)	3:04.63 (686)
M45	Bates	Christopher	46	Albuquerque, NM	3/4/2011	3965	8.94 (888)	5.97 19-7 (795)	12.09 39-8 (749)	1.81 5-11 ¾ (813)	3:08.19 (720)
M50	Blakemore	Damon	51	Budapest, HUN	3/25/2014	3991	8.91 (947)	5.83 19-1 ½ (854)	11.86 38-11 (709)	1.63 5-4 ¾ (723)	3:11.66 (758)
M55	Bosma	Kevin	55	Chicago, IL	3/22/2024	4143	9.04 (997)	5.13 16-10 (741)	10.59 34-9 (676)	1.62 5-3 ¾ (794)	3:00.57 (935)
M60	Pawlik	Emil	60	Boston, MA	3/26/1999	3808	9.30 (949)	4.86 15-11 ½ (753)	10.66 34-11 ¾ (671)	1.59 5-2 ½ (859)	3:50.60 (576)
M65	Humphrey	Ronald	66	Gainesville, FL	2/20/2025	4124	9.89 (917)	4.97 16-3 ¾ (896)	9.06 29-8 ¾ (610)	1.46 4-9 ½ (794)	3:19.60 (907)
M70	Pawlik	Emil	70	Landover, MD	3/20/2009	3762	10.40 (858)	4.51 14-9 ¾ (840)	11.15 36-7 (761)	1.39 4-6 ¾ (803)	4:22.80 (500)
M75	Hewitt	Robert	75	Landover, MD	3/20/2009	3789	11.14 (823)	4.33 14-2 ½ (891)	9.20 30-2 ¾ (681)	1.33 4-4 ¾ (831)	4:25.31 (563)
M80	Hewitt	Robert	80	Boston, MA	3/14/2014	3617	11.72 (860)	4.00 13-1 ½ (903)	9.64 31-7 ½ (690)	1.23 4-0 ½ (785)	5:14.95 (379)
M85	Maxwell	Ralph	88	Boston, MA	3/28/2008	2410	15.10 (558)	2.80 9-2 ¾ (540)	7.29 23-11 (571)	1.07 3-6 (653)	7:06.43 (88)
M90	Maxwell	Ralph	92	Bloomington, IN	3/16/2012	2916	15.97 (722)	2.54 8-4 (608)	7.24 23-9 (668)	1.00 3-3 ¾ (661)	7:03.83 (257)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Women's Indoor Pentathlon

Age Group	Last Name	First	Age	Venue	Date	Points	60H	HJ	SP	LJ	800
W35	Guest	Rachel	38	Budapest, HUN	3/25/2014	3346	9.31 (846)	1.60 5-3 (771)	8.30 27-2 ¼ (438)	5.43 17-9 ¼ (729)	2:42.12 (562)
W40	Guest	Rachel	40	Albuquerque, NM	3/4/2016	3602	9.28 (991)	1.47 4-9 ¼ (701)	9.34 30-7 ¼ (557)	5.17 16-11 ½ (738)	2:43.49 (615)
W45	Guest	Rachel	46	New York, NY	3/18/2022	3904	9.31 (1046)	1.50 4-11 (830)	8.99 29-6 (585)	5.17 16-11 ½ (837)	2:50.99 (606)
W50	Baird	Marsha	51	Gainesville, FL	3/23/2025	4156	9.69 (997)	1.51 4-11 ½ (953)	11.86 38-11 (756)	4.75 15-7 (789)	2:53.09 (661)
W55	Jakstiene	Neringa	55	Winston-Salem, NC	3/1/2019	4532	9.59 (1086)	1.48 4-10 ¼ (1016)	9.94 32-7 ½ (679)	5.00 16-5 (1004)	2:52.85 (747)
W60	Jakstiene	Neringa	60	Chicago, IL	3/22/2024	4787	9.66 (1148)	1.41 4-7 ½ (1029)	8.75 28-8 ½ (651)	4.74 15-6 ¾ (1020)	2:43.78 (939)
W65	Raschker	Phil	65	Jyvaskyla, FIN	3/23/2007	4204	10.62 (1052)	1.30 4-3 ¼ (953)	7.55 24-9 ¼ (613)	4.18 13-8 ¾ (896)	3:16.30 (690)
W70	Hanscom	Rita	70	Gainesville, FL	3/23/2025	3876	12.24 (887)	1.23 4-0 ½ (953)	7.90 25-11 (736)	3.39 11-1 ½ (654)	3:32.00 (646)
W75	Meiler	Florence	76	Albuquerque, NM	3/4/2011	2877	13.41 (850)	1.06 3-5 ¼ (747)	7.18 23-6 ¼ (593)	2.76 9-0 ¾ (472)	4:49.25 (215)
W80	Obera	Irene	81	Winston-Salem, NC	3/20/2015	2725	17.85 (493)	1.02 3-4 (771)	6.97 22-10 ½ (671)	2.72 8-11 ¼ (567)	5:10.03 (223)
W85	Meiler	Florence	87	New York, NY	3/18/2022	2388	18.73 (625)	0.92 3-0 ¼ (689)	5.47 17-11 ½ (600)	2.05 6-8 ¾ (367)	6:14.93 (107)
W90	Meiler	Florence	90	Gainesville, FL	3/23/2025	2531	23.62 (490)	0.90 2-11 ½ (806)	5.19 17-0 ½ (694)	1.79 5-10 ½ (386)	6:52.21 (155)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Men's Throws Pentathlon											
Age Group	Last Name	First	Age	Venue	Date	Points	HT	SP	DT	JT	WT
M35	Kruger III	Alfred	35	Ashland, OH	9/21/2015	4396	70.81 232-3 (1053)	14.28 46-10 ¼ (785)	47.47 155-9 (818)	46.84 153-8 (572)	22.48 73-9 (1168)
M40	Landa	Mark	40	Mesa, AZ	5/25/2013	4120	53.13 174-3 (800)	15.03 49-3 ¾ (896)	47.35 155-4 (834)	48.22 158-2 (649)	17.42 57-2 (941)
M45	Cole	Eric	45	Arlington, TX	7/18/2015	4148	52.94 173-8 (858)	13.78 45-2 ½ (873)	51.24 168-1 (988)	34.34 112-8 (465)	16.65 54-7 ½ (964)
M50	Cole	Eric	51	Seattle, WA	8/21/2021	4214	55.70 182-9 (884)	13.91 45-7 ¾ (855)	51.92 170-4 (919)	38.29 125-7 (545)	19.84 65-1 ¼ (1011)
M55	Goldhammer	John	57	Sacramento, CA	7/16/2011	4411	52.62 172-7 (905)	13.93 45-8 ½ (932)	46.17 151-5 (875)	41.11 134-10 (666)	18.84 61-9 ¾ (1033)
M60	Goldhammer	John	61	Worcester, MA	8/2/2014	4534	57.80 189-7 (1000)	13.96 45-9 ¾ (919)	51.97 170-6 (874)	38.14 125-1 (620)	21.52 70-7 ¾ (1121)
M65	Economides	Paul	65	Lisle, IL	8/7/2010	4716	50.52 165-9 (955)	14.05 46-1 ¼ (1019)	54.99 180-5 (1043)	35.96 117-11 (657)	18.73 61-5 ½ (1042)
M70	Ward	Robert	71	Reading, PA	8/15/2004	4484	52.65 172-9 (994)	13.48 44-2 ¾ (948)	44.33 145-5 (914)	35.32 115-10 (662)	18.53 60-9 ½ (966)
M75	Burke	Edward	75	Seattle, WA	8/29/2015	4395	49.28 161-8 (1056)	11.24 36-10 ½ (861)	34.63 113-7 (782)	29.60 97-1 (625)	18.53 60-9 ½ (1071)
M80	Lewellen	Harvey	80	Portland, OR	8/22/2009	3926	41.14 134-11 (851)	11.56 37-11 ¼ (854)	33.69 110-6 (889)	21.54 70-8 (437)	16.88 55-4 ¾ (895)
M85	Platts	William	87	Seattle, WA	8/29/2015	3712	25.59 83-11 (587)	9.37 30-9 (770)	26.10 85-7 (790)	34.80 114-2 (984)	10.21 33-6 (581)
M90	Platts	William	91	Las Vegas, NV	10/11/2019	4177	24.28 79-8 (693)	8.69 28-6 ¾ (827)	25.16 82-6 (948)	29.92 98-2 (1054)	9.56 31-4 ½ (655)
M95	Platts	William	95	Las Vegas, NV	10/6/2023	4470	20.46 67-1 (751)	7.76 25-5 ½ (871)	20.35 66-9 (974)	25.17 82-7 (1163)	8.25 27-0 ¾ (711)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Women's Throws Pentathlon												
Age Group	Last Name	First	Age	Ctry	Venue	Date	Points	HT	SP	DT	JT	WT
W35	Shisslak	Sara	35	Lisle, IL	8/3/2019	3067	46.38 152-2 (708)	11.32 37-1 ¼ (643)	36.92 121-1 (594)	31.32 102-9 (515)	13.15 43-1 ¾ (607)	
W40	Lewis	Oneithea	43	Fort Collins, CO	8/23/2003	4260	53.30 174-10 (927)	14.39 47-2 ½ (932)	45.26 148-6 (823)	32.97 108-2 (614)	18.16 59-7 (964)	
W45	Lewis	Oneithea	45	Arlington, TX	8/13/2005	4206	47.21 154-10 (901)	13.51 44-4 (948)	37.09 121-8 (726)	28.97 95-0 (594)	17.88 58-8 (1037)	
W50	Lewis	Oneithea	50	Lisle, IL	8/7/2010	4074	55.18 181-0 (1022)	13.00 42-8 (842)	35.85 117-7 (780)	23.69 77-8 (476)	17.44 57-2 ¾ (954)	
W55	Lewis	Oneithea	58	Chelmsford, MA	7/14/2018	3758	47.58 156-1 (971)	11.42 37-5 ¾ (801)	29.35 96-3 (693)	18.19 59-8 (394)	15.12 49-7 ¾ (899)	
W60	Beard	Donna	60	Coquitlan, CAN	8/4/2024	4377	44.62 146-4 (1021)	11.00 36-1 ¼ (853)	32.36 106-2 (878)	30.54 100-2 (822)	14.79 48-6 ¾ (803)	
W65	Finsrud	Carol	65	Dedham, MA	7/23/2022	4538	40.97 134-5 (1056)	9.34 30-7 ¾ (791)	34.64 113-7 (1082)	23.61 77-5 (701)	14.83 48-8 (908)	
W70	Mensey	Myrle	70	Lisle, IL	8/3/2019	4163	36.38 119-4 (1062)	8.48 27-10 (801)	23.49 77-0 (790)	16.06 52-8 (517)	14.31 46-11 ½ (993)	
W75	Mensey	Myrle	75	Gotenburg, SWE	8/25/2024	4079	40.16 131-9 (1018)	9.57 31-4.75 (835)	19.84 65-1 (637)	16.39 53-9 (543)	15.90 52-2 (1046)	
W80	Krug	Gloria	80	New London, CT	8/13/2011	3080	20.95 68-8 (569)	7.36 24-1 ¾ (716)	16.84 55-3 (623)	15.52 50-11 (602)	8.15 26-9 (570)	
W85	Krug	Gloria	85	Chelmsford, MA	8/20/2016	3268	18.84 61-9 (615)	5.96 19-6 ¾ (665)	15.89 52-1 (706)	13.33 43-8 (608)	7.98 26-2 ¾ (674)	
W90	Krug	Gloria	90	Seattle, WA	8/21/2021	3263	16.38 53-9 (662)	5.68 18-7 ¾ (772)	11.05 36-3 (574)	9.76 32-0 (526)	7.03 23-0 ¾ (729)	
W95	Jarvis	Betty	95	Lisle, IL	8/7/2010	2871	6.01 19-8 (256)	4.09 13-5 (668)	10.44 34-3 (706)	7.55 24-9 (507)	5.58 18-3 ¾ (734)	

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Men's Ultra-Weight Pentathlon											
Age Group	Last Name	First	Age	Venue	Date	Points	WT	SW	U1	U2	U3
M35	Landa	Mark	39	Seattle, WA	8/19/2012	4282	16.68 54-8 ¾ (831)	11.19 36-8 ½ (902)	6.45 21-2 (1032)	2.43 7-11 ¾ (762)	1.52 5-0 (755)
M40	Landa	Mark	40	Lisle, IL	8/4/2013	4739	16.66 54-8 (894)	11.04 36-2 ¾ (956)	6.72 22-0 ¾ (1163)	2.52 8-3 ¾ (857)	1.61 5-3 ½ (869)
M45	Cole	Eric	47	Worcester, MA	8/6/2017	5086	15.59 51-1 ¾ (895)	11.33 37-2 ¾ (1062)	6.35 20-10 (1177)	2.65 8-8 ½ (980)	1.66 5-5 ½ (972)
M50	Cole	Eric	51	Seattle, WA	8/22/2021	5252	18.38 60-3 ¾ (927)	10.69 35-1 (1075)	6.03 19-9 ½ (1199)	2.55 8-4 ½ (1014)	1.64 5-4 ¾ (1037)
M55	Wetenhall	James	55	Bowling Green, OH	10/18/2009	5607	18.70 61-4 ¾ (1024)	9.93 32-7 (1071)	4.75 15-7 (991)	2.88 9-5 ½ (1259)	1.82 5-11 ¾ (1262)
M60	Goldhammer	John	63	Lisle, IL	8/7/2016	4753	19.54 64-1 ¾ (1004)	11.03 36-2 ¾ (990)	9.10 29-10 ¾ (1054)	3.99 13-1 ¾ (883)	1.84 6-0 ½ (822)
M65	Goldhammer	John	65	Scottsdale, AZ	6/22/2019	5140	19.73 64-8 ¾ (1106)	10.69 35-1 (1041)	8.42 27-7 ½ (1051)	4.03 13-2 ¾ (973)	1.97 6-5 ¾ (969)
M70	Goldhammer	John	70	Lisle, IL	8/5/2023	4685	18.89 61-11 ¾ (987)	10.55 34-7 ½ (868)	8.99 29-6 (933)	7.16 23-6 (954)	3.63 11-11 (943)
M75	Ward	Robert	76	Portland, OR	8/23/2009	4360	17.82 58-5 ¾ (1024)	9.25 30-4 ¾ (827)	7.40 24-3 ½ (827)	5.59 18-4 ¾ (796)	3.14 10-3 ¾ (886)
M80	Lewellen	Harvey	80	Portland, OR	8/23/2009	3670	12.07 39-7 ¾ (605)	10.51 34-5 ¾ (861)	7.80 25-7 ¾ (771)	6.55 21-6 (815)	4.04 13-3 ¾ (618)
M85	Shipp	Phil	85	Scottsdale, AZ	8/9/2020	2970	12.11 39-8 ¾ (711)	6.82 22-4 ½ (606)	5.01 16-5 ¾ (534)	4.29 14-1 (579)	3.16 10-4 ½ (540)
M90	Lewellen	Harvey	90	Lisle, IL	8/4/2019	2800	9.83 32-3 (677)	5.24 17-2 ¾ (540)	4.65 15-3 ¾ (596)	3.03 9-11 ¾ (465)	2.60 8-6 ¾ (522)
M95	Joslin	Leon	96	Seattle, WA	9/6/2008	1333	4.32 14-2 ¾ (321)	2.58 8-5 ¾ (290)	1.82 5-11 ¾ (238)	1.54 5-0 ¾ (257)	1.10 3-7 ½ (227)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.

Decamouse's American Record Details: Women's Ultra-Weight Pentathlon											
Age Group	Last Name	First	Age	Venue	Date	Points	WT	SW	U1	U2	U3
W35	Williams-Tinkham	Julie	37	Chelmsford, MA	5/6/2018	3990	15.35 50-4 ½ (727)	9.52 31-2 ¾ (770)	7.80 25-7 ¼ (848)	5.22 17-1 ½ (794)	3.08 10-1 ¼ (851)
W40	Coleman	Marilyn	44	Chelmsford, MA	6/8/2019	4249	14.15 46-5 ¼ (724)	9.15 30-0 ¼ (804)	7.39 24-3 (870)	5.91 19-4 ¾ (1000)	2.85 9-4 ¼ (851)
W45	Herzner	Angela	47	Scottsdale, AZ	7/9/2022	5019	15.16 49-9 (860)	9.87 32-4 ¾ (962)	7.93 26-0 ¼ (1033)	5.81 19-0 ¼ (1074)	3.27 10-8 ¾ (1090)
W50	Herzner	Angela	50	Scottsdale, AZ	5/17/2025	4925	16.59 54-5 ¼ (901)	12.22 40-1 ¼ (969)	9.18 30-1 ½ (976)	7.27 23-10 ¼ (1031)	5.22 17-1 ½ (1048)
W55	Lewis	Oneithea	59	Clearwater, FL	9/28/2019	4981	15.15 49-8 ½ (900)	11.24 36-10 ½ (976)	8.41 27-7 ¼ (979)	6.88 22-7 (1073)	4.79 15-8 ¾ (1053)
W60	Lewis	Oneithea	62	Chelmsford, MA	9/17/2022	4702	17.08 56-0 ½ (947)	12.32 40-5 (925)	9.98 32-9 (952)	7.72 25-4 (991)	5.28 17-4 (887)
W65	Mensey	Myrle	67	Lisle, IL	8/7/2016	4629	15.58 51-1 ½ (961)	10.95 35-11 ¼ (911)	9.41 30-10 ½ (1003)	6.39 20-11 ¼ (900)	4.60 15-1 ¼ (854)
W70	Mensey	Myrle	70	Lisle, IL	8/4/2019	4276	14.66 48-1 ¼ (1020)	9.25 30-4 ¼ (856)	7.45 24-5 ½ (876)	4.58 15-0 ½ (700)	3.98 13-0 ¾ (824)
W75	Mensey	Myrle	75	Lisle, IL	9/8/2024	4312	15.67 51-5 (1029)	9.96 32-8 ¼ (924)	7.89 25-10 ¼ (825)	6.40 21-0 (850)	3.96 13-0 (684)
W80	Krug	Gloria	82	Lisle, IL	8/4/2013	3145	8.01 26-3 ½ (558)	6.28 20-7 ¼ (639)	5.42 17-9 ½ (629)	4.60 15-1 ¼ (684)	3.22 10-6 ¾ (635)
W85	Krug	Gloria	85	Lisle, IL	8/7/2016	3350	7.50 24-7 ¼ (627)	5.83 19-1 ½ (710)	4.95 16-3 (686)	3.80 12-5 ¾ (663)	2.84 9-4 (664)
W90	Krug	Gloria	91	Dedham, MA	7/24/2022	3066	6.11 20-0 ½ (618)	4.48 14-8 ½ (654)	3.60 11-9 ¼ (592)	2.83 9-3 ½ (588)	2.19 7-2 ¼ (614)

Notes: Listings as of 2025-04-20. Points based on WMA's 2023 Scoring Tables.