



22th International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2009

TROFEO "CITTA' DI DESENZANO DEL GARDA"(BS) - ITALY

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 9th - 10th, 2009

Name: **Jake ARNOLD**
Country: U. S. A
Date of birth: 3 January 1984
Place of birth: Santa Rosa, CA
Profession:
Club: Univ. of Arizona
Coach:
Height: 1,90
Weight: 79

Personal best:					Best results:
Decathlon	8.215	Sacramento		7.06.07	World championships: 13 2007
100 m	11.03	Manhattan	0,6	2.08.08	
	10.96W	Dallas	4,3	7.06.08	
Long jump	7.22	Manhattan	1,8	2.08.08	
Shot put	15.17	Manhattan		2.08.08	
High jump	2.07	Palo Alto		5.05.07	
400 m	48.38	Sacramento		6.06.07	
110 m hurdles	14.12	Eugene	0,8	30.06.08	
Discus throw	46.09	Tempe		.08	
Pole vault	5.31	Provo		.07	
Javelin throw	61.36	Tempe		.07	
1.500 m	4.31.04	Indianapolis		24.06.06	
1st day	4.161	Manhattan		2.08.08	
2nd day	4.145	Sacramento		7.06.07	
200 m	22.59	Tucson	0,9	1.04.06	

Personal best decathlon: 11.12 6.88 14.15 2.02 48.38 14.20 44.42 5.30 58.80 4.34.22
834 785 738 822 891 949 755 1004 720 717
834 1619 2357 3179 4070 5019 5774 6778 7498 8215

Total points with personal best: 10.96 7.22 15.17 2.07 48.38 14.12 46.09 5.31 61.36 4.31.04
870 866 800 868 891 959 789 1007 758 738
870 1736 2536 3404 4295 5254 6043 7050 7808 8546



Career: . . .

Junior impl.

6772	3)	PALO ALTO	20.06.03	USATF	11.85	6.06	12.91	1.87	52.55	15.80	39.38	4.40	55.07	4.46	67	-0,4	0,8
6489	7)	AZUSA	17.04.03	INVT	11.99	5.91	10.96	1.88	52.50	15.66	34.18	4.74	49.15	4.53	03	-2,3	2,7 -2,1
6834	7)	LOS ANGELES	11.05.03	PAC10	11.64	6.30	11.35	1.92	52.00	15.42	35.97	4.65	48.56	4.39	54	0,5	0,5 0,2
7259	7)	AZUSA	14.04.05	MSR	11.41	6.59	12.03	1.86	50.39	15.00	38.71	4.90	52.94	4.39	14	0,6	2,2
6617	6)	LOS ANGELES	8.05.05	PAC10	11.38	6.67	12.75	1.95	50.22	15.05	nm	4.95	45.42	4.48	13	0,0	1,1 1,2
dnf	-)	SACRAMENTO	9.06.05	NCAA	11.56	6.70	12.33	1.91	49.75	14.74	36.85	nm	dns			-1,5	1,9 0,5
7470	3)	TUCSON	24.03.06	CLICK	11.16	6.33	13.43	1.92	49.52	14.51	39.93	4.90	55.19	4.52	17	2,3	0,0 2,2
7691	1)	EUGENE	7.05.06	PAC10	11.20	6.80	13.51	1.98	50.04	14.65	40.38	4.95	57.82	4.45	41	1,4	0,7 -1,7
7870	1)	SACRAMENTO	8.06.06	NCAA	11.34	6.94	14.43	1.95	48.72	14.59	39.08	5.00	59.59	4.35	50	-1,0	0,3 -0,8
7827	3)	INDIANAPOLIS	24.06.06	NC	11.23	6.83	14.27	1.99	49.48	14.67	38.78	4.90	58.61	4.31	04	0,5	-0,1 -0,9
dnf	-)	TUCSON	23.03.07		dnf	4.21	14.41	1.89	dns								0,9
7946	1)	BATON ROUGE	30.03.07	LSU	11.26	6.97	14.39	2.01	49.26	14.46	43.43	5.10	54.28	4.40	60	0,3	1,9 0,5
7755	1)	PALO ALTO	6.05.07	PAC10	11.24	6.69	15.01	2.07	49.72	14.55	36.86	5.15	60.09	5.07	40	1,0	1,4 1,6
8215	1)	SACRAMENTO	7.06.07	NCAA	11.12	6.88	14.15	2.02	48.38	14.20	44.42	5.30	58.80	4.34	22	2,0	2,2 1,8
7921	3)	INDIANAPOLIS	23.06.07	NC	11.23	6.89	14.93	1.99	48.70	14.36	39.71	5.00	55.23	4.36	21	0,3	2,9 1,9
8004	13)	OSAKA	1.09.07	WC	11.14	6.86	14.73	2.06	49.02	14.72	43.70	5.10	56.01	4.43	58	0,2	0,4 -0,2
dnf	-)	TUCSON	4.04.08		13.44	6.93	14.65	2.00	48.66	dns							0,0
7520	9)	DESENZANO	11.05.08	INVT	11.08	6.39	14.08	1.95	49.85	14.39	39.06	4.75	53.12	4.44	52	1,1	1,3 0,4
dnf	-)	DALLAS	8.06.08		10.96	6.80	14.19	1.97	dnf	14.33	44.09	dns					4,3 1,6 0,4
8130	4)	EUGENE	30.06.08	OT	11.11	6.91	14.54	1.96	48.66	14.12	46.02	5.00	57.85	4.31	61	-0,4	-0,8 0,8
8191	2)	MANHATTAN, KS	3.08.08	THORP	11.03	7.22	15.17	2.00	49.49	14.26	45.71	4.95	58.04	4.36	11	0,6	1,8 1,1
dnf	-)	TUCSON	3.04.09		13.18	6.97	14.49	1.96	dnf	14.31	43.72	4.75	56.81	dns			0,0 0,0 2,0

Indoor

5331	1)	NAMPA	19.01.05	ATH.	7.32	6.67	12.25	1.94	8.61	4.75	2.48	22					
5518	1)	SEATTLE	26.02.05	MPC	7.27	6.77	12.58	1.99	8.47	4.85	2.46	68					
4575	13)	FAYETTEVILLE	12.03.05	NCAA	7.33	6.53	12.53	1.98	8.32	nm	2.49	11					
5607	1)	FLAGSTAFF	4.02.06	MDUN.	7.27	6.82	13.19	2.02	8.38	5.07	2.53	84					
5562	2)	SEATTLE	25.02.06	MP	7.24	6.66	13.98	1.85	8.33	4.96	2.43	55					
5640	5)	FAYETTEVILLE	11.03.06	NCAA	7.32	6.64	13.64	1.94	8.14	5.10	2.47	16					
5687	2)	ALBUQUERQUE	26.01.07	COX	7.20	6.62	14.09	1.99	8.13	5.00	2.50	34					
5673	1)	SEATTLE	24.02.07	MPSF	7.20	6.91	14.10	2.01	8.25	4.96	2.56	12					
5909	2)	FAYETTEVILLE	10.03.07	NCAA	7.24	6.70	14.83	1.98	8.11	5.30	2.42	62					
5659	2)	LINCOLN	2.02.08	SEVIGNE	7.17	6.80	14.40	1.96	8.28	4.94	2.52	09					
5851	1)	CHAPEL HILL	9.03.08	NC	7.11	7.05	14.60	1.98	8.09	4.90	2.47	49					
5649	1)	ALBUQUERQUE	31.01.09	INVT	7.16	6.74	13.55	2.01	8.25	4.95	2.52	38					
5748	1)	CHAPEL HILL	8.03.09	NC	7.20	6.81	14.94	1.97	8.15	4.95	2.50	03					