

SYKES & SABOCK CHALLENGE CUP



FEBRUARY 5-6, 2016

**** SENIOR RECOGNITION DAY ****

**** OFFICIALS' DAY ****



**Binghamton
Connecticut
Cornell
James Madison
Liberty**

**Princeton
UMBC
William and Mary
PSU-Harrisburg**



Sykes & Sabock Challenge Cup

February 5-6, 2016



THANK YOU OFFICIALS!

The Sykes/Sabock Challenge Cup is named after two long-time Penn State track and field officials. "Dutch" Sykes was the Intramural Director and Dr. Ralph Sabock a professor in the Department of Kinesiology during their Penn State tenures.

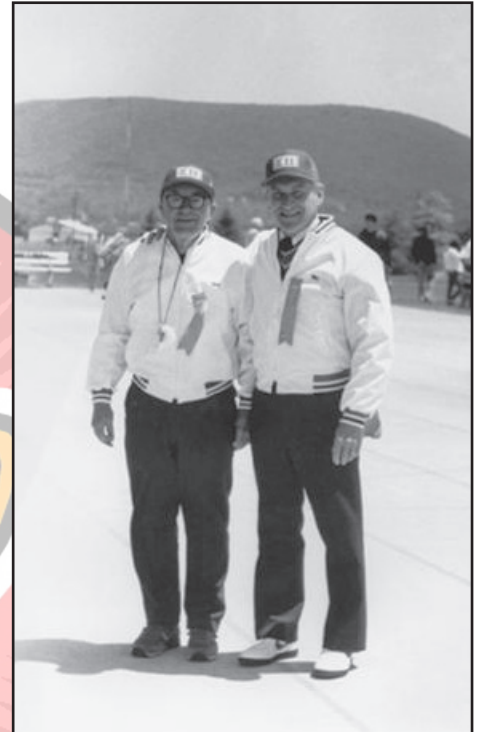
Both men served for over 30 years as Penn State Track and Field and Cross Country officials working as clerk of the course, starter and finish judge. They officiated NCAA Championships, all regular season meets, Special Olympics, and physically challenged events. Dr. Sabock's book "Coaching" is still used as a text at Penn State.

This resident cup is in honor of their dedicated love for Penn State Track and Field and to the students of Penn State University. It will be displayed in a prominent location in the Multi-Sport Complex.

Both Mr. Sykes, and Dr. Sabock are now deceased, with Mr. Sabock passing away on Jan. 2, 2010.

The competition is now held in their memory.

Pictured: Dutch Sykes (left) and Ralph Sabock (right).



OUR 2016 OFFICIATING CREW!

Bill Dixon
 Bill Herbert
 Bob Berrian
 Brad Ream
 Bruce Rosengrant
 Dan Curran
 Dave Beyerle
 Dave Egger
 Dean McHenry
 Doug Winemiller
 Ed Daniels
 Gail Barna
 Gloria Winemiller
 Janice Miles
 Jeff Johnson
 Jim Lamb
 Jon Seitz
 Ken Yerger
 Lance Bland
 Larry Miles
 Maria Baptiste
 Marisa Lara
 Mark Fedkin
 Marshall Newman
 Michelle Walker
 Monique White

Phil Monastra
 Roger Probert
 Scott Brooker
 Scott Harford
 Teena Sundberg
 Tom Warfel
 Tommy Otterbine
 Vince Wojnar
 Walter Reed
 Arnold Gasche
 Len Olson
 Denny Etters
 Jay Williams
 Ron Schiding
 Kevin "Kelly" O'Brien
 Roger "Gunny" Roll
 Andrea Jennings
 William Blank
 Joey Walls
 Phillip Pillin
 Augustus (Gus) Young
 Terry Walker (New)
 Lyndsay Barna
 Joel Jacobs
 Erika Christiansen
 Erica Rummel

Christopher Welde
 Susan Beyerle
 Jon Holman
 Jen Lee
 Alan Schaffranek
 Brenna O'Connor
 Amy Mann
 Diane Baldwin
 Bernard Bennett-Green



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OUR 2016 SENIORS!



Patrick Anderson
Kane, Pa.
Pole Vault



Justin Berg
Phoenixville, Pa.
Throws



Dylan Bilka
Seven Fields, Pa.
Pole Vault



Glen Burkhardt
Kennett Square, Pa.
Distance



John Dugan
Ramsey, N.J.
Distance/XC



Wade Endress
Altoona, Pa.
Distance/XC



Brannon Kidder
Lancaster, Ohio
Distance/XC



Brian Leap
Bellwood, Pa.
Jumps



Robert Rhodes
Brooklyn, N.Y.
Distance/XC



Rachel Fatherly
Williamsport, Pa.
Throws



Tori Gerlach
Perkasie, Pa.
Distance/XC



Lauren Kenney
State College, Pa.
Throws



Kaitlyn Lopez
Buffalo, N.Y.
Jumps



Ahmenah Richardson
Philadelphia, Pa.
Jumps



Sarah Jane Underwood
Alexandria, Va.
Distance/XC



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|| Ashenfelter III Indoor Track || Facility Records and Notable Performances ||

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.17	2012	Barbara Pierre - Unattached
Men 200 Meters	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meters	22.98	2010	Shavon Greaves - Penn State
Men 400 Meters	45.46	2001	Andrew Pierce - Ohio State
Women 400 Meters	52.31	2007	Shana Cox - Penn State
Men 500 Meters	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meters	1:08.70*	2010	Shana Cox - Adidas
	1:09.16 C, AJ	2007	Francena McCorory - Hampton
Men 600 Meters	1:15.79 AC	2013	Casimir Loxsom - Penn State
	1:16.92 AJ	2010	Casimir Loxsom - Penn State
Women 600 Meters	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meters	1:46.98	2013	Casimir Loxsom - Penn State
Women 800 Meters	2:03.25	2014	Justine Fedronic - Stanford
Men 1000 Meters	2:18.26 C	2016	Brannon Kidder - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:56.51	2012	Jeff See - Saucony
Women Mile	4:30.41	2013	Sheila Reid - Nike
Men 3000 Meters	7:57.75	2014	Patrick Tiernan - Villanova
Women 3000 Meters	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meters	13:58.16	2009	Hassan Mead - Minnesota
Women 5000 Meters	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.49	2012	Jarret Eaton - Syracuse
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 2000 Meter Steeplechase	5:47.33	2013	Michael Kiley - Penn
Women 2000 Meter Steeplechase	6:29.38	2013	Natalie Bower - Penn State
Men 4x200 Meter Relay	1:24.70 C	2013	Penn State - E Mpanduki, M Gilmore, Br. Bennett-Green, A Nadolsky
Women 4x200 Meter Relay	1:35.65 C	2014	Penn State - M Osborne, K Seymour, D McGee, M Jones
Men 4x400 Meter Relay	3:06.98	2014	Pittsburgh - M Murray, C Nkanata, D Palmer, B Spratling
Women 4x400 Meter Relay	3:34.22	2014	Penn State - D McGee, K Seymour, T Rhodes, M Jones
Men 4x800 Meter Relay	7:22.10	2015	Penn State - Makins, Brennan, Kidder, Creese
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Sprint Medley	3:23.74	2005	Penn State - E Terrell, J Campisi, C Lolagne, M Lincoln
Women Sprint Medley	3:52.25 C	2007	Penn State - L Burns, L Bettis, A Barber, B Simmons
Men Distance Medley	9:26.59	2014	Penn State - B Kidder, B Bennett-Green, Z Watkins, R Creese
Women Distance Medley	10:54.04	2014	Stanford - A Weissenbach, K Williams, C Saunders, J Fedronic
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2.75 (1.90)	2013	Tynita Butts - East Carolina
Men Pole Vault	18-3.25 (5.57)	2014	Shawn Barber - Akron
Women Pole Vault	14-3.25 (4.35)	2010	Alicia Rue - Minnesota
Men Long Jump	26-1.50 (7.96)	2011	Justin Hunter - Tennessee
Women Long Jump	21-6.75 (6.57)	2006	Tianna Madison - Nike
Men Triple Jump	55-9 (16.99)	2006	Leevan Sands - Bahamas
Women Triple Jump	45-2.50 (13.45)	2004	Colleen Scott - Unattached
Men Shot Put	70-10 (21.59)	2013	Ryan Whiting - Nike
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	74-4.25 (22.66)	2004	Dan Taylor - Ohio State
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Pentathlon	4731	2010	Hyleas Fountain - Nike
	4059 AJ	2005	Gayle Hunter - Penn State

BOLD denotes record set in 2016

* - American Indoor Record; C - Collegiate Record; AmC - American Collegiate Record; WJ - World Junior Record; AJ - American Junior Record



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|| Meet Records ||

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>YEAR</u>	<u>ATHLETE - SCHOOL</u>
Men 60 Meters	6.60	2005	Johnnie Drake - Central Michigan
Women 60 Meters	7.26	2008	Gloria Asumnu - Tulane
Men 200 Meter Dash	20.93	2010	Marcus Rowland - Auburn
Women 200 Meter Dash	23.44	2002	Rachelle Boone - Indiana
Men 400 Meters	46.00	2001	Andrew Pierce - Ohio State
Women 400 Meter Dash	52.50	2007	Shana Cox - Penn State
Men 600 Meter Dash	1:17.36	2014	Robert Rhodes - Penn State
Women 600 Meter Dash	1:27.70	2007	Morgan Uceny - Cornell
Men 800 Meter Run	1:47.45	2014	Brannon Kidder - Penn State
Women 800 Meters	2:05.90	2007	Becky Horn - Western Michigan
Men 1 Mile Run	3:57.86	2015	Robby Creese - Penn State
Women 1 Mile Run	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meters	8:00.99	2009	Sam Chelanga - Liberty
Women 3000 Meter Run	9:14.24	2005	Lindsey Gallo - Michigan
Men 5000 Meter Run	14:13.25	2007	Jeff Powers - Central Michigan
Women 5000 Meter Run	16:09.07	2001	Erica Palmer - Wisconsin
Men 60 Meter Hurdles	7.77	2003	Joel Brown - Ohio State
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x400 Meter Relay	3:07.78	2001	Ohio State - C Cornwall, E Francis, T Dickson, A Pierce
Women 4x400 Meter Relay	3:34.22	2014	Penn State - D McGee, K Seymour, T Rhodes, M Jones
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brennan, N Willis
Women Distance Medley	11:11.33	2009	West Virginia - K Christopher, A Rotilio, K Hamric, K Bland
Men High Jump	7-4.25 (2.24)	2014	Maalik Reynolds - Penn
Women High Jump	5-10.75 (1.79)	2003	Alex Church - Kent State
Men Pole Vault	18-1.50 (5.52)	2006	Brian Mondschein - Virginia Tech
Women Pole Vault	13-1.50 (4.00)	2007	Erin Mahony - Virginia Tech
Men Long Jump	24-8.50 (7.53)	2002	David Clark - West Virginia
Women Long Jump	20-7.00 (6.27)	2003	Chi-Chi Aduba - Penn State
Men Triple Jump	52-9.50 (16.09)	2002	Aarik Wilson - Indiana
Women Triple Jump	44-0.50 (13.42)	2003	Melanie Carter - Pittsburgh
Men Shot Put	66-10.50 (20.38)	2015	Darrell Hill - Penn State
Women Shot Put	55-3.50 (16.85)	2002	Krista Keir - Ohio State
Men Weight Throw 35 lb	74-4.25 (22.66)	2004	Dan Taylor - Ohio State
Women Weight Throw 20 lb	71-6.25 (21.79)	2006	Jennifer Leatherman - Penn State



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|| Penn State Indoor Records ||

EVENT	PERFORMANCE	ATHLETE, YEAR
Men 60 Meters	6.68	Xavier Smith, 2016
Men 200 Meters	20.98	Ryan Olkowski, 2001
Men 400 Meters	46.22	Brady Gehret, 2011
Men 500 Meters	1:01.28	Casimir Loxsom, 2013
Men 600 Meters	1:15.42	Casimir Loxsom, 2013
Men 800 Meters	1:46.98	Casimir Loxsom, 2013
Men 1000 Meters	2:18.26	Brannon Kidder, 2016
Men Mile	3:57.11	Robby Creese, 2013
Men 3000 Meters	7:50.36	Robby Creese, 2015
Men 5000 Meters	13:52.36	Steve Brown, 1990
Men 60-Meter Hurdles	7.69	Guy Rose, 2001
Men 4x200-Meter Relay	1:26.24	Langan, Campisi, Lolagne, Terrell, 2005
Men 4x400-Meter Relay	3:05.22	Nadolsky, Br. Bennett-Green, Loxsom, Gehret, 2012
Men 4x800-Meter Relay	7:21.17	Balkey, McMillan, Mills, Levitre, 1987 Watkins, Kidder, West, Loxsom, 2013
Men Distance Medley Relay	9:26.59	Kidder, Br. Bennett-Green, Watkins, Creese, 2014
Men 4xMile Relay	16:43.54	Adkins, Rapp, Scharsu, Mangan, 1980
Men High Jump	7-4.25 (2.24)	Paul Souza, 1982
Men Pole Vault	17-0.75 (5.20)	John Vellenoweth, 2009
Men Long Jump	25-11 (7.90)	David Coney, 1986
Men Triple Jump	53-0.75 (16.17)	Chavous Nichols, 2003
Men Shot Put	66-2.50 (20.18)	Darrell Hill, 2015
Men Weight Throw	70-6.5 (21.50)	Will Barr, 2014
Men Heptathlon	5511	Rob Cardina, 2014

EVENT	PERFORMANCE	ATHLETE, YEAR
Women 60 Meters	7.24	Shavon Greaves, 2010
Women 200 Meters	22.60	Connie Moore, 2004
Women 400 Meters	52.31	Shana Cox, 2007
Women 500 Meters	1:09.19	Shana Cox, 2007
Women 600 Meters	1:29.81	Briene Simmons, 2007
Women 800 Meters	2:05.67	Briene Simmons, 2007
Women 1000 Meters	2:43.15	Tori Gerlach, 2016
Women Mile	4:37.83	Tori Gerlach, 2016
Women 3000 Meters	9:10.04	Bridget Franek, 2009
Women 5000 Meters	15:53.50	Paula Renzi, 1985
Women 60-Meter Hurdles	8.10	Evonne Britton, 2014
Women 4x200-Meter Relay	1:35.65	Osborne, Seymour, McGee, Jones, 2014
Women 4x400-Meter Relay	3:33.13	McGee, Jones, Rhodes, Seymour, 2014
Women 4x800-Meter Relay	8:45.60	Cassel, Gerken, Hart, Stever, 1984
Women Distance Medley Relay	11:05.16	Lane, Iheoma, Simko, Millhouse, 2012
Women High Jump	5-11.25 (1.81)	A. O'Carroll, 1987; B. Maun, 2010
Women Pole Vault	13-6.25 (4.12)	Lexi Masterson, 2016
Women Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
Women Triple Jump	44-1.25 (13.45)	Chi-Chi Aduba, 2003
Women Shot Put	56-5.25 (17.20)	Ja'Nai O'Connor, 2004
Women Weight Throw	74-10 (22.82)	Jen Leatherman, 2006
Women Pentathlon	4342	Gayle Hunter, 2009

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|| Tentative Time Schedule ||



TRACK & FIELD

THE SYKES & SABOCK CHALLENGE CUP
FEBRUARY 5-6, 2016
Meet Information

|| THE SYKES & SABOCK CHALLENGE CUP || TENTATIVE TIME SCHEDULE ||

PENTATHALON - FRIDAY

1:30 PM 60 Meter Hurdles
High Jump
Shot Put
Long Jump
800 Meter Run

FIELD EVENTS - DAY ONE

5:00 PM	Women Weight Throw 20 lb	Finals
6:00 PM	Women Pole Vault (Front Runway)	Finals
6:00 PM	Women Long Jump (Back Runway)	Finals
6:00 PM	Men Long Jump (Front Runway)	Finals
7:00 PM	Men Weight Throw 35 lb	Finals

TRACK EVENTS - DAY ONE

5:00 PM	Mixed 1 Mile Run NVRC	Finals
6:15 PM	Men 60 Meter Hurdles	Prelims
6:30 PM	Women 60 Meter Hurdles	Prelims
6:45 PM	Men 60 Meter Dash	Prelims
7:00 PM	Women 60 Meter Dash	Prelims
7:10 PM	Men Distance Medley	Finals
7:25 PM	Women Distance Medley	Finals
7:45 PM	Men 60 Meter Hurdles	Finals
7:50 PM	Women 60 Meter Hurdles	Finals
7:55 PM	Men 60 Meter Dash	Finals
8:00 PM	Women 60 Meter Dash	Finals
8:05 PM	Paralympic 60 Meter	Finals
8:10 PM	Men 5000 Meter Run	Finals
8:25 PM	Women 5000 Meter Run	Finals

FIELD EVENTS - DAY TWO

11:00 AM	Men Pole Vault (Front Runway)	Finals
11:00 AM	Men Shot Put	Finals
11:00 AM	Men High Jump	Finals
11:00 AM	Women High Jump	Finals
1:00 PM	Women Shot Put	Finals
1:30 PM	Women Triple Jump (Front Runway)	Finals
1:30 PM	Men Triple Jump (Back Runway)	Finals

TRACK EVENTS - DAY TWO

12:00 PM	Men 1 Mile Run	Finals
12:15 PM	Women 1 Mile Run	Finals
12:30 PM	Men 400 Meter Dash	Finals
12:50 PM	Women 400 Meter Dash	Finals
1:10 PM	Men 800 Meter Run	Finals
1:20 PM	Women 800 Meter Run	Finals
1:30 PM	Joe Kovacs Recognition Ceremony	
1:40 PM	Men 600 Meter Run	Finals
1:50 PM	Women 600 Meter Run	Finals
2:05 PM	Men 200 Meter Dash	Finals
2:15 PM	Women 200 Meter Dash	Finals
2:30 PM	Paralympic 200 Meter - Followed by Wounded Warrior Presentation	Finals
2:45 PM	Men 3000 Meter Run	Finals
3:00 PM	Women 3000 Meter Run	Finals
3:15 PM	Men 4x400 Meter Relay	Finals
3:25 PM	Women 4x400 Meter Relay	Finals



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USTFCCCA National Athlete of the Week

Courtesy: Tyler Mayforth & Kyle Terwillegar, USTFCCCA

Senior | Lancaster, Ohio
Mid-Distance

Penn State senior Brannon Kidder turned the Horace Ashenfelter III Indoor Track into his own personal playground this past weekend at the Penn State National.

Kidder ran twice — once as the anchor on the Nittany Lions' Distance Medley Relay and then again on Saturday in the 800 — and shined each time.

During the DMR, Kidder used a strong kick to come from behind to beat Stanford's Sean McGorty. Kidder split 3:55, which helped Penn State not only win the race but move up to fourth on the all-time collegiate chart.

Then in the 800, Kidder went up against one of the strongest fields of the weekend and won by .36 seconds. Kidder's time of 1:47.01 is third on the National Descender Order List for NCAA Division I and first in the Big Ten.



Penn State Coaching/Support Staff

John Gondak	Director/Head Coach (Mid-Distance/Distance)
Erin Tucker	Associate Head Coach (Sprints/Hurdles/Relays)
Pat Ebel	Assistant Coach (Throws)
Angela Reckart	Assistant Coach (Mid-Distance/Distance)
Kevin Kelly	Assistant Coach (Pole Vault/Men's Multi's/Men's Jumps)
Fritz Spence	Assistant Coach (Women's Multi's/Women's Jumps)
Laura Loht	Director of Operations
Owen Dawson	Operations Assistant
Darrell Hill	Volunteer Assistant
Alex Kenney	Volunteer Assistant
Eddie Lovett	Volunteer Assistant
Steve Waithe	Volunteer Assistant
Michael Gay	Athletic Trainer