

SYKES & SABOCK CHALLENGE CUP



FEBRUARY 4, 2012

**** SENIOR RECOGNITION DAY ****

**** OFFICIALS' DAY ****

Appalachian State
Binghamton
Buffalo
Coastal Carolina
Connecticut (M)
Cornell
East Tenn. St.
Jacksonville (W)
James Madison (W)

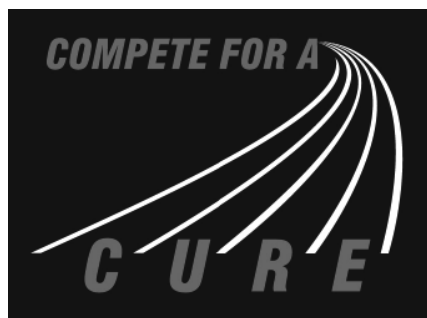


Kent State
Liberty
Lock Haven
Penn State
Princeton
UNC-Wilmington
West Virginia (W)
Western Carolina

Schedule of Events

9:00 a.m.
9:00 a.m.
12:00 p.m.
12:00 p.m.

Women's Pentathlon
Field Events
"Invitational" Shot Put
Track Events



**** COMPETE FOR A CURE ****

Our second annual fundraiser for breast-cancer research!

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 2012 OFFICIATING CREW!

Alan Schaffranek	Jim Wood
Arnold Gasche	Jon Seitz
Bill Dixon	Jonathan Holman
Bill Herbert	Lance Bland
Bob and Louise Trump	Larry and Jan Miles
Bob Berrian	Len Olsen
Bruce Rosengrant	Maria Baptiste
Christian Eck	Mark Fedkin
Dan Curran	Marshall Newman
Dave Beyerle	Michelle Walker
Dave Egger	Phil Monastra
Dean McHenry	Rebecca Bywater
Doug & Gloria Winemiller	Robert Kern
Gail Barna	Scott Brooker
Grace Dreibelbis	Scott Harford
Greg Fernandez	Stephanie Hosack
Harry Groves	Teena Sundberg
Hubie White	Tom Warfel
Jeff Johnson	Tommy Otterbine
Jen Lee	Walt Reed
Jim Byrns	
Jim Lamb	

2012 SCHEDULE

2012 INDOOR TRACK AND FIELD SCHEDULE

January 7	Penn State Relays	Ashenfelter Track
January 14	Nittany Lion Challenge	Ashenfelter Track
January 27-28	Penn State National	Ashenfelter Track
February 4	Sykes-Sabock Challenge Cup	Ashenfelter Track
February 10-11	Washington Husky Classic	Seattle, Wash.
	Tyson Invitational	Fayetteville, Ark.
	Akron Invitational	Akron, Ohio
February 25-26	Big Ten Indoor Championships	Lincoln, Neb.
March 2-3	Last Chance Weekend	TBA
March 9-10	NCAA Indoor Championships	Boise, Idaho

2012 OUTDOOR TRACK AND FIELD SCHEDULE

March 30-31	Jim Click Shootout	Tucson, Ariz.
April 6-7	Stanford Invitational	Palo Alto, Calif.
April 7	LSU Invitational	Baton Rouge, La.
April 14-15	Bison Outdoor Classic	Lewisburg, Pa.
April 21	John McDonnell Invitational	Fayetteville, Ark.
April 21	Bucknell Team Challenge	Lewisburg, Pa.
April 26-28	Penn Relays	Philadelphia, Pa.
May 5	Jim Thorpe Open	Nittany Lion Track
May 11-13	Big Ten Outdoor Champs.	Madison, Wisc.
May 24-26	NCAA Eastern Preliminary	Jacksonville, Fla.
June 6-9	NCAA Outdoor Champs.	Des Moines, Iowa
June 15-17	USATF Junior Championships	Bloomington, Ind.
June 22 - July 1	U.S. Olympic Trials	Eugene, Ore.

2012 PENN STATE COACHING STAFF

Beth Alford-Sullivan	Director and Head Coach of Track and Field	bx10@psu.edu
Chris Johnson	Associate Head Coach	cpj3@psu.edu
Sprints, Hurdles, Relays	Assistant Coach	ath1@psu.edu
Drew Hardyk	Assistant Coach	jeg33@psu.edu
Vertical Jumps, Multi-Events	Assistant Coach	fgs110@psu.edu
John Gondak	Assistant Coach	atb14@psu.edu
Middle Distance	Director of Operations	jnr126@psu.edu
Fritz Spence		
Jumps, Multi-Events		
Andy Banse		
Throws		
Jess Riden		

Volunteer Assistants -

Jim Sullivan (Pole Vault), Artie Gilkes (Distance), Gigi Johnson (Sprints, Hurdles, Relays), Jeri Daniels-Elder (Throws), Luke Watson (Distance), Ryan Foster (Middle Distance)

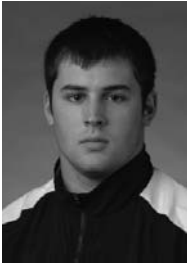
Athletic Trainers - Ben Evans, Peter Meier

Student Manager - Christian Eck

The Sykes & Sabock Challenge Cup



THANK YOU 2012 SENIOR CLASS!



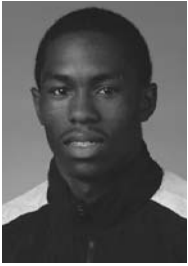
LOGAN CALDWELL
EBENSBURG, PA.
THROWS



KYLE DAWSON
COATESVILLE, PA.
DISTANCE



IJE IHEOMA
HOLLAND, PA.
SPRINTS



HANIF JOHNSON
HARRISBURG, PA.
JUMPS



CAITLIN LANE
GREENWICH, N.Y.
DISTANCE



TANAYA LLOYD
PHILADELPHIA
JUMPS



VINCE MCNALLY
PAOLI, PA.
DISTANCE



KARA MILLHOUSE
BOILING SPRINGS, PA.
DISTANCE



DOUG MOPPERT
MALVERN, PA.
JUMPS



ANNA MUZIO
HARRISBURG, PA.
THROWS



AMANDA
PALENCHAR
BRADENVILLE, PA.
POLE VAULT



JASON PELLETIER
BENTON, ARK.
POLE VAULT



JANE SWENSON
BRANDON, S.D.
THROWS



ANYA UZOH
LAUREL, MD.
MULTI-EVENTS



JOCELYN WITMER
LANCASTER, PA.
POLE VAULT



SYKES & SABOCK CHALLENGE CUP || MEET RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meter Dash	6.60	2005	Johnnie Drake - Central Michigan
Women 60 Meter Dash	7.26	2008	Gloria Asumnu - Tulane
Men 200 Meter Dash	21.07	2002	Ryan Olkowski - Penn State
Women 200 Meter Dash	23.44	2002	Rachelle Boone - Indiana
Men 400 Meter Dash	46.00	2001	Andrew Pierce - Ohio State
Women 400 Meter Dash	52.50	2007	Shana Cox - Penn State
Men 600 Meter Run	1:18.12	2005	John D'Arcy - Michigan
Women 600 Meter Run	1:27.70	2007	Morgan Uceny - Cornell
Men 800 Meter Run	1:48.09	2004	Mike Inge - Kent State
Women 800 Meter Run	2:05.90	2007	Becky Horn - Western Michigan
Men 1 Mile Run	4:04.64	2002	Brian Carpenter - Air Force
Women 1 Mile Run	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meter Run	8:00.99	2009	Sam Chelenga - 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	3:34.70	2007	Penn State - D Blake, B Simmons, S Cox, A Barber
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	11:11.33	2009	West Virginia - K Christopher, A Rotilio, K Hamric, K Bland
Men High Jump	7-3 (2.21)	2006	Smialek Tomasz - Akron
		2010	Ryan Fleck - Auburn
Women High Jump	5-10.75 (1.80)	2003	Alex Church - Kent State
Men Pole Vault	18-1.25 (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 (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	65-2.75 (19.88)	2004	Dan Taylor - Ohio State
Women Shot Put	55-3.50 (16.24)	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 (21.80)	2006	Jennifer Leatherman - Penn State
Women Indoor Pentathlon	4059	2005	Gayle Hunter - Penn State

FOLLOW PENN STATE TRACK AND FIELD ...

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ON FACEBOOK - www.facebook.com/pennstatecrosscountryandtrackandfield

The Sykes & Sabock Challenge Cup



ASHENFELTER III INDOOR TRACK || FACILITY RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.18	2010	Barbara Pierre - St. Augustine's
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
Men 600 Meters	1:16.19	2001	Tom Gerding - Minnesota
Women 600 Meters	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meters	1:47.36	2011	Casimir Loxsom - Penn State
Women 800 Meters	2:03.51	2011	Erica Moore - Knoxville Elite
Men 1000 Meters	2:19.53	2012	Robby Creeese - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:56.51	2012	Jeff See - Saucony
Women Mile	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meters	7:58.51	2000	Robert Gary - Adidas
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	Jaret Eaton - Syracuse
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x400 Meter Relay	3:07.33	2012	Pittsburgh - M Murray, D Cowsette, J Lowery, B Spratling
Women 4x400 Meter Relay	3:34.38	2005	Tennessee - L Loche, N Cook, P Hall, C Champion
Men 4x800 Meter Relay	7:23.13	2009	Phoenix Athletics - K Smith, A Maloney, M Lincoln, A Heaney
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	10:55.95	2012	R Schneider, L Finley, C Cox, E Infield
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	18-3. (5.56)	2001	Paul Terek - Michigan State
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	69-10.50 (21.29)	2012	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

DID YOU KNOW?

SIX FACILITY RECORDS HAVE BEEN RESET DURING THE 2012 SEASON, INCLUDING ROBBY CREESE'S COLLEGIATE RECORD 2:19.53 IN THE 1000 METERS!



February 4, 2012 || Ashenfelter III Indoor Track

NCAA QUALIFYING STANDARDS

Event	2012 NCAA Auto	Event	2012 NCAA Auto
W 60 Meters	7.26	M 60 Meters	6.60
W 200 Meters	23.12	M 200 Meters	20.73
W 400 Meters	52.60	M 400 Meters	46.00
W 800 Meters	2:04.50	M 800 Meters	1:47.30
W Mile	4:37.00	M Mile	3:57.90
W 3000 Meters	9:10.00	M 3000 Meters	7:52.30
W 5000 Meters	15:57.00	M 5000 Meters	13:44.60
W 60-Meter Hurdles	8.10	M 60-Meter Hurdles	7.70
W 4X400-Meter Relay	3:34.00	M 4X400-Meter Relay	3:06.50
W Distance Medley Relay	11:03.50	M Distance Medley Relay	9:31.00
W High Jump	6-0.75 (1.85)	M High Jump	7-4.25 (2.24)
W Pole Vault	14-3.25 (4.35)	M Pole Vault	18-0.50 (5.50)
W Long Jump	21-2 (6.45)	M Long Jump	26-6 (8.00)
W Triple Jump	43-7.75 (13.30)	M Triple Jump	53-5.75 (16.30)
W Shot Put	56-5.25 (17.20)	M Shot Put	63-6 (19.35)
W Weight Throw	68-10.75 (21.00)	M Weight Throw	70-6.50 (21.50)
W Pentathlon	4150	M Heptathlon	5750

2012 PENN STATE PERFORMANCE LIST

EVENT	TOP WOMEN'S PERFORMANCE	TOP MEN'S PERFORMANCE
60 Meters	7.41 - M. Jones (1/7/12)	7.02 - M. Gilmore (1/7/12)
200 Meters	23.68 - M. Jones (1/7/12)	21.59 - A. Nadolsky (1/7/12)
400 Meters	54.32 - M. Jones (1/14/12)	47.48 - Br. Bennett-Green (1/28/12)
500 Meters	1:12.05 - I. Iheoma (1/7/12)	1:03.30 - Br. Bennett-Green (1/7/12)
600 Meters	1:36.43 - C. Shannon (1/14/12)	1:16.66 - C. Loxsom (1/14/12)
800 Meters	2:06.91 - B. Simko (1/28/12)	1:48.24 - C. Loxsom (1/28/12)
1000 Meters	2:44.24 - C. Lane (1/14/12)	2:19.53 - R. Creese (1/14/12)
Mile	4:39.31 - C Lane (1/28/12)	4:10.39 - T. Corkedale (1/14/12)
3000 Meters	9:19.42 - K. Millhouse (1/28/12)	8:06.36 - K. Dawson (1/28/12)
5000 Meters	17:46.93 - L. Anderson (1/27/12)	14:54.78 - T. Luff (1/27/12)
60- Meter Hurdles	8.20 - E. Britton (1/27/12)	8.14 - S. Barrett (1/7/12)
4X400-Meter Relay	3:36.91 (1/7/12)	3:07.72 (1/14/12)
	Jones, McGee, Nieuwendam, Iheoma	Nadolsky, Gehret, Loxsom, Gilmore
Distance Medley Relay	11:05.16 (1/27/12)	9:35.24 (1/27/12)
	Lane, Iheoma, Simko, Millhouse	Endress, Nadolsky, Manley, Creese
High Jump	5-8.50 (1.74) - K. Coutts (1/27/12)	7-0.50 (2.15) - S. Reilly (1/28/12)
Pole Vault	12-9.50 (3.90) - J. Witmer (1/14/12)	15-5 (4.70) - J. Pelletier (1/7/12)
Long Jump	18-5 (5.61) - B. Howell (1/7/12)	23-4.75 (7.13) - D. Moppert (1/27/12)
Triple Jump	41-1.50 (12.53) - T. Lloyd (1/14/12)	51-9 (15.77) - H. Johnson (1/28/12)
Shot Put	50-2 (15.29) - M. Kurzdorfer (1/28/12)	58-0.50 (17.69) - L. Caldwell (1/28/12)
Weight Throw	64-10.50 (19.77) - M. Kurzdorfer (1/27/12)	63-9.50 (19.44) - W. Barr (1/7/12)
Pentathlon/Heptathlon	3663 - B. Howell (1/27/12)	5367 - A. Uzoh (1/28/12)



PENN STATE RECORDS

EVENT	PERFORMANCE	ATHLETE, YEAR
M 60 Meters	6.76	Ernie Terrell, 2003
M 200 Meters	20.98	Ryan Olkowski, 2001
M 400 Meters	46.22	Brady Gehret, 2011
M 500 Meters	1:01.28	Casimir Loxsom, 2011
M 600 Meters	1:16.66	Casimir Loxsom, 2012
M 800 Meters	1:47.32	Ryan Foster, 2010
M 1000 Meters	2:19.53	Robby Creese, 2012
M Mile	3:58.49	Ryan Foster, 2011
M 3000 Meters	8:00.78	Ken Frazier, 1989
M 5000 Meters	13:52.36	Steve Brown, 1990
M 60- Meter Hurdles	7.69	Guy Rose, 2001
M 4X400-Meter Relay	3:07.27	Nadolsky, Williams, Loxsom, Gehret, 2011
M Distance Medley Relay	9:32.94	Borchers, Cadau, Foster, Johnson, 2009
M High Jump	7-4.25 (2.24)	Paul Souza, 1982
M Pole Vault	17-0.75 (5.20)	John Vellenoweth, 2009
M Long Jump	25-11 (7.90)	David Coney, 1986
M Triple Jump	53-0.75 (16.17)	Chavous Nichols, 2003
M Shot Put	65-7 (19.99)	C.J. Hunter, 1990
M Weight Throw	66-5.75 (20.26)	Dorian Lowe, 2002
M Heptathlon	5500	James Cook, 1998

EVENT	PERFORMANCE	ATHLETE, YEAR
W 60 Meters	7.24	Shavon Greaves, 2010
W 200 Meters	22.60	Connie Moore, 2004
W 400 Meters	52.31	Shana Cox, 2007
W 500 Meters	1:09.19	Shana Cox, 2007
W 600 Meters	1:29.81	Briene Simmons, 2007
W 800 Meters	2:05.67	Briene Simmons, 2007
W 1000 Meters	2:44.24	Caitlin Lane, 2012
W Mile	4:37.95	Bridget Franek, 2010
W 3000 Meters	9:10.04	Bridget Franek, 2009
W 5000 Meters	15:53.50	Paula Renzi, 1985
W 60-Meter Hurdles	8.16	Aleesha Barber, 2009
W 4X400-Meter Hurdles	3:33.39	Blake, Simmons, Barber, Cox, 2007
W Distance Medley Relay	11:05.16	Lane, Iheoma, Simko, Millhouse, 2012
W High Jump	5-11.25 (1.81)	A. O'Carroll, 1987; B. Maun, 2010
W Pole Vault	13-5.50 (4.11)	Sara Dougherty, 2004
W Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
W Triple Jump	44-1.50 (13.45)	Chi-Chi Aduba, 2003
W Shot Put	56-5.25 (17.20)	Ja'Nai O'Connor, 2004
W Weight Throw	74-10 (22.82)	Jen Leatherman, 2006
W Pentathlon	4342	Gayle Hunter, 2009





SYKES & SABOCK CHALLENGE CUP

ORDER OF EVENTS



INDOOR PENTATHLON

9:00 AM	Indoor Pentathlon: #1 Women 60 Meter Hurdles	Finals
~ 9:35 AM	Indoor Pentathlon: #2 Women High Jump	Finals
~ 11:05 AM	Indoor Pentathlon: #3 Women Shot Put	Finals
~ 1:00 PM	Indoor Pentathlon: #4 Women Long Jump	Finals
~ 1:05 PM	Indoor Pentathlon: #5 Women 800 Meter Dash	Finals

FIELD EVENTS

9:00 AM	Men Weight Throw 35 lb	Finals
9:30 AM	Men Shot Put Ability	Finals
12:00 PM	Men Shot Put Inv	Finals
12:30 PM	Men Pole Vault	Finals
12:30 PM	Women Pole Vault	Finals
1:15 PM	Women Weight Throw 20 lb	Finals
2:30 PM	Men Long Jump	Finals
2:30 PM	Women Long Jump	Finals
3:30 PM	Men Shot Put	Finals
4:30 PM	Men High Jump	Finals
4:30 PM	Women High Jump	Finals
5:00 PM	Men Triple Jump	Finals
5:00 PM	Women Triple Jump	Finals
5:00 PM	Women Shot Put	Finals

TRACK EVENTS

10:15 AM	Mixed 800 Meter Run Ability	Finals
10:30 AM	Mixed 3000 Meter Run NVRC	Finals
10:30 AM	Mixed 1 Mile Run NVRC	Finals

**** PSU SENIOR RECOGNITION ****

12:00 PM	Men 5000 Meter Run	Finals
12:20 PM	Women 5000 Meter Run	Finals
12:45 PM	Men 1 Mile Run	Finals
12:55 PM	Women 1 Mile Run	Finals
1:15 PM	Men 60 Meter Hurdles	Prelims
1:30 PM	Women 60 Meter Hurdles	Prelims
1:45 PM	Mixed 60 Meter Dash Ability	Finals
1:46 PM	Men 60 Meter Dash	Prelims
2:00 PM	Women 60 Meter Dash	Prelims
2:15 PM	Men 600 Meter Run	Finals
2:30 PM	Women 600 Meter Run	Finals
2:50 PM	Men 60 Meter Hurdles	Finals
2:55 PM	Women 60 Meter Hurdles	Finals
3:00 PM	Men 60 Meter Dash	Finals
3:05 PM	Women 60 Meter Dash	Finals
3:10 PM	Men 400 Meter Dash	Finals
3:40 PM	Women 400 Meter Dash	Finals
4:10 PM	Men 800 Meter Run	Finals
4:25 PM	Women 800 Meter Run	Finals
4:40 PM	Mixed 200 Meter Dash Ability	Finals
4:42 PM	Men 200 Meter Dash	Finals
5:05 PM	Women 200 Meter Dash	Finals
5:30 PM	Men 3000 Meter Run	Finals
5:50 PM	Women 3000 Meter Run	Finals
6:15 PM	Men Distance Medley	Finals
6:30 PM	Women Distance Medley	Finals
6:45 PM	Men 4x400 Meter Relay	Finals
7:00 PM	Women 4x400 Meter Relay	Finals

