



TRACK & FIELD



The Sykes & Sabock Challenge Cup
February 2, 2013



TRACK & FIELD

The Sykes & Sabock Challenge Cup February 2, 2013

|| Ashenfelter III Indoor Track ||

Honoring the Past ... Empowering the Future ...

Remembering "Sykes & Sabock " ...

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).

Remembering Dr. John Lucas ...

One of the world's foremost Olympic historians, and longtime Penn State professor Dr. John Lucas passed away on November 9, 2012. Lucas spent much of his adult life as a professor at Penn State.

Aside from the London Olympics this past summer, Lucas has attended every summer Olympic Games since 1960. An avid runner, Lucas had the opportunity to run on every Olympic track during those years, with his final Olympic "lap" coming at the Athens Olympics in 2004. He was also honored with the title of "Official International Olympic Committee Lecturer" in 1992, and with the Olympic Order Medal by the IOC in 1996. Over the years, Lucas authored several books on the Olympic Games, as well as countless articles.

Lucas coached Nittany Lion track and field and cross country from 1962-1968. Prior to Penn State, Lucas was an assistant coach at the University of Maryland from 1958 to 1962.

**** Today, we will honor Dr. Lucas by awarding the "John Lucas Athlete of the Meet" following competition ****

Mark Your Calendar!

Remaining 2013 Indoor Season Schedule

February 2	Sykes & Sabock Challenge Cup Ashenfelter Track
February 8-9	Washington Husky Classic Seattle, Wash. SPIRE NCAA Division I Invitational Geneva, Ohio
February 22-23	Big Ten Indoor Championships Geneva, Ohio
March 1-2	Last Chance Weekend TBA
March 8-9	NCAA Indoor Championships Fayetteville, Ark.

Penn State Coaching Staff

Director and Head Coach	Beth Alford-Sullivan, Distance
Associate Head Coach	John Gondak, Mid-Distance
Assistant Coach	Randy Bungard, Sprints/Hurdles/Relays
Assistant Coach	Pat Ebel, Throws
Assistant Coach	Kevin Kelly, Men's Jumps/Multi's/PV
Assistant Coach	Fritz Spence, Women's Jumps/Multi's

Director of Operations	Jess Riden
Director of Operations	Megan Monroig

Volunteer Assistants	Jim Sullivan Artie Gilkes Ryan Whiting Kara Millhouse
----------------------	--

Athletic Trainers	Ben Evans Michael Gay
-------------------	--------------------------



**SCAN HERE FOR
LIVE RESULTS!!**

2013 SENIOR DAY



DORIS ANYANWU
BELTSVILLE, MD.
SPRINTS/HURDLES



NATALIE BOWER
PLEASANT UNITY, PA.
DISTANCE



KELSEY COUTTS
POWELL, OHIO
HIGH JUMP



LINDSEY GRAYBILL
MACUNGIE, PA.
DISTANCE



ERIKA MORGAN
CHESAPEAKE, VA.
HIGH JUMP



BROOKLYNE RIDDER
CINCINNATI, OHIO
DISTANCE



COLLEEN SHANNON
ANDOVER, MASS.
MID-DISTANCE



JANE SWENSON
BRANDON, S.D.
THROWS



TYLER CORKEDALE
W. WINDSOR, N.J.
DISTANCE



MARK FULLER
CAMP HILL, PA.
MID-DISTANCE



TYLER JONES
CHALFONT, PA.
DISTANCE



CASIMIR LOXSOM
NEW HAVEN, CONN.
MID-DISTANCE



TOM LUFF
EMMAUS, PA.
DISTANCE



SAM MASTERS
COLUMBIA, MO.
DISTANCE



EMUNAEEL MPANDUKI
HARARE, ZIMBABWE
SPRINTS/RELAYS



NABIL MUBARAK
LOGANVILLE, GA.
THROWS



DAVID PATZER
LANDISVILLE, PA.
POLE VAULT



SEAN REILLY
LAGRANGEVILLE, N.Y.
HIGH JUMP



RICKY WEST
TORONTO, ONTARIO
MID-DISTANCE

THANK YOU SENIORS!



The Sykes & Sabock Challenge Cup

February 2, 2013



|| 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	1:15.69 AmC	2013	Casimir Loxsom - Penn State
	1:16.92 WJ, 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	2:03.51	2011	Erica Moore - Knoxville Elite
Men 1000 Meters	2:19.53 C, AJ	2012	Robby Creese - 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	7:58.51	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	Jarret Eaton - Syracuse
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x200 Meter Relay	1:24.70 CR	2013	Penn State - E Mpanduki, M Gilmore, Br. Bennett-Green, A Nadolsky
Women 4x200 Meter Relay	1:37.25	2013	Penn State - M Jones, K Nieuwendam, D Anyanwu, K Seymour
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 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	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	10:55.95	2012	Georgetown - R Schneider, L Finley, C Cox, E Infield
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2.75 (1.90)	2013	Tynita Butts - East Carolina
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 Oikowski - Unattached
Women Pentathlon	4731	2010	Hyleas Fountain - Nike
	4059 AJ	2005	Gayle Hunter - Penn State

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



The Sykes & Sabock Challenge Cup

February 2, 2013



|| Sykes & Sabock || Meet Records ||

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>YEAR</u>	<u>ATHLETE - SCHOOL</u>
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
Men Shot Put "Invite"	69-9.75 (21.28)	2012	Ryan Whiting - Nike
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



The Sykes & Sabock Challenge Cup

February 2, 2013



|| Penn State Indoor Records ||

EVENT	PERFORMANCE	ATHLETE, YEAR
Men 60 Meters	6.76	Ernie Terrell, 2003
Men 200 Meters	20.98	Ryan Olkowski, 2001
Men 400 Meters	46.22	Brady Gehret, 2011
Men 500 Meters	1:01.28	Casimir Loxsom, 2011
Men 600 Meters	1:15.79	Casimir Loxsom, 2013
Men 800 Meters	1:46.98	Casimir Loxsom, 2013
Men 1000 Meters	2:19.53	Robby Creese, 2012
Men Mile	3:58.49	Ryan Foster, 2011
Men 3000 Meters	8:00.78	Ken Frazier, 1989
Men 5000 Meters	13:52.36	Steve Brown, 1990
Men 60-Meter Hurdles	7.69	Guy Rose, 2001
Men 4x200-Meter Relay	1:24.70	Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky, 2013
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
Men Distance Medley Relay	9:32.94	Borchers, Cadau, Foster, Johnson, 2009
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	65-7 (19.99)	C.J. Hunter, 1990
Men Weight Throw	67-3.50 (20.51)	Will Barr, 2013
Men Heptathlon	5500	James Cook, 1998

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	2:44.24	Caitlin Lane, 2012
Women Mile	4:37.95	Bridget Franek, 2010
Women 3000 Meters	9:10.04	Bridget Franek, 2009
Women 5000 Meters	15:53.50	Paula Renzi, 1985
Women 60-Meter Hurdles	8.16	Aleesha Barber, 2009
Women 4x200-Meter Relay	1:37.25	Jones, Nieuwendam, Anyanwu, Seymour, 2013
Women 4x400-Meter Relay	3:33.39	Blake, Simmons, Barber, Cox, 2007
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	13-5.50 (4.11)	Sara Dougherty, 2004
Women Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
Women Triple Jump	44-1.50 (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



The Sykes & Sabock Challenge Cup

February 2, 2013



|| Time Schedule ||

WOMEN'S PENTATHLON

9:00 AM	Indoor Pentathlon: #1 Women 60 Meter Hurdles	Finals
~ 9:35 AM	Indoor Pentathlon: #2 Women High Jump	Finals
~ 11:30 AM	Indoor Pentathlon: #3 Women Shot Put	Finals
~ 12:45 PM	Indoor Pentathlon: #4 Women Long Jump	Finals
~ 2:00 PM	Indoor Pentathlon: #5 Women 800 Meter Dash	Finals

FIELD EVENTS

9:00 AM	Women Weight Throw 20 lb	Finals
12:00 PM	Shot Put "Invitational" (Contested on Infield)	Finals
12:30 PM	Men Pole Vault	Finals
12:30 PM	Women Pole Vault	Finals
1:30 PM	Men Weight Throw 35 lb	Finals
2:30 PM	Men Long Jump	Finals
2:30 PM	Women Long Jump	Finals
3:30 PM	Women 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	Men Shot Put	Finals

RUNNING EVENTS

10:15 AM	Mixed 1 Mile Run Ability	Finals
10:30 AM	Mixed 3000 Meter Run NVRC	Finals
	Mixed 1 Mile Run NVRC	Finals
11:40 AM	Men 2000 Meter Steeplechase	Finals
11:50 AM	Women 2000 Meter Steeplechase	Finals
12:00 PM	Men 5000 Meter Run	Finals
12:20 PM	Women 5000 Meter Run	Finals
12:40 PM	Men 1 Mile Run	Finals
1:00 PM	Women 1 Mile Run	Finals
1:20 PM	Mixed 60 Meter Dash Ability	Finals
1:25 PM	Men 60 Meter Hurdles	Prelims
1:40 PM	Women 60 Meter Hurdles	Prelims
1:55 PM	Men 60 Meter Dash	Prelims
2:10 PM	Women 60 Meter Dash	Prelims
2:25 PM	Men 600 Meter Run	Finals
2:45 PM	Women 600 Meter Run	Finals
3:10 PM	Men 60 Meter Hurdles	Finals
3:15 PM	Women 60 Meter Hurdles	Finals
3:20 PM	Men 60 Meter Dash	Finals
3:25 PM	Women 60 Meter Dash	Finals
3:30 PM	Men 400 Meter Dash	Finals
3:50 PM	Women 400 Meter Dash	Finals
4:15 PM	Men 800 Meter Run	Finals
4:30 PM	Women 800 Meter Run	Finals
4:45 PM	Men 200 Meter Dash Ability	Finals
4:47 PM	Women 200 Meter Dash Ability	Finals
4:50 PM	Men 200 Meter Dash	Finals
5:10 PM	Women 200 Meter Dash	Finals
5:35 PM	Men 3000 Meter Run	Finals
5:50 PM	Women 3000 Meter Run	Finals
6:05 PM	Men Distance Medley	Finals
6:20 PM	Women Distance Medley	Finals
6:35 PM	Men 4x400 Meter Relay	Finals

PSU SENIOR RECOGNITION

11:30 AM



From Ashenfelter ... To Franek...

**Penn State has been
“Breaking Barriers” in the Steeplechase
From Ashenfelter’s 1952 Olympic Gold ...
to Franek’s 2010 NCAA Title and 2012
appearance in the Olympic FINAL ...
And many milestones in between!**

**Don’t Miss the Next Chapter in the
Nittany Lions’ Storied Steeple History ...**

**The FIRST-EVER
INDOOR 2K Steeplechase
at Ashenfelter III Indoor Track!!!
Steeple Begins at 11:40 AM!**



Sykes & Sabock Challenge || Saturday, February 2

