NCAA OUTDOOR CHAMPIONSHIPS



JUNE 5-8, 2013

Hayward Field [Eugene, Ore.

(S) TRACK& FIELD





Nittany Lions Head to Eugene for NCAA Outdoor Championships Track and Field enters national competition with Top 25 rankings in both men's and women's standings

EUGENE, Ore.: June 3, 2013 – Traveling a record number of competitors, the Nittany Lions will be poised for outstanding finishes against the nation's best competition, this week at the NCAA Outdoor Track and Field Championships at Historic Hayward Field at the University of Oregon. Both Nittany Lion squads are touted for impressive finishes, as the Penn State men's team enters the competition at No. 18 in the latest United States Track and Field/Cross Country Coaches' Association (USTFCCCA) rankings, while the women's contingent – the 2013 Big Ten Outdoor Champions – come into the national championships at No. 24.

The Nittany Lions are set to travel a healthy mix of youth and experience to the championships, led by senior and eight-time NCAA qualifier Casimir Loxsom (New Haven, Conn.). Loxsom – a five-time USTFCCCA All-American – will look to close out his Nittany Lion career with a bang, coming off a runner-up finish in the 800 meters at the NCAA Indoor Championships. The senior, who was named "Track Athlete of the Relays" at the prestigious Penn Relays Carnival, has had another season for the record books this spring, clocking 1:46.77 for his signature event at the Mt. SAC Relays in April. Loxsom's season best performance currently ranks third among NCAA competitors.

Also entering the competition in striking position for an NCAA title in sophomore Lauren Kenney (State College, Pa.). Kenney launched a lifetime-best 177-10 (54.02) – the current No. 3 throw in the country - at the NCAA Eastern Preliminary Round. Kenney, who placed fourth at the NCAA Championships a year ago, has been on a roll all season, including individual victories at the Big Ten Championships, as well as the LSU Battle on the Bayou and Alabama Crimson Tide Invitational. By her side will be junior Laura Loht (McClure, Pa.), last year's NCAA bronze medalist in the event. Loht – the 2013 Penn Relays Champion - has also impressed this spring, posting a career-long 169-6 (51.66) at the Eastern Preliminary.

About the NCAA Outdoor Championships ...

When: June 5-8, 2013

Where: Hayward Field (University of Oregon)

Meet Information: www.GoDucks.com; and www.NCAA.com

Results: www.FlashResults.com

Follow the Nittany Lions ... On Twitter: @PennStateTFXC

On Facebook: PennStateCrossCountryandTrackandField

The Nittany Lions will be represented across all event areas at the championships, including standout redshirt-junior Mahagony Jones (Cleveland, Ohio) in the women's 100- and 200-meters. Jones – the Big Ten 100 Champion – has emerged as one of the top sprinters on the East Coast, as well as in the national rankings, putting up wind-legal lifetime lows of 11.33 in the 100, and 23.19 in the 200 at the Eastern Preliminary. Jones, who scored a total of 21 points towards the Nittany Lions' winning effort at the Big Ten Outdoor Championships, joins a long line of outstanding sprinters in the Nittany Lion record books, becoming the third Penn State woman to qualify for the NCAA Championships in the 100 and 200, following Shavon Greaves in 2010, and Connie Moore, who accomplished the double four times from 2001 to 2004.

For complete preview, log on to www.GoPSUsports.com.

UNIVERSITY QUICK FACTS

Location:	University Park, Pa.
Founded:	1855
Enrollment:	
Nickname:	Nittany Lions
Colors:	Blue and White
President:	Rodney Erickson
Director of Athletics:	David Joyner
Senior Woman Administrator:	
Faculty Representative:	Linda Caldwell
University Website	www.PSU.edu
Athletics Website:	

TRACK AND FIELD QUICK FACTS

D'	Dark Alfa al C III
Director and Head Coach of TF/XC	
Associate Head Coach	John Gondak
Assistant Coach (Sprints/Hurdles/Relays)	Randy Bungard
Assistant Coach (Throws)	
Assistant Coach (Men's Jumps/Multi's/Pole Vault)	Kevin Kellv
Assistant Coach (Women's Jumps/Multi's)	Fritz Spence
Director of Operations	
Director of Operations	
Volunteer Assistants	Jim Sullivan
	Artie Gilkes
	Ryan Whiting
	Kara Millhouse
Athletic Trainers	Michael Gay
Sports Nutritionist	Kris Clark
Sports Psychologist	
Academic Advisor	Nate Althouse

PENN STATE PRONUNCATION GUIDE

MEN'S PRONUNCIATIONS

Brannon Kidder	BRANN-IN (Not Brandon)
Casimir Loxsom	Cazz-uh-MEER Locks-Um
Emunael Mpanduki	em-uh-NILE PAN-doo-kee

WOMEN'S PRONUNCIATIONS

WOMEN STRONGHENTIONS	
Laura Lohtl-OH-t (Like "Bo	at")
Kiah SeymourKEY	

MEDIA INFORMATION

ATHLETIC COMMUNICATIONS CONTACT.	Iess Riden
EMAIL	inr126@psu.edu
CELL	,
WEBSITE	



USTFCCCA Men's Rankings

Rank	School	Conference	Head Coach (Yr)
Rank	School	Conference	Head Coach (Yr)
1	Texas A&M	SEC	Pat Henry (9th)
2	Arkansas	SEC	Chris Bucknam (5th)
3	Oregon	Pac-12	Robert Johnson (1st)
4	Florida	SEC	Mike Holloway (11th)
5	Florida State	ACC	Bob Braman (10th)
6	LSU	SEC	Dennis Shaver (9th)
7	USC	Pac-12	Ron Allice (19th)
8	Texas	Big 12	Bubba Thornton (18th)
9	Nebraska	Big Ten	Gary Pepin (30th)
10	Virginia Tech	ACC	Dave Cianelli (12th)
11	Georgia	SEC	Wayne Norton (14th)
12	TCU	Big 12	Darryl Anderson (9th)
13	Wisconsin	Big Ten	Ed Nuttycombe (29th)
14	Mississippi	SEC	Brian O'Neal (1st)
15	Kansas	Big 12	Stanley Redwine (13th)
16	Alabama	SEC	Dan Waters (2nd)
17	Oklahoma State	Big 12	Dave Smith (5th)
18	Penn State	Big Ten	Beth Alford-Sullivan (7th)
19	UCLA	Pac-12	Mike Maynard (4th)
20	Iowa	Big Ten	Larry Wieczorek (17th)
21	Ohio State	Big Ten	Ed Beathea (2nd)
22	Arizona	Pac-12	Fred Harvey (11th)
23	Mississippi State	SEC	Steve Dudley (3rd)
24	BYU	Independent	Mark Robison (13th)
25	Kansas State	Big 12	Cliff Rovelto (21st)

USTFCCCA Women's Rankings

	0311 CCCA Wollien's Rankings				
Rank	School	Conference	Head Coach (Yr)		
1	Kansas	Big 12	Stanley Redwine (13th)		
2	Texas A&M	SEC	Pat Henry (9th)		
3	Florida	SEC	Mike Holloway (6th)		
4	LSU	SEC	Dennis Shaver (9th)		
5	Oregon	Pac-12	Robert Johnson (1st)		
6	Arizona	Pac-12	Fred Harvey (11th)		
7	Arkansas	SEC	Lance Harter (23rd)		
8	UCF	Conference USA	Caryl Smith Gilbert (6th)		
9	Arizona State	Pac-12	Greg Kraft (17th)		
10	Georgia	SEC	Wayne Norton (14th)		
11	Stanford	Pac-12	Chris Miltenberg (1st)		
12	Texas	Big 12	Rose Brimmer (1st)		
13	Clemson	ACC	Shawn Cobey (1st)		
14	UCLA	Pac-12	Mike Maynard (1st)		
15	Iowa State	Big 12	Corey Ihmels (6th)		
16	Illinois	Big Ten	Tonja Buford-Bailey (5th)		
17	Texas Tech	Big 12	Wes Kittley (14th)		
18	Florida State	ACC	Bob Braman (10th)		
19	USC	Pac-12	Ron Allice (19th)		
20	Washington	Pac-12	Greg Metcalf (11th)		
21	Wichita State	Missouri Valley	Steve Rainbolt (13th)		
22	South Carolina	SEC	Curtis Frye (17th)		
23	San Diego State	Mountain West	Shelia Burrell (4th)		
24	Penn State		eth Alford-Sullivan (14th)		
25	Michigan State	Big Ten	Walt Drenth (7th)		

SEASON HIGHLIGHTS SO FAR ...

2013 BIG TEN OUTDOOR CHAMPIONSHIPS

Penn State Women

** Three Big Ten Champions

** 10 Big Ten Medalists

* Seventh Team Title in Program History

Beth Alford-Sullivan

Women's Coach of the Year



2013 BIG TEN CHAMPIONS

Mahagony Jones Evonne Britton Lauren Kenney Women's 100 Meters Women's 100-Meter Hurdles Women's Javelin

BIG TEN SILVER MEDALISTS (All-Conference Second Team)

Mahagony Jones Women's 200 Meters
Marta Klebe Women's 1500 Meters
Kiah Seymour Women's 400-Meter Hurdles
Laura Loht Women's Javelin

Casimir Loxsom Men's 800 Meters Robby Creese Men's 1500 Meters

PENN RELAYS CARNIVAL "Championship of America" Winners

Kidder, Br. Bennett-Green. Men's DMR Loxsom, Creese

> ** 9:24.68 - School Record, 2013 NCAA Leader ** Sixth Fastest Program in NCAA History

Creese, Watkins, Loxsom, Kidder ** 7:14.14, 2013 NCAA Leader ** Second-Straight Penn Relays Win

PENN RELAYS CARNIVAL Individual Champions

Natalie Bower Women's 3,000-Meter Steeplechase Laura Loht Women's Javelin Brittney Howell Women's Heptathlon

Casimir Loxsom "Track Athlete of the Relays" Award Winner



NCAA OUTDOOR CHAMPIONSHIPS || JUNE 5-8, 2013 || EUGENE, ORE.



Beth Alford-Sulllivan
Director and Head Coach
14th Year
Minnesota, '89
Distance, XC
bxa10@psu.edu



John Gondak
Associate Head Coach
Seventh Year
Syracuse, '95
Middle Distance, XC
jeg33@psu.edu

Sullivan in 2012-13 ...

* 2013 Big Ten "Coach of the Year"

* 2013 Big Ten Women's Outdoor Champions

* USTFCCCA Mid-Atlantic Men's Indoor "Coach of the Year"

* USTFCCCA Mid-Atlantic Women's XC "Coach of the Year"

Sullivan at Penn State ...

* 138 USTFCCCA All-Americans

* 3 NCAA Individual Champions

* 1 NCAA Champion Relay

* 81 Big Ten Individual Champions

* 16 Conference Winning Relays

* 7 Big Ten Team Titles

* 2 NCAA "Trophy Team" Finishes

* 1 Big Ten "Triple Crown" (2009-10)

* 2010 USTFCCCA "Scholar Team of the Year"



Randy Bungard
Assistant Coach
First Year
Virginia Tech, '87
Sprints, Hurdles, Relays
rjb52@psu.edu



Pat Ebel
Assistant Coach
First Year
UW-La Crosse, '92
Throws
pwe2@psu.edu



Kevin Kelly
Assistant Coach
First Year
Kutztown, '99
Men's Jumps, Multi's, PV
kgk134@psu.edu



Fritz Spence
Assistant Coach
Seventh Year
Missouri State, '97
Women's Jumps, Multi's
fgs110@psu.edu



Jess Riden
Director of Operations
Seventh Year
Penn State, '04
jnr126@psu.edu



Megan Monroig
Director of Operations
First Year
Penn State, '11
mem5267@psu.edu



WEDNESDAY TRACK EVENTS

Start Time	Event	Division	Round	Penn State
4:00 PM	4x100 Relay	Women	Semifinal	
4:15 PM	4x100 Relay	Men	Semifinal	
4:30 PM	800 Meters	Women	Semifinal	
4:45 PM	800 Meters	Men	Semifinal	Loxsom, Kidder, West
5:00 PM	400 Meters	Women	Semifinal	
5:15 PM	400 Meters	Men	Semifinal	
5:30 PM	100 Meters	Women	Semifinal	Jones
5:45 PM	100 Meters	Men	Semifinal	
6:00 PM	400 Hurdles	Women	Semifinal	Seymour
6:15 PM	400 Hurdles	Men	Semifinal	
6:30 PM	400 Meters	Men	Decathlon	
6:45 PM	3000 Steeplechase	Men	Semifinal	
7:10 PM	10,000 Meters	Women	Final	

WEDNESDAY FIELD EVENTS

Start Time	Event	Division	Round	Penn State
1:30 PM	Hammer	Women	Trials/Final	Kurzdorfer
4:00 PM	Pole Vault	Men	Final	
4:15 PM	Long Jump	Women	Trials/Final	
5:15 PM	Javelin	Women	Trials/Final	Kenney, Loht
5:30 PM	Shot Put	Men	Trials/Final	

THURSDAY EVENT SCHEDULE

THURSDAY TRACK EVENTS

Start Time	Event	Division	Round	Penn State
4:00 PM	200 Meters	Women	Semifinal	Jones
4:15 PM	200 Meters	Men	Semifinal	
4:30 PM	1500 Meters	Women	Semifinal	
4:45 PM	1500 Meters	Men	Semifinal	Creese
5:05 PM	100 Hurdles	Women	Semifinal	Britton
5:20 PM	110 Hurdles	Men	Semifinal	
5:35 PM	3000 Steeplechase	Women	Semifinal	Bower
6:05 PM	200 Meters	Women	Heptathlon	
6:20 PM	4x400 Relay	Women	Semifinal	Penn State TBA
6:40 PM	4x400 Relay	Men	Semifinal	Penn State TBA
7:00 PM	1500 Meters	Men	Decathlon	
7:15 PM	10,000 Meters	Men	Final	

THURSDAY FIELD EVENTS

Start Time	Event	Division	Round	Penn State
1:30 PM	Hammer	Men	Trials/Final	
2:00 PM	Discus	Women	Trials/Final	Kurzdorfer
4.30 PM	Long Jump	Mon	Trials/Final	

DID YOU KNOW ...

** Sam Masters is Penn State's first qualifier in the M 5K since Steve Brown in 1990 **

** Dating back to 1998, PSU has had at least one entrant in the women's javelin in 15 of the last 16 NCAAs! **

** The last time the NCAA Championships were in Eugene, the Nittany Lion women finished off a record-setting year with a fourthplace "trophy" finish in the team standings **

FRIDAY EVENT SCHEDULE

FRIDAY TRACK EVENTS

Start Time	Event	Division	Round	Penn State
4:30 PM	400 Hurdles	Women	Final	Qualifiers
4:40 PM	400 Hurdles	Men	Final	
4:50 PM	800 Meters	Women	Heptathlon	
5:00 PM	100 Meters	Women	Final	Qualifiers
5:10 PM	100 Meters	Men	Final	
5:20 PM	800 Meters	Women	Final	
5:30 PM	800 Meters	Men	Final	Qualifiers
5:40 PM	3000 Steeplechase	Men	Final	
5:55 PM	400 Meters	Women	Final	
6:05 PM	400 Meters	Men	Final	
6:15 PM	5000 Meters	Women	Final	

FRIDAY FIELD EVENTS

Start Time	Event	Division	Round	Penn State
3:15 PM	Pole Vault	Women	Final	
3:20 PM	High Jump	Men	Final	Reilly
3:25 PM	Triple Jump	Women	Trials/Final	•
4:00 PM	Discus	Men	Trials/Final	

SATURDAY EVENT SCHEDULE

SATURDAY TRACK EVENTS

Start Time	Event	Division	Round	Penn State
2:05 PM	4x100 Relay	Women	Final	
2:12 PM	4x100 Relay	Men	Final	
2:19 PM	1500 Meters	Women	Final	
2:31 PM	1500 Meters	Men	Final	Qualifiers
2:43 PM	200 Meters	Women	Final	Qualifiers
2:50 PM	200 Meters	Men	Final	
2:57 PM	3000 Steeplechase	Women	Final	Qualifiers
3:09 PM	100 Hurdles	Women	Final	Qualifiers
3:16 PM	110 Hurdles	Men	Final	
3:23 PM	5000 Meters	Men	Final	Masters
3:43 PM	4x400 Relay	Women	Final	Qualifiers
3:50 PM	4x400 Relay	Men	Final	Qualifiers

SATURDAY FIELD EVENTS

ı					
I	Start Time	Event	Division	Round	Penn State
I	12:30 PM	Triple Jump	Men	Trials/Final	
I	12:30 PM	Javelin	Men	Trials/Final	Shuey
I	12:45 PM	High Jump	Women	Final '	,
ı	1.00 PM	Shot Put	Women	Trials/Final	

DID YOU KNOW ...

^{**} Penn State's first-ever NCAA Champion in track and field was John Roming (2-Mile, 1921) **

^{**} The Nittany Lions' last NCAA winner was Bridget Franck, who won the steeplechase in Eugene in 2010 **

^{**} Penn State has had at least one athlete in theNCAA womens' steeplechase in eight of the event's 13-yr history, including a 6 yrstreak from 2005-10 **



PENN STATE || NCAA HISTORY

	Women's All-Time NCAA Outdoor	leam Finishes
Year	Place	Points
2012	29th	10 pts
2011	44th	5 pts
2010	4th (TROPHY TEAM)	34 pts
2009	14th	17 pts
2008	4th (TROPHY TEAM)	39 pts
2007	T-27th	9 pts
2006	T-25th	10 pts
2005	T-60th	3 pts
2004	21st	11 pts
2003	10th	24 pts
2002	T-45th	4 pts
2001	T-67th	1 pt
1999	T-24th	11 pts
1997	T-45th	4 pts
1996	T-58th	1 pt
1994	T-55th	2 pts
1993	25th	9 pts
1992	T-59th	1 pt
1991	T-39th	5 pts
1989	T-46th	4 pts
1984	T-20th	25 pts
1983	23rd	18 pts

Men's All-Time NCAA Outdoor Team Finishes

Year	Place	Points
2012	T-21st	13 pts
2011	T-20th	11 pts
2010	T-23rd	11 pts
2009	T-62nd	2 pts
2002	T-68th	1 pt
2001	T-39th	5 pts
1999	T-58th	3 pts
1998	T-27th	8 pts
1997	T-66th	2 pts
1996	T-41st	7 pts
1993	20th	13 pts
1990	T-38th	8 pts
1989	T-44th	5 pts
1988	T-35th	8 pts
1987	T-18th	15 pts
1985	29th	9 pts
1983	T-74th	4 pts
1981	T-36th	4 pts
1980	T-41st	4 pts
1976	T-12th	16 pts
1975	T-19th	11 pts
1973	T-16th	13 pts
1972	T-22nd	8 pts
1971	T-24th	7 pts
1970	T-46th	2 pts
1966	T-8th	20 pts
1965	T-30th	8 pts
1961	T-16th	10 pts
1960	T-25th	8 pts
1959	T-25th	7 pts
1958	41st	1 pt
1957	T-26th	6 pts
1955	T-9th	14 pts
1954	T-18th	7 pts
1953	T-40th	1/3 pt
1951	T-31st	2 pts
1950	T-38th	1 pt
1949	5th	25 pts
1948	T-26th	8 pts
1947	6th	20 pts
1941	6th	20 pts
1940	T-3rd	24 pts
1939	T-25th	4 pts
1938	14th	10 pts
1930	T-37th	2 pts
1923	4th	13.5 pts
1922	2nd	19.5 pts
1921	T-11th	5 pts
		- 1

All Americans By Event

Men's Events	Total	Most Recent	Highest Finish
100-Meters *	4	Bob Brown, 1961	1st, Barney Ewell (1940, 1941)
200-Meters *	7	Ryan Olkowski, 2002	1st, Barney Ewell (1941)
400-Meters *	2	Brady Gehret, 2012	5th, Mike Sands (1975)
800-Meters *	5	Casimir Loxsom, 2011	1st, Alan Helffrich (1922, 1932)
1500-Meters &	8	Bob Hamer, 1994	1st, Gerald Karver (1947)
			1st, Schulyer Ench (1923)
3000m Steeple	4	Rick Garcia, 1983	4th, George Malley (1976)
5000-Meters ^	6	Steve Brown, 1990	2nd, Greg Fredericks (1972)
			2nd, Horace Ashenfelter (1948)
10,000-Meters *	7	Tyler McCandless, 2010	7th, Eric Carter (1987)
			1st, Charlie Maguire (1973) - 6 Mile
110 Hurdles *	7	Guy Rose, 2001	1st, Harold Barron (1922)
400 Hurdles *	6	Brian Derby, 2001	2nd, Mike Shine (1976)
4x100 Relay *	1	Finkel, Singelton, Sands, Scott,	1973 6th (1973)
4x400 Relay	1	Nadolsky, Bennett-Green, Loxs	som, Gehret 4th (2012)
High Jump	2	Ryan Fritz, 2010	4th, Ryan Fritz (2010)
Long Jump	6	George Audu, 1998	3rd, Steve Pina (1996)
Triple Jump	5	Clarence Smith, 2009	2nd, Warren Rockwell (1961)
Shot Put	9	Joe Kovacs, 2012	2nd, C.J. Hunter (1990)
Discus	3	Brian Milne, 1993	1st, Brian Milne (1993)
Hammer	2	Al Jackson, 1976	4th, Al Jackson (1973)
Javelin	11	Troy Burkholder, 1998	1st, Nick Vukmanic (1938)
			1st, Jim Stevenson (1966)
Decathlon	5	James Cook, 1998	5th, Rick Kleban (1985)

- * Yards Prior to 1976
- & One Mile Prior to 1976
- ^ 3-Miles Prior to 1976
- ! 6-Miles Prior to 1976

Women's Events	Total	Most Recent	Highest Finish
100-Meters	3	Connie Moore, 2004	5th, Connie Moore (2003)
200-Meters	4	Shavon Greaves, 2010	3rd, Connie Moore (2003)
400-Meters	4	Shana Cox, 2008	1st, Shana Cox (2008)
800-Meters	1	Terry Pioli, 1981	6th, Terry Pioli (1981)
1500-Meters	5	Susanne Heyer, 1999	2nd, Kris Bankes (1976)
3000m Steeple	4	Bridget Franek, 2010	1st, Bridget Franek (2010)
5000-Meters	2	Paula Renzi, 1984	1st, Kathy Mills (1978)
10,000-Meters	4	Donna Fidler, 1997	4th, Kelli Hunt (1993)
100 Hurdles	2	Aleesha Barber, 2010	3rd, Aleesha Barber (2010)
400 Hurdles	4	Fawn Dorr, 2010	4th, Fawn Dorr (2010)
4x400m Relay	4 Teams	Anyanwu, Greaves,	1st, Blake, Barber,
		Iheoma, Duncan (2011)	Hunter, Cox (2008)
Long Jump	4	Gayle Hunter, 2008	5th, Gayle Hunter (2008)
Triple Jump	3	Chi-Chi Aduba, 2004	5th, Carmen Mann (1989)
Shot Put	4	Elaine Sobansky, 1994	2nd, Elaine Sobansky (1994)
Discus	3	Deshaya Williams, 2003	1st, Deshaya Williams (2003)
Hammer	2	Jennifer Leatherman, 2006	5th, Jennifer Leatherman (2006)
Javelin	15	L. Loht, L. Kenney, 2012	3rd, Karlee McQuillen (2010)
			3rd, Laura Loht (2012)
Heptathlon	5	Gayle Hunter, 2009	4th, Pam Connell (1991)

BOLD - Denotes Top 25 Finish



WOMEN'S ALL-AMERICA HISTORY

WOMEN'S OUTDOOR ALL AMERICANS

WOMEN'S OUTDOOR ALL AMERICANS

<u>Year</u>	Athlete	Event	Place
1976	Bankes, Kris	1500-Meters	2nd
1976	Bankes, Kris	2-Mile	3rd
1977	Bankes, Kris	3000-Meters	5th
1978	Bankes, Kris	3000-Meters	2nd
1978	Mills, Kathy	3000-Meters	1st
1978	Byrnes, Kathy	4x800-Meter Relay	2nd
1978	Fales, Penny	4x800-Meter Relay	2nd
1978	Miller, Sandy	4x800-Meter Relay	2nd
1978	Ventura, Lea	4x800-Meter Relay	2nd
1978	Mills, Kathy	5000-Meters	1st
1980	Carmichael, Heather	3000-Meters	3rd
1981	Rawe, Mary	1500-Meters	3rd
1981	Pioli, Terry	800-Meters	6th
1981	Sobansky, Elaine	Shot Put	4th
1982	Hart, Tammi	400-Meter Hurdles	5th
1982	Riddick, Vivian	Long Jump	6th
1982	Sobansky, Elaine	Shot Put	3rd
1983	Startare, Doreen	1500-Meters	5th
1983	Sobansky, Elaine	Shot Put	6th
1984	Renzi, Paula	5000-Meters	6th
1984	Senz, Marilyn	Javelin	6th
1989	Mann, Carmen	Triple Jump	5th
1991	Connell, Pam	Heptathlon	4th
1992	Mitchell, Shelley	Heptathlon	8th
1992	Gibbs, Stacey	Javelin	10th
1993	Hunt, Kelli	10,000-Meters	4th
1993	Kelly, Kim	10,000-Meters	5th
1994	Hunt, Kelli	10,000-Meters	7th
1994	Sobansky, Elaine	Shot Put	2nd
1996	Gusic, Becky	Javelin	8th
1996	Kisty, Denika	Javelin	10th
1997	Fidler, Donna	10,000-Meters	7th
1997	McGreevy, Kim	1500-Meters	7th
1998 1998	Pastore, Jen Walker, Shakeema	Javelin Triple Jump	4th 7th
1998	Heyer, Susanne	Triple Jump 1500-Meters	4th
1999	Williams, Deshaya	Discus	6th
1999	Walker, Shakeema	Long Jump	8th
2001	Johnson, Brianne	Javelin	8th
2001	Moore, Connie	100-Meters	9th
2002	Moore, Connie	200-Meters	12th
2002	Williams, Deshaya	Discus	6th
2002	Johnson, Brianne	Javelin	8th
2003	Moore, Connie	100-Meters	5th
2003	Moore, Connie	200-Meters	3rd
2003	Landreth, Molly	3000 Steeplechase	11th
2003	Williams, Deshaya	Discus	1st
2003	Colley, Ashley	Javelin	11th
2003	Johnson, Brianne	Javelin	5th
2004	Moore, Connie	100-Meters	7th
2004	Moore, Connie	200-Meters	5th
2004	Aduba, Chi-Chi	Long Jump	6th
2004	Aduba, Chi-Chi	Triple Jump	7th
2005	Cox, Shana	400-Meters	9th
2005	Leatherman, Jennifer	· Hammer	7th
2005	Bruch, Diana	Javelin	8th

Year	Athlete	Event	Place
2006	Cox, Shana	400-Meters	3rd
2006	Leatherman, Jennifer	Hammer	5th
2007	Barber, Aleesha	400-Meter Hurdles	12th
2007	Cox, Shana	400-Meters	2nd
2007	Hunter, Gayle	Heptathlon	8th
2008	Cox, Shana	400-Meters	1st
2008	Barber, Aleesha	100-Meter Hurdles	4th
2008	Franek, Bridget	3000 Steeplechase	3rd
2008	Blake, Dominique	4x400-Meter Relay	1st
2008	Barber, Aleesha	4x400-Meter Relay	1st
2008	Hunter, Gayle	4x400-Meter Relay	1st
2008	Cox, Shana	4x400-Meter Relay	1st
2008	Hunter, Gayle	Heptathlon	5th
2008	Hunter, Gayle	Heptathlon	5th
2008	McQuillen, Karlee	Javelin	9th
2008	Hunter, Gayle	Long Jump	5th
2009	Franek, Bridget	3000 Steeplechase	4th
2009	Dorr, Fawn	400-Meter Hurdles	6th
2009	Barber, Aleesha	4x400-Meter Relay	4th
2009	Dorr, Fawn	4x400-Meter Relay	4th
2009	Greaves, Shavon	4x400-Meter Relay	4th
2009	Hunter, Gayle	4x400-Meter Relay	4th
2009	McQuillen, Karlee	Javelin	10th
2010	Greaves, Shavon	200-Meters	7th
2010	Barber, Aleesha	100-Meter Hurdles	3rd
2010	Dorr, Fawn	400-Meter Hurdles	4th
2010	Franek, Bridget	3000 Steeplechase	1st
2010	Anyanwu, Doris	4x400-Meter Relay	4th
2010	Barber, Aleesha	4x400-Meter Relay	4th
2010	Dorr, Fawn	4x400-Meter Relay	4th
2010	Greaves, Shavon	4x400-Meter Relay	4th
2010	McQuillen, Karlee	Javelin	3rd
2011	Anyanwu, Doris	4x400-Meter Relay	4th
2011	Greaves, Shavon	4x400-Meter Relay	4th
2011	Iheoma, Ije	4x400-Meter Relay	4th
2011	Duncan, Megan	4x400-Meter Relay	4th
2012	Loht, Laura	Javelin	3rd
2012	Kenney, Lauren	Javelin	4th

BOLD - NATIONAL CHAMPION * NCAA Era Began in 1982



MEN'S ALL-AMERICA HISTORY

MEN'S OUTDOOR ALL AMERICANS

1976

Shine, Mike

400-Meter Hurdles

MEN'S OUTDOOR ALL AMERICANS

Year	Athlete	Event	Place	<u>Year</u>	Athlete	Event	Place
1921	Romig, John	2-Mile	1st	1976	Jackson, Al	Hammer	5th
1922	Barron, Harold	120 yd HH	1st	1977	Stemmer, Paul	10,000-Meters	8th
1922	Helffrich, Alan	880 Yards	1st	1978	Ziegler, John	10,000-Meters	8th
1922	Shields, Larry	Mile	1st	1980	Lankford, Paul	400-Meter Hurdles	4th
1923	Helffrich, Alan	880 Yards	1st	1981	Lankford, Paul	400-Meter Hurdles	4th
1923	Enck, Schuyler	Mile	1st	1983	Garcia, Rick	3000 Steeplechase	9th
1938	Vukmanic, Nick	Javelin	1st ***	1985	Moore, Randy	800-Meters	4th
1939	Vukmanic, Nick	Javelin		1985	Kleban, Rick	Decathlon	5th
1940	Ewell, Barney	100 Yards	1st	1986	Carter, Eric	10,000-Meters	10th
1940	Ewell, Barney	220 Yards	1st	1987	Carter, Eric	10,000-Meters	7th
1940	Vukmanic, Nick	Javelin	4th ***	1987 1987	Balkey, Steve	1500-Meters	6th 7th
1940	Ewell, Barney	Long Jump			Masgay, Dave	Decathlon	
1941	Ewell, Barney	100 Yards	1st	1988	Balkey, Steve Timpson, Michael	1500-Meters	5th
1941	Ewell, Barney	220 Yards	1st ***	1988	. ,	200-Meters	10th 5th
1941	Ewell, Barney	Long Jump	***	1988	Hunter, C.J.	Shot Put	
1942	Ewell, Barney	100 Yards	***	1989	Hunter, C.J.	Shot Put	4th
1942	Ewell, Barney	220 Yards	***	1990	Walter, Doug	1500-Meters	10th
1942	Ewell, Barney	Long Jump		1990	Brown, Steve	5000-Meters	11th
1947	Stone, Curtis	2-Mile	2nd ***	1990	Hunter, C.J.	Shot Put	2nd
1947	Ashenfelter, Horace	2-Mile		1990	Hall, Ricardo	Triple Jump	13th
1947	Karver, Gerald	Mile	1st	1992	Milne, Brian	Discus	13th
1948	Ashenfelter, Horace	5000-Meters	2nd	1993	Cripanuk, Kevin	400-Meter Hurdles	8th
L949	Gehrdes, Jim	120 yd HH	3rd	1993	Milne, Brian	Discus	1st
1949	Lancaster, Wilbur	220 Yards	6th	1993	Davis, Antonio	Triple Jump	6th
L949	Gehrdes, Jim	220 yd LH	2nd ***	1994	Wimmer, Mark	10,000-Meters	9th
1949	Perry, Rod	220 yd LH		1994	Hamer, Bob	1500-Meters	9th
1949	Ashenfelter, Horace		1st ***	1995	Austin, Rob	Javelin	10th
1950	Gehrdes, Jim	120 yd HH		1996	Cook, James	Decathlon	9th
1951	Roderes, Ted	Javelin	5th ***	1996	Austin, Rob	Javelin	8th
1954	Hollen, Bob	2-Mile	***	1996	Pina, Steve	Long Jump	3rd
1954	Blockson, Charles	Shot Put	***	1997	Cook, James	Decathlon	13th
1954	Grier, Roosevelt	Shot Put		1997	Gorham, John	Long Jump	11th
1955	Youkers, Bill	120 yd HH	4th ***	1998	Cook, James	Decathlon	12th
1955	Pollard, Art	220 Yards	***	1998	Burkholder, Troy	Javelin	12th
1957	Perry, Rod	120 yd HH		1998	Wolter, Carl	Javelin	7th
1958	Moran, Ed	Mile	6th ***	1998	Audu, George	Long Jump	4th
1960	Moorehead, Steve	3000 Steeplechase	***	1998	Gorham, John	Long Jump	6th
1961	Brown, Bob	100 Yards	***	1999	Audu, George	Long Jump	6th
1961	Moorehead, Steve	3000 Steeplechase	***	2001	Rose, Guy	110-Meter Hurdles	12th
1961	Norman, Gerry	3-Mile		2001	Derby, Brian	400-Meter Hurdles	4th
1961	Rockwell, Warren	Triple Jump	2nd ***	2002	Olkowski, Ryan	200-Meters	8th
1965	Hedmark, Lennart	Javelin		2007	Fritz, Ryan	High Jump	T-9th
L966	Stevenson, Jim	Javelin	1st	2008	Smith, Clarence	Triple Jump	9th
1966	Krombolz, Ernie	Javelin	5th	2009	Foster, Ryan	800-Meters	8th
1970	Fredericks, Greg	3-Mile	5th	2009	Smith, Clarence	Triple Jump	8th
1971	Fredericks, Greg	3-Mile	2nd	2010	Fritz, Ryan	High Jump	4th
1972	Fredericks, Greg	5000-Meters	2nd	2010	Eaton, Blake	Shot Put	3rc
1973	Finkel, Doug	440 Yd Relay	6th	2011	Loxsom, Casimir	800-Meters	4th
1973	Sands, Mike	440 Yd Relay	6th	2011	Kovacs, Joe	Shot Put	3rd
1973	Scott, Jim	440 Yd Relay	6th	2012	Gehret, Brady	400-Meters	6th
1973	Singleton, Fred	440 Yd Relay	6th	2012	Nadolsky, Aaron	4x400-Meter Relay	4th
1973	Maguire, Charlie	6-Mile	1st	2012	Bennett-Green, Br.	4x400-Meter Relay	4th
1973	Jackson, Al	Hammer	4th	2012	Loxsom, Casimir	4x400-Meter Relay	4th
1975	Shine, Mike	440 Yard IH	6th	2012	Gehret, Brady	4x400-Meter Relay	4th
1975	Sands, Mike	440 Yards	5th	2012	Kovacs, Joe	Shot Put	4th
1975	Hjeltnes, Knut	Discus	3rd				
1975	Hjeltnes, Knut	Shot Put	5th	BOLD - N	IATIONAL CHAMPION		
1976	Shine, Mike	110-Meter Hurdles	5th				
1976	Malley, George	3000 Steeplechase	4th				
1976	Shine Mike	100-Meter Hurdles	2nd				

2nd

2013 PENN STATE MEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

MEN'S 100 I PSU: Decathlon:	METERS 10.1 - Mike Sand 11.01 - Rick Kleba		MEN'S 10,0 PSU:	00 METERS 28:08.0 - Greg Frederick	s, 1972	MEN'S 4xMIL PSU:	E RELAY 16:18.5 - Raj Wyatt, Man	
	11.01 - Shawn Colliga	ın, 2008	30:10.44	Tom Luff	Apr-13		Corkedale, Fischer,	Apr-27
10.80 +2.7w 10.92 +0.2 10.97 +2.7w	Emunael Mpanduki Mpanduki Brian Leap	Apr-20 May-11 Apr-20	PSU:	METER HURDLES 13.56 - Guy Ros	e, 200 I	(West, Masters (4:07.8, 4:05.3, 4:01.4, 4:03.8	3)
11.15 1.4 MEN'S 200 I	Robbie Cardina UNA METERS	Apr-14	Decathlon: 14.25 -0.7	I 4.45 - Rick Kleba Sancho Barrett	n, 1987 Apr-13		JUMP 7-3.25 (2.22) - David Co 7-3.25 (2.22) - Jon Hender	
PSU:	20.23 - Michael Timpso	on, 1986	14.86 NWI	Robbie Cardina UNA	Apr-14	Decathlon:	6-8.25 (2.04) - Anya Uz	
21.35 2.2 21.40 2.7 21.45 0.0 21.63 1.0	Emunael Mpanduki Brandon Bennett-Green Aaron Nadolsky Matt Gilmore	May-11 Apr-13 Apr-6 May-11	MEN'S 400- PSU:	METER HURDLES 48.69 - Mike Shin	e, 1976	7-3.25 (2.22) 7-2.25 (2.19) 6-6.25 (1.99)	Jon Hendershot Sean Reilly Robbie Cardina UN.	May-3 Apr-13 A Apr-13
21.68 2.2 21.85 0.2 21.87 -2.0 22.24 -2.0	Bernard Bennett-Green Mpanduki Alex Shisler Sancho Barrett	Apr-20 Apr-6 May-3 May-3	54.54 MEN'S 3000	Sancho Barrett Om STEEPLECHASE	Apr-6		VAULT 0 (5.32) - John Vellenow 16-2.50 (4.94), Rick Klel	
MEN'S 400 I		i iay-3	PSU:	8:22.5 - George Malle	у, 1977	14-3.25 (4.35)	Patrick Anderson	May-3
PSU: Decathlon:	45.20 - Mike Sand 47.65 - Brian Kelle		9:08.11 9:52.58	Nick Scarpello Conrad Lippert UNA	Apr-25 Apr-13	14-3.25 (4.35)	Jesse Laverdiere	May-3
46.78 47.09 47.24 47.44	Brandon Bennett-Green Aaron Nadolsky Bernard Bennett-Green Alex Shisler	Apr-13 Apr-13 May-12 Apr-13	MEN'S 4x10 PSU:	00-METER RELAY 39.63 - Davis, Ha Shine, Sand			25-11 (7.90) - David Co 3-7.25 (7.19) - Dave Mas	gay, 1987
47.58	Emunael Mpanduki	Apr-13	40.75	Barrett, Mpanduki,	Apr-13	24-0.25 (7.32) 0 22-3 (6.78) 2.6	0.0 Brian Leap Robbie Cardina UN	May-11 A Apr-13
MEN'S 800 I PSU:	METERS I:45.28 - Casimir Loxsoi	m, 2011	40.98	Nadolsky, Be. Bennett-Green Barrett, Mpanduki, Nadolsky, Br. Bennett-Green	Apr-20	MEN'STRIPL		
1:46.77 1:47.23 1:48.49 1:48.98 1:49.28 1:49.50	Casimir Loxsom Brannon Kidder Ricky West Robby Creese Ryan Brennan Za'Von Watkins	Apr-20 Apr-20 Apr-20 Apr-6 May-11 Apr-6	MEN'S 4x20 PSU:	0-METER RELAY I:23.85 - Langan, l Campisi, Terre		PSU: 50-5.25 (15.37) 47-5 (14.45) 2.4 46-4 (14.12) 1.4	lw Posey .	May-12 May-3 Apr-13
1:56.10	Mark Fuller	Apr-20	MEN'S AvAI	00-METER RELAY		MEN'S SHOT	DIIT	
MEN'S 1500 PSU: Decathlon:	METERS 3:38.99 - Steve Balke 4:21.05 - Tom Kleba		PSU:	3:01.52 - Na Br. Bennett-Green, L		PSU:	69-2 (21.08) - Joe Kov 3-9.50 (14.87) - Barry Wa	acs, 2012 alsh, 1989
3:41.03 3:42.07	Robby Creese Brannon Kidder	Apr-25 Apr-13	3:06.21	Gilmore, Shisler, Bennett-Green, Bennett-Gre		62-9.25 (19.13) 55-7.50 (16.95)		May-3 Apr-20
3:45.93 3:46.33 3:49.36 3:49.40	Tyler Corkedale Ricky West Matt Fischer Sam Masters	Apr-13 Apr-13 Apr-13 Apr-13	3:06.87	Be. Bennett-Green, Gilmore, Loxsom, Br. Bennett-Green Mpanduki, Loxsom, Nadolsky, Be. Bennett-Green	Apr-6		US 207-5 (63.22) - Brian Mil 55-3 (47.32) - James Co	
3:49.67 3:50.05 3:53.10 3:53.91	Casimir Loxsom Za'Von Watkins Wade Endress Nick Scarpello	Apr-6 Apr-13 Apr-13 Apr-13	3:09.80 3:15.65	Mpanduki, Shisler Nadolsky, Be. Bennett-Green Shisler, West, Watkins, Brennan	Apr-13 Apr-6	181-7 (55.34) 160-3 (48.85)	Will Barr Darrell Hill	May-3 Apr-20
3:54.76 3:59.50 4:03.72 4:07.91	Tom Damiani Chris Campbell Glen Burkhardt Conrad Lippert UNA	Apr-13 Apr-20 May-3 May-3	MEN'S 4x80 PSU:	0-METER RELAY 7:11.17 - Watson,	Shisler.	MEN'S HAMI PSU:	MER 218-6 (66.60) - Al Jacks	on, 1976
4:12.26 MEN'S MILE PSU:	Colin Baker	Apr-20	7:14.14	Mills, Moor Creese, Watkins, Loxsom, Kidder		207-10 (63.35) 181-9 (55.39) 140-10 (42.92)	Will Barr Nabil Mubarak Dan Jordan	Apr-20 Apr-13 May-3
MEN'S 3,000	, -	.ii, 1700	MEN'S SPRI	(1:50.53, 1:48.22, 1:46.30, 1:44) NT MEDLEY RELAY	9.10)	MEN'S JAVEL PSU: 23	-IN 19-9 (73.09) - Allen Pettr	ner. 2007
PSU:	7:54.0 - George Mall	,	PSU:	3:17.10 - Nadolsky, Loxsom, Foste		Dec: 20	6-2 (62.83) - Shawn Collig	gan, 2008
8:38.06 MEN'S 5,000	Nick Scarpello	Apr-13	3:18.52	Gilmore, Mpanduki,	Apr-26	230-6 (70.27)	Michael Shuey	May-24
PSU: 13:57.33 14:01.23	13:34.0 - Greg Fredericl Sam Masters Matt Fischer	ks, 1972 Apr-20 Mar-29	MEN'S DIST PSU:	Br. Bennett-Green, West ANCE MEDLEY RELAY 9:24.68 - Kidder, Bennett	-Green.	MEN'S DECA PSU: Day One: Day Two:	THLON 7685 - Rick Kleb 3931 - Rick Kleb 3774 - James Co	an, 1987
14:20.06 14:23.08 14:37.66 14:37.90 14:42.36 14:44.17	Tyler Corkedale Nick Scarpello Wade Endress Tom Luff Chris Campbell Glen Burkhardt	Mar-29 Mar-29 Apr-25 Apr-25 Apr-13 Apr-13	9:24.68	Kidder, Br. Bennett-Green, Loxsom, Creese (2:53.5, 45.6, 1:46.7, 3:58.9	Creese Apr-26	Key - BOLD - Schoo ITALICS - Non- S M - Mark from UNA - Unattac	ol Record; tandard NCAA Event Multi-Event Competition;	,

2013 PENN STATE WOMEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

WOMEN'S PSU:	100 METERS 11.21 - Connie I		WOMEN'S PSU:	100-METER HURDLES 12.85 - Aleesha B		WOMEN'S HIGH PSU: 6-0 (JUMP I.83) - Shelley Mitche	ell, 19
1.33 2.0	Mahagony Jones	May-23	13.12 +2.5	Evonne Britton	May-24	5-10.75 (1.80)	Erika Morgan	Apr-
1.40 1.1	lones		13.20 +1.0	Britton	May-25	5-8.50 (1.74)	Ahmenah Richardson	
	,		13.82 +0.1	Shelley Black	Apr-6	5-8.50 (1.74)	Sarah Palmer	May-
			13.83 +0.1	Brittney Howell	Apr-6	5-6 (1.68) M	Brittney Howell	Apr-
	200 METERS			•	•	5-1.25 (1.56)	Kelsey Couts	Apr-
SU:	22.45 - Connie I			400-METER HURDLES				
			PSU:	55.57 - Fawn I	Dorr (2010)			
.19 1.5	Mahagony Jones	May-25	FO 22	K: 1 C	M 24	WOMEN'S POLE		
.37 -0.5 .73 -0.4	Jones Dynasty McCoo		58.22	Kiah Seymour	May-24	PSU: 13-1.50 (4.00) - Sara Dougher	ty, 20
73 -0. 4 25 +0.4 M	Dynasty McGee Brittney Howell		58.56 59.63	Evonne Britton Shelley Black	Apr-25 May-12			
39 -2.2	Shelley Black		1:01.13	Doris Anyanwu	May-11	WOMEN'S LONG	HIMP	
.87 -1.5	Marlene Ricketts	May-3	1.01.13	Doi is Ailyailwu	i iay-i i		(6.55) - Chi-Chi Adub	a 20
.08 +3.0	Gabrielle Barbour	Apr-20				100.	(0.55) Gill Gill Addi	, _ u
			WOMEN'S	3000m STEEPLECHAS	SE	19-10.25 (1.0)	Brittney Howell	Ma
			PSU:	9:32.35 - Bridget F	ranek, 2010	18-4.25 (5.59) 0.2	Marlene Ricketts	Apr-
	400 METERS					18-8 (5.69) 1.4	Kaitlyn Lopez	Apr-
U:	50.84 - Shan	ıa Cox, 2008	10:07.86	Natalie Bower	May-24			
			10:26.44	Abbie Benson	Apr-13			
.23	Mahagony Jones		10:30.42	Emily Giannotti	Apr-13	WOMEN'S TRIPL		- 20
.72 12.62	Dynasty McGee		10:32.69	Tori Gerlach	Apr-13	PSU: 44-6.75 (l 3.58) - Chi-Chi Adub	oa, 20
2.62	Gabrielle Barbour	Apr-13				41-9.25 (12.73)w 2.8	Marlana Dickotta	۸۳-
			4x100-MET	ER RELAY		41-7.23 (12.73)W 2.0	Ricketts	Apr- Apr-
OMEN'S	800 METERS		PSU:		Fox, Aduba,	39-5.25 (12.02) 0.1	Ahmenah Richardson	Apr.
U:	2:03.09 - Bekka		•		Moore, 2003	39-4.50 (12.00) 1.5	Kaitlyn Lopez	Ma
		,		•	,	, ,		
7.32	Marta Klebe		45.34	Britton, Seymour,	Apr-13	MOMENTS STATE	DUT	
0.11	SJ Underwood	Apr-13	4E 04	McGee, Jones	A = /	WOMEN'S SHOT		20
2.28 5.43	Colleen Shannon		45.84	Britton, Jones,	Apr-6	rsu: 55-4./5 (16	.88) - Ja'Nai O'Conno	or, 20
5. 43 9.03	Audrey Houghton Kerrin Jennings	Apr-6 May-3		Seymour, Howell		50-10.25 (15.50)	lane Swenson	May
1.32	Kalyn Fisher	Apr-6				50-3.25 (15.32)	Jane Swenson Melissa Kurzdorfer	Apr
5.84 M	Brittney Howell		4x200-MET	ER RELAY		49-7.25 (15.12)	Rachel Fatherly	Ma
	, 11011011		PSU:		Fusco, Greaves,	37-8.75 (11.50)	Brittney Howell	Ma
					nyanwu, 2010			
	1500 METERS				•			
iU:	4:16.96 - Doreen St		4x400-MET PSU:		Blake, Barber,	WOMEN'S DISCU PSU: 185-1 (56.	JS 42) - Deshaya William	s 20
1.37	Marta Klebe	May-23	. 55.		ter, Cox, 2008	1 30. 103-1 (30.	12) - Desilaya vvillari	13, 20
25.53	Caitlin Lane	Apr-13			, ,	166-8 (50.82)	Melissa Kurzdorfer	Apr-
28.25	Brooklyne Ridder		3:33.47	Seymour, Jones,	Apr-27	160-8 (48.97)	Rachel Fatherly	Ма
28.50	SJ Underwood	Åpr-6		Black, McGee	•	153-1 (46.67)	Jane Swenson	May-
4.82	Gabrielle Cocco	Apr-13		(53.1, 53.3, 54.4, 52.7)				
14.84	Gwenn Porter		3:39.22	Seymour, Black,	Apr-6			
4.89	Rachel Casciano	May-3	2 42 24	Jones, Ricketts		WOMEN'S HAMI		
0.47	Dani Kocjancic	May-3	3:43.94	Seymour, Jones,	Apr-13	PSU: 219-1 (60	5.78) - Jen Leatherma	ın, 20
			3:54.04	Ricketts, McGee Underwood, Klebe,	Ann 4	200-0 (60,96)	Melissa Kurzdorfer	Αp
OMEN'S A	AII E DI INI		3.34.04	Shannon, Houghton	Apr-6	178-0 (54.26))	Rachel Fatherly	May
U:	4:40.65 - Bridget	Franek, 2010		Shannon, rioughton		161-6 (49.23)	Jane Swenson	Ap
	•	-	4 000 4457	ED DEL AV		,	•	•
			4x800-METI PSU:	ER RELAY 8:39.44 -	Lana Simka	WOMEN'S JAVEL	IN	
OMEN'S 3	.000 METERS							
	3,000 METERS 9:08.04 - Kath			Fishe	r, Ryan, 2011		4.25) - Kim Hanslova	ın, 20
U:	9:08.04 - Kath	ny Mills, 1978	CDD ///			PSU: 178-4 (5	4.25) - Kim Hanslova Lauren Kenney	May
U: 7.69	9:08.04 - Kath Tori Gerlach	Apr-25		DLEY RELAY	r, Ryán, 201 Í	PSU: 178-4 (5	4.25) - Kim Hanslova Lauren Kenney Laura Loht	May May
U: 7.69 8.36	9:08.04 - Kath Tori Gerlach Emily Giannotti	Apr-25 Apr-25	SPRINT ME PSU:	DLEY RELAY 3:47.90 - E	r, Ryan, 201 Í Blake, Barber,	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87)	4.25) - Kim Hanslova Lauren Kenney Laura Loht Melanie Leszcynski	May May Apr
7.69 8.36 8.47	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco	Apr-25 Apr-25 Apr-25 Apr-25		DLEY RELAY 3:47.90 - E	r, Ryán, 201 Í	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08)	4.25) - Kim Hanslova Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer	May May Apr Ap
7.69 8.36 8.47	9:08.04 - Kath Tori Gerlach Emily Giannotti	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20	PSU:	DLEY RELAY 3:47.90 - E Cox, Sir	Ryan, 201 í Blake, Barber, mmons, 2007	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07)	4.25) - Kim Hanslova Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan	May May Apr Ap Ap
7.69 8.36 8.47	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20		DLEY RELAY 3:47.90 - E	r, Ryan, 201 Í Blake, Barber,	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08)	4.25) - Kim Hanslova Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer	May May Apr Ap Ap
U: 7.69 8.36 8.47 23.16 OMEN'S	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20	PSU:	DLEY RELAY 3:47.90 - E Cox, Sir Jones, Seymour,	Ryan, 201 í Blake, Barber, mmons, 2007	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72)	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell	May May Apr Ap Ap
U: 7.69 8.36 8.47 23.16 OMEN'S	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic	Apr-25 Apr-25 Apr-25 Apr-20 Apr-20	PSU: 3:53.21	DLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon	Ryan, 201 í Blake, Barber, mmons, 2007	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell	May May Apr Ap Ap Ma
U: 7.69 8.36 8.47 23.16 OMEN'S	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath	Apr-25 Apr-25 Apr-25 Apr-20 Apr-20	PSU: 3:53.21 DISTANCE /	DLEY RELAY 3:47.90 - E Cox, Sir Jones, Seymour, McGee, Shannon MEDLEY RELAY	r, Ryan, 201 í Blake, Barber, mmons, 2007 Apr-26	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72)	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell	May May Apr Ap Ap Ma
U: 7.69 8.36 8.47 23.16 OMEN'S	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic	Apr-25 Apr-25 Apr-25 Apr-20 Apr-20	PSU: 3:53.21	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin	r, Ryan, 201 í Blake, Barber, mmons, 2007 Apr-26	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunte	May May Apr Ap Ap Ma
U: 7.69 8.36 8.47 23.16 OMEN'S: U: 11.93	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20 by Mills, 1978 Apr-19	PSU: 3:53.21 DISTANCE /	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin	Ryan, 201 í Blake, Barber, mmons, 2007 Apr-26	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU:	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunte	May May Apr Ap Ap Ma
U: 17.69 8.36 8.47 123.16 OMEN'S : 11.93 12.88 12.88 128.48	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane	Apr-25 Apr-25 Apr-25 Apr-20 y Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19	PSU: 3:53.21 DISTANCE /	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mil. Klebe, Ricketts,	Ryan, 201 í Blake, Barber, mmons, 2007 Apr-26	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key -	Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunte	May May Apr Ap Ap Ma
U: 17.69 8.36 8.47 23.16 OMEN'S : 11.93 12.88 228.48 40.02 56.26	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20 y Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-25	PSU: 3:53.21 DISTANCE / PSU:	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mil Klebe, Ricketts, Underwood, Lane	Ryan, 201 I Blake, Barber, mmons, 2007 Apr-26 nko, Iheoma, Ihouse, 2012	PSU: 178-4 (5) 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Ro	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto	May May Apr Ap Ap Ma
7.69 8.36 8.47 23.16 OMEN'S : U: 11.93 12.88 28.48 40.02 56.26 04.88	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden Kerrin Jennings	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20 by Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-15 Apr-13	PSU: 3:53.21 DISTANCE / PSU:	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mil. Klebe, Ricketts,	Ryan, 201 I Blake, Barber, mmons, 2007 Apr-26 nko, Iheoma, Ihouse, 2012	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Re ITALICS - Non- Standa	Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto Brittney Howell Accord	May May Apr Ap Ap Ma
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U: 7.69 8.36 8.47 23.16 OMEN'S : U: 11.93 12.88 28.48 40.02 56.02 604.88 05.91	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden Kerrin Jennings	Apr-25 Apr-25 Apr-25 Apr-20 y Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-25 Apr-13 Apr-25 Apr-13	PSU: 3:53.21 DISTANCE / PSU: 11:17.53	Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mil. Klebe, Ricketts, Underwood, Lane (3:24.4, 56.3, 2:09.5, 4:47	Ryan, 201 I Blake, Barber, mmons, 2007 Apr-26 nko, Iheoma, Ihouse, 2012	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Re ITALICS - Non- Stande M - Mark from Multi w - Wind Aided (+2.	Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto Brittney Howell Accord ard NCAA Event Event Competition	May May Apr Ap Ap Ma
U: 7.69 8.36 8.47 23.16 OMEN'S : U: 11.93 12.88 28.48 40.02 56.02 604.88 05.91	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kathy Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden Kerrin Jennings Lauren Mills	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20 by Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-25 Apr-13 Apr-25 Apr-13	PSU: 3:53.21 DISTANCE / PSU: 11:17.53 4x1500-ME	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mil. Klebe, Ricketts, Underwood, Lane (3:24.4, 56.3, 2:09.5, 4:47) TER RELAY	Rlake, Barber, mmons, 2007 Apr-26 nko, Iheoma, Ihouse, 2012 Apr-25	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Re ITALICS - Non- Stande M - Mark from Multi	Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto Brittney Howell Accord ard NCAA Event Event Competition	May May Apr Ap Ap Ma
U: 7.69 8.36 8.47 23.16 OMEN'S : U: 11.93 12.88 28.48 40.02 56.26 04.88 05.91 49.67	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden Kerrin Jennings Lauren Mills Leigha Anderson	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20 by Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-25 Apr-13 Apr-25 Apr-13	PSU: 3:53.21 DISTANCE / PSU: 11:17.53	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mill Klebe, Ricketts, Underwood, Lane (3:24.4, 56.3, 2:09.5, 4:47) TER RELAY 17:57.28 - Noe	Blake, Barber, mmons, 2007 Apr-26 mko, Iheoma, Ihouse, 2012 Apr-25	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Re ITALICS - Non- Stande M - Mark from Multi w - Wind Aided (+2.	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto Brittney Howell Accord and NCAA Event -Event Competition (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c	May May Apr Apr Apr Apr Apr Apr Apr Apr Apr Apr
U: 7.69 8.36 8.47 23.16 OMEN'S U: 11.93 12.88 28.48 40.02 56.26 56.26 504.88 05.91 49.67 OMEN'S	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kathy Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden Kerrin Jennings Lauren Mills Leigha Anderson	Apr-25 Apr-25 Apr-25 Apr-25 Apr-20 by Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-13 Apr-13 Apr-13	PSU: 3:53.21 DISTANCE / PSU: 11:17.53 4x1500-ME	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mil. Klebe, Ricketts, Underwood, Lane (3:24.4, 56.3, 2:09.5, 4:47) TER RELAY	Blake, Barber, mmons, 2007 Apr-26 mko, Iheoma, Ihouse, 2012 Apr-25	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Re ITALICS - Non- Stande M - Mark from Multi w - Wind Aided (+2.	Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto Brittney Howell Accord ard NCAA Event Event Competition	May May Apr Apr Apr Apr Apr Apr Apr Apr Apr Apr
7.69 87.69 88.36 88.47 223.16 70MEN'S 5U: 11.93 12.88 228.48 240.02 56.26 604.88 05.91 49.67	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kath Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden Kerrin Jennings Lauren Mills Leigha Anderson	Apr-25 Apr-25 Apr-25 Apr-20 by Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-25 Apr-13 Apr-25 Apr-13	PSU: 3:53.21 DISTANCE / PSU: 11:17.53 4x1500-ME	JOLEY RELAY 3:47.90 - E Cox, Sin Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mill Klebe, Ricketts, Underwood, Lane (3:24.4, 56.3, 2:09.5, 4:47) TER RELAY 17:57.28 - Noe	Blake, Barber, mmons, 2007 Apr-26 mko, Iheoma, Ihouse, 2012 Apr-25	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Re ITALICS - Non- Stande M - Mark from Multi w - Wind Aided (+2.	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto Brittney Howell Accord and NCAA Event -Event Competition (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c	May May Apr Ap Ap Ap Ma
U: 17.69 18.36 18.47 12.3.16 OMEN'S SU: 11.93 12.88 12.88 12.88 12.88 12.88 10.02 10.02 10.02 10.03	9:08.04 - Kath Tori Gerlach Emily Giannotti Gabrielle Cocco Dani Kocjancic 5,000 METERS 15:32.53 - Kathy Brooklyne Ridder Natalie Bower Tori Gerlach Caitlin Lane Katie Rodden Kerrin Jennings Lauren Mills Leigha Anderson	Apr-25 Apr-25 Apr-25 Apr-20 by Mills, 1978 Apr-19 Mar-29 Mar-29 Apr-19 Apr-25 Apr-13 Apr-25 Apr-13	PSU: 3:53.21 DISTANCE / PSU: 11:17.53 4x1500-MET PSU:	JOLEY RELAY 3:47.90 - E Cox, Sir Jones, Seymour, McGee, Shannon MEDLEY RELAY 11:08.41 - Sin Klebe, Mil. Klebe, Ricketts, Underwood, Lane (3:24.4, 56.3, 2:09.5, 4:47) TER RELAY 17:57.28 - Noe Rosenfeld, P	Riake, Barber, mmons, 2007 Apr-26 Apr-26 Apr-25 Apr-25	PSU: 178-4 (5 177-3 (54.02) 169-6 (51.66) 143-11 (43.87) 141-4 (43.08) 134-9 (41.07) 94-3 (28.72) WOMEN'S HEPT PSU: 5084 Key - BOLD - School Re ITALICS - Non- Stande M - Mark from Multi w - Wind Aided (+2.	Lauren Kenney Lauren Kenney Laura Loht Melanie Leszcynski Megan Boyer Olivia Mangan Brittney Howell ATHLON 5797 - Gayle Hunto Brittney Howell Accord and NCAA Event -Event Competition (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c	May- May- Apr- Ap Ap May May

PENN STATE MEN'S TRACK AND FIELD ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

	100-Meter Da	ash	ĺ		II0 Hurdles			L	ong Jump	
1 2 3 4 5 6 7	10.34 (10.1 MT) Mike Sands 10.44 Mike Shine 10.46 Ryan Olkow 10.47 Michael Timp 10.49 Bob Brown 10.50 Alex Langan 10.54 Barry Ewell 10.54 Brian Littlejc 10.55 Steve Hackm 10.56 Paul Lankfor 10.56 Greg Miller	oson 1987 1961 2006 1941 ohn 1984 aan 1976	1 2 3 4 5 6 7 8 9	13.56 13.73 13.80 13.87 13.96 14.06 14.08 14.09 14.09 14.16	Guy Rose Paul Lankford Michael Timpson Mike Shine Ron Jules John Whelan Sam Harris Brian Derby Barry Robinson Rick Kleban	2001 1980 1988 1976 2008 1997 1988 2002 1985 1984	1 2 4 6 7 8 - 9 10	25-11 (7.90) 25-9 (7.86) 25-9 (7.86) 25-8.75 (7.84) 25-8.75 (7.84) 25-6.75 (7.69) 25-0.75 (7.64) 25-0 (7.62) w +3.7 24-10.50 (7.58) 24-9 (7.54)	David Coney Rob Boulware Steve Pina George Audu John Gorham Antonio Davis Ryan Olkowski Chavous Nichols Doug Moppert Al Bates Michael Timpson	1985 1986 1996 1999 1999 1993 2000 2004 2011 1928 1986
	200-Meter Da				400 Hurdles			, ,	riple Jump	
1 2 3 4 5 6 8 9	20.23 Michael Timp 20.58 Mike Sands 20.59 Ryan Olkow 20.62 Brady Gehre 21.01 Ernie Terrell 21.02 Barry Ewell 21.02 Art Pollard 21.13 Brandon Ber 21.14 Brian Littlejc 21.15 Greg Miller	1975 ski 2002 tt 2012 2002 1942 1955 anett-Green 2012	1 2 3 4 5 6 7 8 9	48.69 49.55 49.72 50.10 50.49 50.54 50.61 50.67 50.76 50.89	Mike Shine Paul Lankford Brian Derby Jaret Campisi Bill Austin Michael Timpson Barry Robinson Kevin Cripanuk Brian Kelly Ben Karcz	1976 1981 2003 2005 1978 1988 1985 1992 1993 2001	1. 2 3 4 5 6 7 8 9	54-6 (16.61) 54-3.75 (16.55) 53-1.50 (16.19) 52-8.25 (16.06) 51-8.50 (15.76) 51-1 (15.57) 50-7 (15.42) 50-6 (15.39) 50-5.50 (15.38) 50-5 (15.37)	Antonio Davis Chavous Nichols Clarence Smith Ricardo Hall Hanif Johnson Warren Rockwell Steve Pina Jay Pagana Ed Roskiewicz Brian Leap	1993 2004 2009 1990 2011 1966 1995 2007 1981 2013
	400-Meter Da	ash		0.22 [4	3000-Meter Steeplechase	1977			Shot Put	
1 2 3 4 5 6 7 8 9	45.20 Mike Sands 45.22 Brady Gehre 45.94 Brandon Bene 46.14 Paul Lankfor 46.62 Ernie Terrell 46.74 Mike Cadau 46.91 Ben Karcz 46.98 Mike Shine 47.06 Michael Timp 47.06 Chris Lolagn	nett-Green 2012 d 1980 2002 2009 2009 2002 1976 oson 1988	1 2 3 4 5 6 7 8 9	8:22.54 8:37.7 8:40.4 8:42.85 8:47.03 8:48.1 8:49.45 8:50.9 8:51.84 8:53.71	George Malley Rick Garcia Bruce Baden Eric Carter Larry Mangan Paul Mackley Brian Laird Jim Allahand Chris Foster Andy Scott	1977 1983 1977 1988 1980 1985 1989 1972 2005 1991	1 2 3 4 5 6 7 8 9 10	69-2 (21.08) 65-5 (19.94) 64-2.50 (19.57) 64-0.25 (19.51) 62-9.25 (19.13) 61-11.75 (18.89) 61-3.25 (18.68) 61-1.25 (18.62) 59-7 (18.16) 57-1.50 (17.64)	Joe Kovacs C.J. Hunter Blake Eaton Knut Hjeltnes Darrell Hill Logan Caldwell Greg Reyner Phil Caraher Dane Miller Mike Valenti	2012 1990 2010 1975 2013 2012 1986 1990 2004 1983
	800-Meter R	un		20.42	4x100-Meter Relay	1075		, ,	Discus	
1 2 3 4 5 6 7 8 9	1:45.28 Casimir Lox: 1:45.96 Randy Moor 1:46.62 Ray Levitre Ryan Foster 1:46.81 Chris Mills 1:46.82 Ken Wynn 1:46.85 Brannon K 1:47.63 Mike Cook 1:47.83 Mark Miller	e 1985 1987 2009 1987 1983 hers 2011	1 2 3 4 5	39.63 39.88 40.18 40.40 40.48 3:01.52 3:04.78	Davis, Hackman, Shine, Sands Finkel, Singleton, Sands, Scott Shine, Hackman, Singleton, Sands Rose, Reeves, Miller, Olkowski, Finkel, Hackman, Singleton, Sands 4x400-Meter Relay Nadolsky, Br. Bennett-Green, Loxsom, Gehret Nadolsky, Gilmore, Gehret,	1975 1973 1974 2001 1974 2012 2012	1 2 3 4 5 6 7 8 9	207-5 (63.22) 201-10 (61.52) 186-9 (56.90) 186-3 (56.78) 184-0 (56.08) 183-6 (55.93) 177-11 (54.23) 176-10 (53.90) 175-3 (53.41) 175-1 (53.36)	Brian Milne Knut Hjeltnes Gary Williky Blake Eaton Joe Kovacs Will Barr Dan Diaz Steve Meyers Adam Thielemann Sean Farrell	1992 1975 1979 2011 2012 2003 2006 2009 1980
	I 500-Meter F	tun	3	3:06.21	Br. Bennett-Green Gilmore, Shisler, Bennett-Green, Bennett-G	2012			Hammer	
1 2 3 4 5 6 7 8	3:38.99 Steve Balkey 3:39.25 Larry Manga 3:39.57 Ryan Foster 3:41.03 Robby Cree 3:42.07 Brannon K 3:42.08 Doug Walter 3:42.12 David McMil 3:42.2 George Mall 3:42.2 Mike Wyatt 3:42.54 Owen Daws	2011 ese 2013 didder 2013 1990 lan 1988 ey 1977 1977	4 5 6	3:06.50 3:07.19 3:07.31	Br. Bennett-Green, Gehret, Loxsom, Mpanduki Nadolsky, Loxsom, Gehret, Williams Mpanduki, Loxsom, Nadolsky, Be. Bennett-Gre High Jump (2.22) David Coney	2012 2011 2013 en	1 2 3 4 5 6 7 8 9 10	218-6 (66.60) 207-10 (63.35) 203-0 (61.88) 201-9 (61.50) 198-5 (60.49) 197-0 (60.04) 194-7 (59.30) 193-9 (59.07) 190-0 (57.92) 189-6 (57.76)	Alvin Jackson Will Barr Neal McNutt Joe Kovacs Tyler Hoffman Todd Shenk Cory Eck Jon Hart Aaron Ross Dorian Lowe	1976 2013 1998 2011 2008 1984 2010 2005 2005 2002
	5000 Meter	rs .	2 3	7-3 (2.2) 7-2.50 (2		2013 1983 2007			Javelin	
1 2 3 4 5 6 7 8 9	13:34.0 Greg Freder 13:36.3 Robert Snyd 13:42.1 Alan Scharsu 13:50.54 Steve Brown 13:52.4 Paul Stemme 13:53.2 George Mall 13:55.0 Jeff Adkins 13:56.1 Charlie Magi 13:57.1 Gary Gitting 13:57.33 Sam Maste 10,000 Mete	er 1978 1980 1989 er 1977 ey 1976 1982 uire 1974 s 1973 rs 2013	3 4 5 6 7 8 9 10	7-2.30 (2 7-1.75 (7-0.50 (2 7-0.25 (2 7-0.25 (2 7-0 (2.13 6-11 (2.16-10.75	(2.19) Sean Reilly 2.18) David Kriz 2.15) Ryan Olkowski 2.14) Nick Plack 3) Aaron Gawne 311) Sean Vago (2.10) Tyler Fedeli Pole Vault 4 (5.32) John Vellenoweth	2007 2013 1995 1999 2000 1993 1997 2006	1 2 3 4 5 6 7 8 9 10	239-9 (73.09) 237-1 (72.26) 233-8 (71.22) 233-4 (71.13) 231-3 (70.48) 230-6 (70.27) 230-3 (70.19) 227-8 (69.40) 225-7 (68.76) 220-2 (67.10)	Allen Pettner Troy Burkholder Carl Wolter Tanner Evak Brian Stumpf Michael Shuey Matt Moyer Rob Austin Dave Matson John Hanley	2007 1997 1996 2009 2003 2013 2004 1995 1999 1988
1	28:08.0 Greg Freder	icks 1972	3 4	17-0 (5. 16-10 (5	18) Dave Bollinger 5.13) Rick Kleban	2004 1985	I	7685	Rick Kleban,	1985
2 3 4 5 6 7 8 9	28:29.4 Charlie Magi 28:38.3 Eric Carter 28:42.80 Paul Stemme 28:55.33 Kyle Dawsor 29:11.71 John Ziegler 29:15.73 Tyler McCan 29:25.58 Mark Wimm 29:27.6 George Mall 29:30.6 Alan Scharsu	uire 1974 1987 or 1976 o 2012 1979 dless 2010 er 1994 ey 1975	5 7 9 10	16-7 1/4 16-7 1/4 16-6.75 16-6.75 16-6 (5.0 16-4 (4.9	(5.06) Ron Campbell (5.06) Bradford Lawrence (5.05) Kevin Dare (5.05) Nick Fegley 03) Ken Stoffer	1985 2009 2001 2003 1983 1975	2 3 4 5 6 7 8 9	7600 7588 7472 7424 7415 7361 7119 7097 7070	James Cook Dave Masgay Barry Walsh J.T. Kuretich Brian Kelley Shawn Colligan Anya Uzoh Chris Morrisey Chris Green	1996 1987 1989 2003 1991 2008 2012 2008 1986

PENN STATE WOMEN'S TRACK AND FIELD ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

100-Meter Dash	i 00 Hurdles	Long Jump
2 11.27 Shavon Greaves 3 11.33 Mahagony Jones 2 4 11.56 Kamilah Salaam 2 ~ 11.60 w + 2.4 Kirsten Nieuwendam 2 5 11.63 (11.57w) Aleesha Barber 2 6 11.68 Vivian Riddick 1 7 11.70 Sara Shoaff 2 8 11.72 Caitlin DeFusco 2 9 11.78 Tiffany Glenn 1	1	2010 1 21-6 (6.55) Chi-Chi Aduba 2004 2011 2 21-4 3/4 (6.52) Gayle Hunter 2008 2009 3 20-10 3/4 (6.37) Carmen Mann 1989 2001 20-10 3/4 (6.37) Shakeema Walker 1999 2013 5 20-10 1/2 (6.36) w Bianca Fung 2009 2006 6 20-4 1/2 (6.21) Vivian Riddick 1982 2006 7 20-4 1/4 (6.20) Monique Gillman 1997 2013 8 20-3 (6.17) Lena Bettis 2007 1991 9 19-8 (5.99) Stephanie Gurysh 1986 10 19-7 (5.97) Pam Connell 1987
200-Meter Dash	400 Hurdles	Triple Jump
2 23.07 Shavon Greaves Shavon Greaves Shana Cox Shana Shan	1 55.57 Fawn Dorr 2 57.00 Aleesha Barber 3 57.32 Evonne Britton 4 57.35 Megan Duncan 5 57.88 Shelley Mitchell 6 58.22 Kiah Seymour 7 58.45 Tammie Hart 105 8 58.60 Ernestine Marsh 108 9 58.77 Kim Markel 100 58.93 Doris Anyanwu 3,000-Meter Steeplechase	2010 1 44-6.75 (13.58) Chi-Chi Aduba 2004 2007 2 44-3 (13.48) Shakeema Walker 1999 2010 3 43-1 (13.13) Carmen Mann 1999 2011 4 42-3.50 (12.89) Tanaya Lloyd 2012 1991 ~ 41-9 (12.73)w +2.8 Ricketts 2013 2013 5 41-7 (12.67) Lena Bettis 2007 1982 41-7 (12.67) Marlene Ricketts 2013 1987 7 41-2.50 (12.56) Gayle Hunter 2007 2007 41-2.50 (12.56) Alicia Porro 1992 2012 9 40-9 (12.42) Hanna Humphreys 1984 10 40-8.75(12.41) Stephanie Gurysh 1986
400-Meter Dash	I 9:32.35 Bridget Franck	Shot Put
2 52.15 Dominique Blake 3 52.51 Fawn Dorr 4 53.17 Ije Iheoma 5 53.74 Laila Brock 53.74 Janice Carter 7 53.80 Tammie Hart 8 54.07 Dynasty McGee 9 54.15 Shavon Greaves	008 2 10:07.78 Molly Landreth 008 3 10:07.86 Natalie Bower 010 4 10:16.91 Tracey Brauksieck 012 5 10:20.33 Lindsey Graybill 098 6 10:24.01 Claire Percival 088 7 10:26.41 Nicole Lord 088 8 10:26.44 Abbie Benson 012 9 10:28.82 Emily Giannotti 010 10:32.69 Tori Gerlach	2010 1 55-4 3/4 (16.88) Ja'Nai O'Connor 2004 2013 2 55-0 (16.76) Elaine Sobansky 1984 2003 3 53-8 1/4 (16.36) Jennifer Leatherman 2006 2012 4 52-6 (16.00) Jane Swenson 2011 2007 5 51-6 1/4 (15.70) Deshaya Williams 2003 2010 6 50-3 1/2 (15.58) Emma Schmelzer 2009 2013 7 50-3.25 (15.32) Melissa Kurzdorfer 2013 2012 8 49-7.25 (15.16) Rachel Fatherly 2013 2013 9 47-10 (14.58) Kim Kessell 1990 10 48-6 (14.78) Kim Hicks 1998
800-Meter Run	4x100-Meter Relay I 44.25 Fox, Shoaff, Moore Aduba	Discus
2 2:04.37 Tammie Hart 3 2:04.72 Briene Simmons 4 2:05.66 Janice Carter 5 2:05.69 Erica Bosler 6 2:06.68 Terry Pioli 7 2:06.80 Maura Ryan 8 2:07.26 Judi Cassel 9 2:07.32 Marta Klebe	1	1 185-1 (56.41) Deshaya Williams 2001
I 500-Meter Run	5 3:31.75 Blake, Simmons, Hunter, Cox	2007 Hammer
2 4:17.40 Kim McGreevy 3 4:17.54 Mary Rawe 1 4 4:18.33 Bridget Franek 2 5 4:19.83 Patty Murnane 1 6 4:20.11 Bekka Simko 2 7 4:20.40 Caitlin Lane 2 8 4:21.10 Heather Carmichael 9 4:21.31 Susanne Heyer	High Jump Page Fig. High Jump Page Page	1 219-1 (66.78) Jennifer Leatherman 2006 2 207-10 (63.35) Melissa Kurzdorfer 2012 1992 3 197-3 (60.12) Kate Johnston 2003 1991 4 190-10 (56.16) Deshaya Williams 2003 1987 5 186-11 (56.97) Helen Higgins 2007 1980 6 179-6 (54.35) Emma Schmelzer 2009 1987 7 178-0 (54.26) Rachel Fatherly 2013 1991 8 174-3 (53.11) Robbin Shomper 2003 1992 9 172-4 (52.53) Jane Swenson 2011 1988 10 170-11 (52.10) Michelle Thompson 1992 1999 Javelin
	978 NMC - No Metric Conversion	1 178-4 (54.35) Kim Hanslovan 2009 2 177-10 (54.02) Lauren Kenney 2013
3 15:53.50 Paula Renzi 1 1 1 1 1 1 1 1 1	Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Sara Dougherty Jocelyn Witmer Caitlin Fairbairn Amanda Palenchar Kelly Nesbit 12-2 (3.71) Toll 11-7 3/4 (3.55) Pole Vault Sara Dougherty Jocelyn Witmer Caitlin Fairbairn Amanda Palenchar Kelly Nesbit Lindsey McDonnell Biz Curran Rachel NeMoyer	3 176-2 (53.70) Karlee McQuillen 2008 4 169-6 (51.66) Laura Loht 2013 2004 5 169-3 (51.58) Carrie Karabinos 1999 2010 6 167-2 (50.96) Heidi Nadeau 2007 2010 7 167-1 (50.92) Brianne Johnson 2001 2012 8 159-4 (48.56) Ashley Colley 2002 2005 9 156-3 (47.62) Kristen Eash 2004 2002 2002 2008 Heptathlon 2005 2008 Heptathlon 2008 Carrie McQuillen 2008 2008 Carrie McQuillen 2008 2008 2008 2008 Carrie McQuillen 2008
I 32:57.33 Kara Millhouse 2	9 11-5 3/4 (3.50) Kim Pfeifer ´ 012 10 11-0 3/4 (3.37) Dana Gioia	2005
3 34:02.52 Kim Kelly	983 993 993 999 980 010 003	2. 5706 Pam Connell 1991 3. 5420 Carmen Mann 1990 4. 5407 Shelley Mitchell 1992 5. 5311 Carla Criste 1986 6. 5093 Brittney Howell 2012 7. 4919 Amber Strouse 2007 8. 4917 Holly Jones 1992 9. 4878 Felicia Cooksey 1999 10. 4826 Danielle Bobo 2003
		as of May 26, 2013



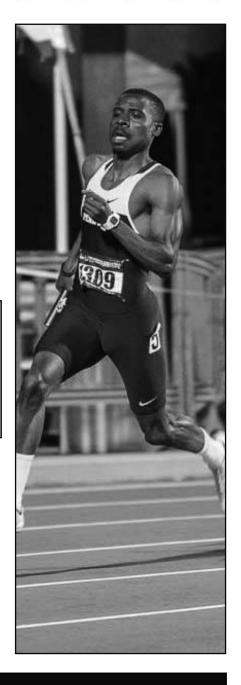
Bennett-Green in 2013 ...

ı					
ı	Competition	Event	Round	Performance	Place
ı	NCAA Division I East Preliminary Round	400	P	47.19	34
ı	NCAA Division I East Preliminary Round	4x4	P	3:06.87	3
ı	Big Ten Outdoor Conference Championships	400	F	47.24	8
ı	Big Ten Outdoor Conference Championships	400	P	47.38	9
ı	Jim Thorpe Open	400	F	47.9	1
ı	Jim Thorpe Open	200	F	22.51	8
ı	Jim Thorpe Open	4x1	F	41.76	1
ı	Penn Relays	4x4	F	3:06.21	1 (IC4A)
ı	Team Challenge	200	F	21.68 (w)	2
ı	Team Challenge	400	F	48.91	1
ı	LSU Battle on the Bayou	400	F	47.8	10
ı	LSU Battle on the Bayou	4x1	F	40.75	3
ı	LSU Battle on the Bayou	4x4	F	3:09.80	4
ı	Crimson Tide Invitational	400	F	47.81	8
ı	Crimson Tide Invitational	4x1	F	41.04	3

Personal Bests				
Event	Indoor	Outdoor		
200 Meters	22.51	21.93		
400 Meters	47.72	47.19		
4x400-Meter Relay	3:08.56	3:06.21		

Bennett-Green's Career Highlights ...

- * 2013 NCAA First Round Qualifier (400m, 4x400)
- * 2013 Penn Relays IC4A Champion (4x400)
- * Big Ten Finalist (Outdoor, 400m)
- * Big Ten Bronze Medalist (Indoor, 4x400m)





BERNARD BENNETT-GREEN

JUNIOR PHILADELPHIA, PA. SPRINTS/RELAYS



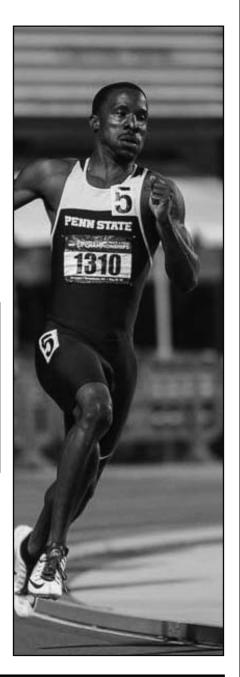
Bennett-Green in 2013 ...

I	Competition	Event	Round	Performance	Place
I	NCAA Division I East Preliminary Round	400	P	47.64	22
I	NCAA Division I East Preliminary Round	400	P	46.52	16
I	NCAA Division I East Preliminary Round	4x4	P	3:06.87	3
I	Big Ten Outdoor Conference Championships	400	F	46.99	4
I	Big Ten Outdoor Conference Championships	400	P	47.28	8
I	Jim Thorpe Open	4x1	F	41.76	1
I	Penn Relays	1600SMR	F	3:18.52	
I	Penn Relays	4x4	P	3:12.29	
I	Penn Relays	DMR	F	9:24.68	
I	Penn Relays	4x4	F	3:06.21	
I	Team Challenge	4x1	F	40.98	1
I	LSU Battle on the Bayou	200	F	21.40 (w)	7
١	LSU Battle on the Bayou	400	F	46.78	4

Personal Bests				
Event	Indoor	Outdoor		
200 Meters	21.47	21.13		
400 Meters	46.82	45.94		
4x400-Meter Relay	3:05.22	3:01.52		
Distance Medley	9:26.60	9:24.69		
Distance Mealey	71 2 0100	31 2 1103		

Bennett-Green's Career Highlights ...

- * 2x USTFCCCA All-American
- * 2x NCAA Runner Up (2012 Indoor, 4x400; 2013 Indoor, DMR)
- * Big Ten Champion (2012 Outdoor, 4x400)
- * 5x Penn State Record Holder
- * 2x Penn Relays Champion
- * Collegiate Record Holder Indoor 4x200m (1:25.52)





BRANDON BENNETT-GREEN

JUNIOR PHILADELPHIA, PA. SPRINTS/RELAYS



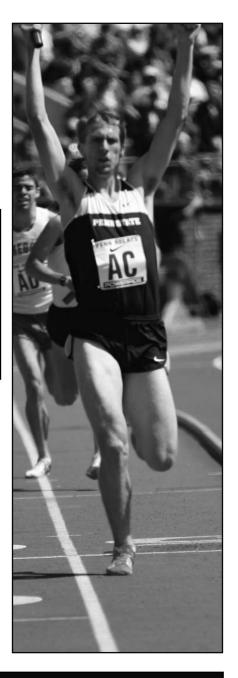
Creese in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	1500	P	3:41.03	7
NCAA Division I East Preliminary Round	1500	P	3:49.43	4
Big Ten Outdoor Conference Championships	1500	F	3:45.39	2
Big Ten Outdoor Conference Championships	1500	P	3:44.93	1
Penn Relays	DMR	F	9:24.68	1
Penn Relays	4x8	F	7:14.14	1
55th Mt. SAC Relays	1500	F	3:43.72	10
Bison Outdoor Classic	1500	F	3:41.32	1
Crimson Tide Invitational	800	F	1:48.98	2

Personal Bests				
Event	Indoor	Outdoor		
800 Meters	1:48.64	1:48.98		
1000 Meters	2:19.53	***		
1500 Meters	***	3:41.03		
Mile	3:57.11	***		
Distance Medley	9:26.60	9:24.69		

Creese's Career Highlights ...

- * USTFCCCA All-American
- * NCAA Runner Up (Indoor 2013, DMR)
- * 3x Big Ten Champion
- * 2x Big Ten Freshman of the Year
- * 2012 USTFCCCA Mid-Atlantic Indoor Track Athlete of the Year
- * Collegiate Record Holder Indoor 1000m (2:19.53)
- * 4x Penn State Record Holder
- * 3x Penn Relays Champion





ROBBY CREESE

SOPHOMORE MOUNT AIRY, MD. MIDDLE DISTANCE



Gilmore in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	4x4	P	3:06.87	3
Big Ten Outdoor Conference Championships	200	P	21.63	16
Penn Relays	SMR	F	3:18.52	3rd
Penn Relays	4x4	P	3:12.29	6th (H)
Penn Relays	4x4	F	3:06.21	2 (IC4A)

Personal Bests				
Event	Indoor	Outdoor		
200 Meters	21.66	21.63		
400 Meters	47.65	47.77		
4x400 Meters	3:07.72	3:04.78		
DMR	9:39.87	***		

Gilmore's Career Highlights ...

- * Big Ten Champion (2013 Indoor, DMR)
- * Big Ten Bronze Medalist (2013 Indoor, 4x400)
- * Penn Relays IC4A Champion (2013, 4x400)
- * Collegiate Record Holder Indoor 4x200m (1:25.52)
- * Penn State Record Holder





MATT GILMORE

SOPHOMORE PHILADELPHIA, PA. SPRINTS/RELAYS



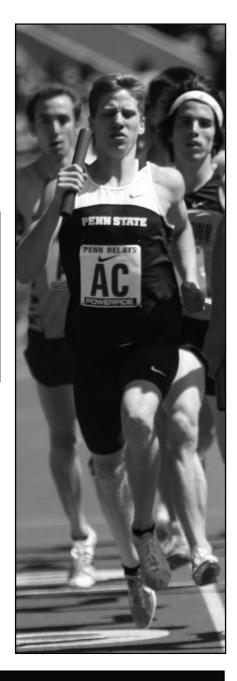
Kidder in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	800	P	1:48.03	7
NCAA Division I East Preliminary Round	800	P	1:50.80	6
Big Ten Outdoor Conference Championships	1500	F	3:51.50	8
Big Ten Outdoor Conference Championships	1500	P	3:47.13	5
Penn Relays	DMR	F	9:24.68	1
Penn Relays	4x8	F	7:14.14	1
55th Mt. SAC Relays	800	F	1:47.23	6
Bison Outdoor Classic	1500	F	3:42.07	2
Crimson Tide Invitational	800	F	1:47.71	1

ndoor	Outdoor
:48.17	1:47.23
***	3:42.07
:59.48	***
26.60	9:24.69
	:48.17

Kidder's Career Highlights ...

- * USTFCCCA All-American (2013 Indoor, DMR)
- * NCAA Runner Up (2013 Indoor, DMR)
- * 2x Big Ten Champion (2013 Indoor, 800m, DMR)
- * Big Ten Freshman of the Year (2013 Indoor)
- * 2x Penn Relays Champion
- * 2x Penn State Record Holder
- * Sub-4:00 Miler (3:59.48) Fourth in Program History
- * 2013 Millrose Games 4x800 Champion





BRANNON KIDDER

FRESHMAN LANCASTER, OHIO MIDDLE DISTANCE



Loxsom in 2013 ...

I	Competition	Event	Round	Performance	Place
I	NCAA Division I East Preliminary Round	800	P	1:47.12	1
I	NCAA Division I East Preliminary Round	800	P	1:48.50	1
I	NCAA Division I East Preliminary Round	4x4	P	3:06.87	3
I	Big Ten Outdoor Conference Championships	800	F	1:48.67	2
I	Big Ten Outdoor Conference Championships	800	P	1:49.50	3
I	Penn Relays	DMR	F	9:24.68	1
I	Penn Relays	4x8	F	7:14.14	1
I	55th Mt. SAC Relays	800	F	1:46.77	5
I	Crimson Tide Invitational	1500	F	3:49.67	4
I	Crimson Tide Invitational	4x4	F	3:07.31	1

Personal Bests				
Event	Indoor	Outdoor		
500 Meters	1:01.28	***		
600 Meters	1:15.42	***		
800 Meters	1:46.98	1:45.31		
4x400 Meters	3:05.22	3:01.52		
Sprint Medley	***	3:17.10		
Distance Medley	***	9:24.69		

Loxsom's Career Highlights ...

- * 5x USTFCCCAAll-American
- * 2x NCAA Runner Up (Indoor 2012; 4x400; Indoor 2013, 800m)
- * 5x Big Ten Champion
- * 2013 Penn Relays "Track Athlete of the Relays"
- * 5x Penn Relays Champion
- * 8x Penn State Record Holder
- * American Collegiate Record Holder 600m (1:15.79)
- * All-Conditions Collegiate Record Holder 600m (1:15.42)
- * 2010 IAAF World Junior Silver Medalist (800m)
- * 2013 Millrose Games 4x800 Champion
- * 2013 Big Ten Athlete of the Championship (Indoor)
- * 2013 Big Ten Athlete of the Year (Indoor)





CASIMIR LOXSOM

SENIOR NEW HAVEN, CONN. MIDDLE DISTANCE



Masters n 2013 ...

Competition	Event	Round	Performance	<u>Place</u>
NCAA Division I East Preliminary Round	5000	P	14:00.84	5
Big Ten Outdoor Conference Championships	5000	F	14:22.93	8
Penn Relays	4xMile	F	16:19.72	5
55th Mt. SAC Relays	5000	F	13:57.33	18
Bison Outdoor Classic	1500	F	3:49.40	12

Personal Bests				
<u>Event</u>	Indoor	<u>Outdoor</u>		
1500m	***	3:46.80		
Mile	4:02.67	***		
3000 Meters	7:54.52	***		
5000 Meters	14:08.69	13:57.33		

Masters' Career Highlights ...

- * Penn State Record Holder (Indoor 3000m, 7:54.52)
- * NCAA Qualifier (Cross Country)
- * 2012 NCAA All-Region Selection (Cross Country)
- * 2012 "Most Valuable Athlete" Team Cross Country Award
- * 3x Big Ten Scorer





SAM MASTERS

SENIOR COLUMBIA, MO. DISTANCE



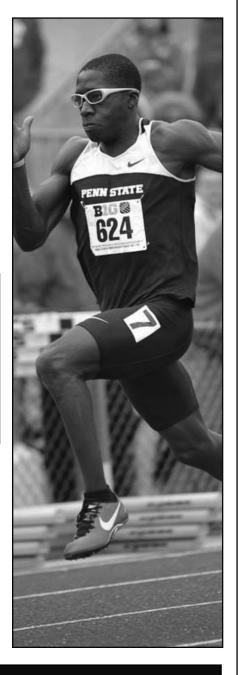
Mpanduki in 2013 ...

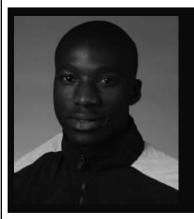
	Competition	Event	Round	Performance	Place
ı	Big Ten Outdoor Conference Championships	100	P	10.92	14
ı	Big Ten Outdoor Conference Championships	200	P	21.35 (w)	14
ı	Jim Thorpe Open	200	F	22.1	3
ı	Jim Thorpe Open	4x1	F	41.76	1
ı	Penn Relays	1600SMR	F	3:18.52	3
ı	Team Challenge	100	F	10.80 (w)	3
ı	Team Challenge	4x1	F	40.98	1
ı	LSU Battle on the Bayou	400	F	47.58	9
ı	LSU Battle on the Bayou	4x1	F	40.75	3
ı	LSU Battle on the Bayou	4x4	F	3:09.80	4
ı	Crimson Tide Invitational	200	F	21.85	7
ı	Crimson Tide Invitational	4x4	F	3:07.31	1
ı	Crimson Tide Invitational	4x1	F	41.04	3

Personal Bests				
<u>Event</u>	Indoor	<u>Outdoor</u>		
60 Meters	6.98	***		
100 Meters	***	10.92		
200 Meters	21.49	21.85		
4x200 Meters	1:25.52	***		

Mpanduki's Career Highlights ...

- * Collegiate Record Holder Indoor 4x200m (1:25.52)
- * Penn State Record Holder
- * Big Ten Medalist





EMUNAEL MPANDUKI

SENIOR HARARE, ZIMBABWE SPRINTS/RELAYS



Nadolsky in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	400	P	47.34	36
Team Challenge	4x1	F	40.98	1
LSU Battle on the Bayou	400	F	47.09	6
LSU Battle on the Bayou	4x1	F	40.75	3
LSU Battle on the Bayou	4x4	F	3:09.80	4
Crimson Tide Invitational	200	F	21.45	4
Crimson Tide Invitational	4x4	F	3:07.31	1
Crimson Tide Invitational	4x1	F	41.04	3

Personal Bests				
Event	Indoor	Outdoor		
200 Meters	21.28	21.45		
400 Meters	47.01	47.09		
4x200 Meters	1:25.52	***		
4x400 Meters	3:05.22	3:01.52		
Sprint Medley	***	3:17.10		

Nadolsky's Career Highlights ...

- * 3x USTFCCCA All-American
- * NCAA Runner Up (Indoor 2012, 4x400m)
- * 4x Penn State Record Holder
- * Collegiate Record Holder Indoor 4x200m (1:25.52)
- * 2x Penn Relays Champion





AARON NADOLSKY

RS-JUNIOR ALTOONA, PA. SPRINTS/RELAYS



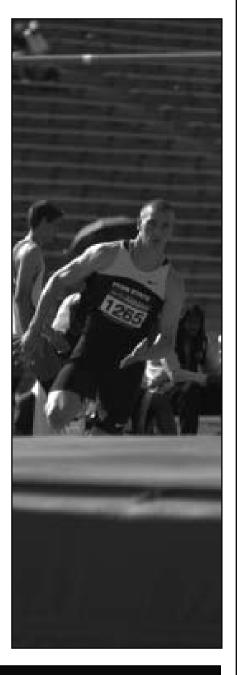
Reilly in 2013 ...

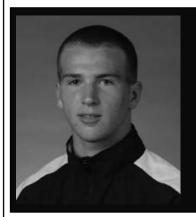
Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	HJ	P	7-0.25 (2.14m)	11
Big Ten Outdoor Conference Championships	HJ	F	6-9.50 (2.07m)	7
Jim Thorpe Open	HJ	F	7-0.50 (2.15m)	2
Penn Relays	HJ	F	6-11.50 (2.12m)	
LSU Battle on the Bayou	HJ	F	7-2.25 (2.19m)	1
Crimson Tide Invitational	HJ	F	7-0.25 (2.14m)	1

Personal Bests				
Event	Indoor	Outdoor		
High Jump	7-1.75 (2.18)	7-2.25 (2.19)		

Reilly's Career Highlights ...

- * Big Ten Medalist
- * 3x NCAA First Round Qualifier
- * 2013 LSU Battle on the Bayou Champion
- * 2013 Alabama Crimson Tide Invitational Champion





SEAN REILLY

SENIOR LAGRANGEVILLE, N.Y. HIGH JUMP



Shuey in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	JT	P	230-6 (70.27m	8
Big Ten Outdoor Conference Championships	JT	F	227-11 (69.47m)	3
Jim Thorpe Open	JT	F	221-9 (67.59m)	1
Penn Relays	JT	F	218-5 (66.57m)	4
LSU Battle on the Bayou	JT	F	223-7 (68.15m)	2
Crimson Tide Invitational	JT	F	226-6 (69.04m)	2

Personal Bests

Indoor	Outdoor
***	230-6 (70.27)

Shuey's Career Highlights ...

- * Big Ten Medalist
- * NCAA First Round Qualifier
- * Runner Up LSU Battle on the Bayou
- * Runner Up Alabama Crimson Tide Invitational
- * USATF Junior National Qualifier





MICHAEL SHUEY

FRESHMAN JOHNSONBURG, PA. JAVELIN



West in 2013 ...

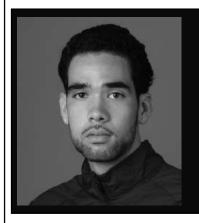
Event	Round	Performance	Place
800	P	1:48.84	11
800	P	1:49.66	19
800	F	1:51.31	6
800	P	1:50.98	4
1600SMR	F	3:18.52	3
4xMile	F	16:19.72	5
800	F	1:48.49	7
1500	F	3:46.33	4
800	F	1:49.46	4
4x4	F	3:15.65	5
	800 800 800 800 1600SMR 4xMile 800 1500	800 P 800 P 800 F 800 P 1600SMR F 4xMile F 800 F 1500 F 800 F	800 P 1:48.84 800 P 1:49.66 800 F 1:51.31 800 P 1:50.98 1600SMR F 3:18.52 4xMile F 16:19.72 800 F 1:48.49 1500 F 3:46.33 800 F 1:49.46

Personal Bests			
Event	Indoor	Outdoor	
800 Meters	1:47.81	1:46.41	
1000 Meters	2:21.95	***	
1500 Meters	***	3:46.33	

West's Career Highlights ...

- * 2x USTFCCCA All-American
- * 2013 Millrose Games 4x800 Champion
- * Big Ten Scorer
- * Fourth (800m) at 2013 NACAC U-23 Champs. (Jamaica)
- * 2012 Big 12 Indoor 800 Champion





RICKY WEST

SENIOR TORONTO, ONTARIO MIDDLE DISTANCE



Black in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	400H	P	1:01.68	46
NCAA Division I East Preliminary Round	4x4	P	3:34.98	3
Big Ten Outdoor Conference Championships	400H	F	59.63	5
Big Ten Outdoor Conference Championships	400H	P	59.77	5
Big Ten Outdoor Conference Championships	100H	P	13.90	10
Big Ten Outdoor Conference Championships	4x4	F	3:39.10	3
Jim Thorpe Open	200	F	25.39	2
Jim Thorpe Open	100H	F	14.62	1
Penn Relays	100H	P	14.11	17
Penn Relays	400H	F	1:00.44	15
Penn Relays	4x4	F	3:33.47	5
Team Challenge	100H	F	13.89	2
Team Challenge	400H	F	1:01.96	4
LSU Battle on the Bayou	100H	F	14.14	7
LSU Battle on the Bayou	400H	F	1:01.01	7
Crimson Tide Invitational	400H	F	1:01.52	8
Crimson Tide Invitational	100H	F	13.82	3
Crimson Tide Invitational	4x4	F	3:39.22	1

Personal Bests			
Event	Indoor	Outdoor	
200 Meters	25.26	25.39	
100 Meter Hurdles	***	13.82	
400 Meter Hurdles	***	59.63	
4x400-Meter Relay	***	3:33.47	

Black's Career Highlights ...

- * Big Ten Medalist (2013 Outdoor, 4x400)
- * 3x Big Ten Scorer
- * Alabama Crimson Tide Invitational Champion (4x400)





SHELLEY BLACK

RS-FRESHMAN LAFLIN, PA. SPRINTS/HURDLES/RELAYS



Bower in 2013 ...

Competition	Event	Round	Performance	<u>Place</u>
NCAA Division I East Preliminary Round	3000S	P	10:07.86	8
Big Ten Outdoor Conference Championships	5000	F	16:26.63	9
Big Ten Outdoor Conference Championships	3000S	F	10:12.42	3
Penn Relays	3000S	F	10:13.58	1
Bison Outdoor Classic	3000S	F	10:16.79	1
Stanford Invitational	5000	F	16:12.88	8

Personal Bests			
Event	Indoor	<u>Outdoor</u>	
1500 Meters	***	4:30.58	
Mile	4:49.32	***	
3000 Meters	9:28.29	***	
5000 Meters	16:17.81	16:12.28	
Steeplechase	***	10:07.86	

Bower's Career Highlights ...

- * 4x NCAA Qualifier (Cross Country)
- * Big Ten Medalist (2013 Outdoor Steeplechase, Third)
- * Penn Relays Champions (2013 Steeplechase)
- * All-Big Ten Selection (Cross Country)
- * NCAA All-Region Selection (Cross Country)





NATALIE BOWER

SENIOR PLEASANT UNITY, PA. DISTANCE



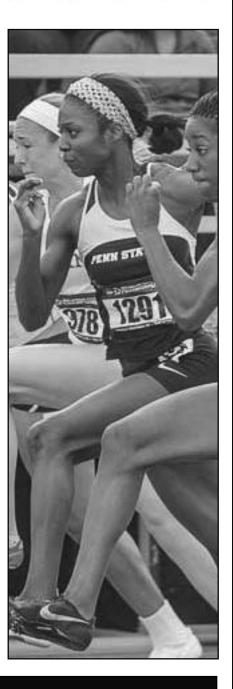
Britton in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	400H	P	59.59	32
NCAA Division I East Preliminary Round	100H	P	13.20	10
NCAA Division I East Preliminary Round	100H	P	13.12 (w)	8
Big Ten Outdoor Conference Championships	400H	F	59.21	4
Big Ten Outdoor Conference Championships	400H	P	59.13	3
Big Ten Outdoor Conference Championships	100H	F	13.13 (w)	1
Big Ten Outdoor Conference Championships	100H	P	13.40	1
Big Ten Outdoor Conference Championships	4x1	F	46.06	5
Big Ten Outdoor Conference Championships	4x1	P	45.37	4
Jim Thorpe Open	4x1	F	46.48	1
Penn Relays	100H	F	13.37	6
Penn Relays	100H	P	13.36	T-1
Penn Relays	400H	F	58.56	3
Penn Relays	4x1	F	45.75	3 (ECAC)
Penn Relays	4x1	P	45.87	P
Team Challenge	100H	F	13.64	1
Team Challenge	400H	F	1:00.68	2
LSU Battle on the Bayou	100H	F	13.50	3
LSU Battle on the Bayou	400H	F	59.21	3
LSU Battle on the Bayou	4x1	F	45.34	3
Crimson Tide Invitational	100H	F	13.62	1
Crimson Tide Invitational	4x1	F	45.84	1

Personal Bests			
Event	Indoor	<u>Outdoor</u>	
60m Hurdles	8.20	***	
100m Hurdles	***	13.11	
400m Hurdles	***	57.41	

Britton's Career Highlights ...

- * Big Ten Champion (2013 Outdoor, 100m Hurdles)
- * 4x NCAA Qualifier
- * 2010 USATF Junior Champion (400m Hurdles)
- * 2010 IAAF World Junior Silver Medalist (400m Hurdles)





EVONNE BRITTON

RS-JUNIOR EL PASO, TEXAS SPRINTS/HURDLES/RELAYS



Jones in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	100	P	11.30 (w)	6
NCAA Division I East Preliminary Round	100	P	11.33 (w)	4
NCAA Division I East Preliminary Round	200	P	23.19	7
NCAA Division I East Preliminary Round	200	P	23.59	10
NCAA Division I East Preliminary Round	4x4	P	3:34.98	3
Big Ten Outdoor Conference Championships	200	F	23.37	2
Big Ten Outdoor Conference Championships	200	P	23.15 (w)	1
Big Ten Outdoor Conference Championships	100	F	11.32 (w)	1
Big Ten Outdoor Conference Championships	100	P	11.40	1
Big Ten Outdoor Conference Championships	4x1	F	46.06	5
Big Ten Outdoor Conference Championships	4x1	P	45.37	4
Big Ten Outdoor Conference Championships	4x4	F	3:39.10	3
Jim Thorpe Open	100	F	11.74	1
Jim Thorpe Open	4x1	F	46.48	1
Penn Relays	4x1	F	45.75	3 (ECAC)
Penn Relays	4x4	F	3:33.47	5
Team Challenge	100	F	11.55 (w)	1
LSU Battle on the Bayou	200	F	23.43	2
LSU Battle on the Bayou	100	F	11.55	1
LSU Battle on the Bayou	4x4	F	3:43.94	5
LSU Battle on the Bayou	4x1	F	45.34	3
Crimson Tide Invitational	400	F	54.23	2
Crimson Tide Invitational	4x1	F	45.84	1
Crimson Tide Invitational	4x4	F	3:39.22	1

Personal Bests			
<u>Event</u>	Indoor	<u>Outdoor</u>	
60 Meters	7.38	***	
100 Meters	***	11.33	
200 Meters	23.47	23.19	
4x400 Meters	3:36.91	3:33.47	

Jones' Career Highlights ...

- * Big Ten Champion (2013 Outdoor, 100m)
- * 3x Big Ten Medalist
- * School Record Holder (Indoor 4x200m, 1:37.25)





MAHAGONY JONES

RS-JUNIOR CLEVELAND, OHIO SPRINTS/RELAYS



West in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	HT	P	199-10 (60.91)	7
NCAA Division I East Preliminary Round	DT	P	163-2 (49.73)	12
Big Ten Outdoor Conference Championships	SP	F	49-7.75 (15.13)	8
Big Ten Outdoor Conference Championships	DT	F	155-7 (47.42)	9
Big Ten Outdoor Conference Championships	HT	F	199-10 (60.91)	2
Jim Thorpe Open	HT	F	195-8 (59.64)	1
Jim Thorpe Open	DT	F	165-0 (50.31)	1
Jim Thorpe Open	SP	F	49-10 (15.19)	3
Penn Relays	HT	F	192-6 (58.67)	3
Penn Relays	SP	F	50-3.25 (15.32)	7
Penn Relays	DT	F	166-9 (50.82)	2
Team Challenge	HT	F	193-2 (58.88)	1
LSU Battle on the Bayou	HT	F	195-2 (59.49)	4
LSU Battle on the Bayou	DT	F	159-1 (48.49)	3
LSU Battle on the Bayou	SP	F	49-7.25 (15.12)	3
Crimson Tide Invitational	SP	F	48-9.50 (14.87)	9
Crimson Tide Invitational	DT	F	146-8 (44.70)	8
Crimson Tide Invitational	HT	F	200-0 (60.96)	1

Personal Bests				
Event	Indoor	Outdoor		
Shot Put	51-6.50 (15.71m)	50-3.25 (15.32m)		
Weight	65-0.75 (19.83m)	***		
Discus	***	166-9 (50.82m)		
Hammer	***	207-10 (63.35m)		

Kurzdorfer's Career Highlights ...

- * 3x NCAA Qualifier
- * 2x Second Team USTFCCCA All-American
- * 2x Big Ten Medalist





MELISSA KURZDORFER

SENIOR LANCASTER, OHIO THROWS



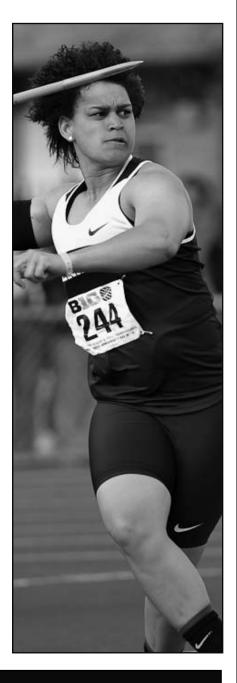
Kenney in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	Outdoor	JT	177-10 (54.02m)	1
Big Ten Outdoor Conference Championships	Outdoor	JT	173-10 (52.98m)	1
Jim Thorpe Open	Outdoor	JT	169-1 (51.54m)	1
LSU Battle on the Bayou	Outdoor	JT	167-8 (51.10m)	1
Crimson Tide Invitational	Outdoor	JT	176-11 (53.93m)	1

Personal Bests		
Event	Indoor	Outdoor
Javelin	***	177-10 (54.02)

Kenney's Career Highlights ...

- * USTFCCCA All-American (2013 Outdoor, Javelin Fourth)
- * 2013 Big Ten Champion
- * 2x Big Ten Medalist
- * 2012 Penn Relays Champion
- * Top East Region Qualifier, 177-10 (54.02)
- * LSU Battle on the Bayou Champion
- * Alabama Crimson Tide Invitational Champion





LAUREN KENNEY

SOPHOMORE STATE COLLEGE, PA. THROWS



Loht in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	JT	P	169-6 (51.66m)	3
Big Ten Outdoor Conference Championships	JT	F	168-9 (51.44m)	2
Jim Thorpe Open	JT	F	166-3 (50.68m)	2
Penn Relays	JT	F	154-8 (47.14m)	1
Team Challenge	JT	F	155-9 (47.47m)	1
LSU Battle on the Bayou	JT	F	149-3 (45.49m)	2
Crimson Tide Invitational	JT	F	159-7 (48.65m)	2

Personal Bests			
Event Javelin	Indoor ***	Outdoor 169-6 (51.66m)	

Loht's Career Highlights ...

- * 2012 USTFCCCA All-American
- * NCAA Bronze Medalist (2012 Outdoor, Javelin)
- * 3x NCAA Qualifier
- * 2012 Big Ten Champion
- * 3x Big Ten Medalist
- * 2013 Penn Relays Champion





LAURA LOHT

JUNIOR McCLURE, PA. THROWS



McGee in 2013 ...

Competition	Event	Round	Performance	<u>Place</u>
NCAA Division I East Preliminary Round	4x4	P	3:34.98	3
Big Ten Outdoor Conference Championships	400	F	55.18	4
Big Ten Outdoor Conference Championships	400	P	54.72	5
Big Ten Outdoor Conference Championships	4x1	F	46.06	5
Big Ten Outdoor Conference Championships	4x1	P	45.37	4
Big Ten Outdoor Conference Championships	4x4	F	3:39.10	3
Jim Thorpe Open	200	F	24.93	1
Jim Thorpe Open	4x1	F	46.48	1
Penn Relays	1600SMR	F	3:53.21	6
Penn Relays	4x1	F	45.75	3 (ECAC)
Penn Relays	4x4	F	3:33.47	5
Team Challenge	400	F	55.93	1
LSU Battle on the Bayou	200	F	24.73	11
LSU Battle on the Bayou	4x4	F	3:43.94	5
LSU Battle on the Bayou	4x1	F	45.34	3
Crimson Tide Invitational	4x4	F	3:39.22	1

Personal Bests			
Event	Indoor	Outdoor	
200 Meters	24.62	24.37	
400 Meters	53.87	54.53	
4x400 Meters	3:36.91	3:33.03	

McGee's Career Highlights ...

- * 2012 USTFCCCA Second Team All-American
- * 2x NCAA Qualifier
- * 2x Big Ten Medalist
- * Penn State Record Holder (Indoor 4x200m, 1:37.25)





DYNASTY McGEE

SOPHOMORE FLINT, MICH. SPRINTS/RELAYS



Seymour in 2013 ...

Competition	Event	Round	Performance	Place
NCAA Division I East Preliminary Round	400H	P	58.37	5
NCAA Division I East Preliminary Round	400H	P	58.22	10
NCAA Division I East Preliminary Round	4x4	P	3:34.98	3
Big Ten Outdoor Conference Championships	400H	F	58.9	2
Big Ten Outdoor Conference Championships	400H	P	58.41	2
Big Ten Outdoor Conference Championships	4x1	F	46.06	5
Big Ten Outdoor Conference Championships	4x1	P	45.37	4
Big Ten Outdoor Conference Championships	4x4	F	3:39.10	3
Jim Thorpe Open	4x1	F	46.48	1
Penn Relays	400H	F	1:00.08	8
Penn Relays	1600SMR	F	3:53.21	6
Penn Relays	4x1	F	45.75	3 (ECAC)
Penn Relays	4x4	F	3:33.47	5
Team Challenge	400H	F	59.39	1
LSU Battle on the Bayou	400H	F	1:03.13	11
LSU Battle on the Bayou	4x4	F	3:43.94	5
LSU Battle on the Bayou	4x1	F	45.34	3
Crimson Tide Invitational	400H	F	59.24	1
Crimson Tide Invitational	4x1	F	45.84	1
Crimson Tide Invitational	4x4	F	3:39.22	1

	Personal Bests	
Event	Indoor	Outdoor
200 Meters	24.15	***
400 Meters	54.41	***
400 Hurdles	***	58.22
4x400 Meters	3:38.48	3:33.47

Seymour's Career Highlights ...

- * 2x Big Ten Medalist
- * 5x Big Ten Finalist
- * Penn State Record Holder (Indoor 4x200m, 1:37.25)
- * 2013 Crimson Tide Invitational Champion (400mH)





KIAH SEYMOUR

FRESHMAN WASHINGTON, D.C. SPRINTS/HURDLES/RELAYS