



# TRACK & FIELD



Junior Robert Cardina



Freshman Madeline Holmberg



Sophomore Malik Moffett



Junior Alex Shisler

PENN STATE NATIONAL | JANUARY 29-30, 2016



# The Penn State National

## January 29-30, 2016



### Kidder Sets All-Time Collegiate Record in the 1,000-Meters at the Nittany Lion Challenge

**UNIVERSITY PARK, Pa.** -- Penn State would capture 13 event wins, set four meet records, break three school records, along with an all-time collegiate record as the Nittany Lions wrapped up the 2016 Nittany Lion Challenge at the Horace Ashenfelter III Indoor track.

“(I’m) ecstatic,” said head coach John Gondak. “We were focused today, we were passionate, we set four meet records, broke three school records, set a national NCAA collegiate record, won thirteen events and our theme of becoming competitors continues to be on display with the performances that our program is having.”

Rachel Fatherly would start the day for Penn State taking second in the women’s weight throw with a season best, and personal best, mark of 19.84m (65’-1.25”) while teammate Alyssa Robinson would claim third-place with a best throw of 18.49m (60’-8”). Fatherly’s throw broke her previous meet record of 15.72m (51’-7”) she set at last year’s Nittany Lion Challenge.

“Coming into today, throwing over 17-meters was a goal of mine,” said senior thrower Rachel Fatherly.

“On the second throw I threw 55’ but I released it too early, I knew I had more. The next throw I was a little aggressive and ended up all over the toe board. In the transition in-between prelims and finals I was able to calm down and the first throw of finals I threw 56’. There are still a lot of technical things that I need to fix, but based on where I was at this point last year I’m way ahead so far this season.”

Fatherly is currently ranked No. 3 in the nation in the women’s shot put.

The men’s and women’s 1,000m would see a pair of school records fall as seniors Tori Gerlach and Brannon Kidder etched their names among the best to ever wear the blue & white on the track. Gerlach’s performance would come in an event she doesn’t normally run. The consummate 3-5K athlete, Gerlach dropped down to run the 1,000m and erased a four-year old record, previously held by Nittany Lion great Caitlin Lane, recording a time of 2:43.15 setting not only a school record but a new personal best in the event as well. Gerlach is currently ranked No. 2 in the nation in the women’s 1000m.

For the men’s 1,000m, fans in attendance would see the first sub-2:19 in NCAA history. Kidder, who had never run the 1,000m before today’s meet, set the collegiate record running 2:18.26 as he ran away from the field over the final 75-meters for the win with the next closest competitor over a full three seconds behind. Kidder in one race set a meet record, school record, facility record, and an all-time collegiate record.

“We had planned on taking it out fast and just seeing what we had early,” said senior Brannon Kidder. “(Jordan) Makins brought me through 600-meters perfect, we got there and I felt pretty good so I just kept going. I knew it was possible but I was focused on running a good 800m and seeing where it went from there.”

Kidder returns the prestigious honor as the fastest collegiate athlete to ever run the 1,000m to Happy Valley, as teammate Robby Creese previously held the record from 2012-2014. Former Nittany Lion Ryan Foster held the school record, before Creese,

when he became the first to break 2:20 in the event. Penn State is home to two of the three fastest times in the 1,000m in NCAA history.

Elizabeth Chikotas would continue the trend of the day adding her name in the record books with her run of 4:45.59, breaking the meet record of 4:46.70 set by Florida’s Cory McGee in 2011. Chikotas’ run would also give the sophomore from Hellertown, Pa. a new PR, besting her old personal best time of 4:46.54 set in last year’s Nittany Lion Challenge. Chikotas is currently ranked No. 3 in the nation in the women’s mile.

Xavier Smith, who set a school record in the 60m last week in a time of 6.70 seconds, would once again re-write the record book by shaving another one one-hundredth of a second from the school record clocking 6.69 seconds for the 60-meters.

“I feel great,” said sophomore sprinter Xavier Smith. “It’s always good when you run a PR, but I’m still headed in the right direction. I’m looking forward to two weeks of good training before hitting the track again at the Penn State National.”

Sophomore Timothy McGowan would run the No. 1 time in the nation heading into this weekend with his performance in the men’s 3,000m run recording a time of 8:08.24, a full eight seconds ahead of the next closest competitor. The sophomore transfer from Roger Williams University would set a new personal best time in the win.

Sophomore Quenee Dale put together a solid day for the Nittany Lions, qualifying for finals in two events - running the top time in the prelims of the 60-meter hurdles. Dale would finish the day sixth in the 60m open (7.71) and cap the day with the fourth fastest time in the 60-meter hurdles in Penn State indoor history running 8.26 seconds - currently tied with TCU’s Brianna McGhee for the ninth fastest in the NCAA this season.

Penn State does not compete next week, but returns to the Ashenfelter III Indoor Track on Jan. 29-30 for the Penn State National. The Penn State National will be streamed live on Flotrack.org. Several Penn State athletes set personal best in their respective events including; Patrick Anderson (pole vault), Malik Moffett (long jump), Jordan Makins (mile), Morgan Shigo (weight throw), Elizabeth Chikotas (mile), Xavier Smith (60m), Dannielle Gibson (triple jump), Tori Gerlach (1000m), Rachel Fatherly (shot put), Quenee Dale (60mH), and Brannon Kidder (1000m).

For more on Nittany Lion track & field, log onto [www.GoPSUsports.com](http://www.GoPSUsports.com) or follow the team on Twitter @PennStateTFXC.



# The Penn State National

January 29-30, 2016



## QA2 Max PODCAST: Penn State's Brannon Kidder, the 1000m Collegiate Record Holder

By Tyler Mayforth, USTFCCCA

NEW ORLEANS — Penn State's Brannon Kidder brought the 1000 meter collegiate record back home to Happy Valley.

From March 2, 2014 until Saturday, former Boston University mid-distance runner Rich Peters owned the best time in the event (2:18.55). Peters actually took the record from Kidder's teammate, Robby Creese, who held it from 2012 until 2014.

Then Kidder, being paced by a rabbit, went out on Saturday at the Nittany Lion Challenge and clocked a 2:18.26. It should be mentioned that it was the first time Kidder ever ran the 1000.

That was a strong start to the season for Kidder, who finished runner-up in the 800 meters last year at the NCAA Division I Outdoor Track & Field Championships.

What goals did Kidder set for himself in 2016? Did the 1000 feel more like an 800 or 1200?

Find out answers to those questions and more in this week's edition of the QA2 Max Podcast.



PHOTO: IMAGE OF SPORT



Scan the QR Code to hear the entire QA2 podcast

### Penn State Coaching/Support Staff

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



# The Penn State National

January 29-30, 2016



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

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

**BOLD denotes record set in 2016**

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



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### || Meet Records ||

<b>EVENT</b>	<b>PERFORMANCE</b>	<b>YEAR</b>	<b>ATHLETE - SCHOOL</b>
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.17	2012	Barbara Pierre - Unattached
Men 200 Meter Dash	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meter Dash	23.16	2010	Shavon Greaves - Penn State
Men 400 Meters	46.25	2013	Brycen Spratling - Pittsburgh
Women 400 Meter Dash	52.31	2007	Shana Cox - Penn State
Men 500 Meter Dash	1:01.44	2014	Steven Solomon - Stanford
Women 500 Meter Dash	1:08.70	2010	Shana Cox - Adidas
Men 600 Meter Dash	1:15.79	2013	Casimir Loxsom - Penn State
Women 600 Meter Dash	1:29.07	2013	Francena McCorory - Adidas
Men 800 Meter Run	1:47.48	2010	Ryan Foster - Penn State
Women 800 Meters	2:03.25	2014	Justine Fedronic - Stanford
Men 1000 Meter Run	2:23.12	2007	Tim Kajala - Penn
Women 1000 Meter Run	2:42.71	2010	Chanelle Price - Tennessee
Men 1 Mile Run	3:56.51	2012	Jeff See - Saucony
Women 1 Mile Run	4:30.41	2013	Sheila Reid - Nike
Men 3000 Meters	7:57.75	2014	Patrick Tiernan - Villanova
Women 3000 Meter Run	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meter Run	14:02.64	2002	Ben Cooke - Georgetown TC
Women 5000 Meter Run	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.49	2012	Jarrett Eaton - Unattached
Women 60 Meter Hurdles	8.02	2009	Queen Harrison - Virginia Tech
	8.02	2015	Danielle Williams - TRS
Men 4x200 Meter Relay	1:24.70	2013	Penn State - E Mpanduki, M Gilmore, Br Bennett-Green, A Nadolsky
Men 4x400 Meter Relay	3:06.98	2014	Pittsburgh - M Murray, C Nkanata, D Palmer, B Spratling
Women 4x400 Meter Relay	3:34.38	2005	Tennessee - L Loche, N Cook, P Hall, C Champion
Men 4x800 Meter Relay	7:23.13	2009	Phoenix Athletics - K Smith, A Maloney, M Lincoln, A Heaney
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Distance Medley	9:26.59	2014	PSU - B Kidder, B Bennett-Green, Z Watkins, R Creese
Women Distance Medley	10:54.04	2014	Stanford - A Weissenbach, K Williams, C Saunders, J Fedronic
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2.75 (1.90)	2013	Tynita Butts - East Carolina
Men Pole Vault	18-3.25 (5.57)	2014	Shawn Barber - Akron
Women Pole Vault	13-9.75 (4.21)	2014	Annika Roloff - Akron
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	67-3.5 (20.51)	2015	Darrell Hill - Penn State
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	71-5.25 (21.77)	2006	Mohsen Anani - Virginia Tech
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Indoor Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Indoor Pentathlon	4731	2010	Hyleas Fountain - Nike



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## || Penn State Indoor Records ||

EVENT	PERFORMANCE	ATHLETE, YEAR
<b>Men 60 Meters</b>	<b>6.69</b>	<b>Xavier Smith, 2016</b>
Men 200 Meters	20.98	Ryan Olkowski, 2001
Men 400 Meters	46.22	Brady Gehret, 2011
Men 500 Meters	1:01.28	Casimir Loxsom, 2013
Men 600 Meters	1:15.42	Casimir Loxsom, 2013
Men 800 Meters	1:46.98	Casimir Loxsom, 2013
<b>Men 1000 Meters</b>	<b>2:18.26</b>	<b>Brannon Kidder, 2016</b>
Men Mile	3:57.11	Robby Creese, 2013
Men 3000 Meters	7:50.36	Robby Creese, 2015
Men 5000 Meters	13:52.36	Steve Brown, 1990
Men 60-Meter Hurdles	7.69	Guy Rose, 2001
Men 4x200-Meter Relay	1:26.24	Langan, Campisi, Lolagne, Terrell, 2005
Men 4x400-Meter Relay	3:05.22	Nadolsky, Br. Bennett-Green, Loxsom, Gehret, 2012
Men 4x800-Meter Relay	7:21.17	Balkey, McMillan, Mills, Levitre, 1987
		Watkins, Kidder, West, Loxsom, 2013
Men Distance Medley Relay	9:26.59	Kidder, Br. Bennett-Green, Watkins, Creese, 2014
Men 4xMile Relay	16:43.54	Adkins, Rapp, Scharsu, Mangan, 1980
Men High Jump	7-4.25 (2.24)	Paul Souza, 1982
Men Pole Vault	17-0.75 (5.20)	John Vellenoweth, 2009
Men Long Jump	25-11 (7.90)	David Coney, 1986
Men Triple Jump	53-0.75 (16.17)	Chavous Nichols, 2003
Men Shot Put	66-2.50 (20.18)	Darrell Hill, 2015
Men Weight Throw	70-6.5 (21.50)	Will Barr, 2014
Men Heptathlon	5511	Rob Cardina, 2014

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

**BOLD denotes record set in 2016**



# The Penn State National

January 29-30, 2016



## || Final Time Schedule ||



### TRACK & FIELD

**THE PSU NATIONAL**  
JANUARY 29-JANUARY 30, 2016

#### || THE PSU NATIONAL || FINAL TIME SCHEDULE ||

##### MULTI-EVENTS || FRIDAY-SATURDAY

###### Women's Pentathlon || Friday

12:00 PM	Pentathlon Women 60 Meter Hurdles
	Pentathlon Women High Jump
	Pentathlon Women Shot Put
	Pentathlon Women Long Jump
	Pentathlon Women 800 Meter Run

###### Men's Heptathlon || Friday

12:15 PM	Heptathlon Men 60 Meter Dash
	Heptathlon Men Long Jump
	Heptathlon Men Shot Put
	Heptathlon Men High Jump

###### Men's Heptathlon || Saturday

9:45 AM	Heptathlon Men 60 Meter Hurdles
10:30 AM	Heptathlon Men Pole Vault
12:30 PM	Heptathlon Men 1000 Meter Run

##### FRIDAY || FINAL TIME SCHEDULE

###### Friday Field Events

4:00 PM	Women Weight Throw 20 lb	Finals
4:00 PM	Women Long Jump (Back Runway)	Finals
4:00 PM	Men Long Jump (Front Runway)	Finals
4:00 PM	Men Pole Vault Inv (Front Pit)	Finals
4:00 PM	Men Pole Vault (Back Pit)	Finals
6:00 PM	Men Weight Throw 35 lb	Finals

###### Friday Track Events

4:00 PM	Mixed 1 Mile Run NVRC	Finals
4:50 PM	Men 1500 Meter Inv	Finals
5:00 PM	Men Unseeded 5000 Meter Run	Finals
5:20 PM	Women Unseeded Distance Medley	Finals
5:35 PM	Men Unseeded Distance Medley	Finals
5:55 PM	Women 60 Meter Hurdles	Prelims
6:10 PM	Men 60 Meter Hurdles	Prelims
6:25 PM	Women 60 Meter Dash	Prelims
6:40 PM	Men 60 Meter Dash	Prelims
6:55 PM	Women Distance Medley Inv	Finals
7:10 PM	Men Distance Medley Inv	Finals
7:25 PM	Women 60 Meter Hurdles	Semis
7:35 PM	Men 60 Meter Hurdles	Semis
7:45 PM	Women 60 Meter Dash	Semis
7:55 PM	Men 60 Meter Dash	Semis
8:05 PM	Women 5000 Meter Run Inv	Finals
8:25 PM	Men 5000 Meter Run Inv	Finals
8:45 PM	Women 60 Meter Hurdles	Finals
8:50 PM	Men 60 Meter Hurdles	Finals
8:55 PM	Women 60 Meter Dash	Finals
9:00 PM	Men 60 Meter Dash	Finals

##### SATURDAY || FINAL TIME SCHEDULE

###### Saturday Track Events

11:00 AM	Women 400 Meter Dash	Finals
11:15 AM	Men 400 Meter Dash	Finals
11:30 AM	Women 500 Meter Dash	Finals
11:45 AM	Men 500 Meter Dash	Finals
12:00 PM	Women 800 Meter Run	Finals
12:10 PM	Men 800 Meter Run	Finals
12:25 PM	Women 1000 Meter Run	Finals
12:35 PM	Men 1000 Meter Run	Finals
12:40 PM	Women 1 Mile Run	Finals
12:50 PM	Men 1 Mile Run	Finals
1:00 PM	Women 200 Meter Dash	Finals
1:15 PM	Men 200 Meter Dash	Finals
1:25 PM	Women 3000 Meter Run	Finals
1:40 PM	Men 3000 Meter Run	Finals

###### Saturday Field Events

12:00 PM	Women High Jump	Finals
12:00 PM	Men High Jump	Finals
12:00 PM	Women Shot Put	Finals
3:00 PM	Women Triple Jump (Front Runway)	Finals
3:00 PM	Men Triple Jump (Back Runway)	Finals
3:00 PM	Men Shot Put	Finals
3:00 PM	Women Pole Vault Inv (Front Pit)	Finals
3:00 PM	Women Pole Vault (Back Pit)	Finals

###### Saturday "Invitational" Track Events

3:00 PM	Women 1 Mile Run Inv	Finals
3:10 PM	Men 1 Mile Run Inv	Finals
3:25 PM	Women 400 Meter Dash Inv	Finals
3:35 PM	Men 400 Meter Dash Inv	Finals
3:40 PM	Women 500 Meter Dash Inv	Finals
3:45 PM	Men 500 Meter Dash Inv	Finals
3:50 PM	Women 1000 Meter Run Inv	Finals
3:55 PM	Men 1000 Meter Run Inv	Finals
4:05 PM	Women 800 Meter Run Inv	Finals
4:20 PM	Men 800 Meter Run Inv	Finals
4:30 PM	Women 200 Meter Dash Inv	Finals
4:40 PM	Men 200 Meter Dash Inv	Finals
4:55 PM	Women 3000 Meter Run Inv	Finals
5:10 PM	Men 3000 Meter Run Inv	Finals
5:30 PM	Women 4x400 Meter Relay	Finals
5:50 PM	Men 4x400 Meter Relay	Finals
5:55 PM	Women 4x400 Meter Relay Inv	Finals
6:00 PM	Men 4x400 Meter Relay Inv	Finals

# 2016 PENN STATE TRACK & FIELD HOME SCHEDULE

- 2/5-6 SYKES & SABOCK CHALLENGE CUP  
2/20 PENN STATE TUNE-UP  
5/6 JIM THORPE INVITE

## ATTENTION LITTLE LIONS!

Join Us for the Little Lion Lap on  
Saturday!

WATCH THE SCOREBOARD  
FOR REPORT TIMES  
AND MORE INFO  
ON SATURDAY (APPROX. 2:00 PM)



## LITTLE LION LAP

SATURDAY, JANUARY 30TH 2 PM  
GRADES K-5 | FREE TO PARTICIPATE

RUN A LAP WITH THE NITTANY LION.  
ALL PARTICIPANTS WILL RECEIVE A  
PARTICIPATION RIBBON.

CAN PRE-REGISTER AT:  
[LITTLELIONLAP@GMAIL.COM](mailto:LITTLELIONLAP@GMAIL.COM)  
OR REGISTER THE DAY OF

