



Penn State Track & Field

Meet Notes

Big Ten Championships || East Lansing, Mich.

May 15-17, 2015



UNIVERSITY INFORMATION

Location	University Park, Pa.
Founded	1855
Enrollment	46,068
Colors	Blue and White
Conference	Big Ten
Nickname	Nittany Lions
President	Dr. Eric Barron
Director of Athletics	Sandy Barbour
Athletic Website	www.GoPSUsports.com

COACHING STAFF

Head Coach/Year	John Gondak/First
Assistant Coach/Year	Randy Bungard/Third
Assistant Coach/Year	Pat Ebel/Third
Assistant Coach/Year	Ryan Foster/First
Assistant Coach/Year	Kevin Kelly/Third
Assistant Coach/Year	Fritz Spence/Ninth

TEAM INFORMATION

Home Track	Nittany Lion Outdoor Track
Twitter	PennStateTFXC
Facebook	Penn State Cross Country Track and Field

BIG TEN HISTORY

2014 Champions	Men: Three, Women: Five
Big Ten Outdoor Titles	Men: Zero, Women: Five
Best Big Ten Finish	Men: Third (1996, 2001), Women: First (2008-10, '13-14)

ATHLETIC COMMUNICATIONS

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SCHEDULE

INDOOR SEASON

December 13	Blue-White Meet	Ashenfelter III Indoor Track
January 10	Penn State Relays	Ashenfelter III Indoor Track
January 17	Nittany Lion Challenge	Ashenfelter III Indoor Track
January 30-31	Penn State National	Ashenfelter III Indoor Track
February 6-7	Sykes & Sabock Challenge Cup ...	Ashenfelter III Indoor Track
February 13-14	SPiRE D-I Invitational.....	Geneva, Ohio
February 13-14	Tyson Invitational.....	Fayetteville, Ark.
February 13-14	Washington Husky Classic.....	Seattle, Wash.
February 21	Penn State Tune-Up	Ashenfelter III Indoor Track
February 27-28	Big Ten Indoor Championships	Geneva, Ohio
March 13-14	NCAA Indoor Championships	Fayetteville, Ark.

OUTDOOR SEASON

April 3-4	Florida Relays.....	Gainesville, Fla.
April 3-4	Stanford Invitational.....	Palo Alto, Calif.
April 8-9	Bulldog Dec & Hep	Athens, Ga.
April 11-12	Bucknell Classic	Lewisburg, Pa.
April 18	LSU Alumni Gold	Baton Rouge, La.
April 23-25	Penn Relays.....	Philadelphia, Pa.
May 1	Maryland Twilight.....	College Park, Md.
May 2	Payton Jordan Invitational	Palo Alto, Calif.
May 8	Jim Thorpe Invitational	University Park, Pa.
May 15-17	Big Ten Outdoor Championships	East Lansing, Mich.
May 28-30	NCAA Eastern Preliminary	Jacksonville, Fla.
June 10-13	NCAA Outdoor Championships	Eugene, Ore.
June 25-28	USATF Senior/Junior Championships.....	Eugene, Ore.

BOLD – Denotes HOME Competition

Track & Field Heads to Big Ten Outdoor Championships *Big Ten titles on the line in East Lansing, Mich., May 15-17*

UNIVERSITY PARK, Pa. - Following a strong month of competition, the Penn State track & field team heads to East Lansing, Mich., for three-day (May 15-17) 2015 Big Ten Track & Field Championships. The 2015 Big Ten Outdoor Track & Field Championships are held at Ralph Young Field.

LAST TIME OUT

JIM THORPE INVITE

The Penn State track & field team closed out the regular season with personal-best performances across the board at the Jim Thorpe Invite (May 8). The meet was capped off with a lifetime-best throw from Darrell Hill (Philadelphia, Pa.) in the men's shot put.

Hill, a senior, captured the men's shot put title with a lifetime-best, and No. 2 mark in school history, 68-5.25.

Rachel Faterly (Williamsport, Pa.) led Penn State in the women's shot put, as she won the event with her personal-best toss of 54-10.25. Her mark ranks third all-time at Penn State.

Freshman Obeng Marfo (Toronto, Ontario, Canada) tallied a pair of second-place finishes with a pair of personal-best throws. In the shot put, she posted a toss of 51-0 and in the discus she tallied a mark of 155-1. Marfo's throw of 51-0 ranks ninth all-time at Penn State.

The Nittany Lions recorded a pair of top-10 school performances in the women's hammer throw. In the event, Faterly finished second with her throw of 188-0 and Alyssa Robinson (Saint Clairsville, Ohio) finished third with her mark of 180-10. With their performances today, Faterly ranks fifth all-time at Penn State and Robinson moves into eighth all-time.

After posting season-best performances last week at the Maryland Twilight Meet, hurdlers Sancho Barrett (Amityville, N.Y.) and Shelley Black (Wilkes-Barre, Pa.) found their stride again today.

After running a season-best 14.11 in the 110-meter hurdles last week, Barrett won the 110-meter hurdles Friday with his personal-best time of 13.80. With his time today, Barrett moves from 10th all-time in the Penn State record books to a tie for third all-time (Timpson - 1988).

On the women's side, Black tied her personal-best time of 13.80 for the win in the 100-meter hurdles.



2015 Big Ten Outdoor Championships || Meet Notes

LAST YEAR AT THE BIG TEN MEET

The Penn State women's track and field team captured its fifth Big Ten Outdoor Championship on the strength of four individual champions, a championship in the 4x400 relay, a new Big Ten Championships record and a new school record. The Penn State men finished sixth, just two points shy of fourth place, with three Big Ten champions and a runner-up finish.

Senior Brittney Howell (Wyncote, Pennsylvania) captured the Big Ten title in the heptathlon, highlighting a strong day two for the Nittany Lions. Howell captured her first career Big Ten title after a PR in the javelin (108-2) and solid performances in the long jump (19-8) and 800 meters (2:28.38). Howell finished with 5,515 points, 25 points ahead of the runner-up. Later in the day, she also finished fourth in the long jump with a jump measuring 20-0.25.

Howell used a PR in the 200 meters as well as quality efforts in the 100 hurdles (13.90), high jump (5-8) and shot put (37-0.25) to complete Day 1 with 3,423 points

Senior Melissa Kurzdorfer's (Lancaster, New York) Big Ten championship in the hammer throw was the highlight for the Nittany Lions on day one of the Big Ten Outdoor Track & Field Championships. Kurzdorfer won her first Big Ten championship with a throw of 198-6.

In Big Ten Championships record fashion, sophomore Kiah Seymour (Washington, D.C.) won the 400-meter hurdles in 56.40 and senior Mahagony Jones (Cleveland, Ohio) captured the 200 meter dash to help pace Penn State's championship efforts. Jones was also runner-up in the 100 meters. Jones and Seymour teamed-up with junior Dynasty McGee (Flint, Michigan) and freshman Tichina Rhodes (Philadelphia, Pennsylvania) for the victory in the last event of the day, the 4x400 relay. McGee also made it to the podium in 400 the meters with a third-place finish.

The men's team celebrated three conference champions on the final day of competition, the first of which was sophomore Michael Shuey (Johnsonburg, Pennsylvania) in the javelin, throwing a 236-2. Junior Darrell Hill (Philadelphia, Pennsylvania) used a throw of 67-6, which is second place all-time at Penn State, to win the shot put. Junior Steven Waithe (Parkville, Md.) notched the third Big Ten title of the day for the men, jumping a 15.85 meters to find victory in the triple jump after posting a fourth-place in the long jump on Saturday.

LOOKING TO DEFEND THEIR TITLES

Big Ten champions Darrell Hill, Michael Shuey and Steve Waithe have their sights set on defending their 2014 Big Ten titles.

Hill currently leads the Big Ten in the shot put (68-5.25), Shuey is first in the javelin (242-8) and Waithe ranks second in the triple jump (51-7.25).

IN THE RECORD BOOKS

During the 2015 outdoor season, the Nittany Lions have recorded 19 top-10 all-time performances in the Penn State record books.

Brannon Kidder (800-meter run, 1:45.58), Tori Gerlach (3,000-meter steeplechase, 9:57.47) Darrell Hill (shot put, 68-5.25) and Ahmenah Richardson (high jump, 5-11.25) have all posted the No. 2 all-time performances in their respective events this outdoor season.

BIG HONORS

MAY 6

After posting the NCAA-leading time in the 800-meter run this past weekend, junior Brannon Kidder (Lancaster, Ohio) has been named the Big Ten Men's Track Athlete of the Week, as announced by the conference office Wednesday afternoon (May 6). This is the fourth career award for Kidder.

At the Payton Jordan Invitational (May 2), Kidder placed second in the 800-meter run with his personal-best time of 1:45.58. With his time Saturday, he currently has the top performance in the NCAA this season and he ranks second all-time in the Penn State record books (Loxsom, 1:45.28, 2011).

APRIL 29

Senior Darrell Hill (Philadelphia, Pa.) has been named the Big Ten Men's Co-Field Athlete of the Week, as announced by the conference Wednesday afternoon (April 29). This is the second career award for Hill.

This past weekend at the Penn Relays, Hill defended his 2014 Penn Relays shot put title with a lifetime-best mark of 68-2.5. His toss is the No. 2 all-time mark at Penn State, the No. 3 all-time performance at the Penn Relays and the No. 2 distance this outdoor season in the NCAA.

APRIL 15

Junior Robby Creese (Mount Airy, Md.) has been named the Big Ten Men's Track Athlete of the Week, as announced by the conference office Wednesday afternoon (April 15). This is the third career award for Creese.

At the Bucknell Classic, Creese won the men's 1,500-meter run with his time of 3:41.74. Earlier this season at the Florida Relays, he finished 11th in the men's 800-meter run with his personal-best time of 1:48.54.

APRIL 8

Following his performance at the season-opening Florida Relays, junior Brannon Kidder (Lancaster, Ohio) has been named the Big Ten Men's Track Athlete of the Week, as announced by the conference office Wednesday afternoon (April 8). This is the third career award for Kidder.

At the Florida Relays, Kidder finished third in the men's 800-meter run with his time of 1:47.14 and he also ran the second-leg of the second-place 4x800-meter relay (7:22.22).

In the men's 800-meter run, Kidder ranks sixth in the NCAA and he has the top time in the Big Ten. His time is also the fastest since his freshman year when he finished third at the 2013 NCAA Outdoor Track & Field Championships.

IN THE RANKINGS

Eight Nittany Lions currently rank in the top-25 in the NCAA in their respective events. On the track, Sancho Barrett (Amityville, N.Y.) is tied for 23rd in the men's 110-meter hurdles (13.80), Robby Creese (Mount Airy, Md.) is second in the men's 1,500-meter run (3:39.02), Tori Gerlach (Perkasie, Pa.) ranks seventh in the women's 3,000-meter steeplechase (9:57.47) and Brannon Kidder is first in the men's 800-meter run (1:45.58).

In the field, Rachel Fatherly (Williamsport, Pa.) is 13th in the women's shot put (54-10.25), Darrell Hill (Philadelphia, Pa.) ranks second in the men's shot put (68-5.25), Ahmenah Richardson (Philadelphia, Pa.) is tied for 24th in the women's high jump (5-11.25) and Michael Shuey (Johnsonburg, Pa.) is seventh in the men's javelin (242-8).

2015 Big Ten Outdoor Championships || Meet Notes

NO. 11 IN THE LAND

Following a personal-best performance in the 110-meter hurdles from Sancho Barrett (Amityville, N.Y.) this past Friday at the Jim Thorpe Invite, the Penn State men's track & field team has moved up one spot to No. 11 in the United States Track & Field and Cross Country Coaches Association (USTFCCA) National Computer Rankings.

The Nittany Lions' No. 11 ranking Monday ties the highest ranking in school history (April 23, 2013 & May 7, 2013). The Nittany Lion men have been ranked in the top-16 throughout the 2015 outdoor season.

At the Jim Thorpe Invite, Barrett tied the No. 3 performance all-time at Penn State in the 110-meter hurdles with his time of 13.80 (Timpson -- 1988); he is currently tied for 23rd nationally in the event.

Also on the track, Brannon Kidder (Lancaster, Ohio) leads the NCAA in the 800-meter run (1:45.58), while Robby Creese (Mount Airy, Md.) is second in the 1,500-meter run (3:39.02). Creese also ranks 39th in the 800-meter run (1:48.54).

All-time at Penn State, Kidder ranks second in the 800-meter run and Creese has the third-best 1,500-meter run performance.

The Nittany Lions also have four marks in the field events ranked in the USTFCCA National Computer Rankings.

Senior Darrell Hill (Philadelphia, Pa.) currently has the second-best mark in the shot put (68-5.25) and the javelin duo of Michael Shuey (Johnsonburg, Pa.) and Ryan Kerr (Brookville, Pa.) rank seventh (242-8) and 32nd (227-1), respectively. Also in the field, Steve Waithe (Parkville, Md.) ranks 26th in the triple jump with his leap of 51-7.25.

Last year at the 2014 NCAA Outdoor Track & Field Championships, Kidder finished 12th in the 1,500-meter run (3:44.30), Hill placed 15th in the shot put (62-9.50) and Waithe finished fifth (52-11.50) in the triple jump.

WRAPPING UP INDOOR

With the indoor season in the books, the Nittany Lions recorded 14 top-five school record performances, including a pair of school records.

At the Big Ten Indoor Track & Field Championships, Penn State captured six Big Ten titles en route to a third-place finish by the women and a fourth-place finish by the men.

Nationally, nine Penn State student-athletes recorded first team All-America finishes and the Penn State men tallied a 12th-place finish at the NCAA Indoor Track & Field Championships. The NCAA meet was highlighted for Penn State by a runner-up finish in the men's distance medley relay by Brannon Kidder (Lancaster, Ohio), Alex Shisler (State College, Pa.), Za'Von Watkins (Liverpool, N.Y.) and Robby Creese (Mount Airy, Md.).

ROAD WARRIORS

The Nittany Lions are scheduled to compete in seven meets in five states before they return to Happy Valley for the Jim Thorpe Invite (May 8). Following the Jim Thorpe Invite, Penn State will travel to East Lansing, Mich. (Big Ten Outdoor Championships), Jacksonville, Fla. (NCAA First Round) and Eugene, Ore. (NCAA Outdoor Championships).

ALBURY, PORTER SIGN WITH PENN STATE

Head coach and director of Penn State cross country and track & field John Gondak has announced the signing of Keianna Albury and Anton Porter. Albury and Porter will enroll in classes starting this fall.

Albury is currently finishing her senior year of high school at St. Augustine's College in Nassau, Bahamas, while Porter is wrapping up his senior year at Mount Saint Michael Academy in the Bronx, N.Y. Albury and Porter both come to Penn State with great success during their time in high school.

Albury is a two-time (2012-13) winner of the Bahamas Association of Athletic Associations Most Outstanding Youth award and she also was named the Anita Doherty Junior Female Track Athlete of the Year in 2014.

At the 2014 Central American and Caribbean Junior Championships, Albury finished third in the 100, won the 200 and ran on the third-place 4x100-meter relay.

While competing for Mount Saint Michael Academy, Porter recorded numerous Catholic High School Athletic Association (CSHAA) first-place finishes and he currently holds the CSHAA record in the 100 and 300. He was also brought home All-State honors and was named MVP three years in a row.

TWELVE SIGN EARLY

Twelve new student-athletes signed their National Letter of Intent during the week-long early signing period in November. Colin Abert (Easton, Pa.), Devin Bradham (Williamstown, N.J.), Frances Bull (Mentor, Ohio), Isaiah Harris (Lewiston, Maine), Maddie Holmberg (Greensburg, Pa.), Peter Hughey (Chambersburg, Pa.), David Lucas (Lititz, Pa.), David Marrington (Langhorne, Pa.), Sam Reiser (St Kilda, Aus.), Sarah Stanley (South Park, Pa.), Abby Stultz (Frederick, Md.) and Grace Trucilla (Erie, Pa.) have signed a National Letter of Intent and will attend Penn State this fall.

NEXT TIME OUT

The Nittany Lions will not compete next weekend as they prepare for the 2015 NCAA East Preliminary Round. The East Preliminary Round is hosted by the University of North Florida at Hodges Stadium in Jacksonville, Fla. (May 28-30).

The top-48 declared student-athletes will be accepted for individual events and for each relay event, the top-24 declared relay teams will be accepted into the East Preliminary Round.

For more on Nittany Lion track & field, log onto www.GoPSUsports.com or follow the team on Twitter @PennStateTFXC.

2015 Big Ten Outdoor Championships || 2014 Recap

Day One

UNIVERSITY PARK, Pa. - Senior Melissa Kurzdorfer's (Lancaster, New York) Big Ten championship in the hammer throw was the highlight for the Nittany Lions on day one of the Big Ten Outdoor Track & Field Championships. Kurzdorfer won her first Big Ten championship with a throw of 198-6. Penn State is tied for third early in the women's competition with 10 points.

Friday was the opening day of competition for the heptathlon and the decathlon, with Penn State's Brittney Howell (Wyncote, Pennsylvania) and Rob Cardina (Lancaster, Pennsylvania) both performing well. Howell used a PR in the 200 meters as well as quality efforts in the 100 hurdles (13.90), high jump (5-8) and shot put (37-0.25) to complete Day 1 with 3,423 points, good enough for the lead. On the strength of a win in the decathlon 400 meters, Cardina is third with 3,846 heading into Day 2 action.

Day Two

UNIVERSITY PARK, Pa. - Senior Brittney Howell (Wyncote, Pennsylvania) captured the Big Ten title in the heptathlon, highlighting a strong day two for the Nittany Lions. Big Ten Championships action concludes Sunday. The women's team is second heading into the final day of competition with 46 points and trails leader Nebraska by two points. The men's team is tied for eighth with 20 points.

Howell captured her first career Big Ten title after a PR in the javelin (108-2) and solid performances in the long jump (19-8) and 800 meters (2:28.38). Howell finished with 5,515 points, 25 points ahead of the runner-up. Later in the day, she also finished fourth in the long jump with a jump measuring 20-0.25.

Fresh off her Big Ten title in the hammer yesterday, Melissa Kurzdorfer (Lancaster, New York) placed fifth in today's shot put, while teammates Rachel Fatherly (Williamsport, Pennsylvania) and Alyssa Robinson (Saint Clairsville, Ohio) also added to the Nittany Lions' point total with a seventh and eighth place finish, respectively.

Points-producing success in the field continued with senior Laura Loht (McClure, Pennsylvania) and junior Lauren Kenney (State College, Pennsylvania) finishing 3-4. Sophomore Tori Gerlach (Perkasie, Pennsylvania) added to the team total with a sixth-place finish in the 3000-meter steeplechase.

The Penn State women advanced numerous Nittany Lions to Sunday's finals on the track including junior Shelley Black (Wilkes-Barre, Pennsylvania) in the 400 meter hurdles, redshirt-senior Evonne Britton (El Paso, Texas) in the 100 and 400 meter hurdles, redshirt-senior Mahogany Jones (Cleveland, Ohio) in the 100 and 200 meters, senior Marta Klebe (Chesterbrook, Pennsylvania) in the 1500 meters, junior Dynasty McGee (Flint, Michigan) in the 200 and 400 meters, and sophomore Kiah Seymour (Washington, D.C.) in the 400 meter hurdles.

On the men's side, decathlete Rob Cardina (Lancaster, Pennsylvania) took home third after two days of solid competition. Senior Jon Hendershot (Nazareth, Pennsylvania) was fourth in the high jump after each of the top four jumpers cleared 7-0.25. Junior Steve Waithe (Parkville, Maryland) also secured a fourth place in the long jump for the Nittany Lions. Waithe's jump measured at 24-0.25. Junior Dylan Bilka (Seven Fields, Pennsylvania) jumped a lifetime best in the pole vault (16-8.75) to finish in fifth-place.

Qualifying for Sunday's finals on the track were junior Sancho Barrett (Amityville, New York) in the 110-meter hurdles, sophomore Brannon Kidder (Lancaster, Ohio) in the 1500 meters, and sophomore Za'Von Watkins (Liverpool, New York) in the 800 meters.

2015 Big Ten Outdoor Championships || 2014 Recap

Day Three

UNIVERSITY PARK, Pa. - The Penn State women's track and field team captured its fifth Big Ten Outdoor Championship on Sunday on the strength of four individual champions, a championship in the 4x400 relay, a new Big Ten Championships record and a new school record. The Penn State men finished sixth, just two points shy of fourth place, with three Big Ten champions and a runner-up.

In Big Ten Championships record fashion, sophomore Kiah Seymour (Washington, D.C.) won the 400-meter hurdles in 56.40 and senior Mahogany Jones (Cleveland, Ohio) captured the 200 meter dash to help pace Penn State's championship efforts. Jones was also runner-up in the 100 meters. Jones and Seymour teamed-up with junior Dynasty McGee (Flint, Michigan) and freshman Tichina Rhodes (Philadelphia, Pennsylvania) for the victory in the last event of the day, the 4x400 relay. McGee also made it to the podium in 400 the meters with a third-place finish.

Prior to the final day of competition, seniors Melissa Kurzdorfer (Lancaster, New York) and Brittney Howell (Wyncote, Pennsylvania) won titles in the hammer throw and heptathlon.

The men's team celebrated three conference champions on the final day of competition, the first of which was sophomore Michael Shuey (Johnsonburg, Pennsylvania) in the javelin, throwing a 236-2. Junior Darrell Hill (Philadelphia, Pennsylvania) used a throw of 67-6, which is second place all-time at Penn State, to win the shot put. Junior Steven Waithe (Parkville, Md.) notched the third Big Ten title of the day for the men, jumping a 15.85 meters to find victory in the triple jump after posting a fourth-place in the long jump on Saturday.

Both Penn State teams had several runner-up finishes, including senior Marta Klebe's (Chesterbrook, Pennsylvania) school record-breaking run in the 1500 meters. Klebe's 4:15.20 broke a 31-year old mark that was held by Doreen Startare. Redshirt-senior Evonne Britton (El Paso, Texas) earned runner-up status in the 100-meter hurdles with a time of 13.23. She was also fourth in the 400-meter hurdles for the Nittany Lions. The women's 4x100 put together a time of 44.64, earning runner-up status for freshman Danielle Gibson (Nassau, Bahamas), Jones, McGee and Seymour. The team's run is fourth in Penn State history. On the men's side, sophomore Brannon Kidder (Lancaster, Ohio) ran a very tight race, narrowly missing a Big Ten championship in the 1500 and finishing as runner-up.

Numerous Nittany Lions pitched-in with points-scoring performance to help their respective teams. Junior Brian Leap (Bellwood, Pa.) jumped a lifetime best of 51-3.5 in the triple jump to finish third, while sophomore Za'Von Watkins (Liverpool, New York) finished fourth in the 800 meters with a time of 149.80. Junior Sancho Barrett (Amityville, New York) and junior Matt Fischer (Kennett Square, Pennsylvania) both posted seventh-place finishes, Barrett in the 110 meter hurdles and Fischer in the 5000 meters. Senior Rusty Hedrick (Schwenksville, Pennsylvania) and freshman Cole Proffitt (Manheim, Pennsylvania) finished seventh and eighth in the javelin to add Suhey's championship in the event. On the women's side, freshman Lexi Masterson (Jeannette, Pennsylvania) finished in a three-way tie for seventh place, earning a point for the Nittany Lions' championship run when every point counted. Gibson jumped a lifetime best 40-8.75 in the triple jump to take eighth place for another point.

The Big Ten outdoor title adds to Penn State's haul this season, giving the Nittany Lions a school record-tying eighth Big Ten crown in 2013-14. The last time Penn State accomplished the feat was in 2012-13. The outdoor title is the ninth Big Ten championship overall (cross country, indoor or outdoor) for the program, all since 2004. Penn State's women's track & field team won both the indoor and outdoor championship this year, marking back-to-back outdoor titles for the team. The women's team has also won a cross country championship in 2009, indoor championships in 2004 and 2010, and outdoor championships in 2008, 2009, 2010, and 2013.

2015 Big Ten Outdoor Championships || Nittany Lion Coaching Staff



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Kara Foster
 Sam Masters
 Ryan Whiting

Distance
 Distance
 Throws

Nittany Lion Support Staff

Athletic Training
 Strength Training
 Academic Support
 Sports Nutritionist
 Sports Psychologist
 Staff Assistant

Kevin Anderson, Mike Gay
 Melissa Bolt, Cam Davidson
 Kristina Jeffries
 Liz Johnson, Jim Weaver
 Cassie Raugh
 Dave Yukelson
 Mary Alterio

2015 Big Ten Outdoor Championships || Tentative Competition Schedule

Day One (May 15)

Noon	Decathlon 100-meters
12:15	Heptathlon 100-meter hurdles
12:45	Decathlon long jump
12:50	Heptathlon high jump
1:30	Men's hammer throw (trials and finals)
1:30	Pole vault (trials and finals) (women)
2:00	Decathlon shot put
2:45	Decathlon high jump
2:50	Heptathlon shot put
3:30	Women's hammer throw (trials and finals)
4:00	Heptathlon 200-meters
5:00	Decathlon 400-meters
7:30	10,000-meters (women)
8:15	10,000-meters (men)

Day Two (May 16)

9:30 a.m.	Decathlon 110-meter hurdles
10:10	Decathlon discus
10:15	Heptathlon long jump
11:20	Decathlon pole vault
11:30	Heptathlon javelin
1 p.m.	Men's discus (trials and finals)
1:15	Decathlon javelin
1:20	Men's long jump (trials and finals)
1:45	Heptathlon 800-meters
2:15	Men's high jump (trials and finals)
2:30	Women's 1500-meters (trials)
2:50	Men's 1500-meters (trials)
3:10	Decathlon 1500-meters
3:20	Women's 400-meters (trials)
3:30	Women's discus (trials and finals)
3:35	Men's 400-meters (trials)
3:50	Women's 100-meters (trials)
4:05	Men's 100-meters (trials)
4:20	Women's 100-meter hurdles (trials)
4:35	Women's long jump (trials and finals)
4:35	Men's 110-meter hurdles (trials)
4:50	Women's 800-meters (trials)
5:15	Men's 800-meters (trials)
5:20	Women's javelin (trials and finals)
5:25	Women's 200-meters (trials)
5:40	Men's 200-meters (trials)
5:55	Women's 400-meter hurdles (trials)
6:15	Men's 400-meter hurdles (trials)
6:30	3,000-meter steeplechase (women)
6:45	3,000-meter steeplechase (men)

Day Three (May 17)

11 a.m.	Women's triple jump (trials and finals)
11	Men's shot put (trials and finals)
Noon	Pole vault (trials and finals) (men)
12:30	Women's high jump (trials and finals)
12:45	Women's 4x100-meter relay (finals)
12:55	Men's 4x100-meter relay (finals)
1:05	Women's 1500-meters (finals)
1:15	Men's 1500-meters (finals)
1:25	Women's 100-meter hurdles (finals)
1:30	Men's triple jump (trials and finals)
1:30	Men's javelin (trials and finals)
1:35	Men's 110-meter hurdles (finals)
1:40	Women's 400-meters (finals)
1:45	Men's 400-meters (finals)
1:50	Women's 100-meters (finals)
1:55	Men's 100-meters (finals)
2:00	Women's shot put (trials and finals)
2:03	Women's 800-meters (finals)
2:08	Men's 800-meters (finals)
2:18	Women's 400-meter hurdles (finals)
2:28	Men's 400-meter hurdles (finals)
2:35	Women's 200-meters (finals)
2:42	Men's 200-meters (finals)
2:49	Women's 5000-meters (finals)
3:11	Men's 5000-meters (finals)
3:33	Women's 4x400-meter relay (sections if necessary)
3:45	Men's 4x400-meter relay (sections if necessary)



The logo for the Big Ten Conference, featuring the word "BIG" in a large, bold, sans-serif font. The letter "B" is black, while the letters "I" and "G" are blue. A registered trademark symbol (®) is located at the bottom right of the letter "G".

2015 Big Ten Outdoor Championships || All-Time Penn State Finishes

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1992	7th	55 pts	Minneapolis, Minn.
1993	8th	52.5 pts	East Lansing, Mich.
1994	8th	49 pts	Madison, Wis.
1995	5th	87 pts	Minneapolis, Minn.
1996	3rd	82 pts	University Park, Pa.
1997	8th	56 pts	Champaign, Ill.
1998	9th	53 pts	Columbus, Ohio
1999	9th	62 pts	West Lafayette, Ind.
2000	7th	71.5 pts	Iowa City, Iowa
2001	3rd	98.83 pts	Bloomington, Ind.
2002	5th	72 pts	Madison, Wis.
2003	5th	81 pts	Minneapolis, Minn.
2004	7th	54.5 pts	West Lafayette, Ind.
2005	7th	66 pts	Columbus, Ohio
2006	7th	61 pts	East Lansing, Mich.
2007	4th	93.5 pts	University Park, Pa.
2008	6th	77 pts	Champaign, Ill.
2009	5th	80 pts	Columbus, Ohio
2010	T-7th	52 pts	Bloomington, Ind.
2011	6th	74 pts	Iowa City, Iowa
2012	6th	80 pts	Madison, Wis.
2013	8th	59 pts	Columbus, Ohio
2014	6th	78 pts	West Lafayette, Ind.

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1992	6th	77 pts	Minneapolis, Minn.
1993	6th	56 pts	East Lansing, Mich.
1994	8th	53 pts	Madison, Wis.
1995	10th	33 pts	Minneapolis, Minn.
1996	8th	43 pts	University Park, Pa.
1997	3rd	91 pts	Champaign, Ill.
1998	5th	75 pts	Columbus, Ohio
1999	8th	63 pts	West Lafayette, Ind.
2000	7th	62 pts	Iowa City, Iowa
2001	8th	65 pts	Bloomington, Ind.
2002	8th	72 pts	Madison, Wis.
2003	T-2nd	124 pts	Minneapolis, Minn.
2004	2nd	126.5 pts	West Lafayette, Ind.
2005	2nd	112.5 pts	Columbus, Ohio
2006	3rd	114 pts	East Lansing, Mich.
2007	3rd	114 pts	University Park, Pa.
2008	1st	151 pts	Champaign, Ill.
2009	1st	139 pts	Columbus, Ohio
2010	1st	133.5 pts	Bloomington, Ind.
2011	2nd	122 pts	Iowa City, Iowa
2012	4th	87 pts	Madison, Wis.
2013	1st	133 pts	Columbus, Ohio
2014	1st	136 pts	West Lafayette, Ind.

BIG TEN MEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2014 Darrell Hill

ATHLETE OF THE YEAR

2012 Joe Kovacs (Field)
2014 Darrell Hill (Field)

FRESHMAN OF THE YEAR

2010 Casimir Loxsom
2012 Robby Creese

BOLD - Denotes Big Ten Champion

BIG TEN WOMEN'S AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2002 Connie Moore
2004 Connie Moore
2006 Shana Cox
2008 Shana Cox (Track)
2009 Emma Schmelzer (Field)
2010 Fawn Dorr (Track)

ATHLETE OF THE YEAR

2004 Connie Moore
2006 Jennifer Leatherman (Field)
2008 Shana Cox (Track)
2010 Shavon Greaves (Track)

**Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.*

FRESHMAN OF THE YEAR

1992 Kim Kelly
2007 Bridget Franek

COACH OF THE YEAR

2008 Beth Alford-Sullivan
2009 Beth Alford-Sullivan
2010 Beth Alford-Sullivan
2013 Beth Alford-Sullivan
2014 Beth Alford-Sullivan



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2015 Big Ten Outdoor Championships || History

ALL-TIME MEN'S OUTDOOR CHAMPIONS

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS (Continued)

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10 (15.49)
1993	Davis, Antonio	Triple Jump	51-1.75 (15.59)
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1996	Wolter, Carl	Javelin	233-8 (71.22)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Audu, George	Long Jump	25-4 (7.72)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1999	Audu, George	Long Jump	25-8.75 (7.84)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kuretich, J.T.	Decathlon	7424
2004	Stumpf, Brian	Javelin	216-4 (65.94)
2005	Campisi, Jaret	400-Meter Hurdles	50.10
2005	Kerschner, Bret	Javelin	218-6 (66.61)
2006	Miller, Mark	800-Meters	1:48.78
2006	Pettner, Allen	Javelin	218-6 (66.60)
2007	Fritz, Ryan	High Jump	7-1.75 (2.13)
2007	Pettner, Allen	Javelin	239-9 (73.09)
2008	Borchers, Samuel	1500-Meters	4:03.96
2009	Evak, Tanner	Javelin	233-4 (71.13)
2009	Foster, Ryan	800-Meters	1:49.66
2009	Smith, Clarence	Triple Jump	52-10.75 (16.12)w
2010	Loxsom, Casimir	800-Meters	1:48.06
2010	Eaton, Blake	Shot Put	60-6.75 (18.46)
2011	Loxsom, Casimir	800-Meters	1:47.70
2011	Eaton, Blake	Shot Put	61-8.50 (18.81)
2012	Loxsom, Casimir	800-Meters	1:46.12
2012	Gehret, Brady	400-Meters	45.22
2012	Kovacs, Joe	Shot Put	68-5 (20.85)
2012	Nadolsky, Aaron	4x400-Meter Relay	3:04.78
2012	Loxsom, Casimir	4x400-Meter Relay	3:04.78
2012	Gehret, Brady	4x400-Meter Relay	3:04.78
2012	Bennett-Green, Brandon	4x400-Meter Relay	3:04.78
2014	Steve Waithe	Triple Jump	52-0 (15.85)
2014	Darrell Hill	Shot Put	67-6 (20.57)
2014	Michael Shuey	Javelin	236-2 (71.98)

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Gibbs, Stacey	Javelin	165-1 (50.31)
1993	Kelly, Kim	10,000-Meters	34:58.95
1998	Bosler, Erica	800-Meters	2:05.69
1998	Walker, Shakeema	Triple Jump	42-4 (12.91)
1999	Walker, Shakeema	Triple Jump	43-6.50 (13.27)
2000	Williams, Deshaya	Discus	165-10 (50.54)
2002	Moore, Connie	100-Meters	11.31
2002	Moore, Connie	200-Meters	23.12
2003	Moore, Connie	100-Meters	11.37
2004	Moore, Connie	100-Meters	11.40
2004	Moore, Connie	200-Meters	22.74
2004	Aduba, Chi-Chi	4x100-Meter Relay	44.55
2004	Moore, Connie	4x100-Meter Relay	44.55
2004	Salaam, Kamillah	4x100-Meter Relay	44.55
2004	Shoaff, Sara	4x100-Meter Relay	44.55
2004	Aduba, Chi-Chi	Long Jump	20-10.75 (6.36)
2004	O'Connor, Ja'Nai	Shot Put	55-4.75 (16.88)
2005	Cox, Shana	400-Meters	52.91

Year	Athlete	Event	Performance
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamillah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamillah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	Cox, Shana	200-Meters	23.15
2008	Cox, Shana	400-Meters	52.00
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Franek, Bridget	3000 Steeplechase	9:58.56
2008	Blake, Dominique	4x400-Meter Relay	3:36.24
2008	Cox, Shana	4x400-Meter Relay	3:36.24
2008	Dorr, Fawn	4x400-Meter Relay	3:36.24
2008	Simmons, Briene	4x400-Meter Relay	3:36.24
2009	Greaves, Shavon	100-Meters	11.49
2009	Greaves, Shavon	200-Meters	23.35
2010	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Franek, Bridget	3000 Steeplechase	9:48.28
2010	Barber, Aleesha	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
2011	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)
2012	Millhouse, Kara	10,000-Meters	34:25.78
2012	Loht, Laura	Javelin	160-11 (49.05)
2013	Jones, Mahagony	100-Meters	11.32 (+2.6)
2013	Britton, Evonne	100-Meter Hurdles	13.40
2013	Kenney, Lauren	Javelin	173-10 (52.98)
2014	Jones, Mahagony	200-Meters	23.08
2014	Seymour, Kiah	400-Meter Hurdles	56.40
2014	McGee, Dynasty	4x400-Meter Relay	3:34.81
2014	Jones, Mahagony	4x400-Meter Relay	3:34.81
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.81
2014	Seymour, Kiah	4x400-Meter Relay	3:34.81
2014	Kurzdorfer, Melissa	Hammer	198-6 (60.51)
2014	Brittney Howell	Heptathlon	5,515

** Bold - Denotes Big Ten Championship Record

2015 Big Ten Outdoor Championships || All-Time Conference Records

WOMEN'S TRACK AND FIELD BIG TEN OUTDOOR CHAMPIONSHIP RECORDS

Event	Record	Record Holder	Year	Site
100-meter Dash	11.09	Sevatheda Fynes, MSU	1997	Champaign, Ill.
200-meter Dash	22.51	Sevatheda Fynes, MSU	1997	Champaign, Ill.
400-meter Dash	51.02	Ashley Spencer, ILL	2012	Madison, Wis.
800-meter Run	2:02.73	Geena Gall	2006	East Lansing, Mich.
1,500-meter Run	4:10.93	Suzu Favor, WIS	1987	Iowa City, Iowa
3,000-meter Run	9:08.64	Stephanie Herbst, WIS	1986	Madison, Wis.
5,000-meter Run	15:48.90	Erin Finn, MICH	2014	West Lafayette, Ind.
10,000-meter Run	32:41.65	Erin Finn, MICH	2014	West Lafayette, Ind.
3,000-meter Steeplechase	9:41.87	Nicole Bush, MSU	2009	Columbus, Ohio
100-meter Hurdles	12.68	Danielle Carruthers, IND	2002	Madison, Wis.
400-meter Hurdles	56.40	Kiah Seymour, PSU	2014	West Lafayette, Ind.
4x100-meter Relay	43.70	OSU (Linton, Manning, Cavin, Sykes)	2012	Madison, Wis.
4x400-meter Relay	3:31.77	ILL (Boyd, Kelly, Griffith, Spencer)	2012	Madison, Wis.
High Jump	6-2	Corissa Yasen, PUR	1995	Minneapolis, Minn.
Long Jump	21-8	Tania Longe, MICH	1997	Champaign, Ill.
Triple Jump	43-10.75	Renee White, IOWA	2009	Columbus, Ohio
Shot Put	56-4.75	Kyla Buckley, IND	2014	West Lafayette, Ind.
Discus	184-9	Erin Pendleton, MICH	2010	Bloomington, Ind.
Javelin	202-0	Kara Patterson, PUR	2008	Champaign, Ill.
Pole Vault	14-3.50	Vera Neuenswander, IND	2011	Iowa City, Iowa
Hammer Throw	212-0	Alexis Thomas, OSU	2012	Madison, Wis.
Heptathlon - Total	5922	Cathey Tyree, PUR	1987	Iowa City, Iowa
Heptathlon - Day One Total	3579	Cathey Tyree, PUR	1987	Iowa City, Iowa

MEN'S TRACK AND FIELD BIG TEN OUTDOOR CHAMPIONSHIP RECORDS

Event	Record	Record Holder	Year	Site
100-meter Dash	10.10	Anthony Jones, ILL	1994	Madison, Wis.
200-meter Dash	20.22	Chris Nelloms, OSU	1993	East Lansing, Mich.
400-meter Dash	44.87	Eswort Coombs, OSU	1997	Champaign, Ill.
800-meter Run	1:46.12	Casimir Loxsom, PSU	2012	Madison, Wis.
1,500-meter Run	3:38.56	Jim Spivey, IND	1980	Champaign, Ill.
5,000-meter Run	13:41.06	Mohammed Ahmed, WIS	2012	Madison, Wis.
10,000-meter Run	28:45.25	John Easker, WIS	1985	Evanston, Ill.
110-meter Hurdles	13.24	Reggie Torian, WIS	1997	Champaign, Ill.
400-meter Hurdles	48.95	Jon Thomas, IND	1985	Evanston, Ill.
3,000-meter Steeplechase	8:28.90	Craig Forsy, MICH	2012	Madison, Wis.
4x100-meter Relay	39.33	Ohio State	1993	East Lansing, Mich.
4x400-meter Relay	3:04.45	(By'not'e, Payne, Sanders, Nelloms) Indiana	1985	Evanston, Ill.
High Jump	7-7	Derek Drouin, IND	2012	Madison, Wis.
Long Jump	26-8.25	Jesse Owens, OSU	1935	Ann Arbor, Mich.
Triple Jump	55-2	Bashir Yamini, IOWA	1997	Champaign, Ill.
Pole Vault	18-5	Greg Yeldell, IND	2000	Iowa City, Iowa
Javelin	246-10	Daren McDonough, ILL	1994	Madison, Wis.
Shot Put	68-8.5	Bill Stanley	2013	Columbus, Ohio
Discus	209-10	Kevin Akins, OSU	1982	Minneapolis, Minn.
Decathlon	7897	Chad Wright, NEB	2014	West Lafayette, Ind.
Hammer Throw	223-5	Bjorn Barrefors, NEB	2012	Madison, Wis.
		Adam Judge, IND	2003	Minneapolis, Minn.



2015 Penn State Track and Field Roster

Men's Roster

Name	Event	Year	Hometown/High School/Last College
Cody Amengual	Distance/XC	SR	West Babylon, N.Y./Cortland College
Patrick Anderson	Pole Vault	SO	Kane, Pa./Kane Area
Sancho Barrett	Sprints/Hurdles	SR	Amityville, N.Y./Amityville Memorial
Justin Berg	Throws	JR	Phoenixville, Pa./Temple University
Dylan Bilka	Pole Vault	SR	Seven Fields, Pa./Seneca Valley/PSU-Behrend
Ryan Brennan	Mid-Distance	SR	Chester, N.Y./Monroe-Woodbury
Glen Burkhardt	Distance/XC	JR	Kennett Square, Pa./Unionville
Robert Cardina	Multi-Events	SO	Lancaster, Pa./Conestoga Valley
Will Cather	Distance/XC	FR	Port Matilda, Pa./State College Area
Robby Creese	Distance/XC	JR	Mount Airy, Md./Glennelg
Thomas Damiani	Distance/XC	JR	Tunkhannock, Pa./Tunkhannock
Kory Decesaris	Throws	FR	Danielsville, Pa./Northampton Area
Ean DiSilvio	Distance/XC	FR	Pittsburgh, Pa./Taylor Alderice
Wade Endress	Distance/XC	JR	Altoona, Pa./Altoona
Matt Fischer	Distance/XC	SR	Kennett Square, Pa./Unionville
Riley Gaibler	Sprints,Relays	SO	Lansdale, Pa./North Penn
Bobby Hill	Distance/XC	FR	Wellsboro, Pa./Wellsboro
Darrell Hill	Throws	SR	Philadelphia, Pa./Houston
Tyler Hope	Throws	FR	Tamaqua, Pa./Tamaqua Area
Johnathon Jacoway	Jumps	SO	Sharon, Pa./Sharon
Ryan Kerr	Throws	SO	Brookville, Pa./Brookville Area
Brannon Kidder	Distance/XC	JR	Lancaster, Ohio/Lancaster
Brian Leap	Jumps	SR	Bellwood, Pa./Bellwood Antis
Conrad Lippert	Distance/XC	SO	Middletown, N.J./Christian Brothers Academy
Joey Logue	Distance/XC	FR	Blooming Glen, Pa./Pennridge
Tommy Louro	Distance/XC	FR	Holtsville, N.Y./St. Anthony's
Jordan Makins	Distance/XC	FR	Perth, Australia//Aquinas College
Michael McClelland	Jumps	JR	Washington, Pa./Trinity
Jack Miller	Distance/XC	FR	Bay Village, Ohio/St. Ignatius
Cody Minning	Jumps	FR	Levittown, Pa./Neshaminy
Malik Moffett	Sprints/Jumps	SO	Erie, Pa./PSU - Behrend
Luke Pease	Multi-Events	FR	Haddonfield, N.J./Haddonfield Memorial
Austin Pondel	Distance/XC	FR	Columbus, Pa./Corry Area
Will Pope	Throws	FR	South Salem, N.Y./Iona Prep
Mason Post	Distance/XC	FR	State College, Pa./State College Area
Cole Proffitt	Throws	SO	Manheim, Pa./Manheim Central
Conner Quinn	Distance/XC	FR	Horsham, Pa./Hatboro-Horsham
Robert Rhodes	Distance/XC	JR	Brooklyn, N.Y./U. of Connecticut
Brad Rivera	Distance/XC	SO	Bensalem, Pa./Bensalem
Anthony Russell	Distance/XC	FR	West Chester, Pa./West Chester Henderson
Morgan Shigo	Throws	FR	Blandon, Pa./Fleetwood Area
Alex Shisler	Sprints/Relays	JR	State College, Pa./State College Area
Michael Shuey	Throws	JR	Johnsonburg, Pa./Johnsonburg Area
Xavier Smith	Sprints/Relays	FR	Douglassville, Pa./Daniel Boone
Brandon Teribery	Pole Vault	SO	Bradford, Pa./Bradford Area
Steve Waithe	Jumps	SR	Parkville, Md./Shippensburg
Za'Von Watkins	Mid-Distance	JR	Liverpool, N.Y./Liverpool
Bryce Williams	Jumps	FR	State College, Pa./State College Area
Jon Yohman	Throws	FR	New Wilmington, Pa./Wilmington

Women's Roster

Name	Event	Year	Hometown/High School/Last College
Stephanie Aldrich	Distance/XC	SO	West Chester, Pa./Henderson
Anna Bailey	Throws	FR	Harrisburg, Pa./Bishop McDevitt
Tessa Barrett	Distance/XC	FR	Waverly, Pa./Abington Heights
Tal Ben-Artzi	Multi-Events	SO	Kibbutz Gazit, Israel/Ankori Tesafon
Lisa Bennatan	Distance/XC	FR	Lake Forest, Ill./Lake Forest
Abbie Benson	Distance/XC	SR	Elma, N.Y./Iroquois
Shelley Black	Hurdles/Relays	JR	Wilkes-Barre, Pa./James M. Coughlin
Typhane Bookner	Sprints/Relays	FR	Cibolo, Texas/Schertz Steele
Hannah Catalano	Distance/XC	FR	State College, Pa./State College Area
Elizabeth Chikotas	Distance/XC	FR	Hellertown, Pa./Saucun Valley
Victoria Crawford	Mid-Distance	FR	State College, Pa./State College Area/IUP
Quenee Dale	Hurdles/Relays	FR	Ypsilanti, Mich./Saline
Deja Davis	Sprints/Relays	FR	Shelby Charter Township, Mich./Utica
Rachael DeCecco	Hurdles/Relays	FR	Mechanicsburg, Pa./Cumberland Valley
Rachel Fatherly	Throws	JR	Williamsport, Pa./Williamsport Area
Tori Gerlach	Distance/XC	JR	Perkasie, Pa./Pennridge
Dannielle Gibson	Jumps	SO	Nassau, Bahamas/St. Augustine's
Megan Hellman	Distance/XC	FR	Rumson, N.J./Rumson Fair-Haven
Jillian Hunsberger	Distance/XC	FR	Pittsburgh, Pa./Mount Lebanon
Jada Jones	Jumps	FR	Union, N.J./Union
Kasey Kemp	Pole Vault	SO	Irwin, Pa./Norwin
Lauren Kenney	Throws	SR	State College, Pa./State College Area
Erin Knabe	Pole Vault	SO	Voorhees, N.J./Voorhees
Julie Kocjancic	Distance/XC	SO	Pittsburgh, Pa./Mount Lebanon
Melanie Leszczynski	Throws	SR	Audobon, Pa./Methacton
Greta Lindsley	Distance/XC	FR	Lancaster, Pa./Penn Manor
Kaitlyn Lopez	Jumps	JR	Buffalo, N.Y./Immaculata Academy
Obeng Marfo	Throws	FR	Ontario, Canada/Father Henry Carr
Lexi Masterson	Pole Vault	SO	Jeannette, Pa./Hempfield Area
Megan McCloskey	Jumps	FR	Lower Gwynedd, Pa./Germantown Academy
India McCoy	Jumps	SO	Ambridge, Pa./Ambridge Area
Dynasty McGee	Sprints/Relays	SR	Flint, Mich./Ypsilanti
Lauren Mills	Distance/XC	SR	West Chester, Pa./Unionville
Hannah Mulhern	Pole Vault	FR	Altoona, Pa./Altoona Area
Megan Osborne	Sprints/Relays	SO	Chillicothe, Ohio/Chillicothe
Sarah Palmer	Jumps	SR	Gansevoort, N.Y./Schuylerville
Ashley Rankine	Sprints/Relays	FR	Upper Darby, Pa./Upper Darby
Tichina Rhodes	Sprints/Relays	SO	Philadelphia, Pa./Swenson
Ahmenah Richardson	Jumps	SO	Philadelphia, Pa./Milton Hershey
Alyssa Robinson	Throws	SO	Saint Clairsville, Ohio/Saint Clairsville
Katie Rodden	Distance/XC	SR	Ardmore, Pa./Archbishop Carroll
Victoria Scutti	Distance/XC	FR	Port Matilda, Pa./State College Area
Kiah Seymour	Hurdles/Relays	JR	Washington, D.C./Archbishop Carroll
Natalie Shiffler	Jumps	FR	Irwin, Pa./Hempfield Area
Elyse Skerpon	Sprints/Hurdles	FR	Sayre, Pa./Sayre Area
Cara Ulizio	Distance/XC	FR	Redondo Beach, Calif./Redondo Union
Sarah Jane Underwood	Distance/XC	SO	Alexandria, Va./West Potomac
Annjulie Vester	Throws	SR	Homburg, Germany//Virginia Tech
Kayla Zoschg	Throws	SO	Emporium, Pa./Cameron County/Dickinson



TRACK & FIELD

2015 Penn State Women's Outdoor Performance List

2015 PENN STATE WOMEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

WOMEN'S 100-METERS

PSU: 11.21 - *Connie Moore, 2003*

11.96 +1.0	Typhane Booker - UNA	May-8
11.99 +1.0	Quenee Dale	May-8
12.21 w +2.6	Deja Davis	April-18
12.51 -2.4	Dannielle Gibson	April-12
12.59 +0.2	Ashley Rankine	April-18

WOMEN'S 200-METERS

PSU: 22.45 - *Connie Moore, 2004*

24.11 +0.0	Dynasty McGee	April-12
24.50 +0.0	Deja Davis	April-12
24.52 +0.0	Megan Osborne	April-12
24.49 -1.4	Typhane Booker -UNA	May-8
24.76 -1.4	Tichina Rhodes	May-8
25.91 w +2.3	Ashley Rankine	April-18
27.14 +0.8	Tal Ben-Artzi - M	April-21
28.59 +0.8	Natalie Shiffler - M	April-21

WOMEN'S 400-METERS

PSU: 50.84 - *Shana Cox, 2008*

53.54	Dynasty McGee	April-3
54.98	Tichina Rhodes	May-1
56.33	Megan Osborne	May-1

WOMEN'S 800-METERS

PSU: 2:03.09 - *Bekka Simko, 2012*

2:12.06	Julie Kocjancic	April-18
2:12.49	Victoria Crawford	May-8
2:12.70	Greta Lindsley	April-3
2:14.03	Cara Ulizio	April-18
2:34.13	Tal Ben-Artzi - M	April-22
2:45.35	Natalie Shiffler - M	April-22

WOMEN'S 1500-METERS

PSU: 4:15.20 - *Marta Klebe, 2014*

4:22.93	Tori Gerlach	April-11
4:23.24	Elizabeth Chikotas	April-11
4:29.90	Greta Lindsley	April-11
4:32.66	Julie Kocjancic	April-11
4:38.59	Lauren Mills	April-3
4:44.24	Cara Ulizio	May-1
4:45.43	Abbie Benson	May-8
4:49.86	Hannah Catalano - UNA	May-8
5:13.38	Victoria Scutti - UNA	April-11

WOMEN'S MILE RUN

PSU: 4:40.65 - *Bridget Franek, 2010*

WOMEN'S 3,000-METERS

PSU: 9:08.04 - *Kathy Mills, 1978*

WOMEN'S 5,000-METERS

PSU: 15:32.53 - *Kathy Mills, 1978*

16:05.46	Elizabeth Chikotas	April-23
16:21.53	Tori Gerlach	April-23
17:23.96	Lauren Mills	April-11
18:06.63	Megan Hellman - UNA	April-11

WOMEN'S 10,000-METERS

PSU: 32:57.33 - *Kara Millhouse, 2012*

WOMEN'S 100-METER HURDLES

PSU: 12.85 - *Aleesha Barber, 2010*

13.80 +1.7	Shelley Black	May-1
13.89 w +2.3	Quenee Dale	April-18
15.57 +1.7	Tal Ben-Artzi	May-1
16.04 +0.9	Natalie Shiffler - M	April-21

WOMEN'S 400-METER HURDLES

PSU: 55.57 - *Fawn Dorr, 2010*

57.72	Kiah Seymour - UNA	May-1
1:00.72	Shelley Black	April-3
1:02.93	Rachael DeCecco	May-1

WOMEN'S 3000-METER STEEPLECHASE

PSU: 9:32.35 - *Bridget Franek, 2010*

9:57.47	Tori Gerlach	May-2
10:38.91	Stephanie Aldrich	April-11
11:01.93	Abbie Benson	April-23

4x100-METER RELAY

PSU: 44.25 - *Fox, Aduba, Shoaff, Moore, 2003*

46.02	Osborne, Davis, Dale, McGee	April-4
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46.33	Gibson, Davis, Osborne, Dale	April-18
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46.56	Davis, Dale, Osborne, Black	May-8
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46.60	Gibson, Davis, Dale, McGee	April-12
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4x200-METER RELAY

PSU: 1:33.09 - *Jones, McGee, Howell, Seymour, 2014*

1:35.52	Osborne, Davis, Dale, McGee	April-25
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4x400-METER RELAY

PSU: 3:27.69 - *Blake, Barber, Hunter, Cox, 2008*

3:37.59	Osborne, McGee, Rhodes, Davis	April-25
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4x800-METER RELAY

PSU: 8:39.44 - *Lane, Simko, Fisher, Ryan, 2011*

8:53.41	Chikotas, Gerlach, Lindsley, Crawford	April-4
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8:55.25	Kocjancic, Crawford, Ulizio, Lindsley	April-25
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SPRINT MEDLEY RELAY

PSU: 3:47.90 - *Blake, Barber, Cox, Simmons, 2007*

DISTANCE MEDLEY RELAY

PSU: 11:08.41 - *Simko, Iheoma, Klebe, Millhouse, 2012*

11:49.17	Kocjancic, Black, Crawford, Lindsley	April-24
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4x1500-METER RELAY

PSU: 17:57.28 - *Noecker, Franek, Rosenfeld, Percival, 2007*

WOMEN'S HIGH JUMP

PSU: 6-0 (1.83) - *Shelley Mitchell, 1992*

5-11.25 (1.81)	Ahmenah Richardson	April-23
5-8 (1.73)	Megan McCloskey	May-1
5-7 (1.70)	Sarah Palmer	May-8
5-5.25 (1.67)	Tal Ben-Artzi - M	April-21
5-5.25 (1.66)	Natalie Shiffler	April-12

WOMEN'S POLE VAULT

PSU: 13-3.50 (4.05) - *Lexi Masterson, 2014*

13-1.75 (4.01)	Lexi Masterson	April-18
12-10.25 (3.92)	Hannah Mulhern	May-8
12-9.25 (3.90)	Kasey Kemp	April-24
12-2.50 (3.72)	Erin Knabe	April-12

WOMEN'S LONG JUMP

PSU: 21-6 (6.55) - *Chi-Chi Aduba, 2004*

19-8 (5.99) +1.1	Dannielle Gibson	April-4
17-8.25 (5.39) -0.1	Jada Jones	April-12
17-1.5 (5.22) -2.4	Tal Ben-Artzi - M	April-22
16-10.5 (5.14) +1.0	Natalie Shiffler	April-12

WOMEN'S TRIPLE JUMP

PSU: 44-6.75 (13.58) - *Chi-Chi Aduba, 2004*

42-9.75 (13.05) +1.6	Dannielle Gibson	April-3
38-2 (11.63) +0.0	Jada Jones	May-8

WOMEN'S SHOT PUT

PSU: 55-4.75 (16.88) - *Ja'Nai O'Connor, 2004*

54-10.25 (16.72)	Rachel Fatherly	May-8
51-0 (15.54)	Obeng Marfo	May-8
49-0.25 (14.94)	Alyssa Robinson	May-8
33-6 (10.21)	Tal Ben-Artzi - M	April-21
31-2 (9.50)	Natalie Shiffler - M	April-21

WOMEN'S DISCUS

PSU: 185-1 (56.42) - *Deshaya Williams, 2003*

155-1 (47.26)	Obeng Marfo	May-8
154-4 (47.05)	Rachel Fatherly	May-8

WOMEN'S HAMMER

PSU: 219-1 (66.78) - *Jen Leatherman, 2006*

188-0 (57.30)	Rachel Fatherly	May-8
181-10 (55.42)	Annjulie Vester	April-12
180-10 (55.13)	Alyssa Robinson	May-8
170-0 (51.82)	Obeng Marfo	May-8

WOMEN'S JAVELIN

PSU: 178-6 (54.41) - *Laura Loht, 2014*

152-7 (46.52)	Anna Bailey	May-1
146-9 (44.72)	Kayla Zoschg	April-11
141-0 (42.99)	Natalie Shiffler	April-11
94-6 (28.81)	Tal Ben-Artzi - M	April-22

WOMEN'S HEPTATHLON

PSU: 5,797 - *Gayle Hunter, 2009*

4,531	Tal Ben-Artzi	April-22
4,300	Natalie Shiffler	April-22

Key -

BOLD - School Record

ITALICS - Non-Standard NCAA Event

M - Mark from Multi-Event Competition

w - Wind Aided (+2.0)

UNA - Unattached;

i - Contested Indoors (Weather)

2015 Penn State Men's Outdoor Performance List

2015 PENN STATE MEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

MEN'S 100-METERS

PSU: 10.1 - Mike Sands, 1975
Decathlon: 10.99 - Rob Cardina, 2014

10.61 w +3.0	Xavier Smith	May-8
10.62 w +3.0	Malik Moffett - UNA	May-8
10.72 w +3.0	Cody Minnig	May-8
11.20 -0.9	Brian Leap - UNA	April-12
11.52 -3.2	Bryce Williams	April-12

MEN'S 200-METERS

PSU: 20.23 - Michael Timpson, 1986

21.24 +0.0	Malik Moffett - UNA	April-12
21.46 +0.1	Xavier Smith	May-8
22.18 +0.0	Alex Shisler	April-12
22.66 +0.0	Sancho Barrett	April-12
23.50 +0.0	Riley Gaibler	April-12

MEN'S 400-METERS

PSU: 45.20 - Mike Sands, 1975
Decathlon: 47.65 - Brian Kelley, 1991

47.38	Alex Shisler	May-8
48.33	Robert Rhodes	April-12
49.27	Riley Gaibler	April-12
50.78	Brad Rivera	April-12

MEN'S 800 METERS

PSU: 1:45.28 - Casimir Loxsom, 2011

1:45.58	Brannon Kidder	May-2
1:48.54	Robby Creese	April-3
1:49.04	Robert Rhodes	April-3
1:53.50	Brad Rivera	May-8
1:53.51	Ryan Brennan	May-2
1:53.72	Bobby Hill	April-18
1:53.98	Mason Post - UNA	May-8
1:53.99	Will Cather - UNA	May-1
1:54.21	Tommy Louro - UNA	May-8

MEN'S 1500-METERS

PSU: 3:38.82 - Brannon Kidder, 2014
Decathlon: 4:21.05 - Tom Kleban, 1989

3:39.02	Robby Creese	May-2
3:44.57	Brannon Kidder	April-11
3:48.56	Matt Fischer	April-3
3:49.30	Bobby Hill	May-2
3:54.20	Jordan Makins	April-11
3:54.37	Wade Endress - UNA	April-11
3:55.15	Cody Amengual	April-11
4:00.65	Conner Quinn	May-1
4:01.96	Austin Pondel	May-1
4:02.99	Tommy Louro - UNA	April-11
4:08.32	Will Cather - UNA	April-11

MEN'S MILE RUN

PSU: 3:58.4 - Larry Mangan, 1980

MEN'S 3,000-METERS

PSU: 7:54.0 - George Malley, 1977

MEN'S 5,000-METERS

PSU: 13:34.0 - Greg Fredericks, 1972

14:02.09	Glen Burkhardt	April-23
14:02.60	Matt Fischer	April-23
14:35.07	Ean DiSilvio	April-11
14:45.65	Conner Quinn - UNA	April-11
14:47.85	Austin Pondel	April-11
15:52.63	Jack Miller	April-11

MEN'S 10,000-METERS

PSU: 28:08.0 - Greg Fredericks, 1972

MEN'S 110-METER HURDLES

PSU: 13.56 - Guy Rose, 2001
Decathlon: 14.45 - Rick Kleban, 1987

13.80 +1.1	Sancho Barrett	May-8
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MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, 1976

MEN'S 3000-METER STEEPLECHASE

PSU: 8:22.5 - George Malley, 1977

9:06.14	Cody Amengual	May-1
9:07.10	Ean DiSilvio	May-2

MEN'S 4x100-METER RELAY

PSU: 39.63 - Davis, Hackman, Shine, Sands, 1975

41.37	Barrett, Smith, Minnig, Shisler	May-8
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MEN'S 4x200-METER RELAY

PSU: 1:23.85 - Langan, Lolagne, Campisi, Terrell, 2005

1:26.50	Smith, Barrett, Minnig, Shisler	April-4
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MEN'S 4x400-METER RELAY

**PSU: 3:01.52 - Nadolsky, Br. Bennett-Green,
Loxsom, Gehret, 2012**

3:12.32	Smith, Rhodes, Gaibler, Shisler	April-18
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MEN'S 4x800-METER RELAY

PSU: 7:11.17 - Watson, Shisler, Mills, Moore, 1985

7:22.22	Brennan, Kidder, Rhodes, Creese	April-4
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7:26.54	Makins, Creese, Rhodes, Kidder	April-25
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MEN'S SPRINT MEDLEY RELAY

PSU: 3:17.10 - Nadolsky, Gehret, Loxsom, Foster, 2011

3:21.29	Smith, Barrett, Shisler, Kidder	April-24
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MEN'S DISTANCE MEDLEY RELAY

PSU: 9:24.68 - Kidder, Bennett-Green, Loxsom, Creese, 2013

9:59.79	Hill, Gaibler, Rivera, Burkhardt	April-4
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MEN'S 4xMILE RELAY

PSU: 16:18.5 - Rapp, Snyder, Wyatt, Mangan, 1979

MEN'S HIGH JUMP

PSU: 7-3.25 (2.22) - Coney, 1985/Hendershot, 2013
Decathlon: 7-0.25 (2.14) - Rob Cardina, 2014

MEN'S POLEVAULT

PSU: 17-5.50 (5.32) - John Vellenoweth, 2009
Decathlon: 16-2.50 (4.94), Rick Kleban, 1985

15-11.25 (4.86)	Dylan Bilka - UNA	May-8
15-9 (4.80)	Patrick Anderson	April-12
15-3 (4.65)	Brandon Teribery	April-24

MEN'S LONG JUMP

PSU: 25-11 (7.90) - David Coney, 1985
Decathlon: 23-7.25 (7.19) - Dave Masgay, 1987

25-0 (7.62) +0.7	Malik Moffett - UNA	April-11
24-5 (7.44) +1.6	Brian Leap - UNA	May-8
23-7.25 (7.19) w +2.4	Bryce Williams	May-8
22-0.25 (6.72) +1.0	Cody Minnig	April-11

MEN'S TRIPLE JUMP

PSU: 54-6 (16.61) - Antonio Davis, 1993

52-0.5 (15.86) +0.3	Brian Leap - UNA	May-8
51-7.25 (15.73) w +3.3	Steve Waithe	April-18
48-0.75 (14.65) -1.7	Bryce Williams	April-12

MEN'S SHOT PUT

PSU: 69-2 (21.08) - Joe Kovacs, 2012
Decathlon: 48-9.50 (14.87) - Barry Walsh, 1989

68-5.25 (20.86)	Darrell Hill	May-8
57-1.5 (17.41)	Jon Yohman	May-8
54-4.75 (16.58)	Will Pope	May-8
52-2.25 (15.60)	Morgan Shigo - UNA	May-8

MEN'S DISCUS

PSU: 207-5 (63.22) - Brian Milne, 1992
Decathlon: 155-3 (47.32) - James Cook, 1997

171-5 (52.25)	Jon Yohman	April-11
164-8 (50.20)	Darrell Hill	April-18
149-1 (45.44)	Morgan Shigo - UNA	May-1

MEN'S HAMMER

PSU: 218-6 (66.60) - Al Jackson, 1976

187-1 (57.02)	Kory Decesaris	May-1
181-5 (55.30)	Justin Berg	May-8
176-6 (53.79)	Morgan Shigo - UNA	May-1

MEN'S JAVELIN

PSU: 249-5 (76.02) - Michael Shuey, 2014
Decathlon: 206-2 (62.83) - Shawn Colligan, 2008

242-8 (73.98)	Michael Shuey	April-18
227-0 (69.21)	Ryan Kerr	April-25
203-1 (61.91)	Cole Proffitt	May-8
185-3 (56.47)	Robert Cardina	April-3
176-0 (53.65)	Tyler Hope	April-18

MEN'S DECATHLON

PSU: 7,685 - Rick Kleban, 1985
Day One: 4,087 - Rob Cardina, 2014
Day Two: 3,774 - James Cook, 1997

Key -

BOLD - School Record;
ITALICS - Non-Standard NCAA Event
M - Mark from Multi-Event Competition;
w - Wind Aided (+2.0)
UNA - Unattached;
i - Contested Indoors (Weather)

All-Time Women's Top-10 Performances

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

100-Meter Dash				100 Hurdles				Long Jump			
1	11.21	Connie Moore	2004	1	12.85	Aleesha Barber	2010	1	21-6 (6.55)	Chi-Chi Aduba	2004
2	11.27	Shavon Greaves	2010	2	13.03	Evonne Britton	2014	2	21-4.75 (6.52)	Gayle Hunter	2008
3	11.29	Mahogany Jones	2014	3	13.35	Gayle Hunter	2009	3	20-10.75 (6.37)	Carmen Mann	1989
4	11.56	Kamilah Salaam	2004	4	13.36	Toyin Augustus	2001	4	20-10.75 (6.37)	Shakeema Walker	1999
~	11.60 w + 2.4	Kirsten Nieuwendam	2012	5	13.45	Brittney Howell	2014	5	20-10.75 (6.37)	Brittney Howell	2014
5	11.63 (11.57w)	Aleesha Barber	2008	6	13.80	Shelley Black	2015	~	20-10.5 (6.36) w	Bianca Fung	2009
6	11.68	Vivian Riddick	1983	7	13.83	Kamilah Salaam	2006	6	20-5.25 (6.25)	Bianca Fung	2009
7	11.70	Sara Shoaff	2006	9	13.83	Monique Walker	2006	7	20-4.5 (6.21)	Vivian Riddick	1982
8	11.72	Caitlin DeFusco	2010	10	14.13	Queenie Dale	2015	8	20-4.25 (6.20)	Monique Gillman	1997
9	11.78	Tiffany Glenn	1999			Pam Connell	1991	9	20-3 (6.17)	Lena Bettis	2007
10	11.80	Jackie Brown	1991					10	20-1 (6.12)	Dannielle Gibson	2014
200-Meter Dash				400 Hurdles				Triple Jump			
1	22.45	Connie Moore	2004	1	55.57	Fawn Dorr	2010	1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	22.90 (22.68w)	Mahogany Jones	2014	2	55.88	Kiah Seymour	2014	2	44-3 (13.48)	Shakeema Walker	1999
3	23.07	Shavon Greaves	2010	3	57.00	Aleesha Barber	2007	3	43-1 (13.13)	Carmen Mann	1990
4	23.15 (22.92w)	Shana Cox	2008	4	57.32	Evonne Britton	2010	4	42-9.75 (13.05)	Dannielle Gibson	2015
5	23.47	Kirsten Nieuwendam	2012	5	57.35	Megan Duncan	2011	5	42-3.50 (12.89)	Tanaya Lloyd	2012
6	23.61	Kamilah Salaam	2004	6	57.88	Shelley Mitchell	1991	6	42-2.75 (12.87)	Marlene Ricketts	2014
7	23.66	Kiah Seymour	2014	7	58.45	Tammie Hart	1982	7	41-7 (12.67)	Lena Bettis	2007
8	23.70	Sara Shoaff	2005	8	58.60	Ernestine Marsh	1987	8	41-2.50 (12.56)	Gayle Hunter	2007
9	23.81 (23.56w)	Gayle Hunter	2008	9	58.77	Kim Markel	2007	9	41-2.50 (12.56)	Alicia Porro	1992
10	23.85	Debbie Lewis	1980	10	58.93	Doris Anyanwu	2012	10	40-9 (12.42)	Hanna Humphreys	1984
400-Meter Dash				3,000-Meter Steeplechase				Shot Put			
1	50.84	Shana Cox	2008	1	9:32.35	Bridget Franek	2010	1	55-4.75 (16.88)	Ja'Nai O'Connor	2004
2	52.15	Dominique Blake	2008	2	9:57.47	Tori Gerlach	2015	2	55-0 (16.76)	Elaine Sobansky	1984
3	52.51	Fawn Dorr	2010	3	10:07.78	Molly Landreth	2003	3	54-10.25 (16.72)	Rachel Fotherly	2015
4	53.14	Dynasty McGee	2014	4	10:07.86	Natalie Bower	2013	4	53-8.25 (16.36)	Jennifer Leatherman	2006
5	53.17	Ije Iheoma	2012	5	10:16.91	Tracey Brauksieck	2003	5	52-6 (16.00)	Jane Swenson	2011
6	53.74	Laila Brock	1998	6	10:20.33	Lindsey Graybill	2012	6	51-6.5 (15.71)	Melissa Kurzdorfer	2014
7	53.74	Janice Carter	1988	7	10:20.76	Abbie Benson	2014	7	51-6.25 (15.70)	Deshaya Williams	2003
8	53.80	Tammie Hart	1981	8	10:24.01	Claire Percival	2007	8	51-1.5 (15.58)	Emma Schmelzer	2009
9	54.15	Shavon Greaves	2010	9	10:26.41	Nicole Lord	2010	9	51-0 (15.54)	Obeng Marfo	2015
10	54.23	Mahogany Jones	2013	10	10:28.82	Emily Giannotti	2012	10	49-11.25 (15.22)	Alyssa Robinson	2014
800-Meter Run				4x100-Meter Relay				Discus			
1	2:03.09	Bekka Simko	2012	1	44.25	Fox, Shoaff, Moore Aduba	2003	1	185-1 (56.41)	Deshaya Williams	2001
2	2:04.37	Tammie Hart	1985	2	44.38	Salaam, Aduba, Shoaff, Moore	2004	2	173-4 (52.83)	Christen Clemson	2007
3	2:04.72	Briene Simmons	2006	3	44.57	Greaves, DeFusco, Barber, Dorr	2010	3	170-0 (51.82)	Jennifer Leatherman	2006
4	2:05.66	Janice Carter	1985	4	44.64	Gibson, Jones, McGee, Seymour	2014	4	167-7 (51.08)	Elaine Sobansky	1984
5	2:05.69	Erica Bosler	1998	5	44.80	Cox, Walker, Salaam, Shoaff	2006	5	167-4 (51.01)	Emma Schmelzer	2007
6	2:06.68	Terry Pioli	1981	4x400-Meter Relay				6	166-8 (50.82)	Melissa Kurzdorfer	2013
7	2:06.80	Maura Ryan	2011	1	3:27.69	Blake, Barber, Hunter, Cox	2008	7	161-5 (49.21)	Rachel Fotherly	2014
8	2:07.26	Judi Cassel	1995	2	3:30.34	Barber, Greaves, Hunter, Dorr	2009	8	157-6 (48.02)	Taylor McNally	2011
9	2:07.32	Marta Klebe	2013	3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011	9	156-7 (47.72)	Kimi Benamati	2004
10	2:08.09	Teressa DiPerna	1989	4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010	10	155-8 (47.44)	Lex Kessell	1991
1500-Meter Run				5	3:31.17	McGee, Jones, Rhodes, Seymour	2014	Hammer			
1	4:15.20	Marta Klebe	2014	High Jump				1	219-1 (66.78)	Jennifer Leatherman	2006
2	4:16.96	Doreen Startare	1993	1	6-0 (1.83)	Shelley Mitchell	1992	2	207-10 (63.35)	Melissa Kurzdorfer	2012
3	4:17.40	Kim McGreevy	1997	2	5-11.25 (1.81)	Pam Connell	1991	3	197-3 (60.12)	Kate Johnston	2003
4	4:17.54	Mary Rawe	1981	5	5-11.25 (1.81)	Ahmenah Richardson	2015	4	190-10 (58.16)	Deshaya Williams	2003
5	4:18.33	Bridget Franek	2010	4	5-11 (NMC)	Antoinette O'Carroll	1987	5	188-0 (57.30)	Rachel Fotherly	2015
6	4:19.83	Patty Murmane	1981	5	5-10.75 (1.80)	Erika Morgan	2013	6	186-11 (56.97)	Helen Higgins	2007
7	4:20.11	Bekka Simko	2012	6	5-10.5 (1.79)	Karen Krawick	1980	7	181-10 (55.42)	Anjulie Vester	2015
8	4:20.40	Caitlin Lane	2010	5	5-10.5 (1.79)	Jenny Williams	1987	8	180-10 (55.13)	Alyssa Robinson	2015
9	4:21.10	Heather Carmichael	1980	5	5-10.5 (1.79)	Leslie Lippincott	1991	9	178-3 (54.35)	Emma Schmelzer	2009
10	4:21.31	Susanne Heyer	1999	5	5-10.5 (1.79)	Holly Jones	1992	10	174-3 (53.11)	Robbin Shomper	2003
5000 Meters				10	5-10 (1.78)	Deb Ford	1988	Javelin			
1	15:32.52	Kathy Mills	1978	5	5-10 (1.78)	India McCoy	2014	1	178-6 (54.41)	Laura Loht	2014
2	15:46.08	Bridget Franek	2010	5	5-10 (1.78)	Brittney Howell	2014	2	178-4 (54.35)	Kim Hanslovan	2009
3	15:53.50	Paula Renzi	1985	NMC - No Metric Conversion				3	177-10 (54.02)	Lauren Kenney	2013
4	16:05.46	Elizabeth Chikotas	2015	Pole Vault				4	176-2 (53.70)	Karlee McQuillen	2008
5	16:06.32	Kim Kelly	1993	1	13-3.5 (4.05)	Lexi Masterson	2014	5	169-3 (51.58)	Carrie Karabinos	1999
6	16:08.74	Leigha Anderson	2014	2	13-1.5 (4.00)	Sara Dougherty	2004	6	167-2 (50.96)	Heidi Nadeau	2007
7	16:09.38	Stacy Prey	1990	3	12-10.25 (3.92)	Hannah Mulhern	2015	7	167-1 (50.92)	Brianne Johnson	2001
8	16:11.93	Brooklyne Ridder	2013	4	12-9.5 (3.90)	Jocelyn Witmer	2010	8	159-4 (48.56)	Ashley Colley	2002
9	16:12.00	Kris Bankes	1978	4	12-9.5 (3.90)	Erin Knabe	2014	9	156-3 (47.62)	Kristen Eash	2004
10	16:12.88	Natalie Bower	2013	7	12-9.5 (3.90)	Kasey Kemp	2015	10	155-9 (47.47)	Diana Bruch	2005
10,000 Meters				8	12-8.25 (3.87)	Caitlin Fairbairn	2010	Heptathlon			
1	32:57.33	Kara Millhouse	2012	8	12-6.25 (3.82)	Amanda Palenchar	2012	1	5797	Gayle Hunter	2009
2	33:52.32	Leigha Anderson	2014	9	12-5.5 (3.80)	Kelly Nesbit	2005	2	5706	Pam Connell	1991
3	34:00.00	Natalie Updegrove	1983	10	12-2 (3.71)	Lindsey McDonnell	2002	3	5625	Brittney Howell	2014
4	34:02.52	Kim Kelly	1993					4	5420	Carmen Mann	1990
5	34:02.80	Kris Kelly	1993					5	5407	Shelley Mitchell	1992
6	34:09.00	Kelli Hunt	1993					6	5311	Carla Criste	1986
7	34:20.10	Donna Fidler	1999					7	4919	Amber Strouse	2007
8	34:24.07	Peggy Cleary	1980					8	4917	Holly Jones	1992
9	34:31.75	Cheryl Spring	2010					9	4878	Felicia Cooksey	1999
10	34:39.89	Molly Landreth	2003					10	4826	Danielle Bobo	2003

All-Time Men's Top-10 Performances

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

100-Meter Dash				110 Hurdles				Long Jump			
1	10.34 (10.1 MT)	Mike Sands	1975	1	13.56	Guy Rose	2001	1	25-11 (7.90)	David Coney	1985
2	10.44	Mike Shine	1976	2	13.73	Paul Lankford	1980	2	25-9 (7.86)	Rob Boulware	1986
3	10.46	Ryan Olkowski	2002	3	13.80	Michael Timpson	1988	3	25-9 (7.86)	Steve Pina	1996
4	10.47	Michael Timpson	1987	4	13.80	Sancho Barrett	2015	4	25-8.75 (7.84)	George Audu	1999
5	10.49	Bob Brown	1961	5	13.87	Mike Shine	1976	5	25-8.75 (7.84)	John Gorham	1999
6	10.50	Alex Langan	2006	6	13.96	Ron Jules	2008	6	25-6 (7.77)	Antonio Davis	1993
7	10.54	Barney Ewell	1941	7	14.06	John Whelan	1997	7	25-2.75 (7.69)	Ryan Olkowski	2000
8	10.54	Brian Littlejohn	1984	8	14.08	Sam Harris	1988	8	25-0.75 (7.64)	Chavous Nichols	2004
9	10.55	Steve Hackman	1976	9	14.09	Brian Derby	2002	-	25-0 (7.62) w +3.7	Doug Moppert	2011
10	10.56	Paul Lankford	1980			Barry Robinson	1985	9	24-10.50 (7.58)	Al Bates	1928
	10.56	Greg Miller	2000					10	24-9 (7.54)	Michael Timpson	1986
200-Meter Dash				400 Hurdles				Triple Jump			
1	20.23	Michael Timpson	1986	1	48.69	Mike Shine	1976	1.	54-6 (16.61)	Antonio Davis	1993
2	20.58	Mike Sands	1975	2	49.55	Paul Lankford	1981	2	54-3.75 (16.55)	Chavous Nichols	2004
3	20.59	Ryan Olkowski	2002	3	49.72	Brian Derby	2003	~	53-2.75 (16.22) w	Steve Waithe	2014
4	20.62	Brady Gehret	2012	4	50.10	Jaret Campisi	2005	3	53-1.50 (16.19)	Clarence Smith	2009
5	21.01	Ernie Terrell	2002	5	50.49	Bill Austin	1978	4.	52-11.50 (16.14)	Steve Waithe	2014
6	21.02	Barney Ewell	1942	6	50.54	Michael Timpson	1988	5	52-8.25 (16.06)	Ricardo Hall	1990
7	21.02	Art Pollard	1955	7	50.61	Barry Robinson	1985	6	51-8.50 (15.76)	Hanif Johnson	2011
8	21.13	Brandon Bennett-Green	2012	8	50.67	Kevin Crapanuk	1992	7	51-6.50 (15.71)	Brian Leap	2014
9	21.14	Brian Littlejohn	1984	9	50.75	Byron Robinson	2014	8	51-1 (15.57)	Warren Rockwell	1966
10	21.15	Greg Miller	2000	10	50.76	Brian Kelly	1993	9	50-7 (15.42)	Steve Pina	1995
				3000-Meter Steeplechase				10	50-6 (15.39)	Jay Pagana	2007
				1	8:22.54	George Malley	1977	Shot Put			
				2	8:37.7	Rick Garcia	1983	1	69-2 (21.08)	Joe Kovacs	2012
				3	8:40.4	Bruce Baden	1977	2	68-5.25 (20.86)	Darrell Hill	2015
				4	8:42.85	Eric Carter	1988	3	65-5 (19.94)	C.J. Hunter	1990
				5	8:47.03	Larry Mangan	1980	4	64-2.50 (19.57)	Blake Eaton	2010
				6	8:48.1	Paul Mackley	1985	5	64-0.25 (19.51)	Knut Hjeltnes	1975
				7	8:49.45	Paul Mackley	1985	6	61-11.75 (18.89)	Logan Caldwell	2012
				8	8:50.9	Laird Terrell	1972	7	61-3.25 (18.68)	Greg Reyner	1986
				9	8:51.84	Jim Allahand	1972	8	61-1.25 (18.62)	Phil Caraher	1990
				10	8:53.71	Chris Foster	2005	9	59-7 (18.16)	Dane Miller	2004
						Andy Scott	1991	10	57-10.50 (17.64)	Mike Valenti	1983
				4x100-Meter Relay				Discus			
				1	39.63	Davis, Hackman, Shine, Sands	1975	1	207-5 (63.22)	Brian Milne	1992
				2	39.88	Finkel, Singleton, Sands, Scott	1973	2	201-10 (61.52)	Knut Hjeltnes	1975
				3	40.18	Shine, Hackman, Singleton, Sands	1974	3	186-9 (56.90)	Gary Wilkly	1979
				4	40.40	Rose, Reeves, Miller, Olkowski,	2001	4	186-3 (56.78)	Blake Eaton	2011
				5	40.48	Finkel, Hackman, Singleton, Sands	1974	5	184-0 (56.08)	Joe Kovacs	2011
				4x400-Meter Relay				6	183-6 (55.93)	Will Barr	2012
				1	3:01.52	Nadolsky, Br. Bennett-Green,	2012	7	177-11 (54.23)	Dan Diaz	2003
						Loxson, Gehret		8	176-10 (53.90)	Steve Meyers	2006
				2	3:04.78	Nadolsky, Gilmore,	2012	9	175-3 (53.41)	Adam Thielemann	2009
						Gehret, Br. Bennett-Green		10	175-1 (53.36)	Sean Farrell	1980
				3	3:06.21	Gilmore, Shisler,	2012	Hammer			
						Bennett-Green, Bennett-Green		1	218-6 (66.60)	Alvin Jackson	1976
				4	3:06.50	Br. Bennett-Green, Gehret	2012	2	207-10 (63.35)	Will Barr	2013
				5	3:07.19	Loxson, Mpanduki	2011	3	203-0 (61.88)	Neal McNutt	1998
						Nadolsky, Loxson		4	201-9 (61.50)	Joe Kovacs	2011
				High Jump				5	198-5 (60.49)	Tyler Hoffman	2008
				1	7-3.25 (2.22)	David Coney	1985	6	197-0 (60.04)	Todd Shenk	1984
				3	7-3 (2.21)	Jon Hendershot	2013	7	194-7 (59.30)	Cory Eck	2010
				4	7-2.5 (2.20)	Paul Souza	1983	8	193-9 (59.07)	Jon Hart	2005
				5	7-2.25 (2.19)	Ryan Fritz	2007	9	190-0 (57.92)	Aaron Ross	2005
				6	7-1.75 (2.18)	Sean Reilly	2013	10	189-6 (57.76)	Dorian Lowe	2002
				7	7-0.5 (2.15)	David Kriz	1995	Javelin			
				8	7-0.25 (2.14)	Ryan Olkowski	1999	1	249-5 (76.02)	Michael Shuey	2014
				9	7-0.25 (2.14)	Nick Plack	2000	2	239-9 (73.09)	Allen Pettner	2007
				10	7-0 (2.13)	Rob Cardina	2014	3	237-1 (72.26)	Troy Burkholder	1997
						Aaron Gawne	1993	4	233-8 (71.22)	Carl Wolter	1996
				Pole Vault				5	233-4 (71.13)	Tanner Evak	2009
				1	17-5.5 (5.32)	John Vellenoweth	2009	6	231-3 (70.48)	Brian Stumpf	2003
				2	17-5 (5.31)	Mason Ternay	1991	7	230-3 (70.19)	Matt Moyer	2004
				3	17-0 (5.18)	Dave Bollinger	2004	8	227-8 (69.40)	Rob Austin	1995
				4	16-10 (5.13)	Rick Kleban	1985	9	227-0 (69.21)	Ryan Kerr	2015
				5	16-8.75 (5.10)	Dylan Bilka	2014	10	225-7 (68.76)	Dave Matson	1999
				6	16-7.25 (5.06)	Ron Campbell	1985	Decathlon			
				7	16-7.25 (5.06)	Bradford Lawrence	2009	1	7685	Rick Kleban	1985
				8	16-6.75 (5.05)	Kevin Dare	2001	2	7666	Rob Cardina	2014
				9	16-6.75 (5.05)	Nick Fegley	2003	3	7600	James Cook	1996
				10	16-6 (5.03)	Ken Stoffer	1983	4	7588	Dave Masgay	1987
				10,000 Meters				5	7472	Barry Walsh	1989
1	28:08.0	Greg Fredericks	1972	1	28:08.0	Greg Fredericks	1972	6	7424	J.T. Kuretech	2003
2	28:29.4	Charlie Maguire	1974	2	28:29.4	Charlie Maguire	1974	7	7415	Brian Kelley	1991
3	28:38.3	Eric Carter	1987	3	28:38.3	Eric Carter	1987	8	7361	Shawn Colligan	2008
4	28:42.80	Paul Stemmer	1976	4	28:42.80	Paul Stemmer	1976	9	7119	Anyu Uzoh	2012
5	28:55.33	Kyle Dawson	2012	5	28:55.33	Kyle Dawson	2012	10	7097	Chris Morrissy	2008
6	29:11.71	John Ziegler	1979	6	29:11.71	John Ziegler	1979				
7	29:15.73	Tyler McCandless	2010	7	29:15.73	Tyler McCandless	2010				
8	29:25.58	Mark Wimmer	1994	8	29:25.58	Mark Wimmer	1994				
9	29:27.6	George Malley	1975	9	29:27.6	George Malley	1975				
10	29:30.6	Alan Scharsu	1980	10	29:30.6	Alan Scharsu	1980				