

# PENN RELAYS || Daily Capsule Previews

## FRIDAY INDIVIDUAL TRACK EVENTS

<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
3:50 PM	350	<b>College Men's 110-Meter Hurdles - Heats</b>	Barrett
<b>Event Records</b>			
<b>Penn Relays Record</b>	Terrance Trammell, South Carolina		13.30, 2000
<b>Penn State Record</b>	Guy Rose		13.56, 2001
<b>Past Champions</b>	Crip Moore, 1923, 1925; Jim Gehrdes, 1949-50; Mike Shine, 1974, 1976		
<b>Penn State - 2012 Results</b>	NONE		
<b>Qualification: Final - Saturday, 3:15 PM</b>	Top 2 from each heat, plus 3 fastest times advance to event final		
<b>* Additional Notes</b>	The Nittany Lions own the second-most titles in the 110-meter hurdles in relays history, with the last victory coming with a gold-medal performance from Mike Shine in 1976. Sancho Barrett has come into his own this spring, running a lifetime-best 14.25 over the sticks.		
<b>Event Records</b>			
<b>Penn Relays Record</b>	Queen Harrison, Virginia Tech		12.61, 2010
<b>Penn State Record</b>	Aleesha Barber		
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	NONE		
<b>Qualification: Final - Saturday, 3:15 PM</b>	Top 2 from each heat, plus 3 fastest times advance to event final		
<b>* Additional Notes</b>	Evonne Britton could be a favorite in the event, having qualified for the NCAA Outdoor Championships in event as a sophomore in 2009. Britton, also a Big Ten medalist in the hurdles, owns a season-best performance of 13.50.		

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<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
10:00 AM	702	<b>College Men's High Jump - Eastern</b>	Hendershot
<b>Event Records</b>			
<b>Penn Relays Record</b>	M. Boswell, Texas; Tora Harris, Princeton		7-6.50 (2.30), 2000, 2002
<b>Penn Relays (Eastern)</b>	Richard Stockton, Paul Klemic		6-11.75 (2.13)
<b>Penn State Record</b>	David Coney, 1985		7-3.50 (2.23)
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	Jon Hendershot, 8 <sup>th</sup> (Eastern)		6-9.75 (2.08)
<b>* Additional Notes</b>	Hendershot will represent the Nittany Lions in the "Eastern" high jump with the potential to finish at the top of the heap. The junior topped out at 7-0.50 (2.15) during the 2013 indoor season.		
<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
10:00 AM	704	<b>College Women's Triple Jump - Championship</b>	Ricketts
11:00 AM	708	<b>College Women's Triple Jump - Eastern</b>	Richardson, Lopez
<b>Event Records</b>			
<b>Penn Relays Record</b>	S. Lee, LSU/K. Williams, Florida State		46-9 (14.25), 1997, 2011
<b>Penn Relays (Eastern)</b>	Sheron Mark, Syracuse		41-10.50 (12.76), 2005
<b>Penn State Record</b>	Chi-Chi Aduba		44-6.75 (13.58), 2004
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	Marlene Ricketts, 1 <sup>st</sup> (Eastern)		41-5.25 (12.63)
<b>* Additional Notes</b>	Ricketts is another Nittany Lion who has been on the top of her game this spring, picking up victories in both the long and triple jumps at the Bucknell Team Challenge last weekend. Ricketts copped bronze medal honors in the event at the Big Ten Indoor Championships, and went on to earn Second Team All-America status at the NCAA Indoor Championships.		
<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
10:00 AM	705	<b>College Men's Shot Put - Championship</b>	Hill
<b>Event Records</b>			
<b>Penn Relays Record</b>	Garrett Johnson, Florida State		68-4.50 (20.84)
<b>Penn State Record</b>	Joe Kovacs		69-2 (21.08), 2012
<b>Past Champions</b>	Roosevelt Grier, 1955; Knute Hjeltnes, 1975; CJ Hunter, 1989-90, Joe Kovacs, 2012		
<b>Penn State - 2012 Results</b>	Joe Kovacs, 1 <sup>st</sup> (Championship Section)		65-5 (19.94)
<b>* Additional Notes</b>	Darrell Hill has emerged as one of the top shot putters in the country this year, thanks to a PR 62-7 (19.08) at the LSU Battle on the Bayou earlier this month. Hill is currently No. 1 in the Big Ten and No. 6, nationally.		

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<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
1:30 PM	712	<b>College Men's Discus - Championship</b>	Barr
<b>Event Records</b>			
<b>Penn Relays Record</b>	Andy Bloom, Wake Forest		210-0 (64.02), 1996
<b>Penn State Record</b>	Brian Milne		207-5 (63.22), 1992
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	Will Barr, 10 <sup>th</sup> (Championship)		165-4 (50.41)
<b>* Additional Notes</b>	Will Barr has been on a mission in 2013, already owning a season-best 176-5 (53.77) in the discus. An NCAA qualifier in the event a year ago, Barr captured First Team All-America status in the weight throw during the indoor season.		
<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
1:45 PM	713	<b>College Women's High Jump - Championship</b>	Morgan
<b>Event Records</b>			
<b>Penn Relays Record</b>	Dora Gyorffy, Harvard; Chaunte Howard, Ga. Tech		6-3.25 (1.91), 2001, 2004
<b>Penn State Record</b>	Shelley Mitchell		6-0 (1.83), 1992
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	Sarah Palmer, 10 <sup>th</sup> (Eastern)		5-6 (1.68)
<b>* Additional Notes</b>	Morgan proved to be ready for outstanding competition earlier this month, taking top honors at the Battle on the Bayou at LSU.		

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<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
1:10 PM	338	College Women's 4x1500 - Championship	Penn State TBA
<b>Event Records</b>			
<b>Penn Relays Record</b>	Tennessee – Price, Wright, Bell, Bowman		17:08.34, 2009
<b>Penn State Record</b>	Noecker, Franek, Rosenfeld, Percival		17:57.28, 2007
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	NONE		
<b>* Additional Notes</b>	The Nittany Lions have any number of options to cover the four 1500 legs, including Marta Klebe, Caitlin Lane, Brooklyne Ridder and SJ Underwood, who have all run sub-4:30 this season. Klebe leads the way this season at 4:22.71.		
<b>Start Time      Event #      Event      2013 Penn State Entrants</b>			
2:35 PM	345	College Men's DMR - Championship	Penn State TBA
<b>Event Records</b>			
<b>Penn Relays Record</b>	Arkansas – Reina, Williams, Bradley, Falcon		9:20.10, 1989
<b>Penn State Record</b>	Mangan, Lankford, Cook, Scharsu		9:30.1, 1980
<b>Past Champions</b>	1920, 1928, 1948, 1959		
<b>Penn State - 2012 Results</b>	NONE		
<b>* Additional Notes</b>	Coming off a runner-up effort at the NCAA Indoor Championships, the Nittany Lions could certainly vie for the program's first Penn Relays DMR crown since 1959. With potential legs including the same foursome that clocked 9:26.60 – the second fastest indoor time in collegiate history – sky seems to be the for the Lions' mid-distance contingent, which includes Robby Creese, who has run 1:48.98, and 3:41.32 this spring, as well as rookie Brannon Kidder – a sub-4:00 man inside, who has run 1:47.23 for the 800 – and Casimir Loxsom, who is already a three-time Penn Relays Champion, and owns an 800 PR of 1:45.28. Other potentials include 800 standouts Ricky West, Ryan Brennan, and Za'Von Watkins, while quarter miler Brandon Bennett-Green (PR, 45.94) will likely cover the 400.		
<b>Start Time      Event #      Event      2013 Penn State Entrants</b>			
4:15 PM	363	College Men's 4x400 - Heats	Penn State TBA
<b>Event Records</b>			
<b>Penn Relays Record</b>	Florida – Clarke, Witherspoon, Pastor, Clement		3:01.10, 2004
<b>Penn State Record</b>	Nadolsky, Bennett-Green, Loxsom, Gehret		3:01.52, 2012
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	Penn State, 2 <sup>nd</sup> (Championship Section)		3:04.78
<b>Qualification: Final – Saturday, 6:00 PM</b>	Top 8 to Championship Final; Next 8 Fastest ECAC Teams to ECAC Final; Next 8 Fastest Non-ECAC Teams College Final.		
<b>* Additional Notes</b>	The Nittany Lions currently boast a season-best 3:07.31, with room to improve with a healthy stable of sprinters on call for the event, featuring no less than five athletes at 47-point or better in the open quarter this spring. The Lion had a banner year in the event in 2012, taking second at Penn, first at the Big Ten Championships, and fourth at the NCAA Outdoor Championships.		

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<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
6:00 PM	376	<b>College Women's SMR - Championship</b>	Penn State TBA
<b>Event Records</b>			
<b>Penn Relays Record</b>	Tennessee – Madison, Olupona, Trotter, Bennett		3:41.78, 2004
<b>Penn State Record</b>	Blake, Barber, Cox, Simmons		3:47.90, 2007
<b>Past Champions</b>	NONE		
<b>Penn State - 2012 Results</b>	Penn State, 8 <sup>th</sup> (Top ECAC Finisher)		3:55.19
<b>* Additional Notes</b>	The Nittany Lions have experienced a few near misses in the sprint medley, including a second-place finish during Penn State's school-record run in 2007. Penn State will field a solid squad again in 2013, with star sprinters Mahagony Jones, and Dynasty McGee in line to cover either the 200 or the 400.		
<u>Start Time</u>	<u>Event #</u>	<u>Event</u>	<u>2013 Penn State Entrants</u>
6:25 PM	377	<b>College Men's SMR - Championship</b>	Penn State TBA
<b>Event Records</b>			
<b>Penn Relays Record</b>	Abilene Christian – Styles, Dilworth, Guy, Ngidhi		3:12.88, 1995
<b>Penn State Record</b>	Nadolsky, Gehret, Loxsom, Foster		3:17.10, 2011
<b>Past Champions</b>	1924, 1932, 1942, 2011, 2012		
<b>Penn State - 2012 Results</b>	Penn State, 1 <sup>st</sup> (Championship Section)		3:18.47
<b>* Additional Notes</b>	As the two-time defending champions in the event, the Nittany Lions will push for a three-peat, with a bevy of quality sprinters and mid-distance runners vying for slots on the squad. The Nittany Lions boast six athletes at 1:49.50, that could cover the 800 leg, as well as Cheltenham product Brandon Bennett-Green – a member of last year's winning team - who has run 46.78 already this year.		