



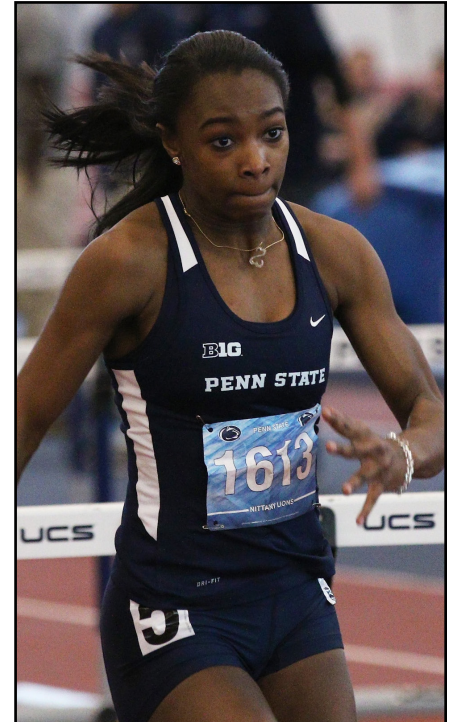
# TRACK & FIELD



Senior  
Rachel Fatherly



Sophomore  
Xavier Smith



Sophomore  
Quenee Dale

## PENN STATE RELAYS JANUARY 9, 2016

Army  
Bowie State  
Bucknell (M)  
Iowa State (M)  
Lock Haven  
Maryland  
Norfolk State

Pittsburgh  
Robert Morris (W)  
Saint Francis (PA)  
Saint Joseph (PA) (W)  
UMBC  
Penn State



## 2016 Penn State Relays

January 9, 2015



### White Team Edges Blue Team, 135-127

**UNIVERSITY PARK, Pa.** – The Penn State track & field teams competed in the annual Blue & White meet at the Horace Ashenfelter III Indoor Track in Multi-Sport Complex Saturday afternoon with Penn State-White holding off Penn State-Blue 135-127 for the meet title.

The meet officially got underway Friday night at Holuba Hall with the men's and women's javelin throw.

Lauren Kenney led the way for the women with a best throw of 164'-00" (49.99m) scoring five points for the Penn State Blue team. Natalie Shiffler, Anna Bailey, and Kayla Zoschg would round out scoring in the event with marks of 159'-06" (48.61m), 147'-04" (44.90m), and 146'-04" (44.61m), respectively.

For the men, junior Ryan Kerr took the event with a best of 218'-06" (66.61m), followed by Robert Cardina (205'-00"/62.49m), Matt Nawrocki (200'-10"/61.21m), and Luke Rarig (166'-04"/50.70m) in second, third, and fourth, respectively.

Danielle Gibson would sweep the women's horizontal jumps recording marks of (6.03m) 19'-09.50" in the long and (12.75m) 41'-10.00" in the triple jump.

Brian leap would take the men's triple (15.55m/51'-00.25") while Malik Moffett claimed the long jump crown with a best jump of (7.48m) 24'-06.50".

Ahmenah Richardson would finish the competition as the No. 1 women's high jumper at the meet clearing (1.76m) 5'-09.25", while freshman Chisom Ifedi bowed out of competition having cleared (2.08m) 6'-09.75" to win the men's high jump.

Senior Rachel Fatherly would sweep the throws events with best of (20.59m) 67'-06.75" in the weight throw and (15.79m) 51'-09.75" in the shot put.

Morgan Shigo claimed top honors in the weight throw with his toss of (19.05m) 62'-06.00", while Jon Yohman was the shot put champion on the day with his performance of (17.18m) 56'-04.50".

Sophomore Quenee Dale sprinted to a 7.74 win in the women's 55m hurdles over Penn State-White teammate Madeline Homberg who would finish in second clocking 8.28, followed by Tal Ben-Artzi in third at 9.13 seconds.

Dale, who captured the win in the 55m hurdles, would return in the 55m-open to sweep the short sprints for the day running 7.04 over freshman sprinter Keianna Albury's 7.06 in second-place.

In the men's 55m it was sophomore Xavier Smith with a narrow victory over Malik Moffett running 6.30 to take the event win by a margin of three-one hundredths of a second over Moffett's time of 6.33.

Francis Bull, who would later anchor the Penn State-White "A" 4x400m relay to a victory, captured the individual win in the 500m holding off Rachel DeCecco in the closing meters of the homestretch running 1:16.21 and 1:16.75, respectively.

Robert Rhodes would take the 500m title on the men's side clocking 1:04.30, winning the event by almost a full two seconds over Penn State-Blue's Riley Gaibler (1:06.00).

Deja Davis, who like Bull would return to capture the women's 4x400m title, finished the 300m dash on top beating Penn State-Blue's Tichina Rhodes 39.05 to 39.40, respectively.

The men's 300m dash would feature two heats. Smith would sprint to the victory in heat one, while Peter Hughey would hold down the second heat winning in 35.45. Smith would claim the event victory having run 33.77 during his heat.

Julie Kocjancic would take the women's 1200m title (3:32.66) while Brandon Kidder led a 1-2-3 sweep of the men's 1200m by the Penn State-White team running 2:52.30 and finishing strong over the final 200m.

In the largest margin of victory on the day, Robby Creese walked away from the field in the men's 3000m run. Creese would finish in 8:10.64. Ean DiSilvio would claim second running 8:18.61 over the

nearly two-mile race.

As is tradition in track & field the 4x400m relay concluded the day's schedule of events as the Penn State-White team would sweep both the men's and women's events.

The quartet of Davis, Megan Osborne, Dale, and Bull would pace the field to a time of 3:50.28 as the true freshman Frances Bull held off Penn State-Blue's Ashley Rankine over the final 200m.

The men's 4x400m relay would see Alex Shisler, Rhodes, David Marlington, and Isaiah Harris battle Penn State-Blue's Lamont Higgins, Sam Reiser, Anton Porter, and Hughey down to the wire as Penn State-White would pull out the event win to secure the meet win for the Penn State-White team.

Penn State-White would take the meet title by a final score of 135-127 over Penn State-Blue. Penn State will officially open up the 2016 indoor track & field season on Jan. 9th as they host the Penn State Relays at Horace Ashenfelter III Indoor Track.

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

#### Mark Your Calendar! 2016 Events and Promotions

**January 16**

**Nittany Lion Challenge**

Special Events:

**\*\* Parents' Weekend \*\***

**January 29-30**

**Penn State National**

Saturday Special Events:

**\*\* The Little Lion Lap \*\***

**February 5-6**

**Sykes & Sabock Challenge Cup**

Saturday Special Events:

**\*\* Senior Day \*\***



## 2016 Penn State Relays

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|| Team News and Notes ||

# Cross Country/Track & Field Announces Team Awards

**UNIVERSITY PARK, Pa.** – The Penn State cross country and track & field program hosted its second-annual awards banquet Thursday night in Deans Hall at the Penn Stater with several student-athletes receiving recognition through awards voted on by the coaches.

“It is extremely important to me to host an awards banquet like we had to honor all of the amazing accomplishments our student-athletes had in 2015,” said head coach John Gondak. “They put their heart and soul into being the best they can be and that needs to be recognized. It is also a chance for our up and coming athletes to see that their hard work will pay off down the road.”

The 2015 indoor track & field season saw the women’s team record a third-place finish, while the men placed fourth. It was the third-consecutive year the men’s team has been in the top-four, and the 11th-consecutive year the women have been in the top-four. The men’s team would go on to finish 12th at the NCAA indoor championships in Fayetteville, Ark. to close out the indoor season.

During the 2015 Big Ten outdoor track & field championships the Penn State men finished fifth while the women placed seventh. The men’s team would wrap up the outdoor season recording the highest finish in team history since 1966 (ninth-place) with their 10th-place finish.

This fall semester would see the men’s cross country team finish sixth at the Big Ten championships, followed by a fifth-place finish at the Mid-Atlantic regional. Three Nittany Lions were named All-Region for their performances at the meet in Princeton, N.J.

The women’s cross country team entered the Big Ten championships as the No. 16 team in the nation, behind No. 2 Michigan. Penn State would go on to win the Big Ten championship by the fourth-smallest margin of victory in Big Ten history (five points), defeating the Wolverines by a score of 53-58, placing six athletes in the top-25 and capturing the second Big Ten cross country championship in program history. The Nittany Lions would go on to capture the Mid-Atlantic regional championship, with five student-athletes earning All-Region honors, before recording a 16th-place finish at the NCAA championships where freshman Tessa Barrett earned her first All-American honor following a 38th-place finish.

Penn State had three Penn Relays champions, 11 student-athletes win a Big Ten championship, 10 student-athletes earn 13 All-American honors, and set three new school records during the 2015 calendar year. This year’s team banquet featured 30 student-athletes earning awards highlighting the success of the 2015 track & field seasons and cross country seasons.

## 2015 Penn State Team Award Winners

### Most Valuable:

Men: Wade Endress (cross country), Brannon Kidder (track), Darrell Hill (field)  
Women: Tori Gerlach (cross country), Tori Gerlach (track), Rachel Fatherly (field)

### 2015 School Records:

Darrell Hill: Indoor Shot Put 67’ 3.5” (20.51)  
Robby Creese: Indoor 3K 7:50.36  
Rachel Fatherly: Outdoor Shot Put 56’ 3.25” (17.15)

### Most Improved:

Men: Conner Quinn (cross country), Sancho Barrett (track & field)  
Women: Julie Kocjancic (cross country), Obeng Marfo (track & field)

### Freshman of the Year:

Men: Colin Abert (cross country), Bryce Williams (track & field)  
Women: Tessa Barrett (cross country), Elizabeth Chikotas (track & field)

### Kevin Dare - Most Inspirational:

Men: Glen Burkhardt  
Women: Tichina Rhodes

### Spirit Award:

Men: Steve Waithe  
Women: Dannielle Gibson

### 2015 Captains:

Men (cross country): Wade Endress, Glen Burkhardt  
Men (track & field): - Darrell Hill, Michael McClelland, Steve Waithe, Matt Fisher  
Women (cross country): Tori Gerlach  
Women (track & field): - Mel Leszczynski, Ahmenah Richardson, Dynasty McGee, Katie Rodden, Kiah Seymour



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|| 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
Men 1000 Meters	2:19.53 AC, AJ	2012	Robby Creese - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:56.51	2012	Jeff See - Saucony
Women Mile	4:30.41	2013	Sheila Reid - Nike
Men 3000 Meters	7:57.75	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 - J Makins, R Brennan, B Kidder, R 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

**BOLD denotes record set in 2015**

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



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## || Meet Records ||

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meter Dash	6.74	2014	Dennison Long – Unattached
Women 60 Meter Dash	7.30	2010	Shavon Greaves - Penn State
Men 200 Meter Dash	20.92	2013	James Taylor – Norfolk State
Women 200 Meter Dash	23.22	2010	Shavon Greaves - Penn State
Men 500 Meter Dash	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meter Dash	1:10.44	2012	Fawn Dorr - Brooks
Men 1000 Meter Run	2:25.37	2008	Kurt Kuehne - Princeton
Women 1000 Meter Run	2:47.38	2010	Frances Koons - Unattached
Men 1 Mile Run	4:14.44	2013	Kevin McDonnell – St. Joseph’s
Women 1 Mile Run	4:53.07	2014	Kathryn Fanning - Albany
<b>Men 3000 Meter Run</b>	<b>8:21.56</b>	<b>2015</b>	<b>Andrew Garcia-Garrison - Bucknell</b>
Women 3000 Meter Run	9:34.64	2005	Kate Boyles - Cornell
Men 60 Meter Hurdles	7.88	2009	Ronnie Ash - Bethune-Cookman
Women 60 Meter Hurdles	8.27	2014	Evonne Britton – Penn State
Men 4x200 Meter Relay	1:24.91	2014	Pittsburgh – C Nkanata, B Spratling, J Mindlin, M Murray
Women 4x200 Meter Relay	1:35.65	2014	Penn State – M Osborne, K Seymour, D McGee, M Jones
Men 4x400 Meter Relay	3:09.65	2012	Penn State - E Mpanduki, M Gilmore, Br Bennett-Green, A Nadolsky
Women 4x400 Meter Relay	3:36.91	2012	Penn State - M Jones, D McGee, K Nieuwendam, I Iheoma
Men 4x800 Meter Relay	7:22.10	2015	Penn State – J Makins, R Brennan, B Kidder, R Creese
Women 4x800 Meter Relay	8:55.20	2009	Villanova - J Sarruda, K Tallman, A Smith, F Koons
Men Distance Medley	9:48.59	2012	Unattached - O Dawson, K Fuller, R Foster, B Fuller
Women Distance Medley	11:35.74	2008	Penn State - L Rosenfeld, M Duncan, F York, B Franek
Men 4xMile Relay	16:54.31	2005	St. Francis (Pa.) - R Sheehan, A Maloney, N Brousse, A Suravicz
Women 4xMile Relay	20:17.97	2005	LaSalle - E Geiger, R Papin, D Schopf, J Darcy
Men High Jump	7-2.5 (2.20)	2014	Alexander Bowen - Albany
Women High Jump	5-11.50 (1.82)	2007	Sarah Wilfred - Cornell
Men Pole Vault	16-4.75 (4.99)	2006	Evan Whitehall - Cornell
<b>Women Pole Vault</b>	<b>12-10.25 (3.92)</b>	<b>2015</b>	<b>Lexi Masterson - Penn State</b>
Men Long Jump	23-10 (7.26)	2012	Aaron Lucas - St. Peter’s College
Women Long Jump	20-4.50 (6.21)	2008	Jeomi Maduka - Cornell
Men Triple Jump	51-2.5 (15.91)	2014	Steve Waithe –Penn State
<b>Women Triple Jump</b>	<b>42-5.25 (12.93)</b>	<b>2015</b>	<b>Thea LaFond - Maryland</b>
<b>Men Shot Put</b>	<b>66-2.5 (20.18)</b>	<b>2015</b>	<b>Darrell Hill - Penn State</b>
Women Shot Put	49-8.5 (15.15)	2014	Chioma Onyekwere - Maryland
Men Weight Throw 35 lb	67-1.5 (20.46)	2014	Will Barr – Penn State
Women Weight Throw 20 lb	70-2.25 (21.39)	2006	Jen Leatherman - Penn State

BOLD denotes record set in 2015

\* - Converted from 55 Meters



# 2016 Penn State Relays

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## || Penn State Indoor Records ||

EVENT	PERFORMANCE	ATHLETE, YEAR
Men 60 Meters	6.76	Ernie Terrell, 2003
Men 200 Meters	20.98	Ryan Olkowski, 2001
Men 400 Meters	46.22	Brady Gehret, 2011
Men 500 Meters	1:01.28	Casimir Loxsom, 2013
Men 600 Meters	1:15.42	Casimir Loxsom, 2013
Men 800 Meters	1:46.98	Casimir Loxsom, 2013
Men 1000 Meters	2:19.53	Robby Creese, 2012
Men Mile	3:57.11	Robby Creese, 2013
<b>Men 3000 Meters</b>	<b>7:50.36</b>	<b>Robby Creese, 2015</b>
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
<b>Men Shot Put</b>	<b>66-2.50 (20.18)</b>	<b>Darrell Hill, 2015</b>
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
Women 1000 Meters	2:44.24	Caitlin Lane, 2012
Women Mile	4:37.95	Bridget Franek, 2010
Women 3000 Meters	9:10.04	Bridget Franek, 2009
Women 5000 Meters	15:53.50	Paula Renzi, 1985
Women 60-Meter Hurdles	8.10	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
Women Pole Vault	13-5.50 (4.11)	Sara Dougherty, 2004
Women Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
Women Triple Jump	44-1.25 (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 2015**



# 2016 Penn State Relays

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## || Time Schedule ||

### FIELD EVENTS

10:00 AM	Women Weight Throw 20 lb	Finals
	Men Weight Throw 35 lb (to follow W WT)	Finals
	Women Shot Put (to follow M WT)	Finals
	Men Shot Put (to follow W SP)	Finals
11:00 AM	Women Pole Vault	Finals
	Men Pole Vault (to follow W PV) Finals	
	** NOTE – Will Run Concurrent Runways if Necessary **	
11:00 AM	Women Long Jump	Finals
	Men Long Jump (to follow W LJ)	Finals
	Women Triple Jump (to follow M LJ)	Finals
	Men Triple Jump (to follow M TJ)	Finals
	** NOTE – Will Run Concurrent Runways if Necessary **	
3:00 PM	Women High Jump	Finals
3:00 PM	Men High Jump	Finals

### TRACK EVENTS

10:00 AM	Mixed 1 Mile Run NVRC	Finals
11:00 AM	Women 1 Mile	Finals
11:10 AM	Men 1 Mile	Finals
11:20 AM	Women 60 Meter Hurdles	Prelims
11:30 AM	Men 60 Meter Hurdles	Prelims
11:40 AM	Women 60 Meters	Prelims
11:55 AM	Men 60 Meters	Prelims
12:10 PM	Women 500 Meters	Finals
12:30 PM	Men 500 Meters	Finals
12:55 PM	Women 4x200 Meter Relay	Finals
1:00 PM	Men 4x200 Meter Relay	Finals
1:10 PM	Women 4x1 Mile Relay	Finals
1:35 PM	Men 4x1 Mile Relay	Finals
2:00 PM	Women 60 Meter Hurdles	Finals
2:05 PM	Men 60 Meter Hurdles	Finals
2:10 PM	Women 60 Meters	Finals
2:15 PM	Men 60 Meters	Finals
2:25 PM	Women 4x800 Meter Relay	Finals
2:40 PM	Men 4x800 Meter Relay	Finals
2:55 PM	Women 1000 Meters	Finals
3:00 PM	Men 1000 Meters	Finals
3:05 PM	Women 200 Meters	Finals
3:30 PM	Men 200 Meters	Finals
3:50 PM	Women 3000 Meters	Finals
4:15 PM	Men 3000 Meters	Finals
4:35 PM	Women Distance Medley	Finals
4:50 PM	Men Distance Medley	Finals
5:05 PM	Women 4x400 Meter Relay	Finals
5:25 PM	Men 4x400 Meter Relay	Finals

# 2016 PENN STATE TRACK & FIELD HOME SCHEDULE

1/29-30	PSU NATIONAL OPEN
2/5-6	SYKES & SABOCK CHALLENGE CUP
2/20	PENN STATE TUNE-UP
5/6	JIM THORPE INVITE

## Attention "Little Lions" in Grades K-5 ...

Penn State Track and Field is proud to present the "Little Lion Lap," in conjunction with the Penn State National on January 30.

### About the Nittany Lion Lap ...

**Who:** All Children in Grades K-5

**What:** One Lap (200 meters) around the Ashenfelter III Indoor Track

**Where:** Ashenfelter III Indoor Track (Multi-Sport Facility)

**When:** Saturday, January 30 (Approx. 2 p.m.)

For more information or to register, contact [littlelionlap@gmail.com](mailto:littlelionlap@gmail.com).



Scan the QR Code above for live results!