

# THE NITTANY LION CHALLENGE



**JANUARY 14, 2012**

***2012 PARENTS' DAY!  
THANK YOU, PARENTS!***



**SOPHOMORE  
Bekka Simko**



**RS-JUNIOR  
Logan Caldwell**



**SOPHOMORE  
Marlene Ricketts**

**WELCOME VISITING TEAMS!**



## TRACK & FIELD || NEWS AND NOTES

### Jones, Johnson Earn Big Ten Athlete of the Week Honors Nittany Lions impress in opening weekend of indoor season

**UNIVERSITY PARK, Pa.** - Following outstanding opening week performances, redshirt-sophomore **Mahogany Jones** (Cleveland, Ohio), and redshirt-junior Hanif Johnson (Harrisburg, Pa.) have both earned Big Ten Track and Field Athlete of the Week nods, announced by conference offices on Monday. Jones, who racked up a three victories at last weekend's Penn State Relays, currently leads the NCAA in the 200-meters, while Johnson's season-opener in the triple jump ranks third nationally, and first among Big Ten competitors.

Jones enjoyed a stellar afternoon last Saturday, picking up wins in the 60- and 200-meters individually, and leading off the winning 4x400-meter relay. Jones would clock a collegiate PR 7.41 to win the 60, before bouncing back to win the 200 in a sizzling 23.68 - the fastest performance in the NCAA in 2012. Jones' performances have an impact on the Penn State record books, as her 7.41 is tied for the third-fastest effort in Nittany Lion indoor history, and her 200 mark stands fifth on the all-time list.

The women's 4x400 performance was equally as impressive, as the quartet of Jones, freshman **Dynasty McGee** (Ypsilanti, Mich.), **Kirsten Nieuwendam** (Parimaribo, Suriname), and senior Ije Iheoma (Holland, Pa.) set a new meet record with an NCAA-leading 3:36.91, to better the field by nearly five full seconds.

Johnson also impressed in his opening effort of the 2012 season, turning in a leap of 50-0.75 (15.26) to win the triple jump by nearly three feet. Johnson's leap is currently ranked third in the NCAA and is tops among Big Ten competitors.

### Jones, 4x400 Relays Impress at Penn State Relays Nittany Lions turn in 17 victories in their opening weekend

**UNIVERSITY PARK, Pa.: January 7, 2011-** Redshirt-sophomore **Mahogany Jones** (Cleveland, Ohio) sprinted to a trio of victories to propel the Nittany Lion efforts, Saturday at the Penn State Relays at Ashenfelter III Indoor Track. Jones captured individual wins in the 60- and 200-meters, before leading off the winning 4x400-meter relay. Fellow redshirt-sophomore **Aaron Nadolsky** (Altoona, Pa.) was also a double winner, taking the 200 individually and anchoring the winning 4x400. Overall, the Nittany Lions enjoyed 17 victories, including four meet records.

Nadolsky paced a solid effort from the men's sprints squad, taking top honors in the 200 in a PR 21.59. The redshirt-sophomore led a Nittany Lion sweep in the event, with freshman Matt Gilmore (Elkins Park, Pa.) following in second in 21.68, while junior Emunael Mpanduki (Harare, Zimbabwe) placed third in 21.76. All three Nittany Lions - along with sophomore Brandon Bennett-Green(Elkins Park, Pa.) - would combine for an at-the-wire victory in the 4x400, which included a speedy 46.4 split from Gilmore on the second leg. Nadolsky would anchor the squad to victory, splitting 47.2 and out-leaping Pittsburgh's Brycen Spratling to win 3:09.65-3:09.68. The effort, which was also a meet record, is currently ranked third in the NCAA.

For more on the Nittany Lions, log on to [www.GoPSUsports.com](http://www.GoPSUsports.com)!

## 2012 SCHEDULE

### 2012 INDOOR TRACK AND FIELD SCHEDULE

January 7	Penn State Relays	Ashenfelter Track
<b>January 14</b>	<b>Nittany Lion Challenge</b>	<b>Ashenfelter Track</b>
January 27-28	Penn State National	Ashenfelter Track
February 4	Sykes-Sabock Challenge Cup	Ashenfelter Track
February 10-11	Washington Husky Classic	Seattle, Wash.
	Tyson Invitational	Fayetteville, Ark.
	Akron Invitational	Akron, Ohio
February 25-26	Big Ten Indoor Championships	Lincoln, Neb.
March 2-3	Last Chance Weekend	TBA
March 9-10	NCAA Indoor Championships	Boise, Idaho

### 2012 OUTDOOR TRACK AND FIELD SCHEDULE

March 30-31	Jim Click Shootout	Tucson, Ariz.
April 6-7	Stanford Invitational	Palo Alto, Calif.
April 7	LSU Invitational	Baton Rouge, La.
April 14-15	Bison Outdoor Classic	Lewisburg, Pa.
April 21	John McDonnell Invitational	Fayetteville, Ark.
April 21	Bucknell Team Challenge	Lewisburg, Pa.
April 26-28	Penn Relays	Philadelphia, Pa.
May 5	Jim Thorpe Open	Nittany Lion Track
May 11-13	Big Ten Outdoor Champs.	Madison, Wisc.
May 24-26	NCAA Eastern Preliminary	Jacksonville, Fla.
June 6-9	NCAA Outdoor Champs.	Des Moines, Iowa
June 15-17	USATF Junior Championships	Bloomington, Ind.
June 22 - July 1	U.S. Olympic Trials	Eugene, Ore.

## 2012 PENN STATE COACHING STAFF

<b>Beth Alford-Sullivan</b>	<b>Director and Head Coach of Track and Field</b>	<a href="mailto:bx10@psu.edu">bx10@psu.edu</a>
<b>Chris Johnson</b>	<b>Associate Head Coach</b>	<a href="mailto:cpj3@psu.edu">cpj3@psu.edu</a>
Sprints, Hurdles, Relays		
<b>Drew Hardyk</b>	<b>Assistant Coach</b>	<a href="mailto:ath1@psu.edu">ath1@psu.edu</a>
Vertical Jumps, Multi-Events		
<b>John Gondak</b>	<b>Assistant Coach</b>	<a href="mailto:jeg33@psu.edu">jeg33@psu.edu</a>
Middle Distance		
<b>Fritz Spence</b>	<b>Assistant Coach</b>	<a href="mailto:fgs110@psu.edu">fgs110@psu.edu</a>
Jumps, Multi-Events		
<b>Andy Banse</b>	<b>Assistant Coach</b>	<a href="mailto:atb14@psu.edu">atb14@psu.edu</a>
Throws		
<b>Jess Riden</b>	<b>Director of Operations</b>	<a href="mailto:jnr126@psu.edu">jnr126@psu.edu</a>

### Volunteer Assistants -

Jim Sullivan (Pole Vault), Artie Gilkes (Distance), Gigi Johnson (Sprints, Hurdles, Relays), Jeri Daniels-Elder (Throws), Luke Watson (Distance), Ryan Foster (Middle Distance)

**Athletic Trainers** - Ben Evans, Peter Meier  
**Student Manager** - Christian Eck

The Nittany Lion Challenge



# PENN STATE NITTANY LIONS || 2012 ROSTERS

## 2012 MEN'S ROSTER

First	Last	Eligibility	Event Area	Hometown
Colin	Anderson	So.	Distance	Northport, N.Y.
Erick	Artusio	So.	Pole Vault	Frederick, Md.
Colin	Baker	So.	Distance	Haddonfield, N.J.
Will	Barr	So.	Throws	Urbana, Ohio
Sancho	Barrett	Fr.	Sprints/Hurdles	Amityville, N.Y.
Bernard	Bennett-Green	So.	Sprints	Elkins Park, Pa.
Brandon	Bennett-Green	So.	Sprints	Elkins Park, Pa.
Ryan	Brennan	Fr.	Mid-Distance	Chester, N.Y.
Glen	Burkhardt	Fr.	Distance	Kennett Square, Pa.
Logan	Caldwell	Jr.	Throws	Ebensburg, Pa.
Chris	Campbell	Fr.	Distance	Newtown, Pa.
Chris	Cipro	Jr.	Distance	Harmony, Pa.
Tyler	Corkedale	So./Jr.	Distance	W. Windsor, N.J.
Robert	Creese	Fr.	Distance	Mount Airy, Md.
Kyle	Dawson	Sr.	Distance	Coatesville, Pa.
Owen	Dawson	Sr. (OUT)	Mid-Distance	Coatesville, Pa.
Wade	Endress	Fr.	Distance	Altoona, Pa.
Mark	Filandro	So.	Sprints/Hurdles	Oakland, N.J.
Matt	Fischer	Fr.	Distance	Kennett Square, Pa.
Mark	Fuller	Jr.	Mid-Distance	Camp Hill, Pa.
Brady	Gehret	So.	Sprints	Altoona, Pa.
Matt	Gilmore	Fr.	Sprints	Wyncote, Pa.
Jon	Hendershot	So.	Jumps	Nazareth, Pa.
Hanif	Johnson	Jr./Sr.	Jumps	Harrisburg, Pa.
Joe	Kovacs	Sr. (OUT)	Throws	Nazareth, Pa.
Brian	Leap	Fr.	Jumps	Tyrone, Pa.
Casimir	Loxsom	Jr.	Mid-Distance	New Haven, Conn.
Tom	Luff	So.	Distance	Emmaus, Pa.
Connor	Manley	Fr.	Mid-Distance	Jamison, Pa.
Michael	McClelland	Fr.	Jumps	Washington, Pa.
Vince	McNally	Sr.	Distance	Smoketown, Pa.
Emunael	Mpanduki	Jr.	Sprints	Harare, Zimbabwe
Nabil	Mubarak	Jr.	Throws	Loganville, Ga.
Doug	Moppert	Sr.	Jumps	Malvern, Pa.
Aaron	Nadolsky	So.	Sprints	Altoona, Pa.
Justin	Nykiel	Fr.	Throws	Marlton, N.J.
Dele	Owoye	Fr.	Sprints	Danbury, Conn.
David	Patzer	So.	Pole Vault	Landisville, Pa.
Jason	Pelletier	Sr.	Pole Vault	Benton, Ark.
Shawn	Quinn	Fr.	Distance	Ambler, Pa.
Sean	Reilly	Jr.	Jumps	Lagrangeville, N.Y.
Connor	Revord	So.	Distance	Tampa, Fla.
Dan	Sandrowicz	Jr.	Jumps	Indiana, Pa.
Nick	Scarpello	So.	Distance	Jamison, Pa.
Eli	Skinner	Jr.	Throws	Salladasburg, Pa.
Anyia	Uzoh	Sr.	Multi-Events	Laurel, Md.

## 2012 WOMEN'S ROSTER

First	Last	Eligibility	Event Area	Hometown
Leigha	Anderson	Fr.	Distance	Carlisle, Pa.
Doris	Anyanwu	Jr.	Sprints	Beltsville, Md.
Lindsay	Bacik	So.	Pole Vault	Pittsburgh, Pa.
Gabrielle	Barbour	Fr.	Sprints	Huntingdon, N.Y.
Abigail	Benson	Fr.	Distance	Elma, N.Y.
Shelley	Black	Fr.	Sprints/Hurdles	Wilkes-Barre, Pa.
Natalie	Bower	Jr.	Distance	Pleasant Unity, Pa.
Megan	Boyer	So.	Throws	Millersburg, Pa.
Evonne	Britton	Jr.	Sprints/Hurdles	El Paso, Texas
Rachel	Casciano	Fr.	Distance	Wyomissing, Pa.
Rachel	Chernaskey	Fr.	Jumps	Gilbertsville, Pa.
Kelsey	Couts	Jr./So.	Multi-Events	Powell, Ohio
Markea	Dickinson	So.	Mid-Distance	West Chester, Pa.
Kalyn	Fisher	So.	Mid-Distance	Lewisburg, Pa.
Emily	Giannotti	So.	Distance	Coudersport, Pa.
Lindsey	Graybill	Jr.	Distance	Macungie, Pa.
Brittney	Howell	So.	Jumps	Wyncote, Pa.
Ijeoma	Iheoma	Sr.	Sprints	Holland, Pa.
Kerrin	Jennings	Fr.	Distance	Glen Mills, Pa.
Mahagony	Jones	So.	Sprints	Cleveland, Ohio
Lauren	Kenney	Fr.	Throws	State College, Pa.
Marta	Klebe	So.	Mid-Distance	Chesterbrook, Pa.
Danielle	Kocjancic	So.	Distance	Kane, Pa.
Melissa	Kurzdorfer	So.	Throws	Lancaster, N.Y.
Caitlin	Lane	Sr.	Distance	Greenwich, N.Y.
Melanie	Leszcynski	Fr.	Throws	Audobon, Pa.
Tanaya	Lloyd	Sr.	Jumps	Philadelphia, Pa.
Laura	Loht	So.	Throws	McClure, Pa.
Olivia	Mangan	So.	Throws	Huntington Valley, Pa.
Dynasty	McGee	Fr.	Sprints	Ypsilanti, Mich.
Kara	Millhouse	Sr.	Distance	Boiling Springs, Pa.
Lauren	Mills	Fr.	Distance	West Chester, Pa.
Erika	Morgan	Jr./So.	Jumps	Chesapeake, Va.
Anna	Muzio	Sr.	Throws	Harrisburg, Pa.
Kirsten	Nieuwendam	Fr./So.	Sprints	Paramaribo, Surinam
Shelby	Olafson	Fr.	Jumps	Watkins Glen, N.Y.
Brooke	Owen	Fr.	Jumps	Weston, Fla.
Amanda	Palenchar	Sr.	Pole Vault	Bradenville, Pa.
Sarah	Palmer	Fr.	Jumps	Gansevoort, N.Y.
Susie	Pancoast	Fr.	Throws	West Chester, Pa.
Victoria	Perri	So.	Distance	Philadelphia, Pa.
Gwenn	Porter	So.	Distance	Clearfield, Pa.
Brianna	Rauenzahn	Fr.	Jumps	Schuylkill Haven, Pa.
Marlene	Ricketts	So.	Jumps	Old Westbury, N.Y.
Brooklyne	Ridder	Jr.	Distance	Cincinnati, Ohio
Katie	Rodden	Fr.	Distance	Ardmore, Pa.
Colleen	Shannon	Jr.	Mid-Distance	Andover, Mass.
Rebekka	Simko	So.	Mid-Distance	Mentor, Ohio
Lucia	Sofo	So.	Distance	State College, Pa.
Jane	Swenson	Jr./Sr.	Throws	Brandon, S.D.
Jocelyn	Witmer	Sr.	Pole Vault	Lancaster, Pa.



## PENN STATE RELAYS || MEET RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.73	2007	Dennis Boone - St. Augustine's
Women 60 Meters	7.32	2011	Natasha Hastings - Nike
Men 200 Meters	21.18	2009	Reggie Dixon - Hampton
Women 200 Meters	23.32	2011	Natasha Hastings - Nike
Men 400 Meters	46.95	2007	Jamaal Torrance - St. Augustine's
Women 400 Meters	53.32	2010	Fawn Dorr - Penn State
Men 600 Meters	1:16.92	2010	Casimir Loxsom - Penn State
Women 600 Meters	1:28.15	2010	Shana Cox - Adidas
Men 800 Meters	1:51.45	2010	Alex Bean - Georgetown
Women 800 Meters	2:08.89	2010	Emily Infeld - Georgetown
Men 1000 Meters	2:19.60	2010	Ryan Foster - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	4:04.26	2011	Owen Dawson - Penn State
Women Mile	4:46.70	2011	Cory McGee - Florida
Women 3000 Meters	9:16.04	2010	Katie McGregor - Reebok
Men 3000 Meters	8:17.22	2010	Dennis Pollow - Unattached
Men 60 Meter Hurdles	7.87	2009	Predist Walker - Hampton
Women 60 Meter Hurdles	8.19	2010	Tiffany Ofili - Adidas
Men 4x400 Meter Relay	3:09.45	2011	Penn State - L Williams, B Gehret, C Loxsom, A Nadolsky
Women 4x400 Meter Relay	3:37.63	2011	Penn State - D Anyanwu, M Jones, S Greaves, I Iheoma
Men Distance Medley	10:05.38	2009	Seton Hall - T Corona, J Gurr, S McFarlane, R Novak
Women Distance Medley	11:32.61	2008	Pennsylvania - C Kim, S Morgan, J Carlin, S Kim
Men High Jump	7-2.25	2009	Ryan Fritz - Penn State
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	16-0.75 (4.90)	2008	Brian Duggan - Rutgers
Women Pole Vault	13-1.50 (4.00)	2008	Marissa Dudek - Unattached
Men Long Jump	24-5.75 (7.46)	2011	Doug Moppert - Penn State
Women Long Jump	19-9 (6.02)	2009	Gayle Hunter - Penn State
Men Triple Jump	53-1.50 (16.19)	2011	Omar Craddock - Florida
Women Triple Jump	43-6 (13.26)	2009	Jeomi Maduka - Cornell
Men Shot Put	68-6.50 (20.89)	2011	Ryan Whiting - Nike
Women Shot Put	49-4.25 (15.04)	2007	Jen Leatherman - Unattached
Men Weight Throw 35 lb	64-7.25 (19.69)	2011	Jeremy Postin - Florida
Women Weight Throw 20 lb	67-2.25 (20.48)	2007	Jen Leatherman - Unattached

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**DID YOU KNOW??**

**24 WOMEN, AND NINE MEN from the Penn State Track and Field/Cross Country roster made the Deans' List for the 2011 Fall Semester. Great Job!**

**The Nittany Lion Challenge**



## ASHENFELTER III INDOOR TRACK || FACILITY RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.18	2010	Barbara Pierre - St. Augustine's
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
Men 600 Meters	1:16.19	2001	Tom Gerding - Minnesota
Women 600 Meters	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meters	1:47.36	2011	Casimir Loxsom - Penn State
Women 800 Meters	2:03.51	2011	Erica Moore - Knoxville Elite
Men 1000 Meters	2:19.60	2010	Ryan Foster - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:57.97	2011	Cory Leslie - Ohio State
Women Mile	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meters	7:58.51	2000	Robert Gary - Adidas
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	7.58	2011	Jarrett Eaton - Unattached
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x400 Meter Relay	3:07.78	2001	Ohio State - C Cornwall, E Francis, T Dickson, A Pierce
Women 4x400 Meter Relay	3:34.38	2005	Tennessee - L Loche, N Cook, P Hall, C Champion
Men 4x800 Meter Relay	7:23.13	2009	Phoenix Athletics - K Smith, A Maloney, M Lincoln, A Heaney
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	11:03.42	2004	Tennessee - N Cook, L Hyatt, D Trotter, B Novak
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	18-3. (5.56)	2001	Paul Terek - Michigan State
Women Pole Vault	14-3.25 (4.35)	2010	Alicia Rue - Minnesota
Men Long Jump	26-1.50 (7.96)	2011	Justin Hunter - Tennessee
Women Long Jump	21-6.75 (6.57)	2006	Tianna Madison - Nike
Men Triple Jump	55-9 (16.99)	2006	Leevan Sands - Bahamas
Women Triple Jump	45-2.50 (13.45)	2004	Colleen Scott - Unattached
Men Shot Put	68-6.50 (20.89)	2011	Ryan Whiting - Nike
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	74-4.25 (22.66)	2004	Dan Taylor - Ohio State
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Pentathlon	4731	2010	Hyleas Fountain - Nike

**COME SEE THE NITTANY LIONS AGAIN AT THE PENN STATE NATIONAL!**

**ACTION IS SET FOR FRIDAY AND SATURDAY, JANUARY 27-28, 2012!**

**RIGHT HERE AT ASHENFELTER III INDOOR TRACK!**



**January 14, 2012 || Ashenfelter III Indoor Track**

## NCAA QUALIFYING STANDARDS

Event	2012 NCAA Auto	Event	2012 NCAA Auto
W 60 Meters	7.26	M 60 Meters	6.60
W 200 Meters	23.12	M 200 Meters	20.73
W 400 Meters	52.60	M 400 Meters	46.00
W 800 Meters	2:04.50	M 800 Meters	1:47.30
W Mile	4:37.00	M Mile	3:57.90
W 3000 Meters	9:10.00	M 3000 Meters	7:52.30
W 5000 Meters	15:57.00	M 5000 Meters	13:44.60
W 60-Meter Hurdles	8.10	M 60-Meter Hurdles	7.70
W 4X400-Meter Relay	3:34.00	M 4X400-Meter Relay	3:06.50
W Distance Medley Relay	11:03.50	M Distance Medley Relay	9:31.00
W High Jump	6-0.75 (1.85)	M High Jump	7-4.25 (2.24)
W Pole Vault	14-3.25 (4.35)	M Pole Vault	18-0.50 (5.50)
W Long Jump	21-2 (6.45)	M Long Jump	26-6 (8.00)
W Triple Jump	43-7.75 (13.30)	M Triple Jump	53-5.75 (16.30)
W Shot Put	56-5.25 (17.20)	M Shot Put	63-6 (19.35)
W Weight Throw	68-10.75 (21.00)	M Weight Throw	70-6.50 (21.50)
W Pentathlon	4150	M Heptathlon	5750

## 2012 PENN STATE PERFORMANCE LIST

EVENT	TOP WOMEN'S PERFORMANCE	TOP MEN'S PERFORMANCE
60 Meters	7.41 - M. Jones (1/7/12)	7.02 - M. Gilmore (1/7/12)
200 Meters	23.68 - M. Jones (1/7/12)	21.59 - A. Nadolsky (1/7/12)
400 Meters	***	***
500 Meters	1:12.05 - I. Iheoma (1/7/12)	1:03.30 - Br. Bennett-Green (1/7/12)
600 Meters	***	***
800 Meters	***	***
1000 Meters	3:02.86 - K. Jennings (1/7/12)	2:31.71 - C. Baker (1/7/12)
Mile	***	***
3000 Meters	10:13.85 - L. Mills (1/7/12)	***
5000 Meters	***	***
60- Meter Hurdles	8.39 - E. Britton (1/7/12)	8.14 - S. Barrett (1/7/12)
4X400-Meter Relay	3:36.91 (1/7/12)	3:09.65 (1/7/12)
Distance Medley Relay	Jones, McGee, Nieuwendam, Iheoma 12:01.52 (1/7/12)	Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky 9:49.04 (1/7/12)
High Jump	Simko, Klebe, Fisher, Casciano 5-7 (1.70) - S. Palmer (1/7/12)	Creese, Brennan, Manley, Endress 6-6.25 (1.99) - J. Hendershot (1/7/12)
Pole Vault	12-6.25 (3.82) - J. Witmer (1/7/12)	6-6.25 (1.99) - S. Reilly (1/7/12)
Long Jump	18-5 (5.61) - B. Howell (1/7/12)	15-5 (4.70) - J. Pelletier (1/7/12)
Triple Jump	39-6 (12.04)	22-7 (6.88) - D. Moppert (1/7/12)
Shot Put	48-8.25 (14.84) - J. Swenson (1/7/12)	50-0.75 (15.26) - H. Johnson (1/7/12)
Weight Throw	52-7.50 (16.34) - M. Kurzdorfer (1/7/12)	55-7 (16.94) - L. Caldwell (1/7/12)
Pentathlon/Heptathlon	***	61-2.75 (18.66) - W. Barr (1/7/12) ***



## PENN STATE RECORDS

EVENT	PERFORMANCE	ATHLETE, YEAR
M 60 Meters	6.76	Ernie Terrell, 2003
M 200 Meters	20.98	Ryan Olkowski, 2001
M 400 Meters	46.22	Brady Gehret, 2011
M 500 Meters	1:01.28	Casimir Loxsom, 2011
M 600 Meters	1:16.89	Ben Karcz, 2001
M 800 Meters	1:47.32	Ryan Foster, 2010
M 1000 Meters	2:19.60	Ryan Foster, 2010
M Mile	3:58.49	Ryan Foster, 2011
M 3000 Meters	8:00.78	Ken Frazier, 1989
M 5000 Meters	13:52.36	Steve Brown, 1990
M 60- Meter Hurdles	7.69	Guy Rose, 2001
M 4X400-Meter Relay	3:07.27	Nadolsky, Williams, Loxsom, Gehret, 2011
M Distance Medley Relay	9:32.94	Borchers, Cadau, Foster, Johnson, 2009
M High Jump	7-2.25 (2.24)	Paul Souza, 1982
M Pole Vault	17-0.75 (5.20)	John Vellenoweth, 2009
M Long Jump	25-11 (7.90)	David Coney, 1986
M Triple Jump	53-0.75 (16.17)	Chavous Nichols, 2003
M Shot Put	65-7 (19.99)	C.J. Hunter, 1990
M Weight Throw	66-5.75 (20.26)	Dorian Lowe, 2002
M Heptathlon	5500	James Cook, 1998

EVENT	PERFORMANCE	ATHLETE, YEAR
W 60 Meters	7.24	Shavon Greaves, 2010
W 200 Meters	22.60	Connie Moore, 2004
W 300 Meters	37.13	Shavon Greaves, 2010
W 400 Meters	52.31	Shana Cox, 2007
W 500 Meters	1:09.19	Shana Cox, 2007
W 600 Meters	1:29.81	Briene Simmons, 2007
W 800 Meters	2:05.67	Briene Simmons, 2007
W 1000 Meters	2:45.95	Caitlin Lane, 2011
W Mile	4:37.95	Bridget Franek, 2010
W 3000 Meters	9:10.04	Bridget Franek, 2009
W 5000 Meters	15:53.50	Paula Renzi, 1985
W 60-Meter Hurdles	8.16	Aleesha Barber, 2009
W 4X400-Meter Hurdles	3:33.39	Blake, Simmons, Barber, Cox, 2007
W Distance Medley Relay	11:14.78	Hutchinson, Cox, Simmons, Franek, 2007
W High Jump	5-11.25 (1.81)	A. O'Carroll, 1987; B. Maun, 2010
W Pole Vault	13-5.50 (4.11)	Sara Dougherty, 2004
W Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
W Triple Jump	44-1.50 (13.45)	Chi-Chi Aduba, 2003
W Shot Put	56-5.25 (17.20)	Ja'Nai O'Connor, 2004
W Weight Throw	74-10 (22.82)	Jen Leatherman, 2006
W Pentathlon	4342	Gayle Hunter, 2009



# NITTANY LION CHALLENGE

## ORDER OF EVENTS

### FIELD EVENTS

11:00 AM	Men Weight Throw 35 lb Women Weight Throw 20 lb (follows M WT; Estimated Start - 12:30 PM) Men Shot Put (follows W WT; Estimated Start - 2:00 PM) Women Shot Put (follows M SP; Estimated Start - 3:30 PM)	Finals Finals Finals Finals
11:00 AM	Men Pole Vault Women Pole Vault (to follow M PV; Estimated Start - 1:15 PM)	Finals Finals
11:00 AM	Men Long Jump Women Long Jump (follows M LJ; Estimated Start - 12:30 p.m.) Men Triple Jump (to follow W LJ; Estimated Start - 2:30 p.m.) Women Triple Jump (to follow M TJ; Estimated Start - 3:30 p.m.)	Finals Finals Finals Finals
3:00 PM 3:00 PM	Men High Jump Women High Jump	Finals Finals

### TRACK EVENTS

11:00 AM	Mixed 1 Mile Run NVRC	Finals
12:00 PM	Men 1 Mile Run	Finals
12:10 PM	Women 1 Mile Run	Finals
12:25 PM	Men 60 Meter Hurdles	Prelims
12:35 PM	Women 60 Meter Hurdles	Prelims
12:50 PM	Men 60 Meter Dash	Prelims
1:00 PM	Women 60 Meter Dash	Prelims
1:15 PM	Men 800 Meter Run	Finals
1:20 PM	Women 800 Meter Run	Finals
1:25 PM	Men 60 Meter Hurdles	Finals
1:30 PM	Women 60 Meter Hurdles	Finals
1:35 PM	Men 60 Meter Dash	Finals
1:40 PM	Women 60 Meter Dash	Finals
1:50 PM	Men 400 Meter Dash	Finals
2:05 PM	Women 400 Meter Dash	Finals
2:20 PM	Men 1000 Meter Run	Finals
2:30 PM	Women 1000 Meter Run	Finals
2:40 PM	Men 600 Meter Run	Finals
2:50 PM	Women 600 Meter Run	Finals
3:05 PM	Men 200 Meter Dash	Finals
3:20 PM	Women 200 Meter Dash	Finals
3:40 PM	Men 3000 Meter Run	Finals
3:50 PM	Women 3000 Meter Run	Finals
4:05 PM	Men Distance Medley	Finals
4:20 PM	Women Distance Medley	Finals
4:35 PM	Men 4x400 Meter Relay	Finals
4:45 PM	Women 4x400 Meter Relay	Finals

