



PENN STATE TRACK & FIELD

248 BIG TEN CHAMPIONS | 31 INDIVIDUAL NATIONAL CHAMPIONS | 435 ALL-AMERICANS | 10 BIG TEN TEAM TITLES

2018 Schedule

-  **NITTANY LION CHALLENGE**
Jan. 13 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **CLEMSON INVITATIONAL**
Jan. 19-20 | Clemson University Indoor Track | Clemson, S.C.
-  **PENN STATE NATIONAL OPEN**
Jan. 26-27 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **SYKES-SABOCK CHALLENGE CUP**
Feb. 2-3 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **SPIRE INVITATIONAL**
Feb. 9-10 | Spire Institute | Geneva, Ohio
-  **HUSKY CLASSIC**
Feb. 9-10 | Dempsey Indoor | Seattle, Wash.
-  **IOWA STATE CLASSIC**
Feb. 10 | Lied Recreation Athletic Center | Ames, Iowa
-  **PENN STATE TUNE-UP**
Feb. 17 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **BIG TEN INDOOR CHAMPIONSHIPS**
Feb. 23-24 | Spire Institute | Geneva, Ohio
-  **NCAA INDOOR CHAMPIONSHIPS**
March 9-10 | Gilliam Indoor Track Stadium | College Station, Texas
-  **PAC-12/BIG TEN CHALLENGE**
March 23-24 | Sun Angel Stadium | Tempe, Ariz.
-  **FLORIDA RELAYS**
March 30-31 | Percy Beard Track | Gainesville, Fla.
-  **STANFORD INVITATIONAL**
March 30-31 | Cobb Track & Angell Field | Stanford, Calif.
-  **BATTLE ON THE BAYOU**
April 7 | Bernie Moore Track Stadium | Baton Rouge, La.
-  **TRITON INVITATIONAL**
April 14 | Triton Track & Field Stadium | San Diego, Calif.
-  **BUCKNELL CLASSIC**
April 14-15 | Christy Mathewson-Memorial Stadium | Lewisburg, Pa.
-  **VIRGINIA CHALLENGE**
April 20-21 | Lannigan Field | Charlottesville, Va.
-  **BUCKNELL TEAM CHALLENGE**
April 21 | Christy Mathewson-Memorial Stadium | Lewisburg, Pa.
-  **PENN RELAYS**
April 26-28 | Franklin Field | Philadelphia, Pa.
-  **JIM THORPE OPEN**
May 4 | Nittany Lion Outdoor Track | University Park, Pa.
-  **BIG TEN CHAMPIONSHIPS**
May 11-13 | Robert C. Haugh Complex | Bloomington, Ind.
-  **NCAA EAST FIRST ROUNDS**
May 24-26 | USF Track & Field Stadium | Tampa, Fla.
-  **NCAA CHAMPIONSHIPS**
June 6-9 | Hayward Field | Eugene, Ore.

2018 BIG TEN TRACK & FIELD OUTDOOR CHAMPIONSHIPS

Date: **May 11-13, 2018**
 Location: **Bloomington, Indiana**
 Host: **Indiana University**
 Venue: **Robert C. Haugh Track & Field Complex**
 Live Results: **pttiming.com**
 Broadcast: **FloTrack/BTN2go**

THE STARTING BLOCKS

The Penn State track & field program heads to Bloomington, Indiana, for the 2018 Big Ten Outdoor Track & Field Championships. The meet is hosted by Indiana University at the Robert C. Haugh Track & Field Complex, May 11-13.

LAST TIME OUT

The Nittany Lions wrapped up the 2018 outdoor regular season with the Jim Thorpe Open at the Nittany Lion Outdoor Track. The meet was highlighted by Quenee Dale improving her No. 6 spot all-time at Penn State in the women's 100-meter hurdles (13.62) and Jon Yohman tallying a season-best toss of 59-10.25 in the men's shot put.

LOOKING BACK AT THE 2017 BIG TEN CHAMPIONSHIPS

Last year at the 2017 Big Ten Outdoor Track & Field Championships, the Penn State men's program captured its first conference title in program history.

In addition to Isaiah Harris (800-meter run - 1:49.68) and Malik Moffett (200-meter dash - 19.87, long jump - 26-3) winning titles, several Nittany Lions scored points in their respective events to help Penn State capture the team title.

On the women's side, the Nittany Lions finished third in the team standings.

Individually for the Penn State women, Danae Rivers won the 800-meter run (2:04.14) and placed second in the 1,500-meter run (4:21.86), while Dannielle Gibson won the triple jump (45-1.75).

DEFENDING THEIR TITLES

A trio of Nittany Lions enter the 2018 Big Ten Outdoor Track & Field Championships looking to defend titles in their respective events. On the women's side, then-freshman Danae Rivers ran 2:04.14 en route to the second 800-meter run title in program history (Erica Bosler - 1998).

For the Penn State men, Isaiah Harris is the two-time defending champion in the 800-meter run (1:46.21 - 2016 & 1:49.68 - 2017) and Malik Moffett won the 200-meter dash (19.87) and the long jump (26-3) last year.

#800U

Heading into the 2018 Big Ten Outdoor Track & Field Championships, the Penn State men's program has finished first in the 800-meter run in six of the last nine meets (2009-11 & 2015-17).

2018 BIG TEN TRACK & FIELD CHAMPIONSHIPS SCHEDULE

FRIDAY, MAY 11

Noon Women's Hammer
 Noon Decathlon 100-meters
 12:15 Heptathlon 100-meter hurdles
 12:45 Decathlon long jump
 12:50 Heptathlon high jump
 1:30 Women's pole vault (trials and finals)
 2:30 Men's Hammer (trials and finals)
 2:00 Decathlon shot put
 2:45 Decathlon high jump
 2:50 Heptathlon shot put
 3:30 Women's javelin (trials and finals)
 4:00 Heptathlon 200-meters
 5:00 Decathlon 400-meters
 5:15 Men's javelin (trials and finals)
 5:35 Women's 400-meter hurdles (trials)
 5:55 Men's 400-meter hurdles (trials)
 6:15 Women's 200-meters (trials)
 6:30 Men's 200-meters (trials)
 6:45 Women's 1500-meters (trials)
 7:05 Men's 1500-meters (trials)
 7:30 Women's 10,000-meters
 8:15 Men's 10,000-meters

SATURDAY, MAY 12

10:30 a.m. Decathlon 110-meter hurdles
 11:10 a.m. Decathlon discus
 11:15 a.m. Heptathlon long jump
 12:20 Decathlon pole vault
 12:30 Heptathlon javelin
 2:15 Decathlon javelin
 1:20 Women's & Men's long jump (trials and finals)
 2:00 Women's Shot (trials and finals)
 2:15 Women's high jump (trials and finals)
 2:45 Heptathlon 800-meters
 3:30 Men's shot put (trials and finals)
 4:00 Women's 400-meters (trials)
 4:15 Men's 400-meters (trials)
 4:30 Decathlon 1500-meters
 4:40 Women's 100-meters (trials)
 4:55 Men's 100-meters (trials)
 5:10 Women's 100-meter hurdles (trials)
 5:25 Men's 110-meter hurdles (trials)
 5:40 Women's 800-meters (trials)
 6:05 Men's 800-meters (trials)
 6:40 Women's 3,000-meters steeplechase
 6:55 Men's 3,000-meters steeplechase

SUNDAY, MAY 13

11:00 a.m. Women's & Men's triple jump (trials and finals)
 11:00 a.m. Women's discus (trials and finals)
 Noon Men's pole vault (trials and finals)
 12:30 Men'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 Discus (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)
 2:03 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)

ALL-TIME BIG TEN OUTDOOR TEAM 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.
2015	5th	67 pts	East Lansing, Mich.
2016	5th	82 pts	Lincoln, Neb.
2017	1st	117 pts	University Park, Pa.

BIG TEN MEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2014	Darrell Hill
2017	Malik Moffett

ATHLETE OF THE YEAR

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

FRESHMAN OF THE YEAR

2010	Casimir Loxsom
2012	Robby Creese

COACH OF THE YEAR

2017	John Gondak
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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.
2015	7th	66 pts	East Lansing, Mich.
2016	10th	47.5 pts	Lincoln, Neb.
2017	3rd	101 pts	University Park, Pa.

BIG TEN WOMEN'S OUTDOOR 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
2017	Danae Rivers

COACH OF THE YEAR

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

BOLD - Denotes Big Ten Champion

MEN'S BIG TEN INDIVIDUAL OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Antonio Davis	Triple Jump	50-10 (15.49)
1993	Antonio Davis	Triple Jump	51-1.75 (15.59)
1994	Bob Hamer	5000-Meters	14:26.10
1995	Rob Austin	Javelin	224-0
1996	James Cook	Decathlon	7448
1996	Steve Pina	Long Jump	25-9.50 (7.86)
1996	Carl Wolter	Javelin	233-8 (71.22)
1997	Troy Burkholder	Javelin	224-2 (68.32)
1998	George Audu	Long Jump	25-4 (7.72)
1998	Troy Burkholder	Javelin	210-11 (64.28)
1999	George Audu	Long Jump	25-8.75 (7.84)
1999	Troy Burkholder	Javelin	222-11 (67.96)
2001	Brian Derby	400-Meter Hurdles	49.77
2002	Ryan Olkowski	200-Meters	20.59
2003	Brian Derby	400-Meter Hurdles	49.72
2003	J.T. Kurecich	Decathlon	7424
2004	Brian Stumpf	Javelin	216-4 (65.94)
2005	Jaret Campisi	400-Meter Hurdles	50.10
2005	Bret Kerschner	Javelin	218-6 (66.61)
2006	Mark Miller	800-Meters	1:48.78
2006	Allen Pettner	Javelin	218-6 (66.60)
2007	Ryan Fritz	High Jump	7-1.75 (2.13)
2007	Allen Pettner	Javelin	239-9 (73.09)
2008	Samuel Borchers	1500-Meters	4:03.96
2009	Tanner Evak	Javelin	233-4 (71.13)
2009	Ryan Foster	800-Meters	1:49.66
2009	Clarence Smith	Triple Jump	52-10.75 (16.12)w
2010	Casimir Loxsom	800-Meters	1:48.06
2010	Blake Eaton	Shot Put	60-6.75 (18.46)
2011	Casimir Loxsom	800-Meters	1:47.70
2011	Blake Eaton	Shot Put	61-8.50 (18.81)
2012	Casimir Loxsom	800-Meters	1:46.12
2012	Brady Gehret	400-Meters	45.22
2012	Joe Kovacs	Shot Put	68-5 (20.85)
2012	Aaron Nadolsky	4x400-Meter Relay	3:04.78
2012	Casimir Loxsom	4x400-Meter Relay	3:04.78
2012	Brady Gehret	4x400-Meter Relay	3:04.78
2012	Brandon Bennett-Green	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)
2015	Darrell Hill	Shot Put	66-3.25 (20.19)
2015	Michael Shuey	Javelin	229-2 (69.85)
2015	Brandon Kidder	800-Meters	1:47.56
2016	Brannon Kidder	1500- Meters	3:44.67
2016	Isaiah Harris	800-Meters	1:46.21
2016	Brian Leap	Triple Jump	53-4.5 (16.37)
2017	Malik Moffett	200-Meters	19.87
2017	Isaiah Harris	800-Meters	1:49.68
2017	Malik Moffett	Long Jump	26-3 (8.00)

WOMEN'S BIG TEN INDIVIDUAL OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Stacey Gibbs	Javelin	165-1 (50.31)
1993	Kim Kelly	10,000-Meters	34:58.95
1998	Erica Bosler	800-Meters	2:05.69
1998	Shakeema Walker	Triple Jump	42-4 (12.91)
1999	Shakeema Walker	Triple Jump	43-6.50 (13.27)
2000	Deshaya Williams	Discus	165-10 (50.54)
2002	Connie Moore	100-Meters	11.31
2002	Connie Moore	200-Meters	23.12
2003	Connie Moore	100-Meters	11.37
2004	Connie Moore	100-Meters	11.40
2004	Connie Moore	200-Meters	22.74
2004	Chi-Chi Aduba	4x100-Meter Relay	44.55
2004	Connie Moore	4x100-Meter Relay	44.55
2004	Kamilah Salaam	4x100-Meter Relay	44.55
2004	Sara Shoaff	4x100-Meter Relay	44.55
2004	Chi-Chi Aduba	Long Jump	20-10.75 (6.36)
2004	Ja'Nai O'Connor	Shot Put	55-4.75 (16.88)
2005	Shana Cox	400-Meters	52.91
2005	Shana Cox	4x100-Meter Relay	45.27
2005	Brooke Robinson	4x100-Meter Relay	45.27
2005	Kamilah Salaam	4x100-Meter Relay	45.27
2005	Sara Shoaff	4x100-Meter Relay	45.27
2005	Jennifer Leatherman	Hammer	199-3 (60.73)
2006	Shana Cox	200-Meters	23.41
2006	Shana Cox	400-Meters	52.57
2006	Shana Cox	4x100-Meter Relay	45.18
2006	Kamilah Salaam	4x100-Meter Relay	45.18
2006	Sara Shoaff	4x100-Meter Relay	45.18
2006	Monique Walker	4x100-Meter Relay	45.18
2006	Dominique Blake	4x400-Meter Relay	3:36.95
2006	Shana Cox	4x400-Meter Relay	3:36.95
2006	Kim Markel	4x400-Meter Relay	3:36.95
2006	Briene Simmons	4x400-Meter Relay	3:36.95
2006	Jennifer Leatherman	Discus	167-8 (51.10)
2006	Jennifer Leatherman	Hammer	197-8 (60.24)
2007	Aleesha Barber	400-Meter Hurdles	57.56
2007	Dominique Blake	4x400-Meter Relay	3:34.93
2007	Shana Cox	4x400-Meter Relay	3:34.93
2007	Gayle Hunter	4x400-Meter Relay	3:34.93
2007	Briene Simmons	4x400-Meter Relay	3:34.93
2008	Shana Cox	200-Meters	23.15
2008	Shana Cox	400-Meters	52.00
2008	Aleesha Barber	100-Meter Hurdles	12.83
2008	Bridget Franek	3000 Steeplechase	9:58.56
2008	Dominique Blake	4x400-Meter Relay	3:36.24
2008	Shana Cox	4x400-Meter Relay	3:36.24
2008	Fawn Dorr	4x400-Meter Relay	3:36.24
2008	Briene Simmons	4x400-Meter Relay	3:36.24
2009	Shavon Greaves	100-Meters	11.49
2009	Shavon Greaves	200-Meters	23.35
2010	Shavon Greaves	100-Meters	11.56
2010	Shavon Greaves	200-Meters	23.28
2010	Fawn Dorr	400-Meters	52.51
2010	Aleesha Barber	100-Meter Hurdles	13.11
2010	Fawn Dorr	400-Meter Hurdles	57.5
2010	Bridget Franek	3000 Steeplechase	9:48.28
2010	Aleesha Barber	4x100-Meter Relay	42.62
2010	Shavon Greaves	4x100-Meter Relay	42.62
2010	Caitlin DeFusco	4x100-Meter Relay	42.62
2010	Fawn Dorr	4x100-Meter Relay	42.62
2010	Shavon Greaves	4x400-Meter Relay	3:35.18
2010	Fawn Dorr	4x400-Meter Relay	3:35.18
2010	Doris Anyanwu	4x400-Meter Relay	3:35.18
2010	Megan Duncan	4x400-Meter Relay	3:35.18
2011	Kara Millhouse	10,000-Meters	35:02.33
2011	Megan Duncan	400-Meter Hurdles	57.35
2011	Karlee McQuillen	Javelin	162-10 (49.63)
2012	Kara Millhouse	10,000-Meters	34:25.78
2012	Laura Loht	Javelin	160-11 (49.05)
2013	Mahogany Jones	100-Meters	11.32 (+2.6)
2013	Evonne Britton	100-Meter Hurdles	13.40
2013	Lauren Kenney	Javelin	173-10 (52.98)
2014	Mahogany Jones	200-Meters	23.08
2014	Kiah Seymour	400-Meter Hurdles	56.40
2014	Dynasty McGee	4x400-Meter Relay	3:34.81
2014	Mahogany Jones	4x400-Meter Relay	3:34.81
2014	Tichina Rhodes	4x400-Meter Relay	3:34.81
2014	Kiah Seymour	4x400-Meter Relay	3:34.81
2014	Melissa Kurzdorfer	Hammer	198-6 (60.51)
2014	Brittney Howell	Heptathlon	5,515
2017	Danae Rivers	800-Meters	2:04.14

** Bold - Denotes Big Ten Championship Record

NITTANY LION MEN'S ROSTER

Name	Event	IN/OUT	Hometown/High School/Last College
Colin Abert	Distance	Jr.	Easton, Pa./Easton
James Abrahams	Distance	Fr.	Havertown, Pa./Haverford Township
Darian Alston	Jumps	So.	West Chester, Pa./Downingtown West High School
William Ashenfelder	Mid-Distance	So./Fr.	Needham, MA/Needham
Ryan Barton	Distance	Fr.	Downington, Pa./Downington West
Michael Biddle	Throws	So.	Williamsburg, Pa/Living Water Christian Academy
Brady Bobbitt	Distance	So.	Batavia, Ill./Marmion Academy
Tom Bojalad	Throws	Fr.	Saint Marys, Pa./St. Mary's
Devin Bradham	Jumps	Jr.	Williamstown, N.J./Williamstown
Ben Bumgarner	Distance	Fr.	Waynesburg, Pa./Waynesburg Central
Austin Campbell	Jumps	So.	Denver, Colorado/Regis Jesuit High School
Dan Chisena	Sprints	Jr.	Downington, Pa./Downingtown-East
Tristan Daman	Sprints	So.	State College, Pa./State College
Vail Freed	Distance	Fr.	Middletown, DE/Appoquinimink
Luke Grodeska	Throws	Fr.	Neptune, N.J./St. Rose
Isaiah Harris	Mid-Distance	Jr.	Lewiston, Maine/Lewiston
Spencer Hay	Jumps	So./Fr.	Palmerton, Pa./Palmerton Area
Will Henderson	Jumps/Hurdles	Fr.	Baltimore, Md./Baltimore Polytechnic Inst.
Brandon Hontz	Distance	Fr.	West Chester, Pa./Bayard Rustin
Chisom Ifedi	Jumps	Jr.	Columbus, Ohio/Centennial
Terrance Laird	Sprints	Fr.	Coatesville, Pa./Coatesville
William Loevner	Distance	Fr.	Allison Park, Pa./Winchester Thurston
Joey Logue	Distance	Jr.	Blooming Glen, Pa./Penridge
Tommy Louro	Distance	Jr.	Holtsville, N.Y./St. Anthony's
David Lucas	Throws	So./Jr.	Lititz, Pa./Warwick
Jordan Makins	Distance	Sr.	Perth, Australia//Aquinas College
Billy McDevitt	Mid-Distance	So./Jr.	Newtown Square, Pa./Malvern Prep
John McGowan	Distance	Jr./Sr.	Northport, N.Y./Northport/Roger Williams
Timothy McGowan	Distance	Jr./Sr.	Northport, N.Y./Northport/Roger Williams
Kier Miner	Sprints	So.	Mechanicsburg, Pa./Mechanicsburg/Shippensburg
Malik Moffett	Sprints/Jumps	Sr.	Erie, Pa./PSU - Behrend
Matt Nawrocki	Throws	Sr./Jr.	Moscow, Pa./North Pocono
Domenic Perretta	Distance	So.	Beaver Falls, Pa./Big Beaver Falls
Ben Peterson	Throws	Fr.	Solon, Ohio/Solon
Anton Porter	Sprints	Jr.	Bronx, N.Y./Mount St. Michael
Mark Porter	Throws	Fr.	Reading, Mass./Reading Memorial
Luke Rarig	Multi-Events	So.	Catawissa, Pa./Southern Columbia
Samuel Reiser	Sprints/Relays	Jr.	Melbourne, Australia/Geelong Grammar School
Gary Ross III	Distance	Fr.	Fort Washington, Md./Oxon Hill
Andrew Sell	Distance	So.	Minneapolis, Minn./Washburn
Morgan Shigo	Throws	Jr.	Blandon, Pa./Fleetwood Area
Xavier Smith	Sprints/Relays	Sr.	Douglassville, Pa./Daniel Boone
Noah Swaby	Multi-Events	Fr.	Pittsburgh, Pa./Taylor Alderdice
Alex Tomasko	Distance	Fr.	Mechanicsburg, Pa./Mechanicsburg
Nick Wagner	Distance	Fr.	Export, Pa./Penn-Trafford
Bryce Williams	Jumps	Jr.	State College, Pa./State College Area
Darien Williams	Sprints	Fr.	Blue Bell, Pa./Wissahickon
Owen Wing	Distance	Fr.	State College, Pa./State College
Jon Yohman	Throws	Sr.	New Wilmington, Pa./Wilmington
Jack Zimmerman	Throws	Fr.	Briarcliff Manor, N.Y./Briarcliff

NITTANY LION WOMEN'S ROSTER

Name	Event	IN/OUT	Hometown/High School/Last College
Keianna Albury	Sprints/Relays	Jr.	Eleuthera, Bahamas/St. Augustine's College
Tessa Barrett	Distance	Jr.	Waverly, Pa./Abington Heights
Lisa Bennatan	Distance	Sr.	Lake Forest, Ill./Lake Forest
Frances Bull	Sprints/Mid-Distance	Jr./So.	Mentor, Ohio/Lake Catholic
Rosemary Campbell	Throws	So.	Erie, Pa/Iroquois
Elizabeth Chikotas	Distance	Sr./Jr.	Hellertown, Pa./Saucon Valley
Lauren Costa	Sprints	Jr.	North Fayette Township, Pa./West Allegheny
Victoria Crawford	Mid-Distance	Sr.	State College, Pa./State College Area/IUP
Queene Dale	Sprints/Hurdles/Relays	Sr.	Ypsilanti, Mich./Saline
Deja Davis	Sprints/Relays	Sr.	Shelby Charter Township, Mich./Utica
Rachael DeCecco	Sprints/Hurdles/Relays	Sr.	Mechanicsburg, Pa./Cumberland Valley
Marisa Deichert	Distance	So.	Uniontown, Pa./Laurel Highlands
Natasha Fedkina	Distance	Fr.	State College, Pa./State College Area
Madeline Frew	Jumps	Fr.	Pine Grove, Pa./Pine Grove
Megan Fry	Pole Vault	Jr.	State College, Pa./State College Area
Olivia Giambra	Jumps	So.	Pittston, Pa./Pittston Area
Julia Guerra	Distance	Fr.	Oakland, N.J./Indian Hills
Greer Gumbrecht	Pole Vault	So.	Easton, Pa./West Virginia
Maddie Holmberg	Jumps	So./Jr.	Greensburg, Pa./Hempfield Area
Julia Howard	Jumps	Fr.	Greensburg, Pa./Greensburg Salem
Jillian Hunsberger	Distance	Jr.	Pittsburgh, Pa./Mount Lebanon
Katie Jones	Pole Vault	Fr.	Williamsport, Pa./South Williamsport
Tess Kearns	Distance	So.	Scranton, Pa./Holy Cross
Audra Koopman	Jumps	Fr.	Fort Collins, Colo./Fort Collins
Kiara Lester	Sprints	So.	Wenonah, N.J./Deptford Township
Greta Lindsley	Distance	Sr.	Lancaster, Pa./Penn Manor
Lexi Masterson	Pole Vault	Sr.	Jeannette, Pa./Hempfield Area
Megan McCloskey	Jumps	Sr.	Lower Gwynedd, Pa./Germantown Academy
Grayson McCloy	Jumps	Fr.	Mill Hall, Pa./Central Mountain
Hannah Mulhern	Pole Vault	Sr.	Altoona, Pa./Altoona Area
Kathryn Munks	Distance	So.	Chester, N.Y./Monroe- Woodbury
Noemie Noullet	Distance	Jr.	Pittsburgh/McDonogh
Nicole O'Donnell	Sprints/Mid-Distance	So.	Harleysville, Pa./Souderton
Moira O'Shea	Distance	Fr.	Greensburg, Pa./Greensburg Central Catholic
Alexa Parks	Jumps	Fr.	Pipersville, Pa./Palisades
Danae Rivers	Distance	So.	Derby, CT/Wilbur Cross
Marissa Sheva	Distance	So.	Sellersville, Pa./Pennridge
Steph Sievers	Throws	Jr.	Douglassville, Pa./Daniel Boone
Elyse Skerpon	Sprints/Hurdles/Relays	Jr.	Sayre, Pa./Sayre Area
Madison Smith	Throws	Fr.	New Oxford, Pa./New Oxford
Abigail Stultz	Multi-Events	Fr.	Frederick, Md./Oakdale
Victoria Tachinski	Distance	Fr.	Winnipeg, Manitoba/Vincent Massey
Grace Trucilla	Distance	So./Jr.	Erie, Pa./Villa Maria Academy
Kelsey Vieira	Jumps	Fr./So.	Hillsborough, N.J./Hillsborough
Brooke-Lynn Williams	Sprints	Fr.	Norton, Mass./Norton
Jordan Williams	Distance	Fr.	Sharon, Pa./Sharon
Alison Willingmyre	Distance	Fr.	Wernersville, Pa./Wilson
Alyssa Yeboah-Kodie	Jumps	Fr.	Hicksville, N.Y./St. Anthony's



TRACK & FIELD

2018 Penn State Women's Outdoor Performance List

WOMEN'S 100-METERS

PSU: 11.21 - Connie Moore, (2003)

11.59	+0.8	Keianna Albury	April-20
12.00	+4.0	Quenee Dale	April-7
12.01	-2.4	Kiara Lester	April-20
12.05	+2.1	Brooke-Lynn Williams	April-7
12.25	-0.2	Deja Davis	March-24
12.83	+0.1	Audra Koopman	March-24

WOMEN'S 200-METERS

PSU: 22.45 - Connie Moore, (2004)

Heptathlon: 23.56* - Gayle Hunter, (2008)

23.95	-0.7	Keianna Albury	April-21
24.05	+1.6	Kiara Lester	April-21
24.08#	+0.1	Madeline Holmberg	April-20
24.41	-0.4	Deja Davis	April-21
24.94	-0.8	Quenee Dale	April-21
24.94	-0.4	Brooke-Lynn Williams	April-21
25.13	+1.7	Lauren Costa	April-21

WOMEN'S 400-METERS

PSU: 50.84 - Shana Cox, (2008)

55.40		Kiara Lester	April-7
55.64		Deja Davis	April-7
56.30		Rachael DeCecco	April-20
57.16		Lauren Costa	April-21
58.84		Elyse Skerpon	April-20

WOMEN'S 800-METERS

PSU: 2:02.53 - Danae Rivers, (2017)

Heptathlon: 2:16.52 - Tal Ben-Artzi, (2015)

2:03.78		Danae Rivers	April-20
2:07.72		Victoria Tachinski	March-24
2:09.00		Frances Bull	April-20
2:11.63		Grace Trucilla	April-21
2:19.62#		Madeline Holmberg	April-21

WOMEN'S 1,500-METERS

PSU: 4:10.82 - Danae Rivers, (2018)

4:10.82		Danae Rivers	March-30
4:20.84		Greta Lindsley	April-21
4:25.06		Marissa Sheva	April-21
4:31.38		Lisa Bennatan	April-14
4:31.70		Grace Trucilla	March-24
4:32.86		Jordan Williams	April-21
4:33.23		Kathryn Munks	April-7
4:33.99		Victoria Crawford	April-21
4:38.06		Elizabeth Chikotas	March-24

WOMEN'S 3,000-METER STEEPLECHASE

PSU: 9:32.35 - Bridget Franek, (2010)

10:11.29		Greta Lindsley	April-20
10:35.34		Lisa Bennatan	April-26

WOMEN'S 3,000-METERS

PSU: 9:08.04 - Kathy Mills, (1978)

WOMEN'S 5,000-METERS

PSU: 15:32.53 - Kathy Mills, (1978)

15:55.27		Jillian Hunsberger	March-30
16:23.15		Kathryn Munks	April-26

WOMEN'S 10,000-METERS

PSU: 32:57.53 - Kara Millhouse, (2012)

WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, (2010)

Heptathlon: 13.45 - Gayle Hunter, (2009)

13.62	+0.3	Quenee Dale	May-4
14.05	+1.6	Madeline Holmberg	April-7

WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr, (2010)

1:00.01		Rachael DeCecco	April-21
1:01.96		Elyse Skerpon	March-24

WOMEN'S 4X100-METER RELAY

PSU: 44.25 - Fox, Aduba, Shoaff, Moore, (2003)

45.18		Williams, Albury, Dale, Lester	April-21
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45.97		Williams, Albury, Davis, Lester	April-7
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WOMEN'S 4x200-METER RELAY

PSU: 1:33.09 - Jones, McGee, Howell, Seymour, (2014)

1:33.86		Williams, Albury, Dale, Lester	April-28
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WOMEN'S 4x400-METER RELAY

PSU: 3:27.69 - Blake, Barber, Cox, Simmons, (2008)

3:40.12		Davis, Tachinski, DeCecco, Lester	April-28
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3:43.41		Davis, Lester, Tachinski, Rivers	April-7
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3:44.59		Lester, Davis, Holmberg, Tachinski	March-24
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3:46.52		Lester, DeCecco, Holmberg, Bull	April-26
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3:50.23		DeCecco, Bull, Skerpon, Albury	March-24
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3:56.11		DeCecco, Bull, Skerpon, Costa	April-7
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WOMEN'S 4x800-METER RELAY

PSU: 8:25.49 - Gerlach, Kocjancic, Banks, Rivers, (2017)

8:46.84		Lindsley, Trucilla, Sheva, Bull	April-28
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WOMEN'S 4x1500-METER RELAY

PSU: 17:57.28 - Noecker, Franek, Rosenfeld, Percival, (2007)

18:15.31		Trucilla, Sheva, Williams, Crawford	April-27
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WOMEN'S SPRINT MEDLEY RELAY

PSU: 3:47.80 - Albury, Lester, Davis, Rivers, (2018)

3:47.80		Albury, Lester, Davis, Rivers	April-27
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WOMEN'S DISTANCE MEDLEY RELAY

PSU: 10:56.07 - Gerlach, Rhodes, Banks, Rivers, (2017)

11:09.15		Lindsley, Davis, Tachinski, Rivers	April-26
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WOMEN'S HIGH JUMP

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

Heptathlon: 5-10 (1.78) - Brittney Howell, (2014)

5-10.00 (1.78)		Megan McCloskey	April-14
5-5.25 (1.66)		Abigail Stultz	April-14
5-5.00 (1.65)		Alexa Parks	March-24
5-1.25 (1.56)#		Madeline Holmberg	April-20
4-11.75 (1.52)		Grayson McCloy	April-14

WOMEN'S POLE VAULT

PSU: 13-6.25 (4.12) - Hannah Mulhern, (2018)

13-6.25 (4.12)		Hannah Mulhern	April-15
13-5.75 (4.11)		Katie Jones	April-20
12-8.00 (3.86)		Lexi Masterson	April-20
12-7.50 (3.85)		Greer Gumbrecht	April-15

WOMEN'S LONG JUMP

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

Heptathlon: 21-0.50 (6.42)* - Gayle Hunter, (2009)

20-5.25 (6.23) +4.4		Madeline Holmberg	April-7
19-1.5 (5.83) +1.9		Audra Koopman	May-4
17-9.75 (5.43) +3.0		Kelsey Vieira	April-7
17-4.75 (5.30) +1.3		Julia Howard	April-7

WOMEN'S TRIPLE JUMP

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

39-7.75 (12.08) +3.6		Kelsey Vieira	April-7
37-6.00 (11.43) +0.0		Julia Howard	April-21

WOMEN'S SHOT PUT

PSU: 56-3.25 (17.15) - Rachel Fatherly, (2015)

Heptathlon: 44-8.25 (13.62) - Madeline Holmberg, (2018)

44-8.25 (13.62)#		Madeline Holmberg	April-20
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WOMEN'S DISCUS

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

WOMEN'S HAMMER

PSU: 219-1 (66.75) - Jen Leatherman, (2006)

WOMEN'S JAVELIN

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

Heptathlon: 127-0 (38.70) - Madeline Holmberg, (2018)

164-1 (50.02)		Madison Smith	April-7
162-10 (49.64)		Stephanie Sievers	April-14
149-4 (45.51)		Rosemary Campbell	April-27
127-8 (38.91)		Madeline Holmberg	April-14

WOMEN'S HEPTATHLON

PSU: 5,797 - Gayle Hunter, (2009)

5,736		Madeline Holmberg	April-21
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KEY -
BOLD - School Record; # - Mark from Multi-Events; * - Flat to bank conversion,
 UNA - Unattached

as of May 5, 2018



TRACK & FIELD

2018 Penn State Men's Outdoor Performance List

MEN'S 100-METERS

PSU: 10.32 - Xavier Smith, (2017)
Decathlon: 10.99 - Rob Cardina, (2014)

10.42	+0.0	Terrance Laird	March-30
10.45	+1.2	Xavier Smith	April-7
10.54	-0.7	Malik Moffett	March-30
10.67	+2.4	Anton Porter	April-20
10.87	+2.4	Will Henderson	April-20
11.00	-0.5	Darlen Williams	March-24

MEN'S 200-METERS

PSU: 20.23 - Michael Timpson, (1986)

20.41	+0.9	Terrance Laird	March-30
20.66	+0.9	Malik Moffett	March-30
20.96	+4.9	Xavier Smith	April-7
21.75	+0.1	Kier Miner	April-21
22.01	+0.0	Tristan Daman	April-15
22.02	-0.4	Anton Porter	March-24

MEN'S 400-METERS

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

47.36		Kier Miner	March-30
48.33		Gary Ross III	May-4
48.64		Samuel Reiser	May-4
49.42		Tristan Daman	April-15
50.21		Terrance Laird	April-7

MEN'S 800-METERS

PSU: 1:44.53 - Isaiah Harris, (2017)

1:47.66		Isaiah Harris	April-20
1:49.86		Jordan Makins	April-20
1:50.63		Gary Ross III	March-24
1:51.67		Billy McDevitt	April-7
1:53.39		Joey Logue	April-20
1:53.74		Tommy Louro	April-21
1:54.43		William Ashenfelter	April-21
1:54.98		Samuel Reiser	March-24

MEN'S 1,500-METERS

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

3:47.06		Billy McDevitt	April-14
3:47.79		Owen Wing	April-14
3:48.21		James Abrahams	April-14
3:48.81		Colin Abert	April-21
3:49.33		Jordan Makins	April-14
3:50.19		Timothy McGowan	April-14
3:51.25		Brandon Hontz	April-7
3:55.82		Tommy Louro	April-14
4:01.74		Brady Bobbitt	May-4

MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, (1972)

14:01.11		Timothy McGowan	April-21
14:16.29		John McGowan	April-26
14:19.83		Colin Abert	March-30
15:07.91		William Loevner	April-14
15:24.01		Brady Bobbitt	April-14
15:53.49		Owen Wing	April-7
15:54.77		Brandon Hontz	April-7
16:00.39		James Abrahams	April-7

MEN'S 3,000 METER STEEPLECHASE

PSU: 8:22.5 - George Malley, (1977)

9:10.03		James Abrahams	April-26
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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

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, (1976)

MEN'S 4X100-METER RELAY

PSU: 39.08 - Kowalchuk, Chisena, Smith, Moffett, (2017)

39.69		Smith, Porter, Laird, Moffett	March-31
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39.91		Henderson, Laird, Smith, Moffett	April-7
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40.85		Henderson, Porter, Smith, Moffett	April-27
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MEN'S 4X200-METER RELAY

PSU: 1:23.75 - Smith, Chisena, Moffett, Porter, (2016)

MEN'S 4x400-METER RELAY

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

3:05.13		Miner, Smith, Reiser, Harris	April-28
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3:08.92		Miner, Ross III, Smith, Harris	April-21
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3:10.55		Miner, Smith, Ross, Reiser	April-27
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3:14.21		Miner, Laird, Smith, Ross III	April-7
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3:15.90		Chisena, Reiser, Perretta, Ross III	March-24
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MEN'S 4x800-METER RELAY

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

7:19.60		McDevitt, Makins, Ross III, Harris	April-28
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MEN'S SPRINT MEDLEY RELAY

PSU: 3:15.25 - Smith, Moffett, Miner, Harris, (2018)

3:15.25		Smith, Moffett, Miner, Harris	April-27
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MEN'S DISTANCE MEDLEY RELAY

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

9:41.76		Wing, Makins, McDevitt, Abert	April-27
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MEN'S 4xMile-RELAY

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

16:39.31		Wing, McGowan, Hontz, Abert	April-28
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MEN'S HIGH JUMP

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

6-11.50 (2.12)		Devin Bradham	April-27
6-9.00 (2.06)		Austin Campbell	April-7
6-8.00 (2.03)		Spencer Hay	April-21
6-8.00 (2.03)		Chisom Ifedi	May-4

MEN'S POLE VAULT

PSU: 17-5.5 (5.32) - John Vellenoweth, (2009)
Decathlon: 16-2.5 (4.94) - Rick Kleban, (1985)

MEN'S LONG JUMP

PSU: 26-3 (8.00) - Malik Moffett, (2017)
Decathlon: 23-7.25 (7.19) - Dave Masgay, (1987)

24-7.75 (7.51) -0.3		Malik Moffett	April-21
23-9 (7.24) +0.8		William Henderson	April-21

MEN'S TRIPLE JUMP

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

50-2.00 (15.29) +1.5		Bryce Williams	April-7
47-0.75 (14.34) +0.5		Darlan Alston	April-14

MEN'S SHOT PUT

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

59-10.25 (18.24)		Jon Yohman	May-4
58-0.50 (17.69)		Ben Peterson	April-27
55-9.00 (16.99)		Luke Grodeska	April-27
52-6.75 (16.02)		Morgan Shigo	March-31
50-9.50 (15.48)		Thomas Bojalad	April-7

MEN'S DISCUS

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

200-0 (60.97)		David Lucas	April-28
169-8 (51.71)		Jon Yohman	May-4
162-5 (49.51)		Thomas Bojalad	April-21

MEN'S HAMMER

PSU: 233-0 (71.01) - Morgan Shigo, (2018)

233-0 (71.01)		Morgan Shigo	April-20
201-0 (61.27)		David Lucas	April-28
195-5 (59.57)		Luke Grodeska	April-20
149-6 (45.56)		Ben Peterson	March-23

MEN'S JAVELIN

PSU: 262-2 (79.91) - Michael Shuey, (2017)
Decathlon: 206-2 (62.83) - Shawn Colligan, (2008)

233-7 (71.20)		Michael Biddle	March-23
215-5 (65.66)		Mark Porter	April-21
210-5 (64.14)		Matt Nawrocki	April-7

MEN'S DECATHLON

PSU: 7,685 - Rick Kleban, (1985)

All-Time Women's Top 10 Outdoor Performances

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	Mahagony 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		20-10.75 (6.37)	Shakeema Walker	1999
5	11.58	Keianna Albury	2017	5	13.45	Brittney Howell	2014		20-10.75 (6.37)	Brittney Howell	2014
6	11.63 (11.57w)	Aleesha Barber	2008	6	13.62	Queene Dale	2018	6	20-5.25 (6.25)	Bianca Fung	2009
7	11.68	Vivian Riddick	1983	7	13.70	Madeline Holmberg	2017		20-10.5 (6.36w)		
	11.68 (11.60w)	Kirsten Nieuwendam	2012	8	13.71	Shelley Black	2015	7	20-4.5 (6.21)	Vivian Riddick	1982
9	11.70	Sara Shoaff	2006	9	13.83	Kamilah Salaam	2006	8	20-4.25 (6.20)	Monique Gillman	1997
10	11.72	Caitlin DeFusco	2010		13.83	Monique Walker	2006		20-4.25 (6.20)	Madeline Holmberg	2017
									20-5.25 (6.23w)		
								10	20-3 (6.17)	Lena Bettis	2007
200-Meter Dash				400 Hurdles				Triple Jump			
1	22.45	Connie Moore	2004	1	55.57	Fawn Dorr	2010				
2	22.90 (22.68w)	Mahagony Jones	2014	2	55.88	Kiah Seymour	2014	1	44-6.75 (13.58)	Chi-Chi Aduba	2004
3	23.07	Shavon Greaves	2010	3	57.00	Aleesha Barber	2007	2	44-5 (13.54)	Dannielle Gibson	2016
4	23.15 (22.92w)	Shana Cox	2008	4	57.32	Evonne Britton	2010		45-1.75 (13.76w)		
5	23.33	Keianna Albury	2017	5	57.35	Megan Duncan	2011	3	44-3 (13.48)	Shakeema Walker	1999
6	23.47	Kirsten Nieuwendam	2012	6	57.88	Shelley Mitchell	1991	4	43-1 (13.13)	Carmen Mann	1990
7	23.61	Kamilah Salaam	2004	7	58.45	Tammie Hart	1982	5	42-9.25 (13.04)	Kaitlyn Lopez	2017
8	23.66	Kiah Seymour	2014	8	58.60	Ernestine Marsh	1987	6	42-3.50 (12.89)	Tanaya Lloyd	2012
9	23.70	Sara Shoaff	2005	9	58.77	Kim Markel	2007	7	42-2.75 (12.87)	Marlene Ricketts	2014
10	23.81 (23.56w)	Gayle Hunter	2008	10	58.93	Doris Anyanwu	2012	8	41-7 (12.67)	Lena Bettis	2007
								9	41-2.50 (12.56)	Gayle Hunter	2007
									41-2.50 (12.56)	Alicia Porro	1992
									42-9.25 (13.04w)		
400-Meter Dash				3,000-Meter Steeplechase				Shot Put			
1	50.84	Shana Cox	2008	1	9:32.35	Bridget Franek	2010				
2	52.15	Dominique Blake	2008	2	9:46.76	Tori Gerlach	2017	1	56-3.25 (17.15)	Rachel Fotherly	2015
3	52.51	Fawn Dorr	2010	3	10:07.78	Molly Landreth	2003	2	55-4.75 (16.88)	Ja'Nai O'Connor	2004
4	53.14	Dynasty McGee	2014	4	10:07.86	Natalie Bower	2013	3	55-0 (16.76)	Elaine Sobansky	1984
5	53.17	Ije Iheoma	2012	5	10:11.29	Greta Lindsley	2018	4	54-2 (16.51)	Alyssa Robinson	2016
6	53.65	Tichina Rhodes	2015	6	10:16.91	Tracey Brauksieck	2003	5	53-11 (16.43)	Obeng Marfo	2017
7	53.74	Laila Brock	1998	7	10:20.33	Lindsey Graybill	2012	6	53-8.25 (16.36)	Jennifer Leatherman	2006
	53.74	Janice Carter	1988	8	10:20.76	Abbie Benson	2014	7	52-6 (16.00)	Jane Swenson	2011
9	53.80	Tammie Hart	1981	9	10:24.01	Claire Percival	2007	8	51-6.5 (15.71)	Melissa Kurzdorfer	2014
10	54.15	Shavon Greaves	2010	10	10:26.41	Nicole Lord	2010	9	51-6.25 (15.70)	Deshaya Williams	2003
								10	51-1.5 (15.58)	Emma Schmelzer	2009
800-Meter Run				4x100-Meter Relay				Discus			
1	2:02.53	Danae Rivers	2017	1	44.25	Fox, Shoaff, Moore Aduba	2003				
2	2:03.09	Bekka Simko	2012	2	44.38	Salaam, Aduba, Shoaff, Moore	2004	1	185-1 (56.41)	Deshaya Williams	2001
3	2:04.37	Tammie Hart	1985	3	44.57	Greaves, DeFusco, Barber, Dorr	2010	2	173-4 (52.83)	Christen Clemson	2007
4	2:04.72	Briene Simmons	2006	4	44.64	Gibson, Jones, McGee, Seymour	2014	3	170-8 (52.03)	Obeng Marfo	2016
5	2:05.14	Rachel Banks	2017	5	44.77	Dale, Albury, Lester, Rhodes	2017	4	170-0 (51.82)	Jennifer Leatherman	2006
6	2:05.66	Janice Carter	1985					5	167-7 (51.08)	Elaine Sobansky	1984
7	2:05.69	Erica Bosler	1998					6	167-4 (51.01)	Emma Schmelzer	2007
8	2:06.68	Terry Pioli	1981					7	166-8 (50.82)	Melissa Kurzdorfer	2013
9	2:06.80	Maura Ryan	2011	1	3:27.69	Blake, Barber, Hunter, Cox	2008	8	161-5 (49.21)	Rachel Fotherly	2014
10	2:07.26	Judi Cassel	1995	2	3:30.34	Barber, Greaves, Hunter, Dorr	2009	9	157-6 (48.02)	Taylor McNally	2011
				3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011	10	156-7 (47.72)	Lexi Benamati	2004
				4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010				
				5	3:31.17	McGee, Jones, Rhodes, Seymour	2014				
1500-Meter Run				4x400-Meter Relay				Hammer			
1	4:10.82	Danae Rivers	2018								
2	4:15.20	Marta Klebe	2014					1	219-1 (66.78)	Jennifer Leatherman	2006
3	4:16.96	Doreen Startare	1993					2	207-10 (63.35)	Melissa Kurzdorfer	2012
4	4:17.40	Kim McGreevy	1997	1	6-0 (1.83)	Shelley Mitchell	1992	3	197-3 (60.12)	Kate Johnston	2003
5	4:17.54	Mary Rawe	1981	2	5-11.50 (1.82)	Megan McCloskey	2017	4	191-9 (58.44)	Rachel Fotherly	2015
6	4:18.33	Bridget Franek	2010	3	5-11.25 (1.81)	Pam Connell	1991	5	191-2 (58.27)	Anjulie Vester	2005
7	4:19.83	Patty Murnane	1981	4	5-11.25 (1.81)	Ahmenah Richardson	2015	6	190-10 (58.16)	Deshaya Williams	2013
8	4:20.11	Bekka Simko	2012	5	5-11 (NMC)	Antoinette O'Carroll	1987	7	187-6 (57.15)	Alyssa Robinson	2017
9	4:20.40	Caitlin Lane	2010	6	5-10.75 (1.80)	Erika Morgan	2013	8	186-11 (56.97)	Helen Higgins	2007
10	4:20.84	Greta Lindsley	2018	7	5-10.5 (1.79)	Karen Krawick	1980	9	183-6 (55.94)	Obeng Marfo	2017
					5-10.5 (1.79)	Jenny Williams	1987	10	178-3 (54.35)	Emma Schmelzer	2009
					5-10.5 (1.79)	Leslie Lippincott	1991				
					5-10.5 (1.79)	Holly Jones	1992				
5000 Meters				High Jump				Javelin			
1	15:32.52	Kathy Mills	1978								
2	15:46.08	Bridget Franek	2010	1	6-0 (1.83)	Shelley Mitchell	1992	1	178-6 (54.41)	Laura Loht	2014
3	15:53.50	Paula Renzi	1985	2	5-11.50 (1.82)	Megan McCloskey	2017	2	178-4 (54.35)	Kim Hanslovan	2009
4	15:55.27	Jillian Hunsberger	2018	3	5-11.25 (1.81)	Pam Connell	1991	3	177-10 (54.02)	Lauren Kenney	2013
5	15:58.79	Tori Gerlach	2015	4	5-11.25 (1.81)	Ahmenah Richardson	2015	4	176-2 (53.70)	Karlee McQuillen	2008
6	16:01.59	Tessa Barrett	2017	5	5-11 (NMC)	Antoinette O'Carroll	1987	5	169-3 (51.58)	Carrie Karabinos	1999
7	16:05.46	Elizabeth Chikotas	2015	6	5-10.75 (1.80)	Erika Morgan	2013	6	167-2 (50.96)	Heidi Nadeau	2007
8	16:06.32	Kim Kelly	1993	7	5-10.5 (1.79)	Karen Krawick	1980	7	167-1 (50.92)	Brianne Johnson	2001
9	16:08.74	Leigha Anderson	2014		5-10.5 (1.79)	Jenny Williams	1987	8	164-1 (50.02)	Madison Smith	2018
10	16:09.38	Stacy Prey	1990		5-10.5 (1.79)	Leslie Lippincott	1991	9	162-10 (49.64)	Stephanie Sievers	2018
					5-10.5 (1.79)	Holly Jones	1992	10	159-4 (48.56)	Ashley Colley	2002
10,000 Meters				Pole Vault				Heptathlon			
1	32:57.33	Kara Millhouse	2012								
2	33:29.40	Jillian Hunsberger	2017	1	13-6.25 (4.12)	Hannah Mulhern	2018	1	5797	Gayle Hunter	2009
3	33:52.32	Leigha Anderson	2014	2	13-5.75 (4.11)	Katie Jones	2018	2	5736	Madeline Holmberg	2018
4	34:00.00	Natalie Updegrove	1983	3	13-4.50 (4.08)	Lexi Masterson	2017	3	5706	Pam Connell	1991
5	34:02.52	Kim Kelly	1993	4	13-1.50 (4.00)	Sara Dougherty	2004	4	5625	Brittney Howell	2014
6	34:02.80	Kris Kelly	1993	5	12-10.25 (3.92)	Kasey Kemp	2016	5	5420	Carmen Mann	1990
7	34:05.28	Kathryn Munks	2017	6	12-9.50 (3.90)	Jocelyn Witmer	2010	6	5407	Shelley Mitchell	1992
8	34:09.00	Kelli Hunt	1993		12-9.50 (3.90)	Erin Knabe	2014	7	5311	Carla Criste	1986
9	34:20.10	Donna Fidler	1999	8	12-8.25 (3.87)	Caitlin Fairbairn	2010	8	4941	Tal Ben-Artzi	2016
10	34:22.03	Tessa Barrett	2016	9	12-7.50 (3.85)	Megan Fry	2017	9	4919	Amber Strouse	2007
					12-7.50 (3.85)	Greer Gumbrecht	2018	10	4917	Holly Jones	1992

NMC - No Metric Conversion

All-Time Men's Top 10 Outdoor Performances

100-Meter Dash				110 Hurdles				Long Jump			
1	10.32 (10.10w)	Xavier Smith	2017	1	13.56	Guy Rose	2001	1	26-3.00 (8.00)	Malik Moffett	2017
2	10.34 (10.1 MT)	Mike Sands	1975	2	13.69	Sancho Barrett	2015	2	25-11 (7.90)	David Coney	1985
3	10.38 (10.22w)	Karson Kowalchuk	2017	3	13.73	Paul Lankford	1980	3	25-9.00 (7.86)	Rob Boulware	1986
4	10.42 (10.26w)	Malik Moffett	2017	4	13.80	Michael Timpson	1988		25-9.00 (7.86)	Steve Pina	1996
	10.42	Terrance Laird	2018	5	13.87	Mike Shine	1976	5	25-8.75 (7.84)	George Audu	1999
6	10.44	Mike Shine	1976	6	13.96	Ron Jules	2008		25-8.75 (7.84)	John Gorham	1999
7	10.46	Ryan Olkowski	2002	7	14.06	John Whelan	1997	7	25-6.00 (7.77)	Antonio Davis	1993
8	10.47	Michael Timpson	1987	8	14.08	Sam Harris	1988	8	25-2.75 (7.69)	Ryan Olkowski	2000
9	10.49	Bob Brown	1961	9	14.09	Brian Derby	2002	9	25-0.75 (7.64)	Chavous Nichols	2004
10	10.50	Alex Langan	2006		14.09	Barry Robinson	1985	10	24-10.50 (7.58)	Al Bates	1928
200-Meter Dash				400 Hurdles				Triple Jump			
1	20.23	Michael Timpson	1986	1	48.69	Mike Shine	1976	1	54-6.00 (16.61)	Antonio Davis	1993
2	20.41	Terrance Laird	2018	2	49.55	Paul Lankford	1981	2	54-3.75 (16.55)	Chavous Nichols	2004
3	20.49 (19.87w)	Malik Moffett	2017	3	49.72	Brian Derby	2003	3	53-4.50 (16.27)	Brian Leap	2016
4	20.58	Mike Sands	1975	4	50.10	Jaret Campisi	2005	4	53-1.50 (16.19)	Clarence Smith	2009
5	20.59	Ryan Olkowski	2002	5	50.49	Bill Austin	1978	5	52-11.50 (16.14)	Steve Waithe	2014
6	20.62	Brady Gehret	2012	6	50.54	Michael Timpson	1988		53-4.25 (16.26w)		
7	20.96 (20.23w)	Xavier Smith	2016	7	50.61	Barry Robinson	1985	6	52-8.25 (16.06)	Ricardo Hall	1990
8	21.01	Ernie Terrell	2002	8	50.67	Kevin Cripanuk	1992	7	52-2.00 (15.90)	Bryce Williams	2017
9	21.02	Barney Ewell	1942	9	50.75	Byron Robinson	2014	8	51-8.50 (15.76)	Hanif Johnson	2011
	21.02	Art Pollard	1955	10	50.76	Brian Kelly	1993	9	51-1.00 (15.57)	Warren Rockwell	1966
								10	50-7.00 (15.42)	Steve Pina	1995
400-Meter Dash				3000-Meter Steeplechase				Shot Put			
1	45.20	Mike Sands	1975	1	8:22.54	George Malley	1977				
2	45.22	Brady Gehret	2012	2	8:37.7	Rick Garcia	1983	1	69-2.00 (21.08)	Joe Kovacs	2012
3	45.94	Brandon Bennett-Green	2012	3	8:40.4	Bruce Baden	1977	2	68-5.25 (20.86)	Darrell Hill	2015
4	46.12	Byron Robinson	2014	4	8:42.85	Eric Carter	1988	3	65-5.00 (19.94)	C.J. Hunter	1990
5	46.14	Paul Lankford	1980	5	8:47.03	Larry Mangan	1980	4	64-2.50 (19.57)	Blake Eaton	2010
6	46.16	Dan Chisena	2017	6	8:48.1	Paul Mackley	1985	5	64-0.25 (19.51)	Knut Hjeltnes	1975
7	46.62	Ernie Terrell	2002	7	8:49.45	Brian Laird	1989	6	62-9.25 (19.13)	Jon Yohman	2017
8	46.74	Mike Cadau	2009	8	8:50.9	Jim Allahand	1972	7	61-11.75 (18.89)	Logan Caldwell	2012
9	46.91	Ben Karcz	2002	9	8:51.84	Chris Foster	2005	8	61-3.25 (18.68)	Greg Reyner	1986
10	46.93	Tyreek Mathis	2017	10	8:53.71	Andy Scott	1991	9	61-1.25 (18.62)	Phil Caraher	1990
								10	59-7.00 (18.16)	Dane Miller	2004
800-Meter Run				4x100-Meter Relay				Discus			
1	1:44.53	Isaiah Harris	2017	1	39.08	Kowalchuk, Chisena, Smith, Moffett	2017				
2	1:45.28	Casimir Loxsom	2011	2	39.63	Davis, Hackman, Shine, Sands	1975	1	207-5 (63.22)	Brian Milne	1992
3	1:45.58	Brannon Kidder	2015	3	39.69	Smith, Porter, Laird, Moffett	2018	2	201-10 (61.52)	Knut Hjeltnes	1975
4	1:45.96	Randy Moore	1985	4	39.88	Finkel, Singleton, Sands, Scott	1973	3	201-6 (61.43)	David Lucas	2017
5	1:46.62	Ray Levitre	1987	5	39.91	Henderson, Laird, Smith, Moffett	2018	4	186-9 (56.90)	Gary Williky	1979
6	1:46.78	Ryan Foster	2009					5	186-3 (56.78)	Blake Eaton	2011
7	1:46.81	Chris Mills	1987					6	184-0 (56.08)	Joe Kovacs	2011
8	1:46.82	Ken Wynn	1983					7	183-6 (55.93)	Will Barr	2012
9	1:46.85	Samuel Borchers	2011	1	3:01.52	Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012	8	182-2 (55.53)	Jon Yohman	2016
10	1:47.29	Domenic Perretta	2017	2	3:03.48	Chisena, Smith	2017	9	177-11 (54.23)	Dan Diaz	2003
				3	3:04.78	Mathis, Harris	2012	10	176-10 (53.90)	Steve Meyers	2006
1500-Meter Run				4x400-Meter Relay				Hammer			
1	3:38.82	Brannon Kidder	2014								
2	3:38.99	Steve Balkey	1987	1	3:01.52	Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012	1	233-0 (71.01)	Morgan Shigo	2018
3	3:39.02	Robby Creese	2015	2	3:03.48	Chisena, Smith	2017	2	218-6 (66.60)	Alvin Jackson	1976
4	3:39.25	Larry Mangan	1980	3	3:04.78	Mathis, Harris	2012	3	208-2 (63.44)	David Lucas	2017
5	3:39.57	Ryan Foster	2011	4	3:05.13	Miner, Smith, Reiser, Harris	2018	4	207-10 (63.35)	Will Barr	2013
6	3:42.08	Doug Walter	1990	5	3:06.21	Gilmore, Shisler, Bennett-Green, Bennett-Green	2012	5	207-1 (63.11)	Kory Decesaris	2017
7	3:42.12	David McMillan	1988					6	203-0 (61.88)	Neal McNutt	1998
8	3:42.2	George Malley	1977					7	201-9 (61.50)	Joe Kovacs	2011
	3:42.2	Mike Wyatt	1977	1	7-3.25 (2.22)	David Coney	1985	8	198-5 (60.49)	Tyler Hoffman	2008
10	3:42.54	Owen Dawson	2012	2	7-3.25 (2.22)	Jon Hendershot	2013	9	197-0 (60.04)	Todd Shenk	1984
				3	7-3.00 (2.21)	Paul Souza	1983	10	195-5 (59.57)	Luke Grodeska	2018
				4	7-2.50 (2.20)	Ryan Fritz	2007				
				5	7-2.25 (2.19)	Sean Reilly	2013				
				6	7-1.75 (2.18)	David Kriz	1995				
				7	7-0.50 (2.15)	Ryan Olkowski	1999	1	262-2 (79.91)	Michael Shuey	2017
				8	7-0.50 (2.15)	Chisom Ifedi	2016	2	239-9 (73.09)	Allen Pettner	2007
				9	7-0.25 (2.14)	Nick Plack	2000	3	237-1 (72.26)	Troy Burkholder	1997
				10	7-0.25 (2.14)	Rob Cardina	2014	4	235-7 (71.81)	Michael Biddle	2017
								5	233-8 (71.22)	Carl Wolter	1996
								6	233-4 (71.13)	Tanner Evak	2009
								7	232-0 (70.71)	Ryan Kerr	2017
								8	231-3 (70.48)	Brian Stumpf	2003
								9	230-3 (70.19)	Matt Moyer	2004
								10	227-8 (69.40)	Rob Austin	1995
5000 Meters				High Jump				Javelin			
1	13:34.0	Greg Fredericks	1972	1	17-5.5 (5.32)	John Yellenoweth	2009				
2	13:36.3	Robert Snyder	1978	2	17-5 (5.31)	Mason Ternay	1991	1	262-2 (79.91)	Michael Shuey	2017
3	13:42.1	Alan Scharsu	1980	3	17-0 (5.18)	Dave Bollinger	2004	2	239-9 (73.09)	Allen Pettner	2007
4	13:50.54	Steve Brown	1989	4	16-10 (5.13)	Rick Kleban	1985	3	237-1 (72.26)	Troy Burkholder	1997
5	13:52.4	Paul Stemmer	1977	5	16-8.75 (5.10)	Dylan Bilka	2014	4	235-7 (71.81)	Michael Biddle	2017
6	13:53.2	George Malley	1976	6	16-7.25 (5.06)	Ron Campbell	1985	5	233-8 (71.22)	Carl Wolter	1996
7	13:54.20	Timothy McGowan	2017	7	16-7.25 (5.06)	Bradford Lawrence	2009	6	233-4 (71.13)	Tanner Evak	2009
8	13:55.0	Jeff Adkins	1982	8	16-6.75 (5.05)	Kevin Dare	2001	7	232-0 (70.71)	Ryan Kerr	2017
9	13:56.1	Charlie Maguire	1974	9	16-6.75 (5.05)	Nick Fegley	2003	8	231-3 (70.48)	Brian Stumpf	2003
10	13:57.1	Gary Gittings	1973	10	16-6 (5.03)	Ken Stoffer	1983	9	230-3 (70.19)	Matt Moyer	2004
								10	227-8 (69.40)	Rob Austin	1995
10,000 Meters				Pole Vault				Decathlon			
1	28:08.0	Greg Fredericks	1972	1	17-5.5 (5.32)	John Yellenoweth	2009				
2	28:29.4	Charlie Maguire	1974	2	17-5 (5.31)	Mason Ternay	1991	1	7685	Rick Kleban	1985
3	28:38.3	Eric Carter	1987	3	17-0 (5.18)	Dave Bollinger	2004	2	7666	Rob Cardina	2014
4	28:42.80	Paul Stemmer	1976	4	16-10 (5.13)	Rick Kleban	1985	3	7600	James Cook	1996
5	28:55.33	Kyle Dawson	2012	5	16-8.75 (5.10)	Dylan Bilka	2014	4	7588	Dave Masgay	1987
6	29:11.71	John Ziegler	1979	6	16-7.25 (5.06)	Ron Campbell	1985	5	7472	Barry Walsh	1989
7	29:15.73	Tyler McCandless	2010	7	16-7.25 (5.06)	Bradford Lawrence	2009	6	7424	J.T. Kurelich	2003
8	29:25.58	Mark Wimmer	1994	8	16-6.75 (5.05)	Kevin Dare	2001	7	7415	Brian Kelley	1991
9	29:27.6	George Malley	1975	9	16-6.75 (5.05)	Nick Fegley	2003	8	7361	Shawn Colligan	2008
10	29:30.6	Alan Scharsu	1980	10	16-6 (5.03)	Ken Stoffer	1983	9	7119	Anya Uzoh	2012
								10	7097	Chris Morrissy	2008

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