



TRACK & FIELD



Junior
Tichina Rhodes



Senior
Brannon Kidder



Sophomore
Danielle Gibson

NITTANY LION CHALLENGE JANUARY 16, 2016

Akron
Binghamton
Cornell
Georgetown

Miami (Fla.)
Pittsburgh
Connecticut
West Virginia



2016 Nittany Lion Challenge

January 16, 2016



Penn State Track & Field Captures 17 Event Titles, Three Meet Records

The Penn State track & field program opened the 2016 indoor season with several strong performances Saturday at the Penn State Relays including three school records and two meet records en route to 17 event titles at the Ashenfelter III Indoor Track.

"It was an outstanding day overall," said head track and field coach John Gondak.

"I thought the stands were packed and it stayed that way the entire day. It was an electric atmosphere here at the Ashenfelter III track. I told the kids all week long that we needed to come in here and compete, simply compete, and I saw that today all across the board, we won 17 events which was outstanding for our program with both newcomers and veterans contributing equally. In my ten years being here this was probably the best Penn State Relays I've experienced."

Penn State would start the day off with a win in the first event of the day as Rachel Fatherly's throw of 64'8" (19.71m) led the entire field by almost three feet. Alyssa Robinson would finish behind Fatherly in second with a best mark of 61'9.5" (18.83m). Fatherly would once again take to the circle, this time for the shot put. The senior from Williamsport, Pa. would win her second event of the day with a throw of 53'5.5" (16.29m). Teammates Obeng Marfo and Alyssa Robinson would finish third and seventh with marks of 49'5" (15.06m) and 45'7.75" (13.91m), respectively.

The men's weight throw would see Morgan Shigo and Kory Decesaris both finish inside the top-five. Shigo took second-place with a throw of 64'5" (19.63m), while Decesaris claimed fourth with a mark of 58'9.5" (17.92m). Shigo would return for the shot recording a seventh-place finish (50'9.5"/15.48m) behind teammate and event winner Jon Yohman's mark of 55'1.5" (16.80m).

Kobren Frederick and Kaitlyn Lopez would advance to the finals of the men's and women's triple jump, respectively. Frederick would finish with third (45'5.75"/13.86m), while Lopez took second with a best jump of 37'10.75" (11.55m).

Lopez and Frederick would return to the runways again, this time to compete in the long jump.

Frederick would finish eighth behind teammates Cody Minnig in fourth-place (22'5.75"/6.85m) and Malik Moffett who took second-place in the competition with a best jump of 22'8.5" on the day. Lopez would finish fifth in the women's long jump leaping out to a mark of 17'9" (5.41m), but it was Penn State's Madeline Holmburg who stole the show. The freshman from Greensburg, Pa. took the individual honors by winning the long jump with a best jump of 19'2.5" (5.85m).

The men's and women's pole vault would provide some of the most exciting action on the day as two meet records and a school record would be set.

Army's Lee Bares would reset the men's meet record previously held by Cornell's Evan Whitehall at 16'4.75" (4.99m) after successfully clearing 16'10.75" (5.15m) to place his name in the Penn State Relay record books.

In the women's pole vault, Penn State would finish 1-2-3-4 as Lexi Masterson would finish on top with a new meet and school record.

Masterson passed on the first four bars opting to enter the competition at 12'6.25" (3.82m), the junior from Jeannette, Pa. would clear four-straight bars with the final bar coming at a Penn State Relays and Penn State Indoor track and field record height of 13'6.25" (4.12m), erasing the old record of 13'5.5" (4.11m) set by Sarah Dougherty in 2004. Hannah Mulhern would take second with a huge PR of 13'4.25" (4.07m), besting her previous career best of 12-3.25 (3.74) by over a foot. Kasey Kemp and Megan Fry would each clear 12'6.25" (3.82m) to finish third and fourth, respectively.

The high jump events would see two Penn State underclassmen take home bragging rights as Sophomore Megan McCloskey took the title for the women clearing 5'8" (1.73), while true-freshman Chisom Ifedi took the title on the men's side clearing a personal best 7'1.5" (2.17m). Ifedi's personal best heading into the weekend was 6'10" during his prep career. Robert Cardina also delivered a great performance in his first meet of the year following an injury plagued 2015 with a clearance of 6'9" (2.10m). Freshmen Devin Bradham and Malik Moffett also competed in the high jump finishing fifth and seventh, respectively.

Madeline Holmberg notched another win for the Nittany Lions on the women's side in long jump while Moffett finished as the top male triple jumper for Penn State finishing second (22'8.5"/6.92m).

The 60-meter hurdles showcased sophomore Quenee Dale in a near meet record performance clocking 8.33 just a mere six one-hundredths of a second off the meet record set by Penn State's Evonne Britton in 2014. Madeline Holmburg would finish third in the finals of the 60m hurdles alongside Dale.

Keianna Albury, a freshman from Nassau, Bahamas stepped up her first time wearing the blue & white running a meet best time of 7.58 seconds for the win. Xavier Smith would replicate the win on the men's side in record fashion breaking the old school record of 6.76 held by Ernie Terrell set in 2003 by laying down a 6.70 on the Horace Ashenfelter III track. Smith's 6.70 also breaks the meet record held by Dennison Long of 6.74 set in 2014.

The 4x800m relay of Julie Kocjancic, Victoria Crawford, Elizabeth Chikotas, and Tori Gerlach ran their way into the Penn State Relay record book with their performance of 8:45.85, falling .25 seconds short of breaking the Penn State indoor record.

Other Penn State wins on the day include, the men's 4x800m relay (7:25.28), Tichina Rhodes in the women's 200m (24.67), Alex Shisler in the men's 200m (21.47), Both the men's and women's Distance Medley Relays, and the men's 4x400m relay.

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



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New School/Meet Records - Penn State Relays



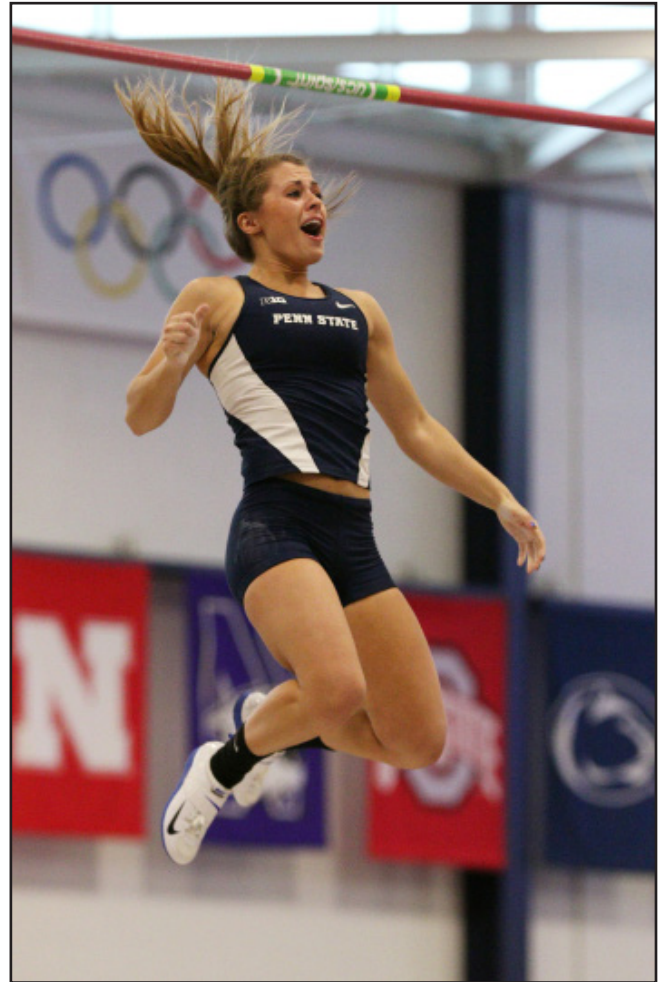
XAVIER SMITH
60 METERS
6.70
NEW MEET & SCHOOL RECORD
#PENNSTATERELAYS



LEXI MASTERSON
POLE VAULT
4.12M | 13'-06.25
NEW MEET & SCHOOL RECORD
#PENNSTATERELAYS



**KOCJANCIC, CRAWFORD
CHIKOTAS, GERLACH**
4X800 METER RELAY
8:45.85
NEW MEET RECORD
#PENNSTATERELAYS



Penn State Coaching/Support Staff

John Gondak	Director/Head Coach (Mid-Distance/Distance)
Erin Tucker	Associate Head Coach (Sprints/Hurdles/Relays)
Pat Ebel	Assistant Coach (Throws)
Angela Reckart	Assistant Coach (Mid-Distance/Distance)
Kevin Kelly	Assistant Coach (Pole Vault/Men's Multi's/Men's Jumps)
Fritz Spence	Assistant Coach (Women's Multi's/Women's Jumps)
Laura Loht	Director of Operations
Owen Dawson	Operations Assistant
Darrell Hill	Volunteer Assistant
Alex Kenney	Volunteer Assistant
Steve Waithe	Volunteer Assistant
Michael Gay	Athletic Trainer



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|| Ashenfelter III Indoor Track || Facility Records and Notable Performances ||

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>YEAR</u>	<u>ATHLETE - SCHOOL</u>
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
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
Men 4x800 Meter Relay	7:22.10	2015	Penn State - J Makins, R Brennan, B Kidder, R Creese
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

* - 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 Meters	6.73	2007	Dennis Boone - St. Augustine's
Women 60 Meters	7.32	2011	Natasha Hastings - Nike
Men 200 Meters	21.02	2014	Timothy Faust - Ohio State
Women 200 Meters	23.32	2011	Natasha Hastings - Nike
Men 400 Meters	46.26	2015	Brycen Spratling - Pittsburgh
Women 400 Meters	53.32	2010	Fawn Dorr - Penn State
Men 600 Meters	1:16.66	2012	Casimir Loxsom - Penn State
Women 600 Meters	1:28.15	2010	Shana Cox - Adidas
Men 800 Meters	1:46.98	2013	Casimir Loxsom - Penn State
Women 800 Meters	2:08.23	2014	Katrina Coogan - Georgetown
Men 1000 Meters	2:19.53	2012	Robby Creese - 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
Men 3000 Meters	8:00.25	2015	Ahmed Bile - Georgetown
Women 3000 Meters	9:16.04	2010	Katie McGregor - Reebok
Men 60 Meter Hurdles	7.76	2014	Demoye Bogle - Ohio State
Women 60 Meter Hurdles	8.19	2010	Tiffany Ofili - Adidas
Men 4x400 Meter Relay	3:07.33	2012	Pittsburgh - M Murray, D Cowsette, J Lowery, B Spratling
Women 4x400 Meter Relay	3:35.93	2015	Miami (Fla.) - K. Billkwill, T.Cordell, T.Stewart, S.Wimbley
Men Distance Medley	9:56.85	2013	Penn State - T Corkedale, R West, N Scarpello, S Masters
Women Distance Medley	11:32.61	2008	Pennsylvania - C Kim, S Morgan, J Carlin, S Kim
Men High Jump	7-2.25 (2.19)	2009	Ryan Fritz - Penn State
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	16-6 (5.03)	2012	Alfonso Scannipieco - Albany
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	20-8.5 (6.31)	2015	Gabrielle Farquharson - Rutgers
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	69-10.25 (21.29)	2012	Ryan Whiting - Nike
Women Shot Put	51-7 (15.72)	2015	Rachel Fatherly - Penn State
Men Weight Throw 35 lb	66-2.5 (20.18)	2015	Andrew Wells - Pittsburgh
Women Weight Throw 20 lb	67-2.25 (20.48)	2007	Jen Leatherman - Unattached

BOLD denotes record set in 2015



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|| Penn State Indoor Records ||

EVENT	PERFORMANCE	ATHLETE, YEAR
Men 60 Meters	6.70	Xavier Smith, 2016
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
Men 3000 Meters	7:50.36	Robby Creese, 2015
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
Men Shot Put	66-2.50 (20.18)	Darrell Hill, 2015
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	13-6.25 (4.12)	Lexi Masterson, 2016
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 2016



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|| Tentative Time Schedule ||

FIELD EVENTS

10:30 AM	Women Weight Throw 20 lb	Finals
12:30 PM (Estimated)	Men Weight Throw 35 lb (to follow W WT)	Finals
2:00 PM (Estimated)	Women Shot Put (to follow M WT)	Finals
4:00 PM (Estimated)	Men Shot Put (to follow W SP)	Finals
11:00 AM	Men Pole Vault (Back Runway)	Finals
11:00 AM (Estimated)	Women Pole Vault (Front Runway)	Finals
11:00 AM	Men Long Jump (Back Runway)	Finals
11:00 AM	Women Long Jump (Front Runway)	Finals
1:30 PM (Estimated)	Men Triple Jump (To follow M LJ)	Finals
1:30 PM (Estimated)	Women Triple Jump (To follow W LJ)	Finals
2:45 PM	Women High Jump	Finals
2:45 PM	Men High Jump	Finals

TRACK EVENTS

11:45 AM	Mixed 1 Mile Run NVRC	Finals
12:30 PM	Men 1 Mile Run	Finals
12:40 PM	Women 1 Mile Run	Finals
1:00 PM	Men 60 Meter Hurdles	Prelims
1:10 PM	Women 60 Meter Hurdles	Prelims
1:20 PM	Men 60 Meter Dash	Prelims
1:30 PM	Women 60 Meter Dash	Prelims
1:45 PM	Men 800 Meter Run	Finals
1:50 PM	Women 800 Meter Run	Finals
2:00 PM	Men 60 Meter Hurdles	Finals
2:05 PM	Women 60 Meter Hurdles	Finals
2:10 PM	Men 60 Meter Dash	Finals
2:15 PM	Women 60 Meter Dash	Finals
2:25 PM	Men 400 Meter Dash	Finals
2:35 PM	Women 400 Meter Dash	Finals
2:45 PM	Men 1000 Meter Run	Finals
2:50 PM	Women 1000 Meter Run	Finals
3:05 PM	Men 600 Meter Run	Finals
3:20 PM	Women 600 Meter Run	Finals
3:35 PM	Men 200 Meter Dash	Finals
3:50 PM	Women 200 Meter Dash	Finals
4:05 PM	Men 3000 Meter Run	Finals
4:15 PM	Women 3000 Meter Run	Finals
4:30 PM	Women Distance Medley	Finals
4:45 PM	Men 4x400 Meter Relay	Finals
5:00 PM	Women 4x400 Meter Relay	Finals

2016 PENN STATE TRACK & FIELD HOME SCHEDULE

1/29-30	PSU NATIONAL
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.



Scan the QR Code above for live results!