



Penn State Track and Field

Meet Notes

Big Ten Championships || Madison, Wisc.

May 11-13, 2012



Nittany Lions Travel to Big Ten Outdoor Championships Track and Field to face tough competition in Madison

UNIVERSITY PARK, Pa.: May 9, 2012 - The Nittany Lion track and field squads will embark on the “championship” portion of the outdoor season this weekend, traveling to the Big Ten Outdoor Championships on the campus of the University of Wisconsin. Coming off several outstanding weeks of competition, including a record-setting effort at the Penn Relays Carnival last month, the Nittany Lions are in position to come home with stellar finishes both individually, and in the team standings.

The Nittany Lions return a wealth of experience from the 2011 outdoor championships, including nine Big Ten medalists from a year ago, led by reigning conference 10,000-meter champion Kara Millhouse (Boiling Springs, Pa.) and two-time defending outdoor champion Casimir Loxsom (New Haven, Conn.) in the 800-meters.

Penn State also has several other athletes in position to vie for titles, as senior Joe Kovacs (Nazareth, Pa.) leads the conference - as well as the NCAA - in the shot put at 65-5 (19.94). In fact, the Nittany Lions have claimed the shot title over the past two seasons, with graduate Blake Eaton winning the crown in 2010 and 2011. Kovacs returns after finishing second in 2011.

About the Big Ten Championships ...

When: May 11-13, 2012

Where: Madison, Wisc. (University of Wisconsin)

Host Website: <http://www.uwbadgers.com/sports/m-track/Big-Ten-Championships.html>

Live Results: <http://www.uwathletics.com/live/track/>

Hashtag: #B1GTF

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For complete Penn State meet preview ...
Log on to www.GoPSUsports.com.

2012 INDOOR TRACK AND FIELD SCHEDULE

January 7	Penn State Relays	Ashenfelter Track
January 14	Nittany Lion Challenge	Ashenfelter Track
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 4	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.

UNIVERSITY QUICK FACTS

Name:	The Pennsylvania State University
Location:	University Park, Pa. 16802
Founded:	1855
Enrollment:	44,034 (38,594 undergraduate)
Nickname:	Nittany Lions
Colors:	Blue & White
Conference:	Big Ten Conference
Division:	NCAA Division I
Home Court:	Bryce Jordan Center (15,261)
President:	Dr. Rodney Erickson
Athletic Director:	Tim Curley
Acting Director of Athletics:	Dave Joyner, Penn State BS '71, MD '76



TRACK & FIELD

Big Ten Outdoor Championships || Meet Preview

Latest Nittany Lion Notes:

Last Time Out ...

Sophomore Kirsten Nieuwendam (Parimaribo, Suriname) turned in a pay of winning efforts, thanks to personal-best performances, Friday at the Jim Thorpe Open at Nittany Lion Track. Leading the way in the field events was Nike athlete and Nittany Lion volunteer assistant Ryan Whiting, who posted a facility-record 70-06.50 (21.50) in the shot put, which also ranks as the fourth-farthest throw in the world this outdoor season. Nieuwendam had an outstanding afternoon, posting victories in both the 100- and 200-meters, both in career-record fashion. The sophomore started out with victory in the 100, via a personal-best 11.60, which also stands as the third-best time in the Big Ten this season. Nieuwendam came back to pick up another win in the 200, going 23.47 - the second fastest mark in the Big Ten this season.

Strength Training All American ...

Junior Will Barr (Urbana, Ohio) has been named a National Strength Coaches' All American, announced by the organization this spring. Barr is a junior thrower on the Nittany Lion track and field squad, who specializes in the discus, 35-lb weight, and hammer throw. According to the NSCA website, the NSCA All-American Strength and Conditioning Athletes of the Year program recognizes collegiate and high school athletes whose athletic accomplishments, in the opinion of the strength coach - track and field strength coach Cam Davidson - reflect their dedication to strength training and conditioning. These athletes are also recognized for their academic and personal accomplishments as well as their integrity as student athletes. This year, the NSCA awarded 225 collegiate and high school athletes across 90 schools with this well-regarded award.

Another Athlete of the Week...

Following an NCAA-leading performance at the Penn Relays, senior Joe Kovacs (Nazareth, Pa.) has been named Big Ten Field Athlete of the Week for the third time this season. Kovacs bested a national-class shot put field at Penn last week, thanks to a career-outdoor best performance of 65-5 (19.94), which also ties the longstanding Penn State record in the event.

Another Wheels for a Bicycle...

Brought home by a stunning finishing kick by freshman Robby Creese (Mt. Airy, Md.), the Nittany Lions - including senior Owen Dawson (Coatesville, Pa.), freshman Ryan Brennan (Chester, N.Y.) and junior Casimir Loxsom (New Haven, Conn.) - added more hardware to the trophy case, winning the 4x800-meter relay at the historic Penn Relays Carnival, Saturday at Franklin Field. The Nittany Lions also added a Penn Relays victory on Friday evening, with Aaron Nadolsky (Altoona, Pa.), Brandon Bennett-Green (Elkins' Park, Pa.), Brady Gehret (Altoona, Pa.) and Casimir Loxsom (New Haven, Conn.) picking up the program's second-straight "Championship of America" victory in the sprint medley relay.

Big Tosses in the Throws...

Sophomore Melissa Kurzdorfer (Lancaster, N.Y.) and freshman Lauren Kenney (State College, Pa.) turned in victories in the "championship" sections of their respective events, Thursday at the 118th running of the Penn Relays at Franklin Field, on the campus of the University of Pennsylvania. Kurzdorfer dominated the hammer competition, bettering the competition by nearly 10 feet, while Kenney paced an outstanding showing by the Nittany Lions in the javelin, with sophomore Laura Loht (McClure, Pa.) coming in third in the event. Kovacs would make it three Lion victories on Friday in his school-record and winning effort in the men's championship shot put.

Two Weeks, Two Records...

Senior Kara Millhouse (Boiling Springs, Pa.) has ripped through the Nittany Lion record books over the past several weeks, beginning with a school-record 33:31.37 for 10,000-meters at the Mt. SAC Relays. Millhouse would return to run the anchor on the record-setting distance medley relay at Penn, along with teammates Bekka Simko (Mentor, Ohio), Ijeoma Iheoma (Holland, Pa.), Marta Klebe (Ches-terbrook, Pa.). The squad clocked 11:08.41 to better a 30-year old school record.



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Big Ten Outdoor Championships || Nittany Lion Coaching Staff



Beth Alford-Sullivan
Director and Head Coach
13th Year
Minnesota, '89
 bxa10@psu.edu

Coach Sullivan at Penn State ...

- *129 NCAA All-Americans
- * 72 Big Ten Individual Champions
- * 15 Big Ten Relay Champions
- * 24 "Coach of the Year" Awards
- * 4 NCAA Champions
- * 2 NCAA "Trophy" Teams



Chris Johnson
Associate Head Coach
Eighth Year
Lamar, '99
Sprints, Hurdles, Relays
 cpj3@psu.edu



John Gondak
Assistant Coach
Sixth Year
Syracuse, '95
Middle Distance
 jeg33@psu.edu



Drew Hardyk
Assistant Coach
19th Year
Cincinnati, '93
Vertical Jumps, Multi's
 ath1@psu.edu



Fritz Spence
Assistant Coach
Sixth Year
Missouri State, '97
Jumps, Multi's
 fgs110@psu.edu



Andy Banse
Assistant Coach
First Year
Iowa, '05
Throws
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Jess Riden
Director of Operations
Sixth Year
Penn State, '04
 jnr126@psu.edu

Nittany Lion Volunteer Coaching Staff

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

Nittany Lion Support Staff

Athletic Training	Ben Evans, Peter Meier
Strength Training	Cam Davidson, Lydia Serfling
Team Manager	Christian Eck
Academic Support	Nate Althouse
Sports Psychologist	Dave Yukelson



TRACK & FIELD

Big Ten Outdoor Championships || Tentative Competition Schedule

DAY ONE || FRIDAY, MAY 11

Time	Event	Round	Penn State
12:00 pm	Decathlon 100 Meters	Decathlon	Uzoh
12:15 pm	Heptathlon 100 Hurdles	Heptathlon	Howell, Chernaskey
12:45 pm	Decathlon Long Jump	Decathlon	Uzoh
12:50 pm	Heptathlon High Jump	Heptathlon	Howell, Chernaskey
1:30 pm	Men's Hammer Throw	Trials and Finals	Barr, Kovacs, Caldwell, Mubarak
1:30 pm	Men's Pole Vault	Trials and Finals	
2:00 pm	Decathlon Shot Put	Decathlon	Uzoh
2:45 pm	Decathlon High Jump	Decathlon	Uzoh
2:50 pm	Heptathlon Shot Put	Heptathlon	Howell, Chernaskey
3:30 pm	Women's Hammer Throw	Trials and Finals	Kurzdorfer
4:00 pm	Heptathlon 200 Meters	Heptathlon	Howell, Chernaskey
5:00 pm	Decathlon 400 Meters	Decathlon	Uzoh
8:30 pm	Men's 10,000 Meters	Finals	K. Dawson, Luff, Cipro
9:15 pm	Women's 10,000 Meters	Finals	Millhouse, Rodden

DAY TWO || SATURDAY, MAY 12

Time	Event	Round	Penn State
9:30 am	Decathlon 110 Hurdles	Decathlon	Uzoh
10:10 am	Decathlon Discus	Decathlon	Uzoh
10:15 am	Heptathlon Long Jump	Heptathlon	Howell, Chernaskey
11:20 am	Decathlon Pole Vault	Decathlon	Uzoh
11:30 am	Heptathlon Javelin	Heptathlon	Howell, Chernaskey
1:15 pm	Decathlon Javelin	Decathlon	Uzoh
1:20 pm	Men's Long Jump	Trials and Finals	Moppert
1:45 pm	Heptathlon 800 Meters	Heptathlon	Howell, Chernaskey
2:10 pm	Women's 4x100 Relay	Trials	Penn State TBA
2:15 pm	Men's High Jump	Trials and Finals	Reilly, Hendershot, McClelland
2:20 pm	Men's 4x100 Relay	Trials	Penn State TBA
2:30 pm	Women's 1,500 Meters	Trials	Simko, Klebe, Casciano, Perri
2:35 pm	Men's Discus	Trials	Barr, Kovacs
2:50 pm	Men's 1,500 Meters	Trials	O. Dawson, Creese, Endress
3:10 pm	Decathlon 1,500 Meters	Decathlon	Uzoh
3:20 pm	Women's 400 Meters	Trials	Iheoma, McGee
3:30 pm	Women's Shot Put	Trials and Finals	Kurzdorfer
3:35 pm	Men's 400 Meters	Trials	Bennett-Green, Bennett-Green, Gehret, Mpanduki
3:50 pm	Women's 100 Meters	Trials	Nieuwendam, Jones
4:05 pm	Men's 100 Meters	Trials	
4:20 pm	Women's 100 Hurdles	Trials	
4:35 pm	Women's Long Jump	Trials and Finals	Lloyd, Howell
4:35 pm	Men's 110 Hurdles	Trials	Barrett
4:50 pm	Women's 800 Meters	Trials	Simko, Shannon
5:15 pm	Men's 800 Meters	Trials	Loxson, Brennan
5:20 pm	Women's Javelin	Trials and Finals	Loht, Kenney, Boyer, Pancoast
5:25 pm	Women's 200 Meters	Trials	Iheoma, Nieuwendam, McGee, Jones
5:40 pm	Men's 200 Meters	Trials	Br. Bennett-Green, Gehret, Nadolsky
5:55 pm	Women's 400 Hurdles	Trials	Anyanwu
6:15 pm	Men's 400 Hurdles	Trials	
6:30 pm	Men's 3,000m Steeplechase	Finals	Scarpello
6:45 pm	Women's 3,000m Steeplechase	Finals	Bower, Benson, Graybill, Giannotti

* All times Central (CDT)



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Big Ten Outdoor Championships || Tentative Competition Schedule

DAY THREE || Sunday, May 14

Time	Event	Round	Penn State
11:00 am	Women's Triple Jump	Trials and Finals	Lloyd, Ricketts
11:00 am	Women's Discus	Trials and Finals	Kurzdorfer
12:00 pm	Women's Pole Vault	Trials and Finals	Witmer, Palenchar
12:30 pm	Men's Shot Put	Trials and Finals	Kovacs, Mubarak, Caldwell
12:30 pm	Women's High Jump	Trials and Finals	Morgan, Coutts, Palmer
12:45 pm	Women's 4x100 Relay	Finals	Qualifiers
12:55 pm	Men's 4x100 Relay	Finals	Qualifiers
1:05 pm	Women's 1,500 Meters	Finals	Qualifiers
1:15 pm	Men's 1,500 Meters	Finals	Qualifiers
1:25 pm	Women's 100 Hurdles	Finals	Qualifiers
1:30 pm	Men's Triple Jump	Trials and Finals	Leap
1:30 pm	Men's Javelin	Trials and Finals	Skinner, Uzoh
1:35 pm	Men's 110 Hurdles	Finals	Qualifiers
1:40 pm	Women's 400 Meters	Finals	Qualifiers
1:45 pm	Men's 400 Meters	Finals	Qualifiers
1:50 pm	Women's 100 Meters	Finals	Qualifiers
1:55 pm	Men's 100 Meters	Finals	
2:03 pm	Women's 800 Meters	Finals	Qualifiers
2:08 pm	Men's 800 Meters	Finals	Qualifiers
2:18 pm	Women's 400 Hurdles	Finals	Qualifiers
2:28 pm	Men's 400 Hurdles	Finals	
2:35 pm	Women's 200 Meters	Finals	Qualifiers
2:42 pm	Men's 200 Meters	Finals	Qualifiers
2:49 pm	Women's 5,000 Meters	Finals	Ridder, Bower, Millhouse, Giannotti
3:11 pm	Men's 5,000 Meters	Finals	Dawson, Dawson, Fischer, McNally
3:33 pm	Women's 4x400 Relay	Finals	Penn State TBA
3:45 pm	Men's 4x400 Relay	Finals	Penn State TBA

Big Ten Outdoor Championships || All-Time Penn State Finishes

Men's Finishes

1992.....	7th
1993.....	8th
1994.....	8th
1995.....	5th
1996.....	3rd
1997.....	8th
1998.....	9th
1999.....	9th
2000.....	7th
2001.....	3rd
2002.....	5th
2003.....	5th
2004.....	7th
2005.....	7th
2006.....	7th
2007.....	4th
2008.....	6th
2009.....	5th
2010.....	7th
2011.....	6th

Women's Finishes

1992.....	6th
1993.....	6th
1994.....	8th
1995.....	10th
1996.....	8th
1997.....	3rd
1998.....	5th
1999.....	8th
2000.....	7th
2001.....	8th
2002.....	8th
2003.....	T-2nd
2004.....	2nd
2005.....	2nd
2006.....	3rd
2007.....	3rd
2008.....	1st
2009.....	1st
2010.....	1st
2011.....	2nd



TRACK & FIELD

Big Ten Outdoor Championships || History

WOMEN'S OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Gibbs, Stacey	Javelin	165-1 (50.31)
1993	Kelly, Kim	10,000-Meters	34:58.95
1998	Bosler, Erica	800-Meters	2:05.69
1998	Walker, Shakeema	Triple Jump	42-4 (12.91)
1999	Walker, Shakeema	Triple Jump	43-6.50 (13.27)
2002	Moore, Connie	100-Meters	11.31
2002	Moore, Connie	200-Meters	23.12
2003	Moore, Connie	100-Meters	11.37
2004	Moore, Connie	100-Meters	11.40
2004	Moore, Connie	200-Meters	22.74
2004	Aduba, Chi-Chi	4x100-Meter Relay	44.55
2004	Moore, Connie	4x100-Meter Relay	44.55
2004	Salaam, Kamilah	4x100-Meter Relay	44.55
2004	Shoaff, Sara	4x100-Meter Relay	44.55
2004	Aduba, Chi-Chi	Long Jump	20-10.75 (6.36)
2004	O'Connor, Ja'Nai	Shot Put	55-4.75 (16.88)
2005	Cox, Shana	400-Meters	52.91
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamilah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamilah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Cox, Shana	200-Meters	23.15
2008	Franeck, Bridget	3000 Steeplechase	9:58.56
2008	Cox, Shana	400-Meters	52.00
2008	Blake, Dominique	4x400-Meter Relay	3:36.24
2008	Cox, Shana	4x400-Meter Relay	3:36.24
2008	Dorr, Fawn	4x400-Meter Relay	3:36.24
2008	Simmons, Briene	4x400-Meter Relay	3:36.24
2009	Greaves, Shavon	100-Meters	11.49
2009	Greaves, Shavon	200-Meters	23.35
2010	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Franeck, Bridget	3000 Steeplechase	9:48.28
2010	Barber, Aleesha	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
2011	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)

MEN'S OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10 (15.49)
1993	Davis, Antonio	Triple Jump	51-1.75 (15.59)
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1996	Wolter, Carl	Javelin	233-8 (71.22)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Audu, George	Long Jump	25-4 (7.72)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1999	Audu, George	Long Jump	25-8.75 (7.84)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kuretich, J.T.	Decathlon	7424
2004	Stumpf, Brian	Javelin	216-4 (65.94)
2005	Campisi, Jaret	400-Meter Hurdles	50.10
2005	Kerschner, Bret	Javelin	218-6 (66.61)
2006	Miller, Mark	800-Meters	1:48.78
2006	Pettner, Allen	Javelin	218-6 (66.60)
2007	Fritz, Ryan	High Jump	7-1.75 (2.13)
2007	Pettner, Allen	Javelin	239-9 (73.09)
2008	Borchers, Samuel	1500-Meters	4:03.96
2009	Evak, Tanner	Javelin	233-4 (71.13)
2009	Foster, Ryan	800-Meters	1:49.66
2009	Smith, Clarence	Triple Jump	52-10.75 (16.12)w
2010	Loxsom, Casimir	800-Meters	1:48.06
2010	Eaton, Blake	Shot Put	60-6.75 (18.46)
2011	Loxsom, Casimir	800-Meters	1:47.70
2011	Eaton, Blake	Shot Put	61-8.50 (18.81)

OUTDOOR AWARD WINNERS

Freshman of the Year	Kim Kelly, 1992
.....	Bridget Franeck, 2007
Athlete of the Championship	Connie Moore, 2002
.....	Connie Moore, 2004
.....	Shana Cox, 2006
.....	Shana Cox, 2008
.....	Fawn Dorr, 2010
Athlete of the Year.....	Connie Moore, 2004
.....	Jennifer Leatherman, 2006
Field Athlete of the Championship.....	Emma Schmelzer, 2009
Coach of the Year	Beth Alford-Sullivan, 2008
.....	Beth Alford-Sullivan, 2009
.....	Beth Alford-Sullivan, 2010



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Big Ten Outdoor Championships || All-Time Conference Records

Big Ten Conference || All-Time Outdoor Records

Women 100 Meter Dash	11.04	1997	Sevatheda Fynes - Michigan State
Women 200 Meter Dash	22.45	2004	Connie Moore - Penn State
Women 400 Meter Dash	50.84	2008	Shana Cox - Penn State
Women 800 Meter Run	1:59.11	1990	Suzy Favor - Wisconsin
Women 1500 Meter Run	4:07.68	1997	Kathy Butler - Wisconsin
Women 5000 Meter Run	15:07.56	1985	Cathy Branta - Wisconsin
Women 10000 Meter Run	32:32.75	1986	Stephanie Herbst - Wisconsin
Women 100 Meter Hurdles	12.58	2003	Perdita Felicien - Illinois
Women 400 Meter Hurdles	54.17	1997	Tonya Williams - Illinois
Women 3000 Meter Steeplechase	9:38.08	2007	Anna Willard - Michigan
Women 4x100 Meter Relay 4	3.53	2003	Indiana - Richmond, Boone, Towns, Carruthers
Women 4x400 Meter Relay	3:27.69	2008	Penn State - Blake, Barber, Hunter, Cox
Women High Jump	6-3.50 (1.92)	1996	Corissa Yasen - Purdue
Women Pole Vault	14-3.50 (4.36)	2010	Soceka / Neuenswander - Wisconsin / Indiana
Women Long Jump	22-3 (6.78)	2003	Aisha James - Iowa
Women Triple Jump	45-3 (13.79)	2003	Shani Marks - Minnesota
Women Shot Put	57-10.50 (17.64)	2012	Faith Sherrill - Indiana
Women Discus Throw	189-6 (57.76)	2001	Gia Lewis - Illinois
Women Hammer Throw	219-1 (66.78)	2006	Jen Leatherman - Penn State
Women Javelin Throw	61.82m	2003	Irina Kharun - Indiana
Women Heptathlon	6016	1986	Jamie McNeair - Purdue
Men 100 Meter Dash	10.10	1994	Anthony Jones - Illinois
Men 200 Meter Dash	20.07	1984	Albert Robinson - Indiana
Men 400 Meter Dash	44.10	1987	Butch Reynolds - Ohio State
Men 800 Meter Run	1:44.49	1996	Marko Koers - Illinois
Men 1500 Meter Run	3:33.05	1996	Marko Koers - Illinois
Men 5000 Meter Run	13:12.24	2007	Chris Solinsky - Wisconsin
Men 10000 Meter Run	27:34.64	2012	Mohammed Ahmed - Wisconsin
Men 110 Meter Hurdles	13.26	1997	Reggie Torian - Wisconsin
Men 400 Meter Hurdles	48.30	1996	Neil Gardner - Michigan
Men 3000 Meter Steeplechase	8:10.69	1991	Mark Croghan - Ohio State
Men 4x100 Meter Relay	38.72	2011	Illinois - Riley, Shogbuyi, Zinzer, Azie
Men 4x400 Meter Relay	3:00.82	1993	Ohio State - Jones, Payne, Smith, Nelloms
Men High Jump	7-7 (2.31)	1998	Staffan Strand - Minnesota
Men Pole Vault	18-10.50 (5.75)	1982	Dave Volz - Indiana
Men Long Jump	27-0.75 (8.25)	1993	Anthuan Maybank - Iowa
Men Triple Jump	55-8.25 (16.97)	2004	Aarik Wilson - Indiana
Men Shot Put	69-9.50 (21.27)	1982	Kevin Akins - Ohio State
Men Discus Throw	207-5 (63.22)	1992	Brian Milne - Penn State
Men Hammer Throw	227-6 (69.34)	2004	Dan Taylor - Ohio State
Men Javelin Throw	245-8 (74.89)	2011	Matt Byers - Iowa
Men Decathlon	8041	2002	Paul Terek - Michigan State



TRACK & FIELD

2012 Penn State Track and Field Roster

2012 MEN'S ROSTER

First	Last	Eligibility	Event Area	Hometown
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.
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.
Daniel	Jordan	So.	Throws	State College, Pa.
Joe	Kovacs	Sr. (OUT)	Throws	Nazareth, Pa.
Brian	Leap	Fr.	Jumps	Bellwod, 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.
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.
Anya	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	Kuczajcic	So.	Distance	Kane, Pa.
Melissa	Kurzdorfer	So.	Throws	Lancaster, N.Y.
Caitlin	Lane	Sr.	Distance	Greenwich, N.Y.
Melanie	Leszczynski	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.
Melissa	Meade	So.	Distance	Allentown, Pa.
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.



2012 Meet-by-Meet Recaps

JIM CLICK SHOOTOUT March 31, 2012 University of Arizona

Nittany Lions Open Outdoor Season at Jim Click Competition capped off with six event victories; combined Big Ten 4x400

TUCSON, Ariz. - The Nittany Lions got the outdoor track and season off on the right foot on Saturday, posting a bevy of outstanding results at the Jim Click Shootout at the University of Arizona. Penn State will return to Happy Valley with six event titles, including junior Lindsey Graybill (Macungie, Pa.) in the 3,000-meter steeplechase, sophomore Laura Loht (McClure, Pa.) in the javelin, sophomore Melissa Kurzdorfer (Lancaster, N.Y.) in the hammer, senior Anya Uzoh (Laurel, Md.) in the pole vault, senior Joe Kovacs (Nazareth, Pa.) in the shot put, and the men's 4x100-meter relay.

The competition featured "conference" event scoring with the Pac-12 duo of Arizona and California coming out on top with a total score of 460, ahead of the Big Ten contingent (Penn State and Ohio State) with 422.33. The ACC (Clemson and Miami) rounded out the scoring in third with a total of 266. The meet was also capped off with a special "combined" men's 4x400-meter relay, which saw the Big Ten squad of Aaron Nadolsky (Altoona, Pa.) and Brandon Bennett-Green (Elkins Park, Pa.) and Buckeye teammates Marvel Brooks and Antonio Blanks coming away with the victory in 3:10.69.

The Nittany Lions were outstanding in the throwing events, led by Kovacs' 62-5 (19.02) to win the shot put. Kovacs' season-best effort currently stands third in Division I. Turning in a big PR was Kurzdorfer, who took second overall in the women's hammer with a throw of 206-7 (62.97) to finish as the top collegian in the field. Kurzdorfer's toss also bears national merit, as it stand eighth in the NCAA. With the performance, Kurzdorfer now ranks second in Penn State history in the event, as just the second woman to break the 200-foot barrier, and leads the Big Ten by nearly 10 feet.

Kurzdorfer wasn't done, however, taking third in both the shot put and discus with performances of 48-2 (14.68) in the shot, and 157-2 (47.91) in the discus. Both marks are among the top 10 in the Penn State record books.

Also throwing well in her first appearance of 2012 was Loht, who launched a PR 163-7 (49.87) to take the women's javelin. Next in line was freshman Lauren Kenney (State College, Pa.) with a toss of 156-11 (47.83) for second. Freshman Melanie Leszcynski (Audobon, Pa.) and sophomore Megan Boyer (Millersburg, Pa.) also got in on the scoring in the event, placing fourth and sixth, respectively.

STANFORD INVITATIONAL April 6, 2012 Stanford University

Nittany Lions Run PRs at Stanford Invitational Dawson, Ridder clock all-time top 10 performances

PALO ALTO, Calif. - Senior Kyle Dawson (Coatesville, Pa.), junior Brooklyne Ridder (Cincinnati, Ohio) and redshirt-freshman Matt Fischer (Kennett Square, Pa.) each clocked lifetime bests on Friday, pacing the Nittany Lions at the Stanford Invitational at Cobb Track and Angell Field. The rest of the Nittany Lion contingent will continue competing on Saturday, taking on an elite field at the Battle on the Bayou at Louisiana State University.

Dawson held his own in one of the most competitive distance competitions on the outdoor season - including many Olympic hopefuls - clocking 28:55.33 to finish 16th in the top section on the men's 10,000-meters. Collegiately speaking, Dawson placed eighth among NCAA competitors and second against Big Ten foes. U.S. Olympic Dathan Ritzenhein won the event in 28:21.48, while Oklahoma's Bill Kogel was tops among collegians in 28:39.54.

Dawson's performance is also the fifth fastest in Penn State history, taking over fifth place on the Lions' all-time top 10 list behind only Greg Fredericks (28:08.0, 1972), Charlie Maguire (28:29.4, 1974), Eric Carter (28:38.4, 1987), and Paul Stemmer (28:42.90, 1976).

Ridder also found a spot in the Lion record books, going 16:14.98 for 5,000-meters - the seventh-fastest performance in school history. Ridder's effort was also good for 14th in her section, which saw a victory from Grand Valley State's Betsy Graney in 15:56.68. Ridder made a stellar in the event, shaving over ten seconds off her previous 5K PR of 16:25.97.

Fischer impressed in his first-career outdoor attempt at the 5000, placing 14th in his section in 14:11.47. The redshirt-freshman's performance was also a big improvement over his previous best, as the rookie clocked 14:27.23 during the 2012 indoor campaign.

BATTLE ON THE BAYOU April 7, 2012 Louisiana State University

Men's Track Sets 4x400 School Record at LSU Lloyd, Loht, and Kovacs pick up individual wins at Battle on the Bayou

BATON ROUGE, La. - The men's 4x400 quartet of Brandon Bennett-Green (Elkins Park, Pa.), Brady Gehret (Altoona, Pa.), Casimir Loxsom (New Haven, Conn.) and Emunael Mpanduki (Harare, Zimbabwe) set a school record, leading the Nittany Lion efforts on Saturday at the Battle on the Bayou, hosted by Louisiana State University. Turning in winning efforts on the afternoon were senior Tanaya Lloyd (Philadelphia, Pa.) in the women's triple jump, sophomore Laura Loht (McClure, Pa.) in the women's javelin, and senior Joe Kovacs (Nazareth, Pa.) in the men's shot put.

The Nittany Lions also fared well in team scoring, with the women's squad finishing fifth overall, and the men's team placing sixth. LSU ran away with team titles on both the men's and women's side, while Mississippi State claimed runner up honors in the men's standings, and Texas Tech placed second on the women.

The Nittany Lions ended the meet with a bang, thanks to a school-record effort of 3:06.50 from the men's 4x400 - good for third in a stacked field. Bennett-Green led off the Lions with a split of 47.4, followed by Gehret with a readout 45.3 - the fastest-Penn State split of the relay. Loxsom kept things going with a one-lap effort of 46.5, with Mpanduki closing in 46.9. The performance better the previous Nittany Lion best 3:07.19, set by Aaron Nadolsky (Altoona, Pa.), Loxsom, Gehret, and Lionel Williams in 2011.

Gehret and Bennett-Green highlighted the Lion results in the sprints individually, with Gehret running an outdoor PR 46.29 to take sixth overall in the 400-meters, just ahead of Bennett-Green in eighth with a lifetime-best 46.71. Gehret and Bennett-Green now rank third and sixth, respectively, on the all-time Nittany Lion list.

The women's mile relay also enjoyed a season-best effort, with freshman Dynasty McGee (Ypsilanti, Mich.), sophomore Kirsten Nieuwendam (Parimaribo, Suriname), senior Ije Iheoma (Holland, Pa.), and junior Doris Anyanwu (Beltsville, Md.) running 3:36.07, including splits of 53.5, 53.9, 53.6, and 54.5.

Loht posted a Big Ten leading toss of 163-9 (49.91), bettering her own personal best as well as the Bayou on the Battle meet record. The sophomore, who won her second-straight javelin competition of the season, enjoyed a sensational series, including four throws over 49 meters. Freshman Lauren Kenney (State College, Pa.) would finish second overall - also for the second-straight week - with a throw of 155-9 (47.47). Sophomore Megan Boyer (Millersburg, Pa.) also got in on the scoring, placing eighth with a season-best 133-2 (40.59).



TRACK & FIELD

2012 Meet-by-Meet Recaps

BISON OUTDOOR CLASSIC Day One - April 14, 2012 Bucknell University

Facility Records Fall at Bucknell
Simko, Creese post winning performances at Bison Outdoor Classic

LEWISBURG, Pa. - Sophomore Rebekka Simko (Mentor, Ohio) and freshman Robby Creese (Mount Airy, Md.) set facility records en route to matching victories in the 1500 meters at the Bison Outdoor Classic at Christy Mathewson Memorial Stadium. Also turning in an event win was senior Joe Kovacs (Nazareth, Pa.), who led a one-two Nittany Lion sweep in the men's discus, along with teammate Will Barr (Urbana, Ohio).

The Nittany Lions would also enjoy dual gold medals in the long jump, with seniors Tanaya Lloyd (Philadelphia, Pa.) and Doug Moppert (Malvern, Pa.) taking the women's and men's events, respectively. Natalie Bower (Pleasant Unity, Pa.) added another victory in the 3,000-meter steeplechase, leading a one-through-four sweep by the Nittany Lions.

Simko turned on a stellar kick in the closing meters of the women's 1500, running down New Balance's Kerri Gallagher - the eventual second-place finisher - to break the tape in a personal-best and stadium-record 4:20.11. Simko's performance ranks sixth in school history, and stands as the second-fastest mark in the Big Ten this season. A trio of Nittany Lions fared well in the race, as Kara Millhouse (Boiling Springs, Pa.) placed fourth in a career-best 4:23.54, while Marta Klebe (Chesterbrook, Pa.) turned in a seventh-place effort in 4:27.88 - also a lifetime low.

Creese was the individual victor on the men's side, finishing in a facility record and lifetime-best 3:43.79 to better the field by nearly three seconds. The rookie's effort is also the best in the Big Ten this season, as well as a top 10 performance in the NCAA East Region.

Also turning in a stellar performance on the track was senior Chris Cipro (Harmony, Pa.), who clocked a personal-best 29:53.07 for 10,000-meters. Cipro, who placed fifth in an outstanding field, improved his previous career best by well over a minute.

Bower clocked 10:25.46 in a wire-to-wire victory in the steeple, followed by teammates Lindsey Graybill (Macungie, Pa.), Emily Giannotti (Coudersport, Pa.), and Abbie Benson (Elma, N.Y.). Graybill finished in 10:30.80, while Giannotti and Benson turned in PRs at 10:39.72 and 10:44.60, respectively.

The Nittany Lions turned in a trio of victories in the field, with Kovacs tossing a season-best 176-9 (53.88) in the win the discus, and Barr going 174-8 (53.23) for second - season bests for both athletes. Sophomore Melissa Kurzdorfer (Lancaster, Pa.) was the top finisher in the women's discus, placing second overall with an effort of 154-11 (47.23).

BISON OUTDOOR CLASSIC Day Two - April 15, 2012 Bucknell University

Track and Field Earns More Wins at Outdoor Classic
Nittany Lions lay claim to six facility records on the weekend

LEWISBURG, Pa. - The Nittany Lion track and field squads racked up eight event victories, en route to four new Christy Mathewson Memorial Stadium records, Sunday at the Bison Outdoor Classic at Bucknell University. Including results from Saturday's competition, the Nittany Lions laid claim to a total of six facility bests on the weekend.

The Nittany Lions starred in the sprints, led by a season-best 20.99 by sophomore Brady Gehret (Altoona, Pa.) in the 200 meters. Gehret, who was followed by classmate Aaron Nadolsky (Altoona, Pa.) in third overall in 21.58, reset the stadium record in the effort, while also posting the second-fastest performance in the Big Ten this season. Sophomore Kirsten Nieuwendam (Parimaribo, Suriname) placed the Lions in the women's half lapper, turning in a season-best 23.97. Nieuwendam was also followed by a blanket of Lion finishers, including alum Dominique Blake in second in 24.37, and current freshman Dynasty McGee (Ypsilanti, Mich.) in third in 24.41.

Continuing the success in the sprints, senior Ije Iheoma (Holland, Pa.) headed up a one-two-three sweep by the Lions in the 400-meters, finishing in 54.68, with Nieuwendam and McGee placing second and third, respectively.

Penn State dominated the field events, highlighted by a collegiate personal-best clearance of 5-8.75 (1.75) by freshman Sarah Palmer (Gansevoort, N.Y.), which also tied the facility record. Palmer was followed by Nittany Lion teammate Erika Morgan (Chesapeake, Va.) in second with a jump of 5-7 (1.70).

The Nittany Lions were equally as successful in the women's triple jump, as senior Tanaya Lloyd (Philadelphia, Pa.) and sophomore Marlene Ricketts (Westbury, N.Y.) provided a one-two finish, as well as a pair collegiate personal bests. Lloyd, who also won the long jump on Saturday, nipped her teammate for the victory, turning in a leap of 41-6.50 (12.66), while Ricketts was on her heels in 41-6 (12.65). With their performances, the duo now stands fifth and sixth, respectively, on the all-time Nittany Lion top 10 list in the event, as well as second and third in the Big Ten on the outdoor season. Freshman Brian Leap (Bellwood, Pa.) was the top finisher in the men's triple jump, placing third with a PR 49-2.25 (14.99).

On the men's side, senior Joe Kovacs (Nazareth, Pa.) remained undefeated in the shot put, claiming his third straight victory in the event thanks to a personal-outdoor best 63-10.25 (19.46), which also bettered his own stadium record in the event. The shot was another event loaded with current and former Nittany Lions, as 2011 graduate Blake Eaton placed third in the competition with a toss of 63-3.25 (19.28). Kovacs stands tops in the conference with the performance, and fourth in the NCAA rankings.

MT. SAC RELAYS April 19-21, 2012 Mount San Antonio College

Millhouse Resets Own 10K Record
Senior takes top honors at elite Mount SAC Relays

WALNUT, Calif. - Senior Kara Millhouse (Boiling Springs, Pa.) took top honors in school-record fashion on Thursday evening, winning the women's invitational 10,000-meters at the prestigious Mount San Antonio College (Mt. SAC) Relays. Millhouse bettered her own Penn State best by the narrowest of margins, running 33:31.37 to improve upon her previous personal record of 33:31.93.

The senior confidently paced herself through the grueling 6.2-mile race, running much of the effort on the heels of former Olympic marathoner Karina Pérez of Mexico. The duo broke away from the field during the opening laps, and cruised along before Millhouse took over the lead with just over a mile remaining. Perez would provide another surge in the closing stages, slightly gapping the Nittany Lion senior before Millhouse turned on her patented finishing kick at around 800-meters out, to better her competitor by over three seconds. Millhouse and Perez were a clear one-two over the rest of the field, as the next-best finisher crossed over 10 seconds after Perez.

Millhouse, the Big Ten Champion in the event a year ago, now stands second in the conference with the effort, and fifth in the NCAA East Region.

The Nittany Lions were also successful on the West Coast throughout the weekend, with senior Owen Dawson (Coatesville, Pa.) highlighting the middle-distance efforts with a PR 3:42.54 in the 1500-meters on Friday evening. Dawson's mark stands eighth in Penn State history, and ranks second among Big Ten competitors this spring. Junior Casimir Loxsom (New Haven, Conn.) was the top Nittany Lion finisher on Saturday at Mt. SAC, taking ninth in the "invitational" 800-meters in 1:47.89. Loxsom's mark matches his season-best effort, which is currently ranked third in the conference.



2012 Meet-by-Meet Recaps

Bucknell Team Challenge/War Eagle April 21, 2012 Bucknell/Auburn

**Nittany Lions Excel at Auburn, Bucknell, Mt. SAC
Track and field racks up more than a dozen victories
throughout weekend action**

LEWISBURG, Pa. - Individual victories abounded as the Nittany Lion track and field squads participated in a trio of competitions across the country on Saturday, with portions of the team competing at the Bucknell Team Challenge at Bucknell, the War Eagle Invitational at Auburn, and the Mt. SAC Relays in Walnut, Calif. The Nittany Lions enjoyed outstanding success across all event areas, yielding nearly a dozen victories in Lewisburg, while adding another four wins at Auburn.

The Nittany Lion throws contingent dominated the competition at Bucknell for the second-straight weekend, picking up wins in the men's shot put, men's discus, women's hammer, and men's and women's javelin throws. Leading the way in facility-record fashion was freshman Lauren Kenney (State College, Pa.), who won the javelin in a facility-record and personal-best toss of 157-08 (48.07). Junior Eli Skinner (Jersey Shore, Pa.) made it a Penn State sweep in the event, taking the men's competition in 199-08 (60.85).

Senior Joe Kovacs (Nazareth, Pa.) remained undefeated on the season in the shot put thanks to a throw of 63-6 (19.35). Kovacs led a dominate Penn State effort in the event, with Logan Caldwell (Ebensburg, Pa.) and Nabil Mubarak (Loganville, Ga.) following in second and third, respectively, with throws of 57-10.50 (17.44), and 54-05.25 (16.59). Also taking top honors in a throwing event was redshirt-sophomore Will Barr (Urbana, Ohio), who bettered the discus field with an effort of 176-00 (53.65). Barr also added a second-place finish in the men's hammer with a mark of 194-04 (59.24).

Leading the way in the ring on the women's side was sophomore Melissa Kurzdorfer (Lancaster, N.Y.), who turned in a victory in the hammer, and a second-place finish in the shot put. Kurzdorfer won the hammer with a performance of 197-02 (60.09), well over 20 feet ahead of the rest of the field.

Senior Tanaya Lloyd (Philadelphia, Pa.) turned in a victory in the women's triple jump for the third-straight week, going 40-07.50 (12.38) in the win. Sophomore Marlene Ricketts (Westbury, N.Y.) placed second in the event. Freshman Brian Leap (Bellwood, Pa.) was tops on the men's side, via a mark of 48-07.50 (14.82) - a victory by nearly a foot over the second-place finisher.

In Auburn, sophomore Brady Gehret (Altoona, Pa.) led the way for the Nittany Lion sprinters, topping the 400-meter field with a personal-best 46.05. Gehret's performance was not only good for top honors on the day, but stands second in Penn State history and currently ranks among the top 10 efforts in Division I. The Lions were well represented in the event, with Brandon Bennett-Green (Elkins Park, Pa.), and Matt Gilmore (Elkins Park, Pa.) taking fourth and fifth, respectively. Senior Ijeoma Iheoma (Holland, Pa.) was the top Lion in the women's quarter, finishing fourth in 53.98.

Penn Relays April 26, 2012 University of Pennsylvania

**Kurzdorfer, Kenney Turn In Wins at Penn Relays
Women's distance medley relay sets school record**

PHILADELPHIA, Pa. - Sophomore Melissa Kurzdorfer (Lancaster, N.Y.) and freshman Lauren Kenney (State College, Pa.) turned in victories in the "championship" sections of their respective events, Thursday at the 118th running of the Penn Relays at Franklin Field, on the campus of the University of Pennsylvania. Also performing well was the women's distance medley relay contingent of Bekka Simko (Mentor, Ohio), Ijeoma Iheoma (Holland, Pa.), Marta Klebe (Chesterbrook, Pa.), and Kara Millhouse (Boiling Springs, Pa.), which clocked a school-record 11:08.41 to better a 30-year old school record.

Kurzdorfer dominated the hammer competition, bettering the competition by nearly 10 feet, while Kenney paced an outstanding showing by the Nittany Lions in the javelin, with sophomore Laura Loht (McClure, Pa.) coming in third in the event.

Kurzdorfer wasted no time in taking the lead, launching a toss of 205-1 (62.53) on her first attempt, which would hold up as the top throw of the day. Kurzdorfer, who was making her first-career appearance at Penn, is the first Nittany Lion to win the women's championship hammer since Jennifer Leatherman took top honors in 2006.

Kenney had an outstanding afternoon, turning in a personal-best throw of 160-8 (48.99) in the victory. Kenney's PR toss also stands as the seventh-farthest effort in the Nittany Lion record books. The freshman is no stranger to success at Penn, having won the high school championship a year ago, via a meet-record attempt of 156-2 (47.62). Kenney also marks the third-straight victory by the Nittany Lions in the event, following Karlee McQuillen, who took titles in 2010 and 2011. Behind Kenney was Loht, who threw 151-2 (46.09) for third to mark her second-straight top three finish at the Relays.

Simko led off the distance medley on the 1200-meters, keeping the Lions in line with the lead pack, thanks to a split of 3:23.0. Iheoma took the baton for the 400-meter leg, and sprinted to a readout of 52.8 - the second-fastest split of the race. Klebe held the Lions in third over the 800-meter carry, splitting 2:09.8 before handing off to Millhouse on the anchor. Millhouse, who set the school-record in the 10,000-meters just a week ago, surged to the lead back from the get-go, and clipped off a 4:42.8 to bring the Lions home in third overall. Villanova won the race, finishing in 11:01.03, with Tennessee following in second in 11:03.53.

The Lions' effort bettered the long-standing 11:09.50 set by Tammie Hart, Patty Murnane, Terry Pioli, and Mary Rawe in 1981.

Penn Relays April 27, 2012 University of Pennsylvania

**Kovacs, Men's SMR Win Penn Relays Crowns
Kovacs ties the long-standing Penn State record in
the shot put**

PHILADELPHIA, Pa. - Senior Joe Kovacs (Nazareth, Pa.) tied the Penn State shot put record in an event-winning effort while the men's sprint medley quartet of Aaron Nadolsky (Altoona, Pa.), Brandon Bennett-Green (Elkins Park, Pa.), Brady Gehret (Altoona, Pa.) and Casimir Loxsom (New Haven, Conn.) picked up the program's second-straight "Championship of America" victory in the event, Friday at the Penn Relays Carnival at Franklin Field. Kovacs led an outstanding showing by the Nittany Lions in the field events on Friday morning, as sophomore Marlene Ricketts (Westbury, N.Y.) also picked up a victory by winning the "eastern" section of the women's triple jump. Actions at Penn continues throughout the afternoon on Friday.

Following solid 200-meter legs from both Nadolsky, and Bennett-Green, Gehret blew open the race with a split of 45.6 on the 400-meter carry, leaving it to Loxsom to cruise to the finish with a 1:50.0 split on the 800-meter anchor. The foursome finished in 3:18.47, running away from the field by nearly three seconds. The victory marks the Lions' second-straight in the event, with Nadolsky, Gehret, and Loxsom all returning from last year's winning contingent.

The win also marks the 24th Penn Relays wheel in men's program history, dating back to 1920. All told, the Nittany Lions have taken top honors in the men's sprint medley on five occasions.

The Lions were just as stellar in the relays, led by a 3:08.60 heat victory from the men's 4x400-meter relay. The Nittany Lion squad, including four Pennsylvania high-school products in Nadolsky, Matt Gilmore (Elkins Park, Pa.), Gehret, and Bennett-Green bettered the a stellar heat, followed by Mississippi State in second at 3:10.41, and St. Augustine's in 3:10.98.

Following a slow start to the day, Kovacs stood seventh overall going into the final, but proceeded to launch three throws over 63-feet on his final attempts, including an outdoor personal-best toss of 65-5 (19.94), which ties the long-standing Penn State record in the event. Kovacs now shares the all-time Nittany Lion lead with former NCAA Champion C.J. Hunter, whose record performance has stood since 1990. In fact, Kovacs is the first Nittany Lion to win the "championship" shot at Penn since Hunter won back-to-back titles in 1989 and 1990.

Kovacs vaulted from fourth to first in the Nittany Lion record books in the efforts, surpassing both 2011 graduate Blake Eaton (64-2.50/19.57; 2010), and Knute Hjeltnes (64-0.25/19.51; 1975).



TRACK & FIELD

2012 Meet-by-Meet Recaps

Penn Relays
April 27, 2012
University of Pennsylvania

men's 4x800-Meter Relay Nabs Penn Relays Title
Nittany Lions wrap up weekend with two "Championship of America" wins

PHILADELPHIA, Pa. - Brought home by a stunning finishing kick by freshman Robby Creese (Mt. Airy, Md.), the Nittany Lions - including senior Owen Dawson (Coatesville, Pa.), freshman Ryan Brennan (Chester, N.Y.) and junior Casimir Loxsom (New Haven, Conn.) - added more hardware to the trophy case, winning the 4x800-meter relay at the historic Penn Relays Carnival, Saturday at Franklin Field. The success continued in the men's 4x400-meter relay, with sophomore Aaron Nadolsky (Altoona, Pa.), freshman Matt Gilmore (Elkins Park, Pa.), sophomore Brady Gehret (Altoona, Pa.), and sophomore Brandon Bennett-Green (Elkins Park, Pa.) placing second in the "Championship of America", via a school-record 3:04.78. With the pair of top finishes, the Nittany Lions were named "Power 99" School of the Day for the Saturday session.

The Nittany Lions enjoyed a sensational three days at Penn Relays, including Championship of America relay victories from the men's 4x800, and men's sprint medley, to go along with individual championship showings from Joe Kovacs (Nazareth, Pa.) in the men's shot put, Lauren Kenney (State College, Pa.) in the women's javelin, and Melissa Kurzdorfer (Lancaster, N.Y.) in the women's hammer.

"This was an outstanding Penn Relays for the Nittany Lions," said Director and Head Coach of Track and Field Beth Alford-Sullivan. "We set multiple school records, and were able to bring home two wheels and five overall champions, which is as good a weekend as any program in the meet. The representation from field to track showed that our program is developing and growing to higher and higher levels."

Creese's sizzling anchor - which broke the tape in 7:19.76 - put a stamp on Penn State's sixth Penn Relays victory in the 4x800, and the first since 1987. Dawson led off the effort, bringing the stick around in the front of the pack, thanks to a split of 1:50.8. Brennan, who also turned in readout of 1:50.8, then kept the Lions within striking distance, passing several foes down the homestretch to handoff with Texas A&M holding a comfortable lead. Loxsom bided his time, slowly reeling in the Aggie's third leg - coming from fifth to first over his 800 - to split 1:49.3 and give Creese a lead going into the anchor. Creese then battled within a pack of five, including Texas A&M, Villanova, Columbia, and Oregon on the final carry, but turned on the jets to take the lead going into the bell lap. With Oregon's Elijah Greer closing in on him in the last 100-meters, the freshman managed to find another gear and pulled away from the Duck in the final strides, to finish of a 1:48.9 split, and close out the Lion victory.

The momentum of the victory carried into the 4x400, as the Nittany Lions shaved nearly two seconds off the previous school record of 3:06.50, and narrowly missed winning the second wheel of the afternoon coming in second to Louisiana State, 3:04.47-3:04.78. Trailing Texas A&M going into the third leg, the Lions got a big carry out of Gehret, who turned in a sub-45.0 read out - the fastest of the day - to put the Blue and White in third place with a lap remaining. Bennett-Green would also run a blistering leg on the anchor, picking off A&M down the in the closing meters, and finish of the Lions' record-breaking performance.

The squad bettered the previous Penn State best of 3:06.50 in the effort, which was set earlier this season by Bennett-Green, Gehret, Loxsom, and Emunael Mpanduki.

Sophomore Bekka Simko (Mentor, Ohio) was the top finisher individually, placing fourth in the Olympic Development women's mile, with a PR of 4:40.75. Simko came within an eyelash of putting another school record on the books for the weekend, finishing just shy of Bridget Franek's Penn State best 4:40.65 from 2010.

"It is exciting to represent so well at such a prestigious competition," continued Sullivan. "The pride that our athletes showed in their performances, such as Joe Kovacs in the shot put, and Robby Creese's final kick to hold off Oregon in the 4x800 to the great all-Pennsylvania lineup in the 4x400. This is a weekend that gives our alumni, supporters and university something to be very proud of, especially Coach (Harry) Groves and Dr. (John) Lucas, who have both been instrumental in the success of this program."

Penn State also had an outstanding alumni presence at Penn, with Shana Cox (Great Britain) and Matt Lincoln (Canada) representing their respective countries in the U.S.A. vs. the World portion of the Penn Relays program. Turning in a victory in the Olympic Development shot put was 2011 graduate Blake Eaton, who won with a throw of 62-9.50 (19.14). Fellow alumnus Dane Miller was third in the shot, while Allen Pettner was also an Olympic Development champion, winning the javelin on Friday afternoon.

Jim Thorpe Open
May 4, 2012
Nittany Lion Track

Personal-Best Efforts Highlight Jim Thorpe
Nittany Lions use home competition to prep for Big Ten Championships next weekend

UNIVERSITY PARK, Pa. - Sophomore Kirsten Nieuwendam (Parimaribo, Suriname) turned in a pay of winning efforts, thanks to personal-best performances, Friday at the Jim Thorpe Open at Nittany Lion Track. Leading the way in the field events was Nike athlete and Nittany Lion volunteer assistant Ryan Whiting, who posted a facility-record 70-06.50 (21.50) in the shot put, which also ranks as the fourth-farthest throw in the world this outdoor season.

Nieuwendam had an outstanding afternoon, posting victories in both the 100- and 200-meters, both in career-record fashion. The sophomore started out with victory in the 100, via a personal-best 11.60, which also stands as the third-best time in the Big Ten this season. Nieuwendam came back to pick up another win in the 200, going 23.47 - the second fastest mark in the Big Ten this season, and fourth-best effort in the Penn State record books.

Whiting led a stellar showing from current and former Nittany Lions in the shot put, as the reigning IAAF World Indoor Champion was followed by 2011 Penn State graduate Blake Eaton, who placed second with a PR toss of 65-0.50 (19.82). Senior and NCAA leader Joe Kovacs (Nazareth, Pa.) placed third, going 64-9.25 (19.74).

Turning in a PR to win the javelin was freshman Lauren Kenney (State College, Pa.), who took top honors with a toss of 162-02 (49.42). Teammate Laura Loht (McClure, Pa.) was a close second, posting a throw of 160-7 (48.96).

The Nittany Lions enjoyed a tremendous showing in the throwing events in general, including wins from Kovacs in the discus, Nabil Mubarak (Loganville, Ga.) in the men's hammer, and Melissa Kurzdorfer (Lancaster, N.Y.) in the women's hammer.

The Nittany Lions also had a stellar afternoon in the high jump, led by season bests from winners Erika Morgan (Chesapeake, Va.) and Sean Reilly (Lagrangeville, N.Y.). Reilly skied over a season-best 7-0.50 (2.15), while Morgan topped out at a career-best 5-8.75 (1.75) to win the women's competition. Teammates Sarah Palmer (Gansevoort, N.Y.), and Kelsey Coutts (Powell, Ohio) followed in second and third, respectively, both clearing 5-7 (1.70).

Also picking up wins in the jumps were Tanaya Lloyd (Philadelphia, Pa.) and Brian Leap (Bellwood, Pa.), who won the women's and men's triple jumps, respectively, while Brittney Howell (Wyncote, Pa.) and Doug Moppert (Malvern, Pa.) claimed the long jump competitions. Howell did so in PR fashion, posting a leap of 19-4 (5.98).

The Lions also got a top finish out of Jocelyn Witmer (Lancaster, Pa.), who cleared 12-4 (3.76) to win the women's pole vault.



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2012 Penn State Women's Outdoor Performance List

WOMEN'S 100 METERS

PSU: 11.21 - Connie Moore, 2003

11.60	2.4	Kirsten Nieuwendam	May-4
11.92	0.0	Nieuwendam	Mar-31
12.30	2.4	Mahogany Jones	May-4
12.58	0.8	Gabrielle Barbour	Apr-15

WOMEN'S 200 METERS

PSU: 22.45 - Connie Moore, 2004

23.47	0.7	Kirsten Nieuwendam	May-4
24.04	0.7	Ije Iheoma	May-4
24.37	1.4	Dynasty McGee	Mar-31
25.02	2.1	Brittney Howell	Mar-31
25.71	0.9	Gabrielle Barbour	May-4
25.94	2.7	Rachel Chernaskey	Apr-15

WOMEN'S 400 METERS

PSU: 50.84 - Shana Cox, 2008

53.97		Ije Iheoma	Mar-31
54.40		Dynasty McGee	Apr-7
54.64		Kirsten Nieuwendam	Apr-21
55.35		Doris Anyanwu	Apr-21

WOMEN'S 800 METERS

PSU: 2:04.37 - Tammie Hart, 1985

2:05.40		Bekka Simko	Apr-7
2:10.08		Marta Klebe	Apr-7
2:10.92		Colleen Shannon	Apr-7
2:17.69		Markea Dickinson	Apr-15
2:19.82		Abbie Benson	Mar-31
2:20.00		Tori Perri	Apr-21
2:22.16		Natalie Bower	Mar-31
2:24.00		Rachel Casciano	Apr-21

WOMEN'S 1500 METERS

PSU: 4:16.96 - Doreen Startare, 1983

4:20.11		Bekka Simko	Apr-14
4:23.54		Kara Millhouse	Apr-14
4:27.88		Marta Klebe	Apr-14
4:30.94		Abbie Benson	Mar-31
4:32.40		Brooklyne Ridder	Apr-21
4:34.70		Tori Perri	Apr-21
4:35.22		Natalie Bower	Mar-31
4:36.57		Lindsey Graybill	Apr-21
4:42.03		Kalyn Fisher UNA	May-4
4:42.22		Kerrin Jennings UNA	Apr-14
4:43.09		Markea Dickinson	Apr-21
4:43.86		Lauren Mills	Apr-21
4:43.88		Rachel Casciano	Apr-14
4:49.17		Dani Kocjancic	May-4
4:52.65		Gwenn Porter	Apr-14

WOMEN'S MILE RUN

PSU: 4:40.65 - Bridget Franek, 2010

WOMEN'S 3,000 METERS

PSU: 9:08.04 - Kathy Mills, 1978

9:36.36		Brooklyne Ridder	Apr-26
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WOMEN'S 5,000 METERS

PSU: 15:32.53 - Kathy Mills, 1978

16:14.98		Brooklyne Ridder	Apr-6
17:35.68		Katie Rodden	Apr-14
17:51.47		Dani Kocjancic	Apr-14
18:07.52		Lauren Mills	Apr-14

WOMEN'S 10,000 METERS

PSU: 33:31.37 - Kara Millhouse, 2012

33:31.37		Kara Millhouse	Apr-19
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WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, 2010

14.19	M 0.0	Brittney Howell	Mar-31
15.69	M 0.0	Rachel Chernaskey	Mar-31

WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr (2010)

1:01.07		Doris Anyanwu	Apr-21
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WOMEN'S 3000m STEEPLECHASE

PSU: 9:32.35 - Bridget Franek, 2010

10:14.27		Natalie Bower	Apr-26
10:28.82		Emily Giannotti	Apr-26
10:29.97		Lindsey Graybill	Apr-26
10:35.53		Abbie Benson	Apr-26

4x100-METER RELAY

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

46.48		Nieuwendam, Iheoma, McGee, Anyanwu	Mar-31
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4x200-METER RELAY

PSU: 1:33.78 - DeFusco, Greaves, Dorr, Anyanwu, 2010

4x400-METER RELAY

PSU: 3:27.69 - Blake, Barber, Hunter, Cox, 2008

3:36.07		McGee, Nieuwendam, Iheoma, Anyanwu	Apr-7
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4x800-METER RELAY

PSU: 8:39.44 - Lane, Simko, Fisher, Ryan, 2011

9:05.23		Shannon, Perri, Klebe, Dickinson	Apr-28
9:09.51		Shannon, Perri, Casciano, Klebe	Apr-15

SPRINT MEDLEY RELAY

PSU: 3:47.90 - Blake, Barber, Cox, Simmons, 2007

3:55.19		McGee, Nieuwendam, Iheoma, Klebe	Apr-27
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DISTANCE MEDLEY RELAY

PSU: 11:08.41 - Simko, Iheoma, Klebe, Millhouse, 2012

11:08.41		Simko, Iheoma, Klebe, Millhouse (3:23.0, 52.8, 2:09.8, 4:42.8)	Apr-26
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4x1500-METER RELAY

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

WOMEN'S HIGH JUMP

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

5-8.75	(1.75)	Sarah Palmer	Apr-15
5-8.75	(1.75)	i Erika Morgan	May-4
5-7	(1.70)	i Kelsey Coutts	May-4
5-3	(1.60)	M Brittney Howell	Mar-29
5-3	(1.60)	i Brooke Owen	May-4
5-1	(1.55)	Rachel Chernaskey	Apr-15
5-1	(1.55)	S. Olafson UNA	Apr-15

WOMEN'S POLE VAULT

PSU: 13-1.50 (4.00) - Sara Dougherty, 2004

12-8.75	(3.88)	Jocelyn Witmer	Apr-7
12-6.25	(3.82)	Amanda Palenchar	Mar-31
11-0.25	(3.36)	Lindsay Bacik	May-4

WOMEN'S LONG JUMP

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

19-4	(5.89)	1.4 Brittney Howell	May-4
19-0.75	(5.81)	Tanaya Lloyd	Apr-14
18-3	(5.56)	w 3.1 Marlene Ricketts	May-4
18-0.50	(5.49)	Ricketts	Apr-14
17-7	(5.36)	Rachel Chernaskey	Apr-14
16-6.50	(5.04)	B. Rauenzahn UNA	Apr-14
16-2.25	(4.93)	Sarah Palmer	Apr-21

WOMEN'S TRIPLE JUMP

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

41-6.25	(12.66)	1.8 Tanaya Lloyd	Apr-15
41-6	(12.65)	w 3.8 Marlene Ricketts	Apr-15
40-5.50	(12.33)	-0.3 Ricketts	Apr-7

WOMEN'S SHOT PUT

PSU: 55-4.75 (16.88) - Ja'Nai O'Connor, 2004

48-2	(14.68)	Melissa Kurzdorfer	Mar-31
41-8.50	(12.71)	Anna Muzio	Apr-21
36-2	(11.02)	Brittney Howell	Mar-31
28-3.50	(8.62)	Rachel Chernaskey	Mar-31

WOMEN'S DISCUS

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

159-4	(48.57)	Melissa Kurzdorfer	Apr-27
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WOMEN'S HAMMER

PSU: 219-1 (66.78) - Jen Leatherman, 2006

206-7	(62.97)	Melissa Kurzdorfer	Mar-31
129-1	(39.34)	Anna Muzio	Apr-15

WOMEN'S JAVELIN

PSU: 178-4 (54.25) - Kim Hanslovan, 2009

163-9	(49.91)	Laura Loht	Apr-7
162-2	(48.96)	Lauren Kenney	May-4
138-3	(42.13)	Susie Pancoast	Apr-14
133-5	(40.66)	Mel Leszcynski	Apr-14
133-2	(40.59)	Megan Boyer	Apr-7
128-1	(39.04)	Olivia Mangan	May-4
86-1	(26.23)	M Brittney Howell	Mar-31
70-0	(21.33)	M Rachel Chernaskey	Mar-31

WOMEN'S HEPTATHLON

PSU: 5797 - Gayle Hunter, 2009

4939		Brittney Howell	Mar-29-30
4221		Rachel Chernaskey	Mar-29-30

Key -

BOLD - School Record

M - Mark from Multi-Event Competition

w - Wind Aided (+2.0)

i - Contested Indoors (Weather)

as of May7



TRACK & FIELD

2012 Penn State Men's Outdoor Performance List

MEN'S 100 METERS

PSU: 10.1 - Mike Sands, 1975
Decathlon: 11.01 - Rick Kleban, 1985
Shawn Colligan, 2008

10.86	1.7	Aaron Nadolsky	Apr-14
10.98	1.7	Matt Gilmore	Apr-114
11.11M	0.0	Anya Uzoh	Mar-29
11.39	0.0	Sancho Barrett	Apr-15

MEN'S 200 METERS

PSU: 20.23 - Michael Timpson, 1986

20.99	0.4	Brady Gehret	Apr-15
21.13	2.0	Brandon Bennett-Green	Mar-31
21.28	2.0	Aaron Nadolsky	Mar-31
21.47	w 2.7	Emunael Mpanduki	May-4
21.80	0.5	Matt Gilmore	Apr-21
22.19	0.0	Mpanduki	Apr-7
22.31	0.5	Bernard Bennett-Green	Apr-21
22.88	1.1	Sancho Barrett	Apr-21

MEN'S 400 METERS

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

46.05		Brady Gehret	Apr-21
46.71		Brandon Bennett-Green	Apr-7
47.77		Matt Gilmore	Apr-21
47.91		Emunael Mpanduki	May-4
48.04		Aaron Nadolsky	Apr-21
48.43		Bernard Bennett-Green	May-4
49.91M		Anya Uzoh	Mar-29

MEN'S 800 METERS

PSU: 1:45.28 - Casimir Loxsom, 2011

1:47.89		Casimir Loxsom	Apr-7
1:48.97		Owen Dawson	Apr-7
1:49.92		Robby Creese	Apr-7
1:50.30		Ryan Brennan	Apr-21
1:54.35		Connor Manley	Mar-31
1:55.16		Mark Fuller	May-4
1:57.29		Wade Endress	Apr-7

MEN'S 1500 METERS

PSU: 3:38.99 - Steve Balkey, 1987
Decathlon: 4:21.05 - Tom Kleban, 1989

3:42.54		Owen Dawson	Apr-21
3:43.79		Robby Creese	Apr-17
3:52.71		Vince McNally	Apr-17
3:53.27		Wade Endress	Apr-21
3:57.38		Mark Fuller	Apr-14
3:58.04		Nick Scarpello	Apr-14
3:58.91		Colin Baker	Apr-21
3:58.50		Chris Campbell	May-4
4:54.16	M	Anya Uzoh	Mar-30

MEN'S MILE RUN

PSU: 3:58.4 - Larry Mangan, 1980

MEN'S 3,000 METERS

PSU: 7:54.0 - George Malley, 1977

MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, 1972

14:04.36		Kyle Dawson	Apr-26
14:06.94		Vince McNally	Apr-26
14:11.47		Matt Fischer	Apr-6
14:30.43		Chris Cipro	Apr-26
14:46.79		Nick Scarpello	Apr-26
14:48.74		Tom Luff	Apr-14

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, 1972

28:55.33		Kyle Dawson	Apr-6
29:53.07		Chris Cipro	Apr-14
30:36.77		Tom Luff	Apr-26

MEN'S 100-METER HURDLES

PSU: 13.56 - Guy Rose, 2001
Decathlon: 14.45 - Rick Kleban, 1987

14.70		Sancho Barrett	May-4
15.81		Anya Uzoh	Mar-31

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, 1976

MEN'S 3000m STEEPLECHASE

PSU: 8:22.5 - George Malley, 1977

9:21.75		Nick Scarpello	Apr-21
9:40.90		Chris Campbell	Apr-21

MEN'S 4x100-METER RELAY

PSU: 39.63 - Davis, Hackman, Shine, Sands, 1975

40.95		Mpanduki, Nadolsky, Gilmore, Br. Bennett-Green	Mar-31
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MEN'S 4x200-METER RELAY

PSU: 1:23.85 - Langan, Lolagne, Campisi, Terrell, 2005

MEN'S 4x400-METER RELAY

PSU: 3:04.78 - Nadolsky, Gilmore, Gehret, Br. Bennett-Green

3:04.78		Nadolsky, Gilmore, Gehret, Br. Bennett-Green (47.2, 47.4, 44.1, 46.1)	Apr-28
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3:06.50		Br. Bennett-Green, Gehret, Loxsom, Mpanduki	Apr-7
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3:16.47		Be. Bennett-Green, Mpanduki, Brennan, Manley	Mar-31
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3:19.79		O. Dawson, Brennan, Manley, Endress	Apr-7
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MEN'S 4x800-METER RELAY

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

7:19.76		O. Dawson, Brennan, Loxsom, Creese (1:50.8, 1:50.8, 1:49.3, 1:48.9)	Apr-28
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7:44.37		Endress, Brennan, Baker, Manley	Apr-15
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MEN'S SPRINT MEDLEY RELAY

PSU: 3:17.10 - Nadolsky, Gehret, Loxsom, Foster, 2011

3:18.47		Nadolsky, Br. Bennett-Green, Gehret (45.6), Loxsom (1:50.0)	Apr-27
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MEN'S DISTANCE MEDLEY RELAY

PSU: 9:30.1 - Mangan, Lankford, Cook, Scharsu, 1980

MEN'S 4xMILE RELAY

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

MEN'S HIGH JUMP

PSU: 7-3.50 (2.22) - David Coney, 1985
Decathlon: 6-8.25 (2.04) - Anya Uzoh, 2011

7-0.50 (2.15)i		Sean Reilly	May-4
6-11.50 (2.12)i		Jon Hendershot	May-4
6-8.25 (2.04)		Mike McClelland	Apr-14
6-6.25 (1.99) M		Anya Uzoh	Mar-31

MEN'S POLE VAULT

PSU: 17-5.50 (5.32) - John Vellenoweth, 2009
Decathlon: 16-2.50 (4.94), Rick Kleban, 1985

14-9 (4.50)		E.Artusio UNA	Apr-15
14-1.25 (4.30) M		Anya Uzoh	Mar-31
13-7.25 (4.15)		Jason Pelletier	May-4
13-3.50 (4.05)		David Patzer	Apr-15

MEN'S LONG JUMP

PSU: 25-11 (7.90) - David Coney, 1985
Decathlon: 23-7.25 (7.19) - Dave Masgay, 1987

24-0.25 (7.32)		Doug Moppert	Apr-14
23-4 (7.11)		Brian Leap	May-4
22-11.75 (7.00) M		Anya Uzoh	Mar-31

MEN'S TRIPLE JUMP

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

49-375 (15.03) 0.3		Brian Leap	May-4
49-0.25 (14.94) -0.4		Hanif Johnson	Apr-7
45-10.75 (14.01)		Dan Sandrowicz	Apr-21

MEN'S SHOT PUT

PSU: 65-5 (19.94) - CJ Hunter, 1990
65-5 (19.94) - Joe Kovacs, 2012
Decathlon: 48-9.50 (14.87) - Barry Walsh, 1989

65-5 (19.94)		Joe Kovacs	Apr-27
58-9.50 (17.92)		Logan Caldwell	Apr-7
54-5.25 (16.59)		Nabil Mubarak	Apr-21
39-11.50 (12.18) M		Anya Uzoh	Mar-31

MEN'S DISCUS

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

176-9 (53.88)		Joe Kovacs	Apr-14
176-0 (53.65)		Will Barr	Apr-21
103-7 (31.58) M		Anya Uzoh	Mar-31

MEN'S HAMMER

PSU: 218-6 (66.60) - Al Jackson, 1976

194-10 (59.40)		Will Barr	Apr-14
188-10 (57.57)		Joe Kovacs	Apr-21
185-6 (56.54)		Nabil Mubarak	May-4
181-9 (55.41)		Logan Caldwell	Mar-31

MEN'S JAVELIN

PSU: 239-9 (73.09) - Allen Pettner, 2007
Decathlon: 206-2 (62.83) - Shawn Colligan, 2008

207-0 (63.09)		Eli Skinner	May-7
157-10 (48.12)		Anya Uzoh	Mar-31
156-5 (47.68)		Justin Nykiel	May-7

MEN'S DECATHLON

PSU: 7685 - Rick Kleban, 1985
Day One: 3931 - Rick Kleban, 1987
Day Two: 3774 - James Cook, 1997

6987		Anya Uzoh	Mar-31
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Key -

BOLD - School Record
M - Mark from Multi-Event Competition
UNA - Unattached
i - Contested Indoors (Weather)

as of May 7



All-Time Women's Top 10 Performances

100-Meter Dash

1.	11.21	Connie Moore	2004
2.	11.27	Shavon Greaves	2010
3.	11.56	Kamilah Salaam	2004
-	11.60 w + 2.4	Kirsten Nieuwendam	2012
4.	11.63 (11.57w)	Aleesha Barber	2008
5.	11.68	Vivian Kiddick	1983
6.	11.70	Sara Shoaff	2006
7.	11.72	Caitlin DeFusco	2010
8.	11.78	Tiffany Glenn	1999
9.	11.80	Jackie Brown	1991
10.	11.81	Chioma Aduba	2004

200-Meter Dash

1.	22.45	Connie Moore	2004
2.	23.07	Shavon Greaves	2010
3.	23.15 (22.92w)	Shana Cox	2008
4.	23.47	Kirsten Nieuwendam	2012
5.	23.61	Kamilah Salaam	2004
6.	23.70	Sara Shoaff	2005
7.	23.81 (23.56w)	Gayle Hunter	2008
8.	23.85	Debbie Lewis	1980
9.	23.90	Vivian Kiddick	1983
10.	23.92	Dominique Blake	2008

400-Meter Dash

1.	50.84	Shana Cox	2008
2.	52.15	Dominique Blake	2008
3.	52.51	Fawn Dorr	2010
4.	53.50	Ije Iheoma	2011
5.	53.74	Laila Brock	1998
	53.74	Janice Carter	1988
7.	53.80	Tammie Hart	1981
8.	54.15	Shavon Greaves	2010
9.	54.29	Aleesha Barber	2010
10.	54.36	Doris Anyanwu	2010

800-Meter Run

1.	2:04.37	Tammie Hart	1985
2.	2:04.72	Briene Simmons	2006
3.	2:05.40	Bekka Simko	2012
4.	2:05.66	Janice Carter	1985
5.	2:06.68	Terry Pioli	1981
6.	2:05.69	Erica Bosler	1998
7.	2:06.80	Maura Ryan	2011
8.	2:07.26	Judi Cassel	1995
9.	2:08.09	Teressa DiPerna	1989
10.	2:08.10	Kim Certain	1988

1500-Meter Run

1.	4:16.96	Doreen Startare	1993
2.	4:17.40	Kim McGreevy	1997
3.	4:17.54	Mary Rawe	1981
4.	4:18.33	Bridget Franek	2010
5.	4:19.83	Patty Murnane	1981
6.	4:20.11	Bekka Simko	2012
7.	4:20.40	Caitlin Lane	2010
8.	4:21.10	Heather Carmichael	1980
9.	4:21.31	Susanne Heyer	1999
10.	4:23.54	Kara Millhouse	2012

5000 Meters

1.	15:32.52	Kathy Mills	1978
2.	15:46.08	Bridget Franek	2010
3.	15:53.50	Paula Renzi	1985
4.	16:06.32	Kim Kelly	1993
5.	16:09.38	Stacy Prey	1990
6.	16:12.0	Kris Bankes	1978
7.	16:14.98	Brooklyne Ridder	2012
8.	16:16.89	Peggy Cleary	1980
9.	16:18.14	Caitlin Lane	2011
10.	16:25.09	Kara Millhouse	2011

10,000 Meters

1.	33:31.37	Kara Millhouse	2012
2.	34:00.00	Natalie Updegrave	1983
3.	34:02.52	Kim Kelly	1993
4.	34:02.80	Kris Kelly	1993
5.	34:09.00	Kelli Hunt	1993
6.	34:20.1	Donna Fidler	1999
7.	34:24.07	Peggy Cleary	1980
8.	34:31.75	Cheryl Spring	2010
9.	34:39.89	Molly Landreth	2005
10.	34:55.84	Wendy Nelson	1991

100 Hurdles

1.	12.85	Aleesha Barber	2010
2.	13.11	Evonne Britton	2011
3.	13.35	Gayle Hunter	2009
4.	13.36	Toyin Augustus	2001
5.	13.83	Kamilah Salaam	2006
		Monique Walker	2006
7.	14.13	Pam Connell	1991
8.	14.19	Carla Criste	1986
9.	14.19	Brittney Howell	2012
10.	14.21	Shelley Mitchell	1990
		Sue Lindner	1982

400 Hurdles

1.	55.57	Fawn Dorr	2010
2.	57.00	Aleesha Barber	2007
3.	57.32	Evonne Britton	2010
4.	57.35	Megan Duncan	2011
5.	57.88	Shelley Mitchell	1991
6.	58.45	Tammie Hart	1982
7.	58.60	Ernestine Marsh	1987
8.	58.77	Kim Markel	2007
9.	60.46	Adrienne McCray	1996
10.	60.80	Sandy Miller	1978
	60.80	Penny Fales	1982

3,000-Meter Steeplechase

1.	9:32.35	Bridget Franek	2010
2.	10:07.78	Molly Landreth	2003
3.	10:14.27	Natalie Bower	2012
4.	10:16.91	Tracey Brauksieck	2003
5.	10:24.01	Claire Percival	2007
6.	10:26.41	Nicole Lord	2010
7.	10:28.82	Emily Giannotti	2012
8.	10:29.97	Lindsey Graybill	2012
9.	10:34.25	Cheryl Spring	2008
10.	10:35.53	Abbie Benson	2012

4x100-Meter Relay

1.	44.25	Fox, Shoaff, Moore Aduba	2003
2.	44.38	Salaam, Aduba, Shoaff, Moore	2004
3.	44.57	Greaves, DeFusco, Barber, Dorr	2010
4.	44.80	Cox, Walker, Salaam, Shoaff	2006
5.	44.86	Greaves, Cox, Barber, Blake	2008

4x400-Meter Relay

1.	3:27.69	Blake, Barber, Hunter, Cox	2008
2.	3:30.34	Barber, Greaves, Hunter, Dorr	2009
3.	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011
3.	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010
4.	3:31.75	Blake, Simmons, Hunter, Cox	2007

High Jump

1.	6-0 (1.83)	Shelley Mitchell	1992
2.	5-11 1/4 (1.81)	Pam Connell	1991
3.	5-11 (NMC)	Antoinette O'Carroll	1987
4.	5-10 1/2 (1.79)	Karen Kravick	1980
	5-10 1/2 (1.79)	Jenny Williams	1987
	5-10 1/2 (1.79)	Leslie Lippincott	1991
7.	5-10 1/4 (NMC)	Holly Jones	1992
8.	5-10 (1.78)	Deb Ford	1988
9.	5-9 3/4 (1.77)	Carmen Mann	1990
10.	5-9 (NMC)	Felicia Cooksey	1999

NMC - No Metric Conversion

Pole Vault

1.	13-1 1/2 (4.00)	Sara Dougherty	2004
2.	12-9 1/2 (3.90)	Jocelyn Witmer	2010
3.	12-8.25 (3.87)	Caitlin Fairbairn	2010
4.	12-6.25 (3.82)	Amanda Palenchar	2012
5.	12-5 1/2 (3.80)	Kelly Nesbit	2005
6.	12-2 (3.71)	Lindsey McDonnell	2002
7.	11-7 3/4 (3.55)	Biz Curran	2002
	11-7 3/4 (3.55)	Rachel NeMoyer	2008
9.	11-5 3/4 (3.50)	Kim Pfeifer	2005
10.	11-0 3/4 (3.37)	Dana Gioia	2003

Long Jump

1.	21-6 (6.55)	Chi-Chi Aduba	2004
2.	21-4 3/4 (6.52)	Gayle Hunter	2008
3.	20-10 3/4 (6.37)	Carmen Mann	1989
	20-10 3/4 (6.37)	Shakeema Walker	1999
4.	20-10.50 (6.36) w	Bianca Fung	2009
5.	20-4 1/2 (6.21)	Vivian Kiddick	1982
6.	20-4 1/4 (6.20)	Monique Gillman	1997
7.	20-3 (6.17)	Lena Bettis	2007
9.	19-8 (5.99)	Stephanie Gurysh	1986
10.	19-7 (5.97)	Pam Connell	1987

Triple Jump

1.	44-6 3/4 (13.58)	Chi-Chi Aduba	2004
2.	44-3 (13.48)	Shakeema Walker	1999
3.	43-1 (13.13)	Carmen Mann	1990
4.	41-7 (13.67)	Lena Bettis	2007
5.	41-6.25 (12.66)	Tanaya Lloyd	2012
--	41-6 (12.65) w	Marlene Rickets	2012
6.	41-2 1/2 (12.56)	Gayle Hunter	2007
7.	41-2 1/4 (12.55)	Alicia Porro	1992
8.	40-9 (12.42)	Hanna Humphreys	1984
9.	40-8 3/4 (12.41)	Stephanie Gurysh	1986
10.	40-7 1/4 (12.37)	Carla Criste	1985

Shot Put

1.	55-4 3/4 (16.88)	Ja'Nai O'Connor	2004
2.	55-0 (16.76)	Elaine Sobansky	1984
3.	53-8 1/4 (16.36)	Jennifer Leatherman	2006
4.	52-6 (16.00)	Jane Swenson	2011
5.	51-6 1/4 (15.70)	Deshaya Williams	2003
6.	50-3 1/2 (15.58)	Emma Schmelzer	2009
7.	48-6 (14.78)	Kim Hicks	1998
8.	48-2 (14.68)	Melissa Kurzdorfer	2012
9.	47-10 (14.58)	Kim Kessell	1990
10.	47-7 3/4 (14.52)	Toya Woods	2007

Discus

1.	185-1 (56.41)	Deshaya Williams	2001
2.	173-4 (52.83)	Christen Clemson	2007
3.	170-0 (51.82)	Jennifer Leatherman	2006
4.	167-7 (51.08)	Elaine Sobansky	1984
5.	167-4 (51.01)	Emma Schmelzer	2007
6.	159-4 (48.57)	Melissa Kurzdorfer	2012
7.	157-6 (48.02)	Taylor McNally	2011
8.	156-7 (47.72)	Lexi Benamati	2004
9.	155-8 (47.44)	Kim Kessell	1991
10.	152-8 (46.53)	Marilyn Senz	1982

Hammer

1.	219-1 (66.78)	Jennifer Leatherman	2006
2.	206-7 (62.97)	Melissa Kurzdorfer	2012
3.	197-3 (60.12)	Kate Johnston	2003
4.	190-10 (56.16)	Deshaya Williams	2003
5.	186-11 (56.97)	Helen Higgins	2007
6.	179-6 (54.35)	Emma Schmelzer	2009
7.	174-3 (53.11)	Robbin Shomper	2003
8.	172-4 (52.53)	Jane Swenson	2011
9.	170-11 (52.10)	Michelle Thompson	1992
10.	160-4 (48.86)	Stacy Frank	1992

Javelin

1.	178-4 (54.35)	Kim Hanslovan	2009
2.	176-2 (53.70)	Karlee McQuillen	2008
3.	169-3 (51.58)	Carrie Karabinos	1999
4.	167-2 (50.96)	Heidi Nadeau	2007
5.	167-1 (50.92)	Brianne Johnson	2001
6.	163-9 (49.91)	Laura Loht	2012
7.	160-8 (48.99)	Lauren Kenney	2012
8.	159-4 (48.56)	Ashley Colley	2002
9.	156-3 (47.62)	Kristen Eash	2004
10.	155-9 (47.47)	Diana Bruch	2005

Heptathlon

1.	5797	Gayle Hunter	2009
2.	5706	Pam Connell	1991
3.	5420	Carmen Mann	1990
4.	5407	Shelley Mitchell	1992
5.	5311	Carla Criste	1986
6.	4939	Brittney Howell	2012
7.	4919	Amber Strouse	2007
8.	4917	Holly Jones	1992
9.	4878	Felicia Cooksey	1999
10.	4826	Danielle Bobo	2003



All-Time Men's Top 10 Performances

100-Meter Dash

1.	10.34 (10.1 MI)	Mike Sands	1975
2.	10.44	Mike Shine	1976
3.	10.46	Ryan Olkowski	2002
4.	10.47	Michael Timpson	1987
5.	10.49	Bob Brown	1961
6.	10.50	Alex Langan	2006
7.	10.54	Barry Ewell	1941
	10.54	Brian Littlejohn	1984
9.	10.55	Steve Hackman	1976
10.	10.56	Paul Lankford	1980
	10.56	Greg Miller	2000

200-Meter Dash

1.	20.23	Michael Timpson	1986
2.	20.58	Mike Sands	1975
3.	20.59	Ryan Olkowski	2002
4.	20.93	Brady Gehret	2010
5.	21.01	Ernie Terrell	2002
6.	21.02	Barry Ewell	1942
	21.02	Art Pollard	1955
8.	21.13	Brandon Bennett-Green	2012
9.	21.14	Brian Littlejohn	1984
10.	21.15	Greg Miller	2000

400-Meter Dash

1.	45.20	Mike Sands	1975
2.	46.05	Brady Gehret	2012
3.	46.14	Paul Lankford	1980
4.	46.62	Ernie Terrell	2002
5.	46.71	Brandon Bennett-Green	2012
6.	46.74	Mike Cadau	2009
7.	46.91	Ben Karcz	2002
8.	46.98	Mike Shine	1976
9.	47.06	Michael Timpson	1988
	47.06	Chris Lolagne	2005

800-Meter Run

1.	1:45.28	Casimir Loxson	2011
2.	1:45.96	Randy Moore	1985
3.	1:46.62	Ray Levitre	1987
4.	1:46.78	Ryan Foster	2009
5.	1:46.81	Chris Mills	1987
6.	1:46.82	Ken Wynn	1983
7.	1:46.85	Samuel Borchers	2011
8.	1:47.63	Mike Cook	1982
9.	1:47.83	Mark Miller	2008
10.	1:48.84	Steve Balkey	1988

1500-Meter Run

1.	3:38.99	Steve Balkey	1987
2.	3:39.25	Larry Mangan	1980
3.	3:39.57	Ryan Foster	2011
4.	3:42.08	Doug Walter	1990
5.	3:42.12	David McMillan	1988
6.	3:42.2	George Malley	1977
	3:42.2	Mike Wyatt	1977
8.	3:42.54	Owen Dawson	2012
9.	3:42.69	Aidan O'Reilly	1992
10.	3:42.93	Robert Snyder	1978
	3:42.93	Bob Hamer	1994

5000 Meters

1.	13:34.0	Greg Fredericks	1972
2.	13:36.3	Robert Snyder	1978
3.	13:42.1	Alan Scharsu	1980
4.	13:50.54	Steve Brown	1989
5.	13:52.4	Paul Stemmer	1977
6.	13:53.2	George Malley	1976
7.	13:55.0	Jeff Adkins	1982
8.	13:56.1	Charlie Maguire	1974
9.	13:57.1	Gary Gittings	1973
10.	13:58.60	John Zishka	1981

10,000 Meters

1.	28:08.0	Greg Fredericks	1972
2.	28:29.4	Charlie Maguire	1974
3.	28:38.3	Eric Carter	1987
4.	28:42.80	Paul Stemmer	1976
5.	28:55.33	Kyle Dawson	2012
6.	29:11.71	John Ziegler	1979
7.	29:15.73	Tyler McCandless	2010
8.	29:25.58	Mark Wimmer	1994
9.	29:27.6	George Malley	1975
10.	29:30.6	Alan Scharsu	1980

110 Hurdles

1.	13.56	Guy Rose	2001
2.	13.73	Paul Lankford	1980
3.	13.80	Michael Timpson	1988
4.	13.87	Mike Shine	1976
5.	13.96	Ron Jules	2008
6.	14.06	John Whelan	1997
7.	14.08	Sam Harris	1988
8.	14.09	Brian Derby	2002
9.	14.09	Barry Robinson	1985
10.	14.16	Rick Kleban	1984

400 Hurdles

1.	48.69	Mike Shine	1976
2.	49.55	Paul Lankford	1981
3.	49.72	Brian Derby	2003
4.	50.10	Jarel Campisi	2005
5.	50.49	Bill Austin	1978
6.	50.54	Michael Timpson	1988
7.	50.61	Barry Robinson	1985
8.	50.67	Kevin Cripanuk	1992
9.	50.76	Brian Kelly	1993
10.	50.89	Ben Karcz	2001

3000-Meter Steeplechase

1.	8:22.54	George Malley	1977
2.	8:37.7	Rick Garcia	1983
3.	8:40.4	Bruce Baden	1977
4.	8:42.85	Eric Carter	1988
5.	8:47.03	Larry Mangan	1980
6.	8:48.1	Paul Mackley	1985
7.	8:49.45	Brian Laird	1989
8.	8:50.9	Jim Allahand	1972
9.	8:51.84	Chris Foster	2005
10.	8:53.71	Andy Scott	1991

4x100-Meter Relay

1.	39.63	Davis, Hackman, Shine, Sands	1975
2.	39.88	Finkel, Singleton, Sands, Scott	1973
3.	40.18	Shine, Hackman, Singleton, Sands	1974
4.	40.40	Rose, Reeves, Miller, Olkowski,	2001
5.	40.48	Finkel, Hackman, Singleton, Sands	1974

4x400-Meter Relay

1.	3:04.78	Nadolsky, Gilmore, Gehret, Br. Bennett-Green	2012
2.	3:06.50	Br. Bennett-Green, Gehret, Loxson, Mpanduki	2012
3.	3:07.19	Nadolsky, Loxson, Gehret, Williams	2011
4.	3:08.22	Janci, Maraire, Reeves, Karcz	2000
5.	3:08.54	Derby, Janci, Reeves, Karcz	2001

High Jump

1.	7-3.50 (2.22)	David Coney	1985
2.	7-3 (2.21)	Paul Souza	1983
3.	7-2.50 (2.20)	Ryan Fritz	2007
4.	7-1.75 (2.18)	David Kriz	1995
5.	7-0.50 (2.15)	Ryan Olkowski	1999
6.	7-0.25 (2.14)	Nick Plack	2000
	7-0.25 (2.14)	Sean Reilly	2011
8.	7-0 (2.13)	Aaron Gawne	1993
9.	6-11 (2.11)	Sean Vago	1997
10.	6-10.75 (2.10)	Tyler Fedeli	2006
	6-10.75 (2.10)	Jon Hendershot	2012

Pole Vault

1.	17-5 1/2 (5.32)	John Vellenoweth	2009
2.	17-5 (5.31)	Mason Ternay	1991
3.	17-0 (5.18)	Dave Bollinger	2004
4.	16-10 (5.13)	Rick Kleban	1985
5.	16-7 1/4 (5.06)	Ron Campbell	1985
	16-7 1/4 (5.06)	Bradford Lawrence	2009
7.	16-6.75 (5.05)	Kevin Dare	2001
	16-6.75 (5.05)	Nick Fegley	2003
9.	16-6 (5.03)	Ken Stoffler	1983
10.	16-4 (4.98)	Bill Gifford	1975

Long Jump

1.	25-11 (7.90)	David Coney	1985
2.	25-9 (7.86)	Rob Boulware	1986
	25-9 (7.86)	Steve Pina	1996
4.	25-8.75 (7.84)	George Audu	1999
	25-8.75 (7.84)	John Gorham	1999
6.	25-6 (7.77)	Antonio Davis	1993
7.	25-2.75 (7.69)	Ryan Olkowski	2000
8.	25-0.75 (7.64)	Chavous Nichols	2004
-	25-0 (7.62) w +3.7	Doug Moppert	2011
9.	24-10.50 (7.58)	Al Bates	1928
10.	24-9 (7.54)	Michael Timpson	1986

Triple Jump

1.	54-6 (16.61)	Antonio Davis	1993
2.	54-3.75 (16.55)	Chavous Nichols	2004
3.	53-1 1/2 (16.19)	Clarence Smith	2009
4.	52-8.25 (16.06)	Ricardo Hall	1990
5.	51-8.50 (15.76)	Hanif Johnson	2011
6.	51-1 (15.57)	Warren Rockwell	1966
7.	50-7 (15.42)	Steve Pina	1995
8.	50-6 (15.39)	Jay Pagana	2007
9.	50-5.50 (15.38)	Ed Roskiewicz	1981
10.	50-4.50 (15.35)	Dave Masgay	1987

Shot Put

1.	65-5 (19.94)	C.J. Hunter	1990
	65-5 (19.94)	Joe Kovacs	2012
3.	64-2.50 (19.57)	Blake Eaton	2010
4.	64-1/4 (19.51)	Knut Hjeltnes	1975
5.	61-3 1/4 (18.68)	Greg Reynier	1986
6.	61-1 1/4 (18.62)	Phil Caraher	1990
7.	59-7 (18.16)	Dane Miller	2004
8.	58-9.50 (17.92)	Logan Caldwell	2012
9.	57-10 1/2 (17.64)	Mike Valenti	1983
10.	57-5 1/2 (17.51)	Mike Reid	1969

Discus

1.	207-5 (63.22)	Brian Milne	1992
2.	201-10 (61.52)	Knut Hjeltnes	1975
3.	186-9 (56.90)	Gary Williky	1979
4.	186-3 (56.78)	Blake Eaton	2011
5.	184-0 (56.08)	Joe Kovacs	2011
6.	179-0 (54.55)	Will Barr	2011
7.	177-11 (54.23)	Dan Diaz	2003
8.	176-10 (53.90)	Steve Meyers	2006
9.	175-3 (53.41)	Adam Thielemann	2009
10.	175-1 (53.36)	Sean Farrell	1980

Hammer

1.	218-6 (66.60)	Alvin Jackson	1976
2.	203-0 (61.88)	Neal McNutt	1998
3.	201-9 (61.50)	Joe Kovacs	2011
4.	198-5 (60.49)	Tyler Hoffman	2008
5.	197-0 (60.04)	Todd Sherk	1984
6.	194-10 (59.40)	Will Barr	2012
7.	194-7 (59.30)	Cory Eck	2010
8.	193-9 (59.07)	Jon Hart	2005
9.	190-0 (57.92)	Aaron Ross	2005
10.	189-6 (57.76)	Dorian Lowe	2002

Javelin

1.	239-9 (73.09)	Allen Pettner	2007
2.	237-1 (72.26)	Troy Burkholder	1997
3.	233-8 (71.22)	Carl Wolter	1996
4.	233-4 (71.13)	Tanner Evak	2009
5.	231-3 (70.48)	Brian Stumpf	2003
6.	230-3 (70.19)	Matt Moyer	2004
7.	227-8 (69.40)	Rob Austin	1995
8.	225-7 (68.76)	Dave Matson	1999
9.	220-2 (67.10)	John Hanley	1988
10.	218-6 (66.61)	Bret Kershner	2005

Decathlon

1.	7685	Rick Kleban,	1985
2.	7600	James Cook	1996
3.	7588	Dave Masgay	1987
4.	7472	Barry Walsh	1989
5.	7424	J.T. Kuretech	2003
6.	7415	Brian Kelley	1991
7.	7361	Shawn Colligan	2008
8.	7097	Chris Morrissey	2008
9.	7070	Chris Green	1986
10.	7045	Anya Uzoh	2011

