



# Penn State Track and Field

## Meet Notes

### NCAA Outdoor First Round

#### May 28-30 || Jacksonville, Fla.



#### UNIVERSITY INFORMATION

Location	University Park, Pa.
Founded	1855
Enrollment	46,068
Colors	Blue and White
Conference	Big Ten
Nickname	Nittany Lions
President	Dr. Eric Barron
Director of Athletics	Sandy Barbour
Athletic Website	www.GoPSUsports.com

#### COACHING STAFF

Head Coach/Year	John Gondak/First
Assistant Coach/Year	Randy Bungard/Third
Assistant Coach/Year	Pat Ebel/Third
Assistant Coach/Year	Ryan Foster/First
Assistant Coach/Year	Kevin Kelly/Third
Assistant Coach/Year	Fritz Spence/Ninth

#### TEAM INFORMATION

Home Track	Nittany Lion Outdoor Track
Twitter	PennStateTFXC
Facebook	Penn State Cross Country Track and Field

#### NCAA OUTDOOR HISTORY

2014 NCAA First Round Qualifiers	38
2014 NCAA Championships Qualifiers	15

#### ATHLETIC COMMUNICATIONS

Contact	Will Rottler
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#### SCHEDULE

##### INDOOR SEASON

<b>December 13</b>	<b>Blue-White Meet</b> .....	<b>Ashenfelter III Indoor Track</b>
<b>January 10</b>	<b>Penn State Relays</b> .....	<b>Ashenfelter III Indoor Track</b>
<b>January 17</b>	<b>Nittany Lion Challenge</b> .....	<b>Ashenfelter III Indoor Track</b>
<b>January 30-31</b>	<b>Penn State National</b> .....	<b>Ashenfelter III Indoor Track</b>
<b>February 6-7</b>	<b>Sykes &amp; Sabock Challenge Cup</b> ...	<b>Ashenfelter III Indoor Track</b>
February 13-14	SPIRE D-I Invitational .....	Geneva, Ohio
February 13-14	Tyson Invitational .....	Fayetteville, Ark.
February 13-14	Washington Husky Classic .....	Seattle, Wash.
<b>February 21</b>	<b>Penn State Tune-Up</b> .....	<b>Ashenfelter III Indoor Track</b>
February 27-28	Big Ten Indoor Championships .....	Geneva, Ohio
March 13-14	NCAA Indoor Championships .....	Fayetteville, Ark.

##### OUTDOOR SEASON

April 3-4	Florida Relays .....	Gainesville, Fla.
April 3-4	Stanford Invitational.....	Palo Alto, Calif.
April 8-9	Bulldog Dec & Hep .....	Athens, Ga.
April 11-12	Bucknell Classic .....	Lewisburg, Pa.
April 18	LSU Alumni Gold .....	Baton Rouge, La.
April 23-25	Penn Relays.....	Philadelphia, Pa.
May 1	Maryland Twilight.....	College Park, Md.
May 2	Payton Jordan Invitational .....	Palo Alto, Calif.
<b>May 8</b>	<b>Jim Thorpe Invitational</b> .....	<b>University Park, Pa.</b>
May 15-17	Big Ten Outdoor Championships .....	East Lansing, Mich.
May 28-30	NCAA Eastern Preliminary.....	Jacksonville, Fla.
June 10-13	NCAA Outdoor Championships .....	Eugene, Ore.
June 25-28	USATF Senior/Junior Championships .....	Eugene, Ore.

**BOLD – Denotes HOME Competition**

#### Nittany Lions Ready for NCAA First Round

*Track & field to send 26 student-athletes to Jacksonville, Fla.*

**UNIVERSITY PARK, Pa.** - The NCAA Championship portion of the Nittany Lion track & field season begins Thursday with the NCAA East Preliminary Round at Hodges Stadium in Jacksonville, Fla. (May 28-30). Twenty-six Nittany Lions are slated to compete this week for a chance to advance to the NCAA Division I Outdoor Track & Field Championships in Eugene, Ore. (June 10-13)

#### NITTANY LION INFO

Twenty-six Penn State track & field student-athletes have qualified for the NCAA East Preliminary Round. Six Nittany Lions have top-five performances in their respective events in the east region, including three No. 1 performances.

The Nittany Lion men qualified 11 student-athletes in eight events. On the men's side, Robby Creese (Mount Airy, Md.), Darrell Hill (Philadelphia, Pa.) and Brannon Kidder (Lancaster, Ohio) have the top-performance in their respective events (Creese -- 1,500, Hill -- shot put, Kidder -- 800) in the east region, while Michael Shuey (Johnsonburg, Pa.) ranks fifth in the javelin throw.

The Nittany Lion women will be represented by 15 student-athletes in 12 events. For the Penn State women, Rachel Faterly (Williamsport, Pa.) and Tori Gerlach (Perkasie, Pa.) both have top-five performances in their respective events, as Faterly ranks fourth in the shot put and Gerlach ranks fifth in the 3,000-meter steeplechase.

Along with the 11 individual events, the Nittany Lion women qualified for the 4x400-meter relay.

Four Nittany Lions have qualified in multiple events, as Glen Burkhardt (Kennett Square, Pa.) qualified for both the 5,000 and 10,000, Faterly will compete in the hammer throw and the shot put, Gerlach is slated to run in the 5,000 and the 3,000-meter steeplechase, and Dannielle Gibson (Nassau, Bahamas) has advanced to the NCAA East Preliminary Round in the long jump and the triple jump.

#### LAST TIME OUT

##### BIG TEN CHAMPIONSHIPS

##### MEN

Behind three individual Big Ten champions, the Penn State men's track & field team scored 67 points en route to a fifth-place finish at the 2015 Big Ten Outdoor Track & Field Championships. Sunday, Darrell Hill (Philadelphia, Pa.) and Michael Shuey (Johnsonburg, Pa.) defended their titles from a season ago, while Brannon Kidder (Lancaster, Ohio) won his first outdoor Big Ten title.

Hill, a senior, opened up with a toss of 65 feet, 7.75 inches in the men's shot put to take the early lead in heat two. His mark though would not hold as the top mark as Ohio State's JC Murasky responded on his second attempt with a toss of 66-1.75 to take the lead from Hill.

Heading into the finals with the No. 2 mark, Hill recorded a throw of 66-3.25 on his fourth attempt to take the lead back. His mark went onto hold as Murasky was unable to answer back. With Hill's title Sunday, he becomes the second Nittany Lion to defend his shot put title (Blake Eaton, 2010-11).

High school teammates Glen Burkhardt (Kennett Square, Pa.) and Matt Fischer (Kennett Square, Pa.) led the Nittany Lions on day one of the 2015 Big Ten Outdoor Track & Field Championships with their performances in the men's 10,000-meter run. In the 10,000-meter debuts, the Nittany Lion duo scored a pair of top-10 finishes.

The 2015 Penn State True Grit award winner, Burkhardt, battled with the leaders throughout race to finish fourth with his time of 29 minutes, 31.42 seconds. Also in the race, Fischer (29:51.69) edged out Michigan State's Caleb Rhynard by four-hundredths of a second for a sixth-place finish. Penn State was the only school to have two runners score points in the race.

After posting a fourth-place finish in the men's 10,000-meter run Friday night, Glen Burkhardt (Kennett Square, Pa.) went back to the track for the men's 5,000-meter run. In the race, Burkhardt tallied a time of 14:25.91 en route to a fourth-place finish.

In their Big Ten Outdoor Championships debut, Justin Berg (Phoenixville, Pa.) and Kory Decesaris (Danielsville, Pa.) both recorded personal-best performanc-

# Nittany Lion News & Notes

es in the men's hammer throw.

Decesaris, a redshirt freshman, finished 13th overall with a toss of 198-5, while Berg placed 20th with a personal-best toss of 185-5. Decesaris' mark Friday is an 11-foot PR and ranks No. 6 all-time at Penn State.

Steve Waithe (Parkville, Md.) was also in the hunt to defend his men's triple jump title from last season. In the event, Waithe finished second with his season-best leap of 52-8.25. Waithe though wasn't the only Nittany Lion to score points in the men's triple jump event.

In his first Big Ten Outdoor Championships, freshman Bryce Williams (State College, Pa.) tallied a seventh-place finish with his personal-best mark of 50-2. His mark will qualify him for the NCAA East Preliminary Round in two weeks in Jacksonville, Fla.

Starting at the same time (1:30 p.m.) as the men's triple jump, Shuey took to the runway for the men's javelin throw. Heading into Shuey's second to last throw of the competition, his teammate, Ryan Kerr (Brookville, Pa.) was in first with his personal-best toss of 229-2. Shuey, the defending champ, responded with a throw of 236-8 to take the lead.

Shuey also becomes the first Nittany Lion to win back to back Big Ten titles in men's javelin since Allen Pettner (2006-07); Troy Burkholder also won three-straight Big Ten titles from 1997-99.

Searching for his first Big Ten outdoor medal, Kidder took to the track as the top seed in the men's 800-meter run, as yesterday Kidder posted a time of 1:47.99 for the top spot in qualifying. Today, he took down the defending champ, Joe McAsey, for his first Big Ten outdoor title. Kidder went onto finish first in the race with his time of 1:47.56.

Senior Sancho Barrett (Amityville, N.Y.) added four points to the Nittany Lion total as he tallied a fifth-place finish in the men's 110-meter hurdles. He ran a wind-aided time of 13.71 in the race.

## WOMEN

After standing for 11 years, Ja'Nai O'Connor's school record mark of 55 feet, 4.75 inches in the women's shot put is now the number two performance in school history following Rachel Fatherly's (Williamsport, Pa.) silver medal throw Sunday at the 2015 Big Ten Outdoor Track & Field Championships. As a team, the Nittany Lion women finished seventh with their score of 66 points.

In the women's shot put, Fatherly tallied a distance of 56-0 breaking the school record on her second to last throw, but she was not done for the day. On her final attempt, Fatherly bested the previous throw by 3.25 inches. Overall, Fatherly placed second with her toss of 56-3.25.

The Nittany Lion duo of Tori Gerlach (Perkasie, Pa.) and Elizabeth Chikotas (Hellertown, Pa.) finished fourth and fifth, respectively, in the women's 5,000-meter run. In a highly competitive field, the duo held their own to record top-five finishes. In the race, Gerlach finished fourth with a time of 16:19.89, while the freshman, Chikotas, clocked in at 16:28.92 for a fifth-place finish. On Saturday, Gerlach ran to a second-place finish in the women's 3,000-meter steeplechase (10:13.33).

The women's hammer throw featured a pair of season-best performances from the Nittany Lions. Rachel Fatherly (Williamsport, Pa.) and Annjulie Vester (Homburg, Germany) both recorded top-five all-time marks in school history Friday.

In the women's hammer throw, Fatherly finished eighth with a personal-best toss of 191-9; her throw ranks fourth all-time at Penn State. Vester, fifth-year senior transfer from Virginia Tech, posted the No. 5 mark in school history (191-2) for a ninth-place finish.

The women's discus throw featured a personal-best and scoring performance from freshman Obeng Marfo (Toronto, Ontario, Canada). Marfo tallied a 15-foot PR en route to a sixth-place finish with her toss of 170-2.

After tallying a 15-foot personal-best toss in the discus yesterday, Marfo recorded a foot and half PR in the women's shot put Sunday. Marfo went onto finish fourth with her mark of 52-6. Her mark Sunday is tied for fifth all-time in school history.

Along with the women's shot put, the Nittany Lion women tallied podium finishes in the 400-meter dash and the triple jump.

After securing the final qualifying spot in the 400-meter dash Saturday, Dynasty McGee (Flint, Mich.) ran to a podium finish Sunday. In the women's 400-meter dash, McGee placed third with her time of 53.59, while Tichina Rhodes (Philadelphia, Pa.) added a point to the Nittany Lion total with her eighth-place finish (54.38).

After tallying a ninth-place finish in the long jump last year, sophomore Dannielle Gibson (Nassau, Bahamas) rebounded Saturday by nearly posting a podium finish.

On her fourth attempt in the competition, Gibson posted a personal-best leap of 20 feet, 2.25 inches for a third-place standing. With one attempt though, Maryland's Thea LaFond out-jumped Gibson by a quarter of an inch (20-2.50) for the third-place finish. In the Penn State record books, Gibson improves her No. 10 spot in school history.

A day after missing out on a podium finish in the long jump, Gibson tallied a third-place finish in the triple jump. Gibson, a sophomore, scored six points for Penn State with her leap of 42-3.50.

Also scoring for the Nittany Lion women, freshman Anna Bailey (Harrisburg, Pa.) posted a personal-best distance of 153-4 en route to a sixth-place finish in the women's javelin.

## LAST YEAR AT THE NCAA FIRST ROUND DAY ONE

Four Nittany Lions qualified for the NCAA Championships in Eugene, Oregon after impressive performances in the field events on Thursday night to kick-off the action at the NCAA East Preliminary Round.

Senior Brittney Howell (Wyncote, Pennsylvania) used a lifetime-best jump of 20-10.75 to qualify for the NCAA Championships. The jump was second overall at the NCAA East Preliminary Round and is also third-best all-time at Penn State. With the second-best throw of his career, junior Darrell Hill (Philadelphia, Pa.) moved on to the NCAA Championships in the shot put with a fifth-place toss of 65-9.75. Senior Melissa Kurzdorfer (Lancaster, New York) finished seventh in the hammer with a throw of 197-4 to make it to the NCAA Championships. Senior javelin thrower Laura Loht (McClure, Pennsylvania) qualified for Eugene with a fifth-place toss of 169-4..

## DAY TWO

Six more Nittany Lions qualified for the 2014 NCAA Track & Field Championships after their Friday performances in Jacksonville, Florida.

Redshirt-senior Mahogany Jones (Cleveland, Ohio) qualified for the NCAA Finals with a second place finish in her heat of the 100 meters (11.39) and sophomore Kiah Seymour (Washington, D.C.) also advanced to Eugene running a 55.95 to place second in her heat of the 400 hurdles. Redshirt-senior Evonne Britton (El Paso, Texas) qualified in the 100 hurdles with a third-place in her heat in a time of 13.33 and also earned a spot in the NCAA Championships with her fourth-place time of 57.41 in the 400 hurdles. In the last event of the night, sophomore Tori Gerlach (Perkasie, Pa.) auto-qualified with a third place finish in her section of the steeplechase. Gerlach's time of 10:03.55 is a new PR and is second all-time at Penn State.

In the field events, both Steven Waithe (Parkville, Maryland) and Brian Leap (Bellwood, Pennsylvania) qualified for the NCAA Championships. Waithe finished fourth with a jump of 52-8.25 and Leap jumped 51-.25 to place 11th.

## DAY THREE

When the final event was over in Jacksonville, 15 Nittany Lions had qualified through to Eugene, Oregon for the 2014 NCAA Track & Field Championships. All told, Penn State will have competitors in 14 events when the championships kick-off on Wed., June 11.

On the track on Saturday, the men's team had two runners auto-qualify for Eugene. Sophomore Brannon Kidder (Lancaster, Ohio) qualified in the 1500 meters with a 3:45.72, which was fourth-place overall. In the 5000 meters, junior Matt Fischer (Kennett Square, Pa.) finished fourth in his section to auto-qualify for the NCAA Championships after entering the preliminary meet ranked 39th.

Redshirt-senior Evonne Britton (El Paso, Texas) ran a 13.23 in her section of the 100 meter hurdles to punch her ticket to Eugene in that event. Redshirt-senior Mahogany Jones (Cleveland, Ohio) is headed to the NCAA Finals in the 200 meters after her 23.14 qualified her for the action in Eugene.

Additionally, the women's 4x400 meter relay team ran a 3:31.65, which is fifth all-time at Penn State. The time was good enough for second-place and an auto-qualifier.

## IN THE RECORD BOOKS

During the 2015 outdoor season, the Nittany Lions have recorded 24 top-10 all-time performances in the Penn State record books, including Rachel Fatherly's school record mark of 56-3.25 in the women's shot put.

Brannon Kidder (800-meter run, 1:45.58), Tori Gerlach (3,000-meter steeplechase, 9:57.47) Darrell Hill (shot put, 68-5.25) and Ahmenah Richardson (high jump, 5-11.25) have all posted the No. 2 all-time performances in their respective events this outdoor season.

## BIG HONORS MAY 13

Senior Penn State track & field student-athletes Sancho Barrett (Amityville, N.Y.) and Darrell Hill (Philadelphia, Pa.) have both garnered Big Ten Athlete of Week honors, as announced by the conference office Wednesday afternoon. Barrett picked up the

# Nittany Lion News & Notes

Big Ten Men's Track Athlete of the Week honor, while Hill was tabbed as the Big Ten Men's Co-Field Athlete of the Week.

This is the first career award for Barrett, while Hill earns the award for the third time in his career. Hill also received the award on April 29 for his performance at the Penn Relays.

This past weekend at the Jim Thorpe Invite, both Barrett and Hill tallied lifetime-best performances en route to first-place finishes.

In the men's 110-meter hurdles, Barrett finished first with his time of 13.80 seconds. His time Friday moved him from 10th all-time in the Penn State record books to a tie for third all-time (Timpson -- 1988).

Also at the Jim Thorpe Invite, Hill continued his stellar senior season with another personal-best performance in the men's shot put. In the event, Hill improved his No. 2 spot in the Penn State record books with his throw of 68 feet, 5.25 inches.

## MAY 6

After posting the NCAA-leading time in the 800-meter run this past weekend, junior Brannon Kidder (Lancaster, Ohio) has been named the Big Ten Men's Track Athlete of the Week, as announced by the conference office Wednesday afternoon (May 6). This is the fourth career award for Kidder.

At the Payton Jordan Invitational (May 2), Kidder placed second in the 800-meter run with his personal-best time of 1:45.58. With his time Saturday, he currently has the top performance in the NCAA this season and he ranks second all-time in the Penn State record books (Loxson, 1:45.28, 2011).

## APRIL 29

Senior Darrell Hill (Philadelphia, Pa.) has been named the Big Ten Men's Co-Field Athlete of the Week, as announced by the conference office Wednesday afternoon (April 29). This is the second career award for Hill.

This past weekend at the Penn Relays, Hill defended his 2014 Penn Relays shot put title with a lifetime-best mark of 68-2.5. His toss is the No. 2 all-time mark at Penn State, the No. 3 all-time performance at the Penn Relays and the No. 2 distance this outdoor season in the NCAA.

## APRIL 15

Junior Robby Creese (Mount Airy, Md.) has been named the Big Ten Men's Track Athlete of the Week, as announced by the conference office Wednesday afternoon (April 15). This is the third career award for Creese.

At the Bucknell Classic, Creese won the men's 1,500-meter run with his time of 3:41.74. Earlier this season at the Florida Relays, he finished 11th in the men's 800-meter run with his personal-best time of 1:48.54.

## APRIL 8

Following his performance at the season-opening Florida Relays, junior Brannon Kidder (Lancaster, Ohio) has been named the Big Ten Men's Track Athlete of the Week, as announced by the conference office Wednesday afternoon (April 8). This is the third career award for Kidder.

At the Florida Relays, Kidder finished third in the men's 800-meter run with his time of 1:47.14 and he also ran the second-leg of the second-place 4x800-meter relay (7:22.22).

In the men's 800-meter run, Kidder ranks sixth in the NCAA and he has the top time in the Big Ten. His time is also the fastest since his freshman year when he finished third at the 2013 NCAA Outdoor Track & Field Championships.

## IN THE RANKINGS

Eight Nittany Lions currently rank in the top-25 in the NCAA in their respective events. On the track, Sancho Barrett (Amityville, N.Y.) is tied for 23rd in the men's 110-meter hurdles (13.71), Robby Creese (Mount Airy, Md.) is second in the men's 1,500-meter run (3:39.02), Tori Gerlach (Perkasie, Pa.) ranks ninth in the women's 3,000-meter steeplechase (9:57.47) and Brannon Kidder is first in the men's 800-meter run (1:45.58).

In the field, Rachel Fatherly (Williamstown, Pa.) is 11th in the women's shot put (56-3.25), Darrell Hill (Philadelphia, Pa.) ranks second in the men's shot put (68-5.25), Michael Shuey (Johnsonburg, Pa.) is ninth in the men's javelin (242-8) and Steve Waithe (Parkville, Md.) is 16th in the men's triple jump (52-8.25).

## NO. 15 IN THE LAND

The Penn State men's track & field team heads into the NCAA East Preliminary Round ranked No. 15 in the United States Track & Field and Cross Country Coaches Association (USTFCCA) National Computer Rankings.

At the Big Ten Championships, Sancho Barrett ran a wind-aided 13.71 in the men's 110-meter hurdles; he is currently ranked 22nd in the event.

Also on the track, Brannon Kidder (Lancaster, Ohio) leads the NCAA in the 800-meter run (1:45.58), while Robby Creese (Mount Airy, Md.) is second in the 1,500-meter run (3:39.02).

All-time at Penn State, Kidder ranks second in the 800-meter run and Creese has the third-best 1,500-meter run performance.

The Nittany Lions also have four marks in the field events ranked in the USTFCCA National Computer Rankings.

Senior Darrell Hill (Philadelphia, Pa.) currently has the second-best mark in the shot put (68-5.25) and the javelin duo of Michael Shuey (Johnsonburg, Pa.) and Ryan Kerr (Brookville, Pa.) rank ninth (242-8) and 31st (229-1), respectively. Also in the field, Steve Waithe (Parkville, Md.) ranks 16th in the triple jump with his leap of 52-8.25.

Last year at the 2014 NCAA Outdoor Track & Field Championships, Kidder finished 12th in the 1,500-meter run (3:44.30), Hill placed 15th in the shot put (62-9.50) and Waithe finished fifth (52-11.50) in the triple jump.

## WRAPPING UP INDOOR

With the indoor season in the books, the Nittany Lions recorded 14 top-five school record performances, including a pair of school records.

At the Big Ten Indoor Track & Field Championships, Penn State captured six Big Ten titles en route to a third-place finish by the women and a fourth-place finish by the men.

Nationally, nine Penn State student-athletes recorded first team All-America finishes and the Penn State men tallied a 12th-place finish at the NCAA Indoor Track & Field Championships. The NCAA meet was highlighted for Penn State by a runner-up finish in the men's distance medley relay by Brannon Kidder (Lancaster, Ohio), Alex Shisler (State College, Pa.), Za'Von Watkins (Liverpool, N.Y.) and Robby Creese (Mount Airy, Md.).

## ROAD WARRIORS

The Nittany Lions are scheduled to compete in seven meets in five states before they return to Happy Valley for the Jim Thorpe Invite (May 8). Following the Jim Thorpe Invite, Penn State will travel to East Lansing, Mich. (Big Ten Outdoor Championships), Jacksonville, Fla. (NCAA First Round) and Eugene, Ore. (NCAA Outdoor Championships).

## ALBURY, PORTER SIGN WITH PENN STATE

Head coach and director of Penn State cross country and track & field John Gondak has announced the signing of Keianna Albury and Anton Porter. Albury and Porter will enroll in classes starting this fall.

Albury is currently finishing her senior year of high school at St. Augustine's College in Nassau, Bahamas, while Porter is wrapping up his senior year at Mount Saint Michael Academy in the Bronx, N.Y. Albury and Porter both come to Penn State with great success during their time in high school.

Albury is a two-time (2012-13) winner of the Bahamas Association of Athletic Associations Most Outstanding Youth award and she also was named the Anita Doherty Junior Female Track Athlete of the Year in 2014.

At the 2014 Central American and Caribbean Junior Championships, Albury finished third in the 100, won the 200 and ran on the third-place 4x100-meter relay.

While competing for Mount Saint Michael Academy, Porter recorded numerous Catholic High School Athletic Association (CSHAA) first-place finishes and he currently holds the CSHAA record in the 100 and 300. He was also brought home All-State honors and was named MVP three years in a row.

## TWELVE SIGN EARLY

Twelve new student-athletes signed their National Letter of Intent during the week-long early signing period in November. Colin Abert (Easton, Pa.), Devin Bradham (Williamstown, N.J.), Frances Bull (Mentor, Ohio), Isaiah Harris (Lewiston, Maine), Maddie Holmberg (Greensburg, Pa.), Peter Hughey (Chambersburg, Pa.), David Lucas (Lititz, Pa.), David Marrington (Langhorne, Pa.), Sam Reiser (St. Kilda, Aus.), Sarah Stanley (South Park, Pa.), Abby Stultz (Frederick, Md.) and Grace Trucilla (Erie, Pa.) have signed a National Letter of Intent and will attend Penn State this fall.

## NEXT TIME OUT

The 2015 NCAA Outdoor Track & Field Championships are held June 10-13 at Historic Hayward Field in Eugene, Ore. The top-12 finishers at the NCAA East Preliminary Round will advance onto the NCAA Outdoor Track & Field Championships.

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

## 2014 NCAA First Round Recap

### Day One

Four Nittany Lions qualified for the NCAA Championships in Eugene, Oregon after impressive performances in the field events on Thursday night to kick-off the action at the NCAA East Preliminary Round.

Senior Brittney Howell (Wyncote, Pennsylvania) used a lifetime-best jump of 20-10.75 to qualify for the NCAA Championships. The jump was second overall at the NCAA East Preliminary Round and is also third-best all-time at Penn State. With the second-best throw of his career, junior Darrell Hill (Philadelphia, Pa.) moved on to the NCAA Championships in the shot put with a fifth-place toss of 65-9.75. Senior Melissa Kurzdorfer (Lancaster, New York) finished seventh in the hammer with a throw of 197-4 to make it to the NCAA Championships. Senior javelin thrower Laura Loht (McClure, Pennsylvania) qualified for Eugene with a fifth-place toss of 169-4.

It was all prelims on the track with numerous men and women moving onto Friday's races. Women's qualifiers include Evonne Britton (El Paso, Texas), Dynasty McGee (Flint, Michigan), Mahogany Jones (Cleveland, Ohio), Marta Klebe (Chesterbrook, Pennsylvania), and Kiah Seymour (Washington, D.C.). On the men's side, Wade Endress (Altoona, Pennsylvania), Brannon Kidder (Lancaster, Ohio), Za'Von Watkins (Liverpool, N.Y.) also qualified on to Friday's action.

### Day Two

Six more Nittany Lions qualified for the 2014 NCAA Track & Field Championships after their Friday performances in Jacksonville, Florida.

Redshirt-senior Mahogany Jones (Cleveland, Ohio) qualified for the NCAA Finals with a second place finish in her heat of the 100 meters (11.39) and sophomore Kiah Seymour (Washington, D.C.) also advanced to Eugene running a 55.95 to place second in her heat of the 400 hurdles. Redshirt-senior Evonne Britton (El Paso, Texas) qualified in the 100 hurdles with a third-place in her heat in a time of 13.33 and also earned a spot in the NCAA Championships with her fourth-place time of 57.41 in the 400 hurdles. In the last event of the night, sophomore Tori Gerlach (Perkasie, Pa.) auto-qualified with a third place finish in her section of the steeplechase. Gerlach's time of 10:03.55 is a new PR and is second all-time at Penn State.

Jones will also compete in the 200 meters after a time of 23.06 in her heat today.

In the field events, both Steven Waithe (Parkland, Maryland) and Brian Leap (Bellwood, Pennsylvania) qualified for the NCAA Championships. Waithe finished fourth with a jump of 52-8.25 and Leap jumped 51-.25 to place 11th.

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Additionally, the women's 4x400 meter relay team ran a 3:31.65, which is fifth all-time at Penn State. The time was good enough for second-place and an auto-qualifier.



**GOPSUSPORTS.COM**

# NCAA Competition Schedule



## 2015 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

DIVISION I • JACKSONVILLE, FLORIDA

All times listed are Eastern  
Schedule is subject to change.

THURSDAY				FRIDAY				SATURDAY			
TRACK EVENTS											
Time	Event	Division	Round	Time	Event	Division	Round	Time	Event	Division	Round
4:30 PM	400 Hurdles	Women	First Round	5:00 PM	100 Hurdles	Women	First Round	6:00 PM	4x100 Relay	Women	Quarterfinal
5:00 PM	400 Hurdles	Men	First Round	5:30 PM	110 Hurdles	Men	First Round	6:15 PM	4x100 Relay	Men	Quarterfinal
5:30 PM	1500 Meters	Women	First Round	6:00 PM	400 Meters	Women	Quarterfinal	6:30 PM	1500 Meters	Women	Quarterfinal
6:00 PM	1500 Meters	Men	First Round	6:15 PM	400 Meters	Men	Quarterfinal	6:45 PM	1500 Meters	Men	Quarterfinal
6:30 PM	100 Meters	Women	First Round	6:30 PM	100 Meters	Women	Quarterfinal	7:05 PM	100 Hurdles	Women	Quarterfinal
6:55 PM	100 Meters	Men	First Round	6:45 PM	100 Meters	Men	Quarterfinal	7:20 PM	110 Hurdles	Men	Quarterfinal
7:20 PM	400 Meters	Women	First Round	7:00 PM	800 Meters	Women	Quarterfinal	7:35 PM	200 Meters	Women	Quarterfinal
7:45 PM	400 Meters	Men	First Round	7:15 PM	800 Meters	Men	Quarterfinal	7:50 PM	200 Meters	Men	Quarterfinal
8:10 PM	800 Meters	Women	First Round	7:30 PM	400 Hurdles	Women	Quarterfinal	8:05 PM	5000 Meters	Women	Semifinal
8:35 PM	800 Meters	Men	First Round	7:45 PM	400 Hurdles	Men	Quarterfinal	8:45 PM	5000 Meters	Men	Semifinal
9:00 PM	10,000 Meters	Women	Semifinal	8:00 PM	200 Meters	Women	First Round	9:25 PM	4x400 Relay	Women	Quarterfinal
9:40 PM	10,000 Meters	Men	Semifinal	8:25 PM	200 Meters	Men	First Round	9:45 PM	4x400 Relay	Men	Quarterfinal
				8:50 PM	3000 Steeplechase	Women	Quarterfinal				
				9:30 PM	3000 Steeplechase	Men	Quarterfinal				
FIELD EVENTS											
Time	Event	Division	Round	Time	Event	Division	Round	Time	Event	Division	Round
12:00 PM	Hammer	Men	First Round	12:00 PM	Discus	Women	First Round	1:30 PM	Hammer	Women	First Round
12:00 PM	Javelin	Women	First Round	12:00 PM	Javelin	Men	First Round	4:00 PM	Triple Jump	Women	First Round
3:30 PM	Shot Put	Women	First Round	4:00 PM	Discus	Men	First Round	5:00 PM	Shot Put	Men	First Round
4:30 PM	Pole Vault	Women	First Round	4:30 PM	Pole Vault	Men	First Round	6:00 PM	High Jump	Women	First Round
7:00 PM	Long Jump	Men	First Round	5:00 PM	High Jump	Men	First Round	7:00 PM	Triple Jump	Men	First Round
				7:00 PM	Long Jump	Women	First Round				



# TRACK & FIELD

## 2015 NCAA First Round || Nittany Lion Coaching Staff



**John Gondak**  
**Head Coach**  
**First Year/Ninth Overall**  
**Syracuse, '95**  
**Distance, Cross Country**  
 jeg33@psu.edu



**Randy Bungard**  
**Assistant Coach**  
**Third Year**  
**Virginia Tech, '87**  
**Sprints, Hurdles, Relays**  
 rjb52@psu.edu



**Pat Ebel**  
**Assistant Coach**  
**Third Year**  
**UW-La Crosse, '92**  
**Throws**  
 pwe2@psu.edu



**Ryan Foster**  
**Assistant Coach**  
**First Year/Second Overall**  
**Distance, Cross Country**  
**Penn State '11**  
 rgf5028@psu.edu



**Kevin Kelly**  
**Assistant Coach**  
**Third Year**  
**Kutztown, '99**  
**Men's Jumps, Multi's, PV**  
 kgk134@psu.edu



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



**Will Rottler**  
**Director Of Operations/SID**  
**First Year**  
**Minnesota-Morris, '12**  
 wdr13@psu.edu



**Laura Loht**  
**Operations Assistant**  
**First Year**  
**Penn State, '14**  
 lel5115@psu.edu

### Nittany Lion Volunteer Coaching Staff

Kara Foster  
 Sam Masters  
 Ryan Whiting

Distance  
 Distance  
 Throws

### Nittany Lion Support Staff

Athletic Training  
 Strength Training  
 Academic Support  
 Sports Nutritionist  
 Sports Psychologist  
 Staff Assistant

Kevin Anderson, Mike Gay  
 Melissa Bolt, Cam Davidson  
 Kristina Jeffries  
 Liz Johnson, Jim Weaver  
 Cassie Raugh  
 Dave Yukelson  
 Mary Alterio

# 2015 Penn State Track and Field Roster

## Men's Roster

Name	Event	Year	Hometown/High School/Last College
Cody Amengual	Distance/XC	SR	West Babylon, N.Y./Cortland College
Patrick Anderson	Pole Vault	SO	Kane, Pa./Kane Area
Sancho Barrett	Sprints/Hurdles	SR	Amityville, N.Y./Amityville Memorial
Justin Berg	Throws	JR	Phoenixville, Pa./Temple University
Dylan Bilka	Pole Vault	SR	Seven Fields, Pa./Seneca Valley/PSU-Behrend
Ryan Brennan	Mid-Distance	SR	Chester, N.Y./Monroe-Woodbury
Glen Burkhardt	Distance/XC	JR	Kennett Square, Pa./Unionville
Robert Cardina	Multi-Events	SO	Lancaster, Pa./Conestoga Valley
Will Cather	Distance/XC	FR	Port Matilda, Pa./State College Area
Robby Creese	Distance/XC	JR	Mount Airy, Md./Glennelg
Thomas Damiani	Distance/XC	JR	Tunkhannock, Pa./Tunkhannock
Kory Decesaris	Throws	FR	Danielsville, Pa./Northampton Area
Ean DiSilvio	Distance/XC	FR	Pittsburgh, Pa./Taylor Alderice
Wade Endress	Distance/XC	JR	Altoona, Pa./Altoona
Matt Fischer	Distance/XC	SR	Kennett Square, Pa./Unionville
Riley Gaibler	Sprints,Relays	SO	Lansdale, Pa./North Penn
Bobby Hill	Distance/XC	FR	Wellsboro, Pa./Wellsboro
Darrell Hill	Throws	SR	Philadelphia, Pa./Houston
Tyler Hope	Throws	FR	Tamaqua, Pa./Tamaqua Area
Johnathon Jacoway	Jumps	SO	Sharon, Pa./Sharon
Ryan Kerr	Throws	SO	Brookville, Pa./Brookville Area
Brannon Kidder	Distance/XC	JR	Lancaster, Ohio/Lancaster
Brian Leap	Jumps	SR	Bellwood, Pa./Bellwood Antis
Conrad Lippert	Distance/XC	SO	Middletown, N.J./Christian Brothers Academy
Joey Logue	Distance/XC	FR	Blooming Glen, Pa./Pennridge
Tommy Louro	Distance/XC	FR	Holtsville, N.Y./St. Anthony's
Jordan Makins	Distance/XC	FR	Perth, Australia/Aquinas College
Michael McClelland	Jumps	JR	Washington, Pa./Trinity
Jack Miller	Distance/XC	FR	Bay Village, Ohio/St. Ignatius
Cody Minnig	Jumps	FR	Levittown, Pa./Neshaminy
Malik Moffett	Sprints/Jumps	SO	Erie, Pa./PSU - Behrend
Luke Pease	Multi-Events	FR	Haddonfield, N.J./Haddonfield Memorial
Austin Pondel	Distance/XC	FR	Columbus, Pa./Corry Area
Will Pope	Throws	FR	South Salem, N.Y./Iona Prep
Mason Post	Distance/XC	FR	State College, Pa./State College Area
Cole Proffitt	Throws	SO	Manheim, Pa./Manheim Central
Conner Quinn	Distance/XC	FR	Horsham, Pa./Hatboro-Horsham
Robert Rhodes	Distance/XC	JR	Brooklyn, N.Y./U. of Connecticut
Brad Rivera	Distance/XC	SO	Bensalem, Pa./Bensalem
Anthony Russell	Distance/XC	FR	West Chester, Pa./West Chester Henderson
Morgan Shigo	Throws	FR	Blandon, Pa./Fleetwood Area
Alex Shisler	Sprints/Relays	JR	State College, Pa./State College Area
Michael Shuey	Throws	JR	Johnsonburg, Pa./Johnsonburg Area
Xavier Smith	Sprints/Relays	FR	Douglassville, Pa./Daniel Boone
Brandon Teribery	Pole Vault	SO	Bradford, Pa./Bradford Area
Steve Waithe	Jumps	SR	Parkville, Md./Shippensburg
Za Von Watkins	Mid-Distance	JR	Liverpool, N.Y./Liverpool
Bryce Williams	Jumps	FR	State College, Pa./State College Area
Jon Yohman	Throws	FR	New Wilmington, Pa./Wilmington

## Women's Roster

Name	Event	Year	Hometown/High School/Last College
Stephanie Aldrich	Distance/XC	SO	West Chester, Pa./Henderson
Anna Bailey	Throws	FR	Harrisburg, Pa./Bishop McDevitt
Tessa Barrett	Distance/XC	FR	Waverly, Pa./Abington Heights
Tal Ben-Artzi	Multi-Events	SO	Kibbutz Gazit, Israel/Ankori Tesafon
Lisa Bennatan	Distance/XC	FR	Lake Forest, Ill./Lake Forest
Abbie Benson	Distance/XC	SR	Elma, N.Y./Iroquois
Shelley Black	Hurdles/Relays	JR	Wilkes-Barre, Pa./James M. Coughlin
Typhane Booker	Sprints/Relays	FR	Cibolo, Texas/Schertz Steele
Hannah Catalano	Distance/XC	FR	State College, Pa./State College Area
Elizabeth Chikotas	Distance/XC	FR	Hellertown, Pa./Saucon Valley
Victoria Crawford	Mid-Distance	FR	State College, Pa./State College Area/IUP
Quenee Dale	Hurdles/Relays	FR	Ypsilanti, Mich./Saline
Deja Davis	Sprints/Relays	FR	Shelby Charter Township, Mich./Utica
Rachael DeCecco	Hurdles/Relays	FR	Mechanicsburg, Pa./Cumberland Valley
Rachel Fatherly	Throws	JR	Williamsport, Pa./Williamsport Area
Tori Gerlach	Distance/XC	JR	Perkasie, Pa./Pennridge
Dannielle Gibson	Jumps	SO	Nassau, Bahamas/St. Augustine's
Megan Hellman	Distance/XC	FR	Rumson, N.J./Rumson Fair-Haven
Jillian Hunsberger	Distance/XC	FR	Pittsburgh, Pa./Mount Lebanon
Jada Jones	Jumps	FR	Ontario, N.J./Union
Kasey Kemp	Pole Vault	SO	Irwin, Pa./Norwin
Lauren Kenney	Throws	SR	State College, Pa./State College Area
Erin Knabe	Pole Vault	SO	Voorhees, N.J./Voorhees
Julie Kocjancic	Distance/XC	SO	Pittsburgh, Pa./Mount Lebanon
Melanie Leszcynski	Throws	SR	Audobon, Pa./Methacton
Greta Lindsley	Distance/XC	FR	Lancaster, Pa./Penn Manor
Kaitlyn Lopez	Jumps	JR	Buffalo, N.Y./Immaculata Academy
Obeng Marfo	Throws	FR	Ontario, Canada/Father Henry Carr
Lexi Masterson	Pole Vault	SO	Jeannette, Pa./Hempfield Area
Megan McCloskey	Jumps	FR	Lower Gwynedd, Pa./Germantown Academy
India McCoy	Jumps	SO	Ambridge, Pa./Ambridge Area
Dynasty McGee	Sprints/Relays	SR	Flint, Mich./Ypsilanti
Lauren Mills	Distance/XC	SR	West Chester, Pa./Unionville
Hannah Mulhern	Pole Vault	FR	Altoona, Pa./Altoona Area
Megan Osborne	Sprints/Relays	SO	Chillicothe, Ohio/Chillicothe
Sarah Palmer	Jumps	SR	Gansevoort, N.Y./Schuylerville
Ashley Rankine	Sprints/Relays	FR	Upper Darby, Pa./Upper Darby
Tichina Rhodes	Sprints/Relays	SO	Philadelphia, Pa./Swenson
Ahmenah Richardson	Jumps	SO	Philadelphia, Pa./Milton Hershey
Alyssa Robinson	Throws	SO	Saint Clairsville, Ohio/Saint Clairsville
Katie Rodden	Distance/XC	SR	Ardmore, Pa./Archbishop Carroll
Victoria Scutti	Distance/XC	FR	Port Matilda, Pa./State College Area
Kiah Seymour	Hurdles/Relays	JR	Washington, D.C./Archbishop Carroll
Natalie Shiffler	Jumps	FR	Irwin, Pa./Hempfield Area
Elyse Skerpon	Sprints/Hurdles	FR	Sayre, Pa./Sayre Area
Cara Ulizio	Distance/XC	FR	Redondo Beach, Calif./Redondo Union
Sarah Jane Underwood	Distance/XC	SO	Alexandria, Va./West Potomac
Annjulie Vester	Throws	SR	Homburg, Germany/Virginia Tech
Kayla Zoschg	Throws	SO	Emporium, Pa./Cameron County/Dickinson



# TRACK & FIELD

# 2015 Penn State Women's Outdoor Performance List

## 2015 PENN STATE WOMEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

### WOMEN'S 100-METERS

PSU: 11.21 - Connie Moore, 2003

11.96 +1.0	Typhane Booker - UNA	May-8
11.99 +1.0	Quenee Dale	May-8
12.21 w +2.6	Deja Davis	April-18
12.51 -2.4	Dannielle Gibson	April-12
12.59 +0.2	Ashley Rankine	April-18

### WOMEN'S 200-METERS

PSU: 22.45 - Connie Moore, 2004

24.11 +0.0	Dynasty McGee	April-12
24.50 +0.0	Deja Davis	April-12
24.52 +0.0	Megan Osborne	April-12
24.49 -1.4	Typhane Booker - UNA	May-8
24.76 -1.4	Tichina Rhodes	May-8
25.91 w +2.3	Ashley Rankine	April-18
26.68 +1.9	Tal Ben-Artzi - M	May-15
28.49 +1.9	Natalie Shiffler - M	May-15

### WOMEN'S 400-METERS

PSU: 50.84 - Shana Cox, 2008

53.54	Dynasty McGee	April-3
53.65	Tichina Rhodes	May-16
56.21	Megan Osborne	May-16

### WOMEN'S 800-METERS

PSU: 2:03.09 - Bekka Simko, 2012

2:12.06	Julie Kocjancic	April-18
2:12.49	Victoria Crawford	May-8
2:12.70	Greta Lindsley	April-3
2:14.03	Cara Ulizio	April-18
2:16.52	Tal Ben-Artzi - M	May-16
2:38.68	Natalie Shiffler - M	May-16

### WOMEN'S 1500-METERS

PSU: 4:15.20 - Marta Klebe, 2014

4:22.93	Tori Gerlach	April-11
4:23.24	Elizabeth Chikotas	April-11
4:29.90	Greta Lindsley	April-11
4:32.66	Julie Kocjancic	April-11
4:38.59	Lauren Mills	April-3
4:44.24	Cara Ulizio	May-1
4:45.43	Abbie Benson	May-8
4:49.86	Hannah Catalano - UNA	May-8
5:13.38	Victoria Scutti - UNA	April-11

### WOMEN'S MILE RUN

PSU: 4:40.65 - Bridget Fronek, 2010

### WOMEN'S 3,000-METERS

PSU: 9:08.04 - Kathy Mills, 1978

### WOMEN'S 5,000-METERS

PSU: 15:32.53 - Kathy Mills, 1978

16:05.46	Elizabeth Chikotas	April-23
16:19.89	Tori Gerlach	May-17
17:23.96	Lauren Mills	April-11
18:06.63	Megan Hellman - UNA	April-11

### WOMEN'S 10,000-METERS

PSU: 32:57.33 - Kara Millhouse, 2012

### WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, 2010

13.71 +1.7	Shelley Black	May-16
13.79 +0.8	Quenee Dale	May-16
15.23 +0.8	Tal Ben-Artzi	May-15
15.62 +0.8	Natalie Shiffler - M	May-15

### WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr, 2010

57.72	Kiah Seymour - UNA	May-1
1:00.72	Shelley Black	April-3
1:02.93	Rachael DeCecco	May-1

### WOMEN'S 3000-METER STEEPLECHASE

PSU: 9:32.35 - Bridget Fronek, 2010

9:57.47	Tori Gerlach	May-2
10:33.41	Stephanie Aldrich	May-16
10:48.92	Abbie Benson	May-16

### 4x100-METER RELAY

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

46.02	Osborne, Davis, Dale, McGee	April-4
46.33	Gibson, Davis, Osborne, Dale	April-18
46.56	Davis, Dale, Osborne, Black	May-8
46.60	Gibson, Davis, Dale, McGee	April-12

### 4x200-METER RELAY

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

1:35.52	Osborne, Davis, Dale, McGee	April-25
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### 4x400-METER RELAY

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

3:37.59	Osborne, McGee, Rhodes, Davis	April-25
3:39.58	Davis, Rhodes, Black, McGee	May-17

### 4x800-METER RELAY

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

8:53.41	Chikotas, Gerlach, Lindsley, Crawford	April-4
8:55.25	Kocjancic, Crawford, Ulizio, Lindsley	April-25

### SPRINT MEDLEY RELAY

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

### DISTANCE MEDLEY RELAY

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

11:49.17	Kocjancic, Black, Crawford, Lindsley	April-24
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### 4x1500-METER RELAY

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

### WOMEN'S HIGH JUMP

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

5-11.25 (1.81)	Ahmenah Richardson	April-23
5-8 (1.73)	Megan McCloskey	May-1
5-7 (1.70)	Sarah Palmer	May-8
5-5.75 (1.67)	Tal Ben-Artzi - M	April-21
5-5.25 (1.66)	Natalie Shiffler	April-12

### WOMEN'S POLEVAULT

PSU: 13-3.50 (4.05) - Lexi Masterson, 2014

13-1.75 (4.01)	Lexi Masterson	April-18
12-10.25 (3.92)	Hannah Mulhern	May-8
12-9.25 (3.90)	Kasey Kemp	April-24
12-2.50 (3.72)	Erin Knabe	April-12

### WOMEN'S LONG JUMP

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

20-2.25 (6.15) +1.3	Dannielle Gibson	May-16
17-8.25 (5.39) -0.1	Jada Jones	April-12
17-6 (5.33) +1.0	Tal Ben-Artzi - M	May-16
16-10.5 (5.14) +1.0	Natalie Shiffler	April-12

### WOMEN'S TRIPLE JUMP

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

42-9.75 (13.05) +1.6	Dannielle Gibson	April-3
38-2 (11.63) +0.0	Jada Jones	May-8

### WOMEN'S SHOT PUT

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

56-3.25 (17.15)	Rachel Fatherly	May-17
52-6 (16.00)	Obeng Marfo	May-17
49-0.25 (14.94)	Alyssa Robinson	May-8
35-2.5 (10.73)	Tal Ben-Artzi - M	May-15
31-2 (9.50)	Natalie Shiffler - M	April-21

### WOMEN'S DISCUS

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

170-1 (51.86)	Obeng Marfo	May-16
154-4 (47.05)	Rachel Fatherly	May-8

### WOMEN'S HAMMER

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

191-9 (58.44)	Rachel Fatherly	May-15
191-2 (58.27)	Annjulie Vester	May-15
180-10 (55.13)	Alyssa Robinson	May-8
170-0 (51.82)	Obeng Marfo	May-8

### WOMEN'S JAVELIN

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

153-4 (46.75)	Anna Bailey	May-16
146-9 (44.72)	Kayla Zoschg	April-11
141-0 (42.99)	Natalie Shiffler	April-11
97-3 (29.65)	Tal Ben-Artzi - M	May-16

### WOMEN'S HEPTATHLON

PSU: 5,797 - Gayle Hunter, 2009

4,937	Tal Ben-Artzi	May-16
4,300	Natalie Shiffler	April-22

**Key -**  
**BOLD** - School Record  
**ITALICS** - Non-Standard NCAA Event  
 M - Mark from Multi-Event Competition  
 w - Wind Aided (+2.0)  
 UNA - Unattached;  
 i - Contested Indoors (Weather)



# 2015 Penn State Men's Outdoor Performance List

## 2015 PENN STATE MEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

### MEN'S 100-METERS

**PSU: 10.1 - Mike Sands, 1975**  
**Decathlon: 10.99 - Rob Cardina, 2014**

10.61 w +3.0	Xavier Smith	May-8
10.62 w +3.0	Malik Moffett - UNA	May-8
10.72 w +3.0	Cody Minning	May-8
11.20 -0.9	Brian Leap - UNA	April-12
11.52 -3.2	Bryce Williams	April-12

### MEN'S 200-METERS

**PSU: 20.23 - Michael Timpson, 1986**

21.24 +0.0	Malik Moffett - UNA	April-12
21.46 +0.1	Xavier Smith	May-8
22.18 +0.0	Alex Shisler	April-12
22.66 +0.0	Sancho Barrett	April-12
23.50 +0.0	Riley Gaibler	April-12

### MEN'S 400-METERS

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

47.38	Alex Shisler	May-8
48.33	Robert Rhodes	April-12
49.27	Riley Gaibler	April-12
50.78	Brad Rivera	April-12

### MEN'S 800 METERS

**PSU: 1:45.28 - Casimir Loxsom, 2011**

1:45.58	Brannon Kidder	May-2
1:48.54	Robby Creese	April-3
1:49.04	Robert Rhodes	April-3
1:52.77	Ryan Brennan	May-16
1:53.50	Brad Rivera	May-8
1:53.72	Bobby Hill	April-18
1:53.98	Mason Post - UNA	May-8
1:53.99	Will Cather - UNA	May-1
1:54.21	Tommy Louro - UNA	May-8

### MEN'S 1500-METERS

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

3:39.02	Robby Creese	May-2
3:44.57	Brannon Kidder	April-11
3:48.56	Matt Fischer	April-3
3:49.30	Bobby Hill	May-2
3:54.20	Jordan Makins	April-11
3:54.37	Wade Endress - UNA	April-11
3:55.15	Cody Amengual	April-11
4:00.65	Conner Quinn	May-1
4:01.96	Austin Pondel	May-1
4:02.99	Tommy Louro - UNA	April-11
4:08.32	Will Cather - UNA	April-11

### 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**

14:02.09	Glen Burkhardt	April-23
14:02.60	Matt Fischer	April-23
14:35.07	Ean DiSilvio	April-11
14:45.65	Conner Quinn - UNA	April-11
14:47.85	Austin Pondel	April-11
15:52.63	Jack Miller	April-11

### MEN'S 10,000-METERS

**PSU: 28:08.0 - Greg Fredericks, 1972**

29:31.42	Glen Burkhardt	May-15
29:51.69	Matt Fischer	May-15

### MEN'S 110-METER HURDLES

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

13.71 w +2.9	Sancho Barrett	May-17
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### MEN'S 400-METER HURDLES

**PSU: 48.69 - Mike Shine, 1976**

### MEN'S 3000-METER STEEPLECHASE

**PSU: 8:22.5 - George Malley, 1977**

9:06.14	Cody Amengual	May-1
9:07.10	Ean DiSilvio	May-2

### MEN'S 4x100-METER RELAY

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

41.37	Barrett, Smith, Minning, Shisler	May-8
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### MEN'S 4x200-METER RELAY

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

1:26.50	Smith, Barrett, Minning, Shisler	April-4
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### MEN'S 4x400-METER RELAY

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

3:11.19	Smith, Rhodes, Kidder, Shisler	May-17
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3:12.32	Smith, Rhodes, Gaibler, Shisler	April-18
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### MEN'S 4x800-METER RELAY

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

7:22.22	Brennan, Kidder, Rhodes, Creese	April-4
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7:26.54	Makins, Creese, Rhodes, Kidder	April-25
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### MEN'S SPRINT MEDLEY RELAY

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

3:21.29	Smith, Barrett, Shisler, Kidder	April-24
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### MEN'S DISTANCE MEDLEY RELAY

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

9:59.79	Hill, Gaibler, Rivera, Burkhardt	April-4
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### MEN'S 4xMILE RELAY

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

### MEN'S HIGH JUMP

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

### MEN'S POLEVAULT

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

15-11.25 (4.86)	Dylan Bilka - UNA	May-8
15-9 (4.80)	Patrick Anderson	April-12
15-3 (4.65)	Brandon Teribery	April-24

### MEN'S LONG JUMP

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

25-0 (7.62) +0.7	Malik Moffett - UNA	April-11
24-5 (7.44) +1.6	Brian Leap - UNA	May-8
23-9 (7.24) w + 2.1	Steve Waithe	May-16
23-7.25 (7.19) w +2.4	Bryce Williams	May-8
22-8 (6.91) +1.0	Cody Minning	May-16

### MEN'S TRIPLE JUMP

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

52-8.25 (16.06) w +2.2	Steve Waithe	May-17
52-0.5 (15.86) +0.3	Brian Leap - UNA	May-8
50-2 (15.29) w +2.1	Bryce Williams	May-17

### MEN'S SHOT PUT

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

68-5.25 (20.86)	Darrell Hill	May-8
57-1.5 (17.41)	Jon Yohman	May-8
54-4.75 (16.58)	Will Pope	May-8
52-2.25 (15.60)	Morgan Shigo - UNA	May-8

### MEN'S DISCUS

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

171-5 (52.25)	Jon Yohman	April-11
164-8 (50.20)	Darrell Hill	April-18
149-1 (45.44)	Morgan Shigo - UNA	May-1

### MEN'S HAMMER

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

198-5 (60.48)	Kory Decesaris	May-15
185-5 (56.52)	Justin Berg	May-15
176-6 (53.79)	Morgan Shigo - UNA	May-1

### MEN'S JAVELIN

**PSU: 249-5 (76.02) - Michael Shuey, 2014**  
**Decathlon: 206-2 (62.83) - Shawn Colligan, 2008**

242-8 (73.98)	Michael Shuey	April-18
229-2 (69.84)	Ryan Kerr	May-17
203-1 (61.91)	Cole Proffitt	May-8
185-3 (56.47)	Robert Cardina	April-3
176-0 (53.65)	Tyler Hope	April-18

### MEN'S DECATHLON

**PSU: 7,685 - Rick Kleban, 1985**  
**Day One: 4,087 - Rob Cardina, 2014**  
**Day Two: 3,774 - James Cook, 1997**

**Key -**  
**BOLD** - School Record;  
*ITALICS* - Non-Standard NCAA Event  
M - Mark from Multi-Event Competition;  
w - Wind Aided (+2.0)  
UNA - Unattached;  
i - Contested Indoors (Weather)

# All-Time Women's Top-10 Performances

## PENN STATE WOMEN'S TRACK AND FIELD ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

100-Meter Dash				100 Hurdles				Long Jump			
1	11.21	Connie Moore	2004	1	12.85	Aleesha Barber	2010	1	21-6 (6.55)	Chi-Chi Aduba	2004
2	11.27	Shavon Greaves	2010	2	13.03	Evonne Britton	2014	2	21-4.75 (6.52)	Gayle Hunter	2008
3	11.29	Mahogany Jones	2014	3	13.35	Gayle Hunter	2009	3	20-10.75 (6.37)	Carmen Mann	1989
4	11.56	Kamilah Salaam	2004	4	13.36	Toyin Augustus	2001	4	20-10.75 (6.37)	Shakeema Walker	1999
~	11.60 w + 2.4	Kirsten Nieuwendam	2012	5	13.45	Brittney Howell	2014	5	20-10.75 (6.37)	Brittney Howell	2014
5	11.63 (11.57w)	Aleesha Barber	2008	6	<b>13.71</b>	<b>Shelley Black</b>	<b>2015</b>	~	20-10.5 (6.36) w	Bianca Fung	2009
6	11.68	Vivian Riddick	1983	7	<b>13.79</b>	<b>Queene Dale</b>	<b>2015</b>	6	20-5.25 (6.25)	Bianca Fung	2009
7	11.70	Sara Shoaff	2006	8	13.83	Kamilah Salaam	2006	7	20-4.5 (6.21)	Vivian Riddick	1982
8	11.72	Caitlin DeFusco	2010	10	13.83	Monique Walker	2006	8	20-4.25 (6.20)	Monique Gillman	1997
9	11.78	Tiffany Glenn	1999			Pam Connell	1991	9	20-3 (6.17)	Lena Bettis	2007
10	11.80	Jackie Brown	1991					10	<b>20-2.25 (6.15)</b>	<b>Danielle Gibson</b>	<b>2015</b>
200-Meter Dash				400 Hurdles				Triple Jump			
1	22.45	Connie Moore	2004	1	55.57	Fawn Dorr	2010	1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	22.90 (22.68w)	Mahogany Jones	2014	2	55.88	Kiah Seymour	2014	2	44-3 (13.48)	Shakeema Walker	1999
3	23.07	Shavon Greaves	2010	3	57.00	Aleesha Barber	2007	3	43-1 (13.13)	Carmen Mann	1990
4	23.15 (22.92w)	Shana Cox	2008	4	57.32	Evonne Britton	2010	4	<b>42-9.75 (13.05)</b>	<b>Danielle Gibson</b>	<b>2015</b>
5	23.47	Kirsten Nieuwendam	2012	5	57.35	Megan Duncan	2011	5	42-3.50 (12.89)	Tanaya Lloyd	2012
6	23.61	Kamilah Salaam	2004	6	57.88	Shelley Mitchell	1991	6	42-2.75 (12.87)	Marlene Ricketts	2014
7	23.66	Kiah Seymour	2014	7	58.45	Tammie Hart	1982	7	41-7 (12.67)	Lena Bettis	2007
8	23.70	Sara Shoaff	2005	8	58.60	Ernestine Marsh	1987	8	41-2.50 (12.56)	Gayle Hunter	2007
9	23.81 (23.56w)	Gayle Hunter	2008	9	58.77	Kim Markel	2007	8	41-2.50 (12.56)	Alicia Porro	1992
10	23.85	Debbie Lewis	1980	10	58.93	Doris Anyanwu	2012	10	40-9 (12.42)	Hanna Humphreys	1984
400-Meter Dash				3,000-Meter Steeplechase				Shot Put			
1	50.84	Shana Cox	2008	1	9:32.35	Bridget Franek	2010	1	<b>56-3.25 (17.15)</b>	<b>Rachel FATHERLY</b>	<b>2015</b>
2	52.15	Dominique Blake	2008	2	<b>9:57.47</b>	<b>Tori Gerlach</b>	<b>2015</b>	2	55-4.75 (16.88)	Ja'Nai O'Connor	2004
3	52.51	Fawn Dorr	2010	3	10:07.78	Molly Landreth	2003	3	55-0 (16.76)	Elaine Sobansky	1984
4	53.14	Dynasty McGee	2014	4	10:07.86	Natalie Bower	2013	4	53-8.25 (16.36)	Jennifer Leatherman	2006
5	53.17	Ije Iheoma	2012	5	10:16.91	Tracey Brauksieck	2003	5	52-6 (16.00)	Jane Swenson	2011
6	<b>53.65</b>	<b>Tichina Rhodes</b>	<b>2015</b>	6	10:20.33	Lindsey Graybill	2012	5	<b>52-6 (16.00)</b>	<b>Obeng Marfo</b>	<b>2015</b>
7	53.74	Laila Brock	1998	7	10:20.76	Abbie Benson	2014	7	51-6.5 (15.71)	Melissa Kurzdorfer	2014
8	53.74	Janice Carter	1988	8	10:24.01	Claire Percival	2007	8	51-6.25 (15.70)	Deshaya Williams	2003
9	53.80	Tammie Hart	1981	9	10:26.41	Nicole Lord	2010	9	51-1.5 (15.58)	Emma Schmelzler	2009
10	54.15	Shavon Greaves	2010	10	10:28.82	Emily Giannotti	2012	10	49-11.25 (15.22)	Alyssa Robinson	2014
800-Meter Run				4x100-Meter Relay				Discus			
1	2:03.09	Bekka Simko	2012	1	44.25	Fox, Shoaff, Moore Aduba	2003	1	185-1 (56.41)	Deshaya Williams	2001
2	2:04.37	Tammie Hart	1985	2	44.38	Salaam, Aduba, Shoaff, Moore	2004	2	173-4 (52.83)	Christen Clemson	2007
3	2:04.72	Briene Simmons	2006	3	44.57	Greaves, DeFusco, Barber, Dorr	2010	3	<b>170-1 (51.86)</b>	<b>Obeng Marfo</b>	<b>2015</b>
4	2:05.66	Janice Carter	1985	4	44.64	Gibson, Jones, McGee, Seymour	2014	4	170-0 (51.82)	Jennifer Leatherman	2006
5	2:05.69	Erica Bosler	1998	5	44.80	Cox, Walker, Salaam, Shoaff	2006	5	167-7 (51.08)	Elaine Sobansky	1984
6	2:06.68	Terry Pioli	1981	4x400-Meter Relay				6	167-4 (51.01)	Emma Schmelzler	2007
7	2:06.80	Maura Ryan	2011	1	3:27.69	Blake, Barber, Hunter, Cox	2008	7	166-8 (50.82)	Melissa Kurzdorfer	2013
8	2:07.26	Judi Cassel	1995	2	3:30.34	Barber, Greaves, Hunter, Dorr	2009	8	161-5 (49.21)	Rachel FATHERLY	2014
9	2:07.32	Marta Klebe	2013	3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011	9	157-6 (48.02)	Taylor McNally	2011
10	2:08.09	Teressa DiPerna	1989	4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010	10	156-7 (47.72)	Lexi Benamati	2004
				5	3:31.17	McGee, Jones, Rhodes, Seymour	2014	Hammer			
1500-Meter Run				High Jump				1	219-1 (66.78)	Jennifer Leatherman	2006
1	4:15.20	Marta Klebe	2014	1	6-0 (1.83)	Shelley Mitchell	1992	2	207-10 (63.35)	Melissa Kurzdorfer	2012
2	4:16.96	Doreen Startare	1993	2	5-11.25 (1.81)	Pam Connell	1991	3	197-3 (60.12)	Kate Johnston	2003
3	4:17.40	Kim McGreevy	1997	3	<b>5-11.25 (1.81)</b>	<b>Ahmenah O'Carroll</b>	<b>2015</b>	4	<b>191-9 (58.44)</b>	<b>Rachel FATHERLY</b>	<b>2015</b>
4	4:17.54	Mary Rave	1981	4	5-11 (NMC)	Antoinette Richardson	1987	5	<b>191-2 (58.27)</b>	<b>Annjolie Vester</b>	<b>2015</b>
5	4:18.33	Bridget Franek	2010	5	5-10.75 (1.80)	Erika Morgan	2013	6	190-10 (58.16)	Deshaya Williams	2003
6	4:19.83	Patty Murmane	1981	6	5-10.5 (1.79)	Karen Krawick	1980	7	186-11 (56.97)	Helen Higgins	2007
7	4:20.11	Bekka Simko	2012	5-10.5 (1.79)	Jenny Williams	1987	8	<b>180-10 (55.13)</b>	<b>Alyssa Robinson</b>	<b>2015</b>	
8	4:20.40	Caitlin Lane	2010	5-10.5 (1.79)	Leslie Lippincott	1991	9	178-3 (54.35)	Emma Schmelzler	2009	
9	4:21.10	Heather Carmichael	1980	5-10.5 (1.79)	Holly Jones	1992	10	174-3 (53.11)	Robbin Shomper	2003	
10	4:21.31	Susanne Heyer	1999	10	5-10 (1.78)	Deb Ford	1988	Javelin			
5000 Meters				5-10 (1.78)	India McCoy	2014	1	178-6 (54.41)	Laura Loht	2014	
1	15:32.52	Kathy Mills	1978	5-10 (1.78)	Brittney Howell	2014	2	178-4 (54.35)	Kim Hanslovan	2009	
2	15:46.08	Bridget Franek	2010	NMC - No Metric Conversion				3	177-10 (54.02)	Lauren Kenney	2013
3	15:53.50	Paula Renzi	1985	Pole Vault				4	176-2 (53.70)	Karlee McQuillen	2008
4	<b>16:05.46</b>	<b>Elizabeth Chikotas</b>	<b>2015</b>	1	13-3.5 (4.05)	Lexi Masterson	2014	5	169-3 (51.58)	Carrie Karabinos	1999
5	16:06.32	Kim Kelly	1993	2	13-1.5 (4.00)	Sara Dougherty	2004	6	167-2 (50.96)	Heidi Nadeau	2007
6	16:08.74	Leigha Anderson	2014	3	<b>12-10.25 (3.92)</b>	<b>Hannah Mulhern</b>	<b>2015</b>	7	167-1 (50.92)	Brianne Johnson	2001
7	16:09.38	Stacy Prey	1990	4	12-9.5 (3.90)	Jocelyn Witmer	2010	8	159-4 (48.56)	Ashley Colley	2002
8	16:11.93	Brooklyne Ridder	2013	5	12-9.5 (3.90)	Erin Knabe	2014	9	156-3 (47.62)	Kristen Eash	2004
9	16:12.00	Kris Bankes	1978	7	<b>12-9.5 (3.90)</b>	<b>Kasey Kemp</b>	<b>2015</b>	10	155-9 (47.47)	Diana Bruch	2005
10	16:12.88	Natalie Bower	2013	8	12-8.25 (3.87)	Caitlin Fairbairn	2010	Heptathlon			
10,000 Meters				9	12-6.25 (3.82)	Amanda Palenchar	2012	1	5797	Gayle Hunter	2009
1	32:57.33	Kara Millhouse	2012	10	12-5.5 (3.80)	Kelly Nesbit	2005	2	5706	Pam Connell	1991
2	33:52.32	Leigha Anderson	2014		12-2 (3.71)	Lindsey McDonnell	2002	3	5625	Brittney Howell	2014
3	34:00.00	Natalie Updegrove	1983					4	5420	Carmen Mann	1990
4	34:02.52	Kim Kelly	1993					5	5407	Shelley Mitchell	1992
5	34:02.80	Kris Kelly	1993					6	5311	Carla Criste	1986
6	34:09.00	Kelli Hunt	1993					7	<b>4937</b>	<b>Tai Ben-Artzi</b>	<b>2015</b>
7	34:20.10	Donna Fidler	1999					8	4919	Amber Strouse	2007
8	34:24.07	Peggy Cleary	1980					9	4917	Holly Jones	1992
9	34:31.75	Cheryl Spring	2010					10	4878	Felicia Cooksey	1999
10	34:39.89	Molly Landreth	2003								

# All-Time Men's Top-10 Performances

## PENN STATE MEN'S TRACK AND FIELD ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

100-Meter Dash				110 Hurdles				Long Jump			
1	10.34 (10.1 MT)	Mike Sands	1975	1	13.56	Guy Rose	2001	1	25-11 (7.90)	David Coney	1985
2	10.44	Mike Shine	1976	2	13.73	Paul Lankford	1980	2	25-9 (7.86)	Rob Boulware	1986
3	10.46	Ryan Olkowski	2002	3	13.80	Michael Timpson	1988		25-9 (7.86)	Steve Pina	1996
4	10.47	Michael Timpson	1987		<b>13.80 (13.71w)</b>	<b>Sancho Barrett</b>	<b>2015</b>	4	25-8.75 (7.84)	George Audu	1999
5	10.49	Bob Brown	1961	5	13.87	Mike Shine	1976		25-8.75 (7.84)	John Gorham	1999
6	10.50	Alex Langan	2006	6	13.96	Ron Jules	2008	6	25-6 (7.77)	Antonio Davis	1993
7	10.54	Barney Ewell	1941	7	14.06	John Whelan	1997	7	25-2.75 (7.69)	Ryan Olkowski	2000
	10.54	Brian Littlejohn	1984	8	14.08	Sam Harris	1988	8	25-0.75 (7.64)	Chavous Nichols	2004
9	10.55	Steve Hackman	1976	9	14.09	Brian Derby	2002	-	25-0 (7.62) w +3.7	<b>Doug Moppert</b>	<b>2011</b>
10	10.56	Paul Lankford	1980			Barry Robinson	1985	9	24-10.50 (7.58)	Al Bates	1928
	10.56	Greg Miller	2000					10	24-9 (7.54)	Michael Timpson	1986
200-Meter Dash				400 Hurdles				Triple Jump			
1	20.23	Michael Timpson	1986	1	48.69	Mike Shine	1976	1.	54-6 (16.61)	Antonio Davis	1993
2	20.58	Mike Sands	1975	2	49.55	Paul Lankford	1981	2	54-3.75 (16.55)	Chavous Nichols	2004
3	20.59	Ryan Olkowski	2002	3	49.72	Brian Derby	2003	~	53-2.75 (16.22) w	Steve Waithe	2014
4	20.62	Brady Gehret	2012	4	50.10	Jaret Campisi	2005	3	53-1.50 (16.19)	Clarence Smith	2009
5	21.01	Ernie Terrell	2002	5	50.49	Bill Austin	1978	4.	52-11.50 (16.14)	Steve Waithe	2014
6	21.02	Barney Ewell	1942	6	50.54	Michael Timpson	1988	5	52-8.25 (16.06)	Ricardo Hall	1990
	21.02	Art Pollard	1955	7	50.61	Barry Robinson	1985	6	51-8.50 (15.76)	Hanif Johnson	2011
8	21.13	Brandon Bennett-Green	2012	8	50.67	Kevin Cripanuk	1992	7	51-6.50 (15.71)	Brian Leap	2014
9	21.14	Brian Littlejohn	1984	9	50.75	Byron Robinson	2014	8	51-1 (15.57)	Warren Rockwell	1966
10	21.15	Greg Miller	2000	10	50.76	Brian Kelly	1993	9	50-7 (15.42)	Steve Pina	1995
				3000-Meter Steeplechase				10	50-6 (15.39)	Jay Pagana	2007
				1	8:22.54	George Malley	1977	Shot Put			
				2	8:37.7	Rick Garcia	1983	1	69-2 (21.08)	Joe Kovacs	2012
				3	8:40.4	Bruce Baden	1977	2	<b>68-5.25 (20.86)</b>	<b>Darrell Hill</b>	<b>2015</b>
				4	8:42.85	Eric Carter	1988	3	65-5 (19.94)	C.J. Hunter	1990
				5	8:47.03	Larry Mangan	1980	4	64-2.50 (19.57)	Blake Eaton	2010
				6	8:48.1	Paul Mackley	1985	5	64-0.25 (19.51)	Knut Hjeltnes	1975
				7	8:49.45	Paul Mackley	1985	6	61-11.75 (18.89)	Logan Caldwell	2012
				8	8:50.9	Laird	1972	7	61-3.25 (18.68)	Greg Reyner	1986
				9	8:51.84	Jim Allahand	2005	8	61-1.25 (18.62)	Phil Caraher	1990
				10	8:53.71	Chris Foster	2005	9	59-7 (18.16)	Dane Miller	2004
						Andy Scott	1991	10	57-10.50 (17.64)	Mike Valenti	1983
				4x100-Meter Relay				Discus			
				1	39.63	Davis, Hackman, Shine, Sands	1975	1	207-5 (63.22)	Brian Milne	1992
				2	39.88	Finkel, Singleton, Sands, Scott	1973	2	201-10 (61.52)	Knut Hjeltnes	1975
				3	40.18	Shine, Hackman, Singleton, Sands	1974	3	186-9 (56.90)	Gary Wilkly	1979
				4	40.40	Rose, Reeves, Miller, Olkowski,	2001	4	186-3 (56.78)	Blake Eaton	2011
				5	40.48	Finkel, Hackman, Singleton, Sands	1974	5	184-0 (56.08)	Joe Kovacs	2011
				4x400-Meter Relay				6	183-6 (55.93)	Will Barr	2012
				1	3:01.52	Nadolsky, Br. Bennett-Green,	2012	7	177-11 (54.23)	Dan Diaz	2003
						Loxson, Gehret		8	176-10 (53.90)	Steve Meyers	2006
				2	3:04.78	Nadolsky, Gilmore,	2012	9	175-3 (53.41)	Adam Thielemann	2009
						Gehret, Br. Bennett-Green		10	175-1 (53.36)	Sean Farrell	1980
				3	3:06.21	Gilmore, Shisler,	2012	Hammer			
						Bennett-Green, Bennett-Green		1	218-6 (66.60)	Alvin Jackson	1976
				4	3:06.50	Br. Bennett-Green, Gehret	2012	2	207-10 (63.35)	Will Barr	2013
				5	3:07.19	Loxson, Mpanduki	2011	3	203-0 (61.88)	Neal McNutt	1998
						Nadolsky, Loxson		4	201-9 (61.50)	Joe Kovacs	2011
				High Jump				5	198-5 (60.49)	Tyler Hoffman	2008
				1	7-3.25 (2.22)	David Coney	1985	6	<b>198-5 (60.48)</b>	<b>Kory Decesaris</b>	<b>2015</b>
						Jon Hendershot	2013	7	197-0 (60.04)	Todd Shenk	1984
				3	7-3 (2.21)	Paul Souza	1983	8	194-7 (59.30)	Cory Eck	2010
				4	7-2.5 (2.20)	Ryan Fritz	2007	9	193-9 (59.07)	Jon Hart	2005
				5	7-2.25 (2.19)	Sean Reilly	2013	10	190-0 (57.92)	Aaron Ross	2005
				6	7-1.75 (2.18)	David Kriz	1995	Javelin			
				7	7-0.5 (2.15)	Ryan Olkowski	1999	1	249-5 (76.02)	Michael Shuey	2014
				8	7-0.25 (2.14)	Nick Plack	2000	2	239-9 (73.09)	Allen Pettner	2007
						Rob Cardina	2014	3	237-1 (72.26)	Troy Burkholder	1997
				10	7-0 (2.13)	Aaron Gawne	1993	4	233-8 (71.22)	Carl Wolter	1996
				Pole Vault				5	233-4 (71.13)	Tanner Evak	2009
				1	17-5.5 (5.32)	John Vellenoweth	2009	6	231-3 (70.48)	Brian Stumpf	2003
				2	17-5 (5.31)	Mason Ternay	1991	7	230-3 (70.19)	Matt Moyer	2004
				3	17-0 (5.18)	Dave Bollinger	2004	8	<b>229-2 (69.84)</b>	<b>Ryan Kerr</b>	<b>2015</b>
				4	16-10 (5.13)	Rick Kleban	1985	9	227-8 (69.40)	Rob Austin	1995
				5	16-8.75 (5.10)	Dylan Bilka	2014	10	225-7 (68.76)	Dave Matson	1999
				6	16-7.25 (5.06)	Ron Campbell	1985	Decathlon			
						Bradford Lawrence	2009	1	7685	Rick Kleban	1985
				8	16-6.75 (5.05)	Kevin Dare	2001	2	7666	Rob Cardina	2014
						Nick Fegley	2003	3	7600	James Cook	1996
				10	16-6 (5.03)	Ken Stoffer	1983	4	7588	Dave Masgay	1987
				10,000 Meters				5	7472	Barry Walsh	1989
1	28:08.0	Greg Fredericks	1972	1	28:08.0	Greg Fredericks	1972	6	7424	J.T. Kuretech	2003
2	28:29.4	Charlie Maguire	1974	2	28:29.4	Charlie Maguire	1974	7	7415	Brian Kelley	1991
3	28:38.3	Eric Carter	1987	3	28:38.3	Eric Carter	1987	8	7361	Shawn Colligan	2008
4	28:42.80	Paul Stemmer	1976	4	28:42.80	Paul Stemmer	1976	9	7119	Anyu Uzoh	2012
5	28:55.33	Kyle Dawson	2012	5	28:55.33	Kyle Dawson	2012	10	7097	Chris Morrissy	2008
6	29:11.71	John Ziegler	1979	6	29:11.71	John Ziegler	1979				
7	29:15.73	Tyler McCandless	2010	7	29:15.73	Tyler McCandless	2010				
8	29:25.58	Mark Wimmer	1994	8	29:25.58	Mark Wimmer	1994				
9	29:27.6	George Malley	1975	9	29:27.6	George Malley	1975				
10	29:30.6	Alan Scharsu	1980	10	29:30.6	Alan Scharsu	1980				