

PENN STATE
TRACK AND FIELD



NCAA INDOOR CHAMPIONSHIPS
MARCH 9-10, 2012

BOISE, IDAHO



Penn State Track and Field

Meet Notes

NCAA Indoor Championships

March 9-10 || Boise, Idaho



Nittany Lions Travel Strong Contingent to Boise
Sprints and Middle Distance to Lead Lions at NCAA Indoor Championships

BOISE, Idaho: March 6, 2012 - Led by juniors and NCAA veterans **Casimir Loxsom** (New Haven, Conn.) and **Evonne Britton** (El Paso, Texas), the Nittany Lions will travel a strong contingent of athletes to the NCAA Indoor Championships, this Friday and Saturday at Boise State University. Loxsom and Britton will compete in the 800 meters, and 60-meter hurdles, respectively, while freshman **Robby Creese** (Mount Airy, Md.) will also compete individually, making the field in the mile.

The Nittany Lions will also be represented in the relays, as the men's 4x400-meter squad of **Aaron Nadolsky** (Altoona, Pa.), **Brandon Bennett-Green** (Elkins Park, Pa.), Loxsom and **Brady Gehret** (Altoona, Pa.) enter the event with the nation's third-best performance. The quartet automatically advanced to the championships, via a school-record 3:05.22 at the Alex Wilson Invitational at Notre Dame last weekend.

The Nittany Lion foursome - which finished second in the event at the Big Ten Championships last month - are no strangers to high-level competition, as Nadolsky, Loxsom, and Gehret will all members of the Lions' fifth-place 4x400 at the 2011 NCAA Indoor Championships.

Also coming into the weekend on a high note is freshman sensation Creese, who clocked a PR 3:58.94 at Notre Dame, and was also recently named USTFCCA Mid-Atlantic Track Athlete of the Year.

About the NCAA Indoor Championships ...

When: March 9-10, 2012
Where: Jackson Indoor Track (Boise State University)
Results: www.FlashResults.com

Follow the Nittany Lions ...

On Twitter: @PennStTFXC
On Facebook: www.facebook.com/pennstatecrosscountryandtrackandfield

For a complete weekend preview, and more on Nittany Lion Track and Field, 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 5 | Jim Thorpe Open | Nittany Lion Track |
| May 11-13 | Big Ten Outdoor Champs. | Madison, Wisc. |
| May 24-26 | NCAA Eastern Preliminary | Jacksonville, Fla. |
| June 6-9 | NCAA Outdoor Champs. | Des Moines, Iowa |
| June 15-17 | USATF Junior Championships | Bloomington, Ind. |
| June 22 – July 1 | U.S. Olympic Trials | Eugene, Ore. |

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

Nittany Lion Coaching Staff



Beth Alford-Sullivan
Director and Head Coach
13th Year
Minnesota, '89

Sullivan's NCAA Numbers at Penn State ...

- * 59 NCAA Indoor All-Americans @ Penn State
- * 118 All-Americans (Indoor and Outdoor)
- * 15 Top 25 Finishes (Indoor and Outdoor)
- * 2 Top 4 "Trophy Team Finishes"
- * Four NCAA Champions



Chris Johnson
Associate Head Coach
Seventh Year
Lamar, '99
Sprints, Hurdles, Relays



John Gondak
Assistant Coach
Sixth Year
Syracuse, '95
Middle Distance



Drew Hardy
Assistant Coach
19th Year
Cincinnati, '93
Vertical Jumps, Multi's



Fritz Spence
Assistant Coach
Sixth Year
Missouri State, '97
Jumps, Multi's



Andy Banse
Assistant Coach
First Year
Iowa, '05
Throws



Jess Riden
Director of Operations
Sixth Year
Penn State, '04

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 |

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 |



NCAA Competition Schedule - Day One

| Time | Event | Gender | Round | Penn State |
|-----------|-----------------------|--------|--------------|------------|
| 10:00 AM | Heptathlon 60 Meters | Men | Final | |
| | Heptathlon Long Jump | Men | Final | |
| | Heptathlon Shot Put | Men | Final | |
| | Heptathlon High Jump | Men | Final | |
| 2:00 P.M. | Weight Throw | Women | Prelim&Final | |
| 4:55 P.M. | National Anthem | | | |
| 5:00 P.M. | Mile | Men | Preliminary | Creese |
| 5:15 P.M. | Mile | Women | Preliminary | |
| 5:15 P.M. | Long Jump | Men | Prelim&Final | |
| 5:30 P.M. | Shot Put | Men | Final | |
| 5:30 P.M. | 60 Hurdles | Men | Preliminary | |
| 5:45 P.M. | 60 Hurdles | Women | Preliminary | Britton |
| 6:00 P.M. | 400 Meters | Men | Preliminary | |
| 6:15 P.M. | 400 Meters | Women | Preliminary | |
| 6:30 P.M. | Pole Vault | Men | Final | |
| 6:30 P.M. | 60 Meters | Men | Preliminary | |
| 6:45 P.M. | 60 Meters | Women | Preliminary | |
| 7:00 P.M. | 800 Meters | Men | Preliminary | Loxsom |
| 7:15 P.M. | 800 Meters | Women | Preliminary | |
| 7:15 P.M. | Long Jump | Women | Prelim&Final | |
| 7:30 P.M. | 200 Meters | Men | Preliminary | |
| 7:45 P.M. | 200 Meters | Women | Preliminary | |
| 8:00 P.M. | High Jump | Women | Final | |
| 8:05 P.M. | 5000 Meters | Men | Final | |
| 8:25 P.M. | 5000 Meters | Women | Final | |
| 8:50 P.M. | 200 Meters | Men | Final | |
| 9:00 P.M. | 200 Meters | Women | Final | |
| 9:05 P.M. | Distance Medley Relay | Men | Final | |
| 9:25 P.M. | Distance Medley Relay | Women | Final | |

NCAA Competition Schedule - Day Two

| Time | Event | Gender | Round | Penn State |
|------------|------------------------|--------|--------------|----------------|
| 10:30 A.M. | Heptathlon 60 Hurdles | Men | Final | |
| | Heptathlon Pole Vault | Men | Final | |
| | Heptathlon 1000 Meters | Men | Final | |
| 11:00 A.M. | Pentathlon 60 Hurdles | Women | Final | |
| | Pentathlon High Jump | Women | Final | |
| | Pentathlon Shot Put | Women | Final | |
| | Pentathlon Long Jump | Women | Final | |
| | Pentathlon 800 Meters | Women | Final | |
| 3:00 P.M. | High Jump | Men | Final | |
| 4:00 P.M. | Weight Throw | Men | Prelim/Final | |
| 5:00 P.M. | Pole Vault | Women | Final | |
| 5:30 P.M. | Triple Jump | Men | Prelim/Final | |
| 6:10 P.M. | National Anthem | | | |
| 6:15 P.M. | Mile | Men | Final | Qualifiers |
| 6:25 P.M. | Mile | Women | Final | |
| 6:30 P.M. | Triple Jump | Women | Prelim/Final | |
| 6:35 P.M. | 60 Hurdles | Men | Final | |
| 6:45 P.M. | 60 Hurdles | Women | Final | Qualifiers |
| 6:55 P.M. | 400 Meters | Men | Final | |
| 7:00 P.M. | Shot Put | Women | Prelim/Final | |
| 7:05 P.M. | 400 Meters | Women | Final | |
| 7:15 P.M. | 60 Meters | Men | Final | |
| 7:25 P.M. | 60 Meters | Women | Final | |
| 7:35 P.M. | 800 Meters | Men | Final | Qualifiers |
| 7:45 P.M. | 800 Meters | Women | Final | |
| 7:55 P.M. | 3000 Meters | Men | Final | |
| 8:10 P.M. | 3000 Meters | Women | Final | |
| 8:25 P.M. | 4x400 Relay | Men | Final | Penn State TBA |
| 8:40 P.M. | 4x400 Relay | Women | Final | |
| 9:05 P.M. | Awards | | | |



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. |
| Mark | Filandro | So. | Sprints/Hurdles | Oakland, N.J. |
| Matt | Fischer | Fr. | Distance | Kennett Square, Pa. |
| Mark | Fuller | Jr. | Mid-Distance | Camp Hill, Pa. |
| Brady | Gehret | So. | Sprints | Altoona, Pa. |
| Matt | Gilmore | Fr. | Sprints | Wyncote, Pa. |
| Jon | Hendershot | So. | Jumps | Nazareth, Pa. |
| Hanif | Johnson | Jr./Sr. | Jumps | Harrisburg, Pa. |
| 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 | Leszcynski | Fr. | Throws | Audobon, Pa. |
| Tanaya | Lloyd | Sr. | Jumps | Philadelphia, Pa. |
| Laura | Loht | So. | Throws | McClure, Pa. |
| Olivia | Mangan | So. | Throws | Huntington Valley, Pa. |
| Dynasty | McGee | Fr. | Sprints | Ypsilanti, Mich. |
| 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

Penn State Relays January 7, 2012 Ashenfelter III Indoor Track

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

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

Jones starred in the sprints, beginning with a victory in the 60 in a personal-collegiate best 7.41. Jones bounced back to win the 200 just 40 minutes later, running a sizzling 23.68, which stands as the top time in the NCAA at press time. Jones' performances have an impact on the Penn State record books, as her 7.41 is tied for the third-fastest effort in Nittany Lion indoor history, and her 200 mark stands fifth on the all-time list. Jones wasn't the only Nittany Lion to post a successful afternoon in the sprints, with teammate Kirsten Nieuwendam (Parimaribo, Suriname) clocking 7.51 to take third in the 60, and 23.76 - the second-ranked time in the NCAA - to earn runner-up status in the 200.

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

The women's 4x400 performance was equally as impressive, as the quartet of Jones, freshman Dynasty McGee (Ypsilanti, Mich.), Nieuwendam, and senior Ije Iheoma (Holland, Pa.) set a new meet record with an NCAA-leading 3:36.91, to better the field by nearly five full seconds. Iheoma turned in a stellar day on her own as well, finishing as the top collegiate and second overall in the 500-meters with a PR 1:12.05.

Nittany Lion Challenge January 14, 2012 Ashenfelter III Indoor Track

**Creese Sets Collegiate 1000-Meter Record
Loxsom, Lane, and Creese all claim Penn State records at Nittany Lion Challenge**

UNIVERSITY PARK, Pa. - Freshman Robby Creese (Mount Airy, Md.) ran his way into track and field history at the Nittany Lion Challenge, setting a new collegiate record for the 1000 meters, Saturday at Horace Ashenfelter III Indoor Track. Creese wasn't the only Nittany Lion on record-breaking pace however, as senior Caitlin Lane (Greenwich, N.Y.) and junior Casimir Loxsom (New Haven, Conn.) set records in the women's 1000, and men's 600 meters, respectively, highlighting an extensive slate of outstanding performances by the Nittany Lions.

Cruising within the pack during the majority of the race, Creese turned on the jets for the final go-around of his five-lap effort, breaking the tape in 2:19.53 - to better Ryan Foster's Penn State, Meet, and Ashenfelter Facility Record 2:19.60. Creese not only rewrote every record on the heat sheet, but bettered Alan Webb's 2:23.68, which has stood as the American Junior (19-and-under) since 2001. The performance also nipped the 2:19.57 collegiate record, set by former Kansas State Wildcat and 2008 Olympic Christian Smith in 2006.

"We were really excited for the 1000, it's typically - at this time of the year - been a very good event for us," said Director and Head Coach of Track and Field Beth Alford-Sullivan. "Robby was looking so good after last weekend's debut, I was thinking he had a shot at breaking Alan Webb's junior record, but I was nowhere prepared for what he did going out and crushing our school record, and crushing the NCAA record and doing it in a relatively easy fashion."

The records continued to fall in the women's 1000, with Lane clocking 2:44.24 to shave well over a second and a half off the previous school record 2:45.95, which she set at the same competition a year ago. The claimed the victory in a wire-to-wire effort, bettering the rest of the field by over three seconds.

"Caitlin is just looking great, she went out wire-to-wire, step-for-step and runs 2:44," said Sullivan. "And we've been going through some heavy training cycles, so that was really tremendous to see."

Loxsom, who is an All-American in both the 800 meters and 4x400-meter relay, kept the ball rolling in the 600, sprinting to a personal-best and school-record 1:16.66 for the 3-lap event. Loxsom's mark also bested his own previous personal best, as he clocked 1:16.92 as a freshman in 2010, and bested Ben Karcz's Penn State record 1:16.89 from 2001. Loxsom's previous PR 1:16.92 still stands as an American Junior and World Junior "Best."

Penn State National - Day One January 27, 2012 Ashenfelter III Indoor Track

**Nittany Lions Set School Record in Distance Medley
Relay caps outstanding first day of action at Penn State National**

UNIVERSITY PARK, Pa. - The foursome of Caitlin Lane (Greenwich, N.Y.), Ijeoma Iheoma (Holland, Pa.), Bekka Simko (Mentor, Ohio), and Kara Millhouse (Boiling Springs, Pa.) combined to set a new school record in the distance medley relay, highlighting a list of outstanding efforts by the Nittany Lions, Friday at the Penn State National at Horace Ashenfelter III Indoor Track. Also running well was the men's distance medley team of Wade Endress (Altoona, Pa.), Aaron Nadolsky (Altoona, Pa.), Connor Manley (Jamison, Pa.), and Robby Creese (Mount Airy, Md.), who took home an event victory with a meet-record performance.

The Nittany Lion women's quartet, thanks to outstanding splits across the board, posted a time of 11:06.15 to better the 11:14.78 set by Megan Hutchinson, Shana Cox, Briene Simmons, and Bridget Franek, in 2007. Penn State led off with Lane, who clocked a split of 3:22 on the opening 1200 leg. Iheoma took the stick from there, clocking a 53.5-second readout, turning the baton to Simko, who covered the 800 meters in 2:07.5. Millhouse brought home the record, finishing off the 1600-meter leg in 4:41.1. The time is currently ranked second in the NCAA, and stands second-to-only Georgetown, who won the Penn State National race in an NCAA-automatic qualifying 10:55.95.

The men were just as impressive in the event victory, with recently crowned collegiate record holder Robby Creese anchoring the effort with a 4:01-split. The squad, which included three freshman and a redshirt-sophomore, led off with Endress in 2:57, followed by Nadolsky in 46.3, and Manley in 1:49.4. The team now ranks number one in the NCAA in the event.

Also impressing on the track was junior Evonne Britton (El Paso, Texas), who fought through three rounds of hurdling action, to finish third in the 60-meter hurdles with a lifetime-best 8.20.

The Nittany Lions also saw some outstanding results in the throwing events, paced by a victory in the women's 20-lb weight throw by Melissa Kurzdorfer (Lancaster, Ohio). Kurzdorfer turned in a season-best 64-10.50 (19.77), which ranks third in the Penn State record books. On the men's side, Will Barr (Urbana, Ohio) tied for third overall in the men's 35-lb weight with a PR toss of 63-9.50 (19.44).

Also standing out in the field events was pentathlete Brittney Howell (Wyncote, Pa.), who recorded a PR total of 3663 in the pentathlon to take second overall. The mark stands fourth on the all-time Penn State performance list. Anya Uzoh (Laurel, Md.) enjoyed a stellar start to the men's heptathlon, finishing day one in first place with a 3035-point total. Uzoh will have three events remaining in the multi-events on Saturday.



TRACK & FIELD

2012 Meet-by-Meet Recaps

Penn State National - Day Two January 28, 2012 Ashenfelter III Indoor Track

Nittany Lions Wrap Up Penn State National Track and field picks up eight individual, and one relay victory on the final day of competition

UNIVERSITY PARK, Pa. - The Nittany Lions wrapped up competition with a bang at the Penn State National, turning in a total of eight event victories, as well as a winning-effort in the inaugural "Joe Paterno Invitational" men's 4x400-meter relay, Saturday at Ashenfelter III Indoor Track. Among the winners were distance standouts Caitlin Lane (Greenwich, N.Y.) and Kara Millhouse (Boiling Springs, Pa.), who were both on the Nittany Lions' record-setting distance medley on Friday night, as well as Kyle Dawson (Coatesville, Pa.) and Casimir Loxsom (New Haven, Conn.). The Nittany Lions also impressed in the field events, with Melissa Kurzdorfer (Lancaster, N.Y.) picking up a win - her second of the weekend - in the shot put, and Sean Reilly (Lagrangeville, N.Y.) bettering the field in the high jump.

The Penn State National has developed a reputation for its fast times and great races in the distances, and this year was no different with Saucony athlete and former Ohio State Buckeye Jeff See taking the mile run in a facility record 3:56.51 to make it six-straight years of sub-4:00 miles at the Penn State competition. See wasn't the only one to better the barrier, with Ohio State's Cory Leslie taking second in 3:56.85, and Vilanova's Sam McEntee finishing in 3:57.86 - both under the NCAA automatic standard. Senior Owen Dawson (Coatesville, Pa.) - who was running unattached, but has outdoor eligibility remaining - also PR'd in the event, going 4:01.37.

The Nittany Lions rolled through the elite "invitational" sections Saturday afternoon, picking up wins in the women's mile, and men's and women's 3,000 meters. Starting things off in the mile was Lane, who pulled away from UConn's Lindsay Crevoiserat in the closing laps to win in 4:39.31 - bettering the rest of the field by over three seconds. Lane, whose mile performance currently ranks third in the NCAA, has had a productive indoor season thus far, bettering her own school record in the 1,000 meters two weeks ago, before leading off the school record DMR last night, and adding another individual victory in the mile run this afternoon.

Millhouse, who split 4:41 on the DMR on Friday night, kept things going in the 3,000, mounting her signature finishing kick to outdo Claire Richardson of Riahda in the final lap, and finish in a PR 9:19.42. Millhouse wasn't the only Nittany Lion to earn a top five standing in the event, as Brooklyne Ridder (Cincinnati, Ohio) turned in a fifth-place finish in 9:30.78.

Dawson pulled off a come-from-behind victory in the men's 3K, holding back in the pack throughout much of the race, before pulling away in the closing laps to finish in the personal-best 8:06.36. The depth of the Lion distance contingent was also apparent in the men's race, with Tyler Corkedale (West Windsor, N.J.) and Matt Fischer (Kennett Square, Pa.) placing fifth and seventh, with finishing times of 8:15.68, and 8:18.59, respectively.

Sykes & Sabock Challenge Cup January 14, 2012 Ashenfelter III Indoor Track

Nittany Lions Turn In Double Wins at Challenge Cup Track and Field wraps up home slate at Sykes & Sabock event

UNIVERSITY PARK, Pa. - Both Nittany Lion track and field squads turned in team titles to highlight an outstanding day of performances at the Sykes & Sabock Challenge Cup, Saturday at Ashenfelter III Indoor Track. The men's squad scored a total of 142 points to best second-place U Conn, while the women's team racked up 181 points, well ahead of Cornell in second place. The meet also served as the Nittany Lions' second-annual fundraiser for breast cancer research "Compete for a Cure."

The Nittany Lions enjoyed a slew of personal bests and event victories in both the men's and women's competitions, led by a stellar clearance of 7-1.75 (2.18) by junior Sean Reilly (LaGrangeville, N.Y.) in the high jump. Reilly's effort is the fourth best in the Nittany Lion record books, and stands as the best clearance in the Big Ten this year.

Another of the marquee efforts of the day came from freshman Robby Creese (Mount Airy, Md.), who came oh-so-close to breaking the 4:00 barrier, running 4:00.68 - the second-best mark in school history - in the mile run to finish second to Princeton's Peter Callahan. Callahan set a new meet record with a finishing time of 3:58.86 - marking the second-straight week of sub-4:00 efforts at Ashenfelter Track. Classmate Wade Endress (Altoona, Pa.) also impressed in the race, finishing in 4:07.34.

Also running well on the men's side, was the sprints trio of sophomore Brandon Bennett-Green (Elkins Park, Pa.), sophomore Aaron Nadolsky (Altoona, Pa.), and sophomore Bernard Bennett-Green (Elkins Park, Pa.), who claimed victories in the 200-, 400-, and 600-meters, respectively. Brandon Bennett-Green sprinted to a season-best 21.54 in the 200, and also claimed second place in the 400 in 47.16 - just off of Nadolsky's winning and PR performance of 47.08 in the quarter mile. At press time, Nadolsky's winning time stands as the top time in the conference this year, as well as the fourth-fastest run in school history. Freshman Matt Gilmore (Elkins Park, Pa.) made it a clean sweep in the 400, placing third in 47.90 - also a personal collegiate best. Bernard Bennett-Green would take the 600 in the PR 1:19.10, followed by freshman Ryan Brennan (Chester, N.Y.) in 1:19.77.

Gilmore, Nadolsky, Brandon Bennett-Green, and junior Casimir Loxsom (New Haven, Conn.) also picked up a victory in the 4x400-meter relay, running 3:10.21 - to better the field by nearly five seconds. The Nittany Lions saw similar results in the women's 4x400, as the quartet of freshman Kirsten Nieuwendam (Parimaribo, Suriname), sophomore Mahogany Jones (Cleveland, Ohio), senior Ijeoma Iheoma (Holland, Pa.), and freshman Dynasty McGee (Ypsilanti, Mich.) combined to run 3:39.06, to finish over three seconds in front of the next-closest competition.

Washington/Arkansas/Akron February 10-11, 2012 Day One

Millhouse Runs Stellar 5K at Husky Classic Nittany Lions begin competition at invitationals across the country

SEATTLE, Wash. - Senior Kara Millhouse (Boiling Springs, Pa.) clocked a sizzling 16:06.82 for 5,000 meters, at the Flotrack Husky Classic at the University of Washington, to highlight the first day of results of the Nittany Lions' first road weekend of the indoor season. Meanwhile, the Nittany Lions sprints crew got things started at the Tyson Invitational at the University of Arkansas, while more of the Penn State roster began competition at the Akron Invitational.

Millhouse blitzed to the third-fastest time in school history in the 5K, finishing 13th in an elite section that produced six NCAA automatic qualifiers. Also running well in Washington, were juniors Natalie Bower (Pleasant Unity, Pa.) and Brooklyne Ridder (Cincinnati, Ohio), who clocked 16:39.95, and 16:48.46 in the 5,000, respectively. Sophomore Emily Giannotti (Coudersport, Pa.) would also post a PR, winning her heat with a performance of 17:16.80. On the men's side, senior Kyle Dawson (Coatesville, Pa.) led the way with a finishing time of 14:07.54 to finish 14th in his section.

In Arkansas, sophomore Brittney Howell (Wyncote, Pa.) earned the top spot of the day, placing eighth in the long jump with a season-best leap of 19-03.25 (5.87). In the sprints, senior Ijeoma Iheoma (Holland, Pa.) led the way in the women's 400 meters, placing 12th overall in a season-best 54.38. Elsewhere, redshirt-sophomore Aaron Nadolsky (Altoona, Pa.) turned in a heat victory in the quarter mile, going 47.52. Just off Nadolsky's pace were teammates Brandon Bennett-Green (Elkins Park, Pa.) and Matt Gilmore (Elkins Park, Pa.), who finishing 17th and 19th in the 400 in 47.62, 47.65, respectively.

Redshirt-sophomore Will Barr (Urbana, Ohio) paced the Nittany Lions in Akron, placing third in the men's discus with a toss of 174-1 (53.06). Sophomore Melissa Kurzdorfer (Lancaster, N.Y.) was just as successful in the women's discus, claiming runner-up status as the top collegian in the field with a throw of 159-06 (48.62).

2012 Meet-by-Meet Recaps

Washington/Arkansas/Akron February 10-11, 2012 Day Two

**Creese Breaks Four-Minute Mile in Seattle
Track and Field Enjoys Solid Weekend at Akron,
Arkansas, Washington**

SEATTLE, Wash.: Freshman sensation Robby Creese (Mount Airy, Md.) became just the third athlete in Penn State history to break the four-minute barrier in the mile run, Saturday at the Flotrack Husky Classic at the University of Washington. Creese was just one of a list of sensational performances by the Nittany Lions, as the teams concluded a weekend of action at the Husky Classic, Tyson Invitational at the University of Arkansas, and the Akron Invitational at the University of Akron.

Creese continues to ride the momentum of one of the most impressive freshman campaigns in recent memory, running 3:59.52 for the mile to finish second to Princeton's Peter Callahan in Seattle. Creese's effort is the second fastest in Penn State indoor history, trailing only Ryan Foster's 3:58.49 from 2011. Creese joins Foster, as well as Larry Mangan, who ran 3:58.4 outdoors in 1980, as the only Nittany Lion to better the elusive barrier.

Also turning in a stellar effort in Washington was senior Caitlin Lane, who clocked a personal-best 9:15.16 to place eighth overall in the 3000 meters, and fifth among collegiate athletes. Lane's performance is the third fastest in school history, and stands among the top three times in the Big Ten this season. Sophomore Bekka Simko (Mentor, Ohio) would also post a notable standing, placing third in her heat of the 800 meters in 2:07.28 - just off her personal best 2:06.91.

PR's abounded throughout the Nittany Lion roster, including a career-best effort from Matt Fischer (Kennett Square, Pa.) in the 3K, at 8:10.40 - good for third in his section of the event. Junior Tyler Corkedale (West Windsor, N.J.) also ran well in the event, finishing in 8:11.19. Placing second in her heat of the 3K was junior Lindsey Graybill (Macungie, Pa.), who turned in a PR 9:45.44.

Meanwhile, the Nittany Lions would turn in numerous event victories at the Akron Invitational, led by junior Sean Reilly (Lagrangeville, N.Y.) in the men's high jump, and freshman Brian Leap (Tyrone, Pa.) in the triple jump. Reilly cleared 6-9 (2.06) to take top honors in the high jump - his second event victory of the 2012 campaign. Leap, who turned in his first-career collegiate victory, picked up the victory in the "Gold Division" triple jump with an effort of 47-11 (14.60).

Big Ten Indoor Championships February 24, 2012 University of Nebraska

**Nittany Lions Win Men's Distance Medley
Track and Field enjoys stellar first day of competition
at Big Ten Indoor Championships**

LINCOLN, Neb.: Anchored by a big kick by freshman Robby Creese (Mount Airy, Md), and stellar performances from freshman Wade Endress (Altoona, Pa.), redshirt-sophomore Aaron Nadolsky (Altoona, Pa.) and junior Casimir Loxsom (New Haven, Conn.), the men's distance medley relay captured gold-medal honors, Friday at the Big Ten Indoor Championships at the University of Nebraska.

The Nittany Lion quartet was just one of several sensational performances, including seniors Kara Millhouse (Boiling Springs, Pa.) and Caitlin Lane (Greenwich, N.Y.) providing a two-three finish in the women's 3,000 meters. Also putting together a stellar relay was the foursome of Bekka Simko (Mentor, Ohio), Ije Iheoma (Holland, Pa.), Marta Klebe and Brooklyne Ridder (Cincinnati, Ohio), who placed third in the women's distance medley.

Coming into the anchor with Minnesota holding a six-second lead over the pack, Creese bided his time, reeling in the Gopher miler, before unleashing a 26-second last 200 to clinch the Lion's first-ever title in the event. Endress brought the Lions through in 3:03 on the 1200, followed by Nadolsky with a 48.2 readout for 400, and Loxsom, who handed off to Creese at the head of the chase pack, at 1:50.6 for the 800. Creese closed in 4:01.6.

The women were also outstanding on the day's closing relay, led by Simko splitting 3:26.9 on the opener, Iheoma going 54.8 on the 400 to keep the Lions in the hunt with a big close on the 400 leg. Klebe split a solid 2:09.6 on the 800, before giving the stick to Ridder, who held her own with a 4:47.0 anchor. Michigan ran away with the race with a meet-record 11:11.54, while the Hoosiers of Indiana nosed the Nittany Lions with a finishing time of 11:16.85, to Penn State's 11:18.96.

Millhouse sprinted to the lead in the closing laps, winding up in a two-woman battle with Nebraska's Ashley Miller, who managed to out-lean Millhouse at the tape in front of her home crowd, 9:17.28-9:17.48. Lane would also close very well, picking off several competitors down the stretch to finish in 9:22.18 and bronze-medal honors.

Coming up with a big PR in the field was senior Logan Caldwell (Ebensburg, Pa.), who turned in a fourth-place effort in the shot put. Caldwell launched a career-best of 61-7 (18.77) - a PR by over three feet. The senior's toss is also fifth-best in school history, and a top 15 mark in Division I.

Competing well in a day one event final was sophomore Brittney Howell (Wyncote, Pa.), who kicked off the women's pentathlon competition with a personal-best 8.61 in the 60-meter hurdles. Howell wound up fifth with a total score of 3870, which ranks third in Penn State history.

Big Ten Indoor Championships February 25, 2012 University of Nebraska

**Millhouse, Lane Bring Home Big Ten Titles
Nittany Lion seniors lead women to third-place finish;
Penn State men sixth**

LINCOLN, Neb. - Propelled by individual victories from Kara Millhouse (Boiling Springs, Pa.) and Caitlin Lane (Greenwich, N.Y.), the Nittany Lion women's team turned in a third-place finish in the team standings, Saturday at the Big Ten Indoor Track and Field Championships. The men's squad also fared well - placing sixth overall - thanks to a silver-medal effort from the 4x400-meter relay - Brandon Bennett-Green (Elkins Park, Pa.), Aaron Nadolsky (Altoona, Pa.), Casimir Loxsom (New Haven, Conn.), and Brady Gehret (Altoona, Pa.) - as well third-place finishes from junior Sean Reilly (Lagrangeville, N.Y.) in the high jump, and Robby Creese (Mount Airy, Md.) in the mile.

Also turning in a silver-medal showing was the women's 4x400 relay, with Nittany Lions Dynasty McGee (Ypsilanti, Mich.), Mahogany Jones (Cleveland, Ohio), Kirsten Nieuwendam (Parimaribo, Suriname), and Ijeoma Iheoma (Holland, Pa.) running a season best 3:35.80.

The Nittany Lions placed third in an exciting battle in the team standings, with new-rival Nebraska coming out on top with 114.50 points, followed by Ohio State with 106. The Lions totaled 99 points, with Illinois and Michigan State rounding out the top five with 79 and 77.50, respectively. Indiana nosed Minnesota for the men's team title, scoring 104 to the Gopher's 100. Nebraska placed third with a 99-point total, following by Ohio State (94.33), Wisconsin (75) and Penn State (51.33).

Millhouse, who placed second in the 3000 meters on Friday evening, clipped along within the pack for much of the 5000-meter distance, before mounting a surge with around 800 meters to go, pulling away from the field and taking the title by over five seconds in 16:17.45. The championship victory - which is the first Big Ten gold in Penn State history in the event - was the second of Millhouse's career, after taking top honors in the conference 10,000 meters last spring. Also ascending the medal stand in the 5K was Lane, who clocked 16:25.16 to earn bronze-medal honors.

Lane, who was also third in the 3,000, had a sensational weekend in her own right, competing in three events, and never finishing lower than third, including a victory in the mile run. Lane also put on a confident display in the mile run, mounting a charge in the closing laps and never looking back to finish in 4:39.90. Lane is also now a two-time Big Ten champion, coming off a victory in cross country this fall. Lane is the second Big Ten mile champion for the Lions in the last three years, as Bridget Franek captured the crown in 2010.



TRACK & FIELD

NCAA History

All-Time Women's NCAA Finishes

| | |
|-------------|---------------------|
| 1983 | T-23 (6 pts) |
| 1984 | 16th (9 pts) |
| 1985 | T-25th (6 pts) |
| 1990 | T-33rd (4 pts) |
| 1993 | T-38th (1 pt) |
| 1996 | T-30th (5 pts) |
| 1999 | T-24th (8 pts) |
| 2001 | T-51st (2 pts) |
| 2003 | T-21st (9 pts) |
| 2004 | T-13th (14 pts) |
| 2005 | T-39th (5 pts) |
| 2006 | T-26th (8 pts) |
| 2007 | T-21st (9 pts) |
| 2008 | T-15th (16 pts) |
| 2009 | 7th (24 pts) |
| 2010 | 13th (17 pts) |
| 2011 | T-45th (3 pts) |

All-Time Men's NCAA Finishes

| | |
|-------------|----------------------|
| 1965 | 40th (1 pt) |
| 1969 | T-29th (2 pts) |
| 1974 | T-14th (6 pts) |
| 1975 | T-8th (9 pts) |
| 1976 | 19th (5 pts) |
| 1977 | T-28th (3 pts) |
| 1978 | T-28th (6 pts) |
| 1979 | T-54th (1 pt) |
| 1980 | T-37th (4 pts) |
| 1981 | T-27th (6 pts) |
| 1982 | T-58th (1/2 pt) |
| 1983 | T-26th (6 pts) |
| 1985 | T-15th (10 pts) |
| 1987 | T-50th (1 pt) |
| 1989 | T-25th (8 pts) |
| 1990 | 11th (14 pts) |
| 1991 | T-23rd (8 pts) |
| 1994 | T-44th (3 pts) |
| 1998 | T-45th (4 pts) |
| 1999 | T-40th (4 pts) |
| 2002 | T-44th (4 1/2 pts) |
| 2007 | T-47th (4 pts) |
| 2009 | T-39th (4 1/2 pts) |
| 2010 | T-14th (14 pts) |
| 2011 | T-11th (16 pts) |

2011 NCAA Women's Indoor Recap

Gilliam Indoor Center || College Station, Texas

Final Team Standings

| | | |
|---|-----------|-------|
| 1 | Oregon | 67.00 |
| 2 | Texas | 38.00 |
| 3 | LSU | 37.00 |
| 4 | Arkansas | 35.00 |
| 5 | Texas A&M | 32.00 |

T-45th Penn State 3 pts

First Team All-America Finishes

Women's 4x400 6th (3:34.00)
Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan

Second-Team All-America Finishes

Shavon Greaves, 200m 12th (23.47)
Caitlin Lane, Mile 14th (4:46.18)

2011 NCAA Men's Indoor Recap

Gilliam Indoor Center || College Station, Texas

Final Team Standings

| | | |
|---|---------------|-------|
| 1 | Florida | 52.00 |
| 2 | Texas A&M | 40.00 |
| 3 | BYU | 34.00 |
| 4 | LSU | 31.00 |
| 5 | Florida State | 30.00 |

T-16th Penn State 16.00

First Team All-America Finishes

Brady Gehret, 400m 3rd (46.22)
Ryan Foster, Mile 3rd (4:00.17)
Men's 4x400 5th (3:07.50)
Nadolsky, Williams, Loxsom, Gehret

Second-Team All-America Finishes

Casimir Loxsom, 800m 10th (1:49.37)
Blake Eaton, Shot Put 12th (61-0/18.59)
Joe Kovacs, Shot Put 14th (59-10.25/18.24)



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NCAA History

Women's NCAA History | | Event-by-Event Breakdown

| Event | Most Recent All-America Finish | Highest Penn State Finish |
|-------------------|--|--|
| 60 Meters | Shavon Greaves, 11th (2010) | Connie Moore, 6th (2004) |
| 200 Meters | Shavon Greaves, 3rd (2010) | Shavon Greaves, 3rd (2010) Connie Moore, 3rd, (2004) Shana Cox, 4th (2008) |
| 400 Meters | Fawn Dorr, 5th (2010) | Tammie Hart, 4th (1982) \$ |
| 800 Meters | Briene Simmons, 7th (2007) | Patty Murnane, 4th (1982) |
| Mile | Kim McGreevy, 7th (1997) | Paula Renzi, 3rd (1985) |
| 3000 Meters | Bridget Franek, 7th (2010) | Bridget Franek, 4th (2009, 2010) |
| 5000 Meters | Bridget Franek, 4th (2010) | Stacy Prey, 4th (1990) Kathy Mills, 4th (1981) Aleesha Barber, 4th (2009) |
| 60-Meter Hurdles | Aleesha Barber, 4th (2009) | Barber, Dorr, Greaves, Hunter, 3rd (2009) |
| 4x400-Meter Relay | Anyanwu, Greaves, Iheoma, Duncan, 6th (2011) | Bosler, Huelster, McGreevy, St. John, 4th (1996) |
| Distance Medley | Bosler, Huelster, McGreevy, St. John, 4th (1996) | Fales, Hart, Rawe, Startare, 4th (1981) *** |
| High Jump | NONE | *** |
| Pole Vault | NONE | *** |
| Long Jump | Chi-Chi Aduba, 5th (2003) | Shakeema Walker, 3rd (1999) |
| Triple Jump | Chi-Chi Aduba, 7th (2004) | Chi-Chi Aduba, 4th (2003) |
| Shot Put | Jennifer Leatherman, 9th (2005) | Elaine Sobansky, 2nd (1984) |
| 20-lb Weight | Jennifer Leatherman, 3rd (2006) | Jennifer Leatherman, 3rd (2006) |
| Pentathlon | Gayle Hunter, 2nd (2009) | Gayle Hunter, 2nd (2009) |

\$ - Prior to Conversion to Meters (440-, 880-yds, etc.)

Men's NCAA History | | Event-by-Event Breakdown

| Event | Most Recent All-America Finish | Highest Penn State Finish |
|-------------------|--|--|
| 60 Meters | NONE | *** |
| 200 Meters | Ryan Olkowski, 8th (2002) | Ryan Olkowski, 8th (2002) Michael Timpson, 8th (1989) |
| 400 Meters | Brady Gehret, 3rd (2011) | Mike Sands, 1st (1975) \$ |
| 800 Meters | Ryan Foster, 3rd (2010) | Ryan Foster, 3rd (2010) Randy Moore, 3rd (1985) |
| Mile | Ryan Foster, 3rd (2011) | Ryan Foster, 3rd (2011) |
| 3000 Meters | Bob Snyder, 3rd (1978) & | Bob Snyder, 3rd (1978) & |
| 5000 Meters | Alan Scharsu, 4th (1980) & | Charlie Maguire, 3rd (1974) & |
| 60-Meter Hurdles | Mike Shine, 6th (1975) \$ | Mike Shine, 6th (1975) \$ |
| 4x400-Meter Relay | Nadolsky, Williams, Loxsom, Gehret, 5th (2011) | Hackman, Moser, Sands, Shine, 4th (1975) \$ |
| Distance Medley | Caldwell, Robbins, Mellot, Hamer, 6th (1994) | Hudson, Overheim, Robinson, Watson, 4th (1985) |
| High Jump | Ryan Fritz, T-3rd (2009) | Ryan Fritz, T-3rd (2009) |
| Pole Vault | NONE | *** |
| Long Jump | George Audu, 5th (1999) | George Audu, 5th (1999) |
| Triple Jump | Chavous Nichols, 9th (2003) | Chavous Nichols, 9th (2003) Antonio Davis, 9th (1994) |
| Shot Put | Joe Kovacs, 3rd; Blake Eaton, 10th (2010) | C.J. Hunter, 1st (1990) |
| 20-lb Weight | Neal McNutt, 7th (1998) | Al Jackson, 4th (1976) |
| Heptathlon | NONE | Roger Kauffman, 4th (1965) *** |

\$ - Prior to Conversion to Meters (440-, 880-yds, Mile Relay, etc.)

& - 2-Mile Run Counted as 3,000 Meters; 3-Mile Run Counted as 5,000 Meters



Women's NCAA All-Americans (By Year)

| Year | Athlete | Event | Place | Year | Athlete | Event | Place |
|------|---------------------|-------------------|-------|------|----------------------|-------------------|-------|
| 1980 | Rawe, Mary | 2000-Meters | 2nd | 2005 | Cox, Shana | 400-Meters | 11th |
| 1980 | Carmichael, Heather | 5000-Meters | 6th | 2005 | Leatherman, Jennifer | Shot Put | 9th |
| 1980 | Cleary, Peggy | 5000-Meters | 5th | 2005 | Leatherman, Jennifer | Weight Throw | 4th |
| 1981 | Mills, Kathy | 5000-Meters | 4th | 2006 | Cox, Shana | 400-Meters | 7th |
| 1981 | Fales, Penny | DMR | 4th | 2006 | Leatherman, Jennifer | Weight Throw | 3rd |
| 1981 | Hart, Tammie | DMR | 4th | | | | |
| 1981 | Rawe, Mary | DMR | 4th | 2007 | Cox, Shana | 400-Meters | 7th |
| 1981 | Startare, Doreen | DMR | 4th | 2007 | Simmons, Briene | 800-Meters | 7th |
| | | | | 2007 | Barber, Aleesha | 4x400-Meter Relay | 4th |
| 1982 | Hart, Tammie | 880 Yards | 4th | 2007 | Blake, Dominique | 4x400-Meter Relay | 4th |
| 1982 | Pioli, Terri | 880 Yards | 6th | 2007 | Cox, Shana | 4x400-Meter Relay | 4th |
| 1982 | Murnane, Patty | Mile | 4th | 2007 | Simmons, Briene | 4x400-Meter Relay | 4th |
| 1982 | Ihrig, Carolyn | 2-Mile | 8th | | | | |
| 1982 | Hart, Tammie | DMR | 5th | 2008 | Cox, Shana | 400-Meters | 4th |
| 1982 | Ihrig, Carolyn | DMR | 5th | 2008 | Franek, Bridget | 3000-Meters | 10th |
| 1982 | Murnane, Patty | DMR | 5th | 2008 | Franek, Bridget | 5000-Meters | 7th |
| 1982 | Startare, Doreen | DMR | 5th | 2008 | Barber, Aleesha | 60-Meter Hurdles | 8th |
| 1982 | Riddick, Vivian | Long Jump | 5th | 2008 | Barber, Aleesha | 4x400-Meter Relay | 5th |
| 1982 | Sobansky, Elaine | Shot Put | 3rd | 2008 | Blake, Dominique | 4x400-Meter Relay | 5th |
| | | | | 2008 | Cox, Shana | 4x400-Meter Relay | 5th |
| 1983 | Startare, Doreen | Mile | 7th | 2008 | Dorr, Fawn | 4x400-Meter Relay | 5th |
| 1983 | Sobansky, Elaine | Shot Put | 3rd | 2008 | Hunter, Gayle | Pentathlon | 5th |
| | | | | | | | |
| 1984 | Cassel, Judi | 4x800-Meter Relay | 6th | 2009 | Greaves, Shavon | 200-Meters | 10th |
| 1984 | Gerken, Heidi | 4x800-Meter Relay | 6th | 2009 | Barber, Aleesha | 4x400-Meter Relay | 3rd |
| 1984 | Hart, Tammie | 4x800-Meter Relay | 6th | 2009 | Dorr, Fawn | 4x400-Meter Relay | 3rd |
| 1984 | Stever, Beth | 4x800-Meter Relay | 6th | 2009 | Greaves, Shavon | 4x400-Meter Relay | 3rd |
| 1984 | Sobansky, Elaine | Shot Put | 2nd | 2009 | Hunter, Gayle | 4x400-Meter Relay | 3rd |
| | | | | 2009 | Franek, Bridget | 5000-Meters | 4th |
| 1985 | Renzi, Paula | 3000-Meters | 3rd | 2009 | Barber, Aleesha | 60-Meter Hurdles | 4th |
| | | | | 2009 | Hunter, Gayle | Pentathlon | 2nd |
| | | | | | | | |
| 1990 | Prey, Stacy | 5000-Meters | 4th | | | | |
| | | | | 2010 | Greaves, Shavon | 60-Meters | 11th |
| 1993 | Kelly, Kim | 5000-Meters | 6th | 2010 | Greaves, Shavon | 200-Meters | 3rd |
| | | | | 2010 | Dorr, Fawn | 400-Meters | 5th |
| 1996 | Bosler, Erica | DMR | 4th | 2010 | Franek, Bridget | 3000-Meters | 7th |
| 1996 | Huelster, Sue | DMR | 4th | 2010 | Franek, Bridget | 5000-Meters | 4th |
| 1996 | McGreevy, Kim | DMR | 4th | | | | |
| 1996 | St. John, Erin | DMR | 4th | 2011 | Anyanwu, Doris | 4x400-Meter Relay | 6th |
| | | | | 2011 | Greaves, Shavon | 4x400-Meter Relay | 6th |
| 1997 | McGreevy, Kim | Mile | 7th | 2011 | Iheoma, Ijeoma | 4x400-Meter Relay | 6th |
| | | | | 2011 | Duncan, Megan | 4x400-Meter Relay | 6th |
| 1999 | Walker, Shakeema | Long Jump | 3rd | | | | |
| 1999 | Walker, Shakeema | Triple Jump | 7th | | | | |
| | | | | | | | |
| 2001 | Moore, Connie | 200-Meters | 7th | | | | |
| 2002 | Moore, Connie | 200-Meters | 9th | | | | |
| | | | | | | | |
| 2003 | Moore, Connie | 200-Meters | 9th | | | | |
| 2003 | Aduba, Chi-Chi | Long Jump | 5th | | | | |
| 2003 | Aduba, Chi-Chi | Triple Jump | 4th | | | | |
| | | | | | | | |
| 2004 | Moore, Connie | 60-Meters | 6th | | | | |
| 2004 | Moore, Connie | 200-Meters | 3rd | | | | |
| 2004 | Aduba, Chi-Chi | Triple Jump | 7th | | | | |
| 2004 | O'Connor, Ja'Nai | Shot Put | 5th | | | | |

** 81 Total Indoor All-Americans **



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Women's NCAA All-Americans (By Event)

| Year | Athlete | Event | Place | Year | Athlete | Event | Place |
|------|---------------------|-------------------|-------|------|----------------------|-------------------|-------|
| 2004 | Moore, Connie | 60-Meters | 6th | 1981 | Fales, Penny | DMR | 4th |
| 2010 | Greaves, Shavon | 60-Meters | 11th | 1981 | Hart, Tammie | DMR | 4th |
| | | | | 1981 | Rawe, Mary | DMR | 4th |
| 2001 | Moore, Connie | 200-Meters | 7th | 1981 | Startare, Doreen | DMR | 4th |
| 2002 | Moore, Connie | 200-Meters | 9th | 1982 | Hart, Tammie | DMR | 5th |
| 2003 | Moore, Connie | 200-Meters | 9th | 1982 | Ihrig, Carolyn | DMR | 5th |
| 2004 | Moore, Connie | 200-Meters | 3rd | 1982 | Murnane, Patty | DMR | 5th |
| 2009 | Greaves, Shavon | 200-Meters | 10th | 1982 | Startare, Doreen | DMR | 5th |
| 2010 | Greaves, Shavon | 200-Meters | 3rd | 1996 | Bosler, Erica | DMR | 4th |
| | | | | 1996 | Huelster, Sue | DMR | 4th |
| 2005 | Cox, Shana | 400-Meters | 11th | 1996 | McGreevy, Kim | DMR | 4th |
| 2006 | Cox, Shana | 400-Meters | 7th | 1996 | St. John, Erin | DMR | 4th |
| 2007 | Cox, Shana | 400-Meters | 7th | | | | |
| 2008 | Cox, Shana | 400-Meters | 4th | 1982 | Riddick, Vivian | Long Jump | 5th |
| 2010 | Dorr, Fawn | 400-Meters | 5th | 1999 | Walker, Shakeema | Long Jump | 3rd |
| | | | | 2003 | Aduba, Chi-Chi | Long Jump | 5th |
| 1982 | Hart, Tammie | 880 Yards | 4th | | | | |
| 1982 | Pioli, Terri | 880 Yards | 6th | 1999 | Walker, Shakeema | Triple Jump | 7th |
| 2007 | Simmons, Briene | 800-Meters | 7th | 2003 | Aduba, Chi-Chi | Triple Jump | 4th |
| | | | | 2004 | Aduba, Chi-Chi | Triple Jump | 7th |
| 1982 | Murnane, Patty | Mile | 4th | | | | |
| 1983 | Startare, Doreen | Mile | 7th | 1982 | Sobansky, Elaine | Shot Put | 3rd |
| 1997 | McGreevy, Kim | Mile | 7th | 1983 | Sobansky, Elaine | Shot Put | 3rd |
| | | | | 1984 | Sobansky, Elaine | Shot Put | 2nd |
| 1982 | Ihrig, Carolyn | 2-Mile | 8th | 2004 | O'Connor, Ja'Nai | Shot Put | 5th |
| 1985 | Renzi, Paula | 3000-Meters | 3rd | 2005 | Leatherman, Jennifer | Shot Put | 9th |
| 2008 | Franek, Bridget | 3000-Meters | 10th | | | | |
| 2010 | Franek, Bridget | 3000-Meters | 7th | 2005 | Leatherman, Jennifer | Weight Throw | 4th |
| | | | | 2006 | Leatherman, Jennifer | Weight Throw | 3rd |
| 2007 | Barber, Aleesha | 4x400-Meter Relay | 4th | | | | |
| 2007 | Blake, Dominique | 4x400-Meter Relay | 4th | 2008 | Hunter, Gayle | Pentathlon | 5th |
| 2007 | Cox, Shana | 4x400-Meter Relay | 4th | 2009 | Hunter, Gayle | Pentathlon | 2nd |
| 2007 | Simmons, Briene | 4x400-Meter Relay | 4th | | | | |
| 2008 | Barber, Aleesha | 4x400-Meter Relay | 5th | | | | |
| 2008 | Blake, Dominique | 4x400-Meter Relay | 5th | | | | |
| 2008 | Cox, Shana | 4x400-Meter Relay | 5th | 1980 | Rawe, Mary | 2000-Meters | 2nd |
| 2008 | Dorr, Fawn | 4x400-Meter Relay | 5th | | | | |
| 2009 | Barber, Aleesha | 4x400-Meter Relay | 3rd | 1984 | Cassel, Judi | 4x800-Meter Relay | 6th |
| 2009 | Dorr, Fawn | 4x400-Meter Relay | 3rd | 1984 | Gerken, Heidi | 4x800-Meter Relay | 6th |
| 2009 | Greaves, Shavon | 4x400-Meter Relay | 3rd | 1984 | Hart, Tammie | 4x800-Meter Relay | 6th |
| 2009 | Hunter, Gayle | 4x400-Meter Relay | 3rd | 1984 | Steever, Beth | 4x800-Meter Relay | 6th |
| 2011 | Anyanwu, Doris | 4x400-Meter Relay | 6th | | | | |
| 2011 | Greaves, Shavon | 4x400-Meter Relay | 6th | | | | |
| 2011 | Iheoma, Ijeoma | 4x400-Meter Relay | 6th | | | | |
| 2011 | Duncan, Megan | 4x400-Meter Relay | 6th | | | | |
| | | | | | | | |
| 1980 | Carmichael, Heather | 5000-Meters | 6th | | | | |
| 1980 | Cleary, Peggy | 5000-Meters | 5th | | | | |
| 1981 | Mills, Kathy | 5000-Meters | 4th | | | | |
| 1990 | Prey, Stacy | 5000-Meters | 4th | | | | |
| 1993 | Kelly, Kim | 5000-Meters | 6th | | | | |
| 2008 | Franek, Bridget | 5000-Meters | 7th | | | | |
| 2009 | Franek, Bridget | 5000-Meters | 4th | | | | |
| 2010 | Franek, Bridget | 5000-Meters | 4th | | | | |
| | | | | | | | |
| 2008 | Barber, Aleesha | 60-Meter Hurdles | 8th | | | | |
| 2009 | Barber, Aleesha | 60-Meter Hurdles | 4th | | | | |

Discontinued Events

* NCAA Converted to Meters beginning with the 1984 season.

* 2-Mile Run Counted as 3,000 Meters; 3-Mile Run Counted as 5,000 Meters.



TRACK & FIELD

Men's NCAA All-Americans (By Year)

| Year | Athlete | Event | Place | Year | Athlete | Event | Place |
|------|------------------|-------------------|-------|-------------------------------------|------------------|-------------------|-------|
| 1965 | Bedick, Tom | 2-Mile Relay | 6th | 1990 | Hunter, C.J. | Shot Put | 1st |
| 1965 | Lampman, Dick | 2-Mile Relay | 6th | | | | |
| 1965 | Morris, Art | 2-Mile Relay | 6th | 1991 | Caraher, Phil | Shot Put | 2nd |
| 1965 | Reilly, Bill | 2-Mile Relay | 6th | | | | |
| 1965 | Kauffman, Roger | Weight Throw | 4th | 1994 | Caldwell, R.B. | DMR | 6th |
| | | | | 1994 | Hamer, Bob | DMR | 6th |
| 1974 | Sands, Mike | 440-Yards | 3rd | 1994 | Mellott, Phil | DMR | 6th |
| 1974 | Maguire, Charlie | 3-Mile | 3rd | 1994 | Robbins, James | DMR | 6th |
| | | | | 1994 | Davis, Antonio | Triple Jump | 9th |
| 1975 | Sands, Mike | 440-Yards | 1st | | | | |
| 1975 | Shine, Mike | 60-Meter Hurdles | 6th | 1998 | Gorham, John | Long Jump | 7th |
| 1975 | Hackman, Steve | Mile Relay | 4th | 1998 | McNutt, Neal | Weight Throw | 7th |
| 1975 | Moser, Randy | Mile Relay | 4th | | | | |
| 1975 | Sands, Mike | Mile Relay | 4th | 1999 | Gorham, John | Long Jump | 12th |
| 1975 | Shine, Mike | Mile Relay | 4th | 1999 | Audu, George | Long Jump | 5th |
| 1975 | Hjeltnes, Knut | Shot Put | 5th | 2002 | Olkowski, Ryan | 200-Meters | 8th |
| | | | | 2002 | Olkowski, Ryan | High Jump | 5th |
| 1976 | Sands, Mike | 440-Yards | 3rd | | | | |
| 1976 | Jackson, Al | Weight Throw | 4th | 2003 | Nichols, Chavous | Triple Jump | 9th |
| | | | | | | | |
| 1978 | Snyder, Bob | 2-Mile | 8th | 2007 | Fritz, Ryan | High Jump | 5th |
| 1978 | Snyder, Bob | 2-Mile | 8th | | | | |
| 1978 | Falco, Keith | DMR | 3rd | 2009 | Fritz, Ryan | High Jump | T-3rd |
| 1978 | McHugh, Chris | DMR | 3rd | | | | |
| 1978 | Rapp, Tom | DMR | 3rd | 2010 | Foster, Ryan | 800-Meters | 3rd |
| 1978 | Wyatt, Mike | DMR | 3rd | 2010 | Dawson, Owen | 800-Meters | 8th |
| | | | | 2010 | Williams, Lionel | 800-Meters | 11th |
| 1979 | Scharsu, Alan | 3-Mile | 6th | 2010 | Eaton, Blake | Shot Put | 8th |
| | | | | 2010 | Kovacs, Joe | Shot Put | 3rd |
| 1980 | Scharsu, Alan | 3-Mile | 4th | | | | |
| | | | | 2011 | Gehret, Brady | 400-Meters | 3rd |
| 1981 | Zishka, John | 2-Mile | 3rd | 2011 | Foster, Ryan | Mile | 3rd |
| | | | | 2011 | Nadolsky, Aaron | 4x400-Meter Relay | 5th |
| 1982 | Souza, Paul | High Jump | 7th | 2011 | Williams, Lionel | 4x400-Meter Relay | 5th |
| | | | | 2011 | Loxsom, Casimir | 4x400-Meter Relay | 5th |
| 1983 | Cook, Mike | 2-Mile Relay | 3rd | 2011 | Gehret, Brady | 4x400-Meter Relay | 5th |
| 1983 | McLaughlin, Paul | 2-Mile Relay | 3rd | | | | |
| 1983 | Moore, Randy | 2-Mile Relay | 3rd | ** 71 Total Indoor All-Americans ** | | | |
| 1983 | Wynn, Ken | 2-Mile Relay | 3rd | | | | |
| 1983 | Shenk, Todd | Weight Throw | 10th | | | | |
| | | | | | | | |
| 1984 | Shenk, Todd | Weight Throw | T-9th | | | | |
| | | | | | | | |
| 1985 | Moore, Randy | 800-Meters | 3rd | | | | |
| 1985 | Hudson, Bob | DMR | 4th | | | | |
| 1985 | Overheim, Mark | DMR | 4th | | | | |
| 1985 | Robinson, Barry | DMR | 4th | | | | |
| 1985 | Watson, Vance | DMR | 4th | | | | |
| | | | | | | | |
| 1987 | Balkey, Steve | 4x800-Meter Relay | 6th | | | | |
| 1987 | Levitre, Ray | 4x800-Meter Relay | 6th | | | | |
| 1987 | McMillan, David | 4x800-Meter Relay | 6th | | | | |
| 1987 | Mills, Chris | 4x800-Meter Relay | 6th | | | | |
| | | | | | | | |
| 1988 | Balkey, Steve | Mile | 10th | | | | |
| | | | | | | | |
| 1989 | Timpson, Michael | 200-Meters | 8th | | | | |
| 1989 | Hunter, C.J. | Shot Put | 2nd | | | | |



Men's NCAA All-Americans (By Event)

| Year | Athlete | Event | Place | Year | Athlete | Event | Place |
|------|------------------|-------------------|-------|------|------------------|--------------|-------|
| 1989 | Timpson, Michael | 200-Meters | 8th | 1975 | Hjeltnes, Knut | Shot Put | 5th |
| 2002 | Olkowski, Ryan | 200-Meters | 8th | 1989 | Hunter, C.J. | Shot Put | 2nd |
| | | | | 1990 | Hunter, C.J. | Shot Put | 1st |
| 1974 | Sands, Mike | 440-Yards | 3rd | 1991 | Caraher, Phil | Shot Put | 2nd |
| 1975 | Sands, Mike | 440-Yards | 1st | 2010 | Eaton, Blake | Shot Put | 8th |
| 1976 | Sands, Mike | 440-Yards | 3rd | 2010 | Kovacs, Joe | Shot Put | 3rd |
| 2011 | Gehret, Brady | 400-Meters | 3rd | | | | |
| | | | | 1994 | Davis, Antonio | Triple Jump | 9th |
| 1985 | Moore, Randy | 800-Meters | 3rd | 2003 | Nichols, Chavous | Triple Jump | 9th |
| 2010 | Foster, Ryan | 800-Meters | 3rd | | | | |
| 2010 | Dawson, Owen | 800-Meters | 8th | 1965 | Kauffman, Roger | Weight Throw | 4th |
| 2010 | Williams, Lionel | 800-Meters | 11th | 1976 | Jackson, Al | Weight Throw | 4th |
| | | | | 1983 | Shenk, Todd | Weight Throw | 10th |
| 1988 | Balkey, Steve | Mile | 10th | 1984 | Shenk, Todd | Weight Throw | T-9th |
| 2011 | Foster, Ryan | Mile | 3rd | 1998 | McNutt, Neal | Weight Throw | 7th |
| | | | | | | | |
| 1978 | Snyder, Bob | 2-Mile | 8th | | | | |
| 1978 | Snyder, Bob | 2-Mile | 8th | | | | |
| 1981 | Zishka, John | 2-Mile | 3rd | | | | |
| | | | | | | | |
| 1974 | Maguire, Charlie | 3-Mile | 3rd | | | | |
| 1979 | Scharsu, Alan | 3-Mile | 6th | | | | |
| 1980 | Scharsu, Alan | 3-Mile | 4th | | | | |
| | | | | | | | |
| 1975 | Shine, Mike | 60-Meter Hurdles | 6th | | | | |
| | | | | | | | |
| 1975 | Hackman, Steve | Mile Relay | 4th | | | | |
| 1975 | Moser, Randy | Mile Relay | 4th | | | | |
| 1975 | Sands, Mike | Mile Relay | 4th | | | | |
| 1975 | Shine, Mike | Mile Relay | 4th | | | | |
| 2011 | Nadolskly, Aaron | 4x400-Meter Relay | 5th | | | | |
| 2011 | Williams, Lionel | 4x400-Meter Relay | 5th | | | | |
| 2011 | Loxson, Casimir | 4x400-Meter Relay | 5th | | | | |
| 2011 | Gehret, Brady | 4x400-Meter Relay | 5th | | | | |
| | | | | | | | |
| 1978 | Falco, Keith | DMR | 3rd | | | | |
| 1978 | McHugh, Chris | DMR | 3rd | | | | |
| 1978 | Rapp, Tom | DMR | 3rd | | | | |
| 1978 | Wyatt, Mike | DMR | 3rd | | | | |
| 1985 | Hudson, Bob | DMR | 4th | | | | |
| 1985 | Overheim, Mark | DMR | 4th | | | | |
| 1985 | Robinson, Barry | DMR | 4th | | | | |
| 1985 | Watson, Vance | DMR | 4th | | | | |
| 1994 | Caldwell, R.B. | DMR | 6th | | | | |
| 1994 | Hamer, Bob | DMR | 6th | | | | |
| 1994 | Mellott, Phil | DMR | 6th | | | | |
| 1994 | Robbins, James | DMR | 6th | | | | |
| | | | | | | | |
| 1982 | Souza, Paul | High Jump | 7th | | | | |
| 2002 | Olkowski, Ryan | High Jump | 5th | | | | |
| 2007 | Fritz, Ryan | High Jump | 5th | | | | |
| 2009 | Fritz, Ryan | High Jump | T-3rd | | | | |
| 1998 | Gorham, John | Long Jump | 7th | | | | |
| 1999 | Gorham, John | Long Jump | 12th | | | | |
| 1999 | Audu, George | Long Jump | 5th | | | | |

Discontinued Events

| | | | |
|------|------------------|-------------------|-----|
| 1965 | Bedick, Tom | 2-Mile Relay | 6th |
| 1965 | Lampman, Dick | 2-Mile Relay | 6th |
| 1965 | Morris, Art | 2-Mile Relay | 6th |
| 1965 | Reilly, Bill | 2-Mile Relay | 6th |
| 1983 | Cook, Mike | 2-Mile Relay | 3rd |
| 1983 | McLaughlin, Paul | 2-Mile Relay | 3rd |
| 1983 | Moore, Randy | 2-Mile Relay | 3rd |
| 1983 | Wynn, Ken | 2-Mile Relay | 3rd |
| | | | |
| 1987 | Balkey, Steve | 4x800-Meter Relay | 6th |
| 1987 | Levitre, Ray | 4x800-Meter Relay | 6th |
| 1987 | McMillan, David | 4x800-Meter Relay | 6th |
| 1987 | Mills, Chris | 4x800-Meter Relay | 6th |

* NCAA Converted to Meters beginning with the 1984 season.

* 2-Mile Run Counted as 3,000 Meters; 3-Mile Run Counted as 5,000 Meters; Mile Relay Counted as 4x400m



TRACK & FIELD

2012 Penn State Women's Performance List

WOMEN'S 60-METER DASH PSU: Shavon Greaves, 7.24 (2010) NCAA: 7.23

| | | |
|------|---------------------|--------|
| 7.41 | Jones, Mahagony | 1/7/12 |
| 7.51 | Nieuwendam, Kirsten | 1/7/12 |
| 8.00 | Barbour, Gabrielle | 2/4/12 |

WOMEN'S 200-METER DASH PSU: Connie Moore, 22.60 (2010) NCAA: 23.20

| | | |
|-------|---------------------|---------|
| 23.68 | Jones, Mahagony | 1/7/12 |
| 23.76 | Nieuwendam, Kirsten | 1/7/12 |
| 24.62 | McGee, Dynasty | 1/7/12 |
| 24.91 | Iheoma, Ije | 2/4/12 |
| 25.01 | Britton, Evonne | 1/14/12 |
| 25.11 | Anyanwu, Doris | 1/14/12 |
| 25.29 | Black, Shelley | 1/28/12 |
| 25.63 | Barbour, Gabrielle | 2/4/12 |

WOMEN'S 400-METER DASH PSU: Shana Cox, 52.31 (2007) NCAA: 52.60

| | | |
|-------|---------------------|---------|
| 54.15 | Nieuwendam, Kirsten | 2/25/12 |
| 54.32 | Jones, Mahagony | 1/14/12 |
| 54.84 | Iheoma, Ije | 2/25/12 |
| 54.38 | McGee, Dynasty | 2/10/12 |
| 55.91 | Anyanwu, Doris | 2/24/12 |

WOMEN'S 500-METER DASH PSU: Shana Cox, 1:09.19 (2007)

| | | |
|---------|----------------|--------|
| 1:12.05 | Iheoma, Ijeoma | 1/7/12 |
| 1:15.63 | Anyanwu, Doris | 1/7/12 |

WOMEN'S 600-METER RUN PSU: Briene Simmons, 1:29.81 (2008)

| | | |
|---------|------------------|--------|
| 1:34.53 | Klebe, Marta | 2/4/12 |
| 1:34.54 | Shannon, Colleen | 2/4/12 |

WOMEN'S 800-METER RUN PSU: Briene Simmons, 2:05.67 (2007) NCAA: 2:04.50

| | | |
|-----------|--------------------|---------|
| 2:06.88 | Simko, Bekka | 2/25/12 |
| 2:11.22 | Klebe, Marta | 1/28/12 |
| 2:13.37 | Shannon, Colleen | 2/11/12 |
| 2:18.03 | Jennings, Kerrin | 2/4/12 |
| 2:22.34 | Casciano, Rachel | 2/11/12 |
| 2:27.13 M | Howell, Brittney | 2/24/12 |
| 2:27.29 M | Chernaskey, Rachel | 1/27/12 |
| 2:44.81 M | Couts, Kelsey | 1/27/12 |

WOMEN'S 1000-METER RUN PSU: Caitlin Lane, 2:44.24 (2012)

| | | |
|------------|------------------|---------|
| 2:44.24 SR | Lane, Caitlin | 1/14/12 |
| 2:48.70 | Simko, Bekka | 1/14/12 |
| 2:52.76 | Klebe, Marta | 1/14/12 |
| 2:59.86 | Casciano, Rachel | 1/14/12 |
| 3:02.86 | Jennings, Kerrin | 1/7/12 |

WOMEN'S MILE RUN PSU: Bridget Franek, 4:37.95 (2010) NCAA: 4:37.00

| | | |
|---------|-------------------|---------|
| 4:39.24 | Lane, Caitlin | 3/3/12 |
| 4:46.96 | Millhouse, Kara | 1/14/12 |
| 4:49.32 | Bower, Natalie | 1/14/12 |
| 4:53.98 | Graybill, Lindsey | 2/4/12 |
| 4:54.41 | Benson, Abbie | 2/24/12 |
| 4:55.34 | Perri, Tori | 2/24/12 |
| 4:55.50 | Ridder, Brooklyne | 1/14/12 |
| 5:01.07 | Anderson, Leigha | 1/14/12 |
| 5:02.44 | Giannotti, Emily | 1/14/12 |
| 5:04.03 | Jennings, Kerrin | 1/28/12 |
| 5:04.75 | Kocjancic, Dani | 2/4/12 |
| 5:06.72 | Mills, Lauren | 1/14/12 |
| 5:12.21 | Casciano, Rachel | 1/28/12 |
| 5:31.61 | Porter, Gwenn | 1/14/12 |

WOMEN'S 3000-METER RUN PSU: Bridget Franek, 9:10.04 (2009) NCAA: 9:10.00

| | | |
|----------|---------------------|---------|
| 9:15.16 | Lane, Caitlin | 2/11/12 |
| 9:17.48 | Millhouse, Kara | 2/24/12 |
| 9:30.78 | Ridder, Brooklyne | 1/28/12 |
| 9:34.80 | Bower, Natalie | 1/28/12 |
| 9:45.04 | Graybill, Lindsey | 2/11/12 |
| 9:46.63 | Benson, Abbie | 2/11/12 |
| 9:50.11 | Giannotti, Emily | 2/24/12 |
| 10:07.35 | Rodden, Katie | 1/14/12 |
| 10:07.92 | Kocjancic, Danielle | 2/11/12 |
| 10:13.85 | Mills, Lauren | 1/7/12 |
| 10:13.87 | Anderson, Leigha | 1/7/12 |
| 10:44.21 | Sofo, Lucia | 1/7/12 |
| 11:12.06 | Porter, Gwenn | 1/28/12 |

WOMEN'S 5000-METER RUN PSU: Paula Renzi, 15:53.50 (1985) NCAA: 15:57.00

| | | |
|----------|-------------------|---------|
| 16:06.82 | Millhouse, Kara | 2/10/12 |
| 16:22.70 | Lane, Caitlin | 2/25/12 |
| 16:28.54 | Ridder, Brooklyne | 2/25/12 |
| 16:39.95 | Bower, Natalie | 2/10/12 |
| 17:16.80 | Giannotti, Emily | 2/10/12 |
| 17:46.93 | Anderson, Leigha | 1/27/12 |
| 17:51.52 | Mills, Lauren | 1/27/12 |
| 18:47.85 | Rodden, Katie | 1/27/12 |

WOMEN'S 60-METER HURDLES PSU: Aleesha Barber, 8.19 (2009) NCAA: 8.10

| | | |
|--------|--------------------|---------|
| 8.20 | Britton, Evonne | 1/27/12 |
| 8.56 | Black, Shelley | 2/4/12 |
| 8.61 M | Howell, Brittney | 2/24/12 |
| 9.56 | Chernaskey, Rachel | 1/7/12 |
| 9.87 | Couts, Kelsey | 1/7/12 |

WOMEN'S 4x400-METER RELAY PSU: Blake, Simmons, Cox, Barber, 3:33.39 (2007) NCAA: 3:34.00

| | | |
|---------|------------------------------------|---------|
| 3:35.43 | McGee, Jones | 3/3/12 |
| | Nieuwendam, Iheoma | |
| 3:36.91 | Jones, McGee, | 1/7/12 |
| | Nieuwendam, Iheoma | |
| 3:39.30 | Nieuwendam, Jones, | 1/14/12 |
| | McGee, Anyanwu | |
| 3:52.75 | Black, Britton, | 1/14/12 |
| | Howell, Barbour | |
| 3:55.15 | Britton, Anyanwu, Howell, Ricketts | 1/7 |

WOMEN'S 4x800-METER RELAY PSU: Cassel, Gerken, Hart, Stever, 8:45.60 (1984)

| | | |
|---------|-----------------------------------|-----|
| 9:16.39 | Shannon, Klebe, Fisher, Dickinson | 1/7 |
|---------|-----------------------------------|-----|

WOMEN'S DISTANCE MEDLEY RELAY PSU: Lane, Iheoma, Simko, Millhouse, 11:05.16 ('12) NCAA: 11:03.50

| | | |
|-------------|---------------------------------|------|
| 11:05.16 SR | Lane, Iheoma, Simko, Millhouse | 1/27 |
| | (3:22, 53.50, 2:07.5, 4:41.1) | |
| 11:18.96 | Simko, Iheoma, Klebe, Ridder | 2/24 |
| 11:51.55 | Benson, Anyanwu, Klebe, Mills | 2/4 |
| 12:01.52 | Simko, Shannon, Casciano, Perri | 1/7 |

WOMEN'S HIGH JUMP PSU: Antoinette O'Carroll, 5-11.25/1.81 (1987) Brittany Maun, 5-11.25/1.81 (2010) NCAA: 6-0.75 (1.85)

| | | |
|-----------------|--------------------|---------|
| 5-8.50 (1.74) M | Couts, Kelsey | 1/27/12 |
| 5-8 (1.73) | Palmer, Sarah | 2/25/12 |
| 5-7 (1.70) | Morgan, Erika | 1/28/12 |
| 5-6 (1.68) M | Howell, Brittney | 2/4/12 |
| 5-5 (1.65) | Owen, Brooke | 2/4/12 |
| 4-11.75 (1.52) | Chernaskey, Rachel | 1/7/12 |

WOMEN'S POLE VAULT PSU: Sara Dougherty, 13-5.75/4.11 (2004) NCAA: 14-3.25 (4.35)

| | | |
|-----------------|-------------------|---------|
| 12-9.50 (3.90) | Witmer, Jocelyn | 1/14/12 |
| 12-5.50 (3.80) | Palenchar, Amanda | 1/14/12 |
| 10-11.75 (3.35) | Back, Lindsay | 1/28/12 |

WOMEN'S LONG JUMP PSU: Gayle Hunter, 20-11.25/6.38 (2009) NCAA: 21-2 (6.45)

| | | |
|-----------------|--------------------|---------|
| 19-3.25 (5.87) | Howell, Brittney | 2/10/12 |
| 18-3.25 (5.57) | Lloyd, Tanaya | 2/4/12 |
| 17-10.75 (5.45) | Ricketts, Marlene | 2/4/12 |
| 16-11.50 (5.17) | McGee, Dynasty | 2/24/12 |
| 16-3 (4.95) | Palmer, Sarah | 1/14/12 |
| 16-3.75 (4.97) | Chernaskey, Rachel | 1/7/12 |
| 15-11 (4.85) | Rauenzahn, B. UNA | 1/27/12 |
| 15-5 (4.70) | Couts, Kelsey | 1/14/12 |

WOMEN'S TRIPLE JUMP PSU: Chi-Chi Aduba, 44-1.50/13.45 (2003) NCAA: 43-7.75 (13.30)

| | | |
|-----------------|-------------------|---------|
| 41-1.50 (12.53) | Lloyd, Tanaya | 1/14/12 |
| 40-9.25 (12.40) | Ricketts, Marlene | 1/14/12 |

WOMEN'S SHOT PUT PSU: Ja'Nai O'Connor, 56-5.25/17.20 (2004) NCAA: 56-5.25 (17.20)

| | | |
|-------------------|---------------------|---------|
| 50-2 (15.29) | Kurzdorfer, Melissa | 1/28/12 |
| 48-8.25 (14.84) | Swenson, Jane | 1/7/12 |
| 43-10 (13.36) | Muzio, Anna | 2/4/12 |
| 37-6.50 (11.44) M | Howell, Brittney | 2/4/12 |
| 30-6.50 (9.31) M | Couts, Kelsey | 1/27/12 |
| 29-7.25 (9.02) M | Chernaskey, Rachel | 1/27/12 |

WOMEN'S 20-LB WEIGHT THROW PSU: Jennifer Leatherman, 74-10/22.82, 2006 NCAA: 68-10.75 (21.00)

| | | |
|------------------|---------------------|---------|
| 64-10.50 (19.77) | Kurzdorfer, Melissa | 1/27/12 |
| 58-8 (17.88) | Swenson, Jane | 3/3/12 |
| 47-11.75 (14.62) | Muzio, Anna | 2/4/12 |

WOMEN'S PENTATHLON PSU: Gayle Hunter, 4342 (2009) NCAA: 4075

| | | |
|------|--------------------|---------|
| 3870 | Howell, Brittney | 2/24/12 |
| 3072 | Chernaskey, Rachel | 1/27/12 |
| 2937 | Couts, Kelsey | 1/27/12 |

KEY
A - NCAA Auto; Pre - Preliminaries; F - Finals; SR - School Record; M - Mark from Multi-Events; * - Flat to bank conversion



2012 Penn State Men's Performance List

MEN'S 60-METER DASH

PSU: Ernie Terrell, 6.76 (2003)
NCAA: 6.60

| | | |
|---------|-------------------|---------|
| 7.02 | Gilmore, Matt | 1/7/12 |
| 7.04 | Mpanduki, Emunael | 1/7/12 |
| 7.07 MR | Uzoh, Anya | 2/24/12 |
| 7.18 | Owoye, Dele | 1/14/12 |

MEN'S 200-METER DASH

PSU: Ryan Olkowski, 20.98 (2002)
NCAA: 20.73

| | | |
|-------|------------------------|---------|
| 21.54 | Bennett-Green, Brandon | 2/4/12 |
| 21.59 | Nadolsky, Aaron | 1/7/12 |
| 21.66 | Gilmore, Matt | 1/28/12 |
| 21.76 | Mpanduki, Emunael | 1/7/12 |
| 22.51 | Owoye, Dele | 2/4/12 |
| 22.90 | Barrett, Sancho | 1/14/12 |

MEN'S 400-METER DASH

PSU: Brady Gehret, 46.22 (2011)
NCAA: 46.00

| | | |
|-------|------------------------|---------|
| 46.82 | Bennett-Green, Brandon | 2/25/12 |
| 47.01 | Nadolsky, Aaron | 2/25/12 |
| 47.65 | Gilmore, Matt | 2/10/12 |
| 48.01 | Mpanduki, Emunael | 1/14/12 |
| 48.21 | Bennett-Green, Bernard | 1/28/12 |
| 48.23 | Gehret, Brady | 2/24/12 |

MEN'S 500-METER DASH

PSU: Casimir Loxsom, 1:01.28 (2011)

| | | |
|---------|------------------------|--------|
| 1:03.30 | Bennett-Green, Brandon | 1/7/12 |
| 1:03.54 | Bennett-Green, Bernard | 1/7/12 |

MEN'S 600-METER RUN

PSU: Casimir Loxsom, 1:16.66 (2012)

| | | |
|------------|------------------------|---------|
| 1:16.66 SR | Loxsom, Casimir | 1/14/12 |
| 1:18.96 | Brennan, Ryan | 2/24/12 |
| 1:19.10 | Bennett-Green, Bernard | 2/4/12 |
| 1:23.22 | Filandro, Mark | 2/4/12 |

MEN'S 800-METER RUN

PSU: Ryan Foster, 1:47.32 (2010)
NCAA: 1:47.30

| | | |
|---------|------------------|---------|
| 1:47.93 | Loxsom, Casimir | 2/24/12 |
| 1:48.64 | Creese, Robby | 1/28/12 |
| 1:49.01 | Dawson, Owen UNA | 2/4/12 |
| 1:50.54 | Manley, Connor | 1/28/12 |
| 1:52.18 | Brennan, Ryan | 2/11/12 |
| 1:54.50 | Fuller, Mark | 2/4/12 |
| 1:55.01 | Baker, Colin | 1/14/12 |

MEN'S 1000-METER RUN

PSU: Robby Creese, 2:19.53 (2012)

| | | |
|-------------|----------------|---------|
| 2:19.53 | Creese, Robby | 1/14/12 |
| SR, CR, AJR | | |
| 2:24.73 | Endress, Wade | 1/14/12 |
| 2:28.73 | Manley, Connor | 1/14/12 |
| 2:31.71 | Baker, Colin | 1/7/12 |
| 2:33.19 | Fuller, Mark | 1/7/12 |
| 2:43.88 | Uzoh, Anya | 1/28/12 |

MEN'S MILE RUN

PSU: Ryan Foster, 3:58.49 (2011)
NCAA: 3:57.90

| | | |
|---------|---------------------|---------|
| 3:58.94 | Creese, Robby | 3/3/12 |
| 4:07.34 | Endress, Wade | 2/4/12 |
| 4:10.39 | Corkedale, Tyler | 1/14/12 |
| 4:11.05 | Fischer, Matt | 1/14/12 |
| 4:11.85 | Campbell, Chris | 1/14/12 |
| 4:13.48 | Burkhardt, Glen UNA | 1/14/12 |
| 4:13.53 | Dawson, Kyle | 1/14/12 |
| 4:16.95 | Baker, Colin | 2/11/12 |
| 4:19.70 | Fuller, Mark | 2/11/12 |

MEN'S 3000-METER RUN

PSU: Ken Frasier, 8:00.78 (1990)
NCAA: 7:52.30

| | | |
|---------|------------------|---------|
| 8:06.36 | Dawson, Kyle | 1/28/12 |
| 8:10.40 | Fischer, Matt | 2/11/12 |
| 8:11.19 | Corkedale, Tyler | 2/11/12 |
| 8:21.76 | Campbell, Chris | 1/28/12 |
| 8:29.55 | Cipro, Chris | 1/28/12 |
| 8:37.23 | Luff, Tom | 1/14/12 |
| 8:55.31 | Quinn, Shawn | 1/14/12 |
| 9:06.83 | Anderson, Colin | 1/14/12 |

MEN'S 5000-METER RUN

PSU: Steve Brown, 13:52.36 (1990)
NCAA: 13:44.60

| | | |
|----------|------------------|---------|
| 14:07.54 | Dawson, Kyle | 2/11/12 |
| 14:27.23 | Fischer, Matt | 2/25/12 |
| 14:35.59 | Cipro, Chris | 2/25/12 |
| 14:35.65 | Corkedale, Tyler | 2/25/12 |
| 14:54.78 | Luff, Tom | 1/27/12 |
| 15:23.83 | Anderson, Colin | 2/4/12 |

MEN'S 60-METER HURDLES

PSU: Guy Rose, 7.69 (2001)
NCAA: 7.70

| | | |
|--------|-----------------|---------|
| 8.14 | Barrett, Sancho | 1/7/12 |
| 8.62 M | Uzoh, Anya | 2/25/12 |

MEN'S 4x400-METER RELAY

PSU: Nadolsky, Bennett-Green, Loxsom, Gehret (2012)
NCAA: 3:05.22

| | | |
|---------|--|---------|
| 3:05.22 | Nadolsky, Bennett-Green, Loxsom, Gehret | 3/3/12 |
| 3:07.72 | Nadolsky, Gehret, Loxsom, Gilmore | 1/14/12 |
| 3:10.21 | Gilmore, Nadolsky, Bennett-Green, Loxsom | 2/4/12 |
| 3:09.65 | Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky | 1/7/12 |
| 3:12.55 | Bennett-Green, Br., Mpanduki | 1/14/12 |
| 3:12.93 | Bennett-Green, Be., Brennan | 1/28/12 |
| 3:17.94 | Mpanduki, Gilmore, Be. Bennett-Green, Brennan Penn State B | 1/7/12 |

MEN'S DISTANCE MEDLEY RELAY

PSU: Borchers, Cadau, Foster, Johnson, 9:32.94 (2009)
NCAA: 9:31.00

| | | |
|----------|-----------------------------------|-----------------------------------|
| 9:35.24 | Endress, Nadolsky, Manley, Creese | 1/27 (2:57, 46.3, 1:49.4, 4:01.1) |
| 9:44.40 | Endress, Nadolsky, Loxsom, Creese | 2/4 (3:03, 48.2, 1:50.6, 4:01.6) |
| 9:49.04 | Creese, Brennan, Manley, Endress | 1/7 |
| 10:04.02 | Baker, Manley, Brennan, Cipro | 2/4/12 |

MEN'S HIGH JUMP

PSU: Paul Souza, 7-4.25/2.24 (1982)
NCAA: 7-4.25 (2.24)

| | | |
|------------------|-----------------|---------|
| 7-1.75 (2.18) | Reilly, Sean | 2/4/12 |
| 7-00.25 (2.14) | Hendershot, Jon | 1/14/12 |
| 6-7.50 (2.02) MR | Uzoh, Anya | 1/27/12 |
| 6-7.50 (2.02) | Mike McClelland | 2/25/12 |

MEN'S POLE VAULT

PSU: John Vellenoweth, 17-0.75/5.20 (2009)
NCAA: 18-0.50 (5.50)

| | | |
|------------------|------------------|---------|
| 15-7 (4.75) | Pelletier, Jason | 2/4/12 |
| 15-1 (4.60) | Patzer, David | 2/4/12 |
| 14-1.25 (4.30) M | Uzoh, Anya | 2/11/12 |

MEN'S LONG JUMP

PSU: David Coney, 25-11/7.90 (1986)
NCAA: 26-6 (8.00)

| | | |
|-------------------|----------------|---------|
| 23-8.25 (7.22) | Moppert, Doug | 2/4/12 |
| 22-7.75 (6.90) MR | Uzoh, Anya | 1/27/12 |
| 22-3.75 (6.80) | Johnson, Hanif | 1/7/12 |
| 22-1 (6.73) | Leap, Brian | 2/4/12 |

MEN'S TRIPLE JUMP

PSU: Chavous Nichols, 53-0.75 (16.17)
NCAA: 53-5.75 (16.30)

| | | |
|-----------------|----------------|---------|
| 51-9 (15.77) | Johnson, Hanif | 1/28/12 |
| 48-1.75 (14.67) | Leap, Brian | 1/28/12 |

MEN'S SHOT PUT

PSU: C.J. Hunter, 65-7 /19.99 (1990)
NCAA: 63-6 (19.35)

| | | |
|--------------------|-----------------|---------|
| 66-1 (20.14) | Kovacs, Joe UNA | 2/25/12 |
| 61-7 (18.77) | Caldwell, Logan | 2/24/12 |
| 56-5.25 (17.20) | Mubarak, Nabil | 2/4/12 |
| 37-10.75 (11.55) M | Uzoh, Anya | 2/24/12 |

MEN'S 35-LB WEIGHT THROW

PSU: Dorian Lowe, 66-5.75/20.26 (2002)
NCAA: 70-6.50 (21.50)

| | | |
|------------------|-----------------|---------|
| 63-9.50 (19.44) | Barr, Will | 1/27/12 |
| 59-11.25 (18.27) | Mubarak, Nabil | 2/11/12 |
| 55-11 (17.04) | Caldwell, Logan | 1/14/12 |

MEN'S HEPTATHLON

PSU: James Cook, 5500 (1998)
NCAA: 5750

| | | |
|------|-----------|------------|
| 5367 | Anya Uzoh | 1/27-28/12 |
|------|-----------|------------|

Pre - Prelimaires; F - Finals; UNA - Unattached; SR - School Record; CR - Collegiate Record; AJR - American Junior Record; M - Mark from Multi-Events; MR - Multi Record; A - NCAA Auto



TRACK & FIELD

as of March 5, 2012

All-Time Women's Top Five Performances

WOMEN'S 60-METER DASH

PSU: 7.24, Shavon Greaves (2010)

1. 7.24 Shavon Greaves, 2010
2. 7.27 Consuella Moore, 2004
3. 7.41 Toyin Augustus, 2001
4. **7.41 Mahagony Jones, 2012**
5. 7.46 Kamilah Salaam, 2005

WOMEN'S 200-METER DASH

PSU: 22.60, Connie Moore (2004)

1. 22.60 Consuella Moore, 2004
2. 22.98 Shavon Greaves, 2010
3. 23.48 Shana Cox, 2005
4. 23.67 Caitlin DeFusco, 2010
5. **23.68 Mahagony Jones, 2012**

WOMEN'S 400-METER DASH

PSU: 52.31, Shana Cox (2007)

1. 52.31 Shana Cox, 2007
2. 52.53 Fawn Dorr, 2010
3. 53.14 Shavon Greaves, 2010
4. 53.15 Dominique Blake, 2008
5. 53.96 Gayle Hunter, 2008

WOMEN'S 500-METER DASH

PSU: 1:09.19, Shana Cox (2007)

1. 1:09.19 Shana Cox, 2007
2. 1:12.03 Janice Carter, 1989
3. **1:12.05 Ijeoma Iheoma, 2012**
4. 1:12.23 Fawn Dorr, 2010
5. 1:13.32 Briene Simmons, 2006

WOMEN'S 600-METER RUN

PSU: 1:29.81, Briene Simmons (2008)

1. 1:29.81 Briene Simmons, 2008
2. 1:30.22 Erica Bosler, 1998
3. 1:30.42 Ijeoma Iheoma, 2011
4. 1:31.35 Bekka Simko, 2011
5. 1:31.68 Fawn Dorr, 2008

WOMEN'S 800-METER RUN

PSU: 2:05.67, Briene Simmons (2007)

1. 2:05.67 Briene Simmons, 2007
2. **2:06.88 Bekka Simko, 2012**
3. 2:08.75 Maura Ryan, 2011
4. 2:08.92 Caitlin Lane, 2011
5. 2:09.52 Judi Cassell, 1985

WOMEN'S 1000-METER RUN

PSU: 2:44.24, Caitlin Lane (2012)

1. **2:44.24 Caitlin Lane, 2012**
2. 2:48.21 Briene Simmons, 2007
3. **2:48.70 Bekka Simko, 2012**
4. 2:49.00 Patty Murnane, 1979
5. 2:49.92 Bridget Franek, 2008

WOMEN'S MILE RUN

PSU: 4:37.95, Bridget Franek (2010)

1. 4:37.95 Bridget Franek, 2010
2. 4:38.37 Caitlin Lane, 2011
3. 4:40.76 Kim McGreevy, 1997
4. 4:41.51 Patty Murnane, 1982
5. 4:45.46 Leah Rosenfeld, 2008

WOMEN'S 3000-METER RUN

PSU: 9:10.04, Bridget Franek (2009)

1. 9:10.04 Bridget Franek, 2009
2. 9:13.06 Paula Renzi, 1985
3. **9:15.16 Caitlin Lane, 2012**
4. **9:17.48 Kara Millhouse, 2012**
5. 9:27.41 Cheryl Spring, 2010

WOMEN'S 5000-METER RUN

PSU: 15:53.50, Paula Renzi (1985)

1. 15:53.50 Paula Renzi, 1985
2. 15:56.76 Bridget Franek, 2010
3. **16:06.82 Kara Millhouse, 2012**
4. 16:22.30 Cheryl Spring, 2010
5. **16:22.70 Caitlin Lane, 2012**

WOMEN'S 60-METER HURDLES

PSU: 8.16, Aleesha Barber (2009)

1. 8.16 Aleesha Barber, 2009
2. **8.20 Evonne Britton, 2012**
3. 8.22 Toyin Augustus, 2001
4. 8.37 Gayle Hunter, 2009
5. 8.50 Kamilah Salaam, 2006

WOMEN'S 4X400-METER RELAY

PSU: 3:33.34, Blake, Simmons, Cox, Barber (2007)

1. 3:33.49 Blake, Simmons, Cox, Barber, 2007
2. 3:34.00 Blake, Cox, Barber, Dorr, 2008
3. 3:34.00 Anyanwu, Iheoma, Greaves, Duncan, '11
3. 3:34.04 Cox, Simmons, Barber, Blake, 2006
4. 3:34.64 Dorr, Barber, Greaves, Hunter, 2009

WOMEN'S DISTANCE MEDLEY

PSU: 11:05.16, Lane, Iheoma, Simko, Millhouse, '12

1. **11:05.16 Lane, Iheoma, Simko, Millhouse, '12 (3:22, 53.5, 2:07.5, 4:41.1)**
2. 11:14.78 Hutchinson, Cox, Simmons, Franek, '07
3. **11:18.96 Simko, Iheoma, Klebe, Ridder, '12**
4. 11:21.00 Heyer, Dweh, Bosler, McGreevy, '97
5. 11:26.40 Lane, Anyanwu, Kearins, Spring, '10

WOMEN'S HIGH JUMP

PSU: 5-11.25 (1.81), Antoinette O'Carroll (1987)
5-11.25 (1.81), Brittany Maun (2010)

1. 5-11.25 (1.81) Brittany Maun, 2010
- 5-11.25 (1.81) Antoinette O'Carroll, 1987
3. 5-9.75 (1.77) Jen Aylward, 2001
4. 5-8.50 (1.74) Amber Strouse, 2007
5. **5-8.50 (1.74) Kelsey Couts, 2012**
6. 5-8 (1.73) Kathy Messner, 2003
- 5-8 (1.73) Bianca Fung, 2011

WOMEN'S POLE VAULT

PSU: 13-5.75 (4.11), Sara Dougherty (2004)

1. 13-5.50 (4.11) Sara Dougherty, 2004
2. 12-11.50 (3.95) Jocelyn Witmer, 2010
- 12-11.50 (3.95) Caitlin Fairbairn, 2010
4. **12-5.50 (3.80) Amanda Palenchar, 2012**
5. 12-3.50 (3.75) Lindsey McDonnell, 2003
- 12-3.50 (3.75) Jackie Meissner, 2007

WOMEN'S LONG JUMP

PSU: 20-11.25 (6.38), Gayle Hunter (2009)

1. 20-11.25 (6.38) Gayle Hunter, 2009
2. 20-8 (6.30) Chi-Chi Aduba, 2003
- 20-8 (6.30) Shakeema Walker, 1999
4. 20-7.50 (6.28) Carmen Mann, 1990
5. 20-3.50 (6.18) Bianca Fung, 2009

WOMEN'S TRIPLE JUMP

PSU: 44-1.50 (13.45), Chi-Chi Aduba (2009)

1. 44-1.50 (13.45) Chi-Chi Aduba, 2004
2. 41-11.50 (12.79) Gabriela Baiter, 2008
3. 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998
5. 41-7.25 (12.68) Gayle Hunter, 2008

WOMEN'S SHOT PUT

PSU: 56-5.25 (17.20), Ja'Nai O'Connor (2004)

1. 56-5.25 (15.13) Ja'Nai O'Connor, 2004
2. 53-6 (16.31) Elaine Sobansky, 1983
3. 53-5 (16.28) Jen Leatherman, 2006
4. 51-2 (15.60) Deshaya Williams, 2003
5. **50-2 (15.29) Melissa Kurzdorfer, 2012**

WOMEN'S 20-LB WEIGHT

PSU: 74-10.50 (22.82), Jen Leatherman (2006)

1. 74-10.50 (22.82) Jen Leatherman, 2006
2. 66-3 (20.19) Kate Johnston, 2005
3. **64-10.50 (19.77) Melissa Kurzdorfer, 2012**
4. 64-6 (19.66) Deshaya Williams, 2003
5. 62-1.25 (18.93) Ja'Nai O'Connor, 2002

WOMEN'S PENTATHLON

PSU: 4,342, Gayle Hunter (2009)

1. 4,342 Gayle Hunter, 2009
2. 3,988 Carla Criste, 1985
3. **3,870 Brittney Howell, 2012**
4. 3,805 Amber Strouse, 2007
5. 3,596 Danielle Bobo, 2003

BOLD - Denotes Current Season Performance



All-Time Men's Top Five Performances

MEN'S 60-METER DASH

PSU: 6.76, Ernie Terrell (2003)

- 6.76 Ernie Terrell, 2003
 - 6.77* Michael Timpson, 1986
 - 6.80* Barney Ewell, 1942
 - 6.81 Alex Langan, 2006
 - 6.83 Knowledge Timmons, 2006
- * Converted time from 60 yards to 55 meters

MEN'S 200-METER DASH

PSU: 20.98, Ryan Olkowski (2002)

- 20.98 Ryan Olkowski, 2002
- 21.11 Michael Timpson, 1989
- 21.18 Greg Miller, 2001
- 21.21 Ernie Terrell, 2004
- 21.29 Brady Gehret, 2011

MEN'S 400-METER DASH

PSU: 46.22, Brady Gehret (2011)

- 46.22 Brady Gehret, 2011
- 46.81 Michael Timpson, 1987
- 46.93 Ernie Terrell, 2003
- 46.82 Brandon Bennett-Green, 2012
- 47.01 Aaron Nadolsky, 2012

MEN'S 500-METER DASH

PSU: 1:01.28, Casimir Loxsom (2011)

- 1:01.28 Casimir Loxsom, 2011
- 1:02.58 Ben Karcz, 2000
- 1:02.75 Ernie Terrell, 2003
- 1:02.81 Mike Cadau, 2009
- 1:03.04 Steve Janci, 2002

MEN'S 600-METER RUN

PSU: 1:16.66, Casimir Loxsom (2012)

- 1:16.66 Casimir Loxsom, 2012
- 1:16.89 Ben Karcz, 2001
- 1:17.65 Lionel Williams, 2009
- 1:18.16 Matt Lincoln, 2004
- 1:18.84 Mark Miller, 2005

MEN'S 800-METER RUN

PSU: 1:47.32, Ryan Foster (2010)

- 1:47.32 Ryan Foster, 2010
- 1:47.36 Casimir Loxsom, 2011
- 1:47.77 Owen Dawson, 2010
- 1:48.19 Ray Levitre, 1987
- 1:48.53 Lionel Williams, 2010

MEN'S 1000-METER RUN

PSU: 2:19.53, Robby Creese (2012)

- 2:19.53 Robby Creese, 2012
- 2:19.60 Ryan Foster, 2010
- 2:21.98 Owen Dawson, 2010
- 2:22.42 Samuel Borchers, 2008
- 2:22.50 Matt Lincoln, 2003

MEN'S MILE RUN

PSU: 3:58.49, Ryan Foster (2011)

- 3:58.49 Ryan Foster, 2011
- 3:58.94 Robby Creese, 2012
- 4:01.98 Samuel Borchers, 2008
- 4:02.3 Greg Fredericks, 1972
- 4:02.9 Bob Hudson, 1985

MEN'S 3000-METER RUN

PSU: 8:00.72, Ken Frazier (1989)

- 8:00.72 Ken Frazier, 1989
- 8:02.05 John Zishka, 1981
- 8:06.36 Kyle Dawson, 2012

Converted Marks

- 7:53.58 Greg Fredericks, 1972
- 7:54.50 Robert Snyder, 1979
- 8:02.24 George Malley, 1977

MEN'S 5000-METER RUN

PSU: 13:52.36, Steve Brown (1990)

- 13:52.36 Steve Brown, 1990
- 13:58.55 Eric Carter, 1986

Converted Marks

- 13:46.42 Paul Stemmer, 1976
- 13:46.94 Alan Scharzu, 1980
- 13:59.71 Charlie Maguire, 1974

MEN'S 60-METER HURDLES

PSU: 7.69, Guy Rose (2001)

- 7.69 Guy Rose, 2001
- 7.82 Michael Timpson, 1986
- 7.83 John Whelan, 1998
- 7.85 Mike Shine, 1975
- 7.86 Ron Jules, 2007

MEN'S 4X400-METER RELAY

PSU: 3:05.22, Nadolsky, Bennett-Green, Loxsom, Gehret (2012)

- 3:05.22 Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), 2012
- 3:07.27 Nadolsky, Williams, Loxsom, Gehret, 2011
- 3:07.72 Nadolsky, Gehret, Loxsom, Gilmore, 2012
- 3:09.43 Derby, Lolagne, Campisi, Terrell, 2003
- 3:09.65 Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky, 2012

MEN'S 4X800-METER RELAY

PSU: 7:21.37, Balkey, McMillan, Mills, Levitre (1987)

- 7:21.37 Balkey, McMillan, Mills, Levitre, 1987
- 7:24.38 Watson, Shiffer, Levitre, Mills, 1986

Converted from 2-Mile Relay

- 7:21.42 McLaughlin, Moore, Wynn, Cook, 1983
- 7:23.38 Watson, Shisler, Mills, Moore, 1985
- 7:24.60 Shisler, McLaughlin, Wynn, Cook, 1983

MEN'S DISTANCE MEDLEY RELAY

PSU: 9:32.94, Borchers, Cadau, Foster, Johnson

- 9:32.94 Borchers, Cadau, Foster, Johnson, 2009
- 9:35.21 Borchers, Williams, Loxsom, O. Dawson, '11
- 9:35.24 Endress, Nadolsky, Manley, Creese, '12
- 9:35.68 O. Dawson, Nadolsky, Williams, Foster, '11
- 9:36.29 Lincoln, Campisi, Michael, Foster, 2005

MEN'S HIGH JUMP

PSU: 7-4.25 (2.24), Paul Souza (1982)

- 7-4 1/4 (2.24) Paul Souza, 1982
 - 7-3 1/4 (2.22) Ryan Fritz, 2007
 - 7-2 3/4 (2.20) Ryan Olkowski, 1999
 - 7-1 3/4 (2.18) Sean Reilly, 2012
 - 7-1 1/2 (2.17) David Coney, 1985
- 7-1 1/2 (2.17) Bryson Hartzler, 2010

MEN'S POLE VAULT

PSU: 17-0.75 (5.20), John Vellenoweth (2009)

- 17-0 3/4 (5.20) John Vellenoweth, 2009
 - 17-0 (5.18) Mason Ternay, 1992
 - 16-9 1/2 (5.12) Ron Campbell, 1985
 - 16-9 1/2 (5.12) Rick Kleban, 1985
 - 16-8 3/4 (5.10) Dave Bollinger, 2004
- 16-8 3/4 (5.10) Brad Lawrence, 2010

MEN'S LONG JUMP

PSU: 25-11 (7.90), David Coney (1986)

- 25-11 1/4 (7.91) Dave Coney, 1986
- 25-10 3/4 (7.89) Antonio Davis, 1993
- 25-8 (7.82) George Audu, 1999
- 25-5 1/2 (7.76) Rob Boulware, 1986
- 25-4 1/2 (7.73) John Gorham, 1999

MEN'S TRIPLE JUMP

PSU: 53-0.75 (16.17), Chavous Nichols (2003)

- 53-0 3/4 (16.17) Chavous Nichols, 2003
- 52-6 (16.00) Clarence Smith, 2009
- 52-4 1/4 (15.955) Ricardo Hall, 1990
- 52-4 1/4 (15.955) Antonio Davis, 1994
- 51-9 (15.77) Hanif Johnson, 2012

MEN'S SHOT PUT

PSU: 65-7 (19.99), CJ Hunter (1990)

- 65-7 (19.99) C.J. Hunter, 1990
- 65-1 1/4 (19.84) Joe Kovacs, 2011
- 62-6 1/2 (19.05) Phil Caraher, 1991
- 62-1 1/4 (18.93) Blake Eaton, 2011
- 66-1-7 (18.77) Logan Caldwell, 2012

MEN'S 35-LB WEIGHT

PSU: 66-5.75 (20.26), Dorian Lowe (2002)

- 66-5 3/4 (20.26) Dorian Lowe, 2002
- 66-2 1/4 (20.17) Scott Vernon, 2005
- 65-9 3/4 (20.06) Neal McNutt, 1998
- 65-9 (20.04) Tyler Hoffman, 2008
- 64-11 1/2 (19.80) Alvin Jackson, 1977

MEN'S HEPTATHLON

PSU: 5500, James Cook (1998)

- 5500 James Cook, 1998
- 5419 Chris Morrisey, 2008
- 5367 Anya Uzoh, 2012
- 5239 Shawn Colligan, 2008
- 5185 J.T. Kuretich, 2000



TRACK & FIELD

as of March 5, 2012

EVONNE BRITTON

Junior || El Paso, Texas || Sprints, Hurdles



Britton's Indoor Career Bests

| | |
|------------------------|-------|
| 60-Meter Hurdles | 8.20 |
| 200 Meters | 24.89 |

Season Highlights

* Big Ten Bronze Medalist (60mH)

Career Highlights

* 2010 IAAF World Junior Silver Medalist (400mH)

* 2011 Second Team All-American (100mH)

* 3x NCAA Individual Qualifier (2010 Outdoor; 2011 Outdoor; 2012 Indoor)

NCAA Rank: 60-Meter Hurdles, T-14th

Britton in 2012 ...

Competition

| Competition | Event | Round | Time | Place |
|---|-------|-------|---------|-------|
| 2012 Big 10 Indoor Championships | 60H | F | 8.26 | 3 |
| 2012 Big 10 Indoor Championships | 60H | P | 8.26 | 2 |
| Tyson Invitational | 60H | P | 8.25 | 2 |
| Penn State Sykes & Sabock Challenge Cup | 60H | F | 8.28 | 1 |
| Penn State Sykes & Sabock Challenge Cup | 60H | P | 8.41 | 1 |
| Penn State National Invitational | 60H | F | 8.20 | 3 |
| Penn State National Invitational | 60H | P | 8.28 | 4 |
| Penn State National Invitational | 60H | P | 8.27 | 2 |
| Penn State Nittany Lion Challenge | 60H | F | 8.31 | 1 |
| Penn State Nittany Lion Challenge | 60H | P | 8.37 | 1 |
| Penn State Nittany Lion Challenge | 200 | F | 25.05 | 7 |
| Penn State Nittany Lion Challenge | 4x4 | F | 3:52.75 | 3 |
| Penn State Indoor Relays | 60H | F | 8.39 | 2 |
| Penn State Indoor Relays | 60H | P | 8.45 | 2 |
| Penn State Indoor Relays | 4x4 | F | 3:55.15 | 6 |

Britton at the NCAA Championships ...

| | | | | |
|---------------------------------|------|---|---------|----|
| 2011 NCAA Outdoor Championships | 400H | P | 58.09 | 17 |
| 2011 NCAA Outdoor Championships | 100H | P | 13.12 | 9 |
| 2010 NCAA Outdoor Championships | 400H | P | 1:00.12 | 23 |



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BRANDON BENNETT-GREEN

Sophomore || Elkins Park, Pa. || Sprints, Relays



Bennett-Green's Indoor Career Bests

| | |
|-------------------------|--------------------------------|
| 200 Meters | 21.54 |
| 400 Meters | 46.82 |
| 4x400 Meter Relay | 3:05.22 |
| | ** Penn State Record ** |

Season Highlights

- * Big Ten Silver Medalist (4x400)
- * Big Ten Scorer, 400m (4th)
- * Penn State Record 4x400 (3:05.22)

Career Highlights

- * NCAA Division III Bronze Medalist (2011 Indoor, 400m)

NCAA Rank: 4x400 Meter Relay; 3rd

Bennett-Green in 2012 ...

| Competition | Event | Round | Time | Place |
|---|-------|-------|---------|-------|
| Notre Dame Alex Wilson Invitational | 4x4 | F | 3:05.22 | 2 |
| 2012 Big 10 Indoor Championships | 400 | F | 46.82 | 4 |
| 2012 Big 10 Indoor Championships | 400 | P | 47.91 | 3 |
| 2012 Big 10 Indoor Championships | 200 | P | 21.62 | 13 |
| 2012 Big 10 Indoor Championships | 4x4 | F | 3:08.71 | 2 |
| Tyson Invitational | 400 | F | 47.62 | 17 |
| Penn State Sykes & Sabock Challenge Cup | 200 | F | 21.54 | 1 |
| Penn State Sykes & Sabock Challenge Cup | 400 | F | 47.16 | 2 |
| Penn State Sykes & Sabock Challenge Cup | 4x4 | F | 3:10.21 | 1 |
| Penn State National Invitational | 400 | F | 47.48 | 9 |
| Penn State National Invitational | 4x4 | F | 3:08.87 | 1 |
| Penn State Nittany Lion Challenge | 400 | F | 48.18 | 3 |
| Penn State Nittany Lion Challenge | 4x4 | F | 3:12.55 | 3 |
| Penn State Indoor Relays | 500 | F | 1:03.30 | 4 |

Bennett-Green at the NCAA Championships (@ Neumann University) ...

| | | | | |
|--|-----|---|-------|---|
| NCAA Division III Indoor Championships | 400 | F | 48.51 | 3 |
|--|-----|---|-------|---|



TRACK & FIELD

ROBBY CREESE

Freshman || Mount Airy, Md. || Mid-Distance



Creese's Indoor Career Bests

| | |
|---|---------|
| 800 Meters | 1:48.64 |
| 1000 Meters | 2:19.53 |
|** Collegiate, Penn State, American Junior Record ** | |
| Mile | 3:58.94 |
| DMR..... | 9:35.24 |

Season/Career Highlights

- * Big Ten Champion (DMR); Big Ten Bronze Medalist (Mile)
- * Big Ten Freshman of the Year
- * USTFCCA Mid-Atlantic Track Athlete of the Year
- * Collegiate Record Holder (1000m, 2:19.53)

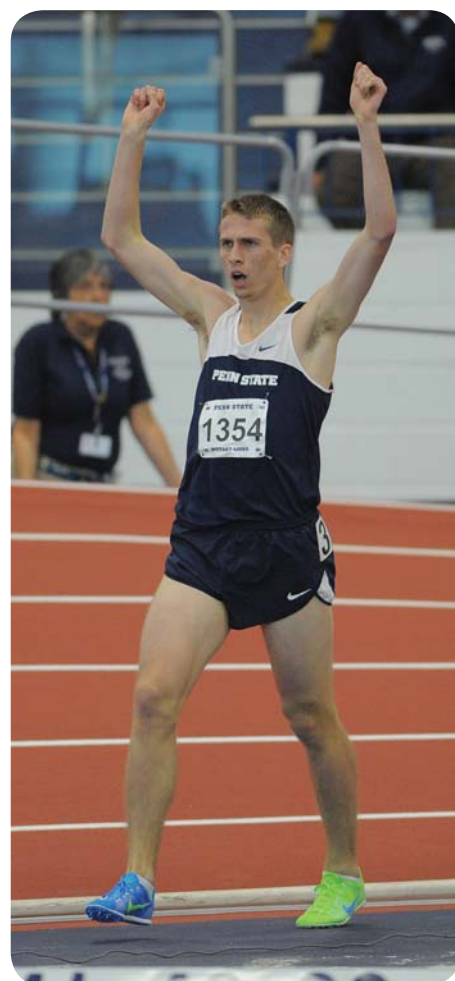
NCAA Rank: Mile; 13th

Creese in 2012 ...

Competition

Notre Dame Alex Wilson Invitational
 2012 Big 10 Indoor Championships
 2012 Big 10 Indoor Championships
 2012 Big 10 Indoor Championships
 UW Husky Classic
 Penn State Sykes & Sabock Challenge Cup
 Penn State National Invitational
 Penn State National Invitational
 Penn State Nittany Lion Challenge
 Penn State Indoor Relays

| Event | Round | Time | Place |
|-------|-------|---------|-------|
| Mile | F | 3:58.94 | 2 |
| Mile | F | 4:07.01 | 3 |
| Mile | P | 4:06.19 | 2 |
| DMR | F | 9:44.40 | 1 |
| Mile | F | 3:59.52 | 2 |
| Mile | F | 4:00.68 | 2 |
| 800 | F | 1:48.64 | 2 |
| DMR | F | 9:35.24 | 1 |
| 1000 | F | 2:19.53 | 1 |
| DMR | F | 9:49.04 | 2 |



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BRADY GEHRET

Sophomore || Altoona, Pa. || Sprints, Relays



Gehret's Indoor Career Bests

| | |
|-------------------------|--------------------------------|
| 200-Meters..... | 21.29 |
| 400-Meters..... | 46.22 |
| | ** Penn State Record ** |
| 4x400-Meter Relay | 3:05.22 |
| | ** Penn State Record ** |

Season Highlights

- * Big Ten Silver Medalist (4x400)
- * Penn State Record 4x400 (3:05.22)

Career Highlights

- * 2x NCAA All-American (2011 Indoor - 400m, 3rd; 4x400m, 5th)

NCAA Rank: 4x400 Meter Relay; 3rd

Gehret in 2012 ...

Competition

| Competition | Event | Round | Time | Place |
|-------------------------------------|-------|-------|---------|-------|
| Notre Dame Alex Wilson Invitational | 4x4 | F | 3:05.22 | 2 |
| 2012 Big 10 Indoor Championships | 400 | P | 48.23 | 12 |
| 2012 Big 10 Indoor Championships | 4x4 | F | 3:08.71 | |
| Penn State National Invitational | 4x4 | F | 3:08.87 | 1 |
| Penn State Nittany Lion Challenge | 4x4 | F | 3:07.72 | 2 |

Gehret at the NCAA Championships ...

| | | | | |
|---------------------------|------------|----------|----------------|----------|
| NCAA Indoor Championships | 4x4 | F | 3:07.50 | 5 |
| NCAA Indoor Championships | 400 | F | 46.22 | 3 |
| NCAA Indoor Championships | 400 | P | 46.57 | 6 |

BOLD - Denotes First Team All-America Finish



TRACK & FIELD

MATT GILMORE

Freshman || Elkins Park, Pa. || Sprints, Relays



Gilmore's Indoor Collegiate Career Bests

| | |
|------------------------|---------|
| 200-Meters..... | 21.66 |
| 400-Meters..... | 47.65 |
| 4x400-Meter Relay..... | 3:07.72 |

Season Highlights

- * Member of the Lions' 3:07.72 4x400 (third-best in school history)
- * Member of winning 4x400s at the Penn State Relays and Sykes-Sabock Challenge Cup

NCAA Rank: 4x400 Meter Relay; 3rd

Gilmore in 2012 ...

| Competition | Event | Round | Time | Place |
|---|-------|-------|---------|-------|
| 2012 Big 10 Indoor Championships | 400 | P | 48.34 | 13 |
| 2012 Big 10 Indoor Championships | 200 | P | 21.91 | 18 |
| Tyson Invitational | 400 | F | 47.65 | 19 |
| Penn State Sykes & Sabock Challenge Cup | 200 | F | 21.71 | 3 |
| Penn State Sykes & Sabock Challenge Cup | 400 | F | 47.90 | 3 |
| Penn State Sykes & Sabock Challenge Cup | 4x4 | F | 3:10.21 | 1 |
| Penn State National Invitational | 200 | F | 21.66 | 7 |
| Penn State National Invitational | 4x4 | F | 3:12.93 | 2 |
| Penn State Nittany Lion Challenge | 60 | P | 7.11 | 11 |
| Penn State Nittany Lion Challenge | 400 | F | 48.21 | 4 |
| Penn State Nittany Lion Challenge | 4x4 | F | 3:07.72 | 2 |
| Penn State Indoor Relays | 60 | F | 7.02 | 5 |
| Penn State Indoor Relays | 60 | P | 7.07 | 5 |
| Penn State Indoor Relays | 200 | F | 21.68 | 2 |
| Penn State Indoor Relays | 4x4 | F | 3:09.65 | 1 |



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CASIMIR LOXSOM

Junior || New Haven, Conn. || Mid-Distance, Relays



Loxsom's Indoor Career Bests

| | | |
|-----------------|---------|-------------------------|
| 500-Meters..... | 1:01.28 | ** Penn State Record ** |
| 600-Meters..... | 1:16.66 | ** Penn State Record ** |
| 800-Meters..... | 1:47.36 | |
| 4x400..... | 3:05.22 | ** Penn State Record ** |
| DMR..... | 9:35.21 | |

Season Highlights

- * Big Ten Champion (DMR); Big Ten Silver Medalist (4x400)
- * Penn State Records - 600m (1:16.66); 4x400 (3:05.22)

Career Highlights

- * 2012 NCAA All-American (4x NCAA Qualifier)
- * 2010 IAAF World Junior Silver Medalist (800m); 2010 USATF Junior Champion (800m)

NCAA Rank: 4x400 Meter Relay, 3rd; 800-Meters, 10th

Loxsom in 2012 ...

| Competition | Event | Round | Time | Place |
|---|-------|-------|---------|-------|
| Notre Dame Alex Wilson Invitational | 4x4 | F | 3:05.22 | 2 |
| 2012 Big 10 Indoor Championships | 800 | F | 1:49.05 | 6 |
| 2012 Big 10 Indoor Championships | 800 | P | 1:47.93 | 4 |
| 2012 Big 10 Indoor Championships | 4x4 | F | 3:08.71 | 2 |
| 2012 Big 10 Indoor Championships | DMR | F | 9:44.40 | 1 |
| UW Husky Classic | 800 | F | 1:49.21 | 7 |
| Penn State Sykes & Sabock Challenge Cup | 4x4 | F | 3:10.21 | 1 |
| Penn State National Invitational | 800 | F | 1:48.24 | 1 |
| Penn State National Invitational | 4x4 | F | 3:08.87 | 1 |
| Penn State Nittany Lion Challenge | 600 | F | 1:16.66 | 1 |
| Penn State Nittany Lion Challenge | 4x4 | F | 3:07.72 | 2 |

Loxsom at the NCAA Championships ...

| | | | | |
|--|------------|----------|----------------|----------|
| 2011 NCAA Outdoor Championships | 800 | F | 1:45.31 | 4 |
| 2011 NCAA Outdoor Championships | 800 | P | 1:47.34 | 5 |
| 2011 NCAA Indoor Championships | 800 | P | 1:49.37 | 10 |
| 2011 NCAA Indoor Championships | 4x4 | F | 3:07.50 | 5 |
| 2010 NCAA Outdoor Championships | 800 | P | 1:49.89 | 17 |
| 2010 NCAA Indoor Championships | 800 | P | 1:53.99 | 15 |

BOLD - Denotes First Team All-America Finish



TRACK & FIELD

AARON NADOLSKY

RS - Sophomore || Altoona, Pa. || Sprints, Relays



Nadolsky's Indoor Career Bests

| | |
|------------------------|--------------------------------|
| 200-Meters..... | 21.59 |
| 400-Meters..... | 47.01 |
| 4x400-Meter Relay..... | 3:05.22 |
| | ** Penn State Record ** |
| DMR..... | 9:35.24 |

Season Highlights

- * Big Ten Champion (DMR); Big Ten Silver Medalist (4x400)
- * Penn State Record - 4x400 (3:05.22)

Career Highlights

- * NCAA All-American (2011 Indoor - 4x400m, 5th)

NCAA Rank: 4x400 Meter Relay; 3rd

Nadolsky in 2012 ...

| Competition | Event | Round | Time | Place |
|---|-------|-------|---------|-------|
| Notre Dame Alex Wilson Invitational | 4x4 | F | 3:05.22 | 2 |
| 2012 Big 10 Indoor Championships | 400 | F | 47.01 | 5 |
| 2012 Big 10 Indoor Championships | 400 | P | 47.91 | 4 |
| 2012 Big 10 Indoor Championships | 4x4 | F | 3:08.71 | 2 |
| 2012 Big 10 Indoor Championships | DMR | F | 9:44.40 | 1 |
| Tyson Invitational | 400 | F | 47.52 | 14 |
| Penn State Sykes & Sabock Challenge Cup | 400 | F | 47.08 | 1 |
| Penn State Sykes & Sabock Challenge Cup | 4x4 | F | 3:10.21 | 1 |
| Penn State National Invitational | 200 | F | 21.76 | 8 |
| Penn State National Invitational | DMR | F | 9:35.24 | 1 |
| Penn State National Invitational | 4x4 | F | 3:08.87 | 1 |
| Penn State Nittany Lion Challenge | 200 | F | 21.59 | 2 |
| Penn State Nittany Lion Challenge | 400 | F | 47.76 | 1 |
| Penn State Nittany Lion Challenge | 4x4 | F | 3:07.72 | 2 |
| Penn State Indoor Relays | 200 | F | 21.59 | 1 |
| Penn State Indoor Relays | 4x4 | F | 3:09.65 | 1 |

Nadolsky at the NCAA Championships ...

| | | | | |
|--------------------------------|-----|---|---------|---|
| 2011 NCAA Indoor Championships | 4x4 | F | 3:07.50 | 5 |
|--------------------------------|-----|---|---------|---|

BOLD - Denotes First Team All-America Finish



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