



TRACK & FIELD

THE BIG TEN OUTDOOR CHAMPIONSHIPS || MAY 10-12, 2013 || COLUMBUS, OHIO

Track and Field Rolls Into Postseason at Big Ten Championships
No. 11 Nittany Lion men, and talented women's squad both look to contend for upper echelon finishes

UNIVERSITY PARK, Pa.: May 9, 2013 - Looking to carry the momentum from an already impressive outdoor campaign, the Nittany Lion track and field squads will go full steam into postseason action this weekend, competing at the Big Ten Outdoor Championships at Ohio State University. The No. 11 Nittany Lion men's team - coming off a third-place conference finish indoors - will be in a dog fight for the team title, entering the weekend as one of five Big Ten programs in the USTFCCA Top 25. Penn State will also look to contend for another impressive finish on the women's side, boasting 10-straight top four finishes at the Big Ten Outdoor Championships. Standing in the way will be reigning conference indoor champion Illinois, which currently stands at No. 20 in the national outdoor rankings.

About the Big Ten Championships ...

When: Friday-Sunday, May 10-12, 2013

Where: Jesse Owens Memorial Stadium (Ohio State University)

Meet Information: www.ohiostatebuckeyes.com

Live Results: www.pttimg.com

The Nittany Lions are at no loss for experience in Big Ten action with a pair of individual conference champions returning from a year ago in senior Casimir Loxsom (New Haven, Conn.) and junior Laura Loht (McClure, Pa.). Loxsom, who has won three-straight outdoor Big Ten crowns at 800 meters, is the favorite once again in 2013, has run 1:46.77 - the current conference leader - this season. The senior has been on an impressive roll all spring, including a Track Athlete of the Relays nod at the prestigious Penn Relays Carnival, where he helped the Lions to a pair of relay victories.

Loxsom is joined in the middle distances by standout sophomore Robby Creese (Mount Airy, Md.) and freshman phenom Brannon Kidder (Lancaster, Ohio). Creese - last year's Big Ten Freshman of the Year - currently leads the conference 1500 meters at 3:41.32, and has impressed against Big Ten competition all season, taking top honors in the mile and anchoring the winning distance medley at the Big Ten Indoor Championships. Kidder - the reigning Big Ten Indoor Freshman of the Year - has shown sensational range in 2013, putting up season bests of 1:47.23 for 800, and 3:42.07 for 1500 this spring. Both Creese and Kidder joined Loxsom on the winning distance medley and 4x800-meter relay at Penn.

Loht - the returning champion in the women's javelin - is a member of one of Penn State's strongest event contingents, along with 2012 Big Ten silver medalist Lauren Kenney (State College, Pa.). The duo currently rank first and second among conference competitors, with Kenney leading the way 176-11 (53.93). Loht isn't far behind, thanks to a toss of 166-3 (50.68), at the Jim Thorpe Open last weekend.

Also in position to make a splash at the championships is sophomore Darrell Hill (Philadelphia, Pa.). Hill - in his first year with the Nittany Lions - is the top seed in the men's shot put, thanks to a season-best toss of 62-9.25 (19.13). The Nittany Lions have been on a roll in the shot put in recent years, with Blake Eaton capturing outdoor crowns in 2010 and 2011, and Joe Kovacs keeping up the Penn State streak in 2012. William Barr (Urbana, Ohio) has also been at the top of his game in the throws in 2013, sitting fifth going

UNIVERSITY QUICK FACTS

Location: University Park, Pa.
Founded: 1855
Enrollment: 43,831
Nickname: Nittany Lions
Colors: Blue and White
President: Rodney Erickson
Director of Athletics: David Joyner
Senior Woman Administrator: Charmelle Green
Faculty Representative: Linda Caldwell
University Website www.PSU.edu
Athletics Website: www.GoPSUsports.com

TRACK AND FIELD QUICK FACTS

Director and Head Coach of TF/XC Beth Alford-Sullivan
Associate Head Coach John Gondak
Assistant Coach (Sprints/Hurdles/Relays) Randy Bungard
Assistant Coach (Throws) Pat Ebel
Assistant Coach (Men's Jumps/Multi's/Pole Vault) Kevin Kelly
Assistant Coach (Women's Jumps/Multi's) Fritz Spence
Director of Operations Jess Riden
Director of Operations Megan Monroig
Volunteer Assistants Jim Sullivan
..... Artie Gilkes
..... Ryan Whiting
..... Kara Millhouse
Athletic Trainers Michael Gay
..... Ben Evans
Sports Nutritionist Kris Clark
Sports Psychologist Dave Yukelson
Academic Advisor Nate Althouse

PENN STATE PRONUNCIATION GUIDE

MEN'S PRONUNCIATIONS

Darrell Hill Duh-RELL
Brannon Kidder BRANN-IN (Not Brandon)
Casimir Loxsom Cazz-uh-MEER Locks-Um
Emunael Mpanduki em-uh-NILE PAN-doo-kee
Za'von Watkins ZAY-vaughn

WOMEN'S PRONUNCIATIONS

Doris Anyanwu anne-YOW
Tori Gerlach Ger-LOCK
Marta Klebe KLEEB
Ahmenah Richardson uh-MEAN-uh
Kiah Seymour KEY-uh

MEDIA INFORMATION

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USTFCCCA Men's Rankings

Rank	School	Conference	Head Coach (Yr)
1	Florida	SEC	Mike Holloway (11th)
2	Texas A&M	SEC	Pat Henry (9th)
3	Florida State	ACC	Bob Braman (10th)
4	Oregon	Pac-12	Robert Johnson (1st)
5	Arkansas	SEC	Chris Bucknam (5th)
6	Texas	Big 12	Bubba Thornton (18th)
7	Georgia	SEC	Wayne Norton (14th)
8	USC	Pac-12	Ron Alice (19th)
9	Virginia Tech	ACC	Dave Cianelli (12th)
10	Wisconsin	Big Ten	Ed Nuttycombe (29th)
11	Penn State	Big Ten	Beth Alford-Sullivan (7th)
12	LSU	SEC	Dennis Shaver (9th)
13	Nebraska	Big Ten	Gary Pepin (30th)
14	Texas Tech	Big 12	Wes Kittley (14th)
15	UCLA	Pac-12	Mike Maynard (4th)
16	Mississippi	SEC	Brian O'Neal (1st)
17	TCU	Big 12	Darryl Anderson (9th)
18	Iowa	Big Ten	Larry Wieczorek (17th)
19	Cornell	Ivy	Nathan Taylor (14th)
20	Alabama	SEC	Dan Waters (2nd)
21	Oklahoma	Big 12	Martin Smith (8th)
22	Kansas	Big 12	Stanley Redwine (13th)
23	Ohio State	Big Ten	Ed Beathea (2nd)
24	Baylor	Big 12	Todd Harbour (8th)
25	Clemson	ACC	Shawn Cobey (1st)

USTFCCCA Women's Rankings

Rank	School	Conference	Head Coach (Yr)
1	Kansas	Big 12	Stanley Redwine (13th)
2	Texas A&M	SEC	Pat Henry (9th)
3	Florida	SEC	Mike Holloway (6th)
4	LSU	SEC	Dennis Shaver (9th)
5	Arizona	Pac-12	Fred Harvey (11th)
6	Arkansas	SEC	Lance Harter (23rd)
7	Oregon	Pac-12	Robert Johnson (1st)
8	Texas	Big 12	Rose Brimmer (1st)
9	Arizona State	Pac-12	Greg Kraft (17th)
10	Georgia	SEC	Wayne Norton (14th)
11	Clemson	ACC	Shawn Cobey (1st)
12	UCF	Conference USA	Caryl Smith Gilbert (6th)
13	UCLA	Pac-12	Mike Maynard (1st)
14	Stanford	Pac-12	Chris Miltenberg (1st)
15	Iowa State	Big 12	Corey Ihmels (6th)
16	Florida State	ACC	Bob Braman (10th)
17	Texas Tech	Big 12	Wes Kittley (14th)
18	Notre Dame	Big East	Joe Piane (38th)
19	Baylor	Big 12	Todd Harbour (8th)
20	Illinois	Big Ten	Tonja Buford-Bailey (5th)
21	USC	Pac-12	Ron Alice (19th)
22	San Diego State	Mountain West	Shelia Burrell (4th)
23	Oklahoma	Big 12	Martin Smith (8th)
24	Washington	Pac-12	Greg Metcalf (11th)
25	Wichita State	Missouri Valley	Steve Rainbolt (13th)

into the conference hammer competition at 207-10 (63.35).

The Nittany Lions will also look for strong results in the distances, led by senior Natalie Bower (Pleasant Unity, Pa.). Bower is the No. 3 seed in the 3000-meter steeplechase at 10:13.58. Also set to fare well in the endurance events is senior Brooklyne Ridder (Cincinnati, Ohio), who leads all conference competitors in the 5,000-meters at 16:11.93.

Competition in Columbus gets underway at 12:00 p.m., on Friday.

Nittany Lions Notes ...

High Jumpin' Athlete of the Week ...

Thanks to a lifetime-best clearance of 7-3.25 (2.22), junior Jon Hendershot (Nazareth, Pa.) has been named Big Ten Field Athlete of the Week, announced by conference offices on Wednesday. Hendershot and the rest of the Nittany Lion contingent will head into postseason action this weekend, competing at the Big Ten Outdoor Championships, which are set for May 10-12, at Ohio State University. Hendershot turned in his career-best effort at last Friday's Jim Thorpe Invitational at Nittany Lion Track, tying David Coney's long-time Penn State record in the event. Hendershot wasn't the only Nittany Lion on fire at Jim Thorpe, as teammate Sean Reilly (Lagrangeville, N.Y.) also bettered the seven-foot barrier, going 7-00.50 (2.15) for second.

Top Marks at Jim Thorpe ...

Junior Jon Hendershot (Nazareth, Pa.) tied a long-standing school record in the high jump, clearing 7-03.25 (2.22) in the high jump, Friday evening at the Jim Thorpe Invitational at Nittany Lion Track. Also showing well for the Nittany Lions were redshirt-junior Will Barr (Urbana, Ohio), junior Melissa Kurzdorfer (Lancaster, N.Y.), and sophomore Brian Leap (Bellwood, Pa.), who all came away with a pair of victories on the day.

A Penn Relays to Remember ...

The Nittany Lions enjoyed a sensational weekend at Penn, picking up "Championship of America" wins in both the men's distance medley and 4x800-meter relays to become the first program to capture victories in both events since Texas won the double in 2008. Senior Casimir Loksom (New Haven, Conn.) impressed throughout the weekend, winning "Athlete of the Meet for Relays," thanks to a pair of sub-1:47 splits. Teammates Robby Creese (Mount Airy, Md.), and Brannon Kidder (Lancaster, Ohio) were also double winners, assisting on both winning quartets, while Brandon Bennett-Green (Philadelphia, Pa.) was a member of the DMR, and Za'Von Watkins (Liverpool, N.Y.) rounded out the 4x800 squad. The DMR, which won Penn State's first title in the event since 1959, also set a school record 9:24.68 in the attend, bettering the long-standing PSU benchmark from 1980. Elsewhere, the Nittany Lions picked up three additional victories at Penn, with Brittney Howell (Wyncote, Pa.) taking the heptathlon, Natalie Bower (Pleasant Unity, Pa.) finishing first in the 3,000-meter steeplechase, and Laura Loht (McClure, Pa.) winning the Nittany Lions' fourth-straight Penn Relays title in the javelin.



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Nittany Lions Notes ... (Continued)

Success in the Sun ...

A small contingent of Nittany Lion track and field standouts fared well against sensational competition, racing at the Mt. SAC Relays at Mount San Antonio College on April 18-20. Senior Sam Masters (Columbia, Mo.) posted one of the more impressive performances at the competition, breaking the 14-minute barrier in the 5000 meters, thanks to a lifetime-best 13:57.33 - the fastest effort by a Nittany Lion in nearly a quarter century. His performance - which is among the top five efforts in the Big Ten this year - ranks No. 10 in the all-time Nittany Lion standings. In fact, Masters' effort is the fastest in nearly 25 years, as the senior becomes the first Nittany Lion to crack the all-time Penn State Top 10 in the event since Steve Brown ran 13:50.54 in 1989. Also climbing the all-time Nittany Lion ranking is freshman Brannon Kidder (Lancaster, Ohio), who clocked a lifetime-best 1:47.23 in the 800 to move to No. 8 in the Nittany Lion archives. Kidder's performance came via a sixth-place finish in the "Invitational" 800, which also included a clocking of 1:46.77 by Casimir Loxsom (New Haven, Conn.) - good for fifth in the same race. The duo, which finished as the top two collegiate finishers in the race, now carry a one-two ranking in Division I.

Winner, Winner ...

The Nittany Lions men's and women's track and field squads to post 17 event victories - despite cold and windy conditions - Saturday, April 20, at the Bucknell Team Challenge at Christy Mathewson Memorial Stadium. Paced by a pair of individuals victories from junior Marlene Ricketts (Westbury, N.Y.), the Penn State women's contingent also came away with the team title, scoring 228 points to better host Bucknell with 128. Ricketts captured dual event wins in the horizontal jumps, earning top honors in the long and triple jumps. Ricketts' gold-medal performances included efforts of 18-9.75 (5.73) in the long jump, and 41-9.25 (12.73) - a season best by just over two inches - in the triple jump. Highlighting things in the men's field events was redshirt-junior Will Barr (Urbana, Ohio), who launched a career-best 207-10 (63.35) to place second in the hammer throw. Barr's mark - which is the second-best toss in Penn State history - currently stands fourth among Big Ten competition.

Awards Abound ...

Sophomore Robby Creese (Mount Airy, Md.) and redshirt-junior Mahogany Jones (Cleveland, Ohio) have both run their way Big Ten Track Athlete of the Week honors, announced by conference offices on Wednesday, April 17. Creese posted a lifetime-best performance in the 1500 meters at the Bison Outdoor Classic last weekend, while Jones held her own against stellar sprint competition at the Battle on the Bayou at Louisiana State University.

Big Performances on the Bayou ...

The Nittany Lion men's and women's track and field squads held their own against outstanding competition - both turning in second-place finishes in the team standings - April 13 at the LSU Invitational - Battle on the Bayou at Bernie Moore Stadium. Sophomore Darrell Hill (Philadelphia, Pa.) led the way individually, launching a career-best effort in the shot put to take over the No. 3 spot in the national rankings in the event. Hill was one of a host of Nittany Lions to pick up event victories on the weekend, including redshirt-junior Mahogany Jones (Cleveland, Ohio), who came away with top honors in the stacked 100-meter field, to go along with a personal best in the 200 meters. Sophomore Brian Leap (Bellwood, Pa.) was equally as outstanding in the field events, taking home a victory in the long jump, and finishing as the top collegiate competitor in the triple jump.

Bests at Bucknell ...

Sophomore Robby Creese (Mount Airy, Md.) set a facility record in the 1500 meters, leading a host of outstanding performances by the Nittany Lions track and field squads, April 13, at the Bison Outdoor Classic at Bucknell University. Junior Marta Klebe (Chesterbrook, Pa.) led the way on the women's side, who took top honors in the women's 1500 meters. Creese paced a bevy of Nittany Lions in the 1500, leading a 1-2-3-4 sweep in the event along with teammates Brannon Kidder (Lancaster, Ohio), Tyler Corkedale (West Windsor, N.J.), and Ricky West (Toronto, Ontario). The sophomore clocked a personal-best 3:41.32 - bettering his own facility record 3:43.79, set in 2012.

Early Big Ten Accolades ...

Sophomore Lauren Kenney (State College, Pa.) and freshman Brannon Kidder (Lancaster, Ohio) have both received Big Ten Athlete of the Week accolades, announced by conference offices on Wednesday, April 10. Both Kenney and Kidder came away with event victories at last weekend's Crimson Tide Invitational at the University of Alabama, putting up conference leading performances in their respective events.

Season Opener ...

Bolstered by six event victories, including the NCAA's second-ranked javelin mark from sophomore Lauren Kenney (State College, Pa.), the Nittany Lion captured the women's team title, Saturday at the Crimson Tide Invitational at the University of Alabama. The Nittany Lion men's squad also fared well, adding three victories to the program title, highlighted a Big Ten leading effort by freshman Brannon Kidder (Lancaster, Ohio) in the 800 meters. Clinching the team title with a dramatic victory in the 4x400-meter relay, the Nittany Lion women totaled 115.50 points on the evening, edging out conference rival Nebraska with 108.50.

Indoor Wrap Up ...

The Nittany Lion men's track and field program wrapped up a record-setting indoor campaign last month, posting a ninth-place finish at the NCAA Indoor Championships at the University of Arkansas. Penn State was paced by a pair of runner-up finishes at the championships, and brought home a grand total of six USTFCCA First Team All-Americans in the effort. The Nittany Lions were on fire throughout the indoor season, claiming school records in nine events in 2013, while also setting all-time collegiate bests in two disciplines.



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FRIDAY EVENT SCHEDULE

Start Time	Event	Round	Penn State
12:00 PM	Decathlon 100-Meters	Decathlon	
12:15 PM	Heptathlon 100-Meter Hurdles	Heptathlon	Howell
12:45 PM	Decathlon Long Jump	Decathlon	
12:50 PM	Heptathlon High Jump	Heptathlon	Howell
1:30 PM	Men's Hammer Throw	Trials and Finals	Barr
1:30 PM	Women's Pole Vault	Trials and Finals	
2:00 PM	Decathlon Shot Put	Decathlon	
2:45 PM	Decathlon High Jump	Decathlon	
2:50 PM	Heptathlon Shot Put	Heptathlon	Howell
3:30 PM	Women's Hammer Throw	Trials and Finals	Kurzdorfer, Fatherly
4:00 PM	Heptathlon 200-Meters	Heptathlon	Howell
5:00 PM	Decathlon 400-Meters	Decathlon	
8:30 PM	Women's 10,000-Meters	Final	Giannotti, Rodden
9:15 PM	Men's 10,000-Meters	Final	Luff

SATURDAY EVENT SCHEDULE

Start Time	Event	Round	Penn State
9:30 AM	Decathlon 110-Meter Hurdles	Decathlon	
10:10 AM	Decathlon Discus	Decathlon	
10:15 AM	Heptathlon Long Jump	Heptathlon	Howell
11:20 AM	Decathlon Pole Vault	Decathlon	
11:30 AM	Heptathlon Javelin	Heptathlon	Howell
1:15 PM	Decathlon Javelin	Decathlon	
1:20 PM	Men's Long Jump	Trials and Finals	Leap
1:45 PM	Heptathlon 800-Meters	Heptathlon	Howell
2:10 PM	Women's 4x100-Meter Relay	Trials	Penn State TBA
2:15 PM	Men's High Jump	Trials and Finals	Hendershot, Reilly
2:20 PM	Men's 4x100-Meter Relay	Trials	Penn State TBA
2:30 PM	Women's 1500-Meter	Trials	Cocco, Klebe, Lane
2:35 PM	Men's Discus	Trials and Finals	Barr, Hill
2:50 PM	Men's 1500-Meter	Trials	Creese, Kidder, Corkedale
3:10 PM	Decathlon 1500-Meters	Decathlon	
3:20 PM	Women's 400-Meters	Trials	McGee
3:30 PM	Women's Shot Put	Trials and Finals	Swenson, Fatherly Kurzdorfer
3:35 PM	Men's 400-Meters	Trials	Bennett-Green, Bennett-Green, Nadolsky, Shisler
3:50 PM	Women's 100-Meters	Trials	Jones
4:05 PM	Men's 100-Meters	Trials	Mpanduki
4:20 PM	Women's 100-Meter Hurdles	Trials	Britton, Black, Howell
4:35 PM	Women's Long Jump	Trials and Finals	Ricketts, Howell, Lopez
4:35 PM	Men's 110-Meter Hurdles	Trials	Barrett
4:50 PM	Women's 800-Meters	Trials	Shannon, Underwood
5:15 PM	Men's 800-Meters	Trials	Loxson, Watkins, Brennan, West
5:20 PM	Women's Javelin	Trials and Finals	Kenney, Loht, Leszcynski, Boyer
5:25 PM	Women's 200-Meters	Trials	Jones
5:40 PM	Men's 200-Meters	Trials	Mpanduki, Gilmore
5:55 PM	Women's 400-Meter Hurdles	Trials	Anyanwu, Britton, Black, Seymour
6:15 PM	Men's 400-Meter Hurdles	Trials	
6:30 PM	Women's 3,000-Meter Steeplechase	Finals	Bower, Giannotti, Benson
6:45 PM	Men's 3,000-Meter Steeplechase	Finals	Scarpello



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FRIDAY EVENT SCHEDULE

Start Time	Event	Round	Penn State
11:00 AM	Women's Triple Jump	Trials and Finals	Ricketts, Richardson, Lopez
11:00 AM	Women's Discus	Trials and Finals	Swenson, Fatherly Kurzdorfer
12:00 PM	Men's Pole Vault	Trials and Finals	
12:30 PM	Men's Shot Put	Trials and Finals	Hill
12:30 PM	Women's High Jump	Trials and Finals	Morgan, Richardson, Palmer, Howell
12:45 PM	Women's 4x100-Meter Relay	Finals	Qualifiers
12:55 PM	Men's 4x100-Meter Relay	Finals	Qualifiers
1:05 PM	Women's 1500-Meters	Finals	Qualifiers
1:15 PM	Men's 1500-Meters	Finals	Qualifiers
1:25 PM	Women's 100-Meter Hurdles	Finals	Qualifiers
1:30 PM	Men's Triple Jump	Trials and Finals	Leap, Posey
1:30 PM	Men's Javelin	Trials and Finals	Shuey
1:35 PM	Men's 110-Meter Hurdles	Finals	Qualifiers
1:40 PM	Women's 400-Meters	Finals	Qualifiers
1:45 PM	Men's 400-Meters	Finals	Qualifiers
1:50 PM	Women's 100-Meters	Finals	Qualifiers
1:55 PM	Men's 100-Meters	Finals	Qualifiers
2:03 PM	Women's 800-Meters	Finals	Qualifiers
2:08 PM	Men's 800-Meters	Finals	Qualifiers
2:18 PM	Women's 400-Meter Hurdles	Finals	Qualifiers
2:28 PM	Men's 400-Meter Hurdles	Finals	
2:35 PM	Women's 200-Meters	Finals	Qualifiers
2:42 PM	Men's 200-Meters	Finals	Qualifiers
2:49 PM	Women's 5000-Meters	Finals	Bower, Ridder, Lane, Gerlach
3:11 PM	Men's 5000-Meters	Finals	Corkedale, Endress, Fischer, Masters
3:33 PM	Women's 4x400-Meter Relay	Finals	Penn State TBA
3:45 PM	Men's 4x400-Meter Relay	Finals	Penn State TBA



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ALL-TIME OUTDOOR CHAMPIONS

WOMEN'S OUTDOOR CHAMPIONS

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

2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
2011	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)
2012	Millhouse, Kara	10,000-Meters	34:25.78
2012	Loht, Laura	Javelin	160-11 (49.05)

MEN'S OUTDOOR CHAMPIONS

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



TRACK & FIELD

THE BIG TEN OUTDOOR CHAMPIONSHIPS || MAY 10-12, 2013 || COLUMBUS, OHIO

ALL-TIME OUTDOOR FINISHES

Men's Finishes

1992.....	7th (55 pts)
1993.....	8th (52.5 pts)
1994.....	8th (49 pts)
1995.....	5th (87 pts)
1996.....	3rd (82 pts)
1997.....	8th (56 pts)
1998.....	9th (53 pts)
1999.....	9th (62 pts)
2000.....	7th (71.5 pts)
2001.....	3rd (98.83 pts)
2002.....	5th (72 pts)
2003.....	5th (81 pts)
2004.....	7th (54.5 pts)
2005.....	7th (66 pts)
2006.....	7th (61 pts)
2007.....	4th (93.5 pts)
2008.....	6th (77 pts)
2009.....	5th (80 pts)
2010.....	T-7th (52 pts)
2011.....	6th (74 pts)
2012.....	6th (80 pts)

Women's Finishes

1992.....	6th (77 pts)
1993.....	6th (56 pts)
1994.....	8th (53 pts)
1995.....	10th (33 pts)
1996.....	8th (43 pts)
1997.....	3rd (91 pts)
1998.....	5th (75 pts)
1999.....	8th (63 pts)
2000.....	7th (62 pts)
2001.....	8th (65 pts)
2002.....	8th (72 pts)
2003.....	T-2nd (124 pts)
2004.....	2nd (126.5 pts)
2005.....	2nd (112.5 pts)
2006.....	3rd (114 pts)
2007.....	3rd (114 pts)
2008.....	1st (151 pts)
2009.....	1st (139 pts)
2010.....	1st (133.5 pts)
2011.....	2nd (122 pts)
2012.....	4th (87 pts)

ALL-TIME BIG TEN OUTDOOR AWARD WINNERS

Freshman of the Year..... Kim Kelly, 1992
 Bridget Franek, 2007
 Casimir Loxsom, 2010
 Robby Creese, 2012

Athlete of the Championship..... Connie Moore, 2002
 Connie Moore, 2004
 Shana Cox, 2006
 Shana Cox, 2008 (Track)
 Emma Schmelzer, 2009 (Field)
 Fawn Dorr, 2010 (Track)

Athlete of the Year..... Connie Moore, 2004
 Jennifer Leatherman, 2006 (Field)
 Joe Kovacs, 2012 (Field)

Coach of the Year..... Beth Alford-Sullivan, 2008
 Beth Alford-Sullivan, 2009
 Beth Alford-Sullivan, 2010

* Beginning with the 2006-07 season, the Big Ten instituted separate honors for Track and Field Athlete of the Year & Championships

2013 PENN STATE MEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST



MEN'S 100 METERS

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

10.80 +2.7	Emunael Mpanduki	Apr-20
10.97 +2.7	Brian Leap	Apr-20
11.15 1.4	Robbie Cardina UNA	Apr-14

MEN'S 200 METERS

PSU: 20.23 - Michael Timpson, 1986

21.40 2.7	Brandon Bennett-Green	Apr-13
21.45 0.0	Aaron Nadolsky	Apr-6
21.68 2.2	Bernard Bennett-Green	Apr-20
21.85 0.2	Emunael Mpanduki	Apr-6
21.87 -2.0	Alex Shisler	May-3
22.24 -2.0	Sancho Barrett	May-3

MEN'S 400 METERS

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

46.78	Brandon Bennett-Green	Apr-13
47.09	Aaron Nadolsky	Apr-13
47.44	Alex Shisler	Apr-13
47.58	Emunael Mpanduki	Apr-13
47.80	Bernard Bennett-Green	Apr-13

MEN'S 800 METERS

PSU: 1:45.28 - Casimir Loxsom, 2011

1:46.77	Casimir Loxsom	Apr-20
1:47.23	Brannon Kidder	Apr-20
1:48.49	Ricky West	Apr-20
1:48.98	Robby Creese	Apr-6
1:49.32	Ryan Brennan	Apr-20
1:49.50	Za'Von Watkins	Apr-6
1:56.10	Mark Fuller	Apr-20

MEN'S 1500 METERS

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

3:41.32	Robby Creese	Apr-13
3:42.07	Brannon Kidder	Apr-13
3:45.93	Tyler Corkedale	Apr-13
3:46.33	Ricky West	Apr-13
3:49.36	Matt Fischer	Apr-13
3:49.40	Sam Masters	Apr-13
3:49.67	Casimir Loxsom	Apr-6
3:50.05	Za'Von Watkins	Apr-13
3:53.10	Wade Endress	Apr-13
3:53.91	Nick Scarpello	Apr-13
3:54.76	Tom Damiani	Apr-13
3:59.50	Chris Campbell	Apr-20
4:03.72	Glen Burkhardt	May-3
4:07.91	Conrad Lippert UNA	May-3
4:12.26	Colin Baker	Apr-20

MEN'S MILE RUN

PSU: 3:58.4 - Larry Mangan, 1980

MEN'S 3,000 METERS

PSU: 7:54.0 - George Malley, 1977

8:38.06	Nick Scarpello	Apr-13
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MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, 1972

13:57.33	Sam Masters	Apr-20
14:01.23	Matt Fischer	Mar-29
14:20.06	Tyler Corkedale	Mar-29
14:23.08	Nick Scarpello	Mar-29
14:37.66	Wade Endress	Apr-25
14:37.90	Tom Luff	Apr-25
14:42.36	Chris Campbell	Apr-13
14:44.17	Glen Burkhardt	Apr-13

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, 1972

30:10.44	Tom Luff	Apr-13
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MEN'S 110-METER HURDLES

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

14.25 -0.7	Sancho Barrett	Apr-13
14.86 NWI	Robbie Cardina UNA	Apr-14

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, 1976

54.54	Sancho Barrett	Apr-6
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MEN'S 3000m STEEPLECHASE

PSU: 8:22.5 - George Malley, 1977

9:08.11	Nick Scarpello	Apr-25
9:52.58	Conrad Lippert UNA	Apr-13

MEN'S 4x100-METER RELAY

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

40.75	Barrett, Mpanduki, Nadolsky, Be. Bennett-Green	Apr-13
40.98	Barrett, Mpanduki, Nadolsky, Br. Bennett-Green	Apr-20

MEN'S 4x200-METER RELAY

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

MEN'S 4x400-METER RELAY

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

3:06.21	Gilmore, Shisler, Bennett-Green, Bennett-Green	Apr-27
3:07.31	Mpanduki, Loxsom, Nadolsky, Be. Bennett-Green	Apr-6
3:09.80	Mpanduki, Shisler, Nadolsky, Be. Bennett-Green	Apr-13
3:15.65	Shisler, West, Watkins, Brennan	Apr-6

MEN'S 4x800-METER RELAY

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

7:14.14	Creese, Watkins, Loxsom, Kidder	7:14.14
	(1:50.53, 1:48.22, 1:46.30, 1:49.10)	

MEN'S SPRINT MEDLEY RELAY

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

3:18.52	Gilmore, Mpanduki, Br. Bennett-Green, West	Apr-26
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MEN'S DISTANCE MEDLEY RELAY

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

9:24.68	Kidder, Br. Bennett-Green, Loxsom, Creese	Apr-26
	(2:53.5, 45.6, 1:46.7, 3:58.9)	

MEN'S 4xMILE RELAY

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

16:19.72	Corkedale, Fischer, West, Masters	Apr-27
	(4:07.8, 4:05.3, 4:01.4, 4:03.8)	

MEN'S HIGH JUMP

PSU: 7-3.25 (2.22) - David Coney, 1985
 7-3.25 (2.22) - Jon Hendershot, 2013
Decathlon: 6-8.25 (2.04) - Anya Uzoh, 2011

7-3.25 (2.22)	Jon Hendershot	May-3
7-2.25 (2.19)	Sean Reilly	Apr-13
6-6.25 (1.99)	Robbie Cardina UNA	Apr-13

MEN'S POLE VAULT

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

14-3.25 (4.35)	Patrick Anderson	May-3
14-3.25 (4.35)	Jesse Laverdiere	May-3

MEN'S LONG JUMP

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

23-8.75 (7.23) 2.3	Brian Leap	Apr-13
22-3 (6.78) 2.6	Robbie Cardina UNA	Apr-13

MEN'S TRIPLE JUMP

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

50-2.50 (15.30) -0.1	Brian Leap	Apr-13
47-5 (14.45) 2.4w	Posey	May-3
46-4 (14.12) 1.4	Jarred Posey	Apr-13

MEN'S SHOT PUT

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

62-9.25 (19.13)	Darrell Hill	May-3
55-7.50 (16.95)	Nabil Mubarak	Apr-20

MEN'S DISCUS

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

180-6 (55.01)	Will Barr	May-3
160-3 (48.85)	Darrell Hill	Apr-20

MEN'S HAMMER

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

207-10 (63.35)	Will Barr	Apr-20
181-9 (55.39)	Nabil Mubarak	Apr-13
140-10 (42.92)	Dan Jordan	May-3

MEN'S JAVELIN

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

226-6 (69.04)	Michael Shuey	Apr-6
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MEN'S DECATHLON

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

Key -

BOLD - School Record;
ITALICS - Non-Standard NCAA Event
 M - Mark from Multi-Event Competition;
 UNA - Unattached;
 i - Contested Indoors (Weather)

2013 PENN STATE WOMEN'S TRACK AND FIELD OUTDOOR PERFORMANCE LIST

WOMEN'S 100 METERS

PSU: 11.21 - **Connie Moore, 2003**

11.55 -0.2 Mahogany Jones Apr-13

WOMEN'S 200 METERS

PSU: 22.45 - **Connie Moore, 2004**

23.43 -0.4 Mahogany Jones Apr-13
24.73 -0.4 Dynasty McGee Apr-13
25.25 +0.4 M Brittney Howell Apr-23
25.39 -2.2 Shelley Black May-3
25.87 -1.5 Marlene Ricketts May-3
26.08 +3.0 Gabrielle Barbour Apr-20

WOMEN'S 400 METERS

PSU: 50.84 - **Shana Cox, 2008**

54.23 Mahogany Jones Apr-6
55.93 Dynasty McGee Apr-20
1:02.62 Gabrielle Barbour Apr-13

WOMEN'S 800 METERS

PSU: 2:03.09 - **Bekka Simko, 2012**

2:07.32 Marta Klebe Apr-6
2:10.11 SJ Underwood Apr-13
2:12.28 Colleen Shannon Apr-14
2:15.43 Audrey Houghton Apr-6
2:19.03 Kerrin Jennings May-3
2:21.32 Kalyn Fisher Apr-6
2:25.84 M Brittney Howell Apr-24

WOMEN'S 1500 METERS

PSU: 4:16.96 - **Doreen Startare, 1983**

4:22.71 Marta Klebe Apr-13
4:25.53 Caitlin Lane Apr-13
4:28.25 Brooklyne Ridder Apr-13
4:28.50 SJ Underwood Apr-6
4:34.82 Gabrielle Cocco Apr-13
4:44.84 Gwenn Porter Apr-13
4:44.89 Rachel Casciano May-3
4:50.47 Dani Kocjancic May-3

WOMEN'S MILE RUN

PSU: 4:40.65 - **Bridget Franek, 2010**

WOMEN'S 3,000 METERS

PSU: 9:08.04 - **Kathy Mills, 1978**

9:37.69 Tori Gerlach Apr-25
9:38.36 Emily Giannotti Apr-25
9:48.47 Gabrielle Cocco Apr-25
10:23.16 Dani Kocjancic Apr-20

WOMEN'S 5,000 METERS

PSU: 15:32.53 - **Kathy Mills, 1978**

16:11.93 Brooklyne Ridder Apr-19
16:12.88 Natalie Bower Mar-29
16:28.48 Tori Gerlach Mar-29
16:40.02 Caitlin Lane Apr-19
16:56.26 Katie Rodden Apr-25
17:04.88 Kerrin Jennings Apr-13
17:05.91 Lauren Mills Apr-25
17:49.67 Leigha Anderson Apr-13

WOMEN'S 10,000 METERS

PSU: 32:57.33 - **Kara Millhouse, 2012**

34:54.26 Emily Giannotti Mar-29
35:21.43 Katie Rodden Apr-13

WOMEN'S 100-METER HURDLES

PSU: 12.85 - **Aleesha Barber, 2010**

13.36 +1.6 Evonn Britton Apr-26
13.82 +0.1 Shelley Black Apr-6
13.83 +0.1 Brittney Howell Apr-6

WOMEN'S 400-METER HURDLES

PSU: 55.57 - **Fawn Dorr (2010)**

58.56 Evonne Britton Apr-25
59.24 Kiah Seymour Apr-6
1:00.44 Shelley Black Apr-25
1:02.15 Doris Anyanwu May-3

WOMEN'S 3000m STEEPLECHASE

PSU: 9:32.35 - **Bridget Franek, 2010**

10:13.58 Natalie Bower Apr-25
10:26.44 Abbie Benson Apr-13
10:30.42 Emily Giannotti Apr-13
10:32.69 Tori Gerlach Apr-13

4x100-METER RELAY

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

45.34 Britton, Seymour, Apr-13
McGee, Jones
45.84 Britton, Jones, Apr-6
Seymour, Howell

4x200-METER RELAY

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

4x400-METER RELAY

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

3:33.47 Seymour, Jones, Apr-27
Black, McGee
(53.1, 53.3, 54.4, 52.7)
3:39.22 Seymour, Black, Apr-6
Jones, Ricketts
3:43.94 Seymour, Jones, Apr-13
Ricketts, McGee
3:54.04 Underwood, Klebe, Apr-6
Shannon, Houghton

4x800-METER RELAY

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

SPRINT MEDLEY RELAY

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

3:53.21 Jones, Seymour, Apr-26
McGee, Shannon

DISTANCE MEDLEY RELAY

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

11:17.53 Klebe, Ricketts, Apr-25
Underwood, Lane
(3:24.4, 56.3, 2:09.5, 4:47.3)

4x1500-METER RELAY

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

18:02.32 Klebe, Lane, Apr-26
Ridder, Underwood
(4:23.1, 4:31.5, 4:31.6, 4:36.1)

WOMEN'S HIGH JUMP

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

5-10.75 (1.80) Erika Morgan Apr-26
5-7.75 (1.72) Ahmenah Richardson Apr-25
5-6 (1.68) Sarah Palmer Apr-25
5-6 (1.68) M Brittney Howell Apr-23
5-1.25 (1.56) Kelsey Coutts Apr-13

WOMEN'S POLEVAULT

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

WOMEN'S LONG JUMP

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

19-10.25 (1.0) Brittney Howell May-3
18-4.25 (5.59) 0.2 Marlene Ricketts Apr-13
18-8 (5.69) 1.4 Kaitlyn Lopez Apr-20

WOMEN'S TRIPLE JUMP

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

41-9.25 (12.73)w 2.8 Marlene Ricketts Apr-20
41-7 (12.67) 0.1 Ricketts Apr-13
39-5.25 (12.02) 0.1 Ahmenah Richardson Apr-26
39-4.50 (12.00) 1.5 Kaitlyn Lopez May-3

WOMEN'S SHOT PUT

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

50-3.25 (15.32) Melissa Kurzdorfer Apr-25
49-9.25 (15.17) Jane Swenson Apr-25
49-7.25 (15.12) Rachel Fatherly May-3
37-8.75 (11.50) Brittney Howell May-3

WOMEN'S DISCUS

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

166-8 (50.82) Melissa Kurzdorfer Apr-25
160-8 (48.97) Rachel Fatherly May-3
150-8 (45.94) Jane Swenson Apr-13

WOMEN'S HAMMER

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

200-0 (60.96) Melissa Kurzdorfer Apr-6
176-0 (53.64) Rachel Fatherly May-3
161-6 (49.23) Jane Swenson Apr-6

WOMEN'S JAVELIN

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

176-11 (53.93) Lauren Kenney Apr-6
166-3 (50.68) Laura Loht May-3
142-4 (43.39) Melanie Leszczynski Apr-13
141-4 (43.08) Megan Boyer Apr-6
134-9 (41.07) Olivia Mangan Apr-6
94-3 (28.72) Brittney Howell May-3

WOMEN'S HEPTATHLON

PSU: 5797 - **Gayle Hunter, 2009**

176-11 (53.93) Lauren Kenney Apr-6
5084 Brittney Howell Apr-23/24

Key -

BOLD - School Record

ITALICS - Non-Standard NCAA Event

M - Mark from Multi-Event Competition

w - Wind Aided (+2.0)

i - Contested Indoors (Weather)

as of May 6, 2013

PENN STATE MEN'S TRACK AND FIELD

ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST



100-Meter Dash

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

200-Meter Dash

1	20.23	Michael Timpson	1986
2	20.58	Mike Sands	1975
3	20.59	Ryan Olkowski	2002
4	20.62	Brady Gehret	2012
5	21.01	Ernie Terrell	2002
6	21.02	Barry Ewell	1942
	21.02	Art Pollard	1955
8	21.13	Brandon Bennett-Green	2012
9	21.14	Brian Littlejohn	1984
10	21.15	Greg Miller	2000

400-Meter Dash

1	45.20	Mike Sands	1975
2	45.22	Brady Gehret	2012
3	45.94	Brandon Bennett-Green	2012
4	46.14	Paul Lankford	1980
5	46.62	Ernie Terrell	2002
6	46.74	Mike Cadau	2009
7	46.91	Ben Karcz	2002
8	46.98	Mike Shine	1976
9	47.06	Michael Timpson	1988
	47.06	Chris Lologne	2005

800-Meter Run

1	1:45.28	Casimir Loxsom	2011
2	1:45.96	Randy Moore	1985
3	1:46.62	Ray Levitre	1987
4	1:46.78	Ryan Foster	2009
5	1:46.81	Chris Mills	1987
6	1:46.82	Ken Wynn	1983
7	1:46.85	Samuel Borchers	2011
8	1:47.23	Brannon Kidder	2013
9	1:47.63	Mike Cook	1982
10	1:47.83	Mark Miller	2008

1500-Meter Run

1	3:38.99	Steve Balkey	1987
2	3:39.25	Larry Mangan	1980
3	3:39.57	Ryan Foster	2011
4	3:41.32	Robby Creese	2013
5	3:42.07	Brannon Kidder	2013
6	3:42.08	Doug Walter	1990
7	3:42.12	David McMillan	1988
8	3:42.2	George Malley	1977
	3:42.2	Mike Wyatt	1977
10	3:42.54	Owen Dawson	2012

5000 Meters

1	13:34.0	Greg Fredericks	1972
2	13:36.3	Robert Snyder	1978
3	13:42.1	Alan Scharsu	1980
4	13:50.54	Steve Brown	1989
5	13:52.4	Paul Stemmer	1977
6	13:53.2	George Malley	1976
7	13:55.0	Jeff Adkins	1982
8	13:56.1	Charlie Maguire	1974
9	13:57.1	Gary Gittings	1973
10	13:57.33	Sam Masters	2013

10,000 Meters

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

110 Hurdles

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

400 Hurdles

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

3000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

1	3:01.52	Nadolsky, Br. Bennett-Green,	2012
		Loxsom, Gehret	
2	3:04.78	Nadolsky, Gilmore, Gehret,	2012
		Br. Bennett-Green	
3	3:06.21	Gilmore, Shisler,	2012
		Bennett-Green, Bennett-Green	
4	3:06.50	Br. Bennett-Green, Gehret,	2012
		Loxsom, Mpanduki	
5	3:07.19	Nadolsky, Loxsom,	2011
		Gehret, Williams	
6	3:07.31	Mpanduki, Loxsom,	2013
		Nadolsky, Be. Bennett-Green	

High Jump

1	7-3.25 (2.22)	David Coney	1985
		Jon Hendershot	2013
2	7-3 (2.21)	Paul Souza	1983
3	7-2.50 (2.20)	Ryan Fritz	2007
4	7-2.25 (2.19)	Sean Reilly	2013
5	7-1.75 (2.18)	David Kriz	1995
6	7-0.50 (2.15)	Ryan Olkowski	1999
7	7-0.25 (2.14)	Nick Plack	2000
8	7-0 (2.13)	Aaron Gawne	1993
9	6-11 (2.11)	Sean Vago	1997
10	6-10.75 (2.10)	Tyler Fedeli	2006

Pole Vault

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

Long Jump

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

Triple Jump

1.	54-6 (16.61)	Antonio Davis	1993
2	54-3.75 (16.55)	Chavous Nichols	2004
3	53-1.50 (16.19)	Clarence Smith	2009
4	52-8.25 (16.06)	Ricardo Hall	1990
5	51-8.50 (15.76)	Hanif Johnson	2011
6	51-1 (15.57)	Warren Rockwell	1966
7	50-7 (15.42)	Steve Pina	1995
8	50-6 (15.39)	Jay Pagana	2007
9	50-5.50 (15.38)	Ed Roskiewicz	1981
10	50-4.50 (15.35)	Dave Masgay	1987

Shot Put

1	69-2 (21.08)	Joe Kovacs	2012
2	65-5 (19.94)	C.J. Hunter	1990
3	64-2.50 (19.57)	Blake Eaton	2010
4	64-0.25 (19.51)	Knut Hjeltmes	1975
5	62-9.25 (19.13)	Darrell Hill	2013
6	61-11.75 (18.89)	Logan Caldwell	2012
7	61-3.25 (18.68)	Greg Reyner	1986
8	61-1.25 (18.62)	Phil Caraher	1990
9	59-7 (18.16)	Dane Miller	2004
10	57-1.50 (17.64)	Mike Valenti	1983

Discus

1	207-5 (63.22)	Brian Milne	1992
2	201-10 (61.52)	Knut Hjeltmes	1975
3	186-9 (56.90)	Gary Williky	1979
4	186-3 (56.78)	Blake Eaton	2011
5	184-0 (56.08)	Joe Kovacs	2011
6	183-6 (55.93)	Will Barr	2012
7	177-11 (54.23)	Dan Diaz	2003
8	176-10 (53.90)	Steve Meyers	2006
9	175-3 (53.41)	Adam Thielemann	2009
10	175-1 (53.36)	Sean Farrell	1980

Hammer

1	218-6 (66.60)	Alvin Jackson	1976
2	207-10 (63.35)	Will Barr	2013
3	203-0 (61.88)	Neal McNutt	1998
4	201-9 (61.50)	Joe Kovacs	2011
5	198-5 (60.49)	Tyler Hoffman	2008
6	197-0 (60.04)	Todd Shenk	1984
7	194-7 (59.30)	Cory Eck	2010
8	193-9 (59.07)	Jon Hart	2005
9	190-0 (57.92)	Aaron Ross	2005
10	189-6 (57.76)	Dorian Lowe	2002

Javelin

1	239-9 (73.09)	Allen Pettner	2007
2	237-1 (72.26)	Troy Burkholder	1997
3	233-8 (71.22)	Carl Wolter	1996
4	233-4 (71.13)	Tanner Evak	2009
5	231-3 (70.48)	Brian Stumpf	2003
6	230-3 (70.19)	Matt Moyer	2004
7	227-8 (69.40)	Rob Austin	1995
8	226-6 (69.04)	Michael Shuey	2013
9	225-7 (68.76)	Dave Matson	1999
10	220-2 (67.10)	John Hanley	1988

Decathlon

1	7685	Rick Kleban	1985
2	7600	James Cook	1996
3	7588	Dave Masgay	1987
4	7472	Barry Walsh	1989
5	7424	J.T. Kurecich	2003
6	7415	Brian Kelley	1991
7	7361	Shawn Colligan	2008
8	7119	Anyu Uzoh	2012
9	7097	Chris Morrissey	2008
10	7070	Chris Green	1986

PENN STATE WOMEN'S TRACK AND FIELD

ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST



100-Meter Dash

1	11.21	Connie Moore	2004
2	11.27	Shavon Greaves	2010
3	11.55	Mahagony Jones	2013
4	11.56	Kamilah Salaam	2004
~	11.60 w + 2.4	Kirsten Nieuwendam	2012
5	11.63 (11.57w)	Aleesha Barber	2008
6	11.68	Vivian Riddick	1983
7	11.70	Sara Shoaff	2006
8	11.72	Caitlin DeFusco	2010
9	11.78	Tiffany Glenn	1999
10	11.80	Jackie Brown	1991

200-Meter Dash

1	22.45	Connie Moore	2004
2	23.07	Shavon Greaves	2010
3	23.15 (22.92w)	Shana Cox	2008
4	23.43	Mahagony Jones	2013
5	23.47	Kirsten Nieuwendam	2012
6	23.61	Kamilah Salaam	2004
7	23.70	Sara Shoaff	2005
8	23.81 (23.56w)	Gayle Hunter	2008
9	23.85	Debbie Lewis	1980
10	23.90	Vivian Riddick	1983

400-Meter Dash

1	50.84	Shana Cox	2008
2	52.15	Dominique Blake	2008
3	52.51	Fawn Dorr	2010
4	53.17	Ije Iheoma	2012
5	53.74	Laila Brock	1998
6	53.74	Janice Carter	1988
7	53.80	Tammie Hart	1981
8	54.07	Dynasty McGee	2012
9	54.15	Shavon Greaves	2010
10	54.23	Mahagony Jones	2013

800-Meter Run

1	2:03.09	Bekka Simko	2012
2	2:04.37	Tammie Hart	1985
3	2:04.72	Briene Simmons	2006
4	2:05.66	Janice Carter	1985
5	2:05.69	Erica Bosler	1998
6	2:06.68	Terry Pioli	1981
7	2:06.80	Maura Ryan	2011
8	2:07.26	Judi Cassel	1995
9	2:07.32	Marta Klebe	2013
10	2:08.09	Teressa DiPerna	1989

1500-Meter Run

1	4:16.96	Doreen Startare	1993
2	4:17.40	Kim McGreevy	1997
3	4:17.54	Mary Rawe	1981
4	4:18.33	Bridget Franek	2010
5	4:19.83	Patty Murnane	1981
6	4:20.11	Bekka Simko	2012
7	4:20.40	Caitlin Lane	2010
8	4:21.10	Heather Carmichael	1980
9	4:21.31	Susanne Heyer	1999
10	4:22.71	Marta Klebe	2013

5000 Meters

1	15:32.52	Kathy Mills	1978
2	15:46.08	Bridget Franek	2010
3	15:53.50	Paula Renzi	1985
4	16:06.32	Kim Kelly	1993
5	16:09.38	Stacy Prey	1990
6	16:11.93	Brooklyne Ridder	2013
7	16:12.00	Kris Bankes	1978
8	16:12.88	Natalie Bower	2013
9	16:14.98	Brooklyne Ridder	2012
10	16:16.72	Kara Millhouse	2012

10,000 Meters

1	32:57.33	Kara Millhouse	2012
2	34:00.00	Natalie Updegrove	1983
3	34:02.52	Kim Kelly	1993
4	34:02.80	Kris Kelly	1993
5	34:09.00	Kelli Hunt	1993
6	34:20.10	Donna Fidler	1999
7	34:24.07	Peggy Cleary	1980
8	34:31.75	Cheryl Spring	2010
9	34:39.89	Molly Landreth	2003
10	34:54.26	Emily Giannotti	2013

100 Hurdles

1	12.85	Aleesha Barber	2010
2	13.11	Evonne Britton	2011
3	13.35	Gayle Hunter	2009
4	13.36	Toyin Augustus	2001
5	13.82	Shelley Black	2013
6	13.83	Kamilah Salaam	2006
6	13.83	Monique Walker	2006
	13.83	Brittney Howell	2013
9	14.13	Pam Connell	1991
10	14.19	Carla Criste	1986

400 Hurdles

1	55.57	Fawn Dorr	2010
2	57.00	Aleesha Barber	2007
3	57.32	Evonne Britton	2010
4	57.35	Megan Duncan	2011
5	57.88	Shelley Mitchell	1991
6	58.45	Tammie Hart	1982
7	58.60	Ernestine Marsh	1987
8	58.77	Kim Markel	2007
9	58.93	Doris Anyanwu	2012
10	59.24	Kiah Seymour	2013

3,000-Meter Steeplechase

1	9:32.35	Bridget Franek	2010
2	10:07.78	Molly Landreth	2003
3	10:13.58	Natalie Bower	2013
4	10:16.91	Tracey Brauksieck	2003
5	10:20.33	Lindsey Graybill	2012
6	10:24.01	Claire Percival	2007
7	10:26.41	Nicole Lord	2010
8	10:26.44	Abbie Benson	2013
9	10:28.82	Emily Giannotti	2012
10	10:32.69	Tori Gerlach	2013

4x100-Meter Relay

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

4x400-Meter Relay

1	3:27.69	Blake, Barber, Hunter, Cox	2008
2	3:30.34	Barber, Greaves, Hunter, Dorr	2009
3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011
4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010
5	3:31.75	Blake, Simmons, Hunter, Cox	2007

High Jump

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

NMC - No Metric Conversion

Pole Vault

1	13-1 1/2 (4.00)	Sara Dougherty	2004
2	12-9 1/2 (3.90)	Jocelyn Witmer	2010
3	12-8.25 (3.87)	Caitlin Fairbairn	2010
4	12-6.25 (3.82)	Amanda Palenchar	2012
5	12-5 1/2 (3.80)	Kelly Nesbit	2005
6	12-2 (3.71)	Lindsey McDonnell	2002
7	11-7 3/4 (3.55)	Biz Curran	2002
8	11-7 3/4 (3.55)	Rachel NeMoyer	2008
9	11-5 3/4 (3.50)	Kim Pfeifer	2005
10	11-0 3/4 (3.37)	Dana Gioia	2003

Long Jump

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

Triple Jump

1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	44-3 (13.48)	Shakeema Walker	1999
3	43-1 (13.13)	Carmen Mann	1990
4	42-3.50 (12.89)	Tanaya Lloyd	2012
~	41-9 (12.73)w +2.8	Ricketts	2013
5	41-7 (12.67)	Lena Bettis	2007
	41-7 (12.67)	Marlene Ricketts	2013
7	41-2.50 (12.56)	Gayle Hunter	2007
	41-2.50 (12.56)	Alicia Porro	1992
9	40-9 (12.42)	Hanna Humphreys	1984
10	40-8.75 (12.41)	Stephanie Gurysh	1986

Shot Put

1	55-4 3/4 (16.88)	Ja'Nai O'Connor	2004
2	55-0 (16.76)	Elaine Sobansky	1984
3	53-8 1/4 (16.36)	Jennifer Leatherman	2006
4	52-6 (16.00)	Jane Swenson	2011
5	51-6 1/4 (15.70)	Deshaya Williams	2003
6	50-3 1/2 (15.58)	Emma Schmelzer	2009
7	50-3.25 (15.32)	Melissa Kurzdorfer	2013
8	49-7.25 (15.16)	Rachel Fotherly	2013
9	47-10 (14.58)	Kim Kessell	1990
10	48-6 (14.78)	Kim Hicks	1998

Discus

1	185-1 (56.41)	Deshaya Williams	2001
2	173-4 (52.83)	Christen Clemson	2007
3	170-0 (51.82)	Jennifer Leatherman	2006
4	167-7 (51.08)	Elaine Sobansky	1984
5	167-4 (51.01)	Emma Schmelzer	2007
6	166-8 (50.82)	Melissa Kurzdorfer	2013
7	160-8 (48.97)	Rachel Fotherly	2013
8	157-6 (48.02)	Taylor McNally	2011
9	156-7 (47.72)	Lexi Benamati	2004
10	155-8 (47.44)	Kim Kessell	1991

Hammer

1	219-1 (66.78)	Jennifer Leatherman	2006
2	207-10 (63.35)	Melissa Kurzdorfer	2012
3	197-3 (60.12)	Kate Johnston	2003
4	190-10 (56.16)	Deshaya Williams	2003
5	186-11 (56.97)	Helen Higgins	2007
6	179-6 (54.35)	Emma Schmelzer	2009
7	174-3 (53.11)	Robbin Shomper	2003
8	173-0 (52.74)	Rachel Fotherly	2013
9	172-4 (52.53)	Jane Swenson	2011
10	170-11 (52.10)	Michelle Thompson	1992

Javelin

1	178-4 (54.35)	Kim Hanslovan	2009
2	176-11 (53.93)	Lauren Kenney	2013
3	176-2 (53.70)	Karlee McQuillen	2008
4	169-4 (51.62)	Laura Loht	2012
5	169-3 (51.58)	Carrie Karabinos	1999
6	167-2 (50.96)	Heidi Nadeau	2007
7	167-1 (50.92)	Brianne Johnson	2001
8	159-4 (48.56)	Ashley Colley	2002
9	156-3 (47.62)	Kristen Brush	2004
10	155-9 (47.47)	Diana Bruch	2005

Heptathlon

1.	5797	Gayle Hunter	2009
2.	5706	Pam Connell	1991
3.	5420	Carmen Mann	1990
4.	5407	Shelley Mitchell	1992
5.	5311	Carla Criste	1986
6.	5093	Brittney Howell	2012
7.	4919	Amber Strouse	2007
8.	4917	Holly Jones	1992
9.	4878	Felicia Cooksey	1999
10.	4826	Danielle Bobo	2003