



# TRACK & FIELD

MILLROSE GAMES || ARMORY TRACK AND FIELD CENTER || FEBRUARY 16, 2013

## Nittany Lions Set for Millrose 4x800 Prestigious Millrose Games slated for Saturday at the Armory

**UNIVERSITY PARK, Pa.** - The Nittany Lions will put their heavily touted middle distance contingent to the test on Saturday, competing on one of track and field's greatest stages at the Millrose Games in New York City. The Nittany Lion men, who are currently rated No. 5 in Division I according to the latest USTFCCCA rankings, will send a small contingent of athletes to compete in the 4x800-meter relay at the prestigious Armory Track and Field Center in Manhattan.

The Nittany Lions currently boast four of the top 16 times in the nation - four of the top six in the Big Ten - in the 800-meters, including NCAA leader Casimir Loxsom (New Haven, Conn.), who has run 1:46.98 this season. The Nittany Lions will be at no shortage of talent on the relay pool, also traveling senior Ricky West (Toronto, Ontario), sophomore Ryan Brennan (Chester, N.Y.), and freshmen duo Brannon Kidder (Lancaster, Ohio), and Za'Von Watkins (Liverpool, N.Y.).

Loxsom has been on a record-breaking tear this season, setting an American collegiate record with a school-record setting 1:15.79 last month. The performance is also the second-fastest effort ever run by an American athlete. Loxsom's 1:46.98 effort in the 800 was also one of national note, as the senior was the first collegian to dip under the 1:47 barrier indoors (on a non-oversized track) since 2006. The senior was also named USTFCCCA National Athlete of the Week as a result of the performance.

campaign thus far, becoming just the fourth man in program history to break the 4:00-mile barrier, going 3:59.48 at the Penn State National last month. Kidder has also proved to have great range in the middle distances, clocking a lifetime-best 1:48.17 in the 800 earlier in the 2013 season. The time currently stands sixth nationally, and ranks fourth on the all-time Penn State performance list.

Watkins will look forward to returning to his home turf, having won the mile at Millrose as a high school senior in 2012. The Liverpool, N.Y., native has also had an upstart freshman season, running 1:49.03 for the 800, and 2:22.02 for the 1,000-meters in 2013.

Adding to the senior leadership of the Nittany Lion squad is West, who is a multiple-time All-American in the 800. West has ran 1:48.92 for 800, and 2:21.95 for the 1000 this season, and owns half mile PRs of 1:47.81 indoors, and 1:46.41 outside.

Brennan, a member of the Nittany Lions' winning 4x800 at the Penn Relays last spring, has also been at the top of his game this winter, recently clocking a career-low 1:50.28 at the Husky Classic at the University of Washington.

The Nittany Lions also stand a shot to make an attempt at several records in the competition, including the national collegiate indoor record of 7:17.45, set by Clemson in 1989. The Blue and White will also have their sights on the Penn State standard of 7:21.37, which has stood 1987.

Millrose is set for Saturday, February 16, in New York. The Games will be broadcast live on ESPN3.com, and air on ESPN on Sunday, February 17 from 8 to 10 p.m. The 4x800 is set for a 7:50 p.m., start on Saturday evening.

## MILLROSE TIME SCHEDULE

Time	Event
1 pm	* Muscle Milk women's weight throw
2 pm	* Muscle Milk men's weight throw
3:30 pm	Women's club distance medley relay
3:42 pm	Men's club distance medley relay
3:55 pm	Women's USATF championship mile walk
4:05 pm	Masters men's & women's 4x400m relay (M 60+, W 40+)
4:12 pm	Masters men's 4x400m relay (M 40+, M 50+)
4:19 pm	High school girls' 55m dash
4:24 pm	High school boys' 55m dash
4:29 pm	Suburban high school girls' 4x400m relay
4:30 pm	High school boys' pole vault
4:37 pm	Eastern high school girls' 4x800m relay
4:47 pm	Long Island high school boys' 4x400m relay
4:55 pm	NYRR youth girls' 4x200m relay
5:01 pm	NYRR youth boys' 4x200m relay
5:07 pm	Long Island high school girls' 4x400m relay
5:15 pm	Women's club 4x200m relay
5:23 pm	John P. Prendergast CHSAA girls' sprint medley relay
5:31 pm	Joe Fox CHSAA boys' 4x200m
5:41 pm	Girls' Fastest Kid on the Block
5:47 pm	Boys' Fastest Kid on the Block
5:52 pm	Men's club 4x200m relay
6:02 pm	Susan Rudin men's USATF championship mile walk
6:12 pm	Suburban high school boys' 4x400m relay
6:20 pm	PSAL girls' 4x400m
6:29 pm	PSAL boys' 4x400m
6:38 pm	HBCU women's 4x400m relay
6:50 pm	Opening ceremony
7:05 pm	New Balance high school boys' 4x800m relay
7:15 pm	Women's long jump
7:20 pm	HBCU men's 4x400m relay
7:30 pm	NYH&RC women's 60m dash
7:37 pm	NYH&RC men's 60m dash
7:45 pm	Eastern high school girls' 4x200m
<b>7:50 pm</b>	<b>Byron Dyce college men's 4x800m relay</b>
8:02 pm	Fred Schmertz men's 60m hurdles
8:10 pm	Fred Schmertz women's 60m hurdles
8:20 pm	New Balance high school girls' mile run
8:25 pm	United Airlines women's pole vault
8:30 pm	Muscle Milk high school boys' 4x200m relay
8:40 pm	NYRR women's Wanamaker Mile
8:47 pm	John Thomas women's high jump
8:50 pm	Mel Sheppard men's 600m run
8:58 pm	New Balance men's two-mile run
9:13 pm	Howard Schmertz women's 600m run
9:20 pm	New Balance high school boys' mile run
9:28 pm	AT&T women's 400m dash
9:33 pm	George T. Eastment CHSAA high school boys' 4x800m relay
9:46 pm	National anthem
9:50 pm	NYRR men's Wanamaker Mile

## PENN STATE PRONUNCIATION GUIDE

CASIMIR LOXSOM	"CAZZ-eh-MEER" "LOCKS-um"
BRANNON KIDDER	"BRAN-in"
Za'VON WATKINS	"ZAY-vaugh"

## PENN STATE COACHING STAFF

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 (Media Relations Contact)	Jess Riden
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Director of Operations	Megan Monroig



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**BETH ALFORD-SULLIVAN**  
**DIRECTOR AND HEAD COACH**  
**MEN'S AND WOMEN'S**  
**TRACK & FIELD/  
CROSS COUNTRY**

Since arriving in Happy Valley in 1999, Beth Alford-Sullivan has coached 138 All-Americans, not to mention 78 Big Ten Individual Champions, and 16 conference-winning relays. A well respected coach at the national and international levels, Sullivan was recently named Head Women's Coach for the United States at the 2013 IAAF World Championships in Moscow.

Her efforts have not gone unnoticed in the sport, as she has been named "Coach of the Year" on a total of 25 occasions. Most recently, Sullivan was named the 2012 United States Track and Field/Cross Country Coaches' Association (USTFCCCA) Mid-Atlantic Women's Cross Country Coach of the Year after leading the women's cross country squad to its first-ever victory at the NCAA Mid-Atlantic Regional Cross Country Championships. Sullivan would then coach the team to a 14th-place standing at the NCAA Cross Country Championships, marking the Nittany Lions' fourth-straight NCAA appearance, and third top 14 finish in the last four years.

The Nittany Lions have enjoyed outstanding success under Sullivan, highlighted by a total of six Big Ten conference titles. Sullivan's Nittany Lions made program history in 2009-10, capturing the Big Ten "Triple Crown" via conference championships in cross country, and indoor and outdoor track and field. Nationally speaking, the Nittany Lion women have captured a pair of "trophy team" finishes with Sullivan at the helm, finishing fourth at the NCAA Outdoor Championships in both 2008 and 2010. In 2010, the Nittany Lions were named "USTFCCCA Scholar Team of the Year," which is awarded to the highest finishing team with the highest grade point average. Sullivan has also coached three individual NCAA Champions and one NCAA-winning relay during her tenure.

Sullivan's international resume is also a lengthy one, having coached at most major international championships, including the Olympic Games, World Championships, IAAF Continental Cup and World Cross Country Championships. In her last international outing, Sullivan was the Head Women's Coach at the 2011 Pan-Am Junior Championships.

Sullivan's charges are already in the midst of another sensational campaign in 2013, as the indoor season has already included two collegiate records, as well as five school-record performances. Sullivan's men's squad is also on record-breaking pace this year, as the Nittany Lions currently stand at No. 5 in the latest USTFCCCA rankings - the program's highest-ever appearance in the weekly poll.

The season has also seen senior Casimir Loxsom (New Haven, Conn.) turn in an American Collegiate Record 1:15.79 in the 600-meters, which stands as the second-fastest performance ever run by an American, as well as NCAA-leading 1:46.98 the 800 meters. Last weekend, standout sophomore Robby Creese (Mount Airy, Md.) blitzed to a sizzling school-record 3:57.11 in the mile at the Husky Classic at the University of Washington, to go along with a 3,000-meter effort of 7:54.52 from senior Sam Masters (Columbia, Mo.), which also bettered the long-standing Penn State record in the event. The Nittany Lions also posted school and collegiate-records in the men's 4x200-meter relay (1:24.70) this winter with the team of Emunael Mpanduki (Harare, Zimbabwe), Matt Gilmore (Philadelphia, Pa.), Brandon Bennett-Green (Philadelphia, Pa.), and Aaron Nadolsky (Altoona, Pa.). Equally as successful in the field events this year, redshirt-junior Will Barr (Urbana, Ohio), has already set and reset the school record in the men's weight throw, recently posting a toss of 67-11.75 (20.72).



**JOHN GONDAK**  
**ASSOCIATE HEAD COACH**  
**MEN'S AND WOMEN'S**  
**TRACK & FIELD/  
CROSS COUNTRY**

John Gondak, who is in his seventh year overseeing the Nittany Lion middle distance athletes, was promoted to Associate Head Coach for Nittany Lion Track and Field/Cross Country in December 2012. Since arriving in Happy Valley, Gondak has coached some of the Nittany Lions' most successful athletes, including former multiple-time Big Ten Champion and All-American Ryan Foster, as well as current standouts senior Casimir Loxsom (New Haven, Conn.) and sophomore Robby Creese (Mount Airy, Md.).

Gondak has also made an outstanding impact on the recruiting trail, bringing in top-notch talent from the high school middle distance and distance ranks. Gondak was especially successful this past recruiting cycle, signing prep sensations Brannon Kidder (Lancaster, Ohio), and Za'Von Watkins (Liverpool, N.Y.). Both Kidder and Watkins were members of the Nittany Lions 2012 men's recruiting class, which was recently ranked No. 5 in the country, according to Track and Field News.

With a resume that can be matched by few middle distance mentors in the country, Gondak has coached a total of 10 USTFCCCA First Team All-Americans, and 12 Big Ten Champions since arriving on campus in 2006. Gondak has also helped Nittany Lion athletes to a total of 17 Penn State records, including a collegiate and American junior record in the 1000 meters (2:19.53) by Creese during the 2012 campaign. Loxsom also laid claim to an American collegiate record this season, going 1:15.79.

Under Gondak's watch, Foster and Loxsom have become the most successful athletes in men's program history on the Big Ten stage. Loxsom now owns five Big Ten titles - the most of any male athlete in program history - while Foster ended his Penn State career with four total conference victories.

Foster, who hails from Tasmania, Australia, was the first Tasmanian to break the 4:00-barrier indoors, and also holds national records in the indoor 800- (1:47.48) and 1000-meters (2:19.60). Foster also holds the Penn State record in the mile run at 3:58.49, which he set in 2011.

Gondak's charges had another fine campaign on the track during the indoor and outdoor seasons in 2012, capped by a victory in the 4x800-meter relay at the prestigious Penn Relays - the Lions' first victory in the event since 1987. Gondak also led Creese - the 4x800 anchor - to one of the more impressive freshman seasons on record, as the rookie broke the 4:00 mile barrier on two occasions, and qualified for the NCAA mile final as the only rookie in the field.

Gondak, who began his coaching career as a graduate assistant at Georgia Tech in 1995, has also assisted in the success of the Nittany Lion cross country squads during his Penn State tenure. Most recently, the Nittany Lion women's team 14th-place finish at the NCAA Championships - it's fourth-straight appearance at the national meet, and third top 14 finish in the last four years.

Consistently recognized by his peers, Gondak was voted USTFCCCA Mid-Atlantic Region Assistant Coach of the Year during the 2009 indoor season, and the 2010 outdoor season. Gondak is also currently serving as the men's representative for the Mid-Atlantic Region on USTFCCCA Division I Cross Country Committee.



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**RYAN BRENNAN**  
SOPHOMORE  
CHESTER, N.Y.



**BRANNON KIDDER**  
FRESHMAN  
LANCASTER, OHIO

### Brennan's Collegiate Personal Bests

Event	Indoor	Outdoor
600m	1:18.96	***
800m	1:50.28	1:50.30

### Kidder's Collegiate Personal Bests

Event	Indoor	Outdoor
800m	1:48.17	***
Mile	3:58.48	***

#### Career Highlights ...

\* 2012 Penn Relays Championship of America Winner (4x800)

#### Brennan in 2013 ...

Ran a career-best 1:50.28 for the 800 at the Husky Classic at the University of Washington ... Won the 600 at the Sykes & Sabock Challenge Cup with a season-best 1:19.76 ... Was also on the winning DMR at Sykes & Sabock, helping the team to a season-best 9:48.39 ... Placed fourth in the 1000 at the Nittany Lion Challenge, and sixth in the 600 at the Penn State National.

#### Career Highlights ...

\* Fourth athlete in PSU history to break 4:00-mile barrier

\* Currently ranks sixth in NCAA in 800; 15th in the mile

\* Fourth in Brooks PR Mile, 2012

#### Kidder in 2013 ...

Has immediately impressed as a freshman, running 1:48.17 for 800 at the Nittany Lion Challenge - the fourth-fastest mark in Nittany Lion history, and currently sixth best in the NCAA ... Dipped under the 4:00 barrier at the PSU National, going 3:59.48 - the third-fastest performance in the Nittany Lion record books ... His performance marked the seventh-straight year of at least one sub-4:00 mile at the PSU National.





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**CASIMIR LOXSOM**  
SENIOR  
NEW HAVEN, CONN.



**ZA'VON WATKINS**  
FRESHMAN  
LIVERPOOL, N.Y.

### Loxsom's Collegiate Personal Bests

Event	Indoor	Outdoor
500m	1:01.28, SR	***
600m	1:15.79, SR	***
800m	1:46.98, SR	1:45.31, SR
4x400m	3:05.22, SR	3:01.52, SR
SMR	***	3:17.10, SR
4x800m	***	7:12.90

### Watkins' Collegiate Personal Bests

Event	Indoor	Outdoor
800m	1:49.03	***
1000m	2:22.02	***

#### Career Highlights ...

- \* 3x USTFCCCA All-American
- \* 5x Big Ten Champion
- \* 7x Penn State Record Holder
- \* 2010 IAAF World Junior Silver Medalist (800m)
- \* American Collegiate Record Holder (600m, 1:15.79)

#### Loxsom in 2013 ...

Won the 600 at the PSU National with an American Collegiate and school-record time of 1:15.79 - the second-fastest performance ever run by an American ... Leads the NCAA in the 800, 1:46.98.

#### Career Highlights ...

- \* 2012 Millrose High School Mile Champion
- \* 3x New Balance National Runner Up
- \* Third in Brooks PR 800, 2012

#### Watkins in 2013 ...

Has wasted no time in making an impact as a freshman, placing second in the 1000 meters at the Nittany Lion Challenge with a PR 2:22.02 - the fifth-fastest time in Penn State history ... Ran 1:49.03 for the 800 at the PSU National, which currently stands as the 16th-fastest time in Division I.





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**RICKY WEST**  
**SENIOR**  
**TORONTO, ONTARIO**

### West's Collegiate Personal Bests

Event	Indoor	Outdoor
800m	1:47.81	1:46.41
1000m	2:21.95	***

### Career Highlights ...

- \* 2x USTFCCCA All-American
- \* Fourth (800m) at 2013 NACAC Under-23 Championships (Jamaica)
- \* 2012 Big 12 Indoor 800m Champion

### West in 2013 ...

In his first year with the Nittany Lions, West ran 2:21.95 for the 1000 meters at the Nittany Lion Challenge, clocking the third-fastest time in Penn State history ... Placed second in the 800 at the PSU National with a season-best 1:48.92 ... Currently ranks 15th nationally in the 800.



### USTFCCCA Men's Rankings

Rank	School	Conference	Head Coach (Yr)
1	Arkansas	SEC	Chris Bucknam (5th)
2	Florida	SEC	Mike Holloway (11th)
3	Oklahoma State	Big 12	Dave Smith (5th)
4	Texas A&M	SEC	Pat Henry (9th)
5	<b>Penn State</b>	<b>Big Ten</b>	<b>Beth Alford-Sullivan (7th)</b>
6	Texas Tech	Big 12	Wes Kittley (14th)
7	Nebraska	Big Ten	Gary Pepin (30th)
8	Oregon	MPSF	Robert Johnson (1st)
9	Texas	Big 12	Bubba Thornton (18th)
10	Indiana	Big Ten	Ron Helmer (6th)
11	Wisconsin	Big Ten	Ed Nuttycombe (29th)
12	Florida State	ACC	Bob Braman (10th)
13	Arizona State	MPSF	Greg Kraft (17th)
14	LSU	SEC	Dennis Shaver (9th)
15	Oklahoma	Big 12	Martin Smith (8th)
16	Mississippi	SEC	Brian O'Neal (1st)
17	Virginia Tech	ACC	Dave Cianelli (12th)
18	Clemson	ACC	Shawn Cobey (1st)
19	UT Arlington	WAC	John Sauerhage (17th)
20	Indiana State	Missouri Valley	John McNichols (30th)
21	Pittsburgh	Big East	Alonzo Webb (11th)
22	George Mason	Colonial	Andrew Gerard (8th)
23	Minnesota	Big Ten	Steve Plasencia (5th)
24	Kansas State	Big 12	Cliff Rovelto (21st)
25	Michigan	Big Ten	Fred LaPlante (5th)

### Lions in the National Rankings

#### 800 METERS

1	Loxson, Casimir	1:46.98	Nittany Lion Challenge	01/12/13
6	Kidder, Brannon	1:48.17	Nittany Lion Challenge	01/12/13
15	West, Ricky	1:48.92	PSU National	01/26/13
16	Watkins, Za'Von	1:49.03	PSU National	01/25/13
19	Creese, Robby	1:49.13	Sykes & Sabock	02/02/13

#### MILE

2	Creese, Robby	3:57.11	UW Husky Classic	02/09/13
15	Kidder, Brannon	3:59.48	PSU National	01/26/13

#### 3000 METERS

17	Masters, Sam	7:54.52	UW Husky Classic	02/09/13
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#### 4X400-METER RELAY

10	Penn State (C)	3:08.03	Mpanduki, Loxson, Gilmore, Bennett-Green Sykes & Sabock	02/02/13
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#### DISTANCE MEDLEY RELAY

15	Penn State (D)	9:48.39	Creese, Shisler, Brennan, Scarpello Sykes & Sabock	02/02/13
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#### SHOT PUT

16	Hill, Darrell	60-9.50 18.53m	Sykes & Sabock	02/02/13
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#### WEIGHT THROW

10	Barr, Will	67-11.75 20.72m	SPIRE D-I Inv	02/09/13
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## 4x800 Meter Relay || All-Time Stats

### World Indoor Top 10

1	7:13.94	Global Athletics & Mktg (USA) Boston	02/06/00
		Joey Woody (1:49.34)	
		Karl Paranya (1:48.31)	
		Rich Kenah (1:48.48)	
		David Krummernacker (1:47.81)	
2	7:14.78	Reebook Encalve (USA) Boston	02/06/00
		Elliot Gaskins (1:50.66)	
		Kevin Murphy (1:49.19)	
		Mike Schroer (1:48.23)	
		Bryan Woodward (1:46.70)	
3	7:15.77	Moscow (Russia)	02/10/08
4	7:16.59	Santa Monica TC	02/06/00
5	<b>7:17.45</b>	<b>Clemson</b> Indianapolis	<b>03/11/89</b>
		<b>Mike Radziwinski (1:51.0)</b>	
		<b>Dave Wittman (1:49.7)</b>	
		<b>Phil Greyling' (1:48.5)</b>	
		<b>Terrance Herrington (1:47.7)</b>	
6	7:17.77	George Mason	03/11/89
7	7:17.8	Soviet Union	03/14/71
8	7:18.23	Florida	03/14/92
9	7:18.3*	UCTC	02/09/74
10	7:19.13	Eastern Michigan	03/13/93

**BOLD - Collegiate Record**

### Collegiate Indoor Top 10

1	7:17.45	Clemson	03/11/89
2	7:17.77	George Mason	03/11/89
3	7:18.23	Florida	03/14/92
4	7:19.13	Eastern Michigan	03/13/93
5	7:19.50*	Villanova	03/12/83
6	7:19.86	Georgetown	03/09/91
7	7:19.90	Villanova	03/11/89
8	7:19.92	Arkansas	02/26/83
9	7:19.94	Villanova	03/10/90
10	7:19.95	Florida	03/13/93

### Penn State Indoor Top 5

1.	7:21.37	Steve Balkey (1:51.0) David McMillan (1:52.6) Chris Mills (1:48.8) Ray Levitre (1:48.9)	NCAA Championships, 1987
2.	7:21.42*	Paul McLaughlin (1:52.8) Randy Moore (1:51.9) Ken Wynn (1:49.6) Mike Cook (1:49.7)	NCAA Championships, 1983
3.	7:23.38*	Vance Watson (1:52.3) Steve Shisler (1:53.3) Chris Mills (1:52.2) Randy Moore (1:48.0)	USA/TAC Champs., 1985
4.	7:24.54	Vance Watson (1:52.3) Tom Shiffer (1:51.3) Ray Levitre (1:49.30) Chris Mills (1:50.0),	NCAA Trials, 1986
5.	7:24.60*	Steve Shisler (1:53.06) Paul McLaughlin (1:51.28) Ken Wynn (1:50.82) Mike Cook (1:51.90)	USA/TAC Champs., 1983

\* Converted from Two-Mile Relay

### Penn State Middle Distance Record Book

#### MEN'S 600-METER RUN

1.	<b>1:15.79</b>	<b>Casimir Loxsom, 2013</b>
2.	1:16.89	Ben Karcz, , 2001
3.	1:17.65	Lionel Williams, 2009
4.	1:18.16	Matt Lincoln, 2004
5.	1:18.84	Mark Miller, 2005

#### Other Notable Performances

*	1:16.92	Casimir Loxsom, 2010
		* <i>American Junior Record</i>
*	1:15.79	Casimir Loxsom, 2013
		* <i>American Collegiate Record</i>

#### MEN'S 800-METER RUN

1.	<b>1:46.98</b>	<b>Casimir Loxsom, 2013</b>
2.	1:47.32	Ryan Foster, 2010
3.	1:47.77	Owen Dawson, 2010
4.	<b>1:48.17</b>	<b>Brannon Kidder, 2013</b>
5.	1:48.19	Ray Levitre, 1987

#### Other Notable Performances

*	1:47.48	Ryan Foster, 2010
		* <i>Australian National Record</i>

#### MEN'S 1000-METER RUN

1.	2:19.53	Robby Creese, 2012
2.	2:19.60	Ryan Foster, 2010
3.	<b>2:21.95</b>	<b>Ricky West, 2013</b>
4.	2:21.98	Owen Dawson, 2010
5.	<b>2:22.02</b>	<b>Za'Von Watkins, 2013</b>

#### Other Notable Performances

*	2:19.53	Robby Creese, 2012
		* <i>Collegiate, American Junior Record</i>
*	2:19.60	Ryan Foster, 2010
		* <i>Australian National Record</i>

#### MEN'S MILE RUN

1.	<b>3:57.11</b>	<b>Robby Creese, 2013</b>
2.	3:58.49	Ryan Foster, 2011
3.	<b>3:59.48</b>	<b>Brannon Kidder, 2013</b>
4.	4:01.98	Samuel Borchers, 2008
5.	4:02.3	Greg Fredericks, 1972

#### DISTANCE MEDLEY RELAY

1.	9:32.94	Samuel Borchers, Mike Cadau, Ryan Foster, Tim Johnson, 2009
2.	9:35.21	Samuel Borchers, Lionel Williams, Casimir Loxsom, Owen Dawson, 2011
3.	9:35.24	Wade Endress, Aaron Nadolsky, Connor Manley, Robby Creese, 2012
4.	9:36.29	Matt Lincoln (2:55.70), Jaret Campisi (47.4), Dan Michael (1:51.5), Chris Foster (4:02.6), 2005
5.	9:39.81	R.B. Caldwell (1:51.94), James Robbins (48.49), Phil Mellott (2:58.12), Bob Hamer (4:01.55), 1994

### Millrose 4x800 Record

7:23.08 University of Richmond, 1982

# 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. **7.38 Mahagony Jones, 2013**
4. 7.41 Toyin Augustus, 2001
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. **23.64 Mahagony Jones, 2013**
5. 23.67 Caitlin DeFusco, 2010

## 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. **53.87 Dynasty McGee, 2013**
6. 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. **9:23.82 Brooklyne Ridder, 2013**

## 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. **16:07.52 Brooklyne Ridder, 2013**
5. 16:22.30 Cheryl Spring, 2010
6. 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. **8.47 Shelley Black, 2013**

## 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. 3:34.04 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. **5-10.50 (1.79) Erika Morgan, 2013**
4. 5-9.75 (1.77) Jen Aylward, 2001
5. 5-8.50 (1.74) Amber Strouse, 2007
- 5-8.50 (1.74) Kelsey Coutts, 2012

## 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. **42-2.25 (12.86) Marlene Ricketts, 2013**
3. 41-11.50 (12.79) Gabriela Baiter, 2008
4. 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998

## 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. **51-7.25 (15.73) Jane Swenson, 2013**
5. 51-2 (15.60) Deshaya Williams, 2003
6. 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. **64-11 (19.80) Melissa Kurzdorfer, 2013**
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

## Notable Performances

- \* 4,059 Gayle Hunter, 2005
- \* American Junior Record

**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: 1:15.79, Casimir Loxsom (2013)

- 1:15.79 Casimir Loxsom, 2013
- 1:16.89 Ben Karcz, 2001
- 1:17.65 Lionel Williams, 2009
- 1:18.16 Matt Lincoln, 2004
- 1:18.84 Mark Miller, 2005

## Notable Performances

- \* 1:16.92 Casimir Loxsom, 2010  
\* American Junior Record
- \* 1:15.79 Casimir Loxsom, 2013  
\* American Collegiate Record

## MEN'S 800-METER RUN

PSU: 1:46.98, Casimir Loxsom (2012)

- 1:46.98 Casimir Loxsom, 2013
- 1:47.32 Ryan Foster, 2010
- 1:47.77 Owen Dawson, 2010
- 1:48.17 Brannon Kidder, 2013
- 1:48.19 Ray Levitre, 1987

## Notable Performances

- 1:47.48 Ryan Foster, 2010  
\* Australian National Record

## MEN'S 1000-METER RUN

PSU: 2:19.53, Robby Creese (2012)

- 2:19.53 Robby Creese, 2012
- 2:19.60 Ryan Foster, 2010
- 2:21.95 Ricky West, 2013
- 2:21.98 Owen Dawson, 2010
- 2:22.02 Za'Von Watkins, 2013

## Notable Performances

- \* 2:19.53 Robby Creese, 2012  
\* Collegiate, American Junior Record
- \* 2:19.60 Ryan Foster, 2010  
\* Australian National Record

## MEN'S MILE RUN

PSU: 3:57.11, Robby Creese (2013)

- 3:57.11 Robby Creese, 2013
- 3:58.49 Ryan Foster, 2011
- 3:59.48 Brannon Kidder, 2013
- 4:01.98 Samuel Borchers, 2008
- 4:02.3 Greg Fredericks, 1972

## MEN'S 3000-METER RUN

PSU: 7:54.52, Sam Masters (2013)

- 7:54.52 Sam Masters, 2013
- 8:00.78 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 Scharsu, 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
- 3:08.03 Mpanduki, Loxsom, Gilmore, Br. Bennett-Green, 2013
- 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
- 61-7 (18.77) Logan Caldwell, 2012

## MEN'S 35-LB WEIGHT

PSU: 67-11 3/4 (20.72), Will Barr (2013)

- 67-11 3/4 (20.72) Will Barr, 2013
- 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

## MEN'S HEPTATHLON

PSU: 5500, James Cook (1998)

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





# TRACK & FIELD

## 2013 Penn State Women's Indoor Performance List

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

7.38	Mahogany Jones	Jan-25
7.58	Kirsten Nieuwendam	Jan-25
7.96	Dynasty McGee	Jan-5
7.96	Gabrielle Barbour	Jan-5
8.08	Kaitlyn Lopez	Jan-5

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

23.64	Mahogany Jones	Feb-2
24.20	Kiah Seymour	Jan-12
24.56	Kirsten Nieuwendam	Feb-9
25.26	Shelley Black	Feb-2
25.54	Gabrielle Barbour	Jan-12
25.60	Doris Anyanwu	Jan-26
25.68	Evonne Britton (UNA)	Jan-5

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

53.87	Dynasty McGee	Feb-9
54.39	Mahogany Jones	Jan-12
54.82	Kiah Seymour	Feb-2
54.87	Kirsten Nieuwendam	Jan-12
57.41	Doris Anyanwu	Feb-9

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

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

1:34.23	Audrey Houghton	Feb-2
1:35.82	Colleen Shannon	Feb-2

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

2:09.71	Marta Klebe	Feb-9
2:09.75	Sarah Jane Underwood	Jan-26
2:12.89	Colleen Shannon	Feb-9
2:15.81	Audrey Houghton	Feb-9
2:33.45	Brittney Howell	Jan-25

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

2:52.25	Marta Klebe	Jan-12
2:53.46	Sarah Jane Underwood	Jan-12
3:10.26	Kalyn Fisher	Jan-5

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

4:48.85	Caitlin Lane (UNA)	Jan-26
4:50.80	Abbie Benson	Jan-26
4:50.81	Marta Klebe	Feb-2
4:50.96	Natalie Bower	Jan-12
4:55.23	Sarah Jane Underwood	Feb-2
4:57.53	Emily Giannotti	Jan-12
4:57.55	Gabrielle Cocco	Jan-12
4:59.72	Kalyn Fisher	Feb-9
5:00.40	Kerrin Jennings	Jan-5
5:02.92	Tori Gerlach	Jan-5
5:02.93	Lauren Mills	Jan-12
5:12.87	Dani Kocjancic	Feb-2
5:22.29	Gwenn Porter	Feb-2

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

9:22.38	Caitlin Lane (UNA)	Feb-9
9:23.82	Brooklyne Ridder	Jan-26
9:28.29	Natalie Bower	Jan-26
9:31.91	Tori Gerlach	Feb-9
9:37.81	Abbie Benson	Feb-9
9:43.96	Leigha Anderson	Jan-26
9:50.69	Katie Rodden	Feb-9
9:53.43	Gabrielle Cocco	Feb-9
9:59.48	Lauren Mills	Feb-9
10:40.91	Dani Kocjancic	Jan-26
10:54.63	Gwenn Porter	Jan-26

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

16:07.52	Brooklyne Ridder	Feb-8
16:17.81	Natalie Bower	Feb-8
16:42.78	Emily Giannotti	Feb-8
17:24.23	Katie Rodden	Jan-25
17:31.83	Lauren Mills	Jan-25

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

8.47	Shelley Black	Jan-25
8.49	Brittney Howell	Feb-2
8.85	Kiah Seymour	Jan-12

### WOMEN'S 4x200-METER RELAY PSU: Anyanwu, Jones, Nieuwendam, Seymour, 1:37.25 (2013)

1:37.25	Jones, Nieuwendam, Anyanwu, Seymour	Jan-5
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### WOMEN'S 4x400-METER RELAY PSU: Blake, Simmons, Cox, Barber, 3:33.39 (2007)

3:38.48	McGee, Jones, Nieuwendam, Seymour	Feb-2
3:41.18	Anyanwu, Jones, Nieuwendam, Seymour	Jan-5
3:55.88	Barbour, Black, Howell, Ricketts	Jan-5
3:57.29	Underwood, Houghton, Shannon, Klebe	Jan-5

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

9:05.13	Shannon, Underwood, Houghton, Klebe	Jan-5
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### WOMEN'S DISTANCE MEDLEY RELAY PSU: Lane, Iheoma, Simko, Millhouse, 11:05.16 ('12)

11:35.46	Gerlach, Ricketts, Klebe, Anderson	Feb-2
11:42.55	Jennings, Underwood, Fisher, Gerlach	Jan-12
11:43.95	Benson, Anyanwu, Fisher, Jennings	Jan-25
11:45.85	Benson, Houghton, Klebe, Anderson	Jan-12

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

5-10 (1.79)	Erika Morgan	Jan-5
5-8 (1.73)	Kelsey Coutts	Jan-26
5-7.25 (1.71)	Brittney Howell	Jan-12
5-7 (1.71)	Ahmenah Richardson	Jan-12
5-7 (1.70)	Sarah Palmer	Jan-26
5-1 (1.55)	Brooke Owen	Jan-5

### WOMEN'S POLE VAULT PSU: Sara Dougherty, 13-5.75/4.11 (2004)

11-1.75 (3.40)	Kasey Kemp	Jan-12
10-2 (3.10)	Lindsey Bacik	Jan-26

### WOMEN'S LONG JUMP PSU: Gayle Hunter, 20-11.25/6.38 (2009)

19-6.25 (5.95)	Brittney Howell	Feb-9
19-2.50 (5.85)	Marlene Ricketts	Feb-2
18-6 (5.64)	Kaitlyn Lopez	Feb-2
17-5.50 (5.32)	Brianna Rauenzahn	Feb-2

### WOMEN'S TRIPLE JUMP PSU: Chi-Chi Aduba, 44-1.50/13.45 (2003)

42-2.25 (12.86)	Marlene Ricketts	Jan-26
38-8.25 (11.79)	Kaitlyn Lopez	Feb-9
37-0.50 (11.29)	Ahmenah Richardson	Jan-26

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

51-7.25 (15.73)	Jane Swenson	Feb-2
50-0.50 (15.25)	Melissa Kurzdorfer	Feb-9
49-0.25 (14.94)	Rachel Fatherly	Feb-9
38-6.25 (11.74)	Allison Wethey	Jan-12
36-1.25 (11.00) M	Brittney Howell	Feb-8

### WOMEN'S 20-LB WEIGHT THROW PSU: Jennifer Leatherman, 74-10/22.82, 2006

64-11.50 (19.80)	Melissa Kurzdorfer	Feb-2
57-5 (17.50)	Rachel Fatherly	Feb-9
56-9.50 (17.31)	Jane Swenson	Feb-2
37-4 (11.38)	Allison Wethey	Jan-25

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

3851	Brittney Howell	Jan-25
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#### KEY -

**BOLD** - School Record; M - Mark from Multi-Events; \* - Flat to bank conversion



# TRACK & FIELD

## 2013 Penn State Men's Indoor Performance List

### MEN'S 60-METER DASH

PSU: Ernie Terrell, 6.76 (2003)

6.98	Emunael Mpanduki	Feb-2
7.25 M	Robbie Cardina (UNA)	Jan-25
7.32 M	Patrick Conn (UNA)	Jan-25
7.99 M	Michael Shuey (UNA)	Jan-25

### MEN'S 200-METER DASH

PSU: Ryan Oikowski, 20.98 (2002)

21.49	Emunael Mpanduki	Jan-26
21.66	Brandon-Bennett-Green	Feb-9
21.73	Matt Gilmore	Feb-9
21.93	Bernard Bennett-Green	Jan-5
22.41	Alex Shisler	Jan-5
22.56	Sancho Barrett	Jan-12

### MEN'S 400-METER DASH

PSU: Brady Gehret, 46.22 (2011)

47.21	Brandon Bennett-Green	Jan-26
47.42	Emunael Mpanduki	Feb-9
47.42	Aaron Nadolsky	Feb-9
47.86	Bernard Bennett-Green	Feb-9
48.10	Matt Gilmore	Feb-9
48.80	Alex Shisler	Feb-2
53.71	Robbie Cardina (UNA)	Jan-12
54.80	Patrick Conn (UNA)	Jan-12
56.42	Michael Shuey (UNA)	Jan-12

### MEN'S 500-METER DASH

PSU: Casimir Loxsom, 1:01.28 (2011)

1:06.43	Alex Shisler	Jan-26
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### MEN'S 600-METER RUN

PSU: Casimir Loxsom, 1:15.79 (2013)

1:15.79*	Casimir Loxsom	Jan-26
1:19.76	Ryan Brennan	Feb-2

\* American Collegiate Record

### MEN'S 800-METER RUN

PSU: Casimir Loxsom, 1:46.98 (2013)

1:46.98	Casimir Loxsom	Jan-12
1:48.17	Brannon Kidder	Jan-12
1:48.92	Ricky West	Jan-26
1:49.03	Za'Von Watkins	Jan-26
1:49.13	Robbie Creese	Feb-2
1:50.28	Ryan Brennan	Feb-9
1:56.06	Tom Damiani	Feb-2
1:57.96	Colin Baker	Jan-12
1:58.37	Mark Fuller	Jan-12

### MEN'S 1000-METER RUN

PSU: Robby Creese, 2:19.53 (2012)

2:21.95	Ricky West	Jan-12
2:22.02	Za'Von Watkins	Jan-12
2:23.14	Ryan Brennan	Jan-12
2:32.33	Tom Damiani	Jan-26
3:02.38	Robbie Cardina (UNA)	Jan-26
3:12.99	Patrick Conn (UNA)	Jan-26
3:15.05	Michael Shuey (UNA)	Jan-26

### MEN'S MILE RUN

PSU: Robby Creese, 3:57.11 (2013)

3:57.11	Robby Creese	Feb-9
3:59.48	Brannon Kidder	Jan-26
4:02.67	Sam Masters	Jan-26
4:05.13	Tyler Corkedale	Feb-2
4:11.87	Nick Scarpello	Jan-12
4:16.53	Mark Fuller	Jan-26
4:16.97	Tom Luff	Feb-2
4:17.15	Colin Baker	Feb-9
4:25.12	Conrad Lippert (UNA)	Jan-26

### MEN'S 3000-METER RUN

PSU: Sam Masters, 7:54.52 (2013)

7:54.52	Sam Masters	Feb-9
8:10.02	Matt Fischer	Jan-26
8:10.00	Nick Scarpello	Feb-9
8:10.85	Tyler Corkedale	Feb-9
8:28.28	Tom Luff	Feb-9
8:34.14	Chris Campbell	Jan-12
8:43.30	Conrad Lippert (UNA)	Jan-12

### MEN'S 5000-METER RUN

PSU: Steve Brown, 13:52.36 (1990)

14:09.87	Matt Fischer	Feb-9
14:37.72	Tyler Jones	Jan-25
14:44.13	Tom Luff	Jan-25

### MEN'S 60-METER HURDLES

PSU: Guy Rose, 7.69 (2001)

7.95	Sancho Barrett	Feb-2
8.51	Robbie Cardina (UNA)	Jan-12
8.90	Patrick Conn (UNA)	Jan-12
9.48	Michael Shuey (UNA)	Jan-12

### MEN'S 4x200-METER RELAY

PSU: Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky, 1:24.70 (2013)

1:24.70*	Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky	Jan-25
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\* Collegiate Record

### MEN'S 4x400-METER RELAY

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

3:08.03	Mpanduki, Loxsom, Gilmore, Br. Bennett-Green	Feb-2
3:09.97	Nadolsky, Gilmore, Loxsom, Br. Bennett-Green	Jan-5
3:14.79	Mpanduki, Be. Bennett-Green, Shisler, Br. Bennett-Green	Jan-12

### MEN'S DISTANCE MEDLEY RELAY

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

9:48.39	Creese, Shisler, Brennan, Scarpello	Feb-2
9:53.87	Creese, Mpanduki, Kidder, Fuller	Jan-5
9:56.85	Corkedale, West, Scarpello, Masters	Jan-12
9:58.80	West, Brennan, Loxsom, Baker	Jan-5

### MEN'S HIGH JUMP

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

7-1 (2.16)	Mike McClelland	Jan-12
7-0.50 (2.15)	Jon Hendershot	Jan-5
7-0.25 (2.14)	Sean Reilly	Jan-26
6-8.25 (2.04) M	Robbie Cardina (UNA)	Jan-25
6-3.50 (1.92) M	Michael Shuey (UNA)	Jan-25
5-6 (1.68) M	Patrick Conn (UNA)	Jan-25

### MEN'S POLE VAULT

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

15-1 (4.60)	Patrick Anderson	Feb-9
15-1 (4.60)	Jesse Laverdiere	Feb-9
14-7.25 (4.45)	David Patzer	Jan-25
12-6 (3.81) M	Robbie Cardina (UNA)	Jan-26
10-2.50 (3.11) M	Michael Shuey (UNA)	Jan-26

### MEN'S LONG JUMP

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

23-4.50 (7.12)	Brian Leap	Jan-25
21-3.25 (6.48) M	Patrick Conn (UNA)	Jan-25
20-3 (6.17)	Robbie Cardina (UNA)	Jan-12
18-8.50 (5.70)	Michael Shuey (UNA)	Jan-12

### MEN'S TRIPLE JUMP

PSU: Chavous Nichols, 53-0.75 (16.17)

50-8 (15.44)	Brian Leap	Jan-26
47-0.25 (14.33)	Jarred Posey	Jan-12

### MEN'S SHOT PUT

PSU: C.J. Hunter, 65-7 /19.99 (1990)

60-9 (18.53)	Darrell Hill	Feb-2
58-5.25 (17.81)	Nabil Mubarak	Jan-26
38-6.25 (11.74)	Patrick Conn (UNA)	Jan-12
38-4 (11.68)	Robbie Cardina (UNA)	Jan-12
37-7.25 (11.46)	Michael Shuey (UNA)	Jan-5

### MEN'S 35-LB WEIGHT THROW

PSU: Will Barr, 67-11.75/20.72 (2013)

67-11.75 (20.72)	Will Barr	Feb-9
64-8 (19.73)	Nabil Mubarak	Feb-2
47-1 (14.35)	Dan Jordan (UNA)	Jan-25

### MEN'S HEPTATHLON

PSU: James Cook, 5500 (1998)

4869	Robbie Cardina (UNA)	Jan-25/26
3971	Michael Shuey (UNA)	Jan-25/26
3888	Patrick Conn (UNA)	Jan-25/26

UNA - Unattached; **BOLD** - School Record; M - Mark from Multi-Events

#### KEY -

UNA - Unattached; **BOLD** - School Record; M - Mark from Multi-Events