



TRACK & FIELD



junior
**BRANDON
BENNETT-GREEN**



junior
**MELISSA
KURZDORFER**



sophomore
**BRIAN
LEAP**

THE PENN STATE RELAYS JANUARY 5, 2013





TRACK & FIELD

2013 Penn State Relays January 5, 2013

|| Ashenfelter III Indoor Track ||

Off to a Great Start ... Blue-White Recap Blue Wins Team Title at Blue-White Meet

UNIVERSITY PARK, Pa. - The "Blue" Team took top honors in both the men's and women's competitions, and went on to win the overall Penn State Track and Field "Triple Crown" at the annual Blue-White Instrasquad Meet, on December 15 at Ashenfelter III Indoor Track. The effort included a trio of double winners on the Blue roster, including Brian Leap (Bellwood, Pa.), Brittney Howell (Wyncote, Pa.), and Melissa Kurzdorfer (Lancaster, N.Y.). Mahagony Jones (Cleveland, Ohio) was also picked up a pair of victories, competing for the White Team. Also highlighting the afternoon's events, was junior standout Brady Gehret (Altoona, Pa.), who set an Ashenfelter Track record in the 300 meters.

The Blue Team scored comfortable wins over the White Team on both the men's and women's sides, winning 67-60 in the women's standings, and 68-61 in the final men's tally. Overall, the Blue topped the White, 135-121, for bragging rights, as well as the combined title. The Blue Team also outdid it's White Team opponents in overall victories, claiming a total 16 wins out of 26 total events.

Leap - who will be entering his sophomore season this winter - handled things in the men's horizontal jumps, picking up victories in the long and triple jumps. The sophomore topped in the field with a leap of 22-4.25 (6.81) in the long jump, and turned in an effort of 49-1 (14.96) to take the triple jump. Howell also captured one of her double victories in the horizontals, winning with a leap of 18-4.50 (5.60). The junior would move on to top the field in the 60-meter hurdles, finishing in 8.76.

Kurzdorfer nabbed both her wins in the circle, taking top honors in both the shot put and the 20-lb weight throw. The junior came up just shy of the 50-foot barrier in the shot put, finishing with a toss of 49-9 (15.16), and took the weight, thanks to an effort of 63-11.50 (19.49).

Jones' victories came in the sprints, as the redshirt-junior sped to victory in the 60-meters in 7.52, and rebounded to win the 300-meters in 37.83. Jones also led off the winning 4x400-meter relay, which finished in 3:52.33 - along with teammates Kirsten Nieuwendam (Parimaribo, Suriname), Doris Anyanwu (Beltsville, Md.), and Kiah Seymour (Washington, D.C.).

Gehret led things in the men's sprints, clocking 33.39 to break his own facility record of 33.39. Gehret - competing for the White Team - was also just shy of Michael Timpson's long-standing 33.01 school record in the event, which was set in 1986.

Mark Your Calendar! 2013 Events and Promotions

January 12 Nittany Lion Challenge

Special Events:
** Parents' Day **

January 25-26 Penn State National

Friday Special Events:
** Code Blue Blast **

Saturday Special Events:
** Compete for the Cure **
** The Little Lion Lap **

February 2 Sykes & Sabock Challenge Cup

Special Events:
** Military Appreciation Day **
** Officials' Recognition Day **
** Senior Day **

Penn State Coaching Staff

Director and Head Coach	Beth Alford-Sullivan, Distance
Associate Head Coach	John Gondak, Mid-Distance
Assistant Coach	Randy Bungard, Sprints/Hurdles/Relays
Assistant Coach	Pat Ebel, Throws
Assistant Coach	Kevin Kelly, Men's Jumps/Multi's/PV
Assistant Coach	Fritz Spence, Women's Jumps/Multi's

Director of Operations	Jess Riden
Director of Operations	Megan Monroig

Volunteer Assistants	Jim Sullivan
	Artie Gilkes
	Ryan Whiting
	Joe Kovacs

Athletic Trainers	Ben Evans
	Michael Gay



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|| Team News and Notes ||

Gondak Promoted to Associate Head Coach Nittany Lion middle distance coach in seventh year at Penn State

UNIVERSITY PARK, Pa.: December 21, 2012 - John Gondak, who is in his seventh year overseeing the Nittany Lion middle distance athletes, has been promoted to Associate Head Coach for Nittany Lion Track and Field/Cross Country, announced by Director and Head Coach of the Penn State program Beth Alford-Sullivan. 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.).

23 Cross Country Athletes Earn Academic All-Big Ten Honors Rodden leads the way with 4.0 cumulative GPA

UNIVERSITY PARK, Pa.: December 18, 2012 - Excelling on the field and in the classroom, 23 members of the Nittany Lion men's and women's cross country squads have earned Academic All-Big Ten honors, announced by conference offices. Among the honorees was sophomore Katie Rodden (Ardmore, Pa.), who is one of just three Nittany Lion fall sports athletes to carry a perfect 4.0 cumulative grade-point average.

The Nittany Lion men's cross country team earned the most Academic citations among conference teams, leading all Big Ten men's cross country programs with nine honorees. Meanwhile, the women's cross country squad earned a total of 14 All-Academic citations - the highest single season total in program history.

The Nittany Lions' total of 23 honorees is the second-highest total in program history, behind 26 All-Academic awardees during the 1993 fall season.

Overall, 100 Penn State student-athletes - representing seven fall sports - earned All-Academic status, bettering the Nittany Lions' previous record-total of 81 for fall sports teams, set in 2007. Penn State's 100 honorees led all conference schools. Northwestern was second with 94. The 100 honorees brings Penn State's all-time total to 4,124 in the 20th year of the program. Men's and women's cross country has accounted for 343 of those honorees since 1992.

Attention "Little Lions" in Grades K-5 ...

Penn State Track and Field is proud to present the "Little Lion Lap," in conjunction with the Penn State National on January 26, 2013.

About the Nittany Lion Lap ...

Who: All Children in Grades K-5

What: One Lap (200 meters) around the Ashenfelter III Indoor Track

Where: Ashenfelter III Indoor Track (Multi-Sport Facility)

When: Saturday, January 26, 2013 (Approx. 2:00 p.m.)

For more information or to register, contact littlelionlap@gmail.com.





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|| Ashenfelter III Indoor Track || Facility Records and Notable Performances ||

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.17	2012	Barbara Pierre - Unattached
Men 200 Meters	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meters	22.98	2010	Shavon Greaves - Penn State
Men 400 Meters	45.46	2001	Andrew Pierce - Ohio State
Women 400 Meters	52.31	2007	Shana Cox - Penn State
Men 500 Meters	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meters	1:08.70*	2010	Shana Cox - Adidas
	1:09.16 C, AJ	2007	Francena McCorory - Hampton
Men 600 Meters	1:16.19	2001	Tom Gerding - Minnesota
	1:16.92 WJ, AJ	2010	Casimir Loxsom - Penn State
Women 600 Meters	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meters	1:47.36	2011	Casimir Loxsom - Penn State
Women 800 Meters	2:03.51	2011	Erica Moore - Knoxville Elite
Men 1000 Meters	2:19.53 C, AJ	2012	Robby Creese - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:56.51	2012	Jeff See - Saucony
Women Mile	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meters	7:58.51	2000	Robert Gary - Adidas
Women 3000 Meters	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meters	13:58.16	2009	Hassan Mead - Minnesota
Women 5000 Meters	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.49	2012	Jarret Eaton - Syracuse
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x200 Meter Relay	1:25.05 C	2007	Rutgers - M Coleman, B Owens, J Porter, R Waters
Women 4x200 Meter Relay	1:37.76	2006	Penn State - M Walker, K Salaam, G Hunter, S Shoaff
Men 4x400 Meter Relay	3:07.33	2012	Pittsburgh - M Murray, D Cowsette, J Lowery, B Spratling
Women 4x400 Meter Relay	3:34.38	2005	Tennessee - L Loche, N Cook, P Hall, C Champion
Men 4x800 Meter Relay	7:23.13	2009	Phoenix Athletics - K Smith, A Maloney, M Lincoln, A Heaney
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Sprint Medley	3:23.74	2005	Penn State - E Terrell, J Campisi, C Lolagne, M Lincoln
Women Sprint Medley	3:52.25 C	2007	Penn State - L Burns, L Bettis, A Barber, B Simmons
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	10:55.95	2012	Georgetown - R Schneider, L Finley, C Cox, E Infield
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	18-3 (5.56)	2001	Paul Terek - Michigan State
Women Pole Vault	14-3.25 (4.35)	2010	Alicia Rue - Minnesota
Men Long Jump	26-1.50 (7.96)	2011	Justin Hunter - Tennessee
Women Long Jump	21-6.75 (6.57)	2006	Tianna Madison - Nike
Men Triple Jump	55-9 (16.99)	2006	Leevan Sands - Bahamas
Women Triple Jump	45-2.50 (13.45)	2004	Coleen Scott - Unattached
Men Shot Put	69-10.50 (21.29)	2012	Ryan Whiting - Nike
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	74-4.25 (22.66)	2004	Dan Taylor - Ohio State
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Pentathlon	4731	2010	Hyleas Fountain - Nike
	4059 AJ	2005	Gayle Hunter - Penn State

* - American Indoor Record; C - Collegiate Record; AmC - American Collegiate Record; WJ - World Junior Record; AJ - American Junior Record



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|| Meet Records ||

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meter Dash	6.77*	2006	Aulton Kohn - Syracuse
Women 60 Meter Dash	7.30	2010	Shavon Greaves - Penn State
Men 200 Meter Dash	21.41	2011	Brady Gehret - Penn State
Women 200 Meter Dash	23.22	2010	Shavon Greaves - Penn State
Men 500 Meter Dash	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meter Dash	1:10.44	2012	Fawn Dorr - Brooks
Men 1000 Meter Run	2:25.37	2008	Kurt Kuehne - Princeton
Women 1000 Meter Run	2:47.38	2010	Frances Koons - Unattached
Men 1 Mile Run	4:15.51	2008	Ben White - Princeton
Women 1 Mile Run	5:06.99	2012	Megan Elgin - Rider
Men 3000 Meter Run	8:24.40	2006	Kyle Heath - Syracuse
Women 3000 Meter Run	9:34.64	2005	Kate Boyles - Cornell
Men 60 Meter Hurdles	7.88	2009	Ronnie Ash - Bethune-Cookman
Women 60 Meter Hurdles	8.30	2009	Aleesha Barber - Unattached
Men 4x200 Meter Relay	1:25.05	2007	Rutgers - M Coleman, B Owens, J Porter, R Waters
Women 4x200 Meter Relay	1:37.76	2006	Penn State - M Walker, K Salaam, G Hunter, S Shoaff
Men 4x400 Meter Relay	3:09.65	2012	Penn State - E Mpanduki, M Gilmore, Br Bennett-Green, A Nadolsky
Women 4x400 Meter Relay	3:36.91	2012	Penn State - M Jones, D McGee, K Nieuwendam, I Iheoma
Men 4x800 Meter Relay	7:31.17	2009	Penn State - O Dawson, M Groves, L Williams, R Foster
Women 4x800 Meter Relay	8:55.20	2009	Villanova - J Sarruda, K Tallman, A Smith, F Koons
Men Distance Medley	9:48.59	2012	Unattached - O Dawson, K Fuller, R Foster, B Fuller
Women Distance Medley	11:35.74	2008	Penn State - L Rosenfeld, M Duncan, F York, B Franek
Men 4xMile Relay	16:54.31	2005	St. Francis (Pa.) - R Sheehan, A Maloney, N Brousse, A Suravicz
Women 4xMile Relay	20:17.97	2005	LaSalle - E Geiger, R Papin, D Schopf, J Darcy
Men High Jump	7-1.75 (2.18)	2009	Ryan Fritz - Penn State
Women High Jump	5-11.50 (1.82)	2007	Sarah Wilfred - Cornell
Men Pole Vault	16-4.75 (4.99)	2006	Evan Whitehall - Cornell
Women Pole Vault	12-6.25 (3.82)	2012	Jocelyn Witmer - Penn State
Men Long Jump	23-10 (7.26)	2012	Aaron Lucas - St. Peter's College
Women Long Jump	20-4.50 (6.21)	2008	Jeomi Maduka - Cornell
Men Triple Jump	51-6.25 (15.70)	2008	Muhammad Halim - Cornell
Women Triple Jump	42-1.25 (12.81)	2008	Jeomi Maduka - Cornell
Men Shot Put	60-6.50 (18.45)	2011	Joe Kovacs - Penn State
Women Shot Put	48-8.25 (14.84)	2012	Jane Swenson - Penn State
Men Weight Throw 35 lb	63-2 (19.25)	2008	Alex Pessala - Princeton
Women Weight Throw 20 lb	70-2.25 (21.39)	2006	Jen Leatherman - Penn State

* - Converted from 55 Meters



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|| Penn State Indoor Records ||

EVENT	PERFORMANCE	ATHLETE, YEAR
Men 60 Meters	6.76	Ernie Terrell, 2003
Men 200 Meters	20.98	Ryan Olkowski, 2001
Men 400 Meters	46.22	Brady Gehret, 2011
Men 500 Meters	1:01.28	Casimir Loxsom, 2011
Men 600 Meters	1:16.66	Casimir Loxsom, 2012
Men 800 Meters	1:47.32	Ryan Foster, 2010
Men 1000 Meters	2:19.53	Robby Creese, 2012
Men Mile	3:58.49	Ryan Foster, 2011
Men 3000 Meters	8:00.78	Ken Frazier, 1989
Men 5000 Meters	13:52.36	Steve Brown, 1990
Men 60-Meter Hurdles	7.69	Guy Rose, 2001
Men 4x200-Meter Relay	1:26.24	Langan, Campisi, Lolagne, Terrell, 2005
Men 4x400-Meter Relay	3:05.22	Nadolsky, Br. Bennett-Green, Loxsom, Gehret, 2012
Men 4x800-Meter Relay	7:21.17	Balkey, McMillan, Mills, Levitre, 1987
Men Distance Medley Relay	9:32.94	Borchers, Cadau, Foster, Johnson, 2009
Men 4xMile Relay	16:43.54	Adkins, Rapp, Scharsu, Mangan, 1980
Men High Jump	7-4.25 (2.24)	Paul Souza, 1982
Men Pole Vault	17-0.75 (5.20)	John Vellenoweth, 2009
Men Long Jump	25-11 (7.90)	David Coney, 1986
Men Triple Jump	53-0.75 (16.17)	Chavous Nichols, 2003
Men Shot Put	65-7 (19.99)	C.J. Hunter, 1990
Men Weight Throw	66-5.75 (20.26)	Dorian Lowe, 2002

EVENT	PERFORMANCE	ATHLETE, YEAR
Women 60 Meters	7.24	Shavon Greaves, 2010
Women 200 Meters	22.60	Connie Moore, 2004
Women 400 Meters	52.31	Shana Cox, 2007
Women 500 Meters	1:09.19	Shana Cox, 2007
Women 600 Meters	1:29.81	Briene Simmons, 2007
Women 800 Meters	2:05.67	Briene Simmons, 2007
Women 1000 Meters	2:44.24	Caitlin Lane, 2012
Women Mile	4:37.95	Bridget Franek, 2010
Women 3000 Meters	9:10.04	Bridget Franek, 2009
Women 5000 Meters	15:53.50	Paula Renzi, 1985
Women 60-Meter Hurdles	8.16	Aleesha Barber, 2009
Women 4x200-Meter Relay	1:37.76	Walker, Salaam, Hunter, Shoaff, 2006
Women 4x400-Meter Relay	3:33.39	Blake, Simmons, Barber, Cox, 2007
Women 4x800-Meter Relay	8:45.60	Cassel, Gerken, Hart, Stever, 1984
Women Distance Medley Relay	11:05.16	Lane, Iheoma, Simko, Millhouse, 2012
Women High Jump	5-11.25 (1.81)	A. O'Carroll, 1987; B. Maun, 2010
Women Pole Vault	13-5.50 (4.11)	Sara Dougherty, 2004
Women Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
Women Triple Jump	44-1.50 (13.45)	Chi-Chi Aduba, 2003
Women Shot Put	56-5.25 (17.20)	Ja'Nai O'Connor, 2004
Women Weight Throw	74-10 (22.82)	Jen Leatherman, 2006
Women Pentathlon	4342	Gayle Hunter, 2009



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|| Time Schedule ||

FIELD EVENTS

10:00 AM	Women Weight Throw 20 lb	Finals
	Men Weight Throw 35 lb (to follow W WT; Estimated Start – 11:30 AM)	Finals
	Women Shot Put (to follow M WT; Estimated Start – 1:30 PM)	Finals
	Men Shot Put (to follow W SP; Estimated Start – 3:00 PM)	Finals
11:00 AM	Women Pole Vault	
	Men Pole Vault (to follow W PV; Estimated Start – 12:30 PM)	Finals
11:00 AM	Women Long Jump	Finals
	Men Long Jump (to follow W LJ; Estimated Start – 12:30 PM)	Finals
	Women Triple Jump (to follow M LJ; Estimated Start – 2:00 PM)	Finals
	Men Triple Jump (to follow M TJ; Estimated Start – 3:30 PM)	Finals
3:00 PM	Women High Jump	Finals
3:00 PM	Men High Jump	Finals

TRACK EVENTS

10:00 AM	Mixed 1 Mile Run NVRC	
11:00 AM	Women 1 Mile	Finals
11:10 AM	Men 1 Mile	Finals
11:20 AM	Women 60 Meter Hurdles	Prelims
11:30 AM	Men 60 Meter Hurdles	Prelims
11:40 AM	Women 60 Meters	Prelims
11:55 AM	Men 60 Meters	Prelims
12:10 PM	Women 500 Meters	Finals
12:30 PM	Men 500 Meters	Finals
12:55 PM	Women 4x200 Meter Relay	Finals
1:00 PM	Men 4x200 Meter Relay	Finals
1:10 PM	Men 4x1 Mile Relay	Finals
1:30 PM	Women 1000 Meter Run	Finals
1:35 PM	Men 1000 Meter Run	Finals
1:45 PM	Women 60 Meter Hurdles	Finals
1:50 PM	Men 60 Meter Hurdles	Finals
1:55 PM	Women 60 Meter Dash	Finals
2:00 PM	Men 60 Meter Dash	Finals
2:10 PM	Women 4x800 Meter Relay	Finals
2:25 PM	Men 4x800 Meter Relay	Finals
2:40 PM	Women 200 Meter Dash	Finals
3:05 PM	Men 200 Meter Dash	Finals
3:25 PM	Women 3000 Meter Run	Finals
3:40 PM	Women Distance Medley	Finals
3:55 PM	Men Distance Medley	Finals
4:10 PM	Men 3000 Meter Run	Finals
4:25 PM	Women 4x400 Meter Relay	Finals
4:40 PM	Men 4x400 Meter Relay	Finals

COME SEE US AGAIN NEXT WEEK ...

THE NITTANY LION CHALLENGE



JANUARY 12, 2013

ASHENFELTER III INDOOR TRACK



PARENTS' DAY!

All parents and families of current team members welcome to attend a post-meet TAILGATE and MEET-AND-GREET with Penn State Coaching Staff and Team Members!

Come see the Nittany Lions hit their stride against some of the top competition in the Northeast!

The Actions Begins at 11:00 AM!

