



# 2014-15 Indoor Track & Field Postseason Guide

Randal Tyson Track Center Fayetteville, Ark. | March 13-14

## PENN STATE TRACK & FIELD



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# Penn State Track and Field

## Meet Notes

### NCAA Indoor Championships

#### March 13-14 || Fayetteville, Ark.



#### UNIVERSITY INFORMATION

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

#### COACHING STAFF

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

#### TEAM INFORMATION

Home Facility	Multi-Sport Building/Horace Ashenfelter III Indoor Track
Twitter	@PennStateTFXC
Facebook	Penn State Cross Country and Track and Field

#### NCAA HISTORY

2014 All-Americans	Men: Three, Women: Five
Returning All-Americans to NCAA Meet	Men: Three, Women: Three
Best NCAA Finish	Men: T-8th (1975), Women: 7th (2009)

#### ATHLETIC COMMUNICATIONS

Contact	Will Rottler
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Email	wdr13@psu.edu
Fax	814-863-3165
Address	101 Bryce Jordan Center University Park, Pa. 16802

#### SCHEDULE

##### INDOOR SEASON

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

##### OUTDOOR SEASON

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

**BOLD – Denotes HOME Competition**

#### PRONUNCIATION GUIDE

Hill, Darrell.....	Da-Hell
Shisler, Alex.....	Shis-ler
Rhodes, Tichina.....	Ta-Shi-na
Seymour, Kiah.....	Key-Ya

#### Nittany Lions Ready for NCAA Championships

*Penn State to send 14 student-athletes to Fayetteville, Ark.*

**UNIVERSITY PARK, Pa.** – The Penn State track & field team is ready for the 2015 NCAA Indoor Track & Field Championships as 11 Nittany Lions qualified for the meet in nine events. The NCAA Indoor Championships are held at the Randal Tyson Track Center in Fayetteville, Ark., March 13-14. Along with the 11 student-athlete qualifiers, three Nittany Lions (Deja Davis, Jordan Makins and Alex Shisler) will serve as alternates for the relay events.

#### NCAA INDOOR TRACK & FIELD CHAMPIONSHIPS MEET INFO

**When:** March 13-14

**Where:** Randal Tyson Track Center, Fayetteville, Ark.

**Start Time:** Friday: 10 a.m., Saturday: 10:45 a.m. (CT)

**Live Results:** Flashresults.com

#### NITTANY LION INFO

The No. 9 Penn State men will be represented in the mile, 3,000-meter run, distance medley relay, shot put and triple jump. On the women's side, Penn State will compete in the 400, 4x4, shot put and weight throw.

The Nittany Lion men are tied for second in the Big Ten with five event entries, while the Penn State women are tied for first in the Big Ten with four event entries.

#### SCHEDULE OF EVENTS (All times listed are Central Time)

##### Friday:

- 4:00 p.m.: women's weight throw - finals (Rachel Fatherly)
- 6:15 p.m.: men's one mile run - semifinals (Brannon Kidder)
- 6:55 p.m.: women's 400-meter dash – semifinals (Kiah Seymour)
- 9:20 p.m.: men's distance medley relay - finals

##### Saturday:

- 3:45 p.m.: women's shot put – finals (Rachel Fatherly)
- 6:00 p.m.: men's triple jump – finals (Brian Leap)
- 6:10 p.m.: men's one mile run – finals
- 6:30 p.m.: men's shot put – finals (Darrell Hill)
- 6:40 p.m.: women's 400-meter dash – finals
- 8:15 p.m.: men's 3,000-meter run – finals (Robby Creese)
- 8:30 p.m.: women's 4x400-meter relay – finals





# Nittany Lion News & Notes

## CHAMPIONSHIP SEEDS

On the track for the Penn State men, Robby Creese (Mount Airy, Md.) enters the meet seeded eighth in the 3,000-meter run with his school record time of 7:50.36, Brannon Kidder (Lancaster, Ohio) is third in the mile (3:57.13) and the distance medley relay (Kidder, Robert Rhodes ((Brooklyn, N.Y.)), Za'Von Watkins ((Liverpool, N.Y.)) and Creese) is second with its time of 9:28.36.

In the field for the Penn State men, Darrell Hill (Philadelphia, Pa.) is seeded third in the shot put with his school record toss of 67-3.50 and Brian Leap (Bellwood, Pa.) is seeded 13th in triple jump with his mark of 52-6.75. Two weeks ago at the Big Ten meet, Leap tallied the No. 2 mark all-time at Penn State in the triple jump (52-6.75) en route to a second-place finish.

The Nittany Lion women will be represented in the 400-meter dash, shot put, weight throw and the 4x400-meter relay.

Rachel Fatherly (Williamsport, Pa.) is slated to compete in the shot put and the weight throw. Fatherly is one of three student-athletes to qualify for both throwing events. Heading into the meet, she is seeded 13th in the shot put (55-5.75) and 14th in the weight throw (69-2).

The women's 4x400-meter relay returns to the NCAA Indoor Championships after posting a fifth-place finish and school record time (3:33.13) last year. The Nittany Lions' 4x400-meter relay returns three members from last year's fifth place squad.

Sophomore Megan Osborne (Chillicothe, Ohio) joins All-American returners Dynasty McGee (Flint, Mich.), Tichina Rhodes (Philadelphia, Pa.) and Kiah Seymour (Washington, D.C.). The women's 4x400-meter relay enters the meet 11th with its time of 3:34.90, a time they ran at the Randal Tyson Track Center earlier this year.

Seymour will also be running in the 400-meter dash; she is seeded 14th (52.72). Last year at the NCAA Indoor Championships, Seymour finished sixth in the 400-meter dash with her time of 52.85.

## RETURNING ALL-AMERICANS

Seymour leads a group of six Nittany Lions that have garnered All-America honors in their careers. Seymour along with McGee and Rhodes were on the women's 4x400-meter relay that posted a fifth-place finish at both NCAA meets last year. Seymour also tallied a sixth-place finish in the 400-meter dash at the 2014 NCAA indoor meet.

Creese, Kidder and Watkins were on the Penn State distance medley relay squad that finished second at the 2013 NCAA Indoor Track & Field Championships.

## HOW THEY GOT HERE

On the men's side, Hill qualified for the shot put with his school record mark of 67-3.50 at the Penn State National. Also at the Penn State National, the distance medley relay quartet of Kidder, Rhodes, Watkins and Creese clocked in for a time of 9:28.26.

A pair of Nittany Lion men used their performances at the Husky Classic to qualify for the NCAA meet, as Creese set the school record in the 3,000-meter run (7:50.36) and Kidder posted the second-fastest mile time in school history (3:57.13).

Leap posted the second-best triple jump (52-6.75) mark in school history to tally a second-place finish at the Big Ten Championships. Also at the Big Ten Championships, Seymour won the 400-meter dash with her time of 52.72.

The women's 4x400-meter relay of Osborne, Rhodes, McGee and Seymour recorded a time of 3:34.90 at the Randal Tyson Track Center to punch their ticket to the NCAA meet.

Fatherly recorded a pair of personal-bests at the Penn State Tune-Up to advance to Fayetteville. At the Penn State Tune-Up, Fatherly recorded distances of 55-5.75 (shot put) and 69-2 (weight throw).

## BIG CHAMPS

The Nittany Lions captured six Big Ten titles two weeks ago at the 2015 Big Ten Championships at the SPIRE Institute in Geneva, Ohio. Individually on the track, senior Robby Creese won the mile and the 3,000-meter run, Tori Gerlach won the 5,000-meter run and Kiah Seymour captured her second 400-meter dash title.

The men's distance medley relay of the Jordan Makins (Perth, Aus.), Alex Shisler (State College, Pa.), Watkins and Kidder captured Penn State's fourth-straight conference title in the DMR.

In the field, senior Hill won his first indoor Big Ten shot put title. He went onto finish first in the shot put at the 2014 Big Ten Outdoor Championships.

## USTFCCCA HONORS

Last week, the United States Track & Field and Cross Country Coaches Association (USTFCCCA) announced its 2015 indoor track & field season award winners. Award winners were voted upon by USTFCCCA member coaches.

Head coach John Gondak was named the USTFCCCA Mid-Atlantic Men's Head Coach of the Year and senior Darrell Hill was tabbed as the USTFCCCA Mid-Atlantic Men's Field Athlete of the Year.

In his first year at the helm of the Penn State track & field program, Gondak led the Nittany Lion men to the top ranking spot in the region and a top-ten national ranking. The Penn State men enter the NCAA Indoor Track & Field Championships with five entries with one each in mid-distance, distance, jumping, and throwing events and a DMR. In addition, the program won its home Sykes-Sabock Challenge Cup over regional foe Princeton.

Gondak also coached the Nittany Lions to two sub-four minute mile times this season. The men's mid-distance and distance runners posted five top-five performances all-time in the Penn State record books, including Robby Creese's school record time of 7:50.36 in the 3,000-meter run. During his time as an assistant coach with the Nittany Lions, Gondak collected five Mid-Atlantic Assistant Coach of the Year awards.

During his senior season, Hill won five of six shot put events, with his only loss coming to NCAA Champion Ryan Crouser. Hill also set the school record in the shot put twice. At the season-opening Penn State Relays (Jan. 10), Hill broke the school record with his mark of 66-2.5. Later in January, Hill broke his own school record with a mark of 67-3.50 at the Penn State National (Jan. 31).

## CLIMBING THE CHARTS

The 2015 Nittany Lions have set 13 top-5 performances in the Penn State record books, including two school records (Creese, 3,000-meter run; Hill, shot put).



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## 2015 Big Ten Championships Recap

**GENEVA, Ohio** - The Penn State men's track & field team tallied a fourth-place finish (72 points) at the 2015 Big Ten Indoor Track & Field Championships Saturday at the SPIRE Institute. Nebraska won the Big Ten title with a score of 127 points.

The Nittany Lion men captured four event titles on the weekend. Robby Creese (Mount Airy, Md.) and Darrell Hill (Philadelphia, Pa.) won individual titles, while the distance medley relay won its fourth-straight conference title.

Creese won his first Big Ten title in the 3,000-meter run with his time of 8:10.75 Friday. Heading into the final lap, Creese passed Wisconsin's Morgan McDonald to take the lead and he finished strong to claim the title. Creese's title sparked three-straight titles by the Penn State men to end day one of the Big Ten meet. Along with Creese taking the crown in the 3,000-meter run, Matt Fischer (Kennett Square, Pa.) placed sixth in the race with his time of 8:14.13.

Shortly after Creese crossed the finish line, Hill won his first indoor Big Ten shot put title. Hill placed first with his toss of 66-6. Last year at the outdoor Big Ten meet, Hill claimed the shot put title with his mark of 67-6. Having already competing earlier in the day, Kidder, Jordan Makins (Perth, Australia), Alex Shisler (State College, Pa.) and Za'Von Watkins (Liverpool, N.Y.) teamed up for Penn State in the men's distance medley relay.

Makins led off the men's distance relay followed by Shisler, Watkins and Kidder. As a group, the Nittany Lions posted an overall time of 9:40.62, which was less than a second off the SPIRE facility record of 9:39.87. On the final day of the Big Ten meet, the Nittany Lions tallied four podium finishes, including Robby Creese's (Mount Airy, Md.) second title of the weekend.

A day after competing in multiple events, Creese and Brannon Kidder (Lancaster, Ohio) went back to work for the Nittany Lions. Creese and Kidder both ran in the mile, while Kidder also ran in the 600-meter run. In the mile, Creese went onto capture his second Big Ten title of the weekend and his second mile Big Ten title in a three-year span. Creese crossed the finish line first (4:11.41) with Kidder right behind him for second (4:11.50).

Kidder then returned later in the day for the 600-meter run. In the 600-meter run, Robert Rhodes (Brooklyn, N.Y.) posted a time of 1:18.53 for sixth, while Kidder clocked in at 1:18.92 to place eighth. Seniors Brian Leap (Bellwood, Pa.) and Steve Waithe (Parkville, Md.) recorded podium finishes in the triple jump event. On his second-to-last jump, Leap recorded the second-best mark in school history (52-6.75) to take the lead. His distance would not hold as Iowa's Babatunde Amosu won the title on the final jump of the event. Leap's distance Saturday moved him into 10th in the nation. Waithe rounded out the top-three of the triple jump with his distance of 52-0.

In the final race of his Penn State indoor career, the final of the 60-meter hurdles, Sancho Barrett (Amityville, N.Y.) recorded a personal-best time of 7.89 to finish sixth overall.

For their performances this weekend, Creese, Darrell Hill (Philadelphia, Pa.), Kidder, Makins, Shisler and Watkins were named first team All-Big Ten and Leap was named second team All-Big Ten.

### Big Ten Final Standings

- 1) Nebraska 127
- 2) Illinois 86
- 3) Minnesota 76
- 4) Penn State 72
- 5) Michigan 67
- 6) Ohio State 60
- 7) Iowa & Indiana 49
- 9) Michigan State 39
- 10) Wisconsin 38
- 11) Purdue 37
- 12) Rutgers 2

**GENEVA, Ohio** - The Penn State women's track & field team tied for third at the 2015 Big Ten Indoor Track & Field Championships with a score of 68 points. The Nittany Lions posted four podium finishes on Saturday at the SPIRE Institute. Ohio State won the 2015 Big Ten Indoor meet with a score of 84 points.

The 3,000-meter run highlighted Friday for the Nittany Lion women. Out of the gate, Tori Gerlach (Perkasie, Pa.) and freshman Elizabeth Chikotas (Hellertown, Pa.) along with Michigan State's Rachele Schulist and Wisconsin's Sarah Disanza broke away from the 15 other runners early.

With Schulist breaking away from the lead pack, Gerlach ran with Disanza throughout the race for the second-place spot. Disanza edged out Gerlach down the homestretch to place second. In the end, Gerlach finished third (9:17.39) and Chikotas placed fourth (9:21.62).

Three Nittany Lions made the finals of the shot put. Rachel Fatherly (Williamsport, Pa.) finished fourth with her toss of 51-0.25, while Alyssa Robinson (Saint Clairsville, Ohio) and freshman Obeng Marfo (Ontario, Canada) placed eighth (47-6.50) and ninth (47-6.50), respectively.

In the pole vault, Lexi Masterson (Jeannette, Pa.) finished 15th with her season-best height of 13-1. Masterson missed on her three attempts at a personal-best height of 13-5.

After finishing third and fourth respectively in the 3,000-meter run Friday afternoon, Tori Gerlach (Perkasie, Pa.) and Elizabeth Chikotas (Hellertown, Pa.) returned to the track for the 5,000-meter run. With six laps to go in the race, Gerlach broke away from the field to take the lead, while Chikotas was in eighth. In final laps of the race, Gerlach held off Michigan State's Lindsay Clark to win her first 5,000-meter run Big Ten title (16:04.64). Chikotas climbed back in the final six laps of the race to finish fourth (16:20.81). Gerlach's time today ranks third all-time in the Penn State record books and her time moves her into 19th in the nation.

Heading into the 400-meter dash final, defending Big Ten champion junior Kiah Seymour (Washington, D.C.) held the top-time in the Big Ten. In the final of the 400-meter dash, Seymour took an early lead and finished strong down the homestretch to return to the top of the podium with her time of 52.72. Heading into the Big Ten meet, Seymour's time (52.72) ranks 12th in the nation. The top-16 times in the nation will qualify for the NCAA meet in two weeks. With Dynasty McGee (Flint, Mich.) placing seventh (54.62) in the 400-meter dash, the Nittany Lions scored 12 points in the event.

Following a fourth-place finish in the shot put on Friday, Rachel Fatherly (Williamsport, Pa.) found the podium Saturday afternoon in the weight throw. With one attempt left in the event, Fatherly was tied for third. On her final attempt, Fatherly passed Minnesota's Devin Stanford for second place with her toss of 66-6.50.

In the final event of the meet for the Penn State women, the 4x400-meter relay, the quartet of Megan Osborne (Chillicothe, Ohio), McGee, Tichina Rhodes (Philadelphia, Pa.) and Seymour posted a second-place finish with their time of 3:35.85. After winning the 400-meter dash earlier in the day, Seymour returned to the track to anchor the Nittany Lions. Despite a late charge from Seymour down the homestretch, Ohio State's Aisha Cavin, Jr. held off the Nittany Lions to take the crown by four-hundredths of a second. Ohio State finished first with a time of 3:35.81.

### Big Ten Final Standings

- 1) Ohio State 84
- 2) Michigan 69
- 3) Penn State & Purdue 68
- 5) Michigan State & Nebraska 65
- 7) Wisconsin 58
- 8) Maryland 53
- 9) Minnesota 51
- 10) Illinois 40
- 11) Indiana 34
- 12) Rutgers 24
- 13) Iowa 22



## Nittany Lion News & Notes

### LAST YEAR AT THE NCAA MEET

#### Day One Recap

**ALBUQUERQUE, N.M.** - Senior Mahagony Jones (Cleveland, Ohio) highlighted day one of competition for the Nittany Lions at the NCAA Indoor Championships, finishing third in the 200 meters to garner first-team honors. Redshirt-senior Will Barr (Urbana, Ohio) claimed eighth in the weight throw and also earned first-team All-America honors.

Jones used personal bests in the prelims and finals to race to a third-place finish in the 200 meters. Her preliminary time of 23.09 earned her passage into the finals, where she ran a 22.93 to claim third place and her first career All-America honor. Her time is the second-fastest in Penn State history in the 200. Jones also finished 12th in the 60-meter dash preliminaries on Friday.

Barr's toss of 69-9 (21.2m) in the weight throw earned him eighth place and marked his second career All-American status.

Sophomore Kiah Seymour (Washington, D.C.) continued to keep the nation on notice on Friday, advancing through the preliminary rounds of the 400 meter dash. Seymour qualifies to Saturday's final with a time of 52.58 in which she was able to get out and hold on while pacing off of outdoor champion Ashley Spencer.

Redshirt-senior Evonne Britton (El Paso, Texas) finished 12th overall in the 60-meter hurdles, earning her second-team All-America honors. Britton came up short of advancing to the finals after running a 8.22.

On the men's side, sophomore Za'Von Watkins (Liverpool, N.Y.) muscled his way to qualify for the 800 meter run final in a time of 1:51.82. This marks the second-straight year that the Nittany Lions have had an entrant in the men's 800-meter final at the NCAA Indoor Championships, as Casimir Loxsom placed second in the event a year ago. Big Ten Indoor Champion Brannon Kidder (Lancaster, Ohio.) came up a bit short finishing in a time of 1:52.02, which did not qualify him to this year's final.

Senior Jon Hendershot (Nazareth, Pa.) finished in a three-way tie for 10th after jumping 7-1/2 (2.15m). The men's distance medley relay finished 11th overall with a time of 9:57.88. Hendershot and the DMR competitors, Kidder, Watkins, junior Wade Endress (Altoona, Pa.) and junior Robby Creese (Mount Airy, Md.) all earned second-team All-American honors for their efforts.

#### Day Two Recap

**ALBUQUERQUE, N.M.** - The Penn State track & field team finished the 2014 Indoor Championships strong on Saturday and when the dust settled, the squads came away with 10 All-America honors for the weekend. The Penn State women were the highest finishing Big Ten team, and placed 14th with 15 points.

Setting a new school mark in the process, the women's 4x400 meter relay team of junior Dynasty McGee (Flint, Michigan), senior Mahagony Jones (Cleveland, Ohio), freshman Tichina Rhodes (Philadelphia, Pa.), and sophomore Kiah Seymour (Washington, D.C.) finished fifth in a time of 3:33.13. Seymour anchored the relay in a blistering time of 51.98. Individually, Seymour was also sixth in the 400-meter dash final with a time of 52.85, earning first team All-America honors as an individual as well as for the relay.

Senior Brittney Howell (Wyncote, Pa.) finished seventh in the pentathlon while earning her first career All-America status. Howell put on an impressive performance by setting a personal record in overall points with a score of 4202.

Howell started off the day with a personal record in the 60-meter hurdles with a time of 8.31. Later in the day, she leaped to a huge personal best in long jump with a mark of 20-04.5 (6.21m).

On the men's side, Junior Steve Waithe (Parkville, Md.) was able to capture his first All-American status with a sixth place finish in triple jump with a mark of 51-10.5 (15.81m). Sophomore Za'Von Watkins (Liverpool, N.Y.) was able to earn his All-American status with a seventh place finish in a time of 1:50.25. The men's team finished 32nd with six points.

#### FOLLOW ALONG

Fans can follow along with live results on [Flashresults.com](http://Flashresults.com) and [ESPN3.com](http://ESPN3.com) will be streaming the meet starting at 6 p.m. (CT) both nights. @PennStateTFXC will be posting updates via Twitter throughout the meet. A tape delay of the championship will air Monday, March 23 starting at 7 p.m. Eastern time on ESPNU.



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# NCAA Competition Schedule



All times listed are Central Time

## FRIDAY, MARCH 13

### HEPTATHLON

10:00am	<b>Heptathlon 60 meters</b>	
10:35am (estimate)	<b>Heptathlon Long Jump</b>	Two Pits
11:45am (estimate)	<b>Heptathlon Shot Put</b>	Two Rings
12:55pm (estimate)	<b>Heptathlon High Jump</b>	Two Pits

### FIELD EVENTS

4:00pm	<b>Weight Throw</b>	Women	Trials & Finals
4:00pm	<b>High Jump</b>	Women	Final
6:00pm	<b>Pole Vault</b>	Men	Final
6:00pm	<b>Long Jump</b>	Women	Trials & Finals
6:00pm	<b>Long Jump</b>	Men	Trials & Finals
7:00pm	<b>Weight Throw</b>	Men	Trials & Finals

### TRACK EVENTS

6:00pm	<b>1 Mile</b>	Women	Semifinal
6:15pm	<b>1 Mile</b>	Men	Semifinal
6:30pm	<b>60 Hurdles</b>	Women	Semifinal
6:45pm	<b>60 Hurdles</b>	Men	Semifinal
6:55pm	<b>400 Meters</b>	Women	Semifinal
7:10pm	<b>400 Meters</b>	Men	Semifinal
7:25pm	<b>60 meters</b>	Women	Semifinal
7:35pm	<b>60 meters</b>	Men	Semifinal
7:45pm	<b>800 meters</b>	Women	Semifinal
7:55pm	<b>800 meters</b>	Men	Semifinal
8:05pm	<b>200 meters</b>	Women	Semifinal
8:15pm	<b>200 meters</b>	Men	Semifinal
8:25pm	<b>5000 meters</b>	Women	Final
8:45pm	<b>5000 meters</b>	Men	Final
9:05pm	<b>Distance Medley Relay</b>	Women	Final
9:20pm	<b>Distance Medley Relay</b>	Men	Final

## SATURDAY, MARCH 14

### HEPTATHLON

10:45am	<b>Heptathlon 60 Hurdles</b>
11:30am (estimate)	<b>Heptathlon Pole Vault</b>
2:00pm (estimate)	<b>Heptathlon 1000 meters</b>

### PENTATHLON

11:30am	<b>Pentathlon 60 Hurdles</b>	
12:15pm (estimate)	<b>Pentathlon High Jump</b>	Two Pits
2:15pm (estimate)	<b>Pentathlon Shot Put</b>	Two Rings
3:25pm (estimate)	<b>Pentathlon Long Jump</b>	Two Pits
4:35pm (estimate)	<b>Pentathlon 800 meters</b>	

### FIELD EVENTS

3:30pm	<b>High Jump</b>	Men	Final
3:45pm	<b>Shot Put</b>	Women	Trials & Finals
5:30pm	<b>Pole Vault</b>	Women	Final
6:00pm	<b>Triple Jump</b>	Women	Trials & Finals
6:00pm	<b>Triple Jump</b>	Men	Trials & Finals
6:30pm	<b>Shot Put</b>	Men	Trials & Finals

### TRACK EVENTS

6:00pm	<b>1 Mile</b>	Women	Final
6:10pm	<b>1 Mile</b>	Men	Final
6:20pm	<b>60 Hurdles</b>	Women	Final
6:30pm	<b>60 Hurdles</b>	Men	Final
6:40pm	<b>400 meters</b>	Women	Final
6:50pm	<b>400 meters</b>	Men	Final
7:00pm	<b>60 meters</b>	Women	Final
7:10pm	<b>60 meters</b>	Men	Final
7:20pm	<b>800 meters</b>	Women	Final
7:30pm	<b>800 meters</b>	Men	Final
7:40pm	<b>200 meters</b>	Women	Final
7:50pm	<b>200 meters</b>	Men	Final
8:00pm	<b>3000 meters</b>	Women	Final
8:15pm	<b>3000 meters</b>	Men	Final
8:30pm	<b>4x400 Relay</b>	Women	Final
8:45pm	<b>4x400 Relay</b>	Men	Final



# TRACK & FIELD



2015 NCAA Indoor Championships || Nittany Lion Coaching Staff



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



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



**Pat Ebel**  
**Assistant Coach**  
**Third Year**  
**UW-La Crosse, '92**  
**Throws**  
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**Ryan Foster**  
**Assistant Coach**  
**First Year/Second Overall**  
**Distance, Cross Country**  
**Penn State '11**  
 rgf5028@psu.edu



**Kevin Kelly**  
**Assistant Coach**  
**Third Year**  
**Kutztown, '99**  
**Men's Jumps, Multi's, PV**  
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**Fritz Spence**  
**Assistant Coach**  
**Ninth Year**  
**Missouri State, '97**  
**Women's Jumps, Multi's**  
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**Will Rottler**  
**Director Of Operations/SID**  
**First Year**  
**Minnesota-Morris, '12**  
 wdr13@psu.edu



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

**Nittany Lion Volunteer Coaching Staff**

Kara Foster  
 Sam Masters  
 Ryan Whiting

Distance  
 Distance  
 Throws

**Nittany Lion Support Staff**

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

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

# 2015 Penn State Track and Field Roster

## 2015 MEN'S ROSTER

First	Last	Event Area	Eligibility	Hometown
Cody	Amengual	Distance	Sr.	West Babylon, N.Y.
Patrick	Anderson	Pole Vault	Jr.	Kane, Pa.
Sancho	Barrett	Sprints/Hurdles	Sr.	Amityville, N.Y.
Justin	Berg	Throws	Jr.	Phoenixville, Pa.
Dylan	Bilka	Pole Vault	Sr.	Seven Fields, Pa.
Ryan	Brennan	Mid-Distance	Sr.	Chester, N.Y.
Glen	Burkhardt	Distance	Jr.	Kennett Square, Pa.
Robert	Cardina	Multi-Events	So.	Lancaster, Pa.
Will	Cather	Distance	Fr.	Port Matilda, Pa.
Robby	Creese	Distance	Sr.	Mount Airy, Md.
Thomas	Damiani	Distance	Jr.	Tunkhannock, Pa.
Kory	Decesaris	Throws	Fr.	Danielsville, Pa.
Ean	DiSilvio	Distance	Fr.	Pittsburgh, Pa.
Wade	Endress	Distance	Jr.	Altoona, Pa.
Matt	Fischer	Distance	Sr.	Kennett Square, Pa.
Riley	Gaibler	Sprints/Relays	So.	Lansdale, Pa.
Bobby	Hill	Distance	Fr.	Wellsboro, Pa.
Darrell	Hill	Throws	Sr.	Philadelphia, Pa.
Tyler	Hope	Throws	Fr.	Tamaqua, Pa.
Johnathon	Jacoway	Jumps	So.	Sharon, Pa.
Ryan	Kerr	Throws	So.	Brookville, Pa.
Brannon	Kidder	Distance	Jr.	Lancaster, Ohio
Brian	Leap	Jumps	Sr.	Bellwood, Pa.
Conrad	Lippert	Distance	So.	Middletown, N.J.
Joey	Logue	Distance	Fr.	Blooming Glen, Pa.
Tommy	Louro	Distance	Fr.	Holtzville, N.Y.
Jordan	Makins	Distance	Fr.	Perth, Australia
Michael	McClelland	Jumps	Sr.	Washington, Pa.
Jack	Miller	Distance	Fr.	Bay Village, Ohio
Cody	Minnig	Jumps	Fr.	Levittown, Pa.
Malik	Moffett	Sprints/Jumps	So.	Erie, Pa.
Matt	Nawrocki	Throws	Fr.	Moscow, Pa.
Luke	Pease	Multi-Events	Fr.	Haddonfield, N.J.
Austin	Pondel	Distance	So.	Columbus, Pa.
Will	Pope	Throws	Fr.	South Salem, N.Y.
Mason	Post	Distance	Fr.	State College, Pa.
Cole	Proffitt	Throws	So.	Manheim, Pa.
Conner	Quinn	Distance	So.	Horsham, Pa.
Robert	Rhodes	Distance	Jr.	Brooklyn, N.Y.
Brad	Rivera	Distance	So.	Bensalem, Pa.
Anthony	Russell	Distance	Fr.	West Chester, Pa.
Joseph	Segreto	Throws	Fr.	Oakdale, N.Y.
Morgan	Shigo	Throws	Fr.	Blandon, Pa.
Alex	Shisler	Sprints/Relays	Jr.	State College, Pa.
Michael	Shuey	Throws	So.	Johnsonburg, Pa.
Xavier	Smith	Sprints/Relays	Fr.	Douglasville, Pa.
Brandon	Teribery	Pole Vault	So.	Bradford, Pa.
Steve	Waithe	Jumps	Sr.	Parkville, Md.
Za'Von	Watkins	Mid-Distance	Jr.	Liverpool, N.Y.
Bryce	Williams	Jumps	Fr.	State College, Pa.
Jon	Yohman	Throws	Fr.	New Wilmington, Pa.

## 2015 WOMEN'S ROSTER

First	Last	Event Area	Eligibility	Hometown
Stephanie	Aldrich	Distance	So.	West Chester, Pa.
Anna	Bailey	Throws	Fr.	Harrisburg, Pa.
Tessa	Barrett	Distance	Fr.	Waverly, Pa.
Tal	Ben-Artzi	Multi-Events	So.	Kibbutz Gazit, Israel
Lisa	Bennatan	Distance	Fr.	Lake Forest, Ill.
Abbie	Benson	Distance	Sr.	Elma, N.Y.
Shelley	Black	Hurdles/Relays	Sr.	Wilkes-Barre, Pa.
Typhane	Booker	Sprints/Relays	Fr.	Cibolo, Texas
Hannah	Catalano	Distance	Fr.	State College, Pa.
Elizabeth	Chikotas	Distance	Fr.	Hellertown, Pa.
Victoria	Crawford	Mid-Distance	Fr.	State College, Pa.
Quenee	Dale	Sprints/Hurdles	Fr.	Ypsilanti, Mich.
Deja	Davis	Sprints/Relays	Fr.	Shelby Charter Twp, Mich.
Rachael	DeCecco	Sprints/Relays	Fr.	Mechanicsburg, Pa.
Rachel	Fatherly	Throws	Jr.	Williamsport, Pa.
Tori	Gerlach	Distance	Jr.	Perkasie, Pa.
Dannielle	Gibson	Jumps	So.	Nassau, Bahamas
Megan	Hellman	Distance	Fr.	RumSon, N.J.
Jillian	Hunsberger	Distance	Fr.	Pittsburgh, Pa.
Jada	Jones	Jumps	Fr.	Union, N.J.
Kasey	Kemp	Pole Vault	So.	Irwin, Pa.
Lauren	Kenney	Throws	Sr.	State College, Pa.
Erin	Knabe	Pole Vault	So.	Voorhees, N.J.
Julie	Kocjancic	Distance	So.	Pittsburgh, Pa.
Melanie	Leszcynski	Throws	Sr.	Audobon, Pa.
Greta	Lindsley	Distance	Fr.	Lancaster, Pa.
Kaitlyn	Lopez	Jumps	Jr.	Buffalo, N.Y.
Obeng	Marfo	Throws	Fr.	Ontario, Canada
Lexi	Masterson	Pole Vault	So.	Jeannette, Pa.
Megan	McCloskey	Jumps	Fr.	Lower Gwynedd, Pa.
India	McCoy	Jumps	So.	Ambridge, Pa.
Dynasty	McGee	Sprints/Relays	Sr.	Flint, Mich.
Lauren	Mills	Distance	Sr.	West Chester, Pa.
Hannah	Mulhern	Pole Vault	Fr.	Altoona, Pa.
Megan	Osborne	Sprints/Relays	So.	Chillicothe, Ohio
Sarah	Palmer	Jumps	Sr.	Gansevoort, N.Y.
Ashley	Rankine	Sprints/Relays	Fr.	Upper Darby, Pa.
Tichina	Rhodes	Sprints/Relays	So.	Philadelphia, Pa.
Ahmenah	Richardson	Jumps	Jr.	Philadelphia, Pa.
Alyssa	Robinson	Throws	So.	Saint Clairsville, Ohio
Katie	Rodden	Distance	Sr.	Ardmore, Pa.
Victoria	Scutti	Distance	Fr.	Port Matilda, Pa.
Kiah	Seymour	Sprints/Relays	Jr.	Washington, D.C.
Natalie	Shiffler	Jumps	So.	Irwin, Pa.
Elyse	Skerpon	Sprints/Hurdles	Fr.	Sayre, Pa.
Cara	Ulizio	Distance	So.	Redondo Beach, Calif.
Sarah Jane	Underwood	Distance	Jr.	Alexandria, Va.
Annjulie	Vester	Throws	Sr.	Homburg, Germany
Kayla	Zoschg	Throws	So.	Emporium, Pa.



# TRACK & FIELD



# NCAA History

## All-Time Women's NCAA Finishes

1983	T-23 (6 pts)
1984	16th (9 pts)
1985	T-25th (6 pts)
1990	T-33rd (4 pts)
1993	T-38th (1 pt)
1996	T-30th (5 pts)
1999	T-24th (8 pts)
2001	T-51st (2 pts)
2003	T-21st (9 pts)
2004	T-13th (14 pts)
2005	T-39th (5 pts)
2006	T-26th (8 pts)
2007	T-21st (9 pts)
2008	T-15th (16 pts)
<b>2009</b>	<b>7th (24 pts)</b>
2010	13th (17 pts)
2011	T-45th (3 pts)
2014	14th (15 pts)

## All-Time Men's NCAA Finishes

1965	40th (1 pt)
1969	T-29th (2 pts)
1974	T-14th (6 pts)
<b>1975</b>	<b>T-8th (9 pts)</b>
1976	19th (5 pts)
1977	T-28th (3 pts)
1978	T-28th (6 pts)
1979	T-54th (1 pt)
1980	T-37th (4 pts)
1981	T-27th (6 pts)
1982	T-58th (1/2 pt)
1983	T-26th (6 pts)
1985	T-15th (10 pts)
1987	T-50th (1 pt)
1989	T-25th (8 pts)
1990	11th (14 pts)
1991	T-23rd (8 pts)
1994	T-44th (3 pts)
1998	T-45th (4 pts)
1999	T-40th (4 pts)
2002	T-44th (4 1/2 pts)
2007	T-47th (4 pts)
2009	T-39th (4 1/2 pts)
2010	T-14th (14 pts)
2011	T-11th (16 pts)
2012	28th (8 pts)
2013	9th (19 pts)
2014	34th (6 pts)

## 2014 NCAA Women's Indoor Recap

Albuquerque Convention Center - Albuquerque, NM

### Final Team Standings

1	Oregon	44.00
2	Texas	43.50
3	Florida	40.50
3	Georgia	40.50
5	Texas A&M	35.00
<b>14</b>	<b>Penn State</b>	<b>15.00</b>

### First Team All-America Finishes

Brittney Howell - Pentathlon	7th (4,202)
Mahagony Jones - 200	3rd (22.93)
Kiah Seymour - 400	6th (52.85)
4X400 (McGee, Jones, Rhodes, Seymour)	5th (3:33.13)

### Second Team All-America Finishes

Evonne Britton - 60 H	12th (8.22)
Mahagony Jones - 60	12th (7.32)

## 2014 NCAA Men's Indoor Recap

Albuquerque Convention Center - Albuquerque, NM

### Final Team Standings

1	Oregon	62.00
2	Arkansas	54.00
3	Florida	35.00
4	Florida State	28.00
5	Arizona	24.00
<b>34</b>	<b>Penn State</b>	<b>6.00</b>

### First Team All-America Finishes

Will Barr - Weight Throw	69-9 (8th)
Steve Waithe - Triple Jump	51-10.5 (6th)
Za'Von Watkins - 800	1:50.25 (7th)

### Second Team All-America Finishes

Jon Hendershot- High Jump	10th (7-0.5)
Brannon Kidder - 800	13th (1:52.02)
DMR (Endress, Watkins, Kidder, Creese)	9:57.88 (11th)

# NCAA History

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

Event	Most Recent All-America Finish	Highest Penn State Finish
60 Meters	Shavon Greaves, 11th (2010)	Connie Moore, 6th (2004)
200 Meters	Mahagony Jones, 3rd (2014)	Shavon Greaves, 3rd (2010) Connie Moore, 3rd, (2004) Mahagony Jones, 3rd (2014) Shana Cox, 4th (2008)
400 Meters	Kiah Seymour, 6th (2014)	Tammie Hart, 4th (1982) \$
800 Meters	Briene Simmons, 7th (2007)	Patty Murnane, 4th (1982)
Mile	Kim McGreevy, 7th (1997)	Paula Renzi, 3rd (1985)
3000 Meters	Bridget Franek, 7th (2010)	Bridget Franek, 4th (2009, 2010)
5000 Meters	Bridget Franek, 4th (2010) Stacy Prey, 4th (1990) Kathy Mills, 4th (1981)	
60-Meter Hurdles	Aleesha Barber, 4th (2009)	Aleesha Barber, 4th (2009)
4x400-Meter Relay	McGee, Jones, Rhodes, Seymour, 5th (2014)	Barber, Dorr, Greaves, Hunter, 3rd (2009)
Distance Medley	Bosler, Huelster, McGreevy, St. John, 4th (1996) Fales, Hart, Rawe, Startare, 4th (1981)	Bosler, Huelster, McGreevy, St. John, 4th (1996)
High Jump	NONE	***
Pole Vault	NONE	***
Long Jump	Chi-Chi Aduba, 5th (2003)	Shakeema Walker, 3rd (1999)
Triple Jump	Chi-Chi Aduba, 7th (2004)	Chi-Chi Aduba, 4th (2003)
Shot Put	Jennifer Leatherman, 9th (2005)	Elaine Sobansky, 2nd (1984)
20-lb Weight	Jennifer Leatherman, 3rd (2006)	Jennifer Leatherman, 3rd (2006)
Pentathlon	Brittney Howell, 7th (2014)	Gayle Hunter, 2nd (2009)

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

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

Event	Most Recent All-America Finish	Highest Penn State Finish
60 Meters	NONE	***
200 Meters	Ryan Olkowski, 8th (2002)	Ryan Olkowski, 8th (2002) Michael Timpson, 8th (1989)
400 Meters	Brady Gehret, 3rd (2011)	Mike Sands, 1st (1975) \$
800 Meters	Za'Von Watkins, 7th (2014)	Casimir Loxsom, 2nd (2013)
Mile	Ryan Foster, 3rd (2011)	Ryan Foster, 3rd (2011)
3000 Meters	Bob Snyder, 3rd (1978) &	Bob Snyder, 3rd (1978) &
5000 Meters	Alan Scharsu, 4th (1980) &	Charlie Maguire, 3rd (1974) &
60-Meter Hurdles	Mike Shine, 6th (1975) \$	Mike Shine, 6th (1975) \$
4x400-Meter Relay	Nadolsky, Br. Bennett-Green, Loxsom, Gehret, 2nd (2012)	Nadolsky, Br. Bennett-Green, Loxsom, Gehret, 2nd (2012)
Distance Medley	Kidder, Br. Bennett-Green, Watkins, Creese 2nd (2013)	Kidder, Br. Bennett-Green, Watkins, Creese 2nd (2013)
High Jump	Ryan Fritz, T-3rd (2009)	Ryan Fritz, T-3rd (2009)
Pole Vault	NONE	***
Long Jump	George Audu, 5th (1999)	George Audu, 5th (1999)
Triple Jump	Steve Waithe, 6th (2014)	Steve Waithe, 6th (2014)
Shot Put	Joe Kovacs, 3rd; Blake Eaton, 10th (2010)	C.J. Hunter, 1st (1990)
20-lb Weight	Will Barr, 8th (2014)	Al Jackson, 4th (1976) Roger Kauffman, 4th (1965)
Heptathlon	NONE	***

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

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





## Women's NCAA All-Americans (By Year)

<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Finish</u>	<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Finish</u>
1980**	Rawe, Mary	2000-Meters	2nd	2007	Simmons, Briene	800-Meters	7th
1980**	Carmichael, Heather	5000-Meters	6th	2007	Barber, Aleesha	4x400-Meter Relay	4th
1980**	Cleary, Peggy	5000-Meters	5th	2007	Blake, Dominique	4x400-Meter Relay	4th
1981**	Mills, Kathy	5000-Meters	4th	2007	Cox, Shana	4x400-Meter Relay	4th
1981**	Fales, Penny	DMR	4th	2007	Simmons, Briene	4x400-Meter Relay	4th
1981**	Hart, Tammie	DMR	4th	2008	Cox, Shana	400-Meters	4th
1981**	Rawe, Mary	DMR	4th	2008	Franek, Bridget	3000-Meters	10th
1981**	Startare, Doreen	DMR	4th	2008	Franek, Bridget	5000-Meters	7th
1982**	Hart, Tammie	880 Yards	4th	2008	Barber, Aleesha	60-Meter Hurdles	8th
1982**	Pioli, Terri	880 Yards	6th	2008	Barber, Aleesha	4x400-Meter Relay	5th
1982**	Murnane, Patty	Mile	4th	2008	Blake, Dominique	4x400-Meter Relay	5th
1982**	Ihrig, Carolyn	2-Mile	8th	2008	Cox, Shana	4x400-Meter Relay	5th
1982**	Hart, Tammie	DMR	5th	2008	Dorr, Fawn	4x400-Meter Relay	5th
1982**	Ihrig, Carolyn	DMR	5th	2008	Hunter, Gayle	Pentathlon	5th
1982**	Murnane, Patty	DMR	5th	2009	Greaves, Shavon	200-Meters	10th
1982**	Startare, Doreen	DMR	5th	2009	Franek, Bridget	5000-Meters	4th
1982**	Riddick, Vivian	Long Jump	5th	2009	Barber, Aleesha	60-Meter Hurdles	4th
1982**	Sobansky, Elaine	Shot Put	3rd	2009	Barber, Aleesha	4x400-Meter Relay	3rd
1983	Startare, Doreen	Mile	7th	2009	Dorr, Fawn	4x400-Meter Relay	3rd
1983	Sobansky, Elaine	Shot Put	3rd	2009	Greaves, Shavon	4x400-Meter Relay	3rd
1984	Cassel, Judi	4x800-Meter Relay	6th	2009	Hunter, Gayle	4x400-Meter Relay	3rd
1984	Gerken, Heidi	4x800-Meter Relay	6th	2009	Hunter, Gayle	Pentathlon	2nd
1984	Hart, Tammie	4x800-Meter Relay	6th	2010	Greaves, Shavon	60-Meters	11th
1984	Stever, Beth	4x800-Meter Relay	6th	2010	Greaves, Shavon	200-Meters	3rd
1984	Sobansky, Elaine	Shot Put	2nd	2010	Dorr, Fawn	400-Meters	5th
1985	Renzi, Paula	3000-Meters	3rd	2010	Franek, Bridget	3000-Meters	7th
1990	Prey, Stacy	5000-Meters	4th	2010	Franek, Bridget	5000-Meters	4th
1993	Kelly, Kim	5000-Meters	6th	2011	Anyanwu, Doris	4x400-Meter Relay	6th
1996	Bosler, Erica	DMR	4th	2011	Greaves, Shavon	4x400-Meter Relay	6th
1996	Huelster, Sue	DMR	4th	2011	Iheoma, Ijeoma	4x400-Meter Relay	6th
1996	McGreevy, Kim	DMR	4th	2011	Duncan, Megan	4x400-Meter Relay	6th
1996	St. John, Erin	DMR	4th	2014	Jones, Mahagony	200-Meters	3rd
1997	McGreevy, Kim	Mile	7th	2014	Seymour, Kiah	400-Meters	6th
1999	Walker, Shakeema	Long Jump	3rd	2014	McGee, Dynasty	4x400-Meter Relay	5th
1999	Walker, Shakeema	Triple Jump	7th	2014	Jones, Mahagony	4x400-Meter Relay	5th
2001	Moore, Connie	200-Meters	7th	2014	Rhodes, Tichina	4x400-Meter Relay	5th
2002	Moore, Connie	200-Meters	9th	2014	Seymour, Kiah	4x400-Meter Relay	5th
2003	Moore, Connie	200-Meters	9th	2014	Howell, Brittney	Pentathlon	7th
2003	Aduba, Chi-Chi	Long Jump	5th				
2003	Aduba, Chi-Chi	Long Jump	5th				
2003	Aduba, Chi-Chi	Triple Jump	4th				
2004	Moore, Connie	60-Meters	6th				
2004	Moore, Connie	200-Meters	3rd				
2004	Aduba, Chi-Chi	Triple Jump	7th				
2004	O'Connor, Ja'Nai	Shot Put	5th				
2005	Cox, Shana	400-Meters	11th				
2005	Leatherman, Jennifer	Shot Put	9th				
2005	Leatherman, Jennifer	Weight Throw	4th				
2006	Cox, Shana	400-Meters	7th				
2006	Leatherman, Jennifer	Weight Throw	3rd				
2007	Cox, Shana	400-Meters	7th				

\*\* Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.



## Women's NCAA All-Americans (By Event)

### 60 Meters

Moore, Connie	6th	2004
Greaves, Shavon	11th	2010

### 200 Meters

Moore, Connie	7th	2001
Moore, Connie	9th	2002
Moore, Connie	9th	2003
Moore, Connie	3rd	2004
Greaves, Shavon	10th	2009
Greaves, Shavon	3rd	2010
Jones, Mahagony	3rd	2014

### 400 Meters

Cox, Shana	11th	2005
Cox, Shana	7th	2006
Cox, Shana	7th	2007
Cox, Shana	4th	2008
Dorr, Fawn	5th	2010
Seymour, Kiah	6th	2014

### 800 Meters \* 880 yds prior to 1984

Hart, Tammie	4th	**1982
Pioli, Terri	6th	**1982
Simmons, Briene	7th	2007

### Mile

Murnane, Patty	4th	**1982
Startare, Doreen	7th	1983
McGreevy, Kim	7th	1997

### 3000 Meters \* 2-Miles prior to 1984

Ihrig, Carolyn	8th	**1982
Renzi, Paula	3rd	1985
Franeck, Bridget	10th	2008
Franeck, Bridget	7th	2010

### 5000 Meters

Carmichael, Heather	6th	**1980
Cleary, Peggy	5th	**1980
Mills, Kathy	4th	**1981
Prey, Stacy	4th	1990
Kelly, Kim	6th	1993
Franeck, Bridget	7th	2008
Franeck, Bridget	4th	2009
Franeck, Bridget	4th	2010

### 60-Meter Hurdles

Barber, Aleesha	8th	2008
Barber, Aleesha	4th	2009

### 4x400-Meter Relay

Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	4th	2007
Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr	5th	2008
Fawn Dorr, Shavon Greaves, Aleesha Barber, Gayle Hunter	3rd	2009
Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan	6th	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	5th	2014

### Distance Medley Relay

Penny Fales, Mary Rawe, Tammie Hart, Doreen Startare	4th	**1981
Tammie Hart, Carolyn Ihrig, Patty Murnane, Doreen Startare	5th	**1982
Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy	4th	1996

### Long Jump

Riddick, Vivian	5th	**1982
Walker, Shakeema	3rd	1999
Aduba, Chi-Chi	5th	2003
Aduba, Chi-Chi	5th	2003

### Triple Jump

Walker, Shakeema	7th	1999
Aduba, Chi-Chi	4th	2003
Aduba, Chi-Chi	7th	2004

### Shot Put

Sobansky, Elaine	3rd	**1982
Sobansky, Elaine	3rd	1983
Sobansky, Elaine	2nd	1984
O'Connor, Ja'Nai	5th	2004
Leatherman, Jennifer	9th	2005

### Weight Throw

Leatherman, Jennifer	4th	2005
Leatherman, Jennifer	3rd	2006

### Pentathlon

Hunter, Gayle	5th	2008
Hunter, Gayle	2nd	2009
Howell, Brittney	7th	2014

### 2000 Meters (Discontinued)

Rawe, Mary	2nd	**1980
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### 4x800-Meter Relay (Discontinued)

Beth Stever, Judi Cassell, Haidi Gerken, Tammie Hart	6th	1984
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\*\* Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.



## Men's NCAA All-Americans (By Year)

Year	Name	Event	Finish	Year	Name	Event	Finish
1965	Bedick, Tom	2-Mile Relay	6th	1994	Davis, Antonio	Triple Jump	9th
1965	Lampman, Dick	2-Mile Relay	6th	1998	Gorham, John	Long Jump	7th
1965	Morris, Art	2-Mile Relay	6th	1998	McNutt, Neal	Weight Throw	7th
1965	Reilly, Bill	2-Mile Relay	6th	1999	Gorham, John	Long Jump	12th
1965	Kauffman, Roger	Weight Throw	4th	1999	Audu, George	Long Jump	5th
1974	Sands, Mike	440-Yards	3rd	2002	Olkowski, Ryan	200-Meters	8th
1974	Maguire, Charlie	3-Mile	3rd	2002	Olkowski, Ryan	High Jump	5th
<b>1975</b>	<b>Sands, Mike</b>	<b>440-Yards</b>	<b>1st</b>	2003	Nichols, Chavous	Triple Jump	9th
1975	Shine, Mike	60-Meter Hurdles	6th	2007	Fritz, Ryan	High Jump	5th
1975	Hackman, Steve	Mile Relay	4th	2009	Fritz, Ryan	High Jump	T-3rd
1975	Moser, Randy	Mile Relay	4th	2010	Williams, Lionel	800-Meters	11th
1975	Sands, Mike	Mile Relay	4th	2010	Foster, Ryan	800-Meters	3rd
1975	Shine, Mike	Mile Relay	4th	2010	Dawson, Owen	800-Meters	8th
1975	Hjeltnes, Knut	Shot Put	5th	2010	Kovacs, Joe	Shot Put	3rd
1976	Sands, Mike	440-Yards	3rd	2010	Eaton, Blake	Shot Put	8th
1976	Jackson, Al	Weight Throw	4th	2011	Gehret, Brady	400-Meters	3rd
1977	Stemmer, Paul	3-Mile	6th	2011	Foster, Ryan	Mile	3rd
1978	Snyder, Bob	2-Mile	8th	2011	Nadolskly, Aaron	4x400-Meter Relay	5th
1978	Falco, Keith	DMR	3rd	2011	Williams, Lionel	4x400-Meter Relay	5th
1978	McHugh, Chris	DMR	3rd	2011	Loxsom, Casimir	4x400-Meter Relay	5th
1978	Rapp, Tom	DMR	3rd	2011	Gehret, Brady	4x400-Meter Relay	5th
1978	Wyatt, Mike	DMR	3rd	2012	Gehret, Brady	4x400-Meter Relay	2nd
1979	Snyder, Bob	2-Mile	8th	2012	Loxsom, Casimir	4x400-Meter Relay	2nd
1979	Scharsu, Alan	3-Mile	6th	2012	Nadolskly, Aaron	4x400-Meter Relay	2nd
1980	Scharsu, Alan	3-Mile	4th	2012	Bennett-Green, Brandon	4x400-Meter Relay	2nd
1981	Zishka, John	2-Mile	3rd	2013	Loxsom, Casimir	800-Meters	2nd
1982	Souza, Paul	High Jump	7th	2013	Kidder, Brannon	DMR	2nd
1983	Cook, Mike	2-Mile Relay	3rd	2013	Bennett-Green, Brandon	DMR	2nd
1983	McLaughlin, Paul	2-Mile Relay	3rd	2013	Watkins, Za'Von	DMR	2nd
1983	Moore, Randy	2-Mile Relay	3rd	2013	Creese, Robby	DMR	2nd
1983	Wynn, Ken	2-Mile Relay	3rd	2013	Barr, Will	Weight Throw	6th
1983	Shenk, Todd	Weight Throw	10th	2014	Za'Von Watkins	800-Meters	7th
1984	Shenk, Todd	Weight Throw	T-9th	2014	Steve Waithe	Triple Jump	6th
1985	Moore, Randy	800-Meters	3rd	2014	Will Barr	Weight Throw	8th
1985	Hudson, Bob	DMR	4th				
1985	Overheim, Mark	DMR	4th				
1985	Robinson, Barry	DMR	4th				
1985	Watson, Vance	DMR	4th				
1987	Balkey, Steve	4x800-Meter Relay	6th				
1987	Levitte, Ray	4x800-Meter Relay	6th				
1987	McMillan, David	4x800-Meter Relay	6th				
1987	Mills, Chris	4x800-Meter Relay	6th				
1988	Balkey, Steve	Mile	10th				
1989	Timpson, Michael	200-Meters	8th				
1989	Hunter, C.J.	Shot Put	2nd				
<b>1990</b>	<b>Hunter, C.J.</b>	<b>Shot Put</b>	<b>1st</b>				
1991	Caraher, Phil	Shot Put	2nd				
1994	Caldwell, R.B.	DMR	6th				
1994	Hamer, Bob	DMR	6th				
1994	Mellott, Phil	DMR	6th				
1994	Robbins, James	DMR	6th				

**BOLD - Denotes NCAA Champion**



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## Men's NCAA All-Americans (By Event)

### 200 Meters

Timpson, Michael	8th	1989
Olkowski, Ryan	8th	2002

### 400 Meters

Sands, Mike	3rd	1974
Sands, Mike	1st	1975
Sands, Mike	3rd	1976
Gehret, Brady	3rd	2011

\* 440 yds prior to 1984

### 800 Meters

Moore, Randy	3rd	1985
Williams, Lionel	11th	2010
Foster, Ryan	3rd	2010
Dawson, Owen	8th	2010
Loxsom, Casimir	2nd	2013
Watkins, Za'Von	7th	2014

\* 880 yds prior to 1984

### Mile

Balkey, Steve	10th	1988
Foster, Ryan	3rd	2011

### 3000 Meters

Snyder, Bob	8th	1978
Snyder, Bob	8th	1979
Zishka, John	3rd	1981

\* 2-Miles prior to 1984

### 200 Meters

Maguire, Charlie	3rd	1974
Stemmer, Paul	6th	1977
Scharsu, Alan	6th	1979
Scharsu, Alan	4th	1980

\* 3-Miles prior to 1984

### 60-Meter Hurdles

Shine, Mike	60-Meter Hurdles	6th	1975
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\* 60-yard hurdles prior to 1984

### 4x400-Meter Relay

Mike Sands, Steve Hackman, Randy Moser, Mike Shine	4th	1975
Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret	5th	2011
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	2nd	2012

\* Mile Relay prior to 1984

### Distance Medley Relay

Chris McHugh, Keith Falco, Mike Wyatt, Tom Rapp	3rd	1978
Vance Watson, Barry Robinson, Bob Hudson, Mark Overheim	4th	1985
R. B. Caldwell, James Robbins, Phil Mellott, Bob Hamer	6th	1994
Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese	2nd	2013

### High Jump

Souza, Paul	7th	1982
Olkowski, Ryan	5th	2002
Fritz, Ryan	5th	2007
Fritz, Ryan	T-3rd	2009

### Long Jump

Gorham, John	7th	1998
Gorham, John	12th	1999
Audu, George	5th	1999

### Triple Jump

Davis, Antonio	9th	1994
Nichols, Chavous	9th	2003
Waithe, Steve	6th	2014

### Shot Put

Hjeltnes, Knut	5th	1975
Hunter, C.J.	2nd	1989
Hunter, C.J.	1st	1990
Caraher, Phil	2nd	1991
Kovacs, Joe	3rd	2010
Eaton, Blake	8th	2010

### Weight Throw

Kauffman, Roger	4th	1965
Jackson, Al	4th	1976
Shenk, Todd	10th	1983
Shenk, Todd	T-9th	1984
McNutt, Neal	7th	1998
Barr, Will	6th	2013
Barr, Will	8th	2014

### 4x800-Meter Relay (Discontinued)

Bill Reilly, Dick Lampman, Art Morris, Tom Bedick	6th	1965
Paul McLaughlin, Randy Moore, Ken Wynn, Mike Cook	3rd	1983
Steve Balkey, Dave McMillan, Chris Mills, Ray Levitre	6th	1987

# 2015 Penn State Women's Indoor Performance List

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

7.60	Quenee Dale	Feb-21
7.65	Typhane Booker - UNA	Jan-31
7.83	Deja Davis	Feb-6
7.95	Ashley Rankine	Feb-6
7.95	Dannielle Gibson	Feb-6

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

24.09	Kiah Seymour	Feb-27
24.30	Megan Osborne	Feb-14
24.35	Dynasty McGee	Feb-7
24.39	Typhane Booker - UNA	Feb-21
24.84	Deja Davis	Jan-31
24.86	Quenee Dale	Jan-31
25.18	Shelley Black	Feb-6
25.34	Tichina Rhodes	Jan-17
25.71	Ashley Rankine	Jan-17

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

52.72	Kiah Seymour	Feb-28
54.15	Dynasty McGee	Feb-27
55.22	Megan Osborne	Jan-17
55.57	Tichina Rhodes	Feb-7
56.10	Deja Davis	Feb-21
59.04	Rachael DeCecco	Feb-21

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

1:17.47	Rachael DeCecco	Jan-31
1:19.85	Tichina Rhodes	Jan-10

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

1:37.03	Victoria Crawford	Feb-13
1:37.51	Rachael DeCecco	Jan-17

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

2:12.24	Julie Kocjancic	Feb-14
2:13.49	Victoria Crawford	Jan-31
2:13.74	Greta Lindsley	Feb-7
2:14.48	Cara Ulizio	Feb-21
2:19.70	Lisa Bennatan	Feb-7
2:35.79 - M	Natalie Shiffler	Feb-27

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

2:55.22	Julie Kocjancic	Jan-17
2:57.51	Greta Lindsley	Jan-17
3:01.42	Cara Ulizio	Jan-10
3:02.03	Lisa Bennatan	Jan-31
3:04.52	Hannah Catalano	Jan-10

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

4:46.54	Elizabeth Chikotas	Jan-17
4:53.09	Tori Gerlach	Jan-31
4:53.32	Greta Lindsley	Feb-14
4:59.48	Katie Rodden	Jan-31
5:02.87	Stephanie Aldrich	Jan-17
5:05.26	Lauren Mills	Jan-31
5:08.23	Lisa Bennatan	Feb-21
5:10.41	Cara Ulizio	Feb-7
5:10.86	Victoria Scutti	Feb-21
5:19.79	Hannah Catalano	Feb-7

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

9:17.39	Tori Gerlach	Feb-27
9:21.62	Elizabeth Chikotas	Feb-27
9:53.33	Lauren Mills	Feb-7
10:00.43	Stephanie Aldrich	Feb-14

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

16:04.64	Tori Gerlach	Feb-28
16:20.81	Elizabeth Chikotas	Feb-28
17:23.07	Lauren Mills	Feb-14
17:23.63	Katie Rodden	Feb-28

## WOMEN'S 60-METER HURDLES PSU: Evonne Britton, 8.10 (2014)

8.44	Shelley Black	Feb-27
8.46	Quenee Dale	Jan-17
9.51 - M	Natalie Shiffler	Feb-27

## WOMEN'S 4x200-METER RELAY PSU: Osborne, Seymour, McGee, Jones, 1:35.65 (2014)

## WOMEN'S 4x400-METER RELAY PSU: McGee, Jones, Rhodes, Seymour, 3:33.13 (2014)

3:34.90	Osborne, McGee, Rhodes, Seymour	Feb-14
3:50.07	DeCecco, Davis, Black, Crawford	Feb-7
3:51.47	Black, Davis, Dale, DeCecco	Jan-17
4:01.25	Kocjancic, Crawford, Ulizio, Lindsley	Jan-17

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

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

11:22.61	Gerlach, Osborne, Kocjancic, Chikotas	Jan-31
11:29.06	Kocjancic, Davis, Crawford, Lindsley	Feb-27
11:42.69	Gerlach, DeCecco, Kocjancic, Hunsberger	Jan-10
11:59.54	Chikotas, Davis, Crawford, Lindsley	Jan-10

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

5-9.75 (1.77)	Ahmenah Richardson	Feb-14
5-8.50 (1.74)	Sarah Palmer	Feb-21
5-7.25 (1.71)	Megan McCloskey	Feb-21
5-6.00 (1.68)	Natalie Shiffler	Feb-7
5-5.75 (1.67)	India McCoy	Jan-10

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

13-1 (3.99)	Lexi Masterson	Feb-27
12-10.25 (3.92)	Erin Knabe	Jan-31
12-9 (3.89)	Kasey Kemp	Feb-27
12-3.25 (3.74)	Hannah Mulhern	Feb-27

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

19-8.75 (6.01)	Dannielle Gibson	Feb-27
18-9.25 (5.72)	Kaitlyn Lopez	Feb-27
16-11.25 (5.16)	Jada Jones	Feb-7
16-8.50 (5.09)	Tal Ben-Artzi	Jan-10
16-2.25 (4.93)	Natalie Shiffler	Feb-27

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

41-1.50 (12.53)	Dannielle Gibson	Feb-14
39-7.75 (12.08)	Kaitlyn Lopez	Feb-28
37-6.00 (11.43)	Jada Jones	Feb-21

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

55-5.75 (16.91)	Rachel Fatherly	Feb-21
48-5.50 (14.77)	Alyssa Robinson	Jan-31
48-2.00 (14.68)	Obeng Marfo	Feb-21
33-10.00 (10.31)	Tal Ben-Artzi	Jan-10
31-1.00 (9.47)	Natalie Shiffler	Feb-13

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

69-2.00 (21.08)	Rachel Fatherly	Feb-21
62-6.50 (19.06)	Annjolie Vester	Jan-31
59-9.75 (18.23)	Alyssa Robinson	Feb-21
58-3.25 (17.76)	Obeng Marfo	Feb-13

## WOMEN'S PENTATHLON PSU: Gayle Hunter, 4,342 (2009)

3,124	Natalie Shiffler	Feb-27
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# 2015 Penn State Men's Indoor Performance List

## MEN'S 60-METER DASH

PSU: Ernie Terrell, 6.76 (2003)

6.84	Malik Moffett - UNA	Jan-31
6.87	Xavier Smith	Feb-6
6.90	Cody Minnig	Feb-27
7.45	Luke Pease - M	Jan-31

## MEN'S 200-METER DASH

PSU: Ryan Oikowski, 20.98 (2002)

21.33	Malik Moffett - UNA	Feb-21
21.39	Xavier Smith	Feb-27
22.26	Sancho Barrett	Jan-17
22.26	Cody Minnig	Feb-7

## MEN'S 400-METER DASH

PSU: Brady Gehret, 46.22 (2011)

47.51	Alex Shisler	Feb-27
49.79	Riley Gaibler	Feb-7
53.73	Luke Pease	Feb-21

## MEN'S 500-METER DASH

PSU: Casimir Loxsom, 1:01.28 (2011)

1:07.65	Mason Post - UNA	Jan-17
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## MEN'S 600-METER RUN

PSU: Casimir Loxsom, 1:15.42 (2013)

1:16.98	Brannon Kidder	Feb-21
1:18.34	Robert Rhodes	Feb-27
1:18.44	Jordan Makins	Feb-21
1:18.45	Za'Von Watkins	Feb-21
1:19.20	Joey Logue	Feb-21
1:19.80	Riley Gaibler	Feb-21
1:20.61	Ryan Brennan	Feb-7
1:21.75	Mason Post	Feb-21
1:23.42	Brad Rivera	Feb-13
1:26.22	Luke Pease	Feb-7

## MEN'S 800-METER RUN

PSU: Casimir Loxsom, 1:46.98 (2013)

1:47.86	Brannon Kidder	Jan-31
1:49.68	Za'Von Watkins	Feb-7
1:50.03	Jordan Makins	Feb-7
1:50.71	Joey Logue	Feb-7
1:50.93	Robert Rhodes	Feb-13
1:53.68	Ryan Brennan	Jan-17
1:55.23	Brad Rivera	Feb-21
1:55.58	Will Cather	Feb-21
1:58.02	Tom Damiani	Jan-17

## MEN'S 1000-METER RUN

PSU: Robby Creese, 2:19.53 (2012)

2:20.24	Robby Creese	Jan-17
2:22.57	Wade Endress	Jan-17
2:22.69	Jordan Makins	Jan-17
2:22.77	Joey Logue	Jan-17
2:29.61	Thomas Damiani	Jan-10
2:50.81	Luke Pease - M	Feb-14

## MEN'S MILE RUN

PSU: Robby Creese, 3:57.11 (2013)

3:57.13	Brannon Kidder	Feb-14
3:57.86	Robby Creese	Feb-7
4:02.69	Wade Endress	Jan-31
4:09.25	Bobby Hill	Jan-31
4:11.71	Matt Fischer	Jan-17
4:13.88	Ean DiSilvio	Feb-7
4:15.16	Cody Amengual	Feb-21
4:20.67	Austin Pondel	Jan-17
4:21.60	Will Cather	Feb-7
4:25.25	Tom Damiani	Feb-7

## MEN'S 3000-METER RUN

PSU: Robby Creese, 7:50.36 (2015)

7:50.36	Robby Creese	Feb-14
8:14.13	Matt Fischer	Feb-27
8:14.86	Ean DiSilvio	Feb-21
8:32.19	Austin Pondel	Jan-31

## MEN'S 5000-METER RUN

PSU: Steve Brown, 13:52.36 (1990)

14:20.79	Matt Fischer	Feb-21
15:13.99	Austin Pondel	Feb-14

## MEN'S 60-METER HURDLES

PSU: Guy Rose, 7.69 (2001)

7.89	Sancho Barrett	Feb-27
8.95	Luke Pease - M	Feb-13

## MEN'S 4x200-METER RELAY

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

MEN'S 4x400-METER RELAY  
PSU: Nadolsky, Bennett-Green, Loxsom, Gehret, 3:05.22 (2012)

3:12.61	Smith, Gaibler, Rhodes, Shisler	Feb-14
3:13.68	Smith, Watkins, Makins, Shisler	Feb-27
3:15.53	Smith, Rhodes, Makins, Watkins	Jan-31
3:18.49	Brennan, Rhodes, Logue, Watkins	Jan-17
3:19.80	Smith, Rhodes, Watkins, Logue	Jan-10
3:20.15	Logue, Watkins, Kidder, Makins	Feb-21
3:23.66	Gaibler, Makins, Cather, Pease	Jan-17

## MEN'S 4X800-METER RELAY

PSU: Balkey, McMillan, Mills, Levitre, 7:21.37 (1987)  
Watkins, Kidder, West, Loxsom, 7:21.37 (2013)

7:22.10	Makins, Brennan, Kidder, Creese	Jan-10
7:29.63	Endress, Logue, Rhodes, Watkins	Jan-10

## MEN'S DISTANCE MEDLEY RELAY

PSU: Kidder, Bennett-Green, Watkins, Creese, 9:26.59 (2014)

9:28.36	Kidder, Rhodes, Watkins, Creese	Jan-31
9:40.62	Makins, Shisler, Watkins, Kidder	Feb-27
10:05.29	Hill, Barrett, Creese, DiSilvio	Jan-10
10:07.60	Amengual, Gaibler, Cather, DiSilvio	Feb-6
10:11.95	Hill, Rivera, Amengual, DiSilvio	Jan-17
10:13.51	Cather, Brennan, Endress, Amengual	Jan-10

## MEN'S HIGH JUMP

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

6-9.75 (2.08)	Michael McClelland	Jan-31
6-8.00 (2.01)	Malik Moffett - UNA	Feb-14
5-6.00 (1.68)	Luke Pease - M	Jan-31

## MEN'S POLE VAULT

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

15-7.00 (4.75)	Patrick Anderson	Jan-17
14-9.50 (4.51)	Brandon Teribery	Jan-31
13-1.50 (4.00)	Luke Pease - M	Feb-14

## MEN'S LONG JUMP

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

24-0.25 (7.32)	Brian Leap	Jan-31
23-0.00 (7.01)	Cody Minnig	Feb-6
22-11.75 (7.00)	Steve Waithe	Feb-27
22-3.00 (6.78)	Bryce Williams	Jan-10
19-11.75 (6.09)	Luke Pease	Feb-21

## MEN'S TRIPLE JUMP

PSU: Chavous Nichols, 53-0.75 (16.17)

52-6.75 (16.02)	Brian Leap	Feb-28
52-1.25 (15.88)	Steve Waithe	Feb-21
49-5.00 (15.06)	Bryce Williams	Jan-31

## MEN'S SHOT PUT

PSU: Darrell Hill, 67-3.50/20.51 (2015)

67-3.50 (20.51)	Darrell Hill	Jan-31
55-9.75 (17.01)	Jon Yohman	Feb-21
52-1.00 (15.87)	Will Pope	Jan-31
48-8.00 (14.83)	Morgan Shigo - UNA	Jan-17
41-11.25 (12.78)	Robert Cardina	Jan-17
36-2.75 (11.04)	Luke Pease - M	Jan-31

## MEN'S 35-LB WEIGHT THROW

PSU: Will Barr, 70-6.5/21.50 (2014)

62-8.75 (19.12)	Darrell Hill	Feb-6
60-7.25 (18.47)	Kory Decesaris	Jan-31
59-8.25 (18.19)	Morgan Shigo - UNA	Feb-21
57-11.00 (17.65)	Justin Berg	Jan-17
55-2.00 (16.81)	Joe Segreto - UNA	Jan-17
51-8.25 (15.75)	Jon Yohman	Jan-17

## MEN'S HEPTATHLON

PSU: Rob Cardina, 5,511 (2014)

4,387	Luke Pease	Jan-31
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# TRACK & FIELD

FINAL (as of March 3)



# All-Time Women's Top-5 Performances

## WOMEN'S 60-METER DASH

PSU: 7.24, Shavon Greaves (2010)

1.	7.24	Shavon Greaves, 2010
2.	7.26	Mahagony Jones, 2014
3.	7.27	Consuella Moore, 2004
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.	22.93	Mahagony Jones, 2014
3.	22.98	Shavon Greaves, 2010
4.	23.48	Shana Cox, 2005
	23.48	Kiah Seymour, 2014

## WOMEN'S 400-METER DASH

PSU: 52.31, Shana Cox (2007)

1.	52.31	Shana Cox, 2007
2.	52.53	Fawn Dorr, 2010
	52.53	Kiah Seymour, 2014
4.	53.14	Shavon Greaves, 2010
5.	53.15	Dominique Blake, 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.	2:08.33	Marta Klebe, 2014
4.	2:08.75	Maura Ryan, 2011
5.	2:08.92	Caitlin Lane, 2011

## WOMEN'S 1000-METER RUN

PSU: 2:44.24, Caitlin Lane (2012)

1.	2:44.24	Caitlin Lane, 2012
2.	2:47.28	Marta Klebe, 2014
3.	2:48.17	Sarah Jane Underwood, 2014
4.	2:48.21	Briene Simmons, 2007
5.	2:48.70	Bekka Simko, 2012

## 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.	4:42.81	Marta Klebe, 2014

## WOMEN'S 3000-METER RUN

PSU: 9:10.04, Bridget Franek (2009)

1.	9:10.04	Bridget Franek, 2009
2.	9:10.76	Tori Gerlach, 2014
3.	9:13.06	Paula Renzi, 1985
4.	9:15.16	Caitlin Lane, 2012
5.	9:17.48	Kara Millhouse, 2012

## 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.	<b>16:04.64</b>	<b>Tori Gerlach, 2015</b>
4.	16:06.82	Kara Millhouse, 2012
5.	16:07.52	Brooklyne Ridder, 2013

## WOMEN'S 60-METER HURDLES

PSU: 8.10, Evonne Britton (2014)

1.	8.10	Evonne Britton, 2014
2.	8.16	Aleesha Barber, 2009
3.	8.22	Toyin Augustus, 2001
4.	8.31	Brittney Howell, 2014
5.	8.37	Gayle Hunter, 2009

## WOMEN'S 4X400-METER RELAY

PSU: 3:33.13, McGee, Jones, Rhodes, Seymour (2014)

1.	3:33.13	McGee, Jones, Rhodes, Seymour, 2014
2.	3:33.49	Blake, Simmons, Cox, Barber, 2007
3.	3:34.00	Blake, Cox, Barber, Dorr, 2008
	3:34.00	Anyanwu, Iheoma, Greaves, Duncan, '11
5.	3:34.04	Cox, Simmons, Barber, Blake, 2006

## WOMEN'S DISTANCE MEDLEY

PSU: 11:05.16, Lane, Iheoma, Simko, Millhouse, (2012)

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.	11:21.39	Benson, McGee, Underwood, Klebe, '13

## 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
	<b>5-9.75 (1.77)</b>	<b>Ahmenah Richardson, 2015</b>

## WOMEN'S POLE VAULT

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

1.	13-5.50 (4.11)	Sara Dougherty, 2004
2.	13-1.75 (4.01)	Lexi Masterson, 2014
3.	12-11.50 (3.95)	Jocelyn Witmer, 2010
	12-11.50 (3.95)	Caitlin Fairbairn, 2010
5.	<b>12-10.25 (3.92)</b>	<b>Erin Knabe, 2015</b>

## 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.	20-4.50 (6.21)	Brittney Howell, 2014

## 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.	42-4.75 (12.92)	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 (17.20)	Ja'Nai O'Connor, 2004
2.	<b>55-5.75 (16.91)</b>	<b>Rachel Fotherly, 2015</b>
3.	53-6 (16.31)	Elaine Sobansky, 1983
4.	53-5 (16.28)	Jen Leatherman, 2006
5.	51-7.25 (15.73)	Jane Swenson, 2013

## WOMEN'S 20-LB WEIGHT

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

1.	74-10.50 (22.82)	Jen Leatherman, 2006
2.	<b>69-2 (21.08)</b>	<b>Rachel Fotherly, 2015</b>
3.	68-6 (20.88)	Melissa Kurzdorfer, 2014
4.	66-3 (20.19)	Kate Johnston, 2005
5.	64-6 (19.66)	Deshaya Williams, 2003

## WOMEN'S PENTATHLON

PSU: 4,342, Gayle Hunter (2009)

1.	4,342	Gayle Hunter, 2009
2.	4,202	Brittney Howell, 2014
3.	3,988	Carla Criste, 1985
4.	3,861	Tal Ben-Artzi, 2014
5.	3,805	Amber Strouse, 2007

**BOLD - Denotes Current Season Performance**



# All-Time Men's Top-5 Performances

## MEN'S 60-METER DASH

PSU: 6.76, Ernie Terrell (2003)

- |    |       |                       |
|----|-------|-----------------------|
| 1. | 6.76  | Ernie Terrell, 2003   |
| 2. | 6.77* | Michael Timpson, 1986 |
| 3. | 6.80* | Barney Ewell, 1942    |
| 4. | 6.81  | Alex Langan, 2006     |
| 5. | 6.81  | Alex Kenney, 2014     |

\* Converted time from 60 yards to 55 meters

## MEN'S 200-METER DASH

PSU: 20.98, Ryan Olkowski (2002)

- |    |       |                       |
|----|-------|-----------------------|
| 1. | 20.98 | Ryan Olkowski, 2002   |
| 2. | 21.11 | Michael Timpson, 1989 |
| 3. | 21.18 | Greg Miller, 2001     |
| 4. | 21.21 | Ernie Terrell, 2004   |
| 5. | 21.25 | Bryon Robinson, 2014  |

## MEN'S 400-METER DASH

PSU: 46.22, Brady Gehret (2011)

- |    |       |                             |
|----|-------|-----------------------------|
| 1. | 46.22 | Brady Gehret, 2011          |
| 2. | 46.55 | Bernard Bennett-Green, 2014 |
| 3. | 46.73 | Byron Robinson, 2014        |
| 4. | 46.74 | Brandon Bennett-Green, 2014 |
| 5. | 46.81 | Michael Timpson, 1987       |

## MEN'S 500-METER DASH

PSU: 1:01.28, Casimir Loxsom (2011)

- |    |         |                             |
|----|---------|-----------------------------|
| 1. | 1:01.28 | Casimir Loxsom, 2011        |
| 2. | 1:02.58 | Ben Karcz, 2000             |
| 3. | 1:02.75 | Ernie Terrell, 2003         |
| 4. | 1:02.81 | Mike Cadau, 2009            |
| 5. | 1:03.01 | Bernard Bennett-Green, 2014 |

## MEN'S 600-METER RUN

PSU: 1:15.42, Casimir Loxsom (2013)

- |    |         |                       |
|----|---------|-----------------------|
| 1. | 1:15.42 | Casimir Loxsom, 2013  |
| 2. | 1:16.89 | Ben Karcz, 2001       |
| 3. | 1:16.98 | Brannon Kidder, 2015  |
| 4. | 1:17.65 | Lionel Williams, 2009 |
| 5. | 1:18.16 | Matt Lincoln, 2004    |

## Notable Performances

- |   |         |   |
|---|---------|---|
| * | 1:16.92 | Casimir Loxsom, 2010                    |
|   |         | * American Junior Record                |
| * | 1:15.79 | Casimir Loxsom, 2013                    |
|   |         | * American Collegiate Record            |
| * | 1:15.42 | Casimir Loxsom, 2013                    |
|   |         | * All-Time Collegiate and American Best |

## MEN'S 800-METER RUN

PSU: 1:46.98, Casimir Loxsom (2012)

- |    |         |                      |
|----|---------|----------------------|
| 1. | 1:46.98 | Casimir Loxsom, 2013 |
| 2. | 1:47.32 | Ryan Foster, 2010    |
| 3. | 1:47.45 | Brannon Kidder, 2014 |
| 4. | 1:47.77 | Owen Dawson, 2010    |
| 5. | 1:48.11 | ZaVon Watkins, 2014  |

## Notable Performances

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

## MEN'S 1000-METER RUN

PSU: 2:19.53, Robby Creese (2012)

- |    |         |                     |
|----|---------|---------------------|
| 1. | 2:19.53 | Robby Creese, 2012  |
| 2. | 2:19.60 | Ryan Foster, 2010   |
| 3. | 2:21.95 | Ricky West, 2013    |
| 4. | 2:21.98 | Owen Dawson, 2010   |
| 5. | 2:22.02 | ZaVon Watkins, 2013 |

## Notable Performances

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

## MEN'S MILE RUN

PSU: 3:57.11, Robby Creese (2013)

- |    |         |                       |
|----|---------|-----------------------|
| 1. | 3:57.11 | Robby Creese, 2013    |
| 2. | 3:57.13 | Brannon Kidder, 2015  |
| 3. | 3:58.49 | Ryan Foster, 2011     |
| 4. | 4:01.98 | Samuel Borchers, 2008 |
| 5. | 4:02.3  | Greg Fredericks, 1972 |

## MEN'S 3000-METER RUN

PSU: 7:50.36, Robby Creese (2015)

- |    |         |                    |
|----|---------|--------------------|
| 1. | 7:50.36 | Robby Creese, 2015 |
| 2. | 7:54.52 | Sam Masters, 2013  |
| 3. | 8:00.78 | Ken Frazier, 1989  |
| 4. | 8:02.05 | John Zishka, 1981  |
| 5. | 8:04.21 | Matt Fischer, 2014 |

## Converted Marks

- |    |         |                       |
|----|---------|-----------------------|
| 1. | 7:53.58 | Greg Fredericks, 1972 |
| 2. | 7:54.50 | Robert Snyder, 1979   |
| 3. | 8:02.24 | George Malley, 1977   |

## MEN'S 5000-METER RUN

PSU: 13:52.36, Steve Brown (1990)

- |    |          |                   |
|----|----------|-------------------|
| 1. | 13:52.36 | Steve Brown, 1990 |
| 2. | 13:58.55 | Eric Carter, 1986 |

## Converted Marks

- |    |          |                       |
|----|----------|-----------------------|
| 1. | 13:46.42 | Paul Stemmer, 1976    |
| 2. | 13:46.94 | Alan Scharsu, 1980    |
| 3. | 13:59.71 | Charlie Maguire, 1974 |

## MEN'S 60-METER HURDLES

PSU: 7.69, Guy Rose (2001)

- |    |      |                       |
|----|------|-----------------------|
| 1. | 7.69 | Guy Rose, 2001        |
| 2. | 7.82 | Michael Timpson, 1986 |
| 3. | 7.83 | John Whelan, 1998     |
| 4. | 7.85 | Mike Shine, 1975      |
| 5. | 7.86 | Ron Jules, 2007       |

## MEN'S 4X400-METER RELAY

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

- |    |         |   |
|----|---------|---|
| 1. | 3:05.22 | Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), 2012 |
| 2. | 3:07.27 | Nadolsky, Williams, Loxsom, Gehret, 2011                                  |
| 3. | 3:07.72 | Nadolsky, Gehret, Loxsom, Gilmore, 2012                                   |
| 4. | 3:07.83 | Robinson, Be. Bennett-Green, Nadolsky, Br. Bennett-Green, 2014            |
| 5. | 3:08.03 | Mpanduki, Loxsom, Gilmore, Br. Bennett-Green, 2013                        |

## MEN'S 4X800-METER RELAY

PSU: 7:21.37 (2 Teams)

- |    |         |  |
|----|---------|--|
|    |         | Balkey, McMillan, Mills, Levitre, 7:21.37 (1987) |
|    |         | Watkins, Kidder, West, Loxsom, 7:21.37 (2013)    |
| 1. | 7.21.37 | Balkey, McMillan, Mills, Levitre, 1987           |
|    |         | Watkins, Kidder, West, Loxsom, 2013              |
| 3. | 7:22.10 | Makins, Brennan, Kidder, Creese, 2015            |
| 4. | 7.24.38 | Watson, Shiffer, Levitre, Mills, 1986            |

## Converted from 2-Mile Relay

- |    |         |                                     |
|----|---------|-------------------------------------|
| 1. | 7:21.42 | McLaughlin, Moore, Wynn, Cook, 1983 |
| 2. | 7:23.38 | Watson, Shisler, Mills, Moore, 1985 |

## MEN'S DISTANCE MEDLEY RELAY

PSU: 9:26.59 Kidder, Bennett Green, Watkins, Creese 2014

- |    |         |   |
|----|---------|---|
| 1. | 9:26.59 | Kidder, Bennett-Green, Watkins, Creese, '14 |
| 2. | 9:28.36 | Kidder, Rhodes, Watkins, Creese, '15        |
| 3. | 9:32.94 | Borchers, Cadau, Foster, Johnson, '09       |
| 4. | 9:35.21 | Borchers, Williams, Loxsom, O. Dawson, '11  |
| 5. | 9:35.24 | Endress, Nadolsky, Manley, Creese, '12      |

## MEN'S HIGH JUMP

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

- |    |                |                      |
|----|----------------|----------------------|
| 1. | 7-4 1/4 (2.24) | Paul Souza, 1982     |
| 2. | 7-3 1/4 (2.22) | Ryan Fritz, 2007     |
| 3. | 7-2.75 (2.20)  | Jon Hendershot, 2014 |
| 4. | 7-2 3/4 (2.20) | Ryan Olkowski, 1999  |
| 5. | 7-1 3/4 (2.18) | Sean Reilly, 2012    |

## MEN'S POLE VAULT

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

- |    |                 |                        |
|----|-----------------|------------------------|
| 1. | 17-0 3/4 (5.20) | John Vellenoweth, 2009 |
| 2. | 17-0 (5.18)     | Mason Ternay, 1992     |
| 3. | 16-9 1/2 (5.12) | Ron Campbell, 1985     |
| 4. | 16-9 1/2 (5.12) | Rick Kleban, 1985      |
| 5. | 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)

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

## MEN'S TRIPLE JUMP

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

- |    |                  |                       |
|----|------------------|-----------------------|
| 1. | 53-0 3/4 (16.17) | Chavous Nichols, 2003 |
| 2. | 52-6 3/4 (16.02) | Brian Leap, 2015      |
| 3. | 52-6 (16.00)     | Clarence Smith, 2009  |
|    | 52-6 (16.00)     | Steve Waithe, 2014    |
| 5. | 52-4 1/4 (15.95) | Ricardo Hall, 1990    |
|    | 52-4 1/4 (15.95) | Antonio Davis, 1994   |

## MEN'S SHOT PUT

PSU: 67-3 1/2 (20.51), Darrell Hill (2015)

- |    |                  |                    |
|----|------------------|--------------------|
| 1. | 67-3 1/2 (20.51) | Darrell Hill, 2015 |
| 2. | 65-7 (19.99)     | C.J. Hunter, 1990  |
| 3. | 65-1 1/4 (19.84) | Joe Kovacs, 2011   |
| 4. | 62-6 1/2 (19.05) | Phil Caraher, 1991 |
| 5. | 62-1 1/4 (18.93) | Blake Eaton, 2011  |

## MEN'S 35-LB WEIGHT

PSU: 70-6.5 (21.50), Will Barr (2014)

- |    |                  |                     |
|----|------------------|---------------------|
| 1. | 70-6 1/2 (21.50) | Will Barr, 2014     |
| 2. | 66-5 3/4 (20.26) | Dorian Lowe, 2002   |
| 3. | 66-2 1/4 (20.17) | Scott Vernon, 2005  |
| 4. | 65-9 3/4 (20.06) | Neal McNutt, 1998   |
| 5. | 65-9 (20.04)     | Tyler Hoffman, 2008 |

## MEN'S HEPTATHLON

PSU: 5,511, Rob Cardina (2014)

- |    |       |                      |
|----|-------|----------------------|
| 1. | 5,511 | Rob Cardina, 2014    |
| 2. | 5,500 | James Cook, 1998     |
| 3. | 5,419 | Chris Morrisey, 2008 |
| 4. | 5,367 | Anya Uzoh, 2012      |
| 5. | 5,239 | Shawn Colligan, 2008 |



# TRACK & FIELD

FINAL (as of March 3)

# Robby Creese

## Senior || Mount Airy, Md. || Distance



### Creese's Indoor Career Bests

800 Meters .....	1:48.64
1000 Meters .....	2:19.53 *Penn State Record
Mile .....	3:57.11 *Penn State Record
3000 Meters .....	7:50.36 *Penn State Record
Distance Medley Relay .....	9:26.59 *Penn State Record

### Season Highlights

Big Ten Champion - Mile & 3,000 Meters

### Career Highlights

Two-time All-American

Five-Time NCAA Qualifier

Five-Time Big Ten Champion

His time of 2:19.53 in the 1,000 Meters is the American Collegiate Record

**NCAA Rank:** 1,000 Meters: 1st, Mile: 9th, 3,000 Meters: 8th, DMR: 4th, 4x8: 1st

### Creese in 2015 ...

#### Competition

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	Mile	F	4:11.41	1
Big Ten Indoor Championships	Mile	P	4:05.20	1
Big Ten Indoor Championships	3000	F	8:10.75	1
2015 UW Husky Classic	3000	F	7:50.36	5
Sykes & Sabock Challenge Cup	Mile	F	3:57.86	1
Penn State National Invitational	DMR	F	9:28.36	2
Nittany Lion Challenge	1000	F	2:20.24	1
Penn State Relays	DMR	F	10:05.29	2
Penn State Relays	4x8	F	7:22.10	1

### Creese at the NCAA Championships ...

#### Competition

Competition	Event	Round	Time	Place
2014 NCAA Indoor Championships	DMR	F	9:57.88	11
2013 NCAA Outdoor Championships	1500	F	3:51.21	6
2013 NCAA Outdoor Championships	1500	P	3:43.55	8
2013 NCAA Indoor Championships	Mile	F	4:08.82	9
2013 NCAA Indoor Championships	Mile	P	4:01.67	2
2013 NCAA Indoor Championships	DMR	F	9:34.00	2
2012 NCAA Indoor Championships	Mile	F	4:11.45	11
2012 NCAA Indoor Championships	Mile	P	4:04.89	9



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# Deja Davis

Freshman || Shelby Carter Township, Mich. || Sprints/Relays



## Davis' Indoor Career Bests

60 Meters .....	7.83
200 Meters .....	24.84
400 Meters .....	56.10
4x4 Relay .....	3:50.07
Distance Medley Relay .....	11:29.06

## Season Highlights

Big Ten Scorer (400 leg of the DMR)

## Davis in 2015 ...

### Competition

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	DMR	F	11:29.06	7
Penn State Tune-Up	400	F	56.10	1
SPIRE NCAA D-1 Indoor T&F Invitational	200	F	25.68	40
SPIRE NCAA D-1 Indoor T&F Invitational	60	P	7.83	23
Sykes & Sabock Challenge Cup	60	P	7.83	14
Sykes & Sabock Challenge Cup	400	F	57.01	11
Sykes & Sabock Challenge Cup	DMR	F	11:36.96	2
Sykes & Sabock Challenge Cup	4x4	F	3:50.07	5
Penn State National Invitational	60	P	7.87	30
Penn State National Invitational	200	F	24.84	3
Penn State National Invitational	4x4	F	3:50.79	4
Nittany Lion Challenge	200	F	25.42	11
Nittany Lion Challenge	4x4	F	3:51.47	6
Penn State Relays	60	F	7.95	7
Penn State Relays	60	P	7.93	7
Penn State Relays	200	F	25.19	4
Penn State Relays	DMR	F	11:59.54	2



TRACK & FIELD



# Rachel Fatherly

## Junior || Williamsport, Pa. || Throws



### Fatherly's Indoor Career Bests

Shot Put ..... 55-5.75  
 Weight Throw ..... 69-2

#### Season Highlights

Big Ten Silver Medalist - Weight Throw  
 Big Ten Scorer (Fourth, Shot Put)

#### Career Highlights

Three-Time Big Medalist  
 Six-Time Big Ten Scorer  
 Weight throw mark of 69-2 ranks No. 2 all-time at Penn State  
 Shot put mark of 55-5.75 ranks No. 2 all-time at Penn State

**NCAA Rank:** Shot Put: 12th, Weight Throw: T-13th

### Fatherly in 2015 ...

#### Competition

Big Ten Championships  
 Big Ten Championships  
 Penn State Tune-Up  
 Penn State Tune-Up  
 Tyson Invitational  
 Tyson Invitational  
 Sykes & Sabock Challenge Cup  
 Sykes & Sabock Challenge Cup  
 Penn State National Invitational  
 Penn State National Invitational  
 Nittany Lion Challenge  
 Nittany Lion Challenge  
 Penn State Relays  
 Penn State Relays

Event	Mark	Place
Shot Put	51' 0.25"	4
Weight Throw	66' 6.5"	2
Shot Put	55' 5.75"	1
Weight Throw	69' 2"	1
Weight Throw	56' 10.75"	25
Shot Put	52' 2.75"	1
Weight Throw	66' 1.75"	1
Shot Put	50' 2.75"	1
Shot Put	51' 9.25"	2
Weight Throw	67' 5.25"	1
Weight Throw	62' 6"	4
Shot Put	51' 7"	1
Shot Put	NP	NP
Weight Throw	64' 11.25"	1



# Darrell Hill

## Senior || Philadelphia, Pa. || Throws



### Hill's Indoor Career Bests

Shot Put ..... 67-3.50 \*Penn State Record  
 Weight Throw ..... 64-5.25

#### Season Highlights

Set the school record in the shot put twice (66-2.50 & 67-3.50)  
 Big Ten Male Field Athlete of the Week (Feb. 2)  
 Big Ten Champion - Shot Put

#### Career Highlights

Two-time Big Ten Champion in the shot put  
 2015 USTFCCA Mid-Atlantic Indoor Men's Field Athlete of the Year  
 2014 Big Ten Outdoor Athlete of the Year and Athlete of the Championship

**NCAA Rank:** Shot Put: 3rd

### Hill in 2015 ...

#### Competition

Big Ten Indoor Championships  
 Big Ten Indoor Championships  
 Tyson Invitational  
 Sykes & Sabock Challenge Cup  
 Sykes & Sabock Challenge Cup  
 Penn State National Invitational  
 Penn State National Invitational  
 Nittany Lion Challenge  
 Nittany Lion Challenge  
 Penn State Relays  
 Penn State Relays

Event	Mark	Place
Shot Put	66' 6"	1
Weight Throw	61' 9.5"	18
Shot Put	67' 2.75"	2
Shot Put	66' 10.5"	1
Weight Throw	62' 8.75"	1
Weight Throw	62' 2.25"	3
Shot Put	67' 3.5"	1
Shot Put	64' 5.25"	1
Weight Throw	61' 8.25"	3
Shot Put	66' 2.5"	1
Weight Throw	60' 7.25"	3

### Hill at the NCAA Championships ...

#### Competition

2014 NCAA Outdoor Championships

Event	Mark	Place
Shot Put	62' 9.50"	15



# Brannon Kidder

## Junior || Lancaster, Ohio || Mid-Distance



### Kidder's Indoor Career Bests

600 Meters .....	1:16.98
800 Meters .....	1:47.45
Mile .....	3:57.13
DMR.....	9:26.59 *Penn State Record

### Season Highlights

Big Ten Champion - DMR  
 Big Ten Silver Medalist - Mile  
 At Penn State, Kidder moved into No. 2 all-time in the mile (3:57.13) and No. 3 all-time in the 600 (1:16.98)

### Career Highlights

**Two-time All-American**  
 Five-time Big Ten Champion  
 2013 Big Ten Freshman of the Year

**NCAA Rank:** 600 Meters: 4th, 800 Meters: 12th, Mile: 3rd, DMR: 3rd, 4x8: 1st

### Kidder in 2015 ...

#### Competition

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	600	F	1:18.92	8
Big Ten Indoor Championships	600	P	1:18.03	4
Big Ten Indoor Championships	Mile	F	4:11.50	2
Big Ten Indoor Championships	Mile	P	4:06.71	2
Big Ten Indoor Championships	DMR	F	9:40.62	1
Penn State Tune-Up	600	F	1:16.98	1
Penn State Tune-Up	4x4	F	3:20.15	1
2015 UW Husky Classic	Mile	F	3:57.13	2
Penn State National Invitational	800	F	1:47.86	1
Penn State National Invitational	DMR	F	9:28.36	2
Nittany Lion Challenge	800	F	1:48.54	2
Penn State Relays	4x8	F	7:22.10	1

### Kidder at the NCAA Championships ...

#### Competition

Competition	Event	Round	Time	Place
2014 NCAA Outdoor Championships	1500	F	3:44.30	12
2014 NCAA Outdoor Championships	1500	P	3:46.32	8
2014 NCAA Indoor Championships	800	P	1:52.02	13
2014 NCAA Indoor Championships	DMR	F	9:57.88	11
2013 NCAA Outdoor Championships	800	F	1:47.51	3
2013 NCAA Outdoor Championships	800	P	1:49.01	6
2013 NCAA Indoor Championships	DMR	F	9:34.00	2





# Brian Leap

## Senior || Bellwood, Pa. || Jumps



### Leap's Indoor Career Bests

Long Jump .....	24-0.25
Triple Jump .....	52-6.75

### Season Highlights

Big Ten Silver Medalist  
 Moved into No. 2 all-time at Penn State in the triple jump (52-6.75)

### Career Highlights

Four-time Big Ten Medalist in the triple jump

**NCAA Rank:** Triple Jump: 13th

### Leap in 2015 ...

#### Competition

Big Ten Indoor Championships  
 Big Ten Indoor Championships  
 Tyson Invitational  
 Sykes & Sabock Challenge Cup  
 Sykes & Sabock Challenge Cup  
 Penn State National Invitational  
 Penn State National Invitational  
 Nittany Lion Challenge  
 Penn State Relays

#### Event

Long Jump  
 Triple Jump  
 Triple Jump  
 Triple Jump  
 Long Jump  
 Triple Jump  
 Long Jump  
 Triple Jump  
 Long Jump

#### Mark

22' 9"  
 52' 6.75"  
 51' 9.25"  
 49' 10.5"  
 23' 9.5"  
 52' 3.75"  
 24' 0.25"  
 51' 9.75"  
 23' 8.75"

#### Place

17  
 2  
 6  
 3  
 1  
 1  
 3  
 2  
 2

### Leap at the NCAA Championships ...

#### Competition

2014 NCAA Outdoor Championships

#### Event

Triple Jump

#### Mark

51' 6.5"

#### Place

16





# Jordan Makins

## Freshman || Perth, Aus. || Mid-Distance



### Makins' Indoor Career Bests

600 Meters .....	1:18.44
800 Meters .....	1:50.03
1000 Meters .....	2:22.69

### Season Highlights/Career Highlights

Big Ten Champion - DMR  
 Big Ten Scorer - 4x4  
 Set the No. 3 all-time performance in the 4x8 (7:22.10) at Penn State

**NCAA Rank:** 600 Meters: 25th, 4x8: 1st

### Makins in 2015 ...

#### Competition

Big Ten Indoor Championships  
 Big Ten Indoor Championships  
 Big Ten Indoor Championships  
 Penn State Tune-Up  
 Penn State Tune-Up  
 2015 UW Husky Classic  
 Sykes & Sabock Challenge Cup  
 Penn State National Invitational  
 Penn State National Invitational  
 Nittany Lion Challenge  
 Nittany Lion Challenge  
 Penn State Relays

Event	Round	Time	Place
800	P	1:51.22	9
DMR	F	9:40.62	1
4x4	F	3:13.68	10
600	F	1:18.44	2
4x4	F	3:20.15	1
800	F	1:50.31	22
800	F	1:50.03	3
800	F	1:51.88	9
4x4	F	3:15.53	1
1000	F	2:22.69	4
4x4	F	3:23.66	8
4x8	F	7:22.10	1



# Dynasty McGee

## Senior || Flint, Mich. || Sprints/Relays



### McGee's Indoor Career Bests

60 Meters .....	7.96
200 Meters .....	23.93
400 Meters .....	53.87
4x4 .....	3:33.13 *Penn State Record

#### Season Highlights

Big Ten Silver Medalist - 4x4  
Big Ten Scorer - 400

#### Career Highlights

Two-time All-American  
Eight-time Big Ten Medalist

**NCAA Rank:** 4x4: 15th

### McGee in 2015 ...

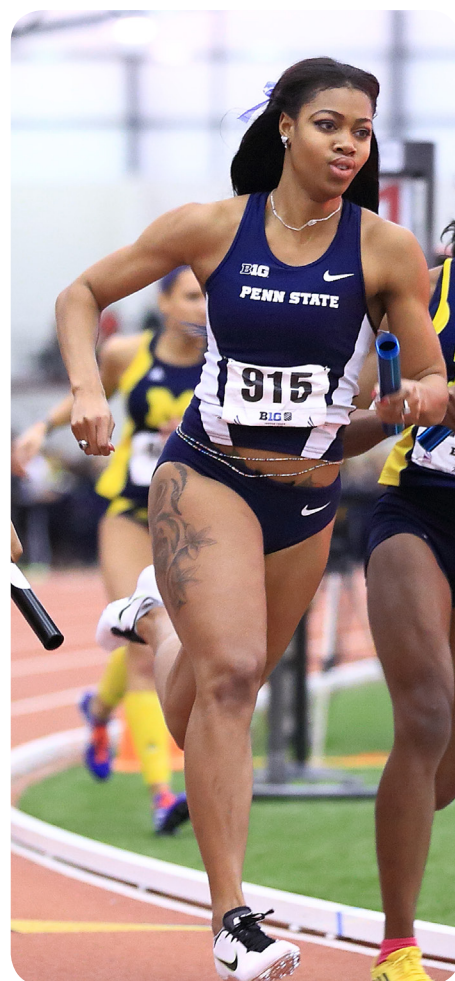
#### Competition

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	400	F	54.62	7
Big Ten Indoor Championships	400	P	54.15	3
Big Ten Indoor Championships	200	P	24.64	20
Big Ten Indoor Championships	4x4	F	3:35.85	2
Tyson Invitational	400	F	54.28	25
Tyson Invitational	4x4	F	3:34.90	6
Sykes & Sabock Challenge Cup	200	F	24.35	3
Sykes & Sabock Challenge Cup	4x4	F	3:37.37	1
Penn State National Invitational	400	F	54.19	3
Penn State National Invitational	4x4	F	3:40.43	1
Nittany Lion Challenge	200	F	24.59	4
Nittany Lion Challenge	4x4	F	3:40.70	2
Penn State Relays	4x4	F	3:45.28	1

### McGee at the NCAA Championships ...

#### Competition

Competition	Event	Round	Time	Place
2014 NCAA Outdoor Championships	4x4	F	3:31.17	5
2014 NCAA Outdoor Championships	4x4	P	3:32.45	6
2014 NCAA Indoor Championships	4x4	F	3:33.13	5
2013 NCAA Outdoor Championships	4x4	P	3:35.23	14
2012 NCAA Outdoor Championships	4x4	P	3:33.03	13



# TRACK & FIELD

# Megan Osborne

Sophomore || Chillicothe, Ohio || Sprints/Relays



### Osborne's Indoor Career Bests

60 Meters .....	7.81
200 Meters .....	24.30
400 Meters .....	55.22
4x4 .....	3:34.90

### Season Highlights/Career Highlights

Big Ten Silver Medalist - 4x4

NCAA Rank: 4x4: 15th

### Osborne in 2015 ...

#### Competition

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	400	P	55.43	12
Big Ten Indoor Championships	200	P	24.74	22
Big Ten Indoor Championships	4x4	F	3:35.85	2
Tyson Invitational	200	F	24.30	42
Tyson Invitational	4x4	F	3:34.90	6
Sykes & Sabock Challenge Cup	200	F	24.42	4
Sykes & Sabock Challenge Cup	4x4	F	3:37.37	1
Penn State National Invitational	200	F	24.77	10
Penn State National Invitational	4x4	F	3:40.43	1
Penn State National Invitational	DMR	F	11:22.61	3
Nittany Lion Challenge	400	F	55.22	2
Nittany Lion Challenge	4x4	F	3:40.70	2
Penn State Relays	200	F	24.55	1
Penn State Relays	4x4	F	3:45.28	1



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# Robert Rhodes

Junior || Brooklyn, N.Y. || Mid-Distance



### Rhodes' Indoor Career Bests

500 Meters .....	1:02.02
600 Meters .....	1:17.36
800 Meters .....	1:49.34
1000 Meters .....	2:35.35
DMR.....	9:28.36

### Season/Career Highlights

Big Ten Scorer (600)  
 Ran the third-fastest DMR in Penn State history (9:28.36)

NCAA Rank: DMR: 3rd

### Rhodes in 2015 ...

#### Competition

Big Ten Indoor Championships  
 Big Ten Indoor Championships  
 Tyson Invitational  
 Tyson Invitational  
 Sykes & Sabock Challenge Cup  
 Sykes & Sabock Challenge Cup  
 Penn State National Invitational  
 Penn State National Invitational  
 Penn State National Invitational  
 Nittany Lion Challenge  
 Nittany Lion Challenge  
 Penn State Relays  
 Penn State Relays

Event	Round	Time	Place
600	F	1:18.53	6
600	P	1:18.34	7
800	F	1:50.93	12
4x4	F	3:12.61	15
600	F	1:18.96	1
4x4	F	3:13.61	1
800	F	1:51.03	7
DMR	F	9:28.36	2
4x4	F	3:15.53	1
600	F	1:19.69	1
4x4	F	3:18.49	5
4x4	F	3:19.80	4
4x8	F	7:29.63	3



TRACK & FIELD



# Tichina Rhodes

Sophomore || Philadelphia, Pa. || Sprints/Relays



### Rhodes' Indoor Career Bests

200 Meters .....	25.34
400 Meters .....	55.57
500 Meters .....	1:19.85
4x4 .....	3:33.13 *Penn State Record

### Season Highlights

Big Ten Silver Medalist - 4x4

### Career Highlights

Two-time All-American  
 Three-time Big Ten Medalist  
 School record holder in the 4x4 (3:33.13)

**NCAA Rank:** 4x4: 15th

### Rhodes in 2015 ...

#### Competition

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	400	P	55.88	16
Big Ten Indoor Championships	4x4	F	3:35.85	2
Tyson Invitational	400	F	56.03	46
Tyson Invitational	4x4	F	3:34.90	6
Sykes & Sabock Challenge Cup	400	F	55.57	3
Sykes & Sabock Challenge Cup	4x4	F	3:37.37	1
Penn State National Invitational	400	F	56.97	1
Penn State National Invitational	4x4	F	3:40.43	1
Nittany Lion Challenge	200	F	25.34	10
Nittany Lion Challenge	4x4	F	3:40.70	2
Penn State Relays	500	F	1:19.85	17
Penn State Relays	4x4	F	3:45.28	1

### Rhodes at the NCAA Championships ...

#### Competition

Competition	Event	Round	Time	Place
2014 NCAA Outdoor Championships	4x4	F	3:31.17	5
2014 NCAA Outdoor Championships	4x4	P	3:32.45	6
2014 NCAA Indoor Championships	4x4	F	3:33.13	5



# Kiah Seymour

## Junior || Washington, D.C. || Sprints/Relays



### Seymour's Indoor Career Bests

200 Meters .....	23.48
400 Meters .....	52.53
4x4 .....	3:33.13 *Penn State Record

### Season Highlights

Big Ten Silver Medalist - 4x4  
Big Ten Champion - 400

### Career Highlights

Four-time All-American  
Ten-time Big Ten Medalist  
School record holder in the 4x4 (3:33.13), also is tied for second in the 400 (52.53) and fourth in the 200 (23.48)

**NCAA Rank:** 400: 16th, 4x4: 15th

### Seymour in 2015 ...

#### Competition

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	400	F	52.72	1
Big Ten Indoor Championships	400	P	53.76	1
Big Ten Indoor Championships	200	P	24.09	14
Big Ten Indoor Championships	4x4	F	3:35.85	2
Tyson Invitational	400	F	53.10	10
Tyson Invitational	4x4	F	3:34.90	6
Sykes & Sabock Challenge Cup	200	F	24.33	2
Sykes & Sabock Challenge Cup	4x4	F	3:37.37	1
Penn State National Invitational	400	F	53.62	2
Penn State National Invitational	4x4	F	3:40.43	1
Nittany Lion Challenge	4x4	F	3:40.70	2

### Seymour at the NCAA Championships ...

#### Competition

Competition	Event	Round	Time	Place
2014 NCAA Outdoor Championships	400H	F	56.77	6
2014 NCAA Outdoor Championships	400H	P	57.24	6
2014 NCAA Outdoor Championships	4x4	F	3:31.17	5
2014 NCAA Outdoor Championships	4x4	P	3:32.45	6
2014 NCAA Indoor Championships	400	F	52.85	6
2014 NCAA Indoor Championships	400	P	52.58	7
2014 NCAA Indoor Championships	4x4	F	3:33.13	5
2013 NCAA Outdoor Championships	400H	P	58.64	11
2013 NCAA Outdoor Championships	4x4	P	3:35.23	14



# TRACK & FIELD

# Alex Shisler

Junior || State College, Pa. || Sprints/Relays



### Shisler's Indoor Career Bests

200 Meters .....	22.41
400 Meters .....	47.51
500 Meters .....	1:03.94
600 Meters .....	1:19.23

### Season/Career Highlights

Big Ten Champion - DMR  
Big Ten Scorer - 4x4

### Shisler in 2015 ...

#### Competition

Big Ten Indoor Championships  
Big Ten Indoor Championships  
Big Ten Indoor Championships  
Penn State Tune-Up  
Tyson Invitational  
Tyson Invitational  
Sykes & Sabock Challenge Cup  
Sykes & Sabock Challenge Cup

Event	Round	Time	Place
400	P	47.51	9
DMR	F	9:40.62	1
4x4	F	3:13.68	10
400	F	47.78	1
400	F	47.60	27
4x4	F	3:12.61	15
400	F	48.18	1
4x4	F	3:13.61	1





# Za'Von Watkins

## Junior || Liverpool, N.Y. || Mid-Distance



### Watkins' Indoor Career Bests

600 Meters .....	1:18.45
800 Meters .....	1:48.11
1000 Meters .....	2:22.02
Mile .....	4:23.06
DMR.....	9:26.59 *Penn State Record

### Season Highlights

Big Ten Champion - DMR  
 Big Ten Scorer - 4x4  
 Ran the second-fastest DMR in Penn State history (9:28.36)

### Career Highlights

School record holder in the DMR (9:26.59) and ranks No. 5 in the 800 (1:48.11) and No. 5 in the 1,000 (2:22.02)  
 Two-time All-American

**NCAA Rank:** DMR: 3rd

### Watkins in 2015 ...

Competition	Event	Round	Time	Place
Big Ten Indoor Championships	800	P	1:51.46	10
Big Ten Indoor Championships	DMR	F	9:40.62	1
Big Ten Indoor Championships	4x4	F	3:13.68	10
Penn State Tune-Up	600	F	1:18.45	3
Penn State Tune-Up	4x4	F	3:20.15	1
SPIRE NCAA D-1 Indoor T&F Invitational	800	F	1:50.68	7
Sykes & Sabock Challenge Cup	800	F	1:49.68	2
Penn State National Invitational	800	F	1:50.92	6
Penn State National Invitational	DMR	F	9:28.36	2
Penn State National Invitational	4x4	F	3:15.53	1
Nittany Lion Challenge	800	F	1:50.80	5
Nittany Lion Challenge	4x4	F	3:18.49	5
Penn State Relays	4x4	F	3:19.80	4
Penn State Relays	4x8	F	7:29.63	3

### Watkins at the NCAA Championships ...

Competition	Event	Round	Time	Place
2014 NCAA Indoor Championships	800	F	1:50.25	7
2014 NCAA Indoor Championships	800	P	1:51.82	4
2014 NCAA Indoor Championships	DMR	F	9:57.88	11
2013 NCAA Indoor Championships	DMR	F	9:34.00	2



# TRACK & FIELD