



# TRACK & FIELD



senior ERIKA MORGAN



senior RICKY WEST



The NITTANY LION CHALLENGE  
JANUARY 12, 2013



# TRACK & FIELD

## The Nittany Lion Challenge January 12, 2013

|| Ashenfelter III Indoor Track ||

### Last Time Out ... PSU Relays Recap

#### Nittany Lions Claim 18-Event Titles at PSU Relays

UNIVERSITY PARK, Pa.: January 5, 2013 - Bolstered by 18 victories on the afternoon, the Nittany Lion track and field squads got the 2013 season off to a stellar start, Saturday at the Penn State Relays at Ashenfelter III Indoor Track. Among the list of top-notch performances were school-record efforts in both the men's and women's 4x200-meter relay, along with meet-record setting showings by senior Jane Swenson (Brandon, S.D.) in the women's shot, and freshman Victoria Gerlach (Perkasie, Pa.) in the women's mile.

The Nittany Lion foursome of junior Mahogany Jones (Cleveland, Ohio), redshirt-sophomore Kirsten Nieuwendam (Parimaribo, Suriname), senior Doris Anyanwu (Beltsville, Md.), and freshman Kiah Seymour (Washington, D.C.) got the ball rolling in the relays, combining to run 1:37.25 in the 4x200 to better the previous facility, meet, and school record of 1:37.76 - set in 2006. Following up with the second school-record performance of the day was men's contingent of senior Emunael Mpanduki (Harare, Zimbabwe), junior Brandon Bennett-Green (Philadelphia, Pa.), junior Aaron Nadolsky (Altoona, Pa.), and sophomore Matt Gilmore (Philadelphia, Pa.). The relay ran away from the field with a finishing time of 1:25.52, to upend the prior Penn State record of 1:26.24 from 2005. In fact, the squad's 1:25.52 is the fourth-fastest effort in collegiate history.

Penn State had a productive day in the sprints overall, with both the men's and women's 4x400-meter relays picking up event titles, beginning with Anyanwu, Jones, Nieuwendam, and Seymour, who took top honors in the women's race in 3:41.18. Nadolsky, Gilmore, and Bennett-Green - along with senior Casimir Loxsom (New Haven, Conn.) on the third leg - nabbed the victory in the men's competition, finishing in 3:09.97.

Swenson led the Nittany Lion effort in the throws, bettering her own meet record in the shot put, thanks to a personal indoor best toss of 49-7.25 (15.12). The senior led a bang-up effort by the Nittany Lions in the event, with junior Melissa Kurzdorfer (Lancaster, N.Y.), and freshman Rachel Fatherly (Williamsport, Pa.) following in second and third respectively. Kurzdorfer would also pick up a win, taking the women's 20-lb weight throw with a season-best 60-5.75 (18.43). The same Penn State trio covered the top three spots in the weight, with Swenson in second, and Fatherly in third.

SCAN HERE FOR  
LIVE RESULTS!!



### 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  
Kara Millhouse

Athletic Trainers Ben Evans  
Michael Gay



# The Nittany Lion Challenge

January 12, 2013



## || Team News and Notes ||

### Men's Track and Field Starts Season at No. 18

#### Nittany Lions among four Big Ten squads in Top 25

**UNIVERSITY PARK, Pa.** - The Nittany Lion men's track and field squad will start the indoor season ranked 18th nationally, according to the United States Track and Field/Cross Country Coaches' Association (USTFCCCA) preseason rankings. The Nittany Lions started the 2013 indoor campaign with the Penn State Relays last weekend, and will continue their month-long home stand on Saturday, hosting the Nittany Lion Challenge at Ashenfelter III Indoor Track.

Penn State returns a bevy of talent from the 2012 squad, along with a host of talented newcomers for 2013. Leading the way is the Nittany Lions' decorated middle-distance contingent, headlined by 2012 USTFCCCA Second Team All-Americans senior Casimir Loxsom (New Haven, Conn.) and sophomore Robby Creese (Mount Airy, Md.). Loxsom clocked 1:47.93 for the 800 meters in 2012 - which stands as the seventh fastest among 2013 returners nationally, while Creese's 3:58.94 mile PR from last year currently ranks 13th in Division I. The Lions also add senior Ricky West (Toronto, Ontario) to the 2013 roster. West ran 1:47.81 for 800 in 2012 while at the University of Missouri. The performance is the sixth fastest among returners.

In the sprints, the Nittany Lions own the third-best 4x400-meter relay performance from a year ago at 3:05.22. Also making an appearance in the rankings are junior sprint standouts and key relay legs Brandon Bennett-Green (Philadelphia, Pa.), and Aaron Nadolsky (Altoona, Pa.). Bennett-Green holds the Lions' top 400-meter time from 2012 at 46.82, with Nadolsky just behind at 47.01.

The Lions also have things covered in the field events, led by senior Sean Reilly (Lagrangeville, N.Y.), and redshirt-junior William Barr (Urbana, Ohio), who both rank in the national top 25 in their respective events. Reilly topped out at 7-1.75 (2.18) in the high jump in 2012, which ranks 23rd nationally, while Barr stands 22nd in Division I, thanks to a PR toss of 63-9.50 (19.44) in the 35-lb weight throw a year ago. Junior Jon Hendershot (Nazareth, Pa.) is also climbing the charts in the high jump, having cleared 7-0.50 (2.15) at the Penn State Relays last weekend.

### Track and Field Sweeps Big Ten Awards

#### Jones, Barrett, Morgan, Hendershot claim conference honors after weekend performances

**UNIVERSITY PARK, Pa.** - The Nittany Lion track and field squads swept the weekly Big Ten awards on Monday, as redshirt junior Mahogany Jones (Cleveland, Ohio), and sophomore Sancho Barrett (Amityville, N.Y.) earned Track Athlete of the Week status, while senior Erika Morgan (Chesapeake, Va.), and junior Jon Hendershot (Nazareth, Pa.) copped the weekly honors in the field events. Penn State is coming off a successful season opener at the Penn State Relays last weekend, where the Nittany Lions set a pair of school records, and four meet records en route to a total of 18 event victories.

## 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](mailto:littlelionlap@gmail.com).





# The Nittany Lion Challenge

January 12, 2013



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

<b>EVENT</b>	<b>PERFORMANCE</b>	<b>YEAR</b>	<b>ATHLETE - SCHOOL</b>
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	1:37.25	2012	Penn State - M Jones, K Nieuwendam, D Anyanwu, K Seymour
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 Oikowski - 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





# The Nittany Lion Challenge

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## || Meet Records ||

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>YEAR</u>	<u>ATHLETE - SCHOOL</u>
Men 60 Meters	6.73	2007	Dennis Boone - St. Augustine's
Women 60 Meters	7.32	2011	Natasha Hastings - Nike
Men 200 Meters	21.18	2009	Reggie Dixon - Hampton
Women 200 Meters	23.32	2011	Natasha Hastings - Nike
Men 400 Meters	46.95	2007	Jamaal Torrance - St. Augustine's
Women 400 Meters	53.32	2010	Fawn Dorr - Penn State
Men 600 Meters	1:16.66	2012	Casimir Loxsom - Penn State
Women 600 Meters	1:28.15	2010	Shana Cox - Adidas
Men 800 Meters	1:50.48	2012	Owen Dawson - Unattached
Women 800 Meters	2:08.89	2010	Emily Infeld - Georgetown
Men 1000 Meters	2:19.53	2012	Robby Creese - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	4:04.26	2011	Owen Dawson - Penn State
Women Mile	4:46.70	2011	Cory McGee - Florida
Women 3000 Meters	9:16.04	2010	Katie McGregor - Reebok
Men 3000 Meters	8:16.66	2012	Paul Lagno - Albany
Men 60 Meter Hurdles	7.87	2009	Predist Walker - Hampton
Women 60 Meter Hurdles	8.19	2010	Tiffany Ofili - Adidas
Men 4x400 Meter Relay	3:07.33	2012	Pittsburgh - M Murray, D Cowsette, J Lowery, B Spratling
Women 4x400 Meter Relay	3:37.63	2011	Penn State - D Anyanwu, M Jones, S Greaves, I Iheoma
Men Distance Medley	10:05.38	2009	Seton Hall - T Corona, J Gurr, S McFarlane, R Novak
Women Distance Medley	11:32.61	2008	Pennsylvania - C Kim, S Morgan, J Carlin, S Kim
Men High Jump	7-2.25	2009	Ryan Fritz - Penn State
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	16-6 (5.03)	2012	Alfonso Scannipieco - Albany
Women Pole Vault	13-1.50 (4.00)	2008	Marissa Dudek - Unattached
Men Long Jump	24-5.75 (7.46)	2011	Doug Moppert - Penn State
Women Long Jump	19-9 (6.02)	2009	Gayle Hunter - Penn State
Men Triple Jump	53-1.50 (16.19)	2011	Omar Craddock - Florida
Women Triple Jump	43-6 (13.26)	2009	Jeomi Maduka - Cornell
Men Shot Put	69-10.25 (21.29)	2012	Ryan Whiting - Nike
Women Shot Put	49-4.25 (15.04)	2007	Jen Leatherman - Unattached
Men Weight Throw 35 lb	64-7.25 (19.69)	2011	Jeremy Postin - Florida
Women Weight Throw 20 lb	67-2.25 (20.48)	2007	Jen Leatherman - Unattached

## Parents' Day || Welcome Parents ...

All parents and families of current team members are invited to join us for a post-meet tailgate and meet-and-greet! Thanks for all your support throughout the year!





# The Nittany Lion Challenge

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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
<b>Men 4x200-Meter Relay</b>	<b>1:25.52</b>	<b>Mpanduki, Br. Bennett-Green, Nadolsky, Gilmore, 2013</b>
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
<b>Women 4x200-Meter Relay</b>	<b>1:37.25</b>	<b>Jones, Nieuwendam, Anyanwu, Seymour, 2013</b>
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



# The Nittany Lion Challenge

January 12, 2013



## || Time Schedule ||

### FIELD EVENTS

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11:00 AM	Women Weight Throw 20 lb	Finals
	Men Weight Throw 35 lb (to follow W WT; Estimated Start – 12:30 AM)	Finals
	Women Shot Put (to follow M WT; Estimated Start – 2:00 PM)	Finals
	Men Shot Put (to follow W SP; Estimated Start – 3:30 PM)	Finals
11:00 AM	Men Pole Vault	Finals
	Women Pole Vault (to follow W PV; Estimated Start – 1:15 PM)	Finals
11:00 AM	Men Long Jump	Finals
	Women Long Jump (to follow M LJ; Estimated Start – 12:30 PM)	Finals
	Men Triple Jump (to follow W LJ; Estimated Start – 2:15 PM)	Finals
	Women Triple Jump (to follow M TJ; Estimated Start – 3:30 PM)	Finals
2:45 PM	Women High Jump	Finals
2:45 PM	Men High Jump	Finals

### TRACK EVENTS

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11:00 AM	Mixed 1 Mile Run NVRC	Finals
12:15 PM	Men 1 Mile Run	Finals
12:25 PM	Women 1 Mile Run	Finals
12:40 PM	Men 60 Meter Hurdles	Prelims
12:50 PM	Women 60 Meter Hurdles	Prelims
1:05 PM	Men 60 Meter Dash	Prelims
1:10 PM	Women 60 Meter Dash	Prelims
1:25 PM	Men 800 Meter Run	Finals
1:35 PM	Women 800 Meter Run	Finals
1:45 PM	Men 60 Meter Hurdles	Finals
1:50 PM	Women 60 Meter Hurdles	Finals
1:55 PM	Men 60 Meter Dash	Finals
2:00 PM	Women 60 Meter Dash	Finals
2:05 PM	Men 400 Meter Dash	Finals
2:15 PM	Women 400 Meter Dash	Finals
2:30 PM	Men 1000 Meter Run	Finals
2:35 PM	Women 1000 Meter Run	Finals
2:40 PM	Men 600 Meter Run	Finals
2:50 PM	Women 600 Meter Run	Finals
3:05 PM	Men 200 Meter Dash	Finals
3:15 PM	Women 200 Meter Dash	Finals
3:30 PM	Men 3000 Meter Run	Finals
3:45 PM	Women 3000 Meter Run	Finals
4:00 PM	Men Distance Medley	Finals
4:15 PM	Women Distance Medley	Finals
4:30 PM	Men 4x400 Meter Relay	Finals
4:45 PM	Women 4x400 Meter Relay	Finals

COME SEE US AGAIN ON JANUARY 25-26 ..



# THE PENN STATE NATIONAL

January 25-26, 2013

## ASHENFELTER III INDOOR TRACK

- \* **Fast and Furious Sprints and DMR Relays on Friday Night!**
- \* **The Elite “Invitational Section” on Saturday Afternoon, which will feature some of the top professional and collegiate talent from around the country!**
- \* **The PSU National has produced 6-straight Sub-4:00 Miles! Come see if we can break the barrier again in 2013!**



### Special Events and Promos ::

**Saturday, January 26 - Compete for the Cure!**

- \* **Penn State TF's Annual Fundraiser for Breast Cancer Research**

**Saturday, January 26 - The “Little Lion Lap”**

- \* **One Lap Race for Children in Grades K-5! (~ 2:00 PM)**