



TRACK & FIELD

THE PENN RELAYS || FRANKLIN FIELD || PHILADELPHIA, PA. || APRIL 25-27, 2013

Nittany Lions Eye Victories at Penn Relays Sullivan named "Honorary Referee"

PHILADELPHIA, Pa.: April 24, 2013 - Coming in as the defending champion in two relays, and multiple field events, the Nittany Lion track and field squads will aim to fire on all cylinders this weekend, traveling to the prestigious Penn Relays Carnival, at historic Franklin Field. Director and Head Coach of Track and Field/Cross Country Beth Alford-Sullivan will also be recognized throughout the Relays, serving as an "Honorary Referee" for the competition.

The Nittany Lions enter as the returning champion in the men's 4x800-meter relay, as well as the two-time defending champion in the men's sprint medley. The Blue and White contingent will be poised and ready to make another run at both titles, traveling a healthy stable of middle distance athletes, as well as standouts in the sprints.

Coming off a second-place finish at the NCAA Indoor Championships, the Nittany Lions could also vie for a title in the men's distance medley with sensational sophomore Robby Creese (Mt. Airy, Md.) likely to cover the anchor. Creese turned in a lifetime-best 3:57.11 for the mile during the indoor season, and has already clocked 3:41.32 for the 1500 this spring. Creese, along with teammates Brannon Kidder (Lancaster, Ohio), Brandon Bennett-Green (Philadelphia, Pa.), and Za'Von Watkins (Liverpool, N.Y.) combined to run a sizzling 9:26.60 inside - the second-fastest indoor effort in collegiate history.

Ready and waiting to assist on any of the Nittany Lion relays will be senior Casimir Loxsom (New Haven, Conn.), who was a member of the Nittany Lions' winning SMR and 4x800 at Penn a year ago. Loxsom, who owns a personal-best 1:45.28 in the 800, has run 1:46.77 in 2013, after finishing in runner-up standing at the NCAA Indoor Championships. The Nittany Lions also stand to make a splash in the sprints, with three of four members of their Penn Relays runner-up 4x400 from 2012, including Aaron Nadolsky (Altoona, Pa.), Bennett-Green, and Matt Gilmore (Philadelphia, Pa.).

The Nittany Lions boast a pair of returning champions in the field events in sophomore Lauren Kenney (State College, Pa.) and junior Melissa Kurzdorfer (Lancaster, N.Y.), who won the 2012 Penn Relays javelin and hammer, respectively. Kenney has been in top form this spring, opening with a PR toss of 176-11 (53.93) - the third-best throw in the NCAA this year - at the Crimson Tide Invitational earlier this month. Kenney, who placed fourth in the NCAA last year, owns two-straight Penn Relays victories, having taken top honors at the event as a high school senior. Also in the hunt for the javelin crown will be junior Laura Loht (McClure, Pa.). Also a Penn Relays Champion as a high prep, Loht took gold-medal honors at the Big Ten Championships last year, and went on to finish third at the NCAA Outdoor Championships.

Kurzdorfer came away with a decisive victory in the hammer last year, posting a toss of 205-1 (62.53) to pick up her first-career Penn Relays watch. As a sophomore, Kurzdorfer would go on to finish in medal standing at the Big Ten Championships, and end the season with a Second Team All-America showing at the NCAA Outdoor Championships. Kurzdorfer's season-best 200-0 (60.96) in the hammer is the second-best toss in the Big Ten in 2013.

Senior Natalie Bower is the top returning finisher in the individual track events after finishing second in the "Championship" steeplechase in 2012. Bower currently leads the Big Ten in the event, thanks to a season-best effort is 10:16.79 at the Bison Outdoor Classic.

UNIVERSITY QUICK FACTS

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

TRACK AND FIELD QUICK FACTS

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

PENN STATE PRONUNCIATION GUIDE

MEN'S PRONUNCIATIONS

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

WOMEN'S PRONUNCIATIONS

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

MEDIA INFORMATION

ATHLETIC COMMUNICATIONS CONTACT Jess Riden
EMAIL jnr126@psu.edu
CELL (814) 883-6616
WEBSITE www.GoPSUsports.com



TRACK & FIELD

THE PENN RELAYS || FRANKLIN FIELD || PHILADELPHIA, PA. || APRIL 25-27, 2013

USTFCCCA Men's Rankings

Rank	School	Conference	Head Coach (Yr)
1	Florida	SEC	Mike Holloway (11th)
2	Texas A&M	SEC	Pat Henry (9th)
3	Arkansas	SEC	Chris Bucknam (5th)
4	Oregon	Pac-12	Robert Johnson (1st)
5	Florida State	ACC	Bob Braman (10th)
6	Texas	Big 12	Bubba Thornton (18th)
7	Georgia	SEC	Wayne Norton (14th)
8	Virginia Tech	ACC	Dave Cianelli (12th)
9	USC	Pac-12	Ron Alice (19th)
10	LSU	SEC	Dennis Shaver (9th)
11	Penn State	Big Ten	Beth Alford-Sullivan (7th)
12	Iowa	Big Ten	Larry Wieczorek (17th)
13	UCLA	Pac-12	Mike Maynard (4th)
14	Clemson	ACC	Shawn Cobey (1st)
15	Nebraska	Big Ten	Gary Pepin (30th)
16	Mississippi	SEC	Brian O'Neal (1st)
17	BYU	Independent	Mark Robison (13th)
18	Texas Tech	Big 12	Wes Kittley (14th)
19	Alabama	SEC	Dan Waters (2nd)
20	Tennessee	SEC	J.J. Clark (4th)
21	Indiana	Big Ten	Ron Helmer (6th)
22	Oklahoma	Big 12	Martin Smith (8th)
23	Ohio State	Big Ten	Ed Beathea (2nd)
24	Kansas State	Big 12	Cliff Rovelto (21st)
25	UTEP	Conference USA	Mika Laaksonen (4th)



About the Penn Relays ...

When: Thursday-Saturday, April 25-27, 2013

Where: Franklin Field (University of Pennsylvania)

Coverage and Information: www.thePennRelays.com

Meet Results: www.PennRelaysOnline.com

Nittany Lions Notes ...

Success in the Sun ...

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

Winner, Winner ...

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

Awards Abound ...

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

USTFCCCA Women's Rankings

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



TRACK & FIELD

THE PENN RELAYS || FRANKLIN FIELD || PHILADELPHIA, PA. || APRIL 25-27, 2013

Nittany Lions Notes ... (Continued)

Big Performances on the Bayou ...

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

Bests at Bucknell ...

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

Early Big Ten Accolades ...

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

Season Opener ...

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

Tremendous Tosses ...

Kenney, who finished fourth at the NCAA Outdoor Championships a year ago, wasted no time in proving she'll be a national contender again in 2013, unleashing a personal-best 176-11 (53.93) on her first attempt at the Crimson Tide Invitational. Kenney's PR, which was nearly 10 feet better than her previous lifetime best, is not only the second-farthest effort in the NCAA this year, but also ranks as the second-best toss in Nittany Lion history. Teammate Laura Loht (McClure, Pa.) made it a Nittany Lion sweep in the event, turning in an effort of 159-7 (48.65) for second. Freshman Michael Shuey (Johnsonburg, Pa.) stood out for the Nittany Lions in the men's javelin, taking second-place overall with a career-best throw of 226-6 (69.04) to improve on his high school PR by nearly 15 feet. Shuey's mark currently stands at No. 16 on the NCAA descending order list.

Off and Running ...

The Nittany Lion track and field squads enjoyed a successful season opener - with all seven competing athletes turning in lifetime bests - last Friday evening at the Stanford Invitational. The Nittany Lions took advantage of the ideal weather conditions in Palo Alto, posting outstanding performances in the distance events. A trio of Nittany Lions also earned spots on the all-time Penn State Top 10 lists in their respective events at Stanford, including senior Natalie Bower (Pleasant Unity, Pa.), who now stands at No. 7 all-time in the women's 5,000 meters, thanks to a PR 16:12.88. Bower's performance is also the current Big Ten leader. Also moving up the all-time rankings were Abbie Benson (Elma, N.Y.), and Emily Giannotti (Coudersport, Pa.). Benson clocked a PR 10:33.30 in the 3,000-meter steeplechase to climb to No. 9 all-time, while Giannotti went 34:54.26 for 10,000 meters, which stands as the 10th fastest effort in school history.

Indoor Wrap Up ...

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

Nittany Notables ...

With the men's indoor finish, Director and Head Coach of Track and Field/Cross Country Beth Alford-Sullivan becomes the first female director to lead a men's program to a top 10 finish at the NCAA Indoor Championships. That said, Sullivan was also named USTFCCA "Mid-Atlantic Region Men's Coach of the Year" for the Nittany Lions' successes in 2013, marking the second time she has won the men's award, as well as the 27th "Coach of the Year" citation over her decorated career. Sullivan wasn't the only Nittany Lion earning hardware during the indoor season, as USTFCCA "Mid-Atlantic Men's Assistant Coach of the Year" honors went to Associate Head Coach John Gondak, and the USTFCCA "Mid-Atlantic Women's Assistant Coach of the Year" award when to first-year assistant Randy Bungard.



TRACK & FIELD

THE PENN RELAYS || FRANKLIN FIELD || PHILADELPHIA, PA. || APRIL 25-27, 2013



Beth Alford-Sullivan
Director and Head Coach
14th Year
Minnesota, '89
Distance, XC
bxa10@psu.edu



John Gondak
Associate Head Coach
Seventh Year
Syracuse, '95
Middle Distance, XC
jeg33@psu.edu



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



Pat Ebel
Assistant Coach
First Year
UW-La Crosse, '92
Throws
pwe2@psu.edu



Kevin Kelly
Assistant Coach
First Year
Kutztown, '99
Men's Jumps, Multi's, PV
kgk134@psu.edu



Fritz Spence
Assistant Coach
Seventh Year
Missouri State, '97
Women's Jumps, Multi's
fgs110@psu.edu



Jess Riden
Director of Operations
Seventh Year
Penn State, '04
jnr126@psu.edu



Megan Monroig
Director of Operations
First Year
Penn State, '11
mem5267@psu.edu



TRACK & FIELD

THE PENN RELAYS || FRANKLIN FIELD || PHILADELPHIA, PA. || APRIL 25-27, 2013

PENN STATE || THURSDAY EVENTS

TRACK EVENTS

Start Time	Event #	Event	Penn State
10:00 AM	101	College Women's 400m Hurdles Championship	Anyanwu, Britton, Black, Seymour
1:00 PM	110	College Women's 4x100 (Heats)	Penn State TBA
5:25 PM	159	College Women's Distance Medley Championship of America	Penn State TBA
6:20 PM	164	College Women's 4x400 (Heats)	Penn State TBA
7:50 PM	203	Olympic Development Men's 3000m Steeplechase	Scarpello
8:00 PM	205	College Women's 3000m Steeplechase Championship	Benson, Bower
8:30 PM	207	College Women's 3000m Championship	Cocco, Gerlach, Giannotti
8:40 PM	208	College Women's 5000m Championship	Anderson, Mills, Rodden, Jennings
9:20 PM	210	College Men's 5000m Championship	Burkhardt, Campbell, Endress, Luff

FIELD EVENTS

Start Time	Event #	Event	Penn State
10:00 AM	602	College Women's High Jump Eastern	Palmer, Richardson
10:00 AM	604	College Women's Hammer Throw Championship	Kurzdorfer
11:30 AM	606	College Women's Hammer Throw College	Swenson, Fatherly
1:00 PM	610	College Women's Shot Put Championship	Swenson, Kurzdorfer
2:00 PM	614	College Women's Javelin Throw Championship	Loht, Kenney
2:15 PM	616	College Women's Shot Put Eastern	Fatherly
3:15 PM	619	College Women's Javelin Throw College	Boyer, Mangan, Leszcynski
4:00 PM	621	College Women's Long Jump Eastern	Lopez
4:00 PM	622	College Women's Discus Throw College	Swenson, Kurzdorfer, Fatherly

PENN STATE || FRIDAY EVENTS

TRACK EVENTS

Start Time	Event #	Event	Penn State
2:25 PM	345	College Men's Distance Medley Championship of America	Penn State TBA
3:50 PM	350	College Men's 110m Hurdles (Heats)	Barrett
4:00 PM	351	College Women's 100m Hurdles (Heats)	Britton, Black
4:15 PM	363	College Men's 4x400 (Heats)	Penn State TBA
6:00 PM	376	College Women's Sprint Medley Championship of America	Penn State TBA
6:25 PM	377	College Men's Sprint Medley Championship of America	Penn State TBA

FIELD EVENTS

Start Time	Event #	Event	Penn State
10:00 AM	702	College Men's High Jump Eastern	Hendershot
10:00 AM	704	College Women's Triple Jump Championship	Ricketts
10:00 AM	705	College Men's Shot Put Championship	Hill
11:00 AM	708	College Women's Triple Jump Eastern	Richardson, Lopez
1:30 PM	712	College Men's Discus Throw Championship	Barr
1:45 PM	713	College Women's High Jump Championship	Morgan

PENN STATE || SATURDAY EVENTS

TRACK EVENTS

Start Time	Event #	Event	Penn State
12:45 PM	459	College Men's 4xMile Championship of America	Penn State TBA
3:15 PM	477	College Women's 100m Hurdles Championship	Qualifiers
4:40 PM	488	College Men's 4x800 Championship of America	Penn State TBA
5:50 PM	497	College Women's 4x400 Championship of America	Qualifiers
6:00 PM	499	College Men's 4x400 Championship of America	Qualifiers

FIELD EVENTS

Start Time	Event #	Event	Penn State
11:00 AM	805	College Men's Hammer Throw Championship	Barr
11:00 AM	806	College Men's Javelin Throw Championship	Shuey
1:30 PM	811	College Men's High Jump Championship	Reilly
2:00 PM	813	College Men's Triple Jump Championship	Leap



TRACK & FIELD

THE PENN RELAYS || FRANKLIN FIELD || PHILADELPHIA, PA. || APRIL 25-27, 2013

ALL-TIME RELAYS CHAMPIONS

Year	Relay	Performance
1920	4x1 Mile Relay	18:10.6
	?, ?, ?, Larry Shields	
1920	DMR (3/4 Mile, 440, 880, Mile)	10:37.2
	—, —, —, Larry Shields	
1923	4x880 Yard Relay	7:48.8
	Edgar L. Carter, J. Russell Edgerton, Schuyler Enck, Alan Helffrich	
1924	SMR (440, 220, 220, 880)	3:30.4
	Alan Helffrich, Conway, Crip Moore, Schuyler Ench	
1926	4x1 Mile Relay	18:14.6
	R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart	
1926	4 x 120-Yd High Hurdle Shuttle	1:06.0
	E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore	
1928	4x110 Yards	42.6
	Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew	
1928	DMR (3/4 Mile, 440, 880, Mile)	10:37.8
	Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox	
1929	4x1 Mile Relay	17:48.6
	C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox	
1932	SMR (440, 220, 220, 880)	3:28.6
	C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale	
1942	SMR (440, 220, 220, 880)	3:26.5
	Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon	
1947	4x1 Mile Relay	17:48.6
	Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver	
1948	4x1 Mile Relay	17:30.7
	Bill Shuman, Mitch Williams, H.Ashenfelter, Gerry Karver	
1948	DMR (3/4 Mile, 440, 880, Mile)	10:15.1
	Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver	
1949	4x1 Mile Relay	17:35.4
	Unknown	
1950	4x110 Yards	41.3
	Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster	
1951	4x1 Mile Relay	17:24.6
	Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn	
1959	4x1 Mile Relay	17:11.3
	Ed Moran, Dick Engelbrink, Charles King, Fred Kerr	
1959	DMR (3/4 Mile, 440, 880, Mile)	9:58.2
	Unknown	
1983	4x800-Meter Relay	7:19.77
	Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn	
1985	4x800-Meter Relay	7:11.17
	Vance Watson, Steve Shisler, Chris Mills, Randy Moore	
1986	4x800-Meter Relay	7:16.05
	Vance Watson, Steve Shisler, Ray Levitre, Chris Mills	
1987	4x800-Meter Relay	7:14.65
	Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre	
2011	SMR	3:17.10
	Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster	
2012	SMR	3:18.47
	Aaron Nadolsky, Br. Bennett-Green, Brady Gehret, Casimir Loxsom	
2012	4x800	7:19.76
	Owen Dawson, Ryan Brennan, Casimir Loxsom, Robby Creese	

WOMEN'S RELAY CHAMPIONS

Year	Relay	Performance
1978	4x800-Meter Relay	8:49.9
	Unknown	
2008	4x400-Meter Relay	3:31.44
	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	

ALL-TIME INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Performance
1910	Lee Talbot	Hammer Throw	160-6 (48.92)
1911	Lee Talbot	Discus	129-2 (39.32)
1911	Alfred Tilley	Hammer Throw	143-8 (43.78)
1913	Lee Talbot	Discus	142-0 (43.28)
1913	Lee Talbot	Hammer Throw	163-7 (49.88)
1919	Francis Emory	56-Pound Weight	28-0 (8.53)
1920	Francis Emory	Javelin	165-6 (50.44)
1923	Crip Moore	120-Yard High Hurdles	15.4
1925	Crip Moore	120-Yard High Hurdles	14.8
1926	Al Bates	Long Jump	23-3 1/2 (7.07)
1927	Bill Cox	Two-Mile	9:32.0
1927	Marian Ide	Hammer Throw	158-0 7/8
1938	Nick Vukmanic	Javelin	223-10 (68.22)
1939	Nick Vukmanic	Javelin	207-3 (63.16)
1942	Barney Ewell	Long Jump	24-5 1/2 (7.45)
1944	Barney Ewell	Long Jump	24-2 (7.36)
1945	Barney Ewell	100 Yards	9.8
1947	Curt Stone	Two-Mile	9:19.4
1949	Horace Ashenfelter	Two-Mile	9:21.5
1949	Jim Gehrdes	120-Yard High Hurdles	14.4
1950	Jim Gehrdes	120-Yard High Hurdles	14.3
1954	Art Pollard	100 Yards	9.8
1955	Roosevelt Grier	Shot Put	54-8 (16.66)
1961	Bob Brown	100 Yards	9.9
1965	Lennart Hedmark	Javelin	243-0 (74.06)
1966	Bill Reilly	3000-Meter Steeplechase	9:22.8
1971	Greg Fredericks	Three-Mile	13:36.1
1972	Greg Fredericks	Three-Mile	13:31.5
1973	Charlie Maguire	Three-Mile	13:41.6
1974	Charlie Maguire	Three-Mile	13:27.0
1974	Mike Shine	120-Yard High Hurdles	13.9
1974	Mike Shine	400-Meter Hurdles	50.8
		(Converted from 440yds)	
1975	Knut Hjeltnes	Shot Put	61-23/4 (18.66)
1976	George Malley	3000-Meter Steeplechase	8:34.4
1976	Mike Shine	110-Meter High Hurdles	13.6
1976	Al Jackson	Hammer Throw	199-4 (60.76)
1977	Paul Stemmer	5000 Meters	13:52.4
1979	Bruce Baden	3000-Meter Steeplechase	8:42.5
1979	Alan Scharsu	5000 Meters	13:48.5
1979	John Ziegler	10,000 Meters	29:19.3
1979	Tim Backenstose	Marathon	2:22:14
1980	Alan Scharsu	5000 Meters	13:42.1
1982	Jeff Adkins	5000 Meters	13:55.0
1987	Dave Masgay	Decathlon (Multi)	7282
1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)
1990	C.J. Hunter	Shot Put	65-5 (19.81)
1993	Brian Milne	Discus	196-5 (59.86)
1993	Antonio Davis	Triple Jump	53-11 1/4 (16.44)
1996	James Cook	Decathlon (Multi)	7600
1997	James Cook	Decathlon (Multi)	7458
1998	Kevin Geesaman	20,000 Meters	1:04:40
2003	J.T. Kuretech	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris Morrissey	Decathlon (Multi)	7014
2008	Chris Morrissey	Decathlon (Multi)	6995
2009	Tanner Evak	Javelin	225-6 (68.74)
2012	Joe Kovacs	Shot Put	65-5 (19.94)

INDIVIDUAL WOMEN'S CHAMPIONS (12)

Year	Athlete	Event	Performance
1983	Marilyn Senz	Javelin	162-9 (49.60)
1984	Elaine Sobansky	Shot Put	53-4.50 (5.96)
1985	Paula Renzi	5000-Meters	16:01.4
1986	Stacy Prey	5000-Meters	16:01.2
1998	Jen Pastore	Javelin	177-7 (54.12)
2000	Deshaya Williams	Discus	174-8 (53.24)
2001	Brienne Johnson	Javelin	161-7 (49.26)
2006	Jennifer Leatherman	Hammer	213-7 (65.12)
2007	Bridget Franek	3,000m Steeplechase	9:59.21
2007	Gayle Hunter	Heptathlon	5606
2009	Fawn Dorr	400-Meter Hurdles	57.78
2010	Karlee McQuillen	Javelin	162-7 (49.57)
2011	Karlee McQuillen	Javelin	158-4 (48.28)
2012	Melissa Kurzdorfer	Hammer	205-1 (62.53)
2012	Lauren Kenney	Javelin	160-8 (48.99)

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



MEN'S 100 METERS

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

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

MEN'S 200 METERS

PSU: 20.23 - Michael Timpson, 1986

21.40 2.7	Brandon Bennett-Green	Apr-13
21.45 0.0	Aaron Nadolsky	Apr-6
21.68 2.2	Bernard Bennett-Green	Apr-20
21.85 0.2	Emunael Mpanduki	Apr-6

MEN'S 400 METERS

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

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

MEN'S 800 METERS

PSU: 1:45.28 - Casimir Loxsom, 2011

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

MEN'S 1500 METERS

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

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

MEN'S MILE RUN

PSU: 3:58.4 - Larry Mangan, 1980

MEN'S 3,000 METERS

PSU: 7:54.0 - George Malley, 1977

8:38.06	Nick Scarpello	Apr-13
---------	----------------	--------

MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, 1972

13:57.33	Sam Masters	Apr-20
14:01.23	Matt Fischer	Mar-29
14:20.06	Tyler Corkedale	Mar-29
14:23.08	Nick Scarpello	Mar-29
14:42.36	Chris Campbell	Apr-13
14:44.17	Glen Burkhardt	Apr-13

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, 1972

30:10.44	Tom Luff	Apr-13
----------	----------	--------

MEN'S 110-METER HURDLES

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

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

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, 1976

54.54	Sancho Barrett	Apr-6
-------	----------------	-------

MEN'S 3000m STEEPLECHASE

PSU: 8:22.5 - George Malley, 1977

9:52.58	Conrad Lippert UNA	Apr-13
---------	--------------------	--------

MEN'S 4x100-METER RELAY

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

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

MEN'S 4x200-METER RELAY

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

MEN'S 4x400-METER RELAY

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

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

MEN'S 4x800-METER RELAY

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

MEN'S SPRINT MEDLEY RELAY

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

MEN'S DISTANCE MEDLEY RELAY

PSU: 9:30.1 - Mangan, Lankford, Cook, Scharsu, 1980

MEN'S 4xMILE RELAY

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

MEN'S HIGH JUMP

PSU: 7-3.50 (2.22) - David Coney, 1985
Decathlon: 6-8.25 (2.04) - Anya Uzoh, 2011

7-2.25 (2.19)	Sean Reilly	Apr-13
6-9.50 (2.07)	Jon Hendershot	Apr-13
6-6.25 (1.99)	Robbie Cardina UNA	Apr-13

MEN'S POLEVVAULT

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

MEN'S LONG JUMP

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

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

MEN'S TRIPLE JUMP

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

50-2.50 (15.30) -0.1	Brian Leap	Apr-13
46-4 (14.12) 1.4	Jarred Posey	Apr-13

MEN'S SHOT PUT

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

62-7 (19.08)	Darrell Hill	Apr-13
55-7.50 (16.95)	Nabil Mubarak	Apr-20

MEN'S DISCUS

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

176-5 (53.77)	Will Barr	Apr-6
160-3 (48.85)	Darrell Hill	Apr-20

MEN'S HAMMER

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

207-10 (63.35)	Will Barr	Apr-20
181-9 (55.39)	Nabil Mubarak	Apr-13
129-2 (39.37)	Dan Jordan	Apr-20

MEN'S JAVELIN

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

226-6 (69.04)	Michael Shuey	Apr-6
---------------	---------------	-------

MEN'S DECATHLON

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

Key -

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

as of April 21, 2013

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

WOMEN'S 100 METERS

PSU: 11.21 - *Connie Moore, 2003*

11.55 -0.2 Mahogany Jones Apr-13

WOMEN'S 200 METERS

PSU: 22.45 - *Connie Moore, 2004*

23.43 -0.4 Mahogany Jones Apr-13

24.73 -0.4 Dynasty McGee Apr-13

25.52 -1.0 Brittney Howell Apr-13

26.08 +3.0 Gabrielle Barbour Apr-20

WOMEN'S 400 METERS

PSU: 50.84 - *Shana Cox, 2008*

54.23 Mahogany Jones Apr-6

55.93 Dynasty McGee Apr-20

1:02.62 Gabrielle Barbour Apr-13

WOMEN'S 800 METERS

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

2:07.32 Marta Klebe Apr-6

2:10.11 SJ Underwood Apr-13

2:12.28 Colleen Shannon Apr-14

2:15.43 Audrey Houghton Apr-6

2:21.32 Kalyn Fisher Apr-6

WOMEN'S 1500 METERS

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

4:22.71 Marta Klebe Apr-13

4:25.53 Caitlin Lane Apr-13

4:28.25 Brooklyne Ridder Apr-13

4:28.50 SJ Underwood Apr-6

4:34.82 Gabrielle Cocco Apr-13

4:44.84 Gwenn Porter Apr-13

5:01.18 Rachel Casciano Apr-13

WOMEN'S MILE RUN

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

WOMEN'S 3,000 METERS

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

10:23.16 Dani Kocjancic Apr-20

WOMEN'S 5,000 METERS

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

16:11.93 Brooklyne Ridder Apr-19

16:12.88 Natalie Bower Mar-29

16:28.48 Tori Gerlach Mar-29

16:40.02 Caitlin Lane Apr-19

17:04.88 Kerrin Jennings Apr-13

17:13.34 Lauren Mills Apr-13

17:49.67 Leigha Anderson Apr-13

WOMEN'S 10,000 METERS

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

34:54.26 Emily Giannotti Mar-29

35:21.43 Katie Rodden Apr-13

WOMEN'S 100-METER HURDLES

PSU: 12.85 - *Aleesha Barber, 2010*

13.50 +0.1 Evonn Britton Apr-13

13.82 +0.1 Shelley Black Apr-6

13.83 +0.1 Brittney Howell Apr-6

WOMEN'S 400-METER HURDLES

PSU: 55.57 - *Fawn Dorr (2010)*

59.21 Evonne Britton Apr-13

59.24 Kiah Seymour Apr-6

1:01.52 Shelley Black Apr-6

1:02.16 Doris Anyanwu Apr-13

WOMEN'S 3000m STEEPLECHASE

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

10:16.79 Natalie Bower Apr-13

10:26.44 Abbie Benson Apr-13

10:30.42 Emily Giannotti Apr-13

10:32.69 Tori Gerlach Apr-13

4x100-METER RELAY

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

45.34 Britton, Seymour, Apr-13
McGee, Jones

45.84 Britton, Jones, Apr-6
Seymour, Howell

4x200-METER RELAY

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

4x400-METER RELAY

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

3:39.22 Seymour, Black, Apr-6
Jones, Ricketts

3:43.94 Seymour, Jones, Apr-13
Ricketts, McGee

3:54.04 Underwood, Klebe, Apr-6
Shannon, Houghton

4x800-METER RELAY

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

SPRINT MEDLEY RELAY

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

DISTANCE MEDLEY RELAY

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

WOMEN'S HIGH JUMP

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

5-7.25 (1.71) Erika Morgan Apr-13

5-7.25 (1.71) Ahmenah Richardson Apr-13

5-5.25 (1.66) Sarah Palmer Apr-13

5-3.25 (1.61) Brittney Howell Apr-20

5-1.25 (1.56) Kelsey Coutts Apr-13

WOMEN'S POLEVAULT

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

WOMEN'S LONG JUMP

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

19-2.75 (5.86) 1.1 Brittney Howell Apr-13

18-4.25 (5.59) 0.2 Marlene Ricketts Apr-13

18-8 (5.69) 1.4 Kaitlyn Lopez Apr-20

WOMEN'S TRIPLE JUMP

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

41-9.25 (12.73)w 2.8 Marlene Ricketts Apr-20

41-7 (12.67) 0.1 Ricketts Apr-13

39-1 (11.91) 0.6 Ahmenah Richardson Apr-13

38-4.75 (11.70) -0.6 Kaitlyn Lopez Apr-13

WOMEN'S SHOT PUT

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

49-7.25 (15.12) Melissa Kurzdorfer Apr-13

49-6.50 (15.10) Jane Swenson Apr-6

49-2.50 (15.00) Rachel Father Apr-6

WOMEN'S DISCUS

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

159-1 (48.49) Melissa Kurzdorfer Apr-13

150-8 (45.94) Jane Swenson Apr-13

148-11 (45.41) Rachel Fatherly Apr-6

WOMEN'S HAMMER

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

200-0 (60.96) Melissa Kurzdorfer Apr-6

171-9 (52.36) Rachel Fatherly Apr-6

161-6 (49.23) Jane Swenson Apr-6

WOMEN'S JAVELIN

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

176-11 (53.93) Lauren Kenney Apr-6

159-7 (48.65) Laura Loht Apr-6

142-4 (43.39) Melanie Leszcynski Apr-13

141-4 (43.08) Megan Boyer Apr-6

134-9 (41.07) Olivia Mangan Apr-6

90-9 (27.66) Brittney Howell Apr-20

WOMEN'S HEPTATHLON

PSU: 5797 - *Gayle Hunter, 2009*

Key -

BOLD - School Record

ITALICS - Non-Standard NCAA Event

M - Mark from Multi-Event Competition

w - Wind Aided (+2.0)

i - Contested Indoors (Weather)

as of April 21, 2013

PENN STATE MEN'S TRACK AND FIELD

ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1500-Meter Run

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

5000 Meters

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

10,000 Meters

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

110 Hurdles

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

400 Hurdles

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

3000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

1	7-3.50 (2.22)	David Coney	1985
2	7-3 (2.21)	Paul Souza	1983
3	7-2.50 (2.20)	Ryan Fritz	2007
4	7-2.25 (2.19)	Sean Reilly	2013
5	7-1.75 (2.18)	David Kriz	1995
6	7-0.50 (2.15)	Ryan Olkowski	1999
7	7-0.25 (2.14)	Nick Plack	2000
8	7-0 (2.13)	Aaron Gawne	1993
9	6-11 (2.11)	Sean Vago	1997
10	6-10.75 (2.10)	Tyler Fedeli	2006
	6-10.75 (2.10)	Jon Hendershot	2012

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

1	69-2 (21.08)	Joe Kovacs	2012
2	65-5 (19.94)	C.J. Hunter	1990
3	64-2.50 (19.57)	Blake Eaton	2010
4	64-0.25 (19.51)	Knut Hjeltnes	1975
5	62-7 (19.08)	Darrell Hill	2013
6	61-11.75 (18.89)	Logan Caldwell	2012
7	61-3.25 (18.68)	Greg Reyner	1986
8	61-1.25 (18.62)	Phil Caraher	1990
9	59-7 (18.16)	Dane Miller	2004
10	57-1.50 (17.64)	Mike Valenti	1983

Discus

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

Hammer

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

Javelin

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

Decathlon

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

PENN STATE WOMEN'S TRACK AND FIELD

ALL-TIME TOP 10 OUTDOOR PERFORMANCE LIST

100-Meter Dash				100 Hurdles				Long Jump			
1	11.21	Connie Moore	2004	1	12.85	Aleesha Barber	2010	1	21-6 (6.55)	Chi-Chi Aduba	2004
2	11.27	Shavon Greaves	2010	2	13.11	Evonne Britton	2011	2	21-4 3/4 (6.52)	Gayle Hunter	2008
3	11.55	Mahogany Jones	2013	3	13.35	Gayle Hunter	2009	3	20-10 3/4 (6.37)	Carmen Mann	1989
4	11.56	Kamilah Salaam	2004	4	13.36	Toyin Augustus	2001	4	20-10 3/4 (6.37)	Shakeema Walker	1999
~	11.60 w + 2.4	Kirsten Nieuwendam	2012	5	13.82	Shelley Black	2013	5	20-10 1/2 (6.36) w	Bianca Fung	2009
5	11.63 (11.57w)	Aleesha Barber	2008	6	13.83	Kamilah Salaam	2006	6	20-4 1/2 (6.21)	Vivian Riddick	1982
6	11.68	Vivian Riddick	1983		13.83	Monique Walker	2006	7	20-4 1/4 (6.20)	Monique Gillman	1997
7	11.70	Sara Shoaff	2006		13.83	Brittney Howell	2013	8	20-3 (6.17)	Lena Bettis	2007
8	11.72	Caitlin DeFusco	2010	9	14.13	Pam Connell	1991	9	19-8 (5.99)	Stephanie Gurysh	1986
9	11.78	Tiffany Glenn	1999	10	14.19	Carla Criste	1986	10	19-7 (5.97)	Pam Connell	1987
10	11.80	Jackie Brown	1991								
200-Meter Dash				400 Hurdles				Triple Jump			
1	22.45	Connie Moore	2004	1	55.57	Fawn Dorr	2010	1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	23.07	Shavon Greaves	2010	2	57.00	Aleesha Barber	2007	2	44-3 (13.48)	Shakeema Walker	1999
3	23.15 (22.92w)	Shana Cox	2008	3	57.32	Evonne Britton	2010	3	43-1 (13.13)	Carmen Mann	1990
4	23.43	Mahogany Jones	2013	4	57.35	Megan Duncan	2011	4	42-3.50 (12.89)	Tanaya Lloyd	2012
5	23.47	Kirsten Nieuwendam	2012	5	57.88	Shelley Mitchell	1991	~	41-9 (12.73)w +2.8	Ricketts	2013
6	23.61	Kamilah Salaam	2004	6	58.45	Tammie Hart	1982	5	41-7 (12.67)	Lena Bettis	2007
7	23.70	Sara Shoaff	2005	7	58.60	Ernestine Marsh	1987		41-7 (12.67)	Marlene Ricketts	2013
8	23.81 (23.56w)	Gayle Hunter	2008	8	58.77	Kim Markel	2007	7	41-2.50 (12.56)	Gayle Hunter	2007
9	23.85	Debbie Lewis	1980	9	58.93	Doris Anyanwu	2012		41-2.50 (12.56)	Alicia Porro	1992
10	23.90	Vivian Riddick	1983	10	59.24	Kiah Seymour	2013	9	40-9 (12.42)	Hanna Humphreys	1984
								10	40-8.75(12.41)	Stephanie Gurysh	1986
400-Meter Dash				3,000-Meter Steeplechase				Shot Put			
1	50.84	Shana Cox	2008	1	9:32.35	Bridget Franek	2010	1	55-4 3/4 (16.88)	Ja'Nai O'Connor	2004
2	52.15	Dominique Blake	2008	2	10:07.78	Molly Landreth	2003	2	55-0 (16.76)	Elaine Sobansky	1984
3	52.51	Fawn Dorr	2010	3	10:14.27	Natalie Bower	2012	3	53-8 1/4 (16.36)	Jennifer Leatherman	2006
4	53.17	Ije Iheoma	2012	4	10:16.91	Tracey Brauksieck	2003	4	52-6 (16.00)	Jane Swenson	2011
5	53.74	Laila Brock	1998	5	10:20.33	Lindsey Graybill	2012	5	51-6 1/4 (15.70)	Deshaya Williams	2003
	53.74	Janice Carter	1988	6	10:24.01	Claire Percival	2007	6	50-3 1/2 (15.58)	Emma Schmelzer	2009
7	53.80	Tammie Hart	1981	7	10:26.41	Nicole Lord	2010	7	49-7.25 (15.12)	Melissa Kurzdorfer	2013
8	54.07	Dynasty McGee	2012	8	10:26.44	Abbie Benson	2013	8	49-2 1/2 (15.00)	Rachel Fotherly	2013
9	54.15	Shavon Greaves	2010	9	10:28.82	Emily Giannotti	2012	9	47-10 (14.58)	Kim Kessel	1990
10	54.23	Mahogany Jones	2013	10	10:32.69	Tori Gerlach	2013	10	48-6 (14.78)	Kim Hicks	1998
800-Meter Run				4x100-Meter Relay				Discus			
1	2:03.09	Bekka Simko	2012	1	44.25	Fox, Shoaff, Moore Aduba	2003	1	185-1 (56.41)	Deshaya Williams	2001
2	2:04.37	Tammie Hart	1985	2	44.38	Salaam, Aduba, Shoaff, Moore	2004	2	173-4 (52.83)	Christen Clemson	2007
3	2:04.72	Briene Simmons	2006	3	44.57	Greaves, DeFusco, Barber, Dorr	2010	3	170-0 (51.82)	Jennifer Leatherman	2006
4	2:05.66	Janice Carter	1985	4	44.80	Cox, Walker, Salaam, Shoaff	2006	4	167-7 (51.08)	Elaine Sobansky	1984
5	2:05.69	Erica Bosler	1998	5	44.86	Greaves, Cox, Barber, Blake	2008	5	167-4 (51.01)	Emma Schmelzer	2007
6	2:06.68	Terry Ptioli	1981					6	159-4 (48.57)	Melissa Kurzdorfer	2012
7	2:06.80	Maura Ryan	2011					7	157-6 (48.02)	Taylor McNally	2011
8	2:07.26	Judi Cassel	1995					8	156-7 (47.72)	Lexi Benamati	2004
9	2:07.32	Marta Kiebe	2013	1	3:27.69	Blake, Barber, Hunter, Cox	2008	9	155-8 (47.44)	Kim Kessel	1991
10	2:08.09	Teressa DiPerna	1989	2	3:30.34	Barber, Greaves, Hunter, Dorr	2009	10	152-8 (46.53)	Marilyn Senz	1982
				3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011				
				4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010				
				5	3:31.75	Blake, Simmons, Hunter, Cox	2007				
1500-Meter Run				4x400-Meter Relay				Hammer			
1	4:16.96	Doreen Startare	1993	1	3:27.69	Blake, Barber, Hunter, Cox	2008	1	219-1 (66.78)	Jennifer Leatherman	2006
2	4:17.40	Kim McGreevy	1997	2	3:30.34	Barber, Greaves, Hunter, Dorr	2009	2	207-10 (63.35)	Melissa Kurzdorfer	2012
3	4:17.54	Mary Rawe	1981	3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011	3	197-3 (60.12)	Kate Johnston	2003
4	4:18.33	Bridget Franek	2010	4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010	4	190-10 (56.16)	Deshaya Williams	2003
5	4:19.83	Patty Murnane	1981	5	3:31.75	Blake, Simmons, Hunter, Cox	2007	5	186-11 (56.97)	Hellen Higgins	2007
6	4:20.11	Bekka Simko	2012					6	179-6 (54.35)	Emma Schmelzer	2009
7	4:20.40	Caitlin Lane	2010					7	174-3 (53.11)	Robbin Shomper	2003
8	4:21.10	Heather Carmichael	1980					8	172-4 (52.53)	Jane Swenson	2011
9	4:21.31	Susanne Heyer	1999					9	171-9 (44.70)	Rachel Fotherly	2013
10	4:22.71	Marta Kiebe	2013					10	170-11 (52.10)	Michelle Thompson	1992
5000 Meters				High Jump				Javelin			
1	15:32.52	Kathy Mills	1978	1	6-0 (1.83)	Shelley Mitchell	1992	1	178-4 (54.35)	Kim Hanslovan	2009
2	15:46.08	Bridget Franek	2010	2	5-11 1/4 (1.81)	Pam Connell	1991	2	176-11 (53.93)	Lauren Kenney	2013
3	15:53.50	Paula Renzi	1985	3	5-11 (NMC)	Antoinette O'Carroll	1987	3	176-2 (53.70)	Karlee McQuillen	2008
4	16:06.32	Kim Kelly	1993	4	5-10 1/2 (1.79)	Karen Krawick	1980	4	169-4 (51.62)	Laura Loht	2012
5	16:09.38	Stacy Prey	1990	5	5-10 1/2 (1.79)	Jenny Williams	1987	5	169-3 (51.58)	Carrie Karabinos	1999
6	16:11.93	Brooklyne Ridder	2013	6	5-10 1/2 (1.79)	Leslie Lippincott	1991	6	167-2 (50.96)	Heidi Nadeau	2007
7	16:12.00	Kris Bankes	1978	7	5-10 1/4 (NMC)	Holly Jones	1992	7	167-1 (50.92)	Brianne Johnson	2001
8	16:12.88	Natalie Bower	2013	8	5-10 (1.78)	Deb Ford	1988	8	159-4 (48.56)	Ashley Colley	2002
9	16:14.98	Brooklyne Ridder	2012	9	5-9 3/4 (1.77)	Carmen Mann	1990	9	156-3 (47.62)	Kristen Eash	2004
10	16:16.72	Kara Millhouse	2012	10	5-9 (NMC)	Felicia Cooksey	1999	10	155-9 (47.47)	Diana Bruch	2005
10,000 Meters				Pole Vault				Heptathlon			
1	32:57.33	Kara Millhouse	2012	1	13-1 1/2 (4.00)	Sara Dougherty	2004	1.	5797	Gayle Hunter	2009
2	34:00.00	Natalie Updegrove	1983	2	12-9 1/2 (3.90)	Jocelyn Witmer	2010	2.	5706	Pam Connell	1991
3	34:02.52	Kim Kelly	1993	3	12-8.25 (3.87)	Caitlin Fairbairn	2010	3.	5420	Carmen Mann	1990
4	34:02.80	Kris Kelly	1993	4	12-6.25 (3.82)	Amanda Palenchar	2012	4.	5407	Shelley Mitchell	1992
5	34:09.00	Kelli Hunt	1993	5	12-5 1/2 (3.80)	Kelly Nesbit	2005	5.	5311	Carla Criste	1986
6	34:20.10	Donna Fidler	1999	6	12-2 (3.71)	Lindsey McDonnell	2002	6.	5093	Brittney Howell	2012
7	34:24.07	Peggy Cleary	1980	7	11-7 3/4 (3.55)	Biz Curran	2002	7.	4919	Amber Strouse	2007
8	34:31.75	Cheryl Spring	2010	8	11-7 3/4 (3.55)	Rachel NeMoyer	2008	8.	4917	Holly Jones	1992
9	34:39.89	Molly Landreth	2003	9	11-5 3/4 (3.50)	Kim Pfeifer	2005	9.	4878	Felicia Cooksey	1999
10	34:54.26	Emily Giannotti	2013	10	11-0 3/4 (3.37)	Dana Gioia	2003	10.	4826	Danielle Bobo	2003