

PENN STATE TRACK & FIELD

19 NATIONAL CHAMPIONS
491 ALL-AMERICANS
242 BIG TEN CHAMPIONS

Track & Field Contact: Jeff Smith | (940) 328-2198 | jzs23@psu.edu | @NextBestSecret

SCHEDULE / RESULTS

Date	Meet	TV	Time
INDOOR SEASON			
J14	NITTANY LION CHALLENGE	FloTrack/BTN2Go	All-Day
J20	Rod McCravy Invtl.	SECN+	All-Day
J21	Rod McCravy Invtl.	SECN+	All-Day
J27	PSU NATIONAL OPEN	FloTrack/BTN2Go	All-Day
J28	PSU NATIONAL OPEN	FloTrack/BTN2Go	All-Day
F3	SYKES-SABOCK CHALLENGE		All-Day
F4	SYKES-SABOCK CHALLENGE		All-Day
F10	Husky Classic	FloTrack	All-Day
F10	Spire Invitational	FloTrack	All-Day
F11	Husky Classic	FloTrack	All-Day
F11	Spire Invitational	FloTrack	All-Day
F18	PENN STATE TUNE-UP		All-Day
F24	¹ Big Ten Indoor Championships	BTN	All-Day
F25	¹ Big Ten Indoor Championships	BTN	All-Day
M10	² NCAA Championships	ESPN	All-Day
M11	² NCAA Championships	ESPN	All-Day
OUTDOOR SEASON			
M24	PAC-12/Big Ten Challenge		All-Day
M25	PAC-12/Big Ten Challenge		All-Day
M31	Florida Relays	SECN+	All-Day
M31	Stanford Invite	FloTrack	All-Day
A1	Florida Relays	SECN+	All-Day
A1	Stanford Invite	FloTrack	All-Day
A8	Battle on the Bayou		All-Day
A14	Bucknell Classic	FloTrack	All-Day
A15	Bucknell Classic	FloTrack	All-Day
A21	Virginia Challenge	ACCN+	All-Day
A22	Bucknell Team Challenge		All-Day
A22	Virginia Challenge		All-Day
A27	Penn Relays	NBCSN	All-Day
A28	Penn Relays	NBCSN	All-Day
A29	Penn Relays	NBCSN	All-Day
M5	JIM THORPE INVITE		All-Day
M12	³ BIG TEN CHAMPIONSHIPS		All-Day
M13	³ BIG TEN CHAMPIONSHIPS	BTN+	All-Day
M14	³ BIG TEN CHAMPIONSHIPS	BTN+	All-Day
M25	⁴ NCAA First-Round	SECN+	All-Day
M26	⁴ NCAA First-Round	SECN+	All-Day
M27	⁴ NCAA First-Round	SECN+	All-Day
J7	⁵ NCAA Outdoor Championships		All-Day
J8	⁵ NCAA Outdoor Championships		All-Day
J9	⁵ NCAA Outdoor Championships	ESPN	All-Day
J10	⁵ NCAA Outdoor Championships	ESPN	All-Day
J23-25	⁶ USATF Championships		All-Day

- 1 - Big Ten Indoor Championships (Geneva, Ohio)
- 2 - NCAA Indoor Championships (College Station, Texas)
- 3 - Big Ten Outdoor Championships (University Park, Pa.)
- 4 - NCAA First-Rounds (Lexington, Ky.)
- 5 - NCAA Outdoor Championships (Eugene, Ore.)
- 6 - USATF Outdoor Championships (Sacramento, Calif.)

FOLLOW ALONG

 **Television:** SEC Network Plus

 **Online:** Links for Live Results and Live Video can be found at GoPSUsports.com



2017 DIVISION I OUTDOOR TRACK & FIELD CHAMPIONSHIPS
 LEXINGTON, KY • University of Kentucky, Host

2017 NCAA DIVISION I EAST FIRST-ROUND



Lexington, Ky.
 Kentucky Outdoor Track



Up Next: 2017 NCAA Championships Hosted By The University of Oregon In Eugene, Ore. at Historic Hayward Field

Track & Field

 **MEET DAY**



NCAA EAST FIRST-ROUNDS
 Lexington, Ky.

NEWS & NOTES

- » Penn State NCAA East First-Rounds roster represents seven states in the USA as well as Australia (2) the Bahamas (2) and the Canadian province of Ontario (2).
- » The Nittany Lions enter this years meet with 45 student-athletes looking to advance to Eugene, Ore. for the 2017 NCAA Outdoor Championships.
- » Penn State Track & Field was a part of a record breaking year academically for Penn State athletes. 24 teams, including track & field, held a combined 3.0 semester GPA eclipsing the previous school mark of 23 squads from the 2014 and 2015 fall semesters. 498 Nittany Lion student-athletes posted a 3.0 GPA or higher last fall. The 498 student-athletes earning at least a 3.0 GPA represent 61 percent of Penn State's 810 student-athletes enrolled during the fall semester.

MEET NOTES

- » Penn State has six individuals looking to return to the NCAA Outdoor Championships after making the trek to the west coast during their respective careers.
- » This is the first of two times that the NCAA East Prelims will be held at the UK Outdoor Track over the four years as Kentucky is slated to host the East First-Rounds again in 2020.
- » All Three Days of the NCAA East Prelims will be broadcast LIVE on SECN+ and ESPN3.

PROGRAM FACTS

THE UNIVERSITY

Location: University Park, Pa.
 Founded: 1855
 Enrollment: 46,848
 Colors: Blue & White
 Nickname: Nittany Lions
 Conference: Big Ten
 President: Eric Barron
 Director of Athletics: Sandy Barbour
 Senior Woman Administrator: Charmelle Green
 Senior Associate AD: Lynn Holleran
 Facility (cap.): Ashenfelter III Indoor Track (800)
 Nittany Lion Outdoor Track (1,700)

PENN STATE TRACK & FIELD

Head Coach: John Gondak
 Yrs at Penn State: 11th-Year
 Alma Mater: Syracuse '95
 Twitter: @CoachGondak
 Associate Head Coach: Erin Tucker
 Yrs at Penn State: Second
 Alma Mater: Florida '98
 Twitter: @etuck495
 Assistant Coach: Fritz Spence
 Yrs at Penn State: 11th-Year
 Alma Mater: Missouri State '97
 Twitter: @fgs110
 Assistant Coach: Kevin Kelly
 Yrs at Penn State: Fourth
 Alma Mater: Kutztown '99
 Twitter: @CoachKellyPSU
 Assistant Coach: Angela Reckart
 Yrs at Penn State: Second
 Alma Mater: The College of New Jersey '08
 Twitter: @angreckart
 Assistant Coach: Lucias MacKay
 Yrs at Penn State: First
 Alma Mater: Georgia '05
 Twitter: @CoachLucias

STRATEGIC COMMUNICATIONS

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 Twitter/Instagram: @pennstatetfx
 Facebook: facebook.com/PennStateTFXC

PRONUNCIATION GUIDE

Devin **Bradham** BRAD-um
 Dan **Chisena** CHA-sin-a
 Kory **Decesaris** des-air-e-us
 Morgan **Shigo** Shy-go
 Jon **Yohman** YO-man
Quenee Dale Quinn-aye
 Julie **Kocjancic** KO-jan-sick
Obeng Marfo O-bing Mar-FOE
Tichina Rhodes Ti-sheen-ah
Danae Rivers Da-Nay

2017 FIRST-ROUND TRACK & FIELD ROSTERS

MEN'S ROSTER

Name	Eligibility	Event	Hometown/High School (Previous School)
Michael Biddle	Fr.	Throws	Williamsburg, Pa./Living Water Christian Academy
Dan Chisena	So.	Sprints	Downington, Pa./Downingtown-East
Kory Decesaris	Jr.	Throws	Danielsville, Pa./Northampton Area
Isaiah Harris	So.	Mid-Distance	Lewiston, Maine/Lewiston
Ryan Kerr	Sr.	Throws	Brookville, Pa./Brookville Area
Karson Kowalchuk	Fr.	Sprints	Richmond Hill, Ontario/Toronto Montessori
David Lucas	So.	Throws	Lititz, Pa./Warwick
Jordan Makins	Jr.	Mid-Distance	Perth, Australia/Aquinas College
Tyreek Mathis	Fr.	Sprints	Philadelphia, Pa./Germantown
Billy McDevitt	So.	Mid-Distance	Newtown Square, Pa./Malvern Prep
John McGowan	Jr.	Distance	Northport, N.Y./Northport/Roger Williams
Timothy McGowan	Jr.	Distance	Northport, N.Y./Northport/Roger Williams
Malik Moffett	Jr.	Sprints/Jumps	Erie, Pa./PSU - Behrend
Domenic Perretta	Fr.	Mid-Distance	Beaver Falls, Pa./Big Beaver Falls
Sam Reiser	So.	Sprints/Relays	Melbourne, Australia/Geelong Grammar School
Morgan Shigo	So.	Throws	Blandon, Pa./Fleetwood Area
Michael Shuey	Sr.	Throws	Johnsonburg, Pa./Johnsonburg Area
Xavier Smith	Jr.	Sprints/Relays	Douglassville, Pa./Daniel Boone
Bryce Williams	Jr.	Jumps	State College, Pa./State College Area
Jon Yohman	Jr.	Throws	New Wilmington, Pa./Wilmington

WOMEN'S ROSTER

Name	Eligibility	Event	Hometown/High School (Previous School)
Keianna Albury	So.	Sprints	Nassau, Bahamas/St. Augustine's College
Rachel Banks	Fr.	Mid-Distance	Chardon, Ohio/Chardon
Tessa Barrett	So.	Distance	Waverly, Pa./Abington Heights
Frances Bull	So.	Sprints/Mid-Distance	Mentor, Ohio/Lake Catholic
Quenee Dale	Jr.	Sprints/Hurdles/Relays	Ypsilanti, Mich./Saline
Deja Davis	Jr.	Sprints/Relays	Shelby Charter Township, Mich./Utica
Tori Gerlach	Sr.	Distance	Perkasie, Pa./Pennridge
Dannielle Gibson	Sr.	Jumps	Nassau, Bahamas/St. Augustine's
Madeline Holmberg	So.	Mult-Events	Greensburg, Pa./Hempfield Area
Jillian Hunsberger	So.	Distance	Pittsburgh, Pa./Mount Lebanon
Julie Kocjancic	Sr.	Distance	Pittsburgh, Pa./Mount Lebanon
Kiara Lester	Fr.	Sprints	Wenonah, N.J./Deptford Township
Greta Lindsley	Jr.	Distance	Lancaster, Pa./Penn Manor
Kaitlyn Lopez	Sr.	Jumps	Buffalo, N.Y./Immaculata Academy
Obeng Marfo	Jr.	Throws	Toronto, Ontario, Canada/Father Henry Carr
Lexi Masterson	Sr.	Pole Vault	Jeannette, Pa./Hempfield Area
Megan McCloskey	Jr.	Jumps	Lower Gwynedd, Pa./Germantown Academy
Hannah Mulhern	Jr.	Pole Vault	Altoona, Pa./Altoona Area
Kathryn Munks	Fr.	Distance	Chester, N.Y./Monroe- Woodbury
Tichina Rhodes	Sr.	Sprints/Relays	Philadelphia, Pa./Swenson
Danae Rivers	Fr.	Mid-Distance/Distance	Derby, CT/Wilbur Cross
Alyssa Robinson	Sr.	Throws	Saint Clairsville, Ohio/Saint Clairsville
Stephanie Seivers	So.	Throws	Douglassville, Pa./Daniel Boone
Kayla Zoschg	Sr.	Throws	Emporium, Pa./Dickinson College

ATHLETES IN THE TOP-20 OF NCAA RANKINGS

	ISAIAH HARRIS SO. MID-DISTANCE				<ul style="list-style-type: none"> » Ran a season best of 1:45.12 at the Virginia Classic in Charlottesville, Virginia on Apr. 21 winning the event in a then-NCAA leading time » Has yet to lose head-to-head in the 800-meters during the 2017 outdoor season » Set a personal best of 3:50.06 in the 1,500-meters at the Battle on the Bayou - First time to run the 1,500-meters as a collegiate athlete » Three-Time All-American, 2016 USAF Olympic Trials finalist (sixth-place) - highest finish by a collegiate athlete in the 800-meters trials last season
	TORI GERLACH SR. DISTANCE				<ul style="list-style-type: none"> » Ran a personal best time of 9:50.60 in the 3,000-meter Steeplechase Apr. 14 at the Bucknell Classic in Lewisburg, Pa. » Her season best time in the Steeplechase was the No. 2 time in the world this season at the time it was recorded » Opened the season with a first-place finish in the 1,500-meters at the PAC-12/Big Ten Challenge in Tempe, Ariz. on Mar. 25 » Bronze medalist in the 3,000-meter steeplechase at the Big Ten Championships
	MICHAEL SHUEY SR. THROWS				<ul style="list-style-type: none"> » Returned to competition after redshirting the 2016 outdoor season » Extended his school record in the javelin posting a mark of 250'-2" (76.25m) at the 123rd Penn Relays in Philadelphia, Pa. » Has recorded 11 career first-place finishes in the javelin throw dating back to collegiate debut at the Crimson Tide Invitational in 2013 » Silver medalist in javelin at the Big ten Championships in Happy Valley May 12-14
	DANA RIVERS FR. MID-DISTANCE				<ul style="list-style-type: none"> » Has set school record in: 600-meters(i), 800-meters(i), 800-meters, Mile, DMR (i), DMR, 4x800-meter relay » 2017 NCAA Indoor All-American in the Mile (third-place) & DMR (sixth-place) » Has recorded nine first-place, five second-place and three third-place finishes during the 2017 indoor and outdoor seasons combined
	DAVID LUCAS SO. THROWS				<ul style="list-style-type: none"> » Set a personal best in the discus posting a mark of 201'6" (61.43m) at the 123rd Penn Relays in Philadelphia, Pa. » Currently ranked as the No. 3 performer in program history in discus trailing only Brian Milne (207'5"/63.22m) and Knut Hjeltnes (201'-10"/61.52m) » 2016 NCAA Outdoor Championships qualifier in discus, finished as a second-team All-American (15th-place)
	MADLINE HOLMBERG SO. MULTI-EVENTS				<ul style="list-style-type: none"> » Recorded a personal best total of 5,636-points in the heptathlon at the Virginia Classic in Charlottesville, Virginia on Apr. 21 » Ranks No. 3 in program history with her personal best of 5,636-points in the heptathlon » Set the heptathlon shot put record with her mark of 42'-0" (12.80m) during the Virginia Classic on Apr. 21
	DOMENIC PERRETTA FR. MID-DISTANCE				<ul style="list-style-type: none"> » Is currently ranked as the fourth fastest freshman in the 800-meters trailing Emmanuel Korir (UTEP), Michael Saruni (UTEP), Devin Dixon (TAMU) » Recorded a personal best time of 1:47.29 in a fifth-place finish at the Virginia Classic Apr. 21 » Holds Penn State's season best time in the 1,500-meters running 3:46.47 at the Bucknell Classic
	MEGAN McCLOSKEY JR. JUMPS				<ul style="list-style-type: none"> » Has produced the No. 2 mark in women's high jump with her mark of 5'-11.50" (1.82m) at the Battle on the Bayou in Baton Rouge, LA » Finished third at the 123rd Penn Relays in Philadelphia, Pa. » Has recorded 17 top-three finishes in high jump over her career in the blue & white » B1G Indoor Silver medalist (5'-10.50" /1.79m); B1G Outdoor Bronze medalist (5'-11.25" /1.81m)
	DANNIELLE GIBSON SR. JUMPS				<ul style="list-style-type: none"> » Has produced the No. 1 All-Conditions mark in women's triple jump with her mark of 45'-1.75" (13.76m) at the 2017 B1G Championships » No. 2 in program history in the indoor women's triple jump (43'-9"/13.33m) » Three-time NCAA Championships Qualifier; 2017 NCAA Indoor All-American (TJ), Two-time Second-Team All-American (TJ) » Is a Biotechnology major from Nassau, Bahamas
	MICHAEL BIDDLE FR. THROWS				<ul style="list-style-type: none"> » Currently ranked No. 4 in program history in javelin with his mark of 235'-7" (71.81m) » Has recorded three top-five finishes this season (PAC-12, Big Ten Challenge, Battle on Bayou, Virginia Challenge)
	MALIK MOFFETT JR. SPRINTS/JUMPS				<ul style="list-style-type: none"> » School record holder in the long jump with his mark of 26'-3" (8.00m) » Is the third-fastest in program history in the 100-meters (10.42/10.26^m) and No. 5 in the 200-meters (20.93/20.73^m) » Has anchored the school record 4x100-meter relay (39.48) all season.
	MORGAN SHIGO SO. THROWS				<ul style="list-style-type: none"> » School record holder in the hammer throw with his mark of 222'-11" (67.94m) » Is the only Nittany Lions to ever surpass the 220' mark in the event.

IN THE POLLS

MEN'S USTFCCCA COACHES RANKINGS

Rank	Team	Conference	Pts.	Prev.
1.	Texas A&M	SEC	304.50	1
2.	Florida	SEC	274.19	2
3.	Georgia	SEC	262.04	4
4.	Alabama	SEC	229.26	5
5.	Texas Tech	Big 12	209.63	3
6.	Oregon	PAC-12	194.82	7
7.	LSU	SEC	162.72	6
8.	Arkansas	SEC	159.48	9
9.	Auburn	SEC	152.39	18
10.	Texas	Big 12	143.65	10
11.	Kansas	Big 12	141.99	14
12.	Virginia	ACC	141.10	11
13.	Colorado State	Mountain West	127.72	15
14.	Southern California	PAC-12	127.33	8
15.	Ole Miss	SEC	120.32	12
16.	South Carolina	SEC	114.08	19
17.	Houston	American	113.86	25
18.	Nebraska	Big Ten	111.85	16
19.	Penn State	Big Ten	111.16	17
20.	Baylor	Big 12	111.08	13
21.	UCLA	PAC-12	110.34	20
22.	Tennessee	SEC	98.74	23
23.	Southeastern Louisiana	Southland	87.08	40
24.	Oklahoma State	Big 12	84.33	24
25.	Virginia Tech	ACC	83.49	26

Dropped out: No. 21 Kentucky, No. 22 Mississippi State



WOMEN'S USTFCCCA COACHES RANKINGS

Rank	Team	Conference	Pts.	Prev.
1.	Oregon	PAC-12	364.09	2
2.	Arkansas	SEC	275.09	5
3.	LSU	SEC	250.45	4
4.	Texas A&M	SEC	244.80	1
5.	Georgia	SEC	235.88	7
6.	Southern California	PAC-12	235.86	3
7.	Kentucky	SEC	214.92	6
8.	Florida	SEC	184.17	8
9.	Texas	Big 12	180.84	9
10.	Baylor	Big 12	175.33	11
11.	Kansas State	Big 12	144.21	12
12.	Virginia Tech	ACC	140.08	30
13.	Miami (FL)	ACC	125.27	19
14.	Alabama	SEC	124.91	10
15.	Florida State	ACC	119.56	14
16.	Purdue	Big Ten	106.71	15
17.	Minnesota	Big Ten	101.70	27
18.	Auburn	SEC	100.33	13
19.	Arizona State	PAC-12	93.27	20
20.	Stanford	PAC-12	90.32	17
21.	Notre Dame	ACC	89.14	21
22.	BYU	Independent	88.02	18
23.	Ole Miss	SEC	87.58	16
24.	Washington	PAC-12	84.00	23
25.	UNLV	Mountain West	79.72	40

Dropped out: No. 22 Tennessee, No. 24 Penn State, No. 25 South Carolina

SEASON << REWIND << (CONTINUED)

individual school record as she posted a 2:02.54 800-meter time. Her school record performance was ranked No. 1 in the Big Ten and No. 5 in the NCAA at the time.

- » All-American **Isaiah Harris** posted a nation leading 1:45.64 in the 800-meters when he took home the gold at Florida Relays. This past weekend at the Virginia challenge, the sophomore out of Lewiston, Maine lowered his nation leading time running a Penn State school record 1:45.12. The old record was held by Casmier Loxson, the current World Record holder in the 600-meters.
- » Freshman **Domenic Perretta** dipped under 1:48 for the first time in his career. The Beaver Falls, Pa. native ran the No. 2 time in the Big Ten and No. 13 in the NCAA at the time with his time of 1:47.29 - the No. 10 time in program history
- » In her heptathlon season debut, sophomore **Madeline Holmberg** put up 5,636 points to move to No. 3 in Penn State history. Her performance leads the Big Ten and puts her at No. 9 in the NCAA.



123rd Penn Relays Yields More Records

- » Head Coach **John Gondak's** squads brought home a Championship of America title in one event (Triple Jump) along with 12 second-place finishes and four school records at Franklin Field in Philadelphia.
- » **Michael Shuey, Michael Biddle** and **Ryan Kerr** finished 2-3-4 in the Championship section of the javelin throw. Shuey led the way finishing with a school record mark of 250'-1" (76.25m) improving upon his mark of 249'-5" (76.02) from 2014. Biddle at 232'-4" (70.82m) and Kerr at 227'-1" (69.22m) both set personal best marks with their performances and are currently the No. 6 and No. 11 marks in program history.
- » The men's 4x100-meter relay eclipsed the school record pace for the second time this season (Virginia Challenge). Behind the efforts of **Kowalchuk, Chisena, Smith** and **Moffett** the relay carried the baton for a combined 39.48 seconds for a fourth-place finish in the Championship section of the event,

shaving off one one-hundredth (.01) of a second from the old school record pace of 39.49. This Nittany Lion lineup has produced three (3) sub-40 second performances which is more than were on the record books prior to the arrival of second-year sprints coach **Erin Tucker** in the summer of 2015.

- » The women's 4x800-meter relay came down to the wire in the final of the Championship section as **Tori Gerlach** (2:07.12), **Julie Kojancic** (2:06.64), **Rachel Banks** (2:07.08) and **Danae Rivers** (2:04.66) combined to run 8:25.49 absolutely eviscerating the old school record of 8:38.17 set earlier this season.
- » The final school record broken at the Penn Relays was the women's DMR where **Tori Gerlach** (3:23.24), **Tichina Rhodes** (53.77), **Rachel Banks** (2:08.02) and **Danae Rivers** (4:31.05) combined to run 10:56.07 erasing the old mark of 11:08.41 set by Rebekka Simko, Ije Iheoma, Marta Klebe and Kara Millhouse from 2012. The relay finished second trailing only Villanova in the championship section of the DMR and was anchored by the fastest split in the event (**Rivers**).
- » **David Lucas** - Discus 201'-6" (61.43m) No. 3 in program history
- » **Madeline Holmberg** - Long Jump 20'-4.25" (6.20m) T-No. 8 in program history
- » **Kory Decesaris** - Hammer 203'-10" (62.13m) No. 4 in program history
- » **Bryce Williams** - Triple Jump 52'-0" (15.85m) No. 6 in program history
- » **Danielle Gibson** captured the event with a jump of 43'-6" (13.26m) that she achieved on her first jump of the competition. Gibson won the event by over four inches and is the first Nittany Lion woman to win a triple jump title at the Penn Relays in program history.



Yohman Movin' on Up

- » **Jon Yohman** - Shot Put 61'-3.50" (18.68m) T-No. 7 in program history

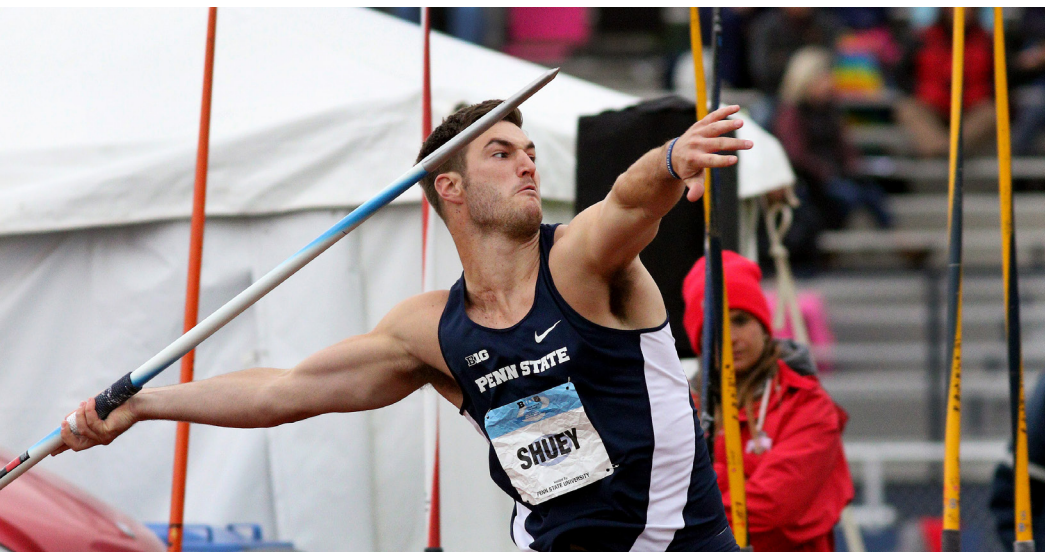


WHAT THEY'RE SAYING...

"Megan is a very special, hardworking and focused student athlete that I enjoy coaching every day. Megan is the type of athlete that inspires you to become a better coach. I'm looking forward to big things from Megan this postseason and in the future!!"

-Fritz Spence, Penn State Assistant Coach.





WHAT THEY'RE SAYING...

"Michael Shuey is a tremendously gifted athlete with one heck of an arm. He is a very focused and intense individual with the most passion of anyone I've ever worked with. He is what Penn State Athletics is all about."

- Lucais MacKay, Penn State Assistant Coach.



WHAT THEY'RE SAYING...

"Isaiah Harris continues to set records as he moves through his Penn State career. He added the outdoor 800-meter record this spring to go along with owning the indoor record. We are excited to see if he can set any more records as we head into the postseason."

- John Gondak, Penn State Head Coach.



B1G TIME

B1G AOTW: Michael Shuey (3/29)

- » Finished first in the javelin throw with a mark of 75.34 meters at the Pac-12 vs. Big Ten Invitational
- » Ranks second in the nation and first in the Big Ten in the event this season
- » Earns the first Big Ten Outdoor Field weekly award of his career

B1G AOTW: Isaiah Harris (4/5)

- » Recorded a nation-leading time of 1:45.64 to win the 800-meter race at the Florida Relays and clock the second-fastest time in the world in the event in 2017
- » Added a second-place finish in the 4x800-meter relay
- » Earns the second outdoor track weekly award of his career and first of the season

B1G AOTW: Tori Gerlach (4/19)

- » Clocked the second-fastest time in the 3,000-meter steeplechase in the nation this season
- » Finished in a time of 9:50.60 to win the event and set a facility record at the Bucknell Classic
- » Earns the first outdoor track weekly award of her career

B1G AOTW: Isaiah Harris (4/26)

- » Recorded a nation-leading time of 1:45.12 to win the 800-meter race at the Virginia Challenge
- » Broke the school record in the event set in 2011
- » Earns the third outdoor track weekly award of his career and second of the season

B1G AOTW: Danae Rivers (4/26)

- » Set a school record in the 800-meter race at the Virginia Challenge
- » Finished in a time of 2:02.53, the fifth-fastest time in the nation this season
- » Earns the first outdoor track weekly award of her career



FAST FACTS

Dannielle Gibson became the first woman to win a Penn Relays title in the triple jump in program history with her winning jump of 43'-6" (13.26m) at the 123rd Penn Relays.

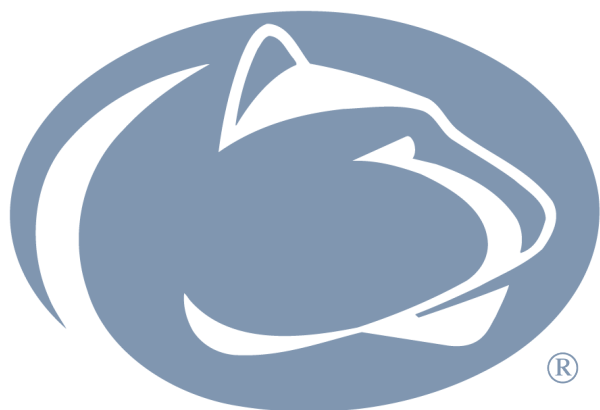


JOHN GONDAK

Head Coach • Third-Season (11th Overall)

Doylestown, Pa.

Civil Engineering • Syracuse '95



THE GONDAK FILE

COACHING RESUME

- 2014-Current - Head Coach, Penn State
- 2006-14 - Assistant Coach, Penn State
- 1998-06 - Assistant Coach, Kentucky
- 1996-98 - Assistant Coach, Toledo
- 1995-96 - Assistant Coach, Georgia Tech

EDUCATION

- Syracuse 95' - Graduated summa cum laude of Civil Engineering program

AWARDS

- 2017 Big Ten Men's Outdoor Head Coach of the Year
- 2017 Mid-Atlantic Region Indoor Women's Head Coach of the Year
- 2017 Big Ten Women's Indoor Head Coach of the Year
- 2016 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
- 2015 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
- 2015 Big Ten Women's Cross Country Head Coach of the Year
- 2015 Mid-Atlantic Region Indoor Men's Head Coach of the Year
- 2014 Mid-Atlantic Region Indoor Men's Assistant Coach of the Year
- 2013 Mid-Atlantic Region Indoor Men's Assistant Coach of the Year
- 2013 Mid-Atlantic Region Outdoor Men's Assistant Coach of the Year
- 2010 Mid-Atlantic Region Outdoor Assistant Coach of the Year
- 2009 Mid-Atlantic Region Assistant Coach of the Year

NOTABLE ATHLETES COACHES

Tessa Barrett
 Robby Creese
 Owen Dawson
 Bridget Franek
 Ryan Foster
 Tori Gerlach
 Isaiah Harris
 Barnnon Kidder
 Casimir Loxsom
 Danae Rivers

The Rhode(s) To Records!

- » Senior quarter-miler **Tichina Rhodes** has pieced together a storied career at Penn State from the moment she stepped foot on campus back in fall of 2013. The Philadelphia, Pa. native, by way of Swenson High School is a member of three school records as well as ranked No. 6 in the 400-meters outdoors and a member of the No. 5 4x100-meter relay (44.78) as the anchor leg.
- » Women's DMR(i) - Julie Kocjancic, **Tichina Rhodes**, Rachel Banks, Danae Rivers (11:01.16) *School Record*
- » Women's DMR - Tori Gerlach, **Tichina Rhodes**, Rachel Banks, Danae Rivers (10:56.07) *School Record*
- » Women's 4x400-meter relay (i) - Dynasty McGee, Mahogany Jones, **Tichina Rhodes**, Kiah Seymour (3:33.13) *School Record*
- » Women's 4x100-meter relay - Deja Dale, Keianna Albury, Kiara Lester, **Tichina Rhodes** (44.78) No. 5 in program history
- » Women's 4x400-meter relay - Dynasty McGee, Mahogany Jones, **Tichina Rhodes**, Kiah Seymour (3:31.17) No. 5 in program history
- » **Tichina Rhodes** - 400-meters (53.65) No. 6 in program history



YEAR-BY-YEAR FINISH AT NCAA'S (M)

Year	Indoor (points)	Outdoor (points)
1921	---	T-11th (5)
1922	---	2nd (19.5)
1923	---	4th (13.5)
1930	---	T-37th (2)
1938	---	14th (10)
1939	---	T-25 (4)
1940	---	T-3rd (24)
1941	---	6th (20)
1947	---	6th (20)
1948	---	T-26th (8)
1949	---	5th (25)
1950	---	T-38th (1)
1951	---	T-31st (2)
1953	---	T-40th (0.75)
1954	---	T-18th (7)
1955	---	T-9th (14)
1957	---	T-26th (6)
1958	---	41st (1)
1959	---	T-25th (7)
1960	---	T-25th (8)
1961	---	T-16th (10)
1965	40th (1)	T-30th (8)
1966	---	T-8th (20)
1969	T-29th (2)	---
1970	---	T-46th (2)
1971	---	T-24th (7)
1972	---	T-22nd (8)
1973	---	T-16th (13)
1974	T-14th (6)	---
1975	T-8th (9)	T-19th (11)
1976	19th (5)	T-12th (16)
1977	T-28th (3)	---
1978	T-28th (6)	---
1979	T-54th (1)	---
1980	T-37th (1)	T-41st (4)
1981	T-27th (6)	T-36th (4)
1982	T-58th (0.50)	---
1983	T-26th (6)	T-74th (4)
1985	T-15th (10)	29th (9)
1987	T-50th (1)	T-18th (15)
1988	---	T-35th (8)
1989	T-25th (8)	T-44th (5)
1990	11th (14)	T-38th (8)
1991	T-23rd (8)	---
1993	---	20th (13)
1994	T-44th (3)	---
1996	---	T-41st (7)
1997	---	T-66th (2)
1998	T-45th (4)	T-27th (8)
1999	T-40th (4)	T-58th (3)
2001	---	T-39th (5)
2002	T-44th (4.50)	T-68th (1)
2007	T-47th (4)	---
2009	T-39th (4.50)	T-62nd (2)
2010	T-14th (14)	T-23rd (11)
2011	T-11th (16)	T-20th (11)
2012	28th (8)	T-21st (13)
2013	9th (19)	14th (17)
2014	34th (6)	47th (5)
2015	12th (15)	T-10th (17)
2016	T-58th (2)	17th (13)
2017	T-36th (5)	---



YEAR-BY-YEAR FINISH AT NCAA'S (W)

Year	Indoor (points)	Outdoor (points)
1983	T-23rd (6)	23rd (18)
1984	16th (9)	T-20th (25)
1985	T-25th (6)	---
1989	---	T-46th (4)
1990	T-33rd (4)	---
1991	---	T-39th (5)
1992	---	T-59th (1)
1993	T-38th (1)	25th (9)
1994	---	T-55th (2)
1996	T-30th (5)	T-58th (1)
1997	---	T-45th (4)
1999	T-24th (8)	T-24th (11)
2001	T-51st (2)	T-67th (1)
2002	---	T-45th (4)
2003	T-21st (9)	10th (24)
2004	T-13th (14)	21st (11)
2005	T-39th (5)	T-60th (3)
2006	T-26th (8)	T-25th (10)
2007	T-21st (9)	T-27th (9)
2008	T-15th (16)	4th (39)
2009	7th (24)	14th (17)
2010	13th (17)	4th (34)
2011	T-45th (3)	44th (5)
2012	---	29th (10)
2013	---	T-29th (9)
2014	14th (15)	T-12th (18)
2015	53rd (1)	---
2016	T-47th (2)	---
2017	T-10th (14)	---

YEAR-BY-YEAR FINISH AT BIG TEN'S (M)

Year	Indoor (points)	Outdoor (points)
1992	8th (30.5)	7th (55)
1993	6th (31)	8th (52.5)
1994	7th (38)	8th (49)
1995	10th (8)	5th (87)
1996	10th (25)	3rd (82)
1997	10th (29.3)	8th (56)
1998	8th (51)	9th (53)
1999	10th (30)	9th (62)
2000	9th (34.5)	7th (71.5)
2001	5th (68)	3rd (98.83)
2002	CANCELLED	5th (72)
2003	7th (42)	5th (81)
2004	8th (39)	7th (54.5)
2005	8th (37)	7th (66)
2006	8th (46.5)	7th (61)
2007	8th (46)	4th (93.5)
2008	4th (79)	6th (77)
2009	3rd (78)	5th (80)
2010	T-6th (51)	T-7th (52)
2011	6th (62.66)	6th (74)
2012	6th (51.33)	6th (80)
2013	3rd (87)	8th (59)
2014	3rd (72)	6th (78)
2015	4th (72)	5th (67)
2016	6th (60)	5th (82)
2017	2nd (84)	1st (117)



YEAR-BY-YEAR FINISH AT BIG TEN'S (W)

Year	Indoor (points)	Outdoor (points)
1992	8th (30)	6th (77)
1993	4th (43)	6th (56)
1994	10th (10)	8th (53)
1995	10th (17)	10th (33)
1996	4th (39)	8th (43)
1997	5th (63)	3rd (91)
1998	6th (44.5)	5th (75)
1999	8th (59.17)	8th (63)
2000	8th (21)	7th (62)
2001	T-6th (61)	8th (65)
2002	7th (55.5)	8th (72)
2003	3rd (87)	T-2nd (124)
2004	1st (115)	2nd (126.5)
2005	4th (74)	2nd (112.5)
2006	4th (85)	3rd (114)
2007	4th (92)	3rd (114)
2008	3rd (121)	1st (151)
2009	2nd (125)	1st (139)
2010	1st (111)	1st (133.5)
2011	2nd (86)	2nd (122)
2012	3rd (99)	4th (87)
2013	4th (73)	1st (133)
2014	1st (114.5)	1st (136)
2015	T-3rd (68)	7th (66)
2016	3rd (96.5)	10th (47.5)
2017	1st (96.5)	3rd (101)



2017 DIVISION I OUTDOOR
TRACK & FIELD CHAMPIONSHIPS
 LEXINGTON, KY - University of Kentucky, Host

*All times listed are Eastern
 Schedule is subject to change*

THURSDAY, MAY 25

TRACK EVENTS

Time	Event	Division	Round
4:30 PM	400 Hurdles	Women	First Round
5:00 PM	400 Hurdles	Men	First Round
5:30 PM	1500 Meters	Women	First Round
6:00 PM	1500 Meters	Men	First Round
6:30 PM	100 Meters	Women	First Round
6:55 PM	100 Meters	Men	First Round
7:20 PM	400 Meters	Women	First Round
7:45 PM	400 Meters	Men	First Round
8:10 PM	800 Meters	Women	First Round
8:35 PM	800 Meters	Men	First Round
9:00 PM	10,000 Meters	Women	Semifinal
9:40 PM	10,000 Meters	Men	Semifinal

FIELD EVENTS

Time	Event	Division	Round
11:30 AM	Hammer	Women	First Round
12:00 PM	Javelin	Men	First Round
4:00 PM	Hammer	Men	First Round
4:00 PM	Javelin	Women	First Round
4:30 PM	Long Jump	Men	First Round
4:30 PM	Pole Vault	Women	First Round
7:15 PM	Long Jump	Women	First Round

FRIDAY, MAY 26

TRACK EVENTS

Time	Event	Division	Round
4:30 PM	100 Hurdles	Women	First Round
5:00 PM	110 Hurdles	Men	First Round
5:30 PM	400 Meters	Women	Quarterfinal
5:45 PM	400 Meters	Men	Quarterfinal
6:00 PM	100 Meters	Women	Quarterfinal
6:15 PM	100 Meters	Men	Quarterfinal
6:30 PM	800 Meters	Women	Quarterfinal
6:45 PM	800 Meters	Men	Quarterfinal
7:00 PM	400 Hurdles	Women	Quarterfinal
7:15 PM	400 Hurdles	Men	Quarterfinal
7:30 PM	200 Meters	Women	First Round
7:55 PM	200 Meters	Men	First Round
8:20 PM	3000 Steeplechase	Women	Quarterfinal
9:00 PM	3000 Steeplechase	Men	Quarterfinal

FIELD EVENTS

Time	Event	Division	Round
2:00 PM	Discus	Women	First Round
4:30 PM	High Jump	Women	First Round
4:30 PM	Pole Vault	Men	First Round
4:30 PM	Shot Put	Men	First Round

SATURDAY, MAY 27

TRACK EVENTS

Time	Event	Division	Round
6:00 PM	4x100 Relay	Women	Quarterfinal
6:15 PM	4x100 Relay	Men	Quarterfinal
6:30 PM	1500 Meters	Women	Quarterfinal
6:45 PM	1500 Meters	Men	Quarterfinal
7:05 PM	100 Hurdles	Women	Quarterfinal
7:20 PM	110 Hurdles	Men	Quarterfinal
7:35 PM	200 Meters	Women	Quarterfinal
7:50 PM	200 Meters	Men	Quarterfinal
8:05 PM	5000 Meters	Women	Semifinal
8:45 PM	5000 Meters	Men	Semifinal
9:25 PM	4x400 Relay	Women	Quarterfinal
9:45 PM	4x400 Relay	Men	Quarterfinal

FIELD EVENTS

Time	Event	Division	Round
2:00 PM	Discus	Men	First Round
3:00 PM	Triple Jump	Men	First Round
6:00 PM	High Jump	Men	First Round
6:00 PM	Shot Put	Women	First Round
6:00 PM	Triple Jump	Women	First Round

* Shot Put, Discus & Hammer for both men & women conducted outside the oval

Track Events

100 Meters	11.21	Connie Moore, 2003
200 Meters	22.45	Connie Moore, 2004
400 Meters	50.84	Shana Cox, 2008
800 Meters	2:02.53	Danae Rivers, 2017
1,500 Meters	4:15.20	Marta Klebe, 2014
5,000 Meters	15:32.53	Kathy Mills, 1978
10,000 Meters	32:57.33	Kara Millhouse, 2012
100m Hurdles	12.85	Aleesha Barber, 2010
400m Hurdles	55.57	Fawn Dorr, 2010
3000m Steeple	9:32.35	Bridget Franek, 2010

Relay Events

4x100-Meters	44.25	Laurie Fox, Chi-Chi Aduba,Sara Shoaff, Connie Moore, 2003
4x400-Meters	3:27.69	Dominique Blake, Aleesha Barber,Gayle Hunter, Shana Cox, 2012

Non-NCAA Event Records

Mile	4:40.65	Bridget Franek, 2010
3000 Meters	9:08.04	Kathy Mills, 1978
4x200-Meters	1:33.09	Mahagony Jones, Dynasty McGee,Brittney Howell, Kiah Seymour, 2014
4x800-Meters	8:25.49	Tori Gerlach, Julie Kocjancic,Rachel Banks, Danae Rivers, 2017
Distance Medley	10:56.07	Tori Gerlach, Tichina Rhodes,Rachel Banks, Danae Rivers, 2017
Sprint Medley	3:47.90	Aleesha Barber, Dominique Blake,Shana Cox, Briene Simmons, 2007
4x1500m Relay	17:57.28	Meghan Noecker, Bridget Franek,Leah Rosenfeld, Claire Percival, 2007

*All times are FAT (Fully Automatic Timing)

Field Events

High Jump	6-0 (1.83)	Shelley Mitchell, 1992
Pole Vault	13-4.5 (4.08)	Lexi Masterson, 2017
Long Jump	21-6 (6.55)	Chi-Chi Aduba, 2004
Triple Jump	44-6.75 (13.58)	Chi-Chi Aduba, 2004
Shot Put	56-3.25 (17.15)	Rachel Fatherly, 2015
Discus	185-1 (56.42)	Deshaya Williams, 2003
Hammer	219-1 (66.78)	Jen Leatherman, 2006
Javelin	178-6 (54.41)	Laura Loht, 2014

Heptathlon Event Records

Heptathlon	5797	Gayle Hunter, 2009
100-Meter Hurdles	13.45	Gayle Hunter, 2009
High Jump	5-10 (1.78)	Brittney Howell, 2014
Shot Put	42-6.25 (12.96)	Madeline Holmberg, 2017
200-Meters	23.56w	Gayle Hunter, 2008
Long Jump	21-0.50 (6.42)w	Gayle Hunter, 2009
Javelin	126-5 (38.53)	Gayle Hunter, 2008
800-Meters	2:16.52	Tal Ben-Artzi, 2015

Retired Records

800m Medley	1:47.20	Johanna Humphreys, Terry Pioli,Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)	Jen Pastore, 1998
Pentathlon	3,725 points	Patti Knighton, 1978

Track Events

100 Meters	10.34 Mike Sands, 1975
200 Meters	20.23 Michael Timpson, 1986
400 Meters	45.20 Mike Sands, 1975
800 Meters	1:45.12 Isaiah Harris, 2017
1,500 Meters	3:38.82 Brannon Kidder, 2014
5,000 Meters	13:34.0 Greg Fredericks, 1972
10,000 Meters	28:08.0 Greg Fredericks, 1972
110m Hurdles	13.56 Guy Rose, 2001
400m Hurdles	48.69 (FAT) Mike Shine, 1976
3000m Steeple	8:22.5 George Malley, 1977

Relay Events

4x100-Meter	39.48	. Karson Kowalchuk, Dan Chisena, Xavier Smith, Malik Moffett, 2017
4x400-Meter	3:01.52 A Nadolsky, Br Bennett-Green, C Loxsom, B Gehret, 2012

Non-NCAA Event Records

Mile	3:58.4 Larry Mangan, 1980
2,000 Meters	5:07.2 Greg Fredericks, 1972
3,000 Meters	7:54.0 George Malley, 1977
20,000 Meters	1:04:40 Kevin Geesaman, 1998
Marathon	2:17:49 George Christopher, 1975

Non-NCAA Relay Records

4x200-Meter	1:23.75 Xavier Smith, Dan Chisena Malik Moffett, Anton Porter, 2016
4x800-Meter	7:11.17 Vance Watson, Steve Shisler, Chris Mills, Randy Moore 1985
4x1500-Meter	14:58.71	... Bob Hudson, Mark Overheim, Eric Carter, Steve Shisler, 1986
4x1600-Meter	16:12.5 Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
4-Mile Relay	16:18.5 Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
Distance Medley	9:24.68 Brannon Kidder, Brandon Bennett-Green Casimir Loxsom, Robby Creese, 2013
Sprint Medley	3:17.10	... Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster, 2011
4x110m Hurdles	57.29 Chris Green, Al Parker Sam Harris, Michael Timpson, 1986

Field Events

High Jump*	7-3.50 (2.22) David Coney, 1985
	7-3.25 (2.22) Jon Hendershot, 2013
Pole Vault	17-5.50 (5.32) John Vellenoweth, 2009
Long Jump	26-3 (8.00) Malik Moffett, 2017
Triple Jump	54-6 (16.61) Antonio Davis, 1993
Shot Put	69-2 (21.08) Joe Kovacs, 2012
Discus	207-5 (63.22) Brian Milne, 1992
Hammer	222-11 (67.94) Morgan Shigo, 2017
Javelin	250-2 (76.25) Michael Shuey, 2017

Decathlon Event Records

Points	7,685 Rick Kleban, 1985
First-day Score	4,087 Robert Cardina, 2014
Second-day Score	3,774 James Cook, 1996
100 Meters	11.01 Rick Kleban, 1985
	 Shawn Colligan, 2008
Long Jump	23-7.25 (7.19) Dave Masgay, 1987
Shot Put	48-9.50 (4.87) Barry Walsh, 1989
High Jump	7-0.25 (2.14) Robert Cardina, 2014
400 Meters	47.65 Brian Kelley, 1991
110-Meter HH	14.45 Rick Kleban, 1987
Discus	155-3 (47.32) James Cook, 1997
Pole Vault	16-2 1/2 (14.94) Rick Kleban, 1985
Javelin	206-2 (62.83) Shawn Colligan, 2008
1,500 Meters	4:21.05 Tom Kleban, 1989

Retired Records

2,000m Steeple	5:43.2 Rick Garcia, 1981
Javelin (old)	78.77 (258-5)	... Jim Stevenson, 1966

* Coney's mark is only recorded with an English measurement, 2.22m is the nearest metric equivalent.