



# TRACK & FIELD

**BIG TEN INDOOR CHAMPIONSHIPS || SPIRE INSTITUTE || FEBRUARY 22-23, 2013**

## Nittany Lions Begins Postseason at Big Ten Indoor Championships Championships set for Friday-Saturday at SPIRE Institute

**UNIVERSITY PARK, Pa.: February 20, 2013** – An entire season of effort comes down to this weekend, as the Nittany Lion track and field squads are set to put it all on the line at the Big Ten Indoor Championships, set for Friday and Saturday, at the SPIRE Institute in Geneva, Ohio. Both squads are poised to contend for outstanding finishes in the conference, led by Penn State’s No. 7 ranked men’s contingent. The meet will be highly competitive across both genders, as the men’s meet includes five squads ranked in the national top 15, while the women’s competition will feature a pair of teams in the top 20 in the latest United States Track and Field/Cross Country Coaches’ Association (USTFCCCA) rankings.

### About the Big Ten Indoor Championships ...

**When:** Friday-Saturday, February 22-23

**Where:** SPIRE Institute (Geneva, Ohio)

**Big Ten Coverage:** [www.BigTen.org](http://www.BigTen.org)

**Ticket Information:** [www.SPIREinstitute.org](http://www.SPIREinstitute.org)

**Live Results and Heat Sheets:** [www.lightningtiming.com](http://www.lightningtiming.com)

A bevy of Nittany Lions are in position to make a run at the medal stand, including junior Aaron Nadolsky (Altoona, Pa.), senior Casimir Loxsom (New Haven, Conn.), and sophomore Robby Creese (Mount Airy, Md.), who were all members of last year’s winning men’s distance medley. All three are also set up well individually, with Loxsom and Creese going in as the top seed in the 600 meters, and mile, respectively. Loxsom, who has won three Big Ten outdoor 800-meter crowns over his career, leads the conference, and the country in the event, thanks to an American collegiate record performance of 1:15.79 at the PSU National in January. The senior also leads the NCAA in the 800, having run a Penn State-record 1:46.98 last month.

Creese also stands at the top of the heap, blitzing to a school-record 3:57.11 for the mile during the Husky Classic at the University of Washington. Creese had a sensational Big Ten debut as a freshman a year ago, finishing third in the mile, and anchoring the winning DMR. He was voted Big Ten Freshman of the Year for his efforts.

Also entering the meet as the top seed is senior Brooklyne Ridder (Cincinnati, Ohio), who leads the conference in the women’s 5,000 meters. Ridder cranked out a PR 16:07.52 at Washington, which stands as the best among Big Ten competitors, as well as a top 20 performance in the NCAA this season. Teammate Natalie Bower (Pleasant Unity, Pa.) is on her heels, coming into the meet with a PR effort of 16:17.81 on the boards, which stands as the third-best seed time among entrants.

Representing the Nittany Lions as a top seed in the field events in senior Erika Morgan in the high jump. Morgan has topped out at 5-10.50 (1.79) this season, and leads a pack of several Nittany Lions in scoring position in the event.

The Nittany Lions have always enjoyed outstanding results in the sprints on the conference level, and this season will be no different, as sophomore Dynasty McGee (Flint, Mich.) goes in with a PR performance of 53.87 in the 400 meters, which rates as the No. 2 time in the conference. Teammate Mahagony Jones (Cleveland, Ohio) is also poised to make a splash in the sprints, with seed times of 7.38 in the 60-meters, and 23.64 in the 200-meters – both top three efforts in the Big Ten this season.

**For a complete preview, log on to [www.GoPSUsports.com](http://www.GoPSUsports.com).**

## 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](http://www.PSU.edu)  
Athletics Website: ..... [www.GoPSUsports.com](http://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  
Jesse Laverdiere ..... Lav-uh-DEER  
Casimir Loxsom ..... Cazz-uh-MEER Locks-Um  
Emunael Mpanduki ..... em-uh-NILE PAN-doo-kee  
Nabil Mubarak ..... nuh-BILL moo-BAR-ick  
Za’von Watkins ..... ZAY-vaughn

### WOMEN’S PRONUNCIATIONS

Doris Anyanwu ..... anne-YOW  
Kelsey Couts ..... k-OUTs  
Tori Gerlach ..... Ger-LOCK  
Audrey Houghton ..... howt-in  
Marta Klebe ..... KLEEB  
Kirsten Nieuwendam ..... Keer-sten new-en-DAHMH  
Ahmenah Richardson ..... uh-MEAN-uh  
Kiah Seymour ..... KEY-uh

## MEDIA INFORMATION

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BIG TEN INDOOR CHAMPIONSHIPS || SPIRE INSTITUTE || FEBRUARY 22-23, 2013

## USTFCCCA Men's Rankings

Rank	School	Conference	Head Coach (Yr)
1	Arkansas	SEC	Chris Bucknam (5th)
2	Florida	SEC	Mike Holloway (11th)
3	Texas A&M	SEC	Pat Henry (9th)
4	Texas Tech	Big 12	Wes Kittley (14th)
5	<b>Nebraska</b>	<b>Big Ten</b>	<b>Gary Pepin (30th)</b>
6	Oklahoma State	Big 12	Dave Smith (5th)
7	<b>Penn State</b>	<b>Big Ten</b>	<b>Beth Alford-Sullivan (7th)</b>
8	Texas	Big 12	Bubba Thornton (18th)
9	<b>Indiana</b>	<b>Big Ten</b>	<b>Ron Helmer (6th)</b>
10	<b>Wisconsin</b>	<b>Big Ten</b>	<b>Ed Nuttycombe (29th)</b>
11	Oregon	MPSF	Robert Johnson (1st)
12	Florida State	ACC	Bob Braman (10th)
13	Arizona State	MPSF	Greg Kraft (17th)
14	Arizona	MPSF	Fred Harvey (11th)
15	<b>Minnesota</b>	<b>Big Ten</b>	<b>Steve Plasencia (5th)</b>
16	LSU	SEC	Dennis Shaver (9th)
17	NC State	ACC	Rollie Geiger (29th)
18	Pittsburgh	Big East	Alonzo Webb (11th)
19	Mississippi	SEC	Brian O'Neal (1st)
20	Tulsa	Conference USA	Steve Gully (11th)
21	Oklahoma	Big 12	Martin Smith (8th)
22	UT Arlington	WAC	John Sauerhage (17th)
23	Northern Arizona	Big Sky	Eric Heins (6th)
24	Clemson	ACC	Shawn Cobey (1st)
25	Indiana State	Missouri Valley	John McNichols (30th)

## USTFCCCA Women's Rankings

Rank	School	Conference	Head Coach (Yr)
1	LSU	SEC	Dennis Shaver (9th)
2	Oregon	MPSF	Robert Johnson (1st)
3	Arkansas	SEC	Lance Harter (23rd)
4	Clemson	ACC	Shawn Cobey (1st)
5	Kansas	Big 12	Stanley Redwine (13th)
6	Florida	SEC	Mike Holloway (6th)
7	Georgia	SEC	Wayne Norton (14th)
8	Arizona State	MPSF	Greg Kraft (17th)
9	Texas A&M	SEC	Pat Henry (9th)
10	UCF	Conference USA	Caryl Smith Gilbert (6th)
11	Arizona	MPSF	Fred Harvey (11th)
12	Iowa State	Big 12	Corey Ihmels (6th)
13	Texas	Big 12	Rose Brimmer (1st)
14	South Carolina	SEC	Curtis Frye (17th)
15	<b>Illinois</b>	<b>Big Ten</b>	<b>Tonja Buford-Bailey (5th)</b>
16	Stanford	MPSF	Chris Miltenberg (1st)
17	Indiana State	Missouri Valley	Angie Martin (3rd)
18	Dartmouth	Ivy	Sandra Ford-Centonze (21st)
19	Wichita State	Missouri Valley	Steve Rainbolt (13th)
20	<b>Michigan</b>	<b>Big Ten</b>	<b>James Henry (28th)</b>
21	Georgetown	Big East	Patrick Henner (6th)
22	Oklahoma State	Big 12	Dave Smith (4th)
23	Connecticut	Big East	Bill Morgan (10th)
24	San Diego State	Mountain West	Shelia Burrell (4th)
25	Baylor	Big 12	Todd Harbour (8th)

## Women's Competing Roster

Name	Elig.	Event	Hometown
Anderson, Leigha	So.	Distance	Carlisle, Pa.
Anyanwu, Doris	Sr.	Sprints/Hurdles/Relays	Beltsville, Md.
Benson, Abbie	So.	Distance	Elma, N.Y.
Black, Shelley	So.	Sprints/Hurdles/Relays	Laffin, Pa.
Bower, Natalie	Sr.	Distance	Pleasant Unity, Pa.
Cocco, Gabrielle	Jr.	Distance	West Chester, Pa.
Couts, Kelsey	Sr.	Jumps	Powell, Ohio
Fatherly, Rachel	Fr.	Throws	Williamsport, Pa.
Fisher, Kalyen	Jr.	Distance	Lewisburg, Pa.
Gerlach, Tori	Fr.	Distance	Perkasie, Pa.
Giannotti, Emily	Jr.	Distance	Coudersport, Pa.
Houghton, Audrey	Fr.	Distance	Purcellville, Va.
Howell, Brittney	Jr.	Multi-Events	Wyncote, Pa.
Jennings, Kerrin	So.	Distance	Glen Mills, Pa.
Jones, Mahagony	Jr.	Sprints/ Relays	Garfield Heights, Ohio
Klebe, Marta	So.	Distance	Chesterbrook, Pa.
Kurzdorfer, Melissa	Jr.	Throws	Lancaster, N.Y.
Lopez, Kaitlyn	Fr.	Jumps	Buffalo, N.Y.
McGee, Dynasty	So.	Sprints/ Relays	Flint, Mich.
Mills, Lauren	So.	Distance	West Chester, Pa.
Morgan, Erika	Sr.	Jumps	Chesapeake, Va.
Nieuwendam, Kirsten	So.	Sprints/Relays	Parimaribo, Suriname
Palmer, Sarah	So.	Jumps	Gansevoort, N.Y.
Richardson, Ahmenah	Fr.	Jumps	Philadelphia, Pa.
Ricketts, Marlene	Jr.	Jumps	Westbury, N.Y.
Ridder, Brooklynne	Sr.	Distance	Cincinnati, Ohio
Rodden, Katie	So.	Distance	Radnor, Pa.
Seymour, Kiah	Fr.	Sprints/Hurdles/Relays	Washington, D.C.
Shannon, Colleen	Sr.	Distance	Andover, Mass.
Swenson, Jane	Sr.	Throws	Sioux Falls, S.D.
Underwood, S.J.	Fr.	Distance	Alexandria, Va.

## Men's Competing Roster

Name	Elig.	Event	Hometown
Anderson, Patrick	Fr.	Pole Vault	Kane, Pa.
Barr, Will	Jr.	Throws	Urbana, Ohio
Barrett, Sancho	So.	Sprints/Hurdles/Relays	Amityville, N.Y.
Bennett-Green, Be.	Jr.	Sprints/Relays	Elkins Park, Pa.
Bennett-Green, Br.	Jr.	Sprints/Relays	Elkins Park, Pa.
Brennan, Ryan	So.	Distance	Chester, N.Y.
Corkedale, Tyler	Jr.	Distance	West Windsor, N.Y.
Creese, Robert	So.	Distance	Mt. Airy, Md.
Fischer, Matt	So.	Distance	Kennett Square, Pa.
Gilmore, Matt	So.	Sprints/Relays	Elkins Park, Pa.
Hendershot, Jon	Jr.	Jumps	Nazareth, Pa.
Hill, Darrell	So.	Throws	Philadelphia, Pa.
Kidder, Brannon	Fr.	Distance	Lancaster, Ohio
Laverdiere, Jesse	Fr.	Pole Vault	Uniontown, Pa.
Leap, Brian	So.	Jumps	Bellwood, Pa.
Loxson, Casimir	Sr.	Distance	New Haven, Conn.
Luff, Tom	Jr.	Distance	Emmaus, Pa.
Masters, Sam	Sr.	Distance	Columbia, Mo.
McClelland, Mike	So.	Jumps	Washington, Pa.
Mpanduki, Emunael	Sr.	Sprints/ Relays	Harare, Zimbabwe
Mubarak, Nabil	Sr.	Throws	Loganville, Ga.
Nadolsky, Aaron	Jr.	Sprints/ Relays	Altoona, Pa.
Posey, Jarred	Fr.	Jumps	York, Pa.
Reilly, Sean	Sr.	Jumps	Lagrangeville, N.Y.
Scarpello, Nick	Jr.	Distance	Jamison, Pa.
Shisler, Alex	Fr.	Sprints/Relays	State College, Pa.
Watkins, Za'von	Fr.	Distance	Liverpool, N.Y.
West, Ricky	Sr.	Distance	Scarborough, Ontario



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**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  
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**Jess Riden**  
Director of Operations  
Seventh Year  
Penn State, '04  
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**Megan Monroig**  
Director of Operations  
First Year  
Penn State, '11  
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BIG TEN INDOOR CHAMPIONSHIPS || SPIRE INSTITUTE || FEBRUARY 22-23, 2013

## Big Ten Schedule - Day 1

Start Time	Event	Round	Penn State
10:00 AM	Men's Heptathlon 60m	Heptathlon	
10:45 AM	Men's Heptathlon Long Jump	Heptathlon	
10:50 AM	Women's Pentathlon 60m Hurdles	Pentathlon	Howell
11:30 AM	Women's Pole Vault	Trials & Finals	
11:40 AM	Women's Pentathlon High Jump	Pentathlon	Howell
12:00 PM	Women's "Unseeded" 3,000m	Finals	*TBA - Mills, Anderson
12:20 PM	Men's "Unseeded" 3,000m	Finals	
12:30 PM	Men's Heptathlon Shot Put	Heptathlon	
12:40 PM	Women's Mile Run	Trials	Benson, Cocco, Fisher, Jennings
1:00 PM	Men's Mile Run	Trials	Creese, Corkedale
1:20 PM	Women's 400m	Trials	Anyanwu, McGee, Nieuwendam, Seymour
1:45 PM	Men's 400m	Trials	Br. BG, Be. BG, Nadolsky, Mpanduki
1:45 PM	Men's Heptathlon High Jump	Finals	
2:00 PM	Women's Pentathlon Shot Put	Pentathlon	Howell
2:10 PM	Women's 60m	Trials	Jones
2:30 PM	Men's 60m	Trials	
2:50 PM	Women's 800m	Trials	Shannon
3:10 PM	Men's 800m	Trials	Kidder, Watkins, Brennan, West
3:15 PM	Women's Pentathlon Long Jump	Pentathlon	Howell
3:30 PM	Men's Pole Vault	Trials & Finals	Anderson, Laverdiere
3:30 PM	Women's Shot Put	Trials & Finals	Kurzdorfer, Fotherly, Swenson
3:30 PM	Women's 60m Hurdles	Trials	Black, Howell
3:50 PM	Men's 60m Hurdles	Trials	Barrett
4:10 PM	Women's 600m	Trials	Houghton
4:35 PM	Men's 600m	Trials	Loxson, Shisler
4:45 PM	Women's Long Jump	Trials & Finals	Howell, Ricketts, Lopez
4:45 PM	Men's Long Jump	Trials & Finals	Leap
~4:55 PM	Women's Pentathlon 800 meters	Pentathlon	Howell
5:00 PM	Women's 200m	Trials	Jones, Nieuwendam, Seymour
5:25 PM	Men's 200m	Trials	Br. BG, Nadolsky, Mpanduki, Gilmore
5:30 PM	Men's Shot Put	Trials & Finals	Hill, Mubarak
5:50 PM	Women's 3,000m	Finals	Gerlach, Anderson*, Mills*
6:10 PM	Men's 3,000m	Finals	Corkedale, Scarpello, Masters
6:30 PM	Women's Distance Medley Relay	Finals	Penn State TBA
6:50 PM	Men's Distance Medley Relay	Finals	Penn State TBA

## Big Ten Schedule - Day 2

Start Time	Event	Round	Penn State
10:00 AM	Men's Heptathlon 60m Hurdles	Heptathlon	
11:00 AM	Men's Heptathlon Pole Vault	Heptathlon	
11:00 AM	Women's High Jump	Trials & Finals	Morgan, Coutts, Palmer, Richardson
11:00 AM	Men's Triple Jump	Trials & Finals	Leap, Posey
11:10 AM	Women's Weight Throw	Trials & Finals	Kurzdorfer, Fotherly, Swenson
12:30 PM	Women's "Unseeded" 5,000m	Finals	*TBA - Rodden
12:55 PM	Men's "Unseeded" 5,000m	Finals	*TBA - Scarpello, Luff
~1:30 PM	Men's Heptathlon 1,000m	Heptathlon	
1:20 PM	Women's Mile Run	Finals	Qualifiers
1:30 PM	Men's Mile Run	Finals	Qualifiers
1:40 PM	Women's 400m	Finals	Qualifiers
1:45 PM	Men's Weight Throw	Trials & Finals	Barr, Mubarak
1:50 PM	Men's 400m	Finals	Qualifiers
2:00 PM	Women's Triple Jump	Trials & Finals	Ricketts, Lopez, Richardson
2:00 PM	Men's High Jump	Trials & Finals	Hendershot, McClelland, Reilly
2:00 PM	Women's 60m	Finals	Qualifiers
2:10 PM	Men's 60m	Finals	
2:20 PM	Women's 800m	Finals	Qualifiers
2:30 PM	Men's 800m	Finals	Qualifiers
2:40 PM	Women's 60m Hurdles	Finals	Qualifiers
2:50 PM	Men's 60m Hurdles	Finals	Qualifiers
3:00 PM	Women's 600m	Finals	Qualifiers
3:10 PM	Men's 600m	Finals	Qualifiers
3:20 PM	Women's 200m	Finals	Qualifiers
3:30 PM	Men's 200m	Finals	Qualifiers
3:40 PM	Women's 5,000m	Finals	Bower, Ridder, Giannotti, Rodden*
4:05 PM	Men's 5,000m	Finals	Fischer, Masters, Luff*, Scarpello*
4:20 PM	Women's 4x400m Relay	Finals	Penn State TBA
4:35 PM	Men's 4x400m Relay	Finals	Penn State TBA



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## All-Time Big Ten Men's Indoor Finishes

Year	Place	Score
1992	8th	30.5 pts
1993	6th	31 pts
1994	7th	38 pts
1995	10th	8 pts
1996	10th	25 pts
1997	10th	29.3 pts
1998	8th	51 pts
1999	10th	30 pts
2000	9th	34.5 pts
2001	5th	68 pts
2002	***	CANCELLED
2003	7th	42 pts
2004	8th	39 pts
2005	8th	37 pts
2006	8th	46.5 pts
2007	8th	46 pts
2008	4th	79 pts
2009	3rd	78 pts
2010	T-6th	51 pts
2011	6th	62.66 pts
2012	6th	51.33 pts

## All-Time Big Ten Women's Indoor Finishes

Year	Place	Score
1992	8th	30 pts
1993	4th	43 pts
1994	10th	10 pts
1995	10th	17 pts
1996	4th	39 pts
1997	5th	63 pts
1998	6th	44.5 pts
1999	8th	59.17 pts
2000	8th	21 pts
2001	T-6th	61 pts
2002	7th	55.50 pts
2003	3rd	87 pts
2004	1st	115 pts
2005	4th	74 pts
2006	4th	85 pts
2007	4th	92 pts
2008	3rd	121 pts
2009	2nd	125 pts
2010	1st	111 pts
2011	2nd	86 pts
2012	3rd	99 pts

## 2012 Men's Indoor Recap

Place	Team	Score
1.	Indiana	104
2.	Minnesota	100
3.	Nebraska	99
4.	Ohio State	94.33
5.	Wisconsin	75
6.	Penn State	51.33
7.	Illinois	49
8.	Iowa	45
9.	Michigan State	32.33
10.	Michigan	30
11.	Purdue	21

### PSU - FIRST TEAM ALL-CONFERENCE SELECTIONS

Robby Creese, Wade Endress, Casimir Loxsom, Aaron Nadolsky

### PSU - SECOND TEAM ALL-CONFERENCE SELECTIONS

Brady Gehret, Brandon Bennett-Green

### CHAMPIONSHIP AWARD WINNERS

Track Athlete of the Year	Harun Abda, MINN
Field Athlete of the Year	Japheth Cato, WIS
Track Athlete of the Championships	Andrew Bayer, IND
Field Athlete of the Championships	Harun Abda, MINN Japheth Cato, WIS
Freshman of the Year	Robby Creese, PSU
Coach of the Year	Ron Helmer, IND

## 2012 Women's Indoor Recap

Place	Team	Score
1	Nebraska*	114.5
2.	Ohio State	106
3.	Penn State	99
4.	Illinois	79
5.	Michigan State	77.5
6.	Wisconsin	58
7.	Michigan	57
8.	Indiana	48
9.	Purdue	31
10.	Iowa	21
11.	Minnesota	11

### PSU - FIRST TEAM ALL-CONFERENCE SELECTIONS

Caitlin Lane, Kara Millhouse

### PSU - SECOND TEAM ALL-CONFERENCE SELECTIONS

Ijeoma Iheoma, Mahagony Jones, Dynasty McGee,  
Kirsten Nieuwendam

### CHAMPIONSHIP AWARD WINNERS

Track Athlete of the Year	Christina Manning, OSU
Field Athlete of the Year	Leah Eber, PUR
Track Athlete of the Championships	Christina Manning, OSU
Field Athlete of the Championships	Dani Bunch, PUR
Freshman of the Year	Ashley Spencer, ILL
Coach of the Year	Gary Pepin, NEB



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## All-Time Men's Indoor Champions

Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097
1994	Kelley, Brian	Pentathlon	3967
1997	Loner, Joe	800-Meters	1:50.87
1998	McNutt, Neal	35-lb Weight	62-1 (18.92)
2007	Fritz, Ryan	High Jump	7-3 (2.21)
2008	Miller, Mark	800-Meters	1:52.65
2008	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2009	Foster, Ryan	800-Meters	1:50.24
2009	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2010	Foster, Ryan	800-Meters	1:50.43
2011	Foster, Ryan	800-Meters	1:49.98
2011	Kovacs, Joe	Shot Put	65-1.25 (19.84)
2012	<i>Endress, Wade</i>	<i>DMR</i>	<i>9:44.40</i>
2012	<i>Nadolsky, Aaron</i>	<i>DMR</i>	<i>9:44.40</i>
2012	<i>Loxsom, Casimir</i>	<i>DMR</i>	<i>9:44.40</i>
2012	<i>Creese, Robby</i>	<i>DMR</i>	<i>9:44.40</i>

(12 Individual Champions, 1 Relay)

## All-Time Women's Award Winners

### ATHLETE OF THE CHAMPIONSHIPS

2004	Connie Moore
2008	Shana Cox (Track)
2010	Bridget Franek (Track)

### ATHLETE OF THE YEAR

2006	Jennifer Leatherman
2010	Shavon Greaves (Track)

\*Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.

### FRESHMAN OF THE YEAR

1996	Donna Fiddler
2008	Shavon Greaves

### COACH OF THE YEAR

2004	Beth Alford-Sullivan
2010	Beth Alford-Sullivan

## All-Time Men's Award Winners

### FRESHMAN OF THE YEAR

2012	Robby Creese
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## All-Time Women's Indoor Champions

Year	Athlete	Event	Performance
1992	Mitchell, Shelley	Pentathlon	3830 pts
1998	Bosler, Erica	600-Meters	1:30.22
2002	Aduba, Chi-Chi	Long Jump	19-9 (6.02)
2003	<i>Brauksieck, Tracey</i>	<i>DMR</i>	<i>11:38.33</i>
2003	<i>Green, Cheryl</i>	<i>DMR</i>	<i>11:38.33</i>
2003	<i>Scottoline, Lindsay</i>	<i>DMR</i>	<i>11:38.33</i>
2003	<i>Stevens, Jenny</i>	<i>DMR</i>	<i>11:38.33</i>
<b>2003</b>	<b>Aduba, Chi-Chi</b>	<b>Triple Jump</b>	<b>44-1.50 (13.44)</b>
2003	Williams, Deshaya	Weight Throw	64-6 (19.65)
2004	Moore, Connie	60-Meters	7.27
2004	Moore, Connie	200-Meters	23.44
2004	Dougherty, Sara	Pole Vault	12-11.50 (3.94)
2004	O'Connor, Ja'Nai	Shot Put	55-2 (16.81)
2005	Leatherman, Jennifer	Shot Put	51-3.75 (15.64)
2005	Leatherman, Jennifer	Weight Throw	69-11.50 (21.32)
2006	<i>Blake, Dominique</i>	<i>4x400-Meter Relay</i>	<i>3:41.98</i>
2006	<i>Cox, Shana</i>	<i>4x400-Meter Relay</i>	<i>3:41.98</i>
2006	<i>Barber, Aleesha</i>	<i>4x400-Meter Relay</i>	<i>3:41.98</i>
2006	<i>Simmons, Briene</i>	<i>4x400-Meter Relay</i>	<i>3:41.98</i>
2006	Leatherman, Jennifer	Shot Put	53-5 (16.28)
<b>2006</b>	<b>Leatherman, Jennifer</b>	<b>Weight Throw</b>	<b>74-10.50 (22.82)</b>
2007	<i>Barber, Aleesha</i>	<i>4x400-Meter Relay</i>	<i>3:37.70</i>
2007	<i>Blake, Dominique</i>	<i>4x400-Meter Relay</i>	<i>3:37.70</i>
2007	<i>Cox, Shana</i>	<i>4x400-Meter Relay</i>	<i>3:37.70</i>
2007	<i>Simmons, Briene</i>	<i>4x400-Meter Relay</i>	<i>3:37.70</i>
2008	Cox, Shana	200-Meters	24.06
2008	Cox, Shana	400-Meters	53.40
2008	<i>Barber, Aleesha</i>	<i>4x400-Meter Relay</i>	<i>3:40.43</i>
2008	<i>Blake, Dominique</i>	<i>4x400-Meter Relay</i>	<i>3:40.43</i>
2008	<i>Cox, Shana</i>	<i>4x400-Meter Relay</i>	<i>3:40.43</i>
2008	<i>Simmons, Briene</i>	<i>4x400-Meter Relay</i>	<i>3:40.43</i>
2009	Greaves, Shavon	60-Meters	7.44
2009	Greaves, Shavon	200-Meters	23.96
2009	Dorr, Fawn	400-Meters	54.10
2009	<i>Barber, Aleesha</i>	<i>4x400-Meter Relay</i>	<i>3:39.43</i>
2009	<i>Dorr, Fawn</i>	<i>4x400-Meter Relay</i>	<i>3:39.43</i>
2009	<i>Greaves, Shavon</i>	<i>4x400-Meter Relay</i>	<i>3:39.43</i>
2009	<i>Hunter, Gayle</i>	<i>4x400-Meter Relay</i>	<i>3:39.43</i>
2010	Greaves, Shavon	60-Meters	7.30
<b>2010</b>	<b>Greaves, Shavon</b>	<b>200-Meters</b>	<b>22.98</b>
2010	Franek, Bridget	Mile	4:37.95
2010	<i>Anyanwu, Doris</i>	<i>4x400-Meter Relay</i>	<i>3:35.38</i>
2010	<i>DeFusco, Caitlin</i>	<i>4x400-Meter Relay</i>	<i>3:35.38</i>
2010	<i>Dorr, Fawn</i>	<i>4x400-Meter Relay</i>	<i>3:35.38</i>
2010	<i>Greaves, Shavon</i>	<i>4x400-Meter Relay</i>	<i>3:35.38</i>
2011	Greaves, Shavon	200-Meters	23.67
2011	<i>Anyanwu, Doris</i>	<i>4x400-Meter Relay</i>	<i>3:37.80</i>
2011	<i>Iheoma, Ijeoma</i>	<i>4x400-Meter Relay</i>	<i>3:37.80</i>
2011	<i>Greaves, Shavon</i>	<i>4x400-Meter Relay</i>	<i>3:37.80</i>
2011	<i>Duncan, Megan</i>	<i>4x400-Meter Relay</i>	<i>3:37.80</i>
2012	Lane, Caitlin	Mile	4:39.90
2012	Millhouse, Kara	5,000-Meters	16:17.45

*Italics - Denotes Relay Champion*

**BOLD - Denotes "Championship" Record**

(24 Individual Champions, 7 Relays)



# TRACK & FIELD

BIG TEN INDOOR CHAMPIONSHIPS || SPIRE INSTITUTE || FEBRUARY 22-23, 2013

## Women's Indoor Champions (By Event)

### 60 Meters

2004	Moore, Connie	7.27
2009	Greaves, Shavon	7.44
2010	Greaves, Shavon	7.30

### 200 Meters

2004	Moore, Connie	23.44
2008	Cox, Shana	24.06
2009	Greaves, Shavon	23.96
2010	Greaves, Shavon	22.98
2011	Greaves, Shavon	23.67

### 400 Meters

2008	Cox, Shana	53.40
2009	Dorr, Fawn	54.10

### 600 Meters

1998	Bosler, Erica	1:30.22
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### Mile

2010	Franek, Bridget	Mile	4:37.95
2012	Lane, Caitlin	Mile	4:39.90

### 5000 Meters

2012	Millhouse, Kara	16:17.45
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### 4x400-Meter Relay

2006	Blake, Cox, Barber, Simmons	3:41.98
2007	Barber, Blake, Cox, Simmons	3:37.70
2008	Barber, Blake, Cox, Simmons	3:40.43
2009	Barber, Dorr, Greaves, Hunter	3:39.43
2010	Anyanwu, DeFusco, Greaves, Dorr	3:35.38
2011	Anyanwu, Iheoma, Greaves, Duncan	3:37.80

### Distance Medley

2003	Stevens, Green, Scottoline, Brauksieck	11:38.33
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### Pole Vault

2004	Dougherty, Sara	12-11.50 (3.94)
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### Long Jump

2002	Aduba, Chi-Chi	19-9 (6.02)
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### Triple Jump

2003	Aduba, Chi-Chi	44-1.50 (13.44)
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### Shot Put

2004	O'Connor, Ja'Nai	55-2 (16.81)
2005	Leatherman, Jennifer	51-3.75 (15.64)
2006	Leatherman, Jennifer	53-5 (16.28)

### Weight Throw

2003	Williams, Deshaya	64-6 (19.65)
2005	Leatherman, Jennifer	69-11.50 (21.32)
2006	Leatherman, Jennifer	74-10.50 (22.82)

### Pentathlon

1992	Mitchell, Shelley	3830 pts
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## Men's Indoor Champions (By Event)

### 800 Meters

1997	Loner, Joe	1:50.87
2008	Miller, Mark	1:52.65
2009	Foster, Ryan	1:50.24
2010	Foster, Ryan	1:50.43
2011	Foster, Ryan	1:49.98

### Distance Medley

2003	Endress, Nadolsky, Loxsom, Creese	9:44.40
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### High Jump

2007	Fritz, Ryan	7-3 (2.21)
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### Triple Jump

2008	Smith, Clarence	51-7.75 (15.74)
2009	Smith, Clarence	51-7.75 (15.74)

### Shot Put

2011	Kovacs, Joe	65-1.25 (19.84)
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### Weight Throw

1998	McNutt, Neal	62-1 (18.92)
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### Pentathlon

1993	Kelley, Brian	4097
1994	Kelley, Brian	3967

## 2012 Indoor Medalists

### Big Ten Champions

Men's DMR		9:44.40
	Wade Endress, Aaron Nadolsky, Casimir Loxsom, Robby Creese	
Caitlin Lane	W Mile	4:39.90
Kara Millhouse	W 5,000-Meters	16:17.45

### Big Ten Silver Medalists

Kirsten Nieuwendam	W 400-Meters	54.15
Kara Millhouse	W 3,000-Meters	9:17.48
Women's 4x400		3:35.80
	McGee, Jones	
	Nieuwendam, Iheoma	
Men's 4x400		3:08.71
	Br. Bennett-Green, Nadolsky, Loxsom, Gehret	

### Big Ten Bronze Medalists

Bekka Simko	W 800-Meters	2:06.88
Caitlin Lane	W 3,000-Meters	9:22.18
Caitlin Lane	W 5,000-Meters	16:25.16
Evonne Britton	W 60mH	8.26
Women's DMR		11:18.96
	Simko, Iheoma, Klebe, Ridder	
Robby Creese	M Mile	4:07.01
Sean Reilly	M HJ	6-11.75 (2.13)

BOLD - Competing at Big Ten Indoor Championships



# TRACK & FIELD

## 2013 Penn State Women's Indoor Performance List

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

7.38	Mahogany Jones	Jan-25
7.58	Kirsten Nieuwendam	Jan-25
7.96	Dynasty McGee	Jan-5
7.96	Gabrielle Barbour	Jan-5
8.08	Kaitlyn Lopez	Jan-5

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

23.64	Mahogany Jones	Feb-2
24.20	Kiah Seymour	Jan-12
24.56	Kirsten Nieuwendam	Feb-9
25.26	Shelley Black	Feb-2
25.54	Gabrielle Barbour	Jan-12
25.60	Doris Anyanwu	Jan-26
25.68	Evonne Britton (UNA)	Jan-5

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

53.87	Dynasty McGee	Feb-9
54.39	Mahogany Jones	Jan-12
54.82	Kiah Seymour	Feb-2
54.87	Kirsten Nieuwendam	Jan-12
57.41	Doris Anyanwu	Feb-9

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

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

1:34.23	Audrey Houghton	Feb-2
1:35.82	Colleen Shannon	Feb-2

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

2:09.71	Marta Klebe	Feb-9
2:09.75	Sarah Jane Underwood	Jan-26
2:12.89	Colleen Shannon	Feb-9
2:15.81	Audrey Houghton	Feb-9
2:33.45	Brittney Howell	Jan-25

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

2:52.25	Marta Klebe	Jan-12
2:53.46	Sarah Jane Underwood	Jan-12
3:10.26	Kalyn Fisher	Jan-5

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

4:48.85	Caitlin Lane (UNA)	Jan-26
4:50.80	Abbie Benson	Jan-26
4:50.81	Marta Klebe	Feb-2
4:50.96	Natalie Bower	Jan-12
4:55.23	Sarah Jane Underwood	Feb-2
4:57.53	Emily Giannotti	Jan-12
4:57.55	Gabrielle Cocco	Jan-12
4:59.72	Kalyn Fisher	Feb-9
5:00.40	Kerrin Jennings	Jan-5
5:02.92	Tori Gerlach	Jan-5
5:02.93	Lauren Mills	Jan-12
5:12.87	Dani Kocjancic	Feb-2
5:22.29	Gwenn Porter	Feb-2

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

9:22.38	Caitlin Lane (UNA)	Feb-9
9:23.82	Brooklyne Ridder	Jan-26
9:28.29	Natalie Bower	Jan-26
9:31.91	Tori Gerlach	Feb-9
9:37.81	Abbie Benson	Feb-9
9:43.96	Leigha Anderson	Jan-26
9:50.69	Katie Rodden	Feb-9
9:53.43	Gabrielle Cocco	Feb-9
9:59.48	Lauren Mills	Feb-9
10:40.91	Dani Kocjancic	Jan-26
10:54.63	Gwenn Porter	Jan-26

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

16:07.52	Brooklyne Ridder	Feb-8
16:17.81	Natalie Bower	Feb-8
16:42.78	Emily Giannotti	Feb-8
17:24.23	Katie Rodden	Jan-25
17:31.83	Lauren Mills	Jan-25

### WOMEN'S 60-METER HURDLES PSU: Aleesha Barber, 8.19 (2009)

8.47	Shelley Black	Jan-25
8.49	Brittney Howell	Feb-2
8.85	Kiah Seymour	Jan-12

### WOMEN'S 4x200-METER RELAY PSU: Anyanwu, Jones, Nieuwendam, Seymour, 1:37.25 (2013)

1:37.25	Jones, Nieuwendam, Anyanwu, Seymour	Jan-5
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### WOMEN'S 4x400-METER RELAY PSU: Blake, Simmons, Cox, Barber, 3:33.39 (2007)

3:38.48	McGee, Jones, Nieuwendam, Seymour	Feb-2
3:41.18	Anyanwu, Jones, Nieuwendam, Seymour	Jan-5
3:55.88	Barbour, Black, Howell, Ricketts	Jan-5
3:57.29	Underwood, Houghton, Shannon, Klebe	Jan-5

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

9:05.13	Shannon, Underwood, Houghton, Klebe	Jan-5
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### WOMEN'S DISTANCE MEDLEY RELAY PSU: Lane, Iheoma, Simko, Millhouse, 11:05.16 ('12)

11:35.46	Gerlach, Ricketts, Klebe, Anderson	Feb-2
11:42.55	Jennings, Underwood, Fisher, Gerlach	Jan-12
11:43.95	Benson, Anyanwu, Fisher, Jennings	Jan-25
11:45.85	Benson, Houghton, Klebe, Anderson	Jan-12

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

5-10 (1.79)	Erika Morgan	Jan-5
5-8 (1.73)	Kelsey Coutts	Jan-26
5-7.25 (1.71)	Brittney Howell	Jan-12
5-7 (1.71)	Ahmenah Richardson	Jan-12
5-7 (1.70)	Sarah Palmer	Jan-26
5-1 (1.55)	Brooke Owen	Jan-5

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

11-1.75 (3.40)	Kasey Kemp	Jan-12
10-2 (3.10)	Lindsey Bacik	Jan-26

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

19-6.25 (5.95)	Brittney Howell	Feb-9
19-2.50 (5.85)	Marlene Ricketts	Feb-2
18-6 (5.64)	Kaitlyn Lopez	Feb-2
17-5.50 (5.32)	Brianna Rauenzahn	Feb-2

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

42-2.25 (12.86)	Marlene Ricketts	Jan-26
38-8.25 (11.79)	Kaitlyn Lopez	Feb-9
37-0.50 (11.29)	Ahmenah Richardson	Jan-26

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

51-7.25 (15.73)	Jane Swenson	Feb-2
50-0.50 (15.25)	Melissa Kurzdorfer	Feb-9
49-0.25 (14.94)	Rachel Fatherly	Feb-9
38-6.25 (11.74)	Allison Wethey	Jan-12
36-1.25 (11.00) M	Brittney Howell	Feb-8

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

64-11.50 (19.80)	Melissa Kurzdorfer	Feb-2
57-5 (17.50)	Rachel Fatherly	Feb-9
56-9.50 (17.31)	Jane Swenson	Feb-2
37-4 (11.38)	Allison Wethey	Jan-25

### WOMEN'S PENTATHLON PSU: Gayle Hunter, 4342 (2009)

3851	Brittney Howell	Jan-25
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#### KEY -

**BOLD** - School Record; M - Mark from Multi-Events; \* - Flat to bank conversion





# TRACK & FIELD

## 2013 Penn State Men's Indoor Performance List

### MEN'S 60-METER DASH

PSU: Ernie Terrell, 6.76 (2003)

6.98	Emunael Mpanduki	Feb-2
7.25 M	Robbie Cardina (UNA)	Jan-25
7.32 M	Patrick Conn (UNA)	Jan-25
7.99 M	Michael Shuey (UNA)	Jan-25

### MEN'S 200-METER DASH

PSU: Ryan Olkowski, 20.98 (2002)

21.49	Emunael Mpanduki	Jan-26
21.66	Brandon-Bennett-Green	Feb-9
21.73	Matt Gilmore	Feb-9
21.93	Bernard Bennett-Green	Jan-5
22.41	Alex Shisler	Jan-5
22.56	Sancho Barrett	Jan-12

### MEN'S 400-METER DASH

PSU: Brady Gehret, 46.22 (2011)

47.21	Brandon Bennett-Green	Jan-26
47.42	Emunael Mpanduki	Feb-9
47.42	Aaron Nadolsky	Feb-9
47.86	Bernard Bennett-Green	Feb-9
48.10	Matt Gilmore	Feb-9
48.80	Alex Shisler	Feb-2
53.71	Robbie Cardina (UNA)	Jan-12
54.80	Patrick Conn (UNA)	Jan-12
56.42	Michael Shuey (UNA)	Jan-12

### MEN'S 500-METER DASH

PSU: Casimir Loxsom, 1:01.28 (2011)

1:06.43	Alex Shisler	Jan-26
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### MEN'S 600-METER RUN

PSU: Casimir Loxsom, 1:15.79 (2013)

1:15.79*	Casimir Loxsom	Jan-26
1:19.76	Ryan Brennan	Feb-2

\* American Collegiate Record

### MEN'S 800-METER RUN

PSU: Casimir Loxsom, 1:46.98 (2013)

1:46.98	Casimir Loxsom	Jan-12
1:48.17	Brannon Kidder	Jan-12
1:48.92	Ricky West	Jan-26
1:49.03	Za'Von Watkins	Jan-26
1:49.13	Robbie Creese	Feb-2
1:50.28	Ryan Brennan	Feb-9
1:56.06	Tom Damiani	Feb-2
1:57.96	Colin Baker	Jan-12
1:58.37	Mark Fuller	Jan-12

### MEN'S 1000-METER RUN

PSU: Robbie Creese, 2:19.53 (2012)

2:21.95	Ricky West	Jan-12
2:22.02	Za'Von Watkins	Jan-12
2:23.14	Ryan Brennan	Jan-12
2:32.33	Tom Damiani	Jan-26
3:02.38	Robbie Cardina (UNA)	Jan-26
3:12.99	Patrick Conn (UNA)	Jan-26
3:15.05	Michael Shuey (UNA)	Jan-26

### MEN'S MILE RUN

PSU: Robby Creese, 3:57.11 (2013)

3:57.11	Robby Creese	Feb-9
3:59.48	Brannon Kidder	Jan-26
4:02.67	Sam Masters	Jan-26
4:05.13	Tyler Corkedale	Feb-2
4:11.87	Nick Scarpello	Jan-12
4:16.53	Mark Fuller	Jan-26
4:16.97	Tom Luff	Feb-2
4:17.15	Colin Baker	Feb-9
4:25.12	Conrad Lippert (UNA)	Jan-26

### MEN'S 3000-METER RUN

PSU: Sam Masters, 7:54.52 (2013)

7:54.52	Sam Masters	Feb-9
8:10.02	Matt Fischer	Jan-26
8:10.00	Nick Scarpello	Feb-9
8:10.85	Tyler Corkedale	Feb-9
8:28.28	Tom Luff	Feb-9
8:34.14	Chris Campbell	Jan-12
8:43.30	Conrad Lippert (UNA)	Jan-12

### MEN'S 5000-METER RUN

PSU: Steve Brown, 13:52.36 (1990)

14:09.87	Matt Fischer	Feb-9
14:37.72	Tyler Jones	Jan-25
14:44.13	Tom Luff	Jan-25

### MEN'S 60-METER HURDLES

PSU: Guy Rose, 7.69 (2001)

7.95	Sancho Barrett	Feb-2
8.51	Robbie Cardina (UNA)	Jan-12
8.90	Patrick Conn (UNA)	Jan-12
9.48	Michael Shuey (UNA)	Jan-12

### MEN'S 4x200-METER RELAY

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

1:24.70*	Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky	Jan-25
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\* Collegiate Record

### MEN'S 4x400-METER RELAY

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

3:08.03	Mpanduki, Loxsom, Gilmore, Br. Bennett-Green	Feb-2
3:09.97	Nadolsky, Gilmore, Loxsom, Br. Bennett-Green	Jan-5
3:14.79	Mpanduki, Be. Bennett-Green, Shisler, Br. Bennett-Green	Jan-12

### MEN'S 4x800-METER RELAY

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

7:21.37	Watkins (1:51.08), Kidder (1:51.41) West (1:50.25), Loxsom (1:48.58)	Feb-16
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### MEN'S DISTANCE MEDLEY RELAY

PSU: Borchers, Cadau, Foster, Johnson, 9:32.94 (2009)

9:48.39	Creese, Shisler, Brennan, Scarpello	Feb-2
9:53.87	Creese, Mpanduki, Kidder, Fuller	Jan-5
9:56.85	Corkedale, West, Scarpello, Masters	Jan-12
9:58.80	West, Brennan, Loxsom, Baker	Jan-5

### MEN'S HIGH JUMP

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

7-1 (2.16)	Mike McClelland	Jan-12
7-0.50 (2.15)	Jon Hendershot	Jan-5
7-0.25 (2.14)	Sean Reilly	Jan-26
6-8.25 (2.04) M	Robbie Cardina (UNA)	Jan-25
6-3.50 (1.92) M	Michael Shuey (UNA)	Jan-25
5-6 (1.68) M	Patrick Conn (UNA)	Jan-25

### MEN'S POLE VAULT

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

15-1 (4.60)	Patrick Anderson	Feb-9
15-1 (4.60)	Jesse Laverdiere	Feb-9
14-7.25 (4.45) David Patzer		Jan-25
12-6 (3.81) M	Robbie Cardina (UNA)	Jan-26
10-2.50 (3.11) M	Michael Shuey (UNA)	Jan-26

### MEN'S LONG JUMP

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

23-4.50 (7.12) Brian Leap		Jan-25
21-3.25 (6.48) M	Patrick Conn (UNA)	Jan-25
20-3 (6.17)	Robbie Cardina (UNA)	Jan-12
18-8.50 (5.70) Michael Shuey (UNA)		Jan-12

### MEN'S TRIPLE JUMP

PSU: Chavous Nichols, 53-0.75 (16.17)

50-8 (15.44)	Brian Leap	Jan-26
47-0.25 (14.33)	Jarred Posey	Jan-12

### MEN'S SHOT PUT

PSU: C.J. Hunter, 65-7 /19.99 (1990)

60-9 (18.53)	Darrell Hill	Feb-2
58-5.25 (17.81)	Nabil Mubarak	Jan-26
38-6.25 (11.74)	Patrick Conn (UNA)	Jan-12
38-4 (11.68)	Robbie Cardina (UNA)	Jan-12
37-7.25 (11.46)	Michael Shuey (UNA)	Jan-5

### MEN'S 35-LB WEIGHT THROW

PSU: Will Barr, 67-11.75/20.72 (2013)

67-11.75 (20.72)	Will Barr	Feb-9
64-8 (19.73)	Nabil Mubarak	Feb-2
47-1 (14.35)	Dan Jordan (UNA)	Jan-25

### MEN'S HEPTATHLON

PSU: James Cook, 5500 (1998)

4869	Robbie Cardina (UNA)	Jan-25/26
3971	Michael Shuey (UNA)	Jan-25/26
3888	Patrick Conn (UNA)	Jan-25/26

UNA - Unattached; **BOLD** - School Record; M - Mark from Multi-Events

#### KEY -

UNA - Unattached; **BOLD** - School Record; M - Mark from Multi-Events

# All-Time Women's Top Five Performances

## WOMEN'S 60-METER DASH

PSU: 7.24, Shavon Greaves (2010)

1. 7.24 Shavon Greaves, 2010
2. 7.27 Consuella Moore, 2004
3. **7.38 Mahogany Jones, 2013**
4. 7.41 Toyin Augustus, 2001
5. 7.46 Kamilah Salaam, 2005

## WOMEN'S 200-METER DASH

PSU: 22.60, Connie Moore (2004)

1. 22.60 Consuella Moore, 2004
2. 22.98 Shavon Greaves, 2010
3. 23.48 Shana Cox, 2005
4. **23.64 Mahogany Jones, 2013**
5. 23.67 Caitlin DeFusco, 2010

## WOMEN'S 400-METER DASH

PSU: 52.31, Shana Cox (2007)

1. 52.31 Shana Cox, 2007
2. 52.53 Fawn Dorr, 2010
3. 53.14 Shavon Greaves, 2010
4. 53.15 Dominique Blake, 2008
5. **53.87 Dynasty McGee, 2013**
6. 53.96 Gayle Hunter, 2008

## WOMEN'S 500-METER DASH

PSU: 1:09.19, Shana Cox (2007)

1. 1:09.19 Shana Cox, 2007
2. 1:12.03 Janice Carter, 1989
3. 1:12.05 Ijeoma Iheoma, 2012
4. 1:12.23 Fawn Dorr, 2010
5. 1:13.32 Briene Simmons, 2006

## WOMEN'S 600-METER RUN

PSU: 1:29.81, Briene Simmons (2008)

1. 1:29.81 Briene Simmons, 2008
2. 1:30.22 Erica Bosler, 1998
3. 1:30.42 Ijeoma Iheoma, 2011
4. 1:31.35 Bekka Simko, 2011
5. 1:31.68 Fawn Dorr, 2008

## WOMEN'S 800-METER RUN

PSU: 2:05.67, Briene Simmons (2007)

1. 2:05.67 Briene Simmons, 2007
2. 2:06.88 Bekka Simko, 2012
3. 2:08.75 Maura Ryan, 2011
4. 2:08.92 Caitlin Lane, 2011
5. 2:09.52 Judi Cassell, 1985

## WOMEN'S 1000-METER RUN

PSU: 2:44.24, Caitlin Lane (2012)

1. 2:44.24 Caitlin Lane, 2012
2. 2:48.21 Briene Simmons, 2007
3. 2:48.70 Bekka Simko, 2012
4. 2:49.00 Patty Murnane, 1979
5. 2:49.92 Bridget Franek, 2008

## WOMEN'S MILE RUN

PSU: 4:37.95, Bridget Franek (2010)

1. 4:37.95 Bridget Franek, 2010
2. 4:38.37 Caitlin Lane, 2011
3. 4:40.76 Kim McGreevy, 1997
4. 4:41.51 Patty Murnane, 1982
5. 4:45.46 Leah Rosenfeld, 2008

## WOMEN'S 3000-METER RUN

PSU: 9:10.04, Bridget Franek (2009)

1. 9:10.04 Bridget Franek, 2009
2. 9:13.06 Paula Renzi, 1985
3. 9:15.16 Caitlin Lane, 2012
4. 9:17.48 Kara Millhouse, 2012
5. **9:23.82 Brooklyne Ridder, 2013**

## WOMEN'S 5000-METER RUN

PSU: 15:53.50, Paula Renzi (1985)

1. 15:53.50 Paula Renzi, 1985
2. 15:56.76 Bridget Franek, 2010
3. 16:06.82 Kara Millhouse, 2012
4. **16:07.52 Brooklyne Ridder, 2013**
5. 16:22.30 Cheryl Spring, 2010
6. 16:22.70 Caitlin Lane, 2012

## WOMEN'S 60-METER HURDLES

PSU: 8.16, Aleesha Barber (2009)

1. 8.16 Aleesha Barber, 2009
2. 8.20 Evonne Britton, 2012
3. 8.22 Toyin Augustus, 2001
4. 8.37 Gayle Hunter, 2009
5. **8.47 Shelley Black, 2013**

## WOMEN'S 4X400-METER RELAY

PSU: 3:33.34, Blake, Simmons, Cox, Barber (2007)

1. 3:33.49 Blake, Simmons, Cox, Barber, 2007
2. 3:34.00 Blake, Cox, Barber, Dorr, 2008
3. 3:34.04 Anyanwu, Iheoma, Greaves, Duncan, '11
3. 3:34.04 Cox, Simmons, Barber, Blake, 2006
4. 3:34.64 Dorr, Barber, Greaves, Hunter, 2009

## WOMEN'S DISTANCE MEDLEY

PSU: 11:05.16, Lane, Iheoma, Simko, Millhouse, '12

1. 11:05.16 Lane, Iheoma, Simko, Millhouse, '12 (3:22, 53.5, 2:07.5, 4:41.1)
2. 11:14.78 Hutchinson, Cox, Simmons, Franek, '07
3. 11:18.96 Simko, Iheoma, Klebe, Ridder, '12
4. 11:21.00 Heyer, Dweh, Bosler, McGreevy, '97
5. 11:26.40 Lane, Anyanwu, Kearins, Spring, '10

## WOMEN'S HIGH JUMP

PSU: 5-11.25 (1.81), Antoinette O'Carroll (1987)  
5-11.25 (1.81), Brittany Maun (2010)

1. 5-11.25 (1.81) Brittany Maun, 2010
- 5-11.25 (1.81) Antoinette O'Carroll, 1987
3. **5-10.50 (1.79) Erika Morgan, 2013**
4. 5-9.75 (1.77) Jen Aylward, 2001
5. 5-8.50 (1.74) Amber Strouse, 2007
- 5-8.50 (1.74) Kelsey Coutts, 2012

## WOMEN'S POLE VAULT

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

1. 13-5.50 (4.11) Sara Dougherty, 2004
2. 12-11.50 (3.95) Jocelyn Witmer, 2010
- 12-11.50 (3.95) Caitlin Fairbairn, 2010
4. 12-5.50 (3.80) Amanda Palenchar, 2012
5. 12-3.50 (3.75) Lindsey McDonnell, 2003
- 12-3.50 (3.75) Jackie Meissner, 2007

## WOMEN'S LONG JUMP

PSU: 20-11.25 (6.38), Gayle Hunter (2009)

1. 20-11.25 (6.38) Gayle Hunter, 2009
2. 20-8 (6.30) Chi-Chi Aduba, 2003
- 20-8 (6.30) Shakeema Walker, 1999
4. 20-7.50 (6.28) Carmen Mann, 1990
5. 20-3.50 (6.18) Bianca Fung, 2009

## WOMEN'S TRIPLE JUMP

PSU: 44-1.50 (13.45), Chi-Chi Aduba (2009)

1. 44-1.50 (13.45) Chi-Chi Aduba, 2004
2. **42-2.25 (12.86) Marlene Ricketts, 2013**
3. 41-11.50 (12.79) Gabriela Baiter, 2008
4. 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998

## WOMEN'S SHOT PUT

PSU: 56-5.25 (17.20), Ja'Nai O'Connor (2004)

1. 56-5.25 (15.13) Ja'Nai O'Connor, 2004
2. 53-6 (16.31) Elaine Sobansky, 1983
3. 53-5 (16.28) Jen Leatherman, 2006
4. **51-7.25 (15.73) Jane Swenson, 2013**
5. 51-2 (15.60) Deshaya Williams, 2003
6. 50-2 (15.29) Melissa Kurzdorfer, 2012

## WOMEN'S 20-LB WEIGHT

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

1. 74-10.50 (22.82) Jen Leatherman, 2006
2. 66-3 (20.19) Kate Johnston, 2005
3. **64-11 (19.80) Melissa Kurzdorfer, 2013**
4. 64-6 (19.66) Deshaya Williams, 2003
5. 62-1.25 (18.93) Ja'Nai O'Connor, 2002

## WOMEN'S PENTATHLON

PSU: 4,342, Gayle Hunter (2009)

1. 4,342 Gayle Hunter, 2009
2. 3,988 Carla Criste, 1985
3. 3,870 Brittney Howell, 2012
4. 3,805 Amber Strouse, 2007
5. 3,596 Danielle Bobo, 2003

## Notable Performances

- \* 4,059 Gayle Hunter, 2005
- \* American Junior Record

**BOLD - Denotes Current Season Performance**

# All-Time Men's Top Five Performances

## MEN'S 60-METER DASH

PSU: 6.76, Ernie Terrell (2003)

1. 6.76 Ernie Terrell, 2003
2. 6.77\* Michael Timpson, 1986
3. 6.80\* Barney Ewell, 1942
4. 6.81 Alex Langan, 2006
5. 6.83 Knowledge Timmons, 2006

\* Converted time from 60 yards to 55 meters

## MEN'S 200-METER DASH

PSU: 20.98, Ryan Olkowski (2002)

1. 20.98 Ryan Olkowski, 2002
2. 21.11 Michael Timpson, 1989
3. 21.18 Greg Miller, 2001
4. 21.21 Ernie Terrell, 2004
5. 21.29 Brady Gehret, 2011

## MEN'S 400-METER DASH

PSU: 46.22, Brady Gehret (2011)

1. 46.22 Brady Gehret, 2011
2. 46.81 Michael Timpson, 1987
3. 46.93 Ernie Terrell, 2003
4. 46.82 Brandon Bennett-Green, 2012
5. 47.01 Aaron Nadolsky, 2012

## MEN'S 500-METER DASH

PSU: 1:01.28, Casimir Loxsom (2011)

1. 1:01.28 Casimir Loxsom, 2011
2. 1:02.58 Ben Karcz, 2000
3. 1:02.75 Ernie Terrell, 2003
4. 1:02.81 Mike Cadau, 2009
5. 1:03.04 Steve Janci, 2002

## MEN'S 600-METER RUN

PSU: 1:15.79, Casimir Loxsom (2013)

1. 1:15.79 Casimir Loxsom, 2013
2. 1:16.89 Ben Karcz, 2001
3. 1:17.65 Lionel Williams, 2009
4. 1:18.16 Matt Lincoln, 2004
5. 1:18.84 Mark Miller, 2005

## Notable Performances

- \* 1:16.92 Casimir Loxsom, 2010  
\* American Junior Record
- \* 1:15.79 Casimir Loxsom, 2013  
\* American Collegiate Record

## MEN'S 800-METER RUN

PSU: 1:46.98, Casimir Loxsom (2012)

1. 1:46.98 Casimir Loxsom, 2013
2. 1:47.32 Ryan Foster, 2010
3. 1:47.77 Owen Dawson, 2010
4. 1:48.17 Brannon Kidder, 2013
5. 1:48.19 Ray Levitre, 1987

## Notable Performances

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

## MEN'S 1000-METER RUN

PSU: 2:19.53, Robby Creese (2012)

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

## Notable Performances

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

## MEN'S MILE RUN

PSU: 3:57.11, Robby Creese (2013)

1. 3:57.11 Robby Creese, 2013
2. 3:58.49 Ryan Foster, 2011
3. 3:59.48 Brannon Kidder, 2013
4. 4:01.98 Samuel Borchers, 2008
5. 4:02.3 Greg Fredericks, 1972

## MEN'S 3000-METER RUN

PSU: 7:54.52, Sam Masters (2013)

1. 7:54.52 Sam Masters, 2013
2. 8:00.78 Ken Frazier, 1989
3. 8:02.05 John Zishka, 1981
4. 8:06.36 Kyle Dawson, 2012

## Converted Marks

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

## MEN'S 5000-METER RUN

PSU: 13:52.36, Steve Brown (1990)

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

## Converted Marks

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

## MEN'S 60-METER HURDLES

PSU: 7.69, Guy Rose (2001)

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

## MEN'S 4X400-METER RELAY

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

1. 3:05.22 Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), 2012
2. 3:07.27 Nadolsky, Williams, Loxsom, Gehret, 2011
3. 3:07.72 Nadolsky, Gehret, Loxsom, Gilmore, 2012
4. 3:08.03 Mpanduki, Loxsom, Gilmore, Br. Bennett-Green, 2013
5. 3:09.43 Derby, Lolagne, Campisi, Terrell, 2003
6. 3:09.65 Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky, 2012

## MEN'S 4X800-METER RELAY

PSU: 7:21.37, Balkey, McMillan, Mills, Levitre (1987)

1. 7:21.37 Balkey, McMillan, Mills, Levitre, 1987
2. 7:24.38 Watson, Shiffer, Levitre, Mills, 1986

## Converted from 2-Mile Relay

1. 7:21.42 McLaughlin, Moore, Wynn, Cook, 1983
2. 7:23.38 Watson, Shisler, Mills, Moore, 1985
3. 7:24.60 Shisler, McLaughlin, Wynn, Cook, 1983

## MEN'S DISTANCE MEDLEY RELAY

PSU: 9:32.94, Borchers, Cadau, Foster, Johnson

1. 9:32.94 Borchers, Cadau, Foster, Johnson, 2009
2. 9:35.21 Borchers, Williams, Loxsom, O. Dawson, '11
3. 9:35.24 Endress, Nadolsky, Manley, Creese, '12
4. 9:35.68 O. Dawson, Nadolsky, Williams, Foster, '11
5. 9:36.29 Lincoln, Campisi, Michael, Foster, 2005

## MEN'S HIGH JUMP

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

1. 7-4 1/4 (2.24) Paul Souza, 1982
2. 7-3 1/4 (2.22) Ryan Fritz, 2007
3. 7-2 3/4 (2.20) Ryan Olkowski, 1999
4. 7-1 3/4 (2.18) Sean Reilly, 2012
5. 7-1 1/2 (2.17) David Coney, 1985

Bryson Hartzler, 2010

## MEN'S POLE VAULT

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

1. 17-0 3/4 (5.20) John Vellenoweth, 2009
2. 17-0 (5.18) Mason Ternay, 1992
3. 16-9 1/2 (5.12) Ron Campbell, 1985
4. 16-9 1/2 (5.12) Rick Kleban, 1985
5. 16-8 3/4 (5.10) Dave Bollinger, 2004

Brad Lawrence, 2010

## MEN'S LONG JUMP

PSU: 25-11 (7.90), David Coney (1986)

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

## MEN'S TRIPLE JUMP

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

1. 53-0 3/4 (16.17) Chavous Nichols, 2003
2. 52-6 (16.00) Clarence Smith, 2009
3. 52-4 1/4 (15.955) Ricardo Hall, 1990
4. 52-4 1/4 (15.955) Antonio Davis, 1994
5. 51-9 (15.77) Hanif Johnson, 2012

## MEN'S SHOT PUT

PSU: 65-7 (19.99), CJ Hunter (1990)

1. 65-7 (19.99) C.J. Hunter, 1990
2. 65-1 1/4 (19.84) Joe Kovacs, 2011
3. 62-6 1/2 (19.05) Phil Caraher, 1991
4. 62-1 1/4 (18.93) Blake Eaton, 2011
5. 61-7 (18.77) Logan Caldwell, 2012

## MEN'S 35-LB WEIGHT

PSU: 67-11 3/4 (20.72), Will Barr (2013)

1. 67-11 3/4 (20.72) Will Barr, 2013
2. 66-5 3/4 (20.26) Dorian Lowe, 2002
3. 66-2 1/4 (20.17) Scott Vernon, 2005
4. 65-9 3/4 (20.06) Neal McNutt, 1998
5. 65-9 (20.04) Tyler Hoffman, 2008

## MEN'S HEPTATHLON

PSU: 5500, James Cook (1998)

1. 5500 James Cook, 1998
2. 5419 Chris Morrissey, 2008
3. 5367 Anya Uzoh, 2012
4. 5239 Shawn Colligan, 2008
5. 5185 J.T. Kuretich, 2000