



PENNSYLVANIA STATE UNIVERSITY

TRACK & FIELD

NCAA OUTDOOR CHAMPIONSHIPS
DES MOINES, IOWA // JUNE 6-9, 2012



Penn State Track and Field

Meet Notes

NCAA Outdoor Championships || Des Moines, Iowa

June 6-9, 2012



Nittany Lions Send 16 to NCAA Outdoor Championships
Track and Field looks to make impact across all event areas

UNIVERSITY PARK, Pa.: June 4, 2012 – A contingent of 16 Nittany Lions will make the trip to the NCAA Outdoor Championships to week, with national titles on the line – June 6-9 - at Drake University in Des Moines, Iowa. The Nittany Lions have been on a roll in recent weeks, with a bevy of strong performances coming at the NCAA Eastern Preliminary Round in Jacksonville, Fla., last month, including a school-record run of 3:03.57 by the men’s 4x400-meter relay.

About the NCAA Championships ...

When: June 6-9, 2012

Where: Drake University (Des Moines, Iowa)

Live Results: www.FlashResults.com

Live Stream: www.NCAA.com

Follow the Nittany Lions ...

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www.facebook.com/pennstatecrosscountryandtrackandfield

Penn State will travel an already decorated group of individuals and relay athletes, led by senior Joe Kovacs (Nazareth, Pa.), who was recently named Big Ten Field Athlete of the Year. Kovacs, who will compete in the shot put, has been on a tear all season, picking up multiple victories, including the Big Ten Championships, and Penn Relays. The senior, who placed third in the event a year ago, is the top seed going into the meet, leading the field with a PR 68-5 (20.85) – the best throw by a collegian by nearly two feet.

Also back and looking to improve from last year’s outdoor championships is junior and Big Ten Outdoor Champion Casimir Loxsom (New Haven, Conn.), who finished fourth in the 800-meters at NAAs last spring. Loxsom, who ranks third among collegians this spring in the half mile, will also run as a member of the record-setting men’s 4x400, along with teammates Aaron Nadolsky (Altoona, Pa.), Brandon Bennett-Green (Elkins Park, Pa.) and Brady Gehret (Altoona, Pa.). The quartet will look to carry their NCAA momentum over from the indoor season, as the same foursome placed second at the NCAA Indoor Championships this winter – the highest-ever finish by a Nittany Lion men’s 4x400.

2012 INDOOR TRACK AND FIELD SCHEDULE

January 7	Penn State Relays	Ashenfelter Track
January 14	Nittany Lion Challenge	Ashenfelter Track
January 27-28	Penn State National	Ashenfelter Track
February 4	Sykes-Sabock Challenge Cup	Ashenfelter Track
February 10-11	Washington Husky Classic	Seattle, Wash.
	Tyson Invitational	Fayetteville, Ark.
	Akron Invitational	Akron, Ohio
February 25-26	Big Ten Indoor Championships	Lincoln, Neb.
March 2-3	Last Chance Weekend	TBA
March 9-10	NCAA Indoor Championships	Boise, Idaho

2012 OUTDOOR TRACK AND FIELD SCHEDULE

March 30-31	Jim Click Shootout	Tucson, Ariz.
April 6-7	Stanford Invitational	Palo Alto, Calif.
April 7	LSU Invitational	Baton Rouge, La.
April 14-15	Bison Outdoor Classic	Lewisburg, Pa.
April 21	John McDonnell Invitational	Fayetteville, Ark.
April 21	Bucknell Team Challenge	Lewisburg, Pa.
April 26-28	Penn Relays	Philadelphia, Pa.
May 4	Jim Thorpe Open	Nittany Lion Track
May 11-13	Big Ten Outdoor Champs.	Madison, Wisc.
May 24-26	NCAA Eastern Preliminary	Jacksonville, Fla.
June 6-9	NCAA Outdoor Champs.	Des Moines, Iowa
June 15-17	USATF Junior Championships	Bloomington, Ind.
June 22 – July 1	U.S. Olympic Trials	Eugene, Ore.

UNIVERSITY QUICK FACTS

Name:	The Pennsylvania State University
Location:	University Park, Pa. 16802
Founded:	1855
Enrollment:	44,034 (38,594 undergraduate)
Nickname:	Nittany Lions
Colors:	Blue & White
Conference:	Big Ten Conference
Division:	NCAA Division I
Home Court:	Bryce Jordan Center (15,261)
President:	Dr. Rodney Erickson
Athletic Director:	Tim Curley
Acting Director of Athletics:	Dave Joyner, Penn State BS '71, MD '76



TRACK & FIELD

NCAA Outdoor Championships || Meet Preview and National Rankings

Meet Preview (Continued) ...

Gehret will also take to the track as an individual, qualifying through in the 400-meters. Gehret, who split 44.4 on the record-setting relay at the Eastern Preliminary, took top honors in the event at the Big Ten Championships last month, running a sizzling 45.22, which is also an "A" qualifier for the US Olympic Trials. The sophomore would also score a second-place finish in the 200-meters at the conference meet, running a PR 20.62.

The 4x400 has been fire this spring, placing second at Penn Relays, and picking up a victory at the Big Ten Championships – the first Big Ten men's crown in the event in school history. The same foursome was also victorious at Penn Relays, taking top honors in the sprint medley relay to claim Penn State's second-straight victory in the event.

The Nittany Lions will also travel a stellar squad on the women's side, with Melissa Kurzdorfer (Lancaster, N.Y.), Laura Loht (McClure, Pa.), Lauren Kenney (State College, Pa.), and Rebekka Simko (Mentor, Ohio) set to represent Penn State individually. The women's 4x400-meter relay will also toe the line, marking the seventh-straight year that the Nittany Lions have qualified a team in the event, including an NCAA title in 2008.

Loht and Kenney have dominated the javelin ranks this season, as the duo provided a one-two finish at the Big Ten Championships, with Loht topping the podium. Kenney, who was also the Penn Relays Champion, followed up with a PR toss of 162-10 (49.65) which was the top performance at the NCAA East Prelim, while Loht owns a season-best 163-9 (49.91). Kurzdorfer, who placed second in the conference, is also ready to represent in the field, coming into the championships with a seed mark of 207-10 (63.35) – the second-best toss in PSU history - in the women's hammer.

Simko will toe the line in the middle distances, competing in the 800-meters. The sophomore, who qualified for the Eastern Prelim in the 800 and 1500-meters, has already run 2:05.40 this season – the third-fastest effort in the Penn State record books, as well as an Olympic Trials "B" Qualifier.

For more on Nittany Lion track and field and a complete NCAA Preview, log on to www.GoPSUsports.com.

USTFCCCA Men's Pre-NCAA Rankings

Rank	School	Conference
1	Texas A&M	Big 12
2	LSU	SEC
3	Arizona	Pac-12
4	Texas	Big 12
5	Florida State	ACC
6	Florida	SEC
7	Indiana	Big Ten
8	Virginia Tech	ACC
9	Southern California	Pac-12
10	Auburn	SEC
11	Texas Tech	Big 12
12	Arkansas	SEC
13	Nebraska	Big Ten
14	Mississippi	SEC
15	Oregon	Pac-12
16	Stanford	Pac-12
17	Arizona State	Pac-12
18	Penn State	Big Ten
19	Ohio State	Big Ten
20	Kansas	Big 12
21	Georgia	SEC
22	Minnesota	Big Ten
23	Wisconsin	Big Ten
24	UCLA	Pac-12
25	Oklahoma	Big 12

USTFCCCA Women's Pre-NCAA Rankings

Rank	School	Conference
1	LSU	SEC
2	Kansas	Big 12
3	Oregon	Pac-12
4	Texas A&M	Big 12
5	Clemson	ACC
6	Texas	Big 12
7	Stanford	Pac-12
8	Florida	SEC
9	Oklahoma	Big 12
10	Arizona	Pac-12
11	Tennessee	SEC
12	Arkansas	SEC
13	UCF	Conference USA
14	Southern California	Pac-12
15	Southern Illinois	Missouri Valley
16	Arizona State	Pac-12
17	Florida State	ACC
18	Georgia	SEC
19	Ohio State	Big Ten
20	Louisville	Big East
21	Illinois State	Missouri Valley
22	Texas Tech	Big 12
23	Southern Miss	Conference USA
24	San Diego State	Mountain West
25	TCU	Mountain West



NCAA Outdoor Championships || Nittany Lion Coaching Staff



Beth Alford-Sullivan
Director and Head Coach
13th Year
Minnesota, '89
 bxa10@psu.edu

Coach Sullivan at Penn State ...

- *129 NCAA All-Americans
- * 75 Big Ten Individual Champions
- * 16 Big Ten Relay Champions
- * 24 "Coach of the Year" Awards
- * 4 NCAA Champions
- * 2 NCAA "Trophy" Teams



Chris Johnson
Associate Head Coach
Eighth Year
Lamar, '99
Sprints, Hurdles, Relays
 cpj3@psu.edu



John Gondak
Assistant Coach
Sixth Year
Syracuse, '95
Middle Distance
 jeg33@psu.edu



Drew Hardyk
Assistant Coach
19th Year
Cincinnati, '93
Vertical Jumps, Multi's
 ath1@psu.edu



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



Andy Banse
Assistant Coach
First Year
Iowa, '05
Throws
 atb14@psu.edu



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

Nittany Lion Volunteer Coaching Staff

Jim Sullivan	Pole Vault
Gigi Johnson	Sprints, Hurdles, Relays
Artie Gilkes	Distance
Luke Watson	Distance
Ryan Whiting	Throws
Ryan Foster	Middle Distance
Jeri Daniels-Elder	Throws

Nittany Lion Support Staff

Athletic Training	Ben Evans
Strength Training	Cam Davidson, Lydia Serfling
Team Manager	Christian Eck
Academic Support	Nate Althouse
Sports Psychologist	Dave Yukelson



TRACK & FIELD

2012 Penn State Track and Field Roster

2012 MEN'S ROSTER

First	Last	Eligibility	Event Area	Hometown
Erick	Artusio	So.	Pole Vault	Frederick, Md.
Colin	Baker	So.	Distance	Haddonfield, N.J.
Will	Barr	So.	Throws	Urbana, Ohio
Sancho	Barrett	Fr.	Sprints/Hurdles	Amityville, N.Y.
Bernard	Bennett-Green	So.	Sprints	Elkins Park, Pa.
Brandon	Bennett-Green	So.	Sprints	Elkins Park, Pa.
Ryan	Brennan	Fr.	Mid-Distance	Chester, N.Y.
Glen	Burkhardt	Fr.	Distance	Kennett Square, Pa.
Logan	Caldwell	Jr.	Throws	Ebensburg, Pa.
Chris	Campbell	Fr.	Distance	Newtown, Pa.
Chris	Cipro	Jr.	Distance	Harmony, Pa.
Tyler	Corkedale	So./Jr.	Distance	W. Windsor, N.J.
Robert	Creese	Fr.	Distance	Mount Airy, Md.
Kyle	Dawson	Sr.	Distance	Coatesville, Pa.
Owen	Dawson	Sr. (OUT)	Mid-Distance	Coatesville, Pa.
Wade	Endress	Fr.	Distance	Altoona, Pa.
Matt	Fischer	Fr.	Distance	Kennett Square, Pa.
Mark	Fuller	Jr.	Mid-Distance	Camp Hill, Pa.
Brady	Gehret	So.	Sprints	Altoona, Pa.
Matt	Gilmore	Fr.	Sprints	Wyncote, Pa.
Jon	Hendershot	So.	Jumps	Nazareth, Pa.
Hanif	Johnson	Jr./Sr.	Jumps	Harrisburg, Pa.
Daniel	Jordan	So.	Throws	State College, Pa.
Joe	Kovacs	Sr. (OUT)	Throws	Nazareth, Pa.
Brian	Leap	Fr.	Jumps	Bellwod, Pa.
Casimir	Loxsom	Jr.	Mid-Distance	New Haven, Conn.
Tom	Luff	So.	Distance	Emmaus, Pa.
Connor	Manley	Fr.	Mid-Distance	Jamison, Pa.
Michael	McClelland	Fr.	Jumps	Washington, Pa.
Vince	McNally	Sr.	Distance	Smoketown, Pa.
Emunael	Mpanduki	Jr.	Sprints	Harare, Zimbabwe
Nabil	Mubarak	Jr.	Throws	Loganville, Ga.
Doug	Moppert	Sr.	Jumps	Malvern, Pa.
Aaron	Nadolsky	So.	Sprints	Altoona, Pa.
Justin	Nykiel	Fr.	Throws	Marlton, N.J.
Dele	Owoye	Fr.	Sprints	Danbury, Conn.
David	Patzer	So.	Pole Vault	Landisville, Pa.
Jason	Pelletier	Sr.	Pole Vault	Benton, Ark.
Sean	Reilly	Jr.	Jumps	Lagrangeville, N.Y.
Connor	Revord	So.	Distance	Tampa, Fla.
Dan	Sandrowicz	Jr.	Jumps	Indiana, Pa.
Nick	Scarpello	So.	Distance	Jamison, Pa.
Eli	Skinner	Jr.	Throws	Salladasburg, Pa.
Anya	Uzoh	Sr.	Multi-Events	Laurel, Md.

2012 WOMEN'S ROSTER

First	Last	Eligibility	Event Area	Hometown
Leigha	Anderson	Fr.	Distance	Carlisle, Pa.
Doris	Anyanwu	Jr.	Sprints	Beltsville, Md.
Lindsay	Bacik	So.	Pole Vault	Pittsburgh, Pa.
Gabrielle	Barbour	Fr.	Sprints	Huntingdon, N.Y.
Abigail	Benson	Fr.	Distance	Elma, N.Y.
Shelley	Black	Fr.	Sprints/Hurdles	Wilkes-Barre, Pa.
Natalie	Bower	Jr.	Distance	Pleasant Unity, Pa.
Megan	Boyer	So.	Throws	Millersburg, Pa.
Evonne	Britton	Jr.	Sprints/Hurdles	El Paso, Texas
Rachel	Casciano	Fr.	Distance	Wyomissing, Pa.
Rachel	Chernaskey	Fr.	Jumps	Gilbertsville, Pa.
Kelsey	Couts	Jr./So.	Multi-Events	Powell, Ohio
Markea	Dickinson	So.	Mid-Distance	West Chester, Pa.
Kalyn	Fisher	So.	Mid-Distance	Lewisburg, Pa.
Emily	Giannotti	So.	Distance	Coudersport, Pa.
Lindsey	Graybill	Jr.	Distance	Macungie, Pa.
Brittney	Howell	So.	Jumps	Wyncote, Pa.
Ijeoma	Iheoma	Sr.	Sprints	Holland, Pa.
Kerrin	Jennings	Fr.	Distance	Glen Mills, Pa.
Mahagony	Jones	So.	Sprints	Cleveland, Ohio
Lauren	Kenney	Fr.	Throws	State College, Pa.
Marta	Klebe	So.	Mid-Distance	Chesterbrook, Pa.
Danielle	Kocjancic	So.	Distance	Kane, Pa.
Melissa	Kurzdorfer	So.	Throws	Lancaster, N.Y.
Caitlin	Lane	Sr.	Distance	Greenwich, N.Y.
Melanie	Leszczynski	Fr.	Throws	Audobon, Pa.
Tanaya	Lloyd	Sr.	Jumps	Philadelphia, Pa.
Laura	Loht	So.	Throws	McClure, Pa.
Olivia	Mangan	So.	Throws	Huntington Valley, Pa.
Dynasty	McGee	Fr.	Sprints	Ypsilanti, Mich.
Melissa	Meade	So.	Distance	Allentown, Pa.
Kara	Millhouse	Sr.	Distance	Boiling Springs, Pa.
Lauren	Mills	Fr.	Distance	West Chester, Pa.
Erika	Morgan	Jr./So.	Jumps	Chesapeake, Va.
Anna	Muzio	Sr.	Throws	Harrisburg, Pa.
Kirsten	Nieuwendam	Fr./So.	Sprints	Paramaribo, Surinam
Shelby	Olafson	Fr.	Jumps	Watkins Glen, N.Y.
Brooke	Owen	Fr.	Jumps	Weston, Fla.
Amanda	Palenchar	Sr.	Pole Vault	Bradenville, Pa.
Sarah	Palmer	Fr.	Jumps	Gansevoort, N.Y.
Susie	Pancoast	Fr.	Throws	West Chester, Pa.
Victoria	Perri	So.	Distance	Philadelphia, Pa.
Gwenn	Porter	So.	Distance	Clearfield, Pa.
Brianna	Rauenzahn	Fr.	Jumps	Schuylkill Haven, Pa.
Marlene	Ricketts	So.	Jumps	Old Westbury, N.Y.
Brooklyne	Ridder	Jr.	Distance	Cincinnati, Ohio
Katie	Rodden	Fr.	Distance	Ardmore, Pa.
Colleen	Shannon	Jr.	Mid-Distance	Andover, Mass.
Rebekka	Simko	So.	Mid-Distance	Mentor, Ohio
Lucia	Sofo	So.	Distance	State College, Pa.
Jane	Swenson	Jr./Sr.	Throws	Brandon, S.D.
Jocelyn	Witmer	Sr.	Pole Vault	Lancaster, Pa.



NCAA Outdoor Championships || Competition Schedule

WEDNESDAY || SCHEDULE OF EVENTS

Time	Gender	Event	Round	Penn State
2:30 PM	Men	Discus	Trials/Final	Barr
2:40 PM	Women	Javelin	Trials/Final	Loht, Kenney
5:30 PM	Men	Long Jump	Trials/Final	
5:30 PM	Women	Pole Vault	Final	
5:30 PM	Women	Discus	Trials/Final	
5:30 PM	Men	4x100 Relay	Semifinal	
5:45 PM	Women	4x100 Relay	Semifinal	
6:00 PM	Men	800 Meters	Semifinal	Loxsom
6:15 PM	Women	800 Meters	Semifinal	Simko
6:30 PM	Men	400 Meters	Decathlon	
6:45 PM	Men	400 Meters	Semifinal	Gehret
7:00 PM	Women	400 Meters	Semifinal	
7:15 PM	Men	100 Meters	Semifinal	
7:30 PM	Women	100 Meters	Semifinal	
7:45 PM	Women	3000 Steeple	Semifinal	
8:15 PM	Men	400 Hurdles	Semifinal	
8:30 PM	Women	400 Hurdles	Semifinal	
8:45 PM	Men	10,000 Meters	Final	

THURSDAY || SCHEDULE OF EVENTS

Time	Gender	Event	Round	Penn State
2:30 PM	Men	Javelin	Trials/Final	
3:00 PM	Women	Hammer	Trials/Final	Kurzdorfer
5:30 PM	Men	High Jump	Final	
5:30 PM	Women	Long Jump	Trials/Final	
5:30 PM	Men	200 Meters	Semifinal	
5:45 PM	Women	200 Meters	Semifinal	
6:00 PM	Women	200 Meters	Heptathlon	
6:15 PM	Men	1500 Meters	Semifinal	
6:30 PM	Women	1500 Meters	Semifinal	
6:50 PM	Men	110 Hurdles	Semifinal	
7:10 PM	Women	100 Hurdles	Semifinal	
7:25 PM	Men	3000 Steeple	Semifinal	
7:50 PM	Men	1500 Meters	Decathlon	
8:05 PM	Men	4x400 Relay	Semifinal	Penn State TBA
8:25 PM	Women	4x400 Relay	Semifinal	Penn State TBA
8:45 PM	Women	10,000 Meters	Final	

FRIDAY || SCHEDULE OF EVENTS

Time	Gender	Event	Round	Penn State
2:00 PM	Men	Hammer	Trials/Final	
4:30 PM	Women	High Jump	Final	
4:30 PM	Men	Pole Vault	Final	
4:30 PM	Men	Triple Jump	Trials/Final	
5:00 PM	Women	Shot Put	Trials/Final	
5:35 PM	Men	400 Hurdles	Final	
5:45 PM	Women	400 Hurdles	Final	
5:55 PM	Men	100 Meters	Final	
6:02 PM	Women	100 Meters	Final	
6:10 PM	Men	800 Meters	Final	Qualifiers
6:20 PM	Women	800 Meters	Final	Qualifiers
6:30 PM	Women	3000 Steeple	Final	
6:45 PM	Women	800 Meters	Heptathlon	
6:55 PM	Men	400 Meters	Final	Qualifiers
7:02 PM	Women	400 Meters	Final	
7:10 PM	Men	5000 Meters	Final	

SATURDAY || SCHEDULE OF EVENTS

Time	Gender	Event	Round	Penn State
10:00 AM	Men	Shot Put	Trials/Final	Kovacs
10:00 AM	Women	Triple Jump	Trials/Final	
11:03 AM	Men	4x100 Relay	Final	
11:10 AM	Women	4x100 Relay	Final	
11:17 AM	Men	1500 Meters	Final	
11:28 AM	Women	1500 Meters	Final	
11:39 AM	Men	200 Meters	Final	
11:47 AM	Women	200 Meters	Final	
11:52 AM	Men	3000 Steeple	Final	
12:07 PM	Men	110 Hurdles	Final	
12:14 PM	Women	100 Hurdles	Final	
12:19 PM	Women	5000 Meters	Final	
12:40 PM	Men	4x400 Relay	Final	Qualifiers
12:50 PM	Women	4x400 Relay	Final	Qualifiers



TRACK & FIELD

NCAA Outdoor Championships || History

Women's All-Time NCAA Outdoor Team Finishes

Year	Place	Points
2011	44th	5 pts
2010	4th (TROPHY TEAM)	34 pts
2009	14th	17 pts
2008	4th (TROPHY TEAM)	39 pts
2007	T-27th	9 pts
2006	T-25th	10 pts
2005	T-60th	3 pts
2004	21st	11 pts
2003	10th	24 pts
2002	T-45th	4 pts
2001	T-67th	1 pt
1999	T-24th	11 pts
1997	T-45th	4 pts
1996	T-58th	1 pt
1994	T-55th	2 pts
1993	25th	9 pts
1992	T-59th	1 pt
1991	T-39th	5 pts
1989	T-46th	4 pts
1984	T-20th	25 pts
1983	23rd	18 pts

Men's All-Time NCAA Outdoor Team Finishes

Year	Place	Points
2011	T-20th	11 pts
2010	T-23rd	11 pts
2009	T-62nd	2 pts
2002	T-68th	1 pt
2001	T-39th	5 pts
1999	T-58th	3 pts
1998	T-27th	8 pts
1997	T-66th	2 pts
1996	T-41st	7 pts
1993	20th	13 pts
1990	T-38th	8 pts
1989	T-44th	5 pts
1988	T-35th	8 pts
1987	T-18th	15 pts
1985	29th	9 pts
1983	T-74th	4 pts
1981	T-36th	4 pts
1980	T-41st	4 pts
1976	T-12th	16 pts
1975	T-19th	11 pts
1973	T-16th	13 pts
1972	T-22nd	8 pts
1971	T-24th	7 pts
1970	T-46th	2 pts
1966	T-8th	20 pts
1965	T-30th	8 pts
1961	T-16th	10 pts
1960	T-25th	8 pts
1959	T-25th	7 pts
1958	41st	1 pt
1957	T-26th	6 pts
1955	T-9th	14 pts
1954	T-18th	7 pts
1953	T-40th	1/3 pt
1951	T-31st	2 pts
1950	T-38th	1 pt
1949	5th	25 pts
1948	T-26th	8 pts
1947	6th	20 pts
1941	6th	20 pts
1940	T-3rd	24 pts
1939	T-25th	4 pts
1938	14th	10 pts
1930	T-37th	2 pts
1923	4th	13.5 pts
1922	2nd	19.5 pts
1921	T-11th	5 pts

BOLD - Denotes Top 25 Finish

All Americans By Event

Men's Events	Total	Most Recent	Highest Finish
100-Meters *	4	Bob Brown, 1961	1st, Barney Ewell (1940, 1941)
200-Meters *	7	Ryan Olkowski, 2002	1st, Barney Ewell (1941)
400-Meters *	1	Mike Sands, 1975	5th, Mike Sands (1975)
800-Meters *	5	Casimir Loxsom, 2011	1st, Alan Helffrich (1922, 1932)
1500-Meters &	8	Bob Hamer, 1994	1st, Gerald Karver (1947)
			1st, Schulyer Ench (1923)
3000m Steeple	4	Rick Garcia, 1983	4th, George Malley (1976)
5000-Meters ^	6	Steve Brown, 1990	2nd, Greg Fredericks (1972)
			2nd, Horace Ashenfelter (1948)
10,000-Meters *	7	Tyler McCandless, 2010	7th, Eric Carter (1987)
			1st, Charlie Maguire (1973) - 6 Mile
110 Hurdles *	7	Guy Rose, 2001	1st, Harold Barron (1922)
400 Hurdles *	6	Brian Derby, 2001	2nd, Mike Shine (1976)
4x100 Relay *	1	Finkel, Singelton, Sands, Scott, 1973	6th (1973)
High Jump	2	Ryan Fritz, 2010	4th, Ryan Fritz (2010)
Long Jump	6	George Audu, 1998	3rd, Steve Pina (1996)
Triple Jump	5	Clarence Smith, 2009	2nd, Warren Rockwell (1961)
Shot Put	8	Joe Kovacs, 2011	2nd, C.J. Hunter (1990)
Discus	3	Brian Milne, 1993	1st, Brian Milne (1993)
Hammer	2	Al Jackson, 1976	4th, Al Jackson (1973)
Javelin	11	Troy Burkholder, 1998	1st, Nick Vukmanic (1938)
			1st, Jim Stevenson (1966)
Decathlon	5	James Cook, 1998	5th, Rick Kleban (1985)

* - Yards Prior to 1976

& - One Mile Prior to 1976

^ - 3-Miles Prior to 1976

! - 6-Miles Prior to 1976

Women's Events	Total	Most Recent	Highest Finish
100-Meters	3	Connie Moore, 2004	5th, Connie Moore (2003)
200-Meters	4	Shavon Greaves, 2010	3rd, Connie Moore (2003)
400-Meters	4	Shana Cox, 2008	1st, Shana Cox (2008)
800-Meters	1	Terry Pioli, 1981	6th, Terry Pioli (1981)
1500-Meters	5	Susanne Heyer, 1999	2nd, Kris Bankes (1976)
3000m Steeple	4	Bridget Franek, 2010	1st, Bridget Franek (2010)
5000-Meters	2	Paula Renzi, 1984	1st, Kathy Mills (1978)
10,000-Meters	4	Donna Fidler, 1997	4th, Kelli Hunt (1993)
100 Hurdles	2	Aleesha Barber, 2010	3rd, Aleesha Barber (2010)
400 Hurdles	4	Fawn Dorr, 2010	4th, Fawn Dorr (2010)
4x400m Relay	4 Teams	Anyanwu, Greaves, Iheoma, Duncan (2011)	1st, Blake, Barber, Hunter, Cox (2008)
Long Jump	4	Gayle Hunter, 2008	5th, Gayle Hunter (2008)
Triple Jump	3	Chi-Chi Aduba, 2004	5th, Carmen Mann (1989)
Shot Put	4	Elaine Sobansky, 1994	2nd, Elaine Sobansky (1994)
Discus	3	Deshaya Williams, 2003	1st, Deshaya Williams (2003)
Hammer	2	Jennifer Leatherman, 2006	5th, Jennifer Leatherman (2006)
Javelin	13	Karlee McQuillen, 2010	3rd, Karlee McQuillen
Heptathlon	5	Gayle Hunter, 2009	4th, Pam Connell (1991)



GOPSUSPORTS.COM

NCAA Outdoor Championships || Women's All-Americans

WOMEN'S OUTDOOR ALL AMERICANS

Year	Athlete	Event	Place
1976	Bankes, Kris	1500-Meters	2nd
1976	Bankes, Kris	2-Mile	3rd
1977	Bankes, Kris	3000-Meters	5th
1978	Bankes, Kris	3000-Meters	2nd
1978	Mills, Kathy	3000-Meters	1st
1978	Byrnes, Kathy	4x800-Meter Relay	2nd
1978	Fales, Penny	4x800-Meter Relay	2nd
1978	Miller, Sandy	4x800-Meter Relay	2nd
1978	Ventura, Lea	4x800-Meter Relay	2nd
1978	Mills, Kathy	5000-Meters	1st
1980	Carmichael, Heather	3000-Meters	3rd
1981	Rawe, Mary	1500-Meters	3rd
1981	Pioli, Terry	800-Meters	6th
1981	Sobansky, Elaine	Shot Put	4th
1982	Hart, Tammi	400-Meter Hurdles	5th
1982	Riddick, Vivian	Long Jump	6th
1982	Sobansky, Elaine	Shot Put	3rd
1983	Startare, Doreen	1500-Meters	5th
1983	Sobansky, Elaine	Shot Put	6th
1984	Renzi, Paula	5000-Meters	6th
1984	Senz, Marilyn	Javelin	6th
1989	Mann, Carmen	Triple Jump	5th
1991	Connell, Pam	Heptathlon	4th
1992	Mitchell, Shelley	Heptathlon	8th
1992	Gibbs, Stacey	Javelin	10th
1993	Hunt, Kelli	10,000-Meters	4th
1993	Kelly, Kim	10,000-Meters	5th
1994	Hunt, Kelli	10,000-Meters	7th
1994	Sobansky, Elaine	Shot Put	2nd
1996	Gusic, Becky	Javelin	8th
1996	Kisty, Denika	Javelin	10th
1997	Fidler, Donna	10,000-Meters	7th
1997	McGreevy, Kim	1500-Meters	7th
1998	Pastore, Jen	Javelin	4th
1998	Walker, Shakeema	Triple Jump	7th
1999	Heyer, Susanne	1500-Meters	4th
1999	Williams, Deshaya	Discus	6th
1999	Walker, Shakeema	Long Jump	8th
2001	Johnson, Brianne	Javelin	8th
2002	Moore, Connie	100-Meters	9th
2002	Moore, Connie	200-Meters	12th
2002	Williams, Deshaya	Discus	6th
2002	Johnson, Brianne	Javelin	8th
2003	Moore, Connie	100-Meters	5th
2003	Moore, Connie	200-Meters	3rd
2003	Landreth, Molly	3000 Steeplechase	11th
2003	Williams, Deshaya	Discus	1st
2003	Colley, Ashley	Javelin	11th
2003	Johnson, Brianne	Javelin	5th
2004	Moore, Connie	100-Meters	7th
2004	Moore, Connie	200-Meters	5th
2004	Aduba, Chi-Chi	Long Jump	6th
2004	Aduba, Chi-Chi	Triple Jump	7th
2005	Cox, Shana	400-Meters	9th
2005	Leatherman, Jennifer	Hammer	7th
2005	Bruch, Diana	Javelin	8th
2006	Cox, Shana	400-Meters	3rd
2006	Leatherman, Jennifer	Hammer	5th
2007	Barber, Aleesha	400-Meter Hurdles	12th
2007	Cox, Shana	400-Meters	2nd
2007	Hunter, Gayle	Heptathlon	8th
2008	Cox, Shana	400-Meters	1st

WOMEN'S OUTDOOR ALL AMERICANS

Year	Athlete	Event	Place
2008	Barber, Aleesha	100-Meter Hurdles	4th
2008	Franek, Bridget	3000 Steeplechase	3rd
2008	Blake, Dominique	4x400-Meter Relay	1st
2008	Barber, Aleesha	4x400-Meter Relay	1st
2008	Hunter, Gayle	4x400-Meter Relay	1st
2008	Cox, Shana	4x400-Meter Relay	1st
2008	Hunter, Gayle	Heptathlon	5th
2008	Hunter, Gayle	Heptathlon	5th
2008	McQuillen, Karlee	Javelin	9th
2008	Hunter, Gayle	Long Jump	5th
2009	Franek, Bridget	3000 Steeplechase	4th
2009	Dorr, Fawn	400-Meter Hurdles	6th
2009	Barber, Aleesha	4x400-Meter Relay	4th
2009	Dorr, Fawn	4x400-Meter Relay	4th
2009	Greaves, Shavon	4x400-Meter Relay	4th
2009	Hunter, Gayle	4x400-Meter Relay	4th
2009	McQuillen, Karlee	Javelin	10th
2010	Greaves, Shavon	200-Meters	7th
2010	Barber, Aleesha	100-Meter Hurdles	3rd
2010	Dorr, Fawn	400-Meter Hurdles	4th
2010	Franek, Bridget	3000 Steeplechase	1st
2010	Anyanwu, Doris	4x400-Meter Relay	4th
2010	Barber, Aleesha	4x400-Meter Relay	4th
2010	Dorr, Fawn	4x400-Meter Relay	4th
2010	Greaves, Shavon	4x400-Meter Relay	4th
2010	McQuillen, Karlee	Javelin	3rd
2011	Anyanwu, Doris	4x400-Meter Relay	4th
2011	Greaves, Shavon	4x400-Meter Relay	4th
2011	Iheoma, Ije	4x400-Meter Relay	4th
2011	Duncan, Megan	4x400-Meter Relay	4th

BOLD - NATIONAL CHAMPION

* NCAA Era Began in 1982



TRACK & FIELD

NCAA Outdoor Championships || Men's All-Americans

MEN'S OUTDOOR ALL AMERICANS

Year	Athlete	Event	Place
1921	Romig, John	2-Mile	1st
1922	Barron, Harold	120 yd HH	1st
1922	Helffrich, Alan	880 Yards	1st
1922	Shields, Larry	Mile	1st
1923	Helffrich, Alan	880 Yards	1st
1923	Enck, Schuyler	Mile	1st
1938	Vukmanic, Nick	Javelin	1st
1939	Vukmanic, Nick	Javelin	***
1940	Ewell, Barney	100 Yards	1st
1940	Ewell, Barney	220 Yards	1st
1940	Vukmanic, Nick	Javelin	4th
1940	Ewell, Barney	Long Jump	***
1941	Ewell, Barney	100 Yards	1st
1941	Ewell, Barney	220 Yards	1st
1941	Ewell, Barney	Long Jump	***
1942	Ewell, Barney	100 Yards	***
1942	Ewell, Barney	220 Yards	***
1942	Ewell, Barney	Long Jump	***
1947	Stone, Curtis	2-Mile	2nd
1947	Ashenfelter, Horace	2-Mile	***
1947	Karver, Gerald	Mile	1st
1948	Ashenfelter, Horace	5000-Meters	2nd
1949	Gehrdes, Jim	120 yd HH	3rd
1949	Lancaster, Wilbur	220 Yards	6th
1949	Gehrdes, Jim	220 yd LH	2nd
1949	Perry, Rod	220 yd LH	***
1949	Ashenfelter, Horace	2-Mile	1st
1950	Gehrdes, Jim	120 yd HH	***
1951	Roderes, Ted	Javelin	5th
1954	Hollen, Bob	2-Mile	***
1954	Blockson, Charles	Shot Put	***
1954	Grier, Roosevelt	Shot Put	***
1955	Youkers, Bill	120 yd HH	4th
1955	Pollard, Art	220 Yards	***
1957	Perry, Rod	120 yd HH	***
1958	Moran, Ed	Mile	6th
1960	Moorehead, Steve	3000 Steeplechase	***
1961	Brown, Bob	100 Yards	***
1961	Moorehead, Steve	3000 Steeplechase	***
1961	Norman, Gerry	3-Mile	***
1961	Rockwell, Warren	Triple Jump	2nd
1965	Hedmark, Lennart	Javelin	***
1966	Stevenson, Jim	Javelin	1st
1966	Krombolz, Ernie	Javelin	5th
1970	Fredericks, Greg	3-Mile	5th
1971	Fredericks, Greg	3-Mile	2nd
1972	Fredericks, Greg	5000-Meters	2nd
1973	Finkel, Doug	440 Yd Relay	6th
1973	Sands, Mike	440 Yd Relay	6th
1973	Scott, Jim	440 Yd Relay	6th
1973	Singleton, Fred	440 Yd Relay	6th
1973	Maguire, Charlie	6-Mile	1st
1973	Jackson, Al	Hammer	4th
1975	Shine, Mike	440 Yard IH	6th
1975	Sands, Mike	440 Yards	5th
1975	Hjeltnes, Knut	Discus	3rd
1975	Hjeltnes, Knut	Shot Put	5th
1976	Shine, Mike	110-Meter Hurdles	5th
1976	Malley, George	3000 Steeplechase	4th
1976	Shine, Mike	400-Meter Hurdles	2nd
1976	Jackson, Al	Hammer	5th
1977	Stemmer, Paul	10,000-Meters	8th

MEN'S OUTDOOR ALL AMERICANS

Year	Athlete	Event	Place
1978	Ziegler, John	10,000-Meters	8th
1980	Lankford, Paul	400-Meter Hurdles	4th
1981	Lankford, Paul	400-Meter Hurdles	4th
1983	Garcia, Rick	3000 Steeplechase	9th
1985	Moore, Randy	800-Meters	4th
1985	Kleban, Rick	Decathlon	5th
1986	Carter, Eric	10,000-Meters	10th
1987	Carter, Eric	10,000-Meters	7th
1987	Balkey, Steve	1500-Meters	6th
1987	Masgay, Dave	Decathlon	7th
1988	Balkey, Steve	1500-Meters	5th
1988	Timpson, Michael	200-Meters	10th
1988	Hunter, C.J.	Shot Put	5th
1989	Hunter, C.J.	Shot Put	4th
1990	Walter, Doug	1500-Meters	10th
1990	Brown, Steve	5000-Meters	11th
1990	Hunter, C.J.	Shot Put	2nd
1990	Hall, Ricardo	Triple Jump	13th
1992	Milne, Brian	Discus	13th
1993	Cripanuk, Kevin	400-Meter Hurdles	8th
1993	Milne, Brian	Discus	1st
1993	Davis, Antonio	Triple Jump	6th
1994	Wimmer, Mark	10,000-Meters	9th
1994	Hamer, Bob	1500-Meters	9th
1995	Austin, Rob	Javelin	10th
1996	Cook, James	Decathlon	9th
1996	Austin, Rob	Javelin	8th
1996	Pina, Steve	Long Jump	3rd
1997	Cook, James	Decathlon	13th
1997	Gorham, John	Long Jump	11th
1998	Cook, James	Decathlon	12th
1998	Burkholder, Troy	Javelin	12th
1998	Wolter, Carl	Javelin	7th
1998	Audu, George	Long Jump	4th
1998	Gorham, John	Long Jump	6th
1999	Audu, George	Long Jump	6th
2001	Rose, Guy	110-Meter Hurdles	12th
2001	Derby, Brian	400-Meter Hurdles	4th
2002	Olkowski, Ryan	200-Meters	8th
2007	Fritz, Ryan	High Jump	T-9th
2008	Smith, Clarence	Triple Jump	9th
2009	Foster, Ryan	800-Meters	8th
2009	Smith, Clarence	Triple Jump	8th
2010	Fritz, Ryan	High Jump	4th
2010	Eaton, Blake	Shot Put	3rd
2011	Loxsom, Casimir	800-Meters	4th
2011	Kovacs, Joe	Shot Put	3rd

BOLD - NATIONAL CHAMPION



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2012 Meet-by-Meet Recaps

JIM CLICK SHOOTOUT March 31, 2012 University of Arizona

Nittany Lions Open Outdoor Season at Jim Click Competition capped off with six event victories; combined Big Ten 4x400

TUCSON, Ariz. - The Nittany Lions got the outdoor track and season off on the right foot on Saturday, posting a bevy of outstanding results at the Jim Click Shootout at the University of Arizona. Penn State will return to Happy Valley with six event titles, including junior Lindsey Graybill (Macungie, Pa.) in the 3,000-meter steeplechase, sophomore Laura Loht (McClure, Pa.) in the javelin, sophomore Melissa Kurzdorfer (Lancaster, N.Y.) in the hammer, senior Anya Uzoh (Laurel, Md.) in the pole vault, senior Joe Kovacs (Nazareth, Pa.) in the shot put, and the men's 4x100-meter relay.

The competition featured "conference" event scoring with the Pac-12 duo of Arizona and California coming out on top with a total score of 460, ahead of the Big Ten contingent (Penn State and Ohio State) with 422.33. The ACC (Clemson and Miami) rounded out the scoring in third with a total of 266. The meet was also capped off with a special "combined" men's 4x400-meter relay, which saw the Big Ten squad of Aaron Nadolsky (Altoona, Pa.) and Brandon Bennett-Green (Elkins Park, Pa.) and Buckeye teammates Marvel Brooks and Antonio Blanks coming away with the victory in 3:10.69.

The Nittany Lions were outstanding in the throwing events, led by Kovacs' 62-5 (19.02) to win the shot put. Kovacs' season-best effort currently stands third in Division I. Turning in a big PR was Kurzdorfer, who took second overall in the women's hammer with a throw of 206-7 (62.97) to finish as the top collegian in the field. Kurzdorfer's toss also bears national merit, as it stand eighth in the NCAA. With the performance, Kurzdorfer now ranks second in Penn State history in the event, as just the second woman to break the 200-foot barrier, and leads the Big Ten by nearly 10 feet.

Kurzdorfer wasn't done, however, taking third in both the shot put and discus with performances of 48-2 (14.68) in the shot, and 157-2 (47.91) in the discus. Both marks are among the top 10 in the Penn State record books.

Also throwing well in her first appearance of 2012 was Loht, who launched a PR 163-7 (49.87) to take the women's javelin. Next in line was freshman Lauren Kenney (State College, Pa.) with a toss of 156-11 (47.83) for second. Freshman Melanie Leszcynski (Audobon, Pa.) and sophomore Megan Boyer (Millersburg, Pa.) also got in on the scoring in the event, placing fourth and sixth, respectively.

STANFORD INVITATIONAL April 6, 2012 Stanford University

Nittany Lions Run PRs at Stanford Invitational Dawson, Ridder clock all-time top 10 performances

PALO ALTO, Calif. - Senior Kyle Dawson (Coatesville, Pa.), junior Brooklyne Ridder (Cincinnati, Ohio) and redshirt-freshman Matt Fischer (Kennett Square, Pa.) each clocked lifetime bests on Friday, pacing the Nittany Lions at the Stanford Invitational at Cobb Track and Angell Field. The rest of the Nittany Lion contingent will continue competing on Saturday, taking on an elite field at the Battle on the Bayou at Louisiana State University.

Dawson held his own in one of the most competitive distance competitions on the outdoor season - including many Olympic hopefuls - clocking 28:55.33 to finish 16th in the top section on the men's 10,000-meters. Collegiately speaking, Dawson placed eighth among NCAA competitors and second against Big Ten foes. U.S. Olympic Dathan Ritzenhein won the event in 28:21.48, while Oklahoma's Bill Kogel was tops among collegians in 28:39.54.

Dawson's performance is also the fifth fastest in Penn State history, taking over fifth place on the Lions' all-time top 10 list behind only Greg Fredericks (28:08.0, 1972), Charlie Maguire (28:29.4, 1974), Eric Carter (28:38.4, 1987), and Paul Stemmer (28:42.90, 1976).

Ridder also found a spot in the Lion record books, going 16:14.98 for 5,000-meters - the seventh-fastest performance in school history. Ridder's effort was also good for 14th in her section, which saw a victory from Grand Valley State's Betsy Graney in 15:56.68. Ridder made a stellar in the event, shaving over ten seconds off her previous 5K PR of 16:25.97.

Fischer impressed in his first-career outdoor attempt at the 5000, placing 14th in his section in 14:11.47. The redshirt-freshman's performance was also a big improvement over his previous best, as the rookie clocked 14:27.23 during the 2012 indoor campaign.

BATTLE ON THE BAYOU April 7, 2012 Louisiana State University

Men's Track Sets 4x400 School Record at LSU Lloyd, Loht, and Kovacs pick up individual wins at Battle on the Bayou

BATON ROUGE, La. - The men's 4x400 quartet of Brandon Bennett-Green (Elkins Park, Pa.), Brady Gehret (Altoona, Pa.), Casimir Loxsom (New Haven, Conn.) and Emunael Mpanduki (Harare, Zimbabwe) set a school record, leading the Nittany Lion efforts on Saturday at the Battle on the Bayou, hosted by Louisiana State University. Turning in winning efforts on the afternoon were senior Tanaya Lloyd (Philadelphia, Pa.) in the women's triple jump, sophomore Laura Loht (McClure, Pa.) in the women's javelin, and senior Joe Kovacs (Nazareth, Pa.) in the men's shot put.

The Nittany Lions also fared well in team scoring, with the women's squad finishing fifth overall, and the men's team placing sixth. LSU ran away with team titles on both the men's and women's side, while Mississippi State claimed runner up honors in the men's standings, and Texas Tech placed second on the women.

The Nittany Lions ended the meet with a bang, thanks to a school-record effort of 3:06.50 from the men's 4x400 - good for third in a stacked field. Bennett-Green led off the Lions with a split of 47.4, followed by Gehret with a readout 45.3 - the fastest-Penn State split of the relay. Loxsom kept things going with a one-lap effort of 46.5, with Mpanduki closing in 46.9. The performance better the previous Nittany Lion best 3:07.19, set by Aaron Nadolsky (Altoona, Pa.), Loxsom, Gehret, and Lionel Williams in 2011.

Gehret and Bennett-Green highlighted the Lion results in the sprints individually, with Gehret running an outdoor PR 46.29 to take sixth overall in the 400-meters, just ahead of Bennett-Green in eighth with a lifetime-best 46.71. Gehret and Bennett-Green now rank third and sixth, respectively, on the all-time Nittany Lion list.

The women's mile relay also enjoyed a season-best effort, with freshman Dynasty McGee (Ypsilanti, Mich.), sophomore Kirsten Nieuwendam (Parimaribo, Suriname), senior Ije Iheoma (Holland, Pa.), and junior Doris Anyanwu (Beltsville, Md.) running 3:36.07, including splits of 53.5, 53.9, 53.6, and 54.5.

Loht posted a Big Ten leading toss of 163-9 (49.91), bettering her own personal best as well as the Bayou on the Battle meet record. The sophomore, who won her second-straight javelin competition of the season, enjoyed a sensational series, including four throws over 49 meters. Freshman Lauren Kenney (State College, Pa.) would finish second overall - also for the second-straight week - with a throw of 155-9 (47.47). Sophomore Megan Boyer (Millersburg, Pa.) also got in on the scoring, placing eighth with a season-best 133-2 (40.59).



TRACK & FIELD

2012 Meet-by-Meet Recaps

BISON OUTDOOR CLASSIC Day One - April 14, 2012 Bucknell University

Facility Records Fall at Bucknell
Simko, Creese post winning performances at Bison Outdoor Classic

LEWISBURG, Pa. - Sophomore Rebekka Simko (Mentor, Ohio) and freshman Robby Creese (Mount Airy, Md.) set facility records en route to matching victories in the 1500 meters at the Bison Outdoor Classic at Christy Mathewson Memorial Stadium. Also turning in an event win was senior Joe Kovacs (Nazareth, Pa.), who led a one-two Nittany Lion sweep in the men's discus, along with teammate Will Barr (Urbana, Ohio).

The Nittany Lions would also enjoy dual gold medals in the long jump, with seniors Tanaya Lloyd (Philadelphia, Pa.) and Doug Moppert (Malvern, Pa.) taking the women's and men's events, respectively. Natalie Bower (Pleasant Unity, Pa.) added another victory in the 3,000-meter steeplechase, leading a one-through-four sweep by the Nittany Lions.

Simko turned on a stellar kick in the closing meters of the women's 1500, running down New Balance's Kerri Gallagher - the eventual second-place finisher - to break the tape in a personal-best and stadium-record 4:20.11. Simko's performance ranks sixth in school history, and stands as the second-fastest mark in the Big Ten this season. A trio of Nittany Lions fared well in the race, as Kara Millhouse (Boiling Springs, Pa.) placed fourth in a career-best 4:23.54, while Marta Klebe (Chesterbrook, Pa.) turned in a seventh-place effort in 4:27.88 - also a lifetime low.

Creese was the individual victor on the men's side, finishing in a facility record and lifetime-best 3:43.79 to better the field by nearly three seconds. The rookie's effort is also the best in the Big Ten this season, as well as a top 10 performance in the NCAA East Region.

Also turning in a stellar performance on the track was senior Chris Cipro (Harmony, Pa.), who clocked a personal-best 29:53.07 for 10,000-meters. Cipro, who placed fifth in an outstanding field, improved his previous career best by well over a minute.

Bower clocked 10:25.46 in a wire-to-wire victory in the steeple, followed by teammates Lindsey Graybill (Macungie, Pa.), Emily Giannotti (Coudersport, Pa.), and Abbie Benson (Elma, N.Y.). Graybill finished in 10:30.80, while Giannotti and Benson turned in PRs at 10:39.72 and 10:44.60, respectively.

The Nittany Lions turned in a trio of victories in the field, with Kovacs tossing a season-best 176-9 (53.88) in the win the discus, and Barr going 174-8 (53.23) for second - season bests for both athletes. Sophomore Melissa Kurzdorfer (Lancaster, Pa.) was the top finisher in the women's discus, placing second overall with an effort of 154-11 (47.23).

BISON OUTDOOR CLASSIC Day Two - April 15, 2012 Bucknell University

Track and Field Earns More Wins at Outdoor Classic
Nittany Lions lay claim to six facility records on the weekend

LEWISBURG, Pa. - The Nittany Lion track and field squads racked up eight event victories, en route to four new Christy Mathewson Memorial Stadium records, Sunday at the Bison Outdoor Classic at Bucknell University. Including results from Saturday's competition, the Nittany Lions laid claim to a total of six facility bests on the weekend.

The Nittany Lions starred in the sprints, led by a season-best 20.99 by sophomore Brady Gehret (Altoona, Pa.) in the 200 meters. Gehret, who was followed by classmate Aaron Nadolsky (Altoona, Pa.) in third overall in 21.58, reset the stadium record in the effort, while also posting the second-fastest performance in the Big Ten this season. Sophomore Kirsten Nieuwendam (Parimaribo, Suriname) placed the Lions in the women's half lapper, turning in a season-best 23.97. Nieuwendam was also followed by a blanket of Lion finishers, including alum Dominique Blake in second in 24.37, and current freshman Dynasty McGee (Ypsilanti, Mich.) in third in 24.41.

Continuing the success in the sprints, senior Ije Iheoma (Holland, Pa.) headed up a one-two-three sweep by the Lions in the 400-meters, finishing in 54.68, with Nieuwendam and McGee placing second and third, respectively.

Penn State dominated the field events, highlighted by a collegiate personal-best clearance of 5-8.75 (1.75) by freshman Sarah Palmer (Gansevoort, N.Y.), which also tied the facility record. Palmer was followed by Nittany Lion teammate Erika Morgan (Chesapeake, Va.) in second with a jump of 5-7 (1.70).

The Nittany Lions were equally as successful in the women's triple jump, as senior Tanaya Lloyd (Philadelphia, Pa.) and sophomore Marlene Ricketts (Westbury, N.Y.) provided a one-two finish, as well as a pair collegiate personal bests. Lloyd, who also won the long jump on Saturday, nipped her teammate for the victory, turning in a leap of 41-6.50 (12.66), while Ricketts was on her heels in 41-6 (12.65). With their performances, the duo now stands fifth and sixth, respectively, on the all-time Nittany Lion top 10 list in the event, as well as second and third in the Big Ten on the outdoor season. Freshman Brian Leap (Bellwood, Pa.) was the top finisher in the men's triple jump, placing third with a PR 49-2.25 (14.99).

On the men's side, senior Joe Kovacs (Nazareth, Pa.) remained undefeated in the shot put, claiming his third straight victory in the event thanks to a personal-outdoor best 63-10.25 (19.46), which also bettered his own stadium record in the event. The shot was another event loaded with current and former Nittany Lions, as 2011 graduate Blake Eaton placed third in the competition with a toss of 63-3.25 (19.28). Kovacs stands tops in the conference with the performance, and fourth in the NCAA rankings.

MT. SAC RELAYS April 19-21, 2012 Mount San Antonio College

Millhouse Resets Own 10K Record
Senior takes top honors at elite Mount SAC Relays

WALNUT, Calif. - Senior Kara Millhouse (Boiling Springs, Pa.) took top honors in school-record fashion on Thursday evening, winning the women's invitational 10,000-meters at the prestigious Mount San Antonio College (Mt. SAC) Relays. Millhouse bettered her own Penn State best by the narrowest of margins, running 33:31.37 to improve upon her previous personal record of 33:31.93.

The senior confidently paced herself through the grueling 6.2-mile race, running much of the effort on the heels of former Olympic marathoner Karina Pérez of Mexico. The duo broke away from the field during the opening laps, and cruised along before Millhouse took over the lead with just over a mile remaining. Perez would provide another surge in the closing stages, slightly gapping the Nittany Lion senior before Millhouse turned on her patented finishing kick at around 800-meters out, to better her competitor by over three seconds. Millhouse and Perez were a clear one-two over the rest of the field, as the next-best finisher crossed over 10 seconds after Perez.

Millhouse, the Big Ten Champion in the event a year ago, now stands second in the conference with the effort, and fifth in the NCAA East Region.

The Nittany Lions were also successful on the West Coast throughout the weekend, with senior Owen Dawson (Coatesville, Pa.) highlighting the middle-distance efforts with a PR 3:42.54 in the 1500-meters on Friday evening. Dawson's mark stands eighth in Penn State history, and ranks second among Big Ten competitors this spring. Junior Casimir Loxsom (New Haven, Conn.) was the top Nittany Lion finisher on Saturday at Mt. SAC, taking ninth in the "invitational" 800-meters in 1:47.89. Loxsom's mark matches his season-best effort, which is currently ranked third in the conference.



2012 Meet-by-Meet Recaps

Bucknell Team Challenge/War Eagle April 21, 2012 Bucknell/Auburn

**Nittany Lions Excel at Auburn, Bucknell, Mt. SAC
Track and field racks up more than a dozen victories
throughout weekend action**

LEWISBURG, Pa. - Individual victories abounded as the Nittany Lion track and field squads participated in a trio of competitions across the country on Saturday, with portions of the team competing at the Bucknell Team Challenge at Bucknell, the War Eagle Invitational at Auburn, and the Mt. SAC Relays in Walnut, Calif. The Nittany Lions enjoyed outstanding success across all event areas, yielding nearly a dozen victories in Lewisburg, while adding another four wins at Auburn.

The Nittany Lion throws contingent dominated the competition at Bucknell for the second-straight weekend, picking up wins in the men's shot put, men's discus, women's hammer, and men's and women's javelin throws. Leading the way in facility-record fashion was freshman Lauren Kenney (State College, Pa.), who won the javelin in a facility-record and personal-best toss of 157-08 (48.07). Junior Eli Skinner (Jersey Shore, Pa.) made it a Penn State sweep in the event, taking the men's competition in 199-08 (60.85).

Senior Joe Kovacs (Nazareth, Pa.) remained undefeated on the season in the shot put thanks to a throw of 63-6 (19.35). Kovacs led a dominate Penn State effort in the event, with Logan Caldwell (Ebensburg, Pa.) and Nabil Mubarak (Loganville, Ga.) following in second and third, respectively, with throws of 57-10.50 (17.44), and 54-05.25 (16.59). Also taking top honors in a throwing event was redshirt-sophomore Will Barr (Urbana, Ohio), who bettered the discus field with an effort of 176-00 (53.65). Barr also added a second-place finish in the men's hammer with a mark of 194-04 (59.24).

Leading the way in the ring on the women's side was sophomore Melissa Kurzdorfer (Lancaster, N.Y.), who turned in a victory in the hammer, and a second-place finish in the shot put. Kurzdorfer won the hammer with a performance of 197-02 (60.09), well over 20 feet ahead of the rest of the field.

Senior Tanaya Lloyd (Philadelphia, Pa.) turned in a victory in the women's triple jump for the third-straight week, going 40-07.50 (12.38) in the win. Sophomore Marlene Ricketts (Westbury, N.Y.) placed second in the event. Freshman Brian Leap (Bellwood, Pa.) was tops on the men's side, via a mark of 48-07.50 (14.82) - a victory by nearly a foot over the second-place finisher.

In Auburn, sophomore Brady Gehret (Altoona, Pa.) led the way for the Nittany Lion sprinters, topping the 400-meter field with a personal-best 46.05. Gehret's performance was not only good for top honors on the day, but stands second in Penn State history and currently ranks among the top 10 efforts in Division I. The Lions were well represented in the event, with Brandon Bennett-Green (Elkins Park, Pa.), and Matt Gilmore (Elkins Park, Pa.) taking fourth and fifth, respectively. Senior Ijeoma Iheoma (Holland, Pa.) was the top Lion in the women's quarter, finishing fourth in 53.98.

Penn Relays April 26, 2012 University of Pennsylvania

**Kurzdorfer, Kenney Turn In Wins at Penn Relays
Women's distance medley relay sets school record**

PHILADELPHIA, Pa. - Sophomore Melissa Kurzdorfer (Lancaster, N.Y.) and freshman Lauren Kenney (State College, Pa.) turned in victories in the "championship" sections of their respective events, Thursday at the 118th running of the Penn Relays at Franklin Field, on the campus of the University of Pennsylvania. Also performing well was the women's distance medley relay contingent of Bekka Simko (Mentor, Ohio), Ijeoma Iheoma (Holland, Pa.), Marta Klebe (Chesterbrook, Pa.), and Kara Millhouse (Boiling Springs, Pa.), which clocked a school-record 11:08.41 to better a 30-year old school record.

Kurzdorfer dominated the hammer competition, bettering the competition by nearly 10 feet, while Kenney paced an outstanding showing by the Nittany Lions in the javelin, with sophomore Laura Loht (McClure, Pa.) coming in third in the event.

Kurzdorfer wasted no time in taking the lead, launching a toss of 205-1 (62.53) on her first attempt, which would hold up as the top throw of the day. Kurzdorfer, who was making her first-career appearance at Penn, is the first Nittany Lion to win the women's championship hammer since Jennifer Leatherman took top honors in 2006.

Kenney had an outstanding afternoon, turning in a personal-best throw of 160-8 (48.99) in the victory. Kenney's PR toss also stands as the seventh-farthest effort in the Nittany Lion record books. The freshman is no stranger to success at Penn, having won the high school championship a year ago, via a meet-record attempt of 156-2 (47.62). Kenney also marks the third-straight victory by the Nittany Lions in the event, following Karlee McQuillen, who took titles in 2010 and 2011. Behind Kenney was Loht, who threw 151-2 (46.09) for third to mark her second-straight top three finish at the Relays.

Simko led off the distance medley on the 1200-meters, keeping the Lions in line with the lead pack, thanks to a split of 3:23.0. Iheoma took the baton for the 400-meter leg, and sprinted to a readout of 52.8 - the second-fastest split of the race. Klebe held the Lions in third over the 800-meter carry, splitting 2:09.8 before handing off to Millhouse on the anchor. Millhouse, who set the school-record in the 10,000-meters just a week ago, surged to the lead back from the get-go, and clipped off a 4:42.8 to bring the Lions home in third overall. Villanova won the race, finishing in 11:01.03, with Tennessee following in second in 11:03.53.

The Lions' effort bettered the long-standing 11:09.50 set by Tammie Hart, Patty Murnane, Terry Pioli, and Mary Rawe in 1981.

Penn Relays April 27, 2012 University of Pennsylvania

**Kovacs, Men's SMR Win Penn Relays Crowns
Kovacs ties the long-standing Penn State record in
the shot put**

PHILADELPHIA, Pa. - Senior Joe Kovacs (Nazareth, Pa.) tied the Penn State shot put record in an event-winning effort while the men's sprint medley quartet of Aaron Nadolsky (Altoona, Pa.), Brandon Bennett-Green (Elkins Park, Pa.), Brady Gehret (Altoona, Pa.) and Casimir Loxsom (New Haven, Conn.) picked up the program's second-straight "Championship of America" victory in the event, Friday at the Penn Relays Carnival at Franklin Field. Kovacs led an outstanding showing by the Nittany Lions in the field events on Friday morning, as sophomore Marlene Ricketts (Westbury, N.Y.) also picked up a victory by winning the "eastern" section of the women's triple jump. Actions at Penn continues throughout the afternoon on Friday.

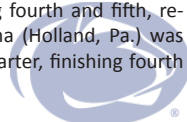
Following solid 200-meter legs from both Nadolsky, and Bennett-Green, Gehret blew open the race with a split of 45.6 on the 400-meter carry, leaving it to Loxsom to cruise to the finish with a 1:50.0 split on the 800-meter anchor. The foursome finished in 3:18.47, running away from the field by nearly three seconds. The victory marks the Lions' second-straight in the event, with Nadolsky, Gehret, and Loxsom all returning from last year's winning contingent.

The win also marks the 24th Penn Relays wheel in men's program history, dating back to 1920. All told, the Nittany Lions have taken top honors in the men's sprint medley on five occasions.

The Lions were just as stellar in the relays, led by a 3:08.60 heat victory from the men's 4x400-meter relay. The Nittany Lion squad, including four Pennsylvania high-school products in Nadolsky, Matt Gilmore (Elkins Park, Pa.), Gehret, and Bennett-Green bettered the a stellar heat, followed by Mississippi State in second at 3:10.41, and St. Augustine's in 3:10.98.

Following a slow start to the day, Kovacs stood seventh overall going into the final, but proceeded to launch three throws over 63-feet on his final attempts, including an outdoor personal-best toss of 65-5 (19.94), which ties the long-standing Penn State record in the event. Kovacs now shares the all-time Nittany Lion lead with former NCAA Champion C.J. Hunter, whose record performance has stood since 1990. In fact, Kovacs is the first Nittany Lion to win the "championship" shot at Penn since Hunter won back-to-back titles in 1989 and 1990.

Kovacs vaulted from fourth to first in the Nittany Lion record books in the efforts, surpassing both 2011 graduate Blake Eaton (64-2.50/19.57; 2010), and Knute Hjeltne (64-0.25/19.51; 1975).



TRACK & FIELD

2012 Meet-by-Meet Recaps

Penn Relays
April 27, 2012
University of Pennsylvania

men's 4x800-Meter Relay Nabs Penn Relays Title
Nittany Lions wrap up weekend with two "Championship of America" wins

PHILADELPHIA, Pa. - Brought home by a stunning finishing kick by freshman Robby Creese (Mt. Airy, Md.), the Nittany Lions - including senior Owen Dawson (Coatesville, Pa.), freshman Ryan Brennan (Chester, N.Y.) and junior Casimir Loxsom (New Haven, Conn.) - added more hardware to the trophy case, winning the 4x800-meter relay at the historic Penn Relays Carnival, Saturday at Franklin Field. The success continued in the men's 4x400-meter relay, with sophomore Aaron Nadolsky (Altoona, Pa.), freshman Matt Gilmore (Elkins Park, Pa.), sophomore Brady Gehret (Altoona, Pa.), and sophomore Brandon Bennett-Green (Elkins Park, Pa.) placing second in the "Championship of America", via a school-record 3:04.78. With the pair of top finishes, the Nittany Lions were named "Power 99" School of the Day for the Saturday session.

The Nittany Lions enjoyed a sensational three days at Penn Relays, including Championship of America relay victories from the men's 4x800, and men's sprint medley, to go along with individual championship showings from Joe Kovacs (Nazareth, Pa.) in the men's shot put, Lauren Kenney (State College, Pa.) in the women's javelin, and Melissa Kurzdorfer (Lancaster, N.Y.) in the women's hammer.

"This was an outstanding Penn Relays for the Nittany Lions," said Director and Head Coach of Track and Field Beth Alford-Sullivan. "We set multiple school records, and were able to bring home two wheels and five overall champions, which is as good a weekend as any program in the meet. The representation from field to track showed that our program is developing and growing to higher and higher levels."

Creese's sizzling anchor - which broke the tape in 7:19.76 - put a stamp on Penn State's sixth Penn Relays victory in the 4x800, and the first since 1987. Dawson led off the effort, bringing the stick around in the front of the pack, thanks to a split of 1:50.8. Brennan, who also turned in readout of 1:50.8, then kept the Lions within striking distance, passing several foes down the homestretch to handoff with Texas A&M holding a comfortable lead. Loxsom bided his time, slowly reeling in the Aggie's third leg - coming from fifth to first over his 800 - to split 1:49.3 and give Creese a lead going into the anchor. Creese then battled within a pack of five, including Texas A&M, Villanova, Columbia, and Oregon on the final carry, but turned on the jets to take the lead going into the bell lap. With Oregon's Elijah Greer closing in on him in the last 100-meters, the freshman managed to find another gear and pulled away from the Duck in the final strides, to finish of a 1:48.9 split, and close out the Lion victory.

The momentum of the victory carried into the 4x400, as the Nittany Lions shaved nearly two seconds off the previous school record of 3:06.50, and narrowly missed winning the second wheel of the afternoon coming in second to Louisiana State, 3:04.47-3:04.78. Trailing Texas A&M going into the third leg, the Lions got a big carry out of Gehret, who turned in a sub-45.0 read out - the fastest of the day - to put the Blue and White in third place with a lap remaining. Bennett-Green would also run a blistering leg on the anchor, picking off A&M down the in the closing meters, and finish of the Lions' record-breaking performance.

The squad bettered the previous Penn State best of 3:06.50 in the effort, which was set earlier this season by Bennett-Green, Gehret, Loxsom, and Emunael Mpanduki.

Sophomore Bekka Simko (Mentor, Ohio) was the top finisher individually, placing fourth in the Olympic Development women's mile, with a PR of 4:40.75. Simko came within an eyelash of putting another school record on the books for the weekend, finishing just shy of Bridget Franek's Penn State best 4:40.65 from 2010.

"It is exciting to represent so well at such a prestigious competition," continued Sullivan. "The pride that our athletes showed in their performances, such as Joe Kovacs in the shot put, and Robby Creese's final kick to hold off Oregon in the 4x800 to the great all-Pennsylvania lineup in the 4x400. This is a weekend that gives our alumni, supporters and university something to be very proud of, especially Coach (Harry) Groves and Dr. (John) Lucas, who have both been instrumental in the success of this program."

Penn State also had an outstanding alumni presence at Penn, with Shana Cox (Great Britain) and Matt Lincoln (Canada) representing their respective countries in the U.S.A. vs. the World portion of the Penn Relays program. Turning in a victory in the Olympic Development shot put was 2011 graduate Blake Eaton, who won with a throw of 62-9.50 (19.14). Fellow alumnus Dane Miller was third in the shot, while Allen Pettner was also an Olympic Development champion, winning the javelin on Friday afternoon.

Jim Thorpe Open
May 4, 2012
Nittany Lion Track

Personal-Best Efforts Highlight Jim Thorpe
Nittany Lions use home competition to prep for Big Ten Championships next weekend

UNIVERSITY PARK, Pa. - Sophomore Kirsten Nieuwendam (Parimaribo, Suriname) turned in a pay of winning efforts, thanks to personal-best performances, Friday at the Jim Thorpe Open at Nittany Lion Track. Leading the way in the field events was Nike athlete and Nittany Lion volunteer assistant Ryan Whiting, who posted a facility-record 70-06.50 (21.50) in the shot put, which also ranks as the fourth-farthest throw in the world this outdoor season.

Nieuwendam had an outstanding afternoon, posting victories in both the 100- and 200-meters, both in career-record fashion. The sophomore started out with victory in the 100, via a personal-best 11.60, which also stands as the third-best time in the Big Ten this season. Nieuwendam came back to pick up another win in the 200, going 23.47 - the second fastest mark in the Big Ten this season, and fourth-best effort in the Penn State record books.

Whiting led a stellar showing from current and former Nittany Lions in the shot put, as the reigning IAAF World Indoor Champion was followed by 2011 Penn State graduate Blake Eaton, who placed second with a PR toss of 65-0.50 (19.82). Senior and NCAA leader Joe Kovacs (Nazareth, Pa.) placed third, going 64-9.25 (19.74).

Turning in a PR to win the javelin was freshman Lauren Kenney (State College, Pa.), who took top honors with a toss of 162-02 (49.42). Teammate Laura Loht (McClure, Pa.) was a close second, posting a throw of 160-7 (48.96).

The Nittany Lions enjoyed a tremendous showing in the throwing events in general, including wins from Kovacs in the discus, Nabil Mubarak (Loganville, Ga.) in the men's hammer, and Melissa Kurzdorfer (Lancaster, N.Y.) in the women's hammer.

The Nittany Lions also had a stellar afternoon in the high jump, led by season bests from winners Erika Morgan (Chesapeake, Va.) and Sean Reilly (Lagrangeville, N.Y.). Reilly skied over a season-best 7-0.50 (2.15), while Morgan topped out at a career-best 5-8.75 (1.75) to win the women's competition. Teammates Sarah Palmer (Gansevoort, N.Y.), and Kelsey Coutts (Powell, Ohio) followed in second and third, respectively, both clearing 5-7 (1.70).

Also picking up wins in the jumps were Tanaya Lloyd (Philadelphia, Pa.) and Brian Leap (Bellwood, Pa.), who won the women's and men's triple jumps, respectively, while Brittney Howell (Wyncote, Pa.) and Doug Moppert (Malvern, Pa.) claimed the long jump competitions. Howell did so in PR fashion, posting a leap of 19-4 (5.98).

The Lions also got a top finish out of Jocelyn Witmer (Lancaster, Pa.), who cleared 12-4 (3.76) to win the women's pole vault.



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2012 Meet-by-Meet Recaps

Big Ten Outdoor Championships May 11, 2012 University of Wisconsin

Millhouse Wins Second-Straight Big Ten 10K
Kurzdorfer turns in runner-up standing in hammer throw

MADISON, Wisc. - Senior Kara Millhouse (Boiling Springs, Pa.) kicked to her second-straight conference 10,000-meter crown, Friday at the Big Ten Outdoor Championships at McClimmon Track, while sophomore Melissa Kurzdorfer (Lancaster, N.Y.) also made the medal stand, taking runner-up honors in the women's hammer throw. The Nittany Lions also had a productive start on the men's side with senior Kyle Dawson (Coatesville, Pa.), who placed fourth in the men's 10,000, and redshirt sophomore Will Barr (Urbana, Ohio), who placed seventh in the men's hammer, putting up points towards the Penn State total.

Running calmly in the pack through over 7,000-meters of the competition, Millhouse unleashed a 73-second 400-meter effort with seven laps remaining to break the field down to a two-woman race with Wisconsin's Caitlin Comfort. After exchanging the lead over the next several laps, Millhouse bided her time, before turning on her signature finishing kick to solidify her second-consecutive 10K title and finish in 34:25.78 - four seconds ahead of the rest of the field. Statistically speaking, Millhouse brings home the third Big Ten 10K title in school history, along with her 2011 crown, and Kim Kelly's victory in 1993.

The men's race also saw an exciting finish for the Nittany Lions, with a strategic race playing out in Dawson's favor as the senior held on to clock 29:16.65 - the second-best 10K performance of his career - for fourth overall. The fourth-place standing is also the highest individual showing by the senior over his stellar Nittany Lion career.

After getting off to a slow start, Kurzdorfer popped a PR effort on her third attempt, going 207-5 (63.23) to move to second place overall. The sophomore then tacked a few more inches onto her career best on her sixth and final attempt of the competition, posting a toss of 207-9 (63.33). Ohio State's Alexis Thomas won the competition via a meet-record effort of 212-0 (64.62). With their respective career-best efforts, Thomas and Kurzdorfer both rank within in the NCAA Top 10, and take over the top two spots in the NCAA East Region, setting up for another battle at the NCAA First Round at the end of the month.

Barr also turned in a series of career-best efforts, posting three throws over 197-feet, including a PR 198-7 (60.53) on his final attempt to move from eighth to seventh overall. Barr's throw, which was the first Big Ten scoring performance of his young career, moves him to fourth best on the all-time Penn State top 10 list. The Lions also saw solid efforts from senior Joe Kovacs (Nazareth, Pa.) and Logan Caldwell (Ebensburg, Pa.), who placed 14th and 15th, respectively - both just shy of making the final. Kovacs posted a season-best 192-0 (58.52), while Caldwell launched a career-best 188-4 (54.41)

Big Ten Outdoor Championships May 12, 2012 University of Wisconsin

Loht Wins Big Ten Javelin Title
Freshman Lauren Kenney takes second in javelin sweep

MADISON, Wisc. - Sophomore Laura Loht (McClure, Pa.) took top honors in the women's javelin, with teammate and freshman Lauren Kenney (State College, Pa.) making it a Nittany Lion sweep in second place, Saturday at the Big Ten Outdoor Championships on McClimmon Track. The Nittany Lions enjoyed an outstanding day in qualifying on both the men's and women's sides, with things shaping up for stellar results on Sunday's final day of competition.

Going into the javelin final in third-place overall, Kenney unleashed her best throw of the afternoon on her fifth attempt, posting a mark of 159-04 (48.57) to overtake her teammate for the overall lead. Loht would wait for her final attempt, and the final throw of the competition to turn in the day's best performance, throwing 160-11 (49.05) for her first-career Big Ten title. Loht is the Nittany Lions' second champion of the weekend, following Kara Millhouse (Boiling Springs, Pa.) in the 10,000-meters on Friday. The sophomore is also the second-straight Penn State athlete to take top honors in the event, matching Karlee McQuillen's victory from 2011.

Also turning in a scoring performance in a Saturday final was junior Natalie Bower (Pleasant Unity, Pa.) in the 3,000-meter steeplechase. Bower clocked 10:17.83 - the second-fastest effort of her career - on her way to a sixth-place finish.

Scoring on the men's side was junior Sean Reilly (Lagrangeville, N.Y.), who cleared 7-00.25 (2.14) to finish fifth in the men's high jump.

Thanks to scoring efforts from Loht, Kenney, and Bower, the Nittany Lion women have accumulated 39 points over the first two days of competition, which currently stands second in the team standings. The Nittany Lions trail only host Wisconsin with 52, while Purdue sits third with 32, Minnesota is in fourth with 27, and Michigan State rounds out the top five with 25 with seven events in the books.

Sophomore Brittney Howell (Wyncote, Pa.) was the top Nittany Lion finisher in the women's heptathlon, taking ninth overall with a personal-best total of 5093 points. Howell's top event finish of the day was a sixth-place showing in the long jump with a leap of 18-6.50 (5.65). Also enjoying a personal-best showing was senior Anya Uzoh (Laurel, Md.), who took 10th overall in the men's decathlon. Uzoh posted a career-best total of 7119 - the eighth-best showing in the Penn State record books. Highlighting Uzoh's day two efforts was a personal-best toss of 160-11 (49.05) in the javelin.

Big Ten Outdoor Championships May 13, 2012 University of Wisconsin

Victories Highlight Final Day at Big Tens
Kovacs, Loxsom, Gehret, and men's 4x400-meter relay claim conference title

MADISON, Wisc. - Senior Joe Kovacs (Nazareth, Pa.), junior Casimir Loxsom (New Haven, Conn.) and sophomore Brady Gehret (Altoona, Pa.) claimed individual titles, while the quartet of Aaron Nadolsky (Altoona, Pa.), Loxsom, Gehret, and Brandon Bennett-Green (Elkins Park, Pa.) took top honors in the 4x400-meter relay to wrap up a stellar weekend of action, Sunday at the Big Ten Outdoor Championships at McClimmon Track.

Kovacs claimed gold-medal honors in one of the most hotly contested shot put competitions of the outdoor season, posting a career-best and school-record toss of 68-5 (20.85) - the farthest winning performance since 1982. Not only was Kovacs' mark a school record, but makes him the eighth-ranked individual in the world this year, and is the best performance in the NCAA by nearly three feet. With Nebraska's Luke Pintelman coming out the gate with a whopping 65-08.25 (20.02), Kovacs remained cool under pressure, launching three-straight efforts of 20-meters or better to earn his first-career outdoor crown.

Kovacs' victory is also the third-straight for the Nittany Lions in the event, following up on victories by former teammate Blake Eaton in 2010 and 2011. Teammate Logan Caldwell (Ebensburg, Pa.) also had a career-best afternoon, going 61-11.75 (18.89) for fourth place.

Just as Kovacs big throw hit the ground, the Nittany Lions got things rolling on the track, with Gehret clocking a career-best 45.22 - the fourth-fastest performance in the NCAA this year - to win the men's 400-meters. Also turning in a PR was Bennett-Green, who posted an effort of 45.94 to pick up a bronze-medal finish. The Nittany Lion tandem now rank second and third in school history in the event, with Gehret coming up just shy of Mike Sands' long-standing 45.20 from 1975. Gehret would also come back to turn in a runner-up finish in the 200-meters in a PR 20.62 to cap off an outstanding weekend individually.

Loxsom would throw in surge with just over a half lap remaining in the 800-meters, sprinting away from the field to clinch his third-straight Big Ten outdoor title in the event. Loxsom's season-best effort of 1:46.12 - a new McClimmon facility record - is also a new Big Ten meet record, bettering the 1:46.33 set by Illinois' Marko Koers in 1992. The mark is also third best among NCAA competitors this spring.

The Nittany Lions - Nadolsky, Loxsom, Gehret, and Bennett-Green - wrapped up competition with a bang, taking the program's first-ever Big Ten title in the 4x400-meter relay, thanks to a winning time of 3:04.78, which also matches the Penn State record set at Penn Relays two weeks ago. Historically speaking, the effort was the fastest winning time since 1994, and just off the Big Ten meet record 3:04.45, set by Indiana in 1985.



2012 Meet-by-Meet Recaps

NCAA Eastern Preliminary May 24, 2012 University of North Florida

**Barr, Kenney, Loht Advance to NCAA Finals
Nittany Lions produce outstanding results on Day
One of NCAA First Round**

JACKSONVILLE, Fla. - Redshirt sophomore William Barr (Urbana, Ohio), freshman Lauren Kenney (State College, Pa.), and sophomore Laura Loht (McClure, Pa.) each extended their seasons in their respective events on Thursday, advancing to the NCAA Outdoor Championships via qualifying performances at the NCAA Eastern First Round at the University of North Florida. The Nittany Lions enjoyed an outstanding afternoon overall, with numerous athletes advancing to later rounds in the track events.

Barr got things started with a bang, launching a personal-best 183-6 (55.93) in the discus on his first attempt of the competition. The effort, which is a personal-best by over four feet, held up for fifth overall on the afternoon, and was good for one of the 12 coveted qualifying positions for the NCAA Finals, set for June 6-9, in Des Moines, Iowa. Barr's attempt was also notable in the Nittany Lion record books, as it stands sixth on the all-time Penn State top 10 list. The trip to the NCAA Finals will be the first for the redshirt sophomore, who is also slated to compete in the hammer throw on Friday morning.

The success in the throws continued in the women's javelin, with Kenney leading the field with a personal-best toss of 162-10 (49.65). The freshman, who bettered her own career record by more than two feet, enjoyed an outstanding series overall, with four of her six throws measuring at 154-feet or better. Loht, who has guaranteed her second-consecutive trip to Des Moines, recorded an effort of 154-4 (47.04) on the afternoon, which held up for the seventh-best performance of the competition. The underclassman duo have been on fire all season, coming off of a one-two finish at the Big Ten Championships earlier this month, where Loht won her first-career conference crown, with Kenney following in second.

The Nittany Lions also impressed in the track events, with Brady Gehret (Altoona, Pa.), Brandon Bennett-Green (Elkins' Park, Pa.), Casimir Loxsom (New Haven, Conn.), Robby Creese (Mt. Airy, Md.), Doris Anyanwu (Beltsville, Md.), and Rebekka Simko (Mentor, Ohio) all advancing towards further competition, this weekend in Jacksonville.

Simko had a stellar afternoon in the middle distances, earning quarterfinal bids in both the 800- and 1500-meters. The sophomore began the afternoon running 4:24.59 in the 1500, finishing fifth in her heat to earn one of the five automatic-advancing positions. But her afternoon wasn't complete, as Simko returned to the track two hours later to qualify for the next round of the 800, via a finishing time of 2:07.07, to advance on time. Simko will be back tomorrow to run the 800 quarterfinal, and run again on Saturday in the 1500, with spots to the NCAA Finals on the line in both events.

NCAA Eastern Preliminary May 25, 2012 University of North Florida

**Gehret, Loxsom, Simko Punch Tickets to Des Moines
Nittany Lions to conclude action at NCAA First Round
on Saturday**

JACKSONVILLE, Fla. - Junior Casimir Loxsom (New Haven, Conn.), and sophomores Brady Gehret (Altoona, Pa.) and Rebekka Simko (Mentor, Ohio) will all advance to the NCAA Outdoor Championships next month, thanks to qualifying efforts in the quarterfinal rounds, Friday at the NCAA Eastern Preliminary at Hodges Stadium. The Nittany Lions are developing quite a travel roster for the NCAA Finals, with sophomores Will Barr (Urbana, Ohio), and Laura Loht (McClure, Pa.), and freshman Lauren Kenney (State College, Pa.) all earning bids to Des Moines during competition on Thursday.

Loxsom turned on the jets in the final 200-meters of his 800-meter quarterfinal, running away with the heat victory in 1:47.69 - the second-fastest performance in qualifying. The junior, who placed fourth in the event at NCAAAs a year ago, has now guaranteed his third-straight trip to the NCAA Outdoor Championships, and his sixth NCAA appearance overall. The Nittany Lions will also be represented in the women's 800 in Des Moines, thanks to Simko, who placed third in her half mile heat to automatically advance. The sophomore, who will also run the quarterfinal round of the 1500-meters on Saturday, ran 2:05.81 - her second-fastest performance of the outdoor season - to claim her first-career bid to the NCAA Championships.

Gehret easily qualified through in the 400-meters, sprinting to a finishing time of 45.56 to place second in his section, and third overall. The Altoona, Pa., product already has a pair of NCAA appearances under his belt, including a third-place finish in the 400 at the NCAA Indoor Championships as a freshman. Teammate Brandon Bennett-Green (Elkins' Park, Pa.) came up just shy of advancing to Des Moines, running 46.45 to place 17th overall - just .15 seconds from the 12th-and-final qualifying position. Gehret, Loxsom, and Bennett-Green are all slated to come back and compete on Penn State's 4x400-meter relay on Saturday.

In preliminary action, sophomore Kirsten Nieuwendam (Parimaribo, Suriname) earned a spot in the quarterfinal of the women's 200-meters, running 24.06 in the first round of heats. Junior Doris Anyanwu (Beltsville, Md.) also competed in the sprints, placing 18th overall in the 400-meter hurdles in 59.38 - just off of making the trip to the NCAA Finals.

In the longer distances, junior Lindsey Graybill (Macon, Ga.) was the Nittany Lions' top finisher, placing 21st in the 3,000-meter steeplechase. The junior clocked a personal-best 10:20.33 in the effort - a career low by nearly 10 seconds, as well as the fifth-fastest performance in school history.

NCAA Eastern Preliminary May 26, 2012 University of North Florida

**Final Day Yields More NCAA Qualifiers
Track and field to send a total of 16 athletes to NCAA
Outdoor Championships**

JACKSONVILLE, Fla. - The men's 4x400-meter quartet of Aaron Nadolsky (Altoona, Pa.), Brandon Bennett-Green (Elkins' Park, Pa.), Casimir Loxsom (New Haven, Conn.) and Brady Gehret (Altoona, Pa.) blitzed to a school-record 3:03.57, on their way to an NCAA-qualifying performance during the final day of action at the NCAA Eastern Preliminary, Saturday, at the University of North Florida. Also moving on to the NCAA Outdoor Championships, via qualifying performances on Saturday are throws standouts Joe Kovacs (Nazareth, Pa.) in the men's shot put, and Melissa Kurzdorfer (Lancaster, N.Y.) in the women's hammer throw, as well as the women's 4x400 squad of Doris Anyanwu (Beltsville, Md.), Dynasty McGee (Ypsilanti, Mich.), Ijeoma Iheoma (Holland, Pa.) and Kirsten Nieuwendam (Parimaribo, Suriname).

The Nittany Lions, who finished second in the event at the NCAA Indoor Championships, continued to rewrite the Penn State record books in the 4x400, combining to run 3:03.57 - the second-fastest time of the evening. With the effort, the foursome bettered the previous school record of 3:04.78, which the Nittany Lions clocked twice this spring. Gehret, who qualified for the NCAA Championships in the open 400-meters yesterday, clocked the top split on the anchor, bringing the stick around in 44.36, officially, to put the Nittany Lions second behind LSU in 3:03.20.

The Lions were among a slew of impressive finishes in the event, which saw four squads dip under 3:04, as well as another pair under 3:05. Florida finished third overall in 3:03.64, with George Mason following in 3:03.82. The women's 4x400 matched the men's qualifying effort, advancing to Des Moines via a finishing time of 3:36.64. Iheoma and Nieuwendam both ran solid splits on the third and fourth legs, with Iheoma going 53.53 on the third leg, and Nieuwendam anchoring in 53.62, to bring the Lions across as the fourth-place team in their qualifying section.

Also running away with the competition was Kovacs, who recorded a toss of 65-4 (19.91) to easily earn one of the top 12 qualifying positions in the men's shot put. Kovacs' performance, which guarantees his third-straight appearance at the NCAA Outdoor Championships, tied Auburn's Stephen Saenz for the top mark of the day. The senior, who leads the NCAA in the event with a PR 68-5 (20.85), placed third in Des Moines in 2011. Teammate Logan Caldwell (Ebensburg, Pa.) came within inches of a trip to the Championships, placing 16th overall with a toss of 59-1.25 (18.01).

Kurzdorfer would post a personal-best effort to advance in the hammer, putting up a performance of 207-10 (63.35) to end up second overall on the afternoon. Starting off slow out of the gate, Kurzdorfer advanced to the event final, and punched her PR on her fifth attempt. The sophomore will be making her second-straight trip to the NCAA Finals in the event, having finished 12th a year ago.



2012 Penn State Women's Outdoor Performance List

WOMEN'S 100 METERS

PSU: 11.21 - Connie Moore, 2003

11.60	2.4	Kirsten Nieuwendam	May-4
11.92	0.0	Nieuwendam	Mar-31
12.23	0.0	Mahogany Jones	May-12
12.58	0.8	Gabrielle Barbour	Apr-15

WOMEN'S 200 METERS

PSU: 22.45 - Connie Moore, 2004

23.47	0.7	Kirsten Nieuwendam	May-4
24.04	0.7	Ije Iheoma	May-4
24.37	1.4	Dynasty McGee	Mar-31
24.61	1.0	Mahogany Jones	May-12
25.02	2.1	Brittney Howell	Mar-31
25.71	0.9	Gabrielle Barbour	May-4
25.76	1.9	Rachel Chernaskey	May-11

WOMEN'S 400 METERS

PSU: 50.84 - Shana Cox, 2008

53.17		Ije Iheoma	May-12
54.53		Dynasty McGee	May-12
54.64		Kirsten Nieuwendam	Apr-21
55.35		Doris Anyanwu	Apr-21

WOMEN'S 800 METERS

PSU: 2:04.37 - Tammie Hart, 1985

2:05.40		Bekka Simko	Apr-7
2:10.08		Marta Klebe	Apr-7
2:10.50		Colleen Shannon	May-12
2:17.69		Markea Dickinson	Apr-15
2:19.82		Abbie Benson	Mar-31
2:20.00		Tori Perri	Apr-21
2:22.16		Natalie Bower	Mar-31
2:22.49	M	Rachel Chernaskey	May-12
2:24.00		Rachel Casciano	Apr-21
2:31.24	M	Brittney Howell	Mar-30

WOMEN'S 1500 METERS

PSU: 4:16.96 - Doreen Startare, 1983

4:20.11		Bekka Simko	Apr-14
4:23.54		Kara Millhouse	Apr-14
4:27.88		Marta Klebe	Apr-14
4:30.92		Tori Perri	May-12
4:30.94		Abbie Benson	Mar-31
4:32.40		Brooklyne Ridder	Apr-21
4:35.22		Natalie Bower	Mar-31
4:36.57		Lindsey Graybill	Apr-21
4:42.03		Kalyn Fisher UNA	May-4
4:42.22		Kerrin Jennings UNA	Apr-14
4:42.70		Rachel Casciano	May-12
4:43.09		Markea Dickinson	Apr-21
4:43.86		Lauren Mills	Apr-21
4:49.17		Dani Kocjancic	May-4
4:52.65		Gwenn Porter	Apr-14

WOMEN'S MILE RUN

PSU: 4:40.65 - Bridget Franek, 2010

WOMEN'S 3,000 METERS

PSU: 9:08.04 - Kathy Mills, 1978

9:36.36		Brooklyne Ridder	Apr-26
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WOMEN'S 5,000 METERS

PSU: 15:32.53 - Kathy Mills, 1978

16:14.98		Brooklyne Ridder	Apr-6
16:34.35		Kara Millhouse	May-13
16:45.01		Natalie Bower	May-13
17:19.17		Emily Giannotti	May-13
17:35.68		Katie Rodden	Apr-14
17:51.47		Dani Kocjancic	Apr-14
18:07.52		Lauren Mills	Apr-14

WOMEN'S 10,000 METERS

PSU: 33:31.37 - Kara Millhouse, 2012

33:31.37		Kara Millhouse	Apr-19
38:55.53		Katie Rodden	May-11

WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, 2010

13.91	M 1.9	Brittney Howell	May-11
15.69	M 0.0	Chernaskey	Mar-31

WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr (2010)

58.93		Doris Anyanwu	May-13
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WOMEN'S 3000M STEEPLECHASE

PSU: 9:32.35 - Bridget Franek, 2010

10:14.27		Natalie Bower	Apr-26
10:20.33		Lindsey Graybill	May-25
10:28.82		Emily Giannotti	Apr-26
10:35.53		Abbie Benson	Apr-26

4x100-METER RELAY

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

45.91		Nieuwendam, Iheoma, McGee, Anyanwu	May-12
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4x200-METER RELAY

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

4x400-METER RELAY

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

3:33.02		Anyanwu, McGee, Iheoma, Nieuwendam	May-13
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4x800-METER RELAY

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

9:05.23		Shannon, Perri, Klebe, Dickinson	Apr-28
9:09.51		Shannon, Perri, Casciano, Klebe	Apr-15

SPRINT MEDLEY RELAY

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

3:55.19		McGee, Nieuwendam, Iheoma, Klebe	Apr-27
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DISTANCE MEDLEY RELAY

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

11:08.41		Simko, Iheoma, Klebe, Millhouse (3:23.0, 52.8, 2:09.8, 4:42.8)	Apr-26
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4x1500-METER RELAY

PSU: 17:57.28 - Noecker, Franek, Percival, Rosenfeld, 2007

WOMEN'S HIGH JUMP

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

5-8.75	(1.75)	Sarah Palmer	Apr-15
5-8.75	(1.75)i	Erika Morgan	May-4
5-7	(1.70)i	Kelsey Coutts	May-4
5-5.75	(1.67) M	Brittney Howell	Mar-29
5-3	(1.60)i	Brooke Owen	May-4
5-1	(1.55)	Rachel Chernaskey	Apr-15
5-1	(1.55)	S. Olafson UNA	Apr-15

WOMEN'S POLE VAULT

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

12-8.75	(3.88)	Jocelyn Witmer	Apr-7
12-6.25	(3.82)	Amanda Palenchar	Mar-31
11-0.25	(3.36)	Lindsay Bacik	May-4

WOMEN'S LONG JUMP

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

19-4	(5.89)	1.4	Brittney Howell	May-4
19-0.75	(5.81)		Tanaya Lloyd	Apr-14
18-3	(5.56)	w 3.1	Marlene Ricketts	May-4
18-0.50	(5.49)		Ricketts	Apr-14
17-7	(5.36)		Rachel Chernaskey	Apr-14
16-6.50	(5.04)		B. Rauenzahn UNA	Apr-14
16-2.25	(4.93)		Sarah Palmer	Apr-21

WOMEN'S TRIPLE JUMP

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

42-3.50	(12.89)	0.8	Tanaya Lloyd	May-13
41-10.75	(12.77)	w 2.3	Marlene Ricketts	May-26
41-2.25	(12.55)	1.2	Ricketts	May-26

WOMEN'S SHOT PUT

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

48-2	(14.68)		Melissa Kurzdorfer	Mar-31
41-8.50	(12.71)		Anna Muzio	Apr-21
37-3.25	(11.36)		Brittney Howell	May-11
30-7.75	(9.34)		Rachel Chernaskey	May-11

WOMEN'S DISCUS

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

165-9	(50.53)		Melissa Kurzdorfer	May-13
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WOMEN'S HAMMER

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

207-10	(63.35)		Melissa Kurzdorfer	May-26
129-1	(39.34)		Anna Muzio	Apr-15

WOMEN'S JAVELIN

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

163-9	(49.91)		Laura Loht	Apr-7
162-10	(49.65)		Lauren Kenney	May-24
138-3	(42.13)		Susie Pancoast	Apr-14
137-3	(41.84)		Megan Boyer	May-12
133-5	(40.66)		Mel Leszczynski	Apr-14
128-1	(39.04)		Olivia Mangan	May-4
87-0	(26.52) M		Brittney Howell	May-12
70-0	(21.33) M		Rachel Chernaskey	Mar-31

WOMEN'S HEPTATHLON

PSU: 5797 - Gayle Hunter, 2009

5093		Brittney Howell	May-11-12
4379		Rachel Chernaskey	May-11-12

Key -

BOLD - School Record

M - Mark from Multi-Event Competition

w - Wind Aided (+2.0)

i - Contested Indoors (Weather)

as of May 28



TRACK & FIELD

2012 Penn State Men's Outdoor Performance List

MEN'S 100 METERS

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

10.86 1.7	Aaron Nadolsky	Apr-14
10.98 1.7	Matt Gilmore	Apr-114
11.11M 0.0	Anya Uzoh	Mar-29
11.39 0.0	Sancho Barrett	Apr-15

MEN'S 200 METERS

PSU: 20.23 - Michael Timpson, 1986

20.62 0.8	Brady Gehret	May-13
21.13 2.0	Brandon Bennett-Green	Mar-31
21.28 2.0	Aaron Nadolsky	Mar-31
21.47w 2.7	Emunael Mpanduki	May-4
21.80 0.5	Matt Gilmore	Apr-21
22.19 0.0	Mpanduki	Apr-7
22.31 0.5	Bernard Bennett-Green	Apr-21
22.88 1.1	Sancho Barrett	Apr-21

MEN'S 400 METERS

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

45.22	Brady Gehret	May-13
45.94	Brandon Bennett-Green	May-13
47.77	Matt Gilmore	Apr-21
47.91	Emunael Mpanduki	May-4
48.04	Aaron Nadolsky	Apr-21
48.43	Bernard Bennett-Green	May-4
49.91M	Anya Uzoh	Mar-29

MEN'S 800 METERS

PSU: 1:45.28 - Casimir Loxsom, 2011

1:46.12	Casimir Loxsom	May-13
1:48.97	Owen Dawson	Apr-7
1:49.92	Robby Creese	Apr-7
1:50.30	Ryan Brennan	Apr-21
1:54.35	Connor Manley	Mar-31
1:55.16	Mark Fuller	May-4
1:57.29	Wade Endress	Apr-7

MEN'S 1500 METERS

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

3:42.54	Owen Dawson	Apr-21
3:42.87	Robby Creese	May-13
3:52.71	Vince McNally	Apr-17
3:53.27	Wade Endress	Apr-21
3:57.38	Mark Fuller	Apr-14
3:58.04	Nick Scarpello	Apr-14
3:58.91	Colin Baker	Apr-21
3:58.50	Chris Campbell	May-4
4:38.92 M	Anya Uzoh	May-12

MEN'S MILE RUN

PSU: 3:58.4 - Larry Mangan, 1980

MEN'S 3,000 METERS

PSU: 7:54.0 - George Malley, 1977

MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, 1972

14:04.36	Kyle Dawson	Apr-26
14:06.94	Vince McNally	Apr-26
14:11.47	Matt Fischer	Apr-6
14:30.43	Chris Cipro	Apr-26
14:46.79	Nick Scarpello	Apr-26
14:48.74	Tom Luff	Apr-14

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, 1972

28:55.33	Kyle Dawson	Apr-6
29:53.07	Chris Cipro	Apr-14
30:36.77	Tom Luff	Apr-26

MEN'S 100-METER HURDLES

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

14.70	Sancho Barrett	May-4
15.81	Anya Uzoh	Mar-31

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, 1976

MEN'S 3000M STEEPLECHASE

PSU: 8:22.5 - George Malley, 1977

9:21.75	Nick Scarpello	Apr-21
9:40.90	Chris Campbell	Apr-21

MEN'S 4x100-METER RELAY

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

40.95	Mpanduki, Nadolsky, Gilmore, Br. Bennett-Green	Mar-31
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MEN'S 4x200-METER RELAY

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

MEN'S 4x400-METER RELAY

PSU: 3:03.57 - Nadolsky, Br. Bennett-Green, Loxsom, Gehret, 2012

3:03.57	Nadolsky, Br. Bennett-Green, Loxsom, Gehret (47.4, 45.7, 45.9, 44.4)	May-26
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3:04.78	Nadolsky, Gilmore, Gehret, Br. Bennett-Green (47.2, 47.4, 44.1, 46.1)	Apr-28
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3:06.50	Br. Bennett-Green, Gehret, Loxsom, Mpanduki	Apr-7
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3:16.47	Be. Bennett-Green, Mpanduki, Brennan, Manley	Mar-31
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3:19.79	O. Dawson, Brennan, Manley, Endress	Apr-7
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MEN'S 4x800-METER RELAY

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

7:19.76	O. Dawson, Brennan, Loxsom, Creese (1:50.8, 1:50.8, 1:49.3, 1:48.9)	Apr-28
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7:44.37	Endress, Brennan, Baker, Manley	Apr-15
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MEN'S SPRINT MEDLEY RELAY

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

3:18.47	Nadolsky, Apr-27 Br. Bennett-Green, Gehret (45.6), Loxsom (1:50.0)	
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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

7-0.50 (2.15)i	Sean Reilly	May-4
6-11.50 (2.12)i	Jon Hendershot	May-4
6-8.25 (2.04)	Mike McClelland	Apr-14
6-6.25 (1.99) M	Anya Uzoh	Mar-31

MEN'S POLE VAULT

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

14-9 (4.50)	E. Artusio UNA	Apr-15
14-1.25 (4.30) M	Anya Uzoh	Mar-31
13-7.25 (4.15)	Jason Pelletier	May-4
13-3.50 (4.05)	David Patzer	Apr-15

MEN'S LONG JUMP

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

24-0.25 (7.32)	Doug Moppert	Apr-14
23-4 (7.11)	Brian Leap	May-4
22-11.75 (7.00) M	Anya Uzoh	Mar-31

MEN'S TRIPLE JUMP

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

49-3.75 (15.03) 0.3	Brian Leap	May-4
49-0.25 (14.94) -0.4	Hanif Johnson	Apr-7
45-10.75 (14.01)	Dan Sandrowicz	Apr-21

MEN'S SHOT PUT

PSU: 68-5 (20.85) - Joe Kovacs, 2012
Decathlon: 48-9.50 (14.87) - Barry Walsh, 1989

68-5 (20.85)	Joe Kovacs	May-13
61-11.75 (18.89)	Logan Caldwell	May-13
54-5.25 (16.59)	Nabil Mubarak	Apr-21
41-8.50 (12.71)	Anya Uzoh	May-11

MEN'S DISCUS

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

183-6 (55.93)	Will Barr	May-24
176-9 (53.88)	Joe Kovacs	Apr-14
119-5 (36.40)	Anya Uzoh	May-12

MEN'S HAMMER

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

198-7 (60.53)	Will Barr	May-11
192-0 (58.52)	Joe Kovacs	May-11
188-4 (57.41)	Logan Caldwell	May-11
185-6 (56.54)	Nabil Mubarak	May-4

MEN'S JAVELIN

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

207-0 (63.09)	Eli Skinner	May-7
157-10 (48.12)	Anya Uzoh	Mar-31
156-5 (47.68)	Justin Nykiel	May-7

MEN'S DECATHLON

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

7119	Anya Uzoh	May-11-12
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Key - **BOLD** - School Record; M - Mark from Multi-Event Competition; UNA - Unattached; i - Contested Indoors (Weather)



All-Time Women's Top 10 Performances

100-Meter Dash

1.	11.21	Connie Moore	2004
2.	11.27	Shavon Greaves	2010
3.	11.56	Kamilah Salaam	2004
-	11.60 W + 2.4	Kirsten Nieuwendam	2012
4.	11.63 (11.57w)	Aleesha Barber	2008
5.	11.68	Vivian Riddick	1983
6.	11.70	Sara Shoaff	2006
7.	11.72	Caitlin DeFusco	2010
8.	11.78	Tiffany Glenn	1999
9.	11.80	Jackie Brown	1991
10.	11.81	Chioma Aduba	2004

200-Meter Dash

1.	22.45	Connie Moore	2004
2.	23.07	Shavon Greaves	2010
3.	23.15 (22.92w)	Shana Cox	2008
4.	23.47	Kirsten Nieuwendam	2012
5.	23.61	Kamilah Salaam	2004
6.	23.70	Sara Shoaff	2005
7.	23.81 (23.56w)	Gayle Hunter	2008
8.	23.85	Debbie Lewis	1980
9.	23.90	Vivian Riddick	1983
10.	23.92	Dominique Blake	2008

400-Meter Dash

1.	50.84	Shana Cox	2008
2.	52.15	Dominique Blake	2008
3.	52.51	Fawn Dorr	2010
4.	53.17	Ije Iheoma	2012
5.	53.74	Laila Brock	1998
6.	53.74	Janice Carter	1988
7.	53.80	Tammie Hart	1981
8.	54.15	Shavon Greaves	2010
9.	54.29	Aleesha Barber	2010
10.	54.36	Doris Anyanwu	2010

800-Meter Run

1.	2:04.37	Tammie Hart	1985
2.	2:04.72	Briene Simmons	2006
3.	2:05.40	Bekka Simko	2012
4.	2:05.66	Janice Carter	1985
5.	2:06.68	Terry Pioli	1981
6.	2:05.69	Erica Bosler	1998
7.	2:06.80	Maura Ryan	2011
8.	2:07.26	Judi Cassel	1995
9.	2:08.09	Teressa DiPerna	1989
10.	2:08.10	Kim Certain	1988

1500-Meter Run

1.	4:16.96	Doreen Startare	1993
2.	4:17.40	Kim McGreevy	1997
3.	4:17.54	Mary Rawe	1981
4.	4:18.33	Bridget Franek	2010
5.	4:19.83	Patty Murnane	1981
6.	4:20.11	Bekka Simko	2012
7.	4:20.40	Caitlin Lane	2010
8.	4:21.10	Heather Carmichael	1980
9.	4:21.31	Susanne Heyer	1999
10.	4:23.54	Kara Millhouse	2012

5000 Meters

1.	15:32.52	Kathy Mills	1978
2.	15:46.08	Bridget Franek	2010
3.	15:53.50	Paula Renzi	1985
4.	16:06.32	Kim Kelly	1993
5.	16:09.38	Stacy Prey	1990
6.	16:12.0	Kris Bankes	1978
7.	16:14.98	Brooklyne Ridder	2012
8.	16:16.89	Peggy Cleary	1980
9.	16:18.14	Caitlin Lane	2011
10.	16:25.09	Kara Millhouse	2011

10,000 Meters

1.	33:31.37	Kara Millhouse	2012
2.	34:00.00	Natalie Updegrove	1983
3.	34:02.52	Kim Kelly	1993
4.	34:02.80	Kris Kelly	1993
5.	34:09.00	Kelli Hunt	1993
6.	34:20.1	Donna Fidler	1999
7.	34:24.07	Peggy Cleary	1980
8.	34:31.75	Cheryl Spring	2010
9.	34:39.89	Molly Landreth	2003
10.	34:55.84	Wendy Nelson	1991

100 Hurdles

1.	12.85	Aleesha Barber	2010
2.	13.11	Evonne Britton	2011
3.	13.35	Gayle Hunter	2009
4.	13.36	Toyin Augustus	2001
5.	13.83	Kamilah Salaam	2006
		Monique Walker	2006
7.	13.91	Brittney Howell	2012
8.	14.13	Pam Connell	1991
9.	14.19	Carla Criste	1986
10.	14.21	Shelley Mitchell	1990
		Sue Lindner	1982

400 Hurdles

1.	55.57	Fawn Dorr	2010
2.	57.00	Aleesha Barber	2007
3.	57.32	Evonne Britton	2010
4.	57.35	Megan Duncan	2011
5.	57.88	Shelley Mitchell	1991
6.	58.45	Tammie Hart	1982
7.	58.60	Ernestine Marsh	1987
8.	58.77	Kim Markel	2007
9.	58.93	Doris Anyanwu	2012
10.	60.46	Adrienne McCray	1996

3,000-Meter Steeplechase

1.	9:32.35	Bridget Franek	2010
2.	10:07.78	Molly Landreth	2003
3.	10:14.27	Natalie Bower	2012
4.	10:16.91	Tracey Brauksieck	2003
5.	10:20.33	Lindsey Graybill	2012
6.	10:24.01	Claire Percival	2007
7.	10:26.41	Nicole Lord	2010
8.	10:28.82	Emily Giannotti	2012
9.	10:34.25	Cheryl Spring	2008
10.	10:35.53	Abbie Benson	2012

4x100-Meter Relay

1.	44.25	Fox, Shoaff, Moore Aduba	2003
2.	44.38	Salaam, Aduba, Shoaff, Moore	2004
3.	44.57	Greaves, DeFusco, Barber, Dorr	2010
4.	44.80	Cox, Walker, Salaam, Shoaff	2006
5.	44.86	Greaves, Cox, Barber, Blake	2008

4x400-Meter Relay

1.	3:27.69	Blake, Barber, Hunter, Cox	2008
2.	3:30.34	Barber, Greaves, Hunter, Dorr	2009
3.	3:30.35	Greaves, DeFusco, Iheoma, Duncan	2011
3.	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010
4.	3:31.75	Blake, Simmons, Hunter, Cox	2007

High Jump

1.	6-0 (1.83)	Shelley Mitchell	1992
2.	5-11 1/4 (1.81)	Pam Connell	1991
3.	5-11 (NMC)	Antoinette O'Carroll	1987
4.	5-10 1/2 (1.79)	Karen Krawick	1980
	5-10 1/2 (1.79)	Jenny Williams	1987
	5-10 1/2 (1.79)	Leslie Lippincott	1991
7.	5-10 1/4 (NMC)	Holly Jones	1992
8.	5-10 (1.78)	Deb Ford	1988
9.	5-9 3/4 (1.77)	Carmen Mann	1990
10.	5-9 (NMC)	Felicia Cooksey	1999

NMC - No Metric Conversion

Pole Vault

1.	13-1 1/2 (4.00)	Sara Dougherty	2004
2.	12-9 1/2 (3.90)	Jocelyn Witmer	2010
3.	12-8.25 (3.87)	Caitlin Fairbairn	2010
4.	12-6.25 (3.82)	Amanda Palenchar	2012
5.	12-5 1/2 (3.80)	Kelly Nesbit	2005
6.	12-2 (3.71)	Lindsey McDonnell	2002
7.	11-7 3/4 (3.55)	Biz Curran	2002
	11-7 3/4 (3.55)	Rachel NeMoyer	2008
9.	11-5 3/4 (3.50)	Kim Pfeifer	2005
10.	11-0 3/4 (3.37)	Dana Gioia	2003

Long Jump

1.	21-6 (6.55)	Chi-Chi Aduba	2004
2.	21-4 3/4 (6.52)	Gayle Hunter	2008
3.	20-10 3/4 (6.37)	Carmen Mann	1989
	20-10 3/4 (6.37)	Shakeema Walker	1999
4.	20-10.50 (6.36) w	Bianca Fung	2009
5.	20-4 1/2 (6.21)	Vivian Riddick	1982
6.	20-4 1/4 (6.20)	Monique Gillman	1997
7.	20-3 (6.17)	Lena Bettis	2007
9.	19-8 (5.99)	Stephanie Gurysh	1986
10.	19-7 (5.97)	Pam Connell	1987

Triple Jump

1.	44-6.75 (13.58)	Chi-Chi Aduba	2004
2.	44-3 (13.48)	Shakeema Walker	1999
3.	43-1 (13.13)	Carmen Mann	1990
4.	42-3.50 (12.89)	Tanaya Lloyd	2012
5.	41-7 (12.67)	Lena Bettis	2007
6.	41-2.50 (12.56)	Gayle Hunter	2007
	41-2.50 (12.56)	Alicia Porro	1992
8.	41-2.25 (12.55)	Marlene Ricketts	2012
9.	40-9 (12.42)	Hanna Humphreys	1984
10.	40-8.75 (12.41)	Stephanie Gurysh	1986

Shot Put

1.	55-4 3/4 (16.88)	Ja'Nai O'Connor	2004
2.	55-0 (16.76)	Elaine Sobansky	1984
3.	53-8 1/4 (16.36)	Jennifer Leatherman	2006
4.	52-6 (16.00)	Jane Swenson	2011
5.	51-6 1/4 (15.70)	Deshaya Williams	2003
6.	50-3 1/2 (15.58)	Emma Schmelzer	2009
7.	48-6 (14.78)	Kim Hicks	1998
8.	48-2 (14.68)	Melissa Kurzdorfer	2012
9.	47-10 (14.58)	Kim Kessell	1990
10.	47-7 3/4 (14.52)	Toya Woods	2007

Discus

1.	185-1 (56.41)	Deshaya Williams	2001
2.	173-4 (52.83)	Christen Clemson	2007
3.	170-0 (51.82)	Jennifer Leatherman	2006
4.	167-7 (51.08)	Elaine Sobansky	1984
5.	167-4 (51.01)	Emma Schmelzer	2007
6.	159-4 (48.57)	Melissa Kurzdorfer	2012
7.	157-6 (48.02)	Taylor McNally	2011
8.	156-7 (47.72)	Lexi Benamati	2004
9.	155-8 (47.44)	Kim Kessell	1991
10.	152-8 (46.53)	Marilyn Senz	1982

Hammer

1.	219-1 (66.78)	Jennifer Leatherman	2006
2.	207-10 (63.35)	Melissa Kurzdorfer	2012
3.	197-3 (60.12)	Kate Johnston	2003
4.	190-10 (56.16)	Deshaya Williams	2003
5.	186-11 (56.97)	Helen Higgins	2007
6.	179-6 (54.35)	Emma Schmelzer	2009
7.	174-3 (53.11)	Robbin Shomper	2003
8.	172-4 (52.53)	Jane Swenson	2011
9.	170-11 (52.10)	Michelle Thompson	1992
10.	160-4 (48.86)	Stacy Frank	1992

Javelin

1.	178-4 (54.35)	Kim Hanslovan	2009
2.	176-2 (53.70)	Karlee McQuillen	2008
3.	169-3 (51.58)	Carrie Karabinos	1999
4.	167-2 (50.96)	Heidi Nadeau	2007
5.	167-1 (50.92)	Brianne Johnson	2001
6.	163-9 (49.91)	Laura Loht	2012
7.	162-10 (49.65)	Lauren Kenney	2012
8.	159-4 (48.56)	Ashley Colley	2002
9.	156-3 (47.62)	Kristen Eash	2004
10.	155-9 (47.47)	Diana Bruch	2005

Heptathlon

1.	5797	Gayle Hunter	2009
2.	5706	Pam Connell	1991
3.	5420	Carmen Mann	1990
4.	5407	Shelley Mitchell	1992
5.	5311	Carla Criste	1986
6.	5093	Brittney Howell	2012
7.	4919	Amber Strouse	2007
8.	4917	Holly Jones	1992
9.	4878	Felicia Cooksey	1999
10.	4826	Danielle Bobo	2003

All-Time Men's Top 10 Performances

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.	1:47.63	Mike Cook	1982
9.	1:47.83	Mark Miller	2008
10.	1:48.84	Steve Balkey	1988

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.	3:42.08	Doug Walter	1990
5.	3:42.12	David McMillan	1988
6.	3:42.2	George Malley	1977
	3:42.2	Mike Wyatt	1977
8.	3:42.54	Owen Dawson	2012
9.	3:42.69	Aidan O'Reilly	1992
10.	3:42.87	Robby Creese	2012

5000 Meters

1.	13:34.0	Greg Fredericks	1972
2.	13:36.3	Robert Snyder	1978
3.	13:42.1	Alan Scharu	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.	13:58.60	John Zishka	1981

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 Scharu	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.	3:03.57	Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012
1.	3:04.78	Nadolsky, Gilmore, Gehret, Br. Bennett-Green	2012
3.	3:06.50	Br. Bennett-Green, Gehret, Loxsom, Mpanduki	2012
4.	3:07.19	Nadolsky, Loxsom, Gehret, Williams	2011
5.	3:08.22	Janci, Maraire, Reeves, Karcz	2000
6.	3:08.54	Derby, Janci, Reeves, Karcz	2001

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.	7-1.75 (2.18)	David Kriz	1995
5.	7-0.50 (2.15)	Ryan Olkowski	1999
6.	7-0.25 (2.14)	Nick Plack	2000
	7-0.25 (2.14)	Sean Reilly	2011
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	<i>Doug Moppert</i>	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 1/2 (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.	68-5 (20.85)	Joe Kovacs	2012
2.	65-5 (19.94)	C.J. Hunter	1990
3.	64-2.50 (19.57)	Blake Eaton	2010
4.	64-1/4 (19.51)	Knut Hjeltnes	1975
5.	61-11.75 (18.89)	Logan Caldwell	2012
6.	61-3 1/4 (18.68)	Greg Reyner	1986
7.	61-1 1/4 (18.62)	Phil Caraher	1990
8.	59-7 (18.16)	Dane Miller	2004
9.	57-10 1/2 (17.64)	Mike Valenti	1983
10.	57-5 1/2 (17.51)	Mike Reid	1969

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.	203-0 (61.88)	Neal McNutt	1998
3.	201-9 (61.50)	Joe Kovacs	2011
4.	198-7 (60.53)	Will Barr	2012
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.	225-7 (68.76)	Dave Matson	1999
9.	220-2 (67.10)	John Hanley	1988
10.	218-6 (66.61)	Bret Kershner	2005

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. Kuretich	2003
6.	7415	Brian Kelley	1991
7.	7361	Shawn Colligan	2008
8.	7119	Anya Uzoh	2012
9.	7097	Chris Morrissey	2008
10.	7070	Chris Green	1986



DORIS ANYANWU



JUNIOR || BELTSVILLE, MD.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	400H	P	59.38	18
NCAA Division I East Preliminary	400H	P	59.38	16
NCAA Division I East Preliminary	4x4	P	3:36.64	11
Big Ten Outdoor Championship 2012	400H	F	58.93	5
Big Ten Outdoor Championship 2012	400H	P	59.44	3
Big Ten Outdoor Championship 2012	4x4	F	3:33.20	2
Big Ten Outdoor Championship 2012	4x1	F	46.17	6
Big Ten Outdoor Championship 2012	4x1	P	45.91	5
Jim Thorpe Open	400H	F	1:01.08	1
Penn Relays	400H	F	1:02.03	29
Penn Relays	4x4	P	3:39.77	Q
Auburn War Eagle Invitational	400H	F	1:01.07	5
Auburn War Eagle Invitational	400	F	55.35	10
Auburn War Eagle Invitational	4x4	F	3:37.60	1
Auburn War Eagle Invitational	4x1	F	46.96	8
Bison Outdoor Classic 2012	400	F	57.29	8
Bison Outdoor Classic 2012	400H	F	1:06.71	19
Bison Outdoor Classic 2012	4x1	F	46.97	3
LSU Invitational: Battle on the Bayou	400H	F	1:01.79	8
LSU Invitational: Battle on the Bayou	4x4	F	3:36.07	3
LSU Invitational: Battle on the Bayou	4x1	F	47.14	6
2012 Jim Click Shootout	400H	F	1:02.08	8
2012 Jim Click Shootout	4x4	F	3:41.86	5
2012 Jim Click Shootout	4x1	F	46.48	7

|| OUTDOOR PERSONAL BESTS ||

200-Meters	24.58	Big Ten Champs, 2010
400-Meters	54.36	Big Ten Champs., 2010
400-Meter Hurdles	58.93	Big Ten Champs., 2012
4x100-Meter Relay	45.91	Big Ten Champs., 2012
4x200-Meter Relay	1:33.78 **	Penn Relays, 2010
4x400-Meter Relay	3:30.35	NCAA Champs, 2011

** Denotes Penn State Record

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (4x400-Meter Relay)
- * NCAA First Round Qualifier (400-Meter Hurdles)
- * Big Ten Medalist (2nd, 4x400-Meter Relay)
- * Second Team All-Big Ten
- * Big Ten Scorer (5th, 400-Meter Hurdles; 6th, 4x100m)
- * Big Ten Sportsmanship Award Winner

|| CAREER HIGHLIGHTS ||

- * 3x USTFCCA All-American
- * 3x Big Ten Champion
- * 3x NCAA First Round Qualifier
- * 2010 USATF Junior National Qualifier

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
8:25 PM	THURSDAY	W 4X400	SEMI-FINAL
12:50 PM	SATURDAY	W 4X400	FINAL



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SENIOR || HOLLAND, Pa.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	400	P	54.12	29
NCAA Division I East Preliminary	4x4	P	3:36.64	11
Big Ten Outdoor Championship 2012	200	P	24.41	17
Big Ten Outdoor Championship 2012	400	F	53.34	5
Big Ten Outdoor Championship 2012	400	P	53.17	6
Big Ten Outdoor Championship 2012	4x4	F	3:33.20	2
Big Ten Outdoor Championship 2012	4x1	F	46.17	6
Big Ten Outdoor Championship 2012	4x1	P	45.91	5
Jim Thorpe Open	200	F	24.04	2
Penn Relays	SMR	F	3:55.19	8
Penn Relays	4x4	P	3:39.77	Q
Penn Relays	DMR	F	11:08.41	3
Auburn War Eagle Invitational	400	F	53.98	5
Auburn War Eagle Invitational	4x4	F	3:37.60	1
Auburn War Eagle Invitational	4x1	F	46.96	8
Bison Outdoor Classic 2012	200	F	24.87	7
Bison Outdoor Classic 2012	400	F	54.68	1
Bison Outdoor Classic 2012	4x1	F	46.97	3
LSU Invitational: Battle on the Bayou	400	F	54.51	11
LSU Invitational: Battle on the Bayou	4x4	F	3:36.07	3
LSU Invitational: Battle on the Bayou	4x1	F	47.14	6
2012 Jim Click Shootout	200	F	24.67	13
2012 Jim Click Shootout	400	F	53.97	4
2012 Jim Click Shootout	4x4	F	3:41.86	5
2012 Jim Click Shootout	4x1	F	46.48	7

|| OUTDOOR PERSONAL BESTS ||

200-Meters	24.04	Jim Thorpe, 2012
400-Meters	53.17	Big Ten Champs., 2012
4x100-Meter Relay	45.91	Big Ten Champs., 2012
4x200-Meter Relay	1:36.56	Penn Relays, 2012
4x400-Meter Relay	3:30.35	NCAA Champs, 2011
Sprint Medley	3:55.19	Penn Relays, 2012
Distance Medley	11:08.41 **	Penn Relays, 2012

** Denotes Penn State Record

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (4x400-Meter Relay)
- * NCAA First Round Qualifier (400-Meters)
- * Big Ten Medalist (2nd, 4x400-Meter Relay)
- * Big Ten Scorer (5th, 400-Meters; 6th, 4x100m)
- * Second Team All-Big Ten

|| CAREER HIGHLIGHTS ||

- * 2x USTFCCCA All-American
- * 3x NCAA Qualifier
- * 2x NCAA First Round Qualifier (400-Meters)
- * Big Ten Champion (Indoor 4x400; 2011)
- * 6x Big Ten Medalist
- * 2x Penn State Record Holder (Indoor and Outdoor DMR)

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
8:25 PM	THURSDAY	W 4X400	SEMI-FINAL
12:50 PM	SATURDAY	W 4X400	FINAL



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JUNIOR || CLEVELAND, OHIO

|| 2012 OUTDOOR PERFORMANCES ||

<u>Competition</u>	<u>Event</u>	<u>Round</u>	<u>Result</u>	<u>Place</u>
Big Ten Outdoor Championship 2012	100	P	12.23	19
Big Ten Outdoor Championship 2012	200	P	24.61	22
Jim Thorpe Open	100	F	12.30 (w)	3

|| IN DES MOINES ||

<u>TIME</u>	<u>DAY</u>	<u>EVENT</u>	<u>ROUND</u>
8:25 PM	THURSDAY	W 4X400	SEMI-FINAL
12:50 PM	SATURDAY	W 4X400	FINAL

|| PERSONAL BESTS ||

200-Meters	23.68i	Penn State Relays, 2012
400-Meters	54.32i	Nittany Lion Challenge, 2012
4x400-Meter Relay	3:35.43i	Alex Wilson Invitational, 2012

i - Denotes Indoor Performance

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (4x400-Meter Relay)
- * NCAA First Round Qualifier (4x400-Meter Relay)

|| CAREER HIGHLIGHTS ||

- * Big Ten Athlete of the Week (Indoor, 2012)
- * Big Ten Medalist (2nd, 4x400-Meter Relay)
- * 2x Big Ten Scorer



TRACK & FIELD

LAUREN KENNEY



FRESHMAN || STATE COLLEGE, Pa.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	JT	P	49.65m	1
Big Ten Outdoor Championship 2012	JT	F	162-10	2
			159-4	
Jim Thorpe Open	JT	F	49.42m	1
Penn Relays	JT	F	48.99m	1
			160-8	
Bucknell Team Challenge 2012	JT	F	48.07m	1
			157-8	
LSU Invitational: Battle on the Bayou	JT	F	47.47m	2
			156-8	
2012 Jim Click Shootout	JT	F	47.83m	2
			156-11	

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
2:40 PM	WEDNESDAY	W JAVELIN	TRIALS/FINALS

|| PERSONAL BESTS ||

Javelin 162-10 (49.65) NCAA East Prelim, 2012

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier, Javelin
- * Penn Relays Champion
- * Big Ten Runner-Up
- * Second Team All-Big Ten
- * Jim Thorpe Open, Champion
- * Bucknell Team Challenge, Champion
- * Christy Mathewson Stadium Record (Bucknell), 157-8 (48.07)

|| CAREER HIGHLIGHTS ||

- * 2011 PIAA AAA State Champion
- * 2011 Penn Relays High School Champion
- * 2011 District VI Champion
- * 2011 USATF Junior Qualifier



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MELISSA KURZDORFER



SOPHOMORE || LANCASTER, N.Y.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	HT	P	63.35m	2
Big Ten Outdoor Championship 2012	HT	F	207-10	2
Big Ten Outdoor Championship 2012	HT	F	63.33m	2
Big Ten Outdoor Championship 2012	SP	F	207-9	2
Big Ten Outdoor Championship 2012	SP	F	14.59m	16
Big Ten Outdoor Championship 2012	DT	F	47-10.50	7
Big Ten Outdoor Championship 2012	DT	F	50.53m	7
Jim Thorpe Open	HT	F	165-9	1
Jim Thorpe Open	HT	F	62.10m	1
Jim Thorpe Open	DT	F	203-9	4
Jim Thorpe Open	DT	F	43.13m	4
Penn Relays	HT	F	141-6	1
Penn Relays	HT	F	62.53m	1
Penn Relays	DT	F	205-2	4
Penn Relays	DT	F	48.57m	4
Penn Relays	SP	F	159-4	7
Penn Relays	SP	F	14.28m	7
Bucknell Team Challenge 2012	HT	F	46-10.25	1
Bucknell Team Challenge 2012	HT	F	60.09m	1
Bucknell Team Challenge 2012	SP	F	197-1	2
Bucknell Team Challenge 2012	SP	F	14.61m	2
Bison Outdoor Classic 2012	DT	F	47-11.25	2
Bison Outdoor Classic 2012	DT	F	47.23m	2
Bison Outdoor Classic 2012	HT	F	154-11	1
Bison Outdoor Classic 2012	HT	F	61.91m	1
LSU Invitational: Battle on the Bayou	HT	F	203-1	3
LSU Invitational: Battle on the Bayou	HT	F	59.98m	3
LSU Invitational: Battle on the Bayou	DT	F	196-9	6
LSU Invitational: Battle on the Bayou	DT	F	48.06m	6
LSU Invitational: Battle on the Bayou	SP	F	157-8	7
LSU Invitational: Battle on the Bayou	SP	F	14.22m	7
2012 Jim Click Shootout	SP	F	46-8	3
2012 Jim Click Shootout	SP	F	14.68m	3
2012 Jim Click Shootout	HT	F	48-2	1
2012 Jim Click Shootout	HT	F	62.97m	1
2012 Jim Click Shootout	DT	F	206-7	3
2012 Jim Click Shootout	DT	F	47.91m	3
2012 Jim Click Shootout	DT	F	157-2	3

|| PERSONAL OUTDOOR BESTS ||

Shot Put	49-1 (14.96)	MAC Championships, 2011
Discus	172-5 (52.56)	MAC Championships, 2011
Hammer	207-10 (63.35)	NCAA East Prelim, 2012

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier, Hammer
- * Big Ten Runner-Up, Hammer
- * Second Team All-Big Ten
- * Big Ten Scorer (7th, Discus)
- * Penn Relays Champion, Hammer
- * Jim Click Shootout Champion, Hammer

|| CAREER HIGHLIGHTS ||

- * 2nd Team USTFCCA All-American, Hammer
- * 2011 NCAA Finals Qualifier, Hammer
- * 3x Big Ten Scorer

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
3:00 PM	THURSDAY	W HAMMER	TRIALS/FINALS



TRACK & FIELD

LAURA LOHT



SOPHOMORE || McCLURE, Pa.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	JT	P	47.04m	7
Big Ten Outdoor Championship 2012	JT	F	49.05m	1
Jim Thorpe Open	JT	F	48.96m	2
Penn Relays	JT	F	46.09m	3
Bucknell Team Challenge 2012	JT	F	45.34m	3
LSU Invitational: Battle on the Bayou	JT	F	49.91m	1
2012 Jim Click Shootout	JT	F	49.87m	1

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
2:40 PM	WEDNESDAY	W JAVELIN	TRIALS/FINALS

|| PERSONAL BESTS ||

Javelin 163-9 (49.91) LSU Invitational, 2012

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (Javelin)
- * Big Ten Champion (Javelin)
- * First Team All-Big Ten
- * LSU Battle on the Bayou Champion (Javelin)
- * Jim Click Shootout Champion (Javelin)

|| CAREER HIGHLIGHTS ||

- * Second-Team USTFCCA All-American (2011)
- * 2x NCAA Finals Qualifier (2011, 2012)
- * 2x Big Ten Medalist (1st, 2012; 3rd, 2011)
- * 2011 USATF Junior Qualifier



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DYNASTY McGEE



FRESHMAN || YPSILANTI, MICH.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	4x4	P	3:36.64	11
Big Ten Outdoor Championship 2012	200	P	24.48	20
Big Ten Outdoor Championship 2012	400	P	54.53	10
Big Ten Outdoor Championship 2012	4x4	F	3:33.20	2
Big Ten Outdoor Championship 2012	4x1	F	46.17	6
Big Ten Outdoor Championship 2012	4x1	P	45.91	5
Jim Thorpe Open	200	F	24.42	3
Penn Relays	1600SMR	F	3:55.19	8
Penn Relays	4x4	P	3:39.77	Q
Auburn War Eagle Invitational	400	F	55.31	9
Auburn War Eagle Invitational	4x4	F	3:37.60	1
Auburn War Eagle Invitational	4x1	F	46.96	8
Bison Outdoor Classic 2012	200	F	24.41	3
Bison Outdoor Classic 2012	400	F	55.11	3
Bison Outdoor Classic 2012	4x1	F	46.97	3
LSU Invitational: Battle on the Bayou	400	F	54.80	13
LSU Invitational: Battle on the Bayou	4x4	F	3:36.07	3
LSU Invitational: Battle on the Bayou	4x1	F	47.14	6
2012 Jim Click Shootout	200	F	24.37	10
2012 Jim Click Shootout	400	F	55.03	6
2012 Jim Click Shootout	4x4	F	3:41.86	5
2012 Jim Click Shootout	4x1	F	46.48	7

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
8:25 PM	THURSDAY	W 4X400	SEMI-FINAL
12:50 PM	SATURDAY	W 4X400	FINAL

|| PERSONAL COLLEGIATE OUTDOOR BESTS ||

200-Meters	24.37	Jim Click Shootout, 2012
400-Meters	54.53	Big Ten Champs., 2012
4x100-Meter Relay	45.91	Big Ten Champs., 2012
4x400-Meter Relay	3:33.20	Big Ten Champs., 2012
Sprint Medley	3:55.19	Penn Relays, 2012

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (4x400-Meter Relay)
- * NCAA First Round Qualifier (4x400-Meter Relay)
- * Big Ten Medalist (2nd, 4x400-Meter Relay)
- * Big Ten Scorer (6th, 4x100-Meter Relay)
- * Second Team All-Big Ten
- * USATF Junior National Qualifier

|| CAREER HIGHLIGHTS ||

- * 2x Big Ten Medalist (Indoor and Outdoor 4x400, 2012)
- * 13x Michigan State HS Champion



TRACK & FIELD

KIRSTEN NIEUWENDAM



SOPHOMORE || PARIMARIBO, SURINAME

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	100	P	12.00	42
NCAA Division I East Preliminary	200	P	24.45	27
NCAA Division I East Preliminary	200	P	24.06	27
NCAA Division I East Preliminary	4x4	P	3:36.64	11
Big Ten Outdoor Championship 2012	100	F	11.88	8
Big Ten Outdoor Championship 2012	100	P	11.68	3
Big Ten Outdoor Championship 2012	200	F	23.52	3
Big Ten Outdoor Championship 2012	200	P	23.61	2
Big Ten Outdoor Championship 2012	4x4	F	3:33.20	2
Big Ten Outdoor Championship 2012	4x1	F	46.17	6
Big Ten Outdoor Championship 2012	4x1	P	45.91	5
Jim Thorpe Open	100	F	11.60 (w)	1
Jim Thorpe Open	200	F	23.47	1
Penn Relays	1600SMR	F	3:55.19	8
Penn Relays	4x4	P	3:39.77	q
Auburn War Eagle Invitational	100	P	11.95	12
Auburn War Eagle Invitational	200	F	23.72 (w)	3
Auburn War Eagle Invitational	400	F	54.64	7
Auburn War Eagle Invitational	4x4	F	3:37.60	1
Auburn War Eagle Invitational	4x1	F	46.96	8
Bison Outdoor Classic 2012	200	F	23.97	1
OBison Outdoor Classic 2012	400	F	54.77	2
Bison Outdoor Classic 2012	4x1	F	46.97	3
LSU Invitational: Battle on the Bayou	200	F	24.44	14
LSU Invitational: Battle on the Bayou	100	F	12.08	14
LSU Invitational: Battle on the Bayou	4x4	F	3:36.07	3
LSU Invitational: Battle on the Bayou	4x1	F	47.14	6
2012 Jim Click Shootout	200	F	24.08	8
2012 Jim Click Shootout	100	F	11.92	12
2012 Jim Click Shootout	4x4	F	3:41.86	5
2012 Jim Click Shootout	4x1	F	46.48	7

|| PERSONAL OUTDOOR BESTS ||

100-Meters	11.68	Big Ten Champs., 2012
200-Meters	23.47	Jim Thorpe, 2012
400-Meters	54.64	Auburn War Eagle, 2012
4x100-Meter Relay	45.91	Big Ten Champs., 2012
4x400-Meter Relay	3:33.20	Big Ten Champs., 2012
Sprint Medley	3:55.19	Penn Relays, 2012

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (4x400-Meter Relay)
- * NCAA First Round Qualifier (100m, 200m, 4x400-Meter Relay)
- * 2x Big Ten Medalist (2nd, 4x400m; 3rd, 200m)
- * Second Team All-Big Ten
- * Big Ten Athlete of the Week

|| CAREER HIGHLIGHTS ||

- * 4x Big Ten Medalist
- * 2x Second Team All-Big Ten Selection

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
8:25 PM	THURSDAY	W 4X400	SEMI-FINAL
12:50 PM	SATURDAY	W 4X400	FINAL

REBEKKA SIMKO



SOPHOMORE || MENTOR, OHIO

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	1500	P	4:28.95	21
NCAA Division I East Preliminary	1500	P	4:24.59	19
NCAA Division I East Preliminary	800	P	2:05.81	8
NCAA Division I East Preliminary	800	P	2:07.07	20
NCAA Division I East Preliminary	4x4	P	3:36.64	11
Big Ten Outdoor Championship 2012	800	F	2:06.96	3
Big Ten Outdoor Championship 2012	800	P	2:08.10	4
Big Ten Outdoor Championship 2012	1500	F	4:22.35	8
Big Ten Outdoor Championship 2012	1500	P	4:25.67	5
Penn Relays	1500	F	4:23.14	
Penn Relays	Mile	F	4:40.75	
Penn Relays	DMR	F	11:08.41	0
54th Annual Mt. SAC Relays	1500	F	4:36.77	16
Bison Outdoor Classic 2012	1500	F	4:20.11	1
LSU Invitational: Battle on the Bayou	800	F	2:05.40	4

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
6:30 PM	WEDNESDAY	W 800M	SEMI-FINAL
6:30 PM	FRIDAY	W 800M	FINAL

|| PERSONAL OUTDOOR BESTS ||

800-Meters	2:05.40	LSU Invite, 2012
1500-Meters	4:20.11	Bison Outdoor Classic, 2012
Sprint Medley	3:55.24	Penn Relays, 2011
Distance Medley	11:08.41 **	Penn Relays, 2012
4x800-Meter Relay	8.39.44 **	Penn Relays, 2011

** Denotes Penn State Record

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (800-Meters)
- * NCAA First Round Qualifier (800m, 1500m)
- * USA Olympic Trials "B" Qualifier, 2:05.40
- * Big Ten Medalist (3rd, 1500-Meters)
- * Penn State Record, DMR (11:08.41)
- * Christy Mathewson Stadium Record (Bucknell), 4:20.11

|| CAREER HIGHLIGHTS ||

- * 4x Big Ten Medalist
- * 2x Second Team All-Big Ten Selection



TRACK & FIELD

WILLIAM BARR



RS-SOPHOMORE || URBANA, OHIO

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	DT	P	55.93m 183-6	5
NCAA Division I East Preliminary	HT	P	56.13m 184-2	36
Big Ten Outdoor Championship 2012	HT	F	60.53m 198-7	7
Big Ten Outdoor Championship 2012	DT	F	49.39m 162-0	21
Jim Thorpe Open	HT	F	55.77m 182-11	2
Jim Thorpe Open	DT	F	50.76m 166-6	3
Penn Relays	DT	F	50.41m 165-4	10
Penn Relays	HT	F	58.34m 191-5	7
Bucknell Team Challenge 2012	HT	F	59.24m 194-4	2
Bucknell Team Challenge 2012	DT	F	53.65m 174-7	1
Bison Outdoor Classic 2012	DT	F	53.23m 194-10	2
Bison Outdoor Classic 2012	HT	F	59.40m 173-10	3
LSU Invitational: Battle on the Bayou	DT	F	53.00m 173-10	4
LSU Invitational: Battle on the Bayou	HT	F	58.68m 192-6	6
2012 Jim Click Shootout	DT	F	51.04m 167-5	2
2012 Jim Click Shootout	HT	F	59.18m 194-2	3

|| PERSONAL OUTDOOR BESTS ||

Discus	183-6 (55.93)	NCAA East Prelim, 2012
Hammer	198-7 (60.53)	Big Ten Champs., 2012

|| 2012 SEASON HIGHLIGHTS ||

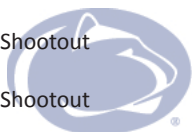
- * NCAA Finals Qualifier (Discus)
- * NCAA First Round Qualifier (Discus, Hammer)
- * Big Ten Scorer (7th, Hammer)
- * Bucknell Team Challenge Champion (Discus)

|| CAREER HIGHLIGHTS ||

- * 2x NCAA First Round Qualifier (2011, 2012)

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
2:30 PM	WEDNESDAY	M DISCUS	TRIALS/FINALS



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BRANDON BENNETT-GREEN



SOPHOMORE || ELKINS PARK, Pa.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	400	P	46.45	17
NCAA Division I East Preliminary	400	P	46.82	23
NCAA Division I East Preliminary	4x4	P	3:03.57	4
Big Ten Outdoor Championship 2012	400	F	45.94	3
Big Ten Outdoor Championship 2012	400	P	46.78	3
Big Ten Outdoor Championship 2012	200	P	21.16	10
Big Ten Outdoor Championship 2012	4x4	F	3:04.78	1
Jim Thorpe Open	200	F	21.28 (w)	1
Jim Thorpe Open	4x1	F	41.37	1
Penn Relays	4x4	P	3:08.60	Q
Penn Relays	4x4	F	3:04.78	2
Penn Relays	SMR	F	3:18.47	1
Auburn War Eagle Invitational	400	F	47.29	4
Auburn War Eagle Invitational	200	F	21.26	8
Bison Outdoor Classic 2012	200	F	21.68	5
LSU Invitational: Battle on the Bayou	400	F	46.71	8
LSU Invitational: Battle on the Bayou	4x4	F	3:06.50	3
2012 Jim Click Shootout	200	F	21.13	3
2012 Jim Click Shootout	4x1	F	40.95	1

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
8:05 PM	THURSDAY	M 4X400	SEMI-FINAL
12:40 PM	SATURDAY	M 4X400	FINAL

|| PERSONAL OUTDOOR BESTS ||

200-Meters	21.13	Jim Click Shootout, 2012
400-Meters	45.94	Big Ten Champs., 2012
4x400-Meter Relay	3:03.57 **	NCAA East Prelim, 2012
Sprint Medley	3:18.47	Penn Relays, 2012

** Denotes Penn State Record

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (4x400m)
- * Big Ten Champion, 4x400m
- * First Team All-Big Ten
- * Big Ten Medalist (3rd, 400-Meters)
- * NCAA First Round Qualifier (400-Meters, 4x400m)
- * Penn Relays Champion, SMR
- * Penn Relays Runner-Up, 4x400m
- * Penn State Record, 4x400m (3:03.57)

|| CAREER HIGHLIGHTS ||

- * 2012 USTFCCA Indoor All-American, 4x400m
- * 2012 NCAA Indoor Silver Medalist, 4x400m
- * 2x Penn State Record Holder (Indoor and Outdoor 4x400m)
- * Big Ten Champion
- * 3x Big Ten Medalist



TRACK & FIELD

BRADY GEHRET



SOPHOMORE || ALTOONA, Pa.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	400	P	45.56	4
NCAA Division I East Preliminary	400	P	46.34	6
NCAA Division I East Preliminary	4x4	P	3:03.57	4
Big Ten Outdoor Championship 2012	400	F	45.22	1
Big Ten Outdoor Championship 2012	400	P	46.68	2
Big Ten Outdoor Championship 2012	200	F	20.62	2
Big Ten Outdoor Championship 2012	200	P	20.78	2
Big Ten Outdoor Championship 2012	4x4	F	3:04.78	1
Jim Thorpe Open	4x1	F	41.37	1
Penn Relays	4x4	P	3:08.60	0
Penn Relays	4x4	F	3:04.78	0
Penn Relays	SMR	F	3:18.47	0
Auburn War Eagle Invitational	400	F	46.05	1
Auburn War Eagle Invitational	200	F	21.04	5
Bison Outdoor Classic 2012	200	F	20.99	1
LSU Invitational: Battle on the Bayou	400	F	46.29	6
LSU Invitational: Battle on the Bayou	4x4	F	3:06.50	3

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
6:45 PM	WEDNESDAY	M 400	SEMI-FINAL
8:05 PM	THURSDAY	M 4X400	SEMI-FINAL
6:55 PM	FRIDAY	M 400	FINAL
12:40 PM	SATURDAY	M 4X400	FINAL

|| PERSONAL OUTDOOR BESTS ||

200-Meters	20.62	Big Ten Champs., 2012
400-Meters	45.22	Big Ten Champs., 2012
4x400-Meter Relay	3:03.57**	NCAA East Prelim, 2012
Sprint Medley	3:17.10**	Penn Relays, 2011

** Denotes Penn State Record

|| 2012 SEASON HIGHLIGHTS ||

- * Olympic & USA Olympic Trials "A" Qualifier (400m)
- * Olympic & USA Olympic Trials "B" Qualifier (200m)
 - * NCAA Finals Qualifier (400-Meters)
- * 2x Big Ten Champion (400m, 4x400m)
 - * First Team All-Big Ten
- * Big Ten Medalist (2nd, 200m)
- * Penn Relays Champion, SMR
- * Penn State Record, 4x400m (3:03.57)

|| CAREER HIGHLIGHTS ||

- * 3x USTFCCCA All-American
- * 2012 NCAA Indoor Silver Medalist, 4x400m
- * 2011 NCAA Indoor Bronze Medalist, 400m
 - * 3x All-Big Ten Selection
- * 4x Penn State Record Holder



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JOE KOVACS



SENIOR || NAZARETH, Pa.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	SP	P	19.91m 65-4	1
Big Ten Outdoor Championship 2012	HT	F	58.52m	14
Big Ten Outdoor Championship 2012	DT	F	192-10 52.21m	10
Big Ten Outdoor Championship 2012	SP	F	171-3 20.85m	1
Jim Thorpe Open	SP	F	68-5 19.74m	3
Jim Thorpe Open	DT	F	64-9.25 52.59m	1
Penn Relays	DT	F	172-6 49.47m	14
Penn Relays	SP	F	162-3 19.94m	1
Penn Relays	HT	F	65-5 53.78m	9
Bucknell Team Challenge 2012	HT	F	176-5 57.57m	3
Bucknell Team Challenge 2012	SP	F	188-10 19.35m	1
Bison Outdoor Classic 2012	DT	F	63-6 53.88m	1
Bison Outdoor Classic 2012	SP	F	176-9 19.46m	1
LSU Invitational: Battle on the Bayou	SP	F	63-10.25 19.18m	1
LSU Invitational: Battle on the Bayou	DT	F	62-10.25 51.94m	5
LSU Invitational: Battle on the Bayou	HT	F	170-5 53.62m	12
2012 Jim Click Shootout	SP	F	175-11 19.02m	1
			62-5	

|| PERSONAL OUTDOOR BESTS ||

Shot Put	68-5 (20.85)**	Big Ten Champs., 2012
Discus	184-0 (56.08)	Jesse Owens, 2011
Hammer	201-9 (61.50)	Auburn War Eagle, 2011

** Denotes Penn State Record

|| 2012 SEASON HIGHLIGHTS ||

- * Olympic & USA Olympic Trials "A" Qualifier (Shot Put)
- * Big Ten Field Athlete of the Year
- * NCAA Leader, Shot Put
- * Big Ten Champion, Shot Put
- * First Team All-Big Ten
- * Penn Relays Champion, Shot Put
- * 4x Big Ten Athlete of the Week
- * Penn State Record, Shot Put (68-5/20.85)

|| CAREER HIGHLIGHTS ||

- * 2x USTFCCCA All-American
- * 2x NCAA Bronze Medalist, Shot Put (2010 Indoor; 2011 Outdoor)
- * 2x Big Ten Champion
- * 5x Big Ten Medalist
- * 2x Penn State Team Captain, (2010-11; 2011-12)

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
10:00 AM	SATURDAY	M SHOT PUT	TRIALS/FINALS



TRACK & FIELD

CASIMIR LOXSOM



JUNIOR || NEW HAVEN, Conn.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	800	P	1:47.69	2
NCAA Division I East Preliminary	800	P	1:50.01	5
NCAA Division I East Preliminary	4x4	P	3:03.57	4
Big Ten Outdoor Championship 2012	800	F	1:46.12	1
Big Ten Outdoor Championship 2012	800	P	1:48.16	2
Big Ten Outdoor Championship 2012	4x4	F	3:04.78	1
Penn Relays	SMR	F	3:18.47	1
Penn Relays	4x8	F	7:19.76	1
54th Annual Mt. SAC Relays	800	F	1:47.89	9
LSU Invitational: Battle on the Bayou	800	F	1:47.89	3
LSU Invitational: Battle on the Bayou	4x4	F	3:06.50	3

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
6:15 PM	WEDNESDAY	M 800	SEMI-FINAL
8:05 PM	THURSDAY	M 4X400	SEMI-FINAL
6:20 PM	FRIDAY	M 800	FINAL
12:40 PM	SATURDAY	M 4X400	FINAL

|| PERSONAL OUTDOOR BESTS ||

800-Meters	1:45.28**	Harry Jerome, 2011
4x400-Meter Relay	3:03.57**	NCAA East Prelim, 2012
4x800-Meter Relay	7:12.90	Penn Relays, 2011
Sprint Medley	3:17.10**	Penn Relays, 2011

** Denotes Penn State Record

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier (800m, 4x400m)
- * 2x Big Ten Champion (800m, 4x400m)
- * First Team All-Big Ten
- * 2x Penn Relays Champion (SMR, 4x800)
- * Penn State Record, 4x400m (3:03.57)

|| CAREER HIGHLIGHTS ||

- * Olympic & USA Olympic Trials "A" Qualifier (800m)
- * 3x USTFCCCA All-American
- * 2012 NCAA Indoor Silver Medalist, 4x400m
- * 2011 USATF Championship Finalist (6th, 800m)
- * U.S. Athlete, 2011 World University Games
- * 2010 IAAF World Junior Silver Medalist, 800m
- * 5x Big Ten Champion
- * 2x USTFCCCA Mid-Atlantic Athlete of the Year
- * 2010 Big Ten Freshman of the Year



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EMUNAEEL MPANDUKI



JUNIOR || HARARE, ZIMBABWE

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
Big Ten Outdoor Championship 2012	400	P	48.04	17
Jim Thorpe Open	200	F	21.47 (w)	2
Jim Thorpe Open	400	F	47.91	1
Jim Thorpe Open	4x1	F	41.37	1
LSU Invitational: Battle on the Bayou	200	F	22.19	23
LSU Invitational: Battle on the Bayou	400	F	49.11	24
LSU Invitational: Battle on the Bayou	4x4	F	3:06.50	3
2012 Jim Click Shootout	400	F	48.14	4
2012 Jim Click Shootout	4x4	F	3:16.47	4
2012 Jim Click Shootout	4x1	F	40.95	1

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
8:05 PM	THURSDAY	M 4X400	SEMI-FINAL
12:40 PM	SATURDAY	M 4X400	FINAL

|| PERSONAL OUTDOOR BESTS ||

100-Meters	10.92	Penn State Open, 2010
200-Meters	21.87	Jim Thorpe, 2011
400-Meters	47.91	Jim Thorpe, 2012
4x400-Meter Relay	3:06.50	LSU Invite, 2012

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier, 4x400m
- * Penn State Record, 4x400m (3:06.50)
- * Jim Click Shootout Champion, 4x100m

|| CAREER HIGHLIGHTS ||

- * Big Ten Medalist
- * 2x NCAA First Round Qualifier



TRACK & FIELD

AARON NADOLSKY



RS-SOPHOMORE || ALTOONA, Pa.

|| 2012 OUTDOOR PERFORMANCES ||

Competition	Event	Round	Result	Place
NCAA Division I East Preliminary	4x4	P	3:03.57	4
Big Ten Outdoor Championship 2012	200	P	21.49	16
Big Ten Outdoor Championship 2012	4x4	F	3:04.78	1
Jim Thorpe Open	100	F	10.98 (w)	2
Jim Thorpe Open	4x1	F	41.37	1
Penn Relays	4x4	P	3:08.60	Q
Penn Relays	4x4	F	3:04.78	2
Penn Relays	1600SMR	F	3:18.47	1
Auburn War Eagle Invitational	400	F	48.04	8
Bison Outdoor Classic 2012	100	F	10.86	6
Bison Outdoor Classic 2012	200	F	21.58	3
LSU Invitational: Battle on the Bayou	400	F	48.35	16
2012 Jim Click Shootout	200	F	21.28 (w)	6
02012 Jim Click Shootout	4x1	F	40.95	1

|| IN DES MOINES ||

TIME	DAY	EVENT	ROUND
8:05 PM	THURSDAY	M 4X400	SEMI-FINAL
12:40 PM	SATURDAY	M 4X400	FINAL

|| PERSONAL OUTDOOR BESTS ||

100-Meters	10.86	Bison Outdoor Classic, 2012
200-Meters	21.49	Big Ten Champs., 2012
400-Meters	48.04	Auburn War Eagle, 2012
4x400-Meter Relay	3:03.57**	NCAA East Prelim, 2012
Sprint Medley	3:17.10**	Penn Relays, 2012

|| 2012 SEASON HIGHLIGHTS ||

- * NCAA Finals Qualifier, 4x400m
- * Big Ten Champion, 4x400m
- * First Team All-Big Ten
- * Penn Relays Champion, SMR
- * Penn Relays Runner-Up, 4x400m
- * Penn State Record, 4x400m (3:03.57)

|| CAREER HIGHLIGHTS ||

- * 2x USTFCCCA All-American
- * 2012 NCAA Indoor Silver Medalist, 4x400m
- * 2x Big Ten Champion
- * 4x Big Ten Medalist
- * 3x All-Big Ten Selection



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