



# TRACK & FIELD

2018 NCAA INDOOR TRACK & FIELD POSTSEASON GUIDE

COLLEGE STATION, TEXAS || MARCH 9-10

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# TRACK & FIELD

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## SCHEDULE / RESULTS

Date	Meet	TV	Time
<b>INDOOR SEASON</b>			
J13	NITTANY LION CHALLENGE	FloTrack/BTN2Go	All-Day
J19	Clemson Invtl.		All-Day
J20	Clemson Invtl.		All-Day
J26	PSU NATIONAL OPEN	FloTrack/BTN2Go	All-Day
J27	PSU NATIONAL OPEN	FloTrack/BTN2Go	All-Day
F2	SYKES-SABOCK CHALLENGE		All-Day
F3	SYKES-SABOCK CHALLENGE		All-Day
F9	Husky Classic	FloTrack	All-Day
F9	Spire Invitational		All-Day
F10	Husky Classic	FloTrack	All-Day
F10	Spire Invitational		All-Day
F10	Iowa State Classic	FloTrack	All-Day
F17	PENN STATE TUNE-UP		All-Day
F23	<sup>1</sup> Big Ten Indoor Championships	FloTrack/BTN2Go	All-Day
F24	<sup>1</sup> Big Ten Indoor Championships	FloTrack/BTN2Go	All-Day
M9	<sup>2</sup> NCAA Championships	ESPN	All-Day
M10	<sup>2</sup> NCAA Championships	ESPN	All-Day

## OUTDOOR SEASON

M23	PAC-12/Big Ten Challenge		All-Day
M24	PAC-12/Big Ten Challenge		All-Day
M30	Florida Relays	SECN+	All-Day
M30	Stanford Invite		All-Day
M31	Florida Relays	SECN+	All-Day
M31	Stanford Invite		All-Day
A7	Battle on the Bayou		All-Day
A14	Bucknell Classic		All-Day
A15	Bucknell Classic		All-Day
A20	Virginia Challenge		All-Day
A21	Bucknell Team Challenge		All-Day
A21	Virginia Challenge		All-Day
A26	Penn Relays	NBCSN	All-Day
A27	Penn Relays	NBCSN	All-Day
A28	Penn Relays	NBCSN	All-Day
M4	JIM THORPE INVITE		All-Day
M11	<sup>3</sup> BIG TEN CHAMPIONSHIPS	BTN	All-Day
M12	<sup>3</sup> BIG TEN CHAMPIONSHIPS	BTN	All-Day
M13	<sup>3</sup> BIG TEN CHAMPIONSHIPS	BTN	All-Day
M24	<sup>4</sup> NCAA First-Round		All-Day
M25	<sup>4</sup> NCAA First-Round		All-Day
M26	<sup>4</sup> NCAA First-Round		All-Day
J6	<sup>5</sup> NCAA Outdoor Championships		All-Day
J7	<sup>5</sup> NCAA Outdoor Championships		All-Day
J8	<sup>5</sup> NCAA Outdoor Championships	ESPN	All-Day
J9	<sup>5</sup> NCAA Outdoor Championships	ESPN	All-Day
J21-24	<sup>6</sup> USATF Championships		All-Day

- 1 - Big Ten Indoor Championships (Geneva, Ohio)
- 2 - NCAA Indoor Championships (College Station, Texas)
- 3 - Big Ten Outdoor Championships (Bloomington, Ind.)
- 4 - NCAA First-Rounds (Tampa, Fla.)
- 5 - NCAA Outdoor Championships (Eugene, Ore.)
- 6 - USATF Outdoor Championships (TBA)

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### "We Are... Penn State!"



College Station, Texas  
Gilliam Indoor Track



Day 1  
Friday



Day 2  
Saturday

**Dan Chisena | Isaiah Harris | Maddie Holmberg | Terrance Laird | David Lucas  
Kier Miner | Danae Rivers | Morgan Shigo | Xavier Smith | Bryce Williams**



## NEWS & NOTES

- » Three student-athletes earned USTFCCA honors following conference championship weekend. Junior **Isaiah Harris** along with sophomores **Danae Rivers** and **David Lucas** were named the Mid-Atlantic Regional Men's Track, Women's Track and Men's Field Athletes of the Year, respectively.
- » Three Nittany Lions earned USTFCCA honors including **Isaiah Harris, David Lucas, Danae Rivers**.
- » This is the fourth-time that the NCAA Championships will be held at the Gilliam Indoor Track (2009, 2011, 2017)

## PROGRAM FACTS

### THE UNIVERSITY

Location: ..... University Park, Pa.  
 Founded: ..... 1855  
 Enrollment: ..... 46,610  
 Colors: ..... Blue & White  
 Nickname: ..... Nittany Lions  
 Conference: ..... Big Ten  
 President: ..... Eric Barron  
 Director of Athletics: ..... Sandy Barbour  
 Senior Woman Administrator: ..... Charmelle Green  
 Senior Associate AD: ..... Lynn Holleran  
 Facility (cap.): ..... Ashenfelter III Indoor Track (800)

### PENN STATE TRACK & FIELD

Head Coach: ..... John Gondak  
 Alma Mater: ..... Syracuse '95  
 Twitter: ..... @CoachGondak  
 Associate Head Coach: ..... Erin Tucker  
 Yrs at Penn State: ..... Third  
 Alma Mater: ..... Florida '98  
 Twitter: ..... @etuck495  
 Assistant Coach: ..... Fritz Spence  
 Yrs at Penn State: ..... 12th-Year  
 Alma Mater: ..... Missouri State '97  
 Twitter: ..... @fgs110  
 Assistant Coach: ..... Kevin Kelly  
 Yrs at Penn State: ..... Fifth  
 Alma Mater: ..... Kutztown '99  
 Twitter: ..... @CoachKellyPSU  
 Assistant Coach: ..... Angela Reckart  
 Yrs at Penn State: ..... Third  
 Alma Mater: ..... The College of New Jersey '08  
 Twitter: ..... @angreckart  
 Assistant Coach: ..... Lucais MacKay  
 Yrs at Penn State: ..... Second  
 Alma Mater: ..... Georgia '05  
 Twitter: ..... @CoachLucais

### STRATEGIC COMMUNICATIONS

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



## 2018 NCAA TRACK & FIELD ROSTERS

### MEN'S ROSTER

Name	Eligibility	Event	Hometown/High School (Previous School)
Dan Chisena	Jr.	Sprints/Relays	Downington, Pa./Downingtown-East
Isaiah Harris	Jr.	Mid-Distance	Lewiston, Maine/Lewiston
Terrance Laird	Fr.	Sprints	Coatesville, Pa./Coatesville
David Lucas	So.	Throws	Lititz, Pa./Warwick
Kier Miner	So.	Sprints/Relays	Mechanicsburg, Pa./Mechanicsburg (Shippensburg)
Morgan Shigo	Jr.	Throws	Blandon, Pa./Fleetwood Area
Xavier Smith	Sr.	Sprints/Relays	Douglassville, Pa./Daniel Boone
Bryce Williams	Sr.	Jumps	State College, Pa./State College Area

### WOMEN'S ROSTER

Name	Eligibility	Event	Hometown/High School (Previous School)
Danae Rivers	Fr.	Mid-Distance	Derby, Conn./Wilbur Cross
Maddie Holmberg	So.	Multi-Events	Greensburg, Pa./Hempfield Area

### PRONUNCIATION GUIDE

Dan Chisena	CHA-sin-a
Kier Miner	Keer
Danae Rivers	Da-Nay
Morgan Shigo	Shy-go



# 2018 NCAA TRACK & FIELD CHAMPIONSHIPS

## ATHLETES AT THE NCAA INDOOR CHAMPIONSHIPS



<b>DANA RIVERS</b>		SO.   MID-DISTANCE	
Event	Time	NCAA Rank	B1G Rank
800-meters	2:03.13	3	1

NOTES

- » Opened the 2018 indoor season with a second-place finish in the 800-meter running an NCAA No. 2 time of 2:03.13 - a new school record
- » Posted a season best of 4:37.71 in the mile at the Husky Classic in Seattle, Washington - holds a PR/school record of 4:32.55 set last season
- » Enters the NCAA Championships as the Big Ten defending indoor/outdoor 800-meter champion
- » Two-Time NCAA Indoor All-American - 2017 Bronze medalist in the mile; sixth-place finish in the DMR



<b>DAVID LUCAS</b>		SO.   THROWS	
Event	Mark	NCAA Rank	B1G Rank
Weight Throw	23.31m (76'-5.50")	4	2

NOTES

- » Set the school record in the weight throw with his personal best of 23.31m (76'-5.50") at the Big Ten Championships
- » Has recorded four first-place finishes in 2018
- » USATF Outdoor Championships Qualifier in the discus throw finishing 10th last year in Sacramento, Calif.



<b>ISAIAH HARRIS</b>		JR.   MID-DISTANCE	
Event	Time	NCAA Rank	B1G Rank
800-meters	1:47.38	7	1

NOTES

- » Undefeated at the 800-meters at the Big Ten Indoor/Outdoor Championships (Three indoor titles/Two Outdoor titles)
- » Holds school records in the 600-meters (1:14.96), 800-meters (i) (1:46.24), 800-meters (1:44.53) and as a member of the 4x400-meters (i) (3:04.80)
- » Competed at the IAAF Outdoor World Championships in the 800-meters advancing to the semifinals
- » Three-time NCAA All-American - 2016 Outdoor 800-meters, 2017 Indoor/Outdoor 800-meters



<b>BRYCE WILLIAMS</b>		JR.   JUMPS	
Event	Mark	NCAA Rank	B1G Rank
Triple Jump	16.24m (53'-3.50")	11	1

NOTES

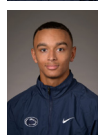
- » Set the school record in the Triple-Jump (i) with his PR of 16.24m (53'-3.50")
- » Has posted four first-place finishes in his signature event in 2018
- » 2017 Mid-Atlantic Region Men's Field Athlete of the Year



<b>MADDIE HOLMBERG</b>		SO.   MULTI	
Event	Points	NCAA Rank	B1G Rank
Pentathlon	4,168	10	2

NOTES

- » Holds the No. 3 mark in program history in the Pentathlon with her total of 4,168-points set at the Big Ten Indoor Championships in Geneva, Ohio.
- » Qualified for the 2017 NCAA Outdoor Championships in the Heptathlon (5,636-points)
- » Holds the program records for the Pentathlon/Heptathlon shot put with marks of 14.06m (46' 0.50") and 12.96m (42'-6.25"), respectively



<b>TERRANCE LAIRD</b>		FR.   SPRINTS	
Event	Time	NCAA Rank	B1G Rank
200-meters	20.56	8	2

NOTES

- » Recorded a personal best of 20.56 in the 200-meters at the Big Ten Championships in Geneva, Ohio.
- » Set the program record in the 200-meters passing the old mark set by current Nittany Lion Malik Moffett (20.76)
- » Currently the fastest freshman in the NCAA at 200-meters



<b>MORGAN SHIGO</b>		JR.   THROWS	
Event	Mark	NCAA Rank	B1G Rank
Weight Throw	22.06m (72'-4.50")	12	5

NOTES

- » Posted a personal best of 22.06m (72'-4.50") in a fourth-place finish at the Big Ten Championships in Geneva, Ohio.
- » Has produced five top-three finishes this season in the Shot Put and Weight Throw
- » Owns the No. 2 mark in program history in the Weight Throw, trailing only current teammate David Lucas





## MEN'S INDIVIDUAL ALL-AMERICANS

Year	Athlete	Event	Performance
1965	Bedick, Tom	2-Mile Relay	6th
1965	Lampman, Dick	2-Mile Relay	6th
1965	Morris, Art	2-Mile Relay	6th
1965	Reilly, Bill	2-Mile Relay	6th
1965	Kauffman, Roger	Weight Throw	4th
1974	Sands, Mike	440-Yards	3rd
1974	Maguire, Charlie	3-Mile	3rd
<b>1975</b>	<b>Sands, Mike</b>	<b>440-Yards</b>	<b>1st</b>
1975	Shine, Mike	60-Meter Hurdles	6th
1975	Hackman, Steve	Mile Relay	4th
1975	Moser, Randy	Mile Relay	4th
1975	Sands, Mike	Mile Relay	4th
1975	Shine, Mike	Mile Relay	4th
1975	Hjeltnes, Knut	Shot Put	5th
1976	Sands, Mike	440-Yards	3rd
1976	Jackson, Al	Weight Throw	4th
1977	Stemmer, Paul	3-Mile	6th
1978	Snyder, Bob	2-Mile	8th
1978	Falco, Keith	DMR	3rd
1978	McHugh, Chris	DMR	3rd
1978	Rapp, Tom	DMR	3rd
1978	Wyatt, Mike	DMR	3rd
1979	Snyder, Bob	2-Mile	8th
1979	Scharsu, Alan	3-Mile	6th
1980	Scharsu, Alan	3-Mile	4th
1981	Zishka, John	2-Mile	3rd
1982	Souza, Paul	High Jump	7th
1983	Cook, Mike	2-Mile Relay	3rd
1983	McLaughlin, Paul	2-Mile Relay	3rd
1983	Moore, Randy	2-Mile Relay	3rd
1983	Wynn, Ken	2-Mile Relay	3rd
1983	Shenk, Todd	Weight Throw	10th
1984	Shenk, Todd	Weight Throw	T-9th
1985	Moore, Randy	800-Meters	3rd
1985	Hudson, Bob	DMR	4th
1985	Overheim, Mark	DMR	4th
1985	Robinson, Barry	DMR	4th
1985	Watson, Vance	DMR	4th
1987	Balkey, Steve	4x800-Meter Relay	6th
1987	Levitte, Ray	4x800-Meter Relay	6th
1987	McMillan, David	4x800-Meter Relay	6th
1987	Mills, Chris	4x800-Meter Relay	6th
1988	Balkey, Steve	Mile	10th
1989	Timpson, Michael	200-Meters	8th
1989	Hunter, C.J.	Shot Put	2nd
<b>1990</b>	<b>Hunter, C.J.</b>	<b>Shot Put</b>	<b>1st</b>
1991	Caraher, Phil	Shot Put	2nd
1994	Caldwell, R.B.	DMR	6th
1994	Hamer, Bob	DMR	6th
1994	Mellott, Phil	DMR	6th
1994	Robbins, James	DMR	6th
1994	Davis, Antonio	Triple Jump	9th
1998	Gorham, John	Long Jump	7th
1998	McNutt, Neal	Weight Throw	7th
1999	Gorham, John	Long Jump	12th
1999	Audu, George	Long Jump	5th
2002	Olkowski, Ryan	200-Meters	8th
2002	Olkowski, Ryan	High Jump	5th
2003	Nichols, Chavous	Triple Jump	9th
2007	Fritz, Ryan	High Jump	5th
2009	Fritz, Ryan	High Jump	T-3rd
2010	Williams, Lionel	800-Meters	11th
2010	Foster, Ryan	800-Meters	3rd
2010	Dawson, Owen	800-Meters	8th
2010	Kovacs, Joe	Shot Put	3rd
2010	Eaton, Blake	Shot Put	8th
2011	Gehret, Brady	400-Meters	3rd
2011	Foster, Ryan	Mile	3rd
2011	Nadolsky, Aaron	4x400-Meter Relay	5th
2011	Williams, Lionel	4x400-Meter Relay	5th
2011	Loxsom, Casimir	4x400-Meter Relay	5th
2011	Gehret, Brady	4x400-Meter Relay	5th
2012	Gehret, Brady	4x400-Meter Relay	2nd
2012	Loxsom, Casimir	4x400-Meter Relay	2nd
2012	Nadolsky, Aaron	4x400-Meter Relay	2nd
2012	Bennett-Green, Brandon	4x400-Meter Relay	2nd
2013	Loxsom, Casimir	800-Meters	2nd
2013	Kidder, Brannon	DMR	2nd
2013	Bennett-Green, Brandon	DMR	2nd
2013	Watkins, Za'Von	DMR	2nd
2013	Creese, Robby	DMR	2nd
2013	Barr, Will	Weight Throw	6th
2014	Za'Von Watkins	800-Meters	7th
2014	Steve Waithe	Triple Jump	6th
2014	Will Barr	Weight Throw	8th
2015	Darrell Hill	Shot Put	4th
2015	Brandon Kidder	Mile	7th
2015	Brandon Kidder	DMR	2nd
2015	Alex Shisler	DMR	2nd
2015	Za'Von Watkins	DMR	2nd
2015	Robby Creese	DMR	2nd
2016	Brannon Kidder	800-Meters	7th
2017	Harris, Isaiah	800-Meters	4th

**BOLD** - Denotes NCAA Champion



2018 BIG TEN CHAMPIONSHIPS - GENEVA, OHIO

# BIG TEN CHAMPIONSHIPS

» **Isaiah Harris** earned his fifth-straight Big Ten 800-meter Championship winning the event with his time of 1:50.15.

» **Danae Rivers** captured her third-straight Big Ten 800-meter title winning the event with his time of 2:07.75.

» Three student-athletes earned **USTFCCA** honors following conference championship weekend. Junior **Isaiah Harris** along with sophomores **Danae Rivers** and **David Lucas** were named the Mid-Atlantic Regional Men's Track, Women's Track and Men's Field Athletes of the Year, respectively.

» Penn State had two First-Team All-Big Ten honorees in **Isaiah Harris**, and **Danae Rivers** as well as having seven Second-Team All-Big Ten honorees in **Dan Chisena**, **Terrance Laird**, **Kiera Lester**, **Greta Lindsley**, **Kier Miner**, **Xavier Smith**, and **Victoria Tachinski**.

» A Penn State athlete has won the men's 800-meters for the ninth-time out of the last 11 years which is why Penn State has grown to be known as **800-U** by many around the country. The addition of Danae Rivers on the Women's side of the event has only added to the dominance of the event at the Conference and national levels.

Penn State is known for their success in the mid-distance events as well as their winning history in the 4x800-meters at the annual Penn Relays where the Nittany Lions still hold the record of 7:11.17 in the event from 1985.

### POINT SCORERS AT THE 2018 BIG TEN INDOOR CHAMPIONSHIPS

Name	Place	Event	Mark
Isaiah Harris	1st	800-meters	1:50.15
Danae Rivers	1st	800-meters	2:07.75
Terrance Laird	2nd	200-meters	20.56
Jillian Hunsberger	2nd	5,000-meters	16:19.45
Quenee Dale	2nd	60-meter hurdles	8.29
Lindsley, Lester	2nd	DMR	11:11.91
Tachinski, Rivers			
Chisena, Smith	2nd	4x400-meters	3:05.12
Miner, Harris			
Maddie Holmberg	2nd	Pentathlon	4,168-points
Maddie Holmberg	2nd	Long Jump	6.18m (20-3.50)
Malik Moffett	2nd	Long Jump	7.47m (24-6.25)
David Lucas	2nd	Weight Throw	23.31m (76-5.75)
Hannah Mulhern	3rd	Pole Vault	4.18m (13-8.50)
Malik Moffett	3rd	200-meters	20.78
Colin Abert	4th	Mile	4:14.82
Morgan Shigo	4th	Weight Throw	22.06m (72-4.50)
Devin Bradham	5th	High Jump	2.12m (6-11.50)
Greer Gumbrecht	6th	Pole Vault	4.03m (13-2.50)
Victoria Tachinski	6th	600-meters	1:31.10
Jillian Hunsberger	6th	3,000-meters	9:21.26
Megan McCloskey	6th	High Jump	1.75m (5-8.75)
Xavier Smith	6th	60-meters	6.73
Dan Chisena	6th	400-meters	47.01
Bryce Williams	6th	Triple Jump	15.65m (51-4.25)
Malik Moffett	7th	60-meters	6.77
Xavier Smith	7th	200-meters	21.24
Billy McDevitt	7th	Mile	4:15.71
Gary Ross III	7th	600-meters	1:18.68
McDevitt, Miner	7th	DMR	9:51.56
Harris, Abert			
Quenee Dale	8th	60-meters	7.57
Kelsey Vieira	8th	Triple Jump	12.23m (40-1.50)
Tim McGowan	8th	5,000-meters	14:16.04
Chisom Ifedi	8th	High Jump	2.08m (6-9.75)
Jon Yohman	8th	Shot Put	18.42m (60-5.25)

## SEASON << REWIND <<

### NITTANY LION CHALLENGE

#### Multiple Records Fall at Season Opener

- » Bryce Williams etched his name in the record books for his performance in the triple jump. Williams used his second jump of the meet to establish a new program record jumping out to a mark of 16.24m (53'-3.50"). The mark surpassed the program record of 16.17m (53'-0.75") set by Chavous Nichols set back in 2003.
- » David Lucas set a new program record in the weight throw. Lucas entered the meet No. 5 all-time in the event but moved his name all the way to the top launching a throw of 21.52m (70'-7.25") to cement himself as one of the best to come through Penn State in the event.

### CLEMSON INVITATIONAL

#### Rivers Runs to an NCAA No. 2 Mark

- » Danae Rivers stole the show laying down a school record performance - breaking her own mark set last year 2:04.04 - running 2:03.13 that was the NCAA leader at the time. Rivers was bested by only Adidas' Natoya Goule who finished in 1:59.86 but eclipsed the field by a full eight seconds over the next closest competitor.
- » In the 4x400-meter relay, Penn State's men's squad of Dan Chisena, Kier Miner, Xavier Smith, and Isaiah Harris crossed the line in a season-best time of 3:08.17 finishing third.

### PENN STATE NATIONAL OPEN

#### Lucas Does It Again

- » The men's Distance Medley Relay of Isaiah Harris, Dan Chisena, Domenic Perretta and Colin Abert combined to run a season-best time of 9:36.48, almost a full 18-seconds ahead of second-place La Salle (9:54.03). The Nittany Lion Relay was ranked No. 3 in the NCAA behind Oregon and BYU at the time.
- » In the field, David Lucas once again broke the school record in the weight throw, this time besting his own mark set earlier this season at the Nittany Lion Challenge. Lucas won the meet with a school record throw of 21.81m (71'-6.75") on his final throw of the competition - ranked No. 7 in the NCAA at the time.
- » The men's 200-meter invitational was named in honor of Nittany Lion great and Olympic Champion Barney Ewell who would've celebrated his 100th birthday this year. The event champion was Penn State's Terrance Laird who finished the one-lap race three one-hundredths of a second off the school record that was set last year by Malik Moffett at 20.76. Laird sprinted to a time of 20.79 - the No. 6 mark in the NCAA at the time - from lane six taking the title while besting teammates Malik Moffett (20.96) - No. 9 in the NCAA at the time - and Xavier Smith (21.31) who finished second and fifth, respectively.

### SYKES - SABOCK CHALLENGE CUP

#### No. 8 Penn State Captures Sykes & Sabock Cup

- » David Lucas broke his own school record twice on the night, finishing with a best of 22.68m (74'-5"). Lucas' mark was No. 2 mark in the NCAA trailing only North Carolina State's Josh Davis who owns the NCAA-leading mark of 23.24m (76'-3") at the time.
- » Lucas wasn't the only Nittany Lion over 21-meters as Morgan Shigo launched a throw of 21.88m (71'-9.50") that would've been a school record mark heading into the meet. The Nittany Lions finished 1-2-4-5 scoring 27-points in the event.
- » No. 8 Penn State men's track team captured the Sykes & Sabock Challenge Cup by over 142 points as the Nittany Lions racked up 254 total points over the two-day competition. The No. 24 women's team finished second in the team competition trailing Cornell by only 18.5 points.
- » Colin Abert added his name to the list of Penn State sub-four-minute milers as the junior from Easton, Pa. crossed the line in 3:59.51 Saturday afternoon. Abert's time is a personal best as well as currently ranked No.3 in the Big Ten and No. 9 in the NCAA.

### IOWA STATE CLASSIC

#### There's No Place Like Ames, Iowa

- » In Ames, Iowa, Timothy McGowan posted the second-fastest non-converted time in program history running 13:55.00 in the 5,000-meters finishing fourth.
- » All-American Isaiah Harris was the lone Nittany Lion in action on the final day of the Iowa State Classic. Harris took to the track for the 800-meters finishing first in heat nine and second overall in the competition running a season-best 1:47.38.

### SPIRE INVITATIONAL

#### Big Ten Championship Preview

- » Hannah Mulhern led the women's pole vault group that finished 1-3-4. Mulhern led with a clearance of 4.12m (13'-6.25").
- » Kier Miner claimed the top finish for Penn State in the 400-meters running 47.65

### HUSKY CLASSIC

#### Heading West for Distance Success

- » Danae Rivers turned in a fifth-place finish in the Mile running 4:37.71 in her first attempt at the distance in 2018.

### PENN STATE TUNE-UP

#### One Last Chance

- » Tessa Barrett won the women's 5,000-meters running 16:28.11 - a season-best time. Tim McGowan won the men's 3,000-meters running 8:10.32, while Lisa Bennatan took the women's title in 9:36.83.

## WOMEN'S INDIVIDUAL ALL-AMERICANS

Year	Athlete	Event	Performance
1980**	Rawe, Mary	2000-Meters	2nd
1980**	Carmichael, Heather	5000-Meters	6th
1980**	Cleary, Peggy	5000-Meters	5th
1981**	Mills, Kathy	5000-Meters	4th
1981**	Fales, Penny	DMR	4th
1981**	Hart, Tammie	DMR	4th
1981**	Rawe, Mary	DMR	4th
1981**	Startare, Doreen	DMR	4th
1982**	Hart, Tammie	880 Yards	4th
1982**	Pioli, Terri	880 Yards	6th
1982**	Murnane, Patty	Mile	4th
1982**	Ihrig, Carolyn	2-Mile	8th
1982**	Hart, Tammie	DMR	5th
1982**	Ihrig, Carolyn	DMR	5th
1982**	Murnane, Patty	DMR	5th
1982**	Startare, Doreen	DMR	5th
1982**	Riddick, Vivian	Long Jump	5th
1982**	Sobansky, Elaine	Shot Put	3rd
1983	Startare, Doreen	Mile	7th
1983	Sobansky, Elaine	Shot Put	3rd
1984	Cassel, Judi	4x800-Meter Relay	6th
1984	Gerken, Heidi	4x800-Meter Relay	6th
1984	Hart, Tammie	4x800-Meter Relay	6th
1984	Stever, Beth	4x800-Meter Relay	6th
1984	Sobansky, Elaine	Shot Put	2nd
1985	Renzi, Paula	3000-Meters	3rd
1990	Prey, Stacy	5000-Meters	4th
1993	Kelly, Kim	5000-Meters	6th
1996	Bosler, Erica	DMR	4th
1996	Huelster, Sue	DMR	4th
1996	McGreevy, Kim	DMR	4th
1996	St. John, Erin	DMR	4th
1997	McGreevy, Kim	Mile	7th
1999	Walker, Shakeema	Long Jump	3rd
1999	Walker, Shakeema	Triple Jump	7th
2001	Moore, Connie	200-Meters	7th
2002	Moore, Connie	200-Meters	9th
2003	Moore, Connie	200-Meters	9th
2003	Aduba, Chi-Chi	Long Jump	5th
2003	Aduba, Chi-Chi	Long Jump	5th
2003	Aduba, Chi-Chi	Triple Jump	4th
2004	Moore, Connie	60-Meters	6th
2004	Moore, Connie	200-Meters	3rd
2004	Aduba, Chi-Chi	Triple Jump	7th
2004	O'Connor, Ja'Nai	Shot Put	5th
2005	Cox, Shana	400-Meters	11th
2005	Leatherman, Jennifer	Shot Put	9th
2005	Leatherman, Jennifer	Weight Throw	4th
2006	Cox, Shana	400-Meters	7th
2006	Leatherman, Jennifer	Weight Throw	3rd
2007	Cox, Shana	400-Meters	7th
2007	Simmons, Briene	800-Meters	7th
2007	Barber, Aleesha	4x400-Meter Relay	4th
2007	Blake, Dominique	4x400-Meter Relay	4th
2007	Cox, Shana	4x400-Meter Relay	4th
2007	Simmons, Briene	4x400-Meter Relay	4th
2008	Cox, Shana	400-Meters	4th
2008	Franek, Bridget	3000-Meters	10th
2008	Franek, Bridget	5000-Meters	7th
2008	Barber, Aleesha	60-Meter Hurdles	8th
2008	Barber, Aleesha	4x400-Meter Relay	5th
2008	Blake, Dominique	4x400-Meter Relay	5th
2008	Cox, Shana	4x400-Meter Relay	5th
2008	Dorr, Fawn	4x400-Meter Relay	5th
2008	Hunter, Gayle	Pentathlon	5th
2009	Greaves, Shavon	200-Meters	10th
2009	Franek, Bridget	5000-Meters	4th
2009	Barber, Aleesha	60-Meter Hurdles	4th
2009	Barber, Aleesha	4x400-Meter Relay	3rd
2009	Dorr, Fawn	4x400-Meter Relay	3rd
2009	Greaves, Shavon	4x400-Meter Relay	3rd
2009	Hunter, Gayle	4x400-Meter Relay	3rd
2009	Hunter, Gayle	Pentathlon	2nd
2010	Greaves, Shavon	60-Meters	11th
2010	Greaves, Shavon	200-Meters	3rd
2010	Dorr, Fawn	400-Meters	5th
2010	Franek, Bridget	3000-Meters	7th
2010	Franek, Bridget	5000-Meters	4th
2011	Anyanwu, Doris	4x400-Meter Relay	6th
2011	Greaves, Shavon	4x400-Meter Relay	6th
2011	Iheoma, Ijeoma	4x400-Meter Relay	6th
2011	Duncan, Megan	4x400-Meter Relay	6th
2014	Jones, Mahagony	200-Meters	3rd
2014	Seymour, Kiah	400-Meters	6th
2014	McGee, Dynasty	4x400-Meter Relay	5th
2014	Jones, Mahagony	4x400-Meter Relay	5th
2014	Rhodes, Tichina	4x400-Meter Relay	5th
2014	Seymour, Kiah	4x400-Meter Relay	5th
2014	Howell, Brittney	Pentathlon	7th
2015	Osborne, Megan	4x400-Meter Relay	8th
2015	McGee, Dynasty	4x400-Meter Relay	8th
2015	Rhodes, Tichina	4x400-Meter Relay	8th
2015	Seymour, Kiah	4x400-Meter Relay	8th
2016	Fatherly, Rachel	Shot put	7th
2017	Rivers, Danae	Mile	3rd
2017	Banks, Rachel	DMR	6th
2017	Rhodes, Tichina	DMR	6th
2017	Kocjancic, Julie	DMR	6th
2017	Rivers, Danae	DMR	6th
2017	Gibson, Dannielle	Triple Jump	8th
2017	Barrett, Tessa	5,000-meters	5th

\*\* Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.



## IN THE POLLS

### MEN'S USTFCCCA COACHES RANKINGS - WEEK 6

Rank	Team	Conference	Pts.	Prev.
1.	Texas Tech	Big 12	130.74	1
2.	Georgia	SEC	102.50	5
3.	Florida	SEC	100.79	2
4.	Arkansas	SEC	97.28	3
5.	Southern California	MPSF	91.66	4
6.	Texas A&M	SEC	85.94	6
7.	Florida State	ACC	82.66	7
8.	Alabama	SEC	73.31	8
9.	Ohio State	Big Ten	66.98	10
10.	Houston	American	65.47	11
11.	TCU	Big 12	64.15	13
12.	Virginia Tech	ACC	60.39	9
13.	Syracuse	ACC	59.11	12
14.	Penn State	Big Ten	53.89	14
15.	South Carolina	SEC	51.58	15
16.	Oregon	MPSF	50.04	17
17.	Kentucky	SEC	46.54	18
18.	New Mexico	MW	45.27	20
19.	Texas	Big 12	45.21	16
20.	Clemson	ACC	45.14	19
21.	Southern Utah	Big Sky	44.95	21
22.	UTEP	C-USA	44.74	23
23.	Colorado State	MW	44.24	28
24.	Stanford	MPSF	38.73	24
25.	Auburn	SEC	35.74	27

## NEWS & NOTES

### Harris for Bowerman

- » Gone are the names from last year and in their place are new ones including a mid-distance specialist who has not only run one of the fastest times in collegiate history, but world history as released by The Bowerman Watch List Committee.
- » Isaiah Harris was one of 10 student-athletes featured on the Bowerman Preseason Watch List. This is the second-time that Harris has been featured on the Bowerman watch list.
- » Harris began his season with a strong performance in the Mile running a near PR of 4:07.18.
- » At the Clemson Invitational, Harris clocked 1:16.55 winning the 600-meters and recorded the No. 2 time in the event in the NCAA, behind UTEP's Michael Saruni who owns a world best of 1:14.79 in the event.
- » At the Iowa State Classic, Harris ran a blazing 1:47.38 that is currently No. 4 in the NCAA and leads the Big Ten.
- » Harris is the second Penn State athlete, of either gender, to be named to The Bowerman Watch List following an appearance by Brannon Kidder in 2016 season. Harris is also the only Penn State athlete to be featured on any of the Bowerman Watch Lists multiple times during their career

### BY THE NUMBERS - PENN STATE HISTORY

1	IAAF World Champion
2	Olympic Champions
3	Olympic Coaches
4	Athletes at the IAAF World Champs in London 2017
9	Women's Team Big Ten Championships
30	Individual NCAA Champions
36	Olympic Athletes
246	Big Ten Champions
431	NCAA All-American
742	All-Big Ten Academic Athletes



### WOMEN'S USTFCCCA COACHES RANKINGS - WEEK 6

Rank	Team	Conference	Pts.	Prev.
1.	Georgia	SEC	183.12	1
2.	Arkansas	SEC	156.04	2
3.	Kentucky	SEC	142.23	3
4.	LSU	SEC	130.76	4
5.	Southern California	MPSF	128.06	5
6.	Florida	SEC	100.13	7
7.	Oregon	MPSF	99.09	6
8.	New Mexico	MW	84.50	8
9.	Stanford	MPSF	80.05	9
10.	Texas A&M	SEC	59.68	10
11.	Minnesota	Big Ten	56.24	12
12.	Virginia Tech	ACC	54.56	11
13.	Boise State	MW	54.36	14
14.	Missouri	SEC	50.51	13
15.	New Hampshire	America East	45.65	34
16.	Colorado	MPSF	44.44	19
17.	Mississippi State	SEC	42.20	27
18.	Purdue	Big Ten	41.60	15
19.	Tennessee	SEC	41.43	16
20.	Clemson	ACC	40.62	17
21.	Auburn	SEC	39.75	21
22.	Arizona State	MPSF	39.72	24
23.	Cincinnati	American	39.29	20
24.	Kansas	Big 12	38.80	23
25.	Florida State	ACC	38.60	22





## B1G TIME

### B1G AOTW: Colin Abert (1/17)

- » Took first place and set the NCAA leading mark in the mile with a time of 4:02.50 at the Nittany Lion Challenge
- » Broke the old Nittany Lion Challenge mile record of 4:04.26
- » Earned his first Indoor Track Athlete of the Week honor

### B1G AOTW: Bryce Williams (1/17)

- » Triple jumped the current No. 1 jump in the nation marking 16.24 meters
- » Took first place and set a new school record in the triple jump at the Nittany Lion Challenge
- » Collected his first Indoor Field Athlete of the Week honor

### B1G AOTW: Isaiah Harris (1/24)

- » Took first place in the 600-meters with a time of 1:16.55 at the Clemson Invitational, which ranks as the second-fastest time in the nation and the No. 1 time in the Big Ten
- » Also anchored the 4x400-meter relay for a season-best time of 3:08.17 which is the No. 2 time in the Big Ten and No. 9 in the NCAA
- » Earned his second Indoor Track Athlete of the Week honor and the first of the season

### B1G AOTW: Danae Rivers (1/24)

- » Earned first place and clocked the fastest 800-meters time in the nation at 2:03.13 at the Clemson Invite
- » Set a new Penn State school record besting her previous record of 2:04.04 last season
- » Collected her second Indoor Track Athlete of the Week honor and the first of the season

### B1G AOTW: David Lucas (1/31)

- » Captured the Penn State National Open title by more than three feet, improving on his school record and posting a mark of 21.81 meters
- » Currently ranks as the No. 8 throw in the NCAA and the No. 3 throw in the Big Ten
- » Collected his first Indoor Field Athlete of the Week honor

### B1G AOTW: Isaiah Harris (2/14)

- » Posted a second-place finish in the 800-meters running a season-best 1:47.38
- » Currently ranks No. 1 in the Big Ten and No. 4 in the NCAA
- » Earned his third Indoor Track Athlete of the Week honor and the second of the season



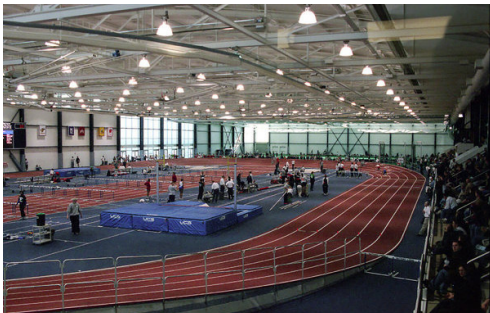


## THE HOME OF PENN STATE TRACK & FIELD

### Horace Ashenfelter III Indoor Track

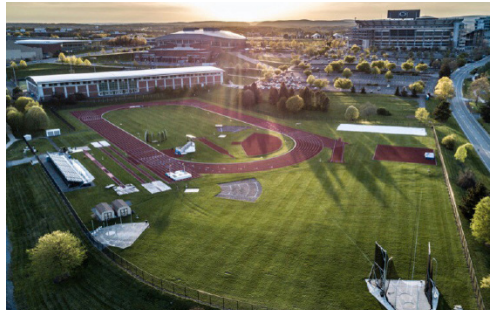
- » Penn State Track & Field athletes practice and compete in one of the premiere facilities in the U.S. in the Ashenfelter III Indoor Track. The track itself is the facility's most dynamic feature, and one of only a handful of indoor tracks in the U.S. to offer a six-lane, 200-meter, hydraulically banked oval. The building has all the features of a world-class facility, including six 42-inch lanes with hydraulically banked turns and eight 48-inch sprint lanes down the middle.
- » Penn State has hosted the Big Ten indoor championships in 1999 and 2009 as well as hosting the PTFA Indoor State Championship.
- » Penn State is one of eight locations in the U.S. that offer a hydraulically banked 200-meter track:

- Birmingham Crossplex
- Michigan
- Navy
- Nebraska
- Ocean Breeze
- Penn State
- Texas A&M
- Virginia Military Institute



### Nittany Lion Outdoor Track

- » Penn State Men's and Women's Outdoor Track and Field teams compete at the Nittany Lion Outdoor Track located between Porter Road and University Drive, south of the Bryce Jordan Center (BJC). It is a 400-meter beynon surface with nine 48-inch lanes with a six-foot warm-up lane running outside lane No.9.
- » Other features include a steeplechase water jump, in addition to long jump, triple jump, and pole vault runways in two directions.
- » Penn State has hosted the Big Ten Outdoor Championships in 1996, 2007 and 2017



## RECORDS BROKEN UNDER GONDAK

### SCHOOL RECORDS

#### Women's School Records Set

600-meters	1:29.06	Danae Rivers, 2017
800-meters	2:03.13	Danae Rivers, 2018
1,000-meters	2:43.15	Tori Gerlach, 2016
Mile	4:32.55	Danae Rivers, 2017
3,000-meters	9:07.22	Tessa Barrett, 2017
5,000-meters	15:28.99	Tessa Barrett, 2017
DMR	11:01.16	Kocjancic, Rhodes, Banks, Rivers, 2017
Pole Vault	13'-9.25" (4.21m)	Lexi Masterson, 2016
Shot Put	56'-8" (17.27m)	Rachel Faterly, 2016

#### Men's School Records Set

60-meters	6.66	Xavier Smith, 2017
200-meters	20.76	Malik Moffett, 2017
600-meters	1:14.96	Isaiah Harris, 2017
800-meters	1:46.24	Isaiah Harris, 2016
1,000-meters	2:18.26	Brannon Kidder, 2016
3,000-meters	7:50.36	Robby Creese, 2015
4x400-meter relay	3:04.80	Chisena, Smith, Reiser, Harris, 2017
Triple Jump	53'-3.50" (16.24)	Bryce Williams, 2018
Shot Put	67'-3.50" (20.51m)	Darrell Hill, 2015
Weight Throw	74'-5" (22.68)	David Lucas, 2018

### TOP-FIVE INDOOR MARKS

#### Women's Top-Five Marks Set

No. 2 Mile	4:37.83	Tori Gerlach, 2016
No. 2 5K	15:50.49	Tori Gerlach, 2016
No. 2 TJ	43'-9" (13.33m)	Dannielle Gibson, 2017
No. 2 WT	69'-2" (21.08m)	Rachel Faterly, 2015
No. 2 PV	13'-7.75" (4.16m)	Hannah Mulhern, 2018
T-No. 3 HJ	5'-10.50" (1.79m)	Megan McCloskey, 2018
No. 3 60mH	8.21	Quenee Dale, 2017
No. 3 Pentathlon	4,133	Maddie Holmberg, 2018
No. 4 60m	7.32	Keianna Albury, 2017
No. 4 DMR	11:15.00	Rivers, Lester, Banks, Barrett, 2017
No. 4 SP	53'-5.75" (16.30m)	Alyssa Robinson, 2017
No. 4 800-meters	2:06.99	Rachel Banks, 2017
No. 4 PV	13'-5.00" (4.09m)	Katie Jones, 2018
No. 5 800-meters	2:07.43	Sarah Jane Underwood, 2016
No. 5 Mile	4:40.43	Julie Kocjancic, 2017
No. 5 5K	16:01.90	Jillian Hunsberger, 2017
T-No. 5 HJ	5'-9.75" (1.77m)	Ahmenah Richardson, 2016
No. 5 PV	13'-0.75" (3.98m)	Megan Fry, 2017
No. 5 600-meters	1:30.53	Frances Bull, 2017
No. 5 PV	13'-1.75" (4.01m)	Kasey Kemp, 2016

#### Men's Top-Five Marks Set

No. 2 60-meters	6.75	Malik Moffett, 2018
No. 2 200-meter	20.79	Terrance Laird, 2018
No. 2 400-meters	46.27	Dan Chisena, 2018
No. 2 DMR	9:27.20	Makins, Shisler, Harris, Kidder, 2016
No. 2 WT	71'-9.50" (21.88m)	Morgan Shigo, 2018
No. 2 Mile	3:57.13	Brannon Kidder, 2015
No. 2 5K	13:55.00	Timothy McGowan, 2018
No. 3 200-meter	20.85	Xavier Smith, 2017
No. 3 800-meters	1:47.01	Brannon Kidder, 2016
No. 3 4x800	7:22.10	Makins, Brennan, Kidder, Creese, 2015
No. 3 DMR	9:28.36	Kidder, Rhodes, Watkins, Creese, 2015
No. 3 TJ	52'-6.75" (16.02m)	Brian Leap, 2016
No. 4 600-meters	1:16.98	Brannon Kidder, 2015
No. 4 Mile	3:59.51	Colin Abert, 2018
No. 4 DMR	9:32.21	Kidder, Shisler, Watkins, Creese, 2015
No. 5 WT	65'-10" (20.08)	David Lucas, 2017
No. 5 600-meters	1:17.58	Robert Rhodes, 2016
No. 5 60-meters	6.78	Terrance Laird, 2018



# JOHN GONDAK

Head Coach • Fourth Season (12th Overall)

*Doylestown, Pa.*

Civil Engineering • Syracuse '95



## THE GONDAK FILE

### COACHING RESUME

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

### EDUCATION

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

### AWARDS

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

### NOTABLE ATHLETES COACHES

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





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

Year	Indoor (points)	Outdoor (points)
1921	---	T-11th (5)
1922	---	2nd (19.5)
1923	---	4th (13.5)
1930	---	T-37th (2)
1938	---	14th (10)
1939	---	T-25 (4)
1940	---	T-3rd (24)
1941	---	6th (20)
1947	---	6th (20)
1948	---	T26th (8)
1949	---	5th (25)
1950	---	T-38th (1)
1951	---	T-31st (2)
1953	---	T-40th (0.75)
1954	---	T-18th (7)
1955	---	T-9th (14)
1957	---	T-26th (6)
1958	---	41st (1)
1959	---	T-25th (7)
1960	---	T-25th (8)
1961	---	T-16th (10)
1965	40th (1)	T-30th (8)
1966	---	T-8th (20)
1969	T-29th (2)	---
1970	---	T-46th (2)
1971	---	T-24th (7)
1972	---	T-22nd (8)
1973	---	T-16th (13)
1974	T-14th (6)	---
1975	T-8th (9)	T-19th (11)
1976	19th (5)	T-12th (16)
1977	T-28th (3)	---
1978	T-28th (6)	---
1979	T-54th (1)	---
1980	T-37th (1)	T-41st (4)
1981	T-27th (6)	T-36th (4)
1982	T-58th (0.50)	---
1983	T-26th (6)	T-74th (4)
1985	T-15th (10)	29th (9)
1987	T-50th (1)	T-18th (15)
1988	---	T-35th (8)
1989	T-25th (8)	T-44th (5)
1990	11th (14)	T-38th (8)
1991	T-23rd (8)	---
1993	---	20th (13)
1994	T-44th (3)	---
1996	---	T-41st (7)
1997	---	T-66th (2)
1998	T-45th (4)	T-27th (8)
1999	T-40th (4)	T-58th (3)
2001	---	T-39th (5)
2002	T-44th (4.50)	T-68th (1)
2007	T-47th (4)	---
2009	T-39th (4.50)	T-62nd (2)
2010	T-14th (14)	T-23rd (11)
2011	T-11th (16)	T-20th (11)
2012	28th (8)	T-21st (13)
2013	9th (19)	14th (17)
2014	34th (6)	47th (5)
2015	12th (15)	T-10th (17)
2016	T-58th (2)	17th (13)
2017	T-36th (5)	T-20th (14)



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

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

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

Year	Indoor (points)	Outdoor (points)
1992	8th (30.5)	7th (55)
1993	6th (31)	8th (52.5)
1994	7th (38)	8th (49)
1995	10th (8)	5th (87)
1996	10th (25)	3rd (82)
1997	10th (29.3)	8th (56)
1998	8th (51)	9th (53)
1999	10th (30)	9th (62)
2000	9th (34.5)	7th (71.5)
2001	5th (68)	3rd (98.83)
2002	CANCELLED	5th (72)
2003	7th (42)	5th (81)
2004	8th (39)	7th (54.5)
2005	8th (37)	7th (66)
2006	8th (46.5)	7th (61)
2007	8th (46)	4th (93.5)
2008	4th (79)	6th (77)
2009	3rd (78)	5th (80)
2010	T-6th (51)	T-7th (52)
2011	6th (62.66)	6th (74)
2012	6th (51.33)	6th (80)
2013	3rd (87)	8th (59)
2014	3rd (72)	6th (78)
2015	4th (72)	5th (67)
2016	6th (60)	5th (82)
2017	2nd (84)	1st (117)
2018	4th (84)	---



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

Year	Indoor (points)	Outdoor (points)
1992	8th (30)	6th (77)
1993	4th (43)	6th (56)
1994	10th (10)	8th (53)
1995	10th (17)	10th (33)
1996	4th (39)	8th (43)
1997	5th (63)	3rd (91)
1998	6th (44.5)	5th (75)
1999	8th (59.17)	8th (63)
2000	8th (21)	7th (62)
2001	T-6th (61)	8th (65)
2002	7th (55.5)	8th (72)
2003	3rd (87)	T-2nd (124)
2004	1st (115)	2nd (126.5)
2005	4th (74)	2nd (112.5)
2006	4th (85)	3rd (114)
2007	4th (92)	3rd (114)
2008	3rd (121)	1st (151)
2009	2nd (125)	1st (139)
2010	1st (111)	1st (133.5)
2011	2nd (86)	2nd (122)
2012	3rd (99)	4th (87)
2013	4th (73)	1st (133)
2014	1st (114.5)	1st (136)
2015	T-3rd (68)	7th (66)
2016	3rd (96.5)	10th (47.5)
2017	1st (96.5)	3rd (101)
2018	6th (70)	---



# 2018 NCAA TRACK & FIELD CHAMPIONSHIPS



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

## FRIDAY, MARCH 9

### TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
5:30 PM	800m	Women	Pentathlon
5:35 PM	Mile	Men	Semifinal
5:50 PM	Mile	Women	Semifinal
6:05 PM	60 Meters	Men	Semifinal
6:15 PM	60 Meters	Women	Semifinal
6:25 PM	400 Meters	Men	Semifinal
6:40 PM	400 Meters	Women	Semifinal
6:55 PM	60 Hurdles	Men	Semifinal
7:05 PM	60 Hurdles	Women	Semifinal
7:15 PM	800 Meters	Men	Semifinal
7:25 PM	800 Meters	Women	Semifinal
7:35 PM	200 Meters	Men	Semifinal
7:50 PM	200 Meters	Women	Semifinal
8:05 PM	5000 Meters	Men	Final
8:25 PM	5000 Meters	Women	Final
8:45 PM	Distance Medley Relay	Men	Final
9:00 PM	Distance Medley Relay	Women	Final

### FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
5:15 PM	Shot Put	Women	Trials & Final
5:30 PM	Long Jump	Men	Trials & Final
5:30 PM	Pole Vault	Men	Final
6:00 PM	High Jump	Women	Final
7:10 PM	Long Jump	Women	Trials & Final
7:20 PM	Shot Put	Men	Trials & Final

### COMBINED EVENTS

TIME	EVENT	DIVISION	
12:00 PM	60 Meters	Heptathlon	
12:40 PM	Long Jump	Heptathlon	2 runways
1:50 PM	Shot Put	Heptathlon	2 rings
3:00 PM	High Jump	Heptathlon	2 pits

TIME	EVENT	DIVISION	
12:15 PM	60 Hurdles	Pentathlon	
1:00 PM	High Jump	Pentathlon	2 pits
3:00 PM	Shot Put	Pentathlon	2 rings
4:00 PM	Long Jump	Pentathlon	2 runways
5:30 PM	800 Meters	Pentathlon	

## SATURDAY, MARCH 10

### TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
4:00 PM	1000 Meters	Men	Heptathlon
4:10 PM	Mile	Men	Final
4:20 PM	Mile	Women	Final
4:30 PM	60 Meters	Men	Final
4:40 PM	60 Meters	Women	Final
4:50 PM	400 Meters	Men	Final
5:00 PM	400 Meters	Women	Final
5:10 PM	60 Hurdles	Men	Final
5:20 PM	60 Hurdles	Women	Final
5:30 PM	800 Meters	Men	Final
5:40 PM	800 Meters	Women	Final
5:50 PM	200 Meters	Men	Final
6:00 PM	200 Meters	Women	Final
6:10 PM	3000 Meters	Men	Final
6:25 PM	3000 Meters	Women	Final
6:40 PM	4x400 Relay	Men	Final
6:55 PM	4x400 Relay	Women	Final

### FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
2:00 PM	Weight Throw	Men	Trials & Final
3:30 PM	Triple Jump	Women	Trials & Final
3:30 PM	High Jump	Men	Final
4:00 PM	Pole Vault	Women	Final
4:30 PM	Weight Throw	Women	Trials & Final
5:00 PM	Triple Jump	Men	Trials & Final

### COMBINED EVENTS

TIME	EVENT	DIVISION	
12:00 PM	60 Hurdles	Heptathlon	
12:50 PM	Pole Vault	Heptathlon	2 pits
4:00 PM	1000 Meters	Heptathlon	



# Penn State School Records

## Track Events

60 Meters	7.24.....Shavon Greaves, 2010
200 Meters	22.60.....Consuella Moore, 2004
400 Meters	52.31..... Shana Cox, 2007
<b>800 Meters</b>	<b>2:03.13..... Danae Rivers, 2018</b>
Mile	4:32.55.....Danae Rivers, 2017
3000 Meters	9:07.22..... Tessa Barrett, 2017
5000 Meters	15:28.99..... Tessa Barrett, 2017
60m Hurdles	8.10..... Evonne Britton, 2014

## Relay Events

4x400-Meters	3:33.13.... Dynasty McGee, Mahagony Jones, ..... Tichina Rhodes, Kiah Seymour, 2014
Distance Medley	11:01.16.....Julie Kocjancic, Tichina Rhodes, ..... Rachel Banks, Danae Rivers, 2017

## Non-NCAA Event Records

55 Meters	6.98.....Shavon Greaves, 2008
300 Meters	37.13.....Shavon Greaves, 2010
500 Meters	1:09.19..... Shana Cox, 2007
600 Meters	1:29.06.....Danae Rivers, 2017
1000 Meters	2:43:15.....Tori Gerlach, 2016
55m Hurdles	7.77.....Aleesha Barber, 2008
Shuttle Hurdles	32.30..... Carla Criste, Laurie Dangel, ..... Sue Lindner, Stephanie Weeks,1983
4x200-Meters	1:35.65.....Megan Osborne, Kiah Seymour, Dynasty McGee, Mahagony Jones, 2014 (Collegiate Record)
4x800-Meters	8:45.60 ..... Judi Cassel, Heidi Gerken, ..... Tammie Hart, Beth Stever, 1984
Sprint Medley	3:52.25..... Lauren Burns, Lena Bettis, . Aleesha Barber, Briene Simmons, 2007 .....** Collegiate Record

\*All times are FAT (Fully Automatic Timing)

## Field Events

High Jump	5-11.25 (1.81). Antoinette O'Carroll, 1987 5-11.25 (1.81).....Brittany Maun, 2010
Pole Vault	13-9.75 (4.21)..... Lexi Masterson, 2016
Long Jump	20-11.25 (6.38)..... Gayle Hunter, 2009
Triple Jump	44-1.25 (13.45)..... Chi-Chi Aduba, 2003
Shot Put	56-8 (17.27)..... Rachel Fatherly, 2016
20-lb. Weight	74-10.50 (22.82)... Jen Leatherman, 2006
Pentathlon	4,342 points ..... Gayle Hunter, 2009

## Pentathlon Event Records

60-Meter Hurdles	8.31.....Brittney Howell, 2014
High Jump	5-8.50 (1.74)..... Amber Strouse, 2007 .....Kelsey Coutts, 2012
Long Jump	20-11.25 (6.38)..... Gayle Hunter, 2009
<b>Shot Put</b>	<b>46-0.00 (14.20) Maddie Holmberg, 2018</b>
800-Meters	2:13.73..... Gayle Hunter, 2009

## Retired Records

50 Yards	6.00 ..... Lea Ventura, 1977
60 Yards	7.12 ..... Vivian Riddick, 1983
220 Yards	24.84..... Debbie Lewis, 1980
300 Yards	36.49 ..... Janice Carter, 1985
440 Yards	55.62.....Tammie Hart, 1981
600 Yards	1:20.34.....Tammie Hart, 1983
880 Yards	2:09.11 ..... Terry Pioli, 1983
1000 Yards	2:32.00.....Doreen Startare, 1983
1500 Meters	4:20.50..... Patty Murnane, 1980
2000 Meters	6:05.67 ..... Mary Rawe, 1980
2-Mile	9:54.76 .....Doreen Startare, 1983
3-Mile	15:48.00..... Paula Renzi, 1985
50-Yard Hurdles	6.80..... Patti Knighton, 1978
60-Yard Hurdles	8.07 ..... Stephanie Weeks, 1983
50-Meter Hurdles	7.20..... Carla Criste, 1985
Mile Relay	3:46.30..... Penny Fales, Tammie Hart, ..... Elaine LaFramboise, Terry Pioli, 1980
2-Mile Relay	8:52.40..... Judi Cassel, Heidi Gerken, ..... Beth Stever, Doreen Startare,1984
880-Yard Relay	1:43.90.....Debbie Lewis, Ann McKillop, ..... Terry Pioli, Vivian Riddick, 1980

## Penn State School Records

### Track Events

60 Meters	6.66 .....	Xavier Smith, 2017
<b>200 Meters</b>	<b>20.56</b> .....	<b>Terrance Laird, 2018</b>
400 Meters	46.22 .....	Brady Gehret, 2011
800 Meters	1:46.24 .....	Isaiah Harris, 2016
Mile	3:57.11 .....	Robby Creese, 2013
3000 Meters	7:50.36 .....	Robby Creese, 2015
5000 Meters	13:52.36 .....	Steve Brown, 1990
60m Hurdles	7.69 .....	Guy Rose, 2001

### Relay Events

4x400-Meters	3:04.80 .....	Dan Chisena, ..... Xavier Smith, Samuel Reiser, ..... Isaiah Harris, 2017
Distance Medley	9:26.59 .....	Brannon Kidder, ..... Brandon Bennett-Green, ..... Za'Von Watkins, Robby Creese, 2014

### Non-NCAA Event Records

55 Meters	6.31 .....	Michael Timpson, 1986
300 Meters	33.01 .....	Michael Timpson, 1986 ..... U.S. Collegiate Record
500 Meters	1:01.28 .....	Casimir Loxsom, 2011
600 Meters	1:14.96 .....	Isaiah Harris, 2017 ..... <b>** Collegiate Record **</b>
1000 Meters	2:18.26 .....	Brandon Kidder, 2016 ..... <b>** Collegiate Record **</b>
1500 Meters	3:44.0 .....	Larry Mangan, 1979
55m Hurdles	7.31 .....	Michael Timpson, 1986
4x55-Meters	24.65 .....	Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, 2006
4x55m Hurdles	28.8 .....	Paul Pollock, Bill Austin, ..... Matt Graham & Dennis Rock, 1977
4x200-Meters	1:23.75 .....	Xavier Smith, Dan Chisena, ... Malik Moffett, Anton Porter, 2016
Sprint Medley	3:23.74 .....	Ernie Terrell, Jaret Campisi, ..... Chris Lolagne, Matt Lincoln, 2005
4x800-Meters	7:21.37 .....	Steve Balkey, Dave McMillan, ..... Chris Mills & Ray Levitre, 1987
	7:21.37 .....	Za'Von Watkins, Brannon Kidder, ..... Ricky West, Casimir Loxsom, 2013
4-Mile	16:43.4 .....	Jeff Adkins, Tom Rapp, ..... Alan Scharsu & Larry Mangan, 1980

### Field Events

High Jump	7-4.25 (2.24) .....	Paul Souza, 1982
Pole Vault	17-0.75 (5.20) .....	John Vellenoweth, 2009
Long Jump	25-11 (7.90) .....	David Coney, 1986
<b>Triple Jump</b>	<b>53-3.50 (16.24) .....</b>	<b>Bryce Williams, 2018</b>
Shot Put	67-3.5 (20.51) .....	Darrell Hill, 2015
<b>35-lb. Weight</b>	<b>76-5.75 (23.31) .....</b>	<b>David Lucas, 2018</b>
Pentathlon	4,097 pts .....	Brian Kelley, 1993
Heptathlon	5,511 pts .....	Rob Cardina, 2014

### Heptathlon Event Records

Points	5,511 .....	Rob Cardina, 2014
60 Meters	7.04 .....	Rob Cardina, 2014
Long Jump	23-1 3/4 (7.05) .....	Rob Cardina, 2014
Shot Put	46-6 1/4 (14.18) .....	Rob Cardina, 2017
High Jump	6-7 1/2 (2.02) .....	Anya Uzoh, 2012
60-Meter Hurdles	8.21 .....	J.T. Kuretich, 2003
Pole Vault	15-5 3/4 (4.72) .....	J.T. Kuretich, 2003
1,000 Meters	2:41.90 .....	Chris Morrissey, 2007

### Retired Records

50 Yards	5.1 .....	Barney Ewell, 1942 (1)
300 Yards	30.1 .....	Mike Sands, 1975
500 Yards	57.0 .....	Ollie Sax, 1953
600 Yards	1:09.6 .....	Ken Wynn, 1983
1000 Yards	2:09.4 .....	Pat Rexroat, 1975
2-Miles	8:34.2 .....	Greg Fredericks, 1972
3-Miles	13:17.6 .....	Paul Stemmer, 1976
50-Yard Hurdles	6.1 .....	Rod Perry, 1955 (1)
70-Yard Hurdles	8.4 .....	Jim Gehrdes, 1949;
	8.4 .....	Mike Shine, 1975
National TAC Medley (440, 220, 220, 300)	2:04.9 .....	Mike Sands, Steve Hackman, ..... Jack Davis & Mike Shine, 1975
Indoor Pentathlon	4,097 .....	Brian Kelley, 1993