

***PENN STATE
TRACK & FIELD***



***SYKES & SABOCK
CHALLENGE***



2022 SYKES & SABOCK CHALLENGE

January 29, 2022



|| Ashenfelter III Indoor Track || Facility Records and Notable Performances ||

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
60 Meters	6.58	2011	Reggie Dixon, Hampton
200 Meters	20.72	2006	LaShawn Merritt, Unattached
400 Meters	45.46	2001	Andrew Pierce, Ohio State
500 Meters	1:01.28	2011	Casimir Loxsom, Penn State
600 Meters	1:14.91 WR	2017	Casimir Loxsom, Brooks
800 Meters	1:46.91	2019	Joe White, Georgetown
1000 Meters	2:18.26 C	2016	Brannon Kidder, Penn State
Mile	3:56.51	2012	Jeff See, Saucony
3000 Meters	7:57.75	2014	Patrick Tiernan, Villanova
5000 Meters	13:58.16	2009	Hassan Mead, Minnesota
60 Meter Hurdles	7.49	2012	Jarret Eaton, Syracuse
2000 Meter Steeplechase	5:47.33	2013	Michael Kiley, Penn State
4x200 Meter Relay	1:24.70 CR	2013	Penn State (E. Mpanduki, M. Gilmore, Br. Bennett, Green, A. Nadolsky)
4x400 Meter Relay	3:06.98	2014	Pittsburgh (M. Murray, C. Nkanata, D. Palmer, B. Spratling)
4x800 Meter Relay	7:22.10	2015	Penn State (J. Makins, R. Brennan, B. Kidder, R. Creese)
Sprint Medley	3:23.74	2005	Penn State (E. Terrell, J. Campisi, C. Lolagne, M. Lincoln)
Distance Medley	9:26.59	2014	Penn State (B. Kidder, B. Bennett, Green, Z. Watkins, R. Creese)
High Jump	7,5 (2.26)	2008	Joe Kindred, St. Augustine's
Pole Vault	18,6.75 (5.65)	2018	Matthew Ludwig, Akron
Long Jump	26,1.50 (7.96)	2011	Justin Hunter, Tennessee
Triple Jump	55,9 (16.99)	2006	Leevan Sands, Bahamas
Shot Put	70,10 (21.59)	2013	Ryan Whiting, Nike
Weight Throw 35 lb	76,6.25 (23.32)	2017	Rudy Walker, Cornell
Heptathlon	5827	2005	Ryan Olkowski, Unattached

Women's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
60 Meters	7.17	2012	Barbara Pierre, Unattached
200 Meters	22.98	2010	Shavon Greaves, Penn State
400 Meters	52.31	2007	Shana Cox, Penn State
500 Meters	1:08.70*	2010	Shana Cox, Adidas
600 Meters	1:27.22	2010	Molly Beckwith, Indiana
800 Meters	2:02.94	2019	Danae Rivers, Penn State
1000 Meters	2:38.58	2019	Danae Rivers, Penn State
Mile	4:30.41	2013	Sheila Reid, Nike
3000 Meters	9:01.91	2011	Jackie Areson, Tennessee
5000 Meters	15:48.10	2005	Maureen McCandless, Pittsburgh
60 Meter Hurdles	7.92	2002	Danielle Carruthers, Indiana
2000 Meter Steeplechase	6:29.38	2013	Natalie Bower, Penn State
4x200 Meter Relay	1:35.65	2014	Penn State (M. Osborne, K. Seymour, D. McGee, M. Jones)
4x400 Meter Relay	3:34.22	2014	Penn State (D. McGee, K. Seymour, T. Rhodes, M. Jones)
4x800 Meter Relay	8:34.82	2009	Tennessee (L. Loche, N. Cook, P. Hall, C. Champion)
Sprint Medley	3:52.25 C	2007	Penn State (L. Burns, L. Bettis, A. Barber, B. Simmons)
Distance Medley	10:54.04	2014	Stanford (A. Weissenbach, K. Williams, C. Saunders, J. Fedronic)
High Jump	6,2.75 (1.90)	2013	Tynita Butts, East Carolina
Pole Vault	14,8.25 (4.47)	2017	Katie Nageotte, Adidas
Long Jump	21,6.75 (6.57)	2006	Tianna Madison, Nike
Triple Jump	45,2.50 (13.45)	2004	Colleen Scott, Unattached
Shot Put	60,7.75 (18.48)	2006	Cleopatra Borel, Brown, Unattached
Weight Throw 20 lb	73,0.50 (22.26)	2007	Jennifer Leatherman, Unattached
Pentathlon	4731	2010	Hyleas Fountain, Nike

*, American Indoor Record; C, Collegiate Record; AmC, American Collegiate Record; AJ, American Junior Record; WR, World Record



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|| Meet Records ||

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.60	2005	Johnnie Drake - Central Michigan
Women 60 Meters	7.26	2008	Gloria Asumnu - Tulane
Men 200 Meters	20.93	2010	Marcus Rowland - Auburn
Women 200 Meters	23.44	2002	Rachelle Boone - Indiana
Men 400 Meter Dash	46.00	2001	Andrew Pierce - Ohio State
Women 400 Meter Dash	52.50	2007	Shana Cox - Penn State
Men 600 Meters	1:17.36	2014	Robert Rhodes - Penn State
Women 600 Meters	1:27.70	2007	Morgan Uceny - Cornell
Men 800 Meters	1:47.31	2016	Isaiah Harris - Penn State
Women 800 Meters	2:05.90	2007	Becky Horn - Western Michigan
Men Mile	3:57.86	2015	Robby Creese - Penn State
Women Mile	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meters	8:00.99	2009	Sam Chelenga - Liberty
Women 3000 Meters	9:14.24	2005	Lindsey Gallo - Michigan
Men 5000 Meters	14:13.25	2007	Jeff Powers - Central Michigan
Women 5000 Meters	16:09.07	2001	Erica Palmer - Wisconsin
Men 60 Meter Hurdles	7.77	2003	Joel Brown - Ohio State
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x400 Meter Relay	3:07.78	2001	Ohio State - C Cornwall, E Francis, T Dickson, A Pierce
Women 4x400 Meter Relay	3:34.22	2014	Penn State - D McGee, K Seymour, T Rhodes, M Jones
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	11:11.33	2009	West Virginia - K Christopher, A Rotilio, K Hamric, K Bland
Men High Jump	7-4.25 (2.24)	2014	Maalik Reynolds - Penn
Women High Jump	5-10.75 (1.80)	2003	Alex Church - Kent State
Men Pole Vault	18-1.50 (5.52)	2006	Brian Mondschein - Virginia Tech
Women Pole Vault	13-9.25 (4.20)	2016	Lexi Masterson - Penn State
	13-9.25 (4.20)	2016	Allison Harris - Princeton
Men Long Jump	24-8.50 (7.53)	2002	David Clark - West Virginia
Women Long Jump	20-7 (6.27)	2003	Chi-Chi Aduba - Penn State
Men Triple Jump	52-9.50 (16.09)	2002	Aarik Wilson - Indiana
Women Triple Jump	44-0.50 (13.42)	2003	Melanie Carter - Pittsburgh Men
Men Shot Put	66-10.5 (20.38)	2015	Darrell Hill - Penn State
Men Shot Put "Invite"	70-10 (21.59)	2013	Ryan Whiting - Nike
Women Shot Put	56-8 (17.27)	2016	Rachel Fatherly - Penn State
Men Weight Throw 35 lb	76-6.25 (23.32)	2017	Rudy Winkler - Cornell
Women Weight Throw 20 lb	71-6.25 (21.80)	2006	Jennifer Leatherman - Penn State
Women Indoor Pentathlon	4059	2005	Gayle Hunter - Penn State

* - American Indoor Record; C - Collegiate Record; AmC - American Collegiate Record; AJ - American Junior Record



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|| Penn State Indoor Records ||

EVENT	PERFORMANCE	ATHLETE, YEAR
Men 60 Meters	6.65	Will Henderson, 2019
Men 200 Meters	20.56	Terrance Laird, 2018
Men 400 Meters	46.22	Brady Gehret, 2011
Men 500 Meters	1:01.28	Casimir Loxsom, 2013
Men 600 Meters	1:14.96	Isaiah Harris, 2017
Men 800 Meters	1:46.08	Isaiah Harris, 2018
Men 1000 Meters	2:18.26	Brannon Kidder, 2016
Men Mile	3:57.11	Robby Creese, 2013
Men 3000 Meters	7:50.36	Robby Creese, 2015
Men 5000 Meters	13:46.49	Tim McGowan, 2019
Men 60-Meter Hurdles	7.69	Guy Rose, 2001
Men 4x200-Meter Relay	1:26.24	Langan, Campisi, Lolagne, Terrell, 2005
Men 4x400-Meter Relay	3:04.80	Chisena, Smith, Reiser, Harris, 2017
Men 4x800-Meter Relay	7:21.17	Balkey, McMillan, Mills, Levitre, 1987
Men Distance Medley Relay	9:26.59	Watkins, Kidder, West, Loxsom, 2013
Men 4xMile Relay	16:43.54	Kidder, Br. Bennett-Green, Watkins, Creese, 2014
Men High Jump	7-4.25 (2.24)	Adkins, Rapp, Scharsu, Mangan, 1980
Men Pole Vault	17-0.75 (5.20)	Paul Souza, 1982
Men Long Jump	25-11 (7.90)	John Vellenoweth, 2009
Men Triple Jump	53-3.50 (16.24)	David Coney, 1986
Men Shot Put	66-2.50 (20.18)	Bryce Williams, 2018
Men Weight Throw	78-9.75 (24.02)	Darrell Hill, 2015
Men Heptathlon	5511	David Lucas, 2018
		Rob Cardina, 2014
EVENT	PERFORMANCE	ATHLETE, YEAR
Women 60 Meters	7.24	Shavon Greaves, 2010
Women 200 Meters	22.60	Connie Moore, 2004
Women 400 Meters	52.14	Alexis Holmes, 2019
Women 500 Meters	1:09.19	Shana Cox, 2007
Women 600 Meters	1:29.03	Danae Rivers, 2017
Women 800 Meters	2:02.94	Danae Rivers, 2019
Women 1000 Meters	2:38.58	Danae Rivers, 2019
Women Mile	4:32.55	Danae Rivers, 2017
Women 3000 Meters	9:07.22	Tessa Barrett, 2017
Women 5000 Meters	15:28.99	Tessa Barrett, 2017
Women 60-Meter Hurdles	8.10	Evonne Britton, 2014
Women 4x200-Meter Relay	1:35.65	Osborne, Seymour, McGee, Jones, 2014
Women 4x400-Meter Relay	3:33.13	McGee, Jones, Rhodes, Seymour, 2014
Women 4x800-Meter Relay	8:45.60	Cassel, Gerken, Hart, Stever, 1984
Women Distance Medley Relay	11:05.16	Lane, Iheoma, Simko, Millhouse, 2012
Women High Jump	5-11.25 (1.81)	A. O'Carroll, 1987; B. Maun, 2010
Women Pole Vault	13-9.75 (4.21)	Lexi Masterson, 2016
Women Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
Women Triple Jump	44-1.25 (13.45)	Chi-Chi Aduba, 2003
Women Shot Put	56-8 (17.27)	Rachel Fatherly, 2016
Women Weight Throw	74-10 (22.82)	Jen Leatherman, 2006
Women Pentathlon	4342	Gayle Hunter, 2009



TRACK & FIELD

THE SYKES & SABOCK CHALLENGE | FINAL TIME SCHEDULE

January 29, 2022

FIELD EVENTS

11:00 AM	Women Long Jump (Front Runway)	Finals
11:00 AM	Men Long Jump (Back Runway)	Finals
To Follow W LJ	Women Triple Jump (Front Runway)	Finals
To Follow M LJ	Men Triple Jump (Back Runway)	Finals
11:00 AM	Women Pole Vault (Front Pit)	Finals
To Follow W PV	Men Pole Vault (Front Pit)	Finals
Est. 2:30 PM	Women High Jump (After the 60m Finals)	Finals
Est. 2:30 PM	Men High Jump (After the 60m Finals)	Finals
11:00 AM	Women Shot Put	Finals
Est. 12:15 PM	Men Shot Put (to Follow W SP)	Finals
Est. 1:45 PM	Women Weight Throw 20 lb (To Follow M SP)	Finals
Est. 3:00 PM	Men Weight Throw 35 lb (to Follow W WT)	Finals

TRACK EVENTS

11:00 AM	Mixed 3000 Meter Run & 1 Mile Run NVRC	Finals
12:00 PM	Women 60 Meter Hurdles	Prelims
12:10 PM	Men 60 Meter Hurdles	Prelims
12:20 PM	Women 60 Meter Dash	Prelims
12:30 PM	Men 60 Meter Dash	Prelims
12:45 PM	Women 1 Mile Run	Finals
1:10 PM	Men 1 Mile Run	Finals
1:30 PM	Women 60 Meter Hurdles	Finals
1:35 PM	Men 60 Meter Hurdles	Finals
1:40 PM	Women 60 Meter Dash	Finals
1:45 PM	Men 60 Meter Dash	Finals
1:55 PM	Women 400 Meter Dash	Finals
2:15 PM	Men 400 Meter Dash	Finals
2:30 PM	Women 800 Meter Run	Finals
2:45 PM	Men 800 Meter Run	Finals
3:00 PM	Women 600 Meter Run	Finals
3:10 PM	Men 600 Meter Run	Finals
3:20 PM	Women 200 Meter Dash	Finals
3:40 PM	Men 200 Meter Dash	Finals
4:00 PM	Women 3000 Meter Run	Finals
4:20 PM	Men 3000 Meter Run	Finals
4:40 PM	Women 4x400 Meter Relay	Finals
4:50 PM	Men 4x400 Meter Relay	Finals

2022 PENN STATE TRACK & FIELD HOME SCHEDULE

JAN. 15	NITTANY LION CHALLENGE
JAN. 21-22	PENN STATE NATIONAL OPEN
JAN. 29	SYKES & SABOCK CHALLENGE CUP
FEB. 18	PENN STATE TUNE-UP

COMPETING TEAMS

Akron (m/w)
Binghamton (m/w)
Bowling Green (w)
Bucknell (m/w)
Kent State (m/w)
Morgan State (m/w)
Penn (m/w)
Penn State (m/w)
Princeton (m/w)
Shippensburg (m/w)
Tiffin (m/w)
Villanova (m)
West Virginia (w)

Penn State Coaching/Support Staff

John Gondak	Director/Head Coach (Mid-Distance/Distance)
Erin Tucker	Associate Head Coach (Sprints/Hurdles/Relays)
Lucais MacKay	Assistant Coach (Throws)
Ryan Foster	Assistant Coach (Mid-Distance/Distance)
Brie Berkowitz	Assistant Coach (Pole Vault/Long Jump/Triple Jump)
Fritz Spence	Assistant Coach (Multi-Events/High Jump)
Kara Foster	Director of Operations
Brandon Rizzo	Volunteer Assistant Coach
Maddie Nickal	Volunteer Assistant Coach
Malik Moffett	Volunteer Assistant Coach
Robby Creese	Volunteer Assistant Coach
Melissa Boldt	Performance Enhancement Coach
Nick Yonko	Assistant AD for Performance Nutrition Services
Carl Ohlson	Assistant AD for Performance Psychology
Michael Gay	Athletic Trainer
Alli Gawinski	Assistant Athletic Trainer