

Penn State Track and Field

Meet Notes Penn Relays April 26-28, 2012



Nittany Lions Look to Impress at Penn Relays
Track and field stands to come home from Philadelphia with
season bests and top finishes

UNIVERSITY PARK, Pa.: April 25, 2012 – With outdoor season already well underway, the Nittany Lion track and field squads will get to see where they stand against the nation's best this weekend, competing at the 118th running of the Penn Relays, hosted by the University of Pennsylvania at historic Franklin Field. The Nittany Lions stand to make an impact across all event areas, with several Penn State relay squads and individual athletes expected to vie for Penn Relays victories in their respective events. Action is slated to begin at 10:00 a.m., Thursday morning in Philadelphia.

The Nittany Lions have already enjoyed a successful outdoor campaign, including a school-record run from senior Kara Millhouse (Boiling Springs, Pa.) in the 10,000-meters (33:31.37) at last weekend's Mt. SAC Relays. Also making their way into the record books in 2012 is the men's 4x400-meter relay quarter of Brandon Bennett-Green (Elkins' Park, Pa.), Brady Gehret (Altoona, Pa.), Casimir Loxsom (New Haven, Conn.), and Emunael Mpanduki (Harare, Zimbabwe), which set the all-time Penn State mark of 3:06.50 at the Battle on the Bayou at Louisiana State University earlier this month.

About the Penn Relays ...

When: Thursday-Saturday (April 26-28)

Where: Franklin Field (University of Pennsylvania)
Host Website/Results: www.pennrelaysonline.com

Penn Relays Twitter: @thepennrelays

Follow the Nittany Lions ...

On Facebook:

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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 Bryce Jordan Center (15,261) **Home Court:** Dr. Rodney Erickson President: **Athletic Director:** Tim Curley Acting Director of Athletics: Dave Joyner, Penn State BS '71, MD '76



Penn State @ the Penn Relays | Meet Preview

Nittany Lion Relays to Watch ...

Men's Sprint Medley Relay - Friday, 6:50 p.m.

The Nittany Lions are the team-to-beat in the men's sprint medley, coming off a "Championship of America" victory in 2011. Anchored by a strong close from then-senior Ryan Foster, the Nittany Lions finished in a school-record 3:17.10 to garner the Lions' first "wheel" since 1987. The victory also marked the Nittany Lions' first sprint medley title since 1942, and fourth SMR win overall. All told, the Nittany Lion men now own a total of 24 Penn Relays wheels. Three of the Nittany Lion's four sprint-relay legs from 2012 could run this year, including sophomores Brady Gehret (Altoona, Pa.), and Junior Casimir Loxsom (New Haven, Conn.). Standing in the Lions' way will be sprint powerhouse Texas A&M. The Aggies will also travel a powerful middle-distance contingent, including NCAA 800-meter leader Michael Preble, who has run 1:46.43 this spring. The field is also slated to feature Division II stalwart Saint Augustine's as well as Delaware State, which has experienced outstanding success in the long sprints and middle distances over the past several years.

The Lions will also have a stable of talented legs available, including sophomore and Philadelphia product Brandon Bennett-Green (Elkins' Park, Pa.), who was a member of the Lions' NCAA runner-up 4x400-meter relay indoors, and middle-distance standouts senior Owen Dawson (Coatesville, Pa.) and freshman Robby Creese (Mount Airy, Md.).

Women's Distance Medley Relay - Thursday, 5:20 p.m.

Coming off a school-record run in the women's distance medley relay indoors, the Nittany Lions will look to get a piece of the always exciting Penn Relays race as one of the top seeds going into the competition. The Nittany Lions, who placed 13th at the NCAA Cross Country Championships this fall, will have a list of options for the mile leg, including Kara Millhouse (Boiling Springs, Pa.), who recently reset her own Penn State record in the 10,000-meters. Millhouse anchored the Lions' school-record DMR indoors, which clocked 11:05.16, along with teammates Caitlin Lane (Greenwich, N.Y.), Ijeoma Iheoma (Holland, Pa.), and Bekka Simko (Mentor, Ohio).

Iheoma and Simko have both been running well this spring, as Iheoma – a two-time All-American for the Nittany Lions – has a 400-meter performance of 53.97 to her credit this season. Simko has shined in the middle distance events, as the sophomore leads the team in both the 800 (2:05.40) and the 1500-meters (4:20.11). Simko currently stands second in the Big Ten in the 800, and third in the 1500. Also vying for a spot on the Penn DMR is sophomore Marta Klebe (Chesterbrook, Pa.), who has turned in solid PRs of 2:10.08 and 4:27.88 already this season.

In contention for the DMR title are the usual suspects in the women's distances, including last year's champion Georgetown, and hometown-favorite Villanova. Georgetown has been on a roll this year, taking top honors at the NCAA Cross Country Championships, and coming back to run a blistering 10:55 for the DMR indoors. The Hoyas will likely anchor distance star Emily Infield, who won the NCAA title at 3,000-meters during the indoor season.

Men's 4x800-Meter Relay - Saturday, 4:40 p.m.

The Penn Relays 4x800-meter relay crown has narrowly eluded the Nittany Lions over the past two seasons, including a closely-contested 7:12.15-7:12.90 one-two finish behind the University of Virginia a year ago. Despite the defeat, the Lions still managed to run the seventh-fastest effort in collegiate history, and came ever-so-close to the Penn State and Penn Relays record of 7:11.17 – which has stood since 1985. The Lion lineup could feature some major fire power in 2012, including Loxsom, who ran 1:45.28 to close out the outdoor season last spring. Also looking to be a member of the Nittany Lion quartet is Owen Dawson, an All-American in the 800, who owns a personal best of 1:47.7. A pair of rookies will likely cover half of the Nittany Lion squad, with Creese and classmate Ryan Brennan (Chester, N.Y.) already off to outstanding collegiate careers. Creese, who has run 1:48.64 for 800, was wildly impressive indoors, dipping under the 4:00-mile barrier on two occasions, and making an appearance in the NCAA mile final as the only freshman in the field. Brennan has also come on strong this season, running 1:50.30 to win the event at the Auburn War Eagle Classic last weekend.

Texas A&M will once again be looking to run away with the event title, having run 7:15.99 in the 4x800 at Texas Relays earlier this season. Also in the mix will be the Ducks of Oregon, who placed second in the event in their last Penn Relays appearance in 2010.

Men's 4x400-Meter Relay – Heats: Friday, 4:40 p.m.; Championship: Saturday, 6:00 p.m.

Having finished second at the NCAA Indoor Championships, the Nittany Lions are certainly no strangers to competing at the highest level in the men's 4x400-meter relay, and the competition is shaping up to be just as star-studded at the Penn Relays. The Lion quartet of Nadolsky, Bennett-Green, Loxsom, and Gehret, which set a school-record 3:05.22 indoors, sprinted to a runner-up finish in the event during the indoor season, running 3:05.31 to post Penn State's best-ever finish in the event. The momentum has continued into the outdoor season, as the Nittany Lions have already shattered the Penn State record in the event, running 3:05.00 at the LSU Battle on the Bayou earlier this month, with Bennett-Green, Gehret, Loxsom, and Emunael Mpanduki (Harare, Zimbabwe). Gehret has been running especially well individually, clocking 46.05 for the 400-meter at Auburn last weekend, which ranks second on the all-time Penn State top 10. Bennett-Green also has an outstanding quarter mile to his credit this season, running a PR 46.71 at LSU.

But the road to a Penn Relays wheel is never an easy one, as the Nittany Lions will need to advance through the Friday preliminaries to qualify for Saturday's Championship of America final. The Nittany Lions will have their work cut out for them, with Mississippi State, Texas A&M, and LSU all expected to run, and all coming in with 2012 bests of sub-3:04.

Field Events in Focus ...

Women's Championship Hammer – Thursday, 10:00 a.m.

Competing in her first-career Penn Relays will be sophomore Melissa Kurzdorfer (Lancaster, N.Y.), who is one of the favorites in the women's championship hammer. Kurzdorfer – a transfer from Kent State University – has been a welcome addition to the Lion lineup this spring, boasting a PR 206-7 (62.97) in the hammer – the top mark in the Big Ten this season, as well as the second-best performance in the NCAA East Region. Kurzdorfer has also made an immediate impact on the Nittany Lion record book in the event, as her personal best is the second-farthest throw in Penn State history. The last Nittany Lion to win the hammer crown was Jennifer Leatherman in 2006.

Women's Championship Javelin - Thursday, 2:00 p.m.

One of the Lions' most successful events over the past several seasons, with former Nittany Lion Karlee McQuillen claiming back-to-back titles in the 2010 and 2011. A pair of underclassman will look to take over the torch in 2012, in sophomore Laura Loht (McClure, Pa.) and freshman Lauren Kenney (State College, Pa.). Both Nittany Lions have enjoyed outstanding success so far in 2012, with Loht leading the Big Ten at 163-9 (49.91) and Kenney standing second in the conference with a PR toss of 157-8 (48.07). Loht, who was third at Penn last year, has already picked up victories at the Jim Click Shootout and LSU Battle on the Bayou, while Kenney was tops at the Bucknell Team Challenge last weekend, setting a facility record on the way. Loht and Kenney both have Penn Relays wins under their belts, as Loht won the high school javelin title in 2010, and Kenney took top honors in 2011.

Men's Championship Shot Put - Friday, 10:00 a.m.

Leading the way for the Nittany Lions in the men's shot put is senior Joe Kovacs (Nazareth, Pa.). Kovacs, who placed sixth at the USATF Indoor Championships via a PR toss of 66-1 (20.14), will be one of the favorites for the Penn Relays watch, coming off a third-place effort at the NCAA Outdoor Championships a year ago. Competing in the championship section for the first time will be senior Logan Caldwell (Ebensburg, Pa.). Caldwell had a stellar indoor season, posting a personal-best 61-7 (18.77) to place fourth at the Big Ten Indoor Championships. Kovacs has been on a roll outdoors, as the senior stands undefeated in the event over four tries, with a pair of Big Ten Athlete of the Week certificates to his credit. His season-best 63-10.25 (19.46) stands first in the Big Ten and sixth in Division I.

For a complete Nittany Lion preview, log on to www.GoPSUsports.com.



Penn State @ the Penn Relays | Tentative Competition Schedule

THURSDAY || TRACK EVENTS

#	Event	Start Time	Penn State Competitors
101	College Women's 400m Hurdles Championship	10:00 AM	Anyanwu
158	College Women's Distance Medley Championship of America	5:20 PM	Penn State TBA
160	College Women's 4x400 (Heats)	5:45 PM	Penn State TBA
205	College Women's 3000m Steeplechase Championship	8:00 PM	Bower, Graybill, Benson, Giannotti
207	College Women's 3000m Championship	8:30 PM	Ridder
210 215	College Men's 5000m Championship College Men's 10,000m Championship	9:20 PM 10:55 PM	Cipro, Fischer, K. Dawson, McNally, Scarpello Luff
THURSDAY	FIELD EVENTS		
602	College Women's High Jump Eastern	10:00 AM	Palmer
603	College Women's Pole Vault College	10:00 AM	Palenchar, Witmer
604	College Women's Hammer Throw Championship	10:00 AM	Kurzdorfer
614	College Women's Javelin Throw Championship	2:00 PM	Loht, Kenney
616	College Women's Shot Put Eastern	2:15 PM	Kurzdorfer
619	College Women's Javelin Throw College	3:15 PM	Boyer, Leszcynski, Pancoast
FRIDAY TRA	ACK EVENTS		
369	College Men's 4x400 (Heats)	4:40 PM	Penn State TBA
380	College Women's Sprint Medley Championship of America	6:25 PM	Penn State TBA
381	College Men's Sprint Medley Championship of America	6:50 PM	Penn State TBA
FRIDAY FIE	LD EVENTS		
702	College Men's High Jump Eastern	10:00 AM	Reilly, Hendershot, McClelland
705	College Men's Shot Put Championship	10:00 AM	Kovacs, Caldwell
707	College Women's Triple Jump College	11:00 AM	Lloyd
708	College Women's Triple Jump Eastern	11:00 AM	Ricketts
711	College Women's Discus Throw Championship	12:00 PM	Kurzdorfer
712	College Men's Discus Throw Championship	1:30 PM	Kovacs, Barr
718	College Men's Pole Vault Eastern	3:00 PM	Pelletier, Patzer
720	College Men's Long Jump Eastern	3:30 PM	Moppert
SATURDAY	TRACK EVENTS		
477	Olympic Development Women's Mile Run	3:00 PM	Simko
488	College Women's 4x800 College	4:20 PM	Penn State TBA
189	College Men's 4x800 Championship of America	4:40 PM	Penn State TBA
195	College Women's 4x400 College	5:35 PM	Qualifiers
196	College Men's 4x400 College	5:40 PM	Qualifiers
97	College Women's 4x400 ECAC	5:45 PM	Qualifiers
198	College Women's 4x400 Championship of America	5:50 PM	Qualifiers
199	College Men's 4x400 IC4A	5:55 PM	Qualifiers
500	College Men's 4x400 Championship of America	6:00 PM	Qualifiers
SATURDAY	FIELD EVENTS		
302	College Men's Triple Jump Eastern	9:00 AM	Leap
305	College Men's Hammer Throw Championship	11:00 AM	Barr
809	College Men's Hammer Throw College	12:15 PM	Kovacs, Caldwell
310	Olympic Development Men's Shot Put	12:30 PM	Blake Eaton
311	College Men's Javelin Throw College	12:30 PM	Skinner
	TRACK		IELD

Penn State @ the Penn Relays | Nittany Lion Coaching Staff



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

Coach Sullivan at Penn State ...

*129 NCAA All-Americans

- * 72 Big Ten Individual Champions
 - * 15 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
Gigi Johnson
Artie Gilkes
Luke Watson
Ryan Whiting
Ryan Foster
Jeri Daniels-Elder

Pole Vault Sprints, Hurdles, Relays Distance Distance Throws Middle Distance Throws

Nittany Lion Support Staff

Athletic Training Strength Training Team Manager Academic Support Sports Psychologist

Ben Evans, Peter Meier Cam Davidson, Lydia Serfling Christian Eck Nate Althouse Dave Yukelson



Penn State @ the Penn Relays || History

	MEN'S RELAY CHAMPIONS			INDIVIDUAL I	MEN'S CHAMPIONS (56)			
Year	Relay Per	<u>rformance</u>	Year	Athlete	Event	Performance		
1920	4x1 Mile Relay	18:10.6	1910	Lee Talbot	Hammer Throw	160-6 (48.92)		
	?, ?, ?, Larry Shields		1911	Lee Talbot	Discus	129-2 (39.32)		
920	DMR (3/4 Mile, 440, 880, Mile)	10:37.2	1911	Alfred Tilley	Hammer Throw	143-8 (43.78)		
		10.57.2	1913 1913	Lee Talbot Lee Talbot	Discus	142-0 (43.28)		
	-, Larry Shields		1913	Francis Emory	Hammer Throw 56-Pound Weight	163-7 (49.88) 28-0 (8.53)		
923	4x880 Yard Relay	7:48.8	1919	Francis Emory	Javelin	165-6 (50.44)		
	Edgar L. Carter, J. Russell Edgerton,		1923	Crip Moore	120-Yard High Hurdles	15.4		
	Schuyler Enck, Alan Helffrich		1925	Crip Moore	120-Yard High Hurdles	14.8		
924	SMR (440, 220, 220, 880)	3:30.4	1926	Al Bates	Long Jump	23-3 1/2 (7.07)		
	Alan Helffrich, Conway, Crip Moore, Schuyler Ench		1927	Bill Cox	Two-Mile	9:32.0		
926	4x1 Mile Relay	18:14.6	1927	Marian Ide	Hammer Throw	158-0 7/8		
.920	•	10.14.0	1938	Nick Vukmanic	Javelin	223-10 (68.22)		
000	R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart	4 00 0	1939	Nick Vukmanic	Javelin	207-3 (63.16)		
1926	4 x 120-Yd High Hurdle Shuttle	1:06.0	1942	Barney Ewell	Long Jump	24-5 1/2 (7.45)		
	E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore		1944	Barney Ewell	Long Jump	24-2 (7.36)		
928	4x110 Yards	42.6	1945	Barney Ewell	100 Yards	9.8		
	Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew		1947	Curt Stone	Two-Mile	9:19.4		
.928	DMR (3/4 Mile, 440, 880, Mile)	10:37.8	1949	Horace Ashenfelter	Two-Mile	9:21.5		
.520	Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox	10.57.0	1949	Jim Gehrdes	120-Yard High Hurdles	14.4		
020		47.40.6	1950	Jim Gehrdes	120-Yard High Hurdles	14.3		
.929	4x1 Mile Relay	17:48.6	1954	Art Pollard	100 Yards	9.8		
	C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox		1955	Roosevelt Grier	Shot Put	54-8 (16.66)		
.932	SMR (440, 220, 220, 880)	3:28.6	1961	Bob Brown	100 Yards	9.9		
	C.E. Gritsavage, I. Dale, W. Van Keuran,		1965	Lennart Hedmark	Javelin	243-0 (74.06)		
	W.F. Dunaway, or H. Thompson Dale		1966	Bill Reilly	3000-Meter Steeplecha			
1942	SMR (440, 220, 220, 880)	3:26.5	1971	Greg Fredericks	Three-Mile	13:36.1		
1.742	· · · · · · · · · · · · · · · · · · ·	3.20.3	1972	Greg Fredericks	Three-Mile	13:31.5 13:41.6		
	Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon		1973	Charlie Maguire	Three-Mile	13:27.0		
L947	4x1 Mile Relay	17:48.6	1974 1974	Charlie Maguire Mike Shine	Three-Mile 120-Yard High Hurdles	13.27.0		
	Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver		1974	Mike Shine	400-Meter Hurdles	50.8		
L948	4x1 Mile Relay	17:30.7	13/4	WIIKE SHIFTE	(Converted from 440yd			
	Bill Shuman, Mitch Williams, H.Ashenfelter, Gerry Karver		1975	Knut Hjeltnes	Shot Put	61-23/4 (18.66)		
1948	DMR (3/4 Mile, 440, 880, Mile)	10:15.1	1976	George Malley	3000-Meter Steeplecha			
1.540		10.15.1	1976	Mike Shine	110-Meter High Hurdle			
	Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver		1976	Al Jackson	Hammer Throw	199-4 (60.76)		
1949	4x1 Mile Relay	17:35.4	1977	Paul Stemmer	5000 Meters	13:52.4		
	Unknown		1979	Bruce Baden	3000-Meter Steeplecha			
1950	4x110 Yards	41.3	1979	Alan Scharsu	5000 Meters	13:48.5		
lim Gehi	des, Guy Kay, Bill Lockhart, Wilbert Lancaster		1979	John Ziegler	10,000 Meters	29:19.3		
1951	4x1 Mile Relay	17:24.6	1979	Tim Backenstose	Marathon	2:22:14		
1331	•		1980	Alan Scharsu	5000 Meters	13:42.1		
	Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn		1982	Jeff Adkins	5000 Meters	13:55.0		
1959	4x1 Mile Relay	17:11.3	1987	Dave Masgay	Decathlon (Multi)	7282		
	Ed Moran, Dick Engelbrink, Charles King, Fred Kerr		1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)		
1959	DMR (3/4 Mile, 440, 880, Mile)	9:58.2	1990	C.J. Hunter	Shot Put	65-5 (19.81)		
	Unknown		1993	Brian Milne	Discus	196-5 (59.86)		
983	4x800-Meter Relay	7:19.77	1993	Antonio Davis		53-11 1/4 (16.44)		
2500	Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn	,,,,,,,	1996	James Cook	Decathlon (Multi)	7600		
	• • • • • • • • • • • • • • • • • • • •	7 44 47	1997	James Cook	Decathlon (Multi)	7458		
1985	4x800-Meter Relay	7:11.17	1998	Kevin Geesaman	20,000 Meters	1:04:40		
	Vance Watson, Steve Shisler, Chris Mills, Randy Moore		2003	J.T. Kuretich	Decathlon (Multi)	7056		
L986	4x800-Meter Relay	7:16.05	2005	lan McCann	20,000 Meters	1:07:40		
	Vance Watson, Steve Shisler, Ray Levitre, Chris Mills		2007	Chris Morrisey	Decathlon (Multi)	7014		
L987	4x800-Meter Relay	7:14.65	2008	Chris Morrsey	Decathlon (Multi)	6995		
2507	Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre	, 12 1100	2009	Tanner Evak	Javelin	225-6 (68.74)		
0011		2.17.10		INDIVIDUAL M	ORATNI'S CHARADIONS (12)			
011	SMR	3:17.10	Voor	Athlete	OMEN'S CHAMPIONS (12)	Performance		
	Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster		Year 1002		Event			
			1983 1984	Marilyn Senz Elaine Sobansky	Javelin Shot Put	162-9 (49.60) 53-4.50 (5.96)		
	WOMEN'S RELAY CHAMPIONS		1985	Paula Renzi	5000-Meters	16:01.4		
ear		rformance	1986	Stacy Prey	5000-Meters	16:01.4		
978	4x800-Meter Relay	8:49.9	1998	Jen Pastore	Javelin	177-7 (54.12)		
.570	•	0.43.3	2000	Deshaya Williams	Discus	174-8 (53.24)		
	Unknown		2000	Brianne Johnson	Javelin	161-7 (49.26)		
8008	4x400-Meter Relay	3:31.44	2001	Jennifer Leatherman	Hammer	213-7 (65.12)		
	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox		2007	Bridget Franek	3,000m Steeplechase	9:59.21		
	·		2007	Gayle Hunter	Heptathlon	5606		
			2007	Fawn Dorr	400-Meter Hurdles	57.78		
			2010	Karlee McQuillen	Javelin	162-7 (49.57)		
			2011	Karlee McQuillen	Javelin	158-4 (48.28)		
					,	200 - (-10.20		



2012 Penn State Track and Field Roster

2012 MEN'S ROSTER

First **Eligibility Event Area** Last Hometown Erick Frederick, Md. Artusio Pole Vault So. Colin Baker Distance Haddonfield, N.J. So. Will Barr So. **Throws** Urbana, Ohio Sancho Barrett Fr. Sprints/Hurdles Amityville, N.Y. Bernard Bennett-Green **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. Throws Ebensburg, Pa. Logan Caldwell Jr. Chris Campbell Fr. Distance Newtown, Pa. Chris Cipro Jr. Distance Harmony, Pa. Distance Tyler Corkedale So./Jr. 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 Distance Kennett Square, Pa. Fr. Fuller Mark Jr. Mid-Distance Camp Hill, Pa. Sprints Brady Gehret So. Altoona, Pa. Gilmore Fr. Wyncote, Pa. Matt **Sprints** lon Hendershot So. Nazareth, Pa. Jumps 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 Distance Emmaus, Pa. So. Connor Mid-Distance Jamison, Pa. Manley Fr. Michael McClelland Fr. Jumps Washington, Pa. Vince McNally Sr. Distance Smoketown, Pa. Emunael Mpanduki Jr. **Sprints** Harare, Zimbabwe Nabil Mubarak Throws Loganville, Ga. Jr. Moppert Doug Sr. Jumps Malvern, Pa. Nadolsky **Sprints** Altoona, Pa. Aaron So. 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 Distance Jamison, Pa. So Eli Skinner Salladasburg, Pa. Jr. Throws Uzoh Sr. Multi-Events Laurel, Md. Anya

2012 WOMEN'S ROSTER

Firs	st	Last	Eligibility	Event Area	Hometown
Lei	gha	Anderson	Fr.	Distance	Carlisle, Pa.
Do	ris	Anyanwu	Jr.	Sprints	Beltsville, Md.
Lin	dsay	Bacik	So.	Pole Vault	Pittsburgh, Pa.
Gal	brielle	Barbour	Fr.	Sprints	Huntingdon, N.Y.
Abi	igail	Benson	Fr.	Distance	Elma, N.Y.
She	elley	Black	Fr.	Sprints/Hurdle	es Wilkes-Barre, Pa.
Nat	talie	Bower	Jr.	Distance	Pleasant Unity, Pa.
Me	egan	Boyer	So.	Throws	Millersburg, Pa.
Evo	onne	Britton	Jr.	Sprints/Hurdle	es El Paso, Texas
Rac	chel	Casciano	Fr.	Distance	Wyomissing, Pa.
Rac	chel	Chernaskey	Fr.	Jumps	Gilbertsville, Pa.
Kel	sey	Couts	Jr./So.	Multi-Events	Powell, Ohio
Ma	ırkea	Dickinson	So.	Mid-Distance	West Chester, Pa.
Kal	yn	Fisher	So.	Mid-Distance	Lewisburg, Pa.
Em	ily	Giannotti	So.	Distance	Coudersport, Pa.
Lin	dsey	Graybill	Jr.	Distance	Macungie, Pa.
Brit	ttney	Howell	So.	Jumps	Wyncote, Pa.
ljed	oma	Iheoma	Sr.	Sprints	Holland, Pa.
Ker	rrin	Jennings	Fr.	Distance	Glen Mills, Pa.
Ma	hagony	Jones	So.	Sprints	Cleveland, Ohio
Lau	ıren	Kenney	Fr.	Throws	State College, Pa.
Ma	ırta	Klebe	So.	Mid-Distance	Chesterbrook, Pa.
Dai	nielle	Kocjancic	So.	Distance	Kane, Pa.
Me	elissa	Kurzdorfer	So.	Throws	Lancaster, N.Y.
Cai	tlin	Lane	Sr.	Distance	Greenwich, N.Y.
Me	lanie	Leszcynski	Fr.	Throws	Audobon, Pa.
Tan	naya	Lloyd	Sr.	Jumps	Philadelphia, Pa.
Lau	ıra	Loht	So.	Throws	McClure, Pa.
Oliv	via	Mangan	So.	Throws	Huntington Valley, Pa.
Dyr	nasty	McGee	Fr.	Sprints	Ypsilanti, Mich.
Me	elissa	Meade	So.	Distance	Allentown, Pa.
Kar	a	Millhouse	Sr.	Distance	Boilng Springs, Pa.
Lau	ıren	Mills	Fr.	Distance	West Chester, Pa.
Eril	ka	Morgan	Jr./So.	Jumps	Chesapeake, Va.
Anı	na	Muzio	Sr.	Throws	Harrisburg, Pa.
	sten	Nieuwendam	n Fr./So.	Sprints	Paramaribo, Surinam
	elby	Olafson	Fr.	Jumps	Watkins Glen, N.Y.
Bro	oke	Owen	Fr.	Jumps	Weston, Fla.
	nanda	Palenchar	Sr.	Pole Vault	Bradenville, Pa.
Sar		Palmer	Fr.	Jumps	Gansevoort, N.Y.
Sus	sie	Pancoast	Fr.	Throws	West Chester, Pa.
	toria	Perri	So.	Distance	Philadelphia, Pa.
_	enn	Porter	So.	Distance	Clearfield, Pa.
	anna	Rauenzahn	Fr.	Jumps	Schuylkill Haven, Pa.
	ırlene	Ricketts	So.	Jumps	Old Westbury, N.Y.
	oklyne		Jr.	Distance	Cincinnati, Ohio
Kat	ie	Rodden	Fr.	Distance	Ardmore, Pa.
	lleen	Shannon	Jr.	Mid-Distance	Andover, Mass.
	oekka	Simko	So.	Mid-Distance	Mentor, Ohio
Luc		Sofo	So.	Distance	State College, Pa.
Jan		Swenson	Jr./Sr.	Throws	Brandon, S.D.
Joc	elyn	Witmer	Sr.	Pole Vault	Lancaster, Pa.



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 relav.

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.

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, Zimbawbe) 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 Missippi 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 Williamsin 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.).



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 heals 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

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 secondstraight 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.

The Nittany Lions racked up a trio of victories in the distances, thanks to wins from junior Brooklyne Ridder (Cincinnati, Ohio), freshman Wade Endress (Altoona, Pa.) and sophomore Nick Scarpello (Jamison, Pa.). Ridder paced a blanket of Lion finishers in the women's 1500-meters, winning in a PR 4:32.40. Freshman Abbie Benson (Elma, N.Y.) followed in second in 4:33.91, with sophomore Tori Perri (Philadelphia, Pa.) in fourth in 4:34.70, and junior Lindsey Graybill (Macungie, Pa.) in fifth in 4:36.57.

Endress won the men's 1500 in 3:53.27 in an exciting sprint finish, while Scarpello engineering a victory in the 3,000-meter steeplechase in a season-best 9:21.75.

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.

Also impressing in the sprints was sophomore Kirsten Nieuwendam (Parimaribo, Suriname), who placed third in the 200-meters with a PR 23.72 - the sixth-fastest effort in the Nittany Lion record books. Nieuwendam and Iheoma also covered half of the winning women's 4x400-meter relay, along with teammates Dynasty McGee (Ypsilanti, Mich.) and Doris Anyanwu (Beltsville, Md.). The Nittany Lion quartet combined to run 3:37.60 in the victory - nearly two seconds over the second-place squad.



2012 Penn State Women's Outdoor Performance List

WOMEN PSU: 11.21	'S 100 METERS I - Connie Moore, 2003			D-METER HURDLE eesha Barber, 2010	S	WOMEN'S LON PSU: 21-6 (6.55)	NG JUMP - Chi-Chi Aduba, 2004	
11.92 0.0 12.58 0.8	Kirsten Niewendam Gabrielle Barbour	Mar-31 Apr-15	14.19M 0.0 Britt 15.69M 0.0 Rack		Mar-31 Mar-31	19-0.75 (5.81) 18-0.50 (5.49) 17-11 (5.46) M 17-7 (5.36)	Tanaya Lloyd Apr-14 Marlene Ricketts Apr-14 Brittney Howell Mar-31 Rachel Chernaskey Apr-14	
	'S 200 METERS 5 - Connie Moore, 2004		WOMEN'S 400 PSU: 55.57 - Fa)-METER HURDLE wn Dorr (2010)	es.	16-6.50 (5.04) 16-2.25 (4.93)	B. Rauenzahn UNA Apr-14 Sarah Palmer Apr-21	
23.72 2.0 24.37 1.4 24.67 1.4	Kirsten Niewendam Dynasty McGee Ije Iheoma	Apr-21 Mar-31 Mar-31	1:01.07 Dor	ris Anyanwu	Apr-21	WOMEN'S TRI PSU: 44-6.75 (13	PLE JUMP .58) - Chi-Chi Aduba, 2004	
	Brittney Howell Rachel Chernaskey Gabrielle Barbour	Mar-31 Apr-15 Apr-15	PSU: 9:32.35 - I	00m STEEPLECHAS Bridget Franck, 2010		41-6.25 (12.66) 1.3 41-6 (12.65)w 3.8	Marlene Ricketts Apr-15	
	'S 400 METERS 4 - Shana Cox, 2008		10:30.80 Line 10:39.72 Emi	alie Bower Isey Graybill ily Giannotti pie Benson	Apr-14 Apr-14 Apr-14 Apr-14	40-5.50 (12.33) -0 WOMEN'S SHO PSU: 55-4 75 (16	•	
53.97 54.40 54.64 55.35	Ije Iheoma Dynasty McGee Kirsten Nieuwendam Doris Anyanwu	Mar-31 Apr-7 Apr-21 Apr-21	4x100-METER PSU: 44.25 - Fo	RELAY x, Aduba, Shoaff, Moo	ore, 2003	48-2 (14.68) 41-8.50 (12.71) 36-2 (11.02)	Melissa Kurzdorfer Mar-31 Anna Muzio Apr-21 Brittney Howell Mar-31	
	'S 800 METERS	71pr 21		vendam, Iheoma, ee, Anyanwu	Mar-31	28-3.50 (8.62)	Rachel Chernaskey Mar-31	
PSU: 2:04	.37 - Tammie Hart, 1985	. 7	4x200-METER	RELAY		WOMEN'S DIS PSU: 185-1 (56.42	CUS 2) - Deshaya Williams, 2003	
2:05.40 2:10.08 2:10.92	Bekka Simko Marta Klebe Colleen Shannon	Apr-7 Apr-7 Apr-7	2010 2010	DeFusco, Greaves, Dorr, A	nyanwu,	157-8 (48.06)	Melissa Kurzdorfer Apr-7	
2:17.69 2:19.82 2:20.00 2:22.16	Markea Dickinson Abbie Benson Tori Perri Natalie Bower	Apr-15 Mar-31 Apr-21 Mar-31	4x400-METER PSU: 3:27.69 - 1	RELAY Blake, Barber, Hunter, C	Cox, 2008	WOMEN'S HAI PSU: 219-1 (66.78	MMER 8) - Jen Leatherman, 2006	
2:24.00	Rachel Casciano	Apr-21		ee, Nieuwendam, na, Anyanwu	Apr-7	206-7 (62.97) 129-1 (39.34)	Melissa Kurzdorfer Mar-31 Anna Muzio Apr-15	
	'S 1500 METERS .96 - Doreen Startare, 1983		4x800-METER PSU: 8:39.44 - I	RELAY Lane, Simko, Fisher, R	Svan, 2011	WOMEN'S JAV PSU: 178-4 (54.2	ELIN 5) - Kim Hanslovan, 2009	
4:20.11 4:23.54 4:27.88 4:30.94	Bekka Simko Kara Millhouse Marta Klebe	Apr-14 Apr-14 Apr-14 Mar-31	9:09.51 Shann	on, Perri, no, Klebe	Apr-15	163-9 (49.91) 157-8 (48.07) 138-3 (42.13)	Laura Loht Apr-7 Lauren Kenney Apr-21	
4:30.94 4:32.40 4:34.70 4:35.22 4:36.57 4:42.22 4:43.09	Abbie Benson Brooklyne Ridder Tori Perri Natalie Bower Lindsey Graybill Kerrin Jennings UNA Markea Dickinson	Apr-21 Apr-21 Mar-31 Apr-21 Apr-14 Apr-21	SPRINT MED PSU: 3:47.90 - I 2007	LEY RELAY Blake, Barber, Cox, Sir	nmons,	133-5 (42.13) 133-5 (40.66) 133-2 (40.59) 110-11 (33.81) 86-1 (26.23) M 70-0 (21.33) M	Susie Pancoast Apr-1 Mel Leszcynski Apr-1 Megan Boyer Apr Olivia Mangan Apr Brittney Howell Mar-3 Rachel Chernaskey Mar-2	
4:43.86 4:43.88 4:52.65	Lauren Mills Rachel Casciano Gwenn Porter	Apr-21 Apr-14 Apr-14	DISTANCE M PSU: 11:09.50 - 1981	EDLEY RELAY Hart, Murnane, Pioli	, Rawe,	WOMEN'S HE PSU: 5797 - Gay	PTATHLON le Hunter, 2009	
4:58.65 WOMEN	Dani Kocjancic 'S MILE RUN	Apr-21	4x1500-METE PSU: 17:57.28 -	R RELAY Noecker, Franek, Perciva	l, Rosen-	4221 Rach	ney Howell Mar-29-30 el Chernaskey Mar-29-30	
WOMEN	PSU: 4:40.65 - Bridget Franck, 2010 WOMEN'S 3,000 METERS PSU: 9:08.04 - Kathy Mills, 1978		feld, 2007 WOMEN'S HI PSU: 6-0 (1.83)	GH JUMP - Shelley Mitchell, 19	92	Key - BOLD - School Record M - Mark from Multi-Event Competition w - Wind Aided (+2.0)		
WOMEN	'S 5,000 METERS 2.53 - Kathy Mills, 1978		5-8.75 (1.75) 5-7.25 (1.71) 5-5 (1.65)	Sarah Palmer Erika Morgan Kelsey Couts	Apr-15 Mar-31 Apr-21		as of April 23	
16:14.98 17:35.68 17:51.47	Brooklyne Ridder Katie Rodden Dani Kocjancic	Apr-6 Apr-14 Apr-14	5-3 (1.60) M 5-1 (1.55) 5-1 (1.55)	Brittney Howell Rachel Chernaskey S. Olafson UNA	Mar-29 Apr-15 Apr-15			
18:07.52	Lauren Mills	Apr-14	WOMEN'S PO PSU: 13-1.50 (4	LE VAULT .00) - Sara Dougherty	, 2004			
	'S 10,000 METERS 1.37 - Kara Millhouse, 2012 Kara <u>Millhou</u> se	Apr-19	12-8.75 (3.88) 12-6.25 (3.82) 10-8 (3.25)	Jocelyn Witmer Amanda Palenchar Lindsay Bacik	Apr-7			
		March 1		The second second second	-			



2012 Penn State Men's Outdoor Performance List

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PSU: 10.1	00 METERS - Mike Sands, 1975 n: 11.01 - Rick Kleban, 1985 Shawn Colligan, 2		PSU: 13.5	00-METER HURDLES 56 - Guy Rose, 2001 n: 14.45 - Rick Kleban, 19	987	MEN'S POLE VA PSU: 17-5.50 (5.32) Decathlon: 16-2.50	- John Vellenowe	th, 2009 an, 1985		
10.86 1.7 10.98 1.7 11.11M 0.0	Aaron Nadolsky Matt Gilmore) Anya Uzoh	Apr-14 Apr-114 Mar-29	14.91 15.81	Sancho Barrett Anya Uzoh	Apr-15 Mar-31	14-9 (4.50) 14-1.25 (4.30) M 13-3.50 (4.05) 13-3.50 (4.05)	E.Artusio UNA Anya Uzoh David Patzer Jason Pelletier	Apr-15 Mar-31 Apr-15 Apr-15		
11.39 0.0 Sancho Barrett Apr-15 MEN'S 200 METERS			PSU: 48.0	100-METER HURDLES 69 - Mike Shine, 1976		MEN'S LONG JU PSU: 25-11 (7.90) -	MP David Coney, 198	5		
PSU: 20.23	3 - Michael Timpson, 1980	5		8000m STEEPLECHASE 2.5 - George Malley, 1977	Z.	Decathlon: 23-7.25	(7.19) - Dave Mas	sgay, 1987		
20.99 0.4 21.13 2.0 21.28 2.0 21.80 0.5	Brady Gehret Brandon Bennett-Green Aaron Nadolsky Matt Gilmore	Apr-15 Mar-31 Mar-31 Apr-21	9:21.75 9:40.90	Nick Scarpello Chris Campbell	Apr-21 Apr-21	24-0.25 (7.32) 22-11.75 (7.00) M 22-9.75 (6.95)	Doug Moppert Anya Uzoh Brian Leap	Apr-14 Mar-31 Apr-14		
22.19 0.0 22.31 0.5 22.88 1,1	Emunael Mpanduki Bernard Bennett-Green Sancho Barrett	Åpr-7 Apr-21 Apr-21	MEN'S 4 PSU: 39.0 1975	lx100-METER RELAY 63 - Davis, Hackman, Shi	ine, Sands,	MEN'S TRIPLE J PSU: 54-6 (16.61) -	MEN'S TRIPLE JUMP PSU: 54-6 (16.61) - Antonio Davis, 1993			
PSU: 45.20	00 METERS 0 - Mike Sands, 1975 n: 47.65 - Brian Kelley, 199	1	40.95	Mpanduki, Nadolsky, Gilmore, Br. Bennett-Gr	Mar-31	49-2.25 (14.99) 1.1 49-0.25 (14.94) -0.4 45-10.75 (14.01)	Brian Leap Hanif Johnson Dan Sandrowicz	Apr-15 Apr-7 Apr-21		
46.05 46.71 47.77 48.04	46.05 Brady Gehret Apr-21 46.71 Brandon Bennett-Green Apr-7 47.77 Matt Gilmore Apr-21			x200-METER RELAY 3.85 - Langan, Lolagne, Ca	mpisi, Ter-	MEN'S SHOT PUT PSU: 65-5 (19.94) - CJ Hunter, 1990 Decathlon: 48-9.50 (14.87) - Barry Walsh, 1989				
48.14 48.90 49.91M	Aaron Nadolsky Emunael Mpanduki Bernard Bennett-Green Anya Uzoh	Mar-31 Apr-21 Mar-29	PSU: 3:00	x400-METER RELAY 6.50 - Br. Bennett-Green, Mpanduki, 2012	Gehret,	63-10.25 (19.46) 58-9.50 (17.92) 54-5.25 (16.59) 39-11.50 (12.18) M	Joe Kovacs Logan Caldwell Nabil Mubarak Anya Uzoh	Apr-15 Apr-7 Apr-21 Mar-31		
	00 METERS .28 - Casimir Loxsom, 201	1	3:06.50	Br. Bennett-Green, Gehret, Loxsom, Mpanduki	Apr-7	MEN'S DISCUS PSU: 207-5 (63.22)	- Brian Milne 199	92		
1:47.89 1:48.97	Casimir Loxsom Owen Dawson	Apr-7 Apr-7	3:16.47	Be. Bennett-Green, Mpanduki, Brennan,	Mar-31	Decathlon: 155-3 (4	47.32) - James Coo	ok, 1997		
1:49.92 1:50.30 1:54.35 1:55.59	Robby Creese Ryan Brennan Connor Manley Mark Fuller	Apr-7 Apr-21 Mar-31 Apr-21	3:19.79	Manley O. Dawson, Brennan, Manley, Endress	Apr-7	176-9 (53.88) 176-0 (53.65) 103-7 (31.58) M	Joe Kovacs Will Barr Anya Uzoh	Apr-14 Apr-21 Mar-31		
1:57.29	Wade Endress 500 METERS	Åpr-7		x800-METER RELAY l.17 - Watson, Shisler, Mil	ls, Moore,	MEN'S HAMMER PSU: 218-6 (66.60) - Al Jackson, 1976				
PSU: 3:38. Decathlor	.99 - Steve Balkey, 1987 n: 4:21.05 - Tom Kleban, 19		7:44.37	Endress, Brennan, Baker, Manley	Apr-15	194-10 (59.40) 188-10 (57.57) 179-1 (54.58)	Will Barr Joe Kovacs Logan Caldwell	Apr-14 Apr-21 Mar-31		
3:42.54 Owen Dawson Apr-21 3:43.79 Robby Creese Apr-17 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			SPRINT MEDLEY REL. 7.10 - Nadolsky, Gehret, I 111		178-7 (54.43) Nabil Mubarak Aprimen's JAVELIN PSU: 239-9 (73.09) - Allen Pettner, 2007 Decathlon: 206-2 (62.83) - Shawn Colligan, 200					
3:58.91 3:58.92 4:54.16 M	Colin Baker Chris Campbell Anya Uzoh	Apr-21 Mar-31 Mar-30		DISTANCE MEDLEY R).1 - Mangan, Lankford, (1980		204-11 (62.45) 157-10 (48.12) 155-10 (47.51)	Eli Skinner Anya Uzoh Justin Nykiel	Apr-7 Mar-31 Apr-14		
MEN'S M	IILE RUN									

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

14:11.47 Matt Fischer Apr-6 14:48.74 Tom Luff Apr-14

PSU: 16:18.5 - Rapp, Snyder, Wyatt, Mangan, 1979

MEN'S 4xMILE RELAY

MEN'S HIGH JUMP PSU: 7-3.50 (2.22) - David Coney, 1985 Decathlon: 6-8.25 (2.04) - Anya Uzoh, 2011

6-10.75 (2.10) 6-8.75 (2.05) 6-8.25 (2.04) 6-6.25 (1.99) M Jon Hendershot Mar-31 Sean Reilly Mar-31 Mike McClelland Apr-14 Anya Uzoh Mar-31 MEN'S DECATHLON PSU: 7685 - Rick Kleban, 1985 Day One: 3931 - Rick Kleban, 1987 Day Two: 3774 - James Cook, 1997

6987 Anya Uzoh Mar-31

BOLD - School Record M - Mark from Multi-Event Competition UNA - Unattached

as of April 23

MEN'S 10,000 METERS PSU: 28:08.0 - Greg Fredericks, 1972

28:55.33 Kyle Dawson 29:53.07 Chris Cipro



RACK & FIELD

All-Time Women's Top 10 Performances

100-Meter Dash						100 Hurdles		Long Jump				
1. 2. 3. 4. 5. 6. 7. 8. 9.	11.21 11.27 11.56 11.63 (11.57w) 11.68 11.70 11.72 11.78 11.80 11.81	Connie Moore Shavon Greaves Kamilah Salaam Aleesha Barber Vivian Riddick Sara Shoaff Caitlin DeFusco Tiffany Glenn Jackie Brown Chioma Aduba	2004 2010 2004 2008 1983 2006 2010 1999 1991 2004	1. 2. 3. 4. 5. 7. 8 9. 10.	12.85 13.11 13.35 13.36 13.83 14.13 14.19 14.19 14.21	Alcesha Barber Evonne Britton Gayle Hunter Toyin Augustus Kamilah Salaam Monique Walker Pam Connell Carla Criste Brittney Howell Shelley Mitchell Sue Lindner	2010 2011 2009 2001 2006 2006 1991 1986 2012 1990 1982	1. 2. 3. 4. 5. 6. 7. 9. 10.	21-6 (6.55) 21-4 3/4 (6.52) 20-10 3/4 (6.37) 20-10 3/4 (6.37) 20-10.50 (6.36) w 20-4 1/2 (6.21) 20-4 1/4 (6.20) 20-3 (6.17) 19-8 (5.99) 19-7 (5.97)	Chi-Chi Aduba Gayle Hunter Carmen Mann Shakeema Walker Bianca Fung Vivian Riddick Monique Gillman Lena Bettis Stephanie Gurysh Pam Connell	2004 2008 1989 1999 2009 1982 1997 2007 1986 1987	
		200-Meter Dash				400 Hurdles	1702		,	Triple Jump		
1. 2. 3. 4. 5. 6. 7. 8. 9.	22.45 23.07 23.15 (22.92w) 23.61 23.70 23.81 (23.56w) 23.85 23.90 23.92 23.97	Connie Moore Shavon Greaves Shana Cox Kamilah Salaam Sara Shoaff Gayle Hunter Debbie Lewis Vivian Riddick Dominique Blake Kirsten Nieuwendam	2004 2010 2008 2004 2005 2008 1980 1983 2008 2012	1. 2. 3. 4. 5. 6. 7. 8. 9.	55.57 57.00 57.32 57.35 57.88 58.45 58.60 58.77 60.46 60.80 60.80	Fawn Dorr Aleesha Barber Evonne Britton Megan Duncan Shelley Mitchell Tammie Hart Ernestine Marsh Kim Markel Adrienne McCray Sandy Miller Penny Fales	2010 2007 2010 2011 1991 1982 1987 2007 1996 1978 1982	1. 2. 3. 4. 5. - 6. 7. 8. 9.	44-6 3/4 (13.58) 44-3 (13.48) 43-1 (13.13) 41-7 (13.67) 41-6.25 (12.66) 41-6 (12.65) w 41-2 1/2 (12.55) 40-9 (12.42) 40-8 3/4 (12.41) 40-7 1/4 (12.37)	Chi-Chi Aduba Shakeema Walker Carmen Mann Lena Bettis Tanaya Lloyd Marlene Ricketts Gayle Hunter Alicia Porro Hanna Humphreys Stephanie Gurysh Carla Criste	2004 1999 1990 2007 2012 2012 2007 1992 1984 1986 1985	
1.	50.84	Shana Cox	2008		3,000-	Meter Steeplechase		1	EE 4 2 /4 /1/ 99\	Shot Put	2004	
2. 3. 4. 5. 7. 8. 9. 10.	52.15 52.51 53.50 53.74 53.74 53.80 54.15 54.29 54.36	Dominique Blake Fawn Dorr Ije Iheoma Laila Brock Janice Carter Tammie Hart Shavon Greaves Aleesha Barber Doris Anyanwu 800-Meter Run	2008 2010 2011 1998 1988 1981 2010 2010	1. 2. 3. 4. 5. 6. 7. 8. 9.	9:32.35 10:07.78 10:16.91 10:18.48 10:24.01 10:30.47 10:34.25 10:39.72 10:44.60	Bridget Franek Molly Landreth Tracey Brauksieck Natalie Bower Claire Percival Nicole Lord Lindsey Graybill Cheryl Spring Emily Giannotti Abbie Benson	2010 2003 2003 2011 2007 2010 2011 2008 2012 2012	1. 2. 3. 4. 5. 6. 7. 8. 9.	55-4 3/4 (16.88) 55-0 (16.76) 53-8 1/4 (16.36) 52-6 (16.00) 51-6 1/4 (15.70) 50-3 1/2 (15.58) 48-6 (14.78) 48-2 (14.68) 47-10 (14.58) 47-7 3/4 (14.52)	Ja'Nai O'Connor Elaine Sobansky Jennifer Leatherman Jane Swenson Deshaya Williams Emma Schmelzer Kim Hicks Melissa Kurzdorfer Kim Kessell Toya Woods	2004 1984 2006 2011 2003 2009 1998 2012 1990 2007	
1.	2:04.37	Tammie Hart	1985	10.		100-Meter Relay	2012			Discus		
2. 3. 4. 5. 6. 7. 8. 9.	2:04.72 2:05.40 2:05.66 2:06.68 2:05.69 2:06.80 2:07.26 2:08.09 2:08.10	Briene Simmons Bekka Simko Janice Carter Terry Pioli Erica Bosler Maura Ryan Judi Cassel Teressa DiPerna Kim Certain	2006 2012 1985 1981 1998 2011 1995 1989 1988	1. 2. 3. 4. 5.	44.25 Fox, S 44.38 Salaan 44.57 Greav 44.80 Cox, S 44.86 Greav	shoaff, Moore Aduba n, Aduba, Shoaff, Moore es, Defusco, Barber, Dorr Walker, Salaam, Shoaff es, Cox, Barber, Blake	2003 2004 2010 2006 2008	1. 2. 3. 4. 5. 6. 7. 8. 9.	185-1 (56.41) 173-4 (52.83) 170-0 (51.82) 167-7 (51.08) 167-4 (51.01) 157-8 (48.06) 157-6 (48.02) 156-7 (47.72) 155-8 (47.44)	Deshaya Williams Christen Clemson Jennifer Leatherman Elaine Sobansky Emma Schmelzer Melissa Kurzdorfer Taylor McNally Lexi Benamati Kim Kessell	2001 2007 2006 1984 2007 2012 2011 2004 1991	
		1500-Meter Run		1. 2.	3:30.34 Barbe	Barber, Hunter, Cox r, Greaves, Hunter, Dorr	2008 2009	10.	152-8 (46.53)	Marilyn Senz	1982	
1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	4:16.96 4:17.40 4:17.54 4:18.33 4:19.83 4:20.11 4:20.40 4:21.10 4:21.31 4:23.54	Doreen Startare Kim McGreevy Mary Rawe Bridget Franek Patty Murnane Bekka Simko Caitlin Lane Heather Carmichael Susanne Heyer Kara Millhouse	1993 1997 1981 2010 1981 2012 2010 1980 1999 2012	3. 3. 4 1. 2. 3. 4.	3:30.74 Barbe	wu, Greaves, Iheoma, Duncan r, Greaves, Anyanwu, Dorr Simmons, Hunter, Cox High Jump Shelley Mitchell Pam Connell Antoinette O'Carroll Karen Krawick Jenny Williams Leslie Lippincott Holly Jones	2011 2010 2007 1992 1991 1987 1980 1987 1991 1992	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	219-1 (66.78) 206-7 (62.97) 197-3 (60.12) 190-10 (56.16) 186-11 (56.97) 179-6 (54.35) 174-3 (53.11) 172-4 (52.53) 170-11 (52.10) 160-4 (48.86)	Jennifer Leatherman Melissa Kurzdorfer Kate Johnston Deshaya Williams Helen Higgins Emma Schmelzer Robbin Shomper Jane Swenson Michelle Thompson Stacy Frank	2006 2012 2003 2003 2007 2009 2003 2011 1992 1992	
1.	15:32.52	Kathy Mills	1978	8. 9.	5-10 (1.78) 5-9 3/4 (1.77)	Deb Ford Carmen Mann	1988 1990		450 4 (54.05)	Javelin	2000	
2. 3. 4. 5. 6. 7. 8. 9.	15:46.08 15:53.50 16:06.32 16:09.38 16:12.0 16.14.98 16:16.89 16:18.14 16:25.09	Bridget Franek Paula Renzi Kim Kelly Stacy Prey Kris Bankes Brooklyne Ridder Peggy Cleary Caitlin Lane Kara Millhouse	2010 1985 1993 1990 1978 2012 1980 2011 2011	10. NM 1. 2. 3. 4. 5.	5-9 (NMC) C - No Metric Conv 13-1 1/2 (4.00) 12-9 1/2 (3.90) 12-8.25 (3.87) 12-6.25 (3.82) 12-5 1/2 (3.80)	Felicia Cooksey version Pole Vault Sara Dougherty Jocelyn Witmer Caitlin Fairbairn Amanda Palenchar Kelly Nesbit	2004 2010 2010 2012 2005	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	178-4 (54.35) 176-2 (53.70) 169-3 (51.58) 167-2 (50.96) 167-1 (50.92) 163-9 (49.91) 159-4 (48.56) 157-8 (48.07) 156-3 (47.62) 155-9 (47.47)	Kim Hanslovan Karlee McQuillen Carrie Karabinos Heidi Nadeau Brianne Johnson Laura Loht Ashley Colley Lauren Kenney Kristen Eash Diana Bruch	2009 2008 1999 2007 2001 2012 2002 2012 2004 2005	
1.	33:31.37	Kara Millhouse	2012	6. 7.	12-2 (3.71) 11-7 3/4 (3.55)	Lindsey McDonnell Biz Curran	2002 2002			Heptathlon		
2. 3. 4. 5. 6. 7. 8. 9.	34:00.00 34:02.52 34:02.80 34:09.00 34:20.1 34:24.07 34:31.75 34:39.89 34.55.84	Natalie Updegrove Kim Kelly Kris Kelly Kelli Hunt Donna Fidler Perry Cleary	1983 1993 1993 1993 1999 1980	9. 10.	11-7 3/4 (3.55) 11-5 3/4 (3.50) 11-0 3/4 (3.37)	Rachel NeMoyer Kim Pfeifer Dana Gioia	2008 2005 2003	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	5797 5706 5420 5407 5311 4939 4919 4917 4878 4826	Gayle Hunter Pam Connell Carmen Mann Shelley Mitchell Carla Criste Brittney Howell Amber Strouse Holly Jones Felicia Cooksey Danielle Bobo	2009 1991 1990 1992 1986 2012 2007 1992 1999 2003	

All-Time Men's Top 10 Performances

	10	0-Meter Dash				110 Hurdles			I	Long Jump		
1.	10.34 (10.1 MT)	Mike Sands	1975	1.	13.56	Guy Rose	2001	1.	25-11 (7.90)	David Coney	1985	
2.	10.44	Mike Shine	1976	2.	13.73	Paul Lankford	1980	2.	25-9 (7.86)	Rob Boulware	1986	
3. 4.	10.46 10.47	Ryan Olkowski Michael Timpson	2002 1987	3. 4.	13.80 13.87	Michael Timpson Mike Shine	1988 1976	4.	25-9 (7.86) 25-8.75 (7.84)	Steve Pina George Audu	1996 1999	
5.	10.49	Bob Brown	1961	5.	13.96	Ron Jules	2008		25-8.75 (7.84)	John Gorham	1999	
6. 7.	10.50 10.54	Alex Langan Barry Ewell	2006 1941	6. 7.	14.06 14.08	John Whelan Sam Harris	1997 1988	6. 7.	25-6 (7.77) 25-2.75 (7.69)	Antonio Davis Ryan Olkowski	1993 2000	
0	10.54	Brian Littlejohn	1984	8.	14.09	Brian Derby	2002	8.	25-0.75 (7.64)	Chavous Nichols	2004	
9. 10.	10.55 10.56	Steve Hackman Paul Lankford	1976 1980	9 10.	14.09 14.16	Barry Robinson Rick Kleban	1985 1984	- 9.	25-0 (7.62) w +3.7 24-10.50 (7.58)	Doug Moppert Al Bates	<i>2011</i> 1928	
	10.56	Greg Miller	2000			400 Hurdles		10.	24-9 (7.54)	Michael Timpson	1986	
	20	0-Meter Dash		1.	48.69	Mike Shine	1976	Triple Jump				
1.	20.23	Michael Timpson	1986	2.	49.55	Paul Lankford	1981	1.	54-6 (16.61)	Antonio Davis	1993	
2. 3.	20.58 20.59	Mike Sands Ryan Olkowski	1975 2002	3. 4.	49.72 50.10	Brian Derby Jaret Campisi	2003 2005	2. 3.	54-3.75 (16.55) 53-1 1/2 (16.19)	Chavous Nichols Clarence Smith	2004 2009	
4. 5.	20.93 21.01	Brady Gehret Ernie Terrell	2010 2002	5. 6.	50.49 50.54	Bill Austin Michael Timpson	1978 1988	4. 5.	52-8.25 (16.06) 51-8.50 (15.76)	Ricardo Hall Hanif Johnson	1990 2011	
6.	21.02	Barry Ewell	1942	7.	50.61	Barry Robinson	1985	6.	51-1 (15.57)	Warren Rockwell	1966	
8.	21.02 21.13	Art Pollard Brandon Bennett-Green	1955 2012	8. 9.	50.67 50.76	Kevin Cripanuk Brian Kelly	1992 1993	7. 8.	50-7 (15.42) 50-6 (15.39)	Steve Pina Jay Pagana	1995 2007	
9.	21.14	Brian Littlejohn	1984	10.	50.89	Ben Karcz	2001	9.	50-5.50 (15.38)	Ed Roskiewicz	1981	
10.	21.15	Greg Miller	2000			3000-Meter Steeplechase		10.	50-4.50 (15.35)	Dave Masgay	1987	
	40	0-Meter Dash		1.	8:22.54	George Malley	1977			Shot Put		
1. 2.	45.20 46.05	Mike Sands Brady Gehret	1975 2012	2.	8:37.7	Rick Garcia	1983	1.	65-5 (19.94)	C.J. Hunter	1990	
3.	46.14	Paul Lankford	1980	3. 4.	8:40.4 8:42.85	Bruce Baden Eric Carter	1977 1988	2. 3.	64-2.50 (19.57) 64-1/4 (19.51)	Blake Eaton Knut Hjeltnes	2010 1975	
4. 5.	46.62 46.71	Ernie Terrell Brandon Bennett-Green	2002	5.	8:47.03	Larry Mangan	1980	4.	63-10.25 (19.46)	Joe Kovacs	2012	
6.	46.74	Mike Cadau	2009	6. 7.	8:48.1 8:49.45	Paul Mackley Brian Laird	1985 1989	5. 6.	61-3 1/4 (18.68) 61-1 1/4 (18.62)	Greg Reyner Phil Caraher	1986 1990	
7. 8.	46.91 46.98	Ben Karcz Mike Shine	2002 1976	8. 9.	8:50.9 8:51.84	Jim Allahand	1972 2005	7. 8.	59-7 (18.16)	Dane Miller	2004 2012	
9.	47.06	Michael Timpson	1988	10.	8:53.71	Chris Foster Andy Scott	1991	9.	58-9.50 (17.92) 57-10 1/2 (17.64)	Logan Caldwell Mike Valenti	1983	
	47.06	Chris Lolagne	2005			4x100-Meter Relay		10.	57-5 1/2 (17.51)	Mike Reid	1969	
	80	00-Meter Run		1.	39.63	Davis, Hackman, Shine, Sands	1975			Discus		
1. 2.	1:45.28 1:45.96	Casimir Loxsom Randy Moore	2011 1985	2. 3.	39.88 40.18	Finkel, Singleton, Sands, Scott Shine, Hackman, Singleton, Sands	1973 1974	1. 2.	207-5 (63.22) 201-10 (61.52)	Brian Milne Knut Hjeltnes	1992 1975	
3.	1:46.62	Ray Levitre	1987	4.	40.40	Rose, Reeves, Miller, Olkowski,	2001	3.	186-9 (56.90)	Gary Williky	1979	
4. 5.	1:46.78 1:46.81	Ryan Foster Chris Mills	2009 1987	5.	40.48	Finkel, Hackman, Singleton, Sands	1974	4. 5.	186-3 (56.78) 184-0 (56.08)	Blake Eaton Joe Kovacs	2011 2011	
6.	1:46.82	Ken Wynn	1983			4x400-Meter Relay		6.	179-0 (54.55)	Will Barr	2011	
7. 8.	1:46.85 1:47.63	Samuel Borchers Mike Cook	2011 1982	1.	3:06.50	Br. Bennett-Green, Gehret,	2012	7. 8.	177-11 (54.23) 176-10 (53.90)	Dan Diaz Steve Meyers	2003 2006	
9. 10.	1:47.83 1:48.84	Mark Miller Steve Balkey	2008 1988	2.		Loxsom, Mpanduki		9.	175-3 (53.41)	Adam Thielemann	2009	
10.		,	1200	3.	3:07.19 3:08.22	Nadolsky, Loxsom, Gehret, Williams Janci, Maraire, Reeves, Karcz	2011 2000	10.	175-1 (53.36)	Sean Farrell	1980	
	15	00-Meter Run		4. 5.	3:08.54 3:09.10	Derby, Janci, Reeves, Karcz Hackman, Evans, Falco, Shine	2001 1976			Hammer		
1. 2.	3:38.99 3:39.25	Steve Balkey Larry Mangan	1987 1980			High Jump		1. 2.	218-6 (66.60) 203-0 (61.88)	Alvin Jackson Neal McNutt	1976 1998	
3.	3:39.57	Ryan Foster	2011					3.	201-9 (61.50)	Joe Kovacs	2011	
4. 5.	3:42.08 3:42.12	Doug Walter David McMillan	1990 1988	1. 2.	7-3.50 (2.2)		1985 1983	4. 5.	198-5 (60.49) 197-0 (60.04)	Tyler Hoffman Todd Shenk	2008 1984	
6.	3:42.2	George Malley	1977	3.	7-2.50 (2	2.20) Ryan Fritz	2007	6.	194-10 (59.40)	Will Barr	2012	
8.	3:42.2 3:42.54	Mike Wyatt Owen Dawson	1977 2012	4. 5.	7-1.75 (2.1.7-1)	2.18) David Kriz 5) Ryan Olkowski	1995 1999	7. 8.	194-7 (59.30) 193-9 (59.07)	Cory Eck Jon Hart	2010 2005	
9.	3:42.69	Aidan O'Reilly	1992	6.	7-0.25 (2.14) Nick Plack	2000	9.	190-0 (57.92)	Aaron Ross	2005	
10.	3:42.93 3:42.93	Robert Snyder Bob Hamer	1978 1994	8.	7-0.25 (2.1) 7-0 (2.1)		2011 1993	10.	189-6 (57.76)	Dorian Lowe	2002	
		5000 Meters		9. 10.	6-11 (2. 6-10.75		1997 2006			Javelin		
4			1070	10.	6-10.75		2012	1.	239-9 (73.09)	Allen Pettner	2007	
1. 2.	13:34.0 13:36.3	Greg Fredericks Robert Snyder	1972 1978			Pole Vault		2. 3.	237-1 (72.26) 233-8 (71.22)	Troy Burkholder Carl Wolter	1997 1996	
3.	13:42.1 13:50.54	Alan Scharsu Steve Brown	1980 1989	1	17 5 1 /	7 (5.22) July William of	2000	4.	233-4 (71.13)	Tanner Evak	2009	
4. 5.	13:52.4	Paul Stemmer	1977	1. 2.	17-5 1/2 17-5 (5.2	Mason Ternay	2009 1991	5. 6.	231-3 (70.48) 230-3 (70.19)	Brian Stumpf Matt Moyer	2003 2004	
6. 7.	13:53.2 13:55.0	George Malley Jeff Adkins	1976 1982	3. 4.	17-0 (5. 16-10 (5		2004 1985	7. 8.	227-8 (69.40) 225-7 (68.76)	Rob Austin Dave Matson	1995 1999	
8.	13:56.1	Charlie Maguire	1974	5.	16-7 1/	4 (5.06) Ron Campbell	1985	9.	220-2 (67.10)	John Hanley	1988	
9. 10.	13:57.1 13:58.60	Gary Gittings John Zishka	1973 1981	7.	16-7 1/4 16-6.75	(5.05) Kevin Dare	2009 2001	10.	218-6 (66.61)	Bret Kershner	2005	
	1	0,000 Meters		9.	16-6.75 16-6 (5.0	(5.05) Nick Fegley (33) Ken Stoffer	2003 1983			Decathlon		
1.	28:08.0	Greg Fredericks	1972	10.	16-4 (4.	98) Bill Gifford	1975	1. 2.	7685 7600	Rick Kleban, James Cook	1985 1996	
2. 3.	28:29.4 28:38.3	Charlie Maguire Eric Carter	1974 1987					3. 4.	7588 7472	Dave Masgay Barry Walsh	1987 1989	
4.	28:42.80	Paul Stemmer	1976					5.	7424	J.T. Kuretich	2003	
5 . 6.	28:55.33 29:11.71	Kyle Dawson John Ziegler	2012 1979		and the same	10170		6.	7415 7361	Brian Kelley Shawn Colligan	1991 2008	
7.	29:15.73	Tyler McCandless	2010			RACK &		8.	7097	Chris Morrisey	2008	
8. 9.	29:25.58 29:27.6	Mark Wimmer George Malley	1975			MUILA		10.	7045	Chris Green Anya Uzoh	1986 2011	
10.	29:30.6	Alan Scharsu	1980									