



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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On Twitter: @PennStTFXC

2012 INDOOR TRACK AND FIELD SCHEDULE

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

2012 OUTDOOR TRACK AND FIELD SCHEDULE

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

UNIVERSITY QUICK FACTS

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



TRACK & FIELD

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 Aaron Nadolsky (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 3:06.50 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 underclassmen 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.



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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	College Men's 5000m Championship	9:20 PM	Cipro, Fischer, K. Dawson, McNally, Scarpello
215	College Men's 10,000m Championship	10:55 PM	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 || TRACK 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 || FIELD 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
489	College Men's 4x800 Championship of America	4:40 PM	Penn State TBA
495	College Women's 4x400 College	5:35 PM	Qualifiers
496	College Men's 4x400 College	5:40 PM	Qualifiers
497	College Women's 4x400 ECAC	5:45 PM	Qualifiers
498	College Women's 4x400 Championship of America	5:50 PM	Qualifiers
499	College Men's 4x400 IC4A	5:55 PM	Qualifiers
500	College Men's 4x400 Championship of America	6:00 PM	Qualifiers

SATURDAY || FIELD EVENTS

802	College Men's Triple Jump Eastern	9:00 AM	Leap
805	College Men's Hammer Throw Championship	11:00 AM	Barr
809	College Men's Hammer Throw College	12:15 PM	Kovacs, Caldwell
810	Olympic Development Men's Shot Put	12:30 PM	Blake Eaton
811	College Men's Javelin Throw College	12:30 PM	Skinner



TRACK & FIELD

Penn State @ the Penn Relays || Nittany Lion Coaching Staff



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

Coach Sullivan at Penn State ...

- *129 NCAA All-Americans
- * 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	Pole Vault
Gigi Johnson	Sprints, Hurdles, Relays
Artie Gilkes	Distance
Luke Watson	Distance
Ryan Whiting	Throws
Ryan Foster	Middle Distance
Jeri Daniels-Elder	Throws

Nittany Lion Support Staff

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



Penn State @ the Penn Relays || History

MEN'S RELAY CHAMPIONS

Year	Relay	Performance
1920	4x1 Mile Relay ?, ?, ?, Larry Shields	18:10.6
1920	DMR (3/4 Mile, 440, 880, Mile) —, —, —, Larry Shields	10:37.2
1923	4x880 Yard Relay Edgar L. Carter, J. Russell Edgerton, Schuyler Enck, Alan Helffrich	7:48.8
1924	SMR (440, 220, 220, 880) Alan Helffrich, Conway, Crip Moore, Schuyler Ench	3:30.4
1926	4x1 Mile Relay R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart	18:14.6
1926	4 x 120-Yd High Hurdle Shuttle E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore	1:06.0
1928	4x110 Yards Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew	42.6
1928	DMR (3/4 Mile, 440, 880, Mile) Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox	10:37.8
1929	4x1 Mile Relay C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox	17:48.6
1932	SMR (440, 220, 220, 880) C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale	3:28.6
1942	SMR (440, 220, 220, 880) Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon	3:26.5
1947	4x1 Mile Relay Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver	17:48.6
1948	4x1 Mile Relay Bill Shuman, Mitch Williams, H.Ashenfelter, Gerry Karver	17:30.7
1948	DMR (3/4 Mile, 440, 880, Mile) Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver	10:15.1
1949	4x1 Mile Relay Unknown	17:35.4
1950	4x110 Yards Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster	41.3
1951	4x1 Mile Relay Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn	17:24.6
1959	4x1 Mile Relay Ed Moran, Dick Engelbrink, Charles King, Fred Kerr	17:11.3
1959	DMR (3/4 Mile, 440, 880, Mile) Unknown	9:58.2
1983	4x800-Meter Relay Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn	7:19.77
1985	4x800-Meter Relay Vance Watson, Steve Shisler, Chris Mills, Randy Moore	7:11.17
1986	4x800-Meter Relay Vance Watson, Steve Shisler, Ray Levitre, Chris Mills	7:16.05
1987	4x800-Meter Relay Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre	7:14.65
2011	SMR Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster	3:17.10

WOMEN'S RELAY CHAMPIONS

Year	Relay	Performance
1978	4x800-Meter Relay Unknown	8:49.9
2008	4x400-Meter Relay Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	3:31.44

INDIVIDUAL MEN'S CHAMPIONS (56)

Year	Athlete	Event	Performance
1910	Lee Talbot	Hammer Throw	160-6 (48.92)
1911	Lee Talbot	Discus	129-2 (39.32)
1911	Alfred Tilley	Hammer Throw	143-8 (43.78)
1913	Lee Talbot	Discus	142-0 (43.28)
1913	Lee Talbot	Hammer Throw	163-7 (49.88)
1919	Francis Emory	56-Pound Weight	28-0 (8.53)
1920	Francis Emory	Javelin	165-6 (50.44)
1923	Crip Moore	120-Yard High Hurdles	15.4
1925	Crip Moore	120-Yard High Hurdles	14.8
1926	Al Bates	Long Jump	23-3 1/2 (7.07)
1927	Bill Cox	Two-Mile	9:32.0
1927	Marian Ide	Hammer Throw	158-0 7/8
1938	Nick Vukmanic	Javelin	223-10 (68.22)
1939	Nick Vukmanic	Javelin	207-3 (63.16)
1942	Barney Ewell	Long Jump	24-5 1/2 (7.45)
1944	Barney Ewell	Long Jump	24-2 (7.36)
1945	Barney Ewell	100 Yards	9.8
1947	Curt Stone	Two-Mile	9:19.4
1949	Horace Ashenfelter	Two-Mile	9:21.5
1949	Jim Gehrdes	120-Yard High Hurdles	14.4
1950	Jim Gehrdes	120-Yard High Hurdles	14.3
1954	Art Pollard	100 Yards	9.8
1955	Roosevelt Grier	Shot Put	54-8 (16.66)
1961	Bob Brown	100 Yards	9.9
1965	Lennart Hedmark	Javelin	243-0 (74.06)
1966	Bill Reilly	3000-Meter Steeplechase	9:22.8
1971	Greg Fredericks	Three-Mile	13:36.1
1972	Greg Fredericks	Three-Mile	13:31.5
1973	Charlie Maguire	Three-Mile	13:41.6
1974	Charlie Maguire	Three-Mile	13:27.0
1974	Mike Shine	120-Yard High Hurdles	13.9
1974	Mike Shine	400-Meter Hurdles (Converted from 440yds)	50.8
1975	Knut Hjeltnes	Shot Put	61-23/4 (18.66)
1976	George Malley	3000-Meter Steeplechase	8:34.4
1976	Mike Shine	110-Meter High Hurdles	13.6
1976	Al Jackson	Hammer Throw	199-4 (60.76)
1977	Paul Stemmer	5000 Meters	13:52.4
1979	Bruce Baden	3000-Meter Steeplechase	8:42.5
1979	Alan Scharsu	5000 Meters	13:48.5
1979	John Ziegler	10,000 Meters	29:19.3
1979	Tim Backenstose	Marathon	2:22:14
1980	Alan Scharsu	5000 Meters	13:42.1
1982	Jeff Adkins	5000 Meters	13:55.0
1987	Dave Masgay	Decathlon (Multi)	7282
1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)
1990	C.J. Hunter	Shot Put	65-5 (19.81)
1993	Brian Milne	Discus	196-5 (59.86)
1993	Antonio Davis	Triple Jump	53-11 1/4 (16.44)
1996	James Cook	Decathlon (Multi)	7600
1997	James Cook	Decathlon (Multi)	7458
1998	Kevin Geesaman	20,000 Meters	1:04:40
2003	J.T. Kuretich	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris Morrisey	Decathlon (Multi)	7014
2008	Chris Morrisey	Decathlon (Multi)	6995
2009	Tanner Evak	Javelin	225-6 (68.74)

INDIVIDUAL WOMEN'S CHAMPIONS (12)

Year	Athlete	Event	Performance
1983	Marilyn Senz	Javelin	162-9 (49.60)
1984	Elaine Sobansky	Shot Put	53-4.50 (5.96)
1985	Paula Renzi	5000-Meters	16:01.4
1986	Stacy Prey	5000-Meters	16:01.2
1998	Jen Pastore	Javelin	177-7 (54.12)
2000	Deshaya Williams	Discus	174-8 (53.24)
2001	Brianne Johnson	Javelin	161-7 (49.26)
2006	Jennifer Leatherman	Hammer	213-7 (65.12)
2007	Bridget Franek	3,000m Steeplechase	9:59.21
2007	Gayle Hunter	Heptathlon	5606
2009	Fawn Dorr	400-Meter Hurdles	57.78
2010	Karlee McQuillen	Javelin	162-7 (49.57)
2011	Karlee McQuillen	Javelin	158-4 (48.28)



TRACK & FIELD

2012 Penn State Track and Field Roster

2012 MEN'S ROSTER

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

2012 WOMEN'S ROSTER

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



2012 Meet-by-Meet Recaps

JIM CLICK SHOOTOUT March 31, 2012 University of Arizona

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

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

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

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

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

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

STANFORD INVITATIONAL April 6, 2012 Stanford University

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

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

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

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

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

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

BATTLE ON THE BAYOU April 7, 2012 Louisiana State University

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

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

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

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

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

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

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



TRACK & FIELD

2012 Meet-by-Meet Recaps

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



2012 Meet-by-Meet Recaps

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

Nittany Lions Excel at Auburn, Bucknell, Mt. SAC

Track and field racks up more than a dozen victories throughout weekend action

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

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

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

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

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

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 impressive 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.



TRACK & FIELD

2012 Penn State Women's Outdoor Performance List

WOMEN'S 100 METERS PSU: 11.21 - Connie Moore, 2003

11.92 0.0 Kirsten Niewendam Mar-31
12.58 0.8 Gabrielle Barbour Apr-15

WOMEN'S 200 METERS PSU: 22.45 - Connie Moore, 2004

23.72 2.0 Kirsten Niewendam Apr-21
24.37 1.4 Dynasty McGee Mar-31
24.67 1.4 Ije Iheoma Mar-31
25.02M 2.1 Brittney Howell Mar-31
25.94w 2.7 Rachel Chernaskey Apr-15
25.99 0.0 Gabrielle Barbour Apr-15

WOMEN'S 400 METERS PSU: 50.84 - Shana Cox, 2008

53.97 Ije Iheoma Mar-31
54.40 Dynasty McGee Apr-7
54.64 Kirsten Niewendam Apr-21
55.35 Doris Anyanwu Apr-21

WOMEN'S 800 METERS PSU: 2:04.37 - Tammie Hart, 1985

2:05.40 Bekka Simko Apr-7
2:10.08 Marta Klebe Apr-7
2:10.92 Colleen Shannon Apr-7
2:17.69 Markea Dickinson Apr-15
2:19.82 Abbie Benson Mar-31
2:20.00 Tori Perri Apr-21
2:22.16 Natalie Bower Mar-31
2:24.00 Rachel Casciano Apr-21

WOMEN'S 1500 METERS PSU: 4:16.96 - Doreen Startare, 1983

4:20.11 Bekka Simko Apr-14
4:23.54 Kara Millhouse Apr-14
4:27.88 Marta Klebe Apr-14
4:30.94 Abbie Benson Mar-31
4:32.40 Brooklyne Ridder Apr-21
4:34.70 Tori Perri Apr-21
4:35.22 Natalie Bower Mar-31
4:36.57 Lindsey Graybill Apr-21
4:42.22 Kerrin Jennings UNA Apr-14
4:43.09 Markea Dickinson Apr-21
4:43.86 Lauren Mills Apr-21
4:43.88 Rachel Casciano Apr-14
4:52.65 Gwenn Porter Apr-14
4:58.65 Dani Kocjancic Apr-21

WOMEN'S MILE RUN PSU: 4:40.65 - Bridget Franek, 2010

WOMEN'S 3,000 METERS PSU: 9:08.04 - Kathy Mills, 1978

WOMEN'S 5,000 METERS PSU: 15:32.53 - Kathy Mills, 1978

16:14.98 Brooklyne Ridder Apr-6
17:35.68 Katie Rodden Apr-14
17:51.47 Dani Kocjancic Apr-14
18:07.52 Lauren Mills Apr-14

WOMEN'S 10,000 METERS PSU: 33:31.37 - Kara Millhouse, 2012

33:31.37 Kara Millhouse Apr-19

WOMEN'S 100-METER HURDLES PSU: 12.85 - Aleesha Barber, 2010

14.19M 0.0 Brittney Howell Mar-31
15.69M 0.0 Rachel Chernaskey Mar-31

WOMEN'S 400-METER HURDLES PSU: 55.57 - Fawn Dorr (2010)

1:01.07 Doris Anyanwu Apr-21

WOMEN'S 3000m STEEPLECHASE PSU: 9:32.35 - Bridget Franek, 2010

10:25.46 Natalie Bower Apr-14
10:30.80 Lindsey Graybill Apr-14
10:39.72 Emily Giannotti Apr-14
10:44.60 Abbie Benson Apr-14

4x100-METER RELAY PSU: 44.25 - Fox, Aduba, Shoaff, Moore, 2003

46.48 Nieuwendam, Iheoma, McGee, Anyanwu Mar-31

4x200-METER RELAY PSU: 1:33.78 - DeFusco, Greaves, Dorr, Anyanwu, 2010

4x400-METER RELAY PSU: 3:27.69 - Blake, Barber, Hunter, Cox, 2008

3:36.07 McGee, Nieuwendam, Iheoma, Anyanwu Apr-7

4x800-METER RELAY PSU: 8:39.44 - Lane, Simko, Fisher, Ryan, 2011

9:09.51 Shannon, Perri, Casciano, Klebe Apr-15

SPRINT MEDLEY RELAY PSU: 3:47.90 - Blake, Barber, Cox, Simmons, 2007

DISTANCE MEDLEY RELAY PSU: 11:09.50 - Hart, Murnane, Pioli, Rawe, 1981

4x1500-METER RELAY PSU: 17:57.28 - Noecker, Franek, Percival, Rosenfeld, 2007

WOMEN'S HIGH JUMP PSU: 6-0 (1.83) - Shelley Mitchell, 1992

5-8.75 (1.75) Sarah Palmer Apr-15
5-7.25 (1.71) Erika Morgan Mar-31
5-5 (1.65) Kelsey Couets Apr-21
5-3 (1.60) M Brittney Howell Mar-29
5-1 (1.55) Rachel Chernaskey Apr-15
5-1 (1.55) S. Olafson UNA Apr-15

WOMEN'S POLE VAULT PSU: 13-1.50 (4.00) - Sara Dougherty, 2004

12-8.75 (3.88) Jocelyn Witmer Apr-7
12-6.25 (3.82) Amanda Palenchar Mar-31
10-8 (3.25) Lindsay Bacik Apr-15

WOMEN'S LONG JUMP PSU: 21-6 (6.55) - Chi-Chi Aduba, 2004

19-0.75 (5.81) Tanaya Lloyd Apr-14
18-0.50 (5.49) Marlene Ricketts Apr-14
17-11 (5.46) M Brittney Howell Mar-31
17-7 (5.36) Rachel Chernaskey Apr-14
16-6.50 (5.04) B. Rauenzahn UNA Apr-14
16-2.25 (4.93) Sarah Palmer Apr-21

WOMEN'S TRIPLE JUMP PSU: 44-6.75 (13.58) - Chi-Chi Aduba, 2004

41-6.25 (12.66) 1.8 Tanaya Lloyd Apr-15
41-6 (12.65)w 3.8 Marlene Ricketts Apr-15
40-5.50 (12.33) -0.3 Ricketts Apr-7

WOMEN'S SHOT PUT PSU: 55-4.75 (16.88) - Ja'Nai O'Connor, 2004

48-2 (14.68) Melissa Kurzdorfer Mar-31
41-8.50 (12.71) Anna Muzio Apr-21
36-2 (11.02) Brittney Howell Mar-31
28-3.50 (8.62) Rachel Chernaskey Mar-31

WOMEN'S DISCUS PSU: 185-1 (56.42) - Deshaya Williams, 2003

157-8 (48.06) Melissa Kurzdorfer Apr-7

WOMEN'S HAMMER PSU: 219-1 (66.78) - Jen Leatherman, 2006

206-7 (62.97) Melissa Kurzdorfer Mar-31
129-1 (39.34) Anna Muzio Apr-15

WOMEN'S JAVELIN PSU: 178-4 (54.25) - Kim Hanslovan, 2009

163-9 (49.91) Laura Loht Apr-7
157-8 (48.07) Lauren Kenney Apr-21
138-3 (42.13) Susie Pancoast Apr-14
133-5 (40.66) Mel Leszczynski Apr-14
133-2 (40.59) Megan Boyer Apr-7
110-11 (33.81) Olivia Mangan Apr-7
86-1 (26.23) M Brittney Howell Mar-31
70-0 (21.33) M Rachel Chernaskey Mar-31

WOMEN'S HEPTATHLON PSU: 5797 - Gayle Hunter, 2009

4939 Brittney Howell Mar-29-30
4221 Rachel Chernaskey Mar-29-30

Key -
BOLD - School Record
M - Mark from Multi-Event Competition
w - Wind Aided (+2.0)

as of April 23



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2012 Penn State Men's Outdoor Performance List

MEN'S 100 METERS

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

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

MEN'S 200 METERS

PSU: 20.23 - Michael Timpson, 1986

20.99	0.4	Brady Gehret	Apr-15
21.13	2.0	Brandon Bennett-Green	Mar-31
21.28	2.0	Aaron Nadolsky	Mar-31
21.80	0.5	Matt Gilmore	Apr-21
22.19	0.0	Emunael Mpanduki	Apr-7
22.31	0.5	Bernard Bennett-Green	Apr-21
22.88	1,1	Sancho Barrett	Apr-21

MEN'S 400 METERS

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

46.05		Brady Gehret	Apr-21
46.71		Brandon Bennett-Green	Apr-7
47.77		Matt Gilmore	Apr-21
48.04		Aaron Nadolsky	Apr-21
48.14		Emunael Mpanduki	Mar-31
48.90		Bernard Bennett-Green	Apr-21
49.91	M	Anya Uzoh	Mar-29

MEN'S 800 METERS

PSU: 1:45.28 - Casimir Loxsom, 2011

1:47.89		Casimir Loxsom	Apr-7
1:48.97		Owen Dawson	Apr-7
1:49.92		Robby Creese	Apr-7
1:50.30		Ryan Brennan	Apr-21
1:54.35		Connor Manley	Mar-31
1:55.59		Mark Fuller	Apr-21
1:57.29		Wade Endress	Apr-7

MEN'S 1500 METERS

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

3:42.54		Owen Dawson	Apr-21
3:43.79		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
3:58.91		Colin Baker	Apr-21
3:58.92		Chris Campbell	Mar-31
4:54.16	M	Anya Uzoh	Mar-30

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

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, 1972

28:55.33		Kyle Dawson	Apr-6
29:53.07		Chris Cipro	Apr-14

MEN'S 100-METER HURDLES

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

14.91		Sancho Barrett	Apr-15
15.81		Anya Uzoh	Mar-31

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, 1976

MEN'S 3000m STEEPLECHASE

PSU: 8:22.5 - George Malley, 1977

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

MEN'S 4x100-METER RELAY

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

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

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

MEN'S 4x400-METER RELAY

PSU: 3:06.50 - Br. Bennett-Green, Gehret, Loxsom, Mpanduki, 2012

3:06.50		Br. Bennett-Green, Gehret, Loxsom, Mpanduki	Apr-7
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3:16.47		Be. Bennett-Green, Mpanduki, Brennan, Manley	Mar-31
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3:19.79		O. Dawson, Brennan, Manley, Endress	Apr-7
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MEN'S 4x800-METER RELAY

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

7:44.37		Endress, Brennan, Baker, Manley	Apr-15
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MEN'S SPRINT MEDLEY RELAY

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

MEN'S DISTANCE MEDLEY RELAY

PSU: 9:30.1 - Mangan, Lankford, Cook, Scharsu, 1980

MEN'S 4xMILE RELAY

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

MEN'S HIGH JUMP

PSU: 7-3.50 (2.22) - David Coney, 1985
Decathlon: 6-8.25 (2.04) - Anya Uzoh, 2011

6-10.75 (2.10)		Jon Hendershot	Mar-31
6-8.75 (2.05)		Sean Reilly	Mar-31
6-8.25 (2.04)		Mike McClelland	Apr-14
6-6.25 (1.99) M		Anya Uzoh	Mar-31

MEN'S POLE VAULT

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

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

MEN'S LONG JUMP

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

24-0.25 (7.32)		Doug Moppert	Apr-14
22-11.75 (7.00) M		Anya Uzoh	Mar-31
22-9.75 (6.95)		Brian Leap	Apr-14

MEN'S TRIPLE JUMP

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

49-2.25 (14.99) 1.1		Brian Leap	Apr-15
49-0.25 (14.94) -0.4		Hanif Johnson	Apr-7
45-10.75 (14.01)		Dan Sandrowicz	Apr-21

MEN'S SHOT PUT

PSU: 65-5 (19.94) - CJ Hunter, 1990
Decathlon: 48-9.50 (14.87) - Barry Walsh, 1989

63-10.25 (19.46)		Joe Kovacs	Apr-15
58-9.50 (17.92)		Logan Caldwell	Apr-7
54-5.25 (16.59)		Nabil Mubarak	Apr-21
39-11.50 (12.18) M		Anya Uzoh	Mar-31

MEN'S DISCUS

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

176-9 (53.88)		Joe Kovacs	Apr-14
176-0 (53.65)		Will Barr	Apr-21
103-7 (31.58) M		Anya Uzoh	Mar-31

MEN'S HAMMER

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

194-10 (59.40)		Will Barr	Apr-14
188-10 (57.57)		Joe Kovacs	Apr-21
179-1 (54.58)		Logan Caldwell	Mar-31
178-7 (54.43)		Nabil Mubarak	Apr-7

MEN'S JAVELIN

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

204-11 (62.45)		Eli Skinner	Apr-7
157-10 (48.12)		Anya Uzoh	Mar-31
155-10 (47.51)		Justin Nykiel	Apr-14

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
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Key -

BOLD - School Record
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 UNA - Unattached

as of April 23



TRACK & FIELD

