



PENN STATE

CROSS COUNTRY & TRACK AND FIELD

GoPSUsports.com 2010-11 Yearbook



KARLEE McQUILLEN

BLAKE EATON



CASIMIR LOXSOM | NICOLE LORD | SHAVON GREAVES | RYAN FOSTER | JOE KOVACS



TEAM QUICK FACTS

Director and Head CoachBeth Alford-Sullivan
12th Year (Women), Fifth Year (Men)
 Associate Head CoachChris Johnson
 Assistant CoachDrew Hardyk
 Assistant CoachJohn Gondak
 Assistant CoachFritz Spence
 Assistant CoachT.J. Crater
 Director of OperationsJess Riden

Home FacilitiesBlue and White Golf Course (Cross Country)
Horace Ashenfelter III Indoor Track
Nittany Lion Track (Outdoors)

UNIVERSITY QUICK FACTS

Locations.University Park, Pa.
 Founded.1855
 Enrollment.40,709
 Conference..Big Ten
 Colors.Blue & White
 Nickname..Nittany Lions
 President.Dr. Graham Spanier
 Athletic Director.Tim Curley

2011 SCHEDULE

Indoor Schedule

Saturday, Dec. 11, 2010 Blue-White IntersquadASHENFELTER TRACK
 Saturday, Jan. 8 Penn State RelaysASHENFELTER TRACK
 Saturday, Jan. 15 Nittany Lion ChallengeASHENFELTER TRACK
 Fri.-Sat., Jan. 28-29 Penn State NationalASHENFELTER TRACK
 Saturday, Feb. 5 Sykes-Sabock Challenge CupASHENFELTER TRACK
 Fri.-Sat., Feb. 12-13 Tyson InvitationalFayetteville, Arkansas
 Husky InvitationalSeattle, Washington
 Akron InvitationalAkron, Ohio
 Sat.-Sun., Feb. 27-28 Big Ten Indoor Champs.Women - W. Lafayette, Ind.
Men - Champaigne, Ill.
 Sat., March 6 Virginia Tech Last ChanceBlacksburg, Virginia
 Alex Wilson InvitationalSouth Bend, Indiana
 Fri.-Sat., March 12-13 NCAA Indoor ChampionshipsFayetteville, Arkansas

Outdoor Schedule

Fri.-Sat, March 25-26 Stanford InvitationalPalo Alto, Calif.
 Fri.-Sat, April 1-2 Florida RelaysGainesville, Fla.
 Thu.-Sat., April 14-16 Mt. Sac RelaysWalnut, Calif.
 Fri.-Sat, April 15-16 Auburn War Eagle InvitationalAuburn, Ala.
 Sat.-Sun., April 23-24 Jesse Owens ClassicColumbus, Ohio
 Thu.-Sat. April 28-30 Penn RelaysPhiladelphia, Pa.
 Sat., May 7 Jim Thorpe InvitationalNittany Lion Track
 Fri.-Sun., May 13-15 Big Ten Outdoor ChampionshipsIowa City, Iowa
 Thu.-Sat., May 26-28 NCAA First RoundBloomington, Ind.
 Wed.-Sat., June 8-11 NCAA Outdoor ChampionshipsDes Moines, Iowa
 Thu.-Sun., June 23-26 USATF Junior and Senior ChampionshipsEugene, Ore..

MEDIA RELATIONS

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After 11 years and 95 NCAA All-Americans on the women's side, as well as four years and 14 All-America honorees with the men's squad, Beth Alford-Sullivan enters her 12th year at the helm of the Nittany Lion women's program and her fifth campaign as the Director and Head Coach of Track and Field/Cross Country, overseeing both the men's and women's programs. Last year, Sullivan's men's and women's squads experienced unparalleled success, highlighted by a fourth-place finish from the women's team at the NCAA Outdoor Championships – the squad's second "Trophy Team" finish in the last three years. The NCAA effort also included a national-title victory from then-senior Bridget Franek in the 3,000-meter steeplechase.

The Nittany Lion women were just as successful on the Big Ten stage, capturing team titles in cross country, and indoor and outdoor track and field to earn the coveted conference "Triple Crown." The cross country victory was the first in program history, led by a individual victory from Franek. Meanwhile, the women's outdoor victory not only completed the 2009-10 "Triple Crown," but was the program's third-straight outdoor conference victory.

The honors continued to roll in for the Nittany Lion women, as the 2009-10 version of the squad was named USTFCCCA "Scholar Team of the Year" for the outdoor season, which is awarded to the team with the highest NCAA finish with a 3.0 GPA. The Nittany Lions also ended the season in third place in the Terry Crawford Program of the Year standings, behind only NCAA stalwarts Oregon and Florida. The award honors the institution that has achieved the most success in each academic year (spanning the cross country, indoor track & field, and outdoor track & field seasons) based on the institution's finish at the NCAA Division I Championships. Sullivan's men's squad was recognized for the honor in 2009, finishing 14th in the "John McDonnell" Program of the year standings.

Along with the women's fourth-place effort at the NCAA Outdoor Championships, Sullivan's men's squad also made a splash nationally, claiming a pair of top 25 standings, including a 14th-place finish at the NCAA Indoor Championships – the program's highest finish in nearly two decades. The men would go on to tie for 23rd outdoors, which was also the first top 25 finish since 1993. Individually, the Nittany Lion men earned a trio of bronze-medal finishes at the NCAA Championships, with Ryan Foster (800-meters) and Joe Kovacs (shot put) each earning third-place standings indoors, and Blake Eaton taking third in the shot put at the outdoor championships. The women were also consistent members of the nation's upper echelon a year ago, placing 14th in cross country, and 13th indoors.

Since taking the reigns of both the men's and women's programs in 2006, Sullivan has remained steadfast to the vision of having two programs in the top tier of the conference and the NCAA, with both the men's and women's squads making outstanding statements during the 2009-2010 campaign, with the Nittany Lions claiming a combined 22 NCAA All-America finishes, and 17 Big Ten gold-medal performances. The Nittany Lions were heavily recognized for their accomplishments throughout the year, as six Nittany Lion athletes garnered USTFCCCA Mid-Atlantic "Athlete of the Year" honors in 2010, while coaching staff members Chris Johnson and John Gondak were received USTFCCCA Mid-Atlantic "Assistant Coach of the Year" recognition. Sullivan was also twice recognized as the USTFCCCA Mid-Atlantic "Head Coach of the Year" in 2010, bringing her total to 24 "Coach of the Year" citations throughout her career.



Sullivan's responsibilities do not end in Happy Valley, however, as she is also in her second year as the Division I President of the United States Track and Field/Cross Country Coaches Association (USTFCCCA). Sullivan, who was a United States Olympic Coach at the 2004 Athens Games, also recently was selected to represent her country in international competition, as she served on the U.S. staff at the IAAF Continental Cup in Split, Croatia.

Internationally speaking, Sullivan added a pair of IAAF World medalists to her coaching resume this past summer, as Casimir Loxsom earned silver-medal honors while representing the United States at the IAAF World Junior Championships in Moncton, Canada. Loxsom's second-place standing was the highest-ever finish by a U.S. athlete in the distance event since the meet's inception. Meanwhile, rising sophomore Evonne Britton claimed third-place status in the 400-meter hurdles, to go along with a sixth-place effort in the 100-meter hurdles. Loxsom was the USATF Junior Champion in the 800, while Britton won the national title in the 400 hurdles.

Sullivan also boasts a tremendous amount of international experience in her own right. Most notably in 2004, Sullivan was named a member of the Olympic coaching staff for the Athens Games, where she helped the United States squad to nearly 25 medals in the sport of track and field. She was also selected to represent the United States as an assistant coach at the 2003 World Championships in Paris where she guided the middle distance runners for the world's top ranked track and field team. She also has served as an assistant on the 2001 U.S. World Championships Team, guiding middle-distance and distance team members throughout the trials and the championships held in Edmonton, Canada. Prior to that appointment, Sullivan guided the U.S. Junior Team to the 1997 World Cross Country Championships in Turin, Italy. She was also the coach for the 1994 U.S. team that competed in the Beijing International Ekiden and was an assistant coach for the 1995 U.S. Olympic Festival staff in Colorado Springs.

Throughout her tenure in Happy Valley, Sullivan has overseen the successes of four of the most-prolific NCAA careers in program history in Connie Moore, Shana Cox, Aleasha Barber, and Bridget Franek. All sensational sprinters, Moore, Cox, and Barber each totaled 11 All-America finishes throughout their Nittany Lion careers, with Cox claiming the 2008 NCAA Outdoor title at 400-meters – the first victory by a Nittany Lion woman in the track event in the NCAA era - and Cox and Barber, running as members of the 2008 NCAA Champion 4x400-meter relay. Most recently, Sullivan coached Franek, who totaled 10 All-America finishes over her career, to top honors in the 3,000-meter steeplechase at the 2010 NCAA Outdoor Championships – marking the fourth NCAA victory by a Nittany Lion under Sullivan's watch. Franek also achieved a rarely



Coaching Awards and Honors

- 2010 Big Ten Women's Coach of the Year**
Outdoor Track and Field
- 2010 USTFCCCA Mid-Atlantic Women's Coach of the Year**
Outdoor Track and Field
- 2010 Big Ten Women's Coach of the Year**
Indoor Track and Field
- 2010 USTFCCCA Mid-Atlantic Women's Coach of the Year**
Indoor Track and Field
- 2009 Big Ten Women's Coach of the Year**
Cross Country
- 2009 Big Ten Women's Coach of the Year**
Outdoor Track and Field
- 2009 USTFCCCA Mid-Atlantic Women's Coach of the Year**
Outdoor Track and Field
- 2009 USTFCCCA Mid-Atlantic Men's Coach of the Year**
Indoor Track and Field
- 2008 Big Ten Women's Coach of the Year**
Outdoor Track and Field
- 2008 Penn State Achieving Woman Award**
Pennsylvania State University
- 2008 USTFCCCA Mid-Atlantic Women's Coach for the Year**
Indoor Track and Field
- 2007 USTFCCCA Mid-Atlantic Women's Coach of the Year**
Outdoor Track and Field
- 2004 USTFCCCA Mid-Atlantic Women's Coach for the Year**
Outdoor Track and Field
- 2004 USTFCCCA Mid-Atlantic Women's Coach for the Year**
Indoor Track and Field
- 2004 Big Ten Women's Coach of the Year**
Indoor Track and Field
- 1998 Pac-10 Women's Coach of the Year**
Cross Country (Stanford)
- 1997 Pac-10 Women's Coach of the Year**
Cross Country (Stanford)
- 1997 USTFCCCA West Region Women's Coach of the Year**
Cross Country (Stanford)
- 1996 NCAA Women's Coach of the Year**
Cross Country (Stanford)
- 1996 Pac-10 Women's Coach of the Year**
Cross Country (Stanford)
- 1996 USTFCCCA West Region Women's Coach of the Year**
Cross Country (Stanford)
- 1995 North Central Conference Coach of the Year**
Indoor Track and Field (Mankato State)
- 1995 Regional Coach of the Year**
Indoor Track and Field (Mankato State)
- 1992 Ohio Valley Conference Coach of the Year**
Cross Country (SE Missouri State)
- 1992 Missouri T&F/CC Coaches' Association Coach of the Year**
SE Missouri State

matched feat over her Penn State tenure, qualifying for every NCAA opportunity in cross country, and indoor and outdoor track and field over her career – a perfect 12-for-12 appearances. Since taking over the women's program in the fall of 1999, Sullivan has guided the Nittany Lions to a grand total of 11 top 25 finishes at the NCAA level, including top 10 efforts in 2003, 2008, 2009, and 2010.

Sullivan's first NCAA title at Penn State came in 2003, when Deshaya Williams claimed national gold in the discus. The Lions have had quite a presence in both the 4x400 and the steeplechase on the NCAA stage under Sullivan's watch, with a Penn State mile relay making the NCAA field during both the indoor and outdoor seasons over the past five years, and earning All-America standing on six of those occasions. Sullivan has also coached at least one NCAA qualifier in the steeplechase in seven NCAA meets since the event was added to the women's program in 2001.

In her four years with the men's program, Sullivan has coached at least one entrant in the NCAA track and field meet on the men's side in seven of eight opportunities, including graduate Ryan Fritz, who earned a grand total of four All-America certificates during his Penn State career. Sullivan also coached Tyler McCandless to an All-America finish in the 10,000-meters in 2010, becoming the first Nittany Lion to earn the honor in the event since 1994.

The Nittany Lions have also been highly successful in Big Ten competition under Sullivan's guidance, with the Penn State women totaling 50 individual victories, as well as 13 relay wins over the past 11 years. Cox is once again at the top of the charts, with an outstanding total of 15 victories, while current senior Shavon Greaves stands with 12 total titles, including sweeps of the short sprints during both the indoor and outdoor championships over the past two years. Sullivan's Lions have been particularly successful in the relay events at the conference meet, as the Blue and White contingent has claimed top honors in the Big Ten 4x400 in nine of its last 10 tries. Sullivan's charges have also enjoyed outstanding results on the men's side, especially in the middle distances, where a Nittany Lion has claimed the conference 800-meter title in each of the last four Big Ten meets, and on a total of five occasions since Sullivan took over the reins of the men's program in 2006. Sullivan has also overseen a pair of wins in the men's javelin throw, including a Big Ten record 239-9 (73.09) effort by Allen Pettner in 2007.

The Lion were well recognized throughout the year for their conference success, with Franek earning Athlete of the Year honors in cross country, along with a Freshman of the Year citation for Nicole Lord. Sullivan would also be voted Big Ten Coach of the Year, thanks to the Lions' cross country success. Sullivan would earn another conference Coach of the Year award indoors, while Franek was named Athlete of the Meet, and then-junior Shavon Greaves took Athlete of the Year status. Outside, Fawn Dorr was declared Athlete of the Meet, while Sullivan earned yet another Coach of the Year citation. On the men's side, Loxsom would earn Freshman of the Year status outdoors.

On the Big Ten stage, Sullivan's Nittany Lions claimed a combined total of 14 individual victories, to go along with three relay wins. Franek got the ball rolling in cross country, taking top honors at the conference meet – becoming the first Nittany Lion to win the conference cross country title since Kim McGreevy in 1994. Sullivan also saw Vince McNally to an impressive conference finish, as the then-sophomore placed 12th overall, earning second team All-Big Ten status.

The Nittany Lions had a banner afternoon at the conference meet last fall, highlighted by an individual victory from then-senior Franek. The Nittany Lions would put all five scoring finishers in the top 25 for a winning total of 71 points, with Franek in first, Lord in ninth – good for second-team all conference honors – freshman Brooklyne Ridder in 16th, sophomore Caitlin Lane in 22nd, and sophomore Kara Millhouse in 23rd.

On the NCAA stage, Sullivan coached the women's cross country team to a 14th-place effort at the 2009 NCAA Cross Country Championships, to go along with the program's Big Ten victory. The Nittany Lions would also receive representation on the men's side at the national level, with sophomore Vince McNally making his second-straight appearance at the NCAA meet.

Sullivan's Lions shined in the NCAA field, paced by Franek's 26th-place finish, which was also good for her second-career All-America effort in cross country. Ranked as high as 11th during the season, the Lions' 14th-place effort was the highest since the 1996 campaign. Penn State advanced to the Championships via an at-large bid, thanks to in-season wins over outstanding programs such as Florida State, Illinois, Minnesota, Notre



Dame, Ohio State, Providence, and SMU, earning more than enough qualifying points to make the field.

A year prior, Sullivan coached Franek to a 23rd-place effort and All-America honors at the 2008 NCAA Cross Country Championships. Sullivan also led the men's squad to its first appearance at the NCAA meet since 1994, thanks to a second-place finish at the NCAA Mid-Atlantic Regional. The Nittany Lion men notched a 25th-place standing at the NCAA Championships, bettering such distance stalwarts as Arkansas, UCLA, Villanova, and Florida State.

The Nittany Lion men engineered an outstanding 2008 campaign, thanks to a group of seasoned veterans, two talented freshmen, and homegrown Pennsylvania work ethic, as six of the eight Nittany Lion men that traveled to the NCAA Championships are former Pennsylvania high school standouts. The Penn State men began their rise to national prominence in October, scoring a second-place finish in a stacked field at the Penn State National, upending then-ranked Villanova to earn a slot in national rankings for the first time since the 2000 season.

The Nittany Lions continued to impress at the Big Ten Championships, posting a fourth-place effort in the team standings - the highest conference finish in nearly a decade. Individually, freshman Kyle Dawson emerged as the Lions' top competitor, finishing fifth at both the Penn State National and Big Ten Championships, earning all-conference honors along the way. Dawson was also voted Big Ten Freshman of the Year following his effort at the conference championships, becoming the first athlete in Nittany Lion history to earn the honor in cross country.

Following the 2009 cross country campaign, the Nittany Lion kept the ball rolling into the indoor season, with Greaves dominating the short sprints at the 2010 indoor conference meet, picking up titles in the 60- and 200-meters for the second straight year, while also assisting on the winning 4x400-meter relay, with teammates Doris Anyanwu, Caitlin DeFusco, and Dorr. Sullivan also saw the quartet to a championship record in the event at 3:35.38. The 2010 indoor campaign would also feature school records from Greaves in the 60 (7.24), and Franek in the mile run (4:37.95). Franek also claimed the indoor school record in the 3,000 (9:10.04) over her career.

On the men's side, Foster claimed his third-straight, and second indoor title in the 800, while Hanif Johnson and Kovacs claimed silver-medal standing in the triple jump, and shot put, respectively. Outside, Sullivan saw a pair of men to Big Ten victories with Loxsom taking the 800, and Eaton winning the shot put, becoming the first-ever Penn State athlete to win the event on the men's side.

The Lion women tore through the competition at the outdoor conference meet, sweeping all sprints, hurdles, and relays, taking the 100-, 200-, and 400-meters, as well

as the 100- and 400-meter hurdles, and the 4x100- and 4x400-meter relays to go along with Franek's victory in the steeplechase. Franek would go on to reset her own school record in the steeplechase at the Prefontaine Classic, running 9:32.35.

With its "Triple Crown" standing, Sullivan's women's squad became a part of elite company thanks to their conference efforts in 2009-10, joining Michigan (2002-04) and Wisconsin (1983-86) as the only Big Ten teams to win three straight women's outdoor titles. Penn State's total of three outdoor titles is also fourth-highest in the conference, having started Big Ten competition in 1992. The Nittany Lions are also the seventh squad in conference history to sweep all three titles in the academic year, joining Wisconsin, which has accomplished the feat on four occasions, and Michigan, which has swept all three titles twice, most recently in 2002-03.

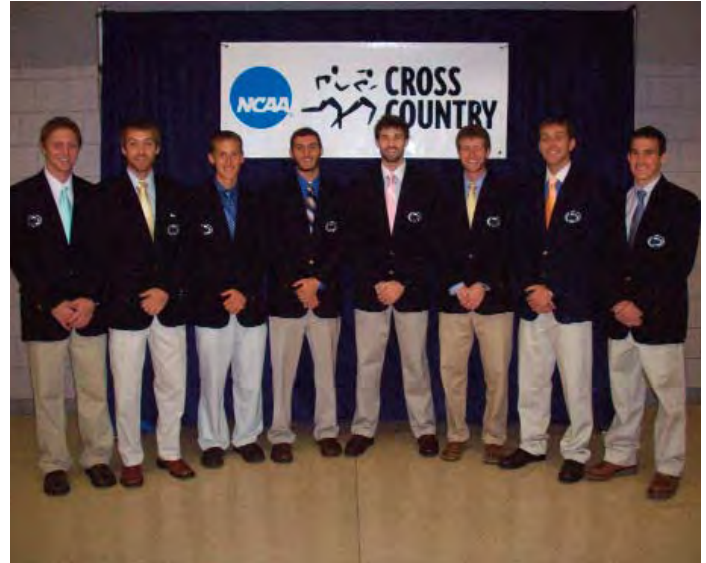
Nationally, the Nittany Lion men turned in a pair of bronze-medal efforts indoors, with Foster placing third in the 800 and Kovacs taking third in the shot put. Owen Dawson, Lionel Williams, and Eaton would also earn All-America standing with Dawson and Eaton both turning in eighth-place finishes in the 800 and shot put, respectively, while Williams placed 11th in the 800. The Penn State men's contingent would continue to impress outdoors, capturing another three All-America certificates, with Eaton leading the way with a third-place finish in the shot put. Elsewhere, seniors Ryan Fritz (high jump) and Tyler McCandless (10,000-meters) would also earn All-America standing.

Off the track, Sullivan's teams excel as well, as her women's squad have maintained over a 3.0 since her arrival in Happy Valley. Eight members of the Nittany Lion squads garnered USTFCCA All-Academic distinction this spring, led by seniors Franek, Barber, and Cheryl Spring, as well as freshman Natalie Bower, and junior Megan Duncan. From the men's roster, seniors Cory Eck and McCandless, as well as Foster – a junior – earned the academic award. In order to attain All-Academic honors, athletes must have completed at least two semesters and maintain a GPA of 3.25 or higher and have posted either an NCAA provisional-qualifying performance or an NCAA regional-qualifying mark. Sullivan's teams have also been consistent in the classroom in cross country, as the Nittany Lion women's cross country team earned the Penn State Morgan Academic Center's Team GPA Award in the 2007, which is given to the team with the highest GPA.

Prior to the most recent campaign, Sullivan's men's and women's teams made an impact at all levels of competition in 2008-09, highlighted by an unprecedented quarter-point victory by the Nittany Lion women at the Big Ten Outdoor Championships – the team's second-consecutive outdoor conference victory. The Nittany Lion women were also a force to be reckoned with on the NCAA stage, as Sullivan's women posted an impressive seventh-place finish at the NCAA Indoor Championships, before notching a 14th-place standing at outdoor nationals.

On the men's side, Sullivan led the Nittany Lion cross country squad to its first appearance at the NCAA Cross Country Championships since 1994, and guided athletes to scoring performances at both the NCAA Indoor and Outdoor Championships. Sullivan's charges also excelled in national and international competition, as Franek posted a third-place effort in the 3,000-meter steeplechase at the USATF Outdoor Champi-





onships to capture a spot on the U.S. squad at the IAAF World Championships in Berlin, Germany. Elsewhere, 2008 Olympian Aleesha Barber was chosen to represent Trinidad and Tobago at the World Championships, where she competed in the 100-meter hurdles.

Prior to that, the Nittany Lions mounted one of their most impressive years in 2008, including NCAA titles from Cox and the women's 4x400. Taking an impressive contingent to the NCAA Championships, the Lions tallied a grand total of 11 All-America finishes, including Franek in third place in the steeplechase, and Barber in fourth in the 100 hurdles. On the conference stage, Sullivan led the women's squad to its first outdoor conference title, paced by victories from Cox in the 200 and 400, Barber in the 100 hurdles, and Franek in the steeplechase. The men also garnered an impressive amount of medal finishes, with then-freshman Samuel Borchers winning the 1500 crown, along with silver-medal efforts from Shawn Colligan (decathlon), Clarence Smith (triple jump) and Mark Miller (800m). Sullivan would also earn USTFCCCA Men's Mid-Atlantic Region Coach of the Year during the indoor campaign, becoming the first woman to win the honor.

Sullivan has made an undeniable impact on the men's program since taking over in 2006. During her first season with the Lion men, Sullivan coached senior Dan Maz-zocco to All-America honors at the NCAA Championships, as well as an All-Region finish at the NCAA Regional.

The Nittany Lion cross country squads have been a strong factor at both the conference, regional, and national levels since Sullivan's arrival in 1999, as the Penn State women have made NCAA appearances in 2002, and 2003, while earning top five finishes in the Mid-Atlantic region on seven occasions. In 2000, Sullivan led Suzanne Heyer to a 14th-place finish at the NCAA Cross Country Championships - the highest-ever finish by a Nittany Lion woman in the NCAA era.

Prior to her tenure at Penn State, Sullivan was the Women's Coordinator for the Stanford track and field and cross country teams from 1995-99. During those four years, Sullivan coached over 30 NCAA All-America athletes including one NCAA individual champion (Monal Chokshi in the 3,000 meters), led numerous Pac-10 team and individual championship performers and led the team into national prominence. Under her coaching, Stanford placed in the top 10 at the NCAA Cross Country Championships all four years of her tenure including winning the NCAA championship in 1996. The Cardinal also took home runner-up honors in 1997 and a strong third place finish in 1998. In return, Sullivan was named Pac-10 Coach of the Year three times, NCAA Regional Coach of the Year twice and NCAA Division I Coach of the Year in 1996. Before her years at Stanford, Sullivan served as the head coach at Mankato State University from 1993-95 and as the assistant coach at Southeast Missouri State University from 1991-93. Responsible for all aspects of coaching and recruiting within these programs, she was able to turn them around and create very successful teams in her short stays while laying a strong foundation for her later coaching endeavors. She earned

conference-coaching honors and produced over 20 conference champions for these schools.

In 2007, Sullivan was inducted into the Minnesota Classic Lake Conference and the Hopkins High School Hall of Fame, both in Minnetonka, Minn. As a high school athlete at Hopkins High, Sullivan competed in track and field and cross country and was a member of the state championship cross country team in 1983, and the fourth-place 4x800-meter relay at the state level.

Sullivan earned a bachelor's degree in Social Work in 1989 from the University of Minnesota. As a Golden Gopher, she ran cross-country and track and field and captained her cross-country team her sophomore through senior years. She later completed a Master of Science degree in Sports Administration at Southern Illinois University at Carbondale in 1993. While at SIU, she began her college coaching career serving as assistant coach from 1989-91. During her time at SIU, she met and married her husband, Jim Sullivan. Jim is a full-time instructor with the Department of Kinesiology at Penn State and continues to be an important resource in developing training methodology. Dr. Sullivan volunteers his time as the Penn State pole vault coach. The couple lives in Boalsburg, Pa.

Penn State Track and Field/Cross Country

Under Beth Alford-Sullivan ...

- * 109 NCAA All-Americans
- * 62 Big Ten Individual Champions
- * 13 Big Ten Champion Relays
- * 24 Coach of the Year Awards
- * 23 USTFCCCA Regional Athletes of the Year
- * 8 Big Ten Championship Records
 - * 4 NCAA Champions
 - * 5 Big Ten Athletes of the Year
 - * 6 Big Ten Team Titles
- * 5 Big Ten Freshman of the Year
 - * 2 Olympians
- * 2 World Championship Qualifiers
- * 2 IAAF World Junior Medalists
 - * 2 NCAA Trophy Teams
 - * 1 Penn Relays Wheel
 - * 1 Big Ten Triple Crown



Chris JOHNSON
Associate Head Coach
Seventh Year
Lamar, '99

SPRINTS, HURDLES, RELAYS

Coaching Awards and Honors

**2010 USTFCCA Mid-Atlantic
Women's Outdoor Assistant Coach of the Year**

**2010 USTFCCA Mid-Atlantic
Women's Indoor Assistant Coach of the Year**

**2009 USTFCCA Mid-Atlantic
Women's Indoor Assistant Coach of the Year**

**2008 USTFCCA Mid-Atlantic
Women's Outdoor Assistant Coach of the Year**

**2008 USTFCCA Mid-Atlantic
Women's Indoor Assistant Coach of the Year**

Associate Head Coach Chris Johnson will begin his seventh season directing the Nittany Lion men's and women's sprints, hurdles, and relays contingents, following a sensational campaign in 2010. Johnson's charges enjoyed outstanding success last year, highlighted by a dominate effort at the Big Ten Outdoor Championships, where Johnson's athletes added an impressive total of 93 points towards the Nittany Lions' women's team title. Johnson's sprint-hurdle corps ran the table in their event area, claiming individual titles in the 100-, 200-, and 400-meters, as well as the 100- and 400-meters hurdles, and 4x100- and 4x400-meter relays.

Since coming to Happy Valley in the fall of 2004, Johnson has guided 51 All-America performances, including NCAA victories from Shana Cox in the 400-meters and Dominique Blake, Barber, Gayle Hunter, and Cox in the 4x400-meter relay in 2008. Johnson has directly coached many of Penn State's most decorated athletes in program history, including Cox and Barber, who have both earned 11 All-America citations a piece. Johnson's athletes have also enjoyed outstanding success on the Big Ten stage, with 19 individuals and 12 relays earning conference crowns.

Johnson's achievements have also been well recognized throughout the track and field community as he was named USTFCCA Mid-Atlantic Region during the indoor and outdoor seasons in 2010, after earning the award for the 2009 indoor season, and indoor and outdoor campaigns in 2008.

Perhaps one of Johnson's most impressive accomplishments over his Nittany Lion tenure has been the national prominence of the women's 4x400, as the Lions have had a relay in the field in each of the last 10 NCAA competitions, earning All-America honors on seven of 10 occasions. The Lions have been just as successful at the Big Ten level, claiming conference titles in nine of the last 10 tries.

Johnson's athletes also played a key role in the Nittany Lions' fourth-place "Trophy Team" finish at the NCAA Outdoor Championships last year, thanks to All-America efforts from Aleasha Barber, Fawn Dorr, Shavon Greaves and the 4x400 relay. All told, Johnson guided seven athletes to the NCAA outdoor meet, with athletes representing the Blue and White and four individual events, as well as both relays.

Individually, Barber paced the Nittany Lion sprints and hurdles squad with a bronze-medal finish in the 100-meter hurdles at the NCAA Outdoor Championships, while Dorr turned in a fourth-place effort in the 400-meter hurdles, and Greaves placed seventh in the 200-meters.

The Lion sprinters and hurdlers were equally as successful during the 2010 indoor cam-



aign, with Greaves running a world-leading 22.98 for the 200 at the Big Ten Indoor Championships. Johnson's athletes claimed two individual and one relay title, with Greaves taking the 60 and 200, and the squad of Doris Anyanwu, Caitlin DeFusco, Greaves, and Dorr setting a Big Ten Meet Record 3:35.38 en route to the program's fifth-straight victory in the indoor conference 4x400. Nationally, Johnson led Greaves to a third-place finish in the 200 – the Lions' highest finish in the event since 2004 – and guided Dorr to fifth-place honors in the 400. The Nittany Lions were well represented in the sprints in total, with Greaves earning All-America honors with an 11th-place finish in the 60, DeFusco placing 17th in the 200, and the 4x400 finishing in ninth overall.

Internationally, Johnson coached newcomer Evonne Britton to a pair of berths to the IAAF World Junior Championships, via an individual victory in the 400 hurdles at the USATF Junior Championships, as well as a runner-up standing in the 100 hurdles. Britton joins a growing list of athletes on Johnson's international resume, including Barber, who represented Trinidad and Tobago at the 2008 Olympic Games in Beijing, and the 2009 IAAF World Championships in Berlin. Johnson also led his wife and world-class heptathlete, Virginia Johnson, to appearances at the IAAF World Championships in 2005 and 2007.

Johnson's athletes have rewritten the Penn State record books over the past six years, as Johnson-coach sprinters now own nearly 20 school standards, including the indoor 60, every event from 300-through-1000-meters indoors, as well as all hurdling and relay events. Outside, Johnson-coached athletes own a total of six records, including the mile relay's blistering 3:27.69 - the top collegiate mark in 2008.

An outstanding recruiter, Johnson signed another sensational class in 2010, including Pennsylvania standout Brady Gehret from nearby Altoona, Pa. Gehret was the top ranked prep in both the 200- and 300-meters following the 2010 indoor campaign, boasting marks of 21.22 and 33.51, to go along with an indoor PR of 47.69 for the 400 – the fourth-fastest time in the country last year. Outdoors, Gehret owns bests of 21.12 for the 200, and 46.39 for the quarter mile. On the women's side, Johnson inked sprint stars Kirsten Nieuwendam (Fort Lauderdale, Fla.) and Kathryn Wolf (Potomac, Md.), who are both poised to quickly contribute to the already outstanding depth in the Nittany Lion sprint core.

On the NCAA level in 2009, Johnson guided his always competitive 4x400-meter relay to a pair of All-America finishes, leading the quartet of Barber, Greaves, Dorr, and Gayle Hunter to bronze-medal honors at the NCAA Indoor Championships, and a fourth-place finish at the outdoor national championships.

Individually, Johnson coached Barber, Greaves, Dorr, and Hunter to NCAA berths during both the indoor and outdoor seasons, headlined by a runner-up finish from Hunter in the pentathlon at the NCAA Indoor Championships. Under Johnson's watch, Hunter would set school records in the pentathlon (4342), and heptathlon (5797) over the course of 2009, and



Outstanding Athletes Coached

Shana Cox

- * 11-Time NCAA All-American
- * 2008 NCAA Champion (400 Meters, 4x400)
- * 15-Time Big Ten Champion
- * Eight-Time Penn State Record Holder
- * American Record Holder (500m)
- * Currently runs professionally for Adidas.

Aleesha Barber

- * NCAA Champion
- * 11-Time NCAA All-American
- * 2008 Olympian (Trinidad and Tobago)
- * 2009 IAAF World Championships Qualifier (Trinidad and Tobago)
- * Eight-Time Big Ten Champion
- * Seven-Time Penn State Record Holder

Fawn Dorr

- * Seven-Time NCAA All-American
- * Eight-Time Big Ten Champion
- * 2010 USTFCCA Mid-Atlantic Track Athlete of the Year

Gayle Hunter

- * NCAA Champion
- * Nine-Time NCAA All-American
- * Four-Time Penn State Record Holder
- * Five Time Mid-Atlantic Region Field Athlete of the Year

Shavon Greaves

- * 12-Time Big Ten Champion
- * Seven-Time NCAA All-American
- * 2010 Big Ten Indoor Athlete of the Year

Dominique Blake

- * NCAA Champion
- * Four-Time NCAA All-American
- * Seven-Time NCAA Qualifier
- * Six-Time Big Ten Champion

Gigi Johnson

- * Two-Time IAAF World Championship Qualifier
- * 2006 USATF National Champion (Heptathlon)
- * 2005 USATF Runner Up

Ron Jules

- * NCAA Provisional Qualifier
- * NCAA Regional Qualifier
- * Big Ten Medalist

cap her NCAA career with a fifth-place finish in the heptathlon at the NCAA Outdoor Championships. One of the most decorated athletes in recent history, Hunter concluded her Lion career with an outstanding nine All-America finishes.

Indoors, Johnson led Greaves to her first All-America citation, thanks to a 10th-place finish in the 200-meters, while Barber also grabbed All-America honors with a fourth-place effort in the 60-meter hurdles. Greaves also hit her stride at the conference level in 2009, winning a total of four Big Ten titles, including the 60- and 200-meters indoors, and the 100- and 200-meters outdoors. The Nittany Lion 4x400 – which has won gold-medal honors in seven of the last eight Big Ten Championships – also claimed a conference win during the indoor championships.

Outdoors, Johnson guided Dorr to a sixth-place finish in the 400-meter hurdles at NAAs, as well as runner-up finishes in the 400 and 400 hurdles at the Big Ten Championships. Dorr would also capture the Penn State record in the quarter hurdles during the 2009 campaign, running an impressive 56.91. The junior would also anchor the Lions' winning 4x400 at the NCAA East Regional Championships, clinching Penn State's second-straight victory in the event.

On the men's side, Johnson coached Mike Cadau to a breakout season in the sprints, leading the junior to a bronze-medal finish in the 400 at the Big Ten Indoor Championships, and



a fourth-place effort at the outdoor conference meet. Cadau was also a member of the Nittany Lions' school-record and NCAA-qualifying distance medley relay during the indoor season.

Johnson's athletes fired on all cylinders in 2008, including national championship finishes from Shana Cox in the 400-meters, and Dominique Blake, Barber, Hunter, and Cox in the 4x400-meter relay. Johnson led Cox, arguably the greatest athlete to ever wear the Blue and White, to an astounding total of 11 All-America honors over her Nittany Lion career. In 2008, Cox's 50.84 400 meters not only broke her own Penn State record, but was also the fastest time by a collegian in 2008, and the fifth fastest by an American. Johnson had Cox in top shape in 2008, as she closed out her Penn State career going undefeated in the 400 during the outdoor collegiate season, while collecting six Big Ten titles, three NCAA East Region victories, and Mid-Atlantic Region, Big Ten, and Penn State Athlete of the Year citations. Under Johnson's watch, Cox captured 15 Big Ten victories and now owns a grand total of eight Penn State records.

Johnson's 4x400 was just as outstanding in 2008, picking up the Lions' first Penn Relays victory during the women's NCAA era, as well as conference, regional, and national titles. Johnson's relay collected its fifth-straight 4x400 victory at the Big Ten Indoor Championships (Blake, Simmons, Barber, Cox), before claiming fifth-place honors at the NCAA Indoor Championships (Blake, Barber, Cox, Dorr) earning an All-American finish for the second-consecutive year.

Johnson's charges posted a total of nine All-America finishes in 2008, including fifth-place finishes from Hunter in the heptathlon and long jump, and a tenth-place effort from Blake in the 400. Dorr – an All-American on the 4x400 indoors – finished 11th in the 400 hurdles, coming up just shy of another All-America finish.

Indoors, Johnson led Cox and Barber to individual All-America finishes at the NCAA Championships with Cox finishing fourth in the 400, and Barber taking eighth in the 60 hurdles. Johnson's athletes came away from the 2008 Indoor Championships with seven All-America finishes, including a fifth-place effort from Hunter in the pentathlon.

The Penn State sprint stable was also solid on the men's side in 2008, as Ron Jules – an NCAA regional qualifier – captured runner-up honors in the 110-meter hurdles at the outdoor conference championships. Johnson also saw scoring finishes from Andrew Cope in the 100, and Lionel Williams in the 800-meters at the conference meet, as well as fourth-place finish in the 4x400. Jules was also the runner-up in the 60 hurdles at Big Ten Indoor Championships, to go along with top eight efforts from Adam Stanowick in the hurdles, and Cadau in the 600-meters.

Before moving to Penn State, Johnson played a two-year stint at sprint powerhouse Arkansas, assisting legendary Associate Head Women's Coach, Rolando Greene. While at Arkansas, Johnson worked with a bevy of talented sprinters, including Veronica Campbell and LaShaunte'a Moore. An outstanding athlete in his own right, Johnson graduated from Lamar University (Beaumont, Texas) in 1999. Johnson earned his degree in kinesiology and was a Sun Belt Conference champion in the 400 meters.

Johnson married the former Gigi Miller in October 2005. Gigi Johnson, Gigi Johnson – a former U.S. Champion in the heptathlon is also a volunteer assistant for the Nittany Lions. The Johnsons reside in State College.



**Drew
HARDYK**
Assistant Coach
18th Year
Cincinnati, '92

VERTICAL JUMPS, MULTI-EVENTS

Coaching Awards and Honors

**2008 USTFCCA Mid-Atlantic
Men's Outdoor Assistant Coach of the Year**

**Men's Head Coach - United States
2007 NACAC Championships**

Dr. Andrew Hardyk, entering his 18th year with the Nittany Lion track and field program, will continue to mentor the Penn State high jumpers, decathletes, and pole vaulters in 2010-11. In 2010, Hardyk, who has now coached a total of 22 All-America finishes, led then-senior Ryan Fritz to a fourth-place finish in the high jump at the NCAA Outdoor Championships, as well as a sixth-place effort at the USATF Outdoor Championships.

At the conference level, Hardyk would guide Fritz to a third-place effort at the Big Ten Outdoor Championships, while also leading current junior Anya Uzoh to the seventh-place finish in the men's decathlon. Hardyk also coached Uzoh to outstanding results indoors, as the sophomore claimed fifth-place overall in the heptathlon at the Big Ten Indoor Championships. Nationally, Hardyk also assisted in guiding then-sophomore Jocelyn Witmer to her first-career appearance at the NCAA Outdoor Championships in the pole vault.

Hardyk was also successful on the recruiting trail in 2010, signing in-state high jump stand-out Jon Hendershot, as well as up-and-coming multi-event prospect Michael Brode.

Along with his nearly two decade tenure at Penn State, Hardyk is also experienced on the international scene as he was selected to serve as men's head coach of the United States team at the 2007 NACAC Championships in El Salvador.

In 2009, Hardyk was instrumental in marked improvements among the Nittany Lion pole vault contingent, highlighted by indoor and outdoor school records from senior John Vellenoweth. Vellenoweth would clear 17-0.50 (5.20) indoors, and post a clearance of 17-5.50 (5.32) during the outdoor season. Hardyk also guided Uzoh to a seventh-place finish in the decathlon at the USATF Junior Track and Field Championships.

Fritz recorded another successful campaign under Hardyk's watch in 2009, posting top four finishes at both the Big Ten Indoor and Outdoor Championships, as well as appearances at both NCAA meets, tying for third at the NCAA Indoor Championships.

Hardyk's athletes also fired on all cylinders in 2008, highlighted by an NCAA appearance from Shawn Colligan, who placed 16th in the decathlon at the NCAA Championships. Hardyk's years of dedication and success did not go unrecognized in 2008, as he was named Mid-Atlantic Region Men's Assistant Coach of the Year during the outdoor season.

Colligan would also finish a point out of a conference gold medal at the 2008 Big Ten Outdoor Championships, where Hardyk-coached athletes captured two of the top four finishing spots. Colligan's runner-up standing at the conference meet marked the second straight year a Hardyk-coached athlete won silver-medal honors, as Chris Morrissey finished second in the Big Ten decathlon in 2007. Colligan and Morrissey both recorded personal bests over the course of the 2008 season, with Colligan posting a total of 7361 points, and Morrissey scoring 7097 - both among the top ten performances in the Penn State's storied decathlon history.

Hardyk's athletes had an outstanding year in 2007, highlighted by a pair of All-America performances from Fritz, who posted a fifth-place finish in the NCAA high jump indoors, and tied for ninth outside. Fritz, who was also named Mid-Atlantic Region Field Athlete of the Year indoors, also captured both Big Ten titles, and took top honors at the NCAA East Regional

Outstanding Athletes Coached

Ryan Fritz

- * Four-Time NCAA All-American (High Jump)
- * Two-Time Big Ten Champion (High Jump)
- * 2008 U.S. Olympic Trials Qualifier

John Vellenoweth

- * Indoor and Outdoor School Record Holder (Pole Vault)
- * 2009 NCAA Outdoor Qualifier

Shawn Colligan

- * 2008 NCAA Outdoor Qualifier
- * 2008 Big Ten Runner-Up (Decathlon)

Ryan Olkowski

- * Three-Time NCAA All-American
- * Eighth Place at the 2004 U.S. Olympic Trials (Decathlon)
- * School Record Holder (Indoor 200m)

James Cook

- * Three-Time NCAA All-American
- * Big Ten Champion (Decathlon)

Steve Pina

- * 1996 NCAA Bronze Medalist (Long Jump)
- * 1996 Big Ten Champion (Long Jump)

John Gorham

- * Four-Time NCAA All-American (Long Jump)

George Audu

- * Three-Time NCAA All-American (Long Jump)
- * Two-Time Big Ten Champion
- * 2000 British Olympic Trials Champion

Brian Derby

- * NCAA All-American
- * Two-Time Big Ten Champion (400m Hurdles)

Chavous Nichols

- * 2004 East Region Champion (Triple Jump)
- * East Region Record Holder
- * NCAA All-American

Championships.

Hardyk coached former PSU All-American Ryan Olkowski, who finished eighth in the decathlon at the 2004 U.S. Olympic Trials. Hardyk led Olkowski to three All-America performances while he was an athlete at Penn State. Olkowski holds the distinction of being the only athlete in NCAA history to record All-America finishes in the high jump and 200-meters in the same meet, which he achieved during the 2002 NCAA Indoor Championships. Olkowski placed 12th at the recent U.S. Olympic Trials, and recorded a personal-best 7877 during the outdoor season - the ninth-highest score by an American in 2008.

During his first 13 years at Penn State, Hardyk covered the sprints, hurdles, jumps and relays as an assistant for the men's program. All told, Hardyk coached athletes have won 11 Big Ten Individual titles, and have set 21 Penn State records. Hardyk has also guided two NCAA East Regional record holders with Ryan Fritz tying the high jump in 2007, and Chavous Nichols setting a meet record in his triple jump victory in 2004.

Hardyk received his bachelor's degree in Aerospace Engineering in 1992 and a master's degree in Engineering Mechanics (orthopedic biomechanics) in 1993 from the University of Cincinnati. He completed his PhD in Exercise and Sports Sciences (sports biomechanics) in December of 2000 at Penn State. At Cincinnati, Hardyk - a team captain - competed in the long jump and the sprints for the Bearcats, qualifying for the NCAA Championships in the long jump his senior year. Hardyk was also a Great Midwest Conference Champion in the long jump and 4x100-meter relay. Post-collegiately, Hardyk competed at a national-class level in the long jump and the 100 meter dash. He competed in the 1994 and 1995 USA Track and Field Championships as well as the 1995 US Olympic Festival in the long jump. He also competed in the 100 meter dash at the 1997 and 1998 USA Track and Field Championships.



John GONDAK

Assistant Coach
Fifth Year
Syracuse, '95

MIDDLE DISTANCE

Coaching Awards and Honors

**2010 USTFCCA Mid-Atlantic
Men's Outdoor Assistant Coach of the Year**

**2009 USTFCCA Mid-Atlantic
Men's Indoor Assistant Coach of the Year**

John Gondak enters his fifth year as an assistant coach at Penn State, working with Director of Track and Field/Cross Country Beth Alford-Sullivan and the Nittany Lion cross country and distance runners as well as serving as the primary mentor for the Penn State middle-distance athletes. Gondak's middle distance charges experienced unparalleled success in 2010, including two school records, three All-America performances, two Big Ten victories, and one USATF junior national championship effort. Gondak also played an important role in helping the women's cross country team to the program's first-ever Big Ten Championship, as well as NCAA-qualifying efforts from the women's squad in 2009, and the men's cross country team in 2008. Since arriving in Happy Valley, Gondak has coached a total of five Big Ten gold medalists as well as four NCAA All-America efforts.

The Nittany Lion middle distance crew hit their stride during the indoor season, advancing a grand total of four 800-meter athletes to the NCAA Indoor Championships, including Ryan Foster, Owen Dawson, Lionel Williams, and Casimir Loxsom. In total, the Lions came away with three All-America certificates, thanks to a bronze-medal effort from Foster, to go along with eighth and 11th-place finishes from Dawson, and Williams, respectively. Gondak's middle distance crew played a major role in the Lions' 14-place finish in the team standings, while the three All-America finishes were the first for the Penn State program in the 800 since 1985.

Gondak's contingent also had a remarkable season in the record books with Foster setting new school standard in the 800 (1:47.32), and 1000-meters (2:19.60). Foster's 1000 mark, and his Ashenfelter facility record 1:47.48 from the Penn State National were also recognized as Australian National Indoor Records.

All told, Gondak's athletes would claim four of the top five spots in the Penn State indoor 800 archives, with Foster leading the way at 1:47.32, Dawson following at 1:47.77, which was also an NCAA-automatic qualifying performance, and Loxsom in third at 1:47.98 - also an NCAA auto mark. Williams would clock a PR 1:48.53 at the Alex Wilson Last Chance, to earn a spot at the NCAA Meet, as well as the fifth-fastest time in school history. Gondak would also guide Loxsom to a sizzling 1:16.92 for 600-meters, which is now considered a World Junior (Under-19) Best.

Foster continued to excel throughpostseason competition during the indoor campaign, earning his third-straight Big Ten Conference title in the 800, to go along with USTFCCA Mid-Atlantic Region Track Athlete of the Year honors. Foster has now won the honor on two occasions.

Gondak's charges rode their momentum from the indoor to the outdoor season, starting the season with a meet-record 4x800-meter relay performance at the Florida Relays (7:18.72). The relay squad of Dawson, Loxsom, Williams, and Foster would also go on to place third at the prestigious Penn Relays, clocking 7:17.02 - the fourth-fastest effort in school history.

Loxsom would come into his own outdoors, clocking 1:46.78 to with the 800 at the Payton Jordan Invitational, before topping the event at the Big Ten Championships. Loxsom

Outstanding Athletes Coached

Ryan Foster

- * Two-Time NCAA All-American
- * NCAA Bronze Medalist at 800-Meters (2010 Indoor)
- * Three-Time Big Ten 800-Meter Champion
- * Two-Time Mid-Atlantic Track Athlete of the Year
- * Penn State Record Indoor Record Holder (800m, 1000m, DMR)
- * Australian National Indoor Record Holder (800m, 1000m)

Casimir Loxsom

- * IAAF World Junior Silver Medalist (800m)
- * USATF Junior Champion (800m)
- * Two-Time NCAA Qualifier
- * World Junior Best 600-Meters (1:16.92)
- * 2010 Mid-Atlantic Region Track Athlete of the Year

Owen Dawson

- * NCAA All-American (800m)
- * 2009 Big Ten Runner Up (Indoor 800m)
- * 2009 Big Ten Bronze Medalist (Outdoor 800m)

Lionel Williams

- * NCAA All-American (800m)
- * 2009 Big Ten Runner Up (Indoor 600m)

Mark Miller

- * 2008 NCAA Qualifier
- * 2008 Big Ten Champion (Indoor 800 meters)
- * 2006 Big Ten Champion (Outdoor 800 meters)
- * Four-Time Big Ten Medalist

would earn conference Freshman of the Year honors for his efforts. Under Gondak's guidance, the Penn State middle distance athletes have enjoyed stellar success at the conference level, as Nittany Lions have claimed five of the last six 800-meter titles.

Loxsom would go on to finish 17th at the NCAA Outdoor Championships and move on to mount an impressive victory in the event at the the USATF Junior title and advance to the IAAF World Junior Championships. Loxsom would post a silver-medal finish at the World Junior event, clocking 1:46.57 - the second-fastest time in Penn State history.

Gondak led his middle distance contingent to outstanding results in 2009, while also being recognized by the coaching community as he was named United States Track and Field/Cross Country Association (USTFCCA) Mid-Atlantic Region Assistant Coach of the Year during the indoor season.

Gondak's athletes achieved outstanding strides at all levels in 2009, highlighted by an eighth-place and All-America finish from Foster, who ran 1:46.78 in the 800 at the NCAA Outdoor Championships. Indoors, Gondak and Alford-Sullivan oversaw the Lions' school-record and NCAA automatic-qualifying distance medley relay. The team combined to run a sizzling 9:32.94 at the Alex Wilson Invitational at Notre Dame to advance to the NCAA Indoor Championships, where the squad placed ninth overall.

Gondak's athletes had an immeasurable impact on the Lions' success at the conference level in 2009, as Foster captured gold-medal honors in the 800-meters at the Big Ten Indoor Championships. Gondak would also oversee a pair of runner-up efforts at the indoor championships with Dawson finishing off a Penn State one-two sweep in the 800, and Williams claiming second place in the 600-meters. Outdoors, Gondak's middle distance standouts would capture three of the top four finishing spots in the 800 with Foster leading the way with his second Big Ten win of the year. In 2008 Gondak led Mark Miller to an 800 victory at the Big Ten Indoor Championships, as well as a silver-medal effort outdoors.

Prior to Penn State, Gondak spent nearly eight seasons at the University of Kentucky before moving to Georgia Tech in 2006. As an assistant coach and recruiting coordinator for the Wildcat middle distance/distance runners, Gondak oversaw 25 All-America finishes in his event area, while 19 athletes earned All-Southeastern Conference (SEC) honors. Prior to working at Kentucky, Gondak, a native of Doylestown, Pa., was the cross country and assistant track and field coach at Georgia Tech from 1995-96, and Toledo from 1996-98.

Gondak started out as a walk-on athlete at Syracuse and quickly improved, qualifying for the IC4A Championships as a sophomore, junior and senior in the distance-medley relay and mile run. During his senior year, he was placed on scholarship and named captain of the cross country program. Gondak graduated summa cum laude as the valedictorian of the civil engineering program.



Fritz SPENCE

Assistant Coach
Fifth Year
Missouri State, '97

JUMPS, MULTI-EVENTS

Coaching Awards and Honors

**2008 USTFCCCA Mid-Atlantic Region
Men's Outdoor Assistant Coach of the Year**

**2008 USTFCCCA Mid-Atlantic Region
Men's Indoor Assistant Coach of the Year**

**2006 USTFCCCA Mid-East Region
Women's Outdoor Assistant Coach of the Year**

Fritz Spence is in his fifth year coaching the Nittany Lion jumpers and multi-event athletes, after four outstanding years in Happy Valley. In his first four years with the Nittany Lions, Spence has overseen 11 All-America efforts, including Gayle Hunter, who claimed a total of nine All-America certificates under Spence's watch.

The Nittany Lion jumpers had an impact at the national level in 2010, as Spence guided Bianca Fung to her second-straight appearance at the NCAA Outdoor Championships in the long jump, thanks to a third-place finish in the event at the NCAA First Round. Indoors, Spence led then-senior Brittany Maun to an NCAA provisional-qualifying clearance of 5-11.25 (1.81) in the high jump, which tied the Penn State indoor school record.

Spence's athletes were also successful at the Big Ten level, led by Hanif Johnson, who earned a silver-medal standing in the triple jump at the indoor conference championships. Penn State was well represented in the event in total, with Dan Sandrowicz placing sixth overall. On the women's side, Spence coached Maun to the medal stand, as the senior captured third-place overall in the high jump. Meanwhile, Spence coached then-sophomore Tanaya Lloyd to scoring finishes in the triple jump at both Big Ten Championships, as well as an appearance in the event at the NCAA First Round.

During the 2009 seasons, Spence led Clarence Smith to his second-straight All-America finish in the triple jump at the NCAA Outdoor Championships, while guiding Hunter to All-America efforts in the indoor pentathlon and outdoor heptathlon. Hunter would claim runner-up honors in the pentathlon indoors in 2009 - the highest-ever finish by a Nittany Lion woman at the NCAA Indoor meet.

Spence led a trio of Nittany Lions to the 2009 NCAA Outdoor Championships, including Smith in the triple jump, Hunter in the heptathlon and long jump, and first-time NCAA qualifier Bianca Fung in the long jump. Indoors, Spence guided Hunter to a runner-up finish in the pentathlon - which tied the highest ever finish by a Nittany Lion at NCAA Indoor - while also overseeing Hunter's school record leap of 20-11.25 (6.38) in the long jump during the multi-event competition. At the regional level, Spence led a total of five athletes to appearances at the NCAA East Regional Championships, including Hunter in the long jump, triple jump, and 100-meter hurdles, Fung in the long jump, and Smith, along with teammates Jay Pagana, and Hanif Johnson, in the triple jump.

Throughout the year, Hunter set a trio of school records under Spence's watch, scoring 4342 to reset her own pentathlon mark, and posting a total of 5797 to better her own school standard in the heptathlon. Hunter would also earn Mid-Atlantic Region Field Athlete of the Year honors during the indoor and outdoor seasons under Spence's watch.

On the Big Ten stage, Spence guided Smith to triple jump titles at both the indoor and outdoor conference championships, while leading his men's triple jumpers to a

Outstanding Athletes Coached

Gayle Hunter

- * NCAA Champion (2008, Outdoor 4x400)
- * Nine-Time NCAA All-American
- * 2009 NCAA Runner Up (Indoor Pentathlon)
- * Four-Time Penn State Record Holder
- * Four-Time Mid-Atlantic Region Field Athlete of the Year
- * USATF Qualifier

Clarence Smith

- * Two-Time NCAA All-American
- * Three-Time Big Ten Champion
- * Two-Time Mid-Atlantic Region Field Athlete of the Year
- * 2008 U.S. Olympic Trials Qualifier
- * USATF Qualifier

Bianca Fung

- * Two-Time NCAA Qualifier (Long Jump)
- * NCAA Provisional Qualifier

Jay Pagana

- * Three-Time NCAA Regional Qualifier
- * PSU McCoy Award Winner (Top GPA by student athlete)
- * ESPN the Magazine Academic All-District

Tracy Partain (Missouri State)

- * 2006 NCAA Runner-Up (Heptathlon)
- * Two-Time NCAA All-American
- * Five-Time Missouri Valley Conference Champion

Fabian Florant (Missouri State)

- * 2006 NCAA All-American
- * Three-Time Missouri Valley Conference Champion

Greg Hughes (Missouri State)

- * Two-Time NCAA All-American
- * Four-Time Missouri Valley Conference Champion

one-three-four showing at the outdoor conference meet. Indoors, Spence-coached athletes recorded a total of four scoring performances, while adding another four outdoors.

On the women's side, Spence led Hunter to top three finishes in the indoor pentathlon, and outdoor heptathlon, as well as scoring finishes in the indoor long and triple jump, as well as the outdoor triple jump. Overall, Spence also oversaw a total of six top-eight scoring finishes in the women's events during the Big Ten Indoor Championships, and four during the outdoor conference meet.

In 2008, Spence led Hunter to a handful of All-America finishes, including fifth-place efforts in the NCAA pentathlon and heptathlon, as well as a fifth-place standing in the outdoor long jump. On the men's side, Spence saw Smith to an All-America finish and a Big Ten title in the triple jump. Spence's efforts were decidedly noteworthy, as he was named Mid-Atlantic Men's Assistant Coach of the Year during both the indoor and outdoor seasons.

Spence's athletes proved to be a big part of Penn State's scoring effort at the 2008 Big Ten Indoor Championships including a silver-medal finish from Taylor in the men's long jump, and bronze-medal standings from Hunter in the pentathlon, long jump, and triple jump. Spence's contingent was just as successful at the outdoor conference meet, including a two-three-four finish in the triple jump from Smith, Taylor, and Pagana, while the Penn State women provided four scoring finishes, led by Bettis in third.

During his first year in Happy Valley, Spence led Hunter to NCAA appearances in the pentathlon indoors and heptathlon outdoors, where she posted an eighth-place finish, earning All-America honors.

Prior to coming to Penn State, Spence coached 14 conference champions, 26 all-conference performers, 22 regional qualifiers, 10 NCAA qualifiers, and three All-Americans at Missouri State. Spence, who was named NCAA Women's Outdoor Track and Field Midwest Region Assistant Coach of the Year for Jumps/Combined Events in 2006, was a part of a coaching staff that won four Missouri Valley Conference Team Championships in both the indoor (2003 and '04) and outdoor (2002 and '03) seasons. The team also finished three times as the conference runner-up for the team championship (indoor 2002, outdoor 2004 and '06).



T.J.
CRATER
Assistant Coach
Third Year
Idaho, '02

THROWS

Coaching Awards and Honors

**2007 USTFCCA Division II
Men's Assistant Coach of the Year**

**2007 USTFCCA West Region
Men's Assistant Coach of the Year**

Former NCAA Division II Assistant Coach of the Year T.J. Crater is in his third year on the Nittany Lion coaching staff. Crater came to Happy Valley following coaching stints at Nevada and Central Washington and coaches the Nittany Lion throwing events.

2010 was a banner year for the Nittany Lion throws contingent, highlighted by All-America efforts from Joe Kovacs and Blake Eaton at the NCAA Indoor Championships, to go along with bronze-medal finishes from Eaton and Karlee McQuillen at the NCAA Outdoor Championships. Crater's throws squad also impressed at the conference level a year ago, led by a Big Ten victory by Eaton in the shot put, as well as a pair of silver-medal efforts from Kovacs, and a runner-up finish from McQuillen.

At the NCAA level, Crater led Kovacs to a third-place finish in the shot put at the NCAA Indoor Championships - the highest finish by a Nittany Lion in the event since the 1991 season. Meanwhile, Eaton would also earn All-America standing, thanks to an eighth-place effort. Outdoors, Crater would guide Eaton to a personal-best throw of 64-2 (19.57), which earned him third place at the NCAA meet. McQuillen would also make the medal stand, thanks to a season-best throw of 171-2 (52.17) in the javelin.

Crater made an immediate impact in his first year overseeing the Nittany Lion throws squad, leading sophomore McQuillen to All-America honors in the javelin at the NCAA Outdoor Championships. Also making an appearance on the NCAA stage was sophomore Kim Hanslovan, who set the Penn State record in the javelin during the 2009 season at 178-4 (54.35).

Crater also coached the javelin duo to impressive finishes at the NCAA East Regional Championships, where McQuillen captured her second-straight regional title, and Hanslovan posted a solid sixth-place standing. All told, Crater led an impressive contingent of nine athletes to the NCAA East Regional Championships during his first year with the Nittany Lions, including five men and four women.

At the conference level, Crater coached senior Emma Schmelzer to a sensational performance at the Big Ten Outdoor Championships, where Schmelzer posted runner-up efforts in the hammer and discus, and captured fourth-place honors in the shot put. For her stellar finishes, Schmelzer was voted Big Ten Co-Field Athlete of the Championship. Crater's athletes also excelled in the javelin, with McQuillen turning in a runner-up finish and Hanslovan coming away with bronze-medal honors.

On the men's side, Crater saw senior Tanner Evak to a gold-medal finish in the javelin with a mark of 233-4 (71.13) - the fourth-best throw in Nittany Lion history, and a top 20 throw in the U.S. in 2009. In total, Crater-coached athletes provided a total of nine scoring finishes at the conference meet.

Crater guided redshirt freshman Joe Kovacs to outstanding improvements in 2009, as Kovacs posted a toss of 60-9.50 (18.53) in the shot put. Kovacs' mark was not only a personal-best, but also the fifth-best throw in Nittany Lion history and a top 15 throw nationally in 2009.

Crater also proved his prowess on the recruiting trail in 2010, adding standout throw-

Outstanding Athletes Coached

Blake Eaton

- * 2010 NCAA Outdoor Bronze Medalist (Shot Put)
- * Two-Time NCAA All-American
- * 2010 Big Ten Outdoor Champion (Shot Put)
- * USTFCCA Mid-Atlantic Outdoor Field Athlete of the Year

Joe Kovacs

- * 2010 NCAA Indoor Bronze Medalist (Shot Put)
- * 2010 NCAA Indoor Automatic Qualifier (Shot Put - 63-6.25/19.36)
- * Two-Time Big Ten Runner Up (Indoor, Shot Put; Outdoor, Discus)
- * USTFCCA Mid-Atlantic Indoor Field Athlete of the Year

Karlee McQuillen

- * 2010 NCAA Bronze Medalist (Javelin)
- * 2009 and 2010 Big Ten Silver Medalist (Javelin)
- * 2009 NCAA East Region Champion (Javelin)
- * USATF Qualifier

Kim Hanslovan

- * 2009 NCAA Qualifier (Javelin)
- * Penn State Javelin Record Holder (178-4/54.35m)

Emma Schmelzer

- * 2009 Big Ten Co-Field Athlete of the Championships
- * Three-Time Big Ten Silver Medalist (Indoor; Weight, Outdoor; Hammer, Discus)
- * NCAA Regional Qualifier (Shot Put, Hammer, Discus)

Tanner Evak

- * 2009 Big Ten Javelin Champion
- * 2009 Penn Relays Javelin Champion
- * USATF Qualifier

Inger Appanaitis (Nevada)

- * 2008 NCAA Qualifier (Javelin)
- * 2008 US Olympic Trials Qualifier (Javelin)
- * 2008 WAC Champion (Javelin)
- * 2008 NCAA Regional Qualifier (Shot Put, Discus, Hammer, Javelin)

Cameron Neel (Central Washington)

- * Five-Time NCAA All-American (Division II)
- * Eight-time GNAC Champion
- * Four-time GNAC conference record holder

ers Taylor McNally from Ennis, Mt., and transfer Jane Swenson of Brandon, S.D. McNally boasts PRs of 46-1.50 in the shot put, and 146-8 in the discus, while Swenson brings outstanding credentials, with bests of 45-3 in the in the shot, and 150-2 in the discus. The Lions will also add local product Laura Loht, who threw 157-2 in the javelin as a prep.

In just one year at Nevada, Crater led senior Inger Appanaitis to a WAC title in the javelin, as well as appearances at the NCAA Championships and U.S. Olympic Trials. Appanaitis was also an NCAA regional qualifier in all four throwing events. Crater also saw Wolfpack sophomore Constance McAlman also recorded regional qualifying marks in the hammer and discus.

At Central Washington University, Crater was named the 2007 United States Track & Field and Cross Country Coaches Association (USTFCCA)-Division II West Region Men's Assistant Track and Field Coach of the Year and the 2007 USTFCCA-Division II National Men's Assistant Track and Field Coach of the Year. At CWU, Crater coached 30 national qualifying performances from 10 national qualifiers. He also coached nine All-Americans at the Division II level and 12 Great Northwest Athletic Conference (GNAC) individual champions. Crater's throwers recorded 104 of Central Washington University's 238 points to help lead the men's track and field team to a 2007 GNAC Title.

One of Crater's top athletes at Central Washington was Cameron Neel, who finished his career as a five-time NCAA All-American, eight-time GNAC Champion, and was named the NCAA West Region Athlete of the Year in 2007. Crater also made quite an impact on the GNAC conference as Crater-coached athletes hold eight conference records. He lettered four years in track and field at the University of Idaho, from 1998-2002. While competing for the Vandals, Crater was an NCAA Championships qualifier in 2002 (35lb weight) and was a five-time All-Big West Conference Performer, three times in the hammer throw and two times in the shot put.



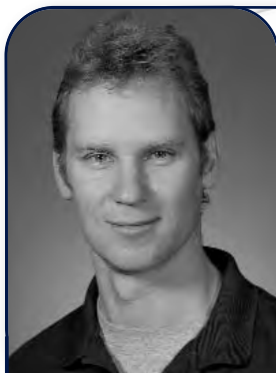
Coaching Staff



Jess
RIDEN
Fifth Year
Penn State, '04

DIRECTOR OF OPERATIONS

Former Nittany Lion distance runner Jessica Riden is in her fifth year at Penn State, serving as the director of track and field operations for the men's and women's track and field programs. Riden oversees numerous administrative tasks for the men's and women's track and field/cross country programs. Her responsibilities include home meet management, alumni relations, and overseeing the Penn State Official's Group, along with many other day-to-day tasks involved in running a track and field program. Riden also serves as the athletic communications contact for Penn State track and field/cross country, producing the teams' media guide and writing all team press releases. After graduating from Penn State in 2004, Riden worked as an Athletic Communications Assistant at Bucknell University, where she served as the primary contact for 10 Division I sports, including men's and women's track and field, baseball, field hockey, and men's and women's swimming and diving. Prior to Penn State, Riden was the Media Relations Coordinator at East Tennessee State University, in Johnson City, Tenn. While at ETSU, Riden covered all media relations responsibilities for women's basketball, volleyball, softball, and men's and women's track and field.



Jim
SULLIVAN
Fifth Year
Penn State, '04

VOLUNTEER ASSISTANT

Dr. Jim Sullivan joined the Penn State Department of Kinesiology in the fall of 2001 and teaches courses in human fitness appraisal, health and fitness and strength training. He earned his Ph.D. in exercise physiology in 1993 from Southern Illinois University, where he was formerly a varsity track and field athlete during his undergraduate years. He was a faculty member at Southern Illinois and Minnesota State prior to teaching overseas in Japan. He returned to a position as a strength and conditioning coach at Stanford, where he was in charge of the training programs for 24 teams. While at Stanford he worked as a consultant to an Internet startup company, GetFit.com, and eventually left Stanford to become the company's chief physiologist. Sullivan came to Penn State with his wife, Beth, in 1999 when she was appointed the head women's cross country and track and field coach. In his capacity as a volunteer coach with both the men's and women's programs, he works with the pole vaulters. In 2004, he helped guide Sara Daugherty to the Big Ten Indoor title and Big Ten runner-up honors in her sophomore season. Dougherty was an NCAA qualifier and holds the Penn State record at 13-5 1/2. In 2009, Sullivan helped John Vellenoweth to Penn State records during the indoor and outdoor seasons, as well as an appearance at the NCAA Outdoor Championships. In 2010, Sullivan coached Jocelyn Witmer to her first-career appearance at the NCAA Outdoor meet.



Virginia
JOHNSON
Seventh Year
Arkansas, '01

VOLUNTEER ASSISTANT

Recent Arkansas Hall of Fame inductee, GiGi Johnson joined the Penn State staff in August 2004. Johnson, a 2001 graduate of Arkansas, shattered or is a part of 12 school records for both indoor and outdoor track and field. In addition, Johnson, who finished fourth at the 2008 US Olympic Trials, won the NACAC Combined Event Challenge Championship in August of 2006. At the 2005 USA Outdoor Track and Field Championships, Johnson was the runner-up in the heptathlon, before finishing third in 2007. The 2001 NCAA indoor triple jump champion and outdoor runner-up, Johnson competed in more indoor events than any other Lady Razorback athlete. She is a 25-time JUCO All-American and five-time national champion. In 2001 she finished third at the 2001 USA Outdoor Championships and competed at the World Championships and World University Games in the heptathlon. In 2002 she won the NACAC by more than 400 points (5,461). Johnson travels the world competing in the heptathlon and has competed in both the 2005 and 2007 IAAF World Championships. Formerly GiGi Miller is coached by her husband and Penn State Associate Head Coach, Chris Johnson. The couple resides in State College.



Artie
GILKES
Seventh Year
Penn State, '97

VOLUNTEER ASSISTANT

A 1997 graduate of Penn State, Artie Gilkes captained the cross country team and was the track team's top 5,000 and 10,000-meter runner. He was an NCAA All-District II selection in cross country in 1994 and a Big Ten scorer at 10,000 and 5,000 meters. He also has the distinction of running on some of the Lions' best cross country squads and training for a time at the National Olympic Training center. Gilkes will assist head coach Beth Alford-Sullivan in coaching the distance corps, as well as drawing on his Big Ten athletics experience to mentor student-athletes. This will be Gilkes' seventh year as a volunteer assistant coach.

Coaching Staff



Shana COX
Third Year
Penn State, '08

VOLUNTEER ASSISTANT



Luke WATSON
First Year
Notre Dame, '02

VOLUNTEER ASSISTANT

One of the greatest athletes to wear the Blue and White in any sport, Shana Cox is in her third year with the Nittany Lion track and field staff after one of the most decorated careers in program history. Cox capped off her outstanding NCAA career in 2008 with NCAA titles in the 400-meters and 4x400-meter relay. Cox's PR 50.84 in the 400 was not only a Penn State record, but the fastest mark among collegiates in 2008. As a senior Cox anchored the 4x400 to an undefeated outdoor season, including wins at the historic Penn Relays, the Big Ten Championships, and the NCAA East Regional Championships. All told, Cox finished her storied career as an 11-time NCAA All-American, 15-time Big Ten Champion, and an eight-time Penn State record holder.

Luke Watson will serve as a volunteer assistant for the Nittany Lion programs for the first time in 2010-11. Watson was an eight-time NCAA All-American and six-time Big East Champion while competing for the University of Notre Dame. Watson graduated from Notre Dame with a B.B.A. in Accounting in 2002, and a M.S. in 2003. The Stillwater, Minn., native is now pursuing a Ph.D. in Accounting at Penn State. Watson continues to compete professionally for Mizuno. Watson still holds Notre Dame records in the indoor mile (3:57.83) and the 3,000-meter steeplechase (8:37.61).

Nittany Lion Support Staff



Dave Yukelson
Sports Psychologist
22nd Year



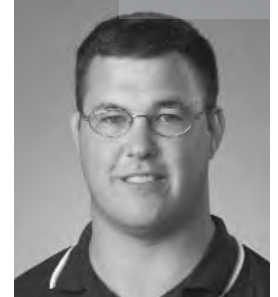
Kristine Clark
Sports Nutritionist
29th Year



Nate Althouse
Academic Advisor
Second Year



Mary Alterio
Staff Assistant
27th Year



Kevin Henry
Asst. Facility Manager
Equipment Coordinator
12th Year



Ben Evans
Athletic Trainer
Third Year



Rosie Martins
Athletic Trainer
First Year



Cameron Davison
Strength Trainer
First Year



Lydia Serfling
Strength Trainer
First Year



2010-2011 Women's Roster

Name	Year	Eligibility	Event Area	Hometown	Previous School
Megan Andersen	So.	Fr.	Sprints	State College, Pa.	State College Area
Paige Anderson	Sr.	Sr.	Distance, XC	Carlisle, Pa.	Cumberland Valley
Doris Anyanwu	So.	So.	Sprints	Beltsville, Md.	Eleanor Roosevelt
Lindsay Bacik	Fr.	Fr.	Pole Vault	Pittsburgh, Pa.	Baldwin
Natalie Bower	So.	So.	Distance, XC	Pleasant Unity, Pa.	Greater Latrobe
Megan Boyer	Fr.	Fr.	Throws	Millersburg, Pa.	Millersburg
Evonne Britton	So.	So.	Sprints/Hurdles	El Paso, Texas	Chapin
Maria Bryant	Fr.	Fr.	Multi-Events	Flemington, N.J.	Hunterdon Central
Candace Carson	Sr.	Sr.	Sprints	Tinley Park, Ill.	Hillcrest
Kelsey Coutts	So.	So./Fr.	Multi-Events	Powell, Ohio	Olentangy Liberty
Kaitchen Dearborn	Fr.	Fr.	Multi-Events	New Milford, Pa.	Blue Ridge
Caitlin DeFusco	Sr.	Sr.	Sprints	Schwenksville, Pa.	Germantown Academy
Markea Dickinson	Fr.	Fr.	Mid-Distance, XC	West Chester, Pa.	West Chester Rustin
Megan Duncan	Sr.	Sr.	Sprints/Hurdles	North Huntingdon, Pa.	Norwin
Caitlin Fairbairn	5th Yr.	INDOOR	Pole Vault	Coatesville, Pa.	Bishop Shanahan
Kalyn Fisher	Fr.	Fr.	Mid-Distance, XC	Lewisburg, Pa.	Lewisburg
Bianca Fung	Sr.	Sr.	Jumps	North Babylon, N.Y.	North Babylon
Emily Gianotti	Fr.	Fr.	Distance, XC	Coudersport, Pa.	Coudersport
Shavon Greaves	Sr.	Sr.	Sprints	Lakewood, N.J.	Lakewood
Lindsey Graybill	So.	So.	Distance, XC	Macungie, Pa.	Emmaus
Brittney Howell	Fr.	Fr.	Jumps	Wyncote, Pa.	Cheltenham
Ijeoma Iheoma	Jr.	Jr.	Sprints	Holland, Pa.	University of Florida
Kristen Jados	So.	Fr./So.	Sprints	Pine Island, N.Y.	Warwick Valley
Mahagony Jones	So.	Fr.	Sprints	Cleveland, Ohio	Rhodes
Elizabeth Kearins	Sr.	Sr.	Mid-Distance, XC	Doylestown, Pa.	Central Bucks West
Marta Klebe	Fr.	Fr.	Mid-Distance, XC	Chesterbrook, Pa.	Conestoga
Danielle Kocjancic	Fr.	Fr.	Distance, XC	Kane, Pa.	Kane Area
Caitlin Lane	Jr.	Jr.	Distance, XC	Greenwich, N.Y.	Greenwich
Tanaya Lloyd	Jr.	Jr.	Jumps	Philadelphia, Pa.	Girard College High School
Laura Loht	Fr.	Fr.	Throws	McClure, Pa.	Indian Valley
Nicole Lord	So.	Fr./So.	Distance, XC	Media, Pa.	Penncrest
Olivia Mangan	Fr.	Fr.	Throws/Multi-Events	Huntington Valley, Pa.	St. Basil Academy
Taylor McNally	Fr.	Fr.	Throws	Ennis, Mt.	Ennis
Karlee McQuillen	Sr.	Sr.	Throws	Johnstown, Pa.	Westmont Hilltop
Kara Millhouse	Jr.	Jr.	Distance, XC	Boiling Springs, Pa.	Boiling Springs
Erika Morgan	So.	So./Fr.	Jumps	Chesapeake, Va.	Western Branch
Anna Muzio	Jr.	Jr.	Throws	Harrisburg, Pa.	Central Dauphin
Tiye-Saran Mutazz	Fr.	Fr.	Sprints	Willingboro, N.J.	Willingboro
Kirsten Nieuwendam	Fr.	Fr.	Sprints	Paramaribo, Surinam	Thomas Aquinas (Fla.)
Brooke Owen	Fr.	Fr.	Jumps	Weston, Fla.	Archbishop McCarthy
Amanda Palenchar	Jr.	Jr.	Pole Vault	Bradenville, Pa.	Derry Area
Victoria Perri	Fr.	Fr.	Distance, XC	Philadelphia, Pa.	Mt. St. Joseph Academy
Gwen Porter	Fr.	Fr.	Distance, XC	Clearfield, Pa.	Clearfield
Lindsay Regan	Gr.	Sr.	Pole Vault	Easton, Pa.	UCLA
Marlene Ricketts	Fr.	Fr.	Jumps	Old Westbury, N.Y.	Westbury
Brooklyne Ridder	So.	So.	Distance, XC	Cincinnati, Ohio	Oak Hill
Ericka Roberts	Fr.	Fr.	Sprints	Burke, Va.	Lake Braddock Secondary
Maura Ryan	Sr.	Sr.	Distance, XC	Doylestown, Pa.	Gwynedd Mercy Academy
Erika Schmidt	So.	Fr./So.	Sprints	Waterville, Ohio	Anthony Wayne
Colleen Shannon	So.	So.	Mid-Distance, XC	Andover, Mass.	Andover
Katie Shelley	Sr.	Sr.	Distance, XC	Columbia, Pa.	Columbia
Rebekka Simko	Fr.	Fr.	Mid-Distance, XC	Mentor, Ohio	GilmourAcademy
Lucia Sofu	Fr.	Fr.	Distance, XC	State College, Pa.	State College Area
Jane Swenson	Jr.	So.	Throws	Brandon, S.D.	Moorpark College
Lauren Tusar	Fr.	Fr.	Jumps	Media, Pa.	Penncrest
Jocelyn Witmer	Jr.	Jr.	Pole Vault	Lancaster, Pa.	Penn Manor
Kathryn Wolf	Fr.	Fr.	Sprints	Potomac, Md.	Winston Churchill



Doris Anyanwu

Doris Anyanwu stepped right into the Lion lineup as a freshman in 2010, running on winning 4x400-meter relays at both the Big Ten Indoor and Outdoor Championships. Anyanwu would also run the third leg on the Lions' fourth-place 4x400 at the NCAA Outdoor Championships, earning her first-career All-America finish. Individually, Anyanwu impressed as a freshman, posting an NCAA provisional-qualifying 54.25 for the 400-meters indoors, and qualifying for the NCAA First Round in the open 400 with a personal-outdoor best 54.36, to go along with scoring performances in the event at both conference championships.

Evonne Britton

Sophomore Evonne Britton showed significant improvement throughout her freshman campaign in 2010, capping her rookie year with a bronze-medal finish at the IAAF World Junior Championships in Moncton, Canada. Britton impressed throughout the outdoor season, qualifying for the NCAA Championships in the 400-meter hurdles, before capturing a U.S. junior title in the event, to go along with a runner-up finish at the USATF meet in the 100-meter hurdles. Britton's PR of 57.32 in the quarter hurdles in the third-fastest effort in Penn State history and the best by a 2011 returner. Britton also scored in both hurdle races at the Big Ten Outdoor Championships.

Caitlin DeFusco

Senior Caitlin DeFusco enjoyed a banner year in 2010, making her first individual appearance at the NCAA Indoor Championships, where she scored a 17th-place finish in the 200-meters. DeFusco had an outstanding weekend at the conference meet indoors, earning bronze-medal honors in the 200 with a PR 23.67, and running on the Lions' winning 4x400-meter relay. DeFusco continued to excel outdoors, running on the Lions' NCAA-qualifying 4x100-meter relay, and qualifying for the NCAA First Round as an individual. DeFusco would also post a scoring finish at the outdoor conference meet, placing fourth in the 200 and running a leg of the winning 4x100.

Megan Duncan

Another Nittany Lion sprinter to make some sensational strides in 2010 was senior Megan Duncan. Duncan clocked an impressive 57.55 for the 400-meter hurdles at the NCAA First Round, punching her ticket to the NCAA Outdoor Championships, where she would finish 15th overall. Duncan, who also competed in the hurdles at the USATF Outdoor Championships, was just as outstanding on the conference level, earning runner-up honors in the 400 hurdles, and running on the gold-medal 4x400.

Bianca Fung

Gaining invaluable experience at the NCAA level, senior Bianca Fung has qualified for the NCAA Outdoor Championships in the long jump during both her sophomore and junior campaigns, placing 25th in 2009 and 23rd in 2010. Fung posted a season-best leap of 20-8 (6.30) at the NCAA First Round, capturing third-place overall and earning her second-straight trip to the NCAA Finals. Also accomplished at the conference level, Fung scored a seventh-place finish in the long jump at the Big Ten Outdoor Championships as a junior.

Shavon Greaves

Already well on her way to being one of the all-time Nittany Lion greats, senior Shavon Greaves was on top of the Big Ten sprint scene in 2010, taking indoor titles in the 60- and 200-meters, to go along with gold-medal finishes in the 100 and 200 outdoors.

Greaves also sizzled on the NCAA stage, winning bronze-medal honors in the 200 at the NCAA Indoor Championships – the highest finish by a Nittany Lion athlete in the event since the 2004 season. All told, Greaves posted four All-America finishes on the year, bringing her career total to seven. Greaves also made her mark in the Nittany Lion record book as a junior, claiming the school record in the 60 at 7.24, while also setting a new Big Ten Championship and facility record with a 2010 world-indoor leading 22.98 for the 200.

Caitlin Lane

Junior Caitlin Lane has made marked improvements over her first two years as a Nittany Lion, becoming a consistent scorer at the Big Ten level, as well as a valued member of the Nittany Lion top five in cross country. In 2010, Lane made some impressive strides in the distances, clocking a pair of NCAA provisional qualifiers indoors in the mile (4:42.88) and 3,000-meters (9:24.53) before clocking a sizzling 4:20.40 for the 1500-meters outdoors. Lane twice recorded a Big Ten scoring finish during the 2010 campaign, posting a top eight effort in the 800-meter indoors, and also scoring in the 5000-meters outside.

Nicole Lord

Sophomore Nicole Lord more than impressed in her first season of competitive cross country, finishing as the Nittany Lions' number two during Penn State's Big Ten Championship run, earning Big Ten Freshman of the Year honors for her efforts. Lord redshirted the indoor season, before coming back to post an outstanding outdoor campaign, which included a Big Ten scoring performance in the 3,000-meter steeplechase, as well as an appearance at the NCAA First Round and a third-place finish at the USATF Junior Championships in the event. Lord's steeple PR of 10:26.41 is the fifth-fastest effort in Nittany Lion history.

Karlee McQuillen

Senior Karlee McQuillen is coming off her third-straight All-America finish in the javelin, thanks to a season-best effort 171-2 (52.17) at the NCAA Outdoor Championships. McQuillen has been a mainstay on the NCAA scene, as well as in the Big Ten standings during her Nittany Lion career, finishing third in the conference as a freshman, and earning runner-up honors during her sophomore and junior seasons. McQuillen's 2010 accomplishments also included a victory in the javelin at the prestigious Penn Relays.

Brooklyne Ridder

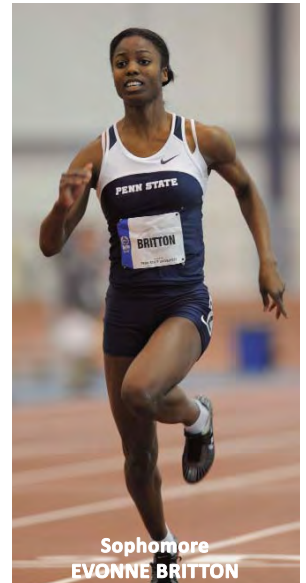
As a freshman, Brooklyne Ridder stepped right into the Lion line up on the track and on the cross country course, running as Penn State's third finisher during its 2009 Big Ten Championship effort. On the track, Ridder clocked an impressive 16:39.25 for 5,000-meters at Penn Relays - the third-fastest performance by a Lion in 2010 - and would go on to hold her own nationally, placing third in the event at the USATF Junior Championships.

Jocelyn Witmer

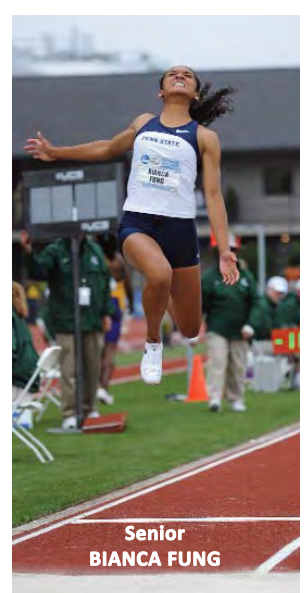
One of the Cinderella stories of the NCAA outdoor season, Jocelyn Witmer was the 48th and final athlete accepted in the women's pole vault at the NCAA First Round, but thanks to a PR clearance of 12-9.50 (3.90) the then-sophomore managed to capture one of the 12 qualifiers from the East region to the NCAA Outdoor Championships. Witmer was at the top of her game conference wise, recording top-eight scoring finishes at both Big Ten events.



Senior
MEGAN DUNCAN



Sophomore
EVONNE BRITTON



Senior
BIANCA FUNG



2009-10 In Review

The 2009-10 campaign was one for the record books in Happy Valley, as the Nittany Lion women's cross country and track and field squads captured the Big Ten "Triple Crown," thanks to team titles in the cross country and indoor and outdoor track and field.

The Nittany Lion highlight reel included a grand total of eight Big Ten individual titles, as well as three relay victories at the conference level. On the NCAA stage, the Lions made the trophy stand for the second time in three years, garnering fourth-place honors at the NCAA Outdoor Championships, thanks to nine All-America finishes, including an NCAA victory by then-senior Bridget Franek in the 3,000-meter steeplechase.

The Lions ripped through the competition at all three conference championships, led by an individual victory by Franek in cross country, three individual crowns and one relay win indoors, and a staggering total of six individual titles and two relays golds outdoors.

Nittany Lion Returners

The Nittany Lions return a wealth of NCAA and Big Ten success on the 2010-2011 squad, including senior sprints standout Shavon Greaves. Greaves dominated Big Ten competition as a junior, capturing individual titles in the 60- and 200-meters indoors, to go along with gold-medal finishes in the 100- and 200-meter dashes outside. Greaves was also a member of a trio of winning relays on the Big Ten stage, including the 4x400 indoors, and the 4x100 and 4x400 outdoors. On the NCAA scene, Greaves turned in four All-America efforts, highlighted by a bronze-medal effort in the 200 at the NCAA Indoor Championships.

Seniors Caitlin DeFusco and Megan Duncan, and sophomores Doris Anyanwu and Evonne Britton, all of whom are coming off NCAA appearances in 2010, also return to the Lions' talented sprints contingent. Britton earned valuable international experience over the summer, qualifying for the IAAF World Junior Championships, where she captured third-place overall in the 400-meter hurdles, while also turning in a sixth-place standing in the 100-meter hurdles.

Senior Karlee McQuillen is the top returner in the women's throws, with some outstanding successes on her resume, including a bronze-medal finish in the javelin at the NCAA Championships. McQuillen has earned All-America status during each of her three NCAA appearances and has a trio of Big Ten medal finishes to her credit.

In the distances, Penn State will welcome back six athletes from its nine-member squad from the 2009 Big Ten Champion cross country team, including 2009 Big Ten Freshman of the Year Nicole Lord. After an outstanding cross country campaign, Lord would also hit her stride of the track, qualifying for the NCAA First Round in the steeplechase. Junior Caitlin Lane also showed a lot of promise as a sophomore, attaining NCAA provisional-qualifying status in the mile and 3,000-meters indoors, and running an impressive 4:20.40 for 1500-meters during the outdoor season.

Also back for her senior campaign is senior long jumper Bianca Fung, who is coming off two-straight appearances at the NCAA Outdoor Championships. The Lions boast NCAA experience and Big Ten success across the field events, as junior Jocelyn Witmer qualified for the national championships in the pole vault last spring, after turning in scoring performances at both Big Ten Championship meets.



SENIOR SHAVON GREAVES

Nittany Lion Losses

The women's team will look to rebound after the losses of NCAA veterans Bridget Franek, Fawn Dorr, and Aleesha Barber, who all exhausted their eligibility last spring. Franek mounted an impressive senior campaign in the distances, capturing individual Big Ten titles in cross country, as well as in the indoor mile and 3,000-meter steeplechase outdoors.

Dorr, who was named Athlete of the Championship following the Lions' Big Ten outdoor victory, garnered three All-America certificates in 2010, including a fourth-place finish in the 400 hurdles at the NCAA Outdoor Championships, before anchoring the Lions to fourth-place in the 4x400. Barber, who tied the Penn State record with 11 All-America finishes, will be missed in the hurdle ranks, as she finished third in the 100 hurdles at the NCAA Championships as a senior, to go along with a Big Ten title in the event.

Sprints, Hurdles, Relays

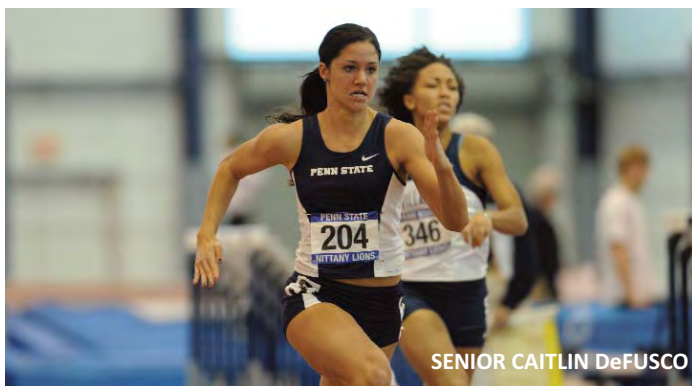
Undoubtedly one of the Nittany Lions' greatest strengths over the past several years has been Associate Head Coach Chris Johnson's sprints, hurdles, and relays contingent, which mounted a dominant effort at the Big Ten Outdoor Championships a year ago, scoring a total of 93 points towards Penn State's team title. The Lions controlled their event area in outstanding fashion, winning titles in 100, 200, and 400-meter dashes, the 100- and 400-meter hurdles, and both the 4x100 and 4x400-meter relays.

At the front of the Lion pack will be Greaves, a senior and already a seven-time NCAA All-American. Greaves has already made her mark in Nittany Lion lore in just three short years in the Blue and White, claiming nine individual Big Ten titles, and assisting on four conference-winning relays. Greaves will be joined by NCAA veterans DeFusco and Duncan in the Nittany Lion relay pool after banner junior years for both athletes.

DeFusco turned in her first career NCAA individual appearance last winter, qualifying for the 200 at the NCAA Indoor Championships, where she would finish 17th overall. DeFusco, who recorded a PR 23.67 for 200 as a junior, also enjoyed outstanding success at the Big Ten level, finishing third in the 200 indoors, and fourth outdoors. Duncan also mounted a stellar junior campaign, claiming silver-medal honors in the 400 hurdles at the Big Ten Championships, before finishing 15th in the event at the NCAA Outdoor Championships. Duncan's 57.55 was not only one of the top times in the East Region in 2010, but the fourth-fastest time in Nittany Lion history, and worth a spot at the USATF Outdoor Championships.

The Nittany Lions also boast a healthy contingent of talented sophomores, led by internationally experienced Britton, who was one of just four freshmen to qualify for the NCAA meet in the 400 hurdles in 2010. Britton saw significant improvements throughout the spring last year, recording a PR of 13.37 for the 100 hurdles to place second at the USATF Junior Championships, before cruising to gold-medal honors in the 400 hurdles on her way to the IAAF World Junior Championships in both events. The El Paso, Texas, native would clock a career-low 57.32 for the 400s at world juniors, claiming bronze-medal honors. Britton was the first U.S. athlete to earn third place in the event at the junior meet, and the fifth American 400 hurdler to make the medal stand since the meet's inception in 1986.

Classmate Anyanwu also displayed outstanding promise as a freshman, capturing



SENIOR CAITLIN DeFUSCO



All-America honors as a member of the Lions' fourth-place 4x400 at the NCAA Outdoor Championships. Anyanwu also impressed individually, going 54.25 for 400 indoors, and 54.36 outdoors.

Back after a redshirt year is former Ohio prep standout Mahogany Jones. Jones tore through the competition as a senior at Cleveland Rhodes, posting PRs of 11.60, and 24.13 as a senior. Jones proved to be on her way to top form last outdoor season, running 24.52 in her one unattached appearance. Likewise, Ohio product Erika Schmidt will look to contribute to the Lion effort with a year of training under her belt, after coming to Penn State with a high school PR 23.87 for 200.

Distance

Running without frontrunner Franek, the Nittany Lions will look to a crop of young and talented distance athletes to pace the Penn State pack in cross country and around the track, including juniors Lane and Kara Millhouse, along with sophomore standouts Brooklyne Ridder, Natalie Bower, and Lord. Lane was a big contributor in the distances as a sophomore, adding Big Ten scoring performances in the 800 indoors, and the 5K outside.

Lane, who had provisional qualifiers in the mile and 3,000 as a sophomore, was just on the cusp of NCAA prominence in 2010, just missing a berth to the NCAA Indoor Championships. Outdoors, Lane was an NCAA First Round qualifier in the 1500-meters, coming up just short of advancing to the NCAA Finals. Fellow junior Millhouse also impressed as a sophomore, clocking 35:53.41 for 10,000-meters in her first-career appearance in the event. Millhouse will be the Lions' top returner in the 10K in 2011.

Lord and Bower also showed a lot of promise as freshman, particularly in the steeplechase – an event in which the Nittany Lions have excelled at the national level over the years. Lord turned in a PR 10:26.41 to score a fifth-place finish at the Big Ten Championships, while Bower put up an impressive 10:37.66 at the conference meet. Both rookies advanced to the NCAA First Round in the event, and are ranked fifth and seventh, respectively, in the all-time Penn State steeplechase standings. Lord would go on to finish third in the steeple at the USATF Junior Championships – just shy of a slot on the U.S. world junior team.

The Lions will also welcome middle-distance standouts Rebekka Simko of Mentor, Ohio, and Kalyn Fisher of Lewisburg, Pa. Both multiple-time state champions in their respective states.

Jumps

Fung – a senior – will headline a young, but experienced jumps group following two-straight appearances at the NCAA Outdoor Championships. Having established herself as a clutch performer over her first three years with the Lions, Fung did not disappoint at the NCAA First Round, posting a season-best 20-8 (6.30) in the long jump, claiming sixth overall and punching her ticket to the NCAA Finals.

Fung will be joined in the horizontals by junior Tanaya Lloyd. Lloyd turned in a career-best 40-10.50 (12.46) to qualify for the NCAA First Round, and also recorded scoring performances at both the Big Ten Championship events in 2010.

Filling out the jumps squad will be highly touted recruits Marlene Ricketts and Britney Howell. Ricketts will likely step right into the thick of things of the Big Ten and NCAA levels, boasting a high school triple jump PR of 42-4 – which was the second-

best jump among preps in 2010. The Westbury, N.Y., native, also made a statement nationally, placing second at New Balance Nationals in her signature event. Pennsylvania product Howell will also contribute off the bat, coming in with a career-best long jump of 19-1.50, along with outstanding credentials, including a state title at the PTFCA Indoor Championships as a senior.

The Lions will also welcome back a trio of accomplished pole vaulters, led by Witmer – a 2010 NCAA qualifier. Going into her junior year, Witmer currently ranks second in the all-time Penn State standings – both indoors and outdoors – with clearances of 12-11.50 (3.95), indoors, and 12-9.50 (2.90), outside. Witmer will be joined by a talented crew of vaulters, including senior Caitlin Fairbairn, who has one season of indoor eligibility remaining, and is coming off a PR clearance of 12-11.50 (3.95) from 2010. New to the Lion roster in 2011 will be graduate student Lindsay Regan, who recently graduated from UCLA. Regan was a top notch recruit out of Easton High School in Pennsylvania, topping out at 13-6 (4.11) as a prep.

Throws

McQuillen leads the Penn State throws group for one final go-around in a Nittany Lion uniform, coming into the 2011 campaign following a career-best third-place finish in the javelin at the NCAA Outdoor Championships, thanks to a season-best 171-2 (52.17). McQuillen, who has captured All-America honors in each of her three years with the Nittany Lions, has also been a mainstay on the medal stand at the Big Ten level, placing second in 2009 and 2010, and third as a freshman in 2008.

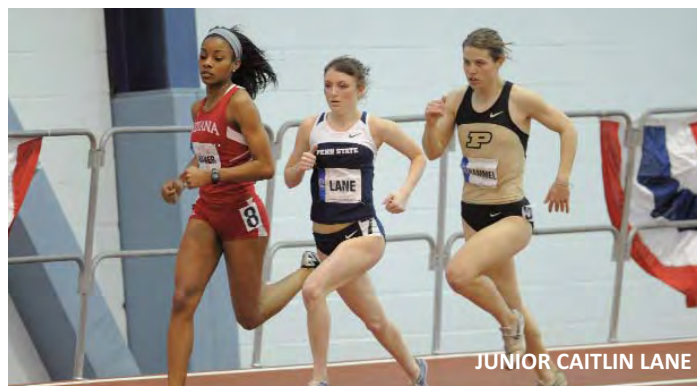
A wealth of talented recruits will fill out the Nittany Lion throws contingent, including Montana high schooler Taylor McNally, and junior-college transfer Jane Swenson. McNally, who won a pair of Montana state titles as a senior, comes cross country to Penn State, boasting personal bests of 46-1.50 in the shot put, and 146-8 in the discus. Swenson – a transfer from Moorpark College in California – also owns outstanding credentials, including PRs of 45-3 in the shot, and 150-2 in the discus. Originally from Brandon, S.D., Swenson won a South Dakota state title in the shot put in 2007 while competing for Brandon Valley High School.

Also joining the Lions in 2011 is instate javelin specialist Laura Loht, out of Indian Valley High School. Loht twice won the PIAA AAA state title in the event, and added a Penn Relays victory as a senior. Loht's PR toss of 157-2 was ranked among the top 10 prep throws in 2010.

Multi-Events

The multi-events are another area where the Nittany Lions will look to a group of talented newcomers to cover the event area. Back in 2011 is sophomore Kelsey Coutts, who scored an eighth-place finish in the pentathlon during the 2010 indoor conference meet.

The Lions will also add recruits Kaitchen Dearborn from Blue Ridge High School. Dearborn placed third in the javelin at the PIAA Championships as a senior, and also competed consistently in the 100-meter hurdles as a prep. Howell, who will also be a welcome addition in the horizontal jumps, may also try her hand at the multi-events after putting up solid performances in the 200 and 100 hurdles in high school. Howell earned bronze-medal honors in the 60-meter hurdles at the PTFCA Championships as a senior, to go along with her state title in the long jump.



JUNIOR CAITLIN LANE



JUNIOR JOCELYN WITMER



Women's Returner Bios



Doris ANYANWU

SO./SO. Eligible
Beltsville, Md.
Eleanor Roosevelt

JUMPS

Anyanwu's Collegiate Career Bests

	Indoor	Outdoor
200 Meters	23.98	25.11
400-Meters	54.25	54.36
500-Meters	1:14.50	***
4x200-Meters	***	1:33.78
4x400-Meters	3:35.38	3:30.74

On the National Scene ... || **2010 Outdoor** || Earned her first-career All-America finish thanks to a fourth-place finish on the 4x400-meter relay ... Team clocked a season-best 3:30.74 at the NCAA meet – the third-fastest time in school history ... Qualified for the USATF Junior Outdoor Championships in the 200- and 400-meters ... Participated in the NCAA First Round in the 400-meters, placing 37th overall ... Was also a member of the 4x400 at the First Round, helping the team to a finishing time of 3:31.35 – the second-fastest time in the field. || **2010 Indoor** || Was a member of the Lions' ninth-place 4x400 relay (3:35.39) ... Was an NCAA provisional qualifier individually in the 400 with a season-best 54.25.

At the Big Ten Championships ... || **2010 Outdoor** || Ran on the winning 4x400 (3:35.18) ... Placed fifth in the 400, running 54.36 ... Also competed in the 200, finishing 12th overall. || **2010 Indoor** || Had a breakout weekend at the conference meet, running as a member of the Lions' winning 4x400, which set a meet-record 3:35.38 ... Placed fifth in the 200 and 400 individually, running a personal-best 23.98 in the 200 prelims, and 54.25 in the 400 final.

Around the Track ... || **2010 Outdoor** || Stepped right into the Lions' relay lineup running as a member of the school-record 4x200 at Penn Relays ... Squad ran 1:33.78 to win the ECAC section and set a new event record ... Was also a key leg on the Lions'

fourth-place 4x400 in the Championship of America section at Penn (3:33.06) ... Placed second in the 400 and third in the 200 at the Bucknell Team Challenge ... Took seventh in the "Premiere" section of the 400 at the Sun Angel Classic. || **2010 Indoor** || Placed third in the 500 (1:14.50) and fifth in the 200 at the Penn State Relays ... Took sixth in both the 200 and 400 at the PSU Northeast Challenge ... Captured third place in the invitational



400 at the Penn State National ... Placed fourth in the 400 and seventh in the 200 at the Sykes-Sabock Challenge Cup ... Ran on winning 4x400s at the Penn State Relays, PSU Northeast Challenge, Penn State National, and Sykes-Sabock Challenge Cup.

Before Penn State ... || **High School** || Part of the great relay tradition at Eleanor Roosevelt that won Nike Indoor National titles in the 4x200, 4x400, and Sprint Medley in 2009 ... A member of winning 4x400s in the Championship of America section at Penn Relays in 2007 and 2008 ... Placed fourth in the 300-meter hurdles and ran on the winning 4x100 in the Maryland 4A Championships as a senior ... Took third in the 500 and sixth in the 300, while assisting on the winning 4x200 relay at the 2009 Maryland Indoor Championships, helping her team to a state title. || **Personal** || Daughter of Dorothy and Benjamin Anyanwu ... Born August 8, 1991 ... Enrolled in the College of Health and Human Development.



Paige Anderson

SR./SR. Eligible
Carlisle, Pa.
Cumberland Valley

DISTANCE • CROSS COUNTRY

Anderson's Collegiate Career Bests

	Indoor	Outdoor
3,000-Meters	10:00.71	***
5,000-Meters	***	17:20.45
10,000-Meters	***	36:46.42

At the Big Ten Championships ... || **2010 Outdoor** || Ran 36:46.42 in her first attempt at the 10,000-meters, placing 20th overall. || **2010 Indoor** || Placed 20th in the mile run (5:08.31).


On the Course ... || **2009 Cross Country** || Competed in fifth races ... Top finish was fourth in the "B" race at the Notre Dame Invitational, where she ran 18:04 for 5,000-meters ... Earned top 20 finishes at the Cappy Anderson Invitational and Lock Haven Dolan Duals, placing 18th at Cappy Anderson, and seventh at Lock Haven. || **2008 Cross Country** || Raced on four occasions ... Placed 11th at the Lock Haven Dolan Duals ... Also competed at the Iona Meet of Champions, Spiked Shoe Invitational, and Penn State National. || **2007 Cross Country** || Competed at the Lock Haven Dolan Duals, Spiked Shoe Invitational, and Penn State National as a freshman ... Highest finish was 19th at Lock Haven.

Around the Track ... || **2010 Outdoor** || Clocked two impressive 5,000-meter efforts, running 17:20.45 to place 19th in the Olympic Development section at Penn Relays, and 17:24.51 to take ninth in the event at Florida Relays ... Won the 3,000-meters at the Bucknell Team Challenge, finishing in 10:11.77. || **2010 Indoor** || Ran a personal-best 10:00.71 for the 3K at the Penn State National ... Placed eighth in the 5,000 at the Sykes-Sabock Challenge Cup, clocking 17:40.61. || **2009 Indoor** || Finished second in the mile at the Penn State Relays, and 14th at the Penn State Open with a season-best 5:15.80 ... Ran the 3,000 at the Penn State National (10:12.32). || **2008 Indoor** || Finished fourth in the mile at the Penn State Relays. || **High School** || Ran 10:58.99 to finish fourth in the 3200-meters at the PIAA Championships as a junior ... Qualified for the state meet in the 1600-meters as a senior, placing 17th overall ... Placed 18th overall, and eight among team competitors at the PIAA Cross Country Championships during her senior year, helping her Cumberland Valley squad to the sixth-place finish in the team standings ... Took 14th overall at the state cross country



meet junior year. || **Personal** || Daughter of Stephen and Deborah Anderson ... Born June 24, 1989 ... Majoring in English.

Undergraduate Studies.



Natalie BOWER
SO./SO. Eligible
Pleasant Unity, Pa.
Greater Latrobe
DISTANCE • CROSS COUNTRY



Evonne BRITTON
SO./SO. Eligible
El Paso, Texas
Chapin
SPRINTS, HURDLES

Bower's Collegiate Career Bests

	Indoor	Outdoor
Mile Run	4:50.33	***
1500-Meters	***	4:35.16
3000m Steeplechase	***	10:37.66

Britton's Collegiate Career Bests

	Indoor	Outdoor
60-Meter Hurdles	8.75	***
100-Meter Hurdles	***	13.37
400-Meter Hurdles	***	57.32

On the National Scene ... || **2010 Outdoor** || Qualified for the NCAA First Round in the 3,000-meter steeplechase, placing 22nd overall in 10:45.97. || **2009 Cross Country** || Was a member of the Lions' 14th-place team at the NCAA Cross Country Championships, placing 206th overall and 168th among team scorers ... Placed 33rd overall at the NCAA Mid-Atlantic Regional as Penn State's sixth finisher.

On the International Scene ... || **2010 Outdoor** || Qualified to represent the United States at the IAAF Junior World Championships in the 100- and 400-meter hurdles ... Won bronze-medal honors in the 400 hurdles, and placed sixth in the 100 hurdles ... Ran a personal-best 57.32 in the final.

At the Big Ten Championships ... || **2010 Outdoor** || Clocked a PR 10:37.66 in the steeplechase, placing just outside of a scoring finish in ninth overall. || **2010 Indoor** || Placed 18th in the mile run, finishing in 5:03.84. || **2009 Cross Country** || A member of the women's Big Ten Championship squad, placing 39th overall and sixth for the team in 21:48.

On the National Scene ... || **2010 Outdoor** || Won a Junior National Title in the 400-meter hurdles at the USATF Championships with a finishing time of 57.99 ... Scored a second-place effort in the 100-meter hurdles with a personal-best 13.37 – the fourth-fastest time in PSU History ... Placed 23rd in the 400-meter hurdles at the NCAA Outdoor Championships as one of only five freshman in the field ... Clocked a personal-best 57.61 to finish 12th at the NCAA First Round and advance to the NCAA Championships ...



On the Course ... || **2009 Cross Country** || Top individual finish was a sixth-place effort at the Spiked Shoe Invitational ... Placed 27th overall and seventh for the team at the Penn State National ... Earned 15th-place overall at the Cappy

Also competed in the 100-meter hurdles at the NCAA First Round, placing 31st overall.

Anderson Invitational.

Around the Track ... || **2010 Outdoor** || Clocked a career-best 4:35.16 to finish 14th in the 1500-meters at Florida Relays ... Took 12th in the 1500 at the Sun Angel Classic ... Show a lot of promise in the steeplechase, finishing second at the Bucknell Team Challenge, and seventh at the Jesse Owens Classic (10:46.45). || **2010 Indoor** || Posted a personal-best 4:50.33 to place second in the mile at the Sykes-Sabock Challenge Cup ... Ran 4:54.25 to place 27th in the mile at the Washington Husky Classic ... Placed third in the mile at the PSU Northeast Challenge.



Before Penn State ... || **High School** || Won a Pennsylvania state title in the 1600-meters as a senior, finishing in 4:52.65 ... District VII Champion in the 3200 meters and 4x800-meter relay as a senior ... Placed ninth at the PIAA Cross Country Championships during her senior year, helping her team to a second-place finish ... Led her team to a District VII championships as senior, taking gold-medal honors individually ... Participated in the state cross country and track and field meets during all four years of high school. || **Personal** || Daughter of Ron and Bonnie Bower ... Born October 9, 1990 ... Enrolled in the Division of



At the Big Ten Championships ... || **2010 Outdoor** || Turned in a pair of scoring finishes, placing sixth in the 400 hurdles (59.67), and seventh in the 100 hurdles (13.85).



|| **2010 Indoor** || Competed in the 60-meters and 60-meter hurdles.

Around the Track ... || **2010 Outdoor** || Ran a personal-best 13.65 to place seventh in the 100 hurdles at the Jesse Owens Classic ... Placed second in the 400 hurdles at the same meet, going 58.79 ... Took seventh in the 400 hurdles at the Sun Angel Classic ... Finished second in the 400 hurdles at the Bucknell Team Challenge ... Ran on first-place 4x400s at the Bucknell Team Challenge and Penn State Open. || **2010 Indoor** || Competed in the 200 and 60 hurdles at the Sykes-Sabock.

Before Penn State ... || **High School** || Won the 100-meter hurdles at the Texas State Meet as a senior, and finished second in the 300-meter hurdles ... Placed fourth in the 300-meter hurdles as a junior in 2008 ... Finished sixth in the 100 hurdles and seventh in the 300 hurdles as a freshman ... Also a letter winner in volleyball and basketball. || **Personal** || Born July 28, 1991 in Capitol Heights, Texas ... Daughter of Dornase and Edward Britton ... Plans to major in Nutrition.



Women's Returner Bios



Caitlin DeFUSCO

SR./SR. Eligible
Schwenksville, Pa.
Germantown Academy

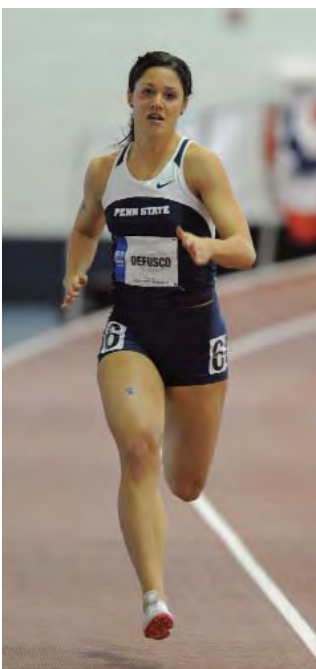
SPRINTS, RELAYS

DeFusco's Collegiate Career Bests

	Indoor	Outdoor
60-Meters	7.58	***
100-Meters	***	11.72
200-Meters	23.67	23.90
4x100-Meter Relay	***	44.57
4x200-Meter Relay	***	1:33.78
4x400-Meter Relay	3:35.38	3:41.78

On the National Scene ... || **2010 Outdoor** || Ran on the Lions' 17th-place 4x100-meter relay at the NCAA Outdoor Championships ... Squad ran a season-best 44.57 to finish sixth overall at the NCAA First Round ... Ran a personal-outdoor best 23.90 in the First Round preliminaries, to advance to the semi-final, where she placed 21st overall in 23.94. || **2010 Indoor** || Qualified individually for the NCAA Indoor Championships in the 200-meters, placing 17th overall ... Ran the second leg on the Nittany Lions' ninth-place 4x400-meter relay. || **2009 Outdoor** || Was a member of the Nittany Lion 4x100 at the NCAA East Regional, where the team finished 11th overall in a season-best 45.49 ... Ran the anchor leg on the winning 4x200 in the ECAC Championship section at Penn Relays.

At the Big Ten Championships ... || **2010 Outdoor** || Earned a Big Ten gold medal as a member of the winning 4x100 relay (44.82) ... Recorded a fourth-place finish in the 200, running 23.98. || **2010 Indoor** || Was a member of the winning 4x400 that set a championship record 3:35.38 ... Captured third-place in the 200 with a PR 23.67 ... Ran a personal-best 7.58 in the 60-meters at the conference meet, placing 11th. || **2009 Outdoor** || Finished 16th in the 200 and 17th in the 100 ... Was a member of the second-place 4x100 that clocked a regional-qualifying 45.57 in the preliminaries. || **2009 Indoor** || Placed 18th in the 60 and 200-meters. || **2008 Outdoor** || Finished 21st in the 100-meters. || **2008 Indoor** || Competed in the 60-meters.



Around the Track ... || **2010 Outdoor** || Assisted on the school-record 4x200-meter relay at Penn Relays ... Team clocked 1:33.78 to win the ECAC section and set a new event record ... Was a quadruple winner at the Buck-



nell Team Challenge, running on winning 4x100 and 4x400 relays, and taking the 100 and 200 individually ... Earned a pair of top 10 finishes at the Jesse Owens Classic, finishing fifth in the 100 and seventh in the 200 ... Placed fifth in the 100 and ninth in the 200 at the Sun Angel Classic at Arizona State. || **2010 Indoor** || Took top honors in the open 200 at the Penn State National, running 24.09 ... Placed second in the 60 and third in the 200 at the Penn State Relays ... Turned in fifth-place efforts in both the 60 and 200 at the Penn State Northeast Challenge ... Placed fourth in a stacked 200 field at the Sykes-Sabock Challenge Cup, running 24.16. || **2009 Outdoor** || Placed seventh in the 100 and eighth in the 200 at the Jim Click Shootout ... Took third in the 100 and 11th in the 200 at the Bucknell Bison Outdoor Classic ... Ran a season-best 12.12 to finish 11th in the 100 at the Jesse Owens Classic ... Finished second in the 100 and third in the 200 at the Penn State Open. || **2009 Indoor** || Took ninth in the 60 and 200 at the Penn State Relays ... Ran on the third-place 4x400 at the Penn State Open ... Finished 13th in the 200 at the Sykes-Sabock Challenge Cup with a season-best 25.09. || **2008 Outdoor** || Ran personal bests in the 100 (11.99) and 200 (25.03) at the Oregon Pepsi Challenge, finishing second in the 100 and third in the 200 ... Won the 100 at the Bucknell Team Challenge in 12.03 and ran on the winning 4x100-meter relay. || **2008 Indoor** || Placed third in the 55-meters and eighth in the 300-meters at the Penn State Relays ... Competed at Tyson Invitational. || **High School** || Finished 12th in the 200 at the 2007 National Scholastic Indoor Championships ... Competed in the 200 at Nike Outdoor Nationals ... Won the 100 at the USATF Region II Junior Olympics (11.77) and finished third in the 200. || **Personal** || Daughter of Joseph and Jolene DeFusco ... Born October 6, 1988 ... Majoring in Kinesiology.



Caitlin FAIRBAIRN

5th YR./OUTDOOR ONLY
Coatesville, Pa.
Bishop Shanahan

POLE VAULT

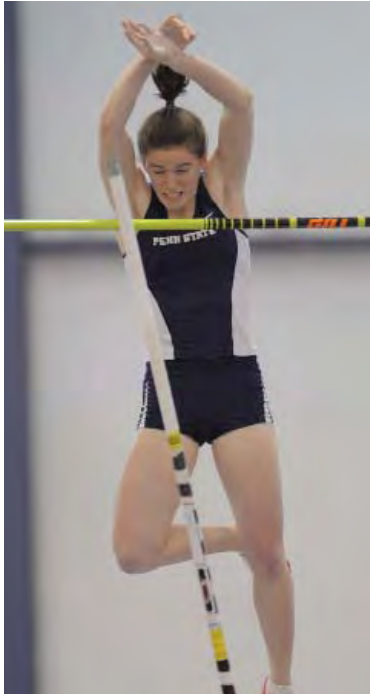
Fairbairn's Collegiate Career Bests

	Indoor	Outdoor
Pole Vault	12-11 1/2 (3.95)	12-8 3/4 (3.87)

On the National Scene ... || **2010 Outdoor** || Qualified for the NCAA First Round, where she placed 27th overall with a clearance of 12-3.50 (3.75). || **2009 Outdoor** || Tied for 19th in the pole vault at the NCAA East Regional, clearing 12-0 (3.66). || **2007 Outdoor** || Placed 18th at the NCAA East Regional Championships with a clearance of 12-0 (3.66).

At the Big Ten Championships ... || **2010 Outdoor** || Placed ninth overall, topping out at 12-3.50 (3.75). || **2010 Indoor** || Scored a fifth-place finish thanks to a career-best jump of 12-11.50 (3.95). || **2009 Outdoor** || Tied for sixth to record her with career scoring finish with a regional-qualifying jump of 12-7.50 (3.85). || **2009 Indoor** || Tied for 16th in the pole vault with a clearance of 11-8.50 (3.57). || **2008 Outdoor** || Cleared 11-7.75 (3.55) to finish 16th. || **2007 Outdoor** || Took ninth with a jump of 12-1.50 (3.70). || **2007 Indoor** || Just missed a scoring finish with a ninth-place effort, where she cleared a personal-indoor best 12-2 (3.71).

In the Field ... || **2010 Outdoor** || Placed second at the Bucknell Team Challenge ... Posted top 10 finishes at the Florida Relays, and Jesse Owens Classic ... Won the Penn State Open with an outdoor PR clearance of 12-8.25 (3.87). || **2010 Indoor** || Won the vault at the PSU Northeast Challenge with a jump of 12-5.50 (3.80) ... Placed second at the Penn State Relays and third at the Sykes-Sabock Challenge Cup ... Cleared 12-7.50 (3.85) to finish eighth at the Virginia Tech Last Chance. || **2009 Outdoor** || Tied for first in the pole vault at the Bison Outdoor Classic, achieving the regional-qualifying height of 12-7.50 (3.85) ... Placed sixth at the Auburn War Eagle Invitational ... Took second at the Penn State Open with a clearance of 12-3.50



(3.75) ... Tied for seventh at the Jesse Owens Classic. || **2009 Indoor** || Tied for first in the pole vault at the Penn State Relays ... Cleared a personal-indoor best 12-5.50 (3.80) to finish second at the Penn State Open ... Tied for third at the Sykes-Sabock Challenge Cup, and finished in a tie for 15th at the Tyson Invitational. || **2008 Outdoor** || Vaulted over a season-best 11-11.75 (3.65) to finish second at the Bucknell Team Challenge ... Tied for sixth at Penn Relays with a clearance of 11-11.25 (3.64) ... Won the vault at the Penn State Open, placed 10th at the Oregon Pepsi Challenge. || **2008 Indoor** || Medical Redshirt. || **2007 Outdoor** || Cleared 12-5.50 (3.80) – the NCAA regional standard – in a fifth-place finish at the Sea Ray Relays ... Finished first at the Penn State Open (11-11.75/3.65), and posted second-place efforts at both the Mason Spring Classic (11-11.75/3.65), and the Bucknell Team Challenge (12-3.50/3.75). || **2007 Indoor** || Record

second-place finishes at both the Penn State Relays and the Penn State Open ... Cleared 11-6.25 (3.51) to finish sixth in the invitational section at the Penn State National. || **High School** || Pa. State medalist in 2005 and 2006 ... Also a long and triple jumper in high school ... qualified for the 2005 USATF Junior Championships. || **Personal** || Majoring in Animal Sciences ... Born February 8, 1988 ... Daughter of William and Cheryl Fairbairn.



Challenge Cup with a score of 3013. || **High School** || Won the Ohio indoor state high jump title as a junior ... Placed second in the high jump at the OHSAAA Championships as a sophomore and a junior ... Finished 10th in the jump at the 2008 USATF Junior Outdoor Championships. || **Personal** || Daughter of Dan and Traci Coutts, and Rick and Cheryl Breusch ... Born November 7, 1990 ... Father, Dan, ran track at Ohio State... Plans on majoring in Kinesiology.



Candace CARSON
 SR./SR. Eligible
 Tinley Park, Ill.
 Hillcrest
SPRINTS

Carson's Collegiate Career Bests

	Indoor	Outdoor
60 Meters	8.00	***
100 Meters	***	12.55
200 Meters	26.31	25.27

At the Big Ten Championships ... || **2010 Indoor** || Placed 21st in the 60-meter dash in her first-career appearance at the Big Ten Championships.

Around the Track ... || **2010 Outdoor** || Placed second in the 200-meters, and fifth in the 100-meters at the Bucknell Team Challenge ... Ran a personal-best 25.27 in the 200 at the Penn State Open ... Was on the winning 4x400-meter relay at the Penn State Open ... Also competed at the Jesse Owens Classic. || **2010 Indoor** || Top finish was 14th in the 60 at the Penn State Relays ... Was also 16th in the 200 at the Relay meet ... Competed at the PSU Northeast Challenge, PSU National, and Sykes-Sabock Challenge Cup. || **2009 Outdoor** || Placed third in the 100 and fourth in the 200 at the Penn State Open. || **2009 Indoor** || Saw action in four events, was a member of the third-place 4x400 at the Penn State Relays. || **2008 Outdoor** || Competed at the Bucknell Team Challenge and Penn State Open. || **2008 Indoor** || Saw action in three competitions ... Highest finish was a 14th-place effort in the 300-meters at the Penn State Relays. || **High School** || Attended Hillcrest High School in Country Club Hills, Ill. || **Personal** || Born October 8, 1990 ... Daughter of Felisha Carson ... Majoring in Advertising and Public Relations.



Kelsey COUTTS
 SO./SO.-FR. Eligible
 Powell, Ohio
 Olentangy Liberty
MULTI-EVENTS

Coutts' Collegiate Career Bests

	Indoor	Outdoor
60-Meter Hurdles	9.72	***
800-Meters	2:33.31	***
High Jump	5-5 1/4 (1.66)	***
Long Jump	15-4 3/4 (4.69)	***
Shot Put	33-7 1/4 (10.24)	***
Pentathlon	3201	***

At the Big Ten Championships ... || **2010 Indoor** || Scored an eighth-place finish in the pentathlon with a personal-best total of 3201 ... PR total included individual personal bests in four of the five pentathlon events.

In the Field ... || **2010 Indoor** || Highest individual finish was a fifth-place effort in the high jump at the Penn State Relays ... Competed in three pentathlons throughout the season, placing 13th at the Penn State National with a total score of 2921, and fifth at the Sykes-Sabock



Women's Returner Bios



Megan DUNCAN

SR./SR. Eligible
North Huntingdon, Pa.
Norwin

SPRINTS, HURDLES, RELAYS



Duncan's Collegiate Career Bests

	Indoor	Outdoor
400-Meters	57.26	55.26
500-Meters	1:16.86	***
600-Meters	1:32.04	***
400-Meter Hurdles	***	57.55
4x400-Meter Relay	3:36.43	3:35.18

On the National Scene ... || **2010 Outdoor** || Qualified for the USATF Senior Championships in the 400-meter hurdles, placing 20th among an outstanding field ... Made her first-career individual appearance at the NCAA Outdoor Championships, placing 15th in the 400 hurdles in 58.70 ... Impressed at the NCAA First Round, clocking a personal-best 57.55 to place fourth in her heat, and ninth overall in the 400 hurdles to advance to the NCAA Outdoor meet ... Ran 59.31 to finish third in her opening round section. || **2009 Outdoor** || Qualified for the NCAA East Regional Championships, where she placed 17th in the 400-meter hurdles in 1:00.33. || **2008 Outdoor** || Finished 16th in the 400-meter hurdles at the NCAA East Regional Championships, running 1:00.13.

At the Big Ten Championships ... || **2010 Outdoor** || Had a breakout meet in the 400 hurdles, clocking 58.33 – the fastest time of the day – in the preliminary round, and followed up by running 57.88 in the final, finishing second behind teammate Fawn Dorr ... Was a member of the winning 4x400-meter relay, which finishing in 3:35.53. || **2010 Indoor** || Scored a seventh-place effort in the 600-meters, running 1:32.09. || **2009 Outdoor** || Was a member of the third-place 4x400-meter relay that sealed the deal on the Lions' quarter-point victory in the team standings ... Placed fifth in the 400 hurdles. || **2009 Indoor** || Placed 20th in the 600-meters. || **2008 Outdoor** || Ran 1:00.83 to finish seventh in the 400 hurdles. || **2008 Indoor** || Ran on the fifth-place distance medley relay, and clocked 2:14.01 in the 800-meters, just off a spot in the final.

Around the Track ... || **2010 Outdoor** || Won the 400 hurdles at the Penn State Open in 59.39 ... Placed third in the open 400-meters at the Bucknell Team Challenge, and eighth in the quarter hurdles at Jesse Owens ... Finished eighth in the event at Penn Relays (59.72) ... Ran on the second-place 4x400 at the Sun Angel Classic, which clocked 3:35.53 ... Placed eighth in the 400 hurdles at Sun Angel. || **2010 Indoor** || Recorded top 10 efforts in the 500-meters at the Penn State Relays and PSU Northeast Challenge ... Took 12th in the 400 at the Sykes-Sabock Challenge Cup ... Ran on the winning 4x400 at the Sykes-Sabock Challenge Cup (3:36.57). || **2009 Outdoor** || Ran on the winning 4x400 and finished third in the 400 hurdles at the Jim Click Shootout ... Placed second in the 400 hurdles at the Bison Outdoor Classic and the Jesse Owens Classic ... Was also a member of the third-place 4x400 at Jesse Owens ... Took fourth in the 400 hurdles at the Auburn War Eagle Invitational. || **2009 Indoor** || Placed fifth in the 500-meters and eighth in the 300-meters at the Penn State Relays ... Ran on the third-place 4x400 and

placed fourth in the 600 at the Penn State Open with a personal-best 1:34.14 ... Was a member of the second-place 4x400 at the Penn State National ... Took sixth in the 600 and second in the DMR at the Sykes-Sabock Challenge Cup. || **2008 Outdoor** || Finished second in the 400 hurdles at Penn Relays with a PR 59.53 ... Won the 400 hurdles at the Penn State Open ... Placed second in the event at the Bucknell Team Challenge, and third at the Jesse Owens Classic and Oregon Pepsi Challenge. || **2008 Indoor** || Finished seventh in the 400 at the Virginia Tech Elite meet and eighth at the Penn State Open ... Ran the 400 leg on the winning DMR at the Penn State Relays. || **High School** || Finished sixth in the 300-meter hurdles at the Pa. state meet ... also ran on the fifth-place 4x400 ... Won the 300 hurdles and the 4x400 and finished fourth in the 100-meter hurdles at the 2007 District VII meet ... Took fourth at the state meet in the 400 as a junior in 2006 ... Placed third in the 400 as a sophomore. || **Personal** || Daughter of John and Donna Duncan ... Born December 28, 1988 ... Science major.



Bianca FUNG

SR./SR. Eligible
North Babylon, N.Y.
North Babylon

JUMPS

Fung's Collegiate Career Bests

	Indoor	Outdoor
High Jump	5-7 (1.70)	5-7 1/4 (1.71)
Long Jump	20-3 1/2 (6.18)	20-10 1/2 (6.36)w 20-5 1/4 (6.25)

On the National Scene ... || **2010 Outdoor** || Placed 23rd in the long jump in her second-consecutive appearance at the NCAA Outdoor Championships with a jump of 18-09.25 (5.72) ... Qualified for the national meet with a wind-aided leap of 20-8 (6.30) at the NCAA First Round. || **2009 Outdoor** || Earned a berth at the NCAA Championships, thanks to a third-place finish in the long jump at the NCAA East Regional ... Posted a leap of 20-10.50 (6.36) at the Regional Championships ... Went on to finish tied



for 21st at NCAAs. || **2008 Outdoor** || Finished 22nd in the long jump at the NCAA East Regional Championships.

At the Big Ten Championships ... || **2010 Outdoor** || Placed seventh in the long jump, posting a leap of 19-0 (5.79) ... Also competed in the high jump, placing 21st. || **2010 Indoor** || Finished 11th in the long jump and 14th in the high jump. || **2009 Outdoor** || Placed sixth in the long jump and tied for 17th in the high jump. || **2009 Indoor** || Recorded a scoring finish with a fifth-place effort in the long jump with a leap of 20-2.50 (6.16) ... Also tied for 13th in the high jump at the conference meet. || **2008 Outdoor** || Placed ninth in the long jump with a leap of 20-1.50 (6.13). || **2008 Indoor** || Finished sixth in the long jump with a mark of 19-5.25 (5.92).


In the Field ... || **2010 Outdoor** || Won the Bucknell Team Challenge with a leap of 19-5.25 (5.92) ... Placed second in the Eastern Division at Penn Relays with a mark of 20-1 (6.12) ... Took first at the Penn State Open, jumping 19-10.75 (6.06) ... Finished third at the Jesse Owens Classic. || **2010 Indoor** || won the long jump at the PSU Northeast Challenge with a jump of 18-10.75 (5.76) ... Placed seventh at the Sykes-Sabock Challenge Cup and eight at the Penn State National ... Finished 19th at the Tyson Invitational. || **2009 Outdoor** || Achieved the NCAA regional standard in the long jump on four occasions throughout the regular season ... Won the long jump at

the Bison Outdoor Classic ... Tied for third in the high jump and finished fifth in the long jump at the Auburn War Eagle Invitational ... Placed second in the long jump in the Eastern division at Penn Relays ... Cleared a PR 5-7.25 (1.71) to finish second in the high jump at the Penn State Open, and won the long jump with a regional-qualifying leap of 20-5.75 (6.24). || **2009 Indoor** ||

Posted a provisional-qualifying and personal indoor-best 20-3.50 (6.18) to finish fourth at the Virginia Tech Last Chance ... Placed second in the long jump and sixth in the high jump at the Penn State Relays ... Placed third in the long jump at the Penn State Open and Penn State National, jumping an NCAA provisional-qualifying 20-1 (6.12) at the National ... Took second in the long jump at the Tyson Invitational with an effort of 19-9.50 (6.03) ... Also finished second at the Sykes-Sabock Challenge Cup. || **2008 Outdoor** || Won the long jump and tied for second in the high jump at the Bucknell Team Challenge ... Recorded third-place finishes in the long jump at Penn Relays and the Sun Angel Classic. || **2008 Indoor** || Finished third in the long jump and tied for fourth in the high jump with a PR clearance of 5-7 (1.70) at the Penn State Relays ... Finished third in the long jump at the Sykes-Sabock Challenge Cup and Virginia Tech Elite meet. || **High School** || Won the 2007 N.Y. state long jump title with a leap of 19-0.25 (5.79) ... N.Y. Section 11 Long Jump Champion ... Placed first in the long jump at the Red Raider Relays and Hispanic Games at the Armory ... Finished 10th in the long jump at the 2007 National Scholastic Indoor Championships ... Seventh in the long jump at the 2007 N.Y.



Indoor Championships ... Finished second in the same event in 2006. || **Personal** || Daughter of Kirk and Pauline Fung ... Born February 23, 1989 ... Majoring in Communication Sciences and Disorders.



Lindsey GRAYBILL
SO./SO. Eligible
Macungie, Pa.
Emmaus
DISTANCE • CROSS COUNTRY

Graybill's Collegiate Career Bests

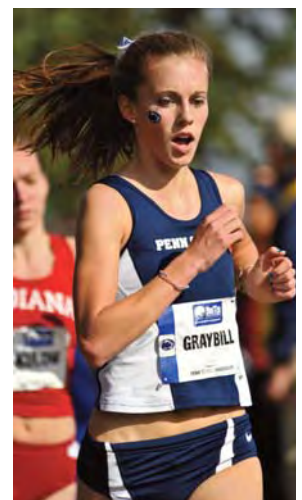
	Indoor	Outdoor
1000-Meters	2:55.40	***
1500-Meters	***	4:36.18
3000m Steeplechase	***	11:01.34

At the Big Ten Championships ... || **2010 Outdoor** || Placed 21st in the 1500-meters at the conference meet (4:37.12). || **2010 Indoor** || Ran the 800-meters, finishing in 18th overall in 2:15.02. || **Cross Country** || Was a member of the Lions' Big Ten Championship squad ... Placed 68th at the championships in 22:34.

On the Course ... || **2009 Cross Country** || Placed ninth overall and fourth for Penn State at the Harry Groves Spiked Shoe Invitational ... Highest individual finish was sixth at the Lock Haven Dolan Duals ... Earned a 30th-place standing at the Penn State National.

Around the Track ... || **2010 Outdoor** || Highest individual finish as fourth-place effort in the 3,000-meter steeplechase at the Bucknell Team Challenge (11:01.1h) ... Placed fifth in the 1500 at the Sun Angel Classic, running 4:37.02 ... Clocked a PR 4:36.18 for the 1500 at Florida Relays. || **2010 Indoor** || Took second in the 1000-meters at the Penn State National with a finishing time of 2:55.40 ... Posted a PR 5:07.85 for the mile at the PSU Northeast Challenge, finishing 12th ... Finished 11th in the 800 at the Sykes-Sabock Challenge Cup.

Before Penn State ... || **High School** || Led her team to a 2008 Pennsylvania state cross country title, placing fourth overall and third among team competitors ... Also led her team to a district championship as a senior, earning runner-up honors individually ... Was also the number-one runner on Emmaus' state title team in 2007 ... Helped her team to a second-place finish as a sophomore ... Was a three-time state qualifier in both indoor and outdoor track ... Placed third in the 1600 meters as a junior and fifth as a senior, running a personal-best 4:55.56 as a junior. || **Personal** || Daughter of Michelle and Jim Graybill ... Birthday is June 25, 1991 ... Plans to major in Elementary Education.





Women's Returner Bios



Shavon GREAVES

SR./SR. Eligible
Lakewood, N.J.
Lakewood

SPRINTS, RELAYS

Greaves' Collegiate Career Bests

	Indoor	Outdoor
60-Meters	7.24	***
200-Meters	22.98	23.07
400-Meters	53.14	54.15
4x100-Meters	***	44.57
4x200-Meters	***	1:33.78
4x400-Meters	3:34.64	3:30:34

On the National Stage ... || **2010 Outdoor** || Earned All-America honors thanks to a seventh-place finish in the 200-meters at the NCAA Outdoor Championships, where she clocked 23.75 in the final ... Was also a member of the fourth-place 4x400-meter relay ... Team finished with a season-best 3:30.74, and marked Greaves' second-straight All-America finish in the outdoor relay ... Placed 13th overall at the NCAA meet in the 100-meters in 11.49 ... Led off on the Lions' 17th-place 4x100-meter relay ... Was a member of Penn State's season-best effort of 44.57 in the 4x100 at the NCAA First Round. || **2010 Indoor** || Scored a bronze-medal finish in the 200-meters – the highest individual NCAA finish of her career ... Also earned All-America honors in the 60-meters, placing 11th overall in 7.34 ... Ran a leg of the Lions' ninth place 4x400 ... PR 22.98 was the fastest time run by a collegian during the indoor season, and the 2010 indoor world leader ... Was named USTFCCCA Mid-Atlantic Track Athlete of the Year. || **2009 Outdoor** || Advanced to the semi-finals of the 200-meters at the NCAA Championships, finishing 16th overall in 23.69 ... Was a member of the Lions' fourth-place 4x400 that ran a season-best 3:30.34 ... Ran on the winning 4x400 at the NCAA East Regional, while finishing fifth in the 200, eighth in the 100, individually ... Also ran a leg of the 11th place 4x100. || **2009 Indoor** || Earned All-American honors with a 10th-place finish in the 200-meters ... Helped the 4x400-meter relay to a third-place finish – the highest by a 4x400 in Penn State indoor history - clocking a season-best 3:34.64. || **2008 Outdoor** || A member of the sixth-place 4x100-meter relay at the NCAA East Regional Championships.

At the Big Ten Championships ... || **2010 Outdoor** || Dominated Big Ten competition winning the 100 and 200-meter dashes for the second consecutive year ... Was also a member of winning 4x100 and 4x400-meter relays. || **2010 Indoor** || Put on a show for the home crowd at the indoor conference championships, winning the 60 and 200-meters, with a Big Ten Meet Record and world-leading showing of 22.98 in the 200 final ... Was also a member of the winning 4x400 that clocked a Big Ten Championship Record of 3:35.38 ... Was named Big Ten Athlete of the Year for her efforts over the course of the indoor season. || **2009 Outdoor** || Posted double wins in the 100 and 200, running a career-best 11.49 to win the 100, and a wind-aided 23.35 to take the 200 crown ... Assisted on the third-place 4x400 team that clinched the Lions' quarter-point victory in the team standings ... Was also a member of the second-place and regional-qualifying 4x100. || **2009 Indoor** || Claimed Big Ten titles in the 60 and

200-meters, finishing in 7.44, and 23.90 ... Also a member of the winning 4x400. || **2008 Outdoor** || Earned silver-medal honors as a member of the 4x100 relay ... Finished seventh in the 200-meters. || **2008 Indoor** || Named Big Ten Freshman of the Year after finishing third in the 60-meters and seventh in the 200.

Around the Track ... || **2010 Outdoor** || Was a member of the Lions' school-record 4x200-meter relay at Penn Relays ... Team ran 1:33.78 to win the ECAC section and set a new event record ... Also ran on the fourth-place 4x400 in the Championship of America section at Penn (3:33.06) ... Placed second in the 100 and 200 at Florida Relays, setting a personal-outdoor best 23.07 in the 200 ... Won both short sprints at the Jesse Owens Classic ... Turned in a



second-place effort in the 200 at the Sun Angel Classic (23.20). || **2010 Indoor** || Won the 60 at the Penn State Relays and PSU Northeast Challenge ... Clocked a career-best, Penn State record, and NCAA-automatic 7.24 in the 60 at the Penn State National, placing second overall ... Finished third in the 60 and 11th in the 200 at the Tyson Invitational ... Won the 200 at the PSU Relays (23.22) and Penn State National (23.16). || **2009 Outdoor** || Bettered the regional standard in every 200 appearance of the regular season ... Took second in the 100 and the 200 at the Jim Click Shootout ... Won the 200 and took second in the 400 at Bison Outdoor Classic ... Won the 100 and the 200 at the Jesse Owens Classic, and ran on the second place 4x100 and third place 4x400 ... Was a member of the ECAC Champion 4x200 at the Penn Relays, and ran a 200 leg on the third-place sprint medley ... Took top honors in the 100 and the 200 at the Penn State Open. || **2009 Indoor** || Placed first in the 60-meters and fourth in the 300-meters at the Penn State Relays ... Won the 200-meters and took second in 60 at the Penn State Open ... Recorded a provisional-qualifying 23.82 to win the invitational 200 at the Penn State National ... Ran an NCAA provisional-qualifying 7.40 to win the finished second in the 200 (23.80) at the Sykes-Sabock Challenge Cup ... Finished eighth in the 200 at the Tyson Invitational, running 23.90 ... Posted a season-best 23.59 to take top honors in the 200 at the Virginia Tech Last Chance ... Was a member of winning 4x400s at the Sykes-Sabock Challenge Cup and the invitational section at the Tyson Invitational. || **2008 Outdoor** || Finished first in the 100 and second in the 200 at the Oregon Pepsi Challenge ... Placed second in the 100 and 200 at the Bucknell Team Challenge ... Ran on the winning 4x100 at the Jesse Owens Classic and Bucknell Team Challenge. || **2008 Indoor** || Set the school record in the 55-meters (6.98) and ran on the winning 4x200 and 4x400 at the Penn State Relays ... Won the 60 and finished second in the 200 at the Penn State Open ... Finished second in the 60 and third in the 200 at the Sykes-Sabock Challenge Cup ... Ran on winning 4x400s at the Penn State Relays, Penn State Open, and Sykes-Sabock Challenge Cup. || **High School** || Ranked among the top high schoolers in the country in both the 100- and 200-meters ... Placed eighth in the 100 and sixth in the 200 at Nike Outdoor Nationals ... 2007 New Jersey Meet of Champs 200 Champion ... Shore Conference and Ocean County record holder in the 100 and 200 ... Won Group III titles in the 100, 200, and 400. || **Personal** || Daughter of Marlon Greaves and Donna Powell ... Born December 20, 1988 ... Majoring in Kinesiology.



Mahagony JONES

SO./FR. Eligible
Cleveland, Ohio/Rhodes

SPRINTS, RELAYS

Jones' Collegiate Career Bests

	Indoor	Outdoor
100-Meters	***	12.17
200-Meters	***	24.52

Around the Track ... || **2010 Outdoor** || Competed unattached at the Penn State Open, placing fourth in both the 100 and 200-meters, running 12.17 in the 100, and 24.52 in the 200.

Before Penn State ... || **High School** || Indoor state champion in the 60, 200, and 400-meters as a senior ... Won District titles in the 100, 200, and 400, and posted Regional wins in the 100 and 400 ... Took top honors in the 100 and 400 at the Mid-West Meet of Champions against competition from Michigan, Indiana, and Ohio ... Runner-up in the 100 and bronze medalist in the 400 at the Ohio State meet ... Placed sixth in the 100 and 400 at Nike Outdoor Nationals. || **Personal** || Daughter of Robyn Davis ... Born December 20, 1990 in Dayton, Ohio ... Plans on majoring in Health Policy Administration.



Elizabeth KEARINS

SR./SR. Eligible
Doylestown, Pa.
Central Bucks West

MIDDLE DISTANCE

Kearins' Collegiate Career Bests

	Indoor	Outdoor
600-Meters	1:34.02	***
800-Meters	2:12.60	2:11.68
1000-Meters	2:51.04	***
1500-Meters	***	4:35.91

At the Big Ten Championships ... || **2010 Outdoor** || Placed 18th overall in the 800-meters, finishing in 2:14.00. || **2010 Indoor** || Ran on the fourth-place DMR, which clocked a season-best 11:26.40 ... Just missed the 800 final, running 2:12.77 to finish 11th. || **2009 Outdoor** || Placed 10th in the 800 running 2:11.89. || **2009 Indoor** || Ran on the fourth-place DMR that ran a season-best 11:33.87.

Around the Track ... || **2010 Outdoor** || Placed 12th in the 800 at the Sun Angel Classic with a season-best 2:13.61 ... Won the 1500 at the Bucknell Team Challenge in 4:41.10 ... Posted PR in the 1500 at the Florida Relays, clocking 4:35.91 ... Anchored

PSU to a fifth-place finish in the College 4x800-meter relay (8:59.98) at Penn Relays. || **2010 Indoor** || Top individual finish was a third-place standing in the 1000-meters at the Penn State Relays (2:51.04) ... Ran a personal indoor best 2:12.60 at the Tyson Invitational, placing 15th in the invitational section ... Placed eighth in the 600 at the PSU Northeast Challenge in 1:34.02 ... Took seventh in the 800 at the Sykes-Sabock Challenge Cup. || **2009 Outdoor** || Ran a personal-best 2:11.68 to finish 12th in the 800-meters at the Jesse Owens Classic ... Placed second in the 800 at the Jim Click Shootout. || **2009 Indoor** || Placed sixth in the 800 at the Sykes-Sabock Challenge Cup ... Ran on the winning DMR at the Penn State Relays. || **2008 Outdoor** || Top finish was a seventh-place effort in the 800 at the Bucknell Team Challenge. || **2008 Indoor** || Ran 2:15.75 for 800 at the Virginia Tech Elite Meet. || **High School** || Pennsylvania state champion in the 800 as a freshman (2:12.98) ... Won the 1600 and the 800 at the SOL Continental Conference Championship as a senior, clocking a personal-best 4:59.14 in the 1600 ... 2007 District 1 1600 champion ... Competed in the 1600 at the PIAA Championships as a senior ... Finished 20th at the PIAA Cross Country Championships in 2006. || **Personal** || Daughter of John and Trini Kearins ... Born October 31, 1988 ... Enrolled in the Human Development and Family Studies.



Tanaya LLOYD

JR./JR. Eligible
Philadelphia, Pa.
Girard

JUMPS

Lloyd's Collegiate Career Bests

	Indoor	Outdoor
Triple Jump	40-1 1/4 (12.22)	40-10 1/2 (12.46)

On the National Scene ... || **2010 Outdoor** || Placed 26th overall in the triple jump at the NCAA First Round with a leap of 40-8.25 (12.40).

At the Big Ten Championships ... || **2010 Outdoor** || Scored a sixth-place finish in the triple jump with a mark of 40-0.75. || **2010 Indoor** || Placed sixth overall in the triple jump, thanks to a leap of 40-1.25 (12.22). || **2009 Outdoor** || Finished 11th in the triple jump with a then personal-outdoor best 39-9.75 (11.83). || **2009 Indoor** || Took 11th overall in the triple jump, posting a mark of 39-0.50 (11.90).

In the Field ... || **2010 Outdoor** || Posted a PR triple jump mark of 40-10.50 (12.46) at the Penn State Open ... Took top honors in the triple jump at the Bucknell Team Challenge ... Placed second in the Eastern Division at Penn Relays ... Took fifth at the Sun Angel Classic and ninth at the Jesse Owens Classic. || **2010 Indoor** || Won the triple jump at the Penn State Relays with a mark of 38-9 (11.81) ... Eclipsed the 40-foot barrier for the first time in her career with a leap of 40-0 (12.19) to place ninth at the Tyson Invitational ... Finished third at the PSU Northeast Challenge, and sixth at the Sykes-Sabock Challenge Cup. || **2009 Outdoor** || Top finish was a second-place standing in the triple jump at the Bucknell Bison Outdoor Classic ... Placed seventh at the Jim Click Shootout, 11th at the Jesse Owens Classic, and 12th at the Auburn War Eagle Invitational. || **2009 Indoor** || Top finishes included a third-place effort at the Penn State Relays, fourth-place showing at the Penn State Open, and a fifth-place standing at the Sykes-Sabock Challenge Cup. || **High School** || Won a PIAA AA state title in the triple jump as senior ... Took top honors in the long jump at the 2008 PFTCA Indoor Championships ... Placed seventh in the triple jump at the indoor state meet ... District I Champion in both horizontal jumps as a senior. || **Personal** || Born October 10, 1990 ... Daughter of Tanya Lloyd ... Majoring in Kinesiology.



Women's Returner Bios



Caitlin LANE

JR./JR. Eligible
Greenwich, N.Y.
Greenwich

DISTANCE • CROSS COUNTRY

Lane's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	2:09.53	2:11.18
1500-Meters	***	4:20.40
Mile Run	4:42.88	***
3000-Meters	9:24.53	***
5000-Meters	17:03.89	16:39.18
DMR	11:26.40	11:26.54

On the National Scene ... || **2010 Outdoor** || Ran 4:23.17 to advance through the preliminaries at the NCAA First Round ... Clocked 4:27.30 in the First Round quarter-final, placing 20th overall ... Season-best 4:20.40 was the 18th fastest time in the NCAA Eastern Standings during the outdoor season. || **2010 Indoor** || An NCAA provisional qualifier in the mile run (4:42.88) and the 3,000-meters (9:24.53). || **2009 Cross Country** || Ran as the Lions' number two at the NCAA Championships, placing 86th overall and 69th among team competitors in 21:11 ... Placed 29th at the NCAA Mid-Atlantic Regional Championships. || **2009 Outdoor** || Finished 15th in the 1500 at the NCAA East Regional, clocking a personal-best 4:26.34.

At the Big Ten Championships ... || **2010 Outdoor** || Ran a PR 16:39.18 to finish eighth in the 5000-meters ... Placed 16th overall in the 1500-meters. || **2010 Indoor** || Scored a seventh place finish in the 800-meters, thanks to a finishing time of 2:10.37 after running 2:10.99 in the preliminaries ... Placed 16th in the 5000 (16:39.18). || **2009 Cross Country** || One of the Lion top five on the 2009 Big Ten Championship squad ... Placed 22nd in the conference field as the Lions' number four, finishing in 21:24. || **2009 Outdoor** || Placed 14th overall in the 1500 with a finishing time of 4:33.76. || **2009 Indoor** || Ran 4:50.77 to finish eighth in the mile after running a personal-best 4:49.74 in the preliminaries. || **2008 Cross Country** || Took 46th overall at the Big Ten Championships.

On the Course ... || **2009 Cross Country** || Competed in seven competitions, turning in a victory at the Lock Haven Dolan Duals for the second-straight year ... Was named Big Ten Athlete of the Week for her winning effort ... Placed 10th at the Cappy Anderson Invitational, and 16th at the Penn State National ... Ran as one of the Lion top five all season. || **2008 Cross Country** || Took the individual title at the Lock Haven Dolan Duals ... Named Big Ten Athlete of the Week for her efforts ... A member of the Lion top seven throughout the season ... Placed and 40th at the Mid-Atlantic Regional.

Around the Track ... || **2010 Outdoor** || Ran an impressive 4:20.20 for the 1500-meters to finish fourth at the Payton Jordan Cardinal Invitational ... Time is the sixth-fastest effort in the Nittany Lion history ... Placed ninth in the 1500 at the Sun Angel Classic ... Ran the lead off leg on the fourth-place DMR at Florida Relays ... Covered the 800-meter leg on Penn State's 11th-place DMR at Penn Relays ... Placed 11th in the 800 at Florida Relays. || **2010 Indoor** || Earned a victory in the 800 at the Sykes-Sabock Challenge Cup in a PR 2:09.53 ... Claimed top honors in the mile at the PSU Northeast Challenge, going 4:52.44 ... Ran 4:42.88 for the mile at the Husky Classic,

good for seventh place ... Placed 11th in the mile at the Alex Wilson Last Chance. || **2009 Outdoor** || Won the Invitational 1500-meters at the Bison Outdoor Classic ... Clocked a regional-qualifying 4:26.38 to take top honors in the 1500 at the Auburn War Eagle Invitational ... Placed fourth in the 800 and fifth in the 1500 at the Jim Click Shootout ... Ran a season-best 2:11.18 in the 800 at the Jesse Owens Classic ... Ran the 1200 lead-off leg on the fourth-place DMR in the Championship of America section at Penn Relays. || **2009 Indoor** || Won the mile at the Penn State Open in 4:52.39 ... Ran on the winning 4xmile relay at the Penn State Relays ... Place eighth in the invitational mile at the Penn State National ... Took third in the 3000 at the Sykes-Sabock Challenge Cup in 9:44.08 ... Captured fourth in the mile at the Washington Husky Invitational in 4:50.67. ||

High School || One of the most decorated athletes in New York high school athletics ... A two-time participant at the Footlocker National Cross Country Championships ...



Nicole LORD

SO./FR.-SO. Eligible
Media, Pa.
Penncrest

DISTANCE • CROSS COUNTRY

Lord's Collegiate Career Bests

	Indoor	Outdoor
3000-Meters	***	9:49.38
3000 Steeplechase	***	10:26.41

Won New York Class C cross country titles in 2006 and 2007 ... Finished sixth in the mile at the prestigious Millrose Games in Madison Square Garden. || **Personal** || Daughter of Robert and Dena Lane ... Born April 8, 1990 ... Majoring in Journalism.

On the National Scene ... || **2010 Outdoor** || Placed 26th in the 3,000-meter steeplechase at the NCAA First Round ... USATF Junior medalist in the steeplechase after turning in a third-place effort in the event at the USATF Junior Championships in Des Moines. || **2009 Cross Country** || Placed 94th overall and 77th among team entrants at the NCAA Cross Country Championships, helping her squad to a 14th-place finish ... Placed 14th overall at the NCAA Mid-Atlantic Regional, earning All-Region honors.

At the Big Ten Championships ... || **2010**





Outdoor || Clocked a PR 10:26.41 to place fifth in the steeplechase. || **2009 Cross**



Country || Became the first Nittany Lion to earn Big Ten Freshman of the Year honors since Colleen Glyde in 1992 ... Was the second Penn State finisher on the Lions' Big Ten Championship squad, placing ninth overall in 20:52 for the 6,000-meter course.

On the Course ... || **2009 Cross Country** || Burst on to the collegiate scene, running as the Lions' number two for much of the 2009 campaign ... Placed ninth at the Cappy Anderson Invitational, 15th at the Penn State National, and 39th at Notre Dame.

Around the Track ... || **2010 Outdoor** || Won the steeplechase at the Bucknell Team Challenge in her first career-appearance in the event Turned in a fifth-place finish at the Jesse Owens Classic in 10:40.93 ... Placed 11th in the Championship 3,000-meters at Penn Relays, finishing in 9:49.28. || **High School** || Made a splash in just one season of track as a senior at Penncrest ... Finished fourth in the 3200-meters at the PIAA State Championships, running 10:48.63 ... Won the 3200 and placed second in the 1600-meters at the District I Championships, clocking a PR of 5:03.21 in the 1600, and 10:47.96 in the 3200 ... Won the 3200 at the Delco Girls' Championships ... Was also a standout swimmer and lacrosse player at Penncrest. || **Personal** || Daughter of Tim and AnnMarie Lord ... Born May 10, 1991 ... Plans to major in Communications.



**Karlee
McQUILLEN**

SR./SR. Eligible
Johnstown, Pa.
Westmont Hilltop

THROWS

McQuillen's Collegiate Career Bests	Indoor	Outdoor
Javelin	***	176-2 (53.70)

On the International Stage ... || **2008 Outdoor** || Competed at the World Junior Championships in Bydgoszcz, Poland, where she finished 14th overall.

On the National Scene ... || **2010 Outdoor** || Had an outstanding competition at the NCAA Outdoor Championships, placing third in the javelin with a season-best toss of 171-2 (52.17) ... After launching a then-season best mark of 169-3 (51.60) to claim first place after the first flight, was bumped to fourth in the penultimate round but bounced back to throw her season best on her final effort and earn bronze-medal honors – the highest-ever finish by a Nittany Lion woman in the javelin ... Made the NCAA Championships for the third-straight year via a third-place finish at the NCAA First Round with a throw of 162-9 (49.62).

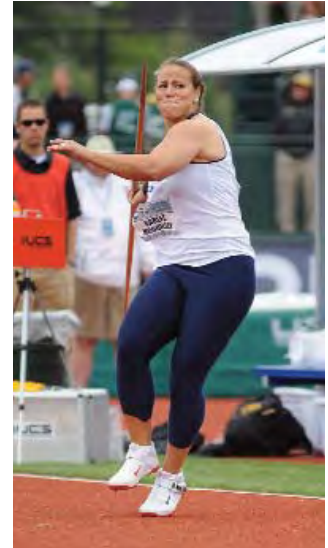
|| **2009 Outdoor** || An NCAA finalist in the javelin throw ... Placed 10th overall with a toss of 163-3 (49.77) in the final, earning All-America honors for the second-straight year ... Claimed top honors at the NCAA East Regional for the second-consecutive year with a mark of 171-1 (52.16) also setting a new facility record. || **2008 Outdoor** || Earned All-America honors with a ninth place finish in the javelin at the NCAA Championships - the highest finish of any freshman in the field ... Threw a personal-best and school-record 176-2 (53.70) in the event preliminaries ... Posted a gold-medal finish at the USATF Junior National Championships with a meet-record 171-5 (52.24) ... Advanced to the NCAA Championships thanks to a win at the NCAA East Regional Championships where she posted a mark of 175-10 (53.60).

At the Big Ten Championships ... || **2010 Outdoor** || Earned silver-metal standing



for the second-straight year with a throw of 158-7 (48.34). || **2009 Outdoor** || Earned runner-up honors in the javelin with a season-best effort of 175-11 (53.62). || **2008 Outdoor** || Placed third in her first Big Ten appearance with a toss of 169-9 (51.75).

In the Field ... || **2010 Outdoor** || Won the Women's Championship Javelin at Penn Relays with a toss of 162-7 (49.57) ... Earned victories at the Bucknell Team Challenge, Jesse Owens Classic, and Penn State Open ... Placed second at Florida Relays. || **2009 Outdoor** || Recorded victories at the Jim Click Shootout and Auburn War Eagle Invitational ... Placed second in the Championship Javelin at Penn Relays, posting a toss of 169-8 (51.72). || **2008 Outdoor** || Opened the season with a third-place effort at the Oregon Pepsi Challenge ... Won top honors at the Sun Angel Classic ... Took second at the Jesse Owens Classic ... Claimed runner-up honors in the championship section at Penn Relays. || **High School** || A two-time Nike Outdoor National champion in the javelin with winning throws of 149-9 (45.64) in 2007, and 150-1 (45.76) in 2006 ... personal-best 162-4 was the best throw in the country in 2006, as well as a Pennsylvania state record ... 2007 Penn Relays champion ... Pa. state champion in 2006 and 2007 ... state runner-up in 2005 ... Two-time District VI javelin champion ... a 2007 USA Today All-USA selection. || **Personal** || Daughter of Thomas and Debbie McQuillen ... Born May 31, 1989 ... Majoring in Education.




**Erika
MORGAN**

SO./SO.-FR. Eligible
Chesapeake, Va.
Western Branch

JUMPS

Morgan's Collegiate Career Bests	Indoor	Outdoor
High Jump	5-7 (1.70)	***

At the Big Ten Championships ... || **2010 Indoor** || Cleared a season-best 5-7 (1.70) to place 17th in the high jump at the Big Ten Indoor Championships.

In the Field ... || **2010 Indoor** || Placed second in the high jump at the Penn State Relays ... Finished ninth at the Penn State National, and 11th at the Sykes-Sabock Challenge Cup ... Took 20th at the Tyson Invitational. || **High School** || Competed in the jumps and hurdles at Western Branch ... Was the VSHL AAA bronze medalist in the high jump during both the indoor and outdoor seasons as a senior ... Also qualified for the Virginia state meet in the long jump. || **Personal** || Daughter of Charles and Teresa Morgan ... Birthday is April 19, 1991 ... Enrolled in the College of Liberal Arts.



Women's Returner Bios



Kara MILLHOUSE

JR./JR. Eligible
Boiling Springs, Pa.
Boiling Springs

DISTANCE • CROSS COUNTRY

Millhouse's Collegiate Career Bests

	Indoor	Outdoor
1500-Meters	***	4:39.55
Mile Run	4:59.91	***
3000-Meters	9:45.68	***
5000-Meters	16:47.63	17:09.72
10,000-Meters	***	35:53.41

On the National Scene ... || 2009 Cross Country || Placed 142nd overall and 115th in the team standings at the NCAA Cross Country Championships, as a member of the Lions' 14th-place team.

At the Big Ten Championships ... || 2010 Outdoor || Placed 13th in her first-career appearance in the 10,000-meters, breaking the tape at 35:53.41.

|| 2010 Indoor || Finished 20th in the 5,000-meters. || 2009 Cross Country || Ran 21:27 for 6,000-meters, including an outstanding home stretch to 23rd overall and fifth for Penn State in the Nittany Lion's Big Ten victory. || 2009 Outdoor || Competed in the 5000-meters, finishing 26th overall. || 2009 Indoor || Placed 15th in the mile with a season-best time of 4:59.91. ||

2008 Cross Country || Placed 45th at the Big Ten Championships.



On the Course ...

|| 2009 Cross Country || Competed in seven events, earning top five finishes at the Spiked Shoe Invitational and Lock Haven Dolan Duals ... Placed 24th at the Penn State National. || 2008 Cross Country || A member of the Lion top five throughout her freshman season ... Earned top 10 finishes at the Lock Haven Dolan Duals and Spiked Shoe Invitational.

Around the Track ...

|| 2010 Outdoor || Placed 26th in the 5000-meters at Penn Relays and 12th at the Sun Angel Classic. || 2010 Indoor || Ran a personal-best 16:47.63 to place 25th in the 5K at the Washington Husky Classic ... Finished fifth in the 3,000-meters at the Sykes-Sabock Challenge Cup in a personal-best 9:45.68 ... Placed 11th in the 3K at the Penn State National. || 2009 Outdoor || Won the open section of the 1500 at the Bison Outdoor Classic,



running a personal-best 4:39.55 ... Took fourth in the 3000-meters at the Jim Click Shootout ... Ran a personal-best 17:11.58 for 5000 at Penn Relays. || 2009 Indoor || Ran on the winning 4xmile at the Penn State Relays ... Highest individual finish was a fifth-place effort in the mile at the Penn State Open ... Ran the 1600-meter leg on the seventh-place DMR (11:47.10) at the Penn State National. || High School || PIAA AA State Champion in the 3200-meters in 2006 ... Finished second in the 800-meters at

the 2008 State Championships, running a PR 2:14.17 ... Competed at the state meet during all four years of high school, never finishing outside of the top three ... Finished third at the PIAA AA Cross Country Championships as a senior ... A four-year letter winner in cross country, swimming, and track and field ... Cross country team captain in 2007, and track and field captain in 2008. || Personal || Full name is Karaleigh Hoffman Millhouse ... Born March 20, 1990, in Camp Hill, Pa. ... Daughter of John and Cindy Millhouse ... Enrolled in Kinesiology.



Anna MUZIO

JR./JR. Eligible
Harrisburg, Pa.
Central Dauphin

THROWS

Muzio's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	45-1.75 (13.76)	43-2 (13.71)
20-lb Weight	54-4 (16.56)	***
Hammer	***	148-10 (45.37)

At the Big Ten Championships ... || 2010 Indoor || Took 21st in both the shot put and the 20-pound weight throw. || 2009 Outdoor || Placed 14th in the shot put. || 2009 Indoor || Tied for 13th in the shot put and finished 15th in the 20-pound weight in her first Big Ten appearance ... Posted personal bests in both events with a toss of 43-3 (13.18) in the shot put, and an effort of 49-4.25 (15.04) in the weight.

In the Field ... || 2010 Outdoor || Won the shot at the Penn State Open ... Placed fifth in the shot and sixth in the hammer at the Bucknell Team Challenge. || 2010 Indoor || Highest showing was a second-place effort in the weight throw at the Penn State Relays while also posting a PR of 45-1.75 (13.76) to place third in the shot ... Finished fifth in the shot and weight at the PSU Northeast Challenge and fifth in the shot and sixth in the weight at the Sykes-Sabock Challenge Cup ... Tossed a PR of 54-4 (16.56) to finish 10th in the weight at the Penn State National. || 2009 Outdoor || Placed second in the shot put and fourth in the hammer and the discus at the PSU Open ... Finished third in the shot put at the Bison Outdoor Classic with a season-best 43-2.50 (13.17) ... Took 10th in the Eastern division shot put at Penn Relays with an effort of 43-0.50 (13.12). || 2009 Indoor || Placed fifth in the shot put at Penn State Open and PSU Relays ... Took sixth in the weight at the PSU Relays and eighth at the PSU Open ... Recorded a 10th-place effort in the shot put at the Sykes-Sabock Challenge Cup. || High School || School record holder in the shot put and discus ... Won Mid Penn Conference and District 3 titles in the shot put and discus in 2008 ... Finished fourth in the shot put at the 2008 PIAA State Championships ... Four-year letter winner. || Personal || Full name is Anna Elisa Muzio ... Born September 10, 1990, in Philadelphia, Pa. ... Science major.



Amanda PALENCHAR

JR./JR. Eligible
Bradenville, Pa.
Derry Area

POLE VAULT



Brooklyne RIDDER

SO./SO. Eligible
Cincinnati, Ohio
Oak Hill

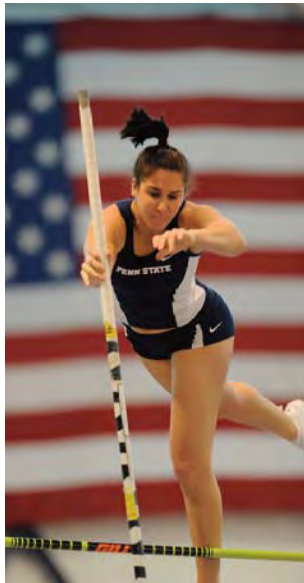
DISTANCE • CROSS COUNTRY

Palenchar's Collegiate Career Bests

	Indoor	Outdoor
Pole Vault	12-3 1/2 (3.75)	11-11 3/4 (3.65)

At the Big Ten Championships ... || 2010 Indoor || Cleared a season-best 11-11.75 (3.65) to placed 13th in the pole vault. || 2009 Outdoor || Placed 17th in the pole vault, jumped 11-7.75 (3.55). || 2009 Indoor || Competed in the pole vault, clearing 11-8.50 (3.57).

In the Field ... || 2010 Outdoor || Placed second at the Bucknell Team Challenge and fourth at the Penn State Open. || 2010 Indoor || Earned a fourth-place standing at the Penn State Relays ... Took 10th at the PSU Northeast Challenge, and 13th at the Penn State National. || 2009 Outdoor || Tied for seventh with a season-best clearance of 11-11.75 (3.65) at the Jim Click Shootout ... Matched her season best in a third-place effort at the Penn State Open ... Tied for fourth at the Bison Outdoor Classic and tied for eighth at the Auburn War Eagle Invitational. || 2009 Indoor || Placed third at the Penn State Relays ... Cleared 12-0 (3.66) to finish 13th at the Penn State National ... Posted a career-best 12-3.50 (3.75) at the Tyson Invitational. || High School || Two-time District 7 Champion ... A three-time PIAA state qualifier, finishing fourth in 2007, and fifth in 2008 ... Also lettered in diving and volleyball. || Personal || Full name is Amanda Lin Palenchar ... Born June 7, 1990, in Latrobe, Pa. Daughter of Robert and Anita Palenchar ... Majoring in Science.



Ridder's Collegiate Career Bests

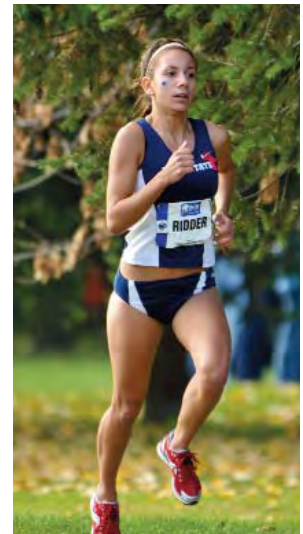
	Indoor	Outdoor
3000-Meters	9:54.42	***
5000-Meters	17:08.74	16:39.25

On the National Scene ... || 2010 Outdoor || Placed third in the 5,000-meters at the USATF Junior National Championships ... Was one of the top 48 ranked athletes in the 5K in the East Region. || 2009 Cross Country || Placed 200th overall and 163rd among team competitors at the NCAA Cross Country Championships ... Took 48th as the Nittany Lions' number seven runner at the NCAA Mid-Atlantic Regional.

At the Big Ten Championships ... || 2010 Outdoor || Placed 13th in the 5000 at the conference meet, finishing in 16:57.36. || 2010 Indoor || Turned in a 14th-place effort in the 3000, clocking 9:59.00. || 2009 Cross Country || A big factor in Penn State's Big Ten Championship effort, placing third for the team and 16th overall in 21:16 ... Was just the third freshman finisher in the Big Ten field.

On the Course ... || 2009 Cross Country || Earned her first collegiate win at the UMES Cappy Anderson Invitational, finishing in the 5K course in 17:41 ... Placed 17th overall and fifth for Penn State at the Penn State National ... Turned in a 45th-place showing at the Notre Dame Invitational as the Lions' fifth runner.

Around the Track ... || 2010 Outdoor || Turned in a pair of top 10 finishes in the 5000, placing ninth at the both the Sun Angel Classic and Penn Relays ... Ran a PR 16:39.25 at Penn. || 2010 Indoor || Placed ninth in the 3000 at the Sykes-Sabock Challenge Cup with a collegiate PR 9:54.42 ... Ran 17:08.74 for 5K at the Washington Husky Classic. || High School || A two-time OHSAA Division I cross country champion and a two-time state runner-up in cross country ... Placed second in the 3200 meters at the Ohio state meet as a senior ... also ran on her school's state-qualifying 4x800-meter relay ... A three-time state runner-up in the 3200. || Personal || Daughter of Sheri and Jeff Ridder ... Born September 1, 1991 ... Plans to major in Kinesiology.





Women's Returner/Newcomer Bios



Jocelyn WITMER

JR./JR. Eligible
Lancaster, Pa.
Penn Manor

POLE VAULT

Witmer's Collegiate Career Bests

	Indoor	Outdoor
Pole Vault	12-11 1/2 (3.95)	12-9 1/2 (3.90)

On the National Scene ... || 2010 Outdoor || Was one of the "Cinderella Stories" of the NCAA outdoor season, placing 11th in the pole vault at the NCAA First Round to advance to the NCAA Outdoor Championships, after making the meet as the 48th and final qualifier ... Cleared an outdoor PR 12-9.50 (3.90) at the First Round meet. || 2009 Outdoor || Placed 25th in her first career appearance at the NCAA East Regional, clearing 12-0 (3.66).

At the Big Ten Championships ... || 2010 Outdoor || Scored a seventh-place finish in the vault with a jump of 12-3.50 (3.75). || 2010 Indoor || Cleared a career-best 12-11.50 (3.95) to place seventh overall. || 2009 Outdoor || Tied for 12th in the pole vault with a clearance of 12-3.50 (3.75). || 2009 Indoor || Placed 14th in the pole vault with a jump of 12-0.50 (3.76).

In the Field ... || 2010 Outdoor || Won the vault at the Bucknell Team Challenge, topping out at 12-5.50 (3.80) ... Finished 10th at the Florida Relays, 12th at Penn Relays, and 12th at the Jesse Owens Classic. || 2010 Indoor || Top finish was a third-place effort at the Penn State Relays ... Cleared 12-3.50 (3.75) to finish eighth at the Penn State National ... Placed fourth at the Sykes-Sabock Challenge Cup. || 2009 Outdoor || Tied for first at the Bison Outdoor Classic with a regional-qualifying 12-7.50 (3.85) ... Took top honors at the Penn State Open with a jump of 12-3.50 (3.75) ... Finished fourth at the Auburn War Eagle Invitational and tied for fourth at the Jim Click Shootout. || 2009 Indoor || Placed third at the Penn State Open with a clearance of 12-1.50 (3.70) ... Tied for fourth at the Penn State Relays ... Took eighth at the Penn State National with a personal-best jump of 12-8 (3.86) ... Tied for third at the Sykes-Sabock Challenge Cup. || High School || Tied for 12th in the pole vault at 2008 Nike Outdoor Nationals ... Finished fourth at the PIAA State Meet as a senior ... Won the pole vault at the District III Championships with a personal-best clearance of 12-3. || Personal || Daughter of Lewis and Judy Witmer ... Birthday is June 26, 1989.



Kalyn FISHER

FR./FR. Eligible
Lewisburg, Pa.
Lewisburg Area

MID-DISTANCE • CROSS COUN-

Fisher's Career Bests

	Indoor	Outdoor
400-Meters	***	58.36
800-Meters	2:13.19	2:10.62
1600-Meters	***	4:59.96
Mile Run	5:01.04	

Before Penn State ... || High School || Ran a personal-best 2:10.62 to win the 800-meters at the PIAA State Championships as a senior ... Was also a member of the winning 4x800 ... Placed second in the 800 at the 2010 PTFCA Indoor Championships ... Won the PIAA AA state title in the 800 in during both her sophomore and junior seasons in 2008 and 2009, and was also a member of the state champion 4x800-meter relay during both campaigns ... Added another state title to her resume as a senior, finishing with a PR 2:10.62 ... Also state runner up in the 800 as a freshman, and was a member of the silver-medal winning 4x400-meter relay in 2008, and the third-place 4x400 in 2009 ... Also a standout soccer playing as a prep. || Personal || Currently enrolled in the Division of Undergraduate Studies ... Daughter of Brady and Kristen Fisher ... Born August 22, 1992.



Brittney HOWELL

FR./FR. Eligible
Wyncote, Pa.
Cheltenham

MULTI-EVENTS

Howell's Career Bests

	Indoor	Outdoor
200-Meters	26.71	25.07
60-Meter Hurdles	8.96	***
100-Meter Hurdles	***	14.52
Long Jump	18-6.50	19-1.50

Before Penn State ... || High School || Won the indoor state title in the long jump and placed third in the 60-meter hurdles as a senior ... Went on to take runner-up honors at the 2010 PIAA Outdoor Championships ... 2009 PTFCA Indoor State Champion in the long jump, before earning runner-up honors in the event at the 2009 PIAA AAA State Championships with a leap of 18-9.50, to go along with fifth-place effort in the



girls' 100-meter hurdles. || **Personal** || Birthday is September 1, 1992 ... Daughter of Rosemarie Hoslyn ... Enrolled in the College of Health and Human Development.



Laura LOHT
FR./FR. Eligible
McClure, Pa.
Indian Valley
THROWS

Loht's Career Bests

	Indoor	Outdoor
Javelin	***	157-2

Before Penn State ... || High School || Won the PIAA AAA javelin title as a sophomore and again as a senior ... Personal-best 157-2 was a top 10 effort in the prep ranks in 2010 ... Won the javelin at Penn Relays with a toss of 148-1. || **Personal** || Daughter of Randy and Joann Loht ... Enrolled in the College of Health and Human Development ... Birthday is June 30, 1992.




Taylor McNALLY
FR./FR Eligible
Ennis, Mt.
Ennis
THROWS

McNally's Career Bests

	Indoor	Outdoor
Shot Put	***	46-1.50
Discus	***	146-8

Before Penn State ... || High School || A six-time Montana Class C State Champion, winning the shot put and discus during her sophomore, junior, and senior seasons ... Personal best shot put mark of 46-1.50 was the best throw in the state of Montana by well over a foot in 2010 ... Also excelled at the national level, finishing second in the shot put and sixth in the discus at the 2008 USATF Junior Olympics ... Was also a standout volleyball and basketball player at Ennis High School. || **Personal** || Daughter of Colleen and Jim McNally ... Born January 18, 1992 ... Currently enrolled in the College of Liberal Arts.



Ijeoma IHEOMA
JR./JR. Eligible
Holland, Pa.
Univ. of Florida
SPRINTS

Iheoma's Career Bests

	Indoor	Outdoor
200-Meters	24.93	25.05
400-Meters	56.41	55.08

Before Penn State ... || University of Florida || A member of Florida's 4x400-meter relay at the 2010 NCAA First Round, which ran a season-best 3:38.09 ... Ran the anchor leg on the third-place 4x400 in the College Section at Penn Relays as a sophomore ... Covered the 800-meter leg on Florida's fourth-place DMR at the 2010 SEC Indoor Championships ... Ran a collegiate PR 25.05 for 200 at the UCF Invitational as a sophomore. || **High School** || Won the 200 and 400 at the PIAA Championships as a senior ... Took first in the 400 and finished second in the 200 as a senior at the Pa. Indoor State Championships... A member of the United Stars Track Club out of the Philadelphia area, which set a national record for the 4x800-meter relay in 2007 (8:50.72) ... High school personal bests of: 200 (24.17), 400 (54.41), and 800 (2:08). || **Personal** || Born May 8, 1990 ... Daughter of Jude Iheoma and Doris Modu ... Majoring in Telecommunications.



Kirsten NIEUWENDAM
FR./FR Eligible
Paramaribo, Suriname
St. Thomas Aquinas (Fla.)
THROWS

Nieuwendam's Career Bests

	Indoor	Outdoor
60-Meters	7.60	***
100-Meters	***	11.60
200-Meters	25.02	23.86

Before Penn State ... || Internationally || Represented Suriname at the IAAF World Junior Championships, where she advanced to the semi-finals in the 100-meters ... Also qualified in the 200-meters. || **High School** || Spent her senior year at St. Thomas Aquinas in Fort Lauderdale, Fla. ... Recorded a personal-best 7.60 for 60-meters at Nike Indoor Nationals - the best time by a Florida prep in 2010 ... Finished second in the 200 and fourth in the 4x400-meter relay at the FHSAA 4A State Finals ... Clocked a personal-best 23.86 to win the 200 at the FHSAA 4A District 12 Championships ... Also competed in the 100 and 200 at New Balance Outdoor Nationals. || **Personal** || Plans to major in Agricultural Sciences ... Daughter of Maureen Nieuwendam and Stanley Klosteren ... Born August 26, 1991.



Women's Newcomer Bios



**Lindsay
REGAN**
GR./SR. Eligible
Easton, Pa.
UCLA
POLE VAULT

Regan's Career Bests

	Indoor	Outdoor
Pole Vault	12-10 (3.91)	13-6 (4.11)

Before Penn State ... || UCLA || Competed for the Bruins for two seasons, clearing a personal-collegiate best 12-11 (3.93) during freshman campaign. || **High School** || Was consistently ranked among the top 10 vaulters in the country during her high school career ... High School PR of 13-6 was the third-best clearance in the country in 2005 ... A four-time Pa. State Indoor Champion and a two-time PIAA State Champion ... Was also a two-time Penn Relays Champion in the pole vault ... Highest national finish was third at the 2006 USATF Junior National meet. || **Personal** || Daughter of William and Nancy Regan ... Born January 10, 1988 ... Pursuing a graduate degree in Educational Theory and Policy.



**Rebekka
SIMKO**
FR./FR. Eligible
Mentor, Ohio
Gilmore Academy
MID-DISTANCE • CROSS COUNTRY

Simko's Career Bests

	Indoor	Outdoor
400 Meters	***	56.11
800 Meters	***	2:09.04
1600 Meters	5:16.83	5:02.62

Before Penn State ... || High School || Ran a PR 2:09.04 to place fourth in the 800-meters at the 2010 New Balance Outdoor Nationals ... Won a total of 10 gold medals at the OHSAA Outdoor Championships throughout her career ... Won the 800 and placed second in the 1600-meters as a senior ... Took top honors in the 400-meters at the Ohio State Meet during sophomore and junior campaigns ... Holds state record in the 4x800-meters (9:13.89) ... Won the 1600-meters at the Ohio Indoor State Meet as a senior ... Placed 11th in the 800-meters at Nike Outdoor Nationals as a junior. || **Personal** || Daughter of Ken and Lisa Simko ... Birthday is August 31, 1991 ... Currently enrolled in the Division of Undergraduate Studies.



**Marlene
RICKETTS**
FR./FR. Eligible
Westbury, N.Y.
Westbury
JUMPS

Ricketts' Career Bests

	Indoor	Outdoor
Long Jump	***	18-3
Triple Jump	***	42-4

Before Penn State ... || High School || PR triple jump of 42-4 was the third-best mark among U.S. preps last year ... Jumped 41-6 (12.65) to place second in the triple jump at New Balance High School Nationals in 2010 ... New York Division I State Champion in the triple jump as a senior ... Placed second in the N.Y. Championship Final ... Won the triple jump at the 2010 Section 8 Class County Champs ... Also competed in the 200 and 400-meter dashes and the long jump as a high schooler. || **Personal** || Daughter of Marva Ricketts ... Born September 8, 1992 ... Currently enrolled in the College of Health and Human Development.



**Jane
SWENSON**
JR./SO. Eligible
Sioux Falls, S.D.
Moorpark College
THROWS


Swenson's Career Bests

	Indoor	Outdoor
Shot Put	***	46-2 (14.07)
Discus	***	150-2 (45.75)
Hammer	***	167-2 (50.95)

Before Penn State ... || Moorpark College || Competed for two seasons at Moorpark College ... Placed second in the shot and fourth in the hammer and discus at the California State Championships last year ... Turned in a trio of top three finishes at the Southern California Junior College Finals in 2009, placing first in the hammer, second in the shot put, and third in the discus ... Finished second in the shot put at the California Junior College State Championships ... Leaves Moorpark ranked in the top 10 in the shot, discus, and hammer. || **High School** || Won a South Dakota state title in the shot put in 2007 while competing for Brandon Valley High School ... Was a three-time con-



ference champion in the shot put, and twice won conference titles in the discus ... Also an all-state basketball player as a prep. || **Personal** || Daughter of Ted and Nancy Swenson ... Born January 31, 1990 ... Plans to major in Health Policy and Administration.



Katie
WOLF

FR./FR. Eligible
Potomac, Md.
Winston Churchill

SPRINTS

Wolf's Career Bests

	Indoor	Outdoor
100 Meters	***	11.90
200 Meters	***	24.54
400 Meters	***	55.98

Before Penn State ... || **High School** || Took second in the 100 and third in the 200 at the Maryland State Meet senior year ... Placed third in the 100- and 200-meters, and fifth in the 400-meters individually, while running on Winston Churchill's fourth-place 4x100-meter relay at the 2009 Maryland State Meet ... Finished second in both the 55-meter dash and 300-meters at the Montgomery County Indoor Championships in 2010. || **Personal** || Daughter of Kevin and Polly Wolf ... Born July 3, 1992 ... Plans to major Kinesiology.



Kristen Jados
So./Fr.-So.. Eligible
Pine Island, N.Y.
Warwick Valley
Mid-Distance



Marta Klebe
Fr./Fr. Eligible
Chesterbrook, Pa.
Conestoga
Mid-Distance



Danielle Kojancic
Fr./Fr. Eligible
Kane, Pa.
Kane Area
Distances



Olivia Mangan
Fr./Fr. Eligible
Huntindon Valley, Pa.
St. Basil Academy
Throws



Tiye-Saran Mutazz
Fr./Fr. Eligible
Willingboro, N.J.
Willingboro
Sprints, Hurdles



Brooke Owen
Fr./Fr. Eligible
Weston, Fla.
Archbishop McCarthy
Jumps



Victoria Perri
Fr./Fr. Eligible
Philadelphia, Pa.
Mt. St. Joseph
Distance



Gwen Porter
Fr./Fr. Eligible
Clearfield, Pa.
Clearfield
Distance



Ericka Roberts
Fr./Fr. Eligible
Burke, Va.
Lake Braddock
Sprints



Megan Andersen
So./Fr. Eligible
State College, Pa.
State College
Sprints



Lindsay Bacik
Fr./Fr. Eligible
Pittsburgh, Pa.
Baldwin
Pole Vault



Megan Boyer
Fr./Fr. Eligible
Millersburg, Pa.
Millersburg
Throws



Erika Scmidt
So./Fr.-So. Eligible
Waterville, Ohio
Anthony Wayne
Sprints



Coleen Shannon
So./So. Eligible
Andover, Mass.
Andover
Mid-Distance



Katie Shelley
Sr./Sr. Eligible
Columbia, Pa.
Columbia
Distance



Maria Bryant
Fr./Fr. Eligible
Flemington, N.J.
Hunterdon Central
Multi-Events



Kaitchen Dearborn
Fr./Fr. Eligible
New Milford, Pa.
Blue Ridge
Multi-Events



Emily Gianotti
Fr./Fr. Eligible
Coudersport, Pa.
Coudersport
Distance



Lucia Sofo
Fr./Fr. Eligible
State College, Pa.
State College
Distance



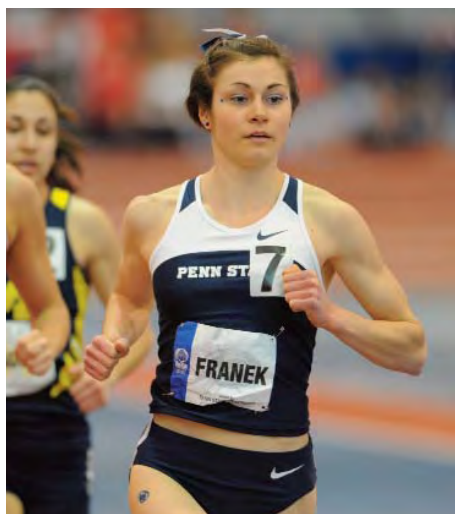
2010 Indoor Top Performances

60m	7.24 Shavon Greaves, PSN
200m	22.98Shavon Greaves, BT
400m	52.53Fawn Dorr, NCAA
500m	1:12.23Fawn Dorr, PSR
600m	1:32.04Megan Duncan, BT
800m	2:09.53Caitlin Lane, SS
Mile	4:37.95 Bridget Franek, BT
3000m	9:10.68Bridget Franek, BT
5000m	15:56.76Bridget Franek, UW
60mH	8.75Evonne Britton, SS
4x400m Relay	3:35.38D. Anyanwu, C. DeFusco,S. Greaves, F. Dorr, BT
DMR	11:26.40C. Lane, D. Anyanwu,L. Kearins, C. Spring, BT
HJ	5-11.25 (1.81) Brittany Maun, TYS
PV	12-11.50 (3.95)Caitlin Fairbairn, BT
	12-11.50 (3.95)Jocelyn Witmer, BT
LJ	18-10.75 (5.76)Bianca Fung, NEC
TJ	40-1.25 (12.22)Tanaya Lloyd, BT
SP	45-1.75 (13.79)Anna Muzio, PSR
WT	54-4 (16.56)Anna Muzio, PSN
Pent	3201Kelsey Coutts, BT

2010 Indoor Schedule and Key

PSR	Penn State RelaysJanuary 9
NEC	PSU Northeast ChallengeJanuary 16
PSN	Penn State NationalJanuary 29/30
SS	Sykes-Sabock Challenge CupFebruary 5/6
TYS	Tyson Invitational (Arkansas)February 12/13
UW	Husky Classic (Washington)February 12/13
BT	Big Ten ChampionshipsFebruary 27/28
ND	Alex Wilson Last Chance (Notre Dame)March 5/6
VT	Virginia Tech Last ChanceMarch 6
NCAA	NCAA Indoor ChampionshipsMarch 12/13

BOLD - Denotes School Record



2010 graduate Bridget Franek clocked a school-record 4:37.95 on her way to a Big Ten title in the mile run.

2010 Indoor Season Highlights

NCAA INDOOR RESULTS

NCAA Finish - 13th Place (17 pts)
.....*Third-Straight Top 15 Indoor Finish*
.....*Ties for 2nd Highest Indoor Finish*

NCAA All-Americans

Fawn DorrFifth, 400M (52.58)
Bridget FranekFourth, 5000M (15:58.02)
.....Seventh, 3000M (9:12.62)
Shavon GreavesThird, 200M (23.17)
.....11th, 60M (7.34)

NCAA Participants

Caitlin DeFusco17th, 200M (24.05)
D. Anyanwu, C. DeFusco, S. Greaves, F. Dorr9th, 4x400 (3:35.39)

NCAA Automatic Qualifiers

Bridget Franek3000M (9:10.68), 5000M (15:56.76)
Shavon Greaves60M (7.24), 200M (22.98)

NCAA Provisional Qualifiers

Doris Anyanwu400M (54.25)
Caitlin DeFusco200M (23.67)
Fawn Dorr200M (23.74), 400M (52.68)
Bridget FranekMile (4:37.95)
Shavon Greaves400M (53.14)
Caitlin LaneMile (4:42.88), 3000M (9:24.53)
Brittany MaunHigh Jump (5-11.25/1.81)
Cheryl Spring3000M (9:27.41), 5000M (16:22.30)
4x4003:35.38, Anyanwu, DeFusco, Greaves, Dorr
.....3:36.43, Anyanwu, Duncan, Dorr, Greaves
DMR11:26.40, Lane, Anyanwu, Kearins, Spring

BIG TEN INDOOR RESULTS

Big Ten Indoor Champions (111 pts)

.....*2nd Indoor Title in Program History*
.....*5th Conference Title Overall*

Big Ten Champions (First Team All-Conference)

Shavon Greaves60M (7.30), 200M (22.98) * Big Ten Meet Record
Bridget FranekMile (4:37.95)
D. Anyanwu, C. DeFusco, S. Greaves, F. Dorr
.....4x400 (3:35.38) * Big Ten Meet Record

Big Ten Silver Medalists (Second Team All-Conference)

Fawn Dorr400M (52.68)
Bridget Franek3000M (9:10.68)
.....5000M (16:09.48)

Big Ten Bronze Medalists

Caitlin DeFusco200M (23.67)
Brittany MaunHigh Jump (5-10.50/1.79)

Big Ten Award Winners

Bridget FranekTrack Athlete of the Championship
Shavon GreavesTrack Athlete of the Year
Beth Alford-SullivanWomen's Coach of the Year

AWARDS AND HONORS

USTFCCCA Mid-Atlantic Regional Award Winners

Beth Alford-SullivanWomen's Coach of the Year
Chris JohnsonWomen's Assistant Coach of the Year
Shavon GreavesWomen's Track Athlete of the Year

Big Ten Athlete of the Week Recipients

Shavon GreavesJanuary 11
Fawn DorrJanuary 18
Shavon GreavesFebruary 1
Bridget FranekFebruary 15



2010 Outdoor Top Performances

100m	11.33w (+3.1)Shavon Greaves, FLR
	11.37 (+0.0)Shavon Greaves, JO
200m	23.07 (+0.3)Shavon Greaves, FLR
400m	52.51Fawn Dorr, BT
800m	2:13.61Liz Kearins, SUN
1500m	4:18.33Bridget Franek, BT
Mile Run	4:40.65 Bridget Franek, PR
3000m	9:49.28Nicole Lord, PR
5000m	15:46.08Bridget Franek, PAY
10,000m	34:31.75Cheryl Spring, STAN
100m Hurdles	12.85 (+1.1) Aleesha Barber, FR
400m Hurdles	55.57 Fawn Dorr, FR
3000m Steeple	9:32.35 Bridget Franek, PRE
4x100m Relay	44.57S. Greaves, C. DeFusco, A. Barber, F. Dorr, FR
4x200m Relay	1:33.78C. DeFusco, S. Greaves, F. Dorr, D. Anyanwu, PR
4x400m Relay	3:30.74A. Barber, S. Greaves, D. Anyanwu, F. Dorr, NCAA
SMR	3:55.32C. DeFusco, E. Schmidt, M. Duncan, C. Lane, FLR
4x800m Relay	8:59.98N. Bower, C. Lane, L. Graybill, L. Kearins, PR
DMR	11:26.54B. Franek, M. Duncan, C. Lane, C. Spring, PR
HJ	5-9.75 (1.77)Brittany Maun, PSO
PV	12-9.50 (3.90)Jocelyn Witmer, FR
LJ	20-8 (6.30)w +3.1Bianca Fung, FR
	20-1 (6.12) +0.4Bianca Fung, PR
TJ	40-10.50 (12.46) +0.5Tanaya Lloyd, PSO
SP	41-5 (12.62)Anna Muzio, PSO
DT	141-11 (43.26)Jenna Witmer, PSO
HT	156-3 (47.62)Jenna Witmer, PSO
JAV	171-2 (52.17)Karlee McQuillen, NCAA

2010 Outdoor Schedule and Key

STAN	Stanford InvitationalMarch 26
FLR	Florida Relays (Univ. of Florida)April 2/3
SUN	Sun Angel Classic (Arizona State)April 9/10
BUCK	Bucknell Team ChallengeApril 17
PR	Penn RelaysApril 22/24
JO	Jesse Owens Classic (Ohio State)April 30/May 1
PAY	Payton Jordan Invitational (Stanford)May 1
PSO	Penn State OpenMay 7
BT	Big Ten Championships (Indiana)May 14/16
FR	NCAA First Round (NC A&T)May 27/29
NCAA	NCAA Championships (Oregon)June 9/12
USATF	USATF Jr. and Sr. Champs. (Drake)June 24/27
PRE	Prefontaine Classic (Oregon)July 3

BOLDDenotes School Record

2010 Season Highlights

IAAF WORLD JUNIOR CHAMPIONSHIPS

Evonne BrittonBronze Medalist
.....400-Meter Hurdles (57.32)
.....100-Meter Hurdles (6th, 13.50)

NCAA OUTDOOR RESULTS

NCAA Team Finish4th Place (34 pts)
.....Trophy Team * 2nd Trophy Finish Since 2008
.....Third-Straight Top 15 Finish

NCAA All Americans

Aleesha Barber, Shavon GreavesFourth, 4x400M (3:30.74)
Doris Anyanwu, Fawn Dorr
Aleesha BarberThird, 100M Hurdles (12.91)
Fawn DorrFourth, 400M Hurdles (56.75)
Bridget FranekNCAA Champion 3000m Steeple (9:38.86)
Shavon GreavesSeventh, 200M (23.75)
Karlee McQuillenThird, Javelin (171-2/52.17)

NCAA Participants

Bianca Fung23rd, Long Jump (18-9.25/5.72)
Megan Duncan15th, 400M Hurdles (58.70)
Evonne Britton23rd, 400M Hurdles (60.12)
Greaves, DeFusco, Barber, Dorr17th, 4x100M (44.99)
Jocelyn WitmerPole Vault (NH)

NCAA First Round Qualifiers

100-MetersShavon Greaves (11.33w)
200-MetersShavon Greaves (23.07), Caitlin DeFusco (23.98)
400-MetersDoris Anyanwu (54.36)
1500-MetersCaitlin Lane (4:30.40)
5000-MetersBrooklyne Ridder (16:39.25)
10,000-MetersCheryl Spring (34:31.75)
100-Meter HurdlesAleesha Barber (13.10), Evonne Britton (13.65)
400-Meter HurdlesF. Dorr (56.65), M. Duncan (57.88), E. Britton (58.79)
3000m SteeplechaseFranek (9:48.28), Lord (10:26.41), Bower (10:37.66)
4x100mGreaves, DeFusco, Barber, Dorr (44.62)
4x400mBarber, Greaves, Dorr, Anyanwu (3:33.06)
High JumpBrittany Maun, 5-9.75 (1.77)
Pole VaultCaitlin Fairbairn, 12-8.25 (3.87), Jocelyn Witmer, 12-5.50 (3.80)
Long JumpBianca Fung, 20-1 (6.12)
Triple JumpTanaya Lloyd, 40-10.50 (12.46)
JavelinKarlee McQuillen, 163-5 (49.82)

BIG TEN OUTDOOR RESULTS

Big Ten Outdoor Champions (133.50 points)

.....Third-Straight Big Ten Outdoor Title
.....Completes 2009-10 Big Ten "Triple Crown"

Big Ten Champions (First Team All-Conference)

Shavon Greaves100M (11.56), 200M (23.28)
Fawn Dorr400M (52.51); 400mH (57.50)
Bridget Franek3000m Steeplechase (9:48.28)
S. Greaves, C. DeFusco, A. Barber, F. Dorr4x100M (44.62)
M. Duncan, D. Anyanwu, S. Greaves, F. Dorr4x400M (3:35.18)

Big Ten Silver Medalists (Second Team All-Conference)

Megan Duncan400mH (57.58)
Karlee McQuillenJavelin (158-7/48.34)

Big Ten Bronze Medalists

Bridget Franek5000M (16:18.68)
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Big Ten Award Winners

Fawn DorrTrack Athlete of the Championship
Beth Alford-SullivanCoach of the Year

AWARDS AND HONORS

USTFCCCA Mid-Atlantic Regional Award Winners

Beth Alford-SullivanWomen's Coach of the Year
Chris JohnsonWomen's Assistant Coach of the Year
Fawn DorrWomen's Track Athlete of the Year

Big Ten Athlete of the Week Recipients

Shavon GreavesApril 7
Karlee McQuillenApril 28
Bridget FranekMay 12



2010 Men's Indoor Season Review

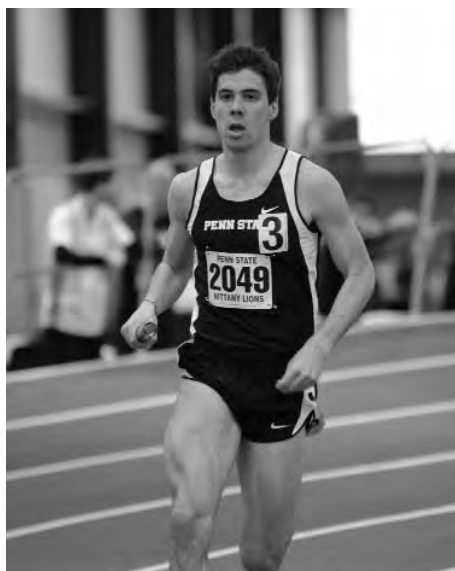
2010 Indoor Top Performances

60m	7.11	Anya Uzoh, BT
200m	21.93*	Collin Manning, BT
400m	49.90	Anya Uzoh, SS
500m	1:07.23	Aaron Nadolsky, NEC
600m	1:16.92	Casimir Loxsom, NEC
800m	1:47.32	Ryan Foster, UW
1000m	2:19.60	Ryan Foster, NEC
Mile	4:11.41	Kyle Dawson, SS
3000m	8:10.99	Vince McNally, SS
5000m	14:07.56	Kyle Dawson, UW
60mH	8.35	Jacob Librizzi, BT
4x400m Relay	3:13.45*	E. Diehm, L. Williams, C. Loxsom, R. Foster, BT
DMR	9:48.30*	O. Dawson, L. Williams, R. Foster, K. Dawson, BT
HJ	6-10.25 (2.09)	Bryson Hartzler, AKR
PV	16-8.75 (5.10)	Brad Lawrence, PSN
LJ	22-1.50 (6.74)	Dan Sandrowicz, SS
TJ	50-0.75 (15.26)	Hanif Johnson, BT
SP	63-6.25 (19.36)	Joe Kovacs, PSN
WT	59-11 (18.26)	Joe Kovacs, BT
HEPT	5300	Anya Uzoh, BT

2010 Indoor Schedule and Key

PSR	Penn State Relays	January 9
NEC	PSU Northeast Challenge	January 16
PSN	Penn State National	January 29/30
SS	Sykes-Sabock Challenge Cup	February 5/6
TYS	Tyson Invitational (Arkansas)	February 12/13
UW	Husky Classic (Washington)	February 12/13
AKR	Akron Invitational	February 12/13
BT	Big Ten Championships	February 27/28
ND	Alex Wilson Last Chance (Notre Dame)	March 5/6
VT	Virginia Tech Last Chance	March 6
NCAA	NCAA Indoor Championships	March 12/13

BOLD Denotes School Record
 * Flat Track Conversion



Ryan Foster set school records in the 800 and 1000-meters in 2010.

2010 Season Highlights

NCAA INDOOR RESULTS

NCAA Finish - T-14th (14 pts)
 Highest Indoor Finish Since 1990
 Ties for 3rd Highest Indoor Finish

NCAA All-Americans

Owen Dawson Eighth, 800M (1:49.59)
 Blake Eaton Eighth, Shot Put (60-6/18.44)
 Ryan Foster Third, 800M (1:48.79)
 Joe Kovacs Third, Shot Put (62-11.25/19.18)
 Lionel Williams 11th, 800M (1:50.80)

NCAA Participants

Casimir Loxsom 15th, 800M (1:53.99)

NCAA Automatic Qualifiers

Owen Dawson 800M (1:47.77)
 Ryan Foster 800M (1:47.32)
 Joe Kovacs Shot Put (63-6.25/19.36)
 Casimir Loxsom 800M (1:47.98)

NCAA Provisional Qualifiers

Lionel Williams 800M (1:48.53)
 Kyle Dawson 5000M (14:07.55)
 Blake Eaton Shot Put (60-10.50/18.55)

BIG TEN INDOOR RESULTS

Big Ten Team Finish - Sixth Place (51 pts)

Big Ten Champions (First Team All-Conference)

Ryan Foster 800M (1:50.43)

Big Ten Silver Medalists (Second Team All-Conference)

Hanif Johnson Triple Jump (50-0.75/15.26)
 Joe Kovacs Shot Put (61-6.75/18.76)

Big Ten Bronze Medalists

O. Dawson, L. Williams, R. Foster, K. Dawson DMR (9:51.30)

AWARDS AND HONORS

USTFCCCA Mid-Atlantic Regional Award Winners

Ryan Foster Men's Track Athlete of the Year
 Joe Kovacs Men's Field Athlete of the Year

Big Ten Athlete of the Week Recipients

Ryan Foster January 18
 Ryan Foster February 1
 Blake Eaton February 8

ADDITIONAL AWARDS AND RECORDS

Ryan Foster 800M (1:47.48)
 Australian National Indoor Record
 Ryan Foster 1000M (2:19.60)
 Australian National Indoor Record
 Casimir Loxsom 600M (1:16.92)
 World Junior Indoor Best



2010 Outdoor Top Performances

100m	10.64 (+1.9)	Collin Manning, PSO
200m	21.70w (+3.4)	Collin Manning, BUCK
	21.82 (+0.5)	Manning, PSO
400m	47.97	Casimir Loxsom, FLR
800m	1:46.57	Casimir Loxsom, IAAF
1500m	3:41.26	Ryan Foster, FLR
5000m	14:05.17	Kyle Dawson, PAY
10,000m	29:15.73	Tyler McCandless, BT
100m Hurdles	14.85	Jacob Librizzi, BT
400m Hurdles	54.46	Jacob Librizzi, PSO
3000m Steeple	9:23.14	Will Nowicki, JO
4x100m Relay	42.10	C. Manning, E. Mpanduki, J. Kowal, J. Librizzi, BT
4x400m Relay	3:11.85	E. Mpanduki, L. Williams, O. Dawson, C. Loxsom, BT
SMR	3:29.53	J. Librizzi, J. Kowal, E. Diehm, S. Havko, FLR
4x800m Relay	7:17.02	O. Dawson, C. Loxsom, L. Williams, R. Foster, PR
DMR	9:43.46	S. Borchers, L. Williams, S. Havko, V. McNally, PR
HJ	7-2.50 (2.20)	Ryan Fritz, PSO
PV	16-4.75 (5.00)	Brad Lawrence, PR
LJ	23-1.25 (7.04) +1.8	Anya Uzoh, BT
TJ	49-5.75 (15.08)	Hanif Johnson
SP	64-2.50 (19.57)	Blake Eaton, NCAA
DT	172-9 (52.65)	Joe Kovacs, BT
HT	194-7 (59.30)	Cory Eck, PSO
JAV	196-9 (59.97)	Duri Greene, JO
Decathlon	6966	Anya Uzoh, BT

2010 Outdoor Schedule and Key

STAN	Stanford Invitational	March 26
FLR	Florida Relays (Univ. of Florida)	April 2/3
SUN	Sun Angel Classic (Arizona State)	April 9/10
BUCK	Bucknell Team Challenge	April 17
PR	Penn Relays	April 22/24
JO	Jesse Owens Classic (Ohio State)	April 30/May 1
PAY	Payton Jordan Invitational (Stanford)	May 1
PSO	Penn State Open	May 7
BT	Big Ten Championships (Indiana)	May 14/16
FR	NCAA First Round (NC A&T)	May 27/29
NCAA	NCAA Championships (Oregon)	June 9/12
USATF	USATF Jr. and Sr. Champs. (Drake)	June 24/27
IAAF	IAAF World Junior Championships	July 19-25
BOLD		Denotes School Record

2010 Season Highlights

IAAF WORLD JUNIOR CHAMPIONSHIPS

Casimir LoxsomIAAF Silver Medalist
.....800-Meters (1:46.57)

NCAA OUTDOOR RESULTS

NCAA Team Finish - T-23rd (11 pts)

.....First Top 25 Finish Since 1993
.....Third Among Big Ten Schools in 2010

NCAA All Americans

Blake Eaton3rd, Shot Put (64-2.50/19.57)
Ryan Fritz4th, High Jump (7-2.50/2.20)
Tyler McCandless12th, 10,000M (29:22.85)

NCAA Participants

Ryan Foster24th, 800M (1:53.45)
Joe Kovacs18th, Shot Put (57-3/17.45)
Casimir Loxsom17th, 800M (1:49.89)

NCAA First Round Qualifiers

800-MetersCasimir Loxsom (1:46.74)
.....Ryan Foster (1:47.78)
.....Owen Dawson (1:48.85)
.....Lionel Williams (1:49.07)
1500-MetersSamuel Borchers (3:45.06)
5000-MetersKyle Dawson (14:05.17)
.....Vince McNally (14:09.24)
10,000-MetersTyler McCandless (29:15.73)
High JumpRyan Fritz, 7-2.50 (2.20)
Shot PutJoe Kovacs, 61-5.50 (18.73)
.....Blake Eaton, 60-6.75 (18.46)
DiscusJoe Kovacs, 172-9 (52.65)
.....Cory Eck, 168-9 (51.43)
HammerCory Eck, 194-7 (59.30)

BIG TEN OUTDOOR RESULTS

Big Ten Outdoor FinishSeventh (52 pts)

Big Ten Champions (First Team All-Conference)

Casimir Loxsom800M (1:48.06)
Blake EatonShot Put (60-6.75/18.46)

Big Ten Silver Medalists (Second Team All-Conference)

Joe KovacsDiscus (172-9/52.65)

Big Ten Bronze Medalists

Ryan FritzHigh Jump (6-11.50/2.12)

Big Ten Award Winners

Casimir LoxsomFreshman of the Year

AWARDS AND HONORS

USTFCCA Mid-Atlantic Regional Award Winners

John GondakMen's Assistant Coach of the Year
Casimir LoxsomMen's Track Athlete of the Year
Joe KovacsMen's Field Athlete of the Year

Big Ten Athlete of the Week Recipients

Ryan FosterApril 7
Joe KovacsApril 21
Casimir LoxsomApril 28
Casimir LoxsomMay 5
Ryan FritzMay 12



2010 Big Ten Women's Indoor Results

Big Ten Women's Indoor Championships
Horace Ashenfelter III Indoor Track
University Park, Pa., * February 27-28, 2010

WOMEN'S 60-METER DASH

1 Greaves, Shavon	JR	Penn State	7.30
2 Manning, Christina	SO	Ohio State	7.40
3 Peterson, Kylie	SO	Minnesota	7.46
4 Mann, Erica	SO	Michigan St	7.51
5 Linton, Christienne	FR	Ohio State	7.53
6 Wright, Letecia	JR	Ohio State	7.59
7 Trusty, Rhonda-Kaye	SR	Iowa	7.60
8 Robinson, Tamika	JR	Illinois	7.63

WOMEN'S 200-METER DASH

1 Greaves, Shavon	JR	Penn State	22.98*
2 Manning, Christina	SO	Ohio State	23.56
3 Defusco, Caitlin	JR	Penn State	23.67
4 Dorr, Fawn	SR	Penn State	23.75
5 Anyanwu, Doris	FR	Penn State	24.19
6 McGinnis, Shaniqua	SO	Ohio State	24.26
7 Davis, Charelise	JR	Michigan St	24.29
8 Mann, Erica	SO	Michigan St	24.36

WOMEN'S 400-METER DASH

1 McGinnis, Shaniqua	SO	Ohio State	52.65
2 Dorr, Fawn	SR	Penn State	52.68
3 Vinson, Shana	SR	Michigan	53.86
4 Kelly, Ashley	SO	Illinois	54.14
5 Anyanwu, Doris	FR	Penn State	54.25
6 Bates, Melissa	JR	Illinois	54.65
7 Galliday, Marissa	FR	Illinois	54.95
8 Butler, Rikita	SR	Minnesota	55.44

WOMEN'S 600-METER RUN

1 Beckwith, Molly	SR	Indiana	1:27.22
2 Brooks, Alena	FR	Minnesota	1:29.26
3 Caldwell, Ashley	SR	Ohio State	1:29.34
4 Praska, Bethany	JR	Iowa	1:29.35
5 Gray, Jordan	SO	Indiana	1:30.78
6 Stalzer, Rachel	SR	Purdue	1:31.14
7 Duncan, Megan	JR	Penn State	1:32.09
8 Severson, Jenna	SO	Wisconsin	1:34.78

WOMEN'S 800-METER RUN

1 Smith, Jillian	FR	Michigan	2:08.12
2 Swenson, Nikki	JR	Minnesota	2:08.56
3 Hartman, Lindsey	JR	Indiana	2:08.64
4 Hammel, Nan	SR	Purdue	2:09.23
5 Addison, Rebecca	FR	Michigan	2:09.38
6 Dittmar, Jamie	JR	Minnesota	2:09.48
7 Lane, Caitlin	SO	Penn State	2:10.37
8 Ritter, Kathryn	FR	Minnesota	2:10.80

WOMEN'S ONE MILE RUN

1 Franek, Bridget	SR	Penn State	4:37.95
2 Tauro, Danielle	JR	Michigan	4:39.97
3 Beckwith, Molly	SR	Indiana	4:40.88
4 Hardesty, Lauren	JR	Iowa	4:41.97
5 Flood, Betsy	SO	Iowa	4:42.70
6 Blanchard, Chelsea	SO	Indiana	4:43.82
7 Melander, McKenzie	SO	Iowa	4:47.17
8 Beutler, Ashley	FR	Wisconsin	4:47.18

WOMEN'S 3,000-METER RUN

1 Bizzari, Angela	SR	Illinois	9:10.16
2 Franek, Bridget	SR	Penn State	9:10.68
3 Duwell, Megan	SR	Minnesota	9:17.47
4 Laskowske, Amy	JR	Minnesota	9:31.3457
5 Robinson, Wendi	SR	Indiana	9:31.3487
6 Sutherland, Kristin	SO	Illinois	9:34.07
7 Boyle, Elizabeth	JR	Illinois	9:37.35
8 Babcock, Jessica	SR	Penn State	9:37.65

WOMEN'S 5,000-METER RUN

1 Bizzari, Angela	SR	Illinois	16:06.88
2 Franek, Bridget	SR	Penn State	16:09.48
3 Duwell, Megan	SR	Minnesota	16:12.96
4 Peale, Caitlyn	JR	Michigan	16:22.73
5 Laskowske, Amy	JR	Minnesota	16:30.09
6 Robinson, Wendi	SR	Indiana	16:30.95
7 Pease, Sarah	JR	Indiana	16:36.15
8 Grinaker, Hanna	JR	Wisconsin	16:40.47

WOMEN'S 60-METER HURDLES

1 Manning, Christina	SO	Ohio State	8.25
2 Wright, Letecia	JR	Ohio State	8.32
3 Farley, Karessa	JR	Iowa	8.33
4 Lumbus, Charnee	JR	Michigan	8.35
5 Purvis, Julian	SO	Michigan	8.43
6 Arriguzo, Leslie	SO	Michigan St	8.48
7 Linton, Christienne	FR	Ohio State	8.73
- Robinson, Tamika	JR	Illinois	DNF

WOMEN'S 4X400-METER RELAY

1 Penn State	3:35.38*
2 Illinois	3:37.16
3 Ohio State	3:38.88
4 Michigan	3:39.31
5 Minnesota	3:43.07
6 Indiana	3:44.30
7 Iowa	3:44.43
8 Wisconsin	3:45.69

WOMEN'S DISTANCE MEDLEY RELAY

1 Michigan	11:21.55
2 Minnesota	11:23.88
3 Iowa	11:25.01
4 Penn State	11:26.40
5 Ohio State	11:32.80
6 Wisconsin	11:34.75
7 Purdue	11:36.16
8 Illinois	11:38.66

WOMEN'S HIGH JUMP

1 Rhoades, Ashley	SR	Indiana	1.85m	6-00.75
2 Seidl, Megan	SR	Wisconsin	1.82m	5-11.50
3 Maun, Brittany	JR	Penn State	1.79m	5-10.50
4 Breslin, Emily	SR	Purdue	1.79m	5-10.50
5 Bacchus, Caleigh	SR	Iowa	1.76m	5-09.25
6 Buchholtz, Rebecca	SO	Michigan St	1.76m	5-09.25
7 Flood, Kate	JR	Wisconsin	1.76m	5-09.25
7 Jakutyte, Monika	SO	Wisconsin	1.76m	5-09.25

WOMEN'S POLE VAULT

1 Rue, Alicia	SR	Minnesota	4.35m	14-03.25
2 Sonnenberg, Sam	JR	Minnesota	4.20m	13-09.25
3 Neumann, Brianna	SR	Purdue	4.10m	13-05.25
4 Chin, Stephanie	JR	Indiana	4.05m	13-03.50
5 Fairbairn, Caitlin	JR	Penn State	3.95m	12-11.50
6 Ahbe, Kelsie	FR	Indiana	3.95m	12-11.50
7 Witmer, Jocelyn	SO	Penn State	3.95m	12-11.50
8 Smith, Ashley	JR	Michigan St	3.85m	12-07.50

WOMEN'S LONG JUMP

1 Madison, Christina	SR	Purdue	6.21m	20-04.50
2 Robinson, Chavon	SR	Wisconsin	6.10m	20-00.25
3 Eber, Leah	JR	Purdue	5.89m	19-04.00
4 Akinniyi, Dorcas	SO	Wisconsin	5.89m	19-04.00
5 Willis, Todea-Kay	SO	Minnesota	5.85m	19-02.50
6 Beckford-Stewart, A.	SR	Illinois	5.80m	19-00.50
7 Mack, Rachael	FR	Ohio State	5.78m	18-11.75
8 Ugwoaba, Nkeiru	SR	Purdue	5.73m	18-09.75

WOMEN'S TRIPLE JUMP

1 Robinson, Chavon	SR	Wisconsin	12.87m	42-02.75
2 Ugwoaba, Nkeiru	SR	Purdue	12.63m	41-05.25
3 Madison, Christina	SR	Purdue	12.58m	41-03.25
4 McKinney, Kelcey	SO	Ohio State	12.45m	40-10.25
5 Helgren, Jordan	SO	Wisconsin	12.25m	40-02.25
6 Lloyd, Tanaya	SO	Penn State	12.22m	40-01.25
7 Bell, Courtney	SO	Penn State	12.20m	40-00.50
8 Brooks, Kawanna	FR	Illinois	12.10m	39-08.50

WOMEN'S SHOT PUT

1 Evans, Aja	SR	Illinois	17.08m	56-00.50
2 Sherrill, Faith	JR	Indiana	15.86m	52-00.50
3 Wannemacher, Stacey	SR	Purdue	15.86m	52-00.50
4 Anderson, Terri	SO	Purdue	15.52m	50-11.00
5 Liske, Allison	JR	Michigan	15.36m	50-04.75
6 Lawrence, Ashley	JR	Michigan St	15.08m	49-05.75
7 Hoepfner, Amanda	SR	Wisconsin	15.07m	49-05.50
8 Boyer, Jasmine	FR	Wisconsin	14.76m	48-05.25

WOMEN'S 20-POUND WEIGHT

1 Sherrill, Faith	JR	Indiana	20.35m	66-09.25
2 Wannemacher, Stacey	SR	Purdue	19.58m	64-03.00
3 Verpill, Johanne	SR	Wisconsin	19.21m	63-00.25
4 Lawrence, Ashley	JR	Michigan St	18.75m	61-06.25
5 Crawford, Kristen	JR	Indiana	18.35m	60-02.50
6 Fritz, Rebecca	SO	Wisconsin	18.29m	60-00.25
7 Mullen, Maggie	SO	Ohio State	18.23m	59-09.75
8 Daniels, Catherine	SO	Michigan St	18.12m	59-05.50

WOMEN'S PENTATHLON

1 Akinniyi, Dorcas	SO	Wisconsin	3979
2 Beckford-Stewart, A.	SR	Illinois	3841
3 Buchholtz, Rebecca	SO	Michigan St	3774
4 Flax, Jessica	SO	Wisconsin	3754
5 Gray, Alana	JR	Ohio State	3670
6 Galbraith, Ashley	SO	Ohio State	3600
7 Morris, Laura	JR	Indiana	3598
8 Couts, Kelsey	FR	Penn State	3201

* - Denotes Big Ten Meet Record

WOMEN'S TEAM RANKINGS

1) Penn State	111	2) Ohio State	88
3) Indiana	83	4) Minnesota	82
5) Wisconsin	72	6) Purdue	71
7) Illinois	67	8) Michigan	61
9) Iowa	36	10) Michigan State	30

2010 Big Ten Women's Outdoor Results



Big Ten Outdoor Championships Bloomington, Ind. *Mary 14-16, 2010

WOMEN'S 100-METER DASH

1. Greaves, Shavon	JR	Penn State	11.56
2. Peterson, Kylie	SO	Minnesota	11.74
3. Manning, Christina	SO	Ohio State	11.77
4. Mann, Erica	JR	Michigan State	11.86
5. Davis, Charelise	JR	Michigan State	11.91
6. Trusty, Rhonda-Kaye	SR	Iowa	11.94
7. Wright, Leticia	JR	Ohio State	11.98
8. Thomas, Adrienne	SO	Minnesota	12.00

WOMEN'S 200-METER DASH

1. Greaves, Shavon	JR	Penn State	23.28
2. Davis, Charelise	JR	Michigan State	23.78
3. Trusty, Rhonda-Kaye	SR	Iowa	23.92
4. DeFusco, Caitlin	JR	Penn State	23.98
5. Kelly, Ashley	SO	Illinois	24.00
6. Mann, Erica	JR	Michigan State	24.34
7. Smith, Kayla	FR	Illinois	24.52
8. Bates, Melissa	JR	Illinois	24.54

WOMEN'S 400-METER DASH

1. Dorr, Fawn	SR	Penn State	52.51
2. McGinnis, Shaniqua	SO	Ohio State	52.84
3. Kelly, Ashley	SO	Illinois	53.07
4. Vinson, Shana	SR	Michigan	53.70
5. Anyanwu, Doris	FR	Penn State	54.36
6. Sanderson, Latoya	SR	Ohio State	54.57
7. Golliday, Marissa	FR	Illinois	54.64
8. Barber, Aleesha	SR	Penn State	54.65

WOMEN'S 800-METER RUN

1. Beckwith, Molly	SR	Indiana	2:04.11
2. Anderson, Gabriele	SR	Minnesota	2:06.77
3. Hartman, Lindsey	JR	Indiana	2:07.39
4. Hammel, Nan	SR	Purdue	2:07.78
5. Swenson, Nikki	JR	Minnesota	2:08.17
6. Dittmar, Jamie	JR	Minnesota	2:08.72
7. Baker, Ashley	JR	Indiana	2:08.96
8. Elenbaas, Leah	SR	Michigan State	2:09.32

WOMEN'S 1500-METER RUN

1. Bizzari, Angela	SR	Illinois	4:15.42
2. Anderson, Gabriele	SR	Minnesota	4:15.43
3. Flood, Betsy	SO	Iowa	4:17.75
4. Franek, Bridget	SR	Penn State	4:18.33
5. MacLeod, Emily	JR	Michigan State	4:18.50
6. Melander, McKenzie	SO	Iowa	4:21.18
7. Swenson, Nikki	JR	Minnesota	4:21.61
8. Hardesty, Lauren	JR	Iowa	4:22.81

WOMEN'S 5,000-METER RUN

1. Bizzari, Angela	SR	Illinois	16:12.35
2. MacLeod, Emily	JR	Michigan State	16:16.74
3. Franek, Bridget	SR	Penn State	16:18.68
4. Pease, Sarah	JR	Indiana	16:24.02
5. Duwell, Megan	SR	Minnesota	16:27.06
6. Flood, Betsy	SO	Iowa	16:34.26
7. Hardesty, Amanda	JR	Iowa	16:37.01
8. Lane, Caitlin	SO	Penn State	16:39.18

WOMEN'S 10,000-METER RUN

1. Duwell, Megan	SR	Minnesota	34:02.12
2. Laskowske, Amy	JR	Minnesota	34:04.29
3. Comfort, Caitlin	FR	Wisconsin	34:26.35
4. Van Ness, Mallory	SR	Minnesota	34:45.98
5. Williams, Katie	SR	Ohio State	34:48.26
6. Foster, Sarah	JR	Ohio State	34:53.82
7. Robinson, Wendt	SR	Indiana	34:58.00
8. Boyle, Elizabeth	JR	Illinois	35:00.39

WOMEN'S 100-METER HURDLES

1. Barber, Aleesha	SR	Penn State	13.11
2. Robinson, Tamika	JR	Illinois	13.29
3. Wright, Leticia	JR	Ohio State	13.42
4. Lumbus, Charnee	JR	Michigan	13.44
5. Purvis, Julian	SO	Michigan	13.68
6. Stasiunaite, Egle	JR	Wisconsin	13.85
7. Britton, Evonne	FR	Penn State	13.85
8. Ariniguzo, Leslie	SO	Michigan State	14.00

WOMEN'S 400-METER HURDLES

1. Dorr, Fawn	SR	Penn State	57.50
2. Duncan, Megan	JR	Penn State	57.88
3. Griffith, Latoya	SO	Illinois	58.54
4. Stasiunaite, Egle	JR	Wisconsin	58.59
5. Stalpes, Kelly	SO	Minnesota	59.65
6. Britton, Evonne	FR	Penn State	59.67
7. Severson, Jenna	SO	Wisconsin	59.84
8. Neville, Jennifer	JR	Michigan	1:00.49

WOMEN'S 3,000-METER STEEPLECHASE

1. Franek, Bridget	SR	Penn State	9:48.28
2. Pease, Sarah	JR	Indiana	9:59.16
3. Klaczynski, Sarah	SR	Purdue	10:23.28
4. Groenewoud, C.	JR	Illinois	10:23.29
5. Lord, Nicole	FR	Penn State	10:26.41
6. Engel, Caitlin	SO	Indiana	10:31.27
7. Mensing, Felicitas	SR	Minnesota	10:34.62
8. Aufmann, Maddie	FR	Illinois	10:35.10

WOMEN'S 4x100-METER RELAY

1. Penn State	44.62
2. Illinois	44.89
3. Ohio State	44.91
4. Michigan State	45.54
5. Iowa	45.91
6. Michigan	46.61
7. Wisconsin	46.68
8. Purdue	46.76

WOMEN'S 4X400-METER RELAY

1. Penn State	3:35.18
2. Ohio State	3:35.61
3. Illinois	3:37.39
4. Indiana	3:42.22
5. Minnesota	3:42.55
6. Michigan	3:42.89
7. Michigan State	3:44.44
8. Iowa	3:44.46

WOMEN'S HIGH JUMP

1. Buchholz, Rebecca	SO	Michigan State	1.80m	5' 10.75"
2. Rhoades, Ashley	SR	Indiana	1.80m	5' 10.75"
3. Breslin, Emily	JR	Purdue	1.77m	5' 9.75"
3. Jakubyte, Monika	SO	Wisconsin	1.77m	5' 9.75"
5. Seidl, Megan	SR	Wisconsin	1.77m	5' 9.75"
6. Bacchus, Caleigh	SR	Iowa	1.77m	5' 9.75"
7. Galbraith, Ashley	SO	Ohio State	1.77m	5' 9.75"
8. Devine, Natalie	JR	Minnesota	1.74m	5' 8.5"

WOMEN'S POLE VAULT

1. Soceka, Jenny	SR	Wisconsin	4.10m	13' 5.25"
2. Ahbe, Kelsie	FR	Indiana	4.00m	13' 1.5"
3. Rue, Alicia	SR	Minnesota	4.00m	13' 1.5"
4. Smith, Ashley	JR	Michigan State	3.90m	12' 9.5"
5. Sonnenberg, Sam	JR	Minnesota	3.90m	12' 9.5"
6. Pijkerton, Becca	SO	Minnesota	3.90m	12' 9.5"
7. Witmer, Jocelyn	SO	Penn State	3.75m	12' 3.5"
7. Williams, Laura	SR	Indiana	3.75m	12' 3.5"

WOMEN'S LONG JUMP

1. Willis, Todea-Kay	FR	Minnesota	6.33m	20' 9.25"
2. Eber, Leah	JR	Purdue	6.16m	20' 2.5"
3. Robinson, Chavon	SR	Wisconsin	6.09m	19' 11.75"
4. Thomas, Adrienne	SO	Minnesota	6.00m	19' 8.25"
5. McKinney, Kelcey	SO	Ohio State	5.98m	19' 7.5"
6. Akinjiyi, Dorcas	JR	Wisconsin	5.89m	19' 4"
7. Fung, Bianca	JR	Penn State	5.79m	19' 0"
8. Coleman, Jacqueline	SR	Indiana	5.77m	18' 11.25"

WOMEN'S TRIPLE JUMP

1. Ugwoaba, Nkeiru	SR	Purdue	12.95m	42' 6"
2. Robinson, Chavon	SR	Wisconsin	12.77m	41' 10.75"
3. Helgren, Jordan	SO	Wisconsin	12.66m	41' 6.5"
4. McKinney, Kelcey	SO	Ohio State	12.47m	40' 11"
5. Brazil, LaQuita	SR	Wisconsin	12.44m	40' 9.75"
6. Lloyd, Tanaya	SO	Penn State	12.21m	40' 0.75"
7. Unachukwu, Ada	FR	Michigan	12.21m	40' 0.75"
8. Coleman, Jacqueline	SR	Indiana	12.18m	39' 11.5"

WOMEN'S SHOT PUT

1. Sherrill, Faith	JR	Indiana	17.03m	55' 10.5"
2. Evans, Aja	SR	Illinois	16.77m	55' 0.25"
3. Anderson, Terri	SO	Purdue	15.66m	51' 4.5"
4. Liske, Allison	SO	Michigan	15.15m	49' 8.5"
5. Smith, Taylor	FR	Wisconsin	15.07m	49' 5.5"
6. Boyer, Jasmine	FR	Wisconsin	14.81m	48' 7.25"
7. Pendleton, Emily	JR	Michigan	14.40m	47' 3"
8. Lawrence, Ashley	JR	Michigan State	14.29m	46' 10.75"

WOMEN'S DISCUS

1. Pendleton, Erin	FR	Michigan	56.31m	184' 9"
2. Pendleton, Emily	JR	Michigan	54.57m	179' 0"
3. Anderson, Terri	SO	Purdue	52.28m	171' 6"
4. Sherrill, Faith	JR	Indiana	50.47m	165' 7"
5. Tzanakis, Nicole	JR	Minnesota	50.03m	164' 2"
6. Cagle, Jessica	FR	Minnesota	49.71m	163' 1"
7. Lawrence, Ashley	JR	Michigan State	49.24m	161' 6"
8. Medenwaldt, Tiffany	SO	Iowa	48.69m	159' 9"

WOMEN'S HAMMER

1. Hahn, DeAnne	SO	Minnesota	56.60m	185' 8"
2. Pendleton, Emily	JR	Michigan	55.86m	183' 3"
3. Mullen, Maggie	SO	Ohio State	55.24m	181' 3"
4. Sherrill, Faith	JR	Indiana	55.10m	180' 9"
5. Rohl, Beth	FR	Michigan State	53.82m	176' 7"
6. Ness, Kristen	SR	Indiana	53.80m	176' 6"
7. Thomas, Alexis	FR	Ohio State	52.98m	173' 10"
8. Medenwaldt, Tiffany	SO	Iowa	51.99m	170' 7"

WOMEN'S JAVELIN

1. Mullen, Maggie	SO	Ohio State	50.65m	166' 2"
2. McQuillen, Karlee	JR	Penn State	48.34m	158' 7"
3. Betz, Emily	FR	Minnesota	40.18m	131' 10"
4. Rennhack, Megan	SO	Wisconsin	37.15m	121' 10"
5. Cutter, Mackenzie	JR	Indiana	37.04m	121' 6"
6. Flax, Jessica	SO	Wisconsin	37.02m	121' 5"
7. Gilbert, Elaine	SO	Purdue	36.00m	118' 1"
8. Massop, Sunni	SO	Wisconsin	35.10m	115' 2"

WOMEN'S HEPATHLON

1. Akinjiyi, Dorcas	FR	Wisconsin	5584
2. Beckford-Stewart, A.	SR	Illinois	5272
3. Flax, Jessica	SO	Wisconsin	5253
4. Soceka, Jenny	SR	Wisconsin	4998
5. Galbraith, Ashley	SO	Ohio State	4851
6. Woodard, Courtney	FR	Indiana	4838
7. Morris, Laura	JR	Indiana	4688
8. Washington, Kelly	JR	Illinois	4678

WOMEN'S TEAM SCORES

1) Penn State	133.5	2) Minnesota	123
3) Wisconsin	101.5	4) Indiana	92.5
5) Illinois	87	6) Ohio State	79
7) Michigan State	63	8) Michigan	56
9) Purdue	49.5	10) Iowa	34



2010 Big Ten Men's Indoor Results

Big Ten Men's Indoor Championships Minneapolis, Minn.* February 27-28, 2010

MEN'S 60-METER DASH

1. Crawford, Shane	JR	Purdue	6.66
2. Riley, Andrew	SO	Illinois	6.74
3. Pipkin, Devin	JR	Indiana	6.75
4. Butler, Kind	SO	Indiana	6.82
5. Richardson, D'Juan	SO	Iowa	6.83
6. Azie, Stanley	JR	Illinois	6.87
7. King, Sean	FR	Minnesota	6.88
8. Robinson, Stephen	SR	Ohio State	6.90

MEN'S 200-METER DASH

1. Robinson, Stephen	SR	Ohio State	21.57
2. Murdaugh, Thomas	SO	Ohio State	21.70
3. Leuenberger, Curtis	SR	Ohio State	21.76
4. Willey, Mike	SO	Purdue	21.77
5. Jefferson, Kyle	SO	Wisconsin	21.82
6. Robertson, Gavin	FR	Wisconsin	21.98
7. Richardson, D'Juan	SO	Iowa	22.01
8. Wells, Shane	SO	Michigan State	22.12

MEN'S 400-METER DASH

1. Murdaugh, Thomas	SO	Ohio State	46.67
2. Willey, Steven	JR	Iowa	47.48
3. Smith, Korbin	FR	Ohio State	48.49
4. Dibbern, Kevin	FR	Iowa	48.73
5. Daniel, Shane	SO	Illinois	48.79
6. Baisden, Rob	FR	Ohio State	48.91
7. Vamer, Ray	SR	Iowa	49.03
8. Jones, Daniel	JR	Illinois	49.26

MEN'S 600-METER RUN

1. Abda, Harun	FR-1	Minnesota	1:17.76
2. Stroman, Logan	SR-4	Minnesota	1:18.19
3. Beth, Zach	JR-3	Wisconsin	1:18.22
4. Sowinski, Erik	SO-2	Iowa	1:18.50
5. Pachuta, David	SO-2	Minnesota	1:18.76
6. Loxsom, Casimir	FR-1	Penn State	1:19.13
7. Williams, Lionel	JR-3	Penn State	1:19.17
8. Kuczwar, Nick	SO-2	Iowa	1:19.71

MEN'S 800-METER RUN

1. Foster, Ryan	JR	Penn State	1:50.43
2. Rucks, Luke	JR	Wisconsin	1:51.38
3. Burksstrand, Travis	FR	Minnesota	1:51.56
4. Palmer, Jacob	SO	Purdue	1:51.84
5. Hairston, Adam	SR	Iowa	1:51.85
6. McFarland, Joe	SO	Minnesota	1:52.72
7. White, Dan	JR	Ohio State	1:53.81
8. Dawson, Owen	JR	Penn State	1:53.85

MEN'S MILE RUN

1. Blankenship, Ben	SO	Minnesota	4:05.64
2. Bayer, Andrew	FR	Indiana	4:05.91
3. See, Jeff	SR	Ohio State	4:06.39
4. Miller, Craig	SR	Wisconsin	4:06.42
5. Bolas, Jack	SR	Wisconsin	4:07.35
6. Thode, Jeff	FR	Iowa	4:09.19
7. Richardson, Andy	SO	Minnesota	4:12.17
8. Hilsen, Paul	SO	Minnesota	4:13.04

MEN'S 3,000-METER RUN

1. See, Jeff	SR	Ohio State	8:06.46
2. Green, Adam	JR	Ohio State	8:09.07
3. Rombough, Chris	SR	Minnesota	8:10.11
4. Connor, Reed	FR	Wisconsin	8:10.75
5. Hubers, Ben	SO	Indiana	8:11.25
6. Poore, Andrew	SO	Indiana	8:12.98
7. Sovacool, Patrick	FR	Ohio State	8:13.83
8. Beatty, Spencer	JR	Michigan State	8:15.32

MEN'S 5,000-METER RUN

1. Peacock, Landon	JR	Wisconsin	14:11.94
2. Darling, Maverick	FR	Wisconsin	14:12.50
3. Poore, Andrew	SO	Indiana	14:13.64
4. Rombough, Chris	SR	Minnesota	14:17.23
5. Torchia, Mike	SO	Minnesota	14:17.33
6. McCandless, Tyler	SR	Penn State	14:21.50
7. Sovacool, Patrick	FR	Ohio State	14:23.28
8. Mayhew, Zachary	FR	Indiana	14:26.05

MEN'S 60-METER HURDLES

1. Riley, Andrew	SO	Illinois	7.81
2. Larkin, Nate	SR	Wisconsin	7.98
3. Wells, Shane	SO	Michigan State	8.00
4. Buchanon, Carl	JR	Michigan	8.01
5. Mullen, Jordan	FR	Iowa	8.02
6. McCampbell, Nicholas	JR	Michigan	8.08
7. Hembrough, Josh	JR	Purdue	8.13
8. Francois, Jonathan	SR	Ohio State	8.20

MEN'S 4X400-METER RELAY

1. Ohio State	3:11.18
2. Iowa	3:12.00
3. Wisconsin	3:12.96
4. Minnesota	3:13.57
5. Illinois	3:14.21
6. Penn State	3:15.85
7. Michigan State	3:16.27
8. Purdue	3:17.68

MEN'S DISTANCE MEDLEY RELAY

1. Wisconsin	9:47.96
2. Michigan	9:50.15
3. Penn State	9:51.30
4. Iowa	9:52.71
5. Purdue	9:52.84
6. Ohio State	9:53.31
7. Michigan State	9:54.53
8. Indiana	10:03.38

MEN'S HIGH JUMP

1. Drouin, Derek	SO	Indiana	2.26m	7' 5"
2. Fisher, Matt	SR	Minnesota	2.20m	7' 2.5"
3. Shroka, Greg	SR	Illinois	2.17m	7' 1.5"
4. Davis, Geoffrey	FR	Purdue	2.14m	7' 0.25"
5. Adesanya, Adetayo	SR	Purdue	2.11m	6' 11"
6. Valdes, Graham	JR	Iowa	2.11m	6' 11"
7. Taylor, Collin	FR	Wisconsin	2.11m	6' 11"
8. Schneider, Kurt	FR	Michigan State	2.11m	6' 11"

MEN'S POLE VAULT

1. Peterson, Ben	JR	Minnesota	5.35m	17' 6.5"
2. Sparks, Eric	SR	Purdue	5.30m	17' 4.5"
3. Spandl, Brock	JR	Minnesota	5.20m	17' 0.75"
4. Plencner, Joe	SR	Minnesota	5.10m	16' 8.75"
5. Lynch, Logan	JR	Michigan State	5.10m	16' 8.75"
6. Nickles, Heath	FR	Ohio State	5.00m	16' 4.75"
6. Szmanda, Jack	FR	Minnesota	5.00m	16' 4.75"
8. Thoman, Chris	JR	Purdue	4.90m	16' 0.75"

MEN'S LONG JUMP

1. Peddlar, Robert	SO	Michigan	7.32m	24' 0.25"
2. Kirtz, Chris	JR	Purdue	7.21m	23' 8"
3. Smith, Korbin	FR	Ohio State	7.21m	23' 8"
4. Fagbemi, Oladipo	FR	Minnesota	7.20m	23' 7.5"
5. Adesanya, Adetayo	SR	Purdue	7.15m	23' 5.5"
6. Riley, Andrew	SO	Illinois	7.02m	23' 0.5"
7. MacDonald, Stephen	SO	Ohio State	7.01m	23' 0"
8. Hudson, Cedric	JR	Indiana	6.98m	22' 11"

MEN'S TRIPLE JUMP

1. Foster, Kyrion	SR	Michigan State	15.69m	51' 5.75"
2. Johnson, Hanif	FR	Penn State	15.26m	50' 0.75"
3. Olamigoke, Oluamide	SO	Indiana	15.16m	49' 9"
4. Fagbemi, Oladipo	FR	Minnesota	15.13m	49' 7.75"
5. Adesanya, Adetayo	SR	Purdue	15.03m	49' 3.75"
6. Sandrowicz, Dan	FR	Penn State	15.02m	49' 3.5"
7. Peddlar, Robert	SO	Michigan	15.00m	49' 2.5"
8. Lifshitz, Oz	SO	Illinois	14.92m	48' 11.5"

MEN'S SHOT PUT

1. Studt, Aaron	SR-4	Minnesota	19.37m	63' 6.75"
2. Kovacs, Joe	JR-3	Penn State	18.76m	61' 6.75"
3. Hardcastle, Bill	JR-3	Purdue	18.07m	59' 3.5"
4. Davis, Trey	SO-2	Minnesota	17.51m	57' 5.5"
5. Branch, Tyler	SO-2	Ohio State	17.41m	57' 1.5"
6. DeChant, Matt	SO-2	Ohio State	17.39m	57' 0.75"
7. Lamparek, Ryan	SO-2	Iowa	17.32m	56' 10"
8. Pruitt, Sean	SR-4	Michigan	17.26m	56' 7.5"

MEN'S 35-POUND WEIGHT THROW

1. Studt, Aaron	SR	Minnesota	20.35m	66' 9.25"
2. Pruitt, Sean	SR	Michigan	20.23m	66' 4.5"
3. Pugh, Lonnie	FR	Michigan State	19.73m	64' 8.75"
4. DeChant, Matt	SO	Ohio State	19.64m	64' 5.25"
5. Hegerle, Micah	FR	Minnesota	19.57m	64' 2.5"
6. Wentzel, Brad	SO	Michigan State	19.53m	64' 1"
7. Gillespie, Jay	SO	Michigan State	19.45m	63' 9.75"
8. Gehring, Bill	FR	Ohio State	18.64m	61' 2"

MEN'S HEPTATHLON

1. McGinnis, R.J.	SR	Minnesota	5708
2. Szmanda, Jack	FR	Minnesota	5643
3. Spandl, Brock	JR	Minnesota	5629
4. Shotwell, Frank	SR	Michigan	5366
5. Uzoh, Anya	SO	Penn State	5300
6. Miller, Cliff	SO	Michigan State	5293
7. Grzesiak, Dave	SO	Wisconsin	5265
8. Nickles, Heath	FR	Ohio State	5254

MEN'S TEAM RANKINGS

1) Minnesota	160.5	2) Ohio State	112.5
3) Wisconsin	81	3) Purdue	67
5) Iowa	56	6) Indiana	51
6) Penn State	51	8) Michigan	42
9) Michigan State	41	10) Illinois	40

2010 Big Ten Men's Outdoor Results



Big Ten Outdoor Championships Bloomington, Ind. *Mary 14-16, 2010

MEN'S 100-METER DASH

1. Riley, Andrew	SO	Illinois	10.54
2. Sayon, Zeke	JR	Iowa	10.64
3. Butler, Kind	SO	Indiana	10.68
4. Azie, Stanley	SO	Illinois	10.71
5. Robinson, Stephen	SR	Ohio State	10.73
6. Pipkin, Devin	JR	Indiana	10.75
7. Terrell, Matthew	FR	Ohio State	10.84
8. Ratomski, Yury	JR	Michigan State	10.99

MEN'S 200-METER DASH

1. Robinson, Stephen	SR	Ohio State	21.18
2. Robertson, Gavin	FR	Wisconsin	21.38
3. Butler, Kind	SO	Indiana	21.41
4. Willey, Steven	JR	Iowa	21.55
5. Azie, Stanley	SO	Illinois	21.58
6. Leuenberger, Curtis	SR	Ohio State	21.72
7. Richards, Patrick	SO	Iowa	21.89
8. Ratomski, Yury	JR	Michigan State	22.01

MEN'S 400-METER DASH

1. Willey, Steven	JR	Iowa	46.12
2. Murdaugh, Thomas	SO	Ohio State	46.53
3. Groce, James	SR	Wisconsin	46.71
4. Jefferson, Kyle	SO	Wisconsin	47.03
5. Barton, Chris	JR	Iowa	47.21
6. Richards, Patrick	SO	Iowa	47.67
7. Woodard, Brandon	SR	Ohio State	47.78
8. Smith, Korbin	FR	Ohio State	47.92

MEN'S 800-METER RUN

1. Loxsom, Casimir	FR	Penn State	1:48.06
2. Beth, Zach	JR	Wisconsin	1:49.15
3. Burkstrand, Travis	FR	Minnesota	1:49.30
4. Abda, Harun	FR	Minnesota	1:49.36
5. Sowinski, Erik	SO	Iowa	1:49.39
6. Pachuta, David	SO	Minnesota	1:49.67
7. Palmer, Jacob	SO	Purdue	1:49.69
8. Beard, Brian	SR	Illinois	1:50.27

MEN'S 1,500-METER RUN

1. Bolas, Jack	SR	Wisconsin	3:43.79
2. Miller, Craig	SR	Wisconsin	3:44.00
3. Blankenship, Ben	JR	Minnesota	3:44.21
4. See, Jeff	SR	Ohio State	3:44.69
5. Borchers, Samuel	JR	Penn State	3:45.06
6. Hubers, Ben	SO	Indiana	3:46.04
7. McAlary, Josh	FR	Michigan State	3:46.68
8. Finnerty, Rob	FR	Wisconsin	3:47.47

MEN'S 5,000-METER RUN

1. Poore, Andrew	SO	Indiana	13:49.23
2. Rombough, Chris	SR	Minnesota	13:52.48
3. Darling, Maverick	FR	Wisconsin	13:55.72
4. See, Jeff	SR	Ohio State	13:58.22
5. Ahmed, Mohammed	FR	Wisconsin	14:02.04
6. Torchia, Mike	SO	Minnesota	14:04.02
7. Hubers, Ben	SO	Indiana	14:09.00
8. McNally, Vince	SO	Penn State	14:09.24

MEN'S 10,000-METER RUN

1. Ahmed, Mohammed	FR	Wisconsin	29:03.71
2. Rombough, Chris	SR	Minnesota	29:10.67
3. Mickow, Colin	SO	Illinois	29:10.74
4. Krause, Elliot	FR	Wisconsin	29:12.53
5. Peacock, Landon	JR	Wisconsin	29:15.63
6. McCandless, Tyler	SR	Penn State	29:15.73
7. Mayhew, Zachary	FR	Indiana	29:26.01
8. Grosskopf, Patrick	JR	Michigan State	29:28.18

MEN'S 110-METER HURDLES

1. Riley, Andrew	SO	Illinois	14.18
2. Larkin, Nate	SR	Wisconsin	14.24
3. Wells, Shane	SO	Michigan State	14.36
4. Wisslead, Cody	JR	Illinois	14.55
5. McCampbell, Nicholas	JR	Michigan	14.58
6. Drouin, Derek	SO	Indiana	14.70
7. Gross, Adam	SO	Wisconsin	14.77
8. Michael, Keenan	FR	Michigan State	14.79

MEN'S 400-METER HURDLES

1. Varner, Ray	SR	Iowa	50.61
2. Simms, Elon	SR	Ohio State	50.87
3. Wisslead, Cody	JR	Illinois	51.05
4. Michael, Keenan	FR	Michigan State	51.25
5. Buchanan, Carl	JR	Michigan	51.31
6. Roberts, Aaron	JR	Ohio State	51.61
7. Richardson, D'Juan	SO	Iowa	52.14
8. Hamilton, Jake	JR	Michigan State	52.29

3,000-METER STEEPLECHASE

1. Turner, De'Sean	SO	Indiana	8:43.72
2. Poore, Andrew	SO	Indiana	8:44.10
3. Beatty, Spencer	JR	Michigan State	8:46.81
4. Forsy, Craig	JR	Michigan	8:48.18
5. Simoneau, Aaron	SO	Michigan State	8:49.20
6. Green, Adam	JR	Ohio State	8:54.21
7. Engnell, Kyle	SO	Illinois	8:58.31
8. Thomas, Phil	SO	Wisconsin	8:58.85

MEN'S 4X100-METER RELAY

1. Wisconsin	40.15
2. Illinois	40.26
3. Iowa	40.55
4. Ohio State	40.70
5. Indiana	40.72
6. Minnesota	41.07
7. Michigan	41.19
8. Purdue	41.45

MEN'S 4X400-METER RELAY

1. Ohio State	3:05.96
2. Iowa	3:07.75
3. Michigan	3:08.48
4. Minnesota	3:08.66
5. Wisconsin	3:09.59
6. Illinois	3:10.56
7. Penn State	3:11.85
8. Michigan State	3:15.38

MEN'S HIGH JUMP

1. Drouin, Derek	SO	Indiana	2.21m	7' 3"
2. Davis, Geoffrey	FR	Purdue	2.12m	6' 11.5"
3. Fritz, Ryan	SR-4	Penn State	2.12m	6' 11.5"
4. Fisher, Matt	SR-4	Minnesota	2.12m	6' 11.5"
5. Moe, Lance	SR-4	Purdue	2.09m	6' 10.25"
6. Shroka, Greg	SR-4	Illinois	2.09m	6' 10.25"
7. Taylor, Collin	FR-1	Wisconsin	2.09m	6' 10.25"
8. Herron, Jeffery	SO-2	Iowa	2.06m	6' 9"

MEN'S POLE VAULT

1. Peterson, Ben	JR	Minnesota	5.40m	17' 8.5"
2. Sparks, Eric	SR	Purdue	5.30m	17' 4.5"
3. Spandl, Brock	JR	Minnesota	5.20m	17' 0.75"
4. Coover, Jeffrey	SR	Indiana	5.10m	16' 8.75"
5. Campbell, Kyle	FR	Purdue	5.00m	16' 4.75"
6. Lynch, Logan	JR	Michigan State	5.00m	16' 4.75"
7. Nickles, Heath	FR	Ohio State	4.90m	16' 0.75"
8. Mattix, Codi	FR	Michigan State	4.90m	16' 0.75"

MEN'S LONG JUMP

1. Smith, Korbin	FR	Ohio State	7.49m	24' 7"
2. Herron, Jeffery	SO	Iowa	7.36m	24' 1.75"
3. Mackinson, Rayme	JR	Wisconsin	7.24m	23' 9"
4. Peddalar, Robert	SO	Michigan	7.23m	23' 8.75"
5. Fagbemi, Oladipo	FR	Minnesota	7.19m	23' 7.25"
6. Derner, Addison	SO	Minnesota	7.15m	23' 5.5"
7. Marshall, Isaac	SO	Michigan State	7.07m	23' 2.5"
8. Kiriz, Chris	JR	Purdue	7.06m	23' 2"

MEN'S TRIPLE JUMP

1. Foster, Kyrin	SR	Michigan State	15.69m	51' 5.75"
2. Blackledge, Raymond	SR	Minnesota	15.29m	50' 2"
3. Fagbemi, Oladipo	FR	Minnesota	15.29m	50' 2"
4. Parker, Rex	SO	Indiana	15.25m	50' 0.5"
5. Olamigoke, Olumide	SO	Indiana	15.22m	49' 11.25"
6. Lifshitz, Oz	JR	Illinois	15.19m	49' 10"
7. Adesanya, Adetayo	SR	Purdue	14.86m	48' 9"
8. Peddalar, Robert	SO	Michigan	14.55m	47' 9"

MEN'S SHOT PUT

1. Eaton, Blake	JR	Penn State	18.46m	60' 6.75"
2. Davis, Trey	SO	Minnesota	18.30m	60' 0.5"
3. DeChant, Matt	SO	Ohio State	18.06m	59' 3"
4. Branch, Tyler	SO	Ohio State	18.02m	59' 1.5"
5. Kovacs, Joe	SO	Penn State	17.76m	58' 3.25"
6. Lamparek, Ryan	SO	Iowa	17.42m	57' 2"
7. Hardcastle, Bill	JR	Purdue	17.37m	57' 0"
8. Dehn, Casey	FR	Wisconsin	17.35m	56' 11.25"

MEN'S DISCUS

1. Hardcastle, Bill	JR	Purdue	54.86m	180' 0"
2. Kovacs, Joe	SO	Penn State	52.65m	172' 9"
3. Davis, Trey	SO	Minnesota	52.55m	172' 5"
4. Hegerle, Micah	FR	Minnesota	51.84m	170' 1"
5. Agrusa, Anthony	JR	Michigan State	51.56m	169' 2"
6. Kleinhuizen, Tyler	SO	Minnesota	50.22m	164' 9"
7. Brayton, Nick	SO	Iowa	49.26m	161' 7"
8. DeChant, Matt	SO	Ohio State	49.11m	161' 1"

MEN'S HAMMER

1. Hegerle, Micah	FR	Minnesota	63.47m	208' 3"
2. Mays, Max	SO	Ohio State	61.13m	200' 7"
3. Pruitt, Sean	SR	Michigan	60.02m	196' 11"
4. Davis, Tom	SO	Ohio State	59.74m	196' 0"
5. McHugh, Matt	JR	Illinois	59.44m	195' 0"
6. Agrusa, Anthony	JR	Michigan State	59.25m	194' 5"
7. Lodge, Brendan	SR	Michigan	58.70m	192' 7"
8. Novia, Daniel	FR	Indiana	57.67m	189' 2"

MEN'S JAVELIN

1. Byers, Matt	FR	Iowa	67.22m	220' 6"
2. Dehn, Rob	JR	Wisconsin	64.84m	212' 9"
3. Bunnell, Bryan	JR	Ohio State	63.02m	206' 9"
4. Hoplin, Paul	SO	Minnesota	62.92m	206' 5"
5. Anderson, Chris	SO	Purdue	59.63m	195' 8"
6. Carlson, Steve	SR	Purdue	59.19m	194' 2"
7. Greene, Duri	JR	Penn State	59.07m	193' 9"
8. Till, Grant	SR	Michigan	58.43m	191' 8"

MEN'S DECATHLON

1. McGinnis, R.J.	SR	Minnesota	7381
2. Shotwell, Frank	SR	Michigan	7379
3. Grzesiak, Dave	SO	Wisconsin	7364
4. Szmanda, Jack	FR	Minnesota	7116
5. Schweske, Joey	JR	Minnesota	7101
6. Nickles, Heath	FR	Ohio State	6998
7. Uzoh, Anya	SO	Penn State	6866
8. Peacock, Seth	SR	Wisconsin	6862

MEN'S TEAM SCORES

1) Minnesota	145	2) Wisconsin	124
3) Ohio State	115	4) Iowa	86
5) Indiana	82	6) Illinois	70
7) Michigan State	52	7) Penn State	52
9) Purdue	49	10) Michigan	44



THE ASHENFELTER TRACK COMPLEX

Penn State's indoor track added another tremendous milestone to its brief existence, when the 200-meter, hydraulic lift track was renamed the Ashenfelter Track in the spring of 2001.

The track was renamed after Horace 'Nip' Ashenfelter, who was an Olympic gold medalist in 1952 and a three-time NCAA All-American at Penn State from 1947-49. Considered one of the world's finest indoor facilities, Penn State is honored to have the name of one of the greatest amateur athletes of the 20th Century linked to it.

Construction of the \$16 million Multi-Purpose/Ashenfelter Track began in April of 1998 and was finally completed in July of 1999. The first meet competed in the facility took place in January 2000.

The facility allows the Nittany Lions to compete and train for the track and field and cross country seasons. It's located next to the Nittany Lion Outdoor Track and adjacent to the Bryce Jordan Center.

The facility served as the host to the 2001 Big Ten Men's Indoor Championships, where an astounding 12 conference meet records were set, and the 2002 Big Ten Women's Indoor Championships, where six new conference records were set, four on the track.

The indoor facility played host to the 2009 Big Ten Men's Indoor Championships, which featured an impressive third-place finish from the Nittany Lion men's team. The facility also housed the Big Ten Women's Indoor Championships in 2010, where the Nittany Lions captured the Big Ten team title.

Widely considered as one of the best facilities in which to compete, the Nittany Lions host four indoor competitions each year, including the highly anticipated Penn State National, which as consistently drawn some of the greatest athletes on the NCAA and professional levels. Penn State also plays host to the Kevin Dare High School Invitational each year, and also hosts the Pennsylvania State Indoor Championships.

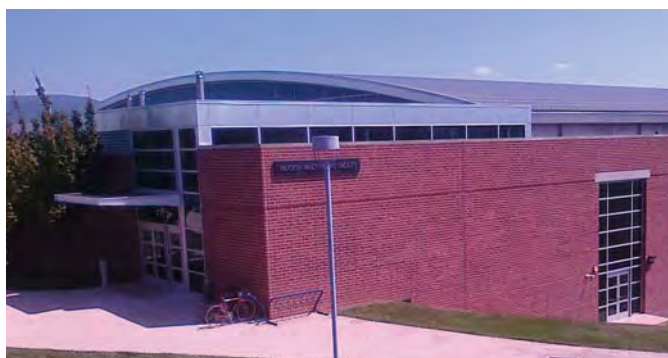


Horace Ashenfelter took home the gold medal in the steeplechase at the 1952 Olympic Games.

INSIDE THE HORACE ASHENFELTER III INDOOR TRACK



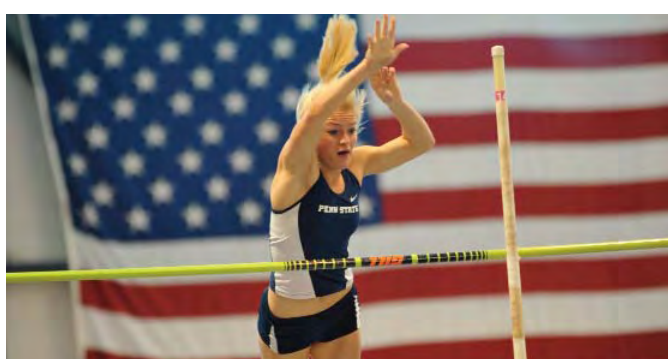
GREAT CROWDS



ON-CAMPUS CONVINIENCE



HYDRAULICALLY-BANKED TURNS



WORLD-CLASS COMPETITION



TRACK FEATURES

- * Banked 200-meter, hydraulic lift track with six 42-inch lanes
- * Eight 48-inch sprint lanes down the middle
- * Dual long/triple jump runways
- * Dual pole vault runways
- * Locker room and training room facilities
- * All running lanes and runways have polyurethane surface
- * Structure extends at the far end of the track where an artificial grass turf for training and competition lies
- * Full-color video display board for results for events

ASHENFELTER INDOOR TRACK MEN'S RECORDS

Track

60-Meter Dash	6.60	Johnnie Drake, C. Michigan, 2005
200-Meter Dash	20.72	LaShawn Merritt, Unattached, 2006
400-Meter Dash	45.46	Andrew Pierce, Ohio State, 2001
500-Meter Dash	1:02.17	Paul Moser, Villanova, 2003
600-Meter Dash	1:16.19	Tom Gerding, Minnesota, 2001
800-Meter Run	1:47.48	Ryan Foster, Penn State, 2010
1,000-Meter Run	2:19.60	Ryan Foster, Penn State, 2010
Mile Run	3:59.15	Mircea Bogdan, Unattached, 2008
3,000-Meter Run	7:58.51	Robert Gary, Adidas, 2000
5,000-Meter Run	13:58.16	Hassan Mead, Minnesota, 2009
60-Meter High Hurdles	7.63	Aubrey Herring, Unattached, 2004
4 x 200 Meter Relay	1:25.05	Rutgers, 2007
4x400 Meter Relay	3:07.78	Ohio State, 2001
Sprint Medley Relay	3:23.74	Penn State, 2005
4x800 Meter Relay	7:23.13	Phoenix Athletics, 2009
Distance Medley Relay	9:29.79	Michigan, 2000

Field

High Jump	7-5 (2.26)	Joe Kindred, St. Augustine's, 2008
Pole Vault	18-2 3/4 (5.56)	Paul Terek, Michigan State, 2001
Long Jump	25-10 (7.87)	Cadeau Kelley, Unattached, 2010
Triple Jump	55-9 (16.99)	Leevan Sands, Bahamas, 2006
Shot Put	66-7.75 (20.31)	Sheldon Battle, Unattached, 2010
35-lb. Weight	74-4 1/4 (22.66)	Dan Taylor, Ohio State, 2004

Multi-Events

Heptathlon	5,827 pts	Ryan Olkowski, Unattached, 2005
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ASHENFELTER INDOOR TRACK WOMEN'S RECORDS

Track

60-Meter Dash	7.18	Barbara Pierre, St. Augustine's, 2010
200-Meter Dash	22.98	Shavon Greaves, Penn State, 2010
300-Meter Dash	37.83	Aleesha Barber, Unattached, 2009
400-Meter Dash	52.31	Shana Cox, Penn State, 2007
500-Meter Dash	1:08.70	Shana Cox, Adidas, 2010
600-Meter Dash	1:27.22	Molly Beckwith, Indiana, 2010
800-Meter Run	2:04.58	Sarah Bowman, Tennessee, 2009
1,000-Meter Run	2:44.56	Emily Infield, Georgetown, 2009
Mile Run	4:35.89	Megan Metcalf, West Virginia, 2004
3,000 Meters	9:07.03	Rebecca Donaghue, Unattached, 2009
5,000-Meter Run	15:48.10	Maureen McCandless, Pittsburgh, 2005
60-Meter Hurdles	7.92	Danielle Carruthers, Indiana, 2002
4x200 Meter Relay	1:37.76	Penn State, 2006
4X400 Meter Relay	3:34.38	Tennessee, 2005
Sprint Medley Relay	3:52.25	Penn State, 2007
4X800 Meter Relay	8:34.82	Tennessee, 2009
Distance Medley Relay	11:03.42	Tennessee, 2004

Field

High Jump	6-0 (1.83)	Stacy Taylor, Pittsburgh, 2001
Pole Vault	14-3.25 (4.35)	Alicia Rue, Minnesota, 2010
Long Jump	21-06 3/4 (6.57)	Tianna Madison, Nike, 2006
Triple Jump	45-2 1/2 (13.45)	Colleen Scott, Unattached, 2004
Shot Put	60-7 3/4 (18.48)	Cleopatra Borel-Brown, Una., 2006
20lb. Weight	73-0.50 (22.26)	Jennifer Leatherman, Una., 2007

Multi-Events

Pentathlon	4,731	Hyleas Fountain, Nike, 2010
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DID YOU KNOW ...

Ryan Foster's facility records in the 800- and 1000-meters are also recognized as Australian National Indoor Records?

DID YOU KNOW ...

Shana Cox's 1:08.70 for 500-meters, run at the Ashenfelter Indoor Track in 2010 is an American Indoor Record?

PICK YOUR BRICK!

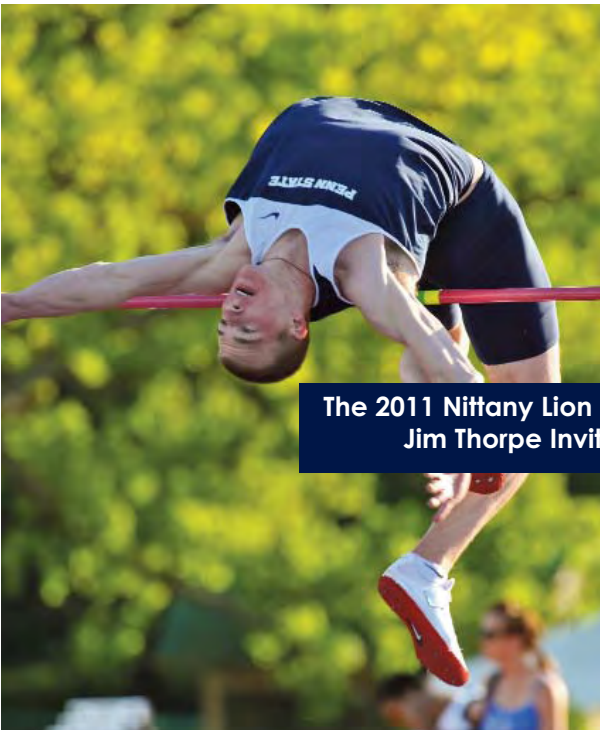
Be a part of the Penn State Track and Field/Cross Country "Pick Your Brick" tradition. All Big Ten Championships, NCAA All-Americans, and International qualifiers get a chance to have their achievements "set in stone" in the team locker rooms.



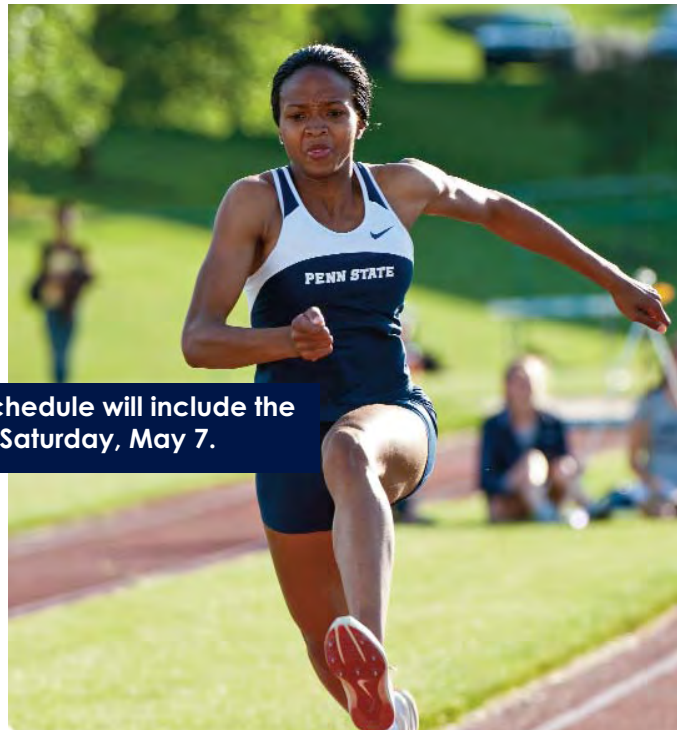


NITTANY LION OUTDOOR TRACK

Sitting in the shadow of Mount Nittany on the eastern end of the Penn State campus, the Nittany Lion Outdoor Track is one of the Big Ten's finest facilities. With numerous jump and pole vault runways, a variety of throwing competition areas and an excellent running surface, it provides a top notch training and competition facility. The track played host to the 2007 Big Ten Men's and Women's Outdoor Track and Field Championships, a championship that Penn State also hosted in 1996. Since that time, the addition of the Multi-Sport Facility on the northwest end of the track has further enhanced the locker room, weight room and training facilities adjacent to the track.



The 2011 Nittany Lion Outdoor Schedule will include the Jim Thorpe Invitational on Saturday, May 7.





WOMEN'S NITTANY LION TRACK FACILITY RECORDS

100 Meters	11.19	Kerry Ann Richards, Illinois, 1996
200 Meters	23.13	Aspen Burkett, Illinois, 1996
400 Meters	51.89	Chandra Burns, Michigan State, 1996
800 Meters	2:03.45	Patty Bradley, Villanova, 1983
1500 Meters	4:15.93	Anna Willard, Michigan, 2007
3000 Meters	9:21.67	Judy St. Hilaire, Vermont State, 1981
5000 Meters	16:11.14	Kathy Mills, Penn State, 1981
10,000 Meters	34:03.5 (HT)	Aileen O'Connor, Virginia, 1981
3000-Meter Steeplechase	9:57.90	Anna Willard, Michigan, 2007
100-Meter Hurdles	12.90	Tonya Williams, Illinois, 1996
400-Meter IM Hurdles	56.86	Tonya Williams, Illinois, 1996
4 x100-Meter Relay	43.89	Illinois (Benita Kelley, Kerry Ann Richards, Tonya Williams, Aspen Burkett), 1996
800-Meter Relay	1:43.78	Morgan State (Rhonda Yancy, Janet Dodson, Nellie Bullock, Roberta Belle), 1981
4x400-Meter Relay	3:34.93	Penn State (Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox), 2007
4x800-Meter Relay	8:48.27	Penn State (Doreen Startare, Patty Murnane, Terry Pioli, Marry Rawe), 1981
High Jump	6-2 1/4 (1.88)	Lisa Bernhagen, Idaho Track Club, 1983
Pole Vault	13-5 1/2 (4.13)	Vera Neuenswander, 2007
Long Jump	21-2 1/2 (6.46)	Shandelier Boyd-Pieasant, Ohio State, 1996
Triple Jump	43-4 1/2 (13.22)	Dawn Reilly, Illinois, 1996
Shot Put	55-0 1/4 (16.77)	Elaine Sobansky, Penn State, 1984
Discus	178-10 (54.51)	Deshaya Williams, Penn State, 2001
Hammer	219-1 (66.78)	Jennifer Leatherman, Penn State, 2005
Javelin	178-4 (54.71)	Kim Hanslovan, Penn State, 2009
Heptathlon	5,722 points	Bettie Wade, Michigan, 2007

MEN'S NITTANY LION TRACK FACILITY RECORDS

100 Meters	10.19	Demi Omole, Wisconsin, 2007
200 Meters	20.23	Michael Timpson, Penn State, 1986
400 Meters	45.48	James Rolle, Central Florida YMCA, 1983
800 Meters	1:46.29	Randy Moore, Penn State, 1985
1500 Meters	3:42.5	Larry Mangan, Penn State, 1980
		Susthenes Bitock, Richmond, 1980
Mile	3:58.4	Larry Mangan, Penn State, 1980
3000-Meter Steeplechase	8:33.45 (FAT)	Hillary Tuwei, Richmond, 1980
5000 Meters	14:00.73	Hillary Tuwei, Richmond, 1980
10,000 Meters	28:45.8	Charlie Maguire, Penn State, 1973
5K Walk	24:26	Bill Norton, unattached, 1985
10K Walk	47:34.6	James Mann, Union College, 1983
110-Meter High Hurdles	13.62	Albert Lane, Karamu Flyers Track Club, 1985
400-Meter Intermediate Hurdles	50.29	Adrian Walker, Illinois, 2007
4x100-Meter Relay	40.05	Iowa (George Page, Andre Morris, Chris Davis, Ed Rozell), 1996
4x110-Meter Shuttle Hurdle Relay	59.2	Penn State (Dennis Rock, Peter Kiproff, Bill Austin, Mike Shine), 1976
4x200-Meter Relay	1:25.2	Essex Community College (Cecil Mitchell, Kevin Joseph, Herman Marchen, Fred Brown), 1974
4x400-Meter Relay	3:07.25	Seton Hall (Henry Mair, Linval Francis, Brian Denman, Derrick Peynaldo), 1982
4x800-Meter Relay	7:21.4	Cornell (Tom Patterson, Bob Anastasio, Paul Roach, Dave Keehn), 1974
4x1600-Meter Relay	16:44.7	Villanova (Eammon Coughlin, Brian McElroy, Tom Gregan, John Hartnett), 1973
Distance Medley Relay	9:44.7	Villanova (Warren Clark, Jim Rheim, Ken Schappert, John Hartnett), 1973
Sprint Medley Relay	3:18.5	Essex Community College (Kevin Joseph, Fred Brown, Herman Marchen, Horace Tuitt), 1974
High Jump	7-4 (2.24)	Bill Therfelder, Keystone State Games, 1983
Pole Vault	18-2 1/2 (5.55)	Jeremy Smith, Allegheny, 2002
Long Jump	25-11 1/2 (7.91)	Danny Little, James Madison, 1984
Triple Jump	54-4 3/4 (16.58)	David McFadgen, Newburg Track Club, 1984
Shot Put	65-1 (19.83)	C.J. Hunter, Penn State, 1990
Discus	207-5 (63.22)	Brian Milne, Penn State, 1992
Hammer	268-8 (81.88)	Jud Logan, Athletics West, 1988 (American Record)
Javelin (New)	252-7 (76.98)	Nigel Beven, Belgrave Harrier, 1997
Javelin (Old)	254-4 (77.52)	Bob Dubyoski, Unattached, 1984
Decathlon	8,316 points (Hand)	Dave Steen, University of Toronto TC, 1985



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STANDARDS WILL
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2010 NCAA INDOOR TRACK AND FIELD CHAMPIONSHIPS



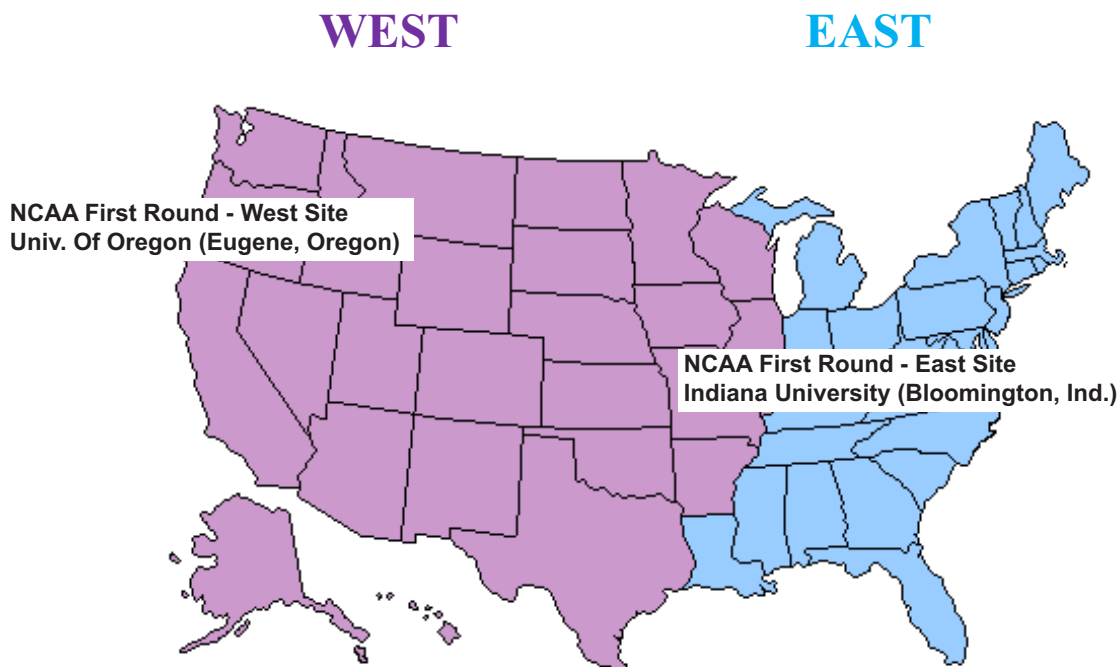
Texas A&M University
Gilliam Indoor Track Stadium
at McFerrin Athletic Center
College Station, Texas
www.aggieathletics.com

March 11-12, 2011





NCAA Division I Men's and Women's Outdoor Track and Field Regional Alignment



The 2011 season will mark the second season to feature "preliminary rounds" on the way to the NCAA Outdoor Championships. The NCAA "First Round" will take the place of the "regional" system and will consist of two sites - one at the University of Oregon, and the other at the University of Indiana. A total of 48 athletes will qualify for each event at each respective site. Unlike previous years, there will be no "qualifying standard." The top 48 performances in each region will be accepted based on the NCAA descending order list.

Athletes will then vie for the one of the top 12 spots in each region that will advance to the NCAA Outdoor Championships. Each NCAA event will include 24 athletes. The NCAA Championships are set for June 8-11, at Drake University.

2010 NCAA OUTDOOR TRACK AND FIELD CHAMPIONSHIPS



Drake University
Drake Stadium
Des Moines, Iowa
www.GoDrakeBulldogs.com

June 8-11, 2011





2010-11 Men's Roster

Name	Year	Eligible	Event	Hometown	Previous School
Colin Anderson	So.	Fr.	Distance, XC	Northport, N.Y.	Northport
Erick Artusio	Fr.	Fr.	Pole Vault	Frederick, Md.	Gov. Thomas Johnson
Will Barr	So.	Fr.	Throws	Urbana, Ohio	Urbana
Curtis Baylis	Fr.	Fr.	Sprints	Berwyn, Pa.	Conestoga
Bernard Bennett-Green	Fr.	Fr.	Mid-Distance, XC	Elkins Park, Pa.	Cheltenham
Samuel Borchers	Sr.	Sr.	Distance, XC	Yellow Springs, Ohio	Yellow Springs
Michael Brode	Fr.	Fr.	Multi-Events	Reedsville, Pa.	Indian Valley
Logan Caldwell	Jr.	So.	Throws	Ebensburg, Pa.	Central Cambria
Chris Cipro	Jr.	So.	Distance, XC	Harmony, Pa.	Seneca Valley
Tyler Corkedale	So.	Fr./So.	Distance, XC	W. Windsor, N.J.	W. Windsor - Plainsboro No.
Kyle Dawson	Sr.	Jr.	Distance, XC	Coatesville, Pa.	Coatesville
Owen Dawson	Sr.	Sr.	Mid-Distance, XC	Coatesville, Pa.	Coatesville
Harold Dunn	5th Yr.	Sr.	Throws	Butler, Pa.	Butler
Blake Eaton	Sr.	Sr.	Throws	Allegany, N.Y.	Allegany-Limestone
Steven Ellis	Fr.	Fr.	Sprints/Hurdles	State College, Pa.	State College Area
Mark Filandro	Fr.	Fr.	Sprints/Hurdles	Oakland, N.J.	Oakland
Matt Fischer	Fr.	Fr.	Distance, XC	Kennett Square, Pa.	Unionville
Ryan Foster	Sr.	Sr.	Mid-Distance, XC	Tasmania, Australia	The Hutchins School
Mark Fuller	So.	So.	Mid-Distance, XC	Camp Hill, Pa.	Cumberland Valley
Brady Gehret	Fr.	Fr.	Sprints	Altoona, Pa.	Altoona Area
Duri Greene	5th Yr.	Sr.	Throws	Wyndmoor, Pa.	Robert Morris Univ.
Bryson Hartzler	Sr.	Sr.	Jumps	Belleville, Pa.	Indian Valley
Samuel Havko	So.	So.	Distance, XC	Fairview, Pa.	Fairview
Jon Hendershot	Fr.	Fr.	Jumps	Nazareth, Pa.	Nazareth Area
Hanif Johnson	Jr.	So./Jr.	Jumps	Harrisburg, Pa.	Harrisburg
Joe Kovacs	Sr.	Sr./Jr.	Throws	Nazareth, Pa.	Bethlehem Catholic
Jonathan Kowal	Sr.	Sr.	Sprints/Hurdles	Ambridge, Pa.	Ambridge
Jacob Librizzi	Sr.	Jr.	Sprints/Hurdles	Pa. Furnace, Pa.	St. Francis (Pa.) Univ.
Casimir Loxsom	So.	So.	Mid-Distance, XC	New Haven, Conn.	Wilbur Cross
Tom Luff	So.	Fr.	Distance, XC	Emmaus, Pa.	Emmaus
Collin Manning	So.	So.	Sprints	Bowie, Md.	Eleanor Roosevelt
Mike Mahoney	Fr.	Fr.	Distance, XC	Richboro, Pa.	Council Rock North
Evan McCready	So.	Fr.	Sprints	Wyomissing, Pa.	Wyomissing
Vince McNally	Jr.	Jr.	Distance, XC	Smoketown, Pa.	Conestoga Valley
Emunael Mpanduki	So.	So.	Sprints	Harare, Zimbabwe	Peter-House Boys
Steve Morrone	Fr.	Fr.	Mid-Distance, XC	Sewell, N.J.	Washington Township
Nabil Mubarak	So.	So.	Throws	Loganville, Ga.	Grayson
Aaron Nadolsky	So.	Fr.	Sprints	Altoona, Pa.	Altoona Area
Justin Nykiel	Fr.	Fr.	Throws	Marlton, N.J.	Cherokee
Jason Pelletier	Jr.	Jr.	Pole Vault	Benton, Ark.	Bryant
David Patzer	So.	Fr.	Pole Vault	Landisville, Pa.	Hempfield
Danny Pawola	So.	So.	Distance, XC	Naperville, Ill.	Nequa Valley
Sean Quinn	Fr.	Fr.	Distance, XC	Ambler, Pa.	LaSalle College High School
Sean Reilly	So.	So.	Jumps	Lagrangeville, N.Y.	Arlington
Connor Revord	So.	Fr.	Distance, XC	Tampa, Fla.	Tampa Jesuit
J.C. Rizzo	So.	Fr.	Mid-Distance, XC	Devon, Pa.	Conestoga
Dan Sandrowicz	Jr.	So.	Jumps	Indiana, Pa.	Indiana
Nick Scarpello	Fr.	Fr.	Distance, XC	Jamison, Pa.	Central Bucks West
Eli Skinner	So.	So.	Throws	Salladasburg, Pa.	Jersey Shore
Evan Ulatowski	Fr.	Fr.	Sprints	Chadds Ford, Pa.	Unionville
Anya Uzoh	Jr.	Jr.	Multi-Events	Laurel, Md.	Meade
Lionel Williams	Sr.	Sr.	Mid-Distance, XC	Staten Island, N.Y.	St. Peter's
Jeff Wisinski	Sr.	Jr.	Throws	Erie, Pa.	Erie Cathedral Prep
Lucas Zarzeczny	Sr.	Jr.	Distance, XC	Pittsburgh, Pa.	Avonworth



Samuel Borchers

Samuel Borchers has already put together three successful years in the Nittany Lion uniform, including a school record in the mile (4:01.98), and an appearance at the NCAA Indoor Championships as a sophomore in 2009. As a junior in 2010, Borchers recorded a fifth-place effort in the 1500-meters at the Big Ten Championships, thanks to a PR 3:45.06. Borchers, who was the Big Ten Champion in the 1500 as a freshman, led off the Nittany Lions' school-record distance medley relay (9:32.94) as a sophomore, and would anchor the Penn State quartet to a ninth-place finish in the event at the NCAA Championships.

Kyle Dawson

After earning Big Ten Freshman of the Year honors in cross country in 2008, Kyle Dawson continued to excel as a redshirt sophomore in 2009-10, including an NCAA provisional-qualifying performance during the indoor season, as well as an appearance at the NCAA First Round outdoors. Dawson posted performances of 14:07.56 for 5,000-meters indoors, before going 14:05.17 outside. Already a multiple-time Big Ten scorer, Dawson anchored the Lions' third-place distance medley relay at the Big Ten Indoor Championships, helping the team to a season-best 9:48.30.

Owen Dawson

Senior Owen Dawson experienced a breakout junior campaign in 2010, highlighted by his first-career All-America finish with an eighth-place showing in the 800-meters at the NCAA Indoor Championships. Dawson put up outstanding performances throughout the year, including a PR 1:47.77 indoors – the second-fastest effort in Penn State history. Dawson would also run well at the 1,000-meter distance, clocking 2:21.98 – which is also the second-best performance in the Nittany Lion record books. Outside, Dawson was a member of the Lions' meet- and stadium-recording setting 4x800-meter relay (7:18.72) at Florida Relays, and the lead-off leg on PSU's third-place 4x800 at Penn Relays (7:17.02).

Blake Eaton

Senior Blake Eaton proved to be one to watch on the conference and NCAA radars during 2010, capturing an eighth-place and All-America finish in the shot put during the indoor season, before capping his junior campaign with a bronze-medal effort in the event at the NCAA Outdoor Championships. Eaton's PR toss of 64-2.50 (19.57) – second-best performance in Penn State history – was good for a qualifying spot at the USATF Outdoor Championships, where he would finish 16th overall. Scoring his first-career conference title at the Big Ten Outdoor Championships, Eaton is the first Penn State athlete on the men's side to claim a Big Ten title in the shot put, and was named Mid-Atlantic Field Athlete of the Year.

Ryan Foster

Setting a pair of Australian National records during the indoor season, Ryan Foster enjoyed a stellar junior campaign, which included a bronze-medal finish in the 800-meters at the NCAA Indoor Championships. Over the course of the indoor season, Foster, who was recognized as USTFCCA Mid-Atlantic Track Athlete of the Year for the second-straight indoor campaign, set Penn State records in the 800 (1:47.32) and 1,000-meters (2:19.60), and earned his third-straight Big Ten title in the 800. Foster continued to excel outdoors, running 3:41.28 for the 1500-meters – the third-fastest time in the PSU record books – and 1:47.78 in the 800. Foster also made an appearance at the NCAA Outdoor Championships to mark his fourth-straight trip to the national meet.

Hanif Johnson

Hanif Johnson, who has sophomore eligibility indoors and will be in junior standing outdoors, has quickly developed into one of the top athletes in the Big Ten in the horizontal jumps, capturing silver-medal honors in the triple jump at the Big Ten

Indoor Championships. Johnson recorded a season-best leap of 50-0.75 (15.26) for second at the conference meet, earning his second-career scoring finish. Johnson posted an effort of 49-5.75 (15.08) during the outdoor season, which was one of the top 48 marks in the NCAA East Region.

Joe Kovacs

Another athlete to post a breakthrough 2010 was Joe Kovacs, who launched a personal-best throw of 63-6.25 (19.39) in the shot put – the second-best indoor mark in school history – to automatically qualify for his first-career appearance at the NCAA Indoor Championships. Kovacs continue to impress at the national meet, scoring a bronze-medal standing and earning All-America accolades. Kovacs – the USTFCCA Mid-Atlantic Field Athlete of the Year indoors – was also outstanding on the Big Ten stage, claiming second place in the shot put indoors, to go along with a runner-up effort in the discus at the outdoor conference meet. Kovacs, who qualified for the NCAA First Round in the shot put and discus outdoors, also made an appearance at the NCAA Outdoor Championships, placing 18th overall, and competed at the USATF Outdoor Championships.

Casimir Loxsom

Coming off one of the most impressive freshman campaigns in the NCAA last year, Casimir Loxsom will once again be one to watch on the NCAA middle distance scene. Loxsom capped his freshman year in July, earning runner-up honors in the 800-meters at the IAAF World Junior Championships to become the highest-ever U.S. finisher in a distance event (800 and up) at the world junior meet. Loxsom blitzed to a PR 1:46.57 in the 800 final, which is not only the second-fastest effort in the Penn State record books, but also the sixth-best performance ever by an American junior (19 and under). During the collegiate season, Loxsom set a World Junior Best 1:16.92 for 600-meters, and made appearance at both the NCAA Indoor and Outdoor Championships. Loxsom, who took top honors in the 800 at the outdoor conference meet, was also named Big Ten Freshman of the Year and USTFCCA Mid-Atlantic Track Athlete of the Year.

Vince McNally

Junior Vince McNally has already recorded two-straight appearances at the NCAA Cross Country Championships, and is poised for a return trip again in 2010. An All-Big Ten Second Team performance in cross country, McNally also has two All-Region efforts under his belt along with outstanding success on the track. In 2010, McNally clocked a personal-best 14:09.24 for 5,000-meters to earn a scoring finish at the Big Ten Championships, and qualify for the NCAA First Round. McNally was also the Lions' top performer in the indoor 3,000-meters in 2010 at 8:10.99.

Lionel Williams

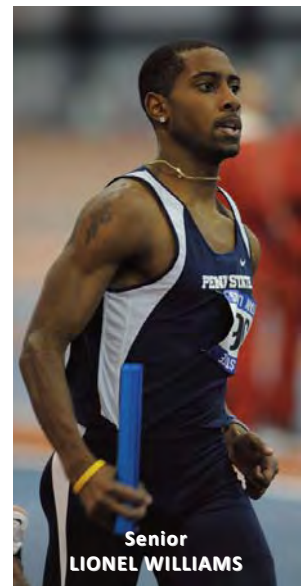
Lionel Williams returns for his senior campaign, after scoring All-America honors at the NCAA Indoor Championships, thanks to an 11th-place effort in the 800-meters. A key member of Penn State's outstanding middle distance contingent, Williams clocked 1:48.53 during the indoor season – the fifth-fastest time on the Penn State Top 10 list, and would run 1:49.07 during the outdoor season, which was good for a trip to the NCAA First Round. Williams was also solid on the relays in 2010, running on the Lions' third-place DMR at the Big Ten Indoor Championships, and the third-place 4x800-meter relay at Penn Relays (7:17.02). Williams was also a member of scoring 4x400-meter relays at both in the indoor and outdoor conference meets.

Anya Uzoh

Junior Anya Uzoh has showed exciting promise in multi-events over his first two years with the Nittany Lions, earning top-eight finishes in the multi at both the Big Ten Indoor and Outdoor Championships in 2010, with a fifth-place showing indoors and a seventh-place standing outdoors. Uzoh gave an outstanding effort at the outdoor conference meet, posting PRs in seven on 10 events on his way to a career-best total of 6966 points.



Junior
VINCE McNALLY



Senior
LIONEL WILLIAMS



Junior
ANYA UZOH



Men's Season Preview

2009-10 In Review

Highlighted by eight NCAA All-America performances, the Nittany Lion men's track and field program enjoyed an outstanding campaign within the Big Ten Conference, as well as on the NCAA and international levels in 2010, posting top 25 finishes at both the NCAA Indoor and Outdoor Championships. The Lions also experienced a great deal of success at the conference level, claiming a total of three Big Ten titles over the year. The Lions also enjoyed two successful appearances at the NCAA Championships, scoring a 14th-place finish in the team standings indoors, and earning 23rd at the outdoor championships. Both team finishes were the highest by the Nittany Lion men's squad in nearly two decades.

Nittany Lion Returners

Returning nearly all of the members of its NCAA teams from the 2010 seasons, the Nittany Lions will be amongst the best in the conference across all event areas, particularly in the distance and throwing events, with All-American middle distance runners Ryan Foster, Owen Dawson, and Lionel Williams back for the 2011 campaign, as well as standout throwers and fellow NCAA All-Americans Blake Eaton and Joe Kovacs. Also back in 2011 is World Junior Silver Medalist Casimir Loxsom in the middle distances.

The Nittany Lions also claimed a total of three Big Ten victories a year ago, including an 800-meter sweep, with Foster taking top honors indoors, and Loxsom claiming the win outside. Eaton also added a conference title in the shot put, becoming the first Penn State athlete to win the event on the men's side. Internationally, Loxsom proved to be one of the top junior athletes across the world, claiming silver-medal honors at the IAAF World Junior Championships.

The Lions were well represented on the awards stand throughout the year in 2010, with Foster and Kovacs earning USTFCCA Mid-Atlantic Region Athlete of the Year citations during the indoor season, and Loxsom and Eaton earning the honor outdoors.

Nittany Lion Losses

The Nittany Lions will be without the services of a pair of decorated athletes in Ryan Fritz and Tyler McCandless. Fritz capped his already stellar Nittany Lion career in 2010 with a fourth-place finish in the high jump at the NCAA Outdoor Championships. Throughout his days in the Blue and White, Fritz scored a total of four All-America efforts as well as a pair of Big Ten titles. Also lost to graduation was All-American Tyler McCandless. McCandless, who was a key member of the Lions' NCAA-qualifying cross country squad in 2008, hit his stride as a senior, recording scoring performances at both the Big Ten Indoor and Outdoor Championships, to go along with a 12th-place standing in the 10,000-meters at NCAA Outdoor.

Gone from the throws roster is graduate Cory Eck, who was the Nittany Lions' top hammer thrower during the 2010 season. Eck ended his career with personal bests of 168-9 (51.43) in the discus, 194-7 (59.30) in the hammer – both of which were good for berths at the NCAA First Round.

Sprints, Hurdles, Relays

The Nittany Lion sprints contingent – led by Associate Head Coach Chris Johnson – will welcome the addition of Altoona, Pa., product Brady Gehret, one of the top sprint

recruits in the country last year. Gehret, who will join high-school teammate and red-shirt freshman Aaron Nadolsky in the sprint ranks, tore through the Pennsylvania prep competition over the past several seasons, clocking a blistering 46.39 for 400-meters as a senior – the top time in Pennsylvania in 2010, as well as the fourth-fastest time nationally. Gehret was equally as impressive indoors, running U.S. leaders at both 200- and 300-meters with personal bests of 21.22, and 33.51. Gehret's 300 mark, which is the sixth-fastest ever run in the high school ranks, was good for top honors against a stacked prep field at the New Balance Collegiate Invitational at the New York Armory. Also an accomplished athlete in the long jump, Gehret comes to Happy Valley with a PR of 23-9 (7.23).

Back after a promising rookie campaign is sophomore Collin Manning, who was the Lions' top man in the short sprints in 2010. As a freshman, Manning finished just outside of the Big Ten final in the 100-meters, placing 13th overall. Over the course of the outdoor season, Manning recorded top times of 10.64 in the 100, and 21.82 for 200-meters. Sophomore and Zimbabwean import Emunael Mpanduki will also add depth to the sprints contingent.

The Lions will also add local product Steven Ellis of State College, and Mark Filandro of Oakland, N.J., to the hurdle ranks, joining veterans Jacob Librizzi and Jonathan Kowal. Also coming aboard in 2011 is Pennsylvania sprint standout Evan Ulatowski of Unionville.

Distance

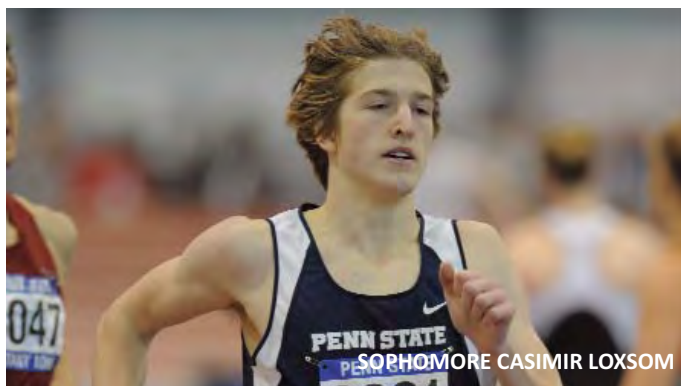
Distance standouts and juniors Vince McNally and Kyle Dawson will likely lead the Lions on the cross country and over the longer distances on the track, after both qualifying for the NCAA First Round at 5000-meters a year ago. McNally, a second team All-Big Ten finisher as a sophomore, qualified for the NCAA Cross Country Championships as an individual in 2009, making his second-straight appearance at the national meet.

Dawson, who won Big Ten Freshman of the Year honors in cross country in 2008, was also an NCAA provisional qualifier indoors for the second-straight year, thanks to a 5K effort of 14:07.56, while McNally recorded in the Lions' top performance in the 3,000-meters at 8:10.99. Also back for the 2010-11 campaigns are fellow 5K standouts Danny Pawola and Chris Cipro, who ran 14:19.09, and 14:23.37, respectively last year.

Also back for his senior campaign in decorated miler Samuel Borchers. Borchers stepped right into national contention as a freshman in 2008, winning the Big Ten 1500-meter title, and clocking a school-record 4:01.98 for the indoor mile. Borchers mounted a solid junior campaign last year, running 3:45.06 to place fifth in the 1500 at the conference meet, and earn a qualifying spot at the NCAA First Round. Borchers will be joined by fellow milers Sam Havko and Tyler Corkedale – both sophomores – who clocked 3:52.06, and 3:52.18, for 1500-meters, respectively.

Joining the Nittany Lions in the longer distances will be Pennsylvania prep standout Matthew Fischer of Unionville. Fischer had an upstart outdoor season as a senior, claiming top honors in the 3200-meters at the Pennsylvania State Championships with a sizzling 9:03.01, which was also the top time run by a Pa. athlete in 2010.

One of the Lions most impressive event areas during the 2010 campaign was in the middle distances – coached by fifth-year assistant coach John Gondak – led by Foster, Owen Dawson, and Williams – all NCAA All-Americans – as well as Loxsom, the USATF



SOPHOMORE CASIMIR LOXSOM



JUNIOR KYLE DAWSON



Junior Champion. The Nittany Lions mounted an outstanding presence at the NCAA Indoor Championships a year ago, with Foster, Dawson, Williams, and Loxsom each earning qualifying efforts, paced by Foster with a school-record 1:47.32. The quartet all clocked sub-1:49 performances throughout the season, with Dawson at 1:47.77, Loxsom at 1:47.98, and Williams running 1:48.53. Foster and Dawson both advanced to the NCAA final indoors, with Foster finishing up in bronze-medal standing and Dawson placing eighth overall. Williams' 11th-place effort was also good for All-America status. Foster would also claim Penn State school records in the 1,000-meters, running a sizzling 2:19.60 with Dawson in two at 2:21.98. Loxsom also captured an impressive record indoors, clocking 1:16.92 in the 600-meters, which is considered a World Junior Best. Foster's 800 and 1000 marks were also recognized as Australian National Indoor Records.

The Lion middle distance success was also evident on the Big Ten stage, with Foster earning his third conference title in the 800 at the Indoor Championships, and Loxsom winning the crown outdoors, on his way to Big Ten Freshman of the Year honors. In fact, the Nittany Lions have been wildly successful at the distance over the past several seasons, winning six of the last 10 Big Ten 800 races, including the last four, and five of the last six.

The middle distance contingent was just as successful outdoors, with Loxsom running a PR 1:46.57 in the World Junior final – the second-fastest effort in school history, as well as the sixth-fastest ever run by an American Junior. Loxsom, Foster, Williams, and Dawson each advanced to the NCAA First Round a year ago, with Loxsom and Foster moving on to the NCAA Outdoor Championships.

The Nittany Lions will also welcome newcomers Bernard Bennett-Greene and Steve Morrone to the middle distance ranks. Bennett-Greene, out of Cheltenham High School, and Morrone, who hails from Washington Township High School in New Jersey, boast prep PRs of 1:56.88, and 1:53.61, respectively, while Bennett-Greene has also run 47.94 for 400-meters.

Jumps

Leading the way in the horizontal jumps will be veteran Hanif Johnson, who enters the 2011 campaign as a sophomore indoors and junior outdoors. Johnson stepped right into scoring status as a freshman, taking fourth place in the triple jump at the 2009 Big Ten Outdoor Championships. Johnson then made his way to the medal stand during the indoor campaign last year, claiming silver-medal honors with a season-best leap of 50-0.75 (15.26). Teammate Dan Sandrowicz will add depth in the horizontals, coming off a sixth-place effort at the conference meet, thanks to a PR 49-3.50 (15.02). Sandrowicz, who will be a redshirt sophomore, was also a USATF Junior Championship qualifier in 2009.

Senior Bryson Hartzler and sophomore Sean Reilly will cover the high jump for the Nittany Lions, after solid results in 2010. Hartzler, who transferred to Happy Valley from Penn State-Behrend a year ago, topped out at 6-10.25 (2.09) during the indoor season. Reilly showed a lot of promise throughout the year, turning in a collegiate-personal best clearance of 6-8.75 (2.05) during the outdoor season. Freshman Jon Hendershot will also look to contribute in the high jump, after clearing 6-8 while a Nazareth High School.

The Nittany Lions will have a pair of pole vaulters on its roster in junior Jason Pel-

letier, and freshman Erick Artuzio. Pelletier owns a collegiate-best clearance of 16-0.75 (4.90), and has finished as high as ninth at the Big Ten Championships, while Artuzio will join the Lions as a rookie, coming in with a personal-best 15-3 (4.65).

Nittany Lion assistant coach Fritz Spence will oversee the men's horizontal jumps, while assistant Drew Hardyk will coach the men's high jump and the pole vault, along with volunteer assistant Jim Sullivan.

Throws

Eaton and Kovacs will front a talented throws contingent - led by assistant coach T.J. Crater - which is deep in experience throughout all disciplines. The duo both claimed All-America finishes at the NCAA Indoor Championships last year, including a third-place effort from Kovacs, and an eighth-place standing by Eaton. Kovacs, who was the Big Ten runner-up in the shot put indoors, unleashed an automatic-qualifying toss of 63-6.25 (19.36) during the indoor season – the second-best effort in school history, as well fourth-furthest throw among collegians during the entire indoor campaign.

Eaton, who threw 60-10.50 (17.60) indoors – the fourth-best throw in the Penn State record books, caught fire during the outdoor season, capturing top honors at the Big Ten Outdoor Championships, to become the first Penn State athlete to win the event on the men's side since the Lions joined the conference. Both Eaton and Kovacs would easily qualify for the NCAA Outdoor Championships, where Eaton impressed against a stacked field, placing third overall with a heave of 64-2.50 (19.57) – the best finish by a Nittany Lion in 20 years. Eaton mounted a vastly impressive series during the meet, launching four of his six attempts over 19 meters. The duo would also go onto represent the Nittany Lions at the USATF Outdoor Championships in the event.

Kovacs also excelled in the discus outdoors, claiming second-place honors at the Big Ten Outdoor Championships, and making an appearance at the NCAA First Round in the event, thanks to a PR 172-9 (52.65). Kovacs also led the Lions in the 35-pound weight indoors, posting the best effort by a Penn Stater in 2010 with a throw of 59-11 (18.26).

Senior Duri Greene will head the men's javelin crew, following a scoring performance at the Big Ten Outdoor Championships last year. Filling out the Lions' roster on the runway will be sophomore Eli Skinner, and senior Harold Dunn, who has been both a Big Ten scorer and NCAA regional qualifier throughout his Lion career.

The Lions will also look to returners senior Jeff Wisinski, sophomore Nabil Mubarak, and redshirt freshman Will Barr to add depth to the Nittany Lions efforts in the throws. Wisinski was the Lions' number-two man in the weight during the indoor season, and posted the Lions' third-best effort in the discus at 161-8 (49.29).

Multi-Events

Three-time Big Ten scorer and junior Anya Uzoh will cover the multi-events for the Nittany Lions, following an outstanding two years. Uzoh stepped right into contention at the Big Ten Championships, scoring a sixth-place finish in the indoor heptathlon, and followed up with a fifth-place finish as a sophomore. Uzoh also recorded a scoring finish at the Big Ten Outdoor Championships last year, totaling a personal-best 6966, which was good for seventh overall.

The Nittany Lions will also add freshman Michael Brode to the 2011 roster, after a standout career at nearby Indian Valley High School. Brode impressed across all disci-



SENIOR BRYSON HARTZLER



SENIOR BLAKE EATON



Men's Returner Profiles



Samuel Borchers

SR./SR. Eligible
Yellow Springs, Ohio
Yellow Springs

DISTANCE • CROSS COUNTRY

Borchers' Collegiate Career Bests

	Indoor	Outdoor
800-Meters	1:48.90	1:49.94
1000-Meters	2:22.42	***
1500-Meters	***	3:45.06
Mile Run	4:01.98	***
4x800m Relay	***	7:18.66
DMR	9:32.94	***

On the National Scene ... || 2010 Outdoor || Placed 41st in the 1500-meters at the NCAA Eastern First Round. || 2009 Indoor || Led off the school-record and NCAA automatic-qualifying distance medley relay at the Alex Wilson Invitational at Notre Dame ...

The relay finished 14th in an outstanding field, running 9:32.94 ... Anchored the DMR at the NCAA Championships, where the Lions finished ninth in 9:37.62 – just shy of All-America honors.

|| 2008 Season || An NCAA regional participant as well as an NCAA provisional qualifier.

At the Big Ten Championships ... || 2010 Outdoor || Clocks a PR 3:45.06 to place fifth in the 1500. || 2010 Indoor || Competed in the mile run, placing 23rd overall. || 2009 Cross Country || Placed 62nd overall and fifth for Penn State. || 2009 Outdoor || Competed in the 1500-meters. || 2009 Indoor || Posted a fifth-place finish in the mile with a season-best 4:04.44 ... Ran the 800-meter leg on the fifth-place DMR that finished in 9:47.73. || 2008 Outdoor || Burst into Big Ten prominence with a championship victory in the 1500-meters. || 2008 Indoor || Posted a scoring performance in his first Big

Ten appearance, taking sixth in the mile run.

On the Course ... || 2009 Cross Country || Named Penn State's "Most Improved Athlete" ... Competed in three races ... Top finish was a 37th-place standing at the Cappy Anderson Invitational at Maryland-Eastern Shore ... Was the Lions' number-two man at the Notre Dame Invitational, placing 73rd overall.

Around the Track ... || 2010 Outdoor || Won the 800 and 1500 at the Bucknell Team Challenge ... Placed second in his heat of the 1500 (3:46.67) at the Payton Jordan Invitational ... Finished seventh in the 1500 at the Sun Angel Classic at Arizona State. || 2010 Indoor || Placed third in the 800 at the Sykes-Sabock Challenge Cup ... Competed in the mile at the Washington Husky Classic ... Ran the 3000-meters at the Penn State National. || 2009



Outdoor || Won the 1500 at the Jim Click Shootout ... Split 1:49.75 on the fourth-place 4x800 in the Championship of America at Penn Relays ... Team finished in 7:18.66 ... Placed third in the 1500 at the Jesse Owens Classic. || **2009 Indoor** || Won his heat of the 800-meters at the Washington Husky Classic, finishing in an NCAA provisional-qualifying and personal-best 1:48.90 – one of the top 15 times in the country in 2009 ... anchored the seventh-place DMR at the Penn State National. || **2008 Outdoor** || Began the season with an exciting PR and regional-qualifying 1:49.94 to win the 800-meters at the Oregon Pepsi Challenge ... Finished first in the 1500 at the Bucknell Team Challenge ... Ran a regional-qualifying 3:47.32 to finish third in the 1500 at the Jesse Owens Classic. || **2008 Indoor** || Set school records in back-to-back weekends, starting with a 2:22.42 win in the 1,000-meters at the Penn State Open and following up with a 4:01.98 performance in the mile at the Penn State National ... His mile effort broke the 36-year old Penn State standard of 4:02.3, set by the great Greg Fredericks in 1972 ... Started off the season in style with wins in the 4x800 and DMR at the Penn State Relays ... Named Big Ten Athlete of the Week for his record performance at the Penn State National. || **High School** || The top high school miler in the country in 2007... Finished first in the mile at both the Nike Indoor and Nike Outdoor National Championships, running the number-one time in the U.S. in 2007 to win the outdoor meet (4:03.33) ... A three-time Ohio Division III state champion in the 1600-meters, and a two-time winner in the 800 ... Holds Ohio state meet records in both the 1600 (4:10.83) and 800 (1:51.54) ... Also an Ohio state champion in cross country ... Twice finished third in the 1500-meters at the USATF Junior Track and Field Championships ... A Track and Field News High School All-America honoree. || **Personal** || Son of Jerome and Theresa Borchers ... Born May 25, 1988 ... Majoring in Communications.



Chris Cipro

JR./SO. Eligible
Harmony, Pa.
Seneca Valley

DISTANCE • CROSS COUNTRY

Cipro's Collegiate Career Bests

	Indoor	Outdoor
3000-Meters	8:32.39	***
5000-Meters	15:09.93	14:23.37
10,000-Meters	***	30:59.61

On the National Scene ... || 2009 Cross Country || Was Penn State's second finisher at the NCAA Mid-Atlantic Regional Championships, placing 84th overall.

At the Big Ten Championships ... || 2010 Outdoor || Competed in his first-career 10,000-meter race, finishing 18th in the Big Ten field in 30:59.61 ... Also placed 26th in the 5,000-meters at the conference meet, clocking 14:36.23. || 2009 Cross Country || Finished 81st overall as the Lions' seventh man.

On the Course ... || 2009 Cross Country || Finished eighth at the Lock Haven Dolan Duals ... Placed 23rd at the Cappy Anderson Invitational as Penn State's number two runner ... Also competed at the Notre Dame Invitational. || 2008 Cross Country || Placed 52nd at the Harry Groves Spiked Shoe Invitational.

Around the Track ... || 2010 Outdoor || Ran a PR 14:23.37 in the 5,000-meters to finish 11th in the Olympic Development section at Penn Relays ... Ran 14:34.32 to finish sixth in the 5K at Florida Relays. || 2010 Indoor || Placed fifth in the 3,000-meters at the Penn State National ... Finished 10th in the 5K at the Sykes-Sabock Challenge Cup. || 2009 Seasons || Redshirted the 2009 indoor and outdoor seasons. || **High**



School || District 7 runner-up in the 3200-meters as a junior ... Compete in the 3200 at the PIAA State Championships in 2007 ... Finished second in the 3200 at the Baldwin Invitational as a senior ... Place 19th at the 2007 PIAA Cross Country Championships. || **Personal** || Full name is Christopher Scott Cipro ... Born July 9, 1989 in Harmony, Pa. ... Majoring in Elementary and Kindergarten Education.



Kyle
DAWSON

SR./JR. Eligible
Coatesville, Pa.
Coatesville

DISTANCE • CROSS COUNTRY

Dawson's Collegiate Career Bests

	Indoor	Outdoor
1500 Meters	***	3:49.71
Mile	4:11.41	***
5000 Meters	14:05.95	14:02.50

On the National Scene ... || **2010 Outdoor** || Placed 35th in the 5,000-meters at the NCAA Eastern First Round. || **2010 Indoor** || Was an NCAA provisional qualifier for the second-straight year thanks to a season-best 14:07.55 in the 5K. || **2009 Cross Country** || Was the Lions' fourth runner at the NCAA Mid-Atlantic Regional Championships. || **2009 Outdoor** || Placed 19th in the 5000-meters at the NCAA East Regional Championships, finishing in 14:33.53. || **2008 Cross Country** || Was the Lions' top runner at the NCAA Championships, finishing 81st overall, and 64th among team competitors

At the Big Ten Championships ... || **2010 Outdoor** || Finished 21st in the 5000 (14:20.15). || **2010 Indoor** || Just missed a scoring finish, placing 11th in 14:31.51. || **2009 Cross Country** || Placed 45th overall as the Lions' number-two finisher. || **2009 Outdoor** || Recorded a seventh-place scoring finish, clocking 14:31.71 in the 5000-meters. || **2009 Indoor** || Posted a seventh-place finish in the 5000, running 14:17.00. || **2008 Cross Country** || Named Big Ten Freshman of the Year thanks to a fifth-place and All-Big Ten finish at the conference championships.

On the Course ... || **2009 Cross Country** || Competed in three races, including the Notre Dame Invitational, Big Ten Championships, and Mid-Atlantic Regional. || **2008 Cross Country** || Turned in an All-Region effort at the Mid-Atlantic Regional Champi-



onships, finishing eighth ... Opened his collegiate career with a fifth-place finish at the Penn State National.

Around the Track ... || **2010 Outdoor** || Placed eighth in the Championship 5K at Penn Relays, running 14:08.73 ... Ran a season-best 14:05.17 to place eighth in his heat at the Payton Jordan Invitational at Stanford. || **2009 Outdoor** || Ran a personal-best and NCAA regional-qualifying 14:02.50, placing sixth in the Championship 5000 at the Penn Relays. || **2009 Indoor** || Recorded a personal-best and NCAA provisional-qualifying 14:05.95 to finish 13th in an impressive 5000-meter field at the Washington Husky Invitational ... Took second in the 5000 at the Penn State National, running 14:30.40. || **High School** || Ran the mile leg on the winning distance medley relay at the prestigious Penn Relays ... The team's performance of 10:08.51 was one of the best in the country in 2007 ... A member of the Track and Field News High School All-America team ... Led his squad to a team title at the 2006 Nike Team National Cross Country Championships ... Finished third overall at the 2006 PIAA Cross Country Championships, leading Coatesville to the team title with just 26 points ... Finished fifth in the 3200 at the PIAA Outdoor Championships as a senior ... Ran a personal-best 3200 time of 9:07.2 at the Unionville Invitational. || **Personal** || Son of Henry and Jane Dawson ... Born September 19, 1988 ... Majoring in Recreation, Park and Tourism Management ... Twin brother, Owen, is also a distance runner.



Tyler
CORKEDALE

SO./FR.-SO. Eligible
West Windsor, N.J.
W. Windsor - Plainsboro No.

DISTANCE • CROSS COUNTRY

Corkedale's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	***	1:53.05
1500-Meters	***	3:53.18

At the Big Ten Championships ... || **2010 Outdoor** || Placed 24th in the 1500-meters in his first appearance at the conference championships.

On the Course ... || **2009 Cross Country** || Competed in two races, placing 14th at the Dolan Duals at Lock Haven and 40th at the Cappy Anderson Invitational at Maryland-Eastern Shore ... Was the Lions' sixth finisher on both occasions.

Around the Track ... || **2010 Outdoor** || Top finish was a third-place showing in the 1500 at the Bucknell Team Challenge ... Ran a career-best 3:53.18 for the 1500 at the Sun Angel Classic, placing fifth in his section ... Ran the 1500 at the Jesse Owens Classic and Florida Relays ... Was a member of the second-place 4x800-meter relay at the Bucknell Team Challenge and fourth-place DMR at Florida Relays ... Anchored the 4xMile at Penn Relays. || **High School** || Member of the National Record 4xMile Team (17:21.5) ... Clocking a speedy 4:11.66 for 1600-meters on the track, placing seventh at the New Jersey Meet of Champions ... NJSIAA Sectional Champion in the 800- and 1600-meters as a senior ... Took fourth in the 1600 at the NJ Indoor Meet of Champions ... Placed 26th at Meet of Champs in cross country, to help his West Windsor-Plainsboro North squad to a team title to go along with the team's Group III Championship victory. || **Personal** || Son of Keith and Rhonda Corkedale ... Born May 1, 1991 ... Plans to major in Business.





Men's Returner Profiles



Owen DAWSON

SR./SR. Eligible
Coatesville, Pa.
Coatesville

MID-DISTANCE • CROSS COUNTRY

Dawson's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	1:47.77	1:48.85
1000-Meters	2:21.98	***
1500-Meters	***	3:45.42
Mile	4:08.84	***

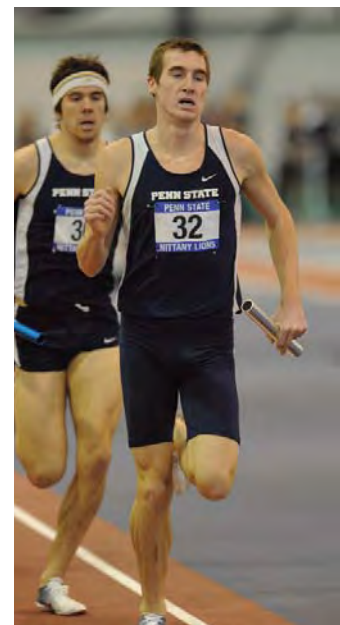
On the National Scene ... || **2010 Outdoor** || Qualified for the USATF Championships, placing 23rd in the 800-meters ... Ran the 800 at the NCAA First Round. || **2010 Indoor** || Earned his first-career All-America finish, placing eighth in the 800 at the NCAA Indoor Championships (1:49.59) ... Recorded the sixth-fastest mark in the preliminaries (1:49.72) to advance to the NCAA Final ... Clocked an NCAA automatic-qualifying 1:47.77 for the 800 at the Washington Husky Classic. || **2009 Outdoor** || Placed 24th in the 800 at the NCAA East Regional Championships, running 1:51.48.

At the Big Ten Championships ... || **2010 Outdoor** || Ran the third leg on the seventh-place and season-best 4x400-meter relay (3:11.85) ... Placed 11th in the 800. || **2010 Indoor** || Recorded an eighth-place finish in the 800 (1:53.85) ... Ran 1:51.43 in the preliminaries to advance to the final. || **2009 Outdoor** || Turned in a third-place finish in the 800, clocking 1:50.68 ... Posted the fastest 800 time in the preliminaries with a then personal-best 1:49.58. || **2009 Indoor** || Part of Penn State's exciting one-two finish in the 800-meters, claiming silver-medal honors in 1:50.83. || **2008 Outdoor** || Placed ninth in his preliminary heat of the 1500-meters. || **2008 Indoor** || Ran the 1200-meter leg of the sixth-place distance medley relay.

On the Course ... || **2009 Cross Country** || Competed in two races, placing fourth at the Lock Haven Dolan Duals and 19th at the Harry Groves Spiked Shoe Invitational.

Around the Track ... || **2010 Outdoor** || Top finish was a sixth-place effort in the 800 at the Sun Angel Classic in a season-best 1:48.85 ... Placed sixth in the 1500 at the Florida Relays, clocking a career-best 3:45.42 ... Was a member of the winning 4x800-meter relay, which posted a meet-record 7:18.72 at the Florida Relays ... Ran the lead-off leg on the Lions' third-place 4x800 at Penn Relays ... The squad clocked 7:17.02 – the fourth-best time in school history. || **2010 Indoor** || Finished sixth overall at the Husky Classic with a PR 1:47.77 – the third-fastest effort in the Nittany Lion record books ... Placed sixth in the 800 at the Penn State National, running 1:48.97 ... Ran a personal-best 2:21.98 to finish second in the 1000-meters at the PSU Northeast Challenge, which was also the second-fastest performance in school history. || **2009 Outdoor** || Placed second in the 800 at the Bison Outdoor Classic with a regional-qualifying 1:50.27 ... Took fourth in the 800 at the Jim Click Shootout ... Was a member of the Lions' fourth-place 4x800 that finished in 7:18.66 in the Championship of America section at Penn Relays ... Placed ninth in the 1500 at the Jesse Owens Classic (3:51.49). || **2009 Indoor** || Ran a personal-best and NCAA provisional-qualifying 1:50.13 to finish second in the 800-meters at the Sykes-Sabock Challenge Cup ... Led off on the winning 4x800-meter relay at the Penn State Relays, running a meet record 7:31.17 ... Ran a personal-best 4:08.84 in the mile at the Washington Husky Invitational ... Finished seventh in the Invitational 800 at the Penn State National. || **2008 Outdoor** || Ran a PR 1:51.68 to finish

third in the 800 at the Penn State Open ... Finished 11th in the 800 at the Sun Angel Classic ... Placed eighth in the 1500 in a career-best 3:54.67 at the Oregon Pepsi Challenge. || **2008 Indoor** || Ran on the first-place 4x800-meter relay at the Penn State Relays ... Finished 12th in the mile at the Penn State National ... Ran a personal-best 4:15.61 in the mile at the Tyson Invitational. || **High School** || Ran the 800-meter leg on the winning DMR at the prestigious Penn Relays ... The team's performance of 10:08.51 was one of the best of 2007 ... A member of the Track and Field News High School All-America team ... Helped his squad to a team title at the high-powered 2006 Nike Team National Championships ... Ran on the winning team at the 2006 PIAA Cross Country Championships, finishing eighth individually ... Qualified for the PIAA Championships in the mile and ran on the fifth-place 4x800 at the state meet. || **Personal** || Son of Henry and Jane Dawson ... Born September 19, 1988 ... Enrolled in the Kinesiology ... Twin brother, Kyle, is also a distance runner at Penn State.



Blake EATON

SR./SR. Eligible
Allegeny, N.Y.
Allegeny-Limestone

THROWS

Eaton's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	60-10.50 (18.55)	64-2.50 (19.57)
35lb Weight	55-0.25 (16.77)	***
Discus	***	160-6 (48.92)
Hammer	***	172-8 (52.63)

On the National Scene ... || **2010 Outdoor** || The NCAA bronze medalist in the shot put with a PR toss of 64-2.50 (19.57) ... Had an outstanding series at the NCAA meet, including four throws over 19-meters ... Qualified for the USATF Championships, where he finished 16th overall ... Placed second at the NCAA First Round with a then-personal best toss of 62-0.25 (18.90) ... PR was a top 20 throw by an American in 2010 ... Was named USTFCCCA Mid-Atlantic Region Field Athlete of the Year. || **2010 Indoor** || Launched a clutch throw of 60-4.25 (18.40) on his third prelim attempt at the NCAA Championships to advance to the final ... Posted a personal indoor-best 60-6 (18.44) to place eighth in the final and earn his first-career All-America finish. || **2009 Outdoor** || Qualified for the NCAA East Regional for the second-straight year, finishing 21st in the shot put. || **2008 Outdoor** || Finished 18th in the shot put at the NCAA East Regional Championships.

At the Big Ten Championships ... || **2010 Outdoor** || Became the first Nittany Lion



athlete to claim a Big Ten shot put title on the men's side, thanks to a mark of 60-6.75 (18.46) ... Also finished 18th in the discus. || **2010 Indoor** || Placed 16th in the shot put and 22nd in the weight throw. || **2009 Outdoor** || Placed 13th in the shot put, and 21st in the discus. || **2009 Indoor** || Competed in the shot put and the weight throw, placing 18th in the shot and 26th in the weight. || **2008 Outdoor** || Competed in the shot put and discus, finishing 11th in the put. || **2008 Indoor** || Placed seventh in the shot put with a personal-best 57-3.50 (17.43) ... Also competed in the weight throw.



In the Field ... || **2010 Outdoor** || Won the shot put at the Penn State Open with a then-season best 59-1.50 (18.02) ... Earned runner-up finishes at the Jesse Owens Classic and Bucknell Team Challenge ... Placed third in a stacked field at the Sun Angel Classic at Arizona State ... Top discus mark was 157-10 (48.11) at Florida Relays ... Also turned in a hammer PR in Gainesville, posting a throw of 172-8 (52.63). || **2010 Indoor** || Took top honors in the shot put at the Sykes-Sabock Challenge Cup with an indoor PR 60-10.50 (18.55) ... Also earned a victory in the shot at the Penn State Relays with a throw of 59-6.75 (18.15) ... Earned third-place finishes in the shot at the PSU Northeast Challenge, Penn State National, Akron Invitational, and Virginia Tech Last Chance ... Posted a PR in the weight at the Penn State Relays at 55-0.25 (16.77), which was good for third place in the field. || **2009 Outdoor** || Placed second in the shot put at the Bison Outdoor Classic ... Achieved the NCAA regional-qualifying standard in the shot put with a toss of 55-10.50 (17.03) to finish third in the Eastern division at Penn Relays ... Placed fourth in the discus and sixth in the shot at the Auburn War Eagle Invitational ... Placed eighth in the shot at the Jesse Owens Classic with a regional-qualifying 55-3.50 (16.85) ... Placed second in the shot and third in the discus at the Penn State Open. || **2009 Indoor** || Won the shot put at the Penn State Open with a season-best 55-2 (16.81) ... Placed second in the shot and fifth in the weight at the Penn State Relays, posting a season-best 54-6 (16.61) in the weight. || **2008 Outdoor** || Posted a career-best and NCAA regional-qualifying 56-9.50 (17.31) to place first in the shot put at the Bucknell Team Challenge ... Took second in the shot at the Oregon Pepsi Challenge with a mark of 55-6.25 (16.92) ... Won the shot and the discus at the Penn State Open. || **2008 Indoor** || Placed third in the weight and fourth in the shot at the Penn State Open ... Placed sixth in the shot at the Penn State National ... Took fifth in the shot at the Virginia Tech Elite meet, and seventh at the Tyson Invitational. || **High School** || One of the top throwers in the Northeast during his high school career ... Ranked among the nation's top 20 high schoolers in both 2006 and 2007, appearing in the national shot put standings in 13th in 2006, and 17th in 2007 ... 2007 N.Y. State Division II Champion in both the shot put and the discus ... Won the shot put and took second in the discus in the championship section at the N.Y. state meet in 2007 || **Personal** || Son of Nancy Eaton ... Born May 2, 1989 ... Majoring in Recreation, Park, and Tourism Management.



Hanif
JOHNSON
JR./SO.-JR.
Harrisburg, Pa.
Harrisburg

JUMPS

Johnson's Collegiate Career Bests

	Indoor	Outdoor
Long Jump	22-0.25 (6.71)	22-1.50 (6.74)
Triple Jump	50-10.75 (15.51)	49-7 (15.11)

On the National Scene ... || **2009 Outdoor** || Placed 18th in the triple jump at the NCAA East Regional Championships.

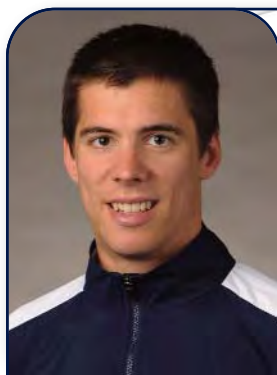
At the Big Ten Championships ... || **2010 Indoor** || Scored a silver-medal finish in the triple jump with a season-best effort of 50-0.75 (15.26) ... Also competed in the long jump. || **2009 Outdoor** || Placed fourth in the triple jump in his first Big Ten appearance with a leap of 49-1.50 (14.97) ... Ran a leg on the eighth-place 4x100-meter relay team ... Also finished 22nd in the long jump.

In the Field ... || **2010 Outdoor** || Won the triple jump at the Penn State Open ... Recorded a season-best jump of 49-5.75 (15.08) to place ninth in the triple jump at Florida Relays ... Finished 10th in the triple jump and 11th in the long jump at the Sun Angel Classic. || **2010 Indoor** || Won the triple jump at the Penn State Relays with a leap of 49-7.75 (15.13) ... Placed fourth at the PSU Northeast Challenge and seventh at the Penn State National ... Finished 11th in the triple jump at the Tyson Invitational ... Season best long jump was 22-0.25 (6.71), which was good for fifth at the PSU Northeast Challenge ... Placed second in the long jump at the Penn State Relays. || **2009 Outdoor** || Won the triple jump at the Bison Outdoor Classic ... Hit the NCAA regional standard in the triple jump with a leap of 49-7 (15.11) to finish third at the Jesse Owens Classic ... Placed second in the Eastern division triple jump at Penn Relays ... Finished fifth in the triple jump at the Auburn War Eagle Invitational. || **2009 Indoor** || Redshirted the indoor season, but showed promise in the horizontal jumps, finishing fourth at the Virginia Tech Last Chance with a leap of 50-10.75 (15.51) ... Placed second in the triple jump at the Penn State Relays ... Finished fifth in the triple jump and sixth in the long jump at the Penn State Open ... Turned in a 10th-place effort in the triple jump at the Penn State National. || **High School** || Qualified for the PIAA State Championships in the triple jump and pole vault as a senior, capturing runner-up honors in the triple jump ... District III and Mid-Penn Conference triple jump champion as a senior ... Made the state meet in the long jump as a junior. || **Personal** || Son of Wendy Johnson ... Born April 27, 1990 ... Majoring in Economics.





Men's Returner Profiles



Ryan FOSTER

SR./SR.
Tasmania, Australia
The Hutchins School

MID-DISTANCE • CROSS COUNTRY

Foster's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	1:47.32	1:46.78
1000-Meters	2:19.60	***
1500-Meters	***	3:41.26
Mile Run	4:08.99	***
4x800-Meters	***	7:17.02
DMR	9:32.94	***

On the National Scene ... || **2010 Outdoor** || Finished 24th overall at the 800-meters at the NCAA Outdoor Championships ... Advanced to NCAAs via a performance of 1:47.99 at the NCAA Eastern First Round. || **2010 Indoor** || Claimed bronze-medal honors at the NCAA Indoor Championships, running 1:48.79 in the 800-meter final ... Set an Australian National and Penn State record and the 2010 world-best in the 1000-meters, going 2:19.60 at the PSU Northeast Challenge ... Ran 1:47.32 – the second-fastest mark by a collegian in 2010 - in the 800 at the Washington Husky Classic, resetting his own PSU record ... Set a new facility record at the Penn State National, running 1:47.48, which is also considered an Australian National record in the event. || **2009 Outdoor** || Achieved his first career All-America finish with an eighth-place effort

in the 800-meters, running 1:47.81 in the final ... Excelled through the preliminary and semi-final rounds of the 800, clocking 1:47.57 in the prelims – the fastest time of the opening round -and a career-best 1:46.78 in the semi-finals ... Advanced to NCAAs via a fourth-place finish at the NCAA East Regional, where he ran 1:49.18 in the preliminaries and 1:49.70 in the final. || **2009 Indoor** || An NCAA provisional qualifier at 800-meters ... Ran the 800-meter leg on the Lions' DMR at the Alex Wilson Invitational that ran a school-record and NCAA automatic-qualifying 9:32.94 ... Competed on the DMR at the NCAA Championships, where the Lions finished ninth overall in 9:37.62.



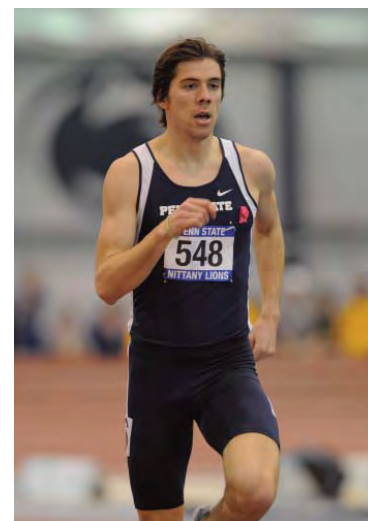
At the Big Ten Championships ... || **2010 Outdoor** || Placed 10th in the 1500-meters at the outdoor conference meet. || **2010 Indoor** || Won his third-straight Big Ten indoor title in the 800, finishing in 1:50.43 ... Ran the 800-meter leg on the Lions' third-place distance medley relay, which finished in a season-best 9:48.30. || **2009 Cross Country** || Placed 78th overall at the conference meet. || **2009 Outdoor** || Captured Big Ten gold in the 800-meters, winning the race in 1:49.66 to lead a trio of Lions in the top four. || **2009 Indoor** || Won the Big Ten title at 800-meters, going 1:50.24 to lead a Penn State one-two finish in the event with teammate Owen Dawson.

On the Course ... || **2009 Cross Country** || Competed in four events ... Highest finish was third overall and first for Penn State at the Lock Haven Dolan Duals ... Placed 31st at the Cappy Anderson Invitational at Maryland Eastern Shore.

Around the Track ... || **2010 Outdoor** || Clocked a PR 3:41.26 in the 1500-meters to finish second at Florida Relays – the third-fastest performance in PSU history ... Ran

on the winning 4x800 at Florida, which posted a meet record 7:18.72 ... Posted a season-best 1:47.78 in the 800 at the Payton Jordan Invitational at Stanford ... Anchored the third-place and season-best 4x800 at Penn Relays (7:17.02) ... Team recorded the fourth-fastest time in the PSU record books.

|| **2010 Indoor** || Won the Penn State National with facility record 1:47.48 ... Finished third at the Washington Husky Classic (1:47.32) ... Won the 1000 at the PSU Northeast Challenge ... Ran on the second-place DMR at the Penn State Relays. || **2009 Outdoor** || Set a stadium record in the 800 at the Bison Outdoor Classic, running a regional-qualifying 1:48.79 ... Won the 800 at the Jim Click Shootout ... Finished first in the 800 at the Penn State Open. || **2009 Indoor** || Racked



up individual victories in the mile at the Penn State Open (4:08.99) and the 800 at the Sykes-Sabock Challenge Cup in an NCAA provisional-qualifying 1:49.85 ... Ran a personal-indoor best 1:49.68 to finish sixth in the elite "Wilson" section of the 800 at the Alex Wilson Invitational at Notre Dame ... Competed on a pair of winning relays at the Penn State Relays, helping his squad to a meet-record 7:31.17 on the 4x800, and running on the first-place 4x400. || **High School** || Captain of the Tasmanian State Team in 2005 ... Australian All Schools Champion in the 1500-meters and steeplechase in 2004 ... Competed in the steeplechase at the World Youth Championships in 2005. || **Personal** || Full name is Ryan Geoffrey Foster ... Born August 26, 1988, in Hobart, Tasmania ... Son of Charon and Stephen Foster ... Majoring in Economics.



Duri GREENE

SR./JR. Eligible
Wyndmoor, Pa.
Springfield Township

THROWS

Greene's Collegiate Career Bests

	Indoor	Outdoor
Javelin	***	196-9 (59.97)

At the Big Ten Championships ... || **2010 Outdoor** || Scored a seventh-place finish in the javelin with a toss of 193-9 (59.07).

In the Field ... || **2010 Outdoor** || Threw a personal-best 196-9 (59.97) to place fourth in the javelin at the Jesse Owens Classic ... Took third at the Bucknell Team Challenge ... Recorded a ninth-place finish at the Sun Angel Classic with a mark of 193-0 (58.84) ... Placed 11th at Florida Relays and 13th in the college section at Penn Relays. || **At Robert Morris** || Competed at Robert Morris in 2007 and 2008 ... Placed 12th in the javelin, and competed in the discus and hammer at the Northeast Conference Championships as a freshman. || **High School** || Won the javelin at the PIAA District I Championships as a senior ... Would go on to place ninth in the event at the 2006 PIAA State Championships. || **Personal** || Son of Kyong Yi ... Born October 6, 1987 ... Majoring in Hotel Restaurant and Institutional Management.




Harold DUNN
5th YR./SR. Eligible
Butler, Pa.
Butler Area

THROWS

Dunn's Collegiate Career Bests

	Indoor	Outdoor
Javelin	***	206-8 (63.00)

On the National Stage ... || 2007 Outdoors || Placed 18th at the NCAA East Regional, posting a mark of 198-4 (60.45).

At the Big Ten Championships ... || 2010 Outdoor || Placed 15th in the javelin. || 2007 Outdoors || Scored a sixth-place finish at the conference meet with a mark of 200-10 (61.22).

In the Field ... || 2010 Outdoor || Competed at Penn Relays and the Bucknell Team Challenge. || 2009 Outdoor || Medical redshirt. || 2008 Outdoor || Threw a regional-qualifying 206-8 (63.00) to finish third at the Oregon Pepsi Challenge. || 2007 Outdoor || Threw a personal-best and regional-qualifying 204-3 (62.27) to finish fifth in the javelin at Penn Relays ... Posted second-place efforts at both the George Mason Spring Classic and the Penn State Open ... Finished fourth at the Bucknell Team Challenge and fifth at the Auburn Tiger Classic. || High School || WPIAL runner up in 2006 ... A PIAA state qualifier in 2005 and 2006. || Personal || Son of Harold and Connie Dunn ... Born October 31, 1987 ... Majoring in Education.



Bryson Hartzler
SR./SR. Eligible
Belleville, Pa.
Indian Valley

HIGH JUMP

Hartzler's Collegiate Career Bests

	Indoor	Outdoor
High Jump	6-10.25 (2.09)	6-7.50 (2.02)

At the Big Ten Championships ... || 2010 Outdoor || Cleared 6-6 (1.98) to place 12th in the high jump. || 2010 Indoor || Topped out at 6-9.75 (2.08) to record a 10th-place finish in his first Big Ten appearance.

In the Field ... || 2010 Outdoor || Cleared a season-best 6-7.50 (2.20) to finish sixth at the Jesse Owens Classic ... Finished third at the Penn State Open ... Placed second at the Bucknell Team Challenge ... Recorded a 15th-place showing in the eastern section at Penn Relays. || 2010 Indoor || Posted a PR clearance of 6-10.25 (2.09) to place fourth at the Sykes-Sabock Challenge Cup ... Finished second at the Penn State Relays

with a leap of 6-8.25 (2.04) ... Placed fourth at the PSU Northeast Challenge and seventh at the Akron Invitational. || At Penn State-Behrend || Competed at Penn State-Behrend for freshman and sophomore seasons ... Placed second at the Mason-Dixon Conference Championships in 2009, and sixth at the ECAC Division III Championships ... Recorded a total of four victories during the 2009 indoor and outdoor seasons. || High School || PIAA District 6 Champion in the high jump as a senior ... Placed 14th in the high jump at the 2007 PIAA State Championships. || Personal || Son of Charles and Esther Hartzler ... Born December 13, 1988 ... Majoring in Kinesiology.

At the Big Ten Championships ... || 2010 Outdoor || Placed 20th in the 800 with a season-best 1:52.67. || 2010 Indoor || Finished 21st in the mile run.

On the Course ... || 2009 Cross Country || Competed in three races ... Top place finish was 12th at the Lock Haven Dolan Duals ... Was Penn State's seventh finisher at the Notre Dame Invitational.

Around the Track ... || 2010 Outdoor || Placed second in the 800 at the Bucknell Team Challenge and third at the Penn State Open ... Finished 17th in the 1500 at Florida Relays and the Sun Angel Track Classic ... Ran on the fourth-place DMR at Florida Relays



Sam HAVKO
SO./SO.
Fairview, Pa.
Fairview

DISTANCE • CROSS COUNTRY

Havko's Collegiate Career Bests

	Indoor	Outdoor
800 Meters	1:54.51	1:52.72
1500 Meters	***	3:52.06
Mile Run	4:18.53	***

... Competed in the 4xMile and ran the 800 leg on the Lions' 11th-place DMR in the Championship of America at Penn Relays. || 2010 Indoor || Placed 12th in the mile at the Penn State National with a collegiate indoor best 4:18.53 ... Also competed in the mile at the PSU Northeast Challenge and Tyson Invitational. || High School || A soccer and ice hockey playing before going out for track during his junior year ... PA AA State Champion in the 800 (1:52.78) and 1600 (4:10.1) as a senior, running personal-bests in both events ... PIAA AA Cross Country Champion as a senior ... District 10 record holder in the 800 and 1600 ... Finished second in the 1600 at the PIAA meet as a junior ... Team captain in cross country as a senior ... Also won the Harry Groves Spiked Shoe Invitational at Penn State. || Personal || Son of Fred and Lauren Havko ... Born September 9, 1990 in Ceiba, Puerto Rico ... Sister Lindsey ran track at Duke, and brother Ben ran at IUP ... Plans on majoring in Science.



Men's Returner Profiles



Joe KOVACS

SR./SR.-JR. Eligible
Nazareth, Pa.
Bethlehem Catholic

THROWS

Kovacs' Collegiate Career Bests

	Indoor	Outdoor
Shot Put	63-6.25 (19.36)	61-5.50 (18.73)
35-lb Weight	59-11 (18.26)	***
Discus	***	172-9 (52.65)
Hammer	***	189-7 (57.79)

On the National Scene ... || **2010 Outdoor** || Placed 18th in the shot put at the NCAA Championships ... Recorded a toss of 59-11 (18.26) to finish sixth at the NCAA Eastern First Round and advance to the national final. || **2010 Indoor** || Recorded a bronze-medal effort and his first-career All-America finish in the shot put at the NCAA Indoor Championships, thanks to a throw of 62-11.25 (19.18) ... PR performance of 63-6.25 (19.36) was a top 15 mark by an American during the indoor season, and fifth among collegians, as well as the second-best mark in PSU history. || **2009 Outdoor** || Placed 14th in the shot put at the NCAA East Regional with a throw of 56-11.50 (17.36).

At the Big Ten Championships ... || **2010 Outdoor** || Turned in a PR 172-9 (52.65) to earn silver-medal honors in the discus ... Placed fifth in the shot put with a mark of 58-3.25 (17.76) and finished 17th in the hammer. || **2010 Indoor** || Claimed runner-up status in the shot put with an effort of 61-6.75 (18.76) ... Placed 12th in the weight with a personal-best throw of 59-11 (18.26). || **2009 Outdoor** || Recorded a seventh-place finish in the shot put with a toss of 57-3 (17.45) ... Also finished 17th in the discus, and 21st in the hammer. || **2009 Indoor** || Finished 15th in the shot put and 21st in the weight throw ... Recorded a personal-best toss of 54-4.75 (16.58) at the conference meet. || **2008 Indoor** || Competed in the shot put and weight throw, finishing 18th in the shot.

In the Field ... || **2010 Outdoor** || Recorded a personal-outdoor best 61-5.50 (18.73) to win the shot at the Bucknell Team Challenge, also setting a new facility record ... Was named Big Ten Athlete of the Week following his efforts ... Earned top five finishes in the shot put with a second-place standing at the Penn State Open and a fourth-place showing at the Sun Angel Classic ... Finished sixth in the shot at the Jesse Owens Classic ... Won the discus at the Bucknell Team Challenge and the Penn State Open, and finished seventh in the event at Florida Relays ... Top hammer mark was 189-7 (57.79) to place fourth at the Sun Angel Classic. || **2010 Indoor** || Won the shot put at the PSU Northeast Challenge and placed second at the Penn State National and Penn State Relays ... PR 63-6.25 (19.36) at the Penn State National was an NCAA automatic qualifier ... Placed third in the shot at the Sykes-Sabock Challenge Cup ... Best regular season finish in the weight was a second-place effort at the Penn State Relays ... Took fifth in the weight at the Sykes-Sabock Challenge Cup. || **2009 Outdoor** || Launched a personal-best 60-9.50 (18.53) to finish second in the Eastern shot put at the Penn Relays ... The mark was the best throw by a Lion in nearly 20 years and was also one of the top 15 efforts in the NCAA in 2009 ... Won the shot at the Bison Outdoor Classic and the Penn State Open ... Posted a personal-best effort of 172-10 (52.69) to finish ninth in the hammer at the Jim Click Shootout ... Also finished third in the shot at Jim Click with a

regional-qualifying 55-10.25 (17.02) ... Best discus mark was 161-0 (49.07) at the Bison Outdoor Classic ... Placed sixth in the shot at the Jesse Owens Classic. || **2009 Indoor** || Top finish was a second-place effort in the shot put at the Penn State Open ... Placed third in the shot at the Sykes-Sabock Challenge Cup, posting an indoor PR of 55-5 (16.89) ... Turned in a fourth-place finish in the shot at the Washington Husky Invitational with a toss of 54-7.50 (16.65) ... Recorded a pair of top 10 finishes at the Penn State Relays, placing seventh in the weight and eighth in the shot. || **2008 Outdoor** || Redshirted the outdoor campaign. || **2008 Indoor** || Placed third in the shot put at the Penn State Open, and fourth at the Penn State National ... Finished eighth in the weight at



the Penn State Open and the Virginia Tech Elite meet. || **High School** || Won PIAA titles in the discus and the shot put during senior season ... Winning shot put mark of 64-10.75 is ranked third in Pennsylvania high school history, and was the sixth-best throw in the country that year ... Threw 60-4 in the shot put indoors ... District XI champion in the shot put and the discus ... Discus PR of 184-10 is also ranked third all-time in Pa. ... Placed second in the discus and seventh in the shot put at the state meet as a junior ... Won the district discus title as a junior, and finished second in the shot ... Placed fourth in the discus at Penn Relays during senior year ... Finished sixth in the shot put at Nike Outdoor Nationals ... Took second in the shot put at the Caribbean Scholastic Invitational in Puerto Rico in 2007. || **Personal** || Son of Joanna Kovacs ... Born June 28, 1989 ... Majoring in Earth and Mineral Science.



Jacob LIBRIZZI

SR./JR. Eligible
Pa. Furnace, Pa.
St. Francis (Pa.) University

SPRINTS, HURDLES

Librizzi's Collegiate Career Bests

	Indoor	Outdoor
200 Meters	22.95	***
60-Meter Hurdles	8.35	***
110-Meter Hurdles	***	14.85
400-Meter Hurdles	***	54.46

At the Big Ten Championships ... || **2010 Outdoor** || Placed 15th in the 110-meter hurdles with a personal-best 14.85 ... Also competed in the 400-meter hurdles and 4x100-meter relay. || **2010 Indoor** || Finished 14th in the 60-meter hurdles in 8.35 – a personal best.



Around the Track ... || **2010 Outdoor** || Won the 400 hurdles and placed third in the 110 hurdles at the Bucknell Team Challenge ... Placed second in both hurdle races at the Penn State Open ... Finished 36th in the 400 hurdles at Penn Relays ... Also competed at the Florida Relays and Jesse Owens Classic. || **2010 Indoor** || Top finish was fourth in the 200-meters at the Penn State Relays ... Also finished sixth in the 60-meters at the Penn State Relays ... Took 10th in the 60 hurdles at the Sykes-Sabock Challenge Cup and 13th at the PSU Northeast Challenge. || **St. Francis (Pa.)** || Competed in the sprints and hurdles at St. Francis (Pa.) University during the 2007-2008 seasons. || **High School** || Placed second in the 300 hurdles at the PIAA AA State Championships as a senior at Bishop Guilfoyle ... Also finished seventh in the 110 hurdles ... District 6 AA Champion in both hurdle races as a senior. || **Personal** || Son of Marie Librizzi ... Born January 16, 1989 ... Majoring in Liberal Arts.



Casimir LOXSOM

SO./SO. Eligible
New Haven, Conn.
Wilbur Cross

MID-DISTANCE • CROSS COUNTRY

Loxsom's Collegiate Career Bests

	Indoor	Outdoor
400 Meters	***	47.97
600 Meters	1:16.92	***
800 Meters	1:47.98	1:46.57
4x400-Meter Relay	3:11.85	3:13.45
4x800-Meter Relay	***	7:17.02

On the International Stage ... || **2010 Outdoor** || Became the highest-ever United States finisher in a distance event at the IAAF World Junior Championships, with a second-place standing in the 800-meters ... Clocking a PR 1:46.57 in the final – the second-fastest time in PSU history, and sixth-best ever run by a U.S. junior athlete ... Advanced to the IAAF World Juniors via a victory in the 800-meters at the USATF Junior Championships, where he clocked 1:47.75 in the final ... Performance is the sixth-fastest ever run by a U.S. Junior athlete

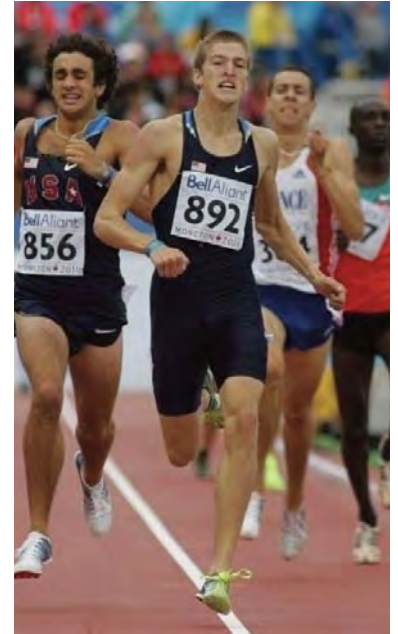
|| **2010 Indoor** || Clocking a personal-best 1:16.92 for 600-meters, which was recognized as a World Junior Best.

On the National Scene ... || **2010 Outdoor** || Placed 17th in the 800 at the NCAA Outdoor Championships, as one of just four freshman in the field ... Advanced to the NCAA Championships after two heat victories at the NCAA First Round ... Was named Mid-Atlantic Track Athlete of the Year for the outdoor season. || **2010 Indoor** || Placed 15th in the 800 in his first-career NCAA appearance.

At the Big Ten Championships ... || **2010 Outdoor** || Cruised to his first-career Big Ten title, running 1:48.06 in the 800 final ... Anchored the Lions' seventh-place 4x400-meter relay, which clocked a season-best 3:11.85 ... Was named Big Ten Freshman of the Year. || **2010 Indoor** || Placed sixth overall in the 600, and was a member of the sixth-place 4x400 (3:13.45).

Around the Track ... || **2010 Outdoor** || Clocking a career-best 1:46.74 to win the Payton Jordan Cardinal Invitational at Stanford ... Ran the fastest split of the day on the 4x800 at Penn Relays, clocking 1:46.58, as a member of the third-place team, which ran 7:17.02 ... Placed fourth overall and was the top collegiate finisher at the Sun Angel

Classic, running 1:48.41 ... Ran on the Lions' winning 4x800 at the Florida Relays, helping the team to a meet-record 7:18.72 ... Was twice named Big Ten Athlete of the Week during the outdoor season. || **2010 Indoor** || Won the 600 at the PSU Northeast Challenge in 1:16.92 – the second-fastest time in PSU history ... Finished fourth in the 800 at the Penn State National with an indoor PR and NCAA automatic-qualifying 1:47.98 ... Was a member of winning 4x400s at the Penn State Relays and PSU Northeast Challenge. || **High School** || New England indoor champion in the 600-meters as a senior ... Also won the state outdoor 800-meter title in 2009 ... 600 PR of 1:18.72 was ranked third among preps in 2009 and is a New England record ... Clocking 1:50.45 in the 800 as a senior, which ranked eighth nationally ... Named 2008-09 Gatorade Connecticut Boys Track & Field Athlete of the Year ... Placed sixth in the 800 at 2009 Nike Indoor Nationals, and 12th at Nike Outdoor Nationals. || **Personal** || Son of John and Christine Loxsom ... Born March 17, 1991 ... Enrolled in the College of Health and Human Development.



Collin MANNING

SO./SO. Eligible
Mitchellville, Md.
Bowie

SPRINTS

Manning's Collegiate Career Bests

	Indoor	Outdoor
60 Meters	7.15	***
100 Meters	***	10.64
200 Meters	21.93	21.82

At the Big Ten Championships ... || **2010 Outdoor** || Placed 13th in the 100-meters, finishing in 10.83 ... Also ran on the Lions' 4x100-meter relay. || **2010 Indoor** || Placed 19th in the 200-meters.

Around the Track ... || **2010 Outdoor** || Ran a personal-best 10.64 to win the 100-meters at the Penn State Open ... Also won the 200, clocking 21.82 ... Took top honors in the 200 at the Bucknell Team Challenge, winning with a wind-aided 21.70 ... Finished third in the 100 at Bucknell, and ran on the second-place 4x100 ... Also competed at the Sun Angel Classic and Jesse Owens Classic. || **2010 Indoor** || Highest place finish was a second-place effort in the 200 at the Sykes-Sabock Challenge Cup ... Ran personal-indoor best 22.30 for the 200 at the Tyson Invitational. || **High School** || Placed fourth in the 200 at the 2009 Marland 4A state meet ... Competed in the 200 at National Scholastic Indoor ... A second team All-County selection as a senior. || **Personal** || Son of Ron and Jill Manning ... Born June 25, 1991 ... Enrolled in the College of Liberal Arts.



Men's Returner Profiles



Vince McNally

JR./JR. Eligible
Smoketown, Pa.
Conestoga Valley

DISTANCE • CROSS COUNTRY

McNally's Collegiate Career Bests

	Indoor	Outdoor
1500-Meters	***	3:47.73
3000-Meters	8:07.29	***
5000-Meters	14:36.04	14:09.24
DMR	***	9:43.46

On the National Scene ... || 2010 Outdoor || Placed 21st in the 5000-meters at the NCAA First Round (14:24.53). || 2009 Cross Country || Finished 134th overall in his second-straight appearance at the NCAA Cross Country Championships ... Earned All-Region honors for the second-straight year via an eighth-place finish at the NCAA Mid-Atlantic Regional Championships. || 2009 Outdoor || Placed 16th in the 1500-meters at the NCAA East Regional Championships, finishing in 3:48.99. || 2008 Cross Country || One of the leaders on the Lions' NCAA-qualifying team in 2008 ... Earned All-Region honors with a sixth-place finish at the NCAA Mid-Atlantic Regional Championships.



At the Big Ten Championships ... || 2010 Outdoor || Scored an eighth-place finish in the 5K, running a personal-best 14:09.24. || 2010 Indoor || Finished 21st in the 3,000-meters. || 2009 Cross Country || Earned All-Big Ten Second Team honors with an 11th-place finish as the Nittany Lions' number-one runner. || 2009 Outdoor || Finished 13th in the 1500 and 19th in the 5000-meters. || 2009 Indoor || Recorded a sixth-place scoring finish in the 3000-meters, clocking 8:09.13. || 2008 Cross Country || Placed 22nd at the Big Ten Championships - the third-best finish by a freshman.



On the Course ... || 2009 Cross Country || Competed in five races, finishing as Penn State's number one throughout the season ... Top individual finish was a fifth-place standing at the Cappy Anderson Invitational at Maryland-Eastern Shore ... Finished 66th at the Notre Dame Invitational.

Around the Track ... || 2010 Outdoor || Ran a season-best 3:50.73 to place second in the 1500-meters at the Penn State Open ... Placed seventh in the 1500 section at the Payton Jordan Cardinal Invitational ... Placed fifth in the 5K at the Sun Angel Classic, clocking 14:19.27 ... Split 4:07.76 on the 1600 anchor on the Lions' 11th place DMR in the Championship of America section at Penn Relays ... Also led off

the 4xMile at Penn. || 2010 Indoor || Placed second in the 3000 at the PSU Northeast Challenge ... Ran a season-best 8:10.99 at the Washington Husky Classic ... Finished 12th in the 3000 at the Alex Wilson Last Chance (8:23.14) ... Placed eighth in the 5000 at the Penn State National in 14:36.04. || 2009 Outdoor || Achieved the NCAA regional standard in the 1500 with a personal-best 3:47.73, finishing third at the Auburn War Eagle Invitational ... Placed third in the 3000 at the Jim Click Shootout ... Placed eighth in the invitational 1500 at the Bison Outdoor Classic ... Split 4:07.9 for 1600-meters on the DMR that finished section in the college section at Penn Relays with a season-best 9:44.48. || 2009 Indoor || Ran a personal-best 8:07.75 to finish 11th in the 3000 at the Alex Wilson Invitational at Notre Dame ... Took seventh in his 3000 heat at the Washington Husky Invitational, finishing in 8:10.05 ... Captured runner-up honors in the 3000 at the Sykes-Sabock Challenge Cup with a finishing time of 8:12.95. || High School || Qualified for the Footlocker Cross Country Championships as a senior ... Ran a personal-best 4:08.99 for the mile as a junior at the Nike Outdoor National Championships ... Pennsylvania state champion in the 1600-meters as a junior, running 4:11.70 in the victory ... Finished fourth in the state 1600 as a senior ... Competed in the mile at the Penn Relays as a senior, finishing ninth overall ... Placed fifth at the PIAA State Cross Country Championships as a junior. || Personal || Son of Scott McNally and Jeanette Kauffman ... Birthday is January 29, 1990 ... Majoring in Kinesiology.



Emunael Mpanduki

SO./SO. Eligible
Harare, Zimbabwe
Peter-House Boys

SPRINTS

Mpanduki's Collegiate Career Bests

	Indoor	Outdoor
60-Meters	7.13	***
100-Meters	***	10.92
200-Meters	22.48	22.14
400-Meters	***	50.93

At the Big Ten Championships ... || 2010 Outdoor || Placed 18th in the 100- and 19th in the 200-meters ... Also competed on the 4x100-meter relay. || 2010 Indoor || Took 21st in the 60-meters, and 23rd in the 200 in his first-career appearance at the conference meet.

Around the Track ... || 2010 Outdoor || Made appearances at five meets ... Claimed second-place finishes in the 100 (10.92) and 200 (22.17) at the Penn State Open, running season bests in both events ... Placed seventh in the 200 and 11th in the 400 at the Bucknell Team Challenge. || 2010 Indoor || Took 14th in the 200 at the Sykes-Sabock Challenge Cup ... Competed in the 60 and 200 at the PSU Northeast Challenge, Penn State National, and Sykes-Sabock Challenge Cup. || High School || Competed in the United States at the prestigious Penn Relays, placing ninth in the Olympic Development 100-meters ... Also competed at Penn in 2008, running in the USA vs. the World 4x400-meter relay ... Placed sixth in the 200-meters at the Zone VI Under 20 Youth Games, competing against athletes from all over Africa. || Personal || Son of Langton and Ndomupe ... Born March 2, 1990 ... Majoring in Earth and Mineral Science.



Aaron NADOLSKY

SO./FR. Eligible
Altoona, Pa.
Altoona Area

SPRINTS, RELAYS

Nadolsky's Career Bests

	Indoor	Outdoor
100-Meters	***	10.89
200-Meters	22.34	21.86
400-Meters	48.58	48.85

Around the Track ... || **2010 Seasons** || Redshirted the 2010 indoor and outdoor seasons. || **High School** || Ran on the Altoona 4x400 that placed sixth in the Championship of America section at Penn Relays ... Was also a member of Altoona's seventh-place 4x100 at Penn ... Won PA state titles on the 4x100 and 4x400 as a senior ... Ran legs on the runner-up 4x400 and bronze-medal 4x100 at Nike Outdoor Nationals ... Runner-up in the 400 at the PTFA Indoor Championships as a junior and a senior ... Finished second in the 200 at the PIAA Championships as a junior ... District VI runner up in the 100, bronze medalist in the 200, and district champion in the 4x100 and 4x400 as a senior. || **Personal** || Born January 4, 1991 in Altoona, Pa. ... Son of Michael and Susie Nadolsky ... Major is undecided.



Nabil MUBARAK

SO./SO. Eligible
Loganville, Ga.

THROWS

Mubarak's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	50-11 (15.52)	50-1.25 (15.27)
35-lb Weight	53-11.75 (16.45)	***
Hammer	***	168-9 (51.45)

At the Big Ten Championships ... || **2010 Indoor** || Placed 18th overall in the shot put with a mark of 47-9.75 (14.57).

In the Field ... || **2010 Outdoor** || Posted a collegiate PR 50-1.25 (15.27) to finish fifth in the shot put at the Penn State Open ... Placed fourth in the hammer at the Bucknell Team Challenge with a personal-best 168-9 (51.45) ... Recorded top 20 finishes in the shot and the hammer at Florida Relays ... Finished 22nd in the Eastern shot put at Penn Relays. || **2010 Indoor** || Finished seventh in the weight throw and ninth in the shot put at the Penn State Relays and PSU Northeast Challenge ... Notched a PR toss of 53-11.75 (16.45) in the weight at the PSU Northeast Challenge ... Posted a personal-

best effort of 50-11 (15.52) in the shot put at the Sykes-Sabock Challenge Cup. || **High School** || A highly touted recruit from the state of Georgia ... Career-best 66-1.75 in the shot put was among the top 10 prep efforts in 2009 ... Was also nationally ranked in the hammer throw with a mark of 210-3 ... Placed sixth in the hammer, and ninth in the shot put at Nike Outdoor Nationals as a senior ... Won the shot put at the USATF Junior Olympics with a throw of 61-11 ... Competed in the hammer and shot put at the USATF Junior National Championships ... Won the hammer and shot put at the 2009 Georgia Olympics ... Placed seventh in the weight at the National Scholastic Indoor Championships. || **Personal** || Son of Dulmar Osman and Mubarak Mohamed ... Born August 4, 1981 ... Majoring in Engineering.



Danny PAWOLA

SO./SO. Eligible
Naperville, Ill.
Nequa Valley

DISTANCE • CROSS COUNTRY

Pawola's Collegiate Career Bests

	Indoor	Outdoor
Mile	4:13.74	***
3,000-Meters	8:19.10	***
5,000-Meters	***	14:19.09

At the Big Ten Championships ... || **2010 Outdoor** || Competed in the 5,000-meters, || **2010 Indoor** || Placed 20th in the 3,000-meters. || **2009 Cross Country** || Placed 57th overall as Penn State's third runner at the Big Ten Cross Country Championships.

On the Course ... || **2009 Cross Country** || Was named "Freshman of the Year" by the Nittany Lion coaching staff ... Was the top Penn State finisher at the Harry Groves Spiked Shoe Invitational, placing 11th overall ... Was Penn State's fifth man at the NCAA Mid-Atlantic Regional.

Around the Track ... || **2010 Outdoor** || Clocked a personal-best 14:19.09 to finish seventh in the Olympic Development 5K at Penn Relays ... Finished 11th in the 5000 at the Sun Angel Classic. || **2010 Indoor** || Finished fourth in the mile at the Sykes-Sabock Challenge Cup, running 4:13.74 ... Ran a personal-best 8:19.10 for the 3K at the Washington Husky Classic. || **High School** || Placed 13th at the Foot Locker National Cross Country Championships after finishing ninth at the Mid-West Regional ... An all-state selection in track and field on three occasions, and twice in cross country ... High school team won the Illinois State Cross Country Championship in 2007 ... Team would go on to top the team standings at Nike Team Nationals the same year ... Finished fifth at the Nike Team Mid-West Regional in 2007 ... Finished third in the state 3200-meters as a senior and fifth in cross country ... Placed 13th in the 3200 at the prestigious Arcadia Invitational as a junior. || **Personal** || Born December 27, 1990 in Skokie, Ill. ... Son of Ken and Jackie Pawola ... Plans to major in Psychology.





Men's Returner Profiles



Jason PELLETIER

JR./JR. Eligible
Benton, Ark.
Bryant

POLE VAULT

Pelletier's Collegiate Career Bests

	Indoor	Outdoor
Pole Vault	15-9 (4.80)	16-0.75 (4.90)

At the Big Ten Championships ... || 2010 Outdoor || Cleared 15-5 (4.70) to place 15th overall in the pole vault. || 2010 Indoor || Competed in the vault. || 2009 Outdoor || Tied for ninth in the pole vault with a clearance of 15-8.25 (4.78). || 2009 Indoor || Took 13th in his first Big Ten appearance, clearing 15-7 (4.80).

In the Field ... || 2010 Outdoor || Placed second at the Bucknell Team Challenge with a clearance of 15-9 (4.80) ... Finished eighth in the eastern pole vault at Penn Relays, clearing 15-9 (4.80) ... Finished second at the Penn State Open. || 2010 Indoor || Highest finish was a third-place standing at the Penn State Relays ... Cleared 15-3 (4.65) to place fifth at the Penn State National. || 2009 Outdoor || Cleared a season-best 16-0.75 (4.90) to finish third at the Penn State Open ... Tied for sixth at the Bison Outdoor Classic and tied for 14th at the Jim Click Shootout. || 2009 Indoor || Top place finish was a fourth-place effort at the Penn State Relays ... Cleared a season-best 15-9 (4.80) to finish eighth at the Sykes-Sabock Challenge Cup ... Placed fifth at the Penn State Open and 12th at the Penn State National. || High School || Took top honors at Nike Indoor Nationals in 2008 with a career-best clearance of 16-10.25 ... Pelletier's PR effort was among the top five prep clearances in 2008 ... Posted a runner-up finish at Nike Outdoor Nationals as a senior after finishing fourth as a junior ... Won the Arkansas state indoor title as a senior with a clearance of 16-2 ... Finished first at the ATCA Indoor Invitational at the University of Arkansas. || Personal || Son of David and Cathy Pelletier ... Born October 23, 1990 ... Majoring in Kinesiology.



Sean REILLY

SO./SO. Eligible
Lagrangeville, N.Y.
Arlington

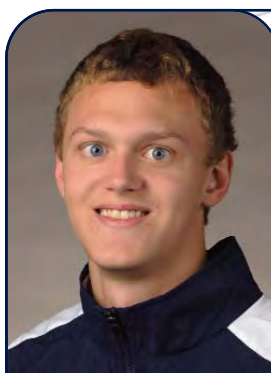
HIGH JUMP

Reilly's Collegiate Career Bests

	Indoor	Outdoor
High Jump	6-6.25 (1.99)	6-8.75 (2.05)

At the Big Ten Championships ... || 2010 Outdoor || Placed 15th in the high jump with a clearance of 6-6 (1.98). || 2010 Indoor || Competed in the high jump.

In the Field ... || 2010 Outdoor || Cleared a personal-collegiate best with a jump of 6-8.75 (2.05) to finish second at the Penn State Open ... Placed second at the Bucknell Team Challenge, and 13th in the Eastern Division at Penn Relays. || 2010 Indoor || Top finish was a third-place effort at the Akron Invitational ... Season-best jump was 6-6.25 (1.99) to finish fourth at the Sykes-Sabock Challenge Cup ... Placed sixth at the PSU Northeast Challenge. || High School || Cleared a personal-best 6-11 to win the high jump at the Eastern States Championships ... Won the triple jump at the same meet ... Jumped 6-9 to win Eastern States indoors ... Placed second in the high jump at the N.Y. State Championships as a senior ... Competed in the triple jump at Nike Outdoor Nationals... Tied for eighth in the high jump at the National Scholastic Indoor Championships. || Personal || Son of Pat and Cathy Reilly ... Born September 20, 1991 ... Enrolled in the College of Liberal Arts.



Dan SANDROWICZ

JR./SO. Eligible
Indiana, Pa.
Indiana Area

JUMPS

Sandrowicz's Collegiate Career Bests

	Indoor	Outdoor
Long Jump	22-1.50 (6.74)	22-3.75 (6.80)
Triple Jump	49-3.50 (15.02)	48-3.25 (14.71)

On the National Scene ... || 2009 Outdoor || Competed in the triple jump at the USAF Junior National Championship, placing 15th overall.

At the Big Ten Championships ... || 2010 Indoor || Scored a sixth-place finish in the triple jump, thanks to a personal-best 49-3.50 (15.02) ... Also placed 16th in the long jump at the conference meet with a mark of 21-9 (6.63).

In the Field ... || 2010 Outdoor || Placed 15th in the triple jump at Florida Relays. || 2010 Indoor || Took second in the triple jump at the Penn State Relays with a jump of 48-0.75 (14.65) and placed fourth in the long jump ... Finished fourth in the triple jump and ninth in the long jump at the Sykes-Sabock Challenge Cup ... Turned in an 11th-place finish in the triple jump at Tyson Invitational. || 2009 Outdoor || Competed unattached placing fifth in the triple jump at the Bucknell Bison Outdoor Classic ... Also recorded a personal collegiate-best 22-3.75 (6.80) in the long jump at Bucknell. || 2009 Indoor || Top finish was fourth in the triple jump at the Penn State Relays ... Recorded eighth-place efforts in the long jump at the Penn State Relays and Penn State Open ... Placed ninth in the triple jump at the Penn State Open.



|| High School || Placed fourth in the triple jump at the PIAA Outdoor Championships as a senior ... Won the triple jump at the 2008 District 7 Championships, where he also competed in the long jump and high jump. || Personal || Son of Richard and Georgette Sandrowicz ... Born March 1, 1990 ... Majoring in Archaeological Science.



Eli SKINNER

SO./SO. Eligible
Salladasburg, Pa.
Jersey Shore

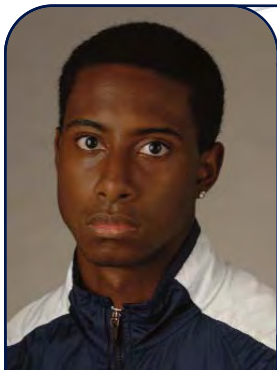
THROWS

Skinner's Collegiate Career Bests

	Indoor	Outdoor
Javelin	***	174-0 (53.05)

At the Big Ten Championships ... || **2010 Outdoor** || Placed 12th in the javelin with a toss of 174-0 (53.05).

In the Field ... || **2010 Outdoor** || Competed in one regular season meet, taking 12th in the javelin at the Jesse Owens Classic with a performance of 173-10 (52.98). || **High School** || District IV Champion in the javelin and the long jump as a junior ... PA State qualifier in the long jump and javelin ... Four-year letterwinner and a team captain ... Also an All-State punter in football. || **Personal** || Son of Leslie Whitehill and Dennis Skinner ... Born August 22, 1990 in Williamsport, Pa. ... Enrolled in the Division of Undergraduate Studies.



Lionel WILLIAMS

SR./SR. Eligible
Staten Island, N.Y.
St. Peter's

MID-DISTANCE • CROSS COUNTRY

Williams' Collegiate Career Bests

	Indoor	Outdoor
400 Meters	***	48.33
600 Meters	1:17.65	***
800 Meters	1:48.53	1:48.99
4x400 Meters	3:12.90	3:11.85
4x800 Meters	***	7:17.02

On the National Scene ... || **2010 Outdoor** || Qualified for the NCAA First Round in the 800-meters, clocking 1:50.72 in the preliminary round. || **2010 Indoor** || Placed 11th overall in the 800 at the NCAA Indoor Championships, earning his first-career All-

America certificate. || **2009 Outdoor** || Qualified for the 800-meter final at the NCAA East Regional Championships, running a personal-best 1:48.99 in the preliminaries ... Placed seventh overall, finishing in 1:50.98. || **2010 Indoor** || Ran 1:50.80 to place 11th in his first NCAA appearance, capturing his first All-America certificate.



At the Big Ten Championships ... || **2010 Outdoor** || Won his preliminary heat of the 800, running 1:49.90 ... Would go on to place ninth in the finals ... Also a member of the seventh-place 4x400, that clocked a season-best 3:11.85. || **2010 Indoor** || Placed seventh in the 600 with a finishing time of 1:19.17 ... Ran the second leg of the sixth-place 4x400 (3:15.85) ... Covered the 400 leg on the Lions' third-place DMR (9:51.30). || **2009 Outdoor** || Placed fourth in the 800 in 1:50.75 after running 1:49.89 in the preliminaries ... Also a member of the sixth-place 4x400-meter relay (3:15.06). || **2009 Indoor** || Placed second in the 600-meters with a personal-best 1:17.65 – the second-fastest time in PSU History ... Was also a member of the fifth-place 4x400-meter relay (3:12.90). || **2008 Outdoor** || Finished sixth in the 800, running 1:51.19 ... Also ran on the fourth-place 4x400-meter relay. || **2008 Indoor** || Finished 11th in the 400, 14th in the 600, and ran on the fifth-place 4x400.

Around the Track ... || **2010 Outdoor** || Clocked a season-best 1:49.07 to take fourth in the 800 at Florida Relays ... Was also a member of the winning 4x800 at Florida, that set a new meet and facility record at 7:18.72 ... Ran on the third-place and season-best 4x800 at Penn Relays ... Team combined to run 7:17.02 – the fourth-fastest time in school history ... Also a member of the DMR at Penn, which finished 11th in the season-best 9:43.46 ... Placed fourth in his section of the 800 at the Payton Jordan Invitational, running 1:49.33 ... Won the 400 at the Penn State Open. || **2010 Indoor** || Won the 600 at the Sykes-Sabock Challenge Cup, clocking a season-best 1:18.33 ... Placed sixth in the 800 at the Alex Wilson Last Chance with a PR 1:48.53 ... Ran on winning 4x400 relays at the Penn State Relays and PSU Northeast Challenge. || **2009 Outdoor** || Split 1:48.39 on the 4x800 at Penn Relays, helping the team to an outstanding fourth-place finish in the Championship of America in 7:18.66 ... Placed second in the 800 at the Jim Click Shootout and Penn State Open ... Placed third at the Bison Outdoor Classic ... Attained the NCAA regional standard at the Auburn War Eagle Invitational, finishing



third in 1:50.28 ... A member of the fourth-place 4x400s at the Jim Click Shootout, Auburn War Eagle Invitational, and Jesse Owens Classic. || **2009 Indoor** || Recorded a provisional-qualifying a personal-best 1:49.27 to finish second in the elite Wilson 800 at the Alex Wilson Invitational at Notre Dame ... Record another provisional performance at the Washington Husky Invitational, going 1:49.58 in the 800, good for fifth in the his heat ... Placed second in the 600 at the Sykes-Sabock Challenge Cup (1:18.62) ... Finished fourth in the invitational 800 at the Penn State National, and fifth in the 500 at the Penn State Open. || **2008 Outdoor** || Placed fifth in the 800 at the Oregon Pepsi Challenge ... Finished third in 400 at the Bucknell Team Challenge ... Ran on the fifth-place 4x800-meter relay in the Championship of American section at Penn Relays. || **2008 Indoor** || Ran

on the first-place and season-best DMR (9:53.42) at the Virginia Tech Elite meet ... Finished second in the 600 and 4x400 at the Penn State Open ... Placed fourth in the 800 at the Sykes-Sabock Challenge Cup and eighth at the Penn State National with a PR 1:51.93. || **High School** || Ran 1:19.40 for 600-meters – the fastest time in the country in 2007 ... Holds the National Catholic High School record in the event ... Also among the top runners in the 800, clocking 1:52.29 in 2007 ... Ranked number one in the state of New York in the 600, 800, and 1000 during the 2007 indoor season ... Ran an impressive PR of 1:51.96 as a junior at the Nike Outdoor National Championships ... Holds the national freshman and sophomore class records in the 600. || **Personal** || Son of Erica and Lionel Williams ... Born October 1, 1988 ... Majoring in Information Sciences and Technology.



Men's Returner Profiles



Anya
UZOH

JR./JR. Eligible
Laurel, Md.
Meade

MULTI-EVENTS

Uzoh's Collegiate Career Bests

	Indoor	Outdoor
60 Meters	7.11	***
100 Meters	***	11.07
200 Meters	***	22.58
400 Meters	49.90	49.37
1000 Meters	2:45.15	***
1500 Meters	***	4:49.00
60-Meter Hurdles	8.55	***
110-Meter Hurdles	***	15.99
High Jump	6-5 (1.96)	6-4.75 (1.95)
Pole Vault	14-3.50 (4.36)	14-1.25 (4.30)
Long Jump	22-0.75 (6.72)	23-1.25 (7.04)
Shot Put	38-2.75 (11.65)	37-8.50 (11.49)
Discus	***	111-11 (34.11)
Javelin	***	152-11 (46.61)
Heptathlon	5300	***
Decathlon	***	6966

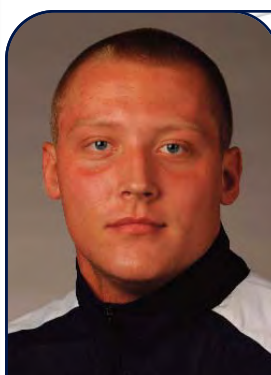
On the National Scene ... || **2009 Outdoor** || Scored a seventh-place finish in the decathlon at the USATF Junior National Championships, earning Junior All-America honors ... Totaled 6671 points with junior implements - a new personal best.

At the Big Ten Championships ... || **2010 Outdoor** || Recorded personal bests in seven of 10 events on his way to a personal-best score of 6966 and a seventh-place finish overall ... Scored the best performance of any decathlete in the 400 at 49.53 ... Posted a second-best effort in the field in the 100 and long jump with a PR leap of 23-1.25 (7.04) - the best mark by a Nittany Lion all season. || **2010 Indoor** || Totaled 5300 points to place fifth in the heptathlon, recording career bests in six of seven events. || **2009 Outdoor** || Placed 14th in the decathlon with a score of 6161 ... Ran a personalbest 11.07 in the 100-meters during the multi-events - the fastest time in the field. || **2009 Indoor** || Placed sixth in the heptathlon with a personal-best total of 4996 ... Recorded season bests in the 60-meter hurdles (8.76), pole vault (13-5.25/4.10), long jump (21-8/6.60), and shot put (37-8/11.48) during the multi.

In the Field ... || **2010 Outdoor** || Placed fifth in the decathlon at the Liberty Colle-



giate Invitational ... Competed in the 200-meters and long jump at the Sun Angel Track Classic. || **2010 Indoor** || Ran a personal-best 8.55 for the 60 hurdles at the Sykes-Sabock Challenge Cup ... Top individual finish was fifth, which he achieved in both the long jump and high jump at the Penn State Relays ... || **2009 Outdoor** || Placed sixth in the decathlon at the Jim Click Shootout ... Notched a third-place finish in the multi-events at Penn Relays ... Was a member of fourth-place 4x400s at the Jim Click Shootout and Jesse Owens Classic. || **2009 Indoor** || Took fifth in the heptathlon at the Penn State National, scoring 4807 ... Ran on the winning 4x400 at the Penn State Relays and the fourth-place mile relay at the Sykes-Sabock Challenge Cup. || **High School** || Finished first in the high jump and second in the indoor pole vault at the Maryland State Meet as a senior ... Placed fourth in the high jump and pole vault at the indoor state meet in 2007 ... Also a Maryland state qualifier in the 400-meters and triple jump ... A member of the winning 4x400 at the Golden South Classic ... Team won outdoor state titles in 2007 and 2008. || **Personal** || Son of Ukweni and Uwa Uzoh ... Born July 9, 1990 ... Majoring in Biochemistry.



Jeff
WISINSKI

SR./JR. Eligible
Pittsburgh, Pa.
Avonworth

DISTANCE • CROSS COUNTRY

Wisinski's Collegiate Career Bests

	Indoor	Outdoor
35lb Weight	57-9 (17.60)	***
Discus	***	161-8 (49.29)
Hammer	***	160-10 (49.02)

At the Big Ten Championships ... || **2010 Outdoor** || Competed in the discus, placing 19th overall. || **2010 Indoor** || Placed 17th overall in the men's 35-pound weight throw in his first appearance at the conference meet.

In the Field ... || **2010 Outdoor** || Threw a personal-best 161-8 (49.29) in the discus to place 17th at the Jesse Owens Classic ... Top finish was second in the discus at the Bucknell Team Challenge and again at the Penn State Open ... Took fifth in the hammer throw at Bucknell ... Also competed at Florida Relays. || **2010 Indoor** || Posted a PR 57-9 (17.60) for the weight at the Big Ten Indoor Championships - the second-best throw by a Nittany Lion in 2010 ... Also competed at the Akron Invitational and Sykes-Sabock Challenge Cup, scoring top 10 finishes at both events. || **2008 and 2009 Seasons** || Competed unattached. || **High School** || Competed in basketball and track and field at Erie Cathedral Prep. || **Personal** || Birthday is June 12, 1989 ... Son of Colette and John Wisinski ... Majoring in Science.



Lucas
ZARZECZNY

SR./JR. Eligible
Pittsburgh, Pa.
Avonorth

DISTANCE • CROSS COUNTRY

Zarzeczny's Collegiate Career Bests

	Indoor	Outdoor
Mile	4:16.32	***
3000 Meters	8:38.91	***
5000 Meters	14:38.37	14:40.17

At the Big Ten Championships ... || 2009 Cross Country || Placed 59th overall and fourth for Penn State at the conference championships. || 2008 Outdoor || Finished 20th in the 5000-meters. || 2008 Indoor || Placed 22nd in the 5K. || 2007 Cross Country || Took 61st overall, running as the Nittany Lions' fifth finisher.

On the Course ... || 2009 Cross Country || Competed in five races, placing 10th at the Lock Haven Dolan Duals, and 12th at the Harry Groves Spiked Shoe Invitational. || 2008 Cross Country || Ran at the Dolan Duals, Iona Meet of Championships, Oregon Dellinger Invitational, and Penn State National ... Highest finish was second at Lock-Haven. || 2007 Cross Country || Enjoyed an outstanding freshman campaign, finishing as the Lions' number one runner at the Iona Meet of Champions and Penn State National ... Highest individual finish was second at the Harry Groves Spiked Shoe Invitational ... Finished 44th overall at the NCAA Mid-Atlantic Regional Championships ... Named Big Ten Athlete of the Week during the season.

Around the Track ... || 2010 Indoor || Competed in the 3,000-meters on two occasions, placing 13th at the Penn State National, and 17th at the Sykes-Sabock Challenge Cup. || 2009 Outdoor || Placed ninth in the 3000 at the Jim Click Shootout ... Took 11th in the 1500 at the Bison Outdoor Classic. || 2009 Indoor || Placed fourth in the mile run at the Penn State Open, finishing in 4:16.81 ... Earned a 10th-place finish in the 3000 at the Sykes-Sabock Challenge Cup, running 8:38.91 ... Took 11th in the 5000 at the Penn State National in 14:50.62 ... Was a member of the second-place 4xMile team at the Penn State Relays. || 2008 Outdoor || Ran a PR 14:40.17 to finish 12th in the Penn Relays 5,000 ... Finished third in the 1500 at the Bucknell Team Challenge with a career-best 3:54.03 ... Finished ninth in the 5K at the Oregon Pepsi Challenge. || 2008 Indoor || Finished third in the mile at the Penn State Open ... Placed third in the 5000 at the Penn State National, and seventh at the Tyson Invitational. || High School || Won the PIAA AA state cross country title in 2006 ... Also won the District VII cross country title as a senior, leading his team to a district win ... Finished third in the 1600 at the PIAA state meet as a junior, running a personal-best 4:16.41 ... Placed third in the mile at the Pa. indoor championships, clocking 4:16.32 ... Also competed in the mile at Penn Relays. || Personal || Son of Daniel and Janice Zarzeczny ... Born November 30, 1988 ... Double majoring in Economics and Earth and Mineral Science.



Bernard
**BENNETT-
GREEN**

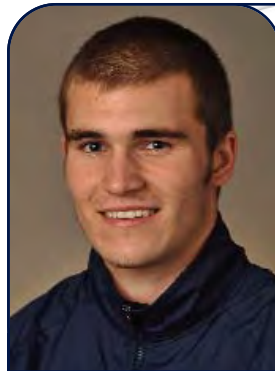
FR./FR. Eligible
Elkins Park, Pa.
Cheltenham

MID-DISTANCE • CROSS COUNTRY

Bennett-Green's Career Bests

	Indoor	Outdoor
400 Meters	***	47.94
800 Meters	***	1:56.88

Before Penn State ... || High School || Qualified for the PTCA Indoor Championships in the 400 and 800 as a senior, placing second in the 400 ... Was a member of the winning 4x400-meter relay at the indoor state meet ... Placed second in the 400 at the SOL American Conference Championships, running a personal-best 47.94 ... Anchored Cheltenham's fifth-place 4x400 in the Championship of America section at Penn Relays as a senior. || Personal || Son of Kimberly Bennett ... Born August 28, 1992 ... Has a twin brother, Brandon ... Majoring in Communications.



Michael
BRODE

FR./FR. Eligible
Reedsville, Pa.
Indian Valley

MULTI-EVENTS

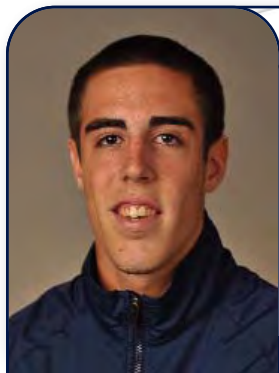
Brode's Career Bests

	Indoor	Outdoor
200 Meters	***	21.90
Long Jump	***	22-7.50
Javelin	***	206-5

Before Penn State ... || High School || A Pennsylvania state medalist in the 200-meters and javelin throw ... Placed third in the javelin as a junior with a personal-best 206-5 ... Took seventh in the 200 as a senior with PR 21.90 ... Finished fifth in the javelin at Penn Relays as a senior ... PIAA District 6 champion in the javelin as a junior. || Personal || Son of Ross and Sharon Brode ... Born June 6, 1991 ... Plans to major in Kinesiology.



Men's Newcomer Profiles



Brady
GEHRET

FR./FR. Eligible
Altoona, Pa.
Altoona Area

SPRINTS, RELAYS

Gehret's Career Bests

	Indoor	Outdoor
200 Meters	21.22	21.12
300 Meters	33.51	***
400 Meters	47.69	46.39
Long Jump	22-9.75	23-9

Before Penn State ... || **High School** || One of the top sprint recruits in the U.S. a year ago ... Nike Indoor National Champion at 400-meters ... Clocked 46.39 for 400-meters as a senior, which was fastest time in Pennsylvania, and the fourth-fastest effort nationally last year ... Impressed against a national-class field at the New Balance Collegiate Invitational as a senior, winning the 300-meters in 33.51 - the 2010 U.S. Leader and the sixth-fastest time ever run by a high schooler ... Won the 200 and 400 at the Pa. State Meet as a senior, and also finished second in the long jump ... Took gold in the 200 and 400 at the PTFA Indoor Championships, with PRs of 21.22 for 200, and 47.70 for 400 ... Also won the Pa. state title in the 400 as a junior ... Place fifth in the 400 at the USATF Junior Championships as an 11th grader ... Posted the fastest 400 split by a high school boy at Penn Relays in 2009 and 2010, running 45.7 as a junior, and 46.1 as a senior. || **Personal** || Son of Cory and Lisa Gehret ... Born May 9, 1992 ... Sister, Rachel, was a standout high jumper at Louisville ... Plans to major in Business.



Matt
FISCHER

FR./FR. Eligible
Kennett Square, Pa.
Unionville

DISTANCE • CROSS COUNTRY

Fischer's Career Bests

	Indoor	Outdoor
1600 Meters	***	4:18.69
3200 Meters	***	9:03.01

Before Penn State ... || **High School** || Capped his high-school career off in outstanding fashion, capturing a Pennsylvania state title in the 3200-meters, running a career-best 9:03.01 - the best time by any Pa. prep in 2010 ... Qualified for the Pa. State-Meet in the 1600-meters as a junior ... A two-time state qualifier in cross country,

helping his Unionville teammates to a sixth-place finish as a senior. || **Personal** || Son of Ingrid and Rick Fischer ... Born May 6, 1992 ... Enrolled in the Division of Undergraduate Studies.



Jon
Hendershot

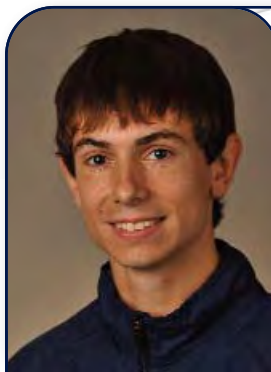
FR./FR. Eligible
Nazareth, Pa.
Nazareth

HIGH JUMP

Hendershot's Career Bests

	Indoor	Outdoor
High Jump	***	6-8

Before Penn State ... || **High School** || Won the District 11 title in the high jump as a senior ... Would go on to finish sixth in the event at the PIAA Outdoor Championships ... Runner-up at the indoor state meet, clearing a personal-indoor best 6-6 ... Cleared his outdoor career best, 6-8, to win the ASD Invitational during senior campaign. || **Personal** || Born November 12, 1991 ... Son of Dennis and Lynne Hendershot ... Enrolled in the Division of Undergraduate Studies.



Steve
MORRONE

FR./FR. Eligible
Sewell, N.J.
Washington Township

MID-DISTANCE • CROSS COUNTRY

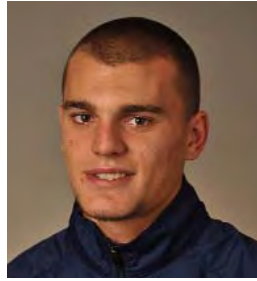
Morrone's Career Bests

	Indoor	Outdoor
400-Meters	***	49.93
800-Meters	***	1:53.61

Before Penn State ... || **High School** || Ran a PR 1:53.61 for 800-meters to win the N.J. Group 4 Championships as a senior ... Also finished sixth in the 400 at the Group Championships ... Placed fifth at the N.J. Meet of Champions, with a finishing time of 1:53.72 ... Ran a personal-best 49.93 in the 400 at the N.J. State Sectionals ... Split 1:52.49 on the 800-meter anchor at New Balance Nationals. || **Personal** || Son of Ralph and Dale Morrone ... Born January 31, 1992 ... Plans to major in Engineering.



Collin Anderson
So./Fr. Eligible
Northport, N.Y.
Northport
Distance



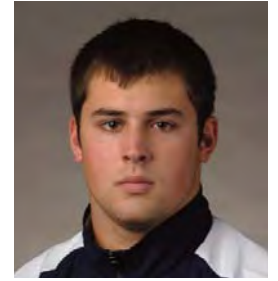
Erick Artusio
Fr./Fr. Eligible
Frederick, Md.
Gov. Thom. Jefferson
Pole Vault



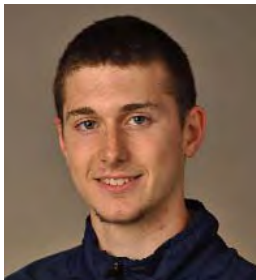
Will Barr
So./Fr. Eligible
Urbana, Ohio
Urbana
Throws



Curtis Baylis
Fr./Fr. Eligible
Berwyn, Pa.
Conestoga
Sprints



Logan Caldwell
Jr./So. Eligible
Ebensberg, Pa.
Central Cambria
Throws



Steven Ellis
Fr./Fr. Eligible
State College, Pa.
State College
Sprints, Hurdles



Mark Filandro
Fr./Fr. Eligible
Oakland, N.J.
Oakland
Sprints, Hurdles



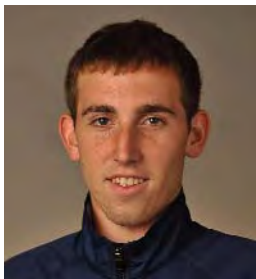
Mark Fuller
So./So. Eligible
Camp Hill, Pa.
Cumberland Valley
Mid-Distance



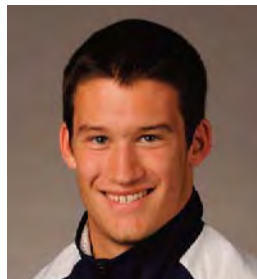
Jonathan Kowal
Sr./Sr. Eligible
Ambridge, Pa.
Ambridge
Hurdles



Tom Luff
So./Fr. Eligible
Emmaus, Pa.
Emmaus
Distance



Mike Mahoney
Fr./Fr. Eligible
Richboro, Pa.
Council Rock North
Distance



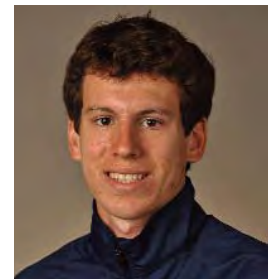
Evan McCready
So./Fr. Eligible
Wyomissing, Pa.
Wyomissing
Sprints



Justin Nykiel
Fr./Fr. Eligible
Marlton, N.J.
Cherokee
Throws



David Patzer
So./Fr. Eligible
Landisville, Pa.
Hempfield
Pole Vault



Shawn Quinn
Fr./Fr. Eligible
Ambler, Pa.
LaSalle College HS
Distance



Connor Revord
So./Fr. Eligible
Tampa, Fla.
Tampa Jesuit
Distance



J.C. Rizzo
So./Fr. Eligible
Devon, Pa.
Conestoga
Mid-Distance



Nick Scarpello
Fr./Fr. Eligible
Jamison, Pa.
Central Bucks West
Distance



Evan Ulatowski
Fr./Fr. Eligible
Chadds Ford, Pa.
Unionville
Sprints



National Champions



Kathy Mills
EIAIW
5000m; 1978
World & American
Record



Deshaya Williams
Discus; 2003



Shana Cox
400m; 2008
4x400m; 2008



Dominique Blake
4x400m; 2008



Aleesha Barber
4x400m; 2008



Gayle Hunter
4x400m; 2008



Bridget Franek
3K Steeplechase; 2010

NCAA INDOOR TOP 25 FINISHES

2010	13th
2009	7th
2008	15th
2007	21st
2004	13th
2003	21st
1985	25th
1984	16th

NCAA OUTDOOR TOP 25 FINISHES

2010	4th (Trophy Team)
2009	14th
2008	4th (Trophy Team)
2005	25th
2004	21st
2003	10th
1984	20th
1983	23rd
1982	15th
1981	17th



Shana Cox (top) was Penn State's first-ever NCAA Champion on the track, after winning the 400-meter title at the 2008 NCAA Outdoor Championships.



Deshaya Williams became the first Nittany Lion women to win an NCAA title in 2003, taking top honors in the discus.



Bridget Franek was the most recently crowned NCAA Champion, winning the 3,000-meter steeplechase in 2010.



The 2008 4x400-meter relay (L-R: Dominique Blake, Shana Cox, Aleesha Barber, and Gayle Hunter) made Penn State history with a runaway victory at the NCAA Outdoor Championships in a school-record and 2008 NCAA best 3:27.96.



National Champions



John Romig
2-Mile; 1921



Larry Shields
Mile; 1922



Harold Barron
120 HH; 1922



Alan Helffrich
880 yrs; 1922, 1923



Schuyler Enck
Mile; 1923



Nick Vukmanic
Javelin; 1938



Barney Ewell
100 yds; 1940, 41
200 yds; 1940,41



Gerald Karver
Mile; 1947



Horace Ashenfelter
2-Mile; 1949



Jim Stevenson
Javelin; 1966



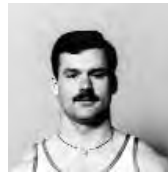
Charlie Maguire
6-Mile; 1973



Mike Sands
440 yds; 1975i



CJ Hunter
Shot Put; 1990i



Brian Milne
Discus, 1993

NCAA INDOOR TOP 25 FINISHES

2010	T-14th
1990	T-13th
1989	T-24th
1985	T-15th
19758th
1974	T-14th

NCAA OUTDOOR TOP 25 FINISHES

2010	T-23rd
1993	T-18th
1987	T-18th
1985	T-22nd
1976	T-12th
197519th
1973	T-13th
1961	T-16th
196023rd
19559th
195124th
19495th
194825th
19416th
19404th



Gerry Karver won the 1947 NCAA Championship in the mile running a time of 4:17.2.



77 Indoor All-America Titles



Kris Bankes
1976, 1977 & 1978



Kathy Byrnes
1978



Penny Fales
1978 & 1981



Sandy Miller
1978



Kathy Mills
1978 & 1981



Lea Ventura
1978



Heather Carmichael
1980



Peggy Cleary
1980



Tammie Hart
1981, 1982 & 1984

Event	60
200	400
800	880
Mile	2000
3000	5000
2-Mile	60mH
1,600 Relay	

Athlete, Year	Place
Connie Moore, 2004	6th
Shavon Greaves, 2010	11th
Connie Moore, 2001	7th
Connie Moore, 2002	9th
Connie Moore, 2003	9th
Connie Moore, 2004	3rd
Shavon Greaves, 2009	10th
Shavon Greaves, 2010	3rd
Shana Cox, 2005	11th
Shana Cox, 2006	7th
Shana Cox, 2007	7th
Shana Cox, 2008	4th
Fawn Dorr, 2010	5th
Briene Simmons, 2007	7th
Tammie Hart, 1982	4th
Terri Pioli, 1982	6th
Patty Mumane, 1982	4th
Doreen Startare, 1983	7th
Kim McGreevy, 1997	7th
Mary Rawe, 1980	2nd
Paula Renzi, 1985	3rd
Bridget Franek, 2008	10th
Bridget Franek, 2010	7th
Carolyn Ihrig, 1982	8th
Peggy Cleary, 1980	5th
Heather Carmichael, 1980	6th
Kathy Mills, 1981	4th
Stacy Prey, 1990	4th
Kim Kelly, 1993	6th
Bridget Franek, 2008	7th
Bridget Franek, 2009	4th
Bridget Franek, 2010	4th
Aleesha Barber, 2008	8th
Aleesha Barber, 2009	4th
Dominique Blake, 2007	4th
Briene Simmons, Shana Cox, Aleesha Barber	

Event	Athlete, Year	Place
1,600 Relay	Dominique Blake, 2008	5th
	Shana Cox, Aleesha Barber, Fawn Dorr	
	Aleesha Barber, 2009	3rd
	Shavon Greaves, Fawn Dorr	
	Gayle Hunter	
3,200 Relay	Beth Stever, 1984	6th
	Judi Cassel, Heidi Gerken, Tammie Hart	
DMR	Penny Fales, 1981	4th
	Mary Rawe, Tammie Hart, Doreen Startare	
	Tammie Hart, 1982	5th
	Carolyn Ihrig, Patty Mumane, Doreen Startare	
	Sue Huelster, 1996	4th
	Erica Bosler, Erin St. John, Kim McGreevy	
Long Jump	Vivian Riddick, 1982	5th
	Shakeema Walker, 1999	3rd
	Chi-Chi Aduba, 2003	5th
Triple Jump	Shakeema Walker, 1999	7th
	Chi-Chi Aduba, 2003	4th
	Chi-Chi Aduba, 2004	7th
Shot Put	Elaine Sobansky, 1982	3rd
	Elaine Sobansky, 1983	3rd
	Elaine Sobansky, 1984	2nd
	Ja'Nai O'Connor, 2004	5th
	Jennifer Leatherman, 2005	9th
Weight Throw	Jennifer Leatherman, 2005	4th
	Jennifer Leatherman, 2006	3rd
Pentathlon	Gayle Hunter, 2008	5th
	Gayle Hunter, 2009	2nd

italics - Denotes performance from Pre-NCAA era



Terry Pioli
1981



Mary Rawe
1980 & 1981



Elaine Sobansky
1981, '82, '83 & '84



Paula Renzi
1984 & 1985



Marilyn Senz
1984



Beth Stever
1984



Carmen Mann
1989



Stacy Prey
1990



Pam Connell
1991



Doreen Startare
1981, 1982 & 1983



Carolyn Ihrig
1982



Patty Mumane
1982



Vivian Riddick
1982



Juddy Cassel
1984



Heidi Gerken
1984



Stacey Gibbs
1992



Shelley Mitchell
1992



Kelli Hunt
1993 & 1994



88 Outdoor All-America Titles

Event	Athlete, Year	Place	Event	Athlete, Year	Place
100	Connie Moore, 2002	9th	1600 Relay	Dominique Blake, 2007	1st
	Connie Moore, 2003	5th		Aleesha Barber, Gayle Hunter, Shana Cox, 2008	
	Connie Moore, 2004	7th		Aleesha Barber, 2008	4th
200	Connie Moore, 2002	12th		Shavon Greaves, Gayle Hunter, Fawn Dorr, 2009	
	Connie Moore, 2003	3rd		Aleesha Barber, 2008	4th
	Connie Moore, 2004	5th		Shavon Greaves, Doris Anyanwu, Fawn Dorr	
400	Shavon Greaves, 2010	7th	3200 Relay	Kathy Bynes, 1978	2nd
	Shana Cox, 2005	9th		Penny Fales, Sandy Miller, Lea Ventura	
	Shana Cox, 2006	3rd			Vivian Riddick, 1982
800	Shana Cox, 2007	2nd	Long Jump	Shakeema Walker, 1999	8th
	Shana Cox, 2008	1st		Chi-Chi Aduba, 2004	6th
	Terry Pioli, 1981	6th		Gayle Hunter, 2008	5th
1500	Kris Bankes, 1976	2nd	Triple Jump	Carmen Mann, 1989	5th
	Susanne Heyer, 1999	4th		Shakeema Walker, 1998	7th
	Mary Rawe, 1981	3rd		Chi-Chi Aduba, 2004	7th
3000	Doreen Startare, 1983	5th	Shot Put	Elaine Sobansky, 1981	4th
	Kim McGreevy, 1997	7th		Elaine Sobansky, 1982	3rd
	Kris Bankes, 1977	5th		Elaine Sobansky, 1983	6th
3000 Steeple	Kathy Mills, 1978	1st	Discus	Elaine Sobansky, 1984	2nd
	Kris Bankes, 1978	2nd		Deshaya Williams, 1999	6th
	Heather Carmichael, 1980	3rd		Deshaya Williams, 2002	6th
5000	Molly Landreth, 2003	11th	Javelin	Deshaya Williams, 2003	1st
	Bridget Franek, 2008	3rd		Marilyn Senz, 1984	6th
	Bridget Franek, 2009	4th		Stacey Gibbs, 1992	10th
5000	Bridget Franek, 2010	1st		Denika Kisty, 1996	10th
	Kathy Mills, 1978	1st		Becky Gusic, 1996	8th
	Paula Renzi, 1984	6th		Jen Pastore, 1998	4th
10,000	Kelli Hunt, 1993	4th	Hammer	Brianne Johnson, 2001	8th
	Kim Kelly, 1993	5th		Brianne Johnson, 2002	8th
	Kelli Hunt, 1994	7th		Brianne Johnson, 2003	5th
2-Mile	Donna Fidler, 1997	7th	Heptathlon	Ashley Colley, 2003	11th
	Kris Bankes, 1976	3rd		Diana Bruch, 2005	8th
	Aleesha Barber, 2008	4th		Karlee McQuillen, 2008	9th
100mH	Aleesha Barber, 2010	3rd		Karlee McQuillen, 2009	10th
	Tammie Hart, 1982	5th		Karlee McQuillen, 2010	3rd
	Aleesha Barber, 2007	12th		Jennifer Leatherman, 2005	7th
400mH	Fawn Dorr, 2009	6th		Jennifer Leatherman, 2006	5th
	Fawn Dorr, 2010	4th		Pam Connell, 1991	4th
				Shelley Mitchell, 1992	8th
			Gayle Hunter, 2007	8th	
			Gayle Hunter, 2008	5th	
			Gayle Hunter, 2009	5th	

italics - Denotes performance from Pre-NCAA era
BOLD - Denotes Champion



Kim Kelly
1993



Erica Bosler
1996



Becky Gusic
1996



Sue Huelster
1996



Denika Kisty
1996



Kim McGreevy
1996 & 1997



Erin St. John
1996



Donna Fidler
1997



Jen Pastore
1998



Susanne Heyer
1999



Shakeema Walker
1998 & 1999



Deshaya Williams
1999, 2002 & 2003



Connie Moore
2001, '02, '03 & '04



Brianne Johnson
2001, 2002 & 2003



Chi-Chi Aduba
2003 & 2004



Ashley Colley
2003



Molly Landreth
2003



Ja'Nai O'Connor
2004



Jennifer Leatherman
2005 & 2006



Shana Cox
2005, 2006, 2007, 2008



Diana Bruch
2005



Briene Simmons
2007



Aleesha Barber
2007, 2008, 2009, 2010



Dominique Blake
2007, 2008



Gayle Hunter
2007, 2008, 2009



Bridget Franek
2008, 2009, 2010



Karlee McQuillen
2008, 2009, 2010



Fawn Dorr
2008, 2009, 2010



Shavon Greaves
2009, 2010



Doris Anyanwu
2010



66 Indoor All-America Titles



Harold Barron
1922



Alan Helffrich
1922 & 1923



Schuyler Enck
1923



Barney Ewell
1940, '41 & '42 1978



Horace Ashenfelter
1947, '48 & '49



Gerald Carver
1947



Charles Blockson
1954



Roosevelt Grier
1954



Bob Hollen
1954



Art Pollard
1955



Ed Moran
1958



Gerry Norman
1961



Dick Lampman
1965



Greg Fredricks
1970, '71 & '72



Al Jackson
1973 & 1976



Mike Shine
1976



George Malley
1976



Paul Stemmer
1977



Charlie Maguire
1973



Knut Hjeltnes
1975



Mike Sands
1975



John Ziegler
1978



Bob Snyder
1978 & 1979



Alan Scharu
1979 & 1980



Paul Lankford
1980 & 1981



John Zishka
1981



Paul Souza
1982



Rick Garcia
1983



Todd Shenk
1983 & 1984



Randy Moore
1985

Event	Athlete, Year	National Place
200	Michael Timpson, 1989	.8th
	Ryan Olkowski, 2002	.8th
440 Yds	Mike Sands, 1974	.3rd
	Mike Sands, 1975	.1st
	Mike Shine, 1976	.3rd
800	Randy Moore, 1985	.3rd
	Ryan Foster, 2010	.3rd
	Owen Dawson, 2010	.8th
	Lionel Williams, 2010	.11th
Mile	Steve Balkey, 1988	.10th
2-Mile	Bob Snyder, 1978	.8th
	Bob Snyder, 1979	.8th
	John Zishka, 1981	.3rd
	Steve Brown, 1990	.10th
5000	Charlie Maguire, 1974	.3rd
3-Mile	Alan Scharu, 1979	.6th
	Alan Scharu, 1980	.4th
Mile Relay	Mike Sands, Steve Hackman,	.4th
	Randy Moser, Mike Shine, 1975	
2-Mile Relay	Bill Reilly, Dick Lampman	.6th
	Art Morris, Tom Bedick, 1965	
	Paul McLaughlin,	.3rd
	Randy Moore, Ken Wynn,	
	Mike Cook, 1983	
4x800 Relay	Steve Balkey, David McMillan,	
	Chris Mills, Ray Levitre, 1987	

Event	Athlete, Year	National Place
DMR	Chris McHugh, Keith Falco,	.3rd
	Mike Wyatt, Tom Rapp, 1978	
	Vance Watson, Barry Robinson, 4th	
	Bob Hudson, Mark Overheim, 1985	
	R.B. Caldwell, James Robbins,	.6th
	Phil Mellott, Bob Hamer, 1994	
60 HH	Mike Shine, 1975	.6th
HJ	Paul Souza, 1982	.7th
	Ryan Olkowski, 2002	.5th
	Ryan Fritz, 2007	.5th
	Ryan Fritz, 2009	.5th
LJ	John Gorham, 1998	.6th
	George Audu, 1999	.5th
	John Gorham, 1999	.12th
TJ	Antonio Davis, 1994	.9th
	Chavous Nichols, 2003	.9th
SP	Knut Hjeltnes, 1975	.5th
	C.J. Hunter, 1989	.2nd
	C.J. Hunter, 1990	.1st
	Phil Caraher, 1991	.2nd
	Joe Kovacs, 2010	.3rd
	Blake Eaton, 2010	.8th
Weight	Roger Kauffman, 1965	.4th
	A Jackson, 1976	.4th
	Todd Shenk, 1983	.10th
	Todd Shenk, 1984	.9th (Tie)
	Neal McNutt, 1998	.7th



109 Outdoor All-America Titles

Event	Athlete, Year	National Place
100 yards	Barney Ewell, 1940	.1st
	Barney Ewell, 1941	.1st
	Barney Ewell, 1942	
100	Bob Brown, 1961	
200 yards	Barney Ewell, 1940	.1st
	Barney Ewell, 1941	.1st
200	Barney Ewell, 1942	
220 yards	Michael Timpson, 1988	.10th
	Ryan Olkowski, 2002	.8th
440 yards	Wilbur Lancaster, 1949	
	Art Pollard, 1955	
800	Mike Sands, 1975	.5th
	Randy Moore, 1985	.4th
880 yards	Ray Levitre, 1987	.2nd
	Ryan Foster, 2009	.8th
1500	Aian Helffrich, 1922	.1st
	Aian Helffrich, 1923	.1st
Mile	Steve Balkey, 1987	.6th
	Steve Balkey, 1988	.5th
	Doug Walter, 1990	.10th
	Bob Hamer, 1994	.9th
3000 Steep	Larry Shields, 1922	.1st
	Schuyler Enck, 1923	.1st
	Gerald Carver, 1947	.1st
	Ed Moran, 1958	
5000	Steve Moorehead, 1960	
	Steve Moorehead, 1961	
	George Malley, 1976	.4th
	Rick Garcia, 1983	.9th
10,000	Horace Ashenfelter, 1948	
	Greg Fredricks, 1972	.2nd
	Steve Brown, 1990	.11th
	Paul Stemmer, 1977	.8th
2-Mile	John Ziegler, 1988	.8th
	Eric Carter, 1986	.10th
	Eric Carter, 1987	.7th
	Tyler McCandless, 2010	.12th
3-Mile	Mark Wimmer, 1994	.9th
	John Romig, 1921	.1st
	Curtis Stone, 1947	.2nd
	Horace Ashenfelter, 1947	
6-mile	Horace Ashenfelter, 1949	.1st
	Bob Hollen, 1954	
	Gerry Norman, 1961	
	Greg Fredricks 1970	.5th
120 yd HH	Greg Fredricks, 1971	.2nd
	Charlie Maguire, 1973	.1st
	Harold Barron, 1922	.1st
	Jim Gehrdes, 1949	
110 HH	Bill Youkers, 1955	.4th
	Rod Perry, 1957	
	Mike Shine, 1976	.5th
	Guy Rose, 2001	.12th
220 yd LH	Jim Gehrdes, 1949	
	Rod Perry, 1957	
	Mike Shine, 1976	.2nd
	Kevin Cripnanuk, 1993	.8th
400 IH	Brian Derby, 2001	.4th
	Paul Lankford, 1980	.4th
	Paul Lankford, 1981	.4th
	Mike Shine, 1975	.6th
440 yd relay	Doug Finkel, Fred Singleton	.6th
	Mike Sands, Jim Scott,	.1973

Event	Athlete, Year	National Place
Long Jump	Barney Ewell, 1940	
	Barney Ewell, 1941	
	Barney Ewell, 1942	
Long Jump	Steve Pina, 1996	.3rd
Long Jump	John Gorham, 1997	.11th
	George Audu, 1998	.4th
	John Gorham, 1998	.6th
Triple Jump	Warren Rockwell, 1961	
	Ricardo Hall, 1990	.13th
High Jump	Antonio Davis, 1993	.6th
	Clarence Smith, 2008	.9th
	Clarence Smith, 2009	.8th
	Ryan Fritz, 2007	T-9th
Javelin	Ryan Fritz, 2010	.4th
	Nick Vukmanic, 1938	.1st
	Nick Vukmanic, 1939	
	Nick Vukmanic, 1940	
Javelin	Ted Roderes, 1951	
	Lennart Hedmark, 1965	
	Jim Stevenson, 1966	.1st
	Ernie Krombolz, 1966	
Discus	Rob Austin, 1995	.10th
	Rob Austin, 1996	.8th
	Carl Wolter, 1998	.7th
	Troy Burkholder, 1998	.12th
Shot Put	Knut Hjeltnes, 1975	.3rd
	Brian Milne, 1992	.13th
	Brian Milne, 1993	.1st
	Charles Blockson, 1954	
Shot Put	Roosevelt Grier, 1954	
	Knut Hjeltnes, 1975	.5th
	C.J. Hunter, 1988	.5th
	C.J. Hunter, 1989	.4th
Hammer	C.J. Hunter, 1990	.2nd
	Blake Eaton, 2010	.3rd
	Al Jackson, 1973	.4th
	Al Jackson, 1976	.5th
Decathlon	Rick Kleban, 1985	.5th
	Dave Masgay, 1987	.7th
	James Cook, 1996	.9th
	James Cook, 1997	.13th
Decathlon	James Cook, 1998	.12th



Dave Masgay
1987



Michael Timpson
1988 & 1989



Steve Brown
1990



Eric Carter
1986 & 1987



Ray Levitre
1987



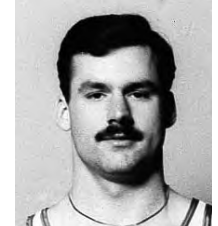
Ricardo Hall
1990



Doug Walter
1990



Phil Caraher
1991



Brian Milne
1992



Kevin Cripnanuk
1993



Bob Hamer
1994



James Robbins
1994



Rob Austin
1995 & 1996



James Cook
1996, '97 & '98



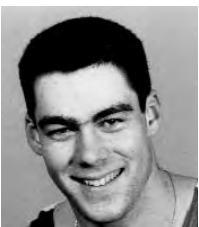
John Gorham
1997 & 1998



Steve Pina
1996



Carl Wolter
1997



Neal McNutt
1998



Ryan Olkowski
2002



Ryan Fritz
2007, 2009, 2010



Clarence Smith
2008, 2009



Ryan Foster
2009, 2010



Owen Dawson
2010



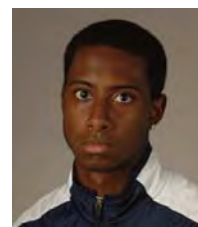
Blake Eaton
2010



Joe Kovacs
2010



Tyler McCandless
2010



Lionel Williams
2010



Women's Big Ten History

INDOOR CHAMPIONS (25 INDIVIDUAL TITLES, 6 RELAYS)

Year	Athlete	Event	Performance
1992	Mitchell, Shelley	Pentathlon	3830 pts
1998	Bosler, Erica	600-Meters	1:30.22
2002	Aduba, Chi-Chi	Long Jump	19-9 (6.02)
2003	Brauksieck, Tracey	DMR	11:38.33
2003	Green, Cheryl	DMR	11:38.33
2003	Scottoline, Lindsay	DMR	11:38.33
2003	Stevens, Jenny	DMR	11:38.33
2003	Aduba, Chi-Chi	Triple Jump	44-1.50 (13.44)
2003	Williams, Deshaya	Weight Throw	64-6 (19.65)
2004	Moore, Connie	200-Meters	23.44
2004	Moore, Connie	60-Meters	7.27
2004	Dougherty, Sara	Pole Vault	12-11.50 (3.94)
2004	O'Connor, Ja'Nai	Shot Put	55-2 (16.81)
2005	Leatherman, Jennifer	Shot Put	51-3.75 (15.64)
2005	Leatherman, Jennifer	Weight Throw	69-11.50 (21.32)
2006	Blake, Dominique	4x400-Meter Relay	3:41.98
2006	Cox, Shana	4x400-Meter Relay	3:41.98
2006	Markel, Kim	4x400-Meter Relay	3:41.98
2006	Simmons, Briene	4x400-Meter Relay	3:41.98
2006	Leatherman, Jennifer	Shot Put	53-5 (16.28)
2006	Leatherman, Jennifer	Weight Throw	74-10.50 (22.82)
2007	Barber, Aleesha	4x400-Meter Relay	3:37.70
2007	Blake, Dominique	4x400-Meter Relay	3:37.70
2007	Cox, Shana	4x400-Meter Relay	3:37.70
2007	Simmons, Briene	4x400-Meter Relay	3:37.70
2008	Cox, Shana	200-Meters	24.06
2008	Cox, Shana	400-Meters	53.40
2008	Barber, Aleesha	4x400-Meter Relay	3:40.43
2008	Blake, Dominique	4x400-Meter Relay	3:40.43
2008	Cox, Shana	4x400-Meter Relay	3:40.43
2008	Simmons, Briene	4x400-Meter Relay	3:40.43
2009	Greaves, Shavon	60-Meters	7.44
2009	Greaves, Shavon	200-Meters	23.96
2009	Dorr, Fawn	400-Meters	54.10
2009	Barber, Aleesha	4x400-Meter Relay	3:39.43
2009	Dorr, Fawn	4x400-Meter Relay	3:39.43
2009	Greaves, Shavon	4x400-Meter Relay	3:39.43
2009	Hunter, Gayle	4x400-Meter Relay	3:39.43
2010	Greaves, Shavon	60-Meters	7.30
2010	Greaves, Shavon	200-Meters	22.98
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.38
2010	DeFusco, Caitlin	4x400-Meter Relay	3:35.38
2010	Dorr, Fawn	4x400-Meter Relay	3:35.38
2010	Greaves, Shavon	4x400-Meter Relay	3:35.38
2010	Franek, Bridget	Mile	4:37.95

INDOOR INDIVIDUAL HONORS

Freshman of the YearDonna Fidler, 1996
Shavon Greaves, 2008
Athlete of the ChampionshipConnie Moore, 2004
Shana Cox, 2006
Shana Cox, 2008
 Bridget Franek, 2010
Athlete of the YearConnie Moore, 2004
Jennifer Leatherman, 2006
 Shavon Greaves, 2010
Coach of the YearBeth Alford Sullivan, 2004
 Beth Alford-Sullivan, 2010

OUTDOOR CHAMPIONS (31 INDIVIDUAL TITLES; 8 RELAYS)

Year	Athlete	Event	Performance
1992	Gibbs, Stacey	Javelin	165-1 (50.31)
1993	Kelly, Kim	10,000-Meters	34:58.95
1998	Bosler, Erica	800-Meters	2:05.69
1998	Walker, Shakeema	Triple Jump	42-4 (12.91)
1999	Walker, Shakeema	Triple Jump	43-6.50 (13.27)
2002	Moore, Connie	100-Meters	11.31
2002	Moore, Connie	200-Meters	23.12
2003	Moore, Connie	100-Meters	11.37
2004	Moore, Connie	100-Meters	11.40
2004	Moore, Connie	200-Meters	22.74
2004	Aduba, Chi-Chi	4x100-Meter Relay	44.55
2004	Moore, Connie	4x100-Meter Relay	44.55
2004	Salaam, Kamilah	4x100-Meter Relay	44.55
2004	Shoaff, Sara	4x100-Meter Relay	44.55
2004	Aduba, Chi-Chi	Long Jump	20-10.75 (6.36)
2004	O'Connor, Ja'Nai	Shot Put	55-4.75 (16.88)
2005	Cox, Shana	400-Meters	52.91
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamilah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamilah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Cox, Shana	200-Meters	23.15
2008	Franek, Bridget	3000 Steeplechase	9:58.56
2008	Cox, Shana	400-Meters	52.00
2008	Blake, Dominique	4x400-Meter Relay	3:36.24
2008	Cox, Shana	4x400-Meter Relay	3:36.24
2008	Dorr, Fawn	4x400-Meter Relay	3:36.24
2008	Simmons, Briene	4x400-Meter Relay	3:36.24
2009	Greaves, Shavon	100-Meters	11.49
2009	Greaves, Shavon	200-Meters	23.35
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Franek, Bridget	3000 Steeplechase	9:48.29
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	4x100-Meter Relay	44.62
2010	Greaves, Shavon	4x100-Meter Relay	44.62
2010	DeFusco, Caitlin	4x100-Meter Relay	44.62
2010	Dorr, Fawn	4x100-Meter Relay	44.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18



OUTDOOR INDIVIDUAL HONORS

Freshman of the Year	Kim Kelly, 1992
	.Bridget Franek, 2007
Athlete of the Championship	Connie Moore, 2002
	.Connie Moore, 2004
	.Shana Cox, 2006
	.Shana Cox, 2008
	.Fawn Dorr, 2010
Athlete of the Year	Connie Moore, 2004
	Jennifer Leatherman, 2006
Field Athlete of the Championship	Emma Schmelzer, 2009
Coach of the Year	Beth Alford-Sullivan, 2008
	.Beth Alford-Sullivan, 2009
	.Beth Alford-Sullivan, 2010

BIG TEN TEAM FINISHES

Indoor Championships

1992: 8th	1993: 4th	1994: 10th
1995: 10th	1996: 4th	1997: 5th
1998: 8th	1999: 8th	2000: 8th
2001: 6th	2002: 7th	2003: 3rd
2004: 1st	2005: 4th	2006: 4th
2007: 4th	2008: 3rd	2009: 2nd
2010: 1st		



The Nittany Lion captured the program's second-ever indoor conference title on their home turf in 2010.

Outdoor Championships

1992: 6th	1993: 6th	1994: 8th
1995: 10th	1996: 8th	1997: 3rd
1998: 5th	1999: 8th	2000: 7th
2001: 8th	2002: 8th	2003: 2nd(tie)
2004: 2nd	2005: 2nd	2006: 3rd
2007: 3rd	2008: 1st	2009: 1st
2010: 1st		



The 2010 Big Ten Outdoor Champions at the University of Indiana.

All-Big Ten Selections (First and Second Team)

Stacey Gibbs	1992
Shelley Mitchell	1992
Kim Kelly	1993
Erica Bosler	1998
Shakeema Walker	1998, 1999
Deshaya Williams	2000, 2003
Chi-Chi Aduba	2002, 2003, 2004
Connie Moore	2002, 2003, 2004
Tracey Brauksieck	2003
Cheryl Green	2003
Jenny Stevens	2003
Lindsay Scottoline	2003
Sara Dougherty	2004
Kamilah Salaam	2004, 2005, 2006
Sara Shoaff	2004, 2005, 2006
Ja'nai O'Conner	2004
Jennifer Leatherman	2005, 2006
Shana Cox	2005, 2006, 2007, 2008
Brooke Robinson	2005
Dominique Blake	2006, 2007, 2008
Kim Markel	2006
Briene Simmons	2006, 2007, 2008
Monique Walker	2006
Aleesha Barber	2007, 2008, 2009
Gayle Hunter	2007, 2009
Bridget Franek	2008, 2009
Fawn Dorr	2008, 2009
Shavon Greaves	2009
Caitlin DeFusco	2010
Doris Anyanwu	2010
Megan Duncan	2010



The Penn State program captured it's first Big Ten Championship with a victory at the Big Ten Indoor Championships in 2004.



Men's Big Ten History

INDOOR CHAMPIONS (10 INDIVIDUAL TITLES)

Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097 pts
1994	Kelley, Brian	Pentathlon	3967 pts
1997	Loner, Joe	800-Meters	1:50.87
1998	McNutt, Neal	35-lb Weight	62-1
2007	Fritz, Ryan	High Jump	7-3 (2.21)
2008	Miller, Mark	800-Meters	1:52.65
2008	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2009	Foster, Ryan	800-Meters	1:50.24
2009	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2010	Foster, Ryan	800-Meters	1:50.43

The Lions collected a trio of Big Ten wins in 2010, including Ryan Foster in the indoor 800-meters, Blake Eaton in the outdoor shot put, and Casimir Loxsom in the outdoor 800.



Clarence Smith won back-to-back indoor triple jump titles in 2008 and 2009, to go along with an outdoor victory in 2009.

OUTDOOR CHAMPIONS (29 INDIVIDUAL TITLES)

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10
1993	Davis, Antonio	Triple Jump	51-1.75
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Wolter, Carl	Javelin	233-8 (71.22)
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1998	Audu, George	Long Jump	25-4 (7.72)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
1999	Audu, George	Long Jump	25-8.75 (7.84)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kuretich, J.T.	Decathlon	7424
2004	Stumpf, Brian	Javelin	216-4 (65.94)
2005	Campisi, Jaret	400-Meter Hurdles	50.10
2005	Kerschner, Bret	Javelin	218-6 (66.61)
2006	Miller, Mark	800-Meters	1:48.78
2006	Pettner, Allen	Javelin	218-6 (66.60)
2007	Fritz, Ryan	High Jump	7-1.75 (2.13)
2007	Pettner, Allen	Javelin	239-9 (73.09)
2008	Borchers, Samuel	1500-Meters	4:03.96
2009	Foster, Ryan	800-Meters	1:49.66
2009	Evak, Tanner	Javelin	233-4 (71.13)
2009	Smith, Clarence	Triple Jump	52-10.75 (16.12)w
2010	Loxsom, Casimir	800-Meters	1:48.06
2010	Eaton, Blake	Shot Put	60-6.75 (18.46)



Ryan Olkowski was the 2002 Big Ten Outdoor Champion at 200-meters.



OUTDOOR INDIVIDUAL HONORS

Freshman of the Year Casimir Loxsom, 2010

BIG TEN TEAM FINISHES

Indoor Finishes

1992	8th
1993	6th
1994	7th
1995	10th
1996	10th
1997	10th
1998	8th
1999	10th
2000	9th
2001	5th
2002	Cancelled
2003	7th
2004	8th
2005	8th
2006	8th
2007	8th
2008	4th
2009	3rd
2010	6th

2005	7th
2006	7th
2007	4th
2008	6th
2009	5th
2010	7th

All-Big Ten Selections (First and Second Team)

Antonio Davis	1992, 1993, 1994
Aiden O'Reilly	1992
Brian Kelley	1993, 1994
Bob Hamer	1994
Rob Austin	1995
James Cook	1996
Steve Pina	1996
Carl Wolter	1996
Troy Burkholder	1997, 1998, 1999
Joe Loner	1997
Neal McNutt	1998
George Audu	1998, 1999
Brian Derby	2001, 2003
Ryan Olkowski	2002
J.R. Kuretich	2003
Brian Stumpf	2004
Jaret Campisi	2005
Bret Kershner	2005
Mark Miller	2006, 2008
Allen Pettner	2006, 2007
Ryan Fritz	2006, 2007, 2008
Samuel Borchers	2008
Clarence Smith	2008, 2009
Ryan Foster	2009, 2010
Tanner Evak	2007, 2009
Lionel Williams	2009
Owen Dawson	2009
Casmir Loxsom	2010
Blake Eaton	2010



The Nittany Lions recorded their highest-ever indoor finish with a third-place effort in 2009, thanks in part to a one-two finish by Ryan Foster and Owen Dawson in the 800-meters.

Outdoor Finishes

1992	7th
1993	8th
1994	8th
1995	5th
1996	3rd
1997	8th
1998	9th
1999	9th
2000	7th
2001	3rd
2002	5th
2003	5th
2004	7th



Blake Eaton became Penn State's first-ever shot put winner since joining the conference in 1992.



Nittany Lions at the Olympic Games

MEN'S OLYMPIANS

Penn State has had 27 men's Olympians in 52 events, two coaches and one head manager.

- 1908 Lee Talbot, Hammer (5th)
- 1920 Harold Barron, 110-Meter High Hurdles (2nd)
..... Alan Helffrich, 1600-Meter Relay (alternate)
- Larry Shields, 1500 Meters (3rd), 3000-meter; Team Run (1st team, 8th individual)
- 1924 William Cox, 10,000 Meters; 3000-Meter Team Run (3rd)
..... Schuyler Enck, 800 Meters (3rd)
..... Alan Helffrich, 1600-Meter Relay (1st)
..... Charles Moore, 110-Meter High Hurdles (alternate)
- John Romig, 5000 Meters (4th)
- Arthur Studenroth, 5000 Meters (6th)
- 1928 Al Bates, Long Jump (3rd)
..... John Romig, 10,000 Meters
- 1932 Paul Rekers, 5000 Meters (12th)
- 1940 Olympics cancelled due to World War II. Barney Ewell (sprints) and
..... Nick Vukmanic (javelin) were selected to the honorary U.S. Olympic team.
- 1948 Barney Ewell, 100 Meters (2nd); 200 Meters (2nd); 4x100-Meter Relay (1st)
..... Herman Goffberg, 10,000 Meters
..... Curt Stone, 5000 Meters (6th)
- 1952 Horace Ashenfelter, 3000-Meter Steeplechase (1st), 8:45.4 (Olympic Record)
..... William Ashenfelter, 3000-Meter Steeplechase
..... Curt Stone, 5000 Meters, 10,000 Meters; 10K (15th); 5K (6th, heat)
..... Chick Werner, Assistant Coach
- 1956 Horace Ashenfelter, 3000-Meter Steeplechase
..... Curt Stone, 5000 Meters (6th, heat)
- 1960 Ed Moran, 1500 (alternate)
- 1968 Lennart Hedmark (Sweden), Decathlon
..... Bill Reilly, 3000-Meter Steeplechase
- 1972 Steve Hayden, 50K Walk
..... Lennart Hedmark (Sweden), Decathlon
..... Mike Sands (Bahamas), 100 Meters; 200 Meters; 4x100-Meter Relay
- 1976 Lennart Hedmark (Sweden), Decathlon (8th)
..... Knut Hjeltnes (Norway), Discus (7th)
..... Al Jackson, Hammer (alternate)
- Mike Sands (Bahamas), 100 Meters; 400 Meters; 4x100-Meter Relay,
..... Mike Shine, 400-Meter Intermediate Hurdles (2nd)
- 1980 (U.S. boycotted Moscow Olympics) Greg Fredericks, 10,000 Meters
..... Knut Hjeltnes (Norway), Discus
- 1984 Knut Hjeltnes (Norway), Discus (4th)
- 1988 Knut Hjeltnes (Norway), Discus (7th)
- 1992 Harry Groves, Assistant Coach
..... (Alternate head coach in charge of distance events.)
..... Barry Walsh (Ireland), Decathlon
..... Mike Sands (Bahamas), Head Manager
- 1996 C.J. Hunter, Shot Put (7th)
- 2000 C.J. Hunter, Shot Put

WOMEN'S OLYMPIANS

- 2004 Consuella Moore (United States) - 4x100
..... Beth Alford-Sullivan - Assistant Coach (United States) - Distance
..... Jeri Daniels-Elder - Assistant Coach (United States) - Throws
..... Teri Jordan - Assistant Coach (United States) - Paralympic
- 2008 Aleesha Barber (Trinidad and Tobago) - 100-Meter Hurdles
..... Toyin Augustus (Nigeria) - 100-Meter Hurdles



The 2004 Athens Games featured Nittany Lions Connie Moore (4x100) and Beth Alford-Sullivan (Assistant Coach)



Aleesha Barber competed in the 100-meter hurdles in the colors of Trinidad and Tobago at the 2008 Beijing Olympics.



Horace Ashenfelter won gold-medal honors in the 3,000-meter steeplechase at the 1952 Olympic Games.



Mike Shine (left) took the silver medal in the 400-meter hurdles at the 1976 Olympics.



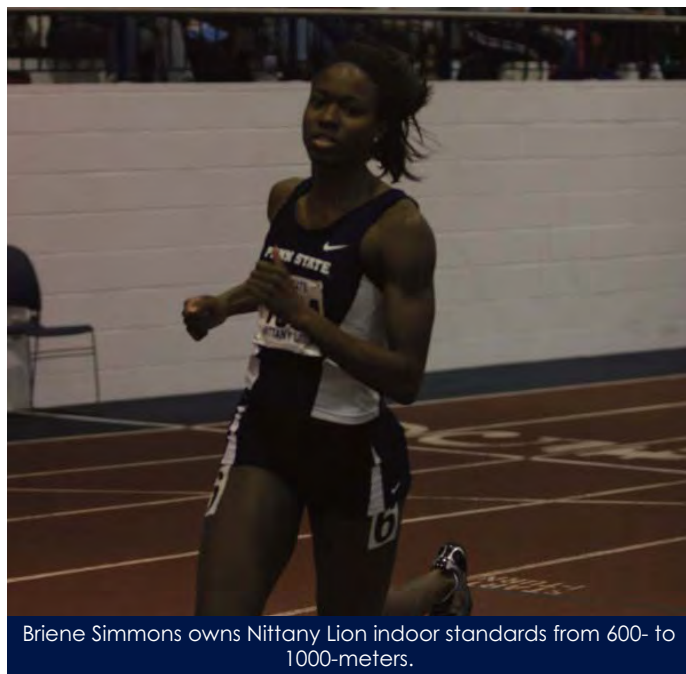
Track Events

55 Meters	6.98	Shavon Greaves, 2008
60 Meters	7.24	Shavon Greaves, 2010
200 Meters	22.60	Consuella Moore, 2004
300 Meters	38.05	Shana Cox, 2005
400 Meters	52.31	Shana Cox, 2007
500 Meters	1:09.19	Shana Cox, 2007
600 Meters	1:29.81	Briene Simmons, 2008
800 Meters	2:05.67	Briene Simmons, 2007
1000 Meters	2:48.21	Briene Simmons, 2007
Mile	4:37.95	Bridget Franek, 2010
3000 Meters	9:10.04	Bridget Franek, 2009
5000 Meters	15:53.50	Paula Renzi, 1985
55m Hurdles	7.77	Aleesha Barber, 2008
60m Hurdles	8.16	Aleesha Barber, 2009

Relay Events

Shuttle Hurdles	32.30	Carla Criste, Laurie Dangel, Sue Lindner, Stephanie Weeks, 1983
4X200-Meter Relay	1:37.76	Monique Walker, Kamilah Salaam, Gayle Hunter, Sara Shoaff, 2006
4X400-Meter Relay	3:33.39	Dominique Blake, Briene Simmons, Aleesha Barber, Shana Cox, 2006
4X800-Meter Relay	8:45.60	Judi Cassel, Heidi Gerken, Tammie Hart, Beth Stever, 1984
Mile Relay	3:46.30	Penny Fales, Tammie Hart, Elaine LaFramboise, Terry Pioli, 1980
2-Mile Relay	8:52.40	Judi Cassel, Heidi Gerken, Beth Stever, Doreen Startare, 1984
Sprint Medley	3:52.25	Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
Distance Medley	11:14.78	Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007

*All times are FAT (Fully Automatic Timing)



Briene Simmons owns Nittany Lion indoor standards from 600- to 1000-meters.

Field Events

High Jump	5-11 1/4 (1.81)	Antoinette O'Carroll, 1987
	5-11 1/4 (1.81)	Brittany Maun, 2010
Pole Vault	13-5 1/2 (4.11)	Sara Dougherty, 2004
Long Jump	20-11 1/4 (6.38)	Gayle Hunter, 2009
Triple Jump	44-1 1/2 (13.45)	Chi-Chi Aduba, 2003
Shot Put	56-5 1/4 (17.20)	Ja'Nai O'Connor, 2004
20-lb. Weight	74-10 1/2 (22.82)	Jen Leatherman, 2006
Pentathlon	4,342 points	Gayle Hunter, 2009

Pentathlon Records

60-Meter Hurdles	8.37	Gayle Hunter, 2009
High Jump	5-8 1/2 (1.74)	Amber Strouse, 2007
Long Jump	20-11 1/4 (6.38)	Gayle Hunter, 2009
Shot Put	40-0 1/2 (12.20)	Gayle Hunter, 2009
800-Meters	2:13.73	Gayle Hunter, 2009

Discontinued Events

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



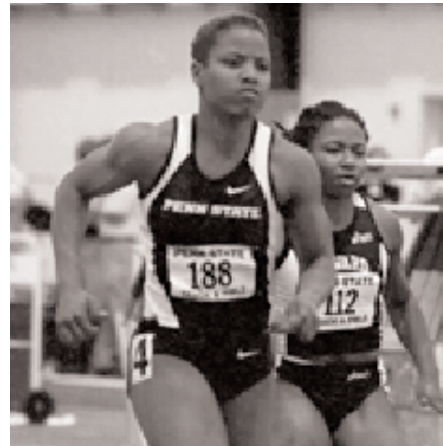
Women's Indoor Top 5



Current junior Caitlin Lane is ranked second in the 800-meters, mile run, and 3,000-meters.



Shana Cox's PSU record in the 500-meters, is also one of the fastest times ever run by an American.



11-time All-American Connie Moore owns school records in the 60- and 200-meters.

60 METERS

1. **7.24** **Shavon Greaves, 2010**
2. 7.27 Consuella Moore, 2004
3. 7.41 Toyin Augustus, 2001
4. 7.46 Kamilah Salaam, 2005
5. 7.50 Lauren Burns, 2007

200 METERS

1. 22.60 Consuella Moore, 2004
2. **22.98** **Shavon Greaves, 2010**
3. 23.48 Shana Cox, 2005
4. **23.67** **Caitlin DeFusco, 2010**
5. **23.74** **Fawn Dorr, 2010**

400 METERS

1. 52.31 Shana Cox, 2007
2. **52.53** **Fawn Dorr, 2010**
2. 53.15 Dominique Blake, 2008
4. 53.96 Gayle Hunter, 2008
5. 54.82 Briene Simmons, 2007

500 METERS

1. 1:09.19 Shana Cox, 2007
2. **1:12.23** **Fawn Dorr, 2010**
3. 1:13.32 Briene Simmons, 2006
4. 1:13.80 Cheryl Green, 2005
5. **1:14.50** **Doris Anyanwu, 2010**

600 METERS

1. 1:29.81 Briene Simmons, 2008
2. 1:31.68 Fawn Dorr, 2008
3. **1:32.04** **Megan Duncan, 2010**
4. 1:32.10 Dominique Blake, 2005
5. 1:32.89 Cheryl Green, 2006

800 METERS

1. 2:05.67 Briene Simmons, 2007
2. **2:09.53** **Caitlin Lane, 2010**
3. **2:10.80** **Bridget Franek, 2010**
4. 2:11.82 Lizzie Gati, 2003
5. 2:12.05 Jenny Stevens, 2004

1,000 METERS

1. 2:48.21 Briene Simmons, 2007
2. 2:49.92 Bridget Franek, 2008
3. **2:51.04** **Liz Kearins, 2010**
4. 2:53.17 Meghan Noecker, 2008
5. 2:53.67 Jenny Stevens, 2005

MILE RUN

1. **4:37.95** **Bridget Franek, 2010**
2. **4:42.88** **Caitlin Lane, 2010**
3. 4:45.46 Leah Rosenfeld, 2008
4. 4:47.51 Suzanne Heyer, 2000
5. 4:50.49 Tracey Brauksieck, 2003

3,000 METERS

1. 9:10.04 Bridget Franek, 2009
2. **9:24.53** **Caitlin Lane, 2010**
3. **9:27.41** **Cheryl Spring, 2010**
4. 9:28.68 Tracey Brauksieck, 2003
5. 9:39.92 Molly Landreth, 2006

5,000 METERS

1. **15:56.76** **Bridget Franek, 2010**
2. **16:22.30** **Cheryl Spring, 2010**
3. 16:29.83 Molly Landreth, 2004
4. **16:47.63** **Kara Millhouse, 2010**
5. 16:49.66 Tracey Brauksieck, 2003

60-METER HURDLES

1. 8.16 Aleesha Barber, 2009
2. 8.22 Toyin Augustus, 2001
3. 8.37 Gayle Hunter, 2009
4. 8.50 Kamilah Salaam, 2006
5. 8.68 Monique Walker, 2006

4X200-METER RELAY

1. 1:37.76 Monique Walker, Kamilah Salaam, Gayle Hunter, Sara Shoaff, 2006
2. 1:37.92 Kamilah Salaam, Brooke Robinson, Sara Shoaff, Shana Cox, 2005
3. 1:38.05 Cheryl Green, Connie Moore, Sara Shoaff, Kamilah Salaam, 2004
4. 1:39.30 Aleesha Barber, Lauren Burns, Kim Markel, Monique Walker, 2007

*PERFORMANCES SINCE 2000 SEASON



Gayle Hunter holds school records in the long jump and pentathlon.



Ja'Nai O'Connor set the Penn State shot put record in 2004.



Jennifer Leatherman claimed five All-America finishes in just two years as a Nittany Lion.

4X400-METER RELAY

- 3:33.49 Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber, 2007
- 3:34.00 Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr, 2008
- 3:34.04 Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake, 2006
- 3:34.64 Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter, 2009
- 3:35.12 Briene Simmons, Shana Cox, Fawn Dorr, Dominique Blake, 2008

1,600M SPRINT MEDLEY RELAY

- 3:52.25 Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
- 3:56.63 Cheryl Green, Connie Moore, Sara Shoaff, Briene Simmons, 2004
- 4:01.38 Sara Shoaff, Gayle Hunter, Dominique Blake, Jenny Stevens, 2005
- 4:09.50 Monique Walker, Sara Shoaff, Aleesha Barber, Katie Willow, 2006

DISTANCE MEDLEY RELAY

- 11:14.78 Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007
- 11:26.40** **Caitlin Lane, Doris Anyanwu, Liz Kearins, Cheryl Spring**
- 11:27.81** **Lindsey Graybill, Megan Duncan, Liz Kearins, Bridget Franek**
- 11:31.84 Jenny Stevens, Cheryl Green, Jen Maline, Tracey Brauksieck, 2004
- 11:32.99 Jenny Stevens, Lizzie Gati, Cheryl Green, Tracey Brauksieck, 2003

HIGH JUMP

- 5-10.50 (1.79)** **Brittany Maun, 2010**
- 5-9.75 (1.77) Jen Aylward, 2001
- 5-8 1/2 (1.74) Amber Strouse, 2007
- 5-8 (1.73) Kathy Messner, 20035
- 5-7.75 (1.72) Megan Burke, 2004
5-7.75 (1.72) Heather Yedinak, 2004

WOMEN'S POLE VAULT

- 13-5.50 (4.11) Sara Dougherty, 2004
- 12-11.50 (3.95)** **Jocelyn Witmer, 2010**
12-11.50 (3.95) **Caitlin Fairbairn, 2010**
- 12-3.50 (3.75) Lindsey McDonnell, 2003
12-3.50 (3.75) Jackie Meissner, 2007
12-3.50 (3.75) Amanda Palenchar, 2009

LONG JUMP

- 20-11.25(6.38) Gayle Hunter, 2009
- 20-8 (6.30) Chi-Chi Aduba, 2003
- 20-3.50 (6.18) Bianca Fung, 2009
- 20-0.50 (6.11) Lena Bettis, 2008
- 18-10 (5.74) Gabriela Baiter, 2008

TRIPLE JUMP

- 44-1.50 (13.45) Chi-Chi Aduba, 2004
- 41-11.50 (12.79) Gabriela Baiter, 2008
- 41-9.25 (12.73) Lena Bettis, 2007
- 41-7.25 (12.68) Gayle Hunter, 2008
- 40-1.25 (12.22)** **Tanaya Lloyd, 2010**

SHOT PUT

- 56-5.25 (15.13) Ja'Nai O'Connor, 2004
- 53-5 (16.28) Jen Leatherman, 2006
- 51-2 (15.60) Deshaya Williams, 2003
- 49-7.75 (15.13) Emma Schmelzer, 2008
- 47-6.50 (14.49) Lexi Benamati, 2004

20-LB WEIGHT

- 74-10.50 (22.82) Jen Leatherman, 2006
- 66-3 (20.19) Kate Johnston, 2005
- 64-6 (19.66) Deshaya Williams, 2003
- 62-1.25 (18.93) Ja'Nai O'Connor, 2002
- 60-1 (18.31) Emma Schmelzer, 2009

PENTATHLON

- 4,342 Gayle Hunter, 2009
- 3,805 Amber Strouse, 2007
- 3,596 Danielle Bobo, 2003
- 3,566 Jess Kern, 2000
- 3,494 Felicia Cooksey, 2000

BOLD - 2010 Performance

*PERFORMANCES SINCE 2000 SEASON



Women's Outdoor Records

Track Events

100 Meters	11.21Connie Moore, 2003
200 Meters	22.45Connie Moore, 2004
400 Meters	50.84Shana Cox, 2008
800 Meters	2:04.37Tammie Hart, 1985
1500 Meters	4:16.96Doreen Startare, 1983
Mile	4:40.65 Bridget Franek, 2010
3000 Meters	9:08.04Kathy Mills, 1978
5000 Meters	15:32.53Kathy Mills, 1978
10,000 Meters	34:00.40Natalie Updegrove, 1983
3000m Steeple	9:32.35 Bridget Franek, 2010
100m Hurdles	12.85 Aleesha Barber, 2010
400m Hurdles	55.57 Fawn Dorr, 2010

**All times are FAT

Relay Events

4X100-Meter Relay	44.25Laurie Fox, Chi-Chi Aduba,Sara Shoaff, Connie Moore, 2003
4X200-Meter Relay	1:33.78Caitlin DeFusco,Shavon Greaves, Fawn Dorr,Doris, Anyanwu, 2010
4X400-Meter Relay	3:27.69Dominique Blake,Aleesha Barber,Gayle Hunter, Shana Cox, 2008
4X800-Meter Relay	8:41.09Kathy Byrnes, Penny Fales,Sandy Miller, Lea Ventura, 1978
Distance Medley	11:09.50Tammie Hart, Patty Murnane,Terry Pioli, Mary Rawe, 1981
Sprint Medley	3:47.90Aleesha Barber,Dominique Blake,Shana Cox, Briene Simmons, 2007
4x1500m Relay	17:57.28Meghan Noecker,Bridget Franek,Leah Rosenfeld, Claire Percival, 2007

**All times are FAT

BOLD - Record from 2010 Season.



2004 graduate Consuella Moore is still a prominent fixture in the Nittany Lion record books, as she still owns records in the 100- (11.21) and 200-meters (22.45).



2003 NCAA Champion Deshaya Williams holds the Penn State discus record at 185-1 (56.42).

Field Events

High Jump	6-0 (1.83)Shelley Mitchell, 1992
Long Jump	21-6 (6.55)Chi-Chi Aduba, 2004
Triple Jump	44-6 3/4 (13.58)Chi-Chi Aduba, 2004
Discus	185-1 (56.42)Deshaya Williams, 2003
Hammer (4K)	219-1 (66.78)Jen Leatherman, 2006
Javelin (new)	178-4 (54.35)Kim Hanslovan, 2009
Shot Put	55-4 3/4 (16.88)Ja'Nai O'Connor, 2004
Pole Vault	13-1 1/2 (4.00)Sara Dougherty, 2004

Heptathlon

Heptathlon	5797Gayle Hunter, 2009
100-Meter Hurdles	13.45Gayle Hunter, 2009
High Jump	5-8 3/4 (1.75)Amber Strouse, 2007
Shot Put	40-0 (12.19)Gayle Hunter, 2009
200-Meters	23.56wGayle Hunter, 2008
Long Jump	21-0 1/2 (6.42)wGayle Hunter, 2009
Javelin	126-5 (38.53)Gayle Hunter, 2008
800-Meters	2:17.20Gayle Hunter, 2008

Discontinued Events

800m Medley1:47.20Johanna Humphreys, Terry Pioli,Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)Jen Pastore, 1998
Pentathlon	3,725 pointsPatti Knighton, 1978



Shana Cox's school-record 50.84 was the top 400-meter time by a collegiate in 2008.

100-METER DASH

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

200-METER DASH

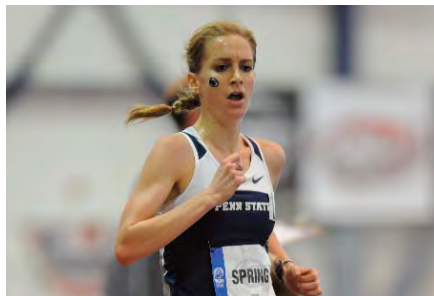
1. 22.45Connie Moore, 2004
2. **23.07****Shavon Greaves, 2010**
3. 23.15 (22.92w).....Shana Cox, 2008
4. 23.61Kamilah Salaam, 2004
5. 23.70Sara Shoaff, 2005
6. 23.81 (23.56w).....Gayle Hunter, 2008
7. 23.85Debbie Lewis, 1980
8. 23.90Vivian Riddick, 1983
9. **23.90****Caitlin DeFusco, 2010**
10. 23.92.....Dominique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

400-METER DASH

1. 50.84Shana Cox, 2008
2. 52.15.....Dominique Blake, 2008
3. **52.51****Fawn Dorr, 2010**
4. 53.74.....Laila Brock, 1998
5. 53.74Janice Carter, 1988
6. 53.80Tammie Hart, 1981
7. **54.15****Shavon Greaves, 2010**
8. **54.29****Aleesha Barber, 2010**
9. **54.36****Doris Anyanwu, 2010**
10. 54.49Erica Bosler, 1996

800-METER RUN

1. 2:04.37Tammie Hart, 1985
2. 2:04.72Briene Simmons, 2006
3. 2:05.66Janice Carter, 1985
4. 2:06.68.....Terry Pioli, 1981
5. 2:05.69Erica Bosler, 1998
6. 2:07.26Judi Cassel, 1995
7. 2:08.09Teresa DiPerna, 1989
8. 2:08.10Kim Certain, 1988
9. 2:08.18.....Dominique Blake, 2005
10. 2:09.00.....Jill Mallon, 1992



2010 graduate Cheryl Spring owns top 10 marks in the 5,000- and 10,000-meters, and 3,000-meter steeplechase.

1500-METER RUN

1. 4:16.96.....Doreen Startare, 1993
2. 4:17.40.....Kim McGreevy, 1997
3. 4:17.54.....Mary Rawe, 1981
4. **4:18.33**.....**Bridget Franek, 2010**
5. 4:19.83.....Patty Murnane, 1981
6. **4:20.40****Caitlin Lane, 2010**
7. 4:21.10.....Heather Carmichael, 1980
8. 4:21.31.....Susanne Heyer, 1999
9. 4:23.71.....Kathy Mills, 1979
10. 4:23.80Paula Renzi, 1978

5000 METERS

1. 15:32.52.....Kathy Mills, 1978
2. **15:46.08**.....**Bridget Franek, 2010**
3. 15:53.50Paula Renzi, 1985
4. 16:06.32Kim Kelly, 1993
5. 16:09.38Stacy Prey, 1990
6. 16:12.0.....Kris Bankes, 1978
7. 16:16.89.....Peggy Cleary, 1980
8. 16:32.56Cheryl Spring, 2009
9. 16:35.30.....Mary Rawe, 1980
10. 16:37.87.....Kelli Hunt, 1994

10,000 METERS

1. 34:00.00.....Natalie Updegrove, 1983
2. 34:02.52Kim Kelly, 1993
3. 34:02.80Kris Kelly, 1993
4. 34:09.00.....Kelli Hunt, 1993
5. 34:20.1Donna Fidler, 1999
6. 34:24.07.....Peggy Cleary, 1980
7. **34:31.75**.....**Cheryl Spring, 2010**
8. 34:39.89.....Molly Landreth, 2003
9. 34:55.84Wendy Nelson, 1991
10. 35:36.00.....Liz Berry, 1979

100-METER HURDLES

1. **12.85****Aleesha Barber, 2010**
2. 13.35Gayle Hunter, 2009
3. 13.36Toyin Augustus, 2001
4. **13.65****Evonne Britton, 2010**
5. 13.83Kamilah Salaam, 2006
6.Monique Walker, 2006
7. 14.13Pam Connell, 1991
8. 14.19Carla Criste, 1986
9. 14.21Shelley Mitchell, 1990
10.Sue Lindner, 1982



Fawn Dorr ran 55.57 at the NCAA First Round in 2010, resetting her own school standard in 400-meter hurdles.

400-METER HURDLES

1. **55.57**.....**Fawn Dorr, 2010**
2. 57.00.....Aleesha Barber, 2007
3. **57.55**.....**Megan Duncan, 2010**
4. **57.61****Evonne Britton, 2010**
5. 57.88.....Shelley Mitchell, 1991
6. 58.45Tammie Hart, 1982
7. 58.60Ernestine Marsh, 1987
8. 58.77Kim Markel, 2007
9. 60.46Adrienne McCray, 1996
10. 60.80Sandy Miller, 1978
- 60.80.....Penny Fales, 1982

3,000-METER STEEPLCHASE

1. **9:32.35**.....**Bridget Franek, 2010**
2. 10:07.78.....Molly Landreth, 2003
3. 10:16.91Tracey Brauksieck, 2003
4. 10:24.01Claire Percival, 2007
5. **10:26.41****Nicole Lord, 2010**
6. 10:34.25Cheryl Spring, 2008
7. **10:37.66**.....**Natalie Bower, 2010**
8. 10:46.05Kris Phillips, 2001
9. 10:47.40Sonja Hinich, 2006
10. 10:49.05Kate Curran, 2006

HIGH JUMP

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

NMC - No Metric Conversion



Women's Outdoor Top 10



Emma Schmelzer is a member of the Nittany Lion top 10 lists in the shot put, discus, and hammer throws



Aleesha Barber hold the PSU record in the 100-meter hurdles, as well as the 4x200-, and 4x400-meters, and sprint medley relay.



Current senior and three-time All-American Karlee McQuillen is currently ranked second in the all-time javelin rankings.

POLE VAULT

1. 13-1 1/2 (4.00)Sara Dougherty, 2004
2. **12-9 1/2 (3.90)**.....**Jocelyn Wilmer, 2010**
3. **12-8.25 (3.87)**.....**Caitlin Fairbairn, 2010**
4. 12-5 1/2 (3.80).....Kelly Nesbit, 2005
5. 12-2 (3.71)Lindsey McDonnell, 2002
6. 11-11 3/4 (3.65).Amanda Palenchar, 2009
7. 11-7 3/4 (3.55)Biz Curran, 2002
- 11-7 3/4 (3.55)Rachel NeMoyer, 2008
9. 11-5 3/4 (3.50)Kim Pfeifer, 2005
10. 11-0 3/4 (3.37)Dana Gioia, 2003

LONG JUMP

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

TRIPLE JUMP

1. 44-6 3/4 (13.58).....Chi-Chi Aduba, 2004
2. 44-3 (13.48).....Shakeema Walker, 1999
3. 43-1 (13.13)Carmen Mann, 1990
4. 41-7 (13.67).....Lena Bettis, 2007
5. 41-2 1/2 (12.56).....Gayle Hunter, 2007
6. 41-2 1/4 (12.55)Alicia Porro, 1992
7. **40-10.50 (12.46)****Tanaya Lloyd, 2010**
8. 40-9 (12.42)Hanna Humphreys, 1984
9. 40-8 3/4 (12.41)Stephanie Gurysh, 1986
10. 40-7 1/4 (12.37)Carla Criste, 1985

SHOT PUT

1. 55-4 3/4 (16.88) ..Ja'Nai O'Connor, 2004
2. 55-0 (16.76) ...Elaine Sobansky, 1984
3. 53-8 1/4 (16.36) ...Jen Leatherman, 2006
4. 51-6 1/4 (15.70) ..Deshaya Williams, 2003
5. 50-3 1/2 (15.58) ...E. Schmelzer, 2009
6. 48-6 (14.78)Kim Hicks, 1998
7. 47-10 (14.58)Kim Kessell, 1990
8. 47-7 3/4 (14.52) ...Toya Woods, 2007
9. 47-5 (14.45)Lexi Benamati, 2004
10. 46-10 (14.27)Connie Sweet, 1986

DISCUS

1. 185-1 (56.41) ...Deshaya Williams, 2001
2. 173-4 (52.83)Christen Clemson, 2007
3. 170-0 (51.82) ..Jennifer Leatherman, 2006
4. 168-8 (51.40) Emma Schmelzer, 2008
5. 167-7 (51.08) ..Elaine Sobansky, 1984
6. 156-7 (47.72)Lexi Benamati, 2004
7. 155-8 (47.44)Kim Kessell, 1991
8. 152-8 (46.53)Marilyn Senz, 1982
9. 150-7 (45.90)Erica Fabien, 1997
10. 150-5 (45.85)Jennifer Lee, 1989
- 150-5 (45.85)Brandie DeRemer, 1997

HAMMER

1. 219-1 (66.78) ..Jennifer Leatherman, 2006
2. 197-3 (60.12) ...Kate Johnston, 2003
3. 190-10 (56.16)Deshaya Williams, 2003
4. 186-11 (56.97) ...Helen Higgins, 2007
5. 179-6 (54.71) ...Emma Schmelzer, 2009
6. 174-3 (53.11) ..Robbin Shomper, 2003
7. 170-11 (52.10) ..Michelle Thompson, 1992
8. 160-4 (48.86)Stacy Frank, 1992
9. 159-10 (48.72) ...Ja'nai O'Connor, 2004
10. 158-11 (48.43) ..Bradlee Foerschner, 2008

JAVELIN

1. 178-4 (54.35) ...Kim Hanslovan, 2009
2. 176-2 (53.70) ..Karlee McQuillen, 2008
3. 167-2 (50.96) ...Heidi Nadeau, 2007
4. 167-1 (50.92) ..Brianna Johnson, 2001
5. 159-4 (48.56)Ashley Colley, 2002
6. 156-3 (47.62)Kristen Eash, 2004
7. 155-9 (47.47)Diana Bruch, 2005
8. 145-1 (44.22)Sheri Pettit, 2002
9. 143-10 (43.86) Mattie Pancoast, 2009
10. 137-6 (41.91)Erin Kelleher, 2007

HEPTATHLON

1. 5797Gayle Hunter, 2009
2. 5706Pam Connell, 1991
3. 5420Carmen Mann, 1990
4. 5407Shelley Mitchell, 1992
5. 5311Carla Criste, 1986
6. 4919Amber Strouse, 2007
7. 4917Holly Jones, 1992
8. 4878Felicia Cooksey, 1999
9. 4826Danielle Bobo, 2003
10. 4788Deb Ford, 1988

DISCONTINUED EVENTS

JAVELIN (OLD)

1. 198-11Jen Pastore, 1998
2. 182-5Stacey Gibbs, 1992
3. 171-11Marilyn Senz, 1984
4. 169-3Carrie Karabinos, 1999
5. 167-5Tina Kondas, 1987
6. 165-0Jen Crouch, 1990
7. 164-1Dayna Holston, 1993
8. 164-0Denika Kisty, 1996
9. 162-0Becky Gusic, 1996



Dominique Blake was a member of the Lions' NCAA Champion 4x400 in 2008.



Laurie Fox ran the lead-off leg on the Lions' school-record 4x100 in 2003.

4X1500-METER RELAY

1. 17:57.28 Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007
2. 18:07.25 Katy Hillard, Jenny Stevens, Lauren Clark, Tracey Brauksieck, 2004
3. 18:19.78 Laurie Morrow, Ann Marie Quinn, Kiernan O'Toole, Wendy Nelson, 1989
4. 18:21.78 Jenny Stevens, Nicki Bohnsack, Stephanie Pezzullo, Lindsay Scottoline, 2005
5. 18:38.35 Laurie Morrow, Wendy Nelson, Jenny Weaver, Amanda Dudley, 1991
6. 18:43.37 Laurie Morrow, Dana Dougan, Anna DeRenzi, Jenny Weaver, 1992

1. 44.25 Laurie Fox, Sara Shoaff, Connie Moore, Chi-Chi Aduba, 2003
2. 44.38 Kamilah Salaam, Chi-Chi Aduba, Sarah Shoaff, Connie Moore, 2004
3. **44.57** **Shavon Greaves, Caitlin DeFusco, Aleesha Barber, Fawn Dorr, 2010**
4. 44.80 Kamilah Salaam, Sara Shoaff, Shana Cox, Brooke Robinson, 2005
5. 44.86 Shavon Greaves, Shana Cox, Aleesha Barber, Dominique Blake, 2008
6. 45.18 Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff, 2006
7. 45.31 Toyin Augustus, Chi-Chi Aduba, Laurie Fox, Consuella Moore, 2001
8. 45.57 Shavon Greaves, Caitlin DeFusco, Fawn Dorr, Aleesha Barber, 2009
9. 45.60 Lena Bettis, Shana Cox, Aleesha Barber, Dominique Blake, 2007
- 45.60 Laurie Fox, Chi-Chi Aduba, Cheresse Sullivan, Connie Moore, 2002

4X200-METER RELAY

1. **1:33.78** **Caitlin DeFusco, Shavon Greaves, Fawn Dorr, Doris Anyanwu, 2010**
2. 1:33.87 Connie Moore, Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, 2004
3. 1:34.75 Shavon Greaves, Gayle Hunter, Fawn Dorr, Caitlin DeFusco, 2009
4. 1:35.98 Shana Cox, Gayle Hunter, Dominique Blake, Lauren Burns, 2007
5. 1:36.73 Laurie Fox, Cheresse Sullivan, Chi-Chi Aduba, Consuella Moore, 2003
6. 1:38.17 Sara Shoaff, Kamilah Salaam, Dominique Blake, Monique Walker, 2006
7. 1:38.24 Leslie Hummer, Lisa Chess, Ernestine Marsh, Janice Carter, 1988
8. 1:38.25 Consuella Moore, Laurie Fox, Genevieve Keen, Chi Chi Aduba, 2001
9. 1:38.41 Briene Simmons, Shana Cox, Dominique Blake, Monique Walker, 2007
10. 1:39.40 Alicia Porro, Jacky Brown, Shelley Mitchell, Pam Connell, 1991

4X400-METER RELAY

1. 3:27.69 Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox, 2008
2. 3:30.34 Aleesha Barber, Shavon Greaves, Gayle Hunter, Fawn Dorr, 2009
3. **3:30.74** **Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr, 2010**
4. 3:31.75 Dominique Blake, Briene Simmons, Gayle Hunter, Shana Cox, 2007
5. 3:32.90 Briene Simmons, Dominique Blake, Fawn Dorr, Shana Cox, 2008
6. 3:33.40 Dominique Blake, Aleesha Barber, Gayle Hunter, Fawn Dorr, 2008
7. 3:34.81 Briene Simmons, Shana Cox, Dominique Blake, Gayle Hunter, 2007
8. 3:34.92 Shana Cox, Briene Simmons, Sara Shoaff, Dominique Blake, 2006
9. 3:34.93 Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox, 2007
10. 3:35.20 Aleesha Barber, Shana Cox, Briene Simmons, Dominique Blake, 2007

SPRINT MEDLEY RELAY

1. 3:47.90 Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
2. 3:50.15 Kamilah Salaam, Sara Shoaff, Shana Cox, Dominique Blake, 2005
3. 3:50.54 Shavon Greaves, Gayle Hunter, Fawn Dorr, Bridget Franek, 2009
4. 3:52.37 Sara Shoaff, Kamilah Salaam, Dominique Blake, Briene Simmons, 2006
5. 3:53.20 Janice Carter, Leslie Hummer, Lisa Chess, Kiernan O'Toole, 1988
6. 3:54.71 Erica Bosler, Laila Brock, Tiffany Glenn, Nicole Paul, 1998
7. **3:55.32** **Caitlin DeFusco, Erika Schmidt, Megan Duncan, Caitlin Lane, 2010**
8. 3:55.55 Pam Connell, Leslie Hummer, Ernestine Marsh, Teressa DiPerna, 1989
9. 3:57.06 Toyin Augustus, Tiffany Glenn, Laila Brock, Suzanne Hayer, 2000
10. 3:58.25 2004

4X800-METER RELAY

1. 8:41.09 Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura, 1978
2. 8:43.56 Tammie Hart, Elaine LaFramboise, Doreen Startare, Terry Pioli, 1982
3. 8:43.70 Joetta Dweh, Kim McGreevy, Tracy Pombo, Erica Bosler, 1997
4. 8:44.37 Dominique Blake, Fiana York, Briene Simmons, Meghan Hutchinson, 2006
5. 8:47.69 MaryBeth Powers, Dana Dougan, Laurie Morrow, Teressa DiPerna, 1990
6. 8:47.80 Kiernan O'Toole, Beth Stever, Janice Carter, Pam Daniely, 1986
7. 8:48.27 Doreen Startare, Patty Murnane, Terry Pioli, Mary Rawe, 1981
8. 8:49.13 Pam Daniely, Kiernan O'Toole, Ann Marie Quinn, Julie Moody, 1988
8. 8:50.20 Tammie Hart, Judi Cassel, Janice Carter, Heidi Gerken, 1985
9. 8:50.92 Teressa DiPerna, Pam Connell, Jen Prutzman, Kiernan O'Toole, 1989
10. 8:53.90 Kris Bankes, Lisa Turner, Peggy Hall, Lea Ventura, 1978

DISTANCE MEDLEY RELAY

1. 11:09.50 Tammie Hart, Patty Murnane, Terry Pioli, Mary Rawe, 1981
2. 11:16.97 Leah Rosenfeld, Shana Cox, Briene Simmons, Bridget Franek, 2008
3. 11:18.20 Tammie Hart, Janice Carter, Lisa Ross, Paula Renzi, 1985
4. 11:20.80 Penny Fales, Debbie Lewis, Heather Carmichael, Mary Rawe, 1980
5. 11:21.64 Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy, 1996
6. 11:25.72 Caitlin Lane, Fawn Dorr, Liz Kearins, Bridget Franek, 2009
7. **11:26.54** **Bridget Franek, Megan Duncan, Caitlin Lane, Cheryl Spring, 2010**
8. 11:30.54 Doreen Startare, Tammie Hart, Terry Pioli, Patty Murnane, 1982
9. 11:36.50 Susanne Heyer, Laila Brock, Nicole Lewis, Allison Carr, 2000
10. 11:37.20 Kim Certain, Janice Carter, Pam Daniely, Lisa Gold, 1987



Track Events

55 Meters	6.31	Michael Timpson, 1986
60 Meters	6.76	Ernie Terrell, 2003
200 Meters	20.98	Ryan Olkowski, 2002
300 Meters	33.01	Michael Timpson, 1986 U.S. Collegiate Record
400 Meters	46.81	Michael Timpson, 1987
500 Meters	1:02.58	Ben Karcz, 2000
600 Meters	1:16.89	Ben Karcz, 2001
800 Meters	1:47.32	Ryan Foster, 2010
1000 Meters	2:19.60	Ryan Foster, 2010
1500 Meters	3:44.0	Larry Mangan, 1979
Mile	4:01.98	Samuel Borchers, 2008
3000 Meters	8:00.78	Ken Frazier, 1989
5000 Meters	13:52.36	Steve Brown, 1990
55m Hurdles	7.31	Michael Timpson, 1986
60m Hurdles	7.69	Guy Rose, 2001

Relay Events

4x55-Meter	24.65	Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, 2006
4x55-Meter Hurdle Relay	28.8	Paul Pollock, Bill Austin, Matt Graham & Dennis Rock, 1977
4x200m Relay	1:26.24	Alex Langan, Jaret Campisi, Chris Lolagne, Ernie Terrell, 2004
4x400-Meter Relay	3:09.43	Brian Derby, Chris Lolange, Jaret Campisi & Ernie Terrell, 2003
4x800-Meter Relay	7:21.37	Steve Balkey, Dave McMillan, Chris Mills & Ray Levitre, 1987
4-Mile Relay	16:43.4	Jeff Adkins, Tom Rapp, Alan Scharsu & Larry Mangan, 1980
Distance Medley	9:32.94	Samuel Borchers, Mike Cadau, Ryan Foster, Tim Johnson, 2009
National TAC Medley Relay	2:04.9	Mike Sands, Steve Hackman, Jack Davis & Mike Shine, 1975
(440, 220, 220, 300)		
Sprint Medley Relay	3:23.74	Ernie Terrell, Jaret Campisi, Chris Lolagne, Matt Lincoln, 2005

(1) World record at the time.



Ryan Foster set Penn State indoor standards in the 800- and 1000-meters in 2010. Foster also set a pair of Ashenfelter Facility records in 2010.

Field Events

High Jump	7-4 1/4 (2.24)	Paul Souza, 1982
Pole Vault	17-0 3/4 (5.20)	John Vellenoweth, 2009
Long Jump	25-11 (7.90)	David Coney, 1986
Triple Jump	53-0 3/4 (16.17)	Chavous Nichols, 2003
Shot Put	65-7 (19.99)	C.J. Hunter, 1990
35-lb. Weight	66-5 3/4 (20.26)	Dorian Lowe, 2002
Pentathlon	4,097 pts	Brian Kelley, 1993
Heptathlon	5,500 pts	James Cook, 1998

Heptathlon Records

Points	5,500	James Cook, 1998
60 Meters	7.09	Shawn Colligan, 2006
Long Jump	22-6 1/2 (6.87)	J.T. Kurefich, 2003
Shot Put	45-10 (13.97)	James Cook, 1998
High Jump	6-5.50 (1.97)	Chris Morisey, 2008
60-Meter Hurdles	8.21	J.T. Kurefich, 2003
Pole Vault	15-5 3/4 (4.72)	J.T. Kurefich, 2003
1,000 Meters	2:41.90	Chris Morisey, 2007

Pentathlon Records

Points	4,097	Brian Kelley, 1993
60 High Hurdles	8.14	J.T. Kurefich, 2003
55 High Hurdles	7.4	Rick Kleban, 1985; Brian Kelley, 1992
Long Jump	24-2 1/4 (7.37)	Dave Coney, 1984
Shot Put	50-0 1/2 (15.25)	Barry Walsh, 1990
High Jump	6-10 1/4 (2.09)	Dave Coney, 1984
1000 Meters	2:36.83	Brian Kelley, 1991

Discontinued Events

50 Yards	5.1	Barney Ewell, 1942 (1)
300 Yards	30.1	Mike Sands, 1975
500 Yards	57.0	Ollie Sax, 1953
600 Yards	1:09.6	Ken Wynn, 1983
1000 Yards	2:09.4	Pat Rexroat, 1975
2-Miles	8:34.2	Greg Fredericks, 1972
3-Miles	13:17.6	Paul Stemmer, 1976
50-Yard Hurdles	6.1	Rod Perry, 1955 (1)
70-Yard Hurdles	8.4	Jim Gehrdes, 1949; Mike Shine, 1975



The "King of the Milers," Larry Mangan holds the outdoor mile record and was Penn State's first sub-four minute miler, running 3:58.4 in 1980.



Ben Karcz (left) is tops in the Penn State indoor record books in the 500- and 600-meters.

60 METERS

1. 6.76 Ernie Terrell, Sykes/Sabock Challenge, 2003
2. 6.77* Michael Timpson, Last Chance Invitational, 1986
3. 6.80* Barney Ewell, Millrose Games, 1942
4. 6.81 Alex Langan, Big Ten Championships, 2006
5. 6.83 Knowledge Timmons, Sykes-Sabock, 2006

* Converted time from 60 yards to 55 meters

200 METERS

1. 20.98 Ryan Olkowski, NCAA Championships, 2002
2. 21.11 Michael Timpson, Florida Invitational, 1989
3. 21.18 Greg Miller, Big Ten Championships, 2001
4. 21.21 Ernie Terrell, Sykes/Sabock Challenge, 2004
5. 21.52 Alex Langan, Sykes/Sabock Challenge, 2005

300 METERS

300 meters is 28 yards, three inches longer than 300 yards; 300 meters is 3.27 seconds less FAT or 2.55 seconds HT for 300-yard times.

1. 29.74 (33.01)* Michael Timpson, Florida Six-Way, 1986
2. 30.1 (33.37) Mike Sands, Ohio State/Florida State, 1975
3. 30.5 (33.77) Mike Shine, Central Collegiate, 1976
4. 30.9 (34.17) Paul Lankford, Central Collegiate, 1978
5. 31.2 (34.47) Steve Hackman, Central Collegiate, 1976

*U.S. Collegiate record.

Converted time from 300 yards in parenthesis.

400 METERS

1. 46.81 Michael Timpson, IC4A Championships, 1987
2. 46.93 Ernie Terrell, Sykes/Sabock Challenge, 2003
3. 47.18* Mike Shine, Syracuse Invitational, 1975
4. 47.18* Mike Sands, Syracuse Invitational, 1975
5. 47.28 Jaret Campisi, IC4A Championships, 2004
- 47.28 Mike Cadau, Big Ten Championships, 2009

* Converted time from 440 yards

500 METERS

1. 1:02.58 Ben Karcz, IC4A Championships, 2000
2. 1:02.75 Ernie Terrell, USTCA Meet, 2003
3. 1:02.81 Mike Cadau, Penn State Open, 2009
4. 1:03.04 Steve Janci, USTCA Series, 2002
5. 1:03.06 Nick Manganiello, Connecticut/Princeton, 2002

600 METERS

1. 1:16.89 Ben Karcz, Big Ten Championships, 2001
2. **1:16.92** Casimir Loxsom, PSU Northeast Challenge, 2010
3. 1:17.65 Lionel Williams, Big Ten Championships, 2009
4. 1:18.16 Matt Lincoln, Penn State National, 2004
5. 1:18.84 Mark Miller, Big Ten Championships, 2005

800 METERS

1. **1:47.32** Ryan Foster, Washington Husky Classic, 2010
2. **1:47.77** Owen Dawson, Washington Husky Classic, 2010
3. **1:47.98** Casimir Loxsom, PSU National, 2010
4. 1:48.19 Ray Levitre, IC4A Championships, 1987
5. **1:48.53** Lionel Williams, Alex Wilson (Notre Dame), 2010

1000 METERS

1. **2:19.60** Ryan Foster, PSU Northeast Challenge, 2010
2. **2:21.98** Owen Dawson, PSU Northeast Challenge, 2010
3. 2:22.42 Samuel Borchers, Penn State Open, 2008
4. 2:22.50 Matt Lincoln, Connecticut/Princeton, 2003
5. 2:23.05 Chris Mills, IC4A Championships, 1987

MILE RUN

1. 4:01.98 Samuel Borchers, Penn State National, 2008
2. 4:02.3 Greg Fredericks, Delaware Invitational, 1972
3. 4:02.9 Bob Hudson, Auburn/Florida/Florida State, 1985
4. 4:02.91 Mark Overheim, Auburn/Florida/Florida State, 1985
5. 4:03.41 Steve Balkey, NCAA Championships, 1988

* 4:01.92 Larry Mangan, Syracuse/Dartmouth, 1979
Converted from 1500-Meters

3000 METERS

1. **7:53.58** Greg Fredericks, Philadelphia Track Classic, 1972
2. **7:54.50** Robert Snyder, Delaware Invitational, 1979
3. 8:00.78 Ken Frazier, Florida Invitational, 1989
4. 8:02.05 John Zishka, West Point Invitational, 1981
5. **8:02.24** George Malley, CYO/Washington, 1977

Converted from two-mile time in **BOLD**.

5000 METERS

1. **13:46.42** Paul Stemmer, Salt City Invitational, 1976
2. **13:46.94** Alan Scharsu, USA/TAC Champs., 1980
3. 13:52.36 Steve Brown, IC4A Championships, 1990
4. 13:58.55 Eric Carter, IC4A Championships, 1986
5. **13:59.71** Charlie Maguire, NCAA Championships, 1974

Converted from three-mile times in **BOLD**.

60 METER HIGH HURDLES

1. 7.69 Guy Rose, Big Ten Championships, 2001
2. 7.82 Michael Timpson, Florida Six-Way Meet, 1986
3. 7.83 John Whelan, IC4A Championships, 1998
4. 7.85 Mike Shine, NCAA Championships, 1975
5. 7.86 Ron Jules, IC4A, 2007



Ryan Olkowski is the only athlete in NCAA Indoor history to earn All-America honors in the 200-meters and high jump in the same meet.



Tim Johnson was a member of the Lions' school-record distance medley relay in 2009.

4X200 METER RELAY

- 1:26:24 Alex Langan, Jaret Campisi, Chris Lolagne, Ernie Terrell, 2005
- 1:28.31 Alex Langan, Ron Jules, Mike O'Donnell, Adam Stanowick, Penn State Relays, 2007
- 1:28.99 Justin Kiscadden, Jaret Campisi, Ernie Terrell, Greg Miller, Toronto Track Classic, 2003
- 1:29.32 Steve Morgan, Jordan Rajan, Justin Babich, Dan Engel, Penn Relays, 2006
- 1:29.47** Doug Finkel, Russ Perlman, Don Guerriero, Mike Shine, Delaware Invitational, 1973

Converted from 880 yard relay time in **BOLD**.

4X400 METER RELAY

- 3:09.43 Brian Derby (47.66), Chris Lolagne (47.92), Jaret Campisi (46.91), Ernie Terrell (46.70), IC4A, 2003
- 3:10.00 Brian Derby (47.56), Steve Janci (48.29), Duane Reeves (46.78), Ben Karcz (46.96), USTCA Invitational, 2001
- 3:10.74 Brian Derby (47.79), Steve Morgan (47.72), Chris Lolagne (47.48), Jaret Campisi (47.46), IC4A, 2002
- 3:10.81 Munya Maraire (48.41), Duane Reeves (48.68), Steve Janci (47.00), Ben Karcz (46.56), Nittany Lion Qualifier, 2000
- 3:10.86 Jaret Campisi (47.34), Caleb Hood (48.70), Steve Morgan (47.30), Ernie Terrell (47.20), IC4A Championships, 2004

4X800 METER RELAY

- 7:21.37 Steve Balkey (1:51.0), David McMillan (1:52.6), Chris Mills (1:48.8), Ray Levitre (1:48.9), NCAA Championships, 1987
- 7:21.42** Paul McLaughlin (1:52.8), Randy Moore (1:51.9), Ken Wynn (1:49.6), Mike Cook (1:49.7), NCAA Championships, 1983
- 7:23.38** Vance Watson (1:52.3), Steve Shisler (1:53.3), Chris Mills (1:52.2), Randy Moore (1:48.0), USA/TAC Championships, 1985
- 7:24.54 Vance Watson (1:52.3), Tom Shiffer (1:51.3), Ray Levitre (1:49.30), Chris Mills (1:50.0), NCAA Trials, 1986
- 7:24.60** Steve Shisler (1:53.06), Paul McLaughlin (1:51.28), Ken Wynn (1:50.82), Mike Cook (1:51.90), USA/TAC Championships, 1983 (7:24.54)

Converted from two-mile relay in bold face.

4 MILE RELAY

- 16:43.4 Jeff Adkins (4:15.1), Tom Rapp (4:10.2), Ian Scharsu (4:11.2), Larry Mangan (4:05.9), Bucknell Invitational, 1980
- 17:07.5* Charlie Maguire, Bob Hillman, Dan Supulski, Greg Fredericks, Dartmouth Relays, 1972
- 17:10.0 Dan Supulski, Charlie Maguire, Gary Gittings, Bob Hillman, 1971
- 17:11.8 Larry Mangan, Kelly O'Brien, Glen Chumley, Tom Rapp, VMI Relays, 1973
- 17:14.5 Charlie Maguire, John Fullmer, Matt Chadwick, Gary Gittings, Dartmouth USTFF Meet, 1973

*American record when recorded.

DISTANCE MEDLEY RELAY

- 9:32.94 Samuel Borchers, Mike Cadau, Ryan Foster, Tim Johnson, Alex Wilson Invitational, 2009
- 9:36.29 Matt Lincoln (2:55.70), Jaret Campisi (47.4), Dan Michael (1:51.5), Chris Foster (4:02.6), Sykes-Sabock Challenge Cup, 2005
- 9:39.81 R.B. Caldwell (1:51.94), James Robbins (48.49), Phil Mellott (2:58.12), Bob Hamer (4:01.55), Mobil Invitational, 1994
- 9:39.84@ Matt Lincoln (2:56.33), Jaret Campisi (48.0), Erinn Otterson (1:50.00), Chris Foster (4:03.51), Alex Wilson Meet (Notre Dame), 2005
- 9:40.0** Vance Watson (1:52.8), Barry Robinson (49.5), Bob Bob Hudson, (2:57.3), Mark Overheim (4:03.2), Converted time from races run in yards in **BOLD**.

SPRINT MEDLEY RELAY

- 3:23.74 Ernie Terrell (48.67), Jaret Campisi (21.31), Chris Lolagne (21.40), Matt Lincoln (1:52.06), Penn State Relays, 2005
- 3:27.70 Ben Karcz (49.31), Duane Reeves (21.94), John Gorham (22.53), Joe Hubbard (1:53.03), Bucknell-Hershey Relays, 1999
- 3:28.35 Ben Karcz, John Whelan, Duane Reeves, Joe Loner, Bucknell-Hershey Relays, 1998
- 3:29.07** Vern Lucas, Steve Evans, Paul Pollack, Bill Sheskey, Princeton Relays, 1978
- 3:29.1** Mike Sands, Doug Finkel, Fred Singleton, Martin Keen, Pitt Track Classic, 1974

Converted times from yards in **BOLD**.



Paul Souza holds the PSU high jump record at 7-4 1/4 (2.24), set at the 1982 Nittany Lion Invitational.



John Vellenoweth set the PSU pole vault record at the 2009 Tyson Invitational with a clearance of 17-0 3/4 (5.20).

4X55 METER HIGH HURDLE SHUTTLE

1. 29.04 Paul Pollack, Bill Austin, Matt Graham, Dennis Rock, Princeton Relays, 1977
2. 29.32 Shawn Colligan, Chris Morrissey, Adam Stanowick, Ron Jules, 2007
3. 29.54 Paul Pollack, Matt Graham, Bill Austin, Paul Lankford, Princeton Relays, 1978
4. 29.56 Shawn Colligan, Caleb Hood, Adam Stanowick, Ron Jules, Penn State Relays, 2006
5. 29.64 Dennis Rock, Paul Pollock, Peter Kiproff, Mike Shine, Lafayette Relays, 1976

HIGH JUMP

1. 7-4 1/4 (2.24) Paul Souza, Nittany Lion Invitational, 1982
2. 7-3 1/4 (2.22) Ryan Fritz, NCAA Championships, 2007
3. 7-2 3/4 (2.20) Ryan Olkowski, Army Five-Way Meet, 1999
4. 7-1 1/2 (2.17) David Coney, Pre-Christmas Meet, 1985
5. 7-1 (2.16) David Kriz, G. Washington Invitational, 1995

POLE VAULT

1. 17-0 3/4 (5.20) John Vellenoweth, Tyson Invitational, 2009
 2. 17-0 (5.18) Mason Ternay, Hardees Classic, 1992
 3. 16-9 1/2 (5.12) Ron Campbell, IC4A Championships, 1985
 4. 16-9 1/2 (5.12) Rick Kleban, IC4A Championships, 1985
 5. 16-8 3/4 (5.10) Dave Bollinger, IC4A Championships, 2004
- 16-8 3/4 (5.10) Bradford Lawrence, PSU National, 2010**

LONG JUMP

1. 25-11 1/4 (7.91) Dave Coney, Last Chance Invitational, 1986
2. 25-10 3/4 (7.89) Antonio Davis, Big Ten Championships, 1993
3. 25-8 (7.82) George Audu, West Virginia Invitational, 1999
4. 25-5 1/2 (7.76) Rob Boulware, Last Chance Invitational, 1986
5. 25-4 1/2 (7.73) John Gorham, Last Chance Invitational, 1999

TRIPLE JUMP

1. 53-0 3/4 (16.17) Chavous Nichols, USTCA Meet, 2003
2. 52-6 (16.00) Clarence Smith, Va. Tech Last Chance, 2009
3. 52-4 1/4 (15.955) Ricardo Hall, Bud Lite Invitational, 1990
- 52-4 1/4 (15.955) Antonio Davis, Middle Tenn. Invitational, 1994
5. 51-7.25 (15.73) Ryan Taylor, Va. Tech Last Chance, 2008

SHOT PUT

1. 65-7 (19.99) C.J. Hunter, USA/Britain/USSR, 1990
2. **63-6 1/4 (19.36)** **Joe Kovacs, PSU National, 2010**
3. 62-6 1/2 (19.05) Phil Caraher, NCAA Championships, 1991
4. **60-10 1/2 (18.55)** **Blake Eaton, Sykes-Sabock, 2010**
5. 60-3 1/2 (18.375) Greg Reyner, JMU/Shippensburg, 1986

35-LB. WEIGHT

1. 66-5 3/4 (20.26) Dorian Lowe, Sykes-Sabock Challenge, 2002
2. 66-2 1/4 (20.17) Scott Vernon, Sykes-Sabock Challenge, 2005
3. 65-9 3/4 (20.06) Neal McNutt, IC4A Championships, 1998
4. 65-9 (20.04) Tyler Hoffman, Virginia Tech Elite, 2008
5. 64-11 1/2 (19.80) Alvin Jackson, AAU Championships, 1977

PENTATHLON (NEW TABLES)

1. 4097 (FAT) Brian Kelley, Big Ten Championships, 1993
2. 4077 (FAT) J. T. Kuretich, USTCA Meet, 2003
3. 3998 (FAT) Barry Walsh, Florida Invitational, 1988
4. 3916 (FAT) James Cook, Presidents' Invitational, 1997
5. 3858 (Hand) Chris Green, Atlantic 10 Championships, 1986

HEPTATHLON

1. 5500 James Cook, Big Ten Championships, 1998
2. 5419 Chris Morrissey, Big Ten Championships, 2008
3. **5300** **Anya Uzoh, Big Ten Championships, 2010**
4. 5239 Shawn Colligan, Big Ten Championships, 2008
5. 5185 J.T. Kuretich, Big Ten Championships, 2000



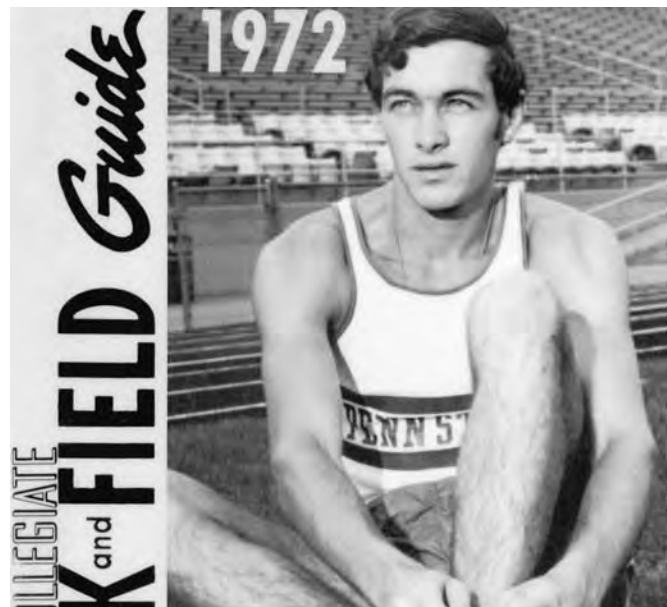
Track Events

100 Meters	10.1	Mike Sands, 1975
200 Meters	20.23 (FAT)	Michael Timpson, 1986
400 Meters	45.20	Mike Sands, 1975
800 Meters	1:45.96	Randy Moore, 1985
1500 Meters	3:38.99 (FAT)	Steve Balkey, 1987
Mile	3:58.4	Larry Mangan, 1980
2000 Meters	5:07.2	Greg Fredericks, 1972
3000 Meters	7:54.0	George Malley, 1977
5000 Meters	13:34.0	Greg Fredericks, 1972
10,000 Meters	28:08.0 (2)	Greg Fredericks, 1972
20,000 Meters	1:04:40	Kevin Geesaman, 1998
Marathon	2:17:49	George Christopher, 1975
3000m Steeple	8:22.5 (1)	George Malley, 1977
110m Hurdles	13.56	Guy Rose, 2001
400m Hurdles	48.69 (FAT)	Mike Shine, 1976

Relay Events

4x100-Meter	39.63	Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4x110m Hurdles	57.29	Chris Green, Al Parker, Sam Harris, Michael Timpson, 1986
4x200-Meter	1:23.85	Alex Langan, Chris Lolagne, Jaret Campisi, Ernie Terrell, 2005
4x400-Meter	3:08.22	Steve Janci, Munya Maraire, Duane Reeves, Ben Karcz, 2000
4x800-Meter	7:11.17 (3)	Vance Watson, Steve Shisler, Chris Mills, Randy Moore 1985
4x1500-Meter	14:58.71 (4)	Bob Hudson, Mark Overheim, Eric Carter, Steve Shisler, 1986
4x1600-Meter	16:12.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
4-Mile Relay	16:18.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
Distance Medley	9:30.1	Larry Mangan, Paul Lankford, Mike Cook, Alan Scharsu, 1980
Sprint Medley	3:17.74	Bryant Littlejohn, Sid Lewis, Barry Robinson, Randy Moore, 1985

- (1) American record when performed
- (2) American & NCAA record when performed
- (3) Number one in the world for 1985
- (4) American record for non-national team when performed



Greg Fredericks, who owns several Penn State distance records, was the American record holder at 10,000-meters in 1972.

Field Events

High Jump	7-3 1/2 (2.22)	David Coney, 1985
Long Jump	25-11 (7.90)	David Coney, 1985
Triple Jump	54-6 (16.61)	Antonio Davis, 1993
Discus	207-5 (63.22)	Brian Milne, 1992
Hammer	218-6 (66.60)	Al Jackson, 1976
Javelin (new)	239-9 (73.09)	Allen Pettner, 2007
Shot Put	65-5 (19.94)	C.J. Hunter, 1990
Pole Vault	17-5.50 (5.32)	John Vellenoweth, 2009

Decathlon Events

Points	7,685	Rick Kleban, NCAA Meet, 1985
First-day Score	3,931	Dave Masgay, NCAA Meet, 1987
Second-day Score	3,774	James Cook, NCAA Meet, 1996
100 Meters	11.01	Rick Kleban, NCAA Meet, 1985 Shawn Colligan, 2008
Long Jump	23-7.25 (7.19)	Dave Masgay, Sports Fest., 1987
Shot Put	48-9.50 (4.87)	Barry Walsh, Penn Relays, 1989
High Jump	6-8 (2.03)	Barry Walsh, Penn Relays, 1989
400 Meters	47.65	Brian Kelley, IC4A Meet, 1991
110-Meter HH	14.45	Rick Kleban, IC4A Meet, 1987
Discus	155-3 (47.320)	James Cook, NCAA Meet, 1997
Pole Vault	16-2 1/2 (4.94)	Rick Kleban, IC4A Meet, 1985
Javelin	206-2 (62.83)	Shawn Colligan, Big Ten, 2008
1,500 Meters	4:21.05	Tom Kleban, Penn Relays, 1989

Discontinued Events

2000m Steeple	5:43.2	Rick Garcia, 1981 (Pan Am Jr.)
Javelin (old)	78.77 (258-5)	Jim Stevenson, 1966



Charlie Maguire won the 1973 NCAA title in the six-mile run.



Shawn Colligan holds the Penn State decathlon record in the javelin.



Rick Kleban is the Penn State record holder in the decathlon.

100 METERS

1. 10.34 (10.1) Mike Sands, Bahamas Meet, 1975
2. 10.44 Mike Shine, Central Collegiate, 1976
3. 10.46 Ryan Olkowski, Big Ten Championships, 2002
4. 10.47 Michael Timpson, IC4A Championships, 1987
5. 10.49 (9.4 yards) Bob Brown, Quantico Relays, 1961
6. 10.50 Alex Langan, NCAA Regional Championships, 2006
7. 10.54 Barney Ewell, National AAU, 1941
8. 10.54 Bryant Littlejohn, IC4A Championships, 1984
9. 10.55 Steve Hackman, Central Collegiate, 1976
10. 10.56 Paul Lankford, Central Collegiate, 1980
- 10.56 Greg Miller, Penn State Open, 2000

200 METERS

1. 20.23 Michael Timpson, Penn State Open, 1986
2. 20.58 Mike Sands, Bahamas Meet, 1975
3. 20.59 Ryan Olkowski, Big Ten Championships, 2002
4. 21.01 Ernie Terrell, Big Ten Championships, 2002
5. 21.02 (20.9 yards), Barney Ewell, 1942
- 21.02 (20.9 yards), Art Pollard, 1955
7. 21.14 Bryant Littlejohn, Nittany Lion Relays, 1984
8. 21.15 Greg Miller, Penn State Open, 2000
9. 21.22 (21.1 yards) Bob Brown, IC4A Championships, 1960
- 21.22 (21.1 yards) Mike Shine, TF Hall of Fame Meet, 1976

400 METERS

1. 45.2 (45.46 yards) Mike Sands, NCAA Champs., 1975
2. 46.14 (46.0mt) Paul Lankford, Penn Relays, 1980
3. 46.62 Ernie Terrell, Big Ten Championships, 2002
4. 46.74 Mike Cadau, Big Ten Championships, 2009
5. 46.91 Ben Karcz, Big Ten Championships, 2001
6. 46.98 (47.1 yds) Mike Shine, Track & Field Hall of Fame, 1976
7. 47.06 Michael Timpson, Maryland/James Madison, 1988
- 47.06 Chris Lolagne, Big Ten Championships, 2005
9. 47.48 (47.6 yds) Dick Hambright, 1958
10. 47.54 Jon Strange, Nittany Lion Relays, 1990

800 METERS

1. 1:45.96 Randy Moore, National Sports Festival, 1985
2. **1:46.57** **Casimir Loxsom, IAAF World Juniors, 2010**
3. 1:46.62 Ray Levitre, NCAA Championships, 1987
4. 1:46.78 Ryan Foster, NCAA Championships, 2009
5. 1:46.81 Chris Mills, Pitt Invitational, 1987
6. 1:46.82 Ken Wynn, IC4A Championships, 1983
7. 1:47.63 Mike Cook, Penn State Open, 1982
8. 1:47.83 Mark Miller, NCAA East Regional, 2008
9. 1:48.84 Steve Balkey, Hershey Foods Meet, 1988
10. **1:48.85** **Owen Dawson, Ariz. St. Sun Angel, 2010**

1500 METERS

1. 3:38.99 Steve Balkey, NCAA Championships, 1987
2. 3:39.25 Larry Mangan, Olympic Trials, 1980
3. **3:41.26** **Ryan Foster, Florida Relays, 2010**
4. 3:42.08 Doug Walter, NCAA Championships, 1990
5. 3:42.12 David McMillan, Potomac Valley TAC, 1988
6. 3:42.2 George Malley, Maryland/Quantico, 1977
- 3:42.2 Mike Wyatt, Maryland/Quantico, 1977
7. 3:42.69 Aidan O'Reilly, Georgetown Twilight, 1992
8. 3:42.93 Robert Snyder, Central Collegiate, 1978
- 3:42.93 Bob Hamer, George Mason Invitational, 1994
10. 3:43.87 Matt Lincoln, Nike Farm Team Invite, 2006

MILE

1. 3:58.4 Larry Mangan, Penn State Open, 1980
2. 4:00.4 Greg Fredericks, Big Four, 1972
3. 4:00.5 George Malley, U.S. vs. West Germany, 1977
4. 4:01.2 Robert Snyder, Centre Daily Times Mile, 1978
5. 4:01.7 Ed Moran, 1958
6. 4:02.8 Dan Supulski, Penn Relays, 1972
7. 4:03.3 Alan Scharsu, Penn State Open, 1980
8. 4:04.7 Mike Wyatt, Pitt Invitational, 1977
9. 4:06.3 Mark Overheim, Dogwood Relays, 1984
10. 4:06.6 Jim Morrison, Pitt Invitational, 1974

3000-METER STEEPLECHASE

1. 8:22.54 George Malley, National AAU, 1977*
2. 8:37.7 Rick Garcia, USA/TAC, 1983
3. 8:40.4 Bruce Baden, Penn Relays, 1977
4. 8:42.85 Eric Carter, TAC, 1988
5. 8:47.03 Larry Mangan, Penn Relays, 1980
6. 8:48.1 Paul Mackley, Penn Relays, 1985
7. 8:49.45 Brian Laird, Metro-Nedham, Mass., 1989
8. 8:50.9 Jim Allahand, IC4A Championships, 1972
9. 8:51.84 Chris Foster, Penn Relays, 2005



Jim Stevenson won the NCAA javelin title in 1966.



James Cook won back-to-back Penn Relays decathlon titles in 1996 and 1997.



Allen Pettner set Penn State and Big Ten records in the javelin in 2007.

5000 METERS

1. 13:34.0 Greg Fredericks, NCAA Championships, 1972
2. 13:36.3 Robert Snyder, Penn Relays, 1978
3. 13:42.1 Alan Scharsu, Penn Relays, 1980
4. 13:50.54 Steve Brown, Metro-Nedham, Mass., 1989
5. 13:52.4 Paul Stemmer, Penn Relays, 1977
6. 13:53.2 George Malley, Colonial Relays, 1976
7. 13:55.0 Jeff Adkins, Penn Relays, 1982
8. 13:56.1 Charlie Maguire, Penn Relays, 1974
9. 13:57.1 Gary Gittings, IC4A Championships, 1973
10. 13:58.60 John Zishka, Penn Relays, 1981

10,000 METERS

1. 28:08.0 Greg Fredericks, National AAU, 1972*
2. 28:29.4 Charlie Maguire, National AAU, 1974
3. 28:38.3 Eric Carter, Penn Relays, 1987
4. 28:42.80 Paul Stemmer, Colonial Relays, 1976
5. 29:11.71 John Ziegler, NCAA Championships, 1979
6. **29:15.73 Tyler McCandless, Big Ten Championships, 2010**
7. 29:25.58 Mark Wimmer, Penn Relays, 1994
8. 29:27.6 George Malley, Pitt Invitational, 1975
9. 29:30.6 Alan Scharsu, Pitt Invitational, 1980
10. 29:32.9 Matt Chadwick, IC4A Championships, 1972

MARATHON

1. 2:17.49 George Christopher, Peach Bowl Marathon, 1975
2. 2:19.45.9 John Ziegler, Charlotte Marathon, 1978
3. 2:22.13 Tim Backenstose, Penn Relays, 1979
4. 2:24.30 Campbell Lovett, Charlotte Marathon, 1977
5. 2:27.47 Dave Felice, NVTC Marathon, 1977
6. 2:27.48 Bruce Baden, NVTC Marathon, 1978
7. 2:28.16 Frit Cooper, Penn Relays, 1977
8. 2:29.34 Carl Bechdel, Penn Relays, 1975
9. 2:30.47 Brad Althouse, Penn Relays, 1979
10. 2:31.28 Geoff Root, Penn Relays, 1983

110-METER HIGH HURDLES

1. 13.56 Guy Rose, Big Ten Championships, 2001
2. 13.73 Paul Lankford, Central Collegiate, 1980
3. 13.80 Michael Timpson, Pitt Invitational, 1988
4. 13.87 Mike Shine, Penn Relays, 1976
5. 14.06 John Whelan, Penn State Open, 1997
6. 14.08 Sam Harris, Pitt Invitational, 1988
7. 14.09 Brian Derby, Big Ten Championships, 2002
- 14.09 Barry Robinson, Atlantic 10 Invitational, 1985
9. 14.10 Ron Jules, Big Ten Championships, 2008
10. 14.16 Rick Kleban, Atlantic 10 Invitational, 1984

400-METER INTERMEDIATE HURDLES

1. 48.69 Mike Shine (Silver Medal), Olympic Games, 1976
2. 49.55 Paul Lankford, NCAA Championships, 1981
3. 49.72 Brian Derby, Big Ten Championships, 2003
4. 50.10 Jaret Campisi, Big Ten Championships, 2005
5. 50.49 Bill Austin, Central Collegiate, 1978
6. 50.54 Michael Timpson, Penn Relays, 1988
7. 50.61 Barry Robinson, Jim Thorpe, 1985
8. 50.67 Kevin Cripanuk, Big Ten Championships, 1992
9. 50.76 Brian Kelly, Hot Spring Invitational, 1993
10. 50.89 Ben Karcz, Big Ten Championships, 2001

HIGH JUMP

1. 7-3 1/2 (2.22) Dave Coney, Penn State Open, 1985
2. 7-3 (2.21) Paul Souza, Penn State Open, 1983
3. 7-2 1/2 (2.20) Ryan Fritz, NCAA Champs., 2010
4. 7-1 3/4 (2.18) David Kriz, Big Ten Championships, 1995
5. 7-1 (2.15) Ryan Olkowski, Penn State Open, 1999
6. 7-1/4 (2.14) Nick Plack, James Madison Invitational, 2000
7. 7-0 (2.13) Aaron Gawne, Colonial Relays, 1993
8. 6-11 (2.11) Sean Vago, Penn Relays, 1997
9. 6-10 3/4 (2.10) Tyler Fedeli, Penn State Open, 2006
10. 6-10 1/4 (2.09) Shawn Anderson, Penn State Open, 2000



POLE VAULT

- 17-5 1/2 (5.32) John Vellenoweth, Penn State Open, 2009
- 17-5 (5.31) Mason Ternay, Georgetown Invitational, 1991
- 17-0 (5.18) Dave Bollinger, Nittany Lion Relays, 2004
- 16-10 (5.13) Rick Kleban, Jim Thorpe, 1985
- 16-7 1/4 (5.06) Ron Campbell, Penn State Open, 1985
16-7 1/4 (5.06) Brad Lawrence, NCAA East Regional, 2009
- 16-6 3/4 (5.05) Kevin Dare, USTCA Series Meet, 2001
16-6 3/4 (5.05) Nick Fegley, Penn State Open, 2003
- 16-6 (5.03) Ken Stoffer, Penn State Open, 1983
- 16-4 (4.98) Bill Gifford, Michigan, 1975

LONG JUMP

- 25-11 (7.90) Dave Coney, USA Mobile TAC, 1985
- 25-9 1/2 (7.86) Rob Boulware, Potomac Valley TAC, 1986
- 25-9 1/2 (7.86) Steve Pina, Big Ten Champs., 1996
- 25-8 3/4 (7.84) George Audu, Big Ten Champs., 1999
25-8 3/4 (7.84) John Gorham, Nittany Lion Relay, 1999
- 25-6 (7.77) Antonio Davis, Penn Relays, 1993
- 25-2 3/4 (7.69) Ryan Olkowski, USA Jr. Nationals, 2000
- 25-0 3/4 (7.64) Chavous Nichols, Wichita State Inv., 2004
- 24-10 1/2 (7.58) Al Bates, IC4A Championships, 1928
- 24-9 (7.54) Michael Timpson, IC4A Championships, 1986

TRIPLE JUMP

- 54-6 (16.61) Antonio Davis, NCAA Champs., 1993
- 54-3 3/4 (16.55) Chavous Nichols, NCAA Regional, 2004
- 53-1 1/2 (16.19) Clarence Smith, NCAA East Region, 2009
- 52-8 1/4 (16.06) Ricardo Hall, Jim Thorpe, 1990
- 51-1 (15.57) Warren Rockwell, NCAA Champs., 1966
- 50-07 1/2 (15.43) Ryan Taylor, Penn State Open, 2008
- 50-7 (15.42) Steve Pina, USATF Junior, 1995
- 50-6 (15.39) Jay Pagana, Big Ten Championships, 2007
- 50-5 1/2 (15.38) Ed Roskiewicz, Penn State Open, 1981
- 50-4 1/2 (15.35) Dave Masgay, Pitt Invitational, 1987

SHOT PUT

- 65-5 (19.94) C.J. Hunter, Penn Relays, 1990
- 64-2 1/2 (19.57) Blake Eaton, NCAA Championships, 2010**
- 64-1/4 (19.51) Knut Hjeltnes, Central Collegiate, 1975
- 61-6 1/2 (18.73) Joe Kovacs, Bucknell Team Challenge, 2010**
- 61-3 1/4 (18.68) Greg Reyner, Penn State Open, 1986
- 61-1 1/4 (18.62) Phil Caraher, Bucknell Invitational, 1990
- 59-7 (18.16) Dane Miller, NCAA East Regional, 2004
- 57-10 1/2 (17.64) Mike Valenti, Penn State Open, 1983
- 57-5 1/2 (17.51) Mike Reid, Penn State Open, 1969
- 57-3 1/2 (17.46) Steve Meyers, NCAA East Regionals, 2007
57-3 1/2 (17.46) Dan Diaz, Penn Relays, 2003

DISCUS

- 207-5 (63.22) Brian Milne, Jim Thorpe, 1992
- 201-10 (61.52) Knut Hjeltnes, NCAA Championships, 1975
- 186-9 (56.90) Gary Williky, Nittany Lion Relays, 1979
- 177-11 (54.23) Dan Diaz, Penn Relays, 2003
- 176-10 (53.90) Steve Meyers, Penn State Open, 2006
- 175-3 (53.41) Adam Thielemann, Bison Outdoor Classic, 2009
- 175-1 (53.36) Sean Farrell, Penn Relays, 1980
- 174-2 (53.08) C.J. Hunter, Penn Relays, 1988
- 172-9 (52.65) Joe Kovacs, Big Ten Championships, 2010**
- 171-7 (52.30) John Reihner, Nittany Lion Relays, 1974

HAMMER THROW

- 218-6 (66.60) Alvin Jackson, Olympic Trials, 1976
- 203-0 (61.88) Neal McNutt, Nittany Lion Relays, 1998
- 198-5 (60.49) Tyler Hoffman, Sun Angel Classic, 2008
- 197-0 (60.04) Todd Shenk, Penn State Open, 1984
- 194-7 (59.30) Cory Eck, Penn State Open, 2010**
- 193-9 (59.07) Jon Hart, Nittany Lion Relays, 2005
- 190-0 (57.92) Aaron Ross, Gatorade Classic, 2005
- 189-7 (57.79) Joe Kovacs, Ariz. St. Sun Angel, 2010**
- 189-6 (57.76) Dorian Lowe, Big Ten Champs., 2002
- 188-6 (57.46) Scott Vernon, Penn State Open, 2006

JAVELIN (NEW)

- 239-9 (73.09) Allen Pettner, Big Ten Champs., 2007
- 237-1 (72.26) Troy Burkholder, Penn State Open, 1997
- 233-8 (71.22) Carl Wolter, Big Ten Championships, 1996
- 233-4 (71.13) Tanner Evak, Big Ten Championships, 2009
- 231-3 (70.48) Brian Stumpf, Princeton Quad, 2003
- 230-3 (70.19) Matt Moyer, NCAA Regional, 2004
- 227-8 (69.40) Rob Austin, Mizuno Invitational, 1995
- 225-7 (68.76) Dave Matson, Nittany Lion Relays, 1999
- 220-2 (67.10) John Hanley, Penn Relays, 1988
- 218-6 (66.61) Bret Kershner, NCAA Regional, 2005

JAVELIN (OLD)

- 258-5 (78.76) Jim Stevenson, NCAA Championships, 1966
- 255-0 (77.72) Ken Andrews, All Comers, 1975
- 252-9 (77.04) Lennart Hedmark, 1964
- 246-5 (75.10) Bob Gill, All Pennsylvania, 1972
- 244-11 (74.66) Scott Hagy, IC4A Championships, 1970

DECATHLON

- 7685 Rick Kleban, NCAA Championships, 1985
- 7600 James Cook, Penn Relays, 1996
- 7588 Dave Masgay, IC4A Championships, 1987
- 7472 Barry Walsh, IC4A Championships, 1989
- 7424 J.T. Kuretich, Big Ten Championships, 2003
- 7415 Brian Kelley, IC4A Championships, 1991
- 7361 Shawn Colligan, Big Ten Championships, 2008
- 7097 Chris Morrissey, Big Ten Championships, 2008
- 7070 Chris Green, Dogwood Relays, 1986
- 6971 Eric Steenstra, Penn Relays, 1989



School-record holder Brian Milne won the NCAA discus title in 1993.



Men's Outdoor Top 10

4X100 METER RELAY

- 39.63 Jack Davis, Steve Hackman, Mike Shine, Mike Sands, NCAA Championships, 1975
- 39.88 Doug Finkel, Fred Singleton, Mike Sands, Jimmy Scott, NCAA Championships, 1973
- 40.18 Mike Shine, Steve Hackman, Fred Singleton, Mike Sands, IC4A, 1974
- 40.40 Guy Rose, Duane Reeves, Greg Miller, Ryan Olkowski, Big Ten Champ., 2001
- 40.48 Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, USTFF, 1974
- 40.48 Doug Finkel, Mike Shine, Fred Singleton, Mike Sands, USTFF, 1974
- 40.52 Alex Langan, Diamond Woolford, Jaret Campisi, Ernie Terrell, Penn Relays, 2004
- 40.54 Sid Lewis, Al Parker, Dave Coney, Michael Timpson, Penn State Open, 1986
- 40.58 Alex Langan, Diamond Woolford, Jaret Campisi, Chris Lolagne, NCAA Regional, 2004
- 40.61 Bryant Littlejohn, Rob Boulware, Dave Coney, Michael Timpson, Dogwood Relays, 1986

4X200 METER RELAY

- 1:23.85 Alex Langan, Chris Lolagne, Jaret Campisi, Ernie Terrell, Penn Relays, 2005
- 1:23.87 Bryant Littlejohn, Dave Coney, Sean Faust, Michael Timpson, Penn Relays, 1986
- 1:24.10 Guy Rose, Ben Karcz, Greg Miller, Ryan Olkowski, Penn Relays, 2001
- 1:24.18 Alex Langan, Diamond Woolford, Jaret Campisi, Chris Lolagne, Penn Relays, 2004
- 1:24.82 Jaret Campisi, Chris Lolagne, Greg Miller, Ryan Olkowski, Penn Relays, 2002
- 1:24.86 Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, Penn Relays, 1974
- 1:25.04 Munya Maraire, Jaret Campisi, Greg Miller, Ryan Olkowski, Texas Relay, 2002
- 1:25.16 Doug Finkel, Fred Singleton, Ed Chubb, Jim Scott, Penn Relays, 1972
- 1:25.56 Dennis Rock, Steve Hackman, Mike Shine, Mike Sands, Penn Relays, 1975
- 1:25.87 Munya Maraire, Ryan Olkowski, Diamond Woolford, Greg Miller, Penn Relays, 2000

4X400 METER RELAY

- 3:08.22 Steve Janci (47.71), Munya Maraire (46.94), Duane Reeves (46.81), Ben Karcz (46.70), Big Ten Champs., 2000
- 3:08.54 Brian Derby (48.85), Steve Janci (46.67), Duane Reeves (47.46), Ben Karcz (45.21), Penn Relays, 2001
- 3:09.10 Steve Hackman, Steve Evans, Keith Falco, Mike Shine, Penn Relays, 1976
- 3:09.38 Steve Janci (48.32), Chris Lolagne (46.71), Jaret Campisi (47.76), Ernie Terrell (46.35), NCAA East Reg., 2003
- 3:09.50 Keith Falco, Bill Austin, Steve Evans, Paul Lankford, Penn Relays, 1978
- 3:09.54 Joel Coleman (48.8), Chris Mills (47.5), Ray Levitre (47.5), Michael Timpson (45.6), Pitt Invitational, 1986
- 3:09.69 Steve Phelan (48.0), Kenny Jackson (46.9), Mike McCahill (47.4), Barry Robinson (47.3), PSU Open, 1982
- 3:09.70 Paul Mundy, Mike McCahill, Randy Moore, Ken Wynn, Penn Relays, 1983
- 3:09.79 Brian Kelley, Kevin Spencer, Jon Strange, Kevin Gripanuk, Hot Springs Invitational, 1993
- 3:10.00 Brian Derby (48.60), Steve Janci (47.25), Chris Lolagne (47.57), Jaret Campisi (47.04), Penn Relays, 2003

4X800 METER RELAY

- 7:11.17 Vance Watson (1:49.2), Steve Shisler (1:47.9), Chris Mills (1:48.5), Randy Moore (1:45.5), Penn Relays, 1985
- 7:14.65 Steve Balkey (1:51.5), Mark Anderson (1:49.2), Chris Mills (1:46.1), Ray Levitre (1:47.85), Penn Relays, 1987
- 7:16.02 Vance Watson (1:48.9), Steve Shisler (1:49.9), Ray Levitre (1:48.7), Chris Mills (1:48.4), Penn Relays, 1986
- 7:17.02 Owen Dawson (1:49.84), Casimir Loxsom (1:46.58), Lionel Williams (1:51.94), Ryan Foster (1:48.67), Penn Relays, 2010**
- 7:17.03 Vance Watson, Steve Shisler, Chris Mills, Randy Moore, Dogwood Relays, 1985
- 7:17.90 Paul McLaughlin (1:49.1), Randy Moore (1:49.1), Ken Wynn (1:49.1), Mike Cook (1:49.5), Dogwood Relays, 1983
- 7:18.66 Owen Dawson (1:51.7), Samuel Borchers (1:49.8), Lionel Williams (1:48.4), Ryan Foster (1:48.9), Penn Relays, 2009
- 7:20.53 Vance Watson (1:50.4), Steve Shisler (1:50.3), Ray Levitre (1:50.3), Chris Mills (1:49.5), Dogwood Relays, 1986
- 7:21.74 Tom Walchuck, Ken Wynn, Paul McLaughlin, Mike Cook, Penn Relays, 1982
- 7:21.79 Vance Watson (1:51.1), Steve Shisler (1:53), Ken Wynn (1:50.3), Randy Moore (1:48.5), Dogwood Relays, 1984

DISTANCE MEDLEY RELAY (METRIC)

- 9:30.1 Larry Mangan (2:53.3), Paul Lankford (45.6), Mike Cook (1:49.6), Alan Scharsu (4:01.), Penn Relays, 1980
- 9:31.53 David McMillan (2:56.9), Michael Timpson (45.5), Ray Levitre (1:47.8), Steve Balkey (4:01.3), Penn Relays, 1987
- 9:35.8 Jim Close (800), Bill Austin (400), Mike Wyatt (1200), Larry Mangan (1600), Dogwood Relays, 1979
- 9:35.12 Aidan O'Reilly (2:57.1), Jon Strange (48.6), Mark Anderson (1:48.4), Doug Walter (4:01.4), Penn Relays, 1990
- 9:37.92 Mike Cook (1200), Jeff Lockett (400), Ken Wynn (800), Gary Black (1600), Penn Relays, 1982
- 9:38.9 Pat Rexroat (800), Keith Falco, Mike Wyatt, Dave Felice, Dogwood Relays, 1977
- 9:38.16 Aidan O'Reilly (2:56.8), Jerry Robinson (47.9), Joe Stegbauer (1:50.7), Doug Walter (4:03.2), Penn Relays, 1991
- 9:39.54 Steve Shisler (2:58.9), Sean Faust (47.7), Vance Watson (1:49.1), Mark Overheim (4:03.7), Dogwood Relays, 1986
- 9:39.9 Vance Watson (2:59.2), Ken Wynn (47.2), Randy Moore (1:49.2), Mark Overheim (4:04.3), Dogwood Relays, 1984
- 9:40.1 Dave McMillan (2:59.5), Shaun King (47.7), Mark Anderson (1:50.8), Steve Balkey (4:02.6), Penn Relays, 1988



ECAC INDOOR

Five Team Titles

1978, 81, 82, 83 & 89

1977	.2nd
1978	.1st
1979	.2nd
1980	.3rd
1981	.1st
1982	.1st
1983	.1st
1984	.2nd
1985	.3rd
1986	.2nd
1987	.3rd
1988	.3rd
1989	.1st
1990	.5th
1991	.2nd
1995	.10th
2002	.6th
2003	.7th
2004	.4th
2005	.7th

ECAC Outdoor

11 Team Titles - 1976, 77, 78, 81, 82, 83, 84, 85, 86, 87 & 90

1976	.1st
1977	.1st
1978	.1st
1979	.4th
1980	.2nd
1981	.1st
1982	.1st
1983	.1st
1984	.1st
1985	.1st
1986	.1st
1987	.1st
1988	.2nd
1989	.2nd
1990	.1st
1991	.2nd

AIAW INDOOR

1980	.15th
1981	.11th (tie)
1982	.9th
1983	.23rd

EIAW INDOOR

Team Titles - 1978, 81, 82 & 83

1977	.2nd
1978	.1st
1980	.3rd
1981	.1st
1982	.1st
1983	.1st

AIAW OUTDOOR

1976	.10th
1977	.10th
1978	.6th
1980	.24th (tie)

EIAW OUTDOOR

Team Titles - 1977, 78, 81, 82, & 83

1977	.1st
1978	.1st
1980	.2nd
1981	.1st
1982	.1st
1983	.1st

TOP 25 NATIONAL TEAM FINISHES

1975	.AAU
	.Second
1976	.EIAW
	.Fifth
1977	.EIAW
	.Second
1979	.EIAW
	.Third
1980	.EIAW
	.Fourth

REGIONAL CHAMPIONSHIPS

CROSS COUNTRY (12)

1975	.AAU
1976	.EIAW
1977	.EIAW
1978	.EIAW
1979	.EIAW
1980	.EIAW

EIAW ALL-AMERICANS

1975	
Kris Bankes	.3rd
Liz Cunningham	.12th
Liz Berry	.15th
1976	
Kathy Mills	.3rd
1977	
Kathy Mills	.3rd
Kris Bankes	.15th
1978	
Kathy Mills	.3rd
1979	
Kathy Mills	.4th
Heather Carmichael	.8th

NATIONAL CHAMPION

1977	.Kathy Mills, AAU
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Kathy Mills

Broderick Award Winner
1977 & 1978



Kathy Mills won the prestigious Broderick Award in 1977 and 1978.



Shakeema Walker won the ECAC outdoor triple jump title in 1998.



Men's IC4A & Central Collegiate History

IC4A & CENTRAL COLLEGIATE CONFERENCE CROSS COUNTRY CHAMPIONS

1920John Romig
1926Bill Cox
1927Bill Cox
1938Bill Smith
1946Curt Stone
1974Paul Stemmer (CCC)
1975Paul Stemmer (CCC)
1976George Malley (CCC)
1977Bob Snyder (CCC)
1979Larry Mangan (CCC)
1980Alan Scharsu (CCC)
1981Alan Scharsu (CCC)
1987Eric Carter
2004Chris Foster

IC4A & CENTRAL COLLEGIATE CONFERENCE CROSS COUNTRY CHAMPIONSHIPS (TEAM)

1926	1951
1927	1960
1928	1978 (CCC)
1930	1979 (CCC)
1950	1980 (CCC)
	2000

Runner-up: 1987 & 1994

IC4A & CENTRAL COLLEGIATE TRACK TEAM CHAMPIONSHIPS

1942	Outdoor	1986	Outdoor
1943	Indoor	1987	Indoor
195	Outdoor	1987	Outdoor
1959	Indoor	1988	Outdoor
1959	Outdoor	1998	Indoor, 2nd
1974	Outdoor	2001	Indoor
1975	Outdoor	2003	Indoor
1984	Indoor	2006	Indoor



The Nittany Lions won their seventh IC4A team title in 2006.

Year	Indoor	Outdoor	Year	Indoor	Outdoor
1939	7th	10th (tie)	1986	2nd	1st
1940	3rd	2nd	1987	1st	1st
1941	11th	3rd	1988	3rd	1st
1942	1st	1st	1989	2nd	2nd
1943	8th	7th	1990	2nd	2nd
1947	3rd		1991	3rd	3rd
1953	2nd		1994	11th	DNC
1957	3rd		1995	Incomplete Team	DNC
1959	1st		1996	5th	DNC
1969	20th (tie)	8th (tie)	1997	11th	DNC
1970	—	13th	1998	2nd	DNC
1971	26th	4th	1999	4th	DNC
1972	8th (tie)	2nd	2000	3rd	DNC
1973	21st (tie)	2nd (tie)	2001	1st	DNC
1974	11th (tie)	1st	2002	3rd	DNC
1981	6th (tie)	5th (tie)	2003	1st	DNC
1982	8th (tie)	5th (tie)	2004	4th	DNC
1983	7th	7th	2005	DNC	DNC
1984	1st	3rd	2006	1st	DNC
1985	2nd	3rd			

CENTRAL COLLEGIATE CHAMPIONS

Indoors (13)

1975Bill Gifford, Pole Vault, 16-0
Jim Greene, Long Jump, 23-11 3/4
Knut Hjeltnes, Shot Put, 58-6 1/2
Mike Sands, 440 Yards, 48.2
Mike Shine, 60-Yard High Hurdles, 7.5
1976George Malley, Two-mile, 8:50.0
Mike Shine, 60-Yard High Hurdles, 7.3; 300 Yards, 30.5
Paul Stemmer, Three-mile, 13:29.8
1977Al Jackson, 35-lb. Weight, 63-11 1/2
1978Paul Lankford, 300 Yards, 30.92
1980Alan Scharsu, Mile, 4:05.59
Paul Lankford, 60-Yard High Hurdles, 7.41

Outdoors (25)

1975Bill Gifford, Pole Vault, 16-4
Dave Hajnik, Decathlon, 6639 points
Knut Hjeltnes, Discus, 182-3 1/2; Shot Put, 64-0 1/4
George Malley, 3000-Meter Steeplechase, 8:51.1
Mike Sands, 220 Yards, 21.2
Mike Shine, 110-Yard High Hurdles, 14.0; 440-yard Intermediate Hurdles, 51.0
Paul Stemmer, Three-mile, 13:44.5; Six-mile, 28:28.2
4x100-Yard Relay (Jack Davis, Steve Hackman, Mike Shine, Mike Sands), 40.6
4x440-Yard Relay (Steve Hackman, Keith Falco, Mike Shine, Sands), 3:11.8
1976Al Jackson, Hammer, 211-3
George Malley, 3000-Meter Steeplechase, 8:38.3
Mike Shine, 110-Yard High Hurdles, 14.29; 400-Yard Intermediate Hurdles, 50.01
4x440-Yard Relay (Steve Hackman, Steve Evans, Keith Falco, Mike Shine), 3:11.16
1977Bruce Baden, 3000-Meter Steeplechase, 8:48.5
Dave Hajnik, Decathlon, 6664 points
Paul Stemmer, 10,000 Meters, 30:47.58
1978Bill Austin, 400-Meter Intermediate Hurdles, 50.49
Paul Lankford, 110-Yard High Hurdles, 14.29
1980Sean Farrell, Discus, 166-10
Rick Garcia, 3000-Meter Steeplechase, 9:10.29
Paul Lankford, 400-Meter Intermediate Hurdles, 51.46



IC4A CHAMPIONS

INDOORS

1922	Harold Barron, 60-Yard High Hurdles, 7.8
Larry Shields, Mile, 4:20.8
1924Schuyler Enck, Mile, 4:24.0
Charles Moore, 70-Yard High Hurdles, 9.1
1925Charles Moore, 70-Yard High Hurdles, 8.6
1927Al Bates, Long Jump, 23-1
Bill Cox, Mile, 4:18.6
1928Al Bates, Long Jump, 23-11 3/4
Bill Cox, Mile, 4:20.0
1930Paul Rekers, 2-Mile, 9:22.8
1936Two-mile Relay (Duverney Boot, Merle Stitler, Howard Downey, Frank Baird), 7:56.1
1940Barney Ewell, 60 Yards, 6.3; Long Jump, 24-8
1942Barney Ewell, Long Jump, 25-2 1/2
1947Gerry Karver, Mile, 4:19.9
Curt Stone, Two-mile, 9:17.6
1948Horace Ashenfelter, Two-mile, 9:14.9
Gerry Karver, Mile, 4:27.7
1950Vic Fritts, High Jump, 6-4 1/4
Jim Gehrdes, 60-Yard High Hurdles, 7.3
1951Jim Herb, High Jump, 6-5 1/8
1953Jim Herb, High Jump, 6-5 1/2
Dan Lorch, Pole Vault (tie), 13-4
Ollie Sax, 600 Yards, 1:10.4
1955Rosevelt Grier, Shot Put, 53-4 1/2
1956Rod Perry, 60-Yard High Hurdles, 7.3
1959Dick Engelbrink, Two-mile, 9:13.3
Ed Moran, 1000 Yards, 2:09.6
1972Greg Fredericks, Two-mile, 8:44.3
Distance Medley Relay (Jim Allahand, Karl Tewold, Dan Supulski, Greg Fredericks), 9:47.8
1982Two-mile Relay (Tom Walchuck, Paul McLaughlin, Ken Wynn, Mike Cook), 7:30.74
1984Randy Moore, 800 Meters, 1:51.47
1985Ron Campbell, Pole Vault, 16-9 1/2
1986Eric Carter, 5000 Meters, 13:58.55
1987C.J. Hunter, Shot Put, 58-0 1/2
Ray Levitre, 800 Meters, 1:48.19
Michael Timpson, 400 Meters (tie), 46.81
1988Steve Balkey, 1000 Meters, 2:24.51
C.J. Hunter, Shot Put, 58-11 1/2
1989C.J. Hunter, Shot Put, 62-11 1/2
Michael Timpson, 200 Meters, 21.59
1990Steve Brown, 5000 Meters, 13:52.36
C.J. Hunter, Shot Put, 62-5 1/4
1991Phil Caraher, Shot Put, 61-5 3/4
Ricardo Hall, Triple Jump, 51-11 1/4
19964x800 Relay, 7:30.92
Jason Smith (1:54.12), Leif Steiner (1:53.22), Che Arosemena (1:53.19), Joe Loncr (1:52.69)
1997John Gorham, Long Jump, 24-8 1/2 (7.53)
1998John Gorham, Long Jump, 25-4 (7.72)
James Cook, Pentathlon, 3911 points
Neal McNutt, 35-lb. Wt., 65-9 3/4 (20.06)
4x800 Relay, 7:33.38 (Bradd Del Muto, Steve Walsh, Joe Hubbard, Joe Loncr), Cornell Fieldhouse Record
1999George Audu, Long Jump, 24-6 1/4
Ben Karcz, 500, 1:02.80
Ryan Olkowski, High Jump, 6-11 (2.11)
2000Ben Karcz, 500 Meters, 1:02.58
2001Jim Carney, 5000 Meters, 14:09.43
Ryan Olkowski, 200 Meters, 21.16
2002Ryan Blood, Pentathlon, 3844
2003Matt Lincoln, 800 Meters, 1:50.01
Chavous Nichols, Triple Jump, 53-0 1/4 (16.16)
J.T. Kurefich, Pentathlon, 3888 points

.....4x800 Relay, 7:28.10
.....Michael Jordan (1:52.13), Ian Hahn (1:52.27), Tim Walker (1:52.91), Matt Lincoln (1:50.58)
2006Ron Jules, 55m Hurdles, 7.34
Ryan Fritz, High Jump, 6-10.25 (2.09)

OUTDOORS

1918Bill Ganzemuller, 100 Yards, 10.2
1920Larry Shields, Mile, 4:22.4
1922Larry Shields, Mile, 4:18.4
1923Alan Helffrich, 880 Yards, 1:55.8
1924Schuyler Enck, Mile, 4:23.8
Alan Helffrich, 440 Yards, 50.1
Charles Moore, 120-Yard HH, 15.2
1927Al Bates, Long Jump, 24-8 1/2
Bill Cox, Mile, 4:21.2
Marian Ide, Hammer, 162-1 1/2
1928Al Bates, Long Jump, 24-10 1/8
1938Nick Vukmanic, Javelin, 217-6
1940Barney Ewell, 100 Yards, 9.7
Barney Ewell, 1220 Yards, 20.9
Barney Ewell, Long Jump, 23-8 1/4
Nick Vukmanic, Javelin, 212-5 3/4
1941Barney Ewell, 100 Yards, 9.6
Barney Ewell, 220 Yards, 20.7
Barney Ewell, Long Jump, 24-2 3/4
1942Joe Bakura, Pole Vault (tie)
Barney Ewell, 100 Yards, 9.5
Barney Ewell, 220 Yards, 20.5
Barney Ewell, Long Jump, 24-6 1/4
1943Curt Stone, Two-mile, 9:27.0
1947Gerry Karver, Mile, 4:12.7
Curt Stone, Two-mile, 9:11.8
1948Horace Ashenfelter, Two-mile, 9:13.2
Gerry Karver, Mile, 4:17.5
1949Horace Ashenfelter, Two-mile, 9:09.2
1950Jim Gehrdes, 120-Yard High Hurdles, 14.4
Jim Gehrdes, 220-Yard Low Hurdles, 23.2
1951Ted Roderer, Javelin, 211-0
1953Jim Herb, High Jump, 6-3 1/4
1954Rosevelt Grier, Shot Put, 53-10 3/4
Bob Hollen, Two-mile, 9:22.1
Dan Lorch, Pole Vault (tie), 13-1
Art Pollard, 100 Yards, 9.6
1955Rosevelt Grier, Shot Put, 55-11
Rosevelt Grier, Discus, 170-6
Art Pollard, 220 Yards, 20.8
1956Rod Perry, 120-Yard HH, 14.3
1957Rod Perry, 120-Yard HH, 14.2
Rod Perry, 220-Yard Low Hurdles, 22.9
John Tullar, Discus, 166-4 1/2
1958Jim Norton, 440 Yards, 48.1
1959Bob Brown, 100 Yards, 9.9
Dick Engelbrink, Two-mile, 9:08.9
Ed Moran, Mile, 4:09.3
Bob Szeyler, 220-Yard LH, 23.1
1960Bob Brown, 100 Yards, 9.7
Bob Brown, 220 Yards, 20.6
Dick Engelbrink, Mile, 4:09.1
1962Gerry Norman, Three-mile, 14:20.2
1964Ernie Krombolz, Javelin, 227-9 1/2
1966Jim Stevenson, Javelin, 244-5 1/2
1967Chip Rockwell, Triple Jump, 49-2
1971Greg Fredericks, Three-mile, 13:41.2
Greg Fredericks, Six-mile, 28:23.8
1972Greg Fredericks, Six-mile, 27:54.3
Jimmy Scott, 100 Yards, 9.7
1973Mike Sands, 100 Yards, 9.8
1974Charlie Maguire, Six-mile, 28:48.8
440-Yard Relay (Doug Finkel, Fred Singleton, Mike Sands, Mike Shine), 40.4
1975-80Penn State not a member of IC4A.
1981Paul Lankford, 400-Meter Hurdles, 50.56
1982Ken Wynn, 800 Meters, 1:49.62

1983Rick Garcia, 3000-Meter Steeplechase, 8:40.3
Ken Wynn, 800 Meters, 1:46.82
1984Rob Boulware, Long Jump, 25-6
1985Rick Kleban, Pole Vault, 16-8
1986Eric Carter, 10,000 Meters, 29:29.3
Dave Masgay, Decathlon
1987Eric Carter, 10,000 Meters, 30:26.4
C.J. Hunter, Shot Put, 57-3
Ray Levitre, 800 Meters, 1:49.25
Dave Masgay, Decathlon, 7588 points
1988C.J. Hunter, Shot Put, 59-8 1/4
Michael Timpson, 200 Meters, 20.78
Barry Walsh, Decathlon, 7061 points
1989Steve Brown, 10,000 Meters, 30:21.91
C.J. Hunter, Shot Put, 58-0 1/2
Barry Walsh, Decathlon, 7472 points
1990Steve Brown, 10,000 Meters, 30:20.6
C.J. Hunter, Shot Put, 63-11 1/2
Barry Walsh, Decathlon, 7086 points
1991Phil Caraher, Shot Put, 60-3
1992-06Penn State did not compete due to conflict with the Big Ten Championships.

TRACK & FIELD HALL OF FAME

Horace Ashenfelter

USATF Hall of Fame Member

Horace Ashenfelter, two-time Penn State Olympian, won the Sullivan Award as the nation's outstanding amateur athlete for his gold medal performance in the 1952 Olympic Games at Helsinki. He set an Olympic and world record of 8:45.4 in winning the 3000-meter steeplechase.

Barney Ewell

USATF Hall of Fame Member

Henry N. "Barney" Ewell held five world records during his career, was a nine-time NCAA All-American, and won 12 IC4A titles. At age 30 in 1948, having lost his prime years for Olympic fame, Ewell barely was nipped in the 100 and 200 meters, while gaining an Olympic gold in the 4x100 relay. He is considered one of the Top 10 sprinters of all time by Track & Field News.

Chic Werner

USTCA Hall of Fame Member

Charles "Chic" Werner, inducted in 2001, won three NCAA cross country and eight IC4A titles as Penn State's coach (1933-62). He produced 60 NCAA All-Americans, 12 Olympians, seven NCAA track and field and two cross country champions, and 63 IC4A track and field and two cross country winners. He served as assistant coach of the 1952 Olympic team, as president of the NCAA Coaches Association, and executive director of the United States Track and Field Federation (1962).

Harry Groves

USTCA Hall of Fame Member

Inducted in 2001, Harry Groves concluded a highly-accomplished 38-years of coaching at Penn State in 2006. During his 53 years of coaching, he guided the careers of 11 American record holders, 21 national champions and 14 Olympians. The National Cross Country Coach of the Year in 1975 and '79, he qualified 22 cross country teams for NCAA Championships. The USTFCCA named the Mid-Atlantic Region Men's Cross Country Coach of the Year in his honor.

Curt Stone

(Nominated)

Curt Stone, a three-time Olympian (1948, 1952, 1956), is a nominee for the Hall of Fame. He won the Pan American 10,000 meters and 3000-meter steeplechase races in 1957. During his Penn State career (1942-47), he was a two-time NCAA All-American and IC4A cross country and track champion. Stone, who was a three-time American record-holder, won 13 national championships during his long career in cross country and track and field.



Women's Cross Country History

NATIONAL CHAMPION

1977:Kathy Mills (AAU)

EIAIW ALL-AMERICANS

1979:Kathy Mills (4th)
Heather Carmichael (8th)
 1978:Kathy Mills (3rd)
 1977:Kathy Mills (3rd)
Kris Bankes (15th)
 1976:Kathy Mills (3rd)
 1975:Kris Bankes (3rd),
Liz Cunningham (12th), Liz Berry (15th)

NCAA TEAM FINISHES

1981:10th
 1982:6th
 1983:12th
 1984:14th
 1985:10th
 1987:14th
 1991:13th
 1992:T-6th
 1993:7th
 1994:9th
 1996:11th
 2002:25th
 2003:23rd
2009:14th

NCAA ALL-AMERICANS

2009**Bridget Franek (26th)**
 2008:Bridget Franek (23rd)
 2000:Susanne Heyer (14th)
 1996:Kim McGreevy (27th)
 1994:Kim Kelly (25th)
 1992:Kim Kelly (27th)
 1988:Stacy Prey (31st)
 1985:Stacy Prey (23rd)
 1982:Doreen Startare (20th)

NCAA MIDATLANTIC REGION FINISHES

1990:5th
 1991:5th
 1992:3rd
 1993:2nd
 1994:3rd
 1995:4th
 1996:3rd
 1997:3rd
 1998:3rd
 1999:5th
 2000:7th
 2001:5th
 2002:3rd
 2003:4th
 2004:5th
 2005:14th
 2006:8th
 2007:4th
 2008:5th
2009:4th

BIG TEN TEAM CHAMPIONSHIP FINISHES

19912nd
 19923rd
 19932nd
 19943rd
 19953rd
 19962nd
 19974th
 19984th
 19998th
 20008th
 2001T-7th
 20024th
 20033rd
 20046th
 20059th
 20068th
 20077th
 20087th
2009:1st

BIG TEN INDIVIDUAL HONORS

1992 Freshman of the Year: Colleen Glyde
 1996 Athlete of the Year: Kim McGreevy
 1996 Individual Champion: Kim McGreevy
2009 **Individual Champion: Bridget Franek**
 **Freshman of the Year: Nicole Lord**
 **Coach of the Year: Beth Alford-Sullivan**

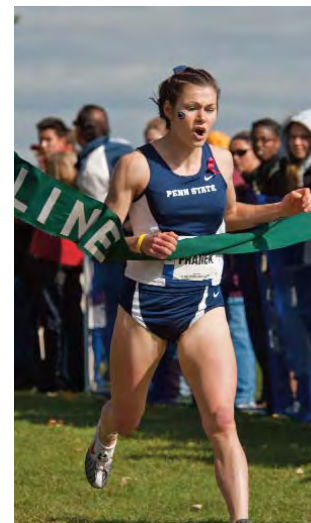
ALL-BIG TEN FINISHERS

1991Laurie Morrow
 1993Kim Kelly
 1993Kris Kelly
 1995Erin St. John
 1996Kim McGreevy (1st), Erin St. John
 2000Susanne Heyer (3rd)
 2002Tracey Brauksieck & Katy Hillard (Second Team)
 2003Molly Landreth (4th); Jenn Stevens (Second Team)
 2004Molly Landreth (4th)
 2007Bridget Franek (6th)
 2008Bridget Franek (9th; Second Team)
2009**Bridget Franek (1st); Nicole Lord (9th; Second Team)**

BOLD - Denotes 2009 Results



Kim McGreevy won the Big Ten individual championship in 1996, earning Athlete of the Year honors.



Bridget Franek won the program's second individual Big Ten crown in 2009.



NCAA TEAM FINISHES

1941: 2nd	1957: 9th	1976: 13th	1991: 10th
1942: T-1st	1959: 10th	1977: 12th	1993: 14th
1946: 3rd	1960: 4th	1978: 4th	1994: 8th
1947: 1st	1961: 8th	1979: 3rd	2008: 25th
1948: 4th	1969: 10th	1980: 3rd	
1950: 1st	1970: 13th	1981: 14th	
1951: 4th	1971: 8th	1984: 21st	
1952: T-4th	1972: 12th	1986: 17th	
1953: 4th	1973: 10th	1987: 12th	
1954: 5th	1974: 10th	1988: 15th	
1956: 7th	1975: 4th	1989: 13th	

NCAA ALL-AMERICANS

2006:	Dan Mazzocco (31st)
2005:	Dan Mazzocco (43rd)
1993:	Jake Bartholomy (29th)
1991:	Mark Wimmer (26th)
1989:	Steve Brown (20th)
	Doug Walter (41st)
1988:	Brian Laird (13th)
1987:	Eric Carter (4th)
1985:	Eric Carter (9th)
1981:	Alan Scharsu (5th)
1980:	Alan Scharsu (6th)
	Larry Mangan (14th)
	John Zishka (22nd)
1979:	Alan Scharsu (19th)
	John Ziegler (34th)
1978:	Bob Snyder (9th)
1977:	Bob Snyder (9th)
1976:	George Malley (20th)
1975:	Paul Stemmer (5th)
	George Malley (17th)
1974:	George Malley (39th)
1973:	Charlie Maguire (23rd)
1971:	Greg Fredericks (20th)
1970:	Greg Fredericks (4th)
1962:	Howie Deardoff (8th)
1960:	Jerry Norman (6th)
1959:	Dick Engelbrink (7th)
1957:	Fred Kerr (13th)
1953:	Bob Hollen (6th)
	Lamont Smith (13th)
1952:	Bob Hollen
1951:	Bill Ashenfelter (4th)
1950:	Bill Ashenfelter (8th)
	Bob Freebairn (11th)
1949:	Bill Ashenfelter (13th)
	Bob Freebairn (14th)
1947:	Horace Ashenfelter (2nd)
	Gerry Karver (6th)
1946:	Curt Stone (2nd)
	Gerry Karver (7th)
1942:	Norm Gordon (4th)
	Curt Stone (6th)
	Gerry Karver (8th)
	McLain Smith (12th)
1941:	Norm Gordon (11th)
1940:	Bill Smith (7th)
1939:	Bill Smith (5th)

NCAA RUNNER-UP

Horace Ashenfelter (1947)
Curt Stone (1946)

NCAA MID-ATLANTIC REGION CHAMPIONS

Dan Mazzocco (2003)
Eric Carter (1987)

NCAA MIDATLANTIC REGION FINISHES

1978:	1st	1993:	4th
1979:	1st	1994:	2nd
1980:	1st	1995:	6th
1981:	1st	1996:	4th
1982:	5th	1997:	3rd
1983:	9th	1998:	9th
1984:	1st	1999:	5th
1985:	5th	2000:	4th
1986:	3rd	2001:	5th
1987:	1st	2002:	14th
1988:	1st	2003:	5th
1989:	3rd	2004:	7th
1990:	4th	2005:	8th
1991:	1st	2006:	5th
1992:	5th	2007:	8th
			2008:	2nd
			2009:	16th

BIG TEN TEAM CHAMPIONSHIP FINISHES

1991:	4th	2000:	3rd
1992:	3rd	2001:	6th
1993:	3rd	2002:	10th
1994:	3rd	2003:	7th
1995:	7th	2004:	9th
1996:	5th	2005:	9th
1997:	6th	2006:	9th
1998:	9th	2007:	9th
1999:	7th	2008:	4th
			2009:	9th

ALL-BIG TEN FINISHES

2008	Kyle Dawson
2003	Dan Mazzocco
2001	Steve Walsh
2000	Chris McGinness and James Carney
1996	Che' Arosemena
1994	Bob Hamer and Jake Bartholomy
1993	Bob Hamer
1991	Mark Wimmer
2008	Kyle Dawson
2009	Vince McNally (Second Team)

BIG TEN FRESHMAN OF THE YEAR

2008	Kyle Dawson
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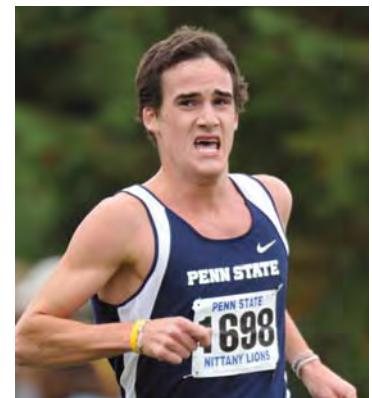
OTHER INDIVIDUAL HONORS

IC4A Champions

Chris Foster (2004)
Eric Carter (1987)
Bill Smith (1938);
Bill Cox (1926, 1927)
John Romig (1920)

Central Collegiate Champions

Alan Scharsu (1980, 1981)
Larry Mangan (1979)
Bob Snyder (1976)
George Malley (1976)
Paul Stemmer (1974-1975)



Kyle Dawson was named Big Ten Freshman of the Year in 2008.



Men's Awards (Since 1968)

CARTMELL AWARD

Presented in honor of former Nittany Lion track coach Nate Cartmell, the award recognizes leadership and excellence in the sport over a four-year period. Originated in 1968 by the Cartmell family, Cartmell was a University of Pennsylvania Alumnus and was inducted into the Penn Relays Hall of Fame. From 2007 to the present, the award is present to the team captains.

- 1968Ken Brinker (hurdles, long jump, sprints)
- 1969Ken Brinker (hurdles, long jump, sprints)
- 1970Charles Harvey (hurdles), Roger Kauffman (hammer)
- 1971Scott Hagy (javelin)
- 1972Scott Chatham (high jump, hurdles), Greg Fredericks (distance)
- 1973Bill Dvorzak (discus), John Fullmer (distance)
- 1974Charlie Maguire (distance), Fred Singleton (hurdles, sprints)
- 1975Mark Bilyk (decathlon), John Reihner (discus), Mike Sands (sprints)
- 1976Bill Gifford (pole vault), Mike Shine (hurdles, sprints)
- 1977George Malley (distance, steeplechase), Pat Rexroat (800)
- 1978John Sallade (long jump), Mike Wyatt (800, 1500)
- 1979Bill Austin (hurdles), John Ziegler (distance)
- 1980Bill Carroll (pole vault), Jim Clelland (distance)
- 1981Paul Lankford (hurdles), Larry Mangan (800, 1500)
- 1982Ed Roskiewicz (triple jump), Alan Scharu (distance)
- 1983Paul McLaughlin (800)
- 1984Todd Shenk (hammer), Ken Wynn (800)
- 1985Rick Kleban (decathlon), Randy Moore (800)
- 1986Dave Coney (high jump, long jump),
Mark Overheim (1500), Steve Shisler (800, 1500)
- 1987 Chris Green (decathlon), Ray Levitre (800), Dave Masgay (decathlon)
- 1988Steve Balkey (1500), Eric Carter (distance), Chris Mills (800)
- 1989Brian Laird (distance), Eric Steenstra (decathlon)
- 1990Greg Large (hurdles), Barry Walsh (decathlon), Doug Walter (1500)
- 1991Phil Caraher (shot put), Mike Crescenzi (1500),
Ricardo Hall (triple jump)
- 1992Mike Frank (multi-event), Aidan O'Reilly (1500), Jon Strange (400)
- 1993Andy Scott (1500, steeplechase), Kevin Cripanuk (400 IH, HH)
- 1994Tom Bisko (100, 200, 4x100), Mark Wimmer (5000, 10,000)
- 1995 Jake Bartholomy, (Steeplechase, 1500), Mark Crawford (Sprints, 4x100),
Bob Hamer (1500, 5000)
- 1996David Kriz (high jump), Tom McGlynn (5000)
- 1997Che' Arosemena (1500, 800), Nate Goins (110HH, 4x100),
Kevin Spencer (400, 4x400)
- 1998James Cook (Multi), Mike Pfaff (1500, 5000), Carl Wolter (throws)
- 1999John Gorham (long jump), Joe Hubbard (800),
Jayson Jackson (1500, 5000)
- 2000Dave Matson (javelin)
- 2001Ben Karcz (400, 800, 400 IH), Dorian Lowe (Hammer, 35-lb. Wt.)
- 2002Brian Derby (400 IH, 110 HH, 400), Dorian Lowe (35-lb. Wt., hammer)
Steve Walsh (distance & cross country)
- 2003Brian Derby (110 HH, 400 IH), Steve Janci (400, 4x400)
- 2004Chavous Nichols (long jump, triple jump),
Brian Stumpf (javelin), Matt Moyer (javelin)
- 2005David Bollinger (pole vault),
Aaron Ross (Hammer throw, 35-lb weight and discus)
- 2006Alex Langan (100, 200), Matt Lincoln (800, 1500)
- 2007
- 2008Ron Jules, Chris Morrisey, Mark Miller
- 2009Mike Cadau, Ryan Fritz, John Mahoney, Clarence Smith
- 2010Ryan Foster, Ryan Fritz

ED MORAN MEMORIAL AWARD

Presented to the outstanding participant in the 800 meters and longer races in honor of middle distance runner Ed Moran, a 1959 Penn State graduate. Known as "The Iron Man," Moran won several IC4A titles and, as one of the leading milers in the country, earned All-American honors in that event. A native of Kane, Pa., Moran was an alternate on the 1960 U.S. Olympic team.

- 1990Steve Brown (5000, 10,000)
- 1991Doug Walter (800, 1500)
- 1992Aidan O'Reilly (1500)
- 1993 Andy Scott (600, 800, 1500, steeplechase), Mark Wimmer (5,000, 10,000)

- 1994Bob Hamer (1500, 5000), Mark Wimmer (5000, 10,000)
- 1995Jake Bartholomy (Steeplechase, 1500)
- 1996Che Arosemena (800, 1500, 5000)
- 1997Joe Loner (800, 4x400)
- 1998Dan Ford (3000, 5000)
- 1999Joe Hubbard (800)
- 2000Josh Brashears (3000, 5000), Andrew Jenkins (3000, Steeplechase)
- 2001 Bradd DelMuto (1500, 800), Steve Walsh (1500), Jim Carney (5000, 10,000)
- 2002Gregg Davis (3000)
- 2003Ian Hahn (1500), Matt Lincoln (1,000)
- 2004Matt Lincoln (800, 1,500)
- 2005Chris Foster (3,000 steeplechase, mile)
- 2006Matt Lincoln (1500)
- 2007Mark Miller (800)
- 2008Mark Miller (800)
- 2009Lionel Williams (800)
- 2010Owen Dawson (800m)

COACHES AWARD: FIELD EVENTS

Presented for outstanding achievement in field events or the decathlon.

- 1989Ricardo Hall (triple jump), C.J. Hunter (shot put),
Barry Walsh (decathlon)
- 1990Ricardo Hall (triple jump), C.J. Hunter (shot put)
- 1991 Phil Caraher (shot put), Ricardo Hall (triple jump), Brian Kelley (decathlon),
Mason Ternay (pole vault)
- 1992Antonio Davis (long jump, triple jump), Brian Milne (discus, shot put)
- 1993Antonio Davis (long jump, triple jump), Brian Kelley (multi-event),
Brian Milne (discus, shot put)
- 1994Antonio Davis (long jump, triple jump), Brian Kelley (multi-event)
- 1995 Rob Austin (javelin), Antonio Davis (long jump), Dave Kriz (high jump)
- 1996Rob Austin (javelin)
- 1997Troy Burkholder (javelin), James Cook (multi-event),
John Gorham (long jump), Carl Wolter (javelin)
- 1998George Audu (jumps, sprints), Troy Burkholder (javelin),
James Cook (multi), John Gorham (jumps, sprints)
- 1999George Audu (jumps, sprints), Troy Burkholder (javelin, discus),
Ryan Olkowski (high jump, long jump), Dave Matson (javelin, shot put)
- 2000Dan Diaz (throws), Dave Matson (javelin),
Ryan Olkowski (jumps, sprints)
- 2001Chavous Nichols (long jump, triple jump),
Ryan Olkowski (high jump, long jump)
- 2002Matt Moyer (javelin), Chavous Nichols (triple jump, long jump)
- 2003 Chavous Nichols (triple jump), Nick Fegley (pole vault), J.T.Kurefich (decathlon)
- 2004Chavous Nichols (long jump, triple jump),
Brian Stumpf (javelin), Matt Moyer (javelin)
- 2005Bret Kershner (javelin)
- 2006Allen Pettner (javelin)
- 2007Allen Pettner (javelin)
- 2008Ryan Taylor (long jump, triple jump)
- 2009Tanner Evak (javelin)
- 2010Joe Kovacs (shot put, discus)

COACHES AWARD: RUNNING EVENTS

Presented for outstanding achievement in running or hurdling events.

- 1989Steve Brown (5000, 10,000)
- 1990Doug Walter (800, 1500)
- 1991 Kevin Cripanuk (hurdles), Aidan O'Reilly (1500), Andy Scott (steeplechase)
- 1992Kevin Cripanuk (400 IH)
- 1993Kevin Cripanuk (400 IH, HH), Brian Kelley (400 IH)
- 1994Bob Hamer (1500, 5000)
- 1995Jake Bartholomy (steeplechase, 1500)
- 1996Che Arosemena (800, 1500, 5000)
- 1997Damon Reed (100, 200)



1998	John Whelan (high hurdles)
1999	Ben Karcz (600, 500, 400IH)
2000	Ben Karcz (600, 500, 400 IH)
2001	Ben Karcz (400, 800), Guy Rose (110HH), Brian Derby (400IH), Ryan Olkowski (200)
2002	Ryan Olkowski (100, 200, long jump, high jump) Brian Derby (110 HH, 400 IH, 400)
2003	Brian Derby (110 HH, 400 IH), Ernie Terrell (200, 400, 4x100), Greg Miller (100, 200, 4x100)
2004	Matt Lincoln (800, 1500), Chris Lolagne (400), Ernie Terrell (200, 400)
2005	Jaret Campisi (400 IH)
2006	Mark Miller (800)
2007	Mark Miller (800)
2008	Mark Miller (800)
2009	Lionel Williams (800)
2010	Tyler McCandless (10,000m)

SPECIAL AWARDS PHI BETA KAPPA

1991	Ron Moore, Sam Pennypacker, Wes Waninger
1993	Jon Pritchard

ESPN THE MAGAZINE ACADEMIC ALL-AMERICAN

1987	Joel Coleman
1998	James Cook

ESPN THE MAGAZINE ACADEMIC ALL-DISTRICT

2005	Chris Foster
2008	Clarence Smith
2009	Jay Pagana

NCAA TOP SPORTSMAN AWARD

2000	George Audu, 1999
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NCAA CROSS COUNTRY ACADEMIC ALL-AMERICA

A student-athlete must maintain a minimum grade-point average of 3.0 and place in the Top 15 in the NCAA regional meet or earn All-America honors at the NCAA Championships.

1991	Ron Moore, 3.87 grade-point average in physics
1993	Jake Bartholomy, 3.64 GPA in physical therapy
1994	Jake Bartholomy, 3.48 GPA in physical therapy

NCAA CROSS COUNTRY ACADEMIC

ALL-AMERICA TEAM

1994	Penn State (35-member team grade-point average of 3.03)
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HERMAN GOFFBERG AWARD (1921-2002)

Cross Country Award:

Permanent Trophy for the Spiked Shoe Meet

This award is presented in honor of former Penn State and Olympic distance runner Herman Goffberg (Penn State '42; 1948 Olympic Team, 10,000 Meters). After a successful business career in Great Britain, Goffberg returned to Penn State where he was designated Graduate Manager of the Track and Field Team.

WILLIAM "BILL" PRITCHARD

MEMORIAL CROSS COUNTRY CUP

For the National Cross Country Meet

Winners names are inscribed on the meet's permanent cup. The award was given by the Pritchard family. Bill Pritchard (1942-94) was a professor of mathematics at Penn State and a keen supporter of Penn State cross country and track and field.

KEVIN DARE

OUTSTANDING ATHLETE AWARD



This award is given to perpetuate the memory of pole vaulter Kevin Dare, who died in a pole vaulting accident at the 2002 Big Ten Championships at Minnesota. Dare was a U.S. Junior National Champion in the pole vault. Following the 2006 season, this award will be given to the most inspirational athlete. Kevin's family continues to honor his memory with the Kevin Dare Foundation, which promotes pole vault safety and has also raised enough money to fully endow the Kevin Dare Scholarship which goes

to a Penn State vaulter each year.

2002	Ryan Olkowski, five-time All-American Big Ten 200-meter champion, USA Junior long jump runner-up.
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During the 2002 NCAA Indoor Championships meet, he scored in the unusual pairing of the high jump and 200 meters, earning All-America honors in both events.

2003	Brian Derby (400 IH, 110 HH), Big Ten Champion (2001, 2003) in the 400 IH, 2001 All-American 400 IH.
2004	Chavous Nichols (long jump, triple jump) & Brian Stumpf (javelin).
2005	Jaret Campisi (400 IH)
2006	Mark Miller (800), Allen Pettner (Javelin)
2007	Shawn Colligan
2008	Shawn Colligan
2009	Ryan Foster, and Owen Dawson



HERMAN GOFFBERG



Penn Relays History

PENN RELAYS

57 — Individual Penn Relays
Champions
(Championship Division)

23 — Championship of America
Relay Teams

100 YARDS	
1945	Barney Ewell 9.8
1954	Art Pollard 9.8
1961	Bob Brown 9.9

3000-METER STEEPLECHASE	
1966	Bill Reilly 9:22.8
1976	George Malley* 8:34.4
1979	Bruce Baden* 8:42.5

TWO-MILE	
1927	Bill Cox 9:32.0
1947	Curt Stone 9:19.4
1949	Horace Ashenfelter 9:21.5

THREE-MILE	
1971	Greg Fredericks 13:36.1
1972	Greg Fredericks 13:31.5
1973	Charlie Maguire 13:41.6
1974	Charlie Maguire 13:27.0

5000 METERS	
1977	Paul Stemmer 13:52.4
1979	Alan Scharu 13:48.5
1980	Alan Scharu 13:42.1
1982	Jeff Adkins 13:55.0

10,000 METERS	
1979	John Ziegler 29:19.3

20,000 METERS	
1998	Kevin Geesaman 1:04.40
2002	Steve Walsh (Alumnus) 1:05.16
	Vic Fleming 1:06.25
2005	Ian McCann 1:07.40

MARATHON	
1979	Tim Backenstose 2:22.14

110-METER HIGH HURDLES	
1976	Mike Shine 13.6

120-YARD HIGH HURDLES	
1923	Crip Moore 15.4
1925	Crip Moore 14.8
1949	Jim Gehrdes 14.4
1950	Jim Gehrdes 14.3
1974	Mike Shine 13.9

400-METER INTERMEDIATE HURDLES (Converted from 440 yards)	
1974	Mike Shine 50.8

56-POUND WEIGHT	
1919	Francis Emory 28-0 (8.53)

DISCUS	
1911	Lee Talbot 129-2 (39.32)
1913	Lee Talbot 142-0 (43.28)
1993	Brian Milne 196-5 (59.86)

HAMMER THROW	
1910	Lee Talbot 160-6 (48.92)
1911	Alfred Tilley 143-8 (43.78)
1913	Lee Talbot 163-7 (49.88)
1976	Al Jackson 199-4 (60.76)

JAVELIN	
1920	Francis Emory 165-6 (50.44)
1938	Nick Vukmanic 223-10 (68.22)
1939	Nick Vukmanic 207-3 (63.16)
1965	Lennart Hedmark 243-0 (74.06)
2009	Tanner Evak 225-6 (68.74)

LONG JUMP	
1926	Al Bates 23-3 1/2 (7.07)
1942	Barney Ewell 24-5 1/2 (7.45)
1944	Barney Ewell 24-2 (7.36)

SHOT PUT	
1955	Roosevelt Grier 54-8 (16.66)



Ken Wynn wins the Penn Relays Championship of America relay as he crosses the line victorious in the 4x800 in 1983.

1975	Knut Hjeltnes 61-23/4 (18.66)
1989	C.J. Hunter 63-3 1/4 (19.28)
1990	C.J. Hunter 65-5 (19.81)

TRIPLE JUMP	
1993	Antonio Davis 53-11 1/4 (16.44)

DECATHLON (MULTI)	
1987	Dave Masgay 7282
1996	James Cook 7600
1997	James Cook 7458
2003	J.T. Kurelich 7056
2007	Chris Morrissey 7014
2008	Chris Morrissey 6995

4X100 RELAY	
1928 42.6, Frank Kilmer, Al Bates, John McCracken
 Dick Bartholomew**
1950 41.3, Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster**

4X800 RELAY	
1923 7:48.8, Edgar L. Carter (1:58.2), J. Russell Edgerton (1:59.2), Schuyler Enck (1:56.4), Alan Helffrich (1:54.2)**
 (4x880 yards) World record at the time
1983 7:19.77, Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn
1985 7:11.17, Vance Watson, Steve Shisler, Chris Mills, Randy Moore
 Ranked # 1 in world; Team inducted into the Penn Relays Hall of Fame in 2000
1986 7:16.05, Vance Watson, Steve Shisler, Ray Levitre, Chris Mills
1987 7:14.65, Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre



The Nittany Lion women captured their first Penn Relays crown of the NCAA era with a 4x400 win in 2008.

CHAMPIONSHIP OF AMERICA RELAYS

4 x 1-MILE (Formerly 4x1500, 1980-98)	
1920 18:10.6, —, —, —, Larry Shields
1926 18:14.6, R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart
1929 17:48.6, C.A. Meisinger, P.E. Rekers, G.K. Offenhausser, Bill Cox
1947 17:32.6, Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver
1948 17:30.7, Bill Shuman, Mitch Williams, Horace Ashenfelter, Gerry Karver
1949 17:35.4
1951 17:24.6, Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn
1959 17:11.3, Ed Moran, Dick Engelbrink, Charles King, Fred Kerr

SPRINT MEDLEY (440, 220, 220, 880; now 400, 200, 200, 800 Metric)	
1924 3:30.4, Alan Helffrich, Conway, Crip Moore, Schuyler Enck
19323:28.6 C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale
1942 3:26.5, Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon

DISTANCE MEDLEY (3/4, 440, 880, Mile; now 1200, 400, 800, 1600 Metric)	
1920 10:37.2, —, —, —, Larry Shields
1928 10:37.8, Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox
194810:15.1 Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver
1959 9:58.2

4 x 120-YARD HIGH HURDLE SHUTTLE	
1926 1:06.0, E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore



Penn State set the American record for the 4x1500 at the 1986 Penn Relays with the team of (from left) Bob Hudson, Mark Overheim, Eric Carter and Steve Shisler. They were the first American collegians to break 15 minutes as they posted a time of 14:58.71.

WOMEN'S CHAMPIONS (SINCE 2000)

2010 Karlee McQuillen, Javelin
2009 Fawn Dorr, 400-meter hurdles
2008 4x400-Meter Relay
 Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox
2007 Bridget Franek, Steeplechase
2006 Jennifer Leatherman, Hammer
2001 Briane Johnson, Javelin