



PENN STATE TRACK & FIELD

2022 - 23 MEDIA GUIDE



PSU

TABLE OF CONTENTS



Coaching and Support Staff

Director and Head Coach John Gondak.....	4-6
Assistant Coach Fritz Spence.....	7-8
Assistant Coach Ryan Foster.....	9
Assistant Coach Brandon Rizzo.....	9
Assistant Coach Brie Berkowitz.....	10
Assistant Coach Nathan Ott.....	10
Volunteer and Support Staff.....	11-12

2022-2023 Team Information

Women's Bios.....	13-34
Men's Bios.....	35-58

Program Information

Penn State at the Olympic Games.....	60
Cross Country History.....	61-67
Indoor Track & Field History.....	68-74
Outdoor Track & Field History.....	75-82
Athletes of the Week History.....	83-84
Penn Relays History.....	85
Women's Indoor Records.....	87-89
Men's Indoor Records.....	90-92
Women's Outdoor Records.....	93-97
Men's Outdoor Records.....	98-102
Ashenfelter III Facility Records.....	103
Nittany Lion Outdoor Track Records.....	104

2022 Cross Country Schedule

September 2	Dolan Duels.....	Lock Haven, Pa.
September 9	Harry Groves Spiked Shoe Invitational.....	Blue & White Golf Courses
September 30	Notre Dame Invitational.....	South Bend, Ind.
October 14	Penn State National Open.....	Blue & White Golf Courses
October 28	Big Ten Championships.....	Ann Arbor, Mich.
November 11	NCAA Mid-Atlantic Regional.....	Blue & White Golf Courses
November 19	NCAA Cross Country Championships.....	Tallahassee, Fla.

2022-23 Indoor Track Schedule

December 2-3	Bison Opener.....	Lewisburg, Pa.
January 14	Nittany Lion Challenge.....	Multi-Sport Facility & Horace Ashenfelter III Indoor Track
January 20-21	Hokie Invitational.....	Blacksburg, Va.
January 27-28	Penn State National Open.....	Multi-Sport Facility & Horace Ashenfelter III Indoor Track
February 4	Sykes Sabock Challenge.....	Multi-Sport Facility & Horace Ashenfelter III Indoor Track
February 10-11	Valentine Invite.....	Boston, Mass.
February 10-11	Music City Invitational.....	Nashville, Tenn.
February 17	Penn State Tune Up.....	Multi-Sport Facility & Horace Ashenfelter III Indoor Track
February 18	Alex Wilson Invite.....	South Bend, Ind.
February 24	Big Ten Championships.....	Geneva, Ohio
March 10	NCAA Championships.....	Albuquerque, N.M.

2023 Outdoor Track Schedule

March 18	Penn Springtime Invitational.....	Philadelphia, PA
March 23-25	Raleigh Relays.....	Raleigh, N.C.
March 25	Miami Invitational.....	Coral Gables, Fla.
March 31-April 1	Florida Relays.....	Gainesville, Fla.
April 6-8	Duke Invitational.....	Durham, N.C.
April 8	LSU Invitational.....	Baton Rouge, La.
April 15-16	Bucknell Invite.....	Lewisburg, Pa.
April 21-22	Virginia Challenge.....	Charlottesville, Va.
April 22	Bucknell Team Challenge.....	Lewisburg, Pa.
April 27-29	Penn Relays.....	Philadelphia, Pa.
May 5	Jim Thorpe Open.....	University Park, Pa.
May 12-14	Big Ten Championships.....	Bloomington, Ind.
May 24-27	NCAA First Round.....	Jacksonville, Fla.
June 7-10	NCAA Championships.....	Austin, Texas

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CROSS COUNTRY / TRACK & FIELD



STAFF BIOS



COACHING STAFF



**John
GONDAK**

Ninth Year
Syracuse '95
Director/Head Coach

Middle Distance
Cross Country



Head coach John Gondak enters his ninth year at the helm of the Penn State cross country/track & field program in 2022-23. Overall, Gondak is in his 17th season on staff at Penn State.

Gondak's resume while with the Blue & White - which can be matched by few middle-distance mentors in the country - includes 53 first team All-Americans, 68 Penn State records, nine Big Ten Freshman of the Year honorees, 13 Penn Relays victories, and five sub-4:00 milers.

In 2022, Penn State had its share of veterans and newcomers perform well at the conference and national levels. Senior Yasmin Brooks won a pair of Big Ten titles in indoor and outdoor hurdles while freshman Allison Johnson was the Big Ten Indoor Freshman of the Year after winning a gold medal in the 800m. Tyler Merkley also had a sensational season in the hammer throw as he was named Big Ten Outdoor Field Athlete of the Year and was a first-team All-American. Finally, Chloe Royce won another Big Ten Indoor title in the pentathlon to bring Penn State's Big Ten title total to four for the season.

The Nittany Lions had an accolade filled year in 2021, highlighted by two first-team All-Americans and six combined Big Ten champions. Competing at her 10th combined NCAA Championship, Danae Rivers closed out her final season at Penn State by becoming a first-team All-American for the seventh time. Maddie Holmberg paired a Big Ten Heptathlon championship with her fourth combined first-team All-America honor.

Penn State boasted three Big Ten Champions in both the indoor and outdoor seasons, with Holmberg, David Lucas and Mark Porter claiming outdoor honors and Domenic Peretta, Sincere Rhea and Victoria Vanriele winning indoor championships. The victories of Peretta and Vanriele continued a long run of 800m success for Penn State, as the Nittany Lions had won the men's 800m championship in 12 of the past 14 seasons and the women's 800m championship in five consecutive seasons.

Five current Nittany Lions went on to represent the program at USATF Olympic Trials, with Maddie Holmberg, David Lucas, Tyler Merkley, Mark Porter and Madison Smith competing at the event in Eugene, Ore. Holmberg led the group with a seventh place finish in the Heptathlon.

2020 saw Gondak mentor three more Big Ten champions during the COVID-19 pandemic shortened indoor season. Seniors Billy McDevitt and Danae Rivers continued the Nittany Lions dominance of the men's and women's 800m event in the Big Ten. McDevitt capture the men's 800m crown and became the fifth consecutive Nittany Lion to win the 800m title. Rivers became the only female-student athlete in Big Ten history to win four consecutive 800m indoor Big Ten titles. Rivers followed up her 800m title with the Big Ten indoor mile championships. Rivers was awarded All-America honors in the mile event by the USTFCCCA with the NCAA Indoor Championships being cancelled due to the COVID-19 pandemic.

In the fall of 2019, Gondak was named the Mid-Atlantic Region Coach of the Year as the women's cross country team won their fourth regional title in the last five years. It was Gondak's fourth

Coach of the Year honor. The women's cross country program finished 18th at the NCAA Cross Country Championships. This marked the fifth-straight year the Nittany Lions placed in the Top-20, one of only seven programs to achieve that mark.

In 2019, Gondak mentored Rivers to new heights during the indoor and outdoor seasons. Rivers won the first women's indoor individual NCAA national championship in program history under the direction of Gondak. Along with her national championship, Rivers won her third consecutive 800m indoor Big Ten championship, second consecutive outdoor 1500m Big Ten championship and second outdoor 800m Big Ten championship. Rivers' 2019 list of accomplishments under Gondak's direction also include; 1,000m collegiate record (2:38.58), 800m indoor school record (2:02.94), mile indoor school record - 10th fastest collegiate time ever (4:29.47) - and third consecutive Mid-Atlantic Region Track Athlete of the Year award.

Along with Rivers in 2019, Perretta won the men's 800m indoor Big Ten Championship. This continued Penn State's dominance in the 800m event as 2019 marked the fourth consecutive year a Penn State student-athlete has won the men's 800m Big Ten championship (Isaiah Harris, 2016-18).

Under Gondak's direction, the Nittany Lions track & field program earned five first-team All-American honors in 2019. The 2019 women's program finished 11th at the NCAA Indoor Track & Field Championships.

During the fall of 2018, the Penn State women's cross country program advanced to its fourth consecutive top-20 finish at the NCAA Championships under Gondak. Penn State is one of just eight schools to accomplish this feat. Three Nittany Lions earned All-Big Ten honors in 2018.

In the fall of 2017, the Penn State women's cross country program ran to its third straight Mid-Atlantic Regional title and advanced to the NCAA Championships for the eighth time in 10 seasons. Following the regional meet, Gondak was named the Mid-Atlantic Regional Women's Head Coach of the Year. At the NCAA Cross Country Championships, the Nittany Lion women finished in the top 20 for the third straight season.

For the Penn State men, Colin Abert and Timothy McGowan advanced to the NCAA Championships, which marked the first time since 2011 that the Nittany Lion men had two competitors at the NCAA Championships. Abert, Timothy McGowan and John McGowan all brought home all-region honors for finishing in the top-25 at the regional meet.

At the 2017 Big Ten Cross Country Championships, Abert (second team) and Jillian Hunsberger (first team) were honored with All-Big Ten plaudits.

During the indoor season, the Penn State men recorded the best finish among Big Ten programs at the NCAA Indoor Track & Field Championships with a top-10 finish. Individually at the NCAA Indoor Track & Field Championships, David Lucas became the first PSU men's track & field student-athlete to win an indoor national title since 1990 with his school record mark of 78-9.75 in the weight throw. Along with Lucas, Holmberg, Isaiah Harris, and Rivers all posted first team All-America finishes.

At the Big Ten Indoor Track & Field Championships, Harris won his fifth straight 800-meter run title (indoor & outdoor) and Rivers defended her 800-meter run title from 2017.

As a team at the NCAA Outdoor Track & Field Championships, Penn State was the only Big Ten program in 2018 to have both men's and women's teams finish in the top-25. Individually at the NCAA Outdoor Track & Field Championships, Harris became the first Nittany Lion to win the men's 800-meter run in 95 years. Along with Harris, Holmberg, Lucas, Megan McCloskey, Rivers and Morgan Shigo all posted first-team All-America finishes.



Harris' outstanding year continued as he signed with Nike and finished second in the 800-meter run at the USATF Outdoor Championships. Harris concluded 2018 with a school-record time of 1:44.42 in the Paris Diamond League meet.

The Big Ten Outdoor Track & Field Championships saw Michael Biddle win the men's javelin, Harris complete the 800 sweep, and Rivers capture the first 1,500-meter run crown in program history.

The 2019 track & field women's recruiting class was named No. 1 by Track & Field News, which marks the first time in program history a recruiting class was ranked No. 1.

The 2019 overall class was comprised of seven All-Americans, which included two individual national champions, a duo that won a national title in the 4x800-meter relay and a national runner-up in the 800-meter run.

The 2016-17 season was a historic year for Penn State track & field/cross country. The Blue & White started the memorable year in cross country where the Nittany Lions competed at the NCAA Championships for the seventh time in the last eight years. At the NCAA meet in Terre Haute, Ind., Elizabeth Chikotas and Jillian Hunsberger teamed up to become the first duo to earn All-American honors at the championships in the NCAA era. The Nittany Lions finished in the top-20 in back-to-back seasons for the first time since 2011 and 2012 and in the top-20 for five out of the last seven NCAA Championships that Penn State had participated in dating back to 2009.

Moving to the indoor oval, the women's team captured its fourth Big Ten Championship in program history (2004, 2010, 2014) scoring 96.5-points. The men's team recorded their highest finish in program history taking second-place with a total score of 84-points that included a Big Ten record performance in the 4x400-meter relay as the combination of Dan Chisena, Xavier Smith, Sam Reiser and Harris ran 3:04.80. The women's Big Ten Championship paired with the men's second-place finish is the highest combined finish in Penn State track & field history. At the indoor track & field championships in College Station, Texas, the women's team posted the second-highest finish at the indoor championships ever (10th) and the first top-10 finish since the 2009 season. Indoor All-Americans included: Danae Rivers in the mile (3rd), Isaiah Harris in the 800-meters (4th), Tessa Barrett in the 5,000-meters (5th), the women's DMR (6th) and Dannielle Gibson in the triple jump (8th).

Serving as the host for the Big Ten Outdoor Championships for the third time since joining the conference in 1992, the Penn State men's team won its first title in program history, scoring 117 points over the three-day meet while the women finished, third scoring 101 points. Tim McGowan and Jillian Hunsberger posted runner-up finishes in the 10K to start the weekend. The meet featured five Big Ten Champions between the squads including sweeping the men's and women's 800m to go along with the sweep of the indoor season by Isaiah Harris and Danae Rivers. Malik Moffett, who was named Big Ten Field Athlete of the Championships, captured titles in the long jump and the 200-meters with the former being a school record at 26'-3" (8.00m) and the latter being the eighth-fastest wind-aided time in NCAA history at 19.87 (+5.7).

At the NCAA Championships, the Nittany Lions saw four athletes finish the season with All-America honors including Isaiah Harris in the 800-meters (2nd), Tori Gerlach in the 3,000-meter steeplechase (3rd), Michael Shuey in the javelin (3rd), and Dannielle Gibson in the triple jump (2nd).

Overall, 2016-17 saw 15 school records broken, 10 top-five indoor marks set, as well as 34 top-10 outdoor marks hit. Between cross country, indoor and outdoor, Penn State had 14 athletes honored as All-Americans. Penn State captured two Big Ten conference titles, the only team in the conference to do so during the 2016-17 competition year.

The extraordinary year for Penn State on the course and on the track capped the third year for Gondak as the head coach for the Blue & White following the two years prior that included multiple accomplishments among the programs.

The 2009-10 school year, when Gondak signed on as an assistant coach, was a sensational year for the Nittany Lions as the women won the Big Ten Triple Crown (XC, ITF, OTF). The women continued their success into the postseason as they finished fourth at the 2010 NCAA Outdoor Track & Field Championships. The Nittany Lions women's team also finished fourth at the NCAA Outdoor meet in 2008. The men's track team posted top-20 finishes three-straight years (10th-place in 2015, 17th-place in 2016, and 20th-place in 2017), as well as a top-10 finish for the women's team at the 2017 Indoor Track & Field Championships.

Individually, two Nittany Lions have captured Big Ten Cross Country titles (Bridget Franek, 2009, and Caitlin Lane, 2011). The Penn State men were represented in seven of the past nine years at the NCAA Cross Country Championships either by an individual or as a team, including four-time qualifier Vince McNally. During the 2013 season, Matt Fischer posted the highest finish at the Big Ten Cross Country Championships in school history (third) and placed fourth at the NCAA Mid-Atlantic Regional to qualify for the NCAA Cross Country Championships. At the 2013 NCAA Cross Country Championships, Fischer went on to finish 78th. The following year, Fifth-year senior Matt Fischer finished eighth at the Big Ten meet, won the Mid-Atlantic Regional and advanced to the NCAA Cross Country Championships for the second-straight year ending his Penn State cross country career with a 167th-place finish at the NCAA meet following second-team All-Big Ten honors and Mid-Atlantic Men's Cross Country Athlete of the Year plaudits. At the 2013 Outdoor Championships Gondak guided senior Casimir Loksom and freshman Brannon Kidder to a 2-3 finish in the 800-meters becoming the first program to have two top-three finishers in the men's outdoor 800-meters in 68 years when the Michigan Wolverines earned first and third-place finishes in 1945.

Gondak has also been widely recognized by the coaching community on multiple occasions earning awards from the United States Track and Field/Cross Country Association (USTFCCCA) ranging from Mid-Atlantic Region Assistant Coach of the Year during his early years to the most recent, Mid-Atlantic Region Indoor Women's Head Coach of the Year. At the conference level, Gondak has been named Big Ten Head Coach of the Year on three occasions. Under Coach Gondak, Penn State student-athletes have found great success in the classroom. The Penn State cross country teams have tallied a cumulative 20 USTFCCCA All-Academic Team honors as well as 41 USATFCCCA Individual honors.

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 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.

Gondak lives in State College with his three children, Jessica, Jeffrey and Jackson, and wife Lori.

COACHING STAFF



COACHING HONORS

- 2019 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
- 2017 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
- 2017 Big Ten Men's Outdoor Head Coach of the Year
- 2017 Mid-Atlantic Region Indoor Women's Head Coach of the Year
- 2017 Big Ten Women's Indoor Head Coach of the Year
- 2016 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
- 2015 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
- 2015 Big Ten Women's Cross Country Head Coach of the Year
- 2015 Mid-Atlantic Region Indoor Men's Head Coach of the Year
- 2014 Mid-Atlantic Region Indoor Men's Assistant of Coach of the Year
- 2013 Mid-Atlantic Region Indoor Men's Assistant of Coach of the Year
- 2013 Mid-Atlantic Region Outdoor Men's Assistant of Coach of the Year
- 2010 Mid-Atlantic Region Outdoor Assistant of Coach of the Year
- 2009 Mid-Atlantic Region Assistant of Coach of the Year

BIG TEN TITLES

- Women's Cross Country (2): 2009, 2015
- Women's Indoor Track & Field (3): 2010, 2014, 2017
- Women's Outdoor Track & Field (5): 2008, 2009, 2010, 2013, 2014
- Men's Outdoor (1): 2017

CROSS COUNTRY TITLES

- Mid-Atlantic Regional Championships (4): 2015, 2016, 2017, 2019

- Tessa Barrett
- 2x Penn State School Record Holder
 - 2x USTFCCCA First-Team All-American
 - 5x Big Ten Medalist

- Robby Creese
- 2014 NCAA Indoor Runner-Up (DMR)
 - 2013 NCAA Indoor Runner-Up (DMR)
 - 3x USTFCCCA First-Team All-American
 - Collegiate 1,000-Meter Record Holder (2:19.53)
 - 4x Big Ten Champion
 - Two-Time Big Ten Freshman of the Year
 - 4x Penn State School Record Holder

- Tori Gerlach
- 8x Big Ten Medalist
 - 2x Penn State School Record Holder

- Isaiah Harris
- 2018 NCAA Champion in the Outdoor 800-meters (1:44.76)
 - 2018 NCAA Indoor/Outdoor All-American
 - 2017 IAAF World Championships Semifinalist
 - 2017 USATF Silver Medalist - 800-meters (1:44.53)
 - 2017 NCAA Silver Medalist - 800-meters (1:45.40)
 - 2017 NCAA Indoor/Outdoor All-American
 - 2016 U.S. Trials - Sixth-place - 800-meters (1:46.47)
 - 2016 NACAC U23 Champion - 800-meters (1:47.52)
 - 2016 NCAA Outdoor All-American
 - All-Time Big Ten Indoor Championships Record - 800-meters (1:46.24)
 - All-Time Big Ten Outdoor Championships Record - 800-meters (1:45.31)
 - 8x Big Ten Champion
 - 4x Penn State School Record Holder
 - 3x time USTFCCCA Mid-Atlantic Track Athlete of the Year
 - 2018 Big Ten Outdoor Track Athlete of the Year
 - 2018 Big Ten Outdoor Track Athlete of the Championships

- Brannon Kidder
- 2015 NCAA Outdoor Runner-Up (800m)
 - 2014 NCAA Indoor Runner-Up (DMR)
 - 2013 NCAA Indoor Runner-Up (DMR)
 - 2013 NCAA Outdoor Bronze Medalist (800m)
 - 7x USTFCCCA First-Team All-American
 - 9x Big Ten Champion
 - 2013 Big Ten Freshman of the Year
 - USATF Senior Semi-finalist (800m)
 - 2013 Millrose Games Champion (4x800)
 - 2014 USTFCCCA Mid-Atlantic Region Indoor Track Athlete of the Year

- Casimir Loxsom
- 6x NCAA All-American
 - 6x Big Ten Champion
 - American Collegiate Record Holder (600m, 1:15.79)
 - All-Conditions American Record Holder (600m, 1:15.42)
 - 2013 Penn Relays - Collegiate Athlete of the Relays
 - 2013 Big Ten Indoor Track Athlete of the Championships
 - 2013 Big Ten Indoor Track Athlete of the Year
 - 9x Penn State Record Holder
 - USATF Junior Champion (800m)
 - IAAF World Junior Silver Medalist (800m)
 - 2010 Big Ten Freshman of the Year
 - 4x USTFCCCA Mid-Atlantic Region Track Athlete of the Year

- Danae Rivers
- 11x Penn State School Record Holder
 - 2019 800m Indoor National Champion
 - 1000m Collegiate Record Holder (2:38.58)
 - 7x NCAA First Team All-America
 - 9x USTFCCCA First Team All-America
 - 10x Big Ten Champion
 - 2x Big Ten Freshman of the Year
 - 2017, '18, '19 Mid-Atlantic Women's Track Athlete of the Year





Fritz Spence enters his 17th year coaching with the Nittany Lions. This season, Fritz shifted his responsibilities to focus on specifically the high jump, in addition to coaching multi-event athletes. He has had outstanding results in his time with the Nittany Lions, overseeing 33 All-America efforts, nine top-5 NCAA finishers, 23 conference champions, while also contributing to two top-four finishes at the NCAA Championships (2008 and 2010) a Big Ten triple crown (2009 and 2010), and USTFCCA Scholar Team of the Year (2010). He is a five time USTFCCA Mid-Atlantic Region Assistant Coach of the Year honoree.

In 2022, Chloe Royce claimed a gold medal at the Big Ten Indoor Championships in the women's pentathlon with a score of 4,080. Royce also had a 5,152 score in the outdoor heptathlon, good for eighth best mark in program history.

Spence helped steer Maddie Holmberg to her second career Big Ten Championship in 2021, closing out her career a Big Ten heptathlon title and second-team All-America honors with a sixth-place finish at the NCAA Outdoor Championships. Holmberg earned regional qualification in the long jump and was joined at the regional meet by high jumper Carlie Wilson. Wilson and Breana Gambrell both scored points for Penn State at the Big Ten Championships, with Gambrell placing fifth in the long jump and seventh in the triple jump, and Wilson placing sixth in the high jump with a PR at the meet.

Spence guided Holmberg to just the second Big Ten championship in program history in the pentathlon event in 2020. Holmberg's score of 4,274 points is second in PSU history. Also under Spence's tutelage, Alexa Parks became the first Nittany Lion to clear 6-0 (1.83m) in the high jump event to set the new school record. Spence's athletes scored points in the pentathlon, long jump, high jump and triple jump with Maddie Holmberg and Alexa Parks advancing to the NCAA Indoor Championships. Parks and Holmberg were each awarded All-America honors due to the cancellation of the NCAA Indoor Championships due to the COVID-19 pandemic.

Spence was awarded with the USTFCCA Women's Mid-Atlantic Region Assistant Coach of the Year in 2020. Spence earned the fifth Assistant Coach of the Year honor of his career. This marked the first time in he earned women's indoor assistant coach of the year.

The women's mutli-event athletes and jumpers continued success in 2019. Maddie Holmberg qualified for the NCAA Indoor Championships in the pentathlon. Holmberg earned second-team All-American honors with a ninth place finish at the indoor championships. Breana Gambrell and Alexa Parks each qualified for the NCAA East Prelims in the long jump and the high jump respectively.

In 2018, Holmberg had the No. 1 performance in program history in the heptathlon with her total score of 5,976 points set at the Big Ten Track & Field Outdoor Championships and

her third-place finish at the NCAA Outdoor Championships was the highest of any heptathlete in school history.

Holmberg also recorded the multi-record in the shot put with her indoor mark of 46-0.50 (14.03m) and outdoor mark 44-8.25 (13.62m). In the Penn State record books, Holmberg ranks No. 3 in the long jump (20-10.75/6.36m), and has the No. 8 time in the 100-meter hurdles at 13.70. Holmberg was also named Mid-Atlantic Region Athlete of the Year, and a first team All-American in both Indoor and Outdoor.

Megan McCloskey had an outstanding season closing out her career with a fourth-place finish at the NCAA Championships in the high jump (5-10/1.78m). During the 2018 indoor season, she tied the No. 3 height in indoor history with a clearance of 5-10.50 (1.79m). She was a three-time NCAA Outdoor Championships qualifier in the high jump and named a 2018 first-team All-American.

Multiple athletes turned in spectacular performances during the 2017 season under Spence's watch. Holmberg grabbed the No. 3 spot in program history with her performance in the heptathlon and her total of 5,636 and qualified for the NCAA Outdoor Championship meet in her sophomore season. She also took the multi-record in the shot put with her mark of 42-6.25 (12.96m) and posted the No. 7 time in program history in the 100-meter hurdles at 13.70, qualifying for the outdoor championships in the heptathlon. Dannielle Gibson earned indoor and outdoor All-America honors in the triple jump recording the all-conditions top mark at 45-1.75 (13.76w) in her gold medal performance at the Big Ten Championships. She was the 2017 NACAC Champion in the triple jump and was also a three-time NCAA qualifier.

McCloskey cleared the then-No. 2 mark in program history in the high jump during the 2017 outdoor season clearing 5-11.50 (1.82m) and was also ranked as the No. 3 high jumper in indoor history with a clearance of 5-10.50 (1.79m) during the 2018 indoor season. Kaitlyn Lopez also put up a lifetime best of 42-9.25 (13.04m) in the triple jump, No. 5 best performance in program history and 19-8.00 (5.99m) in the long jump.

In 2017, Spence coached Gibson to a silver medal in the triple jump at the Big Ten Indoor Championships earning second-team honors with a best of 42-11.75 (13.10m). At the NCAA Indoor Championships, Gibson earned second-team All-American honors with a 10th-place finish in the triple jump. During the outdoor Big Ten Meet, Gibson again brought home a silver medal in the women's triple jump with her mark of 42-9.50 (13.04m). The women's high jump featured McCloskey going 5-10.50 (1.79m) and Ahmenah Richardson clearing 5-9.25 (1.76m) who finished fourth and fifth, respectively. Gibson received Mid-Atlantic Field Athlete of the Year honors for her efforts during the outdoor season. She went on to finish with second-team All-American honors in the triple jump at the outdoor meet in Eugene, Oregon, before going on to capture gold in the triple jump 44-5.00 (13.54m) at the NACAC U-23 Championships.

Under the guidance of coach Spence, Gibson, a sophomore, tallied a third-place finish in the triple jump. Gibson scored six points for Penn State with her leap of 42-3.50 during the 2015 Big Ten Outdoor Track & Field Championships. Gibson would also finish fourth in the long jump with her personal-best jump of 20-2.25 (6.15m). Gibson would go on to qualify for the NCAA East Prelims in the long jump and the triple jump. In the vertical jumps, Richardson, cleared a height of 5-8 (1.74m) during the Big Ten Indoor Track & Field Championships and 5-9.25 (1.76m) in the high jump during the Big Ten Outdoor Track & Field Championships. Richardson also qualified for the NCAA East Prelims in the high jump and she ended her 2015 season with a personal-best of 5-11.25 (1.81m).

COACHING STAFF



Spence also guided Brittney Howell to an outstanding 2014 outdoor campaign, highlighted by an impressive long jump at the NCAA East Prelims. Howell also turned in a pair of scoring performances at the Big Ten Outdoor Championships. She posted Penn State's top long jump mark during the 2014 campaign going 20-4.50 (6.21m) during the indoor season and 20-10.75 (6.37m) during the outdoor season. At the time, the performance came in at No. 5 indoors and No. 3 outdoors in the all-time Penn State rankings. Coming into her own in 2014 was freshman high jumper, India McCoy. McCoy notched a lifetime-best clearance of 5-10.00 (1.78m) during the outdoor season. Gibson, who had an outstanding freshman year in achieving a lifetime-best leap of 42-2.00 (12.80m) in the triple jump and 20-1.00 (6.11m) in the long jump during the outdoor season. During the 2014 season, freshman multi-eventer Tal Ben-Artzi had an outstanding indoor season putting up a lifetime best score of 3,861 in the indoor pentathlon.

Spence coached Marlene Ricketts, who advanced to the NCAA Indoor Championships in the triple jump in 2013, coming home with USTFCCCA second-team All-America status. Ricketts ended her senior season with an indoor lifetime-best effort of 42-4.75 (12.92m) and outdoor lifetime-best effort of 42-2.75 (12.87m) in the triple jump, at the time, the second-best and fifth-best performance in program history.

Spence took on a new coaching role in 2012, overseeing the Nittany Lion men's and women's javelin throwers, including All-America finishers Laura Loht and Lauren Kenney. Spence guided the duo to a one-two finish at the Big Ten Championships with Loht taking top honors. The Nittany Lions were thoroughly impressive at the NCAA Outdoor Championships, which included a PR toss from Loht at 169-4 (51.92m) for third, and a lifetime-best 167-10 (51.17m) for Kenney in fourth.

Spence guided Tanaya Lloyd to an outstanding Nittany Lion career overall, as Lloyd finished up with the fourth-best performance in Penn State history at 42-3.50 (12.89m). Spence's athletes recorded an outstanding medal haul at the Big Ten Outdoor Championships in 2011, scoring podium finishes in all four horizontal events.

During the 2009 season, the Nittany Lion jumps squad qualifiers included Clarence Smith in the triple jump, Gayle Hunter in the heptathlon and long jump, and Bianca Fung in the long jump for the NCAA Outdoor Championships. 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 Championships - while also overseeing Hunter's school record leap of 20-11.25 (6.38m) in the long jump during the multi-event competition. Hunter also set school records in the pentathlon, 4,342, and heptathlon, 5,797. Hunter would also earn Mid-Atlantic Region Field Athlete of the Year honors during the indoor and outdoor seasons.

Prior to coming to Penn State, Spence coached 14 conference champions, 10 NCAA qualifiers, and eight All-Americans at Missouri State University. He 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.

OUTSTANDING ATHLETES COACHED

Dannielle Gibson

- Three-Time NCAA Qualifier (Triple Jump)
- 2017 Indoor / Outdoor First Team All-American (Triple Jump)
- 2017 Indoor / Outdoor Big Ten Champion (Triple Jump)
- 2017 NACAC Champion (Triple Jump)

Maddie Holmberg

- 2017 NCAA Qualifier (Heptathlon)
- 2018 NCAA Qualifier (Heptathlon)
- 2019 NCAA Qualifier (Pentathlon)
- 2020 NCAA Qualifier (Pentathlon)
- 2020 Big Ten Champion (Pentathlon)
- 2021 Big Ten Champion (Heptathlon)

Brittney Howell

- 2014 Indoor First Team All-American (Pentathlon)
- 2014 Outdoor Second Team All-American (Heptathlon)
- 2014 Big Ten Champion (Heptathlon)

Gayle Hunter

- NCAA Champion (2008, Outdoor 4x400)
- Nine-Time NCAA All-American
- 2009 NCAA Runner-Up (Pentathlon)
- Four-Time Penn State Record Holder (Pentathlon), (Long Jump), (Heptathlon), (4x400m)
- Four-Time Mid-Atlantic Region Field Athlete of the Year
- Three-Time USATF Qualifier

Brittany Mann

- Penn State Indoor School Record Holder (High Jump)

Jay Pagana

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

Clarence Smith

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

Tracy Partain (Missouri State)

- 2006 NCAA Runner-Up (Heptathlon)
- 2006 NACAC Under-23 Championships (Heptathlon)
- Two-Time NCAA All-American (Heptathlon)
- Five-Time Missouri Valley Conference Champion

Fabian Florant (Missouri State)

- 2006 NCAA All-American (Triple Jump)
- Three-Time Missouri Valley Conference Champion (Triple Jump)

Greg Hughes (Missouri State)

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



COACHING STAFF



**Ryan
FOSTER**
Second Year
Penn State '11
Assistant Coach

Middle-Distance
Distance



Ryan Foster begins year two on his second stint as assistant coach to the cross country and track & field programs heading in the 2022-23 season.

Over the course of his coaching career, Foster has coached 15 All Americans, 24 Conference Champions and five freshmen of the year. He is a two-time USTFCCCA Coach of the Year, and one time Conference Coach of the Year (PSAC).

To begin the 2021-22 school year, both of Penn State's men's and women's cross country teams placed in the top five at NCAA Mid-Atlantic regional in with a total of four Nittany Lions - Alison Willingmyre, Eric Hamel, Evan Dorenkamp and Connor McMenamin - claiming all-region honors.

On the track in 2022, Foster coached Dorenkamp to a USTFCCCA second-team All-America honor in the mile and both he and Head Coach John Gondak led Penn State's 4x800m relay team of Victoria Vanriele, Rachel Gearing, Madaline Ullom and Victoria Tachinski to a new program record time of 8:24.49.

Before returning to Penn State, Foster spent three seasons as an assistant coach at the University of Tennessee.

Foster's first two cross country seasons at Tennessee saw the Vols and Lady Vols record their best postseason performances in more than a decade. In 2018, the men's team tabbed their best SEC (4th) and NCAA Regional (3rd) finishes since 2010 and 2002. In 2019, the Lady Vols posted their best conference (4th) and regional (3rd) outings since 2009.

In 2020, Foster mentored middle distance runner Alex Kay to a UT freshman record in the men's 1,000 meter (2:26.97) at the Virginia Tech Invitational. Kay later went on to earn SEC All-Freshman Team honors in the 800 meter at the SEC Indoor Championships as the only rookie to compete in the final.

Foster also helped the Lady Vols return to the SEC podium in the distance medley relay in 2020, as Katie Thronson, Martina Weil, Nicole Adams and Olivia Janke combined for a time of 11:24.59 to place third at the conference meet. It was the first medal for UT in the event since 2012.

Foster was an All-American middle distance runner for coach Beth Alford-Sullivan at Penn State and later served on staff as an assistant coach and director of operations. He came to the Vols from Edinboro University in Pennsylvania, where he spent two years as the head cross country coach and assistant coach for the middle- and long-distance runners.

At Edinboro, Foster guided the women's cross country team to a Pennsylvania State Athletic Conference (PSAC) title in 2017 with five freshmen scoring.

Foster took the Edinboro women from an 11th-place finish in the Atlantic Region in 2016 to a 19th-place finish at the NCAA Division II National Championships in 2017. He was named the PSAC and USTFCCCA Atlantic Region women's cross country coach of the year following the 2017 season.

On the track, Foster made PSAC history with his student-athletes winning all men's middle and long distance races at the 2018 conference championships. He was later named the USTFCCCA Atlantic Region Men's Track & Field Assistant Coach of the Year.

Foster graduated from Penn State in 2011 after one of the most storied middle-distance careers in program history. He finished his athletic tenure in the Blue and White with three All-America finishes, including a pair of NCAA bronze-medal efforts - as well as four Big Ten titles.

As a professional runner in 2011-12, Foster set Australian national indoor records in the 800 meters and 1,000 meters and also competed in the IAAF World Indoor Championships, placing 19th in the 1,500 meters.

The Tasmania, Australia native then returned to campus to begin his coaching career, spending two seasons as Penn State's volunteer assistant coach and one season as the team's director of operations. He then served as Penn State's assistant coach for the 2014-15 season.

Away from the track, Foster also spent a year with the Tasmanian state government as the project manager for disability sports and served as chief of staff for Partners Financial Group, LLC. His non-profit work with Partners Financial and the Kevin Dare Foundation resulted in organizing a 10-person, 1,000-mile road race over seven states as a fundraising initiative.



**Brandon
RIZZO**
Second Year
Montclair State
Assistant Coach

Sprints/Hurdles



Brandon Rizzo enters his second season on Penn State's track and field staff and his first as an assistant coach for the 2022-23 season. Rizzo was promoted from volunteer assistant coach and takes over for former associate head coach Erin Tucker as the sprints coach for the 2022-23 season.

In 2022, Rizzo served as the volunteer sprints, hurdles, and relays coach where he aided one individual and one relay to the NCAA Outdoor National Championships, as well as assisted hurdler Yasmin Brooks to a Big Ten championship in the 60-meter hurdles and 100-meter hurdles.

During the summer, Rizzo mentored sprinter James Onwuka in representing Nigeria at the U20 World Athletics Championships in Columbia.

Prior to arriving to Happy Valley, Rizzo served as a volunteer track and field coach at Passaic Valley Regional High School from 2018-21. Throughout his tenure with the Fighting Hornets, the team celebrated its first Outdoor Boys County Title Championship in school history. Rizzo also went on to guide a NJ Meet of Champions qualifier, five NJSIAA State qualifiers, and eight Big North League Champions.

Rizzo earned a master's degree in integrated marketing communications from Marist College and a bachelor's degree in exercise science from Montclair State University. A student athlete himself, he was an IC4A qualifier in the 400-meter hurdles and a four-time New Jersey Athletic Conference champion, holding the conference meet and school record in the 500-meters.

COACHING STAFF



**Brie
BERKOWITZ**
Second Year
East Carolina '07
Assistant Coach

Pole Vault
Long Jump
Triple Jump



Brie Berkowitz begins her second season at Penn State in 2022-23 after nine seasons as an assistant coach at ECU. She oversees Penn State's pole vault, long jump and triple jump programs.

In her first season in Happy Valley, Berkowitz oversaw several student-athletes who went on to set school records, including Katie Jones' (4.31m) and Luke Knipe's (5.33m) program records in pole vault in the 2022 outdoor season. Both also set program highs in the indoor season with Knipe's personal-best 5.40m clearance and Jones' 4.27m vault and second place finishes at the Big Ten Indoor Championships. A total of seven Nittany Lions went on to compete in at the NCAA Qualifiers in pole vault, long jump, and triple jump.

Prior to Penn State, Berkowitz helped guide ECU pole vaulters to a strong 2021 outdoor campaign. Senior Sommer Knight earned First Team All-America honors after placing third at the NCAA Championships with a program record breaking clearance of 4.35m. Knight also won the American Athletic Conference championship with her clearance of 4.28m at the conference meet. Over the course of her time at ECU, she guided athletes to both indoor and outdoor school records in the event.

In 2018, Berkowitz mentored, then-freshman Sommer Knight, who became the first female pole vaulter in program history to clear 13 feet. Knight also set the indoor (3.99m) and outdoor (4.20m) school records while qualifying for the NCAA East Preliminary and capturing a pair of third-place finishes at the American Athletic Conference Indoor and Outdoor Championships. Additionally, Knight qualified for the USA Junior National Championships where she set a lifetime-best mark of 4.20 meters (13-09.25 feet) for a fourth-place finish. In 2020, Knight earned all-league accolades at the AAC Indoor Championships following a third-place result.

Berkowitz was a part of two conference championship teams at ECU, helping the Pirate women to the 2014 Conference USA indoor and outdoor titles.

In 2017, Berkowitz helped coach Adell Remsberg to a sixth-place finish in the pole vault at the American Athletic Conference Outdoor Championships with a personal-record of 3.79 meters.

In 2013, Berkowitz coached Brooke Kott to All-Conference USA First Team honors after she finished in seventh place overall at the league's 5K championship meet in Denton, Texas.

A two-time team captain for ECU's track and field team, Berkowitz competed in the 400-meter hurdles and the pole vault. In fact, Berkowitz and her relay team of Lindsay Dolan, Lanaire Lindo, and Jaslyn Grullon still hold the ECU record of 1:01.59 set in 2007 at the Florida Relays in the 100-meter shuttle relays.

Prior to her return to ECU, Berkowitz worked at the University of Miami as the travel and events coordinator in the Hurricane athletic department. She also had stints working for the Miami Heat and Florida Panthers in their respective sales departments.

At ECU, Berkowitz earned a Bachelor's Degree in Physical Education and a master's degree in sport management. While

pursuing her graduate degree, the York, Pa., native worked as a graduate assistant in academics and as a volunteer coach with the track and field squad. In 2007, she was named the winner of the NCAA Division I Sportsmanship Award for Conference USA.

Her father, Marvin Berkowitz, is a cross country/track and field coach at Redlion Area Senior High School in Pennsylvania. The elder Berkowitz is a former Penn State weightlifter, while Berkowitz's mother, Darla, ran cross country at York College (Pa.).



**Nathan
OTT**
First Year
Southern Utah '07
Assistant Coach

Throws



Nathan Ott is in his first season as the assistant coach/throws coach for Penn State track & field. Ott came from Grand Canyon after spending a year as a throws coach.

At Grand Canyon, Ott led Israel Oloyede to the best collegiate hammer throw of the year (sixth-best of all-time) to take fifth place at the USA Track and Field Championships. Ott also coached Oloyede to a second-team All-American selection and a 10th place finish at the NCAA Indoor Track and Field Championships during the indoor track season. He helped Marten Gasparini record the seventh-best javelin throw in the NCAA at 76.28 meters.

Along with college coaching, Ott has worked with multiple professionals. He helped Brooke Andersen capture the gold medal at both the World and USA Track and Field Outdoor Championships in 2022 and fourth-best hammer throw of all-time at 79.05 meters. Andersen previously garnered a 10th place finish at the 2020 Tokyo Olympics in hammer throw with a score of 72.5 meters. Ott also assisted thrower Darian Brown to make the 2021 USA top-12 list in discus at 61.72 meters.

From 2018-21, Ott was at Kansas State as an assistant coach. He guided seven NCAA Division-I All-American athletes in women's hammer, men's hammer, women's weight and women's discus. Ott produced four Big 12 Champions and multiple runner-up finishers. In 2019, he was named Midwest Region Women's Assistant Coach of the Year.

Prior to Ott's time at Kansas State, he spent 2014-18 at Northern Arizona as an assistant coach. He had another seven NCAA Division-I All-American athletes and a total of sixteen throwers qualify for National Preliminaries, including NCAA Championship runner-up Andersen and two-time Canadian National Champion Adam Keenan.

Ott graduated from Southern Utah in 2007 with a Bachelor of Science in Physical Education with a coaching emphasis.


Ott himself was an accomplished student-athlete. At Southern Utah, he held the school record in the hammer throw (now second overall) and is fifth overall in shot put. During the 2006 season, he qualified for regionals in hammer throw and was the leading scorer in the squad's victory at the Outdoor Summit League Championships. He followed up with a ninth-place finish at the 2007 Regional Championships in hammer throw.



VOLUNTEER/SUPPORT STAFF



**Kara
FOSTER**
Director of Operations



**Jenna
GEARING**
Operations Assistant



**Brooke
ANDERSEN**
Volunteer Assistant Coach



**Nayoka
CLUNIS**
Volunteer Assistant Coach



**Sean
DONNELLY**
Volunteer Assistant Coach



**Jonathan
GRAY**
Volunteer Assistant Coach



**Beatrice
LLANO**
Volunteer Assistant Coach



**Stamatia
SCARVELIS**
Volunteer Assistant Coach

SUPPORT STAFF



**Michael
GAY**

Assistant AD
Athletic Training



**Allison
GAWINSKI**

Athletic Trainer



**Stephanie
HOPKINS**

Academic Advisor
Morgan Academic Center



**Nikkie
JUPE**

Performance Nutrition
Services



**Melissa
BOLDT**

Performance
Enhancement Coach

22-23



CROSS COUNTRY / TRACK & FIELD

WOMEN'S BIOS



WOMEN'S TRACK & FIELD ROSTER

Name	Event Area	Class	Hometown	Previous School
Bacon, Cecelia	Jumps	Graduate	Chantilly, Va.	Chantilly
Baham, Meredith	Pole Vault	Freshman	Glen Allen, Va.	Glen Allen
Benzer, Libby	Distance	Graduate	Orchard Park, N.Y.	Canisius
Brown, Jermecia	Sprints	Junior	Fort Lauderdale, Fla.	St. Thomas Aquinas
Cudmore, Gwendolyn	Jumps	Freshman	Port Colborne Ontario, Canada	E.L. Crossley Secondary School
Culver, Isabella	Mid-Distance	Senior	Millheim, Pa.	Penns Valley
Dallas, Katie	Distance	Freshman	West Lawn, Pa.	Wilson
Daniels, Claire	Distance	Freshman	New Milford, Conn.	New Milford
DeMars, Faith	Distance	Junior	Ballston Spa, N.Y.	Ballston Spa
Dougherty, Allison	Distance	Freshman	Spring, Texas	Tomball
Duffus, Zoe	Distance	Sophomore	Fort Wayne, IN	Fort Wayne Carroll
Ermold, Annika	Throws	Freshman	Shillington, Pa.	Governor Mifflin
Fedko, Katherine	Distance	Senior	Gibsonia, Pa.	Hampton
Friedman, Audrey	Throws	Freshman	Union City, Pa.	Fort LeBoeuf
Gambrell, Breana	Jumps	Graduate	Athens, Pa.	Athens
Gearing, Rachel	Mid-Distance	Graduate	Cleveland, Ga.	White County
Goldstein, Zoey	Sprints	Junior	Fairfax, Va.	South County
Hatcher, Lea	Distance	Freshman	Morgantown, W.V.	Morgantown
Hayes, Samantha	Distance	Sophomore	St. Mary's, PA	St. Mary's
Johnson, Allison	Mid-Distance	Sophomore	Mount Gilead, OH	Mount Gilead
Kane, Kileigh	Distance	Senior	State College, Pa.	State College
Kauffman, Mallory	Throws	Senior	Millerstown, Pa.	Greenwood
Krebs, Makenna	Distance	Senior	Harrisburg, Pa.	Central Dauphin East
Madson, Jane	Sprints	Senior	Pittsburgh, Pa.	Upper Saint Clair
McCormick, Cori	Distance	Sophomore	Ashland, PA	North Schuylkill
McCullough, Kayla	Jumps	Freshman	West Suffield, Conn.	Suffield
McCullough, Kaylee	Distance	Junior	Feasterville, Pa.	Neshaminy
McDavid, Mary	Distance	Senior	Philadelphia, Pa.	Penn Charter
McKenney, Hope	Distance	Freshman	Mechanicsburg, Pa.	Mechanicsburg
Morant, Leena	Mid-Distance	Junior	Scotch Plains, N.J.	Union Catholic
Mullin, Shannon	Jumps	Freshman	State College, Pa.	State College
Nottoli, Carena	Pole Vault	Graduate	Landisville, Pa.	Hempfield
Obichere, Chibugo	Hurdles/Sprints	Senior	Valley Stream, N.Y.	Valley Stream South
Pancoast, Alex	Throws	Freshman	West Chester, Pa.	Unionville
Pickering, Sarah	Mid-Distance	Freshman	Newcastle, Australia	Merwether
Pitts, Maddie	Multi Event	Freshman	Victor, N.Y.	Victor Senior
Princz, Lauren	Sprints	Sophomore	Egg Harbor Township, NJ	Egg Harbor Township
Ridge, Anna	Distance	Freshman	Akron, N.Y.	Clarence
Rodrigo, Aitana	Sprints	Graduate	Spain	
Royce, Chloe	Multi Event	Senior	Montreal, Canada	Maryland
Shedleski, Lauren	Throws	Sophomore	Kulpmont, PA	Mount Carmel
Starr, Jean	Throws	Junior	Leechburg, Pa.	Kiski Area
Thomas, Tesia	Jumps	Junior	York, Pa.	West York
Toti, Sophia	Distance	Junior	Carlisle, Pa.	Carlisle
Ullom, Madaline	Mid-Distance	Junior	Mason, Ohio	Mason
Vanriele, Victoria	Mid-Distance	Junior	Berkeley Heights, N.J.	Governor Livingston
Willshaw, Kate	Jumps	Senior	Easton, Pa.	Easton
Wilson, Carlie	Jumps	Senior	Sparta, N.J.	Sparta
Zurich, Hailey	Pole Vault	Senior	Williamsport, Pa.	Loyalsock Township





**Cecelia
BACON**

Chantilly, Va.
Chantilly
Graduate Student
Jumps

COLLEGIATE PERSONAL BESTS: HJ – 5-10.75 (1.80m), TJ - 40-6.00 (12.34m)

Awards: Academic All-Big Ten Spring 2022...Named to 2022 UST-FCCCA All Academic Team...Academic All-Big Ten (2021)

AT BIG TEN CHAMPIONSHIPS

2022 Big Ten Outdoor Championships (5/13-15): Finished fourth in the high jump.

2022 Big Ten Indoor Championships (2/25-26): Finished fourth in the high jump.

2021 Big Ten Outdoor Championships (5/14-16): Finished seventh in the high jump and 11th in the triple jump.

2021 Big Ten Indoor Championships (3/25-27/21): Placed fourth in the high jump with a personal best 1.78m jump and 12th in the triple jump.

2022 Outdoor

Season: Had three wins in the high jump...Placed fourth at Big Ten Championships (5/13-15) and 22nd at NCAA East Preliminary Round (5/25-28) in high jump.

Penn Challenge (3/19): Earned first win of the outdoor season and tied personal best at 1.80m. Hurricane Alumni Invitational (4/8-9): Earned second high jump win of outdoor season. Big Ten Championships (5/13-15): Placed fourth at conference championship.

2022 Indoor

Season: Took first in four high jump competitions...Set personal best mark of 1.80m at Sykes & Sabock Invitational (1/29)...Placed fourth at Big Ten Indoor Championships (2/25-26).

Bison Opener (12/3-4/21): Won first collegiate high jump event at 1.75m. Sykes & Sabock (1/29): Reached new personal best at 1.80m in third win of the season. Big Ten Indoor Championships (2/25-26): Took fourth at conference championships.

2021 Outdoor

Season: Posted 10 top ten finishes.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Set personal-best marks in both high jump and triple jump...Tallied six top-five finishes in both high jump and triple jump.

2019 Outdoor

Jim Thorpe (5/3): Jumped a then-personal best in high jump (1.68m). Bucknell Team Challenge (4/20): Jumped 1.55m to finish sixth in high jump. ASU Invitational (3/22-23): Finished third in high jump (1.60m).

2019 Indoor

Penn State Tune-Up (2/16): Finished third in both high jump and triple jump. Sykes & Sabock Challenge Cup (2/2): Set her colle-

giate best in the triple jump (11.52m). Bison Opener (11/30-12-1): Placed second in the high jump (1.60m) and fifth in triple jump (11.22).

BEFORE PENN STATE

HIGH SCHOOL PRs: 400 - 58.25, Triple jump - 39-0, High jump - 5-5

Won outdoor Virginia High School League (VHSL) Concord Conference 5 triple jump championship...Named 6A Region D outdoor triple jump champion...Named all-state in the triple jump and the high jump...Won Indoor VHSL Concord Conference 5 triple jump championship...Won VHSL 6A Region D indoor triple jump championship...Finished runner-up in the high jump and the triple jump at the VHSL 6A meet...Member of three school record setting relays - 4x100M, 4x400M, and sprint medley relay...Won 2017 Outdoor VHSL Concord Conference 5 triple jump championship...Named all-state in the triple jump VHSL 6A with a school-record mark of 39-0...Won indoor VHSL Concord Conference 5 triple jump title...Named team MVP in indoor and outdoor track & field...Won 2016 outdoor VHSL Concord Conference 5 high jump title...Won indoor VHSL Concord Conference 5 triple jump champion...Placed 19th in the triple jump at the 2017 New Balance Nationals Outdoor meet...Took ninth in the high jump at the 2016 New Balance Nationals Outdoor meet...Earned four varsity letters in indoor and outdoor track...Member of the National Honor Society...Member of the marching band for four years at Chantilly High School.

PERSONAL

Daughter of Matthew and Noela Bacon....Pursuing a Master's Degree in Organizational Development...Born in Georgia.



**Libby
BENZER**

Orchard Park, N.Y.
St. Mary's (Canisius)
Graduate Student
Distance/XC

COLLEGIATE PERSONAL BESTS

at *Canisius*: 800m - 2:25.94, 1000m - 3:30.89, 1500m - 4:44.17, Mile - 5:05.59, 3000m - 9:55.62, 5000m - 17:13.98, 5K(XC) - 18:41.5, 6K(XC) - 21:43.3

PRIOR TO PENN STATE

Ran four seasons of cross country and track & field at Canisius 2018-22...Named team captain 2020-22...Won two individual titles senior year at Little Three and Canisius Alumni Classic in cross country...Earned All-MAAC cross country honors after 14th-place finish at MAAC Cross Country Championships in 2021...Set Canisius indoor school record in one-mile run at MAAC Indoor Championships with time of 5:05.59...Member of the Canisius school-record holding 4x800m relay team with a time of 9:35.98 at 2022 ECAC Indoor Championships...Won two 1500m races at SUNY Geneseo Early Season Invite and UB Spring Opener in outdoor 2022...Earned All-East recognition for her seventh-place finish in the women's 5000 at the ECAC Outdoor Championships...Named to MAAC Outdoor Track All-Academic Team twice 2021-22...Named to MAAC Indoor Track and Cross Country All-Academic Team 2021-22.

RETURNERS

HIGH SCHOOL

Section VI Scholar Athlete at St. Mary's...MVP of Monsignor Martin League in 2018...Three time Monsignor Martin First Team selection (2016-18)...All WNY Cross Country Honorable Mention in 2017 & 2018...Monsignor Martin All-Catholic Cross Country Champion as a senior.

PERSONAL

Parents are Lisa and Shawn Benzer...Has two siblings: Patrick and Madeline...Graduated from Canisius with a biology degree in 2022...Studying Primary Palliative Care as a graduate student.



Jermecia BROWN
Fort Lauderdale, Fla.
St. Thomas Aquinas
Junior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.71, 100m - 12.34, 200m - 24.46, 400m - 55.64

ON THE NATIONAL STAGE

2021 NCAA East Prelims - Qualified in the 4x400.

AT THE BIG TEN CHAMPIONSHIPS

2021 Big Ten Outdoor Championships (5/14-16/21): Set personal bests in the 200 (24.71) and 400 (56.49).

2022 Outdoor

Season: Had three top-3 finishes, including first collegiate outright win. Set PRs in 200m and 400m.

UCF Knights Invite (3/25-26): Won 400m spring at personal-best 55.64 for first collegiate race win...Set personal best in 200m at 24.46...Finished second on 4x100m relay. Virginia Challenge (4/22-23): Finished third in 4x100m relay.

2022 Indoor

Season: Ran in four meets in the 60m, 200m and 400m.

2021 Outdoor

Season: Recorded nine top ten finishes.

Big Ten Husker Invite (4/16-17): Posted a personal best of 12.34 in the 100m dash. Placed fifth in the 4x400m relay and sixth in the 4x100m relay.

2021 Indoor

Season: Posted six top ten finishes in three meets.

Penn State Invitational (1/23): Opened her collegiate career with a win in the 4x100m relay, a seventh place finish in the 200m dash and a ninth place finish in the 60m dash.

BEFORE PENN STATE

HIGH SCHOOL PRs: 100m - 11.81, 200m - 24.2, 400m - 54.9
Earned four varsity letters in track and field at St. Thomas Aquinas High School...Won state championship in 400m...Named All-Boward in the 4x400m event...Was a member of the honor roll...Has completed over 75 hours of community service.

PERSONAL

Daughter of Lashonda and Jermaine Brown...Has two brothers, Tremaine and Jermaine ...Studying criminology...Born in Florida.



Isabella CULVER
Millheim, Pa.
Penns Valley
Senior
Distance

COLLEGIATE PERSONAL BESTS: 400m - 1:02.21, 600m - 1:35.87, 800m - 2:16.27, 1000m - 3:00.53

AWARDS: Two-time Academic All-Big Ten recipient, Spring 2022 and Fall 2021

CAREER NOTES & RECORDS

Career: Competed in DMR in first Big Ten Indoor Championships

AT BIG TEN CHAMPIONSHIPS

Big Ten Indoor Championships (2/28-29/20): Member of the DMR team that placed ninth (11:50.15).

2022 Outdoor

Season: Ran in two events with a fifth-place finish at Jim Thorpe (5/6) in the 800m.

2022 Indoor

Season: Compiled four top ten finishes in five total events.

Nittany Lion Challenge (1/15): Placed 8th in 600m...Took 7th in 4x400m relay. Penn State National Open (1/21-22): Placed fourth in 1000m. Penn State Tune-Up (2/18): Ran to fourth place in 800m.

2021 Season - Did not compete.

2020 Outdoor

Season cancelled due to COVID-19 pandemic

2020 Indoor

Season: Set personal-best marks in 600m and 800m.

BEFORE PENN STATE

Attended Penns Valley Area Senior High School...Earned four letters in volleyball, basketball and track & field...Named team MVP twice in track & field...Won three district championships in the 400m and PIAA 400m state runner-up in 2018...Won 200m district championship...Holds 400m school and district record...Named 2019 PIAA AA District 6 Outstanding Women's Athlete, Penns Valley Outstanding Female Senior Athlete...Qualified for four state championships and named four-time all-conference in the 400m race...Captained all three teams...Scored 1,000 points in basketball...Named all-conference twice in both volleyball and basketball...Earned National Honor Society status...Named 2018 Centre Daily Times Inspiring Student-Athlete.



PERSONAL

Daughter of Lauralee Snyder and Mike Culver...Has two siblings, Alex and Aidan...Father, Mike, and aunt attended Penn State... Mike played professional football in Europe and is a member of the Juniata College Hall of Fame...Pursuing a BA in Geography... Born in Pennsylvania.



Faith DeMARS

Ballston Spa, N.Y.
Ballston Spa
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 1000m - 2:54.80, Mile - 4:45.70, 3000m - 9:26.24, 3000mS - 10:06.27, 5000m - 16:12.57, 4K(XC) - 13:54.9, 5K(XC) - 16:50.7, 6K(XC) - 21:31.1

CAREER

Qualified for 2022 Outdoor NCAA East Preliminaries in 3000m steeplechase...Ran at Big Ten Championships in 2021-22 in cross country, indoor, and outdoor track.

2022 Outdoor

Season: Qualified for 2022 Outdoor NCAA East Preliminaries in 3000m steeplechase...Placed top 6 in two events at Big Ten Outdoor Championships...Placed top 6 in three of four 3000m steeplechase events.

Virginia Challenge (4/22-23): Placed third in 3000S at personal-best time 10:06.27. Big Ten Championships (5/13-15): Placed 6th in 3000S and 5th in 5000m. NCAA East Preliminary (5/25-28): Ran in 3000S preliminaries.

2022 Indoor

Season: Competed across 1000m, mile, 3000m, and 5000m and finished top-six in all regular-season appearances...Finished 11th at Big Ten Indoor Championships in 5000m.

Penn State National Open (1/21-22): Finished first in 3000m behind personal-best time of 9:26.24. Big Ten Indoor Championships: Finished 11th in 5000m.

Cross Country

Season: Competed in second Big Ten Cross Country Championship...Set personal best in 6k at NCAA Mid-Atlantic Regional.

NCAA Mid-Atlantic Regional (11/12): Finished 37th behind personal-best 6k time of 21:31.1.

2020-21

Indoor

Season: Competed in two meets for the Nittany Lions.

Nittany Lion Opener (1/16): Won her collegiate debut in the 3000m run.

Cross Country

Season: Ran in Big Ten Championships after 2020 season was pushed back due to the COVID-19 pandemic.

BEFORE PENN STATE

HIGH SCHOOL PRs: XC 5k - 18:03.27, 2000mSC - 6:51.67, 3000m - 9:47.92, 1500m - 4:35.18

Earned five varsity letters in indoor and outdoor track & field... Earned four varsity letters in cross country...Named team MVP three times in cross country, indoor track and outdoor track at Ballston Spa High School...Won seven state medals...Set seven Ballston Spa school records...Named to Suburban Council All-Star squad five times...Selected New York Sportswriters All-State in cross country...Won USATF JO national championship in 2000mSC.

PERSONAL

Daughter of Jamie and Betsy DeMars...Has one brother, Matthew...Studying Kinesiology...Born in Kansas.



Zoe DUFFUS

Fort Wayne, Ind.
Carroll
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 2:15.43, 1500m - 4:27.72, 5K(XC) - 18:27.7, 6K(XC) - 22:47.9

2022 Outdoor

Season: Ran in the 1500m five times with a personal-best time of 4:27.72 at the Bison Outdoor Classic (4/14-16).

2022 Indoor

Season: Did not have registered competition.

BEFORE PENN STATE

HIGH SCHOOL PRs: 800 - 2:13, Mile - 4:45.95, 5k - 17:27

Four year varsity letterwinner in cross country and track...Nike Cross Regional Midwest First team...Nike National Qualifier... Two-time USATF Indiana Athlete of Year...Two-time Indiana Team State Champion...Two-time Indiana Team State Runner up...2020 Individual Indiana State Runner Up in Cross Country...Two-time Individual Indiana State Runner Up in Cross Country...Four-time Indiana Sectional, Regional, and Semi State team champions... School record holder in 1600 and 5000.

PERSONAL

Daughter of Parris Duffus and Melissa Graham...Enrolled in the Division of Undergraduate Studies...Born in Indiana.

RETURNERS



**Katherine
FEDKO**

Gibsonia, Pa.
Hampton
Senior
Distance/XC

COLLEGIATE PERSONAL BESTS: Mile - 5:03.23, 3000m - 10:04.87, 5000m - 16:48.42, 4K(XC) - 14:36.5, 5K(XC) - 17:54.4, 6K(XC) - 21:45.4

AWARDS: Three-time Academic All-Big Ten recipient (Spring 2021, Fall 2021, Spring 2022)

2022 Cross Country

Season: Competed in four events highlighted by a 6th place finish at Dolan Duals (9/2) in a 4k race.

2021 Outdoor

Maryland B1G Invite (5/26) - Placed second in the 3000m with a season best 10:04.87.

2021 Indoor

Penn State Tri-Meet (2/6) - Placed eighth in the mile with a season best 5:03.23.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: Mile - 5:13, 3200 - 11:10, 5k - 18:21
Earned four varsity letters in track and cross country...Won two WPIAL cross country championships...Qualified for New Balance nationals in both indoor and outdoor track.

PERSONAL

Daughter of John and Tina Fedko...Has four siblings; Kaley, Christian, Kyler and Colby...Mother, Tina, attended Penn State...Brothers Christian and Kyler play baseball at UConn...Pursuing a Bachelor's Degree in Elementary & Early Childhood Education...Born in Pennsylvania.



**Rachel
GEARING**

Cleveland, Ga.
White County
Graduate Student
Distance/XC

COLLEGIATE PERSONAL BESTS: 200m - 25.74, 400m - 56.02, 600m - 1:30.18, 800m - 2:03.88, LJ - 18-5.75 (5.63m), TJ - 40-10.25 (12.45m), 6K(XC) - 22:23.5

AWARDS: Named 2022 Outdoor Track All-American honorable mention in 800m.

2022 Outdoor

Season: Named a 2022 Outdoor Track All-American honorable mention in the 800m after qualifying for NCAA Outdoor Championships...Placed eighth at NCAA East Preliminaries in 800m and third at Big Ten Championships...Was a part of the Penn Relay-winning 4x800 and sprint-medley squads.

Penn Relays (4/28-30): Joined teammates Maddie Ullom, Victoria Vanriele, and Victoria Tachinski as 4x800 relay champions...Also teamed up with Jane Madson, Yasmin Brooks, and Victoria Tachinski to win the sprint medley relay. Jim Thorpe (5/6): Set 800m personal best at 2:03.08 in race win. Big Ten Outdoor Championships (5/13-15): Placed third in 800m and seventh in 4x400m relay. NCAA East Prelims (5/25-28): Placed eighth and qualified for NCAA Championships. NCAA Championships (6/8-11): Earned All-America honors with 19th place finish in 800m.

2022 Indoor

Season: Placed fourth in 800m at Big Ten Indoor Championships...Placed in the top 10 in all 11 races for the indoor season.

Big Ten Indoor Championships (2/25-26): Took fourth at conference championships in 800m...Placed fifth in 4x400m and third in DMR.

2021 Outdoor

Maryland Big Ten Invite (3/26-27): Placed third in both the 400 and 4x400m.

2021 Indoor

Penn State Tri-Meet (2/6/21): Opened the season with a win in the 4x400m relay.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Placed 10th in triple jump at first Big Ten Indoor Championships.

Penn State National Open (1/31-2/1): Reached 40-2.75 (12.26m) for second place and season-best in triple jump. Big Ten Indoor Championships (2/28-29/20): Placed 10th in triple jump.



RETURNERS



2019 Outdoor

Season: Competed in triple jump at the Big Ten Championships and finished eighth...Set personal-best distance in the triple jump (12.45m) at Bison Outdoor Classic...Won two triple jump events.

LSU Battle on the Bayou (4/13-14): Kicked off outdoor season with third-place finish in triple jump (12.30m). Bison Outdoor Classic (4/13-14): Won triple jump event and set personal best (12.45m). Jim Thorpe Open (5/3): Won triple jump event (12.36mw). Big Ten Outdoor Championships (5/10-12/19): Finished eighth in triple jump finals for the Nittany Lions and contributed a point Nittany Lions.

2019 Indoor

Season: Posted seven top-10 finishes...Set personal best in the 200m.

Bison Opener (11/30-12/1): Jumped 5.60m and 11.62m in the long jump and triple jump. Penn State National (1/25-26): Posted collegiate best 5.63m in long jump. Sykes & Sabock Challenge Cup (2/2): Ran personal-best 25.96 in the 200m. Penn State Tune-Up (2/16): Finished second in triple jump (12.25m).

BEFORE PENN STATE

HIGH SCHOOL PRs: Long jump - 18-8 (5.68m), triple jump - 39-8 (12.09m)

Earned four varsity letters and named team captain in basketball, cross country, soccer and track & field at White County High School...Set multiple school records: 400m, 4x400m relay, 4x100m relay, long jump and triple jump...

PERSONAL

Daughter of Bill and Jeannette Gearing...Has six siblings, Cole, Ellie, Jenna, Kaitlyn, Lily and Will...Bill was a member of the Penn State boxing team...Jeannette played field hockey at Penn State...Kaitlyn competes in track & field at Lees-McRae College...Will plays soccer at Young Harris College...Jenna is a member of the Clemson track & field program...Studying Recreation, Parks, and Tourism Management...Chose Penn State because "I loved the atmosphere and it has been my dream school ever since I was little"...Born in Georgia.



**Zoey
GOLDSTEIN**

Lorton, Va.
South County
Junior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.89, 200m - 24.78, 400m - 55.78

AWARDS: Academic All-Big Ten Spring 2022...Named a Distinguished Scholar

2022 Outdoor

Season: Competed at first Big Ten Outdoor Championship...Earned first race win at Jim Thorpe Invitational (5/6)...Ran in vari-

ous sprint and sprint relays at 100m, 200m and 400m distances. Jim Thorpe (5/6): Won 400m race for first collegiate win. Big Ten Outdoor Championships (5/13-15): Competed in 400m, 4x100m and 4x400m relays.

2022 Indoor

Season: Ran the 400m at the Big Ten Indoor Championships.

Nittany Lion Challenge (1/15): Made collegiate debut in the 60m and 4x400m. Sykes & Sabock (1/29): Placed in third in 400m. Music City Challenge (2/11-12): Set personal best in 800m at 55.78. Big Ten Indoor Championship (2/25-26): Competed in 400m at conference championship.

2021 Season

Did not see action.

BEFORE PENN STATE

HIGH SCHOOL PRs: 55m - 7.28, 300m - 39.77, 500m - 1:14.75
Earned all-region, all-state and All-America honors three times at South County High School...Won four district championships and four region titles...Set five school records...Earned Scholar Athlete Award...Was a member of the National Honors Society.

PERSONAL

Daughter of Lisa and Barry Goldstein...Majoring in Advertising/Public Relations...Born in Virginia.



**Samantha
HAYES**

Cresson, Pa.
Penn Cambria
Sophomore
Distance/XC

2021-22

Outdoor

Season: Competed at Bison Outdoor Classic (4/14-16) in 800m.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600 - 5:07.50

Four year letterwinner...Three-time District 9 team champion.. District 9 singles champion (2018)...Three-time State Medalist 2A (2018 - 16th, 2019 - 23rd, 2020 - 13th)..4x800 District 9 Champions (2018, 2019, and 2021)...4x400 District 9 Champions (2019 and 2021), 1600 District 9 Champion (2021)...School record holder in the 4x400 and 4x800.

PERSONAL

Daughter of Robert and Erica Hayes..Pursuing a Bachelor's Degree in Chemical Engineering...Born in Pennsylvania.

RETURNERS



**Allison
JOHNSON**

Mount Gilead, Ohio
Mount Gilead
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 2:02.84*, 1000m - 2:43.12, Mile - 4:37.44, XC 4k - 14:14.0, 5K(XC) - 17:43.8, 6K(XC) - 21:17.2

*indicates program indoor record

AWARDS: Women's Indoor Freshman of the Year 2022... Named to Women's Indoor First Team... Named Indoor Track All American Second Team...Named to USTFCCCA All Academic Team

CAREER

Awards: Became fourth Nittany Lion since 2017 to be named Big Ten Freshman of the Year after winning the award for the 2022 indoor season...Earned USTFCCCA Second-Team All-America honors...Won 2022 Big Ten Indoor Championships 800m gold medal...Named First Team All-Big Ten for indoor season in 2022... Named USTFCCCA All-Academic Team honoree in 2022.

RECORDS: Set new program record in indoor 800m at Music City Challenge (2/11-12)...Ranks second in program history in 1000m and the mile after 2021-22 season.

2022 Indoor

Awards: Became fourth Nittany Lion since 2017 to be named Big Ten Freshman of the Year after winning the award for the 2022 indoor season...Earned USTFCCCA Second-Team All-America honors...Named First Team All-Big Ten for indoor season in 2022...Selected Big Ten Freshman of the year.

Season: Won Big Ten Indoor title in 800m...Finished season with four individual wins, including three in 800m...Qualified for NCAA Indoor Championships...Placed top 10 seven times...Set new program record in indoor 800m at 2:02.84 at Music City Challenge (2/11-12).

Nittany Lion Challenge (1/15): Won 1000m and 4x400m relay in collegiate indoor debut. Penn State National Open (1/21-22): Set personal-best in mile in second-place finish. Sykes & Sybock Invitational (1/29): Took first in 800m. Music City Challenge (2/11-12): Set new program record in indoor 800m at 2:02.84 to win race. Big Ten Indoor Championships (2/25-26): Won gold medal in 800m...Took third place in DMR.

2021 Cross Country

Season: Ran in two meets, including winning Dolan Duals 4k (9/2) in first collegiate race.

BEFORE PENN STATE

HIGH SCHOOL PRs: 100h - 14.72, 300h - 44.72, 400 - 56.27, 2:09.66, 800 - 2:05.20, Mile - 4:41.29, PV - 11'0 - 5k - 17:47.63. Four year varsity letterwinner...Three- All-Ohio cross country... All-Ohio in 100mH(2x), 300mH(1x), 800m(1x), 4x800(1x)...KMAC cross country runner of the year 2018 and 2020...2020 KMAC/dis-

trict champion in cross country...2020 800m indoor track and field state champion...2019 KMAC/regional champion in cross country...2018 12th at New Balance Nationals in the 800m...2018 Region/State runner up in 100mH. District champ in pole vault...2018 district/region/state champion in 800m...2018 District/region champion in 400m...2018 District champion in 100mH...2018 KMAC, district, region champion cross country...2018 district/region champ in 4x800...2017 girls cross country state runners up (team)...2017 district runner up/region runner up in cross country... School record holder in cross country 5k, Indoor 60mH, 800m, 4x400 and 4x800, Outdoor 100mH, 300mH, 400m and 800m.

PERSONAL

Daughter of Joe and Jackie Johnson...Studying Kinesiology... Born in Ohio.



**Kileigh
KANE**

State College, Pa.
State College
Senior
Distance/XC

COLLEGIATE PERSONAL BEST: 800m - 2:11.63, 1500m - 4:23.08, 4K(XC) - 14:11.4, 5K(XC) - 16:56.8, 6K(XC) - 21:36.5

AWARDS: Academic All-Big Ten Fall 2021

CAREER

Competed in three Big Ten Championships, twice in cross country (2019 and 2021) and once in outdoor (2022).

2022 Outdoor

Season: Ran in five events, including finishing eighth at the Big Ten Championships at 1500m.

Bison Outdoor Classic (4/14-16): Made outdoor debut in 1500m. Jim Thorpe (5/6): Finished second in 800m at 2:11.63. Big Ten Outdoor Championships (5/13-15): Placed eighth in 1500m final at 4:26.17 after setting personal best in preliminary race at 4:23.08.

2022 Indoor

Did not compete.

2021 Cross Country

Season: Ran in three races included second Big Ten Cross Country Championship (10/29).

2020-21

Did not compete.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Did not compete.

2019 Cross Country

Season: Competed at the NCAA Mid-Atlantic Regional and the Big Ten Cross Country Championships.

Big Ten Cross Country Championships (11/3/19): Set a colle-



giate personal-best time of 21:36.5 for 62nd. NCAA Mid-Atlantic Regional (11/5/19): Made regional debut with a 21:54.4 for 77th place.

BEFORE PENN STATE

Earned three letters in cross country and four letters in track & field at State College High School...Named team MVP in 2018 and team captain...Finished as 2017 cross country District 6 runner-up...Won 2018 cross country District 6 champion...Finished as 2018 PA cross country state runner-up...Won 2018 District 6 4x800 and 1600-meter championships...Finished third in 4x800 and sixth in 1600 at PA state meet. Won 2019 District 6 1600-meter championship...Finished fourth in 1600m at PA state meet in 2019...Finished 10th at 2019 New Balance Nationals Indoor in the mile...Finished fifth in the mile at 2019 Penn Relays.

PERSONAL

Daughter of Leon and Valsechi...Has five siblings, Kassidy, Karsyn, Killian, Jack, Vince...Pursuing a Bachelor's Degree in Telecommunications...Born in Pennsylvania.



COLLEGIATE PERSONAL BESTS: WT - 53-11.75 (16.45m), SP - 56-04.75 (17.19m), DT - 174-00.00 (53.04m)

AWARDS: Academic All-Big Ten Spring 2022 and Spring 2021... Named a 2022 Big Ten Distinguished Scholar...2022 Second Team Indoor Track & Field All American... 2022 Outdoor All American...Named to 2022 USTFCCA All Academic Team

2022 Outdoor

Season: Earned 2022 USTFCCA All-America honorable mention in shot put after top-20 finish at NCAA Outdoor Championships... Placed 11th in shot put at NCAA East Prelims and 5th at Big Ten Championships...Set personal best in discus (53.04) to place eighth at Big Ten Championships.

Bison Outdoor Classic (4/14-16): Won both the shot put and discus events. Virginia Challenge (4/22-23): Topped 17m in shot put and won discus throw. Big Ten Championships (5/13-15): Placed 5th in shot put and eighth in discus behind personal best 53.04 throw. NCAA East Prelims (5/25-28): Qualified for NCAA Championships with 11th-place shot put finish. NCAA Championships (6/8-11): Earned All-America honors with 19th-place finish in shot put.

2022 Indoor

Season: Earned USTFCCA Second-Team All-America honors with 10th-place shot put placing at NCAA Indoor Championships... Earned ninth-place finish at Big Ten Indoor championships...Won three regular-season shot put events...Set personal best shot put and weight throw marks.

Bison Opener (12/3-4/21): Earned first collegiate event win in shot put...Set weight throw PR at 16.45m. Dr. Sander Invitational Columbia Challenge (2/4-5): Took first in shot put. Penn State Tune Up (2/18): Topped 17m for first time on personal-best throw of 17.19m to win shot put. Big Ten Indoor Championships (2/25-26): Placed ninth in shot put. NCAA Indoor Championships (3/11-12): Named second-team All-American after 10th place finish on 16.95m throw.

2021 Outdoor

Jesse Owens Invitational (4/30-5/1): Placed third in the shot put with a personal best 16.33m throw and placed eighth in the discus throw. Big Ten Outdoor Championships (5/14-16/21): Placed 17th in the shot put with a 14.88m throw. NCAA East Prelims (5/26-29/21) - Qualified in the shot put.

2021 Indoor

Season: Placed third in the shot put at all three of her regular season meets.

Big Ten Indoor Championships (2/25-27/21): Recorded career best 16.13m toss in the weight throw. Placed 14th in the shot put.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Set a pair of collegiate-personal bests in shot put and weight throw...Posted three top-five finishes.

Nittany Lion Challenge (1/11): Placed second in shot put event (14.66m)...Set a personal-best mark in weight throw with a throw of 15.83m. Sykes & Sabock Challenge (2/8): Placed third in shot put event with a personal-best mark of 15.01m. Big Ten Indoor Championships (2/28-29/20): Placed 14th in first Big Ten Championships with a best throw of 14.71m.

BEFORE PENN STATE

HIGH SCHOOL PRs: Discus - 160-8, Shot put - 48-3.75
 Lettered four years in track and field and three years in basketball at Greenwood High School...Won three district championships in shot put and discus...Captured 2019 state championships in shot put and discus...Named PIAA first team All-State in shot put and discus...Was a member of the National Honor Society

PERSONAL

Daughter of Bryan and Darla...Has two siblings, Morgan and Mitchell...Mom, Darla, attended Penn State, and sister, Morgan, currently attends Penn State...Chose Penn State because, "I loved the campus, the coaches, the facilities, and the overall family feel of the team"...Studying Elementary & Early Childhood Education...Born in Pennsylvania.

RETURNERS



**MaKenna
KREBS**

Harrisburg, Pa.
Central Dauphin East
Senior
Distance

COLLEGIATE PERSONAL BESTS: 800m - 2:10.54, 1000m - 2:55.87, 1500m - 4:27.17, Mile - 4:42.61, 3000m - 9:20.89, 3000S - 10:16.70, 5000m - 17:12.19, 4K(XC) - 14:24.9, 5K(XC) - 17:29.0, 6K(XC) - 21:20.2

AWARDS: Three-time Academic All-Big Ten Spring 2021, Fall 2021, Spring 2022...Named to 2022 USTFCCCA All-Academic Team.

CAREER NOTES & RECORDS

Career: Competed in two NCAA events at 2022 East Preliminary Round in 3000 steeplechase and 2021 Mid-Atlantic Cross Country Regional...Competed in six total Big Ten Championships.

2022 Outdoor

Season: Posted four top-8 finishes...Qualified for NCAA East Preliminary in 3000m steeplechase.

Virginia Challenge (4/22-23): Set personal best in 3000S at 10:16.70 to finish eighth. Big Ten Outdoor Championships (5/13-15): Placed eighth in the 3000S and 17th in 5000m. NCAA East Preliminary Round (5/25-28): Placed 23rd in 3000S.

2022 Indoor

Season: Ran in seven total events, including placing ninth in the mile at the Big Ten Indoor Championship...Won first collegiate race in mile at Sykes & Sabock Invitational (1/29).

Penn State National Open (1/21-22): Placed second in 3000m. Sykes & Sabock (1/29): Picked up first collegiate race win with personal-best mile of 4:42.61. Big Ten Indoor Championships (2/25-26): Took ninth in mile run.

2021 Cross Country

Season: Qualified for NCAA Mid-Atlantic Regional Cross Country Championships...Ran at Big Ten Cross Country Championships.

2021 Outdoor

Big Ten Outdoor Championships (5/14-16/21): Competed in the 3000m steeplechase. Jesse Owens Invite (5/7): Placed fifth in the 1500m run with a personal best time of 4:38.87.

2021 Indoor

Penn State Tri-Meet - Placed fourth in the 800m and fifth in the mile with a personal best time of 4:48.58.

2020 Cross Country

Big Ten Cross Country Championships (1/30): Placed 54th with a time of 21:57.4.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Set three collegiate personal-best marks...Had three top-five finishes...Competed in first Big Ten Championships.

Penn State National Open (1/31-2/1): Finished second in 1000m with personal-best time of 2:55.87. Penn State Tune Up (2/21): Set personal best in 800m race (2:14.07). Big Ten Indoor Championships (2/28-29): Member of DMR team that took ninth place, running 11:50.15.

BEFORE PENN STATE

Earned four varsity letters in both cross country and track and field at Central Daughin East High School...Was 800m District 3 runner-up twice...Named PennLive Scholar Athlete of the Year...Named PennLive All-Star in 2018 and 2019.

PERSONAL

Daughter of Chad and Stephanie Krebs...Has two siblings, Levi and Thaddeus...Majoring in Kinesiology...Born in Pennsylvania.



**Jane
MADSON**

Pittsburgh, Pa.
Upper Saint Clair
Senior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.77, 200m - 24.45, 400m - 55.46

AWARDS: Academic All-Big Ten Spring 2022 and Spring 2021

2022 Outdoor

Season: Ran in four events at Big Ten Championships...Set personal best 400m run at Duke Invitational.

UCF Knights Invite (3/25-26): Placed second in 400m at 56.02. Duke Invitational (4/7-9): Ran personal best time of 55.46 in 400m. Big Ten Outdoor Championships (5/13-15): Ran in 200m, 400m, 4x100m and 4x400m relays at conference championships.

2022 Indoor

Season: Competed in 200m and 400m at Big Ten Indoor Championships...Had four individual top-10 placements and four top-10 relay placements.

2021 Outdoor

Did not compete.

2021 Indoor

Season: Won events in all three of her meets. Penn State Tri-Meet (2/6): Won the 4x400m relay and placed second in the 400m dash.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.



RETURNERS



2020 Indoor

Season: Set three personal-best marks in first collegiate season.

Penn State National Open (1/31-2/1): Set a personal-best mark in 60m (7.77). Big Ten Indoor Championships (2/28-29/20): Ran two personal-best times in 200m (24.45) and 400m (55.69).

BEFORE PENN STATE

High School PRs: 400m - 58.45, 200m - 24.65, 100m - 12.30
Participated in 2019 Spire Institute Ohio High School Indoor Meet 200m...Finished second in 200m Indoor Championship Medalist...Finished third in the 100m WPIAL (2018)...Finished second in the 200m WPIAL (2018)...Finished fifth in the 200m at the PIAA Championships (2018, 2019)...Holds the high school record for the 100m and 200m...Earned three letters in soccer at Upper St. Clair.

PERSONAL

Daughter of Mark and Erin Madson...Has four siblings, Alyza, McCoy, Charlotte and Georgia...Pursuing a Bachelor's Degree in



Cori McCormick

Ashland, Pa.
North Schuylkill
Sophomore
Distance/XC

COLLEGIATE BESTS: 1000m - 2:58.39, Mile - 4:57.46, 3000m - 9:49.31, 5000m - 17:46.72, 4K(XC) - 14:20.2, 5K(XC) - 17:53.5, 6K(XC) - 21:27.4

2022 Outdoor

Season: Did not compete.

2022 Indoor

Season: Posted four top-ten finishes in 2022 competition.

2021 Cross Country

Season: Ran in six events, including Big Ten and NCAA Mid-Atlantic Regional Championships.

BEFORE PENN STATE

HIGH SCHOOL PRs: 800 - 2:15.94, 1600 - 5:01.79, 3200 - 10:45.14

Four year varsity letterwinner...2021 PIAA 2A Girls Track and Field Team Champions...2021 District XI Track and Field 3200m Relay Champions...2021 District XI Track and Field 800m Champion...2021 Schuylkill League Track and Field 3200m Relay Champions...2021 Schuylkill League Track and Field 800m Champion...2018-2021 District XI Track and Field 3200m Champion...2019 and 2021 District XI Track and Field 1600m Champion...2018, 2019 and 2020 Schuylkill League Cross Country Champion...2020 and 2021 Schuylkill League Basketball Champions...2020 District XI Basketball Champions...2019 District XI Track and Field 1600m Relay Champions..No. 1 Ranked PA 2A Cross Country in 2020...Schuylkill League Cross Country Girls' Division I All-Star Team 2018-2020...PA All State Track and Field Team for Cross Country 2018 and 2019...Republican Herald All-

Area Track and Field Team 2019 and 2021...

North Schuylkill Outstanding Female Athlete...Republican Herald Female Athlete of the Year 2021...16-time PIAA State qualifier...Eight-time State Medalist.

PERSONAL

Daughter of Justine and Randy McCormick...Enrolled in the Division of Undergraduate Studies...Born in Pennsylvania.



Kaylee McCullough

Feasterville, Pa.
Neshaminy
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 1500m - 4:47.29, 3000m - 10:07.54, 5000m - 17:41.08, 4K(XC) - 14:59.3, 5K(XC) - 18:46.9, 6K(XC) - 22:40.6

AWARDS: Academic All-Big Ten Fall 2021

2021 Cross Country

Season: Ran in a pair of events, including an eighth place run in the 4k at Dolan Duals (9/2).

2021 Outdoor

Jim Thorpe Invite (5/7): Placed fourth in the 1500m with a season-best time of 4:47.29.

2021 Indoor

Placed 10th in the 3000m run in her only competition of the indoor season.

BEFORE PENN STATE

HIGH SCHOOL PRs: 3k - 10:12, 3200m - 10:55

Earned four varsity letters in cross country, indoor track and outdoor track...Was twice named Buck Country Runner of the Year...Earned All-State honors twice...Named Neshaminy High School's Outstanding Female Athlete.

PERSONAL

Daughter of Dawnmarie and Kevin McCullough...Has four siblings, Breanna, Maddy, Kaycee and Emily...Sister, Kaycee, runs track for Millersville University...Studying Rehab & Human Services...Born in Pennsylvania.

RETURNERS



**Mary
MCDAVID**

Philadelphia, Pa.
Penn Charter
Senior
Distance/XC

AWARDS: Academic All-Big Ten Spring 2022 and Fall 2021

2021-22 Season
Did not compete.

2021 Outdoor
Season cancelled due to COVID-19 pandemic.

2021 Indoor
Season: Did not compete.

BEFORE PENN STATE

Lettered four times in cross country and track at William Penn Charter School...Won 2018 Inter-Academic League Cross Country Team Championship, 2018 PAISAA Cross Country Team Championship and was a member of 2019 Indoor DMR State championship...Named All-Inter-Ac as junior and senior in cross country (2017-2018), PAISAA second team All-State as a senior in cross country (2018)...Holds school record in the mile and part of the DMR and 4x800 relay teams.

PERSONAL

Daughter of Jack and Stephanie McDavid...Has three siblings, Jason, Laura and Jeremy...Mother, Stephanie, attended Penn State...Majoring in psychology...Born in Pennsylvania.



**Leena
MORANT**

Cedar Grove, N.J.
Union Catholic
Junior
Distance

COLLEGIATE PERSONAL BESTS: 200m - 26.73, 400m - 58.95, 600m - 1:32.97, 800m - 2:12.79

2022 Outdoor
Season: Ran in five races across four events...Placed third in 800m at Jim Thorpe Invitational (5/6) with personal-best time of 2:12.79.

2022 Indoor

Season: Ran at Big Ten Indoor Championships at 600m...Competed in four other regular-season events with five top-six placings, including 4x400m relay victory at Nittany Lion challenge (1/15).

2020-21 Season

Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: 400m - 56.55, 600m - 1:34.07, 800m - 2:08.91, 5k - 18:40.00

Won Sprint Medley Relay Indoor National Championship and 4x800m Outdoor National Championship...Ran to four 800m New Jersey state championships...Set three Union Catholic school records.

PERSONAL

Daughter of Lee and Nadia Morant...Majoring in Labor & Human Resources...Born in New Jersey.



**Carena
NOTTOLI**

Landisville, Pa.
Hempfield
Graduate Student
Pole Vault

COLLEGIATE PERSONAL BESTS: 100m - 12.71 (0.6), Pole Vault - 13-2.25 (4.02m)

AWARDS: 2022 Spring Academic All-Big Ten.

CAREER NOTE & RECORDS

Records: Ranks seventh all-time on Penn State's outdoor pole vault (4.02m) performance list.

2022 Outdoor

Season: Competed at third Big Ten Outdoor Championship in pole vault.

2022 Indoor

Season: Competed at fourth Big Ten indoor Championships in pole vault.

2021 Outdoor

Big Ten Relays (4/23): Placed seventh in the pole vault with a season best 3.91m vault. Big Ten Outdoor Championships (5/14-16/21): Placed 14th in the pole vault with a clearance of 3.80m.

2021 Indoor

Penn State Tri-Meet (2/6): Placed fifth in the pole vault in her only regular season meet of the season. Big Ten Indoor Championships (2/25-27/21): Competed in the pole vault event.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.



RETURNERS



2020 Indoor

Season: Scored points at Big Ten Indoor Championships with an eighth-place finish...Placed in the top-10 in all seven meets.

Bison Opener (12/6-7): Won first pole vault event of the season (3.95m). Sykes & Sabock Challenge (2/8): Cleared season-best height of 3.98m for fourth place finish. Big Ten Indoor Championships (2/28-29/20): Scored points with an eighth-place finish (3.95m).

2019 Outdoor

Season: Ranks fourth in pole vault all-time at Penn State with a height of 4.02m...Qualified for NCAA East Prelims in pole vault...Set two personal bests.

Arizona State Invitational (3/22-23): Ran personal-best in the 100m (12.71). Virginia Challenge (4/19-20): Won pole vault with personal best height of 4.02m and moved into No. 4 spot on Penn State's all-time list. Big Ten Outdoor Championships (5/10-12/19): Finished 14th with a height of 3.72m. NCAA East Prelims (5/23-25/19): Qualified in pole vault and cleared 3.77.

2019 Indoor

Season: Placed in top five in seven meets in pole vault. Scored points for Penn with a fourth-place finish in the pole vault at the Big Ten Championships.

Bison Opener (11/30-12/1): Finished third in first collegiate meet with a height of 3.80m. Nittany Lion Challenge (1/12): Finished second in the pole vault. Penn State National (1/25-26): Cleared a then-personal-best height of 3.99m.

BEFORE PENN STATE

HIGH SCHOOL PRs: Pole vault: 12-9

Named two-time team captain at Hempfield High School...Won state championship in pole vault (12-6) in 2017...Qualified for state and districts in the 4x100m...Qualified for districts in the 100m dash, 4x100m, & pole vault in 2016...Qualified for state in the 4x100m & pole vault in 2017...Qualified for districts in the 100m dash, 200m dash, 4x100m, & pole vault...Competed at the Millrose games in 2017.

PERSONAL

Daughter of Joy and David Nottoli...Has two brothers, Dominic and Jacob...Majoring in kinesiology...Chose Penn State "because of its family-oriented team, amazing coaching staff, and outstanding academic support"...Pursuing a Bachelor's Degree in Kinesiology...Born in Pennsylvania.



**Chibugo
OBICHERE**

Valley Stream, N. Y.
Valley Stream South
Senior
Sprints/Hurdles

COLLEGIATE PERSONAL BESTS: 60mH - 8.57, 100mH - 14.01, 200m - 26.89

2022 Outdoor

Season: Competed in 100m hurdles with a first and second-place finish in the season...Competed at Big Ten Championships in 100m hurdles.

Bison Outdoor Classic (4/14-16): Placed second with 14:05 100mH time. Jim Thorpe Invitational (5/6): Won first collegiate race in 100m hurdles. Big Ten Championships (5/13-15): Ran in 100m hurdles.

2022 Indoor

Season: Had six top-10 placings in 60m hurdles...Ran at Big Ten Indoor Championships.

Penn State National Open (1/21-22): Set personal best 60m hurdle time at 8.57. Big Ten Championships (2/25-26): Ran in 60m hurdles competition.

2021 Outdoor

Recorded a personal best time of 14.01 at the Big Ten Championships.

Big Ten Outdoor Championships (5/14-16/21): Set a personal best with a time of 14.01 in the 100h.

2021 Indoor

Penn State Tri-Meet (2/6) - Set a personal best time of 8.65 in the 60h. Big Ten Indoor Championships (2/25-27/21): Competed in the 60mH prelims.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Clocked a pair of personal-best marks in the 60mH and 200m events.

Penn State National Open (1/31-2/1): Crossed finish line with a personal best mark in 60mH (8.66). Sykes & Sabock Challenge (2/8): Ran personal best time in 200m (26.89).

BEFORE PENN STATE

Attended Valley Stream South High School.....Won five New York state championships...Earned All-America status in the sprint medley relay...Named first team All-Long Island (2017-2019)...Named Nassau County Track and Field Athlete of the Year (2017). Named Long Island Track and Field Athlete of the Year (2018)...Named 2018 USATF Long Island Track Athlete of the Year...Named 2019 Glenn D. Loucks Dr. Charles "Doc" Blanford

RETURNERS

Outstanding Female Runner Award... Named the Vice President of her high school class.

PERSONAL

Daughter of Chima & Chikodi Obichere...Has three siblings, Chinemerem, Chidiebere and Chinelo...Cousin, Kenny Okoro, played football at Wake Forrest and for Washington Redskins (2009-2014)...Chose Penn State because "During the recruiting process my main goal was to find a place where I felt most at home. At Penn State I found just that. There is a sense of community at the university itself, which also carries onto the team. There are people willing to support one another everywhere. Penn State is really a great place to be and I can't wait to start my journey in Happy Valley"...Studying Kinesiology...Born in New York.



Chloé ROYCE

Montreal, Canada
Collège Durocher Saint-Lambert (Maryland)
Senior
Multi-Events

COLLEGIATE PERSONAL BESTS: 200m - 25.38, 800m - 2:15.21, 60mH - 8.55, 100mH - 14.27, HJ - 5-7.00 (1.70m), LJ - 19-6.75 (5.96m), SP - 36-9.75 (11.22m), JT - 76-01 (23.20m), PENT - 4080, HEP - 5152

AWARDS: Spring 2022 Academic All-Big Ten... Big Ten Distinguished Scholars... Women's Indoor First Team... USTFCCCA All Academic Team

2022 Outdoor

Season: Qualified for NCAA East Preliminaries in the long jump following a fifth-place finish in the Big Ten Championships in the heptathlon.

Penn Challenge (3/19): In her first outdoor competition for the Nittany Lions, Royce finished first in the 100m hurdles and the long jump, setting personal bests in both events...Hurricane Alumni Invitational (4/8-9): Placed fourth in the heptathlon with a personal best 200m dash...Virginia Challenge (4/22-23): Finished third in the heptathlon...Penn Relays (4/28-30): Won gold in the long jump...Big Ten Championships (5/13-15): Placed fifth in the heptathlon, recording an overall win in the 800m, and personal bests in the javelin throw and the shot put...NCAA East Preliminaries (5/25-28): Competed in the long jump.

2022 Indoor

Season: Became the Big Ten Champion in the pentathlon, setting personal bests in the 60m hurdles and the 800m run in the event.

Bison Opener (12/3-4/22): Placed first in the pentathlon in her very first competition at Penn State...Penn State National Open (1/21-22): Came in fourth place in the pentathlon with top-three finishes in every event except for a foul in the long jump...Dr. Sander Invitational Columbia Challenge (2/4-5): Finished first in the pentathlon once again, with overall wins in the 60m hurdles and the 800m...Big Ten Championships (2/25-26): Won the Big Ten Championship in the pentathlon, placing first in the high jump and second in the 60m hurdles, the 800m, and the long jump. Her efforts in the 60m hurdles and the 800m still stand as her personal bests.

BEFORE PENN STATE

AT MARYLAND

2021 Outdoor

Season: Competed in one meet.

Maryland B1G Invite (3/26-27): Only competition of the season, placed top-ten in three events.



Lauren PRINCZ

Egg Harbor Township, N.J.
Egg Harbor Township
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.78, 100m - 12.10, 200m - 24.72

2022 Outdoor

Season: Competed in six meets, including a 9th place finish at the Big Ten Championships in the 4x100m relay.

Virginia Challenge (4/22-23): Set a personal best in the 200m, finished third in the 4x100m relay...Penn Relays (4/28-30): Set a personal best in the 100m...Big Ten Championships (5/13-15): finished ninth in 4x100m relay.

2022 Indoor

Season: Competed in 60m and 200m events.

Nittany Lion Challenge (1/15): Set personal best 60m time in first collegiate meet...Dr. Sander Invitational Columbia Challenge (2/4-5): Tied personal best 60m time in last competition before outdoor season.

BEFORE PENN STATE

Personal Bests: 60m - 7.78, 100m - 12.10, 200m - 24.72

Four year letterwinner...10-time New Jersey State individual champion...10-time sectional champion...11-time county champion...three-time MOC Champion...Group 4 State Outdoor Champion in 2021...New Jersey All-State 2018-2021...Press Girls Runner of the Year 2018, 2019, 2021.

PERSONAL

Born in N.J...Daughter of Michael and Claudette Princz...intended major is psychology.



RETURNERS



2021 Indoor

Season: Competed in six events through the course of the season, including a 10th place finish in the pentathlon at the Big Ten Championships.

B1G Indoor Invitational (2/12-13): Placed third in the pentathlon... Big Ten Championships (2/25-27): Finished 10th in the pentathlon as a sophomore at Maryland.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Competed in seven meets for Maryland, including a 14th place in the Big Ten Championships in the pentathlon as a freshman.

Terrapin Invitational (1/18): Finished top-three in 60m hurdles, long jump and high jump. The high jump still stands as her personal record...Navy Select (2/21): Posted second place finishes in high jump and long jump...Big Ten Indoor Championships (2/28-29): 14th place finish in the pentathlon.

PERSONAL

Daughter of Kenny and Kristin Royce... Majoring in Rehabilitation & Human Services...Born in Canada...Chose Penn State because "Penn State was a school I could see myself excel both academically and athletically. I saw a program with a determined and positive team culture as well as a staff who truly wanted their athletes to excel."



Lauren SHEDELSKI
Kulpmont, Pa.
Mount Carmel
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: JT - 127-6.00 (38.86m)

2022 Outdoor

Season: Placed 10th at first Big Ten Championship meet...Had five top-10 placing five times in javelin throw.

Penn Challenge (3/19): Made collegiate debut and finished ninth. Penn Relays (4/28-30): Set personal best at 38.86m. Big Ten Outdoor Championships (5/13-15): Placed 10th in first Big Ten Championship.

BEFORE PENN STATE

Four year letterwinner...2021 PHAC Javelin Champion...2021 Javelin District Champion...Placed sixth at PA State Championships in javelin throw in 2021...2019 district runner up.

PERSONAL

Born in Pennsylvania...Daughter of Brian and Carisa Shedleski... Intending to major in Finance.



Jean STARR

Leechberg, Pa.
Kiski Area
Junior
Throws

COLLEGIATE PERSONAL BESTS: HT - 161-11.00 (49.36m), WT - 54-1.75 (16.50m)

AWARDS: Academic All-Big Ten (2021, 2022)

2022 Outdoor

Season: Set new personal best in the hammer throw at the Penn Challenge (3/19) at 49.36m.

2022 Indoor

Season: Competed in weight throw at first Big Ten Indoor Championships...Set weight throw personal best at Sykes & Sybock Invitational (1/29).

2021 Outdoor

Maryland B1G Invite (3/26-27/21): Placed eighth in the hammer throw with a season-best throw of 49.26m.

2021 Indoor

Penn State Tri-Meet (2/6): Placed seventh in the weight throw with a distance of 15.90m.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Did not compete.

BEFORE PENN STATE

High School PRs: Shot put – 40-6, Discus – 125-10, Javelin - 114'1

Named team captain as a junior and senior at Kiski Area High School...Won shot put and discus championships...Named field MVP...Holds high school discus record...Earned four varsity letters in track and field and two in soccer...Was a National Honor Society member

PERSONAL

Daughter of John and Margie Starr...Has four siblings...Her father, John, wrestled at Penn State...Majoring in engineering....Born in Pennsylvania.

RETURNERS



**Tesia
THOMAS**

York, Pa.
West York
Junior
Jumps

COLLEGIATE PERSONAL BESTS: LJ - 20-5.00 (6.22m), TJ - 41-3.75 (12.59m)

AT THE BIG TEN CHAMPIONSHIPS

2022 Big Ten Outdoor Championships: Posted top-ten finishes in both the long jump (10th) and triple jump (9th).

2022 Big Ten Indoor Championships: Finished fourth in the triple jump with a personal best 12.59m effort.

2021 Big Ten Outdoor Championships: Placed 13th in the triple jump.

2021 Big Ten Indoor Championships: Recorded a personal best 12.04m to place 11th in the triple jump.

2022 Outdoor

Racked up five top-three finishes between long jump and triple jump, including a personal best 6.22m in the long jump at the Virginia Challenge (4/22-23)...Competed in the long jump at the NCAA East Prelims (5/25-28)

2022 Indoor

Posted 11 top-five finishes between the long jump and triple jump events...Finished fourth in the Big Ten with a PR of 12.59m in the triple jump.

2021 Outdoor

Recorded an outdoor season best 12.01m triple jump at the Big Ten Championships.

2021 Indoor

Set a personal best with a 12.04m jump at the Big Ten Championships.

BEFORE PENN STATE

HIGH SCHOOL PRs: Triple jump - 40-5, Long jump - 18-9
Earned four varsity letters in track, swimming and volleyball at West York High School...Named to four first-team all-state teams in track & field...Earned all-state honors three times in volleyball... Earned all-state honors in swimming and diving...Won district championships in long jump and triple jump...Was a member of the volleyball state championship team.

PERSONAL

Daughter of Titania and Tisen Thomas...Has four siblings, Trinity, Taelyn, Tristen and Tayvon...Has five relatives who attended Penn State...Father, Tisen, played football at Penn State (1989-1993)... Pursuing a Bachelor's Degree in Elementary & Early Childhood Education...Born in Pennsylvania.



**Sophia
TOTI**

Carlisle, Pa.
Carlisle
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 2:14.55, 1000m - 2:56.03, 1500m - 4:28.54, Mile - 4:49.68, 3000m - 9:36.62, 5000m - 16:32.54, 10,000m - 34:33.45, 4K(XC) - 14:03.7, 5K(XC) - 17:32.4, 6K(XC) - 20:44.7

AWARDS: Academic All-Big Ten (2021,2022)...Women's Outdoor Track Second Team

CAREER NOTES & RECORDS

Season: 2021-22: Earned runner-up finish at 2022 Big Ten Outdoor Championships in her first-ever running of 10,000m event.

2022 Outdoor

Season: Ended season with three top-five finishes in distance events, including a second-place finish in 10,000m at the Big Ten Outdoor Championships (5/13-15).

Bison Outdoor Classic (4/14-16): Took third place in 5000m run at 16:35.9. Penn Relays (4/28-30): Set personal best in 5000m at 16:32.54. Big Ten Outdoor Championships (5/13-15): In her first ever running of the event, earned a silver medal at the Big Ten Championships in the 10,000m run with a time of 34:44.45.

2022 Indoor

Season: Had five top-seven finishes for season...Competed in mile run at Big Ten Indoor Championships.

2021 Cross Country

Season: Kicked off season with third-place finish at Dolan Du-als (9/2)...Ran at both Big Ten and NCAA Mid-Atlantic Regional Championships.

2021 Outdoor

Won her only event of the outdoor season, placing first in the 1500m at the Maryland Big Ten Invite.

2021 Indoor

Season: Competed at two meets for Penn State, placing third in the the 3000m at the Nittany Lion Open and third in the mile at the Penn State tri-meet.

Big Ten Indoor Championships (2/25-27/21): Competed in the mile run.

2020 Cross Country

Season: Competed in her first Big Ten Championships (1/30).

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600m - 4:54.36, 3200m - 10:23.84, 5k - 18:00.80.

Won three state medals at State Track Championships at Carlisle High School...Placed fourth at 2019 state cross country championships...Earned all-state honors in cross country (2019)...Member of 2019 Cross Country District 3 Championships...Named four-time team MVP...Holds three school records...Member of the National Honor Society and Distinguished Honor Roll.



RETURNERS



PERSONAL

Daughter of Dawn and Fred Toti...Has two siblings, Philip and Katie Bowers...Majoring in Biobehavioral Health...Born in Germany.



**Madaline
ULLOM**

Mason, Ohio
Mason
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 2:06.60, 1000m - 2:49.42, 1500m - 4:14.58, Mile - 4:44.44, 4K(XC) - 14:02.8, 5K(XC) - 16:52.5, 6K(XC) - 20:57.8

AWARDS: Named to Big Ten All-Academic Team twice (Fall 2021 and Spring 2022)...Earned USTFCCCA All-Academic Team honors.

2022 Outdoor

Season: Ran in seven different events, including Big Ten Outdoor Championships and NCAA East Preliminary Round...Placed in the top 5 four times.

Bison Outdoor Classic (4/14-16): Finished runner-up in the 1500m. Virginia Challenge (4/22-23): Set personal best in 1500m at 4:14.58 to place fifth. Big Ten Championships (5/13-15): Took third place in 1500m final.

2022 Indoor

Season: Ran to six top-10 finishes indoor season.

Sykes & Sabock (1/29): Took second place with a personal-best 4:44.44 mile. Dr. Sander Invitational Columbia Challenge (2/4-5): Placed third in 800m. Music City Challenge (2/11-12): Set personal best 800m run at 2:06.60. Big Ten Indoor Championships (2/25-26): Took third place in DMR...Finished eighth in 800m.

2021 Cross Country

Season: Ran in all six events, including Big Ten and NCAA Mid-Atlantic Regional Championships.

Dolan Duals (9/2): Placed second in 4k race to begin season. NCAA Mid-Atlantic Regional (11/12): Placed 27th in first NCAA appearance.

2021 Indoor

Season: Won her only race for Penn State, placing first in the 1000m at the Nittany Lion Opener with a time of 2:49.42.

2020 Cross Country

Season: Competed at her first Big Ten Championship (1/30) after season was delayed due to COVID-19 pandemic.

BEFORE PENN STATE

HIGH SCHOOL PRs: 400m - 56.55, 800m - 2:09.95, 1600m - 5:01, XC 5k - 17:57

Earned four varsity letter in track and field and two letter in cross country at William Mason High School...Named two-time GMC Athlete of the Year...Earned two all-state honors in cross country...Captured three all-state honors in track & field...Won 4x800m state title...Named two-time conference Runner of the Year.

PERSONAL

Daughter of Kierstin and Michael Ullom...Has two brothers, Jack and Joshua...Majoring in Biobehavioral Health...Born in Ohio.



**Victoria
VANRIELE**

Berkeley Heights, N.J.
Governor Livingston
Junior
Distance

COLLEGIATE PERSONAL BESTS: 200m - 26.44, 600m - 1:29.51, 800m - 2:04.96

CAREER NOTES & RECORDS

AWARDS: Big Ten 800m Champion (2021), Second Team All-America (Indoor 2021), Big Ten Freshman of the Year (Indoor 2021)

2022 Outdoor

Season: Ran in five events all at the 800m distance (one 4x800m relay)...Ran at Big Ten and NCAA East Preliminary Round.

Duke Invitational (4/7-9): Took second place in 800m.

2022 Indoor

Season: Had another great indoor season in which she placed top-10 in all races, including 7th in the 800m at the Big Ten Indoor Championships.

Music City Challenge (2/11-12): Set new personal best with 2:04.96 800m run. Big Ten Indoor Championships (2/25-26): Placed seventh in 800m with time of 2:07.40.

2021 Outdoor

Maryland B1G Invite: Placed third in the 800m run in her only race of the outdoor season.

2021 Indoor

Season: Big Ten 800m Champion. Earned Second Team All-America honors at the NCAA Indoor Championships.

Penn State Tri (2/6): Won the 600m with a season-best time of 1:29.51 and won the 4x400 relay. Big Ten Indoor Championships (2/25-27/21): Won the 800m title with a personal best time of 2:05.59. NCAA Indoor Championships (3/11-13/21): Claimed Second Team All-America honors with a 12th place finish in the 800m run.

BEFORE PENN STATE

HIGH SCHOOL PRs: 400m - 54.33, 600m - 1:30.36, 800m - 2:05.15, Mile - 4:55.85, XC 5k - 18:26

Selected New Jersey Gatorade Athlete of the Year three times (2017-2019)...Earned five All-America honors...Won 10 state titles at Governor Livingston High School...Named New Jersey Meet of Champions winner seven times...Was a member of Mu Alpha Theta Honors Society, Spanish Honor Society and Athletic Honor Society...Named a National Merit Scholar...Raised over \$3,000 for

RETURNERS

the annual CROP Walk toward addressing world hunger.

PERSONAL

Daughter of Jewel Douglas and Horace Vanrielle...Has one sister, Arlene Douglas...Father, Horace, ran track at Northeastern University...Studying Accounting...Born in New Jersey.



Kate
WILLSHAW

Easton, Pa.
Easton
Senior
Jumps

COLLEGIATE PERSONAL BEST: HJ- 5-7.25 (1.71m)

AWARDS: Academic All-Big Ten (2021)

2022 Outdoor

Season: Had four top ten finishes in high jump through regular season...Competed at Big Ten Outdoor Championships.

Penn Relays (4/28-30): Tied personal best high jump at 1.71m. Big Ten Outdoor Championships (5/13-15): Placed 15th in high jump at 1.70m.

2022 Indoor

Season: Set personal best high jump in indoor season...Competed at Big Ten Indoor Championships...Had six top-10 finishes.

Nittany Lion Challenge (1/15): Set personal best at 1.71m to place fourth. Big Ten Indoor Championships (5/13-15): Placed 13th in high jump at 1.70m.

2021 Indoor

Nittany Lion Opener (1/16): Placed sixth in the high jump with a personal best 1.69m. Big Ten Indoor Championships (2/25-27/21): Placed 14th in the high jump with a clearance of 1.66m.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Competed in three meets, setting a collegiate personal-best in high jump.

Penn State National Open (1/31-2/1): Cleared 1.65m to place fourth in the high jump.

BEFORE PENN STATE

HIGH SCHOOL PRs: High Jump - 1.72

Won three district championships in the high jump event...Won three League Championships in high jump...Won four district championships in the 4x400m...Named Athlete of the Field at Bishop Loughlin Games.

PERSONAL

Daughter of Michael and Jennifer...Has two siblings, Hannah and Jak...Studying Rehab & Human Services...Born in Pennsylvania.



Carlie
WILSON

Sparta, N.J.
Sparta
Senior
Jumps

COLLEGIATE PERSONAL BEST: HJ - 5-9.25 (1.76m)

AWARDS: Academic All-Big Ten (2021,2022)

2022 Outdoor

Season: Placed in top ten of all regular season placement events, including two second places at Jim Thorpe Invitational and Penn Challenge.

2022 Indoor

Season: Had five top-6 placing in high jump...Competed at Big Ten Indoor Championships.

2021 Outdoor

Season: Recorded three jumps of 1.70m to close out the year.

Big Ten Championships (5/14-16/21): Placed sixth in the high jump with a personal best 1.76m jump. NCAA East Prelims (5/26-29/21): Qualified in the high jump event.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Placed in the top-10 in high jump in all four meets in which she competed.

Dr. Sander Invitational (1/23-25): Cleared 1.70m for personal best and fourth-place finish

BEFORE PENN STATE

HIGH SCHOOL PRs: High Jump - 5-6

Qualified Indoor and outdoor Meet of Champions in the high jump...Set personal best in the high jump at Ranger Relays.... Earned 2019 Scholar Athlete honors.

PERSONAL

Daughter of Devonne and Harry Wilson...Studying Corporate Innovation & Entrepreneurship...Born in New Jersey.





Hailey ZURICH

Williamsport, Pa.
Loyalsock Township
Senior
Pole Vault

COLLEGIATE PERSONAL BEST: PV- 13-10.5 (4.23m), HJ - 18-7.00 (5.66m)

AWARDS: Spring 2022 Academic All-Big Ten... 2022 USTFCCCA All Academic Team

CAREER NOTES & RECORDS

Records: Penn State program record holder in outdoor pole vault (4.23m).

2022

Outdoor

Season: Qualified for NCAA East Prelims...Placed fourth at Big Ten Outdoor Championships...Placed top-7 in four of five placement events in pole vault.

Big Ten Outdoor Championships (5/13-15): Placed fourth in pole vault. NCAA East Prelims (5/25-28): Placed 24th in pole vault.

Indoor

Season: Broke her previous Penn State program record in pole vault at 4.23m (13' 10.5") at Music City Challenge (2/11-12)... Placed top four in all events for season, including Big Ten Indoor Championship.

Music City Challenge (2/11-12): Broke her previous Penn State program record in pole vault at 4.23m (13' 10.5") and finished first. Big Ten Indoor Championships (2/25-26): Took fourth place with 4.22m clearance.

2021

Outdoor

Season: Set the Penn State program record three times, finishing the season with a 4.17m clearance at the NCAA East Prelims.

Big Ten Outdoor Championships (5/14-16/21): Placed fifth in the pole vault with a then program record 4.15m clearance. NCAA East Prelims (5/26-28/21): Placed 13th in the pole vault with a program record 4.17m clearance.

2021 Indoor

Nittany Lion Opener (1/16): Placed second in the pole vault with a season best 3.91m clearance. Big Ten Indoor Championships (2/25-27/21): Placed 17th in the pole vault with a 3.90m clearance.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Placed in top-10 in three pole vault events as a true freshman...Cleared a collegiate personal-best at Big Ten Indoor Championships.

Penn State Tune Up (2/21): Cleared a then-personal-best mark of 3.77m to win the pole vault. Big Ten Indoor Championships (2/28-29/20): Cleared 3.85m to for 17th in pole vault.

BEFORE PENN STATE

HIGH SCHOOL PRs: Long Jump - 18'1.5", Pole Vault - 13'.25", 100m - 2.54

Lettered in both track and field (2) and soccer (4) at Loyalsock Township High School...Picked up three district championship, two in pole vault and one in long jump...Won state championship in long jump and four medals in pole vault, including two second-place finishes...Earend four PIAA first-team all-state accolades... Holds Loyalsock Township school record in the pole vault.

PERSONAL

Daughter of John and Ellie...Has one sibling, Hannah who attends Penn State...Majoring in Mechanical Engineering..."I chose Penn State because I love the atmosphere and school spirit"...Born in Pennsylvania.

NEWCOMERS



**Meredith
BAHAM**

Glen Allen, Va.
Glen Allen
Freshman
Pole Vault



**Gwendolyn
CUDMORE**

Port Colborne, Ontario
E.L. Crossley Secondary School
Freshman
Jumps



**Katie
DALLAS**

West Lawn, Pa.
Wilson
Freshman
Distance/XC



**Claire
DANIELS**

New Milford, Conn.
New Milford
Freshman
Distance/XC



**Allison
DOUGHERTY**

Spring, Texas
Tomball
Freshman
Distance/XC



**Annika
ERMOLD**

Shillington, Pa.
Governor Mifflin
Freshman
Throws

22-23



NEWCOMERS



**Audrey
FRIEDMAN**

Union City, Pa.
Fort LeBoeuf
Freshman
Throws



**Lea
HATCHER**

Morgantown, W.V.
Morgantown
Freshman
Distance/XC



**Kayla
McCULLOUGH**

West Suffield, Conn.
Suffield
Freshman
Jumps



**Hope
McKENNEY**

Mechanicsburg, Pa.
Mechanicsburg
Freshman
Distance/XC



**Shannon
MULLIN**

State College, Pa.
State College
Freshman
Jumps



**Alex
PANCOAST**

West Chester, Pa.
Unionville
Freshman
Throws

NEWCOMERS



**Sarah
PICKERING**

Newcastle, Australia
Merwether
Freshman
Distance



**Maddie
PITTS**

Victor, N.Y.
Victor
Freshman
Multi-Events

22-23



**Anna
RIDGE**

Akron, N.Y.
Clarence
Freshman
Distance/XC



**Aitana
RODRIGO**

Spain
Graduate
Sprints



CROSS COUNTRY / TRACK & FIELD

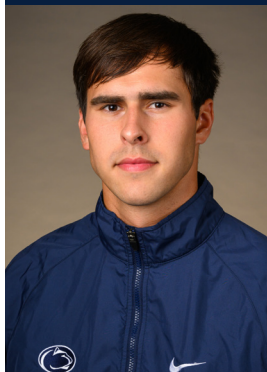
MEN'S BIOS



MEN'S TRACK & FIELD ROSTER

Name	Event Area	Class	Hometown	Previous School
Adams, Cole	Distance	Freshman	York, Pa.	York Suburban
Adams, Jake	Jumps	Freshman	Altoona, Pa.	Altoona
Bartosh Kevin	Throws	Junior	Fleetwood, Pa.	Fleetwood Area
Bekele-Arcuri, Behailu	Distance	Junior	Warwick, N.Y.	Warwick Valley
Beten, Andrew	Jumps	Freshman	Strongsville, Ohio	Strongsville
Burkhart, Collin	Throws	Sophomore.	Nazareth, PA	Nazareth
Cardina, Joseph	Jumps	Senior	Lancaster, Pa	Conestoga Valley
Colwell, Brendan	Distance	Sophomore.	Centre Hall, PA	Penns Valley
Day, Ka'Mere	Sprints	Junior	Harrisburg, Pa.	Harrisburg
Desmeules, Olivier	Mid-Distance	Sophomore.	Quebec City, Quebec	Ecole secondaire de Donnacona
DeSousa, Christopher	Distance	Sophomore.	Ocean Port, NJ	Christian Brothers Academy
Dorenkamp, Evan	Distance	Senior	Lancaster, Pa	Manheim Township
Erekosima, Emi	Jumps	Sophomore.	Hagerstown, MD	North Hagerstown
Fitzgerald, Carter	Mid-Distance	Freshman	Doylestown, Pa.	CB West
Flynn, Brendan	Distance	Freshman	Downingtown, Pa.	Downingtown Stem Academy
Fredericks, Chris	Throws	Junior	Palmerton, Pa.	Palmerton Area
Gallant, Austin	Sprints	Freshman	Haymarket, Va.	Battlefield
Gallen, Drew	Sprints	Sophomore.	Glen Mills, PA	West Chester Rustin
Haas, Kevin	Distance	Junior	Auburn, Pa.	Blue Mountain
Hamilton, Lance	Jumps	Senior	State College, Pa.	State College
Healey, Hayden	Distance	Sophomore.	Pasadena, MD	Chesapeake
Healey, Justin	Distance	Sophomore.	Indianapolis, IN	Franklin Central
Hebron, Savion	Sprints	Senior	Langhorne, Pa.	Neshaminy
Hontz, Brandon	Distance	Graduate	West Chester, Pa.	West Chester Rustin
Ishii, Yukichi	Mid-Distance	Sophomore.	Yachiyo, Chiba, Japan	Yachiyo-Shion
Kabanda, Godwin	Hurdles/Sprints	Senior	Philadelphia, Pa.	Northeast
Kirker, Camden	Multi Event	Freshman	Glen Allen, Va.	Glen Allen
Kisker, James	Distance	Freshman	Basking Ridge, N.J.	Ridge
Knipe, Luke	Pole Vault	Senior	Boalsburg, Pa.	State College
Knisely, Duane	Throws	Junior	Alum Bank, Pa.	Chestnut Ridge
Lambrecht, Dylan	Throws	Sophomore.	Jonestown, PA	Northern Lebanon
Leen, Caiden	Distance	Freshman	Downingtown, Pa.	East
Lewis, Josh	Distance	Junior	North East, Pa.	North East
Maher, Drew	Mid-Distance	Graduate	Monmouth Beach N.J.	Shore Regional
Martin, Jack	Distance	Freshman	Avon, Conn.	Avon
Martino, Korbin	Sprints	Sophomore.	Canal Winchester, OH	Canal Winchester
McGarrah, Tristan	Pole Vault	Freshman	Butler, Pa.	Butler Area
Merkley, Tyler	Throws	Graduate	Rancho Cucamonga, Calif.	Los Osos (Kansas State)
Onwuka, James	Sprints	Sophomore.	Newburgh, NY	Newburgh Free Academy
Osifo, Isaac	Jumps	Sophomore.	Cumming, GA	West Forsyth
Petersen, Jonathan	Pole Vault	Sophomore.	Westerville, OH	Olentangy Orange
Phennicie, Kris	Sprints	Freshman	York, Pa.	Dallastown
Phillips, Sage	Sprints	Freshman	Upper Marlboro, Md.	DeMatha Catholic
Piotrowski, Tanner	Distance	Junior	Gambrills, MD	Arundel
Pizarro, Lucciano	Throws	Junior	Marlton, N.J.	Cherokee
Powell, Jonah	Distance	Sophomore.	Grove City, Pa.	Air Force Academy
Radigonda, Dante	Mid-Distance	Sophomore.	Exeter, NH	Exeter
Raudabaugh, Joey	Distance	Freshman	Ellicott City, Md.	Howard
Roban, Handal	Mid-Distance	Freshman	St. Vincent and the Grenadines	Jamaica College
Salas, Zachary	Pole Vault	Sophomore.	Torrance, CA	Torrance
Sewall, Payton	Distance	Junior	Glenmoore, Pa.	Downingtown West
Seymour, Luke	Mid-Distance	Freshman	Leesport, Pa.	Schuylkill Valley
Smallwood, Darius	Mid-Distance	Sophomore.	Pottstown, PA	Pottstown
Smith, Jacob	Distance	Freshman	Lititz, Pa.	Warwick
Taylor, Allen	Hurdles/Sprints	Sophomore.	Cogan Station, PA	Williamsport Area
Walker, Joey	Jumps	Freshman		
Waters, Colin	Distance	Junior	Poughquag, N.Y.	Arlington
Watson, Ryan	Distance	Freshman	Falls Church, Va.	Justice
Watson, Tim	Jumps	Freshman	Simsbury, Conn.	Simsbury





Kevin BARTOSH

Fleetwood, Pa.
Fleetwood Area
Junior
Throws

COLLEGIATE PERSONAL BESTS: JT - 223-03.00 (68.05m)

AWARDS: Academic All-Big Ten Spring 2022...Named Big Ten Men's Outdoor Second Team honoree...Named Penn State Track & Field's Ed Moran Memorial Men's Freshman of the Year in 2021.

2022 Outdoor

Season: Placed second at Big Ten Championships in javelin behind a personal-best 68.05m throw...Qualified for NCAA East Prelims...Placed top-7 at five of six meets.

UCF Knights Invite (3/25-26): Placed second with 65.06m throw. Big Ten Championships (5/13-15): Earned silver medal after personal throw. NCAA East Prelims (5/25-28): Placed 20th in javelin.

2021 Outdoor

Season: Posted six top-ten finishes in the javelin throw. Won the javelin throw at the Jesse Owens Invite.

Jesse Owens Invitational (4/30-5/1/21): Won the javelin throw with a throw of 64.74m. Maryland B1G Invite (3/26-27/21): Set a season-best in his collegiate debut with a throw of 66.73m. BIG TEN OUTDOOR CHAMPIONSHIPS (5/14-16/21): Placed fourth in the men's javelin with a 64.57m (211-10). NCAA East Preliminary Round (5/26-29/21): Placed 31st in the men's javelin.

BEFORE PENN STATE

Earned four varsity letters in track and field as well as varsity letters in football, baseball and cross country at Fleetwood Area High School...Named team MVP and served as team captain for two years...Set school record in javelin...Earned all-league honors three times...Entered 100-point club...Named team Offensive Player of the Year in football.

PERSONAL

Son of Kristopher and Stephanie Bartosh...Has three siblings, Justin, Emilie and Kaitlynn...Pursuing a Bachelor of Science in Landscape Contracting...Born in Texas.



Behailu BEKELE-ARCURI

Warwick, N.Y.
Warwick Valley
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 1500m - 3:55.78, 3000m - 8:34.11, 5000m - 14:29.26

AWARDS: Academic All-Big Ten Fall 2021

AT BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/14-16/21): Placed 24th in the 5000m run.

2022 Indoor: Placed 6th at Penn State Tune Up in 3000m with collegiate best 8:34.11.

2021 Cross Country: Finished 54th in 5.2 mile run at Penn State National Open.

2021 Outdoor: Recorded top ten finishes in all four regular season meets.

Jesse Owens Invite (4/30-5/1/21): Recorded a season best (3:55.78) in the 1500m run.

Big Ten Relays (4/23/21): Posted a personal best 14:29.26 in the 5000m run.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600m - 4:17, 3200m - 9:15, 5k - 15:07 Honored twice as USATF NY Youth Cross Country High School Boys Athlete of the Year (2016, 2018)...Won 2019 Class A cross country state championship at Warwick Valley High School...Earned four state medals in cross country...Won four track & field sectional championships.

PERSONAL

Son of Thomas and Zewditu Bekele-Arcuri...Has one sibling, Abigiya...Father, Thomas and two uncles attended Penn State...Raised over \$4,000 to help feed and educate kids in Ethiopia...Studying Criminology...Born in Ethiopia.

RETURNERS



**Collin
BURKHART**

Nazareth, Pa.
Nazareth
Sophomore
Throws

COLLEGIATE BESTS: HT - 212-01 (64.65m), Javelin - 223-09 (68.19m)

CAREER NOTES & RECORDS

Competed for the United States at the 2022 U20 World Athletics Championships in Cali, Columbia in the hammer throw.

AWARDS: 2022 Big Ten Men's Sportsmanship Award Honoree... Named to 2022 USTFCCCA All Academic Team.

2022 Outdoor

Season: Qualified for NCAA East Preliminaries in both hammer throw and javelin...Placed third in javelin at Big Ten Outdoor Championships and seventh in hammer throw...Won two javelin competitions and finished second three times in the hammer throw.

UCF Knights Invite (3/25-26): Set season high in javelin at 68.19m to win event...Placed second in hammer throw at 62.22m. Hurricane Alumni Invitational (4/8-9): Won javelin thrown and placed sixth in hammer throw. Penn Relays (4/28-30): Set personal best in hammer throw at 64.65m. Big Ten Outdoor Championships (5/13-15): Took third in javelin and seventh in hammer throw at first Big Ten Championships. NCAA East Prelims (5/25-28): Placed 21st in hammer throw and 34th in javelin.

BEFORE PENN STATE

High School PRs: JT - 216'11, HT - 230' 2.5", DT - 171'7", WT - 72' 0.5"

Three year varsity letter winner...8x All-American...2019, 2021-EPC League, District and State Medalist...2019, 2021- PIAA-All-State Javelin...USATF Mid-Atlantic Field Athlete of the Year 2019...Lehigh Valley Live All-Area Team (2019, 2021)...Morning Call All-Star (2019, 2021)...Eastern Pennsylvania Conference All-Star (2019, 2021)...USATF Multi-time Regional and National Medalist...2021-Morning Call Track and Field Athlete of the Year...2021-Lehigh Valley Live Track and Field Athlete of the Year...2021-PIAA 3A Javelin First Team All-State...2021-Placed 1st at EPC Conference, District XI AAA and the PA AAA State Meet in Javelin...2021-Placed 1st at The Outdoor Nationals - Nike/NSAF in Javelin...2021-Placed 1st at The American JavFest & broke the meet record for the High School Championship Division in Javelin...Nazareth School Record Holder in Javelin and Discus...Ranked 3rd overall in the nation in Javelin...Ranked 1st for the Class of 2021 in Javelin...Named 2021 Track & Field News High School Javelin Athlete of the Year...2021-Placed 4th at Adidas Indoor Nationals in the indoor weight throw...Ranked 5th overall in the Nation in the weight throw...Placed 5th at The Outdoor Nationals (Nike/NSAF) in Hammer Throw...Ranked 4th overall in the nation in Hammer Throw...Ranked 3rd for the Class of 2021 in Hammer Throw.

PERSONAL

Born in Pennsylvania...Son of John Burkhardt, Jr. and Amy Burkhardt...Plans on majoring in Marketing.



**Joe
CARDINA**

Lancaster, Pa.
Conestoga Valley
Senior
Jumps

COLLEGIATE PERSONAL BEST: HJ - 6-05 (1.96m), TJ - 46-07.5 (14.21m), LJ - 20-03 (6.17m)

AWARDS: Academic All-Big Ten Spring 2022

2022 Outdoor

Season: Competed in three outdoor events in triple jump, including first collegiate victory at Jim Thorpe Invitational (5/6).

2022 Indoor

Season: Set new personal best in triple jump at 14.21m...Placed Top-7 in all four triple jump appearances.

Penn State Tune Up (2/18): Reached personal best 14.21m to place second.

2021 Outdoor

Season: Recorded top five finishes in both of his appearances.

Rutgers Tri-Meet (4/10): Placed third with a personal best 13.61m in the triple jump.

2021 Indoor

Season: Placed in the top ten in both of his meets.

Penn State Invitational (1/23): Placed third in the triple jump with a 12.99m jump.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Set collegiate personal-best standards in high jump and triple jump.

Nittany Lion Challenge (1/11): Cleared collegiate personal-best height (6-5, 1.96m). Sykes & Sabock Challenge (2/8): Jumped collegiate personal-best 44-1.25 (13.44m) in triple jump.

BEFORE PENN STATE

HIGH SCHOOL PRs: High Jump - 6-6, Triple Jump - 45-11, 100mH - 15.49, 300mH - 43.99

Earned four varsity letters in track & field and two varsity letters in both basketball and football at Conestoga Valley High School... Won high jump league championships...Named Pennsylvania Track & Field Coaches Association indoor all-state honorable-mention...L-L League all-star in triple jump...Set school record in triple jump.



PERSONAL

Son of Andy and Jen Cardina...Has three siblings, Robbie, Michael and Jonny...Mother, Jen, and brother, Robbie, are Penn State graduates...Brother, Jonny, currently attends Penn State...Robbie was an All-American in the decathlon (2014-17)...Majoring in Chemistry...Born in Pennsylvania



Brendan COLWELL

Centre Hall, Pa.
Penns Valley
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 1000m - 2:32.47, Mile - 4:15.52, 3000m - 8:19.20

2022 Outdoor - Did not compete.

2022 Indoor

Set PRs in the mile and the 1000m in his first competition at Penn State.

Nittany Lion Challenge (1/15): Set PRs in the mile and the 1000m. Penn State Tune Up (4/18): Finished third place in the 3000m.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600 - 4:18, 3200 - 9:09, 5k - 14:53
Three year cross country team captain...Four year varsity letter-winner...2019 Foot Locker Second Team All-Region...2018 and 2019 First Team All-PIAA...2017 Second Team All-PIAA...2017 PIAA Cross Country A State Championship team member...2018 District 6 Champion.

PERSONAL

Son of Jenifer and Mark Colwell...Intended major is marketing...Born in Pennsylvania.



Ka'mere DAY

Harrisburg, Pa.
Harrisburg
Junior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 6.97, 100m - 10.80, 200m - 21.77

2022 Outdoor

Season: Qualified for NCAA East Prelims in the 100m...Placed seventh at the Big Ten Outdoor championships in the 100m...Set

personal best 100m run of 10.41 at Duke Invitational...Won first two collegiate races at UCF Knights Invite.

Indoor

Season: Competed at first career Big Ten Indoor Championships (2/25-26)...Placed sixth in the 60m sprint at Big Tens...Set personal best of 6.73 seconds in 60m at Big Tens in preliminaries.

2021

Outdoor

Season: Recorded five top five finishes in three meets.

Rutgers Tri-Meet (4/10): Won the 4x100m relay and placed second in both the 100m and 200m dashes.

2021

Indoor

Season: Competed in two meets for the Nittany Lions

Penn State Tri-Meet (2/6): Placed second in the 4x400m relay and third in the 60m dash.

BEFORE PENN STATE

HIGH SCHOOL PRs: 100m - 10.48, 200m - 21.96
Won 2019 100m Mid-Penn championships at Harrisburg High School...Finished as 100m PIAA state medalist...Selected as first team Penn Live track & field all-star for Cougars...Named first team all-state as a wide receiver of the football team.

PERSONAL

Son of Fatima and Anthony Day...Has three siblings, Anthony, Mi'angel and Dallas...Majoring in Rehab & Human Services...Born in New Jersey.



OLIVIER DESMEULES

Quebec City, Canada
Ecole secondaire de Donnacona
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 400m - 47.54, 800m - 1:47.11, 1000m - 2:24.52

CAREER NOTES & RECORDS

SEASON: 2021-22: Placed third at 2022 Canadian National Championship in 800m behind personal-best time of 1:47.11.

AWARDS: 2022 USTFCCCA Outdoor Track All-America honorable mention in 4x400m relay.

2022 Outdoor

Season: Qualified for NCAA Championships as a member of the 4x400m relay team...Ran at NCAA East Preliminaries at 800m...Placed fourth at Big Ten Championships in the 800m...Ran personal best 800m at Canadian National Championships to place third (6/27/22).

RETURNERS

Bison Outdoor Classic (4/14-16): Placed third in 800m. Virginia Challenge (4/22-23): Ran season-best time up to that point in 800m. Big Ten Outdoor Championships (5/13-15): Placed fourth in 800m. NCAA Outdoor Championships (6/8-11): Placed 21st in 4x400m relay to earn honorable mention All-America honors.

2022 Indoor

Season: Placed sixth at Big Ten Indoor Championships in 800m (2/25-26).

PRIOR TO PENN STATE

Competed at Laval University in 2020-21.

PERSONAL

Parents are Caroline and Regis Desmeules...Has two sisters, Sarah and Rosemarie...Studying economics...Born in Canada.



**Evan
DORENKAMP**

Lancaster, Pa.
Manheim Township
Senior
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 1:49.11, 1000m - 2:21.33, 1500m - 3:44.29, Mile - 3:55.02, 3000m - 8:01.84, XC 6k - 18:11.0, XC 8k - 24:44.6, XC 10k - 30:51.0

AWARDS: Named to USTFCCCA All Academic Team... Indoor Track All American Second Team... Named 2022 CoSIDA Academic All-District...Two-time Academic All-Big Ten honoree, Fall 2021 and Spring 2022

RECORDS

Penn State program record holder in the mile with a time of 3:55.02...Owns the fourth-fastest 1000m time in Penn State history (2:21.33)...Holds the fifth-fastest 3000m time at Penn State (8:01.84).

ON THE NATIONAL STAGE

NCAA Indoor Championships (3/11-12/22): Placed 12th in mile run with 4:02.35.
NCAA Mid-Atlantic Cross Country Regional (11/12/21): Set personal best in 10k run to finish 17th at 30:51.0.
NCAA Outdoor Championships (6/9-12/21): Placed 20th in the men's 800m run.
NCAA East Prelims (5/26-29/21): Finished 12th in the 800m run with a personal best 1:49.11 to advance to the national championship meet.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Indoor Championships (2/25-26/22): Finished 6th in mile run to qualify for national championship meet.
Big Ten Cross Country Championships (10/29/21): Qualified for NCAA Mid-Atlantic Regional with 16th place finish on 5.2 mile course at 25:17.9.
Big Ten Outdoor Championships (5/14-16/21): Placed fourth in both the 800m run and 1500m run. Set a personal best of 3:44.29 in the 1500m prelims.
Big Ten Cross Country Championships (1/30/21): Placed 26th with a personal best time of 24:44.6.

2022 Outdoor

Season: Placed eighth at the Duke Invitational (4/7-9) in 800m with 1:49.71 run.

2022 Indoor

Season: Placed in the top 10 of every race, including setting personal bests in 1000m, 3000m, and mile during the season...His program-record mile time of 3:55.02 was the ninth-fastest in the nation.

Sykes and Sabock Invitational (1/29): Placed first in the mile at 3:57.15. Music City Challenge (2/11-12): Set mile PR at 3:55.02 and placed fourth.

2021 Country Country

Season: Had three top-10 finishes in all three regular-season starts.

Dolan Duals (9/2/21): Set personal best 6k pace at 18:11.0 in season-opening event. Penn State National Open (10/15/21): Took first in 5.2 mile race at 25:26.9.



**Christopher
DeSOUSA**

Ocean Port, N.J.
Christian Brothers Academy
Sophomore
Distance/XC

2021-22

Season: Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600 - 4:16.56, 3200 - 9:15.67, 5000 - 15:23.31

Three-time First Team All-State...2019 Monmouth County XC Championship team...2019 Shore Conference Champions team...2019 State Non-public A Championship team ...2019 Meet of Champions Championship team... Monmouth County Champions 2020 (2nd place individual)...2020 Cross Country Sectional Team and Individual Champion...2020 Indoor Track Shore Conference Champion Mile...2020 Outdoor Track Shore Conference Champion 1600m and 3200m.

PERSONAL

Son of Brian and Cynthia DeSousa...Enrolled in the Division of Undergraduate Studies...Born in New Jersey.



RETURNERS



2021 Outdoor

Season: Recorded nine top ten finishes for the Nittany Lions.

Jesse Owens Invitational (4/30-5/1): Won the 1500m and placed eighth in the 800m.

2021 Indoor

Season: Won the mile run with a personal best time of 4:01.91 at the Nittany Lion Opener in his only appearance of the season.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Set collegiate personal-best marks in three events in first indoor season.

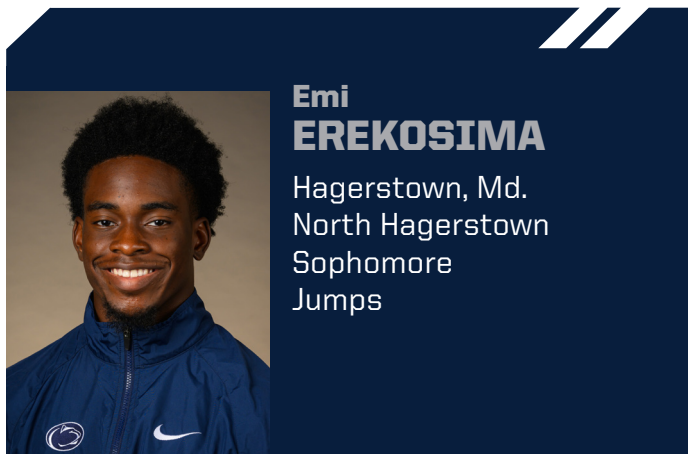
Nittany Lion Challenge (1/11): Placed third in 1000m (2:27.06). Sykes & Sabock Challenge (2/8): Won mile race with time of 4:08.99. Penn State Tune Up (2/21): Finished second, clocking 1:51.95 in the 800m.

BEFORE PENN STATE

Earned four letters in track and three letters in cross country at Manheim Townships High School...Named team MVP as a senior in cross country and track...Won 1600m district and state titles...Finished second at the New Balance Nationals...Capped his senior season in cross country with a District Three title and seventh-place finish at state championships...Named PIAA first team all-state as a senior in both track and cross country...Named league runner of the year...Earned National Scholastic Athletics Foundation High School All-America honors in mile...Named "Central PA Runner" Runner of the Year for cross country...Set Lancaster Lebanon League record in 1600m...Was a member of National Honor Society.

PERSONAL

Son of Tim and Pat Reese...Has one sister, Skylar...Has three relatives that attended Penn State...Sister, Skylar, plays lacrosse at St. Joseph's University...Majoring in Finance...Born in Pennsylvania.



**Emi
EREKOSIMA**

Hagerstown, Md.
North Hagerstown
Sophomore
Jumps

COLLEGIATE PERSONAL BESTS: LJ - 23-04.5 (7.12m), TJ - 49-09 (15.16m)

2022 Indoor

Season: Recorded four top-four finishes in long jump and triple jump events.

Nittany Lion Challenge (1/15): Placed first in the long jump and second in the triple jump in his first collegiate competition. Big Ten Championships (2/25-26): Finished top-ten in the conference in both of his events and set personal bests with both efforts.

BEFORE PENN STATE

Personal Bests: TJ - 48-0.25, LJ - 21-7.25, 400m - 50.51

Four year letterwinner...USATF All-American (2019)...Long Jump State Champion (2021)...Triple Jump State Champ (2021)...1st

team All County (2019 and 2021).

PERSONAL

Born in Maryland...Son of Telema Erekosima and Ibiso Erekosima...Intended major is Data Science.



**Chris
FREDERICKS**

Palmerton, Pa.
Palmerton Area
Junior
Throws

COLLEGIATE PERSONAL BESTS: JT - 225-06 (68.74m)

2022 Outdoor

Season: Placed seventh at Big Ten Outdoor Championships in javelin...Picked up first collegiate win at Jim Thorpe Invitational (5/6).

2021 Outdoor

Husker Big Ten Invite (4/16-17): Placed second in the javelin with a season-best throw of 68.74m. NCAA East Prelims: Placed 17th in the javelin with a throw of 66.92m. Big Ten Outdoor Championships (5/14-16/21): Placed third in the javelin with a throw of 67.55m.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

BEFORE PENN STATE

HIGH SCHOOL PRs: Javelin: 206-3

Was a multi-sport athlete who earned four varsity letters in track and field and one varsity letter in football, wrestling and cross country at Palmerton Area High School...Named field MVP three times...Earned honorable-mention all-state honors in 2019...Won three District XI javelin crowns and two Colonial League championships...Was a member of the Blue Bombers team that won the 2018 Colonial League title.

PERSONAL

Son of Chris and Jessyca Fredericks...Has one sister, Abby...Majoring in Recreation, Parks, & Tourism Management...Born in Pennsylvania.

RETURNERS



**Drew
GALLEN**

Glen Mills, Pa.
West Chester Rustin
Sophomore
Sprints

COLLEGIATE BESTS: 60m - 6.96, 200m - 22.44

2022 Indoor

Season: Competed at first Big Ten Indoor Championships...Ran at the Penn State National Open and Sykes & Sabock Invitational.

BEFORE PENN STATE

Personal Bests: 60m - 6.94, 100 - 10.86, 200m - 22.11
Four year letterwinner...School Record Holder for the 55m, 60m, 100m, 200m, 300m, 400m...All Ches-Mont/All Area (2019).

PERSONAL

Born Drew Patrick Gallen in Glen Mills, Pa...Son of Michael and Sharon Gallen...Major is undecided.



**Kevin
HAAS**

Auburn, Pa.
Blue Mountain
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 1:54.36, 1000m - 2:28.83, 1500m - 3:50.35, mile - 4:10.73, 5000m - 15:11.39, 6K(XC) - 18:04.3, 8K(XC) - 25:34.9, 5 mile(XC) - 26:00.6

AWARDS: Academic All-Big Ten Spring 2022 and Fall 2021

2022 Outdoor

Season: Ran in 800m, 1500m and 5000m events throughout the season. Earned first career win at Jim Thorpe in the 800m.

Duke Invitational (4/7-9): Set personal best in 1500m at 3:50.35 and placed 11th. Jim Thorpe (5/6): Won 800m with a time of 1:54.36. Big Ten Championships (5/13-15): Took 25th in 1500m and 31st in 5000m.

2022 Indoor

Season: Placed in the top 10 in four different events - 1000m, Mile, 800m, and DMR - throughout the season.

Penn State National Open (1/21-22): Placed fifth in the mile with a 4:13.77 time. Dr. Sander Invitational Columbia Challenge (2/4-5): Set new best in mile at 4:10.73 to finish 12th. Big Ten Indoor Championships (2/25-26): Part of DMR that placed fourth at 9:39.93.

2021 Cross Country

Season: Ran in four events, highlighted by a 9th place finish at the Dolan Duals (9/2/21) at 18:48.3 in the 6k race.

PERSONAL

Majoring in Real Estate...Has a sister, Olivia.



**Lance
HAMILTON**

State College, Pa.
State College
Senior
Jumps

COLLEGIATE PERSONAL BESTS: LJ - 22-07 (6.88m), TJ - 51-09.25 (15.80m), 60m - 7.22

AWARDS: Academic All-Big Ten Spring 2022...Academic All-Big Ten (2021)

2022 Outdoor

Season: Qualified for NCAA East Prelims...Placed third at Big Ten Outdoor Championships in triple jump.

Big Ten Outdoor Championships (5/13-15): Placed third behind personal-best triple jump mark at 15.80m. NCAA East Prelims (5/25-28): Placed 23rd in triple jump.

2022 Indoor

Season: Placed 11th in triple jump at Big Ten Indoor Championships.

2021 Outdoor

Maryland B1G Invite (5/26-27/21): Opened the outdoor campaign with a win in the long jump. Big Ten Outdoor Championships (5/14-16/21): Placed fifth in the triple jump with a personal best jump of 15.30m.

2021 Indoor

Recorded wins in the triple jump at the Penn State Invite and the Penn State Tri-meet. Big Ten Indoor Championships (2/25-27/21): Placed eighth in the triple jump with a season-best 14.96m jump.

2020 Outdoor - Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Posted five top-10 finishes...Competed in triple jump at Big Ten Indoor Championships.

Nittany Lion Challenge (1/11): Jumped 22-7 (6.88m) to set a collegiate personal best in long jump...Won triple jump (49-0.25, (14.94m). Dr. Sander Invitational (1/23-25): Set collegiate personal best 49-11.25 (15.22m) in triple jump.



RETURNERS



BEFORE PENN STATE

HIGH SCHOOL PRs: Triple Jump: 51.25, Long Jump: 23-8
Was a multi-sport letterwinner in track & field, football and basketball at State College Area High School...Recognized as an All-America in 2019 in long jump...Earned all-state honors in 2018 and 2019...Won three district championships in triple jump and two in long jump...Named 2018 District Field MVP.

PERSONAL

Son of Donna Mancino and Harry Hamilton...Has one brother, Stanley...Father, Harry, played on Penn State football's first national championship team...Majoring in psychology...Born Pennsylvania.



Hayden HEALEY
Pasadena, Md.
Chesapeake
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 5000m - 14:42.9, 6K(XC) - 18:12.3, 8K(XC) - 25:54.0, 10K(XC) - 31:24.2, 5 mile(XC) - 25:21.8

2022 Outdoor

Season: Competed in the 5000m at the Bison Outdoor Classic.

BEFORE PENN STATE

HIGH SCHOOL PRs: Mile - 4:21.22, Two Mile - 9:26.05, 5k - 15:12.05

Four year letterwinner...Ranked #1 in Maryland in outdoor 5k...Placed top 5 in mile at states 2021...Five-time state qualifier...School record holder in mile, indoor 3200 and outdoor 3200.

PERSONAL

Son of Clare Healey and stepson of Stewart Taylor...Plans to major in Communication Arts & Sciences...Born in Maryland.



Justin HEALEY
Indianapolis, Ind.
Franklin Central
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 1:58.9, 1500m - 3:57.01

2022 Outdoor

Season: Ran in the Bison Outdoor Classic (4/14-16) in the 800m and 1500m.

BEFORE PENN STATE

HIGH SCHOOL PRs: 800 - 1:53, Mile - 4:16, Two Mile - 9:21
Four year varsity letterwinner...All-Conference, All-County, All-Sectional, All-regional and All-state in 2020...Three-time sectional champion...Two-time regional champion...team won three cross country regional titles.

PERSONAL

Son of Tim and Tracey Healey...Intended major is Management...Born September 22, 2002 in Indiana



Savion HEBRON
Langhorne, Pa.
Neshaminy
Senior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.11, 100m - 11.27, 200m - 21.38, 400m - 47.80

CAREER NOTES & RECORDS

Career: Competed in 200m and 400m and was a member of 4x400m relay team at first Big Ten Indoor Championships...Was part of 4x400m relay team that tallied points with seventh-place finish.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Indoor Championships (2.28-29): Ran in 200m, 400m and 4x400m events...Was member of 4x400m team that scored two points for Nittany Lions with seventh-place finish.

AWARDS: 2022 Outdoor Track All American Honorable Mention

RETURNERS

2022 Outdoor

Season: Earned honorable mention All-America honors as member of 4x400m NCAA Outdoor Championship qualifying relay team...Set personal best in 400m at 47.77.

2022 Indoor

Season: Raced at Big Ten indoor championships in 400m and 4x400m.

2021 Outdoor

Rutgers B1G Tri-Meet (4/10): Earned a trio of wins in the 200, 400 and 4x100m.

2021 Indoor

Penn State Invite (1/23): Placed third in the 400 and fourth in the 4x400. Big Ten Indoor Championships (2/28-29): Ran in 200m, 400m and 4x400m events...Was member of 4x400m team that scored two points for Nittany Lions with seventh-place finish.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Set personal bests in 200m and 400m...Scored two points at Big Ten Indoor Championships as a member of 4x400m relay team.

Nittany Lion Challenge (1/11): Ran 7.11 to set collegiate personal-best time in 60m...Was a member of 4x400m relay team that placed first. Penn State National Open (1/31-2/1): Clocked personal-best 21.38 in 200m. Tiger Paw Invitational (2/14-15): Clocked personal-best time of 47.80 in 400m.

BEFORE PENN STATE

HIGH SCHOOL PRs: Indoor 55m - 6.5, 60m - 6.98, 200m - 21.5, 300m - 34.27 400m - 48.56 Outdoor 100m - 10.73, 200m - 21.35, 400m - 48.4

Earned four varsity letters in track & field and two in football at Neshaminy High School...Won 100m, 200m and 4x400m Suburban 1 League championships...Captured district championships in the 100m, 200m and as a member of 4x400m relay team... Won 200m indoor state title and 4x400m state title...Set school records in indoor 200m, 300m and 400m and outdoor school record as member of 4x400m relay team.

PERSONAL

Son of Kim and Vaughn Hebron...Has four siblings, Vaughn, Saloni, Savaughn and Sanaa...Father, Vaughn, played football at Virginia Tech and in the NFL for the Philadelphia Eagles and Denver Broncos...Vaughn won Super Bowls XXXII & XXXIII with the Denver Broncos...Majoring in Telecommunications...Born in Pennsylvania.



**Brandon
HONTZ**

West Chester, Pa.
West Chester Rustin
Graduate Student
Distance/XC

COLLEGIATE PERSONAL BESTS: 1500m - 3:41.50, mile - 4:02.00, 3000m - 8:13.17, 5000m - 14:46.00, 6K(XC) - 18:17.3, 8K(XC) - 24:17.9, 10K(XC) - 30:40.3, 5 mile(XC) - 25:08.1

AWARDS: Earned Academic All-Big Ten honors seven times Fall and Spring 2018, Fall and Spring 2019, Fall and Spring 2021 and Spring 2022...Named to USTFCCCA All Academic Team...Named a Distinguished Scholar

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/14-16/21): Competed in the 1500m run.

Big Ten Outdoor Championships (5/10-12/19): Finished 10th in 1500m final. (3:47.52).

Big Ten Indoor Championships (2/22-23/19): Scored four points with personal-best 4:05.16 in the mile for fifth place

2022 Outdoor

Season: Competed in five meets, with two top-five finishes in the 1500m run.

Florida Relays (3/31-4/2): Finished second in the 1500m. Bison Outdoor Classic (4/14-16): Second consecutive second-place finish in the 1500m.

2022 Indoor

Season: Competed in four events...Set PR in the mile at Music City Challenge (2/11-12).

Music City Challenge (2/11-12): Set a personal best in the mile

2021 Outdoor

Big Ten North Florida Invite (4/2-23): Placed third in the 3000m run and ninth in the 1500m run.

2021 Indoor

Did not compete.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Did not compete.

2019 Outdoor

Season: Set collegiate bests in 1500m and 5000m...Finished 10th in 1500m final at Big Ten Championships.

Bison Outdoor Classic (4/13-14): Ran personal best 3:46.54 in 1500m. Raleigh Relays (3/29-30): Crossed finish line with a personal best 14:46.00 in 5000m.

RETURNERS



2019 Indoor

Season: Finished four events in top 10...Placed fifth in mile at Big Ten Championships in the mile and scored four points.

2019 Cross Country

Season: Set personal-best time in 5.2m race...Ran in two meets.

Spiked Shoe Invitational (9/13): Ran 25:496 for fifth to help Nittany Lions win team title.

Nittany Lion Challenge (1/12): Placed fifth in mile (4:09.98). Husky Classic (2/8-9): Ran collegiate best 8:13.17 in 3000m.

2018 Outdoor

Season: Posted four top-10 finishes...Ran a season best 1500m at LSU Battle on the Bayou.

LSU Battle on the Bayou (4/7): Recorded then-personal-best performances in 1,500m (3:51.25) and 5,000m (15:54.77).

2018 Indoor

Season: Did not compete.

2018 Cross Country

Season: Set three personal-best marks.

Spiked Shoe Invitational (9/7): Ran a personal-best time of 27:13.1 in 8.4k race. Nuttycombe Wisconsin Invitational (9/28): Ran a collegiate best 25:57 for 61st.

2017 Cross Country

Season: Competed in three meets unattached.

BEFORE PENN STATE

High School PRs: 800 - 1:58, 1600 - 4:19, 3200 - 9:40, 5000 - 16:05

Was a letterwinner at Bayard Rustin High School and served as team captain....Member of team that won Ches-Mont league championship...Set mile and member of 4x800m relay team that set school records...Finished second at Ches-Mont League Championships in cross country, fourth-place in the district 1,600 and 13th in the state...Placed second at the World Qualifier... Placed third representing the USA and 20th overall at the ITU World Championships in Cozumel, Mexico (AG 15-19).

PERSONAL

Son of Keith and Lee Hontz...Majoring in Finance...Born in Pennsylvania.



**Yukichi
ISHII**

Yachiyo, Chiba, Japan
Yachiyo-Shion
Sophomore
Distance/XC

COLLEGIATE BESTS: 800m - 1:49.48

2022 Outdoor

Season: Specialized in 800m...Earned one race victory.

Jim Thorpe Invitational (5/6): Set personal best in 800m at 1:49.48 to come up with first collegiate race win.

PRIOR TO PENN STATE

High School PRs: 800m, 1:50.21*, 1500m - 3:50.94

*Indicates school record

Competed in middle distance at 800m and 1500m for Yachiyo-Shion...Was Japanese national champion junior year in 800m.

PERSONAL

Parents are Chiaki and Shinichiro...Has one sister, Maika...Studying Business Administration...Born in Japan.



**Godwin
KABANDA**

Philadelphia, Pa.
Northeast
Senior
Sprints/Hurdles

COLLEGIATE PERSONAL BESTS: 400m - 49.36, 600m - 1:21.39, 400h - 53.93

AT BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/13-15): Competed in the 400m hurdles.

Big Ten Outdoor Championships (5/16-20/21): Competed in the 400m hurdles.

Big Ten Indoor Championships (2/28-29/20): Competed in 600m at first Indoor Championships.

2022 Outdoor

Season: Competed in 400m hurdles at Big Ten Outdoor Championships.

2022 Indoor

Season: Competed in 400m hurdles at Big Ten Indoor Championships.

RETURNERS



2021 Outdoor
Maryland B1G Invite - Opened the outdoor campaign with a win in the 400h and a second place finish in the 4x400m hurdles. Big Ten Outdoor Championships (5/16-20/21): Competed in the 400m hurdles.

2021 Indoor
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Clocked a pair of personal-best in 400m and 600m.

Rod McCravy Memorial (1/24-25): Crossed finish line with a personal best (1:21.39) in 600m. Penn State National Open (1/31-2/1): Ran 49.36 for personal best in 400m. Big Ten Indoor Championships (2/28-29/20): Competed in 600m at first Indoor Championships.

BEFORE PENN STATE

Earned four varsity letters in track & field and one varsity letter in soccer at Northeast High School...Named team MVP in 2018 and 2019....Won 300mH state championship...Captured two district championship and one league championship in the 110mH...Named 2019 PIAA first team all-state...Set school records in the 110mH, 300mH and 400mH.

PERSONAL

Son of Jean-Claude Kadima Lukusa and Mwadi Eva Mpiana...Has four siblings, Josiah Muledi, Monique Mbombo, Jude Butumbi and Joel Lukusa...Studying Telecommunications...Born in Pennsylvania.



**Luke
KNIPE**

Boalsburg, Pa.
State College
Senior
Pole Vault

COLLEGIATE PERSONAL BESTS: PV - 17-08.5 (5.40m), LJ - 23-02.75 (7.08m)

AWARDS: Academic All-Big Ten Spring 2022 and Spring 2021... Second Team All-Big Ten Men's Indoor 2021...Named to USTF-CCCA All Academic Team.

CAREER NOTES AND RECORDS

Records: Program record holder in the indoor pole vault (5.40m).

ON THE NATIONAL STAGE

NCAA East Prelims (5/25-28/22): Qualified in the pole vault.
NCAA East Prelims (5/26-29/21): Qualified in the pole vault.

AT BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/13/15): Finished sixth in the pole vault and qualified for the NCAA East Prelims.
Big Ten Indoor Championships (2/25-26): Placed second in the pole vault while breaking his own Penn State program record with a 5.40m effort.
Big Ten Outdoor Championships (5/14-16/21): Placed 5th in the pole vault with a clearance of 5.22m

Big Ten Indoor Championships (2/25-27/21): Claimed silver in the pole vault with a program record 5.30m.
Big Ten Indoor Championships (2/28-29/20): Placed 12th in pole vault with clearance of 16-1.75 (4.92m).

2022 Outdoor
Season: Qualified for NCAA East Preliminaries...Finished sixth at Big Ten Outdoor Championships...Won two pole vault events on season.

Hurricane Alummit Invitational (4/8-9): Took first in pole vault. Jim Thorpe Invitational (5/6): Notched another first place in the pole vault. Big Ten Championships (5/13-15): Placed sixth at conference championships.

2022 Indoor
Season: Set new program record with 5.40m pole vault clearance at Big Ten Championships for second place finish.

2021 Outdoor
Big Ten Outdoor Championships - Posted an outdoor season best pole vault of 5.22m to place fifth...NCAA East Prelims (5/26-29/21): Qualified in the pole vault.

2021 Indoor
Big Ten Indoor Championships - Recorded a program record 5.30m pole vault in his second place finish.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Captured two first-place finishes with six total top-10 finishes...Placed 12th in first Big Ten Indoor Championships.

Dr. Sander Invitational (1/23-25): Cleared a personal best 16-2.75 (4.95m). Penn State Tune Up (2/21): Won pole vault event (15-7.25, 4.76m). Big Ten Indoor Championships (2/28-29/20): Placed 12th in pole vault with clearance of 16-1.75 (4.92m).

BEFORE PENN STATE

HIGH SCHOOL PRs: Pole Vault: 16', Long Jump: 23-6
Earned four varsity letters in track & field at State College High School...Won 2019 state championship in pole vault and was a member of Lion state team title team...Captured two district championships, one in pole vault and one in long jump...Placed second in the pole vault at the Penn Relays...Finished third at the Pennsylvania Track and Field Coaches Association (PTFCA) indoor state meet...Named PTFCA first-team all-state in 2019...Named 2019 PennLive boys all-star team.

PERSONAL

Son of Rick and Mary Knipe...Has two siblings, Hannah and Sammy...Sister, Hannah, graduated from Penn State in 2019...Majoring in Supply Chain & Information Systems...Born in Pennsylvania.



RETURNERS



**Duane
KNISELY**

Alum Bank, Pa.
Chestnut Ridge
Junior
Throws

COLLEGIATE PERSONAL BESTS - SP - 57-07.75 (17.57m), DT - 170-01 (51.85m), HT - 164-0 (49.99m), WT - 51-05 (15.67m)

AWARDS: Academic All-Big Ten Spring 2022

2022 Outdoor

Season: Competed at NCAA East Prelims in shot put...Threw at Big Ten Outdoor Championships...Set personal best in shot put at 17.57m at Penn Relays.

2022 Indoor

Season: Placed 20th at Big Ten Indoor Championships in shot put...Had three top-10 finishes in shot put for the indoor season.

2021 Outdoor

Jim Thorpe Invite (5/7): Recorded a season best shot put throw of 16.99m to place fourth. Big Ten Outdoor Championships (5/14-16/21): Competed in both the shot put and discus throw.

2021 Indoor

Penn State Tri-Meet (2/6): Posted an indoor season best 16.88m shot put throw to place second in the event. Big Ten Indoor Championships (2/25-27/21): Placed 18th in the shot put.

BEFORE PENN STATE

HIGH SCHOOL PRs: Shot put - 58-9, Discus - 187-11
Won two district titles in shot put and discus at Chestnut Ridge High School...Set Chestnut Ridge school records in the discus and shot put...Earned all-state honors in both track and football... Won 100 matches as a wrestler.

PERSONAL

Son of James and Rebecca Knisely...Has two siblings, Samantha and Madeline...Studying Kinesiology...Born in Pennsylvania.



**Dylan
LAMBRECHT**

Jonestown, Pa.
Northern Lebanon
Sophomore
Throws

2022
Season: Did not compete.

BEFORE PENN STATE

Personal Bests: DT - 171'10", SP - 60'03"
Four year letterwinner...Lancaster/Lebanon League Shot Put Champion 2021, Discus Champion 2019-2021...District 3 Shot Put Champion 2021, Discus Champion 2021...All State Discus 2019 & 2021...All State Shot Put 2020 (indoor), 2021 (indoor and outdoor).

PERSONAL

Born in Indiana...Son of Jeremy and Heather Lambrecht...Plans to major in Criminology.



**Josh
LEWIS**

North East, Pa.
North East
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 1500m - 3:58.74, Mile - 4:15.46, 3000m - 8:24.06, 5000m - 15:10.44, 3000mS - 9:48.91, 6K(XC) - 18:18.13, 8K(XC) - 25:40.3, 5 Mile(XC) - 26:15.3

AWARDS: Academic All-Big Ten Spring 2022 and Fall 202...
Named a Distinguished Scholar

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Indoor Championships (2/25-27/21): Competed in the 3000m run.

Big Ten Cross Country Championship (1/30/21): Placed 75th in his first Big Ten Championship.

2022 Outdoor

Season: Won 3000m steeplechase at Jim Thorpe Invitational (5/6) at 9:48.91.

2022 Indoor

Season: Ran in four competitions with one seventh-place finish.

2021 Cross Country

Season: Ran in three events, including Big Ten Cross Country Championships.

2021 Indoor

Season: Ran in three events with two top-3 finishes...Competed at Big Ten Indoor Championships

Nittany Lion Opener (1/16): Took third place in 3000m in first collegiate race. Penn State Tri (2/6): Finished in second place in mile. Big Ten Indoor Championships (2/25-27): Competed in 3000m and set personal best of 8:24.06.

2020 Cross Country

Season: Ran at Big Ten Cross Country Championships in (1/16/21) after event was delayed due to the COVID-19 pandemic.

RETURNERS



BEFORE PENN STATE

HIGH SCHOOL PRs: 800m - 1:59, 1600m - 4:23, 3200m - 9:26
Attended North East High School...National Honors Society...
Earned four letters in cross country and track and field...Earned two letters in soccer and wrestling... Finished runner-up in the 4x800 in state championships...Finished fourth in the 3200 in 2019... Won district championships in 3200 and 4x800 in 2018...
Won District Championships in cross country in 2017...Won team region championship in 2018...Finished as team 2018 district runner-up...Finished 2018 Footlocker North East Region in 13th place...Named 2018 All Region XC...Named 2016-208 All-District XC...Named All state team XC 2018.

PERSONAL

Son of Dawn and Scott...Has one sibling, Ethan...Born in Pennsylvania...Majoring in Kinesiology...Chose Penn State because, "Penn State had all of the things I was looking for in a potential university. I wanted a school with a great engineering program, a great coach and team, and facilities that will help me become a better athlete. Some schools had one or two of these, but when I visited Penn State I realized they had all three! I knew it was my future home."



**Drew
MAHER**

Monmouth Beach, N.J.
Shore Regional
Graduate Student
Distance

COLLEGIATE PERSONAL-BESTS: 600m - 1:20.58, 800m - 1:51.11, 1000m - 2:23.29, 1500m - 3:44.88, mile - 4:04.18

AWARDS: Academic All-Big Ten (2021)

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Qualified for NCAA East Prelims in 1500m.

AT BIG TEN CHAMPIONSHIPS

Big Ten Indoor Championships (2/25-26): Placed 13th in the mile.
Big Ten Outdoor Championships (5/14-16/21): Competed in the 800m and 1500m runs.

Big Ten Indoor Championships (2/28-29/20): Finished 11th in mile final (4:11.94).

Big Ten Outdoor Championships (5/12-12/19): Competed in 1500m.

Big Ten Indoor Championships (2/22-23/19): Ran 1:51.37 to set then-collegiate-best time in 800m.

2022 Indoor

Season: Set 1000m PR at the Nittany Lion Challenge.

2021 Outdoor

Big Ten Relays (4/23): Placed sixth in the 800m with a season best 1:51.66 and third in the 4x800m relay. Big Ten Outdoor Championships (5/14-16/21): Competed in the 800m and 1500m runs.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Clocked pair of personal-best times in 800m and mile...
Had five top-five finishes.

Sykes & Sabock Challenge (2/8): Finished fourth in 800m (1:51.11). Husky Classic (2/14-15): Ran a personal-best 4:04.18 in mile. Big Ten Indoor Championships (2/28-29/20): Finished 11th in mile final (4:11.94).

2019 Outdoor

Season: Qualified for NCAA East Prelims in 1500m...Set a personal best in 1500m (3:44.88) at Bison Outdoor Classic...Posted four top-10 finishes...Competed in 1500m at USATF Championships.

Bison Outdoor Classic (4/13-14): Set personal-best in 1500m (3:44.88). USATF U20 Championships (6/21-23): Placed second in 1500m. Big Ten Indoor Championships (2/22-23/19): Ran 1:51.37 to set then-collegiate-best time in 800m. NCAA East Prelims (5/23-25/19): Qualified for NCAA East Prelims in 1500m.

2019 Indoor

Season: Set three collegiate bests in mile, 800m and 600m. Posted eight top-10 finishes with his mile and 600m standards set a Penn State indoor track...Recorded personal-best in 800m at Big Ten Indoor Championships.

Nittany Lion Challenge (1/12): Clocked personal best in mile (4:10.91). Penn State Tune-Up: Ran 1:20.58 and finished third in 600m. Big Ten Outdoor Championships (5/12-12/19): Competed in 1500m.

BEFORE PENN STATE

High School PRs: 400m: 49.6, 800m: 1:49.1, 1600m: 4:08, 5K: 15:31

Was a member of outdoor track Central Jersey Group 1 state championship team at Shore Regional High School...Won two Monmouth County titles...Captured Shore Conference titles three times...Earned 14 state sectional titles and 10 Group 1 titles...
Captured two Meet of Champions titles in 1600m...Earned All-America honors three times...Finished as New Balance Nationals 800m runner-up (2018) and placed fifth in mile (2017, 2018)...
Served as Vice President of the Class of 2018...Was a Blue Devil Scholar and a member of the National Honor Society.

PERSONAL

Son of Jean and Tony Maher...Has two siblings, Troy and Rory...
Chose Penn State because "As soon as I got on campus I knew this is where I wanted to go"...Studying Real Estate Analysis & Development in Graduate School...Born in New Jersey.





**Korbin
MARTINO**

Canal Winchester, Ohio
Canal Winchester
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 200m - 21.47, 400m - 46.57

AWARDS: 2022 USTFCCCA Outdoor Track All American Honorable Mention for 4x400m relay.

2022 Outdoor

Season: Named an honorable mention All-American for qualifying for NCAA Championships as member of 4x400m men's relay team...Qualified for NCAA East Prelims in 400m...Ran at Big Ten Outdoor Championships and placed 7th in 400m...Had six top-10 placings throughout season across various sprint distances, including first outdoor victory in 400m at Jim Thorpe Invitational.

2022 Indoor

Season: Placed ninth in 400m at Big Ten Indoor Championships...Set personal best in the 400m in first collegiate individual victory at Sykes and Sabock Invitational at 46.57...Placed ninth or better in all 13 races competed in.

BEFORE PENN STATE

Personal Bests: 100-10.88, 200-21.35, 400-47.04, 800-1:56.27
Four year letterwinner...Ranked No. 1 in the United States in the 400m...2021 indoor 400m state champion...state runner up 2021 outdoor and 2020 indoor...three-time first team all-league...High point scorer 2021 OCC Conference---Back to back team district championships...two-time first team all district...2019 regional champion in the 400.

PERSONAL

Born in Ohio...Son of Kyle and Dawn Martino...Intending to major in Communications.



**Tyler
MERKLEY**

Rancho Cucamonga, Calif.
Los Osos
Graduate Student
Throws

COLLEGIATE PERSONAL BESTS: HT - 238-06 (72.70m), WT - 71-08.75 (21.86m), DT - 181-03 (55.26m)

CAREER NOTES & RECORDS

Awards: First Team USTFCCCA All-American (2022)...Became third Nittany Lion in program history to be named Big Ten Outdoor Men's Track & Field Athlete of the Year in 2022...Second Team All-American (2021)...Two-time Big Ten silver medalist in hammer throw (2021 & 2022)...Big Ten Indoor silver medalist in weight throw (2022).

Records: Moved into first on Penn State's all-time hammer throw list (72.70m, 238-6) after 2022 outdoor season...Third on the weight throw list (21.86m, 71-8.75)...Ninth on discus throw list (55.26m, 181-3).

ON THE NATIONAL STAGE

NCAA Outdoor Championships (6/8/22): Finished runner up in the hammer throw with personal best 72.70m throw and earn First Team All-America status.

NCAA East Preliminary Championships (5/25/22): Won hammer throw with 70.79m throw to qualify for NCAA Championships.

NCAA Outdoor Championships (6/9-12/21): Placed ninth in the hammer throw with a then-personal best 70.28m throw.

NCAA East Preliminary Championships (5/27-29/21): Qualified for the NCAA Championships with a fifth-place finish in the hammer throw.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/13-15/22): Won silver medal in hammer throw with 70.08m throw...Placed seventh in discus with 55.26m throw.

Big Ten Outdoor Championships (5/14-16/21): Claimed the silver medal in the hammer throw with a then career-best 69.10m throw.

2022 Outdoor

Season: Placed first four times in the hammer throw throughout the season, including at Penn Relays (4/28-30)...Placed first or second nine times between hammer throw and discus throw events.

Big Ten Championships (5/13-15): Set a personal best in the discus, finishing seventh in the conference...Placed second in the conference in the hammer throw to qualify for the NCAA Championships. NCAA Championships (6/8-11): Finished second in the nation with a personal best, and Penn State program record, 72.70m hammer throw.

2022 Indoor

Season: Earned one first place and three second-place finishes in weight throw.

RETURNERS



Big Ten Championships (2/25-26): Set a personal best and finished second in the conference with a 21.86m weight throw.

2021 Outdoor

Season: Posted four top-two finishes in the hammer throw, with a win at the Jesse Owens Invite...Placed ninth in the country in the hammer throw at the NCAA Championships.

NCAA Championships (6/9-12): Finished ninth in the country. Big Ten Championships (5/14-16): Won silver in the hammer throw to qualify for NAAs. Jesse Owens Invite (5/7): Won the hammer throw with a then personal best throw of 66.79m.

2021 Indoor

Season: Won the hammer throw in all three of his meets, posting a season-best 20.72m throw at the Penn State tri-meet.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Reached a personal-best distance in weight throw...Won two weight throw events and registered five top-five performances.

Dr. Sander Invitational (1/23-25): Won first weight throw event as a Nittany Lion (68-1.5, 20.76m). Penn State Tune Up (2/21): Moved into fourth on Penn State's all-time weight throw performance list (69-1.25, 21.06m).

2019 Outdoor

Season: Did not compete.

2019 Indoor

Season: Did not compete.

BEFORE PENN STATE

KANSAS STATE 2015-16 & HIGH SCHOOL

Placed 21st at the NCAA Championships (62.09m, 203-08) at Kansas State...Finished in eighth place at NCAA West Preliminary...Took second at Big 12 Championships...Set Kansas State record in hammer throw (63.99m)...Took sixth place at Big 12 Championships in weight throw...Ranked ninth on Kansas State all-time record list in weight throw...Captured league championship three times in shot put and discus at Los Osos High School...Set the school record in shot put...Earned All-America honors in weight throw...Captured 2014 and 2015 state hammer championship...Was a member of 2014 USA Youth Olympic Team...Won 2015 Division 1 discus champion (southern section)...Was a scholar athlete.

PERSONAL

Son of Don and Cindy Merkley...Married to wife Hannah Merkley...Graduated with kinesiology degree in May 2022...Pursuing Master's Degree in Kinesiology...Born in California.



James
ONWUKA

Newburgh, N.Y.
Newburgh Free Academy
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 200m - 21.89, 400m - 47.42

CAREER NOTES & RECORDS

Career: Competed for Nigeria at the U20 World Athletics Championships in Cali, Columbia.

Awards: 2022 USATFCCCA Outdoor Track All American Honorable Mention in 4x400m relay.

2022

Outdoor

Season: Named an All-America honorable mention as part of NCAA Championship qualifying 4x400m relay team...Placed 11th in 400m at Big Ten Championships...Had a second place finish (Jim Thorpe Invitational) and fifth place finish (Bison Outdoor Classic) in 400m...Set personal best in 200m at UCF Knights Invite.

Indoor

Season: Placed 10th at Big Ten Indoor Championships in 400m and set season best time of 47.42...Placed top ten in nine different races.

BEFORE PENN STATE

Personal Bests: 200m - 22:07, 400m - 47.52

Four year letterwinner...Seven-time All-American...Two-time Nike Outdoor National Champion...Three-time NY Section 9 champion...Four-time All-New York State.

PERSONAL

Born in New York...Son of Ugwuogo and Uchechi Onwuka...Studying Kinesiology.



RETURNERS



**Isaac
OSIFO**

Cumming, Ga.
West Forsyth
Sophomore
Jumps

COLLEGIATE PERSONAL BESTS: HJ - 6-10.75 (2.10m)

2022 Outdoor

Season: Competed at NCAA East Prelims in high jump...Placed ninth at Big Ten Outdoor Championships...Won first two collegiate events at Jim Thorpe Invitational (5/6) and UCF Knights Invite (3/25-26) both in high jump.

2022 Indoor

Season: Set season high mark on high jump at 2.10m at Big Ten Indoor Championships to place sixth.

BEFORE PENN STATE

Personal Bests: HJ - 6'11"

Four year letterwinner...Region 6-7A champion(2021)...Region 6-7A High Jump Champion(2021)...Georgia 7A state Champion High Jump(2021)...USATF Junior Olympics national champion 15-16 boys(2019)...Forsyth County Track Athlete of the year(2021)...Gatorade Track Athlete of the Year Nominee(2021)...Powerade All-Metro Team of the Year member(2021), Milesplit Week 10 boys recognition(2021).

PERSONAL

Born in Georgia...Son of Aifuwa and Renee Osifo...Enrolled in the Division of Undergraduate Studies.



**Jonathan
PETERSEN**

Westerville, Ohio
Olentangy Orange
Sophomore
Pole Vault

COLLEGIATE PERSONAL BESTS: Pole Vault - 16-10.75 (5.15m)

Awards: 2022 USTFCCCA All Academic Team

2022 Outdoor

Season: Placed seventh at Big Ten Outdoor Championships behind season best mark of 5.15m.

2022 Indoor

Season: Placed 14th at Big Ten Indoor Championships.

BEFORE PENN STATE

Personal Bests: PV - 16'1

Four year letterwinner...Adidas All-American (2021)...Pole Vault Outdoor District Champion (2019)...Team Indoor State Championships(2020)...OATCCC All-State (2019).

PERSONAL

Born in Indiana..Son of Mike and Wendy Petersen...Studying Graphic Design.



**Tanner
PIOTROWSKI**

Columbia, Md.
Arundel
Junior
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 1:54.08, 1000m - 2:32.71, 1500m - 3:49.61, Mile - 4:06.27, 3000m - 8:24.78, 5000m - 15:12.04, 3000mS - 9:22.12, 6K(XC) - 18:21.6, 8K(XC) - 26:12.3

AWARDS: Fall 2021 and Spring 2022 Academic All-Big Ten

2022 Outdoor

Season: Had a second place finish in 800m...Ran at Big Ten Outdoor Championships.

Jim Thorpe (5/6): Finished second in 800m with a personal-best 1:54.08 time. Big Ten Outdoor Championships (5/13-15): Ran in 1500m at conference championships.

2022 Indoor

Season: Had two top-6 finishes...Competed at Big Ten Indoor Championships.

Nittany Lion Challenge (1/15): Took third place in mile run...Set personal best in 1000m at 2:32.71. Big Ten Indoor Championships (2/25-26): Competed in mile at conference championship.

2021 Outdoor

Rutgers Tri-Meet (4/10): Placed second in the 1500m with a season-best time of 3:55.86. Big Ten Indoor Championships (2/25-27/21): Competed in the 3000m run.

2021 Indoor

Penn State Tri-Meet (2/6): Placed third in the mile with a season-best time of 4:15.58.

2020 Cross Country

Big Ten Cross Country Championships (1/31/21): Placed 72nd at his first Big Ten Championship.

BEFORE PENN STATE

HIGH SCHOOL PRs: 800m - 1:57.31, 1600m - 4:21.56, 3200m - 9:28.98, 3 Mile - 15:01.61, 5000m - 15:21.60
Won indoor 800m state championship in 2018 at Arundel...Was

RETURNERS

a member of team that won county championships in 2019 and 2020...Won county titles in indoor 800m, outdoor 1600m, 4x400m and cross country titles...Captured regional championship in 1600m...Was a three-time all-county pick in both cross country and indoor track & field...Named to All-Baltimore Sun teams in indoor track and cross country in 2019.

PERSONAL

Son of Karen and Michael Piotrowski...Has two brothers, Braeden and Dalton...Majoring in Computer Science...Born in Maryland.



Lucciano PIZARRO
Marlton, N.J.
Cherokee
Junior
Throws

COLLEGIATE PERSONAL BESTS: SP - 61-01.5 (18.63m)

CAREER RECORDS AND NOTES: Ranks ninth on the Penn State all-time outdoor shot put list.

ON THE NATIONAL STAGE

NCAA East Prelims (5/25-27/21): Qualified in the shot put.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/14-16/21): Placed 11th in the shot put with a throw of 17.51m.

Big Ten Indoor Championships (2/25-27/21): Competed in the shot put.

2022 Outdoor

Season: Placed second in lone event of season in shot put at Bison Outdoor Classic.

2021 Outdoor

Jim Thorpe Invite (5/7): Recorded a personal best throw of 18.63m to win the shot put. Big Ten Outdoor Championships (5/14-16/21): Placed 11th in the shot put with a throw of 17.51m. NCAA East Prelims (5/25-27/21): Qualified in the shot put.

2021 Indoor

Penn State Tri-Meet (2/6): Placed third in the shot put with an indoor season-best 16.80m throw. Big Ten Indoor Championships (2/25-27/21): Competed in the shot put.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: Shot Put: 60-11

Earned four varsity letters in track and field at Cherokee High School...Named field MVP as a junior and senior...Captured shot put state, conference and district championships...Named Boys Spring Track Athlete of the Year.

PERSONAL

Son of Sadot and Kimberly Pizarro...Has three siblings, Sadot Jr., Ariel and Dymonn...Grandfather competed in decathlon at Seton

Hall...Chose Penn State because "of the academic and athletic prestige, and the sense that everyone in the Penn State family is there to help me become a better person and give me a head start in adulthood. Ever since middle school I knew Penn State is where I wanted to continue my future, and going in to high school the dream of attending Penn State provided motive for me to do the work necessary to be able to make my dream a reality"...Majoring in Electrical Engineering...Born in New Jersey.



Jonah POWELL
Grove City, Pa.
Grove City (Air Force Academy)
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 1:53.81, 1500m - 3:50.7

AWARDS: Spring 2022 Academic All-Big Ten.

2022 Outdoor

Season: Competed at first Big Ten Outdoor Championship in 1500m.

PRIOR TO PENN STATE

Attended the United State Air Force Academy 2019-20...Ran cross country, indoor and outdoor track at Grove City Area High School...Won the PIAA AA cross country state championship in 2018...Was the PIAA Indoor track champion in the mile 2019...Took second place at 2019 outdoor state championship in the 1600m...Placed third at the 2018 AAA state championship in the 1600m...Ran to third place in 2017 XC AA state championship.

PERSONAL

Parents are Christine Meszaros and Ray Powell...Has two brothers, Jordan and Jacob...Majoring in Biology...Born in Pennsylvania.



Dante RADIGONDA
Exeter, N.H.
Exeter
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 600m - 1:19.90, 800m 1:52.11

2022 Indoor

Season: Placed 13th at first Big Ten Indoor Championships in 600m...Picked up first collegiate win in the 600m at the Penn State Tun Up by setting season best time of 1:19.90.

RETURNERS



BEFORE PENN STATE

HIGH SCHOOL PRs: 200m - 22.80

Four year varsity letterwinner (8 letters)..2020 Indoor 600m State Champion....2020 Indoor 600m New England Silver Medalist...2019 National Championship All American SMR Team 6th...2019 Outdoor D1 State Champions Exeter T&F...2019 Indoor 600m State Champion...2019 Indoor 4X400m State Champions...2019 Outdoor 4x400m State Champions...New Hampshire D1 State Record 600m...EHS 600m School Record...EHS 300m School Record.

PERSONAL

Son of Richard and Lorinda Radigonda...Enrolled in the Division of Undergraduate Studies...Born in Texas.



Zachary SALAS
Torrance, Calif.
Torrance
Sophomore
Pole Vault

2022

Season: Did not compete.

BEFORE PENN STATE

Personal Bests: PV - 15'1"

Four year letterwinner...Pioneer League Champion Track & Field/ Pole vault (2020 and 2021).

PERSONAL

Born in California...Son of Sergio and Joy Salas...Pursuing a Bachelor of Science in Mechanical Engineering.



Payton SEWALL
Glenmoore, Pa.
Downington - West
Junior
Distance/XC

Mile - 4:25.23, 3000m - 8:38.21, 5000m - 14:53.29, 10,000m - 30:40.37, 6K(XC) - 18:41.3, 8K(XC) - 25:41.8, 10K(XC) - 32:22.5, 5 Mile(XC) - 25:15.0

AWARDS: Three-time Academic All-Big Ten awardee (Spring 2021, Fall 2021, Spring 2022)... Big Ten Distinguished Scholar.

2022 Outdoor

Season: Competed in one event, the 10,000m at the Bison Outdoor Classic (4/14-16).

2022 Indoor

Season: Ran in distance events across four different meets...Finished in the top 12 three times.

Penn State National Open (1/21-22): Finished 10th in 5000m at 14:53.29. Penn State Tune Up (2/18): Ran to 8th place finish in 3000m.

2021 Cross Country

Season: Made Collegiate debut at Dolan Duals (9/2/21)...Ran in four total meets.

Dolan Duals (9/2): Finished 12th in collegiate debut with 6k time of 18:50.9.

2020-21

Did not compete.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Did not compete.

BEFORE PENN STATE

Selected to first-team all-league in back to back seasons in cross country at Downington Stem Academy...Selected as first team all-state in cross country as a senior...Named third team all-region in cross country as a junior...Named all-state in DMR as a senior... Member of the National Honor Society.

PERSONAL

Son of Shaun and Sandy Sewell...Has two siblings, Zac and Emmy...Majoring in Aerospace Engineering...Born in Pennsylvania.



Darius SMALLWOOD
Pottstown, Pa.
Pottstown
Sophomore
Distance

COLLEGIATE PERSONAL BEST: 600m - 1:19.19, 800m - 1:48.65

2022 Outdoor

Season: Qualified for NCAA East Prelims in 800m...Ran 800m at Big Ten Outdoor Championships

2022 Indoor

Season: Placed 14th at Big Ten Indoor Championships in the 800m.

BEFORE PENN STATE

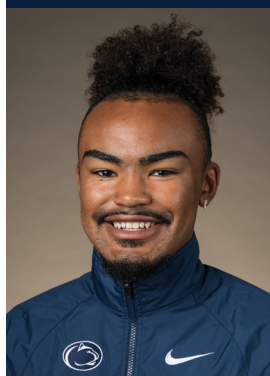
HIGH SCHOOL PRs: 800 - 1:51.91

Four year letterwinner...2021 800m State Champion...2020-21 Conference runner of the year for track and cross country.

RETURNERS

PERSONAL

Son of Richie Smallwood and Stacie Steele...Enrolled in the Division of Undergraduate Studies...Born in Pennsylvania.



**Allen
TAYLOR**

Cogan Station, Pa.
Williamsport Area
Sophomore
Sprints/Hurdles

COLLEGIATE PERSONAL BESTS: 60mH - 8.14, 110mH, 14.51, 200m - 22.78, 400mH - 53.63

2022 Outdoor

Season: Set season bests in both the 100m hurdles and 400m hurdles at the Big Ten Championships...Competed in six different competitions.

2022 Indoor

Season: Participated in the 60m hurdles and 200m in four different events.

BEFORE PENN STATE

Personal Bests: 110mh - 14.01, 300mh - 38.83, LJ - 22-11.25
Four year letterwinner...PIAA First Team All-State in 110mh (2021)...110mh PIAA State Champion (2021)...110mh PIAA District 4 AAA Champion (2018, 2019, and 2021); 300mh PIAA District 4 AAA Champion (2018 and 2019); Triple Jump PIAA District 4 AAA Champion (2019); Long Jump PIAA District 4 AAA Champion (2021).

PERSONAL

Born in Pennsylvania...Goes by Tre...Son of Allen and April Taylor...Studying Health & Human Development.

**Colin
WATERS**

Poughquag, N.Y.
Arlington
Junior
Distance/XC



COLLEGIATE PERSONAL BESTS: Mile - 4:19.94, 3000m - 8:28.95, 5000m - 14:22.69, 10,000m - 30:19.13, 6K(XC) - 18:16.9, 8K(XC) - 26:27.4, 5 Mile(XC) - 25:23.3

AWARDS: Academic All-Big Ten (2021, 2022)... Big Ten Distinguished Scholar

2022 Outdoor

Season: Ran in three meets, including Big Ten Outdoor Championships.

Big Ten Outdoor Championships (5/13-15): Ran in 5000m and 10,000m at conference championships.

2022 Indoor

Season: Ran in five events in four meets with two top-five finishes.

2021 Cross Country

Season: Ran in four races, including Big Ten Cross Country Championship (10/29).

2021 Outdoor

Maryland B1G Invite: Opened the season with a third place finish in the 5000m.

2020 Cross Country

Big Ten Cross Country Championships (1/30/21): Placed 80th in his first Big Ten Championship.

2020 Outdoor

Season cancelled due to COVID-19 pandemic.

2020 Indoor

Season: Did not compete.

BEFORE PENN STATE

High School PRs: 3200m: 9:21, 1600m: 4:23, 3 Mile: 14:56, 5k: 16:04

Earned three varsity letters in track & field and cross country at Arlington High School...Captured Section 1 cross country championships in 2018 after finishing as runner-up in 2017...Was a member of three Section 1 Class A team cross country championships (2016-2018)...Finished fourth in NYS Class A at state cross country meet (2018)...Won Section 1 Class A Indoor/Outdoor 3200m title (2019)...Was a member of DMR team that won Loucks Games championship...Named all-league, all-county, all-section three times in cross country (2016-2018)...Earned all-state honorable mention in 2017 and first team all-state honors in 2018 in cross country...Was a member of the National Honor Society.

PERSONAL

Son of Lindsey and Kevin Waters...Has two siblings, Liam and Maggie...Chose Penn State because "Penn State had a great balance of everything I was looking for in a school, mainly the strong engineering program, opportunity to run, and campus atmosphere"...Majoring in Mechanical Engineering...Born in New York.

NEWCOMERS



**Cole
ADAMS**
York, Pa.
York Suburban
Freshman
Distance/XC



**Jake
ADAMS**
Altoona, Pa.
Altoona
Freshman
Jumps



**Andrew
BETEN**
Strongsville, Ohio
Strongsville
Freshman
Jumps



**Carter
FITZGERALD**
Doylestown, Pa.
Central Bucks West
Freshman
Distance/XC

22-23



**Brendan
FLYNN**
Downingtown, Pa.
Downingtown Stem Academy
Freshman
Distance/XC




**Austin
GALLANT**
Haymarket, Va.
Battlefield
Freshman
Sprints

NEWCOMERS



**Camden
KIRKER**
Glen Allen, Va.
Glen Allen
Freshman
Multi Event



**James
KISKER**
Basking Ridge, N.J.
Ridge
Freshman
Distance/XC



**Caiden
LEEN**
Downingtown, Pa.
Downingtown East
Freshman
Distance/XC



**Jack
MARTIN**
Avon, Conn.
Avon
Freshman
Distance/XC



**Tristan
McGARRAH**
Butler, Pa.
Butler HS
Freshman
Pole Vault



**Kristian
PHENNICIE**
York, Pa.
Dallastown
Freshman
Sprints

22-23





**Sage
PHILLIPS**
Upper Marlboro, Md.
DeMatha Catholic
Freshman
Sprints



**Joseph
RAUDABAUGH**
Ellicott City, Md.
Howard HS
Freshman
Distance/XC



**Handal
ROBAN**
St. Vincent and the Grenadines
Jamaica College
Freshman
Distance



**Luke
SEYMOUR**
Leesport, Pa.
Schuylkill Valley
Freshman
Distance/XC

NEWCOMERS



**Jacob
SMITH**
Lititz, Pa.
Warwick
Freshman
Distance



**Joey
WALKER**
Plain City, Ohio
Jonathan Alder
Freshman
Jumps

22-23



**Ryan
WATSON**
Falls Church, Va.
Justice
Freshman
Distance/XC



**Timothy
WATSON**
Simsbury, Conn.
Simsbury
Freshman
Jumps

CROSS COUNTRY / TRACK & FIELD

HISTORY



NITTANY LIONS AT THE OLYMPICS

Year	PSU Athlete	Event	Place	Country	Location
1908	Talbot, Lee	Hammer	5th	United States	London
1920	Barron, Harold	110-Meter High Hurdles	2nd	United States	Antwerp
1920	Heffrich, Alan	1600-Meter Relay	*Alternate	United States	Antwerp
1920	Shields, Larry	1500-Meters	3rd	United States	Antwerp
1920	Shields, Larry	3,000-Meter (Team Run)	1st (Team); 8th Indiv.	United States	Antwerp
1924	Cox, William	10,000-Meters	Unknown	United States	Paris
1924	Cox, William	3,000-Meter (Team Run)	3rd (Team)	United States	Paris
1924	Moore, Charles	110-Meter High Hurdles	*Alternate	United States	Paris
1924	Romig, John	5,000-Meters	4th	United States	Paris
1924	Studenroth, Arthur	5,000-Meters	6th	United States	Paris
1928	Bates, Al	Long Jump	3rd	United States	Amsterdam
1928	Romig, John	10,000-Meters	Unknown	United States	Amsterdam
1932	Rekers, Paul	5,000-Meters	12th	United States	Los Angeles
1940	Ewell, Barney	Sprints	Honorary Olympian	United States	Tokyo
1940	Vukmanic, Nick	Javelin	Honorary Olympian	United States	Tokyo
		** Tokyo Games cancelled due to World War II			
1948	Ewell, Barney	100-Meters	2nd	United States	London
1948	Ewell, Barney	200-Meters	2nd	United States	London
1948	Ewell, Barney	4x100-Meter Relay	1st	United States	London
1948	Goffberg, Herman	10,000-Meters	DNF	United States	London
1948	Stone, Curt	10,000-Meters	6th	United States	London
1952	Ashenfelter, Horace	3,000-Meter Steeplechase	1st	United States	Helsinki
		*8:45.4 (Olympic Record)			
1952	Ashenfelter, William	3,000-Meter Steeplechase	DNF	United States	Helsinki
1952	Stone, Curt	5,000-Meters	6th (Heat)	United States	Helsinki
1952	Stone, Curt	10,000-Meters	15th	United States	Helsinki
1952	Werner, Chick	Assistant Coach	N/A	United States	Helsinki
1956	Ashenfelter, Horace	3,000-Meter Steeplechase	6th (Heat)	United States	Stockholm
1956	Stone, Curt	5,000-Meters	6th (Heat)	United States	Stockholm
1960	Moran, Ed	1,500-Meters	*Alternate	United States	Rome
1968	Hedmark, Lennart	Decathlon	11th	Sweden	Mexico City
1968	Reilly, Bill	3,000-Meter Steeplechase	5th (Heat)	United States	Mexico City
1972	Hayden, Steve	50K Walk	27th	United States	Munich
1972	Hedmark, Lennart	Decathlon	DNF	Sweden	Munich
1972	Sands, Mike	100-Meters	6th (Heat)	Bahamas	Munich
1972	Sands, Mike	200-Meters	5th (Heat)	Bahamas	Munich
1972	Sands, Mike	4x100-Meter Relay	6th (Heat)	Bahamas	Munich
1976	Hedmark, Lennart	Decathlon	8th	Sweden	Montreal
1976	Hjeltnes, Knut	Discus	7th	Norway	Montreal
1976	Jackson, Al	Hammer	*Alternate	United States	Montreal
1976	Sands, Mike	100-Meters	4th (Heat)	Bahamas	Montreal
1976	Sands, Mike	400-Meters	6th (Heat)	Bahamas	Montreal
1976	Sands, Mike	4x100-Meter Relay	*Relay Pool	Bahamas	Montreal
1976	Shine, Mike	400-Meter Hurdles	2nd	United States	Montreal
1980	Fredericks, Greg	10,000-Meters	Honorary Olympian	United States	Moscow
		*U.S. boycotted Moscow Olympics			
1980	Hjeltnes, Knut	Discus	7th	Norway	Moscow
1984	Hjeltnes, Knut	Discus	4th	Norway	Los Angeles
1988	Hjeltnes, Knut	Discus	7th	Norway	Los Angeles
1992	Groves, Harry	Assistant Coach	N/A	United States	Barcelona
1992	Sands, Mike	Head Manager	N/A	Bahamas	Barcelona
1992	Walsh, Barry	Decathlon	***	Ireland	Barcelona
1996	Hunter, C.J.	Shot Put	7th	United States	Atlanta
2000	Hunter, C.J.	Shot Put	*DQ	United States	Sydney
2004	Alford-Sullivan, Beth	Assistant Coach	N/A	United States	Athens
2004	Moore, Consuella	4x100-Meter Relay	*Relay Pool	United States	Athens
2008	Augustus, Toyin	100-Meter Hurdles	7th (=Heat)	Nigeria	Beijing
2008	Barber, Aleesha	100-Meter Hurdles	4th (Heat)	Trinidad and Tobago	Beijing
2012	Blake, Dominique	4x400-Meter Relay	*Relay Pool (3rd)	Jamaica	London
2012	Cox, Shana	400 Meters; 4x400m Relay	7th (Semi-Final)	Great Britain	London
2012	Cox, Shana	4x400-Meter Relay	5th	Great Britain	London
2012	Franek, Bridget	3,000-Meter Steeplechase	14th	United States	London
2012	Nieuwendam, Kirsten	200 Meters	8th (Heat)	Suriname	London
2016	Kovacs, Joe	Shot Put	2nd	United States	Rio
2016	Hill, Darrell	Shot Put	23rd (Preliminaries)	United States	Rio
2016	Tucker, Erin	Assistant Coach	N/A	U.S. Virgin Islands	Rio
2020 ('21)	Kovacs, Joe	Shot Put	2nd	United States	Tokyo
2020 ('21)	Shuey, Michael	Javelin	***	United States	Tokyo

YELLOW - Denotes Olympic Gold Medalist

BOLD - Denotes Olympic Medalist

***** - No qualifying marks in competition**



NCAA CROSS COUNTRY RESULTS



ALL-TIME WOMEN'S TEAM FINISHES (NCAA Era - Since 1981)

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
2019	18th	482 pts	73, 80, 144, 151, 177, 223, 247	6,000-Meters	Indiana State
2018	20th	482 pts	68, 75, 99, 107, 133, 149, 212	6,000-Meters	Wisconsin
2017	18th	443 pts	75, 106, 118, 132, 147, 228, 250	6,000-Meters	Louisville
2016	18th	465 pts	15, 36, 140, 177, 204, 240	6,000-Meters	Indiana State
2015	16th	396 pts	38, 98, 102, 152, 157, 181, 225	6,000-Meters	Louisville
2013	25th	640 pts	111, 147, 152, 186, 204, 222, 237	6,000-Meters	Indiana State
2012	14th	387 pts	33, 51, 59, 121, 123, 143, 150	6,000-Meters	Louisville
2011	13th	368 pts	10, 39, 85, 93, 141, 167, 173	6,000-Meters	Indiana State
2010	26th	550 pts	82, 96, 106, 124, 142, 154, 167	6,000-Meters	Indiana State
2009	14th	375 pts	24, 69, 77, 90, 115, 163, 168	6,000-Meters	Indiana State
2003	23rd	510 pts	42, 103, 114, 116, 135, 173, 186	6,000-Meters	Northern Iowa
2002	T-25th	568 pts	73, 105, 107, 129, 154, 159, 193	6,000-Meters	Indiana State
1996	11th	270 pts	20, 47, 49, 70, 84, 95, 118	5,000-Meters	Arizona
1994	9th	250 pts	25, 34, 49, 51, 91, 103, 110	5,000-Meters	Arkansas
1993	7th	226 pts	31, 33, 50, 51, 61, 70, 119	5,000-Meters	Lehigh
1992	T-6th	179 pts	24, 33, 36, 37, 49, 55, 104	5,000-Meters	Indiana
1991	13th	328 pts	45, 50, 67, 71, 95, 98, 114	5,000-Meters	Arizona
1987	14th	304 pts	28, 54, 63, 76, 83, 94, 104	5,000-Meters	Virginia
1985	10th	253 pts	11, 55, 58, 64, 65, 89, 98	5,000-Meters	Marquette
1984	14th	305 pts	38, 45, 71, 75, 76, 78, 83	5,000-Meters	Penn State
1983	12th	304 pts	47, 50, 58, 74, 75, 82, 88	5,000-Meters	Lehigh
1982	6th	193 pts	20, 23, 41, 47, 62, 68, 77	5,000-Meters	Indiana
1981	10th	249 pts	39, 41, 53, 54, 62, 64, 69	5,000-Meters	Witchita State

ALL-TIME MEN'S TEAM FINISHES

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
2010	30th	659 pts	52, 77, 171, 179, 180, 189, 193	10,000-Meters	Indiana State
2008	25th	547 pts	64, 93, 112, 118, 160, 173, 194	10,000-Meters	Indiana State
1994	8th	250 pts	35, 41, 46, 60, 68, 125, 143	10,000-Meters	Arkansas
1993	14th	311 pts	18, 43, 73, 87, 90, 92, 109	10,000-Meters	Lehigh
1991	10th	286 pts	18, 36, 69, 73, 90, 107, 124	10,000-Meters	Arizona
1987	12th	304 pts	3, 29, 49, 90, 133, 143	10,000-Meters	Virginia
1986	17th	358 pts	21, 64, 82, 93, 98, 118, 122	10,000-Meters	Arizona
1984	21st	403 pts	57, 60, 69, 104, 113, 122, 142	10,000-Meters	Penn State
1981	14th	379 pts	4, 68, 79, 104, 124, 139	10,000-Meters	Wichita State
1980	3rd	153 pts	5, 12, 18, 52, 66, 91, 106	10,000-Meters	Wichita State
1979	3rd	186 pts	15, 27, 41, 46, 57, 68, 82	10,000-Meters	Lehigh
1978	4th	220 pts	7, 38, 42, 52, 81, 88, 94	10,000-Meters	Wisconsin
1977	12th	346 pts	26, 55, 74, 92, 99, 100, 188	10,000-Meters	Washington State
1976	13th	410 pts	18, 45, 68, 108, 171, 204	10,000-Meters	North Texas
1975	4th	256 pts	5, 17, 80, 125, 144, 222, 246	6 Miles	Penn State
1974	10th	279 pts	31, 53, 59, 67, 69, 116, 140	6 Miles	Indiana
1973	10th	252 pts	5, 12, 56, 85, 98, 166, 185	6 Miles	Washington State
1972	12th	326 pts	23, 28, 64, 78, 133, 154	6 Miles	Houston
1971	8th	269 pts	13, 38, 46, 83, 89, 147, 176	6 Miles	Tennessee
1970	13th	420 pts	3, 43, 89, 136, 149, 187, 214	6 Miles	William and Mary
1969	10th	352 pts	27, 63, 70, 92, 100, 144, 150	6 Miles	Manhattan College
1968	14th	319 pts	23, 34, 50, 103, 109, 114, 133	6 Miles	Manhattan College
1962	12th	253 pts	6, 51, 61, 65, 70, 75	4 Miles	Michigan State College
1961	8th	203 pts	16, 19, 47, 55, 66, 70, 80	4 Miles	Michigan State College
1960	4th	104 pts	5, 13, 24, 28, 34, 38, 46	4 Miles	Michigan State College
1959	10th	213 pts	5, 18, 51, 58, 81	4 Miles	Michigan State College
1957	9th	206 pts	9, 34, 36, 55, 72	4 Miles	Michigan State College
1956	7th	192 pts	11, 17, 43, 51, 70, 71	4 Miles	Michigan State College
1954	5th	152 pts	12, 14, 38, 42, 46, 67, 91	4 Miles	Michigan State College
1953	4th	97 pts	3, 6, 29, 33, 36, 58, 60	4 Miles	Michigan State College
1952	T-4th	110 pts	6, 19, 24, 28, 33, 56, 61	4 Miles	Michigan State College
1951	4th	122 pts	4, 15, 17, 22, 64, 76	4 Miles	Michigan State College
1950	1st	53 pts	5, 7, 12, 13, 16, 18, 31	4 Miles	Michigan State College
1949	4th	93 pts	10, 11, 13, 29, 30, 34, 41	4 Miles	Michigan State College
1948	4th	118 pts	18, 21, 25, 26, 28, 36, 46	4 Miles	Michigan State College
1947	1st	60 pts	1, 3, 13, 17, 26, 45, 46	4 Miles	Michigan State College
1946	3rd	114 pts	2, 6, 14, 34, 58, 81, 108	4 Miles	Michigan State College
1942	T-1st	57 pts	4, 6, 7, 11, 29, 42, 46	4 Miles	Michigan State College
1941	2nd	110 pts	11, 15, 27, 28, 29, 56, 66	4 Miles	Michigan State College

Bold denotes national title.

CROSS COUNTRY ALL-AMERICANS

WOMEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
1975*	Kris Bankes	3
1975*	Liz Berry	15
1975*	Liz Cunningham	12
1976*	Kathy Mills	3
1977*	Kathy Mills	1
1977*	Kris Bankes	15
1978*	Kathy Mills	3
1979*	Kathy Mills	4
1979*	Heather Carmichael	8
1982	Doreen Startare	20
1985	Stacy Prey	23
1988	Stacy Prey	31
1992	Kim Kelly	27
1994	Kim Kelly	25
1996	Kim McGreevy	27
2000	Susanne Heyer	14
2008	Bridget Franek	23
2009	Bridget Franek	26
2011	Caitlin Lane	16
2015	Tessa Barrett	38
2016	Elizabeth Chikotas	15
2016	Jillian Hunsberger	36

MEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
1939	Bill Smith	5
1940	Bill Smith	7
1941	Norm Gordon	11
1942	Norm Gordon	4
1942	McLain Smith	12
1942	Gerry Karver	8
1942	Curt Stone	6
1946	Gerry Karver	7
1946	Curt Stone	2
1947	Horace Ashenfelter	2
1947	Gerry Karver	6
1949	Bob Freebairn	14
1949	Bill Ashenfelter	13
1950	Bob Freebairn	11
1950	Bill Ashenfelter	8
1951	Bill Ashenfelter	4
1952	Bob Hollen	7
1953	Lamont Smith	13
1953	Bob Hollen	6
1957	Fred Kerr	13
1959	Dick Engelbrink	7
1960	Jerry Norman	6
1962	Howie Deardoff	8
1970	Greg Fredericks	4
1971	Greg Fredericks	20
1973	Charlie Maguire	23
1974	George Malley	39
1975	Paul Stemmer	5
1975	George Malley	17
1976	George Malley	20
1977	Bob Snyder	9
1978	Bob Snyder	9
1979	John Ziegler	34
1979	Alan Scharsu	19
1980	Larry Mangan	14
1980	John Zishka	22
1980	Alan Scharsu	6
1981	Alan Scharsu	5
1985	Eric Carter	9
1987	Eric Carter	4
1988	Brian Laird	13
1989	Doug Walter	41
1989	Steve Brown	20
1991	Mark Wimmer	26
1993	Jake Bartholomy	29
2005	Dan Mazzocco	43
2006	Dan Mazzocco	31

* Denotes finish from "Pre-NCAA" era.



NCAA CROSS COUNTRY RESULTS



ALL-TIME WOMEN'S CROSS COUNTRY FINISHES (BY YEAR)

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1981	43	39	Carmichael, Heather	17:29	1993	44	31	Hunt, Kelli	17:29	2010	111	82	Ridder, Brooklyne	21:23
1981	51	41	Murnane, Patty	17:34	1993	46	33	Weaver, Jennifer	17:30	2010	130	96	Lane, Caitlin	21:34
1981	69	53	Startare, Doreen	17:58	1993	67	50	McCarthy, Candida	17:41	2010	140	106	Millhouse, Kara	21:40
1981	70	54	Purcell, Monique	17:59	1993	68	51	Kelly, Kim	17:41	2010	158	124	Bower, Natalie	21:47
1981	82	62	Ihrig, Carolyn	18:16	1993	79	61	Rutkoski, Jamie	17:51	2010	180	142	Ryan, Maura	22:05
1981	84	64	Gerken, Heidi	18:19	1993	93	70	St. John, Erin	17:59	2010	192	154	Graybill, Lindsey	22:12
1981	90	69	Miley, Sue	18:31	1993	149	119	Hohnka, Mary	18:45	2010	205	167	Giannotti, Emily	22:18
1982	28	20	Startare, Doreen	17:38	1994	35	25	Kelly, Kim	17:46	2011	16	10	Lane, Caitlin	20:03
1982	31	23	Carmichael, Heather	17:43	1994	46	34	St. John, Erin	17:55	2011	59	39	Millhouse, Kara	20:42
1982	56	41	Updegrove, Natalie	18:05	1994	68	49	Hunt, Kelli	18:11	2011	112	85	Bower, Natalie	21:08
1982	64	47	Renzi, Paula	18:13	1994	70	51	Kelly, Kris	18:13	2011	123	93	Ridder, Brooklyne	21:12
1982	82	62	Purcell, Monique	18:38	1994	118	91	Hohnka, Teresa	18:40	2011	177	141	Giannotti, Emily	21:38
1982	89	68	Miley, Sue	18:44	1994	130	103	Harrity, Kim	18:49	2011	203	167	Benson, Abbie	21:45
1982	98	77	Gerken, Heidi	18:54	1994	137	110	Simmonds, Karen	18:54	2011	209	173	Graybill, Lindsey	21:57
1983	65	47	Updegrove, Natalie	18:01	1995	75	IND	Fidler, Donna	18:21	2012	47	33	Perri, Tori	20:21
1983	69	50	White, Meredith	18:04	1995	91	IND	McGreevy, Kim	18:28	2012	71	51	Simko, Rebekka	20:35
1983	78	58	Gerken, Heidi	18:13	1996	28	20	McGreevy, Kim	18:18	2012	80	59	Ridder, Brooklyne	20:38
1983	99	74	Startare, Doreen	18:34	1996	66	47	St. John, Erin	18:46	2012	156	121	Bower, Natalie	21:09
1983	100	75	Shafer, Anne	18:35	1996	68	49	Hohnka, Teresa	18:49	2012	159	123	Rodden, Katie	21:10
1983	107	82	Hart, Tammie	18:51	1996	68	49	Hohnka, Teresa	18:49	2012	180	143	Anderson, Leigha	21:21
1983	113	88	Dickstein, Carol	18:55	1996	94	70	Fidler, Donna	19:04	2012	188	150	Giannotti, Emily	21:26
1984	56	38	Gerken, Heidi	17:26	1996	111	84	Hohnka, Lou	19:19	2013	111	83	Giannotti, Emily	21:23
1984	64	45	White, Meredith	17:33	1996	123	95	Kern, Jill	19:31	2013	147	117	Anderson, Leigha	21:38
1984	93	71	Ross, Lisa	18:01	1996	147	118	Glitz, Allison	19:56	2013	152	121	Klebe, Marta	21:40
1984	98	75	Shafer, Anne	18:04	1998	150	IND	Davis, Erin	18:40	2013	186	152	Rodden, Katie	21:56
1984	100	76	Renzi, Paula	18:05	1999	94	IND	Bouchard, Stacie	17:59	2013	204	167	Gerlach, Tori	22:07
1984	102	78	Stearns, Cindy	18:06	2000	14	IND	Heyer, Susanne	21:09	2013	222	184	Underwood, Sarah	22:20
1984	107	83	Loht, Holly	18:13	2001	134	IND	Wale, Michelle	22:26	2013	237	199	Aldrich, Stephanie	22:36
1985	23	11	Prey, Stacia	16:57	2002	96	73	Brauksieck, Tracey	21:15	2014	161	IND	Hunsberger, Jillian	21:38
1985	76	55	Ross, Lisa	17:44	2002	134	105	Landreth, Molly	21:32	2015	38	24	Barrett, Tessa	20:26
1985	80	58	Pitcher, Kathy	17:47	2002	137	107	Wale, Michelle	21:33	2015	98	65	Gerlach, Tori	20:49
1985	86	64	Loht, Holly	17:59	2002	161	129	Stevens, Jenny	21:46	2015	102	69	Chikotas, Elizabeth	20:50
1985	87	65	Kuhn, Kathleen	17:59	2002	187	154	Hillard, Katy	21:57	2015	152	117	Hunsberger, Jillian	21:12
1985	113	89	Aston, Amy	18:16	2002	192	159	Johnson, Tara	22:01	2015	157	121	Aldrich, Stephanie	21:15
1985	122	98	St. Clair, Katherine	18:39	2002	229	193	Thomas, Maureen	22:29	2015	181	143	Kocjancic, Julie	21:26
1986	56	IND	Prey, Stacia	18:19	2003	56	42	Landreth, Molly	20:55	2015	225	187	Lindsley, Greta	22:03
1987	41	28	Prey, Stacia	17:06	2003	131	103	Thomas, Maureen	21:26	2016	15	10	Chikotas, Elizabeth	20:09
1987	75	54	Knight, Anne	17:36	2003	143	114	Stevens, Jenny	21:31	2016	36	28	Hunsberger, Jillian	20:21
1987	84	63	Hass, Emily	17:43	2003	147	116	Wale, Michelle	21:32	2016	140	112	Lindsley, Greta	21:00
1987	99	76	St. Clair, Katherine	17:52	2003	171	135	Johnson, Tara	21:45	2016	177	145	Munks, Kathryn	21:15
1987	107	83	Moody, Juliann	17:59	2003	211	173	Lenge, Chelsea	22:10	2016	204	170	Kocjancic, Julie	21:31
1987	118	94	Gold, Lisa	18:12	2003	224	186	Brauksieck, Tracey	22:20	2016	240	204	Crawford, Victoria	22:30
1987	128	104	Quinn, Ann Marie	18:32	2006	173	IND	Franek, Bridget	22:41	2016	DNF	NTS	Barrett, Tessa	----
1988	31	IND	Prey, Stacia	17:17	2007	57	IND	Franek, Bridget	21:14	2017	75	55	Hunsberger, Jillian	20:31
1990	43	IND	Nelson, Wendy	17:10	2008	23	IND	Franek, Bridget	20:31	2017	106	80	Munks, Kathryn	20:45
1991	63	45	Kelly, Kim	17:53	2009	26	24	Franek, Bridget	20:35	2017	118	91	Willingmyre, Alison	20:51
1991	69	50	Kelly, Kris	17:56	2009	86	69	Lane, Caitlin	21:11	2017	132	102	Rivers, Danae	20:57
1991	94	67	Morrow, Laurie	18:19	2009	94	77	Lord, Nicole	21:16	2017	147	115	Lindsley, Greta	21:03
1991	98	71	Martin, Leslee	18:21	2009	111	90	Spring, Cheryl	21:23	2017	228	190	Bennatan, Lisa	21:57
1991	123	95	Weaver, Jennifer	18:40	2009	142	115	Millhouse, Kara	21:35	2017	250	212	Crawford, Victoria	22:57
1991	127	98	Dougan, Dana	18:44	2009	200	163	Ridder, Brooklyne	22:05	2018	87	68	Rivers, Danae	21:00
1991	144	114	Hunt, Kelli	18:59	2009	206	168	Bower, Natalie	22:07	2018	94	75	Willingmyre, Alison	21:03
1992	27	24	Kelly, Kim	17:56	Key:					2018	125	99	Paternain, Julia	21:17
1992	42	33	Hunt, Kelli	18:10	IND - Denotes Individual Entrant					2018	140	107	O'Shea, Moria	21:23
1992	48	36	Glyde, Colleen	18:13	BOLD - Denotes All-America finish					2018	166	133	Munks, Kathryn	21:34
1992	49	37	Kelly, Kris	18:14	Notes:					2018	182	149	Williams, Jordan	21:41
1992	65	49	Minard, Meira	18:21	* The women's race distance moved from					2018	250	212	Noulet, Noemie	23:11
1992	73	55	Weaver, Jennifer	18:24	5,000-meters to 6,000-meters in 2000.					2019	73	53	Willingmyre, Alison	21:05
1992	134	104	Hohnka, Mary	19:06	* Results since NCAA era began in 1981.					2019	80	60	Munks, Kathryn	21:07
										2019	144	111	Rivers, Danae	21:35
										2019	151	118	Paternain, Julia	21:38
										2019	177	140	Ciasullo, Megan	21:52
										2019	223	185	Williams, Jordan	22:23
										2019	247	209	Demko, Andrea	23:14

NCAA CROSS COUNTRY RESULTS

ALL-TIME MEN'S CROSS COUNTRY FINISHES (BY YEAR)

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1938	5	IND	Smith, Bill	20:49	1951	4	4	Ashenfelter, Bill	20:32	1961	26	16	Norman, Gerald	20:55
1940	7	IND	Smith, Bill	20:55	1951	17	15	Hollen, Robert	20:54	1961	29	19	Deardorff, Howard	20:58
1940	60	IND	Snyder, Chester	22:37	1951	21	17	Foster, Dudley	21:00	1961	67	47	Bassett, Lionel	21:36
1940	63	IND	Kotz, Vernard	22:50	1951	26	22	Horner, Jackson	21:09	1961	75	55	Noll, Ernest	21:48
1941	11	11	Gordon, Norm	21:05	1951	72	64	Hamill, James	22:00	1961	89	66	Moorhead, Steven	22:09
1941	16	15	Goffberg, Herm	21:30	1951	85	76	Chillrud, John	22:25	1961	93	70	Miller, Michael	22:18
1941	28	27	Bourgerie, Alex	21:57	1952	7	6	Hollen, Robert	20:00	1961	105	80	Imswiler, Ted	22:40
1941	29	28	Stone, Curtis	21:59	1952	25	19	Hamill, James	20:36	1962	8	6	Deardorff, Howard	19:51
1941	30	29	Smith, McLane	22:00	1952	30	24	Horner, Jackson	20:42	1962	59	51	Bassett, Lionel	20:51
1941	61	56	Thiel, Harold	22:45	1952	34	28	Linder, Stanley	20:51	1962	75	61	Nichols, Joseph	21:05
1941	76	66	Kotz, Verard	23:22	1952	39	33	Smith, Lamont	20:58	1962	82	65	Lampman, Richard	21:17
1942	5	4	Gordon, Norm	21:07	1952	67	56	Chillrud, John	21:26	1962	90	70	Tuft, Richard	21:27
1942	7	6	Stone, Curtis	21:12	1952	72	61	Austin, Don	21:38	1962	98	75	Imswiler, Ted	21:38
1942	9	7	Karver, Gerald	21:15	1953	6	3	Hollen, Robert	20:16	1967	17	IND	Smith, Raymond	32:23
1942	13	11	Smith, McLane	21:23	1953	13	6	Smith, Lamont	20:29	1968	38	23	Schurk, Michael	30:24
1942	32	29	Horne, Howard	22:17	1953	30	19	Moorhead, Douglas	20:46	1968	58	34	Sheaffer, Albert	30:49
1942	48	42	Beach, Joseph	22:55	1953	49	33	Hamill, James	21:04	1968	78	50	Peterson, Philip	31:08
1942	52	46	Williams, Rufus	23:15	1953	53	36	Garrett, Theodore	21:15	1968	154	103	Kissell, Ralph	32:17
1946	2	2	Stone, Curtis	20:24	1953	80	58	McKelvey, James	22:29	1968	162	109	Smith, Raymond	32:26
1946	8	6	Karver, Gerald	21:01	1953	84	60	Chillrud, John	22:42	1968	167	144	Dickson, James	32:35
1946	19	14	Ashenfelter, Horace	21:28	1954	20	12	Moorhead, Douglas	20:44	1968	191	133	Gentry, Steve	33:12
1946	40	34	Longnecker, Donald	22:04	1954	24	14	Garrett, Theodore	21:29	1969	45	27	Fredericks, Greg	30:43
1946	69	58	Williams, Mitchell	22:33	1954	52	38	Chillrud, John	21:29	1969	95	63	Henderson, Gerald	31:38
1946	94	81	Horne, Howard	23:02	1954	56	42	Woodrow, Donald	21:32	1969	105	70	Chadwick, Matthew	31:46
1946	124	108	Shuman, William	23:53	1954	60	46	Pastorius, James	21:35	1969	134	92	Kissell, Ralph	32:16
1947	2	1	Ashenfelter, Horace	20:45	1954	83	67	Roberts, Paul	22:18	1969	147	100	Deardorff, Jeffrey	32:29
1947	6	3	Karver, Gerald	21:03	1954	107	91	Mowrey, Donald	23:50	1969	201	144	Alland, James	33:24
1947	17	13	Lennox, Frederick	21:49	1956	17	11	Woodrow, Donald	20:45	1969	208	150	Dixon, James	33:31
1947	32	26	Longnecker, Donald	22:11	1956	23	17	Kerr, Fred	20:54	1970	4	3	Fredericks, Greg	28:12
1947	52	45	Bates, John	22:38	1956	54	43	Thompson, Robert	21:39	1970	64	43	Maguire, Charlie	29:31
1947	53	46	Auman, Robert	22:40	1956	66	51	Schoenebeck, C.	21:47	1970	128	89	Allahand, James	30:06
1948	24	18	Longnecker, Donald	21:09	1956	85	70	Moran, Edward	22:22	1970	185	136	Supulski, Daniel	30:34
1948	28	21	St. Clair, John	21:12	1956	86	71	Kirby, William	22:26	1970	199	149	Miller, James	30:42
1948	32	25	Bates, John	21:21	1957	13	9	Kerr, Fred	20:10	1970	243	187	McClure, James	31:30
1948	33	26	Williams, Mitchell	21:22	1957	42	34	Moran, Edward	20:51	1970	277	214	Kissell, Ralph	32:13
1948	35	28	Ashenfelter, Horace	21:28	1957	44	36	Engelbrink, Richard	20:53	1971	20	13	Fredericks, Greg	30:16
1948	44	26	Porto, Albert	21:39	1957	67	55	Thompson, Joseph	21:23	1971	62	38	Maguire, Charlie	31:05
1948	55	46	McCall, John	21:49	1957	87	72	King, Charles	21:48	1971	78	46	Supulski, Daniel	31:13
1949	13	10	Ashenfelter, Don	20:55	1959	7	5	Engelbrink, Richard	21:14	1971	134	83	Hillman, Robert	31:53
1949	14	11	Freebairn, Bob	20:55	1959	28	18	Weber, Herman	21:57	1971	142	89	Allahand, James	32:01
1949	16	13	Porto, Albert	20:59	1959	69	51	Moorhead, Steven	22:53	1971	220	147	Chadwick, Matthew	32:48
1949	34	29	Gordon, William	21:28	1959	78	58	Johnson, Dennis	23:17	1971	265	176	Fullmer, John	34:17
1949	35	30	St. Clair, John	21:29	1959	106	81	Miller, Michael	24:37	1972	38	23	Maguire, Charlie	29:38
1949	39	34	Ashenfelter, Bill	21:33	1960	6	5	Norman, Gerald	20:07	1972	47	28	Gittings, Gary	29:42
1949	46	41	Parsons, Bob	21:41	1960	17	13	Weber, Herman	20:35	1972	96	64	Secord, Ronald	30:19
1950	8	5	Ashenfelter, Bill	21:05	1960	34	24	Deardorff, Howard	21:01	1972	113	78	Allahand, James	30:32
1950	11	7	Freebairn, Bob	21:12	1960	38	28	Moorhead, Steven	21:03	1972	192	133	Chadwick, Matthew	32:55
1950	16	12	St. Clair, Don	21:34	1960	46	34	Bassett, Lionel	21:15	1972	219	154	Supulski, Daniel	33:56
1950	17	13	Gordon, William	21:36	1960	51	38	Noll, Ernest	21:24	1973	23	16	Maguire, Charlie	29:13
1950	20	16	Foster, Dudley	21:41	1960	63	46	Johnson, Dennis	21:49	1973	71	37	Malley, George	29:58
1950	23	18	Ashenfelter, Don	21:45						1973	98	53	Hillman, Robert	30:19
1950	38	31	Porto, Albert	22:45						1973	110	59	Secord, Ronald	30:24
										1973	137	79	Gittings, Gary	30:39

Key:

IND - Denotes Individual Entrant

BOLD - Denotes All-America finish

Notes:

* The women's race distance moved from 5,000-meters to 6,000-meters in 2000.

* Results since NCAA era began in 1981.



NCAA CROSS COUNTRY RESULTS



Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1974	34	31	Malley, George	30:49	1984	81	57	Haley, Clark	31:10	1994	48	35	McGlynn, Tom	31:28
1974	76	53	Secord, Ronald	31:21	1984	85	60	Carter, Eric	31:14	1994	56	41	Bartholomy, Jake	31:42
1974	85	59	Majak, Walter	31:27	1984	95	69	Hudson, Robert	31:28	1994	61	46	Hamer, Bob	31:46
1974	95	67	Stemmer, Paul	31:34	1984	135	104	Shisler, Steve	32:03	1994	77	60	Gilkes, Artie	32:04
1974	97	69	Wilson, Kenneth	31:35	1984	145	113	Overheim, Mark	-----	1994	87	68	Arosemena, Che	32:10
1974	166	116	Christopher, George	31:35	1984	153	122	Detuerk, Stephen	32:30	1994	152	125	Simmons, Jamie	33:34
1974	197	140	Augustin, Paul	32:36	1984	173	142	Mackley, Paul	33:22	1994	170	143	Oliver, Steve	34:28
1975	5	5	Stemmer, Paul	28:58	1985	9	IND	Carter, Eric	30:03	1997	114	IND	Drager, Austin	31:36
1975	17	12	Malley, George	29:14	1986	35	21	Carter, Eric	31:47	2003	81	IND	Mazzocco, Dan	30:44
1975	80	56	Wilson, Kenneth	30:08	1986	84	64	Laird, David	32:37	2004	78	IND	Mazzocco, Dan	32:24
1975	125	85	Christopher, George	30:30	1986	104	82	McGarry, Rich	32:47	2005	43	IND	Mazzocco, Dan	30:23
1975	144	98	Majak, Walter	30:40	1986	118	93	Balkey, Steve	33:07	2006	31	IND	Mazzocco, Dan	31:37
1975	222	166	Secord, Ronald	31:28	1986	123	98	Jendricks, Keith	33:11	2008	81	64	Dawson, Kyle	30:45
1975	246	185	Baden, Bruce	31:59	1986	144	118	McCafferty, Bill	33:41	2008	114	93	McNally, Vince	31:00
1976	20	18	Malley, George	29:07	1986	148	122	McMillan, David	33:55	2008	141	112	McCandless, Tyler	31:10
1976	68	45	Baden, Bruce	29:49	1987	4	3	Carter, Eric	29:21	2008	148	118	Mahoney, John	31:14
1976	100	68	Ziegler, John	30:02	1987	42	29	McMillan, David	30:15	2008	197	160	O'Connor, Dennis	31:46
1976	166	108	Majak, Walter	30:34	1987	70	49	Balkey, Steve	30:40	2008	210	173	Quinn, Teddy	31:56
1976	242	171	Nicholson, John	31:28	1987	119	90	Novak, Jeffrey	31:21	2008	232	194	Fuller, Brian	32:25
1976	282	204	Snyder, Robert	32:36	1987	163	133	Accardi, Vinny	32:23	2009	134	IND	McNally, Vince	31:14
1977	34	26	Snyder, Robert	29:53	1987	173	143	Laird, Brian	32:50	2010	64	52	Dawson, Kyle	30:43
1977	83	55	Rapp, Thomas	30:35	1988	13	10	Laird, Brian	29:47	2010	92	77	McNally, Vince	31:05
1977	106	74	Ziegler, John	30:49	1988	91	68	Frazier, Ken	31:09	2010	203	171	Dawson, Owen	32:12
1977	131	92	Wyatt, Michael	31:03	1988	94	70	Walter, Doug	31:10	2010	212	179	Pawola, Danny	32:28
1977	143	99	Felice, Dave	31:11	1988	103	79	Brown, Steve	31:15	2010	213	179	Cipro, Chris	32:30
1977	144	100	Baden, Bruce	31:12	1988	118	91	Novak, Jeffrey	31:26	2010	222	189	Foster, Ryan	32:47
1977	244	188	Cooper, James	32:58	1988	124	*	O'Reilly, Aidan	31:32	2010	226	193	Scarpello, Nick	32:53
1978	9	7	Snyder, Robert	29:48	1988	217	*	Accardi, Vinny	33:12	2011	73	IND	Dawson, Kyle	30:36
1978	54	38	Ziegler, John	30:36	1989	20	12	Brown, Steve	30:23	2011	103	IND	McNally, Vince	30:48
1978	61	42	Mangan, Larry	30:41	1989	41	25	Walter, Doug	30:49	2012	231	IND	Masters, Sam	32:25
1978	73	52	Baden, Bruce	30:50	1989	104	78	Frazier, Ken	31:45	2013	78	IND	Fischer, Matt	31:06
1978	113	81	Rapp, Thomas	31:11	1989	141	113	Anderson, Mark	32:23	2014	167	IND	Fischer, Matt	32:06
1978	120	88	Scharsu, Alan	31:19	1989	146	118	Novak, Jeffrey	32:29	2017	159	IND	Abert, Colin	31:13
1978	129	94	Wyatt, Michael	31:27	1989	159	131	Heffner, Doug	33:03	2017	219	IND	McGowan, Timothy	31:59
1979	19	15	Scharsu, Alan	29:39	1989	173	145	Castillo, Mike	33:45					
1979	34	27	Ziegler, John	29:59	1991	26	18	Wimmer, Mark	31:09					
1979	55	41	Mangan, Larry	30:26	1991	53	36	Gough, Robert	31:55					
1979	65	46	Adkins, Jeff	30:37	1991	88	69	Moore, Ronald	32:22					
1979	81	57	Rapp, Thomas	30:48	1991	93	73	O'Reilly, Aidan	32:24					
1979	95	68	Garcia, Rich	30:55	1991	112	90	Morrow, Austin	32:44					
1979	117	82	Clelland, Steve	31:11	1991	132	107	Scott, Andrew	33:07					
1980	7	5	Scharsu, Alan	29:25	1991	152	124	Mellott, Philip	33:47					
1980	14	12	Mangan, Larry	29:48	1992	64	IND	Wimmer, Mark	32:22					
1980	22	18	Zishka, John	29:55	1993	29	18	Bartholomy, Jake	30:32					
1980	78	52	Rapp, Thomas	30:44	1993	58	43	Hamer, Bob	31:00					
1980	95	66	Stephens, Dwight	30:52	1993	95	73	Steiner, Leif	31:33					
1980	126	91	Garcia, Rich	31:14	1993	109	87	Pritchard, Jon	31:43					
1980	144	106	Adkins, Jeff	31:25	1993	112	90	McGlynn, Tom	31:45					
1981	6	4	Scharsu, Alan	29:30	1993	115	92	Cooper, Ken	31:48					
1981	94	68	Enright, Barry	31:01	1993	134	109	Stants, Harry	32:09					
1981	106	79	Black, Gary	31:13										
1981	137	104	Stephens, Dwight	31:41										
1981	160	124	Althouse, Brad	32:09										
1981	175	139	Adkins, Jeff	32:37										
1982	134	IND	Adkins, Jeff	32:42										

Key:
 IND - Denotes Individual Entrant
 BOLD - Denotes All-America finish

CROSS COUNTRY HISTORY

ALL-TIME BIG TEN CROSS COUNTRY TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1991	4th	89 pts	West Lafayette, Ind.
1992	3rd	109 pts	Champaign, Ill.
1993	3rd	80 pts	East Lansing, Mich.
1994	3rd	75 pts	Iowa City, Iowa
1995	7th	166 pts	Minneapolis, Minn.
1996	5th	118 pts	Bloomington, Ind.
1997	6th	163 pts	Columbus, Ohio
1998	9th	248 pts	Ann Arbor, Mich.
1999	7th	186 pts	University Park, Pa.
2000	3rd	82 pts	Madison, Wis.
2001	6th	131 pts	Champaign, Ill.
2002	10th	290 pt	West Lafayette, Ind.
2003	7th	218 pts	East Lansing, Mich.
2004	9th	206 pts	Iowa City, Iowa
2005	9th	239 pts	Minneapolis, Minn.
2006	9th	207 pts	Bloomington, Ind.
2007	9th	249 pts	Columbus, Ohio
2008	4th	133 pts	Ann Arbor, Mich.
2009	9th	232 pts	University Park, Pa.
2010	4th	128 pts	Madison, Wis.
2011	6th	165 pts	Champaign, Ill.
2012	6th	169 pts	East Lansing, Mich.
2013	9th	209 pts	West Lafayette, Ind.
2014	3rd	92 pts	Iowa City, IA
2015	6th	169 pts	Chicago, Ill.
2016	9th	250 pts	Minneapolis, Minn.
2017	T-7th	159 pts	Bloomington, Ind.
2018	9th	212 pts	Lincoln, Neb.
2019	5th	169 pts	Columbus, Ohio
2020-21	8th	203 pts	Shelbyville, Ind.
2021	8th	191 pts	University Park, Pa.
2022	9th	262 pts	Ann Arbor, Mich.

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1991	2nd	74 pts	West Lafayette, Ind.
1992	3rd	83 pts	Champaign, Ill.
1993	2nd	59 pts	East Lansing, Mich.
1994	3rd	81 pts	Iowa City, Iowa
1995	3rd	69 pts	Minneapolis, Minn.
1996	2nd	56 pts	Bloomington, Ind.
1997	4th	125 pts	Columbus, Ohio
1998	4th	105 pts	Ann Arbor, Mich.
1999	8th	203 pts	University Park, Pa.
2000	8th	201 pts	Madison, Wis.
2001	T-7th	153 pts	Champaign, Ill.
2002	4th	94 pts	West Lafayette, Ind.
2003	3rd	76 pts	East Lansing, Mich.
2004	6th	142 pts	Iowa City, Iowa
2005	9th	258 pts	Minneapolis, Minn.
2006	8th	222 pts	Bloomington, Ind.
2007	7th	159 pts	Columbus, Ohio
2008	7th	154 pts	Ann Arbor, Mich.
2009	1st	71 pts	University Park, Pa.
2010	4th	106 pts	Madison, Wis.
2011	3rd	71 pts	Champaign, Ill.
2012	3rd	96 pts	East Lansing, Mich.
2013	4th	143 pts	West Lafayette, Ind.
2014	7th	174 pts	Iowa City, Ia
2015	1st	53 pts	Chicago, Ill.
2016	2nd	70 pts	Minneapolis, Minn.
2017	4th	107 pts	Bloomington, Ind.
2018	4th	103 pts	Lincoln, Neb.
2019	4th	138 pts	Columbus, Ohio
2020-21	8th	223 pts	Shelbyville, Ind.
2021	10th	269 pts	University Park, Pa.
2022	6th	159 pts	Ann Arbor, Mich.

BIG TEN MEN'S AWARD WINNERS

MEN'S FIRST TEAM ALL-BIG TEN

Mark Wimmer, 1991
 Bob Hamer, 1993-94
 Jake Bartholomy, 1994
 Che Arosemena, 1996
 Chris McGinness, 2000
 Dan Mazzocco, 2003
 Kyle Dawson, 2008
 Matt Fischer, 2013

MEN'S SECOND TEAM ALL-BIG TEN

Chris McGinness, 2000
 James Carney, 2000
 Steve Walsh, 2001
 Vince McNally, 2009-11
 Kyle Dawson, 2010-11
 Matt Fischer, 2014
 Glen Burkhardt, 2014
 Colin Abert, 2017
 Colin Abert, 2018

MEN'S INDIVIDUAL HONORS

Kyle Dawson, 2008 Freshman of the Year

BIG TEN WOMEN'S AWARD WINNERS

WOMEN'S FIRST TEAM ALL-BIG TEN

Laurie Morrow, 1991 Caitlin Lane, 2011
 Kim Kelly, 1993 Kara Millhouse, 2011
 Kris Kelly, 1993 Bekka Simko, 2012
 Erin St. John, 1995-96 Tori Gerlach, 2015
 Kim McGreevy, 1996 Elizabeth Chikotas, 2015
 Susanne Heyer, 2000 Tessa Barrett, 2016
 Molly Landreth, 2003, '04 Jillian Hunsberger, 2016, '17
 Bridget Franek, 2007, '09

WOMEN'S SECOND TEAM ALL-BIG TEN

Tracey Brauksieck, 2002 Jillian Hunsberger, 2015
 Katy Hillard, 2002 Tessa Barrett, 2015
 Bridget Franek, 2008 Elizabeth Chikotas, 2016
 Nicole Lord, 2009 Danae Rivers, 2018
 Brooklyne Ridder, 2010 Julia Paternain, 2018
 Natalie Bower, 2010 Kathryn Munks, 2019
 Emily Giannotti, 2011

WOMEN'S INDIVIDUAL HONORS

Colleen Glyde, 1992 Freshman of the Year
 Nicole Lord, 2009 Freshman of the Year
 Kim McGreevy, 1996 Athlete of the Year
 Bridget Franek, 2009 Athlete of the Year
 Beth Alford-Sullivan, 2009 Coach of the Year
 Caitlin Lane, 2011 Athlete of the Year
 Elizabeth Chikotas, 2014 Freshman of the Year
 John Gondak, 2015 Coach of the Year

Bold - Denotes Big Ten Champion



CROSS COUNTRY HISTORY



ALL-TIME NCAA INDOOR TEAM FINISHES

MEN'S

Year	Place	Score	Location
1965	40th	1 pt	Detroit, Mich.
1969	T-29th	2 pts	Detroit, Mich.
1974	T-14th	6 pts	Detroit, Mich.
1975	T-8th	9 pts	Detroit, Mich.
1976	19th	5 pts	Detroit, Mich.
1977	T-28th	3 pts	Detroit, Mich.
1978	T-28th	6 pts	Detroit, Mich.
1979	T-54th	1 pt	Detroit, Mich.
1980	T-37th	1 pt	Detroit, Mich.
1981	T-27th	6 pts	Detroit, Mich.
1982	T-54th	1 pt	Pontiac, Mich.
1983	T-26th	6 pts	Pointiac, Mich.
1985	T-15th	10 pts	Syracuse, N.Y.
1987	T-50th	1 pts	Oklahoma City, Okla.
1989	T-25th	8 pts	Indianapolis, Ind.
1990	11th	14 pts	Indianapolis, Ind.
1991	T-23rd	8 pts	Indianapolis, Ind.
1994	T-44th	3 pts	Indianapolis, Ind.
1998	T-45th	3 pts	Indianapolis, Ind.
1999	T-40th	4 pts	Indianapolis, Ind.
2002	T-44th	4.50 pts	Fayetteville, Ark.
2007	T-47th	4 pts	Fayetteville, Ark.
2009	T-39th	5.50 pts	College Station, Texas
2010	T-14th	14 pts	Fayetteville, Ark.
2011	T-11th	16 pts	College Station, Texas
2012	28th	8 pts	Boise, Id.
2013	9th	19 pts	Fayetteville, Ark.
2014	34th	6 pts	Albuquerque, N.M.
2015	12th	15 pts	Fayetteville, Ark.
2016	T-58th	2 pts	Birmingham, Ala.
2017	T-36th	5 pts	College Station, Texas
2018	T-10th	18 pts	College Station, Texas
2019	T-41st	5 pts	Birmingham, Ala.

WOMEN'S

Year	Place	Score	Location
1983	T-23rd	6 pts	Pontiac, Mich.
1984	16th	9 pts	Syracuse, N.Y.
1985	T-25th	6 pts	Syracuse, N.Y.
1990	T-33rd	4 pts	Indianapolis, Ind.
1993	T-38th	1 pt	Indianapolis, Ind.
1996	T-30th	5 pts	Indianapolis, Ind.
1999	T-24th	8 pts	Indianapolis, Ind.
2001	T-51st	2 pts	Fayetteville, Ark.
2003	T-21st	9 pts	Fayetteville, Ark.
2004	T-13th	14 pts	Fayetteville, Ark.
2005	T-39th	5 pts	Fayetteville, Ark..
2006	T-26th	8 pts	Fayetteville, Ark.
2007	T-21st	9 pts	Fayetteville, Ark.
2008	T-15th	16 pts	Fayetteville, Ark.
2009	7th	24 pts	College Station, Texas
2010	13th	17 pts	Fayetteville, Ark.
2011	T-45th	3 pts	College Station, Texas
2014	14th	15 pts	Albuquerque, N.M.
2015	53rd	1 pt	Fayetteville, Ark.
2016	T-47th	2 pts	Birmingham, Ala.
2017	T-10th	14 pts	College Station, Texas
2018	T-40th	4 pts	College Station, Texas
2019	T-11th	15 pts	Birmingham, Ala.

INDOOR TRACK HISTORY

MEN'S ALL-TIME INDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1965	Bedick, Tom	2-Mile Relay	6th	1994	Robbins, James	DMR	6th
1965	Lampman, Dick	2-Mile Relay	6th	1994	Davis, Antonio	Triple Jump	9th
1965	Morris, Art	2-Mile Relay	6th	1998	Gorham, John	Long Jump	7th
1965	Reilly, Bill	2-Mile Relay	6th	1998	McNutt, Neal	Weight Throw	7th
1965	Kauffman, Roger	Weight Throw	4th	1999	Gorham, John	Long Jump	12th
1974	Sands, Mike	440-Yards	3rd	1999	Audu, George	Long Jump	5th
1974	Maguire, Charlie	3-Mile	3rd	2002	Olkowski, Ryan	200-Meters	8th
1975	Sands, Mike	440-Yards	1st	2002	Olkowski, Ryan	High Jump	5th
1975	Shine, Mike	60-Meter Hurdles	6th	2003	Nichols, Chavous	Triple Jump	9th
1975	Hackman, Steve	Mile Relay	4th	2007	Fritz, Ryan	High Jump	5th
1975	Moser, Randy	Mile Relay	4th	2009	Fritz, Ryan	High Jump	T-3rd
1975	Sands, Mike	Mile Relay	4th	2010	Williams, Lionel	800-Meters	11th
1975	Shine, Mike	Mile Relay	4th	2010	Foster, Ryan	800-Meters	3rd
1975	Hjeltnes, Knut	Shot Put	5th	2010	Dawson, Owen	800-Meters	8th
1976	Sands, Mike	440-Yards	3rd	2010	Kovacs, Joe	Shot Put	3rd
1976	Jackson, Al	Weight Throw	4th	2010	Eaton, Blake	Shot Put	8th
1977	Stemmer, Paul	3-Mile	6th	2011	Gehret, Brady	400-Meters	3rd
1977	Wyatt, Mike	DMR	3rd	2011	Foster, Ryan	Mile	3rd
1977	Falco, Keith	DMR	3rd	2011	Nadolskly, Aaron	4x400-Meter Relay	5th
1977	Rexroat, Pat	DMR	3rd	2011	Williams, Lionel	4x400-Meter Relay	5th
1977	Malley, George	DMR	3rd	2011	Loxson, Casimir	4x400-Meter Relay	5th
1978	Snyder, Bob	2-Mile	8th	2011	Gehret, Brady	4x400-Meter Relay	5th
1978	Falco, Keith	DMR	3rd	2012	Gehret, Brady	4x400-Meter Relay	2nd
1978	McHugh, Chris	DMR	3rd	2012	Loxson, Casimir	4x400-Meter Relay	2nd
1978	Rapp, Tom	DMR	3rd	2012	Nadolskly, Aaron	4x400-Meter Relay	2nd
1978	Wyatt, Mike	DMR	3rd	2012	Bennett-Green, Brandon	4x400-Meter Relay	2nd
1979	Snyder, Bob	2-Mile	8th	2013	Loxson, Casimir	800-Meters	2nd
1979	Scharsu, Alan	3-Mile	6th	2013	Kidder, Brannon	DMR	2nd
1980	Scharsu, Alan	3-Mile	4th	2013	Bennett-Green, Brandon	DMR	2nd
1981	Zishka, John	2-Mile	3rd	2013	Watkins, Za'Von	DMR	2nd
1982	Souza, Paul	High Jump	7th	2013	Creese, Robby	DMR	2nd
1983	Cook, Mike	2-Mile Relay	3rd	2013	Barr, Will	Weight Throw	6th
1983	McLaughlin, Paul	2-Mile Relay	3rd	2014	Watkins, Za'Von	800-Meters	7th
1983	Moore, Randy	2-Mile Relay	3rd	2014	Waithe, Steve	Triple Jump	6th
1983	Wynn, Ken	2-Mile Relay	3rd	2014	Barr, Will	Weight Throw	8th
1983	Shenk, Todd	Weight Throw	10th	2015	Hill, Darrell	Shot Put	4th
1984	Shenk, Todd	Weight Throw	T-9th	2015	Kidder, Brandon	Mile	7th
1985	Moore, Randy	800-Meters	3rd	2015	Kidder, Brandon	DMR	2nd
1985	Hudson, Bob	DMR	4th	2015	Shisler, Alex	DMR	2nd
1985	Overheim, Mark	DMR	4th	2015	Watkins, Za'Von	DMR	2nd
1985	Robinson, Barry	DMR	4th	2015	Creese, Robby	DMR	2nd
1985	Watson, Vance	DMR	4th	2016	Kidder, Brannon	800-Meters	7th
1987	Balkey, Steve	4x800-Meter Relay	6th	2017	Harris, Isaiah	800-Meters	4th
1987	Levitre, Ray	4x800-Meter Relay	6th	2018	Harris, Isaiah	800-Meters	2nd
1987	McMillan, David	4x800-Meter Relay	6th	2018	Lucas, David	Weight Throw	1st
1987	Mills, Chris	4x800-Meter Relay	6th	2019	Lucas, David	Weight Throw	8th
1988	Balkey, Steve	Mile	10th	2019	Shigo, Morgan	Weight Throw	5th
1989	Timpson, Michael	200-Meters	8th	2020	David Lucas*	Weight Throw	N/A*
1989	Hunter, C.J.	Shot Put	2nd				
1990	Hunter, C.J.	Shot Put	1st				
1991	Caraher, Phil	Shot Put	2nd				
1994	Caldwell, R.B.	DMR	6th				
1994	Hamer, Bob	DMR	6th				
1994	Mellott, Phil	DMR	6th				

2020 Indoor Championships cancelled due to COVID-19 pandemic
 *All-America honors awarded to athletes listed on start list due to 2020 Indoor Championships being cancelled due to COVID-19 pandemic

BOLD - Denotes NCAA Champion.



INDOOR TRACK HISTORY



MEN'S ALL-TIME INDOOR ALL-AMERICANS (BY EVENT)

200 Meters

Timpson, Michael	8th	1989
Olkowski, Ryan	8th	2002

400 Meters

Sands, Mike	3rd	1974
Sands, Mike	1st	1975
Sands, Mike	3rd	1976
Gehret, Brady	3rd	2011

* 440 yds prior to 1984

800 Meters

Moore, Randy	3rd	1985
Williams, Lionel	11th	2010
Foster, Ryan	3rd	2010
Dawson, Owen	8th	2010
Loxsom, Casimir	2nd	2013
Watkins, Za'Von	7th	2014
Kidder, Brannon	7th	2016
Isaiah Harris	4th	2017
Isaiah Harris	2nd	2018

* 880 yds prior to 1984

Mile

Balkey, Steve	10th	1988
Foster, Ryan	3rd	2011
Kidder, Brandon	7th	2015

3000 Meters

Snyder, Bob	8th	1978
Snyder, Bob	8th	1979
Zishka, John	3rd	1981

* 2-Miles prior to 1984

5000 Meters

Maguire, Charlie	3rd	1974
Stemmer, Paul	6th	1977
Scharsu, Alan	6th	1979
Scharsu, Alan	4th	1980

* 3-Miles prior to 1984

60-Meter Hurdles

Shine, Mike	60-Meter Hurdles	6th	1975
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* 60-yard hurdles prior to 1984

4x400-Meter Relay

Mike Sands, Steve Hackman, Randy Moser, Mike Shine	4th	1975
Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret	5th	2011
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	2nd	2012

* Mile Relay prior to 1984

Distance Medley Relay

Mike Wyatt, Keith Falco, Pat Rexroat, George Malley	3rd	1977
Chris McHugh, Keith Falco, Mike Wyatt, Tom Rapp	3rd	1978
Vance Watson, Barry Robinson, Bob Hudson, Mark Overheim	4th	1985
R. B. Caldwell, James Robbins, Phil Mellott, Bob Hamer	6th	1994
Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese	2nd	2013
Brandon Kidder, Alex Shisler Za'Von Watkins, Robby Creese	2nd	2015

High Jump

Souza, Paul	7th	1982
Olkowski, Ryan	5th	2002
Fritz, Ryan	5th	2007
Fritz, Ryan	T-3rd	2009

Long Jump

Gorham, John	7th	1998
Gorham, John	12th	1999
Audu, George	5th	1999

Triple Jump

Davis, Antonio	9th	1994
Nichols, Chavous	9th	2003
Waithe, Steve	6th	2014

Shot Put

Hjeltnes, Knut	5th	1975
Hunter, C.J.	2nd	1989
Hunter, C.J.	1st	1990
Caraher, Phil	2nd	1991
Kovacs, Joe	3rd	2010
Eaton, Blake	8th	2010
Hill, Darrell	4th	2015

Weight Throw

Kauffman, Roger	4th	1965
Jackson, Al	4th	1976
Shenk, Todd	10th	1983
Shenk, Todd	T-9th	1984
McNutt, Neal	7th	1998
Barr, Will	6th	2013
Barr, Will	8th	2014
Lucas, David	1st	2018
Lucas, David	8th	2019
Shigo, Morgan	5th	2019
Lucas, David	N/A*	2020

4x800-Meter Relay (Discontinued)

Bill Reilly, Dick Lampman	6th	1965
Art Morris, Tom Bedick		
Paul McLaughlin, Randy Moore, Ken Wynn, Mike Cook	3rd	1983
Steve Balkey, Dave McMillan,	6th	1987
Chris Mills, Ray Levitre		

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BOLD - Denotes NCAA Champion.

INDOOR TRACK HISTORY

WOMEN'S ALL-TIME INDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1980**	Rawe, Mary	2000-Meters	2nd	2009	Greaves, Shavon	200-Meters	10th
1980**	Carmichael, Heather	5000-Meters	6th	2009	Franek, Bridget	5000-Meters	4th
1980**	Cleary, Peggy	5000-Meters	5th	2009	Barber, Aleesha	60-Meter Hurdles	4th
1981**	Mills, Kathy	5000-Meters	4th	2009	Barber, Aleesha	4x400-Meter Relay	3rd
1981**	Fales, Penny	DMR	4th	2009	Dorr, Fawn	4x400-Meter Relay	3rd
1981**	Hart, Tammie	DMR	4th	2009	Greaves, Shavon	4x400-Meter Relay	3rd
1981**	Rawe, Mary	DMR	4th	2009	Hunter, Gayle	4x400-Meter Relay	3rd
1981**	Startare, Doreen	DMR	4th	2009	Hunter, Gayle	Pentathlon	2nd
1982**	Hart, Tammie	880 Yards	4th	2010	Greaves, Shavon	60-Meters	11th
1982**	Pioli, Terri	880 Yards	6th	2010	Greaves, Shavon	200-Meters	3rd
1982**	Murnane, Patty	Mile	4th	2010	Dorr, Fawn	400-Meters	5th
1982**	Ihrig, Carolyn	2-Mile	8th	2010	Franek, Bridget	3000-Meters	7th
1982**	Hart, Tammie	DMR	5th	2010	Franek, Bridget	5000-Meters	4th
1982**	Ihrig, Carolyn	DMR	5th	2011	Anyanwu, Doris	4x400-Meter Relay	6th
1982**	Murnane, Patty	DMR	5th	2011	Greaves, Shavon	4x400-Meter Relay	6th
1982**	Startare, Doreen	DMR	5th	2011	Iheoma, Ijeoma	4x400-Meter Relay	6th
1982**	Riddick, Vivian	Long Jump	5th	2011	Duncan, Megan	4x400-Meter Relay	6th
1982**	Sobansky, Elaine	Shot Put	3rd	2014	Jones, Mahagony	200-Meters	3rd
1983	Startare, Doreen	Mile	7th	2014	Seymour, Kiah	400-Meters	6th
1983	Sobansky, Elaine	Shot Put	3rd	2014	McGee, Dynasty	4x400-Meter Relay	5th
1984	Cassel, Judi	4x800-Meter Relay	6th	2014	Jones, Mahagony	4x400-Meter Relay	5th
1984	Gerken, Heidi	4x800-Meter Relay	6th	2014	Rhodes, Tichina	4x400-Meter Relay	5th
1984	Hart, Tammie	4x800-Meter Relay	6th	2014	Seymour, Kiah	4x400-Meter Relay	5th
1984	Stever, Beth	4x800-Meter Relay	6th	2014	Howell, Brittney	Pentathlon	7th
1984	Sobansky, Elaine	Shot Put	2nd	2015	Osborne, Megan	4x400-Meter Relay	8th
1985	Renzi, Paula	3000-Meters	3rd	2015	McGee, Dynasty	4x400-Meter Relay	8th
1990	Prey, Stacy	5000-Meters	4th	2015	Rhodes, Tichina	4x400-Meter Relay	8th
1993	Kelly, Kim	5000-Meters	6th	2015	Seymour, Kiah	4x400-Meter Relay	8th
1996	Bosler, Erica	DMR	4th	2016	Fatherly, Rachel	Shot Put	7th
1996	Huelster, Sue	DMR	4th	2017	Banks, Rachel	DMR	6th
1996	McGreevy, Kim	DMR	4th	2017	Rhodes, Tichina	DMR	6th
1996	St. John, Erin	DMR	4th	2017	Kocjancic, Julie	DMR	6th
1997	McGreevy, Kim	Mile	7th	2017	Rivers, Danae	DMR	6th
1999	Walker, Shakeema	Long Jump	3rd	2017	Barrett, Tessa	5,000-Meters	5th
1999	Walker, Shakeema	Triple Jump	7th	2017	Rivers, Danae	Mile	3rd
2001	Moore, Connie	200-Meters	7th	2017	Gibson, Dannielle	Triple Jump	8th
2002	Moore, Connie	200-Meters	9th	2018	Rivers, Danae	800-Meters	7th
2003	Moore, Connie	200-Meters	9th	2018	Holmberg, Maddie	Pentathlon	7th
2003	Aduba, Chi-Chi	Long Jump	5th	2019	Holmes, Alexis	400-Meters	4th
2003	Aduba, Chi-Chi	Long Jump	5th	2019	Rivers, Danae	800-Meters	1st
2003	Aduba, Chi-Chi	Triple Jump	4th	2020	Rivers, Danae	Mile	N/A*
2004	Moore, Connie	60-Meters	6th	2020	Holmberg, Maddie	Pentathlon	N/A*
2004	Moore, Connie	200-Meters	3rd	2020	Parks, Alexa	High Jump	N/A*
2004	Aduba, Chi-Chi	Triple Jump	7th				
2004	O'Connor, Ja'Nai	Shot Put	5th				
2005	Cox, Shana	400-Meters	11th				
2005	Leatherman, Jennifer	Shot Put	9th				
2005	Leatherman, Jennifer	Weight Throw	4th				
2006	Cox, Shana	400-Meters	7th				
2006	Leatherman, Jennifer	Weight Throw	3rd				
2007	Cox, Shana	400-Meters	7th				
2007	Simmons, Briene	800-Meters	7th				
2007	Barber, Aleesha	4x400-Meter Relay	4th				
2007	Blake, Dominique	4x400-Meter Relay	4th				
2007	Cox, Shana	4x400-Meter Relay	4th				
2007	Simmons, Briene	4x400-Meter Relay	4th				
2008	Cox, Shana	400-Meters	4th				
2008	Franek, Bridget	3000-Meters	10th				
2008	Franek, Bridget	5000-Meters	7th				
2008	Barber, Aleesha	60-Meter Hurdles	8th				
2008	Barber, Aleesha	4x400-Meter Relay	5th				
2008	Blake, Dominique	4x400-Meter Relay	5th				
2008	Cox, Shana	4x400-Meter Relay	5th				
2008	Dorr, Fawn	4x400-Meter Relay	5th				
2008	Hunter, Gayle	Pentathlon	5th				

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INDOOR TRACK HISTORY



WOMEN'S ALL-TIME INDOOR ALL-AMERICANS (BY EVENT)

60 Meters

Moore, Connie	6th	2004
Greaves, Shavon	11th	2010

200 Meters

Moore, Connie	7th	2001
Moore, Connie	9th	2002
Moore, Connie	9th	2003
Moore, Connie	3rd	2004
Greaves, Shavon	10th	2009
Greaves, Shavon	3rd	2010
Jones, Mahagony	3rd	2014

400 Meters

Cox, Shana	11th	2005
Cox, Shana	7th	2006
Cox, Shana	7th	2007
Cox, Shana	4th	2008
Dorr, Fawn	5th	2010
Seymour, Kiah	6th	2014
Holmes, Alexis	4th	2019

800 Meters

	* 880 yds prior to 1984	
Hart, Tammie	4th	**1982
Pioli, Terri	6th	**1982
Simmons, Briene	7th	2007
Rivers, Danae	7th	2018
Rivers, Danae	1st	2019

Mile

Murnane, Patty	4th	**1982
Startare, Doreen	7th	1983
McGreevy, Kim	7th	1997
Rivers, Danae	3rd	2017
Rivers, Danae	N/A#	2020

3000 Meters

	* 2-Miles prior to 1984	
Ihrig, Carolyn	8th	**1982
Renzi, Paula	3rd	1985
Franek, Bridget	10th	2008
Franek, Bridget	7th	2010

5000 Meters

Carmichael, Heather	6th	**1980
Cleary, Peggy	5th	**1980
Mills, Kathy	4th	**1981
Prey, Stacy	4th	1990
Kelly, Kim	6th	1993
Franek, Bridget	7th	2008
Franek, Bridget	4th	2009
Franek, Bridget	4th	2010
Barrett, Tessa	5th	2017

60-Meter Hurdles

Barber, Aleesha	8th	2008
Barber, Aleesha	4th	2009

4x400-Meter Relay

Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	4th	2007
Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr	5th	2008
Fawn Dorr, Shavon Greaves, Aleesha Barber, Gayle Hunter	3rd	2009
Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan	6th	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	5th	2014
Megan Osborne, Dynasty McGee, Tichina Rhodes, Kiah Seymour	8th	2015

Distance Medley Relay

Penny Fales, Mary Rawe, Tammie Hart, Doreen Startare	4th	**1981
Tammie Hart, Carolyn Ihrig, Patty Murnane, Doreen Startare	5th	**1982
Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy	4th	1996
Rachel Banks, Tichina Rhodes, Julie Kocjancic, Danae Rivers	6th	2017

Long Jump

Riddick, Vivian	5th	**1982
Walker, Shakeema	3rd	1999
Aduba, Chi-Chi	5th	2003
Aduba, Chi-Chi	5th	2003

High Jump

Parks, Alexa	N/A#	2020
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Triple Jump

Walker, Shakeema	7th	1999
Aduba, Chi-Chi	4th	2003
Aduba, Chi-Chi	7th	2004
Gibson, Dannielle	8th	2017

Shot Put

Sobansky, Elaine	3rd	**1982
Sobansky, Elaine	3rd	1983
Sobansky, Elaine	2nd	1984
O'Connor, Ja'Nai	5th	2004
Leatherman, Jennifer	9th	2005
Fatherly, Rachel	7th	2016

Weight Throw

Leatherman, Jennifer	4th	2005
Leatherman, Jennifer	3rd	2006

Pentathlon

Hunter, Gayle	5th	2008
Hunter, Gayle	2nd	2009
Howell, Brittney	7th	2014
Holmberg, Maddie	7th	2018
Holmberg, Maddie	N/A#	2020

2000 Meters (Discontinued)

Rawe, Mary	2nd	**1980
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4x800-Meter Relay (Discontinued)

Beth Stever, Judi Cassell, Haidi Gerken, Tammie Hart	6th	1984
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** Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.

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INDOOR TRACK HISTORY

ALL-TIME BIG TEN INDOOR TEAM FINISHES

MEN'S

Year	Place	Score	Location
1992	8th	30.5 pts	East Lansing, Mich.
1993	6th	31 pts	Madison, Wis.
1994	7th	38 pts	Ann Arbor, Mich.
1995	10th	8 pts	Champaign, Ill.
1996	10th	25 pts	Columbus, Ohio
1997	10th	29.3 pts	Iowa City, Iowa
1998	8th	51 pts	West Lafayette, Ind.
1999	10th	30 pts	Madison, Wis.
2000	9th	34.5 pts	Bloomington, Ind.
2001	5th	68 pts	University Park, Pa.
2002	***	CANCELLED	Minneapolis, Minn.
2003	7th	42 pts	Champaign, Ill.
2004	8th	39 pts	Ann Arbor, Mich.
2005	8th	37 pts	West Lafayette, Ind.
2006	8th	46.5 pts	Iowa City, Iowa
2007	8th	46 pts	Bloomington, Ind.
2008	4th	79 pts	Madison, Wis.
2009	3rd	78 pts	University Park, Pa.
2010	T-6th	51 pts	Minneapolis, Minn.
2011	6th	62.66 pts	Champaign, Ill.
2012	6th	51.33 pts	Lincoln, Neb.
2013	3rd	87 pts	Geneva, Ohio
2014	3rd	72 pts	Geneva, Ohio
2015	4th	72 pts	Geneva, Ohio
2016	6th	60 pts	Geneva, Ohio
2017	2nd	84 pts	Geneva, Ohio
2018	4th	84 pts	Geneva, Ohio
2019	7th	63 pts	Ann Arbor, Mi.
2020	9th	37 pts	Geneva, Ohio
2022	9th	36 pts	Geneva, Ohio

BIG TEN MEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2013 Casimir Loxsom (Track)

ATHLETE OF THE YEAR

2013 Casimir Loxsom (Track)
 2017 Isaiah Harris (Track)
 2018 David Lucas (Field)

FRESHMAN OF THE YEAR

2012 Robby Creese
 2013 Brannon Kidder
 2018 Terrance Laird

Bold - Denotes Big Ten Champion

WOMEN'S

Year	Place	Score	Location
1992	8th	30 pts	Columbus, Ohio
1993	4th	43 pts	Bloomington, Ind.
1994	10th	10 pts	West Lafayette, Ind.
1995	10th	17 pts	Ann Arbor, Mich.
1996	4th	39 pts	Madison, Wis.
1997	5th	63 pts	Champaign, Ill.
1998	6th	44.5 pts	East Lansing, Mich.
1999	8th	59.17 pts	Columbus, Ohio
2000	8th	21 pts	Minneapolis, Minn.
2001	T-6th	61 pts	West Lafayette, Ind.
2002	7th	55.5 pts	University Park, Pa.
2003	3rd	87 pts	Bloomington, Ind.
2004	1st	115 pts	Iowa City, Iowa
2005	4th	74 pts	Ann Arbor, Mich.
2006	4th	85 pts	Madison, Wis.
2007	4th	92 pts	Champaign, Ill.
2008	3rd	121 pts	Minneapolis, Minn.
2009	2nd	125 pts	Bloomington, Ind.
2010	1st	111 pts	University Park, Pa.
2011	2nd	86 pts	West Lafayette, Ind.
2012	3rd	99 pts	Lincoln, Neb.
2013	4th	73 pts	Geneva, Ohio
2014	1st	114.5 pts	Geneva, Ohio
2015	T-3rd	68 pts	Geneva, Ohio
2016	3rd	96.5 pts	Geneva, Ohio
2017	1st	96.5 pts	Geneva, Ohio
2018	6th	70 pts	Geneva, Ohio
2019	8th	57.5 pts	Ann Arbor, Mi.
2020	3rd	87.5 pts	Geneva, Ohio
2022	3rd	85 pts	Geneva, Ohio

BIG TEN WOMEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2004 Connie Moore
 2008 Shana Cox (Track)
 2010 Bridget Franek (Track)
 2014 Kiah Seymour (Track)

ATHLETE OF THE YEAR

2004 Connie Moore
 2006 Jennifer Leatherman
 2010 Shavon Greaves (Track)

*Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.

FRESHMAN OF THE YEAR

1996 Donna Fiddler
 2008 Shavon Greaves
 2017 Danae Rivers
 2019 Alexis Holmes
 2021 Victoria Vanriele
 2022 Allison Johnson

COACH OF THE YEAR

2004, '10, '14 Beth Alford-Sullivan
 2017 John Gondak
 2014 Beth Alford-Sullivan
 2017 John Gondak



INDOOR TRACK HISTORY



ALL-TIME INDOOR BIG TEN CHAMPIONS (BY YEAR)

MEN'S			
Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097
1994	Kelley, Brian	Pentathlon	3967
1997	Loner, Joe	800-Meters	1:50.87
1998	McNutt, Neal	35-lb Weight	62-1 (18.92)
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
2011	Foster, Ryan	800-Meters	1:49.98
2011	Kovacs, Joe	Shot Put	65-1.25 (19.84)
2012	Endress, Wade	DMR	9:44.40
2012	Nadolsky, Aaron	DMR	9:44.40
2012	Loxsom, Casimir	DMR	9:44.40
2012	Creese, Robby	DMR	9:44.40
2013	Loxsom, Casimir	600-Meters	1:15.72
2013	Kidder, Brannon	800-Meters	1:49.73
2013	Creese, Robby	Mile	4:01.51
2013	Kidder, Brannon	DMR	9:39.87
2013	Gilmore, Matt	DMR	9:39.87
2013	Brennan, Ryan	DMR	9:39.87
2013	Creese, Robby	DMR	9:39.87
2014	Kidder, Brannon	800-Meters	1:49.52
2014	Watkins, Za'Von	DMR	9:45.48
2014	Bennett-Green, Brandon	DMR	9:45.48
2014	Brennan, Ryan	DMR	9:45.48
2014	Kidder, Brannon	DMR	9:45.48
2015	Creese, Robby	3,000-Meters	8:10.75
2015	Hill, Darrell	Shot Put	66-6 (20.26)
2015	Makins, Jordan	DMR	9:40.62
2015	Shisler, Alex	DMR	9:40.62
2015	Watkins, Za'Von	DMR	9:40.62
2015	Creese, Robby	DMR	9:40.62
2015	Creese, Robby	Mile	4:11.41
2016	Harris, Isaiah	800-Meters	1:46.24
2016	Kidder, Brannon	Mile	4:07.89
2016	Shisler, Alex	DMR	9:43.25
2016	Kidder, Brannon	DMR	9:43.25
2016	Harris, Isaiah	DMR	9:43.25
2016	Makins, Jordan	DMR	9:43.25
2017	Smith, Xavier	60-Meters	6.66
2017	Harris, Isaiah	800-Meters	1:47.23
2017	Chisena, Dan	4x400-Meter Relay	3:04.80
2017	Smith, Xavier	4x400-Meter Relay	3:04.80
2017	Reiser, Samuel	4x400-Meter Relay	3:04.80
2017	Harris, Isaiah	4x400-Meter Relay	3:04.80
2018	Harris, Isaiah	800-Meters	1:50.15
2019	Perretta, Domenic	800-Meters	1:48.24
2020	Billy McDevitt	800-Meters	1:48.78
2021	Domenic Peretta	800-Meters	1:50.90
2021	Sincere Rhea	60-Meter Hurdles	7.80

WOMEN'S			
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	60-Meters	7.27
2004	Moore, Connie	200-Meters	23.44
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	Barber, Aleesha	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
2010	Greaves, Shavon	200-Meters	23.67
2011	Anyanwu, Doris	4x400-Meter Relay	3:37.80
2011	Iheoma, Ijeoma	4x400-Meter Relay	3:37.80
2011	Greaves, Shavon	4x400-Meter Relay	3:37.80
2011	Duncan, Megan	4x400-Meter Relay	3:37.80
2011	Lane, Caitlin	Mile	4:39.90
2012	Millhouse, Kara	5,000-Meters	16:17.45
2014	Jones, Mahogany	200-Meters	23.10
2014	Seymour, Kiah	400-Meters	52.53
2014	Gerlach, Tori	3,000-Meters	9:10.76
2014	McGee, Dynasty	4x400-Meter Relay	3:34.55
2014	Jones, Mahogany	4x400-Meter Relay	3:34.55
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.55
2014	Seymour, Kiah	4x400-Meter Relay	3:34.55
2015	Gerlach, Tori	5,000-Meters	16:04.64
2015	Seymour, Kiah	400-Meters	52.72
2017	Rivers, Danae	800-Meters	2:06.10
2017	Kocjancic, Julie	DMR	11:10.53
2017	Rhodes, Tichina	DMR	11:10.53
2017	Banks, Rachel	DMR	11:10.53
2017	Rivers, Danae	DMR	11:10.53
2017	Gibson, Danielle	Triple Jump	43-5.25 (13.25)
2018	Rivers, Danae	800-Meters	2:07.75
2019	Rivers, Danae	800-Meters	2:03.45
2019	Holmes, Alexis	400-Meters	52.14
2020	Holmberg, Maddie	Pentathlon	4274
2020	Jones, Katie	Pole Vault	13-11.25 (4.25)
2020	Lester, Kiara	400-Meters	53.37
2020	Rivers, Danae	800-Meters	2:06.27
2020	Rivers, Danae	Mile	4:43.35
2021	Vanriele, Victoria	800-Meters	2:05.59
2022	Brooks, Yasmin	60-Meter Hurdles	8.21
2022	Johnson, Allison	800-Meters	2:05.18

INDOOR TRACK HISTORY

ALL-TIME INDOOR BIG TEN CHAMPIONS (BY EVENT)

MEN'S		
60 Meters		
Smith, Xavier	6.66	2017
600 Meters		
Loxsom, Casimir	1:15.72	2013
800 Meters		
Loner, Joe	1:50.87	1997
Miller, Mark	1:52.65	2008
Foster, Ryan	1:50.24	2009
Foster, Ryan	1:50.43	2010
Foster, Ryan	1:49.98	2011
Kidder, Brannon	1:49.73	2013
Kidder, Brannon	1:49.52	2014
Harris, Isaiah	1:46.24	2016
Harris, Isaiah	1:47.23	2017
Harris, Isaiah	1:50.15	2018
Perretta, Domenic	1:48.24	2019
Billy McDevitt	1:48.78	2020
Peretta, Domenic	1:50.90	2021
Mile		
Creese, Robby	4:01.51	2013
Creese, Robby	4:11.41	2015
Kidder, Brannon	4:07.89	2016
3000 Meters		
Creese, Robby	8:10.75	2015
4x400-Meter Relay		
Dan Chisena, Xavier Smith, Samuel Reiser, Isaiah Harris	3:04.80	2017
Distance Medley Relay		
Wade Endress, Aaron Nadolsky, Casimir Loxsom, Robby Creese	9:44.40	2012
Brannon Kidder, Matt Gilmore, Ryan Brennan, Robby Creese	9:39.87	2013
Za'Von Watkins, Brandon Bennett-Green, Ryan Brennan, Brannon Kidder	9:45.48	2014
Jordan Makins, Alex Shisler	9:40.62	2015
Za'Von Watkins, Brannon Kidder Jordan Makins, Alex Shisler	9:43.25	2016
Isaiah Harris, Brannon Kidder		
60-Meter Hurdles		
Sincere Rhea	7.80	2021
High Jump		
Fritz, Ryan	7-3 (2.21)	2007
Triple Jump		
Smith, Clarence	51-7.75 (15.74)	2008
Smith, Clarence	51-7.75 (15.74)	2009
Shot Put		
Kovacs, Joe	65-1.25 (19.84)	2011
Hill, Darrell	66-6 (20.26)	2015
35-lb Weight		
McNutt, Neal	62-1 (18.92)	1998
Pentathlon		
Kelley, Brian	4097	1993
Kelley, Brian	3967	1994

WOMEN'S

60 Meter Hurdles		
Brooks, Yasmin	8.21	2022
60 Meters		
Moore, Connie	7.27	2004
Greaves, Shavon	7.44	2009
Greaves, Shavon	7.30	2010
200 Meters		
Moore, Connie	23.44	2004
Cox, Shana	24.06	2008
Greaves, Shavon	23.96	2009
Greaves, Shavon	22.98	2010
Greaves, Shavon	23.67	2011
Jones, Mahagony	23.10	2014

WOMEN'S (Cont.)		
400 Meters		
Cox, Shana	53.40	2008
Dorr, Fawn	54.10	2009
Seymour, Kiah	52.53	2014
Seymour, Kiah	52.72	2015
Holmes, Alexis	52.14	2019
Lester, Kiara	53.37	2020
600 Meters		
Bosler, Erica	1:30.22	1998
800 Meters		
Rivers, Danae	2:06.10	2017
Rivers, Danae	2:07.75	2018
Rivers, Danae	2:03.45	2019
Rivers, Danae	2:06.27	2020
Vanriele, Victoria	2:05.59	2021
Johnson, Allison	2:05.18	2022
Mile		
Franek, Bridget	4:37.95	2010
Lane, Caitlin	4:39.90	2012
Rivers, Danae	4:43.35	2020
3000 Meters		
Gerlach, Tori	9:10.76	2014
5000 Meters		
Millhouse, Kara	16:17.45	2012
Gerlach, Tori	16:04.64	2015
4x400-Meter Relay		
Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake	3:41.98	2006
Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	3:37.70	2007
Briene Simmons, Dominique Blake, Aleesha Barber, Shana Cox	3:40.43	2008
Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter	3:39.43	2009
Doris Anyanwu, Caitlin DeFusco, Shavon Greaves, Fawn Dorr	3:35.38	2010
Doris Anyanwu, Shavon Greaves, lje Iheoma, Megan Duncan	3:37.80	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.55	2014
Distance Medley Relay		
Jenny Stevens, Cheryl Green, Lindsay Scottoline, Tracey Brauksieck	11:38.33	2003
Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers	11:10.53	2017
Pole Vault		
Dougherty, Sara	12-11.50 (3.94)	2004
Jones, Katie	13-11.25 (4.25)	2020
Long Jump		
Aduba, Chi-Chi	19-9 (6.02)	2002
Shot Put		
O'Connor, Ja'Nai	55-2 (16.81)	2004
Leatherman, Jennifer	51-3.75 (15.64)	2005
Leatherman, Jennifer	53-5 (16.28)	2006
Triple Jump		
Aduba, Chi-Chi	44-1.50 (13.44)	2003
Gibson, Dannielle	43-5.25 (13.25)	2017
Weight Throw		
Williams, Deshaya	64-6 (19.65)	2003
Leatherman, Jennifer	69-11.50 (21.32)	2005
Leatherman, Jennifer	74-10.50 (22.82)	2006
Pentathlon		
Mitchell, Shelley	3830 pts	1992
Holmberg, Maddie	4274 pts	2020

** Bold - Denotes Big Ten Championship Record.



OUTDOOR TRACK HISTORY



ALL-TIME NCAA OUTDOOR TEAM FINISHES

MEN'S

Year	Place	Score	Location
1921	T-11th	5 pts	Chicago, Ill.
1922	2nd	19.5 pts	Chicago, Ill.
1923	4th	13.5 pts	Chicago, Ill.
1930	T-37th	2 pts	Chicago, Ill.
1938	14th	10 pts	Minneapolis, Minn.
1939	T-25th	4 pts	Los Angeles, Calif.
1940	T-3rd	24 pts	Minneapolis, Minn.
1941	6th	20 pts	Palo Alto, Calif.
1947	6th	20 pt	Salt Lake City, Utah
1948	T-26th	6 pts	Minneapolis, Minn.
1949	5th	25 pts	Los Angeles, Calif.
1950	T-38th	1 pt	Minnapolis, Minn.
1951	T-31st	2 pts	Seattle, Wash.
1953	T-40th	0.75 pts	Lincoln, Neb.
1954	T-18th	7 pts	Ann Arbor, Mich.
1955	T-9th	14 pts	Los Angeles, Calif.
1957	T-26th	6 pts	Austin, Texas
1958	41st	1 pt	Berkeley, Calif.
1959	T-25th	7 pts	Lincoln, Neb.
1960	T-25th	8 pts	Berkeley, Calif.
1961	T-16th	10 pts	Philadelphia, Pa.
1965	T-30th	8 pts	Berkeley, Calif.
1966	T-8th	20 pts	Bloomington, Ind.
1970	T-46th	2 pts	De Moines, Iowa
1971	T-24th	7 pts	Seattle, Wash.
1972	T-22nd	8 pts	Eugene, Ore.
1973	T-16th	13 pts	Baton Rouge, La.
1975	T-19th	11 pts	Provo, Utah
1976	T-12th	16 pts	Philadelphia, Pa.
1980	T-41st	4 pts	Austin, Texas
1981	T-36th	4 pts	Baton Rouge, La.
1983	T-74th	4 pts	Houston, Texas
1985	29th	9 pts	Austin, Texas
1987	T-18th	15 pts	Baton Rouge, La.
1988	T-35th	8 pts	Eugene, Ore.
1989	T-44th	5 pts	Provo, Utah
1990	T-38th	8 pts	Durham, N.C.
1993	20th	13 pts	New Orleans, La.
1996	T-41st	7 pts	Eugene, Ore.
1997	T-66th	2 pts	Bloomington, Ind.
1998	T-27th	8 pts	Buffalo, N.Y.
1999	T-58th	3 pts	Boise, Id.
2001	T-39th	5 pts	Eugene, Ore.
2002	T-68th	1 pt	Baton Rouge, La.
2007	T-47th	4 pts	Sacramento, Calif.
2009	T-62nd	2 pts	Fayetteville, Ark.
2010	T-23rd	11 pts	Eugene, Ore.
2011	T-20th	11 pts	De Moines, Iowa
2012	T-21st	13 pts	De Moines, Iowa
2013	14th	17 pts	Eugene, Ore.
2014	47th	5 pts	Eugene, Ore.
2015	T-10th	17 pts	Eugene, Ore.
2016	17th	13 pts	Eugene, Ore.
2018	18th	15 pts	Eugene, Ore.
2019	T-55th	2 pts	Eugene, Ore.

WOMEN'S

Year	Place	Score	Location
1983	23rd	8 pts	Houston, Texas
1984	T-20th	25 pts	Eugene, Ore.
1989	T-46th	4 pts	Provo, Utah
1991	T-39th	5 pt	Eugene, Ore.
1992	T-59th	1 pt	Austin, Texas
1993	25th	9 pts	New Orleans, La.
1994	T-55th	2 pts	Boise, Id.
1996	T-58th	1 pt	Eugene, Ore.
1997	T-45th	4 pts	Bloomington, Ind.
1999	T-24th	11 pts	Boise, Id.
2001	T-67th	1 pt	Eugene, Ore.
2002	T-45th	4 pts	Baton Rouge, La.
2003	10th	24 pts	Sacramento, Calif.
2004	21st	11 pts	Austin, Texas
2005	T-60th	3 pts	Sacramento, Calif.
2006	T-25th	10 pts	Sacramento, Calif.
2007	T-27th	9 pts	Sacramento, Calif.
2008	4th	39 pts	De Moines, Iowa
2009	14th	17 pts	Fayetteville, Ark.
2010	4th	34 pts	Eugene, Ore.
2011	44th	5 pts	De Moines, Iowa
2012	29th	10 pts	De Moines, Iowa
2013	T-29th	9 pts	Eugene, Ore.
2014	T-12th	18 pts	Eugene, Ore.
2018	24th	11.5 pts	Eugene, Ore.
2020	17th*	N/A	N/a

* The 2020 NCAA Outdoor Championships were canceled due to the COVID-19 pandemic. Finish was determined by team ranking.

OUTDOOR TRACK HISTORY

ALL-TIME MEN'S OUTDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1921	Romig, John	2-Mile	1st	1987	Levitre, Ray	800-Meters	2nd
1922	Helffrich, Alan	880 Yards	1st	1987	Balkey, Steve	1500-Meters	6th
1922	Shields, Larry	Mile	1st	1987	Carter, Eric	10,000-Meters	7th
1922	Barron, Harold	120 yd HH	1st	1987	Masgay, Dave	Decathlon	7th
1923	Helffrich, Alan	880 Yards	1st	1988	Timpson, Michael	200-Meters	10th
1923	Enck, Schuyler	Mile	1st	1988	Balkey, Steve	1500-Meters	5th
1938	Vukmanic, Nick	Javelin	1st	1988	Hunter, C.J.	Shot Put	5th
1939	Vukmanic, Nick	Javelin		1989	Hunter, C.J.	Shot Put	4th
1940	Ewell, Barney	100 Yards	1st	1990	Walter, Doug	1500-Meters	10th
1940	Ewell, Barney	220 Yards	1st	1990	Brown, Steve	5000-Meters	11th
1940	Ewell, Barney	Long Jump		1990	Hall, Ricardo	Triple Jump	13th
1940	Vukmanic, Nick	Javelin	4th	1990	Hunter, C.J.	Shot Put	2nd
1941	Ewell, Barney	100 Yards	1st	1991	Caraher, Phil	Shot Put	9th
1941	Ewell, Barney	220 Yards	1st	1992	Milne, Brian	Discus	13th
1941	Ewell, Barney	Long Jump		1993	Cripanuk, Kevin	400-Meter Hurdles	8th
1942	Ewell, Barney	100 Yards		1993	Davis, Antonio	Triple Jump	6th
1942	Ewell, Barney	220 Yards		1993	Milne, Brian	Discus	1st
1942	Ewell, Barney	Long Jump		1994	Hamer, Bob	1500-Meters	9th
1947	Karver, Gerald	Mile	1st	1994	Wimmer, Mark	10,000-Meters	9th
1947	Stone, Curtis	2-Mile	2nd	1995	Austin, Rob	Javelin	10th
1947	Ashenfelter, Horace	2-Mile		1996	Pina, Steve	Long Jump	3rd
1948	Ashenfelter, Horace	5000-Meters	2nd	1996	Austin, Rob	Javelin	8th
1949	Lancaster, Wilbur	220 Yards	6th	1996	Cook, James	Decathlon	9th
1949	Ashenfelter, Horace	2-Mile	1st	1997	Gorham, John	Long Jump	11th
1949	Gehrdes, Jim	120 yd HH	3rd	1997	Cook, James	Decathlon	13th
1949	Gehrdes, Jim	220 yd LH	2nd	1998	Audu, George	Long Jump	4th
1949	Perry, Rod	220 yd LH		1998	Gorham, John	Long Jump	6th
1950	Gehrdes, Jim	120 yd HH		1998	Burkholder, Troy	Javelin	12th
1951	Roderes, Ted	Javelin	5th	1998	Wolter, Carl	Javelin	7th
1954	Hollen, Bob	2-Mile		1998	Cook, James	Decathlon	12th
1954	Blockson, Charles	Shot Put		1999	Audu, George	Long Jump	6th
1954	Grier, Roosevelt	Shot Put		2001	Rose, Guy	110-Meter Hurdles	12th
1955	Pollard, Art	220 Yards		2001	Derby, Brian	400-Meter Hurdles	4th
1955	Youkers, Bill	120 yd HH	4th	2002	Olkowski, Ryan	200-Meters	8th
1957	Perry, Rod	120 yd HH		2007	Fritz, Ryan	High Jump	T-9th
1958	Moran, Ed	Mile	6th	2008	Smith, Clarence	Triple Jump	9th
1960	Moorehead, Steve	3000 Steeplechase		2009	Foster, Ryan	800-Meters	8th
1961	Brown, Bob	100 Yards		2009	Smith, Clarence	Triple Jump	8th
1961	Norman, Gerry	3-Mile		2010	McCandless, Tyler	10,000-Meters	12th
1961	Moorehead, Steve	3000 Steeplechase		2010	Fritz, Ryan	High Jump	4th
1965	Hedmark, Lennart	Javelin		2010	Eaton, Blake	Shot Put	3rd
1966	Rockwell, Warren	Triple Jump	2nd	2011	Loxsom, Casimir	800-Meters	4th
1966	Stevenson, Jim	Javelin	1st	2011	Kovacs, Joe	Shot Put	3rd
1966	Krombolz, Ernie	Javelin	5th	2012	Gehret, Brady	400-Meters	6th
1970	Fredericks, Greg	3-Mile	5th	2012	Nadolskly, Aaron	4x400-Meter Relay	4th
1971	Fredericks, Greg	3-Mile	2nd	2012	Bennett-Green, Brandon	4x400-Meter Relay	4th
1972	Fredericks, Greg	5000-Meters	2nd	2012	Loxsom, Casimir	4x400-Meter Relay	4th
1973	Maguire, Charlie	6-Mile	1st	2012	Gehret, Brady	4x400-Meter Relay	4th
1973	Finkel, Doug	440 Yd Relay	6th	2012	Kovacs, Joe	Shot Put	4th
1973	Sands, Mike	440 Yd Relay	6th	2013	Loxsom, Casimir	800-Meters	2nd
1973	Scott, Jim	440 Yd Relay	6th	2013	Kidder, Brannon	800-Meters	3rd
1973	Singleton, Fred	440 Yd Relay	6th	2013	Creese, Robby	1500-Meters	6th
1973	Jackson, Al	Hammer	4th	2014	Waihte, Steve	Triple Jump	5th
1975	Sands, Mike	440 Yards	5th	2014	Cardina, Robert	Decathlon	8th
1975	Shine, Mike	440 Yard IH	6th	2015	Hill, Darrell	Shot Put	2nd
1975	Hjeltnes, Knut	Shot Put	5th	2015	Kidder, Brannon	800-Meters	2nd
1975	Hjeltnes, Knut	Discus	3rd	2015	Waihte, Steve	Triple Jump	8th
1976	Shine, Mike	110-Meter Hurdles	5th	2016	Kidder, Brannon	1500-Meters	4th
1976	Malley, George	3000 Steeplechase	4th	2016	Leap, Brian	Triple Jump	6th
1976	Shine, Mike	400-Meter Hurdles	2nd	2016	Harris, Isaiah	800-Meters	4th
1976	Jackson, Al	Hammer	5th	2017	Shuey, Michael	Javelin	3rd
1977	Stemmer, Paul	10,000-Meters	8th	2017	Harris, Isaiah	800-Meters	2nd
1978	Ziegler, John	10,000-Meters	8th	2018	Harris, Isaiah	800-Meters	1st
1980	Lankford, Paul	400-Meter Hurdles	4th	2018	Lucas, David	Discus	7th
1981	Lankford, Paul	400-Meter Hurdles	4th	2018	Shigo, Morgan	Hammer	6th
1983	Garcia, Rick	3000 Steeplechase	9th	2019	Shigo, Morgan	Hammer	7th
1985	Moore, Randy	800-Meters	4th	2022	Merkley, Tyler	Hammer	2nd
1985	Kleban, Rick	Decathlon	5th				
1986	Carter, Eric	10,000-Meters	10th				

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

BOLD - Denotes NCAA Champion.



OUTDOOR TRACK HISTORY



ALL-TIME MEN'S OUTDOOR ALL-AMERICANS (BY EVENT)

100 Meters			* 100 yds prior to 1976			4x100-Meter Relay		
Ewell, Barney	1st	1940	Doug Finkelson, Mike Sands, Fred Singleton, Jim Scott	6th	1973			
Ewell, Barney	1st	1941						
Ewell, Barney		1942						
Brown, Bob		1961						
200 Meters			* 220 yds prior to 1976			4x400-Meter Relay		
Ewell, Barney	1st	1940	Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	4th	2012			
Ewell, Barney	1st	1941						
Ewell, Barney		1942						
Lancaster, Wilbur	6th	1949						
Pollard, Art		1955						
Timpson, Michael	10th	1988						
Olkowski, Ryan	8th	2002						
400 Meters			* 440 yds prior to 1976			High Jump		
Sands, Mike	5th	1975	Fritz, Ryan	T-9th	2007			
Gehret, Brady	6th	2012	Fritz, Ryan	4th	2010			
800 Meters			* 880 yds prior to 1976			Long Jump		
Heffrich, Alan	1st	1922	Ewell, Barney		1940			
Heffrich, Alan	1st	1923	Ewell, Barney		1941			
Moore, Randy	4th	1985	Ewell, Barney		1942			
Levitre, Ray	2nd	1987	Pina, Steve	3rd	1996			
Foster, Ryan	8th	2009	Gorham, John	11th	1997			
Loxsom, Casimir	4th	2011	Audu, George	4th	1998			
Loxsom, Casimir	2nd	2013	Gorham, John	6th	1998			
Kidder, Brannon	3rd	2013	Audu, George	6th	1999			
Kidder, Brandon	2nd	2015						
Harris, Isaiah	4th	2016						
Harris, Isaiah	2nd	2017						
Harris, Isaiah	1st	2018						
1500 Meters			* One Mile prior to 1976			Triple Jump		
Shields, Larry	1st	1922	Rockwell, Warren	2nd	1966			
Enck, Schuyler	1st	1923	Hall, Ricardo	13th	1990			
Karver, Gerald	1st	1947	Davis, Antonio	6th	1993			
Moran, Ed	6th	1958	Smith, Clarence	9th	2008			
Balkey, Steve	6th	1987	Smith, Clarence	8th	2009			
Balkey, Steve	5th	1988	Waithie, Steve	5th	2014			
Walter, Doug	10th	1990	Waithie, Steve	8th	2015			
Hamer, Bob	9th	1994	Leap, Brian	6th	2016			
Creese, Robby	6th	2013						
Kidder, Brannon	4th	2016						
5000 Meters			* 3-Mile prior to 1976			Shot Put		
Norman, Gerry		1961	Blockson, Charles		1954			
Fredericks, Greg	5th	1970	Grier, Roosevelt		1954			
Fredericks, Greg	2nd	1971	Hjeltnes, Knut	5th	1975			
Ashenfelter, Horace	2nd	1948	Hunter, C.J.	5th	1988			
Fredericks, Greg	2nd	1972	Hunter, C.J.	4th	1989			
Brown, Steve	11th	1990	Hunter, C.J.	2nd	1990			
10,000 Meters			* 6-Mile prior to 1976			Discus		
Maguire, Charlie	1st	1973	Caraher, Phil	9th	1991			
Stemmer, Paul	8th	1977	Eaton, Blake	3rd	2010			
Ziegler, John	8th	1978	Kovacs, Joe	3rd	2011			
Carter, Eric	10th	1986	Kovacs, Joe	4th	2012			
Carter, Eric	7th	1987	Hill, Darrell	2nd	2015			
Wimmer, Mark	9th	1994						
McCandless, Tyler	12th	2010						
110-Meter Hurdles						Javelin		
Barron, Harold	1st	1922	Vukmanic, Nick	1st	1938			
Gehrdes, Jim	3rd	1949	Vukmanic, Nick		1939			
Gehrdes, Jim		1950	Vukmanic, Nick	4th	1940			
Youkers, Bill	4th	1955	Roderes, Ted	5th	1951			
Perry, Rod		1957	Hedmark, Lennart		1965			
Shine, Mike	5th	1976	Stevenson, Jim	1st	1966			
Rose, Guy	12th	2001	Krombolz, Ernie	5th	1966			
3000-Meter Steeplechase						Hammer		
Moorehead, Steve		1960	Austin, Rob	10th	1995			
Moorehead, Steve		1961	Austin, Rob	8th	1996			
Malley, George	4th	1976	Burkholder, Troy	12th	1998			
Garcia, Rick	9th	1983	Wolter, Carl	7th	1998			
400-Meter Hurdles						Decathlon		
Shine, Mike	6th	1975	Kleban, Rick	5th	1985			
Shine, Mike	2nd	1976	Masgay, Dave	7th	1987			
Lankford, Paul	4th	1980	Cook, James	9th	1996			
Lankford, Paul	4th	1981	Cook, James	13th	1997			
Cripanuk, Kevin	8th	1993	Cook, James	12th	1998			
Derby, Brian	4th	2001	Cardina, Robert	8th	2014			
2020 Outdoor Season Cancelled due to COVID-19 pandemic.						2-Mile (Discontinued)		
						Romig, John		
						1st		
						1921		
						Stone, Curtis		
						2nd		
						1947		
						Ashenfelter, Horace		
						1st		
						1949		
						Hollen, Bob		
						1954		
						220-Yard Hurdles (Discontinued)		
						Gehrdes, Jim		
						2nd		
						1949		
						Perry, Rod		
						1949		

OUTDOOR TRACK HISTORY

ALL-TIME WOMEN'S OUTDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1976**	Bankes, Kris	1500-Meters	2nd	2008	Cox, Shana	400-Meters	1st
1976**	Bankes, Kris	2-Mile	3rd	2008	Barber, Aleesha	100-Meter Hurdles	4th
1977**	Bankes, Kris	3000-Meters	5th	2008	Franek, Bridget	3000 Steeplechase	3rd
1978**	Bankes, Kris	3000-Meters	2nd	2008	Barber, Aleesha	4x400-Meter Relay	1st
1978**	Mills, Kathy	3000-Meters	1st	2008	Blake, Dominique	4x400-Meter Relay	1st
1978**	Mills, Kathy	5000-Meters	1st	2008	Cox, Shana	4x400-Meter Relay	1st
1978**	Byrnes, Kathy	4x800-Meter Relay	2nd	2008	Hunter, Gayle	4x400-Meter Relay	1st
1978**	Fales, Penny	4x800-Meter Relay	2nd	2008	Hunter, Gayle	Long Jump	5th
1978**	Miller, Sandy	4x800-Meter Relay	2nd	2008	McQuillen, Karlee	Javelin	9th
1978**	Ventura, Lea	4x800-Meter Relay	2nd	2008	Hunter, Gayle	Heptathlon	5th
1980**	Carmichael, Heather	3000-Meters	3rd	2008	Hunter, Gayle	Heptathlon	5th
1981**	Pioli, Terry	800-Meters	6th	2009	Dorr, Fawn	400-Meter Hurdles	6th
1981**	Rawe, Mary	1500-Meters	3rd	2009	Franek, Bridget	3000 Steeplechase	4th
1981**	Sobansky, Elaine	Shot Put	4th	2009	Barber, Aleesha	4x400-Meter Relay	4th
1982	Hart, Tammi	400-Meter Hurdles	5th	2009	Dorr, Fawn	4x400-Meter Relay	4th
1982	Riddick, Vivian	Long Jump	6th	2009	Greaves, Shavon	4x400-Meter Relay	4th
1982	Sobansky, Elaine	Shot Put	3rd	2009	Hunter, Gayle	4x400-Meter Relay	4th
1983	Startare, Doreen	1500-Meters	5th	2009	McQuillen, Karlee	Javelin	10th
1983	Sobansky, Elaine	Shot Put	6th	2010	Greaves, Shavon	200-Meters	7th
1984	Renzi, Paula	5000-Meters	6th	2010	Barber, Aleesha	100-Meter Hurdles	3rd
1984	Senz, Marilyn	Javelin	6th	2010	Dorr, Fawn	400-Meter Hurdles	4th
1989	Mann, Carmen	Triple Jump	5th	2010	Franek, Bridget	3000 Steeplechase	1st
1991	Connell, Pam	Heptathlon	4th	2010	Anyanwu, Doris	4x400-Meter Relay	4th
1992	Gibbs, Stacey	Javelin	10th	2010	Barber, Aleesha	4x400-Meter Relay	4th
1992	Mitchell, Shelley	Heptathlon	8th	2010	Dorr, Fawn	4x400-Meter Relay	4th
1993	Hunt, Kelli	10,000-Meters	4th	2010	Greaves, Shavon	4x400-Meter Relay	4th
1993	Kelly, Kim	10,000-Meters	5th	2010	McQuillen, Karlee	Javelin	3rd
1994	Hunt, Kelli	10,000-Meters	7th	2011	Anyanwu, Doris	4x400-Meter Relay	4th
1994	Sobansky, Elaine	Shot Put	2nd	2011	Greaves, Shavon	4x400-Meter Relay	4th
1996	Gusic, Becky	Javelin	8th	2011	Iheoma, Ijeoma	4x400-Meter Relay	4th
1996	Kisty, Denika	Javelin	10th	2011	Duncan, Megan	4x400-Meter Relay	4th
1997	McGreevy, Kim	1500-Meters	7th	2012	Loht, Laura	Javelin	3rd
1997	Fidler, Donna	10,000-Meters	7th	2012	Kenney, Lauren	Javelin	4th
1998	Walker, Shakeema	Triple Jump	7th	2013	Loht, Laura	Javelin	4th
1998	Pastore, Jen	Javelin	4th	2013	Kenney, Lauren	Javelin	5th
1999	Heyer, Susanne	1500-Meters	4th	2014	Jones, Mahagony	100-Meters	7th
1999	Walker, Shakeema	Long Jump	8th	2014	Jones, Mahagony	200-Meters	4th
1999	Williams, Deshaya	Discus	6th	2014	Seymour, Kiah	400-Meter Hurdles	6th
2001	Johnson, Brianne	Javelin	8th	2014	McGee, Dynasty	4x400-Meter Relay	5th
2002	Moore, Connie	100-Meters	9th	2014	Jones, Mahagony	4x400-Meter Relay	5th
2002	Moore, Connie	200-Meters	12th	2014	Rhodes, Tichina	4x400-Meter Relay	5th
2002	Williams, Deshaya	Discus	6th	2014	Seymour, Kiah	4x400-Meter Relay	5th
2002	Johnson, Brianne	Javelin	8th	2014	Loht, Laura	Javelin	5th
2003	Moore, Connie	100-Meters	5th	2017	Gerlach, Tori	3000 Steeplechase	3rd
2003	Moore, Connie	200-Meters	3rd	2017	Gibson, Dannielle	Triple Jump	6th
2003	Landreth, Molly	3000 Steeplechase	11th	2018	Rivers, Danae	1500-Meters	8th
2003	Williams, Deshaya	Discus	1st	2018	McCloskey, Megan	High Jump	4th
2003	Colley, Ashley	Javelin	11th	2018	Holmberg, Maddie	Heptathlon	3rd
2003	Johnson, Brianne	Javelin	5th	2020	Outdoor Season Cancelled due to COVID-19 pandemic.		
2004	Moore, Connie	100-Meters	7th	2021	Holmberg, Maddie	Heptathlon	6th
2004	Moore, Connie	200-Meters	5th	2021	Rivers, Danae	1500-Meters	4th
2004	Aduba, Chi-Chi	Long Jump	6th				
2004	Aduba, Chi-Chi	Triple Jump	7th				
2005	Cox, Shana	400-Meters	9th				
2005	Leatherman, Jennifer	Hammer	7th				
2005	Bruch, Diana	Javelin	8th				
2006	Cox, Shana	400-Meters	3rd				
2006	Leatherman, Jennifer	Hammer	5th				
2007	Cox, Shana	400-Meters	2nd				
2007	Barber, Aleesha	400-Meter Hurdles	12th				
2007	Hunter, Gayle	Heptathlon	8th				

** Denotes finish in AIAW. The first women's NCAA-sponsored Outdoor Championship was contested in 1982.
BOLD - Denotes Champion.



OUTDOOR TRACK HISTORY



ALL-TIME WOMEN'S OUTDOOR ALL-AMERICANS (BY EVENT)

100 Meters

Moore, Connie	9th	2002
Moore, Connie	5th	2003
Moore, Connie	7th	2004
Jones, Mahagony	7th	2014

200 Meters

Moore, Connie	12th	2002
Moore, Connie	3rd	2003
Moore, Connie	5th	2004
Greaves, Shavon	7th	2010
Jones, Mahagony	4th	2014

400 Meters

Cox, Shana	9th	2005
Cox, Shana	3rd	2006
Cox, Shana	2nd	2007
Cox, Shana	1st	2008

800 Meters

Pioli, Terry	6th	**1981
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1500 Meters

Bankes, Kris	2nd	**1976
Rawe, Mary	3rd	**1981
Startare, Doreen	5th	1983
McGreevy, Kim	7th	1997
Heyer, Susanne	4th	1999
Rivers, Danae	8th	2018
Rivers, Danae	4th	2021

5000 Meters

Mills, Kathy	1st	**1978
Renzi, Paula	6th	1984

10,000 Meters

Hunt, Kelli	4th	1993
Kelly, Kim	5th	1993
Hunt, Kelli	7th	1994
Fidler, Donna	7th	1997

100-Meter Hurdles

Barber, Aleesha	4th	2008
Barber, Aleesha	3rd	2010

400-Meter Hurdles

Hart, Tammi	5th	1982
Barber, Aleesha	12th	2007
Dorr, Fawn	6th	2009
Dorr, Fawn	4th	2010
Seymour, Kiah	6th	2014

3000-Meter Steeplechase

Landreth, Molly	11th	2003
Franek, Bridget	3rd	2008
Franek, Bridget	4th	2009
Franek, Bridget	1st	2010
Gerlach, Tori	3rd	2017

4x400-Meter Relay

Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	1st	2008
Aleesha Barber, Shavon Greaves, Gayle Hunter, Fawn Dorr	4th	2009
Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr	4th	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	4th	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	5th	2014

High Jump

McCloskey, Megan	4th	2018
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Long Jump

Riddick, Vivian	6th	1982
Walker, Shakeema	8th	1999
Aduba, Chi-Chi	6th	2004
Hunter, Gayle	5th	2008

Triple Jump

Mann, Carmen	5th	1989
Walker, Shakeema	7th	1998
Aduba, Chi-Chi	7th	2004
Gibson, Dannielle	6th	2017

Shot Put

Sobansky, Elaine	4th	**1981
Sobansky, Elaine	3rd	1982
Sobansky, Elaine	6th	1983
Sobansky, Elaine	2nd	1984

Discus

Williams, Deshaya	6th	1999
Williams, Deshaya	6th	2002
Williams, Deshaya	1st	2003

Hammer

Leatherman, Jennifer	7th	2005
Leatherman, Jennifer	5th	2006

Javelin

Senz, Marilyn	6th	1984
Gibbs, Stacey	10th	1992
Gusic, Becky	8th	1996
Kisty, Denika	10th	1996
Pastore, Jen	4th	1998
Johnson, Brianne	8th	2001
Johnson, Brianne	8th	2002
Colley, Ashley	11th	2003
Johnson, Brianne	5th	2003
Bruch, Diana	8th	2005
McQuillen, Karlee	9th	2008
McQuillen, Karlee	10th	2009
McQuillen, Karlee	3rd	2010
Loht, Laura	3rd	2012
Kenney, Lauren	4th	2012
Loht, Laura	4th	2013
Kenney, Lauren	5th	2013
Loht, Laura	5th	2014

Heptathlon

Connell, Pam	4th	1991
Mitchell, Shelley	8th	1992
Hunter, Gayle	8th	2007
Hunter, Gayle	5th	2008
Hunter, Gayle	5th	2008
Holmberg, Madeline	3rd	2018
Holmberg, Madeline	6th	2021

3000 Meters (Discontinued)

Bankes, Kris	3rd	**1976
Bankes, Kris	5th	**1977
Bankes, Kris	2nd	**1978
Mills, Kathy	1st	**1978
Carmichael, Heather	3rd	**1980

4x800-Meter Relay (Discontinued)

Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura	2nd	**1978
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** Denotes finish in AIAW. The first women's NCAA-sponsored Outdoor Championship was contested in 1982.

OUTDOOR TRACK HISTORY

ALL-TIME BIG TEN OUTDOOR TEAM FINISHES

MEN'S

Year	Place	Score	Location
1992	7th	55 pts	Minneapolis, Minn.
1993	8th	52.5 pts	East Lansing, Mich.
1994	8th	49 pts	Madison, Wis.
1995	5th	87 pts	Minneapolis, Minn.
1996	3rd	82 pts	University Park, Pa.
1997	8th	56 pts	Champaign, Ill.
1998	9th	53 pts	Columbus, Ohio
1999	9th	62 pts	West Lafayette, Ind.
2000	7th	71.5 pts	Iowa City, Iowa
2001	3rd	98.83 pts	Bloomington, Ind.
2002	5th	72 pts	Madison, Wis.
2003	5th	81 pts	Minneapolis, Minn.
2004	7th	54.5 pts	West Lafayette, Ind.
2005	7th	66 pts	Columbus, Ohio
2006	7th	61 pts	East Lansing, Mich.
2007	4th	93.5 pts	University Park, Pa.
2008	6th	77 pts	Champaign, Ill.
2009	5th	80 pts	Columbus, Ohio
2010	T-7th	52 pts	Bloomington, Ind.
2011	6th	74 pts	Iowa City, Iowa
2012	6th	80 pts	Madison, Wis.
2013	8th	59 pts	Columbus, Ohio
2014	6th	78 pts	West Lafayette, Ind.
2015	5th	67 pts	East Lansing, Mich.
2016	5th	82 pts	Lincoln, Neb.
2017	1st	117 pts	University Park, Pa.
2018	5th	83 pts	Bloomington, Ind.
2019	9th	50 pts	Iowa City, Iowa
2021	7th	65 pts	Champaign, Ill.
2022	7th	61	Minneapolis, Minn.

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

BIG TEN MEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2014	Darrell Hill
2017	Malik Moffett
2018	Isaiah Harris
2019	Morgan Shigo

ATHLETE OF THE YEAR

2012	Joe Kovacs (Field)
2014	Darrell Hill (Field)
2022	Tyler Merkley (Field)

FRESHMAN OF THE YEAR

2010	Casimir Loxsom
2012	Robby Creese

COACH OF THE YEAR

2017	John Gondak
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WOMEN'S

Year	Place	Score	Location
1992	6th	77 pts	Minneapolis, Minn.
1993	6th	56 pts	East Lansing, Mich.
1994	8th	53 pts	Madison, Wis.
1995	10th	33 pts	Minneapolis, Minn.
1996	8th	43 pts	University Park, Pa.
1997	3rd	91 pts	Champaign, Ill.
1998	5th	75 pts	Columbus, Ohio
1999	8th	63 pts	West Lafayette, Ind.
2000	7th	62 pts	Iowa City, Iowa
2001	8th	65 pts	Bloomington, Ind.
2002	8th	72 pts	Madison, Wis.
2003	T-2nd	124 pts	Minneapolis, Minn.
2004	2nd	126.5 pts	West Lafayette, Ind.
2005	2nd	112.5 pts	Columbus, Ohio
2006	3rd	114 pts	East Lansing, Mich.
2007	3rd	114 pts	University Park, Pa.
2008	1st	151 pts	Champaign, Ill.
2009	1st	139 pts	Columbus, Ohio
2010	1st	133.5 pts	Bloomington, Ind.
2011	2nd	122 pts	Iowa City, Iowa
2012	4th	87 pts	Madison, Wis.
2013	1st	133 pts	Columbus, Ohio
2014	1st	136 pts	West Lafayette, Ind.
2015	7th	66 pts	East Lansing, Mich.
2016	10th	47.5 pts	Lincoln, Neb.
2017	3rd	101 pts	University Park, Pa.
2018	9th	50 pts	Bloomington, Ind.
2019	6th	68 pts	Iowa City, Iowa
2021	6th	71.5 pts	Champaign, Ill.
2022	4th	82.5	Minneapolis, Minn.

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

BIG TEN WOMEN'S AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2002	Connie Moore
2004	Connie Moore
2006	Shana Cox
2008	Shana Cox (Track)
2009	Emma Schmelzer (Field)
2010	Bridget Franek (Track)

ATHLETE OF THE YEAR

2004	Connie Moore
2006	Jennifer Leatherman (Field)
2008	Shana Cox (Track)
2010	Shavon Greaves (Track)

*Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.

FRESHMAN OF THE YEAR

1992	Kim Kelly
2007	Bridget Franek
2017	Danae Rivers

COACH OF THE YEAR

2008	Beth Alford-Sullivan
2009	Beth Alford-Sullivan
2010	Beth Alford-Sullivan
2013	Beth Alford-Sullivan
2014	Beth Alford-Sullivan

BOLD - Denotes Big Ten Champion.



OUTDOOR TRACK HISTORY



ALL-TIME BIG TEN OUTDOOR CHAMPIONS || BY YEAR

MEN'S			
Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10 (15.49)
1993	Davis, Antonio	Triple Jump	51-1.75 (15.59)
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1996	Wolter, Carl	Javelin	233-8 (71.22)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Audu, George	Long Jump	25-4 (7.72)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1999	Audu, George	Long Jump	25-8.75 (7.84)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
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	Evak, Tanner	Javelin	233-4 (71.13)
2009	Foster, Ryan	800-Meters	1:49.66
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)
2011	Loxsom, Casimir	800-Meters	1:47.70
2011	Eaton, Blake	Shot Put	61-8.50 (18.81)
2012	Loxsom, Casimir	800-Meters	1:46.12
2012	Gehret, Brady	400-Meters	45.22
2012	Kovacs, Joe	Shot Put	68-5 (20.85)
2012	Nadolsky, Aaron	4x400-Meter Relay	3:04.78
2012	Loxsom, Casimir	4x400-Meter Relay	3:04.78
2012	Gehret, Brady	4x400-Meter Relay	3:04.78
2012	Bennett-Green, Brandon	4x400-Meter Relay	3:04.78
2014	Waithe, Steve	Triple Jump	52-0 (15.85)
2014	Hill, Darrell	Shot Put	67-6 (20.57)
2014	Shuey, Michael	Javelin	236-2 (71.98)
2015	Hill, Darrell	Shot Put	66-3.25 (20.19)
2015	Shuey, Michael	Javelin	229-2 (69.85)
2015	Kidder, Brandon	800-Meters	1:47.56
2016	Kidder, Brannon	1500-Meters	3:44.67
2016	Harris, Isaiah	800-Meters	1:46.21
2016	Leap, Brian	Triple Jump	53-4.5 (16.37)
2017	Moffett, Malik	200-Meters	19.87
2017	Harris, Isaiah	800-Meters	1:49.68
2017	Moffett, Malik	Long Jump	26-3 (8.00)
2018	Harris, Isaiah	800-Meters	1:45.31
2018	Biddle, Michael	Javelin	239-7 (73.02)
2019	Shigo, Morgan	Hammer	236-4 (72.04)
2021	Lucas, David	Discus	197-0 (60.06)
2021	Porter, Mark	Javelin	239-1 (72.89)

WOMEN'S			
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)
2000	Williams, Deshaya	Discus	165-10 (50.54)
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)

WOMEN'S (Cont.)			
Year	Athlete	Event	Performance
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	Cox, Shana	200-Meters	23.15
2008	Cox, Shana	400-Meters	52.00
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Franek, Bridget	3000 Steeplechase	9:58.56
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	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Franek, Bridget	3000 Steeplechase	9:48.28
2010	Barber, Aleesha	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
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
2011	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)
2012	Millhouse, Kara	10,000-Meters	34:25.78
2012	Loht, Laura	Javelin	160-11 (49.05)
2013	Jones, Mahagony	100-Meters	11.32 (+2.6)
2013	Britton, Evonne	100-Meter Hurdles	13.40
2013	Kenney, Lauren	Javelin	173-10 (52.98)
2014	Jones, Mahagony	200-Meters	23.08
2014	Seymour, Kiah	400-Meter Hurdles	56.40
2014	McGee, Dynasty	4x400-Meter Relay	3:34.81
2014	Jones, Mahagony	4x400-Meter Relay	3:34.81
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.81
2014	Seymour, Kiah	4x400-Meter Relay	3:34.81
2014	Kurzdorfer, Melissa	Hammer	198-6 (60.51)
2014	Howell, Brittney	Heptathlon	5,515
2017	Rivers, Danae	800-Meters	2:04.14
2017	Gibson, Dannielle	Triple Jump	45-1.75 (13.76)
2018	Rivers, Danae	1500-Meters	4:27.47
2019	Rivers, Danae	1500-Meters	4:17.69
2019	Rivers, Danae	800-Meters	2:04.71
2019	Holmes, Alexis	400-Meters	52.17
2021	Holmberg, Maddie	Heptathlon	5839
2022	Brooks, Yasmin	100-Meter Hurdles	12.99

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

OUTDOOR TRACK HISTORY

ALL-TIME BIG TEN OUTDOOR CHAMPIONS || BY EVENT

ALL-TIME MEN'S OUTDOOR CHAMPIONS

200 Meters		
Olkowski, Ryan	20.59	2002
Moffett, Malik	19.87	2017
400 Meters		
Gehret, Brady	45.22	2012
800 Meters		
Miller, Mark	1:48.78	2006
Foster, Ryan	1:49.66	2009
Loxsom, Casimir	1:48.06	2010
Loxsom, Casimir	1:47.70	2011
Loxsom, Casimir	1:46.12	2012
Kidder, Brandon	1:47.56	2015
Harris, Isaiah	1:46.21	2016
Harris, Isaiah	1:49.68	2017
Harris, Isaiah	1:45.31	2018
1500 Meters		
Borchers, Samuel	4:03.96	2008
Kidder, Brannon	3:44.56	2016
5000 Meters		
Hamer, Bob	14:26.10	1994
400-Meter Hurdles		
Derby, Brian	49.77	2001
Derby, Brian	49.72	2003
Campisi, Jaret	50.10	2005
4x400-Meter Relay		
Aaron Nadoisky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	3:04.78	2012
High Jump		
Fritz, Ryan	7-1.75 (2.13)	2007
Long Jump		
Pina, Steve	25-9.50 (7.86)	1996
Audu, George	25-4 (7.72)	1998
Audu, George	25-8.75 (7.84)	1999
Moffett, Malik	26-3 (8.00)	2017
Triple Jump		
Davis, Antonio	50-10 (15.49)	1992
Davis, Antonio	51-1.75 (15.59)	1993
Smith, Clarence	52-10.75 (16.12) ^w	2009
Waithe, Steve	52-0 (15.85)	2014
Leap, Brian	53-4.5(16.27)	2016
Shot Put		
Eaton, Blake	60-6.75 (18.46)	2010
Eaton, Blake	61-8.50 (18.81)	2011
Kovacs, Joe	68-5 (20.85)	2012
Hill, Darrell	67-6 (20.57)	2014
Hill, Darrell	66-3.25 (20.19)	2015
Javelin		
Austin, Rob	224-0 (68.27)	1995
Wolter, Carl	233-8 (71.22)	1996
Burkholder, Troy	224-2 (68.32)	1997
Burkholder, Troy	210-11 (64.28)	1998
Burkholder, Troy	222-11 (67.96)	1999
Stumpf, Brian	216-4 (65.94)	2004
Kerschner, Bret	218-6 (66.61)	2005
Pettner, Allen	218-6 (66.60)	2006
Pettner, Allen	239-9 (73.09)	2007
Evak, Tanner	233-4 (71.13)	2009
Shuey, Michael	236-2 (71.98)	2014
Shuey, Michael	236-8.5 (72.14)	2015
Biddle, Michael	239-7 (73.02)	2018
Porter, Mark	239-1 (72.89)	2021
Discus		
Lucas, David	197-0 (60.06)	2021
Hammer		
Shigo, Morgan	236-4 (72.04)	2019
Decathlon		
Cook, James	7448	1996
Kuretich, J.T.	7424	2003

2020 Outdoor Season Cancelled due to COVID-19 pandemic.
Bold - Denotes Big Ten Championship Record.

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

100 Meters		
Moore, Connie	11.31	2002
Moore, Connie	11.37	2003
Moore, Connie	11.40	2004
Greaves, Shavon	11.49	2009
Greaves, Shavon	11.56	2010
Jones, Mahagony	11.32 (+2.6)	2013

WOMEN'S CHAMPIONS (CONTINUED)

200 Meters		
Moore, Connie	23.12	2002
Moore, Connie	22.74	2004
Cox, Shana	23.41	2006
Cox, Shana	23.15	2008
Greaves, Shavon	23.35	2009
Greaves, Shavon	23.28	2010
Jones, Mahagony	23.08	2014
400 Meters		
Cox, Shana	52.91	2005
Cox, Shana	52.57	2006
Cox, Shana	52.00	2008
Dorr, Fawn	52.51	2010
Holmes, Alexis	52.17	2019
800 Meters		
Bosler, Erica	2:05.69	1998
Rivers, Danae	2:04.14	2017
Rivers, Danae	2:04.71	2019
1500 Meters		
Rivers, Danae	4:27.47	2018
Rivers, Danae	4:17.69	2019
10,000 Meters		
Kelly, Kim	34:58.95	1993
Millhouse, Kara	35:02.33	2011
Millhouse, Kara	34:25.78	2012
100-Meter Hurdles		
Barber, Aleesha	12.83	2008
Barber, Aleesha	13.11	2010
Britton, Evonne	13.40	2013
Brooks, Yasmin	12.99	2022
400-Meter Hurdles		
Barber, Aleesha	57.56	2007
Dorr, Fawn	57.50	2010
Duncan, Megan	57.35	2011
Seymour, Kiah	56.40	2014
3000-Meter Steeplechase		
Franek, Bridget	9:58.56	2008
Franek, Bridget	9:48.28	2010
4x100-Meter Relay		
Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, Connie Moore	44.55	2004
Brooke Robinson, Kamilah Salaam, Sara Shoaff, Shana Cox	45.27	2005
Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff	45.18	2006
Shavon Greaves, Caitlin DeFusco, Aleesha Barber, Fawn Dorr	42.62	2010
4x400-Meter Relay		
Shana Cox, Dominique Blake, Kim Markel, Briene Simmons	3:36.95	2006
Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox	3:34.93	2007
Briene Simmons, Dominique Blake, Gayle Hunter, Shana Cox	3:36.24	2008
Megan Duncan, Shavon Greaves, Doris Anyanwu, Fawn Dorr	3:35.18	2010
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.81	2014
Long Jump		
Aduba, Chi-Chi	20-10.75 (6.36)	2004
Triple Jump		
Walker, Shakeema	42-4 (12.91)	1998
Walker, Shakeema	43-6.50 (13.27)	1999
Gibson, Dannielle	45-1.75 (13.76)	2017
Shot Put		
O'Connor, Ja'Nai	55-4.75 (16.88)	2004
Discus		
Williams, Deshaya	165-10 (50.54)	2000
Leatherman, Jennifer	167-8 (51.10)	2006
Hammer		
Leatherman, Jennifer	199-3 (60.73)	2005
Leatherman, Jennifer	197-8 (60.24)	2006
Kurzrdorfer, Melissa	198-6 (60.51)	2014
Javelin		
Gibbs, Stacey	165-1 (50.31)	1992
McQuillen, Karlee	162-10 (49.63)	2011
Loht, Laura	160-11 (49.05)	2012
Kenney, Lauren	173-10 (52.98)	2013
Heptathlon		
Howell, Brittney	5,515	2014
Holmberg, Maddie	5839	2021



TRACK HISTORY



ALL-TIME BIG TEN ATHLETES OF THE WEEK

ALL-TIME MEN'S WINNERS

Year	Season	Athlete	Date	Event	Year	Season	Athlete	Date	Event
1992	T&F	Jay Kirby	Jan.*		2015	XC	Ean DiSilvio	Sept. 9	
1992	T&F	Brian Miline	March*		2016	T&F	Brannon Kidder	Jan. 20	Track
1996	T&F	4x800M Relay Team	March*		2016	T&F	Isaiah Harris	Feb. 10	Track
1999	T&F	George Audu	Jan. 12		2016	T&F	Isaiah Harris	April 6	Track
1999	T&F	John Gorham	April 19		2016	T&F	Brian Leap	April 20	Field
2001	XC	Stephen Walsh	Oct. 9		2016	T&F	Brannon Kidder	April 27	Track
2001	T&F	Ryan Olkowski	April 9		2016	T&F	Brian Leap	May 4	Field
2003	XC	Dan Mazzocco	Sept. 17		2017	T&F	Isaiah Harris	Jan. 25	Track
2003	XC	Dan Mazzocco	Oct. 22		2017	T&F	Isaiah Harris	Feb. 1	Track
2006	T&F	Steve Meyers	April 25		2017	T&F	Michael Shuey	Mar. 29	Field
2007	XC	Brian Fuller	Sept. 4		2017	T&F	Isaiah Harris	Apr. 5	Track
2007	XC	Lucas Zarzeczny	Sept. 25		2017	T&F	Isaiah Harris	Apr. 26	Track
2007	T&F	Ryan Fritz	Feb. 13		2017	XC	Colin Abert	Sept. 6	
2007	T&F	Allen Pettner	April 3	Field	2017	XC	Colin Abert	Sept. 13	
2007	T&F	Ryan Fritz	April 17	Field	2017	XC	Colin Abert	Oct. 18	
2008	T&F	Sam Borchers	Jan. 29	Track	2018	T&F	Bryce Williams	Jan. 17	Field
2008	T&F	Sam Borchers	April 8	Track	2018	T&F	Colin Abert	Jan. 17	Track
2008	T&F	Clarence Smith	May 6	Field	2018	T&F	Isaiah Harris	Jan. 24	Track
2009	T&F	Mike Cadau	Jan. 12	Track	2018	T&F	David Lucas	Jan. 31	Field
2009	T&F	Ryan Fritz	Jan. 12	Field	2018	T&F	Isaiah Harris	Feb. 14	Track
2009	T&F	Clarence Smith	Jan. 19	Field	2018	XC	Colin Abert	Sept. 5	
2009	T&F	Clarence Smith	Feb. 9	Field	2018	XC	Colin Abert	Sept. 12	
2009	T&F	Ryan Foster	April 15	Track	2019	T&F	Morgan Shigo	Jan. 30	Field
2009	T&F	John Vellenoweth	May 13	Field	2019	T&F	David Lucas	Feb. 20	Field
2010	XC	Vince McNally	Sept. 7		2020	T&F	David Lucas	Feb. 5	Field
2010	T&F	Ryan Foster	Jan. 18	Track	2021	T&F	Evan Dorenkamp	Jan. 20	Track
2010	T&F	Ryan Foster	Feb. 1	Track	2021	T&F	Mark Porter	Mar. 31	Field
2010	T&F	Blake Eaton	Feb. 8	Field	2022	T&F	Luke Knipe	Feb. 23	Field
2010	T&F	Ryan Foster	April 7	Track	2022	T&F	Tyler Merkley	Apr. 13	Field
2010	T&F	Joe Kovacs	April 21	Field					
2010	T&F	Casimir Loxsom	April 28	Track					
2010	T&F	Casimir Loxsom	May 5	Track					
2010	T&F	Ryan Fritz	May 12	Field					
2011	XC	Kyle Dawson	Sept. 6						
2011	T&F	Blake Eaton	Feb. 7	Field					
2011	T&F	Joe Kovacs	April 20	Field					
2011	T&F	Casimir Loxsom	April 27	Track					
2011	T&F	Ryan Foster	May 4	Track					
2011	T&F	Sean Reilly	May 11	Field					
2012	XC	Robby Creese	Sept. 4						
2012	T&F	Hanif Johnson	Jan. 9	Field					
2012	T&F	Robby Creese	Jan. 16	Track					
2012	T&F	Joe Kovacs	April 4	Field					
2012	T&F	Robby Creese	April 18	Track					
2012	T&F	Joe Kovacs	April 18	Field					
2012	T&F	Joe Kovacs	May 2	Field					
2012	T&F	Joe Kovacs	May 9	Field					
2013	T&F	Sancho Barrett	Jan. 7	Track					
2013	T&F	Jon Hendershot	Jan. 7	Field					
2013	T&F	Casimir Loxsom	Jan. 14	Track					
2013	T&F	Casimir Loxsom	Jan. 28	Track					
2013	T&F	Robby Creese	Feb. 11	Track					
2013	T&F	Brannon Kidder	April 10	Track					
2013	T&F	Robby Creese	April 17	Track					
2013	T&F	Casimir Loxsom	April 24	Track					
2013	T&F	Casimir Loxsom	May 2	Track					
2013	T&F	Jon Hendershot	May 8	Field					
2014	T&F	Brannon Kidder	Feb. 10	Track					
2014	T&F	Steve Waithe	Feb. 17	Field					
2014	T&F	Steve Waithe	April 16	Field					
2014	T&F	Darrell Hill	April 30	Field					
2014	T&F	Brannon Kidder	May 7	Track					
2014	XC	Brandon Kidder	Oct. 14						
2015	T&F	Brandon Kidder	Feb. 2	Track					
2015	T&F	Darrell Hill	Feb. 9	Field					
2015	T&F	Robby Creese	Feb. 9	Track					
2015	T&F	Brandon Kidder	Feb. 23	Track					
2015	T&F	Brandon Kidder	April 8	Track					
2015	T&F	Robby Creese	April 15	Track					
2015	T&F	Darrell Hill	April 29	Field					
2015	T&F	Brandon Kidder	May 6	Track					
2015	T&F	Sancho Barrett	May 13	Track					
2015	T&F	Darrell Hill	May 13	Field					

2020 Outdoor Season cancelled due to COVID-19 pandemic

TRACK HISTORY

ALL-TIME BIG TEN ATHLETES OF THE WEEK

ALL-TIME WOMEN'S WINNERS

Year	Season	Athlete	Date	Event
1996	XC	Kim McGreevy	Oct.*	
1996	XC	Kim McGreevy	Nov.*	
1997	T&F	Felicia Cooksey	Jan.*	
1997	T&F	Jen Pastore	April*	
2001	XC	Michelle Wale	Oct. 9	
2002	XC	Tracey Brauksieck	Sept. 10	
2002	XC	Tracey Brauksieck	Oct. 15	
2002	XC	Tracey Brauksieck	Oct. 22	
2003	XC	Molly Landreth	Sept. 17	
2003	XC	Molly Landreth	Oct. 22	
2003	XC	Molly Landreth	Oct. 29	
2003	T&F	Chi Chi Aduba	Jan. 21	
2004	XC	Molly Landreth	Sept. 14	
2004	XC	Molly Landreth	Sept. 28	
2004	T&F	Sara Dougherty	Feb. 3	
2004	T&F	Connie Moore	Feb. 18	
2004	T&F	Ja'Nai O'Connor	March 29	
2004	T&F	Connie Moore	April 19	
2004	T&F	Chi Chi Aduba	May 3	
2005	T&F	Jennifer Leatherman	April 25	
2005	T&F	Jennifer Leatherman	May 9	
2006	XC	Bridget Franek	Oct. 10	
2006	T&F	Jennifer Leatherman	Jan. 17	
2006	T&F	Jennifer Leatherman	Feb. 14	
2006	T&F	Jennifer Leatherman	March 28	
2006	T&F	Jennifer Leatherman	April 11	
2006	T&F	Jennifer Leatherman	April 25	
2006	T&F	Jennifer Leatherman	May 5	
2006	T&F	Jennifer Leatherman	May 8	
2007	XC	Bridget Franek	Sept. 4	
2007	XC	Bridget Franek	Sept. 25	
2007	T&F	Lena Bettis	Jan. 16	Field
2007	T&F	Shana Cox	Jan. 30	Track
2007	T&F	Shana Cox	April 10	Track
2007	T&F	Shana Cox	April 17	Track
2007	T&F	Aleesha Barber	April 24	Track
2007	T&F	Bridget Franek	May 1	Track
2007	T&F	Gayle Hunter	May 1	Field
2007	T&F	Emma Schmelzer	May 8	Field
2008	XC	Caitlin Lane	Sept. 2	
2008	XC	Bridget Franek	Oct. 7	
2008	T&F	Dominique Blake	Jan. 29	Track
2008	T&F	Gayle Hunter	Jan. 29	Field
2008	T&F	Briene Simmons	Feb. 5	Track
2008	T&F	Lena Bettis	Feb. 12	Field
2008	T&F	Shana Cox	April 15	Track
2008	T&F	Shana Cox	April 29	Track
2008	T&F	Shana Cox	May 6	Track
2009	XC	Caitlin Lane	Sept. 8	
2009	XC	Cheryl Spring	Sept. 15	
2009	XC	Bridget Franek	Oct. 6	
2009	T&F	Bridget Franek	Feb. 2	Track
2009	T&F	Gayle Hunter	Feb. 2	Field
2009	T&F	Gayle Hunter	Feb. 9	Field
2009	T&F	Bridget Franek	Feb. 16	Track
2009	T&F	Bridget Franek	April 15	Track
2009	T&F	Kim Hanslovan	May 13	Field
2010	XC	Caitlin Lane	Sept. 7	
2010	T&F	Shavon Greaves	Jan. 11	Track
2010	T&F	Fawn Dorr	Jan. 18	Track
2010	T&F	Shavon Greaves	Feb. 1	Track
2010	T&F	Bridget Franek	Feb. 15	Track
2010	T&F	Shavon Greaves	April 7	Track
2010	T&F	Karlee McQuillen	April 28	Field
2010	T&F	Bridget Franek	May 12	Track
2011	XC	Caitlin Lane	Sept. 6	
2011	T&F	Shavon Greaves	Jan. 31	Track
2011	T&F	Karlee McQuillen	April 6	Field
2012	XC	Bekka Simko	Sept. 4	
2012	T&F	Mahagony Jones	Jan. 9	Track
2012	T&F	Melissa Kurzdorfer	April 4	Field
2012	T&F	Kirsten Nieuwendam	May 9	Track
2013	T&F	Mahagony Jones	Jan. 7	Track

2013	T&F	Erika Morgan	Jan. 7	Field
2013	T&F	Marlene Ricketts	Jan. 14	Field
2013	T&F	Lauren Kenney	April 10	Field
2013	T&F	Mahagony Jones	April 17	Track
2014	T&F	Evonne Britton	Feb. 3	Track
2014	T&F	Kiah Seymour	Feb. 17	Track
2014	T&F	Mahagony Jones	April 16	Track
2014	T&F	Kiah Seymour	May 7	Track
2014	T&F	Melissa Kurzdorfer	May 14	Field
2015	XC	Tori Gerlach	Sept. 16	
2016	T&F	Lexi MasterSon	Jan 13	Field
2016	T&F	Dannielle Gibson	March 30	Field
2016	XC	Tessa Barrett	Sept. 14	
2017	T&F	Dannielle Gibson	Jan. 18	Field
2017	T&F	Tessa Barrett	Feb. 1	Track
2017	T&F	Danae Rivers	Feb. 1	Track
2017	T&F	Tori Gerlach	Apr. 19	Track
2017	T&F	Danae Rivers	Apr. 26	Track
2017	XC	Jillian Hunsberger	Sept. 6	
2017	XC	Jillian Hunsberger	Sept. 13	
2018	T&F	Danae Rivers	Jan. 24	Track
2018	XC	Julia Paternain	Sept. 12	
2019	T&F	Danae Rivers	Jan. 16	Track
2019	T&F	Danae Rivers	Jan. 30	Track
2019	T&F	Danae Rivers	Feb. 13	Track
2019	T&F	Payden Montana	Mar. 27	Field
2020	T&F	Maddie Holmberg	Jan. 29	Field
2021	T&F	Danae Rivres	Mar. 31	Track
2021	T&F	Danae Rivers	Apr. 7	Track
2022	T&F	Allison Johnson	Jan. 19	Track
2022	T&F	Allison Johnson	Jan. 26	Track
2022	T&F	Victoria Tachinski	Apr. 6	Track
2022	T&F	Victoria Tachinski	May 4	Track
2022	T&F	Rachel Gearing	May 11	Track

2020 Outdoor Season cancelled due to COVID-19 pandemic



TRACK HISTORY



ALL-TIME PENN RELAYS CHAMPIONS

MEN'S RELAYS CHAMPIONS

Year	Relay	Performance
1920	4x1 Mile Relay —, —, —, Larry Shields	18:10.6
1920	DMR (3/4 Mile, 440, 880, Mile) —, —, —, Larry Shields	10:37.2
1923	4x880 Yard Relay Edgar L. Carter, J. Russell Edgerton, Schuyler Enck, Alan Helffrich	7:48.8
1924	SMR (440, 220, 220, 880) Alan Helffrich, Conway, Crip Moore, Schuyler Ench	3:30.4
1926	4x1 Mile Relay R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart	18:14.6
1926	4 x 120-Yd High Hurdle Shuttle E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore	1:06.0
1928	4x110 Yards Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew	42.6
1928	DMR (3/4 Mile, 440, 880, Mile) Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox	10:37.8
1929	4x1 Mile Relay C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox	17:48.6
1932	SMR (440, 220, 220, 880) C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale	3:28.6
1942	SMR (440, 220, 220, 880) Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon	3:26.5
1947	4x1 Mile Relay Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver	17:48.6
1948	4x1 Mile Relay Bill Shuman, Mitch Williams, H. Ashenfelter, Gerry Karver	17:30.7
1948	DMR (3/4 Mile, 440, 880, Mile) Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver	10:15.1
1949	4x1 Mile Relay Unknown	17:35.4
1950	4x110 Yards Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster	41.3
1951	4x1 Mile Relay Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn	17:24.6
1959	4x1 Mile Relay Ed Moran, Dick Engelbrink, Charles King, Fred Kerr	17:11.3
1959	DMR (3/4 Mile, 440, 880, Mile) Unknown	9:58.2
1983	4x800-Meter Relay Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn	7:19.77
1985	4x800-Meter Relay Vance Watson, Steve Shisler, Chris Mills, Randy Moore	7:11.17
1986	4x800-Meter Relay Vance Watson, Steve Shisler, Ray Levitre, Chris Mills	7:16.05
1987	4x800-Meter Relay Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre	7:14.65
2011	SMR Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster	3:17.10
2012	SMR Aaron Nadolsky, Br. Bennett-Green, Brady Gehret, Casimir Loxsom	3:18.47
2012	4x800 Owen Dawson, Ryan Brennan, Casimir Loxsom, Robby Creese	7:19.76
2013	4x800 Robby Creese, Za'Von Watkins, Casimir Loxsom, Brannon Kidder	7:14.14
2013	DMR Brannon Kidder, Brandon Bennett-Green, Casimir Loxsom, Robby Creese	9:24.68
2015	SMR Xavier Smith, Sancho Barrett, Alex Shisler, Brandon Kidder	3:21.29
2016	4x800-Meter Relay Robby Creese, Jordan Makins, Isaiah Harris, Brannon Kidder	7:14.14
2018	SMR Xavier Smith, Malik Moffett, Kier Miner, Isaiah Harris	3:15.25

WOMEN'S RELAY CHAMPIONS

Year	Relay	Performance
1978	4x800-Meter Relay Unknown	8:49.9
2008	4x400-Meter Relay Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	3:31.44
2019	Sprint Medley Relay Brooke-Lynn Williams, Kiara Lester, Alexis Holmes, Danae Rivers	3:45.25
2022	Sprint Medley Relay Jane Madson, Yasmin Brooks, Rachel Gearing, Victoria Tachinski	3:48.47
2022	4x800-Meter Relay Victoria Vanriele, Rachel Gearing, Madaline Ullom, Victoria Tachinski	8:24.49

2020 Penn Relays cancelled due to COVID-19 pandemic

MEN'S INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Performance
1910	Lee Talbot	Hammer Throw	160-6 (48.92)
1911	Lee Talbot	Discus	129-2 (39.32)
1911	Alfred Tilley	Hammer Throw	143-8 (43.78)
1913	Lee Talbot	Discus	142-0 (43.28)
1913	Lee Talbot	Hammer Throw	163-7 (49.88)
1919	Francis Emory	56-Pound Weight	28-0 (8.53)
1920	Francis Emory	Javelin	165-6 (50.44)
1923	Crip Moore	120-Yard High Hurdles	15.4
1925	Crip Moore	120-Yard High Hurdles	14.8
1926	Al Bates	Long Jump	23-3 1/2 (7.07)
1927	Bill Cox	Two-Mile	9:32.0
1927	Marian Ide	Hammer Throw	158-0 7/8
1938	Nick Vukmanic	Javelin	223-10 (68.22)
1939	Nick Vukmanic	Javelin	207-3 (63.16)
1942	Barney Ewell	Long Jump	24-5 1/2 (7.45)
1944	Barney Ewell	Long Jump	24-2 (7.36)
1945	Barney Ewell	100 Yards	9.8
1947	Curt Stone	Two-Mile	9:19.4
1949	Horace Ashenfelter	Two-Mile	9:21.5
1949	Jim Gehrdes	120-Yard High Hurdles	14.4
1950	Jim Gehrdes	120-Yard High Hurdles	14.3
1954	Art Pollard	100 Yards	9.8
1955	Roosevelt Grier	Shot Put	54-8 (16.66)
1961	Bob Brown	100 Yards	9.9
1965	Lennart Hedmark	Javelin	243-0 (74.06)
1966	Bill Reilly	3000-Meter Steeplechase	9:22.8
1971	Greg Fredericks	Three-Mile	13:36.1
1972	Greg Fredericks	Three-Mile	13:31.5
1973	Charlie Maguire	Three-Mile	13:41.6
1974	Charlie Maguire	Three-Mile	13:27.0
1974	Mike Shine	120-Yard High Hurdles	13.9
1974	Mike Shine	400-Meter Hurdles	50.8
1975	Knut Hjeltnes	Shot Put	61-23/4 (18.66)
1976	George Malley	3000-Meter Steeplechase	8:34.4
1976	Mike Shine	110-Meter High Hurdles	13.6
1976	Al Jackson	Hammer Throw	199-4 (60.76)
1977	Paul Stemmer	5000 Meters	13:52.4
1979	Bruce Baden	3000-Meter Steeplechase	8:42.5
1979	Alan Scharsu	5000 Meters	13:48.5
1979	John Ziegler	10,000 Meters	29:19.3
1979	Tim Backenstose	Marathon	2:22:14
1980	Alan Scharsu	5000 Meters	13:42.1
1982	Jeff Adkins	5000 Meters	13:55.0
1987	Dave Masgay	Decathlon (Multi)	7282
1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)
1990	C.J. Hunter	Shot Put	65-5 (19.81)
1993	Brian Milne	Discus	196-5 (59.86)
1993	Antonio Davis	Triple Jump	53-11 1/4 (16.44)
1996	James Cook	Decathlon (Multi)	7600
1997	James Cook	Decathlon (Multi)	7458
1998	Kevin Geesaman	20,000 Meters	1:04:40
2003	J.T. Kuretech	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris Morrisey	Decathlon (Multi)	7014
2008	Chris Morrisey	Decathlon (Multi)	6995
2009	Tanner Evak	Javelin	225-6 (68.74)
2012	Joe Kovacs	Shot Put	65-5 (19.94)
2014	Steve Waithe	Triple Jump	53-2.75 (16.22)
2014	Darrell Hill	Shot Put	63-11.75 (19.50)
2014	Michael Shuey	Javelin	234-11 (71.60)
2015	Darrell Hill	Shot Put	68-2.5 (20.78)
2016	Ryan Kerr	Javelin	228-8 (69.72)
2016	Brian Leap	Triple Jump	53-0 (16.15)
2016	John Yohman	Shot Put	60-10.5 (18.55)
2018	Luke Grodeska	Shot Put	55-8.75
2019	Morgan Shigo	Hammer	234-4 (71.45)
2022	Tyler Merkley	Hammer Throw	226-9 (69.13)

WOMEN'S INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Performance
1983	Marilyn Senz	Javelin	162-9 (49.60)
1984	Elaine Sobansky	Shot Put	53-4.50 (5.96)
1985	Paula Renzi	5000-Meters	16:01.4
1986	Stacy Prey	5000-Meters	16:01.2
1998	Jen Pastore	Javelin	177-7 (54.12)
2000	Deshaya Williams	Discus	174-8 (53.24)
2001	Brianne Johnson	Javelin	161-7 (49.26)
2006	Jennifer Leatherman	Hammer	213-7 (65.12)
2007	Bridget Franek	3,000m Steeplechase	9:59.21
2007	Gayle Hunter	Heptathlon	5606
2009	Fawn Dorr	400-Meter Hurdles	57.78
2010	Karlee McQuillen	Javelin	162-7 (49.57)
2011	Karlee McQuillen	Javelin	158-4 (48.28)
2012	Melissa Kurzdorfer	Hammer	205-1 (62.53)
2012	Lauren Kenney	Javelin	160-8 (48.99)
2013	Natalie Bower	3,000m Steeplechase	10:13.58
2013	Laura Loht	Javelin	154-6 (47.10)
2013	Brittney Howell	Heptathlon	5084
2014	Leigha Anderson	10,000m	33:52.32
2014	Laura Loht	Javelin	167-8 (51.11)
2015	Elizabeth Chikotas	5000-Meters	16:05.46
2017	Dannielle Gibson	Triple Jump	43-6 (13.26)
2022	Chloe Royce	Long Jump	20-1 (6.12)

CROSS COUNTRY / TRACK & FIELD

RECORDS



WOMEN'S INDOOR RECORDS

Track Events

60 Meters	7.24.....	Shavon Greaves, 2010
200 Meters	22.60.....	Consuella Moore, 2004
400 Meters	52.14.....	Alexis Holmes, 2019
800 Meters	2:02.84.....	Allison Johnson, 2022
Mile	4:29.47.....	Danae Rivers, 2019
3000 Meters	9:07.22.....	Tessa Barrett, 2017
5000 Meters	15:28.99.....	Tessa Barrett, 2017
60m Hurdles	8.10.....	Evonne Britton, 2014

Relay Events

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

Non-NCAA Event Records

55 Meters	6.98.....	Shavon Greaves, 2008
300 Meters	37.13.....	Shavon Greaves, 2010
500 Meters	1:09.19.....	Shana Cox, 2007
600 Meters	1:29.04.....	Victoria Tachinski, 2020
1000 Meters	2:38.58.....	Danae Rivers, 2019
55m Hurdles	7.77.....	Aleesha Barber, 2008
Shuttle Hurdles	32.30	Carla Criste, Laurie Dangel, Sue Lindner, Stephanie Weeks, 1983
4x200-Meters	1:35.65.....	Megan Osborne, Kiah Seymour, ...Dynasty McGee, Mahagony Jones, 2014 (Collegiate Record)
4x800-Meters	8:45.60	Judi Cassel, Heidi Gerken, Tammie Hart, Beth Stever, 1984
Sprint Medley	3:52.25.....	Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007 (Collegiate Record)

*All times are FAT (Fully Automatic Timing)

Field Events

High Jump	6-0 (1/83).....	Alexa Parks, 2020
Pole Vault	14-0/4.25 (4.25).....	Katie Jones, 2022
Long Jump	20-11.25 (6.38).....	Gayle Hunter, 2009
Triple Jump	44-1.25 (13.45).....	Chi-Chi Aduba, 2003
Shot Put	56-8 (17.27).....	Rachel Fatherly, 2016
20-lb. Weight	74-10.50 (22.82)....	Jen Leatherman, 2006
Pentathlon	4,342 points.....	Gayle Hunter, 2009

Pentathlon Event Records

60-Meter Hurdles	8.31.....	Brittney Howell, 2014
High Jump	5-8.50 (1.74).....	Amber Strouse, 2007 Kelsey Coutts, 2012
Long Jump	20-11.25 (6.38).....	Gayle Hunter, 2009
Shot Put	40-0.50 (12.20).....	Gayle Hunter, 2009
800-Meters	2:13.73.....	Gayle Hunter, 2009

Retired Records

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

WOMEN'S INDOOR TOP-5 PERFORMANCES

60 Meters

1.	7.24	Shavon Greaves, 2010
2.	7.26	Mahagony Jones, 2014
3.	7.27	Consuella Moore, 2004
4.	7.32	Keianna Albury, 2017
5.	7.41	Toyin Augustus, 2001

200 Meters

1.	22.60	Consuella Moore, 2004
2.	22.93	Mahagony Jones, 2014
3.	22.98	Shavon Greaves, 2010
4.	23.48	Shana Cox, 2005
	23.48	Kiah Seymour, 2014

400 Meters

1.	52.14	Alexis Holmes, 2019
2.	52.31	Shana Cox, 2007
3.	52.53	Fawn Dorr, 2010
	52.53	Kiah Seymour, 2014
4.	53.14	Shavon Greaves, 2010
5.	53.15	Dominique Blake, 2008

500 Meters

1.	1:09.19	Shana Cox, 2007
2.	1:12.03	Janice Carter, 1989
3.	1:12.05	Ijeoma Iheoma, 2012
4.	1:12.23	Fawn Dorr, 2010
5.	1:13.32	Briene Simmons, 2006

600 Meters

1.	1:29.04	Victoria Tachinski, 2020
2.	1:29.06	Danae Rivers, 2017
3.	1:29.51	Victoria Vanriele, 2021
4.	1:29.75	Antoinette Bradley, 2020
5.	1:29.81	Briene Simmons, 2008

800 Meters

1.	2:02.84	Allison Johnson, 2022
2.	2:02.94	Danae Rivers, 2019
3.	2:03.83	Victoria Tachinski, 2022
4.	2:04.22	Rachel Gearing, 2022
5.	2:04.96	Victoria Vanriele, 2022

1000 Meters

1.	2:38.58	Danae Rivers, 2019
2.	2:43.12	Allison Johnson, 2022
3.	2:43.15	Tori Gerlach, 2016
4.	2:44.24	Caitlin Lane, 2012
5.	2:45.44	Victoria Tachinski, 2022

Mile

1.	4:29.47	Danae Rivers, 2019
2.	4:37.44	Allison Johnson, 2022
3.	4:37.83	Tori Gerlach, 2016
4.	4:37.95	Bridget Franek, 2010
5.	4:38.37	Caitlin Lane, 2011

3000 Meters

1.	9:07.22	Tessa Barrett, 2017
2.	9:10.04	Bridget Franek, 2009
3.	9:10.76	Tori Gerlach, 2014
4.	9:13.06	Paula Renzi, 1985
5.	9:15.16	Caitlin Lane, 2012

5000 Meters

1.	15:28.99	Tessa Barrett, 2017
2.	15:50.49	Tori Gerlach, 2016
1.	15:53.50	Paula Renzi, 1985
2.	15:56.76	Bridget Franek, 2010
5.	16:01.90	Jillian Hunsberger, 2017

60-Meter Hurdles

1.	8.10	Evonne Britton, 2014
2.	8.16	Aleesha Barber, 2009
3.	8.20	Yasmin Brooks, 2022
4.	8.21	Quenee Dale, 2017
5.	8.22	Toyin Augustus, 2001

4x200-Meter Relay

1.	1:35.65	Megan Osborne, Kiah Seymour, Dynasty McGee, Mahagony Jones, 2014 <i>** Collegiate Record</i>
2.	1:37.25	Mahagony Jones, Kirsten Nieuwendam, Doris Anyanwu, Kiah Seymour
3.	1:37.76	Monique Walker, Kamilah Salaam, Gayle Hunter, Sara Shoaff, 2006
4.	1:37.92	Kamilah Salaam, Brooke Robinson, Sara Shoaff, Shana Cox, 2005
5.	1:38.05	Cheryl Green, Connie Moore, Sara Shoaff, Kamilah Salaam, 2004

4x400-Meter Relay

1.	3:33.13	Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
2.	3:33.49	Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber, 2007
3.	3:34.00	Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr, 2008
	3:34.00	Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan, 2011
5.	3:34.04	Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake, 2006

Bold - Denotes Performance Set in 2022.



WOMEN'S INDOOR TOP-5 PERFORMANCES

Sprint Medley Relay

1. 3:52.25 Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
2. 3:56.63 Cheryl Green, Connie Moore, Sara Shoaff, Briene Simmons, 2004
3. 4:01.38 Sara Shoaff, Gayle Hunter, Dominique Blake, Jenny Stevens, 2005
4. 4:09.50 Monique Walker, Sara Shoaff, Aleesha Barber, Katie Willow, 2006

Distance Medley Relay

1. 11:01.16 Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
2. 11:05.16 Caitlin Lane (3:22), Iheoma (53.5), Bekka Simko (2:07.5), Kara Millhouse (4:41.1), 2012
- 3. 11:08.70 Victoria Tachinski, Rachel Gearing, Madaline Ullom, Allison Johnson, 2022**
4. 11:09.85 Marissa Sheva, Alexis Holmes, Victoria Tachinski, Danae Rivers, 2019
5. 11:14.78 Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007

High Jump

1. 6-0 (1.83) Alexa Parks, 2020
2. 5-11.25 (1.81) Brittany Maun, 2010
- 5-11.25 (1.81) Antoinette O'Carroll, 1987
- 4. 5-10.75 (1.80) Cecelia Bacon, 2022**
5. 5-10.50 (1.79) Erika Morgan, 2013
- 5-10.50 (1.79) Megan McCloskey, 2018

Pole Vault

- 1. 14-0 (4.27) Katie Jones, 2022**
- 2. 13-10.5 (4.23) Hailey Zurich, 2022**
3. 13-9.25 (4.21) Lexi Masteron, 2016
4. 13-8.50 (4.18) Hannah Mulhern, 2018
5. 13-5.50 (4.11) Sara Dougherty, 2004

Long Jump

1. 20-11.25 (6.38) Gayle Hunter, 2009
2. 20-8 (6.31) Breana Gambrell, 2021
3. 20-8 (6.30) Chi-Chi Aduba, 2003
- 20-8 (6.30) Shakeema Walker, 1999
5. 20-7.50 (6.28) Carmen Mann, 1990

Triple Jump

1. 44-1.50 (13.45) Chi-Chi Aduba, 2003
2. 43-9.00 (13.33) Danielle Gibson, 2017
3. 42-4.75 (12.92) Marlene Ricketts, 2013
4. 41-11.50 (12.79) Gabriela Baiter, 2008
5. 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998

Shot Put

1. 56-8 (17.27) Rachel Fatherly, 2016
2. 56-5.25 (17.20) Ja'Nai O'Connor, 2004
- 3. 56-4.75 (17.19) Mallory Kauffman, 2022**
4. 53-6 (16.31) Elaine Sobansky, 1983
5. 53-5.75 (16.30) Alyssa Robinson, 2017

20-lb Weight Throw

1. 74-10.50 (22.82) Jen Leatherman, 2006
2. 69-2 (21.08) Rachel Fatherly, 2015
3. 68-6 (20.88) Melissa Kurzdorfer, 2014
- 4. 67-4.25 (20.53) Gianna Rao, 2022**
5. 67-3.25 (20.50) Gianna Rao, 2020

Pentathlon

1. 4,342 Gayle Hunter, 2009
2. 4,274 Maddie Holmberg, 2020
3. 4,202 Brittney Howell, 2014
- 4. 4,080 Chloe Royce, 2022**
5. 3,988 Carla Criste, 1985

Notable Performances

- * 4,059 Gayle Hunter, 2005
** American Junior Record*

Bold - Denotes Performance Set in 2022.

MEN'S INDOOR TOP-5 RECORDS

Track Events

60 Meters	6.65	William Henderson, 2019
200 Meters	20.56	Terrance Laird, 2018
400 Meters	46.22	Brady Gehret, 2011
800 Meters	1:46.08	Isaiah Harris, 2018
Mile	3:55.02	Evan Dorenkamp, 2022
3000 Meters	7:50.36	Robby Creese, 2015
5000 Meters	13:46.49	Tim McGowan, 2019
60m Hurdles	7.69	Guy Rose, 2001

Relay Events

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

Non-NCAA Event Records

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

Field Events

High Jump	7-4.25 (2.24)	Paul Souza, 1982
Pole Vault	17-8.5 (5.40)	Luke Knipe, 2022
Long Jump	25-11 (7.90)	David Coney, 1986
Triple Jump	53-3.50 (16.24)	Bryce Williams, 2018
Shot Put	67-3.5 (20.51)	Darrell Hill, 2015
35-lb. Weight	78-9.75 (24.02)	David Lucas, 2018
Heptathlon	5,511 pts	Rob Cardina, 2014

Heptathlon Event Records

Points	5,511	Rob Cardina, 2014
60 Meters	7.04	Rob Cardina, 2014
Long Jump	23-1 3/4 (7.05)	Rob Cardina, 2014
Shot Put	46-6 1/4 (14.18)	Rob Cardina, 2017
High Jump	6-7 1/2 (2.02)	Anya Uzoh, 2012
60-Meter Hurdles	8.21	J.T. Kuretich, 2003
Pole Vault	17-8.5 (5.40) (4.72)	J.T. Kuretich, 2003
1,000 Meters	2:41.90	Chris Morrissey, 2007

Retired Records

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

Bold - Denotes Performance Set in 2022.



MEN'S INDOOR TOP-5 PERFORMANCES

60 Meters

1.	6.65	William Henderson, 2019
2.	6.66	Xavier Smith, 2016
3.	6.73	Ka'mere Day, 2022
4.	6.75	Justin Ofotan, 2020
	6.75	Malik Moffett, 2018

* Converted time from 60 yards to 55 meters

200 Meters

1.	20.56	Terrance Laird, 2018
2.	20.76	Malik Moffett, 2017
3.	20.85	Xavier Smith, 2017
4.	20.98	Ryan Olkowski, 2002
5.	21.11	Michael Timpson, 1989

400 Meters

1	46.22	Brady Gehret, 2011
2.	46.27	Dan Chisena, 2018
3.	46.55	Bernard Bennett-Green, 2014
4.	46.57	Korbin Martino, 2022
5.	46.73	Byron Robinson, 2014

500 Meters

1.	1:01.28	Casimir Loxsom, 2011
2.	1:02.58	Ben Karcz, 2000
3.	1:02.75	Ernie Terrell, 2003
4.	1:02.81	Mike Cadau, 2009
5.	1:03.01	Bernard Bennett-Green, 2014

600 Meters

1.	1:14.96	Isaiah Harris, 2017
2.	1:15.42	Casimir Loxsom, 2013
3.	1:16.89	Ben Karcz, 2001
4.	1:16.98	Brannon Kidder, 2015
5.	1:17.58	Robert Rhodes, 2016

Notable Performances

*	1:16.92	Casimir Loxsom, 2010 * American Junior Record
*	1:15.79	Casimir Loxsom, 2013 * American Collegiate Record
*	1:15.42	Casimir Loxsom, 2013 * All-Time Collegiate and American Best

800 Meters

1.	1:46.08	Isaiah Harris, 2018
2.	1:46.98	Casimir Loxsom, 2013
3.	1:47.01	Brannon Kidder, 2016
4.	1:47.32	Ryan Foster, 2010
5.	1:47.77	Owen Dawson, 2010

Notable Performances

1:47.48	Ryan Foster, 2010 * Australian National Record
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1000 Meters

1.	2:18.26	Brannon Kidder, 2016
2.	2:19.53	Robby Creese, 2012
3.	2:19.60	Ryan Foster, 2010
4.	2:21.33	Evan Dorenkamp, 2022
5.	2:21.95	Ricky West, 2013

Notable Performances

*	2:18.26	Brannon Kidder, 2016 * Collegiate Record
*	2:19.53	Robby Creese, 2012 * Collegiate, American Junior Record
*	2:19.60	Ryan Foster, 2010 * Australian National Record

Mile

1.	3:55.02	Evan Dorenkamp, 2022
2.	3:57.11	Robby Creese, 2013
3.	3:57.13	Brannon Kidder, 2015
4.	3:58.49	Ryan Foster, 2011
5.	3:59.51	Colin Abert, 2018

3000 Meters

1.	7:50.36	Robby Creese, 2015
2.	7:54.52	Sam Masters, 2013
3.	8:00.78	Ken Frazier, 1989
4.	8:01.49	Tim McGowan, 2019
5.	8:01.84	Evan Dorenkamp, 2022

Converted Marks

1.	7:53.58	Greg Fredericks, 1972
2.	7:54.50	Robert Snyder, 1979

5000 Meters

1.	13:46.49	Timothy McGowan, 2019
2.	13:52.36	Steve Brown, 1990
3.	13:58.55	Eric Carter, 1986

Converted Marks

1.	13:46.42	Paul Stemmer, 1976
2.	13:46.94	Alan Scharsu, 1980
3.	13:59.71	Charlie Maguire, 1974

60-Meter Hurdles

1.	7.69	Guy Rose, 2001
2.	7.76	Sincere Rhea, 2021
3.	7.82	Michael Timpson, 1986
4.	7.83	John Whelan, 1998
5.	7.85	Mike Shine, 1975

4x200-Meter Relay

1.	1:24.70	Emunael Mpanduki, Matt Gilmore, Brandon Bennett-Green, Aaron Nadolsky, 2013 ** Collegiate Record
2.	1:26.24	Alex Langan, Jaret Campisi, Chris Lolagne, Ernie Terrell, 2005
3.	1:28.31	Alex Langan, Ron Jules, Mike O'Donnell, Adam Stanowick, 2007
4.	1:28.99	Justin Kiscadden, Jaret Campisi, Ernie Terrell, Greg Miller, 2003
5.	1:29.32	Steve Morgan, Jordan Rajan, Justin Babich, Dan Engel, 2006

Bold - Denotes Performance Set in 2022.

MEN'S INDOOR TOP-5 PERFORMANCES

4x400-Meter Relay

1.	3:04.80 Dan Chisena, Xavier Smith, Sam Reiser, Isaiah Harris, 2017
2.	3:05.12 Dan Chisena (46.7), Xavier Smith (46.4) Kier Miner (46.8), Isaiah Harris (45.9), 2018
3.	3:05.22 Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), 2012
4.	3:07.27 Nadolsky, Williams, Loxsom, Gehret, 2011
5.	3:07.72 Nadolsky, Gehret, Loxsom, Gilmore, 2012

Sprint Medley Relay

1.	3:23.74 Ernie Terrell (48.67), Jaret Campisi (21.31), Chris Lolagne (21.40), Matt Lincoln (1:52.06), 2005
2.	3:27.70 Ben Karcz (49.31), Duane Reeves (21.94), John Gorham (22.53), Joe Hubbard (1:53.03), 1999
3.	3:28.35 Ben Karcz, John Whelan, Duane Reeves, Joe Loner, 1998
4.	3:29.07 Vern Lucas, Steve Evans, Paul Pollack, Bill Sheskey, 1978
5.	3:29.1 Mike Sands, Doug Finkel, Fred Singleton, Martin Keen, 1974

4x800-Meter Relay

1.	7:21.37 Balkey, McMillan, Mills, Levitre, 1987 Watkins, Kidder, West, Loxsom, 2013
2.	7:22.10 Makins, Brennan, Kidder, Creese, 2015

Converted from 2-Mile Relay

1.	7:21.42 McLaughlin, Moore, Wynn, Cook, 1983
2.	7:23.38 Watson, Shisler, Mills, Moore, 1985

Distance Medley Relay

1.	9:26.59 Kidder, Bennett-Green, Watkins, Creese, 2014
2.	9:27.20 Makins, Shisler, Harris, Kidder, 2016
3.	9:28.36 Kidder, Rhodes, Watkins, Creese, 2015
4.	9:32.21 Kidder, Shisler, Watkins, Creese, 2015
5.	9:32.94 Borchers, Cadau, Foster, Johnson, 2009

4xMile Relay

1.	16:43.4 Jeff Adkins (4:15.1), Tom Rapp (4:10.2), Alan Scharsu (4:11.2), Larry Mangan (4:05.9), 1980
2.	17:07.5* Charlie Maguire, Bob Hillman, Dan Supulski, Greg Fredericks, 1972
3.	17:10.0 Dan Supulski, Charlie Maguire, Gary Gittings, Bob Hillman, 1971
4.	17:11.8 Larry Mangan, Kelly O'Brien, Glen Chumley, Tom Rapp, 1973
5.	17:14.5 Charlie Maguire, John Fullmer, Matt Chadwick, Gary Gittings, 1973

High Jump

1.	7-4 1/4 (2.24) Paul Souza, 1982
2.	7-3 1/4 (2.22) Ryan Fritz, 2007
3.	7-2 3/4 (2.20) Ryan Olkowski, 1999
	7-2 3/4 (2.20) Jon Hendershot, 2014
5.	7-1 3/4 (2.18) Sean Reilly, 2012

Pole Vault

1.	17-8.50 (5.40) Luke Knipe, 2022
2.	17-0 3/4 (5.20) John Vellenoweth, 2009
3.	17-0 (5.18) Mason Ternay, 1992
4.	16-9 1/2 (5.12) Ron Campbell, 1985
	16-9 1/2 (5.12) Rick Kleban, 1985

Long Jump

1.	25-11 1/4 (7.90) Dave Coney, 1986
2.	25-10 3/4 (7.89) Antonio Davis, 1993
3.	25-8 (7.82) George Audu, 1999
4.	25-5 1/2 (7.76) William Henderson, 2019
	25-5 1/2 (7.76) Rob Boulware, 1986

Triple Jump

1.	53-3 1/2 (16.24) Bryce Williams, 2018
2.	53-0 3/4 (16.17) Chavous Nichols, 2003
3.	52-6 3/4 (16.02) Brian Leap, 2015
4.	52-6 (16.00) Clarence Smith, 2009
	52-6 (16.00) Steve Waithe, 2014

Shot Put

1.	67-3 1/2 (20.51) Darrell Hill, 2015
2.	65-7 (19.99) C.J. Hunter, 1990
3.	65-1 1/4 (19.84) Joe Kovacs, 2011
4.	62-6 1/2 (19.05) Phil Caraher, 1991
5.	62-1 1/4 (18.93) Blake Eaton, 2011

35-lb Weight Throw

1.	78-9 3/4 (24.02) David Lucas, 2018
2.	73-8 3/4 (22.47) Morgan Shigo, 2019
3.	71-8 3/4 (21.86) Tyler Merkley, 2022
4.	70-6 1/2 (21.50) Will Barr, 2014
5.	69-1.25 (21.06) Tyler Merkley, 2020

Heptathlon

1.	5511 Robert Cardina, 2014
2.	5500 James Cook, 1998
3.	5419 Chris Morrissey, 2008
4.	5367 Anya Uzoh, 2012
5.	5292 Noah Swaby, 2020

*American record when recorded.

Bold - Denotes Performance Set in 2022



WOMEN'S OUTDOOR RECORDS

Track Events

100 Meters	11.21	Connie Moore, 2003
200 Meters	22.45	Connie Moore, 2004
400 Meters	50.84	Shana Cox, 2008
800 Meters	2:02.53	Danae Rivers, 2017
1,500 Meters	4:10.82	Danae Rivers, 2018
5,000 Meters	15:32.53	Kathy Mills, 1978
10,000 Meters	32:57.33	Kara Millhouse, 2012
100m Hurdles	12.85	Aleesha Barber, 2010
400m Hurdles	55.57	Fawn Dorr, 2010
3000m Steeple	9:32.35	Bridget Franek, 2010

Relay Events

4x100-Meters	44.25	Laurie Fox, Chi-Chi Aduba, Sara Shoaff, Connie Moore, 2003
4x400-Meters	3:27.69	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox, 2008

Non-NCAA Event Records

Mile	4:40.65	Bridget Franek, 2010
3000 Meters	9:08.04	Kathy Mills, 1978
4x200-Meters	1:33.09	Mahagony Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
4x800-Meters	8:24.49	Vanriele, Gearing, Ullom, Tachinski, 2022
			Rachel Banks, Danae Rivers, 2022
Distance Medley	10:56.07	Tori Gerlach, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
Sprint Medley	3:45.25	Brooke-Lynn Williams, Kiara Lester, Alexis Holmes, Danae Rivers, 2019
4x1500m Relay	17:57.28	Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007

Field Events

High Jump	6-0 (1.83)	Shelley Mitchell, 1992
Pole Vault	14-1.75 (4.31)	Katie Jones, 2022
Long Jump	21-6 (6.55)	Chi-Chi Aduba, 2004
Triple Jump	44-6.75 (13.58)	Chi-Chi Aduba, 2004
Shot Put	56-3.25 (17.15)	Rachel Fatherly, 2015
Discus	185-1 (56.42)	Deshaya Williams, 2003
Hammer	219-1 (66.78)	Jen Leatherman, 2006
Javelin	178-6 (54.41)	Laura Loht, 2014

Heptathlon Event Records

Heptathlon	5976	Maddie Holmberg, 2018
100-Meter Hurdles	13.45	Gayle Hunter, 2009
High Jump	5-10 (1.78)	Brittney Howell, 2014
Shot Put	44-8.25 (13.62)	Maddie Holmberg, 2018
200-Meters	23.56w	Gayle Hunter, 2008
Long Jump	21-0.50 (6.42)w	Gayle Hunter, 2009
Javelin	127-0 (38.70)	Maddie Holmberg, 2018
800-Meters	2:16.52	Tal Ben-Artzi, 2015

Retired Records

800m Medley	1:47.20	Johanna Humphreys, Terry Pioli, Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)	Jen Pastore, 1998
Pentathlon	3,725 points	Patti Knighton, 1978

*All times are FAT (Fully Automatic Timing)
2020 Outdoor Season cancelled due to COVID-19 pandemic

WOMEN'S TOP-10 OUTDOOR PERFORMANCES

100 Meters

1.	11.21	Connie Moore, 2003
2.	11.27	Shavon Greaves, 2010
3.	11.29	Mahagony Jones, 2014
4.	11.56	Kamilah Salaam, 2004
5.	11.58	Keianna Albury, 2017
6.	11.63 (11.57w)	Aleesha Barber, 2008
7.	11.68	Vivian Riddick, 1983
	11.68 (11.60w)	Kirsten Nieuwendam, 2012
9.	11.70	Sara Shoaff, 2006
10.	11.72	Caitlin DeFusco, 2010

200 Meters

1.	22.45	Connie Moore, 2004
2.	22.90 (22.64w)	Mahagony Jones, 2014
3.	23.07	Shavon Greaves, 2010
4.	23.15 (22.92w)	Shana Cox, 2008
5.	23.33	Keianna Albury, 2017
6.	23.47	Kirsten Nieuwendam, 2012
7.	23.53	Alexis Holmes, 2019
8.	23.61	Kamilah Salaam, 2004
9.	23.66	Kiah Seymour, 2014
10.	23.70	Sara Shoaff, 2005

400 Meters

1.	50.84	Shana Cox, 2008
2.	52.08	Alexis Holmes, 2019
3.	52.15	Dominique Blake, 2008
4.	52.51	Fawn Dorr, 2010
5.	53.14	Dynasty McGee, 2014
6.	53.17	Ije Iheoma, 2012
7.	53.65	Tichina Rhodes, 2015
8.	53.74	Laila Brock, 1998
	53.74	Janice Carter, 1988
10.	53.80	Tammie Hart, 1981

800 Meters

1.	2:02.53	Danae Rivers, 2017
2.	2:02.91	Rachel Gearing, 2022
3.	2:03.09	Bekka Simko, 2012
4.	2:03.89	Victoria Tachinski, 2022
5.	2:04.37	Tammie Hart, 1985
6.	2:04.72	Briene Simmons, 2006
7.	2:05.14	Rachel Banks, 2017
8.	2:05.66	Janice Carter, 1985
9.	2:06.68	Terry Pioli, 1981
10.	2:05.69	Erica Bosler, 1998

1500 Meters

1.	4:10.82	Danae Rivers, 2018
2.	4:14.58	Madaline Ullom, 2022
3.	4:15.20	Marta Klebe, 2014
4.	4:16.96	Doreen Startare, 1993
5.	4:17.40	Kim McGreevy, 1997
6.	4:17.54	Mary Rawe, 1981
7.	4:18.33	Bridget Franek, 2010
8.	4:18.76	Victoria Tachinski, 2022
9.	4:19.83	Patty Murnane, 1981
10.	4:20.11	Bekka Simko, 2012

5000 Meters

1.	15:32.52	Kathy Mills, 1978
2.	15:46.08	Bridget Franek, 2010
3.	15:53.50	Paula Renzi, 1985
4.	15:55.27	Jillian Hunsberger, 2018
5.	15:58.79	Tori Gerlach, 2015
6.	16:00.10	Julia Paternain, 2019
7.	16:01.59	Tessa Barrett, 2016
8.	16:05.46	Elizabeth Chikotas, 2015
9.	16:06.32	Kim Kelly, 1993
10.	16:08.74	Leigha Anderson, 2014

10,000 Meters

1.	32:57.33	Kara Millhouse, 2012
2.	33:22.19	Kathryn Munks, 2019
3.	33:22.91	Julia Paternain, 2019
4.	33:29.40	Jillian Hunsberger, 2017
5.	33:52.32	Leigha Anderson, 2014
6.	34:00.00	Natalie Updegrove, 1983
7.	34:02.52	Kim Kelly, 1993
8.	34:02.80	Kris Kelly, 1993
9.	34:09.00	Kelli Hunt, 1993
10.	34:20.10	Donna Fidler, 1999

100-Meter Hurdles

1.	12.85	Aleesha Barber, 2010
2.	13.03	Evoonne Britton, 2014
3.	13.04	Yasmin Brooks, 2022
4.	13.35	Gayle Hunter, 2009
5.	13.36	Toyin Augustus, 2001
6.	13.45	Brittney Howell, 2014
7.	13.57	Quenee Dale, 2018
8.	13.70	Madeline Holmberg, 2017
	13.70	Ekaterina Hupalo, 2021
10.	13.71	Shelley Black, 2015

2020 Outdoor Season cancelled due to COVID-19 pandemic



WOMEN'S TOP-10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1.	55.57	Fawn Dorr, 2010
2.	55.88	Kiah Seymour, 2014
3.	57.00	Aleesha Barber, 2007
4.	57.32	Evonne Britton, 2010
5.	57.35	Megan Duncan, 2011
6.	57.48	Antoinette Bradley, 2021
7.	57.57	Yasmin Brooks, 2022
8.	57.88	Shelley Mitchell, 1991
9.	58.45	Tammie Hart, 1982
10.	58.60	Ernestine Marsh, 1987

3000-Meter Steeplechase

1.	9:32.35	Bridget Franek, 2010
2.	9:46.76	Tori Gerlach, 2017
3.	10:06.27	Faith DeMars, 2022
4.	10:07.78	Molly Landreth, 2003
5.	10:07.86	Natalie Bower, 2013
6.	10:11.29	Greta Lindsley, 2018
7.	10:16.70	Makenna Krebs, 2022
8.	10:16.91	Tracey Brauksieck, 2003
9.	10:20.33	Lindsey Graybill, 2012
10.	10:20.76	Abbie Benson, 2014

4x100-Meter Relay

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.	44.59	Brooke-Lynn Williams, Amariah Thomas, Kiara Lester, Alexis Holmes, 2019
5.	44.64	Dannielle Gibson, Mahagony Jones, Dynasty McGee, Kiah Seymour, 2014
6.	44.69	Brooklyn-Lynn Williams, Keianna Albury, Quenee Dale, Kiara Lester, 2018
7.	44.77	Quenee Dale, Keianna Albury, Kiara Lester, Tichina Rhodes, 2017
8.	44.80	Kamilah Salaam, Sara Shoaff, Shana Cox, Brooke Robinson, 2005
9.	44.86	Shavon Greaves, Shana Cox, Aleesha Barber, Dominique Blake, 2008
10.	45.18	Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff, 2006

4x200-Meter Relay

1.	1:33.09	Mahagony Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
2.	1:33.78	Caitlin DeFusco, Shavon Greaves, Fawn Dorr, Doris Anyanwu, 2010
3.	1:33.86	Deja Davis, Kieanna Albury, Kiara Lester, Madeline Holmberg, 2018
4.	1:33.87	Connie Moore, Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, 2004
5.	1:34.75	Shavon Greaves, Gayle Hunter, Fawn Dorr, Caitlin DeFusco, 2009
6.	1:34.76	Dynasty McGee, Mahagony Jones, Megan Osborne, Kiah Seymour, 2014
7.	1:35.36	Quenee Dale, Keianna Albury, Kiara Lester, Madeline Holmberg, 2017
8.	1:35.98	Shana Cox, Gayle Hunter, Dominique Blake, Lauren Burns, 2007
9.	1:36.56	Megan Duncan, Ije Iheoma, Doris Anyanwu, Caitlin DeFusco, 2011
10.	1:36.73	Laurie Fox, Cherese Sullivan, Chi-Chi Aduba, Consuella Moore, 2003

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.	3:30.35	Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan, 2011
4.	3:30.74	Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr, 2010
5.	3:31.17	Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
6.	3:31.75	Dominique Blake, Briene Simmons, Gayle Hunter, Shana Cox, 2007
7.	3:32.90	Briene Simmons, Dominique Blake, Fawn Dorr, Shana Cox, 2008
8.	3:33.03	Doris Anyanwu, Ije Iheoma, Kirsten Nieuwendam, Dynasty McGee, 2012
9.	3:33.40	Dominique Blake, Aleesha Barber, Gayle Hunter, Fawn Dorr, 2008
10.	3:33.47	Kiah Seymour, Mahagony Jones, Shelley Black, Dynasty McGee, 2013

2020 Outdoor Season cancelled due to COVID-19 pandemic

WOMEN'S TOP-10 OUTDOOR PERFORMANCES

Sprint Medley Relay

1.	3:45.25	Brooke-Lynn Williams, Kiara Lester Alexis Holmes, Danae Rivers, 2019
2.	3:47.80	Keianna Albury, Kiara Lester, Deja Davis, Danae Rivers, 2018
3.	3:47.90	Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
4.	3:48.47	Jane Madson, Yasmin Brooks, Rachel Gearing, Victoria Tachinski, 2022
5.	3:49.19	Mahagony Jones, Dynasty McGee, Kiah Seymour, Marta Klebe, 2014
6.	3:50.15	Kamilah Salaam, Sara Shoaff, Shana Cox, Dominique Blake, 2005
7.	3:50.54	Shavon Greaves, Gayle Hunter, Fawn Dorr, Bridget Franek, 2009
8.	3:52.37	Sara Shoaff, Kamilah Salaam, Dominique Blake, Briene Simmons, 2006
9.	3:53.20	Janice Carter, Leslie Hummer, Lisa Chess, Kiernan O'Toole, 1988
10.	3:53.21	Mahagony Jones, Kiah Seymour, Dynasty McGee, Colleen Shannon, 2013

4x800-Meter Relay

1.	8:24.49	Victoria Vanriele, Rachel Gearing, Madaline Ullom, Victoria Tachinski, 2022
2.	8:25.49	Tori Gerlach, Julie Kocjancic, Rachel Banks, Danae Rivers, 2017
3.	8:38.17	Marissa Sheva, Julie Kocjancic, Frances Bull, Danae Rivers, 2017
4.	8:39.44	Caitlin Lane, Bekka Simko, Kalyn Fisher, Maura Ryan, 2011
5.	8:41.09	Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura, 1978
6.	8:43.56	Tammie Hart, Elaine LaFramboise, Doreen Startare, Terry Pioli, 1982
7.	8:43.70	Joetta Dweh, Kim McGreevy, Tracy Pombo, Erica Bosler, 1997
8.	8:44.37	Dominique Blake, Fiana York, Briene Simmons, Meghan Hutchinson, 2006
9.	8:46.84	Greta Lindsley, Grace Trucilla, Marissa Sheva, Frances Bull, 2018
10.	8:47.60	MaryBeth Powers, Dana Dougan, Laurie Morrow, Teressa DiPerna, 1990

Distance Medley Relay

1.	10:56.07	Tori Gerlach (3:23.24), Tichina Rhodes (53.77), Rachel Banks (2:08.02), Danae Rivers (4:31.05), 2017
2.	11:08.41	Bekka Simko (3:23.0), Ije Iheoma (52.8) Marta Klebe (2:09.8), Kara Millhouse (4:42.8), 2012
3.	11:09.15	Greta Lindsley (3:26.71), Deja Davis (55.22), Victoria Tachinski (2:09.72), Danae Rivers (4:37.52), 2018
4.	11:09.50	Tammie Hart, Patty Murnane, Terry Pioli, Mary Rawe, 1981
5.	11:16.97	Leah Rosenfeld, Shana Cox, Briene Simmons, Bridget Franek, 2008
6.	11:17.53	Marta Klebe, Marlene Ricketts, Sarah Jane Underwood, Caitlin Lane, 2013
7.	11:18.20	Tammi Hart, Janice Carter, Lisa Ross, Paula Renzi, 1985
8.	11:20.80	Penny Fales, Debbie Lewis, Heather Carmichael, Mary Rawe, 1980
9.	11:21.64	Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy, 1996
10.	11:25.72	Caitlin Lane, Fawn Dorr, Liz Kearins, Bridget Franek, 2009

4x1500-Meter Relay

1.	17:57.28	Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007
2.	18:02.32	Marta Klebe, Caitlin Lane, Brooklyne Ridder, Sara Jane Underwood, 2013
3.	18:05.21	Greta Lindsley, Julie Kocjancic, Tessa Barrett, Sarah Jane Underwood, 2016
4.	18:07.25	Katy Hillard, Jenny Stevens, Lauren Clark, Tracey Brauksieck, 2004
5.	18:15.31	Grace Trucilla, Marissa Sheva, Jordan Williams, Victoria Crawford, 2018
6.	18:19.78	Laurie Morrow, Ann Marie Quinn, Kiernan O'Toole, Wendy Nelson, 1989
7.	18:21.78	Jenny Stevens, Nicki Bohnsack, Stephanie Pezzulo, Lindsay Scottoline, 2005
8.	18:38.35	Laurie Morrow, Wendy Nelson, Jenny Weaver, Amanda Dudley, 1991
9.	18:43.37	Laurie Morrow, Dana Dougan, Anna DeRenzi, Jenny Weaver, 1992

High Jump

1.	6-0 (1.83)	Shelley Mitchell, 1992
2.	5-11.75 (1.82)	Megan McCloskey, 2018
3.	5-11.25 (1.81)	Pam Connell, 1991
	5-11.25 (1.81)	Ahmenah Richardson, 2015
5.	5-11	Antoinette O'Carroll, 1987
6.	5-10.75 (1.80)	Erika Morgan, 2013
	5-10.75 (1.80)	Cecelia Bacon, 2022
7.	5-10.50 (1.79)	Karen Krawick, 1980
	5-10.50 (1.79)	Jenny Williams, 1987
	5-10.50 (1.79)	Leslie Lippincott, 1991
10.	5-10.25 (NMC)	Holly Jones, 1992

2020 Outdoor Season cancelled due to COVID-19 pandemic



WOMEN'S TOP-10 OUTDOOR PERFORMANCES

Pole Vault

1. **14-1.75 (4.31)** **Katie Jones, 2022**
2. **13-8.5 (4.18)** **Hailey Zurich, 2022**
3. 13-6.25 (4.12) Hannah Mulhern, 2018
4. 13-4.5 (4.08) Lexi Masterson, 2017
5. 13-2.5 (4.03) Erica Ellis, 2021
6. 13-1.5 (4.02) Carena Nottoli, 2019
7. 13-1.5 (4.00) Sara Dougherty, 2004
8. 12-10 (3.91) Kasey Kemp, 2016
9. 12-10 (3.91) Greer Gumbrecht, 2019
10. 12-9.5 (3.90) Jocelyn Witmer, 2010
- 12-9.5 (3.90) Erin Knabe, 2014

Long Jump

1. 21-6 (6.55) Chi-Chi Aduba, 2004
2. 21-4.75 (6.52) Gayle Hunter, 2008
3. 20-10.75 (6.37) Carmen Mann, 1989
- 20-10.75 (6.37) Shakeema Walker, 1999
- 20-10.75 (6.37) Brittney Howell, 2014
- 20-10.75 (6.37) Maddie Holmberg, 2018
7. **20-8 (6.30)** **Breana Gambrell, 2022**
8. 20-10.50 (6.36) w Bianca Fung, 2009
- 20-5.25 (6.25) Bianca Fung, 2009
9. 20-5 (6.22) Tesia Thomas, 2022
10. 20-4.50 Vivian Riddick, 1982

Triple Jump

- ~ 45-1.75 (13.76) +6.0^w Dannielle Gibson, 2017
1. 44-6.75 (13.58) Chi-Chi Aduba, 2004
 2. 44-3 (13.48) Shakeema Walker, 1999
 3. 43-8 (13.31) Dannielle Gibson, 2016
 4. 43-1 (13.13) Carmen Mann, 1990
 5. 42-9.25 (13.04) Kaitlyn Lopez, 2017
 6. 42-3.50 (12.89) Tanaya Lloyd, 2012
 7. 42-2.75 (12.87) Marlene Ricketts, 2014
 8. 41-11.25 (12.78) Breanna Gambrell, 2022
 - (42-1.25 (12.83) w)
 9. 41-7 (12.67) Lena Bettis, 2007
 10. 41-2.50 (12.56) Gayle Hunter, 2007
 - 41-2.50 (12.56) Alicia Porro, 1992

Shot Put

1. 56-3.25 (17.15) Rachel Fatherly, 2015
2. **56-1.75 (17.11)** **Mallory Kauffman, 2022**
3. 55-4.75 (16.88) Ja'Nai O'Connor, 2004
4. 55-0 (16.76) Elaine Sobansky, 1984
5. 54-2 (16.51) Alyssa Robinson, 2016
6. 53-11 (16.43) Obeng Marfo, 2017
7. 53-10.25 (16.41) Payden Montana, 2019
8. 53-8.25 (16.36) Jennifer Lea9therman, 2006
9. 52-6 (16.00) Jane Swenson, 2011
10. 51-6.5 (15.71) Melissa Kurzdorfer, 2014

Discus

1. 185-1 (56.42) Deshaya Williams, 2001
2. **174-0 (53.04)** **Mallory Kauffman, 2022**
3. 173-4 (52.83) Christen Clemson, 2007
4. 170-8 (52.03) Obeng Marfo, 2016
5. 170-0 (51.82) Jennifer Leatherman, 2006
6. 167-7 (51.08) Elaine Sobansky, 1984
7. 167-4 (51.01) Emma Schmelzer, 2007
8. 166-8 (60.96) Melissa Kurzdorfer, 2013
9. 165-0 (50.29) Piper Klinger, 2021
10. 162-3 (49.47) Payden Montana, 2019

Hammer

1. 219-1 (66.75) Jennifer Leatherman, 2006
2. 207-10 (63.35) Melissa Kurzdorfer, 2012
3. 197-3 (60.12) Kate Johnston, 2003
4. **195-11 (59.72)** **Gianna Rao, 2022**
5. 193-9 (59.05) Gianna Rao, 2019
6. 191-9 (58.44) Rachel Fatherly, 2015
7. 191-2 (58.27) Annjulie Vester, 2015
8. 190-10 (58.16) Deshaya Williams, 2003
9. 187-6 (57.15) Alyssa Robinson, 2017
10. 186-11 (56.97) Helen Higgins, 2007

Javelin

1. 178-6 (54.41) Laura Loht, 2014
2. 178-4 (54.35) Kim Hanslovan, 2009
3. 177-3 (54.02) Lauren Kenney, 2013
4. 176-2 (53.70) Karlee McQuillen, 2008
5. 174-0 (53.03) Madison Smith, 2021
6. 169-3 (51.58) Carrie Karabinos, 1999
7. **168-4 (51.30)** **Madison Smith, 2022**
8. 167-2 (50.96) Heidi Nadeau, 2007
9. 167-1 (50.92) Brianne Johnson, 2001
10. 164-0 (50.00) Stephanie Sievers, 2019

Heptathlon

1. 5976 Maddie Holmberg, 2018
2. 5797 Gayle Hunter, 2009
3. 5706 Pam Connell, 1991
4. 5625 Brittney Howell, 2014
5. 5420 Carmen Mann, 1990
6. 5407 Shelley Mitchell, 1992
7. 5311 Carla Criste, 1986
8. **5152** **Chloe Royce, 2022**
9. 4941 Tal Ben-Artzi, 2016
10. 4919 Amber Strouse, 2007

2020 Outdoor Season cancelled due to COVID-19 pandemic

MEN'S OUTDOOR RECORDS**Track Events**

100 Meters	10.32Xavier Smith, 2018
200 Meters	20.23 Michael Timpson, 1986
400 Meters	45.20 Mike Sands, 1975
800 Meters	1:44.42Isaiah Harris, 2018
1,500 Meters	3:38.82 Brannon Kidder, 2014
5,000 Meters	13:34.0 Greg Fredericks, 1972
10,000 Meters	28:08.0 Greg Fredericks, 1972
110m Hurdles	13.56 Guy Rose, 2001
400m Hurdles	48.69 (FAT) Mike Shine, 1976
3000m Steeple	8:22.5George Malley, 1977

Relay Events

4x100-Meter	39.08 Karson Kowalchuk, Dan Chisena, Xavier Smith, Malik Moffett, 2017
4x400-Meter	3:01.52 A Nadolsky, Br Bennett-Green, C Loxsom, B Gehret, 2012

Non-NCAA Event Records

Mile	3:58.4Larry Mangan, 1980
2,000 Meters	5:07.2 Greg Fredericks, 1972
3,000 Meters	7:54.0George Malley, 1977
20,000 Meters	1:04:40 Kevin Geesaman, 1998
Marathon	2:17:49George Christopher, 1975

Non-NCAA Relay Records

4x200-Meter	1:23.75	Xavier Smith, Dan Chisena Malik Moffett, Anton Porter, 2016
4x800-Meter	7:11.17 Vance Watson, Steve Shisler, Chris Mills, Randy Moore 1985
4x1500-Meter	14:58.71Bob 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	9:24.68 Brannon Kidder, Brandon Bennett-Green Casimir Loxsom, Robby Creese, 2013
Sprint Medley	3:15.25Xavier Smith, Malik Moffett Kier Miner, Isaiah Harris, 2018
4x110m Hurdles	57.29 Chris Green, Al Parker Sam Harris, Michael Timpson, 1986

Field Events

High Jump	7-3.50 (2.22) David Coney, 1985*
	7-3.25 (2.22) Jon Hendershot, 2013
Pole Vault	17-5.50 (5.32) John Vellenoweth, 2009
Long Jump	26-3 (8.00) Malik Moffett, 2017
Triple Jump	54-6 (16.61) Antonio Davis, 1993
Shot Put	69-2 (21.08) Joe Kovacs, 2012
Discus	207-5 (63.22)Brian Milne, 1992
Hammer	237-9 (72.47) Morgan Shigo, 2018
Javelin	262-2 (79.91)Michael Shuey, 2017

Decathlon Event Records

Points	7,685Rick Kleban, 1985
First-day Score	4,087 Robert Cardina, 2014
Second-day Score	3,774 James Cook, 1996
100 Meters	11.01 Rick Kleban, 1985 Shawn Colligan, 2008
Long Jump	23-7.25 (7.19) Dave Masgay, 1987
Shot Put	48-9.50 (4.87)Barry Walsh, 1989
High Jump	7-0.25 (2.14) Robert Cardina, 2014
400 Meters	47.65 Brian Kelley, 1991
110-Meter HH	14.45 Rick Kleban, 1987
Discus	155-3 (47.32)James Cook, 1997
Pole Vault	16-2 1/2 (14.94)Rick Kleban, 1985
Javelin	206-2 (62.83) Shawn Colligan, 2008
1,500 Meters	4:21.05 Tom Kleban, 1989

Retired Records

2,000m Steeple	5:43.2 Rick Garcia, 1981
Javelin (old)	78.77 (258-5) Jim Stevenson, 1966

*Coney's mark is only recorded with an English measurement, 2.22m is the nearest metric equivalent.

2020 Outdoor Season cancelled due to COVID-19 pandemic



MEN'S TOP-10 OUTDOOR PERFORMANCES

100 Meters

1. 10.21w (2.3)..... Justin Ofotan, 2019#
2. 10.32 (10.10W).....Xavier Smith, 2018
3. 10.34 (10.1 MT)..... Mike Sands, 1975
4. 10.37 (10.26W).....Malik Moffett, 2018
5. 10.38 (10.22W).....Karson Kowalchuk, 2017
- 10.38.....Justin Ofotan, 2019
- 6. 10.41 (10.25w)Ka'mere Day, 2022**
7. 10.42.....Terrance Laird, 2018
8. 10.44.....Mike Shine, 1976
9. 10.46.....Ryan Olkowski, 2002
- (10.46W).....Dan Chisena, 2016

200 Meters

1. 20.23.....Michael Timpson, 1986
2. 20.41.....Terrance Laird, 2018
3. 20.49 (19.87W)..... Malik Moffett, 2017
4. 20.58.....Mike Sands, 1975
5. 20.59.....Ryan Olkowski, 2002
6. 20.62.....Brady Gehret, 2012
7. 20.68 (20.23W).....Xavier Smith, 2018
8. 21.01.....Ernie Terrell, 2002
- 21.01.....Justin Ofotan, 2019
10. 21.02.....Barry Ewell, 1942
- 21.02.....Art Pollard, 1955
- 21.02.....Ka'mere Day, 2022**

400 Meters

1. 45.20.....Mike Sands, 1975
2. 45.22.....Brady Gehret, 2012
3. 45.94.....Brandon Bennett-Green, 2012
4. 46.12.....Byron Robinson, 2014
5. 46.14.....Paul Lankford, 1980
6. 46.16.....Dan Chisena, 2017
7. 46.62.....Ernie Terrell, 2002
- 8. 46.68Korbin Martino, 2022**
9. 46.74.....Mike Cadau, 2009
10. 46.91.....Ben Karcz, 2002

800 Meters

1. 1:44.42.....Isaiah Harris, 2018
2. 1:45.28.....Casimir Loxsom, 2011
3. 1:45.58.....Brannon Kidder, 2015
4. 1:45.96.....Randy Moore, 1985
5. 1:46.62.....Ray Levitre, 1987
6. 1:46.78.....Ryan Foster, 2009
7. 1:46.81.....Chris Mills, 1987
8. 1:46.82.....Ken Wynn, 1983
9. 1:46.85.....Samuel Borchers, 2011
- 10. 1:47.11Oliver Desmuelles, 2022**

1500 Meters

1. 3:38.82.....Brannon Kidder, 2014
2. 3:38.99.....Steve Balkey, 1987
3. 3:39.02.....Robby Creese, 2015
4. 3:39.25.....Larry Mangan, 1980
5. 3:39.57.....Ryan Foster, 2011
- 6. 3:41.50Brandon Hontz, 2022**
7. 3:42.08.....Doug Walter, 1990
8. 3:42.12.....David McMillan, 1988
9. 3:42.20.....George Malley, 1977
- 3:42.20.....Mike Wyatt, 1977

5000 Meters

1. 13:34.00.....Greg Fredericks, 1972
2. 13:36.30.....Robert Snyder, 1978
3. 13:42.10.....Alan Scharsu, 1980
4. 13:50.54.....Steve Brown, 1989
5. 13:52.40.....Paul Stemmer, 1977
6. 13:53.20.....George Malley, 1976
7. 13:54.20.....Timothy McGowan, 2017
8. 13:55.00.....Jeff Adkins, 1982
9. 13:56.10.....Charlie Maguire, 1974
10. 13:57.10.....Gary Gittings, 1973

10,000 Meters

1. 28:08.0.....Greg Fredericks, 1972
2. 28:29.4.....Charlie Maguire, 1974
3. 28:38.3.....Eric Carter, 1987
4. 28:42.80.....Paul Stemmer, 1976
5. 28:55.33.....Kyle Dawson, 2012
6. 29:11.71.....John Ziegler, 1979
7. 29:15.73.....Tyler McCandless, 2010
8. 29:25.58.....Mark Wimmer, 1994
9. 29:27.6.....George Malley, 1975
10. 29:30.6.....Alan Scharsu, 1980

110-Meter Hurdles

1. 13.56.....Guy Rose, 2001
2. 13.69.....Sancho Barrett, 2015
3. 13.73.....Paul Lankford, 1980
4. 13.80.....Michael Timpson, 1988
5. 13.87.....Mike Shine, 1976
6. 13.89.....Sincere Rhea, 2021
7. 13.96.....Ron Jules, 2008
8. 14.06.....John Whelan, 1997
9. 14.08.....Sam Harris, 1988
10. 14.09.....Brian Derby, 2002

***-Denotes mark set at summer championships. School records include competition through summer of year exhausted eligibility**

2020 Outdoor Season cancelled due to COVID-19 pandemic

MEN'S TOP-10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1.	48.69	Mike Shine, 1976
2.	49.55	Paul Lankford, 1981
3.	49.72	Brian Derby, 2003
4.	50.10	Jaret Campisi, 2005
5.	50.49	Bill Austin, 1978
6.	50.54	Michael Timpson, 1988
7.	50.61	Barry Robinson, 1985
8.	50.67	Kevin Cripasuk, 1992
9.	50.75	Byron Robinson, 2014
10.	50.76	Brian Kelly, 1993

3000-Meter Steeplechase

1.	8:22.54	George Malley, 1977
2.	8:37.7	Rick Garcia, 1983
3.	8:40.4	Bruce Baden, 1977
4.	8:42.85	Eric Carter, 1988
5.	8:47.03	Larry Mangan, 1980
6.	8:48.1	Paul Mackley, 1985
7.	8:49.45	Brian Laird, 1989
8.	8:50.9	Jim Allahand, 1972
9.	8:51.84	Chris Foster, 2005
10.	8:52.16	Connor McMenamin, 2022

4x100-Meter Relay

1.	39.08	Karson Kowalchuk, Dan Chisena, Xavier Smith, Malik Moffett, 2017
2.	39.21	Will Henderson, Anton Porter, Xavier Smith, Malik Moffett, 2018
3.	39.63	Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4.	39.69	Xavier Smith, Anton Porter, Terrance Laird, Malik Moffett, 2018
5.	39.88	Doug Finkel, Fred Singleton, Mike Sands, Jimmy Scott, 1973
6.	39.92	Dan Chisena, Malik Moffett, Anton Porter, Xavier Smith, 2016
7.	40.04	Xavier Smith, Dan Chisena, Malik Moffett, Cody Minnig, 2016
8.	40.18	Mike Shine, Steve Hackman, Fred Singleton, Mike Sands, 1974
9.	40.40	Guy Rose, Duane Reeves, Greg Miller, Ryan Olkowski, 2001
10.	40.48	Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, 1974

4x200-Meter Relay

1.	1:23.75	Xavier Smith, Dan Chisena, Malik Moffett, Anton Porter, 2016
2.	1:23.85	Alex Langan, Chris Lolagne, Jaret Campisi, Ernie Terrell, 2005
3.	1:23.87	Bryant Littlejohn, Dave Coney, Sean Faust, Michael Timpson, 1986
4.	1:23.93	Karson Kowalchuk, Malik Moffett, Anton Porter, Samuel Reiser, 2017
5.	1:24.10	Guy Rose, Ben Karcz, Greg Miller, Ryan Olkowski, 2001
6.	1:24.18	Alex Langan, Diamond Woolford, Jaret Campisi, Chris Lolagne, 2004
7.	1:24.42	Emunael Mpanduki, Brady Gehret, Aaron Nadolsky, Mark Filando, 2011
8.	1:24.82	Jaret Campisi, Chris Lolagne, Greg Miller, Ryan Olkowski, 2002
9.	1:24.86	Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, 1974
10.	1:25.04	Munya Maraïre, Jaret Campisi, Greg Miller, Ryan Olkowski, 2002

4x400-Meter Relay

1.	3:01.52	Aaron Nadolsky (46.6), Br. Bennett-Green (44.8), Casimir Loxsom (45.6), Brady Gehret (44.22), 2012
2.	3:03.48	Dan Chisena, Xavier Smith, Tyreek Mathis, Isaiah Harris, 2017
3.	3:04.78	Aaron Nadolsky (47.2), Matt Gilmore (47.4), Brady Gehret (44.1), Br. Bennett-Green (46.1), 2012
4.	3:05.13	Kier Miner, Xavier Smith, Samuel Reiser, Isaiah Harris, 2018
5.	3:06.21	Matt Gilmore, Alex Shisler, Be. Bennett-Green, Br. Bennett-Green, 2013
6.	3:06.50	Br. Bennett-Green, Brady Gehret, Casimir Loxsom, Emunael Mpanduki, 2012
7.	3:06.63	James Onquka, Korbin Martino, Savion Hebron, Oliver Desmeules, 2022
8.	3:06.80	Be. Bennett-Green, Matt Gilmore, Casimir Loxsom, Br. Bennett-Green, 2013
9.	3:07.19	Aaron Nadolsky, Casimir Loxsom, Brady Gehret, Lionel Williams, 2011
10.	3:07.25	Dan Chisena, Alex Shisler, Samuel Reiser, Isaiah Harris, 2016

2020 Outdoor Season cancelled due to COVID-19 pandemic



MEN'S TOP-10 OUTDOOR PERFORMANCES

4x800-Meter Relay

1. 7:11.17..... Vance Watson (1:49.2), Steve Shisler (1:47.9), Chris Mills (1:48.5), Randy Moore (1:45.5), 1985
2. 7:12.90 Lionel Williams (1:50.69), Sam Borchers (1:47.56), Ryan Foster (1:47.95), Casimir Loxsom (1:46.70), 2011
3. 7:14.14.....Robby Creese (1:50.53), ZaVon Watkins (1:48.22) Casimir Loxsom (1:46.30), Brannon Kidder (1:49.10), 2013
4. 7:14.65..... Steve Balkey (1:51.5), Mark Anderson (1:49.2), Chris Mills (1:46.1), Ray Levitre (1:47.85), 1987
5. 7:16.02 Vance Watson (1:48.9), Steve Shisler (1:49.9), Ray Levitre (1:48.7), Chris Mills (1:48.4), 1986
6. 7:17.02Owen Dawson (1:49.84), Casimir Loxsom (1:46.58), Lionel Williams (1:51.94), Ryan Foster (1:48.67), 2010
7. 7:17.03 Vance Watson, Steve Shisler, Chris Mills, Randy Moore, 1985
8. 7:17.37 ...Robby Creese (1:50.25), Jordan Makins (1:50.05), Isaiah Harris (1:48.50), Brannon Kidder (1:48.59), 2016
- 9. 7:17.86 Yukichi Ishii (1:50.37), O.Desmeules (1:48.67), Darius Smallwood (1:49.98), Dom. Perretta (1:48.85), 2022**
10. 7:17.90 Paul McLaughlin (1:49.1), Randy Moore (1:49.1), Ken Wynn (1:49.1), Mike Cook (1:49.5), 1983

Distance Medley Relay

1. 9:24.68Brannon Kidder (2:53.5), Brannon Bennett-Green (45.6), Casimir Loxsom (1:46.7), Robby Creese (3:58.9), 2013
2. 9:30.1.....Larry Mangan (2:53.3), Paul Lankford (45.6), Mike Cook (1:49.6), Alan Scharsu (4:01), 1980
3. 9:31.53..David McMillan (2:56.9), Michael Timpson (45.5), Ray Levitre (1:47.8), Steve Balkey (4:01.3), 1987
4. 9:35.12Aidan O'Reilly (2:57.1), Jon Strange (48.6), Mark Anderson (1:48.4), Doug Walter, (4:01.4), 1990
5. 9:35.51Robby Creese (2:51.01), Alex Shisler (47.77), Isaiah Harris (1:49.96), Brannon Kidder (4:00.77), 2016
6. 9:35.8Jim Close (800), Bill Austin (400), Mike Wyatt (1200), Larry Mangan (1600), 1979
7. 9:37.92.....Mike Cook (1200), Jeff Lockett (400), Ken Wynn (800), Gary Black (1600), 1982
8. 9:38.9..... Pat Rexroat (800), Keith Falco, Mike Wyatt, Dave Felice, 1977
9. 9:38.16..... Aidan O'Reilly (2:56.8), Jerry Robinson, (47.9), Joe Stegbauer (1:50.7), Doug Walter (4:03.2), 1991
10. 9:39.54 Steve Shisler (2:58.9), Sean Faust (47.7), Vance Watson (1:49.1), Mark Overheim (4:03.7), 1986

High Jump

1. 7-3.50 (2.22) David Coney, 1985*
 - 7-3.25 (2.22) Jon Hendershot, 2013
 3. 7-3 (2.21) Paul Souza, 1983
 4. 7-2.50 (2.20) Ryan Fritz, 2007
 5. 7-2.25 (2.19) Sean Reilly, 2013
 6. 7-1.75 (2.18) David Kriz, 1995
 7. 7-1.5 (2.17) Devin Bradham, 2019
 8. 7-0.50 (2.15) Ryan Olkowski, 1999
 - 7-0.50 (2.15) Chisom Ifedi, 2016
 10. 7-0.25 (2.14) Nick Plack, 2000
 - 7-0.25 (2.14) Rob Cardina, 2014
- *Coney's 7-3.50 was measured in English - the closet metric equivalent is 2.22)

Pole Vault

- 1. 17-5.75 (5.33) Luke Knipe, 2022**
2. 17-5 1/2 (5.32) John Vellenoweth, 2009
3. 17-5 (5.31) Mason Ternay, 1991
4. 17-0 (5.18) Dave Bollinger, 2004
5. 16-10.75 (5.15) Jonathan Petersen, 2022
6. 16-10 (5.13) Rick Kleban, 1985
7. 16-8.75 (5.10) Dylan Bilka, 2014
8. 16-7.25 (5.06) Ron Campbell, 1985
- 16-7.25 (5.06) Bradford Lawrence, 2009
10. 16-6.75 (5.05) Kevin Dare, 2001
- 16-6.75 (5.05) Nick Fegley, 2003

Long Jump

1. 26-3 (8.00) Malik Moffett, 2017
2. 25-11 (7.90) David Coney, 1985
3. 25-9 (7.86) Rob Boulware, 1986
- 25-9 (7.86) Steve Pina, 1996
5. 25-8.75 (7.84) George Audu, 1999
- 25-8.75 (7.84) John Gorham, 1999
7. 25-6 (7.77) Antonio Davis, 1993
8. 25-2.75 (7.69) Ryan Olkowski, 2000
9. 25-1.25 (7.65) William Henderson, 2019
10. 25-0.75 (7.64) Chavous Nichols, 2004
- 25-0 (7.62) w +3.7 Doug Moppert, 2011

Triple Jump

1. 54-6 (16.61) Antonio Davis, 1993
2. 54-3.75 (16.55) Chavous Nichols, 2004
- ~ 54-4.25 (16.26)w Steve Waithe, 2015
3. 53-8.50 (16.37) Brian Leap, 2016
4. 53-1.50 (16.19) Clarence Smith, 2009
5. 52-8.25 (16.06) Ricardo Hall, 1990
6. 52-0 (15.90) Bryce Williams, 2017
- 7. 51-9.25 (15.78) Lance Hamilton, 2022**
8. 51-8.50 (15.76) Hanif Johnson, 2011
9. 51-1 (15.57) Warren Rockwell, 1966
10. 50-7 (15.42) Steve Pina, 1995

2020 Outdoor Season cancelled due to COVID-19 pandemic

MEN'S TOP-10 OUTDOOR PERFORMANCES

Shot Put

1.	69-2 (21.08)	Joe Kovacs, 2012
2.	68-5.25 (20.86)	Darrell Hill, 2015
3.	65-5 (19.94)	C.J. Hunter, 1990
4.	64-2.50 (19.57)	Blake Eaton, 2010
5.	64-0.25 (19.51)	Knut Hjeltnes, 1975
6.	62-9.25 (19.13)	Jon Yohman, 2017
7.	61-11.75 (18.89)	Logan Caldwell, 2012
8.	61-3.25 (18.68)	Greg Reyner, 1986
9.	61-1.5 (18.63)	Lucciano Pizarro, 2021
10.	61-1.25 (18.62)	Phil Caraher, 1990

Discus

1.	207-5 (63.22)	Brian Milne, 1992
2.	201-10 (61.52)	Knut Hjeltnes, 1975
3.	201-6 (61.43)	David Lucas, 2017
4.	186-9 (56.90)	Gary Williky, 1979
5.	186-3 (56.78)	Blake Eaton, 2011
6.	184-0 (56.08)	Joe Kovacs, 2011
7.	183-6 (55.93)	Will Barr, 2012
8.	182-2 (55.53)	Jon Yohman, 2016
9.	181-3 (55.26)	Tyler Merkley, 2022
10.	177-11 (54.23)	Dan Diaz, 2003

Hammer

1.	238-6 (72.70)	Tyler Merkley, 2022
2.	237-9 (72.47)	Morgan Shigo, 2018
3.	218-6 (66.60)	Alvin Jackson, 1976
4.	212-6 (64.78)	David Lucas, 2018
5.	212-4 (64.73)	Luke Grodeska, 2019
6.	212-1 (64.65)	Collin Burkhart, 2022
7.	207-10 (63.35)	Will Barr, 2013
8.	207-1 (63.11)	Kory Decesaris, 2017
9.	203-0 (61.88)	Neal McNutt, 1998
10.	201-9 (61.50)	Joe Kovacs, 2011

Javelin

1.	262-2 (79.91)	Michael Shuey, 2017
2.	242-7 (73.94)	Mark Porter, 2021
3.	239-9 (73.09)	Allen Pettner, 2007
4.	239-7 (73.02)	Michael Biddle, 2018
5.	237-1 (72.26)	Troy Burkholder, 1997
6.	233-8 (71.22)	Carl Wolter, 1996
7.	233-4 (71.13)	Tanner Evak, 2009
8.	232-0 (70.71)	Ryan Kerr, 2017
9.	231-3 (70.48)	Brian Stumpf, 2003
10.	230-3 (70.19)	Matt Moyer, 2004

Decathlon

1.	7685	Rick Kleban, 1985
2.	7666	Rob Cardina, 2014
3.	7600	James Cook, 1996
4.	7588	Dave Masgay, 1987
5.	7517	Noah Swaby, 2021
6.	7472	Barry Walsh, 1989
7.	7424	J.T. Kuretech, 2003
8.	7415	Brian Kelley, 1991
9.	7361	Shawn Colligan, 2008
10.	7119	Anyu Uzoh, 2012

2020 Outdoor Season cancelled due to COVID-19 pandemic

ASHENFELTER III INDOOR TRACK || FACILITY RECORDS

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
60 Meters	6.58	2011	Reggie Dixon, Hampton
200 Meters	20.72	2006	LaShawn Merritt, Unattached
400 Meters	45.46	2001	Andrew Pierce, Ohio State
500 Meters	1:01.28	2011	Casimir Loxsom, Penn State
600 Meters	1:14.91 WR	2017	Casimir Loxsom, Brooks
800 Meters	1:46.91	2019	Joe White, Georgetown
1000 Meters	2:18.26 C	2016	Brannon Kidder, Penn State
Mile	3:56.51	2012	Jeff See, Saucony
3000 Meters	7:56.84	2022	Kevin Berry, Princeton
5000 Meters	13:58.16	2009	Hassan Mead, Minnesota
60 Meter Hurdles	7.49	2012	Jarret Eaton, Syracuse
2000 Meter Steeplechase	5:47.33	2013	Michael Kiley, Penn State
4x200 Meter Relay	1:24.70 CR	2013	Penn State (E. Mpanduki, M. Gilmore, Br. Bennett, Green, A. Nadolsky)
4x400 Meter Relay	3:06.98	2014	Pittsburgh (M. Murray, C. Nkanata, D. Palmer, B. Spratling)
4x800 Meter Relay	7:22.10	2015	Penn State (J. Makins, R. Brennan, B. Kidder, R. Creese)
Sprint Medley	3:23.74	2005	Penn State (E. Terrell, J. Campisi, C. Lolagne, M. Lincoln)
Distance Medley	9:26.59	2014	Penn State (B. Kidder, B. Bennett, Green, Z. Watkins, R. Creese)
High Jump	7,5 (2.26)	2008	Joe Kindred, St. Augustine's
Pole Vault	18,6.75 (5.65)	2018	Matthew Ludwig, Akron
Long Jump	26,1.50 (7.96)	2011	Justin Hunter, Tennessee
Triple Jump	55,9 (16.99)	2006	Leevan Sands, Bahamas
Shot Put	70,10 (21.59)	2013	Ryan Whiting, Nike
Weight Throw 35 lb	76,6.25 (23.32)	2017	Rudy Walker, Cornell
Heptathlon	5827	2005	Ryan Olkowski, Unattached

Women's Records

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

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

2020 Outdoor Season cancelled due to COVID-19 pandemic

NITTANY LION OUTDOOR TRACK || FACILITY RECORDS

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
100 Meters	10.19	2007	Demi Omole, Wisconsin
200 Meters	20.23	1986	Michael Timpson, Penn State
400 Meters	45.48	1983	James Rolle, Central Florida YMCA
800 Meters	1:46.15	2019	Alex Amankwah, District Track Club
1500 Meters	3:42.5	1980	Larry Mangan, Penn State
		1980	Susthenes Bitock, Richmond
Mile	3:58.4	1980	Larry Mangan, Penn State
3000-Meter Steeplechase	8:33.45 (FAT)	1980	Hillary Tuwei, Richmond
5000 Meters	14:00.73	1980	Hillary Tuwei, Richmond
10,000 Meters	28:45.8	1973	Charlie Maguire, Penn State
110-Meter High Hurdles	13.57	2017	Aaron Mallett, Iowa
400-Meter Hurdles	50.29	2007	Adrian Walker, Illinois
4x100-Meter Relay	39.67	2017	Illinois (C. Henderson, J. Eiker, M. Maat, D. Quinn)
4x110-Meter Shuttle Hurdles	59.2	1976	Penn State (D. Rock, P. Kiproff, B. Austin, M. Shine)
4x200-Meter Relay	1:25.2	1974	Essex CC (C. Mitchell, K. Joseph, H. Marchen, F. Brown)
4x400-Meter Relay	3:04.95	2017	Ohio State (A. Burke, N. Gray, D. Marshall, C. Page)
4x800-Meter Relay	7:21.4	1974	Cornell (T. Patterson, B. Anastasio, P. Roach, D. Keehn)
4x1600-Meter Relay	16:44.7	1973	Villanova (E. Coughlin, B. McElroy, T. Gregan, J. Hartnett)
Distance Medley Relay	9:44.7	1973	Villanova (W. Clark, J. Rhein, K. Schappert, J. Hartnett)
Sprint Medley Relay	3:18.5	1974	Essex CC (K. Joseph, F. Brown, H. Marchen, H. Tuitt)
High Jump	7-4 (2.24)	1983	Bill Therfelder, Keystone State Games
Pole Vault	18-2 1/2 (5.55)	2002	Jeremy Smith, Allegheny
Long Jump	26-3 (8.00)	2017	Malik Moffett, Penn State
Triple Jump	54-4 3/4 (16.58)	1984	David McFadgen, Newburg Track Club
Shot Put	69-1.25 (21.06)	2011	Ryan Whiting, Nike
Discus	207-5 (63.22)	1992	Brian Milne, Penn State
Hammer	268-8 (81.88)	1988	Jud Logan, Athletics West
Javelin (New)	252-7 (76.98)	1997	Nigel Beven, Belgrave Harrier
Javelin (Old)	254-4 (77.52)	1984	Bob Dubyoski, Unattached
Decathlon	8,316 points (Hand)	1985	Dave Steen, University of Toronto TC

Women's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
100 Meters	11.19	1996	Kerry Ann Richards, Illinois
200 Meters	23.13	1996	Aspen Burkett, Illinois
400 Meters	51.89	1996	Chandra Burns, Michigan State
800 Meters	2:03.08	2022	Rachel Gearing, Penn State
1500 Meters	4:15.93	2007	Anna Willard, Michigan
3000 Meters	9:21.67	1981	Judy St. Hilaire, Vermont State
5000 Meters	16:11.14	1981	Kathy Mills, Penn State
10,000 Meters	33:53.02	2017	Gina Sereno, Michigan
3000-Meter Steeplechase	9:51.83	2017	Madeline Strandemo, Minnesota
100-Meter Hurdles	12.67	2017	Devynne Charlton, Purdue
400-Meter Hurdles	56.01	2017	Symone Black, Purdue
4x100-Meter Relay	43.89	1996	Illinois (B. Kelley, K.A. Richards, T. Williams, A. Burkett)
4x200-Meter Relay	1:43.78	1981	Morgan State (R. Yancy, J. Dodson, N. Bullock, R. Belle)
4x400-Meter Relay	3:32.76	2017	Ohio State (B. Hannan, K. Winters, M. Barrie, A. Barnes)
4x800-Meter Relay	8:48.27	1981	Penn State (D. Startare, P. Murnane, T. Pioli, M. Rawe)
High Jump	6-2 1/4 (1.88)	1983	Lisa Bernhagen, Idaho Track Club
Pole Vault	14-6 1/2 (4.13)	2007	Vera Neuenswander
Long Jump	21-2 3/4 (6.47)	2017	Savannah Carson, Purdue
Triple Jump	43-4 1/2 (13.22)	1996	Dawn Reilly, Illinois
Shot Put	55-0 1/4 (16.77)	1984	Elaine Sobansky, Penn State
Discus	180-5 (55.00)	2017	Laulauga Tausaga, Iowa
Hammer	219-1 (66.78)	2005	Jennifer Leatherman, Penn State
Javelin	178-9 (54.48)	2017	Brittini Wolczyk, Nebraska
Heptathlon	5,722 points	2007	Bettie Wade, Michigan

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