



# TRACK & FIELD

2019 YEARBOOK





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## 2018 Cross Country Schedule

August 31	Dolan Duals.....	Lock Haven, Pa.
<b>September 7</b>	<b>Harry Groves Spiked Shoe Invitational.....</b>	<b>Blue &amp; White Golf Course</b>
September 28	Nuttycombe Invitational.....	Madison, Wis.
<b>October 12</b>	<b>Penn State National Open.....</b>	<b>Blue &amp; White Golf Course</b>
October 28	Big Ten Championships.....	Lincoln, Neb.
<b>November 9</b>	<b>NCAA Mid-Atlantic Regional.....</b>	<b>Blue &amp; White Golf Course</b>
November 17	NCAA Cross Country Championships.....	Madison, Wis.

## 2019 Indoor Schedule

December 1	Bison Opener.....	Lewisburg, Pa.
<b>January 12</b>	<b>Nittany Lion Challenge.....</b>	<b>Ashenfelter III Indoor Track</b>
January 19	Simmons Harvey Invite.....	Ann Arbor, Mich.
<b>January 25-26</b>	<b>Penn State National Open.....</b>	<b>Ashenfelter III Indoor Track</b>
<b>February 2</b>	<b>Sykes &amp; Sabock Challenge Cup.....</b>	<b>Ashenfelter III Indoor Track</b>
February 8-9	Iowa State Classic.....	Ames, Iowa
February 8-9	Husky Classic.....	Seattle, Wash.
February 8-9	Tiger Paw Invite.....	Clemson, S.C.
<b>February 16</b>	<b>Penn State Tune-Up.....</b>	<b>Ashenfelter III Indoor Track</b>
February 22-23	Big Ten Indoor Championships.....	Ann Arbor, Mich.
March 8-9	NCAA Indoor Championships.....	Birmingham, Ala.

## 2019 Outdoor Schedule

March 22-23	Sun Devil Invitational.....	Tempe, Ariz.
March 28-30	Florida Relays.....	Gainesville, Fla.
March 29	Stanford Invite.....	Stanford, Calif.
April 5-6	Sam Howell Invite.....	Princeton, N.J.
April 6	Battle on the Bayou.....	Baton Rouge, La.
April 13-14	Bucknell Classic.....	Lewisburg, Pa.
April 19-20	Virginia Challenge.....	Charlottesville, Va.
April 20	Bucknell Team Challenge.....	Lewisburg, Pa.
April 25-27	125th Penn Relays.....	Philadelphia, Pa.
<b>May 3</b>	<b>Jim Thorpe Invitational.....</b>	<b>Nittany Lion Outdoor Track</b>
May 10-12	Big Ten Outdoor Championships.....	Iowa City, Iowa
May 23-25	NCAA Eastern Preliminary.....	Jacksonville, Fla.
June 6-9	NCAA Outdoor Championships.....	Austin, Texas

## BOLD – Denotes HOME Competition

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Head coach John Gondak enters his fifth year at the helm of the Penn State cross country/track & field program in 2018. Overall, Gondak is in his 13th season on staff at Penn State.

Gondak's résumé while with the Blue & White - which can be matched by few middle distance mentors in the country - includes 49 first team All-Americans, 39 Big Ten Champions, 58 Penn State records, seven Big Ten Freshman of the Year honorees, 11 Penn Relays victories, and four sub-4:00 milers.

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 2017 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. Along with Abert and T. McGowan, 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, Maddie Holmberg, Isaiah Harris, and Danae 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.

The Nittany Lions built upon their successes from the indoor season to the outdoor season.

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 2018 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 title 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 is comprised by seven All-Americans, which includes two individual national champions (Alexis Holmes - 400m & Payden Montana - shot put), a duo that won a national title in the 4x800-meter relay (Elijah & Isaiah Claiborne) and a national runner-up in the 800-meter run (Drew Maher).

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 have finished in the top-20 in back-to-back seasons for the first time since '11-'12 and in the top-20 for five out of the last seven NCAA Championships that Penn State has 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, '10, '14) scoring 96.5-points. The men's team recorded its 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 Isaiah 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 2017 NCAA Indoor Track & Field championships in College Station, Texas, the women's team posted the second-highest finish at the indoor championships ever (10th-place) and the first top-10 finish since the 2009 season. Indoor All-Americans included: Danae Rivers in the Mile (third place), Harris in the 800-meters (fourth place), Tessa Barrett in the 5,000-meters (fifth place), the women's DMR (sixth place) and Dannielle Gibson in the triple jump (eighth place).

The overwhelming success of the indoor season set the teams up for the continued success it saw during the outdoor season.

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 800-meters 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 (second place), Tori Gerlach in the 3,000-meter steeplechase (third place), Michael Shuey in the javelin (third place), and Gibson in the triple jump (eighth place).

Overall, 2016-17 witnessed 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 '16-17 competition year.

During his 12 years with the Penn State track & field team, Gondak has helped the Nittany Lions' post nine Big Ten track & field titles. The 2009-10 school year was a sensational year for the Penn State 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. More recently, the men's track team has posted top-20 finishes three-straight years (10th-place '15, 17th-place '16, and 20th-place '17), as well as a top-10 finish for the women's team at the 2017 Indoor Track & Field Championships.

Individually, two Nittany Lions captured Big Ten Cross Country titles (Bridget Franek, 2009, and Caitlin Lane, 2011). The Penn State men have been 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.



# COACHING AND SUPPORT STAFF

At the 2013 NCAA Cross Country Championships, Fischer went on to finish 78th. In 2014, fifth-year senior Matt Fischer finished eighth at the Big Ten Championships, 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 Championships. Fischer's plaudits in 2014 included second-team All-Big Ten honors and Mid-Atlantic Men's Cross Country Athlete of the Year honors.

At the 2013 Outdoor Championships Gondak guided senior Casimir Loxsom 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 (Michigan in 1945), when the Michigan Wolverines earned first-and third-place finishes.

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 18 USTFCCCA All-Academic Team honors as well as 31 USATFCCCA individual honors.

Eighty-five Penn State distance student-athletes have been named to the Big Ten's Distinguished Scholar list since the inaugural class of 2008. Since his arrival on campus, Penn State track & field has garnered 369 All-Academic Big Ten Track & Field honors, 139 All-Academic Big Ten Cross Country Honors, and four Academic All-Americans.

Since joining the conference in 2006, Gondak has coached a total of 38 Big Ten Champions, including 18 of the last 26 winners in the 800-meters (Indoor/Outdoor) on the men's side.

The Nittany Lions have also been consistent at the conference level in the relays, with the Men's DMR winning five-straight Big Ten titles (2012-16). The Nittany Lions have been highly recognized under Gondak's watch, as Penn State has earned a total of six Big Ten Freshman of the Year honors since 2010 -Casimir Loxsom (I), Robby Creese (i/o), Brannon Kidder (I), Danae Rivers (i/o) – as well as three Big Ten Medal of Honor recipients since 2006 – James Pagana ('09), Jessica Babcock ('11) and Emily Giannotti ('14).

Gondak and the Nittany Lions have become a fixture on the podium at Penn Relays, taking top honors in the women's 4x400-meter relay in 2008, men's sprint medley relay in 2011, '12, '15 and '18, victories in the men's 4x800-meter relay in 2012, '13 and '16 as well as a men's DMR title in 2013.

The Nittany Lions' 2012 4x800m victory (7:12.90) was the seventh-fastest time in collegiate history, first by a Penn State squad since 1987. With Gondak as his mentor, Casimir Loxsom was named the Penn Relays Athlete of the Meet in 2013 for his 1:46 split on the Penn Relays champion DMR relay. In addition to the relay titles, the Nittany Lions have recorded 24 individual Penn Relays Champions since 2006.

During the summer of 2014, Gondak coached the U.S. men's distance squad at the North America, Central America and Caribbean (NACAC) U-23 Championships. Under the guidance of Gondak, the U.S. men's distance team won two gold, four silver and three bronze medals.

Gondak has also continued the tradition of hosting international coaches as a part of the International Coaching Enrichment Certificate Program (ICECP) that provides national level coaches a practical program orientated towards developing proficiency in the technical, theoretical, conceptual, managerial and ethical aspects of coaching track & field at all levels of competition.

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 fiancé Lori Yacisin

## Coaching Honors...

- 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

## Outstanding Athletes Coached...

### 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 in the 800-meters (1:44.53)
- 2017 NCAA Silver Medalist in the 800-meters (1:45.40)
- 2017 NCAA Indoor/Outdoor All-American
- 2016 U.S. Trials - Sixth-place in the 800-meters (1:46.47)
- 2016 NACAC U23 Champion in 800-meters (1:47.52)
- 2016 NCAA Outdoor All-American
- All-Time Big Ten Indoor Championships Record in the 800-meters (1:46.24)
- All-Time Big Ten Outdoor Championships Record in the 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

- 9x Penn State School Record Holder
- 8x USTFCCCA First Team All-American
- 5x Big Ten Champion
- 2x Big Ten Freshman of the Year
- 2017 & '18 Mid-Atlantic Women's Track Athlete of the Year (I)



Erin Tucker enters his fourth year as the associate head coach for the Nittany Lion track & field program following a four-year coaching stint at his alma mater, Florida. Tucker oversees the sprints, hurdles and relays program.

Heading into 2019, Coach Tucker has coached seven Big Ten champions, 18 All-Big Ten selections, six Academic All-Americans, and his student-athletes have broken 19 school records.

During 2018, Tucker's event area tallied 13 Penn State record book performances, which included four school records.

At the national level, freshman Terrance Laird finished 12th in the 200-meter dash at the NCAA Indoor Championships with his time of 20.97 and at the NCAA Outdoor Championships, the men's 4x100-meter relay (William Henderson, Anton Porter, Xavier Smith, and Malik Moffett) finished 14th with its time of 39.53.

At the Big Ten Championships in 2018, Coach Tucker saw 17 finishes that scored points, which included four runner-up finishes.

Tucker helped coach the Nittany Lions to two conference championships in 2017, capturing the women's title during indoor season as well as earning the men's first-ever Big Ten title during the outdoor season on their home track.

Four school records were broken during the second year under Tucker's tutelage, including the 60-meters (6.66) and 100-meters (10.32) by Xavier Smith, 4x100-meter relay (39.08) by Kowalchuck, Chisena, Smith and Moffett, and the men's 4x400-meter relay (3:04.80) (i) by Chisena, Smith, Sam Reiser and Isaiah Harris that set a new Big Ten Indoor record. In addition to the multiple school records, 20 other top-five/top-10 marks were set under Tucker's watch.

At the Big Ten Indoor Championships, the Nittany Lions recorded the highest combined finish in program history (Women - B1G Champions; Men - B1G Runner-up). The success of the Penn State sprints translated to Tucker earning 2017 Mid-Atlantic Region Men's Assistant Coach of the Year accolades.

Penn State, traditionally a mid-distance/distance program, has quickly become a sprint school as well, qualifying a men's 4x100-meter relay and 4x400-meter relay as well as Moffett in the 200-meters to the NCAA Championships in Eugene, Ore.

Under Tucker, Karson Kowalchuck (Canada), Malik Moffett (United States) and Keianna Albury (Bahamas) competed at their respective nations track & field championships with Kowalchuck doubling as the 100-200 Canadian champion.

At the IAAF world championships in London, Albury and current volunteer assistant coach Eddie Lovett competed in the 4x100-meter relay and 110-meter hurdles, respectively.

Tucker wrapped up his first year in Happy Valley by making a trip to Rio de Janeiro, Brazil, to serve as an assistant coach for the U.S. Virgin Islands track & field team. Tucker coached Eddie Lovett of the U.S. Virgin Islands in the 110-meter hurdles at the 2016 Rio Olympics.

Indoor season saw Tucker lead Smith to a school record in the 60-meters, breaking a 13-year-old record in the opening meet of the season. Smith would go on to further lower the record to its season-ending mark of 6.68. Malik Moffett joined Smith in the top-five with his mark of 6.79 for the No. 4 all-time mark in program history.

During the 2016 outdoor season, Penn State's men's 4x100-meter relay ran the fastest time by a Nittany Lion squad in over 30 years blazing the track to the tune of 39.92 seconds at the Pac-12/Big Ten Challenge in Tempe, Ariz. Tucker's relay team recorded two of the top five-fastest sprint relays in program history during the 2016 season.

Tucker's 2016 squad also set program top-10 marks in the 100-meters and 200-meters including times of 10.45w, 10.46w, and 10.52w by Smith, Dan Chisena, and Anton Porter, respectively, as well as times of 20.73w, 20.96 and 21.05 by Moffett, Smith and Chisena, respectively.

During his time at Florida, Tucker coached one NCAA champion (2013 - Eddie Lovett - 60-meter hurdles), two NCAA runner-ups, 14 All-Americans, six SEC champions, and eight school record holders. Tucker also coached 13 student-athletes to top-10 performances in school history.

As a program, between 2012-15, Florida won three national titles, three SEC conference titles and posted numerous SEC runner-up finishes.

Prior to coaching at Florida, Tucker was the assistant coach for hurdles, relays and sprints from 2003-2012 at Kentucky and he also coached at Illinois for three years overseeing the hurdles, relays and sprints program.

While with the Wildcats, Tucker helped lead the track & field program to some of the most successful seasons in program history. During his time at Kentucky, Tucker coached 27 All-Americans, 26 All-SEC honorees, 15 All-Region athletes, six SEC champions, three NCAA runner-ups and an NCAA champion (Rondel Sorrillo, 200m, 2010). Under Tucker's tutelage, 34 school records fell and 67 athletes ranked in the top-10 in school history.

At Kentucky, Tucker coached four student-athletes who competed at the Olympics. Luis Luna was Tucker's first athlete to see Olympic action as she competed in the 400m for Venezuela in the 2004 Athens Games. In 2008, three of Tucker's athletes competed in the Beijing Olympics as Sorrillo (200m) and Mikel Thomas (110m high hurdles) competed for Trinidad and Tobago, while Jose Acevedo competed for Venezuela in the 200m.

Before starting his coaching career as a volunteer assistant with the Gators in the 1999-2000 season, Tucker enjoyed a prolific collegiate career at Florida. Tucker, a four-time SEC champion and a six-time All-American, won the 400-meter hurdles at the 1998 SEC Championships with a personal best time of 49.82, which still ranks as the eighth-fastest time in Florida history. He also ran on three conference championship teams and four All-America 4x400-meter relay teams.

In the classroom, he was a two-time All-SEC academic honoree at Florida, where he earned a bachelor of arts in history and a master's degree in education. Tucker has three sons Ezra (8), Erin II (4), & Samuel (3).



# COACHING AND SUPPORT STAFF

## at Illinois

- 1 Big Ten Champion
- 1 Big Ten Meet Record
- 3 School Records
- 1 All-American
- 6 All Big-Ten Selections
- 10 Athletes Ranked Top 10 in school history from 2000-2003

## at Kentucky

- 2006 Mid-East Regional Men's Assistant Coach of the Year (Sprints & Hurdles) Outdoor Track
- 2006 Venezuelan Coach for Central American and Caribbean Championships
- 2008 Venezuelan Olympic Coach

## Olympians

- 2004 Athens Olympics  
-400m-Luis Luna (Venezuela)
- 2008 Beijing Olympics  
-200m-Rondel Sorrillo (Trinidad)  
-200m-Jose Acevedo (Venezuela)  
-110HH-Mikel Thomas (Trinidad)
- 7 Venezuelan National Record Holders
- 1 Canadian Junior National Record
- 1 NCAA Champion (2010 Outdoor 200m)
- 6 SEC Champions
- 2 SEC 4x400m Titles
- 3 NCAA Runner-ups (2007 Indoor 4x4, 2009 Outdoor 200m, 2010 Outdoor 100m)
- 70 Athletes Ranked Top 10 in school history since 2003
- 34 School Records
- 27 All-Americans
- 15 All-Regional Selections
- 26 All-SEC Selections

## at Florida

- Olympians
- 2012 London Olympics  
-100m/200m/4X100m Relay- Rondel Sorrillo {Trinidad}  
-110HH-Mikel Thomas {Trinidad}
- Venezuelan 4x400m Relay

- 1 Venezuelan National Record
- 2 US Virgin Island National Records
- 1 NCAA Meet Record 60HH
- 2012 SEC Women's Indoor Team Champion
- 2012 NCAA Men's Indoor Team Champion
- 2012 NCAA Men's Outdoor Team Champion
- 2012 SEC Runner-up Men's Indoor Team
- 2012 SEC Runner-up Women's Outdoor Team
- 2013 NCAA Runner-up Men's Indoor Team
- 2013 SEC Runner-up Men's Indoor and Outdoor Teams
- 2013 NCAA Men's Outdoor Team Champion
- 2014 SEC Women's Indoor Team Champion
- 2014 SEC Runner-up Men's Indoor Team
- 2014 SEC Runner-up Women's Outdoor Team
- 2014 NCAA Runner-up Men's Outdoor Team
- 2014 3rd Place NCAA Men's and Women's Indoor Team
- 2014 4th Place NCAA Women's Outdoor Team
- 2015 SEC Men's Indoor Team Champion

## at Florida (Cont.)

- 2015 NCAA Runner-up Men's Indoor Team
- 2015 SEC Men's Outdoor Team Champion
- 2015 NCAA Runner-up Men's Outdoor Team
- 1 NCAA Champion (2013 60HH)
- 2 NCAA Runner-ups (2013 110HH, 2014 60HH)
- 6 SEC Champions
- 16 All-Americans
- 8 School Record Holders
- 13 Athletes Ranked Top-10 in school history since 2012
- 12 All-SEC Selections

## at Penn State

- 2017 Mid-Atlantic Men's Assistant Coach of the Year (Indoor Track)
- 2017 Women's Indoor Big Ten Team Champions
- 2017 Indoor Big Ten Runner-up Men's Team
- 2017 Men's Outdoor Big Ten Team Champions
- 2017 3rd Place Outdoor Women's Big Ten Team
- Eighth-fastest 200m in all conditions in NCAA History
- 1 Big Ten Freshman Runner of the Year
- 2 Big Ten Record Meet Records
- 1 Big Ten All-Time Record
- 19 School Records
- 1 All-American
- 21 Athletes Ranked Top-5 Indoor in school history since 2016
- 37 Athletes Ranked Top-10 Outdoor in School history since 2016
- 7 Big Ten Champions
- 18 All-Big Ten Selections
- 6 Academic All-Americans
- 2016 World Indoor Championship Finalist 60HH Eddie Lovett 7th Place
- 2017 Canadian Jr Champion 100m



**Kevin  
KELLY**  
Sixth Year  
Kutztown, '99  
Assistant Coach

MEN'S JUMPS • POLE VAULT • MEN'S MULTI'S

Kevin Kelly enters his sixth year in Happy Valley in 2019, overseeing the Nittany Lion men's jump and multi-events, as well as men's and women's pole vault. During his time at Penn State, Kelly has coached 16 All-Big Ten selections and six first team All-America competitors.

Kelly's student-athletes have set seven school record performances. Overall, he has coached 18 student-athletes to top-10 marks at PSU, which includes 10 student-athletes etching their name into top-five placements at Penn State.

Under Coach Kelly in 2018, a pair of Nittany Lions recorded medal finishes at the Big Ten Indoor Track & Field Championships, as Malik Moffett took second in the long jump (24- 6.25/7.47m) and Hannah Mulhern placed third in women's pole vault (13-8.5/4.18m).

At the national level, Bryce Williams finished 15th overall at the 2018 NCAA Indoor Track & Field Championships in the men's triple jump with his mark of 50-7.50/15.43m.

During the 2018 indoor season, Williams set the school record in the triple jump (53-3.50/16.24m) and three Nittany Lion women pole vaulters set top-five marks in school history. Mulhern, a senior, recorded the No. 2 height (13-8.50/4.18m) in school history, while freshman Katie Jones tallied the No. 4 height (13-5/4.09m) and Greer Gumbrecht, a sophomore, posted the No. 5 height (13-2.50/4.03m).

Not only did the women's pole vaulters rewrite the record book during the indoor season, they carried the momentum into the outdoor season. Jones and Mulhern each cleared a school-record height of 13-6.25/4.12m and Gumbrecht finished the outdoor season tied for the No. 9 height at Penn State (12-7.50/3.85m).

Coach Kelly was a huge part of helping Penn State capture indoor and outdoor Big Ten Championships in 2017. At the indoor Big Ten meet, Kelly's athletes posted fifth- and eighth-place finishes to add to the women's total score of 96.5 points to claim their fourth Big Ten indoor title in program history. The men posted the highest finish at any championship in program history scoring 84 points to finish second securing the highest combined finish at any Big Ten meet in Penn State history.

Bryce Williams took silver with his jump of 51'-7" (15.72m) - just short of his personal best mark of 15.75m set earlier that season. Williams was honored as the Mid-Atlantic Men's Field Athlete of the Year for his efforts during the indoor season. During the outdoor season, Kelly coached a few athletes to school records.

Malik Moffett recorded the longest jump in program history - the sixth longest in the NCAA during 2017 - as Moffett captured the Big Ten title in the long jump with his mark of 26'-3" (8.00m) that erased a 32-year-old record. For his performance, Moffett was named Big Ten Field Athlete of the Championships.

Mulhern earned her school record with a clearance of 13'-5.50" (4.10m) that punched her ticket to the NCAA Outdoor Championships. The men captured the Big Ten title scoring 117-points. Kelly qualified two athletes through to the meet as Hannah Mulhern competed in the pole vault and Moffett qualified in the long jump.

In 2016, Kelly coached three of his women's vaulters to the No. 1, No. 2 and No. 4 marks in program history in the indoor pole

vault as Lexi Masterson (13-9.25/4.20m), Hannah Mulhern (13-6.50/4.13m), and Kasey Kemp (13-1.75/4.01m) all posted marks over four meters. Mulhern and Kemp returned during the outdoor season to post the No. 2 and No. 4 marks in program history while teammate Megan Fry joined in recording the ninth-best jump in the pole vault clearing 12-6 (3.81m).

For the men's jumpers, Brian Leap in the triple jump (53-4.50/16.27m) and Moffett in the long jump (24-11.50/7.60m) highlighted the group with the No. 3 and No. 9 marks in program history. Leap would cap his Nittany Lion career earning All-American Honors in the triple jump at the NCAA Championships. Big Ten medalist for Kelly included Chisom Ifedi in the high jump, both indoor and outdoor, clearing 2.15m (7-0.50) in Lincoln, Nebraska - the No. 7 mark in program history. Leap captured the conference title in the triple jump at 16.27m (53-4.5).

In 2015, senior Steve Waithe would garner his third All-America honor in his two-year Nittany Lion career for his eighth-place performance in the triple jump with a distance of 16.26m (53-4.25w) at the 2015 NCAA Outdoor Track & Field Championships - the third best outdoor mark in Penn State history.

Leap recorded a 13th-place in the triple jump with his distance of 15.65m (51-4.5) at the NCAA Indoor Track & Field Championships, garnering second-team All-America honors.

During Big Ten competition, Waithe was named second-team All-Big Ten following the Big Ten Outdoor Track & Field Championships, while Leap, who finished second in the triple jump at the Big Ten Indoor Championships with his personal-best leap of 16.02m (52-6.75) - the second-best mark all-time at Penn State - received second-team Big Ten honors.

The 2014 season saw redshirt freshman Robert Cardina move up the record books in the multi-events and end the year with First Team All-America honors. Cardina owns the school record in the heptathlon (5,511) and his score of 7,666 in the decathlon ranks second all-time at Penn State. His score of 7,666 gave him an eighth-place finish in the decathlon at the 2014 NCAA Outdoor Track & Field Championships garnering him First Team All-American honors.

Joining Cardina in Eugene, Oregon, was junior Waithe and Leap. Waithe transferred to Penn State and made an immediate impact in the triple jump event. In the indoor season, Waithe tallied a distance of 52-6 (16.00) in the triple jump, which ranks tied for second all-time. In the outdoor Penn State record books, Waithe ranks fourth in the triple jump 52-8.75 (16.06).

At the Big Ten and NCAA levels, Waithe enjoyed major success. At the 2014 Big Ten Indoor Track & Field Championships, he finished second in the triple jump (51-7.25) and eighth in the long jump (51-10.5). At the 2014 Outdoor Big Ten Track & Field Championships, Waithe claimed the triple jump title (52-0) and placed fourth in the long jump (24-0.25).

Waithe tallied first team All-America honors at both 2014 NCAA Championship meets. At the 2014 Indoor NCAA Track & Field Championships, Waithe placed sixth in the triple jump (51-10.5) and at the 2014 Outdoor Track & Field Championships, he finished fifth in the triple jump (52-11.5).

Leap also qualified for the 2014 Outdoor NCAA Track & Field Championships in the triple event. Leap went on to finish 16th in the triple jump (51-6.5) and was named a second team All-American. His lifetime-best mark of 51-6.5 ranks seventh all-time at Penn State.

In the pole vault, Masterson set the second-best mark (13-1.75) all-time at Penn State during the indoor season. Masterson went on to set the pole vault school record in the outdoor season with her height of 13-3.5.

On the men's team, Dylan Bilka moved into fifth (16-8.75) all-time at Penn State during the outdoor season.

Kelly enjoyed a productive opening campaign with the Nittany Lions in 2012-13, coaching one USTFCCA honorable mention All-American, three NCAA Eastern Preliminary Round qualifiers, two Big Ten medalists, and one Penn State record holder.



## COACHING AND SUPPORT STAFF

Under Kelly, he coached a trio of high flyers in the high jump during the 2013 campaign with senior Sean Reilly, junior Jon Hendershot, and sophomore Michael McClelland all bettering the seven-foot barrier during the indoor season. McClelland was a top Nittany Lion during the indoor season, clearing a lifetime-best 7-1 (2.16).

Hendershot and Reilly continued to improve during the outdoor season, led by Hendershot's school-record tying leap of 7-3.25 (2.22) at the Jim Thorpe Invitational. Reilly would enjoy a stellar final season in the Blue & White, clearing a career-high 7-2.25 (2.19) at the LSU Battle on the Bayou. Reilly continued to excel into the postseason, qualifying for the NCAA Outdoor Championships in the event, where we would finish 19th overall to earn USTFCCCA honorable mention All-America status. Both Hendershot and Reilly were consistent throughout the year, as the pair of Nittany Lions turned in scoring finishes at both the Big Ten Indoor and Outdoor Championships.

Horizontal jump specialist Leap also shined under Kelly's direction in 2013, earning bronze-medal finishes in the triple jump at both the Big Ten Indoor and Outdoor Championships. Kelly guided Leap to outstanding improvements during the year, as the then-sophomore improved his lifetime-best effort in the triple jump to 50-10.25 (15.50) during the indoor season. Leap also made great strides in the long jump, ending the season with a personal-best 24-0.25 (7.32) at the Big Ten Outdoor Championships, which was also good for a fifth-place finish in the competition.

Kelly signed on at Penn State in the summer of 2012 after enjoying a highly successful 11-year coaching stint at Rutgers. Prior to his departure from New Brunswick, he was overseeing the efforts of all the Scarlet Knights' field event athletes.

Kelly arrived at Rutgers in 2001, helping the Scarlet Knights to outstanding success in the Big East Conference, including three conference team titles. Individually, Kelly guided 19 Big East champions, as well as 45 All-Big East performers. In 2004, his athletes swept the top three spots in the decathlon at the Big East Outdoor Championships.

Kelly, who was elevated to Associate Head Coach for the Scarlet Knights in 2008, undoubtedly made a mark on the Rutgers' record books as Kelly-coached athletes to eight school records. Off the track, Kelly maintained the role of the Scarlet Knights' recruiting coordinator, while also serving as the men's track and field coaching staff liaison to Academic Support.

An outstanding athlete in his own right, Kelly was a three-time All-American in the decathlon while competing at Kutztown University, earning runner-up honors at the 1998 NCAA Outdoor Championships. In 1998, Kelly, who still owns Kutztown school records in the decathlon and 110-meter hurdles, was named Pennsylvania State Athlete Conference (PSAC) Athlete of the Year. He is also a Kutztown Hall of Fame inductee, and a member of the Golden Bears' "Top 30 Athletes of the 20th Century." Kelly earned his B.A. in political science in 1999.

Prior to Rutgers, Kelly spent several seasons at Lehigh University, coaching all Mountain Hawk throwers. He is married to Maisha Kelly, who is a Senior Associate Director of Athletics and Senior Woman Administrator at Bucknell University, and they have a son, Gregory, and a daughter, Kennedy

### Coaching Honors...

- 2014 USTFCCCA Mid-Atlantic Region Men's Outdoor Assistant Coach of the Year

### Outstanding Nittany Lions Coached...

#### Dylan Bilka

- NCAA First Round Qualifier
- Big Ten Scorer

#### Rob Cardina

- Penn State Record Holder (Heptathlon)
- 2014 First Team All-American
- NCAA First Round Qualifier
- Big Ten Medalist
- 2x Big Ten Scorer

#### Jon Hendershot

- Penn State Record Holder (High Jump)
- 2x NCAA First Round Qualifier
- 2x Big Ten Athlete of the Week Selection
- 4x Big Ten Scorer
- Second-Team All-American (i)

#### Brian Leap

- First-Team All-American
- 3x Big Ten Medalist
- 6x Big Ten Scorer
- 3x NCAA Qualifier
- Big Ten Champion (Triple Jump)

#### Lexi Masterson

- Penn State Record Holder (Indoor Pole Vault)
- NCAA First Round Qualifier
- 4x Big Ten Scorer

#### Sean Reilly

- 2013 Honorable Mention All-American
- NCAA First Round Qualifier
- 2x Big Ten Scorer (2013)

#### Steve Waithe

- 2015 First Team All-American
- 2x 2014 First Team All-American
- 2x Big Ten Athlete of the Week Selection
- 3x Big Ten Medalist
- 5x Big Ten Scorer
- 2x NCAA First Round Qualifier
- Big Ten Champion

#### Hannah Mulhern

- Penn State Record Holder (Outdoor Pole Vault)
- Big Ten Bronze Medalist
- 5x Big Ten Scorer
- NCAA Qualifier

#### Malik Moffett

- Penn State Record Holder (Outdoor Long Jump)
- Big Ten Champion
- Big Ten Runner-Up
- NCAA Qualifier
- Big Ten Field Athlete of the Championships

#### Bryce Williams

- Penn State Record Holder (Indoor Triple Jump)
- 5x Big Ten Scorer
- 2x NCAA Qualifier





Angela Reckart enters her fourth season as the assistant coach for the Nittany Lion cross country/track & field program after coaching at North Carolina for three years. Reckart assists with the cross country and distance event areas. Immediately adding experience and value to the Penn State track and cross country programs, Reckart has helped guide the Penn State women's cross country team to Big Ten and Mid-Atlantic titles in her first three years in Happy Valley.

On the track under Coach Reckart in 2018, the Nittany Lions recorded five record book performances, won a Penn Relays watch, and posted a medal finish at the Big Ten Championships.

In the Penn State women's track record book, Jillian Hunsberger ran the fourth-fastest outdoor 5K time (15:55.27) and Greta Lindsley tallied a pair of record book times (5th – 3,000-meter steeplechase – 10:11.29 & 10th – 1,500-meter run – 4:20.84). On the men's side, Colin Abert ran a sub-4 minute mile (3:59.51) for the fourth-fastest time in program history and Tim McGowan posted the No. 2 time in school history in the indoor 5,000-meter run (13:55.00).

At the 2018 Penn Relays, sophomore Kathryn Munks ran a personal-best time of 16:23.15 in the 5,000-meter run to finish as the top attached runner in the race (second-place) to capture a Penn Relays watch.

At the Big Ten Indoor Track & Field Championships, Hunsberger ran to a second-place finish in the 5,000-meter run (16:19.45).

On the cross country course in 2017, the Penn State women won their third-straight Mid-Atlantic Regional title en route to their third consecutive top-20 finish at the NCAA Championships. Individually, Hunsberger finished seventh at the Big Ten Championships, placed second at the Mid-Atlantic Regional, and tallied a 75th-place finish at the NCAA Championships.

The 2017 outdoor season featured multiple successes in the distance events as Barrett and Hunsberger set the No. 5 and No. 6 times in program history in the 5K, Hunsberger and Munks set the No. 2 and No. 7 times in program history in the 10K and Tori Gerlach and Lindsley set the No. 2 and No. 8 times in program history in the 3K steeplechase. The men's team captured its first Big Ten Championship in program history, scoring 117-points, while the women took home a third-place finish.

Gerlach finished third at the NCAA championships in the 3K steeplechase followed by a 15th-place finish at the USATF Championships in Sacramento, Calif. Hunsberger posted a second-team All-American finish at the NCAA Championships in the 10K with a 10th-place finish.

During the 2017 indoor season, Reckart coached Barrett to a runner-up finish at the Big Ten Indoor Track & Field Championships posting the second-fastest time that season in the NCAA in the 5,000-meters with her time of 15:28.99, one-tenth of a second off the national leader.

The second-place finish by Barrett helped the women's team capture the Big Ten indoor title, the fourth Big Ten indoor championship in program history. Barrett would go on to earn All-America honors in the 5K finishing fifth at the NCAA Championships followed by a second-team All-American finish in the 3K the following day. During the indoor season, Barrett set school records in both the 3K and 5K.

Reckart was also key in helping Tim McGowan secure a bronze medal at the Big Ten Indoor Championships in the 5K as the men's team posted its highest finish at a Big Ten Championship in program history, scoring 84 points to finish second.

The women's team would go on to win the Mid-Atlantic Regional title for a second-straight season that saw six Penn State student-athletes earn Mid-Atlantic All-Region honors (Tessa Barrett, Elizabeth Chikotas, Hunsberger, Munks, Lindsley and McGowan).

The Nittany Lion women went on to finish 18th as a team in the NCAA Championships led by two Nittany Lions who teamed up to provide a program first — Penn State fielding two All-Americans at the NCAA Cross Country Championships for the first time in the NCAA era.

Year two in Happy Valley saw Reckart help lead the Nittany Lion women to a second-place finish at the Big Ten Championships in Minneapolis, Minnesota. The second-place finish by the women's team included three All-Big Ten honorees in Barrett (First-Team), Hunsberger (First-Team) and Chikotas (Second-Team).

During her first year in Happy Valley Reckart was instrumental in the run to the 2015 Big Ten Championship by the Penn State women's team in Chicago, Illinois.

Reckart joins the Nittany Lions following a three-year stint as the assistant cross country/distance coach at North Carolina. The Tar Heel cross country program is coming off a historic season as both teams tallied top-25 NCAA finishes for the first time in school history in her final season with the Tar Heels.

The Tar Heel men's cross country program advanced to back-to-back appearances at the NCAA cross country championships for the first time in almost 40 years. At the 2014 NCAA Cross Country Championships, the men finished 12th, their highest finish since 1985 and the women placed 22nd. The men also posted a 17th-place finish at the 2013 NCAA Cross Country Championships.

On the track for the Tar Heels, Reckart coached both indoor 3,000-meter run champions at the 2014 ACC Track & Field Championships (Annie LeHardy and Isaac Presson), she also coached 11 NCAA indoor championship qualifiers and 17 NCAA first-round qualifiers during the last two years.

Reckart graduated from The College of New Jersey (TCNJ) in 2008 with a bachelor's degree in exercise science. During her time at TCNJ she was a member of the track & field team and posted All-America honors seven times. She was a member of a 4x400-meter relay that won two national titles.

Following her track career, she started coaching at TCNJ by helping with the middle distance program.

Prior to North Carolina, she served as a graduate assistant and volunteer coach at North Florida.



## COACHING AND SUPPORT STAFF



### Fritz **SPENCE**

13th Year  
Missouri State, '97  
Assistant Coach

WOMEN'S JUMPS & MULTI'S

Fritz Spence enters his 13th year coaching the Nittany Lion women's jumpers and multi-event athletes. He has had outstanding results in his time with the Nittany Lions, overseeing 22 All-America efforts, nine top-5 NCAA finishers, six Big Ten champions, also contributed to two top-four finishes at the NCAA Championships (2008 and '10) a Big Ten triple crown (2009 and '10), USTFCCCA Scholar Team of the Year (2010) and nine Big Ten titles.

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.

In 2018, junior Maddie 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 owns 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. 10 in the 200m at 23.79, No. 3 in the long jump (20-10.75/6.36m), and also has the No. 7 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 (13.76m) 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), her jump of 20-2.25 (6.15m) ranks 10th all-time at Penn State. 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).

Spence also guided Brittney Howell to an outstanding 2014 outdoor campaign, highlighted by an outstanding long jump at the NCAA East Prelims. Howell also turned in a pair of scoring performances at the Big Ten Outdoor Championships. Howell posted Penn State's top long jump mark among Nittany Lions during the 2014 campaign going 20-4.50 (6.21m) during the indoor season and 20-10.75 (6.37m) during the outdoor season. The performance ranks No. 5 indoors and No. 3 outdoors in the all-time Penn State standings. 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.

In December of 2015, Spence graduated from Missouri State University with a Master of Science in Administrative Studies (MSAS) / Applied Communication. He is also certified in CPR, First Aid and as a Fitness Trainer through the International Sports Sciences Association. Spence and his wife, Teri, reside in State College. The couple has three daughters, Ashlie, Keiva, and Ale'ka, one son, Ashton and a granddaughter, Aria.

## 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)

### 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 AND SUPPORT STAFF



Lucais MacKay enters his third season overseeing the throwers for the Nittany Lion Track & Field program in 2019.

Under MacKay's watch in 2018, the Nittany Lion throws program made a substantial impact on the Big Ten and national stage.

At the 2018 NCAA Indoor Championships in College Station, Texas, David Lucas did what no other Nittany Lion had done since 1993, capture an NCAA Title. Lucas' performance set a new school record, Gilliam Facility record, and stands as the fourth-best mark in NCAA meet history. His fifth-round effort captured the gold medal with a personal-best effort of (78-9.75/24.02m).

Along with Lucas, Morgan Shigo represented the Blue & White in the weight throw, narrowly missing the final by one spot; Shigo finished 10th in the weight throw (68-5.75/20.87m) as he collected his first NCAA All-America honor.

During the outdoor season, 12 throwers advanced to the NCAA East Prelims with four Nittany Lions heading to the NCAA Championships. Penn State was represented in three of four event areas in Eugene, Oregon. The NCAA Outdoor Championships were highlighted by Shigo finishing sixth in the hammer throw (237-9/72.47m) and Lucas placing seventh in the discus throw (186-7/56.87m).

At the Big Ten Championships, Penn State saw three medalists with Michael Biddle (239-7/73.02m) winning gold in the javelin throw. Along with Biddle, Lucas recorded silver in the weight throw (76-5.75/23.31m) and Shigo placed third in the hammer throw (226-6/69.05m).

Penn State capped off the 2018 track & field season with Shigo finishing sixth at the USATF Championships in the hammer throw (235-4/71.75m).

In all, the Nittany Lions closed out 2018 with eight record book performances, which includes school records by Lucas (weight throw – 78-9.75/24.02m) and Shigo (hammer throw – 237-9/72.47m).

In his first season in Happy Valley in 2017, MacKay helped Penn State capture two conference championships as the women's team earned the Big Ten Indoor title followed by the men capturing the first Big Ten Title in program history during the outdoor season.

MacKay's athletes combined to set four top-10 program marks across three events. Alyssa Robinson recorded the fourth best mark in shot put (53-5.75/16.30m) as well as the No. 7 mark in the hammer throw during the outdoor season at (187-6/57.15m). Obeng Marfo's mark of (183-6/55.94m) sits at No. 9 all-time in the hammer throw while Stephanie Sievers launched the eighth-farthest throw in the javelin at (159-9/48.70m).

The Big Ten Championships, featured a 35-point performance for the men's event group and 12 student-athletes advanced to the NCAA East Preliminary meet, as many as any other NCAA program. Obeng Marfo competed in two events while David Lucas competed in three.

The NCAA Championships featured three Nittany Lions competing in the men's javelin throw with Michael Shuey earning All-America honors as he launched a school record throw of 250-9 to finish third. Marfo, Jon Yohman and Lucas also competed at the NCAA Championships following their first season under MacKay's tutelage.

Shuey and Biddle advanced to the USATF Championships with Shuey earning a bronze medal and increasing his throw to a distance of 255-8 to wrap up an eventful first year.

MacKay came to Penn State from Oklahoma State University where he was the throws coach during the 2015-16 academic year. During his lone year with the Cowboys, MacKay helped guide Nick Miller to a NCAA championship in the men's hammer, as well as Chase Ealey the NCAA runner-up in the women's shot put.

Prior to his time at Oklahoma State, MacKay served as the throws coach at Southeastern Louisiana where he coached the men's and women's throwers for two seasons of indoor and outdoor competition. Just four years removed from international competition, MacKay coached 10 Lions throwers to All-Southland honors at the conference meet, and six athletes to the NCAA preliminary rounds.

From 2008-10, MacKay where he coached Division III champion and record-holder Eric Flores to a hammer throw title, as well as the women's hammer throw runner-up at California Lutheran University. During his time at CLU, MacKay was awarded the D-III Outdoor Women's Track and Field Assistant Coach of the Year Award and had 11 throwers win conference titles in just two seasons.

In 2003, MacKay took home the NCAA hammer throw title for the University of Georgia. He was a six-time All-American and eight-time All-SEC thrower as a Bulldog.

After originally attending the University of Southern California on a football scholarship, MacKay transferred to Georgia to focus on throwing. He then graduated from Georgia in 2005 with a Bachelor of Science in sociology and in 2012 received a Master of Arts in coaching and athletic administration from Concordia University, Irvine.

MacKay, the son of a track and field coach, graduated Hughson High in California as the top-ranked discus thrower in the United States.



Laura  
**LOHT**  
Fourth Year  
Penn State, '14

DIRECTOR OF OPERATIONS

Laura Loht, a four-time All-American for Penn State, enters her fourth year on staff with the cross country and track & field programs as the Director of Operations.

Loht helps with day-to-day tasks for the program, which includes various administrative roles, facility management, equipment distribution and alumni relations.

A native of McClure, Pennsylvania, Loht graduated from Penn State in the spring of 2014 with a bachelor's degree in kinesiology, fitness studies.

Prior to joining the Penn State cross country and track & field staff, Loht worked as an assistant supervisor at the Penn State fitness centers.

During her four years with the program, Loht finished within the top-five at the NCAA Outdoor Championships in 2012-2014, with her highest finish coming in 2012 (third place). She ended her NCAA career in the javelin with her school record toss of 178-6. She also won two-straight Penn Relays javelin titles in 2013 and 2014. For her performance in the field during the 2012, '13 & '14 track & field seasons, Loht was named the field MVP of the women's team all three years.

In the summer of 2011, Loht finished fourth (150-8) at the USATF Junior Outdoor Championships. Followed by a 16th overall finish (160-7) at the 2012 Olympic Trials. In 2013 & '14, she competed at the USATF Senior Outdoor Championships in the javelin and finished fifth (177-8) in 2013 and 12th (163-8) in 2014.

At the Big Ten level, Loht tallied four podium finishes, including a first-place finish at the 2012 Outdoor Track & Field Championships. Loht captured the 2012 Big Ten women's javelin title in dramatic fashion as she posted a mark of 160-11 on her final attempt. She was also a team captain of two outdoor conference winning squads (2013 & '14).



Owen  
**DAWSON**  
Third Year  
Penn State, '12

OPERATIONS ASSISTANT

Owen Dawson enters his third year with the Penn State cross country and track & field program after joining the staff in December of 2015. Dawson serves the Penn State cross country and track & field staff as the operations assistant.

He performs various administrative roles, including facility management, equipment distribution, alumni relations, marketing, and media relations of the Penn State cross country and track & field program.

A native of Coatesville, Pennsylvania, Dawson earned his bachelor's degree in kinesiology from Penn State University in 2012.

During his four-year career in the Blue & White, Dawson was an All-American finishing eighth in the 800-meters at the NCAA Indoor Championships in 2010. Following the NCAA season, Dawson qualified for the 2010 USATF Outdoor Championships, placing 23rd in the 800-meters. Dawson was also a cross country Mid-Atlantic All-Region honoree in 2011 and captain of the men's track & field team.




# COACHING AND SUPPORT STAFF



Melissa  
**BOLDT**

PERFORMANCE ENHANCEMENT COACH



Robby  
**CREESE**

VOLUNTEER ASSISTANT COACH



Alex  
**DAILEY**

ASSISTANT ATHLETIC TRAINER



Michael  
**GAY**

ASSISTANT ATHLETIC TRAINER



Isaiah  
**HARRIS**

VOLUNTEER ASSISTANT COACH



Kayla  
**MATRUNICK**

ASSISTANT AD FOR PERFORMANCE  
NUTRITION SERVICES

# COACHING AND SUPPORT STAFF



Malik  
**MOFFETT**

VOLUNTEER ASSISTANT COACH



Carl  
**OHLSON**

ASSISTANT AD FOR PERFORMANCE  
PSYCHOLOGY



LaVashia  
**MUNDY**

ACADEMIC COUNSELOR



Karly  
**REIMEL**

VOLUNTEER ASSISTANT COACH



Alex  
**SHISLER**

VOLUNTEER ASSISTANT COACH

# WOMEN'S BIOS





# 2018-19 WOMEN'S ROSTER



Name	Year	Eligibility (I/O)	Event Area	Hometown (Previous School)
Keianna Albury	Senior	Senior	Sprints	Nassau, Bahamas (St. Augustine's College)
Cecelia Bacon	Freshman	Freshman	Jumps	Chantilly, Va. (Chantilly)
Alexis Baublitz	Junior	Sophomore	Pole Vault	York, Pa. (West Virginia)
Antoinette Bradley	Freshman	Freshman	Sprints	Fort Washington, Md. (Friendly)
Ryann Brundage	Freshman	Freshman	Throws	Corry, Pa. (Corry)
Frances Bull	Senior	Jr./Sr.	Mid-Distance/Sprints	Mentor, Ohio (Lake Catholic)
Rosemary Campbell	Senior	Junior	Throws	Erie, Pa. (Iroquois)
Elizabeth Chikotas	5th Year	Senior	Distance/XC	Hellertown, Pa. (Saucon Valley)
Madison Coppolino	Freshman	Freshman	Distance/XC	Somerdale, N.J. (Sterling)
Lauren Costa	Senior	Senior	Sprints	Oakdale, Pa. (West Allegheny)
Marisa Deichert	Senior	Junior	Distance/XC	Uniontown, Pa. (Laurel Highlands)
Andrea Demko	Freshman	Freshman	Distance/XC	Hershey, Pa. (Hershey)
Natasha Fedkina	Junior	Sophomore	Distance/XC	State College, Pa. (State College)
Madeline Frew	Sophomore	Freshman	Multi-Events	Pine Grove, Pa. (Pine Grove)
Megan Fry	Senior	Junior	Pole Vault	State College, Pa. (State College)
Kathleen Gallagher	Freshman	Freshman	Jumps	Frederick, Md. (Linganore)
Breana Gambrell	Freshman	Freshman	Jumps	Athens, Pa. (Athens)
Rachel Gearing	Freshman	Freshman	Jumps	Cleveland, Ga. (White County)
Olivia Giambra	Senior	Junior	Jumps	Pittston Township, Pa. (Pittston Area)
Taylor Givens	Freshman	Freshman	Multi-Events/Jumps	State College, Pa. (State College)
Julia Guerra	Junior	Sophomore	Distance/XC	Oakland, N.J. (Indian Hills)
Greer Gumbrecht	Junior	Junior	Pole Vault	Middletown, Del. (West Virginia)
Madeline Holmberg	Senior	Jr./Sr.	Multi-Events/Jumps	Greensburg, Pa. (Hempfield Area)
Alexis Holmes	Freshman	Freshman	Sprints	Cheshire, Conn. (Cheshire Academy)
Ekaterina Hupalo	Freshman	Freshman	Sprints	Mission Hills, Calif. (Bishop Alemany)
Katie Jones	Sophomore	Sophomore	Pole Vault	Williamsport, Pa. (South Williamsport)
Tess Kearns	Senior	Junior	Distance/XC	Scranton, Pa. (Holy Cross)
Piper Klinger	Freshman	Freshman	Throws	Selingsgrove, Pa. (Selingsgrove)
Audra Koopman	Sophomore	Sophomore	Jumps/Sprints	Fort Collins, Colo. (Fort Collins)
Kiara Lester	Junior	Junior	Sprints	Wenonah, N.J. (Deptford Township)
Payden Montana	Freshman	Freshman	Throws	Berwick, Pa. (Berwick)
Kathryn Munks	Junior	Junior	Distance/XC	Chester, N.Y. (Monroe-Woodbury)
Carena Nottoli	Freshman	Freshman	Pole Vault	Landisville, Pa. (Hempfield)
Noenie Noullet	Senior	Senior	Distance/XC	Pittsburgh, Pa. (McDonogh)
Nicole O'Donnell	Senior	Junior	Distance/XC	Harleysville, Pa. (Souderton)
Moira O'Shea	Sophomore	Sophomore	Distance/XC	Greensburg, Pa. (Greensburg Central Catholic)
Alexa Parks	Sophomore	Fr./Soph.	Jumps	Pipersville, Pa. (Palisades)
Julia Paternain	Freshman	Freshman	Distance/XC	Cambridge, England (Hills Road Sixth Form College)
Gianna Rao	Freshman	Freshman	Throws	Ponaganset, R.I. (Ponaganset)
Danae Rivers	Junior	Junior	Distance/XC	Derby, Conn. (Wilbur Cross)
Marissa Sheva	Senior	Junior	Distance/XC	Sellersville, Pa. (Pennridge)
Steph Sievers	Senior	Senior	Throws	Douglassville, Pa. (Daniel Boone)
Elyse Skerpon	5th Year	Senior	Sprints/Hurdles	Sayre, Pa. (Sayre Area)
Madison Smith	Sophomore	Sophomore	Throws	New Oxford, Pa. (New Oxford)
Victoria Tachinski	Sophomore	Sophomore	Distance/XC	Winnipeg, Manitoba (Vincent Massey)
Amariah Thomas	Freshman	Freshman	Sprints	Gahanna, Ohio (Gahanna Lincoln)
Grace Trucilla	Senior	Jr./Sr.	Distance/XC	Erie, Pa. (Maria Academy)
Kelsey Vieira	Junior	Soph./Jr.	Jumps	Hillsborough, N.J. (Hillaborough)
Maggie Welty	Freshman	Freshman	Distance/XC	Butler, Pa. (Butler)
Brooke-Lynn Williams	Sophomore	Sophomore	Sprints	Norton, Mass. (Norton)
Jordan Williams	Sophomore	Sophomore	Distance/XC	Sharon, Pa. (Sharon)
Alison Willingmyre	Sophomore	Sophomore	Distance/XC	Wernersville, Pa. (Wilson)
Alyssa Yeboah-Kodie	Sophomore	Soph./Fr.	Multi-Events	Hicksville, N.Y. (St. Anthony's)



# 2018-19 WOMEN'S RETURNERS



Keianna  
**ALBURY**

Senior · Senior  
Nassau, Bahamas

**SPRINTS • RELAYS**

**Albury's Personal Bests**

	Indoor	Outdoor
60m	7.32	***
100m	***	11.59
200m	23.55	23.33

**On the National Stage... || 2018 Outdoor ||** Advanced to the NCAA East Regionals in the 4x100-meter relay...A member of the 4x100-meter relay that placed 17th with its time of 44.85 || **2017 Outdoor ||** Competed at the NCAA East Preliminary in the 200-meters recording times of 23.33 - the fifth-fastest time in program history - and 23.80 in the first-round and quarterfinals of the event.

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the 4x100-meter relay that finished fifth with the No. 5 time in program history - 44.69...Placed 10th in the 200-meter dash with a time of 23.91 ...Took 11th in the 100-meter dash with a time of 11.77 || **2018 Indoor ||** Placed ninth in the 60-meter dash with her time of 7.58 || **2017 Outdoor ||** Competed in the 100-meters, 200-meters and the 4x100-meter relay...Finished eighth in both events helping her team finish third || **2017 Indoor ||** Competed in the 60-meters and 200-meters...Finished the 60-meter prelims with the fastest qualifying mark (7.32), finishing third in the final running 7.43...Took fourth in the 200-meter final in a time of 23.69 seconds.

**Around the Track... || 2018 Outdoor ||** Competed in six meets... Posted a personal-best time of 11.59 in the 100-meter dash at the Virginia Challenge...Member of the sprint medley relay that set a school record time of 3:47.80 at the Penn Relays || **2018 Indoor ||** Competed in five meets...Ran a season-best time of 7.37 to win the 60-meter dash at the Penn State National || **2017 Outdoor ||** Competed in four meets...Recorded the No. 6 time in program history in the 100-meters (11.65)...Recorded 14 top-10 finishes || **2017 Indoor ||** Competed in five meets for the Blue & White... Set personal best in the 60-meters (7.32) and long jump (18-1.50/5.52m)...Recorded 12 top-10 finishes, including eight first-place finishes || **2016 Outdoor ||** Competed in the Bison Outdoor Challenge running season best times of 12.06 (100-meters) and 24.99 (200-meters) || **2016 Indoor ||** Competed in four meets... Won the Penn State Relays 60 meters (7.58)...Ran a season-best time of 7.52 in the 60 meters at the Nittany Lion Challenge...Ran a leg on the fifth-place 4x400-meter relay at the Penn State Relays.

**Before Penn State... || High School PRs ||** 100: 11.56, 200: 23.54 || **High School ||** Two-time (2012-13) winner of the Bahamas Association of Athletic Associations Most Outstanding Youth award...2014 Anita Doherty Junior Female Track Athlete of the Year || **National Level Competition ||** Won the 200-meter dash at the 2014 Central American and Caribbean Junior Championships ...Placed third in the 100-meter dash at the 2014 Central American and Caribbean Junior Championships ...A member of the third-place 4x100-meter relay at the 2014 Central American and Caribbean Junior Championships ...Placed second in the 100-meter dash at the 2015 Caribbean Free Trade Association (CARIFTA) Games ...Finished third in the 200-meter dash at the 2015 CARIFTA Games ...A member of the runner-up 4x100-meter relay at the 2015 CARIFTA Games || **Personal ||** Daughter of Margurie and Kevin Albury...Born on July 28, 1996... Psychology major.



Frances  
**BULL**

Senior · Junior  
Mentor, Ohio

**SPRINTS • MID-DISTANCE**

**Bull's Personal Bests**

	Indoor	Outdoor
200m	25.54	***
400m	56.74	57.14
600m	1:30.53	***
800m	2:11.16	2:07.57

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the seventh-place 4x400-meter relay that posted a time of 3:39.27...Finished 14th in the 800-meter run with her time of 2:10.44 || **2018 Indoor ||** Talled a season-best time of 1:31.77 in the 600-meter run to place ninth || **2017 Outdoor ||** Competed in the 800 meters and ran a leg of the 4x400-meter relay...Finished 11th in the 800 meters running a personal best of 2:07.57 and helped the relay finish sixth in 3:40.86 || **2017 Indoor ||** Competed in the 600 meters running the No. 5 time in program history at 1:30.53... Also ran a leg on the 4x400-meter relay || **2016 Outdoor ||** Did not compete || **2016 Indoor ||** Recorded an 11th-place finish as a member of the 4x400-meter relay (3:44.68)...Finished 22nd in the 800 meters running 2:15.13.

**Around the Track... || 2018 Outdoor ||** Competed in six meets... Posted a season-best time of 2:09.00 in the 800-meter run at the Virginia Challenge || **2018 Indoor ||** Competed in four meets || **2017 Outdoor ||** Competed in seven meets...Recorded five top-10 finishes || **2017 Indoor ||** Competed in seven meets...Set personal best in the 200 meters (25.54) and the 400 meters (56.74)...Recorded 12 top-10 finishes || **2016 Outdoor ||** Did not compete || **2016 Indoor ||** Competed in seven meets...Recorded a season best time in the 800 meters of 2:11.16 at the Penn State National...Recorded nine top-three finishes.

**Before Penn State... || High School PRs ||** 400: 54.47, 800: 2:14.20 || **High School ||** Finished second at the outdoor state meet in the 400-meter dash during her senior year with her school record time of 54.47...Between indoor and outdoor track, Bull owns 11 school records...Won eight conference titles...During her senior year, Bull finished first in the 400-meter dash at the conference, district and regional levels...Four-year letterwinner in track...Three-time team MVP in track || **National Level Competition ||** Competed in the 400-meter dash championship level at the Outdoor New Balance Nationals meet during her junior year...Finished third in the 800-meter run at the Indoor New Balance Nationals meet during her senior year...Also competed in the 400-meter championship level at the Indoor and the Outdoor New Balance Outdoor Nationals || **Personal ||** Daughter of Darlene and Douglas Bull...Born on December 24, 1996...Art and design major.




Rosemary  
**CAMPBELL**  
Junior • Junior  
Erie, Pa.

**THROWS**

**Campbell's Personal Best**  
Javelin 45.51m (149-4)

**On the National Stage...** || **2018 Outdoor** || Advanced to the NCAA East Prelims in the javelin throw...Took 42nd in the javelin throw with her mark of 131-8 (40.14m).

**At the Big Ten Championships...** || **2018 Outdoor** || Finished 10th in the javelin throw with her mark of 141-0 (42.98m).

**In the Field...** || **2018 Outdoor** || Competed in eight meets...Tallied a personal-best distance of 149-4 (45.51m) in the javelin throw at the Penn Relays.

**Before Penn State...** || **High School PR** || Javelin: 125-11 || **High School** || School record holder in the javelin.. Two-time letterwinner in track and cross country...Played both soccer and basketball for all four years of high school...Played softball her first two years of high school...Member of the National Honor Society || **Personal** || Daughter of John and Mary Ellen Campbell...Has four siblings: Rebecca, Joseph, John and Cecelia...Father (John Campbell) played football at Gannon University...Sister (Rebecca) runs cross country for Gannon University...Born December, 30, 1998...Chemical engineering major.



Elizabeth  
**CHIKOTAS**  
Senior • Senior  
Hellertown, Pa.

**DISTANCE • CROSS COUNTRY**

**Chikotas' Personal Bests**

	Indoor	Outdoor
1,500m	***	4:23.24
Mile	4:45.59	***
3,000m	9:17.58	9:42.31
5,000m	16:04.66	16:05.46

**On the National Stage...** || **2016 Cross Country** || Finished third at the NCAA Mid-Atlantic Regional Championships running 20:17 on the 6K course...Placed 15th at the NCAA Championships running 20:09.4 and earned All-America honors || **2015 Cross Country** || Finished 102nd at the NCAA Championships in Louisville, Kentucky, running a time of 20:50.3...Placed 10th at the Mid-Atlantic Regional Championships hosted by Princeton || **2015 Outdoor** || Qualified for the NCAA East Prelims in the 5,000-meter run...Secured her spot in the NCAA Outdoor Track & Field Championships with an eighth-place finish with her time of 16:09.26...In her NCAA

Outdoor Track & Field Championships debut, Chikotas placed 19th in the 5,000-meter run with a time of 16:34.43 || **2014 Cross Country** || Placed 54th at the Mid-Atlantic Regional with her time of 21:59.

**At the Big Ten Championships...** || **2017 Outdoor** || Competed in the 5K running 17:02.66 finishing 13th || **2016 Cross Country** || Placed 10th at the BIG championships to help Penn State capture the BIG title || **2015 Cross Country** || Recorded a sixth-place finish at the Big Ten Championships as Penn State capture the second BIG title in program history || **2015 Outdoor** || Finished fifth in the 5,000-meter run with her time of 16:28.92 || **2015 Indoor** || Posted a pair of fourth place finishes (3,000 - 9:21.62, 5,000 - 16:20.81) || **2014 Cross Country** || Finished just shy of second-team All-Big Ten honors with her 15th-place finish (20:29.7)...Named the Big Ten Women's Cross Country Freshman of the Year...She was the third Nittany Lion to win the award and the first since 2009 (Nicole Lord).

**Around the Track...** || **2018 Outdoor** || Competed in one meet || **2018 Indoor** || Competed in three meets || **2017 Outdoor** || Competed in three meets... || **2017 Indoor** || Did not compete || **2016 Outdoor** || Did not compete || **2016 Indoor** || Competed in five meets...Ran the No. 5 time in program history in the 5,000-meters clocking 16:04.66 at the Husky Classic in Seattle, Washington... Was a member of the winning DMR and 4x800-meter relay at the Penn State Relays...Finished third in the 3,000-meters at the Penn State National running 9:17.58, a personal best...Set a personal best of 4:45.59 in the mile at the Nittany Lion Challenge || **2015 Outdoor** || Finished second in the 1,500-meter run at the Bison Outdoor Classic with her personal-best time of 4:23.24... Won the 5,000-meter run at the Penn Relays with her personal-best time of 16:05.46...Her time of 16:05.46 ranked fifth all-time at Penn State...Finished fifth in her section of the 1,500-meter run at the Payton Jordan Invite with her time of 4:23.77 || **2015 Indoor** || At the Nittany Lion Challenge, Chikotas posted a personal-best time of 4:46.54 en route to a first-place finish in the mile...Finished 19th in the 3,000-meter run at the Husky Classic with her time of 9:25.24...Tallied a second-place finish in the 3,000-meter run at the Penn State National with her time of 9:25.87.

**On the Course...** || **2017 Cross Country** || Did not compete || **2016 Cross Country** || Opened the year with a second-place finish at the Dolan Duals (13:38.50)...Placed second at the Spike Shoe Invitational (20:53)...Placed 13th at the Roy Griak Invitational (22:08.3)... Placed 2nd at the Penn State National Open (20:10.30) || **2015 Cross Country** || Competed in seven meets...Recorded a season-best time of 20:14.1 in the 6K at Big Ten Championships. Finished second at the Dolan Duals meet to open the season...Recorded a third-place finish at the Greater Louisville Classic in Louisville, Kentucky, in a time of 17:08.3...Finished fourth at the Wisconsin Adidas Invite in Madison, Wisconsin || **2014 Cross Country** || Competed in six meets as a freshman...Top Nittany Lion finisher in four of the six meets she competed in...Opened her Penn State career with a second-place finish at the Dolan Duals (14:44.63)...Led the Nittany Lions to the Harry Groves Spiked Shoe team title with her third-place finish (21:03.3)...Finished 14th at the Notre Dame Invitational (16:37.4)...Was the top Nittany Lion and the top true freshman at the Pre-National Invitational (eighth) with her time of 21:00.9.

**Before Penn State...** || **High School PRs** || 800: 2:17.43 ...1,600: 4:54.25...3,200: 10:36.65...Cross Country (5K): 18:03.40 || **High School** || PIAA AA cross country state champion...PIAA AA 3,200-meter run state champion...All-state (cross country and track & field)...Holds the district records in cross country, the 800-, 1,600- and 3,200-meter events...Four-year letterwinner in cross country and track & field...Captain of the cross country team...National Honor Society member || **Personal** || Daughter of Ann and Bryan Chikotas...Born April 5, 1996...Chemical engineering major.



# 2018-19 WOMEN'S RETURNERS



Lauren  
**COSTA**

Senior · Senior  
North Fayette Township, Pa.

### SPRINTS

#### Costa's Personal Bests

	Indoor	Outdoor
60m	7.67	***
100m	***	12.01
200m	24.70	25.09
400m	57.40	57.16

**At the Big Ten Championships...** || **2018 Indoor** || Placed 31st in the 400-meter dash with a time of 58.38 || **2017 Outdoor** || Competed in the 100 meters (12.29) || **2017 Indoor** || Competed in the 60-meters (7.81) and the 200-meters (25.26) || **2016 Outdoor** || Competed in the 100-meters, 200-meters, and as a member of the 4x100-meter relay...Ran a time of 24.51w in the 200-meters finishing 22nd...Ran a personal best time of 12.01 in the 100-meters during prelims...Finished ninth in the 4x100-meter relay in a time of 46.23.

**Around the Track...** || **2018 Outdoor** || Competed in four meets || **2018 Indoor** || Competed in five meets || **2017 Outdoor** || Competed in five meets || **2017 Indoor** || Competed in five meets...Recorded eight top-10 finishes... || **2016 Outdoor** || Competed in five meets...Recorded a first-place finish in the 100-meters at the Bucknell team Challenge running 12.05...Posted five top-10 finishes || **2016 Indoor** || Competed in six meets...Ran season-best times of 7.67 in the 60-meters (Fastrack National) and 24.70 in the 200-meters (Penn State Tune-Up).

**Before Penn State...** || **High School PRs** || 100: 11.94, 200: 25.11 || **High School** || Fifteen-time conference champion...Finished third as a freshman in the 100-meter hurdles at the 2012 PIAA AAA District Seven Outdoor Track & Field Championships...Won the 100-meter dash as a freshman at the 2012 PIAA AAA District Seven Outdoor Track & Field Championships...Placed second in the 100-meter dash at the 2013 PIAA AAA Outdoor Track & Field Championships...Claimed third-place in the 60-meter dash at the 2015 PTFCA Indoor State Track & Field Championships...Won the 100- and 200-meter dash events at the 2015 PIAA AAA District Seven Outdoor Track & Field Championships...2015 track team captain...Four-time team MVP...Holds six school records...Four-year letterwinner in track || **Personal** || Daughter of Jill and Sam Costa...Born on February 16, 1997...Communication sciences and disorders major.



Marisa  
**DEICHERT**

Junior · Junior  
Uniontown, Pa.

### DISTANCE · CROSS COUNTRY

**Around the Track...** || **2018** || Did not compete || **2017 Outdoor** || Did not compete || **2017 Indoor** || Did not compete || **2016 Outdoor** || Did not compete || **2016 Indoor** || Did not compete.

**On The Course...** || **2017** || Competed in four meets...Took 70th at the Spiked Shoe Invitational with her time of 24:18...Placed 162nd at the Penn State National with her time of 23:44.

**Before Penn State...** || **High School PR** || 3,200: 11:17.22 || **High School** || Four-time all-county in cross country...Four-time WPIAL cross country qualifier...Two-time PIAA cross country state meet qualifier...Three-time all-county in track...Three-time WPIAL track qualifier...Holds the school record in the 3,200-meter run...Cross country team captain...Track team captain...Eight-time letterwinner in cross country and track...Valedictorian || **Personal** || Daughter of Jennifer and Andy Deichert...Enrolled in the Schreyer Honors College...Born on July 19, 1997...Biomedical engineering major.



Natasha  
**FEDKINA**

Sophomore · Sophomore  
State College, Pa.

### DISTANCE · CROSS COUNTRY

#### Fedkina's Personal Bests

	Indoor	Outdoor
800m	2:15.24	***
1,000m	2:57.42	***
1,500m	***	4:33.80
Mile	4:58.21	***

**Around the Track...** || **2018** || Did not compete || **2017 Outdoor** || Competed in two meets...Finished fourth in the 1,500-meters running an outdoor best 4:33.80 at the Bucknell Team Challenge.

**On The Course...** || **2016 Cross Country** || Opened the year with a 10th-place finish at the Dolan Duals (14:50.50) ...Placed 68th at the Spike Shoe Invitational (25:25)...Placed 152nd at the Penn State National Open (22:26.20).

**Before Penn State...** || **High School PRs** || 800-meters: 2:15, Mile: 5:00.97, Cross Country 5K: 18:57 || **High School** || Helped State College earn a fifth-place at Cross Country State Meet in 2015...Won Cross Country Mid-Penn Title in 2015...Earned state runners-up at the outdoor state meet in 2016...A two-time runner-up at Mid-Penns for the mile (outdoor)...Sixth-place at Outdoor State meet in 2016...Won the mile at the Bruce Dallas Invitational...Three-time district champion in the 800...Two-time district champion in the mile...Team Captain of State College XC team in 2015 || **Personal** || Daughter of Katya and Mark Fedkina...Born on July 22, 1998...Communication sciences and disorders major.



Madeline  
**FREW**

Freshman · Freshman  
Pine Grove, Pa.

**JUMPS**

**In the Field... || 2018 ||** Did not compete.

**Before Penn State... || High School ||** Competed for Pine Grove Area High School for Emily Daubert...Schuylkill League Division Champions 2017...Four-time Schuylkill League all-area team...2015 Schuylkill league athlete of the year...Four-time District 11 100mH Champion...Two-time District 11 300mH champion...Four-time 100mH Schuylkill League champion...Four-time triple jump Schuylkill League champion...Two-time 300mH Schuylkill League champion...4x400m Relay Schuylkill League champion...100mH school record holder (15.25)...School record holder 300mH (45.6)...School record holder triple jump (36-11.5)...School record holder 4x100m relay (51.7)...School record holder 4x400m relay (4:08)...Team captain...Four-time All Area First-Team...Three-time district champions...Two-time Schuylkill league champions...Three-time Division Champions **|| Personal ||** Parents are Rona and Dave Frew...Born on July 21st, 1999...Undecided major.

**Before Penn State... || High School PR ||** Pole Vault: 12-9 **|| High School ||** Claimed third at the 2015 PIAA AAA Outdoor Track & Field Championships...Placed fifth at the 2015 PTFCA Indoor Track & Field Championships...Finished ninth at the 2014 PIAA AAA Outdoor Track & Field Championships...2015 PIAA AAA District Six champion...Two-time PIAA AAA District Six runner-up...2015 Kevin Dare Invitational champion...Tied for second at the 2015 Penn Relays with a then-school record of 12-3.75...2015 West Central Coaches Large School (AAA) Invitational champion with her school record height of 12-9...Her height of 12-9 is tied for first in Pennsylvania during the 2015 season...School record holder...All-state second team...Four-year letterwinner in track...Coaches Award (indoor season 2015)...MVP Award (2015 outdoor season)...*Centre Daily Times* Inspiring Athletes Finalist...Two-time *Centre Daily Times* Athlete of the Week **|| National Level Competition ||** Competed at the 2014 New Balance Outdoor Nationals meet, 2015 New Balance Indoor Nationals meet and the 2015 New Balance Outdoor Nationals meet **|| Personal ||** Daughter of Carolyn and Scott Fry...Born on May 31, 1997...Wildlife and fisheries science major.



Olivia  
**GIAMBRA**

Senior · Senior  
Pittston, Pa.

**JUMPS**

**Giambra's Personal Bests**

	Indoor	Outdoor
Long Jump	5.47m (17-11.5)	***
Triple Jump	11.75m (38-6.75)	11.46m (37-7.25)

**At the Big Ten Championships... || 2018 Indoor ||** Placed 16th in the triple jump with her leap of 38-0.25 (11.59m) **|| 2017 Outdoor ||** Competed in the triple jump finishing 16th with a best of 38-4.25 (11.69m).

**In the Field... || 2018 Outdoor ||** Did not compete **|| 2018 Indoor ||** Competed in six meets...Posted a season-best distance of 17-2.75 (5.25m) in the long jump at the Nittany Lion Challenge...Recorded a personal-best leap of 38-6.75 (11.75m) in the triple jump at the Sykes & Sabock Challenge Cup **|| 2017 Outdoor ||** Competed in six meets...Posted three top-10 finishes **|| 2017 Indoor ||** Competed in six meets...Recorded seven top-10 finishes **|| 2016 Outdoor ||** Competed in one meet...Recorded 25th- and 13th-place finishes in the triple jump and long jump, respectively...Set season best marks of 35-10.5 (10.93m) and 18-0.5 (5.50m) in the triple jump and long jump, respectively, at the Bison Outdoor Classic.

**Before Penn State... || High School PRs ||** Long Jump: 17-10.25, Triple Jump: 37-4.5 **|| High School ||** 2012 & 2014 PIAA District Two AAA triple jump champion...Four-time state qualifier...2014 PIAA District II AAA long jump champion...School record holder in the long jump...Finished eighth in the long jump at the 2014 PIAA AAA state meet...Four-year letterwinner in track...Two-time letter winner in soccer...Three-year team captain...Graduated valedictorian **|| Personal ||** Daughter of Lesa and Joseph Giambra...Born on May 27, 1997...Nutritional sciences major.



Megan  
**FRY**

Junior · Junior  
State College, Pa.

**POLE VAULT**

**Fry's Personal Bests**

	Indoor	Outdoor
Pole Vault	3.86m (12-8)	3.85m (12-7.5)

**At the Big Ten Championships... || 2017 Outdoor ||** Competed in the pole vault **|| 2017 Indoor ||** Competed in the pole vault finishing 12th with a mark of 12-9.50 (3.90m) **|| 2016 Outdoor ||** Competed in the pole vault **|| 2016 Indoor ||** Competed in the pole vault finishing 12th with a personal best clearance of 12-8 (3.86m).

**In the Field... || 2018 ||** Did not compete **|| 2017 Outdoor ||** Competed in six meets...Recorded an outdoor personal best of 12-7.50 (3.85m) that is the No. 8 mark in program history **|| 2017 Indoor ||** Competed in six meets...Posted four top-10 finishes...Recorded the No. 5 mark in program history with a personal best of 13'-0.75" (3.98m) at the Penn State National **|| 2016 Outdoor ||** Competed in seven meets...Cleared a season-best 12-6 (3.81m) at the Bucknell Team Challenge claiming a third-place finish...Posted two top-five finishes **|| 2016 Indoor ||** Competed in six meets...Recorded three top-10 finishes...Opened the season with a fourth-place finish at the Penn State Relays in the pole vault.



# 2018-19 WOMEN'S RETURNERS



Julia  
**GUERRA**

Sophomore · Sophomore  
Oakland, N.J.

**DISTANCE · CROSS COUNTRY**

**Around the Track... || 2018 ||** Did not compete.

**Around the Course... || 2017 ||** Competed in four meets...Finished 29th at the Spiked Shoe Invitational with her time of 22:30...Placed 41st at the Cowboy Jamboree with her time of 22:21.9 || **2016 ||** Opened the year with a sixth-place finish at the Dolan Duals (14:18.24)...Placed 62nd at the Spike Shoe invitational (24:13)...Placed 244th at the Roy Griak Invitational (24:53.4).

**Before Penn State... || High School ||** Member of the first team All-Bergen County Indoor Track 4x800 relay team...Four-time First Team All-Bergen County in cross country (2012-16)...Four-time First Team All-North Jersey in cross country (2012-16)...Second Team All-State Cross Country(2013)...First Team All-State in cross country (2015)...*Bergen Record* Athlete of the Week in cross country (10/20/15)...Fourth-place at the New Jersey State Meet of Champions (2015)...*Bergen Record* Athlete of the Week in winter track (2/25/14)...*Star Ledger* Athlete of the Week in winter track (2/25/14)...Three-time First Team All-Bergen County in winter track...Two-time All-North Jersey in winter track...1600m & 3200m State Group 2 champion in indoor track (2014)...3200m State Group 2 champion in indoor track (2016)...*Bergen Record* Athlete of the Season in winter track (2016)...First Team All-State in winter track (2016)...*Milesplit* National Kick of the Week winner (2/29/16)...Two-time First Team All-Bergen County in spring Track...Two-time First Team All-New Jersey in spring track...Third Team All-State 1600m in spring track (2015)...Runner-up in the 1600m at the New Jersey State Meet of Champions (2015)...Three-time Outdoor 1600m State Medalist...Earned 12 letters...Team captain of cross country, indoor track and outdoor track for two years || **Personal ||** Daughter of Michael and Felicia Guerra...Born on September 2, 1998...Kinesiology major.



Greer  
**GUMBRECHT**

Junior · Junior  
Easton, Pa.

**POLE VAULT**

### Gumbrecht's Personal Bests

	Indoor	Outdoor
<b>Pole Vault</b>	<b>4.03m (13-2.5)</b>	<b>3.85m (12-7.5)</b>

**At the Big Ten Championships... || 2018 Indoor ||** Recorded a personal-best height of 13-2.5 (4.03m) in the pole vault to place sixth, which ranks fifth all-time at Penn State.

**In the Field... || 2018 Outdoor ||** Competed in five meets || 2018 Indoor || Competed in seven meets.

**Before Penn State... || High School PR ||** Pole Vault: 12-9 || **High School ||** Four-year letterwinner for Richard Orner...Two-time district champion, Three-time league champion, 2016 Pennsylvania State Champion || **National Level Competition ||**Qualifier for 2014-2016 New Balance Nationals indoor/outdoor || **Personal ||** Daughter of Jodi & Jerry...Three siblings, Jude, Trent and Luke... Born on July 19, 1998...Media studies major.



## Maddie HOLMBERG

Junior · Senior  
Greensburg, Pa.

### MULTI-EVENTS

Holmberg's Personal Bests		
	Indoor	Outdoor
200m	***	24.08
600m	1:42.26	***
800m	2:20.13	2:19.16
60mH	8.49	***
100mH	***	13.95
Javelin	***	43.35m (142-3)
High Jump	1.60m (5-3)	1.64m (5-4.5)
Long Jump	6.18m (20-3.5)	6.37m (20-10.75)
Shot Put	14.03m (46-0.5)	13.68m (44-10.75)
Pentathlon/Heptathlon	4,216	5,976

**On the National Stage...** || **2018 Outdoor** || Qualified for the NCAA East Prelims in the long jump...Finished 28th in the long jump at the NCAA East Prelims with her distance of 19-3.5 (5.88m)...Qualified for the NCAA Championships in the heptathlon...Finished third in the heptathlon at the NCAA Championships with her score of 5,833 points...Had the second-best mark in the shot put with her distance of 44-10.75 (13.68m)...Recorded a personal-best time of 2:19.16 in the 800-meter run at the NCAA Championships...Placed ninth overall in the heptathlon at the USATF Championships with her score of 5,780 points...Posted a season-best time of 13.93 in the 100-meter hurdles...Had the third-best mark in the shot put field with her distance of 45-9 (13.94m) || **2018 Indoor** || Finished seventh in the pentathlon with her personal-best score, and the No. 2 score in school history, of 4,216 points...Had the top mark in the shot put with her distance of 45-0.5 (13.73m).

**At the Big Ten Championships...** || **2018 Outdoor** || Finished second in heptathlon with her school record score of 5,976 points...Had the top time in the 200-meter dash (23.79w) and the long jump (20-10.75/6.37m)...Placed eighth in the long jump with her mark of 20-1.75 (6.14m)...Posted a personal-best distance of 142-3 (43.35m) in the javelin throw...Her distance of 20-10.75 (6.37m) in the long jump is tied for the No. 3 mark in school history || **2018 Indoor** || Placed second in the long jump with her indoor personal-best distance of 20-3.5 (6.18m)...Finished second in the pentathlon with her score of 4,168 points...Had the top mark in the shot put with her personal-best distance of 46-0.5 (14.03m) and the top distance in the long jump with her mark of 19-1.25 (5.82m)...Tallied an indoor personal-best time of 2:20.13 in the 800-meter run...Recorded a personal-best time of 8.49 in the 60-meter hurdles...Her mark of 46-0.5 (14.03m) in the shot put is a personal-best performance || **2016 Outdoor** || Competed in the heptathlon, finishing seventh with a two-day score of 5118 - a career best...Recorded marks of 35.61m (javelin), 24.98w (200m), 14.39w (100mH), 11.45m (Shot Put), 2:30.32 (800m), 1.53m (high jump) and 5.68mw (long jump) || **2016 Indoor** || Competed in the pentathlon recording a total of 3747...Recorded marks of 5.65m (long jump), 8.71 (60mH), 11.79m (shot put), 1.49m (high jump) and 2:23.59 (800m).

**Around the Track...** || **2018 Outdoor** || Finished second in heptathlon with her school record score of 5,976 points...Had the top time in the 200-meter dash (23.79w) and the long jump (20-10.75/6.37m)...Placed eighth in the long jump with her mark of 20-1.75 (6.14m)...Posted a personal-best distance of 142-3

(43.35m) in the javelin throw...Her distance of 20-10.75 (6.37m) in the long jump is tied for the No. 3 mark in school history || **2018 Indoor** || Competed in eight meets || **2017 Outdoor** || Competed in eight meets...Posted the No. 1 score in the heptathlon in the Big Ten with her total of 5,636, that is also the No. 3 total in program history...Set the heptathlon record in the shot put with her mark of 42-0 (12.80m) || **2016 Outdoor** || Competed in five meets...Recorded a second-place finish in the heptathlon at the prestigious Penn Relays with a total score of 5,053...Recorded 14 top-10 finishes throughout the regular season || **2016 Indoor** || Competed in six meets during the regular season...Recorded 24 top-10 finishes throughout the regular season including four first-place finishes.

**Before Penn State...** || **High School PRs** || 100mH: 14.34, 300mH: 42.72, Long Jump: 20-1 || **High School** || Twelve-time Westmoreland county champion...Three-time Westmoreland MVP...Nine-time WPIAL champion...All-time WPIAL record holder in the long jump and the 4x100-meter relay...Nine-time PIAA place winner...Four-time PIAA state champion (2013: 4x1, 2014: long jump, 300-meter hurdles, 4x100-meter relay)...2014 PIAA Women's Track Athlete of the Year...2014 *Tribune Review* Athlete of the Year...2014 *Post Gazette* Athlete of the Year...Owns the school record in the long jump, 300-meter hurdles, 4x100-meter relay and 4x400-meter relay...Four-year letterwinner || **National Level Competition** || 2014 New Balance Nationals All-American - sixth-place (4x1) || **Personal** || Daughter of Rob and Deidre Holmberg...Born on October 26, 1996... Kinesiology major.



## Katie JONES

Sophomore · Sophomore  
Williamsport, Pa.

### POLE VAULT

Jones' Personal Bests		
	Indoor	Outdoor
Pole Vault	4.09m (13-5)	4.12m (13-6.25)

**On the National Stage...** || **2018 Outdoor** || Qualified for the NCAA East Prelims in the pole vault...No heighted in the pole vault at the NCAA East Prelims.

**At the Big Ten Championships...** || **2018 Outdoor** || Recorded a personal-best, and tied the school record, with a height of 13-6.25 (4.12m) to place sixth in the pole vault || **2018 Indoor** || Finished 15th in the pole vault with her height of 12-6.75 (3.83m).

**In the Field...** || **2018 Outdoor** || Competed in seven meets || **2018 Indoor** || Competed in six meets...Recorded an indoor personal-best height of 13-5 (4.09m) in the pole vault at the Sykes & Sabock Challenge Cup...Her height of 13-5 (4.09m) ranks fourth all-time at Penn State.

**Before Penn State...** || **High School PRs** || Pole Vault: 13-9.25(i), 13-7 (o) || **High School** || Four-time District 4 Champion (2014-17), Four-time Pennsylvania Heartland Athletic Conference Champion (2014-17), 2015 PIAA AA State Championships fourth-place, 2016 and 2017 PIAA AA State champion, 2016 and 2017 PTFCA Indoor State Champion, 2016 Penn Relays champion, PA indoor and outdoor state record holder, 2016 and '17 *Williamsport Sun Gazette* Female Athlete of the Year || **National Level Competition** || 2016 Indoor New Balance Nationals bronze medalist, 2016 Outdoor New Balance Nationals silver medalist, 2017 Indoor New Balance National Champion, 2017 Outdoor New Balance Nationals silver medalist || **Personal** || Daughter of Mike and Patti Jones...Born on July 13, 1999...Kinesiology major.



# 2018-19 WOMEN'S RETURNERS



Tess  
**KEARNS**

Senior • Senior  
Scranton, Pa.

**DISTANCE • CROSS COUNTRY**

**Around the Track...** || 2018 || Did not compete || 2017 || Did not compete || 2016 || Did not compete.

**On the Course...** || 2017 || Did not compete || 2016 || Did not compete.

**Before Penn State...** || **High School PRs** || 1,600: 5:13.33, 3,200: 11:13.90, Cross Country (5k): 19:37.00 || **High School** || 2013 PIAA District AA cross country champion...Two-time cross country state medalist...Three-time state qualifier in cross country...2013 all-state (cross country)...2013 all-region (cross country)...Three-time all-league (cross country)...Cross country PIAA District A record holder...2014 PIAA District AA 1,600- and 3,200-meter run champion...2015 PIAA AA state medalist in the 3,200-meter run...2014 league champion in the 3,200-meter run...2014 all-region (track)... Three-time all-league (track)...Three-time cross country captain... Two-time track team captain...Two-time cross country team MVP... Two-time track team MVP...2014 Wendy's High School Heisman Winner for the State of Pennsylvania...Four-time letterwinner in cross country and track || **Personal** || Daughter of Mary Alice and Robert Kearns...Born on November 3, 1996...Telecommunications major.

in long jump - 2016-17...Conference Champion (100, long jump)- 2014-17...Conference champion high jump - 2016-17...School record holder - LJ, 4x1, medley relay...Conference champions - 2014-17, State Champions- 2014, '16...State Runner-up - 2015, '17...Team Captain - 2016-17...Track MVP - 2016, Field MVP - 2014-15, '17...President of the BioScience Career Academy, Member of the Science National Honor Society, Finished high school with a 4.04 GPA || **National Competition** || Arcadia Invitational- 2014-2016, Simplot Games- 2014-2017, Mt. Sac Relays - 2017 || **Personal** || Parent is Gay Koopman...Born on July 6, 1999...Kinesiology major.



Kiara  
**LESTER**

Junior • Junior  
Wenonah, N.J.

**SPRINTS**

### Lester's Personal Bests

	Indoor	Outdoor
60m	7.63	***
100m	***	11.93
200m	24.10	24.05
400m	56.53	54.74

**On the National Stage...** || 2018 **Outdoor** || Qualified for the NCAA East Prelims in the 4x100-meter relay...A member of the 4x100-meter relay that finished 17th with its time of 44.85 || 2017 **Outdoor** || Ran on the 4x100-meter relay and 4x400-meter relay at the NCAA East Preliminary in Lexington, Ky.

**At the Big Ten Championships...** || 2018 **Outdoor** || A member of the 4x100-meter relay that finished fifth with its time of 44.69, which is the No. 5 time in program history...A member of the 4x400-meter relay that took seventh with its time of 3:39.27... Placed 15th in the 200-meter dash with her time of 24.32...Finished 17th in the 400-meter dash with her time of 54.88 || 2018 **Indoor** || A member of the runner-up distance medley relay with its time of 11:11.91...A member of the ninth-place 4x400-meter relay (3:40.59)...Placed 10th in the 200-meter dash with her time of 24.14 || 2017 **Outdoor** || Set personal-bests in the 200-meters (24.34) and 400-meters (54.74) || 2017 **Indoor** || Competed in the 60-meters, 200-meters and 4x400-meter relay.

**Around the Track...** || 2018 **Outdoor** || Competed in six meets...A member of the sprint medley relay that set a school record time of 3:47.80 at the Penn Relays || 2018 **Indoor** || Competed in five meets || 2017 **Outdoor** || Competed in six meets...Posted nine top-10 finishes...Set collegiate best of 11.93 in 100-meters at the Virginia Classic || 2017 **Indoor** || Competed in five meets...Recorded seven top-10 finishes...Set a personal best of 7.63 seconds in the 60-meters at the Spire Invite in Geneva, Ohio.

**Before Penn State...** || **High School** || Two-time Indoor Group Two team champions...4x200 & 4x4 State Champions...2015 Outdoor 4x1, 4x2 and 4x4 State champions...First team All-Conference in the 55m, 200m, and 400m...2014-2015 Indoor and Outdoor Sectional/State Champion in the 55m, 400m, 4x2 and 4x4...Two-time Meet of Champion winner and record holder (24)...2015 outdoor state Champion in the 100m, 200m, 400m and 4x1...Indoor 400m school record holder...Earned four Indoor and Outdoor varsity letters...Four-year team Captain...|| **National Level Competition** || Started AAU Track and Field at the age of eight...Has been ranked within the top-10 every summer || **Personal** || Daughter of Kevin and Fran Lester...Has one sibling, Kevin Lester Jr...Born October 8, 1998...Journalism major.



Audra  
**KOOPMAN**

Sophomore • Sophomore  
Fort Collins, Colo.

**JUMPS**

### Koopman's Personal Bests

	Indoor	Outdoor
60m	7.82	***
100m	***	12.83
200m	25.86	***
Long Jump	5.82 (19'-1.25")	5.85 (19'-2.5")

**At the Big Ten Championships...** || 2018 **Outdoor** || Tallied a personal-best mark of 19-2.50 (5.85m) to place 16th in the long jump || 2018 **Indoor** || Recorded a season-best distance of 19-1.25 (5.82m) to finish 12th in the long jump.

**In the Field...** || 2018 **Outdoor** || Competed in seven meets || 2018 **Indoor** || Competed in seven meets.

**Before Penn State...** || **High School PRs** || Long Jump: 19-8.5, High Jump: 5-5.5, 100m: 11.92, 200m: 24.62 || **High School** || Letter winner at Fort Collins High School for coach Conrad Crist... All-State- 2014-2017, All-Conference- 2014-2017, State Champion





## Kathryn MUNKS

Junior • Junior  
Chester, N.Y.

**DISTANCE • CROSS COUNTRY**

### Munks' Personal Bests

	Indoor	Outdoor
1,500m	***	4:33.23
Mile	4:55.46	***
3,000m	9:39.90	***
5,000m	16:37.23	16:23.15
10,000m	***	34:05.28

**On the National Scene...** || **2018 Outdoor** || Qualified for the NCAA East Prelims in the 10,000-meter run...Finished 24th in the 10,000-meter run at the NCAA East Prelims with her time of 35:02.90 || **2017 Cross Country** || Ran to a sixth-place finish at the Mid-Atlantic Regional (20:15.8)...Was the second Nittany Lion, and 106th overall, finisher at the NCAA Championships (20:45.33) || **2017 Outdoor** || Competed in the 10,000-meters at the NCAA East Preliminary in Lexington, Ky. || **2016 Cross Country** || Finished 12th at the NCAA Mid-Atlantic Regional Championships running 20:53 on the 6K course...Placed 177th at the NCAA Championships running 21:15.2.

**At the Big Ten Championships...** || **2018 Outdoor** || Finished fifth in the 10,000-meter run (34:45.11) and took 11th in the 5,000-meter run (17:03.33) || **2018 Indoor** || Finished 23rd in the 5,000-meter run with her time of 17:21.59 || **2017 Cross Country** || Placed 20th with a time of 20:50.3 || **2017 Outdoor** || Finished fifth in the 10,000-meters running a personal best 34:05.28 || **2017 Indoor** || Finished 14th in the 5,000-meters || **2016 Cross Country** || Placed 27th at the Big Ten Cross Country Championships (21:57.4).

**Around the Track...** || **2018 Outdoor** || Competed in five meets...Finished second in the 5,000-meter run at the Penn Relays with her time of 16:23.15 || **2018 Indoor** || Competed in five meets || **2017 Outdoor** || Competed in five meets...Recorded personal best in the 1,500-meters (4:33.87) and 5,000-meters (16:28.57)... || **2017 Indoor** || Competed in four meets...Recorded personal bests of 4:58.82 in the Mile and 9:39.90 in the 3,000-meters.

**On the Course...** || **2017** || Competed in all seven team meets...Recorded three top-five finishes...Finished third at the Penn State National (20:23) || **2016** || Opened the year with a Fifth-place finish at the Dolan Duals (14:15.50)...Placed 11th at the Spiked Shoe Invitational (21:29)...Placed 62nd at the Roy Griak Invitational (22:57.2)...Placed 21st at the Penn State National Open (20:49.40).

**Before Penn State...** || **High School** || Cross Country: OCIAA D1 Champions...OCIAA County Champions...Section 9 Champions...Fifth-place at NYSPHSAA Class A Championships...Third-place NYS Federation Champions...Indoor & Outdoor: OCIAA League champions...OCIAA D1 Champions...Section 9 Champions...New York State Meet Qualifier...4xmile School and Section Record (20:56.98)...Davidson Award...XC OCIAA Champion...*Times Herald Record* Athlete of the Year (2014 & 2015)...First Team All County...Second Team All-State...First Team All-Northeast...Honorable mention All-American...OCIAA Champion In the 4x800...Class A champion in the 4x800...5th place at NYSPHAA...Seventh-place

at the NYS Meet...Third-place in the DMR at the Penn Relays (running 11:51.65)...Section 9 champion in the 800m and 3000m...Won 12 varsity letters...Team captain in XC and Track...Three-time XC MVP...Four-time Track MVP || **National Level Competition** || Finished 37th at Footlocker Cross Country Nationals...Competed at New Balance Indoor Nationals in the 4x800 (2014), 2mile (2015-16) and DMR (2016)...Competed at New Balance Outdoor Nationals in the 4xmile (2013, '15-16), SMR (2015 eighth-place), 2 mile (2016 11th-place) and EE DMR (2015 fifth-place) || **Personal** || Daughter of Susan and Joseph Munks...Born on June 30, 1998...Kinesiology major.



## Noemie NOULLET

Senior • Senior  
Pittsburgh, Pa.

**DISTANCE • CROSS COUNTRY**

### Noullet's Personal Bests

	Indoor	Outdoor
1,500m	***	4:41.34
Mile	4:59.48	***
3,000m	10:09.63	***
5,000m	***	17:24.26

**At the Big Ten Championships...** || **2017 Cross Country** || Placed 97th (23:01.5).

**On the Course...** || **2017 Cross Country** || Competed in five meets...Finished 35th at the Spiked Shoe Invitational (22:43).

**Around the Track...** || **2018** || Did not compete || **2017 Outdoor** || Competed in four meets...Set personal best of 4:41.34 in the 1,500-meters and 17:24.26 in the 5,000-meters.

**Before Penn State...** || **High School PR** || XC (5K): 19:14, Mile: 5:10 || **High School** || Helped lead McDonogh School to IAAM Championships in cross country (2014-15), indoors (2011-15) and outdoors (2011-15)...All-Star IAAM Conference Champion (2012-14)...Seventime letterwinner in track and cross country combined...Captain of her cross country team her senior year || **National Competition** || Competed at New Balance nationals (NBN) in the Emerging Elite 4x800 in both 2013, and 2015...In 2015, was part of the EE 4x800m record breaking team...Competed in the championship 4x800 at NBN in 2014...Competed in the 4x1 mile relay at NBN in 2015 || **Personal** || Daughter of Wendi Bukowitz and Nemour M Landaiche...Has one brother, Isadore Budnick...Brother, Isadore ran Track at Case Western Reserve...Born on August 7, 1997...Graphic design major.



# 2018-19 WOMEN'S RETURNERS



**Nicole O'DONNELL**  
Junior · Junior  
Harleysville, Pa.

**SPRINTS • MID-DISTANCE**

**O'Donnell's Personal Bests**

	Indoor	Outdoor
800m	2:15.10	2:14.54

**Around the Track... || 2018 ||** Did not compete || **2017 Outdoor** || Competed in three meets...Recorded a personal best in the 800-meters of 2:14.54 at the Bucknell Classic || **2017 Indoor** || Competed in four meets...Set a season best of 2:15.10 at the PSU Tune-Up in a fourth-place finish || **2016 Outdoor** || Competed at the Bison Outdoor Classic running 2:18.19 in the 800-meters.

**On the Course... || 2017 Cross Country** || Did not compete || **2016 Cross Country** || Opened the year with a 16th-place finish at the Dolan Duals (16:11.03)...Placed 214th at the Penn State National Open (23:53.90).

**Before Penn State... || High School PR** || 400: 58.01 || **High School** || All-conference...Six-time school record holder...Four-time letter-winner in track...Two-time letter winner in cross country || **National Level Competition** || Competed at the 2015 New Balance Outdoor Nationals on the sprint medley relay and the 4x400-meter relay || **Personal** || Daughter of Vicki and John O'Donnell...Born on September 25, 1996...Biology major.



**Moira O'SHEA**  
Sophomore · Sophomore  
Greensburg, Pa.

**DISTANCE • CROSS COUNTRY**

**O'Shea's Personal Bests**

	Indoor	Outdoor
800m	2:18.97	***
1,000m	2:57.65	***
Mile	4:56.51	***

**Around the Track... || 2018 Outdoor** || Did not compete || **2018 Indoor** || Competed in five meets...Ran a personal-best time of 4:56.51 in the mile at the Penn State Tune-Up.

**Before Penn State... || High School PRs** || Mile: 5:02, 3200: 10:58 || **High School** || Letterwinner at Greensburg Central Catholic High School...District 7 1,600m Champion, PIAA AA 1,600m runner-up, PTFCA Mile eighth-place finisher...2016-17 cross country team captain...2017 track & field MVP || **National Competition** || New Balance Nationals Indoor Mile 2017: 17th place (5:04) || **Personal** || Parents are Terry and Amy O'Shea...Has one sister, Delaney O'Shea...Born on October 27, 1998...Liberal arts major.



**Alexa PARKS**  
Freshman · Sophomore  
Pipersville, Pa.

**JUMPS**

**Parks' Personal Bests**

	Indoor	Outdoor
High Jump	***	1.65m (5'-5")

**In the Field... || 2018 Outdoor** || Did not compete || **2018 Indoor** || Competed in six meets.

**Before Penn State... || High School PR** || High Jump: 5-9 (1.75m) || **National Level Competition** || 2016 New Balance Nationals Outdoor (31st Place)...2017 New Balance Nationals Outdoor (20th place) || **Personal** || Parents are Rob and Beth Parks - both Penn State alumni...Has one sister, Rachel...Born on June 14, 1999...Architectural engineering pre-major.



**Danae RIVERS**  
Junior · Junior  
Derby, Conn.

**MID-DISTANCE • CROSS COUNTRY**

**Rivers' Personal Bests**

	Indoor	Outdoor
600m	1:29.06	***
800m	2:03.13	2:02.53
1,500m	***	4:10.82
Mile	4:32.55	***

**On the National Stage... || 2018 Outdoor** || Advanced to the NCAA East Prelims in the 1,500-meter run...Qualified for the NCAA Championships in the 1,500-meter run with a third-place finish (4:11.75)...Finished eighth overall in the 1,500-meter run at the NCAA Championships with her time of 4:12.36...Advanced to the semifinals of the 800-meter run at the USATF Championships and finished 13th with a time of 2:02.88 || **2018 Indoor** || Placed seventh in the 800-meter run with her time of 2:04.20 || **2017 Cross Country** || Took eighth at the Mid-Atlantic Regional (20:17.6)...Finished 132nd at the NCAA Championships (20:57.82) || **2017 Indoor** || Finished 19th in the 800-meters at the NCAA championships...Competed in the 800-meters at the NCAA East Preliminary in Lexington, Ky...Ran a leg on the NCAA East Preliminary qualifying 4x400-meter relay || **2017 Indoor** || Earned All-America honors finishing third in the mile at the NCAA Championships.

**At the Big Ten Championships... || 2018 Outdoor** || Defended her 1,500-meter run title with a time of 4:27.47...Ran the fourth-fastest 800-meter run time in prelims (2:07.07), but scratched from the final || **2018 Indoor** || Defended her 800-meter run title with a time of 2:07.75...A member of the runner-up distance medley relay with its time of 11:11.91 || **2017 Cross Country** || Ran to a 37th-place finish (21:24.9) || **2017 Outdoor** || Captured the conference title in

# 2018-19 WOMEN'S RETURNERS



the 800-meters following a runner-up finish in the 1,500-meters || **2017 Indoor** || Captured the conference title in the 800-meters following a first-place finish in the DMR.

**Around the Track... || 2018 Outdoor** || Competed in eight meets... Opened the 2018 outdoor season with a personal-best and school record time of 4:10.82 at the Florida Relays...A member of the sprint medley relay that set a school record time of 3:47.80 at the Penn Relays || **2018 Indoor** || Competed in five meets...Recorded an indoor personal-best and school record time of 2:03.13 in the 800-meter run at the Clemson Invitational || **2017 Outdoor** || Competed in seven meets...Posted 12 top-10 finishes...Set school records in the 800-meters, DMR and 4x800-meters...Named Big Ten Freshman of the Year || **2017 Indoor** || Competed in seven meets...posted 16 top-10 finishes including six first-place finishes...Set school records in the 600-meters, 800-meters, Mile and DMR...named Big Ten Freshman of the Year.

**On the Course... || 2017** || Competed in six meets ...Tallied a third-place finish at the Dolan Duals (13:54.82)...Placed 18th at the Cowboy Jamboree (21:41.0).

**Before Penn State... || High School PRs** || Mile: 4:47, 800-meters: 2:05 || **High School** || Indoor SCC Champions...2014 Indoor State Open Champions...2015 Indoor State Champions...Indoor State Records: 1000m, 1600m, 4x400m, SMR...Indoor State Open Records: 1000m, 1600m, SMR...Outdoor State Record: 800m...Outdoor State Open Record: 1600m...Outdoor New England: 800m || **National Level Competition** || 2014 Indoor New Balance Nationals SMR second-place and 1600m fourth-place...2015 Outdoor New Balance Nationals 800m third-place...2016 Indoor New Balance Nationals 800m fourth-place || **Personal** || Daughter of David and Andrea Rivers...Has two siblings, Andrew and Leah Rivers...Born on February 3, 1998...Integrative arts major.

2013...Team won the ECNL Northeast Conference in 2013 and the MidAtlantic Conference in 2012...**Cross country/track:** One of the most successful cross country runners in Pennridge history, holding the top two spots in school history at the state championship meet...Also competed in outdoor track, where she finished 25th at the Foot Locker Nationals and seventh at the Northeast Regionals...Named first team all-league and all-district in 2011 when Pennridge was the league and district champion, and was the Pennsylvania state runner-up...Garnered first team all-league, all-district and all-state recognition when the team earned its second-straight league championship and was the district finalist || **Personal** || Marissa Maeve Sheva was born on April 22, 1997, in Sellersville, Pennsylvania...Parents are Bryan and Bernadette Sheva...Has a younger brother, Cameron, and an older sister, Caitlyn...Caitlyn competed in track and cross country at East Carolina... Also competes for Penn State's women's soccer team...Security and risk analysis major.



**Steph SIEVERS**  
Senior · Senior  
Douglassville, Pa.

**THROWS**

Sievers' Personal Bests	
Javelin	49.64m (162-10)

**On the National Stage... || 2018 Outdoor** || Qualified for the NCAA East Prelims in the javelin throw...Placed 10th in the javelin throw at the NCAA East Prelims with her mark of 159-11 (48.75m) to advance to the NCAA Championships...Finished 22nd in the javelin throw at the NCAA Championships with a mark of 144-4 (43.99m) || **2017 Outdoor** || Competed in the javelin throw finishing 16th || **2016 Outdoor** || Qualified for the NCAA East Preliminary in the javelin throw...Finished 23rd with a mark of 144-4 (44.00m).

**At the Big Ten Championships... || 2018 Outdoor** || Recorded a distance of 153-1 (46.66m) in the javelin throw to place seventh || **2017 Outdoor** || Finished ninth in the javelin || **2016 Outdoor** || Finished 13th in the javelin throw with a mark of 42.30m (138'-9").

**In the Field... || 2018 Outdoor** || Competed in nine meets...Recorded a personal-best distance of 162-10 (49.64m) in the javelin throw at the Bison Outdoor Classic, which ranks No. 9 all-time at Penn State || **2017 Outdoor** || Competed in five meets...Posted four top-10 finishes...Set personal best in the javelin at the LSU Battle on the Bayou with a mark of 159-9 (48.70m) || **2016 Outdoor** || Competed in seven meets...Set a personal best of 146-8 (44.70m) at the Pac-12 vs. Big Ten Challenge in Tempe, Ariz...Posted four top-10 finishes.

**Before Penn State... || High School PR** || Javelin: 149-9 || **High School** || Three-time Penn Relays qualifier...Finished fourth at Penn Relays during her senior year...Three-time all-county...Placed seventh at the PIAA AAA Track & Field Championships during her junior year...Two-time PIAA AAA District Three champion...School record holder in the javelin...Hempfield Black Knight Invitational record holder...Henderson Invitational record holder...Perkiomen Valley Invitational record holder...Four-time letterwinner in track... Three-time team captain || **Personal** || Daughter of Barb and Stu Sievers...Born on January 29, 1997...Supply chain and information systems major.



**Marissa SHEVA**  
Senior · Senior  
Sellersville, Pa.

**DISTANCE**

Sheva's Personal Bests		
	Indoor	Outdoor
600m	1:37.19	***
800m	2:14.12	***
1,000m	2:52.00	***
1,500m	***	4:25.06
Mile	4:45.51	***
3,000m	***	9:57.80

**At the Big Ten Championships... || 2018 Outdoor** || Finished 22nd in the 1,500-meter run with her time of 4:31.57 || **2018 Indoor** || Placed 11th in the mile with her personal-best time of 4:45.51.

**Around the Track... || 2018 Outdoor** || Competed in six meets...Ran a personal-best time of 4:25.06 in the 1,500-meter run at the Virginia Challenge || **2018 Indoor** || Competed in six meets...Tallied a personal-best time of 2:52.00 in the 1,000-meter run at the Nittany Lion Challenge...Ran a personal-best time of 2:14.12 in the 800-meter run at the Clemson Invitational.

**Before Penn State... || Soccer:** Earned two letters for Pennridge in soccer...Played six years with Penn Fusion '96 Gaels...Led the 2014 and 2013 teams in points, recording 17 in 2014 and 20 in



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Elyse  
**SKERPON**

Senior • Senior  
Sayre, Pa.

### SPRINTS • HURDLES

#### Skerpon's Personal Bests

	Indoor	Outdoor
400m	58.11	58.84
500m	1:16.66	***
600m	1:34.18	***
600Y	1:25.66	***
400H	***	1:01.53

**At the Big Ten Championships... || 2018 Outdoor ||** Finished 24th in the 400-meter hurdles with her time of 1:03.28 **|| 2018 Indoor ||** Placed 24th in the 600-meter run with her time of 1:35.75 **|| 2017 Outdoor ||** Competed in the 400-meter hurdles finishing 16th.

**Around the Track... || 2018 Outdoor ||** Competed in five meets... Ran a season-best time of 1:01.96 in the 400-meter hurdles at the Pac-12 vs Big Ten Invitational **|| 2018 Indoor ||** Competed in five meets...Ran a personal-best time of 1:34.18 in the 600-meter run at the Sykes & Sabock Challenge Cup **|| 2017 Outdoor ||** Competed in five meets...Posted three top-10 finishes...Set a personal best in the 400-meter intermediate hurdles of 1:01.53 **|| 2017 Indoor ||** Competed in six meets...Set personal best in the 500-meters, 600-meters, and 600-yards...Posted seven top-10 finishes **|| 2016 Outdoor ||** Competed in five meets...Set a new personal best time in the 400-meter hurdles running 1:01.77 at the Bucknell Team Challenge posting a first-place finish...Won the 400-meter hurdles at the Jim Thorpe Invite running 1:02.03 **|| 2016 Indoor ||** Competed in two meets...Set personal best in the 400-meters (59.99) and 500-meters (1:18.70) **|| 2015 ||** Redshirted.

**Before Penn State... || High School PRs ||** 300-Meter Hurdles: 44.55...400-Meter Hurdles: 1:04.29 **|| High School ||** A member of two conference title track & field teams (2011-12)...Won four conference titles (100-H, 300-H, Pole Vault, 4x400-Meter Relay)... Won back-to-back district titles in the 300-meter hurdles (2013-14)...Placed twice in the 300-meter hurdles at the state meet (fifth-2013, seventh-2014)...Holds the district record in the 300-meter hurdles...Holds the school record in the 300-meter hurdles, pole vault and the 4x400-meter relay...Holds the meet record in the 300-meter hurdles at the Altoona Igloo Invitational...Holds the meet record in the 300-meter hurdles and was named meet MVP at the John Childs Invitational...Holds the meet record in the 300-meter hurdles and was named meet MVP at the Molly Dry Invitational...Four-time letterwinner in track & field...Lettered a school-record 16 times...Soccer, basketball and track & field team captain...Sayre Area School District Female Athlete of the Year (2012-14) (first three-time winner in school history)...*Valley Sports Report* Female Athlete of the Year (2014)...*The Daily Review* Female Athlete of the Year (2014)...Valley Principals Senior Award - Athletics/Academics/Character/Community Service (2014)...Conference Senior Female Athlete of the Year (2014)...Named all-state in soccer...Holds the school record for three-point field goals made in a single game (seven)...A member of National Honor Society and Student Council **|| National Level Competition ||** Placed eighth in the 300-meter hurdles at the 2013 New Balance Outdoor Nationals "Emerging Elite" meet **|| Personal ||** Daughter of Robbin and Donnie Skerpon...Born July 24, 1996...Dad, a 1981 graduate of

Penn State, competed in the pole vault for the Nittany Lions...Her older brother, Taylor, is a senior on the Penn State baseball team... Earned a B.S. in health policy administration (HPA) and is pursuing a master's in health administration (MHA).



Madison  
**SMITH**

Sophomore • Sophomore  
New Oxford, Pa.

### THROWS

#### Smith's Personal Bests

Javelin	50.02m (164-1)
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**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims in the javelin throw...Finished 14th in the javelin throw at the NCAA East Prelims with her distance of 155-3 (47.33m).

**At the Big Ten Championships... || 2018 Outdoor ||** Finished fifth in the javelin throw with a distance of 160-2 (48.83m).

**In the Field... || 2018 Outdoor ||** Competed in eight meets...Recorded a personal-best toss of 164-1 (50.02m) in the javelin throw at the LSU Battle on the Bayou, which ranks eighth all-time at Penn State.

**Before Penn State... || High School PR ||** Javelin: 148-3 **|| High School ||** Three-year letterwinner for Jason Warner and Steve Brown...As a sophomore: Finished third in the county in javelin and fifth in discus, districts fifth in javelin, states second in Javelin...As a junior: counties first in javelin and fourth in discus, districts first in javelin (district record holder - 141), sixth in discus, states third in javelin...As a senior: counties first in javelin and fourth in discus, districts second in javelin, states third in Javelin...New Oxford High School Record Holder (148-3), National Federation of High School (NFHS) Honor Roll (2016-17), Penn Relays (2016-17 eighth place) **|| Personal ||** Daughter of Gary and Belinda Smith...Has one sibling, Sarah...Born on March 10, 1999...Health and human development major.



## Victoria TACHINSKI

Sophomore · Sophomore  
Winnipeg, Manitoba

**DISTANCE · CROSS COUNTRY**

### Tachinski's Personal Bests

	Indoor	Outdoor
400m	56.32	***
600m	1:30.65	***
800m	2:09.16	2:07.66

**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims in the 800-meter run...Tallied a personal-best time of 2:07.66 to place 33rd in the 800-meter run.

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the seventh-place 4x400-meter relay that ran a time of 3:39.27... Placed 21st in the 800-meter run with her time of 2:12.61 **|| 2018 Indoor ||** A member of the distance medley relay that placed second with its time of 11:11.91...Finished sixth in the 600-meter run with her time of 1:31.10...A member of the ninth-place 4x400-meter relay that posted a time of 3:40.59.

**Around the Track... || 2018 Outdoor ||** Competed in six meets **|| 2018 Indoor ||** Competed in six meets...Set a personal-best time of 1:30.65 in the 600-meter run at the Spire NCAA D-I Indoor Track & Field Classic.

**Before Penn State... || High School PRs ||** 200m: 24.48, 300m: 38.48, 400m: 53.37, 600m: 1:30.28, 800m: 2:03.58 **|| High School ||** Letterwinner at Vincent Massey Collegiate for Andrew Tough...2017 Pan American U20 800m Champion...2017 Pan American U20 4X400m Silver Medalist...2017 Manitoba High School Athlete of the Year...2016 World U20 4X400m Bronze Medalist...2016 World U20 800m Sixth Place...2015 World U18 4X400m Bronze Medalist...2015 World U18 400m 12th Place... Six-time Canadian National Champion...Six-time Canadian Record Holder (U18 indoor 300m,400m,600m; U18 outdoor 800m; U20 indoor 400m; U20 outdoor 4X400m) **|| National Competition ||** 2017 Senior 800m 10th Place...2016 U20 800m Champion...2016 U18 400m Champion...2015 U18 800m Champion...2014 U16 300m and 800m Champion **|| Personal ||** Parents are Glen Tachinski and Christine Kuluk...Has three siblings, Xander, Kennedy and Jackson Tachinski...Born on June 15th, 1999...Science major.



## Grace TRUCILLA

Junior · Senior  
Erie, Pa.

**DISTANCE · CROSS COUNTRY**

### Trucilla's Personal Bests

	Indoor	Outdoor
600m	1:37.59	***
800m	2:13.24	2:11.63
1000m	2:53.87	***
1500m	***	4:31.70
Mile	4:51.73	***

**At the Big Ten Championships... || 2018 Outdoor ||** Finished 25th in the 1,500-meter run (4:32.93) and 26th in the 800-meter run (2:16.66) **|| 2017 Indoor ||** Competed in the mile finishing 17th **|| 2016 Outdoor ||** Finished 26th in the 800-meters running a season best time of 2:13.80 in Lincoln, Neb.

**Around the Track... || 2018 Outdoor ||** Recorded a personal-best time of 4:31.70 in the 1,500-meter run at the Pac-12 vs Big Ten Invitational...Tallied a personal-best time of 2:11.63 in the 800-meter run at the Bucknell Team Challenge **|| 2018 Indoor ||** Competed in five meets **|| 2017 Outdoor ||** Competed in four meets...Posted two top-10 finishes...Set personal bests in the 800-meters and the 1,500-meters **|| 2017 Indoor ||** Competed in six meets...Posted seven top-10 finishes...Set personal bests in the 600-meters, 1,000-meters and the mile **|| 2016 Outdoor ||** Competed in four meets...Posted two top-three finishes in the 800-meters.

**On the Course... || 2017 ||** Competed in four meets...Placed 122nd at the Penn State National (22:32) **|| 2016 ||** Placed 50th at the Spiked Shoe Invitational (23:44)...Placed 171st at the Penn State National Open (22:41.70).

**Before Penn State... || High School PR ||** 2:10.54 **|| High School ||** Three-time PIAA AA state champion...Fourteen-time state medalist...Twelve-time PIAA District Ten medalist...Owns seven school records...Three-time track MVP...Two-time PIAA Region Six Track Athlete of the Year...2015 track team captain...Twelve-time letter winner...Five-time Erie Times News Athlete of the Week...2015 Recipient of the Greg Porter Memorial Award (athletic achievement and enthusiastic support of team and love of school)...2015 Metro Erie Chapter of PA. Sports Hall of Fame student/athlete scholarship recipient...2015 Finalist for Natalie Pacileo-Fortuna Memorial Scholarship...2015 Finalist for Erie Times News Comeback Athlete of the Year **|| National Level Competition ||** Three-time (2013-15) New Balance Indoor Nationals qualifier and participant (800m and 4x800)...Two-time national qualifier and participant for New Balance Outdoor Nationals - (800m and 4x800) **|| Personal ||** Daughter of Suzanne and John Trucilla...Born on January 21, 1997...International politics major.



# 2018-19 WOMEN'S RETURNERS



Kelsey  
**VIEIRA**

Sophomore · Junior  
Hillsborough, N.J.

## JUMPS

### Vieira's Personal Bests

	Indoor	Outdoor
Long Jump	5.79m (19-0)	5.74m (18-10)
Triple Jump	12.48m (40-11.5)	12.13m (39-9.75)

**At the Big Ten Championships... || 2018 Indoor ||** Placed eighth in the triple jump with her distance of 40-1.5 (12.23m)...Finished 15th in the long jump with a personal-best mark of 19-0 (5.79m) **|| 2017 Outdoor ||** Competed in the long jump and triple jump, setting personal bests of 40-8.75 (12.41mw) and 18-10 (5.74mw).

**In the Field... || 2018 Outdoor ||** Competed in two meets **|| 2018 Indoor ||** Competed in seven meets...Recorded a personal-best leap of 40-11.5 (12.48m) in the triple jump at the Penn State Tune-Up **|| 2017 Outdoor ||** Competed in seven meets...Posted nine top-10 finishes.

**Before Penn State... || High School PR ||** Long Jump: 19-1.25, Triple Jump: 39-3.75 **|| Hillsborough High School ||** NJSIAA Sectional-Central-Group 1&4 team champions...School long jump record holder...Skyland Conference long jump champion...NJSIAA Sectional-Central-Groups 1&4 Champion...Somerset County champion...Skyland Conference champion...All-State long jump (2015)... Team captain 2015-16...Paul Robeson Athletic Award winner **|| National Level Competition ||** Competed at the New Balance Indoor National Meet in 2014 & '15...Competed at the New Balance Outdoor National meet in 2015 **|| Personal ||** Daughter of Donna and Peter Vieira...Has one sibling, Jared Vieira...Born August 2, 1998... Telecommunications major.



Brooke-Lynn  
**WILLIAMS**

Sophomore · Sophomore  
Norton, Mass.

## SPRINTS

### Williams' Personal Bests

	Indoor	Outdoor
60m	7.55	***
100m	***	11.82
200m	24.83	24.81

**On the National Stage... || 2018 Outdoor ||** A member of the 4x100-meter relay that qualified for the NCAA East Prelims...A member of the 4x100-meter relay that finished 17th with its time of 44.85.

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the 4x100-meter relay that finished fifth with its time of 44.69, which is the fifth-best time in program history...Tallied a personal-best time of 11.82 to finish 14th in the 100-meter dash...Recorded a personal-best time of 24.81 in the 200-meter dash to place 23rd **|| 2018 Indoor ||** Ran a personal-best time of 7.55 to place 13th in the 60-meter dash...Recorded an indoor personal-best time of 25.03 to finish 20th in the 200-meter dash.

**Around the Track... || 2018 Outdoor ||** Competed in six meets **|| 2018 Indoor ||** Competed in five meets.

**Before Penn State... || High School PRs ||** 55m: 6.87, 60m: 7.39, 100m: 11.89, 200m: 24.24, 300m: 40.60 **|| High School ||** Four year letterwinner for Lindsay Costa, Kent Taylor...2015 outdoor DIV, State Champs, 2015 indoor and outdoor DIV State Relay Champions...2015 state runner-ups...TVL (Tri Valley League) 2015 Champions...Three-time 100m TVL champion...Two-time 200m TVL champion...Three-time 55m TVL champion...Four-time 100m DIV state champion...Three-time 200m DIV state champion...Three-time 55m DIV state champion...55m DIV state champion... 100m state champion...200m state champion...55m state champion...100m New England champion...Two-time NE champion...School records in 55m, 60m, 100m, 200m, 300m, 4x100m, 4x200m, sprint medley, triple jump...State records 55m: 6.87...60m: 7.39, 100m: 11.89, 200m: 24.24...Four-time *Boston Globe* Athlete of the Year, *Boston Herald* HotShot & All-Star MSTCA Track Athlete of the Year, Four-time Taunton Gazette Athlete of the Year **|| National Level Competition ||** All-American at New Balance Nationals in the 60m (fifth-place) **|| Personal ||** Daughter of Jon & Diane Williams...Two siblings, Lauren and Courtney...Born on September 26, 1998... Criminology major.

# 2018-19 WOMEN'S RETURNERS




Jordan  
**WILLIAMS**  
Sophomore · Sophomore  
Sharon, Pa.

**DISTANCE · CROSS COUNTRY**

Williams' Personal Bests		
	Indoor	Outdoor
1,000m	2:56.74	***
1,500m	***	4:32.86
Mile	4:55.97	***

**Around the Track... || 2018 Outdoor ||** Ran a personal-best time of 4:32.86 in the 1,500-meter run at the Bucknell Team Challenge.

**|| 2018 Indoor ||** Competed in five meets...Ran a personal-best time of 4:55.97 in the mile at the Penn State National.

**On the Course... || 2017 ||** Ran in one meet, unattached.

**Before Penn State... || High School PRs ||** 1600: 4:59.01 800: 2:17.72 XC: 18:56.51 **|| High School ||** Letterwinner at Sharon High School for Paul Sanders...Four-time state qualifier in the 1,600... Three-time state medalist in the 1,600...Two-time state champion in the 1,600...Three-time state qualifier in XC...State medalist in XC...Two-time all-state in track...School record holder in the 1,600 and 800 **|| Personal ||** Parents are Mark and Nadine Williams...Has two siblings, Jenna and Jonathon Williams...Born on January 22, 1999...Health and human development major.



Alison  
**WILLINGMYRE**  
Sophomore · Sophomore  
Wernersville, Pa.

**DISTANCE · CROSS COUNTRY**

Willingmyre's Personal Bests		
	Indoor	Outdoor
Mile	4:58.64	***
3,000m	9:40.51	***
5,000m	16:37.71	***

**On the National Stage... || 2017 Cross Country ||** Was the second Nittany Lion, and second overall, finisher at the Mid-Atlantic Regional (20:15.1)...Placed 118th at the NCAA Championships (20:51.95).

**At the Big Ten Championships... || 2018 Indoor ||** Finished 22nd in the 5,000-meter run with a time of 17:19.37 **|| 2017 Cross Country ||** Finished 18th at the Big Ten Championships (20:48.8).

**Around the Track... || 2018 Outdoor ||** Did not compete **|| 2018 Indoor ||** Competed in six meets.

**On the Course... || 2017 ||** Competed in all seven team meets... Recorded four top-10 finishes during the regular season...Placed sixth at the Penn State National (20:34).

**Before Penn State... || High School PRs ||** 800: 2:16.38, 1,600: 4:56.81, 3,200: 10:37.79, 3,000 (i): 10:16.06, Two-Mile (i): 10:57.07, 5K (XC): 18:01.00 **|| High School ||** Cross Country team 2015 District III AAA Champions, four-year Track & Field team League & County Champions...Three-time Berks Cross Country Champion, All-County Player Of The Year, & All-State medalist...Three-time 3200m & two-time 1600m Berks Champion...2016 District III AAA 1600m & 4x800m Champion...BCTFCA All-State Track 3200m, 1600m, 4x800m...2017 Berks All-County Track Player Of The Year, Earl Mohn Outstanding Student Athlete Track Award...Wilson HS 1600m record holder...Swimming NISCA Academic All-American & three-year District III AAA qualifier...Summa Cum Laude, National Honor Society...E. Jerry Brooks Academic Excellence Award... Berks Chapter of the PA Sports Hall of Fame Scholar-Athlete Award...Pepsi Outstanding Senior Athlete Award...2017 *Reading Eagle* Berks Athlete Of The Year Finalist **|| National Competition ||** National Footlocker Cross Country Championship All-American Honorable Mention & first Berks female qualifier, Finished 15th at New Balance Indoor Nationals two-mile EE & 18th in 4x800m Championship **|| Personal ||** Parents are Rich and Darcie Willingmyre...Has one brother, Daniel Willingmyre...Born on June 27, 1999...Engineering pre-major.



Alyssa  
**YEBOAH-KODIE**  
Sophomore · Freshman  
Hicksville, N.Y.

**JUMPS**

Yeboah-Kodie's Personal Bests		
	Indoor	Outdoor
800m	2:46.91	***
60H	8.96	***
High Jump	1.62m (5-3.75)	***
Long Jump	5.32m (17-5.5)	***
Shot Put	10.43m (34-2.75)	***
Pentathlon/Heptathlon	3179	***

**At the Big Ten Championships... || 2018 Indoor ||** Finished 19th in the pentathlon with her score of 3,118 points...Recorded personal-best performances in the long jump (17-5.5/5.32m) and in the 60-meter hurdles (8.96).

**In the Field... || 2018 Outdoor ||** Did not compete **|| 2018 Indoor ||** Competed in seven meets...Recorded a personal-best pentathlon score of 3,179 points at the Spire NCAA D-I Indoor Track & Field Classic...Tallied personal-best performances in the 800-meter run (2:46.91), high jump (5-3.75/1.62m) at the Spire NCAA D-I Indoor Track & Field Classic...Posted a personal-best distance of 34-2.75 in the shot put at the Penn State Tune-Up.

**Before Penn State... || High School PRs ||** High jump: 5-6, 55mH: 8.12, 100mH: 14.55, 200m: 25.20 **|| High School ||** Four-year letterwinner at St. Anthony's High School for Oliver St. Aude...All-state (2015-17), CHSAA Conference champion (2014-17), 55m High Hurdles school record (8.12), 55m High Hurdle Long Island champion... Team MVP...Team captain **|| Personal ||** Parents are Leslie Giordano and Philip Yeboah-Kodie...Has two siblings, Alexis and Trevor Yeboah-Kodie...Born on July 13, 1999...Science major.



# 2018-19 WOMEN'S NEWCOMERS



Cecelia  
**BACON**

Freshman · Freshman  
Chantilly, Va.

**JUMPS**

**Before Penn State...** || **High School PRs** || 400: 58.25, Triple jump: 39-0, High jump: 5-5 || **High School** || Attended Chantilly High School || **2018** || Outdoor Virginia High School League (VHSL) Concord Conference 5 triple jump champion...6A Region D outdoor triple jump champion...All-state in the triple jump and the high jump...Indoor VHSL Concord Conference 5 triple jump champion...VHSL 6A Region D indoor triple jump champion...Runner-up in the high jump and the triple jump at the VHSL 6A meet...Team MVP - indoor...Member of three school record setting relays - 4x100M, 4x400M, and sprint medley relay || **2017** || Outdoor VHSL Concord Conference 5 triple jump champion...All-state in the triple jump VHSL 6A with a school-record mark of 39-0...Indoor VHSL Concord Conference 5 triple jump champion...Team MVP in indoor and outdoor track & field || **2016** || Outdoor VHSL Concord Conference 5 high jump champion...Indoor VHSL Concord Conference 5 triple jump champion...Four-year letterwinner in indoor and outdoor track...A member of the National Honor Society...Was in the marching band for four years || **National Level Competition** || 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 || **Personal** || Daughter of Matthew and Noela Bacon...Born on April 3, 2000...Liberal arts major.



Antoinette  
**BRADLEY**

Freshman · Freshman  
Fort Washington, Md.

**SPRINTS**

**Before Penn State...** || **High School PRs** || 400 MH-60.95, 400m-56.86 || **High School** || Competed for Ned Gunter at Friendly High School...2A and 1A Regional Champions...2A Indoor Runner-Ups...1A Outdoor Runner-Ups...Placed first in 500m 2A at the Indoor State Championship...300m Hurdle 1A Outdoor State Champion...Champion in the 800m, 300m Hurdle, and 400m at the 1A Regional Outdoor Championships...800m and 500m Prince George's County Indoor Champion...Placed first in the 300m Hurdle Prince George's County Outdoor Champ...Earned the Bob Leo Senior Women's Award...Also named the most valuable player...A member of the National Honor Society || **National Level Competition** || Placed 18th at the New Balance Outdoor National meet in 400m Hurdles || **Personal** || Daughter of Anthony Bradley and Tayrn Gude...Has one brother, Anthony...Intends to major in public relations...Chose Penn State "Because I feel as though it was the best decision regarding my future and what I want to pursue career wise due to its large alumni base."



Alexis  
**BAUBLITZ**

Junior · Junior  
York, Pa.

**POLE VAULT**

**Before Penn State...** || **High School PR** || Pole vault: 12-3 || **High School** || Holds pole vault school record for high school...Letterwinner for Chris Detwiler and Erin Walker...Outdoor PIAA AAA state qualifier (2015)...PA AAA State medalist indoor (2015)...Penn Relays qualifier (2016)...Millrose Games Qualifier (2015)...New Balance Nationals qualifier (2015)...PIAA AAA track and field all star (2015) || **WVU** || Pole Vault PR of 12-5 || **Personal** || Daughter of Brent and Amy Baublitz...Born on January 20, 1998...Majoring in kinesiology...Hopes to become a strength and conditioning coach for a collegiate or professional sports team.



Ryann  
**BRUNDAGE**

Freshman · Freshman  
Corry, Pa.

**THROWS**

**Before Penn State...** || **High School PR** || Javelin: 142-10 || **High School** || Two-time regional champion...Four-time PA District 10 champion...Seventh-place at the PIAA state championships (2017)...Four-time PA state qualifier...School record holder in javelin...Four-time team MVP...Four-time letterwinner in volleyball...Two-time letterwinner in basketball...National Honor Society || **National Competition Level** || Finished 10th at New Balance Outdoor Nationals (2017)...Fourth-place at USATF Hershey Outdoor Youth Nationals (2016) || **Personal** || Daughter of Steve and Kelly Brundage...Born on September 3, 1999...Has two brothers, Steven and Matthew...Intends to major in biobehavioral health...Chose Penn State "For the opportunities that come with the education."






Madison  
**COPPOLINO**  
Freshman · Freshman  
Somerdale, N.J.

**DISTANCE · CROSS COUNTRY**

**Before Penn State...** || **High School PRs** || 1600: 4:58, 3200: 10:46, XC: 18:17 || **High School** || Twelve-time letterwinner for track/cross country...Two-time state champions...Three-time conference champions...Three-time sectional champions...Camden County champion in cross country and track...Sectional champion in cross country and track...Group champion in cross country and track || **National Level Competition** || 2017 All-American at the New Balance Nationals || **Personal** || Daughter of Maureen and Michael Coppolino...Born on March 2, 2000...Has two sisters, Sydney and Cara...Sydney runs track at the University of Virginia...Intends to major in engineering.



Kathleen  
**GALLAGHER**  
Freshman · Freshman  
Frederick, Md.

**JUMPS**

**Before Penn State...** || **High School PR** || High jump- 5-7 || **High School** || 2018 Outdoor Maryland 3A State Champion...2018 Outdoor Maryland 3A West Regional Champion...2018 Indoor Maryland 3A State Champion...2018 Indoor Maryland 3A West Regional Champion...2018 Indoor Central Maryland Conference Champion...2018 Indoor Frederick County Champion...All-time high jump school record holder for Linganore High School...2018 FNP All-CMC first team spring...2018 All-CMC first team winter || **National Level Competition** || 2018 New Balance Indoor Nationals in NYC, tied for fourth in Emerging Elite Division...2018 New Balance Outdoor Nationals, placed 43rd in National Championship Division || **Personal** || Daughter of Rustin and Vicki Gallagher...Born on August 26, 2000...Has one brother, Ryan...Intends to major in information sciences and technology...Chose Penn State "Because parents and several other family members are PSU alumni."



Andrea  
**DEMKO**  
Freshman · Freshman  
Hershey, Pa.

**DISTANCE · CROSS COUNTRY**

**Before Penn State...** || **High School PRs** || 1600m: 4:56, 3200: 10:49, 5K: 18:09 || **High School** || Four-time varsity letterwinner...Three-time conference champions in track and field...Two-time 4x800m fifth-place finish at PIAA state championship...Third-place finish in Midd Penn Conference (2016, 2017)...Fourth-place finish in District 3 Championship and seventh place finish at the PIAA state championship (2017)...Won the 3200m at the Midd Penn Conference championship (2016)...Earned a fifth-place finish in the 1600m at the PIAA state championship (2018)...2018 track and cross country captain || **National Level Competition** || Earned a fourth-place finish in the 1600m at the New Balance Nationals Emerging Elite division || **Personal** || Daughter of Misti and Mike Demko...Born on March 7, 2000...Has five siblings: Aidan, Eliza, Alistair, Kidist and Lemlem...Parents both attended Shippensburg University and competed in track and cross country...Intends to major in nutrition.



Breana  
**GAMBRELL**  
Freshman · Freshman  
Athens, Pa.

**JUMPS**

**Before Penn State...** || **High School PRs** || Long Jump: 20-8.5 (o), 20-1.5 (i)...Triple Jump: 38-8.75 (o), 38-2.5 (i)...100m, 11.83 || **High School** || Attended Athens Area High School...2018 State Championship runner-ups (AA)...2017 state championship third-place finish (AA)...School record holder in the long jump, triple jump, 100 and 4x100...Four-time PIAA state champion...Record holder in long jump...All conditions state record holder in long jump...Fourteen-time district IV champion and record holder in long jump, 100m and 4x100...Two-time Team District IV Champions...Indoor state champion in triple jump...Seven-time all-state team member...Four-time track letter winner...Four-time letterwinner in both basketball and soccer...Holds school record in javelin throw...Javelin All-American...Team captain for track and field || **National Competition Level** || 12-time national champion...Four-time team national champion...Two-time New Balance National All-American...Fourth-place in 2018 long jump both indoor and outdoor...2018 Penn Relays long jump champion || **Personal** || Daughter of Ben and Lisa Gambrell...Born on March 2, 2000...Nutritional sciences major...Has two brothers, Jarred and Benny, and one sister, Ariana...Member of National Honor Society...Four-time Honor Roll recipient...Enrolled in the Division of Undergraduate Studies...Chose Penn State "Because of the outstanding academics along with energetic community which give the environment a family-like feel."



# 2018-19 WOMEN'S NEWCOMERS



Rachel  
**GEARING**

Freshman · Freshman  
Cleveland, Ga.

**JUMPS**

**Before Penn State...** || **High School PRs** || Long jump: 18-8 (5.68m), triple jump: 39-8 (12.09m) || **High School** || Attended White County High School...Set multiple school records: 400m, 4x400m relay, 4x100m relay, long jump and triple jump...Letterwinner and team captain in basketball, cross country, soccer and track & field... FFA member || **Personal** || Parents are 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...Born on December 18, 1999...Undecided on a major...Chose Penn State because "I loved the atmosphere and it has been my dream school ever since I was little."



Alexis  
**HOLMES**

Freshman · Freshman  
Hamden, Conn.

**SPRINTS**

**Before Penn State...** || **High School PRs** || 200: 23.3, 400: 51.21 || **High School** || Attended Cheshire Academy...Three-time New England Prep School Athletic Council (NEPSAC) champion in the 100, 200, and 400...Four-time letterwinner in track...Four-time captain and MVP in basketball...A member of the National Honor Society || **National Level Competition** || Two-time All-American at the 2018 New Balance Indoor Nationals meet...Won the 400-meter dash in 51.21 at the 2018 New Balance Outdoor Nationals meet...Two-time All-American at the 2018 New Balance Outdoor Nationals meet...Her time of 51.21 is the No. 1 time in high school in 2018, No. 2 in the world for U-20 in 2018 and the No. 7 time in high school all-time || **Personal** || Daughter of Dawn Stanton-Holmes and Craig Holmes...Dawn Stanton-Holmes won a Penn Relays title in the triple jump...Has a brother, CJ...CJ is a member of the Penn State football team...Born on January 28, 2000...Intends to major in biobehavioral health.



Taylor  
**GIVENS**

Freshman · Freshman  
State College, Pa.

**MULTI-EVENTS · JUMPS**

**Before Penn State...** || **High School PRs** || Long jump: 18-8 (5.68m), triple jump: 39-8 (12.09m) || **High School** || Attended White County High School...Set multiple school records: 400m, 4x400m relay, 4x100m relay, long jump and triple jump...Letterwinner and team captain in basketball, cross country, soccer and track & field... FFA member || **Personal** || Parents are 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...Born on December 18, 1999...Undecided on a major...Chose Penn State because "I loved the atmosphere and it has been my dream school ever since I was little."



Ekaterina  
**HUPALO**

Freshman · Freshman  
Mission Hills, Calif.

**SPRINTS**

**Before Penn State...** || **High School PRs** || 60mH: 8.91, 100mH: 14.36, 300mH: 44.54 || **High School** || Four-time varsity letterwinner in track & field...100mH and 4x100m league champion in 2018...100mH and 300mH league runner-up (2017)...Sunshine League record holder in the 100mH...Member of school record shuttle hurdle relay team (2018)...2018 PrepCalTrack "Elite Marks" in 100mH, 300m, 4x100m, and shuttle hurdle relays...Finished 2018 indoor season ranked third in California in the 60mH by MileSplitCA...Varsity women's 2018 MVP...Sunshine League Champions (2017-18)...CIF Division 3 Runner-Up (2018) || **National Level Competition** || Fourth-place in the 60mH at the University of Washington HS Invitational (2018)...Third-place finish in the 60mH at the Simplot Games (2018)...Qualifier for the New Balance National Indoor and Outdoor Championships (2018)...Sixth-place finish in the 100mH and the 4x100m relay at the Mt. SAC Relays (2018)...Three-time USATF Youth All-American in the long jump and hurdles...Participant at the USATF Junior Olympic National Championships (2010-12, '14, '17)...Participant in AAU Junior Olympic National Championships (2011, '17)...Arcadia Invitational attendee (2018) || **Personal** || Daughter to Rodney and Christine Hupalo...Has one sister, Alexa...Born on March 21, 2000... Health & Human Development major...Father competed in track & field at Cal Lutheran University...Intends to major in kinesiology...Chose Penn State "To be a part of a school that takes a great amount of pride in improving the community and offers excellent academic opportunities."



Piper  
**KLINGER**

Freshman · Freshman  
Selinsgrove, Pa.

**THROWS**

**Before Penn State...** || **High School PRs** || Discus: 160-0, shot put: 42-7 || **High School** || Three-time PIAA District Four champion... Three-time Heartland Conference champion...Selinsgrove High School school record in discus throw...Second team all-state...First team all-conference...*Daily Item* Field Athlete of the Year...Four-time state medalist...Three-time varsity letterwinner in track... Letterwinner for both soccer and bowling...Bowling team captain...Seventh-place finish at the bowling state championships || **National Level Competition** || Second-place finish in the discus at 2017 New Balance Nationals Emerging Elite...Twelfth-place finish in the discus at 2018 New Balance Nationals...New Balance National Emerging Elite shot put qualifier || **Personal** || Daughter of Chuck and Marci Klinger...Has one sister, Paetyn...Born on July 9, 2000... Intends to major in kinesiology...Intends to become physical therapist after graduation...Chose Penn State because "I feel it will give me the best opportunities both academically and athletically."

(All-America Honors)...Outdoor New Balance National Champion in the shot put (All-America Honors) || **Personal** || Daughter of Gray and Beth Montana...Born on November 26, 1999...One sister, Taylor Montana...Taylor plays basketball at Bloomsburg University... Intends to major in nutritional science with a minor in kinesiology... Chose Penn State "Because of its outstanding academic record and successful track and field program."



Payden  
**MONTANA**

Freshman · Freshman  
Berwick, Pa.

**THROWS**

**Before Penn State...** || **High School PRs** || Shot put: 51', Discus: 166-4, Javelin: 122' || **High School** || Attended Berwick Area High School...2017 Wyoming Valley Conference co-champions...Shot put record holder...Outdoor district silver medalist in shot put... outdoor state qualifier...2016 outdoor district gold medalist in shot put...2016 outdoor district silver medalist in the discus...2016 outdoor State bronze medalist in the shot put...2016 outdoor sixth place medalist in the discus...Record holder in the discus and javelin...2017 indoor state bronze medalist in shot put...2017 Penn Relays bronze medalist in shot put...2017 outdoor district gold medalist in shot put...2017 outdoor state champion in the shot put...First-ever track & field state champion from Berwick Area High School...2018 indoor state champion in the shot put...Set indoor state record in the shot put at 49-5.25...2018 Penn Relays champion in shot put...2018 outdoor district champion in shot put, - District 2 record of 50-4.5...2018 outdoor district champion in discus, - District 2 record of 154-8...2018 outdoor state champion in shot put, - new state record of 51...2018 outdoor state champion in discus || **National Level Competition** || 2017 Indoor New Balance Nationals - 11th place finish in the shot put...Outdoor New Balance Nationals finalist, seventh place in the shot put...2018 Indoor New Balance Nationals silver medalist in the shot put (All-America Honors)...Outdoor New Balance Nationals bronze medalist in discus



Carena  
**NOTTOLI**

Freshman · Freshman  
Landisville, Pa.

**POLE VAULT**

**Before Penn State...** || **High School PRs** || Pole vault: 12-9 || **High School** || Two-time team captain...2015: District qualifier in the 4x100m...State qualifier in the 4x100m...Letterwinner...2016: District qualifier in the 100m dash, 4x100m, & pole vault...State qualifier for the 4x100m & pole vault...Letterwinner...2017: District qualifier in the 100m dash, 200m dash, 4x100m, & pole vault... State champion in the pole vault (12-6)...Letterwinner...2018: District qualifier in the 100m dash, 4x100 and pole vault...State qualifier in the 4x100m and pole vault...Letterwinner || **National Level Competition** || Competed at the Millrose games in 2017-18... Indoor Nationals (elite) 2017-18, Outdoor Nationals (elite) 2017-18 || **Personal** || Daughter of Joy and David Nottoli...Born on January 18, 2000...Has two brothers, Dominic and Jacob...Plans to major in kinesiology...Chose Penn State "Because of its family-oriented team, amazing coaching staff, and outstanding academic support."



# 2018-19 WOMEN'S NEWCOMERS



Julia  
**PATERNAIN**

Freshman · Freshman  
Cambridge, England

**DISTANCE**

**Before Penn State...** || **High School PRs** || 3000m: 9:23, 1500m: 4:29 || **High School** || Attended Hills Road Sixth Form College... Member of Cambridge and Coleridge Athletics Club...National Cross Country Team U17 bronze medalist (2016) || **National Level Competition** || English schools 3000m Senior Girls champion (2017-18)...Intercounties cross country second place finish (2018)... Earned a silver medal in the U-20 3000m...British Cross Challenge series champion (2017-18)...Home Countries International cross country champion (2018)...Westminster mile and British Road One mile champion (2017)...Earned a second-place finish at the British Three Mile Road Championships (2017) || **Personal** || Daughter of Graciela Muniz and Gabriel Paternain...Intends to major in political science...Plans on attending law school after graduating...Chose Penn State because "Of the team atmosphere, the coaches and the facilities."



Amariah  
**THOMAS**

Freshman · Freshman  
Gahanna, Ohio

**SPRINTS**

**Before Penn State...** || **High School PRs** || 100: 11.91, 200: 24.1 || **High School** || Attended Gahanna Lincoln High School...Ohio Capital Conference Champion (2015-18)...District champion, regional champion, indoor & outdoor champion (2015-16)...2017 200m district champion...2017 regional champion...2017 indoor champion...2018 100m, 200m dash Ohio Capital Conference Champion...2018 100m, 200m dash district champion...2018 regional champion...2018 indoor & outdoor champion...Four-year all-conference, all-state, and all-district selection...100m & 200m Ohio Capital Conference champion...100m & 200m dash district champion || **National Level Competition** || Placed sixth in 400 (NJO) 2014...New Balance Nationals (2015-17)...Placed eighth in 200 (NJO) New Balance Nationals 2015 || **Personal** || Daughter of Will C. Thomas III and Gail Elaine Young...Born on August 8, 2000...One brother, Will C. Thomas IV...Intends to major in kinesiology with a minor in business...Chose Penn State because "The school spirit is unlike any other university and loves the school as a whole."



Gianna  
**RAO**

Freshman · Freshman  
Ponaganset, R.I.

**THROWS**

**Before Penn State...** || **High School PRs** || Weight throw: 63-2, Hammer throw: 189-2 || **High School** || Attended Ponaganset High School...Five-time All American...Three-time All-New England both indoor and outdoor...Two-time first team all-state indoor and outdoor...Fourth farthest throw of all-time in weight throw for high school girls...Runner-up in weight throw two times at NBNI... Eight-time letterwinner in track/XC and two-time letterwinner in soccer...Six-time team MVP...Owns the Rhode Island state record in the weight throw || **National Level Competition** || Fourth-place finish at 2016 New Balance National Indoors...Second-place at 2017 New Balance National Indoors...Second-place finish at 2018 New Balance National Indoors...Sixth-place finish at 2016 New Balance National Outdoors...Fourth place at 2016 New Balance National Outdoors...USA Juniors finalist || **Personal** || Daughter of Paul and Robyn Rao...One sister, Aria...Father, Paul Rao ran track & field at the University of Rhode Island...Born on July 14, 2000... Intends to major in Kinesiology...Chose Penn State because "It felt like a home away from home for me, with great academics and big-time athletics."



Maggie  
**WELTY**

Freshman · Freshman  
Butler, Pa.

**DISTANCE · CROSS COUNTRY**

**Before Penn State...** || **High School PRs** || 3200m: 11:31.31, 800m: 2:16.01, mile: 5:06.42, 5K: 18:47.3 || **High School** || School record in the 1600 indoor and outdoor...12th in the state in XC junior year... Part of 4x8 school record/WPIAL champion team...Fourth in the state in the 4x8 indoor...2017 & 2018 Section 7 WPIAL Champions track || **National Level Competition** || Competed at Nationals in both indoor and outdoor 2018 || **Personal** || Daughter of James and Maria Welty...Born on April, 18, 2000...Two sisters, Hannah and Josephine...Intends to major in nursing...Aspires to help solve world health problems in developing nations...Chose Penn State because "She loves the atmosphere and how proud everyone is to be a Penn Stater."



# MEN'S BIOS



# 2018-19 MEN'S ROSTER

<b>Name</b>	<b>Year</b>	<b>Eligibility (I/O)</b>	<b>Event Area</b>	<b>Hometown (Previous School)</b>
Colin Abert	Senior	Senior	Distance/XC	Easton, Pa. (Easton)
James Abrahams	Sophomore	Sophomore	Distance/XC	Havertown, Pa. (Haverford Township)
William Ashenfelter	Junior	Jr./Soph.	Distance/XC	Needham, Mass. (Needham)
Ryan Barton	Sophomore	Freshman	Distance/XC	Downingtown, Pa. (Downingtown West)
Michael Biddle	Senior	Junior	Throws	Williamsburg, Pa. (Living Water Christian Academy)
Brady Bobbitt	Senior	Junior	Distance/XC	Batavia, Ill. (Marmion Academy)
Thomas Bojalad	Sophomore	Fr./Soph.	Throws	St. Marys, Pa. (St. Marys)
David Bolles	Freshman	Freshman	Multi-Events	Malvern, Pa. (Malvern Prep)
Devin Bradham	Senior	Senior	Jumps	Williamstown, N.J. (Williamstown)
Benjamin Bulkeley	Freshman	Freshman	Distance/XC	Fairport, N.Y. (Fairport)
Benjamin Bumgarner	Sophomore	Sophomore	Distance/XC	Waynesburg, Pa. (Waynesburg Central)
Austin Campbell	Junior	Junior	Jumps	Centennial, Colo. (Regis Jesuit)
Elijah Claiborne	Freshman	Freshman	Distance/XC	Northport, N.Y. (Northport)
Isaiah Claiborne	Freshman	Freshman	Distance/XC	Northport, N.Y. (Northport)
Tristan Daman	Junior	Jr./Soph.	Sprints	State College, Pa. (State College)
Isaac Davis	Freshman	Freshman	Distance/XC	Cogan Station, Pa. (Jersey Shore)
Hudson Delisle	Freshman	Freshman	Distance/XC	Quakertown, Pa. (Quakertown Community)
Isaiah Dillard	Freshman	Freshman	Multi-Events	Solon, Ohio (Solon)
Chase Ebersole	Freshman	Freshman	Sprints	Mechanicsburg, Pa. (Cumberland Valley)
Luke Grodeska	Junior	Sophomore	Throws	Neptune, N.J. (St. Rose)
Spencer Hay	Junior	Jr./Soph.	Jumps	Lehigh, Pa. (Palmerston)
William Henderson	Sophomore	Sophomore	Jumps/Hurdles	Baltimore, Md. (Baltimore Polytechnic Inst.)
Brandon Hontz	Sophomore	Fr./Soph.	Distance/XC	West Chester, Pa. (West Chester Rustin)
Christopher Hughes	Freshman	Freshman	Distance/XC	Queensbury, N.Y. (Glen Falls)
Chisom Ifedi	Senior	Senior	Jumps	Columbus, Ohio (Centennial)
David Lucas	Senior	Jr./Sr.	Throws	Lititz, Pa. (Warwick)
Drew Maher	Freshman	Freshman	Distance/XC	West Long Branch, N.J. (Shore Regional)
Wesley Matsuka-Williams	Freshman	Freshman	Jumps	Norwich, England (Notre Dame)
Billy McDevitt	Senior	Jr./Sr.	Distance/XC	Newtown Square, Pa. (Malvern Prep)
Jack McGowan	5th Year	Indoor Only	Distance/XC	Northport, N.Y. (Roger Williams)
Tim McGowan	5th Year	Indoor Only	Distance/XC	Northport, N.Y. (Roger Williams)
Kier Miner	Junior	Junior	Sprints	Mechanicsburg, Pa. (Shippensburg)
Malual Mu	Freshman	Freshman	Distance/XC	Trenton, N.J. (Trenton Central)
Matthew Nawrocki	5th Year	Senior	Throws	Moscow, Pa. (North Pocono)
Justin Ofotan	Freshman	Freshman	Sprints	Washington, D.C. (Field)
Domenic Perretta	Junior	Jr./Soph.	Distance/XC	Beaver Falls, Pa. (Beaver Falls)
Ben Peterson	Junior	Sophomore	Throws	Solon, Ohio (Solon)
Anton Porter	Senior	Senior	Sprints	Bronx, N.Y. (Mount St. Michael)
Mark Porter	Sophomore	Sophomore	Throws	Reading, Pa. (Reading)
Samuel Reiser	Senior	Senior	Distance	Melbourne, Australia (Geelong Grammar School)
Gary Ross	Sophomore	Sophomore	Distance/XC	Fort Washington, Md. (Oxon Hill)
Andrew Sell	Junior	Junior	Distance	Minneapolis, Minn. (Minneapolis Washburn)
Morgan Shigo	5th Year	Senior	Throws	Blandon, Pa. (Fleetwood Area)
Noah Swaby	Sophomore	Freshman	Multi-Events	Pittsburgh, Pa. (Taylor Allderice)
Alex Tomasko	Sophomore	Freshman	Distance/XC	Mechanicsburg, Pa. (Mechanicsburg)
Nicholas Wagner	Sophomore	Sophomore	Distance/XC	Export, Pa. (Penn-Trafford)
Bryce Williams	5th Year	Senior	Jumps	State College, Pa. (State College)
Darien Williams	Junior	Sophomore	Sprints	Blue Bell, Pa. (Wissahickon)
Owen Wing	Sophomore	Sophomore	Distance/XC	State College, Pa. (State College)
Jack Zimmerman	Sophomore	Freshman	Throws	Briarcliff Manor, N.Y. (Briarcliff)
Rick Zink	Freshman	Freshman	Sprints	Chester, Pa. (Bishop Shanahan)



Colin  
**ABERT**

Senior · Senior  
Easton, Pa.

**DISTANCE · CROSS COUNTRY**

**Abert's Personal Bests**

	Indoor	Outdoor
800m	1:52.89	1:51.89
1,500m	3:48.15	3:45.25
Mile	3:59.51	***
3,000m	8:05.03	***
5,000m	***	14:10.66

**On the National Stage...** || **2017 Cross Country** || Advanced to the NCAA Championships with a ninth-place finish (30:43.5) at the Mid-Atlantic Regional...Finished 159th overall (31:13.86) at the NCAA Championships || **2016 Cross Country** || Finished 27th at the NCAA Mid-Atlantic Regional Championships running 31:24 on the 10K course || **2016 Outdoor** || Qualified for the NCAA East Prelims in the 1,500-meter run || **2015 Cross Country** || Took 26th at the NCAA Mid-Atlantic Regional Championships with his time of 31:36.4.

**At the Big Ten Championships...** || **2018 Outdoor** || Finished sixth in the 1,500-meter run with his time of 3:52.16 || **2018 Indoor** || Finished fourth in the mile (4:14.82) and a member of the seventh-place distance medley relay (9:51.56) || **2017 Cross Country** || Placed 12th with a time of 24:27.7 || **2016 Cross Country** || Placed 28th at the Big Ten Cross Country Championships (25:19.2) || **2016 Outdoor** || Recorded a fourth-place finish in the 1,500-meters, clocking 3:46.96 || **2016 Indoor** || Finished eighth in the mile with a time of 4:10.95 || **2015 Cross Country** || Finished 31st in a time of 24:14.0.

**On the Course...** || **2017** || Competed in seven meets...Top finisher for the Nittany Lions in five team meets || **2016** || Opened the year with a second-place finish at the Dolan Duals (18:11.63)...Placed 82nd at the Spiked Shoe invitational (28:48.4)...Placed 41st at the Roy Griak Invitational (25:52.5)...Placed 12th at the Penn State National Open (25:14.60) || **2015** || Competed in four meets during the regular season...Opened the season with a third-place finish at the Dolan Duals meet (17:53.64)...Finished 12th at the Spiked Shoe Invitational (26:00)...Crossed the line in 75th-place at the Greater Louisville Classic (25:05.31)...Finished the Wisconsin Adidas Invite 179th (24:14.1).

**Around the Track...** || **2018 Outdoor** || Competed in five meets || **2018 Indoor** || Competed in six meets...Tallied a personal-best time of 8:05.03 in the 3,000-meter run at the Penn State National...Ran a sub-4 minute mile at the Sykes & Sabock Challenge Cup with his personal-best time of 3:59.51...His time of 3:59.51 ranks fourth in school history || **2017 Outdoor** || Competed in five meets for the Blue & White...Won the 800-meters at the Jim Thorpe Invite in a personal best 1:51.89 || **2017 Indoor** || Competed in four meets...Posted five top-10 finishes...Recorded a season-best time of 1:52.89 (800-meters), 4:07.49 (mile) and 8:10.54 (3,000-meters) || **2016 Outdoor** || Began the season with a sixth-place finish in the 1,500-meters at the Pepsi Invite hosted by the University of Oregon, running a time of 3:47.70...Ran a season-best time of 3:45.25 in the 1,500-meters...Ran a season-best time of 14:10.66

in the 5,000-meters at the Penn Relays || **2016 Indoor** || Opened the season with a sixth-place finish in the mile running 4:11.70...Recorded a season-best time of 8:08.94, best time in the NCAA when it was recorded at the FastrackNational Invite in Staten Island, New York...Took third-place in the 1,500-meters at the Penn State National with a time of 3:48.15.

**Before Penn State...** || **High School PRs** || Mile: 4:13.91, 3,200: 8:56.00, cross country (5K): 14:55 || **High School** || Two-time first team all-state in cross country...Second team all-state in track and cross country...Three-time PIAA District Eleven champion in cross country...Five-time PIAA District Eleven champion in track...Finished first at the 2014 Paul Short Run...Placed second in 2013 PIAA Cross Country Championship meet...Finished second in the 3,200-meter run at the 2015 PIAA Outdoor Track & Field Championships with the No. 1 time in region history (8:56.00)...Owns four school records...Twelve-time letterwinner in cross country and track...Three-time team captain in cross country...Team captain in track...Three-time league MVP...Three-time *Express Times and Morning Call* Cross Country Athlete of the Year...2015 Lehigh Valley Boys Track & Field Athlete of the Year...Coordinated Health Athlete of the Week || **National Level Competition** || Placed 12th in the Emerging Elite mile at the 2014 New Balance Indoor Nationals meet || **Personal** || Son of Carla and Scott Abert...Born on May 20, 1997...Agribusiness management major.



James  
**ABRAHAMS**

Sophomore · Sophomore  
Havertown, Pa.

**DISTANCE · CROSS COUNTRY**

**Abrahams' Personal Bests**

	Indoor	Outdoor
1500m	***	3:48.21
Mile	4:12.39	***
3000m	8:56.25	9:10.03
3000mSC	***	9:10.03

**At the Big Ten Championships...** || **2018 Outdoor** || Ran 9:53.99 in the 3,000-meter steeplechase to place 15th || **2018 Indoor** || Finished 24th in the mile with his time of 4:23.68.

**Around the Track...** || **2018 Outdoor** || Competed in six meets...Ran a personal-best time of 9:10.03 in the 3,000-meter steeplechase at the Penn Relays || **2018 Indoor** || Competed in six meets...Ran a personal-best time of 8:56.25 in the 3,000-meter run at the Penn State National...Tallied a personal-best time of 4:12.39 in the mile at the Penn State Tune-Up.

**On the Course...** || **2017** || Competed in one meet unattached.

**Before Penn State...** || **High School PRs** || Cross country: 15:22, 1 mile: 4:19, 800: 1:54, 400: 50.6 || **High School** || Letterwinner for Jay Williams...2016 Delco championship runner-ups...2016 XC Central League champion...Two-time track and XC district medalist...Indoor state mile medalist...Track and cross country MVP...Cross country captain || **Personal** || Son of Doug and Rebecca Abrahams...Has three siblings, David, Andrew and Edward...Born on December 10, 1998...Information sciences & technology major.



# 2018-19 MEN'S RETURNERS



William  
**ASHENFELTER**

Junior · Sophomore  
Needham, Mass.

**DISTANCE • CROSS COUNTRY**

**Ashenfelter's Personal Bests**

	Indoor	Outdoor
600m	1:21.02	***
800m	1:54.47	1:54.43

**Around the Track... || 2018 Outdoor ||** Competed in four meets... Ran a personal-best time of 1:54.43 at the Bucknell Team Challenge || **2018 Indoor ||** Competed in five meets...Ran a personal-best time of 1:21.02 in the 600-meter run at the Penn State Tune-Up... Recorded an indoor 800-meter run personal-best time of 1:54.47 at the Spire NCAA D-1 Indoor Track & Field Classic || **2017 Indoor ||** Competed in five meets...Posted collegiate bests of 1:21.88 in the 600-meters and 1:55.89 in the 800-meters...Recorded three top-10 finishes during the season.

**Before Penn State... || High School ||** Led Needham High School to Bay State Conference Championship (2015)...Led team to MA Division 2 Indoor State Championship...Three-time Bay State Conference All-star...Bay State Conference champion in the 800m (2015)...Indoor Bay State Conference champion in the 600m (2016)...Outdoor Bay State Conference champion in the 400m (2016)...Indoor MA Division 2 600m State champion (2016)...Outdoor MA Division 1 runner-up 800m (2016)...Holds eight Needham High School records (Indoor: 600m, 4x400, DMR, SMR; Outdoor: 400m, 800m, 4x400, SMR)...Four-time letterwinner...Outdoor track captain (2016)...Team MVP (2016) || **National Level Competition ||** Competed at New Balance Indoor Nationals in both 2015 and 2016 || **Personal ||** Son of Susan and Tom Ashenfelter... Grandson of Olympic gold medalist Horace Ashenfelter...Born on September 11, 1997...Marketing major.



Michael  
**BIDDLE**

Junior · Junior  
Williamsburg, Pa

**THROWS**

**Biddle's Personal Bests**

Javelin	73.02m (239-7)
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**On the National Stage... || 2018 Outdoor ||** Took ninth in the javelin throw at the NCAA East Prelims to advance to the NCAA Championships with his distance of 208-6 (63.56m)...Placed 15th in the javelin throw at the NCAA Championships with his mark of 218-3 (66.52m)...Finished eighth in the javelin throw at the USATF Championships with his distance of 230-5 (70.24m) || **2017 Outdoor ||** Finished 18th at the USATF Championships in the javelin with a best of 200-5 (61.08m)...Competed at the NCAA Championships in Eugene, Oregon, finishing 18th with a mark of 219-8 (66.95m)...Finished sixth at the NCAA East Preliminary with a distance of 220-5 (67.18m).

**At the Big Ten Championships... || 2018 Outdoor ||** Captured gold in the javelin throw with his personal-best toss of 239-7 (73.02m) ...His mark of 239-7 (73.02m) ranks No. 3 in program history || **2017 Outdoor ||** Set the No. 4 performance in Penn State history with a personal best throw of 235-7 (71.81m).

**In the Field... || 2018 Outdoor ||** Competed in nine meets...Finished fourth in the javelin throw at the Penn Relays with his toss of 218-9 (66.68m) || **2017 Outdoor ||** Competed in eight meets... Recorded five top-10 finishes || **2016 Outdoor ||** Did not compete.

**Before Penn State || High School PR ||** Javelin: 213-10 || **High School ||** Three-time PIAA District Six AA champion...Set the PIAA District Six AA javelin record in 2015...School record holder... Finished third at the 2014 PIAA AA Outdoor Track & Field Championships...Won the javelin title at the 2015 PIAA AA Outdoor Track & Field Championships...Three-time Inter County Conference champion...Nominated to represent Pennsylvania for the 2015 Gatorade Athlete of the Year...Placed second at the 2015 Penn Relays...2014 bronze medalist at the USA Track & Field Junior Olympics...2013 gold medalist at the USA Track & Field Junior Olympics...All-American...Four-time letterwinner || **National Level Competition ||** 2015 New Balance Outdoor Nationals javelin champion || **Personal ||** Son of Tammy and Michael Biddle...Born on July 1, 1997... Community, environment, and development major.





Brady  
**BOBBITT**

Junior • Junior  
Batavia, Ill.

**DISTANCE • CROSS COUNTRY**

Bobbitt's Personal Bests		
	Indoor	Outdoor
Mile	4:15.71	***
3,000m	8:30.34	***
5,000m	15:13.83	15:05.78

**At the Big Ten Championships... || 2017 Cross Country ||** Placed 99th overall with a time of 27:06.7.

**Around the Track... || 2018 Outdoor ||** Competed in two meets || **2018 Indoor ||** Competed in five meets...Ran a personal-best time of 8:30.34 in the 3,000-meter run at the Penn State National... Recorded a personal-best time of 4:15.71 in the mile at the Sykes & Sabock Challenge Cup || **2017 Outdoor ||** Competed in one meet running 15:05.78 in the 5K at the Bucknell Classic || **2017 Indoor ||** Competed in one meet running 15:13.83 in the 5K at the Sykes & Sabock Challenge Cup running 15:13.83 || **2016 Indoor ||** Did not compete || **2016 Outdoor ||** Competed in one meet...Ran a season-best time of 15:22.03 in the 5,000-meters.

**Around the Track... || 2018 Outdoor ||** Competed in two meets || **2018 Indoor ||** Competed in five meets...Ran a personal-best time of 8:30.34 in the 3,000-meter run at the Penn State National... Recorded a personal-best time of 4:15.71 in the mile at the Sykes & Sabock Challenge Cup || **2017 Outdoor ||** Competed in one meet running 15:05.78 in the 5K at the Bucknell Classic || **2017 Indoor ||** Competed in one meet running 15:13.83 in the 5K at the Sykes & Sabock Challenge Cup running 15:13.83 || **2016 Indoor ||** Did not compete || **2016 Outdoor ||** Competed in one meet...Ran a season best time of 15:22.03 in the 5,000-meters.

**On the Course... || 2017 ||** Competed in five meets || 2016 || Did not compete || 2015 || Did not compete.

**Before Penn State || High School PRs ||** 1,600: 4:15.43, 3,200: 9:26.39, cross country (3-mile): 14:49.00 || **High School ||** All-state (cross country)...Illinois High School Association (IHSA) 3A West Chicago Regional cross country champion...2014 Suburban Christian Conference cross country champion...2015 3A IHSA Aurora sectional 3,200-meter run champion...All-conference in cross country and track during his junior and senior year...2014 Kane County Chronicle Runner of the Year...Kane County All-Area cross country first team...Two-time cross country team captain...Captain of the track team during his senior year...Cross country MVP...Track distance MVP...Three-year letterwinner in cross country...Four-year letterwinner in track || **Personal ||** Son of Nikki and Andrew Bobbitt...Born on December 16, 1996...Industrial engineering major.



Tom  
**BOJALAD**

Freshman • Sophomore  
Saint Marys, Pa.

**THROWS**

Bojalad's Personal Bests		
	Indoor	Outdoor
Shot Put	***	15.48m (50-9.5)
Discus Throw	***	49.51m (162-5)
Weight Throw	13.65m (44-9.5)	***

**At the Big Ten Championships... || 2018 Outdoor ||** Finished 21st in the discus throw with his distance of 149-11 (45.69m).

**In the Field... || 2018 Outdoor ||** Competed in seven meets...Recorded a personal-best mark of 50-9.5 (15.48m) in the shot put at the LSU Battle on the Bayou...Posted a personal-best distance of 162-5 (49.51m) in the discus throw at the Bucknell Team Challenge || **2018 Indoor ||** Competed unattached during the indoor season.

**Before Penn State... || High School PRs ||** Shot put: 59-1.50, discus: 185-10.50 || **High School ||** Four-time letterwinner at Saint Marys High School for Cindy Schuster...Seven-time district champion... Six-time state medalist (four outdoor, two indoor) school record holder in shot put and discus...Four-time boys team field MVP || **National Competition ||** New Balance Indoor Nationals 2016-17... New Balance Outdoor Nationals 2016-17 || **Personal ||** Parents are Laura Claypool and Michael Bojalad...Has three siblings, David Bojalad, Nick Bojalad and Erica Wilson...Born on December 3, 1998... Kinesiology major.



# 2018-19 MEN'S RETURNERS



Devin  
**BRADHAM**

Senior · Senior  
Williamstown, N.J.

### JUMPS

#### Bradham's Personal Bests

	Indoor	Outdoor
High Jump	2.12m (6-11.5)	2.12m (6-11.5)
Long Jump	6.91m (22-8)	***

**At the Big Ten Championships...** || **2018 Outdoor** || Placed 15th in the high jump with a height of 6-8 (2.03m) || **2018 Indoor** || Tied an indoor career-best height of 6-11.5 (2.12m) in the high jump to place fifth || **2017 Outdoor** || Finished 19th in the high jump clearing 6-5.50 (1.97m) || **2017 Indoor** || Finished 16th in the high jump clearing 6-8 (2.03m) || **2016 Outdoor** || Finished 14th in the high jump clearing 6-7.5 (2.02m) || **2016 Indoor** || Recorded a 19th-place finish in the men's high jump with a clearance of 6-6 (1.98m).

**In the Field...** || **2018 Outdoor** || Competed in seven meets...Set an outdoor career-best height of 6-11.5 (2.12m) to place first in the open section of the high jump at the Penn Relays || **2018 Indoor** || Competed in seven meets...Set an indoor career-best height of 6-11.5 (2.12m) in the high jump at the Penn State Tune-Up || **2017 Outdoor** || Competed in four meets...Recorded a personal-best of 6-9 (2.06m) at the Jim Thorpe meet in a first-place finish || **2017 Indoor** || Competed in seven meets...Recorded six top-10 finishes || **2016 Outdoor** || Competed in six meets...Set a personal-best in the high jump clearing 6-9 (2.06m)...Recorded three top-five finishes...Won the Jim Thorpe Open clearing 6-5 (1.96m).

**Before Penn State...** || **High School PR** || High jump: 6-10 || **High School** || Two-time first team All-South Jersey...Three-time state champion...Four-time section champion...Three-time first team all-tri county...2015 New Jersey Meet of Champions champion...School record holder in the high jump...Three-time First Team All-conference...Two-time letterwinner...Team captain...Two-time team MVP || **National Level Competition** || Finished sixth at the 2014 AAU Junior Olympic Games...Finished eighth at the 2015 Penn Relays...Placed 13th at the 2015 New Balance Indoor Nationals meet...Finished eighth in the high jump at the 2015 New Balance Outdoor Nationals meet || **Personal** || Son of Ardean and John Bradham...Born on August 13, 1997...Hospitality management major.



Ben  
**BUMGARNER**

Sophomore · Sophomore  
Waynesburg, Pa.

### DISTANCE · CROSS COUNTRY

#### Bumgarner's Personal Bests

	Indoor	Outdoor
Mile	4:25.36	***
3,000m	8:29.08	***
5,000m	15:24.82	***

**On the National Stage...** || **2017 Cross Country** || Finished 78th at the Mid-Atlantic Regional with a time of 32:00.8.

**At the Big Ten Championships...** || **2017 Cross Country** || Finished 97th overall with a time of 26:40.1.

**Around the Track...** || **2018 Outdoor** || Ran unattached || **2018 Indoor** || Competed in four meets.

**On the Course...** || **2017** || Competed in six meets.

**Before Penn State...** || **High School PRs** || 1,600: 4:17.55, 3,000: 8:33.86, 3,200: 9:10.58, 5K: 15:16, XC (5K): 15:41 || **High School** || Four-year letterwinner at Waynesburg Central...2016 PA AA XC State Champ, All State XC, 2017 PA AA 3,200 State Champ, School Record holder at 3,200...Three-time XC Team MVP...Two-time track MVP...2016 NE Footlocker - 17th, 2017 New Balance Indoors - 5000 meters - 11th place, 2017 Penn Relays - 3000 meters - eighth place || **Personal** || Parents are Walt and C.A. Bumgarner...Born on February 20, 1999...Undecided on a major.



Austin  
**CAMPBELL**

Junior • Junior  
Denver, Colo.

**JUMPS**

**Campbell's Personal Bests**

	Indoor	Outdoor
High Jump	2.10m (6-10.75)	2.06m (6-9)

**At the Big Ten Championships...** || **2018 Indoor** || Placed 11th in the high jump with his height of 6-8 (2.03m) || **2017 Outdoor** || Competed in the high jump finishing 14th with a clearance of 6-7.50 (2.02m).

**In the Field...** || **2018 Outdoor** || Competed in five meets...Recorded an outdoor career-best height of 6-8 (2.06m) to win the high jump at the LSU Battle on the Bayou || **2018 Indoor** || Competed in five meets...Tallied a career-best height in the high jump at the Nittany Lion Challenge with his mark of 6-10.75 (2.10m) || **2017 Outdoor** || Competed in three meets...Posted two top-10 finishes.

**Before Penn State...** || **High School** || Led Regis Jesuit High School to conference championships...School record holder...Colorado high jump state champion (2016)...Team captain || **National Level Competition** || Seventh-place at New Balance Indoor Nationals (2016) || **Personal** || Son of Stacey and Michelle Campbell...Born on January 27, 1998...Energy business and finance major.



Tristan  
**DAMAN**

Junior • Sophomore  
State College, Pa.

**SPRINTS**

**Daman's Personal Bests**

	Indoor	Outdoor
60m	7.03	***
200m	21.76	22.01
400m	50.02	49.42

**At the Big Ten Championships...** || **2018 Indoor** || Finished 30th in the 400-meter dash with his time of 50.68.

**Around the Track...** || **2018 Outdoor** || Competed in three meets...Tallied a personal-best time of 49.42 in the 400-meter dash at the Bison Outdoor Classic || **2018 Indoor** || Competed in five meets...Ran a personal-best time of 21.76 in the 200-meter dash at the Sykes & Sabock Challenge Cup || **2017 Outdoor** || Did not compete.

**Before Penn State** || **High School PRs** || **Indoor** || 60m: 7.06, 200m: 22.6 || **Outdoor** || 100m: 10.77, 200m: 22.21 || **High School**

|| Letterwinner for coach Jennifer Evans and Steve Shisler...2016 State Champions as a team during outdoor season...2016 State runner-up as a team during the indoor season...Fourth-place at the state meet in the 100-meters...District champion in the 100-meters...Team captain as a senior...Also played football || **National Level Competition** || Competed in the 60-meters and the 4x200-meter relay at the national indoor meet in 2014, 2015 and 2016 || **Personal** || Son of Bob and Rebecca Daman...Born on October 24, 1997...Criminology major.



Luke  
**GRODESKA**

Sophomore • Sophomore  
Neptune, N.J.

**THROWS**

**Grodeska's Personal Bests**

	Indoor	Outdoor
Shot Put	16.90m (55-5.5)	16.99m (55-9)
Hammer Throw	***	61.15m (200-7)
Weight Throw	19.65m (64-5.75)	***

**On the National Scene...** || **2018 Outdoor** || Finished 40th in the hammer throw at the NCAA East Prelims with his toss of 191-2 (58.26m).

**At the Big Ten Championships...** || **2018 Outdoor** || Placed 15th in the hammer throw (200-7/61.15m) and in the shot put (54-6/16.61m)...His toss of 200-7/61.15m ranks No. 8 in program history || **2018 Indoor** || Placed 13th in the weight throw with his personal-best toss of 64-5.75 (19.65m)...Took 19th in the shot put with his mark of 53-1.75 (16.20m).

**In the Field...** || **2018 Outdoor** || Competed in eight meets...Recorded a career-best throw 55-9 (16.99m) to place first in the open section of the shot put at the Penn Relays || **2018 Indoor** || Competed in six meets...Tallied an indoor personal-best mark of 55-5.5 (16.90m) in the shot put at the Spire NCAA D-1 Indoor Track & Field Classic || **2017** || Did not compete.

**Before Penn State...** || **High School PR** || Shot put: 68-3 || **High School** || Attended St. Rose...Two-time state champion...NJ Shore Conference indoor & outdoor champion...First-place at the Bishop Loughlin Games...One indoor first-place finish and two outdoor first-place finishes at the NJ Meet of Champions...St. Rose record holder for shot put...Shore Conference record holder...Four-year letterwinner || **National Level Competition** || Competed in both at the Indoor and Outdoor New Balance National twice...Competed at the USATF Jr. Nationals meet twice || **Personal** || Son of Gerry and Eileen Grodeska...Has two siblings, Paul and Steph....Born on May 20, 1998...Agribusiness management major.



# 2018-19 MEN'S RETURNERS



Spencer  
**HAY**

Junior · Sophomore  
Palmerton, Pa.

**JUMPS**

**Hay's Personal Bests**

	Indoor	Outdoor
High Jump	2.04m (6-8.25)	2.03m (6-8)

**At the Big Ten Championships...** || **2018 Indoor** || Placed 11th in the high jump with his height of 6-8 (2.03m).

**In the Field...** || **2018 Outdoor** || Competed in five meets...Cleared an outdoor personal-best height of 6-8 (2.03m) to place second at the Bucknell Team Challenge || **2018 Indoor** || Competed in six meets...Recorded an indoor personal-best height of 6-8.25 (2.04m) in the high jump to place third at the Penn State Tune-Up || **2017 Outdoor** || Did not compete || **2017 Indoor** || Competed in five meets...Recorded three top-10 finishes...Set a personal best of 6-6.25 (1.99m) in the high jump on two occasions.

**Before Penn State** || **High School PRs** || High jump: 2.03m (6-8), long jump: 6.22m (20-5), 12.80m (42-0) || **High School** || Lettered all four years in track & field, also lettered in basketball and football...Colonial League high jump champion...Two-time District 11-2A high jump champion...2015 PIAA-2A bronze medalist in the high jump...2016 PIAA-2A high jump state champion...2016 all-state high jump...Palmerton High School high jump record at 6-8...2016 *Morning Call* Track Athlete of the Year...Team captain for three years...Environmental Club president...FBLA member... Student council member...Leo Club member || **Personal** || Son of James and Milissa Hay...Has two sisters, Kelsey and Kacie...Born on April 11, 1998...Middle level education major.



Will  
**HENDERSON**

Sophomore · Sophomore  
Baltimore, Md.

**HURDLES · JUMPS · SPRINTS**

**Henderson's Personal Bests**

	Indoor	Outdoor
60m	6.83	***
100m	***	10.49
200m	22.01	***
60H	7.96	***
Long Jump	7.29m (23-11)	7.24m (23-9)

**On the National Scene...** || **2018 Outdoor** || Ran the opening leg of the 4x100-meter relay that qualified for the NCAA East Prelims...Ran the opening leg of the 4x100-meter relay that advanced to the NCAA Championships with a 12th-place finish with its time of 39.61...Ran the opening leg of the 4x100-meter relay that finished 14th at the NCAA Championships with a time of 39.53.

**At the Big Ten Championships...** || **2018 Outdoor** || A member of the 4x100-meter relay that tallied a runner-up finish with its time of 39.21, which ranks second in program history...Ran a personal-best time of 10.49 in the prelims and the final of the 100-meter dash, which is tied for No. 9 in program history...Henderson finished eighth in the 100-meter dash with his time of 10.49 || **2018 Indoor** || Finished 11th in the long jump with his leap of 23-2 (7.06m) and placed 14th in the 60-meter hurdles (8.06).

**Around the Track...** || **2018 Outdoor** || Competed in six meets || **2018 Indoor** || Competed in five meets...Ran a career-best time of 7.96 in the 60-meter hurdles to finish second at the Nittany Lion Challenge...Tallied a career-best time of 6.83 in the 60-meter dash to finish first at the Sykes & Sabock Challenge Cup...Recorded a career-best time of 22.01 to place third at the Sykes & Sabock Challenge Cup...Posted a career-best leap of 23-11 (7.29m) in the long jump to finish first at the Sykes & Sabock Challenge Cup.

**Before Penn State...** || **High School PRs** || 55m: 6.31, 55mH: 7.24, 60mH: 7.79 60m: 6.82, 100m: 10.52, 110mH: 14.02, long jump: 25-2, high jump: 6-6 || **High School** || Four-year letterwinner at Baltimore Polytechnic Institute for Edward Wilson, Joey Henderson and Rashi Pinkney...Baltimore city champions indoor and outdoor...Two-time regional indoor champions...Nine total school records...State record holder in long jump indoor & outdoor...3A state record holder in the long jump...Millrose High School 55m dash record holder...*Baltimore Sun* Athlete of the Year...Millrose High School 55m dash winner...Seven-time state champion (six different events)...Penn Relays long jump winner || **National Competition** || Three-time New Balance Nationals All-American (all in long jump - two-time indoor one-time outdoor)...New Balance National Champion in long jump indoor || **Personal** || Parents are Trenita and Joey Henderson...Has one sibling, Trinity Henderson...Born on March 31, 1999...Recreation, park, and tourism management major.



## Brandon HONTZ

Freshman • Sophomore  
West Chester, Pa.

**DISTANCE • CROSS COUNTRY**

### Hontz's Personal Bests

	Indoor	Outdoor
1,500m	***	3:51.25

**At the Big Ten Championships...** || **2018 Outdoor** || Finished 29th in the 1,500-meter run with his time of 3:59.41.

**Around the Track...** || **2018 Outdoor** || Competed in six meets... Recorded personal-best performances in the 1,500-meter run (3:51.25) and the 5,000-meter run (15:54.77) at the LSU Battle on the Bayou || **2018 Indoor** || Did not compete.

**On the Course...** || **2017** || Competed in three meets unattached.

**Before Penn State...** || **High School PRs** || 800: 1:58, 1600: 4:19, 3200: 9:40, 5000: 16:05 || **High School** || Letterwinner at Bayard Rustin High School for Matt Taglang, Shaz Brown and Shannon Grady...Ches-Mont League champions...Mile record: 4:19...4x800: 8:03 (1:57 split)...Second-place finish at Ches-Mont League Championships in cross country, fourth-place in the district 1,600, 13th in the state...Team captain || **National Competition** || USA triathlon... Placed second at the World Qualifier (Nationals)...Placed third representing the USA and 20th overall at the ITU World Championships in Cozumel, Mexico (AG 15-19) || **Personal** || Parents are Keith and Lee Hontz...Born on December 21, 1998...Undecided on a major.



## David LUCAS

Junior • Senior  
Lititz, Pa.

**THROWS**

### Lucas' Personal Bests

	Indoor	Outdoor
Shot Put	17.81m (58'-5.25")	17.51m (57'-5.5")
Discus Throw	***	61.43m (201'-6")
Hammer Throw	***	64.78m (212'-6")
Weight Throw	24.02m (78'-9.75")	***

**On the National Stage...** || **2018 Outdoor** || Qualified for the NCAA East Prelims in the discus throw and the hammer throw... At the NCAA East Prelims, he took fourth in the discus throw with a mark of 187-6 (57.06m) and took 19th in the hammer throw with the No. 3 mark (212-6/64.78m) in program history...Advanced to the NCAA Championships in the discus throw...Finished seventh in the discus throw at the NCAA Championships with a distance of 186-7 (56.87m) || **2018 Indoor** || Won the national title in the weight throw with a school record, facility record, and the fourth-best throw in meet history with a toss of 78-9.75 (24.02m) || **2017 Outdoor** || Finished 10th at the USATF Championships in the discus throw with a mark of 184-9 (56.32m)...Competed in the discus throw at the NCAA Championships with a mark of 190-3 (58.00m) finishing ninth...Competed in the NCAA East Preliminary in the hammer throw, discus throw and shot put || **2016 Outdoor** || Finished 15th in the discus throw with a mark of 180-10 (55.12m) in Eugene, Ore....Posted a career best mark of 195-7 (59.62m) at the NCAA East Preliminary in Jacksonville, Florida...Qualified for the NCAA East Preliminary in the discus throw.

**At the Big Ten Championships...** || **2018 Outdoor** || Placed fifth in the discus throw with a mark of 194-11 (59.41m) and placed 11th in the hammer throw with a distance of 206-2 (62.83m) || **2018 Indoor** || Tallied a runner-up finish in the weight throw with his distance of 76-5.75 (23.31m) || **2017 Outdoor** || Competed in the discus, hammer throw and the shot put...Finished fifth in the discus 184-11 (56.37m) and sixth in the hammer throw 208-2 (63.44m) || **2017 Indoor** || Competed in the shot put and weight throw finishing 12th and fifth, respectively...Mark of 65-10.50 (20.08m) is the No. 5 performance in the event in program history in the weight throw || **2016 Outdoor** || Recorded a sixth-place finish at the Big Ten Championships in the discus throw with a mark of 179-3 (54.64m)...Finished 12th in the shot put with a throw of 55-1.5 (16.80m).

**In the Field...** || **2018 Outdoor** || Competed in eight meets...Won the open section of the hammer throw at the Penn Relays with a toss of 201-0 (61.27m) and placed second in the discus throw with a season-best distance of 200-0 (60.97m) || **2018 Indoor** || Competed in seven meets || **2017 Outdoor** || Competed in nine meets...Posted 14 top-10 finishes including two first-place finishes || **2017 Indoor** || Competed in seven meets...Posted nine top-10 finishes || **2016 Outdoor** || Competed in nine meets...Recorded 13 top-10 finishes... Posted two first-place finishes in the discus throw (Bucknell Team Challenge, Jim Thorpe Invite).



# 2018-19 MEN'S RETURNERS

**Before Penn State || High School PR || 199-7 || High School ||** Two-time state runner-up in the discus...Placed second in the shot put at the 2015 PIAA AAA Outdoor Track & Field Championships... Two-time PIAA AAA District Three discus champion...Two-time conference champion in the discus...Finished second in the discus at the 2015 Penn Relays...Posted a fourth-place finish in the discus at the 2014 Penn Relays...Holds two school records...Three-time letter winner in track || **National Level Competition ||** Two-time New Balance Outdoor Nationals competitor || **Personal ||** Son of Susanne and David Lucas...Studying pre-medicine...Born on June 6, 1996...Biobehavioral health major.



McDevitt's Personal Bests		
	Indoor	Outdoor
600m	1:23.02	***
800m	1:50.48	1:50.01
1,000m	2:25.54	***
1,500m	***	3:47.06
Mile	4:05.29	***

**On the National Stage... || 2017 Cross Country ||** Took 97th at the Mid-Atlantic Regional with his time of 32:16.7 || **2017 Outdoor ||** Competed in the 800-meters at the NCAA East Preliminary || **2016 Cross Country ||** Finished 67th at the NCAA Mid-Atlantic Regional Championships running 32:08 on the 10K course.

**At the Big Ten Championships... || 2018 Outdoor ||** Finished 18th in the 1,500-meter run (3:50.80) and 21st in the 800-meter run (1:52.92) || **2018 Indoor ||** Finished seventh in the mile with his time of 4:15.17...A member of the distance medley relay that took seventh with its time of 9:51.56 || **2017 Cross Country ||** Finished 93rd overall with his time of 26:26.9 || **2017 Outdoor ||** Competed in the 800-meters || **2017 Indoor ||** Competed in the 800-meters || **2016 Cross Country ||** Placed 96th at the Big Ten Cross Country Championships (26:55.8).

**On the Course... || 2017 ||** Competed in six meets || **2016 ||** Opened the year with a 14th-place finish at the Dolan Duals (19:01.33)... Placed 93rd at the Spiked Shoe Invitational (29:30.9)...Placed 117th at the Penn State National Open (27:03.10) || **2015 ||** Did not compete.

**Around the Track... || 2018 Outdoor ||** Competed in six meets...Tallied a personal-best time of 3:47.06 in the 1,500-meter run at the Bison Outdoor Classic || **2018 Indoor ||** Competed in six meets... Ran a personal-best time of 4:05.29 in the mile at the Husky Classic || **2017 Outdoor ||** Competed in five meets...Posted a personal best of 1:50.01 at the Virginia Challenge || **2017 Indoor ||** Competed in seven meets...Posted seven top-10 finishes...Set a personal best of 1:23.02 in the 600-meters || **2016 Outdoor ||** Competed in six meets...Set personal best in the 800-meters (1:51.79) and 1,500-meters (3:51.98)...Posted six top-10 finishes including a second-place finish in the 800-meters at the Jim Thorpe Invite.

**Before Penn State || High School PRs ||** 800: 1:51.47, Mile: 4:17.05 || **High School ||** Four-time all-conference in cross country...Three-time All-independent state team in cross country...All-conference in track...All-Independent state team in track...Pennsylvania Track & Field Coaches Association all-state selection for indoor and

outdoor track...Conference champion in the 1,600-meter run and the 3,200-meter run during his senior year...Independent state champion in the 800-meter run during his senior year...School record holder in the 800-meter run and the indoor 3,000-meter run...A member of the school record teams in the distance medley relay and the 4x800-meter relay...Team captain for cross country, indoor track, and outdoor track during his senior year...Six-time letterwinner in track...Four-time letterwinner in cross country || **National Level Competition ||** Placed 12th in the mile at the 2015 New Balance Indoor Nationals meet || **Personal ||** Son of Christine and Bill McDevitt...Born on April 17, 1997...Journalism major.



McGowan's Personal Bests		
	Indoor	Outdoor
1,500	3:57.32	3:54.26
Mile	4:11.54	***
3,000m	8:21.59	***
5,000m	14:13.36	14:16.29
10,000m	***	29:49.15

**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims in the 5,000-meter run...Placed 32nd in the 5,000-meter run with his time of 14:37.38 || **2017 Cross Country ||** Took 20th at the Mid-Atlantic Regional with a time of 30:52.6 || **2016 Cross Country ||** Finished 32nd at the Mid-Atlantic Regional running 31:29.

**At the Big Ten Championships... || 2018 Outdoor ||** Finished 12th in the 10,000-meter run (31:00.34) and 13th in the 5,000-meter run (14:50.11) || **2018 Indoor ||** Finished 21st in the 5,000-meter run with his time of 14:38.31 || **2017 Cross Country ||** Placed 45th with a time of 25:11.4 || **2017 Outdoor ||** Competed in the 10K and 5K, posting a personal-best in the 10K (29:49.15) || **2016 Outdoor ||** Finished 14th in the 10,000-meters running 30:29.54 in Lincoln, Neb. || **2016 Cross Country ||** Placed 67th at the Big Ten Cross Country Championships (26:04.5).

**On the Course... || 2017 ||** Competed in six meets || **2016 ||** Opened the year with a third-place finish at the Dolan Duals (18:14.80)... Placed 30th at the Spiked Shoe Invitational (27:30)...Placed 188th at the Roy Griak Invitational (27:31.5)...Placed 49th at the Penn State National Open (25:56.80) || **2015 ||** Did not compete.

**Around the Track... || 2018 Outdoor ||** Competed in four meets || **2018 Indoor ||** Competed in four meets || **2017 Outdoor ||** Competed in five meets...Posted a personal best in the 5,000-meters (14:18.03) at the 123rd Penn Relays || **2016 Outdoor ||** Competed in four meets...Finished fifth in the 5,000-meters running 14:19.71...Set personal best in the 1,500-meters, 5,000-meters and 10,000-meters || **2016 Indoor ||** Competed in six meets...Set season-best in the mile and 3,000-meters...Recorded five top-10 finishes.



**Before Penn State... || Roger Williams University PRs ||** 800: 1:58, Mile: 4:15, 3,200: 8:57 || **Roger Williams University ||** Nine-time letterwinner in track and cross country...Three-time All-American... All-state || **National Level Competition ||** Finished 11th at the 2013 Nike Cross Country Championships...Competed at the 2013 & 2014 New Balance Nationals...A member of the 4xmile relay that broke the national record in 2014 || **Personal ||** Son of Laura and Paul McGowan...Twin brother is Tim McGowan...Born on September 27, 1995...Communications in film and media major.

**Around the Track... || 2018 Indoor ||** Competed in five meets... Ran a personal-best time of 13:55.00 in the 5,000-meter run at the Iowa State Classic...His time of 13:55.00 ranks No. 2 in program history || **2017 Outdoor ||** Competed in six meets...Posted three top-10 finishes...Posted a personal best of 13:54.20 at the Virginia Challenge in the 5,000-meters || **2017 Indoor ||** Competed in six meets...Posted six top-10 finishes...Recorded a season best of 8:05.57 in the 3,000-meters || **2016 Outdoor ||** Competed in five meets...Posted a first-place finish at the Bucknell Team Challenge in the 1,500-meters running 3:53.09...Recorded four top-10 finishes || **2016 Indoor ||** Competed in six meets...Set personal best marks of 4:06.32 (mile) and 8:05.83 (3,000-meters)...Posted four top-10 finishes.



**Tim McGOWAN**  
Senior (Indoor Only)  
Northport, N.Y.

**DISTANCE • CROSS COUNTRY**

McGowan's Personal Bests		
	Indoor	Outdoor
<b>1,500</b>	***	<b>3:48.67</b>
<b>Mile</b>	<b>4:04.97</b>	***
<b>3,000m</b>	<b>8:05.57</b>	***
<b>5,000m</b>	<b>13:55.00</b>	<b>13:54.20</b>
<b>10,000m</b>	***	<b>29:38.64</b>

**Before Penn State || Roger Williams University PRs ||** 800: 1:54.46, Mile: 4:10.28, 3,200: 8:53.36 || **Roger Williams University ||** 3,200-meter run state champion...Holds the indoor Long Island mile record...Nine-time indoor county record holder...Cross country team captain...Five-time all-state || **National Level Competition ||** Finished third in the two-mile run at the 2014 New Balance Outdoor Nationals meet...Six-time All-American || **Personal ||** Son of Laura and Paul McGowan...Twin brother is Jack McGowan...Born on September 27, 1995....Sociology major.

**On the National Stage... || 2018 Outdoor ||** Competed in six meets || **2017 Cross Country ||** Finished sixth and was the top Nittany Lion finisher at the Mid-Atlantic Regional with his time of 30:40.1...Placed 219th at the NCAA Championships with his time of 31:59.61 || **2017 Outdoor ||** Competed in the 5K at the NCAA East Preliminary || **2016 Cross Country ||** Finished 15th at the NCAA Mid-Atlantic Regional Championships running 31:13 on the 10K course || **2015 Cross Country ||** Finished 45th at the NCAA Mid-Atlantic Regional Championships running 31:54.4.

**At the Big Ten Championships... || 2018 Indoor ||** Placed eighth in the 5,000-meter run (14:16.04) and 10th in the 3,000-meter run (8:18.95) || **2017 Cross Country ||** Finished 21st overall with a time of 24:42.3 || **2017 Outdoor ||** Competed in the 10K and 5K posting a personal best in the 10K of 29:38.64 finishing second || **2017 Indoor ||** Competed in the 5K and 3K finishing third and eighth, respectively || **2016 Outdoor ||** Finished 7th in the 5,000-meters running 14:18.11 in Lincoln, Neb. || **2016 Indoor ||** Competed in the 3,000-meters (8:09.87) and 5,000-meters (14:19.43) finishing 11th and 13th, respectively || **2016 Cross Country ||** Placed 25th at the Big Ten Cross Country Championships (25:27.7) || **2015 Cross Country ||** Finished 70th running a time of 24:59.0 in Chicago, Illinois.

**On the Course... || 2017 ||** Competed in seven meets...No. 2 Nittany Lion in four team meets || **2016 Cross Country ||** Placed fifth at the Spike Shoe Invitational (26:34.4)...Placed 5th at the Spike Shoe Invitational (26:34)...Placed 75th at the Roy Griak Invitational (26:16.2)...Placed eighth at the Penn State National Open (25:10.80) || **2015 Cross Country ||** Competed in four meets...Posted back-to-back top-five finishes at Dolan Duals and Penn State National.



# 2018-19 MEN'S RETURNERS



**Kier**  
**MINER**  
Junior · Junior  
Mechanicsburg, Pa.

**SPRINTS**

	Miner's Personal Bests	
	Indoor	Outdoor
200m	21.91	21.75
400m	47.40	47.36

**On the National Stage... || 2018 Indoor ||** A member of the 4x400-meter relay that qualified for the NCAA Championships.

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the 4x400-meter relay that finished sixth with its time of 3:10.16... Placed 21st in the 400-meter dash with his time of 47.90 || **2018 Indoor ||** Ran an indoor personal-best time of 47.40 to place 11th in the 400-meter dash...A member of the 4x400-meter relay that placed second with the No. 2 time in program history - 3:05.12.

**Around the Track... || 2018 Outdoor ||** Competed in seven meets... Ran a personal-best time of 47.36 in the 400-meter dash to place 19th at the Florida Relays...A member of the sprint medley relay that placed first at the Penn Relays with a school-record time of 3:15.25...Ran the lead leg of the 4x400-meter relay that finished fifth at the Penn Relays with the No. 4 time in program history - 3:05.13 || **2018 Indoor ||** Competed in six meets.

**Before Penn State... || High School PR ||** 400: 47.2 || **High School ||** Two-year letterwinner at Cumberland Valley High School for Bill Bixler...Conference record holder in the 400m...District record holder in the 400m...School record holder in the 400m and the long jump...Two-time all-state...Second team All-American...Team captain, Team MVP || **Personal ||** Parents are Chance and Lisa Miner...Born on April 7, 1998...Agribusiness management major.



**Matt**  
**NAWROCKI**  
Senior · Senior  
Mascow, Pa.

**THROWS**

	Nawrocki's Personal Bests
	Outdoor
Javelin	64.14m (210-5)

**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims...Placed 44th in the javelin throw with his mark of 175-3 (53.43m).

**At the Big Ten Championships... || 2018 Outdoor ||** Placed fifth in the javelin throw with a toss of 204-1 (62.21m).

**In the Field... || 2018 Outdoor ||** Competed in seven meets...Tallied a personal-best distance of 210-5 (64.14m) in the javelin throw en route to a second-place finish at the LSU Battle on the Bayou || **2017 Outdoor ||** Competed in five meets...Posted three top-10 finishes...Recorded a personal best of 200-11 (61.24m) at the 123rd Penn Relays || **2016 Outdoor ||** Competed in five meets...Recorded four top-10 finishes...Set a season best mark of 183-10 (56.03m) at the Jim Thorpe Invite.

**Before Penn State || High School PR ||** Javelin: 201-10 (61.51m) || **High School ||** Attended North Pocono...Three-year letter winner for Coach Jason Sepkowski...All-state, all-region, all-league for track & field...School record in javelin with a mark of 201-10... Placed third at the state championships during his senior year || **Personal ||** Son of Frank and Karen Nawrocki...Has one sibling, Roni Nawrocki...Born July 2, 1996...Secondary education major.






**Domenic PERRETTA**  
 Junior • Junior  
 Beaver Falls, Pa.

**DISTANCE • CROSS COUNTRY**

Perretta's Personal Bests		
	Indoor	Outdoor
600m	1:18.51	***
800m	1:48.17	1:47.29
1,500m	***	3:46.47
Mile	4:10.07	***

**On the National Stage...** || **2017 Outdoor** || Competed in the USATF championships in the 800-meters...Competed in the NCAA Championships in the 800-meters.

**At the Big Ten Championships...** || **2018 Indoor** || Placed 11th in the 800-meter run with a time of 1:50.83 || **2017 Outdoor** || Competed in the 800-meters finishing fifth || **2017 Indoor** || Competed in the 800-meters (1:48.49) and ran a leg on the DMR (fourth-place).

**Around the Track...** || **2018 Indoor** || Competed in four meets || **2017 Outdoor** || Competed in nine meets...Recorded eight top-10 finishes...Posted personal bests of 1:47.29 in the 800-meters and 3:46.47 in the 1,500-meters || **2017 Indoor** || Competed in seven meets...Posted 11 top-10 finishes...Recorded personal bests of 1:18.51 in the 600-meters, 2:23.06 in the 1,000-meters.

**Before Penn State...** || **High School PRs** || Cross country: 16:05, mile: 4:11, 800m: 1:50.1, 400m: 49.6 || **High School** || All-state... All-conference...Two-time district champion in cross country... Three-time outdoor 800m state champion...Three-time outdoor 1,600m state champion...Indoor 800-meter champion...Took fifth-place at the state championships in cross country...School record holder in the 400m, 800m, 1,600m, and 3,200m...State record holder in the 800m...Eight-time letterwinner...Team captain...Team MVP...High school honor roll || **National Level Competition** || Finished second in the 800m at the New Balance Indoor Nationals meet as a senior...Took fourth-place in the 800m at USATF Junior Olympics as a sophomore || **Personal** || Son of Gretchen and Patsy Perretta...Born on September 25, 1997...Communications arts and sciences major.



**Ben PETERSON**  
 Junior • Sophomore  
 Solon, Pa.

**THROWS**

Peterson's Personal Bests		
	Indoor	Outdoor
Shot Put	18.12m (59-5.5)	17.69m (58-0.5)
Hammer Throw	***	45.56m (149-6)
Weight Throw	17.47m (57-3.75)	***

**At the Big Ten Championships...** || **2018 Outdoor** || Finished 14th in the shot put with a mark of 55-9.25 (17.00m) || **2018 Indoor** || Placed 18th in the shot put (53-11.25/16.44m) and took 24th in the weight throw (57-3.5/17.46m).

**In the Field...** || **2018 Outdoor** || Competed in eight meets...Recorded a personal-best mark of 149-6 (45.56m) in the hammer throw at the Pac-12 vs. Big Ten Invitational...Posted an outdoor personal-best mark of 58-0.5 (17.69m) in the shot put || **2018 Indoor** || Competed in six meets...Tallied a personal-best mark of 57-3.75 (17.47m) in the weight throw at the Nittany Lion Challenge...Posted a personal-best mark of 59-5.5 (18.12m) en route to a first-place finish in the shot put at the Sykes & Sabock Challenge Cup.

**Before Penn State...** || **High School PR** || Shot put: 63-7 || **High School** || Attended Solon High School...Four-year letterwinner for Jim Wallace...Three-year varsity football letterwinner...All-state 2015-16...Three-time team MVP 2014-16 || **National Level Competition** || New Balance Indoor National meet in 2015-16...Outdoor New Balance National meet in 2015 (6th place) & '16 || **Personal** || Son of Beth and Steve Peterson...Has three siblings, Nick, Kyle and Katie...Born on July 16, 1997...Labor and employment relations major.



# 2018-19 MEN'S RETURNERS



Anton  
**PORTER**

Senior · Senior  
Bronx, N.Y.

### SPRINTS

#### Porter's Personal Bests

	Indoor	Outdoor
60m	6.90	***
100m	***	10.66
200m	21.59	21.49

**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims in the 4x100-meter relay...A member of the 4x100-meter relay that advanced to the NCAA Championships with its 12th-place finish with a time of 39.61...A member of the 4x100-meter relay that finished 14th at the NCAA Championships (39.53) || **2017 Outdoor ||** Traveled to the NCAA Championships in Eugene, Oregon, as an alternate for the 4x100-meter relay || **2016 Outdoor ||** Ran a leg of the 4x100-meter relay that ran the fifth-fastest time in program history clocking 40.04 at the NCAA East Preliminary in Jacksonville, Florida.

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the 4x100-meter relay that finished second with the No. 2 time in program history - 39.21...Ran a personal-best time of 10.66 in the 100-meter dash to finish 14th...Clocked in at 22.07 to place 20th in the 200-meter dash || **2018 Indoor ||** Placed 17th in the 200-meter dash with a time of 22.06 || **2016 Outdoor ||** Ran a personal best 10.53w in the 100-meter prelims finishing 13th...Ran a personal best 21.49 in the 200-meter prelims...Ran a leg on the fifth-place 4x100-meter relay (40.20) || **2016 Indoor ||** Finished 15th in the 200-meters running 21.59 seconds.

**Around the Track... || 2018 Outdoor ||** Competed in six meets...A member of the 4x100-meter relay that clocked in at 39.69 to place seventh at the Florida Relays...The time of 39.69 ranks fourth in program history || **2018 Indoor ||** Competed in five meets...Ran a personal-best time of 6.90 in the 60-meter dash at the Nittany Lion Challenge || **2017 Outdoor ||** Competed in five meets...Posted two top-10 finishes...Recorded a collegiate best time of 10.67 in the 100-meters at the Virginia Challenge || **2017 Indoor ||** Competed in three meets...Posted two top-10 finishes || **2016 Outdoor ||** Competed in six meets...Set personal best in the 100-meters (10.74) and 200-meters (21.49)...Ran a leg on the third-fastest 4x100-meter relay in Penn State history (39.32) at the Pac-12 vs. Big Ten Challenge meet in Tempe, Ariz. || **2016 Indoor ||** Competed in six meets...Set indoor best of 6.93 in the 60-meters and 21.59 in the 200-meters...Posted 10 top-10 finishes.

**Before Penn State... || High School PRs ||** 100: 10.41, 200: 21.35 || **High School ||** Recorded numerous Catholic High School Athletic Association (CSHAA) first-place finishes...Holds the CSHAA record in the 100 and 300...All-state...Three-time MVP...Won the 100-meter dash at the 2015 New York Relays...Finished first in the 100-meter dash and the 200-meter dash at the 2015 Glenn D. Loucks Games || **National Level Competition ||** Finished fourth in the 200-meter dash at the 2015 New Balance Indoor Nationals meet...Placed second in the 60-meter dash at the 2015 New Balance Indoor Nationals meet...Claimed fourth place in the Dream 100 at the 2015 Adidas Grand Prix...All-American...Finished third in the 100-meter dash at the 2015 New Balance Outdoor Nationals meet || **Personal ||** Son of Jasset Founsette and Antonio Porter...Born on July 5, 1996...Human development and family studies major.



Mark  
**PORTER**

Sophomore · Sophomore  
Reading, Mass.

### THROWS

#### Porter's Personal Bests

	Outdoor
Javelin	65.66m (215-5)

**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims in the javelin throw...Finished 40th in the javelin throw with a mark of 184-5 (56.22m).

**At the Big Ten Championships... || 2018 Outdoor ||** Placed eighth in the javelin throw with a toss of 201-0 (61.27m).

**In the Field... || 2018 Outdoor ||** Competed in eight meets...Recorded a personal-best toss of 215-5 (65.66m) in the javelin throw at the Virginia Challenge.

**Before Penn State... || High School PRs ||** Javelin: 194-7 || **High School ||** Three-year letterwinner for coach Scott Price and John Fiore...Division II state title in 2016...Massachusetts All-State champion in 2017...Team captain || **Personal ||** Parents are Tom Porter and Christine Ambrose...Has one sibling, Brad Porter...Born on October 28, 1998...Plant sciences major.



Sam  
**REISER**

Senior · Senior  
Melbourne, Australia

**SPRINTS**

**Reiser's Personal Bests**

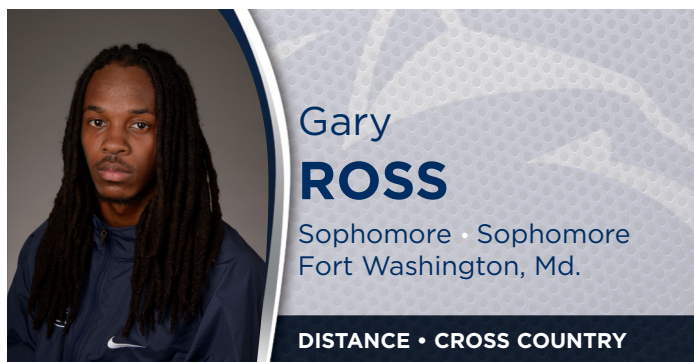
	Indoor	Outdoor
200m	22.01	22.03
400m	47.83	47.10
500m	1:03.84	***
600m	1:18.21	***
800m	1:53.43	1:54.98

**On the National Stage... || 2018 Outdoor ||** A member of the 4x400-meter relay that qualified for the NCAA East Prelims...A member of the 4x400-meter relay that placed 21st with its time of 3:11.66 || **2017 Indoor ||** Competed at the NCAA Championships in the 4x400-meter relay || **2016 Outdoor ||** Ran a leg on the NCAA East Preliminary qualifying 4x400-meter relay running 3:08.02 and finishing 15th.

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the sixth-place 4x400-meter relay with its time of 3:10.16...Finished 26th in the 400-meter dash with his time of 48.49 || **2018 Indoor ||** Finished 12th in the 600-meter run with his time of 1:19.54 || **2017 Indoor ||** Competed in the 600-meters and ran a leg on the school record 4x400-meter relay that captured the conference title || **2016 Outdoor ||** Posted an eighth-place finish in the 400-meters after posting a season best time of 47.10 during preliminary action...Ran a leg on the 4x400-meter relay clocking a season best time of 3:07.25 finishing sixth || **2016 Indoor ||** Finished 20th in the 400-meters running 47.83...Ran a leg on the 4x400-meter relay clocking 3:09.59 for sixth-place.

**Around the Track... || 2018 Outdoor ||** Competed in seven meets...A member of the 4x400-meter relay that finished fifth at the Penn Relays with the No. 4 time in program history - 3:05.13 || **2018 Indoor ||** Competed in six meets || **2017 Indoor ||** Competed in six meets...Recorded 11 top-10 finishes || **2016 Outdoor ||** Competed in eight meets...Posted eight top-10 finishes...Won the 400-meters at the Jim Thorpe Invite running 48.00...Ran a leg on the winning 4x400-meter relay at the Pepsi Invite in Eugene, Oregon, running 3:08.86 || **2016 Indoor ||** Competed in six meets...Set season best of 22.01 in the 200-meters and 1:03.84 in the 500-meters...Posted 11 top-10 finishes...Collected three first-place finishes.

**Before Penn State... || High School PRs ||** 200: 21.66, 400: 46.94 || **High School ||** Member of Team Australia at the World Junior Championships in the 400-meter dash...Split 45.4 on the 4x400-meter relay at World Juniors...Three national gold medals...Six-time national medalist...Holds four school records || **Personal ||** Son of Catherine Reiser and Jon Bromwich...Born on June 17, 1996...Journalism major.



Gary  
**ROSS**

Sophomore · Sophomore  
Fort Washington, Md.

**DISTANCE · CROSS COUNTRY**

**Ross's Personal Bests**

	Indoor	Outdoor
400m	***	48.33
600m	1:18.59	***
800m	1:51.42	1:50.03

**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims in the 800-meter run and the 4x400-meter relay...A member of the 4x400-meter relay that placed 21st (3:11.66)...Ross finished 42nd in the 800-meter run (1:51.03).

**At the Big Ten Championships... || 2018 Outdoor ||** A member of the sixth-place 4x400-meter relay team (3:10.16)...Ran a personal-best time of 1:50.03 in the prelims of the 800-meter run...Placed ninth in the 800-meter run with his time of 1:50.87 || **2018 Indoor ||** Placed seventh in the 600-meter run with his time of 1:18.68.

**Around the Track... || 2018 Outdoor ||** Competed in seven meets || **2018 Indoor ||** Competed in seven meets...Recorded a personal-best time of 1:18.59 in the 600-meter run at the Penn State Tune-Up.

**Before Penn State || High School PRs ||** 400m (i): 49:25, 400m (o): 47:78, 800m (i): 1:56:32, 800m (o): 1:52:62, 500m (i): 1:04:67, 1600m: 4:41:51, 5K (XC): 20:51:55 || **High School ||** Four-year letterwinner at Oxon Hill High School for Derrell Quick and Tim Riley...2015-16 Maryland Indoor County, regionals, state champions...2015-16 Maryland Outdoor County, regionals, state champions...2016-17 Maryland Indoor County, regionals, state champions...2016-17 Maryland Outdoor County, regionals, state champions...2016: Outdoor honorable mentions...2017: Indoors All-MET...2017: indoors first team all-county...2017: 500 indoors county, regionals, state champion...2017: 800 indoors county, regionals, state champions...2017: anchor Indoor/outdoor 4x8, 4x4 indoors/outdoors county, regionals, state champions...2017: anchor state/school record holder in the 4x800m - 7:41...2017: anchor school record holder in the 4x400m - 3:12...Team MVP...Team captain || **National Level Competition ||** Fourth-place 2016 outdoor sprint medley relay All-American...Third-place 2017 outdoor sprint medley relay All-American...Fifth-place 2017 outdoor 4x800m All-American...Fourth-place 2017 outdoor 4x400m All-American...Third-place 2017 outdoor sprint medley relay All-American...Ninth in the outdoor 800m || **Personal ||** Parents are Tiana Washington, Gary Ross Jr. and step-dad Theodore Washington...Born on April 5, 1998...Undecided on a major.



# 2018-19 MEN'S RETURNERS



Andrew  
**SELL**

Junior · Junior  
Minneapolis, Minn.

**DISTANCE • CROSS COUNTRY**

**Before Penn State... || High School PRs ||** Cross country (5K): 15:45, 3200m: 9:28, 1600m: 4:27, 800m: 1:59 || **High School ||** Four-year letterwinner for Curtis Johnson, Chris Lundstrom and Mike Anderson...Minnesota State Cross Country runner-up in 2015...XC conference champions 2014-15...Track city conference champions 2013-16...Track team captain 2016 || **National Competition ||** Three-time NIRCA cross country All-American || **Personal ||** Parents are Lisa Harnack and Kevin Sell...Has one sibling, Lila Sell...Born on November 12, 1997...Chemical engineering major.



Morgan  
**SHIGO**

Senior · Senior  
Blandon, Pa.

**THROWS**

**Shigo's Personal Bests**

	Indoor	Outdoor
<b>Discus</b>	***	40.20m (131-11)
<b>Hammer</b>	***	72.47m (237-9)
<b>Shot Put</b>	17.26m (56-7.5)	17.34m (56-10.75)
<b>Weight Throw</b>	22.06m (72-4.5)	***

**On the National Stage... || 2018 Outdoor ||** Qualified for the NCAA East Prelims in the hammer throw...Advanced to the NCAA Championships with a 10th-place finish in the hammer throw at the NCAA East Prelims with a mark of 223-11 (68.24m)...Finished sixth at the NCAA Championships in the hammer throw with a school-record mark of 237-9 (72.47m)...Took sixth in the hammer throw at USATF Championships with a distance of 235-4 (71.75m) || **2018 Indoor ||** Qualified for the NCAA Championships in the weight throw...Took 10th in the weight throw with a mark of 68-5.75 (20.87m) || **2017 Outdoor ||** Competed at the USATF Championships in the hammer throw finishing 11th... || **2017 Outdoor ||** Competed in the hammer throw at the NCAA East Preliminary in Lexington, Ky. || **2016 Outdoor ||** Qualified for the NCAA East Preliminary in the hammer throw...Finished 28th with a mark of 203-5 (62.00m).

**At the Big Ten Championships... || 2018 Outdoor ||** Finished third in the hammer throw with a mark of 226-6 (69.05m) and took 18th in the shot put with a distance of 53-9.25 (16.39m) || **2018 Indoor ||** Tallied a personal-best throw of 72-4.50 (22.06m) in the weight throw to place fourth...His mark of 72-4.50 (22.06m) ranks No. 2 in program history...Took 16th in the shot put with a mark of 54-9.5 (16.70m) || **2017 Outdoor ||** Set personal best in the shot put and hammer throw...Mark in the hammer throw is the school record || **2017 Indoor ||** Competed in the weight throw finishing 10th || **2016 Outdoor ||** Finished 12th in the hammer throw posting

a mark of 196-3 (59.81m)...Posted a 15th-place finish in the shot put with a mark of 53-9.75 (16.40m).

**In the Field... || 2018 Outdoor ||** Competed in eight meets || **2018 Indoor ||** Competed in seven meets...Tallied a season-best mark of 56-7.5 (17.26m) in the shot put at Nittany Lion Challenge || **2017 Outdoor ||** Competed in eight meets...Recorded six top-10 finishes || **2017 Indoor ||** Competed in six meets...Posted eight top-10 finishes...Set a personal best in the weight throw of 67-8 (20.62m) || **2016 Outdoor ||** Competed in eight meets...Set personal best in the discus (40.20m) and hammer throw (62.80m)...Recorded eight top-10 finishes, including a first-place finish in the hammer throw at the Bucknell Team Challenge with a mark of 192-3 (58.61m) || **2016 Indoor ||** Competed in seven meets...Set personal best in the shot put (16.86m) and weight throw (19.63m) || **2015 ||** Did not compete.

**Before Penn State... || High School PRs ||** Discus: 173-10, shot put: 58-9.75 || **High School ||** All-state in the discus (junior year)...All-state in the discus and the shot put (senior year)...Holds the school records in the discus and the shot put...Four-year letterwinner in track & field...Three-year letterwinner in football...Two-time captain in track & field (junior and senior year)...Two-time MVP in track & field (junior and senior year)...Team captain in football (senior year)...Team MVP in football (senior year) || **Personal ||** Son of Maryann and John...Born on February 1, 1996...Labor and employment relations major.




Noah  
**SWABY**

Sophomore · Sophomore  
Pittsburgh, Pa.

**MULTI-EVENTS**

**In the Field... || 2018 ||** Did not compete.

**Before Penn State... || High School ||** Four-year letterwinner at Taylor Allderdice High School...Two-time high school All-American... || **National Level Competition ||** USATF National Junior Olympic second-place, decathlon...New Balance Nationals Indoor fifth-place, Pentathlon || **Personal ||** Born on July 17, 1999...Health and human development major.

Alex  
**TOMASKO**  
Sophomore · Sophomore  
Mechanicsburg, Pa.

**DISTANCE • CROSS COUNTRY**

**Around the Track...** || 2018 || Did not compete.

**Before Penn State...** || **High School PRs** || 1,600m: 4:21.06, 3,200m: 9:33.33, 5K: 15:37 || **High School** || Letterwinner at Mechanicsburg High School for Mary Hey, Mike Rebeck, Mrs. Cremo and Lucas Mellinger...Third-place finish in 2016 District 3 AAA XC meet...2016 XC AAA State Qualifiers...2013: Mid-Penn All-Conference XC...District 3AAA Qualifier XC...PIAA XC State Qualifier...Foot Locker XC Northeast Regional Freshman Boys Race Champion at Van Cortlandt Park, New York...2014: Mid-Penn T&F All-Conference 3,200m...Mid-Penn T&F All-Conference XC, District 3AAA Qualifier XC...2015: Mid-Penn All-Conference XC...District 3AAA Qualifier XC...2016: Mid-Penn All-Conference 3,200m...Mid-Penn 3,200m silver medalist...PIAA District 3AAA T&F Qualifier 1,600m and 3,200m...All-district T&F 1,600m...PIAA T&F State Qualifier 1,600m...School record 4:21.06 1,600m...Mid-Penn All-Conference XC...District 3AAA Qualifier XC...All-district XC...PIAA XC State Qualifier...2017: Mid-Penn T&F All-Conference 1,600m and 3,200m... Mid-Penn T&F Conference 3,200m silver medalist...District 3AAA T&F Qualifier 1,600m and 3,200m || **Personal** || Parents are Joyce and Ronald Tomasko...Has one brother, Nicholas...Born on October 20, 1998...International politics major.



Nick  
**WAGNER**  
Sophomore · Sophomore  
Export, Pa.

**DISTANCE • CROSS COUNTRY**

**Around the Track...** || 2018 || Did not compete.

**Before Penn State...** || **High School PRs** || 800m: 1:51.79 || **High School** || Four-year letterwinner at Penn-Trafford High School for Eric Reger...2017 WPIAL (District 7) champion...Runner-up at 2017 PIAA State Meet...Two-time indoor state meet medalist (2016 - eighth & 2017 - fourth)...All-state indoor team honorable mention... All-state outdoor second team...Two-time TSTCA champion in the 800m || **National Level Competition** || 2014-16 USATF Junior Olympics...2014 fourth-place in Houston, Texas...2015 second-place in Jacksonville, Florida...2015 World Youth Trials finalist in 800m...2015 Hershey Youth Outdoor Championships third-place finisher in Lisle, Illinois...2016-17 New Balance Nationals Championship section qualifier || **Personal** || Parents are Anne and Tony Wagner...Born on August 13, 1998...Health and human development major.



# 2018-19 MEN'S RETURNERS



## Bryce WILLIAMS

Senior · Senior  
State College, Pa.

### JUMPS

#### Williams' Personal Bests

	Indoor	Outdoor
Long Jump	7.16m (23-6)	7.09m (23-3.25)
Triple Jump	16.24m (53-3.5)	15.90m (52-2)

**On the National Stage...** || **2018 Outdoor** || Qualified for the NCAA East Prelims in the triple jump...Finished 20th in the triple jump with a distance of 50-4.75 (15.36m) || **2018 Indoor** || Qualified for the NCAA Championships in the triple jump...Placed 15th in the triple jump with his mark of 50-7.5 (15.43m) || **2017 Outdoor** || Competed at the NCAA East Preliminary in Lexington, Kentucky, finishing fourth with a personal best 52-2 (15.90m)...Competed in the triple jump finishing with a mark of 51-1.75 (15.59m) taking 17th || **2017 Indoor** || Named the USTFCCA Mid-Atlantic Regional Field Athlete of the Year || **2015 Outdoor** || Qualified for the NCAA East Prelims...Finished 39th in the triple jump with his mark of 48-4.5.

**At the Big Ten Championships...** || **2018 Outdoor** || Placed fourth in the triple jump with a season-best distance of 52-0.5 (15.86m) || **2018 Indoor** || Took sixth in the triple jump with a mark of 51-4.25 (15.65m) and placed ninth in the long jump with a personal-best distance of 23-6 (7.16m) || **2017 Outdoor** || Competed in the triple jump and the long jump || **2017 Indoor** || Competed in the triple jump and long jump finishing runner-up in the triple jump with a mark of 51-7 (15.72m) || **2015 Outdoor** || Placed 18th in the long jump (21-8.75)...Finished seventh in the triple jump with his wind-aided personal-best leap of 50-2 || **2015 Indoor** || Placed 14th in the triple jump with his mark of 47-3.75.

**In the Field...** || **2018 Outdoor** || Competed in five meets || **2018 Indoor** || Competed in six meets...Recorded a personal-best mark of 53-3.50 (16.24m) in the triple jump at the Nittany Lion Challenge...His mark of 53-3.50 is the school record || **2017 Outdoor** || Competed in six meets...Recorded five top-10 finishes || **2017 Indoor** || Competed in six meets...Posted nine top-10 finishes...Set personal best in the 60-meters of 7.05 seconds || **2015 Outdoor** || Ran a season-best time of 11.52 in the 100-meter dash at the Bison Outdoor Classic...Recorded a wind-legal personal-best mark of 23-0.75 en route to a fourth-place finish in the long jump at the Bison Outdoor Classic...Finished second in the long jump with his wind-aided personal-best leap of 23-7.25 at the Jim Thorpe Invite || **2015 Indoor** || Began his Nittany Lion career at the Penn State Relays with a third-place finish in the triple jump (47-1.5) and a sixth-place finish in the long jump with his season-best mark of 22-3...Finished fifth in the triple jump at the Penn State National Invite with his personal-best distance of 49-5.

**Before Penn State...** || **High School PRs** || Long Jump: 22-10...Triple Jump: 48-7.50 || **High School** || 2014 PIAA District Six team champions...Won the high jump, long jump and triple jump at the 2014 District Six meet...Named all-state his senior year (indoor & outdoor)...Finished second (46-6.50) in the triple jump at the 2014 PIAA Indoor Championships...Took third (47-7.25) in the triple jump at the 2014 PIAA Outdoor Championships...Qualified for the long jump and triple jump at the 2013 PIAA Outdoor

Championships...Won the long jump and triple jump at the 2013 PIAA District Six meet...Ranks second (triple jump) and third (long jump) all-time at State College Area High School...Four-year letter winner in track & field...Co-captain of the 2013-14 men's basketball team... || **National Level Competition** || Placed eighth (47-9.25) in the triple jump at the 2014 New Balance Indoor Nationals meet... Finished fifth (47-11.75) in the triple jump at the 2014 Penn Relays... Competed at Outdoor Nationals 2014 in the triple jump || **Personal** || Son of Precious and Tyrone Parham...Born on June 11, 1996... Information sciences and technology major.



## Darien WILLIAMS

Sophomore · Sophomore  
Blue Bell, Pa.

### SPRINTS

#### Williams' Personal Bests

	Indoor	Outdoor
60m	6.88	***
100m	11.00	
200m	21.85	***

**At the Big Ten Championships...** || **2018 Indoor** || Finished 23rd in the 60-meter dash with his time of 7.01 || **2017 Indoor** || Competed in the 60-meters and 200-meters.

**Around the Track...** || **2018 Outdoor** || Competed in two meets || **2018 Indoor** || Competed in four meets...Ran a personal-best time of 6.88 during the prelims of the 60-meter dash at the Nittany Lion Challenge || **2017 Indoor** || Competed in six meets...Posted seven top-10 finishes...Set personal bests of 6.97 in the 60-meters and 21.85 in the 200-meters.

**Before Penn State...** || **High School PRs** || 100m: 10.60, 200m: 21.55, 400m: 50.00 || **High School** || Attended Wissahickon High School...Five team district titles...Ten team conference titles...Six-year letter winners...Second team all-state in the 100m senior year...Second team all-state 4x200m senior year...Honorable mention all state in the 100m junior year...First team all-league 100m, 200m, 4x100m & 4x400m senior year...Second team all-league 100m & 200m junior year...Three conference titles...Varsity captain...School record holder in both the indoor and outdoor 200m and 4x200m || **Personal** || Son of Douglas and Diane Williams... Has one brother, Devin Williams...Born on October 6, 1997...Communication science and disorder.



Owen  
**WING**

Sophomore · Sophomore  
State College, Pa.

**DISTANCE · CROSS COUNTRY**

Wing's Personal Bests		
	Indoor	Outdoor
1,000m	2:27.42	***
1,500m	***	3:47.79
Mile	4:07.47	***
5,000m	***	15:53.49

**At the Big Ten Championships... || 2018 Outdoor ||** Placed 15th in the 1,500-meter run with his time of 3:49.62 **|| 2018 Indoor ||** Placed 13th in the mile with his time of 4:16.23.

**Around the Track... || 2018 Outdoor ||** Competed in five meets... Ran a personal-best time of 3:47.79 in the 1,500-meter run at the Bison Outdoor Classic **|| 2018 Indoor ||** Competed in six meets... Ran a personal-best time in the mile of 4:07.47 at the Spire NCAA D-1 Indoor Track & Field Classic.

**On the Course... || 2017 ||** Competed in three meets - two of which were unattached.

**Before Penn State... || High School PRs ||** 800m: 1:54.87, 1600m: 4:14.68, XC 5K: 16:18 **|| High School ||** Letterwinner at State College High School for Steven Shisler... Won 2016 AAA team state championship... Won District 6 team track title 2016-17... Won District 6 team cross country title 2014-16... Placed 11th, 7th at AAA cross country states in 2014, '15 and '16, respectively... School record 4x800m - 7:37.25... School record distance medley relay - 10:22.56... State champion indoor and outdoor 4x800m in 2016... Five-time all-state... Fielded the fastest indoor and outdoor 4x800m time in the country for part of 2016... Individual district champion in the 1600m in 2017... Seventh-place finish at the PIAA Track State Championships 1600m in 2017... Team captain in XC and track senior year... Coaches Award XC and track senior year... Member of National Honor Society... Fifth-place nationally in FBLA event "Securities and Investments"... Graduated in the top-10 percent of class... National AP Scholar **|| National Competition ||** Four-time All-American at New Balance Nationals, 4x800m indoor 2016 - third, 4x800m outdoor 2016 - 3rd, 4x800m outdoor 2017 - fourth, distance medley relay outdoor 2017 - fifth, Millrose Games 4x800m Champion 2016 **|| Personal ||** Parents are Karen Wing and Scott Wing... Has two siblings Anna Wing and Eleanor Wing... Born on March 7, 1999... Finance major.



Jack  
**ZIMMERMAN**

Sophomore · Sophomore  
Briarcliff Manor, N.Y.

**THROWS**

**In the Field... || 2018 ||** Did not compete.

**Before Penn State... || High School PRs ||** Shot put: 61-2.75, discus throw: 165-3, hammer throw: 187-0, weight throw: 65-6.25 **|| High School ||** New York State shot put champion (Federation and Division II)... New York State shot put champion (Division 2)... New York State Meet, discus throw, second place... New York State Meet weight throw, fourth place, New York State Meet, weight throw, fourth place... School record holder: Shot put, discus throw, hammer throw and weight throw... *Journal News Westchester/Putnam* Track & Field Athlete of the Year MVP... Six-time all-state... All-section... All-county: shot put, discus throw, weight throw **|| National Level Competition ||** Four-time qualifier, New Balance Nationals Outdoor - shot put (two-time), hammer throw (two-time) three-time qualifier... New Balance Indoor Nationals - weight throw (two-time), shot put, hammer throw - 12th-place finish - senior year weight throw, 11th-place finish - junior year **|| Personal ||** Son of Ann and Stuart Zimmerman... Born on July 22, 1999... Advertising/public relations major.



# 2018-19 MEN'S NEWCOMERS



David  
**BOLLES**

Freshman · Freshman  
Malvern, Pa.

**MULTI-EVENTS**

**Before Penn State... || High School PRs ||** High jump: 6-6, long jump: 22-11.25, decathlon: 6057 **|| High School ||** Letterwinner for Mike Koenig...Four-time letterwinner in track and earned three letters in football...Earned all-state honors for track in 2018...Indoor track MVP in 2018...Track captain senior year...Member of National Art Honor Society and diversity club **|| National Level Competition ||** Placed fifth in the pentathlon at the 2017 New Balance Indoor Nationals meet...Placed eighth in the decathlon at the 2016 New Balance Outdoor Nationals **|| Personal ||** Son of David and Michele Bolles...Has two sisters, Marie Elena and Olivia, who both played field hockey at the University of Connecticut...Born on April 24, 2000...Intends to major in political science...Chose Penn State "because of the academics, athletics and traditions."



Elijah  
**CLAIBORNE**

Freshman · Freshman  
Northport, N.Y.

**DISTANCE · CROSS COUNTRY**

**Before Penn State... || High School PRs ||** 1600m: 4:10.01, 800m: 1:52.24 **|| High School ||** Letterwinner for Jason Strom...Cross country division 1 title (2017)...Indoor track leagues and county title (2018)...Outdoor track division champions (2018)...Nine-time letterwinner in track/cross country and also earned letters in wrestling and soccer...Two-time All-American...Section XI record holder in the distance medley relay, 4x800m indoors and outdoors...State record holder in the 4x800m relay...State champion in the 1600m and 800m (2018)...Runner-up in the 1600m (2018)...4x800m state champion (2017)...Five-time Section XI county champion...News Day All-Long Island in track and cross country...Track and XC captain in 2018...Section XI MVP **|| Personal ||** Son of Xiomara and Jason Claiborne...Has a twin brother, Isaiah, and two sisters, Gizele and Viviana...Born on December 19, 1999...Undecided on a major...Chose Penn State because "The team felt like home."



Ben  
**BULKELEY**

Freshman · Freshman  
Fairport, N.Y.

**DISTANCE · CROSS COUNTRY**

**Before Penn State... || High School PRs ||** 400m: 48.8, 800m: 1:50.96, 1000m: 2:26.75 **|| High School ||** Letterwinner for Sean VanLaeken...2017 Section V cross country champions...2017 indoor track 4x8 NYS champions...Five-time letterwinner in track...Indoor track NYS champion in 1000m (2017)...Outdoor track NYS champion 800m (2017)...2017 800m high school All-American...Track captain in 2018 and XC captain in 2016 **|| National Level Competition ||** Placed fourth in the 800m at the 2017 New Balance Outdoor Nationals meet **|| Personal ||** Son of Kathy and Jon Bulkeley...Has one brother, Sam, and a sister, Lily...Born on April 29, 2000...Intends to major in environmental resource management...Chose Penn State because "Of the outstanding coaching, history, facilities, coaching, and great teammates"...Loves spending time in nature and is an Eagle Scout.



Isaiah  
**CLAIBORNE**

Freshman · Freshman  
Northport, N.Y.

**DISTANCE · CROSS COUNTRY**

**Before Penn State... || High School PRs ||** 400m: 49.64, 600m: 1:23.03, 800m: 1:51.62, 1000m: 2:26.95, mile: 4:10.96, 3200m: 8:58.33, XC (5K): 15:32.06 **|| High School ||** 1000m state champion...Ten-time All-County...Five-time all-state...Seven-time All-American...Helped set school records in: 400m, 800m, 1000m, 4x800m relay and distance medley relay...4x800m relay state record...Cross country division title (2017)...Winter track league title (2018)...County champions and outdoor track county champions (2018) **|| National Level Competition ||** Two-time runner up DMR Outdoor Nationals...Third place Indoor Nationals 4x800 (2018)...Fourth place DMR...Fourth place mile...4x800 Relay Champions (2017, 2018)...Invited to Brooks PR **|| Personal ||** Son of Xiomara and Jason Claiborne...Has a twin brother, Elijah, and two sisters, Gizele and Viviana...Born on December 19, 1999...Intends to major in aerospace engineering...Chose Penn State because "He wanted to continue to compete at a top level and for the education."





Isaac  
**DAVIS**

Freshman · Freshman  
Cogan Station, Pa.

**DISTANCE · CROSS COUNTRY**

**Before Penn State...** || **High School PRs** || 3200m: 9:24, 1600m: 4:27, 5K: 15:21 || **High School** || Letterwinner for Robert Fox... Four-time letterwinner in track and cross country...PHAC League champions (2015-17)...AA Boys State Cross Country champion... Two-time PIAA District IV 3200m champion...Three-time PHAC Cross Country league champion...PIAA District IV 1600m champion (2017)...Undeclared his senior year...Broke the Jersey Shore High School Cross Country record three times...Also broke the 3200m record three times...First-place finish in the 10th and 11th PIAA Foundation AA Cross Country Invitational...Named to the "PA High School All-State Elite 15 Cross Country Team" three times...Track and Cross Country captain all four years...Awarded "Outstanding Male Runner" in 2015, 2016, and 2017...Named "Outstanding Underclassman on the Track" in 2016 || **Personal** || Son of Chris and Shelly Davis...Has two siblings, Madissen and Connor...Born on June 26, 1999...Intends to major in kinesiology and applied exercise & health...Chose Penn State because "it feels like home and feels like he will be able to achieve his academic and athletic goals"...Received an Honorary Resolution sponsored by Senator Gene Yaw...Also received a citation sponsored by the Honorable Garth D. Everett.



Isaiah  
**DILLARD**

Freshman · Freshman  
Solon, Ohio

**MULTI-EVENTS**

**Before Penn State...** || **High School PRs** || High jump: 6-8, long jump: 22-2, 110mH: 14.47, 60mH: 8.25, 300mH: 39.26 || **High School** || Attended Solon High School...GCC Conference Champions (2014-16, '18)...2018 GCC Conference MVP...2017-18 team MVP... Second place at Ohio Indoor State meet in the high jump (2018) || **National Level Competition** || AAU Junior Olympics, seventh in high jump || **Personal** || Son of Terrell and Nancy Dillard...Born on March 17, 2000...Intends to major in mechanical engineering...One brother, Mateo...Father played basketball at Cornell University... Chose Penn State because "Of the many opportunities offered both academically and athletically."



Hudson  
**DELISLE**

Freshman · Freshman  
Quakertown, Pa.

**DISTANCE · CROSS COUNTRY**

**Before Penn State...** || **High School PRs** || 1600m: 4:18.74, 800m: 1:52.01, 400m: 49.51, XC: 15:56 || **High School** || Third-place in the indoor 800m and outdoor 800m state champion (2017)... First-place in the 800m, 1600m and 4x800m at the SOL National Conference (2017)...First-place 800m and 4x800m at the SOL National Conference (2018)...Won letters in track/XC four-year varsity...Eighteenth-place in the 800m at the New Balance Nationals Outdoors (2017) || **Personal** || Son of Steve and Sally Delisle... Born on November 30, 1999...Intends to major in economics...Has one brother, Cameron, who plays baseball at Immaculata University...Chose Penn State because "Of the athletics and academics."



Chris  
**HUGHES**

Freshman · Freshman  
Queensbury, N.Y.

**DISTANCE · CROSS COUNTRY**

**Before Penn State...** || **High School PRs** || XC (5K): 15:17, 3200m: 9:16.13, 1600m: 4:22.32, XC (2.75-mile): 13:33 || **High School** || NY State Champion Class C, XC (2017)...Two-time Foothills XC Conference champion...All-State Class C (2015)...All-State Class B (2016)...All-State Class C (2017)...Foothills Conference indoor track champion - 1600m, 1k (2017)...Foothills Conference indoor track champion - 600m, 1k (2016)...Foothills Conference outdoor Track - 1600m (2016)...Section 2 outdoor track champion - 1600m, 3200m (2016)...Foothills Conference outdoor track champion - 800m...Section 2 outdoor track champion - 800m, 1600m, 3200m...School record holder, 3200m, 1600m...Team captain in cross country (2016-17)...Team captain in outdoor track (2018)... Team Captain in indoor track (2016-2017 & 2017-2018)...Section 2 championship and state qualifying team...Foothills Conference team champions || **Personal** || Son of Anna Poulos and Peter Hughes...Has one brother, Brian, and two sisters, Erica and Alex... Born on February 4, 2000...Intends to major in clinical psychology...Chose Penn State because "He wanted a large D1 school with strong academics and athletics"...Brother, Brian, graduated from PSU.



# 2018-19 MEN'S NEWCOMERS



Drew  
**MAHER**

Freshman · Freshman  
West Long Branch, N.Y.

**DISTANCE · CROSS COUNTRY**



Malual  
**MU**

Freshman · Freshman  
Trenton, N.J.

**DISTANCE · CROSS COUNTRY**

**Before Penn State...** || **High School PRs** || 400m: 49.6, 800m: 1:49.1, 1600m: 4:08, 5K: 15:31 || **High School** || Letter winner for Mel Ullmeyer...Outdoor Track Central Jersey Group 1 State Champions... Two-time Monmouth County titles...Three-time Shore Conference titles...Earned 14 state sectional titles and 10 Group 1 titles...Two-time Meet of Champs winner in the 1600m...Earned All-America honors three times || **National Competition Level** || New Balance Nationals 800m runner up (2018)...Also placed fifth in the mile (2017, 2018) || **Personal** || Son of Jean and Tony Maher...Has two siblings, Troy and Rory Born on May 30, 2000...Intends to major in business...Vice president of the Class of 2018...Blue Devil Scholar and a member of NHS...Chose Penn State because "As soon as I got on campus I knew this is where I wanted to go."



Wesley  
**MATSUKA-WILLIAMS**

Freshman · Freshman  
Norwich, England

**JUMPS**



Justin  
**OFOTAN**

Freshman · Freshman  
Washington, D.C.

**SPRINTS**

**Before Penn State...** || **High School PR** || Triple jump: 50-3.25 (15.32m/15.43mw) || **High School** || Competed for Coach Denis Costello at Notre Dame High School...National champion once in outdoor and indoor...Two-time English Schools champion...SIAB champion...Earned a gold and bronze medal at the School Games || **National Level Competition** || First-place finish at the SIAB Championships while representing England (2016)...Placed third in the Manchester International (2016)...Earned another third-place finish in the Loughborough International (2018) || **Personal** || Son of Hiroko Matsuka and Orlando Williams...Has one brother, Ben, and a sister, Lena...Born on June 15, 2000...Intends to major in forensic science...Chose Penn state because "He wants to improve my athletic career as best as possible whilst earning a prestigious degree at the end."

**Before Penn State...** || **High School** || Attended The Field School... All-conference first team...2018 D.C. state champion...Record holder in the 100m and 200m...Field School record holder in 100m, 200m, 400m, 4x1...Four-time Potomac Valley Athletic Conference winners || **National Level Competition** || Runner up in the 100m at New Balance Nationals Outdoor meet || **Personal** || Son of Sunday and Rachel Ofotan...Has two siblings, Jewel and Jade...Born on March 19, 2000...Undecided on a major.



Rick

**ZINK**Freshman · Freshman  
Chester, Pa.**SPRINTS**

**Before Penn State...** || **High School PRs** || 100m: 11.1, 200m: 21.51, 300m: 35.34, 400m: 47.92, 500m: 1:06.32 || **High School** || Two-time letterwinner for Pete Uhlman and Lou Corominas...Also earned three letters in soccer...Outdoor PIAA State champions (2018)...Team captain and team MVP...Indoor state runner-up in the 400m...Also placed fourth in the 200m...Second team all-state 400m in indoor track...Ches-Mont League champion in the 200m...District champion in the 400m and runner-up in the 200m...Pennsylvania state champion in the 400m...4x400m relay champion and also earned a fifth-place finish in the 200m...First team all-state in the 400m and 4x400m relay...*Daily Local News* All-Area Runner of the Year...Record holder in the 200m, 400m, 4x100m, 4x400m, and DMR || **National Level Competition** || Earned a 13th-place finish in the 400m at New Balance Nationals Indoor (2018) || **Personal** || Parents are Elaine and Rick Zink...Born on October 5, 1999...Undecided on a major...Has two sisters, Ashley and Emily...His aunt, Amy, won a national championship at the University of Maryland for lacrosse...Chose Penn State because "He felt as if this was the place that could bring out my full potential in and out of the classroom."

# HISTORY AND RECORDS



# OLYMPIC HISTORY



Year	PSU Athlete	Event	Place	Country	Location
1908	Talbot, Lee	Hammer	5th	United States	London
<b>1920</b>	<b>Barron, Harold</b>	<b>110-Meter High Hurdles</b>	<b>2nd</b>	<b>United States</b>	<b>Antwerp</b>
1920	Helfrich, Alan	1600-Meter Relay	*Alternate	United States	Antwerp
<b>1920</b>	<b>Shields, Larry</b>	<b>1500-Meters</b>	<b>3rd</b>	<b>United States</b>	<b>Antwerp</b>
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
<b>1928</b>	<b>Bates, Al</b>	<b>Long Jump</b>	<b>3rd</b>	<b>United States</b>	<b>Amsterdam</b>
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					
<b>1948</b>	<b>Ewell, Barney</b>	<b>100-Meters</b>	<b>2nd</b>	<b>United States</b>	<b>London</b>
<b>1948</b>	<b>Ewell, Barney</b>	<b>200-Meters</b>	<b>2nd</b>	<b>United States</b>	<b>London</b>
<b>1948</b>	<b>Ewell, Barney</b>	<b>4x100-Meter Relay</b>	<b>1st</b>	<b>United States</b>	<b>London</b>
1948	Goffberg, Herman	10,000-Meters	DNF	United States	London
1948	Stone, Curt	10,000-Meters	6th	United States	London
<b>1952</b>	<b>Ashenfelter, Horace</b>	<b>3,000-Meter Steeplechase</b>	<b>1st</b>	<b>United States</b>	<b>Helsinki</b>
<b>*8:45.4 (Olympic Record)</b>					
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	***	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
<b>1976</b>	<b>Shine, Mike</b>	<b>400-meter Hurdles</b>			
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	***	United States	Barcelona
1992	Sands, Mike	Head Manager	***	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	***	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
<b>2016</b>	<b>Kovacs, Joe</b>	<b>Shot Put</b>	<b>2nd</b>	<b>United States</b>	<b>Rio</b>
2016	Hill, Darrell	Shot Put	23rd (Preliminaries)	United States	Rio
2016	Tucker, Erin	Assistant Coach	***	U.S. Virgin Islands	Rio

**YELLOW - Denotes Olympic Gold Medalist**

**BOLD - Denotes Olympic Medalist**



# NCAA CROSS COUNTRY HISTORY

## ALL-TIME WOMEN'S TEAM FINISHES (NCAA Era - Since 1981)

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
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, 240, DNF	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	Wichita 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	Team Places Unavailable	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
<b>1950</b>	<b>1st</b>	<b>53 pts</b>	<b>5, 7, 12, 13, 16, 18, 31</b>	<b>4 Miles</b>	<b>Michigan State College</b>
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
<b>1947</b>	<b>1st</b>	<b>60 pts</b>	<b>1, 3, 13, 17, 26, 45, 46</b>	<b>4 Miles</b>	<b>Michigan State College</b>
1946	3rd	114 pts	2, 6, 14, 34, 58, 81, 108	4 Miles	Michigan State College
<b>1942</b>	<b>T-1st</b>	<b>57 pts</b>	<b>4, 6, 7, 11, 29, 42, 46</b>	<b>4 Miles</b>	<b>Michigan State College</b>
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
2016	Elizabeth Chikotas	15
2016	Jillian Hunsberger	36
2015	Tessa Barrett	38
2011	Caitlin Lane	16
2009	Bridget Franek	26
2008	Bridget Franek	23
2000	Susanne Heyer	14
1996	Kim McGreevy	27
1994	Kim Kelly	25
1992	Kim Kelly	27
1988	Stacy Prey	31
1985	Stacy Prey	23
1982	Doreen Startare	20
1979*	Heather Carmichael	8
1979*	Kathy Mills	4
1978*	Kathy Mills	3
1977*	Kris Bankes	15
1977*	Kathy Mills	1
1976*	Kathy Mills	3
1975*	Liz Cunningham	12
1975*	Liz Berry	15
1975*	Kris Bankes	3

\* Denotes finish from "Pre-NCAA" era.

## MEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
2006	Dan Mazzocco	31
2005	Dan Mazzocco	43
1993	Jake Bartholomy	29
1991	Mark Wimmer	26
1989	Steve Brown	20
1989	Doug Walter	41
1988	Brian Laird	13
1987	Eric Carter	4
1985	Eric Carter	9
1981	Alan Scharsu	5
1980	Alan Scharsu	6
1980	John Zishka	22
1980	Larry Mangan	14
1979	Alan Scharsu	19
1979	John Ziegler	34
1978	Bob Snyder	9
1977	Bob Snyder	9
1976	George Malley	20
1975	George Malley	17
1975	Paul Stemmer	5
1974	George Malley	39
1973	Charlie Maguire	23
1971	Greg Fredericks	20
1970	Greg Fredericks	4
1962	Howie Deardoff	8
1960	Jerry Norman	6
1959	Dick Engelbrink	7
1957	Fred Kerr	13
1953	Bob Hollen	6
1953	Lamont Smith	13
1952	Bob Hollen	7
1951	Bill Ashenfelter	4
1950	Bill Ashenfelter	8
1950	Bob Freebairn	11
1949	Bill Ashenfelter	13
1949	Bob Freebairn	14
1947	Gerry Karver	6
1947	Horace Ashenfelter	2
1946	Curt Stone	2
1946	Gerry Karver	7
1942	Curt Stone	6
1942	Gerry Karver	8
1942	McLain Smith	12
1942	Norm Gordon	4
1941	Norm Gordon	11
1940	Bill Smith	7
1939	Bill Smith	5



# NCAA CROSS COUNTRY HISTORY

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1981	43	39	Carmichael, Heather	17:29	1992	134	104	Hohnka, Mary	19:06	2010	111	82	Ridder, Brooklyne	21:23
1981	51	41	Murnane, Patty	17:34						2010	130	96	Lane, Caitlin	21:34
1981	69	53	Startare, Doreen	17:58	1993	44	31	Hunt, Kelli	17:29	2010	140	106	Millhouse, Kara	21:40
1981	70	54	Purcell, Monique	17:59	1993	46	33	Weaver, Jennifer	17:30	2010	158	124	Bower, Natalie	21:47
1981	82	62	Ihrig, Carolyn	18:16	1993	67	50	McCarthy, Candida	17:41	2010	180	142	Ryan, Maura	22:05
1981	84	64	Gerken, Heidi	18:19	1993	68	51	Kelly, Kim	17:41	2010	192	154	Graybill, Lindsey	22:12
1981	90	69	Miley, Sue	18:31	1993	79	61	Rutkoski, Jamie	17:51	2010	205	167	Giannotti, Emily	22:18
					1993	93	70	St. John, Erin	17:59					
<b>1982</b>	<b>28</b>	<b>20</b>	<b>Startare, Doreen</b>	<b>17:38</b>	1993	149	119	Hohnka, Mary	18:45	<b>2011</b>	<b>16</b>	<b>10</b>	<b>Lane, Caitlin</b>	<b>20:03</b>
1982	31	23	Carmichael, Heather	17:43						2011	59	39	Millhouse, Kara	20:42
1982	56	41	Updegrove, Natalie	18:05	<b>1994</b>	<b>35</b>	<b>25</b>	<b>Kelly, Kim</b>	<b>17:46</b>	2011	112	85	Bower, Natalie	21:08
1982	64	47	Renzi, Paula	18:13	1994	46	34	St. John, Erin	17:55	2011	123	93	Ridder, Brooklyne	21:12
1982	82	62	Purcell, Monique	18:38	1994	68	49	Hunt, Kelli	18:11	2011	177	141	Giannotti, Emily	21:38
1982	89	68	Miley, Sue	18:44	1994	70	51	Kelly, Kris	18:13	2011	203	167	Benson, Abbie	21:45
1982	98	77	Gerken, Heidi	18:54	1994	118	91	Hohnka, Teresa	18:40	2011	209	173	Graybill, Lindsey	21:57
					1994	130	103	Harrity, Kim	18:49					
1983	65	47	Updegrove, Natalie	18:01	1994	137	110	Simmonds, Karen	18:54	2012	47	33	Perri, Tori	20:21
1983	69	50	White, Meredith	18:04						2012	71	51	Simko, Rebekka	20:35
1983	78	58	Gerken, Heidi	18:13	1995	75	IND	Fidler, Donna	18:21	2012	80	59	Ridder, Brooklyne	20:38
1983	99	74	Startare, Doreen	18:34	1995	91	IND	McGreevy, Kim	18:28	2012	156	121	Bower, Natalie	21:09
1983	100	75	Shafer, Anne	18:35						2012	159	123	Rodden, Katie	21:10
1983	107	82	Hart, Tammie	18:51	<b>1996</b>	<b>28</b>	<b>20</b>	<b>McGreevy, Kim</b>	<b>18:18</b>	2012	180	143	Anderson, Leigha	21:21
1983	113	88	Dickstein, Carol	18:55	1996	66	47	St. John, Erin	18:46	2012	188	150	Giannotti, Emily	21:26
					1996	68	49	Hohnka, Teresa	18:49					
1984	56	38	Gerken, Heidi	17:26	1996	94	70	Fidler, Donna	19:04	2013	111	83	Giannotti, Emily	21:23
1984	64	45	White, Meredith	17:33	1996	111	84	Hohnka, Lou	19:19	2013	147	117	Anderson, Leigha	21:38
1984	93	71	Ross, Lisa	18:01	1996	123	95	Kern, Jill	19:31	2013	152	121	Klebe, Marta	21:40
1984	98	75	Shafer, Anne	18:04	1996	147	118	Glitz, Allison	19:56	2013	186	152	Rodden, Katie	21:56
1984	100	76	Renzi, Paula	18:05						2013	204	167	Gerlach, Tori	22:07
1984	102	78	Stearns, Cindy	18:06	1998	150	IND	Davis, Erin	18:40	2013	222	184	Underwood, Sarah	22:20
1984	107	83	Loht, Holly	18:13						2013	237	199	Aldrich, Stephanie	22:36
					1999	94	IND	Bouchard, Stacie	17:59					
<b>1985</b>	<b>23</b>	<b>11</b>	<b>Prey, Stacia</b>	<b>16:57</b>	<b>2000</b>	<b>14</b>	<b>IND</b>	<b>Heyer, Susanne</b>	<b>21:09</b>	2014	161	IND	Hunsberger, Jillian	21:38
1985	76	55	Ross, Lisa	17:44										
1985	80	58	Pitcher, Kathy	17:47	2001	134	IND	Wale, Michelle	22:26	<b>2015</b>	<b>38</b>	<b>24</b>	<b>Barrett, Tessa</b>	<b>20:26</b>
1985	86	64	Loht, Holly	17:59						2015	98	65	Gerlach, Tori	20:49
1985	87	65	Kuhn, Kathleen	17:59	2002	96	73	Brauksieck, Tracey	21:15	2015	102	69	Chikotas, Elizabeth	20:50
1985	113	89	Aston, Amy	18:16	2002	134	105	Landreth, Molly	21:32	2015	152	117	Hunsberger, Jillian	21:12
1985	122	98	St. Clair, Katherine	18:39	2002	137	107	Wale, Michelle	21:33	2015	157	121	Aldrich, Stephanie	21:15
					2002	161	129	Stevens, Jenny	21:46	2015	181	143	Kocjancic, Julie	21:26
1986	56	IND	Prey, Stacia	18:19	2002	187	154	Hillard, Katy	21:57	2015	225	187	Lindsley, Greta	22:03
					2002	192	159	Johnson, Tara	22:01	<b>2016</b>	<b>15</b>	<b>10</b>	<b>Chikotas, Elizabeth</b>	<b>20:09</b>
1987	41	28	Prey, Stacia	17:06	2002	229	193	Thomas, Maureen	22:29	<b>2016</b>	<b>36</b>	<b>28</b>	<b>Hunsberger, Jillian</b>	<b>20:21</b>
1987	75	54	Knight, Anne	17:36						2016	140	112	Lindsley, Greta	21:00
1987	84	63	Hass, Emily	17:43	2003	56	42	Landreth, Molly	20:55	2016	177	145	Munks, Kathryn	21:15
1987	99	76	St. Clair, Katherine	17:52	2003	131	103	Thomas, Maureen	21:26	2016	204	170	Kocjancic, Julie	21:31
1987	107	83	Moody, Juliann	17:59	2003	143	114	Stevens, Jenny	21:31	2016	240	204	Crawford, Victoria	22:30
1987	118	94	Gold, Lisa	18:12	2003	147	116	Wale, Michelle	21:32	2016	DNF	NTS	Barrett, Tessa	----
1987	128	104	Quinn, Ann Marie	18:32	2003	171	135	Johnson, Tara	21:45					
					2003	211	173	Lenge, Chelsea	22:10	2017	75	55	Hunsberger, Jillian	20:31
<b>1988</b>	<b>31</b>	<b>IND</b>	<b>Prey, Stacia</b>	<b>17:17</b>	2003	224	186	Brauksieck, Tracey	22:20	2017	106	80	Munks, Kathryn	20:45
										2017	118	91	Willingmyre, Alison	20:51
1990	43	IND	Nelson, Wendy	17:10	2006	173	IND	Franek, Bridget	22:41	2017	132	102	Rivers, Danae	20:57
										2017	147	115	Lindsley, Greta	21:03
1991	63	45	Kelly, Kim	17:53	2007	57	IND	Franek, Bridget	21:14	2017	228	190	Bennatan, Lisa	21:57
1991	69	50	Kelly, Kris	17:56						2017	250	212	Crawford, Victoria	22:57
1991	94	67	Morrow, Laurie	18:19	<b>2008</b>	<b>23</b>	<b>IND</b>	<b>Franek, Bridget</b>	<b>20:31</b>					
1991	98	71	Martin, Leslee	18:21						2018	87	68	Rivers, Danae	21:00
1991	123	95	Weaver, Jennifer	18:40	<b>2009</b>	<b>26</b>	<b>24</b>	<b>Franek, Bridget</b>	<b>20:35</b>	2018	94	75	Willingmyre, Alison	21:03
1991	127	98	Dougan, Dana	18:44	2009	86	69	Lane, Caitlin	21:11	2018	125	99	Paternain, Julia	21:17
1991	144	114	Hunt, Kelli	18:59	2009	94	77	Lord, Nicole	21:16	2018	140	107	O'Shea, Moria	21:23
					2009	111	90	Spring, Cheryl	21:23	2018	188	166	Munks, Kathryn	21:34
<b>1992</b>	<b>27</b>	<b>24</b>	<b>Kelly, Kim</b>	<b>17:56</b>	2009	142	115	Millhouse, Kara	21:35	2018	182	149	Williams, Jordan	21:41
1992	42	33	Hunt, Kelli	18:10	2009	200	163	Ridder, Brooklyne	22:05	2018	250	212	Noullet, Noemie	23:11
1992	48	36	Glyde, Colleen	18:13	2009	206	168	Bower, Natalie	22:07					
1992	49	37	Kelly, Kris	18:14										
1992	65	49	Minard, Meira	18:21										
1992	73	55	Weaver, Jennifer	18:24										

**Key:**  
IND - Denotes Individual Entrant  
*Italics* - 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 HISTORY



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



# NCAA CROSS COUNTRY HISTORY

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1974	34	31	<i>Malley, George</i>	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	<i>Stemmer, Paul</i>	28:58	1985	9	IND	<i>Carter, Eric</i>	30:03	1997	114	IND	Drager, Austin	31:36
1975	17	12	<i>Malley, George</i>	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	<i>Mazzocco, Dan</i>	30:23
1975	144	98	Majak, Walter	30:40	1986	118	93	Balkey, Steve	33:07	2006	31	IND	<i>Mazzocco, Dan</i>	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	<i>Malley, George</i>	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	<i>Carter, Eric</i>	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	<i>Snyder, Robert</i>	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	<i>Laird, Brian</i>	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	<i>Snyder, Robert</i>	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	<i>Brown, Steve</i>	30:23	2011	103	IND	McNally, Vince	30:48
1978	61	42	Mangan, Larry	30:41	1989	41	25	<i>Walter, Doug</i>	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	<i>Scharsu, Alan</i>	29:39	1989	173	145	Castillo, Mike	33:45					
1979	34	27	Ziegler, John	29:59	1991	26	18	<i>Wimmer, Mark</i>	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	<i>Scharsu, Alan</i>	29:25	1991	152	124	Mellott, Philip	33:47					
1980	14	12	<i>Mangan, Larry</i>	29:48	1992	64	IND	Wimmer, Mark	32:22					
1980	22	18	<i>Zishka, John</i>	29:55	1993	29	18	<i>Bartholomy, Jake</i>	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	<i>Scharsu, Alan</i>	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  
*Italics* - Denotes All-America finish

# NCAA INDOOR HISTORY



## ALL-TIME MEN'S 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
<b>1975</b>	<b>Sands, Mike</b>	<b>440-Yards</b>	<b>1st</b>	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	Nadolksly, Aaron	4x400-Meter Relay	5th
1977	Rexroat, Pat	DMR	3rd	2011	Williams, Lionel	4x400-Meter Relay	5th
1977	Malley, George	DMR	3rd	2011	Loxsom, 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	Loxsom, Casimir	4x400-Meter Relay	2nd
1978	Rapp, Tom	DMR	3rd	2012	Nadolksly, 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	Loxsom, 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	<b>2018</b>	<b>Lucas, David</b>	<b>Weight Throw</b>	<b>1st</b>
1987	Mills, Chris	4x800-Meter Relay	6th				
1988	Balkey, Steve	Mile	10th				
1989	Timpson, Michael	200-Meters	8th				
1989	Hunter, C.J.	Shot Put	2nd				
<b>1990</b>	<b>Hunter, C.J.</b>	<b>Shot Put</b>	<b>1st</b>				
1991	Caraher, Phil	Shot Put	2nd				
1994	Caldwell, R.B.	DMR	6th				
1994	Hamer, Bob	DMR	6th				
1994	Mellott, Phil	DMR	6th				

**BOLD - Denotes NCAA Champion.**



# NCAA INDOOR HISTORY

## ALL-TIME MEN'S 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

### 200 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

### 4x800-Meter Relay (Discontinued)

Bill Reilly, Dick Lampman	6th	1965
Art Morris, Tom Bedick, Paul McLaughlin, Randy Moore	3rd	1983
Ken Wynn, Mike Cook, Steve Balkey, Dave McMillan, Chris Mills, Ray Levitre	6th	1987

# NCAA INDOOR HISTORY



## ALL-TIME WOMEN'S INDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1980**	Rawe, Mary	2000-Meters	2nd	2007	Cox, Shana	4x400-Meter Relay	4th
1980**	Carmichael, Heather	5000-Meters	6th	2007	Simmons, Briene	4x400-Meter Relay	4th
1980**	Cleary, Peggy	5000-Meters	5th	2008	Cox, Shana	400-Meters	4th
1981**	Mills, Kathy	5000-Meters	4th	2008	Franek, Bridget	3000-Meters	10th
1981**	Fales, Penny	DMR	4th	2008	Franek, Bridget	5000-Meters	7th
1981**	Hart, Tammie	DMR	4th	2008	Barber, Aleesha	60-Meter Hurdles	8th
1981**	Rawe, Mary	DMR	4th	2008	Barber, Aleesha	4x400-Meter Relay	5th
1981**	Startare, Doreen	DMR	4th	2008	Blake, Dominique	4x400-Meter Relay	5th
1982**	Hart, Tammie	880 Yards	4th	2008	Cox, Shana	4x400-Meter Relay	5th
1982**	Pioli, Terri	880 Yards	6th	2008	Dorr, Fawn	4x400-Meter Relay	5th
1982**	Murnane, Patty	Mile	4th	2008	Hunter, Gayle	Pentathlon	5th
1982**	Ihrig, Carolyn	2-Mile	8th	2009	Greaves, Shavon	200-Meters	10th
1982**	Hart, Tammie	DMR	5th	2009	Franek, Bridget	5000-Meters	4th
1982**	Ihrig, Carolyn	DMR	5th	2009	Barber, Aleesha	60-Meter Hurdles	4th
1982**	Murnane, Patty	DMR	5th	2009	Barber, Aleesha	4x400-Meter Relay	3rd
1982**	Startare, Doreen	DMR	5th	2009	Dorr, Fawn	4x400-Meter Relay	3rd
1982**	Riddick, Vivian	Long Jump	5th	2009	Greaves, Shavon	4x400-Meter Relay	3rd
1982**	Sobansky, Elaine	Shot Put	3rd	2009	Hunter, Gayle	4x400-Meter Relay	3rd
1983	Startare, Doreen	Mile	7th	2009	Hunter, Gayle	Pentathlon	2nd
1983	Sobansky, Elaine	Shot Put	3rd	2010	Greaves, Shavon	60-Meters	11th
1984	Cassel, Judi	4x800-Meter Relay	6th	2010	Greaves, Shavon	200-Meters	3rd
1984	Gerken, Heidi	4x800-Meter Relay	6th	2010	Dorr, Fawn	400-Meters	5th
1984	Hart, Tammie	4x800-Meter Relay	6th	2010	Franek, Bridget	3000-Meters	7th
1984	Steuer, Beth	4x800-Meter Relay	6th	2010	Franek, Bridget	5000-Meters	4th
1984	Sobansky, Elaine	Shot Put	2nd	2011	Anyanwu, Doris	4x400-Meter Relay	6th
1985	Renzi, Paula	3000-Meters	3rd	2011	Greaves, Shavon	4x400-Meter Relay	6th
1990	Prey, Stacy	5000-Meters	4th	2011	Iheoma, Ijeoma	4x400-Meter Relay	6th
1993	Kelly, Kim	5000-Meters	6th	2011	Duncan, Megan	4x400-Meter Relay	6th
1996	Bosler, Erica	DMR	4th	2014	Jones, Mahagony	200-Meters	3rd
1996	Huelster, Sue	DMR	4th	2014	Seymour, Kiah	400-Meters	6th
1996	McGreevy, Kim	DMR	4th	2014	McGee, Dynasty	4x400-Meter Relay	5th
1996	St. John, Erin	DMR	4th	2014	Jones, Mahagony	4x400-Meter Relay	5th
1997	McGreevy, Kim	Mile	7th	2014	Rhodes, Tichina	4x400-Meter Relay	5th
1999	Walker, Shakeema	Long Jump	3rd	2014	Seymour, Kiah	4x400-Meter Relay	5th
1999	Walker, Shakeema	Triple Jump	7th	2014	Howell, Brittney	Pentathlon	7th
2001	Moore, Connie	200-Meters	7th	2015	Osborne, Megan	4x400-Meter Relay	8th
2002	Moore, Connie	200-Meters	9th	2015	McGee, Dynasty	4x400-Meter Relay	8th
2003	Moore, Connie	200-Meters	9th	2015	Rhodes, Tichina	4x400-Meter Relay	8th
2003	Aduba, Chi-Chi	Long Jump	5th	2015	Seymour, Kiah	4x400-Meter Relay	8th
2003	Aduba, Chi-Chi	Long Jump	5th	2016	Fatherly, Rachel	Shot Put	7th
2003	Aduba, Chi-Chi	Triple Jump	4th	2017	Banks, Rachel	DMR	6th
2004	Moore, Connie	60-Meters	6th	2017	Rhodes, Tichina	DMR	6th
2004	Moore, Connie	200-Meters	3rd	2017	Kocjancic, Julie	DMR	6th
2004	Aduba, Chi-Chi	Triple Jump	7th	2017	Rivers, Danae	DMR	6th
2004	O'Connor, Ja'Nai	Shot Put	5th	2017	Barrett, Tessa	5,000-Meters	5th
2005	Cox, Shana	400-Meters	11th	2017	Rivers, Danae	Mile	3rd
2005	Leatherman, Jennifer	Shot Put	9th	2017	Gibson, Dannielle	Triple Jump	8th
2005	Leatherman, Jennifer	Weight Throw	4th	2018	Rivers, Danae	800-Meters	7th
2006	Cox, Shana	400-Meters	7th	2018	Holmberg, Maddie	Pentathlon	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				

\*\* Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.



# NCAA INDOOR HISTORY

## ALL-TIME WOMEN'S 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

### 800 Meters

\* 880 yds prior to 1984

Hart, Tammie	4th	**1982
Pioli, Terri	6th	**1982
Simmons, Briene	7th	2007
Rivers, Danae	7th	2018

### Mile

Murnane, Patty	4th	**1982
Startare, Doreen	7th	1983
McGreevy, Kim	7th	1997
Rivers, Danae	3rd	2017

### 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

### 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

### 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.



## 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	Loxson, 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	Nadolsky, 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	Loxson, 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	Loxson, 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	Waithe, 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	Waithe, 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	<b>2018</b>	<b>Harris, Isaiah</b>	<b>800-Meters</b>	<b>1st</b>
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				
1985	Moore, Randy	800-Meters	4th				
1985	Kleban, Rick	Decathlon	5th				
1986	Carter, Eric	10,000-Meters	10th				

**BOLD - Denotes NCAA Champion.**



# NCAA OUTDOOR HISTORY

## ALL-TIME MEN'S OUTDOOR ALL-AMERICANS (BY EVENT)

<b>100 Meters</b>	<b>* 100 yds prior to 1976</b>	<b>4x100-Meter Relay</b>		
Ewell, Barney	1st 1940	Doug Finkelson, Mike Sands,	6th	1973
Ewell, Barney	1st 1941	Fred Singleton, Jim Scott		
Ewell, Barney	1942			
Brown, Bob	1961			
<b>200 Meters</b>	<b>* 220 yds prior to 1976</b>	<b>4x400-Meter Relay</b>		
Ewell, Barney	1st 1940	Aaron Nadolsky, Brandon Bennett-Green,	4th	2012
Ewell, Barney	1st 1941	Casimir Loxsom, Brady Gehret		
Ewell, Barney	1942			
Lancaster, Wilbur	6th 1949			
Pollard, Art	1955			
Timpson, Michael	10th 1988			
Olkowski, Ryan	8th 2002			
<b>400 Meters</b>	<b>* 440 yds prior to 1976</b>	<b>High Jump</b>		
Sands, Mike	5th 1975	Fritz, Ryan	T-9th	2007
Gehret, Brady	6th 2012	Fritz, Ryan	4th	2010
<b>800 Meters</b>	<b>* 880 yds prior to 1976</b>	<b>Long Jump</b>		
Helffrich, Alan	1st 1922	Ewell, Barney		1940
Helffrich, Alan	1st 1923	Ewell, Barney		1941
Moore, Randy	4th 1985	Ewell, Barney		1942
Levitte, 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			
<b>1500 Meters</b>	<b>* One Mile prior to 1976</b>	<b>Triple Jump</b>		
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	Waithe, Steve	5th	2014
Walter, Doug	10th 1990	Waithe, Steve	8th	2015
Hamer, Bob	9th 1994	Leap, Brian	6th	2016
Creese, Robby	6th 2013			
Kidder, Brannon	4th 2016			
<b>5000 Meters</b>	<b>* 3-Mile prior to 1976</b>	<b>Shot Put</b>		
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
<b>10,000 Meters</b>	<b>* 6-Mile prior to 1976</b>	Caraher, Phil	9th	1991
Maguire, Charlie	1st 1973	Eaton, Blake	3rd	2010
Stemmer, Paul	8th 1977	Kovacs, Joe	3rd	2011
Ziegler, John	8th 1978	Kovacs, Joe	4th	2012
Carter, Eric	10th 1986	Hill, Darrell	2nd	2015
Carter, Eric	7th 1987			
Wimmer, Mark	9th 1994			
McCandless, Tyler	12th 2010			
<b>110-Meter Hurdles</b>		<b>Discus</b>		
Shine, Mike	5th 1976	Hjeltnes, Knut	3rd	1975
Rose, Guy	12th 2001	Milne, Brian	13th	1992
Barron, Harold	1st 1922	Milne, Brian	1st	1993
Gehrdes, Jim	3rd 1949	Lucas, David	7th	2018
Gehrdes, Jim	1950			
Youkers, Bill	4th 1955			
Perry, Rod	1957			
<b>3000-Meter Steeplechase</b>		<b>Javelin</b>		
Moorehead, Steve	1960	Vukmanic, Nick	1st	1938
Moorehead, Steve	1961	Vukmanic, Nick		1939
Malley, George	4th 1976	Vukmanic, Nick	4th	1940
Garcia, Rick	9th 1983	Roderes, Ted	5th	1951
<b>400-Meter Hurdles</b>		Hedmark, Lennart		1965
Shine, Mike	6th 1975	Stevenson, Jim	1st	1966
Shine, Mike	2nd 1976	Krombolz, Ernie	5th	1966
Lankford, Paul	4th 1980	Austin, Rob	10th	1995
Lankford, Paul	4th 1981	Austin, Rob	8th	1996
Cripanuk, Kevin	8th 1993	Burkholder, Troy	12th	1998
Derby, Brian	4th 2001	Wolter, Carl	7th	1998
		Shuey, Michael	3rd	2017
		<b>Hammer</b>		
		Jackson, Al	4th	1973
		Jackson, Al	5th	1976
		Shigo, Morgan	6th	2018
		<b>Decathlon</b>		
		Kleban, Rick	5th	1985
		Masgay, Dave	7th	1987
		Cook, James	9th	1996
		Cook, James	13th	1997
		Cook, James	12th	1998
		Cardina, Robert	8th	2014
		<b>2-Mile (Discontinued)</b>		
		Romig, John	1st	1921
		Stone, Curtis	2nd	1947
		Ashenfelter, Horace		1947
		Ashenfelter, Horace	1st	1949
		Hollen, Bob		1954
		<b>220-Yard Hurdles (Discontinued)</b>		
		Gehrdes, Jim	2nd	1949
		Perry, Rod		1949





## ALL-TIME WOMEN'S OUTDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1976**	Bankes, Kris	1500-Meters	2nd	2007	Barber, Aleesha	400-Meter Hurdles	12th
1976**	Bankes, Kris	2-Mile	3rd	2007	Hunter, Gayle	Heptathlon	8th
1977**	Bankes, Kris	3000-Meters	5th	2008	Cox, Shana	400-Meters	1st
1978**	Bankes, Kris	3000-Meters	2nd	2008	Barber, Aleesha	100-Meter Hurdles	4th
<b>1978**</b>	<b>Mills, Kathy</b>	<b>3000-Meters</b>	<b>1st</b>	2008	Franek, Bridget	3000 Steeplechase	3rd
<b>1978**</b>	<b>Mills, Kathy</b>	<b>5000-Meters</b>	<b>1st</b>	<b>2008</b>	<b>Barber, Aleesha</b>	<b>4x400-Meter Relay</b>	<b>1st</b>
1978**	Byrnes, Kathy	4x800-Meter Relay	2nd	<b>2008</b>	<b>Blake, Dominique</b>	<b>4x400-Meter Relay</b>	<b>1st</b>
1978**	Fales, Penny	4x800-Meter Relay	2nd	<b>2008</b>	<b>Cox, Shana</b>	<b>4x400-Meter Relay</b>	<b>1st</b>
1978**	Miller, Sandy	4x800-Meter Relay	2nd	<b>2008</b>	<b>Hunter, Gayle</b>	<b>4x400-Meter Relay</b>	<b>1st</b>
1978**	Ventura, Lea	4x800-Meter Relay	2nd	2008	Hunter, Gayle	Long Jump	5th
1980**	Carmichael, Heather	3000-Meters	3rd	2008	McQuillen, Karlee	Javelin	9th
1981**	Pioli, Terry	800-Meters	6th	2008	Hunter, Gayle	Heptathlon	5th
1981**	Rawe, Mary	1500-Meters	3rd	2008	Hunter, Gayle	Heptathlon	5th
1981**	Sobansky, Elaine	Shot Put	4th	2009	Dorr, Fawn	400-Meter Hurdles	6th
1982	Hart, Tammi	400-Meter Hurdles	5th	2009	Franek, Bridget	3000 Steeplechase	4th
1982	Riddick, Vivian	Long Jump	6th	2009	Barber, Aleesha	4x400-Meter Relay	4th
1982	Sobansky, Elaine	Shot Put	3rd	2009	Dorr, Fawn	4x400-Meter Relay	4th
1983	Startare, Doreen	1500-Meters	5th	2009	Greaves, Shavon	4x400-Meter Relay	4th
1983	Sobansky, Elaine	Shot Put	6th	2009	Hunter, Gayle	4x400-Meter Relay	4th
1984	Renzi, Paula	5000-Meters	6th	2009	McQuillen, Karlee	Javelin	10th
1984	Senz, Marilyn	Javelin	6th	2010	Greaves, Shavon	200-Meters	7th
1989	Mann, Carmen	Triple Jump	5th	2010	Barber, Aleesha	100-Meter Hurdles	3rd
1991	Connell, Pam	Heptathlon	4th	2010	Dorr, Fawn	400-Meter Hurdles	4th
1992	Gibbs, Stacey	Javelin	10th	<b>2010</b>	<b>Franek, Bridget</b>	<b>3000 Steeplechase</b>	<b>1st</b>
1992	Mitchell, Shelley	Heptathlon	8th	2010	Anyanwu, Doris	4x400-Meter Relay	4th
1993	Hunt, Kelli	10,000-Meters	4th	2010	Barber, Aleesha	4x400-Meter Relay	4th
1993	Kelly, Kim	10,000-Meters	5th	2010	Dorr, Fawn	4x400-Meter Relay	4th
1994	Hunt, Kelli	10,000-Meters	7th	2010	Greaves, Shavon	4x400-Meter Relay	4th
1994	Sobansky, Elaine	Shot Put	2nd	2010	McQuillen, Karlee	Javelin	3rd
1996	Gusic, Becky	Javelin	8th	2011	Anyanwu, Doris	4x400-Meter Relay	4th
1996	Kisty, Denika	Javelin	10th	2011	Greaves, Shavon	4x400-Meter Relay	4th
1997	McGreevy, Kim	1500-Meters	7th	2011	Iheoma, Ijeoma	4x400-Meter Relay	4th
1997	Fidler, Donna	10,000-Meters	7th	2011	Duncan, Megan	4x400-Meter Relay	4th
1998	Walker, Shakeema	Triple Jump	7th	2012	Loht, Laura	Javelin	3rd
1998	Pastore, Jen	Javelin	4th	2012	Kenney, Lauren	Javelin	4th
1999	Heyer, Susanne	1500-Meters	4th	2013	Loht, Laura	Javelin	4th
1999	Walker, Shakeema	Long Jump	8th	2013	Kenney, Lauren	Javelin	5th
1999	Williams, Deshaya	Discus	6th	2014	Jones, Mahagony	100-Meters	7th
2001	Johnson, Brianne	Javelin	8th	2014	Jones, Mahagony	200-Meters	4th
2002	Moore, Connie	100-Meters	9th	2014	Seymour, Kiah	400-Meter Hurdles	6th
2002	Moore, Connie	200-Meters	12th	2014	McGee, Dynasty	4x400-Meter Relay	5th
2002	Williams, Deshaya	Discus	6th	2014	Jones, Mahagony	4x400-Meter Relay	5th
2002	Johnson, Brianne	Javelin	8th	2014	Rhodes, Tichina	4x400-Meter Relay	5th
2003	Moore, Connie	100-Meters	5th	2014	Seymour, Kiah	4x400-Meter Relay	5th
2003	Moore, Connie	200-Meters	3rd	2014	Loht, Laura	Javelin	5th
2003	Landreth, Molly	3000 Steeplechase	11th	2017	Gerlach, Tori	3000 Steeplechase	3rd
<b>2003</b>	<b>Williams, Deshaya</b>	<b>Discus</b>	<b>1st</b>	2017	Gibson, Dannielle	Triple Jump	6th
2003	Colley, Ashley	Javelin	11th	2018	Rivers, Danae	1500-Meters	8th
2003	Johnson, Brianne	Javelin	5th	2018	McCloskey, Megan	High Jump	4th
2004	Moore, Connie	100-Meters	7th	2018	Holmberg, Maddie	Heptathlon	3rd
2004	Moore, Connie	200-Meters	5th				
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				

\*\* Denotes finish in AIAW. The first women's NCAA-sponsored Outdoor Championship was contested in 1982.

**BOLD - Denotes Champion.**



# NCAA OUTDOOR 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

### 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	1994

### 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

### 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.

# BIG TEN 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.

### 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

**Bold - Denotes Big Ten Champion**

### 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.
<b>2009</b>	<b>1st</b>	<b>71 pts</b>	<b>University Park, Pa.</b>
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
<b>2015</b>	<b>1st</b>	<b>53 pts</b>	<b>Chicago, Ill.</b>
2016	2nd	70 pts	Minneapolis, Minn.
2017	4th	107 pts	Bloomington, Ind.
2018	4th	103 pts	Lincoln, Neb.

### 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  
**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  
 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



# BIG TEN INDOOR HISTORY

## ALL-TIME BIG TEN INDOOR TEAM FINISHES

### ALL-TIME MEN'S FINISHES

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

### BIG TEN MEN'S INDOOR AWARD WINNERS

#### ATHLETE OF THE CHAMPIONSHIPS

2013 Casimir Loxsom (Track)

#### ATHLETE OF THE YEAR

2013 Casimir Loxsom (Track)

#### FRESHMAN OF THE YEAR

2012 Robby Creese  
2013 Brannon Kidder

### ALL-TIME WOMEN'S FINISHES

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.
<b>2004</b>	<b>1st</b>	<b>115 pts</b>	<b>Iowa City, Iowa</b>
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.
<b>2010</b>	<b>1st</b>	<b>111 pts</b>	<b>University Park, Pa.</b>
2011	2nd	86 pts	West Lafayette, Ind.
2012	3rd	99 pts	Lincoln, Neb.
2013	4th	73 pts	Geneva, Ohio
<b>2014</b>	<b>1st</b>	<b>114.5 pts</b>	<b>Geneva, Ohio</b>
2015	T-3rd	68 pts	Geneva, Ohio
2016	3rd	96.5 pts	Geneva, Ohio
<b>2017</b>	<b>1st</b>	<b>96.5 pts</b>	<b>Geneva, Ohio</b>
2018	6th	70 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

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

#### COACH OF THE YEAR

2004 Beth Alford-Sullivan  
2010 Beth Alford-Sullivan  
2014 Beth Alford-Sullivan  
2017 John Gondak

**Bold - Denotes Big Ten Champion**

# BIG TEN INDOOR HISTORY



## ALL-TIME INDOOR CHAMPIONS || BY YEAR

### ALL-TIME MEN'S INDOOR CHAMPIONS

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
<b>2016</b>	<b>Harris, Isaiah</b>	<b>800-Meters</b>	<b>1:46.24</b>
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
<b>2017</b>	<b>Chisena, Dan</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
<b>2017</b>	<b>Smith, Xavier</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
<b>2017</b>	<b>Reiser, Samuel</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
<b>2017</b>	<b>Harris, Isaiah</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
2018	Harris, Isaiah	800-Meters	1:50.15

### ALL-TIME WOMEN'S INDOOR CHAMPIONS

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	Franeck, Bridget	Mile	4:37.95
2011	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
2012	Lane, Caitlin	Mile	4:39.90
2012	Millhouse, Kara	5,000-Meters	16:17.45
2014	Jones, Mahagony	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, Mahagony	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, Dannielle	Triple Jump	43-5.25 (13.25)
2018	Rivers, Danae	800-Meters	2:07.75

**Bold - Denotes Big Ten Championship Record.**



# BIG TEN INDOOR HISTORY

## ALL-TIME INDOOR CHAMPIONS || BY EVENT

### ALL-TIME MEN'S INDOOR CHAMPIONS

<b>60 Meters</b>		
Smith, Xavier	6.66	2017
<b>600 Meters</b>		
Loxsom, Casimir	1:15.72	2013
<b>800 Meters</b>		
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
<b>Harris, Isaiah</b>	<b>1:46.24</b>	<b>2016</b>
Harris, Isaiah	1:47.23	2017
Harris, Isaiah	1:50.15	2018
<b>Mile</b>		
Creese, Robby	4:01.51	2013
Creese, Robby	4:11.41	2015
Kidder, Brannon	4:07.89	2016
<b>3000 Meters</b>		
Creese, Robby	8:10.75	2015
<b>4x400-Meter Relay</b>		
<b>Dan Chisena, Xavier Smith, Samuel Reiser, Isaiah Harris</b>	<b>3:04.80</b>	<b>2017</b>
<b>Distance Medley Relay</b>		
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	9:43.25	2016
Jordan Makins, Alex Shisler		
Isaiah Harris, Brannon Kidder		
<b>High Jump</b>		
Fritz, Ryan	7-3 (2.21)	2007
<b>Triple Jump</b>		
Smith, Clarence	51-7.75 (15.74)	2008
Smith, Clarence	51-7.75 (15.74)	2009
<b>Shot Put</b>		
Kovacs, Joe	65-1.25 (19.84)	2011
Hill, Darrell	66-6 (20.26)	2015
<b>35-lb Weight</b>		
McNutt, Neal	62-1 (18.92)	1998
<b>Pentathlon</b>		
Kelley, Brian	4097	1993
Kelley, Brian	3967	1994

### ALL-TIME WOMEN'S INDOOR CHAMPIONS

<b>60 Meters</b>		
Moore, Connie	7.27	2004
Greaves, Shavon	7.44	2009
Greaves, Shavon	7.30	2010
<b>200 Meters</b>		
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
<b>400 Meters</b>		
Cox, Shana	53.40	2008
Dorr, Fawn	54.10	2009
Seymour, Kiah	52.53	2014
Seymour, Kiah	52.72	2015
<b>600 Meters</b>		
Bosler, Erica	1:30.22	1998
<b>800 Meters</b>		
Rivers, Danae	2:06.10	2017
Rivers, Danae	2:07.75	2018
<b>Mile</b>		
Franek, Bridget	4:37.95	2010
Lane, Caitlin	4:39.90	2012
<b>3000 Meters</b>		
Gerlach, Tori	9:10.76	2014
<b>5000 Meters</b>		
Millhouse, Kara	16:17.45	2012
Gerlach, Tori	16:04.64	2015
<b>4x400-Meter Relay</b>		
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, Ije Iheoma, Megan Duncan	3:37.80	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.55	2014
<b>Distance Medley Relay</b>		
Jenny Stevens, Cheryl Green, Lindsay Scottoline, Tracey Brauksieck	11:38.33	2003
Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers	11:10.53	2017
<b>Pole Vault</b>		
Dougherty, Sara	12-11.50 (3.94)	2004
<b>Long Jump</b>		
Aduba, Chi-Chi	19-9 (6.02)	2002
<b>Shot Put</b>		
O'Connor, Ja'Nai	55-2 (16.81)	2004
Leatherman, Jennifer	51-3.75 (15.64)	2005
Leatherman, Jennifer	53-5 (16.28)	2006
<b>Triple Jump</b>		
Aduba, Chi-Chi	44-1.50 (13.44)	2003
Gibson, Dannielle	43-5.25 (13.25)	2017
<b>Weight Throw</b>		
Williams, Deshaya	64-6 (19.65)	2003
Leatherman, Jennifer	69-11.50 (21.32)	2005
Leatherman, Jennifer	74-10.50 (22.82)	2006
<b>Pentathlon</b>		
Mitchell, Shelley	3830 pts	1992

\*\* Bold - Denotes Big Ten Championship Record.

# BIG TEN OUTDOOR HISTORY



## ALL-TIME BIG TEN OUTDOOR TEAM FINISHES

### ALL-TIME MEN'S FINISHES

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.
<b>2017</b>	<b>1st</b>	<b>117 pts</b>	<b>University Park, Pa.</b>
2018	5th	83 pts	Bloomington, Ind.

### BIG TEN MEN'S OUTDOOR AWARD WINNERS

#### ATHLETE OF THE CHAMPIONSHIPS

2014	Darrell Hill
2017	Malik Moffett
2018	Isaiah Harris

#### ATHLETE OF THE YEAR

2012	Joe Kovacs (Field)
2014	Darrell Hill (Field)

#### FRESHMAN OF THE YEAR

2010	Casimir Loxsom
2012	Robby Creese

#### COACH OF THE YEAR

2017	John Gondak
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### ALL-TIME WOMEN'S FINISHES

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.
<b>2008</b>	<b>1st</b>	<b>151 pts</b>	<b>Champaign, Ill.</b>
<b>2009</b>	<b>1st</b>	<b>139 pts</b>	<b>Columbus, Ohio</b>
<b>2010</b>	<b>1st</b>	<b>133.5 pts</b>	<b>Bloomington, Ind.</b>
2011	2nd	122 pts	Iowa City, Iowa
2012	4th	87 pts	Madison, Wis.
<b>2013</b>	<b>1st</b>	<b>133 pts</b>	<b>Columbus, Ohio</b>
<b>2014</b>	<b>1st</b>	<b>136 pts</b>	<b>West Lafayette, Ind.</b>
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.

### 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	Fawn Dorr (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.**



# BIG TEN OUTDOOR HISTORY

## ALL-TIME OUTDOOR CHAMPIONS || BY YEAR

### ALL-TIME MEN'S OUTDOOR CHAMPIONS

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	Kurelich, 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)
<b>2018</b>	<b>Harris, Isaiah</b>	<b>800-Meters</b>	<b>1:45.31</b>
2018	Biddle, Michael	Javelin	239-7 (73.02)

### ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

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)

### ALL-TIME WOMEN'S OUTDOOR CHAMPIONS (CONT.)

Year	Athlete	Event	Performance
2004	O'Connor, Ja'Nai	Shot Put	55-4.75 (16.88)
2005	Cox, Shana	400-Meters	52.91
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamilah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamilah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	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

**\*\* Bold - Denotes Big Ten Championship Record.**



# BIG TEN OUTDOOR HISTORY



## ALL-TIME OUTDOOR CHAMPIONS || BY EVENT

### ALL-TIME MEN'S OUTDOOR CHAMPIONS

<b>200 Meters</b>		
Olkowski, Ryan	20.59	2002
Moffett, Malik	19.87	2017
<b>400 Meters</b>		
Gehret, Brady	45.22	2012
<b>800 Meters</b>		
Miller, Mark	1:48.78	2006
Foster, Ryan	1:49.66	2009
Loxson, Casimir	1:48.06	2010
Loxson, Casimir	1:47.70	2011
Loxson, Casimir	1:46.12	2012
Kidder, Brandon	1:47.56	2015
Harris, Isaiah	1:46.21	2016
Harris, Isaiah	1:49.68	2017
<b>Harris, Isaiah</b>	<b>1:45.31</b>	<b>2018</b>
<b>1500 Meters</b>		
Borchers, Samuel	4:03.96	2008
Kidder, Brannon	3:44.56	2016
<b>5000 Meters</b>		
Hamer, Bob	14:26.10	1994
<b>400-Meter Hurdles</b>		
Derby, Brian	49.77	2001
Derby, Brian	49.72	2003
Campisi, Jaret	50.10	2005
<b>4x400-Meter Relay</b>		
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxson, Brady Gehret	3:04.78	2012
<b>High Jump</b>		
Fritz, Ryan	7-1.75 (2.13)	2007
<b>Long Jump</b>		
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
<b>Triple Jump</b>		
Davis, Antonio	50-10 (15.49)	1992
Davis, Antonio	51-1.75 (15.59)	1993
Smith, Clarence	52-10.75 (16.12)	2009
Waithe, Steve	52-0 (15.85)	2014
Leap, Brian	53-4.5 (16.27)	2016
<b>Shot Put</b>		
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
<b>Javelin</b>		
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	229-2 (69.85)	2015
Biddle, Michael	239-7 (73.02)	2018
<b>Decathlon</b>		
Cook, James	7448	1996
Kurelich, J.T.	7424	2003

### ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

<b>100 Meters</b>		
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
<b>200 Meters</b>		
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
<b>400 Meters</b>		
Cox, Shana	52.91	2005
Cox, Shana	52.57	2006
Cox, Shana	52.00	2008
Dorr, Fawn	52.51	2010
<b>800 Meters</b>		
Bosler, Erica	2:05.69	1998
Rivers, Danae	2:04.14	2017
<b>1500 Meters</b>		
Rivers, Danae	4:27.47	2018
<b>10,000 Meters</b>		
Kelly, Kim	34:58.95	1993
Millhouse, Kara	35:02.33	2011
Millhouse, Kara	34:25.78	2012
<b>100-Meter Hurdles</b>		
Barber, Aleesha	12.83	2008
Barber, Aleesha	13.11	2010
Britton, Evonne	13.40	2013
<b>400-Meter Hurdles</b>		
Barber, Aleesha	57.56	2007
Dorr, Fawn	57.50	2010
Duncan, Megan	57.35	2011
Seymour, Kiah	56.40	2014
<b>3000-Meter Steeplechase</b>		
Franek, Bridget	9:58.56	2008
Franek, Bridget	9:48.28	2010
<b>4x100-Meter Relay</b>		
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
<b>4x400-Meter Relay</b>		
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
<b>Long Jump</b>		
Aduba, Chi-Chi	20-10.75 (6.36)	2004
<b>Triple Jump</b>		
Walker, Shakeema	42-4 (12.91)	1998
Walker, Shakeema	43-6.50 (13.27)	1999
Gibson, Dannielle	45-1.75 (13.76)	2017
<b>Shot Put</b>		
O'Connor, Ja'Nai	55-4.75 (16.88)	2004
<b>Discus</b>		
Williams, Deshaya	165-10 (50.54)	2000
Leatherman, Jennifer	167-8 (51.10)	2006
<b>Hammer</b>		
Leatherman, Jennifer	199-3 (60.73)	2005
Leatherman, Jennifer	197-8 (60.24)	2006
Kurzrdorfer, Melissa	198-6 (60.51)	2014
<b>Javelin</b>		
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
<b>Heptathlon</b>		
Howell, Brittney	5,515	2014

**Bold - Denotes Big Ten Championship Record.**



# BIG TEN HISTORY

## ALL-TIME BIG TEN ATHLETES OF THE WEEK

ALL-TIME WOMEN'S WINNERS				ALL-TIME MEN'S WINNERS					
Year	Season	Athlete	Date	Event	Year	Season	Athlete	Date	Event
1996	XC	Kim McGreevy	Oct. *		1992	T&F	Jay Kirby	Jan. *	
1996	XC	Kim McGreevy	Nov. *		1992	T&F	Brian Miline	March*	
1997	T&F	Felicia Cooksey	Jan. *		1996	T&F	4x800M Relay Team	March*	
1997	T&F	Jen Pastore	April*		1999	T&F	George Audu	Jan. 12	
2001	XC	Michelle Wale	Oct. 9		1999	T&F	John Gorham	April 19	
2002	XC	Tracey Brauksieck	Sept. 10		2001	XC	Stephen Walsh	Oct. 9	
2002	XC	Tracey Brauksieck	Oct. 15		2001	T&F	Ryan Olkowski	April 9	
2002	XC	Tracey Brauksieck	Oct. 22		2003	XC	Dan Mazzocco	Sept. 17	
2003	XC	Molly Landreth	Sept. 17		2003	XC	Dan Mazzocco	Oct. 22	
2003	XC	Molly Landreth	Oct. 22		2006	T&F	Steve Meyers	April 25	
2003	XC	Molly Landreth	Oct. 29		2007	XC	Brian Fuller	Sept. 4	
2003	T&F	Chi Chi Aduba	Jan. 21		2007	XC	Lucas Zarczewny	Sept. 25	
2004	XC	Molly Landreth	Sept. 14		2007	T&F	Ryan Fritz	Feb. 13	
2004	XC	Molly Landreth	Sept. 28		2007	T&F	Allen Pettner	April 3	Field
2004	T&F	Sara Dougherty	Feb. 3		2007	T&F	Ryan Fritz	April 17	Field
2004	T&F	Connie Moore	Feb. 18		2008	T&F	Sam Borchers	Jan. 29	Track
2004	T&F	Ja'Nai O'Connor	March 29		2008	T&F	Sam Borchers	April 8	Track
2004	T&F	Connie Moore	April 19		2008	T&F	Clarence Smith	May 6	Field
2004	T&F	Chi Chi Aduba	May 3		2009	T&F	Mike Cadau	Jan. 12	Track
2005	T&F	Jennifer Leatherman	April 25		2009	T&F	Ryan Fritz	Jan. 12	Field
2005	T&F	Jennifer Leatherman	May 9		2009	T&F	Clarence Smith	Jan. 19	Field
2006	XC	Bridget Franek	Oct. 10		2009	T&F	Clarence Smith	Feb. 9	Field
2006	T&F	Jennifer Leatherman	Jan. 17		2009	T&F	Ryan Foster	April 15	Track
2006	T&F	Jennifer Leatherman	Feb. 14		2009	T&F	John Vellenoweth	May 13	Field
2006	T&F	Jennifer Leatherman	March 28		2010	XC	Vince McNally	Sept. 7	
2006	T&F	Jennifer Leatherman	April 11		2010	T&F	Ryan Foster	Jan. 18	Track
2006	T&F	Jennifer Leatherman	April 25		2010	T&F	Ryan Foster	Feb. 1	Track
2006	T&F	Jennifer Leatherman	May 5		2010	T&F	Blake Eaton	Feb. 8	Field
2006	T&F	Jennifer Leatherman	May 8		2010	T&F	Ryan Foster	April 7	Track
2007	XC	Bridget Franek	Sept. 4		2010	T&F	Joe Kovacs	April 21	Field
2007	XC	Bridget Franek	Sept. 25		2010	T&F	Casimir Loxsom	April 28	Track
2007	T&F	Lena Bettis	Jan. 16	Field	2010	T&F	Casimir Loxsom	May 5	Track
2007	T&F	Shana Cox	Jan. 30	Track	2010	T&F	Ryan Fritz	May 12	Field
2007	T&F	Shana Cox	April 10	Track	2011	XC	Kyle Dawson	Sept. 6	
2007	T&F	Shana Cox	April 17	Track	2011	T&F	Blake Eaton	Feb. 7	Field
2007	T&F	Aleesha Barber	April 24	Track	2011	T&F	Joe Kovacs	April 20	Field
2007	T&F	Bridget Franek	May 1	Track	2011	T&F	Casimir Loxsom	April 27	Track
2007	T&F	Gayle Hunter	May 1	Field	2011	T&F	Ryan Foster	May 4	Track
2007	T&F	Emma Schmelzer	May 8	Field	2011	T&F	Sean Reilly	May 11	Field
2008	XC	Caitlin Lane	Sept. 2		2012	XC	Robby Creese	Sept. 4	
2008	XC	Bridget Franek	Oct. 7		2012	T&F	Hanif Johnson	Jan. 9	Field
2008	T&F	Dominique Blake	Jan. 29	Track	2012	T&F	Robby Creese	Jan. 16	Track
2008	T&F	Gayle Hunter	Jan. 29	Field	2012	T&F	Joe Kovacs	April 4	Field
2008	T&F	Briene Simmons	Feb. 5	Track	2012	T&F	Robby Creese	April 18	Track
2008	T&F	Lena Bettis	Feb. 12	Field	2012	T&F	Joe Kovacs	April 18	Field
2008	T&F	Shana Cox	April 15	Track	2012	T&F	Joe Kovacs	May 2	Field
2008	T&F	Shana Cox	April 29	Track	2012	T&F	Joe Kovacs	May 9	Field
2008	T&F	Shana Cox	May 6	Track	2013	T&F	Sancho Barrett	Jan. 7	Track
2009	XC	Caitlin Lane	Sept. 8		2013	T&F	Jon Hendershot	Jan. 7	Field
2009	XC	Cheryl Spring	Sept. 15		2013	T&F	Casimir Loxsom	Jan. 14	Track
2009	XC	Bridget Franek	Oct. 6		2013	T&F	Casimir Loxsom	Jan. 28	Track
2009	T&F	Bridget Franek	Feb. 2	Track	2013	T&F	Robby Creese	Feb. 11	Track
2009	T&F	Gayle Hunter	Feb. 2	Field	2013	T&F	Brannon Kidder	April 10	Track
2009	T&F	Gayle Hunter	Feb. 9	Field	2013	T&F	Robby Creese	April 17	Track
2009	T&F	Bridget Franek	Feb. 16	Track	2013	T&F	Casimir Loxsom	April 24	Track
2009	T&F	Bridget Franek	April 15	Track	2013	T&F	Casimir Loxsom	May 2	Track
2009	T&F	Kim Hanslovian	May 13	Field	2013	T&F	Jon Hendershot	May 8	Field
2010	XC	Caitlin Lane	Sept. 7		2014	T&F	Brannon Kidder	Feb. 10	Track
2010	T&F	Shavon Greaves	Jan. 11	Track	2014	T&F	Steve Waithe	Feb. 17	Track
2010	T&F	Fawn Dorr	Jan. 18	Track	2014	T&F	Steve Waithe	April 16	Field
2010	T&F	Shavon Greaves	Feb. 1	Track	2014	T&F	Darrell Hill	April 30	Field
2010	T&F	Bridget Franek	Feb. 15	Track	2014	T&F	Brannon Kidder	May 7	Track
2010	T&F	Shavon Greaves	April 7	Track	2014	XC	Brandon Kidder	Oct. 14	
2010	T&F	Karlee McQuillen	April 28	Field	2015	T&F	Brandon Kidder	Feb. 2	Track
2010	T&F	Bridget Franek	May 12	Track	2015	T&F	Darrell Hill	Feb. 9	Field
2011	XC	Caitlin Lane	Sept. 6		2015	T&F	Robby Creese	Feb. 9	Track
2011	T&F	Shavon Greaves	Jan. 31	Track	2015	T&F	Brandon Kidder	Feb. 23	Track
2011	T&F	Karlee McQuillen	April 6	Field	2015	T&F	Brandon Kidder	April 8	Track
2012	XC	Bekka Simko	Sept. 4		2015	T&F	Robby Creese	April 15	Track
2012	T&F	Mahagony Jones	Jan. 9	Track	2015	T&F	Darrell Hill	April 29	Field
2012	T&F	Melissa Kurzdorfer	April 4	Field	2015	T&F	Brandon Kidder	May 6	Track
2012	T&F	Kirsten Nieuwendam	May 9	Track	2015	T&F	Sancho Barrett	May 13	Track
2013	T&F	Mahagony Jones	Jan. 7	Track	2015	T&F	Darrell Hill	May 13	Field
2013	T&F	Erika Morgan	Jan. 7	Field	2015	XC	Ean DiSilvio	Sept. 9	
2013	T&F	Marlene Ricketts	Jan. 14	Field	2016	T&F	Brannon Kidder	Jan. 20	Track
2013	T&F	Lauren Kenney	April 10	Field	2016	T&F	Isaiah Harris	Feb. 10	Track
2013	T&F	Mahagony Jones	April 17	Track	2016	T&F	Isaiah Harris	April 6	Track
2014	T&F	Evonne Britton	Feb. 3	Track	2016	T&F	Brian Leap	April 20	Field
2014	T&F	Kiah Seymour	Feb. 17	Track	2016	T&F	Brannon Kidder	April 27	Track
2014	T&F	Mahagony Jones	April 16	Track	2016	T&F	Brian Leap	May 4	Field
2014	T&F	Kiah Seymour	May 7	Track	2017	T&F	Isaiah Harris	Jan. 25	Track
2014	T&F	Melissa Kurzdorfer	May 14	Field	2017	T&F	Isaiah Harris	Feb. 1	Track
2015	XC	Tori Gerlach	Sept. 16		2017	T&F	Michael Shuey	Mar. 29	Field
2016	T&F	Lexi MasterSon	Jan 13	Field	2017	T&F	Isaiah Harris	Apr. 5	Track
2016	T&F	Dannielle Gibson	March 30	Field	2017	T&F	Isaiah Harris	Apr. 26	Track
2016	XC	Tessa Barrett	Sept. 14		2017	XC	Colin Abert	Sept. 6	
2017	T&F	Dannielle Gibson	Jan. 18	Field	2017	XC	Colin Abert	Sept. 13	
2017	T&F	Tessa Barrett	Feb. 1	Track	2017	XC	Colin Abert	Oct. 18	
2017	T&F	Danae Rivers	Feb. 1	Track	2018	T&F	Bryce Williams	Jan. 17	Field
2017	T&F	Tori Gerlach	Apr. 19	Track	2018	T&F	Colin Abert	Jan. 17	Track
2017	T&F	Danae Rivers	Apr. 26	Track	2018	T&F	Isaiah Harris	Jan. 24	Track
2017	XC	Jillian Hunsberger	Sept. 6		2018	T&F	David Lucas	Jan. 31	Field
2017	XC	Jillian Hunsberger	Sept. 13		2018	T&F	Isaiah Harris	Feb. 14	Track
2018	T&F	Danae Rivers	Jan. 24	Track	2018	XC	Colin Abert	Sept. 5	
2018	XC	Julia Paternain	Sept. 12		2018	XC	Colin Abert	Sept. 12	

# PENN RELAYS HISTORY



## 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

## 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)	7292
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. Kurelich	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris Morrissey	Decathlon (Multi)	7014
2008	Chris Morrissey	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)
2018	Luke Grodeska	Shot Put	55-8.75

## INDIVIDUAL WOMEN'S 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)



# WOMEN'S INDOOR RECORDS

## Track Events

60 Meters	7.24	.....Shavon Greaves, 2010
200 Meters	22.60	.....Consuella Moore, 2004
400 Meters	52.31	..... Shana Cox, 2007
<b>800 Meters</b>	<b>2:03.13</b>	<b>..... Danae Rivers, 2018</b>
Mile	4:32.55	.....Danae Rivers, 2017
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	1:29.06	.....Danae Rivers, 2017
1000 Meters	2:43:15	.....Tori Gerlach, 2016
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	5-11.25 (1.81).	Antoinette O'Carroll, 1987
	5-11.25 (1.81).....	Brittany Maun, 2010
Pole Vault	13-9.75 (4.21).....	Lexi Masterson, 2016
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

**Bold - Denotes Performance Set in 2018.**

# WOMEN'S INDOOR RECORDS



## 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.	52.31	Shana Cox, 2007
2.	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.	1:29.06	Danae Rivers, 2017
2.	1:29.81	Briene Simmons, 2008
3.	1:30.22	Erica Bosler, 1998
4.	1:30.42	Ijeoma Iheoma, 2011
5.	1:30.53	Frances Bull, 2017

### 800 Meters

1.	2:04.04	Danae Rivers, 2017
2.	2:05.67	Briene Simmons, 2007
3.	2:06.88	Bekka Simko, 2012
4.	2:06.99	Rachel Banks, 2017
5.	2:07.43	Sarah Jane Underwood, 2016

### 1000 Meters

1.	2:43.15	Tori Gerlach, 2016
2.	2:44.24	Caitlin Lane, 2012
3.	2:47.28	Marta Klebe, 2014
4.	2:48.17	Sarah Jane Underwood, 2014
5.	2:48.21	Briene Simmons, 2007

### Mile

1.	4:32.55	Danae Rivers, 2017
2.	4:37.83	Tori Gerlach, 2016
3.	4:37.95	Bridget Franek, 2010
4.	4:38.37	Caitlin Lane, 2011
5.	4:40.43	Julie Kocjancic, 2017

### 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.	8.21	Quenee Dale, 2017
4.	8.22	Toyin Augustus, 2001
5.	8.31	Brittney Howell, 2014

### 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 2018.**



# WOMEN'S INDOOR HISTORY

## WOMEN'S INDOOR TOP-5 PERFORMANCES

### Sprint Medley Relay

- 3:52.25 ..... Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
- 3:56.63 ..... Cheryl Green, Connie Moore, Sara Shoaff, Briene Simmons, 2004
- 4:01.38 ..... Sara Shoaff, Gayle Hunter, Dominique Blake, Jenny Stevens, 2005
- 4:09.50 ..... Monique Walker, Sara Shoaff, Aleesha Barber, Katie Willow, 2006

### Distance Medley Relay

- 11:01.16 ..... Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
- 11:05.16 ..... Caitlin Lane (3:22), Iheoma (53.5), Bekka Simko (2:07.5), Kara Millhouse (4:41.1), 2012
- 11:14.78 ..... Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007
- 11:15.00 ..... Danae Rivers, Kiara Lester, Rachel Banks, Tessa Barrett, 2017
- 11:18.96 ..... Bekka Simko, Ije Iheoma, Marta Klebe, Brooklyne Ridder, 2012

### High Jump

- 5-11.25 (1.81) ..... Brittany Maun, 2010
- 5-11.25 (1.81) ..... Antoinette O'Carroll, 1987
- 5-10.50 (1.79) ..... Erika Morgan, 2013
- 5-10.50 (1.79) ..... Megan McCloskey, 2018
- 5-9.75 (1.77) ..... Jen Aylward, 2001
- 5-9.75 (1.77) ..... Ahmenah Richardson, 2016

### Pole Vault

- 13-9.75 (4.21) ..... Lexi Masterson, 2016
- 13-8.50 (4.18)** ..... **Hannah Mulhern, 2018**
- 13-5.50 (4.11) ..... Sara Dougherty, 2004
- 13-5.00 (4.09)** ..... **Katie Jones, 2018**
- 13-2.50 (4.03)** ..... **Greer Gumbrecht, 2018**

### Long Jump

- 20-11.25 (6.38) ..... Gayle Hunter, 2009
- 20-8 (6.30) ..... Chi-Chi Aduba, 2003
- 20-8 (6.30) ..... Shakeema Walker, 1999
- 20-7.50 (6.28) ..... Carmen Mann, 1990
- 20-4.50 (6.21) ..... Brittney Howell, 2014

### Triple Jump

- 44-1.50 (13.45) ..... Chi-Chi Aduba, 2004
- 43-9.00 (13.33) ..... Dannielle Gibson, 2017
- 42-4.75 (12.92) ..... Marlene Ricketts, 2013
- 41-11.50 (12.79) ..... Gabriela Baiter, 2008
- 41-9.25 (12.73) ..... Lena Bettis, 2007
- 41-9.25 (12.73) ..... Shakeema Walker, 1998

### Shot Put

- 56-8 (17.27) ..... Rachel Fatherly, 2016
- 56-5.25 (17.20) ..... Ja'Nai O'Connor, 2004
- 53-6 (16.31) ..... Elaine Sobansky, 1983
- 53-5.75 (16.30) ..... Alyssa Robinson, 2017
- 53-5 (16.28) ..... Jen Leatherman, 2006

### 20-lb Weight Throw

- 74-10.50 (22.82) ..... Jen Leatherman, 2006
- 69-2 (21.08) ..... Rachel Fatherly, 2015
- 68-6 (20.88) ..... Melissa Kurzdorfer, 2014
- 67-5.50 (20.56) ..... Rachel Fatherly, 2016
- 66-3 (20.19) ..... Kate Johnston, 2005

### Pentathlon

- 4,342 ..... Gayle Hunter, 2009
- 4,216** ..... **Maddie Holmberg, 2018**
- 4,202 ..... Brittney Howell, 2014
- 3,988 ..... Carla Criste, 1985
- 3,861 ..... Tal Ben-Artzi, 2014

### Notable Performances

- \* 4,059 ..... Gayle Hunter, 2005  
\* *American Junior Record*

**Bold - Denotes Performance Set in 2018.**

# MEN'S INDOOR RECORDS



## Track Events

60 Meters	6.66 .....	Xavier Smith, 2017
<b>200 Meters</b>	<b>20.56</b> .....	<b>Terrance Laird, 2018</b>
400 Meters	46.22 .....	Brady Gehret, 2011
<b>800 Meters</b>	<b>1:46.08</b> .....	<b>Isaiah Harris, 2018</b>
Mile	3:57.11 .....	Robby Creese, 2013
3000 Meters	7:50.36 .....	Robby Creese, 2015
5000 Meters	13:52.36 .....	Steve Brown, 1990
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 Loxsom, 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	17-0.75 (5.20) .....	John Vellenoweth, 2009
Long Jump	25-11 (7.90) .....	David Coney, 1986
<b>Triple Jump</b>	<b>53-3.50 (16.24)</b> .....	<b>Bryce Williams, 2018</b>
Shot Put	67-3.5 (20.51) .....	Darrell Hill, 2015
<b>35-lb. Weight</b>	<b>78-9.75 (24.02)</b> .....	<b>David Lucas, 2018</b>
Pentathlon	4,097 pts .....	Brian Kelley, 1993
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	15-5 3/4 (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

**Bold - Denotes Performance Set in 2018.**



# MEN'S INDOOR RECORDS

## MEN'S INDOOR TOP-5 PERFORMANCES

### 60 Meters

1.	6.66	.....	Xavier Smith, 2016
2.	<b>6.75</b>	.....	<b>Malik Moffett, 2018</b>
3.	6.76	.....	Ernie Terrell, 2003
4.	6.77*	.....	Michael Timpson, 1986
5.	<b>6.78</b>	.....	<b>Terrance Laird, 2018</b>

\* Converted time from 60 yards to 55 meters

### 200 Meters

1.	<b>20.56</b>	.....	<b>Terrance Laird, 2018</b>
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.	<b>46.27</b>	.....	<b>Dan Chisena, 2018</b>
3.	46.55	.....	Bernard Bennett-Green, 2014
4.	46.73	.....	Byron Robinson, 2014
5.	46.74	.....	Brandon Bennett-Green, 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.	<b>1:46.08</b>	.....	<b>Isaiah Harris, 2018</b>
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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**Bold - Denotes Performance Set in 2018.**

### 1000 Meters

1.	2:18.26	.....	Brannon Kidder, 2016
2.	2:19.53	.....	Robby Creese, 2012
3.	2:19.60	.....	Ryan Foster, 2010
4.	2:21.95	.....	Ricky West, 2013
5.	2:21.98	.....	Owen Dawson, 2010

### 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.	3:57.11	.....	Robby Creese, 2013
2.	3:57.13	.....	Brannon Kidder, 2015
3.	3:58.49	.....	Ryan Foster, 2011
4.	<b>3:59.51</b>	.....	<b>Colin Abert, 2018</b>
5.	4:01.98	.....	Samuel Borchers, 2008

### 3000 Meters

1.	7:50.36	.....	Robby Creese, 2015
2.	7:54.52	.....	Sam Masters, 2013
3.	8:00.78	.....	Ken Frazier, 1989
4.	8:02.05	.....	John Zishka, 1981
5.	8:04.21	.....	Matt Fischer, 2014

### Converted Marks

1.	7:53.58	.....	Greg Fredericks, 1972
2.	7:54.50	.....	Robert Snyder, 1979

### 5000 Meters

1.	13:52.36	.....	Steve Brown, 1990
2.	<b>13:55.00</b>	.....	<b>Timothy McGowan, 2018</b>
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.	7.82	.....	Michael Timpson, 1986
3.	7.83	.....	John Whelan, 1998
4.	7.85	.....	Mike Shine, 1975
5.	7.86	.....	Ron Jules, 2007

### 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





## MEN'S INDOOR TOP-5 PERFORMANCES

### 4x400-Meter Relay

- 3:04.80 ..... Dan Chisena, Xavier Smith, Sam Reiser, Isaiah Harris, 2017
- 3:05.12** ..... **Dan Chisena (45.7), Xavier Smith (46.4) Kier Miner (46.8), Isaiah Harris (45.9), 2018**
- 3:05.22 ..... Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), 2012
- 3:07.27 ..... Nadolsky, Williams, Loxsom, Gehret, 2011
- 3:07.72 ..... Nadolsky, Gehret, Loxsom, Gilmore, 2012

### Sprint Medley Relay

- 3:23.74 ..... Ernie Terrell (48.67), Jaret Campisi (21.31), Chris Lolagne (21.40), Matt Lincoln (1:52.06), 2005
- 3:27.70 ..... Ben Karcz (49.31), Duane Reeves (21.94), John Gorham (22.53), Joe Hubbard (1:53.03), 1999
- 3:28.35 ..... Ben Karcz, John Whelan, Duane Reeves, Joe Loner, 1998
- 3:29.07 ..... Vern Lucas, Steve Evans, Paul Pollack, Bill Sheskey, 1978
- 3:29.1 ..... Mike Sands, Doug Finkel, Fred Singleton, Martin Keen, 1974

### 4x800-Meter Relay

- 7:21.37 ..... Balkey, McMillan, Mills, Levitre, 1987  
..... Watkins, Kidder, West, Loxsom, 2013
- 7:22.10 ..... Makins, Brennan, Kidder, Creese, 2015

### Converted from 2-Mile Relay

- 7:21.42 ..... McLaughlin, Moore, Wynn, Cook, 1983
- 7:23.38 ..... Watson, Shisler, Mills, Moore, 1985

### Distance Medley Relay

- 9:26.59 ..... Kidder, Bennett-Green, Watkins, Creese, 2014
- 9:27.20 ..... Makins, Shisler, Harris, Kidder, 2016
- 9:28.36 ..... Kidder, Rhodes, Watkins, Creese, 2015
- 9:32.21 ..... Kidder, Shisler, Watkins, Creese, 2015
- 9:32.94 ..... Borchers, Cadau, Foster, Johnson, 2009

### 4xMile Relay

- 16:43.4 ..... Jeff Adkins (4:15.1), Tom Rapp (4:10.2), Alan Scharu (4:11.2), Larry Mangan (4:05.9), 1980
- 17:07.5\* ..... Charlie Maguire, Bob Hillman, Dan Supulski, Greg Fredericks, 1972
- 17:10.0 ..... Dan Supulski, Charlie Maguire, Gary Gittings, Bob Hillman, 1971
- 17:11.8 ..... Larry Mangan, Kelly O'Brien, Glen Chumley, Tom Rapp, 1973
- 17:14.5 ..... Charlie Maguire, John Fullmer, Matt Chadwick, Gary Gittings, 1973

### High Jump

- 7-4 1/4 (2.24) ..... Paul Souza, 1982
- 7-3 1/4 (2.22) ..... Ryan Fritz, 2007
- 7-2 3/4 (2.20) ..... Ryan Olkowski, 1999
- 7-2 3/4 (2.20) ..... Jon Hendershot, 2014
- 7-1 3/4 (2.18) ..... Sean Reilly, 2012

### Pole Vault

- 17-0 3/4 (5.20) ..... John Vellenoweth, 2009
- 17-0 (5.18) ..... Mason Ternay, 1992
- 16-9 1/2 (5.12) ..... Ron Campbell, 1985
- 16-9 1/2 (5.12) ..... Rick Kleban, 1985
- 16-8 3/4 (5.10) ..... Dave Bollinger, 2004
- 16-8 3/4 (5.10) ..... Brad Lawrence, 2010

### Long Jump

- 25-11 1/4 (7.91) ..... Dave Coney, 1986
- 25-10 3/4 (7.89) ..... Antonio Davis, 1993
- 25-8 (7.82) ..... George Audu, 1999
- 25-5 1/2 (7.76) ..... Rob Boulware, 1986
- 25-4 1/2 (7.73) ..... John Gorham, 1999

### Triple Jump

- 53-3 1/2 (16.24)** ..... **Bryce Williams, 2018**
- 53-0 3/4 (16.17) ..... Chavous Nichols, 2003
- 52-6 3/4 (16.02) ..... Brian Leap, 2015
- 52-6 (16.00) ..... Clarence Smith, 2009
- 52-6 (16.00) ..... Steve Waithe, 2014

### Shot Put

- 67-3 1/2 (20.51) ..... Darrell Hill, 2015
- 65-7 (19.99) ..... C.J. Hunter, 1990
- 65-1 1/4 (19.84) ..... Joe Kovacs, 2011
- 62-6 1/2 (19.05) ..... Phil Caraher, 1991
- 62-1 1/4 (18.93) ..... Blake Eaton, 2011

### 35-lb Weight Throw

- 78-9 3/4 (24.02)** ..... **David Lucas, 2018**
- 72-4 1/2 (22.06)** ..... **Morgan Shigo, 2018**
- 70-6 1/2 (21.50) ..... Will Barr, 2014
- 66-5 3/4 (20.26) ..... Dorian Lowe, 2002
- 66-2 1/4 (20.17) ..... Scott Vernon, 2005

### Heptathlon

- 5511 ..... Robert Cardina, 2014
- 5500 ..... James Cook, 1998
- 5419 ..... Chris Morrissey, 2008
- 5367 ..... Anya Uzoh, 2012
- 5239 ..... Shawn Colligan, 2008

\*American record when recorded.

**Bold - Denotes Performance Set in 2018.**



# WOMEN'S OUTDOOR RECORD BOOK

## 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
<b>1,500 Meters</b>	<b>4:10.82</b>	<b>Danae Rivers, 2018</b>
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	Mahogany Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
4x800-Meters	8:25.49	Tori Gerlach, Julie Kocjancic, Rachel Banks, Danae Rivers, 2017
Distance Medley	10:56.07	Tori Gerlach, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
<b>Sprint Medley</b>	<b>3:47.80</b>	<b>Keianna Albury, Kiara Lester, Deja Davis, Danae Rivers, 2018</b>
4x1500m Relay	17:57.28	Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007

\*All times are FAT (Fully Automatic Timing)

## Field Events

High Jump	6-0 (1.83)	Shelley Mitchell, 1992
<b>Pole Vault</b>	<b>13-6.25 (4.12)</b>	<b>Hannah Mulhern, 2018</b>
	<b>13-6.25 (4.12)</b>	<b>Katie Jones, 2018</b>
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

<b>Heptathlon</b>	<b>5976</b>	<b>Maddie Holmberg, 2018</b>
100-Meter Hurdles	13.45	Gayle Hunter, 2009
High Jump	5-10 (1.78)	Brittney Howell, 2014
<b>Shot Put</b>	<b>44-8.25 (13.62)</b>	<b>Maddie Holmberg, 2018</b>
200-Meters	23.56w	Gayle Hunter, 2008
Long Jump	21-0.50 (6.42)w	Gayle Hunter, 2009
<b>Javelin</b>	<b>127-0 (38.70)</b>	<b>Maddie Holmberg, 2018</b>
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

**Bold - Denotes Performance Set in 2018.**

# WOMEN'S OUTDOOR RECORDS



## WOMEN'S TOP-10 OUTDOOR PERFORMANCES

### 100 Meters

1.	11.21	Connie Moore, 2004
2.	11.27	Shavon Greaves, 2010
3.	11.29	Mahogany 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)	Mahogany 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.	23.61	Kamilah Salaam, 2004
8.	23.66	Kiah Seymour, 2014
9.	23.70	Sara Shoaff, 2005
	<b>23.79 (w)</b>	<b>Maddie Holmberg, 2018</b>
10.	23.81(23.56w)	Gayle Hunter, 2008

### 400 Meters

1.	50.84	Shana Cox, 2008
2.	52.15	Dominique Blake, 2008
3.	52.51	Fawn Dorr, 2010
4.	53.14	Dynasty McGee, 2014
5.	53.17	Ije Iheoma, 2012
6.	53.65	Tichina Rhodes, 2015
7.	53.74	Laila Brock, 1998
	53.74	Janice Carter, 1988
9.	53.80	Tammie Hart, 1981
10.	54.15	Shavon Greaves, 2010

### 800 Meters

1.	2:02.53	Danae Rivers, 2017
2.	2:03.09	Bekka Simko, 2012
3.	2:04.37	Tammie Hart, 1985
4.	2:04.72	Briene Simmons, 2006
5.	2:05.14	Rachel Banks, 2017
6.	2:05.66	Janice Carter, 1985
7.	2:06.68	Terry Pioli, 1981
8.	2:05.69	Erica Bosler, 1998
9.	2:06.80	Maura Ryan, 2011
10.	2:07.26	Judi Cassel, 1995

### 1500 Meters

1.	<b>4:10.82</b>	<b>Danae Rivers, 2018</b>
2.	4:15.20	Marta Klebe, 2014
3.	4:16.96	Doreen Startare, 1993
4.	4:17.40	Kim McGreevy, 1997
5.	4:17.54	Mary Rawe, 1981
6.	4:18.33	Bridget Franek, 2010
7.	4:19.83	Patty Murnane, 1981
8.	4:20.11	Bekka Simko, 2012
9.	4:20.40	Caitlin Lane, 2010
10.	<b>4:20.84</b>	<b>Greta Lindsley, 2018</b>

### 5000 Meters

1.	15:32.52	Kathy Mills, 1978
2.	15:46.08	Bridget Franek, 2010
3.	15:53.50	Paula Renzi, 1985
4.	<b>15:55.27</b>	<b>Jillian Hunsberger, 2018</b>
5.	15:58.79	Tori Gerlach, 2015
6.	16:01.59	Tessa Barrett, 2016
7.	16:05.46	Elizabeth Chikotas, 2015
8.	16:06.32	Kim Kelly, 1993
9.	16:08.74	Leigha Anderson, 2014
10.	16:09.38	Stacy Prey, 1990

### 10,000 Meters

1.	32:57.33	Kara Millhouse, 2012
2.	33:29.40	Jillian Hunsberger, 2017
3.	33:52.32	Leigha Anderson, 2014
4.	34:00.00	Natalie Updegrove, 1983
5.	34:02.52	Kim Kelly, 1993
6.	34:02.80	Kris Kelly, 1993
7.	34:05.28	Kathryn Munks, 2017
8.	34:09.00	Kelli Hunt, 1993
9.	34:20.10	Donna Fidler, 1999
	34:22.03	Tessa Barrett, 2016

### 100-Meter Hurdles

1.	12.85	Aleesha Barber, 2010
2.	13.03	Evonne Britton, 2014
3.	13.35	Gayle Hunter, 2009
4.	13.36	Toyin Augustus, 2001
5.	13.45	Brittney Howell, 2014
6.	<b>13.57</b>	<b>Quenee Dale, 2018</b>
7.	13.70	Madeline Holmberg, 2017
8.	13.71	Shelley Black, 2015
9.	13.83	Kamilah Salaam, 2006
	13.83	Monique Walker, 2006

**Bold - Denotes Performance Set in 2018.**



# WOMEN'S OUTDOOR RECORDS

## 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.	57.88	Shelley Mitchell, 1991
7.	58.45	Tammie Hart, 1982
8.	58.60	Ernestine Marsh, 1987
9.	58.77	Kim Markel, 2007
10.	58.93	Doris Anyanwu, 2012

### 3000-Meter Steeplechase

1.	9:32.35	Bridget Franek, 2010
2.	9:46.76	Tori Gerlach, 2017
3.	10:07.78	Molly Landreth, 2003
4.	10:07.86	Natalie Bower, 2013
5.	<b>10:11.29</b>	<b>Greta Lindsley, 2018</b>
6.	10:16.91	Tracey Brauksieck, 2003
7.	10:20.33	Lindsey Graybill, 2012
8.	10:20.76	Abbie Benson, 2014
9.	10:24.01	Claire Percival, 2007
10.	10:26.41	Nicole Lord, 2010

### 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.	44.64	Dannielle Gibson, Mahagony Jones, Dynasty McGee, Kiah Seymour, 2014
5.	<b>44.69</b>	<b>Brooklyn-Lynn Williams, Keianna Albury, Quenee Dale, Kiara Lester, 2018</b>
6.	44.77	Quenee Dale, Keianna Albury, Kiara Lester, Tichina Rhodes, 2017
7.	44.80	Kamilah Salaam, Sara Shoaff, Shana Cox, Brooke Robinson, 2005
8.	44.86	Shavon Greaves, Shana Cox, Aleesha Barber, Dominique Blake, 2008
9.	45.18	Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff, 2006
10.	45.22	Deja Davis, Keianna Albury, Quenee Dale, Kiara Lester, 2017

### 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.	<b>1:33.86</b>	<b>Deja Davis, Kieanna Albury, Kiara Lester, Madeline Holmberg, 2018</b>
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, Chereese 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

**Bold - Denotes Performance Set in 2018.**



## WOMEN'S TOP-10 OUTDOOR PERFORMANCES

### Sprint Medley Relay

1.	<b>3:47.80</b> .....	<b>Keianna Albury, Kiara Lester, Deja Davis, Danae Rivers, 2018</b>
2.	3:47.90.....	Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
3.	3:49.19.....	Mahagony Jones, Dynasty McGee, Kiah Seymour, Marta Klebe, 2014
4.	3:50.15.....	Kamilah Salaam, Sara Shoaff, Shana Cox, Dominique Blake, 2005
5.	3:50.54.....	Shavon Greaves, Gayle Hunter, Fawn Dorr, Bridget Franek, 2009
6.	3:52.37.....	Sara Shoaff, Kamilah Salaam, Dominique Blake, Briene Simmons, 2006
7.	3:53.20.....	Janice Carter, Leslie Hummer, Lisa Chess, Kiernan O'Toole, 1988
8.	3:53.21.....	Mahagony Jones, Kiah Seymour, Dynasty McGee, Colleen Shannon, 2013
9.	3:54.71.....	Erica Bosler, Laila Brock, Tiffany Glenn, Nicole Paul, 1998
10.	3:55.19.....	Dynasty McGee, Kirsten Nieuwendam, Ije Iheoma, Marta Klebe, 2012

### 4x800-Meter Relay

1.	8:25.49.....	Tori Gerlach, Julie Kocjancic, Rachel Banks, Danae Rivers, 2017
2.	8:38.17.....	Marissa Sheva, Julie Kocjancic, Frances Bull, Danae Rivers, 2017
3.	8:39.44.....	Caitlin Lane, Bekka Simko, Kalyn Fisher, Maura Ryan, 2011
4.	8:41.09.....	Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura, 1978
5.	8:43.56.....	Tammie Hart, Elaine LaFramboise, Doreen Startare, Terry Pioli, 1982
6.	8:43.70.....	Joetta Dweh, Kim McGreevy, Tracy Pombo, Erica Bosler, 1997
7.	8:44.37.....	Dominique Blake, Fiana York, Briene Simmons, Meghan Hutchinson, 2006
8.	<b>8:46.84</b> .....	<b>Greta Lindsley, Grace Trucilla, Marissa Sheva, Frances Bull, 2018</b>
9.	8:47.60.....	MaryBeth Powers, Dana Dougan, Laurie Morrow, Teressa DiPerna, 1990
10.	8:47.67.....	Greta Lindsley, Sarah Jane Underwood, Julie Kocjancic, Victoria Crawford, 2016

### 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.	<b>11:09.15</b> .....	<b>Greta Lindsley (3:26.71), Deja Davis (55.22), Victoria Tachinski (2:09.72), Danae Rivers (4:37.52), 2018</b>
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.	<b>18:15.31</b> .....	<b>Grace Trucilla, Marissa Sheva, Jordan Williams, Victoria Crawford, 2018</b>
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.	<b>5-10.75 (1.82)</b> .....	<b>Megan McCloskey, 2018</b>
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
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

**Bold - Denotes Performance Set in 2018.**



# WOMEN'S OUTDOOR RECORDS

## WOMEN'S TOP-10 OUTDOOR PERFORMANCES

### Pole Vault

1.	<b>13-6.25 (4.12)</b> .....	<b>Hannah Mulhern, 2018</b>
	<b>13-6.25 (4.12)</b> .....	<b>Katie Jones, 2018</b>
3.	13-4.5 (4.08).....	Lexi Masterson, 2017
4.	13-1.25 (4.00).....	Sara Dougherty, 2004
5.	12-10.25 (3.92).....	Kasey Kemp, 2016
6.	12-9.5 (3.90).....	Jocelyn Witmer, 2010
	12-9.5 (3.90).....	Erin Knabe, 2014
8.	12-8.25 (3.87).....	Caitlin Fairbairn, 2010
9.	12-7.50 (3.85).....	Megan Fry, 2017
	<b>12-7.50 (3.85)</b> .....	<b>Greer Gumbrecht, 2018</b>

### 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
	<b>20-10.75 (6.37)</b> .....	<b>Maddie Holmberg, 2018</b>
7.	20-10.50 (6.36) w.....	Bianca Fung, 2009
	20-5.25 (6.25).....	Bianca Fung, 2009
8.	20-4.50 (6.21).....	Vivian Riddick, 1982
9.	20-4.25 (6.20).....	Monique Gillman, 1997
10.	20-3 (6.17).....	Lena Bettis, 2007

### Triple Jump

~	45-1.75 (13.76) +6.0 <sup>w</sup> .....	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.	41-7 (12.67).....	Lena Bettis, 2007
9.	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.	55-4.75 (16.88).....	Ja'Nai O'Connor, 2004
3.	55-0 (16.76).....	Elaine Sobansky, 1984
4.	54-2 (16.51).....	Alyssa Robinson, 2016
5.	53-11 (16.43).....	Obeng Marfo, 2017
6.	53-8.25 (16.36).....	Jennifer Leatherman, 2006
7.	52-6 (16.00).....	Jane Swenson, 2011
8.	51-6.5 (15.71).....	Melissa Kurzdorfer, 2014
9.	51-6.25 (15.70).....	Deshaya Williams, 2003
10.	50-3.50 (15.58).....	Emma Schmelzer, 2009

### Discus

1.	185-1 (56.41).....	Deshaya Williams, 2001
2.	173-4 (52.83).....	Christen Clemson, 2007
3.	170-8 (52.03).....	Obeng Marfo, 2016
4.	170-0 (51.82).....	Jennifer Leatherman, 2006
5.	167-7 (51.08).....	Elaine Sobansky, 1984
6.	167-4 (51.01).....	Emma Schmelzer, 2007
7.	166-8 (60.96).....	Melissa Kurzdorfer, 2013
8.	161-5 (49.21).....	Rachel Fatherly, 2014
9.	157-6 (48.02).....	Taylor McNally, 2011
10.	156-7 (47.72).....	Lexi Benamati, 2004

### Hammer

1.	219-1 (66.78).....	Jennifer Leatherman, 2006
2.	207-10 (63.35).....	Melissa Kurzdorfer, 2012
3.	197-3 (60.12).....	Kate Johnston, 2003
4.	191-9 (58.44).....	Rachel Fatherly, 2015
5.	191-2 (58.27).....	Annjulie Vester, 2015
6.	190-10 (58.16).....	Deshaya Williams, 2003
7.	187-6 (57.15).....	Alyssa Robinson, 2017
8.	186-11 (56.97).....	Helen Higgins, 2007
9.	183-6 (55.94).....	Obeng Marfo, 2017
10.	179-6 (54.35).....	Emma Schmelzer, 2009

### 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.	169-3 (51.58).....	Carrie Karabinos, 1999
6.	167-2 (50.96).....	Heidi Nadeau, 2007
7.	167-1 (50.92).....	Brianne Johnson, 2001
8.	<b>164-1 (50.02)</b> .....	<b>Madison Smith, 2018</b>
9.	<b>162-10 (49.64)</b> .....	<b>Stephanie Sievers, 2018</b>
10.	159-4 (48.56).....	Ashley Colley, 2002

### Heptathlon

1.	<b>5976</b> .....	<b>Maddie Holmberg, 2018</b>
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.	4941.....	Tal Ben-Artzi, 2016
9.	4919.....	Amber Strouse, 2007
10.	4917.....	Holly Jones, 1992

**Bold - Denotes Performance Set in 2018.**



## Track Events

<b>100 Meters</b>	<b>10.32</b> ..... <b>Xavier Smith, 2018</b>
200 Meters	20.23.....Michael Timpson, 1986
400 Meters	45.20..... Mike Sands, 1975
<b>800 Meters</b>	<b>1:44.42</b> ..... <b>Isaiah Harris, 2018</b>
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	8:22.5..... George 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	3:58.4..... Larry Mangan, 1980
2,000 Meters	5:07.2..... Greg Fredericks, 1972
3,000 Meters	7:54.0..... George Malley, 1977
20,000 Meters	1:04:40..... Kevin Geesaman, 1998
Marathon	2:17:49..... George 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	14:58.71 ... Bob Hudson, Mark Overheim, Eric Carter, Steve Shisler, 1986
4x1600-Meter	16:12.5..... Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
4-Mile Relay	16:18.5..... Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
Distance Medley	9:24.68..... Brannon Kidder, Brandon Bennett-Green Casimir Loxsom, Robby Creese, 2013
<b>Sprint Medley</b>	<b>3:15.25</b> ..... <b>Xavier Smith, Malik Moffett</b> <b>Kier Miner, Isaiah Harris, 2018</b>
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
<b>Hammer</b>	<b>237-9 (72.47) ..... Morgan Shigo, 2018</b>
Javelin	262-2 (79.91) .....Michael Shuey, 2017

## Decathlon Event Records

Points	7,685 .....Rick 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.*

**Bold - Denotes Performance Set in 2018.**



# MEN'S OUTDOOR RECORDS

## MEN'S TOP-10 OUTDOOR PERFORMANCES

### 100 Meters

1.	<b>10.32 (10.10W)</b>	<b>Xavier Smith, 2018</b>
2.	10.34 (10.1 MT)	Mike Sands, 1975
3.	<b>10.37 (10.26W)</b>	<b>Malik Moffett, 2018</b>
4.	10.38 (10.22W)	Karson Kowalchuk, 2017
5.	<b>10.42</b>	<b>Terrance Laird, 2018</b>
6.	10.44	Mike Shine, 1976
7.	10.46	Ryan Olkowski, 2002
8.	10.47	Michael Timpson, 1987
9.	10.49	Bob Brown, 1961
	<b>10.49</b>	<b>Will Henderson, 2018</b>

### 200 Meters

1.	20.23	Michael Timpson, 1986
2.	<b>20.41</b>	<b>Terrance Laird, 2018</b>
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.	<b>20.68 (20.23W)</b>	<b>Xavier Smith, 2018</b>
8.	21.01	Ernie Terrell, 2002
9.	21.02	Barry Ewell, 1942
	21.02	Art Pollard, 1955

### 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.	46.74	Mike Cadau, 2009
9.	46.91	Ben Karcz, 2002
10.	46.93	Tyreek Mathis, 2017

### 800 Meters

1.	<b>1:44.42</b>	<b>Isaiah Harris, 2018</b>
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.	1:47.29	Domenic Perretta, 2017

### 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.	3:42.08	Doug Walter, 1990
7.	3:42.12	David McMillan, 1988
8.	3:42.20	George Malley, 1977
	3:42.20	Mike Wyatt, 1977
10.	3:42.54	Owen Dawson, 2012

### 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.	13.96	Ron Jules, 2008
7.	14.06	John Whelan, 1997
8.	14.08	Sam Harris, 1988
9.	14.09	Brian Derby, 2002
10.	14.09	Barry Robinson, 1985

**Bold - Denotes Performance Set in 2018.**



# MEN'S OUTDOOR RECORDS



## 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 Cripanuk, 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.	8:53.71	Andy Scott, 1991

### 4x100-Meter Relay

1.	39.08	Karson Kowalchuk, Dan Chisena, Xavier Smith, Malik Moffett, 2017
2.	<b>39.21</b>	<b>Will Henderson, Anton Porter, Xavier Smith, Malik Moffett, 2018</b>
3.	39.63	Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4.	<b>39.69</b>	<b>Xavier Smith, Anton Porter, Terrance Laird, Malik Moffett, 2018</b>
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 Maraire, 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.	<b>3:05.13</b>	<b>Kier Miner, Xavier Smith, Samuel Reiser, Isaiah Harris, 2018</b>
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.	3:06.80	Be. Bennett-Green, Matt Gilmore, Casimir Loxsom, Br. Bennett-Green, 2013
8.	3:07.19	Aaron Nadolsky, Casimir Loxsom, Brady Gehret, Lionel Williams, 2011
9.	3:07.25	Dan Chisena, Alex Shisler, Samuel Reiser, Isaiah Harris, 2016
10.	3:07.31	Emunael Mpanduki, Casimir Loxsom, Aaron Nadolsky, Br. Bennett-Green, 2013

**Bold - Denotes Performance Set in 2018.**



# MEN'S OUTDOOR RECORDS

## MEN'S TOP-10 OUTDOOR PERFORMANCES

### 4x800-Meter Relay

- 7:11.17 ..... Vance Watson (1:49.2), Steve Shisler (1:47.9), Chris Mills (1:48.5), Randy Moore (1:45.5), 1985
- 7:12.90 .....Lionel Williams (1:50.69), Sam Borchers (1:47.56), Ryan Foster (1:47.95), Casimir Loxsom (1:46.70), 2011
- 7:14.14 .... Robby Creese (1:50.53), Za'Von Watkins (1:48.22) Casimir Loxsom (1:46.30), Brannon Kidder (1:49.10), 2013
- 7:14.65 .....Steve Balkey (1:51.5), Mark Anderson (1:49.2), Chris Mills (1:46.1), Ray Levitre (1:47.85), 1987
- 7:16.02 ..... Vance Watson (1:48.9), Steve Shisler (1:49.9), Ray Levitre (1:48.7), Chris Mills (1:48.4), 1986
- 7:17.02 ... Owen Dawson (1:49.84), Casimir Loxsom (1:46.58), Lionel Williams (1:51.94), Ryan Foster (1:48.67), 2010
- 7:17.03 ..... Vance Watson, Steve Shisler, Chris Mills, Randy Moore, 1985
- 7:17.37 Robby Creese (1:50.25), Jordan Makins (1:50.05), Isaiah Harris (1:48.50), Brannon Kidder (1:48.59), 2016
- 7:17.90 ..Paul McLaughlin (1:49.1), Randy Moore (1:49.1), Ken Wynn (1:49.1), Mike Cook (1:49.5), 1983
- 7:18.66 .. Owen Dawson (1:51.7), Samuel Borchers (1:49.8), Lionel Williams (1:48.4), Ryan Foster (1:48.9), 2009

### Distance Medley Relay

- 9:24.68 .....Brannon Kidder (2:53.5), Brannon Bennett-Green (45.6), Casimir Loxsom (1:46.7), Robby Creese (3:58.9), 2013
- 9:30.1 .....Larry Mangan (2:53.3), Paul Lankford (45.6), Mike Cook (1:49.6), Alan Scharsu (4:01), 1980
- 9:31.53 .David McMillan (2:56.9), Michael Timpson (45.5), Ray Levitre (1:47.8), Steve Balkey (4:01.3), 1987
- 9:35.12 ..... Aidan O'Reilly (2:57.1), Jon Strange (48.6), Mark Anderson (1:48.4), Doug Walter, (4:01.4), 1990
- 9:35.51 ..... Robby Creese (2:51.01), Alex Shisler (47.77), Isaiah Harris (1:49.96), Brannon Kidder (4:00.77), 2016
- 9:35.8 ..... Jim Close (800), Bill Austin (400), Mike Wyatt (1200), Larry Mangan (1600), 1979
- 9:37.92 .....Mike Cook (1200), Jeff Lockett (400), Ken Wynn (800), Gary Black (1600), 1982
- 9:38.9 ..... Pat Rexroat (800), Keith Falco, Mike Wyatt, Dave Felice, 1977
- 9:38.16 ..... Aidan O'Reilly (2:56.8), Jerry Robinson, (47.9), Joe Stegbauer (1:50.7), Doug Walter (4:03.2), 1991
- 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

- 7-3.50 (2.22)..... David Coney, 1985\*
  - 7-3.25 (2.22)..... Jon Hendershot, 2013
  - 7-3 (2.21)..... Paul Souza, 1983
  - 7-2.50 (2.20).....Ryan Fritz, 2007
  - 7-2.25 (2.19)..... Sean Reilly, 2013
  - 7-1.75 (2.18).....David Kriz, 1995
  - 7-0.50 (2.15)..... Ryan Olkowski, 1999
  - 7-0.50 (2.15).....Chisom Ifedi, 2016
  - 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

- 17-5 1/2 (5.32).....John Vellenoweth, 2009
- 17-5 (5.31).....Mason Ternay, 1991
- 17-0 (5.18)..... Dave Bollinger, 2004
- 16-10 (5.13).....Rick Kleban, 1985
- 16-8.75 (5.10)..... Dylan Bilka, 2014
- 16-7.25 (5.06)..... Ron Campbell, 1985
- 16-7.25 (5.06)..... Bradford Lawrence, 2009
- 16-6.75 (5.05)..... Kevin Dare, 2001
- 16-6.75 (5.05)..... Nick Fegley, 2003
- 16-6 (5.03)..... Ken Stoffer, 1983

### Long Jump

- 26-3 (8.00)..... Malik Moffett, 2017
- 25-11 (7.90).....David Coney, 1985
- 25-9 (7.86)..... Rob Boulware, 1986
- 25-9 (7.86)..... Steve Pina, 1996
- 25-8.75 (7.84).....George Audu, 1999
- 25-8.75 (7.84)..... John Gorham, 1999
- 25-6 (7.77).....Antonio Davis, 1993
- 25-2.75 (7.69)..... Ryan Olkowski, 2000
- 25-0.75 (7.64).....Chavous Nichols, 2004
- 25-0 (7.62) w +3.7 .....Doug Moppert, 2011
- 24-10.50 (7.58).....Al Bates, 1928

### Triple Jump

- 54-6 (16.61).....Antonio Davis, 1993
- 54-3.75 (16.55).....Chavous Nichols, 2004
- ~ 54-4.25 (16.26)w ..... Steve Waithe, 2015
- 53-8.50 (16.37).....Brian Leap, 2016
- 53-1.50 (16.19)..... Clarence Smith, 2009
- 52-11.50 (16.14)..... Steve Waithe, 2014
- 52-8.25 (16.06)..... Ricardo Hall, 1990
- 52-0 (15.90)..... Bryce Williams, 2017
- 51-8.50 (15.76)..... Hanif Johnson, 2011
- 51-1 (15.57)..... Warren Rockwell, 1966
- 50-7 (15.42)..... Steve Pina, 1995

**Bold - Denotes Performance Set in 2018.**

# MEN'S OUTDOOR RECORDS



## 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.	61-1.25 (18.62)	Phil Caraher, 1990
10.	59-7 (18.16)	Dane Miller, 2004

### 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	177-11 (54.23)	Dan Diaz, 2003
10	176-10 (53.90)	Steve Meyers, 2006

### Hammer

1.	<b>237-9 (72.47)</b>	<b>Morgan Shigo, 2018</b>
2.	218-6 (66.60)	Alvin Jackson, 1976
3.	<b>212-6 (64.78)</b>	<b>David Lucas, 2018</b>
4.	207-10 (63.35)	Will Barr, 2013
5.	207-1 (63.11)	Kory Decesaris, 2017
6.	203-0 (61.88)	Neal McNutt, 1998
7.	201-9 (61.50)	Joe Kovacs, 2011
8.	<b>200-7 (61.15)</b>	<b>Luke Grodeska, 2018</b>
9.	198-5 (60.49)	Tyler Hoffman, 2008
10.	197-0 (60.04)	Todd Shenk, 1984

### Javelin

1.	262-2 (79.91)	Michael Shuey, 2017
2.	239-9 (73.09)	Allen Pettner, 2007
3.	<b>239-7 (73.02)</b>	<b>Michael Biddle, 2018</b>
4.	237-1 (72.26)	Troy Burkholder, 1997
5.	233-8 (71.22)	Carl Wolter, 1996
6.	233-4 (71.13)	Tanner Evak, 2009
7.	232-0 (70.71)	Ryan Kerr, 2017
8.	231-3 (70.48)	Brian Stumpf, 2003
9.	230-3 (70.19)	Matt Moyer, 2004
10.	227-8 (69.40)	Rob Austin, 1995

### Decathlon

1.	7685	Rick Kleban,, 1985
2.	7666	Rob Cardina, 2014
3.	7600	James Cook, 1996
4.	7588	Dave Masgay, 1987
5.	7472	Barry Walsh, 1989
6.	7424	J.T. Kurelich, 2003
7.	7415	Brian Kelley, 1991
8.	7361	Shawn Colligan, 2008
9.	7119	Anya Uzoh, 2012
10.	7097	Chris Morrissey, 2008

**Bold - Denotes Performance Set in 2018.**



# ASHENFELTER III INDOOR TRACK

## 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	1:46.98	2013	Casimir Loxsom, Penn State
1000 Meters	2:18.26 C	2016	Brannon Kidder, Penn State
Mile	3:56.51	2012	Jeff See, Saucony
3000 Meters	7:57.75	2014	Patrick Tiernan, Villanova
5000 Meters	13:58.16	2009	Hassan Mead, Minnesota
60 Meter Hurdles	7.49	2012	Jarret Eaton, Syracuse
2000 Meter Steeplechase	5:47.33	2013	Michael Kiley, Penn State
4x200 Meter Relay	1:24.70 CR	2013	Penn State (E. Mpanduki, M. Gilmore, Br. Bennett, Green, A. Nadolsky)
4x400 Meter Relay	3:06.98	2014	Pittsburgh (M. Murray, C. Nkanata, D. Palmer, B. Spratling)
4x800 Meter Relay	7:22.10	2015	Penn State (J. Makins, R. Brennan, B. Kidder, R. Creese)
Sprint Medley	3:23.74	2005	Penn State (E. Terrell, J. Campisi, C. Lolagne, M. Lincoln)
Distance Medley	9:26.59	2014	Penn State (B. Kidder, B. Bennett, Green, Z. Watkins, R. Creese)
High Jump	7,5 (2.26)	2008	Joe Kindred, St. Augustine's
Pole Vault	18,6.75 (5.65)	2018	Matthew Ludwig, Akron
Long Jump	26,1.50 (7.96)	2011	Justin Hunter, Tennessee
Triple Jump	55,9 (16.99)	2006	Leevan Sands, Bahamas
Shot Put	70,10 (21.59)	2013	Ryan Whiting, Nike
Weight Throw 35 lb	76,6.25 (23.32)	2017	Rudy Walker, Cornell
Heptathlon	5827	2005	Ryan Olkowski, Unattached

### Women's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
60 Meters	7.17	2012	Barbara Pierre, Unattached
200 Meters	22.98	2010	Shavon Greaves, Penn State
400 Meters	52.31	2007	Shana Cox, Penn State
500 Meters	1:08.70*	2010	Shana Cox, Adidas
600 Meters	1:27.22	2010	Molly Beckwith, Indiana
800 Meters	2:03.25	2014	Justine Fedronic, Stanford
1000 Meters	2:42.31	2010	Nicole Edwards, Unattached
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



## NITTANY LION OUTDOOR TRACK || FACILITY RECORDS

### Men's Records

<b>EVENT</b>	<b>PERFORMANCE</b>	<b>YEAR</b>	<b>ATHLETE, SCHOOL</b>
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	1:46.29	1985	Randy Moore, Penn State
1500 Meters	3:42.5	1980	Larry Mangan, Penn State
Mile	3:58.4	1980	Susthenes Bitock, Richmond
3000-Meter Steeplechase	8:33.45 (FAT)	1980	Larry Mangan, Penn State
5000 Meters	14:00.73	1980	Hillary Tuwei, Richmond
10,000 Meters	28:45.8	1973	Hillary Tuwei, Richmond
110-Meter High Hurdles	13.57	2017	Charlie Maguire, Penn State
400-Meter Hurdles	50.29	2007	Aaron Mallett, Iowa
4x100-Meter Relay	39.67	2017	Adrian Walker, Illinois
4x110-Meter Shuttle Hurdles	59.2	1976	Illinois (C. Henderson, J. Eiker, M. Maat, D. Quinn)
4x200-Meter Relay	1:25.2	1974	Penn State (D. Rock, P. Kiproff, B. Austin, M. Shine)
4x400-Meter Relay	3:04.95	2017	Essex CC (C. Mitchell, K. Joseph, H. Marchen, F. Brown)
4x800-Meter Relay	7:21.4	1974	Ohio State (A. Burke, N. Gray, D. Marshall, C. Page)
4x1600-Meter Relay	16:44.7	1973	Cornell (T. Patterson, B. Anastasio, P. Roach, D. Keehn)
Distance Medley Relay	9:44.7	1973	Villanova (E. Coughlin, B. McElroy, T. Gregan, J. Hartnett)
Sprint Medley Relay	3:18.5	1974	Villanova (W. Clark, J. Rheim, K. Schappert, J. Hartnett)
High Jump	7-4 (2.24)	1983	Essex CC (K. Joseph, F. Brown, H. Marchen, H. Tuitt)
Pole Vault	18-2 1/2 (5.55)	2002	Bill Therfelder, Keystone State Games
Long Jump	26-3 (8.00)	2017	Jeremy Smith, Allegheny
Triple Jump	54-4 3/4 (16.58)	1984	Malik Moffett, Penn State
Shot Put	69-1.25 (21.06)	2011	David McFadgen, Newburg Track Club
Discus	207-5 (63.22)	1992	Ryan Whiting, Nike
Hammer	268-8 (81.88)	1988	Brian Milne, Penn State
Javelin (New)	252-7 (76.98)	1997	Jud Logan, Athletics West
Javelin (Old)	254-4 (77.52)	1984	Nigel Beven, Belgrave Harrier
Decathlon	8,316 points (Hand)	1985	Bob Dubyoski, Unattached
			Dave Steen, University of Toronto TC

### Women's Records

<b>EVENT</b>	<b>PERFORMANCE</b>	<b>YEAR</b>	<b>ATHLETE, SCHOOL</b>
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	2:03.45	1983	Patty Bradley, Villanova
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