



2019-20 PENN STATE TRACK & FIELD
YEARBOOK





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2019 Cross Country Schedule

September 6	Dolan Duals.....	Lock Haven, Pa.
September 13	Harry Groves Spiked Shoe Invitational.....	Blue & White Golf Course
September 28	Buckeye Preview.....	Columbus, Ohio
October 18	Penn State National Open.....	Blue & White Golf Course
November 3	Big Ten Championships.....	Columbus, Ohio
November 15	NCAA Mid-Atlantic Regional.....	Bethlehem, Pa.
November 23	NCAA Cross Country Championships.....	Terre Haute, In.

2020 Indoor Schedule

December 6-7	Bison Opener.....	Lewisburg, Pa.
January 11	Nittany Lion Challenge.....	Ashenfelter III Indoor Track
January 24-25	Rod McCravy Memorial.....	Lexington, Ky.
January 24-25	Dr. Sander Invitational.....	Armory, N.Y.
January 31-Feb. 1	Penn State National Open.....	Ashenfelter III Indoor Track
February 8	Sykes & Sabock Challenge Cup.....	Ashenfelter III Indoor Track
February 14-15	Iowa State Classic.....	Ames, Iowa
February 14-15	Husky Classic.....	Seattle, Wash.
February 14-15	Tiger Paw Invite.....	Clemson, S.C.
February 21	Penn State Tune-Up.....	Ashenfelter III Indoor Track
February 28-29	Big Ten Indoor Championships.....	Geneva, Ohio.
March 13-14	NCAA Indoor Championships.....	Albuquerque, Nm.

2020 Outdoor Schedule

March 27-28	Victor Lopez Classic.....	Houston, Texas.
March 28	Penn Invitational.....	Philadelphia, Pa.
April 3	Stanford Invite.....	Stanford, Calif.
April 3-4	Florida Relays.....	Gainesville, Fla.
April 10-11	Bucknell Classic.....	Lewisburg, Pa.
April 17-18	Tom Jones Memorial.....	Gainesville, Fla.
April 17-18	Virginia Challenge.....	Charlottesville, Va.
April 18	Bucknell Team Challenge.....	Lewisburg, Pa.
April 22-25	Penn Relays.....	Philadelphia, Pa.
May 1-2	University of Kentucky Invitational.....	Lexington, Ky.
May 8	Jim Thorpe Invitational.....	Nittany Lion Outdoor Track
May 15-17	Big Ten Outdoor Championships.....	Madison, Wis.
May 28-30	NCAA Eastern Preliminary.....	Lexington, Ky.
June 10-13	NCAA Outdoor Championships.....	Austin, Texas

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Head coach John Gondak enters his sixth year at the helm of the Penn State cross country/track & field program in 2019. Overall, Gondak is in his 14th 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 50 first team All-Americans, 43 Big Ten Champions, 62 Penn State records, seven Big Ten Freshman of the Year honorees, 12 Penn Relays victories, and four sub-4:00 milers.

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

Along with Rivers in 2019, Domenic Perretta won the men's 800m indoor Big Ten Championship. This continued Penn State's dominance in the 800m event as 2019 marked the fourth consecutive year a Penn State student-athlete has won the men's 800m Big Ten Championship (Isaiah Harris, 2018-16).

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

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

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

For the Penn State men, Colin Abert and Timothy McGowan advanced to the NCAA Championships, which marked the first time since 2011 that the Nittany Lion men had two competitors at the NCAA Championships. 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 Big Ten Outdoor Track & Field Championships saw Michael Biddle win the men's javelin, Harris complete the 800 sweep, and Rivers capture the first 1,500-meter run crown in program history.

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

The 2019 overall class is comprised of 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 got the memorable year started 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 ('04, '10, '14) scoring 96.5-points. The men's team recorded their highest finish in program history taking second-place with a total score of 84-points that included a Big Ten record performance in the 4x400-meter relay as the combination of Dan Chisena, Xavier Smith, Sam Reiser and 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 indoor track & field championships in College Station, Texas, the women's team posted the second-highest finish at the indoor championships ever (10th) and the first top-10 finish since the 2009 season. Indoor All-Americans included: Danae Rivers in the Mile (Third-Place), Isaiah 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



COACHING STAFF

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), Tori Gerlach in the 3,000-meter steeplechase (Third), Michael Shuey in the javelin (Third), and Dannielle Gibson in the triple jump (Eighth).

Overall, 2016-17 saw 15 school records broken, 10 top-five indoor marks set, as well as 34 top-10 outdoor marks hit. Between cross country, indoor and outdoor, Penn State had 14 athletes honored as All-Americans. Penn State captured two Big Ten Conference titles, the only team in the conference to do so during the '16-'17 competition year.

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

During his 13 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 have 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. At the 2013 NCAA Cross Country Championships, Fischer went on to finish 78th. The following year, Fifth-year senior Matt Fischer finished eighth at the Big Ten meet, won the Mid-Atlantic Regional and advanced to the NCAA Cross Country Championships for the second-straight year ending his Penn State cross country career with a 167th-place finish at the NCAA meet following second-team All-Big Ten honors and Mid-Atlantic Men's Cross Country Athlete of the Year plaudits. At the 2013 Outdoor Championships Gondak guided senior Casimir 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 when the Michigan Wolverines earned first and third-place finishes in 1945.

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

Academic Success...

Under Coach Gondak, Penn State student-athletes have found great success in the classroom. The Penn State cross country teams have tallied a cumulative 20 USTFCCCA All-Academic Team honors as well as 41 USATFCCCA Individual honors.

Ninety-six 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 409 All-Academic Big Ten Track & Field honors, 159 All-Academic Big Ten Cross Country Honors, and four Academic All-Americans.

In the Big Ten...

Since joining the conference in 2006, Gondak has coached a total of 41 Big Ten Champions, including 19 of the last 28 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 seven Big Ten Freshman of the Year honors since 2010 - Casimir Loxsom (i), Robby Creese (i/o), Brannon Kidder (i), Danae Rivers (i/o) and Alexis Holmes (i) – as well as three Big Ten Medal of Honor recipients since 2006 – James Pagana ('09), Jessica Babcock ('11) and Emily Giannotti ('14).

Penn State has captured 11 team titles since Gondak's arrival in Happy Valley:

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

Penn Relays Success...

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, 2013 and 2016 as well as a men's DMR title in 2013. In 2019, the Nittany Lions women's sprint medley team set a school record en route to winning the Sprint Medley Championship of America (3:45.25).

The Nittany Lions' 2012 4x800 victory (7:12.90) was the seventh-fastest time in collegiate history and the 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.

International Coaching Info...

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 ...

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

BIG TEN TITLES...

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

CROSS COUNTRY TITLES...

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

Tessa Barrett

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

Robby Creese

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

Tori Gerlach

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

Isaiah Harris

- 2018 NCAA Champion in the Outdoor 800-meters (1:44.76)
- 2018 NCAA Indoor/Outdoor All-American
- 2017 IAAF World Championships Semifinalist
- 2017 USATF Silver Medalist 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

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



Erin Tucker enters his fifth 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 2020 donning the Blue & White, Coach Tucker has coached nine Big Ten champions, 20 All-Big Ten selections, six Academic All-Americans, and his student-athletes have broken 23 school records.

In 2019, Tucker coached Alexis Holmes to both the indoor and outdoor 400-meter Big Ten championship and a school record in the 400-meter indoor event. Holmes was a first team All-American in the 400-meter along with being named Big Ten Freshman of the Year. Under Tucker's tutelage the Nittany Lions turned in seven top-10 performances all time in Penn State history, this includes three school records. Tucker's sprinters brought home a pair of Big Ten Championships and 11 events scored points during the Big Ten Championships.

Under Tucker's guidance, the sprint medley relay team set a school record at the 125th running of the Penn Relays. The relay team ran 3:45.25 to set the record while winning the Sprint Medley Championship of America.

Tucker guided freshman Justin Ofoan into the Penn State record books three times in 2019 as well as preparing him for the world stage. Ofoan set a personal-best mark of 10.21 in the 100-meter dash at the USATF U20 Outdoor Championships to qualify for the Pan American U20 Championships. At the Pan Am Championships, Ofoan and his 4x100m relay teammates set a new U20 world record in the event running 38.62.

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.

In 2017, Tucker helped coach the Nittany Lions to two conference championships, capturing the women's title during indoor season as well as earning the men's first Big Ten title ever during the outdoor season capturing the title 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 then 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 runners-up, 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 and 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 runners-up 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 that 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 (10), Erin II (7), & Samuel (5).



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
- 2 Big Ten Freshman Runner of the Year
- 2 Big Ten Record Meet Records
- 1 Big Ten All-Time Record
- 23 School Records
- 2 All-Americans
- 23 Athletes Ranked Top-5 Indoor in school history since 2016
- 41 Athletes Ranked Top-10 Outdoor in School history since 2016
- 9 Big Ten Champions
- 20 All-Big Ten Selections
- 6 Academic All-Americans
- 2016 World Indoor Championship Finalist 60HH Eddie Lovett 7th Place
- 2017 Canadian Jr Champion 100m
- 2019 U-20 World Record 4x100m



COACHING STAFF



Kevin Kelly enters his seventh year in Happy Valley in 2020, 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 finishes.

In the Penn State record book, Kelly has seen his student-athletes set seven school records. Overall, he has coached 20 student-athletes to top-10 marks at PSU, which includes 11 student-athletes etching their name into top-five placements at Penn State.

In 2019, Kelly oversaw freshman Noah Swaby qualify for the NCAA Outdoor Championships in the decathlon. Swaby's performance at the Big Ten championships placed him eighth all-time in Penn State history with 7,411 points. Swaby earned a third-place medal at the Big Ten Outdoor Championships. Devin Bradham (men's high jump) and Carena Nottoli (women's pole vault) qualified for the NCAA East Prelims in 2019 under Kelly. Bradham height of 7-15. (2.17m) ranks seventh all-time in Penn State history in the men's high jump. In the women's pole vault, Nottoli (13-2.25) and Greer Gumbrecht (12-10) rank fourth and seventh respectively all-time in Penn State history.

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 set record book marks 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.

Hannah 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 Malik 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 Malik 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, Neb. - the No. 7 mark in program history. Brian 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-American honor in his two-year career as a Nittany Lion for his eighth-place performance in the triple jump 16.26m (53' 4.25"w) at the 2015 NCAA Outdoor Track & Field Championships - the third best outdoor mark in Penn State history.

Brian 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-American 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-American 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, Ore., was junior Waithe and junior Brian 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, freshman Lexi 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.

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 and 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 USTFCCA 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 watch 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 was also successful on the recruiting trail in 2013, adding in transfer triple jump standout Steve Waithe from Shippensburg University. Waithe was the PSAC Indoor and Outdoor Champion in the his signature event, and went on to All-America finishes at both Division II Championships in 2013. Kelly also welcomed in-state sensation Cody Minnig from Neshaminy High School. With a PR of 10.73, Minnig was the No. 6 ranked Pennsylvania prep in the 100 meters in 2013, coming away with a fifth-place finish at the PIAA Outdoor Championships.

On the women's side, Kelly added standout pole vaulter Lexi Masterson from Hempfield Area. Masterson was the PIAA runner-up in the event as a senior and owns a lifetime-best clearance of 12-0.

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, has undoubtedly made a mark on the Rutgers' record books as Kelly-coached athletes currently own 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 have a son, Gregory, and a daughter, Kennedy.

Coaching Honors...

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

Outstanding Nittany Lions Coached...

Noah Swaby

- NCAA Championship Qualifier (Decathlon)
- Big Ten Bronze Medalist

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



COACHING STAFF



Angela Reckart enters her fifth season as the assistant coach for the Nittany Lion cross country/track & field program following coaching at North Carolina for three years. Reckart assists with the cross country and coaches the distance events on the track. 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.

In 2019, the Nittany Lions continued to experience success. The women's cross country finished in the top-20 in the country for the fourth consecutive season under Reckart. During the 2019 indoor season, Tim McGowan broke the Penn State indoor school record in the 5K by recording a time of 13:46.49. Since coming to Penn State, Reckart has coached individuals who have broken both the men's and women's indoor 5k school records (Tessa Barrett, 15:28.99) as well as the women's indoor 3k school record (Tessa Barret, 9:07.22).

Julia Paternain and Kathryn Munks each etched their names into the Penn State record books during the 2019 outdoor season. Paternain now ranks sixth in the 5,000-meter (16:00.10) and third in the 10,000-meter (33:22.91) all-time in Penn State history. Kathryn Munks ranks 2nd in the 10,000-meter with her time of 33:22.19. Paternain qualified for the NCAA National Championships in the 5k and was the only freshman in the field.

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.

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

On the cross country course in 2017, the Penn State women won its third straight Mid-Atlantic Regional title en route to its third consecutive top-20 finish at the NCAA Championships. Individually, Hunsberger finished seventh at the Big Ten Championships, place second at the Mid-Atlantic Regional, and tally 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, with a 9:46.76 and 10:11.29. Tim

and Jack McGowan finished 2nd and 6th in the men's 10k, helping the men's team capture its' first Big Ten Championship in program history scoring 117-points.

At the NCAA National Championships, Gerlach finished third at the NCAA championships in the 3K steeplechase, while 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 Championships posting the second-fastest time that season in the NCAA in the 5,000-meters with her time of 15:28.99 that was one-tenth of a second off the national leader.

The second-place finish by Barrett helped the women's team captured the Big Ten indoor title, the fourth Big Ten Indoor Championship in program history. Barrett would go on to earn All-American 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 their 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 with Penn State fielding two All-Americans in Elizabeth Chikotas and Jillian Hunsberger 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.

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. She also helped the Tar Heel women win their first ACC Cross Country Championship Title since 2003.

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. Reckart and her husband, Jeremiah, just welcomed their first child, Juliette.



Fritz SPENCE

14th Year
Missouri State, '97
Assistant Coach

WOMEN'S JUMPS & MULTI'S

Fritz Spence enters his 14th 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), USTFCCA 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.

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

In 2018, 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 (13.76w) in her gold medal performance at the Big Ten Championships. She was the

2017 NACAC Champion in the triple jump and was also a three-time NCAA qualifier.

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

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

Under the guidance of coach Spence, Gibson, a sophomore, tallied a third-place finish in the triple jump. Gibson scored six points for Penn State with her leap of 42-3.50 during the 2015 Big Ten Outdoor Track & Field Championships. Gibson would also finish fourth in the long jump with her personal-best jump of 20-2.25 (6.15m), 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 USTFCCA 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



COACHING STAFF

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)
- 2018 NCAA Qualifier (Heptathlon)
- 2019 NCAA Qualifier (Pentathlon)

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



Lucais
MACKAY

Fourth Year
Georgia, '05
Assistant Coach

THROWS

Lucais MacKay enters his fourth season overseeing the throwers for the Nittany Lion Track & Field program in 2020.

2019 saw the Nittany Lion throwers continued growth and success under MacKay's guidance. Senior Morgan Shigo accomplished something no Nittany Lions has ever done. Shigo won the first Big Ten championship in the men's hammer throw in program history. Shigo also became the first Nittany Lion to be a two-time, first team All-American in the hammer throw. Six Nittany Lions were Big Ten finalists and four were Big Ten medalists.

Shigo and David Lucas earned first team All-American honors in the weight throw during the indoor season. Shigo and Lucas were both finalists in the weight throw with Shigo earning a silver medal at the Big Ten Indoor Championships. In total, seven Nittany Lions entered the top-10 in the Penn State record book during the indoor and outdoor seasons.

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 a 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 and White in the weight throw, narrowly missing the final by one spot; Shigo finished 10th in the weight throw (68-5.75/20.87m) garnering him his first NCAA All-American 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 level, 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, 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, that featured a 35-point performance for the men's event group at the Big Ten Championships, 12 student-athletes advanced to the NCAA East Preliminary meet, as many as any other NCAA program. with Obeng Marfo competing 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-American honors as he launched a school record throw of 250'-9" to finish third. Obeng Marfo, Jon Yohman, and Lucas also competed at the NCAA Championships following their first season under MacKay's watch.

Michael Shuey and Micahel 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 for MacKay and crew.

Prior to his time with the Nittany Lions, 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 while at Oklahoma State.

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.

Before his days at Southeastern Louisiana, MacKay coached Division-III champion and record-holder Eric Flores to a hammer throw title, as well as the women's hammer throw runner-up while 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, a four-time All-American for Penn State, enters her fifth 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).

SUPPORT STAFF



**Melissa
BOLDT**

**Performance Enhancement
Coach**



**Robbie
Creese**

**Volunteer Assistant
Coach**



**Michael
GAY**

**Assistant Athletic
Trainer**



**Madeline
Kalke**

**Assistant Athletic
Trainer**



**Isaiah
HARRIS**

**Volunteer Assistant
Coach**

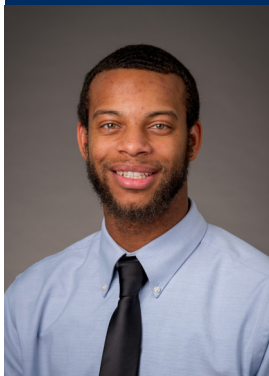


**Kayla
MATRUNICK**

**Assistant AD for
Performance Nutrition
Services**



SUPPORT STAFF



**Malik
MOFFETT**

**Volunteer Assistant
Coach**



**Carl
OHLSON**

**Assistant AD for
Performance Psychology**



**Karley
REMIEL**

**Volunteer Assistant
Coach**



**David
REICK**

**Volunteer Assistant
Coach**



**Morgan
SHIGO**

**Volunteer Assistant
Coach**



**Joe
WHITE**

**Volunteer Assistant
Coach**

CROSS COUNTRY / TRACK & FIELD

WOMEN'S BIOS





WOMEN'S ROSTER

Name	Year	Eligibility	Event Area	Hometown (Previous School)
Cecelia Bacon	Sophomore	Sophomore	Jumps	Chantilly, Va. (Chantilly)
Alexis Baublitz	Senior	Junior	Pole Vault	York, Pa. (West Virginia)
Antoinette Bradley	Sophomore	Sophomore	Sprints/Hurdles	Fort Washington, Md. (Friendly)
Yasmin Brooks	Junior	Junior/Soph.	Sprints/Hurdles	Harrisburg, Pa. (TCU)
Ryan Brundage	Sophomore	Sophomore	Throws	Columbus, Pa. (Corry)
Megan Ciasullo	Freshman	Freshman	Distance	Ambler, Pa (Mt. St. Joseph)
Madison Coppolino	Sophomore	Freshman	Distance	Somerdale, N.J. (Sterling)
Isabella Culver	Freshman	Freshman	Distance	Spring Mills, Pa. (Pens Valley)
Marisa Deichert	5th Year	Senior	Distance	Uniontown, Pa. (Laurel Highlands)
Andrea Demko	Sophomore	Freshman	Distance	Hershey, Pa. (Hershey)
Erica Ellis	Freshman	Freshman	Pole Vault	Rochester, N.Y. (Gates-Chili)
Natasha Fedkina	Senior	Junior	Distance	State College, Pa. (State College)
Katherine Fedko	Freshman	Freshman	Distance	Gibsonia, Pa. (Hampton)
Kathleen Gallagher	Sophomore	Freshman	Jumps	Libertytown, Md. (Linganore)
Breana Gambrell	Sophomore	Sophomore	Jumps	Sayra, Pa. (Athens)
Rachel Gearing	Sophomore	Sophomore	Jumps	Cleveland, Ga. (White County)
Taylor Givens	Sophomore	Freshman	Multi-Events/Jumps	State College, Pa. (State College)
Julia Guerra	Senior	Junior	Distance	Oakland, N.J. (Indian Hills)
Maddie Holmberg	5th Year	Senior	Multi-Events/Jumps	Greensburg, Pa. (Hempfield Area)
Ekaterina Hupaló	Sophomore	Sophomore	Sprints/Hurdles	Valencia, Ca. (Bishop Alemany)
Taylor Jede	Freshman	Freshman	Sprints/Hurdles	Mechanicsburg, Pa. (Cumberland Valley)
Katie Jones	Junior	Sophomore	Pole Vault	Williamsport, Pa. (South Williamsport)
Kileigh Kane	Freshman	Freshman	Distance	State College, Pa. (State College)
Mallory Kauffman	Freshman	Freshman	Throws	Millerstown, Pa. (Greenwood)
Piper Klinger	Sophomore	Fr./Soph.	Throws	Selinsgrove, Pa. (Selinsgrove)
Audra Koopman	Junior	Junior	Jumps/Sprints	Fort Collins, Colo. (Fort Collins)
Makenna Krebs	Freshman	Freshman	Distance	Harrisburg, Pa. (Central Dauphin East)
Sarah Lehman	Junior	Junior	Jumps	Mechanicsburg, Pa. (PSU Harrisburg)
Kiara Lester	Senior	Senior	Sprints	Wenonah, N.J. (Deptford Township)
Allyson Lewis	Freshman	Freshman	Jumps	Lisbon, Conn. (Norwich Academy)
Jane Madson	Freshman	Freshman	Sprints	Pittsburg, Pa. (Upper St. Clair)
Sera Mazza	Freshman	Freshman	Distance	Centre Hall, Pa. (St. Joseph's)
Mary McDavid	Freshman	Freshman	Distance	Philadelphia, Pa. (Penn Carter)
Payden Montana	Sophomore	Sophomore	Throws	Berwick, Pa. (Berwick)
Katie Munks	Senior	Senior	Distance	Chester, N.Y. (Monroe-Woodbury)
Carena Nottoli	Sophomore	Sophomore	Pole Vault	Columbia, Pa. (Hempfield)
Chibugo Obichere	Freshman	Freshman	Sprints/Hurdles	Valley Stream, N.Y. (Valley Stream South)
Alexa Parks	Junior	Soph./Jr.	Jumps	Pipersville, Pa. (Palisades)
Julia Paternain	Sophomore	Fr./Soph.	Distance	Cambridge, England (Hills Road Sixth Form College)
Gianna Rao	Sophomore	Sophomore	Throws	North Scituate, R.I. (Ponaganset)
Danae Rivers	Senior	Senior	Distance	Derby, Conn. (Wilbur Cross)
Madi Smith	Junior	Junior	Throws	New Oxford, Pa. (New Oxford)
Jean Starr	Freshman	Freshman	Throws	Leechberg, Pa. (Kiski Area)
Samantha Stravach	Freshman	Freshman	Throws	Westfield, N.J. (Westfield)
Victoria Tachinski	Junior	Junior	Distance	Winnipeg, Manitoba (Vincent Massey)
Sharai Taylor	Junior	Junior	Multi-Events	Pottstown, Pa. (PSU-Harrisburg)
Paige Terrette	Freshman	Freshman	Throws	Bangor, Pa. (Bangor Area)
Amariah Thomas	Sophomore	Sophomore	Sprints	Balacklick, Ohio (Gahanna Lincoln)
Maggie Welty	Sophomore	Freshman	Distance	Butler, Pa. (Butler)
Brooke-Lynn Williams	Junior	Junior	Sprints	Plymouth, Mass. (Norton)
Jordan Williams	Junior	Junior	Distance	Sharon, Pa. (Sharon)
Alison Willingmyre	Junior	Sophomore	Distance	Wernersville, Pa. (Wilson)
Kate Willshaw	Freshman	Freshman	Jumps	Easton, Pa. (Easton)
Carlie Wilson	Freshman	Freshman	Jumps	Sparta, N.J. (Sparta)
Hailey Zurich	Freshman	Freshman	Pole Vault	Williamsport, Pa (Loyalsock Township)

RETURNERS



**Cecelia
BACON**
Chantilly, Va.
Chantilly
Sophomore
Jumps

COLLEGIATE PERSONAL BESTS: High Jump – 1.68m, Triple Jump – 11.52m

TRACK AND FIELD

2019 Outdoor

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

2019 Indoor

Penn State Tune-Up (2/16): Finished third in both the high jump and triple jump. **Sykes & Sabock Challenge Cup (2/2):** Set a collegiate best in the triple jump (11.52m). **Bison Opener (11/30-12-1):** Placed second in the high jump (1.60m) and fifth in the triple jump (11.22).

BEFORE PENN STATE

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

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

PERSONAL

Daughter of Matthew and Noela Bacon...Born on April 3, 2000...Majoring in liberal arts.



**Antoinette
BRADLEY**
Fort Washington, Md.
Friendly
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 400m – 55.97, 400mH – 1:00.13, 600m – 1:31

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Ran a personal-best 1:00.13 in the 400-meter hurdles.

Big Ten Indoor Championships (2/22-23/19): Ran 1:34.92 in the 600m prelims...Distance Medley Relay team placed fifth, running 11:26.38.

2019 Outdoor

Season: Ran a personal-best time at the Big Ten Championships in the 400mH...Ran to five top-10 finishes during the 2019 outdoor season.

ASU Invitational (3/22-23): Won the 400mH with a time of 1:01.87...Member of 4x400m relay team that placed third with a time of 3:51.81. **Virginia Challenge (4/19-20):** Won the 400mH in a time of 1:00.79. **125th Penn Relays (4/25-27):** Ran 1:03.56 in the 400mH and 3:39.50 as a member of the 4x400m relay team.

2019 Indoor

Season: Competed in 600m and DMR at the Big Ten Championships...Posted nine top-10 finishes during the indoor season.

Penn State National (1/25-26): Set a personal-best in the 600m (1:31.76)...Finished second in the 600m. **Clemson Tiger Paw Invitational (2/8-9):** Ran a personal-best time of 55.97 in the 400m race.

BEFORE PENN STATE

HIGH SCHOOL PRs: 400mH: 60.95, 400m: 56.86

Competed for Ned Gunter at Friendly High School...Won 2A and 1A Regional championship...Finished as 2A Indoor Runner-Ups...Finished as 1A Outdoor Runner-Ups...Placed first in 500m 2A at the Indoor State Championship...Won 300m hurdle 1A Outdoor state title...Won 800m, 300m hurdle and 400m at the 1A Regional Outdoor Championships...Was the 800m and 500m Prince George's County Indoor Champion...Placed first in the 300m Hurdle Prince George's County Outdoor championship...Earned the Bob Leo Senior Women's Award...Placed 18th at the New Balance Outdoor National meet in 400m hurdles...Member of the National Honor Society.

PERSONAL

Daughter of Anthony Bradley and Tayrn Gude...Has one brother, Anthony...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."



RETURNERS



**Ryann
BRUNDAGE**

**Corry, Pa.
Corry
Sophomore
Throws**



**Madison
COPPOLINO**

**Somerdale, N.J.
Sterling High School
Freshman
Distance**

COLLEGIATE PERSONAL BEST: Javelin – 41.92m

2019 Outdoor

Season: Set a collegiate-best in the javelin at the Jim Thorpe open (41.92m)...Posted four top-10 performances in the javelin.

Jim Thorpe (5/3): Threw a collegiate-best 41.92m in the javelin event.

BEFORE PENN STATE

High School PR: Javelin - 142-10

Won two regional championships...Won four PA District 10 championships...Finished seventh at the PIAA state championships (2017)...Qualified four times for PA state championships...Holds school record in javelin...Finished 10th at 2017 New Balance Outdoor Nationals...Finished fourth at USATF Hershey Outdoor Youth Nationals...Named four-time team MVP...Earned four letters in volleyball...Earned two letters in basketball...Member of the National Honor Society.

PERSONAL

Daughter of Steve and Kelly Brundage...Has two brothers, Steven and Matthew...Born on September 3, 1999...Majoring in biobehavioral health...Chose Penn State "For the opportunities that come with the education."

TRACK AND FIELD

2019 Outdoor

Season: Competed in one meet unattached.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600m: 4:58, 3200m: 10:46, XC: 18:17.

Earned 12 varsity letters in track/cross country...Won two state championships...Won three conference championships...Won three sectional championships...Won Camden County championships in cross country and track...Won sectional championship in cross country and track...Won group championship in cross country and track...Named All-American at 2017 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 University of Virginia...Intends to major in engineering.



**Marisa
DEICHERT**
Uniontown, Pa.
Laurel Highlands
Senior
Distance

COLLEGIATE PERSONAL BESTS: 1500m – 5:04.39, Mile – 5:24.43, 3000m – 11:33.60, 3000S – 11:45.92, 5000m – 19:50.18,

TRACK AND FIELD

2019 Outdoor

Season: Set personal-best times in the 1500m, 5000m and 3000m steeplechase...Set a personal-best mark in the 1500m at Nittany Lions lone home meet of the season.

Bucknell Team Challenge (4/20): Ran the 5000m race with a personal-best time of 19:50.18.

2019 Indoor

Season: Set personal-best marks in the 3000m and mile events.

Nittany Lion Challenge (1/12): Ran a personal-best 5:24.43 in the mile race. **Penn State National (1/25-26):** Ran a personal-best time of 10:33.60 in the 3000m.

2018-16

Did not compete

CROSS COUNTRY

2018

Season: Ran in three meets for the Nittany Lions.

Dolan Duals (8.31): Placed 12th at the first meet of the seasons.

2017

Season: Set a pair of personal-best times in first season of competition.

Spiked Shoe Invitational (9/8): Took 70th at the Spiked Shoe Invitational with her time of 24:18. **Penn State National (10/13):** Placed 162nd with her time of 23:44.

BEFORE PENN STATE

Set a high school personal best in the 3,200 with a time of 11:17.22...Named four-time all-county in cross country...Qualified for four WPIAL cross country meets...Was a two-time PIAA cross country state meet qualifier...Named all-county in track three times...Three-time WPIAL track qualifier...Holds the school record in the 3,200-meter run...Named cross country team captain...Named track team captain...Earned eight letters in cross country and track ... Named class valedictorian.

PERSONAL

Daughter of Jennifer and Andy Deichert...Majoring in engineering.



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

COLLEGIATE PERSONAL BESTS: 1500m - 4:38.41, 3000m - 9:56.68, 5000m - 17:36.19

2019 Outdoor

Season: Set collegiate-best marks in the 5000m, 1500m and 3000m events...Personal-best mark in the 3000m occurred at the historic 125th running of the Penn Relays.

Bison Outdoor Classic (4/13-14): Ran a college best in the 5000m with a time of 17:36.19. **Bucknell Team Challenge (4/20):** Ran a collegiate-best in the 1500m with a time of 4:38.41. **Penn Relays (4/25-27):** Ran a collegiate-best in the 3000m with a time of 9:56.68.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600m - 4:56, 3200 - 10:49, 5K - 18:09
Earned four varsity letters...Three-time conference champions in track and field ...Finished fifth, twice in the 4x800m at PIAA state championship ...Finished third in Midd Penn Conference (2016, 2017) ...Finished fourth 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)...Named 2018 track and cross country captain...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 for track and cross country...Intends to major in nutrition.



RETURNERS



**Natasha
FEDKINA**
State College, Pa.
State College
Junior
Distance

COLLEGIATE PERSONAL BESTS: 800m – 2:15.24, 1000m – 2:57.42, 1500m – 4:33.80, Mile – 4:58.21

TRACK AND FIELD

2019-2018

Did not compete.

2017 Outdoor

Season: Ran a personal-best at the Bison Outdoor Classic in the 1500m race.

Bucknell Team Challenge (4/22): Ran an outdoor-best time of 4:33.80 in the 1500m race.

2017 Indoor

Season: Set two personal bests in the 800m and mile events at the Sykes & Sabock home meet at the Horace Ashenfelter III Indoor Track.

Sykes & Sabock Challenge Cup (2/3): Ran a personal-best 2:25.24 in the 800m...Ran a personal-best 4:58.21 in the mile.

CROSS COUNTRY

2018

Season: Ran a season-best at the annual Spiked Shoe Invitational at the Penn State Blue-White Golf Course.

Spiked Shoe Invitational (9/7): Ran a season-best 23:09.0.

2016

Season: Competed in three meets...Finished 10th at the Dolan Du-als.

Dolan Duals (9/2): Opened the year with a 10th-place finish (14:50.50). **Spiked Shoe Invitational (9/10):** Placed 68th...Run-ning 25:25 at first home meet of the cross country season.

BEFORE PENN STATE

HIGH SCHOOL PRs: 800-meters - 2:15, Mile - 5:00.97, Cross Country 5K - 18:57

Helped State College earn a fifth-place finish at cross country state meet in 2015...Won Cross Country Mid-Penn Title in 2015...Earned state runners-up at the outdoor meet in 2016...Finished twice as a runner-up at Mid-Penns for the mile (outdoor)...Placed sixth at Outdoor State meet in 2016... Won the mile at the Bruce Dallas Invitational...Won district title in the 800 three times... Won district championship in the mile twice... Named team captain of State Col-lege XC team in 2015.



**Kathleen
GALLAGHER**
Frederick, Md.
Linganore
Freshman
Jumps

2019

Did Not Compete.

BEFORE PENN STATE

High School PR: High jump - 5-7

Won 2018 Outdoor Maryland 3A state title...Won 2018 Outdoor Maryland 3A West regional title...Won 2018 Indoor Maryland 3A state title...Won 2018 Indoor Maryland 3A West regional title...Won 2018 Indoor Central Maryland conference title...Won 2018 Indoor Frederick county championship...Holds all-time high jump school record for Linganore High School...Named 2018 FNP All-CMC first team spring...Named 2018 All-CMC first team winter...Competed at 2018 New Balance Indoor Nationals in NYC...Ted for fourth in Emerging Elite Division...Placed 43rd in National Championship Di- vision at the 2018 New Balance Outdoor Nationals.

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."



**Breana
GAMBRELL**

**Athens, Pa.
Athens
Sophomore
Jumps**

COLLEGIATE PERSONAL BESTS: 60m – 7.71, 200m – 25.20, Long Jump – 6.19m, Triple Jump – 12.13m

ON A NATIONAL STAGE

NCAA Outdoor East Prelims (5/23-25/19): Participated in the long jump event at the NCAA East Prelims.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Finished sixth with a best distance of 6.06m in the long jump finals...Scored three points for Penn State.

Big Ten Indoor Championships (2/22-23/19): Finished 11th in the long jump event.

2019 Outdoor

Season: Won the long jump at the Bison Outdoor Classic and Jim Thorpe meets...Posted seven top-10 finishes...Qualified for the NCAA East Prelims in the long jump...Scored three points for the Nittany Lions at the Big Ten Championships with her sixth place finish in the long jump.

Bison Outdoor Classic (4/13-14): Set a personal-best in the long jump (6.19m). **Jim Thorpe (5/3):** Won the long jump with a distance of 6.11m.

2019 Indoor

Season: Competed in the long jump at the Big Ten Indoor Championships...Set personal bests in three events in the 60m, 200m and triple jump.

Bison Opener (12/1): Ran a personal best in the 60m (7.71). **Penn State National (1/26):** Jumped a personal best 12.13m in triple jump. **Sykes & Sabock Challenge Cup (2/3):** Ran a personal-best 25.20 in the 200m.

BEFORE PENN STATE

HIGH SCHOOL PRs: Long Jump - 20-8.5 (o), 20-1.5 (i), Triple Jump - 8-8.75 (o), 38-2.5 (i), 100m - 11.83

Attended Athens Area High School...Finished second at 2018 state championship (AA)...Finished third at 2017 state championship (AA)...Holds school record in the long jump, triple jump, 100 and 4x100...Won four PIAA state championships...Holds record in long jump...Holds all conditions state record in long jump... Won 14 District 6 championships and holds record in long jump, 100m and 4x100...Won two team district IV championship... Won indoor state title in triple jump... Named all-state team member seven times... Won 12 national championships...Won four team national championships...Earned New Balance National All-America honors twice... Placed fourth in 2018 long jump both indoor and outdoor...Won

2018 Penn Relays long jump championship...Earned four varsity letters in indoor and outdoor track...Earned four varsity letters in both basketball and soccer...Holds school record in javelin throw... Named javelin All-American...Named team captain for track and field.

PERSONAL

Daughter of Ben and Lisa Gambrell...Born on March 2, 2000...Majoring in nutritional sciences...Has two brothers, Jarred and Benny, and one sister, Ariana...Member of National Honor Society...Four-time Honor Roll recipient...Chose Penn State "Because of the outstanding academics along with energetic community which give the environment a family-like feel."



**Rachel
GEARING**

**Cleveland, Ga.
White County
Sophomore
Jumps**

COLLEGIATE PERSONAL BESTS: 200m – 25.96, Long Jump – 5.63m, Triple Jump – 12.45m (1.1)

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Championships (5/10-12/19): Finished eighth in the triple jump finals for the Nittany Lions...Scoring one point for the Nittany Lions

2019 Outdoor

Season: Competed in the triple jump at the Big Ten Championships and finished 8th...Set personal-best distance in the triple jump (12.45m) at the Bison Outdoor Classic ...Won two triple jump events during the outdoor season.

LSU Battle on the Bayou (4/13-14): Kicked off the outdoor season with a third place finish in the triple jump (12.30m). **Bison Outdoor Classic (4/13-14):** Won the triple jump event while setting a personal best (12.45m). **Jim Thorpe Open (5/3):** Won the triple jump event with a distance of 12.36m.

2019 Indoor

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

Bison Opener (11/30-12/1): Jumped 5.60m and 11.62m in the long jump and triple jump respectively. **Penn State National (1/25-26):** Jumped a collegiate best 5.63m in the long jump.

Sykes & Sabock Challenge Cup (2/2): Ran a personal-best 25.96 in the 200m. **Penn State Tune-Up (2/16):** Finished second in the triple jump with a distance of 12.25m.

BEFORE PENN STATE

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

Attended White County High School...Set multiple school records:



RETURNERS

400m, 4x400m relay, 4x100m relay, long jump and triple jump... Earned four varsity letters and named team captain in basketball, cross country, soccer and track & field... Member of FFA.

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."



Taylor GIVENS
State College, Pa.
State College
Freshman
Multi-Events

2019

Season: Did Not Compete.

BEFORE PENN STATE

Attended State College High School... Won the long jump state championship.

PERSONAL

Daughter of Hugh and Nancy Givens... Mother Nancy attended Penn State... Has two siblings, Haley and Brooke.



Julia GUERRA
Oakland, N.J.
Indian Hills
Junior
Distance

COLLEGIATE PERSONAL BESTS: 1500m - 4:37.62

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Cross Country Championships (10/28/18): Finished 103rd at the Big Ten Championships, running 22:13.7

TRACK AND FIELD

2019

Season: Ran a collegiate best in the 1500m race at the ASU Invitational.

ASU Invitational: Ran a collegiate-best 4:37.62 at the Arizona State Invitational for an eighth-place finish in the 1500m.

2018

Season: Did not compete

CROSS COUNTRY

2018

Season: Ran a collegiate-best at the Penn State Blue-White golf course at the annual Spiked Shoe Invitational.

Spiked Shoe Invitational (9/7): Ran a collegiate-best 22:09.0 for a 25th place finish. **Nuttycombe Invitational (9/28):** Placed 54th with a time of 22:23.6.

2017

Season: Placed ninth at the Dolan Duals for the Nittany Lions to open the season... Was a top-five finisher for Penn State to help Nittany Lions secure a team title at the Spiked Shoe Invitational.

Dolan Duals (9/1): Finished ninth in the 4k race with a time of 14:46.1. **Spiked Shoe (9/8):** Finished 29th with her time of 22:30. **OSU Cowboy Jamboree (9/30):** Placed 41st with her time of 22:21.9.

2016

Season: Placed sixth in first collegiate cross country meet... Ran in three meets during her first season of cross country competition.

Dolan Duals (9/2): Opened the year with a sixth-place finish (14:18.24) and set a 4k personal-best. **Spiked Shoe Invitational (9/10):** Placed 62nd with a time of 24:13.

BEFORE PENN STATE

Member of the first team All-Bergen County Indoor Track 4x800 relay team... Named first team All -Bergen County Cross Country four times... Named first team All-North Jersey Cross Country four times... Named second team All-State in cross country in 2013... Named first Team All-State in cross country in 2015... Finished fourth at the New Jersey State Meet of Champions (2015)... Named first team All-Bergen County Winter Track three times ... Named Two-time All North Jersey Winter Track... Won 1600m & 3200m State Group 2 championship in indoor track (2014)... Won 3200m State Group 2 championship in indoor track (2016)... Named Bergen Record Athlete of the Season Winter Track (2016)... Named first team All-State Winter Track (2016)... Named first team All-Bergen County Spring Track twice... Named first team All-New Jersey Spring Track twice... Named third team All-State 1600m Spring Track (2015)... Finished as runner up in the 1600m at the New Jersey State Meet of Champions (2015)... Finished as outdoor 1600m state medalist three times... Earned twelve varsity letters... Named team captain for cross country and track and field for two seasons.

PERSONAL

Daughter of Michael and Felicia Guerra... Born on September 2, 1998.



**Maddie
HOLMBERG**
Greensburg, Pa.
Hempfield Area
Senior
Multi-Events

COLLEGIATE PERSONAL BESTS: 60mH – 8.49, 100mH – 13.95 (1.1), 200m – 24.08 (0.1), 600m – 1:42.26, 800m – 2:18.30, High Jump – 1.64m, Long Jump – 6.37m, Shot Put – 14.58m, Javelin – 43.35m, Pentathlon – 4,227, Heptathlon – 5,976

CAREER NOTES & AWARDS

Holds heptathlon school record (5,976 points)...Ranks second all-time in the pentathlon (4,227 points)...Two-time first team All-American.

ON A NATIONAL STAGE

NCAA Indoor Championships (3/8-9/19): Finished ninth at the NCAA Finals...Earned second team All-America honors...Set a personal best in the pentathlon event (4,227 points)...Ranks second all-time at Penn State in the pentathlon.

NCAA Outdoor Championships (6/6-9/18): Finished third in the heptathlon 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

NCAA East Prelims (5/24-26/18): Finished 28th in the long jump with her distance of 19-3.5 (5.88m).

NCAA Championships (3/9-10/18): 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

Big Ten Championships (5/11-13/18): Finished second in heptathlon with her school record score of 5,976 points...Set 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...Tied her distance of 20-10.75 (6.37m) in the long jump for the No. 3 mark in school history.

Big Ten Indoor Championships (2/23-24/18): 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...Marked a 46-0.5 (14.03m) in the shot put as her personal-best performance.

Big Ten Outdoor Championships (5/13-15/16): 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).

Big Ten Indoor Championships (2/26-27/16): 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).

2019 Outdoor

Season: Did not compete.

2019 Indoor

Season: Finished ninth at the NCAA Finals...Earned second team All-America honors...Set a personal best in the pentathlon event (4,227 points)...Ranks second all-time at Penn State in the pentathlon...Tallied 13, top-10 finishes during the season.

Bison Opener (11/30-12/1): Won the 60mH (8.81) and long jump (6.21). **Nittany Lion Challenge (1/12):** Won the 60mH (8.61) and the long jump (6.22m)...Placed fourth in the shot put and 4x400m relay. **Penn State National (1/25-26):** Scored 4,219 points to win the pentathlon...Won four of the five events during the meet. **Clemson Tiger Paw Invitational (2/8-9):** Finished third in the long jump (6.18) and ran 8.52 in the 60mH.

2018 Outdoor

Season: Earned first team All-America honors with her third-place finish in the heptathlon...Finished second in heptathlon with her school record score of 5,976 points at the Big Ten Championships. Recorded a wind-legal personal-best time of 24.08 in the 200-meter dash at the Virginia Challenge.

Pac-12 vs Big Ten Invitational (3/23-24): Posted three top-10 finishes in long jump (6.09m), 4x400m (3:44.59) and 200m (24.36). **Virginia Challenge (4/20-21):** Won the heptathlon with a score of 5,736...Won four of the heptathlon events. **USATF Championships:** Placed ninth overall in the heptathlon 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

Season: Earned first team All-America honors in the pentathlon... Finished second at the Big Ten Championships in the pentathlon.

Penn State National (1/26-27): Won the pentathlon event with a score of 4133 points...Won three of the five events. **Spire NCAA D1 Indoor Track & Field Classic (2/9-10):** Placed in the top-10 in the 60mH, 4x400m relay and high jump.

2017 Outdoor

Season: Posted the No. 1 mark in the Big Ten with her total of 5636 that is also the No. 3 total in program history...Set the heptathlon school record in the shot put with her mark of 42'-0" (12.80m).

Pac-12 vs. Big Ten Invitational (3/24-25): Won the long jump event (6.04m)...Placed ninth in the 100mH (14.65). **Virginia Challenge (4/21-22):** Posted 5636 points in the heptathlon...Won two events to set No. 3 mark in program history.

2017 Indoor

Did not compete

2016 Outdoor

Season: Recorded a second-place finish in the heptathlon at the prestigious Penn Relays with a total score of 5053...Recorded 14 top-10 finishes throughout the regular season...Finished seventh at the Big Ten Championships in the heptathlon.



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Pepsi Invitational (4/9): Placed in the top-10 in the 200m, 100mH, 4x400m and long jump. **Penn Relays (4/26-27):** Recorded a second-place finish in the heptathlon with a total score of 5053.

2016 Indoor

Season: Recorded 24 top-10 finishes throughout the regular season including four first-place finishes.

Penn State Relays (1/9): Won the long jump event (5.85m) and placed third in the 60mH. **Nittany Lion Challenge (1/16): Set a personal-best in the 600m.** **Sykes & Sabock Challenge (2/5-6):** Placed second in the pentathlon and second in the long jump. **Fastrack National Invite (2/12):** Set a then-personal best in the long jump to win the event (5.91m).

BEFORE PENN STATE

HIGH SCHOOL PRs: 100mH: 14.34, 300mH: 42.72, Long Jump: 20-1

Won 12 Westmoreland County championships...Named Westmoreland MVP three times ... Won nine WPIAL championships...Holds all-time WPIAL record in the long jump and the 4x100-meter relay... Was a PIAA place winner nine times...Won four PIAA state championships (2013: 4x1, 2014: long jump, 300-meter hurdles, 4x100-meter relay)...Earned 2014 New Balance Nationals All-America status- sixth-place (4x1)...Named 2014 PIAA Women's Track Athlete of the Year...Named 2014 Tribune Review Athlete of the Year...Named 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...Earned four varsity letters

PERSONAL

Daughter of Rob and Deidre Holmberg...Kinesiology major...Born on October 26, 1996.

Won the 60mH at the Penn State Tune-Up.

Penn State National (1/25-26): Ran a personal-best in the 200m (25.90)...Ran a personal-best in the 60m hurdles (8.68). **Penn State Tune-Up (2/16):** Won the 60mH.

BEFORE PENN STATE

High School PRs: 60mH - 8.91, 100mH - 14.36, 300mH - 44.54. Earned four varsity letters in track & field... Won the 100mH and 4x100m league championship in 2018...Finished as league 100mH and 300mH as runner-up (2017)...Holds Sunshine League record in the 100mH...Member of school record shuttle hurdle relay team (2018)...Earned 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...Named Varsity Women's 2018 MVP...Won Sunshine League Championship (2017-18)...Placed second at CIF Division 3 (2018)...Finished fourth in the 60mH at the University of Washington HS Invitational (2018)... Finished third in the 60mH at the Simplot Games (2018)...Qualified for the New Balance National Indoor and Outdoor Championships (2018)...Finished sixth in the 100mH and the 4x100m relay at the Mt. SAC Relays (2018)...Won three USATF Youth All-American in the long jump and hurdles...Participated at the USATF Junior Olympic National Championships (2010-12, '14, '17)...Participated in AAU Junior Olympic National Championships (2011, '17).

PERSONAL

Daughter to Rodney and Christine Hupalo...Has one sister, Alexa... Born on March 21, 2000...Majoring in health and human development...Father competed in track & field at Cal Lutheran University...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."



Ekaterina HUPALO
Mission Hills, Calif.
Bishop Alemany
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 60mH - 8.68, 100mH - 15.20, 200m - 25.90

2019 Outdoor

Season: Won two 100mH events...Posted five top-10 finishes...Set a collegiate-best time in the 100m hurdles (15.20)

Bison Outdoor Classic (4/13-14): Ran a collegiate best in the 100m hurdles (15.20). **Bucknell Team Challenge (4/20):** Won the 100mH with a time of 15.46. **Jim Thorpe (5/3):** Won the 100mH with a time of 15:05w.

2019 Indoor

Season: Set two personal-bests in the 200m and 60m hurdles...



Katie JONES
Williamsport, Pa.
South Williamsport
Sophomore
Pole Vault

COLLEGIATE PERSONAL BEST: Pole Vault - 4.12m

CAREER NOTES & AWARDS

RECORDS: Tied for the school record in the pole vault (4.12m).

ON A NATIONAL STAGE

NCAA East Prelims (5/24-26/18): Qualified in the pole vault.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/11-13/18): Recorded a personal-best to tie the school record (4.12m) and placed sixth in the pole vault.

Big Ten Indoor Championships (2/23-24/18): Finished 15th in the pole vault with her height of 12-6.75 (3.83m).

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2019

Did not compete.

2018 Outdoor

Season: Tied the Penn State school record in the pole vault at the Big Ten Championships with a height of 4.12m. Scored for the Nittany Lions with her sixth-place finish at the Big Ten Championships.

Bison Outdoor Classic (4/14-15): Finished third in the pole vault (4.02m). **Virginia Challenge (4/20-21):** Placed fourth with a height of 4.11m.

2018 Indoor

Season: Recorded an indoor personal-best height of (4.09m) in the pole vault at the Sykes & Sabock Challenge Cup...Ranks fourth all-time at Penn State with a height of 4.09m...Competed at the Big Ten Championships in the pole vault.

Nittany Lion Challenge (1/13): Finished third in her first collegiate meet with a height of 4.07m. **Sykes & Sabock Challenge (2/2-3):** Finished second with a height of 4.09m in the pole vault.

BEFORE PENN STATE

HIGH SCHOOL PRs: Pole Vault - 13-9.25(i), 13-7

Won four District 4 Championships (2014, 2015, 2016, 2017)... Won four Pennsylvania Heartland Athletic Conference Championships (2014, 2015, 2016, 2017)...Placed fourth at 2015 PIAA AA State Championships...Won 2016 and 2017 PIAA AA State championships...Won 2016 and 2017 PTFCA Indoor State Championships...Won 2016 Penn Relays Championships...Holds PA indoor and outdoor state records...Named 2016 and 2017 Williamsport Sun Gazette Female Athlete of the Year...Earned bronze medal at 2016 Indoor New Balance Nationals...Earned silver medal at 2016 Outdoor New Balance Nationals...Won 2017 Indoor New Balance National Championship and earned silver medal at 2017 Outdoor New Balance Nationals.

PERSONAL

Daughter of Mike & Patti Jones...Born on July 13, 1999.



Piper KLINGER
Selinsgrove, Pa.
Selinsgrove
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: Shot put - 12.31m, Discus 46.16m, Hammer Throw - 50.62m

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/01-12/19): Competed in both the discus and hammer throw events.

2019 Outdoor

Season: Set a personal-best marks in the hammer throw (50.62m)

shot put (12.31m) and the discus (46.16m). Recorded 10 top-10 finishes in 2019.

ASU Invitational (3/22-23): Threw a season-best throw in the shot put (12.31m)...Placed in the top 10 in the discus and hammer throw.

Bison Outdoor Classic (4/13-14): Threw 43.84m in the discus.

Bucknell Team Challenge (4/20): Won the discus event (46.16m).

BEFORE PENN STATE

HIGH SCHOOL PRs: Discus - 160-0, Shot put - 42-7

Won three PIAA District 4 championships...Won three Heartland Conference championships...Holds Selinsgrove High School record in discus throw...Earned second team all-state...Named first team all-conference...Named Daily Item Field Athlete of the Year...Earned four state medals...Earned three varsity letters...Letter winner for both soccer and bowling...Bowling team captain...Finished seventh at the bowling state championships...Finished second in the discus at 2017 New Balance Nationals Emerging Elite...Finished 12th in the discus at 2018 New Balance Nationals...Qualified for New Balance National Emerging Elite in the shot put.

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."



Audra KOOPMAN
Fort Collins, Colo.
Fort Collins
Junior
Jumps

COLLEGIATE PERSONAL BESTS: 60m - 7.82, 100m - 12.83, 200m - 25.86, Long Jump - 5.85m

TRACK AND FIELD

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Competed in the long jump event.

Big Ten Indoor Championships (2/22-23/19): Represent the Nittany Lions in the long jump event.

Big Ten Outdoor Championships (5/11-13/18): Talled a personal-best mark of 19-2.50 (5.85m).

Big Ten Indoor Championships (2/23-24/18): Recorded a season-best distance of 19-1.25 (5.82m).

2019 Outdoor

Season: Posted four top-five finishes in the long jump...Jumped for the Nittany Lions in the long jump at the Big Ten Outdoor Championships.

Bucknell Team Challenge (4/20): Won the long jump event with a



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jump of 5.74m. **Jim Thorpe (5/3):** jumped 5.86m to finish second in the long jump.

2019 Indoor

Season: Posted seven top-10 finishes. Jumped an indoor personal-best in the long jump at the Penn State National (5.83m).

Bison Opener (11/30-12/1): Ran 8.03 in the 60m and jumped 5.42 in the long jump. **Penn State National (1/25-26):** Finished second in the long jump with a distance of 5.83m. **Sykes & Sabock Challenge Cup (2/2):** Jumped an indoor season-best distance in the long jump (5.78m).

2018 Outdoor

Season: Posted three top-10 finishes in the long jump...Set a personal-best in the long jump at the Big Ten Championships (5.85m).

Pac-12 vs Big Ten Invitational (3/23-24): Ran a personal-best in the 100m (12.83). **Jim Thorpe (5/4):** Won the long jump with a top jump of 5.83m.

2018 Indoor

Season: Set a personal-best marks in both the 200m and 60m events...Posted five top-five finishes

Nittany Lion Challenge (1/13): Ran a personal-best in the 60m with a time of 7.82. **Spire NCAA D-1 Indoor Track Classic (2/9-10):** Ran a personal-best in the 200m (25.86).

BEFORE PENN STATE

HIGH SCHOOL PRs: Long Jump- 19'-8.5", High Jump- 5'-5.5", 100m- 11.92, 200m- 24.62

Earned varsity letter at Fort Collins High School for Coach Conrad Crist...Earned All-State 2014-2017...Earned All-Conference honors (2014-2017)...Won state championship in long jump in 2016 and 2017...Won conference championship in 100m and high jump from 2014-2017...Won high jump conference championship in 2016 and 2017...Holds school record in long jump, 4x100 and medley relay...Won Conference Championship- 2014-2017, State Championships- 2014, 2016, State Runner-up- 2015, 2017...Named team captain twice..Named track MVP (2016), Field MVP (2014, 2015, 2017)...Named President of the BioScience Career Academy...Member of the Science National Honor Society...Finished high school with a 4.04 GPA...Participated in Arcadia Invitational(2014-2016)...Participated in Simplot Games- 2014-2017... Participated in Mt. Sac Relays (2017).

PERSONAL

Parent is Gay Koopman...Born on July 6th, 1999.



Kiara LESTER

Wenonah, N.J.
Deptford Township
Senior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.56, 100m - 11.93 (0.5), 200m - 23.71, 400m - 53.78

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Member of 4x100m relay team that qualified for the NCAA East Prelims for the third-consecutive season.

NCAA East Prelims (5/24-26/18): Qualified for the NCAA East Prelims in the 4x100-meter relay...Member of the 4x100-meter relay that finished 17th with its time of 44.85.

NCAA East Prelims (5/25-27/17): Ran on the 4x100-meter relay and 4x400-meter relay at the NCAA East Preliminary in Lexington, Ky.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Ran in three events (200m, 400m, 4x100m)...Scored eight points for the Nittany Lions by finishing third in the 400m race, running 54.08 in the 400m final.

Big Ten Indoor Championships (2/22-23/19): Scored 10 points for the Nittany Lions by finishing fourth in both the 200m and 400m finals...Ran a personal-best in the 200m of 23.71...Ran a personal-best 53.78 in the 400m final to score points for PSU in both events...Member of 4x400m relay team that placed fifth.

Big Ten Outdoor Championships (5/11-13/18): Member of the 4x100-meter relay that finished fifth with its time of 44.69, which is the No. 5 time in program history...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.

Big Ten Indoor Championships (2/23-24/18): 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.

Big Ten Outdoor Championship (5/12-14/17): Set then-personal-bests in the 200-meters (24.34) and 400-meters (54.74).

Big Ten Indoor Championships (2/24-25/17): Competed in the 60-meters, 200-meters and 4x400-meter relay...4x400m relay team finished fifth.

2019 Outdoor

Season: Earned a third-place finish in the 400m race at the Big Ten Outdoor Championships...Scored six points for Penn State at the Big Ten Championship...Member of the Sprint Medley Relay team that set the school record at the 125th Penn Relays...Member of

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4x100m relay team that qualified for NCAA East Prelims.

Florida Relays (3/28-30): Ran in the 400m (54.17), 4x100m (45.28) and 4x400m (3:39.86). **LSU Battle on the Bayou (4/6):** Finished seventh in the 200m (23.98)...Ran 54.26 to place seventh in the 400m and fourth in the 4x100m (45.14). **125th Penn Relays (4/25-27):** Member of the 1600m SMR team that ran a school record 3:45.25.

2019 Indoor

Season: Scored points for the Nittany Lions in both the 200m and 400m at the Big Ten Championships...Scored 10 points at the Big Ten Indoor Championships...Set three personal-bests during the season (60m, 200m, 400m)...Personal-best marks in the 200m and 400m both occurred in at the Big Ten Indoor Championships.

Nittany Lion Challenge (1/12): Member of 4x400m relay team that won the event in a time of 3:40.85. Finished third in the 200m (24.67) and ninth in the 60m (7.73) **Penn State National (1/25-26):** Set a personal-best in the 60m race (7.56). **Clemson Tiger Paw Invitational (2/8-9):** Ran in the 200m (24.96), 400m (54.54) and 4x400m relay team (3:36.62).

2018 Outdoor

Season: Competed in six meets...Member of the sprint medley relay that set a then-school record time of 3:47.80 at the Penn Relays.

LSU Battle on the Bayou (4/7): Finished in the top five in the 400m, 4x100m and 4x400m. **Virginia Challenge (4/20-21):** Ran 12.01 in the 100m, 24:05 in the 200m, 56.20 in the 400m, 45.18 in the 4x100m and 3:43.77 in the 4x400m. **Penn Relays (4/26-28):** Ran on four relay teams (4x100m, 4x200m, 4x400m and 1600m SMR)...Sprint Medley Relay team set a then-school record, running 3:47.80.

2018 Indoor

Season: A member of the runner-up distance medley relay at the Big Ten Championships...Posted seven top-10 finishes during the indoor season.

LSU Battle on the Bayou (4/7): Placed in the top-five in 400m, 4x100m and 4x400m events. **Virginia Challenge (4/20-21):** Competed in five events...Placed in the top-10 in all five events.

2017 Outdoor

Season: Posted nine top-10 finishes...Set a collegiate best of 11.93 in 100-meters at the Virginia Classic...Set then-personal-marks in the 200m and 400m races at the Big Ten Championships.

Pac 12 vs Big 10 Invitational (3/24-25): Placed second in both 400m and 4x100m events at first collegiate outdoor competition. **Virginia Challenge (4/21-22):** Ran a personal-best time of 11.93 in the 100m...Member of 4x100m team that won relay event (45.19).

2017 Indoor

Season: Recorded seven top-10 finishes...Set a then-personal best of 7.63 seconds in the 60-meters at the Spire Invite in Geneva, Ohio.

Nittany Lion Challenge (1/14): Finished fifth in the 60m and 2nd in the 4x400m. **Penn State National (1/27-28):** Placed in the top five in the 200m, 4x400m and DMR. **Spire D-1 Indoor Track and Field Meet (2/10-11):** Placed in the top 10 in the 60m (7.63), 200m (24.58) and 4x400m (3:43.62).

BEFORE PENN STATE

Won two Indoor Group Two team championships...Won 4x200 & 4x4 State Championships...Won 2015 Outdoor 4x1, 4x2 and 4x4 State championships...Named first team All-Conference in the 55m, 200m, and 400m...Won 2014-2015 Indoor and Outdoor Sectional/

State Champion in the 55m, 400m, 4x2 and 4x4...Won two Meet of Champion winner and record holder (24)...Won 2015 outdoor state championship in the 100m, 200m, 400m and 4x1...Holds indoor 400m record...Earned four Indoor and Outdoor varsity letters...Named four-year team captain...Started AAU Track and Field at the age of eight-years-old...Ranked within the top 10 every summer.

PERSONAL

Daughter of Kevin and Fran Lester...Has one sibling, Kevin Lester Jr... Born October 8, 1998.



Payden
MONTANA
Berwick, Pa.
Berwick
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: Shot put - 16.41m, Discus - 49.47m, Weight Throw - 13.96m

CAREER NOTES AND RECORDS

AWARDS: Big Ten Field Athlete of the Week (3/27/19).

RECORDS: Ranks sixth all-time in the shot put (16.41m)...Ranks eighth all-time in the discus (49.47m).

TRACK AND FIELD

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Participated in the shot put event.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Competed in both the shot put and discus events

Big Ten Indoor Championships (2/22-23/19): Competed in the shot put event.

2019 Outdoor

Season: Qualified for the NCAA East Prelims in the shot put. Wrote her name into the Penn State record book as she ranks sixth all-time in the shot put and eighth all-time in the discus. Set two personal-bests in the shot put and the discus...Named Big Ten Field Athlete of the Week on March 27.

Arizona State Invitational (3/22-23): Won the shot put event and placed third in the discus. Set personal-best in the shot put (16.41m) and discus (49.47m). **Bison Outdoor Classic (4/13-14):** Finished second in both the shot put (15.07m) and discus (46.29m). **Jim Thorpe (5/3):** Won the shot put event with a throw of 15.12m.

2019 Indoor

Season: Set a personal-best in the weight throw. Posted six top-10 finishes during the indoor season.

Bison Opener (11/30-12/1): Won the shot put event with a throw



RETURNERS

of 15.38m. **Nittany Lion Challenge (1/12):** Finished second in the shot put with a throw of 15.56m. **Simmons-Harvey Big Ten Invite (1/19):** Finished third in the shot put with a throw of 15.36m. **Sykes & Sabock Challenge Cup (2/2):** Set a personal best in the weight throw with a distance of 13.96m.

BEFORE PENN STATE

High School PRs: Shot put: 51', Discus: 166-4, Javelin: 122'
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...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 (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."



Kathryn MUNKS
Chester, N.Y.
Monroe-Woodbury Senior
Distance

COLLEGIATE PERSONAL BESTS: 1500m - 4:30.6, Mile - 4:55.46, 3000m - 9:39.90, 5000m - 16:23.15, 10,000m - 33:22.19,

CAREER NOTES & RECORDS

Records: Ranks second all-time in the 10,000m (33:22.19).

ON A NATIONAL STAGE

Track & Field

NCAA East Prelims (5/23-25/19): Participated in the 10,000m race.

NCAA East Prelims (5/24-26/18): Competed in the second 10,000m event at the prelims in her career.

NCAA East Prelims (5/25-27/17): Qualified for the 10,000m event.

Cross Country

NCAA Championship (11/17/18): Ran 21:34.3 to help the Nittany Lions to a top-20 finish for the fourth consecutive year.

NCAA Mid-Atlantic Regional (11/9/18): Finished 18th with a time of 21:39.1 to help the Nittany Lions advance to the NCAA Finals.

NCAA Championship (11/18): Was the second Nittany Lion finisher, and 106th overall, running 20:45.33.

NCAA Mid-Atlantic Regional (11/10/17): Ran to a sixth-place finish, running 20:15.8...Earned All-Region honors with sixth-place finish.

NCAA Championships (11/19/16): Placed 177th running 21:15.2.

NCAA Mid-Atlantic Regional (11/11/16): Finished 12th running 20:53 on the 6k course...Earned first All-Region honor of her career.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Ran the second-best time in school history in the 10,000m (33:22.19) finishing fifth.

Big Ten Indoor Championships (2/22-23/19): Finished 13th in the 5000m.

Big Ten Outdoor Championships (5/11-13/18): Finished fifth in the 10,000-meter run (34:45.11) and took 11th in the 5,000-meter run (17:03.33).

Big Ten Indoor Championships (2/23-24/18): Competed in the 5,000m event.

Big Ten Outdoor Championships (5/12-14/17): Finished fifth in the 10,000-meters running a then-personal best 34:05.28

Big Ten Indoor Championships (2/24-25/17): Ran in the 5,000m event.

Cross Country

Big Ten Championships (10/28/18): Ran a season-best time of 20:45.2 to finish 23rd.

Big Ten Championships (10/29/17): Placed 20th with a time of 20:50.3.

Big Ten Championships (10/30/16): Placed 27th (21:57.4) as a true freshman.

TRACK AND FIELD

2019 Outdoor

Season: Set a pair of personal-bests in the 10,000m and 1,500m events...Recorded the second-best time in Penn State history in the 10,000m race at the Big Ten Championships. Scored points for the Nittany Lions with her fifth-place finish...Qualified for the NCAA East Prelims in the 10,000m.

Bison Outdoor Classic (4/13-14): Ran a personal-best in the 1500m (4:30.06).

2019 Indoor

Season: Competed in the 5000m race at the Big Ten Championships.

Penn State National Open (1/25-26): Recorded season-best time in the 3000m race.

2018 Outdoor

Season: Qualified for the NCAA East Prelims in the 10,000-meter run. Scored points for the Nittany Lions at the Big Ten Champion-

RETURNERS



ships with a fifth place finish in the 10,000m race.

Bison Outdoor Classic (4/14-15): Ran 16:35.55 to finish third in the 5000m. **Penn Relays (4/26-28):** Finished second in the 5,000-meter run at the Penn Relays with her time of 16:23.15.

2018 Indoor

Season: Ran a personal-best in the mile with a time of 4:55.46.

Sykes & Sabock Challenge (2/2-3): Ran a personal-best time of 4:55.46 in the mile.

2017 Outdoor

Season: Competed in the 10,000-meters at the NCAA East Preliminary in Lexington, Kentucky...Recorded then-personal best in the 1,500-meters (4:33.87) and 5,000-meters (16:28.57).

Stanford Invitational (3/31-4/1): Ran 16:28.57 in the 5000m race to finish third.

2017 Indoor

Season: Recorded then-personal bests of 4:58.82 in the mile and a personal-best 9:39.90 in the 3,000-meters.

Penn State National (1/27-28): Clocked a then-personal-best time of 9:39.90 in the 3000m.

CROSS COUNTRY

2018

Season: Ran in all seven team meets...Helped lead Penn State to its fourth consecutive top-20 finish at the NCAA Championship.

Penn State National Open (10/12): Ran 21:00.6 to finish sixth.

2017

Season: Earned All-Region honors at the NCAA Mid-Atlantic Regional...Ran to a sixth-place finish at the Mid-Atlantic Regional (20:15.8)...Recorded three top-five finishes...Was the second Nittany Lion, and 106th overall, finisher at the NCAA Championships (20:45.33).

Penn State National (10/13): Finished third, running 20:23.

2016

Season: Earned All-Region honors with her 12th-place finish at the NCAA Mid-Atlantic Regional...Helped Nittany Lions win NCAA Mid-Atlantic Regional with 12th-place finish.

Dolan Duals (9/2): Opened the year with a fifth-place finish (14:15.50). **Spiked Shoe Invitational (9/10):** Placed 11th (21:29).

Penn State National Open (10/14): Placed 21st (20:49.40) in final home meet of sesason.

BEFORE PENN STATE

Cross Country: Won OCIAA D1 Championship...Won OCIAA County Championship...Finished Section 9 Champions...Placed 5th place at NYSPHSAA Class A Championship...Finished third at NYS Federation Championship...Indoor & Outdoor: Won OCIAA League championship...Won OCIAA D1 Championship...Finished Section 9 Champions...Qualified for New York State Meet...Holds 4xmile School and Section Record (20:56.98)...Awarded Davidson Award... Won XC OCIAA Championship...Named Times Herald Record Athlete of the Year (2014 & 2015)...Awarded 1st Team All County... Awarded 2nd Team All State...Awarded 1st Team All Northeast... Awarded Honorable Mention All-American...Won OCIAA Championship In the 4x800...Named Class A champion in the 4x800... Placed 5th at NYSPHAA...Placed 7th at the NYS Meet...Placed 3rd in the DMR at the Penn Relays (running 11:51.65)...Finished Section 9 Champion in the 800m and 3000m...Awarded 12 varsity letters...Named Team Captain in XC and Track...Named Three-time



Carena
NOTTOLI

Landisville, Pa.
Hempfield
Sophomore
Pole Vault

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

CAREER NOTE & RECORDS

Records: Ranks fourth all-time in the pole vault (4.02m).

ON THE NATIONAL STAGE

NCAA East Prelims (5/25-25): Qualified in the pole vault event...Cleared 3.77.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Finished 14th at the Big Ten Championships, clearing 3.72m

Big Ten Indoor Championships (2/22-23): Finished fourth in the pole vault, clearing 3.94m...Scored 4.5 points for the Nittany Lions in the event.

2019 Outdoor

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

Arizona State Invitational (3/22-23): Ran a personal-best in the 100m (12.71). **Virginia Challenge (4/19-20):** Set a personal-best in the pole vault and won the event...Ranks fourth all-time with a height of 4.02m.

2019 Indoor

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

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

BEFORE PENN STATE

HIGH SCHOOL PRs: Pole vault: 12-9

Named two-time team captain...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...2017: District qualifier in the 100m dash, 200m dash, 4x100m, & pole vault...Won State championship 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...Competed at the Millrose games in 2017-1

PERSONAL

Daughter of Joy and David Nottoli...Born on January 18, 2000...



RETURNERS

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."

ished 20th 2017 New Balance Nationals Outdoors.

PERSONAL

Parents are Rob & Beth Parks - both Penn State Alums... Has one sister, Rachel ...Born on June 14, 1999.



**Alexa
PARKS**
Pipersville, Pa.
Palisades
Junior
Jumps



**Julia
PATERLAIN**
Cambridge, England
Hills Road Sixth Form College
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: High Jump - 1.76m

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Qualified for the NCAA East Prelims in the high jump.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Competed in the high jump event.

Big Ten Indoor Championships (2/22-23/19): Finished third in the high jump at the Big Ten Indoor Track and Field Championships with a best height of 1.73m...Scored six points for the Nittany Lions.

2019 Outdoor

Season: Qualified for the NCAA East Prelims in the high jump event. Set a personal-best in the high jump with a height of 1.76m.

LSU Battle on the Bayou (4/6): Set a personal-best with a height of 1.76m. **Jim Thorpe (5/3):** Won the high jump event with a height of 1.71m.

2019 Indoor

Season: Finished third at the Big Ten Indoor Track and Field Championships in the high jump. Scored points at the Big Ten Championships with her third-place finish. Posted six, top-five finishes in the high jump.

Nittany Lion Challenge (1/12): Won the high jump event with a height of 1.74m. **Penn State Tune-Up (2/16):** Won the high jump event with a height of 1.69m.

2018 Outdoor

Season: Recorded two top-10 finishes during the outdoor season.

Pac-12 vs Big Ten Invitational (3/23-24): Cleared 1.65m in first collegiate meet.

2018 Indoor

Season: Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PR: High Jump: 5'-9" (1.75m)

Finished 31st at the 2016 New Balance Nationals Outdoor... Fin-

COLLEGIATE PERSONAL BESTS: 1500m - 4:34.45, 5000m - 16:00.10, 10,000m - 33:22.91

CAREER RECORDS

RECORDS: Ranks third all-time in the 10,000m in Penn State history (33:22.91)...Ranks sixth all-time in Penn State history in the 5000m race (16:00.10).

ON A NATIONAL STAGE

Track & Field

NCAA Championships (6/5-8/19): Competed in the 5000m race as a true freshman.

NCAA East Prelims (5/23-25/19): Ran 16:29.56 to qualify for the NCAA Outdoor Championships in the 5000m.

Cross Country

NCAA Cross Country Championships (11/9): Ran 21:17.4 to finish 135th.

NCAA Mid-Atlantic Regional (11/9): Placed 35th at the regional meet, running 22:02.8.

AT THE BIG TEN CHAMPIONSHIPS

Track & Field

Big Ten Championships (5/10-12/19): Ran 33:22.91 for a personal-best in the 10,000m...Third all-time in Penn State history in the 10,000m.

Cross Country

Big Ten Championships (10/28): Finished 10th with a time of 20:22.9...Earned All-Big Ten second team honors.

TRACK AND FIELD

2019 Outdoor

Season: Ranks third all-time in the 10,000m in Penn State history...Ranks sixth all-time in Penn State history in the 5000m race... Qualified for the NCAA Outdoor Championships.

ASU Invitational (3/22-23): Ran a collegiate-best 4:34.45 in the 1500m. **Virginia Challenge (4/19-20):** Ran a collegiate-best 16:00.10 in the 5,000m. Ranks sixth all-time in Penn State history with her 5,000m time.

CROSS COUNTRY

RETURNERS



2018

Season: Won three of races during her true freshman season in seven meets during the 2018 season...Earned second team All-Big Ten honors by finishing 10th at the Big Ten Championships.

Dolan Duals (8/31): Won her first collegiate meet in a time of 13:54.5. **Spiked Shoe (9/7):** Won the 6k race for second collegiate win in second career race. **Nuttycombe Wisconsin Invitational (9/28):** Ran a collegiate-best in the 6k race with a time of 20:22.7. **Penn State National (10/12):** Won her third race of the year, running 20:29.9.

BEFORE PENN STATE

HIGH SCHOOL PRs: 3000m: 9:23, 1500m: 4:29

Attended Hills Road Sixth Form College...Member of Cambridge and Coleridge Athletics Club...Awarded National Cross Country Team U17 bronze medal (2016)...Won English school 3000m Senior Girls championship (2017-18)...Finished 2nd place at Intercounties cross country (2018)...Earned a silver medal in the U-20 3000m...Won British Cross Challenge series championship (2017-18)...Won Home Countries International cross country championship (2018)...Won Westminster mile and British Road One mile championship (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."



**Gianna
RAO**
Ponaganset, R.I.
Ponaganset
Sophomore
Throws

CAREER NOTES & RECORDS

RECORD: Ranks fourth all-time in the hammer throw (59.05m).

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Qualified in the hammer throw event.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championship (5/10-12/19): Competed in the hammer throw event.

Big Ten Indoor Championships (2/22-23/19): Finished 14th in the weight throw with a distance of 18.43m.

2019 Outdoor

Season: Set a personal-best in hammer throw (59.05m)...Ranks fourth all-time in Penn State history in the hammer throw...Won the hammer throw event at lone home meet of year, Jim Thorpe Open.

Bison Outdoor Classic (4/13-14): Set a personal-best in hammer throw (59.05m)...Ranks fourth all-time in Penn State history in the hammer throw. **Jim Thorpe Open (5/3):** Won the hammer throw event at lone home meet of the 2019 outdoor season.

2019 Indoor

Season: Posted five top-5 finishes in the weight throw in eight meets during her freshman indoor season...Set a personal-best in the weight throw (19.57m)

Bison Opener (11/30-12/1): Won the weight throw event with a distance of 17.85m. **Sykes & Sabock Challenge (2/2):** Won the weight throw event with a throw of 18.97m. **Penn State Tune-Up (2/16):** Set a personal-best in the weight throw (19.57m).

BEFORE PENN STATE

High School PRs: Weight throw: 63-2, Hammer throw: 189-2
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...Finished fourth at 2016 New Balance National Indoors...Finished second at the 2017 New Balance National Indoors...Second-place finish at 2018 New Balance National Indoors...Sixth-place finish at 2016 New Balance National Outdoors...Finished fourth 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."



**Danae
RIVERS**
Derby, Conn.
Wilbur Cross
Senior
Distance

COLLEGIATE PERSONAL BESTS: 600m - 1:29.06, 800m - 2:02.53, 1000m - 2:38.58, 1500m - 4:10.82, Mile - 4:29.47

CAREER NOTES & RECORDS

Awards/Records: 11-time Penn State school record holder...Collegiate Record Holder (1000m)...Nine-time USTFCCA First Team All-American...Seven-time Big Ten Champion...Two-time Big Ten Freshman of the Year...Three-time Mid-Atlantic Women's Track Athlete of the Year.



RETURNERS

ON A NATIONAL STAGE

NCAA Outdoor Championships (6/5-8): Competed at the Outdoor Championships in the 800m event.

NCAA East Prelims (5/23-25/19): Qualified for NCAA Championships by placing second at the prelims in the 800m race (2:03.58).

NCAA Indoor Championships (3/8-9/19): Won the first women's individual national champion in program history in the 800m (2:03.69).

NCAA Outdoor Championships (6/6-9/18): 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.

NCAA East Prelims (5/24-26/18): Qualified for the NCAA Championships in the 1,500-meter run with a third-place finish (4:11.75).

NCAA Indoor Championships (3/9-10/18): Placed seventh in the 800-meter run with her time of 2:04.20...Earned first team All-America honors.

NCAA East Prelims (5/25-27): 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.

NCAA Indoor Championships (3/10-11/17): Finished 19th in the 800-meters at the NCAA championships...Earned All-American honors finishing third in the Mile at the NCAA Championships.

Cross Country

NCAA Mid-Atlantic Regional (11/9/18): Finished seventh, running 21:21.4 earning her second All-Region honor.

NCAA Championships (11/18/17): Finished 132nd at the NCAA Championships (20:57.82).

NCAA Mid-Atlantic Regional (11/10/17): Took eighth at the Mid-Atlantic Regional (20:17.6)...Ran a personal-best time while earning All-Region honors.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Won her second consecutive 1500m championship (4:17.69)...Won second 800m championship (2:04.71).

Big Ten Indoor Championships (2/22-23/19): Won Big Ten Championship in the 800m race (2:03.45).

Big Ten Outdoor Championships (5/11-13/18): Won 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)...Advanced to the NCAA East Prelims in the 1,500-meter run.

Big Ten Indoor Championships (2/23-24/18): 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.

Big Ten Outdoor Championships (5/12-14/17): Won first outdoor 800m Big Ten title and finished second in the 1500m final.

Big Ten Indoor Championships (2/24-25/17): Captured the conference title in the 800-meters following a first-place finish in the DMR.

2019 Outdoor

Season: Part of team that won Sprint Medley Relay Championships of America...Team set school-record, running 3:45.25...Won her second consecutive B1G 1500m championship (4:17.69)...Won second B1G 800m championship (2:04.71)...Qualified for the NCAA Championships by placing second at the prelims in the 800m race (2:03.58).

Florida Relays (3/28-30): Won her first 800m race of the year, run-

ning 2:03.69. **Penn Relays (4/25-27):** Part of team that won Sprint Medley Relay Championships of America...Team set school-record, running 3:45.25.

2019 Indoor

Season: Set the new collegiate record in the 1000m, running 2:38.58...Set Penn State school record in the 800m (2:02.94)...Won Big Ten Championship in the 800m race (2:03.45)...Won the first women's individual national champion in program history in the 800m (2:03.69)...Named USTFCCAA Mid-Atlantic Track Athlete of the Year for the third consecutive year.

Nittany Lion Challenge (1/12): Set the new collegiate record in the 1000m, running 2:38.58. **Penn State National (1/25-26):** Won the 800m (2:02.94), setting the Penn State school record in the 800m.

Millrose Games (2/9): Set the school-record in the mile with a time of 4:29.47...Ranked 10th fastest time in collegiate history.

2018 Outdoor

Season: A member of the sprint medley relay that set a then-school-record time of 3:47.80...Defended her 1,500m run title with a time of 4:27.47...Ran the fourth-fastest 800m run time in prelims (2:07.07)...Advanced to the NCAA East Prelims in the 1,500m run...Qualified for the NCAA Championship in the 1500m race with a time of 4:11.75...Finished eighth overall in the 1,500m run at the NCAA Championships with her time of 4:12.36...Earned first team All-America honors

Florida Relays (3/29-31): Opened up the 2018 outdoor season with a personal-best, and school record, time of 4:10.82 in the 1500m. **LSU Battle on the Bayou (4/7):** Ran 2:05.45 to win the 800m event...4x400m relay team finished third, running 3:43.41.

Virginia Challenge (4/20-21): Ran 2:03.78 to win the 800m race...4x400m relay team ran 3:43.77, finishing third. **Penn Relays (4/26-28):** A member of the sprint medley relay that set a then-school-record time of 3:47.80. **USATF Championships:** Advanced to the semifinals of the 800m run at the USATF Championships and finished 13th with a time of 2:02.88.

2018 Indoor

Season: Recorded an indoor personal-best, and then-school record, time of 2:03.13 in the 800m run...Defended her 800m run Big Ten title with a time of 2:07.75...Placed seventh at the NCAA Indoor Championships in the 800m run with her time of 2:04.20...Earned first team All-America honors...First team All-Big Ten

Clemson Invitational (1/19-20): Recorded an indoor personal-best, and then-school record, time of 2:03.13 in the 800-meter run.

2017 Outdoor

Season: Won first outdoor Big Ten Championship in the 800m race (2:04.14)...Qualified for the NCAA Championship in the 800m event...Ran 2:07.07 to finish 19th in the 800m race at the NCAA Outdoor Championships.

Florida Relays (3/30-4/1): Member of 4x800m relay team that won the race with a time of 8:38.17...Finished third in the 1500m race.

LSU Battle on the Bayou (4/8): Won the 800m race with a time of 2:04.99...4x400m relay team finished 4th with a time of 3:41.44.

Virginia Challenge (4/21-22): Ran an outdoor personal-best in the 800m race (2:02.53). **Penn Relays (4/27-29):** Competed in three relay events.

2017 Indoor

Season: Named Big Ten Freshman of the Year...Posted 16 top-10 finishes including six first-place finishes... Set school records in the 600-meters, 800-meters, Mile and DMR...

Nittany Lion Challenge (1/14): Set a school-record in 600m, run-

RETURNERS



ning 1:29.06.

CROSS COUNTRY

2018

Season: Competed in four meets...Helped lead Penn State to its fourth consecutive Top-20 finished at the NCAA Championships.

2017

Season: Helped Nittany Lions win their third consecutive NCAA Mid-Atlantic Regional championship.

Dolan Duals (8/31): Tallied a third-place finish (13:54.82). **Cowboy Jamboree (9/30):** Placed 18th (21:41.0).

BEFORE PENN STATE

High School PRs: Mile - 4:47, 800m - 2:05

Won Indoor SCC Championship...Won 2014 Indoor State Open Championship...Won 2015 Indoor State Championship...Holds Indoor State Records: 1000m, 1600m, 4x400m, SMR...Holds Indoor State Open Records: 1000m, 1600m, SMR...Holds Outdoor State Record: 800m...Holds Outdoor State Open Record: 1600m...Holds Outdoor New England: 800m...Placed 2nd in 2014 Indoor New Balance Nationals SMR and 1600m fourth-place...Placed 3rd 2015 Outdoor New Balance Nationals 800m...Placed 4th 2016 Indoor New Balance Nationals 800m.

PERSONAL

Daughter of David and Andrea Rivers... Has two siblings, Andrew and Leah Rivers... Born on February 3, 1998.



Madison SMITH
New Oxford, Pa.
New Oxford
Junior
Throws

COLLEGIATE PERSONAL BEST: Javelin - 52.85m

CAREER NOTES & RECORDS

Records: Ranks fifth all-time in Penn State history in the javelin (52.85m).

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Qualified for NCAA East Prelims in the javelin for the second-straight season.

NCAA East Prelims (5/24-26/18): Qualified for the NCAA East Prelims in the javelin throw.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Championships (5/10-12/19): Finished second in the javelin event with a personal-best throw of 52.85m...Scored eight points for Penn State.

Big Ten Championships (5/11-13/19): Finished fifth in the javelin

event with a throw of 48.83m.

2019 Outdoor

Season: Placed second in the javelin at the Big Ten Championships...Set a personal-best in the javelin (52.85m)...Qualified for her second NCAA East Prelims in the javelin throw...Won two javelin events during the outdoor season.

Yellow Jacket Invitational (3/15-16): Placed second in the javelin event. **ASU Invitational (3/22-23):** Won the javelin event for first win of the year in the event. **LSU Battle on the Bayou (4/6):** Won javelin throw for second win of the season.

2018 Outdoor

Season: Placed fifth at the Big Ten Championships in the javelin as a freshman...Qualified for NCAA East Prelims in the javelin...Posted five top-five finishes in the javelin event.

Pac-12 vs. Big Ten Invitational (3/23-24): Finished fifth in the javelin in first collegiate meet. **LSU Battle on the Bayou (4/7):** Won the javelin event with a throw of 50.02m.

BEFORE PENN STATE

High School PR: Javelin - 148-3

Earned three letters for Jason Warner and Steve Brown...Finished third in javelin at counties and fifth in discus...Finished fifth at districts in the javelin...Finished second in javelin at the state meet...Won the javelin event at counties and finished fourth in discus...Holds district record in the javelin (141')...Won the javelin event and finished sixth in discus...Finished third in javelin at the state meet...Won counties in javelin and finished fourth in discus as a senior...Finished second at districts in javelin...Finished third in javelin...Holds New Oxford High school record in the javelin (148'-3")...Named National Federation of High School (NFHS) Honor Roll (2016,2017)...Competed in the javelin at the Penn Relays (2016, 2017 8th place).

PERSONAL

Daughter of Gary and Belinda Smith...Has one sister, Sarah...Born on March 10, 1999.



Victoria TACHINSKI
Winnipeg, Manitoba
Vincent Massey
Junior
Distance

COLLEGIATE PERSONAL BESTS: 400m - 55.91, 600m - 1:30.65, 800m - 2:07.66

ON THE NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Qualified for the NCAA East Prelims in the 800m.

NCAA East Prelims (5/24-26/18): Qualified for the NCAA East Prelims in the 800m run...Tallied a personal-best time of 2:07.66 in the event.



RETURNERS

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Placed eighth (2:09.02) in the 800m final.

Big Ten Indoor Championship (2/22-23/19): Competed in both 600m and DMR events...DMR team placed fifth.

Big Ten Outdoor Championships (5/11-13/18): A member of the seventh-place 4x400m relay that ran a time of 3:39.27...Competed in the 800m event.

Big Ten Indoor Championships (2/23-24/18): A member of the distance medley relay that placed second with its time of 11:11.91... Finished sixth in the 600m run...Member of the ninth-place 4x400m relay that posted a time of 3:40.59.

TRACK AND FIELD

2019 Outdoor

Season: Qualified for the NCAA East Prelims in the 800m race for the second time in her career. Competed at the Big Ten Outdoor Championships in the 800m final.

ASU Invitational (3/22-23): Ran a season-best 2:07.67 in the 800m.

2019 Indoor

Season: Ran a personal-best in the 400m (55.91). Posted 10 top-10 finishes during the indoor season.

Nittany Lion Challenge (1/12): Won both the 600m (1:30.79) and 4x400m (3:40.85). **Penn State National (1/25-26):** Set a personal-best in the 400m (55.91)...DMR team won event in a time of 11:09.85

2018 Outdoor

Season: Ran a personal-best 2:07.66 in the 800m at the NCAA East Prelims...Competed in both the 4x400m and 800 at the Big Ten Championships

LSU Battle on the Bayou (4/7): Finished fifth in 800m (2:11.40)... Member of 4x400m relay team that placed third, running 3:43.41.

Season: Placed second at the Big Ten Championships in the Distance Medley Relay...Finished sixth in the 600m race and ninth as a member of the 4x400m relay. Posted 14 top-10 finishes in her first season.

Nittany Lion Challenge (1/13): Member of the 4x800m relay team that won the event in a time of 9:04.34. **Penn State National (1/26-27):** Member of 4x400m team...Won event (3:47.32)...Finished fourth in 800m (2:10.26). **Sykes & Sabock Challenge (2/2-3):** Won both 400m and 4x400m events. **Spire NCAA D1 Classic (2/9-10):** Set a personal-best time of 1:30.65 in the 600-meter run at the Spire NCAA D-1 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
Letterwinner at Vincent Massey Collegiate...Won 2017 Pan American U20 800m...Earned Silver Medal at 2017 Pan American U20 in 4X400m...Named 2017 Manitoba High School Athlete of the Year...Earned Bronze Medal at 2016 World U20 in 4X400m...Finished sixth at 2016 World U20 800m...Earned Bronze Medal at 2015 World U18 in 4X400m...Finished 12th at 2015 World U18 in 400m...Won six Canadian National Championships...Holds six Canadian records (U18 indoor 300m,400m,600m; U18 outdoor 800m; U20 indoor 400m; U20 outdoor 4X400m)...2017 Senior 800m 10th Place...Won 2016 U20 800m championship...Won 2016 U18 400m championship...Won 2015 U18 800m championship...Won 2014 U16 300m and 800m championship.

PERSONAL

Parents are Glen Tachinski & Christine Kuluk... Has three siblings, Xander, Kennedy & Jackson Tachinski... Born on June 15th, 1999.



Amariah THOMAS

**Blacklick, Ohio
Gahanna Lincoln
Sophomore
Sprints**

COLLEGIATE PERSONAL BESTS: 60m - 7.51, 100m - 12.01 (1.2), 200m - 24.60

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Member of relay team that qualified for 4x100m relay.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Participated in the 4x100m event...Running 45.68 to finish fifth.

Big Ten Indoor Championships (2/22-23): Competed in the 60m (7.68) and 200m (25.59) events.

2019 Outdoor

Season: Set a personal best in the 100m (12.01)...Qualified for the NCAA East Prelims in the 4x100m relay.

125th Penn Relays (4/25-27): Set a personal best in the 100m (12.01).

2019 Indoor

Season: Set collegiate-bests in the 60m (7.51) and 200m (24.60)... Posted six top-10 finishes...Competed in both the 60m and 200m events at the Big Ten Championships.

Sykes & Sabock Challenge (2/2): Ran 24.60 in the 200m to place second...Ran 7.51 in the 60m, finishing second...Set personal-bests in both events.

BEFORE PENN STATE

High School PRs: 100 - 11.91, 200 - 24.1
Attended Gahanna Lincoln High School...Won Ohio Capital Conference championship (2015-18)...Won district championship, regional championship, indoor & outdoor championship (2015-16)...Won 2017 200m district championship...Won 2017 regional championships...Won 2017 indoor championship...Won 2018 100m, 200m dash Ohio Capital Conference championship...Won 2018 100m, 200m dash district championship...Won 2018 regional championship...Won 2018 indoor & outdoor championships...Named four-time all-conference, all-state, and all-district selection...Won 100m & 200m Ohio Capital Conference championship...Won 100m & 200m dash district championship...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."



**Brooke-Lynn
WILLIAMS**

**Butler, Pa.
Butler
Junior
Sprints**

COLLEGIATE PERSONAL BESTS: 60m - 7.46, 100m - 11.75 (1.2), 200m - 24.74

ON THE NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Member of relay team that qualified for 4x100m relay for the second time in her career.

NCAA East Prelims (5/24-26/18): Member of the 4x100-meter relay that finished 17th with its time of 44.85.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Competed in three events (100m, 200m, 4x100m)...Ran a collegiate-best time of 24.47 in the 200m.

Big Ten Indoor Championships (2/22-23/19): Competed in the 60m race.

Big Ten Outdoor Championships (5/11-13/18): 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 in the 100-meter dash...Recorded a personal-best time of 24.81 in the 200-meter dash.

Big Ten Indoor Championships (2/23-24/18): Ran a personal-best time of 7.55 in the 60-meter dash...Recorded an indoor personal-best time of 25.03 in the 200-meter dash.

2019 Outdoor

Season: Set personal-best times in the 100m (11.75) and a collegiate-best time in the 200m (24.47)...Helped sprint medley relay set new school record.

125th Penn Relays (4/25-27): Ran a personal-best time in the 100m (11.75)...Helped sprint medley relay set new school record (3:45.25).

2019 Indoor

Season: Ran a collegiate-best in the 60m (7.46)...Posted five top-10 finished during the indoor season.

Penn State National Clemson Tiger Paw Invitational (2/8-9): Ran a collegiate-best in the 60m.

2018 Outdoor

Season: Competed in six meets...Member of 4x100m relay team that qualified for NCAA East Prelims...Posted eight top-10 performances.

2018 Indoor

Season: Competed in five meets...Ran in the 60m and 200m at the Big Ten Championships.

BEFORE PENN STATE

High School PRs: 55m: 6.87, 60m: 7.39, 100m: 11.89, 200m: 24.24, 300m: 40.60

Earned four varsity letters for Lindsay Costa, Kent Taylor...Won 2015 outdoor DIV state championship...Won 2015 indoor and outdoor DIV State Relay championships...Finished as 2015 state runner-up...Won Tri Valley League 2015 championship...Won three 100m Tri Valley League championships...Won two 200m Tri Valley League championships, Won three 55m Tri Valley League championships... Won four 100m DIV state championships...Won three 200m DIV state championships...Won three 55m DIV state championships... Won state championships in the 100m, 200m and 55m events...Won 100m New England championship...Won two New England championships...Holds school records in 55m,60m,100m,200m,300m, 4x100m, 4x200m, sprint medley, triple jump...Holds state records in 55m: 6.87 (also New England Record), 60m: 7.39, 100m: 11.89, 200m: 24.24...Named four-time Boston Globe Athlete of the Year... Named Boston Herald HotShot & All star MSTCA Track Athlete of the Year...Named four-time Taunton Gazette Athlete of the Year... Earned All-America status at New Balance Nationals in the 60m (fifth).

PERSONAL

Daughter of Jon & Diane Williams... Two siblings, Lauren & Courtney... Born on Sept. 26, 1998.



**Jordan
WILLIAMS**

**Sharon, Pa.
Sharon
Junior
Distance**

COLLEGIATE PERSONAL BESTS: 800m - 2:17.29, 1000m - 2:56.74, 1500m - 4:32.86, Mile - 4:53.92, 3000m - 9:37.57

ON A NATIONAL STAGE

NCAA Mid-Atlantic Regional (11/9/18): Finished 47th to help Nitany Lions advance to NCAA finals.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten XC Championships (10/28/18): Ran 21:18.5 to finish 42nd.

TRACK AND FIELD



RETURNERS

2019 Outdoor

Did not compete

2019 Indoor

Season: Set a pair of personal-best times in the 3000m and the mile events.

Husky Classic (2/8-9): Ran a personal-best 9:37.57 in the 3000m.
Penn State Tune-Up (2/16): Ran a personal-best 4:53.29 in the mile.

2018 Outdoor

Season: Ran in five meets for the Nittany Lions...Posted a personal-best mark in the 1500m race.

Bucknell Team Challenge (4/21): Ran a personal-best time of 4:32.86 in the 1,500m to win the event.

2018 Indoor

Season: Set personal-best marks in the 800m (2:17.29) and 1000m (2:56.74). Posted four top-10 finishes.

Nittany Lion Challenge (1/13): Finished with a personal-best time 2:56.74 in the 1000m. **Penn State National (1/26-27):** Ran a then-personal-best time of 4:55.97 in the mile. **Sykes & Sabock Challenge (2/2-3):** Ran 2:17.29 to set 800m personal-best mark.

CROSS COUNTRY

2018

Season: Helped lead Nittany Lions to a top-20 finish at the NCAA finals.

Nuttycombe Wisconsin Invitational (9/28): Ran a personal-best 21:17.0 in the 6k race.

2017

Ran in one meet, unattached.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600m - 4:59.01, 800 - 2:17.72, XC - 18:56.51

Letterwinner at Sharon High School...Qualified in the 1,600m four times...Earned three state medals in the 1,600m...Won two state championships in the 1,600m...Qualified three times for the state meet in cross country...Earned state medal in cross country...Named all-state in track two years...Holds school record in the 1,600m and 800m.

PERSONAL

Parents are Mark and Nadine Williams...Has two siblings, Jenna and Jonathon Williams...Born on January 22nd, 1999.



Alison WILLINGMYRE
Wernersville, Pa.
Wilson
Sophomore
Distance

COLLEGIATE PERSONAL-BESTS: Mile - 4:58.64, 3000m - 9:40.51, 5000m - 16:37.71

ON A NATIONAL STAGE

Cross Country

NCAA XC Championships (11/17/18): Placed 94th to help lead Nittany Lions to fourth Top-20 team finish.

NCAA Mid-Atlantic Regional (11/9/18): Finished sixth with a time of 21:21.1 to earn All-Region honors.

NCAA XC Championships (11/18/17): Placed 118th (20:51.95) and was the third finisher for the Nittany Lions at the NCAA Championships.

NCAA Mid-Atlantic Regional (11/10/17): Was the second Nittany Lion, and fifth overall finisher (20:15.1)...Helped Penn State to NCAA Mid-Atlantic Regional Championship.

AT THE BIG TEN CHAMPIONSHIPS

Track and Field

Big Ten Indoor Championships (2-23-24/18): Competed in the 5000m event.

Cross Country

Big Ten Championships (10/28/18): Placed 18th with a time of 20:41.0.

Big Ten Championships (10/29/17): Ran 20:48.8 to placed 18th at first Big Ten Cross Country Championships of her career.

TRACK AND FIELD

2019 Outdoor

Season: Competed in three meets running the 5000m.

Bison Outdoor Classic (4/13-14): Ran 16:57.05 to set personal-best.

2019 Indoor

Season: Did not compete.

2018 Outdoor

Season: Did not compete.

2018 Indoor

Season: Set personal-bests in the mile (4:58.64), 3000m (9:40.51) and 5000m (16:37.71)...Personal best marks in 3000m and mile events were both set at Penn State home track...Competed in 5000m final at the Big Ten Indoor Championships.



Penn State National (1/26-27): Ran 9:40.51 to set new personal-best mark in the 3000m. **Sykes & Sabock Challenge (2/2-3):** Ran 4:58.64 to set new personal-best mark in the mile event.

CROSS COUNTRY

2018

Season: Had three top-ten finishes...Finished 18th at the Big Ten Championships...Earned All-Region honors by finishing fifth overall at Mid-Atlantic Regional.

Penn State National Open (10/12): Finished fifth for top finish of the year (20:40.6). Nuttycombe Wisconsin Invitational (9/28): Ran a season-best 20:39.6...Placed 45th.

2017

Season: Recorded four top-10 finishes during the regular season.

Penn State National (9/30): Placed sixth, running 20.34

BEFORE PENN STATE

High School PRs: 800m - 2:16.38, 1,600m - 4:56.81, 3,200m - 10:37.79, 3,000m (i) - 10:16.06, Two-Mile (i) - 10:57.07, 5K (XC) - 18:01.00

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 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 27th, 1999.



NEWCOMERS



**Yasmin
BROOKS**
Harrisburg, Pa.
Susquehanna Township
Junior
Hurdles/Springs

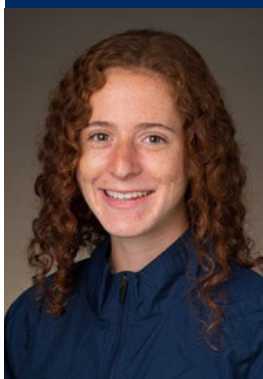
COLLEGIATE PERSONAL BESTS: 60mH – 8.41, 100mH – 13.61, 400mH – 1:00.82

BEFORE PENN STATE

Spent two seasons at TCU...As a freshman, Brooks reached the NCAA West Prelims in the 100 hurdles...Ran a season-best 13.61 at the conference meet in the 100 hurdles...Also ran a season-best 1:00.82 at the conference meet in the 400 hurdles... Finished fifth in the 100 hurdles at the Texas Relays...Competed in three meets during her debut indoor season for the Horned Frogs... Ran a season-best 8.41 in the 60 hurdles at the Texas Tech Shootout...Attended Susquehanna Township High School...Won three district championships in the 300m hurdles...Won two district championships in the 100m hurdles...Won two district championships in the 4x400... Won two district championships in the 4x100...Won 300m hurdles state championship...Won 200m district championship.

PERSONAL

Daughter of Marjorie and Robert Galbreath...Has four siblings, Patricia, John, Tyson and Mikkah...Chose Penn State, "To make my dreams come to reality."



**Megan
CIASULLO**
Ambler, Pa.
Mount Saint Joseph
Freshman
Distance

BEFORE PENN STATE

Earned four varsity letters in cross country, indoor and outdoor track...Holds the school record in the 3200m race...Attended Mount Saint Joseph Academy.

PERSONAL

Daughter of Joseph and Nancy Ciasullo...Has three siblings; Kevin, Jen and Lauren...Kevin is a graduate of Penn State and Lauren is currently attending Penn State...Majoring in Biomedical Engineering.



**Isabella
CULVER**
Millheim, Pa.
Penns Valley
Freshman
Distance

BEFORE PENN STATE

Earned four letter in volleyball, basketball and track and field...Named Team MVP twice...Won three district championships in the 400m and PIAA 400m state runner-up in 2018...Won 200m district championship...400m school and district record holder...Named 2019 PIAA AA District 6 Outstanding Women's Athlete, Penns Valley Outstanding Female Senior Athlete...4x state-qualifier and 4x all-conference in the 400m race...Named team captain for volleyball, track and basketball...Scored 1,000 points in basketball...Named all-conference twice in both volleyball and basketball.

PERSONAL

Daughter of Lauralee Snyder and Mike Culver...Has two siblings, Alex and Aidan...Father Mike and aunt attended Penn State...Father Mike played professional football in Europe and is a member of the Juniata College Hall of Fame...Attended Penns Valley Area Senior High School...Earned National Honor's Society status...Named 2018 Centre Daily Times Inspiring Student-Athlete.

NEWCOMERS



**Erica
ELLIS**
Rochester, N.Y.
Gates-Chill
Freshman
Pole Vault

BEFORE PENN STATE

HIGH SCHOOL PRs: Pole Vault - 14'1"

Attended Gates-Chili High School...Holds Junior Class national record in the indoor pole vault event...Ranked No. 1 pole vaulter.



**Taylor
JEDE**
Mechanicsburg, Pa.
Cumberland Valley
Freshman
Hurdles/Sprints

BEFORE PENN STATE

HIGH SCHOOL PRs: 300mH - 43.98, 200m - 25.68, 4x400m - 3:57.85, 400m - 58.18, 400mH - 1:03.10.

Attended Cumberland Valley High School...Member of the National Honors Society...Earned Jerry Brooks Academic Award...Earned four varsity letters in track and field...Earned two varsity letters in soccer...Won 300m hurdles district championship...Finalist in 300m hurdles at state championships three times...Won Mid Penn 300m hurdles in 2018 & 2019...Won 200m Mid Penn championship in 2019...Holds school record in 200m and 4x400m...Holds junior record in 400m and 400m hurdles.

PERSONAL

Daughter of Steve and Kim Jede...Has one sister, Tegan... Mother, Kim is University of Iowa All-Time Alumni Diver and letterwinner... Majoring in biomedical engineering...Chose Penn State because "Because of the strong academic programs and the competitive team."



**Katherine
FEDKO**
Gibsonia, Pa.
Hampton
Freshman
Distance

BEFORE PENN STATE

HIGH SCHOOL PRs: Mile - 5:13, 3200 - 11:10, 5k - 18:21

Earned four varsity letters in track and cross country...Won two WPIAL cross country championships...Qualified for New Balance nationals in both indoor and outdoor track.

PERSONAL

Daughter of John and Tina Fedko...Has four siblings; Kaley, Christian, Kyler and Colby...Mother, Tina, attended Penn State...Brothers Christian and Kyler play baseball at UCONN.



**Kileigh
KANE**
State College, Pa.
State College
Freshman
Distance

BEFORE PENN STATE

Earned three letters in cross country and four years in track & field... Named team MVP in 2018 and team captain... Finished as 2017 cross country District 6 runner-up...Won 2018 cross country District 6 champion...Finished as 2018 PA cross country state runner-up... Won 2018 District 6 4x800 and 1600-meter championships...Finished third in 4x800 and sixth in 1600 at PA state meet. Won 2019 District 6 1600-meter championship...Finished fourth in 1600m at PA state meet in 2019...Finished 10th at 2019 New Balance Nation-



NEWCOMERS

als Indoor in the mile...Finished fifth in the mile at the 2019 Penn Relays.

PERSONAL

Daughter of Leon and Valsechi...Has five siblings; Kassidy, Karsyn, Killian, Jack, Vince...Undecided on major.



Mallory KAUFFMAN
Millerstown, Pa.
Greenwood
Freshman
Throws

BEFORE PENN STATE

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

PERSONAL

Daughter of Bryan and Darla...Has two siblings, Morgan and Mitchell...Mom, Darla, attended Penn State and sister, Morgan, currently attends Penn State...Born on May 15, 2001...Chose Penn State because, "I loved the campus, the coaches, the facilities, and the overall family feel of the team."



MaKenna KREBS
Harrisburg, Pa.
Central Daughin East
Freshman
Distance

BEFORE PENN STATE

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

PERSONAL

Daughter of Chad and Stephanie Krebs...Has two siblings; Levi and Thaddeus...Kinesiology major.



Sarah LEHMAN
Mechanicsburg, Pa.
Cumberland Valley
Junior
Jumps

BEFORE PENN STATE

Spent two seasons at PSU-Harrisburg...**2018-19 Indoor:** Earned USTFCCCA All-Mideast Region honors...Won silver in the long jump at the ECAC Division III Indoor Championships...Won bronze in the triple jump at the ECAC Division III Indoor Championships...Won silver in the long jump at the CAC Indoor Championships...Named CAC All-Conference Second Team...Named Three-time CAC Women's Field Athlete of the Week...Finished in first-place in the triple jump at the Bucknell Tune Up...Finished in Second-place in the triple jump at Susquehanna's SU Invitational...Finished in first-place in the triple jump at Susquehanna's River Hawk Open...Finished in second-place in the long jump at Susquehanna's River Hawk Open...**2019 Outdoor:** Earned USTFCCCA All-Region honors...Earned USTFCCCA All-Academic honors...Won gold in the long jump at the CAC Outdoor Track & Field Championships...Named CAC All-Academic Team...Placed first in the triple jump at the Mason Dixon Invitational...Placed second in the triple jump at Swarthmore's Final Qualifier Meet



**Allyson
LEWIS**
**Libson Conn.
Norwich Free Academy**
**Freshman
Jumps**

BEFORE PENN STATE

HIGH SCHOOL PRs: High Jump - 5'9, Long Jump - 19'1.5, 200m - 25.74

Won five high jump conference championships...Won long jump conference championship...Won 200m conference championship...Won four LL high jump state championships...Won Long Jump State LL Champion...Won two State Open high jump championships...Named CIAC first team All-State for high jump (2018, 2019)...Named CIAC first team All-State for long jump (2019)...Named The Day's Girl's Track & Field Athlete of the Year (2018, 2019)...Named Connecticut Girl's Field Athlete of the Year (2019)... Holds high school record in the high jump and long jump...Placed 7th in the Championship Girl's High Jump at 2019 New Balance Nationals Outdoor with (5'8.75)...Placed 8th in the Championship Girl's High Jump at 2018 New Balance Nationals Indoor (5'7).

PERSONAL

Daughter of Theresa and Melvin Lewis...Has three siblings, Cristina, Anna and Avery...Majoring in criminology.



**Jane
MADSON**
Pittsburgh, Pa.
Upper Saint Clair
**Freshman
Sprints**

BEFORE PENN STATE

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

PERSONAL

Daughter of Mark and Erin Madison...Has four siblings, Alyza, McCoy, Charlotte and Georgia...Undecided on major.



**Sera
MAZZA**
Centre Hall, Pa.
St. Joseph's
**Freshman
Distance**

BEFORE PENN STATE

Attended St. Joseph's Catholic Academy...Earned four letters in both track and cross country...Won cross country state championship, three district championships in cross country and a two-time district champion in the 1600m race.

PERSONAL

Daughter of Paul and Sue Mazza...Has four siblings, Fallon, Paul, Josh and Madi...Engineering major.



NEWCOMERS



**Mary
MCDAVID**
Philadelphia, Pa.
Penn Charter
Freshman
Distance

BEFORE PENN STATE

Attended William Penn Charter School...Lettered four times in cross country and track...Won 2018 Interac Cross Country Team Championship, 2018 PAISAA Cross Country Team Championship and was 2019 Indoor DMR State Champion...Named Interac All-League junior and senior year Cross Country (2017-2018), PAISAA second team All-State as a senior in cross country (2018)...Holds school record in the mile, DMR and 4x800.

PERSONAL

Daughter of Jack and Stephanie McDavid...Has three siblings, Jason, Laura and Jeremy...Mother, Stephanie, attended Penn State.



**Chibugo
OBICHERE**
Valley Stream, N. Y.
Vally Stream South
Freshman
Sprints/Hurdles

BEFORE PENN STATE

Attended Valley Stream South High School...Named the Vice President her high school class...Won five New York state championships...Earned All-America status in the Sprint Medley Relay...Named first team All Long Island (2017-2019)...Named Nnassau County Track and Field Athlete of the Year-2017. Named Long Island Track and Field Athlete of the Year 2018...Named 2018 US-ATF-Long Island Track Athlete of the Year...Named 2019 Glenn D. Loucks Dr. Charles "Doc" Blanford Outstanding Female Runner Award

PERSONAL

Daughter of Chima & Chikodi Obichere...Born 8/20/2001...Has

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



**Jean
STARR**
Leechberg, Pa.
Kiski Area
Freshman
Throws

BEFORE PENN STATE

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

Named team captain as a junior and senior...Won shot put and discus championships...Named field MVP...Holds high school discus record...Earned four varsity letters in track and field.

PERSONAL

Daughter of John and Margie Starr...Has four siblings...Her father, John, wrestled at Penn State...National Honor Society Member... Also lettered two years in soccer.



**Samantha
STRAVACH**
Westfield, N.J
Westfield
Freshman
Throws

BEFORE PENN STATE

HIGH SCHOOL PRs: Javelin – 131-4, Discus – 121-5

Won Javelin Union County Champion...Named first team Union County discus second team...Javelin North Jersey Section 2 Group 4...Holds javelin school record...Named Most Valuable Senior.

NEWCOMERS



PERSONAL

Daughter of Lauren and Ed...Has three siblings, Mike, Gab and Matt...Sister, Gab, ran track at Emory University...Brother, Mike, played football at Gettysburg...Undecided on major...Attended Westfield High School...Member of the National Honor Society...Participated in Students Change Hunger, winning NJ food drive two years in a row after donating more than 9,000 lbs of food in two years.



**Sharai
TAYLOR**
Pottstown, Pa.
PSU Harrisburg
Junior
Multi-Events

BEFORE PENN STATE

Spent two seasons at PSU-Harrisburg...2018-19 Indoor...Earned USTFCCCA All-Mideast Region honors...Won gold in the pentathlon at the ECAC Division III Indoor Championships...Won gold in the long jump at the CAC Indoor Championships...Named CAC Women's Athlete of the Year...Named CAC All-Conference first-team...Named CAC Women's Field Athlete of the Week...Finished in fourth-place in the 200m dash at the Bucknell Tune Up...2019 Outdoor: Named USTFCCCA All-America honors...Earned USTFCCCA All-Region honors...Earned USTFCCCA All-Academic honors...Won silver in the javelin throw at the CAC Championships...Won silver in the high jump at the CAC Championships...Named CAC All-Academic Team...Named two-time CAC Women's Field Athlete of the Week...Set a new program record in the 200m dash with a time of 26.26 seconds...Finished second in the 200m dash at Kutztown's Mondschein Multi.



**Paige
TERRETTE**
Bangor, Pa.
Bangor Area
Freshman
Throws

BEFORE PENN STATE

HIGH SCHOOL PRs: Javelin - 135

Javelin league champion...Also earned letters in soccer and cross country.

PERSONAL

Daughter of Susan Terrette...Has one brother, Ian...Attended Bangor Area High School...Member of the French Honor Society.



**Kate
WILLSHAW**
Easton, Pa.
Easton
Freshman
Jumps

BEFORE PENN STATE

HIGH SCHOOL PRs: High Jump - 1.72

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

PERSONAL

Daughter of Michael and Jennifer...Has two siblings, Hannah and Jak...Enrolled in the Division of Undergraduate Studies.



NEWCOMERS



**Carlie
WILSON**
Sparta, N.J.
Sparta
Freshman
Jumps

BEFORE PENN STATE

HIGH SCHOOL PRs: High Jump - 5-6

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



**Hailey
ZURICH**
Williamsport, Pa.
Loyalsock Township
Freshman
Pole Vault

BEFORE PENN STATE

HIGH SCHOOL PRs: Long Jump: 18'1.5", Pole Vault: 13'.25", 100m: 12.54

Attended Loyalsock Township High School...Member of the National Honor's Society...Earned two varsity letters in track and field...Earned four varsity letters in soccer...Won two pole vault district championships...Finished as four-time pole vault state medalist (2x Runner-Up)...Won long jump district championship...Won long jump state championship...Named four-time PIAA first team All-State...Holds Loyalsock Township school record in the pole vault.

PERSONAL

Daughter of John and Ellie...Has one sibling, Hannah who attends Penn State...Majoring in Mechanical Engineering...Born on July 27, 2001..."I chose Penn State because I love the atmosphere and school spirit."

CROSS COUNTRY / TRACK & FIELD

MEN'S BIOS





MEN'S ROSTER

Name	Year	Eligibility	Event Area	Hometown (Previous School)
William Ashenfelter	Senior	Sr./Jr.	Distance	Needham, Mass. (Needham)
Ryan Barton	Junior	Sophomore	Distance	Downingtown, Pa. (Downingtown West)
Michael Biddle	5th Year	Senior	Throws	Williamsburg, Pa. (Living Water Christian Acad.)
Thomas Bojalad	Junior	Soph./Jr.	Throw	St. Mary's, Pa. (St. Marys)
David Bolles	sophomore	Sophomore	Multi-Events	Phoenixville, Pa. (Malvern Prep)
Mateo Boudourian	Freshman	Freshman	Multi-Events	CABA, Argentina (IMG Academy)
Ben Bulkeley	Sophomore	Sophomore	Distance	Fairport, N.Y. (Fairport)
Ben Bumgarner	Junior	Junior	Distance	Waynesburg, Pa. (Waynesburg Central)
Austin Campbell	Senior	Senior	Jumps	Denver, Colo. (Regis Jesuit)
Joe Cardina	Freshman	Freshman	Jumps	Lancaster, Pa. (Conestoga Valley)
Isaiah Claiborne	Sophomore	Freshman	Distance	Northport, N.Y. (Northport)
Isaac Davis	Sophomore	Freshman	Distance	Cogan Station, Pa. (Jersey Shore)
Hudson Delisle	Sophomore	Sophomore	Distance	Quakertown, Pa. (Quakertown Community)
Youssef Diawara	Freshman	Freshman	Jumps	Philadelphia, Pa. (Academy at Palumbo)
Isaiah Dillard	Sophomore	Sophomore	Multi-Events	Solon, Ohio (Solon)
Evan Dorenkamp	Freshman	Freshman	Distance	Lancaster, Pa (Maheim Township)
Chris Fredericks	Freshman	Freshman	Throws	Palmerton, Pa. (Palmerton Area)
Luke Grodeska	Senior	Junior	Throws	Neptune, N.J. (St. Rose)
Lance Hamilton	Freshman	Freshman	Jumps	State College, Pa. (State College)
Spencer Hay	Senior	Senior	Jumps	Palmerton, Pa. (Palmerton Area)
Savion Hebron	Freshman	Freshman	Sprints	Langhorne, Pa. (Neshaminy)
Will Henderson	Junior	Junior	Jumps/Sprints	Baltimore, Md. (Baltimore Polytechnic Inst.)
Brandon Hontz	Junior	Soph./Jr.	Distance	West Chester, Pa. (Bayard Rustin)
Chris Hughes	Sophomore	Freshman	Distance	Queensbury, N.Y. (Glen Falls)
Karl Johnson	Freshman	Freshman	Hurdles/Sprints	London, England (Barking Abbey School)
Godwin Kabanada	Freshman	Freshman	Hurdles/Sprints	Philadelphia, Pa. (Northeast)
Luke Knipe	Freshman	Freshman	Pole Vault	Boalsburg, Pa. (State College)
Josh Lewis	Freshman	Freshman	Distance	North East, Pa. (North East)
Chase Longenecker	Freshman	Freshman	Hurdles/Sprints	State College, Pa (State College)
David Lucas	5th Year	Senior	Throws	Lititz, Pa. (Warwick)
Drew Maher	Sophomore	Sophomore	Distance	Monmouth Beach N.J. (Shore Regional)
Wesley Matsuka-Williams	Sophomore	Freshman	Jumps	Norwich, England (Notre Dame)
Billy McDevitt	5th Year	Senior	Distance	Newtown Square, Pa (Malvern Prep)
Tyler Merkley	Junior	Sophomore	Throws	Rancho Cucamonga, Calif. (Los Osos)
Malual Mu	Sophomore	Sophomore	Distance	Trenton, N.J. (Trenton Central)
Justin Ofofan	Sophomore	Sophomore	Sprints	Washington, DC (Field)
Sam Owori	Freshman	Freshman	Distance	Zelienople, Pa. (Seneca Valley)
Domenic Perretta	Senior	Sr./Jr.	Distance	Beaver Falls, Pa. (Big Beaver Falls)
Ben Peterson	Senior	Junior	Throws	Solon, Ohio (Solon)
Lucciano Pizarro	Freshman	Freshman	Throws	Throws Newark, Del. (Cherokee)
Mark Porter	Junior	Junior	Throws	Reading, Mass. (Reading Memorial)
Sincere Rhea	Freshman	Freshman	Hurdles/Sprints	Philadelphia, Pa. (St. Augustine Prep)
Gary Ross III	Junior	Junior	Distance	Fort Washington, Md. (Oxon Hill)
Sean Ryan	Freshman	Freshman	Distance	Northport, N.Y. / Northport
Andrew Sell	Senior	Senior	Distance	Minneapolis, Minn. / Washburn
Payton Sewall	Freshman	Freshman	Distance	Glenmoore, Pa. / Downingtown - West
Noah Swaby	Junior	Sophomore	Multi-Events	Pittsburgh, Pa. / Taylor Allderdice
Alex Tomasko	Junior	Sophomore	Distance	Mechanicsburg, Pa. (Mechanicsburg)
Nick Wagner	Junior	Sophomore	Distance	Export, Pa. (Penn-Trafford)
Colin Waters	Freshman	Freshman	Distance	Poughquag, N.Y. (Arlington)
Darien Williams	Senior	Junior	Sprints	Blue Bell, Pa. (Wissahickon)
Owen Wing	Junior	Junior	Distance	State College, Pa. (State College)
Jack Zimmerman	Junioir	Sophomore	Throws	Briarcliff Manor, N.Y. (Briarcliff)
Rick Zink	Sophomore	Sophomore	Sprints	Chester, Pa. (Bishop Shanahan)



**William
ASHENFELTER**
Needham, Mass.
Needham
Senior
Distance

COLLEGIATE PERSONAL BESTS: 600m – 1:20.94, 800m – 1:51.92, 1000m 2:26.93

2019 Outdoor

Season: Tallied three top-10 finishes during the outdoor season... Ran in the 800m in four meets...Finished 16th in the 800m prelims at the Big Ten Championships.

Virginia Challenge (4/19-20): Ran a season-best time of 1:52.05 in the 800m. **Big Ten Championships (5/10-12):** Finished 16th in the 800m prelims...Ran 1:52.33.

2019 Indoor

Season: Set a personal-best time in the 800m (1:51.92)...Set a personal-best time in the 600m (1:20.94).

Penn State Tune-up (2/16): Finished fourth in the 600m race with a personal-best mark of 1:20.94. **Big Ten Championships (2/22-23):** Ran a personal-best mark of 1:51.92 and finished 12th in the 800m prelims.

2018 Outdoor

Season: Posted three top-10 finishes during the outdoor season... Won the 800m at the Jim Thorpe Open.

Bucknell Team Challenge (4/21): Ran a then-personal-best time of 1:54.43 to finish fifth. **Jim Thorpe Open (5/4):** Won the 800m race with a time of 1:57.62.

2018 Indoor

Season: Tallied four top-10 finishes.

Penn State Tune-Up (2/17): Ran a then-personal-best time of 1:21.02 in the 600-meter run. **Spire NCAA D-1 Indoor Track & Field Classic (2/9-10):** Recorded a then-indoor 800m run personal-best time of 1:54.47.

2017 Indoor

Season: Competed in five meets...Posted collegiate bests of 1:21.88 in the 600m and 1:55.89 in the 800m...Recorded three top-10 finishes during the season.

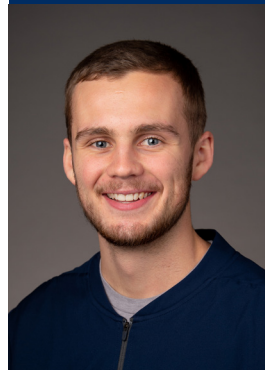
BEFORE PENN STATE

Led Needham High School to Bay State Conference Championship (2015)...Led team to MA Division 2 Indoor State Championship... Named a three-time Bay State Conference all-star... Won Bay State conference title in the 800m (2015)...Won Indoor Bay State conference title in the 600m (2016)...Won Outdoor Bay State conference championship in the 400m (2016)...Won Indoor MA Division 2 600m State Championship (2016)...Finished as Outdoor MA Divi-

sion 1 runner-up 800m (2016)...Holds eight Needham High School records (Indoor: 600m, 4x400, DMR, SMR; Outdoor: 400m, 800m, 4x400, SMR)... Named outdoor track captain (2016)...Named Team MVP (2016)...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...Majoring in marketing.



**Ryan
BARTON**
Downington, Pa.
Downington West
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 800m - 1:53.88, 1500 - 3:57.07, Mile - 4:10.11 3000m - 8:37.45, 3000S - 9:16.04

TRACK AND FIELD

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Championships (5/10-12/19): Competed in the 3000mS finals.

Big Ten Championships (2/22-23/19): Ran in the mile event for the Nittany Lions.

2019 Outdoor

Season: Set personal-bests in 1500m, 3000m and 3000S...Posted career-best time in 3000S at the historic Penn Relays meet.

ASU Invitational (3/22-23): Ran 8:37.45 to place third in the 3000m. **Penn Relays (4/25-27):** Ran 9:16.04 to set personal-best time in 3000mS.

2019 Indoor

Season: Set three personal-best marks in the 800m, mile and 3000m events...Set personal-best marks in the 800m and mile events at the Horace Ashenfelter III indoor track...Ran in the mile event at the Big Ten Indoor Championships.

Sykes & Sabock (2/2): Finished fifth in the mile with a personal-best time (4:10.11). **Penn State Tune-Up (2/16):** Placed third in the 800m (1:53.88).



RETURNERS



**Michael
BIDDLE**

**Williamsburg, Pa.
Living Water Christin Acad.
Senior
Throws**

COLLEGIATE PERSONAL BEST: Javelin – 73.02m

RECORDS: Ranks third all-time in the javelin event (73.02m).

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Placed 13th in the prelims with a top throw of 66.05m.

NCAA Championships (6/6-9/18): Placed 15th in the javelin throw with mark of 218-3 (66.52m).

NCAA East Prelims (5/24-26/18): Took ninth in the javelin throw to advance to the NCAA Championships with distance of 208-6 (63.56m).

NCAA Outdoor Track & Field Championship (6/7-10): Competed at the NCAA Championships in Eugene, Oregon, finishing 18th with a mark of 219-8 (66.95m).

NCAA East Prelims (5/25-27): Finished sixth at the NCAA East Preliminary with a distance of 220-5 (67.18m)...Set the then-No. 4 performance in Penn State history with a then-personal-best throw of 235-7 (71.81m).

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Championship (5/10-12): Finished third in the javelin with a top throw of 67.62m...Second straight medal in the javelin.

Big Ten Championships (5/11-13): Captured gold in the javelin throw with personal-best toss of 239-7 (73.02m)...Mark of 239-7 (73.02m) ranks No. 3 in program history.

Big Ten Championships (5/12-14): Finished fourth in the javelin with a throw of 71.81m.

2019 Outdoor

Season: Qualified to the NCAA East Prelims for the third consecutive year...Finished third at the Big Ten Championships in the javelin...Second consecutive season on the medal stand for the javelin event...Won three javelin events during the season.

ASU Invitational (3/22-23): Won the first event of the season in the javelin with a throw of 67.14m. **LSU Battle on the Bayou (4/6):** Won the javelin event with a season-best throw of 68.20. **Bison Outdoor Classic (4/13-14):** Won third event of the year in the javelin with a 66.60m throw.

2018 Outdoor

Season: Qualified for the NCAA Outdoor Championships in the javelin...Placed 15th...Won the Big Ten Championship in the javelin with the third-best throw in program history (73.02m)...Became the 14th Big Ten champion in the javelin event in Penn State history...

Set personal-best mark at the Big Ten Championships (73.02m).

Pac 12 vs Big Ten Invitational (3/23-24): Won opening event of the season with a throw of 71.20m. **LSU Battle on the Bayou (4/7):** Won second javelin event of the season. **Penn Relays (4/26-28):** Finished fourth in the javelin throw with toss of 218-9 (66.68m). **USATF Championships:** Finished eighth in the javelin throw with his distance of 230-5 (70.24m).

2017 Outdoor

Season: Qualified for the NCAA Outdoor Championships in the javelin...Placed sixth at the NCAA East Prelims to qualify for NCAA Championships...Placed fourth at the Big Ten Championships...Recorded five top-10 finishes.

Pac-12 vs. Blg 10 Invitational (3/24-25): Placed fourth in first collegiate meet in the javelin (68.63). **LSU Battle on the Bayou (4/8):** Placed third with a throw of 67.36m. **USATF Championships (6/22-25):** Competed in first USATF of collegiate career.

BEFORE PENN STATE

HIGH SCHOOL PR: Javelin - 213-10

Won three PIAA District Six AA championships...Set the PIAA District Six AA javelin record in 2015...Holds the school record...Finished third at the 2014 PIAA AA Outdoor Track & Field Championships...Won the javelin title at 2015 PIAA AA Outdoor Track & Field Championships...Won three Inter County Conference championships...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...Won 2013 gold medal at the USA Track & Field Junior Olympics...Earned All-America status in the javelin...Earned four varsity letters...Won 2015 New Balance Outdoor Nationals javelin championships.

PERSONAL

Son of Tammy and Michael Biddle...Born on July 1, 1997...Earned a degree in community, environment, and development.



**Tom
BOJALAD**

**St. Marys, Pa.
St. Mary's
Junior
Throws**

COLLEGIATE PERSONAL BESTS: Shot put – 16.95m, Discus – 52.20m, Weight Throw – 15.85m

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25): Qualified and competed in the discus event.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championship (5/10-12/19): Placed in the top 15 in both the shot put and discus events.



Big Ten Indoor Championships (2/22-23/19): Placed 12th in the shot put (16.90m).

Big Ten Outdoor Championships (5/11-13/18): Competed in the discus throw during true freshman year.

2019 Outdoor

Season: Qualified for the NCAA East Prelims in the discus...Set a personal-best mark in the discus (52.20m)...Recorded eight top-10 finishes during the outdoor season.

ASU Invitational (3/22-23): Placed fourth in the shot put (16.61m) and second in discus (51.03m). **Jim Thorpe (5/3):** Set a personal-best in the discus (52.20m).

2019 Indoor

Season: Set two personal-best marks in the shot put and weight throw events...Placed 12th in the shot put at the Big Ten Indoor Championships.

Bison Opener (11/30-12/1): Placed second in the shot put (15.77m). **Clemson Tiger Paw (2/8-9):** Set a personal-best in the weight throw (15.85m). **Penn State Tune-Up (2/16):** Won the shot put event with a personal-best throw of 16.95m.

2018 Outdoor

Season: Competed in seven meets...Set a pair of then-personal-best marks in the shot put and discus throw.

LSU Battle on the Bayou (4/7): Recorded a then-personal-best mark of 50-9.5 (15.48m) in the shot put. **Bucknell Team Challenge (4/21):** Posted a then-personal-best distance of 162-5 (49.51m) in the discus throw.

2018 Indoor

Season: Competed unattached during the indoor season.

BEFORE PENN STATE

HIGH SCHOOL PRs: Shot put - 59-1.50, Discus - 185-10.50
Earned four varsity letters at Saint Mary's High School...Won seven district championship...Earned six state medals (four outdoor, two indoor)...Holds school record holder in shot put and discus...Named four-time boys team field MVP...Participated in New Balance Indoor Nationals (2016-17) and 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...Majoring in kinesiology.



David BOLLES

**Malvern, Pa.
Malvern Prep
Sophomore
Mult-Events**

COLLEGIATE PERSONAL BEST: 60m – 7.3, 400m – 52.26, 60mH – 9.26, High Jump – 1.9m, Pole Vault – 3.85m, Long Jump – 6.37m

2019 Outdoor

Season: Did not compete.

2019 Indoor

Season: Set personal-best marks in six events. Posted five top-five finishes

Penn State Tune-Up (2/16): Won the pole vault event with a height of 3.85m.

BEFORE PENN STATE

HIGH SCHOOL PRs: High jump: 6-6, long jump: 22-11.25, decathlon: 6057

Letterwinner for Malvern Prep...Earned four varsity letters in track and earned three letters in football...Earned all-state honors for track in 2018...Indoor track MVP in 2018...Named track captain as a senior...Member of National Art Honor Society and diversity club...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."



RETURNERS



**Ben
BULKELEY**

**Fairport, N.Y.
Fairport
Sophomore
Distance**



**Ben
BUMGARNER**

**Fairport, N.Y.
Fairport
Sophomore
Distance**

COLLEGIATE PERSONAL BESTS: 600m – 1:19.61, 800m – 1:53.03, 1000m – 2:37.86.

TRACK AND FIELD

2019 Outdoor

Season: Set a personal-best mark of 1:53.03 in the 800m...Won the 800m race at the Bucknell Team Challenge.

ASU Invitational (3/22-23): Ran a collegiate-best 1:53.03 in the 800m. **Bucknell Team Challenge (4/20):** Won the 800m with a time of 1:53.55.

2019 Indoor

Season: Set collegiate-best marks in the 1000m and 600m events. Competed in the 600m event at the Big Ten Indoor Championships.

Nittany Lion Challenge (1/12): Ran a collegiate-best 2:37.86 in the 1000m. **Penn State Tune-Up (2/16):** Ran a collegiate-best 1:19.61 in the 600m.

CROSS COUNTRY

2018

Season: Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: 400 - 48.8, 800 - 1:50.96, 1000 - 2:26.75
Letterwinner for Fairport High School...Won 2017 Section V cross country championship...Won 2017 indoor track 4x8 NYS title... Earned five letters in track...Won indoor track NYS championship in 1000m (2017)...Won Outdoor Track NYS championship 800m (2017)...Named 2017 800m High School All-American...Named track captain in 2018 and XC captain in 2016...Placed fourth in the 800m at 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.

COLLEGIATE PERSONAL BEST: Mile – 4:25.36, 3000m – 8:15.22, 5000 – 14:25.64, 10,000m – 30:36.96

ON A NATIONAL STAGE

Cross Country

Mid-Atlantic Region Championships (11/9/18): Finished 69th with a time of 34:48.9.

Mid-Atlantic Regional (11/10/17): Finished 78th with a time of 32:00.8.

AT THE BIG TEN CHAMPIONSHIPS

Track and Field

Big Ten Indoor Championships (2/22-23): Competed in the 3000m final.

Cross Country

Big Ten Championships (10/28/18): Ran a then-collegiate-best 25:04.4 and finished 59th.

Big Ten Championships (10/29/17): Finished 97th overall with a time of 26:40.1.

TRACK AND FIELD

2019 Outdoor

Season: Ran in two meets...Set a personal-best mark in the 10,000m at the Raleigh Relays.

Raleigh Relays (3/29-30): Ran a personal-best 30:36.96 in the 10,000m.

2019 Indoor

Season: Set a pair of collegiate personal bests in the 3000m and 5000m races...Ran in the 3000m final at the Big Ten Championships.

Husky Classic (2/8-9): Ran a personal-best 14:25.65 in the 5000m. **Penn State Tune-Up (2/16):** Ran a personal-best 8:15.22 in the 3000m.

2018 Outdoor

Season: Ran unattached

2018 Indoor

Season: Set a personal-best mark of 4:25.36 in the mile. Placed in the top 10 in four events.

Nittany Lion Challenge (1/13): Set a personal-best time of 4:25.36 in the mile. **Penn State National (1/26-27):** Finished third in the 3000m (8:29.08). **Penn State Tune-Up (2/17):** Finished second in the 3000m (8:29.71).



CROSS COUNTRY

2018

Season: Ran in four meets...Ran a season-best at the Big Ten Championships to place 59th.

2017

Season: Set personal-best marks in 6k and 8.4k races in first season of cross country competition...Turned in season-best performance at OSU Cowboy Jamboree...Ran 78th at the NCAA Mid-Atlantic Regional.

Dolan Duals (9/1): Ran 18:13.1 in 6k race to place sixth. **OSU Cowboy Jamboree (9/30):** Ran a season-best 25:29.1 to finish 27th.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1,600m - 4:17.55, 3,000 - 8:33.86, 3,200 - 9:10.58, 5K - 15:16, XC (5K) - 15:41

Earned four varsity letters at Waynesburg Central...Won 2016 PA AA XC State Championship...Named all state in cross country... Won 2017 PA AA 3200. State Championship...Holds school record in 3200m...Named three-time cross country team MVP...Named two-time track MVP...Finished 17th at 2016 NE Footlocker...Finished 11th at 2017 New Balance Indoors in the 5000m...Finished eighth at 2017 Penn Relays in the 3000m.

PERSONAL

Parents are Walt and C.A. Bumgarner...Born on February 20, 1999...Division of Undergraduate Studies.



Austin CAMPBELL
Fairport, N.Y.
Fairport Senior Jumps

COLLEGIATE PERSONAL BEST: High Jump – 2.10m

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Jumped a season-best height of 2.08m in high jump finals.

Big Ten Indoor Championship (2/22-23/19): Finished 13th with a jump of 2.03m.

Big Ten Indoor Championships (2/23-24/18): Placed 11th in the high jump with his height of 6-8 (2.03m).

Big Ten Outdoor Championships (5/12-14/17): Finished 14th in the high jump (2.02m).

Big Ten Championships (2/24-25): Competed in the high jump with a clearance of 6-7.50 (2.02m).

2019 Outdoor

Season: Posted six top-10 finishes in the high jump... Recorded

season-best height clearance at the Virginia Challenge

LSU Battle on the Bayou (3/22-23): Finished third with a height of 2.07m. **Virginia Challenge (4/19-20):** Jumped a season-best 2.08m.

2019 Indoor

Season: Finished in the top five twice in the high jump.

Sykes & Sabock Challenge Cup (2/2): Placed fifth in the high jump. **Penn State Tune-Up (2/16):** Finished second in the high jump...Cleared 2.06m.

2018 Outdoor

Season: Posted four top-10 finishes in the high jump event...Won the high jump event at the LSU Battle on the Bayou.

Pac-12 vs. Big Ten Invitational (3/23-24): Cleared 2.05m to finish fifth in the high jump. **LSU Battle on the Bayou (4/7):** Recorded a then outdoor career-best height of 6-8 (2.06m) to win the high jump.

2018 Indoor

Season: Competed in five meets...Set a personal-best mark in the high jump (2.10m). Placed 11th in the high jump at the Big Ten Championships.

Nittany Lion Challenge (1/13): Tallied a career-best height in the high jump at his mark of 6-10.75 (2.10m).

2017 Outdoor

Season: Competed in three meets with two top-10 finishes.

2017 Indoor

Season: Placed in the top 10 five times in the high jump...Won high jump at the Penn State Tune-Up...Finished 11th at the Big Ten Championships in first season.

Nittany Lion Challenge (1/14): Finished sixth in first collegiate meet in the high jump (2.01m). **Penn State National (1/27-28):** Cleared 2.02m in the high jump to finish sixth. **Sykes & Sabock Challenge (2/3):** Placed third in the high jump (2.04m). **Penn State Tune-Up (2/18):** Won the high jump event.

BEFORE PENN STATE

Led Regis Jesuit High School to conference championships...Holds school record in the javelin...Won Colorado high jump state title (2016)...Finished seventh at New Balance Indoor Nationals (2016).

PERSONAL

Son of Stacey and Michelle Campbell...Born on January 27, 1998...Majoring in energy business and finance.



RETURNERS



**Isaiah
CLAIBORNE**
Northport, N.Y.
Northport
Freshman
Distance



**Isaac
DAVIS**
Cogan Station, Pa.
Jersey Shore
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 800m – 1:53.77, 1500m – 3:47.88

TRACK AND FIELD

2019 Outdoor

Season: Ran collegiate bests in the 1500m and 800m events... Won 800m event at the Jim Thorpe Open.

ASU Invitational (3/22-23): Placed seventh in first collegiate meet in the 1500m (3:55.58). **Bison Outdoor Classic (4/13-14):** Ran a collegiate-best 3:47.88 in the 1500m. **Jim Thorpe:** Ran a collegiate-best 1:53.77 in the 800m to win the event.

2019 Indoor

Season: Did not compete.

CROSS COUNTRY

2018

Season: Did not compete.

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

Won 1000m state championships...Earned 10 All-County honors... Earned five all-state honors...Earned seven All-America honors... Helped set school records in 400m, 800m, 1000m, 4x800m relay and distance medley relay...Holds 4x800m relay state record... Won cross country division title (2017)...Won winter track league title (2018)...Won county championship and outdoor track county championship (2018)...Two-time runner-up at DMR Outdoor Nationals...Finished third at Indoor Nationals in 4x800, finished fourth in the DMR and finished fourth in the mile (2018)...Won 4x800 relay championships (2017, 2018).

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."

COLLEGIATE PERSONAL BEST: 5.2mile – 26:07.1, 8K – 25:15.3, 8.369K – 26:07.1, 10K – 31:54.2.

TRACK AND FIELD

2019 Outdoor

Season: Competed in one meet.

2019 Indoor

Season: Did not compete.

CROSS COUNTRY

2018

Season: Set three personal-best times in the 8k , 8.4k and 10k races...Earned All-Region honors at the NCAA Mid-Atlantic Regional.

Nuttycombe Wisconsin Invitational (9/28): Ran a personal-best 25:13.3 in the 8k race. **NCAA Mid-Atlantic Regional (11/9):** Ran a personal-best 31:54.2 in the 10k race...Placed 24th to earn All-Region honors.

BEFORE PENN STATE

HIGH SCHOOL PRs: 3200m - 9:24, 1600m - 4:27, 5K - 15:21
Letterwinner at Jersey Shore High School...Earned four varsity letters in track and cross country...Won three PHAC League titles... Won AA Boys State Cross Country Championship...Won two PIAA District IV 3200m championships...Won three PHAC cross country league championships...Crowned PIAA District IV 1600m champion (2017)... Broke the Jersey Shore High School cross country record three times...Broke the 3200m record three times...Finished first 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...Named track and cross country captain all four years...Awarded "Outstanding Male Runner" (2015-17...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."



**Hudson
DELISLE**
Quakertown, Pa.
Quakertown Community
Sophomore
Distance

COLLEGIATE PERSONAL BEST: 600m – 1:23.29, 800m – 1:54.65, 1000m – 2:33.11

TRACK AND FIELD

2019 Outdoor

Season: Placed in the top-10 in four 800m races...Ran a season-best 1:54.88 at the Bucknell Team Challenge

ASU Invitational (3/22-23): Ran 1:57.38 to finish ninth in the 800m. **Bucknell Team Challenge (4/20):** Ran a season-best 1:54.88 in the 800m to place 10th.

2019 Indoor

Season: Set three personal-best marks at each of the Penn State home meets during the season.

Nittany Lion Challenge (1/12): Ran a personal-best in the 1000m (2:33.11). **Penn State National (1/25-26):** Ran a personal-best in the 600m (1:23.29). **Penn State Tune-Up (2/16):** Ran a personal-best 1:54.65 in the 800m.

CROSS COUNTRY

2018

Season: Did not compete.

BEFORE PENN STATE

High School PRs: 1600m - 4:18.74, 800m - 1:52.01, 400m - 49.51, XC -15:56

Finished in third in the indoor 800m and outdoor 800m state champion (2017)...Finished first in the 800m, 1600m and 4x800m at the SOL National Conference (2017)...Finished first in 800m and 4x800m at the SOL National Conference (2018)...Won four letters in track/XC...Finished 18th in the 800m at the New Balance Nationals Outdoors (2017).

PERSONAL

Son of Steve and Sally Delisle...Has one brother, Cameron, who plays baseball at Immaculata University...Born on November 30, 1999...Intends to major in economics...Chose Penn State because "Of the athletics and academics."



**Luke
GRODESKA**
Neptune, N.J.
St. Rose
Junior
Throws

COLLEGIATE PERSONAL BESTS: Shot put – 17.10m, Weight Throw – 19.78m, Hammer Throw – 64.73m

RECORDS: Ranks fourth all-time at Penn State in the hammer throw (64.73m).

ON THE NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Qualified for the NCAA East Prelims for the second time in the hammer throw event.

NCAA East Prelims (5/24-26/18): Qualified for the hammer throw event in first season of outdoor competition.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Finished fifth in the hammer throw finals...Recorded a top throw of 64.07m.

Big Ten Indoor Championships (2/22-23/19): Finished ninth with a personal-best throw in the weight throw (19.78m)...Competed in the shot put event.

Big Ten Championships (5/11-13/18): Competed in both hammer throw and shot put events...Threw 61.15m in the hammer and threw 16.61 in the shot put...His toss of 61.15m at the time ranked No. 8 in program history.

Big Ten Championships (2/23-24/18): Competed in the weight throw...Throwing a then-personal-best toss of 64-5.75 (19.65m)...Compted in the shot put event.

2019 Outdoor

Season: Recorded eight top-10 finishes...Qualified for the NCAA East Prelims in the hammer throw event...Finished fifth at the Big Ten Outdoor Championships in the hammer throw. Ranks fourth all-time at Penn State in the hammer throw (64.73m).

Bison Outdoor Classic (4/13-14): Won the hammer throw event with a personal-best throw of 64.73m. **Penn Relays (4/25-27):** Threw 62.99m in the hammer throw.

2019 Indoor

Season: Set a personal-best mark in the weight throw (19.78m)... Participated in the weight throw and shot put events at the Big Ten Championships...Recorded eight top-five performances.

Sykes & Sabock Challenge (2/2): Finished second in the shot put event with a personal-best distance of 17.10m...Finished third in the weight throw with a throw of 18.59m.

2018 Outdoor

Season: Recorded a career-best throw 55-9 (16.99m) to place first in the open section of the shot put at the Penn Relays.



RETURNERS

2018 Indoor

Season: Posted eight top-10 finishes between the weight throw and shot put event... 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.

Nittany Lion Challenge (1/13): Placed fourth in the weight throw (16.98m) and fifth in the shot put (16.35m). **Sykes & Sabock Challenge (2/2-3):** Placed sixth in the shot put (16.20m) and fourth in the weight throw (19.46m).

2017

Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PR: Shot put - 68-3

Attended St. Rose High School...Won two state championships... Won NJ Shore Conference indoor & outdoor champion...Finished first at the Bishop Loughlin Games...Finished first at the indoor NJ Meet of Champions...Finished first twice at NJ Meet of Champions...Holds St. Rose record for shot put...Holds Shore Conference record...Earned four varsity letters...Competed in both at the indoor and outdoor New Balance Nationals 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...Majoring in agribusiness manage-



Spencer Hay
Palmerton, Pa.
Palmerton Area
Senior
Jumps

COLLEGIATE PERSONAL BEST: High Jump – 2.04m

2019 Outdoor

Season: Competed in one meet in the high jump.

Bison Outdoor Classic (4/13-14): Finished 10th with a height of 1.94m.

2019 Indoor

Season: Placed in the top-10 twice in the high jump...Recorded a season-best clearance at the Nittany Lion Challenge (2.01m).

Nittany Lion Challenge (1/12): Cleared 2.01m in the high jump for season-best mark.

2018 Outdoor

Season: Cleared an outdoor personal-best height of 6-8 (2.03m) to place second at the Bucknell Team Challenge.

Pac-12 vs Big Ten Invitational (3/23-24): Jumped 2.00m to place sixth.

Bucknell Team Challenge (4/21): Finished second with a season-best 2.03m clearance.

2018 Indoor

Season: Tallied four top-10 results in the high jump in six competitions...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.

Nittany Lion Challenge (1/13): Began season by clearing 2.01m in the high jump. **Penn State Tune-Up (2/17):** Set a personal-best mark of 2.04m in the high jump.

2017 Outdoor

Season: Did not compete.

2017 Indoor

Season: Recorded three top-10 finishes...Set a then-personal best of 6-6.25 (1.99m) in the high jump on two occasions.

Penn State Tune-Up (2/18): Jumped a then-personal-best 1.99m to place third in the high jump.

BEFORE PENN STATE

HIGH SCHOOL PRs: High jump - 2.03m, Long jump - 6.22m
Lettered all four years in track & field, also lettered in basketball and football...Won Colonial league high jump champion...Won two District 11-2A high jump titles...Placed third at 2015 PIAA-2A in the high jump...Won 2016 PIAA-2A high jump state title...Named 2016 all-state high jump...Holds Palmerton High School high jump record at 6-8...Named 2016 Morning Call Track Athlete of the Year...Named team captain for three years...Served as environmental club president...FBLA member.

PERSONAL

Son of James and Milissa Hay...Has two sisters, Kelsey and Kacie...



Will HENDERSON
Baltimore, Md.
Baltimore Polytechnic Inst.
Junior
Sprints/Jumps

COLLEGIATE PERSONAL BESTS: 60m – 6.65, 60mH – 7.90, 100m – 10.49 (1.4), 200m – 22.01, Long Jump – 7.76m

RECORDS: Holds school record in 60m race (6.65).

ON A NATIONAL STAGE

NCAA Championships (6/6-9): Ran the opening leg of the 4x100-meter relay that finished 14th at the NCAA Championships with a time of 39.53.

NCAA East Prelims (5/24-26): 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 Cham-



pionships with a 12th-place finish with its time of 39.61.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Indoor Championships (2/22-23/19): competed in three events (60m, 60mH, Long jump).

Big Ten Outdoor Championships (5/11-5/13/18): 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...Finished eighth in the 100-meter dash with his time of 10.49.

Big Ten Championships (2/23-24/18): Finished 11th in the long jump with his leap of 23-2 (7.06m) and placed 14th in the 60-meter hurdles (8.06).

2019 Outdoor

Season: Won the long jump event at the ASU Invitational...Jumped a season best 7.65m in the long jump at the Virginia Challenge.

ASU Invitational (3/22-23): Won the long jump event with a best jump of 7.22m. **Virginia Challenge (4/19-20):** Jumped a season-best distance of 7.65m.

2019 Indoor

Season: Competed in three events at the Big Ten Championships... Set personal-best marks in the 60m, 60mH and long jump...Set school record in the 60m.

Simmon-Harvey Big Ten Invitational (1/19): Set school record in the 60m with a time of 6.65...Placed second in the long jump. **Penn State National (1/25-26):** Set personal bests in long jump (7.76m) and 60mH (7.90).

2018 Outdoor

Season: Competed in six meets...Member of the 4x100 relay team that qualified for NCAA East Prelims...4x100 time ranks second in program history. Member of 4x100 relay team that finished in the top 15 at the NCAA Championships.

LSU Battle on the Bayou (4/7): 4x100m relay team opened year with 39.91 time to place second. **Virginia Challenge (4/20-21):** Won the long jump event for first win of the season.

2018 Indoor

Season: Ran a then-career-best time of 7.96 in the 60-meter hurdles to finish second at the Nittany Lion Challenge...At the time, 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 then-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 Earned four varsity letters at Baltimore Polytechnic Institute...Won Baltimore city championship in both indoor and outdoor...Won two regional indoor championships...Recorded nine school records... Holds state record in long jump indoor & outdoor...Holds 3A state record in the long jump...Holds Millrose High School 55m dash record...Named Baltimore Sun Athlete of the Year...Won seven state championships in six different events...Won Penn Relays long jump...Earned three New Balance Nationals All-America honors... Won New Balance National Championship in long jump.

PERSONAL

Parents are Trenita and Joey Henderson...Has one sibling, Trinity Henderson...Born on March 31, 1999...Majoring in recreation, park, and tourism management.



Brandon HONTZ

**West Chester, Pa.
Bayard Rustin
Junior
Distance**

COLLEGIATE PERSONAL BESTS: 1500m – 3:46.54, 1600m – 4:05.16, 3000m – 8:13.17, 5000m – 14:46.00

AT THE BIG TEN CHAMPIONSHIPS

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

Big Ten Indoor Championships (2/22-23): Finished fifth in the mile run with a personal-best time of 4:05.16...Scoring four points for the Nittany Lions.

TRACK AND FIELD

2019 Outdoor

Season: Set a pair of collegiate-best times in the 1500m and 5000m events...Finished 10th at the Big Ten Championships in the 1500m final.

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

2019 Indoor

Season: Finished four events in the top ten...Placed fifth at the Big Ten Championships in the mile...Scoring four points for the Nittany Lions.

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

2018 Outdoor

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

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

2018 Indoor

Did not compete.

CROSS COUNTRY

2018



RETURNERS

Season: Set three personal-best marks.

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

2017

Season: Competed in three meets unattached.

BEFORE PENN STATE

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

Letterwinner at Bayard Rustin High School...Won Ches-Mont league championship...Holds mile and 4x800 school records...Finished second at Ches-Mont League Championships in cross country, fourth-place in the district 1,600, 13th in the state...Named team captain...Placed second at the World Qualifier...Placed third representing the USA and 20th overall at the ITU World Championships in Cozumel, Mexico (AG 15-19).

PERSONAL

Parents are Keith and Lee Hontz...Born on December 21, 1998...Division of Undergraduate Studies.



Chris HUGHES
Queensbury, N.Y.
Bayard Rustin
Junior
Distance

COLLEGIATE PERSONAL BESTS: 1500, - 4:04.15, 3000m - 8:49.95, 5000m - 14:52.75

2019 Outdoor

Season: Set three personal-bests in the 1500m, 3000m and 5000m events...Recorded a pair of top-10 finishes...Personal-best time in the 1500m race occurred at the Jim Thorpe Open on home track.

ASU Invitational (3/22-23): Ran a personal-best time in the 3000m to finish sixth in the event (8:49.95). **Bison Outdoor Classic (4/13-14):** Tallied a personal-best mark in the 5000m. **Penn Relays (4/25-27):** Ran 15:15.36 in the 5000m. **Jim Thorpe (5/3):** Ran personal-best time in 1500m race.

2019 Indoor

Season: Did not compete.

CROSS COUNTRY

2018

Season: Did not compete.

BEFORE PENN STATE

High School PRs: XC (5K): 15:17, 3200m: 9:16.13, 1600m: 4:22.32, XC (2.75-mile): 13:33

Won 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.



David LUCAS
Lititz, Pa.
Warwick
Senior
Throws

COLLEGIATE PERSONAL BESTS: Shot Put - 17.81m, Discus - 61.43m, Hammer Throw - 64.78m, Weight Throw - 24.02m (School Record)

Records: Holds school record in the weight throw (24.01m)...Ranks third all-time in the hammer throw (64.78m)

Awards: Weight throw national champion...Three-time first team All-America (Weight Throw 2019, 2018 & Discus 2018).

ON A NATIONAL STAGE

NCAA Indoor Championships (3/8-9/19): Finished eighth to earn second All-America honor in the weight throw...Threw

NCAA Outdoor Championships (6/6-9/18): Finished seventh in the discus throw at the NCAA Championships with a distance of 186-7 (56.87m)...Earned first team All-America honors

NCAA East Prelims (5/24-26/18): Took fourth in the discus throw with a mark of 187-6 (57.06m)...Advanced to the NCAA Championships in the discus throw...Threw 212-6/64.78m in the hammer throw for the No. 3 mark in program history.

NCAA Indoor Championships (3/9-10/18): Won weight throw national title with a school record, facility record, and the fourth-best throw in meet history with a toss of 78-9.75 (24.02m).

NCAA Outdoor Championships (6/7-10/17): Competed in the discus throw at the NCAA Championships with a mark of 190-3 (58.00m) finishing ninth.



NCAA East Prelims (5/25-27/17): Competed in the NCAA East Preliminary in the hammer throw, discus throw and shot put.

NCAA Outdoor Championships (6/8-11/16): Finished 15th in the discus throw with a mark of 180-10 (55.12m) in Eugene, Ore.

NCAA East Prelims (5/26-28/16): Posted a then-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

Big Ten Indoor Championship (2/22-23/19): Finished fourth with a top throw of 21.10m in the weight throw.

Big Ten Outdoor Championships (5/11-13/18): 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).

Big Ten Indoor Championships (2/23-24/18): Tallied a runner-up finish in the weight throw with his distance of 76-5.75 (23.31m).

Big Ten Outdoor Championships (5/12-14/17): 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).

Big Ten Indoor Championship (2/24-25/17): Competed in the shot put and weight throw finishing 12th and fifth, respectively...Mark of 65-10.50 (20.08m) was the No. 5 performance in the event in program history in the weight throw.

Big Ten Outdoor Championships (5/13-15/16): 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).

2019 Outdoor

Season: Did not compete.

2019 Indoor

Season: Earned first team All-America honors in the weight throw event...Second-consecutive year earning All-America honors...Finished fourth in the weight throw at the Big Ten Championships.

Clemson Tiger Paw (2/8-9): Placed second in first weight throw event of indoor season (20.75m). **Penn State Tune-Up (2/16):** Threw a season-best 22.47m in the weight throw.

2018 Outdoor

Season: Qualified for the NCAA East Prelims in the discus throw and the hammer throw. 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

Season: 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)...Won five weight throw events during the season...Posted nine top-10 finishes

Nittany Lion Challenge (1/13): Won the first weight throw event of the season. Penn State National (1/26-27): Won second weight throw event of indoor season. Sykes & Sabock (2/2-3): Threw a then-season best 22.68m to win third weight throw event.

2017 Outdoor

Season: Posted 14 top-10 finishes including two first-place finishes...Threw a personal-best 61.43m in the discus event at the Penn Relays...Competed at the USATF Championships in the discus. Qualified for the NCAA East Prelims in the shot put, discus and hammer throw...Qualified for the NCAA Championships in the

discus.

Pac 12 vs Big 10 Invitational (3/24-25): Recorded an outdoor personal-best in the shot put event (17.51m). **Penn Relays (4/27-29):** Threw a personal-best in the discus (61.43m)...Competed in the hammer throw and shot put. **USATF Championships (6/22-25):** Finished 10th at the USATF Championships in the discus throw with a mark of 184-9 (56.32m).

2017 Indoor

Season: Competed in seven meets...Posted nine top-10 finishes...Competed in the shot put and weight throw finishing 12th and fifth, respectively at the Big Ten Championships.

Spire NCAA Division I Indoor Track & Field Meet (2/10): Set a personal-best mark in the shot put (17.81m). **Penn State Tune Up (2/18):** Won the weight throw event with a then-season-best mark of 20.08m

2016 Outdoor

Season: Recorded 13 top-10 finishes... Posted two first-place finishes in the discus throw (Bucknell Team Challenge, Jim Thorpe Invite).

BEFORE PENN STATE

HIGH SCHOOL PR: Discus - 199-7

Finished as 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...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.



Drew MAHER

**Monmouth Beach, N.J.
Shore Regional
Sophomore
Distance**

COLLEGIATE PERSONAL-BESTS: Mile - 4:10.19, 1500m - 3:44.48, 800m - 1:51.37, 600m - 1:20.58

ON A NATIONAL STAGE

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

AT THE BIG TEN CHAMPIONSHIPS

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



RETURNERS

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

2019 Outdoor

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

Bison Outdoor Classic (4/13-14): Set a personal-best in the 1500m with a time of 3:44.88. **USATF U20 Championships (6/21-23):** Placed second in the 1500m event.

2019 Indoor

Season: Set three collegiate-bests in the mile, 800m and 600m events. Posted eight top-10 finishes...Two personal-best in the mile and 600m were recorded at Penn State indoor track...Recorded personal-best in 800m at Big Ten Indoor Championships.

Nittany Lion Challenge (1/12): Ran a personal-best in the mile (4:10.91). **Penn State Tune-Up:** Ran 1:20.58 and finished third in the 600m.

BEFORE PENN STATE

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

Letterwinner 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...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
MATUSKA-WILLIAMS**

**Norwick, England
Sophomore
Multi-Events**

2019

Season: Did not compete.

BEFORE PENN STATE

High School PR: Triple jump - 50-3.25 (15.32m/15.43mw)
Competed for Coach Denis Costello at Notre Dame High School... Won national championship outdoor and indoor competition... Two-time English Schools champion...SIAB champion...Earned a gold and bronze medal at the School Games...Finished first 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 while earning a prestigious degree at the end."



**Billy
McDEVITT**
**Newtown Square, Pa.
Malvern Prep
Graduate Student
Distance**

COLLEGIATE PERSONAL BESTS: 600m - 1:23.02, 800m - 1:50.01, 1000m - 2:25.54, 1500m - 3:47.06, Mile - 4:05.29

ON A NATIONAL STAGE

Track and Field

NCAA East Prelims (5/23-25/19): Qualified in the 800m event.

NCAA East Prelims (5/25-27/17): Competed in the 800-meters race.

Cross Country

NCAA Mid-Atlantic Regional (11/11/18): Finished 67th running 32:08 on the 10K course.

NCAA Mid-Atlantic Regional (11/10/17): Took 97th with his time of 32:16.7.

NCAA Mid-Atlantic Regional (11/11/16): Finished 67th running 32:08 on the 10K course.

AT THE BIG TEN CHAMPIONSHIPS

Track and Field

Big Ten Outdoor Championships (5/10-12/19): Ran 1:50.69 in the 800m.

Big Ten Indoor Championships (2/22-23/19): Member of the DMR team that placed third with a time of 9:49.03.

Big Ten Outdoor Championships (5/11-13/18): Ran in the 800m and 1500m event prelims.

Big Ten Indoor Championships (2/23-24/18): 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.

Big Ten Outdoor Championships (5/12-14/17): Competed in the 800-meters.

Big Ten Indoor Championships (2/24-25/17): Competed in the 800-meters.

Cross Country

Big Ten Championship (10/28/18): Ran 25:42.3 to finish 85th.



Big Ten Championships (10/29/17): Finished 93rd overall with his time of 26:26.9.

Big Ten Championships (10/30/16): Placed 96th with a time of 26:55.8.

TRACK AND FIELD

2019 Outdoor

Season: Competed at the NCAA East Prelims in the 800m...Ran in the 800m race at the Big Ten Championships. Posted six top-10 finishes.

ASU Invitational (3/22-23): Placed in the top-10 in both 800m and 1500m races. **Florida Relays (3/28-30):** Member of 4x800m relay team that ran 7:19.50 to win the event.

2019 Indoor

Season: Posted three top-10 finishes...DMR team placed third at the Big Ten Championships.

Sykes & Sabock (2/2): Placed third in 800m event (1:52.23). **Penn State Tune Up (2/16):** Placed fifth in the mile (4:13.66).

2018 Outdoor

Season: Tallied a personal-best time of 3:47.06 in the 1,500-meter run at the Bison Outdoor Classic...Competed in both the 800m and 1500m events.

LSU Battle on the Bayou (4/7): Finished second in the 800m (1:51.67). **Bison Outdoor Classic (4/14-15):** Tallied a personal-best time of 3:47.06 in the 1,500-meter run.

2018 Indoor

Season: Ran a personal-best time of 4:05.29 in the mile at the Husky Classic and a personal-best time in the 1000m in the Nittany Lion Challenge.

Nittany Lion Challenge (1/13): Set a personal-best with a third-place finish in the 1000m (2:25.54). **Sykes & Sabock Challenge (2/2-3):** Finished third in the 800m (1:53.01). **Husky Classic (2/9-10):** Placed 28th in the mile in a time of 4:05.29.

2017 Outdoor

Season: Competed in five meets...Posted a personal best of 1:50.01 at the Virginia Challenge.

Virginia Challenge (4/21-22): Ran 1:50.01 to set a personal-best mark.

2017 Indoor

Season: Competed in seven meets...Posted seven top-10 finishes...Set a personal best of 1:23.02 in the 600-meters.

Nittany Lion Challenge (1/14): Placed in the top-10 in both the mile and 4x400m. **Sykes & Sabock Challenge (2/3):** Placed 13th in the 600m (1:24.74).

2016 Outdoor

Season: 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 Bucknell Team Challenge.

Pac 12 vs. Big Ten Invitational (3/25-26): Placed eight in both 800m (1:52.51) and 4x400m (3:21.98). **Bucknell Team Challenge (4/23):** Placed second in the 800m (1:51.79).

2016 Indoor

Season: Did not compete.

CROSS COUNTRY

2018

Season: Ran in all six meets...Tallied a personal-best mark at the Penn State National Open.

2017

Season: Competed in six meets.

Penn State National Open (10/13): Ran a personal-best in the 8.4k (26:14.9).

2016

Season: 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

Season: Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: 800 - 1:51.47, Mile - 4:17.05

Named four-time all-conference in cross country...Named Three-time All-independent state team in cross country...Named all-conference in track...Named all-Independent state team in track...Named Pennsylvania Track & Field Coaches Association all-state selection for indoor and outdoor track...Won conference championship in the 1,600-meter run and the 3,200-meter run during his senior year... Won Independent state championship in the 800-meter run during his senior year...Holds school record in the 800-meter run and the indoor 3,000-meter run...Member of the school record teams in the distance medley relay and the 4x800-meter relay...Served as team captain for cross country, indoor track, and outdoor track during his senior year...Earned six varsity letters in track...Earned four varsity letters in cross country...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...Majoring in journalism and telecommunications.



RETURNERS



**Tyler
MERKLEY**
Rancho Cucamonga, Calif.
Los Osos
Sophomore
Throws



**Justin
OFOTAN**
Washington, D.C.
Field School
Sophomore
Sprints

2019 Outdoor

Season: Did not compete.

2019 Indoor

Season: Did not compete.

BEFORE PENN STATE KANSAS STATE 2015-16

Outdoor
Season bests: Discus (46.72m/153-03) and Hammer Throw (63.99m/209-11)...Placed 21st at the NCAA Championships with a throw of 62.09m/203-08...Finished in eighth place at the NCAA West Preliminary with a mark of 63.94m...Took second at the Big 12 Championships with a throw of 63.98m...Holds the school record in the hammer throw (63.99m).

Indoor
Season bests: Weigh Throw (19.28m/63-03.75) and Shot Put (14.05m/46-01.25)...Took sixth place at Big 12s in weight throw with a mark of 18.50m/60-08.50...Ninth on the school's all-time record list in weight throw.

High School
2013, 2014 and 2015 league champion in the shot put and discus...Holds the school record in the shot put...All-American in the weight throw...2014 and 2015 State Hammer Champion...2014 USA Youth Olympic Team...2015 state champion in the hammer throw...2015 Division 1 discus champion (southern section)...Was a scholar athlete.

PERSONAL
Born on April 17, 1997...Son of Don and Cindy Merkley.

COLLEGIATE PERSONAL-BEST: 60m - 6.77, 100m - 10.38, 200m - 21.01

Records: Set school record in the 100m dash at the USATF Championships, running 10.21w (2.3)...Ranks fourth all-time at Penn State in the 100m and eighth in the 200m.

ON A NATIONAL STAGE
NCAA East Prelims (5/23-25): Ran a personal-best in the 100m (10.38) as a freshman.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/10-12/19): Placed fifth in the 100m...Ran a personal-best in the 200m...Member of 4x100m relay team that placed ninth.

Big Ten Indoor Championships (2/22-23/19): Ran a personal-best in the 60m (6.77)...Placed sixth in the 200m (21.45).

2019 Outdoor
Season: Set U20 World Record as a member of 4x100m relay team at U20 Pan Am Games...Set Penn State school record in the 100m dash...Ran 10.21w (2.3)...Qualified for the NCAA East Prelims in the 100m and ran a personal-best in the event...Posted seven top-10 finishes...Placed fifth in the 100m final.

LSU Battle on the Bayou (4/6): Finished fourth in the 100m (10.37w - 4.9) and ninth in the 200m (21.55w). **Virginia Challenge (4/19-20):** Placed third in both 100m and 200m events. **USATF U20 Championships (6/21-23):** Set school record in 100m dash with a time of 10.21w (2.3).

2019 Indoor
Season: Set a personal-best in the 60m at the Big Ten Championships...Posted six top-10 finishes.

Simmons-Harvey Big Ten Invitational (1/19): Placed third in the 60m (6.79) and 200m (21.61). **Penn State National (1/25-26):** Placed in 200m (21.55).

BEFORE PENN STATE
Attended The Field School...All-conference first team...Won 2018 D.C. state champion...Record holder in the 100m and 200m...Field School record holder in 100m, 200m, 400m, 4x1...Won four Potomac Valley Athletic Conference winners...Finished 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...Division of Undergraduate Studies.



**Domenic
PERRETTA**
Beaver Falls, Pa.
Big Beaver Falls
Senior
Sprints

COLLEGIATE PERSONAL BEST: 600m – 1:11.83, 800m – 1:47.29, 1000m – 2:22.20, 1500m – 3:46.47, 1600m – 4:10.07, 6K – 18:23.2, 8K – 27:06.2, 8.4K 28:09.2.

Records: Ranks 10th all-time in the outdoor 800m.

ON A NATIONAL STAGE

NCAA East Prelims (5/23-25/19): Competed in the 800m race.

NCAA Championship (3/8-9/19): Finished ninth in 800m final, running 1:48.81.

NCAA Championship (6/7-10/17): Competed in the 800m.

NCAA East Prelims (5/25-27/17): Qualified for NCAA Championship in the 800m...Ran 1:47.87 to qualify.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Ran 1:48.75 in the 800m final...Placed second in the race.

Big Ten Indoor Championship (2/22-23/19): Ran 1:48.24 in the 800m final...Fourth consecutive 800m Big Ten champion for Penn State.

Big Ten Indoor Championships (2/23-24/18): Placed 11th in the 800m run with a time of 1:50.83.

Big Ten Outdoor Championships (5/12-14/17): Competed in the 800m...Finishing fifth.

Big Ten Indoor Championships (2/24-25): Competed in the 800m (1:48.49) and ran a leg on the DMR (fourth-place).

TRACK AND FIELD

2019 Outdoor

Season: Ran at the NCAA East Prelims in the 800m race...Placed second in the 800m at the Big Ten Championships...Posted nine top-five finishes...Earned second team All-Big Ten honors

Florida Relays (3/28-20): Ran a season-best time in the 800m (1:47.75)...4x800m relay team won event with a time of 7:19.50.

Virginia Challenge (4/19): Picked up first win of season in 800m event.

2019 Indoor

Season: Finished ninth at the NCAA Championships in the 800m... Won Big Ten Championship in the 800m...Set a personal-best time in the 1000m (2:22.20)...Earned first team All-Big Ten honors.

Nittany Lion Challenge (1/12): Finished second in the 1000m, running 2:22.20 to set a personal-best mark in the event. **Penn State National (1/25-26):** Finished second in the 800m event.

2018 Indoor

Season: Placed 11th in the 800m (1:50.83) at the Big Ten Indoor Championships...Set a personal-best mark in the mile event.

Clemson Invitational (1/19-20): Ran a personal-best in the mile to win the event (4:10.07)...Placed second in the 600m (1:19.32).

Penn State National (1/26-27): Distance Medley Relay team placed first in event...Finished third in the 800m.

2017 Outdoor

Season: Competed in nine meets. Recorded eight top-10 finishes... Posted personal bests of 1:47.29 in the 800m and 3:46.47 in the 1,500m...Competed in the USATF championships in the 800m... Competed in the NCAA Championships in the 800m.

Pac 12 vs Big 10 Invitational (3/24-25): Won 800m event in first meet of outdoor season. **Penn Relays (4/27-29):** Ran in 4x800m and Distance Medley Relay event.

2017 Indoor

Season: Posted 11 top-10 finishes...Recorded personal bests of 1:18.51 in the 600m and 2:23.06 in the 1,000m.

Penn State National (1/27-28): Won first 800m event (1:50.33). **PSU Tune Up (2/18):** Placed first in the 600m to set a personal-best mark (1:18.51).

CROSS COUNTRY

2017

Season: Ran in three meets.

Dolan Duals (9/1): Finished eighth in the 6k (18:23.2). **OSU Cowboy Jamboree (9/30):** Finished 73rd in 27:06.2.

BEFORE PENN STATE

HIGH SCHOOL PRs: Mile - 4:11, 800m - 1:50.1, 400m - 49.6
Named All-State and All-Conference...Won two district championships in cross country...Won three outdoor 800m state championships...Won three outdoor 1,600m state championships...Won indoor 800m championship...Took fifth-place at the state championships in cross country...Holds school record in the 400m, 800m, 1,600m, and 3,200m...Holds state record in the 800m...Earned eight varsity letters...Named team captain...Named team MVP... Made the high school honor roll...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...Majoring in communications arts and sciences.



RETURNERS



**Ben
PETERSON**
Solon, Ohio.
Solon
Junior
Throws

COLLEGIATE PERSONAL BEST: Shot Put – 18.29m, Hammer Throw – 50.21m, Weight Throw – 17.47m.

Records: Ranks 10th all-time at Penn State in the shot put.

ON A NATIONAL STAGE

NCAA East Prelims (5/10-12): Qualified for the East Prelims in the shot put event.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Finished ninth in the shot put finals.

Big Ten Indoor Championships (2/22-23/19): Competed in the shot put event

Big Ten Outdoor Championships (5/11-13/18): Finished 14th in the shot put with a mark of 55-9.25 (17.00m).

Big Ten Indoor Championships (2/23-24/18): Competed in both the shot put event and weight throw event.

2019 Outdoor

Season: Set two personal-best marks in the shot put and hammer throw events. Qualified for the NCAA East Prelims in the shot put event...Ranks 10th all-time in Penn State history in the shot put event.

ASU Invitational (3/22-23): Threw a personal-best distance in the hammer throw (50.21m). **LSU Battle on the Bayou (4/6):** Set a personal-best mark in the shot put to win the event (18.29m)... Throw ranks 10th all-time in Penn State history.

2019 Indoor

Season: Posted five top-10 finishes between shot put and weight throw events.

Clemson Tiger Paw (2/8-9): Threw a season-best 17.39m in the shot put event.

2018 Outdoor

Season: Recorded a then-personal-best mark of 149-6 (45.56m) in the hammer throw at the Pac-12 vs. Big Ten Invitational)...Posted an outdoor then-personal-best mark of 58-0.5 (17.69m) in the shot put

LSU Battle on the Bayou (4/7): Finished third in the shot put (17.66m). **Penn Relays (4/26-28):** Threw a season-best 17.69m in the shot put event.

2018 Indoor

Season: Competed in six meets...Tallied a personal-best mark of 57-3.75 (17.47m) in the weight throw at the Nittany Lion Chal-

lenge...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 (2/2).

Nittany Lion Challenge (1/13): Threw a personal-best mark in the weight throw event in first collegiate meet. **Sykes & Sabock (2/2-3):** Won the shot put event with an indoor personal-best mark of 18.12m.

BEFORE PENN STATE

HIGH SCHOOL PR: Shot put - 63-7

Attended Solon High School...Earned four varsity letters in track and field...Three-year varsity football letterwinner...Named All-State in 2015-16...Named three-time team MVP...Competed in New Balance Indoor National meet in 2015-16...Competed at the Outdoor New Balance National meet in 2015, finishing sixth in the shot put.

PERSONAL

Son of Beth and Steve Peterson...Has three siblings, Nick, Kyle and Katie...Born on July 16, 1997...Labor and employment relations major.



**Mark
PORTER**

**Reading, Mass.
Reading Memorial
Junior
Throws**

COLLEGIATE PERSONAL BEST: Javelin – 68.64m

ON A NATIONAL STAGE

NCAA Championship (6/5-8/19): Threw 68.31 to finish 13th and earn second team All-America honors.

NCAA East Prelims (5/23-25/19): Threw 67.50m to qualify for NCAA Championship.

NCAA East Prelims (5/24-26/18): 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

Big Ten Championship (5/10-12/19): Threw a personal-best 68.64m to earn a silver medal.

Big Ten Championships (5/11-13/18): Placed eighth in the javelin throw with a toss of 201-0 (61.27m).

2019 Outdoor

Season: Threw a personal-best 68.64m at the Big Ten Championship...Placed second in the javelin...Threw 67.50 to qualified for the NCAA Championship in the javelin...Placed 13th at the NCAA Championships.

Bison Outdoor Classic (4/13-14): Finished second in the javelin event...**125th Penn Relays (4/25-27):** Won the college division in the javelin with a top throw of 67.12m.

2018 Outdoor

Season: Recorded a then-personal-best toss of 215-5 (65.66m) in the javelin throw at the Virginia Challenge.

Pac 12 vs Big Ten Invitational (3/23-24): Threw 64.40 in first collegiate meet to place third in javelin. **Virginia Challenge (4/20-21):** Recorded a then-personal-best mark of 65.66m to finish third.

BEFORE PENN STATE

HIGH SCHOOL PRs: Javelin: 194-7

Earned three varsity letters...Won the Division II state title in 2016... Won Massachusetts All-State champion in 2017...Named team captain.

PERSONAL

Parents are Tom Porter and Christine Ambrose...Has one sibling, Brad Porter...Born on October 28, 1998...Plant sciences major.



**Gary
ROSS III**

**Fort Washington, Md.
Oxon Hill
Junior
Distance**

COLLEGIATE PERSONAL BEST: 200m – 22.59, 400m – 48.33, 600m – 1:17.82, 800m – 1:50.03

ON A NATIONAL STAGE

NCAA East Prelims (5/24-26/18): Qualified for the NCAA East Prelims in the 800-meter run and the 4x400-meter relay.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championship (5/10-12/19): Ran in both the 800m and 4x400 relay.

Big Ten Indoor Championships (2/22-23/19): Ran in the 600m and 4x400m relay...Set a personal-best time in the 600m race with a time of 1:17.82 and finished third.

2019 Outdoor

Season: Posted five top-five finishes...Competed in the 800m and 4x400m races at the Big Ten Championships.

Florida Relays (3/28-30): Member of 4x800m relay team that ran 7:19.50 to win the event. **LSU Battle on the Bayou (4/6):** Placed third in the 800m (1:51.62) and fourth in the 4x400m (3:14.27).

2019 Indoor

Season: Set two personal-best marks in the 200m and 600m races...Finished third in the 600m at the Big Ten Indoor Championships (1:17.82).

Sykes & Sabock Challenge (2/8): Ran a personal-best mark of 1:50.62 in the 800m.

Penn State Tune-Up (2/16): Set a personal-best time of 22.59 in the 200m event.

2018 Outdoor

Season: Turned in personal-best marks in the 800m and 400m races...Placed ninth at the 800m final at the Big Ten Championships...Qualified for the NCAA East Prelims in the 4x400m relay.

Pac 12 vs Big Ten Invitational (3/23-24): Began season with a then-personal-best mark of 1:50.63 in the 800m race. **Jim Thorpe (5/4):** Ran a personal-best 48.33 in the 400m event to finish second.

2018 Indoor

Season: Won three events and posted 14 top-10 finishes...Finished seventh at the Big Ten Championships in the 600m.

Sykes & Sabock Challenge Cup (2/2-3): Won both the 600m and 4x400m relay. **Big Ten Championships (2/23-24):** Finished seventh in the 600m final with a time of 1:18.68.



RETURNERS

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

Won four varsity letters at Oxon Hill High School...Won 2015-16 Maryland Indoor county, regional and state championship...Won seven state championships at Oxon Hill High School...Holds anchor school record in the 4x400m...Named team MVP...Named team captain...Earned five All-America honors.

PERSONAL

Parents are Tiana Washington, Gary Ross Jr. and step-dad Theodore Washington...Born on April 5, 1998...Division of Undergraduate Studies



Noah SWABY

**Pittsburgh, Pa.
Taylor Allderdice
Sophomore
Multi-Events**

COLLEGIATE PERSONAL BESTS: 100m - 11.28, 200m - 22.83, 400m - 50.27, 1500m - 4:35.47, 110mH - 14.92, High Jump - 1.88m, Pole Vault - 4.30m, Long Jump - 6.95m, Shot Put - 14.96m, Discus - 50.57m, Javelin - 59.41, Decathlon - 7,411 points

RECORDS: Ranks eighth all-time in the decathlon (7,411 points).

ON A NATIONAL STAGE

NCAA Outdoor Championship (6/7-10): Qualified for the NCAA Championship in the decathlon...Withdrew from event due to injury.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12): Finished third at the Big Ten Championship in the decathlon...Ranks eighth all-time in Penn State history... Won both the javelin and 1500m events.

2019 Outdoor

Season: Set a personal-best mark in the decathlon at the Big Ten Championship (7,411 points)...Ranks eighth all-time in Penn State history in the decathlon...Qualified for NCAA Championship.

ASU Invitational (3/22-23): Set a personal-best mark in the discus (50.57m). **Virginia Challenge (4/19-20):** Finished second in the decathlon...Scored 7,218 points...Finished first in the shot put and 1500m. **Jim Thorpe (5/3):** Ran a personal-best 22.83 in the 200m.

2019 Indoor

Season: Competed in four meets in the shot put event.

Penn State Tune-Up (2/16): Posted a personal-best in the shot put (14.96m).

2018

Season: Did not compete.

BEFORE PENN STATE

Four-year letter winner at Taylor Allderdice High School...Two-time high school All-American...Finished USATF National Junior Olympic in second-place in the decathlon... New Balance Nationals Indoor fifth-place, Pentathlon.

PERSONAL

Born on July 17, 1999.



Andrew SELL
**Minneapolis, Minn.
Washburn
Senior
Distance**

COLLEGIATE PERSONAL BEST: 5.2mile - 26:01.2, 6K- 18:18.2, 8K - 25:04.5, 8.369K - 26:47.3, 10K 31:21.8.

ON A NATIONAL STAGE

NCAA Mid-Atlantic Region (11/10): Ran a personal-best in the 10k with a time of 31:21.8.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Championships (10/29): Ran 25:05.8 to finish 39th.

CROSS COUNTRY

2018

Season: Did not compete.

2017

Season: Placed in the top 50 in both meets. Finished 39th at the Big Ten Championships. Placed 43rd at the NCAA Mid-Atlantic Regional.

BEFORE PENN STATE

HIGH SCHOOL PRs: Cross Country (5K) - 15:45, 3200m - 9:28, 1600m - 4:27, 800m - 1:59

Earned Four year letter winner for coach Curtis Johnson, Chris Lundstrom and Mike Anderson...Was the Minnesota State Cross Country runner-up in 2015...XC conference champions 2014 & 2015...Won track city conference champions 2013-2016...Named the track team captain 2016...Named three-time NIRCA cross country All-America.

PERSONAL

Parents are Lisa Harnack and Kevin Sell...Has one sibling, Lila Sell... Born on November 12, 1997.



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

COLLEGIATE PERSONAL BEST: 3000m - 8:36.36, 5000m - 15:05.21

ON A NATIONAL STAGE

Cross Country

NCAA Mid-Atlantic Regional (11/9/18): Placed 18th, earning All-Region honors...Ran 31:47.7.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Championships (10/28/18): Placed 47th, running 24:53.5.

2018

Season: Set personal-bests in the 6k, 8.4k and 8k races. Earned All-Region honors while running 18th at the NCAA Mid-Atlantic Regional.

Dolan Duals (8/31): Finished third in the 6k (18:12.9). **Spiked Shoe (9/7):** Finished 16th, running 26:27.5.

2017

Season: Competed in two meets unattached.

BEFORE PENN STATE

HIGH SCHOOL PRs: 1,600m: 4:21.06, 3,200m: 9:33.33, 5K: 15:37

Letterwinner at Mechanicsburg High School...Finished third in 2016 District 3 AAA XC meet...2016 XC AAA State Qualifiers...Named Mid-Penn All-Conference in cross country...Qualified for District 3AAA XC...Qualified for PIAA XC State...Won Foot Locker XC Northeast Regional Freshman Boys Race Championship at Van Cortlandt Park, New York...Named Mid-Penn T&F All-Conference 3,200m in 2014...Earned Mid-Penn T&F All-Conference honors...Qualified for District 3AAA in XC...Earned Mid-Penn All-Conference honors in XC...Qualified for District in XC...Earned Mid-Penn All-Conference in 3,200m...Mid-Penn 3,200m silver medalist...Qualified for PIAA District 3AAA in 1,600m and 3,200m...Earned All-District in 1,600m...Qualified for PIAA State in 1,600m...Holds school record of 4:21.06 in 1,600m...Earned Mid-Penn All-Conference XC...District 3AAA Qualifier XC...All-district XC...PIAA XC State Qualifier...Earned Mid-Penn T&F All-Conference 1,600m and 3,200m in 2017... Mid-Penn T&F Conference 3,200m silver medalist in 2017...Qualified for District 3AAA in 1,600m and 3,200m in 2017.

PERSONAL

Parents are Joyce and Ronald Tomasko...Has one brother, Nicholas...Born on October 20, 1998...International politics major.



**Nick
WAGNER**
Export, Pa.
Penn-Trafford
Sophomore
Distance

COLLEGIATE PERSONAL BEST: 800m – 1:55.47

TRACK AND FIELD

2019 Outdoor

Season: Ran in two meets...Set a personal-best time in the 800m at the Jim Thorpe Open...Placed in the top-10 twice in the 800m event.

Jim Thorpe (5/3): Ran 1:55.47 to set a personal-best in the 800m.

2018

Season: Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: 800m: 1:51.79

Earned four letters at Penn-Trafford High School for Eric Reger... Won 2017 WPIAL (District 7) champion...Finished runner-up at 2017 PIAA State Meet...Earned two indoor state meet medals (2016 - eighth & 2017 - fourth)...Earned All-state indoor team honorable mention...Earned All-state outdoor second team...Woon two TST-CA champion in the 800m...Competed in 2014-16 USATF Junior Olympics...Placed fourth in 2014 in Houston, Texas...Placed second in 2015 in Jacksonville, Florida...Finalist in 2015 World Youth Trials in 800m...Finished third in 2015 Hershey Youth Outdoor Championships in Lisle, Illinois...Qualified for 2016-17 New Balance Nationals Championship section.

PERSONAL

Parents are Anne and Tony Wagner...Born on August 13, 1998... Majoring in health and human development.



RETURNERS



Darien WILLIAMS
Blue Bell, Pa.
Wissahickon
Senior
Sprints

COLLEGIATE PERSONAL BESTS: 60m – 6.88, 100m – 10.82 (0.2), 200m – 21.66

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Ran 10.82 to set a new personal-best time in the 100m dash...Finished ninth at a member of the 4x100m relay.

Big Ten Indoor Championships (2/23-24/18): Competed in the 60m dash.

Big Ten Indoor Championships (2/24-25/17): Competed in the 60-meters and 200-meters.

2019 Outdoor

Season: Competed in four meets...Ran a personal-best in the 100m at the Big Ten Championships.

LSU Battle on the Bayou (4/6): Ran 10.79W in the 100m for a seventh-place finish.

2019 Indoor

Season: Posted five top-10 finishes...Set a personal best in the 200m race at home track during the Sykes & Sabock Challenge.

Sykes & Sabock Challenge Cup (2/2): Ran a personal-best time of 21.66 to finish third...Placed fourth in the 60m.

2018 Outdoor

Season: Competed in two meets.

2018 Indoor

Season: Set a personal-best mark in the 60m. Posted five top-10 finishes...Ran in the 60m dash at the Big Ten Indoor Championships.

Nittany Lion Challenge (1/13): Ran a personal-best 6.88 in the 60m.

2017 Indoor

Season: Posted seven top-10 finishes...Set personal bests of 6.97 in the 60-meters and 21.85 in the 200-meters.

Nittany Lion Challenge (1/14): Ran in 60m and 4x400m in first collegiate meet...Finished 10th in the 60m (7.05). **Sykes & Sabock Challenge (2/3):** Placed first in the 60m (6.97)...Finished third in the 200m (21.95).

BEFORE PENN STATE

HIGH SCHOOL PRs: 100: 10.60, 200: 21.55, 400: 50.00
Attended Wissahickon High School...Won five team district titles...

Won ten team conference titles...Earned six varsity letters...Named second team All-State in the 100m senior year...Named second team All-State 4x200 senior year...Named honorable mention All-State in the 100m junior year...Named first team All-League in 100, 200, 4x1 & 4x4 senior year...Named second team All-League in 100 & 200 junior year...Won three conference titles...Named varsity captain...Holds school record in both the indoor and outdoor 200 and 4x200.

PERSONAL

Son of Douglas and Diane Williams...Has one brother, Devin...Born October 6, 1997.



Owen WING
State College, Pa.
State College
Junior
Distance

COLLEGIATE PERSONAL BEST: 800m – 1:53.47, 1000m – 2:27.42, 1500m – 3:46.18, 1600m – 4:07.24, 3000 – 8:19.29, 5000m – 15:53.49

ON A NATIONAL STAGE

Track and Field

NCAA East Prelims (5/23-25): Competed in the 1500m event...Ran 3:50.78.

Cross Country

NCAA Mid-Atlantic Regional (11/9): Finished 28th at the NCAA regional meet.

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Qualified for the 1500m final...Finished 11th.

Big Ten Indoor Championships(2/22-23/19): Competed in both the mile and DMR events...Placed third in the DMR (9:49.03).

Big Ten Championships (5/11-13/18): Ran in the 1500m event.

Big Ten Championships (2/23-24/18): Ran in the mile prelims.

Cross Country

Big Ten Championships (10/28/18): Ran a personal-best 24:42.2 time in the 8k race.

TRACK AND FIELD

2019 Outdoor

Season: Qualified for the NCAA East Prelims in the 1500m race...Ran in the 1500m final at the Big Ten Championships.

LSU Battle on the Bayou (4/6): Ran an outdoor personal-best in the 800m. **Bison Outdoor Classic (4/13-14):** Ran a personal-best 3:46.18 in the 1500m.

2019 Indoor

Season: Set personal-bests in three events (Mile, 3000m and

RETURNERS



800m)...Competed in the mile and DMR events at the Big Ten Indoor Championships...DMR team placed third in the event.

Penn State National (1/25-26): Placed fifth in the 300m...Set a new personal-best (8:19.29). **Sykes & Sabock Challenge (2/2):** Set a new personal-best in the 800m (1:53.47). **Husky Classic (2/8-9):** Ran a personal-best in the mile (4:07.24).

2018 Outdoor

Season: Competed in five meets...Ran a then personal-best time of 3:47.79 in the 1,500-meter run at the Bison Outdoor Classic.

LSU Battle on the Bayou (4/7): Won both the 1500m (3:49.77) and 5000m (15:53.49) events. **Bison Outdoor Classic (4/14-15):** Ran a personal-best time of 3:47.79 in the 1,500-meter run.

2018 Indoor

Season: Ran a then-personal-best time in the mile of 4:07.47 at the Spire NCAA D-1 Indoor Track & Field Classic. Competed at the Big Ten Championships in the mile event.

Penn State National (1/26-27): Ran a personal-best time of 2:27.42 in the 1000m to win the event. **Spire NCAA D-1 Indoor Track & Field Classic (2/9-10):** Ran a then-personal-best time in the mile of 4:07.47.

CROSS COUNTRY

2018

Season: Set personal-best times in 6k, 8.4k, 8k and 10k races.

Dolan Duals (8/31): Placed second in the 6k event. **Spiked Shoe (9/7):** Ran a personal-best mark of 26.22.4 to place 10th.

2017

Season: 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 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...Holds school record 4x800m - 7:37.25...Holds School record distance medley relay - 10:22.56...State champion indoor and outdoor 4x800m in 2016...Named five-time all-state...Fielded the fastest indoor and outdoor 4x800m time in the country for part of 2016...Won individual district champion in the 1600m in 2017...Finished seventh at the PIAA Track State Championships 1600m in 2017...Named team captain in XC and track senior year...Won coaches award XC and track senior year...Member of National Honor Society...Finished fifth nationally in FBLA event "Securities and Investments"...Graduated in the top-10 percent of class...National AP Scholar...Named 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...Majoring in finance.



**Jack
ZIMMERMAN**

**Briarcliff Manor, N.Y.
Briarcliff
Sophomore
Throws**

COLLEGIATE PERSONAL-BESTS: Shot put - 17.21m, Hammer Throw - 56.94m, Weight Throw - 17.39m

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12/19): Competed in the shot put final.

Big Ten Indoor Championships (2/22-23): Recorded a personal-best throw in the weight throw (17.39m)...Competed in the shot put event.

2019 Outdoor

Season: Posted six top-10 finishes...Tallied personal-best marks in the hammer throw and shot put...Finished 12th at the shot put at the Big Ten Championships.

ASU Invitational (3/22-23): Posted a collegiate-best mark in the hammer throw (56.94m). **Jim Thorpe (5/3):** Posted a personal-best in the shot put at 17.21m.

2019 Indoor

Season: Set a personal-best throw of 17.39m in the weight throw at the Big Ten Championships...Posted eight top-10 finishes.

Bison Opener (11/30-12/1): Won the shot put event in first collegiate meet. **Sykes & Sabock Challenge (2/2):** Posted top-10 finishes in both the shot put and weight throw.

2018

Did not compete.

BEFORE PENN STATE

HIGH SCHOOL PRs: Shot Put - 61'-2.75", Discus - 165'-3", Hammer - 187', Weight Throw - 65'-6.25"

Won NY State Shot Put Champion (Federation and Division II)... Won NY State Shot Put Champion (Division 2) Finished second at the NY State Meet in the discus...Finished fourth at the NY State Meet in the weight throw...Holds the school records in the shot put, discus, hammer, and weight throw...Named Journal News Westchester/Putnam Track and Field Athlete of the Year...Named six-time All-State, All-Section, All-County: in the shot Put, discus and weight Throw...Qualified for the New Balance Nationals in the shot put twice and hammer throw twice...Qualified for Indoor New Balance Nationals in the weight throw twice as well as shot put and hammer throw.

PERSONAL

Son of Ann and Stuart Zimmerman...Born on July 22, 1999.



RETURNERS



**Rick
ZINK**
Chester, Pa.
Bishop Shanahan
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 100m – 11.14 (1.5), 200m – 22.31, 400m – 48.85

AT THE BIG TEN CHAMPIONSHIPS

Big Ten Outdoor Championships (5/10-12): Ran in the 400m and 4x100m events.

Big Ten Indoor Championships (2/22-23): Set a personal-best mark in the 400m event...Competed in the 4x400m events.

2019 Outdoor

Season: Posted six top-10 finishes...Ran a personal-best time in the 100m (11.14)...Competed in 400m, 4x100m and 4x400 events at Big Ten Outdoor Championships.

Virginia Challenge (4/19-20): Set a new personal-best time of 11.14 in the 100m.

2019 Indoor

Season: Set two personal-best marks in the 200m and 400m... Posted seven top-10 finishes...Personal-best mark in 400m occurred at the Big Ten Championships.

Nittany Lion Challenge (1/12): Ran a personal-best time of 22:31 in the 200m.

BEFORE PENN STATE

HIGH SCHOOL PRs: 100m: 11.1, 200m: 21.51, 300m: 35.34, 400m: 47.92, 500m: 1:06.32

Earned two varsity letters in track and field...Also earned three letters in soccer...Won Outdoor PIAA state championship (2018)... Named team captain and team MVP...Finished as indoor state runner-up in the 400m...Also placed fourth in the 200m...Named Second team all-state 400m in indoor track...Won Ches-Mont League champion in the 200m...Won district championship in the 400m and runner-up in the 200m...Won Pennsylvania state title in the 400m... Won 4x400m relay champion and also earned a fifth-place finish in the 200m...Named first team all-state in the 400m and 4x400m relay...Named Daily Local News All-Area Runner of the Year...Holds school record in the 200m, 400m, 4x100m, 4x400m, and DMR... 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."

NEWCOMERS



**Mateo
BOUDOURIAN**

**Caba Argentina
IMG Academy
Freshman
Multi-Events**

BEFORE PENN STATE

HIGH SCHOOL PRs: Decathlon - 5,914 points

Attended Belgrano Day School...Participated in both rugby and track and field for four years...Named four-time team MVP...Placed third at nationals in the decathlon...Holds school records in the shot put and discus.

PERSONAL

Son of Fernanado Boudourian and Ileana Malleret..Born on April 9, 2001...Chose Penn State because "Because of the academic and athletic level the university has."



**Youssouf
DIAWARA**

**Philadelphia, Pa.
Academy at Palumbo
Freshman
Jumps**

BEFORE PENN STATE

HIGH SCHOOL PRs: Long Jump - 23-2, Triple Jump - 48'

Attended Academy at Palumbo...Named three-time team MVP... Won District Championships in long jump and triple jump...Named All-Philadelphia public league...Named Public League male field MVP...Named Academy at Palumbo Male Athlete of the Year... Holds school records in long jump and triple jump.

PERSONAL

Son of Wagui Diawara and Ramata Gakou...Has three siblings, Alsetou, Manthita and Zeina...Chose Penn State because "I chose Penn State because, it was the only college I visited that gave me a family feel."



**Joe
CARDINA**

**Lancaster, Pa.
Conestoga Valley
Freshman
Jumps**

BEFORE PENN STATE

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

Attended Conestoga Valley High School...Member of the Nation and Science Honors Societies...Earned four varsity letters in track & field. Earned two varsity letters in both basketball and football... Won high jump league championships...Named PTFCA indoor all-state honorable mention...LL League all-star in the triple jump... Holds school record in the triple jump.

PERSONAL

Son of Andy and Jen Cardina...Has three siblings, Robbie, Michael and Jonny...Mother Jen and brother Robbie graduated from Penn State...Brother, Jonny, currently attends Penn State...Robbie was an All-American in the decathlon...Born on October 28, 2000... Majoring in premed.



**Evan
DORENKAMP**

**Lancaster, Pa.
Maheim Township
Freshman
Distance**

BEFORE PENN STATE

Attended Manheim Townships High School...National Honor Society...Earned four letters in track and three letters in cross country... Named team MVP as a senior in cross country and track...Won 1600m district and state championships...Finished second at the New Balance Nationals...Won cross country district championship...Named PIAA first team All-State as a senior...Named league runner of the year...Named NSAF High School All-American in the mile...Named PIAA first team All-State as a senior in cross country... Named "Central PA Runner" Runner of the Year in cross country... Holds Lancaster Lebanon League Record in the 1600m.



NEWCOMERS

PERSONAL

Parents are Tim and Pat Reese...Has one sister, Skylar...Have three relatives that attended Penn State...Sister, Skylar, plays lacrosse at St. Joseph's University...Majoring in finance.



**Chris
FREDERICKS**
Palmerton Pa.
Palmerton Area
Freshman
Throws

BEFORE PENN STATE

HIGH SCHOOL PRs: Javelin: 206-3

Attended Palmerton Area High School...Earned four varsity letters in track and field...Earned one varsity letter in football, wrestling and cross country...Named field MVP three times...Named honorable mention all-state in 2019...Won three District XI javelin championships...Won two Colonial League championships...Won Colonial League team title.

PERSONAL

Son of Chris and Jessyca Fredericks...Has on sister, Abby...Born December 20, 2000...Majoring in secondary education.



**Lance
HAMILTON**
State College, Pa.
State College
Freshman
Jumps

BEFORE PENN STATE

HIGH SCHOOL PRs: Triple Jump: 51.25, Long Jump: 23-8

Attended State College Area High School...Earned varsity letters in track and field, football and basketball...Earn All-American honors in 2019...Earned All-State honors in 2018 and 2019...Won three district championships in the triple jump and two in the long jump... Named 2018 District Field MVP.

PERSONAL

Son of Donna Mancino and Harry Hamilton...Has one brother, Stanley...Father Harry played on Penn State football's first national championship team...Born on September 1...Majoring in psychology.



**Savion
HEBRON**
Langhorne, Pa.
Neshaminy
Freshman
Sprints

BEFORE PENN STATE

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

Attended Neshaminy High School...Earned four varsity letters in track and field...Earned two varsity letters in football...Won 100m, 200m and 4x400m Suburban 1 League championships...Won district championships in the 100m, 200m and 4x400m...Won 200m indoor state title and 4x400m state title...Holds school record in indoor 200m, 300m and 400m...Holds outdoor school record in the 4x400m.

PERSONAL

Born December 19, 2000...Undecided on major...Has four siblings, Vaughn, Saloni, Savaughn and Sanaa...Father Vaughn played collegiately at Virginia Tech and in the NFL for the Philadelphia Eagles and Denver Broncos...Vaughn won Super Bowls XXXII & XXXIII with the Devner Broncos.

NEWCOMERS



**Karl
JOHNSON**
London, England.
Barking Abbey School
Freshman
Sprints

BEFORE PENN STATE

HIGH SCHOOL PRs: 400m - 48.92, 400mH - 50.90, 800m - 1:59.09

Attended Barking Abbey Sixth Form...Won European U18 400mH bronze medal...English schools senior 400mH champion...Holds British record in the 400m...Ranked third in the world in the 800m in 2018.

PERSONAL

Son of Joseph Johnson...Has one sister, Nadia...Chose Penn State because "I chose Penn State because I believe it's the best place to further my athletic career and academic career on the highest level."



**Godwin
KABANDA**
Philadelphia, Pa.
Northeast
Freshman
Sprints

BEFORE PENN STATE

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

PERSONAL

Son of Jean-Claude Kadima Lukusa & Mwadi Eva Mpiana...Has four siblings, Josiah Muledi, Monique Mbombo, Jude Butumbi and Joel Lukusa...Born July 14, 2000.



**Luke
KNIPE**
State College, Pa.
State College
Freshman
Pole Vault

BEFORE PENN STATE

HIGH SCHOOL PRs: Pole Vault: 16', Long Jump: 23-6

Attended State College High School...Earned four varsity letters in track and field...Won 2019 pole vault state championship...Won Pennsylvania team title...Won two district championships in pole vault...Won long jump district title...Placed second in the pole vault at the Penn Relays...Finished third at the PTFCA indoor state meet...Named PTFCA first team All-State in 2019...Named 2019 PennLive boys all-star team.

PERSONAL

Son of Rick and Mary...Has two siblings, Hannah and Sammy...Sister Hannah graduated from Penn State in 2019...Born March 20, 2001...Majoring in supply chain management.



**Josh
LEWIS**
North East, Pa.
North East
Freshman
Distance

BEFORE PENN STATE

HIGH SCHOOL PRs: 800m - 1:59, 1600m - 4:23, 3200m - 9:26

Attended North East High School...Member of the National Honor Society...Served as high school class treasurer...Earned four varsity letters in track and field/cross country...Earned two varsity letters in wrestling and one in soccer...Named three-time team MVP...Crowned district champion in cross country in 2017...Won team region championship in 2018...Finished district runner-up as a team in 2018...Earned All-State honors in 2018...Named three-time all-region and all district.



NEWCOMERS

PERSONAL

Son of Dawn and Scott...Has one sibling, Ethan...Born January 3, 2001...Majoring in biomedical engineering...Chose Penn State because, "Penn State had all of the things I was looking for in a potential university. I wanted a school with a great engineering program, a great coach and team, and facilities that will help me become a better athlete. Some schools had one or two of these, but when I visited Penn State I realized they had all three! I knew it was my future home."



**Chase
LONGENECKER**

**State College, Pa.
State College
Freshman
Sprints/Hurdles**

BEFORE PENN STATE

HIGH SCHOOL PRs: 110mH: 14.56, 60mH: 8.19, 300mH: 41.17
Attended State College Area High School...Earned four varsity letters in track and field...Earned one varsity letter in football...Holds school records in 60mH and 4x400m events...Earned three state medals...Won 110m hurdles district title...Won two 4x400m district championships...Won team indoor state championship (2019)... Won team outdoor AAA state championship (2019).

PERSONAL

Son of Chad and Tracy...Has three siblings, Catelin, Camtryn and Carly...Had four relatives graduate from Penn State...Three relatives played collegiate athletics including mother Tracy who was a gymnast at Penn State...Born November 5, 2000...Majoring in finance...Chose Penn State because "I chose Penn State because it offers a tremendous academic atmosphere and very competitive athletic experience. I think Penn State will prepare me for my future."



**Miles
LIGGINS**

**Monmouth Junction, N.J.
South Brunswick
Freshman
Distance**

BEFORE PENN STATE

HIGH SCHOOL PRs: Indoor 800m - 1:54.10, 400m - 50.83 Outdoor 800m - 1:53.88, 400m - 50.29
Attended South Brunswick High School...Earned three varsity letters in track and field...Holds school records in 800m and SMR... Holds Ocean Breeze Invitational 800m record...Won 800m county, section and group championships...Won indoor conference and state relay championships...Won outdoor Middlesex conference and conference relay championships.

PERSONAL

Son of Deirdre Jackson and Harold Liggins...Born August 20, 2001...Majoring in marketing...Chose Penn State because, "I chose Penn State because of the highly respected business program they offer and I felt comfortable as soon as I stepped on campus."

NEWCOMERS



**Sam
OWORI**
Zelienople, Pa.
Seneca Valley
Freshman
Distance

BEFORE PENN STATE

HIGH SCHOOL PRs: 1600m - 4:14.51

Attended Seneca Valley High School...Earned state medals in both cross country and track and field in the 1600m event...Ranks in the top-10 all-time in three events at Seneca Valley...Ranks second all-time in the 1600m event.



**Sincere
RHEA**
Philadelphia, Pa.
St. Augustine Prep
Freshman
Sprints/Hurdles

BEFORE PENN STATE

HIGH SCHOOL PRs: 55mH - 7.10, 60mH -7.64, 110mH -13.51, 200m - 21.56, 400m - 47.89

Attended St. Augustine Preparatory...Earned four varsity letters in track and football...Won 60mH national championship...Won two 100mH and 400mH state championships...Won 400m state championship...Named Meet of Champions Champion three times...Named first team All-State twice...Named first team All-USA twice...Named SJ Performer of the Year twice.

PERSONAL

Son of Frisco Rhea and Chanel Bozarth...Has four siblings, Alyssa, Janess, Benjamin Jr. and Joseph...Born April 13, 2001...Majoring in criminology...Chose Penn State because, " Penn State feels like my home away from home. The family atmosphere here is just what I was looking for in a university. Besides the intangibles this university has, the tangibles back it up tremendously. Largest living alumni rate in the country, big campus filled with diversity, elite academics as well as athletics. The list goes on and on. I am more than excited to see what the journey has in store for me. #WeAre"



**Lucciano
PIZARRO**
Marlton, N.J.
Cherokee
Freshman
Throws

BEFORE PENN STATE

HIGH SCHOOL PRs: Shot Put: 60-11

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

PERSONAL

Son of Sadot and Kimberly...Has three siblings, Sadot Jr., Ariel and Dymonn...Grandfather competed in the decathlon at Seton Hall...Born January 4, 2001...Majoring in electrical engineering...Chose Penn State because, "I chose Penn State because of the academic and athletic prestige, and the sense that everyone in the Penn State family is there to help me become a better person and give me a head start in adult hood. Ever since middle school I knew Penn State is where I wanted to continue my future, and going in to high school the dream of attending Penn State provided motive for me to do the work necessary to be able to make my dream a reality."



**Sean
RYAN**
Northport, N.Y.
Northport
Freshman
Distance

BEFORE PENN STATE

HIGH SCHOOL PRs: 800m - 1:53.39, 1600m 4:10.78

Attended Northport High School...Won 2019 New York state championship in the 1600m event...Placed seventh in the 800m at the state championships.



NEWCOMERS



Payton SEWELL
Glenmoore, Pa.
Downington - West
Freshman
Distance



Colin WATERS
Poughquag, N.Y.
Arlington
Freshman
Distance

BEFORE PENN STATE

Attended Downingtown Stem Academy...Named First Team All-League in XC as a junior and senior...Named first team All-State in XC as a senior...Named third team All-Region in Cross Country as a junior...Named All-State in DMR as a senior.

PERSONAL

Parents are Shaun and Sandy...Has two siblings, Zac and Emmy...Majoring in Aerospace Engineering...National Honor Society member.

BEFORE PENN STATE

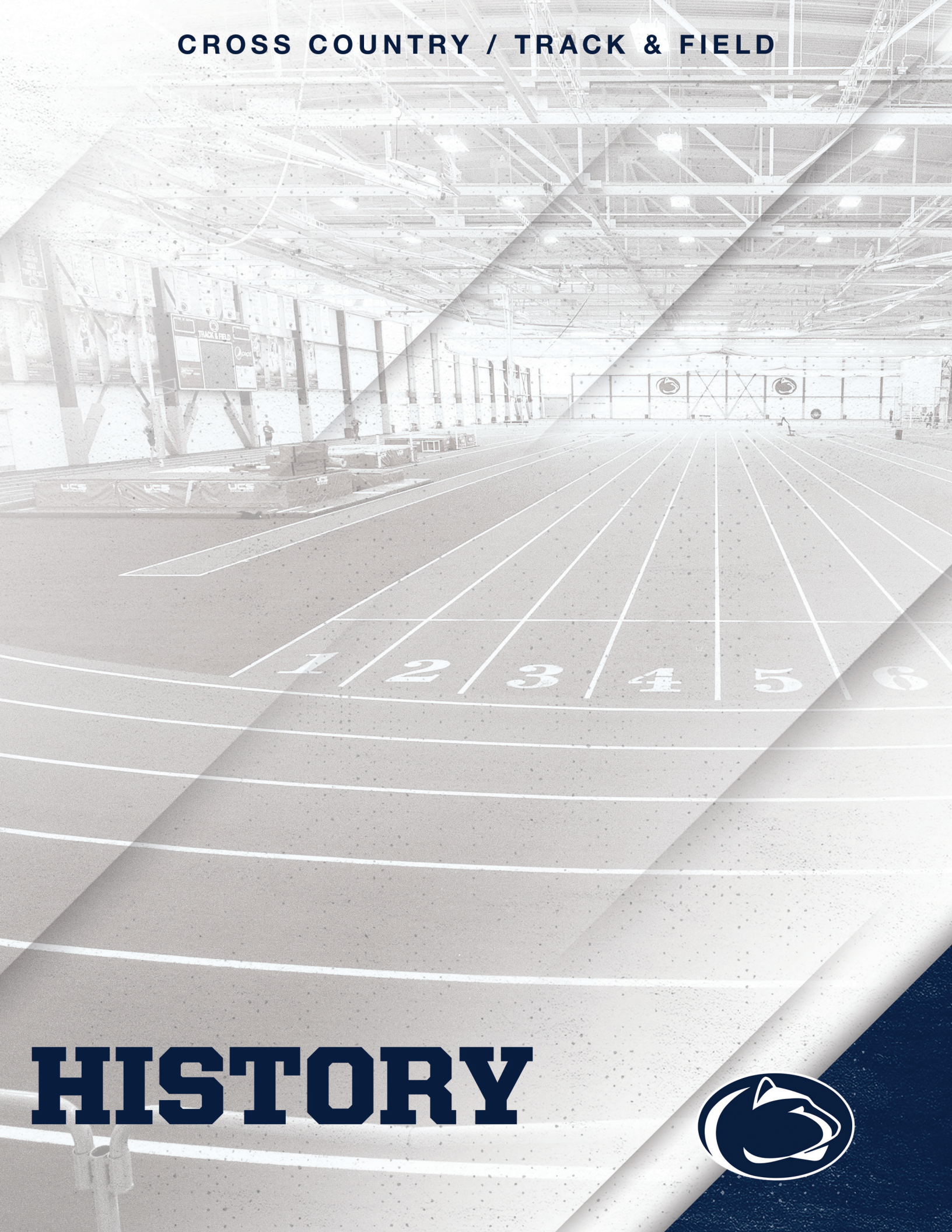
High School PRs: 3200m: 9:21, 1600m: 4:23, 3 Mile: 14:56, 5k: 16:04

Attended Arlington High School...Member of the National Honor Society...Finished as Section 1 XC Runner-Up (2017)...Won Section 1 XC Champion (2018)...Won Section 1 Class A Team Champions XC (2016-2018)...Finished fourth in NYS Class A at State Meet XC (2018)...Won Section 1 Class A Indoor/Outdoor 3200m Champion (2019)...Won Loucks Games DMR Champions...Earned three varsity letters in track & field/cross country...Named All-League, All-County, All-Section 2016-2018 (XC)...Named All-State Honorable Mention in 2017 (XC)...Named first team All-State in 2018 (XC)...Named Indoor/Outdoor All-Section in 2019.

PERSONAL

Son of Lindsey and Kevin Waters...Has two siblings, Liam and Maggie...Intends to major in civil engineering...Chose Penn State because he, " Penn State had a great balance of everything I was looking for in a school, mainly the strong engineering program, opportunity to run, and campus atmosphere."

CROSS COUNTRY / TRACK & FIELD



HISTORY





OLYMPIC HISTORY

Year	PSU Athlete	Event	Place	Country	Location
1908	Talbot, Lee	Hammer	5th	United States	London
1920	Barron, Harold	110-Meter High Hurdles	2nd	United States	Antwerp
1920	Helffrich, Alan	1600-Meter Relay	*Alternate	United States	Antwerp
1920	Shields, Larry	1500-Meters	3rd	United States	Antwerp
1920	Shields, Larry	3,000-Meter (Team Run)	1st (Team); 8th Indiv.	United States	Antwerp
1924	Cox, William	10,000-Meters	Unknown	United States	Paris
1924	Cox, William	3,000-Meter (Team Run)	3rd (Team)	United States	Paris
1924	Moore, Charles	110-Meter High Hurdles	*Alternate	United States	Paris
1924	Romig, John	5,000-Meters	4th	United States	Paris
1924	Studenroth, Arthur	5,000-Meters	6th	United States	Paris
1928	Bates, Al	Long Jump	3rd	United States	Amsterdam
1928	Romig, John	10,000-Meters	Unknown	United States	Amsterdam
1932	Rekers, Paul	5,000-Meters	12th	United States	Los Angeles
1940	Ewell, Barney	Sprints	Honorary Olympian	United States	Tokyo
1940	Vukmanic, Nick	Javelin	Honorary Olympian	United States	Tokyo
.....** Tokyo Games cancelled due to World War II					
1948	Ewell, Barney	100-Meters	2nd	United States	London
1948	Ewell, Barney	200-Meters	2nd	United States	London
1948	Ewell, Barney	4x100-Meter Relay	1st	United States	London
1948	Goffberg, Herman	10,000-Meters	DNF	United States	London
1948	Stone, Curt	10,000-Meters	6th	United States	London
1952	Ashenfelter, Horace	3,000-Meter Steeplechase	1st	United States	Helsinki
*8:45.4 (Olympic Record)					
1952	Ashenfelter, William	3,000-Meter Steeplechase	DNF	United States	Helsinki
1952	Stone, Curt	5,000-Meters	6th (Heat)	United States	Helsinki
1952	Stone, Curt	10,000-Meters	15th	United States	Helsinki
1952	Werner, Chick	Assistant Coach	***	United States	Helsinki
1956	Ashenfelter, Horace	3,000-Meter Steeplechase	6th (Heat)	United States	Stockholm
1956	Stone, Curt	5,000-Meters	6th (Heat)	United States	Stockholm
1960	Moran, Ed	1,500-Meters	*Alternate	United States	Rome
1968	Hedmark, Lennart	Decathlon	11th	Sweden	Mexico City
1968	Reilly, Bill	3,000-Meter Steeplechase	5th (Heat)	United States	Mexico City
1972	Hayden, Steve	50K Walk	27th	United States	Munich
1972	Hedmark, Lennart	Decathlon	DNF	Sweden	Munich
1972	Sands, Mike	100-Meters	6th (Heat)	Bahamas	Munich
1972	Sands, Mike	200-Meters	5th (Heat)	Bahamas	Munich
1972	Sands, Mike	4x100-Meter Relay	6th (Heat)	Bahamas	Munich
1976	Hedmark, Lennart	Decathlon	8th	Sweden	Montreal
1976	Hjeltnes, Knut	Discus	7th	Norway	Montreal
1976	Jackson, Al	Hammer	*Alternate	United States	Montreal
1976	Sands, Mike	100-Meters	4th (Heat)	Bahamas	Montreal
1976	Sands, Mike	400-Meters	6th (Heat)	Bahamas	Montreal
1976	Sands, Mike	4x100-Meter Relay	*Relay Pool	Bahamas	Montreal
1976	Shine, Mike	400-Meter Hurdles	2nd	United States	Montreal
1980	Fredericks, Greg	10,000-Meters	Honorary Olympian	United States	Moscow
.....*U.S. boycotted Moscow Olympics					
1980	Hjeltnes, Knut	Discus	7th	Norway	Moscow
1984	Hjeltnes, Knut	Discus	4th	Norway	Los Angeles
1988	Hjeltnes, Knut	Discus	7th	Norway	Los Angeles
1992	Groves, Harry	Assistant Coach	***	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
2016	Kovacs, Joe	Shot Put	2nd	United States	Rio
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

CROSS COUNTRY / TRACK & FIELD



CROSS COUNTRY HISTORY





NCAA CROSS COUNTRY HISTORY

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

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
2019	18th	482 pts	73, 80, 144, 151, 177, 223, 247	6,000-Meters	Indiana State
2018	20th	482 pts	68, 75, 99, 107, 133, 149, 212	6,000-Meters	Wisconsin
2017	18th	443 pts	75, 106, 118, 132, 147, 228, 250	6,000-Meters	Louisville
2016	18th	465 pts	15, 36, 140, 177, 204, 240	6,000-Meters	Indiana State
2015	16th	396 pts	38, 98, 102, 152, 157, 181, 225	6,000-Meters	Louisville
2013	25th	640 pts	111, 147, 152, 186, 204, 222, 237	6,000-Meters	Indiana State
2012	14th	387 pts	33, 51, 59, 121, 123, 143, 150	6,000-Meters	Louisville
2011	13th	368 pts	10, 39, 85, 93, 141, 167, 173	6,000-Meters	Indiana State
2010	26th	550 pts	82, 96, 106, 124, 142, 154, 167	6,000-Meters	Indiana State
2009	14th	375 pts	24, 69, 77, 90, 115, 163, 168	6,000-Meters	Indiana State
2003	23rd	510 pts	42, 103, 114, 116, 135, 173, 186	6,000-Meters	Northern Iowa
2002	T-25th	568 pts	73, 105, 107, 129, 154, 159, 193	6,000-Meters	Indiana State
1996	11th	270 pts	20, 47, 49, 70, 84, 95, 118	5,000-Meters	Arizona
1994	9th	250 pts	25, 34, 49, 51, 91, 103, 110	5,000-Meters	Arkansas
1993	7th	226 pts	31, 33, 50, 51, 61, 70, 119	5,000-Meters	Lehigh
1992	T-6th	179 pts	24, 33, 36, 37, 49, 55, 104	5,000-Meters	Indiana
1991	13th	328 pts	45, 50, 67, 71, 95, 98, 114	5,000-Meters	Arizona
1987	14th	304 pts	28, 54, 63, 76, 83, 94, 104	5,000-Meters	Virginia
1985	10th	253 pts	11, 55, 58, 64, 65, 89, 98	5,000-Meters	Marquette
1984	14th	305 pts	38, 45, 71, 75, 76, 78, 83	5,000-Meters	Penn State
1983	12th	304 pts	47, 50, 58, 74, 75, 82, 88	5,000-Meters	Lehigh
1982	6th	193 pts	20, 23, 41, 47, 62, 68, 77	5,000-Meters	Indiana
1981	10th	249 pts	39, 41, 53, 54, 62, 64, 69	5,000-Meters	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	5, 17, 80, 125, 144, 222, 246	6 Miles	Penn State
1974	10th	279 pts	31, 53, 59, 67, 69, 116, 140	6 Miles	Indiana
1973	10th	252 pts	5, 12, 56, 85, 98, 166, 185	6 Miles	Washington State
1972	12th	326 pts	23, 28, 64, 78, 133, 154	6 Miles	Houston
1971	8th	269 pts	13, 38, 46, 83, 89, 147, 176	6 Miles	Tennessee
1970	13th	420 pts	3, 43, 89, 136, 149, 187, 214	6 Miles	William and Mary
1969	10th	352 pts	27, 63, 70, 92, 100, 144, 150	6 Miles	Manhattan College
1968	14th	319 pts	23, 34, 50, 103, 109, 114, 133	6 Miles	Manhattan College
1962	12th	253 pts	6, 51, 61, 65, 70, 75	4 Miles	Michigan State College
1961	8th	203 pts	16, 19, 47, 55, 66, 70, 80	4 Miles	Michigan State College
1960	4th	104 pts	5, 13, 24, 28, 34, 38, 46	4 Miles	Michigan State College
1959	10th	213 pts	5, 18, 51, 58, 81	4 Miles	Michigan State College
1957	9th	206 pts	9, 34, 36, 55, 72	4 Miles	Michigan State College
1956	7th	192 pts	11, 17, 43, 51, 70, 71	4 Miles	Michigan State College
1954	5th	152 pts	12, 14, 38, 42, 46, 67, 91	4 Miles	Michigan State College
1953	4th	97 pts	3, 6, 29, 33, 36, 58, 60	4 Miles	Michigan State College
1952	T-4th	110 pts	6, 19, 24, 28, 33, 56, 61	4 Miles	Michigan State College
1951	4th	122 pts	4, 15, 17, 22, 64, 76	4 Miles	Michigan State College
1950	1st	53 pts	5, 7, 12, 13, 16, 18, 31	4 Miles	Michigan State College
1949	4th	93 pts	10, 11, 13, 29, 30, 34, 41	4 Miles	Michigan State College
1948	4th	118 pts	18, 21, 25, 26, 28, 36, 46	4 Miles	Michigan State College
1947	1st	60 pts	1, 3, 13, 17, 26, 45, 46	4 Miles	Michigan State College
1946	3rd	114 pts	2, 6, 14, 34, 58, 81, 108	4 Miles	Michigan State College
1942	T-1st	57 pts	4, 6, 7, 11, 29, 42, 46	4 Miles	Michigan State College
1941	2nd	110 pts	11, 15, 27, 28, 29, 56, 66	4 Miles	Michigan State College

Bold denotes national title.

CROSS COUNTRY ALL-AMERICANS



WOMEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
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

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

* Denotes finish from "Pre-NCAA" era.



NCAA CROSS COUNTRY HISTORY

ALL-TIME WOMEN'S CROSS COUNTRY FINISHES (BY YEAR)

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1981	43	39	Carmichael, Heather	17:29	1983	44	31	Hunt, Kelli	17:29	2010	111	82	Ridder, Brooklyne	21:23
1981	51	41	Murnane, Patty	17:34	1983	46	33	Weaver, Jennifer	17:30	2010	130	96	Lane, Caitlin	21:34
1981	69	53	Startare, Doreen	17:58	1983	67	50	McCarthy, Candida	17:41	2010	140	106	Millhouse, Kara	21:40
1981	70	54	Purcell, Monique	17:59	1983	68	51	Kelly, Kim	17:41	2010	158	124	Bower, Natalie	21:47
1981	82	62	Ihrig, Carolyn	18:16	1983	79	61	Rutkoski, Jamie	17:51	2010	180	142	Ryan, Maura	22:05
1981	84	64	Gerken, Heidi	18:19	1983	93	70	St. John, Erin	17:59	2010	192	154	Graybill, Lindsey	22:12
1981	90	69	Miley, Sue	18:31	1983	149	119	Hohnka, Mary	18:45	2010	205	167	Giannotti, Emily	22:18
1982	28	20	Startare, Doreen	17:38	1994	35	25	Kelly, Kim	17:46	2011	16	10	Lane, Caitlin	20:03
1982	31	23	Carmichael, Heather	17:43	1994	46	34	St. John, Erin	17:55	2011	59	39	Millhouse, Kara	20:42
1982	56	41	Updegrove, Natalie	18:05	1994	68	49	Hunt, Kelli	18:11	2011	112	85	Bower, Natalie	21:08
1982	64	47	Renzi, Paula	18:13	1994	70	51	Renzi, Kris	18:13	2011	123	93	Ridder, Brooklyne	21:12
1982	82	62	Purcell, Monique	18:38	1994	118	91	Hohnka, Teresa	18:40	2011	177	141	Giannotti, Emily	21:38
1982	89	68	Miley, Sue	18:44	1994	130	103	Haritty, Kim	18:49	2011	203	167	Benson, Abbie	21:45
1982	98	77	Gerken, Heidi	18:54	1994	137	110	Simmonds, Karen	18:54	2011	209	173	Graybill, Lindsey	21:57
1983	65	47	Updegrove, Natalie	18:01	1995	75	IND	Fidler, Donna	18:21	2012	47	33	Perri, Tori	20:21
1983	69	50	White, Meredith	18:04	1995	91	IND	McGreevy, Kim	18:28	2012	71	51	Simko, Rebekka	20:35
1983	78	58	Gerken, Heidi	18:13	1996	28	20	McGreevy, Kim	18:18	2012	80	59	Ridder, Brooklyne	20:38
1983	99	74	Startare, Doreen	18:34	1996	66	47	St. John, Erin	18:46	2012	156	121	Bower, Natalie	21:09
1983	100	75	Shafer, Anne	18:35	1996	68	49	Hohnka, Teresa	18:49	2012	159	123	Rodden, Katie	21:10
1983	107	82	Hart, Tammie	18:51	1996	94	70	Fidler, Donna	19:04	2012	180	143	Anderson, Leigha	21:21
1983	113	88	Dickstein, Carol	18:55	1996	111	84	Hohnka, Lou	19:19	2012	188	150	Giannotti, Emily	21:26
1984	56	38	Gerken, Heidi	17:26	1996	123	95	Kern, Jill	19:31	2013	111	83	Giannotti, Emily	21:23
1984	64	45	White, Meredith	17:33	1996	147	118	Glitz, Allison	19:56	2013	147	117	Anderson, Leigha	21:38
1984	93	71	Ross, Lisa	18:01	1998	150	IND	Davis, Erin	18:40	2013	152	121	Klebe, Marta	21:40
1984	98	75	Shafer, Anne	18:04	1999	94	IND	Bouchard, Stacie	17:59	2013	186	152	Rodden, Katie	21:56
1984	100	76	Renzi, Paula	18:05	2000	14	IND	Heyer, Susanne	21:09	2013	204	167	Gerlach, Tori	22:07
1984	102	78	Stearns, Cindy	18:06	2001	134	IND	Wale, Michelle	22:26	2013	222	184	Underwood, Sarah	22:20
1984	107	83	Loht, Holly	18:13	2002	96	73	Brauksieck, Tracey	21:15	2013	237	199	Aldrich, Stephanie	22:36
1985	23	11	Prey, Stacia	16:57	2002	134	105	Landreth, Molly	21:32	2014	161	IND	Hunsberger, Jillian	21:38
1985	76	55	Ross, Lisa	17:44	2002	137	107	Wale, Michelle	21:33	2015	38	24	Barrett, Tessa	20:26
1985	80	58	Pitcher, Kathy	17:47	2002	161	129	Stevens, Jenny	21:46	2015	98	65	Gerlach, Tori	20:49
1985	86	64	Loht, Holly	17:59	2002	187	154	Hillard, Katy	21:57	2015	102	69	Chikotas, Elizabeth	20:50
1985	87	65	Kuhn, Kathleen	17:59	2002	192	159	Johnson, Tara	22:01	2015	152	117	Hunsberger, Jillian	21:12
1985	113	89	Aston, Amy	18:16	2002	229	193	Thomas, Maureen	22:29	2015	157	121	Aldrich, Stephanie	21:15
1985	122	98	St. Clair, Katherine	18:39	2003	56	42	Landreth, Molly	20:55	2015	181	143	Kocjancic, Julie	21:26
1986	56	IND	Prey, Stacia	18:19	2003	131	103	Thomas, Maureen	21:26	2015	225	187	Lindsley, Greta	22:03
1987	41	28	Prey, Stacia	17:06	2003	143	114	Stevens, Jenny	21:31	2016	15	10	Chikotas, Elizabeth	20:09
1987	75	54	Knight, Anne	17:36	2003	147	116	Wale, Michelle	21:32	2016	36	28	Hunsberger, Jillian	20:21
1987	84	63	Hass, Emily	17:43	2003	171	135	Johnson, Tara	21:45	2016	140	112	Lindsley, Greta	21:00
1987	99	76	St. Clair, Katherine	17:52	2003	211	173	Lenge, Chelsea	22:10	2016	177	145	Munks, Kathryn	21:15
1987	107	83	Moody, Juliann	17:59	2003	224	186	Brauksieck, Tracey	22:20	2016	204	170	Kocjancic, Julie	21:31
1987	118	94	Gold, Lisa	18:12	2006	173	IND	Franek, Bridget	22:41	2016	240	204	Crawford, Victoria	22:30
1987	128	104	Quinn, Ann Marie	18:32	2007	57	IND	Franek, Bridget	21:14	2016	DNF	NTS	Barrett, Tessa	---
1988	31	IND	Prey, Stacia	17:17	2008	23	IND	Franek, Bridget	20:31	2017	75	55	Hunsberger, Jillian	20:31
1990	43	IND	Nelson, Wendy	17:10	2009	26	24	Franek, Bridget	20:35	2017	106	80	Munks, Kathryn	20:45
1991	63	45	Kelly, Kim	17:53	2009	86	69	Lane, Caitlin	21:11	2017	118	91	Willingmyre, Alison	20:51
1991	69	50	Kelly, Kris	17:56	2009	94	77	Lord, Nicole	21:16	2017	132	102	Rivers, Danae	20:57
1991	94	67	Morrow, Laurie	18:19	2009	111	90	Spring, Cheryl	21:23	2017	147	115	Lindsley, Greta	21:03
1991	98	71	Martin, Leslee	18:21	2009	142	115	Millhouse, Kara	21:35	2017	228	190	Bennatan, Lisa	21:57
1991	123	95	Weaver, Jennifer	18:40	2009	206	168	Bower, Natalie	22:07	2017	250	212	Crawford, Victoria	22:57
1991	127	98	Dougan, Dana	18:44	Key:					2018	87	68	Rivers, Danae	21:00
1991	144	114	Hunt, Kelli	18:59	IND - Denotes Individual Entrant					2018	94	75	Willingmyre, Alison	21:03
1992	27	24	Kelly, Kim	17:56	BOLD - Denotes All-America finish					2018	125	99	Paternain, Julia	21:17
1992	42	33	Hunt, Kelli	18:10	Notes:					2018	140	107	O'Shea, Moria	21:23
1992	48	36	Glyde, Colleen	18:13	* The women's race distance moved from					2018	166	133	Munks, Kathryn	21:34
1992	49	37	Kelly, Kris	18:14	5,000-meters to 6,000-meters in 2000.					2018	182	149	Williams, Jordan	21:41
1992	65	49	Minard, Meira	18:21	* Results since NCAA era began in 1981.					2018	250	212	Noulet, Noemie	23:11
1992	73	55	Weaver, Jennifer	18:24						2019	73	53	Willingmyre, Alison	21:05
1992	134	104	Hohnka, Mary	19:06						2019	80	60	Munks, Kathryn	21:07

NCAA CROSS COUNTRY HISTORY



ALL-TIME MEN'S CROSS COUNTRY FINISHES (BY YEAR)

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1938	5	IND	Smith, Bill	20:49	1951	4	4	Ashenfelter, Bill	20:32	1961	26	16	Norman, Gerald	20:55
1940	7	IND	Smith, Bill	20:55	1951	17	15	Hollen, Robert	20:54	1961	29	19	Deardorff, Howard	20:58
1940	60	IND	Snyder, Chester	22:37	1951	21	17	Foster, Dudley	21:00	1961	67	47	Bassett, Lionel	21:36
1940	63	IND	Kotz, Vernard	22:50	1951	26	22	Horner, Jackson	21:09	1961	75	55	Noll, Ernest	21:48
1941	11	11	Gordon, Norm	21:05	1951	72	64	Hamill, James	22:00	1961	89	66	Moorhead, Steven	22:09
1941	16	15	Goffberg, Herm	21:30	1951	85	76	Chillrud, John	22:25	1961	93	70	Miller, Michael	22:18
1941	28	27	Bourgerie, Alex	21:57	1952	7	6	Hollen, Robert	20:00	1961	105	80	Imswiler, Ted	22:40
1941	29	28	Stone, Curtis	21:59	1952	25	19	Hamill, James	20:36	1962	8	6	Deardorff, Howard	19:51
1941	30	29	Smith, McLane	22:00	1952	30	24	Horner, Jackson	20:42	1962	59	51	Bassett, Lionel	20:51
1941	61	56	Thiel, Harold	22:45	1952	34	28	Linder, Stanley	20:51	1962	75	61	Nichols, Joseph	21:05
1941	76	66	Kotz, Verard	23:22	1952	39	33	Smith, Lamont	20:58	1962	82	65	Lampman, Richard	21:17
1942	5	4	Gordon, Norm	21:07	1952	67	56	Chillrud, John	21:26	1962	90	70	Tuft, Richard	21:27
1942	7	6	Stone, Curtis	21:12	1952	72	61	Austin, Don	21:38	1962	98	75	Imswiler, Ted	21:38
1942	9	7	Karver, Gerald	21:15	1953	6	3	Hollen, Robert	20:16	1967	17	IND	Smith, Raymond	32:23
1942	13	11	Smith, McLane	21:23	1953	13	6	Smith, Lamont	20:29	1968	38	23	Schurk, Michael	30:24
1942	32	29	Home, 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	Home, 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	Key:					IND - Denotes Individual Entrant				
1950	38	31	Porto, Albert	22:45	BOLD - Denotes All-America finish					Notes:				



NCAA CROSS COUNTRY HISTORY

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1974	34	31	Malley, George	30:49	1984	81	57	Haley, Clark	31:10	1994	48	35	McGlynn, Tom	31:28
1974	76	53	Secord, Ronald	31:21	1984	85	60	Carter, Eric	31:14	1994	56	41	Bartholomy, Jake	31:42
1974	85	59	Majak, Walter	31:27	1984	95	69	Hudson, Robert	31:28	1994	61	46	Hamer, Bob	31:46
1974	95	67	Stemmer, Paul	31:34	1984	135	104	Shisler, Steve	32:03	1994	77	60	Gilkes, Artie	32:04
1974	97	69	Wilson, Kenneth	31:35	1984	145	113	Overheim, Mark	-----	1994	87	68	Arosemena, Che	32:10
1974	166	116	Christopher, George	31:35	1984	153	122	Detuerk, Stephen	32:30	1994	152	125	Simmons, Jamie	33:34
1974	197	140	Augustin, Paul	32:36	1984	173	142	Mackley, Paul	33:22	1994	170	143	Oliver, Steve	34:28
1975	5	5	Stemmer, Paul	28:58	1985	9	IND	Carter, Eric	30:03	1997	114	IND	Drager, Austin	31:36
1975	17	12	Malley, George	29:14	1986	35	21	Carter, Eric	31:47	2003	81	IND	Mazzocco, Dan	30:44
1975	80	56	Wilson, Kenneth	30:08	1986	84	64	Laird, David	32:37	2004	78	IND	Mazzocco, Dan	32:24
1975	125	85	Christopher, George	30:30	1986	104	82	McGarry, Rich	32:47	2005	43	IND	Mazzocco, Dan	30:23
1975	144	98	Majak, Walter	30:40	1986	118	93	Balkey, Steve	33:07	2006	31	IND	Mazzocco, Dan	31:37
1975	222	166	Secord, Ronald	31:28	1986	123	98	Jendricks, Keith	33:11	2008	81	64	Dawson, Kyle	30:45
1975	246	185	Baden, Bruce	31:59	1986	144	118	McCafferty, Bill	33:41	2008	114	93	McNally, Vince	31:00
1976	20	18	Malley, George	29:07	1986	148	122	McMillan, David	33:55	2008	141	112	McCandless, Tyler	31:10
1976	68	45	Baden, Bruce	29:49	1987	4	3	Carter, Eric	29:21	2008	148	118	Mahoney, John	31:14
1976	100	68	Ziegler, John	30:02	1987	42	29	McMillan, David	30:15	2008	197	160	O'Connor, Dennis	31:46
1976	166	108	Majak, Walter	30:34	1987	70	49	Balkey, Steve	30:40	2008	210	173	Quinn, Teddy	31:56
1976	242	171	Nicholson, John	31:28	1987	119	90	Novak, Jeffrey	31:21	2008	232	194	Fuller, Brian	32:25
1976	282	204	Snyder, Robert	32:36	1987	163	133	Accardi, Vinny	32:23	2009	134	IND	McNally, Vince	31:14
1977	34	26	Snyder, Robert	29:53	1987	173	143	Laird, Brian	32:50	2010	64	52	Dawson, Kyle	30:43
1977	83	55	Rapp, Thomas	30:35	1988	13	10	Laird, Brian	29:47	2010	92	77	McNally, Vince	31:05
1977	106	74	Ziegler, John	30:49	1988	91	68	Frazier, Ken	31:09	2010	203	171	Dawson, Owen	32:12
1977	131	92	Wyatt, Michael	31:03	1988	94	70	Walter, Doug	31:10	2010	212	179	Pawola, Danny	32:28
1977	143	99	Felice, Dave	31:11	1988	103	79	Brown, Steve	31:15	2010	213	179	Cipro, Chris	32:30
1977	144	100	Baden, Bruce	31:12	1988	118	91	Novak, Jeffrey	31:26	2010	222	189	Foster, Ryan	32:47
1977	244	188	Cooper, James	32:58	1988	124	*	O'Reilly, Aidan	31:32	2010	226	193	Scarpello, Nick	32:53
1978	9	7	Snyder, Robert	29:48	1988	217	*	Accardi, Vinny	33:12	2011	73	IND	Dawson, Kyle	30:36
1978	54	38	Ziegler, John	30:36	1989	20	12	Brown, Steve	30:23	2011	103	IND	McNally, Vince	30:48
1978	61	42	Mangan, Larry	30:41	1989	41	25	Walter, Doug	30:49	2012	231	IND	Masters, Sam	32:25
1978	73	52	Baden, Bruce	30:50	1989	104	78	Frazier, Ken	31:45	2013	78	IND	Fischer, Matt	31:06
1978	113	81	Rapp, Thomas	31:11	1989	141	113	Anderson, Mark	32:23	2014	167	IND	Fischer, Matt	32:06
1978	120	88	Scharsu, Alan	31:19	1989	146	118	Novak, Jeffrey	32:29	2017	159	IND	Abert, Colin	31:13
1978	129	94	Wyatt, Michael	31:27	1989	159	131	Heffner, Doug	33:03	2017	219	IND	McGowan, Timothy	31:59
1979	19	15	Scharsu, Alan	29:39	1989	173	145	Castillo, Mike	33:45					
1979	34	27	Ziegler, John	29:59	1991	26	18	Wimmer, Mark	31:09					
1979	55	41	Mangan, Larry	30:26	1991	53	36	Gough, Robert	31:55					
1979	65	46	Adkins, Jeff	30:37	1991	88	69	Moore, Ronald	32:22					
1979	81	57	Rapp, Thomas	30:48	1991	93	73	O'Reilly, Aidan	32:24					
1979	95	68	Garcia, Rich	30:55	1991	112	90	Morrow, Austin	32:44					
1979	117	82	Clelland, Steve	31:11	1991	132	107	Scott, Andrew	33:07					
1980	7	5	Scharsu, Alan	29:25	1991	152	124	Mellott, Philip	33:47					
1980	14	12	Mangan, Larry	29:48	1992	64	IND	Wimmer, Mark	32:22					
1980	22	18	Zishka, John	29:55	1993	29	18	Bartholomy, Jake	30:32					
1980	78	52	Rapp, Thomas	30:44	1993	58	43	Hamer, Bob	31:00					
1980	95	66	Stephens, Dwight	30:52	1993	95	73	Steiner, Leif	31:33					
1980	126	91	Garcia, Rich	31:14	1993	109	87	Pritchard, Jon	31:43					
1980	144	106	Adkins, Jeff	31:25	1993	112	90	McGlynn, Tom	31:45					
1981	6	4	Scharsu, Alan	29:30	1993	115	92	Cooper, Ken	31:48					
1981	94	68	Enright, Barry	31:01	1993	134	109	Stants, Harry	32:09					
1981	106	79	Black, Gary	31:13										
1981	137	104	Stephens, Dwight	31:41										
1981	160	124	Althouse, Brad	32:09										
1981	175	139	Adkins, Jeff	32:37										
1982	134	IND	Adkins, Jeff	32:42										

Key:
IND - Denotes Individual Entrant
BOLD - Denotes All-America finish

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.
2019	5th	169 pts	Columbus, Ohio

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

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1991	2nd	74 pts	West Lafayette, Ind.
1992	3rd	83 pts	Champaign, Ill.
1993	2nd	59 pts	East Lansing, Mich.
1994	3rd	81 pts	Iowa City, Iowa
1995	3rd	69 pts	Minneapolis, Minn.
1996	2nd	56 pts	Bloomington, Ind.
1997	4th	125 pts	Columbus, Ohio
1998	4th	105 pts	Ann Arbor, Mich.
1999	8th	203 pts	University Park, Pa.
2000	8th	201 pts	Madison, Wis.
2001	T-7th	153 pts	Champaign, Ill.
2002	4th	94 pts	West Lafayette, Ind.
2003	3rd	76 pts	East Lansing, Mich.
2004	6th	142 pts	Iowa City, Iowa
2005	9th	258 pts	Minneapolis, Minn.
2006	8th	222 pts	Bloomington, Ind.
2007	7th	159 pts	Columbus, Ohio
2008	7th	154 pts	Ann Arbor, Mich.
2009	1st	71 pts	University Park, Pa.
2010	4th	106 pts	Madison, Wis.
2011	3rd	71 pts	Champaign, Ill.
2012	3rd	96 pts	East Lansing, Mich.
2013	4th	143 pts	West Lafayette, Ind.
2014	7th	174 pts	Iowa City, IA
2015	1st	53 pts	Chicago, Ill.
2016	2nd	70 pts	Minneapolis, Minn.
2017	4th	107 pts	Bloomington, Ind.
2018	4th	103 pts	Lincoln, Neb.
2019	4th	138 pts	Columbus, Ohio

BIG TEN WOMEN'S AWARD WINNERS

WOMEN'S FIRST TEAM ALL-BIG TEN

Laurie Morrow, 1991
 Kim Kelly, 1993
 Kris Kelly, 1993
 Erin St. John, 1995-96
Kim McGreevy, 1996
 Susanne Heyer, 2000
 Molly Landreth, 2003, '04
Bridget Franek, 2007, '09

Caitlin Lane, 2011
 Kara Millhouse, 2011
 Bekka Simko, 2012
 Tori Gerlach, 2015
 Elizabeth Chikotas, 2015
 Tessa Barrett, 2016
 Jillian Hunsberger, 2016, '17

WOMEN'S SECOND TEAM ALL-BIG TEN

Tracey Brauksieck, 2002
 Katy Hillard, 2002
 Bridget Franek, 2008
 Nicole Lord, 2009
 Brooklynne Ridder, 2010
 Natalie Bower, 2010
 Emily Giannotti, 2011

Jillian Hunsberger, 2015
 Tessa Barrett, 2015
 Elizabeth Chikotas, 2016
 Danae Rivers, 2018
 Julia Paternain, 2018
 Kathryn Munks, 2019

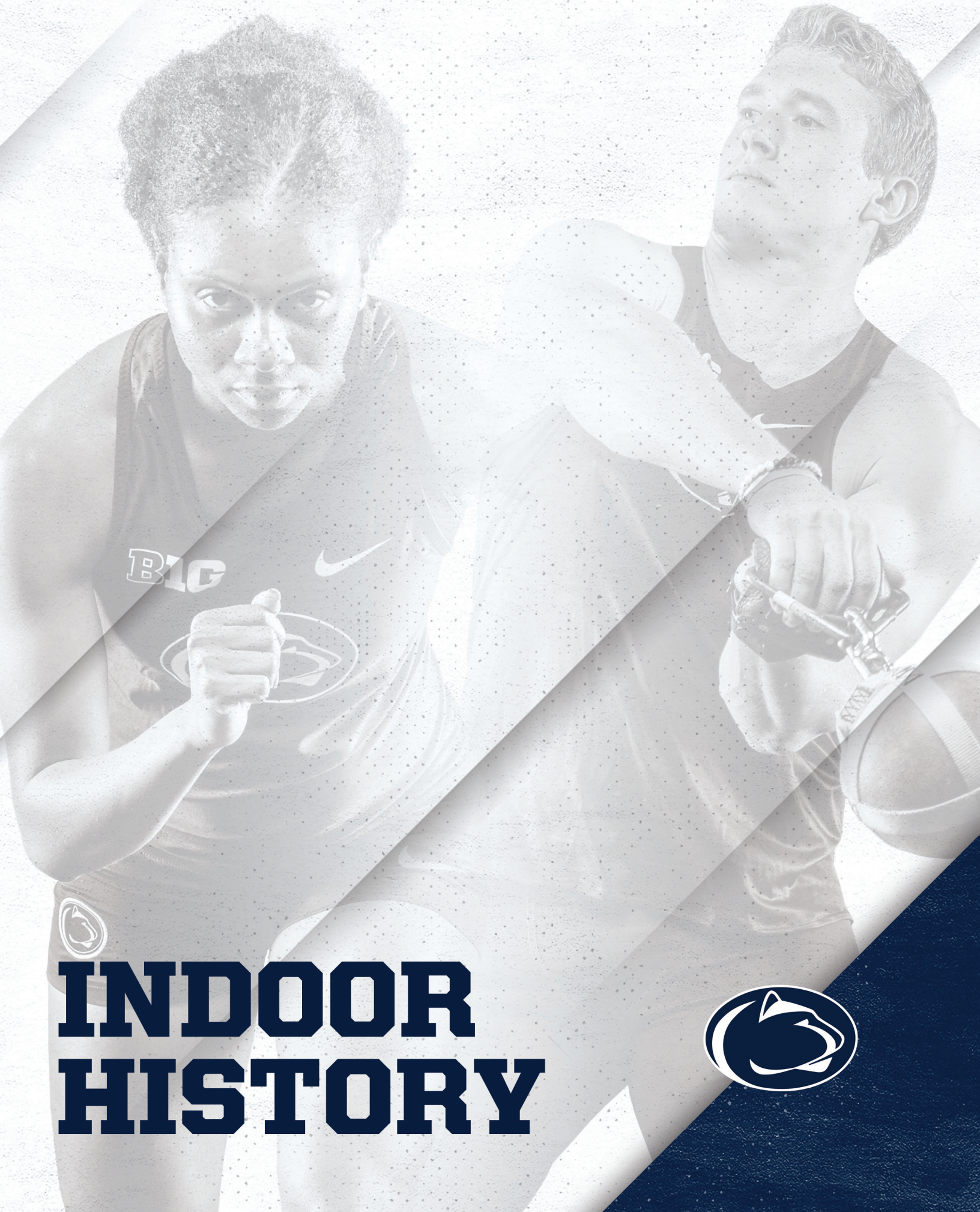
WOMEN'S INDIVIDUAL HONORS

Colleen Glyde, 1992
 Nicole Lord, 2009
 Kim McGreevy, 1996
 Bridget Franek, 2009
 Beth Alford-Sullivan, 2009
 Caitlin Lane, 2011
 Elizabeth Chikotas, 2014
 John Gondak, 2015

Freshman of the Year
 Freshman of the Year
 Athlete of the Year
 Athlete of the Year
 Coach of the Year
 Athlete of the Year
 Freshman of the Year
 Coach of the Year

Bold - Denotes Big Ten Champion

CROSS COUNTRY / TRACK & FIELD



INDOOR HISTORY



NCAA INDOOR HISTORY



MEN'S ALL-TIME INDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1965	Bedick, Tom	2-Mile Relay	6th	1994	Robbins, James	DMR	6th
1965	Lampman, Dick	2-Mile Relay	6th	1994	Davis, Antonio	Triple Jump	9th
1965	Morris, Art	2-Mile Relay	6th	1998	Gorham, John	Long Jump	7th
1965	Reilly, Bill	2-Mile Relay	6th	1998	McNutt, Neal	Weight Throw	7th
1965	Kauffman, Roger	Weight Throw	4th	1999	Gorham, John	Long Jump	12th
1974	Sands, Mike	440-Yards	3rd	1999	Audu, George	Long Jump	5th
1974	Maguire, Charlie	3-Mile	3rd	2002	Olkowski, Ryan	200-Meters	8th
1975	Sands, Mike	440-Yards	1st	2002	Olkowski, Ryan	High Jump	5th
1975	Shine, Mike	60-Meter Hurdles	6th	2003	Nichols, Chavous	Triple Jump	9th
1975	Hackman, Steve	Mile Relay	4th	2007	Fritz, Ryan	High Jump	5th
1975	Moser, Randy	Mile Relay	4th	2009	Fritz, Ryan	High Jump	T-3rd
1975	Sands, Mike	Mile Relay	4th	2010	Williams, Lionel	800-Meters	11th
1975	Shine, Mike	Mile Relay	4th	2010	Foster, Ryan	800-Meters	3rd
1975	Hjeltnes, Knut	Shot Put	5th	2010	Dawson, Owen	800-Meters	8th
1976	Sands, Mike	440-Yards	3rd	2010	Kovacs, Joe	Shot Put	3rd
1976	Jackson, Al	Weight Throw	4th	2010	Eaton, Blake	Shot Put	8th
1977	Stemmer, Paul	3-Mile	6th	2011	Gehret, Brady	400-Meters	3rd
1977	Wyatt, Mike	DMR	3rd	2011	Foster, Ryan	Mile	3rd
1977	Falco, Keith	DMR	3rd	2011	Nadolskly, Aaron	4x400-Meter Relay	5th
1977	Rexroat, Pat	DMR	3rd	2011	Williams, Lionel	4x400-Meter Relay	5th
1977	Malley, George	DMR	3rd	2011	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	Nadolskly, Aaron	4x400-Meter Relay	2nd
1978	Wyatt, Mike	DMR	3rd	2012	Bennett-Green, Brandon	4x400-Meter Relay	2nd
1979	Snyder, Bob	2-Mile	8th	2013	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	2018	Lucas, David	Weight Throw	1st
1987	Mills, Chris	4x800-Meter Relay	6th	2019	Lucas, David	Weight Throw	8th
1988	Balkey, Steve	Mile	10th	2019	Shigo, Morgan	Weight Throw	5th
1989	Timpson, Michael	200-Meters	8th				
1989	Hunter, C.J.	Shot Put	2nd				
1990	Hunter, C.J.	Shot Put	1st				
1991	Caraher, Phil	Shot Put	2nd				
1994	Caldwell, R.B.	DMR	6th				
1994	Hamer, Bob	DMR	6th				
1994	Mellott, Phil	DMR	6th				

BOLD - Denotes NCAA Champion.



NCAA INDOOR HISTORY

MEN'S ALL-TIME INDOOR ALL-AMERICANS (BY EVENT)

200 Meters

Timpson, Michael	8th	1989
Olkowski, Ryan	8th	2002

400 Meters

Sands, Mike	3rd	1974
Sands, Mike	1st	1975
Sands, Mike	3rd	1976
Gehret, Brady	3rd	2011

* 440 yds prior to 1984

800 Meters

Moore, Randy	3rd	1985
Williams, Lionel	11th	2010
Foster, Ryan	3rd	2010
Dawson, Owen	8th	2010
Loxsom, Casimir	2nd	2013
Watkins, Za'Von	7th	2014
Kidder, Brannon	7th	2016
Isaiah Harris	4th	2017
Isaiah Harris	2nd	2018

* 880 yds prior to 1984

Mile

Balkey, Steve	10th	1988
Foster, Ryan	3rd	2011
Kidder, Brandon	7th	2015

3000 Meters

Snyder, Bob	8th	1978
Snyder, Bob	8th	1979
Zishka, John	3rd	1981

* 2-Miles prior to 1984

5000 Meters

Maguire, Charlie	3rd	1974
Stemmer, Paul	6th	1977
Scharsu, Alan	6th	1979
Scharsu, Alan	4th	1980

* 3-Miles prior to 1984

60-Meter Hurdles

Shine, Mike	60-Meter Hurdles	6th	1975
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* 60-yard hurdles prior to 1984

4x400-Meter Relay

Mike Sands, Steve Hackman, Randy Moser, Mike Shine	4th	1975
Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret	5th	2011
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	2nd	2012

* Mile Relay prior to 1984

Distance Medley Relay

Mike Wyatt, Keith Falco, Pat Rexroat, George Malley	3rd	1977
Chris McHugh, Keith Falco, Mike Wyatt, Tom Rapp	3rd	1978
Vance Watson, Barry Robinson, Bob Hudson, Mark Overheim	4th	1985
R. B. Caldwell, James Robbins, Phil Mellott, Bob Hamer	6th	1994
Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese	2nd	2013
Brandon Kidder, Alex Shisler, Za'Von Watkins, Robby Creese	2nd	2015

High Jump

Souza, Paul	7th	1982
Olkowski, Ryan	5th	2002
Fritz, Ryan	5th	2007
Fritz, Ryan	T-3rd	2009

Long Jump

Gorham, John	7th	1998
Gorham, John	12th	1999
Audu, George	5th	1999

Triple Jump

Davis, Antonio	9th	1994
Nichols, Chavous	9th	2003
Waithe, Steve	6th	2014

Shot Put

Hjeltnes, Knut	5th	1975
Hunter, C.J.	2nd	1989
Hunter, C.J.	1st	1990
Caraher, Phil	2nd	1991
Kovacs, Joe	3rd	2010
Eaton, Blake	8th	2010
Hill, Darrell	4th	2015

Weight Throw

Kauffman, Roger	4th	1965
Jackson, Al	4th	1976
Shenk, Todd	10th	1983
Shenk, Todd	T-9th	1984
McNutt, Neal	7th	1998
Barr, Will	6th	2013
Barr, Will	8th	2014
Lucas, David	1st	2018
Lucas, David	8th	2019
Shigo, Morgan	5th	2019

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

BOLD - Denotes NCAA Champion.

NCAA INDOOR HISTORY



WOMEN'S ALL-TIME 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	2019	Holmes, Alexis	400-Meters	4th
2007	Cox, Shana	400-Meters	7th	2019	Rivers, Danae	800-Meters	1st
2007	Simmons, Briene	800-Meters	7th				
2007	Barber, Aleesha	4x400-Meter Relay	4th				
2007	Blake, Dominique	4x400-Meter Relay	4th				

BOLD - Denotes NCAA Champion.

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



NCAA INDOOR HISTORY

WOMEN'S ALL-TIME INDOOR ALL-AMERICANS (BY EVENT)

60 Meters

Moore, Connie	6th	2004
Greaves, Shavon	11th	2010

200 Meters

Moore, Connie	7th	2001
Moore, Connie	9th	2002
Moore, Connie	9th	2003
Moore, Connie	3rd	2004
Greaves, Shavon	10th	2009
Greaves, Shavon	3rd	2010
Jones, Mahagony	3rd	2014

400 Meters

Cox, Shana	11th	2005
Cox, Shana	7th	2006
Cox, Shana	7th	2007
Cox, Shana	4th	2008
Dorr, Fawn	5th	2010
Seymour, Kiah	6th	2014
Holmes, Alexis	4th	2019

800 Meters

Hart, Tammie	4th	**1982
Pioli, Terri	6th	**1982
Simmons, Briene	7th	2007
Rivers, Danae	7th	2018
Rivers, Danae	1st	2019

Mile

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

3000 Meters

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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BOLD - Denotes NCAA Champion.

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

BIG TEN INDOOR HISTORY



ALL-TIME BIG TEN INDOOR TEAM FINISHES

MEN'

Year	Place	Score	Location
1992	8th	30.5 pts	East Lansing, Mich.
1993	6th	31 pts	Madison, Wis.
1994	7th	38 pts	Ann Arbor, Mich.
1995	10th	8 pts	Champaign, Ill.
1996	10th	25 pts	Columbus, Ohio
1997	10th	29.3 pts	Iowa City, Iowa
1998	8th	51 pts	West Lafayette, Ind.
1999	10th	30 pts	Madison, Wis.
2000	9th	34.5 pts	Bloomington, Ind.
2001	5th	68 pts	University Park, Pa.
2002	***	CANCELLED	Minneapolis, Minn.
2003	7th	42 pts	Champaign, Ill.
2004	8th	39 pts	Ann Arbor, Mich.
2005	8th	37 pts	West Lafayette, Ind.
2006	8th	46.5 pts	Iowa City, Iowa
2007	8th	46 pts	Bloomington, Ind.
2008	4th	79 pts	Madison, Wis.
2009	3rd	78 pts	University Park, Pa.
2010	T-6th	51 pts	Minneapolis, Minn.
2011	6th	62.66 pts	Champaign, Ill.
2012	6th	51.33 pts	Lincoln, Neb.
2013	3rd	87 pts	Geneva, Ohio
2014	3rd	72 pts	Geneva, Ohio
2015	4th	72 pts	Geneva, Ohio
2016	6th	60 pts	Geneva, Ohio
2017	2nd	84 pts	Geneva, Ohio
2018	4th	84 pts	Geneva, Ohio
2019	7th	63 pts	Ann Arbor, Mi.

BIG TEN MEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2013 Casimir Loxsom (Track)

ATHLETE OF THE YEAR

2013 Casimir Loxsom (Track)
 2017 Isaiah Harris (Track)
 2018 David Lucas (Field)

FRESHMAN OF THE YEAR

2012 Robby Creese
 2013 Brannon Kidder
 2018 Terrance Laird

WOMEN'S

Year	Place	Score	Location
1992	8th	30 pts	Columbus, Ohio
1993	4th	43 pts	Bloomington, Ind.
1994	10th	10 pts	West Lafayette, Ind.
1995	10th	17 pts	Ann Arbor, Mich.
1996	4th	39 pts	Madison, Wis.
1997	5th	63 pts	Champaign, Ill.
1998	6th	44.5 pts	East Lansing, Mich.
1999	8th	59.17 pts	Columbus, Ohio
2000	8th	21 pts	Minneapolis, Minn.
2001	T-6th	61 pts	West Lafayette, Ind.
2002	7th	55.5 pts	University Park, Pa.
2003	3rd	87 pts	Bloomington, Ind.
2004	1st	115 pts	Iowa City, Iowa
2005	4th	74 pts	Ann Arbor, Mich.
2006	4th	85 pts	Madison, Wis.
2007	4th	92 pts	Champaign, Ill.
2008	3rd	121 pts	Minneapolis, Minn.
2009	2nd	125 pts	Bloomington, Ind.
2010	1st	111 pts	University Park, Pa.
2011	2nd	86 pts	West Lafayette, Ind.
2012	3rd	99 pts	Lincoln, Neb.
2013	4th	73 pts	Geneva, Ohio
2014	1st	114.5 pts	Geneva, Ohio
2015	T-3rd	68 pts	Geneva, Ohio
2016	3rd	96.5 pts	Geneva, Ohio
2017	1st	96.5 pts	Geneva, Ohio
2018	6th	70 pts	Geneva, Ohio
2019	8th	57.5 pts	Ann Arbor, Mi.

BIG TEN WOMEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2004 Connie Moore
 2008 Shana Cox (Track)
 2010 Bridget Franek (Track)
 2014 Kiah Seymour (Track)

ATHLETE OF THE YEAR

2004 Connie Moore
 2006 Jennifer Leatherman
 2010 Shavon Greaves (Track)

***Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.**

FRESHMAN OF THE YEAR

1996 Donna Fiddler
 2008 Shavon Greaves
 2017 Danae Rivers
 2019 Alexis Holmes

COACH OF THE YEAR

2004, '10, '14 Beth Alford-Sullivan
 2017 John Gondak
 2014 Beth Alford-Sullivan
 2017 John Gondak

Bold - Denotes Big Ten Champion



BIG TEN INDOOR HISTORY

ALL-TIME INDOOR CHAMPIONS || BY YEAR

MEN'S				WOMEN'S			
Year	Athlete	Event	Performance	Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097	1992	Mitchell, Shelley	Pentathlon	3830 pts
1994	Kelley, Brian	Pentathlon	3967	1998	Bosler, Erica	600-Meters	1:30.22
1997	Loner, Joe	800-Meters	1:50.87	2002	Aduba, Chi-Chi	Long Jump	19-9 (6.02)
1998	McNutt, Neal	35-lb Weight	62-1 (18.92)	2003	Brauksieck, Tracey	DMR	11:38.33
2007	Fritz, Ryan	High Jump	7-3 (2.21)	2003	Green, Cheryl	DMR	11:38.33
2008	Miller, Mark	800-Meters	1:52.65	2003	Scottoline, Lindsay	DMR	11:38.33
2008	Smith, Clarence	Triple Jump	51-7.75 (15.74)	2003	Stevens, Jenny	DMR	11:38.33
2009	Foster, Ryan	800-Meters	1:50.24	2003	Aduba, Chi-Chi	Triple Jump	44-1.50 (13.44)
2009	Smith, Clarence	Triple Jump	51-7.75 (15.74)	2003	Williams, Deshaya	Weight Throw	64-6 (19.65)
2010	Foster, Ryan	800-Meters	1:50.43	2004	Moore, Connie	60-Meters	7.27
2011	Foster, Ryan	800-Meters	1:49.98	2004	Moore, Connie	200-Meters	23.44
2011	Kovacs, Joe	Shot Put	65-1.25 (19.84)	2004	Dougherty, Sara	Pole Vault	12-11.50 (3.94)
2012	Endress, Wade	DMR	9:44.40	2004	O'Connor, Ja'Nai	Shot Put	55-2 (16.81)
2012	Nadolsky, Aaron	DMR	9:44.40	2005	Leatherman, Jennifer	Shot Put	51-3.75 (15.64)
2012	Loxsom, Casimir	DMR	9:44.40	2005	Leatherman, Jennifer	Weight Throw	69-11.50 (21.32)
2012	Creese, Robby	DMR	9:44.40	2006	Blake, Dominique	4x400-Meter Relay	3:41.98
2013	Loxsom, Casimir	600-Meters	1:15.72	2006	Cox, Shana	4x400-Meter Relay	3:41.98
2013	Kidder, Brannon	800-Meters	1:49.73	2006	Barber, Aleesha	4x400-Meter Relay	3:41.98
2013	Creese, Robby	Mile	4:01.51	2006	Simmons, Briene	4x400-Meter Relay	3:41.98
2013	Kidder, Brannon	DMR	9:39.87	2006	Leatherman, Jennifer	Shot Put	53-5 (16.28)
2013	Gilmore, Matt	DMR	9:39.87	2006	Leatherman, Jennifer	Weight Throw	74-10.50 (22.82)
2013	Brennan, Ryan	DMR	9:39.87	2007	Barber, Aleesha	4x400-Meter Relay	3:37.70
2013	Creese, Robby	DMR	9:39.87	2007	Blake, Dominique	4x400-Meter Relay	3:37.70
2014	Kidder, Brannon	800-Meters	1:49.52	2007	Cox, Shana	4x400-Meter Relay	3:37.70
2014	Watkins, Za'Von	DMR	9:45.48	2007	Simmons, Briene	4x400-Meter Relay	3:37.70
2014	Bennett-Green, Brandon	DMR	9:45.48	2008	Cox, Shana	200-Meters	24.06
2014	Brennan, Ryan	DMR	9:45.48	2008	Cox, Shana	400-Meters	53.40
2014	Kidder, Brannon	DMR	9:45.48	2008	Barber, Aleesha	4x400-Meter Relay	3:40.43
2015	Creese, Robby	3,000-Meters	8:10.75	2008	Blake, Dominique	4x400-Meter Relay	3:40.43
2015	Hill, Darrell	Shot Put	66-6 (20.26)	2008	Cox, Shana	4x400-Meter Relay	3:40.43
2015	Makins, Jordan	DMR	9:40.62	2008	Simmons, Briene	4x400-Meter Relay	3:40.43
2015	Shisler, Alex	DMR	9:40.62	2009	Greaves, Shavon	60-Meters	7.44
2015	Watkins, Za'Von	DMR	9:40.62	2009	Greaves, Shavon	200-Meters	23.96
2015	Creese, Robby	DMR	9:40.62	2009	Dorr, Fawn	400-Meters	54.10
2015	Creese, Robby	Mile	4:11.41	2009	Barber, Aleesha	4x400-Meter Relay	3:39.43
2016	Harris, Isaiah	800-Meters	1:46.24	2009	Dorr, Fawn	4x400-Meter Relay	3:39.43
2016	Kidder, Brannon	Mile	4:07.89	2009	Greaves, Shavon	4x400-Meter Relay	3:39.43
2016	Shisler, Alex	DMR	9:43.25	2009	Hunter, Gayle	4x400-Meter Relay	3:39.43
2016	Kidder, Brannon	DMR	9:43.25	2010	Greaves, Shavon	60-Meters	7.30
2016	Harris, Isaiah	DMR	9:43.25	2010	Greaves, Shavon	200-Meters	22.98
2016	Makins, Jordan	DMR	9:43.25	2010	Anyanwu, Doris	4x400-Meter Relay	3:35.38
2017	Smith, Xavier	60-Meters	6.66	2010	DeFusco, Caitlin	4x400-Meter Relay	3:35.38
2017	Harris, Isaiah	800-Meters	1:47.23	2010	Dorr, Fawn	4x400-Meter Relay	3:35.38
2017	Chisena, Dan	4x400-Meter Relay	3:04.80	2010	Greaves, Shavon	4x400-Meter Relay	3:35.38
2017	Smith, Xavier	4x400-Meter Relay	3:04.80	2010	Franeck, Bridget	Mile	4:37.95
2017	Reiser, Samuel	4x400-Meter Relay	3:04.80	2011	Greaves, Shavon	200-Meters	23.67
2017	Harris, Isaiah	4x400-Meter Relay	3:04.80	2011	Anyanwu, Doris	4x400-Meter Relay	3:37.80
2018	Harris, Isaiah	800-Meters	1:50.15	2011	Iheoma, Ijeoma	4x400-Meter Relay	3:37.80
2019	Perretta, Domenic	800-Meters	1:48.24	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
				2019	Rivers, Danae	800-Meters	2:03.45
				2019	Holmes, Alexis	400-Meters	52.14

Bold - Denotes Big Ten Championship Record.

BIG TEN INDOOR HISTORY



ALL-TIME INDOOR CHAMPIONS || BY EVENT

MEN'S

WOMEN'S

60 Meters		
Smith, Xavier	6.66	2017
600 Meters		
Loxsom, Casimir	1:15.72	2013
800 Meters		
Loner, Joe	1:50.87	1997
Miller, Mark	1:52.65	2008
Foster, Ryan	1:50.24	2009
Foster, Ryan	1:50.43	2010
Foster, Ryan	1:49.98	2011
Kidder, Brannon	1:49.73	2013
Kidder, Brannon	1:49.52	2014
Harris, Isaiah	1:46.24	2016
Harris, Isaiah	1:47.23	2017
Harris, Isaiah	1:50.15	2018
Perretta, Domenic	1:48.24	2019
Mile		
Creese, Robby	4:01.51	2013
Creese, Robby	4:11.41	2015
Kidder, Brannon	4:07.89	2016
3000 Meters		
Creese, Robby	8:10.75	2015
4x400-Meter Relay		
Dan Chisena, Xavier Smith, Samuel Reiser, Isaiah Harris	3:04.80	2017
Distance Medley Relay		
Wade Endress, Aaron Nadolsky, Casimir Loxsom, Robby Creese	9:44.40	2012
Brannon Kidder, Matt Gilmore, Ryan Brennan, Robby Creese	9:39.87	2013
Za'Von Watkins, Brandon Bennett-Green, Ryan Brennan, Brannon Kidder	9:45.48	2014
Jordan Makins, Alex Shisler	9:40.62	2015
Za'Von Watkins, Brannon Kidder, Jordan Makins, Alex Shisler	9:43.25	2016
High Jump		
Fritz, Ryan	7-3 (2.21)	2007
Triple Jump		
Smith, Clarence	51-7.75 (15.74)	2008
Smith, Clarence	51-7.75 (15.74)	2009
Shot Put		
Kovacs, Joe	65-1.25 (19.84)	2011
Hill, Darrell	66-6 (20.26)	2015
35-lb Weight		
McNutt, Neal	62-1 (18.92)	1998
Pentathlon		
Kelley, Brian	4097	1993
Kelley, Brian	3967	1994

60 Meters		
Moore, Connie	7.27	2004
Greaves, Shavon	7.44	2009
Greaves, Shavon	7.30	2010
200 Meters		
Moore, Connie	23.44	2004
Cox, Shana	24.06	2008
Greaves, Shavon	23.96	2009
Greaves, Shavon	22.98	2010
Greaves, Shavon	23.67	2011
Jones, Mahagony	23.10	2014
400 Meters		
Cox, Shana	53.40	2008
Dorr, Fawn	54.10	2009
Seymour, Kiah	52.53	2014
Seymour, Kiah	52.72	2015
Holmes, Alexis	52.14	2019
600 Meters		
Bosler, Erica	1:30.22	1998
800 Meters		
Rivers, Danae	2:06.10	2017
Rivers, Danae	2:07.75	2018
Rivers, Danae	2:03.45	2019
Mile		
Franeck, Bridget	4:37.95	2010
Lane, Caitlin	4:39.90	2012
3000 Meters		
Gerlach, Tori	9:10.76	2014
5000 Meters		
Millhouse, Kara	16:17.45	2012
Gerlach, Tori	16:04.64	2015
4x400-Meter Relay		
Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake	3:41.98	2006
Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	3:37.70	2007
Briene Simmons, Dominique Blake, Aleesha Barber, Shana Cox	3:40.43	2008
Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter	3:39.43	2009
Doris Anyanwu, Caitlin DeFusco, Shavon Greaves, Fawn Dorr	3:35.38	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	3:37.80	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.55	2014
Distance Medley Relay		
Jenny Stevens, Cheryl Green, Lindsay Scottoline, Tracey Brauksieck	11:38.33	2003
Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers	11:10.53	2017
Pole Vault		
Dougherty, Sara	12-11.50 (3.94)	2004
Long Jump		
Aduba, Chi-Chi	19-9 (6.02)	2002
Shot Put		
O'Connor, Ja'Nai	55-2 (16.81)	2004
Leatherman, Jennifer	51-3.75 (15.64)	2005
Leatherman, Jennifer	53-5 (16.28)	2006
Triple Jump		
Aduba, Chi-Chi	44-1.50 (13.44)	2003
Gibson, Dannielle	43-5.25 (13.25)	2017
Weight Throw		
Williams, Deshaya	64-6 (19.65)	2003
Leatherman, Jennifer	69-11.50 (21.32)	2005
Leatherman, Jennifer	74-10.50 (22.82)	2006
Pentathlon		
Mitchell, Shelley	3830 pts	1992

** Bold - Denotes Big Ten Championship Record.

CROSS COUNTRY / TRACK & FIELD



IN STATE

OUTDOOR HISTORY



NCAA OUTDOOR HISTORY



ALL-TIME MEN'S OUTDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1921	Romig, John	2-Mile	1st	1987	Levitte, Ray	800-Meters	2nd
1922	Helfrich, 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	Helfrich, Alan	880 Yards	1st	1988	Timpson, Michael	200-Meters	10th
1923	Enck, Schuyler	Mile	1st	1988	Balkey, Steve	1500-Meters	5th
1938	Vukmanic, Nick	Javelin	1st	1988	Hunter, C.J.	Shot Put	5th
1939	Vukmanic, Nick	Javelin		1989	Hunter, C.J.	Shot Put	4th
1940	Ewell, Barney	100 Yards	1st	1990	Walter, Doug	1500-Meters	10th
1940	Ewell, Barney	220 Yards	1st	1990	Brown, Steve	5000-Meters	11th
1940	Ewell, Barney	Long Jump		1990	Hall, Ricardo	Triple Jump	13th
1940	Vukmanic, Nick	Javelin	4th	1990	Hunter, C.J.	Shot Put	2nd
1941	Ewell, Barney	100 Yards	1st	1991	Caraher, Phil	Shot Put	9th
1941	Ewell, Barney	220 Yards	1st	1992	Milne, Brian	Discus	13th
1941	Ewell, Barney	Long Jump		1993	Cripanuk, Kevin	400-Meter Hurdles	8th
1942	Ewell, Barney	100 Yards		1993	Davis, Antonio	Triple Jump	6th
1942	Ewell, Barney	220 Yards		1993	Milne, Brian	Discus	1st
1942	Ewell, Barney	Long Jump		1994	Hamer, Bob	1500-Meters	9th
1947	Karver, Gerald	Mile	1st	1994	Wimmer, Mark	10,000-Meters	9th
1947	Stone, Curtis	2-Mile	2nd	1995	Austin, Rob	Javelin	10th
1947	Ashenfelter, Horace	2-Mile		1996	Pina, Steve	Long Jump	3rd
1948	Ashenfelter, Horace	5000-Meters	2nd	1996	Austin, Rob	Javelin	8th
1949	Lancaster, Wilbur	220 Yards	6th	1996	Cook, James	Decathlon	9th
1949	Ashenfelter, Horace	2-Mile	1st	1997	Gorham, John	Long Jump	11th
1949	Gehrdes, Jim	120 yd HH	3rd	1997	Cook, James	Decathlon	13th
1949	Gehrdes, Jim	220 yd LH	2nd	1998	Audu, George	Long Jump	4th
1949	Perry, Rod	220 yd LH		1998	Gorham, John	Long Jump	6th
1950	Gehrdes, Jim	120 yd HH		1998	Burkholder, Troy	Javelin	12th
1951	Roderes, Ted	Javelin	5th	1998	Wolter, Carl	Javelin	7th
1954	Hollen, Bob	2-Mile		1998	Cook, James	Decathlon	12th
1954	Blockson, Charles	Shot Put		1999	Audu, George	Long Jump	6th
1954	Grier, Roosevelt	Shot Put		2001	Rose, Guy	110-Meter Hurdles	12th
1955	Pollard, Art	220 Yards		2001	Derby, Brian	400-Meter Hurdles	4th
1955	Youkers, Bill	120 yd HH	4th	2002	Olkowski, Ryan	200-Meters	8th
1957	Perry, Rod	120 yd HH		2007	Fritz, Ryan	High Jump	T-9th
1958	Moran, Ed	Mile	6th	2008	Smith, Clarence	Triple Jump	9th
1960	Moorehead, Steve	3000 Steeplechase		2009	Foster, Ryan	800-Meters	8th
1961	Brown, Bob	100 Yards		2009	Smith, Clarence	Triple Jump	8th
1961	Norman, Gerry	3-Mile		2010	McCandless, Tyler	10,000-Meters	12th
1961	Moorehead, Steve	3000 Steeplechase		2010	Fritz, Ryan	High Jump	4th
1965	Hedmark, Lennart	Javelin		2010	Eaton, Blake	Shot Put	3rd
1966	Rockwell, Warren	Triple Jump	2nd	2011	Loxsom, Casimir	800-Meters	4th
1966	Stevenson, Jim	Javelin	1st	2011	Kovacs, Joe	Shot Put	3rd
1966	Krombolz, Ernie	Javelin	5th	2012	Gehret, Brady	400-Meters	6th
1970	Fredericks, Greg	3-Mile	5th	2012	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	Loxsom, Casimir	4x400-Meter Relay	4th
1973	Maguire, Charlie	6-Mile	1st	2012	Gehret, Brady	4x400-Meter Relay	4th
1973	Finkel, Doug	440 Yd Relay	6th	2012	Kovacs, Joe	Shot Put	4th
1973	Sands, Mike	440 Yd Relay	6th	2013	Loxsom, Casimir	800-Meters	2nd
1973	Scott, Jim	440 Yd Relay	6th	2013	Kidder, Brannon	800-Meters	3rd
1973	Singleton, Fred	440 Yd Relay	6th	2013	Creese, Robby	1500-Meters	6th
1973	Jackson, Al	Hammer	4th	2014	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	2018	Harris, Isaiah	800-Meters	1st
1980	Lankford, Paul	400-Meter Hurdles	4th	2018	Lucas, David	Discus	7th
1981	Lankford, Paul	400-Meter Hurdles	4th	2018	Shigo, Morgan	Hammer	6th
1983	Garcia, Rick	3000 Steeplechase	9th	2019	Shigo, Morgan	Hammer	7th
1985	Moore, Randy	800-Meters	4th				
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)

100 Meters

* 100 yds prior to 1976		
Ewell, Barney	1st	1940
Ewell, Barney	1st	1941
Ewell, Barney		1942
Brown, Bob		1961

200 Meters

* 220 yds prior to 1976		
Ewell, Barney	1st	1940
Ewell, Barney	1st	1941
Ewell, Barney		1942
Lancaster, Wilbur	6th	1949
Pollard, Art		1955
Timpson, Michael	10th	1988
Olkowski, Ryan	8th	2002

400 Meters

* 440 yds prior to 1976		
Sands, Mike	5th	1975
Gehret, Brady	6th	2012

800 Meters

* 880 yds prior to 1976		
Helffrich, Alan	1st	1922
Helffrich, Alan	1st	1923
Moore, Randy	4th	1985
Levitre, Ray	2nd	1987
Foster, Ryan	8th	2009
Loxson, Casimir	4th	2011
Loxson, Casimir	2nd	2013
Kidder, Brannon	3rd	2013
Kidder, Brandon	2nd	2015
Harris, Isaiah	4th	2016
Harris, Isaiah	2nd	2017
Harris, Isaiah	1st	2018

1500 Meters

* One Mile prior to 1976		
Shields, Larry	1st	1922
Enck, Schuyler	1st	1923
Karver, Gerald	1st	1947
Moran, Ed	6th	1958
Balkey, Steve	6th	1987
Balkey, Steve	5th	1988
Walter, Doug	10th	1990
Hamer, Bob	9th	1994
Creese, Robby	6th	2013
Kidder, Brannon	4th	2016

5000 Meters

* 3-Mile prior to 1976		
Norman, Gerry		1961
Fredericks, Greg	5th	1970
Fredericks, Greg	2nd	1971
Ashenfelter, Horace	2nd	1948
Fredericks, Greg	2nd	1972
Brown, Steve	11th	1990

10,000 Meters

* 6-Mile prior to 1976		
Maguire, Charlie	1st	1973
Stemmer, Paul	8th	1977
Ziegler, John	8th	1978
Carter, Eric	10th	1986
Carter, Eric	7th	1987
Wimmer, Mark	9th	1994
McCandless, Tyler	12th	2010

110-Meter Hurdles

Shine, Mike	5th	1976
Rose, Guy	12th	2001
Barron, Harold	1st	1922
Gehrdes, Jim	3rd	1949
Gehrdes, Jim		1950
Youkers, Bill	4th	1955
Perry, Rod		1957

3000-Meter Steeplechase

Moorehead, Steve		1960
Moorehead, Steve		1961
Malley, George	4th	1976
Garcia, Rick	9th	1983

400-Meter Hurdles

Shine, Mike	6th	1975
Shine, Mike	2nd	1976
Lankford, Paul	4th	1980
Lankford, Paul	4th	1981
Cripanuk, Kevin	8th	1993
Derby, Brian	4th	2001

4x100-Meter Relay

Doug Finkleton, Mike Sands, Fred Singleton, Jim Scott	6th	1973
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4x400-Meter Relay

Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	4th	2012
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High Jump

Fritz, Ryan	T-9th	2007
Fritz, Ryan	4th	2010

Long Jump

Ewell, Barney		1940
Ewell, Barney		1941
Ewell, Barney		1942
Pina, Steve	3rd	1996
Gorham, John	11th	1997
Audu, George	4th	1998
Gorham, John	6th	1998
Audu, George	6th	1999

Triple Jump

Rockwell, Warren	2nd	1966
Hall, Ricardo	13th	1990
Davis, Antonio	6th	1993
Smith, Clarence	9th	2008
Smith, Clarence	8th	2009
Waithe, Steve	5th	2014
Waithe, Steve	8th	2015
Leap, Brian	6th	2016

Shot Put

Blockson, Charles		1954
Grier, Roosevelt		1954
Hjeltnes, Knut	5th	1975
Hunter, C.J.	5th	1988
Hunter, C.J.	4th	1989
Hunter, C.J.	2nd	1990
Caraher, Phil	9th	1991
Eaton, Blake	3rd	2010
Kovacs, Joe	3rd	2011
Kovacs, Joe	4th	2012
Hill, Darrell	2nd	2015

Discus

Hjeltnes, Knut	3rd	1975
Milne, Brian	13th	1992
Milne, Brian	1st	1993
Lucas, David	7th	2018

Javelin

Vukmanic, Nick	1st	1938
Vukmanic, Nick		1939
Vukmanic, Nick	4th	1940
Roderes, Ted	5th	1951
Hedmark, Lennart		1965
Stevenson, Jim	1st	1966
Krombolz, Ernie	5th	1966
Austin, Rob	10th	1995
Austin, Rob	8th	1996
Burkholder, Troy	12th	1998
Wolter, Carl	7th	1998
Shuey, Michael	3rd	2017

Hammer

Jackson, Al	4th	1973
Jackson, Al	5th	1976
Shigo, Morgan	6th	2018
Shigo, Morgan	7th	2019

Decathlon

Kleban, Rick	5th	1985
Masgay, Dave	7th	1987
Cook, James	9th	1996
Cook, James	13th	1997
Cook, James	12th	1998
Cardina, Robert	8th	2014

2-Mile (Discontinued)

Romig, John	1st	1921
Stone, Curtis	2nd	1947
Ashenfelter, Horace		1947
Ashenfelter, Horace	1st	1949
Hollen, Bob		1954

220-Yard Hurdles (Discontinued)

Gehrdes, Jim	2nd	1949
Perry, Rod		1949

NCAA OUTDOOR HISTORY



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
1978**	Mills, Kathy	3000-Meters	1st	2008	Franek, Bridget	3000 Steeplechase	3rd
1978**	Mills, Kathy	5000-Meters	1st	2008	Barber, Aleesha	4x400-Meter Relay	1st
1978**	Byrnes, Kathy	4x800-Meter Relay	2nd	2008	Blake, Dominique	4x400-Meter Relay	1st
1978**	Fales, Penny	4x800-Meter Relay	2nd	2008	Cox, Shana	4x400-Meter Relay	1st
1978**	Miller, Sandy	4x800-Meter Relay	2nd	2008	Hunter, Gayle	4x400-Meter Relay	1st
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	2010	Franek, Bridget	3000 Steeplechase	1st
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	Kennedy, Lauren	Javelin	4th
1999	Heyer, Susanne	1500-Meters	4th	2013	Loht, Laura	Javelin	4th
1999	Walker, Shakeema	Long Jump	8th	2013	Kennedy, 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
2003	Williams, Deshaya	Discus	1st	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
Franeck, Bridget	3rd	2008
Franeck, Bridget	4th	2009
Franeck, 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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BOLD - Denotes Champion.

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

BIG TEN OUTDOOR HISTORY



ALL-TIME BIG TEN OUTDOOR TEAM FINISHES

MEN'S

WOMEN'S

Year	Place	Score	Location
1992	7th	55 pts	Minneapolis, Minn.
1993	8th	52.5 pts	East Lansing, Mich.
1994	8th	49 pts	Madison, Wis.
1995	5th	87 pts	Minneapolis, Minn.
1996	3rd	82 pts	University Park, Pa.
1997	8th	56 pts	Champaign, Ill.
1998	9th	53 pts	Columbus, Ohio
1999	9th	62 pts	West Lafayette, Ind.
2000	7th	71.5 pts	Iowa City, Iowa
2001	3rd	98.83 pts	Bloomington, Ind.
2002	5th	72 pts	Madison, Wis.
2003	5th	81 pts	Minneapolis, Minn.
2004	7th	54.5 pts	West Lafayette, Ind.
2005	7th	66 pts	Columbus, Ohio
2006	7th	61 pts	East Lansing, Mich.
2007	4th	93.5 pts	University Park, Pa.
2008	6th	77 pts	Champaign, Ill.
2009	5th	80 pts	Columbus, Ohio
2010	T-7th	52 pts	Bloomington, Ind.
2011	6th	74 pts	Iowa City, Iowa
2012	6th	80 pts	Madison, Wis.
2013	8th	59 pts	Columbus, Ohio
2014	6th	78 pts	West Lafayette, Ind.
2015	5th	67 pts	East Lansing, Mich.
2016	5th	82 pts	Lincoln, Neb.
2017	1st	117 pts	University Park, Pa.
2018	5th	83 pts	Bloomington, Ind.
2019	9th	50	Iowa City, Iowa

Year	Place	Score	Location
1992	6th	77 pts	Minneapolis, Minn.
1993	6th	56 pts	East Lansing, Mich.
1994	8th	53 pts	Madison, Wis.
1995	10th	33 pts	Minneapolis, Minn.
1996	8th	43 pts	University Park, Pa.
1997	3rd	91 pts	Champaign, Ill.
1998	5th	75 pts	Columbus, Ohio
1999	8th	63 pts	West Lafayette, Ind.
2000	7th	62 pts	Iowa City, Iowa
2001	8th	65 pts	Bloomington, Ind.
2002	8th	72 pts	Madison, Wis.
2003	T-2nd	124 pts	Minneapolis, Minn.
2004	2nd	126.5 pts	West Lafayette, Ind.
2005	2nd	112.5 pts	Columbus, Ohio
2006	3rd	114 pts	East Lansing, Mich.
2007	3rd	114 pts	University Park, Pa.
2008	1st	151 pts	Champaign, Ill.
2009	1st	139 pts	Columbus, Ohio
2010	1st	133.5 pts	Bloomington, Ind.
2011	2nd	122 pts	Iowa City, Iowa
2012	4th	87 pts	Madison, Wis.
2013	1st	133 pts	Columbus, Ohio
2014	1st	136 pts	West Lafayette, Ind.
2015	7th	66 pts	East Lansing, Mich.
2016	10th	47.5 pts	Lincoln, Neb.
2017	3rd	101 pts	University Park, Pa.
2018	9th	50 pts	Bloomington, Ind.
2019	6th	68 pts	Iowa City, Iowa

BIG TEN MEN'S OUTDOOR AWARD WINNERS

BIG TEN WOMEN'S AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2014	Darrell Hill
2017	Malik Moffett
2018	Isaiah Harris
2019	Morgan Shigo

ATHLETE OF THE CHAMPIONSHIPS

2002	Connie Moore
2004	Connie Moore
2006	Shana Cox
2008	Shana Cox (Track)
2009	Emma Schmelzer (Field)
2010	Bridget Franek (Track)

ATHLETE OF THE YEAR

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

ATHLETE OF THE YEAR

2004	Connie Moore
2006	Jennifer Leatherman (Field)
2008	Shana Cox (Track)
2010	Shavon Greaves (Track)

FRESHMAN OF THE YEAR

2010	Casimir Loxsom
2012	Robby Creese

COACH OF THE YEAR

2017	John Gondak
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*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

MEN'S

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10 (15.49)
1993	Davis, Antonio	Triple Jump	51-1.75 (15.59)
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1996	Wolter, Carl	Javelin	233-8 (71.22)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Audu, George	Long Jump	25-4 (7.72)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1999	Audu, George	Long Jump	25-8.75 (7.84)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kurecich, 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	Waiathe, Steve	Triple Jump	52-0 (15.85)
2014	Hill, Darrell	Shot Put	67-6 (20.57)
2014	Shuey, Michael	Javelin	236-2 (71.98)
2015	Hill, Darrell	Shot Put	66-3.25 (20.19)
2015	Shuey, Michael	Javelin	229-2 (69.85)
2015	Kidder, Brandon	800-Meters	1:47.56
2016	Kidder, Brannon	1500-Meters	3:44.67
2016	Harris, Isaiah	800-Meters	1:46.21
2016	Leap, Brian	Triple Jump	53-4.5 (16.37)
2017	Moffett, Malik	200-Meters	19.87
2017	Harris, Isaiah	800-Meters	1:49.68
2017	Moffett, Malik	Long Jump	26-3 (8.00)
2018	Harris, Isaiah	800-Meters	1:45.31
2018	Biddle, Michael	Javelin	239-7 (73.02)
2019	Shigo, Morgan	Hammer	236-4 (72.04)

WOMEN'S

Year	Athlete	Event	Performance
1992	Gibbs, Stacey	Javelin	165-1 (50.31)
1993	Kelly, Kim	10,000-Meters	34:58.95
1998	Bosler, Erica	800-Meters	2:05.69
1998	Walker, Shakeema	Triple Jump	42-4 (12.91)
1999	Walker, Shakeema	Triple Jump	43-6.50 (13.27)
2000	Williams, Deshaya	Discus	165-10 (50.54)
2002	Moore, Connie	100-Meters	11.31
2002	Moore, Connie	200-Meters	23.12
2003	Moore, Connie	100-Meters	11.37
2004	Moore, Connie	100-Meters	11.40
2004	Moore, Connie	200-Meters	22.74
2004	Aduba, Chi-Chi	4x100-Meter Relay	44.55
2004	Moore, Connie	4x100-Meter Relay	44.55
2004	Salaam, Kamillah	4x100-Meter Relay	44.55
2004	Shoaff, Sara	4x100-Meter Relay	44.55
2004	Aduba, Chi-Chi	Long Jump	20-10.75 (6.36)

WOMEN'S (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, Kamillah	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, Kamillah	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	Franeck, 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	Franeck, Bridget	3000 Steeplechase	9:48.28
2010	Barber, Aleesha	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
2011	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)
2012	Millhouse, Kara	10,000-Meters	34:25.78
2012	Loht, Laura	Javelin	160-11 (49.05)
2013	Jones, Mahagony	100-Meters	11.32 (+2.6)
2013	Britton, Evonne	100-Meter Hurdles	13.40
2013	Kenney, Lauren	Javelin	173-10 (52.98)
2014	Jones, Mahagony	200-Meters	23.08
2014	Seymour, Kiah	400-Meter Hurdles	56.40
2014	McGee, Dynasty	4x400-Meter Relay	3:34.81
2014	Jones, Mahagony	4x400-Meter Relay	3:34.81
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.81
2014	Seymour, Kiah	4x400-Meter Relay	3:34.81
2014	Kurzdorfer, Melissa	Hammer	198-6 (60.51)
2014	Howell, Brittney	Heptathlon	5.515
2017	Rivers, Danae	800-Meters	2:04.14
2017	Gibson, Dannielle	Triple Jump	45-1.75 (13.76)
2018	Rivers, Danae	1500-Meters	4:27.47
2019	Rivers, Danae	1500-Meters	4:17.69
2019	Rivers, Danae	800-Meters	2:04.71
2019	Holmes, Alexis	400-Meters	52.17

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

BIG TEN OUTDOOR HISTORY



ALL-TIME OUTDOOR CHAMPIONS || BY EVENT

ALL-TIME MEN'S OUTDOOR CHAMPIONS

200 Meters		
Olkowski, Ryan	20.59	2002
Moffett, Malik	19.87	2017
400 Meters		
Gehret, Brady	45.22	2012
800 Meters		
Miller, Mark	1:48.78	2006
Foster, Ryan	1:49.66	2009
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
Harris, Isaiah	1:45.31	2018
1500 Meters		
Borchers, Samuel	4:03.96	2008
Kidder, Brannon	3:44.56	2016
5000 Meters		
Hamer, Bob	14:26.10	1994
400-Meter Hurdles		
Derby, Brian	49.77	2001
Derby, Brian	49.72	2003
Campisi, Jaret	50.10	2005
4x400-Meter Relay		
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxson, Brady Gehret	3:04.78	2012
High Jump		
Fritz, Ryan	7-1.75 (2.13)	2007
Long Jump		
Pina, Steve	25-9.50 (7.86)	1996
Audu, George	25-4 (7.72)	1998
Audu, George	25-8.75 (7.84)	1999
Moffett, Malik	26-3 (8.00)	2017
Triple Jump		
Davis, Antonio	50-10 (15.49)	1992
Davis, Antonio	51-1.75 (15.59)	1993
Smith, Clarence	52-10.75 (16.12)w	2009
Waitha, Steve	52-0 (15.85)	2014
Leap, Brian	53-4.5 (16.27)	2016
Shot Put		
Eaton, Blake	60-6.75 (18.46)	2010
Eaton, Blake	61-8.50 (18.81)	2011
Kovacs, Joe	68-5 (20.85)	2012
Hill, Darrell	67-6 (20.57)	2014
Hill, Darrell	66-3.25 (20.19)	2015
Javelin		
Austin, Rob	224-0 (68.27)	1995
Wolter, Carl	233-8 (71.22)	1996
Burkholder, Troy	224-2 (68.32)	1997
Burkholder, Troy	210-11 (64.28)	1998
Burkholder, Troy	222-11 (67.96)	1999
Stumpf, Brian	216-4 (65.94)	2004
Kerschner, Bret	218-6 (66.61)	2005
Pettner, Allen	218-6 (66.60)	2006
Pettner, Allen	239-9 (73.09)	2007
Evak, Tanner	233-4 (71.13)	2009
Shuey, Michael	236-2 (71.98)	2014
Shuey, Michael	229-2 (69.85)	2015
Biddle, Michael	239-7 (73.02)	2018
Hammer		
Shigo, Morgan	236-4 (72.04)	2019
Decathlon		
Cook, James	7448	1996
Kuretich, J.T.	7424	2003

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

100 Meters		
Moore, Connie	11.31	2002
Moore, Connie	11.37	2003
Moore, Connie	11.40	2004
Greaves, Shavon	11.49	2009
Greaves, Shavon	11.56	2010
Jones, Mahagony	11.32 (+2.6)	2013
200 Meters		
Moore, Connie	23.12	2002
Moore, Connie	22.74	2004
Cox, Shana	23.41	2006
Cox, Shana	23.15	2008
Greaves, Shavon	23.35	2009
Greaves, Shavon	23.28	2010
Jones, Mahagony	23.08	2014
400 Meters		
Cox, Shana	52.91	2005
Cox, Shana	52.57	2006
Cox, Shana	52.00	2008
Dorr, Fawn	52.51	2010
Holmes, Alexis	52.17	2019
800 Meters		
Bosler, Erica	2:05.69	1998
Rivers, Danae	2:04.14	2017
Rivers, Danae	2:04.71	2019
1500 Meters		
Rivers, Danae	4:27.47	2018
Rivers, Danae	4:17.69	2019
10,000 Meters		
Kelly, Kim	34:58.95	1993
Millhouse, Kara	35:02.33	2011
Millhouse, Kara	34:25.78	2012
100-Meter Hurdles		
Barber, Aleesha	12.83	2008
Barber, Aleesha	13.11	2010
Britton, Evonne	13.40	2013
400-Meter Hurdles		
Barber, Aleesha	57.56	2007
Dorr, Fawn	57.50	2010
Duncan, Megan	57.35	2011
Seymour, Kiah	56.40	2014
3000-Meter Steeplechase		
Franek, Bridget	9:58.56	2008
Franek, Bridget	9:48.28	2010
4x100-Meter Relay		
Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, Connie Moore	44.55	2004
Brooke Robinson, Kamilah Salaam, Sara Shoaff, Shana Cox	45.27	2005
Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff	45.18	2006
Shavon Greaves, Caitlin DeFusco, Aleesha Barber, Fawn Dorr	42.62	2010
4x400-Meter Relay		
Shana Cox, Dominique Blake, Kim Markel, Briene Simmons	3:36.95	2006
Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox	3:34.93	2007
Briene Simmons, Dominique Blake, Gayle Hunter, Shana Cox	3:36.24	2008
Megan Duncan, Shavon Greaves, Doris Anyanwu, Fawn Dorr	3:35.18	2010
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.81	2014
Long Jump		
Aduba, Chi-Chi	20-10.75 (6.36)	2004
Triple Jump		
Walker, Shakeema	42-4 (12.91)	1998
Walker, Shakeema	43-6.50 (13.27)	1999
Gibson, Dannielle	45-1.75 (13.76)	2017
Shot Put		
O'Connor, Ja'Nai	55-4.75 (16.88)	2004
Discus		
Williams, Deshaya	165-10 (50.54)	2000
Leatherman, Jennifer	167-8 (51.10)	2006
Hammer		
Leatherman, Jennifer	199-3 (60.73)	2005
Leatherman, Jennifer	197-8 (60.24)	2006
Kurzrdorfer, Melissa	198-6 (60.51)	2014
Javelin		
Gibbs, Stacey	165-1 (50.31)	1992
McQuillen, Karlee	162-10 (49.63)	2011
Loht, Laura	160-11 (49.05)	2012
Kennedy, Lauren	173-10 (52.98)	2013
Heptathlon		
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

Year	Season	Athlete	Date	Event
1996	XC	Kim McGreevy	Oct.*	
1996	XC	Kim McGreevy	Nov.*	
1997	T&F	Felicia Cooksey	Jan.*	
1997	T&F	Jen Pastore	April*	
2001	XC	Michelle Wale	Oct. 9	
2002	XC	Tracey Brauksieck	Sept. 10	
2002	XC	Tracey Brauksieck	Oct. 15	
2002	XC	Tracey Brauksieck	Oct. 22	
2003	XC	Molly Landreth	Sept. 17	
2003	XC	Molly Landreth	Oct. 22	
2003	XC	Molly Landreth	Oct. 29	
2003	T&F	Chi Chi Aduba	Jan. 21	
2004	XC	Molly Landreth	Sept. 14	
2004	XC	Molly Landreth	Sept. 28	
2004	T&F	Sara Dougherty	Feb. 3	
2004	T&F	Connie Moore	Feb. 18	
2004	T&F	Ja'Nai O'Connor	March 29	
2004	T&F	Connie Moore	April 19	
2004	T&F	Chi Chi Aduba	May 3	
2005	T&F	Jennifer Leatherman	April 25	
2005	T&F	Jennifer Leatherman	May 9	
2006	XC	Bridget Franek	Oct. 10	
2006	T&F	Jennifer Leatherman	Jan. 17	
2006	T&F	Jennifer Leatherman	Feb. 14	
2006	T&F	Jennifer Leatherman	March 28	
2006	T&F	Jennifer Leatherman	April 11	
2006	T&F	Jennifer Leatherman	April 25	
2006	T&F	Jennifer Leatherman	May 5	
2006	T&F	Jennifer Leatherman	May 8	
2007	XC	Bridget Franek	Sept. 4	
2007	XC	Bridget Franek	Sept. 25	
2007	T&F	Lena Bettis	Jan. 16	Field
2007	T&F	Shana Cox	Jan. 30	Track
2007	T&F	Shana Cox	April 10	Track
2007	T&F	Shana Cox	April 17	Track
2007	T&F	Aleesha Barber	April 24	Track
2007	T&F	Bridget Franek	May 1	Track
2007	T&F	Gayle Hunter	May 1	Field
2007	T&F	Emma Schmelzer	May 8	Field
2008	XC	Caitlin Lane	Sept. 2	
2008	XC	Bridget Franek	Oct. 7	
2008	T&F	Dominique Blake	Jan. 29	Track
2008	T&F	Gayle Hunter	Jan. 29	Field
2008	T&F	Briene Simmons	Feb. 5	Track
2008	T&F	Lena Bettis	Feb. 12	Field
2008	T&F	Shana Cox	April 15	Track
2008	T&F	Shana Cox	April 29	Track
2008	T&F	Shana Cox	May 6	Track
2009	XC	Caitlin Lane	Sept. 8	
2009	XC	Cheryl Spring	Sept. 15	
2009	XC	Bridget Franek	Oct. 6	
2009	T&F	Bridget Franek	Feb. 2	Track
2009	T&F	Gayle Hunter	Feb. 2	Field
2009	T&F	Gayle Hunter	Feb. 9	Field
2009	T&F	Bridget Franek	Feb. 16	Track
2009	T&F	Bridget Franek	April 15	Track
2009	T&F	Kim Hanslovan	May 13	Field
2010	XC	Caitlin Lane	Sept. 7	
2010	T&F	Shavon Greaves	Jan. 11	Track
2010	T&F	Fawn Dorr	Jan. 18	Track
2010	T&F	Shavon Greaves	Feb. 1	Track
2010	T&F	Bridget Franek	Feb. 15	Track
2010	T&F	Shavon Greaves	April 7	Track
2010	T&F	Karlee McQuillen	April 28	Field
2010	T&F	Bridget Franek	May 12	Track
2011	XC	Caitlin Lane	Sept. 6	
2011	T&F	Shavon Greaves	Jan. 31	Track
2011	T&F	Karlee McQuillen	April 6	Field
2012	XC	Bekka Simko	Sept. 4	
2012	T&F	Mahogany Jones	Jan. 9	Track
2012	T&F	Melissa Kurzdorfer	April 4	Field
2012	T&F	Kirsten Nieuwendam	May 9	Track
2013	T&F	Mahogany Jones	Jan. 7	Track
2013	T&F	Erika Morgan	Jan. 7	Field
2013	T&F	Marlene Ricketts	Jan. 14	Field
2013	T&F	Lauren Kenney	April 10	Field
2013	T&F	Mahogany Jones	April 17	Track
2014	T&F	Evonne Britton	Feb. 3	Track
2014	T&F	Kiah Seymour	Feb. 17	Track
2014	T&F	Mahogany Jones	April 16	Track
2014	T&F	Kiah Seymour	May 7	Track
2014	T&F	Melissa Kurzdorfer	May 14	Field
2015	XC	Tori Gerlach	Sept. 16	
2016	T&F	Lexi MasterSon	Jan 13	Field
2016	T&F	Dannielle Gibson	March 30	Field
2016	XC	Tessa Barrett	Sept. 14	
2017	T&F	Dannielle Gibson	Jan. 18	Field
2017	T&F	Tessa Barrett	Feb. 1	Track
2017	T&F	Danae Rivers	Feb. 1	Track
2017	T&F	Tori Gerlach	Apr. 19	Track
2017	T&F	Danae Rivers	Apr. 26	Track
2017	XC	Jillian Hunsberger	Sept. 6	
2017	XC	Jillian Hunsberger	Sept. 13	
2018	T&F	Danae Rivers	Jan. 24	Track
2018	XC	Julia Paternain	Sept. 12	
2019	T&F	Danae Rivers	Jan. 16	Track
2019	T&F	Danae Rivers	Jan. 30	Track
2019	T&F	Danae Rivers	Feb. 13	Track
2019	T&F	Payden Montana	Mar. 27	Field

ALL-TIME MEN'S WINNERS

Year	Season	Athlete	Date	Event
1992	T&F	Jay Kirby	Jan.*	
1992	T&F	Brian Miline	March*	
1996	T&F	4x800M Relay Team	March*	
1999	T&F	George Audu	Jan. 12	
1999	T&F	John Gorham	April 19	
2001	XC	Stephen Walsh	Oct. 9	
2001	T&F	Ryan Olkowski	April 9	
2003	XC	Dan Mazzocco	Sept. 17	
2003	XC	Dan Mazzocco	Oct. 22	
2006	T&F	Steve Meyers	April 25	
2007	XC	Brian Fuller	Sept. 4	
2007	XC	Lucas Zarzeczny	Sept. 25	
2007	T&F	Ryan Fritz	Feb. 13	
2007	T&F	Allen Pettner	April 3	Field
2007	T&F	Ryan Fritz	April 17	Field
2008	T&F	Sam Borchers	Jan. 29	Track
2008	T&F	Sam Borchers	April 8	Track
2008	T&F	Clarence Smith	May 6	Field
2008	T&F	Mike Cadau	Jan. 12	Track
2009	T&F	Ryan Fritz	Jan. 12	Field
2009	T&F	Clarence Smith	Jan. 19	Field
2009	T&F	Clarence Smith	Feb. 9	Field
2009	T&F	Ryan Foster	April 15	Track
2009	T&F	John Vellenoweth	May 13	Field
2010	XC	Vince McNally	Sept. 7	
2010	T&F	Ryan Foster	Jan. 18	Track
2010	T&F	Ryan Foster	Feb. 1	Track
2010	T&F	Blake Eaton	Feb. 8	Field
2010	T&F	Ryan Foster	April 7	Track
2010	T&F	Joe Kovacs	April 21	Field
2010	T&F	Casimir Loxsom	April 28	Track
2010	T&F	Casimir Loxsom	May 5	Track
2010	T&F	Ryan Fritz	May 12	Field
2011	XC	Kyle Dawson	Sept. 6	
2011	T&F	Blake Eaton	Feb. 7	Field
2011	T&F	Joe Kovacs	April 20	Field
2011	T&F	Casimir Loxsom	April 27	Track
2011	T&F	Ryan Foster	May 4	Track
2011	T&F	Sean Reilly	May 11	Field
2012	XC	Robby Creese	Sept. 4	
2012	T&F	Hanif Johnson	Jan. 9	Field
2012	T&F	Robby Creese	Jan. 16	Track
2012	T&F	Joe Kovacs	April 4	Field
2012	T&F	Robby Creese	April 18	Track
2012	T&F	Joe Kovacs	April 18	Field
2012	T&F	Joe Kovacs	May 2	Field
2012	T&F	Joe Kovacs	May 9	Field
2013	T&F	Sancho Barrett	Jan. 7	Track
2013	T&F	Jon Hendershot	Jan. 7	Field
2013	T&F	Casimir Loxsom	Jan. 14	Track
2013	T&F	Casimir Loxsom	Jan. 28	Track
2013	T&F	Robby Creese	Feb. 11	Track
2013	T&F	Brannon Kidder	April 10	Track
2013	T&F	Robby Creese	April 17	Track
2013	T&F	Casimir Loxsom	April 24	Track
2013	T&F	Casimir Loxsom	May 2	Track
2013	T&F	Jon Hendershot	May 8	Field
2014	T&F	Brannon Kidder	Feb. 10	Track
2014	T&F	Steve Waithe	Feb. 17	Field
2014	T&F	Steve Waithe	April 16	Field
2014	T&F	Darrell Hill	April 30	Field
2014	XC	Brannon Kidder	Oct. 14	Track
2015	T&F	Brannon Kidder	Feb. 2	Track
2015	T&F	Darrell Hill	Feb. 9	Field
2015	T&F	Robby Creese	Feb. 9	Track
2015	T&F	Brannon Kidder	Feb. 23	Track
2015	T&F	Brannon Kidder	April 8	Track
2015	T&F	Robby Creese	April 15	Track
2015	T&F	Darrell Hill	April 29	Field
2015	T&F	Brannon Kidder	May 6	Track
2015	T&F	Sancho Barrett	May 13	Track
2015	T&F	Darrell Hill	May 13	Field
2015	XC	Ean DiSilvio	Sept. 9	
2016	T&F	Brannon Kidder	Jan. 20	Track
2016	T&F	Isaiah Harris	Feb. 10	Track
2016	T&F	Isaiah Harris	April 6	Track
2016	T&F	Brian Leap	April 20	Field
2016	T&F	Brannon Kidder	April 27	Track
2016	T&F	Brian Leap	May 4	Field
2017	T&F	Isaiah Harris	Jan. 25	Track
2017	T&F	Isaiah Harris	Feb. 1	Track
2017	T&F	Michael Shuey	Mar. 29	Field
2017	T&F	Isaiah Harris	Apr. 5	Track
2017	T&F	Isaiah Harris	Apr. 26	Track
2017	XC	Colin Abert	Sept. 6	
2017	XC	Colin Abert	Sept. 13	
2017	XC	Colin Abert	Oct. 18	
2018	T&F	Bryce Williams	Jan. 17	Field
2018	T&F	Colin Abert	Jan. 17	Track
2018	T&F	Isaiah Harris	Jan. 24	Track
2018	T&F	David Lucas	Jan. 31	Field
2018	T&F	Isaiah Harris	Feb. 14	Track
2018	XC	Colin Abert	Sept. 5	
2018	XC	Colin Abert	Sept. 12	
2019	T&F	Morgan Shigo	Jan. 30	Field
2019	T&F	David Lucas	Feb. 20	Field

PENN RELAYS HISTORY

Men's Relay Champions

Men's Individual 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, ZaVon Watkins, Casimir Loxsom, Brannon Kidder	7:14.14
2013	DMR Brannon Kidder, Brandon Bennett-Green, Casimir Loxsom, Robby Creese	9:24.68
2015	SMR Xavier Smith, Sancho Barrett, Alex Shisler, Brandon Kidder	3:21.29
2016	4x800-Meter Relay Robby Creese, Jordan Makins, Isaiah Harris, Brannon Kidder	7:14.14
2018	SMR Xavier Smith, Malik Moffett, Kier Miner, Isaiah Harris	3:15.25

WOMEN'S RELAY CHAMPIONS

Year	Relay	Performance
1978	4x800-Meter Relay Unknown	8:49.9
2008	4x400-Meter Relay Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	3:31.44
2019	Sprint Medley Relay Brooke-Lynn Williams, Kiara Lester, Alexis Holmes, Danae Rivers	3:45.25

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 Hjeltmes	Shot Put	61-23/4 (18.66)
1976	George Malley	3000-Meter Steeplechase	8:34.4
1976	Mike Shine	110-Meter High Hurdles	13.6
1976	Al Jackson	Hammer Throw	199-4 (60.76)
1977	Paul Stemmer	5000 Meters	13:52.4
1979	Bruce Baden	3000-Meter Steeplechase	8:42.5
1979	Alan Scharsu	5000 Meters	13:48.5
1979	John Ziegler	10,000 Meters	29:19.3
1979	Tim Backenstose	Marathon	2:22:14
1980	Alan Scharsu	5000 Meters	13:42.1
1982	Jeff Adkins	5000 Meters	13:55.0
1987	Dave Masgay	Decathlon (Multi)	7282
1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)
1990	C.J. Hunter	Shot Put	65-5 (19.81)
1993	Brian Milne	Discus	196-5 (59.86)
1993	Antonio Davis	Triple Jump	53-11 1/4 (16.44)
1996	James Cook	Decathlon (Multi)	7600
1997	James Cook	Decathlon (Multi)	7458
1998	Kevin Geesaman	20,000 Meters	1:04:40
2003	J.T. Kuretich	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris 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
2019	Morgan Shigo	Hammer	234-4 (71.45)

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)

CROSS COUNTRY / TRACK & FIELD

RECORDS





Track Events

60 Meters	7.24.....	Shavon Greaves, 2010
200 Meters	22.60.....	Consuella Moore, 2004
400 Meters	52.14.....	Alexis Holmes, 2019
800 Meters	2:02.94.....	Danae Rivers, 2019
Mile	4:29.47.....	Danae Rivers, 2019
3000 Meters	9:07.22.....	Tessa Barrett, 2017
5000 Meters	15:28.99.....	Tessa Barrett, 2017
60m Hurdles	8.10.....	Evonne Britton, 2014

Relay Events

4x400-Meters	3:33.13	Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
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Distance Medley	11:01.16.....	Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
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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	2:38.58.....	Danae Rivers, 2019
55m Hurdles	7.77.....	Aleesha Barber, 2008
Shuttle Hurdles	32.30	Carla Criste, Laurie Dangel, Sue Lindner, Stephanie Weeks, 1983
4x200-Meters	1:35.65.....	Megan Osborne, Kiah Seymour, ...Dynasty McGee, Mahagony Jones, 2014 (Collegiate Record)
4x800-Meters	8:45.60	Judi Cassel, Heidi Gerken, Tammie Hart, Beth Stever, 1984
Sprint Medley	3:52.25.....	Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007 (Collegiate Record)

*All times are FAT (Fully Automatic Timing)

Field Events

High Jump	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 2019.



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.	52.14	Alexis Holmes, 2019
2.	52.31	Shana Cox, 2007
3.	52.53	Fawn Dorr, 2010
	52.53	Kiah Seymour, 2014
4.	53.14	Shavon Greaves, 2010
5.	53.15	Dominique Blake, 2008

500 Meters

1.	1:09.19	Shana Cox, 2007
2.	1:12.03	Janice Carter, 1989
3.	1:12.05	Ijeoma Iheoma, 2012
4.	1:12.23	Fawn Dorr, 2010
5.	1:13.32	Briene Simmons, 2006

600 Meters

1.	1:29.06	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.	2:02.94	Danae Rivers, 2019
2.	2:04.04	Danae Rivers, 2017
3.	2:05.67	Briene Simmons, 2007
4.	2:06.88	Bekka Simko, 2012
5.	2:06.99	Rachel Banks, 2017

1000 Meters

1.	2:38.58	Danae Rivers, 2019
2.	2:43.15	Tori Gerlach, 2016
3.	2:44.24	Caitlin Lane, 2012
4.	2:47.28	Marta Klebe, 2014
5.	2:48.17	Sarah Jane Underwood, 2014

Mile

1.	4:29.47	Danae Rivers, 2019
2.	4:32.55	Danae Rivers, 2017
3.	4:37.83	Tori Gerlach, 2016
4.	4:37.95	Bridget Franek, 2010
5.	4:38.37	Caitlin Lane, 2011

3000 Meters

1.	9:07.22	Tessa Barrett, 2017
2.	9:10.04	Bridget Franek, 2009
3.	9:10.76	Tori Gerlach, 2014
4.	9:13.06	Paula Renzi, 1985
5.	9:15.16	Caitlin Lane, 2012

5000 Meters

1.	15:28.99	Tessa Barrett, 2017
2.	15:50.49	Tori Gerlach, 2016
1.	15:53.50	Paula Renzi, 1985
2.	15:56.76	Bridget Franek, 2010
5.	16:01.90	Jillian Hunsberger, 2017

60-Meter Hurdles

1.	8.10	Evonne Britton, 2014
2.	8.16	Aleesha Barber, 2009
3.	8.21	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 2019.

WOMEN'S INDOOR RECORDS



WOMEN'S INDOOR TOP-5 PERFORMANCES

Sprint Medley Relay

1.	3:52.25	Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
2.	3:56.63	Cheryl Green, Connie Moore, Sara Shoaff, Briene Simmons, 2004
3.	4:01.38	Sara Shoaff, Gayle Hunter, Dominique Blake, Jenny Stevens, 2005
4.	4:09.50	Monique Walker, Sara Shoaff, Aleesha Barber, Katie Willow, 2006

Distance Medley Relay

1.	11:01.16	Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
2.	11:05.16	Caitlin Lane (3:22), Iheoma (53.5), Bekka Simko (2:07.5), Kara Millhouse (4:41.1), 2012
3.	11:09.85	Marissa Sheva, Alexis Holmes, Victoria Tachinski, Danae Rivers, 2019
4.	11:14.78	Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007
5.	11:15.00	Danae Rivers, Kiara Lester, Rachel Banks, Tessa Barrett, 2017

High Jump

1.	5-11.25 (1.81)	Brittany Maun, 2010
	5-11.25 (1.81)	Antoinette O'Carroll, 1987
3.	5-10.50 (1.79)	Erika Morgan, 2013
	5-10.50 (1.79)	Megan McCloskey, 2018
5.	5-9.75 (1.77)	Jen Aylward, 2001
	5-9.75 (1.77)	Ahmenah Richardson, 2016

Pole Vault

1.	13-9.75 (4.21)	Lexi Masterson, 2016
2.	13-8.50 (4.18)	Hannah Mulhern, 2018
3.	13-5.50 (4.11)	Sara Dougherty, 2004
4.	13-5.00 (4.09)	Katie Jones, 2018
5.	13-2.50 (4.03)	Greer Gumbrecht, 2018

Long Jump

1.	20-11.25 (6.38)	Gayle Hunter, 2009
2.	20-8 (6.30)	Chi-Chi Aduba, 2003
	20-8 (6.30)	Shakeema Walker, 1999
4.	20-7.50 (6.28)	Carmen Mann, 1990
5.	20-5 (6.22)	Maddie Holmberg, 2019

Triple Jump

1.	44-1.50 (13.45)	Chi-Chi Aduba, 2003
2.	43-9.00 (13.33)	Dannielle Gibson, 2017
3.	42-4.75 (12.92)	Marlene Ricketts, 2013
4.	41-11.50 (12.79)	Gabriela Baiter, 2008
5.	41-9.25 (12.73)	Lena Bettis, 2007
	41-9.25 (12.73)	Shakeema Walker, 1998

Shot Put

1.	56-8 (17.27)	Rachel Fatherly, 2016
2.	56-5.25 (17.20)	Ja'Nai O'Connor, 2004
3.	53-6 (16.31)	Elaine Sobansky, 1983
4.	53-5.75 (16.30)	Alyssa Robinson, 2017
5.	53-5 (16.28)	Jen Leatherman, 2006

20-lb Weight Throw

1.	74-10.50 (22.82)	Jen Leatherman, 2006
2.	69-2 (21.08)	Rachel Fatherly, 2015
3.	68-6 (20.88)	Melissa Kurzdorfer, 2014
4.	67-5.50 (20.56)	Rachel Fatherly, 2016
5.	66-3 (20.19)	Kate Johnston, 2005

Pentathlon

1.	4,342	Gayle Hunter, 2009
2.	4,227	Maddie Holmberg, 2019
3.	4,202	Brittney Howell, 2014
4.	3,988	Carla Criste, 1985
5.	3,861	Tal Ben-Artzi, 2014

Notable Performances

*	4,059	Gayle Hunter, 2005
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* American Junior Record

Bold - Denotes Performance Set in 2019.



MEN'S INDOOR RECORDS

Track Events

60 Meters	6.65 William Henderson, 2019
200 Meters	20.56.....Terrance Laird, 2018
400 Meters	46.22.....Brady Gehret, 2011
800 Meters	1:46.08.....Isaiah Harris, 2018
Mile	3:57.11.....Robby Creese, 2013
3000 Meters	7:50.36.....Robby Creese, 2015
5000 Meters	13:46.49 Tim McGowan, 2019
60m Hurdles	7.69.....Guy Rose, 2001

Relay Events

4x400-Meters	3:04.80.....Dan Chisena, Xavier Smith, Samuel Reiser, Isaiah Harris, 2017
Distance Medley	9:26.59.....Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese, 2014

Non-NCAA Event Records

55 Meters	6.31.....Michael Timpson, 1986
300 Meters	33.01.....Michael Timpson, 1986 U.S. Collegiate Record
500 Meters	1:01.28.....Casimir Loxsom, 2011
600 Meters	1:14.96.....Isaiah Harris, 2017 ** Collegiate Record **
1000 Meters	2:18.26.....Brandon Kidder, 2016 ** Collegiate Record **
1500 Meters	3:44.0.....Larry Mangan, 1979
55m Hurdles	7.31.....Michael Timpson, 1986
4x55-Meters	24.65.....Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, 2006
4x55m Hurdles	28.8.....Paul Pollock, Bill Austin, Matt Graham & Dennis Rock, 1977
4x200-Meters	1:23.75.....Xavier Smith, Dan Chisena, Malik Moffett, Anton Porter, 2016
Sprint Medley	3:23.74.....Ernie Terrell, Jaret Campisi, Chris Lolagne, Matt Lincoln, 2005
4x800-Meters	7:21.37.....Steve Balkey, Dave McMillan, Chris Mills & Ray Levitre, 1987
	7:21.37.....Za'Von Watkins, Brannon Kidder, Ricky West, Casimir Loxosm, 2013
4-Mile	16:43.4.....Jeff Adkins, Tom Rapp, Alan Scharsu & Larry Mangan, 1980

Field Events

High Jump	7-4.25 (2.24).....Paul Souza, 1982
Pole Vault	17-0.75 (5.20).....John Vellenoweth, 2009
Long Jump	25-11 (7.90).....David Coney, 1986
Triple Jump	53-3.50 (16.24).....Bryce Williams, 2018
Shot Put	67-3.5 (20.51).....Darrell Hill, 2015
35-lb. Weight	78-9.75 (24.02).....David Lucas, 2018
Heptathlon	5,511 pts.....Rob Cardina, 2014

Heptathlon Event Records

Points	5,511.....Rob Cardina, 2014
60 Meters	7.04.....Rob Cardina, 2014
Long Jump	23-1 3/4 (7.05).....Rob Cardina, 2014
Shot Put	46-6 1/4 (14.18).....Rob Cardina, 2017
High Jump	6-7 1/2 (2.02).....Anya Uzoh, 2012
60-Meter Hurdles	8.21.....J.T. Kuretich, 2003
Pole Vault	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
Pentathlon	4,097 pts.....Brian Kelley, 1993

Bold - Denotes Performance Set in 2019.

MEN'S INDOOR RECORDS



MEN'S INDOOR TOP-5 PERFORMANCES

60 Meters

1.	6.65	William Henderson, 2019
2.	6.66.....	Xavier Smith, 2016
3.	6.75.....	Malik Moffett, 2018
4.	6.76.....	Ernie Terrell, 2003
5.	6.77*.....	Michael Timpson, 1986

* Converted time from 60 yards to 55 meters

200 Meters

1.	20.56.....	Terrance Laird, 2018
2.	20.76.....	Malik Moffett, 2017
3.	20.85.....	Xavier Smith, 2017
4.	20.98.....	Ryan Olkowski, 2002
5.	21.11.....	Michael Timpson, 1989

400 Meters

1.	46.22.....	Brady Gehret, 2011
2.	46.27.....	Dan Chisena, 2018
3.	46.55.....	Bernard Bennett-Green, 2014
4.	46.73.....	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.	1:46.08.....	Isaiah Harris, 2018
2.	1:46.98.....	Casimir Loxsom, 2013
3.	1:47.01.....	Brannon Kidder, 2016
4.	1:47.32.....	Ryan Foster, 2010
5.	1:47.77.....	Owen Dawson, 2010

Notable Performances

1:47.48	Ryan Foster, 2010	* Australian National Record
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1000 Meters

1.	2:18.26.....	Brannon Kidder, 2016
2.	2:19.53.....	Robby Creese, 2012
3.	2:19.60.....	Ryan Foster, 2010
4.	2:21.95.....	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.	3:59.51.....	Colin Abert, 2018
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.	8:01.49	Tim McGowan, 2019
5.	8:02.05.....	John Zishka, 1981

Converted Marks

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

5000 Meters

1.	13:46.49	Timothy McGowan, 2019
2.	13:52.36.....	Steve Brown, 1990
3.	13:58.55.....	Eric Carter, 1986

Converted Marks

1.	13:46.42.....	Paul Stemmer, 1976
2.	13:46.94.....	Alan Scharsu, 1980
3.	13:59.71.....	Charlie Maguire, 1974

60-Meter Hurdles

1.	7.69.....	Guy Rose, 2001
2.	7.82.....	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

Bold - Denotes Performance Set in 2019.



MEN'S INDOOR RECORDS

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 Scharsu (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 (7.90) 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) William Henderson, 2019**
25-5 1/2 (7.76) Rob Boulware, 1986

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
- 73-8 3/4 (22.47) Morgan Shigo, 2019**
- 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 2019.



Track Events

100 Meters	11.21Connie Moore, 2003
200 Meters	22.45Connie Moore, 2004
400 Meters	50.84 Shana Cox, 2008
800 Meters	2:02.53Danae Rivers, 2017
1,500 Meters	4:10.82Danae Rivers, 2018
5,000 Meters	15:32.53 Kathy Mills, 1978
10,000 Meters	32:57.33 Kara Millhouse, 2012
100m Hurdles	12.85 Aleesha Barber, 2010
400m Hurdles	55.57 Fawn Dorr, 2010
3000m Steeple	9:32.35 Bridget Franek, 2010

Relay Events

4x100-Meters	44.25 Laurie Fox, Chi-Chi Aduba, Sara Shoaff, Connie Moore, 2003
4x400-Meters	3:27.69Dominique 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	1:33.09Mahagony Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
4x800-Meters	8:25.49 Tori Gerlach, Julie Kocjancic, Rachel Banks, Danae Rivers, 2017
Distance Medley	10:56.07Tori Gerlach, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
Sprint Medley	3:45.25Brooke-Lynn Williams, Kiara Lester, Alexis Holmes, Danae Rivers, 2019
4x1500m Relay	17:57.28 Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007

Field Events

High Jump	6-0 (1.83) Shelley Mitchell, 1992
Pole Vault	13-6.25 (4.12)Hannah Mulhern, 2018
	13-6.25 (4.12)Katie Jones, 2018
Long Jump	21-6 (6.55) Chi-Chi Aduba, 2004
Triple Jump	44-6.75 (13.58) Chi-Chi Aduba, 2004
Shot Put	56-3.25 (17.15)Rachel Fatherly, 2015
Discus	185-1 (56.42)Deshaya Williams, 2003
Hammer	219-1 (66.78) Jen Leatherman, 2006
Javelin	178-6 (54.41) Laura Loht, 2014

Heptathlon Event Records

Heptathlon	5976Maddie Holmberg, 2018
100-Meter Hurdles	13.45Gayle Hunter, 2009
High Jump	5-10 (1.78)Brittney Howell, 2014
Shot Put	44-8.25 (13.62) Maddie Holmberg, 2018
200-Meters	23.56wGayle Hunter, 2008
Long Jump	21-0.50 (6.42)wGayle Hunter, 2009
Javelin	127-0 (38.70)Maddie Holmberg, 2018
800-Meters	2:16.52Tal Ben-Artzi, 2015

Retired Records

800m Medley	1:47.20Johanna Humphreys, Terry Pioli, Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)Jen Pastore, 1998
Pentathlon	3,725 points Patti Knighton, 1978

*All times are FAT (Fully Automatic Timing)
Bold - Denotes Performance Set in 2019.



WOMEN'S OUTDOOR RECORDS

WOMEN'S TOP-10 OUTDOOR PERFORMANCES

100 Meters

1.	11.21	Connie Moore, 2003
2.	11.27	Shavon Greaves, 2010
3.	11.29	Mahagony Jones, 2014
4.	11.56	Kamilah Salaam, 2004
5.	11.58	Keianna Albury, 2017
6.	11.63 (11.57w)	Aleesha Barber, 2008
7.	11.68	Vivian Riddick, 1983
	11.68 (11.60w)	Kirsten Nieuwendam, 2012
9.	11.70	Sara Shoaff, 2006
10.	11.72	Caitlin DeFusco, 2010

200 Meters

1.	22.45	Connie Moore, 2004
2.	22.90 (22.64w)	Mahagony Jones, 2014
3.	23.07	Shavon Greaves, 2010
4.	23.15 (22.92w)	Shana Cox, 2008
5.	23.33	Keianna Albury, 2017
6.	23.47	Kirsten Nieuwendam, 2012
7.	23.53	Alexis Holmes, 2019
8.	23.61	Kamilah Salaam, 2004
9.	23.66	Kiah Seymour, 2014
10.	23.70	Sara Shoaff, 2005
	23.79 (w)	Maddie Holmberg, 2018

400 Meters

1.	50.84	Shana Cox, 2008
2.	52.08	Alexis Holmes, 2019
3.	52.15	Dominique Blake, 2008
4.	52.51	Fawn Dorr, 2010
5.	53.14	Dynasty McGee, 2014
6.	53.17	Ije Iheoma, 2012
7.	53.65	Tichina Rhodes, 2015
8.	53.74	Laila Brock, 1998
	53.74	Janice Carter, 1988
10.	53.80	Tammie Hart, 1981

800 Meters

1.	2:02.53	Danae Rivers, 2017
2.	2:03.09	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.	4:10.82	Danae Rivers, 2018
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 Mumane, 1981
8.	4:20.11	Bekka Simko, 2012
9.	4:20.40	Caitlin Lane, 2010
10.	4:20.84	Greta Lindsley, 2018

5000 Meters

1.	15:32.52	Kathy Mills, 1978
2.	15:46.08	Bridget Franek, 2010
3.	15:53.50	Paula Renzi, 1985
4.	15:55.27	Jillian Hunsberger, 2018
5.	15:58.79	Tori Gerlach, 2015
6.	16:00.10	Julia Paternain, 2019
7.	16:01.59	Tessa Barrett, 2016
8.	16:05.46	Elizabeth Chikotas, 2015
9.	16:06.32	Kim Kelly, 1993
10.	16:08.74	Leigha Anderson, 2014

10,000 Meters

1.	32:57.33	Kara Millhouse, 2012
2.	33:22.19	Kathryn Munks, 2019
3.	33:22.91	Julia Paternain, 2019
4.	33:29.40	Jillian Hunsberger, 2017
5.	33:52.32	Leigha Anderson, 2014
6.	34:00.00	Natalie Updegrove, 1983
7.	34:02.52	Kim Kelly, 1993
8.	34:02.80	Kris Kelly, 1993
9.	34:09.00	Kelli Hunt, 1993
10.	34:20.10	Donna Fidler, 1999

100-Meter Hurdles

1.	12.85	Aleesha Barber, 2010
2.	13.03	Evonne Britton, 2014
3.	13.35	Gayle Hunter, 2009
4.	13.36	Toyin Augustus, 2001
5.	13.45	Brittney Howell, 2014
6.	13.57	Queenie Dale, 2018
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 2019.



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.	10:11.29	Greta Lindsley, 2018
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.	44.59	Brooke-Lynn Williams, Amariah Thomas, Kiara Lester, Alexis Holmes, 2019
5.	44.64	Dannielle Gibson, Mahagony Jones, Dynasty McGee, Kiah Seymour, 2014
6.	44.69	Brooklyn-Lynn Williams, Keianna Albury, Quenee Dale, Kiara Lester, 2018
7.	44.77	Quenee Dale, Keianna Albury, Kiara Lester, Tichina Rhodes, 2017
8.	44.80	Kamilah Salaam, Sara Shoaff, Shana Cox, Brooke Robinson, 2005
9.	44.86	Shavon Greaves, Shana Cox, Aleesha Barber, Dominique Blake, 2008
10.	45.18	Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff, 2006

4x200-Meter Relay

1.	1:33.09	Mahagony Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
2.	1:33.78	Caitlin DeFusco, Shavon Greaves, Fawn Dorr, Doris Anyanwu, 2010
3.	1:33.86	Deja Davis, Kieanna Albury, Kiara Lester, Madeline Holmberg, 2018
4.	1:33.87	Connie Moore, Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, 2004
5.	1:34.75	Shavon Greaves, Gayle Hunter, Fawn Dorr, Caitlin DeFusco, 2009
6.	1:34.76	Dynasty McGee, Mahagony Jones, Megan Osborne, Kiah Seymour, 2014
7.	1:35.36	Quenee Dale, Keianna Albury, Kiara Lester, Madeline Holmberg, 2017
8.	1:35.98	Shana Cox, Gayle Hunter, Dominique Blake, Lauren Burns, 2007
9.	1:36.56	Megan Duncan, Ije Iheoma, Doris Anyanwu, Caitlin DeFusco, 2011
10.	1:36.73	Laurie Fox, Cherese Sullivan, Chi-Chi Aduba, Consuella Moore, 2003

4x400-Meter Relay

1.	3:27.69	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox, 2008
2.	3:30.34	Aleesha Barber, Shavon Greaves, Gayle Hunter, Fawn Dorr, 2009
3.	3:30.35	Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan, 2011
4.	3:30.74	Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr, 2010
5.	3:31.17	Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
6.	3:31.75	Dominique Blake, Briene Simmons, Gayle Hunter, Shana Cox, 2007
7.	3:32.90	Briene Simmons, Dominique Blake, Fawn Dorr, Shana Cox, 2008
8.	3:33.03	Doris Anyanwu, Ije Iheoma, Kirsten Nieuwendam, Dynasty McGee, 2012
9.	3:33.40	Dominique Blake, Aleesha Barber, Gayle Hunter, Fawn Dorr, 2008
10.	3:33.47	Kiah Seymour, Mahagony Jones, Shelley Black, Dynasty McGee, 2013

Bold - Denotes Performance Set in 2019.



WOMEN'S OUTDOOR RECORDS

WOMEN'S TOP-10 OUTDOOR PERFORMANCES

Sprint Medley Relay

1. **3:45.25**.....**Brooke-Lynn Williams, Kiara Lester
Alexis Holmes, Danae Rivers, 2019**
2. 3:47.80..... Keianna Albury, Kiara Lester,
Deja Davis, Danae Rivers, 2018
3. 3:47.90..... Aleesha Barber, Dominique Blake,
Shana Cox, Briene Simmons, 2007
4. 3:49.19..... Mahagony Jones, Dynasty McGee,
Kiah Seymour, Marta Klebe, 2014
5. 3:50.15..... Kamilah Salaam, Sara Shoaff,
Shana Cox, Dominique Blake, 2005
6. 3:50.54..... Shavon Greaves, Gayle Hunter,
Fawn Dorr, Bridget Franek, 2009
7. 3:52.37..... Sara Shoaff, Kamilah Salaam,
Dominique Blake, Briene Simmons, 2006
8. 3:53.20..... Janice Carter, Leslie Hummer,
Lisa Chess, Kiernan O'Toole, 1988
9. 3:53.21..... Mahagony Jones, Kiah Seymour,
Dynasty McGee, Colleen Shannon, 2013
10. 3:54.71..... Erica Bosler, Laila Brock,
Tiffany Glenn, Nicole Paul, 1998

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. 8:46.84.....Greta Lindsley, Grace Trucilla,
Marissa Sheva, Frances Bull, 2018
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. 11:09.15.....Greta Lindsley (3:26.71), Deja Davis (55.22),
Victoria Tachinski (2:09.72), Danae Rivers (4:37.52), 2018
4. 11:09.50..... Tammie Hart, Patty Murnane,
Terry Pioli, Mary Rawe, 1981
5. 11:16.97..... Leah Rosenfeld, Shana Cox,
Briene Simmons, Bridget Franek, 2008
6. 11:17.53.....Marta Klebe, Marlene Ricketts,
Sarah Jane Underwood, Caitlin Lane, 2013
7. 11:18.20..... Tammi Hart, Janice Carter,
Lisa Ross, Paula Renzi, 1985
8. 11:20.80..... Penny Fales, Debbie Lewis,
Heather Carmichael, Mary Rawe, 1980
9. 11:21.64..... Sue Huelster, Erica Bosler,
Erin St. John, Kim McGreevy, 1996
10. 11:25.72..... Caitlin Lane, Fawn Dorr,
Liz Kearins, Bridget Franek, 2009

4x1500-Meter Relay

1. 17:57.28..... Meghan Noecker, Bridget Franek,
Leah Rosenfeld, Claire Percival, 2007
2. 18:02.32..... Marta Klebe, Caitlin Lane,
Brooklyne Ridder, Sara Jane Underwood, 2013
3. 18:05.21..... Greta Lindsley, Julie Kocjancic,
Tessa Barrett, Sarah Jane Underwood, 2016
4. 18:07.25..... Katy Hillard, Jenny Stevens,
Lauren Clark, Tracey Brauksieck, 2004
5. 18:15.31..... Grace Trucilla, Marissa Sheva,
Jordan Williams, Victoria Crawford, 2018
6. 18:19.78..... Laurie Morrow, Ann Marie Quinn,
Kiernan O'Toole, Wendy Nelson, 1989
7. 18:21.78..... Jenny Stevens, Nicki Bohnsack,
Stephanie Pezzulo, Lindsay Scottoline, 2005
8. 18:38.35..... Laurie Morrow, Wendy Nelson,
Jenny Weaver, Amanda Dudley, 1991
9. 18:43.37..... Laurie Morrow, Dana Dougan,
Anna DeRenzi, Jenny Weaver, 1992

High Jump

1. 6-0 (1.83)..... Shelley Mitchell. 1992
2. 5-10.75 (1.82)..... Megan McCloskey, 2018
3. 5-11.25 (1.81)..... Pam Connell, 1991
- 5-11.25 (1.81)..... Ahmenah Richardson, 2015
5. 5-11..... Antoinette O'Carroll, 1987
6. 5-10.75 (1.80)..... Erika Morgan, 2013
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 2019

WOMEN'S OUTDOOR RECORDS



WOMEN'S TOP-10 OUTDOOR PERFORMANCES

Pole Vault

1.	13-6.25 (4.12)	Hannah Mulhern, 2018
	13-6.25 (4.12)	Katie Jones, 2018
3.	13-4.5 (4.08)	Lexi Masterson, 2017
4.	13-2.25 (4.02)	Carena Nottoli, 2019
5.	13-1.25 (4.00)	Sara Dougherty, 2004
6.	12-10.25 (3.92)	Kasey Kemp, 2016
7.	12-10 (3.91)	Greer Gumbrecht, 2019
8.	12-9.5 (3.90)	Jocelyn Witmer, 2010
	12-9.5 (3.90)	Erin Knabe, 2014
10.	12-8.25 (3.87)	Caitlin Fairbairn, 2010

Long Jump

1.	21-6 (6.55)	Chi-Chi Aduba, 2004
2.	21-4.75 (6.52)	Gayle Hunter, 2008
3.	20-10.75 (6.37)	Carmen Mann, 1989
	20-10.75 (6.37)	Shakeema Walker, 1999
	20-10.75 (6.37)	Brittney Howell, 2014
	20-10.75 (6.37)	Maddie Holmberg, 2018
7.	20-10.50 (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.	20-3.75	Breana Gambrell, 2019

Triple Jump

~	45-1.75 (13.76) +6.0 ^w	Dannielle Gibson, 2017
1.	44-6.75 (13.58)	Chi-Chi Aduba, 2004
2.	44-3 (13.48)	Shakeema Walker, 1999
3.	43-8 (13.31)	Dannielle Gibson, 2016
4.	43-1 (13.13)	Carmen Mann, 1990
5.	42-9.25 (13.04)	Kaitlyn Lopez, 2017
6.	42-3.50 (12.89)	Tanaya Lloyd, 2012
7.	42-2.75 (12.87)	Marlene Ricketts, 2014
8.	41-7 (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 Fotherly, 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.	53-10.25 (16.41)	Payden Montana, 2019
7.	53-8.25 (16.36)	Jennifer Leatherman, 2006
8.	52-6 (16.00)	Jane Swenson, 2011
9.	51-6.5 (15.71)	Melissa Kurzdorfer, 2014
10.	51-6.25 (15.70)	Deshaya Williams, 2003

Discus

1.	185-1 (56.42)	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.	162-3 (49.47)	Payden Montana, 2019
8.	161-5 (49.21)	Rachel Fotherly, 2014
9.	157-6 (48.02)	Taylor McNally, 2011

Hammer

1.	219-1 (66.75)	Jennifer Leatherman, 2006
2.	207-10 (63.35)	Melissa Kurzdorfer, 2012
3.	197-3 (60.12)	Kate Johnston, 2003
4.	193-9 (59.05)	Gianna Rao, 2019
5.	191-9 (58.44)	Rachel Fotherly, 2015
6.	191-2 (58.27)	Annjulie Vester, 2015
7.	190-10 (58.16)	Deshaya Williams, 2003
8.	187-6 (57.15)	Alyssa Robinson, 2017
9.	186-11 (56.97)	Helen Higgins, 2007
10.	183-6 (55.94)	Obeng Marfo, 2017

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.	173-5 (52.85)	Madison Smith, 2019
6.	169-3 (51.58)	Carrie Karabinos, 1999
7.	167-2 (50.96)	Heidi Nadeau, 2007
8.	167-1 (50.92)	Brianne Johnson, 2001
9.	164-0 (50.00)	Stephanie Sievers, 2019
10.	159-4 (48.56)	Ashley Colley, 2002

Heptathlon

1.	5976	Maddie Holmberg, 2018
2.	5797	Gayle Hunter, 2009
3.	5706	Pam Connell, 1991
4.	5625	Brittney Howell, 2014
5.	5420	Carmen Mann, 1990
6.	5407	Shelley Mitchell, 1992
7.	5311	Carla Criste, 1986
8.	4941	Tal Ben-Artzi, 2016
9.	4919	Amber Strouse, 2007
10.	4917	Holly Jones, 1992

Bold - Denotes Performance Set in 2019.



MEN'S OUTDOOR RECORDS

Track Events

100 Meters	10.32	Xavier Smith, 2018
200 Meters	20.23	Michael Timpson, 1986
400 Meters	45.20	Mike Sands, 1975
800 Meters	1:44.42	Isaiah Harris, 2018
1,500 Meters	3:38.82	Brannon Kidder, 2014
5,000 Meters	13:34.0	Greg Fredericks, 1972
10,000 Meters	28:08.0	Greg Fredericks, 1972
110m Hurdles	13.56	Guy Rose, 2001
400m Hurdles	48.69 (FAT)	Mike Shine, 1976
3000m Steeple	8:22.5	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
Sprint Medley	3:15.25	Xavier Smith, Malik Moffett Kier Miner, Isaiah Harris, 2018
4x110m Hurdles	57.29	Chris Green, Al Parker Sam Harris, Michael Timpson, 1986

Field Events

High Jump	7-3.50 (2.22)	David Coney, 1985*
	7-3.25 (2.22)	Jon Hendershot, 2013
Pole Vault	17-5.50 (5.32)	John Vellenoweth, 2009
Long Jump	26-3 (8.00)	Malik Moffett, 2017
Triple Jump	54-6 (16.61)	Antonio Davis, 1993
Shot Put	69-2 (21.08)	Joe Kovacs, 2012
Discus	207-5 (63.22)	Brian Milne, 1992
Hammer	237-9 (72.47)	Morgan Shigo, 2018
Javelin	262-2 (79.91)	Michael Shuey, 2017

Decathlon Event Records

Points	7,685	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 2019.

MEN'S OUTDOOR RECORDS



MEN'S TOP-10 OUTDOOR PERFORMANCES

100 Meters

1.	10.21w (2.3)	Justin Ofofan, 2019*
2.	10.32 (10.10W)	Xavier Smith, 2018
3.	10.34 (10.1 MT)	Mike Sands, 1975
4.	10.37 (10.26W)	Malik Moffett, 2018
5.	10.38 (10.22W)	Karson Kowalchuk, 2017
	10.38	Justin Ofofan, 2019
7.	10.42	Terrance Laird, 2018
8.	10.44	Mike Shine, 1976
9.	10.46	Ryan Olkowski, 2002
	(10.46W)	Dan Chisena, 2016

200 Meters

1.	20.23	Michael Timpson, 1986
2.	20.41	Terrance Laird, 2018
3.	20.49 (19.87W)	Malik Moffett, 2017
4.	20.58	Mike Sands, 1975
5.	20.59	Ryan Olkowski, 2002
6.	20.62	Brady Gehret, 2012
7.	20.68 (20.23W)	Xavier Smith, 2018
8.	21.01	Ernie Terrell, 2002
	21.01	Justin Ofofan, 2019
10.	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.	1:44.42	Isaiah Harris, 2018
2.	1:45.28	Casimir Loxsom, 2011
3.	1:45.58	Brannon Kidder, 2015
4.	1:45.96	Randy Moore, 1985
5.	1:46.62	Ray Levitre, 1987
6.	1:46.78	Ryan Foster, 2009
7.	1:46.81	Chris Mills, 1987
8.	1:46.82	Ken Wynn, 1983
9.	1:46.85	Samuel Borchers, 2011
10.	1:47.29	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

***-Denotes mark set at summer championships. School records include competition through summer of year exhausted eligibility**
Bold - Denotes Performance Set in 2019.



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 Cripasuk, 1992
9.	50.75	Byron Robinson, 2014
10.	50.76	Brian Kelly, 1993

3000-Meter Steeplechase

1.	8:22.54	George Malley, 1977
2.	8:37.7	Rick Garcia, 1983
3.	8:40.4	Bruce Baden, 1977
4.	8:42.85	Eric Carter, 1988
5.	8:47.03	Larry Mangan, 1980
6.	8:48.1	Paul Mackley, 1985
7.	8:49.45	Brian Laird, 1989
8.	8:50.9	Jim Allahand, 1972
9.	8:51.84	Chris Foster, 2005
10.	8:53.71	Andy Scott, 1991

4x100-Meter Relay

1.	39.08	Karson Kowalchuk, Dan Chisena, Xavier Smith, Malik Moffett, 2017
2.	39.21	Will Henderson, Anton Porter, Xavier Smith, Malik Moffett, 2018
3.	39.63	Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4.	39.69	Xavier Smith, Anton Porter, Terrance Laird, Malik Moffett, 2018
5.	39.88	Doug Finkel, Fred Singleton, Mike Sands, Jimmy Scott, 1973
6.	39.92	Dan Chisena, Malik Moffett, Anton Porter, Xavier Smith, 2016
7.	40.04	Xavier Smith, Dan Chisena, Malik Moffett, Cody Minnig, 2016
8.	40.18	Mike Shine, Steve Hackman, Fred Singleton, Mike Sands, 1974
9.	40.40	Guy Rose, Duane Reeves, Greg Miller, Ryan Olkowski, 2001
10.	40.48	Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, 1974

4x200-Meter Relay

1.	1:23.75	Xavier Smith, Dan Chisena, Malik Moffett, Anton Porter, 2016
2.	1:23.85	Alex Langan, Chris Lolagne, Jaret Campisi, Ernie Terrell, 2005
3.	1:23.87	Bryant Littlejohn, Dave Coney, Sean Faust, Michael Timpson, 1986
4.	1:23.93	Karson Kowalchuk, Malik Moffett, Anton Porter, Samuel Reiser, 2017
5.	1:24.10	Guy Rose, Ben Karcz, Greg Miller, Ryan Olkowski, 2001
6.	1:24.18	Alex Langan, Diamond Woolford, Jaret Campisi, Chris Lolagne, 2004
7.	1:24.42	Emunael Mpanduki, Brady Gehret, Aaron Nadolsky, Mark Filando, 2011
8.	1:24.82	Jaret Campisi, Chris Lolagne, Greg Miller, Ryan Olkowski, 2002
9.	1:24.86	Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, 1974
10.	1:25.04	Munya Maraïre, Jaret Campisi, Greg Miller, Ryan Olkowski, 2002

4x400-Meter Relay

1.	3:01.52	Aaron Nadolsky (46.6), Br. Bennett-Green (44.8), Casimir Loxsom (45.6), Brady Gehret (44.22), 2012
2.	3:03.48	Dan Chisena, Xavier Smith, Tyreek Mathis, Isaiah Harris, 2017
3.	3:04.78	Aaron Nadolsky (47.2), Matt Gilmore (47.4), Brady Gehret (44.1), Br. Bennett-Green (46.1), 2012
4.	3:05.13	Kier Miner, Xavier Smith, Samuel Reiser, Isaiah Harris, 2018
5.	3:06.21	Matt Gilmore, Alex Shisler, Be. Bennett-Green, Br. Bennett-Green, 2013
6.	3:06.50	Br. Bennett-Green, Brady Gehret, Casimir Loxsom, Emunael Mpanduki, 2012
7.	3:06.80	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 2019.



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), ZaVon 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
- 7:17.02Owen 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
- 7:17.37Robby 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
- 9:35.12Aidan O'Reilly (2:57.1), Jon Strange (48.6), Mark Anderson (1:48.4), Doug Walter, (4:01.4), 1990
- 9:35.51Robby Creese (2:51.01), Alex Shisler (47.77), Isaiah Harris (1:49.96), Brannon Kidder (4:00.77), 2016
- 9:35.8Jim 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
 - 7-1.5 (2.17).....Devin Bradham, 2019**
 - 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
- 25-1.25 (7.65)..... William Henderson, 2019**
- 25-0.75 (7.64)..... Chavous Nichols, 2004
- 25-0 (7.62) w +3.7.....Doug Moppert, 2011

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 2019.



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.	60-0.25 (18.29)	Ben Peterson, 2019

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.	237-9 (72.47)	Morgan Shigo, 2018
2.	218-6 (66.60)	Alvin Jackson, 1976
3.	212-6 (64.78)	David Lucas, 2018
4.	212-4 (64.73)	Luke Grodeska, 2019
5.	207-10 (63.35)	Will Barr, 2013
6.	207-1 (63.11)	Kory Decesaris, 2017
7.	203-0 (61.88)	Neal McNutt, 1998
8.	201-9 (61.50)	Joe Kovacs, 2011
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.	239-7 (73.02)	Michael Biddle, 2018
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. Kuretich, 2003
7.	7415	Brian Kelley, 1991
8.	7411	Noah Swaby, 2019
9.	7361	Shawn Colligan, 2008
10.	7119	Anyu Uzoh, 2012

Bold - Denotes Performance Set in 2019.



ASHENFELTER III INDOOR TRACK || FACILITY RECORDS

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
60 Meters	6.58	2011	Reggie Dixon, Hampton
200 Meters	20.72	2006	LaShawn Merritt, Unattached
400 Meters	45.46	2001	Andrew Pierce, Ohio State
500 Meters	1:01.28	2011	Casimir Loxsom, Penn State
600 Meters	1:14.91 WR	2017	Casimir Loxsom, Brooks
800 Meters	1:46.91	2019	Joe White, Georgetown
1000 Meters	2:18.26 C	2016	Brannon Kidder, Penn State
Mile	3:56.51	2012	Jeff See, Saucony
3000 Meters	7:57.75	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	2:02.94	2019	Danae Rivers, Penn State
1000 Meters	2:38.58	2019	Danae Rivers, Penn State
Mile	4:30.41	2013	Sheila Reid, Nike
3000 Meters	9:01.91	2011	Jackie Areson, Tennessee
5000 Meters	15:48.10	2005	Maureen McCandless, Pittsburgh
60 Meter Hurdles	7.92	2002	Danielle Carruthers, Indiana
2000 Meter Steeplechase	6:29.38	2013	Natalie Bower, Penn State
4x200 Meter Relay	1:35.65	2014	Penn State (M. Osborne, K. Seymour, D. McGee, M. Jones)
4x400 Meter Relay	3:34.22	2014	Penn State (D. McGee, K. Seymour, T. Rhodes, M. Jones)
4x800 Meter Relay	8:34.82	2009	Tennessee (L. Loche, N. Cook, P. Hall, C. Champion)
Sprint Medley	3:52.25 C	2007	Penn State (L. Burns, L. Bettis, A. Barber, B. Simmons)
Distance Medley	10:54.04	2014	Stanford (A. Weissenbach, K. Williams, C. Saunders, J. Fedronic)
High Jump	6.2.75 (1.90)	2013	Tynita Butts, East Carolina
Pole Vault	14.8.25 (4.47)	2017	Katie Nageotte, Adidas
Long Jump	21.6.75 (6.57)	2006	Tianna Madison, Nike
Triple Jump	45.2.50 (13.45)	2004	Colleen Scott, Unattached
Shot Put	60.7.75 (18.48)	2006	Cleopatra Borel, Brown, Unattached
Weight Throw 20 lb	73.0.50 (22.26)	2007	Jennifer Leatherman, Unattached
Pentathlon	4731	2010	Hyleas Fountain, Nike

*, American Indoor Record; C, Collegiate Record; AmC, American Collegiate Record; AJ, American Junior Record; WR, World Record

Bold - Denotes Performance Set in 2019.



NITTANY LION OUTDOOR TRACK

NITTANY LION OUTDOOR TRACK || FACILITY RECORDS

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
100 Meters	10.19	2007	Demi Omole, Wisconsin
200 Meters	20.23	1986	Michael Timpson, Penn State
400 Meters	45.48	1983	James Rolle, Central Florida YMCA
800 Meters	1:46.15	2019	Alex Amankwah, District Track Club
1500 Meters	3:42.5	1980	Larry Mangan, Penn State
		1980	Susthenes Bitock, Richmond
Mile	3:58.4	1980	Larry Mangan, Penn State
3000-Meter Steeplechase	8:33.45 (FAT)	1980	Hillary Tuwei, Richmond
5000 Meters	14:00.73	1980	Hillary Tuwei, Richmond
10,000 Meters	28:45.8	1973	Charlie Maguire, Penn State
110-Meter High Hurdles	13.57	2017	Aaron Mallett, Iowa
400-Meter Hurdles	50.29	2007	Adrian Walker, Illinois
4x100-Meter Relay	39.67	2017	Illinois (C. Henderson, J. Eiker, M. Maat, D. Quinn)
4x110-Meter Shuttle Hurdles	59.2	1976	Penn State (D. Rock, P. Kiproff, B. Austin, M. Shine)
4x200-Meter Relay	1:25.2	1974	Essex CC (C. Mitchell, K. Joseph, H. Marchen, F. Brown)
4x400-Meter Relay	3:04.95	2017	Ohio State (A. Burke, N. Gray, D. Marshall, C. Page)
4x800-Meter Relay	7:21.4	1974	Cornell (T. Patterson, B. Anastasio, P. Roach, D. Keehn)
4x1600-Meter Relay	16:44.7	1973	Villanova (E. Coughlin, B. McElroy, T. Gregan, J. Hartnett)
Distance Medley Relay	9:44.7	1973	Villanova (W. Clark, J. Rheim, K. Schappert, J. Hartnett)
Sprint Medley Relay	3:18.5	1974	Essex CC (K. Joseph, F. Brown, H. Marchen, H. Tuitt)
High Jump	7-4 (2.24)	1983	Bill Therfelder, Keystone State Games
Pole Vault	18-2 1/2 (5.55)	2002	Jeremy Smith, Allegheny
Long Jump	26-3 (8.00)	2017	Malik Moffett, Penn State
Triple Jump	54-4 3/4 (16.58)	1984	David McFadgen, Newburg Track Club
Shot Put	69-1.25 (21.06)	2011	Ryan Whiting, Nike
Discus	207-5 (63.22)	1992	Brian Milne, Penn State
Hammer	268-8 (81.88)	1988	Jud Logan, Athletics West
Javelin (New)	252-7 (76.98)	1997	Nigel Beven, Belgrave Harrier
Javelin (Old)	254-4 (77.52)	1984	Bob Dubyoski, Unattached
Decathlon	8,316 points (Hand)	1985	Dave Steen, University of Toronto TC

Women's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
100 Meters	11.19	1996	Kerry Ann Richards, Illinois
200 Meters	23.13	1996	Aspen Burkett, Illinois
400 Meters	51.89	1996	Chandra Burns, Michigan State
800 Meters	2:03.45	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