



CAITLIN LANE



HANIF JOHNSON

**PENN STATE TRACK & FIELD/CROSS COUNTRY
2012**



TEAM QUICK FACTS

Director and Head CoachBeth Alford-Sullivan
13th Year (Women), Sixth Year (Men)
 Associate Head CoachChris Johnson
 Assistant CoachDrew Hardyk
 Assistant CoachJohn Gondak
 Assistant CoachFritz Spence
 Director of OperationsJess Riden

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

UNIVERSITY QUICK FACTS

Locations.University Park, Pa.
 Founded.1855
 Enrollment.40,709
 Conference..Big Ten
 Colors.Blue & White
 Nickname..Nittany Lions
 President.Dr. Rodney Erickson
 Athletic Director.David Joyner

2012 SCHEDULE

2012 INDOOR TRACK AND FIELD SCHEDULE

Dec. 10, 2011 Blue/White Intersquad MeetAshenfelter III Indoor Track
January 7 Penn State RelaysAshenfelter III Indoor Track
January 14 Nittany Lion ChallengeAshenfelter III Indoor Track
January 27-28 Penn State NationalAshenfelter III Indoor Track
February 4 Sykes-Sabock Challenge CupAshenfelter III Indoor Track

February 10-11 Washington Husky ClassicSeattle, Wash.
 Tyson InvitationalFayetteville, Ark.
 Akron InvitationalAkron, Ohio

February 25-26 Big Ten Indoor ChampionshipsLincoln, Neb.
 March 2-3 Last Chance WeekendTBA
 March 9-10 NCAA Indoor ChampionshipsBoise, Idaho

2012 OUTDOOR TRACK AND FIELD SCHEDULE

March 30-31 Jim Click ShootoutTucson, Ariz.
 April 6-7 Stanford InvitationalPalo Alto, Calif.
 April 7 LSU InvitationalBaton Rouge, La.
 April 14-15 Bison Outdoor ClassicLewisburg, Pa.
 April 21 John McDonnell InvitationalFayetteville, Ark.
 April 21 Bucknell Team ChallengeLewisburg, Pa.
 April 26-28 Penn RelaysPhiladelphia, Pa.

May 5 Jim Thorpe OpenNittany Lion Track
 May 11-13 Big Ten Outdoor ChampionshipsMadison, Wisc.
 May 24-26 NCAA Eastern Preliminary RoundJacksonville, Fla.
 June 6-9 NCAA Outdoor ChampionshipsDes Moines, Iowa
 June 15-17 USATF Junior ChampionshipsBloomington, Ind.
 June 22 – July 1 U.S. Olympic TrialsEugene, Ore.

MEDIA RELATIONS

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TABLE OF CONTENTS

2-5Director and Head Coach
of PSU Track and Field/Cross Country
Beth Alford-Sullivan

6-7Associate Head Coach Chris Johnson

8Assistant Coach Drew Hardyk

9Assistant Coach John Gondak

10Assistant Coach Fritz Spence

12-13Track and Field Support Staff

14-15Women's Roster/Athletes to Watch

16-17Women's Season Preview

18-35Women's Athlete Profiles

35-36Men's Roster/Athletes to Watch

37-38Men's Season Preview

39-56Men's Athlete Profiles

57-642011 Season Review

65-68Facilities

69-702010 NCAA Championship Info

70-71NCAA Postseason History

72-74NCAA All-Americans

75-78Big Ten History

79-85Women's Records

86-94Men's Records

95-97History (Prior Conferences)

99-100Cross Country

101-102Men's History

103Penn Relays

104Penn State Olympians



After 12 years and 103 NCAA All-Americans on the women's side, as well as five years and 22 All-America honorees with the men's squad, Beth Alford-Sullivan enters her 13th year at the helm of the Nittany Lion women's program and her sixth campaign as the Director and Head Coach of Track and Field/Cross Country, overseeing both the men's and women's programs.

Sullivan's decorated resume is undoubtedly one of the most impressive in the country, as it includes two NCAA "Trophy" Team finishes, six Big Ten team titles, one Big Ten "Triple Crown," as well as three individual NCAA Champions, and one NCAA Champion relay.

Since taking the reigns of both the men's and women's programs in 2006, Sullivan has remained steadfast to the vision of having two programs in the top tier of the conference and the NCAA, with both the men's and women's squads making outstanding statements during the 2010-11 campaign, highlighted by the Nittany Lions' haul of 16 NCAA All-America finishes on the year.

Sullivan continued to coach the Nittany Lions to countless milestones in 2010-11, beginning with dual bids from the men's and women's cross country teams to the 2010 NCAA Championships. The occasion marked the first time since 1994 that both Nittany Lion squads had qualified for the event in the same year. The 2010 campaign was also indicative of the national prowess of the program, as the women's team made it second-consecutive NCAA appearance, while the men's squad qualified for the national meet for the second time in three years.

On the track, Sullivan led the Nittany Lion men to an 11th-place standing – the highest placing by a Penn State team in over two decades - at the NCAA Indoor Championships, via All-America efforts from freshman Brady Gehret in the 400-meters, and Ryan Foster in the mile run, as well as the men's 4x400-meter relay.

Program Success Under Sullivan ...

Under Sullivan, the Nittany Lion women's team has become a national mainstay, scoring at the national meet in last 11 NCAA Outdoor Championships, and 10 of the last 11 NCAA Indoor Championships. The women's squad has also recorded top four "trophy team" finishes in two of the last four years, placing fourth at the NCAA Outdoor Championships in 2008 and 2010.

Since taking over the women's program in the fall of 1999, Sullivan has guided the Nittany Lions to a grand total of 13 top 25 finishes at the NCAA level, including top 10 efforts from the women's team in 2003, 2008, 2009, and 2010.

The Nittany Lions success under Sullivan does not end on the track, however, as the Nittany Lion women's track and field and cross country teams have earned United States Track and Field/Cross Country Coaches' Association (USTFCCCA) All-Academic honors in each of her 12 seasons at the helm of the program. Most recently, both the Nittany Lion men's and women's squads earned the academic standing, via grade point averages of 3.0 or better for the 2011 spring semester. In fact, the 2009-10 version of the women's squad was named USTFCCCA "Scholar Team of the Year" for the outdoor season, which is awarded to the team with the highest NCAA finish with a 3.0 GPA.

The Nittany Lions also been consistently recognized as one of the most successful programs in the NCAA, with the men's team earning 11th place in the most recent "John McDonnell Program of the Year" standings. The award honors the institution that has achieved the most success in each academic year (spanning the cross country, indoor track & field, and outdoor track & field seasons) based on the institution's finish at the NCAA Division I Championships. Sullivan's women's squad has also been



heavily recognized nationally, placing 17th in the "Terry Crawford Program of the Year" rankings for the 2010-11 seasons.

In 2010, the Nittany Lion women placed third in the Program of the Year standings, following only perennial stalwarts Oregon and Florida. The men have also been consistently mentioned in the rankings, as Sullivan's men's squad was recognized for the honor in 2009, finishing 14th.

2011 Highlights ...

On the conference level, Sullivan continued to coach the Nittany Lions to outstanding results, headlined by second-place finish by the women's squad at both the Big Ten Indoor and Outdoor Championships. Under Sullivan, the Nittany Lion women have been at the top of the heap at the conference level for nearly a decade, having finishing no worse than fourth at any Big Ten track and field championship since 2003.

Individually speaking in 2011, the Nittany Lions turned in a total of eight conference titles on the year, including Shavon Greaves (200-meters), Joe Kovacs (shot put), and Ryan Foster (800-meters) during the indoor season. The Nittany Lions were equally as outstanding in the relays, with the women's team capturing its six-straight Big Ten indoor 4x400-meter title. Outside, the Nittany Lions wrapped up another five conference golds, with Casimir Loxsom (800), Blake Eaton (shot put), Kara Millhouse (10,000-meters), Megan Duncan (400-meter hurdles), and Karlee McQuillen (javelin), each taking top honors in their respective events.

The Lions were also on fire at the USATF Championships, sending both Loxsom, and Samuel Borchers, who ran a lifetime-best 1:46.85 on the year - to the 800 final - the only collegiate program with two athletes among the eight finalists.

On the NCAA level, Sullivan coached both 4x400-meter relay teams to All-America efforts during the indoor season – marking the first top eight finish by the men's relay since 1975. The men's squad also enjoyed historic efforts from Gehret and Foster, as Gehret – the top freshman in the 400 field – captured the first 400 All-America citation since 1976 with his third-place effort. Foster, on the other hand, became just to second Penn State athlete to break the 4:00-mile barrier at 3:58.49, and would go on to a third-place standing in the mile run – the first since 1988.

Following up on an All-America finish indoors, the women's 4x400 captured its fourth-straight All-America finish at the NCAA Outdoor Championships. In fact, Penn State is the only program to have recorded four-straight top four outdoor finishes in the women's relay, since the squad won the NCAA title in 2008.

The Nittany Lions continued to rip through the record books in 2011, resetting a total of nine school records throughout the indoor and outdoor seasons. Among the



Coaching Awards and Honors

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

record-breakers, then-junior Millhouse smashed one of the longest-standing records on the books, running 33:31.93 for 10,000-meters. The Nittany Lions also reset records in both men's 4x400-meter relays, going 3:07.27 indoors, and 3:07.19 outside.

Sullivan's Nittany Lions also made a splash at the prestigious Penn Relays Carnival, via a victory in the men's sprint medley relay. The Nittany Lion quartet enjoyed the first Championship of America victory by a men's squad since Penn State took top honors in the 4x800-meter relay in 1987. The victory also marked the Nittany Lions' first sprint medley title since 1942, and fourth SMR win overall, thanks to a school-record 3:17.10. The Nittany Lions also enjoyed another school-record effort at Penn, with Caitlin Lane, Bekka Simko, Kalyn Fisher, and Maura Ryan combining to run 8:39.44 in the women's 4x800-meter relay.

A Banner 2010 ...

A year prior – in 2010 Sullivan's men's and women's squads experienced unparalleled success, highlighted by a fourth-place finish from the women's team at the NCAA Outdoor Championships – the squad's second "Trophy Team" finish in the last four years. The NCAA effort also included a national-title victory from then-senior Bridget Franek in the 3,000-meter steeplechase.

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

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

International Acclaim ...

Internationally speaking, Sullivan added a pair of IAAF World medalists to her coaching resume in 2010 as Casimir Loxsom earned silver-medal honors while representing the United States at the IAAF World Junior Championships in Moncton, Canada. Loxsom's second-place standing was the highest-ever finish by a U.S. athlete in the distance event since the meet's inception. Meanwhile, rising sophomore Evonne Britton claimed second-place status in the 400-meter hurdles.

Sullivan also boasts a tremendous amount of international experience in her own right. Most notably in 2004, Sullivan was named a member of the Olympic coaching staff for the Athens Games, where she helped the United States squad to nearly 25 medals in the sport of track and field. More recently, Sullivan served as the Head Coach for the United States women's team at the 2011 Pan Am Junior Championships.

She was also selected to represent the United States as an assistant coach at the 2003 World Championships in Paris where she guided the middle distance runners for the world's top ranked track and field team. She also has served as an assistant on the 2001 U.S. World Championships Team, guiding middle-distance and distance team members throughout the trials and the championships held in Edmonton, Canada. Prior to that appointment, Sullivan guided the U.S. Junior Team to the 1997 World Cross Country Championships in Turin, Italy. She was also the coach for the 1994 U.S. team that competed in the Beijing International Ekiden and was an assistant coach for the 1995 U.S. Olympic Festival staff in Colorado Springs.

NCAA Accolades ...

Throughout her tenure in Happy Valley, Sullivan has overseen the successes of four of the most-prolific NCAA careers in program history in Connie Moore, Shana Cox, Aleasha Barber, and Bridget Franek. All sensational sprinters, Moore, Cox, and Barber each totaled 11 All-America finishes throughout their Nittany Lion careers, with Cox claiming the 2008 NCAA Outdoor title at 400-meters – the first victory by a Nittany Lion woman in the track event in the NCAA era - and Cox and Barber, running as members



Loxsom and Borchers were the only collegiate duo in the USATF 800 Final in 2011.

of the 2008 NCAA Champion 4x400-meter relay. Sullivan coached Franek, who totaled 10 All-America finishes over her career, to top honors in the 3,000-meter steeplechase at the 2010 NCAA Outdoor Championships – marking the fourth NCAA victory by a Nittany Lion under Sullivan’s watch. Franek also achieved a rarely matched feat over her Penn State tenure, qualifying for every NCAA opportunity in cross country, and indoor and outdoor track and field over her career – a perfect 12-for-12 appearances.

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

In her four years with the men’s program, Sullivan has coached at least one entrant in the NCAA track and field meet on the men’s side in nine of ten opportunities, including graduate Ryan Fritz, who earned a grand total of four All-America certificates during his Penn State career. Sullivan also coached Tyler McCandless to an All-America finish in the 10,000-meters in 2010, becoming the first Nittany Lion to earn the honor in the event since 1994. The Nittany Lion men have also achieved six bronze-medal finishes under Sullivan, including two from Kovacs in the shot put in 2010 and 2011, and third-place efforts from Foster in the 800 in 2010, and the mile in 2011.

Sullivan has also overseen multiple recipients of USTFCCA regional awards on a yearly basis, including regional “Athlete of the Year” wins by Loxsom, Foster, and Kovacs, and an “Assistant Coach of the Year” nomination for Associate Head Coach Chris Johnson in 2011. Sullivan has been recognized by USTFCCA on numerous occasions, and was named Mid-Atlantic Men’s Coach of the Year in 2009, becoming the first woman to win the award at the helm of a men’s program.

Big Ten Success ...

The Nittany Lions have also been highly successful in Big Ten competition under Sullivan’s guidance, with the Penn State women totaling 50 individual victories, as well as 13 relay wins over the past 11 years. Cox is once again at the top of the charts, with an outstanding total of 15 victories, while recent graduate Shavon Greaves stands with 14 total titles, including sweeps of the short sprints during both the indoor and outdoor championships in 2009 and 2010. Sullivan has also overseen a pair of wins in the men’s javelin throw, including a Big Ten record 239-9 (73.09) effort by Allen Pettner in 2007.

The Lion were well recognized throughout the year for their conference success, with Franek earning Athlete of the Year honors in cross country, along with a Freshman

of the Year citation for Nicole Lord. Sullivan would also be voted Big Ten Coach of the Year, thanks to the Lions’ cross country success. Sullivan would earn another conference Coach of the Year award indoors, while Franek was named Athlete of the Meet, and then-junior Shavon Greaves took Athlete of the Year status. Outside, Fawn Dorr was declared Athlete of the Meet, while Sullivan earned yet another Coach of the Year citation. On the men’s side, Loxsom would earn Freshman of the Year status outdoors.

On the Big Ten stage, Sullivan’s Nittany Lions claimed a combined total of 14 individual victories, to go along with three relay wins. Franek got the ball rolling in cross country, taking top honors at the conference meet – becoming the first Nittany Lion to win the conference cross country title since Kim McGreevy in 1994.

The Nittany Lions had a banner afternoon at the conference meet in 2009, highlighted by an individual victory from then-senior Franek. The Nittany Lions would put all five scoring finishers in the top 25 for a winning total of 71 points, with Franek in first, Lord in ninth – good for second-team all conference honors – freshman Brooklyne Ridder in 16th, sophomore Caitlin Lane in 22nd, and sophomore Kara Millhouse in 23rd.

On the Cross Country Course ...

Penn State squads have enjoyed outstanding success in cross country under Sullivan’s watch. Last season was no different, highlighted by dual bids to the NCAA Championships by the men’s and women’s squads.

Regionally, speaking Sullivan’s Nittany Lions more than held their own in a field of national-caliber teams at the NCAA Mid-Atlantic Regional Championships, with the women’s team scoring a third-place standing, to go along with the men’s fourth-place effort. Individually, the Nittany Lions garnered a grand total of seven all-region citations, led by a two-three finish from then-juniors Kyle Dawson and Vince McNally on the men’s side. Then-junior Caitlin Lane was tops for the women in 12th place, followed by a quartet of Nittany Lions in the top 25, including Kara Millhouse, Natalie Bower, Maura Ryan, and Brooklyne Ridder.

Sullivan’s charges were just as successful on the conference level, as the Nittany Lions turned in fourth-place finishes in both the men’s and women’s races. Dawson, who Sullivan coached to Big Ten Freshman of the Year honors in 2008, was the top finisher, earning all-conference second team honors via an eighth-place effort individually. McNally was on his heels in 13th, earning his second-career all-conference citation. Another duo of Nittany Lions mounted all-conference efforts in the women’s race, led by then-sophomores Ridder, and Bower, who placed ninth and 14th, respectively.

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

Sullivan’s Lions shined in the NCAA field, paced by Franek’s 26th-place finish, which was also good for her second-career All-America effort in cross country. Ranked as high as 11th during the season, the Lions’ 14th-place effort was the highest since the





Sullivan coached seven All-NCAA Mid-Atlantic Region finishers in cross country in 2011.

1996 campaign. Penn State advanced to the Championships via an at-large bid, thanks to in-season wins over outstanding programs such as Florida State, Illinois, Minnesota, Notre Dame, Ohio State, Providence, and SMU, earning more than enough qualifying points to make the field.

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

The Nittany Lion men engineered an outstanding 2008 campaign, thanks to a group of seasoned veterans, two talented freshmen, and homegrown Pennsylvania work ethic, as six of the eight Nittany Lion men that traveled to the NCAA Championships are former Pennsylvania high school standouts.

The Nittany Lions continued to impress at the Big Ten Championships, posting a fourth-place effort in the team standings - the highest conference finish in nearly a decade. Dawson was also voted Big Ten Freshman of the Year following his effort at the conference championships, becoming the first athlete in Nittany Lion history to earn the honor in cross country.

On the men's side, Sullivan led the Nittany Lion cross country squad to its first appearance at the NCAA Cross Country Championships since 1994.

The Nittany Lion cross country squads have been a strong factor at both the conference, regional, and national levels since Sullivan's arrival in 1999, as the Penn State women have made NCAA appearances in 2002, and 2003, 2009, and 2010 while earning top five finishes in the Mid-Atlantic region on eight occasions. In 2000, Sullivan led Suzanne Heyer to a 14th-place finish at the NCAA Cross Country Championships - the highest-ever finish by a Nittany Lion woman in the NCAA era.

Before Penn State ...

Prior to her tenure at Penn State, Sullivan was the Women's Coordinator for the Stanford track and field and cross country teams from 1995-99. During those four years, Sullivan coached over 30 NCAA All-America athletes including one NCAA individual champion (Monal Chokshi in the 3,000 meters), led numerous Pac-10 team and individual championship performers and led the team into national prominence. Under her coaching, Stanford placed in the top 10 at the NCAA Cross Country Championships all four years of her tenure including winning the NCAA championship in 1996. The Cardinal also took home runner-up honors in 1997 and a strong third place finish in 1998. In return, Sullivan was named Pac-10 Coach of the Year three times, NCAA Regional Coach of the Year twice and NCAA Division I Coach of the Year in 1996. Before her years at Stanford, Sullivan served as the head coach at Mankato State University from 1993-95 and as the assistant coach at Southeast Missouri State University from 1991-93. She earned conference-coaching honors and produced over 20 conference champions for these schools.

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

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

Penn State Track and Field/Cross Country

Under Beth Alford-Sullivan ...

- * 125 NCAA All-Americans
- * 70 Big Ten Individual Champions
- * 14 Big Ten Champion Relays
- * 24 Coach of the Year Awards
- * 25 USTFCCA Regional Athletes of the Year
- * 8 Big Ten Championship Records
 - * 4 NCAA Champions
- * 5 Big Ten Athletes of the Year
- * 6 Big Ten Team Titles
- * 5 Big Ten Freshman of the Year
 - * 2 Olympians
- * 2 World Championship Qualifiers
- * 2 IAAF World Junior Medalists
 - * 2 NCAA Trophy Teams
 - * 2 Penn Relays Wheels
 - * 1 Big Ten Triple Crown



Chris
JOHNSON

Associate Head Coach
Seventh Year
Lamar, '99

SPRINTS, HURDLES, RELAYS

Coaching Awards and Honors

**2011 USTFCCCA Mid-Atlantic
Women's Indoor Assistant Coach of the Year**

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

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

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

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

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

Associate Head Coach Chris Johnson will begin his eighth season directing the Nittany Lion men's and women's sprints, hurdles, and relays contingents, following a sensational campaign in 2011. Throughout the 2011 campaign Johnson-coached athletes bettered a total of four school records, while freshman Brady Gehret ran to bronze-medal honors in the 400-meters at the NCAA Indoor Championships. Johnson was also named USTFCCCA Mid-Atlantic Women's Assistant Coach of the Year - the sixth such honor of his coaching career.

Since coming to Happy Valley in the fall of 2004, Johnson has guided well over 50 All-America performances, including NCAA victories from Shana Cox in the 400-meters and Dominique Blake, Barber, Gayle Hunter, and Cox in the 4x400-meter relay in 2008. Johnson has directly coached many of Penn State's most decorated athletes in program history, including Cox and Barber, who have both earned 11 All-America citations a piece. Johnson's athletes have also enjoyed outstanding success on the Big Ten stage, with 20 individuals and 13 relays earning conference crowns.

In 2011, Johnson guided a trio All-America 4x400 relays with the women's squad finishing sixth indoors and fourth outdoors, and the men's team taking fifth at the NCAA Indoor Championships. All told, Johnson has overseen a grand total of nine All-America relays, including an NCAA title run in the women's mile relay in 2008. Johnson's relays have been a mainstay at the national level in recent years, as the Nittany Lions are the only squad to have posted top four finishes in each of the last four years in the women's 4x400 at the NCAA Outdoor Championships.

Indoors, Johnson coached freshman phenom Gehret to a school-record 46.22 in the 400, while the men's 4x400-meter relay, including Gehret and fellow Johnson protege Aaron Nadolsky, clocked a school-record 3:07.27. The duo also assistant on the Nittany Lions' record-setting relay outdoors, running 3:07.19.

During the 2011 indoor season, Johnson oversaw conference winning efforts from Shavon Greaves in the 200-meters, as well as the women's 4x400-meter quartet of Doris Anyanwu, Ije Iheoma, Greaves, and Megan Duncan. On the men's side, Johnson led Gehret to a runner-up standing in the 400.

In 2010, Johnson's sprints/hurdles contingent highlighted by a dominate effort at the Big Ten Outdoor Championships, adding an impressive total of 93 points towards the Nittany



Lions' women's team title. Johnson's sprint-hurdle corps ran the table in their event area, claiming individual titles in the 100-, 200-, and 400-meters, as well as the 100- and 400-meters hurdles, and 4x100- and 4x400-meter relays.

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

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

The Lion sprinters and hurdlers were equally as successful during the 2010 indoor campaign, with Greaves running a world-leading 22.98 for the 200 at the Big Ten Indoor Championships. Johnson's athletes claimed two individual and one relay title, with Greaves taking the 60 and 200, and the squad of Doris Anyanwu, Caitlin DeFusco, Greaves, and Dorr setting a Big Ten Meet Record 3:35.38 en route to the program's fifth-straight victory in the indoor conference 4x400. Nationally, Johnson led Greaves to a third-place finish in the 200 - the Lions' highest finish in the event since 2004 - and guided Dorr to fifth-place honors in the 400. The Nittany Lions were well represented in the sprints in total, with Greaves earning All-America honors with an 11th-place finish in the 60, DeFusco placing 17th in the 200, and the 4x400 finishing in ninth overall.

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

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

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



Outstanding Athletes Coached

Shana Cox

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

Brady Gehret

- * 2011 NCAA Indoor Bronze Medalist (400 Meters)
- * Two-Time NCAA All-American
- * Three-Time Penn State Record Holder

Aleesha Barber

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

Fawn Dorr

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

Gayle Hunter

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

Shavon Greaves

- * 14-Time Big Ten Champion
- * Nine-Time NCAA All-American
- * 2010 Big Ten Indoor Athlete of the Year

Dominique Blake

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

Gigi Johnson

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

Individually, Johnson coached Barber, Greaves, Dorr, and Hunter to NCAA berths during both the indoor and outdoor seasons, headlined by a runner-up finish from Hunter in the pentathlon at the NCAA Indoor Championships. Under Johnson's watch, Hunter would set school records in the pentathlon (4342), and heptathlon (5797) over the course of 2009, and cap her NCAA career with a fifth-place finish in the heptathlon at the NCAA Outdoor Championships. One of the most decorated athletes in recent history, Hunter concluded her Lion career with an outstanding nine All-America finishes.

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

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



NCAA East Regional Championships, clinching Penn State's second-straight victory in the event.

On the men's side, Johnson coached Mike Cadau to a breakout season in the sprints, leading the junior to a bronze-medal finish in the 400 at the Big Ten Indoor Championships, and a fourth-place effort at the outdoor conference meet. Cadau was also a member of the Nittany Lions' school-record and NCAA-qualifying distance medley relay during the indoor season.

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

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

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

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

The Penn State sprint stable was also solid on the men's side in 2008, as Ron Jules - an NCAA regional qualifier - captured runner-up honors in the 110-meter hurdles at the outdoor conference championships.

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

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



**Drew
HARDYK**
Assistant Coach
19th Year
Cincinnati, '92

VERTICAL JUMPS, MULTI-EVENTS

Coaching Awards and Honors

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

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

Dr. Andrew Hardyk, entering his 19th year with the Nittany Lion track and field program, will continue to mentor the Penn State high jumpers, decathletes, and pole vaulters in 2011-12. Hardyk has now coached a total of 22 All-America finishes during his tenure with the Nittany Lions.

Hardyk's high jumpers impressed in 2011, with both Bryson Hartzler and Sean Reilly bettering the seven-foot barrier over the course of the year. Hartzler cleared 7-1.50 (2.17) during the indoor season, which is tied for the fourth-best jump in the Nittany Lion indoor record books. Reilly stepped up during the outdoor season, topping out at 7-0.25 (2.14) - the sixth-best clearance in school history.

Reilly's outdoor campaign also included a bronze-medal finish at the Big Ten Championships, as well as an appearance at the NCAA First Round. The Nittany Lions scored three at the indoor conference meet with Reilly finishing sixth, and Hartzler and then-freshman Jon Hendershot tying for eighth overall. Hardyk's charges also excelled in the multi-events, with current senior Anya Uzoh totaling 7045 points in the decathlon - the 10th-best total in school history. Uzoh would score a seventh-place finish in the heptathlon at the Big Ten Indoor Championships.

In 2010, Hardyk led then-senior Ryan Fritz to a fourth-place finish in the high jump at the NCAA Outdoor Championships, as well as a sixth-place effort at the USATF Outdoor Championships. At the conference level, Hardyk would guide Fritz to a third-place effort at the Big Ten Outdoor Championship. Nationally, Hardyk also assisted in guiding then-sophomore Jocelyn Witmer to her first-career appearance at the NCAA Outdoor Championships in the pole vault.

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

In 2009, Hardyk was instrumental in marked improvements among the Nittany Lion pole vault contingent, highlighted by indoor and outdoor school records from senior John Vellenoweth. Vellenoweth would clear 17-0.50 (5.20) indoors, and post a clearance of 17-5.50 (5.32) during the outdoor season.

Fritz recorded another successful campaign under Hardyk's watch in 2009, notching appearances at both NCAA meets, tying for third at the NCAA Indoor Championships.

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

Colligan would also finish a point out of a conference gold medal at the 2008 Big Ten Outdoor Championships, where Hardyk-coached athletes captured two of the top four finishing spots. Colligan's runner-up standing at the conference meet marked the second straight year a Hardyk-coached athlete won silver-medal honors, as Chris Morrisey finished second in the

Outstanding Athletes Coached

Ryan Fritz

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

John Vellenoweth

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

Shawn Colligan

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

Ryan Olkowski

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

James Cook

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

Steve Pina

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

John Gorham

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

George Audu

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

Brian Derby

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

Chavous Nichols

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

Big Ten decathlon in 2007. Colligan and Morrisey both recorded personal bests over 7000 points, at 7361 points, and 7097, respectively - both among the top ten performances in the Penn State's storied decathlon history.

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

Hardyk coached former PSU All-American Ryan Olkowski, who finished eighth in the decathlon at the 2004 U.S. Olympic Trials. Olkowski - a three-time NCAA All-American - holds the distinction of being the only athlete in NCAA history to record All-America finishes in the high jump and 200-meters in the same meet, which he achieved during the 2002 NCAA Indoor Championships.

During his first 13 years at Penn State, Hardyk covered the sprints, hurdles, jumps and relays as an assistant for the men's program. All told, Hardyk coached athletes have won 11 Big Ten Individual titles, and have set 21 Penn State records.

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



John GONDAK

Assistant Coach
Sixth Year
Syracuse, '95

MIDDLE DISTANCE

Coaching Awards and Honors

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

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

John Gondak enters his sixth year as an assistant coach at Penn State, working with Director of Track and Field/Cross Country Beth Alford-Sullivan and the Nittany Lion cross country and distance runners as well as serving as the primary mentor for the Penn State middle-distance athletes. Gondak's middle distance charges experienced unparalleled success in 2011, including six school records, two All-America performances, and two Big Ten victories. The Doylestown, Pa., native has also had a huge impact on the Nittany Lions' success on the cross country course, including a Big Ten title by the women's squad in 2009, and NCAA-qualifying efforts by the women's squad in 2009 and 2010, and by the men's team in 2008, and 2010.

Under Gondak's watch, the Nittany Lions ripped through the Penn State records books, led by then-sophomore Casimir Loxsom, who set two individual school records, and was a member of three school-record relays. Individually, Loxsom clocked 1:01.28 for the 500-meters to start the indoor season. The time would stand as the fastest run by a collegian in 2011. Outside, Loxsom would blitz to a school-record 1:45.28 in the 800-meters, bettering Randy Moore's 1:45.96, which had stood since 1985. In the relays, Loxsom - and fellow Gondak charge - Lionel Williams - would assist on the record-setting 4x400-meter relays during both the indoor (3:07.27) and outdoor (3:07.19) seasons. Also making a mark in Nittany Lion history in 2011 was senior Ryan Foster, who clocked a school-record 3:58.49 for the mile run and posted an NCAA-leading time of 2:19.96 for the 1000-meter during the indoor season.

Nationally speaking, Loxsom would place fourth in a blistering 800-meter final at the NCAA Outdoor Championships, running 1:45.31. Foster starred during the NCAA Indoor Championships, placing third in the mile run, while Loxsom and Williams ran legs on the Lions' fifth-place 4x400.

The Nittany Lions also made a splash at the prestigious Penn Relays Carnival, taking top honors in the sprint medley relay, thanks to outstanding splits from Loxsom on the 400-meter carry and Foster on the 800 anchor. The team, which claimed Penn State's first Penn Relays win since 1987, would also clock a school-record 3:17.10 in the effort. Gondak also led the Nittany Lions to a second-place finish in the 4x800-meter relay (Williams, Samuel Borchers, Loxsom, and Foster) in an epic battle at Penn Relays, where the team clocked 7:12.90 - the seventh-fastest time in collegiate history.

2010 was a breakout year for the Nittany Lion middle distance contingent, sending a grand total of four 800-meter athletes to the NCAA Indoor Championships, including Foster, Owen Dawson, Williams, and Loxsom. In total, the Lions came away with three All-America certificates, thanks to a bronze-medal effort from Foster, to go along with eighth and 11th-place finishes from Dawson, and Williams, respectively. The three All-America finishes were the first for the Penn State program in the 800 since 1985.

Gondak's charges also had a remarkable season in the record books in 2010 with Foster setting new school standard in the 800 (1:47.32), and 1000-meters (2:19.60). Foster's 1000 mark, and his Ashenfelter facility record 1:47.48 from the Penn State National were also rec-

Outstanding Athletes Coached

Ryan Foster

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

Casimir Loxsom

- * IAAF World Junior Silver Medalist (800m)
- * Penn State 800-Meter Record Holder (1:45.28)
- * Five-Time Penn State Record Holder (500i, 4x400i, 800m, 4x400, SMR)
- * USATF Junior Champion (800m)
- * World Junior Best 600-Meters (1:16.92)
- * Two-Time Mid-Atlantic Region Track Athlete of the Year

Owen Dawson

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

Mark Miller

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

Bekka Simko

- * 2011 NCAA First Round Qualifier
- * Two-Time Big Ten Scorer
- * Penn State 4x800-Meter Record Holder (8:39.44)

ognized as Australian National Indoor Records. Gondak would also guide then-freshman Loxsom to a sizzling 1:16.92 for 600-meters, which stands as World Junior (Under-19) Best.

Loxsom would go on to post an impressive victory in the event at the the USATF Junior title and advance to the IAAF World Junior Championships. Loxsom would post a silver-medal finish at the World Junior event, clocking 1:46.57. Loxsom's finish was the highest-ever finish by a U.S. athlete in a distance event at the world junior competition.

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

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

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

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

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



Fritz SPENCE

Assistant Coach
Sixth Year
Missouri State, '97

JUMPS, MULTI-EVENTS

Coaching Awards and Honors

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

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

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

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

Spence oversaw a breakout year from Hanif Johnson in 2011, with the junior claiming bronze-medal finishes at both Big Ten Championship competitions, and qualifying for the NCAA Outdoor Championships. Johnson posted a career-best leap of 51-8.50 (15.76) during the outdoor season, which stands as the fifth-best jump in school history.

Spence's athletes were outstanding at the Big Ten Outdoor Championships, scoring podium finishes in all four horizontal events. Along with Johnson's bronze-medal finish in the triple jump, junior Doug Moppert added a third-place finish in the men's long jump, while Tanaya Lloyd claimed runner-up status in the women's triple jump, and Bianca Fung posted a third-place finish in the women's long jump.

Spence also guided a healthy contingent of Nittany Lions to NCAA First Round, including Johnson, Moppert, Lloyd, and Fung, along with high jump standouts Kelsey Coutts and Erika Morgan, who both recorded clearances of 5-8.50 (1.74) on the season.

Indoors, Spence coached conference scoring performances by a quartet of athletes on the women's side, with Lloyd finishing fifth in the triple jump, Fung and Morgan placing fifth and eighth, respectively, in the high jump, and freshman Brittney Howell taking sixth in the pentathlon, and seventh in the long jump.

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

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

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

Outstanding Athletes Coached

Gayle Hunter

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

Clarence Smith

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

Hanif Johnson

- * 2011 NCAA Second Team All-American (Triple Jump)
- * Three-Time Big Ten Medalist

Jay Pagana

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

Tracy Partain (Missouri State)

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

Fabian Florant (Missouri State)

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

Greg Hughes (Missouri State)

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

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

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

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

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

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

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



Andy
BANSE
Assistant Coach
First Year
Iowa, '05

THROWS

Former University of Iowa standout Andy Banse is in his first season with the Nittany Lions, and will assist with the throwing events. As a four-time letterwinner for the Hawkeyes, Banse enjoyed a stellar career in Iowa City in the circle and in the classroom, earning Academic All-America honors in 2005, while also being named a National Strength and Conditioning Association All-American during the same season. Banse also brings a wealth of experience at various levels of the collegiate athletic system, most recently serving as the Associate Director of Compliance at his alma mater.

As a Hawkeye, Banse was a multiple-time Big Ten finalist in the shot put, claiming a career-best third-place finish at the 2005 Big Ten Outdoor Championships. For his efforts, Banse was named the team's "Most Valuable Competitor" during the 2005 campaign, and also earned the 2005 Big Ten Sportsmanship award. In the classroom, Banse was named to the Big Ten All-Academic team on three occasions from 2003-05.

Banse is a USATF Level I Certified Coach, as well as a USATF National Level Official, having officiated at the prestigious Drake Relays for several seasons, among numerous other notable competitions.

He is married to Nittany Lion assistant softball coach, Lisa Banse. The couple recently welcomed their first child - Luka Andrew - in November.



Jess
RIDEN
Sixth Year
Penn State, '04

DIRECTOR OF OPERATIONS

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



Jim
Sullivan
Volunteer Assistant
13th Year
Southern Illinois, '85

POLE VAULT

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



Jeri
**DANIELS
ELDER**
Volunteer Assistant
Assistant Coach
William and Mary, '82

THROWS

2004 United States Olympic Coach and one of the most respected throws coaches in the country Jeri Daniels Elder rejoins the Nittany Lions after spending a decade on the women's coaching staff from 1984 to 1994. Daniels Elder will assist the Nittany Lions in the throwing events, with a specific focus on the weight and hammer throw athletes. During her first tenure at Penn State, Daniels Elder's throws contingent enjoyed outstanding success across all event areas, including a Big Ten title by Stacey Gibbs in the javelin in 1992. She was equally as impressive as an athlete at William and Mary, turning in numerous All-America finishes, which were highlighted by her induction into the William and Mary Athletic Hall of Fame in 1998.

Aside from serving on the U.S. Olympic staff in 2004, she also boasts an extensive international coaching resume as she member of the 1999 U.S. World Championships staff, and the women's head coach at the 1996 World Junior Championships in Sydney, Australia.

Daniels Elder currently works for the State College Area School District.



Coaching Staff



Virginia
JOHNSON
Eighth Year
Arkansas, '01

VOLUNTEER ASSISTANT

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



Luke
WATSON
Second Year
Notre Dame, '02

VOLUNTEER ASSISTANT

Luke Watson will serve as a volunteer assistant for the Nittany Lion programs for the second straight year in 2011-12. Watson was an eight-time NCAA All-American and six-time Big East Champion while competing for the University of Notre Dame. Watson graduated from Notre Dame with a B.B.A. in Accounting in 2002, and a M.S. in 2003. The Stillwater, Minn., native is now pursuing a Ph.D. in Accounting at Penn State. Watson continues to compete professionally for Mizuno. Watson still holds Notre Dame records in the indoor mile (3:57.83) and the 3,000-meter steeplechase (8:37.61). Watson is now competing professionally in the marathon.



Artie
GILKES
Eighth Year
Penn State, '97

VOLUNTEER ASSISTANT


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



Ryan
WHITING
First Year
Arizona State, '10

VOLUNTEER ASSISTANT

In his second year in Happy Valley, Ryan Whiting will join the Nittany Lion coaching staff as a volunteer assistant in 2011-12. Whiting, one of the most highly decorated athletes in NCAA history, wrapped up his career at Arizona State in 2010 with an astounding six NCAA titles. Whiting also ended his sensational NCAA stand as the collegiate record holder in the indoor shot put at 71-03.50 (21.73m). Whiting wasted no time in making a mark on the professional ranks last year, winning the shot put at the USATF Indoor Championships, and finishing fourth at the USATF Outdoor Championships to earn a slot at the 2010 IAAF World Championships in Daegu, Korea. Whiting would go on to finish seventh at the World Championships. A graduate of Central Dauphin High School in nearby, Harrisburg, Pa., Whiting was the Gatorade National High School Athlete of the Year in 2005.).

Ryan FOSTER
 First Year
 Penn State, '11
VOLUNTEER ASSISTANT

Following one of the most decorated Nittany Lion careers in recent memory, 2011 Penn State graduate Ryan Foster will join the Nittany Lion coaching staff as a volunteer assistant for the distance and middle distance events. Foster finished his outstanding Nittany Lion career, with four All-America certificates, four Big Ten titles, and numerous Penn State records, including an impressive 3:58.49 for the indoor mile run. In fact, Foster, who hails from Tasmania, Australia, was the first Tasmanian to break the 4:00-barrier indoors, and also holds national records in the indoor 800- (1:47.48) and 1000-meters (2:19.60). Foster is currently serving as a full-time intern for the Kevin Dare Foundation, which is based in State College, and promotes pole-vault safety.

Nittany Lion Support Staff



Dave Yukelson
 Sports Psychologist
 23rd Year



Kristine Clark
 Sports Nutritionist
 30th Year



Nate Althouse
 Academic Advisor
 Third Year



Mary Alterio
 Staff Assistant
 28th Year



Kevin Henry
 Asst. Facility Manager
 Equipment Coordinator
 13th Year



Ben Evans
 Athletic Trainer
 Fourth Year



Peter Meier
 Athletic Trainer
 First Year



Cameron Davison
 Strength Trainer
 Third Year



Lydia Serfling
 Strength Trainer
 Third Year



2011-12 Women's Roster

Name	Year	Eligibility	Event Area	Hometown	Previous School
Leigha Anderson	Fr.	Fr.	Distance	Carlisle, Pa.	Cumberland Valley
Doris Anyanwu	Jr.	Jr.	Sprints	Beltsville, Md.	Eleanor Roosevelt
Lindsay Bacik	So.	So.	Pole Vault	Pittsburgh, Pa.	Baldwin
Gabrielle Barbour	Fr.	Fr.	Sprints	Huntingdon, N.Y.	Saint Anthony's
Abigail Benson	Fr.	Fr.	Distance	Elma, N.Y.	Iroquois
Shelley Black	Fr.	Fr.	Sprints/Hurdles	Wilkes-Barre, Pa.	James M. Coughlin
Natalie Bower	Jr.	Jr.	Distance	Pleasant Unity, Pa.	Greater Latrobe
Megan Boyer	So.	So.	Throws	Millersburg, Pa.	Millersburg
Evonne Britton	Jr.	Jr.	Sprints/Hurdles	El Paso, Texas	Chapin
Rachel Casciano	Fr.	Fr.	Distance	Wyomissing, Pa.	Reading Holy Name
Rachel Chernaskey	Fr.	Fr.	Jumps/Multi-Events	Gilbertsville, Pa.	Pope John Paul II
Kelsey Coutts	Jr.	Jr./So.	Multi-Events	Powell, Ohio	Olentangy Liberty
Markea Dickinson	So.	So.	Mid-Distance	West Chester, Pa.	West Chester Rustin
Bria Edwards	Fr.	Fr.	Distance	Hazle Twnshp, Pa.	Hazleton Area
Kalyn Fisher	So.	So.	Mid-Distance	Lewisburg, Pa.	Lewisburg
Emily Giannotti	So.	So.	Distance	Coudersport, Pa.	Coudersport
Lindsey Graybill	Jr.	Jr.	Distance	Macungie, Pa.	Emmaus
Brittney Howell	So.	So.	Jumps/Multi-Events	Wyncote, Pa.	Cheltenham
Ijeoma Iheoma	Sr.	Sr.	Sprints	Holland, Pa.	University of Florida
Kerrin Jennings	Fr.	Fr.	Distance	Glen Mills, Pa.	Padua Academy (Del.)
Mahagony Jones	Jr.	So.	Sprints	Cleveland, Ohio	Rhodes
Lauren Kenney	Fr.	Fr.	Throws	State College, Pa.	State College Area
Marta Klebe	So.	So.	Mid-Distance	Chesterbrook, Pa.	Conestoga
Danielle Kocjancic	So.	So.	Distance	Kane, Pa.	Kane Area
Melissa Kurzdorfer	So.	So.	Throws	Lancaster, Pa.	Kent State University
Caitlin Lane	Sr.	Sr.	Distance	Greenwich, N.Y.	Greenwich
Melanie Leszcynski	Fr.	Fr.	Throws	Audobon, Pa.	Methacton
Tanaya Lloyd	Sr.	Sr.	Jumps	Philadelphia, Pa.	Girard College High School
Laura Loht	So.	So.	Throws	McClure, Pa.	Indian Valley
Olivia Mangan	So.	So.	Throws	Huntington Valley, Pa.	St. Basil Academy
Dynasty McGee	Fr.	Fr.	Sprints	Ypsilanti, Mich.	Ypsilanti
Taylor McNally	So.	So.	Throws	Ennis, Mt.	Ennis
Kara Millhouse	Sr.	Sr.	Distance	Boiling Springs, Pa.	Boiling Springs
Lauren Mills	Fr.	Fr.	Distance	West Chester, Pa.	Unionville
Erika Morgan	Jr.	Jr./So.	Jumps	Chesapeake, Va.	Western Branch
Anna Muzio	Sr.	Sr.	Throws	Harrisburg, Pa.	Central Dauphin
Kirsten Nieuwendam	So.	Fr./So.	Sprints	Paramaribo, Surinam	Thomas Aquinas (Fla.)
Shelby Olafson	Fr.	Fr.	Jumps	Watkins Glen, N.Y.	Watkins Glen
Brooke Owen	So.	Fr.	Jumps	Weston, Fla.	Archbishop McCarthy
Amanda Palenchar	Sr.	Sr.	Pole Vault	Bradenville, Pa.	Derry Area
Sarah Palmer	Fr.	Fr.	Jumps	Gansevoort, N.Y.	Schuylerville
Susie Pancoast	Fr.	Fr.	Throws	West Chester, Pa.	Unionville
Victoria Perri	So.	So.	Distance	Philadelphia, Pa.	Mt. St. Joseph Academy
Gwenn Porter	So.	So.	Distance	Clearfield, Pa.	Clearfield
Brianna Rauenzahn	Fr.	Fr.	Jumps	Schuylkill Haven, Pa.	Blue Mountain
Marlene Ricketts	So.	So.	Jumps	Old Westbury, N.Y.	Westbury
Brooklynne Ridder	Jr.	Jr.	Distance	Cincinnati, Ohio	Oak Hill
Colleen Shannon	Jr.	Jr.	Mid-Distance	Andover, Mass.	Andover
Rebekka Simko	So.	So.	Mid-Distance	Mentor, Ohio	Gilmour Academy
Lucia Sofo	So.	So.	Distance	State College, Pa.	State College Area
Jane Swenson	Sr.	Jr./Sr.	Throws	Brandon, S.D.	Moorpark College
Jocelyn Witmer	Sr.	Sr.	Pole Vault	Lancaster, Pa.	Penn Manor



Doris Anyanwu

Junior Doris Anyanwu has established herself as one of the Nittany Lions' go-to relay legs over her first two years in the Blue and White, leading off All-America 4x400-meter relay squads at the NCAA Indoor and Outdoor Championships in 2011. Anyanwu was also a part of two successful relays at the Big Ten level last year, running on the conference-winning squad indoors, as well as the runner-up team outdoors. Individually, Anyanwu turned in a sixth-place finish in the open 400-meters at the Big Ten Outdoor Championships. The rising junior also qualified for the NCAA First Round in the 400 for the second-straight year last spring.

Natalie Bower

Natalie Bower emerged as the Nittany Lions' top steeplechaser during the 2011 season, clocking 10:18.48 - the fourth-fastest effort in Nittany Lion history - at Penn Relays. Bower showed extreme promise in the event, placing fifth at the Big Ten Championships, and also competed at the NCAA First Round, where she placed 14th-overall - just shy of a spot at the NCAA Championships. The then-sophomore posted outstanding success during the cross country season, earning both All-Conference and All-Region finishes, and helping lead the Nittany Lions to their second-straight NCAA appearance. Bower was just as productive during the indoor season, anchoring the Lions' sixth-place DMR at the indoor conference meet.

Evonne Britton

After earning silver-medal status at the 2010 IAAF World Junior Championships, Evonne Britton continued to impress as a sophomore, turning in a pair of podium finishes at the Big Ten Outdoor Championships. The El Paso, Texas, native turned in a second-place finish in the 400-meter hurdles at the conference meet, to go along with a third-place showing in the 100-meter hurdles. Britton would go on to NCAA berths in both events, with her top finish coming with a ninth-place standing in the 100 hurdles - just shy of a spot in the final. Britton clocked a PR 13.11 for the short hurdles - the second-fastest time in school history - and ran a season-best 57.41 in the intermediates. Indoors, the rising junior clocked 8.22 in the 60-meter hurdles, which is tied for the second-fastest run in the Nittany Lion record books.

Ije Iheoma

A transfer from the University of Florida, Ije Iheoma excelled in her new uniform in 2011, running on All-America 4x400-meter relays at both the NCAA Indoor and Outdoor Championships. Known for her hard-charging style down the homestretch, Iheoma split 52.57 on the Lions' fourth-place relay at the NCAA Outdoor Championships, which finished in 3:30.35 - the third-best effort in the PSU archives. Also a standout 400-meter runner individually, Iheoma turned in a PR 53.50 - the fourth-best mark in the PSU record books - at the NCAA First Round, to earn a bid to the NCAA Outdoor Championships. The then-junior also finished third in the event at the Big Ten Outdoor Championships, to go along with an eighth-place finish in the 200-meters, as well as a second-place effort on the 4x400, and a fourth-place showing with the 4x100-meter relay.

Caitlin Lane

Senior Caitlin Lane took her racing prowess to new heights in 2011, qualifying for the NCAA Indoor Championships in the one-mile run. Already a two-time NCAA qualifier in cross country, Lane blitzed to a PR 4:38.37 in the mile in an exciting come-from-behind victory at the Alex Wilson Invitational at Notre Dame to solidify her spot at the NCAA meet. Lane also turned in a school-record 2:45.95 in the 1000-meters during the indoor

season, and clocked an impressive 9:18.74 in the 3,000-meters. The senior currently ranks second in both the mile and 3K in the Penn State record books. Outside, Lane qualified for the NCAA First Round in the 5,000-meters, thanks to a career-best effort of 16:18.14 at the Stanford Invitational. As a junior, Lane, who was an all-region finisher in cross country, also led off the Nittany Lions' school-record 4x800-meter relay, which clocked 8:39.44 at Penn Relays.

Tanaya Lloyd

Already a consistent scorer at the conference meet, Tanaya Lloyd upped her game as a junior by turning in a runner-up finish in the triple jump at the Big Ten Outdoor Championships. Lloyd led the Lions on the runway during both the indoor and outdoor seasons, posting a leap of 40-11.50 (12.48) - the fifth-best effort in school history - during the indoor season, and paced Penn State with a jump of 41-9.75 (12.74) during the outdoor season. Lloyd also qualified for the NCAA First Round for the second-straight year last spring.

Laura Loht

Laura Loht wasted no time in making an impact for the Nittany Lions, placing third in the javelin at the Big Ten Outdoor Championships. Loht would go on to impress at the NCAA First Round, posting a PR effort of 161-3 (49.14) to advance to the NCAA Outdoor Championships, where she would place 15th overall for second team All-America status. The Nittany Lions' top returner in the javelin in 2011-12, Loht also had a strong showing at the USATF Junior Championships last year, placing fourth overall.

Kara Millhouse

In the breakout 2011 campaign, senior Kara Millhouse took top honors in the 10,000-meters at the Big Ten Outdoor Championships, becoming just the second woman in Nittany Lion history to win the event. After rewriting the school record in the 10K (33:31.93), Millhouse tore through the competition throughout the outdoor campaign, earning "Honorable Mention" All-America honors via a 19th-place finish at the NCAA Championships. Also an all-region honoree in cross country, Millhouse was just as stellar at the indoor conference meet, finishing fourth in both the 3,000- and 5,000-meters. Millhouse ended her junior campaign with PRs of 4:23.79 for 1500 and 16:25.09 for 5K.

Bekka Simko

Sophomore Bekka Simko displayed outstanding promise in the Nittany Lion middle distances as a freshman, including a school-record performance as a member of the women's 4x800-meter relay (8:39.44). The then-freshman also recorded scoring finishes at both Big Ten Championship competitions, placing sixth in the 600-meters indoors, and fifth in the 800-meters at outdoor conference. Simko clocked a PR 2:08.55 for the 800 during the outdoor season, which is the best performance among returners in 2011-12.

Jane Swenson

A welcome addition to the Nittany Lion throws contingent, Swenson stepped right into the action in 2011, leading the Lions in both the shot put and 20-pound weight throw during the indoor season. Swenson really hit her stride during the outdoor campaign, launching a PR 52-6 (16.00) in the shot put to win the "Eastern" section at Penn Relays. The junior would go on to turn in an eighth-place effort in the event at the Big Ten Outdoor Championships, and qualify for the NCAA First Round.



Junior
NATALIE BOWER



Senior
IJE IHEOMA



Junior
DORIS ANYANWU



2010-11 In Review

The Nittany Lion women's track and field/cross country program continued to solidify its standing in the top echelon of Big Ten Conference, posting a fourth-place effort in cross country, and runner-up finishes at both indoor and outdoor conference championships. In fact, the Nittany Lions have finished no worse than fourth at any Big Ten track and field event since the 2003 season, including indoor team titles in 2004 and 2010, and outdoor crowns in 2008, 2009, and 2010.

Director and Head Coach Beth Alford-Sullivan oversaw a total of five Big Ten victories on the women's side in 2011, with Shavon Greaves winning the 200-meters, and the 4x400-meter relay taking top honors during the indoor championships. Outside, a trio of Nittany Lion scored individual victories, including Kara Millhouse in the 10,000-meters, Megan Duncan in the 400-meter hurdles, and Karlee McQuillen in the javelin.

Penn State also posted scoring finishes at both the NCAA Indoor and Outdoor Championships, via All-America efforts by the Nittany Lion 4x400-meter relay.

Nittany Lion Returners

Penn State will welcome a bevy of decorated veterans to its 2011-12 roster, including a pair of NCAA All-Americans in senior Ije Iheoma, and junior Doris Anyanwu, as well as six of seven members of the Nittany Lions' 2010 NCAA-qualifying cross country squad.

Iheoma and Anyanwu were both key legs on the Nittany Lions' All-America 4x400-meter relays during both the indoor and outdoor seasons, while both enjoying outstanding success individually. Iheoma, who spent her first year with the Nittany Lions in 2011, emerged as one of Penn State's top sprint standouts as the junior placed third in the Big Ten in the 400-meters, and would go on to make an individual appearance in the event at the NCAA Outdoor Championships. Also back in 2011-12 in the sprints and hurdles is junior Evonne Britton. Britton earned a pair of medal finishes at the conference meet, and qualified for hurdle events at the NCAA Outdoor Championships as a sophomore.

The Nittany Lions will also have a wealth of experience in the distance events, led by NCAA individual qualifiers and seniors Caitlin Lane and Kara Millhouse, as well as junior Brooklynne Ridder and Natalie Bower, who both finished with All-Big Ten Second Team accolades in cross country.

In the field, Big Ten medalists Tanaya Lloyd and Laura Loht return, with Lloyd leading the Nittany Lions in the horizontal jumps, and Loht coming back as the program's top javelin thrower. Lloyd scored a second-place finish in the triple jump at the Big Ten Outdoor Championships, while Loht placed third in the javelin at the conference meet, and moved to a 15th-place standing at the NCAA Championships.

Nittany Lion Losses

The Nittany Lions will go into the 2011-12 without some of their most-consistent scorers at the conference and NCAA levels in recent years, in star sprinters Greaves and Duncan, and standout javelin thrower McQuillen.

Greaves ended one of the most impressive Penn State careers in recent memory last spring, finishing with a grand total of 14 Big Ten victories, including three-straight titles in the indoor 200-meters. Greaves was also highly decorated on the national

level, claiming nine All-America finishes over her four years, including a bronze medal effort in the indoor 200 as a junior.

Duncan was also a go-to on the conference stage, capping her outstanding career with a Big Ten crown in the 400-meter hurdles. Duncan was also a member of three Big Ten Champion 4x400-meter relays, and anchored All-America 4x400s during both the indoor and outdoor seasons in 2011. Duncan was also a two-time NCAA and USATF qualifier in the 400 hurdles as an individual.

In four years, McQuillen finished no worse than third in the javelin at the conference meet, and was also a fixture nationally, earning three All-America finishes, highlighted by a third-place finish in 2010.

Despite running just one year in the Blue and White, the Nittany Lions will also miss the services of Maura Ryan. Ryan, a former soccer player at Penn State, joined the Nittany Lions in 2011, posting an all-region finish in cross country, and running to bronze-medal status in the 800 at the Big Ten Outdoor Championships. Ryan's 2:06.80 was the best time by a Nittany Lion last year.

Sprints, Hurdles, Relays

One of the Nittany Lions premiere event groups over the past several years has been Associate Head Coach Chris Johnson's sprints, hurdles, and relays contingent. The Nittany Lions have enjoyed one of the more impressive streaks in the NCAA in the recent past, qualifying a 4x400 team in 12-straight NCAA events, racking up All-America finishes on eight occasions. More specifically, the Nittany Lions are the only team in the NCAA to post top four finishes in the 4x400 in the last four NCAA Outdoor Championships, beginning with Penn State's NCAA title run in 2008.

The Nittany Lion sprints, hurdles, and relays charges continued to excel on the Big Ten stage in 2011, with both Britton and Iheoma returning after top three finishes last year. Britton ran to a silver-medal finish in the 400 hurdles, and turned in a third-place standing in the 100 hurdles. Iheoma had an outstanding weekend overall, scoring in both the 200- and 400 individually, and assisted on the Lions' second-place 4x400 and fourth-place 4x100.

Britton has quickly established herself as one of the top hurdlers in Nittany Lion history in her first two years in the Blue and White, clocking 13.11 for the 100 hurdles as a sophomore, which stands as a second-fastest effort in the Nittany Lion record books. Britton, who ranks third all-time in the 400 hurdles at 57.32, also fared well during the indoor season, running 8.22 for the 60-meter hurdles, which is tied for the second-best time in the Penn State archives.

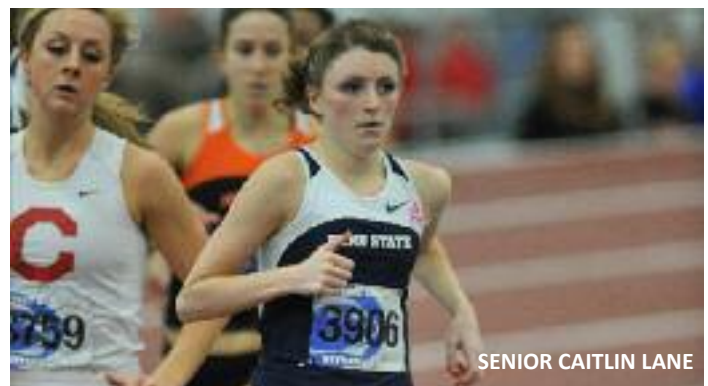
Joining the Nittany Lions in the sprints and hurdles in 2011-12 will be star recruits Shelley Black of Wilkes-Barre, Pa., and Dynasty Boxley-McGee of Ypsilanti, Mich. Black emerged as one of the top hurdlers on the national high school scene in 2011, running 13.63 to place fourth in the 100 hurdles at New Balance Outdoor Nationals. Black also owns an impressive PR in the 60-meter hurdles indoors, clocking 8.64 as a high school senior. Boxley-McGee will also be one to watch, coming to Happy Valley with career bests of 24.34 in the 200, and 53.93 in the 400.

Distance

The Nittany Lion harriers were sensational from start to finish under Sullivan and assistant coach John Gondak in 2011-12, qualifying for the NCAA Cross Country Cham-



JUNIOR EVONNE BRITTON



SENIOR CAITLIN LANE



pionships for the second-straight year, and putting athletes on the podium at both the Big Ten Indoor and Outdoor Championship events

During the fall campaign, the Nittany Lions turned in a fourth-place finish at the Big Ten Championships, and scored a third-place finish at the NCAA Mid-Atlantic Regional, on their way to an NCAA berth. In fact, the Nittany Lions put all five scoring runners in all-region status (top 25) at the NCAA Regional Championships, with four of the five returning in 2011-12, including Lane, Millhouse, Ridder, and Bower.

Indoors, the distance core added a bevy of points to the Nittany Lion total at the Big Ten Championships, highlighted by a second-place finish from Lane in the mile run. Also faring well was Millhouse, who turned in fourth-place finishes in both the 3,000- and 5,000-meter races, with Ridder following in fifth in the 5K.

Nationally, Lane would clocked a PR 4:38.37 at the Alex Wilson Last Chance at Notre Dame, punching her ticket to the NCAA Indoor Championships, where she would finish 14th overall. Lane made her mark on the Nittany Lion record books as a junior, posting a school-record 2:45.95 for the 1,000-meters, while her mile and 3K (9:18.74) are ranked in the top five in the PSU record books.

Millhouse would take center stage during the outdoor season, setting a school-record 33:31.93 in the 10,000-meters. The then-junior mounted an impressive final lap to win the event at the Big Ten Outdoor Championships, and continued to excel from there, qualifying for both the NCAA Outdoor and USATF Championships.

Also running well during the outdoor season were then-sophomores Bower, and Lindsey Graybill, who turned in PRs of 10:18.48, and 10:30.47, respectively, in the 3,000-meter steeplechase - both coming up just shy of NCAA bids in the event.

The Nittany Lion distance contingent also claimed the school record in the 4x800-meter relay in 2011, thanks to the efforts of Lane, then-freshmen Bekka Simko, and Kalyn Fisher, and Ryan. The quartet would run 8:39.44 to better the previous record of 8:41.09 that stood since 1978.

Jumps

Assistant coach Fritz Spence guided the Nittany Lion women's horizontal and high jumpers to another outstanding campaign last year, led by Lloyd's silver-medal finish at the Big Ten Outdoor Championships. Lloyd led the Lions on the runway during both the indoor and outdoor seasons, posting a leap of 40-11.50 (12.48) - the fifth-best effort in school history - during the indoor season, and paced Penn State with a jump of 41-9.75 (12.74) during the outdoor season. Lloyd also qualified for the NCAA First Round for the second-straight year last spring in the Big Ten triple jump. Also jumping well last year was rising sophomore Marlene Ricketts, who ended the outdoor campaign with a season-best 40-5 (12.32) in the triple jump. Ricketts would advance to the USATF Junior Championships in the event, where she would place sixth overall.

Elsewhere, juniors Erika Morgan and Kelsey Coutts both showed promise in the high jump, both clearing 5-8.60 (1.74) on the outdoor season, and advancing to the NCAA First Round. Morgan and Coutts will add another member to the Nittany Lion high jump contingent in standout recruit Sarah Palmer, who owns a PR of 5-9.25 and has multiple New York state high school titles to her credit.

The Nittany Lions have also seen solid results from their pole vaulters under the direction of assistant coach Drew Hardyk and volunteer assistant Jim Sullivan. A pair

of Nittany Lions bettered the 12-foot barrier a year ago, with then-junior Jocelyn Witmer clearing 12-7.50 (3.85) and classmate Amanda Palenchar topping out at 12-3.50 (3.75). Witmer qualified for the NCAA First Round last spring, narrowly missing a spot at the NCAA Championships.

Throws

Returners Jane Swenson, Taylor McNally, Anna Muzio, and Loht will lead T.J. Crater's Nittany Lion throwers in 2011-12, along with transfer Melissa Kurzdorfer from Kent State.

Swenson - who will be a senior - impressed during the outdoor season, launching a PR 52-6 (16.00) to win the "Eastern" Championship at Penn Relays. The throw - which is the fourth-best in Nittany Lion history - was also good for a bid to the NCAA First Round. Conference wise, Swenson picked up an eighth-place finish in the shot put at the Big Ten Outdoor Championships. The then-junior also found her way to the Penn State top 10 list in the hammer throw, turning in a season-best 172-4 (52.53).

McNally also displayed a lot of promise in her first year with the Nittany Lions, posting an effort of 157-6 (48.02) in the discus - which stands sixth in the Nittany Lion record books. McNally would record a 10th-place effort in the event at the USATF Junior Championships.

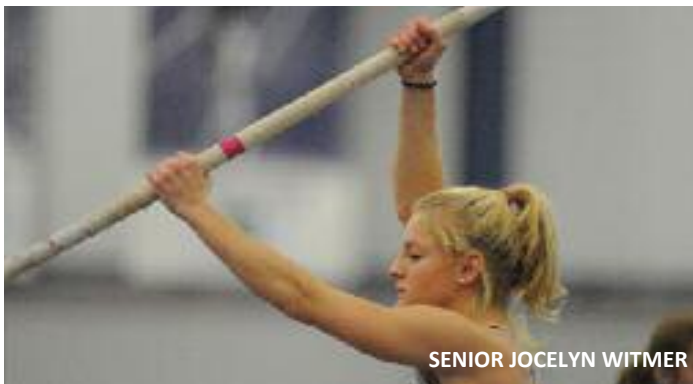
Loht will be back in the javelin, after an NCAA appearance in 2011, along with fellow Big Ten scorer Megan Boyer, who threw 133-4 (40.63) as a freshman. The Nittany Lions will also welcome State College High School standout Lauren Kenney to the roster. Kenney won PIAA and Penn Relays titles in the javelin as a senior, and owns a personal best of 156-2.

Kurzdorfer makes her way to Happy Valley after spending a year at Kent State University. The Lancaster, N.Y., product brings outstanding credentials to the table, including outdoor PRs of 49-1 (14.96) in the shot put, 172-5 (52.56) in the discus, and 199-4 (60.76) in the hammer. Kurzdorfer, who placed 12th in the hammer at the NCAA Outdoor Championships as a rookie, had a sensational weekend at the Mid-American Conference Championships last spring, placing second in the hammer, third in the discus, and fourth in the shot put.

Multi-Events

Spence also guided the a young group of Nittany Lion in the multi-events in 2011, highlighted by a sixth-place finish from rising sophomore Brittney Howell in the pentathlon at the Big Ten Indoor Championships. Howell would go on to have a solid outdoor season, including a third-place finish in the Penn Relays heptathlon, thanks to a PR score of 4604. Howell has also showed promise in the horizontal jumps and hurdles, placing fifth in the open long jump at the indoor conference meet.

Coutts also competed in the multi-events in 2011, notching an 11th-place finish in the heptathlon at the Big Ten Outdoor Championships.



SENIOR JOCELYN WITMER



SOPHOMORE TAYLOR MCNALLY



Women's Returner Bios



Doris ANYANWU

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

SPRINTS, RELAYS

Anyanwu's Collegiate Career Bests

	Indoor	Outdoor
200 Meters	23.98	24.58
400-Meters	54.25	54.36
500-Meters	1:13.95	***
4x200-Meters	***	1:33.78
4x400-Meters	3:34.00	3:30.35

On the National Scene ... || 2011 Outdoor || Led of the Nittany Lions' fourth-place and All-America 4x400-meter relay squad, which combined to run a season-best 3:30.35 – the third-best effort in school history ... Qualified for the NCAA First Round in the 400-meters for the second-straight year. || 2011 Indoor || Earned her second-career All-America citation via a sixth-place finish in the 4x400-meter relay at the NCAA Indoor Championships ... Team combined to run 3:34.00, matching the second-fastest performance in school history. || 2010 Outdoor || Earned her first-career All-America finish thanks to a fourth-place finish on the 4x400-meter relay ... Team clocked a season-best 3:30.74 at the NCAA meet – the third-fastest time in school history ... Qualified for the USATF Junior Outdoor Championships in the 200- and 400-meters ... Participated in the NCAA First Round in the 400-meters, placing 37th overall ... Was also a member of the 4x400 at the First Round, helping the team to a finishing time of 3:31.35 – the second-fastest time in the field. || 2010 Indoor || Was a member of the Lions' ninth-place 4x400 relay (3:35.39) ... Was an NCAA provisional qualifier individually in the 400 with a season-best 54.25.

At the Big Ten Championships ... || 2011 Outdoor || Scored a sixth-place finish in the 400, to go along with a 12th-place showing in the 200 ... Was also a member of Penn State's second-place 4x400. || 2011 Indoor || Was a member of the Big Ten Champion 4x400, which set a new Lambert Field House (Purdue) record of 3:37.80 ... Ran the 400-meter leg on the sixth-place distance medley relay, which ran a season-best 11:37.49. || 2010 Outdoor || Ran on the winning 4x400 (3:35.18) ... Placed fifth in the 400, running 54.36 ... Also competed in the 200, finishing 12th overall. || 2010 Indoor || Had a breakout weekend at the conference meet, running as a member of the Lions' winning 4x400, which set a meet-record 3:35.38 ... Placed fifth in the 200 and 400 individually, running a personal-best 23.98 in the 200 prelims, and 54.25 in the 400 final.

Around the Track ... || 2011 Outdoor || Ran on the 4x200, 4x400, and sprint medley relays at Penn Relays ... 4x200 placed second in the ECAC section (1:37.04), while the sprint medley placed fourth and the 4x400 (3:36.56) finished 5th in the "Championship of America" sections ... Highest individual showing was third in the 400 with a season-best 54.62 at the Jesse Owens Classic, where she also ran on the winning 4x400 ... Placed 10th in the 400 at the Auburn War Eagle Invitational in 54.95. || 2011 Indoor || Ran on winning 4x400s at the Penn State Relays, Nittany Lion Challenge, Penn State

National, and Sykes-Sabock Challenge Cup ... Placed second in the 400 at the Nittany Lion Challenge ... Finished third in the 500 at the Penn State Relays, and third in the 400 at the Sykes-Sabock Challenge Cup. || 2010 Outdoor || Stepped right into the Lions' relay lineup running as a member of the school-record 4x200 at Penn Relays ... Squad ran 1:33.78 to win the ECAC section and set a new event record ... Was also a key leg on the Lions' fourth-place 4x400 in the Championship of America section at Penn (3:33.06) ... Placed second in the 400 and third in the 200 at the Bucknell Team Challenge ... Took seventh in the "Premiere" section of the 400 at the Sun Angel Classic. || 2010 Indoor || Placed third in the 500 (1:14.50) and fifth in the 200 at the Penn State Relays ... Took sixth in both the 200 and 400 at the PSU Northeast Challenge ... Captured third place in the invitational 400 at the Penn State National ... Placed fourth in the 400 and seventh in the 200 at the Sykes-Sabock Challenge Cup ... Ran on winning 4x400s at the Penn State Relays, PSU Northeast Challenge, Penn State National, and Sykes-Sabock Challenge Cup.

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



Natalie BOWER

JR./JR. Eligible
Pleasant Unity, Pa.
Greater Latrobe

DISTANCE • CROSS COUNTRY

Bower's Collegiate Career Bests

	Indoor	Outdoor
Mile Run	4:50.33	***
1,500-Meters	***	4:30.58
5,000-Meters	16:48.11	16:54.34
3000m Steeplechase	***	10:18.48

On the National Scene ... || 2011 Outdoor || Narrowly missed a spot at the NCAA Outdoor Championships in the 3,000-meters steeplechase, placing 14th at the NCAA



First Round in 10:18.99. || 2010 Cross Country || Ran as Penn State's fourth finisher on the 26th-place squad at the NCAA Cross Country Championships, placing 158th overall and 124th in team scoring ... Earned All-Region status thanks to a 21st-place effort at the NCAA Mid-Atlantic Regional Championships. || 2010 Outdoor || Qualified for the NCAA First Round in the steeplechase, placing 22nd overall in 10:45.97. || 2009 Cross Country || Was a member of the Lions' 14th-place team at the NCAA Cross Country Championships, placing 206th overall and 168th among team scorers ... Placed 33rd overall at the NCAA Mid-Atlantic Regional as Penn State's sixth finisher.

At the Big Ten Championships ... || 2011 Outdoor || Took fifth in the steeplechase in 10:25.02 ... Came back to finish 14th in the 5,000 with a personal-outdoor best 16:54.34. || 2011 Indoor || Anchored the sixth-place DMR at the Big Ten Indoor Championships ... Squad clocked a season-best 11:37.49 ... Also placed 10th in the 5,000-meters at the conference meet, finishing in 16:48.11. || 2010 Cross Country || Placed 14th overall, and second for Penn State, earning Second-Team All-Big Ten honors ... Finished in 20:48 – her fastest 6K finish of the season. || 2010 Outdoor || Clocked a PR 10:37.66 in the steeplechase, placing just outside of a scoring finish in ninth overall. || 2010 Indoor || Placed 18th in the mile run, finishing in 5:03.84. || 2009 Cross Country || A member of the women's Big Ten Championship squad, placing 39th overall and sixth for the team in 21:48.

On the Course ... || 2010 Cross Country || Finished in the Penn State top seven in all eight competitions ... Placed 34th overall and first for Penn State at the Roy Griak Invitational ... Took 10th overall at the Harry Groves Spiked Shoe Invitational, and 27th at the Penn State National. || 2009 Cross Country || Top individual finish was a sixth-place effort at the Spiked Shoe Invitational ... Placed 27th overall and seventh for the team at the Penn State National ... Earned 15th-place overall at the Cappy Anderson Invitational.

Around the Track ... || 2011 Outdoor || Finished fourth in the steeplechase at Penn Relays in a personal-best 10:18.48 ... Won the steeple at the Jesse Owens Classic in 10:22.42 ... Placed third in her section of the steeplechase at Stanford Invitational in 10:21.87 ... Ran a personal-best 4:30.58 for 1500 at the George Mason Spring Classic. || 2011 Indoor || Ran a season-best 4:55.29 for the mile run at the Flotrack Husky Classic ... Ran on winning DMRs at the Nittany Lion Challenge and Sykes-Sabock Challenge Cup. || 2010 Outdoor || Clocked a career-best 4:35.16 to finish 14th in the 1500-meters at Florida Relays ... Took 12th in the 1500 at the Sun Angel Classic ... Show a lot of promise in the steeplechase, finishing second at the Bucknell Team Challenge, and seventh at the Jesse Owens Classic (10:46.45). || 2010 Indoor || Posted a personal-best 4:50.33 to place second in the mile at the Sykes-Sabock Challenge Cup ... Ran 4:54.25 to place 27th in the mile at the Washington Husky Classic ... Placed third in the mile at the PSU Northeast Challenge.

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



ter of Ron and Bonnie Bower ... Born October 9, 1990 ... Majoring in Kinesiology.



Megan
BOYER

SO./SO. Eligible
Millersburg, Pa.
Millersburg

JAVELIN

Boyer's Collegiate Career Bests

	Indoor	Outdoor
Javelin	***	133-4 (40.63)

At the Big Ten Championships ... || 2011 Outdoor || Took fifth in the javelin thanks to a personal-best toss of 133-4 (40.63).

In the Field ... || 2011 Outdoor || Competed in the javelin in three regular season meets, with her highest finish coming with a third-place effort at the George Mason Spring Classic ... Threw 131-7 (40.11) to finish sixth at the Jesse Owens Classic ... Placed fourth at the Jim Thorpe Open.

Before Penn State ... || High School || Qualified for the PIAA State Championships as a junior and again as a senior ... Placed fourth in the javelin at the District III Championships as a junior, and improved to third place as a senior. || Personal || Daughter of Dave and Janine Boyer ... Born August 18, 1991.



The Nittany Lions are just a year removed from winning the program's first-ever Big Ten "Triple Crown," including team titles in cross country, indoor and outdoor track and field during the 2009-10 academic year.



Women's Returner Bios



Evonne BRITTON

SO./SO. Eligible
El Paso, Texas
Chapin

SPRINTS, HURDLES

Britton's Collegiate Career Bests

	Indoor	Outdoor
60-Meter Hurdles	8.22	***
100-Meter Hurdles	***	13.11
400-Meter Hurdles	***	57.32

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

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA Championships in both the 100- and 400-meter hurdles ... Earned second-team All-America honors in both events, finishing ninth in the 100 hurdles in 13.12 and 17th in the 400 hurdles in 58.09 ... Advanced to the NCAA Championships via a pair of outstanding efforts the NCAA First Round, where she finished sixth overall in the 400 hurdles (57.51) and eighth overall in the 100 hurdles in an PR 13.11 ... Would also

compete in both events at the USATF Outdoor Championships, taking 19th in the 400 hurdles, and 21st in the 100 hurdles. || 2010 Outdoor || Won a Junior National Title in the 400-meter hurdles at the USATF Championships with a finishing time of 57.99 ... Scored a second-place effort in the 100-meter hurdles with a personal-best 13.37 – the fourth-fastest time in PSU History ... Placed 23rd in the 400-meter hurdles at the NCAA Outdoor Championships as one of only five freshman in the field ... Clocked a personal-best 57.61 to finish 12th at the NCAA First Round and advance to the NCAA Championships ... Also competed in the 100-meter hurdles at the NCAA First Round, placing 31st overall.

At the Big Ten Championships ... || 2011 Outdoor || Earned a pair of podium finishes, taking second in the 400 hurdles in 57.41, and third in the 100 hurdles in 13.11. || 2011 Indoor || Ran 8.22 to place fourth in the 60 hurdles ... Also competed in the 60 dash. || 2010 Outdoor || Turned in a pair of scoring finishes, placing sixth in the 400 hurdles (59.67), and seventh in the 100 hurdles (13.85). || 2010 Indoor || Competed in the 60-meters and 60-meter hurdles.

Around the Track ... || 2011 Outdoor || Won the 400 hurdles and took fifth in the 100 hurdles at the Jesse Owens Classic ... Placed second in the quarter hurdles and seventh in the 100s at the Auburn War Eagle Classic



... Took top honors in the 400 hurdles at the George Mason Spring Classic, and finished second in the 100 hurdles. || 2011 Indoor || Took fifth in the 60 hurdles at the Tyson Invitational ... Clocked a PR 8.22 to finish fourth in the hurdles at the Penn State National ... Won the hurdles at the Nittany Lion Challenge and the Sykes-Sabock Challenge Cup, and placed second at the Penn State Relays ... Hurdle PR is tied for the second-best mark in PSU history. || 2010 Outdoor || Ran a personal-best 13.65 to place seventh in the 100 hurdles at the Jesse Owens Classic ... Placed second in the 400 hurdles at the same meet, going 58.79 ... Took seventh in the 400 hurdles at the Sun Angel Classic ... Finished second in the 400 hurdles at the Bucknell Team Challenge ... Ran on first-place 4x400s at the Bucknell Team Challenge and Penn State Open. || 2010 Indoor || Competed in the 200 and 60 hurdles at the Sykes-Sabock.

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



Kelsey COUTS

JR./JR.-SO. Eligible
Powell, Ohio
Olentangy Liberty

MULTI-EVENTS

Couts' Collegiate Career Bests

	Indoor	Outdoor
200-Meters	***	27.16
800-Meters	2:33.31	2:38.05
60-Meter Hurdles	9.55	***
100-Meter Hurdles	***	15.82
High Jump	5-7 (1.70)	5-8.50 (1.74)
Long Jump	15-4.75 (4.69)	14-11.25 (4.55)
Shot Put	33-7.25 (10.24)	29-4.50 (9.21)
Javelin	***	96-7 (29.45)
Pentathlon	3201	4301

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA First Round, via a personal-best clearance of 5-8.50 (1.74) at Penn Relays.

At the Big Ten Championships ... || 2011 Outdoor || Took 11th overall in the heptathlon ... Also competed in the open high jump at Big Tens. || 2011 Indoor || Placed 16th overall in the pentathlon ... Ran a career-best 9.55 for the 60-meter hurdles to start the multi at the conference meet ... Finished 14th in the open high jump. || 2010 Indoor || Scored an eighth-place finish in the pentathlon with a personal-best total of 3201 ... PR total included individual personal bests in four of the five pentathlon events.


In the Field ... || 2011 Outdoor || Recorded a personal-best total of 4301 to finish fifth in the heptathlon at Penn Relays ... Scored personal-outdoor bests in six of seven events during the Penn multi ... Placed fourth in the high jump at the George Mason Spring Classic. || 2011 Indoor || Competed in three pentathlons, finishing seventh at the Sykes-Sabock Challenge Cup, 14th at the Penn State National, and 16th at the Big Ten Indoor Championships ... Jumped a collegiate PR of 5-7 (1.70) in the high jump during the pentathlon at the Penn State National ... Season best pentathlon score was 2990 at the Penn State National. || 2010 Indoor || Highest individual finish was a



fifth-place effort in the high jump at the Penn State Relays ... Competed in three pentathlons throughout the season, placing 13th at the Penn State National with a total score of 2921, and fifth at the Sykes-Sabock Challenge Cup with a score of 3013.

Before Penn State ... || High School || Won the Ohio indoor state high jump title as a junior ... Placed second in the high jump at the OHSAAA Championships as a sophomore and a junior ... Finished 10th in the jump at the 2008 USATF Junior Outdoor Championships. || Personal || Daughter of Dan and Traci Coutts, and Rick and Cheryl Breusch ... Born November 7, 1990 ... Father, Dan, ran track at Ohio State... Majoring in Journalism-Visual Communications.

sons in 2008 and 2009, and was also a member of the state champion 4x800-meter relay during both campaigns ... Added another state title to her resume as a senior, finishing with a PR 2:10.62 ... Also state runner up in the 800 as a freshman, and was a member of the silver-medal winning 4x400-meter relay in 2008, and the third-place 4x400 in 2009 ... Also a standout soccer playing as a prep. || Personal || Majoring in Education... Daughter of Brady and Kristen Fisher ... Born August 22, 1992.



Emily GIANNOTTI
SO./SO. Eligible
Coudersport, Pa.
Coudersport
DISTANCE • CROSS COUNTRY



Kalyn FISHER
SO./SO. Eligible
Lewisburg, Pa.
Lewisburg
MID-DISTANCE • CROSS COUNTRY

Giannotti's Collegiate Career Bests

	Indoor	Outdoor
Mile Run	5:12.33	***
5,000-Meters	17:41.87	***
3,000mSteeplechase	***	10:40.77

Fisher's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	2:13.18	2:12.99
1,000-Meters	2:54.01	***
1,500-Meters	***	4:34.97
4x800-Meters	***	8:39.44

At the Big Ten Championships ... || 2011 Outdoor || Placed 12th in the 800-meters in 2:15.82 at the Big Ten Outdoor Championships. || 2011 Indoor || Ran 2:13.77 to finish 14th in the 800.

Around the Track ... || 2011 Outdoor || Was a member of the school-record setting 4x800-meter relay squad at Penn Relays ... Quartet combined to run 8:39.44 to finish seventh in the "Championship of America" section ... Ran a season-best 2:12.99 to finish sixth in the 800 at the Jesse Owens Track Classic ... Also competed at the Auburn War Eagle Classic and Florida Relays. || 2011 Indoor || Was a member of the winning 4x800-meter relay squad at the Penn State Relays (9:03.06) ... Placed seventh in the 1000-meters at the Penn State National, running a collegiate PR 2:54.01 ... Took seventh in the 800-meters at the Sykes-Sabock Challenge Cup in 2:13.18, also a season best.

Before Penn State ... || High School || Ran a personal-best 2:10.62 to win the 800-meters at the PIAA State Championships as a senior ... Was also a member of the winning 4x800 ... Placed second in the 800 at the 2010 PTFCA Indoor Championships ... Won the PIAA AA state title in the 800 in during both her sophomore and junior sea-

On the National Scene ... || 2011 Outdoor || Placed third in the 3,000-meter steeplechase at the USATF Junior Outdoor Championships. || 2010 Cross Country || Was the seventh finisher on the Lions' NCAA-qualifying squad ... Placed 48th at the Mid-Atlantic Regional.

At the Big Ten Championships ... || 2011 Outdoor || Finished just shy of scoring at the conference meet, placing 10th in the steeplechase in a near-PR 10:41.32.

On the Course ... || 2010 Cross Country || Ran in the Nittany Lion top seven throughout the season ... Highest finish was fourth at the Lock Haven Dolan Duals.

Around the Track ... || 2011 Outdoor || Turned in a personal-best 10:40.77 to finish 13th in the steeplechase at Penn Relays ... Placed second in the steeple at both the George Mason Spring Classic and Jesse Owens Track Classic. || 2011 Indoor || Top indoor finish was fourth in the 5,000-meters at the Sykes-Sabock Challenge Cup, where she ran a PR 17:41.87 ... Finished ninth in the mile at the Akron Invitational was a collegiate personal-best 5:12.33 .

Before Penn State ... || High School || A four-time PIAA qualifier in outdoor track, and two-time entrant at the state cross country meet ... Four-time District 9 Champion in the 3200-meters ... Ran a personal-best 10:43.87 to win the AA 3200-meters at the PIAA Outdoor Championships as a senior ... Placed fourth in the 3,000-meters at the indoor state meet, running 10:11.71 ... Also won the 3K at the Kevin Dare High School Invitational at Penn State as a senior ... Placed sixth at the PIAA AA Cross Country Championships as a senior. || Personal || Daughter of Brad and Patty Giannotti ... Birthday is July 12, 1992 ... Studying Rehabilitation and Human Services.





Women's Returner Bios



Lindsey GRAYBILL

JR./JR. Eligible
Macungie, Pa.
Emmaus

DISTANCE • CROSS COUNTRY

sic, running 4:37.02 ... Clocked a PR 4:36.18 for the 1500 at Florida Relays. || 2010 Indoor || Took second in the 1000-meters at the Penn State National with a finishing time of 2:55.40 ... Posted a PR 5:07.85 for the mile at the PSU Northeast Challenge, finishing 12th ... Finished 11th in the 800 at the Sykes-Sabock Challenge Cup.

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

Graybill's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	2:15.02	***
1000-Meters	2:55.40	***
1500-Meters	***	4:35.12
Mile Run	4:59.96	
3000m Steeplechase	***	10:30.47



Brittney HOWELL

SO./SO. Eligible
Wyncote, Pa.
Cheltenham

MULTI-EVENTS

Howell's Collegiate Career Bests

	Indoor	Outdoor
200-Meters	***	25.40
800-Meters	2:34.07	2:33.22
60-Meter Hurdles	8.87	***
100-Meter Hurdles	***	14.53
High Jump	5-3.25 (1.61)	5-4.50 (1.64)
Long Jump	18-10 (5.74)	18-5.25 (5.62)
Shot Put	33-7.50 (10.25)	33-5.25 (10.19)
Javelin	***	92-10 (28.29)
Pentathlon	3509	4602

On the National Stage ... || 2011 Outdoor || Ran a personal-best 10:30.47 in the 3,000-meter steeplechase, finishing 24th overall at the NCAA First Round ... Performance is the seventh best in school history. || 2010 Cross Country || Was the Nittany Lions' sixth finisher at the NCAA Cross Country Championships, placing 154 among team competitors at 192nd overall ... Placed 48th overall at the NCAA Mid-Atlantic Regional Championships.

At the Big Ten Championships ... || 2011 Outdoor || Took 13th in the steeplechase with a finishing time of 10:50.52. || 2010 Outdoor || Placed 21st in the 1500-meters at the conference meet (4:37.12). || 2010 Cross Country || Finished seventh for the

Nittany Lions and 52nd overall in 21:36 – her best 6K time of the season. || 2010 Indoor || Ran the 800-meters, finishing in 18th overall in 2:15.02. || Cross Country || Was a member of the Lions' Big Ten Championship squad ... Placed 68th at the championships in 22:34.

On the Course ... || 2011 Cross Country || Was a member of the Penn State top seven in the final four competitions of the season ... Best individual finish was 35th at the Penn State National. || 2009 Cross Country || Placed ninth overall and fourth for Penn State at the Harry Groves Spiked Shoe Invitational ... Highest individual finish was sixth at the Lock Haven Dolan Duals ... Earned a 30th-place standing at the Penn State National.

Around the Track ... || 2011 Outdoor || Enjoyed an impressive series of finishes in the steeplechase, placing third at the Jesse Owens Classic, fifth at Florida Relays, and 10th at Penn Relays ... Ran a then-PR 10:34.28 at Penn. || 2011 Indoor || Ran a collegiate PR 4:59.96 for the mile run at the Penn State National, finishing fifth in the open section ... Also ran on the fourth-place distance medley relay at the PSU National ... Placed seventh in the mile at the Sykes-Sabock Challenge Cup. || 2010 Outdoor || Highest individual finish as fourth-place effort in the 3,000-meter steeplechase at the Bucknell Team Challenge (11:01.1h) ... Placed fifth in the 1500 at the Sun Angel Clas-





the long jump, before earning runner-up honors in the event at the 2009 PIAA AAA State Championships with a leap of 18-9.50, to go along with fifth-place effort in the girls' 100-meter hurdles. || Personal || Birthday is September 1, 1992 ... Daughter of Rosemarie Hoslyn ... Enrolled in the College of Health and Human Development.



Ije IHEOMA

SR./SR. Eligible
Holland, Pa.
Council Rock South

SPRINTS, RELAYS

Iheoma's Collegiate Career Bests

	Indoor	Outdoor
200-Meters	24.72	24.21
400-Meters	55.29	53.50
500-Meters	1:13.04	***
600-Meters	1:30.42	***
4x200-Meter Relay	***	1:36.56
4x400-Meter Relay	3:34.00	3:30.35
Sprint Medley Relay	***	3:55.24

On the National Stage ... || 2011 Outdoor || Split 52.57 to help the Nittany Lions to a fourth-place finish in the 4x400-meter relay ... The quartet ran 3:30.35 – a season best and the third-fastest performance in school history ... Placed 22nd in the open 400-meters (53.94), earning honorable mention All-America status ... Cruised to a personal-best 53.50 to finish sixth overall at the NCAA First Round and earn a bid to the NCAA Championships ... Was also a member of the fifth-place 4x400 (3:33.41) at the First Round meet. || 2011 Indoor || Earned her first-career All-America finish via a sixth-place standing in the 4x400 ... Squad ran 3:34.00, which ties for the second-fastest indoor time in school history.



At the Big Ten Championships ...

|| 2011 Outdoor || Scored in four events, including a third-place effort in the 400 in 54.16 ... Also placed eighth in the 200 (24.21) individually, and assisted on the second-place 4x400 (3:37.57) and fourth-place 4x100 (45.93). || 2011 Indoor || Earned her first-career Big Ten title as a member of the winning 4x400 (3:37.80) ... Scored a fourth-place finish in the 600-meters with a season-best effort of 1:30.42.

Around the Track ... || 2011 Outdoor || Ran on a trio of top five teams at Penn Relays, assisting on the second-place 4x200 in the ECAC heat, and the fourth-place sprint medley, and fifth-place 4x400 in the "Championship of America" sections ... Won the 400 at the Jesse Owens Classic in 54.00 ... Placed eighth in the 400 at War Eagle Invitational at Auburn and 15th at Florida Relays. || 2011 Indoor



|| Ran a season-best 55.29 for the 400 at the Tyson Invitational ... Took top honors in the 600 (1:30.90) at the Sykes-Sabock Challenge Cup ... Ran on winning 4x400s at the Penn State Relays, Nittany Lion Challenge, Penn State National and Sykes-Sabock Challenge Cup.

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



Mahagony JONES

JR./SO. Eligible
Cleveland, Ohio
Cleveland Rhodes

SPRINTS, RELAYS

Jones' Collegiate Career Bests

	Indoor	Outdoor
60-Meters	7.60	***
100-Meters	***	12.17
200-Meters	24.38	24.52
400-Meters	***	57.82

At the Big Ten Championships ... || 2011 Outdoor || Competed in the 100-meter dash, finishing 17th overall. || 2011 Indoor || Raced the 60- and 200-meters, placing 22nd in both events.

Around the Track ... || 2011 Outdoor || Placed third in the 400 at the Jim Thorpe Open in a collegiate-outdoor best 57.82 ... Took sixth in the 200 at Jim Thorpe, via a season-best 24.76 ... Also competed at the Auburn War Eagle Invitational, and Jesse Owens Classic. || 2011 Indoor || Placed second in both the 60 (7.60) and 200 (24.38) at the Penn State Relays – collegiate personal bests in both events ... Took third in the 200 (24.40) and ninth in the 60 at the Nittany Lion Challenge ... Ran on winning 4x400-meter relays at both the Penn State Relays and Nittany Lion Challenge ... Placed 13th in the 200 at the Sykes-Sabock Challenge Cup. || 2010 Outdoor || Competed unattached at the Penn State Open, placing fourth in both the 100 and 200-meters, running 12.17 in the 100, and 24.52 in the 200.

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



Women's Returner Bios



Caitlin LANE

SR./SR. Eligible
Greenwich, N.Y.
Greenwich

DISTANCE • CROSS COUNTRY

Lane's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	2:08.92	2:11.18
1,000-Meters	2:45.94	***
1,500-Meters	***	4:20.40
Mile Run	4:38.37	***
3,000-Meters	9:18.74	***
5,000-Meters	17:03.89	16:18.14
4x800-Meter Relay	***	8:39.44
DMR	11:26.40	11:26.54

On the National Scene ... || 2011 Outdoor || Competed in the 5,000-meters at the NCAA First Round, finishing 20th. || 2011 Indoor || Qualified for the NCAA Indoor Championships in the mile run, placing 14th overall to earn Second-Team All-America honors ... Won the mile at the Alex Wilson Last Chance, setting a new personal-best 4:38.37. || 2010 Cross Country || Was the Nittany Lions' number two at the NCAA Championships, placing 96th in team scoring, and 130th overall ... Finishing time was 21:34 ... Earned NCAA All-Region status, finishing 12th overall at the NCAA Mid-Atlantic Regional ... Broke the tape in 20:34 – a season best for 6K – as Penn State's top finisher. || 2010 Outdoor || Ran 4:23.17 to advance through the preliminaries at the NCAA First Round ... Clocked 4:27.30 in the First Round quarter-final, placing 20th overall ... Season-best 4:20.40 was the 18th fastest time in the NCAA Eastern Standings during the outdoor season. || 2010 Indoor || An NCAA provisional qualifier in the mile run (4:42.88) and the 3,000-meters (9:24.53). || 2009 Cross Country || Ran as the Lions' number two at the NCAA Championships, placing 86th overall and 69th among team competitors in 21:11 ... Placed 29th at the NCAA Mid-Atlantic Regional Championships. || 2009 Outdoor || Finished 15th in the 1500 at the NCAA East Regional, clocking a personal-best 4:26.34.

At the Big Ten Championships ... || 2011 Outdoor || Ran to a fifth-place finish in the 1500, clocking 4:28.37 ... Also competed in the 5K. || 2011 Indoor || Earned silver-medal status and all-conference second team honors with a second-place finish in the mile run (4:43.44) ... Took on the distance "trifecta" at the conference meet, competing in the mile, 3000, and 5000. || 2010 Cross Country || Finished third for Penn State and 23rd overall in 20:59. || 2010 Outdoor || Ran a PR 16:39.18 to finish eighth in the 5000-meters ... Placed 16th overall in the 1500-meters. || 2010 Indoor || Scored a seventh place finish in the 800-meters, thanks to a finishing time of 2:10.37 after running 2:10.99 in the preliminaries ... Placed 16th in the 5000 (16:39.18). || 2009 Cross Country || One of the Lion top five on the 2009 Big Ten Championship squad ... Placed 22nd in the conference field as the Lions' number four, finishing in 21:24. || 2009 Outdoor || Placed 14th overall in the 1500 with a finishing time of 4:33.76. || 2009 Indoor || Ran 4:50.77 to finish eighth in the mile after running a personal-best 4:49.74 in the preliminaries. || 2008 Cross Coun-

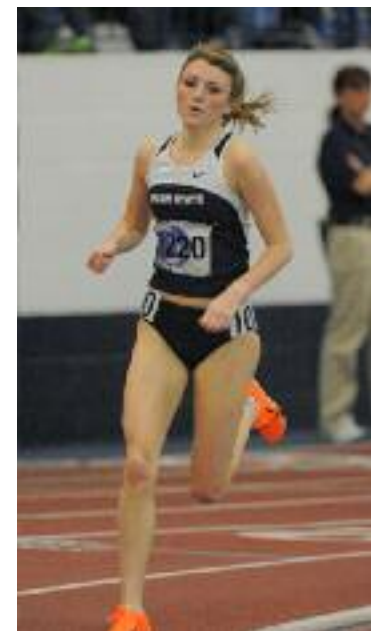
try || Took 46th overall at the Big Ten Championships.

On the Course ... || 2010 Cross Country || Was a member of the Nittany Lion top five in all eight competitions ... Won the Lock Haven Dolan Duals for the third-straight year, earning Big Ten Athlete of the Week honors ... Placed 11th at the Harry Groves Spiked Shoe Invitational, and 25th at the Penn State National. || 2009 Cross Country || Competed in seven competitions, turning in a victory at the Lock Haven Dolan Duals for the second-straight year ... Was named Big Ten Athlete of the Week for her winning effort ... Placed 10th at the Cappy Anderson Invitational, and 16th at the Penn State National ... Ran as one of the Lion top five all season. || 2008 Cross Country || Took the individual title at the Lock Haven Dolan Duals ... Named Big Ten Athlete of the Week for her efforts ... A member of the Lion top seven throughout the season ... Placed and 40th at the Mid-Atlantic Regional.

Around the Track ... || 2011 Outdoor || Was a member of the Nittany Lions' school-record 4x800 at Penn Relays ... Squad combined to run 8:39.44 to finish seventh in the "Championship of America" section ... Ran a season-best 4:23.07 at the Mt. SAC Relays ... Won the mile run at the Jesse Owens Classic ... Finished 17th in her section of the 5K at the Stanford Invitational with a PR 16:18.14. || 2011 Indoor || Record three-straight victories to start the indoor season, winning the 1000 at the Nittany Lion Challenge, the mile run at the Penn State National, and the 800 at the Sykes-Sabock Challenge Cup ... Set a new school record in the 1000 at the Nittany Lion Challenge, running 2:45.95 ... Placed sixth in her heat of the 3K at the Flotrack Husky Classic, finishing with a PR 9:18.74. || 2010 Outdoor || Ran an impressive 4:20.20 for the 1500-meters to finish fourth at the Payton Jordan Cardinal Invitational ... Time is the sixth-fastest effort in the Nittany Lion history ... Placed ninth in the 1500 at the Sun Angel Classic ... Ran the lead off leg on the fourth-place DMR at Florida Relays ... Covered the 800-meter leg on Penn State's 11th-place DMR at Penn Relays ... Placed 11th in the 800 at Florida Relays. ||

2010 Indoor || Earned a victory in the 800 at the Sykes-Sabock Challenge Cup in a PR 2:09.53 ... Claimed top honors in the mile at the PSU Northeast Challenge, going 4:52.44 ... Ran 4:42.88 for the mile at the Husky Classic, good for seventh place ... Placed 11th in the mile at the Alex Wilson Last Chance. || 2009 Outdoor || Won the Invitational 1500-meters at the Bison Outdoor Classic ... Clocked a regional-qualifying 4:26.38 to take top honors in the 1500 at the Auburn War Eagle Invitational ... Placed fourth in the 800 and fifth in the 1500 at the Jim Click Shootout ... Ran a season-best 2:11.18 in the 800 at the Jesse Owens Classic ... Ran the 1200 lead-off leg on the fourth-place DMR in the Championship of America section at Penn Relays. || 2009 Indoor || Won the mile at the Penn State Open in 4:52.39 ... Ran on the winning 4xmile relay at the Penn State Relays ... Place eighth in the invitational mile at the Penn State National ... Took third in the 3000 at the Sykes-Sabock Challenge Cup in 9:44.08 ... Captured fourth in the mile at the Washington Husky Invitational in 4:50.67.

Before Penn State ... || High School || One of the most decorated athletes in New York high school athletics ... A two-time participant at the Footlocker National Cross Country Championships ... Won New York Class C cross country titles in 2006 and 2007 ... Finished sixth in the mile at the prestigious Millrose Games in Madison Square Garden. || Personal || Daughter of Robert and Dena Lane ... Born April 8, 1990 ... Majoring in Journalism.





Tanaya LLOYD

SR./SR. Eligible
Philadelphia, Pa.
Girard

JUMPS

Lloyd's Collegiate Career Bests

	Indoor	Outdoor
Triple Jump	40-11.50 (12.48)	40-10.50 (12.46)

On the National Scene ... || 2011 Outdoor || Jumped 40-2 (12.24) to finish 26th in the triple jump at the NCAA First Round. || 2010 Outdoor || Placed 26th overall in the triple jump at the NCAA First Round with a leap of 40-8.25 (12.40).

At the Big Ten Championships ... || 2011 Outdoor || Earned silver-medal honors in the triple jump with a leap of 41-9.75 (12.74). || 2011 Indoor || Turned in an indoor personal-best 40-11.50 (12.48) to place fifth in the triple jump ... Jump is also the fifth best in the Penn State record books. || 2010 Outdoor || Scored a sixth-place finish in the triple jump with a mark of 40-0.75. || 2010 Indoor || Placed sixth overall in the triple jump, thanks to a leap of 40-1.25 (12.22). || 2009 Outdoor || Finished 11th in the triple jump with a then personal-outdoor best 39-9.75 (11.83). || 2009 Indoor || Took 11th overall in the triple jump, posting a mark of 39-0.50 (11.90).

In the Field ... || 2011 Outdoor || Top triple jump efforts included a sixth-place finish at Florida Relays, and a seventh-place showing at the Jesse Owens Classic ... Turned in a wind-legal season best 40-7 (12.37) at Florida Relays. || 2011 Indoor || Finished second in the triple jump at the Sykes-Sabock Challenge Cup ... Placed 12th against top competition at the Tyson Invitational. || 2010 Outdoor || Posted a PR triple jump mark of 40-10.50 (12.46) at the Penn State Open ... Took top honors in the triple jump at the Bucknell Team Challenge ... Placed second in the Eastern Division at Penn Relays ... Took fifth at the Sun Angel Classic and ninth at the Jesse Owens Classic. || 2010 Indoor || Won the

triple jump at the Penn State Relays with a mark of 38-9 (11.81) ... Eclipsed the 40-foot barrier for the first time in her career with a leap of 40-0 (12.19) to place ninth at the Tyson Invitational ... Finished third at the PSU Northeast Challenge, and sixth at the Sykes-Sabock Challenge Cup. || 2009 Outdoor || Top finish was a second-place standing in the triple jump at the Bucknell Bison Outdoor Classic ... Placed seventh at the Jim Click Shootout, 11th at the Jesse Owens Classic, and 12th at the Auburn War Eagle Invitational. || 2009 Indoor || Top finishes included a third-place effort at the Penn State Relays, fourth-place showing at the Penn State Open, and a fifth-place standing at the Sykes-Sabock Challenge Cup.



Laura LOHT

SO./SO. Eligible
McClure, Pa.
Indian Valley

JAVELIN

Loht's Collegiate Career Bests

	Indoor	Outdoor
Javelin	***	161-3 (49.14)

On the National Stage ... || 2011 Outdoor || Earned Second-Team All-America honors with a 15th-place finish in the javelin with a toss of 152-4 (46.44) ... Finished second overall at the NCAA First Round, thanks to a career-best effort of 161-3 (49.14), which also ranks sixth in the PSU record books ... Threw 150-8 (45.94) to place fourth at the USATF Junior Championships.

At the Big Ten Championships ... || 2011 Outdoor || Finished third in the javelin in her first-career appearance at the Big Ten Championships with an effort of 141-0 (42.97).

In the Field ... || 2011 Outdoor || Enjoyed a solid start to her freshman campaign, finishing third at Florida Relays with a throw of 151-5 (46.15) ... Recorded third-place finishes at Penn Relays, the

Auburn War Eagle Invitational, and the Jim Thorpe Open ... Finished fourth at the Jesse Owens Classic.

Before Penn State ... || High School || Won the PIAA AAA javelin title as a sophomore and again as a senior ... Personal-best 157-2 was a top 10 effort in the prep ranks in 2010 ... Won the javelin at Penn Relays with a toss of 148-1. || Personal || Daughter of Randy and Joann Loht ...

Enrolled in the College of Health and Human Development ... Birthday is June 30, 1992.





Women's Returner Bios



Kara MILLHOUSE

SR/SR. Eligible
Boiling Springs, Pa.
Boiling Springs

DISTANCE • CROSS COUNTRY

Millhouse's Collegiate Career Bests

	Indoor	Outdoor
1500-Meters	***	4:23.79
Mile Run	4:52.20	***
3000-Meters	9:29.59	***
5000-Meters	16:28.05	16:25.09
10,000-Meters	***	33:31.93

On the National Scene ... || 2011 Outdoor || Earned "Honorable Mention" All-America status with a 19th-place finish in the 10,000-meters at the NCAA Outdoor Championships ... Took 25th at the USATF Championships in the event, clocking 34:22.20 – the second-fastest performance of her career. || 2010 Cross Country || Was the Nittany Lions' third finisher at the NCAA Championships, placing 106th in team scoring and 140th overall ... Covered the 6K course in 21:40 ... Earned All-Region status at the NCAA Mid-Atlantic Regional, finishing 20th overall and second for Penn State in 21:00. || 2009 Cross Country || Placed 142nd overall and 115th in the team standings at the NCAA Cross Country Championships, as a member of the Lions' 14th-place team.

At the Big Ten Championships ... || 2011 Outdoor || Mounted an outstanding sprint finish to win her first-career conference title in the 10K, becoming just the second Nittany Lion in program history to capture a Big Ten title in the event ... Also competed in the 5K, finishing 16th. || 2011 Indoor || Had a stellar showing at the indoor conference meet, finishing fourth in both the 3K (9:29.59) and 5K (16:34.54). || 2010 Cross Country || Placed 25th overall and fourth for the Nittany Lions, helping the squad to a fourth-place finish in the team standings. || 2010 Outdoor || Placed 13th in her first-career appearance in the 10,000-meters, breaking the tape at 35:53.41. || 2010 Indoor || Finished 20th in the 5,000-meters. || 2009 Cross Country || Ran 21:27 for 6,000-meters, including an outstanding home stretch to 23rd overall and fifth for Penn State in the Nittany Lion's Big Ten victory. || 2009 Outdoor || Competed in the 5000-meters, finishing 26th overall. || 2009 Indoor || Placed 15th in the mile with a season-best time of 4:59.91. || 2008 Cross Country || Placed 45th at the Big Ten Championships.

On the Course ... || 2010 Cross Country || A top seven finisher in all eight Nittany Lion competitions ... Ran as Penn State's number one at the Harry Groves Spiked Shoe Invitational, placing seventh overall ... Finished 30th at the Penn State National, and 41st at the Roy Griak Invitational at Minnesota. || 2009 Cross Country || Competed in seven events, earning top five finishes at the Spiked Shoe Invitational and Lock Haven Dolan Duals ... Placed 24th at the Penn State National. || 2008 Cross Country || A member of the Lion top five throughout her freshman season ... Earned top 10 finishes at the Lock Haven Dolan Duals and Spiked Shoe Invitational.

Around the Track ... || 2011 Outdoor || Ran a school-record 33:31.93, placing 10th in the 10K at the Stanford Invitational ... Time was ranked 15th in the NCAA for the 2011 season ... Won the 1500 at the Jesse Owens Classic with a PR 4:23.79 – the 10th-

fastest time in PSU history ... Clocked 16:25.09 to place sixth in the 5K at Penn Relays.

|| 2011 Outdoor || Finished sixth in the 5K at the Alex Wilson Last Chance, running an indoor PR 16:28.05 ... Finished third in the mile (4:52.20) at the Nittany Lion Challenge, and third in the 3K (9:30.06) at the Penn State National. || 2010 Outdoor || Placed 26th in the 5000-meters at Penn Relays and 12th at the Sun Angel Classic. || 2010 Indoor || Ran a personal-best 16:47.63 to place 25th in the 5K at the Washington Husky Classic ... Finished fifth in the 3,000-meters at the Syke-Sabock Challenge Cup in a personal-best 9:45.68 ... Placed 11th in the 3K at the Penn State National. || 2009 Outdoor || Won the open section of the 1500 at the Bison Outdoor Classic, running a personal-best 4:39.55 ... Took fourth in the 3000-meters at the Jim Click Shootout ... Ran a personal-best 17:11.58 for 5000 at Penn Relays. || 2009 Indoor || Ran on the winning 4xmile at the Penn State Relays ... Highest individual finish was a fifth-place effort in the mile at the Penn State Open ... Ran the 1600-meter leg on the seventh-place DMR (11:47.10) at the Penn State National. || High School || PIAA AA State Champion in the 3200-meters in 2006 ... Finished second in the 800-meters at the 2008 State Championships, running a PR 2:14.17 ... Competed at the state meet during all four years of high school, never finishing outside of the top three ... Finished third at the PIAA AA Cross Country Championships as a senior ... A four-year letter winner in cross country, swimming, and track and field ... Cross country team captain in 2007, and track and field captain in 2008. || Personal || Full name is Karaleigh Hoffman Millhouse ... Born March 20, 1990, in Camp Hill, Pa. ... Daughter of John and Cindy Millhouse ... Enrolled in Kinesiology.



Taylor McNALLY

SO./SO. Eligible
Ennis, Mt.
Ennis

THROWS

McNally's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	45-9.25 (13.95)	44-9.50 (13.65)
Discus	***	157-6 (48.02)
20-lb Weight	47-11.75 (14.62)	***

On the National Stage ... || 2011 Outdoor || Placed 10th in the discus at the USATF Junior Championships with a throw of 142-11 (43.56).

At the Big Ten Championships ... || 2011 Outdoor || Placed 15th in the discus and



21st in the shot put. || 2011 Indoor || Finished 19th in the shot put and 22nd in the 20-pound weight throw.

In the Field ... || 2011 Outdoor || Recorded a collegiate PR 157-6 (48.02) to place fifth in the discus at Penn Relays ... Throw ranks sixth in PSU history ... Top shot put effort was an effort of 44-9.50 (13.65) at the Jim Thorpe Open ... Placed second in the discus and fourth in the shot at Jim Thorpe ... Threw 151-9 (46.25) to finish eighth in the discus at the Jesse Owens Classic ... Took second in the discus and third in the shot at the George Mason Spring Invitational. || 2011 Indoor || Placed 10th in the shot at the Penn State National with a season-best toss of 45-9.25 (13.95) ... Took fourth in the shot and 11th in the weight at the Nittany Lion Challenge.



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

and seventh at the Penn State National, clearing 5-7 (1.70) on all three occasions ... Placed second at the Penn State Relays, and 10th at the Tyson Invitational. || 2010 Indoor || Placed second in the high jump at the Penn State Relays ... Finished ninth at the Penn State National, and 11th at the Sykes-Sabock Challenge Cup ... Took 20th at the Tyson Invitational. || High School || Competed in the jumps and hurdles at Western Branch ... Was the VSHL AAA bronze medalist in the high jump during both the indoor and outdoor seasons as a senior ... Also qualified for the Virginia state meet in the long jump. || Personal || Daughter of Charles and Teresa Morgan ... Birthday is April 19, 1991 ... Majoring in Labor Studies and Employment Relations




Erika MORGAN
JR./JR.-SO. Eligible
Chesapeake, Va.
Western Branch

JUMPS

Morgan's Collegiate Career Bests	Indoor	Outdoor
High Jump	5-7 (1.70)	5-8.50 (1.74)

On the National Stage ... || 2011 Outdoor || Placed 27th overall with a clearance of 5-7 (1.70) in the high jump at the NCAA First Round.

At the Big Ten Championships ... || 2011 Outdoor || Placed 11th in the high jump with a clearance of 5-5.75 (1.67). || 2011 Indoor || Scored an eighth-place finish in the high jump with a season-best effort of 5-7 (1.70). || 2010 Indoor || Cleared a season-best 5-7 (1.70) to place 17th in the high jump at the Big Ten Indoor Championships.

In the Field ... || 2011 Outdoor || Cleared a collegiate outdoor PR 5-8.50 (1.74) to win the high jump at the Jim Thorpe Open ... Placed fifth in the "Eastern" high jump at Penn Relays, topping out at 5-7.75 (1.72) ... Won the high jump at the George Mason Spring Invitational ... Finished fifth at the Jesse Owens Classic. || 2011 Indoor || Finished third at the Nittany Lion Challenge, fourth at the Sykes-Sabock Challenge Cup,



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

THROWS

Nieuwendam's Career Bests	Indoor	Outdoor
60-Meters	7.60	***
100-Meters	***	11.60
200-Meters	25.02	23.86

At the Big Ten Championships ... || 2011 Outdoor || Placed 12th in the 100-meters in a collegiate PR 11.98, and 18th in the 200-meters in her first-career Big Ten appearance.

Around the Track ... || 2011 Outdoor || Finished second in the 200 (24.29) and 400-meters (57.41) at the Jim Thorpe Open, running collegiate PRs in both events ... Ran on the fourth-place 4x400 fifth-place 4x100 at the Jesse Owens Classic ... Also competed at the Auburn War Eagle Invitational, finishing 10th in the 4x400. || 2011 Indoor || Redshirted in the 2011 indoor season.

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



Women's Returner Bios



Anna MUZIO

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

THROWS

Muzio's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	45-1.75 (13.76)	43-3.75 (13.20)
20-lb Weight	54-4 (16.56)	***
Hammer	***	148-10 (45.37)

At the Big Ten Championships ... || 2011 Outdoor || Competed in the shot put, placing 20th overall. || 2011 Indoor || Finished 20th in the weight throw with a season-best 49-5 (15.06) ... Also competed in the shot put. || 2010 Indoor || Took 21st in both the shot put and the 20-pound weight throw. || 2009 Outdoor || Placed 14th in the shot put. || 2009 Indoor || Tied for 13th in the shot put and finished 15th in the 20-pound weight in her first Big Ten appearance ... Posted personal bests in both events with a toss of 43-3 (13.18) in the shot put, and an effort of 49-4.25 (15.04) in the weight.

In the Field ... || 2011 Outdoor || Placed sixth in the shot put at the Jim Thorpe Invitational with a season-best 43-3.75 (13.20) ... Also finished seventh in the hammer at Jim Thorpe ... Finished 15th in the "Eastern" shot put at Penn Relays ... Placed 12th in the shot at the Jesse Owens Classic. || 2011 Indoor || Top finishes were fourth in the shot and sixth in the weight at the Penn State Relays ... Placed seventh in the shot and ninth in the weight at the Nittany Lion Challenge ... Threw a season-best 43-4.25 (13.21) at the PSU National. || 2010 Outdoor ||



Won the shot at the Penn State Open ... Placed fifth in the shot and sixth in the hammer at the Bucknell Team Challenge. || 2010 Indoor || Highest showing was a second-place effort in the weight throw at the Penn State Relays while also posting a PR of 45-1.75 (13.76) to place third in the shot ... Finished fifth in the shot and weight at the PSU Northeast Challenge and fifth in the shot and sixth in the weight at the Sykes-Sabock Challenge Cup ... Tossed a PR of 54-4 (16.56) to finish 10th in the weight at the Penn State National. || 2009 Outdoor || Placed second in the shot put and fourth in the hammer and the discus at the PSU Open ... Finished third in the shot put at the Bison Outdoor Classic with a season-best 43-2.50 (13.17) ... Took 10th in the Eastern division shot put at Penn Relays with an effort of 43-0.50 (13.12). || 2009 Indoor || Placed fifth in the shot put at Penn State Open and PSU Relays ... Took sixth in the weight at the PSU Relays and eighth at the PSU Open ... Recorded a 10th-place effort in the shot put at the Sykes-Sabock Challenge Cup.

Before Penn State ... || High School || School record holder in the shot put and discus ... Won Mid Penn Conference and District 3 titles in the shot put and discus in

2008 ... Finished fourth in the shot put at the 2008 PIAA State Championships ... Four-year letter winner. || Personal || Full name is Anna Elisa Muzio ... Born September 10, 1990, in Philadelphia, Pa. ... Science major.



Amanda PALENCHAR

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

POLE VAULT

Palenchar's Collegiate Career Bests

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

At the Big Ten Championships ... || 2011 Outdoor || Placed 15th in the pole vault with a jump of 11-6.25 (3.51) in cold and rainy conditions. || 2011 Indoor || Came up just shy of a scoring finish, placing 12th with a season-best effort of 11-11.75 (3.65). || 2010 Indoor || Cleared a season-best 11-11.75 (3.65) to place 13th in the pole vault. || 2009 Outdoor || Placed 17th in the pole vault, jumped 11-7.75 (3.55). || 2009 Indoor || Competed in the pole vault, clearing 11-8.50 (3.57).

In the Field ... || 2011 Outdoor || Tied for first in the vault at the Jim Thorpe Open with a PR clearance of 12-3.50 (3.75) – the fifth-best effort in the Penn State record books ... Finished third at the Jesse Owens Classic, fourth at the Liberty Collegiate Invitational, and fifth at the George Mason Spring Invitational. || 2011 Indoor || Placed second in the vault at the Nittany Lion Challenge and third at the Penn State Relays ... Also scored a top five finish at the Akron Invitational, placing fourth overall. || 2010 Outdoor || Placed second at the Bucknell Team Challenge and fourth at the Penn State Open. || 2010 Indoor || Earned a fourth-place standing at the Penn State Relays ... Took 10th at the PSU Northeast Challenge, and 13th at the Penn State National. || 2009 Outdoor || Tied for seventh with a season-best clearance of 11-11.75 (3.65) at the Jim Click Shootout ... Matched her season best in a third-place effort at the Penn State Open ... Tied for fourth at the Bison Outdoor Classic and tied for eighth at the Auburn War Eagle Invitational. || 2009 Indoor || Placed third at the Penn State Relays ... Cleared 12-0 (3.66) to finish 13th at the Penn State National ... Posted a career-best 12-3.50 (3.75) at the Tyson Invitational.



Before Penn State ... || High School || Two-time District 7 Champion ... A three-time PIAA state qualifier, finishing fourth in 2007, and fifth in 2008 ... Also lettered in diving and volleyball. || Personal || Full name is Amanda Lin Palenchar ... Born June 7, 1990, in Latrobe, Pa. Daughter of Robert and Anita Palenchar ... Majoring in Science.



Brooklyne RIDDER

SO./SO. Eligible
Cincinnati, Ohio
Oak Hill

DISTANCE • CROSS COUNTRY

Ridder's Collegiate Career Bests

	Indoor	Outdoor
3000-Meters	9:38.26	***
5000-Meters	16:25.27	16:39.25

On the National Scene ... || 2010 Cross Country || Ran as the Nittany Lions' top finisher at the NCAA Championships, placing 82nd in team scoring and 111th overall ... Finished 25th at the NCAA Mid-Atlantic Regional, earning All-Region status. || 2010 Outdoor || Placed third in the 5,000-meters at the USATF Junior National Championships ... Was one of the top 48 ranked athletes in the 5K in the East Region. || 2009 Cross Country || Placed 200th overall and 163rd among team competitors at the NCAA Cross Country Championships ... Took 48th as the Nittany Lions' number seven runner at the NCAA Mid-Atlantic Regional.

At the Big Ten Championships ... || 2011 Outdoor || Finished 19th in the 5,000. || 2011 Indoor || Scored a fifth-place finish in the 5,000, going 16:36.10. || 2010 Cross Country || Led the Nittany Lions to a fourth-place finish in the team standings with a ninth-place effort ... Also earned second team all-conference recognition. || 2010 Outdoor || Placed 13th in the 5000 at the conference meet, finishing in 16:57.36. || 2010 Indoor || Turned in a 14th-place effort in the 3000, clocking 9:59.00. || 2009 Cross Country || A big factor in Penn State's Big Ten Championship effort, placing third for the team and 16th overall in 21:16 ... Was just the third freshman finisher in the Big Ten field.



On the Course ... || 2010 Cross Country || Was the top Penn State finisher in four of eight competitions on the season ... Top individual finish was third at the Lock Haven Dolan Duals ... Placed 20th at the Penn State National as the Lions' top finisher, and 50th at the Notre Dame Invitational ... Top 6K time for the year was 20:38 at the Big Ten Championships. || 2009 Cross Country || Earned her first collegiate win at the UMES Cappy Anderson Invitational, finishing in the 5K course in 17:41 ... Placed 17th overall and fifth for Penn State at the Penn State National ... Turned in a 45th-place showing at the Notre Dame Invitational as the Lions' fifth runner.

Around the Track ... || 2011 Outdoor || Highest individual finish was ninth in the 1500 at the Jesse Owens Classic ... Placed 11th in the 5K at the Stanford Invitational, and 16th at Penn Relays. || 2011 Indoor || Ran a PR of 16:25.97 for 5K at the Flotrack Husky Classic ... Placed sixth in the 3K (9:38.26) at the Penn State National ... Ran on the winning DMR at the Nittany Lion Challenge. || 2010 Outdoor || Turned in a pair of top

10 finishes in the 5000, placing ninth at the both the Sun Angel Classic and Penn Relays ... Ran a PR 16:39.25 at Penn. || 2010 Indoor || Placed ninth in the 3000 at the Sykes-Sabock Challenge Cup with a collegiate PR 9:54.42 ... Ran 17:08.74 for 5K at the Washington Husky Classic.

Before Penn State ... || High School || A two-time OHSAA Division I cross country champion and a two-time state runner-up in cross country ... Placed second in the 3200 meters at the Ohio state meet as a senior ... also ran on her school's state-qualifying 4x800-meter relay ... A three-time state runner-up in the 3200. || Personal || Daughter of Sheri and Jeff Ridder ... Born September 1, 1991 ... Majoring in Labor Studies and Employment Relations.



Marlene RICKETTS

SR./SR. Eligible
Westbury, N.Y.
Westbury

JUMPS

Ricketts' Collegiate Career Bests

	Indoor	Outdoor
Triple Jump	40-2 (12.24)	40-5 (12.32)

On the National Stage ... || 2011 Outdoor || Finished sixth in the triple jump at the USATF Junior Championships with a wind-aided leap of 40-2.75 (12.26).

At the Big Ten Championships ... || 2011 Outdoor || Jumped 40-0.50 (12.20) to score an eighth-place finish in the triple jump. || 2011 Indoor || Placed 10th in the triple jump in her first-career appearance at the conference meet.

In the Field ... || 2011 Outdoor || Posted a collegiate PR 40-5 (12.32) to win the triple jump at the Jim Thorpe Open ... Took runner-up honors at the Jesse Owens Classic with a mark of 40-3.50 (12.28) ... Finished third at the George Mason Spring Invitational ... Also competed at Florida Relays. || 2011 Indoor || Recorded a collegiate indoor PR of 40-2 (12.24) to finish seventh at the Penn State National ... Won the triple jump at the Penn State Relays and Sykes-Sabock Challenge Cup ... Placed second at the Nittany Lion Challenge.

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





Women's Returner Bios



Rebekka SIMKO

FR./FR. Eligible
Mentor, Ohio
Gilmore Academy

MID-DISTANCE



Jane SWENSON

JR./SO. Eligible
Sioux Falls, S.D.
Moorpark College

THROWS

Simko's Collegiate Career Bests

	Indoor	Outdoor
600-Meters	1:31.35	***
800-Meters	2:11.38	2:08.55
1,000-Meters	2:52.03	***
1,500-Meters	***	4:35.68
4x800-Meter Relay	***	8:39.44

Swenson's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	46-5.50 (14.16)	52-6 (16.00)
Discus	***	150-2 (45.75)
Hammer	***	172-4 (52.53)
20-lb Weight	56-6.50 (17.23)	***

On the National Stage ... || 2011 Outdoor || Qualified for the NCAA First Round in the 800-meters, finishing 32nd overall in 2:09.13.

At the Big Ten Championships ... || 2011 Outdoor || Scored a fifth-place finish in the 800, crossing the finish line in 2:09.01. || 2011 Indoor || Turned in a sixth-place finish in the 600-meters in her first Big Ten appearance, finishing in 1:34.42.



Around the Track ... || 2011 Outdoor || Was a member of the Nittany Lions' school-record setting 4x800-meter relay, which clocked a new PSU-best 8:39.44 to place seventh in the "Championship of America" section ... Recorded an effort of 2:08.36 in the effort ...

Ran a collegiate outdoor PR 2:08.55 to place second at the Jim Thorpe Open ... Won the 800 at the Jesse Owens Classic ... Clocked a lifetime-best 4:35.68 to finish second in the 1500-meters at the Auburn War Eagle Invitational. || 2011 Indoor || Placed third in the 600 at the Sykes-Sabock Challenge Cup in a PR 1:31.35 ... 600 PR is the third-fastest performance in school history ... Ran an indoor PR 2:11.38 to place 10th in the 800 at the Penn State National ... Was a member of the winning 4x800 at the Penn State Relays.



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

On the National Stage ... || 2011 Outdoor || Threw 49-3.50 (15.02) to finish 26th in the shot put at the NCAA Eastern First Round.

At the Big Ten Championships ... || 2011 Outdoor || Competed in all three throwing events, placing eighth in the shot put, 15th in the hammer, and 19th in the discus. || 2011 Indoor || Finished 15th in the weight throw.

In the Field ... || 2011 Outdoor || Won the "Eastern" shot put competition at Penn Relays with a PR toss of 52-6 (16.00), which is also the fourth-best effort in the Penn State record books ... Posted season bests in both the discus and hammer at the Auburn War Eagle Invitational, placing eighth in the discus with a mark of 146-8 (44.70) and 12th in the hammer with an effort of 172-4 (52.53) ... Won the shot at the George Mason Spring Invitational, along with third-place finishes in the discus and hammer. || 2011 Indoor || Scored third-place finishes in the shot put at the Penn State Relays, Nittany Lion Challenge, and the Sykes-Sabock Challenge Cup ... Highest finish in the weight was fifth at the Nittany Lion Challenge and Sykes-Sabock Challenge Cup ... Threw a PR 56-6.50 (17.23) at Sykes-Sabock.



Before Penn State ... || Moorpark College || Competed for two seasons at Moorpark College ... Placed second in the shot and fourth in the hammer and discus at the California State Championships last year ... Turned in a trio of top three finishes at the Southern California Junior College Finals in 2009, placing first in the hammer, second in the shot put, and third in the discus ... Finished second in the shot put at the California Junior College State Championships ... Leaves Moorpark ranked in the top 10 in the shot, discus, and hammer. || High School || Won a South Dakota state title in the shot put in 2007 while competing for Brandon Valley High School ... Was a three-time conference champion in the shot put, and twice won conference titles in the discus ... Also an all-state basketball player as a prep. || Personal || Daughter of Ted and Nancy Swenson ... Born January 31, 1990 ... Majoring in Health Policy and Administration.



Colleen SHANNON

JR./JR. Eligible
Andover, Mass.
Andover

MID-DISTANCE

Shannon's Collegiate Career Bests

	Indoor	Outdoor
600-Meters	1:34.24	***
800-Meters	2:12.52	***
DMR	11:37.49	***

At the Big Ten Championships ... || 2011 Indoor || Ran the 800-meter leg on the Nittany Lions' sixth-place and season-best DMR ... Squad finished in 11:37.49. || 2010 Indoor || Placed 22nd in the 800-meters in her first-career appearance at the conference meet.

Around the Track ... || 2011 Outdoor || Competed in the 800 at the Florida Relays. || 2011 Indoor || Finished fifth in the 800 at the Akron Invitational with a collegiate PR 2:12.52 ... Ran on the winning 4x800 at the Penn State Relays ... Placed sixth in the 600-meters at the Nittany Lion Challenge. || 2010 Outdoor || Competed in the 800 at Florida Relays, Bucknell Team Challenge and Jesse Owens Classic ... Was a member of the second-place 4x800 at the Bucknell Team Challenge. || 2010 Indoor || Highest finish was a sixth-place effort in the 1000-meters at the Penn State Relays ... Ran a collegiate PR 2:15.60 at the Sykes-Sabock Challenge Cup.

Before Penn State ... || High School || Ran personal bests of 2:11 in the 800 meters and 57.1 in the 400 meters while competing at Andover High School ... Won Massachusetts D-1 State Championships in the 4x400 and the 800, as well as finishing second in the 1000 meters ... Her sprint medley relay team placed sixth at the Nike National Championship as a senior. || Personal || Daughter of Thomas and Kathleen Shannon ... Born September 30, 1990 ... Majoring in Kinesiology.



Jocelyn WITMER

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

POLE VAULT

Witmer's Collegiate Career Bests

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

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA First Round in the pole vault where she finished 13th – just short of a spot at the NCAA Championships

- with a clearance of 12-7.50 (3.85). || 2010 Outdoor || Was one of the “Cinderella Stories” of the NCAA outdoor season, placing 11th in the pole vault at the NCAA First Round to advance to the NCAA Outdoor Championships, after making the meet as the 48th and final qualifier ... Cleared an outdoor PR 12-9.50 (3.90) at the First Round meet. || 2009 Outdoor || Placed 25th in her first career appearance at the NCAA East Regional, clearing 12-0 (3.66).

At the Big Ten Championships ... || 2011 Outdoor || Finished 11th in the pole vault with a clearance of 12-4 (3.76). || 2011 Indoor || Cleared 11-11.75 (3.65) to finish 11th. || 2010 Outdoor || Scored a seventh-place finish in the vault with a jump of 12-3.50 (3.75). || 2010 Indoor || Cleared a career-best 12-11.50 (3.95) to place seventh overall. || 2009 Outdoor || Tied for 12th in the pole vault with a clearance of 12-3.50 (3.75). || 2009 Indoor || Placed 14th in the pole vault with a jump of 12-0.50 (3.76).

In the Field ... || 2011 Outdoor || Took top honors at the Auburn Tiger Classic with a clearance of 12-3.50 (3.75) ... Tied for first at the Jim Thorpe Open ... Finished second at the Jesse Owens Classic with a season-best 12-7.50 (3.85) ... Place third at the George Mason Spring Invitational and Liberty Collegiate Invitational. || 2011 Indoor || Topped out at a season-best 12-2.50 (3.72) to win the vault at the Akron Invitational ... Also earned a victory at the Penn State Relays ... Placed 10th at the Sykes-Sabock Challenge Cup. || 2010 Outdoor || Won the vault at the Bucknell Team Challenge, topping

out at 12-5.50 (3.80) ... Finished 10th at the Florida Relays, 12th at Penn Relays, and 12th at the Jesse Owens Classic. || 2010 Indoor || Top finish was a third-place effort at the Penn State Relays ... Cleared 12-3.50 (3.75) to finish eighth at the Penn State National ... Placed fourth at the Sykes-Sabock Challenge Cup. || 2009 Outdoor || Tied for first at the Bison Outdoor Classic with a regional-qualifying 12-7.50 (3.85) ... Took top honors at the Penn State Open with a jump of 12-3.50 (3.75) ... Finished fourth at the Auburn War Eagle Invitational and tied for fourth at the Jim Click Shootout. || 2009 Indoor || Placed third at the Penn State Open with a clearance of 12-1.50 (3.70) ... Tied for fourth at the Penn State Relays ... Took eighth at the Penn State National with a personal-best jump of 12-8 (3.86) ... Tied for third at the Sykes-Sabock Challenge Cup.

Before Penn State ... || High School || Tied for 12th in the pole vault at 2008 Nike Outdoor Nationals ... Finished fourth at the PIAA State Meet as a senior ... Won the pole vault at the District III Championships with a personal-best clearance of 12-3. || Personal || Daughter of Lewis and Judy Witmer ... Birthday is June 26, 1989 ... Majoring in English.





Women's Newcomer Bios



Leigha **ANDERSON**

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

DISTANCE • CROSS COUNTRY

Anderson's Career Bests

	Indoor	Outdoor
1,600-Meters	***	5:01.64
3,200-Meters	***	10:41.11

Before Penn State ... || High School || A four-time state qualifier in cross country during her career at Cumberland Valley, turning in finishes of 11th or better during all four appearances at the PIAA State Championships, including a bronze-medal effort as a junior in 2009 ... Also a four-time participant at the PIAA Outdoor Track and Field Championships ... Boasts a career-best finish of fourth in the 3200-meter run as a junior, clocking a PR of 10:41.11. || Personal || Born September 29, 1992 ... Plans to major in education ... Daughter of Stephen and Deborah Anderson ... Sister, Paige, completed her career with the Nittany Lion distance squad last spring.



Shelley **BLACK**

FR./FR. Eligible
Wilkes-Barre, Pa.
James M. Coughlin

SPRINTS, HURDLES

Black's Career Bests

	Indoor	Outdoor
60-Meter Hurdles	8.45	***
100-Meter Hurdles	***	13.63
300-Meter Hurdles	***	42.51
400-Meter Hurdles	***	1:01.10

Before Penn State ... || High School || One of the top hurdlers in the high school ranks, recently placing fourth in the 100-meter hurdles at New Balance High School Nationals with a personal-best 13.63 ... Was equally as outstanding at the PIAA State Championships senior year, picking up victories in the 100- and 300-meter hurdles, to go along with a fourth-place finish in the long jump ... A mainstay at on the state podium over the past several seasons, winning state titles in both hurdle races as a junior, and followed up with a second-place finish in the 60-meter hurdles at PTFCA Indoor Championships as a senior ... Ran a personal-best 8.45 in the 60 hurdles to place fourth at the 2011 New Balance Indoor Nationals ... Was selected to represent the U.S. at the Germany-Japan-USA Trilateral Friendly Indoor Meet in 2011. || Personal || Born August 18, 1993 ... Enrolled in the Division of Undergraduate Studies ... Daughter of Ryan and Diane Black.



Abigail **BENSON**

FR./FR. Eligible
Elma, N.Y.
Iroquis

DISTANCE • CROSS COUNTRY

Benson's Career Bests

	Indoor	Outdoor
800-Meters	***	2:15.69
1,000-Meters	2:54.10	***
1,500-Meters	***	4:34.44
3,000-Meters	10:29.60	***

Before Penn State ... || High School || Took top honors in the 1500-meters at the N.Y. Section 6 State Qualifier as a senior, and would run a PR 4:34.44 at the N.Y. State Championships in the event ... Was a two-time Section 6 Champion during her senior indoor season, winning both the 1000-meters and 1500 ... Owns PRs of 2:15.69 for the 800-meters, 2:54.10 in the 1000, and 10:29.60 in the 3,000-meters ... Also a N.Y. state qualifier in cross country. || Personal || Daughter of Mike and Amy Benson .. Birthday is November 18, 1993 ... Enrolled in Health and Human Development.



Lauren **KENNEY**

FR./FR. Eligible
State College, Pa.
State College Area

JAVELIN

Kenney's Career Bests

	Indoor	Outdoor
Javelin	***	156-2

Before Penn State ... || High School || One of the top-ranked throwers on the East Coast and across the country, Kenney will join the Nittany Lion throws contingent with a PR of 156-2 in the javelin, which stands as the sixth-best performance in the country in 2011 ... Picked up wins at the PIAA AAA State Championships, and the PIAA District VI Championships as a senior, as well as a victory against a national-class field at the prestigious Penn Relays ... A three-time PIAA state qualifier, recording third-place



efforts during her sophomore and junior seasons, before taking top honors as a senior ... Placed 10th at the 2011 USATF Junior Championships in Eugene, Ore. || Personal || Born September 7, 1992 ... Daughter of Patti and Larry Kenney ... Currently enrolled in the Division of Undergraduate Studies ... Brother, Alex, is a member of the Nittany Lion football team.



Melanie LESZCYNSKI
FR./FR. Eligible
Audobon, Pa.
Methacton
JAVELIN

Leszcynski's Career Bests

	Indoor	Outdoor
Javelin	***	133-7

Before Penn State ... || High School || District 1 Champion in the javelin as a senior, and qualified for the PIAA State Championships, where she finished ninth overall. ... Was also the Pioneer Athletic Conference Champion as a senior, and finished 16th in an outstanding field at Penn Relays A four-time PIAA qualifier ... Owns a personal-best toss of 133-7. || Personal || Daughter of Ted and Jackie ... Born December 25, 1992 ... Enrolled in the Division of Undergraduate Studies.




Sarah PALMER
FR./FR. Eligible
Gansevoort, N.Y.
Schuylerville
HIGH JUMP

Palmer's Career Bests

	Indoor	Outdoor
High Jump	5-9.25	5-8.25

Before Penn State ... || High School || Enjoyed outstanding success in the high jump during her career at Schuylerville High School, coming in with a career-best clearance of 5-9.25 ... A dominant force on the New York high school scene, winning five-straight Section 2 titles in the event ... Won a total of four N.Y. high jump crowns over her career ... Cleared 5-8.75 (1.75) to finish fourth at New Balance Indoor Nationals as a senior. || Personal || Born May 18, 1993 ... Currently enrolled in the Division of Undergraduate Studies ... Daughter of Chris and Lisa Palmer.



Dynasty McGEE
FR./FR. Eligible
Ypsilanti, Mich.
Ypsilanti
SPRINTS, HURDLES

McGee's Career Bests

	Indoor	Outdoor
60-Meters	7.86	***
100-Meters	***	12.23
200-Meters	24.34	24.36
400-Meters	54.86	53.93
400-Meter Hurdles	***	1:03.19
Long Jump	19-8	
Triple Jump	39-1	

Before Penn State ... || High School || A consistent fixture at the top of the heap at the state and national levels, having 13 Michigan state titles to her credit, as well as numerous national accolades ... Boasts personal bests of 12.23 (100-meters), 24.34 (200-meters), and 53.93 (400-meters) ... Placed second in the 400 at New Balance Indoor Nationals this winter, to follow up a bronze-medal effort in the event at New Balance Outdoor Nationals in 2010 ... Can also hold her own in the jumps with PRs of 19-8 in the long jump, and 39-1 in the triple jump and has also run 1:03.10 in the 400-meter hurdles ... Also excelled at the international level, representing the U.S. at the 2010 Caribbean Scholastic Invitational, where she scored gold-medal finishes in the 400, 400 hurdles, and 4x400-meter relay. || Personal || Born January 18, 1993 ... Plans to major in Communications. Born August 15, 1993 ... Currently enrolled in the Division of Undergraduate Studies ... Parents are Tina and Chinney.



MEET THE NITTANY LIONS



Melissa KURZDORFER
 SO./SO. Eligible
 Lancaster, N.Y.
 Lancaster (Kent St. Univ.)
THROWS

Kurzdorfer's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	47-7 (14.50)	49-1 (14.96)
20-lb Weight	63-9.50 (19.44)	***
Discus	***	172-5 (52.56)
Hammer	***	199-4 (60.76)

Before Penn State ... || Kent State || Enjoyed a banner freshman campaign with the Golden Flashes, qualifying for the NCAA Outdoor Championships in the hammer throw, where she would finish 12th overall and garner second-team All-America status ... Had a sensational weekend at the MAC Outdoor Championships, taking second in the hammer, third in the discus, and fourth in the shot ... Also enjoyed personal collegiate bests in all three events at the conference meet, with efforts of 199-4 (60.76) in the hammer, 172-5 (52.56) in the discus, and 49-1 (14.96) in the shot put ... Was just as successful indoors, placing second in the weight throw ... Threw a personal-best 63-9.50 (19.44) in the weight at the Penn State National, placing third in the competition ... Picked up weight victories during the indoor season at the Akron vs Kent State Dual and Kent State Tune-Up ... PR throw in the weight ranked fourth nationally among Division I freshmen in 2011. || High School || One of the most decorated athletes in New York high school history, totaling 21 state titles throughout her career at Lancaster High School ... Ranked number one in the nation during her senior indoor season with a toss of 50-6, which is also a N.Y. state record ... Threw 61-4 to win the 20-pound weight at Nike Indoor Nationals in 2010 - the second-best throw by a prep on the year ... Also won the shot at Nike Indoor as a senior ... Holds state records in the indoor and outdoor shot put (49-9.50), as well as unofficial state records in the weight and hammer (192-8). || Personal || Daughter of Mike and Mary Anne ... Birthday is December 30, 1991 ... Plans to major in Health Policy Administration.



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



Gabrielle Barbour
 Fr./Fr. Eligible
 Upper Brookville, N.Y.
 St. Anthony's
 Sprints



Rachel Casciano
 Fr./Fr.. Eligible
 Wyomissing, Pa.
 Reading Holy Name
 Distance



Rachel Chernaskey
 Fr./Fr. Eligible
 Gilbertsville, Pa.
 Pope John Paul II
 Multi-Events



Markea Dickinson
 So./So. Eligible
 West Chester, Pa.
 W. Chester Rustin
 Mid-Distance



Bria Edwards
 Fr./Fr. Eligible
 Hazle Twnshp, Pa.
 Hazleton
 Distance



MEET THE NITTANY LIONS



Kerrin Jennings
Fr./Fr. Eligible
Glen Mills, Pa.
Padua Academy
Distance



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



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



Olivia Mangan
So./Fr. Eligible
Huntindon Valley, Pa.
St. Basil Academy
Multi-Events



Lauren Mills
Fr./Fr. Eligible
West Chester, Pa.
Unionville
Distance



Shelby Olafson
Fr./Fr. Eligible
Watkins Glen, N.Y.
Watkins Glen
Jumps



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



Susie Pancoast
Fr./Fr. Eligible
West Chester, Pa.
Unionville
Throws



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



Gwenn Porter
So./Fr. Eligible
Clearfield, Pa.
Clearfield
Distance



Brianna Rauenzahn
Fr./Fr. Eligible
Schuylkill Haven, Pa.
Blue Mountain
Jumps



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



2011-12 Men's Roster

First	Last	Year	Eligibility	Event Area	Hometown	Previous School
Colin	Anderson	Jr.	So.	Distance, XC	Northport, N.Y.	Northport
Erick	Artusio	So.	So.	Pole Vault	Frederick, Md.	Gov. Thomas JohnSon
Colin	Baker	So.	So./Fr.	Distance, XC	Haddonfield, N.J.	Univ. of Pennsylvania
Will	Barr	Jr.	So.	Throws	Urbana, Ohio	Urbana
Sancho	Barrett	Fr.	Fr.	Sprints/Hurdles	Amityville, N.Y.	Amityville Memorial
Bernard	Bennett-Green	So.	So.	Sprints	Elkins Park, Pa.	Cheltenham
Brandon	Bennett-Green	So.	So.	Sprints	Elkins Park, Pa.	Cheltenham
Ryan	Brennan	Fr.	Fr.	Mid-Distance, XC	Chester, N.Y.	Monroe-Woodbury
Glen	Burkhardt	Fr.	Fr.	Distance, XC	Kennett Square, Pa.	Unionville
Logan	Caldwell	Sr.	Jr.	Throws	Ebensburg, Pa.	Central Cambria
Christopher	Campbell	Fr.	Fr.	Distance, XC	Newtown, Pa.	Council Rock North
Chris	Cipro	Sr.	Jr.	Distance, XC	Harmony, Pa.	Seneca Valley
Tyler	Corkedale	Jr.	So./Jr.	Distance, XC	W. WindSor, N.J.	W. Windsor - Plainsboro No.
Robert	Creese	Fr.	Fr.	Distance, XC	Mount Airy, Md.	Glenelg
Kyle	Dawson	5th Yr.	Sr.	Distance, XC	Coatesville, Pa.	Coatesville
Owen	Dawson	5th Yr.	Sr. (XC/OUT)	Mid-Distance, XC	Coatesville, Pa.	Coatesville
Wade	Endress	Fr.	Fr.	Distance, XC	Altoona, Pa.	Altoona Area
Mark	Filandro	So.	So.	Sprints/Hurdles	Oakland, N.J.	Oakland
Matt	Fischer	So.	Fr.	Distance, XC	Kennett Square, Pa.	Unionville
Mark	Fuller	Jr.	Jr.	Mid-Distance, XC	Camp Hill, Pa.	Cumberland Valley
Brady	Gehret	So.	So.	Sprints	Altoona, Pa.	Altoona Area
Matt	Gilmore	Fr.	Fr.	Sprints	Wyncote, Pa.	Cheltenham
Jon	Hendershot	So.	So.	Jumps	Nazareth, Pa.	Nazareth Area
Hanif	Johnson	Sr.	Jr./Sr.	Jumps	Harrisburg, Pa.	Harrisburg
Joe	Kovacs	5th Yr.	Sr. (OUT)	Throws	Nazareth, Pa.	Bethlehem Catholic
Brian	Leap	Fr.	Fr.	Jumps	Tyrone, Pa.	Bellwood Antis
Casimir	Loxson	Jr.	Jr.	Mid-Distance, XC	New Haven, Conn.	Wilbur Cross
Tom	Luff	Jr.	So.	Distance, XC	Emmaus, Pa.	Emmaus
Connor	Manley	Fr.	Fr.	Mid-Distance, XC	JamiSon, Pa.	Central Bucks West
Michael	McClelland	Fr.	Fr.	Jumps	Washington, Pa.	Trinity
Evan	McCready	Jr.	So.	Sprints	Wyomissing, Pa.	Wyomissing
Vince	McNally	Sr.	Sr.	Distance, XC	Smoketown, Pa.	Conestoga Valley
Doug	Moppert	Sr.	Sr.	Jumps	Malvern, Pa.	Univeristy of Texas
Emunael	Mpanduki	Jr.	Jr.	Sprints	Harare, Zimbabwe	Peter-House Boys
Nabil	Mubarak	Jr.	Jr.	Throws	Loganville, Ga.	GraySon
Aaron	Nadolsky	Jr.	So.	Sprints	Altoona, Pa.	Altoona Area
Justin	Nykiel	So.	Fr.	Throws	Marlton, N.J.	Cherokee
Dele	Owoye	Fr.	Fr.	Sprints	Danbury, Conn.	Danbury
David	Patzer	Jr.	So.	Pole Vault	Landisville, Pa.	Hempfield
Jason	Pelletier	Sr.	Sr.	Pole Vault	Benton, Ark.	Bryant
Shawn	Quinn	So.	Fr.	Distance, XC	Ambler, Pa.	LaSalle College High School
Sean	Reilly	Jr.	Jr.	Jumps	Lagrangeville, N.Y.	Arlington
Connor	Revord	Jr.	So.	Distance, XC	Tampa, Fla.	Tampa Jesuit
Dan	Sandrowicz	Sr.	Jr.	Jumps	Indiana, Pa.	Indiana
Nick	Scarpello	So.	So	Distance, XC	Jamison, Pa.	Central Bucks West
Eli	Skinner	Jr.	Jr.	Throws	Salladasburg, Pa.	Jersey Shore
Evan	Ulatowski	So.	Fr.	Sprints	Chadds Ford, Pa.	Unionville
Anya	Uzoh	Sr.	Sr.	Multi-Events	Laurel, Md.	Meade



Kyle Dawson

Fifth-year senior Kyle Dawson will be back for his final go-around with the Nittany Lions in 2011-12. Dawson was outstanding on the cross country course in 2010, leading the Nittany Lions to the NCAA Championships for the second time in the last three years. As an individual, Dawson was sensational, placing eighth at the Big Ten Championships, earning second team all-conference status, and turning in a second-place and all-region finish at the NCAA Mid-Atlantic Regional Championships. On the track, Dawson was the Nittany Lions' top man at 10,000-meters in 2011, while also earning the Big Ten Sportsmanship Award for the outdoor season.

Owen Dawson

A member Nittany Lions' highly-touted middle distance contingent, Owen Dawson proved to be a force over any distance in 2010-11, running as a member of Penn State's NCAA-qualifying cross country squad last fall. Dawson bumped up to the mile run indoors, clocking a personal-best 4:04.26 for the event, to go along with his PR 1:47.77 for the 800-meters from 2010 - which stands as the third-fastest half mile effort in school history. An NCAA All-American in the indoor 800 in 2010, Dawson redshirted the 2011 outdoor campaign, and will be back with fall with remaining eligibility in cross country and outdoor track and field.

Brady Gehret

Coming off one of the more impressive freshman campaigns in recent history, Brady Gehret will be back in 2011-12, and ready to make a splash on the national sprints scene. Gehret wasted no time in etching his name in the record books, setting the indoor school record in the 400-meters at 46.22, on his way to a third-place and All-America finish at the NCAA Indoor Championships. Gehret also established himself as a go-to leg on the Nittany Lion relays, as the Altoona, Pa., native anchored school-record 4x400-meter relays during both the indoor (3:07.27) and outdoor seasons (3:07.19) as a rookie. The rising sophomore, who owns a PR 20.93 in the open 200-meters, also ran one of the 200 legs on the Nittany Lions' winning sprint-medley relay at Penn Relays, which clocked a school-record 3:17.10.

Hanif Johnson

Senior Hanif Johnson also proved to be one-to-watch in the horizontal jumps in 2010-11, posting bronze-medal efforts at both Big Ten Championship competitions, and qualifying for the NCAA Outdoor Championships in the triple jump. The Harrisburg, Pa., native would post a string of impressive victories during the outdoor season, winning the triple jump at the Florida Relays, as well as the "Eastern" section at Penn Relays before earning Second Team All-America honors via a 15th-place standing at the NCAA meet. Johnson led the Nittany Lions on the runway during both the indoor and outdoor seasons, posting personal triple jump bests of 51-5.50 (15.68) indoors and 51-8.50 (15.76) outside, which stands as the fifth-best leap in the Nittany Lion record books.

Joe Kovacs

Senior Joe Kovacs - the NCAA bronze medalist in the shot put as a junior - will cap his sensational Nittany Lion career in 2011-12, with one outdoor season in the Blue and White remaining. Kovacs enjoyed outstanding success in 2011, capturing the Big Ten indoor crown in the shot put, before nabbing runner-up honors in the event at the outdoor conference meet. As a junior, Kovacs earned his second-career All-America certificate, claiming bronze-medal honors in the shot put at the NCAA Outdoor Championships. During the indoor season, Kovacs recorded a PR toss of 65-1.25 (18.84) in the shot, which stood as the fourth-best mark in the country for the 2011 season. Kovacs recorded personal bests across the board during the outdoor season, posting efforts of 62-10 (19.15) in the shot put, 184-0 (56.08), and 201-9 (61.50) - all of which rank in the top

five performances in Penn State history. He qualified for the NCAA First Round in all three events.

Casimir Loxsom

One of the top middle distance athletes in the country, rising junior Casimir Loxsom blitzed to a sizzling school-record 1:45.31 to finish fourth in the 800-meters at the NCAA Outdoor Championships. The then-sophomore, who also garnered All-America status as a member of the Nittany Lions's fifth-place 4x400-meter relay during the indoor season, would continue to hold his own at the national and international levels throughout the summer, placing sixth in the 800 at the USATF Outdoor Championships, and moving on to represent the U.S. at the World University Games. Loxsom improved on his own school record during the postseason, clocking 1:45.28 to finish second in an elite field at the Harry Jerome Classic in Vancouver. During the collegiate season, Loxsom nabbed his second-straight Big Ten outdoor title in the 800. Loxsom, who ran the 400 leg on the Lions' winning sprint medley relay at Penn Relays, also starred in the 4x800-meter relay at Penn, anchoring the Nittany Lions to an impressive 7:12.90 - the seventh-fastest mark in collegiate history. The New Haven, Conn., native laid claim to five school records over the course of 2011, including the 500-meters (1:01.28) and 4x400 (3:07.27) indoors, and the 800 (1:45.28), 4x400 (3:07.19), and sprint medley (3:17.10) outdoors.

Doug Moppert

Senior Doug Moppert joined the Nittany Lion roster last winter, after two outstanding campaigns at the University of Texas. Moppert stepped right into the Penn State lineup as a junior, placing sixth in the long jump at the Big Ten Indoor Championships, and improving to a third-place finish in the event at the outdoor conference meet. An NCAA First Round qualifier during the outdoor season, Moppert recorded several impressive victories last year, winning the "Eastern" long jump at Penn Relays, and taking individual titles at the Nittany Lion Challenge and Sykes-Sabock Challenge Cup during the indoor season.

Aaron Nadolsky

Redshirt-sophomore Aaron Nadolsky established himself as one of the Nittany Lions' most reliable relay legs in 2011, leading off Penn State's fifth-place and All-America 4x400-meter relay at the NCAA Indoor Championships. Nadolsky would assist on a trio of school records last year, as a member of the Nittany Lions' record-setting 4x400s during the indoor (3:07.27) and outdoor (3:07.19) seasons. The then-freshman also covered one of the 200-meter legs on the Nittany Lions' winning and school-record setting sprint medley relay (3:17.10) at the prestigious Penn Relays. Individually, Nadolsky clocked PRs of 47.71 for the 400-meters indoors, and 21.61 for the 200-meters outside.

Sean Reilly

Rising junior Sean Reilly topped out at 7-0.25 (2.14) during the outdoor season, and posted a pair of Big Ten scoring performances to complete an outstanding sophomore campaign. Reilly garnered bronze-medal honors at the Big Ten Outdoor Championships, and was also an NCAA First Round qualifier last spring. Indoors, the then-sophomore topped out at 6-10.25 (2.09) for the season, and posted a sixth-place effort at the conference meet.

Anya Uzoh

Junior Anya Uzoh has continued to show exciting promise in multi-events over his career with the Nittany Lions, posting a seventh-place finish in the heptathlon at the 2011 indoor conference meet after earning top-eight finishes in the multi at both the Big Ten Indoor and Outdoor Championships as a sophomore in 2010. Outdoors, Uzoh eclipsed the 7000-point barrier for the first time in his career with a PR score of 7045, which was good for second at Penn Relays. His score is also the 10th best in PSU history.



Senior
KYLE DAWSON



Sophomore
AARON NADOLSKY



Junior/Senior
HANIF JOHNSON



Men's Season Preview

2010-11 In Review

The Nittany Lions made great strides at the NCAA level in 2011 - highlighted by top 20 finishes at both NCAA Championship events - and are poised for more success in 2012. Penn State totaled 16 points at the NCAA Indoor Championships - good for 11th-placed overall - thanks to a pair of individual All-America efforts and one All-America relay finish. The Nittany Lions would go on to tie for 20th in the team standings at the outdoor national championships.

On the Big Ten level, the Nittany Lions enjoyed four conference-winning efforts throughout the 2011 campaign, including Ryan Foster (800-meters) and Joe Kovacs (shot put) indoors, and Casimir Loxsom (800-meters) and Blake Eaton (shot put) during the outdoor season.

The 2011 squad also made quite a dent in the Penn State record book, setting six new school records over the course of the indoor and outdoor seasons. The Nittany Lions also claimed top honors in the sprint-medley relay at the prestigious Penn Relays, bettering collegiate powers Florida and Texas A&M to capture the program's first "wheel" since 1987.

Key Returners

The Nittany Lion lineup will feature a mix of youth and experience in 2011-12, including returning All-Americans Loxsom, Brady Gehret, Aaron Nadolsky, and Kovacs. With Loxsom, Gehret, and Nadolsky back on the 2012 roster, the Nittany Lions will have three out of four legs from the indoor and outdoor school-record 4x400-meter relays squads from 2011, and be in position to make a huge impact at the NCAA level, coming off a fifth-place showing at the NCAA Indoor Championships.

Gehret and Kovacs both return with NCAA bronze-medal credentials on their resumes, with Gehret taking third in the 400-meters at the NCAA Indoor Championships, and Kovacs placing third in the shot put at outdoor nationals.

Loxsom - already a four-time NCAA qualifier - also boasts a great deal of international experience, having claimed silver-medal honors in the 800 at the 2010 IAAF World Junior Championships, and representing the United States on the world level again in 2011 at the World University Games.

Also returning in 2011-12 is junior/senior Hanif Johnson, who qualified for the NCAA Outdoor Championships in the triple jump a year ago, and has several Big Ten medal finishes to his credit.

Seniors Kyle Dawson and Vince McNally will pace the Nittany Lions in the distance, following All-Conference and All-Region efforts in cross country in 2010.

Key Losses

The Nittany Lions will lose two of their biggest guns from the 2011 roster in middle-distance specialist Ryan Foster, and standout thrower Blake Eaton. Foster collected a total of four Big Ten 800-meter titles over his Big Ten career, while Eaton won consecutive outdoor titles in the shot put. Foster will also retire his Blue and White uniform with numerous school records, including a sizzling 3:58.49 for the indoor mile run. Nationally speaking, both Foster and Eaton achieved multiple All-America finishes, with Foster taking third in the indoor 800-meters in 2010, and the indoor mile run in 2011. Meanwhile, Eaton placed third in the shot put as a junior in 2010.



SENIOR VINCE MCNALLY

Also gone after an outstanding senior campaign is Samuel Borchers, who was a consistent fixture in the middle distance events over his Nittany Lion career. Borchers capped his four-year stand with a ninth-place finish in the 800 at the NCAA Outdoor Championships, and followed up with a seventh-place effort in the 800 final at the USATF Outdoor Championships. The then-senior ran 1:46.85 on the outdoor season.

The Nittany Lions will also be without the services of middle distance specialist Lionel Williams. Williams, a 2010 All-American in the 800 and multiple-time Big Ten scorer, stepped up as a key member of the Nittany Lion relay pool in 2011, running on school-record 4x400s during the indoor and outdoor seasons.

Williams, Borchers, and Foster were members of the Nittany Lions' outstanding 4x800-meter squad, which finished second at Penn Relays. The team clocked a blistering 7:12.90 - the seventh fastest performance in collegiate history.

Sprints, Hurdles, Relays

Associate Head Coach Chris Johnson oversaw an outstanding surge in the Nittany Lion sprints and hurdles in 2011, led by Gehret's third-place finish in the 400-meters at the NCAA Indoor Championships. Gehret - the only freshman in the 400 final at the competition - would also set a new school standard in the effort, running 46.22.

Gehret also starred at the conference level, earning runner-up honors in the 400, and qualifying for the 200-meter final.

Elsewhere, Johnson also led Nadolsky to a banner 2011 campaign, with the red-shirt-freshman setting a personal-best 47.71 for the 400 during the indoor season. Rising junior Emunael Mpanduki also recorded marked improvements in the sprinting events as a sophomore, clocking 21.59 in the 200 - the second-best effort by a Nittany Lion during the indoor season.

In the relays, the Nittany Lions will return three of four legs on school-record squads from a year ago, with Nadolsky, Loxsom, and Gehret all back on the 2012 roster. Last year, the trio - along with 2011 graduate Williams - ripped through the Penn State record book with efforts from 3:07.27 during the indoor season, and 3:07.19 to reset the outdoor school record. Williams' spot could be filled by any number of newcomers, including in-state standout Matt Gilmore of Cheltenham High School, who comes to Happy Valley with a personal-best 47.46 in the quarter mile. Also coming to Penn State with promising credentials is sophomore Brandon Bennett-Green, who spent the last year at Division III Neumann College, where he clocked a PR 47.44 for the 400 indoors. Bennett-Green was also the Division III indoor bronze medalist in the event. Also coming in with a speedy personal best is N.Y. product Ryan Brennan, who has run 47.75 in the 400.

Distance

Bolstered by an NCAA appearance in cross country, the Nittany Lion middle distance and distance contingent were sensational in 2010-12, under the tutelage of Director and Head Coach Beth Alford-Sullivan, and assistant coach and middle-distance mentor John Gondak. On the course, the Nittany Lions were paced by standouts Kyle Dawson and Vince McNally, who will both be back for their senior campaigns in 2011-12. Dawson and McNally posted a two-three effort at the NCAA Mid-Atlantic Regional Championships, propelling the Nittany Lions to a third-place finish in the team standings as well as an NCAA berth. On the Big Ten level, both Nittany Lion harriers earned



JUNIOR EMUNAE MPANDUKI



Second Team All-Big Ten status as junior, with Dawson scoring an eighth-place finish, and McNally coming in 13th to help the Nittany Lion squad to a fourth-place finish.

The Nittany Lion middle distances took center stage on the track, with Loxsom leading the way with a school record in the 500-meters to start in the indoor season. Loxsom's record-setting 1:01.28 was also the fastest time by a collegian in 2011. The then-sophomore wasn't done however, running to a facility record and NCAA automatic-qualifying 1:47.36 in the 800 at the Penn State National. Following a second-team All-America effort at the NCAA Indoor Championships, Loxsom was virtually unstoppable during the outdoor season, winning his second-straight Big Ten title in the 800, and clocking a sizzling 1:45.31 to finish fourth at the NCAA Outdoor Championships. Loxsom also anchored the Nittany Lions' second-place 4x800 at Penn Relays, and covered the 400 leg on the winning sprint medley at Penn.

Also back in 2011-12 will be senior Owen Dawson, who had remaining eligibility in cross country and outdoor track. Dawson proved to be a force at the longer distances in 2010, running as a scoring-member of the Lions' NCAA cross country squad, to go along with a impressive middle distance resume. Dawson was an NCAA All-American in the 800 in 2010, and owns a PR 1:47.77 - the third-fastest time in school history.

Returning after solid 2010-11 campaigns are junior Tyler Corkedale, redshirt sophomore Connor Revord and true sophomore Nick Scarpello. Revord impressed in his first go-around in the Nittany Lion uniform last spring, qualifying for the Big Ten 1500-meter final. Scarpello, who was a top seven runner in cross country, and Corkedale also showed marked improvements during the track seasons, posting mile PRs of 4:09.11, and 4:09.23, respectively, during the indoor season. Scarpello was also the Lions' top steeplechaser for the 2011 campaign, placing 15th in the event at the Big Ten Championships.

Thanks to the recruiting efforts from of Gondak, Nittany Lions will also add a healthy contingent of newcomers in the distances, including Pa. products Wade Endress (Altoona Area), Chris Campbell (Council Rock North), and Glen Burkhardt (Unionville), along with Maryland standout Robbie Creese (Glenelg). Endress placed second at the PIAA Cross Country Championships as a senior, with Campbell following in fourth overall. The Altoona, Pa., standout also has tremendous middle-distance prowess, setting the Pennsylvania state indoor record at 1:51.73 in the 800 in 2011.

Also joining the Nittany Lions in the middle distances will be Brennan (Monroe-Woodbury), who split 1:49.13 to anchor the runner-up SMR at New Balance Nationals in 2010, and Connor Manley (Central Bucks West), who owns an 800 PR of 1:51.50 outdoors.

Jumps

Johnson and senior Doug Moppert will headline the Nittany Lion effort in the horizontal jumps - led by assistant coach Fritz Spence - with both athletes coming off bronze-medal showings in their respective events at the conference meet. Johnson, now a three-time Big Ten medalist, also enjoyed an outstanding campaign on the national stage, qualifying for the NCAA Outdoor Championships, where he placed 15th in the triple jump for Second-Team All-America honors. Throughout the year, Johnson displayed outstanding improvement on the runway, including a victory at the high-powered Florida Relays, where the then-junior posted a PR leap of 51-8.50 (15.76).

Moppert, after spending his first two years at the University of Texas, made an

immediate impact for the Nittany Lions in 2011, scoring in the long jump at both Big Ten meets. Moppert, who placed third at the outdoor conference meet, also qualified for the NCAA First Round, and posted a wind-assisted leap of 25-0 (7.62) on the season. Indoors, the rising senior recorded a season-best leap of 24-5.75 (7.46) - the best jump by a Nittany Lion in 2011.

Also returning after stellar 2011 results are junior Sean Reilly and sophomore Jon Hendershot in the high jump. Under the guidance of assistant coach Drew Hardyk, Reilly found a place in Penn State history during the outdoor season, posting a PR clearance of 7-0.25 (2.14), which is tied for the sixth-best effort in the Nittany Lion record books. Reilly would also hold his own on the conference level, turning in a third-place finish at the Big Ten Outdoor Championships. Hendershot cleared 6-9.75 (2.08) in the promising freshman campaign, which included a scoring finish at the Big Ten Indoor Championships.

The high jump duo will be joined by freshman Michael McClelland (Trinity High School), who cleared 6-10 to win the Pennsylvania state indoor crown at the PTFCA Championships last winter.

Throws

Also one of the Nittany Lions' premiere event groups in 2012, stands to be the Penn State throws squad, under fourth-year assistant coach T.J. Crater. Kovacs, who now has a pair of NCAA bronze medals to his credit, will be back for one final outdoor season, after turning in personal bests in the shot put, discus, and hammer as a junior. All told, Kovacs now ranks fourth in the shot put (62-10/19.15), fifth in the discus (184-0/56.08), and third in the hammer (201-9/61.50) in the Penn State record books. Kovacs was outstanding at the conference level in 2011, winning the indoor shot put title, and coming back to finish second in the event outdoors.

Kovacs will be joined by a host of talent in the event area, including redshirt-sophomore Will Barr, who impressed in 2011 with a PR toss of 179-0 (54.55) in the discus. Also back in 2012 are shot put standouts Nabil Mubarak and Logan Caldwell, who own personal bests of 57-7.75 (17.57) and 54-8.25 (16.67), respectively, in the event. Caldwell also led the Nittany Lions in the 35-pound weight throw during the indoor season, going 63-8.75 (19.42).

Eli Skinner is also back after turning in a scoring finish in the javelin in 2011. Skinner led the Nittany Lions in the event with a lifetime-effort of 208-7 (63.58).

Multi-Events

The multi-events - under assistant coach Hardyk - will again be headed up by senior Anya Uzoh, after another solid campaign in 2011. Uzoh turned in a second-place finish in the decathlon at Penn Relays, scoring a personal-best 7045. Uzoh's first 7000-point effort also ranks 10th in school history. His PR competition also included an impressive lifetime-best clearance of 6-8.25 (2.04) in the high jump, which is also a Penn State decathlon record. The then junior placed seventh in the heptathlon at the Big Ten Indoor Championships.



JUNIOR SEAN REILLY



JUNIOR NABIL MUBARAK



Men's Returner Bios



Will BARR
JR./SO. Eligible
Urbana, Ohio
Urbana

THROWS



Chris CIPRO
SR./JR. Eligible
Harmony, Pa.
Seneca Valley

DISTANCE • CROSS COUNTRY

Barr's Collegiate Career Bests

	Indoor	Outdoor
35-lb Weight	61-8.25 (18.80)	***
Discus	***	179-2 (54.63)
Hammer	***	187-2 (57.05)

On the National Stage ... || 2011 Outdoor || Qualified for the NCAA First Round in the discus, placing 24th overall at the competition.

At the Big Ten Championships ... || 2011 Outdoor || Placed 13th in the hammer throw and 19th in the discus. || 2011 Indoor || Finished 20th in the 35-pound weight throw.

In the Field ... || 2011 Outdoor || Turned in a PR 179-2 (54.63) to place fifth in the discus at Penn Relays ... Won the discus and placed fourth in the hammer at the Jim Thorpe Open, recording a lifetime-best 187-2 (57.05) in the hammer ... Threw 179-0 (54.55) to place second in the discus at Florida Relays ... Finished fourth in the discus at the Jesse Owens Classic, and sixth at the Auburn War Eagle Invitational. || 2011 Indoor || Top individual finish was third in the weight at the Akron Invitational ... Placed fifth at the Penn State Relays and eighth at the Nittany Lion Challenge, Penn State National, and Sykes-Sabock Challenge Cup.

Before Penn State ... || High School || Placed second in the discus at the Ohio State Championships as a senior ... Won the discus at both his district and regional meets senior year ... Also won a district title in the shot put ... Central Buckeye Conference Champion in the shot put and the discus. || Personal || Son of Mary Anne Barr ... Birthday is December 9, 1990 ... Majoring in Political Science.



Cipro's Collegiate Career Bests

	Indoor	Outdoor
3,000-Meters	8:30.09	***
5,000-Meters	14:45.21	14:23.37
10,000-Meters	***	30:59.61

On the National Scene ... || 2011 Cross Country || Placed 180th in team scoring at the NCAA Championships as Penn State's fifth finisher ... Narrowly missed all-region status, placing 28th overall and fourth for Penn State in a season-best 10K time of 31:08. || 2009 Cross Country || Was Penn State's second finisher at the NCAA Mid-Atlantic Regional Championships, placing 84th overall.

At the Big Ten Championships ... || 2011 Outdoor || Competed in the 10,000-meters. || 2011 Indoor || Finished 17th in the 3K with a PR 8:30.09, and 19th in the 5K in 14:45.21 – also an indoor PR. || 2010 Cross Country || Placed 46th overall and fifth for the Nittany Lions, helping the squad to the fourth-place finish in the team standings. || 2010 Outdoor || Competed in his first-career 10,000-meter race, finishing 18th in the Big Ten field in 30:59.61 ... Also placed 26th in the 5,000-meters at the conference meet, clocking 14:36.23. || 2009 Cross Country || Finished 81st overall as the Lions' seventh man.

On the Course ... || 2010 Cross Country || Was a member of the Nittany Lion top seven in all eight competitions ... Highest individual finish was third overall at the Lock Haven Dolan Duals ... Placed 22nd at the Harry Groves Spiked Shoe Invitational, and 25th at the Penn State National. || 2009 Cross Country || Finished eighth at the Lock Haven Dolan Duals ... Placed 23rd at the Cappy Anderson Invitational as Penn State's number two runner ... Also competed at the Notre Dame Invitational. || 2008 Cross Country || Placed 52nd at the Harry Groves Spiked Shoe Invitational.

Around the Track ... || 2011 Outdoor || Placed seventh in the 5K at Florida Relays in 14:34.37 ... Also anchored the sixth-place DMR, which finished in 9:59.70. || 2011 Indoor || Placed 15th in the 3,000 at the Sykes-Sabock Challenge Cup ... Competed in the 5K at the Flotrack Husky Classic. || 2010 Outdoor || Ran a PR 14:23.37 in the 5,000-meters to finish 11th in the Olympic Development section at Penn Relays ... Ran 14:34.32 to finish sixth in the 5K at Florida Relays. || 2010 Indoor || Placed fifth in the 3,000-meters at the Penn State National ... Finished 10th in the 5K at the Sykes-Sabock Challenge Cup. || 2009 Seasons || Redshirted the 2009 indoor and outdoor seasons.

Before Penn State ... || High School || District 7 runner-up in the 3200-meters as a





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



Logan CALDWELL
SR./JR. Eligible
Ebensburg, Pa.
Central Cambria

THROWS

Caldwell's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	54-8.25 (16.67)	50-11 (15.52)
35-lb Weight	63-8.75 (19.42)	***
Hammer	***	181-8 (55.38)

At the Big Ten Championships ... || 2011 Indoor || Placed 13th in the shot put with a throw of 54-1.75 (16.50) ... Also competed in the weight throw.

In the Field ... || 2011 Outdoor || Recorded a personal-best 181-8 (55.38) to place seventh in the hammer at the Jim Thorpe Open ... Placed fourth in the shot put, and fifth in the hammer at the George Mason Spring Invitational ... Finished eighth in the hammer, and ninth in the shot put in the "Eastern" sections at Penn Relays. || 2011 Indoor || Threw a PR 54-8.25 (16.67) in the shot put at the Penn State National ... Also turned in a PR in the weight at the Penn State National, finishing fourth with a toss of 63-8.75 (19.42) – the best throw by a Nittany Lion in 2011 ... Recorded a pair of runner-up finishes on the season, placing second in the weight at the Penn State Relays, and second in the shot at the Akron Invitational ... Also took fourth in the weight at the Sykes-Sabock Challenge Cup.



Before Penn State ... || High School || A two-time PIAA qualifier in the shot put while at Central Cambria High School ... Placed seventh as a junior and tenth as a senior ... District 6 Champion in the shot put as a senior ... Also qualified for the PIAA Championships in the javelin. || Personal || Son of Leroy and Connie Caldwell ... Born April 18, 1990 ... Majoring in Crime, Law, and Justice.



Tyler CORKEDALE
JR./SO.-JR. Eligible
West Windsor, N.J.
W. Windsor - Plainsboro No.

DISTANCE • CROSS COUNTRY

Corkedale's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	***	1:53.05
1,500-Meters	***	3:53.18
Mile Run	4:09.23	***
3,000-Meters	8:28.68	***
5,000-Meters	***	14:49.78

At the Big Ten Championships ... || 2011 Outdoor || Placed 19th in the 1500-meters. || 2011 Indoor || Took 14th in the mile run in 4:10.66. || 2011 Cross Country || Placed 60th overall and eighth for Penn State. || 2010 Outdoor || Placed 24th in the 1500 in his first appearance at the conference championships.

On the Course ... || 2010 Cross Country || Competed in four of Penn State's five regular season meets ... Highest finish was third in the JV race at the Notre Dame Invitational ... Placed 17th at the Lock Haven Dolan Duals. || 2009 Cross Country || Competed in two races, placing 14th at the Dolan Duals at Lock Haven and 40th at the Cappy Anderson Invitational at Maryland-Eastern Shore ... Was the Lions' sixth finisher on both occasions.



Around the Track ... || 2011 Outdoor || Ran a season-best 3:53.72 to finish seventh in the 1500 at the Auburn War Eagle Invitational ... Placed 13th in the 5K at Florida Relays ... Ran the 1600-meter leg on the Nittany Lions' DMR at Penn Relays ... Helped the team to an eighth-place finish in the "college" section ... Placed third in the 1500 at the Jim Thorpe Open. || 2011 Indoor || Ran a PR 4:09.23 in the mile run at the Flotrack Husky Classic ... Was a member of the winning DMR at the Sykes-Sabock Challenge Cup ... Also placed second in the mile at Sykes-Sabock, running 4:09.47 ... Clocks a personal-best 8:28.68 to place third in his section of the 3K at the Penn State National. || 2010 Outdoor || Top finish was a third-place showing in the 1500 at the Bucknell Team Challenge ... Ran a career-best 3:53.18 for the 1500 at the Sun Angel Classic, placing fifth in his section ... Ran the 1500 at the Jesse Owens Classic and Florida Relays ... Was a member of the second-place 4x800-meter relay at the Bucknell Team Challenge and fourth-place DMR at Florida Relays ... Anchored the 4xMile at Penn Relays.

Before Penn State ... || High School || Member of the National Record 4xMile Team (17:21.5) ... Clocks a speedy 4:11.66 for 1600-meters on the track, placing seventh at the New Jersey Meet of Champions ... NJSIAA Sectional Champion in the 800- and 1600-meters as a senior ... Took fourth in the 1600 at the NJ Indoor Meet of Champions ... Placed 26th at Meet of Champs in cross country, to help his West Windsor-Plainsboro North squad to a team title to go along with the team's Group III Championship victory. || Personal || Son of Keith and Rhonda Corkedale ... Born May 1, 1991 ... Majoring in Finance.



Men's Returner Bios



Kyle DAWSON

5th YR./SR. Eligible
Coatesville, Pa.
Coatesville

DISTANCE • CROSS COUNTRY

Dawson's Collegiate Career Bests

	Indoor	Outdoor
1500 Meters	***	3:49.71
Mile	4:11.41	***
5000 Meters	14:05.95	14:02.50
10,000-Meters	***	30:49.56

On the National Scene ... || 2010 Cross Country || Took 52nd in team scoring and 64th overall as Penn State's number one runner at the NCAA Cross Country Championships ... Earned his second-career all-region certificate via a runner-up finish at the NCAA Mid-Atlantic Regional where he clocked 30:06 for 10K. || 2010 Outdoor || Placed 35th in the 5,000-meters at the NCAA Eastern First Round. || 2010 Indoor ||

Was an NCAA provisional qualifier for the second-straight year thanks to a season-best 14:07.55 in the 5K. || 2009 Cross Country || Was the Lions' fourth runner at the NCAA Mid-Atlantic

Regional Championships. || 2009 Outdoor || Placed 19th in the

5000-meters at the NCAA East Regional Championships, finishing in 14:33.53. || 2008 Cross Country || Was the Lions' top runner at the NCAA Championships, finishing 81st overall, and 64th among team competitors

At the Big Ten Championships ... || 2011 Outdoor || Placed 14th in the 10,000 in a PR 30:49.56 ... Also finished 24th in the 5K. || 2011 Indoor || Competed in the 5,000. || 2010 Cross Country || Earned second team all-conference honors with an eighth-place finish at the conference meet ... Covered the 8K course in 23.54. || 2010 Outdoor || Finished 21st in the 5000 (14:20.15). || 2010 Indoor || Just missed a scoring finish, placing 11th in 14:31.51. || 2009 Cross Country || Placed 45th overall as the Lions' number-two finisher. || 2009 Outdoor || Recorded a seventh-place scoring finish, clocking 14:31.71 in the 5000-meters. || 2009 Indoor || Posted a seventh-place finish in the 5000, running 14:17.00. || 2008 Cross Country || Named Big Ten Freshman of the Year thanks to a fifth-place and All-Big Ten finish at the conference championships.

On the Course ... || 2010 Cross Country || Was the Nittany Lions' top finisher in six competitions ... Placed second at the Penn State National and third at the Harry Groves



Spiked Shoe Invitational ... Finished 13th at both the Roy Griak and Notre Dame Invitationals. || 2009 Cross Country || Competed in three races, including the Notre Dame Invitational, Big Ten Championships, and Mid-Atlantic Regional. || 2008 Cross Country || Turned in an All-Region effort at the Mid-Atlantic Regional Championships, finishing eighth ... Opened his collegiate career with a fifth-place finish at the Penn State National.

Around the Track ... || 2011 Outdoor || Competed in his first-career 10K at Penn Relays, placing 27th. || 2010 Outdoor || Placed eighth in the Championship 5K at Penn Relays, running 14:08.73 ... Ran a season-best 14:05.17 to place eighth in his heat at the Payton Jordan Invitational at Stanford. || 2009 Outdoor || Ran a personal-best and NCAA regional-qualifying 14:02.50, placing sixth in the Championship 5000 at the Penn Relays. || 2009 Indoor || Recorded a personal-best and NCAA provisional-qualifying 14:05.95 to finish 13th in an impressive 5000-meter field at the Washington Husky Invitational ... Took second in the 5000 at the Penn State National, running 14:30.40. || High School || Ran the mile leg on the winning distance medley relay at the prestigious Penn Relays ... The team's performance of 10:08.51 was one of the best in the country in 2007 ... A member of the Track and Field News High School All-America team ... Led his squad to a team title at the 2006 Nike Team National Cross Country Championships ... Finished third overall at the 2006 PIAA Cross Country Championships, leading Coatesville to the team title with just 26 points ... Finished fifth in the 3200 at the PIAA Outdoor Championships as a senior ... Ran a personal-best 3200 time of 9:07.2 at the Unionville Invitational. || Personal || Son of Henry and Jane Dawson ... Born September 19, 1988 ... Majoring in Recreation, Park and Tourism Management ... Twin brother, Owen, is also a distance runner.



Owen DAWSON

5th YR./XC-Outdoor Eligible
Coatesville, Pa.
Coatesville

MID-DISTANCE • CROSS COUNTRY

Dawson's Collegiate Career Bests

	Indoor	Outdoor
800-Meters	1:47.77	1:48.49
1000-Meters	2:21.98	***
1500-Meters	***	3:45.42
Mile	4:04.26	4:05.14
DMR	9:35.21	***
4x800-Meter Relay	***	7:17.02

On the National Scene ... || 2010 Cross Country || A member of the Nittany Lions' NCAA-qualifying team ... Ran as Penn State's third finisher at the NCAA Championships, placing 171st overall ... Scored a top 50 finish at the NCAA Mid-Atlantic Regional, finishing 49th. || 2010 Outdoor || Qualified for the USATF Championships, placing 23rd in the 800-meters ... Ran the 800 at the NCAA First Round. || 2010 Indoor || Earned his first-career All-America finish, placing eighth in the 800 at the NCAA Indoor Championships (1:49.59) ... Recorded the sixth-fastest mark in the preliminaries (1:49.72) to advance to the NCAA Final ... Clocked an NCAA automatic-qualifying 1:47.77 for the 800 at the Washington Husky Classic. || 2009 Outdoor || Placed 24th in the 800 at the NCAA East





Regional Championships, running 1:51.48.

At the Big Ten Championships ... || 2011 Indoor || Placed 11th in the 800 at the indoor conference meet. || 2010 Cross Country || Finished 49th overall on the Nittany Lions' fourth-place team at the conference meet. || 2010 Outdoor || Ran the third leg on the seventh-place and season-best 4x400-meter relay (3:11.85) ... Placed 11th in the 800. || 2010 Indoor || Recorded an eighth-place finish in the 800 (1:53.85) ... Ran 1:51.43 in the preliminaries to advance to the final. || 2009 Outdoor || Turned in a third-place finish in the 800, clocking 1:50.68 ... Posted the fastest 800 time in the preliminaries with a then personal-best 1:49.58. || 2009 Indoor || Part of Penn State's exciting one-two finish in the 800-meters, claiming silver-medal honors in 1:50.83. || 2008 Outdoor || Placed ninth in his preliminary heat of the 1500-meters. || 2008 Indoor || Ran the 1200-meter leg of the sixth-place distance medley relay.

On the Course ... || 2010 Cross Country || Enjoyed a stellar cross country season, competing in all eight competitions ... Top overall finish was ninth at the Lock Haven Dolan Duals ... Was the Lions' fourth finisher at the Penn State National, finishing 30th overall ... Placed 41st at the Harry Groves Spiked Shoe Invitational. || 2009 Cross Country || Competed in two races, placing fourth at the Lock Haven Dolan Duals and 19th at the Harry Groves Spiked Shoe Invitational.

Around the Track ... || 2011 Outdoor || Redshirted the outdoor season ... Ran unattached in the mile run at Penn Relays, placing sixth in 4:05.14 ... Ran 1:48.49 in the 800 at the Jim Thorpe Invitational. || 2011 Indoor || Recorded a season-best 1:50.15 for the 800 at the Sykes-Sabock Challenge Cup ... Clocking a PR 4:04.26 to win the mile at the Nittany Lion Challenge ... Led of the Lions' second-place DMR at the Flotrack Husky Classic ... Ran the mile leg on the DMR at the Alex Wilson Invitational ... Relay finished in a season-best 9:35.21 ... Placed sixth in the 800 at the Penn State National. || 2010 Outdoor || Top finish was a sixth-place effort in the 800 at the Sun Angel Classic in a season-best 1:48.85 ... Placed sixth in the 1500 at the Florida Relays, clocking a career-best 3:45.42 ... Was a member of the winning 4x800-meter relay, which posted a meet-record 7:18.72 at the Florida Relays ... Ran the lead-off leg on the Lions' third-place 4x800 at Penn Relays ... The squad clocked 7:17.02 – the fourth-best time in school history. || 2010 Indoor || Finished sixth overall at the Husky Classic with a PR 1:47.77 – the third-fastest effort in the Nittany Lion record books ... Placed sixth in the 800 at the Penn State National, running 1:48.97 ... Ran a personal-best 2:21.98 to finish second in the 1000-meters at the PSU Northeast Challenge, which was also the second-fastest performance in school history. || 2009 Outdoor || Placed second in the 800 at the Bison Outdoor Classic with a regional-qualifying 1:50.27 ... Took fourth in the 800 at the Jim Click Shootout ... Was a member of the Lions' fourth-place 4x800 that finished in 7:18.66 in the Championship of America section at Penn Relays ... Placed ninth in the 1500 at the Jesse Owens Classic (3:51.49). || 2009 Indoor || Ran a personal-best and NCAA provisional-qualifying 1:50.13 to finish second in the 800-meters at the Sykes-Sabock Challenge Cup ... Led off on the winning 4x800-meter relay at the Penn State Relays, running a meet record 7:31.17 ... Ran a personal-best 4:08.84 in the mile at the Washington Husky Invitational ... Finished seventh in the Invitational 800 at the Penn State National. || 2008 Outdoor || Ran a PR 1:51.68 to finish third in the 800 at the Penn State Open ... Finished 11th in the 800 at the Sun Angel Classic ... Placed eighth in the 1500 in a career-best 3:54.67 at the Oregon Pepsi Challenge. || 2008 Indoor || Ran on the first-place 4x800-meter relay at the Penn State Relays ... Finished 12th in the mile at the Penn State National ... Ran a personal-best



4:15.61 in the mile at the Tyson Invitational.

Before Penn State ... || High School || Ran the 800-meter leg on the winning DMR at the prestigious Penn Relays ... The team's performance of 10:08.51 was one of the best of 2007 ... A member of the Track and Field News High School All-America team ... Helped his squad to a team title at the high-powered 2006 Nike Team National Championships ... Ran on the winning team at the 2006 PIAA Cross Country Championships, finishing eighth individually ... Qualified for the PIAA Championships in the mile and ran on the fifth-place 4x800 at the state meet. || Personal || Son of Henry and Jane Dawson ... Born September 19, 1988 ... Majoring in Kinesiology ... Twin brother, Kyle, is also a distance runner at Penn State.



Mark
FILANDRO

SO./SO. Eligible
Oakland, N.J.
Indian Hills

SPRINTS, HURDLES, RELAYS

At the Big Ten Championships ... || 2011 Outdoor || Placed 14th overall in the 400-meter hurdles at the Big Ten Outdoor Championships. || 2011 Indoor || Competed in the 400-meters.

Around the Track ... || 2011 Outdoor || Clocking a personal-best 53.53 in the 400 hurdles to finish eighth at the Jesse Owens Classic ... Won the 400 hurdles at the Jim Thorpe Open, and placed seventh at Penn Relays ... Was also a member of the eighth-place distance medley relay at Penn ... Placed fifth in the 400 hurdles at the George Mason Spring Invitational. || 2011 Indoor || Top individual finish was second in the 400 at the Nittany Lion Challenge ... Posted a PR 48.28 in the 400 to finish sixth at the Sykes-Sabock Challenge Cup ... Also ran a personal-best 22.07 for the 200 at Sykes-Sabock, good for eighth-place overall ... Ran on the winning 4x400 at the Penn State Relays.

Before Penn State ... || High School || One of the top intermediate hurdlers in New Jersey during his career at Indian Hills High School ... Ran 53.60 to win the 400 hurdles at the Bergen County Meet of Champions ... Also won the 400 hurdles at the NJSIAA Group 2 Championships as a senior ... Finished sixth in the hurdles in a national-class field at Penn Relays senior year ... Placed seventh overall in the 400 at the 2010 National Scholastic Indoor Championships. || Personal || Son of Richard and Theresa Filandro ... Birthday is March 16, 1992 ... Plans to major in Science.





Men's Returner Bios



Brady GEHRET

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

SPRINTS, RELAYS

Gehret's Collegiate Career Bests

	Indoor	Outdoor
200-Meters	21.29	20.93
400-Meters	46.22	46.69
4x400-Meters	3:07.27	3:07.19
Sprint Medley Relay	***	3:17.10

On the National Scene ... || 2011 Outdoor || Ran one of the 200-meter legs on the winning sprint medley relay at Penn Relays ... Helped the squad to a school-record 3:17.10 to best a national-class field. || 2011 Indoor || Earned a pair of All-America citations at the NCAA Indoor Championships, placing third in the 400-meters in a school record 46.22, and anchoring the fifth-place 4x400-meter relay (3:07.50) with an official split of 46.03 ... Was the first indoor All-American in the event since 1976 ... Was also the only freshman to make the 400 final at the meet ... Anchored the winning 4x400 at the Alex Wilson Last Chance ... Team won the event in a school-record 3:07.27 to claim a spot at the NCAA Championships.



At the Big Ten Championships ... || 2011 Indoor || Placed second in the 400 in 47.19 ... Also placed

ninth in the 200, and competed in the long jump.

Around the Track ... || 2011 Outdoor || Finished ninth in the 200 and 400 at Florida Relays, running a PR 20.93 in the 200, and 46.88 in the 400 ... Also helped the Nittany Lions to a school-record effort in the 4x400 (3:07.19) at Florida Relays ...

Clocked a collegiate-outdoor best 46.69 at the Auburn War Eagle Invitational – the fourth-fastest time in Penn State history. || 2011 Indoor || Finished fourth overall in the 400 at Tyson Invitational, setting a new school record at 46.25 ... Won the 200 at the Penn State Relays, Nittany Lion Challenge, Penn State National, and Sykes-Sabock Challenge Cup ... Season-best 200 was 21.29 – the fifth-best time in the PSU record books – at the Nittany Lion Challenge ... Ran on winning 4x400s at the Penn State Relays, Nittany Lion Challenge, and Penn State National.

Before Penn State ... || High School || One of the top sprint recruits in the U.S. a year ago ... Nike Indoor National Champion at 400-meters ... Clocked 46.39 for 400-

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



Jon HENDERSHOT

SO./SO. Eligible
Nazareth, Pa.
Nazareth Area

HIGH JUMP

Hendershot's Collegiate Career Bests

	Indoor	Outdoor
High Jump	6-8.75 (2.05)	6-9.75 (2.08)

At the Big Ten Championships ... || 2011 Outdoor || Just missed a scoring finish in the high jump, placing ninth overall with a clearance of 6-7 (2.01). || 2011 Indoor || Cleared 6-8.25 (2.04) to tie for eighth place in his first-career Big Ten appearance.

In the Field ... || 2011 Outdoor || Finished second at the Jim Thorpe Open via a career-best jump of 6-9.75 (2.08) ... Enjoyed top five finishes at both the Auburn War Eagle Classic and Jesse Owens Classic, taking fourth at Auburn, and fifth in Columbus ... Finished 12th at Florida Relays, and 13th in the "Eastern" section at Penn Relays. || 2011 Indoor || Cleared a season-best 6-8.75 (2.05) to place fifth at the Penn State National ... Earned runner-up honors at the Akron Invitational ... Placed fourth at the Penn State Relays, and fifth at the Nittany Lion Challenge.

Before Penn State ... || High School || Won the District 11 title in the high jump as a senior ... Would go on to finish sixth in the event at the PIAA Outdoor Championships ... Runner-up at the indoor state meet, clearing a personal-indoor best 6-6 ... Cleared his outdoor career best, 6-8, to win the ASD Invitational during senior campaign. || Personal || Born November 12, 1991 ... Son of Dennis and Lynne Hendershot ... Enrolled in the Division of Undergraduate Studies.





Hanif JOHNSON
 SR./JR.-SR. Eligible
 Harrisburg, Pa.
 Harrisburg

JUMPS

Johnson's Collegiate Career Bests

	Indoor	Outdoor
Long Jump	22-11.25 (6.99)	22-3 (6.78)
Triple Jump	51-5.50 (15.68)	51-8.50 (15.76)

On the National Scene ... || 2011 Outdoor || Earned Second Team All-America status via a 15th-place finish in the triple jump at the NCAA Outdoor Championships with an effort of 51-6.25 (15.70) ... Advanced to the national meet thanks a clutch jump of 51-4.50 (15.66) on his final attempt at the NCAA Eastern Preliminary Round ... Jump was good for seventh place in the field. || 2009 Outdoor || Placed 18th in the triple jump at the NCAA East Regional Championships.

At the Big Ten Championships ... || 2011 Outdoor || Turned in a bronze-medal effort in the triple jump with a wind-aided leap of 51-9.25 (15.78) ... Was a member of the Nittany Lions' ninth-place 4x100-meter relay. || 2011 Indoor || Posted a leap of 50-7.25 (15.42) to place third in the triple jump ... Also competed in the long jump at the conference meet. || 2010 Indoor || Scored a silver-medal finish in the triple jump with a season-best effort of 50-0.75 (15.26) ... Also competed in the long jump. || 2009 Outdoor || Placed fourth in the triple jump in his first Big Ten appearance with a leap of 49-1.50 (14.97) ... Ran a leg on the eighth-place 4x100-meter relay team ... Also finished 22nd in the long jump.



In the Field ... || 2011 Outdoor || Turned in a season-best 51-8.50 (15.76) to take top honors at Florida Relays ... Jump is the fifth farthest in school history ... Recording an outstanding streak of victories during the outdoor season, taking top honors at the George Mason Spring Invitational, Jesse Owens Classic, Penn Relays "Eastern" section, and Jim Thorpe Open. || 2011 Indoor || Won the triple jump at the Penn State Relays, and took second at the Nittany Lion Challenge and Penn State National ... Recorded a season-best 51-5.50 (15.68) at the Nittany Lion Challenge ... Season-best long jump was 22-11.25 (6.99) at the Penn State National. || 2010 Outdoor || Won the triple jump at the Penn State Open ... Recorded a season-best jump of 49-5.75 (15.08) to place ninth in the triple jump at Florida Relays ... Finished 10th in the triple jump and 11th in the long jump at the Sun Angel Classic. || 2010 Indoor || Won the triple jump at the Penn State Relays with a leap of 49-7.75 (15.13) ... Placed fourth at the PSU Northeast Challenge and seventh at the Penn State National ... Finished 11th in the triple jump at the Tyson Invitational ... Season best long jump was 22-0.25 (6.71), which was good for fifth at the PSU Northeast Challenge ... Placed second in the long

jump at the Penn State Relays. || 2009 Outdoor || Won the triple jump at the Bison Outdoor Classic ... Hit the NCAA regional standard in the triple jump with a leap of 49-7 (15.11) to finish third at the Jesse Owens Classic ... Placed second in the Eastern division triple jump at Penn Relays ... Finished fifth in the triple jump at the Auburn War Eagle Invitational. || 2009 Indoor || Redshirted the indoor season, but showed promise in the horizontal jumps, finishing fourth at the Virginia Tech Last Chance with a leap of 50-10.75 (15.51) ... Placed second in the triple jump at the Penn State Relays ... Finished fifth in the triple jump and sixth in the long jump at the Penn State Open ... Turned in a 10th-place effort in the triple jump at the Penn State National.

Before Penn State ... || High School || Qualified for the PIAA State Championships in the triple jump and pole vault as a senior, capturing runner-up honors in the triple jump ... District III and Mid-Penn Conference triple jump champion as a senior ... Made the state meet in the long jump as a junior. || Personal || Son of Wendy Johnson ... Born April 27, 1990 ... Majoring in Economics.



Tom LUFF
 JR./SO. Eligible
 Emmaus, Pa.
 Emmaus

DISTANCE • CROSS COUNTRY

Luff's Collegiate Career Bests

	Indoor	Outdoor
5,000-Meters	15:08.22	***
10,000-Meters	***	31:34.60

At the Big Ten Championships ... || 2011 Outdoor || Placed 19th in the 10,000-meters. || 2010 Cross Country || Finished 80th overall at the conference meet. || 2009 Cross Country || Was the Lions' ninth finisher at the 2009 Big Ten Cross Country Championships, placing 86th.

On the Course ... || 2010 Cross Country || Finished in the Nittany Lion top seven in three competitions, including an eighth-place effort at the Lock Haven Dolan Duals ... Finished 62nd at the Penn State National. || 2009 Cross Country || Ran in four competitions during his freshman campaign ... Earned a top 10 standing at the Lock Haven Dolan Duals, placing ninth overall and fourth for Penn State ... Placed 17th at the Harry Groves Spiked Shoe Invitational ... Also ran at the Notre Dame Invitational.

Around the Track ... || 2010 Outdoor || Competed in the 10K at Penn Relays, placing 28th overall ... Placed 10th in the 3,000-meter steeplechase at the George Mason Spring Invitational. || 2011 Indoor || Placed third in the 5K at the Sykes-Sabock Challenge Cup, and 10th at the Penn State National. || 2010 Outdoor || Competed unattached at the Penn State Open, running 9:04.94 for 3,000-meters and placing second overall. || 2010 Indoor || Redshirted the indoor season ... Competed in the 5,000-meters at the Penn State National, finishing in 15:24.03. || High School || Placed 16th overall at the 2008 PIAA Cross Country Championships, finishing the 5,000-meter course in 16:41 ... Qualified for the PIAA State Championships as a senior, thanks to a second-place finish in the 3200-meters at the District 3 Championships. || Personal || Son of Bruce Luff and Janie Slamon ... Born February 7, 1991 ... Brother Sam ran track and cross country at Cornell ... Majoring in Environmental Systems Engineering.



Joe KOVACS

5th YR./Outdoor ONLY
Nazareth, Pa.
Bethlehem Catholic

THROWS

Kovacs' Collegiate Career Bests

	Indoor	Outdoor
Shot Put	65-1.25 (19.84)	62-10 (19.15)
35-lb Weight	62-6.75 (19.07)	***
Discus	***	184-0 (56.08)
Hammer	***	201-9 (61.50)

On the National Scene ... || 2011 Outdoor || Posted a clutch effort of 62-6.50 (19.06) in a driving rain to finish third in the shot put at the NCAA Outdoor Championships ... Finished ties for the second-highest outdoor finish in the event in school history ... Competed at the NCAA First Round in both the shot put and the discus ... Placed fourth overall in the shot at First Round with an effort of 61-7.50 (18.78) ... Notched a personal-outdoor best 62-10 (19.15) to place 14th in the shot at the USATF Championships ... Finish was second best among collegians. || 2011 Indoor || Finished 14th in the shot put, earning Second Team All-America status ... Automatically qualified for the NCAA Championships with an PR effort of 65-1.25 (19.84). || 2010 Outdoor || Placed 18th in the shot put at the NCAA Championships ... Recorded a toss of 59-11 (18.26) to finish sixth at the NCAA Eastern First Round and advance to the national final. || 2010 Indoor || Recorded a bronze-medal effort and his first-career All-America finish in the shot put at the NCAA Indoor Championships, thanks to a throw of 62-11.25 (19.18) ... PR performance of 63-6.25 (19.36) was a top 15 mark by an American during the indoor season, and fifth among collegians, as well as the second-best mark in PSU history. || 2009 Outdoor || Placed 14th in the shot put at the NCAA East Regional with a throw of 56-11.50 (17.36).



At the Big Ten Championships ... || 2011 Outdoor || Recorded scoring finishes in two events, placing second in the shot put and eighth in the discus ... Also competed in the hammer throw. || 2011 Indoor || Earned his first-career Big Ten title via a PR effort of 65-1.25 (19.84) – the second-best throw in PSU history ... Also competed in the weight throw. || 2010 Outdoor || Turned in a PR 172-9 (52.65) to earn silver-medal honors in the discus ... Placed fifth in the shot put with a mark of 58-3.25 (17.76) and finished 17th in the hammer. || 2010 Indoor || Claimed runner-up status in the shot put with an effort of 61-6.75 (18.76) ... Placed 12th in the weight with a personal-best throw of 59-11 (18.26). || 2009 Outdoor || Recorded a seventh-place finish in the shot put with a toss of 57-3 (17.45) ... Also finished 17th in the discus, and 21st in the hammer. || 2009 Indoor || Finished 15th in the shot put and 21st in the weight throw ... Recorded a personal-best toss of 54-4.75 (16.58) at the conference meet. || 2008 Indoor || Competed in the shot put and weight throw, finishing 18th in the shot.

In the Field ... || 2011 Outdoor || Had an outstanding weekend at the Auburn War Eagle Invitational, placing third in the shot put and the hammer, and fourth in the discus ... Recorded a PR 201-9 (61.50) at Auburn, which also ranks third in school history ... Threw a career-best 184-0 (56.08) to place third in the discus at the Jesse Owens Classic ... Now ranks fifth in the event on the all-time PSU top 10 list ... Placed third in

the "Championship" discus, and fifth in the "Championship" shot put at Penn Relays ... Finished third in the shot at Florida Relays. || 2011 Indoor || Won the shot at the Akron Invitational with a toss of 62-10.50 (19.16) ... Placed second in the shot at the Penn State National, and third at the Sykes-Sabock Challenge Cup ... Recorded a personal-best toss of 62-6.75 (19.07) to place sixth in the weight at the Penn State National. || 2010 Outdoor || Recorded a personal-outdoor best 61-5.50 (18.73) to win the shot at the Bucknell Team Challenge, also setting a new facility record ... Was named Big Ten Athlete of the Week following his efforts ... Earned top five finishes in the shot put with a second-place standing at the Penn State Open and a fourth-place showing at the Sun Angel Classic ... Finished sixth in the shot at the Jesse Owens Classic ... Won the discus at the Bucknell Team Challenge and the Penn State Open, and finished seventh in the event at Florida Relays ... Top hammer mark was 189-7 (57.79) to place fourth at the Sun Angel Classic. || 2010 Indoor || Won the shot put at the PSU Northeast Challenge and placed second at the Penn State National and Penn State Relays ... PR 63-6.25 (19.36) at the Penn State National was an NCAA automatic qualifier ... Placed third in the shot at the Sykes-Sabock Challenge Cup ... Best regular season finish in the weight was a second-place effort at the Penn State Relays ... Took fifth in the weight at the Sykes-Sabock Challenge Cup. || 2009 Outdoor || Launched a personal-best 60-9.50 (18.53) to finish second in the Eastern shot put at the Penn Relays ... The mark was the best throw by a Lion in nearly 20 years and was also one of the top 15 efforts in the NCAA in 2009 ... Won the shot at the Bison Outdoor Classic and the Penn State Open ... Posted a personal-best effort of 172-10 (52.69) to finish ninth in the hammer at the Jim Click Shootout ... Also finished third in the shot at Jim Click with a regional-qualifying 55-10.25 (17.02) ... Best discus mark was 161-0 (49.07) at the Bison Outdoor Classic ... Placed sixth in the shot at the Jesse Owens Classic. || 2009 Indoor || Top finish was a second-place effort in the shot put at the Penn State Open ... Placed third in the shot at the Sykes-Sabock Challenge Cup, posting an indoor PR of 55-5 (16.89) ... Turned in a fourth-place finish in the shot at the Washington Husky Invitational with a toss of 54-7.50 (16.65) ... Recorded a pair of top 10 finishes at the Penn State Relays, placing seventh in the weight and eighth in the shot. || 2008 Outdoor || Redshirted the outdoor campaign. || 2008 Indoor || Placed third in the shot put at the Penn State Open, and fourth at the Penn State National ... Finished eighth in the weight at the Penn State Open and the Virginia Tech Elite meet.



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



Casimir LOXSOM

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

MID-DISTANCE • CROSS COUNTRY

Loxsom's Collegiate Career Bests

	Indoor	Outdoor
400 Meters	***	47.97
500-Meters	1:01.28	***
600 Meters	1:16.92	***
800 Meters	1:47.36	1:45.28
4x400-Meter Relay	3:07.27	3:07.19
Sprint Medley Relay	***	3:17.10
4x800-Meter Relay	***	7:12.90

On the International Stage ... || 2011 Outdoor || Placed fourth in the 800-meters at the World University Games, while representing the United States ... Finished second in a world-class field at the Harry Jerome Invitational in Vancouver, running a school-record 1:45.28 ... Would come back just two days later to finish second at the Victoria Track Classic in 1:46.71. || 2010 Outdoor || Became the highest-ever United States finisher in a distance event at the IAAF World Junior Championships, with a second-place standing in the 800-meters ... Clocked a PR 1:46.57 in the final – the second-fastest time in PSU history, and sixth-best ever run by a U.S. junior athlete ... Advanced to the IAAF World Juniors via a victory in the 800-meters at the USATF Junior Championships, where he clocked 1:47.75 in the final ... Performance is the sixth-fastest ever run by a U.S. Junior athlete || 2010 Indoor || Clocked a personal-best 1:16.92 for 600-meters, which was recognized as a World Junior Best.

On the National Scene ... || 2011 Outdoor || Earned his first individual All-America citation via a fourth-place finish at the NCAA Championships in the fastest men's 800-meter final on record ... Ran a then school-record 1:45.31 – the all-time fastest performance by a fourth-place finisher in the NCAA final ... Also fared well against professional competition, finishing sixth in the 800 final at the USATF Outdoor Championships in 1:47.89 – the second-best finish among collegiate competitors ... Ran a 46.3 split for the 400-meter leg on the Nittany Lions' school-record sprint medley relay at Penn Relays ... Team combined to win Penn State's first "wheel" since 1987 with a finishing time of 3:17.10 ... Anchored the second-place 4x800 in 1:46.70 at Penn ... The Nittany Lion ran a sizzling 7:12.90 – the seventh-fastest time in collegiate history. || 2011 Indoor || Ran on the Lions' fifth-place 4x400-meter relay, which finished in All-America status with a time of 3:07.50 ... Clocked 45.42 on the relay – the third-fastest split of the competition ... Finished 10th in the 800, earning Second Team All-America honors ... Ran a school-record 1:01.28 for 500-meters, which was tied for the fastest by a collegian in 2011 ... Ranked third in the collegiate 600-meter standings at 1:17.63 ... Indoor 800 PR 1:47.36 was the fifth-fastest mark by a collegian. || 2010 Outdoor || Placed 17th in the 800 at the NCAA Outdoor Championships, as one of just four freshman in the field ... Advanced to the NCAA Championships after two heat victories at the NCAA First Round ... Was named

Mid-Atlantic Track Athlete of the Year for the outdoor season. || 2010 Indoor || Placed 15th in the 800 in his first-career NCAA appearance.

At the Big Ten Championships ... || 2011 Outdoor || Earned his second-straight Big Ten Outdoor 800 title, en route to a new Cretzmeier Stadium (University of Iowa) record 1:47.70 ... Also ran on the fifth-place 4x400 at Big Tens. || 2011 Indoor || Ran 1:17.63 to finish second in the 600 ... Was also a member of the third-place 4x400 and eighth-place DMR. || 2010 Outdoor || Cruised to his first-career Big Ten title, running 1:48.06 in the 800 final ... Anchored the Lions' seventh-place 4x400-meter relay, which clocked a season-best 3:11.85 ... Was named Big Ten Freshman of the Year. || 2010 Indoor || Placed sixth overall in the 600, and was a member of the sixth-place 4x400 (3:13.45).

Around the Track ... || 2011 Outdoor || Won the 800 at the Jesse Owens Classic in 1:46.45 ... Was a member of the school-record 4x400 at Florida Relays ... Team combined to run 3:07.19. || 2011 Indoor || Ran the third leg on the Nittany Lions' 3:07.27 4x400 at the Alex Wilson Invitational, winning the competition and setting a new school record ... Clocked an automatic-qualifying 1:47.36 to win the 800 at the Penn State National ... Ran a school-record 1:01.28 to win the 500 at the Penn State Relays ... Was a member of winning 4x400s at the Penn State Relays, Nittany Lion Challenge, and Penn State National. || 2010 Outdoor || Clocked a career-best 1:46.74 to win the Payton Jordan Cardinal Invitational at Stanford ... Ran the fastest split of the day on the 4x800 at Penn Relays, clocking 1:46.58, as a member of the third-place team, which ran 7:17.02 ... Placed fourth overall and was the top collegiate finisher at the Sun Angel Classic, running 1:48.41 ... Ran on the Lions' winning 4x800 at the Florida Relays, helping the team to a meet-record 7:18.72 ... Was twice named Big Ten Athlete of the Week during the outdoor season. || 2010 Indoor || Won the 600 at the PSU Northeast Challenge in 1:16.92 – the second-fastest time in PSU history ... Finished fourth in the 800 at the Penn State National with an indoor PR and NCAA automatic-qualifying 1:47.98 ... Was a member of winning 4x400s at the Penn State Relays and PSU Northeast Challenge.



Before Penn State ... || High School || New England indoor champion in the 600-meters as a senior ... Also won the state outdoor 800-meter title in 2009 ... 600 PR of 1:18.72 was ranked third among preps in 2009 and is a New England record ... Clocked 1:50.45 in the 800 as a senior, which ranked eighth nationally ... Named 2008-09 Gatorade Connecticut Boys Track & Field Athlete of the Year ... Placed sixth in the 800 at 2009 Nike Indoor Nationals, and 12th at Nike Outdoor Nationals. || Personal || Son of John and Christine Loxsom ... Born March 17, 1991 ... Majoring in Communication, Arts and Sciences.



... Was named



Vince McNally

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

DISTANCE • CROSS COUNTRY

McNally's Collegiate Career Bests

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

On the National Scene ... || 2010 Cross Country || Made his third-straight appearance at the NCAA Cross Country Championships, finishing 92nd overall and 77th in team scoring as the Nittany Lions' number-two runner ... Earned All-Region status for the third-consecutive year, placing third overall at the NCAA Mid-Atlantic Regional with a season-best 10K time of 30:07. || 2010 Outdoor || Placed 21st in the 5000-meters at the NCAA First Round (14:24.53). || 2009 Cross Country || Finished 134th overall in his second-straight appearance at the NCAA Cross Country Championships ... Earned All-Region honors for the second-straight year via an eighth-place finish at the NCAA Mid-Atlantic Regional Championships. || 2009 Outdoor || Placed 16th in the 1500-meters at the NCAA East Regional Championships, finishing in 3:48.99. || 2008 Cross Country || One of the leaders on the Lions' NCAA-qualifying team in 2008 ... Earned All-Region honors with a sixth-place finish at the NCAA Mid-Atlantic Regional Championships.



At the Big Ten Championships ... || 2011 Outdoor || Placed 18th in the 5,000. || 2010 Cross Country || Earned All-Big Ten Second Team honors via a 13th-place finish at the conference meet, helping the Nittany Lions to a fourth-place finish in the team standings. || 2010 Outdoor || Scored an eighth-place finish in the 5K, running a personal-best 14:09.24. || 2010 Indoor || Finished 21st in the 3,000-meters. || 2009 Cross Country || Earned All-Big Ten Second Team honors with an 11th-place finish as the Nittany Lions' number-one runner. || 2009 Outdoor || Finished 13th in the 1500 and 19th in the 5000-meters. || 2009 Indoor || Recorded a sixth-place scoring finish in the 3000-meters, clocking 8:09.13. || 2008 Cross Country || Placed 22nd at the Big Ten Championships - the third-best finish by a freshman.




On the Course ... || 2010 Cross Country || A scorer for the Nittany Lions in all eight 2010 competitions ... Best individual effort was a first-place finish at the Lock Haven Dolan Duals ... Impressed against a national-class field at the Notre Dame Invitational, finishing seventh overall and first for Penn State ... Also scored a third-place effort at the Penn State National, and a seventh-place finish at the Harry Groves Spiked Shoe Invitational. || 2009 Cross Country || Competed in five races, finishing as Penn State's number one throughout

the season ... Top individual finish was a fifth-place standing at the Cappy Anderson Invitational at Maryland-Eastern Shore ... Finished 66th at the Notre Dame Invitational.

Around the Track ... || 2011 Outdoor || Ran a season-best 14:19.95 to finish 15th in the 5K at Penn Relays. || 2010 Outdoor || Ran a season-best 3:50.73 to place second in the 1500-meters at the Penn State Open ... Placed seventh in the 1500 section at the Payton Jordan Cardinal Invitational ... Placed fifth in the 5K at the Sun Angel Classic, clocking 14:19.27 ... Split 4:07.76 on the 1600 anchor on the Lions' 11th place DMR in the Championship of America section at Penn Relays ... Also led off the 4xMile at Penn. || 2010 Indoor || Placed second in the 3000 at the PSU Northeast Challenge ... Ran a season-best 8:10.99 at the Washington Husky Classic ... Finished 12th in the 3000 at the Alex Wilson Last Chance (8:23.14) ... Placed eighth in the 5000 at the Penn State National in 14:36.04. || 2009 Outdoor || Achieved the NCAA regional standard in the 1500 with a personal-best 3:47.73, finishing third at the Auburn War Eagle Invitational ... Placed third in the 3000 at the Jim Click Shootout ... Placed eighth in the invitational 1500 at the Bison Outdoor Classic ... Split 4:07.9 for 1600-meters on the DMR that finished section in the college section at Penn Relays with a season-best 9:44.48. || 2009 Indoor || Ran a personal-best 8:07.75 to finish 11th in the 3000 at the Alex Wilson Invitational at Notre Dame ... Took seventh in his 3000 heat at the Washington Husky Invitational, finishing in 8:10.05 ... Captured runner-up honors in the 3000 at the Sykes-Sabock Challenge Cup with a finishing time of 8:12.95.

Before Penn State ... || High School || Qualified for the Footlocker Cross Country Championships as a senior ... Ran a personal-best 4:08.99 for the mile as a junior at the Nike Outdoor National Championships ... Pennsylvania state champion in the 1600-meters as a junior, running 4:11.70 in the victory ... Finished fourth in the state 1600 as a senior ... Competed in the mile at the Penn Relays as a senior, finishing ninth overall ... Placed fifth at the PIAA State Cross Country Championships as a junior. || Personal || Son of Scott McNally and Jeanette Kauffman ... Birthday is January 29, 1990 ... Majoring in Kinesiology.



Doug MOPPERT

SR./SR. Eligible
Malvern, Pa.
Malvern Prep (Univ. of Texas)

JUMPS

Moppert's Collegiate Career Bests

	Indoor	Outdoor
Long Jump	24-9.75 (7.56)	25-0.(7.62)w

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the long jump.

At the Big Ten Championships ... || 2011 Outdoor || Turned in a bronze-medal finish in the long jump with a jump of 23-9 (7.24) ... Also ran on the Nittany Lions' 4x100-meter relay. || 2011 Indoor || Posted an effort of 24-0.25 (7.32) to place sixth in the long jump in his first Big Ten appearance.

In the Field ... || 2011 Outdoor || Recorded a wind-aided leap of 25-0 (7.62) to win the long jump at the Jim Thorpe Invitational ... Finished first in the "Eastern" long jump at Penn Relays with an effort of 24-6.25 (7.47) ... Jumped a wind-legal season best 24-5.50 (7.45) to finish fourth at the Auburn War Eagle Invitational ... Also finished fourth at the George Mason Spring Invitational. || 2011 Indoor || Turned in a season-best 24-5.75 (7.46) to win the long jump at the Nittany Lion Challenge ... Also won the long jump at the Sykes-Sabock Challenge Cup, and placed eighth in the event at the Penn



State National.

Before Penn State ... || University of Texas || Competed for the University of Texas from 2008-10 ... Collected a pair of scoring performances at the Big 12 Championships over his Longhorn career, finishing eighth in the indoor long jump, and seventh outdoors as a freshman in 2009 ... Recorded bests of 24-9.75 (7.56) indoors, and 24-10 (7.57) outdoors while at Texas. || High School || Earned letters in track and field, hockey, and basketball as a student at Malvern Prep ... PTFCA state indoor champion in the long jump as a senior ... Penn Relays bronze medalist in 2008 ... Placed 11th at Nike Indoor Nationals as a senior. || Personal || Son of Harry and Valerie Moppert ... Majoring in Telecommunications.



Northeast Challenge, Penn State National, and Sykes-Sabock Challenge Cup.

Before Penn State ... || High School || Competed in the United States at the prestigious Penn Relays, placing ninth in the Olympic Development 100-meters ... Also competed at Penn in 2008, running in the USA vs. the World 4x400-meter relay ... Placed sixth in the 200-meters at the Zone VI Under 20 Youth Games, competing against athletes from all over Africa. || Personal || Son of Langton and Ndomupe ... Born March 2, 1990 ... Majoring in Mathematics.



Emunael MPANDUKI
JR./JR. Eligible
Harare, Zimbabwe
Peter-House Boys
SPRINTS, RELAYS



Nabil MUBARAK
JR./JR. Eligible
Loganville, Ga.
Grayson
THROWS

Mpanduki's Collegiate Career Bests

	Indoor	Outdoor
60-Meters	7.06	***
100-Meters	***	10.92
200-Meters	21.58	21.87
400-Meters	49.24	48.57
4x400-Meter Relay	***	3:08.79

Mubarak's Collegiate Career Bests

	Indoor	Outdoor
Shot Put	57-7.75 (17.57)	55-3.75 (16.86)
35-lb Weight	62-9.50 (19.14)	***
Hammer	***	185-2 (56.45)

On the National Scene ... || 2011 Outdoor || Was a member of the 16th-place 4x400-meter relay at the NCAA First Round ... Team combined to run 3:08.79.

At the Big Ten Championships ... || 2011 Outdoor || Competed in the 200 and 400 individually, and ran on both the Nittany Lions' 4x100 and 4x400 relays ... 4x400 placed fifth overall with a finishing time of 3:08.64. || 2011 Indoor || Earned bronze-medal honors as a member of Penn State's third-place 4x400 (3:14.78) ... Placed 16th in the 60 and 200 individually. || 2010 Outdoor || Placed 18th in the 100- and 19th in the 200-meters ... Also competed on the 4x100. || 2010 Indoor || Took 21st in the 60-meters, and 23rd in the 200 in his first-career appearance at the conference meet.

Around the Track ... || 2011 Outdoor || Placed second in the 200 at the Jim Thorpe Invitational with a season-best effort of 21.87 ... Finished eighth in the 200 and was a member of the third-place 4x400 at the Jesse Owens Classic ... Ran on the third-place 4x400 at the George Mason Spring Invitational, and fifth-place relay at the Auburn War Eagle Invitational. || 2011 Indoor || Highest individual finish was second in the 200 at the Penn State Relays, thanks to a PR 21.59 ... Also placed third in the 60 with a PR 7.06 at the same meet ... Finished fourth in the 200 at the Nittany Lion Challenge ... Ran on second-place 4x400s at both the Penn State Relays and Sykes-Sabock Challenge Cup. || 2010 Outdoor || Claimed second-place finishes in the 100 (10.92) and 200 (22.17) at the Penn State Open, running season bests in both events ... Placed seventh in the 200 and 11th in the 400 at the Bucknell Team Challenge. || 2010 Indoor || Took 14th in the 200 at the Sykes-Sabock Challenge Cup ... Competed in the 60 and 200 at the PSU

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the shot put, placing 36th overall at the competition.

At the Big Ten Championships ... || 2011 Outdoor || Competed in the shot put and the hammer throw ... Best finish was 15th in the shot. || 2011 Indoor || Posted a PR 62-9.50 (19.14) in the weight throw to finish 12th overall ... Also competed in the shot put. || 2010 Indoor || Placed 18th overall in the shot put with a mark of 47-9.75 (14.57).

In the Field ... || 2011 Outdoor || Recorded an outdoor PR 55-3.75 (16.86) to place seventh in the shot at the Jesse Owens Classic ... Also turned in a career-best effort in the hammer at Jesse Owens, posting a throw of 185-2 (56.45), which was also good for seventh place on the day ... Won the shot and the hammer at the George Mason Spring Invitational ... Placed third in the "Eastern" shot put at Penn Relays, and 10th in the "College" hammer throw. || 2011 Indoor || Recorded a career-best 57-7.75 (17.57) to place sixth in the shot put at the Penn State National ... Won the weight at the Penn State Relays, to go along with a third-place finish in the shot ... Finished second in the weight and fifth in the shot at the Akron Invitational ... Placed second in the weight and seventh in the shot at the Sykes-Sabock Challenge Cup. || 2010 Outdoor || Posted a toss of 50-1.25 (15.27) to finish fifth in the shot put at the Penn State Open ... Placed fourth in the hammer at the Bucknell Team Challenge with a personal-best 168-9 (51.45) ... Recorded top 20 finishes in the shot and the hammer at Florida Relays. || 2010 Indoor || Finished seventh in the weight throw and ninth in the shot put at the Penn State Relays and PSU Northeast Challenge ... Notched a PR toss of 53-11.75 (16.45) in the weight at the PSU Northeast Challenge ... Posted a personal-best effort of 50-11 (15.52) in the shot put at the Sykes-Sabock Challenge Cup.

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



Men's Returner Bios



Aaron NADOLSKY

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

SPRINTS, RELAYS

Nadolsky's Collegiate Career Bests

	Indoor	Outdoor
200-Meters	21.73	21.61
400-Meters	47.71	48.06
500-Meters	1:06.44	***
4x400-Meter Relay	3:07.27	3:07.19
Sprint Medley Relay	***	3:17.10

On the National Scene ... || 2011 Outdoor || Was a member of the Nittany Lions' winning sprint medley relay at Penn Relays ... Covered one of the 200-meter legs on Penn State's school-record 3:17.10 at the event ... Led off the Lions' 16th-place 4x400 (3:08.79) at the NCAA First Round. || 2011 Indoor || Earned All-America status via a fifth-place finish in the 4x400 at the NCAA Indoor Championships ... Also led off the Lions' school-record 3:07.27 4x400 at the Alex Wilson Last Chance at Notre Dame.

At the Big Ten Championships ... || 2011 Outdoor || Helped the Nittany Lions to a fifth-place finish in the 4x400 (3:08.64) ... Placed 10th in the 400 and 13th in the 200 individually. || 2011 Indoor || Earned a bronze-medal finish as a member of the 4x400 (3:14.78) ... Also ran the 400 leg on the eighth-place DMR ... Finished 15th in the open 400.

Around the Track ... || 2011 Outdoor || Led off the Nittany Lions' fifth-place and school-record 4x400 at Florida Relays ... Team ran 3:07.19 ... Ran a PR 21.61 for the 200 at the Auburn War Eagle Invitational ...

Also ran a season-best 48.06 in the 400 at Auburn ... Ran on fifth-place relays at both the Auburn War Eagle Invitational and Jesse Owens Classic ... Placed seventh in the 200 and 10th in the 400 at the George Mason Spring Invitational. || 2011 Indoor || Clocks a career-best 47.71 to finish fourth in the 400 at the Sykes-Sabock Challenge Cup ... Ran 21.80 to placed third in the 200 at Sykes-Sabock, and ran on the second-place 4x400 ... Won the 400 at the Nittany Lion Challenge, to go along with a victory in the 4x400 and a third-place finish in the 200 ... Ran on the second-place DMR (9:35.68) at the Flo-track Husky Classic ... Was a member of the winning 4x400 at the PSU National. || 2010 Seasons || Redshirted the 2010 indoor and outdoor seasons.

Before Penn State ... || High School || Ran on the Altoona 4x400 that placed sixth in the Championship of America section at Penn



Relays ... Was also a member of Altoona's seventh-place 4x100 at Penn ... Won PA state titles on the 4x100 and 4x400 as a senior ... Ran legs on the runner-up 4x400 and bronze-medal 4x100 at Nike Outdoor Nationals ... Runner-up in the 400 at the PTFCA Indoor Championships as a junior and a senior ... Finished second in the 200 at the PIAA Championships as a junior ... District VI runner up in the 100, bronze medalist in the 200, and district champion in the 4x100 and 4x400 as a senior. || Personal || Born January 4, 1991 in Altoona, Pa. ... Son of Michael and Susie Nadolsky ... Majoring in



Jason PELLETIER

JR./JR. Eligible
Benton, Ark.
Bryant

POLE VAULT

Pelletier's Collegiate Career Bests

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

Communication Arts and Sciences.

At the Big Ten Championships ... || 2011 Indoor || Record a season-best leap of 15-8.25 (4.78) to finish 19th in the pole vault. || 2010 Outdoor || Cleared 15-5 (4.70) to place 15th overall in the pole vault. || 2010 Indoor || Competed in the vault. || 2009 Outdoor || Tied for ninth in the pole vault with a clearance of 15-8.25 (4.78). || 2009 Indoor || Took 13th in his first Big Ten appearance, clearing 15-7 (4.80).

In the Field ... || 2011 Outdoor || Placed third at the Liberty Collegiate Invitational with a season-best clearance of 15-9 (4.80) ... Finished fifth at the George Mason Spring Invitational. || 2011 Indoor || Took top honors with a clearance of 15-7 at the Akron Invitational ... Placed fifth at the Sykes-Sabock Challenge Cup and ninth at the Penn State National. || 2011 Indoor || || 2010 Outdoor || Placed second at the Bucknell Team Challenge with a clearance of 15-9 (4.80) ... Finished eighth in the eastern pole vault at Penn Relays, clearing 15-9 (4.80) ... Finished second at the Penn State Open. || 2010 Indoor || Highest finish was a third-place standing at the Penn State Relays ... Cleared 15-3 (4.65) to place fifth at the Penn State National. || 2009 Outdoor || Cleared a season-best 16-0.75 (4.90) to finish third at the Penn State Open ... Tied for sixth at the Bison Outdoor Classic and tied for 14th at the Jim Click Shootout. || 2009 Indoor || Top place finish was a fourth-place effort at the Penn State Relays ... Cleared a season-best 15-9 (4.80) to finish eighth at the Sykes-Sabock Challenge Cup ... Placed fifth at the Penn State Open and 12th at the Penn State National.

Before Penn State ... || High School || Took top honors at Nike Indoor Nationals in 2008 with a career-best clearance of 16-10.25 ... Pelletier's PR effort was among the





top five prep clearances in 2008 ... Posted a runner-up finish at Nike Outdoor Nationals as a senior after finishing fourth as a junior ... Won the Arkansas state indoor title as a senior with a clearance of 16-2 ... Finished first at the ATCA Indoor Invitational at the University of Arkansas. || Personal || Son of David and Cathy Pelletier ... Born October 23, 1990 ... Majoring in Kinesiology.



Sean REILLY
SO./SO. Eligible
Lagrangeville, N.Y.
Arlington
HIGH JUMP

Reilly's Collegiate Career Bests

	Indoor	Outdoor
High Jump	6-10.25 (2.09)	7-0.25 (2.14)

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the high jump ... Finished 38th overall.

At the Big Ten Championships ... || 2011 Outdoor || Earned bronze-medal standing in the high jump via a clearance of 6-9.50 (2.07) in rainy conditions. || 2011 Indoor || Cleared 6-9.75 (2.08) to finish sixth in the high jump. || 2010 Outdoor || Placed 15th in the high jump with a clearance of 6-6 (1.98). || 2010 Indoor || Competed in the high jump.

In the Field ... || 2011 Outdoor || Cleared a lifetime-best 7-0.25 (2.14) to win the Jim Thorpe Open ... Clearance is tied for the sixth-best jump in school history ... Placed second at the Jesse Owens Classic, third at the George Mason Spring Invitational, and fifth in the "Eastern" section at Penn Relays. || 2011 Indoor || Finished second at the Penn State Relays and Nittany Lion Challenge ... Cleared a season-best 6-10.25 (2.09) at the Nittany Lion Challenge ... Placed sixth at the Sykes-Sabock Challenge Cup and Akron Invitational. || 2010 Outdoor || Cleared a personal-collegiate best with a jump of 6-8.75 (2.05) to finish second at the Penn State Open ... Placed second at the Bucknell Team Challenge, and 13th in the Eastern Division at Penn Relays. || 2010 Indoor || Top finish was a third-place effort at the Akron Invitational ... Season-best jump was 6-6.25 (1.99) to finish fourth at the Sykes-Sabock Challenge Cup ... Placed sixth at the PSU Northeast Challenge.



Before Penn State ... || High School || Cleared a personal-best 6-11 to win the high jump at the Eastern States Championships ... Won the triple jump at the same meet ... Jumped 6-9 to win Eastern States indoors ... Placed second in the high jump at the N.Y. State Championships as a senior ... Competed in the triple jump at Nike Outdoor Nationals ... Tied for eighth in the high jump at the National Scholastic Indoor Championships. || Personal || Son of Pat and Cathy Reilly ... Born September 20, 1991 ... Majoring in Crime, Law, and Justice.



Connor REVORD
JR./SO. Eligible
Tampa, Fla.
Tampa Jesuit
MID-DISTANCE • CROSS COUNTRY

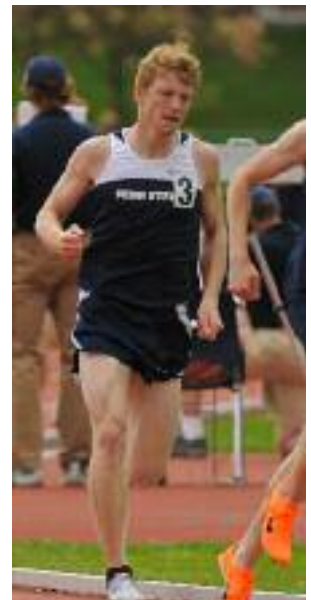
Revord's Collegiate Personal Bests

	Indoor	Outdoor
800-Meters	***	1:54.26
1,500-Meters	***	3:49.34

At the Big Ten Championships ... || 2011 Outdoor || Advanced to the Big Ten 1500-meter final, placing 12th overall in her first-career appearance at the conference meet.

Around the Track ... || 2011 Outdoor || Clocked a personal-best 3:49.34 to place fifth in the 1500 at the Jesse Owens Classic ... Won the 1500 at the Jim Thorpe Open ... Placed ninth in the 1500 and 13th in the 800-meters at the Auburn War Eagle Invitational ... Led off the sixth-place DMR at Florida Relays. || 2010 Seasons || Redshirted both the indoor and outdoor seasons.

Before Penn State ... || High School || Clocked 4:11.5 for the 1600-meters as a high school senior, winning top honors at the Tampa Distance Carnival, after running 4:13.12 to place second at Florida Relays ... Also has 9:14.44 3200 credentials to his credit ... Placed sixth overall at the Florida State Championships in cross country, leading his team to a second-place finish ... Florida 2A Champion in the 1600 as a junior. || Personal || Son of David and Alicia Revord ... Born March 5, 1991 ... Majoring in Supply Chain and Information Systems.





Men's Returner Bios



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

THROWS



Nick SCARPELLO
SO./SO. Eligible
Jamison, Pa.
Central Bucks West

DISTANCE • CROSS COUNTRY

Skinner's Collegiate Career Bests

	Indoor	Outdoor
Javelin	***	208-7 (63.58)

Scarpello's Collegiate Personal Bests

	Indoor	Outdoor
800-Meters	***	1:54.13
1,500-Meters	***	3:51.76
Mile Run	4:09.11	***
3,000-Meters	8:20.44	***
5,000-Meters	***	14:26.76
3,000m Steeplechase	***	9:12.58

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA First Round in the javelin, placing 39th overall.

At the Big Ten Championships ... || 2011 Outdoor || Scored a fourth-place finish via a career-best throw of 208-7 (63.58). || 2010 Outdoor || Placed 12th in the javelin with a toss of 174-0 (53.05).

In the Field ... || 2011 Outdoor || Threw 199-10 (60.92) to win the javelin at the George Mason Spring Invitational ... Placed second at the Jesse Owens Classic ... Finished fourth at both the Auburn War Eagle Invitational, and the Jim Thorpe Open. || 2010 Outdoor || Competed in one regular season meet, taking 12th in the javelin at the Jesse Owens Classic with a performance of 173-10 (52.98). || High School || District IV Champion in the javelin and the long jump as a junior ... PA State qualifier in the long jump and javelin ... Four-year letterwinner and a team captain ... Also an All-State punter in football. || Personal || Son of Leslie Whitehill and Dennis Skinner ... Born August 22, 1990 in Williamsport, Pa. ... Majoring in Rehabilitation and Human Services.



On the National Scene ... || 2010 Cross Country || Placed 40th overall, and fifth for the Nittany Lions at the NCAA Mid-Atlantic Regional, helping the squad to a fourth-place finish and NCAA berth ... Placed 193rd in team scoring and fifth for Penn State at the NCAA Cross Country Championships as the only freshman in the Nittany Lion lineup.



At the Big Ten Championships ... || 2011 Outdoor || Placed 15th in the 3,000-meter steeplechase. || 2011 Indoor || Finished 16th in the mile run in 4:16.66. || 2010 Cross Country || Placed 56th overall as Penn State seventh finisher at the Big Ten Championships.

On the Course ... || 2010 Cross Country || Posted an impressive rookie campaign, finishing in the Nittany Lion top seven in five competitions ... Highest individual finish was 11th at the Lock Haven Dolan Duals ... Placed 56th at the Harry Groves Spiked Shoe Invitational, and 67th at the Penn State National ... Also competed at the Roy Griak and Notre Dame Invitationals.

Around the Track ... || 2011 Outdoor || Ran a PR 3:51.76 for the 1500 at the George Mason Spring Invitational ... Ran a career-best 9:12.58 to finish seventh in the steeplechase at the Jesse Owens Classic ... Ran a career-best 14:26.76 to place fourth in the 5K at Florida Relays ... Finished fourth in the 1500 at the Jim Thorpe Open and sixth at the Auburn War Eagle Invitational. || 2011 Indoor || Clocked a career-low 4:09.11 to place sixth in the mile at the Penn State National ... Placed second in the 3,000-meters at the Nittany Lion Challenge in 8:20.44 ... Ran on the winning 4xMile at the Penn State Relays ... Post an effort of





4:09.62 for the mile at the Flotrack Husky Classic.

Before Penn State ... || High School || Placed 15th as an individual at the 2009 PIAA Cross Country Championships ... Took sixth overall at the District I Championships as a senior ... Also qualified for the state meet as a junior ... Finished fourth in the mile run at the PTFCA Indoor State Championships. || Personal || Son of Beth and Jerome Scarpello ... Born December 20, 1991 ... Enrolled in the Division of Undergraduate Studies.



Anya
UZOH

JR./JR. Eligible
Laurel, Md.
Meade

MULTI-EVENTS

Uzoh's Collegiate Career Bests

	Indoor	Outdoor
60 Meters	7.09	***
100 Meters	***	11.07
200 Meters	22.79	22.58
400 Meters	49.90	49.04
1000 Meters	2:45.15	***
1500 Meters	***	4:36.78
60-Meter Hurdles	8.55	***
110-Meter Hurdles	***	15.74
High Jump	6-5 (1.96)	6-8.25 (2.04)
Pole Vault	14-5.25 (4.40)	14-1.25 (4.30)
Long Jump	22-3.75 (6.80)	23-1.25 (7.04)
Shot Put	40-2 (12.24)	39-7.25 (12.07)
Discus	***	112-3 (34.22)
Javelin	***	157-9 (48.08)
Heptathlon	5300	***
Decathlon	***	7045

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

At the Big Ten Championships ... || 2011 Outdoor || Competed in the decathlon. || 2011 Indoor || Scored 5250 to place seventh in the heptathlon ... Effort included PRs in the pole vault (14-5.25/4.40) and the shot put (40-2/12.24). || 2010 Outdoor || Recorded personal bests in seven of 10 events on his way to a personal-best score of 6966 and a seventh-place finish overall ... Scored the best performance of any decathlete in the 400 at 49.53 ... Posted a second-best efforts in the field in the 100 and long jump with a PR leap of 23-1.25 (7.04) - the best mark by a Nittany Lion all season. || 2010 Indoor || Totaled 5300 points to place fifth in the heptathlon, recording career bests in six of seven events. || 2009 Outdoor || Placed 14th in the decathlon with a score of 6161 ... Ran a personalbest 11.07 in the 100-meters during the multi-events - the fastest time in the field. || 2009 Indoor || Placed sixth in the heptathlon with a personal-best total of 4996 ... Recorded season bests in the 60-meter hurdles (8.76), pole vault (13-5.25/4.10), long jump (21-8/6.60), and shot put (37-8/11.48) during the multi-

In the Field ... || 2011 Outdoor || Eclipsed the 7000-point barrier for the first time in his career with a PR score of 7045, which was good for second at Penn Relays ... Score is also the 10th best in PSU history ... Scored lifetime bests in five of 10 events during the Penn Relays competition, including an impressive clearance of 6-8.25 (2.04) in the high jump ... Also placed second in the decathlon at the Liberty Collegiate Invitational. || 2011 Indoor || Placed fourth in the heptathlon at the Penn State National ... Finished third in the long jump at the Akron Invitational ... Took fourth in both the 60 and the long jump at the Penn State Relays ... Ran a personal-best 7.09 in the 60 at the Penn State Relays. || 2010 Outdoor || Placed fifth in the decathlon at the Liberty Collegiate Invitational ... Competed in the 200-meters and long jump at the Sun Angel Track Classic. || 2010 Indoor || Ran a personal-best 8.55 for the 60 hurdles at the Sykes-Sabock Challenge Cup ... Top individual finish was fifth, which he achieved in both the long jump and high jump at the Penn State Relays ... || 2009 Outdoor || Placed sixth in the decathlon at the Jim Click Shootout ... Notched a third-place finish in the multi-events at Penn Relays ... Was a member of fourth-place 4x400s at the Jim Click Shootout and Jesse Owens Classic. || 2009 Indoor || Took fifth in the heptathlon at the Penn State National, scoring 4807 ... Ran on the winning 4x400 at the Penn State Relays and the fourth-place mile relay at the Sykes-Sabock Challenge Cup. || High School || Finished first in the high jump and second in the indoor pole vault at the Maryland State Meet as a senior ... Placed fourth in the high jump and pole vault at the indoor state meet in 2007 ... Also a Maryland state qualifier in the 400-meters and triple jump ... A member of the winning 4x400 at the Golden South Classic ... Team won outdoor state titles in 2007 and 2008. || Personal || Son of Ukweni and Uwa Uzoh ... Born July 9, 1990 ... Majoring in Biochemistry and Molecular Biology.





Men's Newcomer Profiles



Sancho **BARRETT**

FR./FR. Eligible
Amityville, N.Y.
Amityville Memorial

SPRINTS, HURDLES, RELAYS

Barrett's Career Bests

	Indoor	Outdoor
55-Meter Hurdles	7.44	***
60-Meter Hurdles	8.22	***
110-Meter Hurdles	***	13.98

Before Penn State ... || High School || One of the top hurdle prospects in the Northeast ... Capped off the 2011 outdoor season with 110-hurdle victories at the N.Y. Section 11 State Qualifier, and the NYSPHSAA State Championships ... Dipped under the 14-second barrier for the first time in his career at the Section 11 Qualifier, turning in a PR 13.98 – the top time by a New Yorker in 2011 ... Clocked a 7.44 to win the 55-meter hurdles at the Hispanic Games at the New York Armory ... Performance was ranked second in the state of New York in 2011, and 13th nationally ... Won the N.Y. state outdoor title in the 110 hurdles and finished second in the 55 hurdles at the indoor state meet as a junior.



Ryan **BRENNAN**

FR./FR. Eligible
Chester, N.Y.
Monroe-Woodbury

MID-DISTANCE

Brennan's Career Bests

	Indoor	Outdoor
400-Meters	***	47.75
800-Meters	***	1:51.34

Before Penn State ... || High School || Comes to Penn State with some outstanding middle distance credentials, including a 10th-place effort in the 800-meters at New Balance Outdoor Nationals, where he clocked a personal-best 1:51.34 ... Placed second in the event at the NYSPHSAA State Championships, and was also a member of Monroe-Woodbury's fourth-place 4x800-meter relay ... Took third in the half mile at the N.Y. state meet as a junior, and went on to anchor the runner-up sprint medley relay at New Balance Outdoor Nationals with an official 800 split of 1:49.13 ... Also owns an impressive PR in the 400-meters at 47.75. **|| Personal ||** Birthday is September 6, 1992 ... Enrolled in the Division of Undergraduate Studies.



Brandon **BENNETT- GREEN**

SO./SO. Eligible
Elkins Park, Pa.
Cheltenham (Neumann Univ.)

SPRINTS, RELAYS

Bennett-Green's Career Bests

	Indoor	Outdoor
200-Meters	22.21	22.20
400-Meters	48.47	47.44

Before Penn State ... || Neumann University || Spent the 2010-11 seasons at Division III Neumann University, where he led the team in the sprinting events, running 22.20 for 200-meters and 47.44 for 400-meters ... Placed third in the 400 at the NCAA Division III Championships, and also earned third-place standing at the ECAC Championships. **|| High School ||** Placed fifth in the 400 at the 2010 PIAA State Championships, and was a member of the fifth-place 4x400-meter relay in the "Championship of America" section at Penn Relays. **|| Personal ||** Twin brother, Bernard, is also a member of the Nittany Lion track and field team.



Chris **CAMPBELL**


FR./FR. Eligible
Newtown, Pa.
Council Rock North

DISTANCE • CROSS COUNTRY

Campbell's Career Bests

	Indoor	Outdoor
1600-Meters	***	4:14.93
3000-Meters	8:52.05	***

Before Penn State ... || High School || Capped an outstanding cross country career at Council Rock North last fall, representing the Northeast Region at the 2010 Footlocker Cross Country Championships ... Had an impressive career at the state level, placing seventh at the PIAA AAA Championships as a junior, and fourth as a senior in 2010 ... Made a pair of trips to the PIAA Outdoor Championships in the 1600-meter run, taking sixth as a junior, and seventh this past spring. Campbell has run 4:14.93 for the 1600, and 8:52.05 for 3,000-meters. **|| Personal ||** Born June 23, 1993 ... Enrolled in the College of Health and Human Development.

**Robert
CREESE**
FR./FR. Eligible
Mount Airy, Md.
Glennelg

DISTANCE • CROSS COUNTRY

Creeese's Career Bests

	Indoor	Outdoor
800-Meters	***	1:54.00
Mile Run	***	4:10.60
3200-Meters	***	9:17.28

Before Penn State ... || High School || Placed sixth in the 2011 Penn Relays mile, ... Enjoyed an outstanding weekend at the Maryland State AA Championships as a senior, turning in a victory in the 3200-meters, as well as second-place efforts in the 800- and 1600-meters .. Took home a trio of Maryland state titles during the 2011 indoor season, winning the 800, 1600, and 3200 ... Would go on to finish 11th in the mile run at New Balance Indoor Nationals as a senior. Creeese will make the trip to Happy Valley with personal bests of 1:54.00 in the 800, 4:10.60 in the mile run, and 9:17.28 for the 3200. || **Personal** || Birthday is August 30, 1993 ... Plans to major in Engineering.




**Matt
GILMORE**
FR./FR. Eligible
Elkins Park, Pa.
Cheltenham

SPRINTS, RELAYS

Gilmore's Career Bests

	Indoor	Outdoor
100-Meters	***	10.82
200-Meters	21.89	21.42
400-Meters	48.52	47.46

Before Penn State ... || High School || Won the 400-meters at the 2011 PIAA Outdoor Championships, to go along with a silver-medal finish in the 200-meters ... Took top honors in the 200, 400, and 4x200-meter relay at the PFTCA Championships as a senior, and also captured a victory in the 400 at the prestigious Hispanic Games Invitational at the New York Armory ... Was a member of the second-place 4x400-meter relay at the 2010 New Balance Nationals, along with former Cheltenham and future Nittany Lion teammates Bernard Bennett-Green and Brandon Bennett-Green ... 4x400 also finished fifth in the Penn Relays "Championship of America" in 2010. Gilmore will come to Happy Valley with personal bests of 10.82 in the 100, 22.42 in the 200, and 47.46 for 400. || **Personal** || Born December 10, 1992 ... Major is undecided.



**Wade
ENDRESS**
FR./FR. Eligible
Altoona, Pa.
Altoona Area

MID-DISTANCE • CROSS COUNTRY

Endress' Career Bests

	Indoor	Outdoor
800-Meters	1:51.73	1:52.24
1600-Meters	***	4:13.77
Mile Run	4:13.34	***

Before Penn State ... || High School || Owns personal bests of 1:51.73 for 800-meters, and 4:13.34 for the mile, but also has enjoyed outstanding success on the cross country course including a runner-up effort at the PIAA AAA Championships this past fall ... Was a double winner at PFTCA Indoor Championships as a senior, taking top honors in both the 800 and mile run ... PR 1:51.73 at the state meet is also a Pennsylvania state indoor record ... Scored a pair of podium finishes at the PIAA Outdoor Championships as a senior, placing third in the 800 and fourth in the 1600-meters, and qualified for Nike Cross Country Nationals this past fall. || **Personal** || Born March 30, 1993 ... Enrolled in the College of Health and Human Development.



**Connor
MANLEY**
FR./FR. Eligible
Jamison, Pa.
Central Bucks West

MID-DISTANCE • CROSS COUNTRY

Manley's Career Bests

	Indoor	Outdoor
800-Meters	***	1:51.50

Before Penn State ... || High School || Owns a personal-best 1:51.50 for 800-meters ... Impressed in a national-class field at Penn Relays as a senior, anchoring his Central Bucks West squad to a third-place finish in the 4x800 Championship of America with a 1:51.51 anchor leg ... Ran a sizzling anchor leg on the 4x800 at the PIAA Championships, helping his Central Bucks West squad pull off an exciting come-from-behind victory in the event. Was a member of the winning 4x800 at the PFTCA Indoor Championships. || **Personal** || Born February 5, 1993 ... Enrolled in the Division of Undergraduate Studies.



Meet the Nittany Lions



Collin Anderson
Jr./So. Eligible
Northport, N.Y.
Northport
Distance



Erick Artusio
So./So. Eligible
Frederick, Md.
Gov. Thom. Jefferson
Pole Vault



Colin Baker
So./So.-Fr. Eligible
Haddonfield, N.J.
University of Pennsylvania
Distance



Bernard Bennett-Green
So./So. Eligible
Elkins Park, Pa.
Cheltenham
Sprints



Glen Burkhardt
Fr./Fr. Eligible
Kennett Square, Pa.
Unionville
Distance



Matt Fischer
So./Fr. Eligible
Kennett Square, Pa.
Unionville
Distance



Mark Fuller
Jr./Jr. Eligible
Camp Hill, Pa.
Cumberland Valley
Mid-Distance



Brian Leap
Fr./Fr. Eligible
Tyrone, Pa.
Bellwood Antis
Jumps



Michael McClelland
Fr./Fr. Eligible
Washington, Pa.
Trinity
Jumps



Justin Nykiel
So./Fr. Eligible
Marlton, N.J.
Cherokee
Throws



David Patzer
Jr./So. Eligible
Landisville, Pa.
Hempfield
Pole Vault



Shawn Quinn
So./Fr. Eligible
Ambler, Pa.
LaSalle College HS
Distance



Dan Sandrowicz
Sr./Jr. Eligible
Indiana, Pa.
Indiana
Jumps



Evan Ulatowski
Fr./Fr. Eligible
Chadds Ford, Pa.
Unionville
Sprints



2011 Indoor Top Performances

W 60m	Shavon Greaves7.33, PSN
W 200m	Shavon Greaves23.18, PSN Greaves@ 23.1, BT
W 400m	Shavon Greaves53.53, NLC
W 500m	Ije Iheoma1:13.04, PSR
W 600m	Ije Iheoma1:30.42, BT@ 1:29.57, BT
W 800m	Maura Ryan2:08.75, UW
W 1000m	Caitlin Lane2:45.95, NLC
W Mile	Caitlin Lane4:38.37, ND
W 3000m	Caitlin Lane9:18.74, UW
W 5000m	Brooklyne Ridder16:25.97, UW
W 60mH	Evonne Britton8.22, PSN
W 4x400m	Anyanwu, Iheoma, Greaves, Duncan3:34.00, NCAA
W 4x800m	Klebe, Fisher, Shannon, Simko9:03.06, PSR
W DMR	Ryan, Anyanwu, Shannon, Bower11:37.49, BT@ 11:33.59, BT
W 4xMile	Giannotti, Peri, Sofo, Ryan21:18.03, PSR
W HJ	Bianca Fung5-8 (1.73), BT
W PV	Jocelyn Witmer12-2.50 (3.72), AK
W LJ	Bianca Fung20-2.25 (6.15), SS
W TJ	Tanaya Lloyd40-11.50 (12.48), BT
W SP	Jane Swenson46-5.50 (14.16), PSN
W WT	Jane Swenson56-6.50 (17.23), SS
W Pent	Brittney Howell3509, BT

@ - Flat to Banked Converted
BOLD - Denotes School Record

2010 Indoor Schedule and Key

PSR	Penn State RelaysJanuary 8
NLC	Nittany Lion ChallengeJanuary 15
PSN	Penn State NationalJanuary 28/29
SS	Sykes-Sabock Challenge CupFebruary 5
TYS	Tyson Invitational (Arkansas)February 11/12
UW	Flotrack Husky Classic (Washington)February 11/12
AK	Akron Invitational (Akron)February 11/12
BT	Big Ten ChampionshipsFebruary 26/27
ND	Alex Wilson Last Chance (Notre Dame)March 4/5
VT	Virginia Tech Last ChanceMarch 5
NCAA	NCAA Indoor ChampionshipsMarch 11/12



Junior Caitlin Lane had a banner year for the Nittany Lions in 2010-11, setting a new school-record in the 1,000-meters at 2:45.95.

2011 Indoor Season Highlights

NCAA INDOOR RESULTS

NCAA Finish - T-45th (3 pts)
Ninth-Straight Scoring Finish

NCAA All-Americans (1st-8th Places)
 Women's 4x400-Meter Relay6th, 3:34.00
 D. Anyanwu, I. Iheoma, S. Greaves, M. Duncan

NCAA Second Team All-Americans (9th-16th)
 Shavon Greaves, 200m12th, 23.47
 Caitlin Lane, Mile Run14th, 4:46.18

NCAA Automatic Qualifiers
 Shavon Greaves, 200m@ 23.17

BIG TEN INDOOR RESULTS

Big Ten Finish - Second Place (86 pts)
Ninth-Straight Top Four Finish
Third-Straight Top Two Finish

Big Ten Champions (First Team All-Conference)
 Shavon Greaves, 200m23.67
*Lambert Field House Record (Purdue)
*Third-Straight Indoor Title

Women's 4x400 (Anyanwu, Iheoma, Greaves, Duncan)3:37.80
* Lambert Field House Record (Purdue)
* PSU's Sixth-Straight Indoor Title

Big Ten Silver Medalists (Second Team All-Conference)
 Caitlin Lane, Mile Run4:43.44

Big Ten Bronze Medalists
 Shavon Greaves, 60m7.37

Big Ten Award Winners
 Maura RyanBig Ten Sportsmanship Award

AWARDS AND HONORS

USTFCCCA Mid-Atlantic Regional Award Winners
 Chris JohnsonWomen's Assistant Coach of the Year

Big Ten Athlete of the Week Recipients
 Shavon GreavesJanuary 31



Shavon Greaves ended her career as one of the most-decorated athletes in Nittany Lion history with 14 Big Ten titles, including her third-consecutive indoor 200 crown in 2011.



2011 Outdoor Top Performances

W 100m	Shavon Greaves	11.64 (1.8)
W 200m	Shavon Greaves	23.58 (1.9)
W 400m	Ije Iheoma	53.50
W 800m	Maura Ryan	2:06.80
W 1,500m	Caitlin Lane	4:23.07
W 5,000m	Caitlin Lane	16:18.14
W 10,000m	Kara Millhouse	33:31.93
W 100mH	Evonne Britton	13.11 (1.0)
W 400mH	Megan Duncan	57.35
W 3000m SC	Natalie Bower	10:18.48
W 4x100m	Greaves, Iheoma, Anyanwu, DeFusco	45.93
W 4x200m	Duncan, Iheoma, Anyanwu, DeFusco	1:36.56
W 4x400m	Anyanwu, Greaves, Iheoma, Duncan	3:30.35
W 4x800m	Lane, Simko, Fisher, Ryan	8:39.44
W SMR	Greaves, Anyanwu, Iheoma, Simko	3:55.24
W HJ	Kelsey Coutts	5-8.50 (1.74)
	Erika Morgan	5-8.50 (1.74)
W PV	Jocelyn Witmer	12-7.50 (3.85)
W LJ	Bianca Fung	19-11 (6.07) +2.2
	Fung	19-8 (5.99) +0.0
W TJ	Tanaya Lloyd	41-9.75 (12.74) +3.8
	Lloyd	40-7 (12.37) -1.2
W SP	Jane Swenson	52-6 (16.00)
W DT	Taylor McNally	157-6 (48.02)
W HT	Jane Swenson	172-4 (52.53)
W Jav	Karlee McQuillen	172-2 (52.48)
W Hept	Brittney Howell	4604

BOLD - Denotes School Record

2011 Outdoor Schedule and Key

STAN	Stanford Invitational	March 27-28
FLR	Florida Relays (Univ. of Florida)	April 1/2
GMU	Patriot Invitational (George Mason)	April 9
AUB	War Eagle Invitational (Auburn)	April 15/16
MTS	Mt. SAC Relays	April 14/16
JO	Jesse Owens Classic (Ohio State)	April 21/22
PR	Penn Relays	April 25/29
PSO	Penn State Open	May 7
BT	Big Ten Championships (Iowa)	May 13/15
FR	NCAA First Round (Indiana)	May 27/29
NCAA	NCAA Championships (Drake)	June 8/11
USATF	USATF Jr. and Sr. Champs. (Oregon)	June 23/26



In a breakout 2011 campaign, Kara Millhouse set a new school record at 10,000-meters, and won her first-career Big Ten title in the event.

2011 Season Highlights

INCAA OUTDOOR RESULTS

NCAA Finish - T-44th (5 pts)
.....11th-Straight Scoring Finish

NCAA All Americans (1st-8th Places)
Women's 4x400-Meter Relay4th, 3:30.35
D. Anyanwu, S. Greaves, I. Iheoma, M. Duncan

NCAA Second Team All-Americans (9th-16th)
Evonne Britton, 100mH.....9th, 13.12
Megan Duncan, 400mH.....15th, 57.39
Karlee McQuillen, Javelin.....10th, 157-2 (47.93)
Laura Loht, Javelin15th, 152-4 (46.44)

NCAA Honorable Mention All-Americans (17th-24th)
Evonne Britton, 400mH.....17th, 58.09
Ije Iheoma, 400m22nd, 53.94

NCAA First Round Qualifiers
100m.....Shavon Greaves, 11.64
200m.....Shavon Greaves, 23.58
400m.....Ije Iheoma, 54.00; Doris Anyanwu, 54.62
800m.....Maura Ryan, 2:06.80; Bekka Simko, 2:08.55
5,000m.....Caitlin Lane, 16:18.14
10,000m.....Kara Millhouse, 33:31.93
100mH.....Evonne Britton, 13.23
400mH.....Megan Duncan, 57.35; Evonne Britton, 57.41
3,000m SC.....Natalie Bower, 10:18.48; Lindsey Graybill, 10:34.28
4x400m.....Anyanwu, Greaves, Iheoma, Duncan, 3:36.56
HJ.....Kelsey Coutts, Erika Morgan, 5-8.50 (1.74)
PV.....Jocelyn Witmer, 12-7.50 (3.85)
LJ.....Bianca Fung, 19-11 (6.07)
TJ.....Tanaya Lloyd, 41-9.75 (12.75)
SP.....Jane Swenson, 52-6 (16.00)
Jav.....Karlee McQuillen, 163-5 (49.82); Laura Loht, 151-5 (46.15)
.....Kaitchen Dearborn, 148-11 (45.38)

BIG TEN OUTDOOR RESULTS

Big Ten Finish - Second Place (122 pts)
.....Ninth-Straight Top Three Finish

Big Ten Champions (First Team All-Conference)
Kara Millhouse, 10,000m35:02.33
.....* Cretzmeyer Track Record (Iowa)

Megan Duncan, 400mH57.35
.....* Cretzmeyer Track Record (Iowa)

Karlee McQuillen, Javelin162-10 (49.63)

Big Ten Silver Medalists (Second Team All-Conference)
Evonne Britton, 400mH57.41
Women's 4x400 (Anyanwu, Greaves, Iheoma, Duncan)3:37.57
Tanaya Lloyd, Triple Jump41-9.75 (12.74)w

Big Ten Bronze Medalists
Ije Iheoma, 400m54.16
Maura Ryan, 800m2:06.80
Evonne Britton, 100mH13.23
Bianca Fung, Long Jump19-2.75 (5.86)
Laura Loht, Javelin.....141-0 (42.97)

Big Ten Award Winners
Shavon Greaves.....Big Ten Sportsmanship Award

AWARDS AND HONORS

Big Ten Athlete of the Week Recipients
Karlee McQuillen.....April 6



2011 Indoor Top Performances

M 60m	Alex Kenney6.96, BT
M 200m	Brady Gehret21.29, NLC @ 21.07, BT
M 400m	Brady Gehret46.22, NCAA
M 500m	Casimir Loxsom1:01.28, PSR
M 600m	Casimir Loxsom1:17.35, BT @ 1:16.88, BT
M 800m	Casimir Loxsom1:47.36, PSN
M 1000m	Ryan Foster2:19.96, NLC
M Mile	Ryan Foster3:58.49, PSN
M 3000m	Nick Scarpello8:20.44, NLC
M 5000m	Chris Cipro14:45.21, BT @ 14:41.41, BT
M 60mH	Jonathan Kowal8.37, SS
M 4x400	Nadolsky, Williams, Loxsom, Gehret3:07.27, ND
M DMR	Borchers, Williams, Loxsom, O. Dawson9:35.21, ND
M 4xMile	Anderson, Carkeedle, Pawola, Scarpello17:24.16, PSU
M HJ	Bryson Hartzler7-1.50 (2.17), PSU
M PV	Erick Artusio15-8.25 (4.78), BT Jason Pelletier15-8.25 (4.78), BT
M LJ	Doug Moppert24-5.75 (7.46), NLC
M TJ	Hanif Johnson51-5.50 (15.68), NLC
M SP	Joe Kovacs65-1.25 (19.84), BT
M WT	Logan Caldwell63-8.75 (19.42), PSN
M Hept	Anya Uzoh5250, BT

@ - Flat to Banked Converted
BOLD - Denotes School Record

2011 Indoor Schedule and Key

PSR	Penn State RelaysJanuary 8
NLC	Nittany Lion ChallengeJanuary 15
PSN	Penn State NationalJanuary 28/29
SS	Sykes-Sabock Challenge CupFebruary 5
TYS	Tyson Invitational (Arkansas)February 11/12
UW	Flotrack Husky Classic (Washington)February 11/12
AK	Akron Invitational (Akron)February 11/12
BT	Big Ten Championships (Illinois)February 26/27
ND	Alex Wilson Last Chance (Notre Dame)March 4/5
VT	Virginia Tech Last ChanceMarch 5
NCAA	NCAA Indoor ChampionshipsMarch 11/12



Ryan Foster became the first Nittany Lion to break the elusive four-minute barrier in the mile run indoors in 2011, clocking 3:58.49.

2011 Season Highlights

NCAA INDOOR RESULTS

NCAA Finish - T-11th (16 pts)
Second-Straight Top 15 Finish
Second-Highest Indoor Finish (8th, 1975)

NCAA All-Americans (1st-8th Places)
 Brady Gehret, 400m3rd, 46.22
 Ryan Foster, Mile Run3rd, 4:00.17
 Men's 4x400-Meter Relay5th, 3:07.50
 A. Nadolsky, L. Williams, C. Loxsom, B. Gehret

NCAA Second Team All-Americans (9th-16th)
 Casimir Loxsom, 800m10th, 1:49.37
 Blake Eaton, Shot Put12th, 61-0 (18.59)
 Joe Kovacs, Shot Put14th, 59-10.25 (18.24)

NCAA Automatic Qualifiers
 Casimir Loxsom, 800m1:47.36
 Ryan Foster, Mile Run3:58.49
 Joe Kovacs, Shot Put65-1.25 (19.84)

BIG TEN INDOOR RESULTS

Big Ten Team Finish - Sixth Place (62.66 pts)

Big Ten Champions (First Team All-Conference)
 Ryan Foster, 800m1:49.98
* Third-Straight Indoor Title

Joe Kovacs, Shot Put65-1.25 (19.84)

Big Ten Silver Medalists (Second Team All-Conference)
 Brady Gehret, 400m47.19
 Casimir Loxsom, 600m1:17.35

Big Ten Bronze Medalists
 Men's 4x400 (Williams, Mpanduki, Loxsom, Nadolsky)3:14.78

Big Ten Award Winners
 Chris CiproBig Ten Sportsmanship Award

AWARDS AND HONORS

USTFCCCA Mid-Atlantic Regional Award Winners
 Ryan FosterMen's Track Athlete of the Year
 Joe KovacsMen's Field Athlete of the Year

Big Ten Athlete of the Week Recipients
 Blake EatonFebruary 7



Joe Kovacs won his first-career Big Ten title in the shot put in 2011, and was named USTFCCCA Mid-Atlantic Field Athlete of the Year for the second-straight indoor campaign.



2011 Outdoor Top Performances

M 100m	Anya Uzoh11.11 (0.7), BT
M 200m	Brady Gehret20.93 (0.9), FLR
M 400m	Brady Gehret46.69, AUB
M 800m	Casimir Loxsom1:45.28, HJC
M 1,500m	Ryan Foster	3:39.57, HJC
M 5,000m	Vince McNally	14:19.95, PR
M 10,000m	Kyle Dawson30:49.56, BT
M 110mH	Anya Uzoh	15.74 (-0.4), PR
M 400mH	Mark Filandro53.53, JO
M 3000m SC	Nick Scarpello9:12.58, JO
M 4x100	Mpanduki, Nadolsky, Johnson, Moppert,41.75, PSO
M 4x200	Mpanduki, Gehret, Nadolsky, Filandro1:24.42, PR
M 4x400	Nadolsky, Williams, Loxsom, Gehret3:07.19, FLR
M 4x800	Williams, Borchers, Foster, Loxsom7:12.90, PR
M SMR	Nadolsky, Gehret, Loxsom, Foster3:17.10, PR
M DMR	Revord, Bennett-Green, Borchers, Cipro9:59.70, FLR
M HJ	Sean Reilly7-0.25 (2.14), PSO
M PV	Jason Pelletier15-9 (4.80), LIB
M LJ	Doug Moppert25-0 (7.62) +3.7, PSO
	Moppert24-5.50 (7.45) 0.6, AUB
M TJ	Hanif Johnson51-8.50 (15.76) 1.6, FLR
M SP	Blake Eaton62-10 (19.15), ASH
	Joe Kovacs62-10 (19.15), USATF
M DT	Blake Eaton186-3 (56.78), JO
M HT	Joe Kovacs201-9 (61.50), AUB
M Jav	Eli Skinner208-7 (63.58), BT
M Dec	Anya Uzoh7045, PR

BOLD Denotes School Record

2011 Outdoor Schedule and Key

STAN	Stanford Invitational	March 27-28
FLR	Florida Relays (Univ. of Florida)	April 1/2
LIB	Liberty Collegiate Invitational	April 1/2
GMU	Patriot Invitational (George Mason)	April 9
AUB	War Eagle Invitational (Auburn)	April 15/16
MTS	Mt. SAC Relays	April 14/16
JO	Jesse Owens Classic (Ohio State)	April 21/22
PR	Penn Relays	April 25/29
PSO	Penn State Open	May 7
BT	Big Ten Championships (Iowa)	May 13/15
FR	NCAA First Round (Indiana)	May 27/29
NCAA	NCAA Championships (Drake)	June 8/11
ASH	Ashland Summer Series	June 17
NJI	New Jersey International Invitational	June 18
USATF	USATF Jr. and Sr. Champs. (Oregon)	June 23/26
HJC	Harry Jerome Classic	July 1



Casimir Loxsom won his second-straight Big Ten Outdoor title at 800-meters, and went on to finish fourth in the NCAA, and sixth at the USATF Championships.

2010 Season Highlights

NCAA OUTDOOR RESULTS

NCAA Team Finish - T-20th (11 pts)
Highest Finish Since 1993 Season (T-20th)

NCAA All Americans (1st-8th Places)

Joe Kovacs, Shot Put3rd, 62-6.50 (19.06)
 Casimir Loxsom, 800m.....4th, 1:45.31

NCAA Second Team All-Americans (9th-16th)

Samuel Borchers, 800m9th, 1:47.51
 Blake Eaton, Shot Put.....9th, 60-9.25 (18.52)
 Hanif Johnson, Triple Jump.....15th, 51-6.25 (15.70)

NCAA First Round Qualifiers

800mCasimir Loxsom, 1:46.45
Samuel Borchers, 1:49.06
 1500m.....Ryan Foster, 3:45.56
 4x400mNadolsky, Williams, Loxsom, Gehret, 3:07.19
 HJSean Reilly, 7-0.25 (2.14)
 LJDoug Moppert, 25-0 (7.62)
 TJHanif Johnson, 51-8.50 (15.76)
 SPJoe Kovacs, 62-0.50 (18.91)
Blake Eaton, 61-8.50 (18.81)
 DTBlake Eaton, 186-3 (56.78)
Joe Kovacs, 184-0 (56.08)
Will Barr, 179-2 (54.63)
 JavEli Skinner, 208-7 (63.58)

BIG TEN OUTDOOR RESULTS

Big Ten Outdoor Finish - Sixth (74 pts)

Big Ten Champions (First Team All-Conference)

Casimir Loxsom, 800m1:47.70
* Cretzmeyer Track Record (Iowa)

Blake Eaton, Shot Put61-8.50 (18.81)

Big Ten Silver Medalists (Second Team All-Conference)

Ryan Foster, 1500m.....3:50.15
 Joe Kovacs, Shot Put.....61-4.75 (18.71)

Big Ten Bronze Medalists

Sean Reilly, High Jump6-9.50 (2.07)
 Doug Moppert, Long Jump.....23-9 (7.24)
 Hanif Johnson, Triple Jump51-9.25 (15.78)w

Big Ten Award Winners

Kyle Dawson.....Big Ten Sportsmanship Award

AWARDS AND HONORS

USTFCCA Mid-Atlantic Regional Award Winners

Casimir Loxsom.....Men's Track Athlete of the Year

Big Ten Athlete of the Week Recipients

Joe KovacsApril 20
 Casimir Loxsom.....April 27
 Ryan FosterMay 4
 Sean ReillyMay 11



2011 Big Ten Women's Indoor Results

Big Ten Women's Indoor Championships West Lafayette, Ind. * February 26-27, 2011

WOMEN'S 60-METER DASH

1 McNary, Madison	Ohio State	7.27
2 Manning, Christina	Ohio State	7.29
3 Greaves, Shavon	Penn State	7.37
4 Okoraji, Chimerem	Minnesota	7.43
5 Sykes, Chesna	Ohio State	7.49
6 Robinson, Tamika	Illinois	7.50
7 Linton, Christienne	Ohio State	7.50
8 Mann, Erica	Mich State	7.53

WOMEN'S 200-METER DASH

1 Greaves, Shavon	Penn State	23.67
2 Manning, Christina	Ohio State	23.78
3 McNary, Madison	Ohio State	24.05
4 Kelly, Ashley	Illinois	24.12
5 Cole, Alisha	Michigan	24.35
6 Wright, Letecia	Ohio State	24.49
7 Jones, Erin	Iowa	24.51
8 Bailey, Aireonna	Indiana	24.61

WOMEN'S 400-METER DASH

1 Kelly, Ashley	Illinois	54.54
2 Liverpool, Ashley	Iowa	54.79
3 Brooks, Alena	Minnesota	55.04
4 McGinnis, Shaniqua	Ohio State	55.54
5 Duncan, Megan	Penn State	55.57
6 Hendricks, Tiffany	Iowa	55.76
7 Dim, Jacqueline	Ohio State	56.13
8 Boyd, Ryisha	Illinois	56.41

WOMEN'S 600-METER RUN

1 Praska, Bethany	Iowa	1:28.99
2 Harper, Brittney	Wisconsin	1:29.62
3 Bannister, Amelia	Mich State	1:29.79
4 Iheoma, Ijeoma	Penn State	1:30.42
5 Gray, Jordan	Indiana	1:32.55
6 Simko, Rebekka	Penn State	1:34.42
7 Williams, Brittani	Michigan	1:34.45
8 Brooks, Alena	Minnesota	1:34.52

WOMEN'S 800-METER RUN

1 Smith, Jillian	Michigan	2:06.92
2 Morgan, Stephanie	Illinois	2:08.02
3 Murphy, Samantha	Illinois	2:09.53
4 Ryan, Maura	Penn State	2:10.60
5 Dittmar, Jamie	Minnesota	2:11.42
6 Brink, Victoria	Ohio State	2:11.84
7 Baker, Ashley	Indiana	2:12.52
8 Williams, Alex	Michigan	2:13.07

WOMEN'S ONE MILE RUN

1 Addison, Rebecca	Michigan	4:42.99
2 Lane, Caitlin	Penn State	4:43.44
3 Swenson, Nikki	Minnesota	4:43.66
4 Tauro, Danielle	Michigan	4:43.69
5 Yetzer, Elizabeth	Minnesota	4:44.57
6 Blanchard, Chelsea	Indiana	4:46.93
7 Hardesty, Lauren	Iowa	4:47.78
8 Melander, McKenzie	Iowa	4:47.99

WOMEN'S 3,000-METER RUN

1 MacLeod, Emily	Mich State	9:22.83
2 Flood, Betsy	Iowa	9:23.09
3 Price, Stephanie	Minnesota	9:25.62
4 Millhouse, Kara	Penn State	9:29.59
5 Groenewoud, Chantelle	Illinois	9:31.49
6 Green, Carlie	Mich State	9:32.06
7 Pease, Sarah	Indiana	9:35.15
8 Varpness, Missa	Minnesota	9:38.96

WOMEN'S 5,000-METER RUN

1 MacLeod, Emily	Mich State	16:25.65
2 Flood, Betsy	Iowa	16:25.67
3 Price, Stephanie	Minnesota	16:31.88
4 Millhouse, Kara	Penn State	16:34.54
5 Ridder, Brooklyne	Penn State	16:36.10
6 Pogue, Taylor	Michigan	16:37.51
7 Patterson, Kaitlyn	Michigan	16:40.14
8 Pease, Sarah	Indiana	16:41.82

WOMEN'S 60-METER HURDLES

1 Manning, Christina	Ohio State	8.01
2 Wright, Letecia	Ohio State	8.03
3 Robinson, Tamika	Illinois	8.21
4 Britton, Evonne	Penn State	8.22
5 Purvis, Julian	Michigan	8.36
6 Arriguzo, Leslie	Mich State	8.39
7 Staisiunaitė, Egle	Wisconsin	8.47
8 Linton, Christienne	Ohio State	8.64

WOMEN'S 4X400-METER RELAY

1 Penn State	3:37.80
2 Iowa	3:40.38
3 Ohio State	3:40.59
4 Illinois	3:41.36
5 Michigan State	3:44.46
6 Michigan	3:45.21
7 Purdue	3:45.87
8 Wisconsin	3:47.24

WOMEN'S DISTANCE MEDLEY RELAY

1 Michigan	11:17.34
2 Minnesota	11:21.6
3 Iowa	11:26.34
4 Illinois	11:29.03
5 Indiana	11:35.32
6 Penn State	11:37.49
7 Wisconsin	11:37.78
8 Ohio State	11:42.27

WOMEN'S HIGH JUMP

1 Jakutyte, Monika	Wisconsin	1.82m	5-11.50
2 Breslin, Emily	Purdue	1.79m	5-10.50
3 Buchholtz, Rebecca	Mich State	1.76m	5-09.25
4 Kimoto, Emma	Indiana	1.76m	5-09.25
5 Fung, Bianca	Penn State	1.73m	5-08.00
5 Galbraith, Ashley	Ohio State	1.73m	5-08.00
7 Akinniyi, Dorcas	Wisconsin	1.73m	5-08.00
8 Morgan, Erika	Penn State	1.70m	5-07.00

WOMEN'S POLE VAULT

1 Sonnenberg, Samantha	Minnesota	4.15m	13-07.25
2 Ahbe, Kelsie	Indiana	4.05m	13-03.50
3 Pilkerton, Becca	Minnesota	4.05m	13-03.50
4 Neuenschwander, Vera	Indiana	3.95m	12-11.50
5 Richartz, Stephanie	Illinois	3.95m	12-11.50
6 Chin, Stephanie	Indiana	3.95m	12-11.50
7 Tabel, Kiley	Michigan	3.85m	12-07.50
7 Smith, Ashley	Mich State	3.85m	12-07.50

WOMEN'S LONG JUMP

1 Eber, Leah	Purdue	6.27m	20-07.00
2 Willis, Todea-Kay	Minnesota	6.17m	20-03.00
3 McKinney, Kelcey	Ohio State	5.93m	19-05.50
4 Nunn, Nikki	Purdue	5.85m	19-02.50
5 Busbee, Erin	Michigan	5.78m	18-11.75
6 Pedro, Adenike	Ohio State	5.77m	18-11.25
7 Howell, Brittney	Penn State	5.67m	18-07.25
8 Linton, Christienne	Ohio State	5.67m	18-07.25

WOMEN'S TRIPLE JUMP

1 Stacey, Ashley	Mich State	12.69m	41-07.75
2 McKinney, Kelcey	Ohio State	12.58m	41-03.25
3 Unachukwu, Ada	Michigan	12.55m	41-02.25
4 Helgren, Jordan	Wisconsin	12.52m	41-01.00
5 Lloyd, Tanaya	Penn State	12.48m	40-11.50
6 Eber, Leah	Purdue	12.43m	40-09.50
7 Willis, Todea-Kay	Minnesota	12.07m	39-07.25
8 Busbee, Erin	Michigan	12.07m	39-07.25

WOMEN'S SHOT PUT

1 Sherrill, Faith	Indiana	17.73m	58-02.00
2 Riddick, Monique	Indiana	16.27m	53-04.50
3 Wannemacher, Stacey	Purdue	15.72m	51-07.00
4 Bunch, Dani	Purdue	15.39m	50-06.00
5 Smith, Taylor	Wisconsin	15.33m	50-03.50
6 Slinden, Liberty	Purdue	15.00m	49-02.50
7 Anderson, Terri	Purdue	14.83m	48-08.00
8 Lewis, Shatora	Mich State	14.79m	48-06.25

WOMEN'S 20-POUND WEIGHT

1 Bunch, Dani	Purdue	20.54m	67-04.75
2 Rohl, Beth	Mich State	20.33m	66-08.50
3 Mullen, Maggie	Ohio State	20.27m	66-06.00
4 Sherrill, Faith	Indiana	19.29m	63-03.50
5 Thomas, Alexis	Ohio State	19.16m	62-10.50
6 Smith, Taylor	Wisconsin	19.08m	62-07.25
7 Wannemacher, Stacey	Purdue	18.67m	61-03.00
8 Daniels, Catherine	Mich State	18.42m	60-05.25

WOMEN'S PENTATHLON

1 Akinniyi, Dorcas	Wisconsin	3929
2 Gray, Alana	Ohio State	3711
3 Galbraith, Ashley	Ohio State	3708
4 Morris, Laura	Indiana	3609
5 Washington, Kelly	Illinois	3596
6 Howell, Brittney	Penn State	3509
7 Akeredolu, Tofunmi	Michigan	3497
8 Woodard, Courtney	Indiana	3496

* - Denotes Big Ten Meet Record

WOMEN'S TEAM RANKINGS

1) Ohio State	122.50	2) Penn State	86
3) Minnesota	73	4) Michigan	68.50
5) Indiana	67	6) Michigan State	65
7) Illinois	61	8) Purdue	56
8) Iowa	56	10) Wisconsin	47

2011 Big Ten Women's Outdoor Results



Big Ten Outdoor Championships Iowa City, Iowa *Mary 13-15, 2011

WOMEN'S 100-METER DASH

1. Manning, Christina	JR	Ohio State	11.29
2. McNary, Madison	JR	Ohio State	11.46
3. Sykes, Chesna	FR-	Ohio State	11.51
4. Okoroji, Chimerem	JR	Minnesota	11.53
5. Greaves, Shavon	SR	Penn State	11.64
6. Robinson, Tamika	SR	Illinois	11.68
7. Bailey, Aireonna	SO	Indiana	11.70
8. Mann, Erica	SR	Michigan State	11.95

WOMEN'S 200-METER DASH

1. McNary, Madison	JR	Ohio State	23.22
2. Kelly, Ashley	JR	Illinois	23.49
3. Bailey, Aireonna	SO	Indiana	23.53
4. Greaves, Shavon	SR	Penn State	23.58
5. Smith, Kayla	SO	Illinois	24.00
6. Bates, Melissa	SR	Illinois	24.03
7. Cole, Alisha	SR	Michigan	24.20
8. Iheoma, Ijeoma	JR	Penn State	24.21

WOMEN'S 400-METER DASH

1. McGinnis, Shantiqua	JR	Ohio State	53.64
2. Kelly, Ashley	JR	Illinois	53.64
3. Iheoma, Ijeoma	JR	Penn State	54.16
4. Bates, Melissa	SR	Illinois	54.48
5. Brooks, Alena	SO	Minnesota	54.85
6. Anyanwu, Doris	SO	Penn State	54.89
7. Liverpool, Ashley	FR	Iowa	55.00
8. Golliday, Marissa	SO	Illinois	56.44

WOMEN'S 800-METER RUN

1. Praska, Bethony	SR	Iowa	2:05.63
2. Addison, Rebecca	SO	Michigan	2:06.68
3. Ryan, Maura	SR	Penn State	2:06.80
4. Swenson, Nikki	SR	Minnesota	2:07.69
5. Simko, Rebekka	FR	Penn State	2:09.01
6. Harper, Britney	SO	Wisconsin	2:09.43
7. Christopher, Ruth	SO	Indiana	2:09.63
8. Shoolbraid, Kari	SO	Purdue	2:09.88

WOMEN'S 1500-METER RUN

1. Addison, Rebecca	SO	Michigan	4:26.59
2. Swenson, Nikki	SR	Minnesota	4:27.43
3. Smith, Jillian	FR	Michigan	4:27.68
4. Morgan, Stephanie	SO	Illinois	4:27.84
5. Lane, Caitlin	JR	Penn State	4:28.37
6. MacLeod, Emily	SR	Michigan State	4:28.41
7. Yetzer, Elizabeth	SR	Minnesota	4:28.79
8. Melander, McKenzie	JR	Iowa	4:29.65

WOMEN'S 5,000-METER RUN

1. MacLeod, Emily	SR	Michigan State	16:09.10
2. Flood, Betsy	JR	Iowa	16:12.01
3. Sisson, Emily	FR	Wisconsin	16:16.06
4. Green, Carlie	JR	Michigan State	16:25.74
5. Eilers, Brooke	JR	Iowa	16:26.46
6. Melander, McKenzie	JR	Iowa	16:28.47
7. Boyle, Elizabeth	SR	Illinois	16:37.20
8. Yetzer, Elizabeth	SR	Minnesota	16:38.07

WOMEN'S 10,000-METER RUN

1. Millhouse, Kara	JR	Penn State	35:02.33
2. Flood, Betsy	JR	Iowa	35:05.10
3. Sisson, Emily	FR-	Wisconsin	35:07.35
4. Blanchard, Chelsea	JR	Indiana	35:09.29
5. Price, Stephanie	SO	Minnesota	35:14.98
6. Haines, Katie	SO	Michigan State	35:27.92
7. Riddeman, Erica	SO	Indiana	35:29.33
8. Boyle, Elizabeth	SR	Illinois	35:38.38

WOMEN'S 100-METER HURDLES

1. Manning, Christina	JR	Ohio State	12.86
2. Wright, Letecia	SR	Ohio State	12.94
3. Britton, Evonne	SO	Penn State	13.23
4. Robinson, Tamika	SR	Illinois	13.27
5. Purvis, Julian	JR	Michigan	13.29
6. Staisiunaite, Egle	SR	Wisconsin	13.45
7. Gray, Alana	SR	Ohio State	13.83
8. Tabb, Ciana	FR	Purdue	13.91

WOMEN'S 400-METER HURDLES

1. Duncan, Megan	SR	Penn State	57.35
2. Britton, Evonne	SO	Penn State	57.41
3. Cousar, Nyjah	SO	Ohio State	58.01
4. Dahl, Sharyn	JR	Minnesota	58.44
5. Staisiunaite, Egle	SR	Wisconsin	58.82
6. Griffith, Latoya	JR	Illinois	59.00
7. Hendricks, Tiffany	SR	Iowa	59.88
8. Williams, Alex	JR	Michigan	1:02.32

WOMEN'S 3,000-METER STEEPLECHASE

1. Pease, Sarah	SR	Indiana	10:15.05
2. Groenewoud, Chantelle	SR	Illinois	10:17.28
3. Engel, Caitlin	JR	Indiana	10:21.89
4. Ehrman, Breanne	JR	Indiana	10:24.08
5. Bower, Natalie	SO	Penn State	10:25.02
6. Stack, Amber	SO	Illinois	10:31.22
7. Moraczewski, Katie	FR	Minnesota	10:33.66
8. Evans, Tiffany	JR	Michigan State	10:35.19

WOMEN'S 4x100-METER RELAY

1. Ohio State	43.94
2. Illinois	44.59
3. Minnesota	44.92
4. Penn State	45.93
5. Indiana	46.04
6. Wisconsin	46.16
7. Purdue	46.54
8. Michigan	46.63

WOMEN'S 4x400-METER RELAY

1. Iowa	3:36.51
2. Penn State	3:37.57
3. Minnesota	3:38.03
4. Illinois	3:38.34
5. Ohio State	3:40.14
6. Indiana	3:41.82
7. Purdue	3:41.90
8. Wisconsin	3:42.93

WOMEN'S HIGH JUMP

1. Buchholtz, Rebecca	JR	Michigan State	1.82m	5'11.50"
2. Breslin, Emily	SR-	Purdue	1.82m	5'11.50"
3. Jakulyte, Monika	JR	Wisconsin	1.76m	5'9.25"
4. Simko, Emma	SO	Indiana	1.76m	5'9.25"
5. McCaugherly, Kendall	JR	Illinois	1.76m	5'9.25"
6. Galbraith, Ashley	JR	Ohio State	1.73m	5'8"
7. Devine, Natalie	SR	Minnesota	1.70m	5'7"
7. Scherling, Jessica	JR	Michigan State	1.70m	5'7"

WOMEN'S POLE VAULT

1. Neuenswander, Vera	SR	Indiana	4.36m	14' 3.5"
2. Ahbe, Kelsie	SO	Indiana	4.26m	13' 11.75"
3. Richartz, Stephanie	FR	Illinois	4.06m	13' 3.75"
4. Sonnenberg, Samantha	SR	Minnesota	3.96m	12' 11.75"
5. Smith, Ashley	SR	Michigan State	3.86m	12' 8"
6. Tabei, Kiley	FR	Michigan	3.86m	12' 8"
7. Stover, Elizabeth	JR	Purdue	3.86m	12' 8"
8. Chin, Stephanie	SR	Indiana	3.76m	12' 4"

WOMEN'S LONG JUMP

1. Eber, Leah	JR	Purdue	5.96m	19' 6.75"
2. Stacey, Ashley	FR	Michigan State	5.94m	19' 6"
3. Fung, Bianca	SR	Penn State	5.86m	19' 2.75"
4. Willis, Todea-Kay	SO	Minnesota	5.83m	19' 1.5"
5. Pedro, Adenike	FR	Ohio State	5.81m	19' 0.75"
6. Nunn, Nikki	FR	Purdue	5.70m	18' 8.5"
7. McKinney, Kelcey	JR	Ohio State	5.68m	18' 7.75"
8. Akeredolu, Tofunmi	SO	Michigan	5.66m	18' 7"

WOMEN'S TRIPLE JUMP

1. McKinney, Kelcey	JR	Ohio State	12.80m	42' 0"
2. Lloyd, Tanaya	JR	Penn State	12.74m	41' 9.75"
3. Helgren, Jordan	JR	Wisconsin	12.39m	40' 7.75"
4. Stacey, Ashley	FR	Michigan State	12.30m	40' 4.25"
5. Eber, Leah	JR	Purdue	12.28m	40' 3.5"
6. Mack, Rachael	SO	Ohio State	12.27m	40' 3.25"
7. Unachukwu, Ada	SO	Michigan	12.20m	40' 0.5"
8. Ricketts, Mariene	FR	Penn State	12.20m	40' 0.5"

WOMEN'S SHOT PUT

1. Sherrill, Faith	SR	Indiana	16.10m	52' 10"
2. Wannemacher, Stacey	SR	Purdue	15.96m	52' 4.5"
3. Riddick, Monique	JR	Indiana	15.81m	51' 10.5"
4. Smith, Taylor	SO	Wisconsin	15.10m	49' 6.5"
5. Anderson, Terri	JR	Purdue	14.56m	47' 9.25"
6. Pendleton, Erin	SO	Michigan	14.48m	47' 6.25"
7. Boyer, Jasmine	SO	Wisconsin	14.47m	47' 5.75"
8. Swenson, Jane	JR-	Penn State	13.98m	45' 10.5"

WOMEN'S DISCUS

1. Rohl, Beth	SO	Michigan State	55.94m	183' 6"
2. Tutson, Majesty	SO	Iowa	52.52m	172' 4"
3. Smith, Taylor	SO	Wisconsin	52.21m	171' 3"
4. Pendleton, Erin	SO	Michigan	52.00m	170' 7"
5. Tzanakis, Nicole	SR	Minnesota	51.52m	169' 0"
6. Lawrence, Ashley	SR-	Michigan State	50.91m	167' 0"
7. Anderson, Terri	JR-	Purdue	50.38m	165' 3"
8. Sherrill, Faith	SR-	Indiana	50.34m	165' 2"

WOMEN'S HAMMER

1. Rohl, Beth	SO	Michigan State	60.28m	197' 9"
2. Wannemacher, Stacey	SR	Purdue	59.37m	194' 9"
3. Mullen, Maggie	JR	Ohio State	58.51m	191' 11"
4. Thomas, Alexis	SO	Ohio State	57.88m	189' 11"
5. Sherrill, Faith	SR	Indiana	54.38m	178' 5"
6. Pendleton, Erin	SO	Michigan	53.42m	175' 3"
7. Gulvas, Ashlyn	FR	Iowa	53.29m	174' 10"
8. Riddick, Monique	JR-	Indiana	52.20m	171' 3"

WOMEN'S JAVELIN

1. McQuillen, Karlee	SR-4	Penn State	49.63m	162' 10"
2. Mullen, Maggie	JR-3	Ohio State	43.35m	142' 3"
3. Loft, Laura	FR-1	Penn State	42.97m	141' 0"
4. Rennhack, Megan	JR-3	Wisconsin	42.85m	140' 7"
5. Boyer, Megan	FR-1	Penn State	40.63m	133' 4"
6. Mezzacalma, Blaina	FR-1	Wisconsin	40.63m	133' 4"
7. Dearborn, Kaitchen	FR-1	Penn State	39.57m	129' 10"
8. Stahle, Amanda	FR-1	Iowa	37.74m	123' 10"

WOMEN'S HEPATHLON

1. Flax, Jessica	JR	Wisconsin	5372
2. Washington, Kelly	SR	Illinois	5221
3. Gray, Alana	SR	Ohio State	5040
4. Latham, Deanna	FR	Wisconsin	5039
5. Galbraith, Ashley	JR	Ohio State	4768
6. Morris, Laura	SR	Indiana	4622
7. Woodard, Courtney	SO	Indiana	4422
8. Becker, Emily	FR	Purdue	4390

WOMEN'S TEAM SCORES

1. Ohio State	135
2. Penn State	122
3. Indiana	96
4. Illinois	90
5. Michigan State	74.5
6. Wisconsin	74
7. Minnesota	63.5
8. Iowa	59
9. Purdue	56
10. Michigan	49



2011 Big Ten Men's Indoor Results

Big Ten Men's Indoor Championships The Armory * Champaign, Ill. * February 26-27, 2011

MEN'S 60-METER DASH

1 Butler, Kind	JR	Indiana	6.70
2 Crawford, Shane	SR	Purdue	6.71
3 Riley, Andrew	JR	Illinois	6.72
4 Austin, Justin	JR	Iowa	6.73
5 Pipkin, Devin	SR	Indiana	6.78
6 Azie, Stanley	SR	Illinois	6.81
7 Robertson, Gavin	SO	Wisconsin	6.87
8 Shogbuyi, Azeez	SR	Illinois	6.89

MEN'S 200-METER DASH

1 Austin, Justin	JR	Iowa	21.23
2 Butler, Kind	JR	Indiana	21.35
3 Murdaugh, Thomas	JR	Ohio State	21.47
4 Jefferson, Kyle	JR	Wisconsin	21.58
5 Azie, Stanley	SR	Illinois	21.73
6 Robertson, Gavin	SO	Wisconsin	21.82
7 Willey, Steven	SR	Iowa	22.01
8 Richards, Patrick	SO	Iowa	22.04

MEN'S 400-METER DASH

1 Murdaugh, Thomas	JR	Ohio State	46.81
2 Gehret, Brady	FR	Penn State	47.19
3 Willey, Steven	SR	Iowa	47.39
4 Richards, Patrick	SO	Iowa	48.17
5 Bradley, Kevin	SO	Minnesota	48.37
6 Jefferson, Kyle	JR	Wisconsin	48.42
7 Holmes, Ethan	FR	Iowa	48.48
8 Ratomski, Yury	SR	Michigan Sta	48.94

MEN'S 600-METER RUN

1 Abda, Harun	SO	Minnesota	1:17.35
2 Loxsom, Casimir	SO	Penn State	1:17.63
3 Beth, Zach	SR	Wisconsin	1:18.28
4 Holton, John	SO	Minnesota	1:18.62
5 Barton, Chris	SR	Iowa	1:18.75
6 Bughman, Grant	JR	Wisconsin	1:19.284
7 Brooks, Marcus	SO	Ohio State	1:19.289
8 Woloszyk, Tyler	FR	Wisconsin	1:19.32

MEN'S 800-METER RUN

1 Foster, Ryan	SR	Penn State	1:49.98
2 Sowinski, Erik	JR	Iowa	1:50.34
3 Burkstrand, Travis	SO	Minnesota	1:50.56
4 Hutton, Nick	SO	Minnesota	1:51.40
5 Hanson, Max	SR	Minnesota	1:51.94
6 Palmer, Jacob	SR	Purdue	1:51.96
7 Holahan, Joseph	SO	Indiana	1:52.60
8 Hall, Jared	JR	Ohio State	1:56.66

MEN'S MILE RUN

1 Blankenship, Ben	JR	Minnesota	4:01.14
2 Bayer, Andrew	SO	Indiana	4:01.96
3 Thode, Jeff	SO	Iowa	4:02.00
4 Leslie, Cory	JR	Ohio State	4:03.59
5 Rucks, Luke	SR	Wisconsin	4:07.82
6 Hatz, Alexander	FR	Wisconsin	4:08.02
7 Borchers, Samuel	SR	Penn State	4:09.64
8 Weatherford, Andy	SR	Indiana	4:09.81

MEN'S 3,000-METER RUN

1 Bayer, Andrew	SO	Indiana	7:59.68
2 Darling, Maverick	SO	Wisconsin	8:00.16
3 Connor, Reed	SO	Wisconsin	8:00.29
4 Poore, Andrew	JR	Indiana	8:02.37
5 Fors, Craig	JR	Michigan	8:08.69
6 Hubers, Ben	JR	Indiana	8:09.20
7 Torchia, Mike	SR	Minnesota	8:09.33
8 Shields, Drew	FR	Wisconsin	8:10.65

MEN'S 5,000-METER RUN

1 Poore, Andrew	JR	Indiana	13:53.48
2 Darling, Maverick	SO	Wisconsin	13:54.33
3 Ahmed, Mohammed	SO	Wisconsin	13:54.42
4 Connor, Reed	SO	Wisconsin	13:56.19
5 Mayhew, Zachary	SO	Indiana	14:11.08
6 Bayer, Andrew	SO	Indiana	14:11.14
7 Hubers, Ben	JR	Indiana	14:14.97
8 Thode, Jeff	SO	Iowa	14:16.00

MEN'S 60-METER HURDLES

1 Riley, Andrew	JR	Illinois	7.78
2 Mullen, Jordan	SO	Iowa	.83
3 Bogle, Demoye	FR	Ohio State	7.88
4 McCampbell, Nick	SR	Michigan	8.08
5 Ogunbodede, Temi	JR	Wisconsin	8.09
6 Gavin, Erick	FR	Michigan	8.10
7 Duling, Sean	JR	Minnesota	8.13
8 Drouin, Derek	JR	Indiana	8.18

MEN'S 4X400-METER RELAY

1 Iowa	3:12.13
2 Ohio State	3:12.53
3 Penn State	3:14.78
4 Michigan	3:15.25
5 Minnesota	3:15.35
6 Wisconsin	3:15.72
7 Illinois	3:15.73
8 Indiana	3:17.48

MEN'S DISTANCE MEDLEY RELAY

1 Minnesota	9:50.58
2 Ohio State	9:54.20
3 Illinois	9:54.76
4 Wisconsin	9:56.90
5 Iowa	9:57.44
6 Indiana	9:57.73
7 Michigan State	9:58.59
8 Penn State	10:04.23

MEN'S HIGH JUMP

1 Drouin, Derek	JR	Indiana	2.26m	7-05.00
2 Davis, Geoff	SO	Purdue	2.23m	7-03.75
3 King, Darius	FR	Indiana	2.14m	7-00.25
4 Miller, Cliff	JR	Michigan State	2.14m	7-00.25
5 James, Bradley	FR	Michigan	2.14m	7-00.25
6 Reilly, Sean	SO	Penn State	2.08m	6-09.75
7 Jackson, Kevin	JR	Michigan State	2.08m	6-09.75
8 Hendershot, Jon	FR	Penn State	2.04m	6-08.25

MEN'S POLE VAULT

1 Bane, Matthew	FR	Illinois	5.28m	17-03.75
2 Peterson, Ben	SR	Minnesota	5.28m	17-03.75
3 Koufidis, Stefanos	SO	Indiana	5.28m	17-03.75
4 Spandl, Brock	SR	Minnesota	5.18m	17-00.00
5 Mattix, Codi	SO	Michigan State	5.18m	17-00.00
6 Klein, Cody	FR	Illinois	5.08m	16-08.00
7 Greenlee, Jack	SO	Michigan	5.08m	16-08.00
7 Messmer, Derek	JR	Indiana	5.08m	16-08.00

MEN'S LONG JUMP

1 Hartfield, Mike	SO	Ohio State	7.85m	25-09.25
2 Smith, Karbin	SO	Ohio State	7.51m	24-07.75
3 Herron, Jeffery	JR	Iowa	7.49m	24-07.00
4 Cato, Japheth	FR	Wisconsin	7.46m	24-05.75
5 Peddlar, Robert	SR	Michigan	7.44m	24-05.00
6 Mopper, Doug	JR	Penn State	7.32m	24-00.25
7 Kirtz, Chris	SR	Purdue	7.32m	24-00.25
8 Fagbemi, Oladipo	SO	Minnesota	7.23m	23-08.75

MEN'S TRIPLE JUMP

1 Doris, Troy	JR	Iowa	16.00m	52-06.00
2 Hartfield, Mike	SO	Ohio State	15.70m	51-06.25
3 Johnson, Hanif	SO	Penn State	15.42m	50-07.25
4 Fagbemi, Oladipo	SO	Minnesota	15.40m	50-06.25
5 Lifshitz, Oz	SR	Illinois	15.02m	49-03.50
6 Olamigoke, Olumide	JR	Indiana	14.93m	48-11.75
7 Peddlar, Robert	SR	Michigan	14.91m	48-11.00
8 Demer, Addison	JR	Minnesota	14.78m	48-06.00

MEN'S SHOT PUT

1 Kovacs, Joe	SR	Penn State	19.84m	65-01.25
2 Hill, Zach	FR	Michigan State	18.57m	60-11.25
3 DeChant, Matt	JR	Ohio State	18.35m	60-02.50
4 Hardcastle, Bill	SR	Purdue	18.28m	59-11.75
5 Davis, Trey	JR	Minnesota	18.22m	59-09.50
6 Eaton, Blake	SR	Penn State	18.10m	59-04.75
7 Branch, Tyler	JR	Ohio State	17.55m	57-07.00
8 Fraker, Davis	FR	Illinois	17.39m	57-00.75

MEN'S 35-POUND WEIGHT THROW

1 Hegerle, Micah	SO	Minnesota	21.30m	69-10.75
2 Pugh, Lonnie	SO	Michigan State	20.69m	67-10.75
3 Fraker, Davis	FR	Illinois	20.59m	67-06.75
4 Mays, Max	JR	Ohio State	20.51m	67-03.50
5 Mege, Quentin	SO	Minnesota	20.36m	66-09.75
6 Onye, Patrick	SO	Indiana	20.34m	66-08.75
7 Gillespie, Jay	JR	Michigan State	19.84m	65-01.25
8 McHugh, Matt	SR	Illinois	19.82m	65-00.50

MEN'S HEPTATHLON

1 Cato, Japheth	FR	Wisconsin	5742
2 Schwewe, Joey	SR	Minnesota	5629
3 Spandl, Brock	SR	Minnesota	5557
4 Grzesiak, Dave	JR	Wisconsin	5401
5 Schneider, Kurt	SO	Michigan Sta	5349
6 Szmanda, Jack	SO	Minnesota	5308
7 Uzoh, Anya	JR	Penn State	5250
8 Nickles, Heath	SO	Ohio State	5127

MEN'S TEAM RANKINGS

1) Minnesota	117.33	2) Indiana	104.50
3) Wisconsin	96	4) Iowa	88
5) Ohio State	86	6) Penn State	62.66
7) Illinois	57	8) Michigan State	36
9) Michigan	28.50	10) Purdue	26



Big Ten Outdoor Championships Iowa City, Iowa *Mary 13-15, 2011

MEN'S 100-METER DASH

1. Crawford, Shane	SR	Purdue	10.18
2. Azie, Stanley	SR	Illinois	10.20
3. Austin, Justin	SO	Iowa	10.21
4. Butler, Kind	JR	Indiana	10.23
5. Pipkin, Devin	SR	Indiana	10.24
6. Riley, Andrew	JR	Illinois	10.40
7. King, Sean	JR	Minnesota	10.43
8. Sayon, Zeke	SR	Iowa	11.54

MEN'S 200-METER DASH

1. Austin, Justin	SO	Iowa	20.46
2. Azie, Stanley	SR	Illinois	20.70
3. Butler, Kind	JR	Indiana	20.76
4. Jefferson, Kyle	JR	Wisconsin	20.95
5. Pipkin, Devin	SR	Indiana	20.98
6. Richards, Patrick	JR	Iowa	21.47
7. Willey, Steven	SR	Iowa	21.55
8. Robertson, Gavin	SO=	Wisconsin	33.81

MEN'S 400-METER DASH

1. Murdaugh, Thomas	JR	Ohio State	46.44
2. Willey, Steven	SR	Iowa	46.68
3. Abda, Harun	SO	Minnesota	47.01
4. Barton, Chris	SR	Iowa	47.13
5. Richards, Patrick	JR	Iowa	47.78
6. Holton, John	SO	Minnesota	47.86
7. Bradley, Kevin	SO	Minnesota	48.06
8. Neuman, Nicholas	JR	Michigan	48.35

MEN'S 800-METER RUN

1. Loxsom, Casimir	SO	Penn State	1:47.70
2. Sowinski, Erik	JR	Iowa	1:48.58
3. Hutton, Nick	SO	Minnesota	1:48.73
4. Borchers, Samuel	SR	Penn State	1:49.06
5. Pachuta, David	JR	Minnesota	1:49.10
6. Hairston, Adam	SR	Iowa	1:49.38
7. Palmer, Jacob	SR	Purdue	1:49.76
8. Hanson, Max	SR	Minnesota	1:49.89

MEN'S 1,500-METER RUN

1. Hubers, Ben	JR	Indiana	3:50.13
2. Foster, Ryan	SR	Penn State	3:50.15
3. Finnerly, Rob	SO	Wisconsin	3:50.46
4. Edwards, Jake	SR	Ohio State	3:50.62
5. Leslie, Cory	JR	Ohio State	3:50.81
6. Thode, Jeff	SO	Iowa	3:51.13
7. Hilsen, Paul	JR	Minnesota	3:51.99
8. Stockberger, Daniel	JR	Indiana	3:52.08

MEN'S 5,000-METER RUN

1. Connor, Reed	FR	Wisconsin	14:02.72
2. Poore, Andrew	JR	Indiana	14:03.12
3. Mead, Hassan	JR	Minnesota	14:03.21
4. Hubers, Ben	JR	Indiana	14:03.53
5. Peacock, Landon	SR	Wisconsin	14:03.76
6. Darling, Maverick	SO	Wisconsin	14:07.82
7. Thode, Jeff	SO	Iowa	14:12.40
8. Forsy, Craig	JR	Michigan	14:18.08

MEN'S 10,000-METER RUN

1. Mead, Hassan	JR	Minnesota	29:04.79
2. Ahmed, Mohammed	SO	Wisconsin	29:08.29
3. Darling, Maverick	SO	Wisconsin	29:11.34
4. Krause, Elliot	SO	Wisconsin	29:13.81
5. Torchia, Mike	SR	Minnesota	29:18.52
6. Mayhew, Zachary	SO	Indiana	29:38.31
7. Gagnon, Pieter	SO	Minnesota	29:42.27
8. Mickow, Colin	JR	Illinois	29:48.51

MEN'S 110-METER HURDLES

1. Riley, Andrew	JR	Illinois	13.49
2. Holmes, Ethan	SO	Iowa	13.73
3. Bogle, Demoye	FR	Ohio State	14.01
4. McCampbell, Nicholas	SR	Michigan	14.06
5. Witherspoon, Barron	SO	Ohio State	14.14
6. Hembrough, Josh	SR	Purdue	14.15
7. Washington, Herman	FR	Michigan	14.20
8. Duling, Sean	JR	Minnesota	14.37

MEN'S 400-METER HURDLES

1. Wislead, Cody	SR	Illinois	50.55
2. Holmes, Ethan	SO	Iowa	50.65
3. Richardson, D'Juan	JR	Iowa	51.52
4. Arastu, Ali	FR	Michigan	51.60
5. Plank, Patrick	JR	Wisconsin	52.26
6. Sneller, Troy	SO	Michigan	52.94
7. Brooks, Marcus	SO	Ohio State	53.08
8. Roberts, Aaron	SR	Ohio State	53.15

3,000-METER STEEPLECHASE

1. Turner, De'Sean	JR	Indiana	8:42.09
2. Poore, Andrew	JR	Indiana	8:43.45
3. Leslie, Cory	JR	Ohio State	8:45.18
4. Weatherford, Andy	JR	Indiana	8:47.99
5. Engnell, Kyle	JR	Illinois	8:51.65
6. Forsy, Craig	JR	Michigan	8:51.93
7. Brill, Alexander	FR	Wisconsin	8:52.87
8. Simoneau, Aaron	JR	Michigan State	8:52.88

MEN'S 4X100-METER RELAY

1. Illinois	39.97
2. Indiana	40.06
3. Wisconsin	40.81
4. Iowa	40.97
5. Michigan	41.07
6. Minnesota	41.16
7. Purdue	41.42
8. Ohio State	41.77

MEN'S 4X400-METER RELAY

1. Ohio State	3:06.45
2. Iowa	3:06.70
3. Michigan	3:07.82
4. Minnesota	3:08.12
5. Penn State	3:08.64
6. Illinois	3:11.65
7. Wisconsin	3:15.13
8. Indiana	3:16.10

MEN'S HIGH JUMP

1. Davis, Geoff	SO	Purdue	2.16m	7' 1"
2. James, Bradley	FR	Michigan	2.13m	6' 11.75"
3. Reilly, Sean	SO	Penn State	2.07m	6' 9.5"
4. Clouer, Matt	JR	Minnesota	2.04m	6' 8.25"
4. Herron, Jeffery	JR	Iowa	2.04m	6' 8.25"
4. King, Darius	FR	Indiana	2.04m	6' 8.25"
7. Jackson, Kevin	JR	Michigan State	2.04m	6' 8.25"
8. Oest, Brandon	SO	Iowa	2.04m	6' 8.25"

MEN'S POLE VAULT

1. Marshall, Cody	FR	Ohio State	5.05m	16' 6.75"
2. Thoman, Chris	SR	Purdue	4.95m	16' 2.75"
3. Bane, Matthew	FR	Illinois	4.95m	16' 2.75"
3. DeWit, Austin	SO	Michigan	4.95m	16' 2.75"
3. Peterman, Derik	FR	Michigan State	4.95m	16' 2.75"
6. Saunders, Zack	SO	Purdue	4.95m	16' 2.75"
7. Greenlee, Jack	SO	Michigan	4.95m	16' 2.75"
7. Peterson, Ben	SR	Minnesota	4.95m	16' 2.75"

MEN'S LONG JUMP

1. Hartfield, Mike	JR	Ohio State	7.54m	24' 9"
2. MacDonald, Stephen	JR	Ohio State	7.26m	23' 10"
3. Mopper, Doug	JR	Penn State	7.24m	23' 9"
4. Fagbemi, Oladipo	SO	Minnesota	7.20m	23' 7.5"
5. Herron, Jeffery	JR	Iowa	7.12m	23' 4.5"
6. Cato, Japheth	FR	Wisconsin	7.11m	23' 4"
7. Kirtz, Chris	SR	Purdue	7.07m	23' 2.5"
8. Smith, Korbin	SO	Ohio State	7.05m	23' 1.75"

MEN'S TRIPLE JUMP

1. Doris, Troy	JR	Iowa	16.37m	53' 8.5"
2. Hartfield, Mike	JR	Ohio State	15.89m	52' 1.75"
3. Johnson, Hanif	JR	Penn State	15.78m	51' 9.25"
4. Olamigoke, Olumide	JR	Indiana	15.64m	51' 3.75"
5. Fagbemi, Oladipo	SO	Minnesota	15.61m	51' 2.75"
6. Demer, Addison	JR	Minnesota	15.28m	50' 1.75"
7. Pedalar, Robert	SR	Michigan	14.97m	49' 1.5"
8. Annear, Paul	SO	Wisconsin	14.54m	47' 8.5"

MEN'S SHOT PUT

1. Eaton, Blake	SR	Penn State	18.81m	61' 8.5"
2. Kovacs, Joe	JR	Penn State	18.71m	61' 4.75"
3. Hardcastle, Bill	SR-	Purdue	17.90m	58' 8.75"
4. Hill, Zach	FR	Michigan State	17.58m	57' 8.25"
5. Block, Danny	FR	Wisconsin	17.46m	57' 3.5"
6. DeChant, Matt	JR	Ohio State	17.15m	56' 3.25"
7. Davis, Trey	JR	Minnesota	17.13m	56' 2.5"
8. Studt, Aaron	SR	Minnesota	17.09m	56' 1"

MEN'S DISCUS

1. Pugh, Lonnie	SO	Michigan State	53.81m	176' 6"
2. Hardcastle, Bill	SR	Purdue	51.55m	169' 1"
3. Kleinhuizen, Tyler	JR	Minnesota	51.25m	168' 2"
4. Eaton, Blake	SR	Penn State	50.78m	166' 7"
5. Haas, Paul	SR	Indiana	50.67m	166' 3"
6. Davis, Trey	JR	Minnesota	50.11m	164' 5"
7. Brayton, Nick	JR	Iowa	50.05m	164' 2"
8. Kovacs, Joe	JR	Penn State	48.93m	160' 6"

MEN'S HAMMER

1. Mege, Quentin	SO	Minnesota	63.31m	207' 8"
2. Hegerle, Micah	SO	Minnesota	63.12m	207' 1"
3. Pugh, Lonnie	SO	Michigan State	62.82m	206' 1"
4. Barse, Matt	JR	Iowa	60.94m	199' 11"
5. Smith, Tommy	SR	Indiana	60.20m	197' 6"
6. Mays, Max	JR	Ohio State	59.87m	196' 5"
7. Dennis, Ethan	FR	Michigan	59.75m	196' 0"
8. Wentzel, Brad	JR	Michigan State	58.80m	192' 11"

MEN'S JAVELIN

1. Byers, Matt	SO-2	Iowa	71.73m	235' 4"
2. Dehn, Rob	SR-4	Wisconsin	68.62m	225' 1"
3. Steinbach, Derek	JR-3	Wisconsin	65.31m	214' 3"
4. Skinner, Eli	SO	Penn State	63.58m	208' 7"
5. Lauricella, William	FR-1	Ohio State	62.85m	206' 2"
6. Bunnell, Bryan	SR	Ohio State	62.19m	204' 0"
7. Hoplin, Paul	JR-3	Minnesota	58.92m	193' 4"
8. Malm, Jake	FR	Minnesota	57.75m	189' 6"

MEN'S DECATHLON

1. Nickles, Heath	SO	Ohio State	7208
2. Spandl, Brock	SR	Minnesota	7187
3. Grzesiak, Dave	JR	Wisconsin	7138
4. Schwecke, Joey	SR	Minnesota	7047
5. Reichenbach, Kurt	SR	Michigan	6936
6. Miller, Cliff	JR	Michigan State	6914
7. Szmanda, Jack	SO	Minnesota	6885
8. Schofield, Kenny	FR	Minnesota	6623

MEN'S TEAM SCORES

1. Iowa	125.5
2. Minnesota	123
3. Ohio State	109
4. Indiana	94.5
5. Wisconsin	90
6. Penn State	74
7. Illinois	62
8. Purdue	54
9. Michigan	52.5
10. Michigan State	34.5



THE ASHENFELTER TRACK COMPLEX

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

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

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

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

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

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

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



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

INSIDE THE HORACE ASHENFELTER III INDOOR TRACK



GREAT CROWDS



ON-CAMPUS CONVINIENCE



HYDRAULICALLY-BANKED TURNS



WORLD-CLASS COMPETITION



TRACK FEATURES

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

ASHENFELTER INDOOR TRACK MEN'S RECORDS

Track

60-Meter Dash	.6.60	Johnnie Drake, C. Michigan, 2005
200-Meter Dash	20.72	LaShawn Merritt, Unattached, 2006
300-Meter Dash	.33.77	Brady Gehret, 2010
400-Meter Dash	45.46	Andrew Pierce, Ohio State, 2001
500-Meter Dash	.1:01.28	Casimir Loxsom, Penn State, 2011
600-Meter Dash	1:16.19	Tom Gerding, Minnesota, 2001
800-Meter Run	.1:47.36	Casimir Loxsom, Penn State, 2011
1,000-Meter Run	2:19.60	Ryan Foster, Penn State, 2010
Mile Run	.3:57.97	Cory Leslie, Ohio State, 2011
3,000-Meter Run	7:58.51	Robert Gary, Adidas, 2000
5,000-Meter Run	13:58.16	Hassan Mead, Minnesota, 2009
60-Meter High Hurdles	.7.58	Jaret Eaton, Unattached, 2011
4 x 200 Meter Relay	1:25.05	Rutgers, 2007
4x400 Meter Relay	3:07.78	Ohio State, 2001
Sprint Medley Relay	3:23.74	Penn State, 2005
4x800 Meter Relay	7:23.13	Phoenix Athletics, 2009
Distance Medley Relay	9:29.79	Michigan, 2000

Field

High Jump	7-5 (2.26)	Joe Kindred, St. Augustine's, 2008
Pole Vault	18-2 3/4 (5.56)	Paul Terek, Michigan State, 2001
Long Jump	.26-01.50 (7.96)	Justin Hunter, Tennessee, 2011
Triple Jump	55-9 (16.99)	Leevan Sands, Bahamas, 2006
Shot Put	.68-06.50 (20.89)	Ryan Whiting, Nike, 2011
35-lb. Weight	74-4 1/4 (22.66)	Dan Taylor, Ohio State, 2004

Multi-Events

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

Track

60-Meter Dash	.7.18	Barbara Pierre, St. Augustine's, 2010
200-Meter Dash	22.98	Shavon Greaves, Penn State, 2010
300-Meter Dash	37.83	Aleesha Barber, Unattached, 2009
400-Meter Dash	52.31	Shana Cox, Penn State, 2007
500-Meter Dash	1:08.70	Shana Cox, Adidas, 2010
600-Meter Dash	1:27.22	Molly Beckwith, Indiana, 2010
800-Meter Run	2:04.58	Sarah Bowman, Tennessee, 2009
1,000-Meter Run	2:42.31	Nicole Edwards, Unattached, 2010
Mile Run	4:35.89	Megan Metcalf, West Virginia, 2004
3,000 Meters	.9:01.91	Jackie Areson, Tennessee, 2011
5,000-Meter Run	15:48.10	Maureen McCandless, Pittsburgh, 2005
60-Meter Hurdles	7.92	Danielle Carruthers, Indiana, 2002
4x200 Meter Relay	1:37.76	Penn State, 2006
4X400 Meter Relay	3:34.38	Tennessee, 2005
Sprint Medley Relay	3:52.25	Penn State, 2007
4X800 Meter Relay	8:34.82	Tennessee, 2009
Distance Medley Relay	11:03.42	Tennessee, 2004

Field

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

Multi-Events

Pentathlon	4731	Hyleas Fountain, Nike, 2010
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DID YOU KNOW ...

Ryan Foster's facility record in the 1000-meters is also recognized as Australian National Indoor Records?

DID YOU KNOW ...

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

PICK YOUR BRICK!

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





NITTANY LION OUTDOOR TRACK

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





WOMEN'S NITTANY LION TRACK FACILITY RECORDS

100 Meters	11.19	Kerry Ann Richards, Illinois, 1996
200 Meters	23.13	Aspen Burkett, Illinois, 1996
400 Meters	51.89	Chandra Burns, Michigan State, 1996
800 Meters	2:03.45	Patty Bradley, Villanova, 1983
1500 Meters	4:15.93	Anna Willard, Michigan, 2007
3000 Meters	9:21.67	Judy St. Hilaire, Vermont State, 1981
5000 Meters	16:11.14	Kathy Mills, Penn State, 1981
10,000 Meters	34:03.5 (HT)	Aileen O'Connor, Virginia, 1981
3000-Meter Steeplechase	9:54.70	Bridget Franek, Penn State, 2010
100-Meter Hurdles	12.90	Tonya Williams, Illinois, 1996
400-Meter IM Hurdles	56.86	Tonya Williams, Illinois, 1996
4 x100-Meter Relay	43.89	Illinois (Benita Kelley, Kerry Ann Richards, Tonya Williams, Aspen Burkett), 1996
800-Meter Relay	1:43.78	Morgan State (Rhonda Yancy, Janet Dodson, Nellie Bullock, Roberta Belle), 1981
4x400-Meter Relay	3:34.93	Penn State (Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox), 2007
4x800-Meter Relay	8:48.27	Penn State (Doreen Startare, Patty Murnane, Terry Pioli, Marry Rawe), 1981
High Jump	6-2 1/4 (1.88)	Lisa Bernhagen, Idaho Track Club, 1983
Pole Vault	13-5 1/2 (4.13)	Vera Neuenswander, 2007
Long Jump	21-2 1/2 (6.46)	Shandelier Boyd-Pieasant, Ohio State, 1996
Triple Jump	43-4 1/2 (13.22)	Dawn Reilly, Illinois, 1996
Shot Put	55-0 1/4 (16.77)	Elaine Sobansky, Penn State, 1984
Discus	178-10 (54.51)	Deshaya Williams, Penn State, 2001
Hammer	219-1 (66.78)	Jennifer Leatherman, Penn State, 2005
Javelin	178-4 (54.71)	Kim Hanslovan, Penn State, 2009
Heptathlon	5,722 points	Bettie Wade, Michigan, 2007

MEN'S NITTANY LION TRACK FACILITY RECORDS

100 Meters	10.19	Demi Omole, Wisconsin, 2007
200 Meters	20.23	Michael Timpson, Penn State, 1986
400 Meters	45.48	James Rolle, Central Florida YMCA, 1983
800 Meters	1:46.29	Randy Moore, Penn State, 1985
1500 Meters	3:42.5	Larry Mangan, Penn State, 1980
		Susthenes Bitock, Richmond, 1980
Mile	3:58.4	Larry Mangan, Penn State, 1980
3000-Meter Steeplechase	8:33.45 (FAT)	Hillary Tuwei, Richmond, 1980
5000 Meters	14:00.73	Hillary Tuwei, Richmond, 1980
10,000 Meters	28:45.8	Charlie Maguire, Penn State, 1973
5K Walk	24:26	Bill Norton, unattached, 1985
10K Walk	47:34.6	James Mann, Union College, 1983
110-Meter High Hurdles	13.62	Albert Lane, Karamu Flyers Track Club, 1985
400-Meter Intermediate Hurdles	50.29	Adrian Walker, Illinois, 2007
4x100-Meter Relay	40.05	Iowa (George Page, Andre Morris, Chris Davis, Ed Rozell), 1996
4x110-Meter Shuttle Hurdle Relay	59.2	Penn State (Dennis Rock, Peter Kiproff, Bill Austin, Mike Shine), 1976
4x200-Meter Relay	1:25.2	Essex Community College (Cecil Mitchell, Kevin Joseph, Herman Marchen, Fred Brown), 1974
4x400-Meter Relay	3:07.25	Seton Hall (Henry Mair, Linval Francis, Brian Denman, Derrick Peynaldo), 1982
4x800-Meter Relay	7:21.4	Cornell (Tom Patterson, Bob Anastasio, Paul Roach, Dave Keehn), 1974
4x1600-Meter Relay	16:44.7	Villanova (Eammon Coughlin, Brian McElroy, Tom Gregan, John Hartnett), 1973
Distance Medley Relay	9:44.7	Villanova (Warren Clark, Jim Rheim, Ken Schappert, John Hartnett), 1973
Sprint Medley Relay	3:18.5	Essex Community College (Kevin Joseph, Fred Brown, Herman Marchen, Horace Tuitt), 1974
High Jump	7-4 (2.24)	Bill Therfelder, Keystone State Games, 1983
Pole Vault	18-2 1/2 (5.55)	Jeremy Smith, Allegheny, 2002
Long Jump	25-11 1/2 (7.91)	Danny Little, James Madison, 1984
Triple Jump	54-4 3/4 (16.58)	David McFadgen, Newburg Track Club, 2011
Shot Put	69-1.25 (21.06)	Ryan Whiting, Nike, 1984
Discus	207-5 (63.22)	Brian Milne, Penn State, 1992
Hammer	268-8 (81.88)	Jud Logan, Athletics West, 1988 (American Record)
Javelin (New)	252-7 (76.98)	Nigel Beven, Belgrave Harrier, 1997
Javelin (Old)	254-4 (77.52)	Bob Dubyoski, Unattached, 1984
Decathlon	8,316 points (Hand)	Dave Steen, University of Toronto TC, 1985



Women's National Championship History

National Champions



Kathy Mills
EAIAW
5000m; 1978
World & American
Record



Deshaya Williams
Discus; 2003



Shana Cox
400m; 2008
4x400m; 2008



Dominique Blake
4x400m; 2008



Aleesha Barber
4x400m; 2008



Gayle Hunter
4x400m; 2008



Bridget Franek
3K Steeplechase; 2010

NCAA INDOOR TOP 25 FINISHES

2010	.13th
2009	.7th
2008	.15th
2007	.21st
2004	.13th
2003	.21st
1985	.25th
1984	.16th

NCAA OUTDOOR TOP 25 FINISHES

2010	.4th (Trophy Team)
2009	.14th
2008	.4th (Trophy Team)
2005	.25th
2004	.21st
2003	.10th
1984	.20th
1983	.23rd
1982	.15th
1981	.17th



Shana Cox (top) was Penn State's first-ever NCAA Champion on the track, after winning the 400-meter title at the 2008 NCAA Outdoor Championships.



Deshaya Williams became the first Nittany Lion women to win an NCAA title in 2003, taking top honors in the discus.



Bridget Franek was the most recently crowned NCAA Champion, winning the 3,000-meter steeplechase in 2010.



The 2008 4x400-meter relay (L-R: Dominique Blake, Shana Cox, Aleesha Barber, and Gayle Hunter) made Penn State history with a runaway victory at the NCAA Outdoor Championships in a school-record and 2008 NCAA best 3:27.96.



National Champions



John Romig
2-Mile; 1921



Larry Shields
Mile; 1922



Harold Barron
120 HH; 1922



Alan Helffrich
880 yrs; 1922, 1923



Schuyler Enck
Mile; 1923



Nick Vukmanic
Javelin; 1938



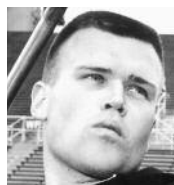
Barney Ewell
100 yds; 1940, 41
200 yds; 1940,41



Gerald Karver
Mile; 1947



Horace Ashenfelter
2-Mile; 1949



Jim Stevenson
Javelin; 1966



Charlie Maguire
6-Mile; 1973



Mike Sands
440 yds; 1975i



CJ Hunter
Shot Put; 1990i



Brian Milne
Discus; 1993

NCAA INDOOR TOP 25 FINISHES

2011	T-11th
2010	T-14th
1990	T-13th
1989	T-24th
1985	T-15th
19758th
1974	T-14th

NCAA OUTDOOR TOP 25 FINISHES

2011	T-20th
2010	T-23rd
1993	T-18th
1987	T-18th
1985	T-22nd
1976	T-12th
197519th
1973	T-13th
1961	T-16th
196023rd
19559th
195124th
19495th
194825th
19416th
19404th



Barney Ewell won two-straight NCAA titles in the 100- and 200-yard dashes in 1940, and 1941.



Women's All-Americans

81 Indoor All-America Titles



Kris Bankes
1976, 1977 & 1978



Kathy Byrnes
1978



Penny Fales
1978 & 1981



Sandy Miller
1978



Kathy Mills
1978 & 1981



Lea Ventura
1978



Heather Carmichael
1980



Peggy Cleary
1980



Tammie Hart
1981, 1982 & 1984

Event	Athlete, Year	Place
60	Connie Moore, 2004	6th
	Shavon Greaves, 2010	11th
	Connie Moore, 2001	7th
200	Connie Moore, 2002	9th
	Connie Moore, 2003	9th
	Connie Moore, 2004	3rd
400	Shavon Greaves, 2009	10th
	Shavon Greaves, 2010	3rd
	Shana Cox, 2005	11th
800	Shana Cox, 2006	7th
	Shana Cox, 2007	7th
	Shana Cox, 2008	4th
880	Fawn Dorr, 2010	5th
	Briene Simmons, 2007	7th
	Tammie Hart, 1982	4th
Mile	Terri Pioli, 1982	6th
	Patty Murnane, 1982	4th
	Doreen Startare, 1983	7th
2000	Kim McGreevy, 1997	7th
	Mary Rawe, 1980	2nd
	Paula Renzi, 1985	3rd
3000	Bridget Franek, 2008	10th
	Bridget Franek, 2010	7th
	Carolyn Ihrig, 1982	8th
2-Mile	Peggy Cleary, 1980	5th
	Heather Carmichael, 1980	6th
	Kathy Mills, 1981	4th
5000	Stacy Prey, 1990	4th
	Kim Kelly, 1993	6th
	Bridget Franek, 2008	7th
60mH	Bridget Franek, 2009	4th
	Bridget Franek, 2010	4th
	Aleesha Barber, 2008	8th
1,600 Relay	Aleesha Barber, 2009	4th
	Dominique Blake, 2007	4th
	Briene Simmons, Shana Cox, Aleesha Barber	

Event	Athlete, Year	Place
1,600 Relay	Dominique Blake, 2008	5th
	Shana Cox, Aleesha Barber, Fawn Dorr	
	Aleesha Barber, 2009	3rd
3,200 Relay	Shavon Greaves, Fawn Dorr, Gayle Hunter	
	Doris Anyanwu, 2011	6th
	lje ltheoma, Shavon Greaves, Megan Duncan	
DMR	Beth Stever, 1984	6th
	Judi Cassel, Heidi Gerken, Tammie Hart	
	Penny Fales, 1981	4th
Long Jump	Mary Rawe, Tammie Hart, Doreen Startare	
	Tammie Hart, 1982	5th
	Carolyn Ihrig, Patty Murnane, Doreen Startare	
Triple Jump	Sue Huelster, 1996	4th
	Erica Bosler, Erin St. John, Kim McGreevy	
	Vivian Riddick, 1982	5th
Shot Put	Shakeema Walker, 1999	3rd
	Chi-Chi Aduba, 2003	5th
	Shakeema Walker, 1999	7th
Weight Throw	Chi-Chi Aduba, 2003	4th
	Chi-Chi Aduba, 2004	7th
	Elaine Sobansky, 1982	3rd
Pentathlon	Elaine Sobansky, 1983	3rd
	Elaine Sobansky, 1984	2nd
	Ja'Nai O'Connor, 2004	5th
Pentathlon	Jennifer Leatherman, 2005	9th
	Jennifer Leatherman, 2006	3rd
	Gayle Hunter, 2008	5th
Pentathlon	Gayle Hunter, 2009	2nd

italics - Denotes performance from Pre-NCAA era



Terry Pioli
1981



Mary Rawe
1980 & 1981



Elaine Sobansky
1981, '82, '83 & '84



Paula Renzi
1984 & 1985



Marilyn Senz
1984



Beth Stever
1984



Carmen Mann
1989



Stacy Prey
1990



Pam Connell
1991



Doreen Startare
1981, 1982 & 1983



Carolyn Ihrig
1982



Patty Murnane
1982



Vivian Riddick
1982



Judi Cassel
1984



Heidi Gerken
1984



Stacey Gibbs
1992



Shelley Mitchell
1992



Kelli Hunt
1993 & 1994



Kim Kelly
1993



Erica Bosler
1996



Becky Gusic
1996



92 Outdoor All-America Titles

Event	Athlete, Year	Place	Event	Athlete, Year	Place
100	Connie Moore, 2002	9th	1600 Relay	Aleesha Barber, 2007	4th
	Connie Moore, 2003	5th		Shavon Greaves, Gayle Hunter, Fawn Dorr, 2009	
	Connie Moore, 2004	7th		Aleesha Barber	4th
200	Connie Moore, 2002	12th		Shavon Greaves, Doris Anyanwu, Fawn Dorr, 2010	
	Connie Moore, 2003	3rd		Doris Anyanwu	4th
	Connie Moore, 2004	5th	3200 Relay	Kathy Byrnes, 1978	2nd
	Shavon Greaves, 2010	7th		Penny Fales, Sandy Miller, Lea Ventura	
400	Shana Cox, 2005	9th	Long Jump	Vivian Riddick, 1982	6th
	Shana Cox, 2006	3rd		Shakeema Walker, 1999	8th
	Shana Cox, 2007	2nd		Chi-Chi Aduba, 2004	6th
	Shana Cox, 2008	1st		Gayle Hunter, 2008	5th
800	Terry Piolfi, 1981	6th	Triple Jump	Carmen Mann, 1989	5th
1500	Kris Bankes, 1976	2nd		Shakeema Walker, 1998	7th
	Susanne Heyer, 1999	4th		Chi-Chi Aduba, 2004	7th
	Mary Rawe, 1981	3rd		Elaine Sobansky, 1981	4th
	Doreen Startare, 1983	5th		Elaine Sobansky, 1982	3rd
	Kim McGreevy, 1997	7th		Elaine Sobansky, 1983	6th
3000	Kris Bankes, 1977	5th		Elaine Sobansky, 1984	2nd
	Kathy Mills, 1978	1st	Shot Put	Deshaya Williams, 1999	6th
	Kris Bankes, 1978	2nd		Deshaya Williams, 2002	6th
	Heather Carmichael, 1980	3rd		Deshaya Williams, 2003	1st
3000 Steeple	Molly Landreth, 2003	11th	Javelin	Marilyn Senz, 1984	6th
	Bridget Franek, 2008	3rd		Stacey Gibbs, 1992	10th
	Bridget Franek, 2009	4th		Denika Kisty, 1996	10th
	Bridget Franek, 2010	1st		Becky Gusic, 1996	8th
5000	Kathy Mills, 1978	1st		Jen Pastore, 1998	4th
	Paula Renzi, 1984	6th		Brianne Johnson, 2001	8th
10,000	Kelli Hunt, 1993	4th		Brianne Johnson, 2002	8th
	Kim Kelly, 1993	5th		Brianne Johnson, 2003	5th
	Kelli Hunt, 1994	7th		Ashley Colley, 2003	11th
	Donna Fidler, 1997	7th		Diana Bruch, 2005	8th
2-Mile	Kris Bankes, 1976	3rd		Karlee McQuillen, 2008	9th
100mH	Aleesha Barber, 2008	4th		Karlee McQuillen, 2009	10th
	Aleesha Barber, 2010	3rd		Karlee McQuillen, 2010	3rd
400mH	Tammie Hart, 1982	5th		Jennifer Leatherman, 2005	7th
	Aleesha Barber, 2007	12th		Jennifer Leatherman, 2006	5th
	Fawn Dorr, 2009	6th	Hammer	Pam Connell, 1991	4th
	Fawn Dorr, 2010	4th		Shelley Mitchell, 1992	8th
1600 Relay	Dominique Blake, 2008	1st	Heptathlon	Gayle Hunter, 2007	8th
	Aleesha Barber, Gayle Hunter, Shana Cox, 2008			Gayle Hunter, 2008	5th
				Gayle Hunter, 2009	5th

italics - Denotes performance from Pre-NCAA era
BOLD - Denotes Champion



Sue Huelster
1996



Denika Kisty
1996



Kim McGreevy
1996 & 1997



Erin St. John
1996



Donna Fidler
1997



Jen Pastore
1998



Susanne Heyer
1999



Shakeema Walker
1998 & 1999



Deshaya Williams
1999, 2002 & 2003



Connie Moore
2001, '02, '03 & '04



Brianne Johnson
2001, 2002 & 2003



Chi-Chi Aduba
2003 & 2004



Ashley Colley
2003



Molly Landreth
2003



Ja'Nai O'Connor
2004



Jennifer Leatherman
2005 & 2006



Shana Cox
2005, 2006, 2007, 2008



Diana Bruch
2005



Briene Simmons
2007



Aleesha Barber
2007, 2008, 2009, 2010



Dominique Blake
2007, 2008



Gayle Hunter
2007, 2008, 2009



Bridget Franek
2008, 2009, 2010



Karlee McQuillen
2008, 2009, 2010



Fawn Dorr
2008, 2009, 2010



Shavon Greaves
2009, 2010, 2011



Doris Anyanwu
2010, 2011



Ije Iheoma
2011



Megan Duncan
2011



72 Indoor All-America Titles



Harold Barron
1922



Alan Helffrich
1922 & 1923



Schuyler Enck
1923



Barney Ewell
1940, '41 & '42 1978



Horace Ashenfelter
1947, '48 & '49



Gerald Karver
1947



Charles Blockson
1954



Roosevelt Grier
1954



Bob Hollen
1954



Art Pollard
1955



Ed Moran
1958



Gerry Norman
1961



Dick Lampman
1965



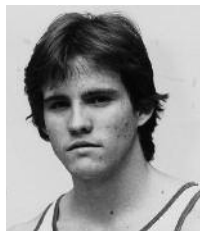
Greg Fredricks
1970, '71 & '72



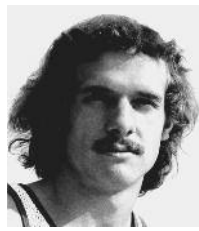
Al Jackson
1973 & 1976



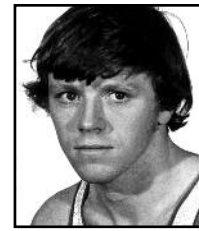
Mike Shine
1976



George Malley
1976



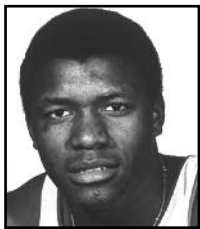
Paul Stemmer
1977



Charlie Maguire
1973



Knut Hjeltnes
1975



Mike Sands
1975



John Ziegler
1978



Bob Snyder
1978 & 1979



Alan Scharu
1979 & 1980



Paul Lankford
1980 & 1981



John Zishka
1981



Paul Souza
1982



Rick Garcia
1983



Todd Shenk
1983 & 1984



Randy Moore
1985



Dave Masgay
1987



Michael Timpson
1988 & 1989



Steve Brown
1990



Eric Carter
1986 & 1987

Event	Athlete, Year	Place
200	Michael Timpson, 1989	.8th
	Ryan Olkowski, 2002	.8th
	Mike Sands, 1974	.3rd
440 Yds	Mike Sands, 1975	.1st
	Mike Shine, 1976	.3rd
400	Brady Gehret, 2011	.3rd
	Randy Moore, 1985	.3rd
800	Ryan Foster, 2010	.3rd
	Owen Dawson, 2010	.8th
Mile	Lionel Williams, 2010	.11th
	Steve Balkey, 1988	.10th
2-Mile	Ryan Foster, 2011	.3rd
	Bob Snyder, 1978	.8th
5000	Bob Snyder, 1979	.8th
	John Zishka, 1981	.3rd
3-Mile	Steve Brown, 1990	.10th
	Charlie Maguire, 1974	.3rd
Mile Relay	Alan Scharu, 1979	.6th
	Alan Scharu, 1980	.4th
4x400	Mike Sands, Steve Hackman,	.4th
	Randy Moser, Mike Shine, 1975	
2-Mile Relay	Aaron Nadolsky,	.5th
	Lionel Williams, Casimir Loxsom	
4x800	Brady Gehret	
	Bill Reilly, Dick Lampman	.6th
	Art Morris, Tom Bedick, 1965	
	Paul McLaughlin,	.3rd
	Randy Moore, Ken Wynn,	
	Mike Cook, 1983	
	Steve Balkey, David McMillan,	
	Chris Mills, Ray Levitre, 1987	

Event	Athlete, Year	Place
DMR	Chris McHugh, Keith Falco,	.3rd
	Mike Wyatt, Tom Rapp, 1978	
60 HH	Vance Watson, Barry Robinson,	4th
	Bob Hudson, Mark Overhein,	1985
HJ	R.B. Caldwell, James Robbins,	.6th
	Phil Mellott, Bob Harner, 1994	
LJ	Mike Shine, 1975	.6th
	Paul Souza, 1982	.7th
TJ	Ryan Olkowski, 2002	.5th
	Ryan Fritz, 2007	.5th
SP	Ryan Fritz, 2009	.T-3rd
	John Gorham, 1998	.6th
Weight	George Audu, 1999	.5th
	John Gorham, 1999	.12th
	Antonio Davis, 1994	.9th
	Chavous Nichols, 2003	.9th
	Knut Hjeltnes, 1975	.5th
	C.J. Hunter, 1989	.2nd
	C.J. Hunter, 1990	.1st
	Phil Caraher, 1991	.2nd
	Joe Kovacs, 2010	.3rd
	Blake Eaton, 2010	.8th
	Roger Kauffman, 1965	.4th
	Al Jackson, 1976	.4th
	Todd Shenk, 1983	.10th
	Todd Shenk, 1984	.9th (Tie)
	Neal McNutt, 1998	.7th



111 Outdoor All-America Titles

Event	Athlete, Year	Place
100 yards	Barney Ewell, 1940	.1st
	Barney Ewell, 1941	.1st
	Barney Ewell, 1942	
100	Bob Brown, 1961	
200 yards	Barney Ewell, 1940	.1st
	Barney Ewell, 1941	.1st
200	Barney Ewell, 1942	
	Michael Timpson, 1988	.10th
	Ryan Olkowski, 2002	.8th
220 yards	Wilbur Lancaster, 1949	
	Art Pollard, 1955	
440 yards	Mike Sands, 1975	.5th
	Randy Moore, 1985	.4th
800	Ray Levitre, 1987	.2nd
	Ryan Foster, 2009	.8th
	Casimir Loxsom, 2011	.4th
880 yards	Alan Helffrich, 1922	.1st
	Alan Helffrich, 1923	.1st
	Steve Balkey, 1987	.6th
1500	Steve Balkey, 1988	.5th
	Doug Walter, 1990	.10th
	Bob Hamer, 1994	.9th
Mile	Larry Shields, 1922	.1st
	Schuyler Enck, 1923	.1st
	Gerald Karver, 1947	.1st
3000 Steep	Ed Moran, 1958	
	Steve Moorehead, 1960	
	Steve Moorehead, 1961	
5000	George Malley, 1976	.4th
	Rick Garcia, 1983	.9th
	Horace Ashenfelter, 1948	
10,000	Greg Fredricks, 1972	.2nd
	Steve Brown, 1990	.11th
	Paul Stemmer, 1977	.8th
2-Mile	John Romig, 1921	.1st
	Curtis Stone, 1947	.2nd
	Horace Ashenfelter, 1947	
3-Mile	Horace Ashenfelter, 1949	.1st
	Bob Hollen, 1954	
	Gerry Norman, 1961	
6-mile	Greg Fredricks, 1970	.5th
	Greg Fredricks, 1971	.2nd
	Charlie Maguire, 1973	.1st
120 yd HH	Harold Barron, 1922	.1st
	Jim Gehrdes, 1949	
	Jim Gehrdes, 1950	
110 HH	Bill Youkers, 1955	.4th
	Rod Perry, 1957	
	Mike Shine, 1976	.5th
220 yd LH	Guy Rose, 2001	.12th
	Jim Gehrdes, 1949	
400 IH	Rod Perry, 1957	
	Mike Shine, 1976	.2nd
	Kevin Cripasuk, 1993	.8th
	Brian Derby, 2001	.4th

Event	Athlete, Year	Place
400 yard IH	Paul Lankford, 1980	.4th
	Paul Lankford, 1981	.4th
	Mike Shine, 1975	.6th
440 yard IH	Doug Finkel, Fred Singleton	.6th
	Mike Sands, Jim Scott, 1973	
Long Jump	Barney Ewell, 1940	
	Barney Ewell, 1941	
	Barney Ewell, 1942	
Long Jump	Steve Pina, 1996	.3rd
	John Gorham, 1997	.11th
	George Audu, 1998	.4th
Triple Jump	John Gorham, 1998	.6th
	Warren Rockwell, 1961	
	Ricardo Hall, 1990	.13th
High Jump	Antonio Davis, 1993	.6th
	Clarence Smith, 2008	.9th
	Clarence Smith, 2009	.8th
Javelin	Ryan Fritz, 2007	T-9th
	Ryan Fritz, 2010	.4th
	Nick Vukmanic, 1938	.1st
Shot Put	Nick Vukmanic, 1939	
	Nick Vukmanic, 1940	
	Ted Roderes, 1951	
Discus	Lennart Hedmark, 1965	
	Jim Stevenson, 1966	.1st
	Ernie Krombolz, 1966	
Hammer	Rob Austin, 1995	.10th
	Rob Austin, 1996	.8th
	Carl Wolter, 1998	.7th
Decathlon	Troy Burkholder, 1998	.12th
	Knut Hjeltnes, 1975	.3rd
	Brian Milne, 1992	.13th
Shot Put	Brian Milne, 1993	.1st
	Charles Blockson, 1954	
	Roosevelt Grier, 1954	
Hammer	Knut Hjeltnes, 1975	.5th
	C.J. Hunter, 1988	.5th
	C.J. Hunter, 1989	.4th
Decathlon	C.J. Hunter, 1990	.2nd
	Blake Eaton, 2010	.3rd
	Al Jackson, 1973	.4th
Decathlon	Al Jackson, 1976	.5th
	Rick Kleban, 1985	.5th
	Dave Masgay, 1987	.7th
Decathlon	James Cook, 1996	.9th
	James Cook, 1997	.13th
	James Cook, 1998	.12th



Ray Levitre
1987



Ricardo Hall
1990



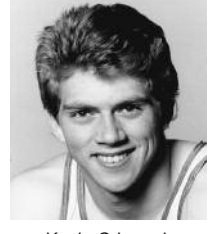
Doug Walter
1990



Phil Caraher
1991



Brian Milne
1992



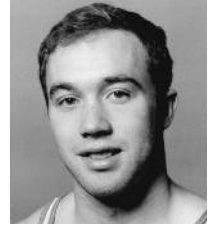
Kevin Cripasuk
1993



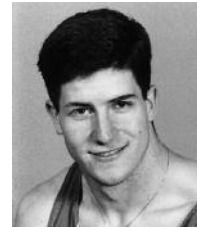
Bob Hamer
1994



James Robbins
1994



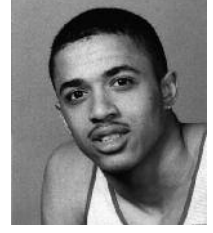
Rob Austin
1995 & 1996



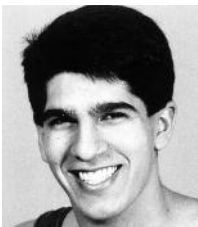
James Cook
1996, '97 & '98



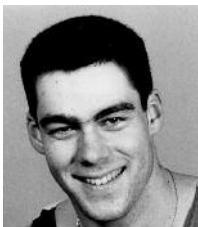
John Gorham
1997, 1998, 1999



Steve Pina
1996



Carl Wolter
1997



Neal McNutt
1998



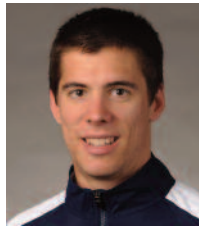
Ryan Olkowski
2002



Ryan Fritz
2007, 2009, 2010



Clarence Smith
2008, 2009



Ryan Foster
2009, 2010, 2011



Owen Dawson
2010



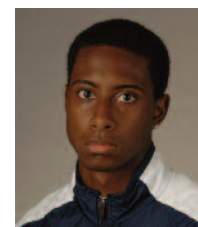
Blake Eaton
2010



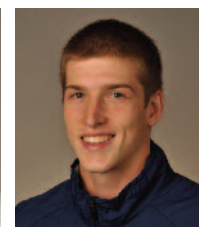
Joe Kovacs
2010, 2011



Tyler McCandless
2010



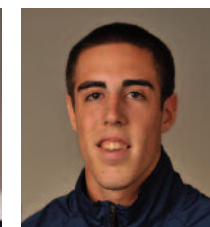
Lionel Williams
2010, 2011



Casimir Loxsom
2011



Aaron Nadolsky
2011



Brady Gehret
2011



Women's Big Ten History

INDOOR CHAMPIONS (26 INDIVIDUAL TITLES, 7 RELAYS)

Year	Athlete	Event	Performance
1992	Mitchell, Shelley	Pentathlon	3830 pts
1998	Bosler, Erica	600-Meters	1:30.22
2002	Aduba, Chi-Chi	Long Jump	19-9 (6.02)
2003	Brauksieck, Tracey	DMR	11:38.33
2003	Green, Cheryl	DMR	11:38.33
2003	Scottoline, Lindsay	DMR	11:38.33
2003	Stevens, Jenny	DMR	11:38.33
2003	Aduba, Chi-Chi	Triple Jump	44-1.50 (13.44)
2003	Williams, Deshaya	Weight Throw	64-6 (19.65)
2004	Moore, Connie	200-Meters	23.44
2004	Moore, Connie	60-Meters	7.27
2004	Dougherty, Sara	Pole Vault	12-11.50 (3.94)
2004	O'Connor, Ja'Nai	Shot Put	55-2 (16.81)
2005	Leatherman, Jennifer	Shot Put	51-3.75 (15.64)
2005	Leatherman, Jennifer	Weight Throw	69-11.50 (21.32)
2006	Blake, Dominique	4x400-Meter Relay	3:41.98
2006	Cox, Shana	4x400-Meter Relay	3:41.98
2006	Markel, Kim	4x400-Meter Relay	3:41.98
2006	Simmons, Briene	4x400-Meter Relay	3:41.98
2006	Leatherman, Jennifer	Shot Put	53-5 (16.28)
2006	Leatherman, Jennifer	Weight Throw	74-10.50 (22.82)
2007	Barber, Aleesha	4x400-Meter Relay	3:37.70
2007	Blake, Dominique	4x400-Meter Relay	3:37.70
2007	Cox, Shana	4x400-Meter Relay	3:37.70
2007	Simmons, Briene	4x400-Meter Relay	3:37.70
2008	Cox, Shana	200-Meters	24.06
2008	Cox, Shana	400-Meters	53.40
2008	Barber, Aleesha	4x400-Meter Relay	3:40.43
2008	Blake, Dominique	4x400-Meter Relay	3:40.43
2008	Cox, Shana	4x400-Meter Relay	3:40.43
2008	Simmons, Briene	4x400-Meter Relay	3:40.43
2009	Greaves, Shavon	60-Meters	7.44
2009	Greaves, Shavon	200-Meters	23.96
2009	Dorr, Fawn	400-Meters	54.10
2009	Barber, Aleesha	4x400-Meter Relay	3:39.43
2009	Dorr, Fawn	4x400-Meter Relay	3:39.43
2009	Greaves, Shavon	4x400-Meter Relay	3:39.43
2009	Hunter, Gayle	4x400-Meter Relay	3:39.43
2010	Greaves, Shavon	60-Meters	7.30
2010	Greaves, Shavon	200-Meters	22.98
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.38
2010	DeFusco, Caitlin	4x400-Meter Relay	3:35.38
2010	Dorr, Fawn	4x400-Meter Relay	3:35.38
2010	Greaves, Shavon	4x400-Meter Relay	3:35.38
2010	Franek, Bridget	Mile	4:37.95
2011	Greaves, Shavon	200-Meters	23.67
2011	Anywanwu, Doris	4x400-Meter Relay	3:37.80
2011	Iheoma, Ije	4x400-Meter Relay	3:37.80
2011	Greaves, Shavon	4x400-Meter Relay	3:37.80
2011	Duncan, Megan	4x400-Meter Relay	3:37.80

INDOOR INDIVIDUAL HONORS

Freshman of the YearDonna Fidler, 1996
Shavon Greaves, 2008
Athlete of the ChampionshipConnie Moore, 2004
Shana Cox, 2006
Shana Cox, 2008
Bridget Franek, 2010
Athlete of the YearConnie Moore, 2004
Jennifer Leatherman, 2006
Shavon Greaves, 2010
Coach of the YearBeth Alford Sullivan, 2004
Beth Alford-Sullivan, 2010

OUTDOOR CHAMPIONS (34 INDIVIDUAL TITLES; 8 RELAYS)

Year	Athlete	Event	Performance
1992	Gibbs, Stacey	Javelin	165-1 (50.31)
1993	Kelly, Kim	10,000-Meters	34:58.95
1998	Bosler, Erica	800-Meters	2:05.69
1998	Walker, Shakeema	Triple Jump	42-4 (12.91)
1999	Walker, Shakeema	Triple Jump	43-6.50 (13.27)
2002	Moore, Connie	100-Meters	11.31
2002	Moore, Connie	200-Meters	23.12
2003	Moore, Connie	100-Meters	11.37
2004	Moore, Connie	100-Meters	11.40
2004	Moore, Connie	200-Meters	22.74
2004	Aduba, Chi-Chi	4x100-Meter Relay	44.55
2004	Moore, Connie	4x100-Meter Relay	44.55
2004	Salaam, Kamilah	4x100-Meter Relay	44.55
2004	Shoaff, Sara	4x100-Meter Relay	44.55
2004	Aduba, Chi-Chi	Long Jump	20-10.75 (6.36)
2004	O'Connor, Ja'Nai	Shot Put	55-4.75 (16.88)
2005	Cox, Shana	400-Meters	52.91
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamilah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamilah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Cox, Shana	200-Meters	23.15
2008	Franek, Bridget	3000 Steeplechase	9:58.56
2008	Cox, Shana	400-Meters	52.00
2008	Blake, Dominique	4x400-Meter Relay	3:36.24
2008	Cox, Shana	4x400-Meter Relay	3:36.24
2008	Dorr, Fawn	4x400-Meter Relay	3:36.24
2008	Simmons, Briene	4x400-Meter Relay	3:36.24
2009	Greaves, Shavon	100-Meters	11.49
2009	Greaves, Shavon	200-Meters	23.35
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Franek, Bridget	3000 Steeplechase	9:48.29
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	4x100-Meter Relay	44.62
2010	Greaves, Shavon	4x100-Meter Relay	44.62
2010	DeFusco, Caitlin	4x100-Meter Relay	44.62
2010	Dorr, Fawn	4x100-Meter Relay	44.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
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)



OUTDOOR INDIVIDUAL HONORS

Freshman of the Year	Kim Kelly, 1992
	.Bridget Franek, 2007
Athlete of the Championship	.Connie Moore, 2002
	.Connie Moore, 2004
	.Shana Cox, 2006
	.Shana Cox, 2008
	.Fawn Dorr, 2010
Athlete of the Year	.Connie Moore, 2004
	.Jennifer Leatherman, 2006
Field Athlete of the Championship	.Emma Schmelzer, 2009
Coach of the Year	.Beth Alford-Sullivan, 2008
	.Beth Alford-Sullivan, 2009
	.Beth Alford-Sullivan, 2010

BIG TEN TEAM FINISHES

Indoor Championships

1992: 8th	1993: 4th	1994: 10th
1995: 10th	1996: 4th	1997: 5th
1998: 8th	1999: 8th	2000: 8th
2001: 6th	2002: 7th	2003: 3rd
2004: 1st	2005: 4th	2006: 4th
2007: 4th	2008: 3rd	2009: 2nd
2010: 1st	2011: 2nd	



The Nittany Lion captured the program's second-ever indoor conference title on their home turf in 2010.

Outdoor Championships

1992: 6th	1993: 6th	1994: 8th
1995: 10th	1996: 8th	1997: 3rd
1998: 5th	1999: 8th	2000: 7th
2001: 8th	2002: 8th	2003: 2nd(tie)
2004: 2nd	2005: 2nd	2006: 3rd
2007: 3rd	2008: 1st	2009: 1st
2010: 1st	2011: 2nd	



The 2010 Big Ten Outdoor Champions at the University of Indiana.



The Nittany Lions won the program's first indoor title in 2004.



The Nittany Lion women would also take top honors in cross country in 2009, beginning their 2009-10 "Triple Crown" run.



The Nittany Lions captured the program's first-ever Big Ten Outdoor title at the University of Illinois in 2008 (above), and followed up with their second-straight outdoor title at Ohio State University in 2009.





Men's Big Ten History

INDOOR CHAMPIONS (12 INDIVIDUAL TITLES)

Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097 pts
1994	Kelley, Brian	Pentathlon	3967 pts
1997	Loner, Joe	800-Meters	1:50.87
1998	McNutt, Neal	35-lb Weight	62-1
2007	Fritz, Ryan	High Jump	7-3 (2.21)
2008	Miller, Mark	800-Meters	1:52.65
2008	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2009	Foster, Ryan	800-Meters	1:50.24
2009	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2010	Foster, Ryan	800-Meters	1:50.43
2011	Foster, Ryan	800-Meters	1:49.98
2011	Kovacs, Joe	Shot Put	65-1.25 (19.84)



Clarence Smith won back-to-back indoor triple jump titles in 2008 and 2009, to go along with an outdoor victory in 2009.

OUTDOOR CHAMPIONS (31 INDIVIDUAL TITLES)

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10
1993	Davis, Antonio	Triple Jump	51-1.75
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Wolter, Carl	Javelin	233-8 (71.22)
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1998	Audu, George	Long Jump	25-4 (7.72)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
1999	Audu, George	Long Jump	25-8.75 (7.84)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kuretich, J.T.	Decathlon	7424
2004	Stumpf, Brian	Javelin	216-4 (65.94)
2005	Campisi, Jaret	400-Meter Hurdles	50.10
2005	Kerschner, Bret	Javelin	218-6 (66.61)
2006	Miller, Mark	800-Meters	1:48.78
2006	Pettner, Allen	Javelin	218-6 (66.60)
2007	Fritz, Ryan	High Jump	7-1.75 (2.13)
2007	Pettner, Allen	Javelin	239-9 (73.09)
2008	Borchers, Samuel	1500-Meters	4:03.96
2009	Foster, Ryan	800-Meters	1:49.66
2009	Evak, Tanner	Javelin	233-4 (71.13)
2009	Smith, Clarence	Triple Jump	52-10.75 (16.12)w
2010	Loxsom, Casimir	800-Meters	1:48.06
2010	Eaton, Blake	Shot Put	60-6.75 (18.46)
2011	Loxsom, Casimir	800-Meters	1:47.70
2011	Eaton, Blake	Shot Put	61-8.50 (18.81)



Ryan Olkowski was the 2002 Big Ten Outdoor Champion at 200-meters.



OUTDOOR INDIVIDUAL HONORS

Freshman of the YearCasimir Loxsom, 2010

20095th
20107th
20116th

BIG TEN TEAM FINISHES

Indoor Finishes

19928th
19936th
19947th
199510th
199610th
199710th
19988th
199910th
20009th
20015th
2002	Cancelled
20037th
20048th
20058th
20068th
20078th
20084th
20093rd
20106th
20116th



In 2010, Blake Eaton became Penn State's first-ever shot put winner since joining the conference in 1992. Eaton would follow up with another shot put title in 2011.



The Nittany Lions recorded their highest-ever indoor finish with a third-place effort in 2009, thanks in part to a one-two finish by Ryan Foster and Owen Dawson in the 800-meters. Foster would go to win three-straight indoor titles in the event from 2009 to 2011.

Outdoor Finishes

19927th
19938th
19948th
19955th
19963rd
19978th
19989th
19999th
20007th
20013rd
20025th
20035th
20047th
20057th
20067th
20074th
20086th



The javelin throw has been the Nittany Lions' most successful event on the Big Ten level, having captured nine titles since joining the conference. Tanner Evak (pictured) was the most recent winner in 2009.



The Nittany Lions have also experienced a great deal of success at 800-meters, including titles from Mark Miller in 2006 and 2007.





Track Events

55 Meters	6.98	Shavon Greaves, 2008
60 Meters	7.24	Shavon Greaves, 2010
200 Meters	22.60	Consuella Moore, 2004
300 Meters	37.13	Shavon Greaves, 2010
400 Meters	52.31	Shana Cox, 2007
500 Meters	1:09.19	Shana Cox, 2007
600 Meters	1:29.81	Briene Simmons, 2008
800 Meters	2:05.67	Briene Simmons, 2007
1000 Meters	2:44:24	Caitlin Lane, 2012
Mile	4:37.95	Bridget Franek, 2010
3000 Meters	9:10.04	Bridget Franek, 2009
5000 Meters	15:53.50	Paula Renzi, 1985
55m Hurdles	7.77	Aleesha Barber, 2008
60m Hurdles	8.16	Aleesha Barber, 2009

Relay Events

Shuttle Hurdles	32.30	Carla Criste, Laurie Dangel, Sue Lindner, Stephanie Weeks, 1983
4X200-Meter Relay	1:37.76	Monique Walker, Kamilah Salaam, Gayle Hunter, Sara Shoaff, 2006
4X400-Meter Relay	3:33.39	Dominique Blake, Briene Simmons, Aleesha Barber, Shana Cox, 2006
4X800-Meter Relay	8:45.60	Judi Cassel, Heidi Gerken, Tammie Hart, Beth Stever, 1984
Mile Relay	3:46.30	Penny Fales, Tammie Hart, Elaine LaFramboise, Terry Pioli, 1980
2-Mile Relay	8:52.40	Judi Cassel, Heidi Gerken, Beth Stever, Doreen Startare, 1984
Sprint Medley	3:52.25	Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
Distance Medley	11:05.16	Caitlin Lane, Ije Iheoma, Bekka Simko, Kara Millhouse, 2012

*All times are FAT (Fully Automatic Timing)

BOLD - Denotes 2012 Record (Updated as of March 4)



Bridget Franek owns Nittany Lion bests in the mile run and 3000-meters.

Field Events

High Jump	5-11 1/4 (1.81)	Antoinette O'Carroll, 1987
	5-11 1/4 (1.81)	Brittany Maun, 2010
Pole Vault	13-5 1/2 (4.11)	Sara Dougherty, 2004
Long Jump	20-11 1/4 (6.38)	Gayle Hunter, 2009
Triple Jump	44-1 1/2 (13.45)	Chi-Chi Aduba, 2003
Shot Put	56-5 1/4 (17.20)	Ja'Nai O'Connor, 2004
20-lb. Weight	74-10 1/2 (22.82)	Jen Leatherman, 2006
Pentathlon	4,342 points	Gayle Hunter, 2009

Pentathlon Records

60-Meter Hurdles	8.37	Gayle Hunter, 2009
High Jump	5-8 1/2 (1.74)	Amber Strouse, 2007
		Kelsey Couts, 2012
Long Jump	20-11 1/4 (6.38)	Gayle Hunter, 2009
Shot Put	40-0 1/2 (12.20)	Gayle Hunter, 2009
800-Meters	2:13.73	Gayle Hunter, 2009

Discontinued Events

50 Yards	6.00	Lea Ventura, 1977
60 Yards	7.12	Vivian Riddick, 1983
220 Yards	24.84	Debbie Lewis, 1980
300 Yards	36.49	Janice Carter, 1985
440 Yards	55.62	Tammie Hart, 1981
600 Yards	1:20.34	Tammie Hart, 1983
880 Yards	2:09.11	Terry Pioli, 1983
1000 Yards	2:32.00	Doreen Startare, 1983
1500 Meters	4:20.50	Patty Murnane, 1980
2000 Meters	6:05.67	Mary Rawe, 1980
2-Mile	9:54.76	Doreen Startare, 1983
3-Mile	15:48.00	Paula Renzi, 1985
50-Yard Hurdles	6.80	Patti Knighton, 1978
60-Yard Hurdles	8.07	Stephanie Weeks, 1983
50-Meter Hurdles	7.20	Carla Criste, 1985
880-Yard Relay	1:43.90	Debbie Lewis, Ann Mckillop, Terry Pioli, Vivian Riddick, 1980



Women's Indoor Top 5



Current senior Caitlin Lane set the school record in the 1,000-meters (2:45.95) in 2011.



Shana Cox is tops in the 400- and 500-meters indoors, as well as the 400 outdoors.



11-time All-American Connie Moore owns school records in the 60- and 200-meters.

60 METERS

1. 7.24 Shavon Greaves, 2010
2. 7.27 Consuella Moore, 2004
3. 7.41 Toyin Augustus, 2001
4. 7.46 Kamilah Salaam, 2005
5. 7.50 Lauren Burns, 2007

200 METERS

1. 22.60 Consuella Moore, 2004
2. 22.98 Shavon Greaves, 2010
3. 23.48 Shana Cox, 2005
4. 23.67 Caitlin DeFusco, 2010
5. **23.68** Mahogany Jones, 2011

400 METERS

1. 52.31 Shana Cox, 2007
2. 52.53 Fawn Dorr, 2010
3. 53.15 Dominique Blake, 2008
4. 53.53 Shavon Greaves, 2011
5. 53.96 Gayle Hunter, 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. 1:29.81 Briene Simmons, 2008
2. 1:30.22 Erica Bosler, 1998
3. 1:30.42 Ije Iheoma, 2011
4. 1:31.35 Bekka Simko, 2011
5. 1:31.68 Fawn Dorr, 2008

800 METERS

1. 2:05.67 Briene Simmons, 2007
2. **2:06.88** Bekka Simko, 2012
3. 2:08.75 Maura Ryan, 2011
4. 2:08.92 Caitlin Lane, 2011
5. 2:09.52 Judi Cassell, 1985

1,000 METERS

1. **2:44.24** Caitlin Lane, 2012
2. 2:48.21 Briene Simmons, 2007
3. **2:48.70** Bekka Simko, 2012
4. 2:49.00 Patty Murnane, 1979
5. 2:49.92 Bridget Franek, 2008
6. 2:51.04 Liz Kearins, 2010

MILE RUN

1. 4:37.95 Bridget Franek, 2010
2. 4:38.37 Caitlin Lane, 2011
3. 4:40.76 Kim McGreevy, 1997
4. 4:41.51 Patty Murnane, 1982
5. 4:45.46 Leah Rosenfeld, 2008

3,000 METERS

1. 9:10.04 Bridget Franek, 2009
2. 9:13.06 Paula Renzi, 1985
3. **9:15.16** Caitlin Lane, 2012
4. **9:17.48** Kara Millhouse, 2012
5. 9:27.41 Cheryl Spring, 2010
6. 9:28.68 . . . Tracey Brauksieck, 2003

5,000 METERS

1. 15:53.50 Paula Renzi, 1985
2. 15:56.76 Bridget Franek, 2010
3. 16:22.30 Cheryl Spring, 2010
4. **16:25.97** . . . Brooklyn Ridder, 2011
5. 16:29.83 . . . Molly Landreth, 2004

60-METER HURDLES

1. 8.16 Aleesha Barber, 2009
2. **8.20** Evonne Britton, 2012
3. 8.22 Toyin Augustus, 2001
4. 8.37 Gayle Hunter, 2009
5. 8.50 Kamilah Salaam, 2006

4X200-METER RELAY

1. 1:37.76 Monique Walker, . . . Kamilah Salaam, Gayle Hunter, . . . Sara Shoaff, 2006
2. 1:37.92 Kamilah Salaam, . . . Brooke Robinson, Sara Shoaff, . . . Shana Cox, 2005
3. 1:38.05 Cheryl Green, . . . Connie Moore, Sara Shoaff, . . . Kamilah Salaam, 2004
4. 1:39.30 Aleesha Barber, . . . Lauren Burns, Kim Markel, . . . Monique Walker, 2007



Gayle Hunter holds school records in the long jump and pentathlon.



Ja'Nai O'Connor set the Penn State shot put record in 2004.



Jennifer Leatherman claimed five All-America finishes in just two years as a Nittany Lion.

4X400-METER RELAY

- 3:33.49 Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber, 2007
- 3:34.00 Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr, 2008
- 3:34.00** **Doris Anyanwu, Ije Iheoma, Shavon Greaves, Mega Duncan, 2011**
- 3:34.04 Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake, 2006
- 3:34.64 Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter, 2009

1,600M SPRINT MEDLEY RELAY

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

DISTANCE MEDLEY RELAY

- 11:05.16** **Caitlin Lane, Ije Iheoma, Bekka Simko, Kara Millhouse, 2012** (3:22, 53.5, 2:07.5, 4:41.1)
- 11:14.78 Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007
- 11:18.96** . . . **Bekka Simko, Ije Iheoma, Marta Klebe, Brooklyne Ridder, 2012**
- 11:21.00 Heyer, Dweh, Bosler, McGreevy, 1997
- 11:26.40 Caitlin Lane, Doris Anyanwu, Liz Kearins, Cheryl Spring
- 11:27.81 Lindsey Graybill, Megan Duncan, Liz Kearins, Bridget Franek
- 11:31.84 Jenny Stevens, Cheryl Green, Jen Maline, Tracey Brauksieck, 2004

HIGH JUMP

- 5-10.50 (1.79) Brittany Maun, 2010
- 5-11.25 (1.81) Ant. O'Carroll, 1987
- 5-9.75 (1.77) Jen Aylward, 2001
- 5-8 1/2 (1.74) Amber Strouse, 2007
- 5-8 (1.73) Kathy Messner, 2003
- 5-8 (1.73) Bianca Fung, 2011

WOMEN'S POLE VAULT

- 13-5.50 (4.11) . . . Sara Dougherty, 2004
- 12-11.50 (3.95) . . Jocelyn Witmer, 2010
- 12-11.50 (3.95) . . Caitlin Fairbairn, 2010
- 12-5.50 (3.80) Amanda Palenchar, 2012**
- 12-3.50 (3.75) . . Lindsey McDonnell, 2003
- 12-3.50 (3.75) . . Jackie Meissner, 2007

LONG JUMP

- 20-11.25 (6.38) Gayle Hunter, 2009
- 20-8 (6.30) Chi-Chi Aduba, 2003
- 20-8 (6.30) Shakeema Walker, 1999
- 20-7.50 (6.28) Carmen Mann, 1990
- 20-3.50 (6.18) Bianca Fung, 2009

TRIPLE JUMP

- 44-1.50 (13.45) . . Chi-Chi Aduba, 2004
- 41-11.50 (12.79) . Gabriela Baiter, 2008
- 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998
- 41-7.25 (12.68) Gayle Hunter, 2008

SHOT PUT

- 56-5.25 (15.13) Ja'Nai O'Connor, 2004
- 53-6 (16.31) Elaine Sobansky, 1983
- 53-5 (16.28) Jen Leatherman, 2006
- 51-2 (15.60) Deshaya Williams, 200
- 50-2 (15.29) . . Melissa Kurzdorfer, 2012**
- 49-7.75 (15.13) Emma Schmelzer, 2008

20-LB WEIGHT

- 74-10.50 (22.82) Jen Leatherman, 2006
- 66-3 (20.19) Kate Johnston, 2005
- 64-10.50 (19.77) Melissa Kurzdorfer, 2012**
- 64-6 (19.66) Deshaya Williams, 2003
- 62-1.25 (18.93) Ja'Nai O'Connor, 2002
- 60-1 (18.31) Emma Schmelzer, 2009

PENTATHLON

- 4,342 Gayle Hunter, 2009
- 3,988 Carla Criste, 1985
- 3,870 Brittney Howell, 2012**
- 3,805 Amber Strouse, 2007
- 3,596 Danielle Bobo, 2003
- 3,566 Jess Kern, 2000



Women's Outdoor Records

Track Events

100 Meters	11.21Connie Moore, 2003
200 Meters	22.45Connie Moore, 2004
400 Meters	50.84Shana Cox, 2008
800 Meters	2:04.37Tammie Hart, 1985
1500 Meters	4:16.96Doreen Startare, 1983
Mile	4:40.65Bridget Franek, 2010
5000 Meters	15:32.53Kathy Mills, 1978
10,000 Meters	33:31.93Kara Millhouse, 2011
100m Hurdles	12.85Aleesha Barber, 2010
400m Hurdles	55.57Fawn Dorr, 2010
3000m Steeple	9:32.35Bridget Franek, 2010

**All times are FAT

Relay Events

4X100-Meter Relay	44.25Laurie Fox, Chi-Chi Aduba,Sara Shoaff, Connie Moore, 2003
4X200-Meter Relay	1:33.78Caitlin DeFusco,Shavon Greaves, Fawn Dorr,Doris, Anyanwu, 2010
4X400-Meter Relay	3:27.69Dominique Blake,Aleesha Barber,Gayle Hunter, Shana Cox, 2008
4X800-Meter Relay	8:39.44Caitlin Lane, Bekka Simko,Kayln Fisher, Maura Ryan, 2011
Distance Medley	11:09.50Tammie Hart, Patty Murnane,Terry Pioli, Mary Rawe, 1981
Sprint Medley	3:47.90Aleesha Barber,Dominique Blake,Shana Cox, Briene Simmons, 2007
4x1500m Relay	17:57.28Meghan Noecker,Bridget Franek,Leah Rosenfeld, Claire Percival, 2007

**All times are FAT

BOLD - Record from 2010 Season.



2004 graduate Consuella Moore is still a prominent fixture in the Nittany Lion record books, as she still owns records in the 100- (11.21) and 200-meters (22.45).



2003 NCAA Champion Deshaya Williams holds the Penn State discus record at 185-1 (56.42).

Field Events

High Jump	6-0 (1.83)Shelley Mitchell, 1992
Pole Vault	13-1 1/2 (4.00)Sara Dougherty, 2004
Long Jump	21-6 (6.55)Chi-Chi Aduba, 2004
Triple Jump	44-6 3/4 (13.58)Chi-Chi Aduba, 2004
Shot Put	55-4 3/4 (16.88)Ja'Nai O'Connor, 2004
Discus	185-1 (56.42)Deshaya Williams, 2003
Hammer (4K)	219-1 (66.78)Jen Leatherman, 2006
Javelin (new)	178-4 (54.35)Kim Hanslovan, 2009

Heptathlon

Heptathlon	5797Gayle Hunter, 2009
100-Meter Hurdles	13.45Gayle Hunter, 2009
High Jump	5-8 3/4 (1.75)Amber Strouse, 2007
Shot Put	40-0 (12.19)Gayle Hunter, 2009
200-Meters	23.56wGayle Hunter, 2008
Long Jump	21-0 1/2 (6.42)wGayle Hunter, 2009
Javelin	126-5 (38.53)Gayle Hunter, 2008
800-Meters	2:17.20Gayle Hunter, 2008

Discontinued Events

3000 Meters	9:08.04Kathy Mills, 1978
800m Medley1:47.20Johanna Humphreys, Terry Pioli,Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)Jen Pastore, 1998
Pentathlon	3,725 pointsPatti Knighton, 1978



Shana Cox's school-record 50.84 was the top 400-meter time by a collegiate in 2008.

100-METER DASH

1. 11.21Connie Moore, 2004
2. 11.27Shavon Greaves, 2010
3. 11.56Kamilah Salaam, 2004
4. 11.63 (11.57w) ..Aleesha Barber, 2008
5. 11.68Vivian Riddick, 1983
6. 11.70Sara Shoaff, 2006
7. 11.72Caitlin DeFusco, 2010
8. 11.78Tiffany Glenn, 1999
9. 11.80Jackie Brown, 1991
10. 11.81Chioma Aduba, 2004

200-METER DASH

1. 22.45Connie Moore, 2004
2. 23.07Shavon Greaves, 2010
3. 23.15 (22.92w)Shana Cox, 2008
4. 23.61Kamilah Salaam, 2004
5. 23.70Sara Shoaff, 2005
6. 23.81 (23.56w)Gayle Hunter, 2008
7. 23.85Debbie Lewis, 1980
8. 23.90Vivian Riddick, 1983
- 23.90Caitlin DeFusco, 2010
10. 23.92Dominique Blake, 2008

400-METER DASH

1. 50.84Shana Cox, 2008
2. 52.15Dominique Blake, 2008
3. 52.51Fawn Dorr, 2010
- 4. 53.50Ije Iheoma, 2011**
5. 53.74Laila Brock, 1998
- 53.74Janice Carter, 1988
7. 53.80Tammie Hart, 1981
8. 54.15Shavon Greaves, 2010
9. 54.29Aleesha Barber, 2010
10. 54.36Doris Anyanwu, 2010

800-METER RUN

1. 2:04.37Tammie Hart, 1985
2. 2:04.72Briene Simmons, 2006
3. 2:05.66Janice Carter, 1985
4. 2:05.68Terry Pioli, 1981
5. 2:05.69Erica Bosler, 1998
- 6. 2:06.80Maura Ryan, 2011**
7. 2:07.26Judi Cassel, 1995
8. 2:08.09Teresa DiPerna, 1989
9. 2:08.10Kim Certain, 1988
10. 2:08.18Dominique Blake, 2005



2010 graduate Cheryl Spring owns top 10 marks in the 5,000- and 10,000-meters, and 3,000-meter steeplechase.

1500-METER RUN

1. 4:16.96Doreen Startare, 1981
2. 4:17.40Kim McGreevy, 1997
3. 4:17.54Mary Rawe, 1981
4. 4:18.33Bridget Franek, 2010
5. 4:19.83Patty Murnane, 1981
6. 4:20.40Caitlin Lane, 2010
7. 4:21.10Heather Carmichael, 1980
8. 4:21.31Susanne Heyer, 1999
9. 4:23.71Kathy Mills, 1979
- 10. 4:23.79Kara Millhouse, 2011**

5000 METERS

1. 15:32.52Kathy Mills, 1978
2. 15:46.08Bridget Franek, 2010
3. 15:53.50Paula Renzi, 1985
4. 16:06.32Kim Kelly, 1993
5. 16:09.38Stacy Prey, 1990
6. 16:12.0Kris Bankes, 1978
7. 16:16.89Peggy Cleary, 1980
- 8. 16:18.14Caitlin Lane, 2011**
- 9. 16:25.09Kara Millhouse, 2011**
10. 16:32.56Cheryl Spring, 2009

10,000 METERS

- 1. 33:31.93Kara Millhouse, 2011**
2. 34:00.40Natalie Updegrove, 1983
3. 34:02.52Kim Kelly, 1993
4. 34:02.80Kris Kelly, 1993
5. 34:09.00Kelli Hunt, 1993
6. 34:20.1Donna Fidler, 1999
7. 34:24.07Peggy Cleary, 1980
8. 34:31.75Cheryl Spring, 2010
9. 34:39.89Molly Landreth, 2003
10. 34:55.84Wendy Nelson, 1991

100-METER HURDLES

1. 12.85Aleesha Barber, 2010
- 2. 13.11Evonne Britton, 2011**
3. 13.35Gayle Hunter, 2009
4. 13.36Toyin Augustus, 2001
5. 13.83Kamilah Salaam, 2006
-Monique Walker, 2006
7. 14.13Pam Connell, 1991
8. 14.19Carla Criste, 1986
9. 14.21Shelley Mitchell, 1990
-Sue Lindner, 1982



Fawn Dorr ran 55.57 at the NCAA First Round in 2010, resetting her own school standard in 400-meter hurdles.

400-METER HURDLES

1. 55.57Fawn Dorr, 2010
2. 57.00Aleesha Barber, 2007
3. 57.32Evonne Britton, 2010
- 4. 57.35Megan Duncan, 2011**
5. 57.88Shelley Mitchell, 1991
6. 58.45Tammie Hart, 1982
7. 58.60Ernestine Marsh, 1987
8. 58.77Kim Markel, 2007
9. 60.46Adrienne McCray, 1996
10. 60.80Sandy Miller, 1978
- 60.80Penny Fales, 1982

3,000-METER STEEPLCHASE

1. 9:32.35Bridget Franek, 2010
2. 10:07.78Molly Landreth, 2003
3. 10:16.91Tracey Brauksieck, 2003
- 4. 10:18.48Natalie Bower, 2011**
5. 10:24.01Claire Percival, 2007
6. 10:26.41Nicole Lord, 2010
- 7. 10:30.47Lindsey Graybill, 2011**
8. 10:34.25Cheryl Spring, 2008
- 9. 10:40.77Emily Giannotti, 2011**
10. 10:46.05Kris Phillips, 2001

HIGH JUMP

1. 6-0 (1.83)Shelley Mitchell, 1992
2. 5-11 1/4 (1.81)Pam Connell, 1991
- 5-11 1/4 (1.81)Antoinette O'Carroll, 1987
- 5-11 1/4 (1.79)Jenny Williams, 1987
- 5-10 1/2 (1.79)Karen Krawick, 1980
- 5-10 1/2 (1.79)Leslie Lippincott, 1991
7. 5-10 1/4 (NMC)Holly Jones, 1992
8. 5-10 (1.78)Deb Ford, 1988
9. 5-9 3/4 (1.77)Carmen Mann, 1990
10. 5-9 (NMC)Felicia Cooksey, 1999

NMC - No Metric Conversion



Emma Schmelzer is a member of the Nittany Lion top 10 lists in the shot put, discus, and hammer throws



Aleesha Barber hold the PSU record in the 100-meter hurdles, as well as the 4x200-, and 4x400-meters, and sprint medley relay.



Current senior and three-time All-American Karlee McQuillen is currently ranked second in the all-time javelin rankings.

POLE VAULT

1. 13-1 1/2 (4.00)Sara Dougherty, 2004
2. 12-9 1/2 (3.90)Jocelyn Witmer, 2010
3. 12-8.25 (3.87)Caitlin Fairbairn, 2010
4. 12-5 1/2 (3.80).....Kelly Nesbit, 2005
5. **12-3.50 (3.75)....Amanda Palenchar, 2011**
6. 12-2 (3.71)Lindsey McDonnell, 2002
7. 11-7 3/4 (3.55)Biz Curran, 2002
- 11-7 3/4 (3.55)Rachel NeMoyer, 2008
9. 11-5 3/4 (3.50)Kim Pfeifer, 2005
10. 11-0 3/4 (3.37)Dana Gioia, 2003

LONG JUMP

1. 21-6 (6.55)Chi-Chi Aduba, 2004
2. 21-4 3/4 (6.52).....Gayle Hunter, 2008
3. 20-10 3/4 (6.37)Carmen Mann, 1989
- 20-10 3/4 (6.37) ...Shakeema Walker, 1999
4. 20-10.50 (6.36) wBianca Fung, 2009
5. 20-4 1/2 (6.21)Vivian Riddick, 1982
6. 20-4 1/4 (6.20) ...Monique Gillman, 1997
7. 20-3 (6.17).....Lena Bettis, 2007
9. 19-8 (5.99).....Stephanie Gurysh, 1986
10. 19-7 (5.97)Pam Connell, 1987

TRIPLE JUMP

1. 44-6 3/4 (13.58).....Chi-Chi Aduba, 2004
2. 44-3 (13.48).....Shakeema Walker, 1999
3. 43-1 (13.13)Carmen Mann, 1990
4. 41-7 (13.67).....Lena Bettis, 2007
5. 41-2 1/2 (12.56).....Gayle Hunter, 2007
6. 41-2 1/4 (12.55)Alicia Porro, 1992
7. 40-10.50 (12.46)Tanaya Lloyd, 2010
8. 40-9 (12.42)Hanna Humphreys, 1984
9. 40-8 3/4 (12.41)Stephanie Gurysh, 1986
10. 40-7 1/4 (12.37)Carla Criste, 1985

SHOT PUT

1. 55-4 3/4 (16.88) ..Ja'Nai O'Connor, 2004
2. 55-0 (16.76) ...Elaine Sobansky, 1984
3. 53-8 1/4 (16.36) ...Jen Leatherman, 2006
4. **52-6 (16.00) ...Jane Swenson, 2011**
5. 51-6 1/4 (15.70) ...Deshaya Williams, 2003
6. 50-3 1/2 (15.58) ...E. Schmelzer, 2009
7. 48-6 (14.78)Kim Hicks, 1998
8. 47-10 (14.58)Kim Kessell, 1990
9. 47-7 3/4 (14.52) ...Toya Woods, 2007
10. 47-5 (14.45)Lexi Benamati, 2004

DISCUS

1. 185-1 (56.41) ...Deshaya Williams, 2001
2. 173-4 (52.83) ...Christen Clemson, 2007
3. 170-0 (51.82) ..Jennifer Leatherman, 2006
4. 168-8 (51.40) Emma Schmelzer, 2008
5. 167-7 (51.08) ..Elaine Sobansky, 1984
6. **157-6 (48.02) ...Taylor McNally, 2011**
7. 156-7 (47.72) ...Lexi Benamati, 2004
8. 155-8 (47.44)Kim Kessell, 1991
9. 152-8 (46.53)Marilyn Senz, 1982
10. 150-7 (45.90)Erica Fabien, 1997

HAMMER

1. 219-1 (66.78) ..Jennifer Leatherman, 2006
2. 197-3 (60.12) ...Kate Johnston, 2003
3. 190-10 (56.16) ...Deshaya Williams, 2003
4. 186-11 (56.97) ...Helen Higgins, 2007
5. 179-6 (54.71) ...Emma Schmelzer, 2009
6. 174-3 (53.11) ..Robbin Shomper, 2003
7. **172-4 (52.53)Jane Swenson, 2011**
8. 170-11 (52.10) ..Michelle Thompson, 1992
9. 160-4 (48.86)Stacy Frank, 1992
10. 159-10 (48.72) ...Ja'nai O'Connor, 2004

JAVELIN

1. 178-4 (54.35) ...Kim Hanslovan, 2009
2. 176-2 (53.70) .Karlee McQuillen, 2008
3. 167-2 (50.96) ...Heidi Nadeau, 2007
4. 167-1 (50.92) ..Brianne Johnson, 2001
5. **161-3 (49.14)Laura Lohf, 2011**
6. 159-4 (48.56)Ashley Colley, 2002
7. 156-3 (47.62)Kristen Eash, 2004
8. 155-9 (47.47)Diana Bruch, 2005
9. 145-1 (44.22)Sheri Pettit, 2002
10. **148-11 (45.38) ..Kait. Dearborn, 2011**

HEPTATHLON

1. 5797Gayle Hunter, 2009
2. 5706Pam Connell, 1991
3. 5420Carmen Mann, 1990
4. 5407Shelley Mitchell, 1992
5. 5311Carla Criste, 1986
6. 4919Amber Strouse, 2007
7. 4917Holly Jones, 1992
8. 4878Felicia Cooksey, 1999
9. 4826Danielle Bobo, 2003
10. 4788Deb Ford, 1988

DISCONTINUED EVENTS

JAVELIN (OLD)

1. 198-11Jen Pastore, 1998
2. 182-5Stacey Gibbs, 1992
3. 171-11Marilyn Senz, 1984
4. 169-3Carrie Karabinos, 1999
5. 167-5Tina Kondas, 1987
6. 165-0Jen Crouch, 1990
7. 164-1Dayna Holston, 1993
8. 164-0Denika Kisty, 1996
9. 162-0Becky Gusic, 1996



Dominique Blake was a member of the Lions' NCAA Champion 4x400 in 2008.



Leah Rosenfeld (front) and Megan Noecker are both members of the school-record 4x1500.

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. 44.80 Kamilah Salaam, Sara Shoaff, Shana Cox, Brooke Robinson, 2005
5. 44.86 Shavon Greaves, Shana Cox, Aleesha Barber, Dominique Blake, 2008
6. 45.18 Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff, 2006
7. 45.31 Toyin Augustus, Chi-Chi Aduba, Laurie Fox, Consuella Moore, 2001
8. 45.57 Shavon Greaves, Caitlin DeFusco, Fawn Dorr, Aleesha Barber, 2009
9. 45.60 Lena Bettis, Shana Cox, Aleesha Barber, Dominique Blake, 2007
- 45.60 Laurie Fox, Chi-Chi Aduba, Chereese Sullivan, Connie Moore, 2002

4X200-METER RELAY

1. 1:33.78 Caitlin DeFusco, Shavon Greaves, Fawn Dorr, Doris Anyanwu, 2010
2. 1:33.87 Connie Moore, Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, 2004
3. 1:34.75 Shavon Greaves, Gayle Hunter, Fawn Dorr, Caitlin DeFusco, 2009
4. 1:35.98 Shana Cox, Gayle Hunter, Dominique Blake, Lauren Burns, 2007
5. **1:36.56** **Megan Duncan, Ije Iheoma, Doris Anyanwu, Caitlin DeFusco, 2011**
6. 1:36.73 Laurie Fox, Chereese Sullivan, Chi-Chi Aduba, Consuella Moore, 2003
7. 1:38.17 Sara Shoaff, Kamilah Salaam, Dominique Blake, Monique Walker, 2006
8. 1:38.24 Leslie Hummer, Lisa Chess, Ernestine Marsh, Janice Carter, 1988
9. 1:38.25 Consuella Moore, Laurie Fox, Genevieve Keen, Chi Chi Aduba, 2001
10. 1:38.41 Briene Simmons, Shana Cox, Dominique Blake, Monique Walker, 2007

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. 3:31.75 Dominique Blake, Briene Simmons, Gayle Hunter, Shana Cox, 2007
6. 3:32.90 Briene Simmons, Dominique Blake, Fawn Dorr, Shana Cox, 2008
7. 3:33.40 Dominique Blake, Aleesha Barber, Gayle Hunter, Fawn Dorr, 2008
8. 3:34.81 Briene Simmons, Shana Cox, Dominique Blake, Gayle Hunter, 2007
9. 3:34.92 Shana Cox, Briene Simmons, Sara Shoaff, Dominique Blake, 2006
10. 3:34.93 Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox, 2007

SPRINT MEDLEY RELAY

1. 3:47.90 Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
2. 3:50.15 Kamilah Salaam, Sara Shoaff, Shana Cox, Dominique Blake, 2005
3. 3:50.54 Shavon Greaves, Gayle Hunter, Fawn Dorr, Bridget Franek, 2009
4. 3:52.37 Sara Shoaff, Kamilah Salaam, Dominique Blake, Briene Simmons, 2006
5. 3:53.20 Janice Carter, Leslie Hummer, Lisa Chess, Kiernan O'Toole, 1988
6. 3:54.71 Erica Bosler, Laila Brock, Tiffany Glenn, Nicole Paul, 1998
7. **3:55.24** **Shavon Greaves, Doris Anyanwu, Ije Iheoma, Bekka Simko, 2011**
8. 3:55.32 Caitlin DeFusco, Erika Schmidt, Megan Duncan, Caitlin Lane, 2010
9. 3:55.55 Pam Connell, Leslie Hummer, Ernestine Marsh, Teresa DiPerna, 1989
10. 3:57.06 Toyin Augustus, Tiffany Glenn, Laila Brock, Suzanne Hayer, 2000

4X1500-METER RELAY

1. 17:57.28 Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007
2. 18:07.25 Katy Hillard, Jenny Stevens, Lauren Clark, Tracey Brauksieck, 2004
3. 18:19.78 Laurie Morrow, Ann Marie Quinn, Kiernan O'Toole, Wendy Nelson, 1989
4. 18:21.78 Jenny Stevens, Nicki Bohnsack, Stephanie Pezzullo, Lindsay Scottoline, 2005
5. 18:38.35 Laurie Morrow, Wendy Nelson, Jenny Weaver, Amanda Dudley, 1991
6. 18:43.37 Laurie Morrow, Dana Dougan, Anna DeRenzi, Jenny Weaver, 1992

4X800-METER RELAY

1. **8:39.44** **Caitlin Lane, Bekka Simko, Kalyn Fisher, Maura Ryan, 2011**
2. 8:41.09 Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura, 1978
3. 8:43.56 Tammie Hart, Elaine LaFramboise, Doreen Startare, Terry Pioli, 1982
4. 8:43.70 Joetta Dweh, Kim McGreevy, Tracy Pombo, Erica Bosler, 1997
5. 8:44.37 Dominique Blake, Fiana York, Briene Simmons, Meghan Hutchinson, 2006
6. 8:47.69 MaryBeth Powers, Dana Dougan, Laurie Morrow, Teresa DiPerna, 1990
7. 8:47.80 Kiernan O'Toole, Beth Stever, Janice Carter, Pam Daniely, 1986
8. 8:48.27 Doreen Startare, Patty Murnane, Terry Pioli, Mary Rawe, 1981
9. 8:49.13 Pam Daniely, Kiernan O'Toole, Ann Marie Quinn, Julie Moody, 1988
10. 8:50.20 Tammie Hart, Judi Cassel, Janice Carter, Heidi Gerken, 1985

DISTANCE MEDLEY RELAY

1. 11:09.50 Tammie Hart, Patty Murnane, Terry Pioli, Mary Rawe, 1981
2. 11:16.97 Leah Rosenfeld, Shana Cox, Briene Simmons, Bridget Franek, 2008
3. 11:18.20 Tammie Hart, Janice Carter, Lisa Ross, Paula Renzi, 1985
4. 11:20.80 Penny Fales, Debbie Lewis, Heather Carmichael, Mary Rawe, 1980
5. 11:21.64 Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy, 1996
6. 11:25.72 Caitlin Lane, Fawn Dorr, Liz Kearins, Bridget Franek, 2009
7. 11:26.54 Bridget Franek, Megan Duncan, Caitlin Lane, Cheryl Spring, 2010
8. 11:30.54 Doreen Startare, Tammie Hart, Terry Pioli, Patty Murnane, 1982
9. 11:36.50 Susanne Heyer, Laila Brock, Nicole Lewis, Allison Carr, 2000
10. 11:37.20 Kim Certain, Janice Carter, Pam Daniely, Lisa Gold, 1987



Men's Indoor Records

Track Events

55 Meters	6.31	Michael Timpson, 1986
60 Meters	6.76	Ernie Terrell, 2003
200 Meters	20.98	Ryan Olkowski, 2002
300 Meters	33.01	Michael Timpson, 1986 U.S. Collegiate Record
400 Meters	46.22	Brady Gehret, 2011
500 Meters	1:01.28	Casimir Loxsom, 2011
600 Meters	1:16.66	Casimir Loxsom, 2012
800 Meters	1:47.32	Ryan Foster, 2010
1000 Meters	2:19.53	Robby Creese, 2012 ** Collegiate Record **
1500 Meters	3:44.0	Larry Mangan, 1979
Mile	3:58.49	Ryan Foster, 2011
3000 Meters	8:00.78	Ken Frazier, 1989
5000 Meters	13:52.36	Steve Brown, 1990
55m Hurdles	7.31	Michael Timpson, 1986
60m Hurdles	7.69	Guy Rose, 2001

Relay Events

4x55-Meter	24.65	Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, 2006
4x55-Meter	28.8	Paul Pollock, Bill Austin, Matt Graham & Dennis Rock, 1977
4x200m Relay	1:26.24	Alex Langan, Jaret Campisi, Chris Lolagne, Ernie Terrell, 2004
4x400-Meter Relay	3:05.22	Aaron Nadolsky, Brandon-Bennett-Green, Casimir Loxsom, Brady Gehret
4x800-Meter Relay	7:21.37	Steve Balkey, Dave McMillan, Chris Mills & Ray Levitre, 1987
4-Mile Relay	16:43.4	Jeff Adkins, Tom Rapp, Alan Scharsu & Larry Mangan, 1980
Distance Medley	9:32.94	Samuel Borchers, Mike Cadau, Ryan Foster, Tim Johnson, 2009
National TAC Medley Relay	2:04.9	Mike Sands, Steve Hackman, Jack Davis & Mike Shine, 1975
(440, 220, 220, 300)		
Sprint		
Medley Relay	3:23.74	Ernie Terrell, Jaret Campisi, Chris Lolagne, Matt Lincoln, 2005

(1) World record at the time.

BOLD - Denotes 2012 Record (Updated as of March 4)



Rising sophomore Brady Gehret wasted no time in setting Penn State records in the 400-meters, and 4x400-meter relay in 2011..

Field Events

High Jump	7-4 1/4 (2.24)	Paul Souza, 1982
Pole Vault	17-0 3/4 (5.20)	John Vellenoweth, 2009
Long Jump	25-11 (7.90)	David Coney, 1986
Triple Jump	53-0 3/4 (16.17)	Chavous Nichols, 2003
Shot Put	65-7 (19.99)	C.J. Hunter, 1990
35-lb. Weight	66-5 3/4 (20.26)	Dorian Lowe, 2002
Pentathlon	4,097 pts	Brian Kelley, 1993
Heptathlon	5,500 pts	James Cook, 1998

Heptathlon Records

Points	5,500	James Cook, 1998
60 Meters	7.07	Anya Uzoh, 2012
Long Jump	22-7 3/4 (6.90)	Anya Uzoh, 2012
Shot Put	45-10 (13.97)	James Cook, 1998
High Jump	6-7 1/2 (2.02)	Anya Uzoh, 2012
60-Meter Hurdles	8.21	J.T. Kurefich, 2003
Pole Vault	15-5 3/4 (4.72)	J.T. Kurefich, 2003
1,000 Meters	2:41.90	Chris Morrissey, 2007

Pentathlon Records

Points	4,097	Brian Kelley, 1993
60 High Hurdles	8.14	J.T. Kurefich, 2003
55 High Hurdles	7.4	Rick Kleban, 1985; Brian Kelley, 1992
Long Jump	24-2 1/4 (7.37)	Dave Coney, 1984
Shot Put	50-0 1/2 (15.25)	Barry Walsh, 1990
High Jump	6-10 1/4 (2.09)	Dave Coney, 1984
1000 Meters	2:36.83	Brian Kelley, 1991

Discontinued Events

50 Yards	5.1	Barney Ewell, 1942 (1)
300 Yards	30.1	Mike Sands, 1975
500 Yards	57.0	Ollie Sax, 1953
600 Yards	1:09.6	Ken Wynn, 1983
1000 Yards	2:09.4	Pat Rexroat, 1975
2-Miles	8:34.2	Greg Fredericks, 1972
3-Miles	13:17.6	Paul Stemmer, 1976
50-Yard Hurdles	6.1	Rod Perry, 1955 (1)
70-Yard Hurdles	8.4	Jim Gehrdes, 1949; Mike Shine, 1975



The "King of the Milers," Larry Mangan holds the outdoor mile record and was Penn State's first sub-four minute miler, running 3:58.4 in 1980.



Ben Karcz (left) is tops in the Penn State indoor record books in the 600-meters.

60 METERS

1. 6.76 Ernie Terrell, Sykes/Sabock Challenge, 2003
2. 6.77* Michael Timpson, Last Chance Invitational, 1986
3. 6.80* Barney Ewell, Millrose Games, 1942
4. 6.81 Alex Langan, Big Ten Championships, 2006
5. 6.83 Knowledge Timmons, Sykes-Sabock, 2006

* Converted time from 60 yards to 55 meters

200 METERS

1. 20.98 Ryan Olkowski, NCAA Championships, 2002
2. 21.11 Michael Timpson, Florida Invitational, 1989
3. 21.18 Greg Miller, Big Ten Championships, 2001
4. 21.21 Ernie Terrell, Sykes/Sabock Challenge, 2004
5. 21.29 Brady Gehret, Nittany Lion Challenge, 2011

300 METERS

300 meters is 28 yards, three inches longer than 300 yards; 300 meters is 3.27 seconds less FAT or 2.55 seconds HT for 300-yard times.

1. 29.74 (33.01)* Michael Timpson, Florida Six-Way, 1986
2. 30.1 (33.37) Mike Sands, Ohio State/Florida State, 1975
3. 30.5 (33.77) Mike Shine, Central Collegiate, 1976
4. 30.9 (34.17) Paul Lankford, Central Collegiate, 1978
5. 31.2 (34.47) Steve Hackman, Central Collegiate, 1976

*U.S. Collegiate record.

Converted time from 300 yards in parenthesis.

400 METERS

1. 46.22 Brady Gehret, NCAA Championships, 2011
2. 46.81 Michael Timpson, IC4A Championships, 1987
3. **46.82** **Brandon Bennett-Green, Big Ten Champs., 2012**
4. 46.93 Ernie Terrell, Sykes/Sabock Challenge, 2003
5. **47.01** **Aaron Nadolsky, Big Ten Champs., 2012**
6. 47.18* Mike Shine, Syracuse Invitational, 1975
7. 47.28 Jaret Campisi, IC4A Championships, 2004
- 47.28 Mike Cadau, Big Ten Championships, 2009

* Converted time from 440 yards

500 METERS

1. 1:01.28 Casimir Loxson, Penn State Relays, 2011
2. 1:02.58 Ben Karcz, IC4A Championships, 2000
3. 1:02.75 Ernie Terrell, USTCA Meet, 2003
4. 1:02.81 Mike Cadau, Penn State Open, 2009
5. 1:03.04 Steve Janci, USTCA Series, 2002

600 METERS

1. **1:16.66** **Casimir Loxson, Nittany Lion Challenge, 2012**
2. 1:16.89 Ben Karcz, Big Ten Championships, 2001
3. 1:17.65 Lionel Williams, Big Ten Championships, 2009
4. 1:18.16 Matt Lincoln, Penn State National, 2004
5. 1:18.84 Mark Miller, Big Ten Championships, 2005

800 METERS

1. 1:47.32 Ryan Foster, Washington Husky Classic, 2010
2. 1:47.36 Casimir Loxson, Penn State National, 2011
3. 1:47.77 Owen Dawson, Washington Husky Classic, 2010
4. 1:48.19 Ray Levitre, IC4A Championships, 1987
5. 1:48.53 Lionel Williams, Alex Wilson (Notre Dame), 2010

1000 METERS

1. **2:19.53** **Robby Creese, Nittany Lion Challenge, 2012**
2. 2:19.60 Ryan Foster, PSU Northeast Challenge, 2010
3. 2:21.98 Owen Dawson, PSU Northeast Challenge, 2010
4. 2:22.42 Samuel Borchers, Penn State Open, 2008
5. 2:22.50 Matt Lincoln, Connecticut/Princeton, 2003
6. 2:23.05 Chris Mills, IC4A Championships, 1987

MILE RUN

1. 3:58.49 Ryan Foster, Penn State National, 2011
2. **3:58.94** **Robby Creese, Alex Wilson Invitational, 2012**
3. 4:01.98 Samuel Borchers, Penn State National, 2008
4. 4:02.3 Greg Fredericks, Delaware Invitational, 1972
5. 4:02.9 Bob Hudson, Auburn/Florida/Florida State, 1985
6. 4:02.91 Mark Overheim, Auburn/Florida/Florida State, 1985

* 4:01.92 Larry Mangan, Syracuse/Dartmouth, 1979
Converted from 1500-Meters

3000 METERS

1. 8:00.78 Ken Frazier, Florida Invitational, 1989
2. 8:02.05 John Zishka, West Point Invitational, 1981

Converted from two-mile times

1. 7:53.58 Greg Fredericks, Philadelphia Track Classic, 1972
2. 7:54.50 Robert Snyder, Delaware Invitational, 1979
3. 8:02.24 George Malley, CYO/Washington, 1977

5000 METERS

1. 13:52.36 Steve Brown, IC4A Championships, 1990
2. 13:58.55 Eric Carter, IC4A Championships, 1986

Converted from three-mile times

1. **13:46.42** Paul Stemmer, Salt City Invitational, 1976
2. **13:46.94** Alan Scharsu, USA/TAC Champs., 1980
5. **13:59.71** Charlie Maguire, NCAA Championships, 1974

60 METER HIGH HURDLES

1. 7.69 Guy Rose, Big Ten Championships, 2001
2. 7.82 Michael Timpson, Florida Six-Way Meet, 1986
3. 7.83 John Whelan, IC4A Championships, 1998
4. 7.85 Mike Shine, NCAA Championships, 1975
5. 7.86 Ron Jules, IC4A, 2007



Ryan Olkowski is the only athlete in NCAA Indoor history to earn All-America honors in the 200-meters and high jump in the same meet.



Tim Johnson was a member of the Lions' school-record distance medley relay in 2009.

4X200 METER RELAY

- 1:26.24 Alex Langan, Jaret Campisi, Chris Lolagne, Ernie Terrell, 2005
- 1:28.31 Alex Langan, Ron Jules, Mike O'Donnell, Adam Stanowick, Penn State Relays, 2007
- 1:28.99 Justin Kiscadden, Jaret Campisi, Ernie Terrell, Greg Miller, Toronto Track Classic, 2003
- 1:29.32 Steve Morgan, Jordan Rajan, Justin Babich, Dan Engel, Penn Relays, 2006
- 1:29.47** Doug Finkel, Russ Perlman, Don Guerriero, Mike Shine, Delaware Invitational, 1973

Converted from 880 yard relay time in **BOLD**.

4X400 METER RELAY

- 3:05.22** Aaron Nadolsky (46.8), Brandon Bennett-Green (46.6), Casimir Loxsom (46.1), Brady Gehret (45.8) Alex Wilson Last Chance, 2012
- 3:07.27 Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret, Alex Wilson Last Chance, 2011
- 3:07.72** Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Matt Gilmore, 2012
- 3:09.43 Brian Derby (47.66), Chris Lolagne (47.92), Jaret Campisi (46.91), Ernie Terrell (46.70), IC4A, 2003
- 3:09.65** Emunael Mpanduki, Matt Gilmore, Brandon Bennett-Green, Aaron Nadolsky, PSU Relays, 2012
- 3:10.00 Brian Derby (47.56), Steve Janci (48.29), Duane Reeves (46.78), Ben Karcz (46.96), USTCA Invitational, 2001
- 3:10.74 Brian Derby (47.79), Steve Morgan (47.72), Chris Lolagne (47.48), Jaret Campisi (47.46), IC4A, 2002
- 3:10.81 Munya Maraire (48.41), Duane Reeves (48.68), Steve Janci (47.00), Ben Karcz (46.56), Nittany Lion Qualifier, 2000

4X800 METER RELAY

- 7:21.37 Steve Balkey (1:51.0), David McMillan (1:52.6), Chris Mills (1:48.8), Ray Levitre (1:48.9), NCAA Championships, 1987
- 7:21.42** Paul McLaughlin (1:52.8), Randy Moore (1:51.9), Ken Wynn (1:49.6), Mike Cook (1:49.7), NCAA Championships, 1983
- 7:23.38** Vance Watson (1:52.3), Steve Shisler (1:53.3), Chris Mills (1:52.2), Randy Moore (1:48.0), USA/TAC Championships, 1985
- 7:24.54 Vance Watson (1:52.3), Tom Shiffer (1:51.3), Ray Levitre (1:49.30), Chris Mills (1:50.0), NCAA Trials, 1986
- 7:24.60** Steve Shisler (1:53.06), Paul McLaughlin (1:51.28), Ken Wynn (1:50.82), Mike Cook (1:51.90), USA/TAC Championships, 1983 (7:24.54)

Converted from two-mile relay in bold face.

4 MILE RELAY

- 16:43.4 Jeff Adkins (4:15.1), Tom Rapp (4:10.2), Ian Scharsu (4:11.2), Larry Mangan (4:05.9), Bucknell Invitational, 1980
- 17:07.5* Charlie Maguire, Bob Hillman, Dan Supulski, Greg Fredericks, Dartmouth Relays, 1972
- 17:10.0 Dan Supulski, Charlie Maguire, Gary Gittings, Bob Hillman, 1971
- 17:11.8 Larry Mangan, Kelly O'Brien, Glen Chumley, Tom Rapp, VMI Relays, 1973
- 17:14.5 Charlie Maguire, John Fullmer, Matt Chadwick, Gary Gittings, Dartmouth USTFF Meet, 1973

*American record when recorded.

DISTANCE MEDLEY RELAY

- 9:32.94 Samuel Borchers, Mike Cadau, Ryan Foster, Tim Johnson, Alex Wilson Last Chance, 2009
- 9:35.21 Samuel Borchers, Lionel Williams, Casimir Loxsom, Owen Dawson, Alex Wilson Last Chance, 2011
- 9:35.24** Wade Endress, Aaron Nadolsky, Connor Manley, Robby Creese, Penn State National, 2012
- 9:36.29 Matt Lincoln (2:55.70), Jaret Campisi (47.4), Dan Michael (1:51.5), Chris Foster (4:02.6), Sykes-Sabock Challenge Cup, 2005
- 9:39.81 R.B. Caldwell (1:51.94), James Robbins (48.49), Phil Mellott (2:58.12), Bob Hamer (4:01.55), Mobil Invitational, 1994
- 9:39.84 Matt Lincoln (2:56.33), Jaret Campisi (48.0), Erinn Otterson (1:50.00), Chris Foster (4:03.51), Alex Wilson Last Chance (Notre Dame), 2005

SPRINT MEDLEY RELAY

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

Converted times from yards in **BOLD**.



Paul Souza holds the PSU high jump record at 7-4 1/4 (2.24), set at the 1982 Nittany Lion Invitational.



John Vellenoweth set the PSU pole vault record at the 2009 Tyson Invitational with a clearance of 17-0 3/4 (5.20).

4X55 METER SHUTTLE SPRINT RELAY

- 24.65 Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, Penn Relays, 2006
- 24.8 Jack Davis, Dennis Rock, Steve Hackman, Mike Shine, Lafaye HB Relays, 1976
- 25.34 Mike O'Donnell, Franklin Andreyko, Dan Engel, Alex Langan, Penn State Relays, 2005

4X55 METER HIGH HURDLE SHUTTLE

- 29.04 Paul Pollack, Bill Austin, Matt Graham, Dennis Rock, Princeton Relays, 1977
- 29.32 Shawn Colligan, Chris Morrissey, Adam Stanowick, Ron Jules, 2007
- 29.54 Paul Pollack, Matt Graham, Bill Austin, Paul Lankford, Princeton Relays, 1978
- 29.56 Shawn Colligan, Caleb Hood, Adam Stanowick, Ron Jules, Penn State Relays, 2006
- 29.64 Dennis Rock, Paul Pollock, Peter Kiproff, Mike Shine, Lafayette Relays, 1976

HIGH JUMP

- 7-4 1/4 (2.24) Paul Souza, Nittany Lion Invitational, 1982
- 7-3 1/4 (2.22) Ryan Fritz, NCAA Championships, 2007
- 7-2 3/4 (2.20) Ryan Olkowski, Army Five-Way Meet, 1999
- 7-1 3/4 (2.18)** **Sean Reilly, Sykes & Sabock, 2012**
- 7-1 1/2 (2.17) David Coney, Pre-Christmas Meet, 1985
- 7-1 1/2 (2.17) Bryson Hartzler, Penn State Relays, 2011

POLE VAULT

- 17-0 3/4 (5.20) John Vellenoweth, Tyson Invitational, 2009
- 17-0 (5.18) Mason Ternay, Hardees Classic, 1992
- 16-9 1/2 (5.12) Ron Campbell, IC4A Championships, 1985
- 16-9 1/2 (5.12) Rick Kleban, IC4A Championships, 1985
- 16-8 3/4 (5.10) Dave Bollinger, IC4A Championships, 2004
- 16-8 3/4 (5.10) Bradford Lawrence, PSU National, 2010

LONG JUMP

- 25-11 1/4 (7.91) Dave Coney, Last Chance Invitational, 1986
- 25-10 3/4 (7.89) Antonio Davis, Big Ten Championships, 1993
- 25-8 (7.82) George Audu, West Virginia Invitational, 1999
- 25-5 1/2 (7.76) Rob Boulware, Last Chance Invitational, 1986
- 25-4 1/2 (7.73) John Gorham, Last Chance Invitational, 1999

TRIPLE JUMP

- 53-0 3/4 (16.17) Chavous Nichols, USTCA Meet, 2003
- 52-6 (16.00) Clarence Smith, Va. Tech Last Chance, 2009
- 52-4 1/4 (15.955) Ricardo Hall, Bud Lite Invitational, 1990
- 52-4 1/4 (15.955) Antonio Davis, Middle Tenn. Invitational, 1994
- 51-9 (15.77)** **Hanif Johnson, Penn State National, 2012**
- 51-7.25 (15.73) Ryan Taylor, Va. Tech Last Chance, 2008

SHOT PUT

- 65-7 (19.99) C.J. Hunter, USA/Britain/USSR, 1990
- 65-1 1/4 (19.84) Joe Kovacs, Big Ten Championships, 2011
- 62-6 1/2 (19.05) Phil Caraher, NCAA Championships, 1991
- 62-1.25 (18.93) Blake Eaton, Sykes-Sabock, 2011
- 61-7 (18.77)** **Logan Caldwell, Big Ten Champs., 2012**
- 60-3 1/2 (18.375) Greg Reyner, JMU/Shippensburg, 1986

35-LB. WEIGHT

- 66-5 3/4 (20.26) Dorian Lowe, Sykes-Sabock Challenge, 2002
- 66-2 1/4 (20.17) Scott Vernon, Sykes-Sabock Challenge, 2005
- 65-9 3/4 (20.06) Neal McNutt, IC4A Championships, 1998
- 65-9 (20.04) Tyler Hoffman, Virginia Tech Elite, 2008
- 64-11 1/2 (19.80) Alvin Jackson, AAU Championships, 1977

PENTATHLON (NEW TABLES)

- 4097 (FAT) Brian Kelley, Big Ten Championships, 1993
- 4077 (FAT) J. T. Kuretich, USTCA Meet, 2003
- 3998 (FAT) Barry Walsh, Florida Invitational, 1988
- 3916 (FAT) James Cook, Presidents' Invitational, 1997
- 3858 (Hand) Chris Green, Atlantic 10 Championships, 1986

HEPTATHLON

- 5500 James Cook, Big Ten Championships, 1998
- 5419 Chris Morrissey, Big Ten Championships, 2008
- 5367** **Anya Uzoh, Big Ten Championships, 2012**
- 5239 Shawn Colligan, Big Ten Championships, 2008
- 5185 J.T. Kuretich, Big Ten Championships, 2000



Track Events

100 Meters	10.1	Mike Sands, 1975
200 Meters	20.23 (FAT)	Michael Timpson, 1986
400 Meters	45.20	Mike Sands, 1975
800 Meters	1:45.28	Casimir Loxsom, 2011
1500 Meters	3:38.99 (FAT)	Steve Balkey, 1987
5000 Meters	13:34.0	Greg Fredericks, 1972
10,000 Meters	28:08.0 (2)	Greg Fredericks, 1972
110m Hurdles	13.56	Guy Rose, 2001
400m Hurdles	48.69 (FAT)	Mike Shine, 1976
3000m Steeple	8:22.5 (1)	George Malley, 1977

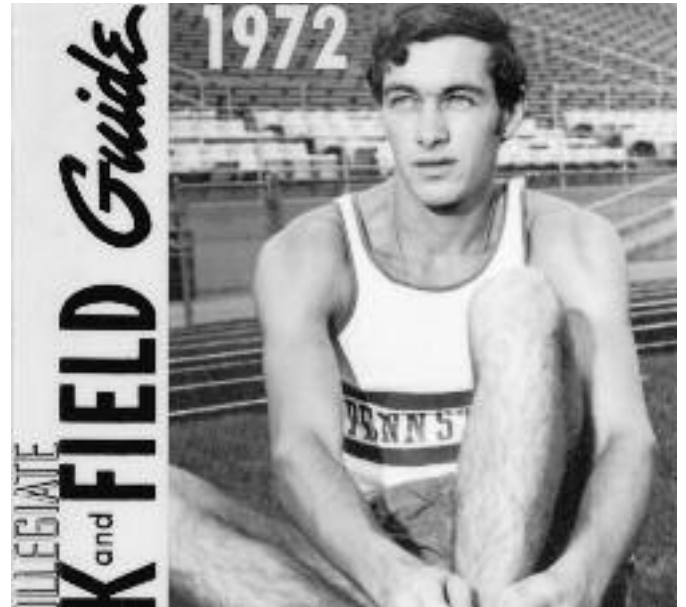
Relay Events

4x100-Meter	39.63	Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4x200-Meter	1:23.85	Alex Langan, Chris Lolagne Jaret Campisi, Ernie Terrell, 2005
4x400-Meter	3:07.19	Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret, 2011
4x800-Meter	7:11.17 (3)	Vance Watson, Steve Shisler, Chris Mills, Randy Moore 1985
4x1500-Meter	14:58.71 (4)	Bob Hudson, Mark Overheim, Eric Carter, Steve Shisler, 1986
4x1600-Meter	16:12.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
4-Mile Relay	16:18.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
Distance Medley	9:30.1	Larry Mangan, Paul Lankford, Mike Cook, Alan Scharsu, 1980
Sprint Medley	3:17.10	Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster, 2011
4x110m Hurdles	57.29	Chris Green, Al Parker, Sam Harris, Michael Timpson, 1986

- (1) American record when performed
- (2) American & NCAA record when performed
- (3) Number one in the world for 1985
- (4) American record for non-national team when performed

Non-NCAA Events

Mile	3:58.4	Larry Mangan, 1980
2000 Meters	5:07.2	Greg Fredericks, 1972
3000 Meters	7:54.0	George Malley, 1977
20,000 Meters	1:04:40	Kevin Geesaman, 1998
Marathon	2:17:49	George Christopher, 1975



Greg Fredericks, who owns several Penn State distance records, was the American record holder at 10,000-meters in 1972.

Field Events

High Jump	7-3 1/2 (2.22)	David Coney, 1985
Pole Vault	17-5.50 (5.32)	John Vellenoweth, 2009
Long Jump	25-11 (7.90)	David Coney, 1985
Triple Jump	54-6 (16.61)	Antonio Davis, 1993
Shot Put	65-5 (19.94)	C.J. Hunter, 1990
Discus	207-5 (63.22)	Brian Milne, 1992
Hammer	218-6 (66.60)	Al Jackson, 1976
Javelin (new)	239-9 (73.09)	Allen Pettner, 2007

Decathlon Events

Points	7,685	Rick Kleban, NCAA Meet, 1985
First-day Score	3,931	Dave Masgay, NCAA Meet, 1987
Second-day Score	3,774	James Cook, NCAA Meet, 1996
100 Meters	11.01	Rick Kleban, NCAA Meet, 1985 Shawn Colligan, 2008
Long Jump	23-7.25 (7.19)	..	Dave Masgay, Sports Fest., 1987
Shot Put	48-9.50 (4.87)	..	Barry Walsh, Penn Relays, 1989
High Jump	6-8.25 (2.04)	Anya Uzoh, Penn Relays, 2011
400 Meters	47.65	Brian Kelley, IC4A Meet, 1991
110-Meter HH	14.45	Rick Kleban, IC4A Meet, 1987
Discus	155-3 (47.320)	..	James Cook, NCAA Meet, 1997
Pole Vault	16-2 1/2 (4.94)	..	Rick Kleban, IC4A Meet, 1985
Javelin	206-2 (62.83)	...	Shawn Colligan, Big Ten, 2008
1,500 Meters	4:21.05	Tom Kleban, Penn Relays, 1989

Discontinued Events

2000m Steeple	5:43.2	Rick Garcia, 1981 (Pan Am Jr.)
Javelin (old)	78.77 (258-5)	Jim Stevenson, 1966



Charlie Maguire won the 1973 NCAA title in the six-mile run.



Shawn Colligan holds the Penn State decathlon record in the javelin.



Rick Kleban is the Penn State record holder in the decathlon.

100 METERS

1. 10.34 (10.1) Mike Sands, Bahamas Meet, 1975
2. 10.44 Mike Shine, Central Collegiate, 1976
3. 10.46 Ryan Olkowski, Big Ten Championships, 2002
4. 10.47 Michael Timpson, IC4A Championships, 1987
5. 10.49 (9.4 yards) Bob Brown, Quantico Relays, 1961
6. 10.50 Alex Langan, NCAA Regional Championships, 2006
7. 10.54 Barney Ewell, National AAU, 1941
8. 10.54 Bryant Littlejohn, IC4A Championships, 1984
9. 10.55 Steve Hackman, Central Collegiate, 1976
10. 10.56 Paul Lankford, Central Collegiate, 1980
- 10.56 Greg Miller, Penn State Open, 2000

200 METERS

1. 20.23 Michael Timpson, Penn State Open, 1986
2. 20.58 Mike Sands, Bahamas Meet, 1975
3. 20.59 Ryan Olkowski, Big Ten Championships, 2002
4. **20.93** **Brady Gehret, Florida Relays, 2011**
5. 21.01 Ernie Terrell, Big Ten Championships, 2002
6. 21.02 (20.9 yards), Barney Ewell, 1942
- 21.02 (20.9 yards), Art Pollard, 1955
8. 21.14 Bryant Littlejohn, Nittany Lion Relays, 1984
9. 21.15 Greg Miller, Penn State Open, 2000
10. 21.22 (21.1 yards) Bob Brown, IC4A Championships, 1960
- 21.22 (21.1 yards) Mike Shine, TF Hall of Fame Meet, 1976

400 METERS

1. 45.2 (45.46 yards) Mike Sands, NCAA Champs., 1975
2. 46.14 (46.0mt) Paul Lankford, Penn Relays, 1980
3. 46.62 Ernie Terrell, Big Ten Championships, 2002
4. **46.69** **Brady Gehret, Auburn War Eagle Inv., 2011**
5. 46.74 Mike Cadau, Big Ten Championships, 2009
6. 46.91 Ben Karcz, Big Ten Championships, 2001
7. 46.98 (47.1 yds) Mike Shine, Track & Field Hall of Fame, 1976
8. 47.06 Michael Timpson, Maryland/James Madison, 1988
- 47.06 Chris Lolagne, Big Ten Championships, 2005
10. 47.48 (47.6 yds) Dick Hambricht, 1958

800 METERS

1. **1:45.28** **Casimir Loxsom, Harry Jerome, 2011**
2. 1:45.96 Randy Moore, National Sports Festival, 1985
3. 1:46.62 Ray Levitre, NCAA Championships, 1987
4. 1:46.78 Ryan Foster, NCAA Championships, 2009

5. 1:46.81 Chris Mills, Pitt Invitational, 1987
6. 1:46.82 Ken Wynn, IC4A Championships, 1983
7. **1:46.85** **Samuel Borchers, NJ International Invite, 2011**
8. 1:47.63 Mike Cook, Penn State Open, 1982
9. 1:47.83 Mark Miller, NCAA East Regional, 2008
10. 1:48.84 Steve Balkey, Hershey Foods Meet, 1988

1500 METERS

1. 3:38.99 Steve Balkey, NCAA Championships, 1987
2. 3:39.25 Larry Mangan, Olympic Trials, 1980
3. **3:39.57** **Ryan Foster, Harry Jerome, 2011**
4. 3:42.08 Doug Walter, NCAA Championships, 1990
5. 3:42.12 David McMillan, Potomac Valley TAC, 1988
6. 3:42.2 George Malley, Maryland/Quantico, 1977
- 3:42.2 Mike Wyatt, Maryland/Quantico, 1977
7. 3:42.69 Aidan O'Reilly, Georgetown Twilight, 1992
8. 3:42.93 Robert Snyder, Central Collegiate, 1978
- 3:42.93 Bob Hamer, George Mason Invitational, 1994
10. 3:43.87 Matt Lincoln, Nike Farm Team Invite, 2006

MILE

1. 3:58.4 Larry Mangan, Penn State Open, 1980
2. 4:00.4 Greg Fredericks, Big Four, 1972
3. 4:00.5 George Malley, U.S. vs. West Germany, 1977
4. 4:01.2 Robert Snyder, Centre Daily Times Mile, 1978
5. 4:01.7 Ed Moran, 1958
6. 4:02.8 Dan Supulski, Penn Relays, 1972
7. 4:03.3 Alan Scharsu, Penn State Open, 1980
8. 4:04.7 Mike Wyatt, Pitt Invitational, 1977
9. 4:06.3 Mark Overheim, Dogwood Relays, 1984
10. 4:06.6 Jim Morrison, Pitt Invitational, 1974

5000 METERS

1. 13:34.0 Greg Fredericks, NCAA Championships, 1972
2. 13:36.3 Robert Snyder, Penn Relays, 1978
3. 13:42.1 Alan Scharsu, Penn Relays, 1980
4. 13:50.54 Steve Brown, Metro-Nedham, Mass., 1989
5. 13:52.4 Paul Stemmer, Penn Relays, 1977
6. 13:53.2 George Malley, Colonial Relays, 1976
7. 13:55.0 Jeff Adkins, Penn Relays, 1982
8. 13:56.1 Charlie Maguire, Penn Relays, 1974
9. 13:57.1 Gary Gittings, IC4A Championships, 1973
10. 13:58.60 John Zishka, Penn Relays, 1981



Jim Stevenson won the NCAA javelin title in 1966.



James Cook won back-to-back Penn Relays decathlon titles in 1996 and 1997.



Allen Pettner set Penn State and Big Ten records in the javelin in 2007.

10,000 METERS

1. 28:08.0 Greg Fredericks, National AAU, 1972*
2. 28:29.4 Charlie Maguire, National AAU, 1974
3. 28:38.3 Eric Carter, Penn Relays, 1987
4. 28:42.80 Paul Stemmer, Colonial Relays, 1976
5. 29:11.71 John Ziegler, NCAA Championships, 1979
6. 29:15.73 Tyler McCandless, Big Ten Championships, 2010
7. 29:25.58 Mark Wimmer, Penn Relays, 1994
8. 29:27.6 George Malley, Pitt Invitational, 1975
9. 29:30.6 Alan Scharsu, Pitt Invitational, 1980
10. 29:32.9 Matt Chadwick, IC4A Championships, 1972

MARATHON

1. 2:17.49 George Christopher, Peach Bowl Marathon, 1975
2. 2:19.45.9 John Ziegler, Charlotte Marathon, 1978
3. 2:22.13 Tim Backenstose, Penn Relays, 1979
4. 2:24.30 Campbell Lovett, Charlotte Marathon, 1977
5. 2:27.47 Dave Felice, NVTC Marathon, 1977
6. 2:27.48 Bruce Baden, NVTC Marathon, 1978
7. 2:28.16 Frit Cooper, Penn Relays, 1977
8. 2:29.34 Carl Bechdel, Penn Relays, 1975
9. 2:30.47 Brad Althouse, Penn Relays, 1979
10. 2:31.28 Geoff Root, Penn Relays, 1983

110-METER HIGH HURDLES

1. 13.56 Guy Rose, Big Ten Championships, 2001
2. 13.73 Paul Lankford, Central Collegiate, 1980
3. 13.80 Michael Timpson, Pitt Invitational, 1988
4. 13.87 Mike Shine, Penn Relays, 1976
5. 14.06 John Whelan, Penn State Open, 1997
6. 14.08 Sam Harris, Pitt Invitational, 1988
7. 14.09 Brian Derby, Big Ten Championships, 2002
- 14.09 Barry Robinson, Atlantic 10 Invitational, 1985
9. 14.10 Ron Jules, Big Ten Championships, 2008
10. 14.16 Rick Kleban, Atlantic 10 Invitational, 1984

400-METER INTERMEDIATE HURDLES

1. 48.69 Mike Shine (Silver Medal), Olympic Games, 1976
2. 49.55 Paul Lankford, NCAA Championships, 1981
3. 49.72 Brian Derby, Big Ten Championships, 2003
4. 50.10 Jaret Campisi, Big Ten Championships, 2005
5. 50.49 Bill Austin, Central Collegiate, 1978
6. 50.54 Michael Timpson, Penn Relays, 1988
7. 50.61 Barry Robinson, Jim Thorpe, 1985
8. 50.67 Kevin Cripanuk, Big Ten Championships, 1992
9. 50.76 Brian Kelly, Hot Spring Invitational, 1993
10. 50.89 Ben Karcz, Big Ten Championships, 2001

3000-METER STEEPLECHASE

1. 8:22.54 George Malley, National AAU, 1977*
2. 8:37.7 Rick Garcia, USA/TAC, 1983
3. 8:40.4 Bruce Baden, Penn Relays, 1977
4. 8:42.85 Eric Carter, TAC, 1988
5. 8:47.03 Larry Mangan, Penn Relays, 1980
6. 8:48.1 Paul Mackley, Penn Relays, 1985
7. 8:49.45 Brian Laird, Metro-Nedham, Mass., 1989
8. 8:50.9 Jim Allahand, IC4A Championships, 1972
9. 8:51.84 Chris Foster, Penn Relays, 2005
10. 8:53.71 Andy Scott, IC4A Championships, 1991

HIGH JUMP

1. 7-3 1/2 (2.22) Dave Coney, Penn State Open, 1985
2. 7-3 (2.21) Paul Souza, Penn State Open, 1983
3. 7-2 1/2 (2.20) Ryan Fritz, NCAA Champs., 2010
4. 7-1 3/4 (2.18) David Kriz, Big Ten Championships, 1995
5. 7-1 (2.15) Ryan Olkowski, Penn State Open, 1999
6. 7-1 1/4 (2.14) Nick Plack, James Madison Invitational, 2000
- 7-1 1/4 (2.14) Sean Reilly, Jim Thorpe Open, 2011**
8. 7-0 (2.13) Aaron Gawne, Colonial Relays, 1993
9. 6-11 (2.11) Sean Vago, Penn Relays, 1997
10. 6-10 3/4 (2.10) Tyler Fedeli, Penn State Open, 2006



POLE VAULT

- 17-5 1/2 (5.32) John Vellenoweth, Penn State Open, 2009
- 17-5 (5.31) Mason Ternay, Georgetown Invitational, 1991
- 17-0 (5.18) Dave Bollinger, Nittany Lion Relays, 2004
- 16-10 (5.13) Rick Kleban, Jim Thorpe, 1985
- 16-7 1/4 (5.06) Ron Campbell, Penn State Open, 1985
16-7 1/4 (5.06) Brad Lawrence, NCAA East Regional, 2009
- 16-6 3/4 (5.05) Kevin Dare, USTCA Series Meet, 2001
16-6 3/4 (5.05) Nick Fegley, Penn State Open, 2003
- 16-6 (5.03) Ken Stoffer, Penn State Open, 1983
- 16-4 (4.98) Bill Gifford, Michigan, 1975

LONG JUMP

- 25-11 (7.90) Dave Coney, USA Mobile TAC, 1985
- 25-9 1/2 (7.86) Rob Boulware, Potomac Valley TAC, 1986
- 25-9 1/2 (7.86) Steve Pina, Big Ten Champs., 1996
- 25-8 3/4 (7.84) George Audu, Big Ten Champs., 1999
25-8 3/4 (7.84) John Gorham, Nittany Lion Relay, 1999
- 25-6 (7.77) Antonio Davis, Penn Relays, 1993
- 25-2 3/4 (7.69) Ryan Olkowski, USA Jr. Nationals, 2000
- 25-0 3/4 (7.64) Chavous Nichols, Wichita State Inv., 2004
- 24-10 1/2 (7.58) Al Bates, IC4A Championships, 1928
- 24-9 (7.54) Michael Timpson, IC4A Championships, 1986

TRIPLE JUMP

- 54-6 (16.61) Antonio Davis, NCAA Champs., 1993
- 54-3 3/4 (16.55) Chavous Nichols, NCAA Regional, 2004
- 53-1 1/2 (16.19) Clarence Smith, NCAA East Region, 2009
- 52-8 1/4 (16.06) Ricardo Hall, Jim Thorpe, 1990
- 51-8.50 (15.76)** **Hanif Johnson, Florida Relays, 2011**
- 51-1 (15.57) Warren Rockwell, NCAA Champs., 1966
- 50-07 1/2 (15.43) Ryan Taylor, Penn State Open, 2008
- 50-7 (15.42) Steve Pina, USATF Junior, 1995
- 50-6 (15.39) Jay Pagana, Big Ten Championships, 2007
- 50-5 1/2 (15.38) Ed Roskiewicz, Penn State Open, 1981

SHOT PUT

- 65-5 (19.94) C.J. Hunter, Penn Relays, 1990
- 64-2 1/2 (19.57)** **Blake Eaton, NCAA Championships, 2010**
- 64-1/4 (19.51) Knut Hjeltnes, Central Collegiate, 1975
- 62-10 (19.15)** **Joe Kovacs, USATF Champs., 2011**
- 61-3 1/4 (18.68) Greg Reyner, Penn State Open, 1986
- 61-1 1/4 (18.62) Phil Caraher, Bucknell Invitational, 1990
- 59-7 (18.16) Dane Miller, NCAA East Regional, 2004
- 57-10 1/2 (17.64) Mike Valenti, Penn State Open, 1983
- 57-5 1/2 (17.51) Mike Reid, Penn State Open, 1969
- 57-3 1/2 (17.46) Steve Meyers, NCAA East Regionals, 2007
57-3 1/2 (17.46) Dan Diaz, Penn Relays, 2003

DISCUS

- 207-5 (63.22) Brian Milne, Jim Thorpe, 1992
- 201-10 (61.52) Knut Hjeltnes, NCAA Championships, 1975
- 186-9 (56.90) Gary Williky, Nittany Lion Relays, 1979
- 186-3 (56.78)** **Blake Eaton, Jesse Owens Classic, 2011**
- 184-0 (56.08)** **Joe Kovacs, Jesse Owens Classic, 2011**
- 179-2 (54.63)** **Will Barr, Penn Relays, 2011**
- 177-11 (54.23) Dan Diaz, Penn Relays, 2003
- 176-10 (53.90) Steve Meyers, Penn State Open, 2006
- 175-3 (53.41) Adam Thielemann, Bison Outdoor Classic, 2009
- 175-1 (53.36) Sean Farrell, Penn Relays, 1980

HAMMER THROW

- 218-6 (66.60) Alvin Jackson, Olympic Trials, 1976
- 203-0 (61.88) Neal McNutt, Nittany Lion Relays, 1998
- 201-9 (61.50)** **Joe Kovacs, Auburn War Eagle Inv., 2011**
- 198-5 (60.49) Tyler Hoffman, Sun Angel Classic, 2008
- 197-0 (60.04) Todd Shenk, Penn State Open, 1984
- 194-7 (59.30) Cory Eck, Penn State Open, 2010
- 193-9 (59.07) Jon Hart, Nittany Lion Relays, 2005
- 190-0 (57.92) Aaron Ross, Gatorade Classic, 2005
- 189-6 (57.76) Dorian Lowe, Big Ten Champs., 2002
- 188-6 (57.46) Scott Vernon, Penn State Open, 2006

JAVELIN (NEW)

- 239-9 (73.09) Allen Pettner, Big Ten Champs., 2007
- 237-1 (72.26) Troy Burkholder, Penn State Open, 1997
- 233-8 (71.22) Carl Wolter, Big Ten Championships, 1996
- 233-4 (71.13) Tanner Evak, Big Ten Championships, 2009
- 231-3 (70.48) Brian Stumpf, Princeton Quad, 2003
- 230-3 (70.19) Matt Moyer, NCAA Regional, 2004
- 227-8 (69.40) Rob Austin, Mizuno Invitational, 1995
- 225-7 (68.76) Dave Matson, Nittany Lion Relays, 1999
- 220-2 (67.10) John Hanley, Penn Relays, 1988
- 218-6 (66.61) Bret Kershner, NCAA Regional, 2005

JAVELIN (OLD)

- 258-5 (78.76) Jim Stevenson, NCAA Championships, 1966
- 255-0 (77.72) Ken Andrews, All Comers, 1975
- 252-9 (77.04) Lennart Hedmark, 1964
- 246-5 (75.10) Bob Gill, All Pennsylvania, 1972
- 244-11 (74.66) Scott Hagy, IC4A Championships, 1970

DECATHLON

- 7685 Rick Kleban, NCAA Championships, 1985
- 7600 James Cook, Penn Relays, 1996
- 7588 Dave Masgay, IC4A Championships, 1987
- 7472 Barry Walsh, IC4A Championships, 1989
- 7424 J.T. Kurelich, Big Ten Championships, 2003
- 7415 Brian Kelley, IC4A Championships, 1991
- 7361 Shawn Colligan, Big Ten Championships, 2008
- 7097 Chris Morrissey, Big Ten Championships, 2008
- 7070 Chris Green, Dogwood Relays, 1986
- 7045** **Anya Uzoh, Penn Relays, 2011**



School-record holder Brian Milne won the NCAA discus title in 1993.



4X100 METER RELAY

- 39.63 Jack Davis, Steve Hackman, Mike Shine, Mike Sands, NCAA Championships, 1975
- 39.88 Doug Finkel, Fred Singleton, Mike Sands, Jimmy Scott, NCAA Championships, 1973
- 40.18 Mike Shine, Steve Hackman, Fred Singleton, Mike Sands, IC4A, 1974
- 40.40 Guy Rose, Duane Reeves, Greg Miller, Ryan Olkowski, Big Ten Champ., 2001
- 40.48 Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, USTFF, 1974
- 40.48 Doug Finkel, Mike Shine, Fred Singleton, Mike Sands, USTFF, 1974
- 40.52 Alex Langan, Diamond Woolford, Jaret Campisi, Ernie Terrell, Penn Relays, 2004
- 40.54 Sid Lewis, Al Parker, Dave Coney, Michael Timpson, Penn State Open, 1986
- 40.58 Alex Langan, Diamond Woolford, Jaret Campisi, Chris Lolagne, NCAA Regional, 2004
- 40.61 Bryant Littlejohn, Rob Boulware, Dave Coney, Michael Timpson, Dogwood Relays, 1986

4X200 METER RELAY

- 1:23.85 Alex Langan, Chris Lolagne, Jaret Campisi, Ernie Terrell, Penn Relays, 2005
- 1:23.87 Bryant Littlejohn, Dave Coney, Sean Faust, Michael Timpson, Penn Relays, 1986
- 1:24.10 Guy Rose, Ben Karcz, Greg Miller, Ryan Olkowski, Penn Relays, 2001
- 1:24.18 Alex Langan, Diamond Woolford, Jaret Campisi, Chris Lolagne, Penn Relays, 2004
- 1:24.42 Emunael Mpanduki, Brady Gehret, Aaron Nadolsky, Mark Filando, 2011**
- 1:24.82 Jaret Campisi, Chris Lolagne, Greg Miller, Ryan Olkowski, Penn Relays, 2002
- 1:24.86 Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, Penn Relays, 1974
- 1:25.04 Munya Maraire, Jaret Campisi, Greg Miller, Ryan Olkowski, Texas Relay, 2002
- 1:25.16 Doug Finkel, Fred Singleton, Ed Chubb, Jim Scott, Penn Relays, 1972
- 1:25.56 Dennis Rock, Steve Hackman, Mike Shine, Mike Sands, Penn Relays, 1975

4X400 METER RELAY

- 3:07.19 Aaron Nadolsky, Casimir Loxsom, Brady Gehret, Lionel Williams, Florida Relays, 2011**
- 3:08.22 Steve Janci (47.71), Munya Maraire (46.94), Duane Reeves (46.81), Ben Karcz (46.70), Big Ten Champs, 2000
- 3:08.54 Brian Derby (48.85), Steve Janci (46.67), Duane Reeves (47.46), Ben Karcz (45.21), Penn Relays, 2001
- 3:09.10 Steve Hackman, Steve Evans, Keith Falco, Mike Shine, Penn Relays, 1976
- 3:09.38 Steve Janci (48.32), Chris Lolagne (46.71), Jaret Campisi (47.76), Ernie Terrell (46.35), NCAA East Reg., 2003
- 3:09.50 Keith Falco, Bill Austin, Steve Evans, Paul Lankford, Penn Relays, 1978
- 3:09.54 Joel Coleman (48.8), Chris Mills (47.5), Ray Levitre (47.5), Michael Timpson (45.6), Pitt Invitational, 1986
- 3:09.69 Steve Phelan (48.0), Kenny Jackson (46.9), Mike McCahill (47.4), Barry Robinson (47.3), PSU Open, 1982
- 3:09.70 Paul Mundy, Mike McCahill, Randy Moore, Ken Wynn, Penn Relays, 1983
- 3:09.79 Brian Kelley, Kevin Spencer, Jon Strange, Kevin Gripanuk, Hot Springs Invitational, 1993

4X800 METER RELAY

- 7:11.17 Vance Watson (1:49.2), Steve Shisler (1:47.9), Chris Mills (1:48.5), Randy Moore (1:45.5), Penn Relays, 1985
- 7:12.90 Lionel Williams (1:50.69), Samuel Borchers (1:47.56), Ryan Foster (1:47.95), Casimir Loxsom (1:46.70), Penn Relays, 2011**
- 7:14.65 Steve Balkey (1:51.5), Mark Anderson (1:49.2), Chris Mills (1:46.1), Ray Levitre (1:47.85), Penn Relays, 1987
- 7:16.02 Vance Watson (1:48.9), Steve Shisler (1:49.9), Ray Levitre (1:48.7), Chris Mills (1:48.4), Penn Relays, 1986
- 7:17.02 Owen Dawson (1:49.84), Casimir Loxsom (1:46.58), Lionel Williams (1:51.94), Ryan Foster (1:48.67), Penn Relays, 2010
- 7:17.03 Vance Watson, Steve Shisler, Chris Mills, Randy Moore, Dogwood Relays, 1985
- 7:17.90 Paul McLaughlin (1:49.1), Randy Moore (1:49.1), Ken Wynn (1:49.1), Mike Cook (1:49.5), Dogwood Relays, 1983
- 7:18.66 Owen Dawson (1:51.7), Samuel Borchers (1:49.8), Lionel Williams (1:48.4), Ryan Foster (1:48.9), Penn Relays, 2009
- 7:18.72 Ryan Foster, Owen Dawson, Casimir Loxsom, Lionel Williams, 2010
- 7:20.53 Vance Watson (1:50.4), Steve Shisler (1:50.3), Ray Levitre (1:50.3), Chris Mills (1:49.5), Dogwood Relays, 1986

DISTANCE MEDLEY RELAY (METRIC)

- 9:30.1 Larry Mangan (2:53.3), Paul Lankford (45.6), Mike Cook (1:49.6), Alan Scharsu (4:01), Penn Relays, 1980
- 9:31.53 David McMillan (2:56.9), Michael Timpson (45.5), Ray Levitre (1:47.8), Steve Balkey (4:01.3), Penn Relays, 1987
- 9:35.8 Jim Close (800), Bill Austin (400), Mike Wyatt (1200), Larry Mangan (1600), Dogwood Relays, 1979
- 9:35.12 Aidan O'Reilly (2:57.1), Jon Strange (48.6), Mark Anderson (1:48.4), Doug Walter (4:01.4), Penn Relays, 1990
- 9:37.92 Mike Cook (1200), Jeff Lockett (400), Ken Wynn (800), Gary Black (1600), Penn Relays, 1982
- 9:38.9 Pat Rexroat (800), Keith Falco, Mike Wyatt, Dave Felice, Dogwood Relays, 1977
- 9:38.16 Aidan O'Reilly (2:56.8), Jerry Robinson (47.9), Joe Stegbauer (1:50.7), Doug Walter (4:03.2), Penn Relays, 1991
- 9:39.54 Steve Shisler (2:58.9), Sean Faust (47.7), Vance Watson (1:49.1), Mark Overheim (4:03.7), Dogwood Relays, 1986
- 9:39.9 Vance Watson (2:59.2), Ken Wynn (47.2), Randy Moore (1:49.2), Mark Overheim (4:04.3), Dogwood Relays, 1984
- 9:40.1 Dave McMillan (2:59.5), Shaun King (47.7), Mark Anderson (1:50.8), Steve Balkey (4:02.6), Penn Relays, 1988



ECAC INDOOR

Five Team Titles

1978, 81, 82, 83 & 89

19772nd
19781st
19792nd
19803rd
19811st
19821st
19831st
19842nd
19853rd
19862nd
19873rd
19883rd
19891st
19905th
19912nd
199510th
20026th
20037th
20044th
20057th

ECAC Outdoor

11 Team Titles - 1976, 77, 78, 81, 82, 83, 84, 85, 86, 87 & 90

19761st
19771st
19781st
19794th
19802nd
19811st
19821st
19831st
19841st
19851st
19861st
19871st
19882nd
19892nd
19901st
19912nd

AIAW INDOOR

198015th
198111th (tie)
19829th
198323rd

EIAW INDOOR

Team Titles - 1978, 81, 82 & 83

19772nd
19781st
19803rd
19811st
19821st
19831st

AIAW OUTDOOR

197610th
197710th
19786th
198024th (tie)

EIAW OUTDOOR

Team Titles - 1977, 78, 81, 82, & 83

19771st
19781st
19802nd
19811st
19821st
19831st

TOP 25 NATIONAL TEAM FINISHES

1975AAU
.....Second
1976EIAW
.....Fifth
1977EIAW
.....Second
1979EIAW
.....Third
1980EIAW
.....Fourth

REGIONAL CHAMPIONSHIPS

CROSS COUNTRY (12)

1975AAU
1976EIAW
1977EIAW
1978EIAW
1979EIAW
1980EIAW

EIAW ALL-AMERICANS

1975
Kris Bankes3rd
Liz Cunningham12th
Liz Berry15th
1976
Kathy Mills3rd
1977
Kathy Mills3rd
Kris Bankes15th
1978
Kathy Mills3rd
1979
Kathy Mills4th
Heather Carmichael8th

NATIONAL CHAMPION

1977Kathy Mills, AAU
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Kathy Mills

Broderick Award Winner
1977 & 1978



Kathy Mills won the prestigious Broderick Award in 1977 and 1978.



Shakeema Walker won the ECAC outdoor triple jump title in 1998.



Men's IC4A & Central Collegiate History

IC4A & CENTRAL COLLEGIATE CONFERENCE CROSS COUNTRY CHAMPIONS

1920John Romig
1926Bill Cox
1927Bill Cox
1938Bill Smith
1946Curt Stone
1974Paul Stemmer (CCC)
1975Paul Stemmer (CCC)
1976George Malley (CCC)
1977Bob Snyder (CCC)
1979Larry Mangan (CCC)
1980Alan Scharsu (CCC)
1981Alan Scharsu (CCC)
1987Eric Carter
2004Chris Foster

IC4A & CENTRAL COLLEGIATE CONFERENCE CROSS COUNTRY CHAMPIONSHIPS (TEAM)

1926	1951
1927	1960
1928	1978 (CCC)
1930	1979 (CCC)
1950	1980 (CCC)
	2000

Runner-up: 1987 & 1994

IC4A & CENTRAL COLLEGIATE TRACK TEAM CHAMPIONSHIPS

1942	Outdoor	1986	Outdoor
1943	Indoor	1987	Indoor
195	Outdoor	1987	Outdoor
1959	Indoor	1988	Outdoor
1959	Outdoor	1998	Indoor, 2nd
1974	Outdoor	2001	Indoor
1975	Outdoor	2003	Indoor
1984	Indoor	2006	Indoor



The Nittany Lions won their seventh IC4A team title in 2006.

Year	Indoor	Outdoor	Year	Indoor	Outdoor
1939	7th	10th (tie)	1986	2nd	1st
1940	3rd	2nd	1987	1st	1st
1941	11th	3rd	1988	3rd	1st
1942	1st	1st	1989	2nd	2nd
1943	8th	7th	1990	2nd	2nd
1947	3rd		1991	3rd	3rd
1953	2nd		1994	11th	DNC
1957	3rd		1995	Incomplete Team	DNC
1959	1st		1996	5th	DNC
1969	20th (tie)	8th (tie)	1997	11th	DNC
1970	—	13th	1998	2nd	DNC
1971	26th	4th	1999	4th	DNC
1972	8th (tie)	2nd	2000	3rd	DNC
1973	21st (tie)	2nd (tie)	2001	1st	DNC
1974	11th (tie)	1st	2002	3rd	DNC
1981	6th (tie)	5th (tie)	2003	1st	DNC
1982	8th (tie)	5th (tie)	2004	4th	DNC
1983	7th	7th	2005	DNC	DNC
1984	1st	3rd	2006	1st	DNC
1985	2nd	3rd			

CENTRAL COLLEGIATE CHAMPIONS

Indoors (13)

1975Bill Gifford, Pole Vault, 16-0
Jim Greene, Long Jump, 23-11 3/4
Knut Hjeltnes, Shot Put, 58-6 1/2
Mike Sands, 440 Yards, 48.2
Mike Shine, 60-Yard High Hurdles, 7.5
1976George Malley, Two-mile, 8:50.0
Mike Shine, 60-Yard High Hurdles, 7.3; 300 Yards, 30.5
Paul Stemmer, Three-mile, 13:29.8
1977Al Jackson, 35-lb. Weight, 63-11 1/2
1978Paul Lankford, 300 Yards, 30.92
1980Alan Scharsu, Mile, 4:05.59
Paul Lankford, 60-Yard High Hurdles, 7.41

Outdoors (25)

1975Bill Gifford, Pole Vault, 16-4
Dave Hajnik, Decathlon, 6639 points
Knut Hjeltnes, Discus, 182-3 1/2; Shot Put, 64-0 1/4
George Malley, 3000-Meter Steeplechase, 8:51.1
Mike Sands, 220 Yards, 21.2
Mike Shine, 110-Yard High Hurdles, 14.0; 440-yard Intermediate Hurdles, 51.0
Paul Stemmer, Three-mile, 13:44.5; Six-mile, 28:28.2
4x100-Yard Relay (Jack Davis, Steve Hackman, Mike Shine, Mike Sands), 40.6
4x440-Yard Relay (Steve Hackman, Keith Falco, Mike Shine, Sands), 3:11.8
1976Al Jackson, Hammer, 211-3
George Malley, 3000-Meter Steeplechase, 8:38.3
Mike Shine, 110-Yard High Hurdles, 14.29; 400-Yard Intermediate Hurdles, 50.01
4x440-Yard Relay (Steve Hackman, Steve Evans, Keith Falco, Mike Shine), 3:11.16
1977Bruce Baden, 3000-Meter Steeplechase, 8:48.5
Dave Hajnik, Decathlon, 6664 points
Paul Stemmer, 10,000 Meters, 30:47.58
1978Bill Austin, 400-Meter Intermediate Hurdles, 50.49
Paul Lankford, 110-Yard High Hurdles, 14.29
1980Sean Farrell, Discus, 166-10
Rick Garcia, 3000-Meter Steeplechase, 9:10.29
Paul Lankford, 400-Meter Intermediate Hurdles, 51.46



IC4A CHAMPIONS

INDOORS

1922Harold Barron, 60-Yard High Hurdles, 7.8
Larry Shields, Mile, 4:20.8
1924Schuyler Enck, Mile, 4:24.0
Charles Moore, 70-Yard High Hurdles, 9.1
1925Charles Moore, 70-Yard High Hurdles, 8.6
1927Al Bates, Long Jump, 23-1
Bill Cox, Mile, 4:18.6
1928Al Bates, Long Jump, 23-11 3/4
Bill Cox, Mile, 4:20.0
1930Paul Rekers, 2-Mile, 9:22.8
1936Two-mile Relay (Duverney Boot, Merle Stittler, Howard Downey, Frank Baird), 7:56.1
1940Barney Ewell, 60 Yards, 6.3; Long Jump, 24-8
1942Barney Ewell, Long Jump, 25-2 1/2
1947Gerry Karver, Mile, 4:19.9
Curt Stone, Two-mile, 9:17.6
1948Horace Ashenfelter, Two-mile, 9:14.9
Gerry Karver, Mile, 4:27.7
1950Vic Fritts, High Jump, 6-4 1/4
Jim Gehrdes, 60-Yard High Hurdles, 7.3
1951Jim Herb, High Jump, 6-5 1/8
1953Jim Herb, High Jump, 6-5 1/2
Dan Lorch, Pole Vault (tie), 13-4
Ollie Sax, 600 Yards, 1:10.4
1955Rosevelt Grier, Shot Put, 53-4 1/2
1956Rod Perry, 60-Yard High Hurdles, 7.3
1959Dick Engelbrink, Two-mile, 9:13.3
Ed Moran, 1000 Yards, 2:09.6
1972Greg Fredericks, Two-mile, 8:44.3
Distance Medley Relay (Jim Allahand, Karl Tewold, Dan Supulski, Greg Fredericks), 9:47.8
1982Two-mile Relay (Tom Walchuck, Paul McLaughlin, Ken Wynn, Mike Cook), 7:30.74
1984Randy Moore, 800 Meters, 1:51.47
1985Ron Campbell, Pole Vault, 16-9 1/2
1986Eric Carter, 5000 Meters, 13:58.55
1987C.J. Hunter, Shot Put, 58-0 1/2
Ray Levitre, 800 Meters, 1:48.19
Michael Timpson, 400 Meters (tie), 46.81
1988Steve Balkey, 1000 Meters, 2:24.51
C.J. Hunter, Shot Put, 58-11 1/2
1989C.J. Hunter, Shot Put, 62-11 1/2
Michael Timpson, 200 Meters, 21.59
1990Steve Brown, 5000 Meters, 13:52.36
C.J. Hunter, Shot Put, 62-5 1/4
1991Phil Caraher, Shot Put, 61-5 3/4
Ricardo Hall, Triple Jump, 51-11 1/4
19964x800 Relay, 7:30.92
Jason Smith (1:54.12), Leif Steiner (1:53.22), Che Arosemena (1:53.19), Joe Loncr (1:52.69)
1997John Gorham, Long Jump, 24-8 1/2 (7.53)
1998John Gorham, Long Jump, 25-4 (7.72)
James Cook, Pentathlon, 3911 points
Neal McNutt, 35-lb. Wt., 65-9 3/4 (20.06)
4x800 Relay, 7:33.38 (Bradd Del Muto, Steve Walsh, Joe Hubbard, Joe Loncr), Cornell Fieldhouse Record
1999George Audu, Long Jump, 24-6 1/4
Ben Karcz, 500, 1:02.80
Ryan Olkowski, High Jump, 6-11 (2.11)
2000Ben Karcz, 500 Meters, 1:02.58
2001Jim Carney, 5000 Meters, 14:09.43
Ryan Olkowski, 200 Meters, 21.16
2002Ryan Blood, Pentathlon, 3844
2003Matt Lincoln, 800 Meters, 1:50.01
Chavous Nichols, Triple Jump, 53-0 1/4 (16.16)
J.T. Kurefich, Pentathlon, 3888 points

.....4x800 Relay, 7:28.10,
.....Michael Jordan (1:52.13), Ian Hahn (1:52.27),
.....Tim Walker (1:52.91), Matt Lincoln (1:50.58)
2006Ron Jules, 55m Hurdles, 7.34
Ryan Fritz, High Jump, 6-10.25 (2.09)

OUTDOORS

1918Bill Ganzemuller, 100 Yards, 10.2
1920Larry Shields, Mile, 4:22.4
1922Larry Shields, Mile, 4:18.4
1923Alan Helffrich, 880 Yards, 1:55.8
1924Schuyler Enck, Mile, 4:23.8
Alan Helffrich, 440 Yards, 50.1
Charles Moore, 120-Yard HH, 15.2
1927Al Bates, Long Jump, 24-8 1/2
Bill Cox, Mile, 4:21.2
Marian Ide, Hammer, 162-1 1/2
1928Al Bates, Long Jump, 24-10 1/8
1938Nick Vukmanic, Javelin, 217-6
1940Barney Ewell, 100 Yards, 9.7
Barney Ewell, 1220 Yards, 20.9
Barney Ewell, Long Jump, 23-8 1/4
Nick Vukmanic, Javelin, 212-5 3/4
1941Barney Ewell, 100 Yards, 9.6
Barney Ewell, 220 Yards, 20.7
Barney Ewell, Long Jump, 24-2 3/4
1942Joe Bakura, Pole Vault (tie)
Barney Ewell, 100 Yards, 9.5
Barney Ewell, 220 Yards, 20.5
Barney Ewell, Long Jump, 24-6 1/4
1943Curt Stone, Two-mile, 9:27.0
1947Gerry Karver, Mile, 4:12.7
Curt Stone, Two-mile, 9:11.8
1948Horace Ashenfelter, Two-mile, 9:13.2
Gerry Karver, Mile, 4:17.5
1949Horace Ashenfelter, Two-mile, 9:09.2
1950Jim Gehrdes, 120-Yard High Hurdles, 14.4
Jim Gehrdes, 220-Yard Low Hurdles, 23.2
1951Ted Roderer, Javelin, 211-0
1953Jim Herb, High Jump, 6-3 1/4
1954Rosevelt Grier, Shot Put, 53-10 3/4
Bob Hollen, Two-mile, 9:22.1
Dan Lorch, Pole Vault (tie), 13-1
Art Pollard, 100 Yards, 9.6
1955Rosevelt Grier, Shot Put, 55-11
Rosevelt Grier, Discus, 170-6
Art Pollard, 220 Yards, 20.8
1956Rod Perry, 120-Yard HH, 14.3
1957Rod Perry, 120-Yard HH, 14.2
Rod Perry, 220-Yard Low Hurdles, 22.9
John Tullar, Discus, 166-4 1/2
1958Jim Norton, 440 Yards, 48.1
1959Bob Brown, 100 Yards, 9.9
Dick Engelbrink, Two-mile, 9:08.9
Ed Moran, Mile, 4:09.3
Bob Szezyler, 220-Yard LH, 23.1
1960Bob Brown, 100 Yards, 9.7
Bob Brown, 220 Yards, 20.6
Dick Engelbrink, Mile, 4:09.1
1962Gerry Norman, Three-mile, 14:20.2
1964Ernie Krombolz, Javelin, 227-9 1/2
1966Jim Stevenson, Javelin, 244-5 1/2
1967Chip Rockwell, Triple Jump, 49-2
1971Greg Fredericks, Three-mile, 13:41.2
Greg Fredericks, Six-mile, 28:23.8
1972Greg Fredericks, Six-mile, 27:54.3
Jimmy Scott, 100 Yards, 9.7
1973Mike Sands, 100 Yards, 9.8
1974Charlie Maguire, Six-mile, 28:48.8
440-Yard Relay (Doug Finkel, Fred Singleton, Mike Sands, Mike Shine), 40.4
1975-80Penn State not a member of IC4A.
1981Paul Lankford, 400-Meter Hurdles, 50.56
1982Ken Wynn, 800 Meters, 1:49.62

1983Rick Garcia, 3000-Meter Steeplechase, 8:40.3
Ken Wynn, 800 Meters, 1:46.82
1984Rob Boulware, Long Jump, 25-6
1985Rick Kleban, Pole Vault, 16-8
1986Eric Carter, 10,000 Meters, 29:29.3
Dave Masgay, Decathlon
1987Eric Carter, 10,000 Meters, 30:26.4
C.J. Hunter, Shot Put, 57-3
Ray Levitre, 800 Meters, 1:49.25
Dave Masgay, Decathlon, 7588 points
1988C.J. Hunter, Shot Put, 59-8 1/4
Michael Timpson, 200 Meters, 20.78
Barry Walsh, Decathlon, 7061 points
1989Steve Brown, 10,000 Meters, 30:21.91
C.J. Hunter, Shot Put, 58-0 1/2
Barry Walsh, Decathlon, 7472 points
1990Steve Brown, 10,000 Meters, 30:20.6
C.J. Hunter, Shot Put, 63-11 1/2
Barry Walsh, Decathlon, 7086 points
1991Phil Caraher, Shot Put, 60-3

TRACK & FIELD HALL OF FAME

Horace Ashenfelter

USATF Hall of Fame Member

Horace Ashenfelter, two-time Penn State Olympian, won the Sullivan Award as the nation's outstanding amateur athlete for his gold medal performance in the 1952 Olympic Games at Helsinki. He set an Olympic and world record of 8:45.4 in winning the 3000-meter steeplechase.

Barney Ewell

USATF Hall of Fame Member

Henry N. "Barney" Ewell held five world records during his career, was a nine-time NCAA All-American, and won 12 IC4A titles. At age 30 in 1948, having lost his prime years for Olympic fame, Ewell barely was nipped in the 100 and 200 meters, while gaining an Olympic gold in the 4x100 relay. He is considered one of the Top 10 sprinters of all time by Track & Field News.

Chic Werner

USTCA Hall of Fame Member

Charles "Chic" Werner, inducted in 2001, won three NCAA cross country and eight IC4A titles as Penn State's coach (1933-62). He produced 60 NCAA All-Americans, 12 Olympians, seven NCAA track and field and two cross country champions, and 63 IC4A track and field and two cross country winners. He served as assistant coach of the 1952 Olympic team, as president of the NCAA Coaches Association, and executive director of the United States Track and Field Federation (1962).

Harry Groves

USTCA Hall of Fame Member

Inducted in 2001, Harry Groves concluded a highly-accomplished 38-years of coaching at Penn State in 2006. During his 53 years of coaching, he guided the careers of 11 American record holders, 21 national champions and 14 Olympians. The National Cross Country Coach of the Year in 1975 and '79, he qualified 22 cross country teams for NCAA Championships. The USTFCCA named the Mid-Atlantic Region Men's Cross Country Coach of the Year in his honor.

Curt Stone

(Nominated)

Curt Stone, a three-time Olympian (1948, 1952, 1956), is a nominee for the Hall of Fame. He won the Pan American 10,000 meters and 3000-meter steeplechase races in 1957. During his Penn State career (1942-47), he was a two-time NCAA All-American and IC4A cross country and track champion. Stone, who was a three-time American record-holder, won 13 national championships during his long career in cross country and track and field.



Women's Cross Country History

NATIONAL CHAMPION

1977:Kathy Mills (AAU)

EIAIW ALL-AMERICANS

1979:Kathy Mills (4th)
Heather Carmichael (8th)
 1978:Kathy Mills (3rd)
 1977:Kathy Mills (3rd)
Kris Bankes (15th)
 1976:Kathy Mills (3rd)
 1975:Kris Bankes (3rd),
Liz Cunningham (12th), Liz Berry (15th)

NCAA TEAM FINISHES

1981:10th
 1982:6th
 1983:12th
 1984:14th
 1985:10th
 1987:14th
 1991:13th
 1992:T-6th
 1993:7th
 1994:9th
 1996:11th
 2002:25th
 2003:23rd
2009:14th
201026th

NCAA ALL-AMERICANS

1982:Doreen Startare (20th)
 1985:Stacy Prey (23rd)
 1988:Stacy Prey (31st)
 1992:Kim Kelly (27th)
 1994:Kim Kelly (25th)
 1996:Kim McGreevy (27th)
 2000:Susanne Heyer (14th)
 2008:Bridget Franek (23rd)
2009Bridget Franek (26th)

NCAA MIDATLANTIC REGION FINISHES

1990:5th
 1991:5th
 1992:3rd
 1993:2nd
 1994:3rd
 1995:4th
 1996:3rd
 1997:3rd
 1998:3rd
 1999:5th
 2000:7th
 2001:5th
 2002:3rd
 2003:4th
 2004:5th
 2005:14th
 2006:8th
 2007:4th
 2008:5th
 2009:4th
20104th

BIG TEN TEAM CHAMPIONSHIP FINISHES

19912nd
 19923rd
 19932nd
 19943rd
 19953rd
 19962nd
 19974th
 19984th
 19998th
 20008th
 2001T-7th
 20024th
 20033rd
 20046th
 20059th
 20068th
 20077th
 20087th
2009:1st
20104th

BIG TEN INDIVIDUAL HONORS

1992 Freshman of the Year: Colleen Glyde
 1996 Athlete of the Year: Kim McGreevy
 1996 Individual Champion: Kim McGreevy
2009 Individual Champion: Bridget Franek
 Freshman of the Year: Nicole Lord
 Coach of the Year: Beth Alford-Sullivan

ALL-BIG TEN FINISHERS

1991Laurie Morrow
 1993Kim Kelly
 1993Kris Kelly
 1995Erin St. John
 1996Kim McGreevy (1st), Erin St. John
 2000Susanne Heyer (3rd)
 2002Tracey Brauksieck & Katy Hillard (Second Team)
 2003Molly Landreth (4th); Jenn Stevens (Second Team)
 2004Molly Landreth (4th)
 2007Bridget Franek (6th)
 2008Bridget Franek (9th; Second Team)
2009Bridget Franek (1st); Nicole Lord (9th; Second Team)
2010Brooklyne Ridder(9th - Second Team),
Natalie Bower (14th - Second Team)



Susanne Heyer is the highest-ever NCAA cross country finisher for the Nittany Lions, placing 14th in 2000.



Bridget Franek won the program's second individual Big Ten crown in 2009.



NCAA TEAM FINISHES

1941: 2nd	1957: 9th	1976: 13th	1991: 10th
1942: T-1st	1959: 10th	1977: 12th	1993: 14th
1946: 3rd	1960: 4th	1978: 4th	1994: 8th
1947: 1st	1961: 8th	1979: 3rd	2008: 25th
1948: 4th	1969: 10th	1980: 3rd	2010: 30th
1950: 1st	1970: 13th	1981: 14th	
1951: 4th	1971: 8th	1984: 21st	
1952: T-4th	1972: 12th	1986: 17th	
1953: 4th	1973: 10th	1987: 12th	
1954: 5th	1974: 10th	1988: 15th	
1956: 7th	1975: 4th	1989: 13th	

NCAA ALL-AMERICANS

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

NCAA RUNNER-UP

Horace Ashenfelter (1947)
Curt Stone (1946)

NCAA MID-ATLANTIC REGION CHAMPIONS

Dan Mazzocco (2003)
Eric Carter (1987)

NCAA MIDATLANTIC REGION FINISHES

1978:1st	1993:4th
1979:1st	1994:2nd
1980:1st	1995:6th
1981:1st	1996:4th
1982:5th	1997:3rd
1983:9th	1998:9th
1984:1st	1999:5th
1985:5th	2000:4th
1986:3rd	2001:5th
1987:1st	2002:14th
1988:1st	2003:5th
1989:3rd	2004:7th
1990:4th	2005:8th
1991:1st	2006:5th
1992:5th	2007:8th
	2008:2nd
	2009:16th
	2010:3rd

BIG TEN TEAM CHAMPIONSHIP FINISHES

1991:4th	2001:6th
1992:3rd	2002:10th
1993:3rd	2003:7th
1994:3rd	2004:9th
1995:7th	2005:9th
1996:5th	2006:9th
1997:6th	2007:9th
1998:9th	2008:4th
1999:7th	2009:9th
2000:3rd	20104th

ALL-BIG TEN FINISHES

1991	Mark Wimmer
1993	Bob Hamer
1994	Bob Hamer and Jake Bartholomy
1996	Che' Arosemena
2000	Chris McGinness and James Carney
2001	Steve Walsh
2003	Dan Mazzocco
2008	Kyle Dawson
2008	Kyle Dawson
2009	Vince McNally (Second Team)
2010	Vince McNally (13th, Second Team)
2010	Kyle Dawson (8th, Second Team);

BIG TEN FRESHMAN OF THE YEAR

2008	Kyle Dawson
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OTHER INDIVIDUAL HONORS

IC4A Champions

Chris Foster (2004)
Eric Carter (1987)
Bill Smith (1938);
Bill Cox (1926, 1927)
John Romig (1920)

Central Collegiate Champions

Alan Scharu (1980, 1981)
Larry Mangan (1979)
Bob Snyder (1976)
George Malley (1976)
Paul Stemmer (1974-1975)



Kyle Dawson



Men's Awards (Since 1968)

CARTMELL AWARD

Presented in honor of former Nittany Lion track coach Nate Cartmell, the award recognizes leadership and excellence in the sport over a four-year period. Originated in 1968 by the Cartmell family, Cartmell was a University of Pennsylvania Alumnus and was inducted into the Penn Relays Hall of Fame. From 2007 to the present, the award is present to the team captains.

- 1968Ken Brinker (hurdles, long jump, sprints)
- 1969Ken Brinker (hurdles, long jump, sprints)
- 1970Charles Harvey (hurdles), Roger Kauffman (hammer)
- 1971Scott Hagy (javelin)
- 1972Scott Chatham (high jump, hurdles), Greg Fredericks (distance)
- 1973Bill Dvorzak (discus), John Fullmer (distance)
- 1974Charlie Maguire (distance), Fred Singleton (hurdles, sprints)
- 1975Mark Bilyk (decathlon), John Reihner (discus), Mike Sands (sprints)
- 1976Bill Gifford (pole vault), Mike Shine (hurdles, sprints)
- 1977George Malley (distance, steeplechase), Pat Rexroat (800)
- 1978John Sallade (long jump), Mike Wyatt (800, 1500)
- 1979Bill Austin (hurdles), John Ziegler (distance)
- 1980Bill Carroll (pole vault), Jim Clelland (distance)
- 1981Paul Lankford (hurdles), Larry Mangan (800, 1500)
- 1982Ed Roskiewicz (triple jump), Alan Scharu (distance)
- 1983Paul McLaughlin (800)
- 1984Todd Shenk (hammer), Ken Wynn (800)
- 1985Rick Kleban (decathlon), Randy Moore (800)
- 1986Dave Coney (high jump, long jump),
.....Mark Overheim (1500), Steve Shisler (800, 1500)
- 1987 Chris Green (decathlon), Ray Levitre (800), Dave Masgay (decathlon)
- 1988Steve Balkey (1500), Eric Carter (distance), Chris Mills (800)
- 1989Brian Laird (distance), Eric Steenstra (decathlon)
- 1990Greg Large (hurdles), Barry Walsh (decathlon), Doug Walter (1500)
- 1991Phil Caraher (shot put), Mike Crescenzi (1500),
.....Ricardo Hall (triple jump)
- 1992Mike Frank (multi-event), Aidan O'Reilly (1500), Jon Strange (400)
- 1993Andy Scott (1500, steeplechase), Kevin Cripanuk (400 IH, HH)
- 1994Tom Bisko (100, 200, 4x100), Mark Wimmer (5000, 10,000)
- 1995 Jake Bartholomy, (Steeplechase, 1500), Mark Crawford (Sprints, 4x100),
.....Bob Hamer (1500, 5000)
- 1996David Kriz (high jump), Tom McGlynn (5000)
- 1997Che' Arosemena (1500, 800), Nate Goins (110HH, 4x100),
.....Kevin Spencer (400, 4x400)
- 1998James Cook (Multi), Mike Pfaff (1500, 5000), Carl Wolter (throws)
- 1999John Gorham (long jump), Joe Hubbard (800),
.....Jayson Jackson (1500, 5000)
- 2000Dave Matson (javelin)
- 2001Ben Karcz (400, 800, 400 IH), Dorian Lowe (Hammer, 35-lb. Wt.)
- 2002Brian Derby (400 IH, 110 HH, 400), Dorian Lowe (35-lb. Wt., hammer)
.....Steve Walsh (distance & cross country)
- 2003Brian Derby (110 HH, 400 IH), Steve Janci (400, 4x400)
- 2004Chavous Nichols (long jump, triple jump),
.....Brian Stumpf (javelin), Matt Moyer (javelin)
- 2005David Bollinger (pole vault),
.....Aaron Ross (Hammer throw, 35-lb weight and discus)
- 2006Alex Langan (100, 200), Matt Lincoln (800, 1500)
- 2007Ron Jules, Chris Morrissey, Mark Miller
- 2008Mike Cadau, Ryan Fritz, John Mahoney, Clarence Smith
- 2009Ryan Foster, Ryan Fritz
- 2010Blake Eaton

ED MORAN MEMORIAL AWARD

Presented to the outstanding participant in the 800 meters and longer races in honor of middle distance runner Ed Moran, a 1959 Penn State graduate. Known as "The Iron Man," Moran won several IC4A titles and, as one of the leading milers in the country, earned All-American honors in that event. A native of Kane, Pa., Moran was an alternate on the 1960 U.S. Olympic team.

- 1990Steve Brown (5000, 10,000)
- 1991Doug Walter (800, 1500)
- 1992Aidan O'Reilly (1500)
- 1993 Andy Scott (600, 800, 1500, steeplechase), Mark Wimmer (5,000, 10,000)

- 1994Bob Hamer (1500, 5000), Mark Wimmer (5000, 10,000)
- 1995Jake Bartholomy (Steeplechase, 1500)
- 1996Che Arosemena (800, 1500, 5000)
- 1997Joe Loner (800, 4x400)
- 1998Dan Ford (3000, 5000)
- 1999Joe Hubbard (800)
- 2000Josh Brashears (3000, 5000), Andrew Jenkins (3000, Steeplechase)
- 2001 Bradd DelMuto (1500, 800), Steve Walsh (1500), Jim Carney (5000, 10,000)
- 2002Gregg Davis (3000)
- 2003Ian Hahn (1500), Matt Lincoln (1,000)
- 2004Matt Lincoln (800, 1,500)
- 2005Chris Foster (3,000 steeplechase, mile)
- 2006Matt Lincoln (1500)
- 2007Mark Miller (800)
- 2008Mark Miller (800)
- 2009Lionel Williams (800)
- 2010Owen Dawson (800m)

COACHES AWARD: FIELD EVENTS

Presented for outstanding achievement in field events or the decathlon.

- 1989Ricardo Hall (triple jump), C.J. Hunter (shot put),
.....Barry Walsh (decathlon)
- 1990Ricardo Hall (triple jump), C.J. Hunter (shot put)
- 1991 Phil Caraher (shot put), Ricardo Hall (triple jump), Brian Kelley (decathlon),
.....Mason Ternay (pole vault)
- 1992Antonio Davis (long jump, triple jump), Brian Milne (discus, shot put)
- 1993Antonio Davis (long jump, triple jump), Brian Kelley (multi-event),
.....Brian Milne (discus, shot put)
- 1994Antonio Davis (long jump, triple jump), Brian Kelley (multi-event)
- 1995 Rob Austin (javelin), Antonio Davis (long jump), Dave Kriz (high jump)
- 1996Rob Austin (javelin)
- 1997Troy Burkholder (javelin), James Cook (multi-event),
.....John Gorham (long jump), Carl Wolter (javelin)
- 1998George Audu (jumps, sprints), Troy Burkholder (javelin),
.....James Cook (multi), John Gorham (jumps, sprints)
- 1999George Audu (jumps, sprints), Troy Burkholder (javelin, discus),
.....Ryan Olkowski (high jump, long jump), Dave Matson (javelin, shot put)
- 2000Dan Diaz (throws), Dave Matson (javelin),
.....Ryan Olkowski (jumps, sprints)
- 2001Chavous Nichols (long jump, triple jump),
.....Ryan Olkowski (high jump, long jump)
- 2002Matt Moyer (javelin), Chavous Nichols (triple jump, long jump)
- 2003 Chavous Nichols (triple jump), Nick Fegley (pole vault), J.T.Kurefich (decathlon)
- 2004Chavous Nichols (long jump, triple jump),
.....Brian Stumpf (javelin), Matt Moyer (javelin)
- 2005Bret Kershner (javelin)
- 2006Allen Pettner (javelin)
- 2007Allen Pettner (javelin)
- 2008Ryan Taylor (long jump, triple jump)
- 2009Tanner Evak (javelin)
- 2010Joe Kovacs (shot put, discus)

COACHES AWARD: RUNNING EVENTS

Presented for outstanding achievement in running or hurdling events.

- 1989Steve Brown (5000, 10,000)
- 1990Doug Walter (800, 1500)
- 1991 Kevin Cripanuk (hurdles), Aidan O'Reilly (1500), Andy Scott (steeplechase)
- 1992Kevin Cripanuk (400 IH)
- 1993Kevin Cripanuk (400 IH, HH), Brian Kelley (400 IH)
- 1994Bob Hamer (1500, 5000)
- 1995Jake Bartholomy (steeplechase, 1500)
- 1996Che Arosemena (800, 1500, 5000)
- 1997Damon Reed (100, 200)



1998	John Whelan (high hurdles)
1999	Ben Karcz (600, 500, 400IH)
2000	Ben Karcz (600, 500, 400 IH)
2001	Ben Karcz (400, 800), Guy Rose (110HH), Brian Derby (400IH), Ryan Olkowski (200)
2002	Ryan Olkowski (100, 200, long jump, high jump) Brian Derby (110 HH, 400 IH, 400)
2003	Brian Derby (110 HH, 400 IH), Ernie Terrell (200, 400, 4x100), Greg Miller (100, 200, 4x100)
2004	Matt Lincoln (800, 1500), Chris Lolagne (400), Ernie Terrell (200, 400)
2005	Jaret Campisi (400 IH)
2006	Mark Miller (800)
2007	Mark Miller (800)
2008	Mark Miller (800)
2009	Lionel Williams (800)
2010	Tyler McCandless (10,000m)

SPECIAL AWARDS PHI BETA KAPPA

1991	Ron Moore, Sam Pennypacker, Wes Waninger
1993	Jon Pritchard

CAPITOL ONE ACADEMIC ALL-AMERICAN

1987	Joel Coleman
1998	James Cook
2011	Ryan Foster

ESPN THE MAGAZINE ACADEMIC ALL-DISTRICT

2005	Chris Foster
2008	Clarence Smith
2009	Jay Pagana
2011	Ryan Foster

NCAA TOP SPORTSMAN AWARD

2000	George Audu, 1999
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NCAA CROSS COUNTRY ACADEMIC ALL-AMERICA

A student-athlete must maintain a minimum grade-point average of 3.0 and place in the Top 15 in the NCAA regional meet or earn All-America honors at the NCAA Championships.

1991	Ron Moore
1993	Jake Bartholomy
1994	Jake Bartholomy

NCAA CROSS COUNTRY ACADEMIC ALL-AMERICA TEAM

1994	Penn State (3.03 GPA)
2008	Penn State (3.32 GPA)

HERMAN GOFFBERG AWARD (1921-2002)

Cross Country Award:

Permanent Trophy for the Spiked Shoe Meet

This award is presented in honor of former Penn State and Olympic distance runner Herman Goffberg (Penn State '42; 1948 Olympic Team, 10,000 Meters). After a successful business career in Great Britain, Goffberg returned to Penn State where he was designated Graduate Manager of the Track and Field Team.

WILLIAM "BILL" PRITCHARD MEMORIAL CROSS COUNTRY CUP

For the National Cross Country Meet

Winners names are inscribed on the meet's permanent cup. The award was given by the Pritchard family. Bill Pritchard (1942-94) was a professor of mathematics at Penn State and a keen supporter of Penn State cross country and track and field.

KEVIN DARE

MOST-INSPIRATIONAL ATHLETE AWARD



This award is given to perpetuate the memory of pole vaulter Kevin Dare, who died in a pole vaulting accident at the 2002 Big Ten Championships at Minnesota. Dare was a U.S. Junior National Champion in the pole vault. Following the 2006 season, this award will be given to the most inspirational athlete. Kevin's family continues to honor his memory with the Kevin Dare Foundation, which promotes pole vault safety and has also raised enough money to fully endow the Kevin Dare Scholarship which goes

to a Penn State vaulter each year.

2002 Ryan Olkowski, five-time All-American
..... Big Ten 200-meter champion, USA Junior long jump runner-up.
During the 2002 NCAA Indoor Championships meet, he scored in the unusual pairing of the high jump and 200 meters, earning All-America honors in both events.

2003 Brian Derby (400 IH, 110 HH),
..... Big Ten Champion (2001, 2003) in the 400 IH, 2001 All-American 400 IH.
2004 ... Chavous Nichols (long jump, triple jump) & Brian Stumpf (javelin).
2005 Jaret Campisi (400 IH)
2006 Mark Miller (800), Allen Pettner (Javelin)
2007 Shawn Colligan
2008 Shawn Colligan
2009 Ryan Foster, and Owen Dawson
2010 Tyler McCandless



HERMAN GOFFBERG

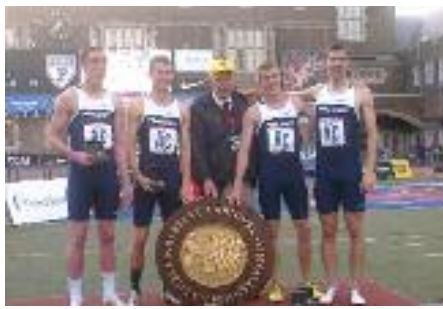
MEN'S INDIVIDUAL CHAMPIONS

100 YARDS	
1945	Barney Ewell9.8
1954	Art Pollard9.8
1961	Bob Brown9.9
3000-METER STEEPLECHASE	
1966	Bill Reilly9:22.8
1976	George Malley*8:34.4
1979	Bruce Baden*8:42.5
TWO-MILE	
1927	Bill Cox9:32.0
1947	Curt Stone9:19.4
1949	Horace Ashenfelter9:21.5
THREE-MILE	
1971	Greg Fredericks13:36.1
1972	Greg Fredericks13:31.5
1973	Charlie Maguire13:41.6
1974	Charlie Maguire13:27.0
5000 METERS	
1977	Paul Stemmer13:52.4
1979	Alan Scharu13:48.5
1980	Alan Scharu13:42.1
1982	Jeff Adkins13:55.0
10,000 METERS	
1979	John Ziegler29:19.3
20,000 METERS	
1998	Kevin Geesaman1:04.40
2002	Steve Walsh (Alumnus)1:05.16
	Vic Fleming1:06.25
2005	Ian McCann1:07.40
MARATHON	
1979	Tim Backenstose2:22.14
110-METER HIGH HURDLES	
1976	Mike Shine13.6
120-YARD HIGH HURDLES	
1923	Crip Moore15.4
1925	Crip Moore14.8
1949	Jim Gehrdes14.4
1950	Jim Gehrdes14.3
1974	Mike Shine13.9
400-METER INTERMEDIATE HURDLES (Converted from 440 yards)	
1974	Mike Shine50.8
56-POUND WEIGHT	
1919	Francis Emory28-0 (8.53)
DISCUS	
1911	Lee Talbot129-2 (39.32)
1913	Lee Talbot142-0 (43.28)
1993	Brian Milne196-5 (59.86)
HAMMER THROW	
1910	Lee Talbot160-6 (48.92)
1911	Alfred Tilley143-8 (43.78)
1913	Lee Talbot163-7 (49.88)
1976	Al Jackson199-4 (60.76)
JAVELIN	
1920	Francis Emory165-6 (50.44)
1938	Nick Vukmanic223-10 (68.22)
1939	Nick Vukmanic207-3 (63.16)
1965	Lennart Hedmark243-0 (74.06)
2009	Tanner Evak225-6 (68.74)
LONG JUMP	
1926	Al Bates23-3 1/2 (7.07)
1942	Barney Ewell24-5 1/2 (7.45)
1944	Barney Ewell24-2 (7.36)
SHOT PUT	
1955	Roosevelt Grier54-8 (16.66)
1975	Knut Hjeltnes61-23/4 (18.66)
1989	C.J. Hunter63-3 1/4 (19.28)
1990	C.J. Hunter65-5 (19.81)
TRIPLE JUMP	
1993	Antonio Davis53-11 1/4 (16.44)
DECATHLON (MULTI)	
1987	Dave Masgay7282
1996	James Cook7600
1997	James Cook7458
2003	J.T. Kurelich7056
2007	Chris Morrissey7014
2008	Chris Morrissey6995



Ken Wynn wins the Penn Relays Championship of America relay as he crosses the line victorious in the 4x800 in 1983.

4X100 RELAY	
192842.6, Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew**
195041.3, Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster**
4X800 RELAY	
19237:48.8, Edgar L. Carter (1:58.2), J. Russell Edgerton (1:59.2), Schuyler Enck (1:56.4), Alan Helffrich (1:54.2)**
19837:19.77, Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn
19857:11.17, Vance Watson, Steve Shisler, Chris Mills, Randy Moore
Ranked # 1 in world; Team inducted into the Penn Relays Hall of Fame in 2000
19867:16.05, Vance Watson, Steve Shisler, Ray Levitre, Chris Mills
19877:14.65, Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre



In 2011, Penn State ran a school-record 3:17.10 for the sprint medley relay to win the first men's wheel since 1987.

CHAMPIONSHIP OF AMERICA RELAYS

4 x 1-MILE (Formerly 4x1500, 1980-98)	
192018:10.6, —, —, —, Larry Shields
192618:14.6, R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart
192917:48.6, C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox
194717:32.6, Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver
194817:30.7, Bill Shuman, Mitch Williams, Horace Ashenfelter, Gerry Karver
194917:35.4
195117:24.6, Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn
195917:11.3, Ed Moran, Dick Engelbrink, Charles King, Fred Kerr
SPRINT MEDLEY (440, 220, 220, 880; now 400, 200, 200, 800 Metric)	
19243:30.4, Alan Helffrich, Conway, Crip Moore, Schuyler Enck
19323:28.6, C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale	
19423:26.5, Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon
20113:17.10, Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster

DISTANCE MEDLEY (3/4, 440, 880, Mile; now 1200, 400, 800, 1600 Metric)	
192010:37.2, —, —, —, Larry Shields
192810:37.8, Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox
194810:15.1, Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver	
19599:58.2
4 x 120-YARD HIGH HURDLE SHUTTLE	
1926	1:06.0, E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore

WOMEN'S CHAMPIONS (SINCE 2000)	
400-METER HURDLES	
2009	Fawn Dorr57.78
3,000-METER STEEPLECHASE	
2007	Bridget Franek9:59.21
4x400-METER RELAY	
20083:31.44, Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox
DISCUS	
2003	Deshaya Williams174-8 (53.24)
HAMMER	
2006	Jennifer Leatherman213-7 (65.12)
JAVELIN	
2001	Briane Johnson161-7 (49.26)
2010	Karlee McQuillen158-4 (48.28)
2011	Karlee McQuillen162-7 (49.57)



The Nittany Lion women captured their first Penn Relays crown of the NCAA era with a 4x400 win in 2008.



MEN'S OLYMPIANS

WOMEN'S OLYMPIANS

Penn State has had 27 men's Olympians in 52 events, two coaches and one head manager.

1908Lee Talbot, Hammer (5th)
 1920Harold Barron, 110-Meter High Hurdles (2nd)
Alan Helffrich, 1600-Meter Relay (alternate)
Larry Shields, 1500 Meters (3rd), 3000-meter; Team Run (1st team, 8th individual)
 1924William Cox, 10,000 Meters; 3000-Meter Team Run (3rd)
Schuyler Enck, 800 Meters (3rd)
Alan Helffrich, 1600-Meter Relay (1st)
Charles Moore, 110-Meter High Hurdles (alternate)
John Romig, 5000 Meters (4th)
Arthur Studenroth, 5000 Meters (6th)
 1928Al Bates, Long Jump (3rd)
John Romig, 10,000 Meters
 1932Paul Rekers, 5000 Meters (12th)
 1940Olympics cancelled due to World War II. Barney Ewell (sprints) and
Nick Vukmanic (javelin) were selected to the honorary U.S. Olympic team.
 1948Barney Ewell, 100 Meters (2nd); 200 Meters (2nd); 4x100-Meter Relay (1st)
Herman Goffberg, 10,000 Meters
Curt Stone, 5000 Meters (6th)
 1952 Horace Ashenfelter, 3000-Meter Steeplechase (1st), 8:45.4 (Olympic Record)
William Ashenfelter, 3000-Meter Steeplechase
Curt Stone, 5000 Meters, 10,000 Meters; 10K (15th); 5K (6th, heat)
Chick Werner, Assistant Coach
 1956Horace Ashenfelter, 3000-Meter Steeplechase
Curt Stone, 5000 Meters (6th, heat)
 1960Ed Moran, 1500 (alternate)
 1968Lennart Hedmark (Sweden), Decathlon
Bill Reilly, 3000-Meter Steeplechase
 1972Steve Hayden, 50K Walk
Lennart Hedmark (Sweden), Decathlon
Mike Sands (Bahamas), 100 Meters; 200 Meters; 4x100-Meter Relay
 1976Lennart Hedmark (Sweden), Decathlon (8th)
Knut Hjeltnes (Norway), Discus (7th)
Al Jackson, Hammer (alternate)
Mike Sands (Bahamas), 100 Meters; 400 Meters; 4x100-Meter Relay,
Mike Shine, 400-Meter Intermediate Hurdles (2nd)
 1980 (U.S. boycotted Moscow Olympics)Greg Fredericks, 10,000 Meters
Knut Hjeltnes (Norway), Discus
 1984Knut Hjeltnes (Norway), Discus (4th)
 1988Knut Hjeltnes (Norway), Discus (7th)
 1992Harry Groves, Assistant Coach
(Alternate head coach in charge of distance events.)
Barry Walsh (Ireland), Decathlon
Mike Sands (Bahamas), Head Manager
 1996C.J. Hunter, Shot Put (7th)
 2000C.J. Hunter, Shot Put

2004Consuela Moore (United States) - 4x100
Beth Alford-Sullivan - Assistant Coach (United States) - Distance
Jeri Daniels-Elder - Assistant Coach (United States) - Throws
Teri Jordan - Assistant Coach (United States) - Paralympic
 2008Aleesha Barber (Trinidad and Tobago) - 100-Meter Hurdles
Toyin Augustus (Nigeria) - 100-Meter Hurdles



The 2004 Athens Games featured Nittany Lions Connie Moore (4x100) and Beth Alford-Sullivan (Assistant Coach)



Aleesha Barber competed in the 100-meter hurdles in the colors of Trinidad and Tobago at the 2008 Beijing Olympics.



Horace Ashenfelter won gold-medal honors in the 3,000-meter steeplechase at the 1952 Olympic Games.



Mike Shine (left) took the silver medal in the 400-meter hurdles at the 1976 Olympics.