



PENN STATE® TRACK & FIELD

2016-17 YEARBOOK





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2016-17 Season Schedule

2016 Cross Country Schedule

September 2	Dolan Duals	Lock Haven, Pa.
September 10	Harry Groves Spiked Shoe Invitational	Blue-White Golf Course
September 24	Griak Invite	Minneapolis, MN
October 14	Penn State Open	Blue-White Golf Course
October 30	Big Ten Championships	Minneapolis, MN
November 11	NCAA Mid-Atlantic Regional	Blue-White Golf Course
November 19	NCAA Cross Country Championships	Terre Haute, IN

2016-17 Indoor Schedule

December 10	Blue-White Meet	Ashenfelter III Indoor Track
January 14	Nittany Lion Challenge	Ashenfelter III Indoor Track
January 20-21	Rod McCravy Memorial	Lexington, KY
January 27-28	Penn State National	Ashenfelter III Indoor Track
February 3-4	Sykes & Sabock Challenge Cup	Ashenfelter III Indoor Track
February 10-11	Husky classic	Seattle, Wash.
February 10-11	Spike Invitational	Geneva, OH
February 18	Penn State Tune-Up	Ashenfelter III Indoor Track
February 24-25	Big Ten Indoor Championships	Geneva, OH
March 10-11	NCAA Indoor Championships	College Station, Texas

2017 Outdoor Schedule

March 24-25	PAC-12/BIG-10 Challenge	Tempe, AZ
March 31 - April 1	Stanford Invitational	Palo Alto, Calif.
March 31 - April 1	Florida Relays	Gainesville, Fla.
April 8	Battle on the Bayou	Baton Rouge, LA
April 14-15	Bucknell Classic	Lewisburg, Pa.
April 21-22	Virginia Challenge	Charlottesville, Va.
April 22	Stanford Twilight	Palo Alto, Calif.
April 22	Bucknell Team Challenge	Lewisburg, Pa.
April 27-29	Penn Relays	Philadelphia, Pa.
May 5	Jim Thorpe Invitational	University Park, Pa.
May 12-14	Big Ten Outdoor Championships	University Park, Pa.
May 25-27	NCAA Eastern Preliminary	Lexington, KY
June 7-10	NCAA Outdoor Championships	Eugene, Ore.
June 22-25	USATF Outdoor Championships	Sacramento, Calif.

BOLD – Denotes HOME Competition



John GONDAK
 Third Year (11th-Year Overall)
 Syracuse, '95
 Director/Head Coach
 DISTANCE • CROSS COUNTRY

As the 2016-2017 school year starts, John Gondak enters his third year as the head coach of Penn State cross country/track & field.

Gondak's résumé while with the Blue and White - which can be matched by few middle distance mentors in the country - includes 27 first team All-Americans, 29 Big Ten Champions, 31 Penn State records, five Big Ten Freshman of the Year honorees, nine Penn Relays victories, and three sub-4:00 milers.

During his 11 years with the Penn State track & field team, Gondak has helped the Nittany Lions' post seven Big Ten track & field titles, including three-straight (2014 indoor, 2013-14 outdoor) as well as the 2015 women's cross country team title. The 2009-10 school year was a sensational year for the Penn State Nittany Lions as the women won the Big Ten triple crown. The women continued their success into the postseason as they finished fourth at the 2010 NCAA Outdoor Track & Field Championships. The Nittany Lions also finished fourth at the NCAA meet in 2008.

For the Nittany Lion men, the 2014 Big Ten Indoor Track & Field Championships featured their highest finish ever at the meet (third). Four podium finishes, along with numerous scoring performances propelled the Nittany Lion men to finish third.

Aside from his student-athletes' efforts on the track, the Doylestown, Pa., native has also had a huge impact on the Nittany Lions' success on the cross country course, including Big Ten titles by the women's squad in 2009 and 2015, and an NCAA Mid-Atlantic regional title in 2012 and 2015. Over the years, Gondak has assisted in NCAA-qualifying efforts by the women's squad in 2009, 2010, 2011, 2012 and 2013, 2015 and by the men's team in 2008 and 2010.

The Nittany Lion women's squad placed 13th at the 2011 NCAA Cross Country Championships - the highest finish in nearly two decades. In fact, the Nittany Lion women have enjoyed qualifying for the NCAA Championships in six out of the seven years in cross country, capturing top-15 standings on four out of seven occasions most recently finishing 16th at the 2015 NCAA Cross Country Championships.

Individually, the Penn State women have captured two Big Ten Cross Country titles (Bridget Franek, 2009, and Caitlin Lane, 2011). The Penn State men have been represented in seven of the past nine years at the NCAA Cross Country Championships either by an individual or as a team, including four-time qualifier Vince McNally. During the 2013 season, Matt Fischer posted the highest finish at the Big Ten Cross Country Championships in school history (third) and placed fourth at the NCAA Mid-Atlantic Regional to qualify for the NCAA Cross Country Championships. At the 2013 NCAA Cross Country Championships, Fischer went onto finish 78th.

During his first season at the helm of the Penn State cross country program, the Nittany Lions continued their storied success. Fifth-year senior Matt Fischer led the Nittany Lion men throughout the 2014 campaign as he finished eighth at the Big Ten meet, won the Mid-Atlantic Regional and advanced to the NCAA Cross Country Championships for the second-straight year. He ended his Penn

State cross country career with a 167th-place finish at the NCAA meet. Fischer garnered second team All-Big Ten honors and was named the Mid-Atlantic Men's Cross Country Athlete of the Year.

The 2015 season was led by redshirt-freshman Tessa Barrett who capped her first season on the course for Penn State by earning All-American Honors with a 38th-place finish. The 2014 women's team was led by the freshmen duo of Elizabeth Chikotas and Jillian Hunsberger. The duo were consistently near the front of the Nittany Lion pack during the 2014 season. Chikotas was the Big Ten Women's Cross Country Freshman of the Year for her 15th-place finish at the Big Ten meet and Hunsberger qualified for the NCAA Championships with her 11th-place finish at the Mid-Atlantic Regional. In her NCAA Cross Country Championships debut, Hunsberger finished 161st.

Gondak has also been widely recognized by the coaching community as he was named United States Track and Field/Cross Country Association (USTFCCCA) Mid-Atlantic Region Assistant Coach of the Year during the indoor season in 2009 and again for his efforts during the 2010 outdoor season. Gondak swept the Mid-Atlantic awards in 2013, winning the USTFCCCA Mid-Atlantic Men's Assistant Coach of the Year award during both the indoor and outdoor seasons. He was most recently named USTFCCCA Mid-Atlantic Men's Assistant Coach of the Year during the 2014 indoor track & field season, and earned the USTFCCCA Mid-Atlantic Region Coach of the Year award for his efforts during the 2015 cross country season.

2016 began with a record breaking Indoor season from the Nittany Lions. Under Gondak's watch, seven school records were broken on top of 22 all-time top-five performances being turned in over a variety of events.

School record that were captured include: 60-meters (Xavier Smith), 800-meters (Isaiah Harris), Pole Vault (Lexi Masterson), Mile (Tori Gerlach), 1,000-meters (Tori Gerlach), 5,000-meters (Tessa Barrett) and Shot Put (Rachel Fotherly).

At the Big Ten Indoor Championships, the women's team recorded an impressive third-place finish while the men brought home a sixth-place finish.

At those Big Ten Championships freshman Isaiah Harris highlighted the men's efforts with his Big Ten record run in the final of the men's 800-meters clocking a scorching time of 1:46.24 for his first individual Big Ten Championship. Harris, along with Brannon Kidder, Jordan Makins and Alex Shisler earned First-Team Big Ten Honors while Second-Team Big Ten Honors went to Rachel Fotherly, Tori Gerlach, Danielle Gibson, Lexi Masterson.

Brannon Kidder and Rachel Fotherly earned USTFCCCA Mid-Atlantic Region Athlete of the Year honors following the 2016 Indoor regular season.

At the NCAA Indoor Championships, both Kidder and Fotherly brought home All-American honors in the 800-meters and shot put, respectively.

Outdoor season would see the Men's program record a second consecutive top-20 finish at the NCAA Championships following a 10-place performance in 2015 in Eugene, Ore.

En Route to the National Championships 26 top-10 performances were laid down by the men's and women's program collectively.

Isaiah Harris' continued success brought the freshman his second individual Big Ten Championship as the freshman swept the indoor/outdoor 800-meter titles capturing the outdoor championship in a time of 1:46.21 at Nebraska's Ed Weir Stadium in Lincoln, NE.

Harris was also one of three Nittany Lions to record an All-American finish at the Outdoor Championships along with Brian Leap in the triple jump (sixth-place) and Isaiah Harris in the 800-meters



COACHING AND SUPPORT STAFF

(fourth-place) running a personal-best and Penn State No. 3 all-time time of 1:45.76 in the finals.

Harris' season would continue as he qualified for his first Olympic Trials in the 800-meters. The freshman advanced through the rounds to the finals where Harris took sixth-place, the highest finishing NCAA athlete in the 800-meter field.

Following the NCAA Championships Harris won gold in the 800-meters at the NACAC U23 Championships in San Salvador, El Salvador. Teammate Dannielle Gibson also captured Gold at the NACAC U23 Championships in the triple jump.

The Nittany Lions began their third year of cross country under John Gondak with each program posting a win at the 2016 Dolan Duals meet in nearby Lock Haven. Following the Dolan Duals the Nittany Lion me would go on to post a top-five finish at the Spiked Shoe Invtl., a respectable finish at the nationally competitive Roy Griak Meet in Minneapolis, MN, and rounded out the year with a ninth-place finish at the Big Ten Championships.

The Penn State women recorded three first-place finishes over the course of the season (Dolan Duals, Spiked Shoe, and Big Ten Championships) as well as a third-place finish at the nationally competitive Roy Griak and a runner-up finish at the Big Ten Championships in Minneapolis, MN.

Gondak's women's squad captured their second-consecutive Mid-Atlantic Regional Championship Nov. 11th at the Blue & White Course in University Park led by sophomore All-American Tessa Barrett who posted a first-place finish traversing the course in 20:00. Barrett would earn All-Region honors along with teammates Elizabeth Chikotas, Jillian Hunsberger, and freshman Kathryn Munks.

2015 Recap...

In his first year at the helm of the Penn State track & field program, Gondak led the Nittany Lion men to the top ranking spot in the region and a top-ten national ranking during the Indoor season.

In a year that saw 21 student-athletes qualify for NCAA championships, Gondak capped off the 2015 year by leading his men's team to the highest finish at the NCAA Outdoor Championships since 1966 with a 10th-place finish scoring 17 points.

Cross Country season would see senior Matt Fischer and freshman Jillian Hunsberger qualify for the NCAA Championships following strong performances at the Mid-Atlantic Regional meet hosted by Penn State in University Park, Pa.

Fischer punched his ticket to the championships for the second time in his career after winning the Mid-Atlantic Regional meet, navigating the 10,000-meter course in a time of 30:16. Fischer would go on to receive Mid-Atlantic Regional Athlete of the Year honors from the USTFCCCA.

Fischer became the first Nittany Lion to win the men's race at the Mid-Atlantic Regional since Dan Mazzocco (2003) took home the title. Mirroring Mazzocco's 2003 season, Fischer was tabbed as the 2014 Mid-Atlantic Regional Athlete of the Year following his Mid-Atlantic regional performance.

Hunsberger qualified for the NCAA Cross Country Championships as an individual with her 11th-place finish (20:49) at the Mid-Atlantic Regional earning all-region honors in the process. In her NCAA Cross Country Championships debut, Hunsberger would finish 161st clocking time of 21:38.

The Nittany Lion men's track and field team would begin the indoor season as the No. 5 team in the nation.

The men's team would finish fourth at the Big Ten indoor track and field championships, while the women would finish in a tie for third with Purdue, scoring 68 points.

Coaching Honors...

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

Outstanding Athletes Coached...

Robby Creese

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

Ryan Foster

- 3x NCAA All-American
- 2x NCAA Bronze Medalist
- 4x Big Ten 800-Meter Champion
- 3x USTFCCCA Mid-Atlantic Track Athlete of the Year
- Penn State Record Holder
- Australian National Indoor Record Holder (800m, 1000m)

Isaiah Harris

- 2016 NACAC U-23 Champion (800m)
- 2016 U.S. Olympic Trials Sixth-Place (800m)
- 2016 NCAA Outdoor All-American
- 2016 NCAA Outdoor Fourth-Place (800m)
- 2016 Big Ten Outdoor Champion (800m)
- 2016 Big Ten Indoor Champion (800m)
- Penn State School record Holder (800m Indoor)
- All-Time Big Ten Indoor Record Holder (800m)

Brannon Kidder

- 2015 NCAA Outdoor Runner Up (800m)
- 2014 NCAA Indoor Runner Up (DMR)
- 2013 NCAA Indoor Runner Up (DMR)
- 2013 NCAA Outdoor Bronze Medalist (800m)
- 5x USTFCCCA First Team All-American
- 9x Big Ten Champion
- 2013 Big Ten Freshman of the Year
- USATF Senior Semi-finalist (800m)
- 2013 Millrose Games Champion (4x800)
- 2014 USTFCCCA Mid-Atlantic Region Indoor Track Athlete of the Year

Marta Klebe

- 2013 Big Ten Silver Medalist (1500m)
- 2013 NCAA First Round Qualifier
- 2x Penn State Record Holder (1,500 & Outdoor DMR)
- 2x Big Ten Medalist

Casimir Loxsom

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

Tessa Barrett

- 2016 Big Ten Bronze Medalist (3K, 5K, 10K)
- 2016 NCAA First Round Qualifier
- 2016 NCAA Indoor/Outdoor Qualifier
- Penn State Record Holder (5,000-meters | 15:46.08)
- 2015 NCAA Cross Country All-American

Tori Gerlach

- 2016 Big Ten Bronze Medalist (3K, 5K, 10K)
- 2x Big Ten Champion
- Penn State Record Holder (Mile, 1K)



Gondak, in his first year as head coach, would receive Mid-Atlantic Regional Coach of the Year honors after leading the Nittany Lions to the top ranking spot in the region and a top-ten national ranking. Penn State entered the NCAA Indoor Championships with five entries with one each in mid-distance, distance, jumping, and throwing events and a DMR.

Gondak, the squad's distance and mid-distance coach, led two to sub-four minute mile times last season. In addition, the program won its home Sykes-Sabock Challenge Cup over regional foe Princeton.

Senior Darrell Hill would finish fourth at the NCAA championships in the shot-put, with his fourth-place finish, Hill became the fourth Nittany Lion to finish fourth or higher at the NCAA Indoor Championships in the men's shot put and he also recorded the highest finish in the shot put since Joe Kovacs placed third in 2010.

The Penn State men were highlighted by a runner-up finish in the distance medley relay. The quartet of Kidder, Alex Shisler, Za'Von Watkins and Robby Creese clocked in at 9:32.21 to finish second. For Creese, Kidder and Watkins it is their second career first team All-America finish in the distance medley relay, as they finished second at the 2013 NCAA meet.

Kidder also finished seventh in the men's mile with his time of 4:04.48. His seventh-place finish in the men's mile Saturday is the highest Nittany Lion finish since Ryan Foster took third in 2011.

On the women's side, the 4x400-meter relay of Megan Osborne, Dynasty McGee, Tichina Rhodes and Kiah Seymour posted an eighth-place finish with their season-best time of 3:34.57. McGee, Rhodes and Seymour repeated as first team All-Americans in the 4x400-meter relay from last year.

In all, nine out of the 11 Penn State student-athletes that competed at the NCAA Indoor Championships tallied first team All-America honors.

The outdoor season would see eight athletes qualify for the outdoor championships, with three athletes receiving first team honors -- including two second-place finishes for the blue and white.

The men's team would tie a school-record checking in as high as No. 11 in the nation, and consistently being ranked inside the top-16 throughout the outdoor season.

Rachel Fatherly would rewrite the school record in shot put launching a throw of 56-3.25 (17.15) on her way to receiving Mid-Atlantic Regional Field Athlete of the Year honors and qualifying for the outdoor championships.

Darrell Hill would complete the sweep of Mid-Atlantic Regional Field Athlete of the Year honors claiming the outdoor honors after claiming the indoor award earlier in the year.

Hill would go on to finish second at the outdoor championships in the shot put at 20.78m (68-2.25). Hill's runner-up finish is tied for the highest finish in school history in the men's shot put since C.J. Hunter in 1990.

Brandon Kidder would record a second-place in the 800-meters with a time of 1:49.36, while Steve Waithe would garner All-American for his eighth-place performance in the triple jump 16.26m (53' 4.25"w.)

Robby Creese, Rachel Fatherly, Tori Gerlach, Brannon Kidder, Kiah Seymour, and Darrell Hill represented the Nittany Lions at the United States Track & Field championships to wrap up the outdoor season.

2014 Recap...

The 2014 season featured record-breaking performances for Gondak and his middle distance/distance contingent. After setting the second-fastest collegiate time in the distance medley

relay (9:26.60) in 2013, the quartet of Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins and Robby Creese returned in 2014 to top their own mark. On Jan 31, the foursome set a facility, meet, and Penn State DMR record with their time of 9:26.59, which was the top-time in the NCAA during the 2013-14 season.

The distance medley relay quartet of Watkins, Br. Bennett-Green, Ryan Brennan and Kidder won Penn State's third-straight Big Ten title with their time of 9:45.48.

Along with being a member of the school record-setting DMR team, Creese ran the second-fastest 1,000-meter time (2:20.65) in the NCAA during the 2013-14 season.

At the Big Ten Championships, Kidder captured his second-straight 800-meter run title with his time of 1:49.52. He then followed up his 800-meter run title with a runner-up finish in the 1,500-meter run (3:44.95) at the 2014 Big Ten Outdoor Track & Field Championships.

Kidder not only had major success at the Big Ten meets, but moved up in the record books as well. During the indoor season, he ran a sub-4:00 mile twice (Penn State National and the UW Husky Classic). Along with his time of 3:58.49, which is tied for second in the Penn State record books, he ran 1:47.45 to move into third all-time in the Penn State record books.

Watkins garnered first team All-America honors in the 800-meter run (1:50.23) as he finished seventh overall at the 2014 NCAA Division I Indoor Track & Field Championships. Watkins was also a member of the 11th-place DMR team at the 2014 NCAA Division I Indoor Track & Field Championships.

Along with Kidder, Watkins moved near the top of the Penn State record books as well. Watkins moved into fifth all-time in the indoor 800 as he posted a time of 1:48.11 at the Sykes & Sabock Challenge Cup.

Leigha Anderson and Tori Gerlach also posted top times on the track during the 2013-14 school year. Anderson went onto win the 10,000-meter run (33:52.32) at the Penn Relays and Tori Gerlach won the Big Ten title in the 3,000-meter run with her time of 9:10.76, which moved her into second all-time at Penn State.

Fischer, Gerlach and Kidder represented the Penn State distance/mid-distance program at the NCAA Outdoor Track & Field Championships. At the NCAA East Regional, the Nittany Lions posted solid results to advance to Eugene, Ore. Fischer finished fifth in the 5,000-meter run (14:11.57), Gerlach ran a personal-best time of 10:03.55 in the 3,000-meter steeplechase to place seventh and Kidder clocked in at 3:45.72 to place seventh in the 1,500-meter run.

Along with the men's distance medley relay record falling in 2014, Kidder and Marta Klebe set school records during the 2014 outdoor track & field season.

Kidder broke a 27-year-old 1,500-meter run school record as he posted a time of 3:38.82 at the Payton Jordan Cardinal Invitational at Stanford. On the women's side, Klebe ran a time of 4:15.20 at the 2014 Big Ten Track & Field Championships to take down the 1,500-meter run school record that was set in 1993 (Startare, 4:16.96).

Academic Success...

Under Coach Gondak, Penn State student-athletes have found great success in the classroom. The Penn State women's cross country team tallied a cumulative grade point average (GPA) of 3.44 during the 2013 cross country season, which earned them All-Academic honors from the USTFCCCA.

Twelve Penn State distance student-athletes were named to the Big Ten's Distinguished Scholar list for the 2013-14 school year. To qualify you must have at least a 3.7 GPA for the previous year. Three of the 12 student-athletes posted a perfect 4.0 GPA. Since his time on campus, Penn State track & field has garnered 235



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All-Academic Big Ten Track & Field honors and 118 All-Academic Big Ten Cross Country Honors.

In the Big Ten...

Since joining the conference in 2006, Gondak has coached a total of 29 Big Ten Champions, including 14 of the last 16 winners in the 800.

The Nittany Lions have also been consistent at the conference level in the relays, with the DMR winning five-straight Big Ten titles (2012-16). The Nittany Lions have been highly recognized under Gondak's watch, as Penn State has earned a total of four Big Ten Freshman of the Year citations since 2010. Casimir Loxsom was the first Nittany Lion to earn the honor, winning after an outdoor 800-meter victory as a freshman in 2010. Creese swept the honors during the indoor and outdoor campaigns in 2012, while Kidder was named the conference's top rookie during the 2013 indoor season.

Penn Relays Success...

Gondak and the Nittany Lions have become a fixture on the podium at Penn Relays, taking top honors in the sprint medley relay in 2011 and 2012, in addition to a victory in the 4x800 in 2012. The first sprint medley title came in 2011, marking Penn State's first Penn Relays win since 1987. The relay would also clock a school-record 3:17.10 in the effort. The same year, Gondak led the Nittany Lions to a second-place finish in the 4x800-meter relay (Lionel Williams, Samuel Borchers, Loxsom, and Ryan Foster) in an epic battle at Penn Relays, where the team clocked 7:12.90 - the seventh-fastest time in collegiate history. The Nittany Lions' 2012 4x800 victory was the first by a Penn State squad since 1987.

The Lions continued to excel in 2013, taking top honors in both the distance medley relay and the 4x800. The Nittany Lion distance medley relay ran 9:24.68 with Robby Creese holding off Oregon and Villanova for the win; Loxsom also split 1:46 on the relay. With his performances Loxsom was named the Penn Relays Athlete of the Meet.

In 2014, a 7:18.99 finish in the 4x800m Championship of America event earned a runner-up status for the quartet of Wade Endress, Watkins, Ryan Brennan, and Kidder.

Outstanding Athletes Coached...

Over his career, Gondak has coached some of the Nittany Lions' most prolific athletes, including four-time Big Ten Champion Ryan Foster. Foster capped his Penn State career in 2011, setting a then-school-record 3:58.49 for the indoor mile, and going on to finish third in the event at the NCAA Indoor Championships. The former Nittany Lion excelled under Gondak's watch, ending up with a total of three All-America finishes - including two bronze-medal efforts - to go along with numerous Penn State records. In fact, Foster was at the helm of a banner middle distance relay in Nittany Lion history, which featured three All-America finishes in the same race. Foster led the way in third, followed by Owen Dawson in eighth and Lionel Williams in 11th. In fact, Gondak's charges hold all of the top-five indoor 800 marks in the Penn State record books, with Loxsom on top at 1:46.98, Foster at 1:47.32, Kidder at 1:47.45, Dawson at 1:47.77, and Watkins in fifth at 1:48.11.

All told, Foster owns one of the more impressive PR ranges on the Nittany Lions record books, boasting career bests of 1:46.78 in the 800, all the way to his 3:58.49 mile PR. Foster also rates second in the Penn State record books in the 1,000 at 2:19.60. Foster and Dawson went 1-2 in the 800 at the 2009 Big Ten Indoor Track & Field Championships. Foster again led the charge in the 800 at the 2009 Big Ten Outdoor Track & Field Championships as the Nittany Lions finished 1-3-4.

Loxsom also enjoyed one of the most outstanding middle distance careers in Nittany Lion history, including a school-record run of 1:45.28 in the 800 during the 2011 season. The effort

bettered Randy Moore's long-standing school best 1:45.96, which had stood since 1985. The same year, Loxsom would place fourth in a blistering 800-meter final at the NCAA Outdoor Championships, running 1:45.31. Gondak would also guide a then-freshman Loxsom to a sizzling 1:16.92 for 600-meters in 2010, which formerly stood as World Junior (Under-19) Best. During the 2013 indoor season, Loxsom set the American Collegiate record in the 600 (1:15.79) and his time of 1:15.42 in the 600 is the fastest for an American in all conditions.

Loxsom would go on to post an impressive victory in the event at the USATF Junior Championships 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. He also posted runner-up finishes in the 800 at both the indoor and outdoor NCAA meets.

Gondak has also been instrumental in the development of senior Creese, and junior Kidder. Creese wasted no time in making a mark on the Penn State record books, running 2:19.53 to set Collegiate and American Junior Records in the 1000 meters during his freshman campaign in 2012.

Kidder showed outstanding promise bettering the sub-4:00 mile barrier during the indoor season, going 3:59.48 to become just the fourth sub-4:00 miler in Nittany Lion history. Gondak has guided three of the four outstanding milers. Kidder's success would continue during the outdoor season, as the rookie clocked a sizzling 1:46.87 for the 800 at the USATF Senior Championships. Kidder would also place third in the 800 at the NCAA Outdoor Championships as a freshman.

Kidder and Loxsom went 2-3 in the 800-meters at the 2013 NCAA Outdoor Track & Field Championships, which is the first time since 1948 two of the top-three finishers were from the same school.

The 2013 Big Ten Indoor Track & Field Championships featured the Penn State men sweeping the middle distance events, including four runners in the finals of the 800.

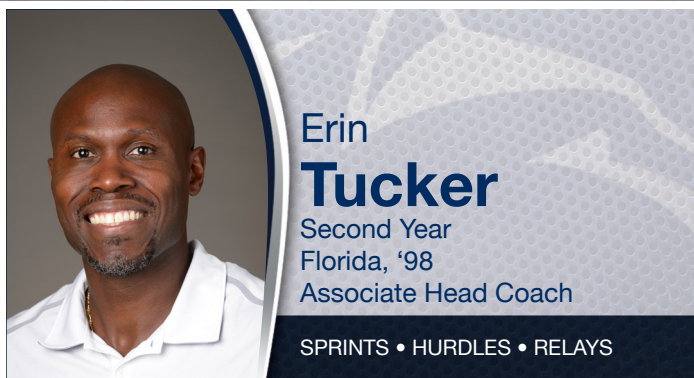
International Coaching Info...

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

Prior to Penn State ...

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

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



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

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

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

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

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

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

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

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

While with the Wildcats, Tucker helped lead the track and field program to some of the most successful seasons

in program history. During his time at Kentucky, Tucker coached 27 All-Americans, 26 All-SEC honorees, 15 All-Region athletes, six SEC champions, three NCAA runner-ups and an NCAA Champion (Rondel Sorrillo, 200m, 2010). Under Tucker's tutelage, 34 school records fell and 67 athletes ranked in the top-10 in school history.

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

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

In the classroom, he was a two-time All-SEC academic honoree at Florida, where he earned a bachelor of arts in History and a master's degree in Education.

Tucker has three sons Ezra (6), Erin II (2), & Samuel (1).





COACHING AND SUPPORT STAFF



Kevin
KELLY
Fifth Year
Kutztown, '99
Assistant Coach

MEN'S JUMPS • POLE VAULT

Kevin Kelly is in his fifth year in Happy Valley, overseeing the Nittany Lion men's jump and multi-events, as well as the men's and women's pole vault. Overall, Kelly has coached six Penn State All-America finishes and three Penn State school records.

During the 2013-14 season, Kelly's group improved on the success from the previous year. Kelly led the Nittany Lions to three First Team All-America finishes, six NCAA First Round qualifiers, four Big Ten medalists, 12 Big Ten scoring performances, two Big Ten Athletes of the Week and two Penn State school records.

For his success with the men's team during the 2014 outdoor season, Kelly was named the 2014 USTFCCCA Mid-Atlantic Region Men's Outdoor Assistant Coach of the Year. He had student-athletes score in every event in which he has athletes, accounting for 38 of the program's 78 points at the Big Ten meet. In addition, Steve Waithe won the league's triple jump title. Kelly qualified three for the NCAA final rounds - including two triple jumpers and a decathlete.

2015 Recap...

Senior Steve Waithe would garner his third All-American honor in his two year career as a Nittany Lion for his eighth-place performance in the triple jump 16.26m (53' 4.25"w) at the 2015 NCAA Outdoor Track & Field Championships - the third best outdoor mark in Penn State history.

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

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

2014 Recap...

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

Joining Cardina in Eugene, Ore., was junior Waithe and junior Brian Leap. Waithe transferred to Penn State and made an

immediate impact in the triple jump event. In the indoor season, Waithe tallied a distance of 52-6 (16.00) in the triple jump, which ranks tied for second all-time. In the outdoor Penn State record books, Waithe ranks fourth in the triple jump 52-8.75 (16.06).

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

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

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

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

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

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

2013 Recap...

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

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

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



24-0.25 (7.32) at the Big Ten Outdoor Championships, which was also good for a fifth-place finish in the competition.

Prior to Penn State...

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

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

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

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

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

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

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

Coaching Honors...

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

Kelly in 2014...

- 3 First Team All-Americans
- 6 NCAA First Round Qualifiers
- 4 Big Ten Medalists
- 12 Big Ten Scoring Performances
- 2 Big Ten Athlete of the Week Winners
- 2 Penn State Records

Outstanding Nittany Lions Coached...

Dylan Bilka

- NCAA First Round Qualifier
- Big Ten Scorer

Rob Cardina

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

Jon Hendershot

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

Brian Leap

- 3x Big Ten Medalist
- 6x Big Ten Scorer
- 2x NCAA First Round Qualifier
- 2014 Second Team All-American

Lexi Masterson

- Penn State Record Holder (Outdoor Pole Vault)
- NCAA First Round Qualifier
- 2x Big Ten Scorer

Sean Reilly

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

Steve Waithe

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



COACHING AND SUPPORT STAFF



Angela **Reckart**

Second Year
The College of New Jersey, '08
Assistant Coach

MIDDLE DISTANCE • DISTANCE

Angela Reckart enters her second season as the assistant coach for the Nittany Lion cross country/track & field program following coaching at North Carolina for three years. Reckart will assist with the cross country and distance event areas.

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

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

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

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

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

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



Fritz **SPENCE**

11th-Year
Missouri State, '97
Assistant Coach

WOMEN'S JUMPS

Fritz Spence is in his 10th year coaching the Nittany Lion women's jumpers and multi-event athletes after outstanding results over the past nine seasons. In his first nine years with the Nittany Lions, Spence has overseen 14 All-America efforts, including Gayle Hunter, who claimed a total of nine All-America certificates in the multi-events. Hunter is the indoor school record holder in the long jump 20-11.00 (6.37m) and pentathlon (4342), outdoor school record in the Heptathlon (5797) and 4x400m (3.27.69) relay under Spence's watch.

2015 Recap...

Under the guidance of coach Spence, Dannielle Gibson tallied a third-place finish in the triple jump. Gibson, a sophomore, scored six points for Penn State with her leap of 42-3.50 during the 2015 Big Ten Outdoor Track & Field Championships. Gibson would also finish fourth in the long jump with her personal-best jump of 20-2.25 - Her distance of 20-2.25 ranks 10th all-time at Penn State - and was a member of the eighth-place 4x100-meter relay recording a time of 47.19.

Gibson would go on to qualify for the NCAA East Prelims in the long jump and the triple jump, finishing 31st in the triple jump (40-4.75), and 44th in the long jump (18-2.5).

In the vertical jumps, Ahmenah Richardson cleared a height of 5-9.25 in the women's high jump for a sixth-place finish during the Big Ten Outdoor Track & Field Championships, while finishing ninth with her height of 5-8 during the Big Ten Indoor Track & Field Championships.

Richardson qualified for the NCAA East Prelims in the high jump, finishing 26th with her height of 5-7.

The Philadelphia native began the year with a second-place finish at the Florida Relays with her height of 5-8, tallied a personal-best height of 5-11.25 to finish second at the Penn Relays - her height of 5-11.25 is tied for second all-time at Penn State - and finished second at the Kehoe Twilight Meet with her height of 5-8 during the outdoor season.

Richardson began the indoor season with a third-place finish at the Penn State Relays clearing a height of 5-8.75, placed third at the Penn State National Invitational with her height of 5-8, and tallied an indoor personal-best height of 5-9.75 to finish fourth at the Tyson Invitational.

Her mark of 5-9.75 is tied for fourth all-time at Penn State.

2014 Recap...

Spence also guided Brittney Howell to an outstanding 2014 outdoor campaign, highlighted by an outstanding long jump at the NCAA first round Championships. Howell also turned in a pair of scoring performances at the Big Ten level, finishing third in the long jump and ninth in the high jump at the Big Ten Outdoor Championships. Howell would also post the top long jump mark among Nittany Lions during the 2014 campaign - going 20-4.50 (6.21m) during the Indoor season and 20-10.75 (6.37m) during the outdoor season. The performance ranks fifth indoors and third outdoors in the all-time Penn State standings.



Coming into her own in 2014 was freshman high jumper India McCoy. McCoy notched a lifetime-best clearance of 5-10.00 (1.78m) during the outdoor season.

McCoy along with fellow protégée Ahmenah Richardson who in 2014 made a trip to the Big Ten medal stand for a third-place finish at the Big Ten Outdoor Championships.

Also, coming into her own in 2014 was freshman long and triple jumper Dannielle Gibson. Gibson had an outstanding freshman year achieving a lifetime-best leap of 42-2.00 (12.80m) in the triple jump and 20-1.00 (6.11m) in the long jump during the outdoor season.

Gibson along with fellow jumper Kaitlyn Lopez who in 2014 put up a lifetime best of 39-5.25 (12.02m) in the triple jump and 18-10.50 (5.82m) in the long jump.

During the 2014 season, freshman multi-eventer Tal Ben-Artzi had an outstanding indoor seasoning putting up a life-time best score of 3861 in the indoor pentathlon.

Prior to 2014...

Spence oversaw marked improvements from senior Marlene Ricketts, who advanced to the NCAA Indoor Championships in the triple jump in 2013, coming home with USTFCCA Second Team All-America status. Ricketts also shined at the conference level, finishing second in the triple jump at the Big Ten Indoor Championships to go along with a fourth-place standing in the long jump. Ricketts ended her senior season with an indoor lifetime-best effort of 42-4.75 (12.92m) and outdoor lifetime-best effort of 42-2.75 (12.87m) in the triple jump - the second and fifth farthest performance in school history.

Spence took on a new coaching role in 2012, overseeing the Nittany Lion men's and women's javelin throwers, including All-America finishers Laura Loht and Lauren Kenney. The Nittany Lions javelinists had a stellar season under Spence, beginning with a victory at Kenney at the prestigious Penn Relays Carnival. During the championship portion of the season, Spence guided the duo to a one-two finish at the Big Ten Championships with Loht taking top honors. The Nittany Lions were thoroughly impressive at the NCAA Outdoor Championships, mounting a three-four finish including a PR toss from Loht at 169-4 (51.92) for third, and a lifetime-best 167-10 (51.17) for Kenney in fourth.

Along with Loht, Kenney, and Eli Skinner, Spence guided six athletes to the NCAA Eastern Preliminary Round, with Marlene Ricketts and Tanaya Lloyd representing Penn State in the women's triple jump and Erika Morgan competing in the women's high jump. Lloyd and Ricketts held their own against the top triple jumpers in the country at the event, placing 14th and 15th, respectively. Spence helped Lloyd, a 2012 graduate, to an outstanding Nittany Lion career overall, as Lloyd finished up with the Lions with the fourth-best performance in Penn State history at 42-3.50 (12.89).

Spence's athletes recorded an outstanding medal haul at the Big Ten Outdoor Championships in 2011, scoring podium finishes in all four horizontal events. Along with Hanif 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.

The 2009 season was a also banner year for Spence and the Nittany Lion jumps squad with a trio of Lions qualifying for the 2009 NCAA Outdoor Championships, including Clarence Smith in the triple jump, Hunter in the heptathlon and long jump, and first-time NCAA qualifier 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 NCAA Regionals...

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.

At the Big Ten Championships...

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 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 Penn State...

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).

Spence and his wife, Teri, reside in State College. The couple has three daughters - Ashlie, Keiva, and Ale'ka - and one son - Ashton. T

In December of 2015, Spence graduated from Missouri State University with a Masters Degree in Communications (Master of Science in Administrative Studies (MSAS) / Applied Communication).



COACHING AND SUPPORT STAFF



Lucas
MACKAY

First-Year
Georgia, '05
Assistant Coach

WOMEN'S JUMPS

Entering his first year with the Nittany Lions, MacKay comes to Penn State from Oklahoma State University where he was the throws coach during the 2015-16 academic year. During his lone year with the Cowboys MacKay helped guide Nick Miller to an NCAA Championship in the men's hammer, as well as Chase Ealey the NCAA runner-up in the women's shot put, while at Oklahoma State.

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

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

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

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

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



Laura
LOHT

Third Year
Penn State, '14

Laura Loht, a four-time All-American, enters her third year with the Penn State cross country and track & field staff as an operations assistant in the fall of 2014.

She will help with day-to-day tasks for the Penn State cross country/track & field program, which includes various administrative roles, facility management, equipment distribution and alumni relations.

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

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

During her senior year, Loht finished fifth at the 2014 NCAA Outdoor Track & Field Championships in the javelin throw with her school record toss of 178-6 and won her second-straight Penn Relays javelin title (167-8). For her performance in the field during the 2014 track & field season, Loht was named the field MVP of the women's team.

In the summer of 2014, she competed at the USATF Outdoor Championships in the javelin and finished 12th with a distance of 163-8.

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

COACHING AND SUPPORT STAFF

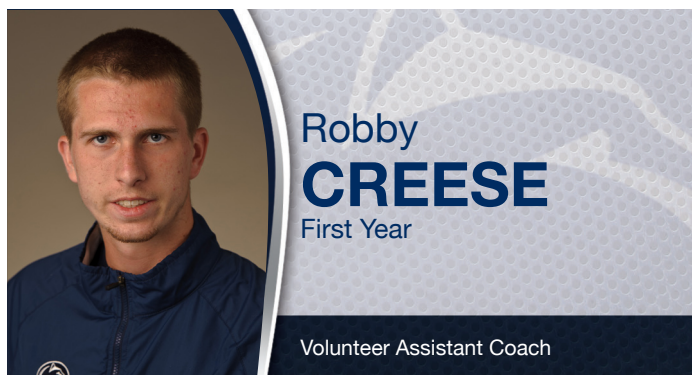


Owen Dawson enters his second year with the Penn State cross country and track & field program after joining the staff in December of 2015. Dawson joins the Penn State cross country and track & field staff as the operations assistant.

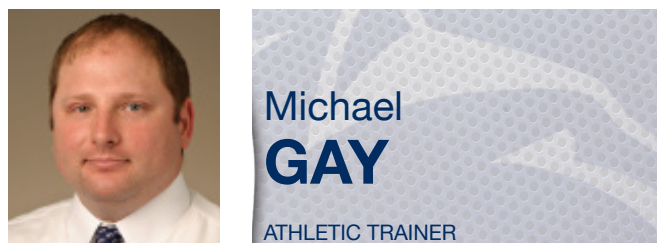
He will perform various administrative roles, including facility management, equipment distribution, alumni relations, marketing, and media relations of the Penn State cross country and track & field program.

A native of Downingtown, Pa., Dawson earned his bachelor's degree in kinesiology from Penn State University 2011.

During his four-year career in the blue & white, Dawson qualified for the 2010 USATF Outdoor Championships, placing 23rd in the 800-meters following his first-career All-America finish placing eighth in the 800-meters at the NCAA Indoor Championships a few months earlier.



PENN STATE SUPPORT STAFF



WOMEN'S BIOS



2016-17 WOMEN'S ROSTER



Name	Year	Eligibility (I/O)	Event Area	Hometown (Previous School)
Keianna Albury	Sophomore	Sophomore	Sprints	Nassau, Bahamas (St. Augustine's College)
Anna Bailey	Junior	Junior	Throws	Harrisburg, Pa. (Bishop McDevitt)
Rachel Banks	Freshman	Freshman	Distance/XC	Chardon, Ohio (Chardon)
Tessa Barrett	Junior	Sophomore	Distance/XC	Waverly, Pa. (Abington Heights)
Tal Ben-Artzi	Senior	Senior	Multi-Events	Newe Shaanan Hifa, Israel (Tel Aviv Univ.)
Lisa Bennatan	Junior	Jr./So.	Distance/XC	Lake Forest, Ill. (Lake Forest)
Frances Bull	Sophomore	Sophomore	Sprints/Mid-Distance	Mentor, Ohio (Lake Catholic)
Hannah Catalano	Junior	Jr./So.	Distance/XC	State College, Pa. (State College)
Elizabeth Chikotas	Junior	Junior	Distance/XC	Hellertown, Pa. (Saucon Valley)
Lauren Costa	Sophomore	Sophomore	Sprints	North Fayette Township, Pa. (West Allegheny)
Victoria Crawford	Junior	Junior	Mid-Distance	State College, Pa. (Indiana University of Pennsylvania)
Quenee Dale	Junior	Junior	Sprints/Hurdles/Relays	Ypsilanti, Mich. (Saline)
Deja Davis	Junior	Junior	Sprints/Relays	Shelby Township, Mich. (Utica)
Rachael DeCecco	Junior	Junior	Sprints/Hurdles/Relays	Mechanicsburg, Pa. (Cumberland Valley)
Marisa Deichert	Sophomore	Sophomore	Distance/XC	Uniontown, Pa. (Laurel Highlands)
Natasha Fedkina	Freshman	Freshman	Distance/XC	State College, Pa. (State College Area)
Megan Fry	Sophomore	Sophomore	Pole Vault	State College, Pa. (State College Area)
Tori Gerlach	Grad	Senior	Distance/XC	Perkasie, Pa. (Pennridge)
Olivia Giambra	Sophomore	Sophomore	Jumps	Pittston, Pa. (Pittston Area)
Dannielle Gibson	Senior	Senior	Jumps	Nassau, Bahamas (St. Augustine's)
Julie Guerra	Freshman	Freshman	Distance/XC	Oakland, N.J. (Indian Hills)
Madeline Homberg	Sophomore	Sophomore	Jumps	Greensburg, Pa. (Hempfield Area)
Julia Howard	Freshman	Freshman	Jumps	Greensburg, Pa. (Greensburg Salem)
Jillian Hunsberger	Junior	Junior	Distance/XC	Pittsburgh, Pa. (Mount Lebanon)
Tess Kearns	Sophomore	Sophomore	Distance/XC	Scranton, Pa. (Holy Cross)
Kasey Kemp	Grad	Senior	Pole Vault	Irwin, Pa. (Norwin, Pa.)
Julie Kocjancic	Senior	Senior	Distance/XC	Pittsburgh, Pa. (Mt. Lebanon)
Kiara Lester	Freshman	Freshman	Sprints	Wenonah, N.J. (Deptford Township)
Greta Lindsley	Junior	Junior	Distance/XC	Lancaster, Pa. (Penn Manor)
Kaitlyn Lopez	Senior	Senior	Jumps	Buffalo, N.Y. (Immaculata Academy)
Obeng Marfo	Junior	Junior	Throws	Ontario, Canada (Father Henry Carr)
Lexi Masterson	Senior	Senior	Pole Vault	Jeannette, Pa. (Hempfield Area)
Megan McCloskey	Junior	Junior	Jumps	Lower Gwynedd, Pa. (Germantown Academy)
Grayson McCloy	Freshman	Freshman	Jumps	Mill Hall, Pa. (Unionville)
Hannah Mulhern	Junior	Junior	Pole Vault	Altoona, Pa. (Altoona Area)
Nicole O'Donnell	Sophomore	Sophomore	Sprints/Mid-Distance	Harleysville, Pa. (Souderton)
Megan Osborne	Senior	Senior	Sprints/Relays	Chillicothe, Ohio (Chillicothe)
Tichina Rhodes	Senior	Senior	Sprints/Relays	Philadelphia, Pa. (Swenson)
Danae Rivers	Freshman	Freshman	Distance/XC	Derby, CT (Wilbur Cross)
Alyssa Robinson	Senior	Senior	Throws	Saint Clairsville, Ohio (Saint Clairsville)
Marissa Sheva	Sophomore	Sophomore	Distance/XC	Sellersville, Pa. (Pennridge)
Natalie Shiffler	Senior	Sr./Jr.	Multi-Events	Irwin, Pa. (Hempfield Area)
Steph Sievers	Sophomore	Sophomore	Throws	Douglassville, Pa. (Daniel Boone)
Elyse Skerpon	Junior	Sophomore	Sprints/Hurdles/Relays	Sayre, Pa. (Sayre Area)
Abigail Stultz	Sophomore	Sophomore	Multi-Events	Frederick, Md. (Oakdale)
Grace Trucilla	Sophomore	Sophomore	Distance/XC	Erie, Pa. (Villa Maria Academy)
Cara Ulizio	Senior	Junior	Distance/XC	Rendondo Beach, Calif. (Rendondo Union)
Kelsey Vieira	Senior	Sr./Jr.	Distance/XC	Rendondo Beach, Calif. (Rendondo Union)
Kayla Zoschg	Senior	Senior	Throws	Emporium, Pa. (Dickinson College)



2016-17 WOMEN'S RETURNERS



Keianna Albury

Sophomore • Sophomore
Nassau, Bahamas

SPRINTS

Albury's Personal Bests

	Indoor	Outdoor
60m	7.52	***
100m	***	12.06
200m	24.80	24.99

Around the Track... || 2016 Outdoor || Competed in the Bison Outdoor Challenge running season best times of 12.06 (100-meters) and 24.99 (200-meters) || 2016 Indoor || Competed in four meets... Won the Penn State Relays 60-meters (7.58)... Ran a season best time of 7.52 in the 60-meters at the Nittany Lion Challenge... Ran a leg on the fifth-place 4x400-meter relay at the Penn State Relays.

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



Anna BAILEY

Junior • Junior
Harrisburg, Pa.

THROWS

Bailey's Personal Bests

Javelin	153'-4" (46.75)
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On the National Scene... || 2016 Outdoor || Finished 40th at the NCAA East Preliminary with a best throw of 39.53m (129'-8") || 2015 Outdoor || Qualified for the NCAA East Prelims in the javelin ... Finished 37th with her throw of 140-0

At the Big Ten Championships... || 2016 Outdoor || Finished 12th with a best throw of 42.62m (139'-10") || 2015 Outdoor || Finished sixth as a freshman with her personal-best throw of 153'-4"

In the Field... || 2016 Outdoor || Only Competed in the javelin throw...

Competed in six meets... Finished second at the Bucknell Team Challenge with a throw of 45.48m (149'-2") || 2015 Outdoor || Only competed in the javelin throw ... Finished first in the javelin at the Kehoe Twilight Meet with her toss of 152-7

Before Penn State ... || High School PR || Javelin: 142-9 || High School || Bailey's track & field team won the 2011 AA Mid-Penn Championship ... PIAA State AA 2014 silver medalist ... PIAA AA District III 2014 champion ...PIAA Mid-Penn Championships 2014 champion ... Shippensburg Invitational 2014 champion ... Millersville Invitational 2014 champion ...Bruce Dallas 2014 champion (meet record) ... 2014 Patriot News All-Star ... PIAA State AA 2013 third-place ... PIAA District III AA 2013 champion (meet record) ... Mid-Penn Championships 2013 champion ...Pan Ram 2013 champion ...USATF Jr Olympic Region 2 qualifier, champion ... USATF Jr Olympics Mid-Atlantic Area champion ... First district gold medal in both soccer and track & field in school history ... 2013 Patriot News All-Star ... 2013 Patriot News All-Star (soccer) ... 2012 First Team Mid-Penn (soccer) ...Bishop McDevitt school record holder (142-9) ... 2014 track & field team captain || National Level Competition || 2013 bronze at USATF Junior Olympic Nationals ... 2013 seventh-place New Balance Nationals || Personal || Daughter of Adrienne and Donald Bailey ... Born November 18, 1995 ... Nutritional Sciences



Tessa BARRETT

Sophomore • Sophomore
Waverly, Pa.

DISTANCE • CROSS COUNTRY

Barrett's Personal Bests

	Indoor	Outdoor
1500m	***	4:32.85
Mile	4:48.72	***
3000m	9:16.49	***
5000m	15:46.08	***
10000m	***	34:22.03

On the National Scene... || 2016 Cross Country ||Finished 1st at the NCAA Mid-Atlantic Regional Championships running 20:00 on the 6k course | 2015 Cross Country || Qualified for the NCAA Championships as a team... Recorded a 38th-place finish (20:26.7) to earn All-American honors || 2016 Outdoor || Qualified for the NCAA Championships in the 5,000-meters... Qualified for the NCAA East First-Round in the 5,000-meters... Recorded a sixth-place finish in the 5K (16:12.87) || 2016 Indoor || Qualified for the NCAA Championships in the 5,000-meters... Recorded a 11th-place finish in the 5K clocking (16:25.94)

At the Big Ten Championships...|| 2016 Cross Country || Placed 3rd at the Big Ten Cross Country Championships (21:04.8) and earned All-Big Ten honors|| 2016 Outdoor || Recorded a third-place finish in the 10,000-meters running a season best time of 34:22.03 || 2016 Indoor || Recorded third-place finishes in the 3,000-meters (9:16.49) and 5,000-meters (15:51.56) at the Big ten Championships in Geneva, Ohio || 2015 Cross Country || Recorded a 12th-place finish (20:21.4) at the Big Ten Cross Country Championships in Chicago, Ill. helping Penn State capture the Big Ten Championship

Around the Track... || 2016 Outdoor || Ran in six meets... Ran the No. 6 time in school history in the 5,000-meters (16:06.19)... Ran the No. 8 time in school history in the 10,000-meters (34:22.03)... Won the 1,500-meters at the Bucknell Team Challenge running a personal best 4:32.85 || 2016 Indoor || Ran in five meets... Recorded four top-five finishes... Set the school record in the 5,000-meters (15:46.08) at the Husky Classic in Seattle, Wash. || 2015 || Redshirted

2016-17 WOMEN'S RETURNERS




On the Course...|| 2016 Cross Country || Opened the year with a first-place finish at the Dolan Duals recroding the second fastest All-time mark(13:37.40)... Placed 1st at the Spike Shoe invitational (20:31)... Placed 12th at the Roy Griak Invitational (22:07.9)...Placed 1st at the Penn State National Open (20:05.50) || 2015 Cross Country || Ran in six meets... Recorded two top-10 finishes... Ran a season-best time of 20:21.3 (6K) at the Big Ten Championships || 2014 Cross Country || Redshirted

Before Penn State... || High School PRs || Mile: 4:49.16 ... 3,000: 9:31.01 ... 2-Mile: 10:08.05 ... 5,000: 16:11.85 ... Cross Country: 17:15.40 || High School || Barrett's cross country team and track & field team claimed District II titles ... 2013 PIAA AAA cross country champion (course record holder) ... Two-time PTFCA 3,000-meter run champion and state record holder ... 2013 state runner-up in the 3,200-meter run ... Three-time District II champion in cross country and track & field ... Four-time all-state in cross country and track & field ... Four-year letterwinner ... Two-time cross country team MVP (2012-13) ... 2013 track & field team MVP || National Level Competition || 2013 Footlocker Northeast Region champion ... Three-time national champion (2013 Footlocker Nationals, 2013 indoor 5,000-meter run ((high school national record holder)) and 2013 indoor two-mile) ... Four-time All-American || Personal || Daughter of Kathleen and the late Dr. Michael Barrett ... Born February 10, 1996 ... Business/finance major

Recorded 14 top-five finishes during the season... Won the heptathlon 800-meters at the 2016 Penn Relays in a time of 2:18.89 || 2016 Indoor || Ran in seven meets... Set season best marks of: 2:19.54 - 800-meters, 9.38 - 60-meter hurdles, 1.64m (5'-4.5") - high jump, 5.26m (17'-3") - long jump, 10.89m (35'-8.75") - shot put, and 3,664 points - heptathlon || 2015 Outdoor || Finished sixth in the heptathlon at the Penn Relays with her then-personal-best score of 4,531points ... Cleared an outdoor season-best height of 5-5.75 in the high jump at the Penn Relays || 2015 Indoor || Only competed at the Penn State Relays ... Finished 14th in the long jump (16-8.5) and placed 18th in the shot put (33-10) || 2014 Outdoor || Did not compete || 2014 Indoor || Competed in the pentathlon ... Ran a lifetime-best time of 1:38.47 in the 600-meter run at the Nittany Lion Challenge ... Posted a season-best time of 26.42 in the 200-meter dash at the SPIRE NCAA Division I Indoor Track & Field Invitational ... A member of the distance medley relay team that tallied a first-place finish at the Sykes & Sabock Challenge Cup with its time of 11:32.11

Before Penn State... || High School || Joins the Nittany Lions all the way from Israel, following outstanding performances in the international ranks ... A two-time IAAF World Youth qualifier ... Owns a lifetime-best total of 5079 in the heptathlon, as well as a personal-record clearance of 5-8.75 (1.75) in the high jump, and a PR of 18-6 (5.64) in the long jump || Personal || Birthday is August 19, 1992 ... Daughter of Naomi Shachar and Yoel Ben-Artzi



Tal
BEN-ARTZI
Senior • Senior
Neuwe Shaanan Hifa, Israel
MULTI-EVENTS



Lisa
BENNATAN
Sophomore • Sophomore
Lake Forest, Ill.
DISTANCE • CROSS COUNTRY

Ben-Artzi's Personal Bests		
	Indoor	Outdoor
200m	26.42	25.06 (HS)
600m	1:38.19	***
800m	2:17.09	2:16.52
60mH	9.38	***
100mH	***	14.39 (HS)
High Jump	5-8.5 (1.74)	5-8.75 (1.75) (HS)
Javelin	***	109'-10"
Long Jump	17-8.25 (5.39)	18-6 (5.64) (HS)
Shot Put	35-6.5 (10.83)	35'-2.5" (10.73)
Indoor Pentathlon	3861	***
Heptathlon	***	5079 hs

Bennatan's Personal Bests		
	Indoor	Outdoor
Mile	5:08.23	***

At the Big Ten Championships... || 2016 Outdoor || Finished eighth in the heptathlon with a two day score of 4,941 points... Set a collegiate best total score of 4,941 points that rabnks No. 8 in school history as well as a personal best mark in the javelin throw (33.49m/109'-10") || 2016 Indoor|| Recorded a eighth-place finish in the pentathlon with a total 3,664 points... Set a personal best in the shot put with a mark of 10.89m (35'-8.75") || 2015 Outdoor || Placed fifth in the heptathlon with her personal-best score of 4,937 points ... Her score of 4937 ranks seventh all-time at Penn State ... At the Outdoor Big Ten Championships, Ben-Artzi tallied three personal-best performances (800 - 2:16.52, 100H - 15.23, javelin - 97-3) and posted three other season-best performances (200 - 26.68, long jump - 17-6, shot put - 35-2.5) || 2014 Indoor || Finished sixth in the pentathlon with her lifetime-best score of 3,861, which moves her into fourth all-time at Penn State ... In the indoor pentathlon, Ben-Artzi tallied lifetime-bests in the 800-meter run (2:17.09), 60-meter hurdles (9.09), shot put (35-6.5) ... Also in the indoor pentathlon, Ben-Artzi recorded a season-best mark of 17-8.25 in the long jump ... Placed fifth in the high jump with her season-best mark of 5-8.5

Around the Track... || 2016 Outdoor || Competed in seven meets...

Around the Track... || 2015 Outdoor || Did not compete || 2015 Indoor || Tallied a personal-best time of 3:02.03 in the 1,000-meter run at the Penn State National Invitational ... Posted a personal-best time of 2:19.70 in the 800-meter run at the Sykes & Sabock Challenge Cup ... Recorded a personal-best time of 5:08.23 in the mile at the Penn State Tune-Up

On the Course...|| 2016 Cross Country || Opened the year with a ninth-place finish at the Dolan Duals (14:47.28)...Placed 45th at the Spike Shoe invitational (23:19)... Placed 270th at the Roy Griak Invitational(25:15.7)...Placed 116th at the Penn State National Open (22:07.30)|| 2014 Cross Country|| Ran in four meets ... Opened the year with an 11th-place finish at the Dolan Duals (15:51.92) ... Finished 77th at the Harry Groves Spiked Shoe Invitational with her time of 23:36.9 ...Ran a time of 19:35.3 to finish 81st in the "Open" section at the Notre Dame Invitational ... Placed 22nd at the Penn State National with her time of 23:57

Before Penn State... || High School PR || Mile: 5:16.85 || High School || A member of three conference title teams (2010-11, 2013) ... 1,600-meter run conference and Lake County champion (2014) ... Team captain of her cross country and track & field team during her senior year ... Named MVP of her track & field team during her senior year ... Four-year letterwinner in cross country and track & field || Personal || Daughter of Lorraine and Andre Bennatan ... Born April 29, 1996
At the Big Ten Championships... || 2016 Outdoor || Did not compete || 2016 Indoor || Recorded an 11th-place finish as a member of the 4x400-meter relay (3:44.68)... Finished 22nd in the 800-meters running 2:15.13



2016-17 WOMEN'S RETURNERS



Frances
BULL

Sophomore · Sophomore
Mentor, Ohio

SPRINTS • MID-DISTANCE

Bull's Personal Bests

	Indoor	Outdoor
600m	1:32.75	***
800m	2:11.16	***

Around the Track... || 2016 Outdoor || Did not compete || 2016 Indoor || Competed in seven meets... Recorded a season best time in the 800-meters of 2:11.16 at the Penn State National... Recorded nine top-three finishes

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



Elizabeth
CHIKOTAS

Sophomore · Sophomore
Hellertown, Pa.

DISTANCE • CROSS COUNTRY

Chikotas' Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	4:23.42
Mile	4:45.59	***
3000m	9:17.68	***
5000m	16:04.66	16:05.46

||Finished third at the NCAA Mid-Atlantic Regional Championships running 20:17 on the 6k course... Placed 15th at the NCAA Championships running 20:09.4 and earned All-American honors || 2015 Cross Country || Finished 102nd at the NCAA Championships in Louisville, Ky. running a time of 20:50.3... Placed 10th at the Mid-Atlantic Regional Championships hosted by Princeton || 2015 Outdoor || Qualified for the NCAA East Prelims in the 5,000-meter run ... Secured her spot in the NCAA Outdoor Track & Field Championships with an eighth-place finish with her time of 16:09.26 ... In her NCAA Outdoor Track & Field Championships debut, Chikotas placed 19th in the 5,000-meter run with a time of 16:34.43 || 2014 Cross Country || Placed 54th at the Mid-Atlantic Regional with her time of 21:59

At the Big Ten Championships...||2016 Cross Country|| Placed 10th at the B1G championships to help Penn State Capture the B1G title || 2015 Cross Country || Recorded a sixth-place finish at the Big Ten Championships helping Penn State capture the second B1G title in program history || 2015 Outdoor || Finished fifth in the 5,000-meter run with her time of 16:28.92 || 2015 Indoor || Posted a pair of fourth place finishes (3,000 - 9:21.62, 5,000 - 16:20.81) || 2014 Cross Country || Finished just shy of second team All-Big Ten honors with her 15th-place finish (20:29.7) ... Named the Big Ten Women's Cross Country Freshman of the Year ... She is the third Nittany Lion to win the award and the first since 2009 (Nicole Lord)

Around the Track... || 2016 Outdoor || Did not compete || 2016 Indoor || Competed in five meets... Ran the No 5 time in program history in the



Hannah
CATALANO

Junior · Sophomore
State College, Pa.

DISTANCE • CROSS COUNTRY

Catalano's Personal Bests

	Indoor	Outdoor
Mile	5:06.51	***

At the Big Ten Championships... || 2016 Cross Country || 96th at the Big Ten Cross Country Championships (23:41.3)|| 2014 Cross Country || Competed at the Big Ten Cross Country Championships ... Finished 109th with her time of 22:56.8

Around the Track... || 2015 Outdoor || Did not compete || 2015 Indoor || Finished fifth in the 1,000-meter run at the Penn State Relays with her time of 3:04.52 ... Tallied a season-best time of 5:19.79 in the mile at the Sykes & Sabock Challenge Cup

On the Course...|| 2016 Cross Country || Opened the year with a

2016-17 WOMEN'S RETURNERS



5,000-meters clocking 16:04.66 at the Husky Classic in Seattle, Wash. ... Was a member of the winning DMR and 4x800-meter relay at the Penn State Relays... Finished third in the 3,000-meters at the Penn State National running 9:17.58, a personal best... Set a personal best of 4:45.59 in the mile at the Nittany Lion Challenge || 2015 Outdoor || Finished second in the 1,500-meter run at the Bison Outdoor Classic with her personal-best time of 4:23.24 ... Won the 5,000-meter run at the Penn Relays with her personal-best time of 16:05.46 Her time of 16:05.46 ranks fifth all-time at Penn State ... Finished fifth in her section of the 1,500-meter run at the Payton Jordan Invite with her time of 4:23.77 || 2015 Indoor || At the Nittany Lion Challenge, Chikotas posted a personal-best time of 4:46.54 en route to a first-place finish in the mile ... Finished 19th in the 3,000-meter run at the Husky Classic with her time of 9:25.24 ... Tallied a second-place finish in the 3,000-meter run at the Penn State National with her time of 9:25.87

On the Course...|| 2016 Cross Country || Opened the year with a second-place finish at the Dolan Duals (13:38.50)... Placed 2nd at the Spike Shoe invitational (20:53)... Placed 13th at the Roy Griak Invitational(22:08.3)... Placed 2nd at the Penn State National Open (20:10.30) || 2015 Cross Country|| Competed in seven meets... Recorded a season best time of 20:14.1 in the 6K at Big Ten Championships. Finished second at the Dolan Duals meet to open the season... Recorded a third-place finish at the Greater Louisville Classic in Louisville, Ky. in a time of 17:08.3... Finished fourth at the Wisconsin Adidas Invite in Madison, Wis. || 2014 Cross Country || Competed in six meets as a freshman ... Top Nittany Lion finisher in four of the six meets she competed in ... Opened her Penn State career with a second-place finish at the Dolan Duals (14:44.63) ... Led the Nittany Lions to the Harry Groves Spiked Shoe team title with her third-place finish (21:03.3) ... Finished 14th at the Notre Dame Invitational (16:37.4) ... Was the top Nittany Lion and the top true freshman at the Pre-National Invitational (eighth) with her time of 21:00.9

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

|| Competed in six meets... Ran season best times of 7.67 in the 60-meters (Fastrack National) and 24.70 in the 200-meters (Penn State Tune-Up)

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



Victoria
Crawford

Sophomore • Sophomore
State College, Pa.

MID-DISTANCE

Crawford's Personal Bests		
	Indoor	Outdoor
600m	1:37.03	***
800m	2:13.49	2:11.00 (HS)



Lauren
COSTA

Freshman • Freshman
North Fayette Township, Pa.

SPRINTS

Crawford's Personal Bests		
	Indoor	Outdoor
60m	7.67	***
00m	1:37.03	12.01
200m	24.70	25.09

At the Big Ten Championships... || 2016 Outdoor || Competed in the 100-meters, 200-meters, and as a member of the 4x100-meter relay... Ran a time of 24.51w in the 200-meters finishing 22nd... Ran a personal best time of 12.01 in the 100-meters during prelims... Finished ninth in the 4x100-meter relay in a time of 46.23

Around the Track... || 2016 Outdoor || Competed in five meets... Recorded a first-place finish in the 100-meters at the Bucknell team Challenge running 12.05... Posted five top-10 finishes || 2016 Indoor

On the National Scene... || 2016 Cross Country || Finished 61st at the NCAA Mid-Atlantic Regional Championships running 22:03 on the 6k course in University Park... Placed 240th at the NCAA Championships running 22:30.4

At the Big Ten Championships...|| 2016 Cross Country || Placed 62nd at the Big Ten Cross Country Championships (22:47.7) || 2016 Outdoor || Recorded an 18th-place finish in the 1,500-meters in a time of 4:36.73 || 2016 Indoor || Recorded a 18th-place finish in the 800-meters running a time of 2:12.37 || 2015 Outdoor || Placed 29th in the 800-meter run with her time of 2:14.72 || 2015 Indoor || A member of the distance medley relay that finished seventh with its time of 11:29.06

On The Couse...|| 2016 Cross Country || Opened the year with a eighth-place finish at the Dolan Duals (14:30.48)...Placed 25th at the Spike Shoe invitational (22:13)... Placed 87th at the Roy Griak Invitational(23:17.1)...Placed 99th at the Penn State National Open (21:43.30)

Around the Track... || 2016 Outdoor || Competed in seven meets... Competed in the 1,500-meters, 800-meters, and 4x800-meter relay... Set a personal best in the 1,500-meters running a time of 4:33.05 at the Bison Outdoor Classic... Recorded three top-10 finishes... Won the 1,500-meters at the Jim Thorpe Invite in a time of 4:40.49 || 2016 Indoor || Competed in six meets... Recorded four top-10 finishes including two first-place finishes... Set season best in the 600-meters (1:35.71), 800-meters (2:12.25), and 1,000-meters (2:55.01) || 2015 Outdoor || At the season-opening Florida Relays, Crawford was a member of the 4x800-meter relay that finished fourth with its time of 8:53.41 ... Recorded an eighth-place finish at the LSU Alumni Gold meet in the 800-meter run with her time of 2:13.17 ... Finished first in the 800-meter run at the Jim Thorpe Invite with her season-best time of 2:12.49 || 2015 Indoor || Tallied a season-best time of 2:13.49 in the 800-meter run at the Penn State National Invitational ... Posted a



2016-17 WOMEN'S RETURNERS

season-best time of 1:37.03 in the 600-meter run at the SPIRE NCAA D1 Invite

Before Penn State... Transfer from Indiana University of Pennsylvania (IUP) | At IUP | Played soccer during her freshman year ... Named the Pennsylvania State Athletic Conference women's soccer freshman of the year | High School PRs | 400: 57.10 ... 800: 2:11.00 | High School | Anchored the seventh place 4x800-meter relay team at the state meet during her junior year ... Anchored the fourth place 4x800-meter relay team at the state meet during her senior year ... Her track & field team won the state title her freshman year and also claimed four district titles ... Four-year letterwinner in track & field| National Level Competition | A member of the 4x800-meter relay team that finished sixth at the New Balance Indoor Nationals meet ... All-American | Personal | Daughter of Lisa and Doug Crawford ... Born December 6, 1995

High School || Dale's track & field team won four conference titles and finished second at the 2013 Michigan state meet ... Eight-time all-state honoree ... Four-time state champion ... Holds the school record in the 100-meter hurdles and the 200-meter dash ... Won seven conference titles and seven district titles ... Four-year letterwinner in track & field ... Three-time team MVP ... Won the Special Lifetime Achievement award ... Named to the honor roll all four years of high school || National Level Competition || 2010 AAU 100-meter hurdles national champion ... Finished third in the 100-meter hurdles at the 2011 AAU meet ... 2012 USATF 100-meter hurdles national champion and national record holder ... 2012 New Balance 60-meter hurdles semifinalist ... Placed sixth in the 60-meter hurdles at the 2013 New Balance Indoor Nationals meet ... Finished fourth in the 100-meter hurdles at the 2013 New Balance Outdoor Nationals meet ... 2013 IAAF Caribbean Invite (Puerto Rico) silver medalist ... Took second in the 60-meter hurdles at the 2014 New Balance Indoor Nationals meet || Personal || Daughter of Antoine and Darcell Dale ... Born September 7, 1996 ... Business management major



Quenee
DALE

Sophomore • Sophomore
Ypsilanti, Mich.

SPRINTS • HURDLES • RELAYS



Deja
DAVIS

Sophomore • Sophomore
Shelby Charter Township, Mich.

Dale's Personal Bests

	Indoor	Outdoor
60m	7.60	***
60mH	8.26	***
100m	***	11.99
100mH	***	13.75
200m	24.86	24.78

Davis' Personal Bests

	Indoor	Outdoor
60m	7.68	***
100m	***	12.03
200m	24.73	24.33
400m	56.10	56.17

At the Big Ten Championships... || 2016 Outdoor || Finished 12th in the 100-meter hurdles running a time of 13.63w and running a leg on the ninth-place 4x100-meter relay that clocked 46.23 seconds || 2016 Indoor || Recorded in the 60-meter hurdles fifth in a time of 8.33 seconds... Competed in the 60-meters running a time of 7.68 seconds || 2015 Outdoor || A member of the eighth-place 4x100-meter relay that posted a time of 47.19 ... Ran a personal-best time of 13.79 to finish 14th in the 100-meter hurdles ... Her time of 13.79 ranks seventh all-time at Penn State || 2015 Indoor || Finished 14th in the 60-meter hurdles (8.56) and 18th in the 60-meter dash (7.64)

On the National Scene... || 2015 Outdoor || A member of the 4x400-meter relay that qualified for the NCAA East Prelims ... Ran on the 4x400-meter relay that finished 21st at the NCAA East Prelims with its time of 3:36.11 || 2015 Indoor || Served as an alternate for the women's 4x400-meter relay

Around the Track... || 2016 Outdoor || Competed in six meets... Ran the 100-meter hurdles, 200-meters, 4x100-meter and 4x200-meter relays... Ran a personal best time of 24.78 in the 200-meters.. Ran a personal best in the 100-meter hurdles of 13.75 at the at the Texas Invitational in Austin, TX and at the Pepsi Invite in Eugene, Ore. || 2016 Indoor || Competed in six meets... Ran a season best time of 7.60 seconds in the 60-meters at the Nittany Lion Challenge finishing second in the finals... Ran a leg on the 4x400-meter relay at the Penn State Relays that finished in fifth-place || 2015 Outdoor || A member of the 4x200-meter relay that posted a time of 1:36.30 at the Florida Relays ... The time of 1:36.30 ranks eighth all-time at Penn State ... A member of the 4x200-meter relay that finished sixth in the Championship of America section with its time of 1:35.52 - which ranks sixth all-time at Penn State ... Ran a personal-best time of 11.99 to finish third in the 100-meter dash at the Jim Thorpe Invite ... Placed 14th in the 200-meter dash at the LSU Alumni Gold with her season-best time of 24.93 || 2015 Indoor || Posted a season-best time of 7.60 in the 60-meter dash en route to a first-place finish at the Penn State Tune-Up ... Finished second in the 60-meter hurdles at the Nittany Lion Challenge with her season-best time of 8.46 ... Placed fourth in the 200-meter dash at the Penn State National Invite with her personal-best time of 24.86

At the Big Ten Championships... || 2016 Outdoor || Recorded a 22nd-place finish in the 100-meters running a time of 12.09... Finished 19th in the 200-meters running 24.33... Ran a leg on the 4x100-meter relay running 46.23 finishing ninth || 2016 Indoor || Set a season best in the 400-meters running 56.69... Ran 24.90 in the 200-meters finishing 20th... Ran a leg of the 4x400-meter relay running a time of 3:44.68 finishing 11th || 2015 Outdoor || A member of the sixth-place 4x400-meter relay (3:39.58) and the eighth-place 4x100-meter relay (47.19) ... Finished 18th in the 200-meter dash with her time of 24.82 || 2015 Indoor || A member of the seventh-place distance medley relay that tallied a time of 11:29.06

Around the Track... || 2016 Outdoor || Competed in seven meets... Competed in the 100-meters, 200-meters, 400-meters, and 4x100-meter relay... Set a season best in the 100-meters running 12.03 at the Texas Invitational in Austin, TX... Recorded seven top-10 finishes || 2016 Indoor || Competed in six meets... Recorded 10 top-five finishes... Set a personal best in the 60-meters clocking 7.68 seconds in a third-place finish at the Penn State Relays... Set a season best in the 200-meters in the finals of the Sykes & Sabock Challenge Cup running a time of 24.73 || 2015 Outdoor || Ran a wind-aided personal-best time of 12.21 in the 100-meter dash at the LSU Alumni Gold meet ... Finished fourth in the 200-meter dash at the Bison Outdoor Classic with her personal-best time of 24.50 ... A member of the 4x200-meter relay that posted a time of 1:36.30 at the Florida Relays ... The time of 1:36.30 ranks eighth all-time at Penn State ... A member of the 4x200-meter relay that finished sixth in the Championship of America

Before Penn State... || High School PRs || 60H: 8.35 ... 100H: 13.82 ||


2016-17 WOMEN'S RETURNERS



section with its time of 1:35.52 – which ranks sixth all-time at Penn State || 2015 Indoor || Finished third in the 200-meter dash at the Penn State National with her indoor personal-best time of 24.84 ... Ran a personal-best time of 7.83 in the prelims of the 60-meter dash at the Sykes & Sabock Challenge Cup ... Tied her personal-best time of 7.83 in the 60-meter dash at the SPIRE NCAA D1 Invite ... Tallied a personal-best time of 56.10 en route to a first-place finish in the 400-meter dash at the Penn State Tune-Up

Before Penn State... || High School PRs || 100: 12.28 ... 200: 25.00 ... 400: 57.90 || High School || Two-time Macomb Area Conference (MAC) White Division team champions (2013-14) ... A member of the fifth-place 4x400-meter relay team that garnered all-state honors ... A member of the 4x400-meter relay team that posted the fastest time in Macomb County ... 2011 Rookie of the Year ... 2012 Versatility Award... Two-time team MVP (2013-14) ... 2013 MAC White Division MVP ... First team all-county in the 100-meter and 200-meter dash events ... MAC White Division champion in the 100-meter, 200-meter and 400-meter dash events ... Four-year letterwinner in track & field ... All-Academic (2011-14) ... National Honor Society Trustee (2013-14) || National Level Competition || Competed at the 2011 AAU Nationals || Personal || Daughter of Carita and Andre Davis ... Birthday is Oct. 23, 1996 ... Majoring in criminology
At the Big Ten Championships... || 2016 Outdoor || Finished 13th in the 400-meter hurdles running a personal best time of 1:00.48 in Lincoln, Neb. || 2015 Outdoor || Placed 17th in the 400-meter hurdles with her time of 1:04.33

Society member || National Level Competition || Placed eighth in the 400-meter hurdles at the Penn Relays (high school girls section) with her time of 1:02.53 || Personal || Daughter of Dorene and David DeCecco ... Born December 4, 1995 ... Industrial engineering major



Marisa DEICHERT
Sophomore • Sophomore
Uniontown, Pa.
DISTANCE • CROSS COUNTRY

Around the Track... || 2016 Outdoor || Did not compete || 2016 Indoor || Did not compete

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



Rachael DECECCO
Sophomore • Sophomore
Mechanicsburg, Pa.
SPRINTS • HURDLES • RELAYS

DeCecco's Personal Bests		
	Indoor	Outdoor
400m	57.61 (HS)	59.04
400mH	***	1:02.53
500m	1:17.47	***
600m	1:37.51	***

Around the Track... || 2016 Outdoor || Competed in seven meets... Competed in the 400-meter hurdles and 4x400-meter relay... Recorded six top-10 finishes... Finished second at the Jim Thorpe Invite running 1:02.21 in the 400-meter hurdles... Finished third in the 400-meter hurdles at the Bucknell team Challenge running 1:02.19 || 2016 Indoor || Competed in six meets... Recorded six top-10 finishes... Started the season off with a first-place finish in the DMR with a time of 11:43.09... Set personal best in the 400-meters (57.28), 500-meters (1:17.14), and 600-meters (1:34.26) || 2015 Outdoor || Finished sixth in the 400-meter hurdles at the Kehoe Twilight Meet with a season-best time of 1:02.93 ... Tallied a first-place finish in the 400-meter hurdles at the Jim Thorpe Invite with her time of 1:03.96 || 2015 Indoor || Posted a personal-best time of 59.04 in the 400-meter dash en route to a third-place finish at the Penn State Tune-Up ... Tallied a personal-best time of 1:17.47 in the 500-meter run en route to a fifth-place finish at the Penn State National Invitational ... Finished sixth in the 600-meter run at the Nittany Lion Challenge with her time of 1:37.51

Before Penn State ... || High School PRs || 300H: 43.66 ... 400H: 1:02.53 ... 400: 57.61 || High School || DeCecco's track & field team won the 2014 District Three championship ... At the 2013 PIAA Outdoor Track & Field Championships, DeCecco placed third in the 300-meter hurdles and fourth in the 100-meter hurdles ... Multiple school record holder (100H, 300H, 400H, 200, long jump and distance medley relay) ... Four-year letterwinner in track & field ... Team captain .. National Honor



Megan FRY
Freshman • Freshman
State College, Pa.
POLE VAULT

Fry's Personal Bests	
Pole Vault	12'-9" (3.88)

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

In the Field... || 2016 Outdoor || Competed in seven meets... Cleared a season best 3.81m (12'-6") at the Bucknell Team Challenge claiming a third-place finish... Posted two top-five finishes || 2016 Indoor || Competed in six meets... Recorded three top-10 finishes... Opened the season with a fourth-place finish at the Penn State Relays in the pole vault

Before Penn State... || High School PR || Pole Vault: 12-9 || High School || Claimed third at the 2015 PIAA AAA Outdoor Track & Field Championships ... Placed fifth at the 2015 PTFCA Indoor Track & Field Championships ... Finished ninth at the 2014 PIAA AAA Outdoor Track & Field Championships ... 2015 PIAA AAA District Six champion ... Two-time PIAA AAA District Six runner-up ... 2015 Kevin Dare Invitational champion ... Tied for second at the 2015 Penn Relays with a then-school record of 12-3.75 ... 2015 West Central Coaches Large School (AAA) Invitational champion with her school record height of 12-9 ... Her height of 12-9 is tied for first in Pennsylvania during the 2015 season ... School record holder ... All-state second team ... Four-year



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letterwinner in track ... Coaches Award (indoor season 2015) ... MVP Award (2015 outdoor season) ... Centre Daily Times Inspiring Athletes Finalist ... Two-time Centre Daily Times Athlete of the Week || National Level Competition || Competed at the 2014 New Balance Outdoor Nationals meet, 2015 New Balance Indoor Nationals meet and the 2015 New Balance Outdoor Nationals meet || Personal || Daughter of Carolyn and Scott Fry ... Born on May 31, 1997



Gerlach's Personal Bests		
	Indoor	Outdoor
1000m	2:43.15	***
1500m	***	4:22.93
Mile	4:37.83	***
3000m	9:10.76	9:37.72
5000m	15:50.49	15:58.79

On the National Stage... || 2016 Indoor || Recorded a 13th-place finish at the NCAA Indoor Championships in Birmingham, Ala. running a time of 16:45.56 in the 5,000-meters || 2015 Cross Country || Recorded a sixth-place finish at the Mid-Atlantic Regional Championships with a time of 21:09.9... Posted a 98th-place finish at the NCAA Championships clocking 20:49.3 helping her team to a 16th-place finish || 2015 Outdoor || Qualified for the NCAA East Prelims in the 3,000-meter steeplechase and the 5,000-meter run ... Posted a pair of personal-best performances to advance to Eugene in the 3,000-meter steeplechase and the 5,000-meter run ... Finished seventh in the 5,000-meter run with the number four time in school history (15:58.79) ... Finished seventh in the 3,000-meter steeplechase with the number two time in school history (9:53.98) ... At the NCAA Outdoor Track & Field Championships, Gerlach finished 10th in the 5,000-meter run (16:00.28) and 14th in the 3,000-meter steeplechase (10:14.79) ... Second team All-American || 2014 Cross Country || Garnered all-region honors with 21st-place finish at the Mid-Atlantic Regional with her time of 21:13 || 2014 Outdoor || Qualified for the NCAA East Prelims in the 3,000-meter steeplechase ... Advanced to the NCAA Championships in the 3,000-meter steeplechase as she ran a lifetime-best time of 10:03.55 to finish seventh at the NCAA East Prelims ... At the NCAA Championships, Gerlach finished 24th with her time of 10:51.17 ... Her time of 10:03.55 ranks second all-time in school history || 2013 Cross Country || Posted a 29th-place finish at the NCAA Mid-Atlantic Regional Championships ... Finished 204th at the NCAA Cross Country Championships with her time of 22:07.0 || 2013 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the 5,000 meters

At the Big Ten Championships... || 2016 Indoor || Recorded second-place finishes in the 3,000-meters and 5,000-meters running times of 9:12.88 and 15:50.49, respectively, en route to earning second-team Big Ten honors || 2015 Cross Country || Earned First-team Big Ten honors with her fourth-place finish (20:04.9) helping Penn State capture the second women's cross country championship in program history || 2015 Outdoor || Tallied a runner-up finish in the 3,000-meter steeplechase (10:33.33) and finished fourth in the 5,000-meter run (16:19.89) ... Second team All-Big Ten || 2015 Indoor || Ran a season-best time of 9:17.39 to finish third in the 3,000-meter run ... Won the 5,000-meter run with her indoor personal-best time of 16:04.64 ... First team All-Big Ten || 2014 Cross Country || Finished 39th with her time of 21:08.5 || 2014 Outdoor || Placed sixth in the 3,000-meter steeplechase (10:20.55) ... Took 15th in the 5,000-meter run (16:51.55) || 2014 Indoor || Placed 14th in the 5,000-meter run with her season-best time of

16:39.29 ... Won the 3,000-meter run with her lifetime-best time of 9:10.76 ... First team All-Big Ten ... Her time of 9:10.76 ranks second all-time in school history || 2013 Cross Country || Finished 74th || 2013 Outdoor || Competed in the 5,000 meters, placing 29th || 2013 Indoor || Finished 15th overall in the 3K || 2012 Cross Country || Made her first conference appearance, as a member of the Nittany Lions' third-place squad at the Big Ten Cross Country Championships

On the Course... || 2015 Cross Country || Competed in four meets... Recorded two individual wins on the season (Dolan Duals, Spiked Shoe Invitational) || 2014 Cross Country || Competed in five meets ... Tallied a top-10 finish at the Harry Groves Spiked Shoe Invitational with her time of 21:32.6 (ninth) ... Was the No. 2 finisher for Penn State at the Notre Dame Invitational (17th/16:40.9) and the Pre-National Invitational (47th/21:33.2) || 2013 Cross Country || Began the 2013 season with a third-place finish at the Harry Groves Spiked Shoe Invitational ... Took 72nd at Lehigh's Paul Short Run ... Ran to a 169th-place finish at the Pre-National Invitational || 2012 Cross Country || Had a solid freshman campaign, running in the Nittany Lion top five at the Adidas Wisconsin Invitational ... Finished in 20:52 for 6K at Wisconsin ... Was the Nittany Lions' seventh runner at the Greater Louisville Classic, finishing 58th overall in 17:52 (5K) ... Also competed at the Harry Groves Spiked Shoe

Around the Track... || 2016 Outdoor || Did not compete || 2016 Indoor || Competed in four meets... Set school records in the 1,000-meters (2:43.15) and mile run (4:37.83)... || 2015 Outdoor || Began the year with a second-place finish in the 3,000-meter steeplechase at the Florida Relays with her time of 10:13.26 ... Won the 1,500-meter run at the Bison Outdoor Classic with her personal-best time of 4:22.93 ... Posted a time of 16:21.53 to finish ninth in the 5,000-meter run at the Penn Relays ... Tallied a then-personal-best time of 9:57.47 to finish third in the 3,000-meter steeplechase at the Payton Jordan Invite || 2015 Indoor || Finished 12th in the mile at the Penn State National Invitational with her season-best time of 4:53.09 ... Placed 14th in the 3,000-meter run at the Husky Classic with her time of 9:22.92 || 2014 Outdoor || Began the 2014 outdoor season with her season-best time of 16:48.12 in the 5,000-meter run at the Stanford Invitational ... Claimed the runner-up spot in the 3,000-meter steeplechase at the Penn Relays with her final time of 10:21.40 ... Ran a lifetime-best time of 4:29.97 in the 1,500-meter run at the Kehoe Twilight Meet || 2014 Indoor || Opened the 2014 indoor season with a lifetime-best time of 4:47.03 to win the mile run at the Nittany Lion Challenge ... A member of the first-place distance medley relay squad that posted an overall time of 11:32.11 at the Sykes & Sabock Challenge Cup ... || 2013 Outdoor || Finished 16th in her section of the 5,000 at the Stanford Invitational, clocking a lifetime-best 16:28.51 ... Finished sixth in the steeplechase at the Bison Outdoor Classic, posting a PR of 10:32.69 ... Ran 9:37.72 for the 3,000 at Penn Relays || 2013 Indoor || Won the mile at the Penn State Relays ... Finished sixth in the 3K at the Penn State National (9:34.61) ... Ran a lifetime-best 9:31.91 in the 3,000 at the Washington Husky Classic

Before Penn State... || High School || A 2011 Foot Locker finalist in cross country ... 2012 PIAA State Champion in the 3200 ... Also placed sixth in the 1600 at the 2012 PIAA meet ... Ran an impressive 9:40.42 in the 3K at Penn Relays as a junior ... Came back to take runner-up honors at Penn as a senior ... Won District I titles in the 1600 and 3200 senior year ... A four-time state qualifier in cross country ... Was the District I cross country champion as a senior, finishing in 17:39 ... Ran the 5K at New Balance Indoor Nationals in 2012, running a PR 17:00.54 to take seventh overall ... Has already enjoyed some success on campus, winning the 3K at the 2012 Kevin Dare Invitational at Ashenfelter Track ... Boasted personal bests of 4:49.85 in the 1600 and 10:24.19 in the 3200 out of high school || Personal || Daughter of Dana Menago ... Born June 6, 1992



Olivia
GIAMBRA

Freshman • Freshman
Pittston, Pa.

JUMPS

Giambra's Personal Bests

Long Jump	18'-0.5" (5.64)
Triple Jump	37'-4.5" (11.39)

In the Field... || 2016 Outdoor || Competed in one meet... Recorded 25th and 13th-place finishes in the triple jump and long jump, respectively... Set season best marks of 10.93m (35'-10.5") and 5.50m (18'-0.5") in the triple jump and long jump, respectively, at the Bison Outdoor Classic

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



Dannielle
GIBSON

Junior • Junior
Nassau, Bahamas

Gibson's Personal Bests

	Indoor	Outdoor
60m	7.73	***
100m	***	12.14
Long Jump	20-0.5 (6.11)	20-2.25 (6.12)
Triple Jump	43-1.5 (13.14)	44-8.75 (13.63)

On the National Stage... || 2016 Outdoor || Captured the gold medal at the NACAC U23 Championships in SAN SALVADOR, El Salvador finishing with a mark of 13.54m (44'-5.25") to record the second-farthest jump of her career... Finished 11th in the triple jump with a mark of 13.05m (42'-9.75") earning second-team All-American honors... Finished third in the triple jump at the NCAA East Preliminary with a personal best mark of 13.63m (44'-8.75") || 2016 Indoor || Finished 10th in the triple jump with a mark of 12.88m (42'-3.25") at the Birmingham Crossplex in Birmingham, Ala. || 2015 Outdoor || Qualified for the NCAA East Prelims in the long jump and the triple jump ... Finished 31st in the triple jump (40-4.75) ... Placed 44th in the long jump (18-2.5) || 2014 Outdoor || A member of the 4x100-meter relay team that qualified for the NCAA East Prelims ... Ran the opening leg of the 14th-place 4x100-meter relay team (44.96) at the NCAA East Prelims

At the Big Ten Championships... || 2016 Outdoor || Ran a leg on the ninth-place 4x100-meter relay (46.23)... Finished 10th in the long jump 5.79m (19'-0")... Posted a second-place finish in the triple jump with a mark of 13.04m (42'-9.5") || 2016 Indoor || Recorded a second-place finish in the triple jump 13.10m (42'-11.75")... Finished 15th in the long jump with a mark of 5.60m (18'-4.5") || 2015 Outdoor || Finished fourth in the long jump with her personal-best jump of 20-2.25 ... Her distance of 20-2.25 ranks 10th all-time at Penn State ... Finished third in the triple jump with her wind-aided leap of 42-3.5 ... A member of the eighth-place 4x100-meter relay with its time of 47.19 || 2015 Indoor || Finished fifth in the long jump with her season-best distance of 19-8.75 ... Finished eighth in the triple jump with her leap of 39-11.5 || 2014 Outdoor || Ran the opening leg of the second-place 4x100-meter relay team (44.64) ... Second team All-Big Ten ... Finished ninth in the long jump (19-4) ... Placed eighth in the triple jump with her best distance of 40-8.75 || 2014 Indoor || Finished 18th in the triple jump (38-4.25) ... Placed 26th in the long jump (17-6.75)

In the Field... || 2016 Outdoor || Competed in nine meets... Opened the season with a season's best 6.10m (20'-0.5") in the long jump at the Pac 12 vs. Big Ten Challenge in Tempe, Ariz... Recorded three first-place finishes in the triple jump... Posted 15 top-10 finishes... Swept the long and triple jump at the Jim Thorpe Invite || 2016 Indoor || Competed in seven meets... Set a personal best mark in the 60-meters running 7.73 seconds at the Nittany Lion Challenge... Recorded 14 top-10 finishes including four first-place finishes... Set a season best of 13.14m (43'-1.5") in the triple jump at the Nittany Lion Challenge... Set a season best in the long jump of 6.11m (20'-0.5") at the Penn State National || 2015 Outdoor || Placed fourth in the long jump at the Bison Outdoor Classic with a mark of 18-7.25 ... Posted a distance of 41-0.25 to finish fifth in the triple jump at the LSU Alumni Gold meet ... Recorded a personal-best leap of 42-9.75 in the triple jump at the 2015 CARIFTA Games ... Her mark ranks fourth all-time at Penn State || 2015 Indoor || Finished first in the long jump at the Penn State Relays with her distance of 19-3.5 ... Tallied a mark of 40-7.75 to finish in the triple jump at the Penn State National Invite ... Ran a personal-best time of 7.95 in the 60-meter dash at the Sykes & Sabock Challenge Cup ... Finished 12th in the triple jump at the Tyson Invitational with her indoor season personal-best mark of 41-1.5 ... Placed first in the triple jump at the Sykes & Sabock Challenge Cup with her leap of 40-1.5 || 2014 Outdoor || At the season-opening Crimson Tide Invitational, Gibson placed fifth in the triple jump (38-2.25) and 10th in the long jump (18-4.5) ... Swept the long jump (19-1.25) and the triple jump (39-6.5) events at the Team Challenge ... At the Kehoe Twilight Meet, Gibson recorded a lifetime-best time in the 100-meter dash (12.27) and posted a distance of 19-6.25 in the long jump ... At the BTC Jr. and Sr. Nationals, Gibson won the long jump and triple jump events with her lifetime-best marks of 20-2.25 and 42-2.25, respectively ... Her marks of 42-2 and 20-1 rank sixth and 10th all-time at Penn State, respectively || 2014 Indoor || Only competed in the long jump and the triple jump ... At her first collegiate meet, the Penn State Relays, Gibson placed second in the long jump with her season-best mark of 18-11.75 and finished fourth in the triple jump with her distance of 38-1.25 ... Posted a season-best mark of 39-2.25 to finish fourth in the triple jump at the Nittany Lion Challenge

Before Penn State... || High School || No stranger to Pennsylvania, having competed at the prestigious Penn Relays Carnival as a senior ... Helped her St. Augustine's teammates to a spot in the elite Championship of America final, where her team finished seventh overall ... Also ran as a member of a section-winning 4x400 at Penn in 2013 ... Has been one to watch in the Caribbean over the past several seasons, including a double-win effort in the long jump and triple jump at the Bahamas CARIFTA Trials in 2013 ... Would go on to fare well as the CARIFTA Games, placing seventh in the long jump and eighth in the triple jump against outstanding competition || Personal || Daughter of Dwight and Tami Gibson ... Birthday is April 5, 1996



2016-17 WOMEN'S RETURNERS



Madeline HOLMBERG

Freshman • Freshman
Greensburg, Pa.

MULTI

Holmberg's Personal Bests

	Indoor	Outdoor
200m	***	24.52
800m	2:23.59	2:28.26
60mH	8.71	***
100mH	***	14.32
Javelin	***	116-10 (35.61)
Long Jump	19'4.75" (5.91)	19-.75 (5.81)
Shot put	38-8.25(11.79)	40-2.25 (12.25)
Indoor Pent.	3747	***
Heptathlon	***	5118

At the Big Ten Championships... || 2016 Outdoor || Competed in the heptathlon finishing seventh with a two day score of 5118 - a career best... Recorded marks of 35.61m (Jav), 24.98w (200m), 14.39w (100mH), 11.45m (Shot Put), 2:30.32 (800m), 1.53m (high Jump) and 5.68mw (long jump) || 2016 Indoor || Competed in the pentathlon recording a total of 3747... Recorded marks of 5.65m (long jump), 8.71 (60mH), 11.79m (shot put), 1.49m (high jump) and 2:23.59 (800m)

Around the Track... || 2016 Outdoor || Competed in five meets... Recorded a second-place finish in the heptathlon at the prestigious Penn Relays with a total score of 5053... Recorded 14 top-10 finishes throughout the regular season... || 2016 Indoor || Competed in six meets during the regular season... Recorded 24 top-10 finishes throughout the regular season including four first-place finishes

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



Jillian HUNSBERGER

Sophomore • Junior
Pittsburgh, Pa.

DISTANCE • CROSS COUNTRY

Hunsberger's Personal Bests

	Indoor	Outdoor
1500m	***	4:31.65
5000m	***	16:18.95

On the National Scene...|| 2016 Cross Country ||Finished 16th at the NCAA Mid-Atlantic Regional Championships running 21:06 on the 6k course... Placed 36th at the NCAA Championships running 20:21.6 and earned All-American Honors|| 2016 Outdoor || Posted a 33rd-place finish in the 5,000-meters at the NCAA East Preliminary hosted by the University of North Florida || 2015 Cross Country || Finished 152nd individually en route to helping Penn State finish 16th as a team, the highest team finish by the Nittany Lions at the NCAA Championships since 2012 || 2014 Cross Country || Qualified for the NCAA Cross Country Championships as an individual with her 11th-place finish (20:49) at the Mid-Atlantic Regional ... All-region ... In her NCAA Cross Country Championships debut, Hunsberger finished 161st (21:38)

At the Big Ten Championships...|| 2016 Cross Country |||| 2016 Outdoor || Posted a fourth-place finish in the 5,000-meters running a personal best time of 16:18.95 || 2015 Cross Country || Posted a ninth-place finish with her season best time of 20:18.1 in the 6K helping Penn State clinch the Big Ten Championship for the second time in program history || 2014 Cross Country || Posted a 24th-place finish with her season-best 6k time of 20:46.0

Around the Track... || 2016 Outdoor || Competed in six meets... recorded three top-five finishes... Opened the season with a personal best 4:31.65 in the 1,500-meters || 2015 Outdoor || Redshirted || 2015 Indoor || Competed in one meet ... A member of the first place distance medley relay that tallied a time of 11:42.69 at the Penn State Relays

On the Course...|| 2016 Cross Country || Opened the year with a third-place finish at the Dolan Duals (13:55.24)... Placed 4th at the Spike Shoe invitational (21:13)... Placed 9th at the Roy Griak Invitational(22:05.8)... Placed 3rd at the Penn State National Open (20:13.60)|| 2015 Cross Country || Competed in seven meets... Recorded four top-10 finishes || 2014 Cross Country ||Competed in seven meets during her freshman year campaign ... Opened her Penn State career with a third-place finish at the Dolan Duals (14:45.05) ... At the Spiked Shoe Invitational, Hunsberger finished fifth (21:15.7) ... Ran a time of 17:09.2 to finish 52nd at the Notre Dame Invitational ... Placed 67th at the Pre-National Invitational (21:46.2)

Before Penn State... || High School PRs || 1,600: 5:09.87 ... 3,200: 10:53.36 ... 5,000: 18:13.00 || High School || A member of back-to-back section championship teams (2012-13) ... Two-time first team all-state (2012-13 & 2013-14) ... Lettered all four years of cross country and track ... Named team captain and team MVP || Personal || Daughter of Cheryl and Mark Hunsberger ... Born April 29, 1996 ... Civil engineering major



Tess KEARNS

Sophomore • Sophomore
Scranton, Pa.

DISTANCE • CROSS COUNTRY

Around the Track... || 2016 || Did not compete

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

Before Penn State... || High School PRs || 1,600: 5:13.33, 3,200: 11:13.90, Cross Country (5k): 19:37.00 || High School || 2013 PIAA District AA cross country champion ... Two-time cross country state medalist ... Three-time state qualifier in cross country ... 2013 all-state (cross country) ... 2013 all-region (cross country) ... Three-time all-league (cross country) ... Cross country PIAA District A record holder ... 2014 PIAA District AA 1,600- and 3,200-meter run champion ... 2015 PIAA



AA state medalist in the 3,200-meter run ... 2014 league champion in the 3,200-meter run ... 2014 all-region (track) ... Three-time all-league (track) ... Three-time cross country captain ... Two-time track team captain ... Two-time cross country team MVP ... Two-time track team MVP ... 2014 Wendy's High School Heisman Winner for the State of Pennsylvania ... Four-time letterwinner in cross country and track || Personal || Daughter of Mary Alice and Robert Kearns ... Communications major ... Born on November 3, 1996



Kasey KEMP
Senior • Junior
Irwin, Pa.
POLE VAULT

Kemp's Collegiate Personal Bests		
	Indoor	Outdoor
Pole Vault	13'-1.75" (4.01)	12'-10.25" (3.92)

At the Big Ten Championships... || 2016 Outdoor || Recorded a ninth-place finish in the pole clearing 3.91m (12'-10") || 2016 Indoor || Posted an 11th-place finish in the pole vault with a personal best clearance of 4.01m (13'-1.75") in Geneva, Ohio || 2015 Outdoor || Posted a height of 12-4.5 in the pole vault to finish 21st || 2015 Indoor || Cleared an indoor personal-best height of 12-9 in the pole vault to finish 19th

In the Field... || 2016 Outdoor || Competed in seven meets... Recorded five top-10 finishes... Recorded a second-place finish at the Pepsi Invitational clearing 3.79m (12'-5.25") in Eugene, Ore. || 2016 Indoor || Competed in six meets... Recorded five top-five finishes || 2015 Outdoor || Finished fourth in the pole vault at the Bison Outdoor Classic with her height of 12-2.5 ... Placed 11th in the pole vault at the LSU Alumni Gold meet with a height of 12-4 ... Cleared a personal-best height of 12-9.5 in the pole vault to finish second in the college section at the Penn Relays ... Her height of 12-9.5 is tied for fourth all-time at Penn State || 2015 Indoor || Began the year with a third-place finish at the Penn State Relays with her height of 11-6.5 ... Cleared a height of 11-10 to finish 10th in the pole vault at the Sykes & Sabock Challenge Cup || 2014 || Did not compete || 2013 Outdoor || Redshirted the outdoor season || 2013 Indoor || Picked up a victory in her first collegiate competition, taking the pole vault at the Penn State Relays ... Placed fourth at the Nittany Lion Challenge

Before Penn State... || High School || Cleared 12-6 to finish second at the PIAA Outdoor Championships ... Also took second at the District 7 Championships and WPIAL AAA Central Section Qualifier ... Topped out at 12-0 to win the PIAA AAA Outdoor Championship as a junior, before going on to place 13th overall in the vault at New Balance Outdoor Nationals



Julie KOCJANCIC
Junior • Junior
Pittsburgh, Pa.
DISTANCE • CROSS COUNTRY

Kocjancic's Personal Bests		
	Indoor	Outdoor
800m	2:12.24	2:12.06
1000m	2:55.22	***
1500m	***	4:32.66
Mile	4:42.90	***

On the National Scene... || 2016 Cross Country || Finished 82nd at the NCAA Mid-Atlantic Regional Championships running 22:19 on the 6k course... Placed 204th at the NCAA Championships running 21:31.7

At the Big Ten Championships... || 2016 Cross Country || Placed 69th at the Big Ten Cross Country Championships (22:55.1) || 2015 Outdoor || Finished 21st in the 1,500-meter run with her time of 4:36.12 || 2015 Indoor || A member of the distance medley relay that finished seventh with its time of 11:29.06 || 2013 Cross Country || Finished 85th

Around the Track... || 2015 Outdoor || Finished seventh in the 800-meter run at the LSU Alumni Gold meet with her personal-best time of 2:12.06 ... Tallied a personal-best time of 4:32.66 in the 1,500-meter run at the Bison Outdoor Classic || 2015 Indoor || Posted a season-best time of 2:12.24 en route to a 17th-place finish in the 800-meter run at the SPIRE D1 Invite ... Finished 10th in the 800-meter run at the Sykes & Sabock Challenge Cup with her time of 2:14.72 ... Placed third in the 1,000-meter run at the Nittany Lion Challenge with her personal-best time of 2:55.22 || 2014 Outdoor || Tallied a season-best time of 4:37.14 in the 1,500-meter run at the Team Challenge || 2014 Indoor || Finished 15th in the 800-meter run at the 2:19.50 at the Sykes & Sabock Challenge Cup

On the Course... || 2016 Cross Country || Placed 80th at the Roy Griak Invite (23:13.7)... Placed 48th at the PSU National Open (21:18.8) || 2015 Cross Country || Competed in seven meets... Set a season best time of 20:46.5 in the 6K at the Big Ten Championships in Chicago, Ill. || 2014 Cross Country || Competed in four meets ... Opened the year with an eighth-place finish at the Dolan Duals (15:04.04) ... Tallied a 43rd-place finish at the Harry Groves Spiked Shoe Invitational (22:40.7) ... Placed 124th at the Notre Dame Invitational (17:51.4) ... Took 19th at the Penn State National (23:45)... Placed 48th at the Penn State National Open (21:18.80) || 2013 Cross Country || Opened the 2013 season with a ninth-place finish at the Dolan Duals ... Placed 24th at the Harry Groves Spiked Shoe Invitational ... Took 54th at Lehigh's Paul Short Run ... Tallied an 18th-place finish at the Penn State National

Before Penn State... || High School || Qualified for the Pennsylvania State Championships in the 800 meters during both the indoor and outdoor seasons in 2013 ... Also finished sixth in the event at the PIAA District VII Championships ... A three-time state qualifier in cross country, helping her team to a fifth-place finish in 2012 ... Also a part of Mount Lebanon's eighth-place squad at the 2011 state championships || Personal || Daughter of Lori Kocjancic ... Born July 4, 1995



2016-17 WOMEN'S RETURNERS



Greta
LINDSLEY

Sophomore • Sophomo
Lancaster, Pa.

DISTANCE • CROSS COUNTRY

Lindsley's Personal Bests

	Indoor	Outdoor
800m	2:12.53	2:12.70
1000m	2:57.51	***
1500m	***	4:25.26
Mile	4:52.82	***
3000m	9:39.11	***

On the National Scene... || 2016 Cross Country || Finished 16th at the NCAA Mid-Atlantic Regional Championships running 21:06 on the 6k course... Placed 140th at the NCAA Championships running 21:00.8

At the Big Ten Championships... || 2016 Cross Country || Placed 23rd at the Big Ten Cross Country Championships (21:47.4) || 2015 Outdoor || Finished 18th in the 1,500-meter run with her time of 4:34.48 || 2015 Indoor || A member of the seventh-place distance medley relay that posted a time of 11:29.06

Around the Track... || 2016 Outdoor || Competed in five meets... Set a personal best of 4:25.26 in the 1,500-meters at the Pepsi Invite in Eugene, Ore... Set a personal best of 17:17.82 in the 5,000-meters || 2016 Indoor || Competed in six meets... Recorded four top-10 finishes... Set a personal best in the 800-meters running 2:12.53 at the Penn State Tune-Up... Ran a personal best time of 4:29.90 || 2015 Outdoor || Ran a personal-best time of 2:12.70 in the 800-meter run at the season-opening Florida Relays ... Finished fifth in the 1,500-meter run at Bison Outdoor Classic with her personal-best time of 4:29.90 || 2015 Indoor || Finished sixth in the 1,000-meter run at the Nittany Lion Challenge with her personal-best time of 2:57.51 ... Tallied a season-best time of 2:13.74 in the 800-meter run at the Sykes & Sabock Challenge Cup ... Clocked in at 4:53.32 for a personal-best time in the mile at the UW Husky Classic

On the Course... || 2016 Cross Country || Opened the year with a second-place finish at the Dolan Duals (13:38.50)... Placed 2nd at the Spike Shoe invitational (20:53)... Placed 13th at the Roy Griak Invitational (22:08.3)... Placed 2nd at the Penn State National Open (20:10.30) || 2015 Cross Country || Competed in seven meets... Set a season best of 21:11.9 in the 6K at the Big Ten Championships || 2014 Cross Country || Competed in two meets unattached ... Finished fifth at the Dolan Duals and the finished 38th at the Harry Groves Spiked Shoe Invitational (22:33.4)

Before Penn State... || High School PRs || Cross Country (5k): 18:13 ... 800: 2:14.60 ... 1,600: 4:51.77 || High School || 4x800-relay league and district gold in 2011 ... Four-time cross country league champion ... Four-time Lancaster-Lebanon League Cross Country Runner of the Year ... Four-time 3,200-meter run league champion ... Four-time 1,600-meter run league champion ... Second-, fourth- and fifth-place finishes at the PIAA State Track & Field Championships in the 1,600-meter run ... 2013 first team all-state (track) ... Three-time 1,600-meter run district champion ... Cross country district gold medalist ... 2011 second team all-state (cross country) ... 2012 800-meter run district champion ... Four-year letterwinner in track and cross country ... Two-time team captain in both track and cross country ... Female All-Around Athlete in graduating class ... Nominee for A. Landis Brackbill Award for Top Scholar Athletes in Lancaster and Lebanon ... E. Jerry Brooks Scholar-Athlete Award ... National Honor Society member || Personal || Daughter of Heather and Todd Lindsley ... Born May 17, 1996 ... Journalism major



Kaitlyn
LOPEZ

Senior • Junior
Buffalo, N.Y.

JUMPS

Lopez' Personal Bests

	Indoor	Outdoor
Long Jump	18-11.25 (5.77)	19-1.25 (5.82)
Triple Jump	41-.25 (12.50)	41-2.50 (12.56)

On the National Scene... || 2016 || Qualified for the NCAA East Prelims in the triple jump finishing 36th with a mark of 12.41mw (40'-8.75")

At the Big Ten Championships... || 2016 Outdoor || Posted a eighth-place finish in the triple jump with a mark of 12.56m (41'2.5")... Posted a 19th-place finish in the long jump with a mark of 5.53m (18'-1.75") || 2016 Indoor || Posted a sixth-place finish in the triple jump with a mark of 12.50m (41'-0.25")... Finished 13th in the long jump with a mark of 5.66m (18'7") || 2015 Indoor || Finished 10th in the triple jump with her personal-best leap 39-7.75 ... Placed 12th in the long jump with her season-best mark of 18-9.25 || 2014 Outdoor || Placed 14th in the triple jump (38-10.5) and 15th in the long jump (18-1) || 2014 Indoor || Placed 20th in the long jump with her season-best mark of 18-1 and took 16th in the triple jump with her distance of 39-1 || 2013 Outdoor || Finished 11th in the triple jump and 19th in the long jump || 2013 Indoor || Competed in both horizontal events in her first conference appearance, placing 14th in the triple jump and 17th in the long jump

In the Field... || 2016 Outdoor || Competed in eight meets... Set a career best in the triple jump at the Big Ten Championships tying the No. 8 mark in program history at 12.56m (41'-2.50") || 2016 Indoor || Competed in seven meets... Set a season best in the long jump at the Penn State Tune-Up recording a mark of 5.77m (18'-11.25")... Set a season best of 12.50m (41'-0.25") in the triple jump at the Big Ten Championships... Posted a first-place finish at the Sykes & Sabock Challenge Cup in the triple jump with a mark of 12.34m (40'-6") || 2015 Indoor || Finished second in the triple jump at the Nittany Lion Challenge with her distance of 38-11 ... Posted a mark of 39-2.5 in the triple jump en route to a fifth-place finish at the Penn State National Invitational ... Placed first in the triple jump at the Penn State Tune-Up with her distance of 38-0.25 ... Finished second in the long jump at the Penn State Tune-Up with her mark of 17-10.25 || 2014 Outdoor || At the season-opening Crimson Tide Invitational, Lopez placed third in the triple jump (38-11.5) ... Recorded a lifetime-best jump of 39-5.25 in the triple jump at the Kehoe Twilight Meet ... Tallied a lifetime-best distance of 19-1.25 in the long jump en route to a first-place finish at the Jim Thorpe Open || 2014 Indoor || At the season-opening Penn State Relays, Lopez placed sixth in the long jump (17-1.25) and ninth in the triple jump (36-9.75) ... Posted a season-best mark of 39-3 in the triple jump at the SPIRE NCAA Division I Track & Field Invitational || 2013 Outdoor || Earned runner-up standing in the long jump at the Bucknell Team Challenge ... Also finished third in the triple jump at the same competition ... Placed sixth in the "Eastern" triple jump at Penn Relays ... Finished second in the triple jump at the Jim Thorpe Open with a PR 39-4.50 (12.00) || 2013 Indoor || Top place finish was fifth in the both the long and triple jumps at the Penn State Relays ... Finished sixth in the long jump at the Nittany Lion Challenge ... Was also sixth in the long jump at the Sykes & Sabock Challenge Cup

Before Penn State... || High School || The NY State long jump champion as a senior with a leap of 18-9.75 ... Competed in the long and triple jumps at New Balance Outdoor Nationals as a senior ... Won both horizontals at the MMAA All Catholic High School Track &



Field Championships in 2012 ... Started off her senior campaign with a victory in the long jump at the Bishop Loughlin Games || Personal || Daughter of John and Elaine Lopez ... Born February 19, 1994



Obeng
MARFO
Sophomore • Sophomore
Ontario, Canada

THROWS

Marfo's Personal Bests		
	Indoor	Outdoor
Discus	***	170'-1" (51.86)
Hammer	***	170'-0" (51.82)
Shot Put	52'-9.50" (16.09)	52'-6" (16.00)
20lb Weight	59'-2.25" (18.04)	***

On the National Stage... || 2016 Outdoor || Qualified for the NCAA East Preliminary in the discus and shot put... Finished 17th in the shot put with a mark of 15.65m (51'-4.25")... Finished 28th in the discus with a best throw of 48.88m (160'4") || 2015 Outdoor || Qualified for the NCAA East Prelims in the discus throw and the shot put ... Finished 20th in the shot put (50-1.75) and 42nd in the discus throw (149-1)

At the Big Ten Championships... || 2016 Outdoor || Recorded seventh-place finishes in both the discus (49.87m/163'7") and the shot put (15.61m/51'-2.75") || 2016 Indoor || Posted a third-place finish in shot put with a mark of 16.09m (52'-9.50") || 2015 Outdoor || Placed fourth in the shot put with her personal-best mark of 52-6 ... Her mark of 52-6 is tied for fifth all-time at Penn State ... Finished sixth in the discus with her personal-best toss of 170-1 ... Her mark of 170-1 ranks third all-time at Penn State ... Took 23rd in the hammer throw with a throw of 151-9 || 2015 Indoor || Finished ninth in the shot put (46-11.75) ... Placed 18th in the weight throw (56-6.5)

In the Field... || 2016 Outdoor || Competed in eight meets... Set a personal best in the discus throw at the Bucknell Team Challenge... Collected three first-place finishes || 2016 Indoor || Competed in seven meets... Set personal best in the shot put and weight throw... Posted 11 top-10 finishes || 2015 Outdoor || Tallied a personal-best mark of 170-0 en route to a sixth-place finish in hammer throw at the Jim Thorpe Invite ... Finished second in the shot put at the Jim Thorpe Invite with her toss of 51-0 ... Placed second in the discus at the Jim Thorpe Invite with her toss of 155-1 || 2015 Indoor || Finished fourth in the shot put at the Penn State National Invitational with her toss of 47-7.75 ... Tallied a season-best distance of 48-2 en route to a second-place finish in the shot put at the Penn State Tune-Up ... Posted a personal-best mark of 58-3.25 in the weight throw at the Tyson Invitational

Before Penn State... || High School PRs || Discus: 135-3 ... Shot Put: 44-3 1/4 || National Level Competition || Five-time OFSAA gold medalist in the shot put ... Two-time national gold medalist ... A member of the 2013 Canadian team at the 2013 IAAF World Youth Championships ... Legions Youth Nationals, 2012 (silver) & 2013 (gold) ... Junior Nationals gold medalist || Personal || Daughter of Janet Obeng and Oppong Checheku ... Born April 11, 1996 ... Kinesiology major



Lexi
MASTERSON
Senior • Senior
Jeannette, Pa.

POLE VAULT

Masterson's Personal Bests		
	Indoor	Outdoor
Pole Vault	13-975 (4.21)	13-3.5 (4.05)

On the National Stage... || 2015 Outdoor || Qualified for the NCAA East Prelims in the pole vault ... Placed 33rd in the pole vault with her height of 12-10.75 || 2014 Outdoor || Qualified for the NCAA East Prelims in the pole vault ... Recorded a lifetime-best height of 13-3.5 to place 19th at the NCAA East Prelims ... Her height of 13-3.5 is the school record

At the Big Ten Championship... || 2016 Indoor || Recorded a second-place finish in the pole vault with a personal best mark of 4.21m (13'-9.75") - a new school record || 2015 Outdoor || Finished 16th with her height of 12-10.25 || 2015 Indoor || Placed 15th with her season-best height of 13-1 || 2014 Outdoor || Posted a height of 13-0.75 to place seventh || 2014 Indoor || Placed eighth (12-11.5)

In the Field... || 2016 Outdoor || Did not compete || 2016 Indoor || Competed in seven meets... Posted five first-place finishes in the pole vault... Set a new school record in the pole vault at the Big Ten Championships || 2015 Outdoor || Opened the year with a sixth-place finish in the pole vault at Florida Relays with her height of 13-1.5 ... Tallied a season-best height of 13-1.75 en route to a second-place finish in the pole vault at the LSU Alumni Gold meet ... Finished third in the college section of the pole vault at the Penn Relays with her height of 12-5.5 || 2015 Indoor || Began the indoor season with back to back wins in the pole vault at the Penn State Relays (12-10.25) and the Nittany Lion Challenge (12-8.25) ... Finished first in the pole vault at the Penn State Tune-Up with her height of 13-1 || 2014 Outdoor || Only competed in the pole vault ... Tallied two victories in the pole vault during the outdoor season || 2014 Indoor || Only competed in the pole vault ... Took first-place at three meets ... Made her collegiate debut in the pole vault by taking first at the Penn State Relays with her height of 12-5.5 ... Posted a season-best mark of 13-1.75 en route to a first-place finish at the Sykes & Sabock Challenge Cup, which ranks second all-time in school history

Before Penn State... || High School || Was the PIAA state runner-up in the pole vault as a senior, clearing a personal-best 12-0 at the state meet ... Also scored a silver medal finish at the state level during the indoor season, placing second at the PTFCA Indoor Championships - with a clearance of 12-0 once again ... Qualified for the PIAA Outdoor Championships on all four occasions and made the indoor state meet during her sophomore, junior, and senior seasons ... Competed at New Balance Indoor Nationals as a senior, placing 15th overall || Personal || Daughter of James and Carrie Masterson ... Birthday is June 30, 1994



2016-17 WOMEN'S RETURNERS



Megan
McCLOSKEY

Junior · Junior
Lower Gwynedd, Pa.

JUMPS



Hannah
MULHERN

Junior · Junior
Altoona, Pa.

POLE VAULT

McCloskey's Personal Bests

	Indoor	Outdoor
High Jump	5'-9.75" (1.77)	5'-10.5" (1.79)

On the National Stage... || 2016 Outdoor || Finished 21st in the high jump at the NCAA East Preliminary with a clearance of 1.71m (5'-7.25")

At the Big Ten Championships... || 2016 Outdoor || Finished fourth in the high jump with her mark of 1.79m (5'-10.50") that is tied for the sixth-best mark in program history || 2016 Indoor || Finished ninth in the high jump with a mark of 1.74m (5'-8.50") || 2015 Outdoor || Finished 17th in the high jump with a mark of 5-6 || 2015 Indoor || Placed 10th in the high jump with her mark of 5-6

In the Field... || 2016 Outdoor || Competed in seven meets... Recorded wins in back-to-back meets at the Pepsi Invite and Texas Invitational in the high jump || 2016 Indoor || Competed in six meets... Set a season best mark of 1.77m (5'-9.75") at the Sykes & Sabock Challenge Cup || 2015 Outdoor || Finished fifth in the high jump at the Bison Outdoor Classic with her height of 5-5.25 ... Placed ninth in the high jump at the Florida Relays with a mark of 5-6 ... Tallied a season-best height of 5-8 en route to a second-place finish in the high jump at the Kehoe Twilight Meet ... Finished first in the high jump at the Jim Thorpe Invite with her height of 5-7 || 2015 Indoor || Finished 16th in the high jump at the Tyson Invitational with her height of 5-5.75 ... Tallied an indoor season-best height of 5-7.25 en route to a runner-up finish in the high jump at the Penn State Tune-Up

Before Penn State... || High School PR || High Jump: 5-9 || High School || Two-time PTFCA high jump state champion ... Four-time PA Independent Schools high jump state champion ... Holds both indoor and outdoor high jump school records ... Inter-Academic League record ... Four-time first team all-league ... Four-time PTFCA Indoor All-State ... Four-time PTFCA Outdoor All-State ... Eight-time letterwinner in track & field... Indoor and outdoor team captain ... Volleyball captain ... First team all-league (volleyball) ... Track & field: Team MVP... 2014 Girls' Inter-Ac Athletic Directors' Award ... Received the Scholar-Athlete award four times ... Four-year honor student || National Level Competition || New Balance National (NBN) Championships: Four-time New Balance All-American (two indoor, two outdoor) ... Competed in seven NBN meets (four indoor, three outdoor) ... Her top-finishes at NBN meets include: fifth-place (2012 Outdoor NBN), fourth-place (2013 Indoor NBN), second-place (2013 Outdoor NBN) and third-place (2014 Indoor NBN) ... Two-time Penn Relays high jump medalist (2013-14) ... Won the high jump event at the 2012 USATF Junior Olympic National Championships || Personal || Daughter of Mimi and Mike McCloskey ... Born May 29, 1996 ... Broadcast journalism major

Mulhern's Personal Bests

	Indoor	Outdoor
Pole Vault	13'-6.50" (4.13)	13'-2.50" (4.03)

On the National Stage... || 2016 Outdoor || Finished 27th in the pole vault with a mark of 3.95m (12'-11.5") at the NCAA East Preliminary in Jacksonville, Fla.

At the Big Ten Championships... || 2016 Outdoor || Finished 13th in the pole vault with a clearance of 3.91m (12'-10") || 2016 Indoor || Recorded a sixth-place finish with a mark of 4.01m (13'-1.75") || 2015 Outdoor || Placed 23rd in the pole vault with her height of 12-4.5 || 2015 Indoor || Posted an indoor season-best height of 12-3.25 en route to a 24th-place finish in the pole vault

In the Field... || 2016 Outdoor || Competed in eight meets... Recorded four top-10 finishes including a first-place finish at the Bucknell team Challenge || 2016 Indoor || Competed in six meets... Set a personal best mark of 4.13m (13'-6.50") at the Sykes & Sabock Challenge Cup || 2015 Outdoor || At the season-opening Florida Relays, Mulhern placed 11th with her height of 12-7.5 ... Placed sixth at the Bison Outdoor Classic with a height of 12-2.5 ... Cleared a height of 12-10 to finish ninth at the LSU Alumni Gold meet ... Finished first at the Jim Thorpe Invite with her personal-best height of 12-10.25 ... Her height of 12-10.25 ranks third all-time at Penn State || 2015 Indoor || Finished second in the pole vault at the Penn State National Invitational with her height of 12-2.5

Before Penn State... || High School PR || Pole Vault: 12-5 || High School || Two-time District Six champion during her junior and senior years ... District runner-up as a sophomore ... Third-place at districts as a freshman ... District Six record holder (12-5) ... School record holder (12-5) ... Altoona Mirror Athlete of the Week (twice) ... Featured in Altoona Life Magazine ... Outdoor state runner-up as a senior ... Fifth-place at indoor states as a senior ... Tri-state champion as a senior ... PTFCA Honorable Mention All-State ... Four-year letterwinner in track & field ... Most Outstanding Field Athlete ... National Honor Society member || National Level Competition || New Balance Indoor Nationals Elite ... Placed fifth at the Penn Relays as a junior || Personal || Daughter of Missy and Terry Mulhern ... Born April 9, 1996 ... Public relations major



Nicole O'DONNELL

Sophomore • Sophomore
Harleysville, Pa.

SPRINTS • MID-DISTANCE

Around the Track... || 2016 Outdoor || Competed at the Bison Outdoor Classic running 2:18.19 in the 800-meters

On the Course... || 2016 Cross Country || Opened the year with a sixteenth-place finish at the Dolan Duals (16:11.03) ... Placed 214th at the Penn State National Open (23:53.90)

Indoor || Finished 42nd in the 200-meter dash at the Tyson Invitational with her personal-best time of 24.30 ... Placed second at the Nittany Lion Challenge with her season-best time of 55.22 ... Finished first in the 200-meter dash at the Penn State Relays with her season-best time of 24.55 ... A member of 4x400-meter relay that finish sixth at the Tyson Invite with its season-best time of 3:34.90 || 2014 Outdoor || Competed in the sprints and relay events... At the season-opening Crimson Tide Invitational, Osborne placed 10th in the 100-meter dash (12.32), fourth in the 200-meter dash (24.76) and was on the second-place 4x100-meter relay team (45.35) ... Recorded a season-best time of 24.60 in the 200-meter dash at the Sun Angel Track Classic ... Tallied a fourth-place finish in the 400-meter dash at the Team Challenge with her season-best time of 56.76 ... Won the 200-meter dash at the Kehoe Twilight Meet with her time of 24.65 || 2014 Indoor || Competed in the sprints and relay events ... In her Penn State debut at the Penn State Relays, Osborne was a member of two first-place relay finishes (4x200-meter relay- 1:35.65 and 4x400-meter relay- 3:43.65) ... The 4x200-meter relay time of 1:35.65 set the collegiate record ... Tallied a season-best time of 7.81 in the 60-meter dash at the Nittany Lion Challenge ... At the Penn State National Invitational, Osborne ran a season-best time of 24.77 to finish fifth in the 200-meter dash ... Posted a third-place finish in the 400-meter dash at the Sykes & Sabock Challenge Cup with her season-best time of 57.02



Megan OSBORNE

Senior • Senior
Chillicothe, Ohio

SPRINTS • RELAYS

Before Penn State... || High School || The 200-meter champion at the OATCCC Indoor State Championships ... Will come to Happy Valley with a significant amount of sprinting success under her belt ... State-winning time of 24.73 is also the top time in Ohio last indoor season ... Posted outstanding results during the 2012 outdoor season, including a fifth-place and All-America finish in the 200 at the New Balance Outdoor National Championships ... Made a statement in front of a national audience at the event, clocking a lifetime-best 23.95 in the preliminaries ... Also had a stellar weekend at the Ohio Outdoor Championships as a junior, earning a trio of podium finishes by placing second in the 100, third in the 400, and fifth in the 200 || Personal || Daughter of James and Jane Osborne ... Birthday is May 17, 1995

Osborne's Personal Bests		
	Indoor	Outdoor
60m	7.73 (HS)	***
100m	***	11.96 (HS)
200m	24.30	23.95 (HS)
400m	56.21	55.35 (HS)

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

On the National Stage... || 2015 Indoor || A member of the 4x400-meter relay that garnered first team All-America honors with its eighth-place finish (3:34.57)

At the Big Ten Championships... || 2016 Indoor || Finished 26th in the 400-meters running 57.84... Ran a leg on the 11th-place 4x400-meter relay (3:44.68) || 2015 Outdoor || A member of the eighth-place 4x100-meter relay that posted a time of 47.19 ... Finished 21st in the 400-meter dash with her season-best time of 56.21 || 2015 Indoor || A member of the 4x400-meter relay that finish second with its time of 3:35.85 ... Placed 12th in the 400-meter dash with her time of 55.43 ... Placed 22nd in the 200-meter dash with her time of 24.74 ... Second team All-Big Ten || 2014 Outdoor || Placed 19th in the 200-meter dash (25.09) and ran a season-best time of 12.27 in the 100-meter dash to finish 22nd || 2014 Indoor || Placed 19th in the 200-meter dash (25.35)

Around the Track... || 2016 Outdoor || Competed in four meets... Ran season best of 25.89 in the 200-meters and 57.99 in the 400-meters || 2016 Indoor || Competed in six meets... Set season best of 25.14 in the 200-meters and 56.41 in the 400-meters... Ran a leg on the first-place 4x400-meter relay at the Sykes & Sabock Challenge Cup (3:43.03) || 2015 Outdoor || A member of the 4x200-meter relay that posted a time of 1:36.30 at the Florida Relays ... The time of 1:36.30 ranks eighth all-time at Penn State ... A member of the 4x200-meter relay that finished sixth in the Championship of America section with its time of 1:35.52 - which ranks sixth all-time at Penn State ... Ran a season-best 24.52 in the 200-meter dash at the Bison Outdoor Classic || 2015



Tichina RHODES

Junior • Junior
Philadelphia, Pa.

SPRINTS • RELAYS

Rhodes' Personal Bests		
	Indoor	Outdoor
200m	24.67	23.97
300m	***	42.50
400m	54.97	53.65
500m	1:19.85	***

On the National Stage... || 2015 Outdoor || Qualified for the NCAA East Prelims in the 400-meter dash and the 4x400-meter relay ... Placed 38th in the 400-meter dash with her time of 54.21 ... Finished 21st in the 4x400-meter relay with her time of 3:36.11 || 2015 Indoor || A member of the 4x400-meter relay that garnered first team All-America honors with its eighth-place finish (3:34.57) || 2014 Outdoor || Qualified for the NCAA East Prelims as a member of the 4x400-meter relay ... Advanced to the NCAA Championships as a member of the 4x400-meter relay that finished fourth at the NCAA East Prelims (3:31.65) ... Was on the fifth-place 4x400-meter relay team (3:31.17) at the NCAA Championships ... The time of 3:31.17 ranks fifth all-time at Penn State ... First team All-American || 2014 Indoor || Qualified for the NCAA Championships in the 4x400-meter relay ... A member of the fifth-place 4x400-meter relay team that posted a school record time



2016-17 WOMEN'S RETURNERS

of 3:33.13 ... First team All-American

At the Big Ten Championships... || 2016 Outdoor || Finished 18th in the 400-meters running 56.09 || 2016 Indoor || Finished 12th in the 400-meters (54.94), sixth in the DMR (11:24.72) and 11th in the 4x400-meter relay (3:44.46) || 2015 Outdoor || Ran a personal-best time of 53.65 in the 400-meter dash in the prelims ... Her time of 53.65 ranks sixth all-time at Penn State ... Placed eighth in the 400-meter dash with her time of 54.38 ... A member of the sixth-place 4x400-meter relay that posted a time of 3:39.58 || 2015 Indoor || A member of the 4x400-meter relay that finish second with its time of 3:35.85 12th in the 400-meter dash with her time of 55.43 ... Placed 22nd in the 200-meter dash with her time of 24.74 ... Second team All-Big Ten || 2014 Outdoor || A member of the first-place 4x400-meter relay team (3:33.73) and finished 15th in the 400-meter dash (55.85) ... First team All-Big Ten || 2014 Indoor || A member of the first-place 4x400-meter relay team (3:34.55) ... Placed 21st in the 400-meter dash (57.39) ... A member of the ninth-place distance medley relay team (11:34.83) ... First team All-Big Ten

Around the Track... || 2016 Outdoor || Competed in six meets... Posted nine top-10 finishes... Posted a first-place finish in the 200-meters running 23.97 at the Bucknell Team Challenge - a new personal best... Set a season best time of 55.12 in the 400-meters at the Pac-12 vs. Big Ten Challenge in Tempe, Ariz. || 2016 Indoor || Competed in six meets... Set season best of 24.67 (200-meters) and 54.94 (400-meters)... Posted 11 top-10 finishes including three first-place finishes || 2015 Outdoor || Finished third in the 200-meter dash at the Jim Thorpe Invite with her season-best time of 24.76 ... Placed eighth in the 400-meter dash at the LSU Alumni Gold meet with her time of 55.97 ... Claimed third in the 200-meter dash at the Kehoe Twilight Meet with her time of 25.57 || 2015 Indoor || Posted a personal-best time of 1:19.85 in the 500-meter run at the Penn State Relays ... Finished 10th in the 200-meter dash at the Nittany Lion Challenge with her season-best time of 25.34 ... Placed third in the 400-meter dash at the Sykes & Sabock Challenge Cup with her indoor personal-best time of 55.57 || 2014 Outdoor || At the season-opening Crimson Tide Invitational, Rhodes was on the winning 4x400-meter relay team (3:37.46), placed 12th in the 400-meter dash (58.34) and 16th in the 200-meter dash with her season-best time of 25.82 ... At the Penn Relays, Rhodes was on the fifth-place 4x400-meter relay team (3:33.10) ... Finished fifth in the 400-meter dash at the Kehoe Twilight Meet with her season-best time of 55.37 || 2014 Indoor || Was on six first-place relay teams during her freshman year ... Made her Blue and White debut at the Penn State Relays as she was apart of two first-place relay finishes (4x400-meter relay-3:43.65 and the DMR-11:44.84) ... Ran a season-best time of 55.79 to finish second in the 400-meter dash at the Sykes & Sabock Challenge Cup

Before Penn State... || High School || Enjoyed a sensational weekend at the PIAA State Outdoor Championships as a senior, competing in the 200- and 400-meters, as well as the 100-meter hurdles, individually, to help her Swenson Arts and Technology squad to the 2013 AA Team Title ... Would take top honors in the AA 400 at the state level, in addition to a fifth-place finish in the 200, and victories on the 4x100 and 4x400 ... Was also a double place winner at the 2013 PTFCA Indoor Championships, finishing fifth in both the 400 and the 60-meter hurdles ... Her state meet success extends to 2012, where she garnered runner-up honors in the 300-meter hurdles at the PIAA Outdoor Championships, to go along with a fourth-place standing in the 200 as a junior ... Boasts an outstanding range, with the top time in Pennsylvania in the 500 meters (1:19.49) during the 2013 indoor season ... Also ranked second in Pa. the outdoor 400 in 2013 (54.75) || Personal || Daughter of Jamil and Deneen Mack ... Born March 3, 1995



Alyssa
ROBINSON

Junior - Junior
St. Clairsville, Ohio

THROWS

Robinson's Personal Bests

	Indoor	Outdoor
Shot Put	52-2.5 (15.91)	54-2 (16.51)
Hammer Throw	***	180-10 (55.13)
Weight Throw	62-10 (19.15)	***

On the National Stage... || 2016 Outdoor || Qualified for the NCAA East Preliminary in the shot put... Finished 13th in the event with a best throw of 15.95m (52'-4") || 2015 Outdoor || Qualified for the NCAA East Prelims in the shot put ... Placed 30th in the shot put with her toss of 48-1.75 || 2014 Outdoor || Qualified for the NCAA East Prelims in the shot put ... Finished 46th in the shot put at the NCAA East Prelims with her distance of 43-5.75

At the Big Ten Championships... || 2016 Outdoor || Posted a third-place finish in the shot put with a season best mark of 16.51m (54'-2")... Finished 17th in the hammer throw recording a best throw of 52.02m (170'-8") || 2016 Indoor || Finished fourth in the shot put recording a season best mark of 15.91m (52'-2.50")... posted a ninth-place finish in the weight throw finishing with a mark of 19.15m (62'-10") || 2015 Outdoor || Finished 12th in the shot put (47-11.25) and 14th in the hammer throw (174-0) || 2015 Indoor || Finished eighth in the shot put with her toss of 57-6.5 ... Placed 22nd in the weight throw with her toss of 53-8.25 || 2014 Outdoor || Placed eighth in the shot put (48-6.75) and 17th in the hammer throw (150-8) || 2014 Indoor || Recorded a season-best mark of 48-3.25 to place eighth in the shot put and posted a lifetime-best distance of 56-3.75 in the weight throw to finish 13th

In the Field... || 2016 Outdoor || Competed in six meets... Posted eight top-10 finishes... Set a personal best mark of 16.51m (54'-2") in the shot put at the Big Ten Championships which ranks No. 4 in program history... Set a season best mark of 53.58m (175'-9") in the hammer throw at Pac-12 vs. Big Ten Challenge meet to open the season in Tempe, Ariz. || 2016 Indoor || Competed in seven meets... Set a personal best in the weight throw posting a mark of 19.15m (62'-10") at the Big Ten Championships || 2015 Outdoor || Began the year with a third-place finish in the shot put at the Florida Relays with her mark of 48-2.5 ... Finished third in the hammer throw at the Kehoe Twilight Meet with her toss of 166-8 ... Posted a personal-best mark of 180-10 in the hammer throw to finish third at the Jim Thorpe Invite ... Her mark of 180-10 ranks eighth all-time at Penn State ... Tallied a season-best mark of 49-0.25 in the shot put at the Jim Thorpe Invite || 2015 Indoor || Tallied a season-best toss of 48-5.5 in the shot put at the Penn State National ... Finished second in the shot put at the Sykes & Sabock Challenge Cup with her toss of 48-3.25 ... Placed fourth in the weight throw at the Sykes & Sabock Challenge Cup with her throw of 59-5.75 ... Posted a second-place finish in the weight throw at the Penn State Tune-Up with her mark of 59-9.75 || 2014 Outdoor || At the season-opening Crimson Tide Invitational, Robinson placed eighth in the shot put (44-5.25) and 13th in the hammer throw (146-5) ... Won the Eastern section of the shot put (46-7.25) at the Penn Relays ... At the Jim Thorpe Invite, Robinson tallied a lifetime-best mark of 49-11.25 in the shot put ... Her distance of 49-11.25 ranks 10th at Penn State ... Posted a lifetime-best distance of 151-7 in the hammer throw at the Kehoe Twilight Meet || 2014 Indoor || In her first collegiate meet, the Penn State National Invitational, Robinson placed 11th in the weight throw (50-6.25) and sixth in the shot put (46-11.5) ... Placed fifth in the shot put (46-6) at the SPIRE NCAA Division I Indoor Track & Field Invitational



Before Penn State... || High School || Another addition to a long line of outstanding Nittany Lions from the state of Ohio ... Ended her high school career with a victory at the Midwest Meet of Championships, as well as a state title in the shot put at the OHSAA Track and Field Championships ... Went untouched the entire outdoor season, finishing first in every shot put competition she entered ... Was also highly successful during her senior indoor campaign, in which she finished third OATCCC Indoor State Championships ... Added a fifth-place standing at New Balance Indoor Nationals ... Was the Ohio State Champion in the shot during the indoor and outdoor seasons as a junior || Personal || Daughter of Chuck and Bev Robinson ... Born May 10, 1995



Marissa SHEVA
Freshman • Freshman
Sellersville, Pa.
DISTANCE • CROSS COUNTRY

Sheva's Personal Bests	
800m	2:11.79
1600m	4:44.73
3200m	10:25.85

Around the Track... || 2016 || Did not compete

Before Penn State... || High School PRs || 800: 2:11.79, 1,600: 4:44.73, 3,200: 10:25.85, Cross Country (5k): 17:28.00 || High School || Two-time PTFCA indoor mile state champion ... School record holder in the 800-meter run and the 1,600-meter run ... 2015 PIAA AAA Outdoor Track & Field Championships 1,600-meter run champion ... 2014 PIAA AAA Outdoor Track & Field Championships 3,200-meter run champion ... All-state in cross country ... Three-time Penn Relays mile qualifier ... Eight-time letterwinner in cross country and track ... Signed in February to play soccer for Penn State || National Level Competition || National Foot Locker Cross Country Finals qualifier ... Three-time Milrose Games mile qualifier ... Two-time New Balance Indoor Grand Prix qualifier ... Finished 25th at the 2014 National Cross Country Championships ... Finished 13th at the 2015 New Balance Indoor Nationals meet || Personal || Daughter of Bernadette and Bryan Sheva



Steph SIEVERS
Sophomore • Sophomore
Douglasville, Pa.
THROWS

Sievers' Personal Bests	
Javelin	146'-8"

On the National Stage... || 2016 Outdoor || Qualified for the NCAA East Preliminary in the javelin throw... Finished 23rd with a mark of 44.00m

(144'-4")

At the Big Ten Championships... || 2016 Outdoor || Finished 13th in the javelin throw with a mark of 42.30m (138'-9")

In the Field... || 2016 Outdoor || Competed in seven meets... Set a personal best of 44.70m (146'-8") at the Pac-12 vs. Big Ten Challenge in Tempe, Ariz... Posted four top-10 finishes

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



Elyse SKERPON
Sophomore • Sophomore
Sayre, Pa.
SPRINTS • HURDLES • RELAYS

Skerpon's Personal Bests	
400mH	1:01.77
500m	1:18.70

Around the Track... || 2016 Outdoor || Competed in five meets... Set a new personal best time in the 400-meter hurdles running 1:01.77 at the Bucknell Team Challenge posting a first-place finish... Won the 400-meter hurdles at the Jim Thorpe Invite running 1:02.03 || 2016 Indoor || Competed in two meets... Set personal best in the 400-meters (59.99) and 500-meters (1:18.70) || 2015 || Redshirted

Before Penn State ... || High School PRs || 300-Meter Hurdles: 44.55 ... 400-Meter Hurdles: 1:04.29 || High School || A member of two conference title track & field teams (2011-12) ... Won four conference titles (100-H, 300-H, Pole Vault, 4x400-Meter Relay) ... Won back-to-back district titles in the 300-meter hurdles (2013-14) ... Placed twice in the 300-meter hurdles at the state meet (fifth-2013, seventh-2014) ... Holds the district record in the 300-meter hurdles ... Holds the school record in the 300-meter hurdles, pole vault and the 4x400-meter relay ... Skerpon holds the meet record in the 300-meter hurdles at the Altoona Igloo Invitational ... Holds the meet record in the 300-meter hurdles and was named meet MVP at the John Childs Invitational ... Holds the meet record in the 300-meter hurdles and was named meet MVP at the Molly Dry Invitational ... Four-time letterwinner in track & field ... Lettered a school-record 16 times ... Soccer, basketball and track & field team captain ... Sayre Area School District Female Athlete of the Year (2012-14) (first three-time winner in school history) ... Valley Sports Report Female Athlete of the Year (2014) ... The Daily Review Female Athlete of the Year (2014) ... Valley Principals Senior Award - Athletics/Academics/Character/Community Service (2014) ... Conference Senior Female Athlete of the Year (2014) ... Named all-state in soccer ... Holds the school record for 3-point shots made in a single game (seven) ... A member of National Honor Society and Student Council || National Level Competition || Placed eighth in the 300-meter hurdles at the 2013 New Balance Outdoor Nationals "Emerging Elite" meet || Personal || Daughter of Robbin and Donnie Skerpon ... Born July 24, 1996 ... Dad, a 1981 graduate of Penn State, pole vaulted for the Nittany Lions ... Her older brother, Taylor, is a senior on the Penn State baseball team ... College of Health and Human Development (HHD) - Health policies and administration (HPA) major



2016-17 WOMEN'S RETURNERS



Abigail STULTZ

Sophomore • Sophomore
Frederick, Md.

MULTI-EVENTS

Stultz's Personal Bests

100mH	14.95
High Jump	5'-8" (1.72)
Long Jump	16'--.25" (11.05)
Triple Jump	38'-5" (11.70)

Around the Track... || 2016 Outdoor || Competed in the Bison Outdoor Classic... Posted season best marks in the 100-meter hurdles, long jump, high jump and triple jump

Before Penn State... || High School PRs || 100mH: 14.95, High Jump: 5-8, Shot Put: 36-8, Triple Jump: 38-5 || High School || Five-time all-county ... Holds the school record in the high jump and the shot put ... Two-time AA Maryland state champion in the outdoor high jump ... Two-time AA Maryland state champion in the indoor high jump ... AA Maryland state champion in the indoor 55-meter hurdles ... Four-time letterwinner in track || National Level Competition || Three-time New Balance Indoor Nationals qualifier ... Three-time New Balance Outdoor Nationals qualifier ... 2014 New Balance Outdoor Nationals Emerging Elite triple jump champion || Personal || Daughter of Nancy and Phil Stultz ... Nutrition major ... Born October 13, 1997



Grace TRUCILLA

Freshman • Freshman
Erie, Pa.

DISTANCE • CROSS COUNTRY

Trucilla's Personal Bests

800m	2:10.54
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At the Big Ten Championships... || 2016 Outdoor || Finished 26th in the 800-meters running a season best time of 2:13.80 in Lincoln, Neb.

Around the Track... || 2016 Outdoor || Competed in four meets... Posted two top-three finishes in the 800-meters

On the course...|| 2016 Cross Country || Placed 50th at the Spike Shoe invitational (23:44)...Placed 171st at the Penn State National Open (22:41.70)

Before Penn State... || High School PR || 2:10.54 || High School || Three-time PIAA AA state champion ... Fourteen-time state medalist ... Twelve-time PIAA District Ten medalist ... Owns seven school records ... Three-time track MVP ... Two-time PIAA Region Six Track Athlete of the Year ... 2015 track team captain ... Twelve-time letterwinner ... Five-time Erie

Times News Athlete of the Week ... 2015 Recipient of the Greg Porter Memorial Award (athletic achievement and enthusiastic support of team and love of school) ... 2015 Metro Erie Chapter of PA. Sports Hall of Fame student/athlete scholarship recipient ... 2015 Finalist for Natalie Pacileo-Fortuna Memorial Scholarship ... 2015 Finalist for Erie Times News Comeback Athlete of the Year || National Level Competition || Three-time (2013-15) New Balance Indoor Nationals qualifier and participant (800m and 4x800) ... Two-time national qualifier and participant for New Balance Outdoor Nationals -- (800m and 4x800) || Personal || Daughter of Suzanne and John Trucilla ... Political science major ... Born on January 21, 1997



Cara ULIZIO

Junior (I) • Sophomore (O)
Redondo Beach, Calif.

DISTANCE • CROSS COUNTRY

Ulizio's Personal Bests

	Indoor	Outdoor
800m	2:14.48	2:14.03
1000m	3:01.41	***
1500m	***	4:44.24
Mile	5:04.89	***

At the Big Ten Championships... || 2015 Outdoor || Placed 31st in the 800-meter run with her time of 2:14.88 || 2014 Cross Country || Ran a time of 22:24.0 to finish 92nd overall || 2014 Indoor || A member of the ninth-place distance medley relay team (11:34.83)

On the Course...|| 2016 Cross Country ||Placed 49th at the Spike Shoe invitational (23:39)...Placed 182nd at the Penn State National Open (22:56.70) || 2014 Cross Country || Competed in five meets for the Nittany Lions ... Finished 45th at the Harry Groves Spiked Shoe Invitational (22:48.6) ... Placed 22nd in the "Open" section of the Notre Dame Invite (18:16.6) || 2013 Cross Country || Opened the season with an eighth-place finish at the Dolan Duals ... Finished 31st at the Harry Groves Spiked Shoe Invitational ... Took 44th at Lehigh's Paul Short Run ... Tallied a 26th-place finish at the Penn State National

Around the Track... || 2015 Outdoor || Posted a personal-best time of 2:14.03 in the 800-meter run en route to a second-place finish at the Bucknell Team Challenge ... Finished 10th in the 1,500-meter run at the Kehoe Twilight Meet with her personal-best time of 4:44.24 || 2015 Indoor || Finished first in the 1,000-meter run at the Penn State Relays with personal-best time of 3:01.42 ... Placed ninth in the 800-meter run at the Penn State Tune-Up with her season-best time of 2:14.48 ... Ran a season-best time of 5:10.41 in the mile at the Sykes & Sabock Challenge Cup || 2014 Outdoor || Did not compete || 2014 Indoor || Opened the 2014 indoor season at the Nittany Lion Challenge with her season-best time of 5:04.89 in the mile run ... Posted a season-best time of 2:14.97 in the 800-meter run at the Sykes & Sabock Challenge Cup

Before Penn State... || High School || Comes to Happy Valley all the way from Redondo Beach, Calif., and brings an impressive resume of accomplishments from her prep career ... Ended her high-school career with a seventh-place finish in the 1600 meters at the CIF State Championships, where she posted a lifetime-best 4:51.74 ... Clocked a lifetime-best 10:53.29 for the 3200m, placing 10th at the elite Arcadia Invitational ... Placed 12th in the CIF Cross Country Championships, helping her team to a sixth-place finish at the state's Division 2 level || Personal || Daughter of Anthony and Wendy Ulizio ... Birthday is July 11, 1995



Kayla
ZOSCHG

Senior • Senior
Emporium, Pa.

THROWS

Zoschg's Personal Bests

Javelin 151'-8" (46.22)

At the NCAA Championships... || 2015 Outdoor || Qualified for the NCAA East Prelims ... Finished 36th with her mark of 140-1

At the Big Ten Championships... || 2015 Outdoor || Finished 16th with her toss of 131-8

In the Field... || 2016 Outdoor || Competed in five meets... Posted three top-10 finishes || 2015 Outdoor || Tallied a season-best throw of 146-9 en route to a fourth-place finish at the Bison Outdoor Classic ... Finished third at the Kehoe Twilight Meet with her throw of 141-6

Before Penn State... Transfer from Dickinson College | At Dickinson | 2014 Centennial conference javelin champion ... School record holder ... Academic All-American | Personal Best | Javelin: 151-8 | High School | School record holder ... Four-time district qualifier ... Two-time state qualifier ... Four-year letterwinner in track & field | National Level Competition | Finished third in the javelin throw (148-0) at the NCAA Division III Meet | Personal | Daughter of Sue and Jim Zoschg ... Born April 20, 1994 ... Linguistics major



Rachel
BANKS

Freshman • Freshman
Chardon, Ohio

DISTANCE • CROSS COUNTRY

Banks' Personal Bests

800m 2:07.27
Mile 4:57.00

At the Big Ten Championships... || 2016 Cross Country || 96th at the Big Ten Cross Country Championships (23:41.3)

Around the course... ||2016 Cross Country || Opened the year with a seventh-place finish at the Dolan Duals (14:18.52)...Placed 41st at the Spike Shoe invitational (23:08)... Placed 163rd at the Roy Griak Invitational(24:04.6)...Placed 67th at the Penn State National Open (21:36.60)Before Penn State... || High School PRs || 800-meters: 2:07.27, Mile: 4:57, 5K: 18:30 || High School || Cross Country state qualifying team in 2015... Two-time 4x800-meter relay state qualifier... Three-time cross country conference champions... Tiffin Carnival team champions... 2015 Ohio state champion in the 800-meters...

Ohio state record holder in the 800-meters... 2016 state runner-up in the 800-meters... 2015 news-herald track athlete of the year... eight time letter winner || Personal || Daughter of Kerry and Bryson Banks... Has one sibling, Liz Banks... Born on February 21, 1998



Natasha
FEDKINA

Freshman • Freshman
State college, Pa.

Distance/XC

Fedkina's Personal Bests

800m 2:15.00
Mile 5:00.97

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

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



Julia
GUERRA

Freshman • Freshman
Oakland, N.J.

Distance/XC

Guerra's Personal Bests

1600m 4:51.00
3200m 10:35.70

Around the course...|| 2016 Cross Country || Opened the year with a sixtd-place finish at the Dolan Duals (14:18.24)...Placed 62nd at the Spike Shoe invitational (24:13)... Placed 244th at the Roy Griak Invitational(24:53.4)

Before Penn State... || High School || Member of the First team All-Bergen County Indoor Track 4x800 relay team... Four-time First Team all- Bergen County Cross Country (2012-2016)... Four-time First Team All-North Jersey Cross Country (2012-2016)... Second Team All-State Cross Country(2013)... First Team All-State Cross Country (2015)...



2016-17 WOMEN'S RETURNERS/NEWCOMERS

Bergen Record Athlete of the week for Cross Country (10/20/15)... Fourth Place at the New Jersey State Meet of Champions (2015)... Bergen Record Athlete of the Week for Winter Track (2/25/14)... Star Ledger Athlete of the Week for Winter Track (2/25/14)... Three-time First Team All-Bergen County Winter Track ... Two-time All North Jersey Winter Track... 1600m & 3200m State Group 2 Champion Indoor Track (2014)... 3200m State Group 2 Champion Indoor Track (2016)... Bergen Record Athlete of the Season Winter Track (2016)... First Team All-State Winter Track (2016)... Milesplit National Kick of the Week Winner 2016 (2/29/16)... Two-time First Team All-Bergen County Spring Track ... Two-time First Team All-New Jersey Spring Track... Third Team All-State 1600m Spring Track (2015)... Runner up in the 1600m at the New Jersey State Meet of champions (2015)... Three-time Outdoor 1600m State Medalist... Earned twelve letters... Team captain: XC 2yrs, Indoor 2yrs, Outdoors 2yrs || Personal || Daughter of Michael and Felicia Guerra... Birthday is September 2, 1998



Kiara
LESTER

Freshman • Freshman
Wenonah, N.J.

Sprints

Lester's Personal Bests

100m	11.98
200m	24.32
400m	55.72



Julia
HOWARD

Freshman • Freshman
Greensburg, Pa.

JUMPS

Howard's Personal Bests

High Jump	5'-2" (1.57m)
Long Jump	18'-11" (5.76m)
Triple Jump	39'-2.5" (11.95m)

Before Penn State... || High School PRs || Triple Jump: 11.95m (39'-2.5"), Long Jump: 5.76m (18'-11"), High Jump: 1.57m (5'-2"), Heptathlon: 3,510 points || High School || Four-year TSTCA Indoor Championship Qualifier... 2015 long jump champion & second-place triple jump... 2016 triple jump champion, second-place long jump... Two-year PTFCA Indoor State Championship Qualifier... 2015 long jump fifth-place, triple jump sixth-place... 2016 triple jump third-place, long jump eighth-place... three-year County Championships Qualifier... Four-year WPIAL AAA Central Section Championship Qualifier... 2015 triple jump second-place, 2016 triple jump champion, long jump champion... Three-year PIAA District 7AA & 7AAA Championship Qualifier... 2014 triple jump second-place... 2015 triple jump second-place... 2016 triple jump champion and long jump champion... two-year PIAA State Championships... 2016 triple jump third-place and long jump fourth-place... Holds school records in Long Jump, Triple Jump, 60m Hurdles, High Jump... Also lettered in volleyball || National Level Competition || 2016 New Balance Outdoor Nationals long jump fifth-place, triple jump 12th-place... 2016 New Balance Indoor Nationals long jump 22nd-place, triple jump 24th-place... 2015 New Balance Indoor Nationals triple jump 22nd-place... 2015 USATF Junior Olympics Nationals- Jacksonville FL triple jump 25th-place, long jump 24th-place... 2015 USATF Youth Outdoor T & F Championship- Lisle, Ill. triple jump second-place long jump 15th-place... 2015 USATF World Youth T&F Trials- Lisle, IL Heptathlon TEAM USA 14th-place... 2014 USA Youth Outdoor T&F Championships- Bloomington, Indiana Heptathlon third-place, triple jump second-place, long jump fourth-place, high jump eighth-place... 2012 USATF National Junior Olympics-Baltimore, Maryland Pentathlon 16th-place (2296), 100-meter hurdles 28th-place, long jump eighth-place... 2011 USA Youth Outdoor T&F Championships- Myrtle Beach, SC Pentathlon sixth-place (2180), high jump eighth-place, 100-meter hurdles 11th-place... 2010-USATF National Junior Olympic Championships Sacramento, Calif. high jump eighth-place, Pentathlon 17th-place (2122) || Personal || Daughter of Renee Howard and John Prorok... Born on March 3, 1998

Before Penn State... || High School || Two time Indoor Group Two team champions... 4x200 & 4x4 State Champions... 2015 Outdoor 4x1, 4x2 and 4x4 State champions... First team All-Conference in the 55m, 200m and 400m... 2014-2015 Indoor and Outdoor Sectional/State Champion in the 55m, 400m, 4x2 and 4x4... Two times Meet of Champion winner and record holder (24) ... 2015 outdoor state Champion in the 100m, 200m, 400m and 4x1... Indoor 400m school record holder... Earn four Indoor and Outdoor varsity letters... Four year team Captain... || National Level Competition || Started AAU Track and Field at the age of 18 years old. Has been ranked within the top 10 every summer || Personal || Daughter of Kevin and Fran Lester... Has one sibling, Kevin Lester Jr... Born October 8, 1998



Grayson
MCCLOY

Freshman • Freshman
Mill Hall, Pa.

JUMPS

McCloy's Personal Bests

High Jump	5'-3"
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Before Penn State... || High School PRs || High Jump: 5'-3" || High School || Four year letter winner... District 6 High Jump Champion 2015 and 2016... First Team High Jump (PHAC)... Central Mountain High Jump Record Holder... Class of 2016 Salutatorian... NHS member, Secretary of Student Government, Secretary of Student Athletic Leadership Group || Personal || Daughter of James and Sandra McCloy... Born on March 13, 1998




Kathryn MUNKS
Freshman • Freshman
Chester, N.Y.

Distance/XC

Munk's Personal Bests	
800m	2:13.95
1000m	3:01.59
1500m	4:36.54
1600m	4:50.94
3000m	9:52.69

On the National Scene... || 2016 Cross Country || Finished 12th at the NCAA Mid-Atlantic Regional Championships running 20:53 on the 6k course... Placed 177th at the NCAA Championships running 21:15.2

At the Big Ten Championships... || 2016 Cross Country || Placed 27th at the Big Ten Cross Country Championships (21:57.4)

Around the Course... || 2016 Cross Country || Opened the year with a Fifth-place finish at the Dolan Duals (14:15.50) ...Placed 11th at the Spike Shoe invitational (21:29)... Placed 62nd at the Roy Griak Invitational(22:57.2) ...Placed 21st at the Penn State National Open (20:49.40)

Before Penn State... || High School || Cross Country: OCIAA D1 Champions... OCIAA County Champions... Section 9 Champions... 5th place at NYSPHSAA Class A Championships... 3rd place NYS Federation Champions... Indoor & Outdoor: OCIAA League champions... OCIAA D1 Champions... Section 9 Champions ... New York State Meet Qualifier ... 4xmile School and Section Record (20:56.98)... Davidson Award... XC OCIAA Champion... Times Herald Record Athlete of the Year (2014 & 2015)... 1st Team All County.. 2nd Team All State ... 1st Team All Northeast... Honorable Mention All-American... OCIAA Champion In the 4x800.. Class A champion in the 4x800... 5th place at NYSPHAA ... 7th place at the NYS Meet... 3rd Place in the DMR at the Penn Relays (running 11:51.65)... Section 9 Champion in the 800m and 3000m... Twelve Varsity letters... Team Captain in XC and Track... Three-time XC MVP... Four-time Track MVP ... || National Level Competition || 37th at Footlocker Cross Country Nationals... Competed at New Balance indoor Nationals in the 4x80 (2014), 2mile (2015 & 2016) and DMR (2016)... Competed at New Balance Outdoor Nationals in the 4xmile (2013, 2015 & 2016), SMR (2015 8th place), 2 mile (2016 11th place) and EE DMR (2015 5th place) || Personal || Daughter of Susan and Joseph Munks... Birthday is June 30th, 1998



Danae RIVERS
Freshman • Freshman
Derby, CT

Distance/XC

Rivers' Personal Bests	
800m	2:05.86
1600m	4:47.45

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



Kelsey VIEIRA
Freshman • Freshman
Hillsborough, N.J.

JUMPS

Vieira's Personal Bests	
Long Jump	19'-1.25"
Triple Jump	39'-3.75"

Before Penn State... || High School PR || Long Jump: 19-1.25, Triple Jump: 39-3.75 || Hillsborough High School || NJSIAA Sectional-Central-Group 1&4 team Champions... School long jump record holder... Skyland conference Long Jump Champion... NJSIAA Sectional-Central-Groups 1&4 Champion... Somerset County champion... Skyland Conference Champion... All-State Long Jump 2015... Team captain 2015-2016... Paul Robeson Athletic Award winner || National Level Competition || Competed at the New Balance Indoor National Meet in 2014 & 2015... Competed at the New Balance outdoor National meet in 2015 || Personal || Daughter of Donna and Peter Vieira... Has one sibling, Jared Vieira... Born August, 2, 1998



MEN'S BIOS

2016-17 Men's Roster



Name	Year	Eligibility (I/O)	Event Area	Hometown (Previous School)
Colin Abert	Sophomore	Sophomore	Distance/XC	West Babylon, N.Y. (Cortland College)
Darian Alston	Freshman	Freshman	Jumps	West Chester, Pa. (Downingtown West High School)
Kenny Anderson	Freshman	Freshman	Sprints/Hurdles	Northfield, N.J. (Mainland Regional)
Patrick Anderson	Senior	Senior	Pole Vault	Kane, Pa. (Kane Area)
William Ashenfelter	Freshman	Freshman	Mid-Distance	Needham, MA (Needham)
Michael Biddle	Sophomore	Sophomore	Throws	Williamsburg, Pa. (Living Water Christian Academy)
Brady Bobbitt	Sophomore	Sophomore	Distance/XC	Batavia, Ill (Marmion Academy)
Devin Bradham	Sophomore	Sophomore	Jumps	Williamstown, N.J. (Williamstown)
Austin Campbell	Freshman	Freshman	Jumps	Denver, Co. (Regis Jesuit High School)
Robert Cardina	Senior	Senior	Multi-Events	Lancaster, Pa. (Conestoga Valley)
Dan Chisena	Sophomore	Sophomore	Sprints	Downington, Pa. (Downington-East)
Tristan Daman	Freshman	Freshman	Sprints	State College, Pa. (State College)
Kory Decesaris	Senior	Junior	Throws	Danielsville, Pa. (Northampton Area)
Derek Dibona	Freshman	Freshman	Pole Vault	Warwick, N.Y. (Warwick Valley)
Kobren Frederick	Sophomore	Sophomore	Jumps	Huntingdon, Pa. (Huntingdon Area)
Riley Gaibler	Senior	Jr./Sr.	Sprints/Relays	Lansdale, Pa. (North Penn)
Luke Grodeska	Freshman	Freshman	Throws	Neptune, N.J. (St. Rose)
Isiah Harris	Sophomore	Sophomore	Distance/XC	Lewiston, Maine (Lewiston)
Spencer Hay	Freshman	Freshman	Jumps	Palmerton, Pa. (Palmerton Area)
Lamont Higgins	Sophomore	Sophomore	Sprints	New Brunswick, N.J. (Rider)
Robert Hill	Junior	Sophomore	Distance/XC	Wellsboro, Pa. (Wellsboro Area)
Jaxson Hoey	Freshman	Freshman	Distance.XC	Dowington, Pa. (Dowington West)
Peter Hughey	Sophomore	Sophomore	Sprints	Chambersburg, Pa. (James Buchanan)
Chisom Ifedi	Sophomore	Sophomore	Jumps	Columbus, Ohio (Centennial)
Ryan Kerr	Grad	Senior	Throws	Brookville, Pa. (Brookville Area)
Conrad Lippert	Grad	Senior	Distance/XC	Middletown, N.J. (Christian Brothers Academy)
William Loevner	Freshman	Freshman	Distance/XC	Allison Park, Pa. (Winchester Thurston)
Joey Logue	Junior	Junior	Distance/XC	Blooming Glen, Pa. (Pennridge)
Tommy Louro	Junior	Sophomore	Distance/XC	Holtsville, N.Y. (St. Anthony's)
David Lucas	Sophomore	Sophomore	Throws	Lititz, Pa. (Warwick)
Jordan Makins	Junior	Junior	Distance/XC	Perth, Australia (Aquinas College)
David Marrington	Sophomore	Sophomore	Sprints/Hurdles	Langhorne, Pa. (Neshaminy)
Tyreek Mathis	Freshman	Freshman	Sprints	Philadelphia, Pa. (Germantown)
Alex McCord	Sophomore	Sophomore	Multi-Events	Lititz, Pa. (Warwick)
Billy McDevitt	Sophomore	Sophomore	Mid-Distance	Newtown Square, Pa. (Malvern Prep)
Jack McGowan	Junior	Junior	Distance/XC	Northport, N.Y. (Roger Williams)
Timothy McGowan	Junior	Junior	Distance/XC	Northport, N.Y. (Roger Williams)
Malik Moffett	Senior	Junior	Sprints/Jumps	Erie, Pa. (PSU - Behrend)
Joseph Phifer	Sophomore	Sophomore	Distance/XC	Union, N.J. (Penn State - Harrisburg)
Anton Porter	Sophomore	Sophomore	Sprints	Bronx, N.Y. (Mount St. Michael)
Luke Rarig	Sophomore	Sophomore	Multi-Events	Catawissa, Pa. (Southern Columbia)
Sam Reiser	Sophomore	Sophomore	Sprints/Relays	Melbourne, Australia (Geelong Grammar School)
Brad Rivera	Senior	Senior	Distance/XC	Bensalem, Pa. (Bensalem)
Morgan Shigo	Junior	Sophomore	Throws	Blandon, Pa. (Fleetwood Area)
Alex Shisler	Senior	Senior	Sprints/Relays	State College, Pa. (State College Area)
Michael Shuey	Senior	Senior	Throws	Johnsonburg, Pa. (Johnsonburg Area)
Michael Slagowski	Freshman	Freshman	Distance/XC	Meridian, ID (Rocky Mountain)
Xavier Smith	Junior	Junior	Sprints/Relays	Douglasville, Pa. (Daniel Boone)
Griffin Thompson	Freshman	Freshman	Pole Vault	State College, Pa. (State College)
Brandon Tubby	Sophomore	Sophomore	Distance/XC	Hillsborough, N.J. (Hillsborough)
Bryce Williams	Junior	Junior	Jumps	State College, Pa. (State College)
Darien Williams	Freshman	Freshman	Sprints	Blue Bell, Pa. (Wissahickon)
Jon Yohman	Senior	Junior	Throws	New Wilmington, Pa. (Wilmington)



2016-17 MEN'S RETURNERS



Colin
ABERT

Sophomore • Sophomore
Easton, Pa

DISTANCE • CROSS COUNTRY

Abert's Personal Bests

	Indoor	Outdoor
1500m	3:48.15	3:45.25
Mile	4:03.92	***
3000m	8:08.94	***
5000m	***	14:10.66

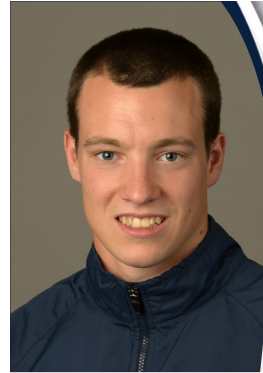
On the National Stage... | 2016 Cross Country || Finished 27th at the NCAA Mid-Atlantic Regional Championships running 31:24 on the 10K course | 2016 Outdoor || Qualified for the NCAA East Prelims in the 1,500-meter run | 2015 Cross Country || Took 26th at the NCAA Mid-Atlantic Regional Championships with his time of 31:36.4

At the Big Ten Championships... | 2016 Cross Country || Placed 28th at the Big Ten Cross Country Championships (25:19.2) | 2016 Outdoor || Recorded a fourth-place finish in the 1,500-meters clocking 3:46.96 | 2016 Indoor || Finished eighth in the mile with a time of 4:10.95 | 2015 Cross Country || Finished 31st in a time of 24:14.0

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

Around the Track... | 2016 Outdoor || Began the season with a sixth-place finish in the 1,500-meters at the Pepsi Invite hosted by the University of Oregon running a time of 3:47.70... Ran a season best time of 3:45.25 in the 1,500-meters... Ran a season best time of 14:10.66 in the 5,000-meters at the Penn Relays | 2016 Indoor || Opened the season with a sixth-place finish in the mile running 4:11.70... Recorded a season best time of 8:08.94 that was the best time in the NCAA when it was recorded at the Fastrack National Invite in Staten Island, N.Y. ... Took third-place in the 1,500-meters at the Penn State National in a time of 3:48.15

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



Patrick
ANDERSON

Senior
Kane, Pa.

POLE VAULT

Anderson's Personal Bests

	Indoor	Outdoor
Pole Vault	16-0 (4.88)	15-9 (4.80)

At the Big Ten Championships... | 2013 Indoor || Competed in the pole vault

In the Field... | 2015 Outdoor || Competed in two meets during the outdoor season ... Posted a personal-best height of 15-9 to finish fifth at the Bison Outdoor Classic | 2015 Indoor || Posted an indoor personal-best height of 15-7 in the pole vault at the Nittany Lion Challenge ... Finished second in the pole vault at the Penn State Relays with his height of 15-3 | 2014 Outdoor || Did not compete | 2014 Indoor || Cleared a height of 15-1 in the pole vault at the Penn State Relays to place third | 2013 Outdoor || Top finish was fourth in the pole vault at the Jim Thorpe Open | 2013 Indoor || Best clearance was 15-1 (4.60) at the SPIRE D-I Invitational ... Won the pole vault at the Penn State Relays ... Placed fourth at the Nittany Lion Challenge

Before Penn State... | High School || Won the PIAA State Championship in the pole vault as a senior with a clearance of 15-11 ... Also won the PIAA District 9 title in 2012 ... Placed fifth at the 2012 Penn Relays Carnival ... Pole vault PR if 16-4.75 ... Finished third at the PTFCA Indoor State Championships and went on to a 10th-place standing at New Balance Indoor Nationals ... Was also the PIAA State Champion as a junior ... Won the "Emerging Elite" division pole vault at New Balance Outdoor Nationals in 2011



Michael
BIDDLE

Freshman • Freshman
Williamsburg, Pa

DISTANCE • CROSS COUNTRY

Biddle's Personal Bests

Javelin	213'-10"
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Around the Track... | 2016 Indoor || Did not compete | 2016 Indoor || Did not compete

Before Penn State... | High School PR || Javelin: 213-10 | High School || Three-time PIAA District Six AA champion ... Set the PIAA District Six AA javelin record in 2015 ... School record holder ... Finished third at the 2014 PIAA AA Outdoor Track & Field Championships ... Won the javelin title at the 2015 PIAA AA Outdoor Track & Field Championships ... Three-time Inter County Conference champion ... Nominated to represent Pennsylvania for the 2015 Gatorade Athlete of the Year ... Placed second at the 2015 Penn Relays ... 2014 bronze



medalist at the USA Track & Field Junior Olympics ... 2013 gold medalist at the USA Track & Field Junior Olympics ... All-American ... Four-time letterwinner || National Level Competition || 2015 New Balance Outdoor Nationals javelin champion || Personal || Son of Tammy and Michael Biddle ... Born July 1, 1997



Brady BOBBITT
 Sophomore • Sophomore
 Batavia, Ill.
 DISTANCE • CROSS COUNTRY

Bobbitt's Personal Bests	
1600m	4:15.43
5000m	15:22.03

Around the Track... || 2016 Indoor || Did not compete || 2016 Outdoor || Competed in one meet... Ran a season best time of 15:22.03 in the 5,000-meters

On the Course... || 2016 Cross Country || Did not compete || 2015 Cross Country || Did not compete

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



Devin BRADHAM
 Sophomore • Sophomore
 Williamstown, N.J.
 JUMPS

Bradham's Personal Bests	
High Jump	6'-9" (2.06)

At the Big Ten Championships... || 2016 Outdoor || Finished 14th in the men's high jump clearing 2.02m (6'-7.5") || 2016 Indoor || Recorded a 19th-place finish in the men's high jump with a clearance of 1.98m (6'-6")

Around the Track... || 2016 Outdoor || Competed in six meets... Set

a personal best in the high jump clearing 2.06m (6'-9")... Recorded three top-five finishes... Won the Jim Thorpe Open clearing 1.96m (6'-5") || 2016 Indoor ||

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



Robert CARDINA
 Senior • Senior
 Lancaster, Pa.
 MULTI-EVENTS

Cardina's Collegiate Personal Bests		
	Indoor	Outdoor
60m	7.04	***
100m	***	10.90/10.87w
400m	50.61	48.97
1000m	2:53.38	***
1500m	***	4:53.63
60mH	8.30	***
110mH	***	14.67
High Jump	6-10.75 (2.10)	7-0.25 (2.14)
Pole Vault	14-3.25 (4.35)	13-9.75 (4.21)
Long Jump	23-2 (7.06)	22-6.5(6.87)/23-2.75(7.08w)
Shot Put	43-3.75 (13.20)	43-1.5 (13.14)
Discus	***	136-1 (41.48)
Javelin	***	200-4 (61.06)
Heptathlon	5511	***
Decathlon	***	7666

On the National Stage... || 2014 Outdoor || Qualified for the 2014 NCAA Division I Outdoor Track & Field Championships in the decathlon competition ... Qualified for the NCAA East Prelims in the high jump event ... A member of the 4x400-meter relay team that finished 15th at NCAA East Prelims, just over a second shy of qualifying for the NCAA Championships ... At the 2014 NCAA Division I Outdoor Track & Field Championships, Cardina garnered First Team All-America honors as he placed eighth with his lifetime-best score of 7,666 points, which makes him the first Penn State student-athlete to be named an All-American in the decathlon since 1998 and it is also the highest Penn State finish in the decathlon at the NCAA Championships since Dave Masgay placed seventh in 1987 ... Cardina also broke his own school record for points on the first day of the decathlon (4,087) ... Ran a lifetime-best time of 10.87 in the 100-meter dash ... His score of 7,666 points in the decathlon ranks second all-time in the Penn State record books ... His time of 49.49 in the 400-meter dash was the fourth-fastest in the decathlon event

At the Big Ten Championships... || 2016 || Recorded a ninth-place finish



2016-17 MEN'S RETURNERS

in the javelin throw with a mark of 61.55m (201'-11") || 2016 Indoor || Recorded a 15th-place finish in the high jump with a best clearance of 2.03m (6'-8") || 2014 Outdoor || Finished third in the decathlon with his score of 7,619 points ... In the decathlon, Cardina won two events (400-meter dash and the javelin throw) and placed second in three events (high jump, 100-meter dash and the 110-meter hurdles) || 2014 Indoor || Placed fourth in the heptathlon with his lifetime-best score of 5,511, which is also the school record ... In the heptathlon competition, Cardina finished second in the 60-meter dash (7.04) and second in the high jump (6-9), both marks are Penn State heptathlon event records

Around the Track and in the Field... || 2016 Outdoor || Competed in six meets... Competed in the discus throw, javelin throw and shot put... Set season best marks of 62.57m (205'-3") - javelin throw, 40.22m (131'-11") - discus throw, and 12.19m (40'-0") - shot put || 2016 Indoor || Competed in six meets... Set a season best of 7.22 seconds in the 60-meters at the Penn State National... Set a personal best in the 60-meter hurdles at the Penn State National running 8.30 seconds || 2015 Outdoor || Competed in three meets during the outdoor season || 2015 Indoor || Competed in two meets during the indoor season || 2014 Outdoor || Mainly competed in the decathlon for the Nittany Lions ... Finished fourth in decathlon at the Texas Relays with his score of 7,508 points ... Won the high jump event in the decathlon at the Texas Relays with his lifetime-best height of 7-0.25, which is a Penn State decathlon record and is tied for eighth all-time in the Penn State record books ... He also ran a wind-aided time of 14.98 in the 110-meter hurdles to finish second in the decathlon event ... Cardina set the school records for points on the first day of the decathlon twice, first at the Texas Relays (4,069) and again at the NCAA Championships (4,087) ... Set lifetime-bests in all the events he competed in during the outdoor season, except the 110-meter hurdles || 2014 Indoor || Mainly competed in the heptathlon competition for the Nittany Lions ... Won the long jump event at the Penn State Relays with his mark of 23-2 ... Tallied a then-lifetime-best score of 5,257 points to win the heptathlon competition at the Penn State National Invitational ... In the heptathlon competition at the Penn State National Invitational, Cardina won four events, finished second in two events and third in one event ... Ran the second leg of the second-place DMR team at the Sykes & Sabock Challenge Cup ... Set lifetime-bests in every event he competed in during the indoor season || 2013 Seasons || Redshirted the indoor and outdoor seasons ... Competed unattached in the heptathlon at the PSU National, finishing with a lifetime-best score of 4869

Before Penn State... || High School || Picked up a pair of All-State finishes at the PIAA Outdoor Championships as a senior, placing sixth in the 300 hurdles and seventh in the high jump ... Won both the 110 and 300 hurdles at the Lebanon-Lancaster League Championships in 2012 ... Placed second at his league meet in the high jump, clearing a PR 6-8 ... Finished sixth in the high jump at Penn Relays senior year ... Was the state runner-up as a junior ... Boasts bests of 14.32 in the 110 hurdles, and 38.55 for the 300 hurdles



Dan
CHISENA

Sophomore • Sophomore
Pittsburgh, Pa.

DISTANCE • CROSS COUNTRY

Chisena's Personal Bests		
	Indoor	Outdoor
60m	6.86	**
100m	***	10.46 ^w
200m	21.46	21.05

On the National Stage... || 2016 Outdoor || Ran as a member of the No. 4 fastest 4x100-meter relay (40.04)... Ran a leg on the 4x400-meter (3:08.02) relay at the NCAA East Preliminary

At the Big Ten Championships... || 2016 Outdoor || Competed in four events... Set a season best time of 10.46w and ran a time of 21.20 in the 200-meters during prelims... Ran a leg on the fifth-place 4x100-meter relay (40.20) and the sixth-place 4x400-meter relay (3:07.25) || 2016 Indoor || Recorded a 13th-place finish in the 200-meters while running a season best time of 21.46... Finished 16th in the 60-meters clocking a season best time of 6.86 seconds

Around the Track... || 2016 Outdoor || Competed in six meets... Competed in the 100-meters, 200-meters, and as a leg on the 4x100-meter and 4x200-meter relays... Set season best in the 100-meters of 10.63 and 200-meters running 21.05 at the Texas Invitational in Austin, TX... Ran the second leg on the No. 3 4x100-meter relay in program history (39.92) set at the Pac-12 vs. Big Ten meet hosted by Arizona State in Tempe, Ariz. || 2016 Indoor || Competed in three meets... Recorded five top-five finishes throughout the season.

Before Penn State... || High School PR || 100: 10.52, 200: 21.29 || High School || Very accomplished track athlete... Won state titles in the 2015 PIAA Class AAA Outdoor 100-meter, 200-meter and 4x100-meter relay... Ran a 10.52 in the 100, 21.29 in the 200 and helped the 4x100-meter team run a 42.01... Earned PFTCA Outdoor first-team all-state honors in those events... Led Downingtown East to a fourth-place finish as a team... At the 2015 PIAA Class AAA Indoor Championships, he placed seventh in the 200-meter and fourth in the 4x200-meter relay || Personal || Son of Dave and Jody Chisena... Hobbies include biking, golfing and hiking... Father, Dave, played football at the University of Delaware (1979-83)... Great-grandfather, grandparents and cousin all attended Penn State... Great-grandfather, Enos J. Perry, is a distinguished Penn State alum... Plans to major in engineering... Born February 25, 1997 in Paoli, Pa.



Kory DeCESARIS

Junior • Junior
Danielsville, Pa.

THROWS

DeCESARIS' Personal Bests

	Indoor	Outdoor
Discus	***	145'-4" (HS)
Hammer Throw	***	198'-5"
Javelin	***	175'-7" (HS)
Weight Throw	60'-7.25"	***

At the Big Ten Championships... || 2016 Outdoor || Finished 14th in the hammer throw with a mark of 57.13m (187'-5) in Lincoln, Neb. || 2016 Indoor || Finished 21st in the weight throw with a mark of 18.21m (59'-9") in Geneva, Ohio || 2015 Outdoor || Finished 13th in the hammer throw with a personal best toss of 198-5 ... His mark of 198-5 ranks sixth all-time in the Penn State record books || 2015 Indoor || Finished 20th in the weight throw with his toss of 58-1

In the Field... || 2016 Outdoor || Competed in seven meets... Competed in hammer throw... Set a season best of 58.84m (193'-0") at the Pac-12 vs. Big Ten Challenge... Recorded five top-10 finishes || 2016 Indoor || Competed in six meets... Set a personal best in the weight throw with a mark of 18.55m (60'-10.5") at the Penn State Tune-Up... Recorded five top-10 finishes || 2015 Outdoor || Placed second in the hammer throw at the Kehoe Twilight Meet with his throw of 187-1 ... Took third in the hammer throw at the Jim Thorpe Invite with his mark of 177-8 || 2015 Indoor || Tallied a personal-best mark of 60-7.25 in the weight throw en route to a fourth-place finish at the Penn State National Invitational ... Finished second in the weight throw at Penn State Tune-Up with his mark of 59-3.5 || 2014 Season || Redshirted

Before Penn State... Decesaris won the shot put at the PIAA District 11 AAA Championships this spring and would go on to finish eighth in the event at the PIAA Outdoor Championships. The Danielsville, Pa., native had a highly-successful outing at the Colonial/Lehigh League Championships as a senior, winning the shot, and placing third in both the discus and the javelin



Kobren FREDERICK

Sophomore • Sophomore
Huntingdon, Pa.

JUMPS

Frederick's Personal Bests

Long Jump	21'-7.5" (6.59)
Triple Jump	47'-9.25" (14.09)

At the Big Ten Championships... || 2016 Outdoor || Finished 15th in the triple jump with a mark of 14.29m (46'-10.75") || 2016 Indoor || Recorded a 14th-place finish in the triple jump with a mark of 14.10m (46'-3.25")

In the Field... || 2016 Outdoor || Competed in four meets... Set a season best mark of 6.49m at the Penn State Relays... Recorded a career best mark of 14.58m (47'-10") at the Penn State Tune-Up meet...

Before Penn State... || High School PRs || Long Jump: 21-7.5, Triple Jump: 46-3 || High School || Won the triple jump title at the 2015 PIAA AA Outdoor Track & Field State Championships ... Two-time PIAA AA District Six champion in the triple jump ... Mountain League MVP, Conference champion in the high jump, long jump and triple jump ... First track & field male athlete to ever win a state medal in Huntingdon High School history ... Two-time Altoona Mirror Athlete of the Week ... Altoona Mirror all-star team ... Mountain League Conference all-star team ... Four-year letterwinner in track || Personal || Son of Athena and Kenneth Frederick ... Born on December 20, 1996



Riley GAIBLER

Junior (I) • Senior (O)
Lansdale, Pa.

SPRINTS • RELAYS

Gaibler's Personal Bests

	Indoor	Outdoor
400m	49.79	49.27
600m	1:19.80	***

At the Big Ten Championships... || 2015 Indoor || Finished 20th in the 600-meter dash with his time of 1:21.25

Around the Track... || 2016 Outdoor || Competed in three meets... Finished third in the 400-meter hurdles at the Jim Thorpe Invite clocking a career best 56.46 || 2016 Indoor || Competed in six meets... Set a personal best in the 500-meters running 1:05.09 at the Penn State Relays || 2015 Outdoor || Posted a pair of personal-best performances at the Bison Outdoor Classic (200 -- 23.50, 400 -- 49.27) || 2015 Indoor || Posted a pair of personal-best performances at the Bison Outdoor Classic (200 -- 23.50, 400 -- 49.27) || 2014 Outdoor || Competed in the 400-meter dash twice, posted a season-best time of 49.72 at the Kehoe Twilight || 2014 Indoor || Redshirted

Before Penn State... || High School || Was the SOL Continental Conference Champion in the 400 as a senior, as well as the conference runner up in the 110-meter hurdles ... Owns a lifetime-best 49.57 in the 400 ... Also competed in the 300-meter hurdles as a prep, running 39.82 || Personal || Son of Alice and Rich Gaibler ... Birthday is May 15, 1995



2016-17 MEN'S RETURNERS



Isaiah HARRIS
Sophomore • Sophomore
Lewiston, Maine

DISTANCE • CROSS COUNTRY

Harris' Personal Bests		
	Indoor	Outdoor
400m	48.79	***
600m	1:17.50	***
800m	1:46.24	1:45.76

2016 U.S. Trials - Sixth-place in the 800-meters (1:46.47)
2016 NACAC U23 Champion in 800-meters (1:47.52)
2016 NCAA Outdoor All-American
3x Big Ten Champion
All-Time Big Ten Indoor Record in the 800-meters (1:46.24)

On the National Stage... || 2016 Outdoor || Grabbed a gold medal at the NACAC U23 Championships in the 800-meters (1:47.52) ... Qualified for the U.S. Olympic Trials in the 800-meters... Posted a 6th-place finish in the 800-meters at the U.S. Olympic Trials running 1:46.47 in the finals in Eugene, Ore. ... Posted a 4th-place finish at the NCAA Outdoor Championships in the 800-meters running a lifetime best 1:45.76... Qualified for the NCAA East Preliminary in 800-meters and 4x400-meter relay... Posted a time of 1:46.52 in the 800-meters at the NCAA East Preliminary || 2016 Indoor || Finished 12th in the 800-meters at the NCAA Indoor Championships at the Birmingham Crossplex in Birmingham, Ala.

At the Big Ten Championships... || 2016 Outdoor || Won the 800-meters to complete the indoor/outdoor sweep in the event running a time of 1:46.21 in Lincoln, Neb... Ran the anchor leg on the 4x400-meter relay splitting 45.2 on the sixth-place relay (3:07.25) || 2016 Indoor || Captured the Indoor 800-meter championship running a Big Ten All-time indoor record time of 1:46.24 in Spire Center in Geneva, Ohio

On the Course...|| 2016 Cross Country || Opened the year with a 22nd-place finish at the Dolan Duals (19:20.75)

Around the Track...|| 2016 Outdoor || Competed in 10 meets... Recorded 15 top-10 finishes... Posted three first-place finishes... Recorded second-place finishes in back-to-back trips to the west coast in the Pepsi Invitational and Stanford Twilight 800-meters || 2016 Indoor || Competed in in eight meets... Opened the season with six straight win... Posted a personal best time of 48.79 in the 400-meters at the Fastrack National Invite... Set a personal best in the 600-meters at the Penn State Tune-Up running 1:17.50

Before Penn State... || High School PRs ||200: 21.82, 400: 46.8, 800: 1:49.63, 1,600: 4:18.92 || High School ||Holds the Maine all-time best in the 200-meter dash and the 800-meter run ... Two-time New England champion in the 800-meter run ... Three-time state champion in the 800-meter run ... Two-time state champion in the 200-meter dash ... 2015 state champion in the 1,600-meter run ... Finished runner-up at the 2014 state cross country meet ... Holds six school records ... Six-time letterwinner ... Track team captain ... Cross country team captain ... Six-time team MVP ... || National Level Competition || Finished third in the 800-meter run at the 2015 New Balance Outdoor Nationals meet ... All-American || Personal || Born on October 18, 1996



Lamont HIGGINS
Sophomore • Sophomore
New Brunswick, N.J.

SPRINTS

Higgins' Personal Bests	
60m	6.98
100m	10.95
200m	21.86
400m	49.18

At the Big Ten Championships... || 2016 Outdoor || Finished 24th in the 400-meters running 49.44 in the prelims

Around the Track... || 2016 Outdoor || Competed in four meets... Set season best times of 22.31 (200-meters) and 49.18 (400-meters)...

Before Penn State... || Rider University PRs || 60: 6.98, 100: 10.95, 200: 22.07, 400: 47.72 || Transfer from Rider University || All-conference in the 55-meter dash and 100-meter dash in high school ... Conference champion in the 55-meter dash and the 100-meter dash in high school ... Greater Middlesex Conference Sprinter of the Year (indoor and outdoor) ... Four-year letterwinner in track ... Team MVP ... Team captain ... A member of the sprint medley relay that finish second at the 2013 New Balance Outdoor Nationals meet ... Two-time Rider Student-Athlete of the Month ... Metro Athletic Atlantic Conference Performer of the Week ... ECAC Performer of the Week ... Two-time conference champion in the 400-meter dash ... Conference champion in the 4x400-meter relay ... School record holder in the 400-meter dash ...Three-time IC4A/ECAC qualifier || Personal || Son of Deanna Long and Bernard Mitchell ... Energy, business and finance major ... Born on January 17, 1995



Bobby Hill
Junior • Junior
Wellsboro, Pa.

DISTANCE • CROSS COUNTRY

Hill's Personal Bests		
	Indoor	Outdoor
800m	***	1:53.72
1500m	***	3:49.30
Mile	4:09.25	***

On the National Stage...| 2016 Cross Country || Finished 111th at the NCAA Mid-Atlantic Regional Championships running 33:15 on the 10K course

At the Big Ten Championships... || 2016 Cross Country || Placed 71st



at the Big Ten Cross Country Championships (26:09.5) || 2015 Outdoor || Finished 18th in the 1,500-meter run with his time of 3:54.17 || 2015 Indoor || Finished 15th in the mile with his time of 4:10.32 || 2014 Cross Country || Ran to an 88th-place finish with his time of 25:43.0

On the Course... || 2016 Cross Country || Opened the year with a fourth-place finish at the Dolan Duals (18:18.54)... Placed 28th at the Spike Shoe invitational (27:28)... Placed 123rd at the Roy Griak Invitational (26:47.4)... Placed 61st at the Penn State National Open (26:05.30) || 2014 Cross Country || Competed in five meets as a redshirt freshman ... Began the year with a 29th-place finish at the Dolan Duals (19:58.89) ... Placed 79th at the Harry Groves Spiked Shoe Invitational with his time of 27:53.8 ... Finished 31st in the "Open" race at the Notre Dame Invite (25:38.5) ... Took eighth at the Penn State National (27:19) || 2013 Cross Country || Ran unattached in two meets (Spiked Shoe and Penn State National)

Around the Track... || 2015 Outdoor || Clocked in for a personal-best time of 1:53.72 in the 800-meter run en route to an seventh-place finish at the LSU Alumni Gold meet ... Finished fifth in his heat of the 1,500-meter run at the Payton Jordan Invite with his personal-best time of 3:49.30 || 2015 Indoor || Talled a 10th-place finish in the mile at the Penn State National Invite with his personal-best time of 4:09.25 || 2014 Season || Redshirted

Before Penn State... || High School || Excelled during his career at Wellsboro Area, qualifying for the PIAA State Cross Country Championships on two occasions ... Ended his prep competition with an appearance at the outdoor state championships ... Placed seventh at the PIAA State Championships in the 1600 meters as a senior || Personal || Son of Robert and Janet Hill ... Birthday is December 9, 1994



Chisom IFEDI

Sophomore • Sophomore
Columbus, Ohio

JUMPS

Ifedi's Personal Bests

	Indoor	Outdoor
High Jump	2.17m	2.15m

On the National Stage... || 2016 Outdoor || Qualified for the NCAA East Prelims in the High Jump

At the Big Ten Championships... || 2016 Indoor || Placed seventh at the Big Ten Conference Championships in the High with a height of 2.15 meters 2016 || Outdoor || Placed third at the Big Ten Conference Championships with a height of 2.15 meters

High School PRs || High Jump: 6-10, Long Jump: 22-7 || High School || Three-time district champion in high jump... 2013 Columbus City champion in high jump... 2014 Cincinnati Elite champion in high jump... 2014 Columbus City runner-up in long jump... Third-place at 2015 Midwest Meet of Champions... Team MVP as a senior... Athletic Scholar Award... Three-year letterwinner in track & field for Coach Green || National Level Competition || Gold medalist at the 2014 USA Track & Field Junior Championships in the high jump, sixth-place in the long jump at the same meet || Personal || Son of Rosaire and Ifeanyi Ifedi... Born Feb. 9, 1997



Peter HUGHEY

Sophomore • Sophomore
Chambersburg, Pa.

SPRINTS

Hughey's Personal Bests

400m	49.15
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Around the Track... || 2016 Outdoor || Competed in one meet... Finished 24th in the 400-meters running 50.40... Posted a 28th-place finish in the 200-meters recording a time of 22.56w || 2016 Indoor || Competed in six meets... Set a personal best in the 200-meters running 22.50 at the Penn State Relays... Set a personal best in the 400-meters running 49.15 at the Sykes & Sabock Challenge Cup finishing 11th

Before Penn State... || High School PR || 400: 48.12 || High School || Two-time PIAA District Three champion in the 400-meter dash ... Finished third in the 400-meter dash at the 2014 PIAA AAA Outdoor Track & Field Championships ... Placed fourth in the 400-meter dash at the 2015 PIAA AAA Outdoor Track & Field Championships ... Two-time Mid-Penn champion ... Four-year letterwinner in track ... Two-year track team captain || National Level Competition || Competed at the 2014 USTAF Junior Olympics || Personal || Son of Jill and Scott ... Communications arts and sciences major ... Born on December 31, 1996



Ryan Kerr

Senior (I) • Senior (O)
Brookville, Pa.

THROWS

Kerr's Personal Bests

Javelin	229'-2"
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On the National Stage... || 2016 Outdoor || Recorded a 22nd-place finish at the NCAA East Preliminary meet with a throw of (208'-11") in Jacksonville, Fla. || 2015 Outdoor || Qualified for the NCAA East First Round ... Finished 28th with his toss of 209-0

At the Big Ten Championships... || 2016 Outdoor || Posted an eighth-place finish in the javelin throw with a mark of 62.12m (203'-10") || 2015 Outdoor || Opened the year with a fifth-place finish at the Florida Relays (221-8) ... Finished first at the Bison Outdoor Classic with his throw of 212-0 ... Talled a fourth-place finish in the college section of the javelin at the Penn Relays with his mark of 227-1

In the Field... || 2016 Outdoor || Competed in eight meets... Recorded six top-10 finishes... Competed in the javelin throw... Set a season



2016-17 MEN'S RETURNERS

best mark at the Penn Relays throwing 69.72m (228'-9") || 2016 Indoor || Did not compete || 2015 Outdoor || Posted a third-place finish with his career-best toss of 229-2 ... His mark of 229-2 ranks eighth all-time at Penn State || 2014 Season || Redshirted

Before Penn State... || High School || A transfer from Nebraska ... Will join Nittany Lions this fall with all four years of eligibility remaining ... Capped his high school career with third-place finishes in the javelin at both the PIAA Outdoor Championships and New Balance Outdoor Nationals ... A three-time state qualifier in track and field, and a multiple-time District 9 Champion ... Owns a lifetime-best toss of 207-2 ... was ranked as a top five thrower in Pennsylvania as a senior, along with rising Nittany Lion sophomore and NCAA qualifier Michael Shuey (Johnsonburg, Pa.) || Personal || Son of Blane Kerr ... Birthday is September 22, 1993



Tommy LOURO
Sophomore · sophomore
Holtsville, N.Y.
DISTANCE • CROSS COUNTRY

Louro's Personal Bests		
	Indoor	Outdoor
800m	1:53.83	1:53.97
1000m	2:30.81	***
1500m	***	3:53.69
Mile	4:18.17	***

Around the Track... || 2016 Outdoor || Competed in three meets... Set a personal best in the 1,500-meters running 3:53.69 at the Bison Outdoor Classic... Set a season best in the 800-meters at the Jim Thorpe Open running 1:53.97 in a second-place performance || 2016 Indoor || Competed in seven meets.. Set personal best in the 800-meters (1:53.83), 1,000-meters (2:30.81) and Mile (4:18.17) during the 2016 indoor season... Recorded seven top-10 finishes || 2015 || Did not compete

On the Course...|| 2016 Cross Country || Opened the year with a seventeenth-place finish at the Dolan Duals (18:11.63)...Placed 105th at the Spike Shoe invitational (30:09.1) || 2014 Cross Country || Ran unattached at the Dolan Duals (31st/20:04.45)

Before Penn State... || High School PRs || 400: 51.1 ... 600: 1:23.73 ... 800: 1:53.60 ... 1,000: 2:30.88 ... 1,600: 4:18.28 || High School || All-state ... All-long island ... All-American ... Eleven-time letterwinner (track & field and cross country) ... Indoor team MVP || National Level Competition || A member of the sprint medley relay team that placed fourth at the 2013 New Balance Indoor Nationals meet || Personal || Son of Pamela and Jack Louro ... Born August 30, 1995



David LUCAS
Sophomore · Sophomore
Lititz, Pa.
JUMPS

Lucas' Personal Bests		
	Indoor	Outdoor
Shot Put	***	16.80m
Discus	***	59.62m
Hammer	***	55.32m

On the National Stage... || 2016 Outdoor || Finished 15th in the discus throw with a mark of 55.12m (180'-10") in Eugene, Ore. ... Posted a career best mark of 59.62m (195'-7") at the NCAA East Preliminary in Jacksonville, Fla... Qualified for the NCAA East Preliminary in the discus throw



Joey LOGUE
Junior · Junior
Blooming Glen, Pa.
MID-DISTANCE • CROSS COUNTRY

Logue's Personal Bests		
	Indoor	Outdoor
600m	1:19.20	***
800m	1:50.71	1:55.78
1000m	2:22.77	***

At the Big Ten Championships... || 2015 Indoor || In his Big Ten Championships debut, Logue finished 12th in the 800-meter run with his time of 1:52.68

Around the Track... || 2016 Outdoor || Competed in two meets... Recorded a time of 1:55.78 in the 800-meters at the Pac-12 vs. Big Ten Challenge || 2015 Outdoor || Did not compete || 2015 Indoor || Posted three personal-best performances during the indoor season ... Tallied a personal-best time of 2:22.77 in the 1,000-meter run en route to a fifth-place finish at the Nittany Lion Challenge ... Finished fourth in the 800-meter run at the Sykes & Sabock Challenge Cup with his personal-best time of 1:50.71 ... Clocked in for a personal-best of 1:19.20 in the 600-meter run en route to a fourth-place finish at the Penn State Tune-Up

On the Course... || 2014 Cross Country || Ran unattached in two meets (Dolan Duals and the Penn State National)

Before Penn State... || High School PRs || 800: 1:51.09 ... 1,000: 2:28.66 ... 1,500: 3:57.49 || High School || Thirteen state medals ... Two-time state relay champ ... Team captain || National Level Competition || Two-time relay All-American || Personal || Son of Tina and Joe Logue ... Born October 5, 1995 ... Advertising major



At the Big Ten Championships... || 2016 Outdoor || Recorded a sixth-place finish at the Big Ten Championships in the discus throw with a mark of 54.64m (179'-3")... Finished 12th in the shot put with a throw of 16.80m (55'-1.5")

In the Field... || 2016 Outdoor || Competed in nine meets... Recorded 13 top-10 finishes... Posted two first-place finishes in the discus throw (Bucknell Team Challenge, Jim Thorpe Invite)

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



David MARRINGTON
Sophomore • Sophomore
Langhorne, Pa.
SPRINTS • HURDLES

Marrington's Personal Bests

	Indoor	Outdoor
60mH	8.58	***
400mH	***	52.92

At the Big Ten Championships... || 2016 Outdoor || Finished 18th in the 400-meter hurdles running a season best time of 54.21 in Lincoln, Neb.

Around the Track... || 2016 Outdoor || Competed in seven meets... Won the 400-meter hurdles at the Jim Thorpe Invite running 54.61... Recorded six top-10 finishes || 2016 Indoor || Did not compete

Before Penn State... || High School PRs || 60mH: 8.58, 110mH: 14.70, 300mH: 37.36, 400mH: 52.92 || High School || Two-time PIAA AAA District One champion in the 300-meter hurdles ... Tallied a pair of fourth-place finishes at the Penn Relays ... Captured the state title in the 300-meter hurdles during his senior year ... Team captain ... Two-time team MVP ... Four-year letterwinner in track || Personal || Son of Sally and Dave Marrington ... Business major ... Born on November 20, 1996



Jordan MAKINS
Junior • Junior
Perth, Australia
MID-DISTANCE • CROSS COUNTRY

Makins' Personal Bests

	Indoor	Outdoor
600m	1:18.44	***
800m	1:48.96	1:48.54
1500m	***	3:46.68

At the Big Ten Championships... || 2015 Indoor || A member of the first-place distance medley relay (9:40.62) ... Finished ninth in the 800-meter run (1:51.22) ... First team All-Big Ten

Around the Track... || 2015 Outdoor || Tallied a season-best 3:54.20 in the 1,500-meter run at the Bison Outdoor Classic || 2015 Indoor || Began his Nittany Lion career by running on the fastest 4x800-meter relay during 2015 indoor season at the Penn State Relays (7:22.10) ... Ran a season-best 1:18.44 in the 600-meter run at the Penn State Tune-Up ... Posted a season-best 1:50.03 in the 800-meter run at the Sykes & Sabock Challenge Cup ... Tallied a season-best 2:22.69 in the 1,000-meter run at the Nittany Lion Challenge

On the Course... || 2016 Cross Country || Opened the year with a sixteenth-place finish at the Dolan Duals (19:12.35)... Placed 123rd at the Penn State National Open (27:13.90) || Competed in two meets unattached (Dolan Duals and the Penn State National)

Before Penn State... || High School PRs || 400: 49.38 ... 800: 1:49.33 ... 1,500: 3:52.60 || High School || 2008-10 Public School Association (PSA) team champions ... 2008-12 PSA 800-meter run champion ... 2008, 2010-12 PSA 1,500-meter run champion ... 2010-11 PSA 400-meter dash champion || National Level Competition || 2010 U-16 Australian All Schools gold medal winner in the 800-meter run ... U-17 & U-20 Australia Junior Championships two-time bronze medal winner in the 800-meter run || Personal || Son of Patti Bjornvik and Roger Makins ... Born April 18, 1995



Alex MCCORD
Sophomore • Sophomore
Lititz, Pa.
MULTI-EVENTS

McCord's Personal Bests

	Indoor	Outdoor
110mH	***	16.42
Javelin	***	1:48.54

Around the Track... || 2016 Outdoor || Competed in the Bison Outdoor Classic... Finished 29th in the 110-meter hurdles running 16.42... Finished 23rd in the javelin throw with a mark of 48.24m (158'-3")

Before Penn State... || High School PRs || Decathlon: 5,322 points, High Jump: 6-8, Javelin: 164-7, 110mH: 15.69, Pole Vault: 10-9 || High School || Won the 2015 PIAA District Three AAA high jump title ... Placed sixth in the high jump at the 2015 PIAA AAA Outdoor Track & Field Championships ... Five-time letterwinner in track ... Competed at the 2014 Penn Relays ... High school teammate is David Lucas || National Level Competition || Finished first in the high jump at the 2013 Junior Olympic National Championships ... Competed at the 2014 New Balance Indoor Nationals || Personal || Son of Lynn and David McCord ... Born on March 15, 1997



2016-17 MEN'S RETURNERS



**Billy
MCDEVITT**

Sophomore · Sophomore
Newtown Square, Pa.

MID-DISTANCE

McDevitt's Personal Bests

	Indoor	Outdoor
800m	***	1:51.79
1500m	***	3:51.98

On the National Stage... | 2016 Cross Country || Finished 67th at the NCAA Mid-Atlantic Regional Championships running 32:08 on the 10K course

At the Big Ten Championships... | 2016 Cross Country || Placed 96th at the Big Ten Cross Country Championships (26:55.8)

On the Course... | 2016 Cross Country || Opened the year with a fourteenth-place finish at the Dolan Duals (19:01.33)...Placed 93rd at the Spike Shoe invitational (29:30.9)...Placed 117th at the Penn State National Open (27:03.10) | 2015 Cross Country || Did not compete

Around the Track... | 2016 Outdoor || Competed in in six meets... Set personal best in the 800-meters (1:51.79) and 1,500-meters (3:51.98)... Posted six top-10 finishes including a second-place finish in the 800-meters at the Jim Thorpe Invite

Before Penn State... | High School PRs || 800: 1:51.47, Mile: 4:17.05 || High School || Four-time all-conference in cross country ... Three-time All-independent state team in cross country ... All-conference in track ... All-Independent State team in track ... Pennsylvania Track & Field Coaches Association all-state selection for indoor and outdoor track ... Conference champion in the 1,600-meter run and the 3,200-meter run during his senior year ... Independent state champion in the 800-meter run during his senior year ... School record holder in the 800-meter run and the indoor 3,000-meter run ... A member of the school record teams in the distance medley relay and the 4x800-meter relay ... Team captain for cross country, indoor track and outdoor track during his senior year ... Six-time letterwinner in track ... Four-time letterwinner in cross country || National Level Competition || Placed 12th in the mile at the 2015 New Balance Indoor Nationals meet || Personal || Son of Christine and Bill McDevitt ... Born on April 17, 1997



**John
MCGOWAN**

Junior · Junior
Northport, N.Y.

DISTANCE • CROSS COUNTRY

McGowan's Personal Bests

	Indoor	Outdoor
1500	***	3:54.26
Mile	4:12.53	***
3000m	8:21.59	***
5000m	***	14:19.71
10000m	***	30:29.54

On the National Stage... | 2016 Cross Country || Finished 32nd at the NCAA Mid-Atlantic Regional Championships running 31:29 on the 10K course

At the Big Ten Championships... | 2016 Outdoor || Finished 14th in the 10,000-meters running 30:29.54 in Lincoln, Neb. | 2016 Cross Country || Placed 67th at the Big Ten Cross Country Championships (26:04.5)

On the Course... | 2016 Cross Country || Opened the year with a third-place finish at the Dolan Duals (18:14.80)...Placed 30th at the Spike Shoe invitational (27:30)... Placed 188th at the Roy Griak Invitational(27:31.5)...Placed 49th at the Penn State National Open (25:56.80) | 2015 Cross Country || Did not compete

Around the Track... | 2016 Outdoor || Competed in four meets... Finished fifth in the 5,000-meters running 14:19.71... Set personal best in the 1,500-meters, 5,000-meters and 10,000-meters || 2016 Indoor || Competed in six meets... Set season best in the mile and 3,000-meters... Recorded five top-10 finishes

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



Timothy MCGOWAN

Junior • Junior
Northport, N.Y.

DISTANCE • CROSS COUNTRY

McGowan's Personal Bests

	Indoor	Outdoor
1500	***	3:48.67
Mile	4:06.32	***
3000m	8:05.53	***
5000m	14:19.43	14:10.94

On the National Stage... | 2016 Cross Country || Finished 15th at the NCAA Mid-Atlantic Regional Championships running 31:13 on the 10K course | 2015 Cross Country || Finished 45th at the NCAA Mid-Atlantic Regional Championships running 31:54.4 on the 10K course |

At the Big Ten Championships... | 2016 Outdoor || Finished 7th in the 5,000-meters running 14:18.11 in Lincoln, Neb. | 2016 Indoor || Competed in the 3,000-meters (8:09.87) and 5,000-meters (14:19.43) finishing 11th and 13th, respectively | 2016 Cross Country || Placed 25th at the Big Ten Cross Country Championships (25:27.7) | 2015 Cross Country || Finished 70th running a time of 24:59.0 in Chicago, Ill.

On the Course... | 2016 Cross Country || Placed 5th at the Spike Shoe invitational (26:34.4)... Placed 5th at the Spike Shoe invitational (26:34)... Placed 75th at the Roy Griak Invitational (26:16.2)... Placed 8th at the Penn State National Open (25:10.80) | 2015 Cross Country || Competed in four meets... Posted back-to-back top-five finishes at Dolan Duals and Penn State National

Around the Track... | 2016 Outdoor || Competed in five meets... Posted a first-place finish at the Bucknell Team Challenge in the 1,500-meters running 3:53.09... Recorded four top-10 finishes | 2016 Indoor || Competed in six meets... Set personal best marks of 4:06.32 (mile) and 8:05.83 (3,000-meters)... Posted four top-10 finishes

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



Malik MOFFETT

Junior • Junior
Erie, Pa.

SPRINTS • JUMPS

Moffett's Personal Bests

	Indoor	Outdoor
60m	6.79	***
200m	21.02	21.05
High Jump	1.96m	***
Long Jump	7.45m	7.60m

On the National Stage... | 2016 Outdoor || Ran a leg on the fifth-fastest 4x100-meter relay clocking 40.04 at the NCAA East Preliminary... Posted marks of 7.49m (24'-7") in the long jump and 21.05 in the 200-meters at the NCAA East Preliminary in Jacksonville, Fla.

At the Big Ten Championships... | 2016 Outdoor || Finished 23rd in the 100-meters (10.61w)... Recorded the No. 9 mark in program history in the long jump with a mark of 7.60m (24'-11.50")... Ran a personal best time of 20.73" in the 200-meter prelims | 2016 Indoor || Finished ninth in the long jump with a mark of 7.16m (23'-6")... Finished third in the 200-meters with a season best time of 21.02 in the 200-meters

Around the Track... | 2016 Outdoor || Competed in seven meets... Ran a leg on the third-fastest 4x100-meter relay in program clocking 39.92 at the Pac-12 vs. Big Ten Challenge in Tempe, Ariz... Ran a season best 10.61w in the 100-meters at the Big Ten Championships... Posted 12 top-10 finishes | 2016 || Competed in six meets... Recorded 12 top-10 finishes... Collected two first-place finishes | 2015 || Did not compete

Before Penn State ... Transfer from PSU - Behrend || High School PRs || 100: 10.61 ... 200: 21.10 ... High Jump: 6-9 | High School || Moffett's track & field team won region and district titles ... Moffett won district titles in the 100-meter dash, high jump, triple jump and the 4x100-meter relay ... Four-year letterwinner in track & field ... Captain and MVP of his track & field team during his junior and senior years | Personal || Son of Felicia Presley and Chet Moffett ... Born April 11, 1994 ... Communications major



Matt NAWROCKI

Sophomore • Sophomore
Mascow, Pa.

THROWS

Nawrocki's Personal Bests

Javelin	183'-10"
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2016-17 MEN'S RETURNERS

In the Field... || 2016 Outdoor || Competed in five meets... Recorded four top-10 finishes... Set a season best mark of 56.03m (183'-10") at the Jim Thorpe Invite

Before Penn State... || High School PRs || 61.51m (201'-10") in the javelin throw || North Pocono High School || Three year letter winner for Coach Jason Sepkowski... All-state, All-region, All-League for track. School record in Javelin with 201'10". 3rd place at states Senior year || Personal || Son of Frank and Karen Nawrocki... Has one sibling Roni Nawrocki... Born July 2, 1996



Joseph PHIFER
 Sophomore • Sophomore
 Union, N.J.
 DISTANCE • CROSS COUNTRY

Phifer's Personal Bests	
800m	1:53.21

Around the Track... || 2016 Outdoor || Competed in three meets... Set a season best of 1:54.17 in the 800-meters at the Bison Outdoor Challenge... Finished fifth in the 800-meters at the Jim Thorpe Invite running 1:57.03 || 2016 Indoor || Competed in six meets... Set a personal best in the 600-meters at the Sykes & Sabock Challenge Cup running 1:21.20 in a third-place finish... Set a personal best in the 800-meters running 1:53.21 at the Penn State National finishing ninth... Ran a leg on the second-place DMR at the Sykes & Sabock Challenge Cup

On the Course...|| 2016 Cross Country || Opened the year with a second-place finish at the Dolan Duals (21:11.72)

Before Penn State... || Penn State – Harrisburg PR || 800: 1:53.00 || Transfer from Penn State – Harrisburg || Holds two school records at Union high school ... Holds three school records at Penn State Harrisburg ... Five-time letterwinner in track at Union high school ... Three-time team captain at Union high school ... Two-time cross country team MVP at Penn State – Harrisburg || Personal || Son of Mia and Joseph Phifer ... Aerospace engineering major ... Born on May 17, 1995



Anton PORTER
 Sophomore • Sophomore
 Bronx, N.Y.
 SPRINTS

Porter's Personal Bests		
	Indoor	Outdoor
100m	***	10.53 ^w
200m	21.59	21.49

On the National Stage... || 2016 Outdoor || Ran a leg of the 4x100-meter relay that ran the fifth-fastest time in program history clocking 40.04 at the NCAA East Preliminary in Jacksonville, Fla.

At the Big Ten Championships... || 2016 Outdoor || Ran a personal best 10.53w in the 100-meter prelims finishing 13th... Ran a personal best 21.49 in the 200-meter prelims... Ran a leg on the fifth-place 4x100-meter relay (40.20) || 2016 Indoor || Finished 15th in the 200-meters running 21.59 seconds

Around the Track... || 2016 Outdoor || Competed in six meets... Set personal best in the 100-meters (10.74) and 200-meters (21.49)... Ran a leg on the third-fastest 4x100-meter relay in Penn State history (39.32) at the Pac-12 vs. Big Ten Challenge meet in Tempe, Ariz. || 2016 Indoor || Competed in six meets... Set indoor best of 6.93 in the 60-meters and 21.59 in the 200-meters... Posted 10 top-10 finishes

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



Luke RARIG
 Sophomore • Sophomore
 Catawissa, Pa.
 MULTI-EVENTS

Rarig's Personal Bests	
60mH	8.53
Long Jump	19'-7.5" (5.98)
Shot Put	37'-3.75" (11.37)

Around the Track... || 2016 Indoor || Competed at the Penn State Relays... Set personal best marks in the 60-hurdles, long jump, shot put and ran a leg on the 4x400-meter relay

Before Penn State... || High School PRs || 110mH: 14.28, 300mH: 38.57, Long Jump: 21-11.5, High Jump: 6-2 || High School || Back-to-Back District IV Champions (2012-2013)... All-State 110-meter hurdler... 12-time District IV medalist... Four-time District IV champion... Five-time PIAA State medal winner... 2015 PIAA 110-meter hurdle state champion... School records in the 110-meter hurdles (14.28) and 300m hurdles (38.57)... Four-time letter winner in track & field || National Level Competition || Competed at New Balance Outdoor Nationals in 2015 || Personal || Son of Janet & Bradley Rarig... Born on Nov. 5, 1996



Sam REISER

Sophomore • Sophomore
Melbourne, Australia.

SPRINTS • RELAYS

Reiser's Personal Bests

	Indoor	Outdoor
200m	22.01	22.03
400m	47.83	46.94

On the National Stage... || 2016 Outdoor || Ran a leg on the NCAA East Preliminary qualifying 4x400-meter relay running 3:08.02 and finishing 15th

At the Big Ten Championships... || 2016 Outdoor || Posted a eighth-place finish in the 400-meters after posting a season best time of 47.10 during preliminary action... Ran a leg on the winning 4x400-meter relay clocking a season best time of 3:07.25 finishing sixth || 2016 Indoor || Finished 20th in the 400-meters running 47.83... Ran a leg on the 4x400-meter relay clocking 3:09.59 for sixth-place

Around the Track... || 2016 Outdoor || Competed in eight meets... Posted eight top-10 finishes... Won the 400-meters at the Jim Thorpe Invite running 48.00... Ran a leg on the winning 4x400-meter relay at the Pepsi Invite in Eugene, Ore. running 3:08.86 || 2016 Indoor || Competed in six meets... Set season best of 22.01 in the 200-meters and 1:03.84 in the 500-meters... Posted 11 top-10 finishes.. Collected three first-place finishes

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



Brad RIVERA

Senior • Senior
Bensalem, Pa.

MID-DISTANCE • CROSS COUNTRY

Rivera's Personal Bests

	Indoor	Outdoor
600m	1:22.84	***
800m	1:52.43 (HS)	1:53.01
1500m	***	4:00.46

At the Big Ten Championships... || 2014 Outdoor || Finished 20th in the 800-meter run (1:55.35).

Around the Track... || 2016 Outdoor || Competed at the Bison Outdoor Classic running 1:56.13 in the 800-meters || 2016 Indoor || Competed in five meets... Set a personal best in the 600-meters running 1:22.02 at the Sykes & Sabock Challenge Cup || 2015 Outdoor || Posted a season-best time of 50.78 in the 400-meter dash at the Bison Outdoor Classic ... Tallied a season-best time of 1:53.50 in the 800-meter run en route to a fourth-place finish at the Jim Thorpe Invite || 2015 Indoor || Ran a season-best time of 1:23.42 in the 600-meter run en route to an eighth-place finish at the SPIRE Invite ... Posted a season-best time of 1:55.23 in the 800-meter run en route to a ninth-place finish at the Penn State Tune-Up || 2014 Outdoor || Ran a season-best time of 1:53.01 in the 800-meter run at the Kehoe Twilight Meet ... || 2014 Indoor || Opened his collegiate track career by being on the first-place 4x800-meter relay team (7:36.59) at the Penn State Relays ... Posted a season-best time of 1:54.32 in the 800-meter run at the Sykes & Sabock Challenge Cup ... A member of the distance medley relay team that finished second at the Sykes & Sabock Challenge Cup ... Ran a season-best time of 1:22.84 in the 600-meter run at the Nittany Lion Challenge

On the Course... || 2016 Cross Country || Opened the year with a 26th-place finish at the Dolan Duals (19:56.60) || 2014 Cross Country || Competed unattached at the Dolan Duals, finishing 26th (19:48.20) || 2013 Cross Country || Did not compete

Before Penn State... || High School || Was in top form during his senior year at Bensalem High School, winning the 800 at the 2013 PTFCA Indoor State Championship, thanks to a lifetime-best 1:52.43 at Ashenfelter III Indoor Track ... The effort was not only good for a state championship, but also the best in the Pennsylvania prep ranks during the indoor season, and a top 15 time nationally in 2013 ... Followed up with a runner-up standing in the half mile at the PIAA Outdoor Championships ... Turned in several outstanding finishes as a senior, taking first in the 800 at the SOL National Conference Championships, and second at the District I Championships || Personal || Son of Kim and Ron Rivera ... Birthday is April 16, 1994



Morgan SHIGO

Sophomore • Sophomore
Blandon, Pa.

THROWS

Shigo's Personal Bests

	Indoor	Outdoor
Discus	***	40.20, (131'-11")
Shot Put	55'-3.75" (16.86m)	54'-7.5" (16.65m)
Hammer	***	206'-6" (62.80m)
Weight Throw	64'-5" (19.63m)	***

On the National Stage... || 2016 Outdoor || Qualified for the NCAA East Preliminary in the hammer throw... Finished 28th with a mark of 62.00m (203'-5")

At the Big Ten Championships... || 2016 Outdoor || Finished 12th in the hammer throw posting a mark of 59.81m (196'-3")... Posted a 15th-place finish in the shot put with a best mark of 16.40m (53'-9.75")



2016-17 MEN'S RETURNERS

In the Field... || 2016 Outdoor || Competed in eight meets... Set personal best in the discus (40.20m) and hammer throw (62.80m)... Recorded eight top-10 finishes, including a first-place finish in the hammer throw at the Bucknell team Challenge with a mark of 58.61m (192'-3") || 2016 Indoor || Competed in seven meets... Set personal best in the shot put (16.86m) and weight throw (19.63m) || 2015 || Did not compete

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



Alex
SHISLER

Senior • Senior
State College, Pa.

SPRINTS • RELAYS

Shisler's Personal Bests

	Indoor	Outdoor
200m	21.45	21.82
400m	47.27	46.95
500m	1:03.94	***
600m	1:19.23	***

On the National Stage... || 2016 Outdoor || Ran a leg on the 4x400-meter relay that finished 15th running 3:08.02 at the NCAA East Preliminary in Jacksonville, Fla. || 2016 Indoor || Ran a leg on the DMR relay that finished ninth in a time of 9:50.64 in Birmingham, Ala. || 2015 Indoor || A member of the runner-up distance medley relay (9:32.21) ... All-American || 2014 Outdoor || Qualified for the NCAA East Prelims in the 400-meter dash and the 4x400-meter relay ... Ran a lifetime-best time of 46.95 in the 400-meter dash to finish 26th in the NCAA East Prelims ... His time of 46.95 ranks ninth all-time at Penn State ... A member of the 4x400-meter relay squad that placed 15th (3:07.95) || 2013 Outdoor || Was a member of the Lions' season-best 4x400, that ran 3:06.21 at Penn Relays ... The foursome won the IC4A title at the Penn Relays

At the Big Ten Championships... || 2016 Outdoor || Finished 19th in the 400-meters running 48.10... Ran a leg on the 4x400-meter relay that finished sixth in a time of 3:07.25 in Lincoln, Neb. || 2016 Indoor || Ran a leg on the Big Ten Champion DMR (9:43.25)... Finished 10th in the 400-meters running 47.47... Ran a leg on the 4x400-meter relay that finished sixth in a time of 3:09.59 || 2015 Outdoor || A member of the seventh-place 4x400-meter relay (3:11.19) ... Finished 12th in the 400-meter dash (47.77) || 2015 Indoor || A member of the first place distance medley relay (9:40.62) ... Tallied a ninth-place finish in the 400-meter dash with his indoor personal-best time of 47.51 ... First team All-Big Ten || 2014 Outdoor || A member of the seventh-place 4x400-meter relay team (3:10.30) ... Placed 10th in the 400-meter dash (47.50) || 2013 Outdoor || Competed in the 400 || 2013 Indoor || Placed 14th in the 600 in his first-career attempt at the event ... Clocked 1:19.23 in the prelims

Around the Track... || 2016 Outdoor || Competed in eight meets... Ran season best times of 21.82 in the 200-meters and 47.98 in the 400-meters... Posteda first-place finish at the Bucknell Team Challenge running 21.47w in the 200-meters... Posted seven top-10 finishes... Finished second at the Jim Thorpe Invite running 48.00 || 2016 Indoor || Competed in seven meets... Ran a leg on the Fourth-

fastest DMR in NCAA History at the Penn State National clocking 9:27.20... Posted 14 top-10 finishes... Set a personal best time of 21.45 in the 200-meters at the Nittany Lion Challenge... Ran a season best time of 47.27 at the Big Ten Indoor Championships || 2015 Outdoor || Began the year with a 32nd-place finish in the 400-meter dash (47.62) at the Florida Relays ... Finished eighth in the 200-meter dash with his season-best time of 22.18 at the Bison Outdoor Classic ... A member of the sprint medley relay that captured first place at the Penn Relays with its time of 3:21.29 ... Ran a season-best time of 47.38 in the 400-meter dash en route to a first-place finish at Jim Thorpe Invite || 2015 Indoor || Made his season debut at the Sykes & Sabock Challenge Cup ... Finished first in the 400-meter dash at the Sykes & Sabock Challenge Cup with his time of 48.18 ... Tallied a first-place finish in the 400-meter dash at the Penn State Tune-Up with his time of 47.78 || 2014 Outdoor || A member of the first-place 4x400-meter relay squad (3:07.94) at the Penn Relays (IC4A) ... Was on the ninth-place 4x400-meter relay team (3:08.57) at the Penn Relays (Open) || 2014 Indoor || Was on the first-place 4x400-meter relay team (3:11.58) at the Penn State Relays ... Ran a lifetime-best time of 1:03.94 in the 500-meter dash at the Penn State Relays || 2013 Outdoor || Placed eighth in the 400 at the LSU Battle on the Bayou with a lifetime-best 47.44 ... Was also a member of the fourth-place 4x400 at LSU ... Finished second in the 200 at the Jim Thorpe Open || 2013 Indoor || Was on the winning 4x400 at the Nittany Lion Challenge ... Placed fourth in the 400 at both the Nittany Lion Challenge and Sykes & Sabock Challenge Cup ... Finished eighth in the 200 in his collegiate debut at the Penn State Relays

Before Penn State... || High School || Placed fourth in the 400 at the PIAA Outdoor Championships as a senior ... Won District 6 titles in both the 200 and 400 in 2012 ... Ran a 400 PR of 48.49 at the District meet ... Finished fifth in the 400 at the 2012 PTFCA Indoor State Championships ... Clocked a personal-best 21.94 in the 200 to win the West Central Coaches Invitational ... Also won the 400 at the same competition ... Was also the District 6 400 Champion as a junior || Personal || Son of Steve and Beth Shisler - both former Nittany Lion track and field standouts and school record holders ... Birthday is November 26, 1993



Michael
SHUEY

Junior (I) • Senior (O)
Johnsonburg, Pa.

THROWS

Shuey's Personal Bests

Javelin	***	249-5 (76.02)
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On the National Stage... || 2015 Outdoor || Qualified for the NCAA East Prelims... Finished 25th with his throw of 209-8 || 2014 Outdoor || Qualified for the NCAA East Prelims ... Placed 16th at the NCAA East Prelims with his mark of 211-4 ... Placed 10th at the USATF Outdoor Championships with his mark of 232-11 ... Set the school record with his gold medal-winning toss of 249-5 at the 2014 U-23 NACAC Championships as a member of the USA team || 2013 Outdoor || Earned honorable mention All-America status after placing 24th in the javelin at the NCAA Outdoor Championships ... Finished sixth in the javelin at the USATF Junior Championships ... Launched a lifetime-best 230-6 (70.27) at the NCAA Eastern Preliminary Round ... The throw is the sixth-best performance in the Penn State record books

At the Big Ten Championships... || 2015 Outdoor || Defended his 2014 Big Ten title with his mark of 236-8 ... First team All-Big Ten || 2014 Outdoor || Won the Big Ten title by over 26 feet (236-2) ... First Team



All-Big Ten || 2013 Outdoor || Made a trip to the medal stand thanks to a third-place finish in the javelin ... Posted a toss of 227-11 (69.47) at the conference meet

In the Field... || 2016 Indoor/Outdoor || Did not compete || 2015 Outdoor || Began the year with a third-place finish at the Florida Relays with his toss of 231-5 ... Finished first at the LSU Alumni Gold meet with his season-best throw of 242-8 ... Tallied a second-place finish in the invite section at the Penn Relays with his throw of 241-10 ... Posted a first-place finish at the Kehoe Twilight Meet with his mark of 228-2 || 2014 Outdoor || Only competed in the javelin throw ... Won six events during the outdoor season ... Opened the 2014 outdoor season with a first-place (238-6) finish at the Crimson Tide Invitational ... Won the Penn Relays with his mark of 234-11 || 2014 Indoor || Did not compete || 2013 Outdoor || Proved himself against some of the nation's top competition to start the season, placing second at both the Crimson Tide Invitational, and the LSU Battle on the Bayou ... Won the javelin at the Jim Thorpe Open ... Finished fourth in the "Championship" section at the Penn Relays

Before Penn State... || High School || Was the number-three ranked javelin thrower in the country as a senior with a throw of 212-2 ... Won the javelin at New Balance Outdoor Nationals in 2012 ... Was the PIAA State Champion in the javelin as a senior with a toss of 200-1 ... Also competed in the high jump at the state meet ... Placed second in the javelin at the World Youth Trials in 205-3 ... Also made the state meet in the high jump and javelin in 2011 || Personal || Son of Bill and Donna Shuey ... Birthday is February 2, 1994

|| Finished third in the 200-meter dash at the Bison Outdoor Classic with his time of 21.73 ... Placed first in the 200-meter dash at the Kehoe Twilight Meet with his time of 21.67 ... Finished second in the 100-meter dash at the Kehoe Twilight Meet with his season-best time of 10.83 ... A member of the sprint medley relay that captured the Penn Relays title with its time of 3:21.29 ... Placed 16th in the 100-meter dash at the LSU Alumni Gold meet with his wind-aided time of 10.68 ... Finished first in the 100-meter dash at the Jim Thorpe Invite with his wind-aided time of 10.61 ... Ran a season-best time of 21.46 in the 200-meter dash en route to a first-place finish at the Jim Thorpe Invite || 2015 Indoor || At the season-opening Penn State Relays, Smith finished third in the 60-meter dash (6.88) and the 200-meter dash (21.69) ... Finished second in the 60-meter dash at the Sykes & Sabock Challenge Cup with his season-best time of 6.87

Before Penn State ... || High School PRs || 60: 6.86 ... 100: 10.67 ... 200: 21.50 || High School || Smith's track & field team tallied third-place finishes at county's and districts ... All-state (60-, 100-, 200-meter dash) ... All-county (100-, 200-meter dash, 4x100-, 4x400-meter relay) ... Placed second in the 60-meter dash at the 2014 PIAA Indoor Track & Field Championships ... At the 2014 PIAA Outdoor Track & Field Championships, Smith placed second in the 100-meter dash and took third in the 200-meter dash ... Finished third in the 100-meter dash at the 2013 PIAA Outdoor Track & Field Championships ... Won back-to-back District Three titles in the 100- and 200-meter dash events (2013-14) ... Two-year letterwinner in track & field || National Level Competition || Claimed 12th-place in the 60-meter dash at the 2014 New Balance Nationals Indoor meet || Personal || Son of Regina and Bob Smith ... Born May 29, 1996 ... Kinesiology major



Xavier
SMITH

Junior • Junior
Douglasville, Pa.

SPRINTS • RELAYS



Bryce
WILLIAMS

Junior • Junior
State College, Pa.

JUMPS

Smith's Personal Bests

	Indoor	Outdoor
60m	6.68	***
100m	***	10.59/10.45w
200m	21.02	20.96

Williams' Personal Bests

	Indoor	Outdoor
100m	***	11.52
Long Jump	22'-3" (6.78)	23'-7.25" (7.19)w
Triple Jump	49'-5" (15.06)	50'-2" (15.29)w

On the National Stage... || 2016 Outdoor || Qualified for the NCAA East Preliminary in the 4x100-meter relay... Finished 17th running 40.04 in Jacksonville, Fla.

At the Big Ten Championships... || 2016 Outdoor || Ran a leg on the 4x100-meter relay that finished fifth in a time of 40.20... Ran an all-condition personal best time of 10.45w in the 100-meter prelims... Finished 10th in the 200-meters running 20.98w in the prelims || 2016 Indoor || Ran a leg on the 4x400-meter relay that finished sixth running 3:09.59... Finished fourth in the 200-meters running 21.15... Finished fifth in the 60-meters running 6.78 || 2015 Outdoor || A member of the seventh place 4x400-meter relay (3:11.19) ... Placed 19th in the 100-meter dash (10.88) ... Finished 11th in the 200-meter dash with his time of 21.47 || 2015 Indoor || Finished 18th in the 60-meter dash (6.89) ... Ran a personal-best time of 21.39 en route to a ninth-place finish

Around the Track... || 2016 Outdoor || Competed in seven meets... Posted 12 top-10 finishes... Collected two first-place finishes sweeping the 100-meters and 200-meters at the Pepsi Invitational in Eugene, Ore... Set personal best times of 10.59 and 20.96 in the 100-meters and 200-meters || 2016 Indoor || Competed in six meets... recorded 12 first-place finishes.. Set the school record in the 60-meters clocking 6.68 at the Penn State National || 2015 Outdoor

On the National Stage... || 2015 Outdoor || Qualified for the NCAA East Prelims ... Finished 39th in the triple jump with his mark of 48-4.5

At the Big Ten Championships... || 2015 Outdoor || Placed 18th in the long jump (21-8.75) ... Finished seventh in the triple jump with his wind-aided personal-best leap of 50-2 || 2015 Indoor || Placed 14th in the triple jump with his mark of 47-3.75

In the Field... || 2015 Outdoor || Ran a season-best time of 11.52 in the 100-meter dash at the Bison Outdoor Classic ... Tallied a wind-legal personal-best mark of 23-0.75 en route to a fourth-place finish in the long jump at the Bison Outdoor Classic ... Finished second in the long jump with his wind-aided personal-best leap of 23-7.25 at the Jim Thorpe Invite || 2015 Indoor || Began his Nittany Lion career at the Penn State Relays with a third-place finish in the triple jump (47-1.5) and sixth-place finish in the long jump with his season-best mark of 22-3 ... Finished fifth in the triple jump at the Penn State National Invite with his personal-best distance of 49-5

Before Penn State ... || High School PRs || Long Jump: 22-10 ... Triple Jump: 48-7.50 || High School || 2014 PIAA District Six team champions ... Won the high jump, long jump and triple jump at the 2014 District Six meet ... Named all-state his senior year (Indoor & Outdoor) ...



2016-17 MEN'S RETURNERS

Finished second (46-6.50) in the triple jump at the 2014 PIAA Indoor Championships ... Took third (47-7.25) in the triple jump at the 2014 PIAA Outdoor Championships ... Qualified for the long jump and triple jump at the 2013 PIAA Outdoor Championships ... Won the long jump and triple jump at the 2013 PIAA District Six meet ... Ranks second (triple jump) and third (long jump) all-time at State College Area High School ... Four-year letterwinner in track & field ... Co-captain of the 2013-14 men's basketball team ... || National Level Competition || Placed eighth (47-9.25) in the triple jump at the 2014 New Balance Indoor Nationals meet ... Finished fifth (47-11.75) in the triple jump at the 2014 Penn Relays ... Competed at Outdoor Nationals 2014 in the triple jump || Personal || Son of Precious and Tyrone Parham ... Born June 11, 1996



Jon YOHMAN
Junior • Junior
New Wilmington, Pa.

THROWS

Yoman's Personal Bests		
	Indoor	Outdoor
Discus	***	182'-2" (55.53)
Shot Put	59'-0" (17.98)	60'-10.50" (18.55)
Weight Throw	51'-8.25" (15.75)	***

On the National Stage... || 2016 Outdoor || Qualified for the NCAA East Preliminary in the shot put and hammer throw... Finished 14th in the shot put with a mark of 18.35m (60'-2.5") and 21st in the discus throw with a mark of 54.15m (177'-8") in Jacksonville, Fla.

At the Big Ten Championships... || 2016 Outdoor || Posted a fourth-place finish in the discus throw with a mark of 55.53m (182'-2")... Finished sixth in the shot put with a best throw of 18.43m (60'-5.75") || 2016 Indoor || Finished sixth in the shot put with a mark of 17.98m (59'-0") || 2015 Outdoor || Finished 19th in the discus with his toss of 165-6 ... Placed 13th in the shot put with his mark of 56-9.5 || 2015 Indoor || Placed 19th in the shot put with his toss of 55-9.75

In the Field... || 2016 Outdoor || Competed in eight meets... Set season best marks of 18.55m (60'-10.50") in the shot put at the Jim Thorpe Invite and 55.53m (182'-2") in the discus throw at the Big Ten Championships || 2016 Indoor || Competed in seven meets... Posted seven top-10 finishes including three first-place finishes || 2015 Outdoor || Finished second in the discus at the Bison Outdoor Classic with his toss of 171-5 ... Tallied a first place in the discus at the Kehoe Twilight Meet with his mark of 167-6 ... Finished third in the shot put at the Jim Thorpe Invite with his personal-best toss of 57-1.5 ... Posted a second-place finish in the discus at the Jim Thorpe Invite with his toss of 164-3 || 2015 Indoor || Tallied a fourth-place in the shot put at the Nittany Lion Challenge with his mark of 53-9.25 ... Finished sixth in the shot put at the Penn State National Invite with his toss of 53-10.5 ... Posted a first-place finish in the shot put with his indoor season-best mark of 55-9.75 at the Penn State Tune-Up ... Recorded a personal-best throw of 51-8.25 in weight throw at the Nittany Lion Challenge || 2014 Season || Redshirted

Before Penn State... || High School || The 2013 Gatorade Boys' Track and Field Athlete of the Year in Pennsylvania ... Capped his prep career at Wilmington High School with a PIAA state title in the shot put, to go along with a runner-up effort in the discus ... Has been one-to-watch in Pennsylvania throws for the past several seasons, having won state gold in the discus as a junior in 2012, and finished second in the shot at the same competition ... Also finished seventh in the shot at Penn Relays as a senior, ranked first in Pennsylvania

in 2013 with a PR 62-1 in the shot. He also ranked third in the discus among Pa. preps at 189-6 || Personal || Son of Julia and Paul Yohman ... Birthday is August 23, 1994



Darian ALSTON
Freshman • Freshman
West Chester Pa..

Jumps

Alston's Personal Bests	
Triple Jump	48'9"
Long Jump	22'6"

Before Penn State... || High School || PTFCA Indoor Team State Champions (2016)... PIAA AAA Outdoor Team State Runner Up(2016)... PIAA AAA Outdoor District One Team Champions (2016)... Bullis Bulldog Invitational Team Champions (2016)... PTFCA Indoor State Champion in the Triple Jump (2016)... PIAA AAA Outdoor States 3rd Place finish in the Triple jump (2016)... PIAA AAA Outdoors States 14th Place finish in the Long Jump (2015)... PTFCA Indoor States 7th Place Finish in the Triple Jump (2015)... PIAA AAA Outdoors States 10th Place finish in the Triple Jump (2016)... PIAA AAA District One Champion in the Triple Jump (2016)... PIAA District One 4th Place finish in the Long Jump (2016)... PIAA AAA District One Runner Up in the Triple Jump (2015)... Ches-Mont Conference Champion in the Triple Jump & Long Jump (2016)... PTFCA Indoor First Team All-State (2016)... PIAA Outdoor All-State Honorable Mention (2016)... Daily Local News First Team All Area (2016)... School Record holder in the Triple Jump ... National Level Competition || Placed 11th in the Triple Jump at the 2016 New Balance Indoor National meet... Placed 1st in the triple jump at the 2016 Bullis Bulldog Invitational in Potomac, Md.... Placed 15th in the Triple Jump at the 2016 Penn Relays ... Placed 14th in the Triple Jump at the 2016 New Balance Outdoors Nationals || Personal || Son of Les and Monica Alston... Has two siblings, Julian and Morgan... Father, Les, played Basketball at Drexel University and Bloomsburg University... Birthday is December 19, 1997



Kenny ANDERSON
Freshman • Freshman
Northfield, N.J.

Sprints

Anderson's Personal Bests	
400mH	53.5

Before Penn State... || High School PR's || 400mH: 53.5 || High School || Lead Regis Jesuit High School to Conference championship... District Champion in the 400 Hurdles... Conference and County Champion in the 110 Hurdles... South Jersey Champion in the 400 Hurdles... fifth in the state in the 4x400... School record holder in the 4x400, Shuttle



Hurdle Relay and 4x100... Ranked No. 6 in the Nation in the 400m hurdles (2016) ... Team Captain... Track Team MVP for three years... || National Level Competition Placed 8th at New Balance Indoor Nationals in the Shuttle Hurdle Relay|| Personal || Son of Kenny and Suany Anderson... Has two siblings, Gabriel Henriquez and Devin Anderson... Father, Kenny Anderson, played basketball at Georgia Tech for two years then went on to play in the NBA (he became a Hall of Famer)... Birthday is July 2, 1998



William
ASHENFELTER
Freshman • Freshman
Needham, MA.
Mid-Distance

Ashenfelter's Personal Bests	
400m	49.69
600m	1:22.23
800m	1:55.33



Tristan
DAMAN
Freshman • Freshman
State college, Pa.
Sprints

Daman's Personal Bests	
100m	10.77
200m	22.6

Before Penn State... || High School PRs || Indoor || 60m: 7.06, 200m: 22.6 || Outdoor || 100m: 10.77, 200m: 22.21 || High School || Letterwinner for coach Jennifer Evans and Steve Shisler... 2016 State Champions as a team during outdoor season... 2016 State runner-up as a team during the indoor season... Fourth-place at the state meet in the 100-meters... District champion in the 100-meters... Team captain as a senior... Also played football || National Level Competition || Competed in the 60-meters and the 4x200-meter relay at the national indoor meet in 2014, 2015 and 2016 || Personal || Son of Bob and Rebecca Daman ... Born on Oct. 24, 1997

Before Penn State... || High School || Lead Needham High School to Bay State Conference Championship (2015)... Lead team to MA Division 2 Indoor State Championship... Three-time Bay State Conference All-star... Bay State Conference Champion in the 800m (2015) ... Indoor Bay State Conference Champion in the 600m (2016)... Outdoor Bay State Conference Champion in the 400m (2016)... Indoor MA Division 2 600m State Champion (2016)... Outdoor MA Division 1 runner up 800m (2016)... Holds eight Needham High School Records (Indoor: 600m, 4x400, DMR, SMR; Outdoor: 400m, 800m, 4x400, SMR)... Four time letter winner... Outdoor Track Captain (2016)... Team MVP (2016) || National Level Competition || Competed at New Balance Indoor Nationals in both 2015 and 2016 || Personal || Son of Susan and Tom Ashenfelter... Grandson of Olympic gold medalist Horace Ashenfelter ... Birthday is September 11, 1997



Derek
DIBONA
Freshman • Freshman
Warwick, N.Y.
Pole Vault

DiBona's Personal Bests	
Pole Vault	16'2

Before Penn State... || High School PR || Pole Vault: 16'2" || High School || State Champion... New Balance All-American... Team Captain... MVP || National Level Competition || Placed fifth at the New Balance National Meet || Personal || Son of Bobbi Jo and Craig DiBona... Has one brother, Noel ... Birthday is April 5, 1997 ... Majoring in Film



Austin
CAMPBELL
Freshman • Freshman
Denver, Co
Jumps

Campbell's Personal Bests	
High Jump	6'11"
Long Jump	22'4.25"

Before Penn State... || High School || Led Regis Jesuit High School to Conference championship... School record holder... High Jump State Champion (2016) ... Team Captain || National Level Competition || seventh-place at New Balance Indoor Nationals (2016) || Personal || Son of Stacey and Michelle Campbell... Birthday is January 27, 1998



2016-17 MEN'S NEWCOMERS



Luke
GRODESKA

Freshman • Freshman
Neptune, N.J

Throws

Grodeska's Personal Bests	
Shot Put	68-3

Before Penn State... || High School PR || 68-3 || St. Rose High School || Two time State Champion... NJ Shore Conference indoor & outdoor Champion... First place at the Bishop Loughlin games... One indoor first place finish and two outdoor first place finishes at the NJ Meet of Champions ... St. Rose record holder for shot put... Shore Conference record holder... Four year letter winner || National Level Competition || Competed in both the indoor and outdoor New Balance National meet twice... Competed at the USATF. Jr Nationals meet twice || Personal || Son of Gerry and Eileen Grodeska... Has two siblings, Paul and Steph...



Jaxson
HOEY

Freshman • Freshman
Downington, Pa.

Distance/XC

Hoey's Personal Bests	
800m	1:51.58
1500m	3:50.79

On the Course... || 2016 Cross Country || Opened the year with a tenth-place finish at the Dolan Duals (18:41.13)...Placed 39th at the Spike Shoe invitational (27:46)... Placed 228th at the Roy Griak Invitational(28:08.0)...Placed 105th at the Penn State National Open (26:47.60)

Before Penn State... || High School || Lead Downingtown West to both an XC State Championship (2015) and Indoor Track State Championship (2016)...Helped team finish second at Outdoor State championship (2016)... 1600m Outdoor State Champion (2015)... XC State runner up (2015)... Mile indoor State Champion (2016)... Third team all-state in the outdoor 800m (2016)... 4x400m relay State Champion (2016)... twelve time letter winner... || National Level Competition || 13th in the mile at Indoor Nationals (2014)... 17th in the mile at Outdoor Nationals (2014)... 5th in the mile at Outdoor Nationals (2015)... 150th at Nike Cross Country Nationals (2015)... 11th in the 800m at Outdoor Nationals || Personal || Son of Leslee and Fran Hoey ...Dad, ran track at Lasalle... Mother, ran track at Penn State Birthday is December 27, 1997



Spencer
HAY

Freshman • Freshman
Palmerton, Pa.

Jumps

Hay's Personal Bests	
High Jump	6'-8"
Long Jump	20'-5"

Before Penn State... || High School PRs || High Jump: 2.03m (6'-8"), Long Jump: 6.22m (20'-5"), 12.80m (42'-0") || High School || Lettered all four years in track & field, also lettered in basketball and football... Colonial League high jump champion, two-time District 11-2A high jump champion, 2015 PIAA-2A bronze medalist in the high jump, 2016 PIAA-2A high jump state champion, 2016 All State high jump, Palmerton High School high jump record at 6'-8"... 2016 Morning Call track athlete of the year... Team Captain for three years... Environmental Club President, FBLA member, Student Council member, and Leo Club member || Personal || Son of James and Milissa Hay... Has two sisters, Kelsey and Kacie... Born on April 11, 1998



William
LOEVNER

Freshman • Freshman
Allison Park, Pa..

Distance/XC

Loevner's Personal Bests	
3000m	8:48.26
3200m	9:16.63

At the Big Ten Championships... || 2016 Cross Country || Placed 106th at the Big Ten Cross Country Championships (28:11.0)

On the Course...|| 2016 Cross Country || Opened the year with a eighteenth-place finish at the Dolan Duals (19:13.70)...Placed 84th at the Spike Shoe invitational (28:54.6)... Placed 254th at the Roy Griak Invitational(29:00.3)

Before Penn State... || High School || ... Class AXC Team State Champions (2014)... WPIAL 3200m Class AA Champion (2016)...



Three-time Class AA Track State Medalist...Two-time Class A XC State Medalist... School record holder in the 3200m, 3k, and 5K(XC).. Earned letters (four in track, four in XC)... Track and XC Team Captain his senior year || National Level Competition Competed at New Balance Indoor Nationals in the DMR (2014 16th place & 2015 12th place)... Competed in the New Balance Nationals Freshman Mile (2013) || Personal || Son of India and Steven Loevner... Birthday is September 7, 1997



Tyreek MATHIS
Freshman • Freshman
Philadelphia, Pa.
Sprints

Mathis' Personal Bests	
200m	22.12
400m	47.87

Before Penn State... || High School PR || 400: 47.87, 200: 22.12, 100: 10.95 || Martin Luther King High School || 2016 4x4 district 12 Champions... 2015 District 12 100-meter champion... 2016 400-meter Public League Champion... PIAA State Champion ships third-place finisher || Personal || Son of Doris Mann & Tyreek Mathis... Born on July 9, 1998



Domenic PERRETТА
Freshman • Freshman
Beaver Falls, Pa..
Distance/XC

Perretta's Personal Bests	
800m	1:50.1
Mile	4:11

Before Penn State... || High School PRs || Cross Country: 16:05, Mile: 4:11, 800-meters: 1:50.1, 400-meters: 49.6 || High School || All-State... All-Conference... Two-time district champion in cross country... Three-time outdoor 800-meter state champion... Three-time outdoor 1,600-meter state champion... Indoor 800-meter champion... Fifth-place at state championships in cross country... School record holder in the 400-meters, 800-meters, 1,600-meters and 3,200-meters... State record holder in the 800-meters... Eight-time letter winner... Team captain... Team MVP... High School Honor Roll || National Level Competition || Second-place in the 800-meters at the New Balance Indoor Nationals meet as a senior... Fourth-place in the 800-meters at USATF Junior Olympics as a sophomore || Personal || Son of Gretchen and Patsy Peretta ... Born on September 25, 1997



Ben PETERSON
Freshman • Freshman
Solon, Pa.
THROWS

Peterson's Personal Bests	
Shot Put	63'-7"

Before Penn State... || High School PRs || 63-7 in the Shot Put || Solon High School || Four year letter winner for Jim Wallace...Three year varsity football letter winner... All-State 2015 & 2016... Team MVP in 2014, 2015, and 2016 || National Level Competition || New Balance Indoor National meet in 2015 & 2016... Outdoor New Balance National meet in 2015(6th place) & 2016 || Personal || Son of Beth and Steve Peterson... Has three siblings, Nick, Kyle, and Katie... Born on July 16, 1997



Michael SLAGOWSKI
Freshman • Freshman
Meridian, ID
Distance/XC

Slagowski's Personal Bests	
800m	1:48.36
Mile	3:59.53

Around the Course... ||2016 Cross Country|| Redshirt season

Before Penn State... || High School PRs ||400: 48.54, 800: 1:48.36, Mile: 3:59.53, 2 mile: 9:14, 5k: 15:21 || High School ||Team|| 2012 Cross Country State Champion... Three-time Track State Champion (2013, 2014, 2016)|| Individual|| One of only nine prep athletes to run sub-four minutes in the mile... Seven-time state champion... eight time varsity letter winner... 2015 Cross country team captain... 2016 track team captain...| National Level Competition || . 2016 New Balance Indoor Nationals 800 meter champion... All-American || Personal || Born on June 16, 1997



2016-17 MEN'S NEWCOMERS



Griffin
THOMPSON

Freshman • Freshman
State College, Pa..

Pole Vault

Thompson's Personal Bests	
Pole Vault	16'-3"

Before Penn State... || High School PRs || Pole Vault: 4.95m (16'-3") || High School || Four-year letter winner for coach Joe Sarra...2016 Pennsylvania outdoor state champion in pole vault... 2016 Penn Relays champion in pole vault... District 6 record holder... State College school record in pole vault... Third-place at the 2016 Pennsylvania indoor stat championships|| Personal || Son of Jeff and Rachelle Thompson



Darien
WILLIAMS

Freshman • Freshman
Blue Bell, Pa.

Sprints

William's Personal Bests	
100m	10.60
200m	21.55

Before Penn State... || High School PR || 100: 10.60, 200: 21.55, 400: 50.00 || Wissahickon High School || five team district titles... 10 team conference titles... Six-year letter winner...Second team all State 100m senior year... Second Team all state 4x200 senior year... Honorable mention all state 100m junior year... First team all league 100, 200, 4x1 & 4x4 senior year... Second team all league 100 & 200 junior year... Three conference titles... Varsity Captain ... School record holder in in both the indoor and outdoor 200 and 4x200 || Personal || Son of Douglas and Diane Williams... Has one brother, Devin Williams... Born October 6, 1997



Brandon
TUBBY

Freshman • Freshman
Hillsborough, N.J

Distance/XC

Tubby's Personal Bests	
800m	1:53.38
1600m	4:09.15
3200m	9:15.47

On the National Stage...| 2016 Cross Country || Finished 49th at the NCAA Mid-Atlantic Regional Championships running 31:24 on the 10K course

At the Big Ten Championships... || 2016 Cross Country || Placed 85th at the Big Ten Cross Country Championships (26:30.7)

On the course ... 2016 ... Placed 206th at the Roy Griak Invitational(27:42.3)

Before Penn State... || High School PRs || 800: 1:53.38, 1,600: 4:09.15, 3,200: 9:15.47, XC 5K: 15:56|| High School || Somerset County XC Team Championship (2015)... Cross Country county champion... Top 12 at the Meet of Champions... All-Group Four first team... All State second team... Thompson Park school record holder... Skyland Conference/somerset county record in the 1600 and 3200... 1600 conference, county and Group four meet champion... Group four outdoor 1600 champion|| National competition| | Personal ||All-American at the New Balance Indoor National in the mile Son of Doug and Michele... Has two siblings, Justin and Stephanie ... Born April 27, 1998



HISTORY AND RECORDS





Year	PSU Athlete	Event	Place	Country	Location
1908	Talbot, Lee	Hammer	5th	United States	London
1920	Barron, Harold	110-Meter High Hurdles	2nd	United States	Antwerp
1920	Helfrich, Alan	1600-Meter Relay	*Alternate	United States	Antwerp
1920	Shields, Larry	1500-Meters	3rd	United States	Antwerp
1920	Shields, Larry	3,000-Meter (Team Run)	1st (Team); 8th Indiv.	United States	Antwerp
1924	Cox, William	10,000-Meters	Unknown	United States	Paris
1924	Cox, William	3,000-Meter (Team Run)	3rd (Team)	United States	Paris
1924	Moore, Charles	110-Meter High Hurdles	*Alternate	United States	Paris
1924	Romig, John	5,000-Meters	4th	United States	Paris
1924	Studenroth, Arthur	5,000-Meters	6th	United States	Paris
1928	Bates, Al	Long Jump	3rd	United States	Amsterdam
1928	Romig, John	10,000-Meters	Unknown	United States	Amsterdam
1932	Rekers, Paul	5,000-Meters	12th	United States	Los Angeles
1940	Ewell, Barney	Sprints	Honorary Olympian	United States	Tokyo
1940	Vukmanic, Nick	Javelin	Honorary Olympian	United States	Tokyo
	** Tokyo Games cancelled due to World War II				
1948	Ewell, Barney	100-Meters	2nd	United States	London
1948	Ewell, Barney	200-Meters	2nd	United States	London
1948	Ewell, Barney	4x100-Meter Relay	1st	United States	London
1948	Goffberg, Herman	10,000-Meters	DNF	United States	London
1948	Stone, Curt	10,000-Meters	6th	United States	London
1952	Ashenfelter, Horace	3,000-Meter Steeplechase	1st	United States	Helsinki
	*8:45.4 (Olympic Record)				
1952	Ashenfelter, William	3,000-Meter Steeplechase	DNF	United States	Helsinki
1952	Stone, Curt	5,000-Meters	6th (Heat)	United States	Helsinki
1952	Stone, Curt	10,000-Meters	15th	United States	Helsinki
1952	Werner, Chick	Assistant Coach	***	United States	Helsinki
1956	Ashenfelter, Horace	3,000-Meter Steeplechase	6th (Heat)	United States	Stockholm
1956	Stone, Curt	5,000-Meters	6th (Heat)	United States	Stockholm
1960	Moran, Ed	1,500-Meters	*Alternate	United States	Rome
1968	Hedmark, Lennart	Decathlon	11th	Sweden	Mexico City
1968	Reilly, Bill	3,000-Meter Steeplechase	5th (Heat)	United States	Mexico City
1972	Hayden, Steve	50K Walk	27th	United States	Munich
1972	Hedmark, Lennart	Decathlon	DNF	Sweden	Munich
1972	Sands, Mike	100-Meters	6th (Heat)	Bahamas	Munich
1972	Sands, Mike	200-Meters	5th (Heat)	Bahamas	Munich
1972	Sands, Mike	4x100-Meter Relay	6th (Heat)	Bahamas	Munich
1976	Hedmark, Lennart	Decathlon	8th	Sweden	Montreal
1976	Hjeltnes, Knut	Discus	7th	Norway	Montreal
1976	Jackson, Al	Hammer	*Alternate	United States	Montreal
1976	Sands, Mike	100-Meters	4th (Heat)	Bahamas	Montreal
1976	Sands, Mike	400-Meters	6th (Heat)	Bahamas	Montreal
1976	Sands, Mike	4x100-Meter Relay	*Relay Pool	Bahamas	Montreal
1976	Shine, Mike	400-meter Hurdles			
1980	Fredericks, Greg	10,000-Meters	Honorary Olympian	United States	Moscow
	*U.S. boycotted Moscow Olympics				
1980	Hjeltnes, Knut	Discus	7th	Norway	Moscow
1984	Hjeltnes, Knut	Discus	4th	Norway	Los Angeles
1988	Hjeltnes, Knut	Discus	7th	Norway	Los Angeles
1992	Groves, Harry	Assistant Coach	***	United States	Barcelona
1992	Sands, Mike	Head Manager	***	Bahamas	Barcelona
1992	Walsh, Barry	Decathlon	***	Ireland	Barcelona
1996	Hunter, C.J.	Shot Put	7th	United States	Atlanta
2000	Hunter, C.J.	Shot Put	*DQ	United States	Sydney
2004	Alford-Sullivan, Beth	Assistant Coach	***	United States	Athens
2004	Moore, Consuella	4x100-Meter Relay	*Relay Pool	United States	Athens
2008	Augustus, Toyin	100-Meter Hurdles	7th (Heat)	Nigeria/Beijing	
2008	Barber, Aleesha	100-Meter Hurdles	4th (Heat)	Trinidad and Tobago	Beijing
2012	Blake, Dominique	4x400-Meter Relay	*Relay Pool (3rd)	Jamaica	London
2012	Cox, Shana	400 Meters; 4x400m Relay	7th (Semi-Final)	Great Britain	London
2012	Cox, Shana	4x400-Meter Relay	5th	Great Britain	London
2012	Franek, Bridget	3,000-Meter Steeplechase	14th	United States	London
2012	Nieuwendam, Kirsten	200 Meters	8th (Heat)	Suriname	London
2016	Kovacs, Joe	Shot Put	2nd	United States	Rio
2016	Hill, Darrell	Shot Put	23rd (Preliminaries)	United States	Rio

YELLOW - Denotes Olympic Gold Medalist

BOLD - Denotes Olympic Medalist



NCAA CROSS COUNTRY HISTORY

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

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
2016	18th	465 pts	15, 36, 140, 177, 240, DNF	6,000-Meters	Indiana State
2015	16th	396 pts	38, 98, 102, 152, 157, 181, 225	6,000-Meters	Louisville
2013	25th	640 pts	111, 147, 152, 186, 204, 222, 237	6,000-Meters	Indiana State
2012	14th	387 pts	33, 51, 59, 121, 123, 143, 150	6,000-Meters	Louisville
2011	13th	368 pts	10, 39, 85, 93, 141, 167, 173	6,000-Meters	Indiana State
2010	26th	550 pts	82, 96, 106, 124, 142, 154, 167	6,000-Meters	Indiana State
2009	14th	375 pts	24, 69, 77, 90, 115, 163, 168	6,000-Meters	Indiana State
2003	23rd	510 pts	42, 103, 114, 116, 135, 173, 186	6,000-Meters	Northern Iowa
2002	T-25th	568 pts	73, 105, 107, 129, 154, 159, 193	6,000-Meters	Indiana State
1996	11th	270 pts	20, 47, 49, 70, 84, 95, 118	5,000-Meters	Arizona
1994	9th	250 pts	25, 34, 49, 51, 91, 103, 110	5,000-Meters	Arkansas
1993	7th	226 pts	31, 33, 50, 51, 61, 70, 119	5,000-Meters	Lehigh
1992	T-6th	179 pts	24, 33, 36, 37, 49, 55, 104	5,000-Meters	Indiana
1991	13th	328 pts	45, 50, 67, 71, 95, 98, 114	5,000-Meters	Arizona
1987	14th	304 pts	28, 54, 63, 76, 83, 94, 104	5,000-Meters	Virginia
1985	10th	253 pts	11, 55, 58, 64, 65, 89, 98	5,000-Meters	Marquette
1984	14th	305 pts	38, 45, 71, 75, 76, 78, 83	5,000-Meters	Penn State
1983	12th	304 pts	47, 50, 58, 74, 75, 82, 88	5,000-Meters	Lehigh
1982	6th	193 pts	20, 23, 41, 47, 62, 68, 77	5,000-Meters	Indiana
1981	10th	249 pts	39, 41, 53, 54, 62, 64, 69	5,000-Meters	Witchita State

ALL-TIME MEN'S TEAM FINISHES

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
2010	30th	659 pts	52, 77, 171, 179, 180, 189, 193	10,000-Meters	Indiana State
2008	25th	547 pts	64, 93, 112, 118, 160, 173, 194	10,000-Meters	Indiana State
1994	8th	250 pts	35, 41, 46, 60, 68, 125, 143	10,000-Meters	Arkansas
1993	14th	311 pts	18, 43, 73, 87, 90, 92, 109	10,000-Meters	Lehigh
1991	10th	286 pts	18, 36, 69, 73, 90, 107, 124	10,000-Meters	Arizona
1987	12th	304 pts	3, 29, 49, 90, 133, 143	10,000-Meters	Virginia
1986	17th	358 pts	21, 64, 82, 93, 98, 118, 122	10,000-Meters	Arizona
1984	21st	403 pts	57, 60, 69, 104, 113, 122, 142	10,000-Meters	Penn State
1981	14th	379 pts	4, 68, 79, 104, 124, 139	10,000-Meters	Wichita State
1980	3rd	153 pts	5, 12, 18, 52, 66, 91, 106	10,000-Meters	Wichita State
1979	3rd	186 pts	15, 27, 41, 46, 57, 68, 82	10,000-Meters	Lehigh
1978	4th	220 pts	7, 38, 42, 52, 81, 88, 94	10,000-Meters	Wisconsin
1977	12th	346 pts	26, 55, 74, 92, 99, 100, 188	10,000-Meters	Washington State
1976	13th	410 pts	18, 45, 68, 108, 171, 204	10,000-Meters	North Texas
1975	4th	256 pts	Team Places Unavailable	6 Miles	Penn State
1974	10th	279 pts	31, 53, 59, 67, 69, 116, 140	6 Miles	Indiana
1973	10th	252 pts	Team Places Unavailable	6 Miles	Washington State
1972	12th	326 pts	23, 28, 64, 78, 133, 154	6 Miles	Houston
1971	8th	269 pts	13, 38, 46, 83, 89, 147, 176	6 Miles	Tennessee
1970	13th	420 pts	3, 43, 89, 136, 149, 187, 214	6 Miles	William and Mary
1969	10th	352 pts	27, 63, 70, 92, 100, 144, 150	6 Miles	Manhattan College
1968	14th	319 pts	23, 34, 50, 103, 109, 114, 133	6 Miles	Manhattan College
1962	12th	253 pts	6, 51, 61, 65, 70, 75	4 Miles	Michigan State College
1961	8th	203 pts	16, 19, 47, 55, 66, 70, 80	4 Miles	Michigan State College
1960	4th	104 pts	5, 13, 24, 28, 34, 38, 46	4 Miles	Michigan State College
1959	10th	213 pts	5, 18, 51, 58, 81	4 Miles	Michigan State College
1957	9th	206 pts	9, 34, 36, 55, 72	4 Miles	Michigan State College
1956	7th	192 pts	11, 17, 43, 51, 70, 71	4 Miles	Michigan State College
1954	5th	152 pts	12, 14, 38, 42, 46, 67, 91	4 Miles	Michigan State College
1953	4th	97 pts	3, 6, 29, 33, 36, 58, 60	4 Miles	Michigan State College
1952	T-4th	110 pts	6, 19, 24, 28, 33, 56, 61	4 Miles	Michigan State College
1951	4th	122 pts	4, 15, 17, 22, 64, 76	4 Miles	Michigan State College
1950	1st	53 pts	5, 7, 12, 13, 16, 18, 31	4 Miles	Michigan State College
1949	4th	93 pts	10, 11, 13, 29, 30, 34, 41	4 Miles	Michigan State College
1948	4th	118 pts	18, 21, 25, 26, 28, 36, 46	4 Miles	Michigan State College
1947	1st	60 pts	1, 3, 13, 17, 26, 45, 46	4 Miles	Michigan State College
1946	3rd	114 pts	2, 6, 14, 34, 58, 81, 108	4 Miles	Michigan State College
1942	T-1st	57 pts	4, 6, 7, 11, 29, 42, 46	4 Miles	Michigan State College
1941	2nd	110 pts	11, 15, 27, 28, 29, 56, 66	4 Miles	Michigan State College



WOMEN'S NCAA ALL-AMERICANS

<u>Year</u>	<u>Athlete</u>	<u>Place</u>			
2016	Elizabeth Chikotas	15	1970	Greg Fredericks	4
2016	Jillian Hunsberger	36	1962	Howie Deardoff	8
2015	Tessa Barrett	38	1960	Jerry Norman	6
2011	Caitlin Lane	16	1959	Dick Engelbrink	7
2009	Bridget Franek	26	1957	Fred Kerr	13
2008	Bridget Franek	23	1953	Bob Hollen	6
2000	Susanne Heyer	14	1953	Lamont Smith	13
1996	Kim McGreevy	27	1952	Bob Hollen	7
1994	Kim Kelly	25	1951	Bill Ashenfelter	4
1992	Kim Kelly	27	1950	Bill Ashenfelter	8
1988	Stacy Prey	31	1950	Bob Freebairn	11
1985	Stacy Prey	23	1949	Bill Ashenfelter	13
1982	Doreen Startare	20	1949	Bob Freebairn	14
1979*	Heather Carmichael	8	1947	Gerry Karver	6
1979*	Kathy Mills	4	1947	Horace Ashenfelter	2
1978*	Kathy Mills	3	1946	Curt Stone	2
1977*	Kris Bankes	15	1946	Gerry Karver	7
1977*	Kathy Mills	1	1942	Curt Stone	6
1976*	Kathy Mills	3	1942	Gerry Karver	8
1975*	Liz Cunningham	12	1942	McLain Smith	12
1975*	Liz Berry	15	1942	Norm Gordon	4
1975*	Kris Bankes	3	1941	Norm Gordon	11
			1940	Bill Smith	7
			1939	Bill Smith	5

* Denotes finish from "Pre-NCAA" era.

MEN'S NCAA ALL-AMERICANS

<u>Year</u>	<u>Athlete</u>	<u>Place</u>
2006	Dan Mazzocco	31
2005	Dan Mazzocco	43
1993	Jake Bartholomy	29
1991	Mark Wimmer	26
1989	Steve Brown	20
1989	Doug Walter	41
1988	Brian Laird	13
1987	Eric Carter	4
1985	Eric Carter	9
1981	Alan Scharsu	5
1980	Alan Scharsu	6
1980	John Zishka	22
1980	Larry Mangan	14
1979	Alan Scharsu	19
1979	John Ziegler	34
1978	Bob Snyder	9
1977	Bob Snyder	9
1976	George Malley	20
1975	George Malley	17
1975	Paul Stemmer	5
1974	George Malley	39
1973	Charlie Maguire	23
1971	Greg Fredericks	20



NCAA CROSS COUNTRY HISTORY

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

Key:
 IND - Denotes Individual Entrant
Italics - Denotes All-America finish

Notes:
 * The women's race distance moved from 5,000-meters to 6,000-meters in 2000.
 * Results since NCAA era began in 1981.

NCAA CROSS COUNTRY HISTORY



Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1938	5	IND	Smith, Bill	20:49	1951	4	4	Ashenfelter, Bill	20:32	1961	26	16	Norman, Gerald	20:55
1940	7	IND	Smith, Bill	20:55	1951	17	15	Hollen, Robert	20:54	1961	29	19	Deardorff, Howard	20:58
1940	60	IND	Snyder, Chester	22:37	1951	21	17	Foster, Dudley	21:00	1961	67	47	Bassett, Lionel	21:36
1940	63	IND	Kotz, Vernard	22:50	1951	26	22	Horner, Jackson	21:09	1961	75	55	Noll, Ernest	21:48
1941	11	11	Gordon, Norm	21:05	1951	72	64	Hamill, James	22:00	1961	89	66	Moorhead, Steven	22:09
1941	16	15	Goffberg, Herm	21:30	1951	85	76	Chillrud, John	22:25	1961	93	70	Miller, Michael	22:18
1941	28	27	Bourgerie, Alex	21:57	1952	7	6	Hollen, Robert	20:00	1961	105	80	Imswiler, Ted	22:40
1941	29	28	Stone, Curtis	21:59	1952	25	19	Hamill, James	20:36	1962	8	6	Deardorff, Howard	19:51
1941	30	29	Smith, McLane	22:00	1952	30	24	Horner, Jackson	20:42	1962	59	51	Bassett, Lionel	20:51
1941	61	56	Thiel, Harold	22:45	1952	34	28	Linder, Stanley	20:51	1962	75	61	Nichols, Joseph	21:05
1941	76	66	Kotz, Verard	23:22	1952	39	33	Smith, Lamont	20:58	1962	82	65	Lampman, Richard	21:17
1942	5	4	Gordon, Norm	21:07	1952	67	56	Chillrud, John	21:26	1962	90	70	Tuft, Richard	21:27
1942	7	6	Stone, Curtis	21:12	1952	72	61	Austin, Don	21:38	1962	98	75	Imswiler, Ted	21:38
1942	9	7	Karver, Gerald	21:15	1953	6	3	Hollen, Robert	20:16	1967	17	IND	Smith, Raymond	32:23
1942	13	11	Smith, McLane	21:23	1953	13	6	Smith, Lamont	20:29	1968	38	23	Schurk, Michael	30:24
1942	32	29	Horne, Howard	22:17	1953	30	19	Moorhead, Douglas	20:46	1968	58	34	Sheaffer, Albert	30:49
1942	48	42	Beach, Joseph	22:55	1953	49	33	Hamill, James	21:04	1968	78	50	Peterson, Philip	31:08
1942	52	46	Williams, Rufus	23:15	1953	53	36	Garrett, Theodore	21:15	1968	154	103	Kissell, Ralph	32:17
1946	2	2	Stone, Curtis	20:24	1953	80	58	McKelvey, James	22:29	1968	162	109	Smith, Raymond	32:26
1946	8	6	Karver, Gerald	21:01	1953	84	60	Chillrud, John	22:42	1968	167	144	Dickson, James	32:35
1946	19	14	Ashenfelter, Horace	21:28	1954	20	12	Moorhead, Douglas	20:44	1968	191	133	Gentry, Steve	33:12
1946	40	34	Longnecker, Donald	22:04	1954	24	14	Garrett, Theodore	21:29	1969	45	27	Fredericks, Greg	30:43
1946	69	58	Williams, Mitchell	22:33	1954	52	38	Chillrud, John	21:29	1969	95	63	Henderson, Gerald	31:38
1946	94	81	Horne, Howard	23:02	1954	56	42	Woodrow, Donald	21:32	1969	105	70	Chadwick, Matthew	31:46
1946	124	108	Shuman, William	23:53	1954	60	46	Pastorius, James	21:35	1969	134	92	Kissell, Ralph	32:16
1947	2	1	Ashenfelter, Horace	20:45	1954	83	67	Roberts, Paul	22:18	1969	147	100	Deardorff, Jeffrey	32:29
1947	6	3	Karver, Gerald	21:03	1954	107	91	Mowrey, Donald	23:50	1969	201	144	Alland, James	33:24
1947	17	13	Lennox, Frederick	21:49	1956	17	11	Woodrow, Donald	20:45	1969	208	150	Dixon, James	33:31
1947	32	26	Longnecker, Donald	22:11	1956	23	17	Kerr, Fred	20:54	1970	4	3	Fredericks, Greg	28:12
1947	52	45	Bates, John	22:38	1956	54	43	Thompson, Robert	21:39	1970	64	43	Maguire, Charlie	29:31
1947	53	46	Auman, Robert	22:40	1956	66	51	Schoenebeck, C.	21:47	1970	128	89	Allahand, James	30:06
1948	24	18	Longnecker, Donald	21:09	1956	85	70	Moran, Edward	22:22	1970	185	136	Supulski, Daniel	30:34
1948	28	21	St. Clair, John	21:12	1956	86	71	Kirby, William	22:26	1970	199	149	Miller, James	30:42
1948	32	25	Bates, John	21:21	1957	13	9	Kerr, Fred	20:10	1970	243	187	McClure, James	31:30
1948	33	26	Williams, Mitchell	21:22	1957	42	34	Moran, Edward	20:51	1970	277	214	Kissell, Ralph	32:13
1948	35	28	Ashenfelter, Horace	21:28	1957	44	36	Engelbrink, Richard	20:53	1971	20	13	Fredericks, Greg	30:16
1948	44	26	Porto, Albert	21:39	1957	67	55	Thompson, Joseph	21:23	1971	62	38	Maguire, Charlie	31:05
1948	55	46	McCall, John	21:49	1957	87	72	King, Charles	21:48	1971	78	46	Supulski, Daniel	31:13
1949	13	10	Ashenfelter, Don	20:55	1959	7	5	Engelbrink, Richard	21:14	1971	134	83	Hillman, Robert	31:53
1949	14	11	Freebairn, Bob	20:55	1959	28	18	Weber, Herman	21:57	1971	142	89	Allahand, James	32:01
1949	16	13	Porto, Albert	20:59	1959	69	51	Moorhead, Steven	22:53	1971	220	147	Chadwick, Matthew	32:48
1949	34	29	Gordon, William	21:28	1959	78	58	Johnson, Dennis	23:17	1971	265	176	Fullmer, John	34:17
1949	35	30	St. Clair, John	21:29	1959	106	81	Miller, Michael	24:37	1972	38	23	Maguire, Charlie	29:38
1949	39	34	Ashenfelter, Bill	21:33	1960	6	5	Norman, Gerald	20:07	1972	47	28	Gittings, Gary	29:42
1949	46	41	Parsons, Bob	21:41	1960	17	13	Weber, Herman	20:35	1972	96	64	Secord, Ronald	30:19
1950	8	5	Ashenfelter, Bill	21:05	1960	34	24	Deardorff, Howard	21:01	1972	113	78	Allahand, James	30:32
1950	11	7	Freebairn, Bob	21:12	1960	38	28	Moorhead, Steven	21:03	1972	192	133	Chadwick, Matthew	32:55
1950	16	12	St. Clair, Don	21:34	1960	46	34	Bassett, Lionel	21:15	1972	219	154	Supulski, Daniel	33:56
1950	17	13	Gordon, William	21:36	1960	51	38	Noll, Ernest	21:24	1973	23	16	Maguire, Charlie	29:13
1950	20	16	Foster, Dudley	21:41	1960	63	46	Johnson, Dennis	21:49	1973	71	37	Malley, George	29:58
1950	23	18	Ashenfelter, Don	21:45						1973	98	53	Hillman, Robert	30:19
1950	38	31	Porto, Albert	22:45						1973	110	59	Secord, Ronald	30:24
										1973	137	79	Gittings, Gary	30:39



NCAA CROSS COUNTRY HISTORY

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1974	34	31	<i>Malley, George</i>	30:49	1984	81	57	Haley, Clark	31:10	1994	48	35	McGlynn, Tom	31:28
1974	76	53	Secord, Ronald	31:21	1984	85	60	Carter, Eric	31:14	1994	56	41	Bartholomy, Jake	31:42
1974	85	59	Majak, Walter	31:27	1984	95	69	Hudson, Robert	31:28	1994	61	46	Hamer, Bob	31:46
1974	95	67	Stemmer, Paul	31:34	1984	135	104	Shisler, Steve	32:03	1994	77	60	Gilkes, Artie	32:04
1974	97	69	Wilson, Kenneth	31:35	1984	???	113	???	???	1994	87	68	Arosemena, Che	32:10
1974	166	116	Christopher, George	31:35	1984	153	122	Detuerk, Stephen	32:30	1994	152	125	Simmons, Jamie	33:34
1974	197	140	Augustin, Paul	32:36	1984	173	142	Mackley, Paul	33:22	1994	170	143	Oliver, Steve	34:28
1975	5	*	<i>Stemmer, Paul</i>	28:58	1985	9	IND	<i>Carter, Eric</i>	30:03	1997	114	IND	Drager, Austin	31:36
1975	17	*	<i>Malley, George</i>	29:14	1986	35	21	Carter, Eric	31:47	2003	81	IND	Mazzocco, Dan	30:44
1975	80	*	Wilson, Kenneth	30:08	1986	84	64	Laird, David	32:37	2004	78	IND	Mazzocco, Dan	32:24
1975	125	*	Christopher, George	30:30	1986	104	82	McGarry, Rich	32:47	2005	43	IND	<i>Mazzocco, Dan</i>	30:23
1975	144	*	Majak, Walter	30:40	1986	118	93	Balkey, Steve	33:07	2006	31	IND	<i>Mazzocco, Dan</i>	31:37
1975	222	*	Secord, Ronald	31:28	1986	123	98	Jendricks, Keith	33:11	2008	81	64	Dawson, Kyle	30:45
1975	246	*	Baden, Bruce	31:59	1986	144	118	McCafferty, Bill	33:41	2008	114	93	McNally, Vince	31:00
1976	20	18	<i>Malley, George</i>	29:07	1986	148	122	McMillan, David	33:55	2008	141	112	McCandless, Tyler	31:10
1976	68	45	Baden, Bruce	29:49	1987	4	3	<i>Carter, Eric</i>	29:21	2008	148	118	Mahoney, John	31:14
1976	100	68	Ziegler, John	30:02	1987	42	29	McMillan, David	30:15	2008	197	160	O'Connor, Dennis	31:46
1976	166	108	Majak, Walter	30:34	1987	70	49	Balkey, Steve	30:40	2008	210	173	Quinn, Teddy	31:56
1976	242	171	Nicholson, John	31:28	1987	119	90	Novak, Jeffrey	31:21	2008	232	194	Fuller, Brian	32:25
1976	282	204	Snyder, Robert	32:36	1987	163	133	Accardi, Vinny	32:23	2009	134	IND	McNally, Vince	31:14
1977	34	26	<i>Snyder, Robert</i>	29:53	1987	173	143	Laird, Brian	32:50	2010	64	52	Dawson, Kyle	30:43
1977	83	55	Rapp, Thomas	30:35	1988	13	10	<i>Laird, Brian</i>	29:47	2010	92	77	McNally, Vince	31:05
1977	106	74	Ziegler, John	30:49	1988	91	68	Frazier, Ken	31:09	2010	203	171	Dawson, Owen	32:12
1977	131	92	Wyatt, Michael	31:03	1988	94	70	Walter, Doug	31:10	2010	212	179	Pawola, Danny	32:28
1977	143	99	Felice, Dave	31:11	1988	103	79	Brown, Steve	31:15	2010	213	179	Cipro, Chris	32:30
1977	144	100	Baden, Bruce	31:12	1988	118	91	Novak, Jeffrey	31:26	2010	222	189	Foster, Ryan	32:47
1977	244	188	Cooper, James	32:58	1988	124	*	O'Reilly, Aidan	31:32	2010	226	193	Scarpello, Nick	32:53
1978	9	7	<i>Snyder, Robert</i>	29:48	1988	217	*	Accardi, Vinny	33:12	2011	73	IND	Dawson, Kyle	30:36
1978	54	38	Ziegler, John	30:36	1989	20	12	<i>Brown, Steve</i>	30:23	2011	103	IND	McNally, Vince	30:48
1978	61	42	Mangan, Larry	30:41	1989	41	25	<i>Walter, Doug</i>	30:49	2012	231	IND	Masters, Sam	32:25
1978	73	52	Baden, Bruce	30:50	1989	104	78	Frazier, Ken	31:45	2013	78	IND	Fischer, Matt	31:06
1978	113	81	Rapp, Thomas	31:11	1989	141	113	Anderson, Mark	32:23	2014	167	IND	Fischer, Matt	32:06
1978	120	88	Scharsu, Alan	31:19	1989	146	118	Novak, Jeffrey	32:29					
1978	129	94	Wyatt, Michael	31:27	1989	159	131	Heffner, Doug	33:03					
1979	19	15	<i>Scharsu, Alan</i>	29:39	1989	173	145	Castillo, Mike	33:45					
1979	34	27	Ziegler, John	29:59	1991	26	18	<i>Wimmer, Mark</i>	31:09					
1979	55	41	Mangan, Larry	30:26	1991	53	36	Gough, Robert	31:55					
1979	65	46	Adkins, Jeff	30:37	1991	88	69	Moore, Ronald	32:22					
1979	81	57	Rapp, Thomas	30:48	1991	93	73	O'Reilly, Aidan	32:24					
1979	95	68	Garcia, Rich	30:55	1991	112	90	Morrow, Austin	32:44					
1979	117	82	Clelland, Steve	31:11	1991	132	107	Scott, Andrew	33:07					
1980	7	5	<i>Scharsu, Alan</i>	29:25	1991	152	124	Mellott, Philip	33:47					
1980	14	12	<i>Mangan, Larry</i>	29:48	1992	64	IND	Wimmer, Mark	32:22					
1980	22	18	<i>Zishka, John</i>	29:55	1993	29	18	<i>Bartholomy, Jake</i>	30:32					
1980	78	52	Rapp, Thomas	30:44	1993	58	43	Hamer, Bob	31:00					
1980	95	66	Stephens, Dwight	30:52	1993	95	73	Steiner, Leif	31:33					
1980	126	91	Garcia, Rich	31:14	1993	109	87	Pritchard, Jon	31:43					
1980	144	106	Adkins, Jeff	31:25	1993	112	90	McGlynn, Tom	31:45					
1981	6	4	<i>Scharsu, Alan</i>	29:30	1993	115	92	Cooper, Ken	31:48					
1981	94	68	Enright, Barry	31:01	1993	134	109	Stants, Harry	32:09					
1981	106	79	Black, Gary	31:13										
1981	137	104	Stephens, Dwight	31:41										
1981	160	124	Althouse, Brad	32:09										
1981	175	139	Adkins, Jeff	32:37										
1982	134	IND	Adkins, Jeff	32:42										

Key:
 IND - Denotes Individual Entrant
Italics - Denotes All-America finish



ALL-TIME MEN'S INDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1965	Bedick, Tom	2-Mile Relay	6th	1998	McNutt, Neal	Weight Throw	7th
1965	Lampman, Dick	2-Mile Relay	6th	1999	Gorham, John	Long Jump	12th
1965	Morris, Art	2-Mile Relay	6th	1999	Audu, George	Long Jump	5th
1965	Reilly, Bill	2-Mile Relay	6th	2002	Olkowski, Ryan	200-Meters	8th
1965	Kauffman, Roger	Weight Throw	4th	2002	Olkowski, Ryan	High Jump	5th
1974	Sands, Mike	440-Yards	3rd	2003	Nichols, Chavous	Triple Jump	9th
1974	Maguire, Charlie	3-Mile	3rd	2007	Fritz, Ryan	High Jump	5th
1975	Sands, Mike	440-Yards	1st	2009	Fritz, Ryan	High Jump	T-3rd
1975	Shine, Mike	60-Meter Hurdles	6th	2010	Williams, Lionel	800-Meters	11th
1975	Hackman, Steve	Mile Relay	4th	2010	Foster, Ryan	800-Meters	3rd
1975	Moser, Randy	Mile Relay	4th	2010	Dawson, Owen	800-Meters	8th
1975	Sands, Mike	Mile Relay	4th	2010	Kovacs, Joe	Shot Put	3rd
1975	Shine, Mike	Mile Relay	4th	2010	Eaton, Blake	Shot Put	8th
1975	Hjeltnes, Knut	Shot Put	5th	2011	Gehret, Brady	400-Meters	3rd
1976	Sands, Mike	440-Yards	3rd	2011	Foster, Ryan	Mile	3rd
1976	Jackson, Al	Weight Throw	4th	2011	Nadolsky, Aaron	4x400-Meter Relay	5th
1977	Stemmer, Paul	3-Mile	6th	2011	Williams, Lionel	4x400-Meter Relay	5th
1978	Snyder, Bob	2-Mile	8th	2011	Loxsom, Casimir	4x400-Meter Relay	5th
1978	Falco, Keith	DMR	3rd	2011	Gehret, Brady	4x400-Meter Relay	5th
1978	McHugh, Chris	DMR	3rd	2012	Gehret, Brady	4x400-Meter Relay	2nd
1978	Rapp, Tom	DMR	3rd	2012	Loxsom, Casimir	4x400-Meter Relay	2nd
1978	Wyatt, Mike	DMR	3rd	2012	Nadolsky, Aaron	4x400-Meter Relay	2nd
1979	Snyder, Bob	2-Mile	8th	2012	Bennett-Green, Brandon	4x400-Meter Relay	2nd
1979	Scharsu, Alan	3-Mile	6th	2013	Loxsom, Casimir	800-Meters	2nd
1980	Scharsu, Alan	3-Mile	4th	2013	Kidder, Brannon	DMR	2nd
1981	Zishka, John	2-Mile	3rd	2013	Bennett-Green, Brandon	DMR	2nd
1982	Souza, Paul	High Jump	7th	2013	Watkins, Za'Von	DMR	2nd
1983	Cook, Mike	2-Mile Relay	3rd	2013	Creese, Robby	DMR	2nd
1983	McLaughlin, Paul	2-Mile Relay	3rd	2013	Barr, Will	Weight Throw	6th
1983	Moore, Randy	2-Mile Relay	3rd	2014	Za'Von Watkins	800-Meters	7th
1983	Wynn, Ken	2-Mile Relay	3rd	2014	Steve Waithe	Triple Jump	6th
1983	Shenk, Todd	Weight Throw	10th	2014	Will Barr	Weight Throw	8th
1984	Shenk, Todd	Weight Throw	T-9th	2015	Darrell Hill	Shot Put	4th
1985	Moore, Randy	800-Meters	3rd	2015	Brandon Kidder	Mile	7th
1985	Hudson, Bob	DMR	4th	2015	Brandon Kidder	DMR	2nd
1985	Overheim, Mark	DMR	4th	2015	Alex Shisler	DMR	2nd
1985	Robinson, Barry	DMR	4th	2015	Za'Von Watkins	DMR	2nd
1985	Watson, Vance	DMR	4th	2015	Robby Creese	DMR	2nd
1987	Balkey, Steve	4x800-Meter Relay	6th	2016	Brannon Kidder	800-Meters	7th
1987	Levitre, Ray	4x800-Meter Relay	6th				
1987	McMillan, David	4x800-Meter Relay	6th				
1987	Mills, Chris	4x800-Meter Relay	6th				
1988	Balkey, Steve	Mile	10th				
1989	Timpson, Michael	200-Meters	8th				
1989	Hunter, C.J.	Shot Put	2nd				
1990	Hunter, C.J.	Shot Put	1st				
1991	Caraher, Phil	Shot Put	2nd				
1994	Caldwell, R.B.	DMR	6th				
1994	Hamer, Bob	DMR	6th				
1994	Mellott, Phil	DMR	6th				
1994	Robbins, James	DMR	6th				
1994	Davis, Antonio	Triple Jump	9th				
1998	Gorham, John	Long Jump	7th				

BOLD - Denotes NCAA Champion



NCAA INDOOR HISTORY

ALL-TIME MEN'S INDOOR ALL-AMERICANS (BY EVENT)

200 Meters

Timpson, Michael	8th	1989
Olkowski, Ryan	8th	2002

400 Meters

Sands, Mike	3rd	1974
Sands, Mike	1st	1975
Sands, Mike	3rd	1976
Gehret, Brady	3rd	2011

* 440 yds prior to 1984

800 Meters

Moore, Randy	3rd	1985
Williams, Lionel	11th	2010
Foster, Ryan	3rd	2010
Dawson, Owen	8th	2010
Loxsom, Casimir	2nd	2013
Watkins, Za'Von	7th	2014
Kidder, Brannon	7th	2016

* 880 yds prior to 1984

Mile

Balkey, Steve	10th	1988
Foster, Ryan	3rd	2011
Kidder, Brandon	7th	2015

3000 Meters

Snyder, Bob	8th	1978
Snyder, Bob	8th	1979
Zishka, John	3rd	1981

* 2-Miles prior to 1984

200 Meters

Maguire, Charlie	3rd	1974
Stemmer, Paul	6th	1977
Scharsu, Alan	6th	1979
Scharsu, Alan	4th	1980

* 3-Miles prior to 1984

60-Meter Hurdles

Shine, Mike	60-Meter Hurdles	6th	1975
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* 60-yard hurdles prior to 1984

4x400-Meter Relay

Mike Sands, Steve Hackman, Randy Moser, Mike Shine	4th	1975
Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret	5th	2011
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	2nd	2012

* Mile Relay prior to 1984

Distance Medley Relay

Chris McHugh, Keith Falco, Mike Wyatt, Tom Rapp	3rd	1978
Vance Watson, Barry Robinson, Bob Hudson, Mark Overheim	4th	1985
R. B. Caldwell, James Robbins, Phil Mellott, Bob Hamer	6th	1994
Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese	2nd	2013
Brandon Kidder, Alex Shisler Za'Von Watkins, Robby Creese	2nd	2015

High Jump

Souza, Paul	7th	1982
Olkowski, Ryan	5th	2002
Fritz, Ryan	5th	2007
Fritz, Ryan	T-3rd	2009

Long Jump

Gorham, John	7th	1998
Gorham, John	12th	1999
Audu, George	5th	1999

Triple Jump

Davis, Antonio	9th	1994
Nichols, Chavous	9th	2003
Waithe, Steve	6th	2014

Shot Put

Hjeltnes, Knut	5th	1975
Hunter, C.J.	2nd	1989
Hunter, C.J.	1st	1990
Caraher, Phil	2nd	1991
Kovacs, Joe	3rd	2010
Eaton, Blake	8th	2010
Hill, Darrell	4th	2015

Weight Throw

Kauffman, Roger	4th	1965
Jackson, Al	4th	1976
Shenk, Todd	10th	1983
Shenk, Todd	T-9th	1984
McNutt, Neal	7th	1998
Barr, Will	6th	2013
Barr, Will	8th	2014

4x800-Meter Relay (Discontinued)

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



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

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

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



NCAA INDOOR HISTORY

ALL-TIME WOMEN'S INDOOR ALL-AMERICANS (BY EVENT)

60 Meters

Moore, Connie	6th	2004
Greaves, Shavon	11th	2010

200 Meters

Moore, Connie	7th	2001
Moore, Connie	9th	2002
Moore, Connie	9th	2003
Moore, Connie	3rd	2004
Greaves, Shavon	10th	2009
Greaves, Shavon	3rd	2010
Jones, Mahagony	3rd	2014

400 Meters

Cox, Shana	11th	2005
Cox, Shana	7th	2006
Cox, Shana	7th	2007
Cox, Shana	4th	2008
Dorr, Fawn	5th	2010
Seymour, Kiah	6th	2014

800 Meters

<i>* 880 yds prior to 1984</i>		
Hart, Tammie	4th	**1982
Pioli, Terri	6th	**1982
Simmons, Briene	7th	2007

Mile

Murnane, Patty	4th	**1982
Startare, Doreen	7th	1983
McGreevy, Kim	7th	1997

3000 Meters

<i>* 2-Miles prior to 1984</i>		
Ihrig, Carolyn	8th	**1982
Renzi, Paula	3rd	1985
Franek, Bridget	10th	2008
Franek, Bridget	7th	2010

5000 Meters

Carmichael, Heather	6th	**1980
Cleary, Peggy	5th	**1980
Mills, Kathy	4th	**1981
Prey, Stacy	4th	1990
Kelly, Kim	6th	1993
Franek, Bridget	7th	2008
Franek, Bridget	4th	2009
Franek, Bridget	4th	2010

60-Meter Hurdles

Barber, Aleesha	8th	2008
Barber, Aleesha	4th	2009

4x400-Meter Relay

Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	4th	2007
Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr	5th	2008
Fawn Dorr, Shavon Greaves, Aleesha Barber, Gayle Hunter	3rd	2009
Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan	6th	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	5th	2014
Megan Osborne, Dynasty McGee, Tichina Rhodes, Kiah Seymour	8th	2015

Distance Medley Relay

Penny Fales, Mary Rawe, Tammie Hart, Doreen Startare	4th	**1981
Tammie Hart, Carolyn Ihrig, Patty Murnane, Doreen Startare	5th	**1982
Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy	4th	1996

Long Jump

Riddick, Vivian	5th	**1982
Walker, Shakeema	3rd	1999
Aduba, Chi-Chi	5th	2003
Aduba, Chi-Chi	5th	2003

Triple Jump

Walker, Shakeema	7th	1999
Aduba, Chi-Chi	4th	2003
Aduba, Chi-Chi	7th	2004

Shot Put

Sobansky, Elaine	3rd	**1982
Sobansky, Elaine	3rd	1983
Sobansky, Elaine	2nd	1984
O'Connor, Ja'Nai	5th	2004
Leatherman, Jennifer	9th	2005
Rachel Fatherly	7th	2016

Weight Throw

Leatherman, Jennifer	4th	2005
Leatherman, Jennifer	3rd	2006

Pentathlon

Hunter, Gayle	5th	2008
Hunter, Gayle	2nd	2009
Howell, Brittney	7th	2014

2000 Meters (Discontinued)

Rawe, Mary	2nd	**1980
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4x800-Meter Relay (Discontinued)

Beth Stever, Judi Cassell, Haidi Gerken, Tammie Hart	6th	1984
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*** Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.*



ALL-TIME MEN'S OUTDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1921	Romig, John	2-Mile	1st	1983	Garcia, Rick	3000 Steeplechase	9th
1922	Helffrich, Alan	880 Yards	1st	1985	Moore, Randy	800-Meters	4th
1922	Shields, Larry	Mile	1st	1985	Kleban, Rick	Decathlon	5th
1922	Barron, Harold	120 yd HH	1st	1986	Carter, Eric	10,000-Meters	10th
1923	Helffrich, Alan	880 Yards	1st	1987	Levitre, Ray	800-Meters	2nd
1923	Enck, Schuyler	Mile	1st	1987	Balkey, Steve	1500-Meters	6th
1938	Vukmanic, Nick	Javelin	1st	1987	Carter, Eric	10,000-Meters	7th
1939	Vukmanic, Nick	Javelin		1987	Masgay, Dave	Decathlon	7th
1940	Ewell, Barney	100 Yards	1st	1988	Timpson, Michael	200-Meters	10th
1940	Ewell, Barney	220 Yards	1st	1988	Balkey, Steve	1500-Meters	5th
1940	Ewell, Barney	Long Jump		1988	Hunter, C.J.	Shot Put	5th
1940	Vukmanic, Nick	Javelin	4th	1989	Hunter, C.J.	Shot Put	4th
1941	Ewell, Barney	100 Yards	1st	1990	Walter, Doug	1500-Meters	10th
1941	Ewell, Barney	220 Yards	1st	1990	Brown, Steve	5000-Meters	11th
1941	Ewell, Barney	Long Jump		1990	Hall, Ricardo	Triple Jump	13th
1942	Ewell, Barney	100 Yards		1990	Hunter, C.J.	Shot Put	2nd
1942	Ewell, Barney	220 Yards		1991	Caraher, Phil	Shot Put	9th
1942	Ewell, Barney	Long Jump		1992	Milne, Brian	Discus	13th
1947	Karver, Gerald	Mile	1st	1993	Cripanuk, Kevin	400-Meter Hurdles	8th
1947	Stone, Curtis	2-Mile	2nd	1993	Davis, Antonio	Triple Jump	6th
1947	Ashenfelter, Horace	2-Mile		1993	Milne, Brian	Discus	1st
1948	Ashenfelter, Horace	5000-Meters	2nd	1994	Hamer, Bob	1500-Meters	9th
1949	Lancaster, Wilbur	220 Yards	6th	1994	Wimmer, Mark	10,000-Meters	9th
1949	Ashenfelter, Horace	2-Mile	1st	1995	Austin, Rob	Javelin	10th
1949	Gehrdes, Jim	120 yd HH	3rd	1996	Pina, Steve	Long Jump	3rd
1949	Gehrdes, Jim	220 yd LH	2nd	1996	Austin, Rob	Javelin	8th
1949	Perry, Rod	220 yd LH		1996	Cook, James	Decathlon	9th
1950	Gehrdes, Jim	120 yd HH		1997	Gorham, John	Long Jump	11th
1951	Roderes, Ted	Javelin	5th	1997	Cook, James	Decathlon	13th
1954	Hollen, Bob	2-Mile		1998	Audu, George	Long Jump	4th
1954	Blockson, Charles	Shot Put		1998	Gorham, John	Long Jump	6th
1954	Grier, Roosevelt	Shot Put		1998	Burkholder, Troy	Javelin	12th
1955	Pollard, Art	220 Yards		1998	Wolter, Carl	Javelin	7th
1955	Youkers, Bill	120 yd HH	4th	1998	Cook, James	Decathlon	12th
1957	Perry, Rod	120 yd HH		1999	Audu, George	Long Jump	6th
1958	Moran, Ed	Mile	6th	2001	Rose, Guy	110-Meter Hurdles	12th
1960	Moorehead, Steve	3000 Steeplechase		2001	Derby, Brian	400-Meter Hurdles	4th
1961	Brown, Bob	100 Yards		2002	Olkowski, Ryan	200-Meters	8th
1961	Norman, Gerry	3-Mile		2007	Fritz, Ryan	High Jump	T-9th
1961	Moorehead, Steve	3000 Steeplechase		2008	Smith, Clarence	Triple Jump	9th
1965	Hedmark, Lennart	Javelin		2009	Foster, Ryan	800-Meters	8th
1966	Rockwell, Warren	Triple Jump	2nd	2009	Smith, Clarence	Triple Jump	8th
1966	Stevenson, Jim	Javelin	1st	2010	McCandless, Tyler	10,000-Meters	12th
1966	Krombolz, Ernie	Javelin	5th	2010	Fritz, Ryan	High Jump	4th
1970	Fredericks, Greg	3-Mile	5th	2010	Eaton, Blake	Shot Put	3rd
1971	Fredericks, Greg	3-Mile	2nd	2011	Loxsom, Casimir	800-Meters	4th
1972	Fredericks, Greg	5000-Meters	2nd	2011	Kovacs, Joe	Shot Put	3rd
1973	Maguire, Charlie	6-Mile	1st	2012	Gehret, Brady	400-Meters	6th
1973	Finkel, Doug	440 Yd Relay	6th	2012	Nadolsky, Aaron	4x400-Meter Relay	4th
1973	Sands, Mike	440 Yd Relay	6th	2012	Bennett-Green, Brandon	4x400-Meter Relay	4th
1973	Scott, Jim	440 Yd Relay	6th	2012	Loxsom, Casimir	4x400-Meter Relay	4th
1973	Singleton, Fred	440 Yd Relay	6th	2012	Gehret, Brady	4x400-Meter Relay	4th
1973	Jackson, Al	Hammer	4th	2012	Kovacs, Joe	Shot Put	4th
1975	Sands, Mike	440 Yards	5th	2013	Loxsom, Casimir	800-Meters	2nd
1975	Shine, Mike	440 Yard IH	6th	2013	Kidder, Brannon	800-Meters	3rd
1975	Hjeltnes, Knut	Shot Put	5th	2013	Creese, Robby	1500-Meters	6th
1975	Hjeltnes, Knut	Discus	3rd	2014	Waithe, Steve	Triple Jump	5th
1976	Shine, Mike	110-Meter Hurdles	5th	2014	Cardina, Robert	Decathlon	8th
1976	Malley, George	3000 Steeplechase	4th	2015	Darrell Hill	Shot Put	2nd
1976	Shine, Mike	400-Meter Hurdles	2nd	2015	Brandon Kidder	800-Meters	2nd
1976	Jackson, Al	Hammer	5th	2015	Steve Waithe	Triple Jump	8th
1977	Stemmer, Paul	10,000-Meters	8th	2016	Brannon Kidder	1500-Meters	4th
1978	Ziegler, John	10,000-Meters	8th	2016	Brian Leap	Triple Jump	6th
1980	Lankford, Paul	400-Meter Hurdles	4th	2016	Isaiah Harris	800-Meters	4th
1981	Lankford, Paul	400-Meter Hurdles	4th				



NCAA OUTDOOR HISTORY

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

100 Meters			<i>* 100 yds prior to 1976</i>			4x400-Meter Relay		
Ewell, Barney	1st	1940	Aaron Nadolsky, Brandon Bennett-Green,	4th	2012	Casimir Loxsom, Brady Gehret		
Ewell, Barney	1st	1941						
Ewell, Barney		1942						
Brown, Bob		1961						
200 Meters			<i>* 220 yds prior to 1976</i>			High Jump		
Ewell, Barney	1st	1940	Fritz, Ryan	T-9th	2007			
Ewell, Barney	1st	1941	Fritz, Ryan	4th	2010			
Ewell, Barney		1942						
Lancaster, Wilbur	6th	1949						
Pollard, Art		1955						
Timpson, Michael	10th	1988						
Olkowski, Ryan	8th	2002						
400 Meters			<i>* 440 yds prior to 1976</i>			Long Jump		
Sands, Mike	5th	1975	Ewell, Barney		1940			
Gehret, Brady	6th	2012	Ewell, Barney		1941			
			Ewell, Barney		1942			
			Pina, Steve	3rd	1996			
			Gorham, John	11th	1997			
			Audu, George	4th	1998			
			Gorham, John	6th	1998			
			Audu, George	6th	1999			
800 Meters			<i>* 880 yds prior to 1976</i>			Triple Jump		
Helffrich, Alan	1st	1922	Rockwell, Warren	2nd	1966			
Helffrich, Alan	1st	1923	Hall, Ricardo	13th	1990			
Moore, Randy	4th	1985	Davis, Antonio	6th	1993			
Levitre, Ray	2nd	1987	Smith, Clarence	9th	2008			
Foster, Ryan	8th	2009	Smith, Clarence	8th	2009			
Loxsom, Casimir	4th	2011	Waithe, Steve	5th	2014			
Loxsom, Casimir	2nd	2013	Waithe, Steve	8th	2015			
Kidder, Brannon	3rd	2013	Leap, Brian	6th	2016			
Kidder, Brandon	2nd	2015						
Harris, Isaiah	4th	2016						
1500 Meters			<i>* One Mile prior to 1976</i>			Shot Put		
Shields, Larry	1st	1922	Blockson, Charles		1954			
Enck, Schuyler	1st	1923	Grier, Roosevelt		1954			
Karver, Gerald	1st	1947	Hjeltnes, Knut	5th	1975			
Moran, Ed	6th	1958	Hunter, C.J.	5th	1988			
Balkey, Steve	6th	1987	Hunter, C.J.	4th	1989			
Balkey, Steve	5th	1988	Hunter, C.J.	2nd	1990			
Walter, Doug	10th	1990	Caraher, Phil	9th	1991			
Hamer, Bob	9th	1994	Eaton, Blake	3rd	2010			
Creese, Robby	6th	2013	Kovacs, Joe	3rd	2011			
Kidder, Brannon	4th	2016	Kovacs, Joe	4th	2012			
			Hill, Darrell	2nd	2015			
5000 Meters			<i>* 3-Mile prior to 1976</i>			Discus		
Norman, Gerry		1961	Hjeltnes, Knut	3rd	1975			
Fredericks, Greg	5th	1970	Milne, Brian	13th	1992			
Fredericks, Greg	2nd	1971	Milne, Brian	1st	1993			
Ashenfelter, Horace	2nd	1948						
Fredericks, Greg	2nd	1972						
Brown, Steve	11th	1990						
10,000 Meters			<i>* 6-Mile prior to 1976</i>			Javelin		
Maguire, Charlie	1st	1973	Vukmanic, Nick	1st	1938			
Stemmer, Paul	8th	1977	Vukmanic, Nick		1939			
Ziegler, John	8th	1978	Vukmanic, Nick	4th	1940			
Carter, Eric	10th	1986	Roderes, Ted	5th	1951			
Carter, Eric	7th	1987	Hedmark, Lennart		1965			
Wimmer, Mark	9th	1994	Stevenson, Jim	1st	1966			
McCandless, Tyler	12th	2010	Krombolz, Ernie	5th	1966			
			Austin, Rob	10th	1995			
			Austin, Rob	8th	1996			
			Burkholder, Troy	12th	1998			
			Wolter, Carl	7th	1998			
110-Meter Hurdles						Hammer		
Shine, Mike	5th	1976	Jackson, Al	4th	1973			
Rose, Guy	12th	2001	Jackson, Al	5th	1976			
Barron, Harold	1st	1922						
Gehrdes, Jim	3rd	1949						
Gehrdes, Jim		1950						
Youkers, Bill	4th	1955						
Perry, Rod		1957						
3000-Meter Steeplechase						Decathlon		
Moorehead, Steve		1960	Kleban, Rick	5th	1985			
Moorehead, Steve		1961	Masgay, Dave	7th	1987			
Malley, George	4th	1976	Cook, James	9th	1996			
Garcia, Rick	9th	1983	Cook, James	13th	1997			
			Cook, James	12th	1998			
			Cardina, Robert	8th	2014			
400-Meter Hurdles						2-Mile (Discontinued)		
Shine, Mike	6th	1975	Romig, John	1st	1921			
Shine, Mike	2nd	1976	Stone, Curtis	2nd	1947			
Lankford, Paul	4th	1980	Ashenfelter, Horace		1947			
Lankford, Paul	4th	1981	Ashenfelter, Horace	1st	1949			
Cripanuk, Kevin	8th	1993	Hollen, Bob		1954			
Derby, Brian	4th	2001						
4x100-Meter Relay						220-Yard Hurdles (Discontinued)		
Doug Finkleton, Mike Sands,	6th	1973	Gehrdes, Jim	2nd	1949			
Fred Singleton, Jim Scott			Perry, Rod		1949			



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

Year	Name	Event	Finish	Year	Name	Event	Finish
1976**	Bankes, Kris	1500-Meters	2nd	2007	Barber, Aleesha	400-Meter Hurdles	12th
1976**	Bankes, Kris	2-Mile	3rd	2007	Hunter, Gayle	Heptathlon	8th
1977**	Bankes, Kris	3000-Meters	5th	2008	Cox, Shana	400-Meters	1st
1978**	Bankes, Kris	3000-Meters	2nd	2008	Barber, Aleesha	100-Meter Hurdles	4th
1978**	Mills, Kathy	3000-Meters	1st	2008	Franek, Bridget	3000 Steeplechase	3rd
1978**	Mills, Kathy	5000-Meters	1st	2008	Barber, Aleesha	4x400-Meter Relay	1st
1978**	Byrnes, Kathy	4x800-Meter Relay	2nd	2008	Blake, Dominique	4x400-Meter Relay	1st
1978**	Fales, Penny	4x800-Meter Relay	2nd	2008	Cox, Shana	4x400-Meter Relay	1st
1978**	Miller, Sandy	4x800-Meter Relay	2nd	2008	Hunter, Gayle	4x400-Meter Relay	1st
1978**	Ventura, Lea	4x800-Meter Relay	2nd	2008	Hunter, Gayle	Long Jump	5th
1980**	Carmichael, Heather	3000-Meters	3rd	2008	McQuillen, Karlee	Javelin	9th
1981**	Pioli, Terry	800-Meters	6th	2008	Hunter, Gayle	Heptathlon	5th
1981**	Rawe, Mary	1500-Meters	3rd	2008	Hunter, Gayle	Heptathlon	5th
1981**	Sobansky, Elaine	Shot Put	4th	2009	Dorr, Fawn	400-Meter Hurdles	6th
1982	Hart, Tammi	400-Meter Hurdles	5th	2009	Franek, Bridget	3000 Steeplechase	4th
1982	Riddick, Vivian	Long Jump	6th	2009	Barber, Aleesha	4x400-Meter Relay	4th
1982	Sobansky, Elaine	Shot Put	3rd	2009	Dorr, Fawn	4x400-Meter Relay	4th
1983	Startare, Doreen	1500-Meters	5th	2009	Greaves, Shavon	4x400-Meter Relay	4th
1983	Sobansky, Elaine	Shot Put	6th	2009	Hunter, Gayle	4x400-Meter Relay	4th
1984	Renzi, Paula	5000-Meters	6th	2009	McQuillen, Karlee	Javelin	10th
1984	Senz, Marilyn	Javelin	6th	2010	Greaves, Shavon	200-Meters	7th
1989	Mann, Carmen	Triple Jump	5th	2010	Barber, Aleesha	100-Meter Hurdles	3rd
1991	Connell, Pam	Heptathlon	4th	2010	Dorr, Fawn	400-Meter Hurdles	4th
1992	Gibbs, Stacey	Javelin	10th	2010	Franek, Bridget	3000 Steeplechase	1st
1992	Mitchell, Shelley	Heptathlon	8th	2010	Anyanwu, Doris	4x400-Meter Relay	4th
1993	Hunt, Kelli	10,000-Meters	4th	2010	Barber, Aleesha	4x400-Meter Relay	4th
1993	Kelly, Kim	10,000-Meters	5th	2010	Dorr, Fawn	4x400-Meter Relay	4th
1994	Hunt, Kelli	10,000-Meters	7th	2010	Greaves, Shavon	4x400-Meter Relay	4th
1994	Sobansky, Elaine	Shot Put	2nd	2010	McQuillen, Karlee	Javelin	3rd
1996	Gusic, Becky	Javelin	8th	2011	Anyanwu, Doris	4x400-Meter Relay	4th
1996	Kisty, Denika	Javelin	10th	2011	Greaves, Shavon	4x400-Meter Relay	4th
1997	McGreevy, Kim	1500-Meters	7th	2011	Iheoma, Ijeoma	4x400-Meter Relay	4th
1997	Fidler, Donna	10,000-Meters	7th	2011	Duncan, Megan	4x400-Meter Relay	4th
1998	Walker, Shakeema	Triple Jump	7th	2012	Loht, Laura	Javelin	3rd
1998	Pastore, Jen	Javelin	4th	2012	Kenney, Lauren	Javelin	4th
1999	Heyer, Susanne	1500-Meters	4th	2013	Loht, Laura	Javelin	4th
1999	Walker, Shakeema	Long Jump	8th	2013	Kenney, Lauren	Javelin	5th
1999	Williams, Deshaya	Discus	6th	2014	Jones, Mahagony	100-Meters	7th
2001	Johnson, Brienne	Javelin	8th	2014	Jones, Mahagony	200-Meters	4th
2002	Moore, Connie	100-Meters	9th	2014	Seymour, Kiah	400-Meter Hurdles	6th
2002	Moore, Connie	200-Meters	12th	2014	McGee, Dynasty	4x400-Meter Relay	5th
2002	Williams, Deshaya	Discus	6th	2014	Jones, Mahagony	4x400-Meter Relay	5th
2002	Johnson, Brienne	Javelin	8th	2014	Rhodes, Tichina	4x400-Meter Relay	5th
2003	Moore, Connie	100-Meters	5th	2014	Seymour, Kiah	4x400-Meter Relay	5th
2003	Moore, Connie	200-Meters	3rd	2014	Loht, Laura	Javelin	5th
2003	Landreth, Molly	3000 Steeplechase	11th				
2003	Williams, Deshaya	Discus	1st				
2003	Colley, Ashley	Javelin	11th				
2003	Johnson, Brienne	Javelin	5th				
2004	Moore, Connie	100-Meters	7th				
2004	Moore, Connie	200-Meters	5th				
2004	Aduba, Chi-Chi	Long Jump	6th				
2004	Aduba, Chi-Chi	Triple Jump	7th				
2005	Cox, Shana	400-Meters	9th				
2005	Leatherman, Jennifer	Hammer	7th				
2005	Bruch, Diana	Javelin	8th				
2006	Cox, Shana	400-Meters	3rd				
2006	Leatherman, Jennifer	Hammer	5th				
2007	Cox, Shana	400-Meters	2nd				

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



NCAA OUTDOOR HISTORY

ALL-TIME WOMEN'S OUTDOOR ALL-AMERICANS (BY EVENT)

100 Meters

Moore, Connie	9th	2002
Moore, Connie	5th	2003
Moore, Connie	7th	2004
Jones, Mahagony	7th	2014

200 Meters

Moore, Connie	12th	2002
Moore, Connie	3rd	2003
Moore, Connie	5th	2004
Greaves, Shavon	7th	2010
Jones, Mahagony	4th	2014

400 Meters

Cox, Shana	9th	2005
Cox, Shana	3rd	2006
Cox, Shana	2nd	2007
Cox, Shana	1st	2008

800 Meters

Pioli, Terry	6th	**1981
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1500 Meters

Bankes, Kris	2nd	**1976
Rawe, Mary	3rd	**1981
Startare, Doreen	5th	1983
McGreevy, Kim	7th	1997
Heyer, Susanne	4th	1999

5000 Meters

Mills, Kathy	1st	**1978
Renzi, Paula	6th	1984

10.000 Meters

Hunt, Kelli	4th	1993
Kelly, Kim	5th	1993
Hunt, Kelli	7th	1994
Fidler, Donna	7th	1997

100-Meter Hurdles

Barber, Aleesha	4th	2008
Barber, Aleesha	3rd	2010

400-Meter Hurdles

Hart, Tammi	5th	1982
Barber, Aleesha	12th	2007
Dorr, Fawn	6th	2009
Dorr, Fawn	4th	2010
Seymour, Kiah	6th	2014

3000-Meter Steeplechase

Landreth, Molly	11th	2003
Franek, Bridget	3rd	2008
Franek, Bridget	4th	2009
Franek, Bridget	1st	2010

4x400-Meter Relay

Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	1st	2008
Aleesha Barber, Shavon Greaves, Gayle Hunter, Fawn Dorr	4th	2009
Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr	4th	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	4th	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	5th	2014

Long Jump

Riddick, Vivian	6th	1982
Walker, Shakeema	8th	1999
Aduba, Chi-Chi	6th	2004
Hunter, Gayle	5th	2008

Triple Jump

Mann, Carmen	5th	1989
Walker, Shakeema	7th	1998
Aduba, Chi-Chi	7th	2004

Shot Put

Sobansky, Elaine	4th	**1981
Sobansky, Elaine	3rd	1982
Sobansky, Elaine	6th	1983
Sobansky, Elaine	2nd	1994

Discus

Williams, Deshaya	6th	1999
Williams, Deshaya	6th	2002
Williams, Deshaya	1st	2003

Hammer

Leatherman, Jennifer	7th	2005
Leatherman, Jennifer	5th	2006

Javelin

Senz, Marilyn	6th	1984
Gibbs, Stacey	10th	1992
Gusic, Becky	8th	1996
Kisty, Denika	10th	1996
Pastore, Jen	4th	1998
Johnson, Brianne	8th	2001
Johnson, Brianne	8th	2002
Colley, Ashley	11th	2003
Johnson, Brianne	5th	2003
Bruch, Diana	8th	2005
McQuillen, Karlee	9th	2008
McQuillen, Karlee	10th	2009
McQuillen, Karlee	3rd	2010
Loht, Laura	3rd	2012
Kenney, Lauren	4th	2012
Loht, Laura	4th	2013
Kenney, Lauren	5th	2013
Loht, Laura	5th	2014

Heptathlon

Connell, Pam	4th	1991
Mitchell, Shelley	8th	1992
Hunter, Gayle	8th	2007
Hunter, Gayle	5th	2008
Hunter, Gayle	5th	2008

3000 Meters (Discontinued)

Bankes, Kris	3rd	**1976
Bankes, Kris	5th	**1977
Bankes, Kris	2nd	**1978
Mills, Kathy	1st	**1978
Carmichael, Heather	3rd	**1980

4x800-Meter Relay (Discontinued)

Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura	2nd	**1978
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** Denotes finish in AIAW. The first women's NCAA-sponsored Outdoor Championship was contested in 1982.

BIG TEN CROSS COUNTRY HISTORY



ALL-TIME BIG TEN CROSS COUNTRY TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1991	4th	89 pts	West Lafayette, Ind.
1992	3rd	109 pts	Champaign, Ill.
1993	3rd	80 pts	East Lansing, Mich.
1994	3rd	75 pts	Iowa City, Iowa
1995	7th	166 pts	Minneapolis, Minn.
1996	5th	118 pts	Bloomington, Ind.
1997	6th	163 pts	Columbus, Ohio
1998	9th	248 pts	Ann Arbor, Mich.
1999	7th	186 pts	University Park, Pa.
2000	3rd	82 pts	Madison, Wis.
2001	6th	131 pts	Champaign, Ill.
2002	10th	290 pt	West Lafayette, Ind.
2003	7th	218 pts	East Lansing, Mich.
2004	9th	206 pts	Iowa City, Iowa
2005	9th	239 pts	Minneapolis, Minn.
2006	9th	207 pts	Bloomington, Ind.
2007	9th	249 pts	Columbus, Ohio
2008	4th	133 pts	Ann Arbor, Mich.
2009	9th	232 pts	University Park, Pa.
2010	4th	128 pts	Madison, Wis.
2011	6th	165 pts	Champaign, Ill.
2012	6th	169 pts	East Lansing, Mich.
2013	9th	209 pts	West Lafayette, Ind.
2014	3rd	92 pts	Iowa City, IA
2015	6th	169 pts	Chicago, Ill.
2016	9th	250 pts	Minneapolis, Minn.

BIG TEN MEN'S AWARD WINNERS

MEN'S FIRST TEAM ALL-BIG TEN

Mark Wimmer, 1991
 Bob Hamer, 1993, 94
 Jake Bartholomy, 1994
 Che Arosemena, 1996
 Chris McGinness, 2000
 Dan Mazzocco, 2003
 Kyle Dawson, 2008
 Matt Fischer, 2013

MEN'S SECOND TEAM ALL-BIG TEN

Chris McGinness, 2000
 James Carney, 2000
 Steve Walsh, 2001
 Vince McNally, 2009-2011
 Kyle Dawson, 2010-2011
 Matt Fischer, 2014
 Glen Burkhardt, 2014

MEN'S INDIVIDUAL HONORS

Kyle Dawson, 2008 Freshman of the Year

BOLD - Denotes Big Ten Champion

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1991	2nd	74 pts	West Lafayette, Ind.
1992	3rd	83 pts	Champaign, Ill.
1993	2nd	59 pts	East Lansing, Mich.
1994	3rd	81 pts	Iowa City, Iowa
1995	3rd	69 pts	Minneapolis, Minn.
1996	2nd	56 pts	Bloomington, Ind.
1997	4th	125 pts	Columbus, Ohio
1998	4th	105 pts	Ann Arbor, Mich.
1999	8th	203 pts	University Park, Pa.
2000	8th	201 pts	Madison, Wis.
2001	T-7th	153 pts	Champaign, Ill.
2002	4th	94 pts	West Lafayette, Ind.
2003	3rd	76 pts	East Lansing, Mich.
2004	6th	142 pts	Iowa City, Iowa
2005	9th	258 pts	Minneapolis, Minn.
2006	8th	222 pts	Bloomington, Ind.
2007	7th	159 pts	Columbus, Ohio
2008	7th	154 pts	Ann Arbor, Mich.
2009	1st	71 pts	University Park, Pa.
2010	4th	106 pts	Madison, Wis.
2011	3rd	71 pts	Champaign, Ill.
2012	3rd	96 pts	East Lansing, Mich.
2013	4th	143 pts	West Lafayette, Ind.
2014	7th	174 pts	Iowa City, IA
2015	1st	53 pts	Chicago, Ill.
2016	2nd	70 pts	Minneapolis, Minn.

BIG TEN WOMEN'S AWARD WINNERS

WOMEN'S FIRST TEAM ALL-BIG TEN

Laurie Morrow, 1991
 Kim Kelly, 1993
 Kris Kelly, 1993
 Erin St. John, 1995, 96
 Kim McGreevy, 1996
 Susanne Heyer, 2000
 Molly Landreth, 2003, 04
 Bridget Franek, 2007, 09
 Caitlin Lane, 2011
 Kara Millhouse, 2011
 Bekka Simko, 2012
 Tori Gerlach, 2015
 Elizabeth Chikotas, 2015
 Tessa Barrett, 2016
 Jillian Hunsberger, 2016

WOMEN'S SECOND TEAM ALL-BIG TEN

Tracey Brauksieck, 2002
 Katy Hillard, 2002
 Bridget Franek, 2008
 Nicole Lord, 2009
 Brooklynne Ridder, 2010
 Natalie Bower, 2010
 Emily Giannotti, 2011
 Jillian Hunsberger, 2015
 Tessa Barrett, 2015
 Elizabeth Chikotas, 2016

WOMEN'S INDIVIDUAL HONORS

Colleen Glyde, 1992 Freshman of the Year
 Nicole Lord, 2009 Freshman of the Year
 Kim McGreevy, 1996 Athlete of the Year
 Bridget Franek, 2009 Athlete of the Year
 Beth Alford-Sullivan, 2009 Coach of the Year
 Caitlin Lane, 2011 Athlete of the Year
 Elizabeth Chikotas, 2014 Freshman of the Year
 John Gondak, 2015 Coach of the Year



BIG TEN INDOOR HISTORY

ALL-TIME BIG TEN INDOOR TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1992	8th	30.5 pts	East Lansing, Mich.
1993	6th	31 pts	Madison, Wis.
1994	7th	38 pts	Ann Arbor, Mich.
1995	10th	8 pts	Champaign, Ill.
1996	10th	25 pts	Columbus, Ohio
1997	10th	29.3 pts	Iowa City, Iowa
1998	8th	51 pts	West Lafayette, Ind.
1999	10th	30 pts	Madison, Wis.
2000	9th	34.5 pts	Bloomington, Ind.
2001	5th	68 pts	University Park, Pa.
2002	***	CANCELLED	Minneapolis, Minn.
2003	7th	42 pts	Champaign, Ill.
2004	8th	39 pts	Ann Arbor, Mich.
2005	8th	37 pts	West Lafayette, Ind.
2006	8th	46.5 pts	Iowa City, Iowa
2007	8th	46 pts	Bloomington, Ind.
2008	4th	79 pts	Madison, Wis.
2009	3rd	78 pts	University Park, Pa.
2010	T-6th	51 pts	Minneapolis, Minn.
2011	6th	62.66 pts	Champaign, Ill.
2012	6th	51.33 pts	Lincoln, Neb.
2013	3rd	87 pts	Geneva, Ohio
2014	3rd	72 pts	Geneva, Ohio
2015	4th	72 pts	Geneva, Ohio
2016	6th	60 pts	Geneva, Ohio

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1992	8th	30 pts	Columbus, Ohio
1993	4th	43 pts	Bloomington, Ind.
1994	10th	10 pts	West Lafayette, Ind.
1995	10th	17 pts	Ann Arbor, Mich.
1996	4th	39 pts	Madison, Wis.
1997	5th	63 pts	Champaign, Ill.
1998	6th	44.5 pts	East Lansing, Mich.
1999	8th	59.17 pts	Columbus, Ohio
2000	8th	21 pts	Minneapolis, Minn.
2001	T-6th	61 pts	West Lafayette, Ind.
2002	7th	55.5 pts	University Park, Pa.
2003	3rd	87 pts	Bloomington, Ind.
2004	1st	115 pts	Iowa City, Iowa
2005	4th	74 pts	Ann Arbor, Mich.
2006	4th	85 pts	Madison, Wis.
2007	4th	92 pts	Champaign, Ill.
2008	3rd	121 pts	Minneapolis, Minn.
2009	2nd	125 pts	Bloomington, Ind.
2010	1st	111 pts	University Park, Pa.
2011	2nd	86 pts	West Lafayette, Ind.
2012	3rd	99 pts	Lincoln, Neb.
2013	4th	73 pts	Geneva, Ohio
2014	1st	114.5 pts	Geneva, Ohio
2015	T-3rd	68 pts	Geneva, Ohio
2016	3rd	96.5 pts	Geneva, Ohio

BIG TEN MEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2013 Casimir Loxsom (Track)

ATHLETE OF THE YEAR

2013 Casimir Loxsom (Track)

FRESHMAN OF THE YEAR

2012 Robby Creese
2013 Brannon Kidder

BIG TEN WOMEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2004 Connie Moore
2008 Shana Cox (Track)
2010 Bridget Franek (Track)
2014 Kiah Seymour (Track)

ATHLETE OF THE YEAR

2006 Jennifer Leatherman
2010 Shavon Greaves (Track)

**Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.*

FRESHMAN OF THE YEAR

1996 Donna Fiddler
2008 Shavon Greaves

COACH OF THE YEAR

2004 Beth Alford-Sullivan
2010 Beth Alford-Sullivan
2014 Beth Alford-Sullivan



ALL-TIME INDOOR CHAMPIONS || BY YEAR

ALL-TIME MEN'S INDOOR CHAMPIONS

Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097
1994	Kelley, Brian	Pentathlon	3967
1997	Loner, Joe	800-Meters	1:50.87
1998	McNutt, Neal	35-lb Weight	62-1 (18.92)
2007	Fritz, Ryan	High Jump	7-3 (2.21)
2008	Miller, Mark	800-Meters	1:52.65
2008	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2009	Foster, Ryan	800-Meters	1:50.24
2009	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2010	Foster, Ryan	800-Meters	1:50.43
2011	Foster, Ryan	800-Meters	1:49.98
2011	Kovacs, Joe	Shot Put	65-1.25 (19.84)
2012	Endress, Wade	DMR	9:44.40
2012	Nadolsky, Aaron	DMR	9:44.40
2012	Loxsom, Casimir	DMR	9:44.40
2012	Creese, Robby	DMR	9:44.40
2013	Loxsom, Casimir	600-Meters	1:15.72
2013	Kidder, Brannon	800-Meters	1:49.73
2013	Creese, Robby	Mile	4:01.51
2013	Kidder, Brannon	DMR	9:39.87
2013	Gilmore, Matt	DMR	9:39.87
2013	Brennan, Ryan	DMR	9:39.87
2013	Creese, Robby	DMR	9:39.87
2014	Kidder, Brannon	800-Meters	1:49.52
2014	Watkins, Za'Von	DMR	9:45.48
2014	Bennett-Green, Brandon	DMR	9:45.48
2014	Brennan, Ryan	DMR	9:45.48
2014	Kidder, Brannon	DMR	9:45.48
2015	Creese, Robby	3,000-Meters	8:10.75
2015	Hill, Darrell	Shot Put	66-6 (20.26)
2015	Makins, Jordan	DMR	9:40.62
2015	Shisler, Alex	DMR	9:40.62
2015	Watkins, Za'Von	DMR	9:40.62
2015	Creese, Robby	DMR	9:40.62
2015	Creese, Robby	Mile	4:11.41
2016	Harris, Isaiah	800-Meters	1:46.24
2016	Kidder, Brannon	Mile	4:07.89
2016	Shisler, Alex	DMR	9:43.25
2016	Kidder, Brannon	DMR	9:43.25
2016	Harris, Isaiah	DMR	9:43.25
2016	Makins, Jordan	DMR	9:43.25
2004	Moore, Connie	60-Meters	7.27
2004	Moore, Connie	200-Meters	23.44
2004	Dougherty, Sara	Pole Vault	12-11.50 (3.94)
2004	O'Connor, Ja'Nai	Shot Put	55-2 (16.81)
2005	Leatherman, Jennifer	Shot Put	51-3.75 (15.64)
2005	Leatherman, Jennifer	Weight Throw	69-11.50 (21.32)
2006	Blake, Dominique	4x400-Meter Relay	3:41.98
2006	Cox, Shana	4x400-Meter Relay	3:41.98
2006	Barber, Aleesha	4x400-Meter Relay	3:41.98
2006	Simmons, Briene	4x400-Meter Relay	3:41.98
2006	Leatherman, Jennifer	Shot Put	53-5 (16.28)
2006	Leatherman, Jennifer	Weight Throw	74-10.50 (22.82)
2007	Barber, Aleesha	4x400-Meter Relay	3:37.70
2007	Blake, Dominique	4x400-Meter Relay	3:37.70
2007	Cox, Shana	4x400-Meter Relay	3:37.70
2007	Simmons, Briene	4x400-Meter Relay	3:37.70
2008	Cox, Shana	200-Meters	24.06
2008	Cox, Shana	400-Meters	53.40
2008	Barber, Aleesha	4x400-Meter Relay	3:40.43
2008	Blake, Dominique	4x400-Meter Relay	3:40.43
2008	Cox, Shana	4x400-Meter Relay	3:40.43
2008	Simmons, Briene	4x400-Meter Relay	3:40.43
2009	Greaves, Shavon	60-Meters	7.44
2009	Greaves, Shavon	200-Meters	23.96
2009	Dorr, Fawn	400-Meters	54.10
2009	Barber, Aleesha	4x400-Meter Relay	3:39.43
2009	Dorr, Fawn	4x400-Meter Relay	3:39.43
2009	Greaves, Shavon	4x400-Meter Relay	3:39.43
2009	Hunter, Gayle	4x400-Meter Relay	3:39.43
2010	Greaves, Shavon	60-Meters	7.30
2010	Greaves, Shavon	200-Meters	22.98
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.38
2010	DeFusco, Caitlin	4x400-Meter Relay	3:35.38
2010	Dorr, Fawn	4x400-Meter Relay	3:35.38
2010	Greaves, Shavon	4x400-Meter Relay	3:35.38
2010	Franek, Bridget	Mile	4:37.95
2011	Greaves, Shavon	200-Meters	23.67
2011	Anyanwu, Doris	4x400-Meter Relay	3:37.80
2011	Iheoma, Ijeoma	4x400-Meter Relay	3:37.80
2011	Greaves, Shavon	4x400-Meter Relay	3:37.80
2011	Duncan, Megan	4x400-Meter Relay	3:37.80
2012	Lane, Caitlin	Mile	4:39.90
2012	Millhouse, Kara	5,000-Meters	16:17.45
2014	Jones, Mahagony	200-Meters	23.10
2014	Seymour, Kiah	400-Meters	52.53
2014	Gerlach, Tori	3,000-Meters	9:10.76
2014	McGee, Dynasty	4x400-Meter Relay	3:34.55
2014	Jones, Mahagony	4x400-Meter Relay	3:34.55
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.55
2014	Seymour, Kiah	4x400-Meter Relay	3:34.55
2015	Gerlach, Tori	5,000-Meters	16:04.64
2015	Seymour, Kiah	400-Meters	52.72

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

ALL-TIME WOMEN'S INDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Mitchell, Shelley	Pentathlon	3830 pts
1998	Bosler, Erica	600-Meters	1:30.22
2002	Aduba, Chi-Chi	Long Jump	19-9 (6.02)
2003	Brauksieck, Tracey	DMR	11:38.33
2003	Green, Cheryl	DMR	11:38.33
2003	Scottoline, Lindsay	DMR	11:38.33
2003	Stevens, Jenny	DMR	11:38.33
2003	Aduba, Chi-Chi	Triple Jump	44-1.50 (13.44)
2003	Williams, Deshaya	Weight Throw	64-6 (19.65)

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



BIG TEN INDOOR HISTORY

ALL-TIME INDOOR CHAMPIONS || BY EVENT

ALL-TIME MEN'S INDOOR CHAMPIONS

600 Meters		
Loxsom, Casimir	1:15.72	2013
800 Meters		
Loner, Joe	1:50.87	1997
Miller, Mark	1:52.65	2008
Foster, Ryan	1:50.24	2009
Foster, Ryan	1:50.43	2010
Foster, Ryan	1:49.98	2011
Kidder, Brannon	1:49.73	2013
Kidder, Brannon	1:49.52	2014
Isaiah, Harris	1:46.24	2016
Mile		
Creese, Robby	4:01.51	2013
Creese, Robby	4:11.41	2015
Kidder, Brannon	4:07.89	2016
3000 Meters		
Creese, Robby	8:10.75	2015
Distance Medley Relay		
Wade Endress, Aaron Nadolsky, Casimir Loxsom, Robby Creese	9:44.40	2012
Brannon Kidder, Matt Gilmore, Ryan Brennan, Robby Creese	9:39.87	2013
Za'Von Watkins, Brandon Bennett-Green, Ryan Brennan, Brannon Kidder	9:45.48	2014
Jordan Makins, Alex Shisler	9:40.62	2015
Za'Von Watkins, Brannon Kidder Jordan Makins, Alex Shisler	9:43.25	2016
High Jump		
Fritz, Ryan	7-3 (2.21)	2007
Triple Jump		
Smith, Clarence	51-7.75 (15.74)	2008
Smith, Clarence	51-7.75 (15.74)	2009
Shot Put		
Kovacs, Joe	65-1.25 (19.84)	2011
Hill, Darrell	66-6 (20.26)	2015
35-lb Weight		
McNutt, Neal	62-1 (18.92)	1998
Pentathlon		
Kelley, Brian	4097	1993
Kelley, Brian	3967	1994

ALL-TIME WOMEN'S INDOOR CHAMPIONS

60 Meters		
Moore, Connie	7.27	2004
Greaves, Shavon	7.44	2009
Greaves, Shavon	7.30	2010
200 Meters		
Moore, Connie	23.44	2004
Cox, Shana	24.06	2008
Greaves, Shavon	23.96	2009
Greaves, Shavon	22.98	2010
Greaves, Shavon	23.67	2011
Jones, Mahagony	23.10	2014

ALL-TIME WOMEN'S INDOOR CHAMPIONS (Continued)

400 Meters		
Cox, Shana	53.40	2008
Dorr, Fawn	54.10	2009
Seymour, Kiah	52.53	2014
Seymour, Kiah	52.72	2015
600 Meters		
Bosler, Erica	1:30.22	1998
Mile		
Franek, Bridget	4:37.95	2010
Lane, Caitlin	4:39.90	2012
3000 Meters		
Gerlach, Tori	9:10.76	2014
5000 Meters		
Millhouse, Kara	16:17.45	2012
Gerlach, Tori	16:04.64	2015
4x400-Meter Relay		
Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake	3:41.98	2006
Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	3:37.70	2007
Briene Simmons, Dominique Blake, Aleesha Barber, Shana Cox	3:40.43	2008
Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter	3:39.43	2009
Doris Anyanwu, Caitlin DeFusco, Shavon Greaves, Fawn Dorr	3:35.38	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	3:37.80	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.55	2014
Distance Medley Relay		
Jenny Stevens, Cheryl Green, Lindsay Scottoline, Tracey Brauksieck	11:38.33	2003
Pole Vault		
Dougherty, Sara	12-11.50 (3.94)	2004
Long Jump		
Aduba, Chi-Chi	19-9 (6.02)	2002
Shot Put		
O'Connor, Ja'Nai	55-2 (16.81)	2004
Leatherman, Jennifer	51-3.75 (15.64)	2005
Leatherman, Jennifer	53-5 (16.28)	2006
Triple Jump		
Aduba, Chi-Chi	44-1.50 (13.44)	2003
Weight Throw		
Williams, Deshaya	64-6 (19.65)	2003
Leatherman, Jennifer	69-11.50 (21.32)	2005
Leatherman, Jennifer	74-10.50 (22.82)	2006
Pentathlon		
Mitchell, Shelley	3830 pts	1992

** Bold - Denotes Big Ten Championship Record



ALL-TIME BIG TEN OUTDOOR TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1992	7th	55 pts	Minneapolis, Minn.
1993	8th	52.5 pts	East Lansing, Mich.
1994	8th	49 pts	Madison, Wis.
1995	5th	87 pts	Minneapolis, Minn.
1996	3rd	82 pts	University Park, Pa.
1997	8th	56 pts	Champaign, Ill.
1998	9th	53 pts	Columbus, Ohio
1999	9th	62 pts	West Lafayette, Ind.
2000	7th	71.5 pts	Iowa City, Iowa
2001	3rd	98.83 pts	Bloomington, Ind.
2002	5th	72 pts	Madison, Wis.
2003	5th	81 pts	Minneapolis, Minn.
2004	7th	54.5 pts	West Lafayette, Ind.
2005	7th	66 pts	Columbus, Ohio
2006	7th	61 pts	East Lansing, Mich.
2007	4th	93.5 pts	University Park, Pa.
2008	6th	77 pts	Champaign, Ill.
2009	5th	80 pts	Columbus, Ohio
2010	T-7th	52 pts	Bloomington, Ind.
2011	6th	74 pts	Iowa City, Iowa
2012	6th	80 pts	Madison, Wis.
2013	8th	59 pts	Columbus, Ohio
2014	6th	78 pts	West Lafayette, Ind.
2015	5th	67 pts	East Lansing, Mich.
2016	5th	82 pts	Lincoln, NE

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1992	6th	77 pts	Minneapolis, Minn.
1993	6th	56 pts	East Lansing, Mich.
1994	8th	53 pts	Madison, Wis.
1995	10th	33 pts	Minneapolis, Minn.
1996	8th	43 pts	University Park, Pa.
1997	3rd	91 pts	Champaign, Ill.
1998	5th	75 pts	Columbus, Ohio
1999	8th	63 pts	West Lafayette, Ind.
2000	7th	62 pts	Iowa City, Iowa
2001	8th	65 pts	Bloomington, Ind.
2002	8th	72 pts	Madison, Wis.
2003	T-2nd	124 pts	Minneapolis, Minn.
2004	2nd	126.5 pts	West Lafayette, Ind.
2005	2nd	112.5 pts	Columbus, Ohio
2006	3rd	114 pts	East Lansing, Mich.
2007	3rd	114 pts	University Park, Pa.
2008	1st	151 pts	Champaign, Ill.
2009	1st	139 pts	Columbus, Ohio
2010	1st	133.5 pts	Bloomington, Ind.
2011	2nd	122 pts	Iowa City, Iowa
2012	4th	87 pts	Madison, Wis.
2013	1st	133 pts	Columbus, Ohio
2014	1st	136 pts	West Lafayette, Ind.
2015	7th	66 pts	East Lansing, Mich.
2016	10th	47.5 pts	Lincoln, NE

BIG TEN MEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2014 Darrell Hill

ATHLETE OF THE YEAR

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

FRESHMAN OF THE YEAR

2010 Casimir Loxsom
2012 Robby Creese

BIG TEN WOMEN'S AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2002 Connie Moore
2004 Connie Moore
2006 Shana Cox
2008 Shana Cox (Track)
2009 Emma Schmelzer (Field)
2010 Fawn Dorr (Track)

ATHLETE OF THE YEAR

2004 Connie Moore
2006 Jennifer Leatherman (Field)
2008 Shana Cox (Track)
2010 Shavon Greaves (Track)

**Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.*

FRESHMAN OF THE YEAR

1992 Kim Kelly
2007 Bridget Franek

COACH OF THE YEAR

2008 Beth Alford-Sullivan
2009 Beth Alford-Sullivan
2010 Beth Alford-Sullivan
2013 Beth Alford-Sullivan

BOLD - Denotes Big Ten Champion



BIG TEN OUTDOOR HISTORY

ALL-TIME OUTDOOR CHAMPIONS || BY YEAR

ALL-TIME MEN'S OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10 (15.49)
1993	Davis, Antonio	Triple Jump	51-1.75 (15.59)
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1996	Wolter, Carl	Javelin	233-8 (71.22)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Audu, George	Long Jump	25-4 (7.72)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1999	Audu, George	Long Jump	25-8.75 (7.84)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kuretich, J.T.	Decathlon	7424
2004	Stumpf, Brian	Javelin	216-4 (65.94)
2005	Campisi, Jaret	400-Meter Hurdles	50.10
2005	Kerschner, Bret	Javelin	218-6 (66.61)
2006	Miller, Mark	800-Meters	1:48.78
2006	Pettner, Allen	Javelin	218-6 (66.60)
2007	Fritz, Ryan	High Jump	7-1.75 (2.13)
2007	Pettner, Allen	Javelin	239-9 (73.09)
2008	Borchers, Samuel	1500-Meters	4:03.96
2009	Evak, Tanner	Javelin	233-4 (71.13)
2009	Foster, Ryan	800-Meters	1:49.66
2009	Smith, Clarence	Triple Jump	52-10.75 (16.12)w
2010	Loxsom, Casimir	800-Meters	1:48.06
2010	Eaton, Blake	Shot Put	60-6.75 (18.46)
2011	Loxsom, Casimir	800-Meters	1:47.70
2011	Eaton, Blake	Shot Put	61-8.50 (18.81)
2012	Loxsom, Casimir	800-Meters	1:46.12
2012	Gehret, Brady	400-Meters	45.22
2012	Kovacs, Joe	Shot Put	68-5 (20.85)
2012	Nadolsky, Aaron	4x400-Meter Relay	3:04.78
2012	Loxsom, Casimir	4x400-Meter Relay	3:04.78
2012	Gehret, Brady	4x400-Meter Relay	3:04.78
2012	Bennett-Green, Brandon	4x400-Meter Relay	3:04.78
2014	Steve Waithe	Triple Jump	52-0 (15.85)
2014	Darrell Hill	Shot Put	67-6 (20.57)
2014	Michael Shuey	Javelin	236-2 (71.98)
2015	Darrell Hill	Shot Put	66-3.25 (20.19)
2015	Michael Shuey	Javelin	229-2 (69.85)
2015	Brandon Kidder	800-Meters	1:47.56
2016	Brannon Kidder	1500- Meters	3:44.67
2016	Isaiah Harris	800-Meters	1:46.21
2016	Brian Leap	Triple Jump	53-4.5 (16.37)

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Gibbs, Stacey	Javelin	165-1 (50.31)
1993	Kelly, Kim	10,000-Meters	34:58.95
1998	Bosler, Erica	800-Meters	2:05.69
1998	Walker, Shakeema	Triple Jump	42-4 (12.91)
1999	Walker, Shakeema	Triple Jump	43-6.50 (13.27)
2000	Williams, Deshaya	Discus	165-10 (50.54)
2002	Moore, Connie	100-Meters	11.31
2002	Moore, Connie	200-Meters	23.12
2003	Moore, Connie	100-Meters	11.37
2004	Moore, Connie	100-Meters	11.40
2004	Moore, Connie	200-Meters	22.74
2004	Aduba, Chi-Chi	4x100-Meter Relay	44.55
2004	Moore, Connie	4x100-Meter Relay	44.55
2004	Salaam, Kamilah	4x100-Meter Relay	44.55
2004	Shoaff, Sara	4x100-Meter Relay	44.55
2004	Aduba, Chi-Chi	Long Jump	20-10.75 (6.36)
2004	O'Connor, Ja'Nai	Shot Put	55-4.75 (16.88)
2005	Cox, Shana	400-Meters	52.91

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS (Continued)

Year	Athlete	Event	Performance
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamilah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamilah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	Cox, Shana	200-Meters	23.15
2008	Cox, Shana	400-Meters	52.00
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Franek, Bridget	3000 Steeplechase	9:58.56
2008	Blake, Dominique	4x400-Meter Relay	3:36.24
2008	Cox, Shana	4x400-Meter Relay	3:36.24
2008	Dorr, Fawn	4x400-Meter Relay	3:36.24
2008	Simmons, Briene	4x400-Meter Relay	3:36.24
2009	Greaves, Shavon	100-Meters	11.49
2009	Greaves, Shavon	200-Meters	23.35
2010	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Franek, Bridget	3000 Steeplechase	9:48.28
2010	Barber, Aleesha	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
2010	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)
2012	Millhouse, Kara	10,000-Meters	34:25.78
2012	Loht, Laura	Javelin	160-11 (49.05)
2013	Jones, Mahagony	100-Meters	11.32 (+2.6)
2013	Britton, Evonne	100-Meter Hurdles	13.40
2013	Kenney, Lauren	Javelin	173-10 (52.98)
2014	Jones, Mahagony	200-Meters	23.08
2014	Seymour, Kiah	400-Meter Hurdles	56.40
2014	McGee, Dynasty	4x400-Meter Relay	3:34.81
2014	Jones, Mahagony	4x400-Meter Relay	3:34.81
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.81
2014	Seymour, Kiah	4x400-Meter Relay	3:34.81
2014	Kurzdorfer, Melissa	Hammer	198-6 (60.51)
2014	Brittney Howell	Heptathlon	5,515

** Bold - Denotes Big Ten Championship Record



ALL-TIME OUTDOOR CHAMPIONS || BY EVENT

ALL-TIME MEN'S OUTDOOR CHAMPIONS

200 Meters		
Olkowski, Ryan	20.59	2002
400 Meters		
Gehret, Brady	45.22	2012
800 Meters		
Miller, Mark	1:48.78	2006
Foster, Ryan	1:49.66	2009
Loxsom, Casimir	1:48.06	2010
Loxsom, Casimir	1:47.70	2011
Loxsom, Casimir	1:46.12	2012
Kidder, Brandon	1:47.56	2015
Harris, Isaiah	1:46.21	2016
1500 Meters		
Borchers, Samuel	4:03.96	2008
Kidder, Brannon	3:44.56	2016
5000 Meters		
Hamer, Bob	14:26.10	1994
400-Meter Hurdles		
Derby, Brian	49.77	2001
Derby, Brian	49.72	2003
Campisi, Jaret	50.10	2005
4x400-Meter Relay		
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	3:04.78	2012
High Jump		
Fritz, Ryan	7-1.75 (2.13)	2007
Long Jump		
Pina, Steve	25-9.50 (7.86)	1996
Audu, George	25-4 (7.72)	1998
Audu, George	25-8.75 (7.84)	1999
Triple Jump		
Davis, Antonio	50-10 (15.49)	1992
Davis, Antonio	51-1.75 (15.59)	1993
Smith, Clarence	52-10.75 (16.12)w	2009
Waithe, Steve	52-0 (15.85)	2014
Leap, Brian	53-4.5(16.27)	2016
Shot Put		
Eaton, Blake	60-6.75 (18.46)	2010
Eaton, Blake	61-8.50 (18.81)	2011
Kovacs, Joe	68-5 (20.85)	2012
Hill, Darrell	67-6 (20.57)	2014
Hill, Darrell	66-3.25 (20.19)	2015
Javelin		
Austin, Rob	224-0 (68.27)	1995
Wolter, Carl	233-8 (71.22)	1996
Burkholder, Troy	224-2 (68.32)	1997
Burkholder, Troy	210-11 (64.28)	1998
Burkholder, Troy	222-11 (67.96)	1999
Stumpf, Brian	216-4 (65.94)	2004
Kerschner, Bret	218-6 (66.61)	2005
Pettner, Allen	218-6 (66.60)	2006
Pettner, Allen	239-9 (73.09)	2007
Evak, Tanner	233-4 (71.13)	2009
Shuey, Michael	236-2 (71.98)	2014
Shuey, Michael	229-2 (69.85)	2015
Decathlon		
Cook, James	7448	1996
Kuretich, J.T.	7424	2003

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

100 Meters		
Moore, Connie	11.31	2002
Moore, Connie	11.37	2003
Moore, Connie	11.40	2004
Greaves, Shavon	11.49	2009
Greaves, Shavon	11.56	2010
Jones, Mahagony	11.32 (+2.6)	2013
200 Meters		
Moore, Connie	23.12	2002

Moore, Connie	22.74	2004
Cox, Shana	23.41	2006
Cox, Shana	23.15	2008
Greaves, Shavon	23.35	2009
Greaves, Shavon	23.28	2010
Jones, Mahagony	23.08	2014

400 Meters		
Cox, Shana	52.91	2005
Cox, Shana	52.57	2006
Cox, Shana	52.00	2008
Dorr, Fawn	52.51	2010

800 Meters		
Bosler, Erica	2:05.69	1998

10,000 Meters		
Kelly, Kim	34:58.95	1993
Millhouse, Kara	35:02.33	2011
Millhouse, Kara	34:25.78	2012

100-Meter Hurdles		
Barber, Aleesha	12.83	2008
Barber, Aleesha	13.11	2010
Britton, Evonne	13.40	2013

400-Meter Hurdles		
Barber, Aleesha	57.56	2007
Dorr, Fawn	57.50	2010
Duncan, Megan	57.35	2011
Seymour, Kiah	56.40	2014

3000-Meter Steeplechase		
Franek, Bridget	9:58.56	2008
Franek, Bridget	9:48.28	2010

4x100-Meter Relay		
Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, Connie Moore	44.55	2004
Brooke Robinson, Kamilah Salaam, Sara Shoaff, Shana Cox	45.27	2005
Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff	45.18	2006
Shavon Greaves, Caitlin DeFusco, Aleesha Barber, Fawn Dorr	42.62	2010

4x400-Meter Relay		
Shana Cox, Dominique Blake, Kim Markel, Briene Simmons	3:36.95	2006
Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox	3:34.93	2007
Briene Simmons, Dominique Blake, Gayle Hunter, Shana Cox	3:36.24	2008
Megan Duncan, Shavon Greaves, Doris Anyanwu, Fawn Dorr	3:35.18	2010
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.81	2014

Long Jump		
Aduba, Chi-Chi	20-10.75 (6.36)	2004

Triple Jump		
Walker, Shakeema	42-4 (12.91)	1998
Walker, Shakeema	43-6.50 (13.27)	1999

Shot Put		
O'Connor, Ja'Nai	55-4.75 (16.88)	2004

Discus		
Williams, Deshaya	165-10 (50.54)	2000
Leatherman, Jennifer	167-8 (51.10)	2006

Hammer		
Leatherman, Jennifer	199-3 (60.73)	2005
Leatherman, Jennifer	197-8 (60.24)	2006
Kurzrdorfer, Melissa	198-6 (60.51)	2014

Javelin		
Gibbs, Stacey	165-1 (50.31)	1992
McQuillen, Karlee	162-10 (49.63)	2011
Loht, Laura	160-11 (49.05)	2012
Kenney, Lauren	173-10 (52.98)	2013

Heptathlon		
Howell, Brittney	5,515	2014



BIG TEN HISTORY

ALL-TIME BIG TEN ATHLETES OF THE WEEK

ALL-TIME WOMEN'S WINNERS				
Year	Season	Athlete	Date	Event
1996	XC	Kim McGreevy	October*	
1996	XC	Kim McGreevy	November*	
1997	T&F	Felicia Cooksey	January*	
1997	T&F	Jen Pastore	April*	
2001	XC	Michelle Wale	October 9	
2002	XC	Tracey Brauksieck	September 10	
2002	XC	Tracey Brauksieck	October 15	
2002	XC	Tracey Brauksieck	October 22	
2003	XC	Molly Landreth	September 17	
2003	XC	Molly Landreth	October 22	
2003	XC	Molly Landreth	October 29	
2003	T&F	Chi Chi Aduba	January 21	
2004	XC	Molly Landreth	September 14	
2004	XC	Molly Landreth	September 28	
2004	T&F	Sara Dougherty	February 3	
2004	T&F	Connie Moore	February 18	
2004	T&F	Ja'Nai O'Connor	March 29	
2004	T&F	Connie Moore	April 19	
2004	T&F	Chi Chi Aduba	May 3	
2005	T&F	Jennifer Leatherman	April 25	
2005	T&F	Jennifer Leatherman	May 9	
2006	XC	Bridget Franek	October 10	
2006	T&F	Jennifer Leatherman	January 17	
2006	T&F	Jennifer Leatherman	February 14	
2006	T&F	Jennifer Leatherman	March 28	
2006	T&F	Jennifer Leatherman	April 11	
2006	T&F	Jennifer Leatherman	April 25	
2006	T&F	Jennifer Leatherman	May 5	
2006	T&F	Jennifer Leatherman	May 8	
2007	XC	Bridget Franek	September 4	
2007	XC	Bridget Franek	September 25	
2007	T&F	Lena Bettis	January 16	Field
2007	T&F	Shana Cox	January 30	Track
2007	T&F	Shana Cox	April 10	Track
2007	T&F	Shana Cox	April 17	Track
2007	T&F	Aleesha Barber	April 24	Track
2007	T&F	Bridget Franek	May 1	Track
2007	T&F	Gayle Hunter	May 1	Field
2007	T&F	Emma Schmelzer	May 8	Field
2008	XC	Caitlin Lane	September 2	
2008	XC	Bridget Franek	October 7	
2008	T&F	Dominique Blake	January 29	Track
2008	T&F	Gayle Hunter	January 29	Field
2008	T&F	Briene Simmons	February 5	Track
2008	T&F	Lena Bettis	February 12	Field
2008	T&F	Shana Cox	April 15	Track
2008	T&F	Shana Cox	April 29	Track
2008	T&F	Shana Cox	May 6	Track
2009	XC	Caitlin Lane	September 8	
2009	XC	Cheryl Spring	September 15	
2009	XC	Bridget Franek	October 6	
2009	T&F	Bridget Franek	February 2	Track
2009	T&F	Gayle Hunter	February 2	Field
2009	T&F	Gayle Hunter	February 9	Field
2009	T&F	Bridget Franek	February 16	Track
2009	T&F	Bridget Franek	April 15	Track
2009	T&F	Kim Hanslovan	May 13	Field
2010	XC	Caitlin Lane	September 7	
2010	T&F	Shavon Greaves	January 11	Track
2010	T&F	Fawn Dorr	January 18	Track
2010	T&F	Shavon Greaves	February 1	Track
2010	T&F	Bridget Franek	February 15	Track
2010	T&F	Shavon Greaves	April 7	Track
2010	T&F	Karlee McQuillen	April 28	Field
2010	T&F	Bridget Franek	May 12	Track
2011	XC	Caitlin Lane	September 6	
2011	T&F	Shavon Greaves	January 31	Track
2011	T&F	Karlee McQuillen	April 6	Field
2012	XC	Bekka Simko	September 4	
2012	T&F	Mahogany Jones	January 9	Track
2012	T&F	Melissa Kurzdorfer	April 4	Field
2012	T&F	Kirsten Nieuwendam	May 9	Track
2013	T&F	Mahogany Jones	January 7	Track
2013	T&F	Erika Morgan	January 7	Field
2013	T&F	Marlene Ricketts	January 14	Field
2013	T&F	Lauren Kenney	April 10	Field
2013	T&F	Mahogany Jones	April 17	Track
2014	T&F	Evonne Britton	February 3	Track
2014	T&F	Kiah Seymour	February 17	Track
2014	T&F	Mahogany Jones	April 16	Track
2014	T&F	Kiah Seymour	May 7	Track
2014	T&F	Melissa Kurzdorfer	May 14	Field
2015	XC	Tori Gerlach	Sept. 16	
2016	T&F	Lexi MasterSon	Jan 13	Field
2016	T&F	Dannielle Gibson	March 30	Field
2016	XC	Tessa Barrett	Sept. 14	

2001	T&F	Ryan Olkowski	April 9	
2003	XC	Dan Mazzocco	September 17	
2003	XC	Dan Mazzocco	October 22	
2006	T&F	Steve Meyers	April 25	
2007	XC	Brian Fuller	September 4	
2007	XC	Lucas Zarzeczny	September 25	
2007	T&F	Ryan Fritz	February 13	
2007	T&F	Allen Pettner	April 3	Field
2007	T&F	Ryan Fritz	April 17	Field
2008	T&F	Sam Borchers	January 29	Track
2008	T&F	Sam Borchers	April 8	Track
2008	T&F	Clarence Smith	May 6	Field
2009	T&F	Mike Cadau	January 12	Track
2009	T&F	Ryan Fritz	January 12	Field
2009	T&F	Clarence Smith	January 19	Field
2009	T&F	Clarence Smith	February 9	Field
2009	T&F	Ryan Foster	April 15	Track
2009	T&F	John Vellenoweth	May 13	Field
2010	XC	Vince McNally	September 7	
2010	T&F	Ryan Foster	January 18	Track
2010	T&F	Ryan Foster	February 1	Track
2010	T&F	Blake Eaton	February 8	Field
2010	T&F	Ryan Foster	April 7	Track
2010	T&F	Joe Kovacs	April 21	Field
2010	T&F	Casimir Loxsom	April 28	Track
2010	T&F	Casimir Loxsom	May 5	Track
2010	T&F	Ryan Fritz	May 12	Field
2011	XC	Kyle Dawson	September 6	
2011	T&F	Blake Eaton	February 7	Field
2011	T&F	Joe Kovacs	April 20	Field
2011	T&F	Casimir Loxsom	April 27	Track
2011	T&F	Ryan Foster	May 4	Track
2011	T&F	Sean Reilly	May 11	Field
2012	XC	Robby Creese	September 4	
2012	T&F	Hanif Johnson	January 9	Field
2012	T&F	Robby Creese	January 16	Track
2012	T&F	Joe Kovacs	April 4	Field
2012	T&F	Robby Creese	April 18	Track
2012	T&F	Joe Kovacs	April 18	Field
2012	T&F	Joe Kovacs	May 2	Field
2012	T&F	Joe Kovacs	May 9	Field
2013	T&F	Sancho Barrett	January 7	Track
2013	T&F	Jon Hendershot	January 7	Field
2013	T&F	Casimir Loxsom	January 14	Track
2013	T&F	Casimir Loxsom	January 28	Track
2013	T&F	Robby Creese	February 11	Track
2013	T&F	Brannon Kidder	April 10	Track
2013	T&F	Robby Creese	April 17	Track
2013	T&F	Casimir Loxsom	April 24	Track
2013	T&F	Casimir Loxsom	May 2	Track
2013	T&F	Jon Hendershot	May 8	Field
2014	T&F	Brannon Kidder	February 10	Track
2014	T&F	Steve Waithe	February 17	Field
2014	T&F	Steve Waithe	April 16	Field
2014	T&F	Darrell Hill	April 30	Field
2014	T&F	Brannon Kidder	May 7	Track
2014	XC	Brandon Kidder	Oct. 14	
2015	T&F	Brandon Kidder	Feb. 2	Track
2015	T&F	Darrell Hill	Feb. 9	Field
2015	T&F	Robby Creese	Feb. 9	Track
2015	T&F	Brandon Kidder	Feb. 23	Track
2015	T&F	Brandon Kidder	April 8	Track
2015	T&F	Robby Creese	April 15	Track
2015	T&F	Darrell Hill	April 29	Field
2015	T&F	Brandon Kidder	May 6	Track
2015	T&F	Sancho Barrett	May 13	Track
2015	T&F	Darrell Hill	May 13	Field
2015	XC	Ean DiSilvio	Sept. 9	
2016	T&F	Brannon Kidder	Jan. 20	Track
2016	T&F	Isaiah Harris	Feb 10	Track
2016	T&F	Isaiah Harris	April 6	Track
2016	T&F	Brian Leap	April 20	Field
2016	T&F	Brannon Kidder	April 27	Track
2016	T&F	Brian Leap	May 4	Field
2016	XC	Tessa Barrett	Sept. 14	

ALL-TIME MEN'S WINNERS				
Year	Season	Athlete	Date	Event
1992	T&F	Jay Kirby	January	
1992	T&F	Brian Miline	March*	
1996	T&F	4x800m Relay Team	March*	
1999	T&F	George Audu	January 12	
1999	T&F	John Gorham	April 19	
2001	XC	Stephen Walsh	October 9	



MEN'S RELAYS CHAMPIONS

Year	Relay	Performance
1920	4x1 Mile Relay	18:10.6
	—, —, —, Larry Shields	
1920	DMR (3/4 Mile, 440, 880, Mile)	10:37.2
	—, —, —, Larry Shields	
1923	4x880 Yard Relay	7:48.8
	Edgar L. Carter, J. Russell Edgerton, Schuyler Enck, Alan Helffrich	
1924	SMR (440, 220, 220, 880)	3:30.4
	Alan Helffrich, Conway, Crip Moore, Schuyler Ench	
1926	4x1 Mile Relay	18:14.6
	R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart	
1926	4 x 120-Yd High Hurdle Shuttle	1:06.0
	E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore	
1928	4x110 Yards	42.6
	Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew	
1928	DMR (3/4 Mile, 440, 880, Mile)	10:37.8
	Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox	
1929	4x1 Mile Relay	17:48.6
	C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox	
1932	SMR (440, 220, 220, 880)	3:28.6
	C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale	
1942	SMR (440, 220, 220, 880)	3:26.5
	Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon	
1947	4x1 Mile Relay	17:48.6
	Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver	
1948	4x1 Mile Relay	17:30.7
	Bill Shuman, Mitch Williams, H.Ashenfelter, Gerry Karver	
1948	DMR (3/4 Mile, 440, 880, Mile)	10:15.1
	Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver	
1949	4x1 Mile Relay	17:35.4
	Unknown	
1950	4x110 Yards	41.3
	Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster	
1951	4x1 Mile Relay	17:24.6
	Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn	
1959	4x1 Mile Relay	17:11.3
	Ed Moran, Dick Engelbrink, Charles King, Fred Kerr	
1959	DMR (3/4 Mile, 440, 880, Mile)	9:58.2
	Unknown	
1983	4x800-Meter Relay	7:19.77
	Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn	
1985	4x800-Meter Relay	7:11.17
	Vance Watson, Steve Shisler, Chris Mills, Randy Moore	
1986	4x800-Meter Relay	7:16.05
	Vance Watson, Steve Shisler, Ray Levitre, Chris Mills	
1987	4x800-Meter Relay	7:14.65
	Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre	
2011	SMR	3:17.10
	Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster	
2012	SMR	3:18.47
	Aaron Nadolsky, Br. Bennett-Green, Brady Gehret, Casimir Loxsom	
2012	4x800	7:19.76
	Owen Dawson, Ryan Brennan, Casimir Loxsom, Robby Creese	
2013	4x800	7:14.14
	Robby Creese, Za'Von Watkins, Casimir Loxsom, Brannon Kidder	
2013	DMR	9:24.68
	Brannon Kidder, Brandon Bennett-Green, Casimir Loxsom, Robby Creese	
2015	SMR	3:21.29
	Xavier Smith, Sancho Barrett, Alex Shisler, Brandon Kidder	
2016	4x800-Meter Relay	7:14.14
	Robby Creese, Jordan Makins, Isaiah Harris, Brannon Kidder	

WOMEN'S RELAY CHAMPIONS

Year	Relay	Performance
1978	4x800-Meter Relay	8:49.9
	Unknown	
2008	4x400-Meter Relay	3:31.44
	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	

MEN'S INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Performance
1910	Lee Talbot	Hammer Throw	160-6 (48.92)
1911	Lee Talbot	Discus	129-2 (39.32)
1911	Alfred Tilley	Hammer Throw	143-8 (43.78)
1913	Lee Talbot	Discus	142-0 (43.28)
1913	Lee Talbot	Hammer Throw	163-7 (49.88)
1919	Francis Emory	56-Pound Weight	28-0 (8.53)
1920	Francis Emory	Javelin	165-6 (50.44)
1923	Crip Moore	120-Yard High Hurdles	15.4
1925	Crip Moore	120-Yard High Hurdles	14.8
1926	Al Bates	Long Jump	23-3 1/2 (7.07)
1927	Bill Cox	Two-Mile	9:32.0
1927	Marian Ide	Hammer Throw	158-0 7/8
1938	Nick Vukmanic	Javelin	223-10 (68.22)
1939	Nick Vukmanic	Javelin	207-3 (63.16)
1942	Barney Ewell	Long Jump	24-5 1/2 (7.45)
1944	Barney Ewell	Long Jump	24-2 (7.36)
1945	Barney Ewell	100 Yards	9.8
1947	Curt Stone	Two-Mile	9:19.4
1949	Horace Ashenfelter	Two-Mile	9:21.5
1949	Jim Gehrdes	120-Yard High Hurdles	14.4
1949	Jim Gehrdes	120-Yard High Hurdles	14.3
1954	Art Pollard	100 Yards	9.8
1955	Roosevelt Grier	Shot Put	54-8 (16.66)
1961	Bob Brown	100 Yards	9.9
1965	Lennart Hedmark	Javelin	243-0 (74.06)
1966	Bill Reilly	3000-Meter Steeplechase	9:22.8
1971	Greg Fredericks	Three-Mile	13:36.1
1972	Greg Fredericks	Three-Mile	13:31.5
1973	Charlie Maguire	Three-Mile	13:41.6
1974	Charlie Maguire	Three-Mile	13:27.0
1974	Mike Shine	120-Yard High Hurdles	13.9
1974	Mike Shine	400-Meter Hurdles	50.8
1975	Knut Hjeltnes	Shot Put	61-23/4 (18.66)
1976	George Malley	3000-Meter Steeplechase	8:34.4
1976	Mike Shine	110-Meter High Hurdles	13.6
1976	Al Jackson	Hammer Throw	199-4 (60.76)
1977	Paul Stemmer	5000 Meters	13:52.4
1979	Bruce Baden	3000-Meter Steeplechase	8:42.5
1979	Alan Scharsu	5000 Meters	13:48.5
1979	John Ziegler	10,000 Meters	29:19.3
1979	Tim Backenstose	Marathon	2:22:14
1980	Alan Scharsu	5000 Meters	13:42.1
1982	Jeff Adkins	5000 Meters	13:55.0
1987	Dave Masgay	Decathlon (Multi)	7282
1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)
1990	C.J. Hunter	Shot Put	65-5 (19.81)
1993	Brian Milne	Discus	196-5 (59.86)
1993	Antonio Davis	Triple Jump	53-11 1/4 (16.44)
1996	James Cook	Decathlon (Multi)	7600
1997	James Cook	Decathlon (Multi)	7458
1998	Kevin Geesaman	20,000 Meters	1:04:40
2003	J.T. Kurelich	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris Morrisey	Decathlon (Multi)	7014
2008	Chris Morrisey	Decathlon (Multi)	6995
2009	Tanner Evak	Javelin	225-6 (68.74)
2012	Joe Kovacs	Shot Put	65-5 (19.94)
2014	Steve Waithe	Triple Jump	53-2.75 (16.22)
2014	Darrell Hill	Shot Put	63-11.75 (19.50)
2014	Michael Shuey	Javelin	234-11 (71.60)
2015	Darrell Hill	Shot Put	68-2.5 (20.78)
2016	Ryan Kerr	Javelin	228-8 (69.72)
2016	Brian Leap	Triple Jump	53-0 (16.15)

INDIVIDUAL WOMEN'S CHAMPIONS

Year	Athlete	Event	Performance
1983	Marilyn Senz	Javelin	162-9 (49.60)
1984	Elaine Sobansky	Shot Put	53-4.50 (5.96)
1985	Paula Renzi	5000-Meters	16:01.4
1986	Stacy Prey	5000-Meters	16:01.2
1998	Jen Pastore	Javelin	177-7 (54.12)
2000	Deshaya Williams	Discus	174-8 (53.24)
2001	Brianna Johnson	Javelin	161-7 (49.26)
2006	Jennifer Leatherman	Hammer	213-7 (65.12)
2007	Bridget Franek	3,000m Steeplechase	9:59.21
2007	Gayle Hunter	Heptathlon	5606
2009	Fawn Dorr	400-Meter Hurdles	57.78
2010	Karlee McQuillen	Javelin	162-7 (49.57)
2011	Karlee McQuillen	Javelin	158-4 (48.28)
2012	Melissa Kurzdorfer	Hammer	205-1 (62.53)
2012	Lauren Kenney	Javelin	160-8 (48.99)
2013	Natalie Bower	3,000m Steeplechase	10:13.58
2013	Laura Loht	Javelin	154-6 (47.10)
2013	Brittney Howell	Heptathlon	5084
2014	Leigha Anderson	10,000m	33:52.32
2014	Laura Loht	Javelin	167-8 (51.11)
2015	Elizabeth Chikotas	5000-Meters	16:05.46



WOMEN'S INDOOR RECORDS

Track Events

60 Meters	7.24Shavon Greaves, 2010
200 Meters	22.60Consuella Moore, 2004
400 Meters	52.31 Shana Cox, 2007
800 Meters	2:05.67Briene Simmons, 2007
Mile	4:37.83Tori Gerlach, 2016
3000 Meters	9:10.04 Bridget Franek, 2009
5000 Meters	15:46.08 Tessa Barrett, 2016
60m Hurdles	8.10 Evonne Britton, 2014

Relay Events

4x400-Meters	3:33.13 Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
Distance Medley	11:05.16Caitlin Lane, Ije Iheoma, Bekka Simko, Kara Millhouse, 2012

Non-NCAA Event Records

55 Meters	6.98Shavon Greaves, 2008
300 Meters	37.13Shavon Greaves, 2010
500 Meters	1:09.19 Shana Cox, 2007
600 Meters	1:29.81Briene Simmons, 2008
1000 Meters	2:43:15Tori Gerlach, 2016
55m Hurdles	7.77Aleesha Barber, 2008
Shuttle Hurdles	32.30 Carla Criste, Laurie Dangel, Sue Lindner, Stephanie Weeks, 1983
4x200-Meters	1:35.65Megan Osborne, Kiah Seymour, Dynasty McGee, Mahagony Jones, 2014 (Collegiate Record)
4x800-Meters	8:45.60 Judi Cassel, Heidi Gerken, Tammie Hart, Beth Stever, 1984
Sprint Medley	3:52.25 Lauren Burns, Lena Bettis, . Aleesha Barber, Briene Simmons, 2007 ** Collegiate Record

*All times are FAT (Fully Automatic Timing)

Field Events

High Jump	5-11.25 (1.81).	Antoinette O'Carroll, 1987 5-11.25 (1.81).....Brittany Maun, 2010
Pole Vault	13-9.75 (4.21).....	Lexi Masterson, 2016
Long Jump	20-11.25 (6.38).....	Gayle Hunter, 2009
Triple Jump	44-1.25 (13.45).....	Chi-Chi Aduba, 2003
Shot Put	56-8 (17.27).....	Rachel Fatherly, 2016
20-lb. Weight	74-10.50 (22.82)...	Jen Leatherman, 2006
Pentathlon	4,342 points Gayle Hunter, 2009

Pentathlon Event Records

60-Meter Hurdles	8.31Brittney Howell, 2014
High Jump	5-8.50 (1.74).....	Amber Strouse, 2007Kelsey Coutts, 2012
Long Jump	20-11.25 (6.38).....	Gayle Hunter, 2009
Shot Put	40-0.50 (12.20).....	Gayle Hunter, 2009
800-Meters	2:13.73 Gayle Hunter, 2009

Retired Records

50 Yards	6.00 Lea Ventura, 1977
60 Yards	7.12 Vivian Riddick, 1983
220 Yards	24.84 Debbie Lewis, 1980
300 Yards	36.49 Janice Carter, 1985
440 Yards	55.62 Tammie Hart, 1981
600 Yards	1:20.34 Tammie Hart, 1983
880 Yards	2:09.11 Terry Pioli, 1983
1000 Yards	2:32.00Doreen Startare, 1983
1500 Meters	4:20.50 Patty Murnane, 1980
2000 Meters	6:05.67 Mary Rawe, 1980
2-Mile	9:54.76Doreen Startare, 1983
3-Mile	15:48.00 Paula Renzi, 1985
50-Yard Hurdles	6.80 Patti Knighton, 1978
60-Yard Hurdles	8.07 Stephanie Weeks, 1983
50-Meter Hurdles	7.20 Carla Criste, 1985
Mile Relay	3:46.30 Penny Fales, Tammie Hart, Elaine LaFramboise, Terry Pioli, 1980
2-Mile Relay	8:52.40 Judi Cassel, Heidi Gerken, Beth Stever, Doreen Startare, 1984
880-Yard Relay	1:43.90 Debbie Lewis, Ann McKillop, Terry Pioli, Vivian Riddick, 1980



WOMEN'S INDOOR TOP 5 PERFORMANCES

60 Meters

1.	7.24	Shavon Greaves, 2010
2.	7.26	Mahagony Jones, 2014
3.	7.27	Consuella Moore, 2004
4.	7.41	Toyin Augustus, 2001
5.	7.46	Kamilah Salaam, 2005

200 Meters

1.	22.60	Consuella Moore, 2004
2.	22.93	Mahagony Jones, 2014
3.	22.98	Shavon Greaves, 2010
4.	23.48	Shana Cox, 2005
	23.48	Kiah Seymour, 2014

400 Meters

1.	52.31	Shana Cox, 2007
2.	52.53	Fawn Dorr, 2010
	52.53	Kiah Seymour, 2014
4.	53.14	Shavon Greaves, 2010
5.	53.15	Dominique Blake, 2008

500 Meters

1.	1:09.19	Shana Cox, 2007
2.	1:12.03	Janice Carter, 1989
3.	1:12.05	Ijeoma Iheoma, 2012
4.	1:12.23	Fawn Dorr, 2010
5.	1:13.32	Briene Simmons, 2006

600 Meters

1.	1:29.81	Briene Simmons, 2008
2.	1:30.22	Erica Bosler, 1998
3.	1:30.42	Ijeoma 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.	2:07.43	Sarah Jane Underwood, 2016
4.	2:08.33	Marta Klebe, 2014
5.	2:08.75	Maura Ryan, 2011

1000 Meters

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

Mile

1.	4:37.83	Tori Gerlach, 2016
2.	4:37.95	Bridget Franek, 2010
3.	4:38.37	Caitlin Lane, 2011
4.	4:40.76	Kim McGreevy, 1997
5.	4:41.51	Patty Murnane, 1982

3000 Meters

1.	9:10.04	Bridget Franek, 2009
2.	9:10.76	Tori Gerlach, 2014
3.	9:13.06	Paula Renzi, 1985
4.	9:15.16	Caitlin Lane, 2012
5.	9:16.58	Tessa Barrett, 2016

5000 Meters

1.	15.46.08	Tessa Barrett, 2016
2.	15.50.49	Tori Gerlach, 2016
1.	15:53.50	Paula Renzi, 1985
2.	15:56.76	Bridget Franek, 2010
5.	16:04.66	Elizabeth Chikotas, 2016

60-Meter Hurdles

1.	8.10	Evonne Britton, 2014
2.	8.16	Aleesha Barber, 2009
3.	8.22	Toyin Augustus, 2001
4.	8.26	Quenee Dale, 2016
5.	8.31	Brittney Howell, 2014

4x200-Meter Relay

1.	1:35.65	Megan Osborne, Kiah Seymour, Dynasty McGee, Mahagony Jones, 2014 <i>** Collegiate Record</i>
2.	1:37.25	Mahagony Jones, Kirsten Nieuwendam, Doris Anyanwu, Kiah Seymour
3.	1:37.76	Monique Walker, Kamilah Salaam, Gayle Hunter, Sara Shoaff, 2006
4.	1:37.92	Kamilah Salaam, Brooke Robinson, Sara Shoaff, Shana Cox, 2005
5.	1:38.05	Cheryl Green, Connie Moore, Sara Shoaff, Kamilah Salaam, 2004

4x400-Meter Relay

1.	3:33.13	Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
2.	3:33.49	Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber, 2007
3.	3:34.00	Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr, 2008
	3:34.00	Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan, 2011
5.	3:34.04	Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake, 2006



WOMEN'S INDOOR HISTORY

WOMEN'S INDOOR TOP 5 PERFORMANCES

Sprint Medley Relay

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

Distance Medley Relay

- 11:05.16 Caitlin Lane (3:22), Iheoma (53.5), Bekka Simko (2:07.5), Kara Millhouse (4:41.1), 2012
- 11:14.78 Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007
- 11:18.96 Bekka Simko, Ije Iheoma, Marta Klebe, Brooklyne Ridder, 2012
- 11:21.00 Susanne Heyer, Joetta Dweh, Erica Bosler, Kim McGreevy, '97
- 11:21.39 Abbie Benson, Dynasty McGee, Sarah Jane Underwood, Marta Klebe, 2013
- 11:26.40 Caitlin Lane, Doris Anyanwu, Liz Kearins, Cheryl Spring, 2010

High Jump

- 5-11.25 (1.81) Brittany Maun, 2010
- 5-11.25 (1.81) Antoinette O'Carroll, 1987
- 5-10.50 (1.79) Erika Morgan, 2013
- 5-9.75 (1.77) Jen Aylward, 2001
- 5-9.75 (1.77) Ahmenah Richardson, 2015
- 5-9.75 (1.77) Megan McCloskey, 2016

Pole Vault

- 13-9.75 (4.21) Lexi Masterson, 2016
- 13-6.50 (4.13) Hannah Mulhern, 2016
- 13-5.50 (4.11) Sara Dougherty, 2004
- 13-1.75 (4.01) Kasey Kemp, 2016
- 12-11.50 (3.95) Jocelyn Witmer, 2010

Long Jump

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

Triple Jump

- 44-1.50 (13.45) Chi-Chi Aduba, 2004
- 43-1.50 (13.14) Dannielle Gibson, 2016
- 42-4.75 (12.92) Marlene Ricketts, 2013
- 41-11.50 (12.79) Gabriela Baiter, 2008
- 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998

Shot Put

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

20-lb Weight Throw

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

Pentathlon

- 4,342 Gayle Hunter, 2009
- 4,202 Brittny Howell, 2014
- 3,988 Carla Criste, 1985
- 3,861 Tal Ben-Artzi, 2014
- 3,805 Amber Strouse, 2007

Notable Performances

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



Track Events

60 Meters	6.68	Xavier Smith, 2016
200 Meters	20.98	Ryan Olkowski, 2002
400 Meters	46.22	Brady Gehret, 2011
800 Meters	1:46.24	Isaiah Harris, 2016
Mile	3:57.11	Robby Creese, 2013
3000 Meters	7:50.36	Robby Creese, 2015
5000 Meters	13:52.36	Steve Brown, 1990
60m Hurdles	7.69	Guy Rose, 2001

Relay Events

4x400-Meters	3:05.22	Aaron Nadolsky, Brandon-Bennett-Green, Casimir Loxsom, Brady Gehret, 2012
Distance Medley	9:26.59	Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese, 2014

Non-NCAA Event Records

55 Meters	6.31	Michael Timpson, 1986
300 Meters	33.01	Michael Timpson, 1986 U.S. Collegiate Record
500 Meters	1:01.28	Casimir Loxsom, 2011
600 Meters	1:15.42	Casimir Loxsom, 2013 ** Collegiate Record **
1000 Meters	2:18.26	Brandon Kidder, 2016 ** Collegiate Record **
1500 Meters	3:44.0	Larry Mangan, 1979
55m Hurdles	7.31	Michael Timpson, 1986
4x55-Meters	24.65	Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, 2006
4x55m Hurdles	28.8	Paul Pollock, Bill Austin, Matt Graham & Dennis Rock, 1977
4x200-Meters	1:23.75	Xavier Smith, Dan Chisena, Malik Moffett, Anton Porter, 2016
Sprint Medley	3:23.74	Ernie Terrell, Jaret Campisi, Chris Lolagne, Matt Lincoln, 2005
4x800-Meters	7:21.37	Steve Balkey, Dave McMillan, Chris Mills & Ray Levitre, 1987
	7:21.37	Za'Von Watkins, Brannon Kidder, Ricky West, Casimir Loxsom, 2013
4-Mile	16:43.4	Jeff Adkins, Tom Rapp, Alan Scharsu & Larry Mangan, 1980

Field Events

High Jump	7-4.25 (2.24)	Paul Souza, 1982
Pole Vault	17-0.75 (5.20)	John Vellenoweth, 2009
Long Jump	25-11 (7.90)	David Coney, 1986
Triple Jump	53-0.75 (16.17)	Chavous Nichols, 2003
Shot Put	67-3.5 (20.51)	Darrell Hill, 2015
35-lb. Weight	70-6.5 (21.50)	Will Barr, 2014
Pentathlon	4,097 pts	Brian Kelley, 1993
Heptathlon	5,511 pts	Rob Cardina, 2014

Heptathlon Event Records

Points	5,511	Rob Cardina, 2014
60 Meters	7.04	Rob Cardina, 2014
Long Jump	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. Kuretich, 2003
Pole Vault	15-5 3/4 (4.72)	J.T. Kuretich, 2003
1,000 Meters	2:41.90	Chris Morrissey, 2007

Retired Records

50 Yards	5.1	Barney Ewell, 1942 (1)
300 Yards	30.1	Mike Sands, 1975
500 Yards	57.0	Ollie Sax, 1953
600 Yards	1:09.6	Ken Wynn, 1983
1000 Yards	2:09.4	Pat Rexroat, 1975
2-Miles	8:34.2	Greg Fredericks, 1972
3-Miles	13:17.6	Paul Stemmer, 1976
50-Yard Hurdles	6.1	Rod Perry, 1955 (1)
70-Yard Hurdles	8.4	Jim Gehrdes, 1949;
	8.4	Mike Shine, 1975
National TAC Medley (440, 220, 220, 300)	2:04.9	Mike Sands, Steve Hackman, Jack Davis & Mike Shine, 1975
Indoor Pentathlon	4,097	Brian Kelley, 1993



MEN'S INDOOR RECORDS

MEN'S INDOOR TOP 5 PERFORMANCES

60 Meters

1.	6.68	Xavier Smith, 2016
2.	6.76	Ernie Terrell, 2003
3.	6.77*	Michael Timpson, 1986
4.	6.79	Malik Mofett, 2016
5.	6.80*	Barney Ewell, 1942

* Converted time from 60 yards to 55 meters

200 Meters

1.	20.98	Ryan Olkowski, 2002
2.	21.02	Malik Moffett, 2016
	21.02	Xavier Smith, 2016
4.	21.11	Michael Timpson, 1989
5.	21.18	Greg Miller, 2001

400 Meters

1.	46.22	Brady Gehret, 2011
2.	46.55	Bernard Bennett-Green, 2014
3.	46.73	Byron Robinson, 2014
4.	46.74	Brandon Bennett-Green, 2014
5.	46.81	Michael Timpson, 1987

500 Meters

1.	1:01.28	Casimir Loxsom, 2011
2.	1:02.58	Ben Karcz, 2000
3.	1:02.75	Ernie Terrell, 2003
4.	1:02.81	Mike Cadau, 2009
5.	1:03.01	Bernard Bennett-Green, 2014

600 Meters

1.	1:15.42	Casimir Loxsom, 2013
2.	1:16.89	Ben Karcz, , 2001
3.	1:16.98	Brannon Kidder, 2015
4.	1:17.50	Isaiah Harris, 2016
5.	1:17.58	Robert Rhodes, 2016

Notable Performances

*	1:16.92	Casimir Loxsom, 2010
		* American Junior Record
*	1:15.79	Casimir Loxsom, 2013
		* American Collegiate Record
*	1:15.42	Casimir Loxsom, 2013
		* All-Time Collegiate and American Best

800 Meters

1.	1:46.24	Isaiah Harris, 2016
2.	1:46.98	Casimir Loxsom, 2013
3.	1:47.01	Brannon Kidder, 2016
4.	1:47.32	Ryan Foster, 2010
5.	1:47.77	Owen Dawson, 2010

Notable Performances

1:47.48	Ryan Foster, 2010

	* Australian National Record

1000 Meters

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

Notable Performances

*	2:18.26	Brannon Kidder, 2016
		* Collegiate Record
*	2:19.53	Robby Creese, 2012
		* Collegiate, American Junior Record
*	2:19.60	Ryan Foster, 2010
		* Australian National Record

Mile

1.	3:57.11	Robby Creese, 2013
2.	3:57.13	Brannon Kidder, 2015
3.	3:58.49	Ryan Foster, 2011
4.	4:01.98	Samuel Borchers, 2008
5.	4:02.3	Greg Fredericks, 1972

3000 Meters

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

Converted Marks

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

5000 Meters

1.	13:52.36	Steve Brown, 1990
2.	13:58.55	Eric Carter, 1986

Converted Marks

1.	13:46.42	Paul Stemmer, 1976
2.	13:46.94	Alan Scharsu, 1980
3.	13:59.71	Charlie Maguire, 1974

60-Meter Hurdles

1.	7.69	Guy Rose, 2001
2.	7.82	Michael Timpson, 1986
3.	7.83	John Whelan, 1998
4.	7.85	Mike Shine, 1975
5.	7.86	Ron Jules, 2007

4x200-Meter Relay

1.	1:24.70	Emunael Mpanduki, Matt Gilmore,
		Brandon Bennett-Green, Aaron Nadolsky, 2013
		** Collegiate Record
2.	1:26:24	Alex Langan, Jaret Campisi,
		Chris Lolagne, Ernie Terrell, 2005
3.	1:28.31	Alex Langan, Ron Jules,
		Mike O'Donnell, Adam Stanowick, 2007



MEN'S INDOOR TOP 5 PERFORMANCES

4. 1:28.99 Justin Kiscadden, Jaret Campisi,
..... Ernie Terrell, Greg Miller, 2003
5. 1:29.32 Steve Morgan, Jordan Rajan,
..... Justin Babich, Dan Engel, 2006

4x400-Meter Relay

1. 3:05.22 Nadolsky (46.8), Bennett-Green (46.6),
..... Loxsom (46.1), Gehret (45.8), 2012
2. 3:07.27 Nadolsky, Williams,
..... Loxsom, Gehret, 2011
3. 3:07.72 Nadolsky, Gehret,
..... Loxsom, Gilmore, 2012
4. 3:07.83 Robinson, Be. Bennett-Green,
..... Nadolsky, Br. Bennett-Green, 2014
5. 3:08.03 Mpanduki, Loxsom,
..... Gilmore, Br. Bennett-Green, 2013

Sprint Medley Relay

1. 3:23.74 Ernie Terrell (48.67), Jaret Campisi (21.31),
..... Chris Lolagne (21.40), Matt Lincoln (1:52.06), 2005
2. 3:27.70 Ben Karcz (49.31), Duane Reeves (21.94),
..... John Gorham (22.53), Joe Hubbard (1:53.03), 1999
3. 3:28.35 Ben Karcz, John Whelan,
..... Duane Reeves, Joe Loner, 1998
4. 3:29.07 Vern Lucas, Steve Evans,
..... Paul Pollack, Bill Sheskey, 1978
5. 3:29.1 Mike Sands, Doug Finkel,
..... Fred Singleton, Martin Keen, 1974

Converted times from yards in **BOLD**.

4x800-Meter Relay

1. 7:21.37 Balkey, McMillan, Mills, Levitre, 1987
..... Watkins, Kidder, West, Loxsom, 2013
2. 7:22.10 Makins, Brennan, Kidder, Creese, 2015

Converted from 2-Mile Relay

1. 7:21.42 *McLaughlin, Moore, Wynn, Cook, 1983*
2. 7:23.38 *Watson, Shisler, Mills, Moore, 1985*

Distance Medley Relay

1. 9:26.59 Kidder, Bennett-Green, Watkins, Creese, 2014
2. 9:27.20 Makins, Shisler, Harris, Kidder, 2016
3. 9:28.36 Kidder, Rhodes, Watkins, Creese, 2015
4. 9:32.21 Kidder, Shisler, Watkins, Creese, 2015
5. 9:32.94 Borchers, Cadau, Foster, Johnson, 2009

4xMile Relay

1. 16:43.4 Jeff Adkins (4:15.1), Tom Rapp (4:10.2),
..... Alan Scharu (4:11.2), Larry Mangan (4:05.9), 1980
2. 17:07.5* Charlie Maguire, Bob Hillman,
..... Dan Supulski, Greg Fredericks, 1972
3. 17:10.0 Dan Supulski, Charlie Maguire,
..... Gary Gittings, Bob Hillman, 1971
4. 17:11.8 Larry Mangan, Kelly O'Brien,
..... Glen Chumley, Tom Rapp, 1973
5. 17:14.5 Charlie Maguire, John Fullmer,
..... Matt Chadwick, Gary Gittings, 1973

High Jump

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

Pole Vault

1. 17-0 3/4 (5.20) John Vellenoweth, 2009
2. 17-0 (5.18) Mason Ternay, 1992
3. 16-9 1/2 (5.12) Ron Campbell, 1985
4. 16-9 1/2 (5.12) Rick Kleban, 1985
5. 16-8 3/4 (5.10) Dave Bollinger, 2004
16-8 3/4 (5.10) Brad Lawrence, 2010

Long Jump

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

Triple Jump

1. 53-0 3/4 (16.17) Chavous Nichols, 2003
2. 52-6 3/4 (16.02) Brian Leap, 2015
3. 52-6 (16.00) Clarence Smith, 2009
52-6 (16.00) Steve Waithe, 2014
5. 52-4 1/4 (15.95) Ricardo Hall, 1990
52-4 1/4 (15.95) Antonio Davis, 1994

Shot Put

1. 67-3 1/2 (20.51) Darrell Hill, 2015
2. 65-7 (19.99) C.J. Hunter, 1990
3. 65-1 1/4 (19.84) Joe Kovacs, 2011
4. 62-6 1/2 (19.05) Phil Caraher, 1991
5. 62-1 1/4 (18.93) Blake Eaton, 2011

35-lb Weight Throw

1. 70-6 1/2 (21.50) Will Barr, 2014
2. 66-5 3/4 (20.26) Dorian Lowe, 2002
3. 66-2 1/4 (20.17) Scott Vernon, 2005
4. 65-9 3/4 (20.06) Neal McNutt, 1998
5. 65-9 (20.04) Tyler Hoffman, 2008

Heptathlon

1. 5511 Robert Cardina, 2014
2. 5500 James Cook, 1998
3. 5419 Chris Morrissey, 2008
4. 5367 Anya Uzoh, 2012
5. 5239 Shawn Colligan, 2008

*American record when recorded.



WOMEN'S OUTDOOR RECORD BOOK

Track Events

100 Meters	11.21	Connie Moore, 2003
200 Meters	22.45	Connie Moore, 2004
400 Meters	50.84	Shana Cox, 2008
800 Meters	2:03.09	Rebekka Simko, 2012
1,500 Meters	4:15.20	Marta Klebe, 2014
5,000 Meters	15:32.53	Kathy Mills, 1978
10,000 Meters	32:57.33	Kara Millhouse, 2012
100m Hurdles	12.85	Aleesha Barber, 2010
400m Hurdles	55.57	Fawn Dorr, 2010
3000m Steeple	9:32.35	Bridget Franek, 2010

Relay Events

4x100-Meters	44.25	Laurie Fox, Chi-Chi Aduba, Sara Shoaff, Connie Moore, 2003
4x400-Meters	3:27.69	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox, 2012

Non-NCAA Event Records

Mile	4:40.65	Bridget Franek, 2010
3000 Meters	9:08.04	Kathy Mills, 1978
4x200-Meters	1:33.09	Mahagony Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
4x800-Meters	8:39.44	Caitlin Lane, Bekka Simko, Kayln Fisher, Maura Ryan, 2011
Distance Medley	11:08.41	Rebekka Simko, Ije Iheoma, Marta Klebe, Kara Millhouse
Sprint Medley	3:47.90	Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
4x1500m Relay	17:57.28	Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007

*All times are FAT (Fully Automatic Timing)

Field Events

High Jump	6-0 (1.83)	Shelley Mitchell, 1992
Pole Vault	13-3.5 (4.05)	Lexi Masterson, 2014
Long Jump	21-6 (6.55)	Chi-Chi Aduba, 2004
Triple Jump	44-8.75 (13.63)	Dannielle Gibson, 2016
Shot Put	56-3.25 (17.15)	Rachel Fatherly, 2015
Discus	185-1 (56.42)	Deshaya Williams, 2003
Hammer	219-1 (66.78)	Jen Leatherman, 2006
Javelin	178-6 (54.41)	Laura Loht, 2014

Heptathlon Event Records

Heptathlon	5797	Gayle Hunter, 2009
100-Meter Hurdles	13.45	Gayle Hunter, 2009
High Jump	5-10 (1.78)	Brittney Howell, 2014
Shot Put	40-0 (12.19)	Gayle Hunter, 2009
200-Meters	23.56w	Gayle Hunter, 2008
Long Jump	21-0.50 (6.42)w	Gayle Hunter, 2009
Javelin	126-5 (38.53)	Gayle Hunter, 2008
800-Meters	2:17.20	Gayle Hunter, 2008

Retired Records

800m Medley	1:47.20	Johanna Humphreys, Terry Pioli, Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)	Jen Pastore, 1998
Pentathlon	3,725 points	Patti Knighton, 1978



WOMEN'S TOP 10 OUTDOOR PERFORMANCES

100 Meters

1.	11.21	Connie Moore, 2004
2.	11.27	Shavon Greaves, 2010
3.	11.29	Mahagony Jones, 2014
4.	11.56	Kamilah Salaam, 2004
-	11.60 w + 2.4	k. Nieuwendam, 2012
5.	11.63 (11.57w)	Aleesha Barber, 2008
6.	11.68	Vivian Riddick, 1983
7.	11.70	Sara Shoaff, 2006
8.	11.72	Caitlin DeFusco, 2010
9.	11.78	Tiffany Glenn, 1999
10.	11.80	Jackie Brown, 1991

200 Meters

1.	22.45	Connie Moore, 2004
2.	22.90 (22.64w)	Mahagony Jones, 2014
3.	23.07	Shavon Greaves, 2010
4.	23.15 (22.92w)	Shana Cox, 2008
5.	23.47	Kirsten Nieuwendam, 2012
6.	23.61	Kamilah Salaam, 2004
7.	23.66	Kiah Seymour, 2014
8.	23.70	Sara Shoaff, 2005
9.	23.81 (23.56w)	Gayle Hunter, 2008
10.	23.85	Debbie Lewis, 1980

400 Meters

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

800 Meters

1.	2:03.09	Bekka Simko, 2012
2.	2:04.37	Tammie Hart, 1985
3.	2:04.72	Briene Simmons, 2006
4.	2:05.66	Janice Carter, 1985
5.	2:06.68	Terry Pioli, 1981
6.	2:05.69	Erica Bosler, 1998
7.	2:06.80	Maura Ryan, 2011
8.	2:07.26	Judi Cassel, 1995
9.	2:07.32	Marta Klebe, 2013
10.	2:08.09	Teressa DiPerna, 1989

1500 Meters

1.	4:15.20	Marta Klebe, 2014
2.	4:16.96	Doreen Startare, 1993
3.	4:17.40	Kim McGreevy, 1997
4.	4:17.54	Mary Rawe, 1981
5.	4:18.33	Bridget Franek, 2010
6.	4:19.83	Patty Murnane, 1981
7.	4:20.11	Bekka Simko, 2012
8.	4:20.40	Caitlin Lane, 2010
9.	4:21.10	Heather Carmichael, 1980
10.	4:21.31	Susanne Heyer, 1999

5000 Meters

1.	15:32.52	Kathy Mills, 1978
2.	15:46.08	Bridget Franek, 2010
3.	15:53.50	Paula Renzi, 1985
4.	15:58.79	Tori Gerlach, 2015
5.	16:05.46	Elizabeth Chikotas, 2015
6.	16:06.19	Tessa Barrett, 2016
7.	16:06.32	Kim Kelly, 1993
8.	16:08.74	Leigha Anderson, 2014
9.	16:09.38	Stacy Prey, 1990
10.	16:11.93	Brooklyne Ridder, 2013

10,000 Meters

1.	32:57.33	Kara Millhouse, 2012
2.	33:52.32	Leigha Anderson, 2014
3.	34:00.00	Natalie Updegrove, 1983
4.	34:02.52	Kim Kelly, 1993
5.	34:02.80	Kris Kelly, 1993
6.	34:09.00	Kelli Hunt, 1993
7.	34:20.10	Donna Fidler, 1999
8.	34:22.03	Tessa Barrett, 2016
8.	34:24.07	Peggy Cleary, 1980
9.	34:31.75	Cheryl Spring, 2010

100-Meter Hurdles

1.	12.85	Aleesha Barber, 2010
2.	13.03	Evonne Britton, 2014
3.	13.35	Gayle Hunter, 2009
4.	13.36	Toyin Augustus, 2001
5.	13.45	Brittney Howell, 2014
6.	13.63	Quenee Dale, 2016
7.	13.71	Shelley Black, 2015
8.	13.79	Queen Dale, 2015
9.	13.83	Kamilah Salaam, 2006
	13.83	Monique Walker, 2006



WOMEN'S OUTDOOR RECORDS

WOMEN'S TOP 10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1. 55.57 Fawn Dorr, 2010
2. 55.88 Kiah Seymour, 2014
3. 57.00 Aleesha Barber, 2007
4. 57.32 Evonne Britton, 2010
5. 57.35 Megan Duncan, 2011
6. 57.88 Shelley Mitchell, 1991
7. 58.45 Tammie Hart, 1982
8. 58.60 Ernestine Marsh, 1987
9. 58.77 Kim Markel, 2007
10. 58.93 Doris Anyanwu, 2012

3000-Meter Steeplechase

1. 9:32.35 Bridget Franek, 2010
2. 9:53.98 Tori Gerlach, 2015
3. 10:07.78 Molly Landreth, 2003
4. 10:07.86 Natalie Bower, 2013
5. 10:16.91 Tracey Brauksieck, 2003
6. 10:20.33 Lindsey Graybill, 2012
7. 10:20.76 Abbie Benson, 2014
8. 10:24.01 Claire Percival, 2007
9. 10:26.41 Nicole Lord, 2010
10. 10:28.82 Emily Giannotti, 2012

4x100-Meter Relay

1. 44.25 Laurie Fox, Sara Shoaff,
..... Connie Moore, Chi-Chi Aduba, 2003
2. 44.38 Kamilah Salaam, Chi-Chi Aduba,
..... Sarah Shoaff, Connie Moore, 2004
3. 44.57 Shavon Greaves, Caitlin DeFusco,
..... Aleesha Barber, Fawn Dorr, 2010
4. 44.64 Dannielle Gibson, Mahagony Jones,
..... Dynasty McGee, Kiah Seymour, 2014
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. 45.34 Evonne Britton, Kiah Seymour,
..... Dynasty McGee, Mahagony Jones, 2014
9. 45.35 Evonne Britton, Mahagony Jones,
..... Megan Osborne, Kiah Seymour, 2014
10. 45.57 Shavon Greaves, Caitlin DeFusco,
..... Fawn Dorr, Aleesha Barber, 2009

4x200-Meter Relay

1. 1:33.09 Mahagony Jones, Dynasty McGee,
..... Brittney Howell, Kiah Seymour, 2014
2. 1:33.78 Caitlin DeFusco, Shavon Greaves,
..... Fawn Dorr, Doris Anyanwu, 2010
3. 1:33.87 Connie Moore, Kamilah Salaam,
..... Chi-Chi Aduba, Sara Shoaff, 2004
4. 1:34.75 Shavon Greaves, Gayle Hunter,
..... Fawn Dorr, Caitlin DeFusco, 2009
5. 1:34.76 Dynasty McGee, Mahagony Jones,
..... Megan Osborne, Kiah Seymour, 2014
6. 1:35.98 Shana Cox, Gayle Hunter,
..... Dominique Blake, Lauren Burns, 2007
7. 1:36.56 Megan Duncan, Ije Iheoma,
..... Doris Anyanwu, Caitlin DeFusco, 2011
8. 1:36.73 Laurie Fox, Cherese Sullivan,
..... Chi-Chi Aduba, Consuella Moore, 2003
9. 1:38.17 Sara Shoaff, Kamilah Salaam,
..... Dominique Blake, Monique Walker, 2006
10. 1:38.24 Leslie Hummer, Lisa Chess,
..... Ernestine Marsh, Janice Carter, 1988

4x400-Meter Relay

1. 3:27.69 Dominique Blake, Aleesha Barber,
..... Gayle Hunter, Shana Cox, 2008
2. 3:30.34 Aleesha Barber, Shavon Greaves,
..... Gayle Hunter, Fawn Dorr, 2009
3. 3:30.35 Doris Anyanwu, Shavon Greaves,
..... Ije Iheoma, Megan Duncan, 2011
4. 3:30.74 Aleesha Barber, Shavon Greaves,
..... Doris Anyanwu, Fawn Dorr, 2010
5. 3:31.17 Dynasty McGee, Mahagony Jones,
..... Tichina Rhodes, Kiah Seymour, 2014
6. 3:31.75 Dominique Blake, Briene Simmons,
..... Gayle Hunter, Shana Cox, 2007
7. 3:32.90 Briene Simmons, Dominique Blake,
..... Fawn Dorr, Shana Cox, 2008
8. 3:33.03 Doris Anyanwu, Ije Iheoma,
..... Kirsten Nieuwendam, Dynasty McGee, 2012
9. 3:33.40 Dominique Blake, Aleesha Barber,
..... Gayle Hunter, Fawn Dorr, 2008
10. 3:33.47 Kiah Seymour, Mahagony Jones,
..... Shelley Black, Dynasty McGee, 2013



WOMEN'S TOP 10 OUTDOOR PERFORMANCES

Sprint Medley Relay

1.	3:47.90Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
2.	3:49.19 Mahagony Jones, Dynasty McGee,Kiah Seymour, Marta Klebe, 2014
3.	3:50.15Kamilah Salaam, Sara Shoaff, Shana Cox, Dominique Blake, 2005
4.	3:50.54 Shavon Greaves, Gayle Hunter, Fawn Dorr, Bridget Franek, 2009
5.	3:52.37Sara Shoaff, Kamilah Salaam,Dominique Blake, Briene Simmons, 2006
6.	3:53.20 Janice Carter, Leslie Hummer, Lisa Chess, Kiernan O'Toole, 1988
7.	3:53.21Mahagony Jones, Kiah Seymour, Dynasty McGee, Colleen Shannon, 2013
8.	3:54.71 Erica Bosler, Laila Brock, Tiffany Glenn, Nicole Paul, 1998
9.	3:55.19 Dynasty McGee, Kirsten Nieuwendam, Ije Iheoma, Marta Klebe, 2012
10.	3:55.24Shavon Greaves, Doris Anyanwu,Ije Iheoma, Bekka Simko, 2011

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	8:43.70Joetta Dweh, Kim McGreevy, Tracy Pombo, Erica Bosler, 1997
5	8:44.37 Dominique Blake, Fiana York,Briene Simmons, Meghan Hutchinson, 2006
6	8:47.60MaryBeth Powers, Dana Dougan, Laurie Morrow, Teressa DiPerna, 1990
7	8:47.67Greta Lindsley, Sarah Jane Underwood, Julie Kocjancic, Victoria Crawford, 2016
8	8:47.80 Kiernan O'Toole, Beth Stever, Janice Carter, Pam Daniely, 1986
9	8:48.27 Doreen Startare, Patty Murnane,Terry Pioli, Mary Rawe, 1981
10	8:49.13 Pam Daniely, Kiernan O'Toole, Ann Marie Quinn, Julie Moody, 1988

Distance Medley Relay

1.	11:08.41 Bekka Simko (3:23.0), Ije Iheoma (52.8) Marta Klebe (2:09.8), Kara Millhouse (4:42.8), 2012
2.	11:09.50 Tammie Hart, Patty Murnane,Terry Pioli, Mary Rawe, 1981
3.	11:16.97Leah Rosenfeld, Shana Cox, Briene Simmons, Bridget Franek, 2008
4.	11:17.53 Marta Klebe, Marlene Ricketts, Sarah Jane Underwood, Caitlin Lane, 2013
5.	11:18.20Tammie Hart, Janice Carter, Lisa Ross, Paula Renzi, 1985
6.	11:20.80 Penny Fales, Debbie Lewis, Heather Carmichael, Mary Rawe, 1980
7.	11:21.64 Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy, 1996
8.	11:25.72 Caitlin Lane, Fawn Dorr, Liz Kearins, Bridget Franek, 2009
9.	11:26.54 Bridget Franek, Megan Duncan,Caitlin Lane, Cheryl Spring, 2010
10.	11:30.54Doreen Startare, Tammie Hart, Terry Pioli, Patty Murnane, 1982

4x1500-Meter Relay

1.	17:57.28 Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007
2.	18:02.32 Marta Klebe, Caitlin Lane,Brooklyne Ridder, Sara Jane Underwood, 2013
3.	18:05.21 Greta Lindsley, Julie Kocjancic, Tessa Barrett, Sarah Jane Underwood, 2016
4.	18:07.25 Katy Hillard, Jenny Stevens,Lauren Clark, Tracey Brauksieck, 2004
5.	18:19.78Laurie Morrow, Ann Marie Quinn,Kiernan O'Toole, Wendy Nelson, 1989
6.	18:21.78Jenny Stevens, Nicki Bohnsack, Stephanie Pezzulo, Lindsay Scottoline, 2005
7.	18:38.35 Laurie Morrow, Wendy Nelson, Jenny Weaver, Amanda Dudley, 1991
8.	18:43.37 Laurie Morrow, Dana Dougan,Anna DeRenzi, Jenny Weaver, 1992

High Jump

1.	6-0 (1.83) Shelley Mitchell, 1992
2.	5-11.25 (1.81)Pam Connell, 1991
	5-11.25 (1.81)Ahmenah Richardson, 2015
3.	5-11Antoinette O'Carroll, 1987
4.	5-10.75 (1.80) Erika Morgan, 2013
5.	5-10.50 (1.79) Karen Krawick, 1980
	5-10.50 (1.79) Jenny Williams, 1987
	5-10.50 (1.79) Leslie Lippincott, 1991
	5-10.50 (1.79)Megan McCloskey, 2016
9.	5-10.25 (NMC)Holly Jones, 1992
10.	5-10 (1.78) Deb Ford, 1988
	5-10 (1.78) India McCoy, 2014
	5-10 (1.78) Brittney Howell, 2014



WOMEN'S OUTDOOR RECORDS

WOMEN'S TOP 10 OUTDOOR PERFORMANCES

Pole Vault

1.	13-3.5 (4.05).....	Lexi Masterson, 2014
2.	13-2.5 (4.03).....	Hannah Mulern, 2016
3.	13-1.25 (4.00).....	Sara Dougherty, 2004
4.	12-10.25 (3.92).....	Kasey Kemp, 2016
5.	12-9.5 (3.90).....	Jocelyn Witmer, 2010
	12-9.5 (3.90).....	Erin Knabe, 2014
	12-10.25 (3.92).....	Kasey Kemp, 2016
8.	12-8.25 (3.87).....	Caitlin Fairbairn, 2010
9.	12-6.25 (3.82).....	Amanda Palenchar, 2012
10.	12-6 (3.81).....	Megan Fry, 2016

Long Jump

1.	21-6 (6.55).....	Chi-Chi Aduba, 2004
2.	21-4.75 (6.52).....	Gayle Hunter, 2008
3.	20-10.75 (6.37).....	Carmen Mann, 1989
	20-10.75 (6.37).....	Shakeema Walker, 1999
	20-10.75 (6.37).....	Brittney Howell, 2014
~	20-10.50 (6.36) w.....	Bianca Fung, 2009
6.	20-5.25 (6.25).....	Bianca Fung, 2009
7.	20-4.50 (6.21).....	Vivian Riddick, 1982
8.	20-4.25 (6.20).....	Monique Gillman, 1997
9.	20-3 (6.17).....	Lena Bettis, 2007
10.	20-2.25 (6.15).....	Dannielle Gibson, 2015

Triple Jump

~	44-8.75 (13.63) +3.0 ^w	Dannielle Gibson, 2016
1.	44-6.75 (13.58).....	Chi-Chi Aduba, 2004
2.	44-3 (13.48).....	Shakeema Walker, 1999
3.	43-1 (13.13).....	Carmen Mann, 1990
4.	42-11 (13.08).....	Dannielle Gibson, 2016
5.	42-3.50 (12.89).....	Tanaya Lloyd, 2012
6.	42-2.75 (12.87).....	Marlene Ricketts, 2014
7.	41-7 (12.67).....	Lena Bettis, 2007
8.	41-2.50 (12.56).....	Gayle Hunter, 2007
	41-2.50 (12.56).....	Alicia Porro, 1992
10.	42-11 (13.08).....	Dannielle Gibson, 2016

Shot Put

1.	56-3.25 (17.15).....	Rachel Fatherly, 2015
2.	55-4.75 (16.88).....	Ja'Nai O'Connor, 2004
3.	55-0 (16.76).....	Elaine Sobansky, 1984
4.	534-2 (16.51).....	Alyssa Robinson, 2016
4.	53-8.25 (16.36).....	Jennifer Leatherman, 2006
5.	52-6 (16.00).....	Jane Swenson, 2011
	52-6 (16.00).....	Obeng Marfo, 2015
7.	51-6.5 (15.71).....	Melissa Kurzdorfer, 2014
8.	51-6.25 (15.70).....	Deshaya Williams, 2003
9.	50-3.50 (15.58).....	Emma Schmelzer, 2009

Discus

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

Hammer

1.	219-1 (66.78).....	Jennifer Leatherman, 2006
2.	207-10 (63.35).....	Melissa Kurzdorfer, 2012
3.	197-3 (60.12).....	Kate Johnston, 2003
4.	191-9 (58.44).....	Rachel Fatherly, 2015
5.	191-2 (58.27).....	Annjulie Vester, 2015
6.	190-10 (56.16).....	Deshaya Williams, 2003
7.	186-11 (56.97).....	Helen Higgins, 2007
8.	180-10 (55.13).....	Alyssa Robinson, 2015
9.	179-6 (54.35).....	Emma Schmelzer, 2009
10.	174-3 (53.11).....	Robbin Shomper, 2003

Javelin

1.	178-6 (54.41).....	Laura Loht, 2014
2.	178-4 (54.35).....	Kim Hanslovan, 2009
3.	177-3 (54.02).....	Lauren Kenney, 2013
4.	176-2 (53.70).....	Karlee McQuillen, 2008
5.	169-3 (51.58).....	Carrie Karabinos, 1999
6.	167-2 (50.96).....	Heidi Nadeau, 2007
7.	167-1 (50.92).....	Brianne Johnson, 2001
8.	159-4 (48.56).....	Ashley Colley, 2002
9.	156-3 (47.62).....	Kristen Eash, 2004
10.	155-9 (47.47).....	Diana Bruch, 2005

Heptathlon

1.	5797.....	Gayle Hunter, 2009
2.	5706.....	Pam Connell, 1991
3.	5625.....	Brittney Howell, 2014
4.	5420.....	Carmen Mann, 1990
5.	5407.....	Shelley Mitchell, 1992
6.	5311.....	Carla Criste, 1986
7.	5118.....	Madeline Holmberg, 2016
8.	4941.....	Tal Ben-Artzi, 2016
9.	4919.....	Amber Strouse, 2007
10.	4917.....	Holly Jones, 1992



Track Events

100 Meters	10.34	Mike Sands, 1975
200 Meters	20.23	Michael Timpson, 1986
400 Meters	45.20	Mike Sands, 1975
800 Meters	1:45.28	Casimir Loxsom, 2011
1,500 Meters	3:38.82	Brannon Kidder, 2014
5,000 Meters	13:34.0	Greg Fredericks, 1972
10,000 Meters	28:08.0	Greg Fredericks, 1972
110m Hurdles	13.56	Guy Rose, 2001
400m Hurdles	48.69 (FAT)	Mike Shine, 1976
3000m Steeple	8:22.5	George Malley, 1977

Relay Events

4x100-Meter	39.63	Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4x400-Meter	3:01.52	A Nadolsky, Br Bennett-Green, C Loxsom, B Gehret, 2012

Non-NCAA Event Records

Mile	3:58.4	Larry Mangan, 1980
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

Non-NCAA Relay Records

4x200-Meter	1:23.75	Xavier Smith, Dan Chisena Malik Moffett, Anton Porter, 2016
4x800-Meter	7:11.17	Vance Watson, Steve Shisler, Chris Mills, Randy Moore 1985
4x1500-Meter	14:58.71	...	Bob Hudson, Mark Overheim, Eric Carter, Steve Shisler, 1986
4x1600-Meter	16:12.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
4-Mile Relay	16:18.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
Distance Medley	9:24.68	Brannon Kidder, Brandon Bennett-Green Casimir Loxsom, Robby Creese, 2013
Sprint Medley	3:17.10	...	Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster, 2011
4x110m Hurdles	57.29	Chris Green, Al Parker Sam Harris, Michael Timpson, 1986

Field Events

High Jump*	7-3.50 (2.22)	David Coney, 1985
	7-3.25 (2.22)	Jon Hendershot, 2013
Pole Vault	17-5.50 (5.32)	John Vellenoweth, 2009
Long Jump	25-11 (7.90)	David Coney, 1985
Triple Jump	54-6 (16.61)	Antonio Davis, 1993
Shot Put	69-2 (21.08)	Joe Kovacs, 2012
Discus	207-5 (63.22)	Brian Milne, 1992
Hammer	218-6 (66.60)	Al Jackson, 1976
Javelin	249-5 (76.02)	Michael Shuey, 2014

Decathlon Event Records

Points	7,685	Rick Kleban, 1985
First-day Score	4,087	Robert Cardina, 2014
Second-day Score	3,774	James Cook, 1996
100 Meters	11.01	Rick Kleban, 1985
		Shawn Colligan, 2008
Long Jump	23-7.25 (7.19)	Dave Masgay, 1987
Shot Put	48-9.50 (4.87)	Barry Walsh, 1989
High Jump	7-0.25 (2.14)	Robert Cardina, 2014
400 Meters	47.65	Brian Kelley, 1991
110-Meter HH	14.45	Rick Kleban, 1987
Discus	155-3 (47.32)	James Cook, 1997
Pole Vault	16-2 1/2 (14.94)	Rick Kleban, 1985
Javelin	206-2 (62.83)	Shawn Colligan, 2008
1,500 Meters	4:21.05	Tom Kleban, 1989

Retired Records

2000m Steeple	5:43.2	Rick Garcia, 1981
Javelin (old)	78.77 (258-5)	...	Jim Stevenson, 1966

* Coney's mark is only recorded with an English measurement, 2.22m is the nearest metric equivalent.



MEN'S OUTDOOR RECORDS

MEN'S TOP 10 OUTDOOR PERFORMANCES

100 Meters

1.	10.34 (10.1 MT)	Mike Sands, 1975
2.	10.44	Mike Shine, 1976
3.	10.46	Ryan Olkowski, 2002
~	(10.46 ^w)	Xavier Smith, 2016
	(10.46 ^w)	Dan Chisena, 2016
4.	10.47	Michael Timpson, 1987
5.	10.49	Bob Brown, 1961
6.	10.50	Alex Langan, 2006
~	(10.52 ^w)	Anton Porter, 2016
7.	10.54	Barry Ewell, 1941
	10.54	Brian Littlejohn, 1984
9.	10.55	Steve Hackman, 1976
10.	10.56	Paul Lankford, 1980
	10.56	Greg Miller, 2000

200 Meters

1.	20.23	Michael Timpson, 1986
2.	20.58	Mike Sands, 1975
3.	20.59	Ryan Olkowski, 2002
4.	20.62	Brady Gehret, 2012
5.	20.96	Xavier Smith, 2016
6.	21.01	Ernie Terrell, 2002
7.	21.02	Barry Ewell, 1942
	21.02	Art Pollard, 1955
9.	21.05	Malik Moffett, 2016
	21.05	Dan Chisena, 2016

400 Meters

1.	45.20	Mike Sands, 1975
2.	45.22	Brady Gehret, 2012
3.	45.94	Brandon Bennett-Green, 2012
4.	46.12	Byron Robinson, 2014
5.	46.14	Paul Lankford, 1980
6.	46.62	Ernie Terrell, 2002
7.	46.74	Mike Cadau, 2009
8.	46.91	Ben Karcz, 2002
9.	46.95	Alex Shisler, 2014
10.	46.98	Mike Shine, 1976

800 Meters

1.	1:45.28	Casimir Loxsom, 2011
2.	1:45.58	Brannon Kidder, 2015
3.	1:45.76	Isaiah Harris, 2016
4.	1:45.96	Randy Moore, 1985
5.	1:46.62	Ray Levitre, 1987
6.	1:46.78	Ryan Foster, 2009
7.	1:46.81	Chris Mills, 1987
8.	1:46.82	Ken Wynn, 1983
9.	1:46.85	Samuel Borchers, 2011
10.	1:47.63	Mike Cook, 1982

1500 Meters

1.	3:38.82	Brannon Kidder, 2014
2.	3:38.99	Steve Balkey, 1987
3.	3:39.02	Robby Creese, 2015
4.	3:39.25	Larry Mangan, 1980
5.	3:39.57	Ryan Foster, 2011
6.	3:42.08	Doug Walter, 1990
7.	3:42.12	David McMillan, 1988
8.	3:42.20	George Malley, 1977
	3:42.20	Mike Wyatt, 1977
10.	3:42.54	Owen Dawson, 2012

5000 Meters

1.	13:34.00	Greg Fredericks, 1972
2.	13:36.30	Robert Snyder, 1978
3.	13:42.10	Alan Scharsu, 1980
4.	13:50.54	Steve Brown, 1989
5.	13:52.40	Paul Stemmer, 1977
6.	13:53.20	George Malley, 1976
7.	13:55.00	Jeff Adkins, 1982
8.	13:56.10	Charlie Maguire, 1974
9.	13:57.10	Gary Gittings, 1973
10.	13:57.33	Sam Masters, 2013

10,000 Meters

1.	28:08.0	Greg Fredericks, 1972
2.	28:29.4	Charlie Maguire, 1974
3.	28:38.3	Eric Carter, 1987
4.	28:42.80	Paul Stemmer, 1976
5.	28:55.33	Kyle Dawson, 2012
6.	29:11.71	John Ziegler, 1979
7.	29:15.73	Tyler McCandless, 2010
8.	29:25.58	Mark Wimmer, 1994
9.	29:27.6	George Malley, 1975
10.	29:30.6	Alan Scharsu, 1980

110-Meter Hurdles

1.	13.56	Guy Rose, 2001
2.	13.69	Sancho Barrett, 2015
3.	13.73	Paul Lankford, 1980
4.	13.80	Michael Timpson, 1988
5.	13.87	Mike Shine, 1976
6.	13.96	Ron Jules, 2008
7.	14.06	John Whelan, 1997
8.	14.08	Sam Harris, 1988
9.	14.09	Brian Derby, 2002
10.	14.09	Barry Robinson, 1985



MEN'S TOP 10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1. 48.69 Mike Shine, 1976
2. 49.55 Paul Lankford, 1981
3. 49.72 Brian Derby, 2003
4. 50.10 Jaret Campisi, 2005
5. 50.49 Bill Austin, 1978
6. 50.54 Michael Timpson, 1988
7. 50.61 Barry Robinson, 1985
8. 50.67 Kevin Cripanuk, 1992
9. 50.75 Byron Robinson, 2014
10. 50.76 Brian Kelly, 1993

3000-Meter Steeplechase

1. 8:22.54 George Malley, 1977
2. 8:37.7 Rick Garcia, 1983
3. 8:40.4 Bruce Baden, 1977
4. 8:42.85 Eric Carter, 1988
5. 8:47.03 Larry Mangan, 1980
6. 8:48.1 Paul Mackley, 1985
7. 8:49.45 Brian Laird, 1989
8. 8:50.9 Jim Allahand, 1972
9. 8:51.84 Chris Foster, 2005
10. 8:53.71 Andy Scott, 1991

4x100-Meter Relay

1. 39.63 Jack Davis, Steve Hackman,
Mike Shine, Mike Sands, 1975
2. 39.88 Doug Finkel, Fred Singleton,
Mike Sands, Jimmy Scott, 1973
3. 39.92 Dan Chisena, Malik Moffett
Anton Porter, Xavier Smith, 2016
4. 40.04 Xavier Smith, Dan Chisena,
Malik Moffett, Cody Minnig, 2016
5. 40.18 Mike Shine, Steve Hackman,
Fred Singleton, Mike Sands, 1974
6. 40.40 Guy Rose, Duane Reeves,
Greg Miller, Ryan Olkowski, 2001
7. 40.48 Doug Finkel, Steve Hackman,
Fred Singleton, Mike Sands, 1974
8. 40.48 Doug Finkel, Mike Shine,
Fred Singleton, Mike Sands, 1974
9. 40.52 Alex Langan, Diamond Woolford,
Jaret Campisi, Ernie Terrell, 2004
10. 40.54 Sid Lewis, Al Parker,
Dave Coney, Michael Timpson, 1986

4x200-Meter Relay

1. 1:23.75 Xavier Smith, Dan Chisena,
Malik moffett, Anton Porter, 2016
2. 1:23.85 Alex Langan, Chris Lolagne,
Jaret Campisi, Ernie Terrell, 2005
3. 1:23.87 Bryant Littlejohn, Dave Coney,
Sean Faust, Michael Timpson, 1986
4. 1:24.10 Guy Rose, Ben Karcz,
Greg Miller, Ryan Olkowski, 2001
5. 1:24.18 Alex Langan, Diamond Woolford,
Jaret Campisi, Chris Lolagne, 2004
6. 1:24.42 Emunael Mpanduki, Brady Gehret,
Aaron Nadolsky, Mark Filando, 2011
7. 1:24.82 Jaret Campisi, Chris Lolagne,
Greg Miller, Ryan Olkowski, 2002
8. 1:24.86 Doug Finkel, Steve Hackman,
Fred Singleton, Mike Sands, 1974
9. 1:25.04 Munya Maraire, Jaret Campisi,
Greg Miller, Ryan Olkowski, 2002
10. 1:25.16 Doug Finkel, Fred Singleton,
Ed Chubb, Jim Scott, 1972

4x400-Meter Relay

1. 3:01.52 Aaron Nadolsky (46.6), Br. Bennett-Green (44.8),
Casimir Loxsom (45.6), Brady Gehret (44.22), 2012
2. 3:04.78 Aaron Nadolsky (47.2), Matt Gilmore (47.4),
Brady Gehret (44.1), Br. Bennett-Green (46.1), 2012
3. 3:06.50 Br. Bennett-Green, Brady Gehret,
Casimir Loxsom, Emunael Mpanduki, 2012
4. 3:06.21 Matt Gilmore, Alex Shisler,
Be. Bennett-Green, Br. Bennett-Green, 2013
5. 3:06.80 Be. Bennett-Green, Matt Gilmore,
Casimir Loxsom, Br. Bennett-Green, 2013
6. 3:07.19 Aaron Nadolsky, Casimir Loxsom,
Brady Gehret, Lionel Williams, 2011
7. 3:07.25 Dan Chisena, Alex Shisler,
Sam Reiser, Isaiah Harris, 2016
8. 3:07.31 Emunael Mpanduki, Casimir Loxsom,
Aaron Nadolsky, Br. Bennett-Green, 2013
9. 3:07.94 Be. Bennett-Green, Br. Bennett-Green,
Alex Shisler, Byron Robinson, 2014
10. 3:07.95 Be. Bennett-Green, Nadolsky,
Rob Cardina, Alex Shisler, 2014



MEN'S OUTDOOR RECORDS

MEN'S TOP 10 OUTDOOR PERFORMANCES

4x800-Meter Relay

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

Distance Medley Relay

- 9:24.68 Brannon Kidder (2:53.5), Brannon Bennett-Green (45.6), Casimir Loxsom (1:46.7), .. Robby Creese (3:58.9), 2013
- 9:30.1 Larry Mangan (2:53.3), Paul Lankford (45.6), Mike Cook (1:49.6), Alan Scharsu (4:01), 1980
- 9:31.53 . David McMillan (2:56.9), Michael Timpson (45.5), Ray Levitre (1:47.8), Steve Balkey (4:01.3), 1987
- 9:35.12 Aidan O'Reilly (2:57.1), Jon Strange (48.6), Mark Anderson (1:48.4), Doug Walter, (4:01.4), 1990
- 9:35.51 Robby Creese (2:51.01), Alex Shisler (47.77), Isaiah Harris (1:49.96), Brannon Kidder (4:00.77), 2016
- 9:35.8 Jim Close (800), Bill Austin (400), Mike Wyatt (1200), Larry Mangan (1600), 1979
- 9:37.92 Mike Cook (1200), Jeff Lockett (400), Ken Wynn (800), Gary Black (1600), 1982
- 9:38.9 Pat Rexroat (800), Keith Falco, Mike Wyatt, Dave Felice, 1977
- 9:38.16 Aidan O'Reilly (2:56.8), Jerry Robinson, (47.9), Joe Stegbauer (1:50.7), Doug Walter (4:03.2), 1991
- 9:39.54 Steve Shisler (2:58.9), Sean Faust (47.7), Vance Watson (1:49.1), Mark Overheim (4:03.7), 1986

High Jump

- 7-3.50 (2.22).....David Coney, 1985
- 7-3.25 (2.22)..... Jon Hendershot, 2013
- 7-3 (2.21)..... Paul Souza, 1983
- 7-2.50 (2.20)..... Ryan Fritz, 2007
- 7-2.25 (2.19)..... Sean Reilly, 2013
- 7-1.75 (2.18)..... David Kriz, 1995
- 7-0.50 (2.15)..... Ryan Olkowski, 1999
..... Chisom Ifedi, 2016
- 7-0.25 (2.14)..... Nick Plack, 2000
- 7-0.25 (2.14)..... Rob Cardina, 2014
* Coney's 7-3.50 was measured in English (the closet metric equivalent is 2.22)

Pole Vault

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

Long Jump

- 25-11 (7.90).....David Coney, 1985
- 25-9 (7.86)..... Rob Boulware, 1986
- 25-9 (7.86)..... Steve Pina, 1996
- 25-8.75 (7.84)..... George Audu, 1999
- 25-8.75 (7.84)..... John Gorham, 1999
- 25-6 (7.77)..... Antonio Davis, 1993
- 25-2.75 (7.69)..... Ryan Olkowski, 2000
- 25-0.75 (7.64)..... Chavous Nichols, 2004
- 25-0 (7.62) w +3.7 Doug Moppert, 2011
- 24-11 (7.60)..... Malik Moffett 2016
- 24-10.50 (7.58)..... Al Bates, 1928

Triple Jump

- 54-6 (16.61)..... Antonio Davis, 1993
- 54-3.75 (16.55)..... Chavous Nichols, 2004
- ~ 54-4.25 (16.26)w Steve Waithe, 2015
- 53-8.50 (16.37)..... Brian Leap, 2016
- 53-1.50 (16.19)..... Clarence Smith, 2009
- 52-11.50 (16.14)..... Steve Waithe, 2014
- 52-8.25 (16.06)..... Ricardo Hall, 1990
- 51-8.50 (15.76)..... Hanif Johnson, 2011
- 51-6.50 (15.71)..... Brian Leap, 2014
- 51-1 (15.57)..... Warren Rockwell, 1966
- . 50-7 (15.42)..... Steve Pina, 1995



MEN'S TOP 10 OUTDOOR PERFORMANCES

Shot Put

1.	69-2 (21.08)	Joe Kovacs, 2012
2.	68-5.25 (20.86)	Darrell Hill, 2015
3.	65-5 (19.94)	C.J. Hunter, 1990
4.	64-2.50 (19.57)	Blake Eaton, 2010
5.	64-0.25 (19.51)	Knut Hjeltnes, 1975
6.	61-11.75 (18.89)	Logan Caldwell, 2012
7.	61-3.25 (18.68)	Greg Reyner, 1986
8.	61-1.25 (18.62)	Phil Caraher, 1990
9.	60-10.50 (18.55)	Jon Yohman, 2016
10.	59-7 (18.16)	Dane Miller, 2004

Decathlon

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

Discus

1	207-5 (63.22)	Brian Milne, 1992
2	201-10 (61.52)	Knut Hjeltnes, 1975
3.	195-7 (59.62)	David Lucas, 2016
4	186-9 (56.90)	Gary Williky, 1979
5	186-3 (56.78)	Blake Eaton, 2011
6	184-0 (56.08)	Joe Kovacs, 2011
7	183-6 (55.93)	Will Barr , 2012
8	182-2 (55.53)	Jon Yohman, 2016
9	177-11 (54.23)	Dan Diaz, 2003
10	176-10 (53.90)	Steve Meyers, 2006

Hammer

1.	218-6 (66.60)	Alvin Jackson, 1976
2.	207-10 (63.35)	Will Barr, 2013
3.	206-0 (62.80)	Morgan Shigo. 2016
3.	203-0 (61.88)	Neal McNutt, 1998
4.	201-9 (61.50)	Joe Kovacs, 2011
5.	198-5 (60.49)	Tyler Hoffman, 2008
6.	198-5 (60.48)	Kory Decesaris, 2015
7.	197-0 (60.04)	Todd Shenk, 1984
8.	194-7 (59.30)	Cory Eck, 2010
9.	193-9 (59.07)	Jon Hart, 2005

Javelin

1.	249-5 (76.02)	Michael Shuey, 2014
2.	239-9 (73.09)	Allen Pettner, 2007
3.	237-1 (72.26)	Troy Burkholder, 1997
4	233-8 (71.22)	Carl Wolter, 1996
5.	233-4 (71.13)	Tanner Evak, 2009
6.	231-3 (70.48)	Brian Stumpf, 2003
7.	230-3 (70.19)	Matt Moyer, 2004
8.	229-2 (69.84)	Ryan Kerr, 2015
9.	227-8 (69.40)	Rob Austin, 1995
10.	225-7 (68.76)	Dave Matson, 1999



ASHENFELTER III INDOOR TRACK

ASHENFELTER III INDOOR TRACK || FACILITY RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.17	2012	Barbara Pierre - Unattached
Men 200 Meters	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meters	22.98	2010	Shavon Greaves - Penn State
Men 400 Meters	45.46	2001	Andrew Pierce - Ohio State
Women 400 Meters	52.31	2007	Shana Cox - Penn State
Men 500 Meters	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meters	1:08.70*	2010	Shana Cox - Adidas
	1:09.16 C, AJ	2007	Francena McCorory - Hampton
Men 600 Meters	1:15.79 AmC	2013	Casimir Loxsom - Penn State
	1:16.92 AJ	2010	Casimir Loxsom - Penn State
Women 600 Meters	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meters	1:46.98	2013	Casimir Loxsom - Penn State
Women 800 Meters	2:03.25	2014	Justine Fedronic - Stanford
Men 1000 Meters	2:18.26 C	2016	Brannon Kidder - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:56.51	2012	Jeff See - Saucony
Women Mile	4:30.41	2013	Sheila Reid - Nike
Men 3000 Meters	7:57.75	2014	Patrick Tiernan - Villanova
Women 3000 Meters	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meters	13:58.16	2009	Hassan Mead - Minnesota
Women 5000 Meters	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.49	2012	Jarret Eaton - Syracuse
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 2000 Meter Steeplechase	5:47.33	2013	Michael Kiley - Penn
Women 2000 Meter Steeplechase	6:29.38	2013	Natalie Bower - Penn State
Men 4x200 Meter Relay	1:24.70 CR	2013	Penn State - E Mpanduki, M Gilmore, Br. Bennett-Green, A Nadolsky
Women 4x200 Meter Relay	1:35.65	2014	Penn State - M Osborne, K Seymour, D McGee, M Jones
Men 4x400 Meter Relay	3:06.98	2014	Pittsburgh - M Murray, C Nkanata, D Palmer, B Spratling
Women 4x400 Meter Relay	3:34.22	2014	Penn State - D McGee, K Seymour, T Rhodes, M Jones
Men 4x800 Meter Relay	7:22.10	2015	Penn State - J Makins, R Brennan, B Kidder, R Creese
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Sprint Medley	3:23.74	2005	Penn State - E Terrell, J Campisi, C Lolagne, M Lincoln
Women Sprint Medley	3:52.25 C	2007	Penn State - L Burns, L Bettis, A Barber, B Simmons
Men Distance Medley	9:26.59	2014	Penn State - B Kidder, B Bennett-Green, Z Watkins, R Creese
Women Distance Medley	10:54.04	2014	Stanford - A Weissenbach, K Williams, C Saunders, J Fedronic
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2.75 (1.90)	2013	Tynita Butts - East Carolina
Men Pole Vault	18-3.25 (5.57)	2014	Shawn Barber - Akron
Women Pole Vault	14-3.25 (4.35)	2010	Alicia Rue - Minnesota
Men Long Jump	26-1.50 (7.96)	2011	Justin Hunter - Tennessee
Women Long Jump	21-6.75 (6.57)	2006	Tianna Madison - Nike
Men Triple Jump	55-9 (16.99)	2006	Leevan Sands - Bahamas
Women Triple Jump	45-2.50 (13.45)	2004	Colleen Scott - Unattached
Men Shot Put	70-10 (21.59)	2013	Ryan Whiting - Nike
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	74-4.25 (22.66)	2004	Dan Taylor - Ohio State
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Pentathlon	4731	2010	Hyleas Fountain - Nike
	4059 AJ	2005	Gayle Hunter - Penn State

* - American Indoor Record; C - Collegiate Record; AmC - American Collegiate Record; AJ - American Junior Record



NITTANY LION TRACK || FACILITY RECORDS

Men's Records

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>YEAR</u>	<u>ATHLETE - SCHOOL</u>
100 Meters	10.19	2007	Demi Omole, Wisconsin
200 Meters	20.23	1986	Michael Timpson, Penn State
400 Meters	45.48	1983	James Rolle, Central Florida YMCA
800 Meters	1:46.29	1985	Randy Moore, Penn State
1500 Meters	3:42.5	1980	Larry Mangan, Penn State
		1980	Susthenes Bitock, Richmond
Mile	3:58.4	1980	Larry Mangan, Penn State
3000-Meter Steeplechase	8:33.45 (FAT)	1980	Hillary Tuwei, Richmond
5000 Meters	14:00.73	1980	Hillary Tuwei, Richmond
10,000 Meters	28:45.8	1973	Charlie Maguire, Penn State
110-Meter High Hurdles	13.62	1985	Albert Lane, Karamu Flyers Track Club
400-Meter Hurdles	50.29	2007	Adrian Walker, Illinois
4x100-Meter Relay	40.05	1996	Iowa (George Page, Andre Morris, Chris Davis, Ed Rozell)
4x110-Meter Shuttle Hurdles	59.2	1976	Penn State (Dennis Rock, Peter Kiproff, Bill Austin, Mike Shine)
4x200-Meter Relay	1:25.2	1974	Essex CC(Cecil Mitchell, Kevin Joseph, Herman Marchen, Fred Brown)
4x400-Meter Relay	3:07.25	1982	Seton Hall (Henry Mair, Linval Francis, Brian Denman, Derrick Peynaldo)
4x800-Meter Relay	7:21.4	1974	Cornell (Tom Patterson, Bob Anastasio, Paul Roach, Dave Keehn)
4x1600-Meter Relay	16:44.7	1973	Villanova (Eammon Coughlin, Brian McElroy, Tom Gregan, John Hartnett)
Distance Medley Relay	9:44.7	1973	Villanova (Warren Clark, Jim Rheim, Ken Schappert, John Hartnett)
Sprint Medley Relay	3:18.5	1974	Essex CC (Kevin Joseph, Fred Brown, Herman Marchen, Horace Tuitt)
High Jump	7-4 (2.24)	1983	Bill Therfelder, Keystone State Games
Pole Vault	18-2 1/2 (5.55)	2002	Jeremy Smith, Allegheny
Long Jump	25-11 1/2 (7.91)	1984	Danny Little, James Madison
Triple Jump	54-4 3/4 (16.58)	1984	David McFadgen, Newburg Track Club
Shot Put	69-1.25 (21.06)	2011	Ryan Whiting, Nike
Discus	207-5 (63.22)	1992	Brian Milne, Penn State
Hammer	268-8 (81.88)	1988	Jud Logan, Athletics West (American Record)
Javelin (New)	252-7 (76.98)	1997	Nigel Beven, Belgrave Harrier
Javelin (Old)	254-4 (77.52)	1984	Bob DUBYOSKI, Unattached
Decathlon	8,316 points (Hand)	1985	Dave Steen, University of Toronto TC

Women's Records

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>YEAR</u>	<u>ATHLETE, SCHOOL</u>
100 Meters	11.19	1996	Kerry Ann Richards, Illinois
200 Meters	23.13	1996	Aspen Burkett, Illinois
400 Meters	51.89	1996	Chandra Burns, Michigan State
800 Meters	2:03.45	1983	Patty Bradley, Villanova
1500 Meters	4:15.93	2007	Anna Willard, Michigan
3000 Meters	9:21.67	1981	Judy St. Hilaire, Vermont State
5000 Meters	16:11.14	1981	Kathy Mills, Penn State
10,000 Meters	34:03.5 (HT)	1981	Aileen O'Connor, Virginia
3000-Meter Steeplechase	9:54.70	2010	Bridget Franek, Penn State
100-Meter Hurdles	12.90	1996	Tonya Williams, Illinois
400-Meter Hurdles	56.86	1996	Tonya Williams, Illinois
4 x100-Meter Relay	43.89	1996	Illinois (Benita Kelley, Kerry Ann Richards, Tonya Williams, Aspen Burkett)
800-Meter Relay	1:43.78	1981	Morgan State (Rhonda Yancy, Janet Dodson, Nellie Bullock, Roberta Belle)
4x400-Meter Relay	3:34.93	2007	Penn State (Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox)
4x800-Meter Relay	8:48.27	1981	Penn State (Doreen Startare, Patty Murnane, Terry Pioli, Marry Rawe)
High Jump	6-2 1/4 (1.88)	1983	Lisa Bernhagen, Idaho Track Club
Pole Vault	13-5 1/2 (4.13)	2007	Vera Neuenswander
Long Jump	21-2 1/2 (6.46)	1996	Shandelier Boyd-Pieasant, Ohio State
Triple Jump	43-4 1/2 (13.22)	1996	Dawn Reilly, Illinois
Shot Put	55-0 1/4 (16.77)	1984	Elaine Sobansky, Penn State
Discus	178-10 (54.51)	2001	Deshaya Williams, Penn State
Hammer	219-1 (66.78)	2005	Jennifer Leatherman, Penn State
Javelin	178-4 (54.71)	2009	Kim Hanslovan, Penn State
Heptathlon	5,722 points	2007	Bettie Wade, Michigan