



# PENN STATE TRACK & FIELD

## 2019 Schedule

-  **NITTANY LION CHALLENGE**  
Jan. 12 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **SIMMONS HARVEY INVITATIONAL**  
Jan. 19 | U-M Indoor Track | Ann Arbor, Mich.
-  **PENN STATE NATIONAL OPEN**  
Jan. 25-26 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **SYKES-SABOCK CHALLENGE CUP**  
Feb. 2 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **HUSKY CLASSIC**  
Feb. 8 | Dempsey Indoor | Seattle, Wash.
-  **TIGER PAW INVITATIONAL**  
Feb. 8-9 | Clemson University Indoor Track | Clemson, S.C.
-  **PENN STATE TUNE-UP**  
Feb. 16 | Horace Ashenfelter III Indoor Track | University Park, Pa.
-  **BIG TEN INDOOR CHAMPIONSHIPS**  
Feb. 22-23 | U-M Indoor Track | Ann Arbor, Mich.
-  **NCAA INDOOR CHAMPIONSHIPS**  
March 8-9 | CrossPlex | Birmingham, Ala.
-  **SUN DEVIL INVITATIONAL**  
March 22-23 | Sun Angel Stadium | Tempe, Ariz.
-  **FLORIDA RELAYS**  
March 28-30 | Percy Beard Track | Gainesville, Fla.
-  **RALEIGH RELAYS**  
March 29 | Paul Derr Track & Field Facility | Raleigh, N.C.
-  **SAM HOWELL INVITATIONAL**  
April 5-6 | Weaver Stadium | Princeton, N.J.
-  **LSU BATTLE ON THE BAYOU**  
April 6 | LSU-Bernie Moore Track | Baton Rouge, LA
-  **BUCKNELL CLASSIC**  
April 13-14 | Christy Mathewson-Memorial Stadium | Lewisburg, Pa.
-  **VIRGINIA CHALLENGE**  
April 19-20 | Lannigan Field | Charlottesville, Va.
-  **BUCKNELL TEAM CHALLENGE**  
April 20 | Christy Mathewson-Memorial Stadium | Lewisburg, Pa.
-  **PENN RELAYS**  
April 25-27 | Franklin Field | Philadelphia, Pa.
-  **JIM THORPE OPEN**  
May 3 | Nittany Lion Outdoor Track | University Park, Pa.
-  **BIG TEN CHAMPIONSHIPS**  
May 10-12 | Francis X. Cretzmeyer Track | Iowa City, Iowa
-  **NCAA EAST FIRST ROUNDS**  
May 23-25 | Hodges Stadium | Jacksonville, Fla.
-  **NCAA CHAMPIONSHIPS**  
June 5-8 | Mike A. Myers Stadium | Austin, Texas

## 2019 BIG TEN TRACK & FIELD INDOOR CHAMPIONSHIPS

Date: February 22-23, 2019  
 Location: Ann Arbor, Mich.  
 Host: University of Michigan  
 Venue: U-M Indoor Track Building  
 Live Results: [results.deltatiming.com](http://results.deltatiming.com)  
 Broadcast: FloTrack/BTN2go

## THE STARTING BLOCKS

The Penn State track & field program heads to Ann Arbor, Michigan, for the 2019 Big Ten Indoor Track & Field Championships. The meet is hosted by the University of Michigan at the U-M Indoor Track Building, February 22-23.

### LOOKING BACK AT THE 2018 BIG TEN CHAMPIONSHIPS

Last year at the 2018 Big Ten Indoor Track & Field Championships, the Penn State men's program finished fourth, scoring 84 points, and the women finished sixth with 70 points.

The Nittany Lions swept the 800-meter races, with Isaiah Harris winning the men's race at 1:50.15 and Danae Rivers defending her 2017 title with a time of 2:07.75.

### DEFENDING HER TITLE

Junior Danae Rivers is the two-time defending champion in the women's 800-meter run (2:06.10 — 2017 & 2:07.75 — 2018).

### PENN STATE AT THE BIG TEN CHAMPIONSHIPS

Penn State will be competing at the Big Ten Indoor Track & Field Championships for the 28th time in program history this weekend.

For the Penn State women, the Nittany Lions have won four team titles (2004, 2010, 2014, 2017) and have combined for 41 Big Ten individual and relay titles.

On the men's side, the Nittany Lions are seeking their first team title in program history, but have combined for 29 Big Ten individual and relay titles.

### BIG TEN RANKINGS

Heading into the Big Ten Indoor Track & Field Championships, the Penn State women have 20 top-10 marks in the conference, while the Penn State men have 11.

Among the leaders on the women's side, freshman Alexis Holmes has the top mark in the 400-meter dash and Danae Rivers has the top time in the 800-meter run and the mile. Maddie Holmberg holds the best distance in the long jump. For the Penn State men, Will Henderson has the top mark in the long jump.

### AMONG THE NATION'S BEST

Heading into the meet, the Nittany Lions have 14 performances (seven for each program) that rank in the top-35 in the nation.

- No. 1 | Danae Rivers | Mile | 4:29.47
- No. 3 | Alexis Holmes | 400-meter dash | 52.58
- No. 3 | Danae Rivers | 800-meter run | 2:02.94
- No. 7 | David Lucas | Weight throw | 22.47m
- No. 7 | Morgan Shigo | Weight throw | 22.47m
- No. 8 | Maddie Holmberg | Pentathlon | 4219
- No. 12 | Domenic Perretta | 800-meter run | 1:48.09
- No. 16 | Maddie Holmberg | Long jump | 6.22m
- No. 17 | Albury, Lester, Tachinski, Holmes | Women's 4x400-meter relay | 3:36.62



# 2019 BIG TEN TRACK & FIELD INDOOR CHAMPIONSHIP SCHEDULE

Friday, Feb. 22

## Heptathlon

10:00 AM - M 60m (Heptathlon)  
10:45 AM^ - M Long Jump (Heptathlon)  
12:30 PM^ - M Shot Put (Heptathlon)  
1:45 PM^ - M High Jump (Heptathlon)

## Pentathlon

10:50 AM - W 60H (Pentathlon)  
11:40 AM^ - W High Jump (Pentathlon)  
2:00 PM^ - W Shot Put (Pentathlon)  
3:15 PM^ - W Long Jump (Pentathlon)  
5:15 PM - W 800m (Pentathlon)

## Field Events

3:30 PM - M Weight Throw (Trials & Final)  
3:30 PM - W Pole Vault (Final)  
4:30 PM - M High Jump (Final)  
4:45 PM - M Long Jump (Trials & Final)  
4:45 PM - W Long Jump (Trials & Final)  
5:30 PM - W Weight Throw (Trials & Final)

## Track Events

10:00 AM - M 60m (Heptathlon)  
10:50 AM - W 60H (Pentathlon)  
11:15 AM - M 3000m (Unseeded)  
11:35 AM - W 3000m (Unseeded)  
12:45 PM - M 60H (Prelims)  
1:05 PM - W 60H (Prelims)  
1:25 PM - M 60m (Prelims)  
1:45 PM - W 60m (Prelims)  
2:15 PM - M Mile (Prelims)  
2:35 PM - W Mile (Prelims)  
2:55 PM - M 400m (Prelims)  
3:20 PM - W 400m (Prelims)  
3:45 PM - M 800m (Prelims)  
4:05 PM - W 800m (Prelims)  
4:25 PM - M 600m (Prelims)  
4:50 PM - W 600m (Prelims)  
5:15 PM - W 800m (Pentathlon)  
5:25 PM - M 200m (Prelims)  
5:50 PM - W 200m (Prelims)  
6:15 PM - M 3000m (Final)  
6:35 PM - W 3000m (Final)  
6:55 PM - M Distance Medley (Final)  
7:05 PM - W Distance Medley (Final)

Saturday, Feb. 23

## Heptathlon

10:00 AM - M 60H (Heptathlon)  
11:00 AM^ - M Pole Vault (Heptathlon)  
2:05 PM - M 1000m (Heptathlon)

## Field Events

11:00 AM - M Triple Jump (Trials & Final)  
11:10 AM - M Shot Put (Trials & Final)  
1:45 PM - W Shot Put (Trials & Final)  
2:00 PM - W Triple Jump (Trials & Final)  
2:00 PM - W High Jump (Final)  
2:30 PM - M Pole Vault (Final)

## Track Events

10:00 AM - M 60H (Heptathlon)  
11:40 AM - M 5000m (Unseeded)  
12:00 PM - W 5000m (Unseeded)  
1:15 PM - M 60H (Final)  
1:25 PM - W 60H (Final)  
1:35 PM - M 60m (Final)  
1:45 PM - W 60m (Final)  
2:05 PM - M 1000m (Heptathlon)  
2:15 PM - M Mile (Final)  
2:25 PM - W Mile (Final)  
2:35 PM - M 400m (Final)  
2:45 PM - W 400m (Final)  
2:55 PM - M 800m (Final)  
3:05 PM - W 800m (Final)  
3:15 PM - M 600m (Final)  
3:25 PM - W 600m (Final)  
3:35 PM - M 200m (Final)  
3:45 PM - W 200m (Final)  
3:55 PM - M 5000m (Final)  
4:15 PM - W 5000m (Final)  
4:40 PM - M 4x400 (Final)  
4:55 PM - W 4x400 (Final)

5:10 PM - Awards Presentation

^ - estimated time.

# ALL-TIME BIG TEN INDOOR TEAM FINISHES

## ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1992	8th	30.5 pts	East Lansing, Mich.
1993	6th	31 pts	Madison, Wis.
1994	7th	38 pts	Ann Arbor, Mich.
1995	10th	8 pts	Champaign, Ill.
1996	10th	25 pts	Columbus, Ohio
1997	10th	29.3 pts	Iowa City, Iowa
1998	8th	51 pts	West Lafayette, Ind.
1999	10th	30 pts	Madison, Wis.
2000	9th	34.5 pts	Bloomington, Ind.
2001	5th	68 pts	University Park, Pa.
2002	***	CANCELLED	Minneapolis, Minn.
2003	7th	42 pts	Champaign, Ill.
2004	8th	39 pts	Ann Arbor, Mich.
2005	8th	37 pts	West Lafayette, Ind.
2006	8th	46.5 pts	Iowa City, Iowa
2007	8th	46 pts	Bloomington, Ind.
2008	4th	79 pts	Madison, Wis.
2009	3rd	78 pts	University Park, Pa.
2010	T-6th	51 pts	Minneapolis, Minn.
2011	6th	62.66 pts	Champaign, Ill.
2012	6th	51.33 pts	Lincoln, Neb.
2013	3rd	87 pts	Geneva, Ohio
2014	3rd	72 pts	Geneva, Ohio
2015	4th	72 pts	Geneva, Ohio
2016	6th	60 pts	Geneva, Ohio
2017	2nd	84 pts	Geneva, Ohio
2018	4th	84 pts	Geneva, Ohio

## BIG TEN MEN'S INDOOR AWARD WINNERS

### ATHLETE OF THE CHAMPIONSHIPS

2013 Casimir Loxsom (Track)

### ATHLETE OF THE YEAR

2013 Casimir Loxsom (Track)

### FRESHMAN OF THE YEAR

2012 Robby Creese  
2013 Brannon Kidder

## ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1992	8th	30 pts	Columbus, Ohio
1993	4th	43 pts	Bloomington, Ind.
1994	10th	10 pts	West Lafayette, Ind.
1995	10th	17 pts	Ann Arbor, Mich.
1996	4th	39 pts	Madison, Wis.
1997	5th	63 pts	Champaign, Ill.
1998	6th	44.5 pts	East Lansing, Mich.
1999	8th	59.17 pts	Columbus, Ohio
2000	8th	21 pts	Minneapolis, Minn.
2001	T-6th	61 pts	West Lafayette, Ind.
2002	7th	55.5 pts	University Park, Pa.
2003	3rd	87 pts	Bloomington, Ind.
<b>2004</b>	<b>1st</b>	<b>115 pts</b>	<b>Iowa City, Iowa</b>
2005	4th	74 pts	Ann Arbor, Mich.
2006	4th	85 pts	Madison, Wis.
2007	4th	92 pts	Champaign, Ill.
2008	3rd	121 pts	Minneapolis, Minn.
2009	2nd	125 pts	Bloomington, Ind.
<b>2010</b>	<b>1st</b>	<b>111 pts</b>	<b>University Park, Pa.</b>
2011	2nd	86 pts	West Lafayette, Ind.
2012	3rd	99 pts	Lincoln, Neb.
2013	4th	73 pts	Geneva, Ohio
<b>2014</b>	<b>1st</b>	<b>114.5 pts</b>	<b>Geneva, Ohio</b>
2015	T-3rd	68 pts	Geneva, Ohio
2016	3rd	96.5 pts	Geneva, Ohio
<b>2017</b>	<b>1st</b>	<b>96.5 pts</b>	<b>Geneva, Ohio</b>
2018	6th	70 pts	Geneva, Ohio

## BIG TEN WOMEN'S INDOOR AWARD WINNERS

### ATHLETE OF THE CHAMPIONSHIPS

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

### ATHLETE OF THE YEAR

2006 Jennifer Leatherman  
2010 Shavon Greaves (Track)

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

### FRESHMAN OF THE YEAR

1996 Donna Fiddler  
2008 Shavon Greaves  
2017 Danae Rivers

### COACH OF THE YEAR

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

**BOLD - Denotes Big Ten Champion**

## MEN'S BIG TEN INDIVIDUAL INDOOR CHAMPIONS

Year	Athlete	Event	Performance
1993	Brian Kelley	Pentathlon	4097
1994	Brian Kelley	Pentathlon	3967
1997	Joe Loner	800-Meters	1:50.87
1998	Neal McNutt	Weight Throw	62-1 (18.92)
2007	Ryan Fritz	High Jump	7-3 (2.21)
2008	Mark Miller	800-Meters	1:52.65
2008	Clarence Smith	Triple Jump	51-7.75 (15.74)
2009	Ryan Foster	800-Meters	1:50.24
2009	Clarence Smith	Triple Jump	51-7.75 (15.74)
2010	Ryan Foster	800-Meters	1:50.43
2011	Ryan Foster	800-Meters	1:49.98
2011	Joe Kovacs	Shot Put	65-1.25 (19.84)
2012	Wade Endress	DMR	9:44.40
2012	Aaron Nadolsky	DMR	9:44.40
2012	Casimir Loxsom	DMR	9:44.40
2012	Robby Creese	DMR	9:44.40
2013	Casimir Loxsom	600-Meters	1:15.72
2013	Brannon Kidder	800-Meters	1:49.73
2013	Robby Creese	Mile	4:01.51
2013	Brannon Kidder	DMR	9:39.87
2013	Matt Gilmore	DMR	9:39.87
2013	Ryan Brennan	DMR	9:39.87
2013	Robby Creese	DMR	9:39.87
2014	Brannon Kidder	800-Meters	1:49.52
2014	Za'Von Watkins	DMR	9:45.48
2014	Brandon Bennett-Green	DMR	9:45.48
2014	Ryan Brennan	DMR	9:45.48
2014	Brannon Kidder	DMR	9:45.48
2015	Robby Creese	3,000-Meters	8:10.75
2015	Darrell Hill	Shot Put	66-6 (20.26)
2015	Jordan Makins	DMR	9:40.62
2015	Alex Shisler	DMR	9:40.62
2015	Za'Von Watkins	DMR	9:40.62
2015	Robby Creese	DMR	9:40.62
<b>2016</b>	<b>Isaiah Harris</b>	<b>800-Meters</b>	<b>1:46.24</b>
2016	Brannon Kidder	Mile	4:07.89
2016	Alex Shisler	DMR	9:43.25
2016	Brannon Kidder	DMR	9:43.25
2016	Isaiah Harris	DMR	9:43.25
2016	Jordan Makins	DMR	9:43.25
2017	Xavier Smith	60-Meters	6.66
2017	Isaiah Harris	800-Meters	1:47.23
<b>2017</b>	<b>Dan Chisena</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
<b>2017</b>	<b>Xavier Smith</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
<b>2017</b>	<b>Samuel Reiser</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
<b>2017</b>	<b>Isaiah Harris</b>	<b>4x400-Meter Relay</b>	<b>3:04.80</b>
2018	Isaiah Harris	800-Meters	1:50.15

## WOMEN'S BIG TEN INDIVIDUAL INDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Shelley Mitchell	Pentathlon	3830
1998	Erica Bosler	600-Meters	1:30.22
2002	Chi-Chi Aduba	Long Jump	19-9 (6.02)
2003	Tracey Brauksieck	DMR	11:38.33
2003	Cheryl Green	DMR	11:38.33
2003	Lindsay Scottoline	DMR	11:38.33
2003	Jenny Stevens	DMR	11:38.33
2003	Chi-Chi Aduba	Triple Jump	44-1.50 (13.44)
2003	Deshaya Williams	Weight Throw	64-6 (19.65)
2004	Connie Moore	60-Meters	7.27
2004	Connie Moore	200-Meters	23.44
2004	Sara Dougherty	Pole Vault	12-11.50 (3.94)
2004	Ja'Nai O'Connor	Shot Put	55-2 (16.81)
2005	Jennifer Leatherman	Shot Put	51-3.75 (15.64)
2005	Jennifer Leatherman	Weight Throw	69-11.50 (21.32)
2006	Dominique Blake	4x400-Meter Relay	3:41.98
2006	Shana Cox	4x400-Meter Relay	3:41.98
2006	Aleesha Barber	4x400-Meter Relay	3:41.98
2006	Briene Simmons	4x400-Meter Relay	3:41.98
2006	Jennifer Leatherman	Shot Put	53-5 (16.28)
2006	Jennifer Leatherman	Weight Throw	74-10.50 (22.82)
2007	Aleesha Barber	4x400-Meter Relay	3:37.70
2007	Dominique Blake	4x400-Meter Relay	3:37.70
2007	Shana Cox	4x400-Meter Relay	3:37.70
2007	Briene Simmons	4x400-Meter Relay	3:37.70
2008	Shana Cox	200-Meters	24.06
2008	Shana Cox	400-Meters	53.40
2008	Aleesha Barber	4x400-Meter Relay	3:40.43
2008	Dominique Blake	4x400-Meter Relay	3:40.43
2008	Shana Cox	4x400-Meter Relay	3:40.43
2008	Briene Simmons	4x400-Meter Relay	3:40.43
2009	Shavon Greaves	60-Meters	7.44
2009	Shavon Greaves	200-Meters	23.96
2009	Fawn Dorr	400-Meters	54.10
2009	Aleesha Barber	4x400-Meter Relay	3:39.43
2009	Fawn Dorr	4x400-Meter Relay	3:39.43
2009	Shavon Greaves	4x400-Meter Relay	3:39.43
2009	Gayle Hunter	4x400-Meter Relay	3:39.43
2010	Shavon Greaves	60-Meters	7.30
2010	Shavon Greaves	200-Meters	22.98
2010	Doris Anyanwu	4x400-Meter Relay	3:35.38
2010	Caitlin DeFusco	4x400-Meter Relay	3:35.38
2010	Fawn Dorr	4x400-Meter Relay	3:35.38
2010	Shavon Greaves	4x400-Meter Relay	3:35.38
2010	Bridget Franek	Mile	4:37.95
2011	Shavon Greaves	200-Meters	23.67
2011	Doris Anyanwu	4x400-Meter Relay	3:37.80
2011	Ijeoma Iheoma	4x400-Meter Relay	3:37.80
2011	Shavon Greaves	4x400-Meter Relay	3:37.80
2011	Megan Duncan	4x400-Meter Relay	3:37.80
2012	Caitlin Lane	Mile	4:39.90
2012	Kara Millhouse	5,000-Meters	16:17.45
2014	Mahagony Jones	200-Meters	23.10
2014	Kiah Seymour	400-Meters	52.53
2014	Tori Gerlach	3,000-Meters	9:10.76
2014	Dynasty McGee	4x400-Meter Relay	3:34.55
2014	Mahagony Jones	4x400-Meter Relay	3:34.55
2014	Tichina Rhodes	4x400-Meter Relay	3:34.55
2014	Kiah Seymour	4x400-Meter Relay	3:34.55
2015	Tori Gerlach	5,000-Meters	16:04.64
2015	Kiah Seymour	400-Meters	52.72
2017	Danae Rivers	800-Meters	2:06.10
2017	Julie Kocjancic	DMR	11:10.53
2017	Tichina Rhodes	DMR	11:10.53
2017	Rachel Rhodes	DMR	11:10.53
2017	Danae Rivers	DMR	11:10.53
2017	Dannielle Gibson	Triple Jump	43-5.25 (13.25)
2018	Danae Rivers	800-Meters	2:07.75

\*\* Bold - Denotes Big Ten Championship Record



# NITTANY LION MEN'S ROSTER

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

# NITTANY LION WOMEN'S ROSTER

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



# PENN STATE TRACK & FIELD

## 2019 Penn State Women's Indoor Performance List

### WOMEN'S 60-METER DASH

PSU: Shavon Greaves, 7.24 (2010)

7.46	Brooke-Lynn Williams	Feb. 8
7.51	Amariah Thomas	Feb. 2
7.52	Keianna Albury	Jan. 25
7.56	Kiara Lester	Jan. 25
7.71	Breana Gambrell	Dec. 1
7.72	Alexis Holmes	Jan. 12
7.79	Lauren Costa	Jan. 12
7.92	Audra Koopman	Jan. 12
8.00	Taylor Givens - UNA	Dec. 1

### WOMEN'S 200-METER DASH

PSU: Connie Moore, 22.60 (2010)

23.79	Alexis Holmes	Feb. 9
24.12	Keianna Albury	Jan. 19
24.26	Kiara Lester	Feb. 9
24.60	Amariah Thomas	Feb. 2
24.85	Brooke-Lynn Williams	Jan. 19
24.96	Lauren Costa	Feb. 2
25.20	Breana Gambrell	Feb. 2
25.90	Ekaterina Hupalo	Jan. 26
25.96	Rachel Gearing	Feb. 2
26.36	Audra Koopman	Feb. 2
26.41	Taylor Givens - UNA	Feb. 2

### WOMEN'S 400-METER DASH

PSU: Shana Cox, 52.31 (2007)

52.58	Alexis Holmes	Feb. 8
54.54	Kiara Lester	Feb. 8
55.91	Victoria Tachinski	Jan. 26
55.97	Antoinette Bradley	Feb. 8
56.30	Lauren Costa	Feb. 2
58.16	Elyse Skerpon	Jan. 12

### WOMEN'S 500-METER DASH

PSU: Shana Cox, 1:09.19 (2007)

1:30.79	Victoria Tachinski	Jan. 12
1:31.76	Antoinette Bradley	Jan. 26
1:33.19	Frances Bull	Feb. 16
1:35.80	Elyse Skerpon	Feb. 16

### WOMEN'S 600-METER RUN

PSU: Danae Rivers, 1:29.06 (2017)

2:02.94	Danae Rivers	Jan. 26
2:10.46	Victoria Tachinski	Feb. 9
2:12.00	Grace Trucilla	Feb. 16
2:15.65	Frances Bull	Jan. 26
2:18.78	Maddie Holmberg	Jan. 25
2:23.62	Nicole O'Donnell	Feb. 2

### WOMEN'S 1000-METER RUN

PSU: Danae Rivers, 2:38.58 (2019)

2:38.58	Danae Rivers	Jan. 12
2:52.88	Grace Trucilla	Jan. 26

### WOMEN'S MILE RUN

PSU: Danae Rivers, 4:29.47 (2019)

4:29.47	Danae Rivers	Feb. 9
4:48.45	Maira O'Shea	Feb. 16
4:51.70	Marissa Sheva	Jan. 26
4:53.35	Grace Trucilla	Feb. 8
4:53.92	Jordan Williams	Feb. 16
5:05.01	Andrea Demko - UNA	Jan. 12
5:08.24	Noemie Noullet	Jan. 12
5:13.07	Julia Guerra - UNA	Feb. 16
5:18.41	Madison Coppolino - UNA	Feb. 2
5:24.43	Marisa Deichert	Jan. 12

### WOMEN'S 3000-METER RUN

PSU: Tessa Barrett, 9:07.22 (2017)

9:29.19	Maira O'Shea	Feb. 8
9:36.01	Julia Paternain - UNA	Feb. 16
9:37.57	Jordan Williams	Feb. 8
9:39.93	Kathryn Munks	Jan. 26
10:00.61	Elizabeth Chikotas - UNA	Feb. 16
10:02.33	Madison Coppolino - UNA	Jan. 26
10:04.00	Andrea Demko - UNA	Feb. 16
10:22.14	Noemie Noullet	Jan. 12
10:33.60	Marisa Deichert	Jan. 26

### WOMEN'S 5000-METER RUN

PSU: Tessa Barrett, 15:28.99 (2017)

16:41.39	Kathryn Munks	Feb. 8
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### WOMEN'S 60-METER HURDLES

PSU: Evonne Britton, 8.10 (2014)

8.52	Maddie Holmberg	Feb. 8
8.68	Ekaterina Hupalo	Jan. 25
8.82	Alyssa Yeboah-Kodie	Jan. 19
9.37	Madeline Frew	Dec. 1

### WOMEN'S 4x200-METER RELAY

PSU: Osborne, Seymour, McGee, Jones, 1:35.65 ('14)

3:36.62	Albury, Lester, Tachinski, Holmes	Feb. 9
3:40.85	Holmes, Lester, Tachinski, Rivers	Jan. 12
3:42.06	Albury, Lester, Tachinski, Bradley	Jan. 26
3:45.03	Holmes, Lester, Tachinski, Bradley	Jan. 19
3:49.37	Costa, Thomas Bull, Bradley	Feb. 2
3:49.51	Costa, Thomas Bull, Skerpon	Jan. 26
3:50.71	Costa, Holmberg, Bull, Bradley	Jan. 12
3:58.50	Skerpon, Williams, Albury, Hupalo	Jan. 12

### WOMEN'S 4x400-METER RELAY

PSU: McGee, Jones, Rhodes, Seymour, 3:33.13 ('14)

3:36.62	Albury, Lester, Tachinski, Holmes	Feb. 9
3:40.85	Holmes, Lester, Tachinski, Rivers	Jan. 12
3:42.06	Albury, Lester, Tachinski, Bradley	Jan. 26
3:45.03	Holmes, Lester, Tachinski, Bradley	Jan. 19
3:49.37	Costa, Thomas Bull, Bradley	Feb. 2
3:49.51	Costa, Thomas Bull, Skerpon	Jan. 26
3:50.71	Costa, Holmberg, Bull, Bradley	Jan. 12
3:58.50	Skerpon, Williams, Albury, Hupalo	Jan. 12

### WOMEN'S 4x800-METER RELAY

PSU: Cassel, Gerken, Hart, Stever, 8:45.60 ('84)

### WOMEN'S DISTANCE MEDLEY RELAY

PSU: Kocjancic, Rhodes, Banks, Rivers, 11:01.16 ('17)

11:09.85	Sheva, Holmes, Tachinski, Rivers	Jan. 25
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### WOMEN'S HIGH JUMP

PSU: Antoinette O'Carroll, 5-11.25/1.81 (1987)  
Brittany Maun, 5-11.25/1.81 (10)

5-8.5 (1.74)	Alexa Parks	Jan. 12
5-5.25 (1.66)	Cecelia Bacon	Feb. 16
5-5 (1.65)	Alyssa Yeboah-Kodie	Jan. 12
5-3.25 (1.61)	Maddie Holmberg	Jan. 25
5-3 (1.60)	Kathleen Gallagher - UNA	Dec. 1

### WOMEN'S POLE VAULT

PSU: Lexi Masterson, 13-9.25/4.21 (2016)

13-1 (3.99)	Carena Nottoli	Jan. 26
13-0.75 (3.98)	Megan Fry	Jan. 19
12-7.25 (3.84)	Greer Gumbrecht	Jan. 26
11-3.75 (3.45)	Alexis Baublitz - UNA	Feb. 2

### WOMEN'S LONG JUMP

PSU: Gayle Hunter, 20-11.25/6.38 (2009)

20-5 (6.22)	Maddie Holmberg	Jan. 12
19-11.5 (6.08)	Breana Gambrell	Jan. 26
19-1.5 (5.83)	Audra Koopman	Jan. 26
18-5.75 (5.63)	Rachel Gearing	Jan. 26
18-5.25 (5.62)	Taylor Givens - UNA	Feb. 2
18-0.25 (5.49)	Alyssa Yeboah-Kodie	Jan. 12
17-10.75 (5.45)	Kelsey Vieira	Feb. 8
16-1 (4.90)	Madeline Frew	Jan. 12

### WOMEN'S TRIPLE JUMP

PSU: Chi-Chi Aduba, 44-1.50/13.45 (2003)

40-11 (12.47)	Kelsey Vieira	Feb. 2
40-2.25 (12.25)	Rachel Gearing	Feb. 16
39-9.75 (12.13)	Breana Gambrell	Jan. 25
37-9.5 (11.52)	Cecelia Bacon	Feb. 2
37-9.25 (11.51)	Olivia Giambra	Feb. 2
36-6.75 (11.14)	Madeline Frew	Feb. 16

### WOMEN'S SHOT PUT

PSU: Rachel Fatherly, 56-8/17.27 (2016)

51-1.75 (15.59)	Payden Montana	Feb. 2
46-4.25 (14.13)	Maddie Holmberg	Feb. 2
43-10.5 (13.37)	Piper Klinger - UNA	Feb. 16
35-9.25 (10.90)	Madeline Frew	Jan. 12

### WOMEN'S 20-LB WEIGHT THROW

PSU: Jennifer Leatherman, 74-10/22.82 (2006)

64-2.5 (19.57)	Gianna Rao	Feb. 16
47-8.5 (14.54)	Piper Klinger - UNA	Feb. 2
45-9.75 (13.96)	Payden Montana	Feb. 2

### WOMEN'S PENTATHLON

PSU: Gayle Hunter, 4,342 (2009)

4219	Maddie Holmberg	Jan. 25
2889	Taylor Givens - UNA	Jan. 25

Feb. 18, 2019





# PENN STATE TRACK & FIELD

## 2019 Penn State Men's Indoor Performance List

### MEN'S 60-METER DASH

PSU: William Henderson, 6.65 (2019)

6.65	William Henderson	Jan. 19
6.79	Justin Ofotan	Jan. 19
6.85	Anton Porter	Jan. 12
6.94	Darien Williams	Feb. 8
6.98	Tristan Daman	Jan. 12
7.22	Bryce Williams	Jan. 12
7.30	David Bolles	Jan. 25
7.31	Isaiah Dillard	Feb. 16

### MEN'S 200-METER DASH

PSU: Terrance Laird, 20.56 (2018)

21.55	Justin Ofotan	Jan. 26
21.56	Anton Porter	Feb. 2
21.60	Tristan Daman	Feb. 2
21.66	Darien Williams	Feb. 2
22.06	Kier Miner	Jan. 12
22.31	Rick Zink	Jan. 12
22.59	Gary Ross	Feb. 16
22.80	Chase Ebersole	Feb. 8

### MEN'S 400-METER DASH

PSU: Brady Gehret, 46.22 (2011)

47.53	Kier Miner	Jan. 26
48.47	Gary Ross	Feb. 8
49.18	Rick Zink	Feb. 8
49.21	Samuel Reiser	Jan. 12
49.40	Chase Ebersole	Feb. 8
49.61	Tristan Daman	Feb. 2
52.26	David Bolles	Jan. 26

### MEN'S 500-METER DASH

PSU: Casimir Loxsom, 1:01.28 (2011)

1:17.83	Gary Ross	Jan. 12
1:19.04	Domenic Perretta	Feb. 16
1:19.61	Ben Bulkeley	Feb. 16
1:19.75	Samuel Reiser	Jan. 26
1:20.58	Drew Maher	Feb. 16
1:20.94	William Ashenfelter	Feb. 16
1:22.15	Elijah Claiborne - UNA	Jan. 26
1:23.29	Hudson Delisle	Jan. 26

### MEN'S 800-METER RUN

PSU: Isaiah Harris, 1:46.08 (2018)

1:48.09	Domenic Perretta	Jan. 26
1:50.62	Gary Ross	Feb. 2
1:52.23	Billy McDevitt	Feb. 2
1:52.49	Drew Maher	Feb. 2
1:52.63	William Ashenfelter	Feb. 9
1:52.78	Colin Abert	Feb. 2
1:53.21	Malual Mu	Feb. 16
1:53.47	Owen Wing	Feb. 2
1:53.88	Ryan Barton	Feb. 16
1:54.01	Ben Bulkeley	Feb. 2
1:54.60	Elijah Claiborne - UNA	Feb. 16
1:54.65	Hudson Delisle	Feb. 16

### MEN'S 1000-METER RUN

PSU: Brannon Kidder, 2:18.26 (2016)

2:22.20	Domenic Perretta	Jan. 12
2:24.93	Malual Mu	Jan. 26
2:26.93	William Ashenfelter	Jan. 12
2:28.17	Isaiah Claiborne - UNA	Jan. 26
2:33.11	Hudson Delisle	Jan. 12
2:37.86	Ben Bulkeley	Jan. 12

### MEN'S MILE RUN

PSU: Robby Creese, 3:57.11 (2013)

4:02.65	Colin Abert	Feb. 16
4:06.43	Brandon Hontz	Feb. 2
4:07.24	Owen Wing	Feb. 8
4:08.20	Timothy McGowan	Jan. 19
4:10.11	Ryan Barton	Feb. 2
4:10.91	Drew Maher	Jan. 12
4:11.81	Billy McDevitt	Feb. 8
4:12.18	Isaiah Claiborne - UNA	Feb. 16
4:12.35	James Abrahams - UNA	Feb. 16
4:15.69	John McGowan	Jan. 12
4:17.73	Brady Bobbitt	Feb. 16
4:18.60	Chris Hughes - UNA	Feb. 2
4:19.06	Malual Mu	Feb. 8

### MEN'S 3000-METER RUN

PSU: Robby Creese, 7:50.36 (2015)

8:01.49	Tim McGowan	Jan. 26
8:13.17	Brandon Hontz	Feb. 8
8:15.22	Ben Bumgarner	Feb. 16
8:17.83	John McGowan	Feb. 16
8:19.29	Owen Wing	Jan. 26
8:31.43	Chris Hughes - UNA	Feb. 16
8:35.65	Brady Bobbitt	Feb. 2
8:36.36	Alex Tomasko	Feb. 2
8:37.57	James Abrahams - UNA	Feb. 2
8:38.25	Isaac Davis - UNA	Feb. 2
8:54.69	Ryan Barton	Jan. 19

### MEN'S 5000-METER RUN

PSU: Tim McGowan, 13:46.49 (2019)

13:46.49	Tim McGowan	Feb. 8
14:25.65	Ben Bumgarner	Feb. 8
14:26.25	John McGowan	Jan. 25
15:05.21	Alex Tomasko	Jan. 25
15:18.72	Brady Bobbitt	Jan. 25
15:31.24	Isaac Davis - UNA	Jan. 25

### MEN'S 60-METER HURDLES

PSU: Guy Rose, 7.69 (2001)

7.90	William Henderson	Jan. 25
8.47	Isaiah Dillard	Jan. 25
9.26	David Bolles	Jan. 12

### MEN'S 4x200-METER RELAY

PSU: Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky, 1:24.70 ('13)

### MEN'S 4x400-METER RELAY

PSU: Chisena, Smith, Reiser, Harris, 3:04.80 ('17)

3:11.47	Ebersole, Ross, Zink, Reiser	Feb. 9
3:13.86	Miner, Reiser, Ross, Zink	Jan. 12
3:14.11	Miner, Ebersole, Ross, Zink	Jan. 19
3:15.57	Daman, Reiser, Porter, Ross	Feb. 2
3:20.72	Daman, Ebersole, D. Williams, Dillard	Jan. 26
3:22.76	Ashenfelter, Delisle, Bulkeley, Maher	Feb. 2
3:24.52	Ebersole, Porter, Henderson, Ofotan	Jan. 12

### MEN'S 4X800-METER RELAY

PSU: Balkey, McMillan, Mills, Levitre, 7:21.37 ('87)  
Watkins, Kidder, West, Loxsom, 7:21.37 ('13)

7:48.23	Maher, Delisle, Bulkeley, Ashenfelter	Jan. 12
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### MEN'S DISTANCE MEDLEY RELAY

PSU: Kidder, Bennett-Green, Watkins, Creese, 9:26.59 ('14)

### MEN'S HIGH JUMP

PSU: Paul Souza, 7-4.25/2.24 (1982)

7-0.25 (2.14)	Devin Bradham	Feb. 2
6-9 (2.06)	Austin Campbell	Feb. 16
6-7 (2.01)	Spencer Hay	Jan. 12
6-5 (1.96)	Isaiah Dillard	Jan. 26
6-3.25 (1.91)	David Bolles	Jan. 12

### MEN'S POLE VAULT

PSU: John Vellenoweth, 17-0.75/5.20 (2009)

12-7.5 (3.85)	David Bolles	Feb. 16
12-1.5 (3.70)	Isaiah Dillard	Feb. 16

### MEN'S LONG JUMP

PSU: David Coney, 25-11/7.90 (1986)

25-5.5 (7.76)	William Henderson	Jan. 26
23-5.25 (7.14)	Bryce Williams	Jan. 26
21-5.25 (6.53)	Isaiah Dillard	Feb. 2
20-10.75 (6.37)	David Bolles	Jan. 12

### MEN'S TRIPLE JUMP

PSU: Bryce Williams, 53-3.50/16.24 (2018)

50-10.75 (15.51)	Bryce Williams	Jan. 12
45-11.75 (14.01)	Wesley Matsuka-Williams	Jan. 25

### MEN'S SHOT PUT

PSU: Darrell Hill, 67-3.50/20.51 (2015)

57-0.75 (17.39)	Ben Peterson	Feb. 8
56-1.25 (17.10)	Luke Grodeska	Feb. 2
55-7.5 (16.95)	Thomas Bojalad	Feb. 16
55-5 (16.89)	Jack Zimmerman	Feb. 2
54-4.75 (16.58)	Morgan Shigo	Feb. 2
49-1 (14.96)	Noah Swaby	Feb. 16

### MEN'S 35-LB WEIGHT THROW

PSU: David Lucas, 78-9.75/24.02 (2018)

73-8.75 (22.47)	David Lucas	Feb. 16
73-8.75 (22.47)	Morgan Shigo	Feb. 2
63-9.76 (19.45)	Luke Grodeska	Feb. 9
62-9.5 (19.14)	Tyler Merkle - UNA	Jan. 25
56-10.75 (17.34)	Jack Zimmerman	Feb. 2
54-0 (16.46)	Ben Peterson	Jan. 12
52-0 (15.85)	Thomas Bojalad	Feb. 9

### MEN'S HEPTATHLON

PSU: Rob Cardina, 5,511 (2014)

KEY -  
**BOLD** - School Record  
 m - Mark from Multi-Events  
 \* - Flat to bank conversion  
 CR- Collegiate Record  
 UNA - Unattached

## All-Time Women's Top Five Indoor Performances

### WOMEN'S 60-METER DASH

PSU: 7.24, Shavon Greaves (2010)

1.	7.24	Shavon Greaves, 2010
2.	7.26	Mahagony Jones, 2014
3.	7.27	Consuella Moore, 2004
4.	7.32	Keianna Albury, 2017
5.	7.41	Toyin Augustus, 2001

### WOMEN'S 200-METER DASH

PSU: 22.60, Connie Moore (2004)

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

### WOMEN'S 400-METER DASH

PSU: 52.31, Shana Cox (2007)

1.	52.31	Shana Cox, 2007
2.	52.53	Fawn Dorr, 2010
	52.53	Kiah Seymour, 2014
4.	<b>52.58</b>	<b>Alexis Holmes, 2019</b>
5.	53.14	Shavon Greaves, 2010

### WOMEN'S 500-METER DASH

PSU: 1:09.19, Shana Cox (2007)

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

### WOMEN'S 600-METER RUN

PSU: 1:29.06, Danae Rivers (2017)

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

### WOMEN'S 800-METER RUN

PSU: 2:02.94, Danae Rivers (2019)

1.	<b>2:02.94</b>	<b>Danae Rivers, 2019</b>
2.	2:05.67	Briene Simmons, 2007
3.	2:06.88	Bekka Simko, 2012
4.	2:06.99	Rachel Banks, 2017
5.	2:07.43	Sarah Jane Underwood, 2016

### WOMEN'S 1000-METER RUN

PSU: 2:38.58, Danae Rivers (2019)

1.	<b>2:38.58</b>	<b>Danae Rivers, 2019</b>
2.	2:43.15	Tori Gerlach, 2016
3.	2:44.24	Caitlin Lane, 2012
4.	2:47.28	Marta Klebe, 2014
5.	2:48.17	Sarah Jane Underwood, 2014

#### Notable Performances

*	2:38.58	Danae Rivers, 2019
		<i>*Collegiate Record</i>

### WOMEN'S MILE RUN

PSU: 4:29.47, Danae Rivers (2019)

1.	<b>4:29.47</b>	<b>Danae Rivers, 2019</b>
2.	4:37.83	Tori Gerlach, 2016
3.	4:37.95	Bridget Franek, 2010
4.	4:38.37	Caitlin Lane, 2011
5.	4:40.43	Julie Kocjancic, 2017

### WOMEN'S 3000-METER RUN

PSU: 9:07.22, Tessa Barrett (2017)

1.	9:07.22	Tessa Barrett, 2017
2.	9:10.04	Bridget Franek, 2009
3.	9:10.76	Tori Gerlach, 2014
4.	9:13.06	Paula Renzi, 1985
5.	9:15.16	Caitlin Lane, 2012

### WOMEN'S 5000-METER RUN

PSU: 15:28.99, Tessa Barrett (2017)

1.	15:28.99	Tessa Barrett, 2017
2.	15:50.49	Tori Gerlach, 2016
3.	15:53.50	Paula Renzi, 1985
4.	15:56.76	Bridget Franek, 2010
5.	16:01.90	Jillian Hunsberger, 2017

### WOMEN'S 60-METER HURDLES

PSU: 8.10, Evonne Britton (2014)

1.	8.10	Evonne Britton, 2014
2.	8.16	Aleesha Barber, 2009
3.	8.21	Queenee Dale, 2017
4.	8.22	Toyin Augustus, 2001
5.	8.31	Brittney Howell, 2014

### WOMEN'S 4X400-METER RELAY

PSU: 3:33.13, McGee, Jones, Rhodes, Seymour ('14)

1.	3:33.13	McGee, Jones, Rhodes, Seymour, '14
2.	3:33.49	Blake, Simmons, Cox, Barber, '07
3.	3:34.00	Blake, Cox, Barber, Dorr, '08
4.	3:34.00	Anyanwu, Iheoma, Greaves, Duncan, '11
5.	3:34.04	Cox, Simmons, Barber, Blake, '06

### WOMEN'S DISTANCE MEDLEY

PSU: 11:01.16, Kocjancic, Rhodes, Banks, Rivers, ('17)

1.	11:01.16	Kocjancic, Rhodes, Banks, Rivers, '17 (3:22, 54.8, 2:08.6, 4:35.1)
2.	11:05.16	Lane, Iheoma, Simko, Millhouse, '12 (3:22, 53.5, 2:07.5, 4:41.1)
3.	<b>11:09.85</b>	<b>Sheva, Holmes, Tachinski, Rivers, '19</b>
4.	11:11.91	Lindsley, Lester, Tachinski, Rivers '18
5.	11:14.78	Hutchinson, Cox, Simmons, Franek, '07

### WOMEN'S HIGH JUMP

PSU: 5-11.25 (1.81), Antoinette O'Carroll (1987)

**5-11.25 (1.81), Brittany Maun (2010)**

1.	5-11.25 (1.81)	Brittany Maun, 2010
	5-11.25 (1.81)	Antoinette O'Carroll, 1987
3.	5-10.50 (1.79)	Megan McCloskey, 2018
	5-10.50 (1.79)	Erika Morgan, 2013
5.	5-9.75 (1.77)	Jen Aylward, 2001
	5-9.75 (1.77)	Ahmenah Richardson, 2016

### WOMEN'S POLE VAULT

PSU: 13-9.25 (4.21), Lexi Masterson (2016)

1.	13-9.25 (4.21)	Lexi Masterson, 2016
2.	13-8.50 (4.18)	Hannah Mulhern, 2018
3.	13-5.50 (4.11)	Sara Dougherty, 2004
4.	13-5 (4.09)	Katie Jones, 2018
5.	13-2.50 (4.03)	Greer Gumbrecht, 2018

### WOMEN'S LONG JUMP

PSU: 20-11.25 (6.38), Gayle Hunter (2009)

1.	20-11.25 (6.38)	Gayle Hunter, 2009
2.	20-8 (6.30)	Chi-Chi Aduba, 2003
	20-8 (6.30)	Shakeema Walker, 1999
4.	20-7.50 (6.28)	Carmen Mann, 1990
5.	<b>20-5 (6.22)</b>	<b>Maddie Holmberg, 2019</b>

### WOMEN'S TRIPLE JUMP

PSU: 44-1.50 (13.45), Chi-Chi Aduba (2009)

1.	44-1.50 (13.45)	Chi-Chi Aduba, 2004
2.	43-9 (13.33)	Dannielle Gibson, 2017
3.	42-4.75 (12.92)	Marlene Ricketts, 2013
4.	41-11.50 (12.79)	Gabriela Baiter, 2008
5.	41-9.25 (12.73)	Lena Bettis, 2007
	41-9.25 (12.73)	Shakeema Walker, 1998

### WOMEN'S SHOT PUT

PSU: 56-8 (17.27), Rachel Fatherly (2016)

1.	56-8 (17.27)	Rachel Fatherly, 2016
2.	56-5.25 (17.20)	Ja'Nai O'Connor, 2004
3.	53-6 (16.31)	Elaine Sobansky, 1983
4.	53-5.75 (16.30)	Alyssa Robinson, 2017
5.	53-5 (16.28)	Jen Leatherman, 2006

### WOMEN'S 20-LB WEIGHT

PSU: 74-10.50 (22.82), Jen Leatherman (2006)

1.	74-10.50 (22.82)	Jen Leatherman, 2006
2.	69-2 (21.08)	Rachel Fatherly, 2015
3.	68-6 (20.88)	Melissa Kurzdorfer, 2014
4.	66-3 (20.19)	Kate Johnston, 2005
5.	64-6 (19.66)	Deshaya Williams, 2003

### WOMEN'S PENTATHLON

PSU: 4,342, Gayle Hunter (2009)

1.	4,342	Gayle Hunter, 2009
2.	<b>4,219</b>	<b>Maddie Holmberg, 2019</b>
3.	4,202	Brittney Howell, 2014
4.	3,988	Carla Criste, 1985
5.	3,861	Tal Ben-Artzi, 2014

**BOLD - Denotes Current Season Performance**

Feb. 18, 2019

# All-Time Men's Top Five Indoor Performances

## MEN'S 60-METER DASH

PSU: 6.65, William Henderson (2019)

1.	6.65	William Henderson, 2019
2.	6.66	Xavier Smith, 2016
3.	6.75	Malik Moffett, 2018
4.	6.76	Ernie Terrell, 2003
5.	6.77*	Michael Timpson, 1986

\* Converted time from 60 yards to 60 meters

## MEN'S 200-METER DASH

PSU: 20.56, Terrance Laird (2018)

1.	20.56	Terrance Laird, 2018
2.	20.76	Malik Moffett, 2017
3.	20.85	Xavier Smith, 2017
4.	20.98	Ryan Olkowski, 2002
5.	21.11	Michael Timpson, 1989

## MEN'S 400-METER DASH

PSU: 46.22, Brady Gehret (2011)

1.	46.22	Brady Gehret, 2011
2.	46.27	Dan Chisena, 2018
3.	46.55	Bernard Bennett-Green, 2014
4.	46.73	Byron Robinson, 2014
5.	46.74	Brandon Bennett-Green, 2014

## MEN'S 500-METER DASH

PSU: 1:01.28, Casimir Loxsom (2011)

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

## MEN'S 600-METER RUN

PSU: 1:14.96, Isaiah Harris (2017)

1.	1:14.96	Isaiah Harris, 2017
2.	1:15.42	Casimir Loxsom, 2013
3.	1:16.89	Ben Karcz, 2001
4.	1:16.98	Brannon Kidder, 2015
5.	1:17.58	Robert Rhodes, 2016

## Notable Performances

*	1:14.96	Isaiah Harris, 2017 * Collegiate Record
*	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

## MEN'S 800-METER RUN

PSU: 1:46.08, Isaiah Harris (2018)

1.	1:46.08	Isaiah Harris, 2018
2.	1:46.98	Casimir Loxsom, 2013
3.	1:47.01	Brannon Kidder, 2016
4.	1:47.32	Ryan Foster, 2010
5.	1:47.77	Owen Dawson, 2010

## Notable Performances

1:	1:47.48	Ryan Foster, 2010 * Australian National Record
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## MEN'S 1000-METER RUN

PSU: 2:18.26, Brannon Kidder (2016)

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 * American Collegiate, American Junior Record
*	2:19.60	Ryan Foster, 2010 * Australian National Record

## MEN'S MILE RUN

PSU: 3:57.11, Robby Creese (2013)

1.	3:57.11	Robby Creese, 2013
2.	3:57.13	Brannon Kidder, 2015
3.	3:58.49	Ryan Foster, 2011
4.	3:59.51	Colin Abert, 2018
5.	4:01.98	Samuel Borchers, 2008

## MEN'S 3000-METER RUN

PSU: 7:50.36, Robby Creese (2015)

1.	7:50.36	Robby Creese, 2015
2.	7:54.52	Sam Masters, 2013
3.	8:00.78	Ken Frazier, 1989
4.	8:01.49	Tim McGowan, 2019
5.	8:02.05	John Zishka, 1981

## Converted Marks

1.	7:53.58	Greg Fredericks, 1972
2.	7:54.50	Robert Snyder, 1979
3.	8:02.24	George Malley, 1977

## MEN'S 5000-METER RUN

PSU: 13:46.49, Tim McGowan (2019)

1.	13:46.49	Tim McGowan, 2019
2.	13:52.36	Steve Brown, 1990
3.	13:58.55	Eric Carter, 1986

## Converted Marks

1.	13:46.42	Paul Stemmer, 1976
2.	13:46.94	Alan Scharu, 1980
3.	13:59.71	Charlie Maguire, 1974

## MEN'S 60-METER HURDLES

PSU: 7.69, Guy Rose (2001)

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

## MEN'S 4X400-METER RELAY

PSU: 3:04.80, Chisena, Smith, Reiser, Harris 2017

1.	3:04.80	Chisena (46.4), Smith (45.2), Reiser (46.8), Harris (45.7), '17
2.	3:05.12	Chisena (45.7), Smith (46.4) Miner (46.8), Harris (45.9), '18
3.	3:05.22	Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), '12
4.	3:07.27	Nadolsky, Williams, Loxsom, Gehret, '11
5.	3:07.72	Nadolsky, Gehret, Loxsom, Gilmore, '12

## MEN'S 4X800-METER RELAY

PSU: 7:21.37 (2 Teams)

Balkey, McMillan, Mills, Levitre, 7:21.37 ('87)  
Watkins, Kidder, West, Loxsom, 7:21.37 ('13)

1.	7:21.37	Balkey, McMillan, Mills, Levitre, 1987 Watkins, Kidder, West, Loxsom, 2013
3.	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

## MEN'S DISTANCE MEDLEY RELAY

PSU: 9:26.59 Kidder, Bennett Green, Watkins, Creese '14

1.	9:26.59	Kidder, Bennett-Green, Watkins, Creese, '14
2.	9:27.20	Makins, Shisler, Harris, Kidder, '16
3.	9:28.36	Kidder, Rhodes, Watkins, Creese, '15
4.	9:32.21	Kidder, Shisler, Watkins, Creese, '15
5.	9:32.94	Borchers, Cadau, Foster, Johnson, '09

## MEN'S HIGH JUMP

PSU: 7-4.25 (2.24), Paul Souza (1982)

1.	7-4.25 (2.24)	Paul Souza, 1982
2.	7-3.25 (2.22)	Ryan Fritz, 2007
3.	7-2.75 (2.20)	Jon Hendershot, 2014
4.	7-2.75 (2.20)	Ryan Olkowski, 1999
5.	7-1.75 (2.18)	Sean Reilly, 2012

## MEN'S POLE VAULT

PSU: 17-0.75 (5.20), John Vellenoweth (2009)

1.	17-0.75 (5.20)	John Vellenoweth, 2009
2.	17-0 (5.18)	Mason Ternay, 1992
3.	16-9.50 (5.12)	Ron Campbell, 1985
4.	16-9.50 (5.12)	Rick Kleban, 1985
5.	16-8.75 (5.10)	Dave Bollinger, 2004
	16-8.75 (5.10)	Brad Lawrence, 2010

## MEN'S LONG JUMP

PSU: 25-11 (7.90), David Coney (1986)

1.	25-11.25 (7.91)	Dave Coney, 1986
2.	25-10.75 (7.89)	Antonio Davis, 1993
3.	25-8.00 (7.82)	George Audu, 1999
4.	25-5.50 (7.76)	William Henderson, 2019
	25-5.50 (7.76)	Rob Boulware, 1986

## MEN'S TRIPLE JUMP

PSU: 53-3.50 (16.24), Bryce Williams (2018)

1.	53-3.50 (16.24)	Bryce Williams, 2018
2.	53-0.75 (16.17)	Chavous Nichols, 2003
3.	52-6.75 (16.02)	Brian Leap, 2015
4.	52-6 (16.00)	Clarence Smith, 2009
	52-6 (16.00)	Steve Waithe, 2014

## MEN'S SHOT PUT

PSU: 67-3.50 (20.51), Darrell Hill (2015)

1.	67-3.50 (20.51)	Darrell Hill, 2015
2.	65-7 (19.99)	C.J. Hunter, 1990
3.	65-1.25 (19.84)	Joe Kovacs, 2011
4.	62-6.50 (19.05)	Phil Caraher, 1991
5.	62-1.25 (18.93)	Blake Eaton, 2011

## MEN'S 35-LB WEIGHT

PSU: 78-9.75 (24.02), David Lucas (2018)

1.	78-9.75 (24.02)	David Lucas, 2018
2.	73-8.75 (22.47)	Morgan Shigo, 2019
3.	70-6.50 (21.50)	Will Barr, 2014
4.	66-5.75 (20.26)	Dorian Lowe, 2002
5.	66-2.25 (20.17)	Scott Vernon, 2005

## MEN'S HEPTATHLON

PSU: 5,511, Rob Cardina (2014)

1.	5,511	Rob Cardina, 2014
2.	5,500	James Cook, 1998
3.	5,419	Chris Morrissey, 2008
4.	5,367	Anyah Uzoh, 2012
5.	5,239	Shawn Colligan, 2008