



PENN STATE TRACK & FIELD

254 BIG TEN CHAMPIONS | 32 INDIVIDUAL NATIONAL CHAMPIONS | 439 ALL-AMERICANS | 10 BIG TEN TEAM TITLES

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.
-  **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 OUTDOOR SEASON

Date: **May, 23-25**
 Location: **Jacksonville, Florida**
 Host: **University of North Florida**
 Venue: **Hodges Stadium**
 Live Results: **ncaa.com**
 Broadcast: **flotrack.org**

THE STARTING BLOCKS

The Penn State track & field heads to Jacksonville, Florida for the NCAA East Prelims

BIG TEN TITLES

Three Nittany Lions captured Big Ten titles two weeks ago in Iowa City, Iowa at the Big Ten Championships.

Senior Morgan Shigo captured the first men's hammer throw Big Ten Championship in Penn State history. Shigo was named Big Ten Field Athlete of the Championship for his efforts.

Danae Rivers went back to back in the women's 1500m. Rivers defended her title in the 1500m as well as regaining the Big Ten title in the 800m. Rivers previously won the 800m title in 2017. Rivers is the defending national champion in the indoor 800m race.

Alexis Holmes won the 400m Big Ten Title.

In total, 10 medals were earned by the Nittany Lions at the Big Ten Outdoor Championships.

Domenic Perretta (800m), Madison Smith (W Javelin), Mark Porter (M Javelin), Michael Biddle (M Javelin), Noah Swaby (Decathlon), Kiara Lester (400m).

NCAA East Prelim Qualifiers

Heading into the meet, the Nittany Lions have 30 student-athletes that qualified for an chance to advance to the NCAA Championships in Austin, Texas

- Morgan Shigo | Men's Hammer Throw
- Luke Grodeska | Men's Hammer Throw
- Steph Sievers | Women's Javelin
- Madison Smith | Women's Javelin
- Alexa Parks | Women's High Jump
- Gianna Rao | Women's Hammer Throw
- Colin Abert | Men's 1500m
- Drew Maher | Men's 1500m
- Owen Wing | Men's 1500m
- Breana Gambrell | Women's Long Jump
- Justin Ofotan | Men's 100m
- Danae Rivers | Women's 800m
- Victoria Tachinski | Women's 800m
- Domenic Perretta | Men's 800m
- Billy McDevitt | Men's 800m
- Kathryn Munks | Women's 10,000m
- Julia Paternain | Women's 10,000m & 5000m
- Mark Porter | Men's Javelin
- Michael Biddle | Men's Javelin
- Thomas Bojalad | Men's Discus

QUICK FACTS

THE UNIVERSITY

Location: University Park, Pa.
 Founded: 1855
 Enrollment: 46,610
 Colors: Blue & White
 Nickname: Nittany Lions
 Conference: Big Ten
 President: Eric Barron
 Director of Athletics: Sandy Barbour
 Senior Woman Administrator: Charmelle Green
 Senior Associate AD: Lynn Holleran
 Facility (cap.): . Ashenfelter III Indoor Track (800)
 Nittany Lion Outdoor Track (1,700)

PENN STATE TRACK & FIELD

Head Coach: John Gondak
 Yrs at Penn State: Thirteen
 Alma Mater: Syracuse, '95
 Twitter: @CoachGondak
 Associate Head Coach: Erin Tucker
 Yrs at Penn State: Four
 Alma Mater: Florida, '98
 Twitter: @etuck495
 Assistant Coach: Fritz Spence
 Yrs at Penn State: Thirteen
 Alma Mater: Missouri State, '97
 Twitter: @fgs110
 Assistant Coach: Kevin Kelly
 Yrs at Penn State: Six
 Alma Mater: Kutztown, '99
 Twitter: @CoachKellyPSU
 Assistant Coach: Angela Reckart
 Yrs at Penn State: Four
 Alma Mater: The College of New Jersey, '08
 Twitter: @angreckart
 Assistant Coach: Lucas MacKay
 Yrs at Penn State: Third
 Alma Mater: Georgia, '05
 Twitter: @CoachLucais

STRATEGIC COMMUNICATIONS

Track & Field Contact: Ryan Snyder
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NEWS & NOTES

Carena Nottoli | Women's Pole Vaults
 James Abrahams | 3000m Steeplechase
 Ben Peterson | Men's Shot Put
 Devin Bradham | Men's High Jump
 Payden Montana | Women's Shot Put
 Women's 4x100 Relay | Albury, Lester, Thomas & Williams
 Moira O'Shea | Women's 5000m

2019 INDOOR RECAP

Danae Rivers clocked in with a final time of 2:03.69 in the 800m and gave the Nittany Lions their first women's indoor track & field individual champion in program history.

Alexis Holmes was named the Big Ten Freshman of the Year and finished fourth in the NCAA Indoor Championships. Holmes finished fourth to earn first team All-American honors

Morgan Shigo and David Lucas both earned first team All-American distinctions by finishing fifth and eight respectively in the men's weight throw.

Maddie Holmberg added another All-American distinction to her career by finishing ninth in the pentathlon at the NCAA Indoor Championships. The 4,227-point score was a personal-best and placed Holmberg ninth in the final standings. Her ninth-place finish gave Holmberg the distinction as a second team All-American. Holmberg was also named the Mid-Atlantic Region Field Athlete of the Year.

2018 NCAA CHAMPIONSHIPS

Last season, the Nittany Lions were the only Big Ten program to register top-25 finishes in both the men's and women's standings.

The Nittany Lions had six First Team All-Americans, one national champion, and one third-place finish at the 2018 NCAA Outdoor Track & Field Championships. These All-Americans included: Megan McCloskey (High Jump), Danae Rivers (1500m), Maddie Holmberg (Heptathlon), Morgan Shigo (Hammer), David Lucas (Discus), Isaiah Harris (800m- National Champion).

2018 BIG TEN CHAMPIONSHIP REWIND

Isaiah Harris won his third-straight men's 800-meter run title and Danae Rivers captured the women's 1,500-meter run title.

Harris tallied a meet, and facility, record time of 1:45.31 en route to the top spot in the men's 800-meter run. Harris would go on to win the NCAA 800m national championship in 2018.

In the men's javelin throw, Michael Biddle captured the gold medal with his toss of 239 feet, 7 inches on his second attempt. This was Biddle's first Big Ten Title of his career.

Along with Biddle, junior Maddie Holmberg set the school record in the heptathlon en route to a silver medal at the 2018 Big Ten Outdoor Track & Field Championships. Holmberg garnered a silver medal with a Penn State school-record score of 5,976 points.

2019 Schedule

Arizona State Invitational | Tempe, Ariz. | Completed
 Florida Relays | Gainesville, Fla. | Completed
 Raleigh Relays | Raleigh, NC | Completed
 LSU Battle On The Bayou | Baton Rouge, La. | Completed
 Bucknell Classic | Lewisburg, Pa. | Completed
 Virginia Challenge | Charlottesville, Va. | Completed
 Bucknell Team Challenge | Lewisburg, Pa. | Completed
 Penn Relays | Philadelphia, Pa. | Completed
 Jim Thorpe Open | University Park, Pa. | Completed
 Big Ten Outdoor Championship | Iowa City, Iowa. | Completed
 NCAA East Prelims | Jacksonville, Fla. | May 23-25
 NCAA Outdoor Championships | Austin, Texas | Jun. 5-8

ALL-TIME BIG TEN OUTDOOR TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1992	7th	55 pts	Minneapolis, Minn.
1993	8th	52.5 pts	East Lansing, Mich.
1994	8th	49 pts	Madison, Wis.
1995	5th	87 pts	Minneapolis, Minn.
1996	3rd	82 pts	University Park, Pa.
1997	8th	56 pts	Champaign, Ill.
1998	9th	53 pts	Columbus, Ohio
1999	9th	62 pts	West Lafayette, Ind.
2000	7th	71.5 pts	Iowa City, Iowa
2001	3rd	98.83 pts	Bloomington, Ind.
2002	5th	72 pts	Madison, Wis.
2003	5th	81 pts	Minneapolis, Minn.
2004	7th	54.5 pts	West Lafayette, Ind.
2005	7th	66 pts	Columbus, Ohio
2006	7th	61 pts	East Lansing, Mich.
2007	4th	93.5 pts	University Park, Pa.
2008	6th	77 pts	Champaign, Ill.
2009	5th	80 pts	Columbus, Ohio
2010	T-7th	52 pts	Bloomington, Ind.
2011	6th	74 pts	Iowa City, Iowa
2012	6th	80 pts	Madison, Wis.
2013	8th	59 pts	Columbus, Ohio
2014	6th	78 pts	West Lafayette, Ind.
2015	5th	67 pts	East Lansing, Mich.
2016	5th	82 pts	Lincoln, Neb.
2017	1st	117 pts	University Park, Pa.
2018	5th	83 pts	Bloomington, Ind.

BIG TEN MEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2014	Darrell Hill
2017	Malik Moffett
2018	Isaiah Harris

ATHLETE OF THE YEAR

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

FRESHMAN OF THE YEAR

2010	Casimir Loxsom
2012	Robby Creese

COACH OF THE YEAR

2017	John Gondak
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ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1992	6th	77 pts	Minneapolis, Minn.
1993	6th	56 pts	East Lansing, Mich.
1994	8th	53 pts	Madison, Wis.
1995	10th	33 pts	Minneapolis, Minn.
1996	8th	43 pts	University Park, Pa.
1997	3rd	91 pts	Champaign, Ill.
1998	5th	75 pts	Columbus, Ohio
1999	8th	63 pts	West Lafayette, Ind.
2000	7th	62 pts	Iowa City, Iowa
2001	8th	65 pts	Bloomington, Ind.
2002	8th	72 pts	Madison, Wis.
2003	T-2nd	124 pts	Minneapolis, Minn.
2004	2nd	126.5 pts	West Lafayette, Ind.
2005	2nd	112.5 pts	Columbus, Ohio
2006	3rd	114 pts	East Lansing, Mich.
2007	3rd	114 pts	University Park, Pa.
2008	1st	151 pts	Champaign, Ill.
2009	1st	139 pts	Columbus, Ohio
2010	1st	133.5 pts	Bloomington, Ind.
2011	2nd	122 pts	Iowa City, Iowa
2012	4th	87 pts	Madison, Wis.
2013	1st	133 pts	Columbus, Ohio
2014	1st	136 pts	West Lafayette, Ind.
2015	7th	66 pts	East Lansing, Mich.
2016	10th	47.5 pts	Lincoln, Neb.
2017	3rd	101 pts	University Park, Pa.
2018	9th	50 pts	Bloomington, Ind.

BIG TEN WOMEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

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

ATHLETE OF THE YEAR

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

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

FRESHMAN OF THE YEAR

1992	Kim Kelly
2007	Bridget Franek
2017	Danae Rivers

COACH OF THE YEAR

2008	Beth Alford-Sullivan
2009	Beth Alford-Sullivan
2010	Beth Alford-Sullivan
2013	Beth Alford-Sullivan
2014	Beth Alford-Sullivan

BOLD - Denotes Big Ten Champion

MEN'S BIG TEN INDIVIDUAL OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Antonio Davis	Triple Jump	50-10 (15.49)
1993	Antonio Davis	Triple Jump	51-1.75 (15.59)
1994	Bob Hamer	5000-Meters	14:26.10
1995	Rob Austin	Javelin	224-0
1996	James Cook	Decathlon	7448
1996	Steve Pina	Long Jump	25-9.50 (7.86)
1996	Carl Wolter	Javelin	233-8 (71.22)
1997	Troy Burkholder	Javelin	224-2 (68.32)
1998	George Audu	Long Jump	25-4 (7.72)
1998	Troy Burkholder	Javelin	210-11 (64.28)
1999	George Audu	Long Jump	25-8.75 (7.84)
1999	Troy Burkholder	Javelin	222-11 (67.96)
2001	Brian Derby	400-Meter Hurdles	49.77
2002	Ryan Olkowski	200-Meters	20.59
2003	Brian Derby	400-Meter Hurdles	49.72
2003	J.T. Kuretich	Decathlon	7424
2004	Brian Stumpf	Javelin	216-4 (65.94)
2005	Jaret Campisi	400-Meter Hurdles	50.10
2005	Bret Kerschner	Javelin	218-6 (66.61)
2006	Mark Miller	800-Meters	1:48.78
2006	Allen Pettner	Javelin	218-6 (66.60)
2007	Ryan Fritz	High Jump	7-1.75 (2.13)
2007	Allen Pettner	Javelin	239-9 (73.09)
2008	Samuel Borchers	1500-Meters	4:03.96
2009	Tanner Evak	Javelin	233-4 (71.13)
2009	Ryan Foster	800-Meters	1:49.66
2009	Clarence Smith	Triple Jump	52-10.75 (16.12)w
2010	Casimir Loxsom	800-Meters	1:48.06
2010	Blake Eaton	Shot Put	60-6.75 (18.46)
2011	Casimir Loxsom	800-Meters	1:47.70
2011	Blake Eaton	Shot Put	61-8.50 (18.81)
2012	Casimir Loxsom	800-Meters	1:46.12
2012	Brady Gehret	400-Meters	45.22
2012	Joe Kovacs	Shot Put	68-5 (20.85)
2012	Aaron Nadolsky	4x400-Meter Relay	3:04.78
2012	Casimir Loxsom	4x400-Meter Relay	3:04.78
2012	Brady Gehret	4x400-Meter Relay	3:04.78
2012	Brandon Bennett-Green	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)
2017	Malik Moffett	200-Meters	19.87
2017	Isaiah Harris	800-Meters	1:49.68
2017	Malik Moffett	Long Jump	26-3 (8.00)
2018	Isaiah Harris	800-Meters	1:45.31
2018	Michael Biddle	Javelin	239-7 (73.02)

WOMEN'S BIG TEN INDIVIDUAL OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Stacey Gibbs	Javelin	165-1 (50.31)
1993	Kim Kelly	10,000-Meters	34:58.95
1998	Erica Bosler	800-Meters	2:05.69
1998	Shakeema Walker	Triple Jump	42-4 (12.91)
1999	Shakeema Walker	Triple Jump	43-6.50 (13.27)
2000	Deshaya Williams	Discus	165-10 (50.54)
2002	Connie Moore	100-Meters	11.31
2002	Connie Moore	200-Meters	23.12
2003	Connie Moore	100-Meters	11.37
2004	Connie Moore	100-Meters	11.40
2004	Connie Moore	200-Meters	22.74
2004	Chi-Chi Aduba	4x100-Meter Relay	44.55
2004	Connie Moore	4x100-Meter Relay	44.55
2004	Kamilah Salaam	4x100-Meter Relay	44.55
2004	Sara Shoaff	4x100-Meter Relay	44.55
2004	Chi-Chi Aduba	Long Jump	20-10.75 (6.36)
2004	Ja'Nai O'Connor	Shot Put	55-4.75 (16.88)
2005	Shana Cox	400-Meters	52.91
2005	Shana Cox	4x100-Meter Relay	45.27
2005	Brooke Robinson	4x100-Meter Relay	45.27
2005	Kamilah Salaam	4x100-Meter Relay	45.27
2005	Sara Shoaff	4x100-Meter Relay	45.27
2005	Jennifer Leatherman	Hammer	199-3 (60.73)
2006	Shana Cox	200-Meters	23.41
2006	Shana Cox	400-Meters	52.57
2006	Shana Cox	4x100-Meter Relay	45.18
2006	Kamilah Salaam	4x100-Meter Relay	45.18
2006	Sara Shoaff	4x100-Meter Relay	45.18
2006	Monique Walker	4x100-Meter Relay	45.18
2006	Dominique Blake	4x400-Meter Relay	3:36.95
2006	Shana Cox	4x400-Meter Relay	3:36.95
2006	Kim Markel	4x400-Meter Relay	3:36.95
2006	Briene Simmons	4x400-Meter Relay	3:36.95
2006	Jennifer Leatherman	Discus	167-8 (51.10)
2006	Jennifer Leatherman	Hammer	197-8 (60.24)
2007	Aleesha Barber	400-Meter Hurdles	57.56
2007	Dominique Blake	4x400-Meter Relay	3:34.93
2007	Shana Cox	4x400-Meter Relay	3:34.93
2007	Gayle Hunter	4x400-Meter Relay	3:34.93
2007	Briene Simmons	4x400-Meter Relay	3:34.93
2008	Shana Cox	200-Meters	23.15
2008	Shana Cox	400-Meters	52.00
2008	Aleesha Barber	100-Meter Hurdles	12.83
2008	Bridget Franek	3000 Steeplechase	9:58.56
2008	Dominique Blake	4x400-Meter Relay	3:36.24
2008	Shana Cox	4x400-Meter Relay	3:36.24
2008	Fawn Dorr	4x400-Meter Relay	3:36.24
2008	Briene Simmons	4x400-Meter Relay	3:36.24
2009	Shavon Greaves	100-Meters	11.49
2009	Shavon Greaves	200-Meters	23.35
2010	Shavon Greaves	100-Meters	11.56
2010	Shavon Greaves	200-Meters	23.28
2010	Fawn Dorr	400-Meters	52.51
2010	Aleesha Barber	100-Meter Hurdles	13.11
2010	Fawn Dorr	400-Meter Hurdles	57.5
2010	Bridget Franek	3000 Steeplechase	9:48.28
2010	Aleesha Barber	4x100-Meter Relay	42.62
2010	Shavon Greaves	4x100-Meter Relay	42.62
2010	Caitlin DeFusco	4x100-Meter Relay	42.62
2010	Fawn Dorr	4x100-Meter Relay	42.62
2010	Shavon Greaves	4x400-Meter Relay	3:35.18
2010	Fawn Dorr	4x400-Meter Relay	3:35.18
2010	Doris Anyanwu	4x400-Meter Relay	3:35.18
2010	Megan Duncan	4x400-Meter Relay	3:35.18
2011	Kara Millhouse	10,000-Meters	35:02.33
2011	Megan Duncan	400-Meter Hurdles	57.35
2011	Karlee McQuillen	Javelin	162-10 (49.63)
2012	Kara Millhouse	10,000-Meters	34:25.78
2012	Laura Loht	Javelin	160-11 (49.05)
2013	Mahagony Jones	100-Meters	11.32 (+2.6)
2013	Evonne Britton	100-Meter Hurdles	13.40
2013	Lauren Kenney	Javelin	173-10 (52.98)
2014	Mahagony Jones	200-Meters	23.08
2014	Kiah Seymour	400-Meter Hurdles	56.40
2014	Dynasty McGee	4x400-Meter Relay	3:34.81
2014	Mahagony Jones	4x400-Meter Relay	3:34.81
2014	Tichina Rhodes	4x400-Meter Relay	3:34.81
2014	Kiah Seymour	4x400-Meter Relay	3:34.81
2014	Melissa Kurzdorfer	Hammer	198-6 (60.51)
2014	Brittney Howell	Heptathlon	5,515
2017	Danae Rivers	800-Meters	2:04.14
2018	Danae Rivers	1500-Meters	4:27.47

** Bold - Denotes Big Ten Championship Record

NITTANY LION MEN'S ROSTER

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

NITTANY LION WOMEN'S ROSTER

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



TRACK & FIELD

2019 Penn State Women's Outdoor Performance List

WOMEN'S 100-METERS

PSU: 11.21 - Connie Moore, (2003)

11.59	4.0	Keianna Albury	Apr. 6
11.75		Brooke-Lynn Williams	Apr. 26
12.01		Amariah Thomas	Apr. 26
12.71		Carena Nottoli	Mar. 23

WOMEN'S 200-METERS

PSU: 22.45 - Connie Moore, (2004)

Heptathlon: 23.56* - Gayle Hunter, (2008)

23.53		Alexis Holmes	Apr. 20
23.98		Kiara Lester	Apr. 6
24.03		Keianna Albury	Apr. 6
24.47		Brooke-Lynn Williams	May 10
25.48		Amariah Thomas	Apr. 20
27.05		Ekaterina Hupalo	Mar. 23

WOMEN'S 400-METERS

PSU: 50.84 - Shana Cox, (2008)

52.08		Alexis Holmes	Mar. 30
54.08		Kiara Lester	May 12
56.89		Antoinette Bradley	Apr. 20
1:00.60		Elyse Skerpon	Apr. 20

WOMEN'S 800-METERS

PSU: 2:02.53 - Danae Rivers, (2017)

Heptathlon: 2:16.52 - Tal Ben-Artzi, (2015)

2:03.63		Danae Rivers	Mar. 30
2:07.67		Victoria Tachinski	Mar. 23
2:14.80		Frances Bull	Mar. 23
2:15.45		Grace Trucilla	Apr. 6

WOMEN'S 1,500-METERS

PSU: 4:10.82 - Danae Rivers, (2018)

4:15.17		Danae Rivers	Apr. 20
4:23.34		Moira O'Shea	Apr. 14
4:30.06		Kathryn Munks	Apr. 14
4:31.97		Grace Trucilla	Apr. 14
4:34.45		Julia Paternain	Mar. 23
4:37.62		Julia Guerra	Mar. 23
4:38.41		Andrea Demko	Apr. 20

WOMEN'S 3,000-METER STEEPLECHASE

PSU: 9:32.35 - Bridget Franek, (2010)

10:34.87		Marissa Sheva	Apr. 25
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WOMEN'S 3,000-METERS

PSU: 9:08.04 - Kathy Mills, (1978)

9:51.94		Elizabeth Chikotas	Mar. 23
9:56.68		Andrea Demko	Apr. 26
10:09.65		Marissa Sheva	Mar. 23

WOMEN'S 5,000-METERS

PSU: 15:32.53 - Kathy Mills, (1978)

16:00.10		Julia Paternain	Apr. 20
16:11.46		Moira O'Shea	Mar. 29
16:30.70		Kathryn Munks	Apr. 20
16:57.05		Alison Willingmyre	Apr. 14
17:36.19		Andrea Demko	Apr. 14
18:25.63		Noemie Noullet	Apr. 14

WOMEN'S 10,000-METERS

PSU: 32:57.53 - Kara Millhouse, (2012)

33:22.19		Kathryn Munks	May 10
33:22.91		Julia Paternain	May 10

WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, (2010)

Heptathlon: 13.45 - Gayle Hunter, (2009)

15.05		Ekaterina Hupalo	May 3
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WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr, (2010)

1:00.13		Antoinette Bradley	May 10
1:01.19		Elyse Skerpon	Apr. 6

WOMEN'S 4X100-METER RELAY

PSU: 44.25 - Fox, Aduba, Shoaff, Moore, (2003)

44.59		BL Williams, Thomas Lester, Holmes	Apr. 26
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45.14		BL Williams, Albury Lester, Holmes	Apr. 6
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WOMEN'S 4x200-METER RELAY

PSU: 1:33.09 - Jones, McGee, Howell, Seymour, (2014)

WOMEN'S 4x400-METER RELAY

PSU: 3:27.69 - Blake, Barber, Cox, Simmons, (2008)

3:39.50		Bradley, Rivers Tachinski, Holmes	Apr. 27
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3:39.86		Lester, Rivers Tachinski, Holmes	Mar. 30
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3:44.71		Lester, Bradley Tachinski, Thomas	Apr. 25
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3:51.81		Bull, Tachinski Bradley, Skerpon	Mar. 23
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3:57.53		Bradley, Skerpon Thomas, Trucilla	Apr. 6
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WOMEN'S 4x800-METER RELAY

PSU: 8:25.49 - Gerlach, Kocjancic, Banks, Rivers, (2017)

WOMEN'S 4x1500-METER RELAY

PSU: 17:57.28 - Noecker, Franek, Rosenfeld, Percival, (2007)

WOMEN'S SPRINT MEDLEY RELAY

PSU: 3:45.25 - Williams, Lester, Holmes, Rivers, (2019)

3:45.25		BL Williams, Lester, Holmes, Rivers	Apr. 26
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WOMEN'S DISTANCE MEDLEY RELAY

PSU: 10:56.07 - Gerlach, Rhodes, Banks, Rivers, (2017)

WOMEN'S HIGH JUMP

PSU: 6-0 (1.83) - Shelley Mitchell, (1992)

Heptathlon: 5-10 (1.78) - Brittney Howell, (2014)

5-9.25 (1.76)		Alexa Parks	Apr. 6
5-6 (1.68)		Cecelia Bacon	May 3

WOMEN'S POLE VAULT

PSU: 13-6.25 (4.12) - Hannah Mulhern/Katie Jones, (2018)

13-2.25 (4.02)		Carena Nottoli	Apr. 19
12-10 (3.91)		Greer Gumbrecht	May 3
12-2.5 (3.72)		Megan Fry	Apr. 13

WOMEN'S LONG JUMP

PSU: 21-6 (6.55) - Chi-Chi Aduba, (2004)

Heptathlon: 21-0.50 (6.42)* - Gayle Hunter, (2009)

20-3.75 (6.19)		Breana Gambrell	Apr. 14
19-2.75 (5.86)		Audra Koopman	May 3
17-11 (5.46)		Rachel Gearing	Apr. 20

WOMEN'S TRIPLE JUMP

PSU: 44-6.75 (13.58) - Chi-Chi Aduba, (2004)

40-10.25 (12.45)		Rachel Gearing	Apr. 13
39-4 (12.01)		Breana Gambrell	Apr. 6
39-0.25 (11.89)		Kelsey Vieira	Apr. 13
36-9 (11.20)		Cecelia Bacon	Apr. 13
36-8.5 (11.19)		Madeline Frew	Apr. 20

WOMEN'S SHOT PUT

PSU: 56-3.25 (17.15) - Rachel Fatherly, (2015)

Heptathlon: 45-9 (13.94) - Madeline Holmberg, (2018)

53-10.25 (16.41)		Payden Montana	Mar. 23
40-4.75 (12.31)		Piper Klinger	Mar. 23

WOMEN'S DISCUS

PSU: 185-1 (56.42) - Deshaya Williams, (2003)

162-3 (49.47)		Payden Montana	Mar. 22
151-5 (46.16)		Piper Klinger	Apr. 20

WOMEN'S HAMMER

PSU: 219-1 (66.75) - Jen Leatherman, (2006)

193-9 (59.05)		Gianna Rao	Apr. 14
166-1 (50.62)		Piper Klinger	Apr. 20

WOMEN'S JAVELIN

PSU: 178-6 (54.41) - Laura Loht, (2014)

Heptathlon: 142-3 (43.35) - Madeline Holmberg, (2018)

173-5 (52.85)		Madison Smith	May 10
164-0 (50.00)		Stephanie Sievers	May 10
138-10 (42.33)		Rosemary Campbell	Mar. 23
137-6 (41.92)		Ryann Brundage	May 3

WOMEN'S HEPTATHLON

PSU: 5,976 - Madeline Holmberg, (2018)

KEY -
BOLD - School Record; # - Mark from Multi-Events; * - Flat to bank conversion,
 UNA - Unattached

as of May 14, 2019



TRACK & FIELD

2019 Penn State Men's Outdoor Performance List

MEN'S 100-METERS

PSU: 10.32 - Xavier Smith, (2017/18)
Decathlon: 10.99 - Rob Cardina, (2014)

10.39	Justin Ofotan	May 12
10.67	Anton Porter	Apr. 6
10.79	Darien Williams	Apr. 6
11.14	Rick Zink	Apr. 20
11.20	Noah Swaby	May 10
11.43	Chase Ebersole	Apr. 20

MEN'S 200-METERS

PSU: 20.23 - Michael Timpson, (1986)

21.01	Justin Ofotan	May 10
22.02	Darien Williams	Apr. 20
22.11	Rick Zink	Apr. 20
22.78	Chase Ebersole	Apr. 20
22.83	Noah Swaby	May 3

MEN'S 400-METERS

PSU: 45.20 - Mike Sands, (1975)
Decathlon: 47.65 - Brian Kelley, (1991)

48.23	Kier Miner	Mar. 23
48.87	Chase Ebersole	Apr. 6
48.87	Rick Zink	Apr. 6
50.27	Noah Swaby	Apr. 20

MEN'S 800-METERS

PSU: 1:44.42 - Isaiah Harris, (2018)

1:47.75	Domenic Perretta	Mar. 29
1:50.06	Billy McDevitt	Mar. 29
1:50.55	Gary Ross	Mar. 29
1:52.05	William Ashenfelder	Apr. 20
1:52.25	Drew Maher	Mar. 23
1:53.03	Benjamin Bulkeley	Mar. 23
1:53.77	Isaiah Claiborne	May 3
1:54.08	Elijah Claiborne	May 3
1:54.88	Hudson Delisle	Apr. 20
1:55.47	Nick Wagner	May 3

MEN'S 1,500-METERS

PSU: 3:38.82 - Brannon Kidder, (2014)
Decathlon: 4:21.05 Tom Kleban, (1989)

3:44.26	Colin Abert	Mar. 29
3:44.88	Drew Maher	Apr. 14
3:45.71	James Abrahams	Apr. 14
3:46.18	Owen Wing	Apr. 14
3:46.54	Brandon Hontz	Apr. 14
3:47.35	Billy McDevitt	Mar. 23
3:47.88	Isaiah Claiborne	Apr. 14
3:49.63	Domenic Perretta	Apr. 6
3:55.11	Elijah Claiborne	Apr. 20
3:57.63	Brady Bobbitt	May 3
4:35.47	Noah Swaby	May 10

MEN'S 3,000 METERS

PSU: 7:54.0 - George Malley, (1977)

8:17.32	Colin Abert	Mar. 23
8:37.45	Ryan Barton	Mar. 23
8:49.95	Christopher Hughes	Mar. 23

MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, (1972)

14:35.13	Ben Bumgarner	Apr. 14
14:46.00	Brandon Hontz	Mar. 29
14:52.75	Christopher Hughes	Apr. 14
15:10.34	James Abrahams	May 12

MEN'S 3,000 METER STEEPLECHASE

PSU: 8:22.5 - George Malley, (1977)

8:54.48	James Abrahams	Apr. 26
9:16.04	Ryan Barton	Apr. 26

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, (1972)

30:36.96	Ben Bumgarner	Mar. 29
31:40.73	Brady Bobbitt	Apr. 20

MEN'S 110-METER HURDLES

PSU: 13.56 - Guy Rose, 2001
Decathlon: 14.45 - Rick Kleban, 1987

14.92	Noah Swaby	Apr. 20
15.37	Isaiah Dillard	Apr. 14

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, (1976)

MEN'S 4X100-METER RELAY

PSU: 39.08 - Kowalchuk, Chisena, Smith, Moffett, (2017)

41.01	Williams, Ofotan Zink, Porter	May 12
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MEN'S 4X200-METER RELAY

PSU: 1:23.75 - Smith, Chisena, Moffett, Porter, (2016)

MEN'S 4x400-METER RELAY

PSU: 3:01.52 - Nadolsky, Br. Bennett-Green, Loxsom, Gehret, (2012)

3:12.59	Ebersole, Ross, Zink, Perretta	Apr. 20
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3:13.03	Ebersole, Zink Miner, Reiser	Mar. 23
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3:22.76	Bulkeley, Ashenfelder I. Claiborne, E. Claiborne	Mar. 23
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MEN'S 4x800-METER RELAY

PSU: 7:11.17 - Watson, Shisler, Mills, Moore, (1985)

7:19.50	McDevitt, Abert Ross, Perretta	Mar. 30
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7:25.55	McDevitt, Maher Ross, Perretta	Apr. 27
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MEN'S SPRINT MEDLEY RELAY

PSU: 3:15.25 - Smith, Moffett, Miner, Harris, (2018)

3:20.93	Ofotan, Williams Ross, Perretta	Apr. 26
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MEN'S DISTANCE MEDLEY RELAY

PSU: 9:24.68 - Kidder, Bennett-Green, Loxsom, Creese, (2013)

9:55.83	Abert, Zink McDevitt, E. Claiborne	Apr. 26
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MEN'S 4xMile-RELAY

PSU: 16:18.5 - Rapp, Snyder, Wyatt, Mangan, (1979)

16:56.55	Wing, Abrahams Hontz, I. Claiborne	Apr. 26
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MEN'S HIGH JUMP

PSU: 7-3.25 (2.22) - Coney, (1985)/Hendershot, (2013)
Decathlon: 7-0.25 (2.14) - Rob Cardina, (2014)

7-1.5 (2.17)	Devin Bradham	May 12
6-9.75 (2.08)	Austin Campbell	Apr. 20
6-6.75 (2.00)	Isaiah Dillard	Mar. 23
6-4.25 (1.94)	Spencer Hay	Apr. 14

6-2 (1.88)	Noah Swaby	May 10
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MEN'S POLE VAULT

PSU: 17-5.5 (5.32) - John Vellenoweth, (2009)
Decathlon: 16-2.5 (4.94) - Rick Kleban, (1985)

14-1.25 (4.30)	Noah Swaby	May 11
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MEN'S LONG JUMP

PSU: 26-3 (8.00) - Malik Moffett, (2017)
Decathlon: 23-7.25 (7.19) - Dave Masgay, (1987)

25-1.25 (7.65)	William Henderson	Apr. 20
22-10.5 (6.97)	Noah Swaby	May 10

MEN'S TRIPLE JUMP

PSU: 54-6 (16.61) - Antonio Davis, (1993)

MEN'S SHOT PUT

PSU: 69-2 (21.08) - Joe Kovacs, (2012)
Decathlon: 48-9.50 (14.87) - Barry Walsh, (1989)

60-0.25 (18.29)	Ben Peterson	Apr. 6
56-5.75 (17.21)	Jack Zimmerman	May 3
56-0 (17.07)	Luke Grodeska	Mar. 23
54-6 (16.61)	Thomas Bojalad	Mar. 23
47-5 (14.46)	Noah Swaby	Apr. 20

MEN'S DISCUS

PSU: 207-5 (63.22) - Brian Milne, (1992)
Decathlon: 155-3 (47.32) - James Cook, (1997)

171-3 (52.20)	Thomas Bojalad	May 3
165-11 (50.57)	Noah Swaby	Mar. 22

MEN'S HAMMER

PSU: 237-9 (72.47) - Morgan Shigo, (2018)

236-5 (72.05)	Morgan Shigo	Apr. 20
212-4 (64.73)	Luke Grodeska	Apr. 14
186-9 (56.94)	Jack Zimmerman	Mar. 22
151-10 (46.29)	Ben Peterson	Mar. 22

MEN'S JAVELIN

PSU: 262-2 (79.91) - Michael Shuey, (2017)
Decathlon: 206-2 (62.83) - Shawn Colligan, (2008)

225-2 (68.64)	Mark Porter	May 10
223-9 (68-20)	Michael Biddle	Apr. 6
198-10 (60.60)	Matt Nawrocki	Apr. 14
194-11 (59.41)	Noah Swaby	Mar. 23

MEN'S DECATHLON

PSU: 7,685 - Rick Kleban, (1985)

7,411	Noah Swaby	May 10-11
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as of May 14, 2019

All-Time Women's Top 10 Outdoor Performances

100-Meter Dash

1	11.21	Connie Moore	2004
2	11.27	Shavon Greaves	2010
3	11.29	Mahagony Jones	2014
4	11.56	Kamilah Salaam	2004
5	11.58	Keianna Albury	2017
6	11.63 (11.57w)	Aleesha Barber	2008
7	11.68	Vivian Riddick	1983
	11.68 (11.60w)	Kirsten Nieuwendam	2012
9	11.70	Sara Shoaff	2006
10	11.72	Caitlin DeFusco	2010

200-Meter Dash

1	22.45	Connie Moore	2004
2	22.90 (22.68w)	Mahagony Jones	2014
3	23.07	Shavon Greaves	2010
4	23.15 (22.92w)	Shana Cox	2008
5	23.33	Keianna Albury	2017
6	23.47	Kirsten Nieuwendam	2012
7	23.53	Alexis Holmes	2019
8	23.61	Kamilah Salaam	2004
9	23.66	Kiah Seymour	2014
10	23.70	Sara Shoaff	2005

400-Meter Dash

1	50.84	Shana Cox	2008
2	52.08	Alexis Holmes	2019
3	52.15	Dominique Blake	2008
4	52.51	Fawn Dorr	2010
5	53.14	Dynasty McGee	2014
6	53.17	Ije Iheoma	2012
7	53.65	Tichina Rhodes	2015
8	53.74	Laila Brock	1998
9	53.74	Janice Carter	1988
10	53.80	Tammie Hart	1981

800-Meter Run

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

1500-Meter Run

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

5000 Meters

1	15:32.52	Kathy Mills	1978
2	15:46.08	Bridget Franek	2010
3	15:53.50	Paula Renzi	1985
4	15:55.27	Jillian Hunsberger	2018
5	15:58.79	Tori Gerlach	2015
6	16:00.10	Julia Paternain	2019
7	16:01.59	Tessa Barrett	2017
8	16:05.46	Elizabeth Chikotas	2015
9	16:06.32	Kim Kelly	1993
10	16:08.74	Leigha Anderson	2014

10,000 Meters

1	32:57.33	Kara Millhouse	2012
2	33:22.19	Kathryn Munks	2019
3	33:22.91	Julia Paternain	2019
4	33:29.40	Jillian Hunsberger	2017
5	33:52.32	Leigha Anderson	2014
6	34:00.00	Natalie Updegrove	1983
7	34:02.52	Kim Kelly	1993
8	34:02.80	Kris Kelly	1993
9	34:09.00	Kelli Hunt	1993
10	34:20.10	Donna Fidler	1999

100 Hurdles

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

400 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

3,000-Meter Steeplechase

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

4x100-Meter Relay

1	44.25	Fox, Shoaff, Moore Aduba	2003
2	44.38	Salaam, Aduba, Shoaff, Moore	2004
3	44.57	Greaves, DeFusco, Barber, Dorr	2010
4	44.59	Williams, Thomas, Lester, Holmes	2019
5	44.64	Gibson, Jones, McGee, Seymour	2014

4x400-Meter Relay

1	3:27.69	Blake, Barber, Hunter, Cox	2008
2	3:30.34	Barber, Greaves, Hunter, Dorr	2009
3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011
4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010
5	3:31.17	McGee, Jones, Rhodes, Seymour	2014

High Jump

1	6-0 (1.83)	Shelley Mitchell	1992
2	5-11.50 (1.82)	Megan McCloskey	2017
3	5-11.25 (1.81)	Pam Connell	1991
4	5-11.25 (1.81)	Ahmenah Richardson	2015
5	5-11 (NMC)	Antoinette O'Carroll	1987
6	5-10.75 (1.80)	Erika Morgan	2013
7	5-10.5 (1.79)	Karen Krawick	1980
	5-10.5 (1.79)	Jenny Williams	1987
	5-10.5 (1.79)	Leslie Lippincott	1991
	5-10.5 (1.79)	Holly Jones	1992

NMC - No Metric Conversion

Pole Vault

1	13-6.25 (4.12)	Hannah Mulhern	2018
	13-6.25 (4.12)	Katie Jones	2018
3	13-4.50 (4.08)	Lexi Masterson	2017
4	13-2.25 (4.02)	Carena Nottoli	2019
5	13-1.50 (4.00)	Sara Dougherty	2004
6	12-10.25 (3.92)	Kasey Kemp	2016
7	12-10 (3.91)	Greer Gumbrecht	2019
8	12-9.50 (3.90)	Jocelyn Witmer	2010
	12-9.50 (3.90)	Erin Knabe	2014
10	12-8.25 (3.87)	Caitlin Fairbairn	2010

Long Jump

1	21-6 (6.55)	Chi-Chi Aduba	2004
2	21-4.75 (6.52)	Gayle Hunter	2008
3	20-10.75 (6.37)	Carmen Mann	1989
	20-10.75 (6.37)	Shakeema Walker	1999
	20-10.75 (6.37)	Brittney Howell	2014
	20-10.75 (6.37)	Madeline Holmberg	2018
7	20-5.25 (6.25)	Bianca Fung	2009
	20-10.5 (6.36w)		
8	20-4.5 (6.21)	Vivian Riddick	1982
9	20-4.25 (6.20)	Monique Gillman	1997
10	20-3.75 (6.19)	Breana Gambrell	2019

Triple Jump

1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	44-5 (13.54)	Dannielle Gibson	2016
	45-1.75 (13.76w)		
3	44-3 (13.48)	Shakeema Walker	1999
4	43-1 (13.13)	Carmen Mann	1990
5	42-9.25 (13.04)	Kaitlyn Lopez	2017
6	42-3.50 (12.89)	Tanaya Lloyd	2012
7	42-2.75 (12.87)	Marlene Ricketts	2014
8	41-7 (12.67)	Lena Bettis	2007
9	41-2.50 (12.56)	Gayle Hunter	2007
	41-2.50 (12.56)	Alicia Porro	1992
	42-9.25 (13.04w)		

Shot Put

1	56-3.25 (17.15)	Rachel Fotherly	2015
2	55-4.75 (16.88)	Ja'Nai O'Connor	2004
3	55-0 (16.76)	Elaine Sobansky	1984
4	54-2 (16.51)	Alyssa Robinson	2016
5	53-11 (16.43)	Obeng Marfo	2017
6	53-10.25 (16.41)	Payden Montana	2019
7	53-8.25 (16.36)	Jennifer Leatherman	2006
8	52-6 (16.00)	Jane Swenson	2011
9	51-6.5 (15.71)	Melissa Kurzdorfer	2014
10	51-6.25 (15.70)	Deshaya Williams	2003

Discus

1	185-1 (56.41)	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 (50.82)	Melissa Kurzdorfer	2013
8	162-3 (49.47)	Payden Montana	2019
9	161-5 (49.21)	Rachel Fotherly	2014
10	157-6 (48.02)	Taylor McNally	2011

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	193-9 (59.05)	Gianna Rao	2019
5	191-9 (58.44)	Rachel Fotherly	2015
6	191-2 (58.27)	Annjolie Vester	2015
7	190-10 (58.16)	Deshaya Williams	2003
8	187-6 (57.15)	Alyssa Robinson	2017
9	186-11 (56.97)	Helen Higgins	2007
10	183-6 (55.94)	Obeng Marfo	2017

Javelin

1	178-6 (54.41)	Laura Loht	2014
2	178-4 (54.35)	Kim Hanslovan	2009
3	177-10 (54.02)	Lauren Kenney	2013
4	176-2 (53.70)	Karlee McQuillen	2008
5	173-5 (52.85)	Madison Smith	2019
6	169-3 (51.58)	Carrie Karabinos	1999
7	167-2 (50.96)	Heidi Nadeau	2007
8	167-1 (50.92)	Brianne Johnson	2001
9	164-0 (50.00)	Stephanie Sievers	2019
10	159-4 (48.56)	Ashley Colley	2002

Heptathlon

1	5976	Madeline Holmberg	2018
2	5797	Gayle Hunter	2009
3	5706	Pam Connell	1991
4	5625	Brittney Howell	2014
5	5420	Carmen Mann	1990
6	5407	Shelley Mitchell	1992
7	5311	Carla Criste	1986
8	4941	Tal Ben-Artzi	2016
9	4919	Amber Strouse	2007
10	4917	Holly Jones	1992

as of May 14, 2019

All-Time Men's Top 10 Outdoor Performances

100-Meter Dash				110 Hurdles				Long Jump			
1	10.32 (10.10w)	Xavier Smith	2018	1	13.56	Guy Rose	2001	1	26-3.00 (8.00)	Malik Moffett	2017
2	10.34 (10.1 MT)	Mike Sands	1975	2	13.69	Sancho Barrett	2015	2	25-11 (7.90)	Davrell Coney	1985
3	10.37 (10.26w)	Malik Moffett	2018	3	13.73	Paul Lankford	1980	3	25-9.00 (7.86)	Rob Boulware	1986
4	10.38 (10.22w)	Karson Kowalchuk	2017	4	13.80	Michael Timpson	1988		25-9.00 (7.86)	Steve Pina	1996
5	10.39	Justin Ofotan	2019	5	13.87	Mike Shine	1976	5	25-8.75 (7.84)	George Audu	1999
6	10.42	Terrance Laird	2018	6	13.96	Ron Jules	2008		25-8.75 (7.84)	John Gorham	1999
7	10.44	Mike Shine	1976	7	14.06	John Whelan	1997	7	25-6.00 (7.77)	Antonio Davis	1993
8	10.46	Ryan Olkowski	2002	8	14.08	Sam Harris	1988	8	25-2.75 (7.69)	Ryan Olkowski	2000
9	10.47	Michael Timpson	1987	9	14.09	Brian Derby	2002	9	25-0.75 (7.64)	Chavous Nichols	2004
10	10.49	Bob Brown	1961		14.09	Barry Robinson	1985	10	24-10.50 (7.58)	Al Bates	1928
	10.49	Will Henderson	2018								
200-Meter Dash				400 Hurdles				Triple Jump			
1	20.23	Michael Timpson	1986	1	48.69	Mike Shine	1976	1	54-6.00 (16.61)	Antonio Davis	1993
2	20.41	Terrance Laird	2018	2	49.55	Paul Lankford	1981	2	54-3.75 (16.55)	Chavous Nichols	2004
3	20.49 (19.87w)	Malik Moffett	2017	3	49.72	Brian Derby	2003	3	53-4.50 (16.27)	Brian Leap	2016
4	20.58	Mike Sands	1975	4	50.10	Jaret Campisi	2005	4	53-1.50 (16.19)	Clarence Smith	2009
5	20.59	Ryan Olkowski	2002	5	50.49	Bill Austin	1978	5	52-11.50 (16.14)	Steve Waithe	2014
6	20.62	Brady Gehret	2012	6	50.54	Michael Timpson	1988		53-4.25 (16.26w)		
7	20.68 (20.23w)	Xavier Smith	2018	7	50.61	Barry Robinson	1985	6	52-8.25 (16.06)	Ricardo Hall	1990
8	21.01	Ernie Terrell	2002	8	50.67	Kevin Cripanuk	1992	7	52-2.00 (15.90)	Bryce Williams	2017
	21.01	Justin Ofotan	2019	9	50.75	Byron Robinson	2014	8	51-8.50 (15.76)	Hanif Johnson	2011
10	21.02	Barney Ewell	1942	10	50.76	Brian Kelly	1993	9	51-1.00 (15.57)	Warren Rockwell	1966
	21.02	Art Pollard	1955					10	50-7.00 (15.42)	Steve Pina	1995
400-Meter Dash				3000-Meter Steeplechase				Shot Put			
1	45.20	Mike Sands	1975	1	8:22.54	George Malley	1977	1	69-2.00 (21.08)	Joe Kovacs	2012
2	45.22	Brady Gehret	2012	2	8:37.7	Rick Garcia	1983	2	68-5.25 (20.86)	Darrell Hill	2015
3	45.94	Brandon Bennett-Green	2012	3	8:40.4	Bruce Baden	1977	3	65-5.00 (19.94)	C.J. Hunter	1990
4	46.12	Byron Robinson	2014	4	8:42.85	Eric Carter	1988	4	64-2.50 (19.57)	Blake Eaton	2010
5	46.14	Paul Lankford	1980	5	8:47.03	Larry Mangan	1980	5	64-0.25 (19.51)	Knut Hjeltnes	1975
6	46.16	Dan Chisena	2017	6	8:48.1	Paul Mackley	1985	6	62-9.25 (19.13)	Jon Yohman	2017
7	46.62	Ernie Terrell	2002	7	8:49.45	Brian Laird	1989	7	61-11.75 (18.89)	Logan Caldwell	2012
8	46.74	Mike Cadau	2009	8	8:50.9	Jim Allahand	1972	8	61-3.25 (18.68)	Greg Reyner	1986
9	46.91	Ben Karcz	2002	9	8:51.84	Chris Foster	2005	9	61-1.25 (18.62)	Phil Caraher	1990
10	46.93	Tyreek Mathis	2017	10	8:53.71	Andy Scott	1991	10	60-0.25 (18.29)	Ben Peterson	2019
800-Meter Run				4x100-Meter Relay				Discus			
1	1:44.42	Isaiah Harris	2018	1	39.08	Kowalchuk, Chisena, Smith, Moffett	2017	1	207-5 (63.22)	Brian Milne	1992
2	1:45.28	Casimir Loxsom	2011	2	39.21	Henderson, Porter, Smith, Moffett	2018	2	201-10 (61.52)	Knut Hjeltnes	1975
3	1:45.58	Brannon Kidder	2015	3	39.63	Davis, Hackman, Shine, Sands	1975	3	201-6 (61.43)	David Lucas	2017
4	1:45.96	Randy Moore	1985	4	39.69	Smith, Porter, Laird, Moffett	2018	4	186-9 (56.90)	Gary Willicy	1979
5	1:46.62	Ray Levitre	1987	5	39.88	Finkel, Singleton, Sands, Scott	1973	5	186-3 (56.78)	Blake Eaton	2011
6	1:46.78	Ryan Foster	2009					6	184-0 (56.08)	Joe Kovacs	2011
7	1:46.81	Chris Mills	1987					7	183-6 (55.93)	Will Barr	2012
8	1:46.82	Ken Wynn	1983	1	3:01.52	Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012	8	182-2 (55.53)	Jon Yohman	2016
9	1:46.85	Samuel Borchers	2011	2	3:03.48	Chisena, Smith	2017	9	177-11 (54.23)	Dan Diaz	2003
10	1:47.29	Domenic Perretta	2017	3	3:04.78	Mathis, Harris	2012	10	176-10 (53.90)	Steve Meyers	2006
1500-Meter Run				4x400-Meter Relay				Hammer			
1	3:38.82	Brannon Kidder	2014	1	3:01.52	Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012	1	237-9 (72.47)	Morgan Shigo	2018
2	3:38.99	Steve Balkey	1987	2	3:03.48	Mathis, Harris	2012	2	218-6 (66.60)	Alvin Jackson	1976
3	3:39.02	Robby Creese	2015	3	3:04.78	Nadolsky, Gilmore, Gehret, Br. Bennett-Green	2012	3	212-6 (64.78)	David Lucas	2018
4	3:39.25	Larry Mangan	1980	4	3:05.13	Miner, Smith, Reiser, Harris	2018	4	212-4 (64.73)	Luke Grodeska	2019
5	3:39.57	Ryan Foster	2011	5	3:06.21	Gilmore, Shisler, Bennett-Green, Bennett-Green	2012	5	207-10 (63.35)	Will Barr	2013
6	3:42.08	Doug Walter	1990					6	207-1 (63.11)	Kory Decesaris	2017
7	3:42.12	David McMillan	1988					7	203-0 (61.88)	Neal McNutt	1998
8	3:42.2	George Malley	1977	1	7-3.25 (2.22)	David Coney	1985	8	201-9 (61.50)	Joe Kovacs	2011
9	3:42.2	Mike Wyatt	1977	2	7-3.25 (2.22)	Jon Hendershot	2013	9	198-5 (60.49)	Tyler Hoffman	2008
10	3:42.54	Owen Dawson	2012	3	7-3.00 (2.21)	Paul Souza	1983	10	197-0 (60.04)	Todd Shenk	1984
				4	7-2.50 (2.20)	Ryan Fritz	2007				
				5	7-2.25 (2.19)	Sean Reilly	2013				
				6	7-1.75 (2.18)	David Kriz	1995				
				7	7-1.5 (2.17)	Devin Bradham	2019				
				8	7-0.50 (2.15)	Ryan Olkowski	1999				
				9	7-0.50 (2.15)	Chisom Ifedi	2016				
				10	7-0.25 (2.14)	Nick Plack	2000				
					7-0.25 (2.14)	Rob Cardina	2014				
5000 Meters				High Jump				Javelin			
1	13:34.0	Greg Fredericks	1972	1	7-3.25 (2.22)	David Coney	1985	1	262-2 (79.91)	Michael Shuey	2017
2	13:36.3	Robert Snyder	1978	2	7-3.25 (2.22)	Jon Hendershot	2013	2	239-9 (73.09)	Allen Pettner	2007
3	13:42.1	Alan Scharsu	1980	3	7-3.00 (2.21)	Paul Souza	1983	3	239-7 (73.02)	Michael Biddle	2018
4	13:50.54	Steve Brown	1989	4	7-2.50 (2.20)	Ryan Fritz	2007	4	237-1 (72.26)	Troy Burkholder	1997
5	13:52.4	Paul Stemmer	1977	5	7-2.25 (2.19)	Sean Reilly	2013	5	233-8 (71.22)	Carl Wolter	1996
6	13:53.2	George Malley	1976	6	7-1.75 (2.18)	David Kriz	1995	6	233-4 (71.13)	Tanner Evak	2009
7	13:54.20	Timothy McGowan	2017	7	7-1.5 (2.17)	Devin Bradham	2019	7	232-0 (70.71)	Ryan Kerr	2017
8	13:55.0	Jeff Adkins	1982	8	7-0.50 (2.15)	Ryan Olkowski	1999	8	231-3 (70.48)	Brian Stumpf	2003
9	13:56.1	Charlie Maguire	1974	9	7-0.50 (2.15)	Chisom Ifedi	2016	9	230-3 (70.19)	Matt Moyer	2004
10	13:57.1	Gary Gittings	1973	10	7-0.25 (2.14)	Rob Cardina	2014	10	227-8 (69.40)	Rob Austin	1995
10,000 Meters				Pole Vault				Decathlon			
1	28:08.0	Greg Fredericks	1972	1	17-5.5 (5.32)	John Vellenoweth	2009	1	7685	Rick Kleban	1985
2	28:29.4	Charlie Maguire	1974	2	17-5 (5.31)	Mason Ternay	1991	2	7666	Rob Cardina	2014
3	28:38.3	Eric Carter	1987	3	17-0 (5.18)	Dave Bollinger	2004	3	7600	James Cook	1996
4	28:42.80	Paul Stemmer	1976	4	16-10 (5.13)	Rick Kleban	1985	4	7588	Dave Masgay	1987
5	28:55.33	Kyle Dawson	2012	5	16-8.75 (5.10)	Dylan Bilka	2014	5	7472	Barry Walsh	1989
6	29:11.71	John Ziegler	1979	6	16-7.25 (5.06)	Ron Campbell	1985	6	7424	J.T. Kuretech	2003
7	29:15.73	Tyler McCandless	2010	7	16-7.25 (5.06)	Bradford Lawrence	2009	7	7415	Brian Kelley	1991
8	29:25.58	Mark Wimmer	1994	8	16-6.75 (5.05)	Kevin Dare	2001	8	7411	Noah Swaby	2019
9	29:27.6	George Malley	1975	9	16-6.75 (5.05)	Nick Fegley	2003	9	7361	Shawn Colligan	2008
10	29:30.6	Alan Scharsu	1980	10	16-6 (5.03)	Ken Stoffer	1983	10	7119	Anya Uzoh	2012