

Penn State Tune-Up
Horace Ashenfelter III Indoor Track
University Park, PA
Meet Program

Event 1 Women 60 Meter Dash (9)**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Facility: 7.17 2011 **Barbara Pierre**
Meet: 7.59 2017 **Antoinette Padilla**
PSU: 7.24 2010 **Shavon Greaves**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

2	Glass, Jôn	SO	Morgan State	
3	Adeyemi, Nofisat	SO	Morgan State	
4	Wheeler, Camaryn	JR	Moravian	
5	Crooks, Amanda	SO	Moravian	

Heat 2 of 2 Prelims

2	Czekaj, Meghan	FR	Psu-Fayette	
3	Davis, Helen	FR	Moravian	
4	Thompson, Destiny	SO	Morgan State	
5	Wiederrecht, Kathryn	JR	Messiah	
6	Ottley, Alliyah	FR	Morgan State	

Event 2 Men 60 Meter Dash (12)**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Facility: 6.58 2012 **Reggie Dixon**
Meet: 6.87 2016 **Trenran Beram**
PSU: 6.65 2019 **Will Henderson**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

2	Onyemachi, Nwabueze	FR	Psu-Brandywi	
3	Akinjide, Stephen	FR	Morgan State	
4	Bowens, Ali	FR	Morgan State	
5	James, Brandon	SO	Morgan State	
6	Davis, Lamar	SO	Morgan State	
7	Savini, PJ	JR	Psu-Fayette	

Heat 2 of 2 Prelims

2	Holley, Adrian	FR	Morgan State	
3	Croci, Adam	SO	Psu-Fayette	
4	Rantin, Keon	JR	Morgan State	
5	McFarland, Sean	JR	Moravian	
6	Porter, Taylor	SO	Moravian	
7	Williamson, Almighty	FR	Morgan State	

Event 3 Women 200 Meter Dash (17)

Facility: 22.98 2010 **Shavon Greaves**
Meet: 24.39 2015 **Typhanne Booker**
PSU: 22.60 2004 **Consuella Moore**

Lane	Name	Yr	School	Seed Time
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Section 1 of 4 Finals

3	Glass, Jôn	SO	Morgan State	
4	Davis, Kimani	JR	Morgan State	
5	Denis, Dinedye	SO	Morgan State	
6	Thompson, Destiny	SO	Morgan State	

Section 2 of 4 Finals

3	Mines, Alantra	JR	Morgan State	
4	Tinsley, Dejah	FR	Morgan State	
5	Kamara, Michelle	FR	Morgan State	
6	Robinson, Crystal	FR	Moravian	

Section 3 of 4 Finals

3	Weaver, Morgan	JR	Moravian	
4	Crooks, Amanda	SO	Moravian	
5	Ottley, Alliyah	FR	Morgan State	
6	Slader, Ellissa	SO	Messiah	

Section 4 of 4 Finals

2	Miller, Haley	FR	Psu-Fayette	
3	Lopez, Tatiana	JR	Moravian	
4	Davis, Helen	FR	Moravian	
5	Wheeler, Camaryn	JR	Moravian	
6	Wiederrecht, Kathryn	JR	Messiah	

Event 4 Men 200 Meter Dash (14)

Facility: 20.72 2006 **LaShawn Merritt**
Meet: 21.27 2016 **Trenran Beram**
PSU: 20.56 2018 **Terrance Laird**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	Williamson, Almighty	FR	Morgan State	
4	Buhr, Owen	SO	Lebanon Vall	
5	Rantin, Keon	JR	Morgan State	
6	James, Brandon	SO	Morgan State	

Section 2 of 3 Finals

2	Lutz, Evan	SR	Moravian	
3	Porter, Taylor	SO	Moravian	
4	Bowens, Ali	FR	Morgan State	
5	McFarland, Sean	JR	Moravian	
6	Holley, Adrian	FR	Morgan State	

Section 3 of 3 Finals

2	Croci, Adam	SO	Psu-Fayette	
3	Elliot, Micheal	SR	Psu-Fayette	
4	D'Aprano, Luca	FR	Psu-Brandywi	
5	Onyemachi, Nwabueze	FR	Psu-Brandywi	
6	Savini, PJ	JR	Psu-Fayette	

Event 5 Women 400 Meter Dash (9)

Facility: 52.31 2007 **Shana Cox**
Meet: 55.03 2016 **Jennifer Esposito**
PSU: 52.14 2019 **Alexis Holmes**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

3	Slader, Ellissa	SO	Messiah	
4	Kamara, Michelle	FR	Morgan State	
5	Denis, Dinedye	SO	Morgan State	
6	Davis, Kimani	JR	Morgan State	

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Section 2 of 2 Finals...(Event 5 Women 400 Meter Dash (9))

2	Lambert, Alyssa	SO	Moravian
3	Weaver, Morgan	JR	Moravian
4	Robinson, Crystal	FR	Moravian
5	Tinsley, Dejah	FR	Morgan State
6	Constantine, Tessa	SO	West Virginia

Event 6 Men 400 Meter Dash (5)

Facility:	45.46	2001	Andrew Pierce
Meet:	47.75	2018	Emmanuel Tugumisirize
PSU:	46.22	2011	Brady Gehret

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

2	D'Aprano, Luca	FR	Psu-Brandywi
3	Elliot, Micheal	SR	Psu-Fayette
4	Lutz, Evan	SR	Moravian
5	Egbire-Molen, Kayode	FR	Morgan State
6	Manley, Ra'Mel	SO	Morgan State

Event 7 Women 600 Meter Run (3)

Facility:	1:27.22	2010	Molly Beckwith
Meet:	1:32.75	2016	Frances Bull
PSU:	1:29.04	2020	Victoria Tachinski

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

4	Dombrowski, Amber	FR	West Virginia
5	Rivers, Danae	SR	Penn State
6	Vanderheyden, Mikenna	SO	West Virginia

Event 8 Men 600 Meter Run (2)

Facility:	1:14.91	2017	Casimir Loxsom
Meet:	1:16.98	2015	Brannon Kidder
PSU:	1:14.96	2017	Isaiah Harris

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

5	Lacek, Stephen	SO	Psu-Fayette
6	Minda, Mitchell	SO	Psu-Fayette

Event 9 Women 800 Meter Run (8)

Facility:	2:02.94	2019	Danae Rivers
Meet:	2:03.89	2015	Sabrina Southerland
PSU:	2:02.94	2019	Danae Rivers

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Culver, Isabella	FR	Penn State
2	Vanderheyden, Mikenna	SO	West Virginia
3	Asomugha, Angel	FR	Psu-Brandywi
4	Emmens, Jalissa	FR	Morgan State
5	Krebs, Makenna	FR	Penn State
6	Weaver, Leanne	SR	Messiah
7	Moore, Diamond	SO	Morgan State
8	Fleetwood, Micaela	JR	Morgan State

Event 10 Women 800 Meter Run Invite (6)

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Rivers, Danae	SR	Penn State
2	Tachinski, Victoria	JR	Penn State
3	McDowell, Valencia	SR	Morgan State
4	Cashin, Amy		Unattached
5	Jackson, Hayley	SO	West Virginia
6	Seeland, Esther	SO	Messiah

Event 11 Men 800 Meter Run (16)

Facility:	1:46.91	2019	Joseph White
Meet:	1:47.34	2015	Ryan Manahan
PSU:	1:46.08	2018	Isaiah Harris

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Reick, David		Unattached
2	Claiborne, Isaiah	FR	Penn State
3	Perretta, Domenic	SR	Psu Una
4	Creese, Robby		Unattached
5	Shue, Tyler		Unattached
6	Ashenfelter, William	SR	Penn State
7	Bulkeley, Benjamin	SO	Penn State
8	Barton, Ryan	SO	Penn State
9	Dorenkamp, Evan	FR	Penn State

Section 2 of 2 Finals

1	Rosenberry, Alex	FR	Psu-Brandywi
2	Okonofua, Joseph	FR	Morgan State
3	Scheib, Alex	SR	Messiah
4	Watson, Dante		Pittsburgh
5	Beasley-Turner, Justin	SR	Moravian
6	Wagner, Nick	SO	Psu Una
7	Okonofua, Joshua	FR	Morgan State

Event 12 Women 1 Mile Run (11)

Facility:	2:38.58	2019	Danae Rivers
Meet:	4:37.29	2016	Katrina Coogan
PSU:	4:29.47	2019	Danae Rivers

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Williams, Jordan	JR	Psu Una
2	Mazza, Sera	FR	Psu Una
3	Cashin, Amy		Unattached
4	Jones, Keri	JR	Lebanon Vall
5	Kane, Kileigh	FR	Psu Una
6	Dowie, Katherine	SO	West Virginia
7	Deichert, Marisa	SR	Penn State
8	Hill, Olivia	SR	West Virginia
9	Fedkina, Natasha	JR	Penn State
10	Fedko, Katherine	FR	Psu Una
11	Emmens, Jalissa	FR	Morgan State

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Event 13 Men 1 Mile Run (4)

Facility: 3:56.51 2012 Jeff See
Meet: 4:03.92 2016 Colin Abert
PSU: 3:57.11 2013 Robby Creese

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Alston, Justin	FR	Morgan State	
2	Minda, Mitchell	SO	Psu-Fayette	
3	Romberger, Nate	JR	Messiah	
4	Rosenberry, Alex	FR	Psu-Brandywi	

Event 15 Men 5000 Meter Run (9)

Facility: 13:58.16 2009 Hassan Mead
Meet: 8:05.57 2017 Tim McGowan
PSU: 7:50.36 2015 Robby Creese

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Sewall, Payton	FR	Penn State	
2	Clark, Joe		Unattached	
3	Waters, Colin	FR	Psu Una	
4	Semle, Ryan	FR	Psu-Fayette	
5	Tomasko, Alex	SO	Penn State	
6	Hughes, Christopher	FR	Penn State	
7	Davis, Isaac	FR	Penn State	
8	Erdman, Drew	SO	Psu-Fayette	
9	Lewis, Josh	FR	Psu Una	

Event 16 Women 60 Meter Hurdles (10)

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Facility: 7.92 2002 Danielle Carruthers
Meet: 8.55 2015 Shelley Black
PSU: 8.10 2014 Evonne Britton

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
3	Weaver, Leanne	SR	Messiah	
4	Ottley, Alliyah	FR	Morgan State	
5	Adeyemi, Nofisat	SO	Morgan State	
6	Lopez, Tatiana	JR	Moravian	
7	Wiederrecht, Kathryn	JR	Messiah	
Heat 2 of 2 Prelims				
3	Miller, Haley	FR	Psu-Fayette	
4	Lambert, Alyssa	SO	Moravian	
5	Obichere, Chibugo	FR	Penn State	
6	Taylor, Rae Rae	JR	Penn State	
7	Hegele, Erica	FR	West Virgini	

Event 17 Men 60 Meter Hurdles (2)

Facility: 7.49 2012 Jarret Eaton
Meet: 7.93 2018 Eddie Lovett
PSU: 7.69 2001 Guy Rose

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
4	Williamson, Almighty	FR	Morgan State	
5	Kizer, Duane	FR	Morgan State	

Event 18 Women 4x400 Meter Relay (2)

Facility: 3:34.22 2014 Penn State
D McGee, K Seymour, T Rhodes, M Jones
Meet: 3:46.52 2016 Elon
Ross, Brzozowski, Lewis, Esposito
PSU: 3:33.13 2014 Penn State

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
5	Messiah		
6	Morgan State		

Event 19 Men 4x400 Meter Relay (3)

Facility: 3:06.98 2014 Pittsburgh
M Murray, C Nkanata, D Palmer, B Spratling
Meet: 3:15.93 2018 Penn State
J Logue, G Ross, S Reiser, J Makins
PSU: 3:04.80 2017 Penn State

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
4	Psu-Fayette		
5	Morgan State		
6	Morgan State	B	

Event 20 Women High Jump (10)

Progression -

Facility: 6-02.75 2013 Tynita Butts
Meet: 5-10.75 2016 Deandre Daniel
PSU: 6-00 2020 Alexa Parks
PSU: 5-11.25

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Moore, Diamond	SO	Morgan State	
2	Holmberg, Madeline	SR	Penn State	
3	Gallagher, Kathleen	FR	Penn State	
4	Wilson, Carlie	FR	Penn State	
5	Parks, Alexa	SO	Penn State	
6	Lewis, Allyson	FR	Penn State	
7	Taylor, Rae Rae	JR	Penn State	
8	Rose, Miazziah	SO	Morgan State	
9	Willshaw, Kate	FR	Penn State	
10	Bacon, Cecelia	SO	Penn State	

Event 21 Men High Jump (3)

Progression - 1.91, 1.96, 2.01, 2.06, 2.10, 2.13 +3cm

Facility: 7-05 2008 Joe Kindred
Meet: 6-11.50 2018 Devin Bradham
PSU: 7-04.25 1982 Paul Souza

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Dillard, Isaiah	SO	Penn State	
2	Rhooms, Kobe-Jordan	JR	Morgan State	
3	Pressley, Daenah	JR	Morgan State	

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Event 22 Men Pole Vault (2)

Progression - 4.01, 4.16, 4.31, 4.46, 4.61, 4.76, 4.86 +10cm

Facility: 18-06.75 2018 MAtthew Ludwig
 Meet: 16-03.25 2017 Patrick Anderson
 PSU: 17-00.75 2009 John Vellenoweth

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Lacek, Stephen	SO	Psu-Fayette	
2	Knipe, Luke	FR	Penn State	

Event 23 Women Pole Vault (6)

Progression - 3.37, 3.52, 3.67, 3.77, 3.87, 3.97, 4.02 +5cm

Facility: 14-08.25 2018 Katie Nagette
 Meet: 14-04.50 2019 Maddie Gardner
 PSU: 13-09.25 2016 Lexi Masterson

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	DeBone, Molly	SO	West Virgini	
2	Caccamo, Katelyn	FR	West Virgini	
3	Brundin, Julia	SO	West Virgini	
4	Gardner, Ellie	SO	West Virgini	
5	Nottoli, Carena	SO	Penn State	
6	Zurich, Hailey	FR	Penn State	

Event 24 Women Long Jump (8)

Facility: 21-06.75 2006 Tianna Madison
 Meet: 19-06.75 2019 Breana Gambrell
 PSU: 20-11.25 2009 Gayle Hunter

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Czekaj, Meghan	FR	Psu-Fayette	
2	Fleetwood, Micaela	JR	Morgan State	
3	Hegele, Erica	FR	West Virgini	
4	Mines, Alantra	JR	Morgan State	
5	Moore, Diamond	SO	Morgan State	
6	Givens, Taylor	FR	Penn State	
7	Koopman, Audra	JR	Penn State	
8	McKenzie, Peter-Gay	SO	West Virgini	

Event 25 Men Long Jump (3)

Facility: 26-01.50 2011 Justin Hunter
 Meet: 24-02.25 2016 Brian Leap
 PSU: 25-11 1986 David Coney

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Savini, PJ	JR	Psu-Fayette	
2	Elliot, Micheal	SR	Psu-Fayette	
3	Davis, Lamar	SO	Morgan State	

Event 26 Women Triple Jump (4)

Facility: 45-02.50 2004 Colleen Scott
 Meet: 46-02.50 2018 Thea LaFond
 PSU: 44-01.50 2003 Chi-Chi Aduba

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Rose, Miazziah	SO	Morgan State	
2	Henry, Ayanna	SO	Morgan State	
3	Nott, Myesha	SO	West Virgini	
4	Mines, Alantra	JR	Morgan State	

Event 27 Men Triple Jump (5)

Facility: 55-09 2006 Leevan Sands
 Meet: 54-00.50 2015 Fabian Florant
 PSU: 53-03.50 2018 Bryce Williams

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Diawara, Youssouf	FR	Penn State	
2	Pressley, Daenah	JR	Morgan State	
3	Matsuka-Williams, Wesley	FR	Penn State	
4	Rhooms, Kobe-Jordan	JR	Morgan State	
5	Hamilton, Lance	FR	Penn State	

Event 28 Women Shot Put (8)

Facility: 60-07.75 2006 Cleopatra Borel-Brown
 Meet: 58-10 2017 Britany Crew
 PSU: 56-08 2016 Rachel Fatherly

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Fleetwood, Micaela	JR	Morgan State	
2	West, Jaida	JR	Morgan State	
3	Lancaster, Elisia	JR	Towson	
4	Holmberg, Madeline	SR	Penn State	
5	Kauffman, Mallory	FR	Penn State	
6	Obijaku, Michella	SR	Towson	
7	Montana, Payden	SO	Penn State	
8	Coleman, Lauren	SR	Towson	

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Event 29 Men Shot Put (11)

Facility: 70-10 2013 **Ryan Whiting**
Meet: 59-03 2017 **Jon Yohman**
PSU: 67-03.50 2015 **Darrell Hill**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Crayton, Josh	SO	Psu-Fayette	
2	Lyon, Tyler	JR	Psu-Brandywi	
3	Zeleneck, Tyler		Psu-Fayette	
4	Dillard, Isaiah	SO	Penn State	
5	Weaver, Craig		Psu-Fayette	
6	Duperval, Brian	FR	Morgan State	
7	Swaby, Noah	SO	Penn State	
8	Pizarro, Lucciano	FR	Psu Una	
9	Goodlitt, Kurt	SR	Morgan State	
10	Bojalad, Thomas	SO	Penn State	
11	Zimmerman, Jack	SO	Penn State	

Event 30 Women Weight Throw 20 lb (9)

Facility: 73-00.50 2007 **Jennifer Leatherman**
Meet: 69-02 2015 **Rachel Fatherly**
PSU: 74-10.50 2006 **Jennifer Leatherman**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Starr, Jean	FR	Psu Una	
2	Umrani-Sanders, Nadirah	SO	Morgan State	
3	Klinger, Piper	FR	Penn State	
4	Wright, Sada	SO	West Virgini	
5	Sharpe, Jannah	FR	Morgan State	
6	Coleman, Lauren	SR	Towson	
7	Lancaster, Elisia	JR	Towson	
8	Obijiaku, Michella	SR	Towson	
9	Rao, Gianna	SO	Penn State	

Event 31 Men Weight Throw 35 lb (5)

Facility: 76-06.25 2017 **Rudy Winkler**
Meet: 73-08.75 2019 **David Lucas**
PSU: 78-09.75 2018 **David Lucas**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Weaver, Craig		Psu-Fayette	
2	Zeleneck, Tyler		Psu-Fayette	
3	Goodlitt, Kurt	SR	Morgan State	
4	Grodeska, Luke	JR	Penn State	
5	Merkley, Tyler	SO	Penn State	