

TRACK & FIELD / CROSS COUNTRY

2021-22 MEDIA GUIDE

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Program Information

2021 Cross Country Schedule

September 2	Dolan Duals	Lock Haven, Pa.
September 10	Harry Groves Spiked Shoe Invitational	Blue & White Golf Course
October 1	Paul Short Run	Bethlehem, Pa.
October 15	Penn State National Open	Blue & White Golf Course
October 29	Big Ten Championships	Blue & White Golf Course
November 12	NCAA Mid-Atlantic Regional	Bethlehem, Pa.
November 20	NCAA Cross Country Championships	Tallahassee, Fla.

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Head coach John Gondak enters his eighth year at the helm of the Penn State cross country/track & field program in 2021-22. Overall, Gondak is in his 16th season on staff at Penn State.

Gondak's resume while with the Blue & White - which can be matched by few middle-distance mentors in the country - includes 53 first team All-Americans, 52 Big Ten Champions, 66 Penn State records, eight Big Ten Freshman of the Year honorees, 12 Penn Relays victories, and four sub-4:00 milers.

The Nittany Lions had an accolade filled year in 2021, highlighted by two First Team All-Americans and six combined Big Ten Champions. Competing at her tenth combined NCAA Championship, Danae Rivers closed out her final season at Penn State by becoming a First Team All-American for the seventh time. Maddie Holmberg paired a Big Ten Heptathlon Championship with her fourth combined First Team All-America honor.

Penn State boasted three Big Ten Champions in both the indoor and outdoor seasons. With Holmberg, David Lucas and Mark Porter claiming outdoor honors and Domenic Peretta, Sincere Rhea and Victoria Vanriele winning indoor championships. The victories of Peretta and Vanriele continued a long run of 800m success for Penn State, as the Nittany Lions have now won the men's 800m championship in 12 of the past 14 seasons and the women's 800m championship in five consecutive seasons.

Five current Nittany Lions went on to represent the program at USATF Olympic Trials, with Maddie Holmberg, David Lucas, Tyler Merkley, Mark Porter and Madison Smith competing at the event in Eugene, Ore. Holmberg led the group with a seventh place finish in the Heptathlon.

2020 saw Gondak mentor three more Big Ten champions during the COVID-19 pandemic shortened indoor season. Seniors Billy McDevitt and Danae Rivers continued the Nittany Lions dominance of the men's and women's 800m event in the Big Ten. McDevitt capture the men's 800m crown and became the fifth consecutive Nittany Lion to win the 800m title. Rivers became the only female-student athlete in Big Ten history to win four consecutive 800m indoor Big Ten titles. Rivers followed up her 800m title with the Big Ten indoor mile championships. Rivers was awarded All-America honors in the mile event by the USTFCCCA due to the NCAA Indoor Championships being cancelled due to the COVID-19 pandemic.

In the fall of 2019, Gondak was named the Mid-Atlantic Region Coach of the Year as the women's cross country team won their fourth region title in the last five years. It was Gondak's fourth Coach of the Year honor. The women's cross country program finished 18th at the NCAA Cross Country Championships. This marked the fifth-straight year the Nittany Lions placed in the Top-20, one of only seven programs to achieve that mark.

In 2019, Gondak mentored Danae Rivers to new heights during the indoor and outdoor seasons. Rivers won the first women's indoor individual NCAA national championship in program history under the direction of Gondak. Along with her national championship, Rivers won her third consecutive 800m indoor Big Ten Championship, second consecutive outdoor 1500m Big Ten Championship and second outdoor 800m Big Ten Championship. Rivers' 2019 list of accomplishments under Gondak's direction also include; 1,000m collegiate record (2:38.58), 800m indoor school record (2:02.94), mile indoor school record - 10th fastest collegiate time ever (4:29.47) - and third consecutive Mid-Atlantic Region Track Athlete of the Year award.

Along with Rivers in 2019, Domenic Perretta won the men's 800m indoor Big Ten Championship. This continued Penn State's dominance in the 800m event as 2019 marked the fourth consecutive year a Penn State student-athlete has won the men's 800m Big Ten Championship (Isaiah Harris, 2016-18).

Under Gondak's direction, the Nittany Lions track & field program earned five first team All-American honors in 2019. The 2019 women's program finished 11th at the NCAA Indoor Track & Field Championships.

During the fall of 2018, the Penn State women's cross country program advanced to its fourth consecutive top-20 finish at the NCAA Championships under Gondak. Penn State is one of just eight schools to accomplish this feat. Three Nittany Lions earned All-Big Ten honors in 2018.

In the fall of 2017, the Penn State women's cross country program ran to its third straight Mid-Atlantic Regional title and advanced to the NCAA Championships for the eighth time in 10 seasons. Following the regional meet, Gondak was named the Mid-Atlantic Regional Women's Head Coach of the Year.At the NCAA Cross Country Championships, the Nittany Lion women finished in the top 20 for the third straight season.

For the Penn State men, Colin Abert and Timothy McGowan advanced to the NCAA Championships, which marked the first time since 2011 that the Nittany Lion men had two competitors at the NCAA Championships. Along with Abert and T. McGowan, John McGowan all brought home all-region honors for finishing in the top-25 at the regional meet.

At the 2017 Big Ten Cross Country Championships, Abert (second team) and Jillian Hunsberger (first team) were honored with All-Big Ten plaudits.

During the indoor season, the Penn State men recorded the best finish among Big Ten programs at the NCAA Indoor Track & Field Championships with a top-10 finish. Individually at the NCAA Indoor Track & Field Championships, David Lucas became the first PSU men's track & field student-athlete to win an indoor national title since 1990 with his school record mark of 78-9.75 in the weight throw. Along with Lucas, Maddie Holmberg, Isaiah Harris, and Danae Rivers all posted first team All-America finishes.

At the Big Ten Indoor Track & Field Championships, Harris won his fifth straight 800-meter run title (indoor & outdoor) and Rivers defended her 800-meter run title from 2017.

The Nittany Lions built upon their successes from the indoor season to the outdoor season.

As a team at the NCAA Outdoor Track & Field Championships, Penn State was the only Big Ten program in 2018 to have both men's and women's teams finish in the top-25. Individually at the NCAA Outdoor Track & Field Championships, Harris became the first Nittany Lion to win the men's 800-meter run in 95 years. Along with Harris, Holmberg, Lucas, Megan McCloskey, Rivers and Morgan Shigo all posted first team All-America finishes.

Harris' outstanding year continued as he signed with Nike and finished second in the 800-meter run at the USATF Outdoor Championships. Harris concluded 2018 with a school-record time of 1:44.42 in the Paris Diamond League meet.

The Big Ten Outdoor Track & Field Championships saw Michael Biddle win the men's javelin, Harris complete the 800 sweep, and Rivers capture the first 1,500-meter run crown in program history.

The 2019 track & field women's recruiting class was named No. 1 by Track & Field News, which marks the first time in program history a recruiting class was ranked No. 1.

The 2019 overall class is comprised of seven All-Americans, which includes two individual national champions, a duo that won a national title in the 4x800-meter relay and a national runner-up in the 800-meter run.

The 2016-17 season was a historic year for Penn State track & field/cross country. The Blue & White got the memorable year started in cross country where the Nittany Lions competed at the NCAA Championships for the seventh time in the last eight years. At the NCAA meet in Terre Haute, Ind. Elizabeth Chikotas and Jillian Hunsberger teamed up to become the first duo to earn All-American honors at the championships in the NCAA era. The Nittany Lions have finished in the top-20 in back-to-back seasons for the first time since '11-'12 and in the top-20 for five out of the last seven NCAA Championships that Penn State has participated in dating back to 2009.

Moving to the indoor oval, the women's team captured its fourth Big Ten Championship in program history ('04, '10, '14) scoring 96.5-points. The men's team recorded their highest finish in program history taking second-place with a total score of 84-points that included a Big Ten record performance in the 4x400-meter relay as the combination of Dan Chisena, Xavier Smith, Sam Reiser and Isaiah Harris ran 3:04.80. The women's Big Ten Championship paired with the men's second-place finish is the highest combined finish in Penn State track & field history. At the indoor track & field championships in College Station, Texas, the women's team posted the second-highest finish at the indoor championships ever (10th) and the first top-10 finish since the 2009 season. Indoor All-Americans included: Danae Rivers in the Mile (Third-Place), Isaiah Harris in the 800-meters (Fourth-Place), Tessa Barrett in the 5,000-meters (Fifth-Place), the women's DMR (Sixth-Place) and Dannielle Gibson in the triple jump (Eighth-Place).

The overwhelming success of the indoor season set the teams up for the continued success it saw during the outdoor season.

Serving as the host for the Big Ten Outdoor Championships for the third time since joining the conference in 1992, the Penn State men's team won its first title in program history, scoring 117 points over the three-day meet while the women finished, third scoring 101 points. Tim McGowan and Jillian Hunsberger posted runner-up finishes in the 10K to start the weekend. The meet featured five Big Ten Champions between the squads including sweeping the men's and women's 800m to go along with the sweep of the indoor season by Isaiah Harris and Danae Rivers. Malik Moffett, who was named Big Ten Field Athlete of the Championships, captured titles in the long jump and the 200-meters with the former being a school record at 26'-3" (8.00m) and the latter being the eighth-fastest wind-aided time in NCAA history at 19.87 (+5.7).

At the NCAA Championships, the Nittany Lions saw four athletes finish the season with All-America honors including Isaiah Harris in the 800-meters (Second), Tori Gerlach in the 3,000-meter steeplechase (Third), Michael Shuey in the javelin (Third), and Dannielle Gibson in the triple jump (Eighth).

Overall, 2016-17 saw 15 school records broken, 10 top-five indoor marks set, as well as 34 top-10 outdoor marks hit. Between cross country, indoor and outdoor, Penn State had 14 athletes honored as All-Americans. Penn State captured two Big Ten Conference titles, the only team in the conference to do so during the '16-'17 competition year.

The extraordinary year for Penn State on the course and on the track capped the third year for Gondak as the head coach for the Blue & White following the two years prior that included multiple accomplishments among the programs.

During his 13 years with the Penn State track & field team, Gondak has helped the Nittany Lions' post nine Big Ten track & field titles. The 2009-10 school year was a sensational year for the Penn State Nittany Lions as the women won the Big Ten Triple Crown (XC, ITF, OTF). The women continued their success into the postseason as they finished fourth at the 2010 NCAA Outdoor Track & Field Championships. The Nittany Lions women's team also finished fourth at the NCAA Outdoor meet in 2008. More recently, the men's track team has posted top-20 finishes three-straight years (10th-place '15, 17th-place '16, and 20th-place '17), as well as a top-10 finish for the women's team at the 2017 Indoor Track & Field Championships.

Individually, two Nittany Lions have captured Big Ten Cross Country titles (Bridget Franek, 2009, and Caitlin Lane, 2011). The Penn State men have been represented in seven of the past nine years at the NCAA Cross Country Championships either by an individual or as a team, including four-time qualifier Vince McNally. During the 2013 season, Matt Fischer posted the highest finish at the Big Ten Cross Country Championships in school history (third) and placed fourth at the NCAA Mid-Atlantic Regional to qualify for the NCAA Cross Country Championships. At the 2013 NCAA Cross Country Championships, Fischer went on to finish 78th. The following year, Fifth-year senior Matt Fischer finished eighth at the Big Ten meet, won the Mid-Atlantic Regional and advanced to the NCAA Cross Country Championships for the second-straight year ending his Penn State cross country career with a 167th-place finish at the NCAA meet following second-team All-Big Ten honors and Mid-Atlantic Men's Cross Country Athlete of the Year plaudits. At the 2013 Outdoor Championships Gondak guided senior Casimir Loxsom and freshman Brannon Kidder to a 2-3 finish in the 800-meters becoming the first program to have two top-three finishers in the men's outdoor 800-meters in 68 years when the Michigan Wolverines earned first and third-place finishes in 1945.

Gondak has also been widely recognized by the coaching community on multiple occasions earning awards from the United States Track and Field/Cross Country Association (USTFCCCA) ranging from Mid-Atlantic Region Assistant Coach of the Year during his early years to the most recent, Mid-Atlantic Region Indoor Women's Head Coach of the Year. At the conference level, Gondak has been named Big Ten Head Coach of the Year on three occasions. Under Coach Gondak, Penn State student-athletes have found great success in the classroom. The Penn State cross country teams have tallied a cumulative 20 USTFCCCA All-Academic Team honors as well as 41 USATFCCCA Individual honors.

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

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

Gondak lives in State College with his three children, Jessica, Jeffrey and Jackson and fiancé Lori Yacisin.

COACHING STAFF

Coaching Honors...
• 2019 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
• 2017 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
• 2017 Big Ten Men's Outdoor Head Coach of the Year
• 2017 Mid-Atlantic Region Indoor Women's Head Coach of the Year
• 2017 Big Ten Women's Indoor Head Coach of the Year
• 2016 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
• 2015 Mid-Atlantic Region Cross Country Women's Head Coach of the Year
• 2015 Big Ten Women's Cross Country Head Coach of the Year
• 2015 Mid-Atlantic Region Indoor Men's Head Coach of the Year
• 2014 Mid-Atlantic Region Indoor Men's Assistant of Coach of the Year
• 2013 Mid-Atlantic Region Indoor Men's Assistant of Coach of the Year
• 2013 Mid-Atlantic Region Outdoor Men's Assistant of Coach of the Year
• 2010 Mid-Atlantic Region Outdoor Assistant of Coach of the Year
• 2009 Mid-Atlantic Region Assistant of Coach of the Year

BIG TEN TITLES...
• Women's Cross Country (2): 2009, 2015
• Women's Indoor Track & Field (3): 2010, 2014, 2017
• Women's Outdoor Track & Field (5): 2008, 2009, 2010, 2013, 2014
• Men's Outdoor (1): 2017

CROSS COUNTRY TITLES...
• Mid-Atlantic Regional Championships (4): 2015, 2016, 2017, 2019

Tessa Barrett
• 2x Penn State School Record Holder
• 2x USTFCCCA First-Team All-American
• 5x Big Ten Medalist

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

Tori Gerlach
• 8x Big Ten Medalist
• 2x Penn State School Record Holder

Isaiah Harris
• 2018 NCAA Champion in the Outdoor 800-meters (1:44.76)
• 2018 NCAA Indoor/Outdoor All-American
• 2017 IAAF World Championships Semifinalist
• 2017 USATF Silver Medalist - 800-meters (1:44.53)
• 2017 NCAA Silver Medalist - 800-meters (1:45.40)
• 2017 NCAA Indoor/Outdoor All-American
• 2016 U.S. Trials - Sixth-place - 800-meters (1:46.47)
• 2016 NACAC U23 Champion - 800-meters (1:47.52)
• 2016 NCAA Outdoor All-American
• All-Time Big Ten Indoor Championships Record - 800-meters (1:46.24)
• All-Time Big Ten Outdoor Championships Record - 800-meters (1:45.31)
• 8x Big Ten Champion
• 4x Penn State School Record Holder
• 3x time USTFCCCA Mid-Atlantic Track Athlete of the Year
• 2018 Big Ten Outdoor Track Athlete of the Year
• 2018 Big Ten Outdoor Track Athlete of the Championships

Brannon Kidder
• 2015 NCAA Outdoor Runner-Up (800m)
• 2014 NCAA Indoor Runner-Up (DMR)
• 2013 NCAA Indoor Runner-Up (DMR)
• 2013 NCAA Outdoor Bronze Medalist (800m)
• 7x USTFCCCA First-Team All-American
• 9x Big Ten Champion
• 2013 Big Ten Freshman of the Year
• USATF Senior Semi-finalist (800m)
• 2013 Millrose Games Champion (4x800)
• 2014 USTFCCCA Mid-Atlantic Region Indoor Track Athlete of the Year

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

Danae Rivers
• 11x Penn State School Record Holder
• 2019 800m Indoor National Champion
• 1000m Collegiate Record Holder (2:38.58)
• 7x NCAA First Team All-America
• 9x USTFCCCA First Team All-America
• 10x Big Ten Champion
• 2x Big Ten Freshman of the Year



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

Heading into 2022 donning the Blue & White, Coach Tucker has coached 11 Big Ten champions, 23 All-Big Ten selections, six Academic All-Americans, and his student-athletes have broken 23 school records. Over the course of his coaching career, he has helped mentor 26 conference champions, 47 All-Americans and 10 Academic All-Americans.

In 2021, Tucker helped guide Sincere Rhea to Penn State's first indoor 60-meter hurdles championship and a Second Team All-America honor. He was also named USTFCCCA Mid-Atlantic Region Track Athlete of the Year.

Penn State's women's hurdlers jumped up the program leaderboards during the outdoor campaign, with Yasmin Brooks recording Penn State's third best 100h time and 10th best 400h time, Antoinette Bradley recording the program's sixth best 400h time and Ekaterina Hupalo climbing up to eighth on the 100h list. Brooks carried her success into the postseason, claiming silver in the 100h at the Big Ten Championships and earning Second Team All-Big Ten honors.

During the 2020 indoor season, Tucker mentored Kiara Lester to Penn State's second straight 400m indoor title. Along with Lester, Antoniette Bradley placed third at the Big Ten Indoor Championships with third best time in school history. Tucker also guided the women's 4x400m relay team to a silver medal at the Big Ten Indoor Championships. Bradley claimed bronze in the 400h at the conference meet, with both Bradley and Brooks qualifying to compete at the NCAA East Regionals.

In 2019, Tucker coached Alexis Holmes to both the indoor and outdoor 400-meter Big Ten championship and a school record in the 400-meter indoor event. Holmes was a first team All-American in the 400-meter along with being named Big Ten Freshman of the Year. Under Tucker's tutelage the Nittany Lions turned in seven top-10 performances all time in Penn State history, this includes three school records. Tucker's sprinters brought home a pair of Big Ten Championships and 11 events scored points during the Big Ten Championships.

Under Tucker's guidance, the sprint medley relay team set a school record at the 125th running of the Penn Relays. The relay team ran 3:45.25 to set the record while winning the Sprint Medley Championship of America.

Tucker guided freshman Justin Ofotan into the Penn State record books three times in 2019 as well as preparing him for the world stage. Ofotan set a personal-best mark of 10.21 in the 100-meter dash at the USATF U20 Outdoor Championships to qualify for the Pan American U20 Championships. At the Pan Am Championships, Ofotan and his 4x100m relay teammates set a new U20 world record in the event running 38.62.

During 2018, Tucker's event area tallied 13 Penn State record book performances, which included four school records. At the national level, freshman Terrance Laird finished 12th in the 200-meter dash at the NCAA Indoor Championships with his time of 20.97 and at the NCAA Outdoor Championships, the men's 4x100-meter relay (William Henderson, Anton Porter, Xavier Smith, and Malik Moffett) finished 14th with its time of 39.53.

At the Big Ten Championships in 2018, Coach Tucker saw 17 finishes that scored points, which included four runner-up finishes.

In 2017, Tucker helped coach the Nittany Lions to two conference championships, capturing the women's title during indoor season as well as earning the men's first Big Ten title ever during the outdoor season capturing the title on their home track.

Four school records were broken during the second year under Tucker's tutelage including the 60-meters (6.66) and 100-meters (10.32) by Xavier Smith, 4x100-meter relay (39.08) by Kowalchuck, Chisena, Smith and Moffett, and the men's 4x400-meter relay (3:04.80) (i) by Chisena, Smith, Sam Reiser and Isaiah Harris that set a new Big Ten Indoor record. In addition to the multiple school records, 20 other top-five/top-10 marks were set under Tucker's watch.

At the Big Ten Indoor Championships, the Nittany Lions recorded the highest combined finish in program history (Women - B1G Champions; Men – B1G Runner-up). The success of the Penn State sprints translated to Tucker earning 2017 Mid-Atlantic Region Men's Assistant Coach of the Year accolades.

Penn State, traditionally a mid-distance/distance program, has quickly become a sprint school as well, qualifying a men's 4x100-meter relay and 4x400-meter relay as well as Moffett in the 200-meters to the NCAA Championships in Eugene, Ore.

Under Tucker, Karson Kowalchuck (Canada), Malik Moffett (United States) and Keianna Albury (Bahamas) competed at their respective nations track & field championships with Kowalchuck doubling as the 100-200 Canadian champion.

At the IAAF world championships in London, Albury and then volunteer assistant coach Eddie Lovett competed in the 4x100-meter relay and 110-meter hurdles, respectively.

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

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

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

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

Tucker has three sons Ezra (11), Erin II (8), & Samuel (6) and he is the legal guardian of his nephew William (14).

COACHING STAFF

at Illinois
• 1 Big Ten Champion
• 1 Big Ten Meet Record
• 3 School Records
• 1 All-American
• 6 All Big-Ten Selections
• 10 Athletes Ranked Top 10 in school history from 2000-2003

at Kentucky
• 2006 Mid-East Regional Men's Assistant Coach of the Year (Sprints & Hurdles) Outdoor Track
• 2006 Venezuelan Coach for Central American and Caribbean Championships
• 2008 Venezuelan Olympic Coach

Olympians
• 2004 Athens Olympics
-400m-Luis Luna (Venezuela)
• 2008 Beijing Olympics
-200m-Rondel Sorrillo (Trinidad)
-200m-Jose Acevedo (Venezuela)
-110HH-Mikel Thomas (Trinidad)

• 7 Venezuelan National Record Holders
• 1 Canadian Junior National Record
• 1 NCAA Champion (2010 Outdoor 200m)
• 6 SEC Champions
• 2 SEC 4x400m Titles
• 3 NCAA Runner-ups
(2007 Indoor 4x4, 2009 Outdoor 200m, 2010 Outdoor 100m)
• 70 Athletes Ranked Top 10 in school history since 2003
• 34 School Records
• 27 All-Americans
• 15 All-Regional Selections
• 26 All-SEC Selections

at Florida
Olympians
2012 London Olympics
-100m/200m/4X100m Relay- Rondel Sorrillo {Trinidad}
-110HH-Mikel Thomas {Trinidad}
Venezuelan 4x400m Relay

• 1 Venezuelan National Record
• 2 US Virgin Island National Records
• 1 NCAA Meet Record 60HH
• 2012 SEC Women's Indoor Team Champion
• 2012 NCAA Men's Indoor Team Champion
• 2012 NCAA Men's Outdoor Team Champion
• 2012 SEC Runner-up Men's Indoor Team
• 2012 SEC Runner-up Women's Outdoor Team
• 2013 NCAA Runner-up Men's Indoor Team
• 2013 SEC Runner-up Men's Indoor and Outdoor Teams
• 2013 NCAA Men's Outdoor Team Champion
• 2014 SEC Women's Indoor Team Champion
• 2014 SEC Runner-up Men's Indoor Team
• 2014 SEC Runner-up Women's Outdoor Team
• 2014 NCAA Runner-up Men's Outdoor Team
• 2014 3rd Place NCAA Men's and Women's Indoor Team
• 2014 4th Place NCAA Women's Outdoor Team
• 2015 SEC Men's Indoor Team Champion

at Florida (Cont.)
• 2015 NCAA Runner-up Men's Indoor Team
• 2015 SEC Men's Outdoor Team Champion
• 2015 NCAA Runner-up Men's Outdoor Team
• 1 NCAA Champion (2013 60HH)
• 2 NCAA Runner-ups (2013 110HH, 2014 60HH)
• 6 SEC Champions
• 16 All-Americans
• 8 School Record Holders
• 13 Athletes Ranked Top-10 in school history since 2012
• 12 All-SEC Selections

at Penn State
•2017 Mid-Atlantic Men's Assistant Coach of the Year (Indoor Track)
•2017 Women's Indoor Big Ten Team Champions
•2017 Indoor Big Ten Runner-up Men's Team
•2017 Men's Outdoor Big Ten Team Champions
•2017 3rd Place Outdoor Women's Big Ten Team
•Eighth-fastest 200m in all conditions in NCAA History
•2 Big Ten Freshman Runner of the Year
•2 Big Ten Record Meet Records
•1 Big Ten All-Time Record
•23 School Records
•2 All-Americans
•24 Athletes Ranked Top-5 Indoor in school history since 2016
•41 Athletes Ranked Top-10 Outdoor in School history since 2016
•10 Big Ten Champions
•21 All-Big Ten Selections
•6 Academic All-Americans
• 2016 World Indoor Championship Finalist 60HH Eddie Lovett 7th Place
• 2017 Canadian Jr Champion 100m
• 2019 U-20 World Record 4x100m



Fritz Spence enters his 16th year coaching the Nittany Lion wom¬en's jumpers and multi-event athletes. He has had outstanding results in his time with the Nittany Lions, overseeing 33 All-America efforts, nine top-5 NCAA finishers, 22 conference champions, also contributed to two top-four finishes at the NCAA Championships (2008 and '10) a Big Ten triple crown (2009 and '10), and USTFCCCA Scholar Team of the Year (2010). He is a five time USTFCCCA Mid-Atlantic Region Assistant Coach of the Year honoree.

Spence helped steer Maddie Holmberg to her second career Big Ten Championship in 2021, closing out her career a Big Ten Heptathlon title and Second Team All-America honors with a sixth place finish at the NCAA Outdoor Championships. Holmberg earned regional qualification in the long jump and was joined at the regional meet by high jumper Carlie Wilson. Wilson and Breana Gambrell both scored points for Penn State at the Big Ten Championships, with Gambrell placing fifth in the long jump and seventh in the triple jump, and Wilson placing sixth in the high jump with a PR at the meet.

Spence guided senior Maddie Holmberg to just the second Big Ten championship in program history in the pentathlon event in 2020. Holmberg's score of 4,274 points is second in PSU history. Also under Spence's tutelage, Alexa Parks became the first Nittany Lion to clear 6-0 (1.83m) in the high jump event to set the new school record. Spence's athletes scored points in the pentathlon, long jump, high jump and triple jump with Maddie Holmberg and Alexa Parks advancing to the NCAA Indoor Championships. Parks and Holmberg were each awarded All-America honors due to the cancellation of the NCAA Indoor Championships due to the COVID-19 pandemic.

Spence was awarded with the USTFCCCA Women's Mid-Atlantic Region Assistant Coach of the Year. Spence earned the fifth Assistant Coach of the Year honor of his career. This marks the first time in he has earned women's indoor assistant coach of the year.

The women's mutli-event athletes and jumpers continued success in 2019. Maddie Holmberg qualified for the NCAA Indoor Championships in the pentathlon. Holmberg earned second-team All-American honors with a ninth place finish at the indoor championships. Breana Gambrell and Alexa Parks each qualified for the NCAA East Prelims in the long jump and the high jump respectively.

In 2018, junior Maddie Holmberg had the No. 1 performance in program history in the heptathlon with her total score of 5,976 points set at the Big Ten Track & Field Outdoor Championships and her third-place finish at the NCAA Outdoor Championships was the highest of any heptahlete in school history.

Holmberg also owns the multi-record in the shot put with her indoor mark of 46-0.50 (14.03m) and outdoor mark 44-8.25 (13.62m). In the Penn State record books, Holmberg ranks No. 10 in the 200m at 23.79, No. 3 in the long jump (20-10.75/6.36m), and also has the No. 7 time in the 100-meter hurdles at 13.70. Holmberg was also named Mid-Atlantic Region Athlete of the Year, and a first team All-American in both Indoor and Outdoor.

Megan McCloskey had an outstanding season closing out her career with a fourth-place finish at the NCAA Championships in the high jump (5-10/1.78m). During the 2018 indoor season, she tied the No. 3 height in indoor history with a clearance of 5-10.50 (1.79m). She was a three-time NCAA Outdoor Championships qualifier in the high jump and named a 2018 first team All-American.

Multiple athletes turned in spectacular performances during the 2017 season under Spence's watch. Holmberg grabbed the No. 3 spot in program history with her performance in the heptathlon and her total of 5,636 and qualified for the NCAA Outdoor Championship meet in her sophomore season. She also took the multi-record in the shot put with her mark of 42-6.25 (12.96m) and posted the No. 7 time in program history in the 100-meter hurdles at 13.70, qualifying for the outdoor championships in the heptathlon. Dannielle Gibson earned indoor and outdoor All-America honors in the triple jump recording the all-conditions top mark at 45-1.75 (13.76w) in her gold medal performance at the Big Ten Championships. She was the 2017 NACAC Champion in the triple jump and was also a three-time NCAA qualifier.

McCloskey cleared the then-No. 2 mark in program history in the high jump during the 2017 out¬door season clearing 5-11.50 (1.82m) and was also ranked as the No. 3 high jumper in indoor history with a clearance of 5-10.50 (1.79m) during the 2018 indoor season. Kaitlyn Lopez also put up a lifetime best of 42-9.25 (13.04m) in the triple jump, No. 5 best performance in program history and 19-8.00 (5.99m) in the long jump.

In 2017, Spence coached Gibson to a silver medal in the triple jump at the Big Ten Indoor Championships earning second-team honors with a best of 42-11.75 (13.10m). At the NCAA Indoor Cham¬pionships Gibson earned second-team All-American honors with a 10th-place finish in the triple jump. During the outdoor Big Ten Meet, Gibson again brought home a silver medal in the women's triple jump with her mark of 42-9.50 (13.04m). The women's high jump featured McCloskey going 5-10.50 (1.79m) and Ahmenah Richardson clearing 5-9.25 (1.76m) who finished fourth and fifth, respectively. Gibson received Mid-Atlantic Field Athlete of the Year honors for her efforts during the outdoor season. She went on to finish with second-team All-American honors in the triple jump at the outdoor meet in Eugene, Oregon, before going on to capture gold in the triple jump 44-5.00 (13.54m) at the NACAC U-23 Championships.

Under the guidance of coach Spence, Gibson, a sophomore, tallied a third-place finish in the triple jump. Gibson scored six points for Penn State with her leap of 42-3.50 during the 2015 Big Ten Outdoor Track & Field Championships. Gibson would also finish fourth in the long jump with her personal-best jump of 20-2.25 (6.15m), her jump of 20-2.25 (6.15m) ranks 10th all-time at Penn State. Gibson would go on to qualify for the NCAA East Prelims in the long jump and the triple jump. In the vertical jumps, Richardson, cleared a height of 5-8 (1.74m) during the Big Ten Indoor Track & Field Championships and 5-9.25 (1.76m) in the high jump during the Big Ten Outdoor Track & Field Championships. Richardson also qualified for the NCAA East Prelims in the high jump and she ended her 2015 season with a personal-best of 5-11.25 (1.81m).

Spence also guided Brittney Howell to an outstanding 2014 out¬door campaign, highlighted by an outstanding long jump at the NCAA East Prelims. Howell also turned in a pair of scoring performances at the Big Ten Outdoor Championships. Howell posted Penn State's top long jump mark among Nittany Lions during the 2014 campaign going 20-4.50 (6.21m) during the indoor season and 20-10.75 (6.37m) during the outdoor season. The performance ranks No. 5 indoors and No. 3 outdoors in the all-time Penn State standings. Coming into her own in 2014 was freshman high jumper, India McCoy. McCoy notched a lifetime-best clearance of 5-10.00 (1.78m) during the outdoor season.

Gibson,who had an outstanding freshman year in achieving a lifetime-best leap of 42-2.00 (12.80m) in the tri¬ple jump and 20-1.00 (6.11m) in the long jump during the outdoor season. During the 2014 season, freshman multi-eventer Tal Ben-Artzi had an outstanding indoor season putting up a lifetime best score of 3,861 in the indoor pentathlon.

Spence coached Marlene Ricketts, who advanced to the NCAA Indoor Championships in the triple jump in 2013, coming home with USTFCCCA second team All-America status. Ricketts ended her senior season with an indoor life¬time-best effort of 42-4.75 (12.92m) and outdoor lifetime-best effort of 42-2.75 (12.87m) in the triple jump, at the time, the second-best and fifth-best performance in program history.

Spence took on a new coaching role in 2012, overseeing the Nittany Lion men's and women's javelin throwers, including All- America finishers Laura Loht and Lauren Kenney. Spence guid¬ed the duo to a one-two finish at the Big Ten Championships with Loht taking top honors. The Nittany Lions were thoroughly impressive at the NCAA Outdoor Championships, which included a PR toss from Loht at 169-4 (51.92m) for third, and a lifetime-best 167-10 (51.17m) for Kenney in fourth.

Spence guided Tanaya Lloyd to an out¬standing Nittany Lion career overall, as Lloyd finished up with the fourth-best performance in Penn State history at 42-3.50 (12.89m). Spence's athletes recorded an outstanding medal haul at the Big Ten Outdoor Championships in 2011, scoring podium finishes in all four horizontal events.

During the 2009 season, the Nittany Lion jumps squad qualifiers included Clarence Smith in the triple jump, Gayle Hunter in the heptathlon and long jump, and Bianca Fung in the long jump for the NCAA Outdoor Championships. Indoors, Spence guided Hunter to a runner-up finish in the pentathlon - which tied the highest ever finish by a Nittany Lion at NCAA Indoor Championships - while also overseeing Hunter's school record leap of 20-11.25 (6.38m) in the long jump during the multi-event competition. Hunter also set school records in the pentathlon, 4,342, and heptathlon, 5,797. Hunter would also earn Mid-Atlantic Region Field Athlete of the Year honors during the indoor and outdoor seasons.

Outstanding Athletes Coached...

Dannielle Gibson
- Three-Time NCAA Qualifier (Triple Jump)
- 2017 Indoor / Outdoor First Team All-American (Triple Jump)
- 2017 Indoor / Outdoor Big Ten Champion (Triple Jump)
- 2017 NACAC Champion (Triple Jump)

Maddie Holmberg
- 2017 NCAA Qualifier (Heptathlon)
- 2018 NCAA Qualifier (Heptathlon)
- 2019 NCAA Qualifier (Pentathlon)
- 2020 NCAA Qualifier (Pentathlon)
- 2020 Big Ten Champion (Pentathlon)
- 2021 Big Ten Champion (Heptathlon)

Brittney Howell
- 2014 Indoor First Team All-American (Pentathlon)
- 2014 Outdoor Second Team All-American (Heptathlon)
- 2014 Big Ten Champion (Heptathlon)

Gayle Hunter
- NCAA Champion (2008, Outdoor 4x400)
- Nine-Time NCAA All-American
- 2009 NCAA Runner-Up (Pentathlon)
- Four-Time Penn State Record Holder (Pentathlon), (Long Jump), (Heptathlon), (4x400m)
- Four-Time Mid-Atlantic Region Field Athlete of the Year
- Three-Time USATF Qualifier

Brittany Mann
- Penn State Indoor School Record Holder (High Jump)

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

Clarence Smith
- Two-Time NCAA All-American (Triple Jump)
- Three-Time Big Ten Champion (Triple Jump)
- Two-Time Mid-Atlantic Region Field Athlete of the Year
- 2008 U.S. Olympic Trials Qualifier (Triple Jump)
- Two-Time USATF Qualifier

Tracy Partain (Missouri State)
- 2006 NCAA Runner-Up (Heptathlon)
- 2006 NACAC Under-23 Championships (Heptathlon)
- Two-Time NCAA All-American (Heptathlon)
- Five-Time Missouri Valley Conference Champion

Fabian Florant (Missouri State)
- 2006 NCAA All-American (Triple Jump)
- Three-Time Missouri Valley Conference Champion (Triple Jump)

Greg Hughes (Missouri State)
- Two-Time NCAA All-American
- Four-Time Missouri Valley Conference Champion



Lucais MacKay enters his sixth season overseeing the throwers for the Nittany Lion Track & Field program in 2022.

In 2021, the Penn State throw's program ranked among the region's best, with MacKay being named the USTFCCA Mid-Atlantic Region Men's Assistant Coach of the Year. He helped steer the Nittany Lion throwers to two Big Ten Championships, with David Lucas winning the discus title and Mark Porter winning the javelin title. Penn Staters placed first, third and fourth in the javelin at the conference meet. Tyler Merkley earned the silver medal in the hammer throw at the Big Ten Championships, earning Second Team All-Big Ten honors. On the women's side, Madison Smith placed second in the javelin throw, claiming Second Team All-Big Ten honors.

In total, Penn State had three throwers qualify for the NCAA Championships (Lucas, Merkley, Porter) and four current throwers qualify for United States Olympic Trials (Lucas, Merkley, Porter, Smith). All three Penn State qualifiers earned Second Team All-America honors at the national meet.

In 2020, MacKay helped David Lucas qualify for the NCAA Indoor Championship in his pursuit of his third All-America honor. Lucas was awarded All-America honors due to the cancellation of the NCAA Indoor Championships due to the COVID-19 pandemic. Under MacKay, Tyler Merkley and Gianna Rao each moved into the top-five all-time at men's and women's weight throw events.

2019 saw the Nittany Lion throwers continued growth and success under MacKay's guidance. Senior Morgan Shigo accomplished something no Nittany Lions has ever done. Shigo won the first Big Ten championship in the men's hammer throw in program history. Shigo also became the first Nittany Lion to be a two-time, first team All-American in the hammer throw. Six Nittany Lions were Big Ten finalists and four were Big Ten medalists.

Shigo and David Lucas earned first team All-American honors in the weight throw during the indoor season. Shigo and Lucas were both finalists in the weight throw with Shigo earning a silver medal at the Big Ten Indoor Championships. In total, seven Nittany Lions entered the top-10 in the Penn State record book during the indoor and outdoor seasons.

Under MacKay's watch in 2018, the Nittany Lion throws program made a substantial impact on the Big Ten and national stage.

At the 2018 NCAA Indoor Championships in College Station, Texas, David Lucas did what no other Nittany Lion had done since 1993, capture a NCAA Title. Lucas' performance set a new school record, Gilliam Facility record, and stands as the fourth-best mark in NCAA meet history. His fifth-round effort captured the gold medal with a personal-best effort of (78-9.75/24.02m).

Along with Lucas, Morgan Shigo represented the Blue and White in the weight throw, narrowly missing the final by one spot; Shigo finished 10th in the weight throw (68-5.75/20.87m) garnering him his first NCAA All-American Honor.

During the outdoor season, 12 throwers advanced to the NCAA East Prelims with four Nittany Lions heading to the NCAA Championships. Penn State was represented in three of four event areas in Eugene, Oregon. The NCAA Outdoor Championships were highlighted by Shigo finishing sixth in the hammer throw (237-9/72.47m) and Lucas placing seventh in the discus throw (186-7/56.87m).

At the Big Ten level, Penn State saw three medalists with Michael Biddle (239-7/73.02m) winning gold in the javelin throw. Along with Biddle, Lucas recorded silver in the weight throw (76-5.75/23.31m) and Shigo placed third in the hammer throw (226-6/69.05m).

Penn State capped off the 2018 track & field season with Shigo finishing sixth at the USATF Championships in the hammer throw (235-4/71.75m).

In all, the Nittany Lions closed out 2018 with eight record book performances, which includes school records by Lucas (weight throw – 78-9.75/24.02m) and Shigo (hammer throw – 237-9/72.47m).

In his first season in Happy Valley, MacKay helped Penn State capture two conference championships as the women's team earned the Big Ten Indoor title followed by the men capturing the first Big Ten Title in program history during the outdoor season.

MacKay's athletes combined to set four top-10 program marks across three events. Alyssa Robinson recorded the fourth best mark in shot put (53'-5.75"/16.30m) as well as the No. 7 mark in the hammer throw during the outdoor season at (187'-6"/57.15m). Obeng Marfo's mark of (183'6"/55.94m) sits at No. 9 all-time in the hammer throw while Stephanie Sievers launched the eighth-farthest throw in the javelin at (159'-9"/48.70m).

The Big Ten Championships, that featured a 35-point performance for the men's event group at the Big Ten Championships, 12 student-athletes advanced to the NCAA East Preliminary meet, as many as any other NCAA program. with Obeng Marfo competing in two events while David Lucas competed in three.

The NCAA Championships featured three Nittany Lions competing in the men's javelin throw with Michael Shuey earning All-American honors as he launched a school record throw of 250'-9" to finish third. Obeng Marfo, Jon Yohman, and Lucas also competed at the NCAA Championships following their first season under MacKay's watch.

Michael Shuey and Micahel Biddle advanced to the USATF Championships with Shuey earning a bronze medal and increasing his throw to a distance of 255-8 to wrap up an eventful first year for MacKay and crew.

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

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

Before his days at Southeastern Louisiana, MacKay coached Division-III champion and record-holder Eric Flores to a hammer throw title, as well as the women's hammer throw runner-up while

at California Lutheran University. During his time at CLU, MacKay was awarded the D-III Outdoor Women's Track and Field Assistant Coach of the Year Award and had 11 throwers win conference titles in just two seasons.

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

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

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

Penn State Highlights

- 2021 Mid-Atlantic Men's Assistant Coach of the Year (Outdoor Track)
- 2017 Mid-Atlantic Men's Assistant Coach of the Year (Outdoor Track)
- 2017 Women's Indoor Big Ten Team Champions
- 2017 Second Place Indoor Big Ten Men's Team
- 2017 Men's Outdoor Big Ten Team Champions
- 2017 Third Place Outdoor Big Ten Women's Team

Coaching Career Highlights

- Penn State School Record – David Lucas M Weight Throw (24.02m)
- Fourth Best NCAA Meet Performance All Time – Weight Throw
- Sixth Best NCAA Weight Throw performer All Time
- Twelfth Best Throw All Time NCAA History – Weight Throw
- NCAA Facility Record Texas A&M (24.02m)
- Penn State School Record – M Hammer Throw (72.47m)
- Penn State School Record – M Javelin (79.91m)
- Eleven USTFCCCA All-Academic Honorees
- Two NCAA Division I Champions
- Seven NCAA Division I All-Americans
- Thirty-five Big Ten Finalists
- Thirteen Big Ten Medalists
- Three Big Ten Champions
- Twenty-three athletes ranked in Penn State All Time Top 10 Outdoor
- Performances
- Five athletes ranked in Penn State All Time Top 5 Indoor Performances



Ryan Foster returned to Penn State for his second stint as assistant coach to the cross country and track & field programs ahead of the 2021-22 season.

Over the course of his coaching career, Foster has coached 15 All Americans, 24 Conference Champions and four freshmen of the year. He is a two-time USTFCCCA Coach of the Year, and one time Conference Coach of the Year (PSAC).

He joins the Nittany Lions after three seasons as an assistant coach at the University of Tennessee.

Foster's first two cross country seasons at Tennessee saw the Vols and Lady Vols record their best postseason performances in more than a decade. In 2018, the men's team tabbed their best SEC (4th) and NCAA Regional (3rd) finishes since 2010 and 2002. In 2019, the Lady Vols posted their best conference (4th) and regional (3rd) outings since 2009.

Last season, Foster mentored middle distance runner Alex Kay to a UT freshman record in the men's 1,000 meter (2:26.97) at the Virginia Tech Invitational. Kay later went on to earn SEC All-Freshman Team honors in the 800 meter at the SEC Indoor Championships as the only rookie to compete in the final.

Foster also helped the Lady Vols return to the SEC podium in the distance medley relay in 2020, as Katie Thronson, Martina Weil, Nicole Adams and Olivia Janke combined for a time of 11:24.59 to place third at the conference meet. It was the first medal for UT in the event since 2012.

Foster was an All-American middle distance runner for coach Beth Alford-Sullivan at Penn State and later served on staff as an assistant coach and director of operations. He came to the Vols from Edinboro University in Pennsylvania, where he spent two years as the head cross country coach and assistant coach for the middle- and long-distance runners.

At Edinboro, Foster guided the women's cross country team to a Pennsylvania State Athletic Conference (PSAC) title in 2017 with five freshmen scoring.

Foster took the Edinboro women from an 11th-place finish in the Atlantic Region in 2016 to a 19th-place finish at the NCAA Division II National Championships in 2017. He was named the PSAC and USTFCCCA Atlantic Region women's cross country coach of the year following the 2017 season.

On the track, Foster made PSAC history with his student-athletes winning all men's middle and long distance races at the 2018 conference championships. He was later named the USTFCCCA Atlantic Region Men's Track & Field Assistant Coach of the Year.

Foster graduated from Penn State in 2011 after one of the most storied middle-distance careers in program history. He finished his athletic tenure in the Blue and White with three All-America finishes, including a pair of NCAA bronze-medal efforts - as well as four Big Ten titles.

As a professional runner in 2011-12, Foster set Australian national indoor records in the 800 meters and 1,000 meters and also competed in the IAAF World Indoor Championships, placing 19th in the 1,500 meters.

The Tazmania, Australia native then returned to campus to begin his coaching career, spending two seasons as Penn State's volunteer assistant coach and one season as the team's director of operations. He then served as Penn State's assistant coach for the 2014-15 season.

Away from the track, Foster also spent a year with the Tasmanian state government as the project manager for disability sports and served as chief of staff for Partners Financial Group, LLC. His non-profit work with Partners Financial and the Kevin Dare Foundation resulted in organizing a 10-person, 1,000-mile road race over seven states as a fundraising initiative.



Brie Berkowitz joined the track & field staff in 2021 after nine seasons as an assistant coach at ECU. She will oversee Penn State's pole vault, long jump and triple jump programs.

In 2018, Berkowitz mentored freshman Sommer Knight who became the first female pole vaulter in program history to clear 13 feet. Knight also set the indoor (3.99m) and outdoor (4.20m) school records while qualifying for the NCAA East Preliminary and capturing a pair of third-place finishes at the American Athletic Conference Indoor and Outdoor Championships. Additionally, Knight qualified for the USA Junior National Championships where she set a lifetime-best mark of 4.20 meters (13-09.25 feet) for a fourth-place finish. In 2020, Knight earned all-league accolades at the AAC Indoor Championships following a third-place result.

Berkowitz was a part of two conference championship teams at ECU, helping the Pirate women to the 2014 Conference USA indoor and outdoor titles.

In 2017, Berkowitz helped coach Adell Remsberg to a sixth-place finish in the pole vault at the American Athletic Conference Outdoor Championships with a personal-record of 3.79 meters.

In 2013, Berkowitz coached Brooke Kott to All-Conference USA First Team honors after she finished in seventh place overall at the league's 5K championship meet in Denton, Texas.

A two-time team captain for ECU's track and field team, Berkowitz competed in the 400-meter hurdles and the pole vault. In fact, Berkowitz and her relay team of Lindsay Dolan, Lanaire Lindo, and Jaslyn Grullon still hold the ECU record of 1:01.59 set in 2007 at the Florida Relays in the 100-meter shuttle relays.

Prior to her return to ECU, Berkowitz worked at the University of Miami as the travel and events coordinator in the Hurricane athletic department. She also had stints working for the Miami Heat and Florida Panthers in their respective sales departments.

At ECU, Berkowtiz earned a Bachelor's Degree in Physical Education and a master's degree in sport management. While pursuing her graduate degree, the York, Pa., native worked as a graduate assistant in academics and as a volunteer coach with the track and field squad. In 2007, she was named the winner of the NCAA Division I Sportsmanship Award for Conference USA.

Her father, Marvin Berkowtiz, is a cross country/track and field coach at Redlion Area Senior High School in Pennsylvania. The elder Berkowitz is a former Penn State weightlifter, while Berkowitz's mother, Darla, ran cross country at York College (Pa.)



Melissa
BOLDT
Performance
Enhancement Coach



Kara
FOSTER
Director of Operations



Michael
GAY
Assistant Athletic Trainer



Isaiah
HARRIS
Volunteer Assistant
Coach

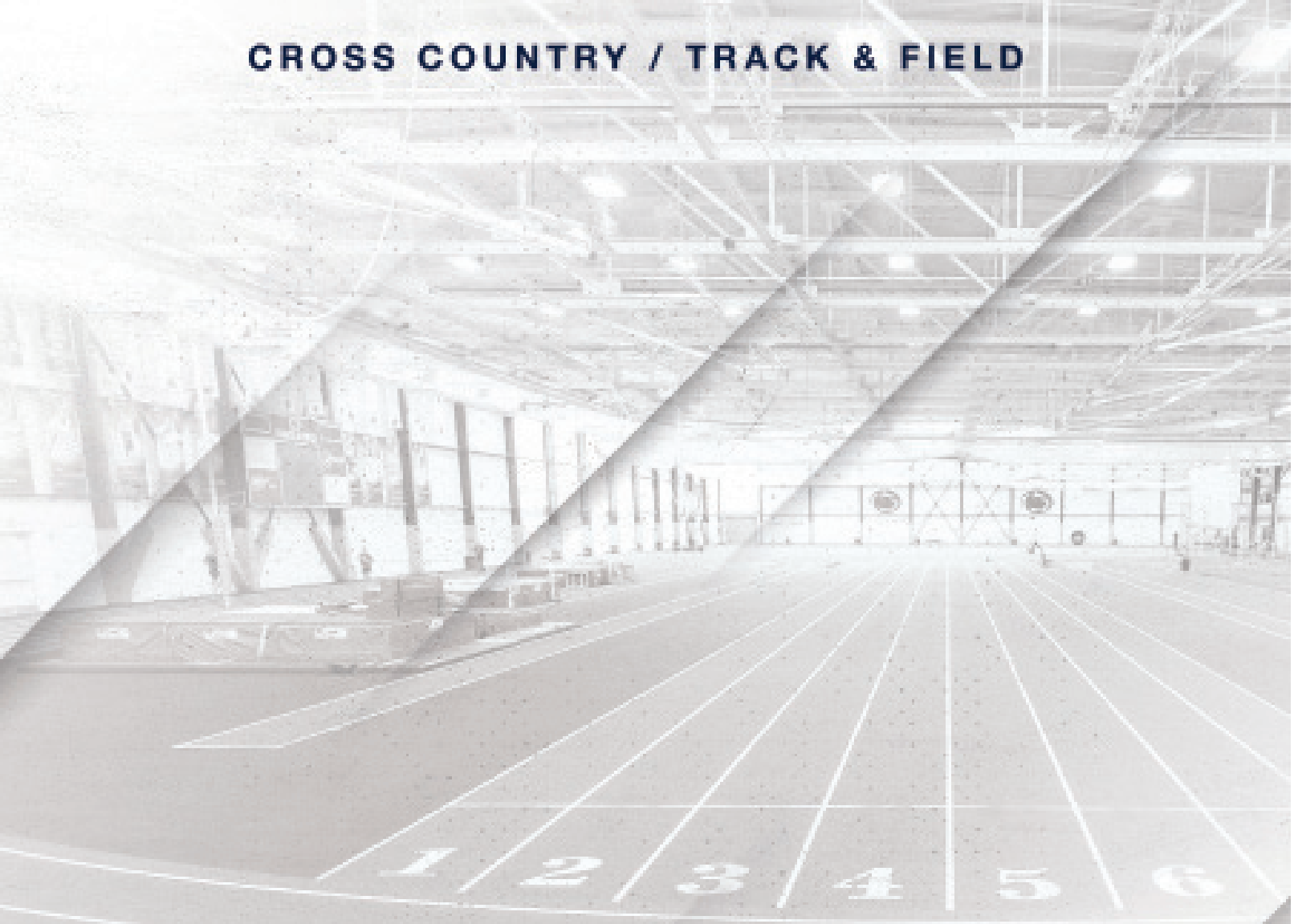


Carl
OHLSON
Assistant AD
Performance Psychology



Nick
YONKO
Assistant Director
Performance Nutrition

CROSS COUNTRY / TRACK & FIELD



WOMEN'S BIOS

WOMEN'S TRACK & FIELD ROSTER

Name	Year	Eligibility	Event Area	Hometown (Previous School)
Bacon, Cecelia	Senior	Sr./Jr.	Jumps	Chantilly, VA (Chantilly)
Bradley, Antoinette	Senior	Sr./Jr.	Hurdles/Sprints	Fort Washington, MD (Friendly)
Brown, Jermecia	Sophomore	Sophomore	Sprints	Margate, FL (St. Thomas Aquinas)
Brundage, Ryann	Senior	Junior	Throws	Columbus, PA (Corry)
Bryant, Mia	Freshman	Freshman	Multi-Events	Linden, CA (Venture Academy)
Ciasullo, Megan	Junior	Sophomore	Distance/XC	Ambler, PA (Mount Saint Joseph)
Culver, Isabella	Junior	Sophomore	Distance/XC	Spring Mills, PA (Penns Valley)
DeMars, Faith	Sophomore	So./Fr.	Distance/XC	Balston Spa, NY (Ballston Spa)
Duffus, Zoe	Freshman	Freshman	Distance/XC	Fort Wayne, IN (Carroll)
Epps, Sabria	Freshman	Freshman	Sprints	Philadelphia, PA (Springside Chestnuthill)
Fedko, Katherine	Junior	Sophomore	Distance/XC	Gibsonia, PA (Hampton)
Gallagher, Kathleen	Senior	Junior	Jumps	Libertytown, MD (Linganore)
Gambrell, Breana	Senior	Sr./Jr.	Jumps	Sayra, PA (Athens)
Gearing, Rachel	Senior	Sr./Jr.	Sprints	Sautt'Nachoochee, GA (White County)
Gilpatrick, Elizabeth	Sophomore	Sophomore	Distance/XC	Boalsburg, PA (State College)
Givens, Taylor	Senior	Junior	Jumps	State College, PA (State College)
Goldstein, Zoey	Sophomore	Freshman	Sprints	Lorton, VA (South County)
Hayes, Samantha	Freshman	Freshman	Distance/XC	St. Marys, PA (St. Marys)
Hupalo, Ekaterina	Senior	Sr./Jr.	Hurdles/Sprints	Valencia, CA (Bishop Alemany)
Jede, Taylor	Junior	Sophomore	Hurdles/Sprints	Mechanicsburg, PA (Cumberland Valley)
Johnson, Allison	Freshman	Freshman	Distance/XC	Mount Gilead, OH (Mount Gilead)
Jones, Katie	5th Year	Senior Pole	Vault	Williamsport, PA (South Williamsport)
Kane, Kileigh	Junior	Sophomore	Distance/XC	State College, PA (State College)
Kauffman, Mallory	Junior	Jr./Soph.	Throws	Millerstown, PA (Greenwood)
Klinger, Piper	Senior	Junior	Throws	Selinsgrove, PA (Selinsgrove)
Krebs, Makenna	Junior	Jr./Soph.	Distance/XC	Harrisburg, PA (Central Dauphin East)
Madson, Jane	Junior	Jr./Soph.	Sprints	Pittsburgh, PA (Upper Saint Clair)
Mathiew, Victoria	Sophomore	Sophomore	Sprints/Hurdles	Richmond, TX (Fort Bend Travis)
Mazza, Sera	Junior	Sophomore	Distance/XC	Centre Hall, PA (St. Joseph's)
McCormick, Cori	Freshman	Freshman	Distance/XC	Ashland, PA (North Schuylkill)
McCullough, Kaylee	Sophomore	Sophomore	Distance/XC	Feasterville, PA (Neshaminy)
McDavid, Mary	Junior	Sophomore	Distance/XC	Philadelphia, PA (Penn Charter)
Mechling, Alexia	Freshman	Freshman	Jumps	
Morant, Leena	Sophomore	Freshman	Distance/XC	Scotch Plains, NJ (Union Catholic Reg.)
Nottoli, Carena	Senior	Sr./Jr.	Pole Vault	Columbia, PA (Hempfield)
Obichere, Chibugo	Junior	Jr./Soph.	Hurdles/Sprints	Valley Stream, NY (Valley Stream South)
Parks, Alexa	5th Year	Senior	Jumps	Pipersville, PA (Palisades)
Princz, Lauren	Freshman	Freshman	Sprints	Egg Harbor Township, NJ (Egg Harbor Twp.)
Rao, Gianna	Senior	Sr./Jr.	Throws	North Scituate, RI (Ponaganset)
Shedelski, Lauren	Freshman	Freshman	Throws	Kulpmont, PA (Mount Carmel)
Smith, Madison	5th Year	Senior	Throws	New Oxford, PA (New Oxford)
Starr, Jean	Junior	Sophomore	Throws	Leechberg, PA (Kiski Area)
Stravach, Samantha	Junior	Sophomore	Throws	Westfield NJ (Westfield)
Stull, Lindsay	Freshman	Freshman	Distance/XC	Columbus, OH (Hilliard Davidson)
Tachinski, Victoria	5th Year	5th Year	Distance/XC	Winnipeg, Manitoba (Vincent Massey)
Taylor, Elizabeth	Freshman	Freshman	Jumps	()
Thomas, Amariah	Senior	Sr./Jr.	Sprints	Blacklick, OH (Gahanna Lincoln)
Thomas, Tesia	Sophomore	Sophomore	Jumps	York, PA (West York Area)
Toti, Sophia	Sophomore	Sophomore	Distance/XC	Carlisle, PA (Carlisle)
Ullom, Madaline	Sophomore	Soph./Fr.	Distance/XC	Mason, OH (Mason)
Vanriele, Victoria	Sophomore	Soph./Fr.	Distance/XC	Berkeley Heights, NJ (Governor Livingston)
Williams, Jordan	5th Year	Senior	Distance/XC	Sharon, PA (Sharon)
Willingmyre, Alison	5th Year	Senior	Distance/XC	Wernersville, PA (Wilson)
Willshaw, Kate	Junior	Jr./Soph.	Jumps	Easton, PA (Easton)
Wilson, Carlie	Junior	Jr./Soph.	Jumps	Sparta, NJ (Sparta)
Zurich, Hailey	Junior	Jr./Soph.	Pole Vault	Williamsport, PA (Loyalsock Twp.)

RETURNERS



Cecelia BACON

Chantilly, Va.
Chantilly
Senior
Jumps

COLLEGIATE PERSONAL BESTS: High Jump – 1.78m, Triple Jump - 12.34m

Awards: Academic All-Big Ten (2021)

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Finished seventh in the high jump and 11th in the triple jump.
Big Ten Indoor Championships (3/25-27/21): Placed fourth in the high jump with a personal best 1.78m jump and 12th in the triple jump.

TRACK AND FIELD
2021 Outdoor
Season: Posted 10 top ten finishes.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set personal-best marks in both high jump and triple jump...Tallied six top-five finishes in both high jump and triple jump.

2019 Outdoor
Jim Thorpe (5/3): Jumped a then-personal best in high jump (1.68m). Bucknell Team Challenge (4/20): Jumped 1.55m to finish sixth in high jump. ASU Invitational (3/22-23): Finished third in high jump (1.60m).

2019 Indoor
Penn State Tune-Up (2/16): Finished third in both high jump and triple jump. Sykes & Sabock Challenge Cup (2/2): Set her collegiate best in the triple jump (11.52m). Bison Opener (11/30-12-1): Placed second in the high jump (1.60m) and fifth in triple jump (11.22).

BEFORE PENN STATE
HIGH SCHOOL PRs: 400 - 58.25, Triple jump - 39-0, High jump - 5-5

Won outdoor Virginia High School League (VHSL) Concord Conference 5 triple jump championship…Named 6A Region D outdoor triple jump champion…Named all-state in the triple jump and the high jump…Won Indoor VHSL Concord Conference 5 triple jump championship…Won VHSL 6A Region D indoor triple jump championship…Finished runner-up in the high jump and the triple jump at the VHSL 6A meet…Member of three school record setting relays - 4x100M, 4x400M, and sprint medley relay…Won 2017 Outdoor VHSL Concord Conference 5 triple jump championship...Named all-state in the triple jump VHSL 6A with a school-record mark of 39-0...Won indoor VHSL Concord Conference 5 triple jump title...Named team MVP in indoor and outdoor track & field…Won 2016 outdoor VHSL Concord Conference 5 high jump title...Won indoor VHSL Concord Conference 5 triple jump champion...Placed 19th in the triple jump at the 2017 New Balance Nationals Outdoor meet…Took ninth in the high jump at the 2016 New Balance Nationals Outdoor meet…Earned four varsity letters in indoor and outdoor track...Member of the National Honor Society...Member of the marching band for four years at Chantilly High School.



Antoinette BRADLEY

Fort Washington, Md.
Friendly
Senior
Sprints

COLLEGIATE PERSONAL BESTS: 400m – 55.62, 400mH – 57.48, 600m – 1:29.75

CAREER NOTES & RECORDS
Career: Won silver medal as a member of the 4x400m relay and bronze medal in the 600m event at 2020 Big Ten Indoor Championships.
Records: Broke into the top five in 600m for third all-time (1:29.75). Ranks sixth in program history in 400mh.

ON THE NATIONAL STAGE
NCAA East Prelims (5/26-29): Qualified in the 400h and 4x400m relay.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16): Placed third in the 400h with a personal best 57.48.
Big Ten Indoor Championships (2/28-29/20): Medaled in 600m and 4x400m events...Relay team placed second with a time of 3:37.69...Recorded third-best time in PSU history with third-place finish in the 600m
Big Ten Outdoor Championships (5/10-12/19): Ran a personal-best 1:00.13 in the 400-meter hurdles.
Big Ten Indoor Championships (2/22-23/19): Ran 1:34.92 in the 600m prelims...Distance Medley Relay team placed fifth, running 11:26.38.

2021 Outdoor
Season: Recorded ten top ten finishes.

2021 Indoor
Season: Won two of her three races.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Scored twice at Big Ten Indoor Championships with a second-place finish as a part of 4x400m relay team and a third-place finish in the 600m...Set a pair of personal-best marks in the

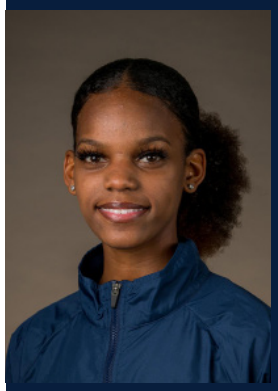
400m and 600m events...Ranks third-all time in Penn State history in the 600m race (1:29.75).

2019 Outdoor
Season: Ran a personal-best time at Big Ten Championships in the 400mH...Had five top-10 performances and two wins.

2019 Indoor
Season: Competed in 600m and DMR at the Big Ten Championships...Posted nine top-10 with 2 then-personal-bests.

BEFORE PENN STATE
HIGH SCHOOL PRs: 400mH - 60.95, 400m - 56.86

Competed for Ned Gunter at Friendly High School...Was part of team that won 2A and 1A Regional outdoor championship...Finished as 2A Indoor Runner-Ups and 1A Outdoor Runner-Ups... Placed first in 500m 2A at the Indoor State Championship...Won 300m hurdle 1A Outdoor state title and regional championship... Won 800m and 400m at 1A Regional Outdoor Championships... Was the 800m and 500m Prince George's County Indoor champion...Placed first in the 300m Hurdle Prince George's County Outdoor championship...Earned the Bob Leo Senior Women's Award...Placed 18th at the New Balance Outdoor National meet in 400m hurdles…Was a member of the National Honor Society.



Jermecia BROWN

Fort Lauderdale, Fla.
St. Thomas Aquinas
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.77, 100m - 12.34, 200m - 24.71, 400m - 56.49

ON THE NATIONAL STAGE
NCAA East Prelims - Qualified in the 4x400.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Set personal bests in the 200 (24.71) and 400 (56.49).

2021 Outdoor
Season: Recorded nine top ten finishes.

Big Ten Husker Invite (4/16-17): Posted a personal best of 12.34 in the 100m dash. Placed fifth in the 4x400m relay and sixth in the 4x100m relay.

2021 Indoor
Season: Posted six top ten finishes in three meets.

Penn State Invitational (1/23): Opened her collegiate career with a win in the 4x100m relay, a seventh place finish in the 200m dash and a ninth place finish in the 60m dash.

BEFORE PENN STATE
HIGH SCHOOL PRs: 100m - 11.81, 200m - 24.2, 400m - 54.9
Earned four varsity letters in track and field at St. Thomas Aquinas High School...Won state championship in 400m...Named All-Boward in the 4x400m event...Was a member of the honor roll... Has completed over 75 hours of community service.



Ryann BRUNDAGE

Corry, Pa.
Corry
Junior
Throws

COLLEGIATE PERSONAL BEST: Javelin – 43.26m

AWARDS: Academic All-Big Ten (2021)

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championship (5/14-16/21): Set a personal best in the javelin throw with a 43.26m throw.

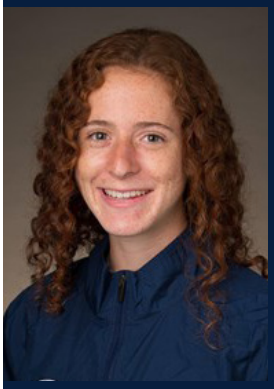
2021 Outdoor
Season: Placed in the top ten in the javelin in all 7 meets.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2019 Outdoor
Season: Set a collegiate best in javelin at the Jim Thorpe open (41.92m)...Posted four top-10 performances.

BEFORE PENN STATE
High School PR: Javelin - 142-10
Won two regional championships...Won four PA District 10 championships...Finished seventh at the PIAA state championships in 2017...Qualified four times for PA state championships...Set school record in javelin...Finished 10th at 2017 New Balance Outdoor Nationals...Finished fourth at USATF Hershey Outdoor Youth Nationals…Named four-time track & field team MVP...Earned four letters in volleyball...Earned two letters in basketball...Was a member of the National Honor Society.

RETURNERS



Megan CIASULLO

Ambler, Pa.
Mount Saint Joseph
Junior
Distance

COLLEGIATE PERSONAL BESTS: 6k - 21:05.8

AWARDS: Academic All-Big Ten (2021)

CAREER NOTES & RECORDS
Career: Finished 41st to help Nittany Lions win 2019 Mid-Atlantic regional title.

ON A NATIONAL STAGE
NCAA Cross Country Championships (11/23/19): Ran 21:52.1 to help Nittany Lions to a No. 18 finish...Finished 177th.
NCAA Mid-Atlantic Regional (11/15/19): Secured the regional title as No. 5 finisher for Nittany Lions...Ran a personal-best 21:05.8 for 41st.

AT BIG TEN CHAMPIONSHIPS
Big Ten Cross Country Championships (11/3/19): Ran a then-personal-best time of 21:15.3 for 40th.

Did not compete in 2021

Cross Country
2019
Season: Member of 2019 regional championship team...Ran to a pair of top-20 finishes and season-best seventh place in home opener..

Track & Field
2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Ran in one meet, unattached.

BEFORE PENN STATE
Earned four varsity letters in cross country, indoor and outdoor trackat Mount Sait Joseph Academy...Holds the school record in the 3200m race.



Isabella CULVER

Millheim, Pa.
Penns Valley
Junior
Distance

COLLEGIATE PERSONAL BESTS: 600m - 1:35.87, 800m - 2:16.37

CAREER NOTES & RECORDS
Career: Competed in DMR in first Big Ten Indoor Championships

AT BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/28-29/20): Member of the DMR team that placed ninth (11:50.15).

2021 Season
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic

2020 Indoor
Season: Set personal-best marks in 600m and 800m.

BEFORE PENN STATE
Attended Penns Valley Area Senior High School...Earned four letters in volleyball, basketball and track & field...Named team MVP twice in track & field...Won three district championships in the 400m and PIAA 400m state runner-up in 2018...Won 200m district championship...Holds 400m school and district record... Named 2019 PIAA AA District 6 Outstanding Women's Athlete, Penns Valley Outstanding Female Senior Athlete...Qualified for four state championships and named four-time all-conference in the 400m race...Captained all three teams...Scored 1,000 points in basketball...Named all-conference twice in both volleyball and basketball...Earned National Honor Society status...Named 2018 Centre Daily Times Inspiring Student-Athlete.



Faith DeMARS

Ballston Spa, N.Y.
Ballston Spa
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: Mile - 4:54.24, 3000m - 9:45.27

2021 Indoor
Competed in two meets for the Nittany Lions.

BEFORE PENN STATE
HIGH SCHOOL PRs: XC 5k - 18:03.27, 2000mSC - 6:51.67, 3000m - 9:47.92, 1500m - 4:35.18
Earned five varsity letters in indoor and outdoor track & field... Earned four varsity letters in cross country...Named team MVP three times in cross country, indoor track and outdoor track at Ballston Spa High School...Won seven state medals...Set seven Ballston Spa school records...Named to Suburban Council All-Star squad five times...Selected New York Sportswriters All-State in cross country...Won USATF JO national championship in 2000mSC.



Katherine FEDKO

Gibsonia, Pa.
Hampton
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: Mile - 5:03.23, 3000m - 10:04.87, 5000m - 16:48.42

AWARDS: Academic All-Big Ten (2021)

2021 Outdoor
Maryland B1G Invite (5/26) - Placed second in the 3000m with a season best 10:04.87.

2021 Indoor
Penn State Tri-Meet (2/6) - Placed eighth in the mile with a season best 5:03.23.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PRs: Mile - 5:13, 3200 - 11:10, 5k - 18:21
Earned four varsity letters in track and cross country...Won two WPIAL cross country championships...Qualified for New Balance nationals in both indoor and outdoor track.

RETURNERS



Kathleen GALLAGHER

Frederick, Md.
Linganore
Junior
Jumps

COLLEGIATE PERSONAL-BEST MARKS: High Jump - 1.70m

AWARDS: Academic All-Big Ten (2021)

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 12th in the high jump with a personal best 1.70m jump.

2021 Outdoor
Recorded jumps of 1.65m in three consecutive meets before setting a career best of 1.70m at the conference championships.

2020 Outdoor
Season cancelled due to COVID-19 pandemic

2020 Indoor Season
Season: Competed in five meets...Set a collegiate-best height in the high jump.

Sykes & Sabock Challenge (2/8): Cleared 5-4.25 (1.63m) to set collegiate-personal height.

2019
Did Not Compete.

BEFORE PENN STATE
High School PR: High jump - 5-7
Won 2018 Outdoor Maryland 3A state title with Linganore High School...Won 2018 Outdoor Maryland 3A West regional title...Won 2018 Indoor Maryland 3A state title...Won 2018 Indoor Maryland 3A West regional title...Won 2018 Indoor Central Maryland conference title...Won 2018 Indoor Frederick county championship... Holds Linganore high jump school record...Named to 2018 FNP All-CMC first team for spring...Named to 2018 All-CMC first team for winter…Competed at 2018 New Balance Indoor Nationals in NYC...Tied for fourth in Emerging Elite Division...Placed 43rd in National Championship Division at 2018 New Balance Outdoor Nationals.



Breana GAMBRELL

Athens, Pa.
Athens
Senior
Jumps

COLLEGIATE PERSONAL BESTS: Long Jump – 6.31m, Triple Jump – 12.60m, 60m - 7.66, 100m - 12.25, 200 - 25.20

CAREER NOTES & RECORDS
Awards: Academic All-Big Ten (2021)
Career: Placed seventh in both long jump and triple jump events to score points at 2020 Big Ten Indoor Championships.

ON A NATIONAL STAGE
NCAA Outdoor East Prelims (5/26-29/21): Competed in the long jump event.
NCAA Outdoor East Prelims (5/23-25/19): Competed in the long jump event.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed fifth in the long jump, seventh in the triple jump and ninth in the 4x100.
Big Ten Indoor Championships (2/28-29/20): Scored points in both long jump and triple jump with seventh-place finishes.
Big Ten Outdoor Championships (5/10-12/19): Finished sixth with a best distance of 6.06m in long jump finals...Scored three points for Penn State.
Big Ten Indoor Championships (2/22-23/19): Finished 11th in postseason debut

2021 Outdoor
Jesse Owens Invite (4/30-5/1): Won both the long jump and triple jump and placed third in the 4x100.

2021 Indoor
Penn State Invite (1/23): Won the triple jump with a personal best 12.60m jump while also winning the long jump.

2020 Outdoor
Season cancelled due to COVID-19 pandemic

2020 Indoor
Season: Posted a pair of personal-best marks in the triple jump and long jump events. Scored points for the Nittany Lions at the Big Ten Indoor Championships in two events. Placed first four times during indoor campaign.

2019 Outdoor
Season: Won long jump at the Bison Outdoor Classic and Jim Thorpe meets…Posted seven top-10 finishes…Qualified for the NCAA East Prelims in the long jump...Scored three points for the Nittany Lions at Big Ten Championships with her sixth place finish in the long jump.

2019 Indoor
Season: Competed in the long jump at the Big Ten Indoor Championships...Set personal bests in three events in the 60m, 200m and triple jump.

BEFORE PENN STATE
HIGH SCHOOL PRs: Long Jump - 20-8.5 (o), 20-1.5 (i), Triple Jump - 8-8.75 (o), 38-2.5 (i), 100m - 11.83
Was a three-sport athlete Athens Area High School, earning four letters in track & field, basketball and soccer... Named team captain for track and field...Finished second at 2018 state championship (AA)...Finished third at 2017 state championship (AA)...Holds school record in the long jump, triple jump, 100 and 4x100...Won four PIAA state championships...Set state record in long jump... Holds all conditions state record in long jump...Won 14 District 6 championships and holds record in long jump, 100m and 4x100... Won two team district IV championships...Won indoor state title in triple jump... Named all-state seven times...Won 12 national championships...Won four team national championships…Earned New Balance National All-America honors twice...Placed fourth in 2018 long jump both indoor and outdoor...Won 2018 Penn Relays long jump championship…Holds school record in javelin throw... Named javelin All-American...Was a member of National Honor Society...Four-time Honor Roll recipient.



Rachel
GEARING

Cleveland, Ga.
White County
Senior
Jumps

COLLEGIATE PERSONAL BESTS: 200m – 25.96, 400m - 56.42, Long Jump – 5.63m, Triple Jump – 12.45m

AT BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/28-29/20): Placed 10th in triple jump.
Big Ten Outdoor Championships (5/10-12/19): Finished eighth in triple jump finals for the Nittany Lions and contributed a point Nittany Lions.

2021 Outdoor
Maryland Big Ten Invite (3/26-27): Placed third in both the 400 and 4x400m.

2021 Indoor
Penn State Tri-Meet (2/6/21): Opened the season with a win in the 4x400m relay.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Placed 10th in triple jump at first Big Ten Indoor Championships.

Penn State National Open (1/31-2/1): Reached 40-2.75 (12.26m) for second place and season-best in triple jump.

2019 Outdoor
Season: Competed in triple jump at the Big Ten Championships and finished eighth…Set personal-best distance in the triple jump (12.45m) at Bison Outdoor Classic...Won two triple jump events.

LSU Battle on the Bayou (4/13-14): Kicked off outdoor season with third-place finish in triple jump (12.30m). Bison Outdoor Classic (4/13-14): Won triple jump event and set personal best (12.45m). Jim Thorpe Open (5/3): Won triple jump event (12.36mw).

2019 Indoor
Season: Posted seven top-10 finishes…Set personal best in the 200m.

Bison Opener (11/30-12/1): Jumped 5.60m and 11.62m in the long jump and triple jump. Penn State National (1/25-26): Posted collegiate best 5.63m in long jump.
Sykes & Sabock Challenge Cup (2/2): Ran personal-best 25.96 in the 200m. Penn State Tune-Up (2/16): Finished second in triple jump (12.25m).

BEFORE PENN STATE
HIGH SCHOOL PRs: Long jump - 18-8 (5.68m), triple jump - 39-8 (12.09m)
Earned four varsity letters and named team captain in basketball, cross country, soccer and track & field at White County High School…Set multiple school records: 400m, 4x400m relay, 4x100m relay, long jump and triple jump…

RETURNERS



Elizabeth GILPATRICK

Boalsburg, Pa.
State College
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 800m - 2:25.84, 5:04.26

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Placed 25th in the mile with a time of 5:04.11.

Outdoor 2021
Did not compete.

Indoor 2021
Nittany Lion Opener (1/16): Opened the season with a win in the mile with a personal best time of 5:04.06.

BEFORE PENN STATE
HIGH SCHOOL PRs: 800m – 2:21, Mile – 5:12, 2 Mile – 11:25, XC 5k – 18:58

Earned seven varsity letters at State College High School…Member of 2019 Cross Country state championship runner-up team… Won 4x800m district championship and team district championships in track and cross country…Finished as 1600m district runner-up…Finished as team state runner-up in both indoor and outdoor track in 2018.



Taylor GIVENS

State College, Pa.
State College
Junior
Multi-Events

COLLEGIATE PERSONAL BESTS: 800m - 2:25.84, 5:04.26

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Placed 25th in the mile with a time of 5:04.11.

Outdoor 2021
Did not compete.

Indoor 2021
Nittany Lion Opener (1/16): Opened the season with a win in the mile with a personal best time of 5:04.06.

BEFORE PENN STATE
HIGH SCHOOL PRs: 800m – 2:21, Mile – 5:12, 2 Mile – 11:25, XC 5k – 18:58

Earned seven varsity letters at State College High School…Member of 2019 Cross Country state championship runner-up team… Won 4x800m district championship and team district championships in track and cross country…Finished as 1600m district runner-up…Finished as team state runner-up in both indoor and outdoor track in 2018.



Zoey GOLDSTEIN

Lorton, Va.
South County
Sophomore
Sprints

BEFORE PENN STATE
HIGH SCHOOL PRs: 55m - 7.28, 300m - 39.77, 500m - 1:14.75
Earned all-region, all-state and All-America honors three times at South County High School...Won four district championships and four region titles...Set five school records...Earned Scholar Athlete Award...Was a member of the National Honors Society.

RETURNERS



Ekaterina HUPALO

Mission Hills, Calif.
Bishop Alemany
Senior
Sprints

COLLEGIATE PERSONAL BESTS: 60mH – 8.48, 100mH – 13.70, 200m – 25.35

AWARDS: Academic All-Big Ten (2021)

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Set a personal best of 13.70 in the 100h prelims.
Big Ten Indoor Championships (5/25-27/21): Competed in the 60h.
Big Ten Indoor Championships (2/28-29/20): Matched a personal-best mark in 60mH (8.57).

2021 Outdoor
Jesse Owens Invite (4/30-5/1): Set a season best in the 100h with a 13.68w.

2021 Indoor
Penn State Tri-Meet (2/6): Won the 60h with a personal best time of 8.48 and placed fourth in the 200m dash.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set a personal-best mark in 60mH at Big Ten Indoor Championships...Placed in top 10 three times in 60mH event.

2019 Outdoor
Season: Won two 100mH events...Posted five top-10 finishes... Set a collegiate-best time in the 100m hurdles (15.20)

2019 Indoor
Season: Set two personal-bests in 200m and 60m hurdles...Won 60mH at Penn State Tune-Up.

BEFORE PENN STATE
High School PRs: 60mH - 8.91, 100mH - 14.36, 300mH - 44.54
Earned four varsity letters in track & field...Won the 100mh and 4x100m league championship in 2018...Finished as league 100mH and 300mH as runner-up (2017)...Holds Sunshine League record in the 100mh...Member of school record shuttle hurdle relay team (2018)...Earned 2018 PrepCalTrack “Elite Marks” in 100mH, 300m, and as a member of 4x100m and shuttle hurdle relays...Finished 2018 indoor season ranked third in California in 60mH by MileSplitCA...Named Varsity Women’s 2018 MVP...Won Sunshine League Championship (2017-18)...Placed second at California Interscholastic Federation Division 3 (2018)...Qualified for the New Balance National Indoor and Outdoor Championships (2018)...Finished sixth in the 100mH and the 4x100m relay at the Mt. SAC Relays (2018)...Earned three USATF Youth All-American honors in long jump and hurdles...Participated at USATF Junior Olympic National Championships (2010-12, ’14, ’17).. and participated in AAU Junior Olympic National Championships (2011, ’17).



Taylor JEDE

Mechanicsburg, Pa.
Cumberland Valley
Sophomore
Hurdles/Sprints

COLLEGIATE PERSONAL BESTS: 600m - 1:35.12, 400h - 1:02.92

AWARDS: Academic All-Big Ten (2021)

AT THE BIG TEN CHAMPIONSHIPS:
Big Ten Outdoor Championship (5/14-16/21): Set a personal best 1:02.92 in the 400h prelims.
Big Ten Indoor Championships (2/25-27/21): Placed seventh in the 4x400 relay and 11th in the 600m.

2021 Outdoor
Rutgers B1G Tri (4/10): Placed second in the 400h with a time of 1:03.32.

2021 Indoor
Penn State Tri (2/6): Set a personal best in the 600m with a time of 1:35.12.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PRs: 300mH - 43.98, 200m - 25.68, 4x400m - 3:57.85, 400m - 58.18, 400mH - 1:03.10.
Earned four varsity letters in track and field and two in soccer at Cumberland Valley High School…Won 300m hurdles district championship…Finalist in 300m hurdles at state championships three times…Won Mid Penn 300m hurdles in 2018 & 2019… Won 200m Mid Penn championship in 2019…Holds school record in 200m and 4x400m…Set junior record in 400m and 400m hurdles...Was a member of the National Honors Society…Earned Jerry Brooks Academic Award

RETURNERS



Katie JONES

Williamsport, Pa.
South Williamsport
Senior
Pole Vault

COLLEGIATE PERSONAL BEST: Pole Vault - 4.25m

CAREER NOTES & AWARDS
CAREER: Won Big Ten Championship in indoor pole vault (2020).
RECORDS: Holds school record in indoor pole vault (4.25m) and ranks second in outdoor pole vault (4.15m).
AWARDS: Academic All-Big Ten (2021)

ON A NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Qualified in pole vault.
NCAA East Prelims (5/24-26/18): Qualified in pole vault.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed sixth in the pole vault with a height of 4.07m.
Big Ten Indoor Championships (2/25-27/21): Placed fourth in the pole vault with a season-best height of 4.15m
Big Ten Indoor Championships (2/28-29/20): Won Big Ten championship with a school record height of 13-11.25 (4.25m).
Big Ten Outdoor Championships (5/11-13/18): Recorded a personal-best to tie school record (4.12m) and placed sixth in the pole vault.
Big Ten Indoor Championships (2/23-24/18): Finished 15th in pole vault (12-6.75, 3.83m).

2021 Outdoor
Won the pole vault event four times and set a personal best of 4.15m in the outdoor pole vault at the Big Ten Outdoor Championships. The vault ranks second in program history.

2021 Indoor
Competed three times during the indoor season, placing in the top five each time.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Won Penn State's second ever indoor Big Ten championship in women's pole vault...Set new school record en route to the title (4.25m).

2019
Did not compete.

2018 Outdoor
Season: Tied Penn State outdoor record in pole vault at Big Ten Championships (4.12m). Scored for Nittany Lions with her sixth-place finish at Big Ten Championships. Placed fourth (4.11m).

2018 Indoor
Season: Recorded a then-personal-best height of (4.09m) in the pole vault at the Sykes & Sabock Challenge Cup…Ranked fourth all-time at Penn State with a height of 4.09m...Competed at the Big Ten Championships in the pole vault.

BEFORE PENN STATE
HIGH SCHOOL PRs: Pole Vault - 13-9.25(i), 13-7
Won four District 4 Championships (2014, 2015, 2016, 2017)… Won four Pennsylvania Heartland Athletic Conference Championships (2014, 2015, 2016, 2017)…Placed fourth at 2015 PIAA AA State Championships…Won 2016 and 2017 PIAA AA State championships…Then won back to back PTFCA Indoor State Championships (2016, 2017)…Won 2016 Penn Relays Championship… Holds Pennsylvania indoor and outdoor state records…Named 2016 and 2017 Williamsport Sun-Gazette Female Athlete of the Year…Earned bronze medal at 2016 Indoor New Balance Nationals and silver at 2016 Outdoor New Balance Nationals…Won 2017 Indoor New Balance National Championship and earned silver medal at 2017 Outdoor New Balance Nationals.



Kileigh KANE

State College, Pa.
State College
Junior
Distance

COLLEGIATE PERSONAL BEST: 6k - 21:36.5

ON A NATIONAL STAGE
NCAA Mid-Atlantic Regional (11/5/19): Made regional debut with a 21:54.4 for 77th place.

AT BIG TEN CHAMPIONSHIPS
Big Ten Cross Country Championships (11/3/19): Set a collegiate personal-best time of 21:36.5 for 62nd.

Track & Field

2021 Season
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

Cross Country
Season: Competed at the NCAA Mid-Atlantic Regional and the Big Ten Cross Country Championships.

BEFORE PENN STATE
Earned three letters in cross country and four letters in track & field at State College High School...Named team MVP in 2018 and team captain...Finished as 2017 cross country District 6 runner-up...Won 2018 cross country District 6 champion...Finished

as 2018 PA cross country state runner-up...Won 2018 District 6 4x800 and 1600-meter championships...Finished third in 4x800 and sixth in 1600 at PA state meet. Won 2019 District 6 1600-meter championship...Finished fourth in 1600m at PA state meet in 2019...Finished 10th at 2019 New Balance Nationals Indoor in the mile...Finished fifth in the mile at 2019 Penn Relays.



Mallory KAUFFMAN

Millerstown, Pa.
Greenwood
Junior
Throws

COLLEGIATE PERSONAL BESTS: Weight Throw - 16.13m, Shot put - 16.33m, DT - 48.27m

AWARDS: Academic All-Big Ten (2021)

ON THE NATIONAL STAGE
NCAA East Prelims (5/26-29/21) - Qualified in the shot put.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 17th in the shot put with a 14.88m throw.
Big Ten Indoor Championships (2/25-27/21): Recorded career best 16.13m toss in the weight throw. Placed 14th in the shot put.
Big Ten Indoor Championships (2/28-29/20): Placed 14th in first Big Ten Championships with a best throw of 14.71m.

2021 Outdoor
Jesse Owens Invitational (4/30-5/1): Placed third in the shot put with a personal best 16.33m throw and placed eighth in the discus throw.

2021 Indoor
Placed third in the shot put at all three of her regular season meets.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set a pair of collegiate-personal bests in shot put and weight throw...Posted three top-five finishes.

BEFORE PENN STATE
HIGH SCHOOL PRs: Discus - 160-8, Shot put - 48-3.75
Lettered four years in track and field and three years in basketball at Greenwood High School…Won three district championships in shot put and discus…Captured 2019 state championships in shot put and discus…Named PIAA first team All-State in shot put and discus...Was a member of the National Honor Society



Piper KLINGER

Selinsgrove, Pa.
Selinsgrove
Senior
Throws

COLLEGIATE PERSONAL BESTS: SP - 12.31m, DT - 50.29m, HT - 52.96m, WT - 18.32m

ON THE NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Qualified in the discus throw.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Competed in both the discus throw and hammer throw.
Big Ten Indoor Championships (2/25-27/21): Set a personal best in the weight throw of 69-1.25 (18.32).
Big Ten Indoor Championships (2/28-29/20): Threw a then personal-best distance of 58-8.75 (17.90m).
Big Ten Outdoor Championships (5/01-12/19): Competed in both discus and hammer throw events.

2021 Outdoor
Jesse Owens Invite (4/30-5/1): Set a personal best in the discus throw of 50.29m and placed seventh in the hammer throw.

2021 Indoor
Big Ten Indoor Championships (2/25-27): Recorded a personal best weight throw of 18.32m.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Posted three top-five finishes...Threw a collegiate personal-best in weight throw at Big Ten Indoor Championships.

2019 Outdoor
Season: Set personal-best marks in hammer throw (50.62m) shot put (12.31m) and discus (46.16m)...Recorded 10 top-10 finishes in 2019.

BEFORE PENN STATE
HIGH SCHOOL PRs: Discus - 160-0, Shot put - 42-7
Won three PIAA District 4 championships...Won three Heartland Conference championships...Set Selinsgrove High School record in discus throw...Earned second-team all-state honors...Named to first team all-conference...Named, Daily Item Field Athlete of the Year...Earned four state medals...Earned three varsity letters in track and also lettered in both soccer and bowling...Captained bowling team...Finished seventh at the bowling state championships…Finished second in the discus at 2017 New Balance Nationals Emerging Elite...Finished 12th in discus at 2018 New Balance Nationals...Qualified for New Balance National Emerging Elite in shot put.

RETURNERS



MaKenna KREBS

Harrisburg, Pa.
Central Dauphin East
Junior
Distance

COLLEGIATE PERSONAL BESTS: 800m - 2:14.07, 1000m - 2:55.87, 1500m - 4:38.87, Mile - 4:58.48, 3000m - 10:00.09, 3000s - 10:45.28

CAREER NOTES & RECORDS
Career: Placed ninth as a member of the DMR in first career Big Ten Indoor Championships.
Awards - Academic All-Big Ten (2021)

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Competed in the 3000m steeplechase.
Big Ten Cross Country Championships (1/30/21): Placed 54th with a time of 21:57.4.
Big Ten Indoor Championships (2/28-29/20): Member of DMR team that took ninth place, running 11:50.15.

2021 Outdoor
Jesse Owens Invite (5/7): Placed fifth in the 1500m run with a personal best time of 4:38.87.

2021 Indoor
Penn State Tri-Meet - Placed fourth in the 800m and fifth in the mile with a personal best time of 4:48.58.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set three collegiate personal-best marks...Had three top-five finishes.

Penn State National Open (1/31-2/1): Finished second in 1000m with personal-best time of 2:55.87. Penn State Tune Up (2/21): Set personal best in 800m race (2:14.07).

BEFORE PENN STATE
Earned four varsity letters in both cross country and track and field at Central Daughin East High School...Was 800m District 3 runner-up twice...Named PennLive Scholar Athlete of the Year... Named PennLive All-Star in 2018 and 2019.



Jane MADSON

Pittsburgh, Pa.
Upper Saint Clair
Junior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.77, 200m - 24.45, 400m - 55.69

CAREER NOTES & RECORDS
Career: Competed in both the 200m and 400m at first Big Ten Indoor Championships in 2020.
Awards: Academic All-Big Ten (2021)

AT BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/28-29/20): Ran two personal-best times in 200m (24.45) and 400m (55.69).

2021 Outdoor
Did not compete.

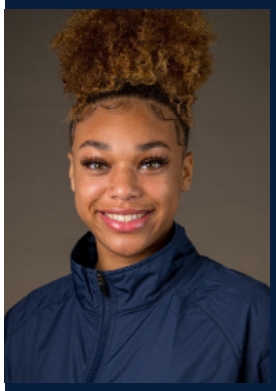
2021 Indoor
Season:Won events in all three of her meets in 2021.
Penn State Tri-Meet (2/6): Won the 4x400m relay and placed second in the 400m dash.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set three personal-best marks in first collegiate season.

Penn State National Open (1/31-2/1): Set a personal-best mark in 60m (7.77).

BEFORE PENN STATE
High School PRs: 400m - 58.45, 200m - 24.65, 100m - 12.30
Participated in 2019 Spire Institute Ohio High School Indoor Meet 200m...Finished second in 200m Indoor Championship Medalist...Finished third in the 100m WPIAL (2018)...Finished second in the 200m WPIAL (2018)...Finished fifth in the 200m at the PIAA Championships (2018, 2019)...Holds the high school record for the 100m and 200m...Earned three letters in soccer at Upper St. Clair.



Victoria MATHIEW

Houston, Texas.
Travis
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 200m - 25.07, 60h - 8.61, 100h - 13.89, 400h - 1:07.30

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 19th in the 100h with a season best 13.89.

2021 Outdoor
Jesse Owens Invite (4/30-5/1): Placed eighth in the 100h and ninth in the 400h with a season best time of 1:07.30.

BEFORE PENN STATE
HIGH SCHOOL PRs: 100mH - 13.65, 300mH - 42.84
Placed third at the 2018 and 2019 Texas State Championships in 300mH at Travis High School...Named Travis High School Team MVP twice...Finalist in the 100mH at the 2019 Texas State Championships.



Sera MAZZA

Centre Hall, Pa.
St. Joseph's
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 1500m - 4:40.89, Mile - 5:03.42, 3000m - 10:12.41, 5000m - 17:18.65, 3000s - 11:08.67

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/27-29/21): Competed in the 5000m run.
Big Ten Cross Country Championships (1/30/21): Placed 42nd in her first Big Ten Championship event.

2021 Outdoor
Jim Thrope Invite (5/7): Placed second in the 1500m run with a season-best time of 4:40.89.

2021 Indoor
Nittany Lion Opener (1/16) - Opened the year with a season-best 10:12.41 in the 3000m run.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Competed at Nittany Lion Challenge, unattached.

BEFORE PENN STATE
Earned four letters in both track and cross country at St. Joseph's Catholic Academy...Won cross country state championship along with three district championships...Captured two district titles in 1600m race.

RETURNERS



Kaylee McCullough

Feasterville, PA
Neshaminy
Sophomore
Distance/XC

COLLEGIATE PERSONAL BESTS: 1500m - 4:47.29, 3000m - 10:07.54, 5000m - 17:41.08

2021 Outdoor
Jim Thorpe Invite (5/7): Placed fourth in the 1500m with a season-best time of 4:47.29.

2021 Indoor
Placed 10th in the 3000m run in her only competition of the indoor season.

BEFORE PENN STATE
HIGH SCHOOL PRs: 3k – 10:12, 3200m – 10:55
Earned four varsity letters in cross country, indoor track and outdoor track…Was twice named Buck Country Runner of the Year…Earned All-State honors twice…Named Neshaminy High School's Outstanding Female Athlete.



Mary MCDAVID

Philadelphia, Pa.
Penn Charter
Sophomore
Distance

2021 Season
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
Lettered four times in cross country and track at William Penn Charter School...Won 2018 Inter-Academic League Cross Country Team Championship, 2018 PAISAA Cross Country Team Championship and was a member of 2019 Indoor DMR State championship...Named All-Inter-Ac as junior and senior in cross country (2017-2018), PAISAA second team All-State as a senior in cross country (2018)...Holds school record in the mile and part of the DMR and 4x800 relay teams.



Leena MORANT

Cedar Grove, N.J.
Union Catholic
Sophomore
Distance

2021 Season
Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PRs: 400m - 56.55, 600m - 1:34.07, 800m - 2:08.91, 5k - 18:40.00
Won Sprint Medley Relay Indoor National Championship and 4x800m Outdoor National Championship...Ran to four 800m New Jersey state championships...Set three Union Catholic school records.



Carena NOTTOLI

Landisville, Pa.
Hempfield
Junior
Pole Vault

COLLEGIATE PERSONAL BESTS: 100m - 12.71 (0.6), Pole Vault - 4.02m

CAREER NOTE & RECORDS
Career: Qualified for 2019 NCAA East Prelims in pole vault... Placed eighth in pole vault at 2020 Big Ten Indoor Championships...Finished fourth in pole vault at the 2019 Big Ten Indoor Championships.

Records: Ranks sixth all-time on Penn State's outdoor pole vault (4.02m) performance list.

ON THE NATIONAL STAGE
NCAA East Prelims (5/23-25/19): Qualified in pole vault and cleared 3.77.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 14th in the pole vault with a clearance of 3.80m.
Big Ten Indoor Championships (2/25-27/21): Competed in the pole vault event.
Big Ten Indoor Championships (2/28-29/20): Scored points with an eighth-place finish (3.95m).
Big Ten Outdoor Championships (5/10-12/19): Finished 14th with a height of 3.72m.
Big Ten Indoor Championships (2/22-23/19): Finished fourth in pole vault, clearing 3.94m...Scored 4.5 points for Penn State.

2021 Outdoor
Big Ten Relays (4/23): Placed seventh in the pole vault with a season best 3.91m vault.

2021 Indoor
Penn State Tri-Meet (2/6): Placed fifth in the pole vault in her only regular season meet of the season.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Scored points at Big Ten Indoor Championships with an eighth-place finish...Placed in the top-10 in all seven meets.

2019 Outdoor
Season: Ranks fourth in pole vault all-time at Penn State with a height of 4.02m…Qualified for NCAA East Prelims in pole vault... Set two personal bests.

2019 Indoor
Season: Placed in top five in seven meets in pole vault. Scored points for Penn with a fourth-place finish in the pole vault at the Big Ten Championships.

BEFORE PENN STATE
HIGH SCHOOL PRs: Pole vault: 12-9
Named two-time team captain at Hempfield High School…Won state championship in pole vault (12-6) in 2017…Qualified for state and districts in the 4x100m...Qualified for districts in the 100m dash, 4x100m, & pole vault in 2016…Qualified for state in the 4x100m & pole vault in 2017…Qualified for districts in the 100m dash, 200m dash, 4x100m, & pole vault…Competed at the Millrose games in 2017.



Chibugo OBICHERE

Valley Stream, N. Y.
Vally Stream South
Sophomore
Sprints/Hurdles

COLLEGIATE PERSONAL BESTS: 60mH - 8.60, 100h - 14.01, 200m - 26.89

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Set a personal best with a time of 14.01 in the 100h.
Big Ten Indoor Championships (2/25-27/21: Competed in the 60mh prelims.

2021 Outdoor
Recorded a personal best time of 14.01 at the Big Ten Championships.

2021 Indoor
Penn State Tri-Meet (2/6) - Set a personal best time of 8.65 in the 60h.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Clocked a pair of personal-best marks in the 60mH and 200m events.

Penn State National Open (1/31-2/1): Crossed finish line with a personal best mark in 60mH (8.66). Sykes & Sabock Challenge (2/8): Ran personal best time in 200m (26.89.

BEFORE PENN STATE
Attended Valley Stream South High School.....Won five New York state championships...Earned All-America status in the sprint medley relay...Named first team All-Long Island (2017-2019)... Named Nassau County Track and Field Athlete of the Year (2017). Named Long Island Track and Field Athlete of the Year (2018)...Named 2018 USATF Long Island Track Athlete of the Year...Named 2019 Glenn D. Loucks Dr. Charles "Doc" Blanford Outstanding Female Runner Award... Named the Vice President high school class.



Alexa PARKS

Pipersville, Pa.
Palisades
Senior
Jumps

COLLEGIATE PERSONAL BESTS: High Jump - 1.83m

CAREER NOTES & RECORDS
Career: Qualified for 2020 NCAA Indoor Championships in the high jump prior to cancellation of event due to the COVID-19 pandemic...Qualified for 2019 NCAA East Prelims in high jump... Scored points for Nittany Lions at the Big Ten indoor Championships twice in the high jump. Academic All-Big Ten (2021)
Records: Holds Penn State school record in the high jump event (6-0/18.83m), becoming the first to ever clear 6-0 (1.83m).

ON A NATIONAL STAGE
NCAA Indoor Championships (3/13-14/20): Qualified for NCAA Indoor Championships in the high jump...Championship cancelled due to COVID-19 pandemic.
NCAA East Prelims (5/23-25/19): Qualified for NCAA East Prelims in high jump.

AT BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Competed in high jump.
Big Ten Indoor Championships (2/28-29/20): Placed fourth in high jump to add 4.5 points to the Nittany Lions total...Cleared 1.76m.
Big Ten Outdoor Championships (5/10-12/19): Competed in high jump.
Big Ten Indoor Championships (2/22-23/19): Finished third in high jump a best height of 1.73m...Scored six points for Nittany Lions.

2021 Outdoor
Season: Competed in four meets for the Nittany Lions, placing third at the Rutgers Tri-Meet with a season-best jump of 1.66m.

2021 Indoor
Season: Opened the season with three consecutive jumps over 1.70m including a win at the Penn State Invitational.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Won three high jump events...Placed in top-five in high jump in all six meets in which she competed...Set Penn State school record in the high jump.

2019 Outdoor
Season: Qualified for NCAA East Prelims in the high jump and set a personal-best (1.76m).

2019 Indoor
Season: Finished third at Big Ten Indoor Track and Field Championships in high jump. Scored points at the Big Ten Championships with her third-place finish. Posted six, top five finishes in the high jump.

2018 Outdoor
Season: Recorded two top-10 finishes during outdoor season.

Pac-12 vs Big Ten Invitational (3/23-24): Cleared 1.65m in collegiate debut.

2018 Indoor
Season: Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PR: High Jump: 5'-9" (1.75m)
Finished 31st at the 2016 New Balance Nationals Outdoor... Finished 20th 2017 New Balance Nationals Outdoors.



Gianna RAO

Ponaganset, R.I.
Ponaganset
Senior
Throws

COLLEGIATE PERSONAL-BESTS: Hammer throw - 60.24m, Weight throw - 20.50m

CAREER NOTES & RECORDS
Career: Qualified for NCAA East Prelims in hammer throw event in 2019 and 2021.
Records: Ranks third all-time on Penn State list in the hammer throw (60.24m) and fourth in the weight throw (20.50).

ON A NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Qualified in hammer throw.
NCAA East Prelims (5/23-25/19): Qualified in hammer throw.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed seventh in the weight throw with a distance of 58.41m.
Big Ten Indoor Championships (2/28-29/20): Placed 10th in weight throw with a distance of 62-6.75 (19.07m).
Big Ten Outdoor Championship (5/10-12/19): Competed in hammer throw.
Big Ten Indoor Championships (2/22-23/19): Finished 14th in weight throw (18.43m).

2021 Outdoor
Jesse Owens Invite (4/30-5/1): Placed second in the weight throw

with a career-best throw of 60.24m.

2021 Indoor
Placed second in the weight throw with a distance of 18.23m in her only competition of the season.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set a personal-best mark in the weight throw event... Won two weight throw events and placed in the top-10 in five other meets.

2019 Outdoor
Season: Set a personal-best in hammer throw (59.05m) that ranks fourth all-time in Penn State history...Won the hammer throw event at lone home meet.

2019 Indoor
Season: Posted five top-5 finishes in weight throw in eight meets in freshman indoor season...Set a personal-best in the weight throw (19.57m).

BEFORE PENN STATE
High School PRs: Weight throw: 63-2, Hammer throw: 189-2
Earned eight letters in track/XC and two-time letterwinner in soccer...Named six-time team MVP at Ponaganset High School... Earned five All-American honors...Earned three All-New England honors both indoor and outdoor...Garnered two first team all-state honors indoor and outdoor…Threw fourth-farthest throw of all-time in weight throw for high school girls...Placed as runner-up in weight throw two times at NBNI...Owns the Rhode Island state record in the weight throw...Finished fourth at 2016 New Balance National Indoors...Finished second at the 2017 New Balance National Indoors...Finished second at 2018 New Balance National Indoors and 2016 New Balance National Outdoors...Finished fourth at 2016 New Balance National Outdoors...Finalist at USA Juniors.



Madison
SMITH

New Oxford, Pa.
New Oxford
Senior
Throws

COLLEGIATE PERSONAL BEST: Javelin - 53.03m

CAREER NOTES & RECORDS
Records: Ranks fifth all-time in Penn State history in javelin (53.03m).

ON A NATIONAL STAGE
NCAA East Prelims (5/26-28/21): Qualified in the javelin for the third time.
NCAA East Prelims (5/23-25/19): Qualified in javelin for the second-straight season.
NCAA East Prelims (5/24-26/18): Qualified for and made first NCAA appearance in javelin.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Championships (5/14-16/21): Placed second in the javelin with a personal best throw of 53.03m.
Big Ten Championships (5/10-12/19): Finished second in javelin with a then personal-best throw of 52.85m...Scored eight points for Penn State.
Big Ten Championships (5/11-13/18): Finished fifth in javelin (48.83m).

2021 Outdoor
Season: Won the javelin event three times and claimed the silver medal at the Big Ten Championships in the javelin.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2019 Outdoor
Season: Placed second in javelin at Big Ten Championships... Set a personal-best in javelin (52.85m)...Qualified for her second NCAA East Prelims in javelin...Won two javelin events during outdoor season.

2018 Outdoor
Season: Placed fifth at Big Ten Championships in javelin as a freshman...Qualified for NCAA East Prelims in javelin...Posted five top-five finishes in javelin.

BEFORE PENN STATE
High School PR: Javelin – 148-3
Earned three letters for Jason Warner and Steve Brown...Finished third in javelin at counties and fifth in discus…Finished fifth at districts in the javelin…Finished second in javelin at state meet… Won javelin event at counties and finished fourth in discus…Set district record in the javelin (141')…Won javelin event and finished sixth in discus…Finished third in javelin at state meet…Won counties in javelin and finished fourth in discus as a senior…Finished second at districts in javelin…Finished third in javelin...Holds New Oxford High school record in the javelin (148'-3")…Named National Federation of High School (NFHS) Honor Roll (2016,2017)… Competed in javelin at Penn Relays (2016, 2017 eighth place).

RETURNERS



Jean STARR

Leechberg, Pa.
Kiski Area
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: HT - 49.26m, WT - 15.90m

AWARDS: Academic All-Big Ten (2021)

2021 Outdoor
Maryland B1G Invite (3/26-27/21): Placed eighth in the hammer throw with a season-best throw of 49.26m.

2021 Indoor
Penn State Tri-Meet (2/6): Placed seventh in the weight throw with a distance of 15.90m.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
High School PRs: Shot put – 40-6, Discus – 125-10, Javelin - 114'1
Named team captain as a junior and senior at Kiski Area High School...Won shot put and discus championships...Named field MVP...Holds high school discus record...Earned four varsity letters in track and field and two in soccer...Was a National Honor Society member



Samantha STRAVACH

Westfield, N.J
Westfield
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: JT - 34.53m

AWARDS: Academic All-Big Ten (2021)

2021 Outdoor
Jim Thorpe Invite (5/7): Placed third in the shot put with a season-best throw of 34.53m.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PRs: Javelin – 131-4, Discus – 121-5
Won Javelin Union County championship Westfield High School... Named first team Union County discus second team...Javelin North Jersey Section 2 Group 4...Set javelin school record... Named Most Valuable Senior...Was member of the National Honor Society...Participated in Students Change Hunger, winning NJ food drive two years in a row after donating more than 9,000 pounds of food in two years.



Victoria TACHINSKI

Winnipeg, Manitoba
Vincent Massey
Senior
Distance

COLLEGIATE PERSONAL BESTS: 400m - 55.91, 600m - 1:29.04, 800m - 2:05.82, Mile - 5:05.09

CAREER NOTES & RECORDS
Career: Won bronze in the 800m at the Big Ten Indoor Championships in 2021. Won silver medal as a member of 4x400m relay team at the 2019 Big Ten Indoor Championships.
Records: Holds Penn State record in 600m event (1:29.04). Ranks fourth on the program's all time indoor 800m list.

ON THE NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Competed in the 800m and 4x400m relay.
NCAA East Prelims (5/23-25/19): Qualified for NCAA East Prelims in 800m.
NCAA East Prelims (5/24-26/18): Qualified in 800m run…Recorded personal-best time (2:07.66).

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed seventh in the 800m and 4x400m relay.
Big Ten Indoor Championships (2/26-28/21): Won the bronze medal in the 800m run.
Big Ten Indoor Championships (2/28-29/20): Won silver medal as a member of 4x400m relay team (3:37.69)...Competed in 600m and DMR events.
Big Ten Outdoor Championships (5/10-12/19): Placed eighth (2:09.02) in 800m final.
Big Ten Indoor Championship (2/22-23/19): Competed in both 600m and DMR events (fifth place).
Big Ten Outdoor Championships (5/11-13/18): Was a member of the seventh-place 4x400m relay team (3:39.27)…Competed the 800m event.
Big Ten Indoor Championships (2/23-24/18): Was a member of the distance medley relay that placed second (11:11.91)…Finished sixth in 600m run…Member of the ninth-place 4x400m relay team (3:40.59).

TRACK AND FIELD
2021 Outdoor
Jesse Owens Invite (4/30-5/1): Recorded a personal best time of 2:05.82 in the 800m run to place second.

2021 Indoor
Penn State Invite (1/23): Recorded a season best 2:06.71 to place second in the 800m run.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set Penn State school record in 600m event...Set personal-best marks in 600m and 800m...Helped 4x400m relay team to a silver medal.

2019 Outdoor
Season: Qualified for NCAA East Prelims in 800m for second time...Competed at Big Ten Outdoor Championships in 800m final.

2019 Indoor
Season: Ran personal-best in 400m (55.91). Posted 10 top-10 finishes during indoor season.

2018 Outdoor
Season: Ran a personal-best 2:07.66 in the 800m at NCAA East Prelims...Competed in both 4x400m and 800 at the Big Ten Championships.

Season: Placed second at Big Ten Championships in the as a member of distance medley relay team...Finished sixth in 600m race and ninth as a member of the 4x400m relay. Posted 14 top-10 finishes in first season.

BEFORE PENN STATE
High School PRs: 200m- 24.48, 300m- 38.48, 400m- 53.37, 600m- 1:30.28, 800m- 2:03.58
Letterwinner at Vincent Massey Collegiate... Named 2017 Manitoba High School Athlete of the Year...Won six Canadian National Championships...Holds six Canadian records (U18 indoor 300m,400m,600m; U18 outdoor 800m; U20 indoor 400m; U20 outdoor 4X400m)...Won 2017 Pan American U20 800m...Earned Silver Medal at 2017 Pan American U20 in 4X400m.....Earned Bronze Medal at 2016 World U20 in 4X400m...Finished sixth at 2016 World U20 800m...Earned Bronze Medal at 2015 World U18 in 4X400m...Finished 12th at 2015 World U18 in 400m.....2017 Senior 800m 10th Place...Won 2016 U20 800m championship... Won 2016 U18 400m championship...Won 2015 U18 800m championship...Won 2014 U16 300m and 800m championship.

RETURNERS



Amariah THOMAS

Blacklick, Ohio
Gahanna Lincoln
Senior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.51, 100m - 12.01 (1.2), 200m - 24.29, 400m - 56.16

CAREER NOTES & RECORDS
Career: Big Ten silver medalist in the 4x400m event.
Awards: Academic All-Big Ten (2021)

ON A NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Was a member of relay team that qualified for 4x400m relay.
NCAA East Prelims (5/23-25/19): Was a member of relay team that qualified for 4x100m relay.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed seventh in the 4x400m relay and ninth in the 4x100m relay.
Big Ten Indoor Championships (2/28-29/20): Ran third leg of 4x400m relay team that placed second (3:37.69)..Tied a personal-best mark of 7.51 in the 60m event.
Big Ten Outdoor Championships (5/10-12/19): Was a member of 4x100m relay team (Fifth - 45.68).
Big Ten Indoor Championships (2/22-23/19): Competed in 60m (7.68) and 200m (25.59).

2021 Outdoor
Jesse Owens Invite (4/30-5/1): Placed third in the 4x100m relay and seventh in the 200m dash.

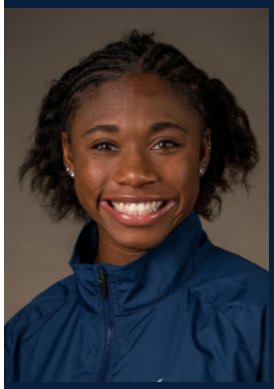
2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set three personal-best marks in 60m, 200m and 400m events...Earned a silver medal at the Big Ten Indoor Championships as a member of 4x400m relay.

2019 Outdoor
Season: Set personal best in the 100m (12.01)…Qualified for NCAA East Prelims as a member of 4x100m relay team.

2019 Indoor
Season: Set collegiate-bests in 60m (7.51) and 200m (24.60)... Posted six top-10 finishes...Competed in both 60m and 200m events at Big Ten Championships.

BEFORE PENN STATE
High School PRs: 100 - 11.91, 200 - 24.1
Named four-time all-conference, all-state, and all-district selection at Gahanna Lincoln High School…Won Ohio Capital Conference championship (2015-18)...Captured district championship, regional championship, indoor & outdoor championship (2015-16)...Won 2017 200m district and regional indoor championship...Captured 2018 100m, 200m dash Ohio Capital Conference championship... Won 2018 100m, 200m dash district championship...Won 2018 regional championship...Captured 2018 indoor & outdoor championships...Won 100m & 200m Ohio Capital Conference championship...Won 100m & 200m dash district championship...Placed sixth in 400 (NJO) 2014 and eighth in 200 (NJO) New Balance Nationals (2015).



Tesia THOMAS

York, Pa.
West York
Sophomore
Jumps

COLLEGIATE PERSONAL BESTS: LJ - 5.54m, TJ - 12.04m

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 13th in the triple jump.
Big Ten Indoor Championships (2/25-27/21): Recorded a personal best 12.04m to place 11th in the triple jump.

2021 Outdoor
Recorded an outdoor season best 12.01mw triple jump at the Big Ten Championships.

2021 Indoor
Set a personal best with a 12.04m jump at the Big Ten Championships.

BEFORE PENN STATE
HIGH SCHOOL PRs: Triple jump - 40-5, Long jump - 18-9
Earned four varsity letters in track, swimming and volleyball at West York High School...Named to four first-team all-state teams in track & field...Earned all-state honors three times in volleyball... Earned all-state honors in swimming and diving...Won district championships in long jump and triple jump...Was a member of the volleyball state championship team.



Sophia TOTI

Carlisle, Pa.
Carlisle
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 1500m - 4:29.58, Mile - 4:54.97, 3000m - 9:54.55

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Competed in the mile run.
Big Ten Cross Country Championships (1/30/21): Competed in her first Big Ten Championships.

2021 Outdoor
Won her only event of the outdoor season, placing first in the 1500m at the Maryland Big Ten Invite.

2021 Indoor
Competed at two meets for Penn State, placing third in the the 3000m at the Nittany Lion Open and third in the mile at the Penn State tri-meet.

BEFORE PENN STATE
HIGH SCHOOL PRs: 1600m - 4:54.36, 3200m - 10:23.84, 5k - 18:00.80.
Won three state medals at State Track Championships at Carlisle High School...Placed fourth at 2019 state cross country championships...Earned all-state honors in cross country (2019)...Member of 2019 Cross Country District 3 Championships...Named four-time team MVP...Holds three school records...Member of the National Honor Society and Distinguished Honor Roll.



Sophia TOTI

Carlisle, Pa.
Carlisle
Sophomore
Distance

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Cross Country Championship (1/30/21): Placed 59th in her first Big Ten Championship.

2021 Indoor
Won her only race for Penn State, placing first in the 1000m at the Nittany Lion Opener with a time of 2:49.42.

BEFORE PENN STATE
HIGH SCHOOL PRs: 400m - 56.55, 800m - 2:09.95, 1600m - 5:01, XC 5k - 17:57
Earned four varsity letter in track and field and two letter in cross country at William Mason High School...Named two-time GMC Athlete of the Year...Earned two all-state honors in cross country...Captured three all-state honors in track & field...Won 4x800m state title...Named two-time conference Runner of the Year.



Victoria VANRIELE

Berkeley Heights, N.J.
Governor Livingston
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 600m - 1:29.51, 800m - 2:05.59

AWARDS AND RECORDS
AWARDS: Big Ten 800m Champion (2021), Second Team All-America (Indoor 2021), Big Ten Freshman of the Year (Indoor 2021)

ON THE NATIONAL STAGE
NCAA Indoor Championships (3/11-13/21): Claimed Second Team All-America honors with a 12th place finish in the 800m run.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Won the 800m title with a personal best time of 2:05.59

Outdoor 2021
Maryland B1G Invite: Placed third in the 800m run in her only race of the outdoor season.

Indoor 2021
Season: Big Ten 800m Champion. Earned Second Team All-America honors at the NCAA Indoor Championships.

BEFORE PENN STATE
HIGH SCHOOL PRs: 400m - 54.33, 600m - 1:30.36, 800m - 2:05.15, Mile - 4:55.85, XC 5k - 18:26
Selected New Jersey Gatorade Athlete of the Year three times (2017-2019)...Earned five All-America honors...Won 10 state titles at Governor Livingston High School.....Named New Jeresey Meet of Champions winner seven times...Was a member of Mu Alpah Theta Honors Society, Spanish Honor Society and Athletic Honor Society...Named a National Merit Scholar...Raised over $3,000 for the annual CROP Walk toward addressing world hunger.

RETURNERS



Jordan WILLIAMS

Sharon, Pa.
Sharon
Senior
Distance

COLLEGIATE PERSONAL BESTS: 800m - 2:17.29, 1000m - 2:56.74, 1500m - 4:32.86, Mile - 4:53.92, 3000m - 9:37.57, 3000s - 11:15.76

AWARDS: Academic All-Big Ten (2021)

ON A NATIONAL STAGE
NCAA Mid-Atlantic Regional (11/9/18): Finished 47th to help Nittany Lions advance to NCAA finals.

AT BIG TEN CHAMPIONSHIPS
Big Ten XC Championships (1/30/21): Ran 21:52 to place 48th.
Big Ten XC Championships (11/3/19): Ran 21:39.0 to place 65th.
Big Ten XC Championships (10/28/18): Ran 21:18.5 to finish 42nd.

TRACK AND FIELD
2021 Outdoor
Jesse Owens Invite (4/30-5/2): Placed second in the 3000s with a personal best time of 11:15.76.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

2019 Outdoor
Season: Did not compete.

2019 Indoor
Season: Set a pair of personal-best times in 3000m and mile events.

2018 Outdoor
Season: Ran in five meets...Posted a personal-best mark in 1500m race.

2018 Indoor
Season: Set personal-best marks in 800m (2:17.29) and 1000m (2:56.74)...Posted four top-10 finishes.

CROSS COUNTRY
2019
Season: Competed at NCAA Cross Country Championships as the Nittany Lions finished at No. 18.

2018
Season: Helped lead Nittany Lions to a top-20 finish at the NCAA finals.

2017
Season: Ran in one meet, unattached.

BEFORE PENN STATE
HIGH SCHOOL PRs: 1600m - 4:59.01, 800 - 2:17.72, XC - 18:56.51
Was a letterwinner at Sharon High School...Won two state championships in 1600m and won three state medals...Qualified all four years of her career...Qualified three times for the state meet in cross country...Earned state medal in cross country...Named all-state in track two years...Holds school record in the 1,600m and 800m.



Alison WILLINGMYRE

Wernersville, Pa.
Wilson
Senior
Distance

COLLEGIATE PERSONAL-BESTS: Mile - 4:58.64, 3000m - 9:40.51, 5000m - 16:37.71, 3000s - 10:33.01

CAREER NOTES & RECORDS
Career: Claimed all-region honors twice (2018, 2019) in cross country. Academic All-Big Ten (2021)

ON A NATIONAL STAGE
Cross Country
NCAA XC Championships (11/23/19): Ran 21:05.6 to place 73rd.
NCAA Mid-Atlantic Regional (11/15/19): Placed 15th to earn all-region honors with a time of 20:39.9.
NCAA XC Championships (11/17/18): Placed 94th to help lead Nittany Lions to fourth Top-20 team finish.
NCAA Mid-Atlantic Regional (11/9/18): Finished sixth with a time of 21:21.1 to earn All-Region honors.
NCAA XC Championships (11/18/17): Placed 118th (20:51.95) and was the third finisher for the Nittany Lions at the NCAA Championships.
NCAA Mid-Atlantic Regional (11/10/17): Was the second Nittany Lion, and fifth overall finisher (20:15.1)...Helped Penn State to NCAA Mid-Atlantic Regional Championship.

AT THE BIG TEN CHAMPIONSHIPS
Track and Field
Big Ten Indoor Championships (2-23-24/18): Competed in the 5000m event.
Cross Country
Big Ten Championships (11/3/19): Finished 25th with a time of 21:02.2.

Big Ten Championships (10/28/18): Placed 18th with a time of 20:41.0.
Big Ten Championships (10/29/17): Ran 20:48.8 to placed 18th at first Big Ten Cross Country Championships of her career.

TRACK AND FIELD
2021 Outdoor
Competed twice for the Nittany Lions, winning the 3000s at the Maryland B1G Invite and setting a personal best of 10:33.01 in the 3000s to place fourth at the B1G Invite.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Competed in one meet.

2019 Outdoor
Season: Competed in three meets running the 5000m.

2019 Indoor
Season: Did not compete.

2018 Outdoor
Season: Did not compete.

2018 Indoor
Season: Set personal-bests in the mile (4:58.64), 3000m (9:40.51) and 5000m (16:37.71) with both the 3000m and mile accomplishments were both set at Penn State home track...Competed in 5000m final at Big Ten Indoor Championships.

CROSS COUNTRY
2018
Season: Had three top-ten finishes...Finished 18th at Big Ten Championships...Earned All-Region honors by finishing fifth overall at Mid-Atlantic Regional.

2017
Season: Recorded four top-10 finishes in regular season.

BEFORE PENN STATE
High School PRs: 800m - 2:16.38, 1,600m - 4:56.81, 3,200m - 10:37.79, 3,000m (i) - 10:16.06, Two-Mile (i) - 10:57.07, 5K (XC) - 18:01.00
Won cross country team 2015 District III AAA championship... Won four Track & Field team League & County champions… Earned Berks Cross Country Champion, All-County Player Of The Year, & all-state honors…Won three 3200m & two 1600m Berks championships...Captured 2016 District III AAA 1600m & 4x800m Champion...Earned BCTFCA All-State honors in 3200m, 1600m, 4x800m...Named 2017 Berks All-County Track Player Of The Year...Named Earl Mohn Outstanding Student Athlete Track Award...Holds Wilson HS 1600m record...Earned swimming NISCA Academic All-American & three-year District III AAA qualifier... National Footlocker Cross Country Championship All-American Honorable Mention & first Berks female qualifier...Finished 15th at New Balance Indoor Nationals two-mile EE & 18th in 4x800m Championship...Gradauted Summa Cum Laude...Named National Honor Society...Earned E. Jerry Brooks Academic Excellence Award...Named Berks Chapter of the PA Sports Hall of Fame Scholar-Athlete Award...Garnered Pepsi Outstanding Senior Athlete Award.



Kate WILLSHAW

Easton, Pa.
Easton
Junior
Jumps

COLLEGIATE PERSONAL BEST: HJ- 1.69m

AWARDS: Academic All-Big Ten (2021)

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Placed 14th in the high jump with a clearance of 1.66m.

2021 Indoor
Nittany Lion Opener (1/16): Placed sixth in the high jump with a personal best 1.69m.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Competed in three meets, setting a collegiate personal-best in high jump.

Penn State National Open (1/31-2/1): Cleared 1.65m to place fourth in the high jump.

BEFORE PENN STATE
HIGH SCHOOL PRs: High Jump - 1.72
Won three district championships in the high jump event...Won three League Championships in high jump...Won four district championships in the 4x400m...Named Athlete of the Field at Bishop Loughlin Games.

RETURNERS



Carlie WILSON

Sparta, N.J.
Sparta
Junior
Jumps

COLLEGIATE PERSONAL BEST: HJ - 1.76m

AWARDS: Academic All-Big Ten (2021)

ON THE NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Qualified in the high jump event.

AT THE BIG TEN CHAMPIONSHIPS (5/14-16/21): Placed sixth in the high jump with a personal best 1.76m jump.

2021 Outdoor
Season: Recorded three jumps of 1.70m to close out the year.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Placed in the top-10 in high jump in all four meets in which she competed.

Dr. Sander Invitational (1/23-25): Cleared 1.70m for persona best and fourth-place finish

BEFORE PENN STATE
HIGH SCHOOL PRs: High Jump - 5-6
Qualified Indoor and outdoor Meet of Champions in the high jump...Set personal best in the high jump at Ranger Relays.... Earned 2019 Scholar Athlete honors.



Hailey ZURICH

Williamsport, Pa.
Loyalsock Township
Junior
Pole Vault

COLLEGIATE PERSONAL BEST: PV- 4.17m, HJ - 5.49m

CAREER NOTES & RECORDS
Career: Penn State program record holder in outdoor pole vault (4.17m).

ON THE NATIONAL STAGE
NCAA East Prelims (5/26-28/21): Placed 13th in the pole vault with a program record 4.17m clearance.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed fifth in the pole vault with a then program record 4.15m clearance.
Big Ten Indoor Championships (2/25-27/21): Placed 17th in the pole vault with a 3.90m clearance.
Big Ten Indoor Championships (2/28-29/20): Cleared 3.85m to for 17th in pole vault.

2021 Outdoor
Season: Set the Penn State program record three times, finishing the season with a 4.17m clearance at the NCAA East Prelims.

2021 Indoor
Nittany Lion Opener (1/16): Placed second in the pole vault with a season best 3.91m clearance.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Placed in top-10 in three pole vault events as a true freshman...Cleared a collegiate personal-best at Big Ten Indoor Championships.

BEFORE PENN STATE
HIGH SCHOOL PRs: Long Jump - 18'1.5", Pole Vault - 13'.25", 100m - 2.54
Lettered in both track adn field (2) and soccer (4) at Loyalsock Township High School...Picked up three district championship, two in pole vault and one in long jump...Won state championship in long jump and four medals in pole vault, including two second-place finishes...Earend four PIAA first-team all-state accolades... Holds Loyalsock Township school recod in the pole vault.

NEWCOMERS



Mia
BRYANT
Linden, CA
Venture Academy)
Freshman
Multi-Events



Sabria
EPPS
Philadelphia, PA
Springside Chestnut Hill
Freshman
Sprints



Zoe
DUFFUS
Fort Wayne, IN
Carroll
Freshman
Distance/XC



Sabria
EPPS
Philadelphia, PA
Springside Chestnut Hill
Freshman
Sprints



Samantha
HAYES
Cresson, Pa.
Penn Cambria
Freshman
Distance/XC



Cori
McCormick
Ashland, PA
North Schuylkill
Freshman
Distance/XC

NEWCOMERS

Allison
JOHNSON
Mount Gilead, OH
Mount Gilead
Freshman
Distance/XC

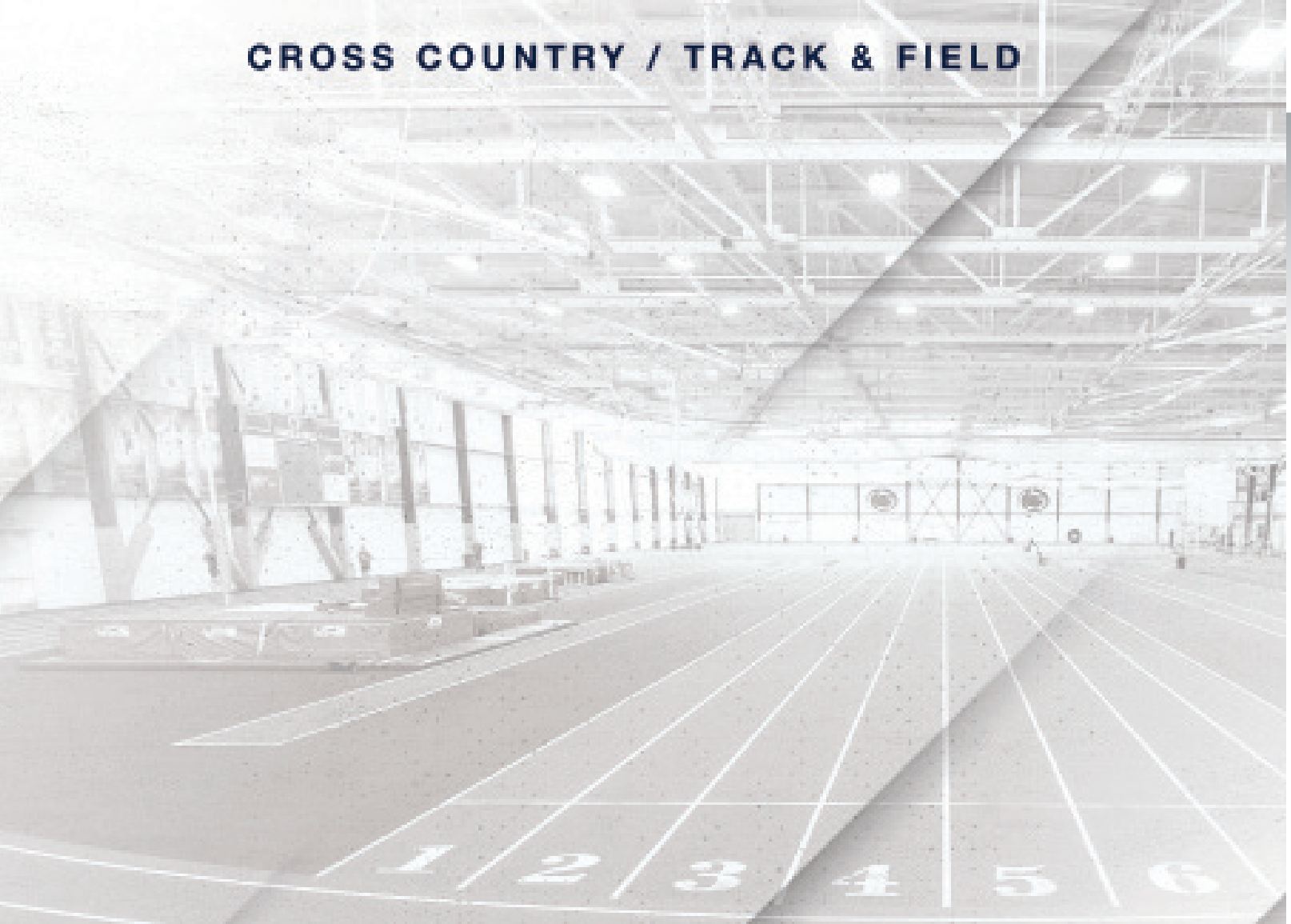
Lauren
PRINCZ
Egg Harbor Township, NJ
Egg Harbor Township
Freshman
Sprints

Lauren
SHEDELSKI
Kulpmont, PA
Mount Carmel
Freshman
Throws

Elizabeth
TAYLOR
Harrisburg, PA
First Colonial
Freshman
Jumps

Lindsay
STULL
Columbus, OH
Hilliard Davidson
Freshman
Distance/XC

CROSS COUNTRY / TRACK & FIELD

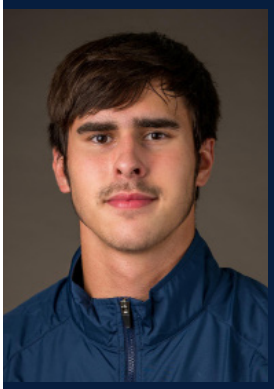


MEN'S BIOS

MEN'S TRACK & FIELD ROSTER

>>

Name	Year	Eligibility	Event Area	Hometown (Previous School)
Bartosh, Kevin	Sophomore	Sophomore	Throws	Fleetwood, PA (Fleetwood)
Bekele-Arcuri, Behailu	Sophomore	Sophomore	Distance/XC	Warwick, NY (Warwick Valley)
Bojalad, Thomas	5th Year	Senior	Throws	St. Mary's, PA (St. Marys)
Boudourian, Mateo	Junior	Sophomore	Multi-Events	CABA, Argentina (IMG Academy)
Bulkeley, Benjaman	Senior	Senior	Distance/XC	Fairport, NY (Fairport)
Bumgarner, Benjamin	5th Year	Senior	Distance/XC	Waynesburg, PA (Waynesburg Central)
Burkhart, Collin	Freshman	Fresman	Throws	Nazareth, PA (Nazareth)
Cardina, Joseph	Junior	Jr./Soph.	Jumps	Lancaster, PA (Conestoga Valley)
Claiborne, Isaiah	Senior	Sr./Jr.	Distance/XC	Northport, NY (Northport)
Colwell, Brendan	Freshman	Freshman	Distance/XC	Centre Hall, PA (Penns Valley)
Davis, Isaac	Senior	Junior	Distance/XC	Cogan Station, PA (Jersey Shore)
Day, Ka'mere	Sophomore	Sophomore	Sprints	Harrisburg, PA (Harrisburg)
Dean, Dan	Sophomore	Sophomore	Pole Vault	Langhorne, PA (Neshaminy)
Delisle, Hudson	Senior	Sr./Jr.	Distance/XC	Quakertown, PA (Quakertown Community)
DeSousa, Christopher	Freshman	Freshman	Distance/XC	Ocean Port, NJ (Christian Brothers Academy)
Dorenkamp, Evan	Junior	Jr./Soph.	Distance/XC	Lancaster, PA (Manheim Township)
Erekosima, Emi	Freshman	Freshman	Distance/XC	Hagerstown, MD (North Hagerstown)
Fredericks, Chris	Junior	Sophomore	Throws	Palmerton, PA (Palmerton Area)
Gallen, Drew	Freshman	Freshman	Sprints	Glen Mills, PA (Rustin)
Good, Nate	Freshman	Freshman	Jumps	(Lititz, PA)
Haas, Kevin	Sophomore	Freshman	Distance/XC	Auburn, PA (Blue Mountain)
Hamel, Eric	5th Year	Senior	Distance/XC	Bellingham, WA (Western Washington)
Hamilton, Lance	Junior	Jr./Soph.	Jumps	State College, PA (State College)
Healey, Hayden	Freshman	Freshman	Distance/XC	Pasadena, MD (Chesapeake)
Healey, Justin	Freshman	Freshman	Distance/XC	Indianapolis, IN (Franklin Central)
Hebron, Savion	Junior	Jr./Soph.	Sprints	Langhorne, PA (Neshaminy)
Hontz, Brandon	5th Year	Senior	Distance/XC	West Chester, PA (West Chester Rustin)
Kabanda, Godwin	Junior	Jr./Soph.	Hurdles/Sprints	Philadelphia, PA (Northeast)
Kearney, Joseph	Sophomore	Sophomore	Jumps	Wexford, PA (North Catholic)
Knipe, Luke	Junior	Jr./Soph.	Pole Vault/Jumps	Boalsburg, PA (State College)
Knisely, Duane	Sophomore	Sophomore	Throws	New Paris, Pa (Chestnut Ridge)
Lambrecht, Dylan	Freshman	Freshman	Throws	Jonestown, PA (Northern Lebanon)
Lewis, Josh	Junior	Sophomore	Distance/XC	North East, PA (North East)
Liggins, Miles	Junior	Sophomore	Distance/XC	Monmouth Junction, NJ (South Brunswick)
Lyon, J Henry	Freshman	Freshman	Distance/XC	Williamsport, PA (Williamsport Area)
Maher, Drew	Senior	Sr./Jr.	Distance/XC	Monmouth Beach, NJ (Shore Regional)
Martino, Korbin	Freshman	Freshman	Sprints	()
Matsuka-Williams, Wesley	Senior	Senior	Jumps	Norwich, England (Notre Dame)
McMenamin, Connor	Senior	Senior	Distance/XC	Telford, PA (Bucknell)
Merkley, Tyler	5th Year	Junior	Throws	Rancho Cucamonga, CA (Kansas State)
Osifo, Isaac	Freshman	Freshman	Jumps	Cumming, GA (West Forsyth)
Perretta, Domenic	6th Year	Senior	Distance/XC	Beaver Falls, PA (Beaver Falls)
Peterson, Jonathan	Freshman	Freshman	Pole Vault	(Olentangy Orange)
Piotrowski, Tanner	Sophomore	Sophomore	Distance/XC	Gambrills, MD (Arundel)
Pizarro, Lucciano	Junior	Sophomore	Throws	Marlton, NJ (Cherokee)
Radigonda, Dante	Freshman	Freshman	Distance/XC	Exeter, NH (Exeter)
Ryu, Caleb	Freshman	Freshman	Sprints	Hatboro Horsham ()
Salas, Zachary	Freshman	Freshman	Pole Vault	Torrance, CA (Torrance)
Sanders, Donovan	Sophomore	Sophomore	Sprints	Philadelphia, PA (Girard College)
Schmidt, Tristan	Freshman	Freshman	Throws	Emmaus ()
Sewall, Payton	Junior	Sophomore	Distance/XC	Glenmoore, PA (Downingtown - West)
Smallwood, Darius	Freshman	Freshman	Distance/XC	Pottsown, PA (Pottstown)
Swaby, Noah	5th Year	Sr./Jr.	Multi-Events	Pittsburgh, PA (Taylor Allderdice)
Taylor, Allen	Freshman	Freshman	Multi-Events	Cogan Station, PA (Williamsport Area)
Tomasko, Alex	5th Year	Senior	Distance/XC	Mechanicsburg, PA (Mechanicsburg)
Waters, Colin	Junior	Sophomore	Distance/XC	Poughquag, NY (Arlington)



Kevin BARTOSH

Fleetwood, Pa.
Fleetwood Area
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: JT - 66.73m

AT NCAA REGIONALS
NCAA East Preliminary Round (5/26-29/21): Placed 31st in the men's javelin.

AT BIG TEN CHAMPIONSHIPS
BIG TEN OUTDOOR CHAMPIONSHIPS (5/14-16/21): Placed fourth in the men's javelin with a 64.57m (211-10).

2021 Outdoor
Season: Posted six top-ten finishes in the javelin throw. Won the javelin throw at the Jesse Owens Invite.

BEFORE PENN STATE
Earned four varsity letters in track and field as well as varsity letters in football, baseball and cross country at Fleetwood Area High School...Named team MVP and served as team captain for two years…Set school record in javelin…Earned all-league honors three times…Entered 100-point club…Named team Offensive Player of the Year in football.



Behailu BEKELE-ARCURI

Warwick, N.Y.
Warwick Valley
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 1500m - 3:55.78, 5000m - 14:29.26

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 24th in the 5000m run.

2021 Outdoor
Season: Recorded top ten finishes in all four regular season meets.

BEFORE PENN STATE
HIGH SCHOOL PRs: 1600m - 4:17, 3200m - 9:15, 5k - 15:07
Honored twice as USATF NY Youth Cross Country High School Boys Athlete of the Year (2016, 2018)...Won 2019 Class A cross country state championship at Warwick Valley High School... Earned four state medals in cross country...Won four track & field



Tom BOJALAD

St. Marys, Pa.
St. Mary's
Senior
Throws

COLLEGIATE PERSONAL BESTS: Shot put – 17.06m, Discus – 53.23m, Weight throw – 15.85m

ON A NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Qualified in discus.
NCAA East Prelims (5/23-25/19): Qualified in discus.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 19th in shot put.
Big Ten Indoor Championships (2/25-27/21): Placed 17th in shot put.
Big Ten Indoor Championships (2/28-29/20): Set personal-best toss of 55-11.75 (17.06m) to place 11th in shot put final.
Big Ten Outdoor Championship (5/10-12/19): Placed in top 15 in both shot put and discus.
Big Ten Indoor Championships (2/22-23/19): Placed 12th in shot put (16.90m).
Big Ten Outdoor Championships (5/11-13/18): Competed in discus throw as true freshman.

2021 Outdoor
Season: Recorded nine top ten finishes.

2021 Indoor
Season: Placed in the top ten in all three regular season meets.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Produced seven top-10 finishes combined in shot put and weight throw...Set personal-best in shot put at Big Ten Indoor

Championships.

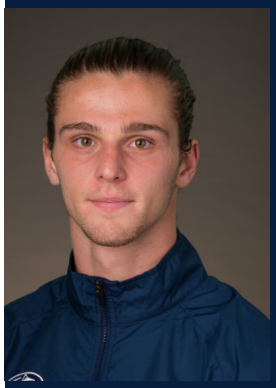
2019 Outdoor
Season: Qualified for NCAA East Prelims in discus…Set a personal-best mark in discus (171-3, 52.20m)...Recorded eight top-10 finishes.

2019 Indoor
Season: Set personal-best marks in shot put and weight throw events...Placed 12th in shot put at Big Ten Indoor Championships.

2018 Outdoor
Season: Set a pair of then-personal-best marks in the shot put and discus throw.

2018 Indoor
Season: Competed unattached.

BEFORE PENN STATE
HIGH SCHOOL PRs: Shot put - 59-1.50, Discus - 185-10.50
Earned four varsity letters at St. Mary's High School...Won seven district championships...Earned six state medals (four outdoor, two indoor)…Holds school record in shot put and discus...Named four-time boys team field MVP…Participated in New Balance Indoor Nationals (2016-17) and New Balance Outdoor Nationals (2016-17).



Mateo BOUDOURIAN

Caba Argentina
IMG Academy
Sophomore
Multi-Events

2021 Season
Did not compete

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PRs: Decathlon - 5,914 points
Attended Belgrano Day School…Participated in both rugby and track & field for four years…Named team MVP four times…Placed third at nationals in decathlon..Set school records in shot put and discus.



Ben BULKELEY

Fairport, N.Y.
Fairport
Junior
Distance

COLLEGIATE PERSONAL BESTS: 600m – 1:19.61, 800m – 1:52.13, 1000m – 2:37.86.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/28-29/20): Ran in 800m prelims.

Big Ten Indoor Championships (2/22-23/19): Competed in 600m.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.
2020 Indoor
Season: Produced five top-five finishes...Ran a collegiate personal-best time in 800m (1:52.13).

Penn State Tune Up (2/21): Posted a collegiate personal-best mark in 800m.

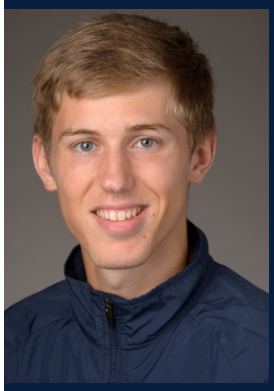
2019 Outdoor
Season: Set personal-best mark of 1:53.03 in the 800m...Won 800m race at Bucknell Team Challenge.

ASU Invitational (3/22-23): Ran a collegiate best 1:53.03 in 800m.
Bucknell Team Challenge (4/20): Won 800m with time of 1:53.55.

2019 Indoor
Season: Opened Penn State career with collegiate-best marks in 1000m and 600m events. Competed in 600m event at Big Ten Indoor Championships.

Nittany Lion Challenge (1/12): Ran a collegiate best 2:37.86 in the 1000m. Penn State Tune-Up (2/16): Ran a collegiate best 1:19.61 in the 600m.

BEFORE PENN STATE
HIGH SCHOOL PRs: 400 - 48.8, 800 - 1:50.96, 1000 - 2:26.75
Served as track captain in 2018 and cross country captain in 2016 at Fairport High School...Won 2017 Section V cross country championship and was a member of 2017 indoor track 4x800 NYS title...Captured titles in indoor track New York State championship in 1000m and outdoor 800m (2017)...Selected 2017 800m High School All-American…Placed fourth in the 800m at 2017 New Balance Outdoor Nationals...Achieved Eagle Scout status.



Ben BUMGARNER

Fairport, N.Y.
Waynesburg Central
Senior
Distance

COLLEGIATE PERSONAL BEST: Mile – 4:12.64, 3000m – 8:15.22, 5000 – 14:20.44, 10,000m – 30:36.96, XC 8k - 24:47.9, XC 10k - 31:45.9

ON A NATIONAL STAGE
Cross Country
Mid-Atlantic Regional Championships (11/15/19): Set a personal best for 53rd (31:45.9).
Mid-Atlantic Regional Championships (11/9/18): Finished 69th (34:48.9).
Mid-Atlantic Regional Championships (11/10/17): Ran 32:00.8 for 78th.

AT THE BIG TEN CHAMPIONSHIPS
Track and Field
Big Ten Indoor Championships (2/28-29/20): Ran in 5000m final.
Big Ten Indoor Championships (2/22-23/19): Competed in 3000m final.

Cross Country
Big Ten Championships (1/30/21): Finished 34th (24:57).
Big Ten Championships (11/3/19): Finished 32nd with collegiate personal-best of 24:47.9 in 8k.
Big Ten Championships (10/28/18): Ran then-collegiate-best 25:04.4 for 59th.
Big Ten Championships (10/29/17): Finished 97th (26:40.1).

TRACK & FIELD
2021 Outdoor
Did not compete

2021 Indoor
Season: Won both races he competed in.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Clocked personal-best mark in 5000m race.

2019 Outdoor
Season: Ran in two meets and set personal best in 10,000m at Raleigh Relays.

2019 Indoor
Season: Set collegiate personal bests in 3000m and 5000m races...Competed in 3000m final at Big Ten Championships.

2018 Outdoor
Season: Ran unattached.

2018 Indoor
Season: Set personal-best mark of 4:25.36 in mile...Placed in the top 10 in four events.

CROSS COUNTRY
2019
Season: Clocked personal-best times in 10k and 8k races, accomplishing both in postseason competition.

2018
Season: Ran a season best at Big Ten Championships for 59th.

2017
Season: Set personal best marks in 6k and 8.4k...Turned in season-best performance at OSU Cowboy Jamboree...Ran 78th at NCAA Mid-Atlantic Regional.

BEFORE PENN STATE
HIGH SCHOOL PRs: 1,600m - 4:17.55, 3,000 - 8:33.86, 3,200 - 9:10.58, 5K - 15:16, XC (5K) - 15:41
Earned four varsity letters at Waynesburg Central....Won 2016 PA AA cross country State Championship…Earned all-state honors in cross country…Won 2017 PA AA 3200m state championship…Set school record in 3200m...Named team MVP in cross country three times and twice in track...Finished 17th at 2016 NE Footlocker…Finished 11th at 2017 New Balance Indoors in the 5000m and eighth at 2017 Penn Relays in 3000m.



Joe CARDINA

Lancaster, Pa.
Conestoga Valley
Junior
Jumps

COLLEGIATE PERSONAL BEST: High jump - 1.96m, Triple jump - 13.61m.

AWARDS: Academic All-Big Ten (2021)

2021 Outdoor
Season: Recorded top five finishes in both of his appearances.

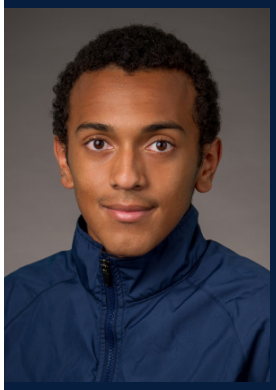
2021 Indoor
Season: Placed in the top ten in both of his meets.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set collegiate personal-best standards in high jump and

triple jump.

BEFORE PENN STATE
HIGH SCHOOL PRs: High Jump - 6-6, Triple Jump - 45-11, 100mH - 15.49, 300mH - 43.99
Earned four varsity letters in track & field and two varsity letters in both basketball and football at Conestoga Valley High School… Won high jump league championships…Named Pennsylvania Track & Field Coaches Association indoor all-state honorable-mention…L-L League all-star in triple jump…Set school record in triple jump.



Isaiah CLAIBORNE

Northport, N.Y.
Northport
Junior
Distance

COLLEGIATE PERSONAL BESTS: 800m – 1:49.94, 1500m – 3:47.88, Mile - 4:09.46, 3000m - 8:41.46, XC 8k - 27:15.5

AWARDS: Earned Academic All-Big Ten honors in 2019.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Set a personal best of 1:49.94 in the 800m.
Big Ten Indoor Championships (2/28-29/21): Competed in mile prelims.

TRACK AND FIELD
2021 Outdoor
Season: Recorded six top ten finishes

Big Ten Relays (4/2-3/21): Won the 800m with a time of 1:50.34.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Had two top-10 finishes...Set personal best in mile.

2019 Outdoor
Season: Ran collegiate bests in 1500m and 800m events...Won 800m at Jim Thorpe Open.

Season: Did not compete.

CROSS COUNTRY
2019
Season: Competed in four meets...Posted a personal-best mark in 8k.

2018
Season: Did not compete.

BEFORE PENN STATE
High School PRs: 400m - 49.64, 600m -1:23.03, 800m - 1:51.62, 1000m - 2:26.95, Mile - 4:10.96, 3200m - 8:58.33, XC (5K) - 15:32.06
Earned seven All-America, five all-state and 10 all-county honors at Northport High School...Won 1000m state championships...Set school records in 400m, 800m, 1000m, and a member of 4x800m relay and distance medley relay...Was a member of relay team that set 4x800m relay state record...Won cross country division title (2017), winter track league title (2018) and county championship and outdoor track county championship (2018)...Finished as runner-up at DMR Outdoor Nationals twice...Placed third at Indoor Nationals in 4x800, finished fourth in the DMR and finished fourth in the mile (2018)...Was a member of 4x800 relay championships (2017, 2018).



Isaac DAVIS

Cogan Station, Pa.
Jersey Shore
Senior
Distance

COLLEGIATE PERSONAL BEST: 1500m - 4:00.98, 3000m - 8:31.63, 5000m - 14:28.30, 3000s - 9:43.27, 5.2 mile – 26:07.1, 8K – 25:15.3, 10K – 31:54.2.

CAREER NOTES & RECORDS
Career: Earned all-region honors in cross country in 2018.

ON A NATIONAL STAGE
Cross Country
NCAA Mid-Atlantic Regional (11/15/19): Ran 32:15.1 for 74th.
NCAA Mid-Atlantic Regional (11/9/18): Achieved a personal-best 31:54.2 in the 10k race...Placed 24th to earn all-region honors.

AT THE BIG TEN CHAMPIONSHIPS
Track & Field
Big Ten Outdoor Championships (5/26-28/21): Placed 28th in the 5000m run.

Cross Country
Big Ten Cross Country Championships (1/30/21): Placed 47th with a time of 25:26.2
Big Ten Cross Country Championships (11/3/19): Ran 25:51.5 for 89th.
Big Ten Cross Country Championships (10/28/18): Cut the tape in 25:21.4 for 72nd.

TRACK AND FIELD
2021 Outdoor
Season: Recorded three top ten finishes.

Big Ten Relays (4/23): Set a personal best of 14:28.30 in the 5000m run to place fifth.



Ka'mere DAY

Harrisburg, Pa.
Harrisburg
Sophomore
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 6.97, 100m - 10.80, 200m - 21.77

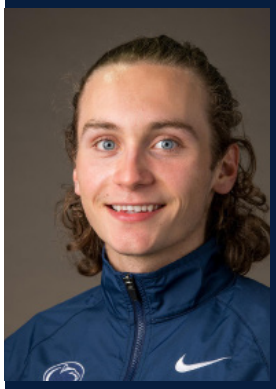
2021 Outdoor
Season: Recorded five top five finishes in three meets.

Rutgers Tri-Meet (4/10): Won the 4x100m relay and placed second in both the 100m and 200m dashes.

2021 Indoor
Season: Competed in two meets for the Nittany Lions

Penn State Tri-Meet (2/6): Placed second in the 4x400m relay and third in the 60m dash.

BEFORE PENN STATE
HIGH SCHOOL PRs: 100m - 10.48, 200m - 21.96
Won 2019 100m Mid-Penn championships at Harrisburg High School...Finished as 100m PIAA state medalist...Selected as first team Penn Live track & field all-star for Cougars...Named first team all-state as a wide receiver of the football team.



Dan DEAN

Langhorne, Pa.
Neshaminy
Sophomore
Jumps

COLLEGIATE PERSONAL BESTS: PV - 4.73m

2021 Outdoor
Season: Placed in the top five in all five of his meets.

Jim Thorpe Invite (5/7/21): Won the pole vault with a personal best 4.73m jump.

2021 Indoor
Season: Competed in one meet for the Nittany Lions, placing, second in the pole vault at the Nittany Lion opener.

BEFORE PENN STATE
Earned four varsity letters in track & field and one varsity letter in swimming and diving at Neshaminy High School…Placed third in pole vault at 2019 PIAA Class 3 state championships…Set Neshaminy school record in pole vault.



Hudson DELISLE

Quakertown, Pa.
Quakertown Community
Senior
Distance

COLLEGIATE PERSONAL BEST: 600m – 1:23.29, 800m – 1:54.65, 1000m – 2:31.08, 1500 - 3:54.71, Mile - 4:19.48

AWARDS: Academic All-Big Ten (2021)

TRACK AND FIELD
2021 Outdoor
Season: Recorded six top ten finishes for Penn State.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Clocked personal bests in mile and 1000m.

2019 Outdoor
Season: Placed in top 10 in four 800m races.

2019 Indoor
Season: Set three personal-best marks, all at home meets.

Nittany Lion Challenge (1/12): Ran then-personal-best in 1000m (2:33.11). Penn State National (1/25-26): Clocked personal-best in 600m (1:23.29). Penn State Tune-Up (2/16): Ran personal-best 1:54.65 in 800m.

CROSS COUNTRY
2019
Season: Competed in four meets for Nittany Lions in his first season of cross country.

2018
Season: Did not compete.

BEFORE PENN STATE
High School PRs: 1600m - 4:18.74, 800m - 1:52.01, 400m - 49.51, XC -15:56

RETURNERS

Earned four letters in both track and cross country at Quakertown Community High School...Finished in third in indoor 800m and outdoor 800m state championships (2017)...Took first in the 800m, 1600m and as a member of the 4x800m relay team at the SOL National Conference (2017)...Repeated with titles in 800m and as a part of 4x800m team at the 2018 SOL National Conference...Placed 18th in 800m at New Balance Nationals Outdoors (2017).



Evan DORENKAMP

Lancaster, Pa.
Manheim Township
Junior
Distance

COLLEGIATE PERSONAL BESTS: 800m - 1:49.11, 1000m - 2:27.06, 1500m - 3:44.29, Mile - 4:01.91

AWARDS: Academic All-Big Ten (2021)

ON THE NATIONAL STAGE
NCAA Outdoor Championships (6/9-12/21): Placed 20th in the men's 800m run.
NCAA East Prelims (5/26-29/21): Finished 12th in the 800m run with a personal best 1:49.11 to advance to the national championship meet.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed fourth in both the 800m run and 1500m run. Set a personal best of 3:44.29 in the 1500m prelims.
Big Ten Cross Country Championships (1/30/21): Placed 26th with a personal best time of 24:44.6.

2021 Outdoor
Season: Recorded nine top ten finishes for the Nittany Lions.

2021 Indoor
Season: Won the mile run with a personal best time of 4:01.91 at the Nittany Lion Opener in his only appearance of the season.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set collegiate personal-best marks in three events in first indoor season.

BEFORE PENN STATE
Earned four letters in track and three letters in cross country at Manheim Townships High School...Named team MVP as a senior in cross country and track...Won 1600m district and state titles... Finished second at the New Balance Nationals...Capped his senior season in cross country with a Distric Three title and seventh-place finish at state championships...Named PIAA first team all-state as a senior in both track and cross country...Named league runner of the year...Earned National Scholastic Athletics Foundation High School All-America honors in mile...Named "Central PA Runner" Runner of the Year for cross country...Set Lancaster Lebanon League record in 1600m...Was a member of National Honor Society.



Chris FREDERICKS

Palmerton, Pa.
Palmerton Area
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: JT - 68.74m

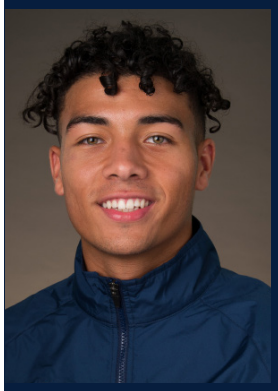
ON THE NATIONAL STAGE:
NCAA East Prelims: Placed 17th in the javelin with a throw of 66.92m

AT THE BIG TEN CHAMPIONSHIPS:
Big Ten Outdoor Championships (5/14-16/21): Placed third in the javelin with a throw of 67.55m

Outdoor 2021
Husker Big Ten Invite (4/16-17): Placed second in the javelin with a season-best throw of 68.74m.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

BEFORE PENN STATE
HIGH SCHOOL PRs: Javelin: 206-3
Was a multi-sport athlete who earned four varsity letters in track and field and one varsity letter in football, wrestling and cross country at Palmerton Area High School…Named field MVP three times…Earned honorable-mention all-state honors in 2019…Won three District XI javelin crowns and two Colonial League championships…Was a member the Blue Bombers team that won the 2018 Colonial League title.



Lance HAMILTON

State College, Pa.
State College
Sophomore
Jumps

COLLEGIATE PERSONAL BESTS: Long jump - 6.88m, Triple jump - 15.30m, 60m - 7.22

CAREER NOTES & RECORDS
Awards: Academic All-Big Ten (2021)
Career: Placed ninth in triple jump at first Big Ten Indoor Championships (2019).

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed fifth in the triple jump with a personal best jump of 15.30m.
Big Ten Indoor Championships (2/25-27/21): Placed eighth in the triple jump with a season-best 14.96m jump.

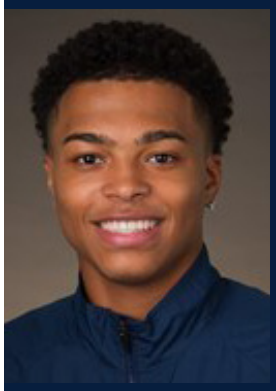
2021 Outdoor
Maryland B1G Invite (5/26-27/21): Opened the outdoor campaign with a win in the long jump.

2021 Indoor
Recorded wins in the triple jump at the Penn State Invite and the Penn State Tri-meet.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Posted five top-10 finishes...Competed in triple jump at Big Ten Indoor Championships.

BEFORE PENN STATE
HIGH SCHOOL PRs: Triple Jump: 51.25, Long Jump: 23-8
Was a multi-sport letterwinner in track & field, football and basketball at State College Area High School…Recognized as an All-America in 2019 in long jump…Earned all-state honors in 2018 and 2019…Won three district championships in triple jump and two in long jump…Named 2018 District Field MVP.



Savion HEBRON

Langhorne, Pa.
Neshaminy
Junior
Sprints

COLLEGIATE PERSONAL BESTS: 60m - 7.11, 100m - 11.27, 200m - 21.38, 400m - 47.80

CAREER NOTES & RECORDS
Career: Competed in 200m and 400m and was a member of 4x400m relay team at first Big Ten Indoor Championships...Was part of 4x400m relay team that tallied points with seventh-place finish.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2.28-29): Ran in 200m, 400m and 4x400m events...Was member of 4x400m team that scored two points for Nittany Lions with seventh-place finish.

2021 Outdoor
Rutgers B1G Tri-Meet (4/10): Earned a trio of wins in the 200, 400 and 4x100m.

2021 Indoor
Penn State Invite (1/23): Placed third in the 400 and fourth in the 4x400.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set personal bests in 200m and 400m...Scored two points at Big Ten Indoor Championships as a member of 4x400m relay team.

BEFORE PENN STATE
HIGH SCHOOL PRs: Indoor 55m - 6.5, 60m - 6.98, 200m - 21.5, 300m - 34.27 400m - 48.56 Outdoor 100m - 10.73, 200m - 21.35, 400m - 48.4
Earned four varsity letters in track & field and two in football at Neshaminy High School…Won 100m, 200m and 4x400m Suburban 1 League championships…Captured district championships in the 100m, 200m and as a member of 4x400m relay team…Won 200m indoor state title and 4x400m state title…Set school records in indoor 200m, 300m and 400m and outdoor school record as member of 4x400m relay team.

RETURNERS



Brandon HONTZ

West Chester, Pa.
Bayard Rustin
Senior
Distance

COLLEGIATE PERSONAL BESTS: 1500m – 3:46.54, Mile– 4:05.16, 3000m – 8:13.17, 5000m – 14:46.00

AWARDS: Earned Academic All-Big Ten honors three times (2018,19,21).

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Competed in the 1500m run.
Big Ten Outdoor Championships (5/10-12/19): Finished 10th in 1500m final. (3:47.52).
Big Ten Indoor Championships (2/22-23/19): Scored four points with personal-best 4:05.16 in the mile for fifth place

TRACK AND FIELD
2021 Outdoor
Big Ten North Florida Invite (4/2-23): Placed third in the 3000m run and ninth in the 1500m run.

2021 Indoor
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

2019 Outdoor
Season: Set collegiate bests in 1500m and 5000m...Finished 10th in 1500m final at Big Ten Championships.

2019 Indoor
Season: Finished four events in top 10...Placed fifth in mile at Big Ten Championships in the mile and scored four points.

2018 Outdoor
Season: Posted four top-10 finishes...Ran a season best 1500m at LSU Battle on the Bayou.

2018 Indoor
Season: Did not compete.

CROSS COUNTRY
2019
Season: Set personal-best time in 5.2m race...Ran in two meets.

2018
Season: Set three personal-best marks.

2017
Season: Competed in three meets unattached.

BEFORE PENN STATE
High School PRs: 800 - 1:58, 1600 - 4:19, 3200 - 9:40, 5000 - 16:05
Was a letterwinner at Bayard Rustin High School and served as team captain....Member of team that won Ches-Mont league championship...Set mile and member of 4x800m relay team that set school records...Finished second at Ches-Mont League Championships in cross country, fourth-place in the district 1,600 and 13th in the state...Placed second at the World Qualifier... Placed third representing the USA and 20th overall at the ITU World Championships in Cozumel, Mexico (AG 15-19).



Godwin KABANDA

Philadelphia, Pa.
Northeast
Junior
Sprints

COLLEGIATE PERSONAL BESTS: 400m - 49.36, 600m - 1:21.39, 400h - 53.93

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/16-20/21): Competed in the 400m hurdles.
Big Ten Indoor Championships (2/28-29/20): Competed in 600m at first Indoor Championships.

2021 Outdoor
Maryland B1G Invite - Opened the outdoor campaign with a win in the 400h and a second place finish in the 4x400m hurdles.

2021 Indoor
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Clocked a pair of personal-best in 400m and 600m.

BEFORE PENN STATE
Earned four varsity letters in track & field and one varsity letter in soccer at Northeast High School…Named team MVP in 2018 and 2019….Won 300mH state championship…Captured two district championship and one league championship in the 110mH… Named 2019 PIAA first team all-state…Set school records in the 110mH, 300mH and 400mH.



Joseph KEARNEY

Pittsburgh, Pa.
North Catholic
Junior
Jumps

COLLEGIATE PERSONAL BESTS: LJ - 6.51m

Outdoor 2021
Jim Thorpe Invite (5/7) - Recorded his first event victory with a 6.49m long jump.

Indoor 2021
Nittany Lion Opener (1/16) - Opened his collegiate career with a fourth place finish in the long jump.

BEFORE PENN STATE
HIGH SCHOOL PRs: Long jump - 23-6
Won Western Pennsylvania Interscholastic Athletic League long jump championship at North Catholic High School...Placed third at PIAA State Championships in long jump...Won three long jump district titles...Set WPIAL long jump record.



Luke KNIPE

State College, Pa.
State College
Junior
Pole Vault

COLLEGIATE PERSONAL BESTS: PV- 5.30m, LJ - 7.08m

RECORDS AND AWARDS
Records: Program record holder in the indoor pole vault (5.30m)
Awards: Academic All-Big Ten (2021), Second Team All-Big Ten (2021)

ON THE NATIONAL STAGE
NCAA East Prelims (5/26-29/21): Qualified in the pole vault.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 5th in the pole vault with a clearance of 5.22m
Big Ten Indoor Championships (2/25-27/21): Claimed silver in the pole vault with a program record 5.30m.
Big Ten Indoor Championships (2/28-29/20): Placed 12th in pole vault with clearance of 16-1.75 (4.92m).

2021 Outdoor
Big Ten Outdoor Championships - Posted an outdoor season best pole vault of 5.22m to place fifth.

2021 Indoor
Big Ten Indoor Championships - Recorded a program record 5.30m pole vault in his second place finish.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Captured two first-place finishes with six total top-10 finishes...Placed 12th in first Big Ten Indoor Championships.

BEFORE PENN STATE
HIGH SCHOOL PRs: Pole Vault: 16', Long Jump: 23-6
Earned four varsity letters in track & field at State College High School…Won 2019 state championship in pole vault and was a member of Lion state team title team…Captured two district championships, one in pole vault and one in long jump…Placed second in the pole vault at the Penn Relays…Finished third at the Pennsylvania Track and Field Coaches Association (PTFCA) indoor state meet…Named PTFCA first-team all-state in 2019…Named 2019 PennLive boys all-star team.



Duane KNISLEY

Alum Bank, Pa.
Chestnut Ridge
Sophomore
Throws

COLLEGIATE PERSONAL BESTS - SP - 16.99m, DT - 51.85m

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Competed in both the shot put and discus throw.
Big Ten Indoor Championships (2/25-27/21): Placed 18th in the shot put.

Outdoor 2021
Jim Thrope Invite (5/7): Recorded a season best shot put throw of 16.99m to place fourth.

Indoor 2021
Penn State Tri-Meet (2/6): Posted an indoor season best 16.88m shot put throw to place second in the event.

BEFORE PENN STATE
HIGH SCHOOL PRs: Shot put - 58-9, Discus - 187-11
Won two district titles in shot put and discus at Chestnut Ridge High School...Set Chestnut Ridge school records in the discus and shot put...Earned all-state honors in both track and football...Won 100 matches as a wrestler.

RETURNERS



Josh LEWIS

North East, Pa.
North East
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: Mile - 4:15.46, 3000m - 8:24.06

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Competed in the 3000m run.
Big Ten Cross Country Championship (1/30/21): Placed 75th in his first Big Ten Championship.

Outdoor 2021
Did not compete.

Indoor 2021
Penn State Tri-Meet (2/6): Placed second in the mile with a season best time of 4:15.46.

BEFORE PENN STATE
HIGH SCHOOL PRs: 800m - 1:59, 1600m - 4:23, 3200m - 9:26
Attended North East High School…Member of the National Honor's Society…Served as high school class treasurer…Earned four varsity letters in track and field/cross country…Earned two varsity letters in wrestling and one in soccer…Named three-time team MVP…Crowned district champion in cross country in 2017…Won team region championship in 2018…Finished district runner-up as a team in 2018…Earned All-State honors in 2018…Named three-time all-region and all district.



Miles LIGGINS

Monmouth Junction, N.J.
South Brunswick
Sophomore
Distance

COLLEGIATE PERSONAL BESTS - 600m - 1:25.58

Outdoor 2021
Did not compete.

Indoor 2021
Placed second in both the 600m and the 4x400m in his only action of the season at the Penn State tri-meet.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PRs: Indoor 800m - 1:54.10, 400m - 50.83 Outdoor 800m - 1:53.88, 400m - 50.29
Earned three varsity letters in track & field at South Brunswick High School…Set school records in 800m and SMR as well as Ocean Breeze Invitational 800m record…Won 800m county, section and group championships…Captured indoor conference and state relay championships…Won outdoor Middlesex conference and conference relay championships.



Drew MAHER

Monmouth Beach, N.J.
Shore Regional
Junior
Distance

COLLEGIATE PERSONAL-BESTS: Mile - 4:04.19, 1500m - 3:44.48, 800m - 1:51.11, 600m - 1:20.58

AWARDS: Academic All-Big Ten (2021)

ON A NATIONAL STAGE
NCAA East Prelims (5/23-25/19): Qualified for NCAA East Prelims in 1500m.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Competed in the 800m and 1500m runs.
Big Ten Indoor Championships (2/28-29/20): Finished 11th in mile final (4:11.94).
Big Ten Outdoor Championships (5/12-12/19): Competed in 1500m.
Big Ten Indoor Championships (2/22-23/19): Ran 1:51.37 to set then-collegiate-best time in 800m.

2021 Outdoor
Big Ten Relays (4/23): Placed sixth in the 800m with a season best 1:51.66 and third in the 4x800m relay.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Clocked pair of personal-best times in 800m and mile... Had five top-five finishes.

2019 Outdoor
Season: Qualified for NCAA East Prelims in 1500m....Set a personal best in 1500m (3:44.88) at Bison Outdoor Classic...Posted four top-10 finishes...Competed in 1500m at USATF Championships.

2019 Indoor
Season: Set three collegiate bests in mile, 800m and 600m. Posted eight top-10 finishes with his mile and 600m standards set a Penn State indoor track...Recorded personal-best in 800m at Big Ten Indoor Championships.

BEFORE PENN STATE
High School PRs: 400m: 49.6, 800m: 1:49.1, 1600m: 4:08, 5K: 15:31
Was a member of outdoor track Central Jersey Group 1 state championship team at Shore Regional High School...Won two Monmouth County titles...Captured Shore Conference titles three times...Earned 14 state sectional titles and 10 Group 1 titles... Captured two Meet of Champions titles in 1600m...Earned All-America honors three times...Finished as New Balance Nationals 800m runner-up (2018) and placed fifth in mile (2017, 2018)... Served as Vice President of the Class of 2018...Was a Blue Devil Scholar and a member of the National Honor Society.



Wesley MATUSKA-WILLIAMS

Norwick, England
Notre Dame
Senior
Multi-Events

COLLEGIATE PERSONAL BEST: Triple jump - 14.54m

2021 Season
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set a collegiate personal-best in triple jump.

Dr. Sander Invitational (1/23-25): Jumped collegiate personal-best 47-8.5 (14.54m) to place eighth.

2019
Season: Did not compete.

BEFORE PENN STATE
High School PR: Triple jump - 50-3.25 (15.32m/15.43mw)
Competed for Coach Denis Costello at Notre Dame High School… Won national championships in both outdoor and indoor…Captured two English Schools championships…Won SIAB championship…Earned a gold and bronze medal at the School Games… Represented England with a first place finish at SIAB Championships (2016) and placed third in Manchester International (2016)…Earned another third-place finish in the Loughborough International (2018).

RETURNERS



Tyler MERKLEY

Rancho Cucamonga, Calif.
Los Osos
Senior
Throws

COLLEGIATE PERSONAL BEST: WT - 21.06m, HT - 70.28m

CAREER NOTES & RECORDS
Career: Scored points with seventh-place finish at first Big Ten Indoor Championships in weight throw. Second team All-American in the hammer throw (2021). Second Team All-Big Ten in hammer throw (2021).

Records: Ranks second on Penn State's all-time hammer throw list (230-7, 70.28m) and fourth on the weight throw list (69-1.25, 21.06m).

ON THE NATIONAL STAGE
NCAA Outdoor Championships (6/9-12/21): Placed ninth in the hammer throw with a personal best 70.28m throw.
NCAA East Preliminary Championships (5/27-29/21): Qualified for the NCAA Championships with a fifth place finish in the hammer throw.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Claimed the silver medal in the hammer throw with a then career-best 69.10m throw.

2021 Outdoor
Jesse Owens Invite (5/7): Won the hammer throw with a then personal best throw of 66.79m.

2021 Indoor
Won the hammer throw in all three of his meets, posting a season-best 20.72m throw at the Penn State tri-meet.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Reached a personal-best distance in weight throw...Won two weight throw events and registered five top-five performances.

2019 Outdoor
Season: Did not compete.

2019 Indoor
Season: Did not compete.

BEFORE PENN STATE
KANSAS STATE 2015-16 & HIGH SCHOOL

Placed 21st at the NCAA Championships (62.09m, 203-08) at Kansas State...Finished in eighth place at NCAA West Preliminary...Took second at Big 12 Championships...Set Kansas State record in hammer throw (63.99m)...Took sixth place at Big 12 Championships in weight throw...Ranked ninth on Kansas State all-time record list in weight throw...Captured league championship three times in shot put and discus at Los Osos High School... Set the school record in shot put...Earned All-America honors in weight throw...Captured 2014 and 2015 state hammer championship...Was a member of 2014 USA Youth Olympic Team... Won 2015 Division 1 discus champion (southern section)...Was a scholar athlete.



Domenic PERRETTA

Beaver Falls, Pa.
Big Beaver Falls
Senior
Sprints

COLLEGIATE PERSONAL BEST: 600m – 1:118.51, 800m – 1:47.29, 1000m – 2:22.20, 1500m – 3:46.47. 1600m – 4:10.07

CAREER NOTES & RECORDS
Career: Won Big Ten 800m indoor championship in 2019 and 2021...Ran to a silver medal in 800m outdoor event in 2019... Qualified for 800m race at 2019 NCAA Indoor Championships... Qualified for 800m race at the 2017 NCAA Outdoor Championships.

Records: Ranks 10th on Penn State all-time list in outdoor 800m.

ON A NATIONAL STAGE
NCAA East Prelims (5/23-25/19): Competed in 800m race.
NCAA Indoor Championship (3/8-9/19): Finished ninth in 800m final, running 1:48.81...Earned second-team All-America honors.
NCAA Outdoor Championship (6/7-10/17): Competed in 800m.
NCAA East Prelims (5/25-27/17): Qualified for NCAA Championship in 800m...Ran 1:47.87 to qualify.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Competed in the 800m.
Big Ten Indoor Championships (2/25-27/21): Won the Big Ten 800m Championship for the second time in his career with a time of 1:50.90
Big Ten Outdoor Championships (5/10-12/19): Ran 1:48.75 in 800m final...Earned silver medal.
Big Ten Indoor Championship (2/22-23/19): Continued Penn State's excellence with 1:48.24 to claim fourth-straight Nittany Lion 800m title.
Big Ten Indoor Championships (2/23-24/18): Placed 11th in 800m final (1:50.83).
Big Ten Outdoor Championships (5/12-14/17): Competed in the

800m final and finished fifth.
Big Ten Indoor Championships (2/24-25): Competed in 800m (1:48.49) and ran a leg on DMR (fourth place).

TRACK AND FIELD
2021 Outdoor
Maryland B1G Invite (3/26-27): Opened the season with a win in the 800m with a time of 1:49.49

2021 Indoor
Season: Won the Big Ten 800m Championship for the second time in his career.

Penn State Invite (1/23): Won the mile with a time of 4:11.61 in his only regular season competition.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Redshirted during the indoor season.

2019 Outdoor
Season: Competed in 800m at NCAA East Prelims...Won silver medal in 800m at Big Ten Championships...Posted nine top-five finishes...Earned second-team All-Big Ten honors.

2019 Indoor
Season: Finished ninth at NCAA Championships in 800m...Won Big Ten Championship in 800m...Set a personal-best time in the 1000m (2:22.20)...Earned first-team All-Big Ten honors.

2018 Indoor
Season: Placed 11th in 800m (1:50.83) at Big Ten Indoor Championships...Set a personal-best mark in mile.

2017 Outdoor
Season: Competed in NCAA Championships in 800m...Recorded eight top-10 finishes...Posted personal bests of 1:47.29 in 800m and 3:46.47 in 1,500m…Competed in USATF Championships in 800m.

2017 Indoor
Season: Posted 11 top-10 finishes...Recorded then-personal bests of 1:18.51 in 600m and 2:23.06 in 1,000m.

CROSS COUNTRY
2017
Season: Ran in three meets.

BEFORE PENN STATE
HIGH SCHOOL PRs: Mile - 4:11, 800m - 1:50.1, 400m - 49.6
Earned eight varsity letters at Big Beaver Falls High School...Named team captain and team MVP...Earned all-state and all-conference honors...Captured two cross country district championships...Won three 800m state championships and three 1,600m state championships in outdoor competition...Won indoor 800m championship...Took fifth-place at the state championships in cross country...Set school record in the 400m, 800m, 1,600m, and 3,200m...Finished second in the 800m at the New Balance Indoor Nationals meet as a senior...Took fourth place in 800m at USATF Junior Olympics as a sophomore...Made the high school honor roll.



Tanner
PIOTROWSKI

Columbia, Md.
Arundel
Sophomore
Distance

COLLEGIATE PERSONAL BESTS: 1500m - 3:55.86, Mile - 4:15.58, 3000m - 8:24.78, 5000m - 15:12.04

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Indoor Championships (2/25-27/21): Competed in the 3000m run.
Big Ten Cross Country Championships (1/31/21): Placed 72nd at his first Big Ten Championship.

2021 Outdoor
Rutgers Tri-Meet (4/10): Placed second in the 1500m with a season-best time of 3:55.86.

2021 Indoor
Penn State Tri-Meet (2/6): Placed third in the mile with a season-best time of 4:15.58.

BEFORE PENN STATE
HIGH SCHOOL PRs: 800m – 1:57.31, 1600m – 4:21.56, 3200m – 9:28.98, 3 Mile – 15:01.61, 5000m – 15:21.60
Won indoor 800m state championship in 2018 at Arundel…Was a member of team that won county championships in 2019 and 2020…Won county titles in indoor 800m, outdoor 1600m, 4x400m and cross country titles…Captured regional championship in 1600m…Was a three-time all-county pick in both cross country and indoor track & field...Named to All-Baltimore Sun teams in indoor track and cross country in 2019.

RETURNERS



Lucciano PIZARRO

Marlton, N.J.
Cherokee
Sophomore
Throws

COLLEGIATE PERSONAL BESTS: SP - 18.63m.
RECORDS AND NOTES: Ranks ninth on the Penn State all-time outdoor shot put list.

ON THE NATIONAL STAGE
NCAA East Prelims (5/25-27/21): Qualified in the shot put.

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Placed 11th in the shot put with a throw of 17.51m.
Big Ten Indoor Championships (2/25-27/21): Competed in the shot put.

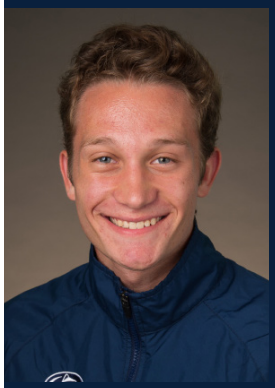
2021 Outdoor
Jim Thorpe Invite (5/7): Recorded a personal best throw of 18.63m to win the shot put.

2021 Indoor
Penn State Tri-Meet (2/6): Placed third in the shot put with an indoor season-best 16.80m throw.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
HIGH SCHOOL PRs: Shot Put: 60-11
Earned four varsity letters in track and field at Cherokee High School…Named field MVP as a junior and senior…Captured shot put state, conference and district championships…Named Boys Spring Track Athlete of the Year.



Payton SEWELL

Glenmoore, Pa.
Downington - West
Sophomore
Distance

AWARDS: Academic All-Big Ten (2021)

2021 Season
Did not compete.

2020 Season
=Did not compete.

BEFORE PENN STATE
Selected to first-team all-league in back to back seasons in cross country at Downington Stem Academy...Selected as first team all-state in cross country as a senior...Named third team all-region in cross country as a junior...Named all-state in DMR as a senior... Member of the National Honor Society.



Noah SWABY

Pittsburgh, Pa.
Taylor Allderdice
Junior
Multi-Events

COLLEGIATE PERSONAL BESTS: 60m - 7.21, 100m - 11.23, 200m - 22.83, 400m - 50.27, 1000m - 2:50.72, 1500m - 4:35.47, 60mH - 8.20, 110mH - 14.71, HJ - 1.98m, PV - 4.58m, LJ- 6.96m, SP- 15.60m, DT- 50.57m, HT- 59.41m, Heptathlon - 5,292, Decathlon - 7,517

CAREER NOTES & RECORDS
Career: Qualified for NCAA Outdoor Championships in decathlon in 2019 and 2021...Placed third in decathlon at 2019 Big Ten Outdoor Championships.

RECORDS: Ranks 10th all-time at Penn State in heptathlon (5,292 points)...Ranks eighth all-time in decathlon (7,411 points).

ON A NATIONAL STAGE
NCAA Outdoor Championships (6/9-12/21): Placed 13th in the decathlon to earn Second Team All-America honors.
NCAA Outdoor Championship (6/7-10/19): Qualified for NCAA Championship in decathlon but, withdrew due to injury.

AT BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/10-12/19): Finished third in decathlon...Ranks eighth all-time in Penn State history...Won both javelin and 1500m.

2021 Outdoor
Husker B1G Invite (4/16-17): Recorded a career best score of 7517 to place fourth in the decathlon.

2021 Indoor
Did not compete.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Moved to 10th all-time on Penn State heptathlon chart with personal-best score (5,292 points).

2019 Outdoor
Season: Set personal best in decathlon at Big Ten Championship (7,411 points)...Ranks eighth all-time in Penn State history in decathlon...Qualified for NCAA Championship.

2019 Indoor
Season: Competed in shot put in four meets.

2018
Season: Did not compete.

BEFORE PENN STATE
Earned varsity letters at Taylor Allderdice High School...Earned high school All-American honors twice...Finished USATF National Junior Olympic in second-place in decathlon...Placed fifth in pentathlon at New Balance Nationals Indoor.



Alex TOMASKO

Mechanicsburg, Pa.
Mechanicsburg
Senior
Distance

COLLEGIATE PERSONAL BEST: 3000m - 8:36.36, 5000m - 14:26.37, 10,000 - 29:58.24 XC 10k - 30:38.4

CAREER NOTES & RECORDS
Career: Earned cross country all-region honors in 2018 and 2019.
Awards: Academic All-Big Ten (2021)

ON A NATIONAL STAGE
Cross Country
NCAA Mid-Atlantic Regional (11/15/19): Earned second all-region honor with 16th-place finish...Ran personal best 30:38.4 in 10k.
NCAA Mid-Atlantic Regional (11/9/18): Placed 18th to all-region honors (31:47.7).

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Outdoor Championships (5/14-16/21): Competed in both the 5,000 and 10,000m runs.
Big Ten Cross Country Championships (1/30/21): Placed 52nd with a time of 25:39.9.
Big Ten Cross Country Championships (11/3/19): Ran 24:44.8 to finish 28th.
Big Ten Cross Country Championships (10/28/18): Placed 47th (24:53.5).

TRACK & FIELD
Outdoor 2021
Big Ten Relays (4/23): Recorded a personal best time of 14:26.37 to place third in the 5000m run.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Set a personal-best mark in the 5000m in lone meet of the season.

CROSS COUNTRY
2019
Season: Earned second all-region honor of career with a 16th place finish at NCAA Mid-Atlantic Regional

2018
Season: Earned all-region honors at NCAA Mid-Atlantic Regional.

2017
Season: Competed in two meets unattached.

BEFORE PENN STATE
HIGH SCHOOL PRs: 1,600m: 4:21.06, 3,200m: 9:33.33, 5K: 15:37
Was a letterwinner at Mechanicsburg High School...Finished third in 2016 District 3 AAA cross country meet to qualify for PIAA state meet...Named Mid-Penn All-Conference in cross country...Won Foot Locker cross country Northeast Regional Freshman Boys Race Championship at Van Cortlandt Park, New York...Named Mid-Penn track & field all-conference in 3200m three times and 1600m once...Earned all-district plaudits in 1,600m...Claimed Mid-Penn track & field conference 3,200m silver medal in 2017... Earned Mid-Penn All-Conference honors in cross country...Qualified for PIAA District 3 AAA in 1,600m and 3,200m and for PIAA state meet in 1600m...Set school record of 4:21.06 in 1,600m.



Colin WATERS

Poughquag, N.Y.
Arlington
Junior
Distance

COLLEGIATE PERSONAL BESTS: 3000m - 8:43.13, 5000m - 14:45.48, 10,000m - 31:23.68

AWARDS: Academic All-Big Ten (2021)

AT THE BIG TEN CHAMPIONSHIPS
Big Ten Cross Country Championships (1/30/21): Placed 80th in his first Big Ten Championship.

2021 Outdoor
Maryland B1G Invite: Opened the season with a third place finish in the 5000m.

2020 Outdoor
Season cancelled due to COVID-19 pandemic.

2020 Indoor
Season: Did not compete.

BEFORE PENN STATE
High School PRs: 3200m: 9:21, 1600m: 4:23, 3 Mile: 14:56, 5k: 16:04
Earned three varsity letters in track & field and cross country at Arlington High School...Captured Section 1 cross country championships in 2018 after finishing as runner-up in 2017...Was a member of three Section 1 Class A team cross country championships (2016-2018)...Finished fourth in NYS Class A at state cross country meet (2018)...Won Section 1 Class A Indoor/Outdoor 3200m title (2019)...Was a member of DMR team that won Loucks Games championship...Named all-league, all-county, all-section three times in cross country (2016-2018)...Earned all-state honorable mention in 2017 and first team all-state honors in 2018 in cross country...Was a member of the National Honor Society.

NEWCOMERS

Collin
BURKHARDT
Nazareth, PA
Nazareth
Freshman
Throws

Brendan
COLWELL
Centre Hall, PA
Penns Valley
Freshman
Distance/XC

Christopher
DeSOUSA
Ocean Port, NJ
Christian Brothers Academy
Freshman
Distance

Emi
EREKOSIMA
Hagerstown, MD
North Hagerstown
Freshman
Distance/XC

Drew
GALLEN
Glen Mills, PA
Rustin
Freshman
Sprints

Nate
GOOD
Lititz, PA
Warwick
Freshman
Jumps

NEWCOMERS

Kevin
HAAS
Auburn, PA
Blue Mountain
Freshman
Distance/XC

Eric
HAMEL
Bellingham, WA
Western Washington
Senior
Distance/XC

Hayden
HEALEY
Pasadena, MD
Chesapeake
Freshman
Distance/XC

Justin
HEALEY
Indianapolis, IN
Franklin Central
Freshman
Distance/XC

Dylan
LAMBRECHT
Jonestown, PA
Northern Lebanon
Freshman
Throws

J. Henry
Lyon
Williamsport, PA
Williamsport Area
Freshman
Distance/XC

NEWCOMERS

Connor
McMENAMIN
Telforrd, PA
Bucknell
Senior
Jumps

Isaac
OSIFO
Cumming, GA
West Forsyth
Freshman
Jumps

Jonathan
PETERSEN
Lewis Center, OH
Olentangy Orange
Freshman
Pole Vault

Dante
RADIGONDA
Exeter, NH
Exeter
Freshman
Distance/XC

Caleb
RYU
Horsham, PA
Hatboro Horsham
Freshman
Sprints

Zachary
SALAS
Torrance, CA
Torrance
Freshman
Pole Vault

NEWCOMERS

Tristan
SCHMIDT
Allentown, PA
Emmaus
Freshman
Throws

Darius
SMALLWOOD
Pottstown, PA
Pottstown
Freshman
Distance/XC

Allen
TAYLOR
Cogan Station
Williamsport Area
Freshman
Multi-Events

CROSS COUNTRY / TRACK & FIELD



HISTORY

NITTANY LIONS AT THE OLYMPICS

Year	PSU Athlete	Event	Place	Country	Location
1908	Talbot, Lee	Hammer	5th	United States	London
1920	Barron, Harold	110-Meter High Hurdles	2nd	United States	Antwerp
1920	Helffrich, Alan	1600-Meter Relay	*Alternate	United States	Antwerp
1920	Shields, Larry	1500-Meters	3rd	United States	Antwerp
1920	Shields, Larry	3,000-Meter (Team Run)	1st (Team); 8th Indiv.	United States	Antwerp
1924	Cox, William	10,000-Meters	Unknown	United States	Paris
1924	Cox, William	3,000-Meter (Team Run)	3rd (Team)	United States	Paris
1924	Moore, Charles	110-Meter High Hurdles	*Alternate	United States	Paris
1924	Romig, John	5,000-Meters	4th	United States	Paris
1924	Studenroth, Arthur	5,000-Meters	6th	United States	Paris
1928	Bates, Al	Long Jump	3rd	United States	Amsterdam
1928	Romig, John	10,000-Meters	Unknown	United States	Amsterdam
1932	Rekers, Paul	5,000-Meters	12th	United States	Los Angeles
1940	Ewell, Barney	Sprints	Honorary Olympian	United States	Tokyo
1940	Vukmanic, Nick	Javelin	Honorary Olympian	United States	Tokyo
	** Tokyo Games cancelled due to World War II				
1948	Ewell, Barney	100-Meters	2nd	United States	London
1948	Ewell, Barney	200-Meters	2nd	United States	London
1948	Ewell, Barney	4x100-Meter Relay	1st	United States	London
1948	Goffberg, Herman	10,000-Meters	DNF	United States	London
1948	Stone, Curt	10,000-Meters	6th	United States	London
1952	Ashenfelter, Horace	3,000-Meter Steeplechase	1st	United States	Helsinki
		*8:45.4 (Olympic Record)			
1952	Ashenfelter, William	3,000-Meter Steeplechase	DNF	United States	Helsinki
1952	Stone, Curt	5,000-Meters	6th (Heat)	United States	Helsinki
1952	Stone, Curt	10,000-Meters	15th	United States	Helsinki
1952	Werner, Chick	Assistant Coach	***	United States	Helsinki
1956	Ashenfelter, Horace	3,000-Meter Steeplechase	6th (Heat)	United States	Stockholm
1956	Stone, Curt	5,000-Meters	6th (Heat)	United States	Stockholm
1960	Moran, Ed	1,500-Meters	*Alternate	United States	Rome
1968	Hedmark, Lennart	Decathlon	11th	Sweden	Mexico City
1968	Reilly, Bill	3,000-Meter Steeplechase	5th (Heat)	United States	Mexico City
1972	Hayden, Steve	50K Walk	27th	United States	Munich
1972	Hedmark, Lennart	Decathlon	DNF	Sweden	Munich
1972	Sands, Mike	100-Meters	6th (Heat)	Bahamas	Munich
1972	Sands, Mike	200-Meters	5th (Heat)	Bahamas	Munich
1972	Sands, Mike	4x100-Meter Relay	6th (Heat)	Bahamas	Munich
1976	Hedmark, Lennart	Decathlon	8th	Sweden	Montreal
1976	Hjeltnes, Knut	Discus	7th	Norway	Montreal
1976	Jackson, Al	Hammer	*Alternate	United States	Montreal
1976	Sands, Mike	100-Meters	4th (Heat)	Bahamas	Montreal
1976	Sands, Mike	400-Meters	6th (Heat)	Bahamas	Montreal
1976	Sands, Mike	4x100-Meter Relay	*Relay Pool	Bahamas	Montreal
1976	Shine, Mike	400-Meter Hurdles	2nd	United States	Montreal
1980	Fredericks, Greg	10,000-Meters	Honorary Olympian	United States	Moscow
		*U.S. boycotted Moscow Olympics			
1980	Hjeltnes, Knut	Discus	7th	Norway	Moscow
1984	Hjeltnes, Knut	Discus	4th	Norway	Los Angeles
1988	Hjeltnes, Knut	Discus	7th	Norway	Los Angeles
1992	Groves, Harry	Assistant Coach	***	United States	Barcelona
1992	Sands, Mike	Head Manager	***	Bahamas	Barcelona
1992	Walsh, Barry	Decathlon	***	Ireland	Barcelona
1996	Hunter, C.J.	Shot Put	7th	United States	Atlanta
2000	Hunter, C.J.	Shot Put	*DQ	United States	Sydney
2004	Alford-Sullivan, Beth	Assistant Coach	***	United States	Athens
2004	Moore, Consuella	4x100-Meter Relay	*Relay Pool	United States	Athens
2008	Augustus, Toyin	100-Meter Hurdles	7th (=Heat)	Nigeria	Beijing
2008	Barber, Aleesha	100-Meter Hurdles	4th (Heat)	Trinidad and Tobago	Beijing
2012	Blake, Dominique	4x400-Meter Relay	*Relay Pool (3rd)	Jamaica	London
2012	Cox, Shana	400 Meters; 4x400m Relay	7th (Semi-Final)	Great Britain	London
2012	Cox, Shana	4x400-Meter Relay	5th	Great Britain	London
2012	Franek, Bridget	3,000-Meter Steeplechase	14th	United States	London
2012	Nieuwendam, Kirsten	200 Meters	8th (Heat)	Suriname	London
2016	Kovacs, Joe	Shot Put	2nd	United States	Rio
2016	Hill, Darrell	Shot Put	23rd (Preliminaries)	United States	Rio
2016	Tucker, Erin	Assistant Coach	***	U.S. Virgin Islands	Rio
2020 ('21)	Joe Kovacs	Shot Put			
2020 ('21)	Michael Shuey	Shot Put			

YELLOW - Denotes Olympic Gold Medalist
BOLD - Denotes Olympic Medalist

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

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
2019	18th	482 pts	73, 80, 144, 151, 177, 223, 247	6,000-Meters	Indiana State
2018	20th	482 pts	68, 75, 99, 107, 133, 149, 212	6,000-Meters	Wisconsin
2017	18th	443 pts	75, 106, 118, 132, 147, 228, 250	6,000-Meters	Louisville
2016	18th	465 pts	15, 36, 140, 177, 204, 240	6,000-Meters	Indiana State
2015	16th	396 pts	38, 98, 102, 152, 157, 181, 225	6,000-Meters	Louisville
2013	25th	640 pts	111, 147, 152, 186, 204, 222, 237	6,000-Meters	Indiana State
2012	14th	387 pts	33, 51, 59, 121, 123, 143, 150	6,000-Meters	Louisville
2011	13th	368 pts	10, 39, 85, 93, 141, 167, 173	6,000-Meters	Indiana State
2010	26th	550 pts	82, 96, 106, 124, 142, 154, 167	6,000-Meters	Indiana State
2009	14th	375 pts	24, 69, 77, 90, 115, 163, 168	6,000-Meters	Indiana State
2003	23rd	510 pts	42, 103, 114, 116, 135, 173, 186	6,000-Meters	Northern Iowa
2002	T-25th	568 pts	73, 105, 107, 129, 154, 159, 193	6,000-Meters	Indiana State
1996	11th	270 pts	20, 47, 49, 70, 84, 95, 118	5,000-Meters	Arizona
1994	9th	250 pts	25, 34, 49, 51, 91, 103, 110	5,000-Meters	Arkansas
1993	7th	226 pts	31, 33, 50, 51, 61, 70, 119	5,000-Meters	Lehigh
1992	T-6th	179 pts	24, 33, 36, 37, 49, 55, 104	5,000-Meters	Indiana
1991	13th	328 pts	45, 50, 67, 71, 95, 98, 114	5,000-Meters	Arizona
1987	14th	304 pts	28, 54, 63, 76, 83, 94, 104	5,000-Meters	Virginia
1985	10th	253 pts	11, 55, 58, 64, 65, 89, 98	5,000-Meters	Marquette
1984	14th	305 pts	38, 45, 71, 75, 76, 78, 83	5,000-Meters	Penn State
1983	12th	304 pts	47, 50, 58, 74, 75, 82, 88	5,000-Meters	Lehigh
1982	6th	193 pts	20, 23, 41, 47, 62, 68, 77	5,000-Meters	Indiana
1981	10th	249 pts	39, 41, 53, 54, 62, 64, 69	5,000-Meters	Witchita State

ALL-TIME MEN'S TEAM FINISHES

Year	Team Place	Team Score	Scoring Finishes	Distance	Host
2010	30th	659 pts	52, 77, 171, 179, 180, 189, 193	10,000-Meters	Indiana State
2008	25th	547 pts	64, 93, 112, 118, 160, 173, 194	10,000-Meters	Indiana State
1994	8th	250 pts	35, 41, 46, 60, 68, 125, 143	10,000-Meters	Arkansas
1993	14th	311 pts	18, 43, 73, 87, 90, 92, 109	10,000-Meters	Lehigh
1991	10th	286 pts	18, 36, 69, 73, 90, 107, 124	10,000-Meters	Arizona
1987	12th	304 pts	3, 29, 49, 90, 133, 143	10,000-Meters	Virginia
1986	17th	358 pts	21, 64, 82, 93, 98, 118, 122	10,000-Meters	Arizona
1984	21st	403 pts	57, 60, 69, 104, 113, 122, 142	10,000-Meters	Penn State
1981	14th	379 pts	4, 68, 79, 104, 124, 139	10,000-Meters	Wichita State
1980	3rd	153 pts	5, 12, 18, 52, 66, 91, 106	10,000-Meters	Wichita State
1979	3rd	186 pts	15, 27, 41, 46, 57, 68, 82	10,000-Meters	Lehigh
1978	4th	220 pts	7, 38, 42, 52, 81, 88, 94	10,000-Meters	Wisconsin
1977	12th	346 pts	26, 55, 74, 92, 99, 100, 188	10,000-Meters	Washington State
1976	13th	410 pts	18, 45, 68, 108, 171, 204	10,000-Meters	North Texas
1975	4th	256 pts	5, 17, 80, 125, 144, 222, 246	6 Miles	Penn State
1974	10th	279 pts	31, 53, 59, 67, 69, 116, 140	6 Miles	Indiana
1973	10th	252 pts	5, 12, 56, 85, 98, 166, 185	6 Miles	Washington State
1972	12th	326 pts	23, 28, 64, 78, 133, 154	6 Miles	Houston
1971	8th	269 pts	13, 38, 46, 83, 89, 147, 176	6 Miles	Tennessee
1970	13th	420 pts	3, 43, 89, 136, 149, 187, 214	6 Miles	William and Mary
1969	10th	352 pts	27, 63, 70, 92, 100, 144, 150	6 Miles	Manhattan College
1968	14th	319 pts	23, 34, 50, 103, 109, 114, 133	6 Miles	Manhattan College
1962	12th	253 pts	6, 51, 61, 65, 70, 75	4 Miles	Michigan State College
1961	8th	203 pts	16, 19, 47, 55, 66, 70, 80	4 Miles	Michigan State College
1960	4th	104 pts	5, 13, 24, 28, 34, 38, 46	4 Miles	Michigan State College
1959	10th	213 pts	5, 18, 51, 58, 81	4 Miles	Michigan State College
1957	9th	206 pts	9, 34, 36, 55, 72	4 Miles	Michigan State College
1956	7th	192 pts	11, 17, 43, 51, 70, 71	4 Miles	Michigan State College
1954	5th	152 pts	12, 14, 38, 42, 46, 67, 91	4 Miles	Michigan State College
1953	4th	97 pts	3, 6, 29, 33, 36, 58, 60	4 Miles	Michigan State College
1952	T-4th	110 pts	6, 19, 24, 28, 33, 56, 61	4 Miles	Michigan State College
1951	4th	122 pts	4, 15, 17, 22, 64, 76	4 Miles	Michigan State College
1950	**1st**	**53 pts**	**5, 7, 12, 13, 16, 18, 31**	**4 Miles**	**Michigan State College**
1949	4th	93 pts	10, 11, 13, 29, 30, 34, 41	4 Miles	Michigan State College
1948	4th	118 pts	18, 21, 25, 26, 28, 36, 46	4 Miles	Michigan State College
1947	**1st**	**60 pts**	**1, 3, 13, 17, 26, 45, 46**	**4 Miles**	**Michigan State College**
1946	3rd	114 pts	2, 6, 14, 34, 58, 81, 108	4 Miles	Michigan State College
1942	**T-1st**	**57 pts**	**4, 6, 7, 11, 29, 42, 46**	**4 Miles**	**Michigan State College**
1941	2nd	110 pts	11, 15, 27, 28, 29, 56, 66	4 Miles	Michigan State College

Bold denotes national title.

CROSS COUNTRY ALL-AMERICANS

WOMEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
2016	Elizabeth Chikotas	15
2016	Jillian Hunsberger	36
2015	Tessa Barrett	38
2011	Caitlin Lane	16
2009	Bridget Franek	26
2008	Bridget Franek	23
2000	Susanne Heyer	14
1996	Kim McGreevy	27
1994	Kim Kelly	25
1992	Kim Kelly	27
1988	Stacy Prey	31
1985	Stacy Prey	23
1982	Doreen Startare	20
1979*	Heather Carmichael	8
1979*	Kathy Mills	4
1978*	Kathy Mills	3
1977*	Kris Bankes	15
1977*	Kathy Mills	1
1976*	Kathy Mills	3
1975*	Liz Cunningham	12
1975*	Liz Berry	15
1975*	Kris Bankes	3

MEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
2006	Dan Mazzocco	31
2005	Dan Mazzocco	43
1993	Jake Bartholomy	29
1991	Mark Wimmer	26
1989	Steve Brown	20
1989	Doug Walter	41
1988	Brian Laird	13
1987	Eric Carter	4
1985	Eric Carter	9
1981	Alan Scharsu	5
1980	Alan Scharsu	6
1980	John Zishka	22
1980	Larry Mangan	14
1979	Alan Scharsu	19
1979	John Ziegler	34
1978	Bob Snyder	9
1977	Bob Snyder	9
1976	George Malley	20
1975	George Malley	17
1975	Paul Stemmer	5
1974	George Malley	39
1973	Charlie Maguire	23
1971	Greg Fredericks	20
1970	Greg Fredericks	4
1962	Howie Deardoff	8
1960	Jerry Norman	6
1959	Dick Engelbrink	7
1957	Fred Kerr	13
1953	Bob Hollen	6
1953	Lamont Smith	13
1952	Bob Hollen	7
1951	Bill Ashenfelter	4
1950	Bill Ashenfelter	8
1950	Bob Freebairn	11
1949	Bill Ashenfelter	13
1949	Bob Freebairn	14
1947	Gerry Karver	6
1947	Horace Ashenfelter	2
1946	Curt Stone	2
1946	Gerry Karver	7
1942	Curt Stone	6
1942	Gerry Karver	8
1942	McLain Smith	12
1942	Norm Gordon	4
1941	Norm Gordon	11
1940	Bill Smith	7
1939	Bill Smith	5

* Denotes finish from "Pre-NCAA" era.

ALL-TIME WOMEN'S CROSS COUNTRY FINISHES (BY YEAR)

Year	Overall	Team	Name	Time
1981	43	39	Carmichael, Heather	17:29
1981	51	41	Murnane, Patty	17:34
1981	69	53	Startare, Doreen	17:58
1981	70	54	Purcell, Monique	17:59
1981	82	62	Ihrig, Carolyn	18:16
1981	84	64	Gerken, Heidi	18:19
1981	90	69	Miley, Sue	18:31
1982	28	20	Startare, Doreen	17:38
1982	31	23	Carmichael, Heather	17:43
1982	56	41	Updegrove, Natalie	18:05
1982	64	47	Renzi, Paula	18:13
1982	82	62	Purcell, Monique	18:38
1982	89	68	Miley, Sue	18:44
1982	98	77	Gerken, Heidi	18:54
1983	65	47	Updegrove, Natalie	18:01
1983	69	50	White, Meredith	18:04
1983	78	58	Gerken, Heidi	18:13
1983	99	74	Startare, Doreen	18:34
1983	100	75	Shafer, Anne	18:35
1983	107	82	Hart, Tammie	18:51
1983	113	88	Dickstein, Carol	18:55
1984	56	38	Gerken, Heidi	17:26
1984	64	45	White, Meredith	17:33
1984	93	71	Ross, Lisa	18:01
1984	98	75	Shafer, Anne	18:04
1984	100	76	Renzi, Paula	18:05
1984	102	78	Stearns, Cindy	18:06
1984	107	83	Loht, Holly	18:13
1985	23	11	Prey, Stacia	16:57
1985	76	55	Ross, Lisa	17:44
1985	80	58	Pitcher, Kathy	17:47
1985	86	64	Loht, Holly	17:59
1985	87	65	Kuhn, Kathleen	17:59
1985	113	89	Aston, Amy	18:16
1985	122	98	St. Clair, Katherine	18:39
1986	56	IND	Prey, Stacia	18:19
1987	41	28	Prey, Stacia	17:06
1987	75	54	Knight, Anne	17:36
1987	84	63	Hass, Emily	17:43
1987	99	76	St. Clair, Katherine	17:52
1987	107	83	Moody, Juliann	17:59
1987	118	94	Gold, Lisa	18:12
1987	128	104	Quinn, Ann Marie	18:32
1988	31	IND	Prey, Stacia	17:17
1990	43	IND	Nelson, Wendy	17:10
1991	63	45	Kelly, Kim	17:53
1991	69	50	Kelly, Kris	17:56
1991	94	67	Morrow, Laurie	18:19
1991	98	71	Martin, Leslee	18:21
1991	123	95	Weaver, Jennifer	18:40
1991	127	98	Dougan, Dana	18:44
1991	144	114	Hunt, Kelli	18:59
1992	27	24	Kelly, Kim	17:56
1992	42	33	Hunt, Kelli	18:10
1992	48	36	Glyde, Colleen	18:13
1992	49	37	Kelly, Kris	18:14
1992	65	49	Minard, Meira	18:21
1992	73	55	Weaver, Jennifer	18:24
1992	134	104	Hohnka, Mary	19:06
1993	44	31	Hunt, Kelli	17:29
1993	46	33	Weaver, Jennifer	17:30
1993	67	50	McCarthy, Candida	17:41
1993	68	51	Kelly, Kim	17:41
1993	79	61	Rutkoski, Jamie	17:51
1993	93	70	St. John, Erin	17:59
1993	149	119	Hohnka, Mary	18:45
1994	35	25	Kelly, Kim	17:46
1994	46	34	St. John, Erin	17:55
1994	68	49	Hunt, Kelli	18:11
1994	70	51	Kelly, Kris	18:13
1994	118	91	Hohnka, Teresa	18:40
1994	130	103	Harrity, Kim	18:49
1994	137	110	Simmonds, Karen	18:54
1995	75	IND	Fidler, Donna	18:21
1995	91	IND	McGreevy, Kim	18:28
1996	28	20	McGreevy, Kim	18:18
1996	66	47	St. John, Erin	18:46
1996	68	49	Hohnka, Teresa	18:49
1996	94	70	Fidler, Donna	19:04
1996	111	84	Hohnka, Lou	19:19
1996	123	95	Kern, Jill	19:31
1996	147	118	Glitz, Allison	19:56
1998	150	IND	Davis, Erin	18:40
1999	94	IND	Bouchard, Stacie	17:59
2000	14	IND	Heyer, Susanne	21:09
2001	134	IND	Wale, Michelle	22:26
2002	96	73	Brauksieck, Tracey	21:15
2002	134	105	Landreth, Molly	21:32
2002	137	107	Wale, Michelle	21:33
2002	161	129	Stevens, Jenny	21:46
2002	187	154	Hillard, Katy	21:57
2002	192	159	Johnson, Tara	22:01
2002	229	193	Thomas, Maureen	22:29
2003	56	42	Landreth, Molly	20:55
2003	131	103	Thomas, Maureen	21:26
2003	143	114	Stevens, Jenny	21:31
2003	147	116	Wale, Michelle	21:32
2003	171	135	Johnson, Tara	21:45
2003	211	173	Lenge, Chelsea	22:10
2003	224	186	Brauksieck, Tracey	22:20
2006	173	IND	Franek, Bridget	22:41
2007	57	IND	Franek, Bridget	21:14
2008	23	IND	Franek, Bridget	20:31
2009	26	24	Franek, Bridget	20:35
2009	86	69	Lane, Caitlin	21:11
2009	94	77	Lord, Nicole	21:16
2009	111	90	Spring, Cheryl	21:23
2009	142	115	Millhouse, Kara	21:35
2009	200	163	Ridder, Brooklyne	22:05
2009	206	168	Bower, Natalie	22:07
2010	111	82	Ridder, Brooklyne	21:23
2010	130	96	Lane, Caitlin	21:34
2010	140	106	Millhouse, Kara	21:40
2010	158	124	Bower, Natalie	21:47
2010	180	142	Ryan, Maura	22:05
2010	192	154	Graybill, Lindsey	22:12
2010	205	167	Giannotti, Emily	22:18
2011	16	10	Lane, Caitlin	20:03
2011	59	39	Millhouse, Kara	20:42
2011	112	85	Bower, Natalie	21:08
2011	123	93	Ridder, Brooklyne	21:12
2011	177	141	Giannotti, Emily	21:38
2011	203	167	Benson, Abbie	21:45
2011	209	173	Graybill, Lindsey	21:57
2012	47	33	Perri, Tori	20:21
2012	71	51	Simko, Rebekka	20:35
2012	80	59	Ridder, Brooklyne	20:38
2012	156	121	Bower, Natalie	21:09
2012	159	123	Rodden, Katie	21:10
2012	180	143	Anderson, Leigha	21:21
2012	188	150	Giannotti, Emily	21:26
2013	111	83	Giannotti, Emily	21:23
2013	147	117	Anderson, Leigha	21:38
2013	152	121	Klebe, Marta	21:40
2013	186	152	Rodden, Katie	21:56
2013	204	167	Gerlach, Tori	22:07
2013	222	184	Underwood, Sarah	22:20
2013	237	199	Aldrich, Stephanie	22:36
2014	161	IND	Hunsberger, Jillian	21:38
2015	38	24	Barrett, Tessa	20:26
2015	98	65	Gerlach, Tori	20:49
2015	102	69	Chikotas, Elizaberth	20:50
2015	152	117	Hunsberger, Jillian	21:12
2015	157	121	Aldrich, Stephanie	21:15
2015	181	143	Kocjancic, Julie	21:26
2015	225	187	Lindsley, Greta	22:03
2016	15	10	Chikotas, Elizabeth	20:09
2016	36	28	Hunsberger, Jillian	20:21
2016	140	112	Lindsley, Greta	21:00
2016	177	145	Munks, Kathryn	21:15
2016	204	170	Kocjancic, Julie	21:31
2016	240	204	Crawford,Victoria	22:30
2016	DNF	NTS	Barrett, Tessa	----
2017	75	55	Hunsberger, Jillian	20:31
2017	106	80	Munks, Kathryn	20:45
2017	118	91	Willingmyre, Alison	20:51
2017	132	102	Rivers, Danae	20:57
2017	147	115	Lindsley, Greta	21:03
2017	228	190	Bennatan, Lisa	21:57
2017	250	212	Crawford, Victoria	22:57
2018	87	68	Rivers, Danae	21:00
2018	94	75	Willingmyre, Alison	21:03
2018	125	99	Paternain, Julia	21:17
2018	140	107	O'Shea, Moria	21:23
2018	166	133	Munks, Kathryn	21:34
2018	182	149	Williams, Jordan	21:41
2018	250	212	Noullet, Noemie	23:11
2019	73	53	Willingmyre, Alison	21:05
2019	80	60	Munks, Kathryn	21:07
2019	144	111	Rivers, Danae	21:35
2019	151	118	Paternain, Julia	21:38
2019	177	140	Ciasullo, Megan	21:52
2019	223	185	Williams, Jordan	22:23
2019	247	209	Demko, Andrea	23:14

Key:
IND - Denotes Individual Entrant
BOLD - Denotes All-America finish
Notes:
* The women's race distance moved from 5,000-meters to 6,000-meters in 2000.
* Results since NCAA era began in 1981.

NCAA CROSS COUNTRY RESULTS

ALL-TIME MEN'S CROSS COUNTRY FINISHES (BY YEAR)

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

Key:
IND - Denotes Individual Entrant
BOLD - Denotes All-America finish
Notes:
* The women's race distance moved from 5,000-meters to 6,000-meters in 2000.
* Results since NCAA era began in 1981.

NCAA CROSS COUNTRY RESULTS

Year	Overall	Team	Name	Time
1974	34	31	Malley, George	30:49
1974	76	53	Secord, Ronald	31:21
1974	85	59	Majak, Walter	31:27
1974	95	67	Stemmer, Paul	31:34
1974	97	69	Wilson, Kenneth	31:35
1974	166	116	Christopher, George	31:35
1974	197	140	Augustin, Paul	32:36
1975	5	5	Stemmer, Paul	28:58
1975	17	12	Malley, George	29:14
1975	80	56	Wilson, Kenneth	30:08
1975	125	85	Christopher, George	30:30
1975	144	98	Majak, Walter	30:40
1975	222	166	Secord, Ronald	31:28
1975	246	185	Baden, Bruce	31:59
1976	20	18	Malley, George	29:07
1976	68	45	Baden, Bruce	29:49
1976	100	68	Ziegler, John	30:02
1976	166	108	Majak, Walter	30:34
1976	242	171	Nicholson, John	31:28
1976	282	204	Snyder, Robert	32:36
1977	34	26	Snyder, Robert	29:53
1977	83	55	Rapp, Thomas	30:35
1977	106	74	Ziegler, John	30:49
1977	131	92	Wyatt, Michael	31:03
1977	143	99	Felice, Dave	31:11
1977	144	100	Baden, Bruce	31:12
1977	244	188	Cooper, James	32:58
1978	9	7	Snyder, Robert	29:48
1978	54	38	Ziegler, John	30:36
1978	61	42	Mangan, Larry	30:41
1978	73	52	Baden, Bruce	30:50
1978	113	81	Rapp, Thomas	31:11
1978	120	88	Scharsu, Alan	31:19
1978	129	94	Wyatt, Michael	31:27
1979	19	15	Scharsu, Alan	29:39
1979	34	27	Ziegler, John	29:59
1979	55	41	Mangan, Larry	30:26
1979	65	46	Adkins, Jeff	30:37
1979	81	57	Rapp, Thomas	30:48
1979	95	68	Garcia, Rich	30:55
1979	117	82	Clelland, Steve	31:11
1980	7	5	Scharsu, Alan	29:25
1980	14	12	Mangan, Larry	29:48
1980	22	18	Zishka, John	29:55
1980	78	52	Rapp, Thomas	30:44
1980	95	66	Stephens, Dwight	30:52
1980	126	91	Garcia, Rich	31:14
1980	144	106	Adkins, Jeff	31:25
1981	6	4	Scharsu, Alan	29:30
1981	94	68	Enright, Barry	31:01
1981	106	79	Black, Gary	31:13
1981	137	104	Stephens, Dwight	31:41
1981	160	124	Althouse, Brad	32:09
1981	175	139	Adkins, Jeff	32:37
1982	134	IND	Adkins, Jeff	32:42
1984	81	57	Haley, Clark	31:10
1984	85	60	Carter, Eric	31:14
1984	95	69	Hudson, Robert	31:28
1984	135	104	Shisler, Steve	32:03
1984	145	113	Overheim, Mark	-------
1984	153	122	Detuerk, Stephen	32:30
1984	173	142	Mackley, Paul	33:22
1985	9	IND	Carter, Eric	30:03
1986	35	21	Carter, Eric	31:47
1986	84	64	Laird, David	32:37
1986	104	82	McGarry, Rich	32:47
1986	118	93	Balkey, Steve	33:07
1986	123	98	Jendricks, Keith	33:11
1986	144	118	McCafferty, Bill	33:41
1986	148	122	McMillan, David	33:55
1987	4	3	Carter, Eric	29:21
1987	42	29	McMillan, David	30:15
1987	70	49	Balkey, Steve	30:40
1987	119	90	Novak, Jeffrey	31:21
1987	163	133	Accardi, Vinny	32:23
1987	173	143	Laird, Brian	32:50
1988	13	10	Laird, Brian	29:47
1988	91	68	Frazier, Ken	31:09
1988	94	70	Walter, Doug	31:10
1988	103	79	Brown, Steve	31:15
1988	118	91	Novak, Jeffrey	31:26
1988	124	*	O'Reilly, Aidan	31:32
1988	217	*	Accardi, Vinny	33:12
1989	20	12	Brown, Steve	30:23
1989	41	25	Walter, Doug	30:49
1989	104	78	Frazier, Ken	31:45
1989	141	113	Anderson, Mark	32:23
1989	146	118	Novak, Jeffrey	32:29
1989	159	131	Heffner, Doug	33:03
1989	173	145	Castillo, Mike	33:45
1991	26	18	Wimmer, Mark	31:09
1991	53	36	Gough, Robert	31:55
1991	88	69	Moore, Ronald	32:22
1991	93	73	O'Reilly, Aidan	32:24
1991	112	90	Morrow, Austin	32:44
1991	132	107	Scott, Andrew	33:07
1991	152	124	Mellott, Philip	33:47
1992	64	IND	Wimmer, Mark	32:22
1993	29	18	Bartholomy, Jake	30:32
1993	58	43	Hamer, Bob	31:00
1993	95	73	Steiner, Leif	31:33
1993	109	87	Pritchard, Jon	31:43
1993	112	90	McGlynn, Tom	31:45
1993	115	92	Cooper, Ken	31:48
1993	134	109	Stants, Harry	32:09
1994	48	35	McGlynn, Tom	31:28
1994	56	41	Bartholomy, Jake	31:42
1994	61	46	Hamer, Bob	31:46
1994	77	60	Gilkes, Artie	32:04
1994	87	68	Arosemena, Che	32:10
1994	152	125	Simmons, Jamie	33:34
1994	170	143	Oliver, Steve	34:28
1997	114	IND	Drager, Austin	31:36
2003	81	IND	Mazzocco, Dan	30:44
2004	78	IND	Mazzocco, Dan	32:24
2005	43	IND	Mazzocco, Dan	30:23
2006	31	IND	Mazzocco, Dan	31:37
2008	81	64	Dawson, Kyle	30:45
2008	114	93	McNally, Vince	31:00
2008	141	112	McCandless, Tyler	31:10
2008	148	118	Mahoney, John	31:14
2008	197	160	O'Connor, Dennis	31:46
2008	210	173	Quinn, Teddy	31:56
2008	232	194	Fuller, Brian	32:25
2009	134	IND	McNally, Vince	31:14
2010	64	52	Dawson, Kyle	30:43
2010	92	77	McNally, Vince	31:05
2010	203	171	Dawson, Owen	32:12
2010	212	179	Pawola, Danny	32:28
2010	213	179	Cipro, Chris	32:30
2010	222	189	Foster, Ryan	32:47
2010	226	193	Scarpello, Nick	32:53
2011	73	IND	Dawson, Kyle	30:36
2011	103	IND	McNally, Vince	30:48
2012	231	IND	Masters, Sam	32:25
2013	78	IND	Fischer, Matt	31:06
2014	167	IND	Fischer, Matt	32:06
2017	159	IND	Abert, Colin	31:13
2017	219	IND	McGowan, Timothy	31:59

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

ALL-TIME BIG TEN CROSS COUNTRY TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1991	4th	89 pts	West Lafayette, Ind.
1992	3rd	109 pts	Champaign, Ill.
1993	3rd	80 pts	East Lansing, Mich.
1994	3rd	75 pts	Iowa City, Iowa
1995	7th	166 pts	Minneapolis, Minn.
1996	5th	118 pts	Bloomington, Ind.
1997	6th	163 pts	Columbus, Ohio
1998	9th	248 pts	Ann Arbor, Mich.
1999	7th	186 pts	University Park, Pa.
2000	3rd	82 pts	Madison, Wis.
2001	6th	131 pts	Champaign, Ill.
2002	10th	290 pt	West Lafayette, Ind.
2003	7th	218 pts	East Lansing, Mich.
2004	9th	206 pts	Iowa City, Iowa
2005	9th	239 pts	Minneapolis, Minn.
2006	9th	207 pts	Bloomington, Ind.
2007	9th	249 pts	Columbus, Ohio
2008	4th	133 pts	Ann Arbor, Mich.
2009	9th	232 pts	University Park, Pa.
2010	4th	128 pts	Madison, Wis.
2011	6th	165 pts	Champaign, Ill.
2012	6th	169 pts	East Lansing, Mich.
2013	9th	209 pts	West Lafayette, Ind.
2014	3rd	92 pts	Iowa City, IA
2015	6th	169 pts	Chicago, Ill.
2016	9th	250 pts	Minneapolis, Minn.
2017	T-7th	159 pts	Bloomington, Ind.
2018	9th	212 pts	Lincoln, Neb.
2019	5th	169 pts	Columbus, Ohio
2021	8th	203 pts	Shelbyville, Ind.

BIG TEN MEN'S AWARD WINNERS

MEN'S FIRST TEAM ALL-BIG TEN

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

MEN'S SECOND TEAM ALL-BIG TEN

Chris McGinness, 2000
James Carney, 2000
Steve Walsh, 2001
Vince McNally, 2009-11
Kyle Dawson, 2010-11
Matt Fischer, 2014
Glen Burkhardt, 2014
Colin Abert, 2017
Colin Abert, 2018

MEN'S INDIVIDUAL HONORS

Kyle Dawson, 2008 — Freshman of the Year

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1991	2nd	74 pts	West Lafayette, Ind.
1992	3rd	83 pts	Champaign, Ill.
1993	2nd	59 pts	East Lansing, Mich.
1994	3rd	81 pts	Iowa City, Iowa
1995	3rd	69 pts	Minneapolis, Minn.
1996	2nd	56 pts	Bloomington, Ind.
1997	4th	125 pts	Columbus, Ohio
1998	4th	105 pts	Ann Arbor, Mich.
1999	8th	203 pts	University Park, Pa.
2000	8th	201 pts	Madison, Wis.
2001	T-7th	153 pts	Champaign, Ill.
2002	4th	94 pts	West Lafayette, Ind.
2003	3rd	76 pts	East Lansing, Mich.
2004	6th	142 pts	Iowa City, Iowa
2005	9th	258 pts	Minneapolis, Minn.
2006	8th	222 pts	Bloomington, Ind.
2007	7th	159 pts	Columbus, Ohio
2008	7th	154 pts	Ann Arbor, Mich.
2009	1st	71 pts	University Park, Pa.
2010	4th	106 pts	Madison, Wis.
2011	3rd	71 pts	Champaign, Ill.
2012	3rd	96 pts	East Lansing, Mich.
2013	4th	143 pts	West Lafayette, Ind.
2014	7th	174 pts	Iowa City, heIA
2015	1st	53 pts	Chicago, Ill.
2016	2nd	70 pts	Minneapolis, Minn.
2017	4th	107 pts	Bloomington, Ind.
2018	4th	103 pts	Lincoln, Neb.
2019	4th	138 pts	Columbus, Ohio
2021	8th	223 pts	Shelbyville, Ind.

BIG TEN WOMEN'S AWARD WINNERS

WOMEN'S FIRST TEAM ALL-BIG TEN

Laurie Morrow, 1991
Kim Kelly, 1993
Kris Kelly, 1993
Erin St. John, 1995-96
Kim McGreevy, 1996
Susanne Heyer, 2000
Molly Landreth, 2003, '04
Bridget Franek, 2007, '09
Caitlin Lane, 2011
Kara Millhouse, 2011
Bekka Simko, 2012
Tori Gerlach, 2015
Elizabeth Chikotas, 2015
Tessa Barrett, 2016
Jillian Hunsberger, 2016, '17

WOMEN'S SECOND TEAM ALL-BIG TEN

Tracey Brauksieck, 2002
Katy Hillard, 2002
Bridget Franek, 2008
Nicole Lord, 2009
Brooklyne Ridder, 2010
Natalie Bower, 2010
Emily Giannotti, 2011
Jillian Hunsberger, 2015
Tessa Barrett, 2015
Elizabeth Chikotas, 2016
Danae Rivers, 2018
Julia Paternain, 2018
Kathryn Munks, 2019

WOMEN'S INDIVIDUAL HONORS

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

ALL-TIME NCAA INDOOR TEAM FINISHES

MEN'S

Year	Place	Score	Location
1965	40th	1 pt	Detroit, Mich.
1969	T-29th	2 pts	Detroit, Mich.
1974	T-14th	6 pts	Detroit, Mich.
1975	T-8th	9 pts	Detroit, Mich.
1976	19th	5 pts	Detroit, Mich.
1977	T-28th	3 pts	Detroit, Mich.
1978	T-28th	6 pts	Detroit, Mich.
1979	T-54th	1 pt	Detroit, Mich.
1980	T-37th	1 pt	Detroit, Mich.
1981	T-27th	6 pts	Detroit, Mich.
1982	T-54th	1 pt	Pontiac, Mich.
1983	T-26th	6 pts	Pointiac, Mich.
1985	T-15th	10 pts	Syracuse, N.Y.
1987	T-50th	1 pts	Oklahoma City, Okla.
1989	T-25th	8 pts	Indianapolis, Ind.
1990	11th	14 pts	Indianapolis, Ind.
1991	T-23rd	8 pts	Indianapolis, Ind.
1994	T-44th	3 pts	Indianapolis, Ind.
1998	T-45th	3 pts	Indianapolis, Ind.
1999	T-40th	4 pts	Indianapolis, Ind.
2002	T-44th	4.50 pts	Fayetteville, Ark.
2007	T-47th	4 pts	Fayetteville, Ark.
2009	T-39th	5.50 pts	College Station, Texas
2010	T-14th	14 pts	Fayetteville, Ark.
2011	T-11th	16 pts	College Station, Texas
2012	28th	8 pts	Boise, Id.
2013	9th	19 pts	Fayetteville, Ark.
2014	34th	6 pts	Albuquerque, N.M.
2015	12th	15 pts	Fayetteville, Ark.
2016	T-58th	2 pts	Birmingham, Ala.
2017	T-36th	5 pts	College Station, Texas
2018	T-10th	18 pts	College Station, Texas
2019	T-41st	5 pts	Birmingham, Ala.

WOMEN'S

Year	Place	Score	Location
1983	T-23rd	6 pts	Pontiac, Mich.
1984	16th	9 pts	Syracuse, N.Y.
1985	T-25th	6 pts	Syracuse, N.Y.
1990	T-33rd	4 pts	Indianapolis, Ind.
1993	T-38th	1 pt	Indianapolis, Ind.
1996	T-30th	5 pts	Indianapolis, Ind.
1999	T-24th	8 pts	Indianapolis, Ind.
2001	T-51st	2 pts	Fayetteville, Ark.
2003	T-21st	9 pts	Fayetteville, Ark.
2004	T-13th	14 pts	Fayetteville, Ark.
2005	T-39th	5 pts	Fayetteville, Ark..
2006	T-26th	8 pts	Fayetteville, Ark.
2007	T-21st	9 pts	Fayetteville, Ark.
2008	T-15th	16 pts	Fayetteville, Ark.
2009	7th	24 pts	College Station, Texas
2010	13th	17 pts	Fayetteville, Ark.
2011	T-45th	3 pts	College Station, Texas
2014	14th	15 pts	Albuquerque, N.M.
2015	53rd	1 pt	Fayetteville, Ark.
2016	T-47th	2 pts	Birmingham, Ala.
2017	T-10th	14 pts	College Station, Texas
2018	T-40th	4 pts	College Station, Texas
2019	T-11th	15 pts	Birmingham, Ala.

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

Year	Name	Event	Finish
1965	Bedick, Tom	2-Mile Relay	6th
1965	Lampman, Dick	2-Mile Relay	6th
1965	Morris, Art	2-Mile Relay	6th
1965	Reilly, Bill	2-Mile Relay	6th
1965	Kauffman, Roger	Weight Throw	4th
1974	Sands, Mike	440-Yards	3rd
1974	Maguire, Charlie	3-Mile	3rd
1975	**Sands, Mike**	**440-Yards**	**1st**
1975	Shine, Mike	60-Meter Hurdles	6th
1975	Hackman, Steve	Mile Relay	4th
1975	Moser, Randy	Mile Relay	4th
1975	Sands, Mike	Mile Relay	4th
1975	Shine, Mike	Mile Relay	4th
1975	Hjeltnes, Knut	Shot Put	5th
1976	Sands, Mike	440-Yards	3rd
1976	Jackson, Al	Weight Throw	4th
1977	Stemmer, Paul	3-Mile	6th
1977	Wyatt, Mike	DMR	3rd
1977	Falco, Keith	DMR	3rd
1977	Rexroat, Pat	DMR	3rd
1977	Malley, George	DMR	3rd
1978	Snyder, Bob	2-Mile	8th
1978	Falco, Keith	DMR	3rd
1978	McHugh, Chris	DMR	3rd
1978	Rapp, Tom	DMR	3rd
1978	Wyatt, Mike	DMR	3rd
1979	Snyder, Bob	2-Mile	8th
1979	Scharsu, Alan	3-Mile	6th
1980	Scharsu, Alan	3-Mile	4th
1981	Zishka, John	2-Mile	3rd
1982	Souza, Paul	High Jump	7th
1983	Cook, Mike	2-Mile Relay	3rd
1983	McLaughlin, Paul	2-Mile Relay	3rd
1983	Moore, Randy	2-Mile Relay	3rd
1983	Wynn, Ken	2-Mile Relay	3rd
1983	Shenk, Todd	Weight Throw	10th
1984	Shenk, Todd	Weight Throw	T-9th
1985	Moore, Randy	800-Meters	3rd
1985	Hudson, Bob	DMR	4th
1985	Overheim, Mark	DMR	4th
1985	Robinson, Barry	DMR	4th
1985	Watson, Vance	DMR	4th
1987	Balkey, Steve	4x800-Meter Relay	6th
1987	Levitre, Ray	4x800-Meter Relay	6th
1987	McMillan, David	4x800-Meter Relay	6th
1987	Mills, Chris	4x800-Meter Relay	6th
1988	Balkey, Steve	Mile	10th
1989	Timpson, Michael	200-Meters	8th
1989	Hunter, C.J.	Shot Put	2nd
1990	**Hunter, C.J.**	**Shot Put**	**1st**
1991	Caraher, Phil	Shot Put	2nd
1994	Caldwell, R.B.	DMR	6th
1994	Hamer, Bob	DMR	6th
1994	Mellott, Phil	DMR	6th
1994	Robbins, James	DMR	6th
1994	Davis, Antonio	Triple Jump	9th
1998	Gorham, John	Long Jump	7th
1998	McNutt, Neal	Weight Throw	7th
1999	Gorham, John	Long Jump	12th
1999	Audu, George	Long Jump	5th
2002	Olkowski, Ryan	200-Meters	8th
2002	Olkowski, Ryan	High Jump	5th
2003	Nichols, Chavous	Triple Jump	9th
2007	Fritz, Ryan	High Jump	5th
2009	Fritz, Ryan	High Jump	T-3rd
2010	Williams, Lionel	800-Meters	11th
2010	Foster, Ryan	800-Meters	3rd
2010	Dawson, Owen	800-Meters	8th
2010	Kovacs, Joe	Shot Put	3rd
2010	Eaton, Blake	Shot Put	8th
2011	Gehret, Brady	400-Meters	3rd
2011	Foster, Ryan	Mile	3rd
2011	Nadolskly, Aaron	4x400-Meter Relay	5th
2011	Williams, Lionel	4x400-Meter Relay	5th
2011	Loxsom, Casimir	4x400-Meter Relay	5th
2011	Gehret, Brady	4x400-Meter Relay	5th
2012	Gehret, Brady	4x400-Meter Relay	2nd
2012	Loxsom, Casimir	4x400-Meter Relay	2nd
2012	Nadolskly, Aaron	4x400-Meter Relay	2nd
2012	Bennett-Green, Brandon	4x400-Meter Relay	2nd
2013	Loxsom, Casimir	800-Meters	2nd
2013	Kidder, Brannon	DMR	2nd
2013	Bennett-Green, Brandon	DMR	2nd
2013	Watkins, Za'Von	DMR	2nd
2013	Creese, Robby	DMR	2nd
2013	Barr, Will	Weight Throw	6th
2014	Watkins, Za'Von	800-Meters	7th
2014	Waithe, Steve	Triple Jump	6th
2014	Barr, Will	Weight Throw	8th
2015	Hill, Darrell	Shot Put	4th
2015	Kidder, Brandon	Mile	7th
2015	Kidder, Brandon	DMR	2nd
2015	Shisler, Alex	DMR	2nd
2015	Watkins, Za'Von	DMR	2nd
2015	Creese, Robby	DMR	2nd
2016	Kidder, Brannon	800-Meters	7th
2017	Harris, Isaiah	800-Meters	4th
2018	Harris, Isaiah	800-Meters	2nd
2018	**Lucas, David**	**Weight Throw**	**1st**
2019	Lucas, David	Weight Throw	8th
2019	Shigo, Morgan	Weight Throw	5th
2020	David Lucas*	Weight Throw	N/A*

2020 Indoor Championships cancelled due to COVID-19 pandemic
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BOLD - Denotes NCAA Champion.

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

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

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

* 440 yds prior to 1984

800 Meters		
Moore, Randy	3rd	1985
Williams, Lionel	11th	2010
Foster, Ryan	3rd	2010
Dawson, Owen	8th	2010
Loxsom, Casimir	2nd	2013
Watkins, Za'Von	7th	2014
Kidder, Brannon	7th	2016
Isaiah Harris	4th	2017
Isaiah Harris	2nd	2018

* 880 yds prior to 1984

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

3000 Meters		
Snyder, Bob	8th	1978
Snyder, Bob	8th	1979
Zishka, John	3rd	1981

* 2-Miles prior to 1984

5000 Meters		
Maguire, Charlie	3rd	1974
Stemmer, Paul	6th	1977
Scharsu, Alan	6th	1979
Scharsu, Alan	4th	1980

* 3-Miles prior to 1984

60-Meter Hurdles			
Shine, Mike	60-Meter Hurdles	6th	1975

* 60-yard hurdles prior to 1984

4x400-Meter Relay		
Mike Sands, Steve Hackman, Randy Moser, Mike Shine	4th	1975
Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret	5th	2011
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	2nd	2012

* Mile Relay prior to 1984

Distance Medley Relay		
Mike Wyatt, Keith Falco, Pat Rexroat, George Malley	3rd	1977
Chris McHugh, Keith Falco, Mike Wyatt, Tom Rapp	3rd	1978
Vance Watson, Barry Robinson, Bob Hudson, Mark Overheim	4th	1985
R. B. Caldwell, James Robbins, Phil Mellott, Bob Hamer	6th	1994
Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese	2nd	2013
Brandon Kidder, Alex Shisler Za'Von Watkins, Robby Creese	2nd	2015

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

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

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

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

Weight Throw		
Kauffman, Roger	4th	1965
Jackson, Al	4th	1976
Shenk, Todd	10th	1983
Shenk, Todd	T-9th	1984
McNutt, Neal	7th	1998
Barr, Will	6th	2013
Barr, Will	8th	2014
Lucas, David	**1st**	**2018**
Lucas, David	8th	2019
Shigo, Morgan	5th	2019
Lucas, David	N/A*	2020

4x800-Meter Relay (Discontinued)		
Bill Reilly. Dick Lampman.6th Art Morris, Tom Bedick	1965	
Paul McLaughlin, Randy Moore, Ken Wynn, Mike Cook	3rd	1983
Steve Balkey, Dave McMillan, Chris Mills, Ray Levitre	6th	1987

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

Year	Name	Event	Finish
1980**	Rawe, Mary	2000-Meters	2nd
1980**	Carmichael, Heather	5000-Meters	6th
1980**	Cleary, Peggy	5000-Meters	5th
1981**	Mills, Kathy	5000-Meters	4th
1981**	Fales, Penny	DMR	4th
1981**	Hart, Tammie	DMR	4th
1981**	Rawe, Mary	DMR	4th
1981**	Startare, Doreen	DMR	4th
1982**	Hart, Tammie	880 Yards	4th
1982**	Pioli, Terri	880 Yards	6th
1982**	Murnane, Patty	Mile	4th
1982**	Ihrig, Carolyn	2-Mile	8th
1982**	Hart, Tammie	DMR	5th
1982**	Ihrig, Carolyn	DMR	5th
1982**	Murnane, Patty	DMR	5th
1982**	Startare, Doreen	DMR	5th
1982**	Riddick, Vivian	Long Jump	5th
1982**	Sobansky, Elaine	Shot Put	3rd
1983	Startare, Doreen	Mile	7th
1983	Sobansky, Elaine	Shot Put	3rd
1984	Cassel, Judi	4x800-Meter Relay	6th
1984	Gerken, Heidi	4x800-Meter Relay	6th
1984	Hart, Tammie	4x800-Meter Relay	6th
1984	Stever, Beth	4x800-Meter Relay	6th
1984	Sobansky, Elaine	Shot Put	2nd
1985	Renzi, Paula	3000-Meters	3rd
1990	Prey, Stacy	5000-Meters	4th
1993	Kelly, Kim	5000-Meters	6th
1996	Bosler, Erica	DMR	4th
1996	Huelster, Sue	DMR	4th
1996	McGreevy, Kim	DMR	4th
1996	St. John, Erin	DMR	4th
1997	McGreevy, Kim	Mile	7th
1999	Walker, Shakeema	Long Jump	3rd
1999	Walker, Shakeema	Triple Jump	7th
2001	Moore, Connie	200-Meters	7th
2002	Moore, Connie	200-Meters	9th
2003	Moore, Connie	200-Meters	9th
2003	Aduba, Chi-Chi	Long Jump	5th
2003	Aduba, Chi-Chi	Long Jump	5th
2003	Aduba, Chi-Chi	Triple Jump	4th
2004	Moore, Connie	60-Meters	6th
2004	Moore, Connie	200-Meters	3rd
2004	Aduba, Chi-Chi	Triple Jump	7th
2004	O'Connor, Ja'Nai	Shot Put	5th
2005	Cox, Shana	400-Meters	11th
2005	Leatherman, Jennifer	Shot Put	9th
2005	Leatherman, Jennifer	Weight Throw	4th
2006	Cox, Shana	400-Meters	7th
2006	Leatherman, Jennifer	Weight Throw	3rd
2007	Cox, Shana	400-Meters	7th
2007	Simmons, Briene	800-Meters	7th
2007	Barber, Aleesha	4x400-Meter Relay	4th
2007	Blake, Dominique	4x400-Meter Relay	4th
2007	Cox, Shana	4x400-Meter Relay	4th
2007	Simmons, Briene	4x400-Meter Relay	4th
2008	Cox, Shana	400-Meters	4th
2008	Franek, Bridget	3000-Meters	10th
2008	Franek, Bridget	5000-Meters	7th
2008	Barber, Aleesha	60-Meter Hurdles	8th
2008	Barber, Aleesha	4x400-Meter Relay	5th
2008	Blake, Dominique	4x400-Meter Relay	5th
2008	Cox, Shana	4x400-Meter Relay	5th
2008	Dorr, Fawn	4x400-Meter Relay	5th
2008	Hunter, Gayle	Pentathlon	5th
2009	Greaves, Shavon	200-Meters	10th
2009	Franek, Bridget	5000-Meters	4th
2009	Barber, Aleesha	60-Meter Hurdles	4th
2009	Barber, Aleesha	4x400-Meter Relay	3rd
2009	Dorr, Fawn	4x400-Meter Relay	3rd
2009	Greaves, Shavon	4x400-Meter Relay	3rd
2009	Hunter, Gayle	4x400-Meter Relay	3rd
2009	Hunter, Gayle	Pentathlon	2nd
2010	Greaves, Shavon	60-Meters	11th
2010	Greaves, Shavon	200-Meters	3rd
2010	Dorr, Fawn	400-Meters	5th
2010	Franek, Bridget	3000-Meters	7th
2010	Franek, Bridget	5000-Meters	4th
2011	Anyanwu, Doris	4x400-Meter Relay	6th
2011	Greaves, Shavon	4x400-Meter Relay	6th
2011	Iheoma, Ijeoma	4x400-Meter Relay	6th
2011	Duncan, Megan	4x400-Meter Relay	6th
2014	Jones, Mahagony	200-Meters	3rd
2014	Seymour, Kiah	400-Meters	6th
2014	McGee, Dynasty	4x400-Meter Relay	5th
2014	Jones, Mahagony	4x400-Meter Relay	5th
2014	Rhodes, Tichina	4x400-Meter Relay	5th
2014	Seymour, Kiah	4x400-Meter Relay	5th
2014	Howell, Brittney	Pentathlon	7th
2015	Osborne, Megan	4x400-Meter Relay	8th
2015	McGee, Dynasty	4x400-Meter Relay	8th
2015	Rhodes, Tichina	4x400-Meter Relay	8th
2015	Seymour, Kiah	4x400-Meter Relay	8th
2016	Fatherly, Rachel	Shot Put	7th
2017	Banks, Rachel	DMR	6th
2017	Rhodes, Tichina	DMR	6th
2017	Kocjancic, Julie	DMR	6th
2017	Rivers, Danae	DMR	6th
2017	Barrett, Tessa	5,000-Meters	5th
2017	Rivers, Danae	Mile	3rd
2017	Gibson, Dannielle	Triple Jump	8th
2018	Rivers, Danae	800-Meters	7th
2018	Holmberg, Maddie	Pentathlon	7th
2019	Holmes, Alexis	400-Meters	4th
2019	**Rivers, Danae**	**800-Meters**	**1st**
2020	Rivers, Danae	Mile	N/A*
2020	Holmberg, Maddie	Pentathlon	N/A*
2020	Parks, Alexa	High Jump	N/A*

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

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

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

400 Meters		
Cox, Shana	11th	2005
Cox, Shana	7th	2006
Cox, Shana	7th	2007
Cox, Shana	4th	2008
Dorr, Fawn	5th	2010
Seymour, Kiah	6th	2014
Holmes, Alexis	4th	2019

800 Meters	* 880 yds prior to 1984	
Hart, Tammie	4th	**1982
Pioli, Terri	6th	**1982
Simmons, Briene	7th	2007
Rivers, Danae	7th	2018
Rivers, Danae	**1st**	**2019**

Mile		
Murnane, Patty	4th	**1982
Startare, Doreen	7th	1983
McGreevy, Kim	7th	1997
Rivers, Danae	3rd	2017
Rivers, Danae	N/A#	2020

3000 Meters	* 2-Miles prior to 1984	
Ihrig, Carolyn	8th	**1982
Renzi, Paula	3rd	1985
Franek, Bridget	10th	2008
Franek, Bridget	7th	2010

5000 Meters		
Carmichael, Heather	6th	**1980
Cleary, Peggy	5th	**1980
Mills, Kathy	4th	**1981
Prey, Stacy	4th	1990
Kelly, Kim	6th	1993
Franek, Bridget	7th	2008
Franek, Bridget	4th	2009
Franek, Bridget	4th	2010
Barrett, Tessa	5th	2017

60-Meter Hurdles		
Barber, Aleesha	8th	2008
Barber, Aleesha	4th	2009

4x400-Meter Relay		
Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	4th	2007
Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr	5th	2008
Fawn Dorr, Shavon Greaves, Aleesha Barber, Gayle Hunter	3rd	2009
Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan	6th	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	5th	2014
Megan Osborne, Dynasty McGee Tichina Rhodes, Kiah Seymour	8th	2015

Distance Medley Relay		
Penny Fales, Mary Rawe, Tammie Hart, Doreen Startare	4th	**1981
Tammie Hart, Carolyn Ihrig, Patty Murnane, Doreen Startare	5th	**1982
Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy	4th	1996
Rachel Banks, Tichina Rhodes Julie Kocjancic, Danae Rivers	6th	2017

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

High Jump		
Parks, Alexa	N/A#	2020

Triple Jump		
Walker, Shakeema	7th	1999
Aduba, Chi-Chi	4th	2003
Aduba, Chi-Chi	7th	2004
Gibson, Dannielle	8th	2017

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

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

Pentathlon		
Hunter, Gayle	5th	2008
Hunter, Gayle	2nd	2009
Howell, Brittney	7th	2014
Holmberg, Maddie	7th	2018
Holmberg, Maddie	N/A#	2020

2000 Meters (Discontinued)		
Rawe, Mary	2nd	**1980

4x800-Meter Relay (Discontinued)		
Beth Stever, Judi Cassell, Haidi Gerken, Tammie Hart	6th	1984

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ALL-TIME BIG TEN INDOOR TEAM FINISHES

MEN'S

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
2019	7th	63 pts	Ann Arbor, Mi.
2020	9th	37 pts	Geneva, Ohio

WOMEN'S

Year	Place	Score	Location
1992	8th	30 pts	Columbus, Ohio
1993	4th	43 pts	Bloomington, Ind.
1994	10th	10 pts	West Lafayette, Ind.
1995	10th	17 pts	Ann Arbor, Mich.
1996	4th	39 pts	Madison, Wis.
1997	5th	63 pts	Champaign, Ill.
1998	6th	44.5 pts	East Lansing, Mich.
1999	8th	59.17 pts	Columbus, Ohio
2000	8th	21 pts	Minneapolis, Minn.
2001	T-6th	61 pts	West Lafayette, Ind.
2002	7th	55.5 pts	University Park, Pa.
2003	3rd	87 pts	Bloomington, Ind.
2004	**1st**	**115 pts**	**Iowa City, Iowa**
2005	4th	74 pts	Ann Arbor, Mich.
2006	4th	85 pts	Madison, Wis.
2007	4th	92 pts	Champaign, Ill.
2008	3rd	121 pts	Minneapolis, Minn.
2009	2nd	125 pts	Bloomington, Ind.
2010	**1st**	**111 pts**	**University Park, Pa.**
2011	2nd	86 pts	West Lafayette, Ind.
2012	3rd	99 pts	Lincoln, Neb.
2013	4th	73 pts	Geneva, Ohio
2014	**1st**	**114.5 pts**	**Geneva, Ohio**
2015	T-3rd	68 pts	Geneva, Ohio
2016	3rd	96.5 pts	Geneva, Ohio
2017	**1st**	**96.5 pts**	**Geneva, Ohio**
2018	6th	70 pts	Geneva, Ohio
2019	8th	57.5 pts	Ann Arbor, Mi.
2020	3rd	87.5 pts	Geneva, Ohio

BIG TEN MEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2013	Casimir Loxsom (Track)

ATHLETE OF THE YEAR

2013	Casimir Loxsom (Track)
2017	Isaiah Harris (Track)
2018	David Lucas (Field)

FRESHMAN OF THE YEAR

2012	Robby Creese
2013	Brannon Kidder
2018	Terrance Laird

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

2004	Connie Moore
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
2019	Alexis Holmes
2021	Victoria Vanriele

COACH OF THE YEAR

2004, '10, '14	Beth Alford-Sullivan
2017	John Gondak
2014	Beth Alford-Sullivan
2017	John Gondak

Bold - Denotes Big Ten Champion

ALL-TIME INDOOR BIG TEN CHAMPIONS (BY YEAR)

MEN'S

Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097
1994	Kelley, Brian	Pentathlon	3967
1997	Loner, Joe	800-Meters	1:50.87
1998	McNutt, Neal	35-lb Weight	62-1 (18.92)
2007	Fritz, Ryan	High Jump	7-3 (2.21)
2008	Miller, Mark	800-Meters	1:52.65
2008	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2009	Foster, Ryan	800-Meters	1:50.24
2009	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2010	Foster, Ryan	800-Meters	1:50.43
2011	Foster, Ryan	800-Meters	1:49.98
2011	Kovacs, Joe	Shot Put	65-1.25 (19.84)
2012	Endress, Wade	DMR	9:44.40
2012	Nadolsky, Aaron	DMR	9:44.40
2012	Loxsom, Casimir	DMR	9:44.40
2012	Creese, Robby	DMR	9:44.40
2013	Loxsom, Casimir	600-Meters	1:15.72
2013	Kidder, Brannon	800-Meters	1:49.73
2013	Creese, Robby	Mile	4:01.51
2013	Kidder, Brannon	DMR	9:39.87
2013	Gilmore, Matt	DMR	9:39.87
2013	Brennan, Ryan	DMR	9:39.87
2013	Creese, Robby	DMR	9:39.87
2014	Kidder, Brannon	800-Meters	1:49.52
2014	Watkins, Za'Von	DMR	9:45.48
2014	Bennett-Green, Brandon	DMR	9:45.48
2014	Brennan, Ryan	DMR	9:45.48
2014	Kidder, Brannon	DMR	9:45.48
2015	Creese, Robby	3,000-Meters	8:10.75
2015	Hill, Darrell	Shot Put	66-6 (20.26)
2015	Makins, Jordan	DMR	9:40.62
2015	Shisler, Alex	DMR	9:40.62
2015	Watkins, Za'Von	DMR	9:40.62
2015	Creese, Robby	DMR	9:40.62
2015	Creese, Robby	Mile	4:11.41
2016	Harris, Isaiah	800-Meters	1:46.24
2016	Kidder, Brannon	Mile	4:07.89
2016	Shisler, Alex	DMR	9:43.25
2016	Kidder, Brannon	DMR	9:43.25
2016	Harris, Isaiah	DMR	9:43.25
2016	Makins, Jordan	DMR	9:43.25
2017	Smith, Xavier	60-Meters	6.66
2017	Harris, Isaiah	800-Meters	1:47.23
2017	Chisena, Dan	4x400-Meter Relay	3:04.80
2017	Smith, Xavier	4x400-Meter Relay	3:04.80
2017	Reiser, Samuel	4x400-Meter Relay	3:04.80
2017	Harris, Isaiah	4x400-Meter Relay	3:04.80
2018	Harris, Isaiah	800-Meters	1:50.15
2019	Perretta, Domenic	800-Meters	1:48.24
2020	Billy McDevitt	800-Meters	1:48.78
2021	Domenic Peretta	800-Meters	1:50.90
2021	Sincere Rhea	60-Meter Hurdles	7.80

WOMEN'S

Year	Athlete	Event	Performance
1992	Mitchell, Shelley	Pentathlon	3830 pts
1998	Bosler, Erica	600-Meters	1:30.22
2002	Aduba, Chi-Chi	Long Jump	19-9 (6.02)
2003	Brauksieck, Tracey	DMR	11:38.33
2003	Green, Cheryl	DMR	11:38.33
2003	Scottoline, Lindsay	DMR	11:38.33
2003	Stevens, Jenny	DMR	11:38.33
2003	Aduba, Chi-Chi	Triple Jump	44-1.50 (13.44)
2003	Williams, Deshaya	Weight Throw	64-6 (19.65)
2004	Moore, Connie	60-Meters	7.27
2004	Moore, Connie	200-Meters	23.44
2004	Dougherty, Sara	Pole Vault	12-11.50 (3.94)
2004	O'Connor, Ja'Nai	Shot Put	55-2 (16.81)
2005	Leatherman, Jennifer	Shot Put	51-3.75 (15.64)
2005	Leatherman, Jennifer	Weight Throw	69-11.50 (21.32)
2006	Blake, Dominique	4x400-Meter Relay	3:41.98
2006	Cox, Shana	4x400-Meter Relay	3:41.98
2006	Barber, Aleesha	4x400-Meter Relay	3:41.98
2006	Simmons, Briene	4x400-Meter Relay	3:41.98
2006	Leatherman, Jennifer	Shot Put	53-5 (16.28)
2006	Leatherman, Jennifer	Weight Throw	74-10.50 (22.82)
2007	Barber, Aleesha	4x400-Meter Relay	3:37.70
2007	Blake, Dominique	4x400-Meter Relay	3:37.70
2007	Cox, Shana	4x400-Meter Relay	3:37.70
2007	Simmons, Briene	4x400-Meter Relay	3:37.70
2008	Cox, Shana	200-Meters	24.06
2008	Cox, Shana	400-Meters	53.40
2008	Barber, Aleesha	4x400-Meter Relay	3:40.43
2008	Blake, Dominique	4x400-Meter Relay	3:40.43
2008	Cox, Shana	4x400-Meter Relay	3:40.43
2008	Simmons, Briene	4x400-Meter Relay	3:40.43
2009	Greaves, Shavon	60-Meters	7.44
2009	Greaves, Shavon	200-Meters	23.96
2009	Dorr, Fawn	400-Meters	54.10
2009	Barber, Aleesha	4x400-Meter Relay	3:39.43
2009	Dorr, Fawn	4x400-Meter Relay	3:39.43
2009	Greaves, Shavon	4x400-Meter Relay	3:39.43
2009	Hunter, Gayle	4x400-Meter Relay	3:39.43
2010	Greaves, Shavon	60-Meters	7.30
2010	Greaves, Shavon	200-Meters	22.98
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.38
2010	DeFusco, Caitlin	4x400-Meter Relay	3:35.38
2010	Dorr, Fawn	4x400-Meter Relay	3:35.38
2010	Greaves, Shavon	4x400-Meter Relay	3:35.38
2010	Franek, Bridget	Mile	4:37.95
2011	Greaves, Shavon	200-Meters	23.67
2011	Anyanwu, Doris	4x400-Meter Relay	3:37.80
2011	Iheoma, Ijeoma	4x400-Meter Relay	3:37.80
2011	Greaves, Shavon	4x400-Meter Relay	3:37.80
2011	Duncan, Megan	4x400-Meter Relay	3:37.80
2012	Lane, Caitlin	Mile	4:39.90
2012	Millhouse, Kara	5,000-Meters	16:17.45
2014	Jones, Mahagony	200-Meters	23.10
2014	Seymour, Kiah	400-Meters	52.53
2014	Gerlach, Tori	3,000-Meters	9:10.76
2014	McGee, Dynasty	4x400-Meter Relay	3:34.55
2014	Jones, Mahagony	4x400-Meter Relay	3:34.55
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.55
2014	Seymour, Kiah	4x400-Meter Relay	3:34.55
2015	Gerlach, Tori	5,000-Meters	16:04.64
2015	Seymour, Kiah	400-Meters	52.72
2017	Rivers, Danae	800-Meters	2:06.10
2017	Kocjancic, Julie	DMR	11:10.53
2017	Rhodes, Tichina	DMR	11:10.53
2017	Banks, Rachel	DMR	11:10.53
2017	Rivers, Danae	DMR	11:10.53
2017	Gibson, Dannielle	Triple Jump	43-5.25 (13.25)
2018	Rivers, Danae	800-Meters	2:07.75
2019	Rivers, Danae	800-Meters	2:03.45
2019	Holmes, Alexis	400-Meters	52.14
2020	Holmberg, Maddie	Pentathlon	4274
2020	Jones, Katie	Pole Vault	13-11.25 (4.25)
2020	Lester, Kiara	400-Meters	53.37
2020	Rivers, Danae	800-Meters	2:06.27
2020	Rivers, Danae	Mile	4:43.35
2021	Victoria Vanriele	800-Meters	2:05.59

ALL-TIME INDOOR BIG TEN CHAMPIONS (BY EVENT)

MEN'S

60 Meters		
Smith, Xavier	6.66	2017
600 Meters		
Loxsom, Casimir	1:15.72	2013
800 Meters		
Loner, Joe	1:50.87	1997
Miller, Mark	1:52.65	2008
Foster, Ryan	1:50.24	2009
Foster, Ryan	1:50.43	2010
Foster, Ryan	1:49.98	2011
Kidder, Brannon	1:49.73	2013
Kidder, Brannon	1:49.52	2014
Harris, Isaiah	1:46.24	2016
Harris, Isaiah	1:47.23	2017
Harris, Isaiah	1:50.15	2018
Perretta, Domenic	1:48.24	2019
Billy McDevitt	1:48.78	2020
Peretta, Domenic	1:50.90	2021
Mile		
Creese, Robby	4:01.51	2013
Creese, Robby	4:11.41	2015
Kidder, Brannon	4:07.89	2016
3000 Meters		
Creese, Robby	8:10.75	2015
4x400-Meter Relay		
Dan Chisena, Xavier Smith, Samuel Reiser, Isaiah Harris	3:04.80	2017
Distance Medley Relay		
Wade Endress, Aaron Nadolsky, Casimir Loxsom, Robby Creese	9:44.40	2012
Brannon Kidder, Matt Gilmore, Ryan Brennan, Robby Creese	9:39.87	2013
Za'Von Watkins, Brandon Bennett-Green, Ryan Brennan, Brannon Kidder	9:45.48	2014
Jordan Makins, Alex Shisler Za'Von Watkins, Brannon Kidder	9:40.62	2015
Jordan Makins, Alex Shisler Isaiah Harris, Brannon Kidder	9:43.25	2016
60-Meter Hurdles		
Sincere Rhea	7.80	2021
High Jump		
Fritz, Ryan	7-3 (2.21)	2007
Triple Jump		
Smith, Clarence	51-7.75 (15.74)	2008
Smith, Clarence	51-7.75 (15.74)	2009
Shot Put		
Kovacs, Joe	65-1.25 (19.84)	2011
Hill, Darrell	66-6 (20.26)	2015
35-lb Weight		
McNutt, Neal	62-1 (18.92)	1998
Pentathlon		
Kelley, Brian	4097	1993
Kelley, Brian	3967	1994

WOMEN'S

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

WOMEN'S (Cont.)

400 Meters		
Cox, Shana	53.40	2008
Dorr, Fawn	54.10	2009
Seymour, Kiah	52.53	2014
Seymour, Kiah	52.72	2015
Holmes, Alexis	52.14	2019
Lester, Kiara	53.37	2020
600 Meters		
Bosler, Erica	1:30.22	1998
800 Meters		
Rivers, Danae	2:06.10	2017
Rivers, Danae	2:07.75	2018
Rivers, Danae	2:03.45	2019
Rivers, Danae	2:06.27	2020
Vanriele, Victoria	2:05.59	2021
Mile		
Franek, Bridget	4:37.95	2010
Lane, Caitlin	4:39.90	2012
Rivers, Danae	4:43.35	2020
3000 Meters		
Gerlach, Tori	9:10.76	2014
5000 Meters		
Millhouse, Kara	16:17.45	2012
Gerlach, Tori	16:04.64	2015
4x400-Meter Relay		
Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake	3:41.98	2006
Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	3:37.70	2007
Briene Simmons, Dominique Blake, Aleesha Barber, Shana Cox	3:40.43	2008
Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter	3:39.43	2009
Doris Anyanwu, Cailtin DeFusco, Shavon Greaves, Fawn Dorr	3:35.38	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	3:37.80	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.55	2014
Distance Medley Relay		
Jenny Stevens, Cheryl Green, Lindsay Scottoline, Tracey Brauksieck	11:38.33	2003
Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers	11:10.53	2017
Pole Vault		
Dougherty, Sara	12-11.50 (3.94)	2004
Jones, Katie	13-11.25 (4.25)	2020
Long Jump		
Aduba, Chi-Chi	19-9 (6.02)	2002
Shot Put		
O'Connor, Ja'Nai	55-2 (16.81)	2004
Leatherman, Jennifer	51-3.75 (15.64)	2005
Leatherman, Jennifer	53-5 (16.28)	2006
Triple Jump		
Aduba, Chi-Chi	44-1.50 (13.44)	2003
Gibson, Dannielle	43-5.25 (13.25)	2017
Weight Throw		
Williams, Deshaya	64-6 (19.65)	2003
Leatherman, Jennifer	69-11.50 (21.32)	2005
Leatherman, Jennifer	74-10.50 (22.82)	2006
Pentathlon		
Mitchell, Shelley	3830 pts	1992
Holmberg, Maddie	4274 pts	2020

ALL-TIME NCAA OUTDOOR TEAM FINISHES

MEN'S

Year	Place	Score	Location
1921	T-11th	5 pts	Chicago, Ill.
1922	2nd	19.5 pts	Chicago, Ill.
1923	4th	13.5 pts	Chicago, Ill.
1930	T-37th	2 pts	Chicago, Ill.
1938	14th	10 pts	Minneapolis, Minn.
1939	T-25th	4 pts	Los Angeles, Calif.
1940	T-3rd	24 pts	Minneapolis, Minn.
1941	6th	20 pts	Palo Alto, Calif.
1947	6th	20 pt	Salt Lake City, Utah
1948	T-26th	6 pts	Minneapolis, Minn.
1949	5th	25 pts	Los Angeles, Calif.
1950	T-38th	1 pt	Minnapolis, Minn.
1951	T-31st	2 pts	Seattle, Wash.
1953	T-40th	0.75 pts	Lincoln, Neb.
1954	T-18th	7 pts	Ann Arbor, Mich.
1955	T-9th	14 pts	Los Angeles, Calif.
1957	T-26th	6 pts	Austin, Texas
1958	41st	1 pt	Berkeley, Calif.
1959	T-25th	7 pts	Lincoln, Neb.
1960	T-25th	8 pts	Berkeley, Calif
1961	T-16th	10 pts	Philadelphia, Pa.
1965	T-30th	8 pts	Berkeley, Calif.
1966	T-8th	20 pts	Bloomington, Ind.
1970	T-46th	2 pts	De Moines, Iowa
1971	T-24th	7 pts	Seattle, Wash.
1972	T-22nd	8 pts	Eugene, Ore.
1973	T-16th	13 pts	Baton Rouge, La.
1975	T-19th	11 pts	Provo, Utah
1976	T-12th	16 pts	Philadelphia, Pa.
1980	T-41st	4 pts	Austin, Texas
1981	T-36th	4 pts	Baton Rouge, La.
1983	T-74th	4 pts	Houston, Texas
1985	29th	9 pts	Austin, Texas
1987	T-18th	15 pts	Baton Rouge, La.
1988	T-35th	8 pts	Eugene, Ore.
1989	T-44th	5 pts	Provo, Utah
1990	T-38th	8 pts	Durham, N.C.
1993	20th	13 pts	New Orleans, La.
1996	T-41st	7 pts	Eugene, Ore.
1997	T-66th	2 pts	Bloomington, Ind.
1998	T-27th	8 pts	Buffalo, N.Y.
1999	T-58th	3 pts	Boise, Id.
2001	T-39th	5 pts	Eugene, Ore.
2002	T-68th	1 pt	Baton Rouge, La.
2007	T-47th	4 pts	Sacramento, Calif.
2009	T-62nd	2 pts	Fayetteville, Ark.
2010	T-23rd	11 pts	Eugene. Ore.
2011	T-20th	11 pts	De Moines, Iowa
2012	T-21st	13 pts	De Moines, Iowa
2013	14th	17 pts	Eugene. Ore.
2014	47th	5 pts	Eugene. Ore.
2015	T-10th	17 pts	Eugene. Ore.
2016	17th	13 pts	Eugene. Ore.
2018	18th	15 pts	Eugene. Ore.
2019	T-55th	2 pts	Eugene. Ore.

WOMEN'S

Year	Place	Score	Location
1983	23rd	8 pts	Houston, Texas
1984	T-20th	25 pts	Eugene, Ore.
1989	T-46th	4 pts	Provo, Utah
1991	T-39th	5 pt	Eugene, Ore.
1992	T-59th	1 pt	Austin, Texas
1993	25th	9 pts	New Orleans, La.
1994	T-55th	2 pts	Boise, Id.
1996	T-58th	1 pt	Eugene. Ore.
1997	T-45th	4 pts	Bloomington, Ind.
1999	T-24th	11 pts	Boise, Id.
2001	T-67th	1 pt	Eugene, Ore.
2002	T-45th	4 pts	Baton Rouge, La.
2003	10th	24 pts	Sacramento, Calif.
2004	21st	11 pts	Austin, Texas
2005	T-60th	3 pts	Sacramento, Calif.
2006	T-25th	10 pts	Sacramento, Calif.
2007	T-27th	9 pts	Sacramento, Calif.
2008	4th	39 pts	De Moines, Iowa
2009	14th	17 pts	Fayetteville, Ark.
2010	4th	34 pts	Eugene, Ore.
2011	44th	5 pts	De Moines, Iowa
2012	29th	10 pts	De Moines, Iowa
2013	T-29th	9 pts	Eugene, Ore.
2014	T-12th	18 pts	Eugene, Ore.
2018	24th	11.5 pts	Eugene, Ore.
2020	17th*	N/A	N/a

* The 2020 NCAA Outdoor Championships were canceled due to the COVID-19 pandemic. Finish was determined by team ranking.

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

Year	Name	Event	Finish
1921	**Romig, John**	**2-Mile**	**1st**
1922	**Helffrich, Alan**	**880 Yards**	**1st**
1922	**Shields, Larry**	**Mile**	**1st**
1922	**Barron, Harold**	**120 yd HH**	**1st**
1923	**Helffrich, Alan**	**880 Yards**	**1st**
1923	**Enck, Schuyler**	**Mile**	**1st**
1938	**Vukmanic, Nick**	**Javelin**	**1st**
1939	Vukmanic, Nick	Javelin	
1940	**Ewell, Barney**	**100 Yards**	**1st**
1940	**Ewell, Barney**	**220 Yards**	**1st**
1940	Ewell, Barney	Long Jump	
1940	Vukmanic, Nick	Javelin	4th
1941	**Ewell, Barney**	**100 Yards**	**1st**
1941	**Ewell, Barney**	**220 Yards**	**1st**
1941	Ewell, Barney	Long Jump	
1942	Ewell, Barney	100 Yards	
1942	Ewell, Barney	220 Yards	
1942	Ewell, Barney	Long Jump	
1947	**Karver, Gerald**	**Mile**	**1st**
1947	Stone, Curtis	2-Mile	2nd
1947	Ashenfelter, Horace	2-Mile	
1948	Ashenfelter, Horace	5000-Meters	2nd
1949	Lancaster, Wilbur	220 Yards	6th
1949	**Ashenfelter, Horace**	**2-Mile**	**1st**
1949	Gehrdes, Jim	120 yd HH	3rd
1949	Gehrdes, Jim	220 yd LH	2nd
1949	Perry, Rod	220 yd LH	
1950	Gehrdes, Jim	120 yd HH	
1951	Roderes, Ted	Javelin	5th
1954	Hollen, Bob	2-Mile	
1954	Blockson, Charles	Shot Put	
1954	Grier, Roosevelt	Shot Put	
1955	Pollard, Art	220 Yards	
1955	Youkers, Bill	120 yd HH	4th
1957	Perry, Rod	120 yd HH	
1958	Moran, Ed	Mile	6th
1960	Moorehead, Steve	3000 Steeplechase	
1961	Brown, Bob	100 Yards	
1961	Norman, Gerry	3-Mile	
1961	Moorehead, Steve	3000 Steeplechase	
1965	Hedmark, Lennart	Javelin	
1966	Rockwell, Warren	Triple Jump	2nd
1966	**Stevenson, Jim**	**Javelin**	**1st**
1966	Krombolz, Ernie	Javelin	5th
1970	Fredericks, Greg	3-Mile	5th
1971	Fredericks, Greg	3-Mile	2nd
1972	Fredericks, Greg	5000-Meters	2nd
1973	**Maguire, Charlie**	**6-Mile**	**1st**
1973	Finkel, Doug	440 Yd Relay	6th
1973	Sands, Mike	440 Yd Relay	6th
1973	Scott, Jim	440 Yd Relay	6th
1973	Singleton, Fred	440 Yd Relay	6th
1973	Jackson, Al	Hammer	4th
1975	Sands, Mike	440 Yards	5th
1975	Shine, Mike	440 Yard IH	6th
1975	Hjeltnes, Knut	Shot Put	5th
1975	Hjeltnes, Knut	Discus	3rd
1976	Shine, Mike	110-Meter Hurdles	5th
1976	Malley, George	3000 Steeplechase	4th
1976	Shine, Mike	400-Meter Hurdles	2nd
1976	Jackson, Al	Hammer	5th
1977	Stemmer, Paul	10,000-Meters	8th
1978	Ziegler, John	10,000-Meters	8th
1980	Lankford, Paul	400-Meter Hurdles	4th
1981	Lankford, Paul	400-Meter Hurdles	4th
1983	Garcia, Rick	3000 Steeplechase	9th
1985	Moore, Randy	800-Meters	4th
1985	Kleban, Rick	Decathlon	5th
1986	Carter, Eric	10,000-Meters	10th
1987	Levitre, Ray	800-Meters	2nd
1987	Balkey, Steve	1500-Meters	6th
1987	Carter, Eric	10,000-Meters	7th
1987	Masgay, Dave	Decathlon	7th
1988	Timpson, Michael	200-Meters	10th
1988	Balkey, Steve	1500-Meters	5th
1988	Hunter, C.J.	Shot Put	5th
1989	Hunter, C.J.	Shot Put	4th
1990	Walter, Doug	1500-Meters	10th
1990	Brown, Steve	5000-Meters	11th
1990	Hall, Ricardo	Triple Jump	13th
1990	Hunter, C.J.	Shot Put	2nd
1991	Caraher, Phil	Shot Put	9th
1992	Milne, Brian	Discus	13th
1993	Cripanuk, Kevin	400-Meter Hurdles	8th
1993	Davis, Antonio	Triple Jump	6th
1993	Milne, Brian	Discus	1st
1994	Hamer, Bob	1500-Meters	9th
1994	Wimmer, Mark	10,000-Meters	9th
1995	Austin, Rob	Javelin	10th
1996	Pina, Steve	Long Jump	3rd
1996	Austin, Rob	Javelin	8th
1996	Cook, James	Decathlon	9th
1997	Gorham, John	Long Jump	11th
1997	Cook, James	Decathlon	13th
1998	Audu, George	Long Jump	4th
1998	Gorham, John	Long Jump	6th
1998	Burkholder, Troy	Javelin	12th
1998	Wolter, Carl	Javelin	7th
1998	Cook, James	Decathlon	12th
1999	Audu, George	Long Jump	6th
2001	Rose, Guy	110-Meter Hurdles	12th
2001	Derby, Brian	400-Meter Hurdles	4th
2002	Olkowski, Ryan	200-Meters	8th
2007	Fritz, Ryan	High Jump	T-9th
2008	Smith, Clarence	Triple Jump	9th
2009	Foster, Ryan	800-Meters	8th
2009	Smith, Clarence	Triple Jump	8th
2010	McCandless, Tyler	10,000-Meters	12th
2010	Fritz, Ryan	High Jump	4th
2010	Eaton, Blake	Shot Put	3rd
2011	Loxsom, Casimir	800-Meters	4th
2011	Kovacs, Joe	Shot Put	3rd
2012	Gehret, Brady	400-Meters	6th
2012	Nadolskly, Aaron	4x400-Meter Relay	4th
2012	Bennett-Green, Brandon	4x400-Meter Relay	4th
2012	Loxsom, Casimir	4x400-Meter Relay	4th
2012	Gehret, Brady	4x400-Meter Relay	4th
2012	Kovacs, Joe	Shot Put	4th
2013	Loxsom, Casimir	800-Meters	2nd
2013	Kidder, Brannon	800-Meters	3rd
2013	Creese, Robby	1500-Meters	6th
2014	Waithe, Steve	Triple Jump	5th
2014	Cardina, Robert	Decathlon	8th
2015	Hill, Darrell	Shot Put	2nd
2015	Kidder, Brannon	800-Meters	2nd
2015	Waithe, Steve	Triple Jump	8th
2016	Kidder, Brannon	1500-Meters	4th
2016	Leap, Brian	Triple Jump	6th
2016	Harris, Isaiah	800-Meters	4th
2017	Shuey, Michael	Javelin	3rd
2017	Harris, Isaiah	800-Meters	2nd
2018	**Harris, Isaiah**	**800-Meters**	**1st**
2018	Lucas, David	Discus	7th
2018	Shigo, Morgan	Hammer	6th
2019	Shigo, Morgan	Hammer	7th

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

BOLD - Denotes NCAA Champion.

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

100 Meters	* 100 yds prior to 1976	
Ewell, Barney	1st	1940
Ewell, Barney	1st	1941
Ewell, Barney		1942
Brown, Bob		1961

200 Meters	* 220 yds prior to 1976	
Ewell, Barney	1st	1940
Ewell, Barney	1st	1941
Ewell, Barney		1942
Lancaster, Wilbur	6th	1949
Pollard, Art		1955
Timpson, Michael	10th	1988
Olkowski, Ryan	8th	2002

400 Meters	* 440 yds prior to 1976	
Sands, Mike	5th	1975
Gehret, Brady	6th	2012

800 Meters	* 880 yds prior to 1976	
Helffrich, Alan	1st	1922
Helffrich, Alan	1st	1923
Moore, Randy	4th	1985
Levitre, Ray	2nd	1987
Foster, Ryan	8th	2009
Loxsom, Casimir	4th	2011
Loxsom, Casimir	2nd	2013
Kidder, Brannon	3rd	2013
Kidder, Brandon	2nd	2015
Harris, Isaiah	4th	2016
Harris, Isaiah	2nd	2017
Harris, Isaiah	1st	2018

1500 Meters	* One Mile prior to 1976	
Shields, Larry	1st	1922
Enck, Schuyler	1st	1923
Karver, Gerald	1st	1947
Moran, Ed	6th	1958
Balkey, Steve	6th	1987
Balkey, Steve	5th	1988
Walter, Doug	10th	1990
Hamer, Bob	9th	1994
Creese, Robby	6th	2013
Kidder, Brannon	4th	2016

5000 Meters	* 3-Mile prior to 1976	
Norman, Gerry		1961
Fredericks, Greg	5th	1970
Fredericks, Greg	2nd	1971
Ashenfelter, Horace	2nd	1948
Fredericks, Greg	2nd	1972
Brown, Steve	11th	1990

10,000 Meters	* 6-Mile prior to 1976	
Maguire, Charlie	1st	1973
Stemmer, Paul	8th	1977
Ziegler, John	8th	1978
Carter, Eric	10th	1986
Carter, Eric	7th	1987
Wimmer, Mark	9th	1994
McCandless, Tyler	12th	2010

110-Meter Hurdles		
Barron, Harold	1st	1922
Gehrdes, Jim	3rd	1949
Gehrdes, Jim		1950
Youkers, Bill	4th	1955
Perry, Rod		1957
Shine, Mike	5th	1976
Rose, Guy	12th	2001

3000-Meter Steeplechase		
Moorehead, Steve		1960
Moorehead, Steve		1961
Malley, George	4th	1976
Garcia, Rick	9th	1983

400-Meter Hurdles		
Shine, Mike	6th	1975
Shine, Mike	2nd	1976
Lankford, Paul	4th	1980
Lankford, Paul	4th	1981
Cripanuk, Kevin	8th	1993
Derby, Brian	4th	2001

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

4x100-Meter Relay		
Doug Finkelton, Mike Sands, Fred Singleton, Jim Scott	6th	1973

4x400-Meter Relay		
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	4th	2012

High Jump		
Fritz, Ryan	T-9th	2007
Fritz, Ryan	4th	2010

Long Jump		
Ewell, Barney		1940
Ewell, Barney		1941
Ewell, Barney		1942
Pina, Steve	3rd	1996
Gorham, John	11th	1997
Audu, George	4th	1998
Gorham, John	6th	1998
Audu, George	6th	1999

Triple Jump		
Rockwell, Warren	2nd	1966
Hall, Ricardo	13th	1990
Davis, Antonio	6th	1993
Smith, Clarence	9th	2008
Smith, Clarence	8th	2009
Waithe, Steve	5th	2014
Waithe, Steve	8th	2015
Leap, Brian	6th	2016

Shot Put		
Blockson, Charles		1954
Grier, Roosevelt		1954
Hjeltnes, Knut	5th	1975
Hunter, C.J.	5th	1988
Hunter, C.J.	4th	1989
Hunter, C.J.	2nd	1990
Caraher, Phil	9th	1991
Eaton, Blake	3rd	2010
Kovacs, Joe	3rd	2011
Kovacs, Joe	4th	2012
Hill, Darrell	2nd	2015

Discus		
Hjeltnes, Knut	3rd	1975
Milne, Brian	13th	1992
Milne, Brian	1st	1993
Lucas, David	7th	2018

Javelin		
Vukmanic, Nick	1st	1938
Vukmanic, Nick		1939
Vukmanic, Nick	4th	1940
Roderes, Ted	5th	1951
Hedmark, Lennart		1965
Stevenson, Jim	1st	1966
Krombolz, Ernie	5th	1966
Austin, Rob	10th	1995
Austin, Rob	8th	1996
Burkholder, Troy	12th	1998
Wolter, Carl	7th	1998
Shuey, Michael	3rd	2017

Hammer		
Jackson, Al	4th	1973
Jackson, Al	5th	1976
Shigo, Morgan	6th	2018
Shigo, Morgan	7th	2019

Decathlon		
Kleban, Rick	5th	1985
Masgay, Dave	7th	1987
Cook, James	9th	1996
Cook, James	13th	1997
Cook, James	12th	1998
Cardina, Robert	8th	2014

2-Mile (Discontinued)		
Romig, John	1st	1921
Stone, Curtis	2nd	1947
Ashenfelter, Horace		1947
Ashenfelter, Horace	1st	1949
Hollen, Bob		1954

220-Yard Hurdles (Discontinued)		
Gehrdes, Jim	2nd	1949
Perry, Rod		1949

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

Year	Name	Event	Finish
1976**	Bankes, Kris	1500-Meters	2nd
1976**	Bankes, Kris	2-Mile	3rd
1977**	Bankes, Kris	3000-Meters	5th
1978**	Bankes, Kris	3000-Meters	2nd
1978**	**Mills, Kathy**	**3000-Meters**	**1st**
1978**	**Mills, Kathy**	**5000-Meters**	**1st**
1978**	Byrnes, Kathy	4x800-Meter Relay	2nd
1978**	Fales, Penny	4x800-Meter Relay	2nd
1978**	Miller, Sandy	4x800-Meter Relay	2nd
1978**	Ventura, Lea	4x800-Meter Relay	2nd
1980**	Carmichael, Heather	3000-Meters	3rd
1981**	Pioli, Terry	800-Meters	6th
1981**	Rawe, Mary	1500-Meters	3rd
1981**	Sobansky, Elaine	Shot Put	4th
1982	Hart, Tammi	400-Meter Hurdles	5th
1982	Riddick, Vivian	Long Jump	6th
1982	Sobansky, Elaine	Shot Put	3rd
1983	Startare, Doreen	1500-Meters	5th
1983	Sobansky, Elaine	Shot Put	6th
1984	Renzi, Paula	5000-Meters	6th
1984	Senz, Marilyn	Javelin	6th
1989	Mann, Carmen	Triple Jump	5th
1991	Connell, Pam	Heptathlon	4th
1992	Gibbs, Stacey	Javelin	10th
1992	Mitchell, Shelley	Heptathlon	8th
1993	Hunt, Kelli	10,000-Meters	4th
1993	Kelly, Kim	10,000-Meters	5th
1994	Hunt, Kelli	10,000-Meters	7th
1994	Sobansky, Elaine	Shot Put	2nd
1996	Gusic, Becky	Javelin	8th
1996	Kisty, Denika	Javelin	10th
1997	McGreevy, Kim	1500-Meters	7th
1997	Fidler, Donna	10,000-Meters	7th
1998	Walker, Shakeema	Triple Jump	7th
1998	Pastore, Jen	Javelin	4th
1999	Heyer, Susanne	1500-Meters	4th
1999	Walker, Shakeema	Long Jump	8th
1999	Williams, Deshaya	Discus	6th
2001	Johnson, Brianne	Javelin	8th
2002	Moore, Connie	100-Meters	9th
2002	Moore, Connie	200-Meters	12th
2002	Williams, Deshaya	Discus	6th
2002	Johnson, Brianne	Javelin	8th
2003	Moore, Connie	100-Meters	5th
2003	Moore, Connie	200-Meters	3rd
2003	Landreth, Molly	3000 Steeplechase	11th
2003	**Williams, Deshaya**	**Discus**	**1st**
2003	Colley, Ashley	Javelin	11th
2003	Johnson, Brianne	Javelin	5th
2004	Moore, Connie	100-Meters	7th
2004	Moore, Connie	200-Meters	5th
2004	Aduba, Chi-Chi	Long Jump	6th
2004	Aduba, Chi-Chi	Triple Jump	7th
2005	Cox, Shana	400-Meters	9th
2005	Leatherman, Jennifer	Hammer	7th
2005	Bruch, Diana	Javelin	8th
2006	Cox, Shana	400-Meters	3rd
2006	Leatherman, Jennifer	Hammer	5th
2007	Cox, Shana	400-Meters	2nd
2007	Barber, Aleesha	400-Meter Hurdles	12th
2007	Hunter, Gayle	Heptathlon	8th
2008	**Cox, Shana**	**400-Meters**	**1st**
2008	Barber, Aleesha	100-Meter Hurdles	4th
2008	Franek, Bridget	3000 Steeplechase	3rd
2008	**Barber, Aleesha**	**4x400-Meter Relay**	**1st**
2008	**Blake, Dominique**	**4x400-Meter Relay**	**1st**
2008	**Cox, Shana**	**4x400-Meter Relay**	**1st**
2008	**Hunter, Gayle**	**4x400-Meter Relay**	**1st**
2008	Hunter, Gayle	Long Jump	5th
2008	McQuillen, Karlee	Javelin	9th
2008	Hunter, Gayle	Heptathlon	5th
2008	Hunter, Gayle	Heptathlon	5th
2009	Dorr, Fawn	400-Meter Hurdles	6th
2009	Franek, Bridget	3000 Steeplechase	4th
2009	Barber, Aleesha	4x400-Meter Relay	4th
2009	Dorr, Fawn	4x400-Meter Relay	4th
2009	Greaves, Shavon	4x400-Meter Relay	4th
2009	Hunter, Gayle	4x400-Meter Relay	4th
2009	McQuillen, Karlee	Javelin	10th
2010	Greaves, Shavon	200-Meters	7th
2010	Barber, Aleesha	100-Meter Hurdles	3rd
2010	Dorr, Fawn	400-Meter Hurdles	4th
2010	**Franek, Bridget**	**3000 Steeplechase**	**1st**
2010	Anyanwu, Doris	4x400-Meter Relay	4th
2010	Barber, Aleesha	4x400-Meter Relay	4th
2010	Dorr, Fawn	4x400-Meter Relay	4th
2010	Greaves, Shavon	4x400-Meter Relay	4th
2010	McQuillen, Karlee	Javelin	3rd
2011	Anyanwu, Doris	4x400-Meter Relay	4th
2011	Greaves, Shavon	4x400-Meter Relay	4th
2011	Iheoma, Ijeoma	4x400-Meter Relay	4th
2011	Duncan, Megan	4x400-Meter Relay	4th
2012	Loht, Laura	Javelin	3rd
2012	Kenney, Lauren	Javelin	4th
2013	Loht, Laura	Javelin	4th
2013	Kenney, Lauren	Javelin	5th
2014	Jones, Mahagony	100-Meters	7th
2014	Jones, Mahagony	200-Meters	4th
2014	Seymour, Kiah	400-Meter Hurdles	6th
2014	McGee, Dynasty	4x400-Meter Relay	5th
2014	Jones, Mahagony	4x400-Meter Relay	5th
2014	Rhodes, Tichina	4x400-Meter Relay	5th
2014	Seymour, Kiah	4x400-Meter Relay	5th
2014	Loht, Laura	Javelin	5th
2017	Gerlach, Tori	3000 Steeplechase	3rd
2017	Gibson, Dannielle	Triple Jump	6th
2018	Rivers, Danae	1500-Meters	8th
2018	McCloskey, Megan	High Jump	4th
2018	Holmberg, Maddie	Heptathlon	3rd
2021	Holmberg, Maddie	Heptathlon	6th
2021	Rivers, Danae	1500-Meters	4th

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

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

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

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

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

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

800 Meters		
Pioli, Terry	6th	**1981

1500 Meters		
Bankes, Kris	2nd	**1976
Rawe, Mary	3rd	**1981
Startare, Doreen	5th	1983
McGreevy, Kim	7th	1997
Heyer, Susanne	4th	1999
Rivers, Danae	8th	2018
Rivers, Danae	4th	2021

5000 Meters		
Mills, Kathy	1st	**1978
Renzi, Paula	6th	1984

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

100-Meter Hurdles		
Barber, Aleesha	4th	2008
Barber, Aleesha	3rd	2010

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

3000-Meter Steeplechase		
Landreth, Molly	11th	2003
Franek, Bridget	3rd	2008
Franek, Bridget	4th	2009
Franek, Bridget	1st	2010
Gerlach, Tori	3rd	2017

4x400-Meter Relay		
Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	1st	2008
Aleesha Barber, Shavon Greaves, Gayle Hunter, Fawn Dorr	4th	2009
Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr	4th	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	4th	2011
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	5th	2014

High Jump		
McCloskey, Megan	4th	2018

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

Triple Jump		
Mann, Carmen	5th	1989
Walker, Shakeema	7th	1998
Aduba, Chi-Chi	7th	2004
Gibson, Dannielle	6th	2017

Shot Put		
Sobansky, Elaine	4th	**1981
Sobansky, Elaine	3rd	1982
Sobansky, Elaine	6th	1983
Sobansky, Elaine	2nd	1984

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

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

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

Heptathlon		
Connell, Pam	4th	1991
Mitchell, Shelley	8th	1992
Hunter, Gayle	8th	2007
Hunter, Gayle	5th	2008
Hunter, Gayle	5th	2008
Holmberg, Madeline	3rd	2018
Holmberg, Madeline	6th	2021

3000 Meters (Discontinued)		
Bankes, Kris	3rd	**1976
Bankes, Kris	5th	**1977
Bankes, Kris	2nd	**1978
Mills, Kathy	1st	**1978
Carmichael, Heather	3rd	**1980

4x800-Meter Relay (Discontinued)		
Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura	2nd	**1978

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

ALL-TIME BIG TEN OUTDOOR TEAM FINISHES

MEN'S

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.
2019	9th	50 pts	Iowa City, Iowa
2020 Outdoor Season Cancelled due to COVID-19 pandemic.			
2021	7th	65 pts	Champaign, Ill.

BIG TEN MEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2014	Darrell Hill
2017	Malik Moffett
2018	Isaiah Harris
2019	Morgan Shigo

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

BOLD - Denotes Big Ten Champion.

WOMEN'S

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.
2019	6th	68 pts	Iowa City, Iowa
2020 Outdoor Season Cancelled due to COVID-19 pandemic.			
2021	6th	71.5 pts	Champaign, Ill.

BIG TEN WOMEN'S AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

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

ALL-TIME BIG TEN OUTDOOR CHAMPIONS || BY YEAR

MEN'S

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10 (15.49)
1993	Davis, Antonio	Triple Jump	51-1.75 (15.59)
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1996	Wolter, Carl	Javelin	233-8 (71.22)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Audu, George	Long Jump	25-4 (7.72)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1999	Audu, George	Long Jump	25-8.75 (7.84)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kuretich, J.T.	Decathlon	7424
2004	Stumpf, Brian	Javelin	216-4 (65.94)
2005	Campisi, Jaret	400-Meter Hurdles	50.10
2005	Kerschner, Bret	Javelin	218-6 (66.61)
2006	Miller, Mark	800-Meters	1:48.78
2006	Pettner, Allen	Javelin	218-6 (66.60)
2007	Fritz, Ryan	High Jump	7-1.75 (2.13)
2007	Pettner, Allen	Javelin	239-9 (73.09)
2008	Borchers, Samuel	1500-Meters	4:03.96
2009	Evak, Tanner	Javelin	233-4 (71.13)
2009	Foster, Ryan	800-Meters	1:49.66
2009	Smith, Clarence	Triple Jump	52-10.75 (16.12)w
2010	Loxsom, Casimir	800-Meters	1:48.06
2010	Eaton, Blake	Shot Put	60-6.75 (18.46)
2011	Loxsom, Casimir	800-Meters	1:47.70
2011	Eaton, Blake	Shot Put	61-8.50 (18.81)
2012	Loxsom, Casimir	800-Meters	1:46.12
2012	Gehret, Brady	400-Meters	45.22
2012	Kovacs, Joe	Shot Put	68-5 (20.85)
2012	Nadolsky, Aaron	4x400-Meter Relay	3:04.78
2012	Loxsom, Casimir	4x400-Meter Relay	3:04.78
2012	Gehret, Brady	4x400-Meter Relay	3:04.78
2012	Bennett-Green, Brandon	4x400-Meter Relay	3:04.78
2014	Waithe, Steve	Triple Jump	52-0 (15.85)
2014	Hill, Darrell	Shot Put	67-6 (20.57)
2014	Shuey, Michael	Javelin	236-2 (71.98)
2015	Hill, Darrell	Shot Put	66-3.25 (20.19)
2015	Shuey, Michael	Javelin	229-2 (69.85)
2015	Kidder, Brandon	800-Meters	1:47.56
2016	Kidder, Brannon	1500- Meters	3:44.67
2016	Harris, Isaiah	800-Meters	1:46.21
2016	Leap, Brian	Triple Jump	53-4.5 (16.37)
2017	Moffett, Malik	200-Meters	19.87
2017	Harris, Isaiah	800-Meters	1:49.68
2017	Moffett, Malik	Long Jump	26-3 (8.00)
2018	Harris, Isaiah	800-Meters	1:45.31
2018	Biddle, Michael	Javelin	239-7 (73.02)
2019	Shigo, Morgan	Hammer	236-4 (72.04)
2021	Lucas, David	Discus	197-0 (60.06)
2021	Porter, Mark	Javelin	239-1 (72.89)

WOMEN'S

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

WOMEN'S (Cont.)

Year	Athlete	Event	Performance
2005	Cox, Shana	400-Meters	52.91
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamilah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamilah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	Cox, Shana	200-Meters	23.15
2008	Cox, Shana	400-Meters	52.00
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Franek, Bridget	3000 Steeplechase	9:58.56
2008	Blake, Dominique	4x400-Meter Relay	3:36.24
2008	Cox, Shana	4x400-Meter Relay	3:36.24
2008	Dorr, Fawn	4x400-Meter Relay	3:36.24
2008	Simmons, Briene	4x400-Meter Relay	3:36.24
2009	Greaves, Shavon	100-Meters	11.49
2009	Greaves, Shavon	200-Meters	23.35
2010	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Franek, Bridget	3000 Steeplechase	9:48.28
2010	Barber, Aleesha	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
2011	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)
2012	Millhouse, Kara	10,000-Meters	34:25.78
2012	Loht, Laura	Javelin	160-11 (49.05)
2013	Jones, Mahagony	100-Meters	11.32 (+2.6)
2013	Britton, Evonne	100-Meter Hurdles	13.40
2013	Kenney, Lauren	Javelin	173-10 (52.98)
2014	Jones, Mahagony	200-Meters	23.08
2014	Seymour, Kiah	400-Meter Hurdles	56.40
2014	McGee, Dynasty	4x400-Meter Relay	3:34.81
2014	Jones, Mahagony	4x400-Meter Relay	3:34.81
2014	Rhodes, Tichina	4x400-Meter Relay	3:34.81
2014	Seymour, Kiah	4x400-Meter Relay	3:34.81
2014	Kurzdorfer, Melissa	Hammer	198-6 (60.51)
2014	Howell, Brittney	Heptathlon	5,515
2017	Rivers, Danae	800-Meters	2:04.14
2017	Gibson, Dannielle	Triple Jump	45-1.75 (13.76)
2018	Rivers, Danae	1500-Meters	4:27.47
2019	Rivers, Danae	1500-Meters	4:17.69
2019	Rivers, Danae	800-Meters	2:04.71
2019	Holmes, Alexis	400-Meters	52.17
2021	Holmberg, Maddie	Heptathlon	5839

2020 Outdoor Season Cancelled due to COVID-19 pandemic.

ALL-TIME BIG TEN OUTDOOR CHAMPIONS || BY EVENT

ALL-TIME MEN'S OUTDOOR CHAMPIONS

200 Meters		
Olkowski, Ryan	20.59	2002
Moffett, Malik	19.87	2017
400 Meters		
Gehret, Brady	45.22	2012
800 Meters		
Miller, Mark	1:48.78	2006
Foster, Ryan	1:49.66	2009
Loxsom, Casimir	1:48.06	2010
Loxsom, Casimir	1:47.70	2011
Loxsom, Casimir	1:46.12	2012
Kidder, Brandon	1:47.56	2015
Harris, Isaiah	1:46.21	2016
Harris, Isaiah	1:49.68	2017
Harris, Isaiah	1:45.31	2018
1500 Meters		
Borchers, Samuel	4:03.96	2008
Kidder, Brannon	3:44.56	2016
5000 Meters		
Hamer, Bob	14:26.10	1994
400-Meter Hurdles		
Derby, Brian	49.77	2001
Derby, Brian	49.72	2003
Campisi, Jaret	50.10	2005
4x400-Meter Relay		
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	3:04.78	2012
High Jump		
Fritz, Ryan	7-1.75 (2.13)	2007
Long Jump		
Pina, Steve	25-9.50 (7.86)	1996
Audu, George	25-4 (7.72)	1998
Audu, George	25-8.75 (7.84)	1999
Moffett, Malik	26-3 (8.00)	2017
Triple Jump		
Davis, Antonio	50-10 (15.49)	1992
Davis, Antonio	51-1.75 (15.59)	1993
Smith, Clarence	52-10.75 (16.12)w	2009
Waithe, Steve	52-0 (15.85)	2014
Leap, Brian	53-4.5(16.27)	2016
Shot Put		
Eaton, Blake	60-6.75 (18.46)	2010
Eaton, Blake	61-8.50 (18.81)	2011
Kovacs, Joe	68-5 (20.85)	2012
Hill, Darrell	67-6 (20.57)	2014
Hill, Darrell	66-3.25 (20.19)	2015
Javelin		
Austin, Rob	224-0 (68.27)	1995
Wolter, Carl	233-8 (71.22)	1996
Burkholder, Troy	224-2 (68.32)	1997
Burkholder, Troy	210-11 (64.28)	1998
Burkholder, Troy	222-11 (67.96)	1999
Stumpf, Brian	216-4 (65.94)	2004
Kerschner, Bret	218-6 (66.61)	2005
Pettner, Allen	218-6 (66.60)	2006
Pettner, Allen	239-9 (73.09)	2007
Evak, Tanner	233-4 (71.13)	2009
Shuey, Michael	236-2 (71.98)	2014
Shuey, Michael	236-8.5 (72.14)	2015
Biddle, Michael	239-7 (73.02)	2018
Porter, Mark	239-1 (72.89)	2021
Discus		
Lucas, David	197-0 (60.06)	2021
Hammer		
Shigo, Morgan	236-4 (72.04)	2019
Decathlon		
Cook, James	7448	1996
Kuretich, J.T.	7424	2003

2020 Outdoor Season Cancelled due to COVID-19 pandemic.
Bold - Denotes Big Ten Championship Record.

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

100 Meters		
Moore, Connie	11.31	2002
Moore, Connie	11.37	2003
Moore, Connie	11.40	2004
Greaves, Shavon	11.49	2009
Greaves, Shavon	11.56	2010
Jones, Mahagony	11.32 (+2.6)	2013
200 Meters		
Moore, Connie	23.12	2002
Moore, Connie	22.74	2004
Cox, Shana	23.41	2006
Cox, Shana	23.15	2008
Greaves, Shavon	23.35	2009
Greaves, Shavon	23.28	2010
Jones, Mahagony	23.08	2014
400 Meters		
Cox, Shana	52.91	2005
Cox, Shana	52.57	2006
Cox, Shana	52.00	2008
Dorr, Fawn	52.51	2010
Holmes, Alexis	52.17	2019
800 Meters		
Bosler, Erica	2:05.69	1998
Rivers, Danae	2:04.14	2017
Rivers, Danae	2:04.71	2019
1500 Meters		
Rivers, Danae	4:27.47	2018
Rivers, Danae	4:17.69	2019
10,000 Meters		
Kelly, Kim	34:58.95	1993
Millhouse, Kara	35:02.33	2011
Millhouse, Kara	34:25.78	2012
100-Meter Hurdles		
Barber, Aleesha	12.83	2008
Barber, Aleesha	13.11	2010
Britton, Evonne	13.40	2013
400-Meter Hurdles		
Barber, Aleesha	57.56	2007
Dorr, Fawn	57.50	2010
Duncan, Megan	57.35	2011
Seymour, Kiah	56.40	2014
3000-Meter Steeplechase		
Franek, Bridget	9:58.56	2008
Franek, Bridget	9:48.28	2010
4x100-Meter Relay		
Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, Connie Moore	44.55	2004
Brooke Robinson, Kamilah Salaam, Sara Shoaff, Shana Cox	45.27	2005
Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff	45.18	2006
Shavon Greaves, Caitlin DeFusco, Aleesha Barber, Fawn Dorr	42.62	2010
4x400-Meter Relay		
Shana Cox, Dominique Blake, Kim Markel, Briene Simmons	3:36.95	2006
Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox	3:34.93	2007
Briene Simmons, Dominique Blake, Gayle Hunter, Shana Cox	3:36.24	2008
Megan Duncan, Shavon Greaves, Doris Anyanwu, Fawn Dorr	3:35.18	2010
Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour	3:34.81	2014
Long Jump		
Aduba, Chi-Chi	20-10.75 (6.36)	2004
Triple Jump		
Walker, Shakeema	42-4 (12.91)	1998
Walker, Shakeema	43-6.50 (13.27)	1999
Gibson, Dannielle	45-1.75 (13.76)	2017
Shot Put		
O'Connor, Ja'Nai	55-4.75 (16.88)	2004
Discus		
Williams, Deshaya	165-10 (50.54)	2000
Leatherman, Jennifer	167-8 (51.10)	2006
Hammer		
Leatherman, Jennifer	199-3 (60.73)	2005
Leatherman, Jennifer	197-8 (60.24)	2006
Kurzrdorfer, Melissa	198-6 (60.51)	2014
Javelin		
Gibbs, Stacey	165-1 (50.31)	1992
McQuillen, Karlee	162-10 (49.63)	2011
Loht, Laura	160-11 (49.05)	2012
Kenney, Lauren	173-10 (52.98)	2013
Heptathlon		
Howell, Brittney	5,515	2014
Holmberg, Maddie	5839	2021

ALL-TIME WOMEN'S WINNERS

Year	Season	Athlete	Date	Event
1996	XC	Kim McGreevy	Oct.*	
1996	XC	Kim McGreevy	Nov.*	
1997	T&F	Felicia Cooksey	Jan.*	
1997	T&F	Jen Pastore	April*	
2001	XC	Michelle Wale	Oct. 9	
2002	XC	Tracey Brauksieck	Sept. 10	
2002	XC	Tracey Brauksieck	Oct. 15	
2002	XC	Tracey Brauksieck	Oct. 22	
2003	XC	Molly Landreth	Sept. 17	
2003	XC	Molly Landreth	Oct. 22	
2003	XC	Molly Landreth	Oct. 29	
2003	T&F	Chi Chi Aduba	Jan. 21	
2004	XC	Molly Landreth	Sept. 14	
2004	XC	Molly Landreth	Sept. 28	
2004	T&F	Sara Dougherty	Feb. 3	
2004	T&F	Connie Moore	Feb. 18	
2004	T&F	Ja'Nai O'Connor	March 29	
2004	T&F	Connie Moore	April 19	
2004	T&F	Chi Chi Aduba	May 3	
2005	T&F	Jennifer Leatherman	April 25	
2005	T&F	Jennifer Leatherman	May 9	
2006	XC	Bridget Franek	Oct. 10	
2006	T&F	Jennifer Leatherman	Jan. 17	
2006	T&F	Jennifer Leatherman	Feb. 14	
2006	T&F	Jennifer Leatherman	March 28	
2006	T&F	Jennifer Leatherman	April 11	
2006	T&F	Jennifer Leatherman	April 25	
2006	T&F	Jennifer Leatherman	May 5	
2006	T&F	Jennifer Leatherman	May 8	
2007	XC	Bridget Franek	Sept. 4	
2007	XC	Bridget Franek	Sept. 25	
2007	T&F	Lena Bettis	Jan. 16	Field
2007	T&F	Shana Cox	Jan. 30	Track
2007	T&F	Shana Cox	April 10	Track
2007	T&F	Shana Cox	April 17	Track
2007	T&F	Aleesha Barber	April 24	Track
2007	T&F	Bridget Franek	May 1	Track
2007	T&F	Gayle Hunter	May 1	Field
2007	T&F	Emma Schmelzer	May 8	Field
2008	XC	Caitlin Lane	Sept. 2	
2008	XC	Bridget Franek	Oct. 7	
2008	T&F	Dominique Blake	Jan. 29	Track
2008	T&F	Gayle Hunter	Jan. 29	Field
2008	T&F	Briene Simmons	Feb. 5	Track
2008	T&F	Lena Bettis	Feb. 12	Field
2008	T&F	Shana Cox	April 15	Track
2008	T&F	Shana Cox	April 29	Track
2008	T&F	Shana Cox	May 6	Track
2009	XC	Caitlin Lane	Sept. 8	
2009	XC	Cheryl Spring	Sept. 15	
2009	XC	Bridget Franek	Oct. 6	
2009	T&F	Bridget Franek	Feb. 2	Track
2009	T&F	Gayle Hunter	Feb. 2	Field
2009	T&F	Gayle Hunter	Feb. 9	Field
2009	T&F	Bridget Franek	Feb. 16	Track
2009	T&F	Bridget Franek	April 15	Track
2009	T&F	Kim Hanslovan	May 13	Field
2010	XC	Caitlin Lane	Sept. 7	
2010	T&F	Shavon Greaves	Jan. 11	Track
2010	T&F	Fawn Dorr	Jan. 18	Track
2010	T&F	Shavon Greaves	Feb. 1	Track
2010	T&F	Bridget Franek	Feb. 15	Track
2010	T&F	Shavon Greaves	April 7	Track
2010	T&F	Karlee McQuillen	April 28	Field
2010	T&F	Bridget Franek	May 12	Track
2011	XC	Caitlin Lane	Sept. 6	
2011	T&F	Shavon Greaves	Jan. 31	Track
2011	T&F	Karlee McQuillen	April 6	Field
2012	XC	Bekka Simko	Sept. 4	
2012	T&F	Mahagony Jones	Jan. 9	Track
2012	T&F	Melissa Kurzdorfer	April 4	Field
2012	T&F	Kirsten Nieuwendam	May 9	Track
2013	T&F	Mahagony Jones	Jan. 7	Track
2013	T&F	Erika Morgan	Jan. 7	Field
2013	T&F	Marlene Ricketts	Jan. 14	Field
2013	T&F	Lauren Kenney	April 10	Field
2013	T&F	Mahagony Jones	April 17	Track
2014	T&F	Evonne Britton	Feb. 3	Track
2014	T&F	Kiah Seymour	Feb. 17	Track
2014	T&F	Mahagony Jones	April 16	Track
2014	T&F	Kiah Seymour	May 7	Track
2014	T&F	Melissa Kurzdorfer	May 14	Field
2015	XC	Tori Gerlach	Sept. 16	
2016	T&F	Lexi MasterSon	Jan 13	Field
2016	T&F	Dannielle Gibson	March 30	Field
2016	XC	Tessa Barrett	Sept. 14	
2017	T&F	Dannielle Gibson	Jan. 18	Field
2017	T&F	Tessa Barrett	Feb. 1	Track
2017	T&F	Danae Rivers	Feb. 1	Track
2017	T&F	Tori Gerlach	Apr. 19	Track
2017	T&F	Danae RIvers	Apr. 26	Track
2017	XC	Jillian Hunsberger	Sept. 6	
2017	XC	Jillian Hunsberger	Sept. 13	
2018	T&F	Danae Rivers	Jan. 24	Track
2018	XC	Julia Paternain	Sept. 12	
2019	T&F	Danae Rivers	Jan. 16	Track
2019	T&F	Danae Rivers	Jan. 30	Track
2019	T&F	Danae Rivers	Feb. 13	Track
2019	T&F	Payden Montana	Mar. 27	Field
2020	T&F	Maddie Holmberg	Jan. 29	Field
2021	T&F	Danae Rivres	Mar. 31	Track
2021	T&F	Danae Rivers	Apr. 7	Track

ALL-TIME MEN'S WINNERS

Year	Season	Athlete	Date	Event
1992	T&F	Jay Kirby	Jan.*	
1992	T&F	Brian Miline	March*	
1996	T&F	4x800M Relay Team	March*	
1999	T&F	George Audu	Jan. 12	
1999	T&F	John Gorham	April 19	
2001	XC	Stephen Walsh	Oct. 9	
2001	T&F	Ryan Olkowski	April 9	
2003	XC	Dan Mazzocco	Sept. 17	
2003	XC	Dan Mazzocco	Oct. 22	
2006	T&F	Steve Meyers	April 25	
2007	XC	Brian Fuller	Sept. 4	
2007	XC	Lucas Zarzeczny	Sept. 25	
2007	T&F	Ryan Fritz	Feb. 13	
2007	T&F	Allen Pettner	April 3	Field
2007	T&F	Ryan Fritz	April 17	Field
2008	T&F	Sam Borchers	Jan. 29	Track
2008	T&F	Sam Borchers	April 8	Track
2008	T&F	Clarence Smith	May 6	Field
2009	T&F	Mike Cadau	Jan. 12	Track
2009	T&F	Ryan Fritz	Jan. 12	Field
2009	T&F	Clarence Smith	Jan. 19	Field
2009	T&F	Clarence Smith	Feb. 9	Field
2009	T&F	Ryan Foster	April 15	Track
2009	T&F	John Vellenoweth	May 13	Field
2010	XC	Vince McNally	Sept. 7	
2010	T&F	Ryan Foster	Jan. 18	Track
2010	T&F	Ryan Foster	Feb. 1	Track
2010	T&F	Blake Eaton	Feb. 8	Field
2010	T&F	Ryan Foster	April 7	Track
2010	T&F	Joe Kovacs	April 21	Field
2010	T&F	Casimir Loxsom	April 28	Track
2010	T&F	Casimir Loxsom	May 5	Track
2010	T&F	Ryan Fritz	May 12	Field
2011	XC	Kyle Dawson	Sept. 6	
2011	T&F	Blake Eaton	Feb. 7	Field
2011	T&F	Joe Kovacs	April 20	Field
2011	T&F	Casimir Loxsom	April 27	Track
2011	T&F	Ryan Foster	May 4	Track
2011	T&F	Sean Reilly	May 11	Field
2012	XC	Robby Creese	Sept. 4	
2012	T&F	Hanif Johnson	Jan. 9	Field
2012	T&F	Robby Creese	Jan. 16	Track
2012	T&F	Joe Kovacs	April 4	Field
2012	T&F	Robby Creese	April 18	Track
2012	T&F	Joe Kovacs	April 18	Field
2012	T&F	Joe Kovacs	May 2	Field
2012	T&F	Joe Kovacs	May 9	Field
2013	T&F	Sancho Barrett	Jan. 7	Track
2013	T&F	Jon Hendershot	Jan. 7	Field
2013	T&F	Casimir Loxsom	Jan. 14	Track
2013	T&F	Casimir Loxsom	Jan. 28	Track
2013	T&F	Robby Creese	Feb. 11	Track
2013	T&F	Brannon Kidder	April 10	Track
2013	T&F	Robby Creese	April 17	Track
2013	T&F	Casimir Loxsom	April 24	Track
2013	T&F	Casimir Loxsom	May 2	Track
2013	T&F	Jon Hendershot	May 8	Field
2014	T&F	Brannon Kidder	Feb. 10	Track
2014	T&F	Steve Waithe	Feb. 17	Field
2014	T&F	Steve Waithe	April 16	Field
2014	T&F	Darrell Hill	April 30	Field
2014	T&F	Brannon Kidder	May 7	Track
2014	XC	Brandon Kidder	Oct. 14	
2015	T&F	Brandon Kidder	Feb. 2	Track
2015	T&F	Darrell Hill	Feb. 9	Field
2015	T&F	Robby Creese	Feb. 9	Track
2015	T&F	Brandon Kidder	Feb. 23	Track
2015	T&F	Brandon Kidder	April 8	Track
2015	T&F	Robby Creese	April 15	Track
2015	T&F	Darrell Hill	April 29	Field
2015	T&F	Brandon Kidder	May 6	Track
2015	T&F	Sancho Barrett	May 13	Track
2015	T&F	Darrell Hill	May 13	Field
2015	XC	Ean DiSilvio	Sept. 9	
2016	T&F	Brannon Kidder	Jan. 20	Track
2016	T&F	Isaiah Harris	Feb. 10	Track
2016	T&F	Isaiah Harris	April 6	Track
2016	T&F	Brian Leap	April 20	Field
2016	T&F	Brannon Kidder	April 27	Track
2016	T&F	Brian Leap	May 4	Field
2017	T&F	Isaiah Harris	Jan. 25	Track
2017	T&F	Isaiah Harris	Feb. 1	Track
2017	T&F	Michael Shuey	Mar. 29	Field
2017	T&F	Isaiah Harris	Apr. 5	Track
2017	T&F	Isaiah Harris	Apr. 26	Track
2017	XC	Colin Abert	Sept. 6	
2017	XC	Colin Abert	Sept. 13	
2017	XC	Colin Abert	Oct. 18	
2018	T&F	Bryce Williams	Jan. 17	Field
2018	T&F	Colin Abert	Jan. 17	Track
2018	T&F	Isaiah Harris	Jan. 24	Track
2018	T&F	David Lucas	Jan. 31	Field
2018	T&F	Isaiah Harris	Feb. 14	Track
2018	XC	Colin Abert	Sept. 5	
2018	XC	Colin Abert	Sept. 12	
2019	T&F	Morgan Shigo	Jan. 30	Field
2019	T&F	David Lucas	Feb. 20	Field
2020	T&F	David Lucas	Feb. 5	Field
2021	T&F	Evan Dorenkamp	Jan. 20	Track
2021	T&F	Mark Porter	Mar. 31	Field

ALL-TIME PENN RELAYS CHAMPIONS

MEN'S RELAYS CHAMPIONS

Year	Relay	Performance
1920	4x1 Mile Relay —,— , —, Larry Shields	18:10.6
1920	DMR (3/4 Mile, 440, 880, Mile) —, —, —, Larry Shields	10:37.2
1923	4x880 Yard Relay Edgar L. Carter, J. Russell Edgerton, Schuyler Enck, Alan Helffrich	7:48.8
1924	SMR (440, 220, 220, 880) Alan Helffrich, Conway, Crip Moore, Schuyler Ench	3:30.4
1926	4x1 Mile Relay R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart	18:14.6
1926	4 x 120-Yd High Hurdle Shuttle E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore	1:06.0
1928	4x110 Yards Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew	42.6
1928	DMR (3/4 Mile, 440, 880, Mile) Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox	10:37.8
1929	4x1 Mile Relay C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox	17:48.6
1932	SMR (440, 220, 220, 880) C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale	3:28.6
1942	SMR (440, 220, 220, 880) Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon	3:26.5
1947	4x1 Mile Relay Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver	17:48.6
1948	4x1 Mile Relay Bill Shuman, Mitch Williams, H.Ashenfelter, Gerry Karver	17:30.7
1948	DMR (3/4 Mile, 440, 880, Mile) Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver	10:15.1
1949	4x1 Mile Relay Unknown	17:35.4
1950	4x110 Yards Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster	41.3
1951	4x1 Mile Relay Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn	17:24.6
1959	4x1 Mile Relay Ed Moran, Dick Engelbrink, Charles King, Fred Kerr	17:11.3
1959	DMR (3/4 Mile, 440, 880, Mile) Unknown	9:58.2
1983	4x800-Meter Relay Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn	7:19.77
1985	4x800-Meter Relay Vance Watson, Steve Shisler, Chris Mills, Randy Moore	7:11.17
1986	4x800-Meter Relay Vance Watson, Steve Shisler, Ray Levitre, Chris Mills	7:16.05
1987	4x800-Meter Relay Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre	7:14.65
2011	SMR Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster	3:17.10
2012	SMR Aaron Nadolsky, Br. Bennett-Green, Brady Gehret, Casimir Loxsom	3:18.47
2012	4x800 Owen Dawson, Ryan Brennan, Casimir Loxsom, Robby Creese	7:19.76
2013	4x800 Robby Creese, Za'Von Watkins, Casimir Loxsom, Brannon Kidder	7:14.14
2013	DMR Brannon Kidder, Brandon Bennett-Green, Casimir Loxsom, Robby Creese	9:24.68
2015	SMR Xavier Smith, Sancho Barrett, Alex Shisler, Brandon Kidder	3:21.29
2016	4x800-Meter Relay Robby Creese, Jordan Makins, Isaiah Harris, Brannon Kidder	7:14.14
2018	SMR Xavier Smith, Malik Moffett, Kier Miner, Isaiah Harris	3:15.25

WOMEN'S RELAY CHAMPIONS

Year	Relay	Performance
1978	4x800-Meter Relay Unknown	8:49.9
2008	4x400-Meter Relay Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	3:31.44
2019	Sprint Medley Relay Brooke-Lynn Williams, Kiara Lester, Alexis Holmes, Danae Rivers	3:45.25

MEN'S INDIVIDUAL CHAMPIONS

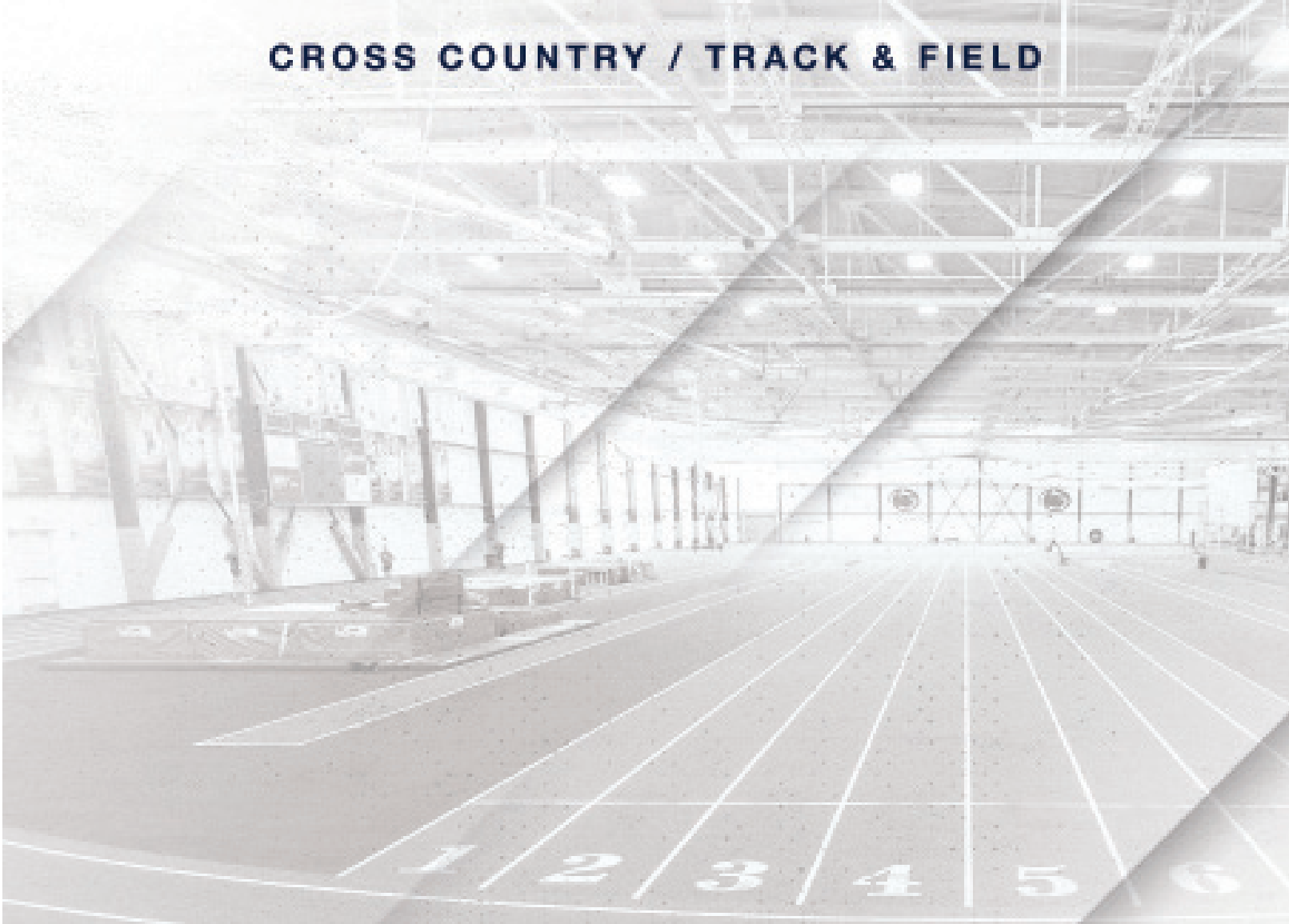
Year	Athlete	Event	Performance
1910	Lee Talbot	Hammer Throw	160-6 (48.92)
1911	Lee Talbot	Discus	129-2 (39.32)
1911	Alfred Tilley	Hammer Throw	143-8 (43.78)
1913	Lee Talbot	Discus	142-0 (43.28)
1913	Lee Talbot	Hammer Throw	163-7 (49.88)
1919	Francis Emory	56-Pound Weight	28-0 (8.53)
1920	Francis Emory	Javelin	165-6 (50.44)
1923	Crip Moore	120-Yard High Hurdles	15.4
1925	Crip Moore	120-Yard High Hurdles	14.8
1926	Al Bates	Long Jump	23-3 1/2 (7.07)
1927	Bill Cox	Two-Mile	9:32.0
1927	Marian Ide	Hammer Throw	158-0 7/8
1938	Nick Vukmanic	Javelin	223-10 (68.22)
1939	Nick Vukmanic	Javelin	207-3 (63.16)
1942	Barney Ewell	Long Jump	24-5 1/2 (7.45)
1944	Barney Ewell	Long Jump	24-2 (7.36)
1945	Barney Ewell	100 Yards	9.8
1947	Curt Stone	Two-Mile	9:19.4
1949	Horace Ashenfelter	Two-Mile	9:21.5
1949	Jim Gehrdes	120-Yard High Hurdles	14.4
1950	Jim Gehrdes	120-Yard High Hurdles	14.3
1954	Art Pollard	100 Yards	9.8
1955	Roosevelt Grier	Shot Put	54-8 (16.66)
1961	Bob Brown	100 Yards	9.9
1965	Lennart Hedmark	Javelin	243-0 (74.06)
1966	Bill Reilly	3000-Meter Steeplechase	9:22.8
1971	Greg Fredericks	Three-Mile	13:36.1
1972	Greg Fredericks	Three-Mile	13:31.5
1973	Charlie Maguire	Three-Mile	13:41.6
1974	Charlie Maguire	Three-Mile	13:27.0
1974	Mike Shine	120-Yard High Hurdles	13.9
1974	Mike Shine	400-Meter Hurdles	50.8
1975	Knut Hjeltnes	Shot Put	61-23/4 (18.66)
1976	George Malley	3000-Meter Steeplechase	8:34.4
1976	Mike Shine	110-Meter High Hurdles	13.6
1976	Al Jackson	Hammer Throw	199-4 (60.76)
1977	Paul Stemmer	5000 Meters	13:52.4
1979	Bruce Baden	3000-Meter Steeplechase	8:42.5
1979	Alan Scharsu	5000 Meters	13:48.5
1979	John Ziegler	10,000 Meters	29:19.3
1979	Tim Backenstose	Marathon	2:22:14
1980	Alan Scharsu	5000 Meters	13:42.1
1982	Jeff Adkins	5000 Meters	13:55.0
1987	Dave Masgay	Decathlon (Multi)	7282
1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)
1990	C.J. Hunter	Shot Put	65-5 (19.81)
1993	Brian Milne	Discus	196-5 (59.86)
1993	Antonio Davis	Triple Jump	53-11 1/4 (16.44)
1996	James Cook	Decathlon (Multi)	7600
1997	James Cook	Decathlon (Multi)	7458
1998	Kevin Geesaman	20,000 Meters	1:04:40
2003	J.T. Kuretich	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris Morrisey	Decathlon (Multi)	7014
2008	Chris Morrsey	Decathlon (Multi)	6995
2009	Tanner Evak	Javelin	225-6 (68.74)
2012	Joe Kovacs	Shot Put	65-5 (19.94)
2014	Steve Waithe	Triple Jump	53-2.75 (16.22)
2014	Darrell Hill	Shot Put	63-11.75 (19.50)
2014	Michael Shuey	Javelin	234-11 (71.60)
2015	Darrell Hill	Shot Put	68-2.5 (20.78)
2016	Ryan Kerr	Javelin	228-8 (69.72)
2016	Brian Leap	Triple Jump	53-0 (16.15)
2018	Luke Grodeska	Shot Put	55-8.75
2019	Morgan Shigo	Hammer	234-4 (71.45)

INDIVIDUAL WOMEN'S CHAMPIONS

Year	Athlete	Event	Performance
1983	Marilyn Senz	Javelin	162-9 (49.60)
1984	Elaine Sobansky	Shot Put	53-4.50 (5.96)
1985	Paula Renzi	5000-Meters	16:01.4
1986	Stacy Prey	5000-Meters	16:01.2
1998	Jen Pastore	Javelin	177-7 (54.12)
2000	Deshaya Williams	Discus	174-8 (53.24)
2001	Brianne Johnson	Javelin	161-7 (49.26)
2006	Jennifer Leatherman	Hammer	213-7 (65.12)
2007	Bridget Franek	3,000m Steeplechase	9:59.21
2007	Gayle Hunter	Heptathlon	5606
2009	Fawn Dorr	400-Meter Hurdles	57.78
2010	Karlee McQuillen	Javelin	162-7 (49.57)
2011	Karlee McQuillen	Javelin	158-4 (48.28)
2012	Melissa Kurzdorfer	Hammer	205-1 (62.53)
2012	Lauren Kenney	Javelin	160-8 (48.99)
2013	Natalie Bower	3,000m Steeplechase	10:13.58
2013	Laura Loht	Javelin	154-6 (47.10)
2013	Brittney Howell	Heptathlon	5084
2014	Leigha Anderson	10,000m	33:52.32
2014	Laura Loht	Javelin	167-8 (51.11)
2015	Elizabeth Chikotas	5000-Meters	16:05.46
2017	Dannielle Gibson	Triple Jump	43-6 (13.26)

2020 Penn Relays canelled due to COVID-19 pandemic

CROSS COUNTRY / TRACK & FIELD



RECORDS

Track Events

60 Meters	7.24	Shavon Greaves, 2010
200 Meters	22.60	Consuella Moore, 2004
400 Meters	52.14	Alexis Holmes, 2019
800 Meters	2:02.94	Danae Rivers, 2019
Mile	4:29.47	Danae Rivers, 2019
3000 Meters	9:07.22	Tessa Barrett, 2017
5000 Meters	15:28.99	Tessa Barrett, 2017
60m Hurdles	8.10	Evonne Britton, 2014

Relay Events

4x400-Meters	3:33.13	Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
Distance Medley	11:01.16	Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017

Non-NCAA Event Records

55 Meters	6.98	Shavon Greaves, 2008
300 Meters	37.13	Shavon Greaves, 2010
500 Meters	1:09.19	Shana Cox, 2007
600 Meters	1:29.04	Victoria Tachinski, 2020
1000 Meters	2:38.58	Danae Rivers, 2019
55m Hurdles	7.77	Aleesha Barber, 2008
Shuttle Hurdles	32.30	Carla Criste, Laurie Dangel, Sue Lindner, Stephanie Weeks,1983
4x200-Meters	1:35.65	Megan Osborne, Kiah Seymour, ... Dynasty McGee, Mahagony Jones, 2014 (Collegiate Record)
4x800-Meters	8:45.60	Judi Cassel, Heidi Gerken, Tammie Hart, Beth Stever, 1984
Sprint Medley	3:52.25	Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007 (Collegiate Record)

*All times are FAT (Fully Automatic Timing)

Field Events

High Jump	6-0 (1/83)	Alexa Parks, 2020
Pole Vault	13-11.25 (4.25)	Katie Jones, 2020
Long Jump	20-11.25 (6.38)	Gayle Hunter, 2009
Triple Jump	44-1.25 (13.45)	Chi-Chi Aduba, 2003
Shot Put	56-8 (17.27)	Rachel Fatherly, 2016
20-lb. Weight	74-10.50 (22.82)	Jen Leatherman, 2006
Pentathlon	4,342 points	Gayle Hunter, 2009

Pentathlon Event Records

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

Retired Records

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

WOMEN'S INDOOR TOP-5 PERFORMANCES

60 Meters

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

200 Meters

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

400 Meters

1.	52.14	Alexis Holmes, 2019
2.	52.31	Shana Cox, 2007
3.	52.53	Fawn Dorr, 2010
	52.53	Kiah Seymour, 2014
4.	53.14	Shavon Greaves, 2010
5.	53.15	Dominique Blake, 2008

500 Meters

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

600 Meters

1.	1:29.04	Victoria Tachinski, 2020
2.	1:29.06	Danae Rivers, 2017
3.	**1:29.51**	**Victoria Vanriele, 2021**
4.	1:29.75	Antoinette Bradley, 2020
5.	1:29.81	Briene Simmons, 2008

800 Meters

1.	2:02.94	Danae Rivers, 2019
2.	**2:05.59**	**Victoria Vanriele, 2021**
3.	2:05.67	Briene Simmons, 2007
4.	**2:06.71**	**Victoria Tachinski, 2021**
5.	2:06.88	Bekka Simko, 2012

1000 Meters

1.	2:38.58	Danae Rivers, 2019
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

Mile

1.	4:29.47	Danae Rivers, 2019
2.	4:32.55	Danae Rivers, 2017
3.	4:37.83	Tori Gerlach, 2016
4.	4:37.95	Bridget Franek, 2010
5.	4:38.37	Caitlin Lane, 2011

3000 Meters

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

5000 Meters

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

60-Meter Hurdles

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

4x200-Meter Relay

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

4x400-Meter Relay

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

Bold - Denotes Performance Set in 2021.

WOMEN'S INDOOR TOP-5 PERFORMANCES

Sprint Medley Relay

1.	3:52.25	Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
2.	3:56.63	Cheryl Green, Connie Moore, Sara Shoaff, Briene Simmons, 2004
3.	4:01.38	Sara Shoaff, Gayle Hunter, Dominique Blake, Jenny Stevens, 2005
4.	4:09.50	Monique Walker, Sara Shoaff, Aleesha Barber, Katie WIllow, 2006

Distance Medley Relay

1.	11:01.16	Julie Kocjancic, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
2.	11:05.16	Caitlin Lane (3:22), Iheoma (53.5), Bekka Simko (2:07.5), Kara Millhouse (4:41.1), 2012
3.	11:09.85	Marissa Sheva, Alexis Holmes, Victoria Tachinski, Danae Rivers, 2019
4.	11.14.78	Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007
5.	11:15.00	Danae Rivers, Kiara Lester, Rachel Banks, Tessa Barrett, 2017

High Jump

1.	6-0 (1.83)	Alexa Parks, 2020
2.	5-11.25 (1.81)	Brittany Maun, 2010
	5-11.25 (1.81)	Antoinette O'Carroll, 1987
4.	5-10.50 (1.79)	Erika Morgan, 2013
	5-10.50 (1.79)	Megan McCloskey, 2018

Pole Vault

1.	13.11.25 (4.25)	Katie Jones, 2020
2.	13-9.75 (4.21)	Lexi Masterson, 2016
3.	13-8.50 (4.18)	Hannah Mulhern, 2018
4.	13-5.50 (4.11)	Sara Dougherty, 2004
5.	**13-5.25 (4.10)**	**Erica Ellis, 2021**

Long Jump

1.	20-11.25 (6.38)	Gayle Hunter, 2009
2.	**20-8 (6.31)**	**Breana Gambrell, 2021**
3.	20-8 (6.30)	Chi-Chi Aduba, 2003
	20-8 (6.30)	Shakeema Walker, 1999
5.	20-7.50 (6.28)	Carmen Mann, 1990

Triple Jump

1.	44-1.50 (13.45)	Chi-Chi Aduba, 2003
2.	43-9.00 (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

Shot Put

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

20-lb Weight Throw

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.	67-3.25 (20.50)	Gianna Rao, 2020
5.	66-3 (20.19)	Kate Johnston, 2005

Pentathlon

1.	4,342	Gayle Hunter, 2009
2.	4,274	Maddie Holmberg, 2020
3.	4,202	Brittney Howell, 2014
4.	3,988	Carla Criste, 1985
5.	3,861	Tal Ben-Artzi, 2014

Notable Performances

*	4,059	Gayle Hunter, 2005

** American Junior Record*

Bold - Denotes Performance Set in 2021.

MEN'S INDOOR TOP-5 RECORDS

Track Events

60 Meters	6.65	William Henderson, 2019
200 Meters	20.56	Terrance Laird, 2018
400 Meters	46.22	Brady Gehret, 2011
800 Meters	1:46.08	Isaiah Harris, 2018
Mile	3:57.11	Robby Creese, 2013
3000 Meters	7:50.36	Robby Creese, 2015
5000 Meters	13:46.49	Tim McGowan, 2019
60m Hurdles	7.69	Guy Rose, 2001

Relay Events

4x400-Meters	3:04.80	Dan Chisena, Xavier Smith, Samuel Reiser, Isaiah Harris, 2017
Distance Medley	9:26.59	Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese, 2014

Non-NCAA Event Records

55 Meters	6.31	Michael Timpson, 1986
300 Meters	33.01..	Michael Timpson, 1986 U.S. Collegiate Record
500 Meters	1:01.28	Casimir Loxsom, 2011
600 Meters	1:14.96	Isaiah Harris, 2017 ** Collegiate Record **
1000 Meters	2:18.26	Brandon Kidder, 2016 **** Collegiate Record ****
1500 Meters	3:44.0	Larry Mangan, 1979
55m Hurdles	7.31	Michael Timpson, 1986
4x55-Meters	24.65	Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, 2006
4x55m Hurdles	28.8	Paul Pollock, Bill Austin, Matt Graham & Dennis Rock, 1977
4x200-Meters	1:23.75	Xavier Smith, Dan Chisena, Malik Moffett, Anton Porter, 2016
Sprint Medley	3:23.74	Ernie Terrell, Jaret Campisi, Chris Lolagne, Matt Lincoln, 2005
4x800-Meters	7:21.37	Steve Balkey, Dave McMillan, Chris Mills & Ray Levitre, 1987
	7:21.37	Za'Von Watkins, Brannon Kidder, Ricky West, Casimir Loxosm, 2013
4-Mile	16:43.4	Jeff Adkins, Tom Rapp, Alan Scharsu & Larry Mangan, 1980

Field Events

High Jump	7-4.25 (2.24)	Paul Souza, 1982
Pole Vault	**17-4.50 (5.30)**	**Luke Knipe, 2021**
Long Jump	25-11 (7.90)	David Coney, 1986
Triple Jump	53-3.50 (16.24)	Bryce Williams, 2018
Shot Put	67-3.5 (20.51)	Darrell Hill, 2015
35-lb. Weight	78-9.75 (24.02)	David Lucas, 2018
Heptathlon	5,511 pts	Rob Cardina, 2014

Heptathlon Event Records

Points	5,511	Rob Cardina, 2014
60 Meters	7.04	Rob Cardina, 2014
Long Jump	23-1 3/4 (7.05)	Rob Cardina, 2014
Shot Put	46-6 1/4 (14.18)	Rob Cardina, 2017
High Jump	6-7 1/2 (2.02)	Anya Uzoh, 2012
60-Meter Hurdles	8.21	J.T. Kuretich, 2003
Pole Vault	15-5 3/4 (4.72)	J.T. Kuretich, 2003
1,000 Meters	2:41.90	Chris Morrisey, 2007

Retired Records

50 Yards	5.1	Barney Ewell, 1942 (1)
300 Yards	30.1	Mike Sands, 1975
500 Yards	57.0	Ollie Sax, 1953
600 Yards	1:09.6	Ken Wynn, 1983
1000 Yards	2:09.4	Pat Rexroat, 1975
2-Miles	8:34.2	Greg Fredericks, 1972
3-Miles	13:17.6	Paul Stemmer, 1976
50-Yard Hurdles	6.1	Rod Perry, 1955 (1)
70-Yard Hurdles	8.4	Jim Gehrdes, 1949;
	8.4	Mike Shine, 1975
National TAC Medley (440, 220, 220, 300)	2:04.9	Mike Sands, Steve Hackman, Jack Davis & Mike Shine,1975
Indoor Pentathlon	4,097	Brian Kelley, 1993
Pentathlon	4,097 pts	Brian Kelley, 1993

Bold - Denotes Performance Set in 2021.

MEN'S INDOOR TOP-5 PERFORMANCES

60 Meters

1.	6.65	William Henderson, 2019
2.	6.66	Xavier Smith, 2016
3.	6.75	Justin Ofotan, 2020
	6.75	Malik Moffett, 2018
5.	6.76	Ernie Terrell, 2003

** Converted time from 60 yards to 55 meters*

200 Meters

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

400 Meters

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

500 Meters

1.	1:01.28	Casimir Loxsom, 2011
2.	1:02.58	Ben Karcz, 2000
3.	1:02.75	Ernie Terrell, 2003
4.	1:02.81	Mike Cadau, 2009
5.	1:03.01	Bernard Bennett-Green, 2014

600 Meters

1.	1:14.96	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

*	1:16.92	Casimir Loxsom, 2010
		** American Junior Record*
*	1:15.79	Casimir Loxsom, 2013
		** American Collegiate Record*
*	1:15.42	Casimir Loxsom, 2013
		** All-Time Collegiate and American Best*

800 Meters

1.	1:46.08	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

1:47.48 Ryan Foster, 2010
..... ** Australian National Record*

Bold - Denotes Performance Set in 2021.

1000 Meters

1.	2:18.26	Brannon Kidder, 2016
2.	2:19.53	Robby Creese, 2012
3.	2:19.60	Ryan Foster, 2010
4.	2:21.95	Ricky West, 2013
5.	2:21.98	Owen Dawson, 2010

Notable Performances

*	2:18.26	Brannon Kidder, 2016
		** Collegiate Record*
*	2:19.53	Robby Creese, 2012
		** Collegiate, American Junior Record*
*	2:19.60	Ryan Foster, 2010
		** Australian National Record*

Mile

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

3000 Meters

1.	7:50.36	Robby Creese, 2015
2.	7:54.52	Sam Masters, 2013
3.	8:00.78	Ken Frazier, 1989
4.	8:01.49	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*

5000 Meters

1.	13:46.49.	Timothy 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 Scharsu, 1980*
3.	*13:59.71*	*Charlie Maguire, 1974*

60-Meter Hurdles

1.	7.69	Guy Rose, 2001
2.	**7.76**	**Sincere Rhea, 2021**
3.	7.82	Michael Timpson, 1986
4.	7.83	John Whelan, 1998
5.	7.85	Mike Shine, 1975

4x200-Meter Relay

1.	1:24.70	Emunael Mpanduki, Matt Gilmore, Brandon Bennett-Green, Aaron Nadolsky, 2013
		** Collegiate Record
2.	1:26:24	Alex Langan, Jaret Campisi, Chris Lolagne, Ernie Terrell, 2005
3.	1:28.31	Alex Langan, Ron Jules, Mike O'Donnell, Adam Stanowick, 2007
4.	1:28.99	Justin Kiscadden, Jaret Campisi, Ernie Terrell, Greg Miller, 2003
5.	1:29.32	Steve Morgan, Jordan Rajan, Justin Babich, Dan Engel, 2006

MEN'S INDOOR TOP-5 PERFORMANCES

4x400-Meter Relay

1.	3:04.80	Dan Chisena, Xavier Smith, Sam Reiser, Isaiah Harris, 2017
2.	3:05.12	Dan Chisena (45.7), Xavier Smith (46.4) Kier Miner (46.8), Isaiah Harris (45.9), 2018
3.	3:05.22	Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), 2012
4.	3:07.27	Nadolsky, Williams, Loxsom, Gehret, 2011
5.	3:07.72	Nadolsky, Gehret, Loxsom, Gilmore, 2012

Sprint Medley Relay

1.	3:23.74	Ernie Terrell (48.67), Jaret Campisi (21.31), Chris Lolagne (21.40), Matt Lincoln (1:52.06), 2005
2.	3:27.70	Ben Karcz (49.31), Duane Reeves (21.94), John Gorham (22.53), Joe Hubbard (1:53.03), 1999
3.	3:28.35	Ben Karcz, John Whelan, Duane Reeves, Joe Loner, 1998
4.	3:29.07	Vern Lucas, Steve Evans, Paul Pollack, Bill Sheskey, 1978
5.	3:29.1	Mike Sands, Doug Finkel, Fred Singleton, Martin Keen, 1974

4x800-Meter Relay

1.	7.21.37	Balkey, McMillan, Mills, Levitre, 1987
		Watkins, Kidder, West, Loxsom, 2013
2.	7.22.10	Makins, Brennan, Kidder, Creese, 2015

Converted from 2-Mile Relay

1.	*7:21.42*	*McLaughlin, Moore, Wynn, Cook, 1983*
2.	*7:23.38*	*Watson, Shisler, Mills, Moore, 1985*

Distance Medley Relay

1.	9:26.59	Kidder, Bennett-Green, Watkins, Creese, 2014
2.	9:27.20	Makins, Shisler, Harris, Kidder, 2016
3.	9:28.36	Kidder, Rhodes, Watkins, Creese, 2015
4.	9:32.21	Kidder, Shisler, Watkins, Creese, 2015
5.	9:32.94	Borchers, Cadau, Foster, Johnson, 2009

4xMile Relay

1.	16:43.4	Jeff Adkins (4:15.1), Tom Rapp (4:10.2), Alan Scharsu (4:11.2), Larry Mangan (4:05.9), 1980
2.	17:07.5*	Charlie Maguire, Bob Hillman, Dan Supulski, Greg Fredericks, 1972
3.	17:10.0	Dan Supulski, Charlie Maguire, Gary Gittings, Bob Hillman, 1971
4.	17:11.8	Larry Mangan, Kelly O'Brien, Glen Chumley, Tom Rapp, 1973
5.	17:14.5	Charlie Maguire, John Fullmer, Matt Chadwick, Gary Gittings, 1973

High Jump

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

Pole Vault

1.	**17-4.50 (5.30)**	**Luke Knipe, 2021**
2.	17-0 3/4 (5.20)	John Vellenoweth, 2009
3.	17-0 (5.18)	Mason Ternay, 1992
4.	16-9 1/2 (5.12)	Ron Campbell, 1985
	16-9 1/2 (5.12)	Rick Kleban, 1985

Long Jump

1.	25-11 1/4 (7.90)	Dave Coney, 1986
2.	25-10 3/4 (7.89)	Antonio Davis, 1993
3.	25-8 (7.82)	George Audu, 1999
4.	25-5 1/2 (7.76)	William Henderson, 2019
	25-5 1/2 (7.76)	Rob Boulware, 1986

Triple Jump

1.	53-3 1/2 (16.24)	Bryce Williams, 2018
2.	53-0 3/4 (16.17)	Chavous Nichols, 2003
3.	52-6 3/4 (16.02)	Brian Leap, 2015
4.	52-6 (16.00)	Clarence Smith, 2009
	52-6 (16.00)	Steve Waithe, 2014

Shot Put

1.	67-3 1/2 (20.51)	Darrell Hill, 2015
2.	65-7 (19.99)	C.J. Hunter, 1990
3.	65-1 1/4 (19.84)	Joe Kovacs, 2011
4.	62-6 1/2 (19.05)	Phil Caraher, 1991
5.	62-1 1/4 (18.93)	Blake Eaton, 2011

35-lb Weight Throw

1.	78-9 3/4 (24.02)	David Lucas, 2018
2.	73-8 3/4 (22.47)	Morgan Shigo, 2019
3.	70-6 1/2 (21.50)	Will Barr, 2014
4.	69-1.25 (21.06)	Tyler Merkley, 2020
5.	66-5 3/4 (20.26)	Dorian Lowe, 2002

Heptathlon

1.	5511	Robert Cardina, 2014
2.	5500	James Cook, 1998
3.	5419	Chris Morrisey, 2008
4.	5367	Anya Uzoh, 2012
5.	5292	Noah Swaby, 2020

*American record when recorded.
Bold - Denotes Performance Set in 2020.

Track Events

100 Meters	11.21	Connie Moore, 2003
200 Meters	22.45	Connie Moore, 2004
400 Meters	50.84	Shana Cox, 2008
800 Meters	2:02.53	Danae Rivers, 2017
1,500 Meters	4:10.82	Danae Rivers, 2018
5,000 Meters	15:32.53	Kathy Mills, 1978
10,000 Meters	32:57.33	Kara Millhouse, 2012
100m Hurdles	12.85	Aleesha Barber, 2010
400m Hurdles	55.57	Fawn Dorr, 2010
3000m Steeple	9:32.35	Bridget Franek, 2010

Relay Events

4x100-Meters	44.25	Laurie Fox, Chi-Chi Aduba, Sara Shoaff, Connie Moore, 2003
4x400-Meters	3:27.69	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox, 2008

Non-NCAA Event Records

Mile	4:40.65	Bridget Franek, 2010
3000 Meters	9:08.04	Kathy Mills, 1978
4x200-Meters	1:33.09	Mahagony Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
4x800-Meters	8:25.49	Tori Gerlach, Julie Kocjancic, Rachel Banks, Danae Rivers, 2017
Distance Medley	10:56.07	Tori Gerlach, Tichina Rhodes, Rachel Banks, Danae Rivers, 2017
Sprint Medley	3:45.25	Brooke-Lynn Williams, Kiara Lester, Alexis Holmes, Danae Rivers, 2019
4x1500m Relay	17:57.28	Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007)

Field Events

High Jump	6-0 (1.83)	Shelley Mitchell, 1992
Pole Vault	**13-8.25(4.17)**	**Hailey Zurich, 2021**
Long Jump	21-6 (6.55)	Chi-Chi Aduba, 2004
Triple Jump	44-6.75 (13.58)	Chi-Chi Aduba, 2004
Shot Put	56-3.25 (17.15)	Rachel Fatherly, 2015
Discus	185-1 (56.42)	Deshaya Williams, 2003
Hammer	219-1 (66.78)	Jen Leatherman, 2006
Javelin	178-6 (54.41)	Laura Loht, 2014

Heptathlon Event Records

Heptathlon	5976	Maddie Holmberg, 2018
100-Meter Hurdles	13.45	Gayle Hunter, 2009
High Jump	5-10 (1.78)	Brittney Howell, 2014
Shot Put	44-8.25 (13.62)	Maddie Holmberg, 2018
200-Meters	23.56w	Gayle Hunter, 2008
Long Jump	21-0.50 (6.42)w	Gayle Hunter, 2009
Javelin	127-0 (38.70)	Maddie Holmberg, 2018
800-Meters	2:16.52	Tal Ben-Artzi, 2015

Retired Records

800m Medley	1:47.20	Johanna Humphreys, Terry Pioli, Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)	Jen Pastore, 1998
Pentathlon	3,725 points	Patti Knighton, 1978

*All times are FAT (Fully Automatic Timing)
2020 Outdoor Season cancelled due to COVID-19 pandemic

WOMEN'S TOP-10 OUTDOOR PERFORMANCES

100 Meters

1.	11.21	Connie Moore, 2003
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 Meters

1.	22.45	Connie Moore, 2004
2.	22.90 (22.64w)	Mahagony Jones, 2014
3.	23.07	Shavon Greaves, 2010
4.	23.15 (22.92w)	Shana Cox, 2008
5.	23.33	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
	23.79 (w)	Maddie Holmberg, 2018

400 Meters

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
	53.74	Janice Carter, 1988
10.	53.80	Tammie Hart, 1981

800 Meters

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.	2:06.68	Terry Pioli, 1981
8.	2:05.69	Erica Bosler, 1998
9.	2:05.82	Victoria Tachinski, 2021
10.	2:06.80	Maura Ryan, 2011

1500 Meters

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, 2016
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-Meter Hurdles

1.	12.85	Aleesha Barber. 2010
2.	13.03	Evonne Britton, 2014
3.	**13.19**	**Yasmin Brooks, 2021**
4.	13.35	Gayle Hunter, 2009
5.	13.36	Toyin Augustus, 2001
6.	13.45	Brittney Howell, 2014
7.	13.57	Quenee Dale, 2018
8.	13.70	Madeline Holmberg, 2017
	13.70	**Ekaterina Hupalo, 2021**
10.	13.71	Shelley Black, 2015

WOMEN'S TOP-10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1.	55.57	Fawn Dorr, 2010
2.	55.88	Kiah Seymour, 2014
3.	57.00	Aleesha Barber, 2007
4.	57.32	Evonne Britton, 2010
5.	57.35	Megan Duncan, 2011
6.	**57.48**	**Antoinette Bradley, 2021**
7.	57.88	Shelley Mitchell. 1991
8.	58.45	Tammie Hart, 1982
9.	58.60	Ernestine Marsh, 1987
10.	**58.69**	**Yasmin Brooks, 2021**

3000-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 Brauksieck, 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	Laurie Fox, Sara Shoaff, Connie Moore, Chi-Chi Aduba, 2003
2.	44.38	Kamilah Salaam, Chi-Chi Aduba, Sarah Shoaff, Connie Moore, 2004
3.	44.57	Shavon Greaves, Caitlin DeFusco, Aleesha Barber, Fawn Dorr, 2010
4.	44.59	Brooke-Lynn Williams, Amariah Thomas, Kiara Lester, Alexis Holmes, 2019
5.	44.64	Dannielle Gibson, Mahagony Jones, Dynasty McGee, Kiah Seymour, 2014
6.	44.69	Brooklyn-Lynn Williams, Keianna Albury, Quenee Dale, Kiara Lester, 2018
7.	44.77	Quenee Dale, Keianna Albury, Kiara Lester, Tichina Rhodes, 2017
8.	44.80	Kamilah Salaam, Sara Shoaff, Shana Cox, Brooke Robinson, 2005
9.	44.86	Shavon Greaves, Shana Cox, Aleesha Barber, Dominique Blake, 2008
10.	45.18	Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff, 2006

4x200-Meter Relay

1.	1:33.09	Mahagony Jones, Dynasty McGee, Brittney Howell, Kiah Seymour, 2014
2.	1:33.78	Caitlin DeFusco, Shavon Greaves, Fawn Dorr, Doris Anyanwu, 2010
3.	1:33.86	Deja Davis, Kieanna Albury, Kiara Lester, Madeline Holmberg, 2018
4.	1:33.87	Connie Moore, Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, 2004
5.	1:34.75	Shavon Greaves, Gayle Hunter, Fawn Dorr, Caitlin DeFusco, 2009
6.	1:34.76	Dynasty McGee, Mahagony Jones, Megan Osborne, Kiah Seymour, 2014
7.	1:35.36	Quenee Dale, Keianna Albury, Kiara Lester, Madeline Holmberg, 2017
8.	1:35.98	Shana Cox, Gayle Hunter, Dominique Blake, Lauren Burns, 2007
9.	1:36.56	Megan Duncan, Ije Iheoma, Doris Anyanwu, Caitlin DeFusco, 2011
10.	1:36.73	Laurie Fox, Cherese Sullivan, Chi-Chi Aduba, Consuella Moore, 2003

4x400-Meter Relay

1.	3:27.69	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox, 2008
2.	3:30.34	Aleesha Barber, Shavon Greaves, Gayle Hunter, Fawn Dorr, 2009
3.	3:30.35	Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan, 2011
4.	3:30.74	Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr, 2010
5.	3:31.17	Dynasty McGee, Mahagony Jones, Tichina Rhodes, Kiah Seymour, 2014
6.	3:31.75	Dominique Blake, Briene Simmons, Gayle Hunter, Shana Cox, 2007
7.	3:32.90	Briene Simmons, Dominique Blake, Fawn Dorr, Shana Cox, 2008
8.	3:33.03	Doris Anyanwu, Ije Iheoma, Kirsten Nieuwendam, Dynasty McGee, 2012
9.	3:33.40	Dominique Blake, Aleesha Barber, Gayle Hunter, Fawn Dorr, 2008
10.	3:33.47	Kiah Seymour, Mahagony Jones, Shelley Black, Dynasty McGee, 2013

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WOMEN'S TOP-10 OUTDOOR PERFORMANCES

Sprint Medley Relay

1.	3:45.25	Brooke-Lynn Williams, Kiara Lester Alexis Holmes, Danae Rivers, 2019
2.	3:47.80	Keianna Albury, Kiara Lester, Deja Davis, Danae Rivers, 2018
3.	3:47.90	Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
4.	3:49.19	Mahagony Jones, Dynasty McGee, Kiah Seymour, Marta Klebe, 2014
5.	3:50.15	Kamilah Salaam, Sara Shoaff, Shana Cox, Dominique Blake, 2005
6.	3:50.54	Shavon Greaves, Gayle Hunter, Fawn Dorr, Bridget Franek, 2009
7.	3:52.37	Sara Shoaff, Kamilah Salaam, Dominique Blake, Briene Simmons, 2006
8.	3:53.20	Janice Carter, Leslie Hummer, Lisa Chess, Kiernan O'Toole, 1988
9.	3:53.21	Mahagony Jones, Kiah Seymour, Dynasty McGee, Colleen Shannon, 2013
10.	3:54.71	Erica Bosler, Laila Brock, Tiffany Glenn, Nicole Paul, 1998

4x800-Meter Relay

1.	8:25.49	Tori Gerlach, Julie Kocjancic, Rachel Banks, Danae Rivers, 2017
2.	8:38.17	Marissa Sheva, Julie Kocjancic, Frances Bull, Danae Rivers, 2017
3.	8:39.44	Caitlin Lane, Bekka Simko, Kalyn Fisher, Maura Ryan, 2011
4.	8:41.09	Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura, 1978
5.	8:43.56	Tammie Hart, Elaine LaFramboise, Doreen Startare,Terry Pioli, 1982
6.	8:43.70	Joetta Dweh, Kim McGreevy, Tracy Pombo, Erica Bosler, 1997
7.	8:44.37	Dominique Blake, Fiana York, Briene Simmons, Meghan Hutchinson, 2006
8.	8:46.84	Greta Lindsley, Grace Trucilla, Marissa Sheva, Frances Bull, 2018
9.	8:47.60	MaryBeth Powers, Dana Dougan, Laurie Morrow, Teressa DiPerna, 1990
10.	8:47.67	Greta Lindsley, Sarah Jane Underwood, Julie Kocjancic, Victoria Crawford, 2016

Distance Medley Relay

1.	10:56.07	Tori Gerlach (3:23.24), Tichina Rhodes (53.77), Rachel Banks (2:08.02), Danae Rivers (4:31.05), 2017
2.	11:08.41	Bekka Simko (3:23.0), Ije Iheoma (52.8) Marta Klebe (2:09.8), Kara Millhouse (4:42.8), 2012
3.	11:09.15	Greta Lindsley (3:26.71), Deja Davis (55.22), Victoria Tachinski (2:09.72), Danae Rivers (4:37.52), 2018
4.	11:09.50	Tammie Hart, Patty Murnane, Terry Pioli, Mary Rawe, 1981
5.	11:16.97	Leah Rosenfeld, Shana Cox, Briene Simmons, Bridget Franek, 2008
6.	11:17.53	Marta Klebe, Marlene Ricketts, Sarah Jane Underwood, Caitlin Lane, 2013
7.	11:18.20	Tammi Hart, Janice Carter, Lisa Ross, Paula Renzi, 1985
8.	11:20.80	Penny Fales, Debbie Lewis, Heather Carmichael, Mary Rawe, 1980
9.	11:21.64	Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy, 1996
10.	11:25.72	Caitlin Lane, Fawn Dorr, Liz Kearins, Bridget Franek, 2009

4x1500-Meter Relay

1.	17:57.28	Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007
2.	18:02.32	Marta Klebe, Caitlin Lane, Brooklyne Ridder, Sara Jane Underwood, 2013
3.	18:05.21	Greta Lindsley, Julie Kocjancic, Tessa Barrett, Sarah Jane Underwood, 2016
4.	18:07.25	Katy Hillard, Jenny Stevens, Lauren Clark, Tracey Brauksieck, 2004
5.	18:15.31	Grace Trucilla, Marissa Sheva, Jordan Williams, Victoria Crawford, 2018
6.	18:19.78	Laurie Morrow, Ann Marie Quinn, Kiernan O'Toole, Wendy Nelson, 1989
7.	18:21.78	Jenny Stevens, Nicki Bohnsack, Stephanie Pezzulo, Lindsay Scottoline, 2005
8.	18:38.35	Laurie Morrow, Wendy Nelson, Jenny Weaver, Amanda Dudley, 1991
9.	18:43.37	Laurie Morrow, Dana Dougan, Anna DeRenzi, Jenny Weaver, 1992

High Jump

1.	6-0 (1.83)	Shelley Mitchell. 1992
2.	5-10.75 (1.82)	Megan McCloskey, 2018
3.	5-11.25 (1.81)	Pam Connell, 1991
	5-11.25 (1.81)	Ahmenah Richardson, 2015
5.	5-11	Antoinette O'Carroll, 1987
6.	5-10.75 (1.80)	Erika Morgan, 2013
7.	5-10.50 (1.79)	Karen Krawick, 1980
	5-10.50 (1.79)	Jenny Williams, 1987
	5-10.50 (1.79)	Leslie Lippincott, 1991
10.	5-10.25 (NMC)	Holly Jones, 1992

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WOMEN'S TOP-10 OUTDOOR PERFORMANCES

Pole Vault

1.	**13-8.25 (4.17)**	**Hailey Zurich, 2021**
2.	**13-7.25 (4.15)**	**Katie Jones, 2021**
3.	13-6.25 (4.12)	Hannah Mulhern, 2018
4.	13-4.5 (4.08)	Lexi Masterson, 2017
5.	**13-2.5 (4.03)**	**Erica Ellis, 2021**
6.	12-10.25 (3.92)	Kasey Kemp, 2016
7.	12-10 (3.91)	Greer Gumbrecht, 2019
8.	12-9.5 (3.90)	Jocelyn Witmer, 2010
	12-9.5 (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)	Maddie Holmberg, 2018
7.	20-10.50 (6.36) w	Bianca Fung, 2009
	20-5.25 (6.25)	Bianca Fung, 2009
8.	20-4.50 (6.21)	Vivian Riddick, 1982
9.	20-4.25 (6.20)	Monique Gillman, 1997
10.	20-3.75	Breana Gambrell, 2019

Triple Jump

~	45-1.75 (13.76) +6.0^{w}	Dannielle Gibson, 2017
1.	44-6.75 (13.58)	Chi-Chi Aduba, 2004
2.	44-3 (13.48)	Shakeema Walker, 1999
3.	43-8 (13.31)	Dannielle Gibson, 2016
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

Shot Put

1.	56-3.25 (17.15)	Rachel Fatherly, 2015
2.	55-4.75 (16.88)	Ja'Nai O'Connor, 2004
3.	55-0 (16.76)	Elaine Sobansky, 1984
4.	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 Lea9therman, 2006
8.	**53-7 (16.33)**	**Mallory Kauffman, 2021**
9.	52-6 (16.00)	Jane Swenson, 2011
10.	51-6.5 (15.71)	Melissa Kurzdorfer, 2014

Discus

1.	185-1 (56.42)	Deshaya Williams, 2001
2.	173-4 (52.83)	Christen Clemson, 2007
3.	170-8 (52.03)	Obeng Marfo, 2016
4.	170-0 (51.82)	Jennifer Leatherman, 2006
5.	167-7 (51.08)	Elaine Sobansky, 1984
6.	167-4 (51.01)	Emma Schmelzer, 2007
7.	166-8 (60.96)	Melissa Kurzdorfer, 2013
8.	**165-0 (50.29)**	**Piper Klinger, 2021**
9.	162-3 (49.47)	Payden Montana, 2019
10.	161-5 (49.21)	Rachel Fatherly, 2014

Hammer

1.	219-1 (66.75)	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 Fatherly, 2015
6.	191-2 (58.27)	Annjulie 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.	177-3 (54.02)	Lauren Kenney, 2013
4.	176-2 (53.70)	Karlee McQuillen, 2008
5.	**174-0 (53.03)**	**Madison Smith, 2021**
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	Maddie 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

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Track Events

100 Meters	10.32	Xavier Smith, 2018
200 Meters	20.23	Michael Timpson, 1986
400 Meters	45.20	Mike Sands, 1975
800 Meters	1:44.42	Isaiah Harris, 2018
1,500 Meters	3:38.82	Brannon Kidder, 2014
5,000 Meters	13:34.0	Greg Fredericks, 1972
10,000 Meters	28:08.0	Greg Fredericks, 1972
110m Hurdles	13.56	Guy Rose, 2001
400m Hurdles	48.69 (FAT)	Mike Shine, 1976
3000m Steeple	8:22.5	George Malley, 1977

Relay Events

4x100-Meter	39.08	Karson Kowalchuk, Dan Chisena, Xavier Smith, Malik Moffett, 2017
4x400-Meter	3:01.52	A Nadolsky, Br Bennett-Green, C Loxsom, B Gehret, 2012

Non-NCAA Event Records

Mile	3:58.4	Larry Mangan, 1980
2,000 Meters	5:07.2	Greg Fredericks, 1972
3,000 Meters	7:54.0	George Malley, 1977
20,000 Meters	1:04:40	Kevin Geesaman, 1998
Marathon	2:17:49	George Christopher, 1975

Non-NCAA Relay Records

4x200-Meter	1:23.75	Xavier Smith, Dan Chisena Malik Moffett, Anton Porter, 2016
4x800-Meter	7:11.17	Vance Watson, Steve Shisler, Chris Mills, Randy Moore 1985
4x1500-Meter	14:58.71	Bob Hudson, Mark Overheim, Eric Carter, Steve Shisler, 1986
4x1600-Meter	16:12.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
4-Mile Relay	16:18.5	Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
Distance Medley	9:24.68	Brannon Kidder, Brandon Bennett-Green Casimir Loxsom, Robby Creese, 2013
Sprint Medley	3:15.25	Xavier Smith, Malik Moffett Kier Miner, Isaiah Harris, 2018
4x110m Hurdles	57.29	Chris Green, Al Parker Sam Harris, Michael Timpson, 1986

Field Events

High Jump	7-3.50 (2.22)	David Coney, 1985*
	7-3.25 (2.22)	Jon Hendershot, 2013
Pole Vault	17-5.50 (5.32)	John Vellenoweth, 2009
Long Jump	26-3 (8.00)	Malik Moffett, 2017
Triple Jump	54-6 (16.61)	Antonio Davis, 1993
Shot Put	69-2 (21.08)	Joe Kovacs, 2012
Discus	207-5 (63.22)	Brian Milne, 1992
Hammer	237-9 (72.47)	Morgan Shigo, 2018
Javelin	262-2 (79.91)	Michael Shuey, 2017

Decathlon Event Records

Points	7,685	Rick Kleban, 1985
First-day Score	4,087	Robert Cardina, 2014
Second-day Score	3,774	James Cook, 1996
100 Meters	11.01	Rick Kleban, 1985 Shawn Colligan, 2008
Long Jump	23-7.25 (7.19)	Dave Masgay, 1987
Shot Put	48-9.50 (4.87)	Barry Walsh, 1989
High Jump	7-0.25 (2.14)	Robert Cardina, 2014
400 Meters	47.65	Brian Kelley, 1991
110-Meter HH	14.45	Rick Kleban, 1987
Discus	155-3 (47.32)	James Cook, 1997
Pole Vault	16-2 1/2 (14.94)	Rick Kleban, 1985
Javelin	206-2 (62.83)	Shawn Colligan, 2008
1,500 Meters	4:21.05	Tom Kleban, 1989

Retired Records

2,000m Steeple	5:43.2	Rick Garcia, 1981
Javelin (old)	78.77 (258-5)	Jim Stevenson, 1966

**Coney's mark is only recorded with an English measurement, 2.22m is the nearest metric equivalent.*

2020 Outdoor Season cancelled due to COVID-19 pandemic

MEN'S TOP-10 OUTDOOR PERFORMANCES

100 Meters

1.	10.21w (2.3)	Justin Ofotan, 2019#
2.	10.32 (10.10w)	Xavier Smith, 2018
3.	10.34 (10.1 MT)	Mike Sands, 1975
4.	10.37 (10.26w)	Malik Moffett, 2018
5.	10.38 (10.22w)	Karson Kowalchuk, 2017
	10.38	Justin Ofotan, 2019
7.	10.42	Terrance Laird, 2018
8.	10.44	Mike Shine, 1976
9.	10.46	Ryan Olkowski, 2002
	(10.46w)	Dan Chisena, 2016

200 Meters

1.	20.23	Michael Timpson, 1986
2.	20.41	Terrance Laird, 2018
3.	20.49 (19.87w)	Malik Moffett, 2017
4.	20.58	Mike Sands, 1975
5.	20.59	Ryan Olkowski, 2002
6.	20.62	Brady Gehret, 2012
7.	20.68 (20.23w)	Xavier Smith, 2018
8.	21.01	Ernie Terrell, 2002
	21.01	Justin Ofotan, 2019
10.	21.02	Barry Ewell, 1942
	21.02	Art Pollard, 1955

400 Meters

1.	45.20	Mike Sands, 1975
2.	45.22	Brady Gehret, 2012
3.	45.94	Brandon Bennett-Green, 2012
4.	46.12	Byron Robinson, 2014
5.	46.14	Paul Lankford, 1980
6.	46.16	Dan Chisena, 2017
7.	46.62	Ernie Terrell, 2002
8.	46.74	Mike Cadau, 2009
9.	46.91	Ben Karcz, 2002
10.	46.93	Tyreek Mathis, 2017

800 Meters

1.	1:44.42	Isaiah Harris, 2018
2.	1:45.28	Casimir Loxsom, 2011
3.	1:45.58	Brannon Kidder, 2015
4.	1:45.96	Randy Moore, 1985
5.	1:46.62	Ray Levitre, 1987
6.	1:46.78	Ryan Foster, 2009
7.	1:46.81	Chris Mills, 1987
8.	1:46.82	Ken Wynn, 1983
9.	1:46.85	Samuel Borchers, 2011
10.	1:47.29	Domenic Perretta, 2017

1500 Meters

1.	3:38.82	Brannon Kidder, 2014
2.	3:38.99	Steve Balkey, 1987
3.	3:39.02	Robby Creese, 2015
4.	3:39.25	Larry Mangan, 1980
5.	3:39.57	Ryan Foster, 2011
6.	3:42.08	Doug Walter, 1990
7.	3:42.12	David McMillan, 1988
8.	3:42.20	George Malley, 1977
	3:42.20	Mike Wyatt, 1977
10.	3:42.54	Owen Dawson, 2012

5000 Meters

1.	13:34.00	Greg Fredericks, 1972
2.	13:36.30	Robert Snyder, 1978
3.	13:42.10	Alan Scharsu, 1980
4.	13:50.54	Steve Brown, 1989
5.	13:52.40	Paul Stemmer, 1977
6.	13:53.20	George Malley, 1976
7.	13:54.20	Timothy McGowan, 2017
8.	13:55.00	Jeff Adkins, 1982
9.	13:56.10	Charlie Maguire, 1974
10.	13:57.10	Gary Gittings, 1973

10,000 Meters

1.	28:08.0	Greg Fredericks, 1972
2.	28:29.4	Charlie Maguire, 1974
3.	28:38.3	Eric Carter, 1987
4.	28:42.80	Paul Stemmer, 1976
5.	28:55.33	Kyle Dawson, 2012
6.	29:11.71	John Ziegler, 1979
7.	29:15.73	Tyler McCandless, 2010
8.	29:25.58	Mark Wimmer, 1994
9.	29:27.6	George Malley, 1975
10.	29:30.6	Alan Scharsu,1980

110-Meter Hurdles

1.	13.56	Guy Rose, 2001
2.	13.69	Sancho Barrett, 2015
3.	13.73	Paul Lankford, 1980
4.	13.80	Michael Timpson, 1988
5.	13.87	Mike Shine, 1976
6.	**13.89**	**Sincere Rhea, 2021**
7.	13.96	Ron Jules, 2008
8.	14.06	John Whelan, 1997
9.	14.08	Sam Harris, 1988
10.	14.09	Brian Derby, 2002

#-Denotes mark set at summer championships. School records include competition through summer of year exhausted eligibility

2020 Outdoor Season cancelled due to COVID-19 pandemic

MEN'S TOP-10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1.	48.69	Mike Shine, 1976
2.	49.55	Paul Lankford, 1981
3.	49.72	Brian Derby, 2003
4.	50.10	Jaret Campisi, 2005
5.	50.49	Bill Austin, 1978
6.	50.54	Michael Timpson, 1988
7.	50.61	Barry Robinson, 1985
8.	50.67	Kevin Cripanuk, 1992
9.	50.75	Byron Robinson, 2014
10.	50.76	Brian Kelly, 1993

3000-Meter Steeplechase

1.	8:22.54	George Malley, 1977
2.	8:37.7	Rick Garcia, 1983
3.	8:40.4	Bruce Baden, 1977
4.	8:42.85	Eric Carter, 1988
5.	8:47.03	Larry Mangan, 1980
6.	8:48.1	Paul Mackley, 1985
7.	8:49.45	Brian Laird, 1989
8.	8:50.9	Jim Allahand, 1972
9.	8:51.84	Chris Foster, 2005
10.	8:53.71	Andy Scott, 1991

4x100-Meter Relay

1.	39.08	Karson Kowalchuk, Dan Chisena, Xavier Smith, Malik Moffett, 2017
2.	39.21	Will Henderson, Anton Porter, Xavier Smith, Malik Moffett, 2018
3.	39.63	Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4.	39.69	Xavier Smith, Anton Porter, Terrance Laird, Malik Moffett, 2018
5.	39.88	Doug Finkel, Fred Singleton, Mike Sands, Jimmy Scott, 1973
6.	39.92	Dan Chisena, Malik Moffett Anton Porter, Xavier Smith, 2016
7.	40.04	Xavier Smith, Dan Chisena, Malik Moffett, Cody Minnig, 2016
8.	40.18	Mike Shine, Steve Hackman, Fred Singleton, Mike Sands, 1974
9.	40.40	Guy Rose, Duane Reeves, Greg Miller, Ryan Olkowski, 2001
10.	40.48	Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, 1974

4x200-Meter Relay

1.	1:23.75	Xavier Smith, Dan Chisena, Malik Moffett, Anton Porter, 2016
2.	1:23.85	Alex Langan, Chris Lolagne, Jaret Campisi, Ernie Terrell, 2005
3.	1:23.87	Bryant Littlejohn, Dave Coney, Sean Faust, Michael Timpson, 1986
4.	1:23.93	Karson Kowalchuk, Malik Moffett, Anton Porter, Samuel Reiser, 2017
5.	1:24.10	Guy Rose, Ben Karcz, Greg Miller, Ryan Olkowski, 2001
6.	1:24.18	Alex Langan, Diamond Woolford, Jaret Campisi, Chris Lolagne, 2004
7.	1:24.42	Emunael Mpanduki, Brady Gehret, Aaron Nadolsky, Mark Filando, 2011
8.	1:24.82	Jaret Campisi, Chris Lolagne, Greg Miller, Ryan Olkowski, 2002
9.	1:24.86	Doug Finkel, Steve Hackman, Fred Singleton, Mike Sands, 1974
10.	1:25.04	Munya Maraire, Jaret Campisi, Greg Miller, Ryan Olkowski, 2002

4x400-Meter Relay

1.	3:01.52	Aaron Nadolsky (46.6), Br. Bennett-Green (44.8), Casimir Loxsom (45.6), Brady Gehret (44.22), 2012
2.	3:03.48	Dan Chisena, Xavier Smith, Tyreek Mathis, Isaiah Harris, 2017
3.	3:04.78	Aaron Nadolsky (47.2), Matt Gilmore (47.4), Brady Gehret (44.1), Br. Bennett-Green (46.1), 2012
4.	3:05.13	Kier Miner, Xavier Smith, Samuel Reiser, Isaiah Harris, 2018
5.	3:06.21	Matt Gilmore, Alex Shisler, Be. Bennett-Green, Br. Bennett-Green, 2013
6.	3:06.50	Br. Bennett-Green, Brady Gehret, Casimir Loxsom, Emunael Mpanduki, 2012
7.	3:06.80	Be. Bennett-Green, Matt Gilmore, Casimir Loxsom, Br. Bennett-Green, 2013
8.	3:07.19	Aaron Nadolsky, Casimir Loxsom, Brady Gehret, Lionel Williams, 2011
9.	3:07.25	Dan Chisena, Alex Shisler, Samuel Reiser, Isaiah Harris, 2016
10.	3:07.31	Emunael Mpanduki, Casimir Loxsom, Aaron Nadolsky, Br. Bennett-Green, 2013

2020 Outdoor Season cancelled due to COVID-19 pandemic

MEN'S TOP-10 OUTDOOR PERFORMANCES

4x800-Meter Relay

1.	7:11.17	Vance Watson (1:49.2), Steve Shisler (1:47.9), Chris Mills (1:48.5), Randy Moore (1:45.5), 1985
2.	7:12.90	Lionel Williams (1:50.69), Sam Borchers (1:47.56), Ryan Foster (1:47.95), Casimir Loxsom (1:46.70), 2011
3.	7:14.14	Robby Creese (1:50.53), Za'Von Watkins (1:48.22) Casimir Loxsom (1:46.30), Brannon Kidder (1:49.10), 2013
4.	7:14.65	Steve Balkey (1:51.5), Mark Anderson (1:49.2), Chris Mills (1:46.1), Ray Levitre (1:47.85), 1987
5.	7:16.02	Vance Watson (1:48.9), Steve Shisler (1:49.9), Ray Levitre (1:48.7), Chris Mills (1:48.4), 1986
6.	7:17.02	Owen Dawson (1:49.84), Casimir Loxsom (1:46.58), Lionel Williams (1:51.94), Ryan Foster (1:48.67), 2010
7.	7:17.03	Vance Watson, Steve Shisler, Chris Mills, Randy Moore, 1985
8.	7:17.37	Robby Creese (1:50.25), Jordan Makins (1:50.05), Isaiah Harris (1:48.50), Brannon Kidder (1:48.59), 2016
9.	7:17.90	Paul McLaughlin (1:49.1), Randy Moore (1:49.1), Ken Wynn (1:49.1), Mike Cook (1:49.5), 1983
10	7:18.66	Owen Dawson (1:51.7), Samuel Borchers (1:49.8), Lionel Williams (1:48.4), Ryan Foster (1:48.9), 2009

Distance Medley Relay

1.	9:24.68	Brannon Kidder (2:53.5), Brannon Bennett-Green (45.6), Casimir Loxsom (1:46.7), Robby Creese (3:58.9), 2013
2.	9:30.1	Larry Mangan (2:53.3), Paul Lankford (45.6), Mike Cook (1:49.6), Alan Scharsu (4:01), 1980
3.	9:31.53	David McMillan (2:56.9), Michael Timpson (45.5), Ray Levitre (1:47.8), Steve Balkey (4:01.3), 1987
4.	9:35.12	Aidan O'Reilly (2:57.1), Jon Strange (48.6), Mark Anderson (1:48.4), Doug Walter, (4:01.4), 1990
5.	9:35.51	Robby Creese (2:51.01), Alex Shisler (47.77), Isaiah Harris (1:49.96), Brannon Kidder (4:00.77), 2016
6.	9:35.8	Jim Close (800), Bill Austin (400), Mike Wyatt (1200), Larry Mangan (1600), 1979
7.	9:37.92	Mike Cook (1200), Jeff Lockett (400), Ken Wynn (800), Gary Black (1600), 1982
8.	9:38.9	Pat Rexroat (800), Keith Falco, Mike Wyatt, Dave Felice, 1977
9.	9:38.16	Aidan O'Reilly (2:56.8), Jerry Robinson, (47.9), Joe Stegbauer (1:50.7), Doug Walter (4:03.2), 1991
10.	9:39.54	Steve Shisler (2:58.9), Sean Faust (47.7), Vance Watson (1:49.1), Mark Overheim (4:03.7), 1986

High Jump

1.	7-3.50 (2.22)	David Coney, 1985*
	7-3.25 (2.22)	Jon Hendershot, 2013
3.	7-3 (2.21)	Paul Souza, 1983
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
	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

*Coney's 7-3.50 was measured in English - the closet metric equivalent is 2.22)

Pole Vault

1.	17-5 1/2 (5.32)	John Vellenoweth, 2009
2.	17-5 (5.31)	Mason Ternay, 1991
3.	**17-1.5 (5.22)**	**Luke Knipe, 2021**
4.	17-0 (5.18)	Dave Bollinger, 2004
5.	16-10 (5.13)	Rick Kleban, 1985
6.	16-8.75 (5.10)	Dylan Bilka, 2014
7.	16-7.25 (5.06)	Ron Campbell, 1985
	16-7.25 (5.06)	Bradford Lawrence, 2009
9.	16-6.75 (5.05)	Kevin Dare, 2001
	16-6.75 (5.05)	Nick Fegley, 2003

Long Jump

1.	26-3 (8.00)	Malik Moffett, 2017
2.	25-11 (7.90)	David Coney, 1985
3.	25-9 (7.86)	Rob Boulware, 1986
	25-9 (7.86)	Steve Pina, 1996
5.	25-8.75 (7.84)	George Audu, 1999
	25-8.75 (7.84)	John Gorham, 1999
7.	25-6 (7.77)	Antonio Davis, 1993
8.	25-2.75 (7.69)	Ryan Olkowski, 2000
9.	25-1.25 (7.65)	William Henderson, 2019
10.	25-0.75 (7.64)	Chavous Nichols, 2004
	25-0 (7.62) w +3.7	Doug Moppert, 2011

Triple Jump

1.	54-6 (16.61)	Antonio Davis, 1993
2.	54-3.75 (16.55)	Chavous Nichols, 2004
~	54-4.25 (16.26)w	Steve Waithe, 2015
3.	53-8.50 (16.37)	Brian Leap, 2016
4.	53-1.50 (16.19)	Clarence Smith, 2009
5.	52-11.50 (16.14)	Steve Waithe, 2014
6.	52-8.25 (16.06)	Ricardo Hall, 1990
7.	52-0 (15.90)	Bryce Williams, 2017
8.	51-8.50 (15.76)	Hanif Johnson, 2011
9.	51-1 (15.57)	Warren Rockwell, 1966
10.	50-7 (15.42)	Steve Pina, 1995

2020 Outdoor Season cancelled due to COVID-19 pandemic

MEN'S TOP-10 OUTDOOR PERFORMANCES

Shot Put

1.	69-2 (21.08)	Joe Kovacs, 2012
2.	68-5.25 (20.86)	Darrell Hill, 2015
3.	65-5 (19.94)	C.J. Hunter, 1990
4.	64-2.50 (19.57)	Blake Eaton, 2010
5.	64-0.25 (19.51)	Knut Hjeltnes, 1975
6.	62-9.25 (19.13)	Jon Yohman, 2017
7.	61-11.75 (18.89)	Logan Caldwell, 2012
8.	61-3.25 (18.68)	Greg Reyner, 1986
9.	**61-1.5 (18.63)**	**Lucciano Pizarro, 2021**
10.	61-1.25 (18.62)	Phil Caraher, 1990

Discus

1	207-5 (63.22)	Brian Milne, 1992
2	201-10 (61.52)	Knut Hjeltnes, 1975
3.	201-6 (61.43)	David Lucas, 2017
4	186-9 (56.90)	Gary Williky, 1979
5	186-3 (56.78)	Blake Eaton, 2011
6	184-0 (56.08)	Joe Kovacs, 2011
7	183-6 (55.93)	Will Barr , 2012
8	182-2 (55.53)	Jon Yohman, 2016
9	177-11 (54.23)	Dan Diaz, 2003
10	176-10 (53.90)	Steve Meyers, 2006

Hammer

1.	237-9 (72.47)	Morgan Shigo, 2018
2.	**226-8 (69.10)**	**Tyler Merkley, 2021**
3.	218-6 (66.60)	Alvin Jackson, 1976
4.	212-6 (64.78)	David Lucas, 2018
5.	212-4 (64.73)	Luke Grodeska, 2019
6.	207-10 (63.35)	Will Barr, 2013
7.	207-1 (63.11)	Kory Decesaris, 2017
8.	203-0 (61.88)	Neal McNutt, 1998
9.	201-9 (61.50)	Joe Kovacs, 2011
10.	**199-5 (60.79)**	**Henry Zimmerman, 2021**

Javelin

1.	262-2 (79.91)	Michael Shuey, 2017
2.	**242-7 (73.94)**	**Mark Porter, 2021**
3.	239-9 (73.09)	Allen Pettner, 2007
4.	239-7 (73.02)	Michael Biddle, 2018
5.	237-1 (72.26)	Troy Burkholder, 1997
6	233-8 (71.22)	Carl Wolter, 1996
7.	233-4 (71.13)	Tanner Evak, 2009
8.	232-0 (70.71)	Ryan Kerr, 2017
9.	231-3 (70.48)	Brian Stumpf, 2003
10.	230-3 (70.19)	Matt Moyer, 2004

Decathlon

1.	7685	Rick Kleban,, 1985
2.	7666	Rob Cardina, 2014
3.	7600	James Cook, 1996
4.	7588	Dave Masgay, 1987
5.	**7517**	**Noah Swaby, 2021**
6.	7472	Barry Walsh, 1989
7.	7424	J.T. Kuretich, 2003
8.	7415	Brian Kelley, 1991
9.	7361	Shawn Colligan, 2008
10.	7119	Anya Uzoh, 2012

2020 Outdoor Season cancelled due to COVID-19 pandemic

ASHENFELTER III INDOOR TRACK || FACILITY RECORDS

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
60 Meters	6.58	2011	Reggie Dixon, Hampton
200 Meters	20.72	2006	LaShawn Merritt, Unattached
400 Meters	45.46	2001	Andrew Pierce, Ohio State
500 Meters	1:01.28	2011	Casimir Loxsom, Penn State
600 Meters	1:14.91 WR	2017	Casimir Loxsom, Brooks
800 Meters	1:46.91	2019	Joe White, Georgetown
1000 Meters	2:18.26 C	2016	Brannon Kidder, Penn State
Mile	3:56.51	2012	Jeff See, Saucony
3000 Meters	7:57.75	2014	Patrick Tiernan, Villanova
5000 Meters	13:58.16	2009	Hassan Mead, Minnesota
60 Meter Hurdles	7.49	2012	Jarret Eaton, Syracuse
2000 Meter Steeplechase	5:47.33	2013	Michael Kiley, Penn
4x200 Meter Relay	1:24.70 CR	2013	Penn State (E. Mpanduki, M. Gilmore, Br. Bennett,Green, A. Nadolsky)
4x400 Meter Relay	3:06.98	2014	Pittsburgh (M. Murray, C. Nkanata, D. Palmer, B. Spratling)
4x800 Meter Relay	7:22.10	2015	Penn State (J. Makins, R Brennan, B. Kidder, R. Creese)
Sprint Medley	3:23.74	2005	Penn State (E. Terrell, J. Campisi, C. Lolagne, M. Lincoln)
Distance Medley	9:26.59	2014	Penn State (B. Kidder, B. Bennett,Green, Z. Watkins, R. Creese)
High Jump	7,5 (2.26)	2008	Joe Kindred, St. Augustine's
Pole Vault	18,6.75 (5.65)	2018	Matthew Ludwig, Akron
Long Jump	26,1.50 (7.96)	2011	Justin Hunter, Tennessee
Triple Jump	55,9 (16.99)	2006	Leevan Sands, Bahamas
Shot Put	70,10 (21.59)	2013	Ryan Whiting, Nike
Weight Throw 35 lb	76,6.25 (23.32)	2017	Rudy Walker, Cornell
Heptathlon	5827	2005	Ryan Olkowski, Unattached

Women's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
60 Meters	7.17	2012	Barbara Pierre, Unattached
200 Meters	22.98	2010	Shavon Greaves, Penn State
400 Meters	52.31	2007	Shana Cox, Penn State
500 Meters	1:08.70*	2010	Shana Cox, Adidas
600 Meters	1:27.22	2010	Molly Beckwith, Indiana
800 Meters	2:02.94	2019	Danae Rivers, Penn State
1000 Meters	2:38.58	2019	Danae Rivers, Penn State
Mile	4:30.41	2013	Sheila Reid, Nike
3000 Meters	9:01.91	2011	Jackie Areson, Tennessee
5000 Meters	15:48.10	2005	Maureen McCandless, Pittsburgh
60 Meter Hurdles	7.92	2002	Danielle Carruthers, Indiana
2000 Meter Steeplechase	6:29.38	2013	Natalie Bower, Penn State
4x200 Meter Relay	1:35.65	2014	Penn State (M. Osborne, K. Seymour, D. McGee, M. Jones)
4x400 Meter Relay	3:34.22	2014	Penn State (D. McGee, K. Seymour, T. Rhodes, M. Jones)
4x800 Meter Relay	8:34.82	2009	Tennessee (L. Loche, N. Cook, P. Hall, C. Champion)
Sprint Medley	3:52.25 C	2007	Penn State (L. Burns, L. Bettis, A. Barber, B. Simmons)
Distance Medley	10:54.04	2014	Stanford (A. Weissenbach, K. Williams, C. Saunders, J. Fedronic)
High Jump	6,2.75 (1.90)	2013	Tynita Butts, East Carolina
Pole Vault	14,8.25 (4.47)	2017	Katie Nageotte, Adidas
Long Jump	21,6.75 (6.57)	2006	Tianna Madison, Nike
Triple Jump	45,2.50 (13.45)	2004	Colleen Scott, Unattached
Shot Put	60,7.75 (18.48)	2006	Cleopatra Borel,Brown, Unattached
Weight Throw 20 lb	73,0.50 (22.26)	2007	Jennifer Leatherman, Unattached
Pentathlon	4731	2010	Hyleas Fountain, Nike

*, American Indoor Record; C, Collegiate Record; AmC, American Collegiate Record; AJ, American Junior Record; WR, World Record

2020 Outdoor Season cancelled due to COVID-19 pandemic

NITTANY LION OUTDOOR TRACK || FACILITY RECORDS

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
100 Meters	10.19	2007	Demi Omole, Wisconsin
200 Meters	20.23	1986	Michael Timpson, Penn State
400 Meters	45.48	1983	James Rolle, Central Florida YMCA
800 Meters	1:46.15	2019	Alex Amankwah, District Track Club
1500 Meters	3:42.5	1980	Larry Mangan, Penn State
		1980	Susthenes Bitock, Richmond
Mile	3:58.4	1980	Larry Mangan, Penn State
3000-Meter Steeplechase	8:33.45 (FAT)	1980	Hillary Tuwei, Richmond
5000 Meters	14:00.73	1980	Hillary Tuwei, Richmond
10,000 Meters	28:45.8	1973	Charlie Maguire, Penn State
110-Meter High Hurdles	13.57	2017	Aaron Mallett, Iowa
400-Meter Hurdles	50.29	2007	Adrian Walker, Illinois
4x100-Meter Relay	39.67	2017	Illinois (C. Henderson, J. Eiker, M. Maat, D. Quinn)
4x110-Meter Shuttle Hurdles	59.2	1976	Penn State (D. Rock, P. Kiproff, B. Austin, M. Shine)
4x200-Meter Relay	1:25.2	1974	Essex CC (C. Mitchell, K. Joseph, H. Marchen, F. Brown)
4x400-Meter Relay	3:04.95	2017	Ohio State (A. Burke, N. Gray, D. Marshall, C. Page)
4x800-Meter Relay	7:21.4	1974	Cornell (T. Patterson, B. Anastasio, P. Roach, D. Keehn)
4x1600-Meter Relay	16:44.7	1973	Villanova (E. Coughlin, B. McElroy, T. Gregan, J. Hartnett)
Distance Medley Relay	9:44.7	1973	Villanova (W. Clark, J. Rheim,K. Schappert, J. Hartnett)
Sprint Medley Relay	3:18.5	1974	Essex CC (K. Joseph, F. Brown, H. Marchen, H. Tuitt)
High Jump	7-4 (2.24)	1983	Bill Therfelder, Keystone State Games
Pole Vault	18-2 1/2 (5.55)	2002	Jeremy Smith, Allegheny
Long Jump	26-3 (8.00)	2017	Malik Moffett, Penn State
Triple Jump	54-4 3/4 (16.58)	1984	David McFadgen, Newburg Track Club
Shot Put	69-1.25 (21.06)	2011	Ryan Whiting, Nike
Discus	207-5 (63.22)	1992	Brian Milne, Penn State
Hammer	268-8 (81.88)	1988	Jud Logan, Athletics West
Javelin (New)	252-7 (76.98)	1997	Nigel Beven, Belgrave Harrier
Javelin (Old)	254-4 (77.52)	1984	Bob Dubyoski, Unattached
Decathlon	8,316 points (Hand)	1985	Dave Steen, University of Toronto TC

Women's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
100 Meters	11.19	1996	Kerry Ann Richards, Illinois
200 Meters	23.13	1996	Aspen Burkett, Illinois
400 Meters	51.89	1996	Chandra Burns, Michigan State
800 Meters	2:03.45	1983	Patty Bradley, Villanova
1500 Meters	4:15.93	2007	Anna Willard, Michigan
3000 Meters	9:21.67	1981	Judy St. Hilaire, Vermont State
5000 Meters	16:11.14	1981	Kathy Mills, Penn State
10,000 Meters	33:53.02	2017	Gina Sereno, Michigan
3000-Meter Steeplechase	9:51.83	2017	Madeline Strandemo, Minnesota
100-Meter Hurdles	12.67	2017	Devynne Charlton, Purdue
400-Meter Hurdles	56.01	2017	Symone Black, Purdue
4x100-Meter Relay	43.89	1996	Illinois (B. Kelley, K.A. Richards, T. Williams, A. Burkett)
4x200-Meter Relay	1:43.78	1981	Morgan State (R. Yancy, J. Dodson, N. Bullock, R. Belle)
4x400-Meter Relay	3:32.76	2017	Ohio State (B. Hannan, K. WInters, M. Barrie, A. Barnes)
4x800-Meter Relay	8:48.27	1981	Penn State (D. Startare, P. Murnane, T. Pioli, M. Rawe)
High Jump	6-2 1/4 (1.88)	1983	Lisa Bernhagen, Idaho Track Club
Pole Vault	14-6 1/2 (4.13)	2007	Vera Neuenswander
Long Jump	21-2 3/4 (6.47)	2017	Savannah Carson, Purdue
Triple Jump	43-4 1/2 (13.22)	1996	Dawn Reilly, Illinois
Shot Put	55-0 1/4 (16.77)	1984	Elaine Sobansky, Penn State
Discus	180-5 (55.00)	2017	Laulauga Tausaga, Iowa
Hammer	219-1 (66.78)	2005	Jennifer Leatherman, Penn State
Javelin	178-9 (54.48)	2017	Brittni Wolczyk, Nebraska
Heptathlon	5,722 points	2007	Bettie Wade, Michigan

2020 Outdoor Season cancelled due to COVID-19 pandemic