



# PennState®



## Track and Field 2007 Season Review



Gayle Hunter



Shana Cox



Bridget Franek

### INDOORS

#### NCAA All-Americans (6)

Shana Cox (400m, 7th)  
Briene Simmons (800m, 7th)  
4x400 (Blake, Simmons, Cox, Barber; 4th)

#### Other NCAA Finishes

Aleesha Barber (60mH, 16th)  
Bridget Franek (Mile, 11th)  
Gayle Hunter (Pentathlon, 4033)  
DMR (Noecker, Hunter, Blake, Franek; 13th)

#### NCAA Automatic Qualifiers

Shana Cox (400m, 51.32)

#### NCAA Provisional Qualifiers

Aleesha Barber (60mH, 8.24)  
Shana Cox (200m, 23.60)  
Bridget Franek (Mile, 4:45.73\*)  
Gayle Hunter (Pentathlon, 4033)  
Briene Simmons (800m, 2:06.53)  
Amber Strouse (Pentathlon, 3805)  
Blake, Simmons, Cox, Barber (4x400, 3:34.70)  
Hutchinson, Cox, Simmons, Franek (DMR, 11:14.75)

#### Big Ten Champions

4x400 (Blake, Simmons, Cox, Barber)

#### Big Ten Record Holders

4x400 (Blake, Simmons, Cox, Barber) - 3:37.70

#### Penn State Records (7)

55mH: Aleesha Barber - 7.77  
400m: Shana Cox - 52.31  
800m: Briene Simmons - 2:05.67  
1000m: Briene Simmons - 2:48.21  
4x400m: Blake, Simmons, Cox, Barber - 3:33.39  
SMR: Burns, Bettis, Barber, Simmons - 3:34.04  
DMR: Hutchinson, Cox, Simmons, Franek - 11:14.75

#### All-Big Ten Selections

Aleesha Barber (First Team)  
Dominique Blake (First Team)  
Shana Cox (First Team)  
Briene Simmons (First Team)  
Gayle Hunter (Second Team)

### Big Ten Athlete of the Week Winners

Lena Bettis (Jan. 16)  
Shana Cox (Jan. 30)

### Mid-Atlantic Region Athlete of the Year

Gayle Hunter (Field)

### OUTDOORS

#### NCAA All-Americans (3)

Aleesha Barber (400mH, 12th)  
Shana Cox (400m, 2nd)  
Gayle Hunter (Hept, 8th)

#### Other NCAA Finishes

Aleesha Barber (100mH; 24th)  
Bridget Franek (3000mSC, 12th)  
Kim Markel (400mH, 22nd)  
Heidi Nadeau (Javelin, 11th)  
4x400 (Blake, Simmons, Hunter, Cox; 10th)  
Christen Clemson (Discus; T-16th)

#### NCAA East Region Champion

Christen Clemson - Discus (173-4/53.76)

#### Big Ten Champions

Aleesha Barber (400-meter hurdles)  
4x400 (Blake, Simmons, Hunter, Cox)

#### Penn State Records (6)

400mH: Aleesha Barber - 57.00  
3000mSC: Bridget Franek - 9:59.21  
4x400m: Blake, Simmons, Hunter, Cox - 3:31.75  
SMR: Barber, Blake, Cox, Simmons - 3:47.90  
4x1500: Noecker, Franek, Rosenfeld, Percival - 17:57.28  
Heptathlon: Gayle Hunter - 5711

#### NCAA Regional Qualifiers (21 Ind., 2 Relays)

200m - Shana Cox  
400m - Shana Cox; Dominique Blake  
800m - Briene Simmons  
1500m - Bridget Franek  
3000m Steeplechase - Bridget Franek;  
Claire Percival; Sonja Hinish  
5000m - Bridget Franek  
100m Hurdles - Aleesha Barber; Gayle Hunter  
400m Hurdles - Aleesha Barber; Kim Markel  
4x100m - Bettis, Cox, Barber, Blake  
4x400m - Simmons, Cox, Blake, Hunter

### High Jump - Amber Strouse

Pole Vault - Caitlin Fairbairn

Long Jump - Lena Bettis; Gayle Hunter

Triple Jump - Gayle Hunter; Lena Bettis

Shot Put - Emma Schmelzer; Toya Woods

Discus - Christen Clemson; Emma Schmelzer

Hammer - Helen Higgins

Javelin - Heidi Nadeau

Heptathlon - Gayle Hunter (NCAA Automatic)

### Big Ten Athlete of the Week Winners

Shana Cox (April 10)  
Shana Cox (April 17)  
Aleesha Barber (April 24)  
Bridget Franek (May 1)  
Emma Schmelzer (May 8)

### Big Ten Freshman of the Year

Bridget Franek

### Tony Wilson Award (Sea Ray MVP)

Shana Cox

### Penn State Female Athlete of the Year

Shana Cox

### Mid-Atlantic Region Athletes of the Year

Shana Cox (Track)

### Mid-Atlantic Region Coach of the Year

Beth Alford-Sullivan (Women - Outdoor)

### 2008 RECRUITS/NEWCOMERS

#### Gabriela Baiter

\* Nike Outdoor National TJ Champion

#### Fawn Dorr (Cortland State)

\* NCAA DIII Champion (400mH)

#### Beth Herndon (Wash. Univ. of St. Louis)

\* 2x NCAA DIII XC All-American

#### Karlee McQuillen

\* 2x Nike Outdoor National Javelin Champion  
\* USA Today - All-USA Selection