

# 2012 Penn State Women's Performance List

## WOMEN'S 60-METER DASH PSU: Shavon Greaves, 7.24 (2010) NCAA: 7.23

7.41	Jones, Mahagony	1/7/12
7.51	Nieuwendam, Kirsten	1/7/12
8.00	Barbour, Gabrielle	2/4/12

## WOMEN'S 200-METER DASH PSU: Connie Moore, 22.60 (2010) NCAA: 23.20

23.68	Jones, Mahagony	1/7/12
23.76	Nieuwendam, Kirsten	1/7/12
24.62	McGee, Dynasty	1/7/12
24.91	Iheoma, Ije	2/4/12
25.01	Britton, Evonne	1/14/12
25.11	Anyanwu, Doris	1/14/12
25.29	Black, Shelley	1/28/12
25.63	Barbour, Gabrielle	2/4/12

## WOMEN'S 400-METER DASH PSU: Shana Cox, 52.31 (2007) NCAA: 52.60

54.15	Nieuwendam, Kirsten	2/25/12
54.32	Jones, Mahagony	1/14/12
54.84	Iheoma, Ije	2/25/12
54.38	McGee, Dynasty	2/10/12
55.91	Anyanwu, Doris	2/24/12

## WOMEN'S 500-METER DASH PSU: Shana Cox, 1:09.19 (2007)

1:12.05	Iheoma, Ijeoma	1/7/12
1:15.63	Anyanwu, Doris	1/7/12

## WOMEN'S 600-METER RUN PSU: Briene Simmons, 1:29.81 (2008)

1:34.53	Klebe, Marta	2/4/12
1:34.54	Shannon, Colleen	2/4/12

## WOMEN'S 800-METER RUN PSU: Briene Simmons, 2:05.67 (2007) NCAA: 2:04.50

2:06.88	Simko, Bekka	2/25/12
2:11.22	Klebe, Marta	1/28/12
2:13.37	Shannon, Colleen	2/11/12
2:18.03	Jennings, Kerrin	2/4/12
2:22.34	Casciano, Rachel	2/11/12
2:27.13 M	Howell, Brittney	2/24/12
2:27.29 M	Chernaskey, Rachel	1/27/12
2:44.81 M	Couts, Kelsey	1/27/12

## WOMEN'S 1000-METER RUN PSU: Caitlin Lane, 2:44.24 (2012)

2:44.24 SR	Lane, Caitlin	1/14/12
2:48.70	Simko, Bekka	1/14/12
2:52.76	Klebe, Marta	1/14/12
2:59.86	Casciano, Rachel	1/14/12
3:02.86	Jennings, Kerrin	1/7/12

## WOMEN'S MILE RUN PSU: Bridget Franek, 4:37.95 (2010) NCAA: 4:37.00

4:39.24	Lane, Caitlin	3/3/12
4:46.96	Millhouse, Kara	1/14/12
4:49.32	Bower, Natalie	1/14/12
4:53.98	Graybill, Lindsey	2/4/12
4:54.41	Benson, Abbie	2/24/12
4:55.34	Perri, Tori	2/24/12
4:55.50	Ridder, Brooklyne	1/14/12
5:01.07	Anderson, Leigha	1/14/12
5:02.44	Giannotti, Emily	1/14/12
5:04.03	Jennings, Kerrin	1/28/12
5:04.75	Kocjancic, Dani	2/4/12
5:06.72	Mills, Lauren	1/14/12
5:12.21	Casciano, Rachel	1/28/12
5:31.61	Porter, Gwenn	1/14/12

## WOMEN'S 3000-METER RUN PSU: Bridget Franek, 9:10.04 (2009) NCAA: 9:10.00

9:15.16	Lane, Caitlin	2/11/12
9:17.48	Millhouse, Kara	2/24/12
9:30.78	Ridder, Brooklyne	1/28/12
9:34.80	Bower, Natalie	1/28/12
9:45.04	Graybill, Lindsey	2/11/12
9:46.63	Benson, Abbie	2/11/12
9:50.11	Giannotti, Emily	2/24/12
10:07.35	Rodden, Katie	1/14/12
10:07.92	Kocjancic, Danielle	2/11/12
10:13.85	Mills, Lauren	1/7/12
10:13.87	Anderson, Leigha	1/7/12
10:44.21	Sofo, Lucia	1/7/12
11:12.06	Porter, Gwenn	1/28/12

## WOMEN'S 5000-METER RUN PSU: Paula Renzi, 15:53.50 (1985) NCAA: 15:57.00

16:06.82	Millhouse, Kara	2/10/12
16:22.70	Lane, Caitlin	2/25/12
16:28.54	Ridder, Brooklyne	2/25/12
16:39.95	Bower, Natalie	2/10/12
17:16.80	Giannotti, Emily	2/10/12
17:46.93	Anderson, Leigha	1/27/12
17:51.52	Mills, Lauren	1/27/12
18:47.85	Rodden, Katie	1/27/12

## WOMEN'S 60-METER HURDLES PSU: Aleesha Barber, 8.19 (2009) NCAA: 8.10

8.20	Britton, Evonne	1/27/12
8.56	Black, Shelley	2/4/12
8.61 M	Howell, Brittney	2/24/12
9.56	Chernaskey, Rachel	1/7/12
9.87	Couts, Kelsey	1/7/12

## WOMEN'S 4x400-METER RELAY PSU: Blake, Simmons, Cox, Barber, 3:33.39 (2007) NCAA: 3:34.00

3:35.43	McGee, Jones	3/3/12
	Nieuwendam, Iheoma	
3:36.91	Jones, McGee,	1/7/12
	Nieuwendam, Iheoma	
3:39.30	Nieuwendam, Jones,	1/14/12
	McGee, Anyanwu	
3:52.75	Black, Britton,	1/14/12
	Howell, Barbour	
3:55.15	Britton, Anyanwu, Howell, Ricketts	1/7

## WOMEN'S 4x800-METER RELAY PSU: Cassel, Gerken, Hart, Stever, 8:45.60 (1984)

9:16.39	Shannon, Klebe, Fisher, Dickinson	1/7
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## WOMEN'S DISTANCE MEDLEY RELAY PSU: Lane, Iheoma, Simko, Millhouse, 11:05.16 ('12) NCAA: 11:03.50

11:05.16 SR	Lane, Iheoma, Simko, Millhouse	1/27
	(3:22, 53.50, 2:07.5, 4:41.1)	
11:18.96	Simko, Iheoma, Klebe, Ridder	2/24
11:51.55	Benson, Anyanwu, Klebe, Mills	2/4
12:01.52	Simko, Shannon, Casciano, Perri	1/7

## WOMEN'S HIGH JUMP PSU: Antoinette O'Carroll, 5-11.25/1.81 (1987) Brittany Maun, 5-11.25/1.81 (2010) NCAA: 6-0.75 (1.85)

5-8.50 (1.74) M	Couts, Kelsey	1/27/12
5-8 (1.73)	Palmer, Sarah	2/25/12
5-7 (1.70)	Morgan, Erika	1/28/12
5-6 (1.68) M	Howell, Brittney	2/4/12
5-5 (1.65)	Owen, Brooke	2/4/12
4-11.75 (1.52)	Chernaskey, Rachel	1/7/12

## WOMEN'S POLE VAULT PSU: Sara Dougherty, 13-5.75/4.11 (2004) NCAA: 14-3.25 (4.35)

12-9.50 (3.90)	Witmer, Jocelyn	1/14/12
12-5.50 (3.80)	Palenchar, Amanda	1/14/12
10-11.75 (3.35)	Bacik, Lindsay	1/28/12

## WOMEN'S LONG JUMP PSU: Gayle Hunter, 20-11.25/6.38 (2009) NCAA: 21-2 (6.45)

19-3.25 (5.87)	Howell, Brittney	2/10/12
18-3.25 (5.57)	Lloyd, Tanaya	2/4/12
17-10.75 (5.45)	Ricketts, Marlene	2/4/12
16-11.50 (5.17)	McGee, Dynasty	2/24/12
16-3 (4.95)	Palmer, Sarah	1/14/12
16-3.75 (4.97)	Chernaskey, Rachel	1/7/12
15-11 (4.85)	Rauenzahn, B. UNA	1/27/12
15-5 (4.70)	Couts, Kelsey	1/14/12

## WOMEN'S TRIPLE JUMP PSU: Chi-Chi Aduba, 44-1.50/13.45 (2003) NCAA: 43-7.75 (13.30)

41-1.50 (12.53)	Lloyd, Tanaya	1/14/12
40-9.25 (12.40)	Ricketts, Marlene	1/14/12

## WOMEN'S SHOT PUT PSU: Ja'Nai O'Connor, 56-5.25/17.20 (2004) NCAA: 56-5.25 (17.20)

50-2 (15.29)	Kurzdorfer, Melissa	1/28/12
48-8.25 (14.84)	Swenson, Jane	1/7/12
43-10 (13.36)	Muzio, Anna	2/4/12
37-6.50 (11.44) M	Howell, Brittney	2/4/12
30-6.50 (9.31) M	Couts, Kelsey	1/27/12
29-7.25 (9.02) M	Chernaskey, Rachel	1/27/12

## WOMEN'S 20-LB WEIGHT THROW PSU: Jennifer Leatherman, 74-10/22.82, 2006 NCAA: 68-10.75 (21.00)

64-10.50 (19.77)	Kurzdorfer, Melissa	1/27/12
58-8 (17.88)	Swenson, Jane	3/3/12
47-11.75 (14.62)	Muzio, Anna	2/4/12

## WOMEN'S PENTATHLON PSU: Gayle Hunter, 4342 (2009) NCAA: 4075

3870	Howell, Brittney	2/24/12
3072	Chernaskey, Rachel	1/27/12
2937	Couts, Kelsey	1/27/12

**KEY**  
A - NCAA Auto; Pre - Preliminaries; F - Finals; SR - School Record; M - Mark from Multi-Events; \* - Flat to bank conversion



# 2012 Penn State Men's Performance List

## MEN'S 60-METER DASH

PSU: Ernie Terrell, 6.76 (2003)  
NCAA: 6.60

7.02	Gilmore, Matt	1/7/12
7.04	Mpanduki, Emunael	1/7/12
7.07 MR	Uzoh, Anya	2/24/12
7.18	Owoye, Dele	1/14/12

## MEN'S 200-METER DASH

PSU: Ryan Olkowski, 20.98 (2002)  
NCAA: 20.73

21.54	Bennett-Green, Brandon	2/4/12
21.59	Nadolsky, Aaron	1/7/12
21.66	Gilmore, Matt	1/28/12
21.76	Mpanduki, Emunael	1/7/12
22.51	Owoye, Dele	2/4/12
22.90	Barrett, Sancho	1/14/12

## MEN'S 400-METER DASH

PSU: Brady Gehret, 46.22 (2011)  
NCAA: 46.00

46.82	Bennett-Green, Brandon	2/25/12
47.01	Nadolsky, Aaron	2/25/12
47.65	Gilmore, Matt	2/10/12
48.01	Mpanduki, Emunael	1/14/12
48.21	Bennett-Green, Bernard	1/28/12
48.23	Gehret, Brady	2/24/12

## MEN'S 500-METER DASH

PSU: Casimir Loxsom, 1:01.28 (2011)

1:03.30	Bennett-Green, Brandon	1/7/12
1:03.54	Bennett-Green, Bernard	1/7/12

## MEN'S 600-METER RUN

PSU: Casimir Loxsom, 1:16.66 (2012)

1:16.66 SR	Loxsom, Casimir	1/14/12
1:18.96	Brennan, Ryan	2/24/12
1:19.10	Bennett-Green, Bernard	2/4/12
1:23.22	Filandro, Mark	2/4/12

## MEN'S 800-METER RUN

PSU: Ryan Foster, 1:47.32 (2010)  
NCAA: 1:47.30

1:47.93	Loxsom, Casimir	2/24/12
1:48.64	Creese, Robby	1/28/12
1:49.01	Dawson, Owen UNA	2/4/12
1:50.54	Manley, Connor	1/28/12
1:52.18	Brennan, Ryan	2/11/12
1:54.50	Fuller, Mark	2/4/12
1:55.01	Baker, Colin	1/14/12

## MEN'S 1000-METER RUN

PSU: Robby Creese, 2:19.53 (2012)

2:19.53	Creese, Robby	1/14/12
SR, CR, AJR		
2:24.73	Endress, Wade	1/14/12
2:28.73	Manley, Connor	1/14/12
2:31.71	Baker, Colin	1/7/12
2:33.19	Fuller, Mark	1/7/12
2:43.88	Uzoh, Anya	1/28/12

## MEN'S MILE RUN

PSU: Ryan Foster, 3:58.49 (2011)  
NCAA: 3:57.90

3:58.94	Creese, Robby	3/3/12
4:07.34	Endress, Wade	2/4/12
4:10.39	Corkedale, Tyler	1/14/12
4:11.05	Fischer, Matt	1/14/12
4:11.85	Campbell, Chris	1/14/12
4:13.48	Burkhardt, Glen UNA	1/14/12
4:13.53	Dawson, Kyle	1/14/12
4:16.95	Baker, Colin	2/11/12
4:19.70	Fuller, Mark	2/11/12

## MEN'S 3000-METER RUN

PSU: Ken Frasier, 8:00.78 (1990)  
NCAA: 7:52.30

8:06.36	Dawson, Kyle	1/28/12
8:10.40	Fischer, Matt	2/11/12
8:11.19	Corkedale, Tyler	2/11/12
8:21.76	Campbell, Chris	1/28/12
8:29.55	Cipro, Chris	1/28/12
8:37.23	Luff, Tom	1/14/12
8:55.31	Quinn, Shawn	1/14/12
9:06.83	Anderson, Colin	1/14/12

## MEN'S 5000-METER RUN

PSU: Steve Brown, 13:52.36 (1990)  
NCAA: 13:44.60

14:07.54	Dawson, Kyle	2/11/12
14:27.23	Fischer, Matt	2/25/12
14:35.59	Cipro, Chris	2/25/12
14:35.65	Corkedale, Tyler	2/25/12
14:54.78	Luff, Tom	1/27/12
15:23.83	Anderson, Colin	2/4/12

## MEN'S 60-METER HURDLES

PSU: Guy Rose, 7.69 (2001)  
NCAA: 7.70

8.14	Barrett, Sancho	1/7/12
8.62 M	Uzoh, Anya	2/25/12

## MEN'S 4x400-METER RELAY

PSU: Nadolsky, Bennett-Green, Loxsom, Gehret (2012)  
NCAA: 3:05.22

3:05.22	Nadolsky, Bennett-Green, Loxsom, Gehret	3/3/12
3:07.72	Nadolsky, Gehret, Loxsom, Gilmore	1/14/12
3:10.21	Gilmore, Nadolsky, Bennett-Green, Loxsom	2/4/12
3:09.65	Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky	1/7/12
3:12.55	Bennett-Green, Br., Mpanduki	1/14/12
3:12.93	Bennett-Green, Be., Brennan	1/28/12
3:17.94	Mpanduki, Gilmore, Be. Bennett-Green, Brennan	1/7/12
	Penn State B	

## MEN'S DISTANCE MEDLEY RELAY

PSU: Borchers, Cadau, Foster, Johnson, 9:32.94 (2009)  
NCAA: 9:31.00

9:35.24	Endress, Nadolsky, Manley, Creese	1/27
	(2:57, 46.3, 1:49.4, 4:01.1)	
9:44.40	Endress, Nadolsky, Loxsom, Creese	2/4
	(3:03, 48.2, 1:50.6, 4:01.6)	
9:49.04	Creese, Brennan, Manley, Endress	1/7
10:04.02	Baker, Manley, Brennan, Cipro	2/4/12

## MEN'S HIGH JUMP

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

7-1.75 (2.18)	Reilly, Sean	2/4/12
7-00.25 (2.14)	Hendershot, Jon	1/14/12
6-7.50 (2.02) MR	Uzoh, Anya	1/27/12
6-7.50 (2.02)	Mike McClelland	2/25/12

## MEN'S POLE VAULT

PSU: John Vellenoweth, 17-0.75/5.20 (2009)  
NCAA: 18-0.50 (5.50)

15-7 (4.75)	Pelletier, Jason	2/4/12
15-1 (4.60)	Patzer, David	2/4/12
14-1.25 (4.30) M	Uzoh, Anya	2/11/12

## MEN'S LONG JUMP

PSU: David Coney, 25-11/7.90 (1986)  
NCAA: 26-6 (8.00)

23-8.25 (7.22)	Moppert, Doug	2/4/12
22-7.75 (6.90) MR	Uzoh, Anya	1/27/12
22-3.75 (6.80)	Johnson, Hanif	1/7/12
22-1 (6.73)	Leap, Brian	2/4/12

## MEN'S TRIPLE JUMP

PSU: Chavous Nichols, 53-0.75 (16.17)  
NCAA: 53-5.75 (16.30)

51-9 (15.77)	Johnson, Hanif	1/28/12
48-1.75 (14.67)	Leap, Brian	1/28/12

## MEN'S SHOT PUT

PSU: C.J. Hunter, 65-7 /19.99 (1990)  
NCAA: 63-6 (19.35)

66-1 (20.14)	Kovacs, Joe UNA	2/25/12
61-7 (18.77)	Caldwell, Logan	2/24/12
56-5.25 (17.20)	Mubarak, Nabil	2/4/12
37-10.75 (11.55) M	Uzoh, Anya	2/24/12

## MEN'S 35-LB WEIGHT THROW

PSU: Dorian Lowe, 66-5.75/20.26 (2002)  
NCAA: 70-6.50 (21.50)

63-9.50 (19.44)	Barr, Will	1/27/12
59-11.25 (18.27)	Mubarak, Nabil	2/11/12
55-11 (17.04)	Caldwell, Logan	1/14/12

## MEN'S HEPTATHLON

PSU: James Cook, 5500 (1998)  
NCAA: 5750

5367	Anya Uzoh	1/27-28/12
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Pre - Prelimaires; F - Finals; UNA - Unattached; SR - School Record; CR - Collegiate Record; AJR - American Junior Record; M - Mark from Multi-Events; MR - Multi Record; A - NCAA Auto



# TRACK & FIELD

FINAL (as of March 12)