

All-Time Women's Top Five Performances

WOMEN'S 60-METER DASH

PSU: 7.24, Shavon Greaves (2010)

1. 7.24 Shavon Greaves, 2010
2. 7.27 Consuella Moore, 2004
3. 7.41 Toyin Augustus, 2001
4. **7.41 Mahogany Jones, 2012**
5. 7.46 Kamilah Salaam, 2005

WOMEN'S 200-METER DASH

PSU: 22.60, Connie Moore (2004)

1. 22.60 Consuella Moore, 2004
2. 22.98 Shavon Greaves, 2010
3. 23.48 Shana Cox, 2005
4. 23.67 Caitlin DeFusco, 2010
5. **23.68 Mahogany Jones, 2012**

WOMEN'S 400-METER DASH

PSU: 52.31, Shana Cox (2007)

1. 52.31 Shana Cox, 2007
2. 52.53 Fawn Dorr, 2010
3. 53.14 Shavon Greaves, 2010
4. 53.15 Dominique Blake, 2008
5. 53.96 Gayle Hunter, 2008

WOMEN'S 500-METER DASH

PSU: 1:09.19, Shana Cox (2007)

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

WOMEN'S 600-METER RUN

PSU: 1:29.81, Briene Simmons (2008)

1. 1:29.81 Briene Simmons, 2008
2. 1:30.22 Erica Bosler, 1998
3. 1:30.42 Ijeoma Iheoma, 2011
4. 1:31.35 Bekka Simko, 2011
5. 1:31.68 Fawn Dorr, 2008

WOMEN'S 800-METER RUN

PSU: 2:05.67, Briene Simmons (2007)

1. 2:05.67 Briene Simmons, 2007
2. **2:06.88 Bekka Simko, 2012**
3. 2:08.75 Maura Ryan, 2011
4. 2:08.92 Caitlin Lane, 2011
5. 2:09.52 Judi Cassell, 1985

WOMEN'S 1000-METER RUN

PSU: 2:44.24, Caitlin Lane (2012)

1. **2:44.24 Caitlin Lane, 2012**
2. 2:48.21 Briene Simmons, 2007
3. **2:48.70 Bekka Simko, 2012**
4. 2:49.00 Patty Murnane, 1979
5. 2:49.92 Bridget Franek, 2008

WOMEN'S MILE RUN

PSU: 4:37.95, Bridget Franek (2010)

1. 4:37.95 Bridget Franek, 2010
2. 4:38.37 Caitlin Lane, 2011
3. 4:40.76 Kim McGreevy, 1997
4. 4:41.51 Patty Murnane, 1982
5. 4:45.46 Leah Rosenfeld, 2008

WOMEN'S 3000-METER RUN

PSU: 9:10.04, Bridget Franek (2009)

1. 9:10.04 Bridget Franek, 2009
2. 9:13.06 Paula Renzi, 1985
3. **9:15.16 Caitlin Lane, 2012**
4. **9:17.48 Kara Millhouse, 2012**
5. 9:27.41 Cheryl Spring, 2010

WOMEN'S 5000-METER RUN

PSU: 15:53.50, Paula Renzi (1985)

1. 15:53.50 Paula Renzi, 1985
2. 15:56.76 Bridget Franek, 2010
3. **16:06.82 Kara Millhouse, 2012**
4. 16:22.30 Cheryl Spring, 2010
5. **16:22.70 Caitlin Lane, 2012**

WOMEN'S 60-METER HURDLES

PSU: 8.16, Aleesha Barber (2009)

1. 8.16 Aleesha Barber, 2009
2. **8.20 Evonne Britton, 2012**
3. 8.22 Toyin Augustus, 2001
4. 8.37 Gayle Hunter, 2009
5. 8.50 Kamilah Salaam, 2006

WOMEN'S 4X400-METER RELAY

PSU: 3:33.34, Blake, Simmons, Cox, Barber (2007)

1. 3:33.49 Blake, Simmons, Cox, Barber, 2007
2. 3:34.00 Blake, Cox, Barber, Dorr, 2008
3. 3:34.00 Anyanwu, Iheoma, Greaves, Duncan, '11
3. 3:34.04 Cox, Simmons, Barber, Blake, 2006
4. 3:34.64 Dorr, Barber, Greaves, Hunter, 2009

WOMEN'S DISTANCE MEDLEY

PSU: 11:05.16, Lane, Iheoma, Simko, Millhouse, '12

1. **11:05.16 Lane, Iheoma, Simko, Millhouse, '12 (3:22, 53.5, 2:07.5, 4:41.1)**
2. 11:14.78 Hutchinson, Cox, Simmons, Franek, '07
3. **11:18.96 Simko, Iheoma, Klebe, Ridder, '12**
4. 11:21.00 Heyer, Dweh, Bosler, McGreevy, '97
5. 11:26.40 Lane, Anyanwu, Kearins, Spring, '10

WOMEN'S HIGH JUMP

PSU: 5-11.25 (1.81), Antoinette O'Carroll (1987)
5-11.25 (1.81), Brittany Maun (2010)

1. 5-11.25 (1.81) Brittany Maun, 2010
- 5-11.25 (1.81) Antoinette O'Carroll, 1987
3. 5-9.75 (1.77) Jen Aylward, 2001
4. 5-8.50 (1.74) Amber Strouse, 2007
5. **5-8.50 (1.74) Kelsey Couts, 2012**
6. 5-8 (1.73) Kathy Messner, 2003
- 5-8 (1.73) Bianca Fung, 2011

WOMEN'S POLE VAULT

PSU: 13-5.75 (4.11), Sara Dougherty (2004)

1. 13-5.50 (4.11) Sara Dougherty, 2004
2. 12-11.50 (3.95) Jocelyn Witmer, 2010
- 12-11.50 (3.95) Caitlin Fairbairn, 2010
4. **12-5.50 (3.80) Amanda Palenchar, 2012**
5. 12-3.50 (3.75) Lindsey McDonnell, 2003
- 12-3.50 (3.75) Jackie Meissner, 2007

WOMEN'S LONG JUMP

PSU: 20-11.25 (6.38), Gayle Hunter (2009)

1. 20-11.25 (6.38) Gayle Hunter, 2009
2. 20-8 (6.30) Chi-Chi Aduba, 2003
- 20-8 (6.30) Shakeema Walker, 1999
4. 20-7.50 (6.28) Carmen Mann, 1990
5. 20-3.50 (6.18) Bianca Fung, 2009

WOMEN'S TRIPLE JUMP

PSU: 44-1.50 (13.45), Chi-Chi Aduba (2009)

1. 44-1.50 (13.45) Chi-Chi Aduba, 2004
2. 41-11.50 (12.79) Gabriela Baiter, 2008
3. 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998
5. 41-7.25 (12.68) Gayle Hunter, 2008

WOMEN'S SHOT PUT

PSU: 56-5.25 (17.20), Ja'Nai O'Connor (2004)

1. 56-5.25 (15.13) Ja'Nai O'Connor, 2004
2. 53-6 (16.31) Elaine Sobansky, 1983
3. 53-5 (16.28) Jen Leatherman, 2006
4. 51-2 (15.60) Deshaya Williams, 2003
5. **50-2 (15.29) Melissa Kurzdorfer, 2012**

WOMEN'S 20-LB WEIGHT

PSU: 74-10.50 (22.82), Jen Leatherman (2006)

1. 74-10.50 (22.82) Jen Leatherman, 2006
2. 66-3 (20.19) Kate Johnston, 2005
3. **64-10.50 (19.77) Melissa Kurzdorfer, 2012**
4. 64-6 (19.66) Deshaya Williams, 2003
5. 62-1.25 (18.93) Ja'Nai O'Connor, 2002

WOMEN'S PENTATHLON

PSU: 4,342, Gayle Hunter (2009)

1. 4,342 Gayle Hunter, 2009
2. 3,988 Carla Criste, 1985
3. **3,870 Brittney Howell, 2012**
4. 3,805 Amber Strouse, 2007
5. 3,596 Danielle Bobo, 2003

BOLD - Denotes Current Season Performance



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FINAL (as of March 12)

All-Time Men's Top Five Performances

MEN'S 60-METER DASH

PSU: 6.76, Ernie Terrell (2003)

- 6.76 Ernie Terrell, 2003
 - 6.77* Michael Timpson, 1986
 - 6.80* Barney Ewell, 1942
 - 6.81 Alex Langan, 2006
 - 6.83 Knowledge Timmons, 2006
- * Converted time from 60 yards to 55 meters

MEN'S 200-METER DASH

PSU: 20.98, Ryan Olkowski (2002)

- 20.98 Ryan Olkowski, 2002
- 21.11 Michael Timpson, 1989
- 21.18 Greg Miller, 2001
- 21.21 Ernie Terrell, 2004
- 21.29 Brady Gehret, 2011

MEN'S 400-METER DASH

PSU: 46.22, Brady Gehret (2011)

- 46.22 Brady Gehret, 2011
- 46.81 Michael Timpson, 1987
- 46.93 Ernie Terrell, 2003
- 46.82 Brandon Bennett-Green, 2012
- 47.01 Aaron Nadolsky, 2012

MEN'S 500-METER DASH

PSU: 1:01.28, Casimir Loxsom (2011)

- 1:01.28 Casimir Loxsom, 2011
- 1:02.58 Ben Karcz, 2000
- 1:02.75 Ernie Terrell, 2003
- 1:02.81 Mike Cadau, 2009
- 1:03.04 Steve Janci, 2002

MEN'S 600-METER RUN

PSU: 1:16.66, Casimir Loxsom (2012)

- 1:16.66 Casimir Loxsom, 2012
- 1:16.89 Ben Karcz, 2001
- 1:17.65 Lionel Williams, 2009
- 1:18.16 Matt Lincoln, 2004
- 1:18.84 Mark Miller, 2005

MEN'S 800-METER RUN

PSU: 1:47.32, Ryan Foster (2010)

- 1:47.32 Ryan Foster, 2010
- 1:47.36 Casimir Loxsom, 2011
- 1:47.77 Owen Dawson, 2010
- 1:48.19 Ray Levitre, 1987
- 1:48.53 Lionel Williams, 2010

MEN'S 1000-METER RUN

PSU: 2:19.53, Robby Creese (2012)

- 2:19.53 Robby Creese, 2012
- 2:19.60 Ryan Foster, 2010
- 2:21.98 Owen Dawson, 2010
- 2:22.42 Samuel Borchers, 2008
- 2:22.50 Matt Lincoln, 2003

MEN'S MILE RUN

PSU: 3:58.49, Ryan Foster (2011)

- 3:58.49 Ryan Foster, 2011
- 3:58.94 Robby Creese, 2012
- 4:01.98 Samuel Borchers, 2008
- 4:02.3 Greg Fredericks, 1972
- 4:02.9 Bob Hudson, 1985

MEN'S 3000-METER RUN

PSU: 8:00.72, Ken Frazier (1989)

- 8:00.72 Ken Frazier, 1989
- 8:02.05 John Zishka, 1981
- 8:06.36 Kyle Dawson, 2012

Converted Marks

- 7:53.58 Greg Fredericks, 1972
- 7:54.50 Robert Snyder, 1979
- 8:02.24 George Malley, 1977

MEN'S 5000-METER RUN

PSU: 13:52.36, Steve Brown (1990)

- 13:52.36 Steve Brown, 1990
- 13:58.55 Eric Carter, 1986

Converted Marks

- 13:46.42 Paul Stemmer, 1976
- 13:46.94 Alan Scharsu, 1980
- 13:59.71 Charlie Maguire, 1974

MEN'S 60-METER HURDLES

PSU: 7.69, Guy Rose (2001)

- 7.69 Guy Rose, 2001
- 7.82 Michael Timpson, 1986
- 7.83 John Whelan, 1998
- 7.85 Mike Shine, 1975
- 7.86 Ron Jules, 2007

MEN'S 4X400-METER RELAY

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

- 3:05.22 Nadolsky (46.8), Bennett-Green (46.6), Loxsom (46.1), Gehret (45.8), 2012
- 3:07.27 Nadolsky, Williams, Loxsom, Gehret, 2011
- 3:07.72 Nadolsky, Gehret, Loxsom, Gilmore, 2012
- 3:09.43 Derby, Lolagne, Campisi, Terrell, 2003
- 3:09.65 Mpanduki, Gilmore, Br. Bennett-Green, Nadolsky, 2012

MEN'S 4X800-METER RELAY

PSU: 7:21.37, Balkey, McMillan, Mills, Levitre (1987)

- 7:21.37 Balkey, McMillan, Mills, Levitre, 1987
- 7:24.38 Watson, Shiffer, Levitre, Mills, 1986

Converted from 2-Mile Relay

- 7:21.42 McLaughlin, Moore, Wynn, Cook, 1983
- 7:23.38 Watson, Shisler, Mills, Moore, 1985
- 7:24.60 Shisler, McLaughlin, Wynn, Cook, 1983

MEN'S DISTANCE MEDLEY RELAY

PSU: 9:32.94, Borchers, Cadau, Foster, Johnson

- 9:32.94 Borchers, Cadau, Foster, Johnson, 2009
- 9:35.21 Borchers, Williams, Loxsom, O. Dawson, '11
- 9:35.24 Endress, Nadolsky, Manley, Creese, '12
- 9:35.68 O. Dawson, Nadolsky, Williams, Foster, '11
- 9:36.29 Lincoln, Campisi, Michael, Foster, 2005

MEN'S HIGH JUMP

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

- 7-4 1/4 (2.24) Paul Souza, 1982
 - 7-3 1/4 (2.22) Ryan Fritz, 2007
 - 7-2 3/4 (2.20) Ryan Olkowski, 1999
 - 7-1 3/4 (2.18) Sean Reilly, 2012
 - 7-1 1/2 (2.17) David Coney, 1985
- 7-1 1/2 (2.17) Bryson Hartzler, 2010

MEN'S POLE VAULT

PSU: 17-0.75 (5.20), John Vellenoweth (2009)

- 17-0 3/4 (5.20) John Vellenoweth, 2009
 - 17-0 (5.18) Mason Ternay, 1992
 - 16-9 1/2 (5.12) Ron Campbell, 1985
 - 16-9 1/2 (5.12) Rick Kleban, 1985
 - 16-8 3/4 (5.10) Dave Bollinger, 2004
- 16-8 3/4 (5.10) Brad Lawrence, 2010

MEN'S LONG JUMP

PSU: 25-11 (7.90), David Coney (1986)

- 25-11 1/4 (7.91) Dave Coney, 1986
- 25-10 3/4 (7.89) Antonio Davis, 1993
- 25-8 (7.82) George Audu, 1999
- 25-5 1/2 (7.76) Rob Boulware, 1986
- 25-4 1/2 (7.73) John Gorham, 1999

MEN'S TRIPLE JUMP

PSU: 53-0.75 (16.17), Chavous Nichols (2003)

- 53-0 3/4 (16.17) Chavous Nichols, 2003
- 52-6 (16.00) Clarence Smith, 2009
- 52-4 1/4 (15.955) Ricardo Hall, 1990
- 52-4 1/4 (15.955) Antonio Davis, 1994
- 51-9 (15.77) Hanif Johnson, 2012

MEN'S SHOT PUT

PSU: 65-7 (19.99), CJ Hunter (1990)

- 65-7 (19.99) C.J. Hunter, 1990
- 65-1 1/4 (19.84) Joe Kovacs, 2011
- 62-6 1/2 (19.05) Phil Caraher, 1991
- 62-1 1/4 (18.93) Blake Eaton, 2011
- 66-1-7 (18.77) Logan Caldwell, 2012

MEN'S 35-LB WEIGHT

PSU: 66-5.75 (20.26), Dorian Lowe (2002)

- 66-5 3/4 (20.26) Dorian Lowe, 2002
- 66-2 1/4 (20.17) Scott Vernon, 2005
- 65-9 3/4 (20.06) Neal McNutt, 1998
- 65-9 (20.04) Tyler Hoffman, 2008
- 64-11 1/2 (19.80) Alvin Jackson, 1977

MEN'S HEPTATHLON

PSU: 5500, James Cook (1998)

- 5500 James Cook, 1998
- 5419 Chris Morrisey, 2008
- 5367 Anya Uzoh, 2012
- 5239 Shawn Colligan, 2008
- 5185 J.T. Kuretich, 2000



TRACK & FIELD

FINAL (as of March 12)