

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

Women 60 Meter Dash

Facility: 7.17 F 2011 **Barbara Pierre, Unattached**
Meet: 7.59 M 2017 **Antoinette Padilla, Unattached**
PSU: 7.24 P 2010 **Shavon Greaves**

Name	Yr	School	Finals
Finals			
1 Thompson, Destiny	SO	Morgan State	7.75
2 Crooks, Amanda	SO	Moravian	7.88
3 Glass, Jôn	SO	Morgan State	8.02
4 Ottley, Alliyah	FR	Morgan State	8.16
5 Davis, Helen	FR	Moravian	8.26
6 Adeyemi, Nofisat	SO	Morgan State	8.29
7 Wheeler, Camaryn	JR	Moravian	8.50
8 Czekaj, Meghan	FR	Psu-Fayette	10.15

Women 200 Meter Dash

Facility: 22.98 F 2010 **Shavon Greaves, Penn State**
Meet: 24.39 M 2015 **Typhanne Booker, Unattached**
PSU: 22.60 P 2004 **Consuella Moore**

Name	Yr	School	Finals	H#
Finals				
1 Denis, Dinedye	SO	Morgan State	24.86	1
2 Thompson, Destiny	SO	Morgan State	25.52	1
3 Wiederrecht, Kathryn	JR	Messiah	25.74	4
4 Kamara, Michelle	FR	Morgan State	26.08	2
5 Robinson, Crystal	FR	Moravian	26.13	2
6 Slader, Ellissa	SO	Messiah	26.31	3
7 Ottley, Alliyah	FR	Morgan State	26.77	3
8 Tinsley, Dejah	FR	Morgan State	26.84	2
9 Crooks, Amanda	SO	Moravian	27.02	3
10 Glass, Jôn	SO	Morgan State	27.07	1
11 Wheeler, Camaryn	JR	Moravian	27.18	4
12 Weaver, Morgan	JR	Moravian	27.47	3
13 Davis, Helen	FR	Moravian	27.79	4
14 Lopez, Tatiana	JR	Moravian	28.80	4
15 Miller, Haley	FR	Psu-Fayette	32.97	4

Women 400 Meter Dash

Facility: 52.31 F 2007 **Shana Cox, Penn State**
Meet: 55.03 M 2016 **Jennifer Esposito, Elon**
PSU: 52.14 P 2019 **Alexis Holmes**

Name	Yr	School	Finals	H#
Finals				
1 Denis, Dinedye	SO	Morgan State	57.06	1
2 Constantine, Tessa	SO	West Virginia	57.55	2
3 Kamara, Michelle	FR	Morgan State	57.68	1
4 Slader, Ellissa	SO	Messiah	57.78	1
5 Davis, Kimani	JR	Morgan State	59.03	1
6 Tinsley, Dejah	FR	Morgan State	1:00.02	2
7 Robinson, Crystal	FR	Moravian	1:00.06	2

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Finals ... (Women 400 Meter Dash)

Name	Yr	School	Finals	H#
8 Lambert, Alyssa	SO	Moravian	1:01.22	2
9 Weaver, Morgan	JR	Moravian	1:02.28	2

Women 600 Meter Run

Facility: 1:27.22 F 2010 Molly Beckwith, Indiana
 Meet: 1:32.75 M 2016 Frances Bull, Penn State
 PSU: 1:29.04 P 2020 Victoria Tachinski

Name	Yr	School	Finals
Finals			
1 Rivers, Danae	SR	Penn State	1:29.96 M
2 Dombrowski, Amber	FR	West Virginia	1:36.30

Women 800 Meter Run

Facility: 2:02.94 F 2019 Danae Rivers, Penn State
 Meet: 2:03.89 M 2015 Sabrina Southerland, Gergoetown
 PSU: 2:02.94 P 2019 Danae Rivers

Name	Yr	School	Finals
Finals			
1 Krebs, Makenna	FR	Penn State	2:14.07
2 Culver, Isabella	FR	Penn State	2:16.76
3 Moore, Diamond	SO	Morgan State	2:46.15
4 Asomugha, Angel	FR	Psu-Brandywine	3:14.59

Women 800 Meter Run Invite

Name	Yr	School	Finals
Finals			
1 Tachinski, Victoria	JR	Penn State	2:06.73
2 Jackson, Hayley	SO	West Virginia	2:08.11
3 Seeland, Esther	SO	Messiah	2:10.03
--- McDowell, Valencia	SR	Morgan State	DNF
--- Rivers, Danae	SR	Penn State	DNF

Women 1 Mile Run

Facility: 2:38.58 F 2019 Danae Rivers, Penn State
 Meet: 4:37.29 M 2016 Katrina Coogan, Gerogetown
 PSU: 4:29.47 P 2019 Danae Rivers

Name	Yr	School	Finals
Finals			
1 Dowie, Katherine	SO	West Virginia	4:56.56
2 Fedkina, Natasha	JR	Penn State	4:58.70
3 Mazza, Sera	FR	Psu Una	5:01.08
4 Hill, Olivia	SR	West Virginia	5:02.92
5 Jones, Keri	JR	Lebanon Valley	5:05.15
6 Fedko, Katherine	FR	Psu Una	5:19.15
7 Emmens, Jalissa	FR	Morgan State	5:23.46
8 Deichert, Marisa	SR	Penn State	5:30.24
--- Williams, Jordan	JR	Psu Una	DNF

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Women 60 Meter Hurdles

Facility: 7.92 F 2002 **Danielle Carruthers, Indiana**
Meet: 8.55 M 2015 **Shelley Black, Penn State**
PSU: 8.10 P 2014 **Evonne Britton**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Obichere, Chibugo	FR	Penn State	8.74 Q	2
2 Ottley, Alliyah	FR	Morgan State	8.95 Q	1
3 Adeyemi, Nofisat	SO	Morgan State	9.02 q	1
4 Taylor, Rae Rae	JR	Penn State	9.27 q	2
5 Wiederrecht, Kathryn	JR	Messiah	9.43 q	1
6 Hegele, Erica	FR	West Virginia	9.43 q	2
7 Lopez, Tatiana	JR	Moravian	9.65 q	1
8 Lambert, Alyssa	SO	Moravian	9.88 q	2
9 Miller, Haley	FR	Psu-Fayette	12.68	2

Women 60 Meter Hurdles

Facility: 7.92 F 2002 **Danielle Carruthers, Indiana**
Meet: 8.55 M 2015 **Shelley Black, Penn State**
PSU: 8.10 P 2014 **Evonne Britton**

Name	Yr	School	Finals
Finals			
1 Obichere, Chibugo	FR	Penn State	8.70
2 Ottley, Alliyah	FR	Morgan State	8.83
3 Adeyemi, Nofisat	SO	Morgan State	9.18
4 Taylor, Rae Rae	JR	Penn State	9.49
5 Lopez, Tatiana	JR	Moravian	9.82
6 Lambert, Alyssa	SO	Moravian	9.86

Women High Jump

Progression - 1.53, 1.58, 1.63, 1.68, 1.71, 1.74, 1.77 +3cm

Facility: 6-02.75 F 2013 **Tynita Butts, East Carolina**
Meet: 5-10.75 M 2016 **Deandre Daniel, Coppin State**
PSU: 6-00 P 2020 **Alexa Parks**
PSU: 5-11.25 P

Name	Yr	School	Finals
Finals			
1 Lewis, Allyson	FR	Penn State	1.71m 5-07.25
2 Moore, Diamond	SO	Morgan State	1.63m 5-04.25
3 Bacon, Cecelia	SO	Penn State	1.63m 5-04.25
4 Rose, Miazziah	SO	Morgan State	1.58m 5-02.25
5 Taylor, Rae Rae	JR	Penn State	1.58m 5-02.25
6 Gallagher, Kathleen	FR	Penn State	1.58m 5-02.25

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Women Pole Vault

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

Facility: 14-08.25 F 2018 Katie Nagette, ADIDAS
 Meet: 14-04.50 M 2019 Maddie Gardner, West Virginia
 PSU: 13-09.25 P 2016 Lexi Masterson

Name	Yr	School	Finals	
Finals				
1 Zurich, Hailey	FR	Penn State	3.77m	12-04.50
2 DeBone, Molly	SO	West Virginia	3.67m	12-00.50
3 Gardner, Ellie	SO	West Virginia	3.52m	11-06.50
--- Caccamo, Katelyn	FR	West Virginia	NH	
--- Brundin, Julia	SO	West Virginia	NH	

Women Long Jump

Facility: 21-06.75 F 2006 Tianna Madison, Nike
 Meet: 19-06.75 M 2019 Breana Gambrell, Penn State
 PSU: 20-11.25 P 2009 Gayle Hunter

Name	Yr	School	Finals	
Finals				
1 Gambrell, Breana	SO	Penn State	6.11m	20-00.50
2 Givens, Taylor	FR	Penn State	5.86m	19-02.75
3 McKenzie, Peter-Gay	SO	West Virginia	5.80m	19-00.50
4 Koopman, Audra	JR	Penn State	5.80m	19-00.50
5 Mines, Alantra	JR	Morgan State	5.47m	17-11.50
6 Moore, Diamond	SO	Morgan State	5.10m	16-08.75
7 Hegele, Erica	FR	West Virginia	4.98m	16-04.25
8 Fleetwood, Micaela	JR	Morgan State	4.75m	15-07.00

Women Triple Jump

Facility: 45-02.50 F 2004 Colleen Scott, Unattached
 Meet: 46-02.50 M 2018 Thea LaFond, Unattached
 PSU: 44-01.50 P 2003 Chi-Chi Aduba

Name	Yr	School	Finals	
Finals				
1 Nott, Myesha	SO	West Virginia	12.46m	40-10.50
2 Gambrell, Breana	SO	Penn State	12.27m	40-03.25
3 Henry, Ayanna	SO	Morgan State	11.44m	37-06.50
4 Rose, Miazziah	SO	Morgan State	11.02m	36-02.00

Women Shot Put

Facility: 60-07.75 F 2006 Cleopatra Borel-Brown, Unattached
 Meet: 58-10 M 2017 Britany Crew, SISU Track Club
 PSU: 56-08 P 2016 Rachel Fatherly

Name	Yr	School	Finals	
Finals				
1 Coleman, Lauren	SR	Towson	16.71m	54-10.00
2 Obijiaku, Michella	SR	Towson	15.53m	50-11.50
3 Montana, Payden	SO	Penn State	15.02m	49-03.50
4 Kauffman, Mallory	FR	Penn State	14.23m	46-08.25
5 Holmberg, Madeline	SR	Penn State	13.04m	42-09.50
6 Lancaster, Elisia	JR	Towson	12.60m	41-04.25

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Finals ... (Women Shot Put)

Name	Yr	School	Finals
7 West, Jaida	JR	Morgan State	11.82m 38-09.50

Women Weight Throw 20 lb

Facility: 73-00.50 F 2007 Jennifer Leatherman, Penn State
 Meet: 69-02 M 2015 Rachel Fatherly, Penn State
 PSU: 74-10.50 P 2006 Jennifer Leatherman

Name	Yr	School	Finals
Finals			
1 Obijiaku, Michella	SR	Towson	19.48m 63-11.00
2 Rao, Gianna	SO	Penn State	19.27m 63-02.75
3 Lancaster, Elisia	JR	Towson	18.61m 61-00.75
4 Coleman, Lauren	SR	Towson	18.54m 60-10.00
5 Klinger, Piper	FR	Penn State	16.96m 55-07.75
6 Wright, Sada	SO	West Virginia	16.32m 53-06.50
7 Sharpe, Jannah	FR	Morgan State	15.15m 49-08.50
8 Umrani-Sanders, Nadirah	SO	Morgan State	14.64m 48-00.50
9 Starr, Jean	FR	Psu Una	13.58m 44-06.75

Men 60 Meter Dash

Facility: 6.58 F 2012 Reggie Dixon, Hampton
 Meet: 6.87 M 2016 Trenran Beram, Connecticut
 PSU: 6.65 P 2019 Will Henderson

Name	Yr	School	Prelims	H#
Preliminaries				
1 Rantin, Keon		JR Morgan State	6.92 Q	2
2 James, Brandon		SO Morgan State	6.99 Q	1
3 Davis, Lamar		SO Morgan State	7.08 q	1
4 Holley, Adrian		FR Morgan State	7.14 q	2
5 Williamson, Almighty		FR Morgan State	7.20 q	2
6 Akinjide, Stephen		FR Morgan State	7.23 q	1
7 McFarland, Sean		JR Moravian	7.36 q	2
8 Bowens, Ali		FR Morgan State	7.36 q	1
9 Onyemachi, Nwabueze		FR Psu-Brandywine	7.40	1
10 Porter, Taylor		SO Moravian	7.47	2
11 Croci, Adam		SO Psu-Fayette	8.05	2
12 Savini, PJ		JR Psu-Fayette	8.48	1

Men 60 Meter Dash

Facility: 6.58 F 2012 Reggie Dixon, Hampton
 Meet: 6.87 M 2016 Trenran Beram, Connecticut
 PSU: 6.65 P 2019 Will Henderson

Name	Yr	School	Finals
Finals			
1 Rantin, Keon		JR Morgan State	6.83 M
2 James, Brandon		SO Morgan State	6.89
3 Davis, Lamar		SO Morgan State	7.06
4 Holley, Adrian		FR Morgan State	7.16
5 Williamson, Almighty		FR Morgan State	7.18
6 Akinjide, Stephen		FR Morgan State	7.20

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Finals ... (Men 60 Meter Dash)

Name	Yr	School	Finals
7 Bowens, Ali	FR	Morgan State	7.42
8 McFarland, Sean	JR	Moravian	7.46

Men 200 Meter Dash

Facility: 20.72 F 2006 **LaShawn Merritt, Unattached**
Meet: 21.27 M 2016 **Trenran Beram, Connecticut**
PSU: 20.56 P 2018 **Terrance Laird**

Name	Yr	School	Finals	H#
Finals				
1 Rantin, Keon		JR Morgan State	21.26 M	1
2 James, Brandon		SO Morgan State	21.40	1
3 Buhr, Owen		SO Lebanon Valley	22.38	1
4 McFarland, Sean		JR Moravian	22.50	2
5 Bowens, Ali		FR Morgan State	22.84	2
6 Williamson, Almighty		FR Morgan State	22.94	1
7 Holley, Adrian		FR Morgan State	23.21	2
8 Porter, Taylor		SO Moravian	23.41	2
9 Onyemachi, Nwabueze		FR Psu-Brandywine	23.60	3
10 Lutz, Evan		SR Moravian	23.68	2
11 Croci, Adam		SO Psu-Fayette	26.35	3
12 D'Aprano, Luca		FR Psu-Brandywine	26.90	3
13 Savini, PJ		JR Psu-Fayette	28.00	3

Men 400 Meter Dash

Facility: 45.46 F 2001 **Andrew Pierce, Ohio State**
Meet: 47.75 M 2018 **Emmanuel Tugumisirize, Unattached**
PSU: 46.22 P 2011 **Brady Gehret**

Name	Yr	School	Finals
Finals			
1 Manley, Ra'Mel		SO Morgan State	50.45
2 Egbire-Molen, Kayode		FR Morgan State	51.08
3 Lutz, Evan		SR Moravian	51.29
4 Elliot, Micheal		SR Psu-Fayette	56.00
5 D'Aprano, Luca		FR Psu-Brandywine	1:01.09

Men 600 Meter Run

Facility: 1:14.91 F 2017 **Casimir Loxsom, Brooks Beast**
Meet: 1:16.98 M 2015 **Brannon Kidder, Penn State**
PSU: 1:14.96 P 2017 **Isaiah Harris**

Name	Yr	School	Finals
Finals			
1 Minda, Mitchell		SO Psu-Fayette	1:35.50
2 Lacek, Stephen		SO Psu-Fayette	1:35.81

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Men 800 Meter Run

Facility: 1:46.91 F 2019 **Joseph White, Penn State**
Meet: 1:47.34 M 2015 **Ryan Manahan, Georgetown**
PSU: 1:46.08 P 2018 **Isaiah Harris**

Name	Yr	School	Finals	H#
Finals				
1 Perretta, Domenic	SR	Psu Una	1:51.31	1
2 Dorenkamp, Evan	FR	Penn State	1:51.95	1
3 Bulkeley, Benjamin	SO	Penn State	1:52.13	1
4 Ashenfelter, William	SR	Penn State	1:52.24	1
5 Shue, Tyler		Unattached	1:52.88	1
6 Claiborne, Isaiah	FR	Penn State	1:53.85	1
7 Creese, Robby		Unattached	1:54.16	1
8 Beasley-Turner, Justin	SR	Moravian	1:54.27	2
9 Wagner, Nick	SO	Psu Una	1:54.61	2
10 Barton, Ryan	SO	Penn State	1:55.52	1
11 Watson, Dante		Pittsburgh	1:55.55	2
12 Okonofua, Joseph	FR	Morgan State	1:57.50	2
13 Scheib, Alex	SR	Messiah	1:57.66	2
14 Okonofua, Joshua	FR	Morgan State	2:01.59	2
--- Dillard, Isaiah	SO	Penn State	DNF	1

Men 1 Mile Run

Facility: 3:56.51 F 2012 **Jeff See, Saucony**
Meet: 4:03.92 M 2016 **Colin Abert, Penn State**
PSU: 3:57.11 P 2013 **Robby Creese**

Name	Yr	School	Finals
Finals			
1 Romberger, Nate	JR	Messiah	4:37.73
2 Alston, Justin	FR	Morgan State	4:42.83
3 Minda, Mitchell	SO	Psu-Fayette	4:49.46

Men 5000 Meter Run

Facility: 13:58.16 F 2009 **Hassan Mead, Minnesota**
Meet: 8:05.57 M 2017 **Tim McGowan, Penn State**
PSU: 7:50.36 P 2015 **Robby Creese**

Name	Yr	School	Finals
Finals			
1 Clark, Joe		Unattached	14:29.42
2 Tomasko, Alex	SO	Penn State	14:31.78
3 Davis, Isaac	FR	Penn State	14:33.25
4 Hughes, Christopher	FR	Penn State	14:57.45
5 Lewis, Josh	FR	Psu Una	14:57.57
6 Waters, Colin	FR	Psu Una	15:32.90
7 Semle, Ryan	FR	Psu-Fayette	17:13.11
8 Erdman, Drew	SO	Psu-Fayette	18:22.70
--- Sewall, Payton	FR	Penn State	DNF

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Men 60 Meter Hurdles

Facility: 7.49 F 2012 Jarret Eaton, Syracuse
 Meet: 7.93 M 2018 Eddie Lovett, US Virgin Islands
 PSU: 7.69 P 2001 Guy Rose

Name	Yr	School	Finals	
Finals				
1 Williamson, Almighty	FR	Morgan State	8.36	
2 Kizer, Duane	FR	Morgan State	8.47	

Men 4x400 Meter Relay

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

Team	Relay	Finals	
Finals			
1 Psu-Fayette		4:02.05	

Men High Jump

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

Facility: 7-05 F 2008 Joe Kindred, St Augustine's
 Meet: 6-11.50 M 2018 Devin Bradham, Penn State
 PSU: 7-04.25 P 1982 Paul Souza

Name	Yr	School	Finals	
Finals				
1 Pressley, Daenah	JR	Morgan State	2.01m	6-07.00
2 Dillard, Isaiah	SO	Penn State	2.01m	6-07.00
--- Rhooms, Kobe-Jordan	JR	Morgan State	NH	

Men Pole Vault

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

Facility: 18-06.75 F 2018 Matthew Ludwig, Akron
 Meet: 16-03.25 M 2017 Patrick Anderson, Unattached
 PSU: 17-00.75 P 2009 John Vellenoweth

Name	Yr	School	Finals	
Finals				
1 Knipe, Luke	FR	Penn State	4.76m	15-07.25

Men Long Jump

Facility: 26-01.50 F 2011 Justin Hunter, Tennessee
 Meet: 24-02.25 M 2016 Brian Leap, Unattached
 PSU: 25-11 P 1986 David Coney

Name	Yr	School	Finals	
Finals				
1 Davis, Lamar	SO	Morgan State	7.09m	23-03.25
2 Elliot, Micheal	SR	Psu-Fayette	5.29m	17-04.25

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Men Triple Jump

Facility: 55-09 F 2006 Leevan Sands, Bahamas
 Meet: 54-00.50 M 2015 Fabian Florant, Unattached
 PSU: 53-03.50 P 2018 Bryce Williams

Name	Yr	School	Finals	
Finals				
1 Rhooms, Kobe-Jordan	JR	Morgan State	15.01m	49-03.00
2 Pressley, Daenah	JR	Morgan State	13.02m	42-08.75
3 Matsuka-Williams, Wesley	FR	Penn State	12.84m	42-01.50
--- Diawara, Youssouf	FR	Penn State	FOUL	
--- Hamilton, Lance	FR	Penn State	FOUL	

Men Shot Put

Facility: 70-10 F 2013 Ryan Whiting, Nike
 Meet: 59-03 M 2017 Jon Yohman, Penn State
 PSU: 67-03.50 P 2015 Darrell Hill

Name	Yr	School	Finals	
Finals				
1 Bojalad, Thomas	SO	Penn State	16.73m	54-10.75
2 Zimmerman, Jack	SO	Penn State	16.43m	53-11.00
3 Pizarro, Lucciano	FR	Psu Una	14.21m	46-07.50
4 Goodlitt, Kurt	SR	Morgan State	14.14m	46-04.75
5 Duperval, Brian	FR	Morgan State	14.09m	46-02.75
6 Dillard, Isaiah	SO	Penn State	11.08m	36-04.25
7 Lyon, Tyler	JR	Psu-Brandywine	10.83m	35-06.50
8 Weaver, Craig		Psu-Fayette	10.62m	34-10.25
9 Zeleneck, Tyler		Psu-Fayette	9.95m	32-07.75
10 Crayton, Josh	SO	Psu-Fayette	9.45m	31-00.00

Men Weight Throw 35 lb

Facility: 76-06.25 F 2017 Rudy Winkler, Cornell
 Meet: 73-08.75 M 2019 David Lucas, Penn State
 PSU: 78-09.75 P 2018 David Lucas

Name	Yr	School	Finals	
Finals				
1 Merkley, Tyler	SO	Penn State	21.06m	69-01.25
2 Goodlitt, Kurt	SR	Morgan State	16.43m	53-11.00
3 Weaver, Craig		Psu-Fayette	10.42m	34-02.25
4 Zeleneck, Tyler		Psu-Fayette	8.71m	28-07.00