

THE HONOR ROLL

Pennsylvania State Athletic Conference Champions

Men's Team		Year	Champion	Year	Champion
2009	O - Andrew McCloskey (100, 200), Rusty Smith (110H), Paul Wagner (Ham), Matt Gallup (PV), 4 x 100 Relay (Ashfield, Reddick, McClenton, McCloskey); I - Chris Reddick (200), Rusty Smith (55H), Paul Wagner (WT), Drew Miller (TJ), Matt Gallup (PV)	1983	Tony Sabb (400 IH)	2004	O - Vanessa Andes (10k); I - Natasha Jarrett (55, 200)
2008	O - Iuri Pinto (1500), Drew Miller (TJ), Matt Gallup (PV), Paul Wagner (Ham); I - Drew Miller (TJ), Matt Gallup (PV), Paul Wagner (WT), Kenny Cardullo (Pent)	1982	Mike Revenis (Jav)	2003	I - Natasha Jarrett (55, 200), 4x400 Relay (Jackie Babbini, Jill Koscielcecki, Kristin Mullin, Tawny Youtz)
2007	O - Iuri Pinto (1500); I - Iuri Pinto (Mile), DMR (Drew Nesbitt, Jon Reid, Rob Innis, Iuri Pinto)	1981	Mike Revenis (Jav), Tony Sabb (400 IH)	2001	4 x 400 Relay (Jen Eye, Cheryl Griffin, Angela Gray, Shavanna Ross)
2006	I - DMR (Drew Nesbitt, Steve Denninger, Rob Innis, Iuri Pinto)	1979	Paul Ferency (SP), Dave Strein (PV), 4x400 Relay (George Burford, Mark Palmieri, Lou Welch, Dave Evans)	2000	4 x 400 Relay (Jackie Babbini, Cheryl Griffin, Jenn Eye, Shavanna Ross)
2005	O - Andy Richard (LJ); I - DMR (Drew Nesbitt, Steve Denninger, Rob Innis, Iuri Pinto)	1978	Paul Ferency (SP), Woodrow Johnson (100), Ed Patterson (PV), Dale Robertson (110 HH, 400 IH), 4x100 Relay (Chris Harrison, Gary Jackson, Woodrow Johnson, Dale Robertson)	1998	Quanette Jester (TJ)
2003	O - Mark Stinson (400 IH); I - Mike Newhard (HJ)	1977	Pete Heesen (3000 St.), Elbert Price (100, 200), Dale Robertson (400 IH), Mile Relay (Ed Guers, Phil Bujalski, Chris Purvis, Barry Purvis)	1996	Jan Blake (800, 1,500)
2002	O - Brad Fees (HJ); I - Mike Newhard (HJ)	1976	Pete Heesen (3000 St., 6 Miles), Paul Ferency (SP)	1995	Jan Blake (1,500), Colleen Goble (400 H)
2001	Mike Newhard (HJ)	1975	Pete Heesen (3000 St.), Lenny Jenkins (LJ, TJ)	1994	Melainie Avenarius (200), Shannon Kalnoski (Hept)
1998	Rob Stone (LJ)	1974	Lenny Jenkins (LJ, TJ, PV)	1993	Jenn Moyer (5k, 10k)
1997	Russ McGeehan (Disc)	1973	Lenny Jenkins (LJ, TJ)	1992	Michelle Cole (200, 400), Jenn Moyer (10k)
1995	Rob Stone (LJ)	1972	Mile Relay (Jack Sabol, Bill Stohl, Glenn Renick, Dennis Morrissy)	1991	Karen Way (HJ)
1993	Evan Arnow-Perfilio (LJ)	1971	Ed Long (Jav)	1990	Karen Way (HJ), Jocelyn Wurster (LJ)
1992	Evan Arnow-Perfilio (LJ), Lance Branyan (Jav)	1970	Joe Ahouse (880)	1989	Melanie Wentz (100)
1991	Lance Branyan (Decath, Jav)	1968	Gil Rodgers (TJ)	1988	Karen Way (HJ)
1990	Greg Tymon (Decath), Matt Foust (PV)	1962	Russ Hopewell (LJ)	1985	Mile Relay (Karen Sweeney, Niki Romanchik, Dawn Wolfe, Mary Lou Tuttle)
1988	Lance Branyan (Decath)	1961	Russ Hopewell (LJ), Mile Relay (Lee Ely, Joe Galizio, Lou Murdock, Russ Hopewell)	1982	Sue Carden (5k, 10k), 800 Medley Relay (Marie Hamilton, Lisa Gabel, Michelle Peters, Deb Townsend)
1987	4 x 400 Relay (Bob Sauerwine, Jon Hess, Dave Stuart, Jose Ferreira)	1960	Art Wilson (440)	1981	Sue Carden (5k, 10k)
1985	Kevin Mobley (LJ), Carlos Forde (TJ), Jack Goldowski (Tie, 400 IH), 4x400 Relay (Jim Woods, Al Michalec, Dave Stuart, Jack Goldowski)	2009	Women's Team	1980	Sue Carden (5k, 10k), Kathy Hall (SP)
1984	Jack Goldowski (400 IH), 4x400 Relay (Dave Stuart, Brian McClanahan, Al Michalec, Jack Goldowski)	2008	O - Amanda Sines (SP)	1979	Laurie Hocker (200), Sue Carden (5k), Cheryl Baker (SP), Jodi Jarrett (Jav), Terry Walker (Pent), 4x100 Relay (Laurie Hocker, Sharon Sober, Pam Madge, Liz Bodnyk)
		2007	O - Trina Carito (Hept); I - Trina Carito (TJ)		
		2005	I - Amanda Sines (SP), Leslie Martin (Pent)		
			O - Tawny Youtz (400), Vanessa Andes (10k), 4x100 Relay (Tawney Youtz, Ashley Janosko, Ashley Murdock, Theresa Manera)		
			I - Theresa Manera (200), Tawny Youtz (400), 4x400 Relay (Jayme Ferraro, Theresa Manera, Ashley Janosko, Tawny Youtz)		

* PSAC first held indoor championships in 2002

All-Americans

Men's Team				Year	Champion	Year	Champion	Year	Champion
2009	Paul Wagner	Hammer	6th	196-9	1973	Lenny Jenkins	Triple Jump	5th	50-6
	Rusty Smith	60 Hurdles	5th (Indoors)	8:18	1972	Lenny Jenkins	Triple Jump	3rd	49-2 1/4
2008	Iuri Pinto	1,500 Run	4th	3:51.05	1971	Ed Long	Javelin	4th	227-6
	Rusty Smith	60 Hurdles	8th (Indoors)	8.13		Ed Long	Javelin	2nd	229-3
2004	Dan Gale	Javelin	6th	204-7					
2003	Barry Krammes	Javelin	7th	205-6	2008	Lynn Mayer	High Jump	6th	5-8
	Mike Newhard	High Jump	6th (Indoors)	6-9 3/4		Lynn Mayer	High Jump	T5th (Indoors)	5-7
2002	Barry Krammes	Javelin	7th	203-4	2007	Leslie Martin	Heptathlon	8th	4,767 points
	Mike Newhard	High Jump	T6th (Indoors)	6-9 3/4		Leslie Martin	High Jump	5th (Indoors)	5-8
1998	Rob Stone	Long Jump	4th (Indoors)	24-1 3/4	2005	Vanessa Andes	10,000 Run	6th	36:33.40
1996	Rob Stone	Long Jump	6th (Indoors)	22-7 1/4	2001	Jenn Grube	Javelin	6th	140-9 1/4
1992	Lance Branyan	Javelin	4th	215-11		Quanette Jester	Triple Jump	7th	39-5 3/4
	Al Yackenchick	Javelin	6th	208-11		Shavanna Ross	High Jump	6th (Indoors)	5-5 3/4
1991	Martin Brans	1,500 Run	8th (Indoors)	4:02.6	2000	Jenn Grube	Javelin	5th	146-7
1989	Jim Lauck	3,000 St.	6th	9:02.47	1999	Jenelle Strine	Hammer	7th	165-3
1988	Jim Lauck	3,000 St.	5th	9:08.37		Tina Vosper	10,000 Run	8th	37:37.72
1987	Jim Lauck	3,000 St.	7th	8:59.43		Tina Vosper	5,000 Run	6th (Indoors)	17:36.08
1985	Jack Goldowski	400 Int. Hurd	6th	51.93	1997	Jan Blake	Mile Run	3rd (Indoors)	4:49.60
1984	Jack Goldowski	400 Int. Hurd	6th	52.76	1996	Jan Blake	1,500 Run	6th	4:34.10
1982	Mike Revenis	Javelin	1st	244-9	1995	Jan Blake	1,500 Run	6th	4:39.14
1981	Mike Revenis	Javelin	5th	215-9	1993	Jenn Moyer	10,000 Run	7th	37:34.99
1979	Paul Ferency	Shot Put	3rd	58-10 1/4	1991	Karen Way	High Jump	1st	5-9
1978	Paul Ferency	Shot Put	2nd	58-4 3/4		Karen Way	High Jump	2nd (Indoors)	5-9 1/4
1977	Pete Heesen	3,000 St	1st	9:03.52	1990	Karen Way	High Jump	2nd	5-10
1976	Pete Heesen	3,000 St	1st	8:57.96		Jenn Moyer	3,000 Run	8th (Indoors)	10:16.20
	Paul Ferency	Shot Put	4th	53-3 1/4	1989	Karen Way	High Jump	T5th (Indoors)	5-5
1975	Pete Heesen	3,000 St	4th	9:07.4	1986	Georgianna Messinger	10,000 Run	7th	36:49.9
1974	Lenny Jenkins	Triple Jump	2nd	51-7 1/4					

Track & Field NCAA Division II Championships - Indoor

1989

Women

Karen Way – High Jump – t-5th (5-5)

1990

Men

Martin Brans – 1,500m – 6th (3:56.7)

Women

Jenn Moyer – 3,000m – 8th (10:16.2)

1991

Men

Martin Brans – 1,500m – 8th (4:02.60)

Women

Karen Way – High Jump – 2nd (5-9 1/4)

1992

Women

Jenn Moyer – 3,000m – 11th (10:29.50)

1994

Men

Rob Stone – Long Jump – 8th (22-8 1/2)

1995

Women

Jan Blake – 1,500m – DNP (4:42.95)

1996

Men

Rob Stone – Long Jump – 6th (22-7 3/4)

Women

Jan Blake – 800m – DNP (2:14.28)

1997

Men

Russ McGeehan – Weight Throw – 12th (54-6)

Women

Jan Blake – Mile – 3rd (4:49.60)

1998

Men

Rob Stone – Long Jump – 4th (24-1 3/4)

1999

Women

Tina Vosper – 5,000m – 6th (17:36.08)

2000

Women

Cheryl Griffin – 55m – DNP (7.21)

2001

Women

Shavanna Ross – High Jump – 6th (5-5 3/4)

2002

Men

Mike Newhard – High Jump – 6th (6-9 3/4)

2003

Men

Mike Newhard – High Jump – 6th (6-9 3/4)

Brad Fees – High Jump – t-9th (6-6)

2004

Women

Vanessa Andes – 5,000m – 9th (17:07.70)

2007

Women

Leslie Martin – High Jump – t-5th (5-8)

2008

Men

Rusty Smith – 60H – 8th (8.13)

Iuri Pinto – Mile – 10th (4:19.05)

Drew Miller – Triple Jump – 10th (46-9)

Women

Lynn Mayer – High Jump – t-5th (5-7)

Janelle Smith – High Jump – 13th (5-5)

2009

Men

Rusty Smith – 60H – 5th (8.18)

Paul Wagner – Weight Throw – 9th (61-4 3/4)

Track & Field NCAA Division II Championships - Outdoor

1984

Men

Jack Goldowski – 400H – 6th (52.76)

Mike Scicchitano – Javelin – DNP (201-3)

Steve Montick – 10,000m – DNP

Women

Laura Mason – 3,000 - DNP

1985

Men

Jack Goldowski – 400H – 6th (51.93)

Jeff Appel – 1,500m – DNP (4:00.03)

Women

Laura Mason – 5,000m – DNP (18:23.8)

1986

Women

Georgianna Messinger – 10,000m – 7th (36:49.90)

1987

Men

Jim Lauck – 3,000m Steeplechase – 7th (8:59.43)

Women

Georgianna Messinger – 10,000m – 11th (38:36.1)

1988

Men

Jim Lauck – 3,000m Steeplechase – 5th (9:08.37)

Lance Branyan – Javelin – 12th (202-0)

Jeff Hager – Javelin – 16th (191-1)

1989

Men

Jim Lauck – 3,000m Steeplechase – 6th (9:02.47)

1990

Women

Karen Way – High Jump – 2nd (5-10)

1991

Women

Karen Way – High Jump – 1st (5-9)

1992

Men

Lance Branyan – Javelin – 4th (215-11)

Al Yackenchick – Javelin – 6th (208-11)

1993

Men

Evan Arnow-Perfilio – Long Jump – 11th (22-5)

Women

Jenn Moyer – 10,000m – 7th (37:34.99)

1994

Women

Jan Blake – 1,500m – 12th (4:43.82)

1995

Women

Jan Blake – 1,500m – 6th (4:39.14)

1996

Women

Jan Blake – 1,500m – 6th (4:34.10)

1998

Women

Jenn Grube – Javelin – 9th (134-11)

Tina Vosper – 10,000m – 9th (37:20.31)

1999

Women

Jenelle Strine – Hammer Throw – 7th (165-3)

Tina Vosper – 10,000m – 8th (37:37.72)

5,000m – 14th (18:32.75)

Amy Walbert – 10,000m – 9th (37:52.52)

2000

Women

Jenn Grube – Javelin – 5th (146-7)

2001

Men

Mike Newhard – High Jump – t-14th (6-6 1/4)

David Dean – Javelin – 14th (180-1)

Women

Jenn Grube – Javelin – 6th (140-9 1/4)

Quanette Jester – Triple Jump – 7th (39-5 3/4)

Shavanna Ross – High Jump – DNP (No Height)

400H – DNP (64.07)

2002

Men

Barry Krammes – Javelin – 7th (203-4)

2003

Men

Barry Krammes – Javelin – 7th (205-6)

Dan Gale – Javelin – DNP (181-10)

Women

Amy Donovan – Triple Jump – 17th (39-4 1/2)

2004

Men

Dan Gale – Javelin – 6th (207-4)

Barry Krammes – Javelin – 11th (200-3)

Women

Vanessa Andes – 5,000m – 15th (18:21.66)

10,000m – 11th (36:32.01)

2005

Men

Iuri Pinto – 10,000m – 17th (33:34.31)

Women

Vanessa Andes – 10,000m – 6th (36:33.40)

5,000m – 13th (17:49.33)

2006

Men

Iuri Pinto – 10,000m – 17th (33:03.43)

Dan Gale – Javelin – 13th (198-0)

2007

Men

Kenny Cardullo – Javelin – 14th (188-8)

Women

Leslie Martin – Heptathlon – 8th (4767 pts.)

High Jump – 14th (5-5)

2008

Men

Iuri Pinto – 1,500m – 4th (3:51.05)

Kenny Cardullo – Javelin – 12th (194-8)

Drew Miller – Triple Jump – 14th (47-3 1/2)

Matt Gallup – Pole Vault – DNP (No Height)

Women

Lynn Mayer – High Jump – 6th (5-8)

Janelle Smith – High Jump – t-17th (5-3)

Trina Carito – Heptathlon – 12th (4322 pts.)

Kahla Doran – Javelin – 13th (126-5)

2009

Men

Paul Wagner - Hammer - 6th (196-9)

Andrew McCloskey - 100m - 10th (10.48)

Rusty Smith - 110m Hurdles - 13th (14.47)

4x100m Relay (Asher Ashfield, Chris Reddick, Jeff

McClenton, Andrew McCloskey) - 9th (40.92)

Kenny Cardullo - Javelin - 10th (196-4)

Bill Buis - Javelin - 13th (195-9)

Matt Gallup – Pole Vault – DNP (No Height)

Women

Janelle Smith - High Jump - 10th (5-6)

Lynn Mayer - High Jump - t-15th (5-4 1/4)

Track & Field PSAC Championships - Men

Indoor

2002 – 4th – 62 points
2003 – 6th – 55 points
2004 – 6th – 32 points
2005 – 5th – 50 points
2006 – 5th – 56 points
2007 – 3rd – 82 points
2008 – 3rd – 100 points
2009 – 3rd – 120 points

Outdoor

1971 – 7th – 34 points
1972 – 5th – 44 points
1973 – 4th – 64 points
1974 – 3rd – 38 1/2 points
1975 – 6th – 48 points
1976 – 2nd – 111 3/5 points
1977 – 3rd – 90 points
1978 – 2nd – 116 points
1979 – 2nd – 101 points
1980 – 3rd – 79 points
1981 – 6th – 46 points
1982 – 3rd – 71 1/2 points
1983 – 7th – 41 points
1984 – 4th – 56 points
1985 – 3rd – 88 points
1986 – 7th – 24 1/3 points
1987 – 6th – 49 points
1988 – t-6th – 32 points
1989 – 6th – 42 1/2 points
1990 – 5th – 57 points
1991 – 7th – 47 1/3 points
1992 – 4th – 58 points
1993 – 9th – 34 points
1994 – 7th – 35 points
1995 – 5th – 45 points
1996 – 6th – 64 points
1997 – 7th – 34 points
1998 – 8th – 34 points
1999 – 8th – 26 points
2000 – 10th – 20 points
2001 – 7th – 51 points
2002 – 7th – 38 points
2003 – 8th – 35 points
2004 – 8th – 33 points
2005 – 6th – 45 points
2006 – 6th – 51 points
2007 – 4th – 94 1/2 points
2008 – 5th – 89 points
2009 – 2nd – 137 points

Track & Field PSAC Championships - Women

Indoor

2002 – 7th – 48 points
2003 – 3rd – 78 points
2004 – 2nd – 79 points
2005 – 3rd – 69 points
2006 – 7th – 48 points
2007 – 4th – 72 points
2008 – 5th – 65 points
2009 – 6th – 41 points

Outdoor

1979 – 2nd – 123 1/2 points
1980 – 2nd – 98 points
1981 – 3rd – 72 1/2 points
1982 – 2nd – 112 points
1983 – 11th – 9 points
1984 – 12th – 5 points
1985 – 11th – 16 points
1986 – 7th – 16 points
1987 – 10th – 21 points
1988 – 7th – 38 points
1989 – 7th – 31 points
1990 – 7th – 42 points
1991 – 5th – 68 3/4 points
1992 – 3rd – 81 1/2 points
1993 – 6th – 60 points
1994 – 4th – 74 1/3 points
1995 – 7th – 44 points
1996 – 5th – 59 points
1997 – 10th – 13 points
1998 – 5th – 60 points
1999 – 4th – 79 points
2000 – 4th – 81 points
2001 – 3rd – 85 points
2002 – 8th – 34 points
2003 – 8th – 33 1/6 points
2004 – 4th – 76 points
2005 – 6th – 65 points
2006 – 8th – 49 1/2 points
2007 – t-4th – 81 points
2008 – 5th – 71 1/2 points
2009 – 5th – 79 1/2 points