

Penn State Relays, Saturday, January 10, 2009

LHU Men's Placewinners:

Nick Hilton	1 st	Mile	*4:20.61 (<i>19-second victory</i>)
A.J. Johnson	1 st	3000m	*8:38.69
Chris Edelman	2 nd	500m	#@1:04.23 (<i>LHU, PSAC ALL-TIME RECORD</i>)
Tim Getz	3 rd	3000m	*8:51.09
(S. Wilkinson, Faulkner S. Roberts, K. Moore)	3 rd	4x200m Relay	1:30.91 (<i>#3 LHU ALL-TIME</i>)
(S. Roberts, K. Moore B. McConnell, Edelman)	3 rd	4x400m Relay	*3:22.70
(McConnell, J. Amy J. Gainer, Pomerantz)	3 rd	4x800m Relay	*7:59.89
(Faulkner, Roberts Edelman, McConnell)	3 rd	Sprint Medley Relay	3:34.43 (<i>SCHOOL RECORD</i>)
(Gainer, Moore Amy, Hilton)	3 rd	Distance Medley Relay	*10:27.70
Jed Yeatts	4 th	3000m	*8:57.06
(Hilton, B. Pomerantz N. Zondlo, M. Miller)	4 th	4xMile	17:56.81 (<i>#2 LHU ALL-TIME</i>)
Preston Faulkner	5 th	60m	*7.16 Trials/7.17 Finals
Richard Smith	6 th	60mHH	*8.90 Trials/8.83 Finals
Tyler Thomas	7 th	Shot Put	*47' 7"
Randy Sylvia	8 th	Weight Throw	*53' 5"

Other PSAC Qualifiers

Chad Yurchick	Weight Throw~48' 11-1/2"
Tyler Thomas	Weight Throw~44' 6-3/4"

LHU Women's Placewinners:

(C. Snider, K. Warren M. Wolf, S. Simms)	1 st	Sprint Medley Relay	#4:10.11 (<i>SCHOOL RECORD...Simms 800m anchor in 2:14.5/Old Rec 4:24.25</i>)
(S. Simms, L. Lambert A. Douma, M. Liptak)	2 nd	4xMile Relay	#21:28.55 (<i>SCHOOL RECORD</i>)
(A. Pierce, M. Wolf C. Burke, C. Young)	2 nd	4x200m Relay	1:48.14 (<i>#4 LHU ALL-TIME</i>)
(C. Snider, A. Douma Kristina Hamm)	3 rd	Weight Throw	*48' 4-1/2"
(A. Douma, A. Pierce C. Whitmoyer, Lambert)	3 rd	Distance Medley Relay	*12:49.67 (<i>#5 LHU ALL-TIME</i>)
C. Whitmoyer, M. Wolf)	4 th	4x400m Relay	*4:09.31
Alaina Leonard	5 th	Weight Throw	*47' 2-1/2"
Cassie Snider	5 th	Long Jump	*16' 7-1/4"
Jenelle Gobel	6 th	3000m	11:31.58
Courtney Whitmoyer	7 th	500m	1:20.46 (<i>#3 LHU ALL-TIME</i>)
Lauren Edelman	8 th	High Jump	*5' 3"
Christy Ohmott	8 th	Pole Vault	*10' 6"
Kristie Warren	8 th	Triple Jump	*34' 0-1/4"
Caitlin Burke	13 th	300m	44.15 (<i>#3 LHU ALL-TIME</i>)

Other PSAC Qualifiers:

Lauren Edelman	Triple Jump~33' 7-1/4"
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*PSAC Qualifying Mark
@PSAC All-Time Record

#Lock Haven University School Record
&PSAC Championship

%NCAA Provisional Qualifying Mark
\$NCAA Automatic Qualifying Mark