

# Penn State Open, Saturday, January 17<sup>th</sup>, 2009

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## LHU Men's Placewinners:

Randy Sylvia	1 <sup>st</sup>	Weight Throw	#%*58' 2-1/2"	(SCHOOL RECORD)
Nick Hilton	3 <sup>rd</sup>	Mile	*4:16.70	(#6 LHU ALL-TIME)
Chris Edelman	4 <sup>th</sup>	400m	#*48.93	(SCHOOL RECORD)
(J. Gainer, Roberts)				
McConnell, Pomerantz)	5 <sup>th</sup>	Distance Medley Relay	*10:24.71	
Ben McConnell	6 <sup>th</sup>	600m	#@1:22.37	(SCHOOL RECORD)
Chad Yurchick	8 <sup>th</sup>	Weight Throw	*51' 3-1/2"	

## Other PSAC Qualifiers

Mitch Miller	3000m~8:56.95
Kevin Moore	200m~23.13
Brandon Pomerantz	Mile~4:22.79
Steve Roberts	200m~22.56
Tyler Thomas	Shot Put~48' 2-3/4"
Logan Wolfe	Shot Put~45' 3"; Weight Throw~48' 4-1/2"
Nathan Zondlo	800m~1:58.80

## Other Notable Performances:

Nick Hilton	1000m~2:31.26	(#4 LHU ALL-TIME)
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## LHU Women's Placewinners:

Alaina Leonard	2 <sup>nd</sup>	Weight Throw	%*#53' 7"	(SCHOOL RECORD)
Chelsea Morsre	4 <sup>th</sup>	High Jump	%*5' 7"	
(Douma, Wolf,				
Whitmoyer, Lambert)	5 <sup>th</sup>	Distance Medley Relay	#12:25.59	(#2 LHU ALL-TIME)
Vanita Moses	6 <sup>th</sup>	Weight Throw	*49' 0-1/4"	

## Other PSAC Qualifiers:

Alyssa Douma	Mile~5:14.30	
Lauren Edelman	High Jump~5' 3"; Triple Jump~34' 4-1/4"	
Kristina Hamm	Weight Throw~43' 5-1/4"	
Lindsey Lambert	Mile~5:13.15#	(SCHOOL RECORD)
Alaina Leonard	Shot Put~36' 4"	
Chelsea Morse	Long Jump~16' 5-1/4"	
Christy Ohmott	Pole Vault~10' 6"	
Cassie Snider	60m~8.31; Triple Jump~33' 10-1/4"	
Kristie Warren	Long Jump~16' 5-1/4"; Triple Jump~34' 4-1/4"	
Meagan Wolf	400m~1:00.36	

## Other Notable Performances:

Courtney Whitmoyer	600~1:40.54	(#2 LHU ALL-TIME)
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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