



# TRACK & FIELD

**The Sykes & Sabock Challenge Cup**

**@ Ashenfelter III Indoor Track**

**Friday & Saturday || February 3-4, 2017**



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Meet and Entry Information

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# TRACK & FIELD

**THE SYKES & SABOCK CHALLENGE CUP  
FEBRUARY 3-4, 2017  
HORACE ASHENFELTER III INDOOR TRACK**

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**Penn State Track and Field Coaching and Meet Management Staff**

John Gondak	Director and Head Coach TF/XC	jeg33@psu.edu	(814) 883-1933
Erin Tucker	Associate Head Coach (Sprints/Hurdle/Relay)	eht5034@psu.edu	(814) 321-3924
Kevin Kelly	Assistant Coach (Jumps/Pole Vault/Multi)	kgk134@psu.edu	(814) 441-9536
Lucais MacKay	Assistant Coach (Throws)	ljm56@psu.edu	(814) 862-8758
Angela Reckart	Assistant Coach (Distance)	coachreck@psu.edu	(609) 408-0690
Fritz Spence	Assistant Coach (Jumps/Multi)	fgs110@psu.edu	(814) 321-3930
Laura Loht	Director of Operations	lel5115@psu.edu	(814) 321-7544
Owen Dawson	Operations Assistant	ofd5000@psu.edu	(631) 276-7382
Jeff Smith	Strategic Communications	jzs23@psu.edu	(814) 321-5119
Michael Gay	Athletic Trainer	mrg201@psu.edu	(814) 865-8296
Dayna Wenger	Facility Coordinator	dmh136@psu.edu	(814) 867-5905

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**ENTRY FEE**

- \$25.00 per individual/relay or \$400 per team (\$800 M&W). There will be no refunds.
- Entry fee is due – **Monday|| January 30, 2017.**

**PLEASE MAKE CHECKS Payable to || Penn State University**

**Mail to** Laura Loht  
203 Multi-Sport Facility  
University Park, PA 16802

**IMPORTANT||** Do not bring entry fee to the meet. We cannot accept it due to Pennsylvania auditor regulations.

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**ENTRY PROCEDURE**

- On-line through DirectAthletics (www.directathletics.com). Entries will open in Mid-December.
  - All entry marks will be published according to NCAA Rule 4-4.11.
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**ENTRY DEADLINE**

- **Entries will close at 1:00 PM on Monday, January 30, 2017.**
- There will be no declarations – Entries will be considered FINAL at the close of entries.

## **ENTRY LIMITS/REQUIREMENTS**

- Limit will be FOUR individuals per event; and ONE relay. (Teams must enter a minimum of 14 athletes.)

## **TEAM SCORE**

- Events will be scored through eight places (10-8-6-5-4-3-2-1).

## **PENTATHLON**

- We will be hosting a women's pentathlon on Friday afternoon. Please contact **Fritz Spence (fgs110@psu.edu)** via email to discuss possible entry.

## **AWARDS PRESENTATION**

- We will host a brief awards presentation following the conclusion of the meet, recognizing the winning teams in both the men's and women's competitions. We will also recognize the "John Lucas" Men's and Women's Athlete of the Meet at this time.

## **JOHN LUCAS ATHLETE OF THE MEET**

- We will be recognizing the "Most Outstanding" male and female athlete in this year's competition, with the "John Lucas" Athlete of the Meet award. The award is in memory of long-time Penn State professor and Olympic historian John Lucas, who passed away in November of 2012. Winners will be decided by the meet management staff.

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## **RELAY ENTRIES**

- Please make sure to include all eligible athletes (especially if you are entering athletes in RELAYS ONLY)
- You will be required to declare the final order via a relay card at check in. This will insure the proper names are uploaded to the TFRRS system. Blank relays cards will be included in your team packet.

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## **SCRATCHES**

- Initial seeding of the meet will occur on the Wednesday prior to competition.
- **Please submit any and all scratches to Laura Loht by Wednesday, February 1<sup>st</sup> @ 2:00 p.m.**
- Day of scratches should be submitted at the clerk's station.

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## **UNATTACHED ATHLETES**

- **No unattached athletes will be accepted into the competition.**

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## **PRACTICE**

- **The facility will be open to visiting teams during the following window:**
  - **Thursday || February 2 - 3:30-6:30 p.m.**
  - **Friday || February 3 - 8:00-11:00 a.m.**
  - **Please be respectful of this time slot.**
- Please contact Laura Loht to make practice arrangements outside of this window.

## **PACKET PICK UP**

- Packets will be available for pickup at the front desk of the MultiSport Facility during Friday's practice session and prior to the start of the meet on Saturday. Packets will be available at the Clerk's Station on the competition has started.
    - Thursday || February 2 – 3:30-6:30 p.m. (Front Desk)
    - Friday || February 3 – 8:30-11:00 a.m.; 3:30-5:30 p.m. (Front Desk)
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## **HEAT SHEETS**

- Heat sheets will be made available ONLINE at [www.GoPSUsports.com](http://www.GoPSUsports.com) prior to competition and will also be included within team packets.
  - Please note the meet will be seeded based on TFFRS and speculative marks as meet management sees fit.
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## **WARM AREA/TEAM CAMP**

- There will be no warm-ups on the track except immediately before competition after being released by the clerk.
- There is 65 yards of AstroTurf beyond the track to be used for warm up. When you arrive, enter down the back hallway onto the turf and set up camp.

## **FACILITY**

- The track is 200m Mondo (resurfaced in 2011), with hydraulically banked turns (six 42" lanes with 65' radius on oval) and eight 48" lanes on the sprint straightaway. There are dual runways for long jump, triple jump and pole vault with two pits each for pole vault and high jump.

## **RUNWAYS/BOARDS/THROWING CIRCLE**

- Pole Vault: PV runways are 166 feet-plus in length. Both PV runways have the latest "Soft Box" technology installed.
- Long Jump: 180 ft to take off board. Boards are located at 3.80m (12 feet).
- Triple Jump: 165 Feet to Women's Board; 158 Feet to Men's Board; Boards at 34 Feet - Women, 41 Feet - Men.
- All runways are the NCAA-mandated 48-inches wide.
- All throwing events will take place on a concrete circle.

## **COACHING AREAS**

- Coaches and athletes (unless they are competing) are not permitting on the inside of the track.
  - The designated coaching areas are as follows: the backstretch under the scoreboard, the first row of the stands, and the benches on the homestretch (for near pole vault runway ONLY).
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## **WEIGH INS**

- Weigh-ins for the weight throw and the shot put will be held at the event site, prior to competition start.
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## **HIP NUMBERS**

- Athletes must have hip numbers on both hips for each running event.
- Distance events (Mile and Up) will have a third hip number on the chest for lap counters.

## CHECK IN PROCEDURE

- ALL ATHLETES who wear spikes must go through spike check BEFORE beginning warm-ups. This station will be set up in front of the glass doors near the clerk's table.
- All RUNNING EVENTS should check in at the clerking station **60 minutes prior** to the event's scheduled start time.
  - Athletes will be called back to the paddock area for final staging approximately **FIVE (5) minutes prior** to the start of their heat.
- All SPRINT and HURDLE events must check in at the CLERKS' STATION and will be released onto the track for warmups on the sprint straightaway approximately **15 minutes prior** to the start of the event. ATHLETES ARE NOT PERMITTED on the sprint straightaway until they are released by the clerk.
- All FIELD EVENTS should check in **AT SITE 60 minutes prior** to the event's scheduled start time.

## SPECTATING/TEAM SEATING

- *It is mandatory that athletes DO NOT go on the track or the infield except when competing.*
- In accordance with NCAA rules, coaches are likewise requested to stay out of the infield. Athletes are also asked to stay out of the stands as much as possible to accommodate the expected crowd. Athletes should remain on the turf in the team camp area.

## SHIPPING/POLES

- Teams needing to ship poles or other necessary equipment to the facility should contact the facility coordinator, Dayna Wenger; (814) 867-5950 or [dmh136@psu.edu](mailto:dmh136@psu.edu).
- Teams who bring their poles to Thursday's practice session are welcome to store their poles at the facility overnight.

## RESTRICTIONS

- **¼ inch spikes or less, PYRAMIDS & COMPRESSION/CHRISTMASS TREES ONLY (See Attachment)**
- Spikes are allowed on the turf and on the track surface only. No spikes in the hallways, lobby, or locker rooms.
- Coaches please wear rubber soled shoes on the track and turf.
- Athletic tape only for marking purposes – No chalk, paint, etc.
- No food or drinks (except water) on the track or turf.
- Bag weights only in 20# & 35# weight throw event (no hard shell or outdoor weights).
- NCAA Rule 5-5-4-c and 6-1-7-c prohibiting electronic devices by competitors in the competition area will be in effect.

## ATHLETIC TRAINING

- There will be a Certified Athletic Trainer on site during meets, with a student support staff. The training staff will be located on the turf area. Please contact Athletic Trainer Michael Gay (814-865-8296/mrg201@psu.edu) with any specific questions.

## LOCKER ROOMS

- There is limited locker/shower space available for men and women (Locks and towels are not provided).
- Dressing at your hotel is encouraged.

## RESULTS

Results will be posted as quickly as possible at the following locations:

1. Along the hallway on ground level, just outside the turf area.
2. LIVE results will be available on GoPSUSports.com.
3. LIVE updates will be provided throughout the day on Twitter (@PennStateTFXC, Hashtag: #PSUChallengeCup)

## **ATHLETIC TRAINING NOTE**

To: Visiting Track & Field Athletic Trainer  
From: Michael Gay, PhD, ATC &  
Katie Kaminski, ATC  
Assistant Athletic Trainers  
Penn State University  
Re: Track Meet 2016 Season

The athletic training staff at Penn State would like to welcome you to your upcoming meet at Penn State University. Below is a description of the facilities available during all meets held at Penn State. For additional information please visit our web site at:

<http://www.gopsusports.com/sportsmed/visiting-info.html>

### **Facilities:**

If you should have any requests for athletic training modalities please contact us in advance to make arrangements for the athletic training room. Treatment and triage of injuries will be handled on site at the Ashenfelter Multisport Complex and Indoor Track facility.

### **Medical Services:**

A certified athletic trainer will be present at all practice and event sessions. A physician will be on-call for practice and during the meet. Emergency Medical Services will be on-site for the event session and Mt. Nittany Medical Center will be utilized for emergency situations.

### **Supplies**

The following items will be available on site:

Ice	Water and Cups
Blood spill kits	Emergency equipment

If you're team is not planning on traveling with a certified athletic trainer please provide us with prescription for any relevant treatment or taping needs for your team. In addition, ***please let us know of athletes with complications in their medical history which may affect the care given in an emergent situation (i.e. Sickle Cell Trait positive, Cardiac conditions etc.)***

If you have any further requests for medical services or have any questions, please call us at 814-865-8296 (am) or 814-865-8884 (pm). We can also be reached at (814) 777-1437 (Mike) and (231) 944-2705 (Katie) at any time during your visit to Penn State. Thank you and good luck with your up coming season.

Sincerely,

Michael Gay PhD, ATC &  
Katie Kaminski, ATC  
Penn State University  
Athletic Trainers  
Men's & Women's Track and Field



**AIR TRAVEL**

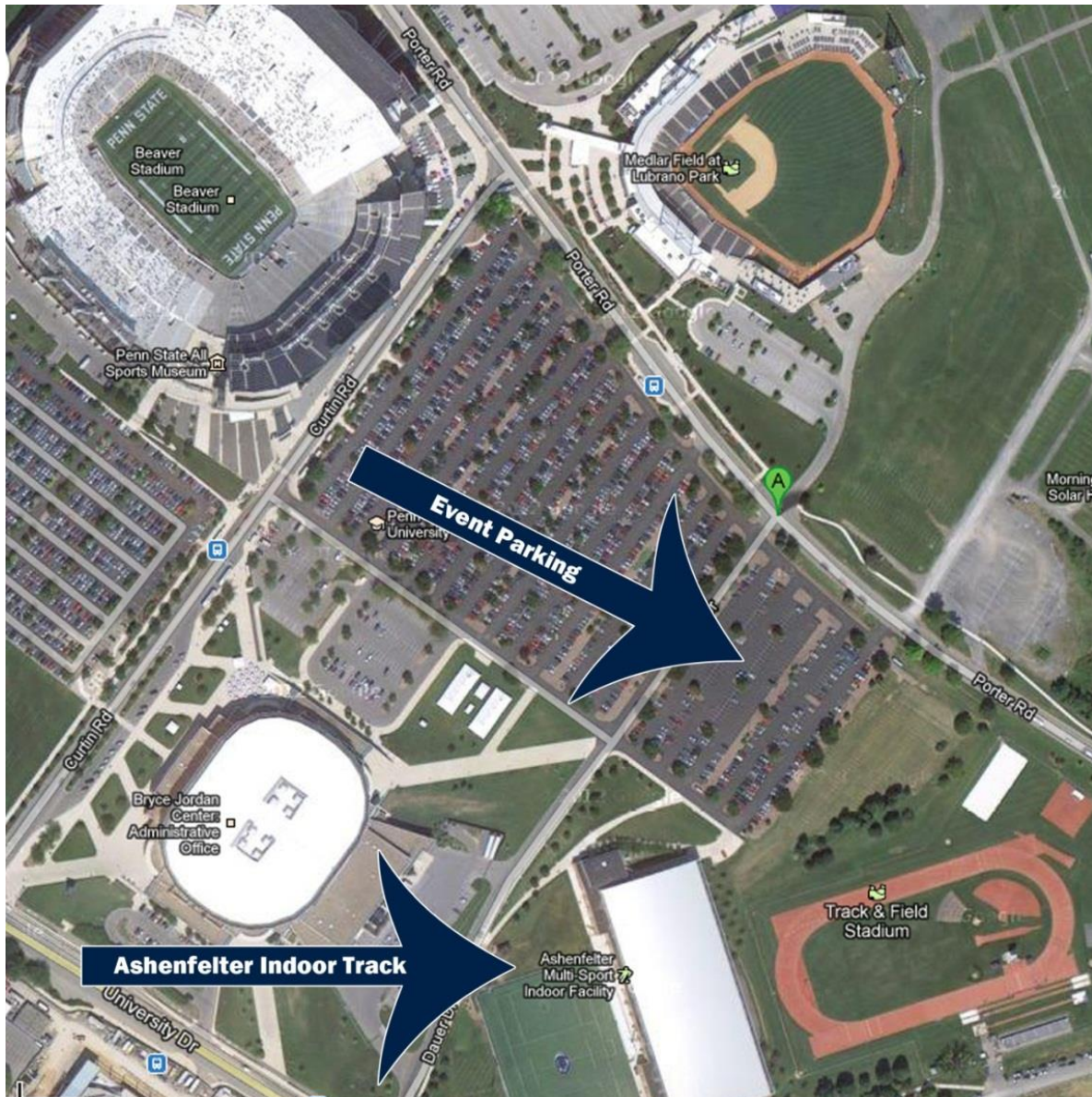
\* Teams looking to fly into one of our competitions should look at the following airports: University Park - SCE (4.6 Miles to Track); Harrisburg International - MDT (98.6 Miles to Track); Baltimore-Washington International - BWI (170 Miles to Track).

**INFORMATION/VISITOR'S GUIDE**

\* Information on local hotels and restaurants can be found at [www.HappyValley.com](http://www.HappyValley.com). **Our recommended hotel is the Hampton Inn (1101 East College Avenue, (814) 231-1590).**

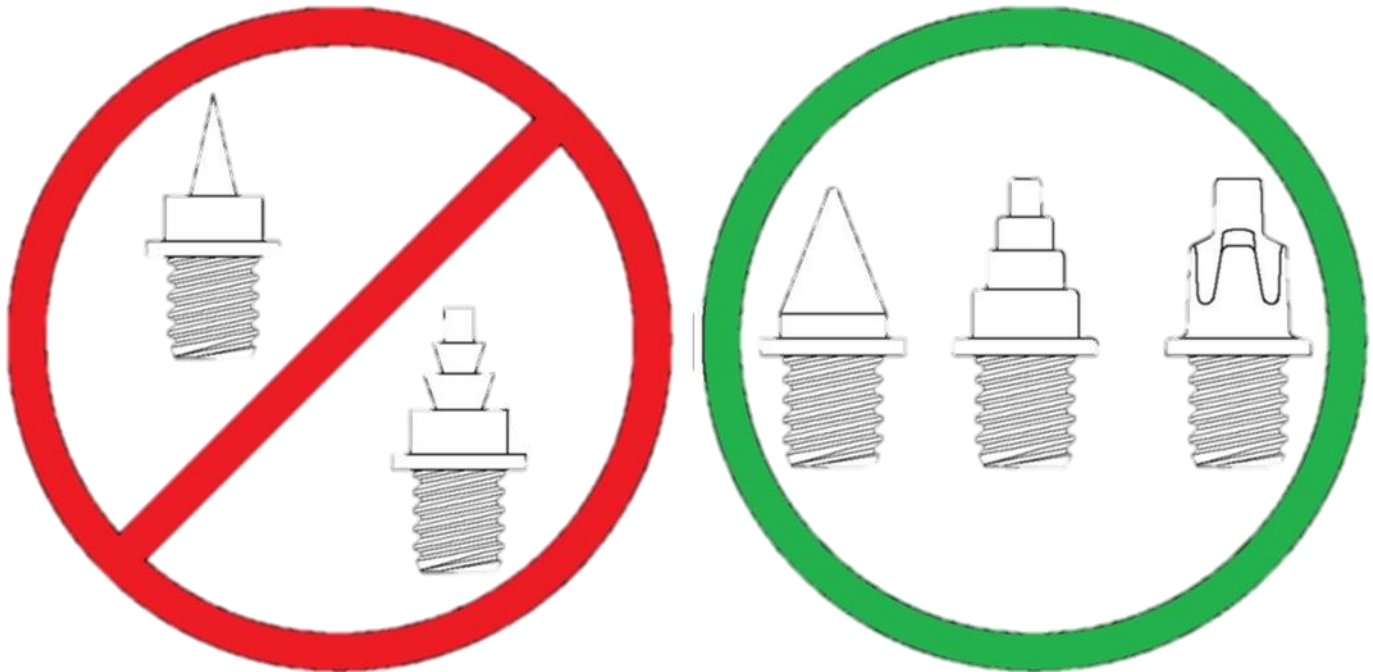
**DIRECTIONS TO ASHENFELTER INDOOR TRACK**

\* Ashenfelter III Indoor Track (AKA the Multi-Sport Facility) is located off of Porter Rd on the University Park Campus. The building sits just south of Beaver Stadium and the Bryce Jordan Center. Setting your GPS to the intersection of Porter Rd and Dauer Drive (University Park, PA, 16802) will bring you to the parking lot just in front of the facility.



|| ASHENFELTER III INDOOR TRACK || SPIKED RESTRICTIONS ||

## **SPIKE REQUIREMENTS**



**¼ INCH PYRAMID & COMPRESSION  
SPIKES ONLY  
(3/8 INCH FOR HIGH JUMP)**

**¼" SPIKES ONLY!! HIGH JUMP ATHLETES WILL BE PERMITTED 3/8" SPIKES!!**

**ALL ATHLETES WILL BE REQUIRED TO GO THROUGH SPIKE CHECK PRIOR TO COMPETITION. DETAILS ON SPIKE CHECK PROCEDURES WILL BE EMAILED TO COACHES PRIOR TO COMPETITION.**





#### || THE SYKES & SABOCK CHALLENGE CUP || TENTATIVE TIME SCHEDULE ||

##### **FIELD EVENTS – DAY ONE**

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5:00 PM	Women Weight Throw 20 lb	Finals
5:00 PM	Women Pole Vault	Finals
5:00 PM	Women Long Jump	Finals
5:00 PM	Men Long Jump	Finals
7:00 PM	Men Weight Throw 35 lb	Finals

##### **TRACK EVENTS – DAY ONE**

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5:00 PM	Mixed 1 Mile Run NVRC	Finals
6:15 PM	Men 60 Meter Hurdles	Prelims
6:30 PM	Women 60 Meter Hurdles	Prelims
6:45 PM	Men 60 Meter Dash	Prelims
7:00 PM	Women 60 Meter Dash	Prelims
7:15 PM	Men Distance Medley	Finals
7:30 PM	Women Distance Medley	Finals
7:45 PM	Men 5000 Meter Run	Finals
8:05 PM	Women 5000 Meter Run	Finals
8:30 PM	Men 60 Meter Hurdles	Finals
8:35 PM	Women 60 Meter Hurdles	Finals
8:40 PM	Men 60 Meter Dash	Finals
8:45 PM	Women 60 Meter Dash	Finals

##### **FIELD EVENTS – DAY TWO**

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11:00 AM	Men Pole Vault	Finals
11:00 AM	Men Shot Put	Finals
1:30 PM	Women Shot Put	Finals
2:00 PM	Women Triple Jump	Finals
2:00 PM	Men Triple Jump	Finals
2:00 PM	Men High Jump	Finals
2:00 PM	Women High Jump	Finals

##### **TRACK EVENTS – DAY TWO**

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12:00 PM	Men 1 Mile Run	Finals
12:15 PM	Women 1 Mile Run	Finals
12:35 PM	Men 400 Meter Dash	Finals
12:45 PM	Women 400 Meter Dash	Finals
12:55 PM	Men 600 Meter Run	Finals
1:05 PM	Women 600 Meter Run	Finals
1:15 PM	Men 800 Meter Run	Finals
1:25 PM	Women 800 Meter Run	Finals
1:35 PM	Men 200 Meter Dash	Finals
2:45 PM	Women 200 Meter Dash	Finals
2:55 PM	Men 3000 Meter Run	Finals
2:15 PM	Women 3000 Meter Run	Finals
2:35 PM	Men 4x400 Meter Relay	Finals
2:55 PM	Women 4x400 Meter Relay	Finals

**|| SYKES & SABOCK CHALLENGE CUP || MEET RECORDS ||**

<b>EVENT</b>	<b>PERFORMANCE</b>	<b>YEAR</b>	<b>ATHLETE - SCHOOL</b>
Men 60 Meter Dash	6.60	2005	Johnnie Drake - Central Michigan
Women 60 Meter Dash	7.26	2008	Gloria Asumnu - Tulane
Men 200 Meter Dash	21.07	2002	Ryan Olkowski - Penn State
Women 200 Meter Dash	23.44	2002	Rachelle Boone - Indiana
Men 400 Meter Dash	46.00	2001	Andrew Pierce - Ohio State
Women 400 Meter Dash	52.50	2007	Shana Cox - Penn State
Men 600 Meter Run	1:18.12	2005	John D'Arcy - Michigan
Women 600 Meter Run	1:27.70	2007	Morgan Uceny - Cornell
<b>Men 800 Meter Run</b>	<b>1:47.31</b>	<b>2016</b>	<b>Isaiah Harris - Penn State</b>
Women 800 Meter Run	2:05.90	2007	Becky Horn - Western Michigan
Men 1 Mile Run	3:57.86	2015	Robby Creese - Penn State
Women 1 Mile Run	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meter Run	8:00.99	2009	Sam Chelenga - Liberty
Women 3000 Meter Run	9:14.24	2005	Lindsey Gallo - Michigan
Men 5000 Meter Run	14:13.25	2007	Jeff Powers - Central Michigan
Women 5000 Meter Run	16:09.07	2001	Erica Palmer - Wisconsin
Men 60 Meter Hurdles	7.77	2003	Joel Brown - Ohio State
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 2000 Meter Steeplechase	5:47.33	2013	Michael Kiley - Penn State
Women 2000 Meter Steeplechase	6:29.38	2013	Natalie Bower - Penn State
Men 4x400 Meter Relay	3:07.78	2001	Ohio State - C Cornwall, E Francis, T Dickson, A Pierce
Women 4x400 Meter Relay	3:34.70	2007	Penn State - D Blake, B Simmons, S Cox, A Barber
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	11:11.33	2009	West Virginia - K Christopher, A Rotilio, K Hamric, K Bland
Men High Jump	7-3 (2.21)	2006	Smialek Tomasz - Akron
	7-3 (2.21)	2010	Ryan Fleck - Auburn
Women High Jump	5-10.75 (1.80)	2003	Alex Church - Kent State
Men Pole Vault	18-1.25 (5.52)	2006	Brian Mondschein - Virginia Tech
<b>Women Pole Vault</b>	<b>13-9.25 (4.20)</b>	<b>2016</b>	<b>Lexi Masterson - Penn State</b>
	<b>13-9.25 (4.20)</b>	<b>2016</b>	<b>Allison Harris - Princeton</b>
Men Long Jump	24-8.50 (7.53)	2002	David Clark - West Virginia
Women Long Jump	20-7 (6.27)	2003	Chi-Chi Aduba - Penn State
Men Triple Jump	52-9.50 (16.09)	2002	Aarik Wilson - Indiana
Women Triple Jump	44-0.50 (13.42)	2003	Melanie Carter - Pittsburgh
Men Shot Put	66-10.5 (20.38)	2015	Darrell Hill - Penn State
Men Shot Put "Invite"	70-10 (21.59)	2013	Ryan Whiting - Nike
<b>Women Shot Put</b>	<b>56-8 (17.27)</b>	<b>2016</b>	<b>Rachel Fatherly - Penn State</b>
<b>Men Weight Throw 35 lb</b>	<b>74-10.50 (22.82)</b>	<b>2016</b>	<b>Rudy Winkler - Cornell</b>
Women Weight Throw 20 lb	71-6.25 (21.80)	2006	Jennifer Leatherman - Penn State
Women Indoor Pentathlon	4059	2005	Gayle Hunter - Penn State

**|| FACILITY RECORDS || TRACK EVENTS ||**

<b>EVENT</b>	<b>PERFORMANCE</b>	<b>YEAR</b>	<b>ATHLETE - SCHOOL</b>
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.17	2012	Barbara Pierre - Unattached
Men 200 Meters	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meters	22.98	2010	Shavon Greaves - Penn State
Men 400 Meters	45.46	2001	Andrew Pierce - Ohio State
Women 400 Meters	52.31	2007	Shana Cox - Penn State
Men 500 Meters	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meters	1:08.70*	2010	Shana Cox - Adidas
	1:09.16 C, AJ	2007	Francena McCorory - Hampton
Men 600 Meters	1:15.79 AmC	2013	Casimir Loxsom - Penn State
	1:16.92 AJ	2010	Casimir Loxsom - Penn State
Women 600 Meters	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meters	1:46.98	2013	Casimir Loxsom - Penn State
Women 800 Meters	2:03.51	2011	Erica Moore - Knoxville Elite
<b>Men 1000 Meters</b>	<b>2:18.26 AmC</b>	<b>2016</b>	<b>Brannon Kidder - Penn State</b>
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:56.51	2012	Jeff See - Saucony
Women Mile	4:30.41	2013	Sheila Reid - Nike
Men 3000 Meters	7:58.51	2000	Robert Gary - Adidas
Women 3000 Meters	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meters	13:58.16	2009	Hassan Mead - Minnesota
Women 5000 Meters	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.49	2012	Jarret Eaton - Syracuse
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 2000 Meter Steeplechase	5:47.33	2013	Michael Kiley - Penn
Women 2000 Meter Steeplechase	6:29.38	2013	Natalie Bower - Penn State
Men 4x200 Meter Relay	1:24.70 CR	2013	PSU - E Mpanduki, M Gilmore, Br. Bennett-Green, A Nadolsky
Women 4x200 Meter Relay	1:37.25	2013	PSU - M Jones, K Nieuwendam, D Anyanwu, K Seymour
Men 4x400 Meter Relay	3:07.33	2012	Pittsburgh - M Murray, D Cowsette, J Lowery, B Spratling
Women 4x400 Meter Relay	3:34.38	2005	Tennessee - L Loche, N Cook, P Hall, C Champion
Men 4x800 Meter Relay	7:22.10	2015	Penn State - J Makins, R Brennan, B Kidder, R Creese
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Sprint Medley	3:23.74	2005	Penn State - E Terrell, J Campisi, C Lolagne, M Lincoln
Women Sprint Medley	3:52.25 C	2007	Penn State - L Burns, L Bettis, A Barber, B Simmons
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	10:55.95	2012	Georgetown - R Schneider, L Finley, C Cox, E Infield

**|| FACILITY RECORDS || FIELD EVENTS ||**

<b>EVENT</b>	<b>PERFORMANCE</b>	<b>YEAR</b>	<b>ATHLETE - SCHOOL</b>
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2.75 (1.90)	2013	Tynita Butts - East Carolina
Men Pole Vault	18-3 (5.56)	2001	Paul Terek - Michigan State
Women Pole Vault	14-3.25 (4.35)	2010	Alicia Rue - Minnesota
Men Long Jump	26-1.50 (7.96)	2011	Justin Hunter - Tennessee
Women Long Jump	21-6.75 (6.57)	2006	Tianna Madison - Nike
Men Triple Jump	55-9 (16.99)	2006	Leevan Sands - Bahamas
Women Triple Jump	45-2.50 (13.45)	2004	Colleen Scott - Unattached
Men Shot Put	70-10 (21.59)	2013	Ryan Whiting - Nike
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
<b>Men Weight Throw 35 lb</b>	<b>74-10.50 (22.82)</b>	<b>2016</b>	<b>Rudy Winkler - Cornell</b>
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Pentathlon	4731	2010	Hyleas Fountain - Nike
	4059 AJ	2005	Gayle Hunter - Penn State

\* - American Indoor Record; C - Collegiate Record; AmC - American Collegiate Record; WJ - World Junior Record; AJ - American Junior Record

**BOLD** - Records set during 2015 season.

**FAMILY/VARIETY**

Applebee's  
12 Colonnade Way  
(814) 235-3890

Baby's Burgers and Shakes  
131 S. Garner St.  
(814) 234-4776

Champs Sports Bar and Grill  
(2 Locations)  
\* 1611 N. Atherton St.  
(814) 234-7700  
\* 139 S Allen St.  
(814) 238-1110

Corner Room Restaurant  
Corner of College Ave. & Allen St.  
(814) 237-3051

Hi-Way Pizza Pub  
428 Westerly Parkway Plaza  
(814) 237-1074

Home Delivery Pizza  
1820 S. Atherton St.  
(814) 237-7777

Hoss's Steak and Sea House  
1450 N. Atherton St.  
(814) 234-4009

Outback Steakhouse  
1905 Waddle Road  
(814) 861-7801

Panera Bread (2 Locations)  
\* 148 S. Allen St.  
(814) 867-8883  
\* 1613 N Atherton St  
(814) 237-0552

Red Lobster  
1670 N. Atherton St.  
(814) 867-3867

Texas Roadhouse  
1885 Waddle Road  
(814) 235-7427

TGI Fridays  
1215 N. Atherton St.  
(814) 861-5540

The Tavern Restaurant  
220 E. College Ave.  
(814) 238-6116

The Waffle Shop (3 locations)  
\* 364 E. College Ave.  
(814) 237-9741  
\* 1229 N. Atherton St.  
(814) 238-7460

\* 1610 W. College  
(814) 235-1816

Wegman's Café  
345 Collonade Boulevard  
(814) 278-9000

Ye Olde College Diner  
126 W. College Ave.  
(814) 238-5590

**FAST FOOD**

Burger King  
521 University Drive  
(814) 238-2281

McDonald's (4 locations)  
\* 442 E. College Ave.  
(814) 231-5533  
\* 2167 S. Atherton St.  
(Hills Plaza)  
(814) 231-6644  
\* 2821 E. College Ave.  
(Nittany Mall)  
(814) 231-7755  
\* 1615 N. Atherton St.  
(Wal-Mart Plaza)  
(814) 231-8800

Taco Bell (2 locations)  
\* 322 W. College Ave.  
(814) 231-8226  
\* 100 Rolling Ridge Dr.  
(Hills Plaza)  
(814) 238-3335

Wendy's  
1610 N. Atherton St.  
(814) 237-5894

**SUBS/SANDWICHES**

HoneyBaked Ham  
1724 S Atherton St.  
(814) 272-4267

Irving's Bagels  
110 E. College Ave.  
(814) 231-0604

Frasier Street Deli  
109 South Fraser Street  
(814) 234-1918

Jimmy John's  
434 E. College Ave.  
(814) 237-9300

Subway (4 locations)  
\* 100 S. Burrowes St.  
(814) 231-0232  
\* 300 S. Pugh St.  
(814) 231-0231  
\* 454 E. College Ave.  
(814) 231-0233

\* Northland Center  
(N. Atherton St.)  
(814) 231-0234

The Pita Pit  
218 E. Calder Way  
(814) 234-1228

**PIZZA**

Brother's Pizza  
238 W. Hamilton Ave  
(814) 237-6000

Domino's Pizza  
1100 N. Atherton St.  
(814) 237-1414

Little Caesars  
1712 S Atherton St  
(814) 272-5100

Papa John's  
1341 S. Atherton St.  
(814) 234-7272 24

Pizza Hut  
760 S. Atherton St.  
(814) 237-8093

**ITALIAN**

Faccia Luna  
1229 S. Atherton St.  
(814) 234-9000

Luna 2 Woodgrill  
2609 E. College Ave.  
(814) 234-9009

Mario & Luigi's  
1272 N. Atherton St.  
(814) 234-4273

Olive Garden  
1945 Waddle Rd.  
(814) 861-1620  
Rotelli's  
250 E. Calder Way  
(814) 238-8463

**MEXICAN**

Chipotle  
116 Heister Street  
(814) 231-0442

Mad Mex  
240 S. Pugh St. (Days Inn)  
(814) 272-5656  
Rey Azteca  
485 Benner Pike  
(814) 238-8700

Qdoba Mexican Grill  
206 W. College Ave.  
(814) 861-3288

**CONTEMPORARY**

Allen Street Grill  
Corner of College Ave. & Allen St.  
(814) 231-4745

The Deli Restaurant  
113 Heister St.  
(814) 237-5710