

2017 Nittany Lion Challenge @ Ashenfelter III Indoor Track Saturday || January 14, 2016

**Meet and Entry Information** 



# THE NITTANY LION CHALLENGE JANUARY 14, 2016 HORACE ASHENFELTER III INDOOR TRACK

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

| John Gondak    | Director and Head Coach (Distance/Mid-Distance) | jeg33@psu.edu     | (814) 863-1933 |
|----------------|---|-------------------|----------------|
| 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 |
|                |   |                   |                |

#### ENTRY FEE

- \$25.00 per individual/relay or \$400 per team (\$800 M&W). There will be no refunds.
  - Entry fee is due at the close of entries **Tuesday, January 10, 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.

#### **ENTRY PROCEDURE**

- On-line through DirectAthletics (www.directathletics.com). Entries will open in Mid-December.
- Note Unattached entries will NOT be accepted via DirectAthletics.

#### **ENTRY DEADLINE**

- Entries will close at 1:00 p.m. on Tuesday, January 10, 2017.
- There will be no declarations Entries will be considered FINAL at the close of entries.

#### **RELAY ENTRIES**

- Please make sure to include all eligible athletes.
- 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.

#### 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, January 11 @ 2:00 p.m.
- Day of scratches should be submitted at the clerk's station.

#### **UNATTACHED ATHLETES**

• We may have the ability to accept unattached athletes on a limited basis. In order to be considered, interested athletes must contact **Laura Loht** prior to January 8, 2017. Proof of performance (within the last year) MUST be included in the entry request.

#### PRACTICE

- The facility will be open to visiting teams during the following window:
  - Friday, January 13 3:30-6:30 p.m.
  - Please be respectful of this time slot.
- Please contact **Laura Loht** to make any practice arrangements outside 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 once the competition has started.
  - Friday, January 13 3:30-6:30 p.m. (Front Desk)
  - Saturday, January 14 8:30-10:00 a.m. (Front Desk)

#### HEAT SHEETS

- Heat sheets will be made available ONLINE at www.GoPSUsports.com prior to competition and also be included in team packets.
- Please note the meet will be seeded based on TFFRS and speculative marks as meet management sees fit.

#### 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 permitted 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).

### **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.

### **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.

#### WEIGH INS

• Weigh-ins for the weight throw and the shot put will be held at the event site, prior to competition beginning.

#### SPECTATOR/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) 867-5905 or <u>dmh136@psu.edu</u>
- Teams who bring their poles to Friday's practice session are welcome to stores their poles at the facility overnight.

#### RESTRICTIONS

- 1/4 inch spikes or less, PYRAMIDS & COMPRESSION/CHRISTMAS 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: #PSURelays)

#### 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:

IceWater and CupsBlood spill kitsEmergency 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. **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 Road 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 Road 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**

# 1/4 INCH PRIAMID & COMPRESSION SPIKES ONLY (3/8 INCH FOR HIGH JUMP)

1/4" 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.

## || NITTANY LION CHALLENGE || TENTATIVE TIME SCHEDULE ||

Women Weight Throw 20 lb

Men Weight Throw 35 lb (to follow W WT)

Women Shot Put (to follow M WT)

Men Shot Put (to follow W SP)

Men Pole Vault (Front Runway)

Men Long Jump

Men Triple Jump

Women Long Jump

Women Triple Jump

Women High Jump

Men High Jump

Women Pole Vault (Back Runway)

#### FIELD EVENTS

11:00 AM 12:30 PM (Estimated) 2:00 PM (Estimated) 3:30 PM (Estimated)

11:00 AM 11:00 AM

11:00 AM 12:30 PM (Estimated) 2:00 PM (Estimated) 3:30 PM (Estimated)

2:45 PM 2:45 PM

#### TRACK EVENTS

| TRACK EVENTS |                         |  |
|--------------|-------------------------|--|
| 11:30 AM     | Mixed 1 Mile Run NVRC   |  |
| 12:15 PM     | Men 1 Mile Run          |  |
| 12:25 PM     | Women 1 Mile Run        |  |
| 12:50 PM     | Men 60 Meter Hurdles    |  |
| 12:55 PM     | Women 60 Meter Hurdles  |  |
| 1:05 PM      | Men 60 Meter Dash       |  |
| 1:10 PM      | Women 60 Meter Dash     |  |
| 1:25 PM      | Men 800 Meter Run       |  |
| 1:35 PM      | Women 800 Meter Run     |  |
| 1:45 PM      | Men 60 Meter Hurdles    |  |
| 1:50 PM      | Women 60 Meter Hurdles  |  |
| 1:55 PM      | Men 60 Meter Dash       |  |
| 2:00 PM      | Women 60 Meter Dash     |  |
| 2:10 PM      | Men 400 Meter Dash      |  |
| 2:25 PM      | Women 400 Meter Dash    |  |
| 2:40 PM      | Men 1000 Meter Run      |  |
| 2:50 PM      | Women 1000 Meter Run    |  |
| 2:55 PM      | Men 600 Meter Run       |  |
| 3:05 PM      | Women 600 Meter Run     |  |
| 3:15 PM      | Men 200 Meter Dash      |  |
| 3:25 PM      | Women 200 Meter Dash    |  |
| 3:40 PM      | Men 3000 Meter Run      |  |
| 3:55 PM      | Women 3000 Meter Run    |  |
| 4:10 PM      | Men Distance Medley     |  |
| 4:25 PM      | Women Distance Medley   |  |
| 4:40 PM      | Men 4x400 Meter Relay   |  |
| 4:55 PM      | Women 4x400 Meter Relay |  |
|              |                         |  |

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# NITTANY LION CHALLENGE || MEET RECORDS

| EVENT                    | PERFORMANCE           | YEAR | ATHLETE - SCHOOL   |
|--------------------------|-----------------------|------|--|
| Men 60 Meters            | 6.66                  | 2016 | Bruno Horelano-Roig - Unattached                         |
| Women 60 Meters          | 7.32                  | 2011 | Natasha Hastings - Nike                                  |
| Men 200 Meters           | 21.02                 | 2014 | Timothy Faust - Ohio State                               |
| Women 200 Meters         | 23.32                 | 2011 | Natasha Hastings - Nike                                  |
| Men 400 Meters           | 46.26                 | 2015 | Brycen Spratling - Unattached                            |
| Women 400 Meters         | 53.32                 | 2010 | Fawn Dorr - Penn State                                   |
| Men 600 Meters           | 1:16.66               | 2012 | Casimir Loxsom - Penn State                              |
| Women 600 Meters         | 1:28.15               | 2010 | Shana Cox - Adidas                                       |
| Men 800 Meters           | 1:46.98               | 2013 | Casimir Loxsom – Penn State                              |
| Women 800 Meters         | 2:08.23               | 2014 | Katrina Coogan - Georgetown                              |
| Men 1000 Meters          | 2:18.26               | 2016 | Brannon Kidder - Penn State                              |
| Women 1000 Meters        | 2:42.31               | 2010 | Nicole Edwards - Unattached                              |
| Men Mile                 | 4:04.26               | 2011 | Owen Dawson - Penn State                                 |
| Women Mile               | 4:45.59               | 2016 | Elizabeth Chikotas – Penn State                          |
| Men 3000 Meters          | 8:00.25               | 2015 | Ahmed Bile - Georgetown                                  |
| Women 3000 Meters        | 9:16.04               | 2010 | Katie McGregor - Reebok                                  |
| Men 60 Meter Hurdles     | 7.76                  | 2014 | Demoye Bogle- Ohio State                                 |
| Women 60 Meter Hurdles   | 8.19                  | 2010 | Tiffany Ofili - Adidas                                   |
| Men 4x400 Meter Relay    | 3:07.33               | 2012 | Pittsburgh – M Murray, D Cowsette, J Lowery, B Spratling |
| Women 4x400 Meter Relay  | 3:35.93               | 2015 | Miami – K Bilkwill, T Cordell, T Stewart, S Wimbley      |
| Men Distance Medley      | 9:56.85               | 2013 | Penn State – T Corkedale, R West, N Scarpello, S Masters |
| Women Distance Medley    | <mark>11:32.61</mark> | 2008 | Pennsylvania - C Kim, S Morgan, J Carlin, S Kim          |
| Men High Jump            | 7-2.25 (2.19)         | 2009 | Ryan Fritz - Penn State                                  |
| Women High Jump          | 6-2 (1.88)            | 2010 | Nicole Forrester - Mizuno                                |
| Men Pole Vault           | 16-6 (5.03)           | 2012 | Alfonso Scannipieco - Albany                             |
| Women Pole Vault         | 14-1.25 (4.30)        | 2016 | Alysha Newman - Miami                                    |
| Men Long Jump            | 24-5.75 (7.46)        | 2011 | Doug Moppert - Penn State                                |
| Women Long Jump          | 20-8.5 (6.31)         | 2015 | Gabrielle Farquharson - Rutgers                          |
| Men Triple Jump          | 53-1.50 (16.19)       | 2011 | Omar Craddock - Florida                                  |
| Women Triple Jump        | 43-6 (13.26)          | 2009 | Jeomi Maduka - Cornell                                   |
| Men Shot Put             | 69-10.25 (21.29)      | 2012 | Ryan Whiting - NIke                                      |
| Women Shot Put           | 56-0.5 (17.08)        | 2016 | Rachel Fatherly - Penn State                             |
| Men Weight Throw 35 lb   | 66-2.5 (20.18)        | 2015 | Andrew Wells - Pittsburgh                                |
| Women Weight Throw 20 lb | 67-2.25 (20.48)       | 2007 | Jen Leatherman - Unattached                              |

# || FACILITY RECORDS || TRACK EVENTS ||

| EVENT                         | PERFORMANCE   | YEAR | ATHLETE - SCHOOL  |
|-------------------------------|---------------|------|---|
| 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 AC    | 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              | 2:03.25       | 2014 | Justine Fedronic – Stanford                                       |
| Men 1000 Meters               | 2:18.26 AmC   | 2016 | Brannon Kidder - Penn State                                       |
| 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               | 7:57.75       | 2014 | Patrick Tiernan - Villanova                                       |
| 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 C     | 2013 | Penn State - E Mpanduki, M Gilmore, Br. Bennett-Green, A Nadolsky |
| Women 4x200 Meter Relay       | 1:35.65 C     | 2014 | Penn State - M Osborne, K Seymour, D McGee, M Jones               |
| Men 4x400 Meter Relay         | 3:06.98       | 2014 | Pittsburgh - M Murray, C Nkanata, D Palmer, B Spratling           |
| Women 4x400 Meter Relay       | 3:34.22       | 2014 | Penn State – D McGee, K Seymour, T Rhodes, M Jones                |
| 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           | 9:26.59       | 2014 | Penn State – B Kidder, B Bennett-Green, Z Watkins, R Creese       |
| Women Distance Medley         | 10:54.04      | 2014 | Stanford – A Weissenbach, K Williams, C Saunders, J Fedronic      |

## || FACILITY RECORDS || FIELD EVENTS ||

| EVENT                    | PERFORMANCE      | YEAR | ATHLETE - SCHOOL                   |
|--------------------------|------------------|------|------------------------------------|
| 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           | 18-3.25 (5.57)   | 2014 | Shawn Barber - Akron               |
| 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 |
| Men Weight Throw 35 lb   | 74-10.50 (22.82) | 2016 | Rudy Winkler - Cornell             |
| 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; AJ - American Junior Record

**BOLD** – Records set during 2016 season.

#### **Restaurant Recommendations**

#### 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