



CROSS-COUNTRY

Penn State National Open

@ Penn State University

Friday || October 14, 2016

Collegiate Meet and Entry Information



CROSS-COUNTRY

The PSU National Open @ Penn State University

Friday || October 14, 2016

TENTATIVE PSU Open Time Schedule

10:45 AM Women's 6,000 Meters
11:30 AM Men's 5.2 Miles

Entry Information, Fees, and Procedures

Entry Limit

We are able to accommodate 30 teams per gender, with a MAXIMUM of 15 entries.

Entry Fee

Single Gender: \$250 per team (\$500 for combined gender programs);

Entry Fee Deadline: Close of Entries (Monday, October 10) **** NO ENTRY FEES will be accepted at the meet.**

Make Checks Payable to: Penn State University

Send entry fee to:

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

Entry Deadline

Monday || October 10, 2016 @ 11:59 p.m.; Entries will be open on DirectAthletics by Monday || August 22.

Entry Procedure

Online through Direct Athletics - www.directathletics.com; You may change your entry until the deadline. Please delete any runners that you are certain will not be competing in the meet before the entry deadline. If you are not sure, leave them in the meet. If you are not on Direct Athletics "Invited Teams" list, please contact Laura Loht at lel5115@psu.edu, to discuss potential entry.



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Pre-Meet and Race Day Information

Practice Day (Thursday, October 13)

The course will be open for inspection at 11:00 a.m. and also 4:00-6:00 p.m.

- *The course will still be open to golfers during practice time, so please be mindful of these windows.*

Parking

- Onsite parking will not be available until 4:30 p.m.

Race Day (Friday, October 14)

The course will be open for inspection from 9:00-10:15 a.m.

Parking

- All Bus Loading/Unloading will take place in the Red A Lot. Access to this lot is located off of University Drive on to White Course Drive.
- School Vans will be permitted in Red A. Please let Laura Loht (lel5115@psu.edu) know that you intend to have a van so parking can be arranged.
- All Buses will be directed to Porter North. Located on the opposite side of campus near Beaver Stadium and Medlar Field.
- Spectator parking will be available at the Nittany Deck for \$1.00 an hour. This deck is about a 10 min walk to the course.

Packet Pickup

Packet pickup will be available during practice (4:30-5:30 p.m.) on Friday or prior to competition on Saturday (Beginning at 9:00 a.m.).

TENTATIVE RACE DAY TIMELINE

9:00-10:15 AM	Course Open for Inspection
9:00 AM	Packets/Timing Chips Available for Pick Up
10:30 AM	College Women's 6K Called to Start
10:45 AM	College Women's 6K Begins
11:15 AM	College Men's 5.2 Miles Called to Start
11:30 AM	College Men's 5.2 Miles Begins

Team Camps/Course Guidelines

Please keep team camps AWAY from the starting line. Team camps should be on the field below the starting line (between the starting line and the parking lot) and away from all fairway and greens.

Please avoid all greens and fairways. PLEASE inform any parents, fans, etc., of this as well.

Please NOTE - NO TEAM CAMPS OR WARMUPS will be permitted on fenced in rugby fields.



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Additional Meet Information

Results

Unofficial results will be posted near the finish line and uploaded to www.GoPSUsports.com at the conclusion of the event.

Athletic Training

Certified athletic trainers will be on-site for all practices and competitions. In addition, an ambulance and EMS crew will be available on Saturday for the races. Mount Nittany Medical Center is approximately five miles away from the Blue/White Courses and the emergency room phone number is 814-231-7000.

Showers/Locker Rooms

Locker rooms will be available in Rec Hall – across the street from the starting line.

Recommended Hotel

Hampton Inn - (814) 231-1590 2.0 Miles to Course

Directions to Course/Parking

Take 322 Business/Atherton St and follow to campus. The Red A Park Lot is located at the Intersection of Atherton St and White Course Drive – Directly across from Rec Hall. Buses will be directed to park within the lot. If the lot reaches capacity, buses may be directed off-site. Also Note – The Lot is NOT OPEN for public parking until after 4:30 PM on Friday. Parking on competition day (Saturday) will be reserved STRICTLY for TEAMS AND OFFICIALS.

Additional Meet Information:

Log on to www.GoPSUsports.com for updates and additional information (including course maps).



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TOP 10 MEN'S PERFORMANCES AND RECORDS || BLUE-WHITE GOLF COURSE (5.2 Miles)

1.	Erick Mack (Air Force Academy)	24:54 (1995)
2.	Martin Fagan (Providence)	24:56 (2005)
3.	Matt Downin (Wisconsin)	24:57 (1999)
4.	Hassan Mead (Minnesota)	25:00 (2009)
5.	Elliot Krause (Wisconsin)	25:05 (2009)
6.	John Schoenfelder (Wisconsin)	25:06 (1999)
7.	Jeff See (Ohio State)	25:07 (2009)
8.	Andrew Bumbalough (Georgetown)	25:10 (2008)
9.	Mark Steads (Georgia State)	25:14 (2008)
10.	John Cantin (Michigan)	25:16 (1999)
	Brian Hyde (William & Mary)	25:16 (1994)
	Maverick Darling (Wisconsin)	25:16 (2009)

TOP 10 PENN STATE NATIONAL OPEN PERFORMANCES || BLUE-WHITE GOLF COURSE (5.2 Miles)

1.	Martin Fagan (Providence)	24:56 (2005)
2.	Andrew Bumbalough (Georgetown)	25:10 (2008)
3.	Mark Steads (Georgia State)	25:14 (2008)
4.	Levi Miller (Georgetown)	25:17 (2008)
5.	Hugo Beamish (Villanova)	25:19 (2008)
6.	Ahmed Maji (Providence)	25:21 (2005)
7.	Ryan Sheehan (Unattached)	25:22 (2004)
8.	CW Moran (James Madison)	25:23 (2005)
	Terefe Ejigu (Eastern Michigan)	25:23 (2010)
10.	Teddy Myers (St. Joe's)	25:24 (2005)
	Kyle Dawson (Penn State)	25:24 (2008, 2010)

PENN STATE NATIONAL OPEN INDIVIDUAL AND TEAM CHAMPIONS (SINCE 2001)

2001	Sean Graham (William and Mary)	William and Mary (21)
2002	Eric Gillis (Speed River)	Speed River TC (91)
2003	Dan Mazzocco (Penn State)	Colorado State (36)
2004	Ryan Sheehan (Unattached)	American (49)
2005	Martin Fagan (Providence)	Eastern Michigan (100)
2006	Ryan Blood (Lock Haven)	Syracuse (68)
2007	Marcharia Yuot (Unattached)	La Salle (62)
2008	Andrew Bumbalough (Georgetown)	Georgetown (43)
2009*	Ryan Blood (Unattached)	Cornell (48)
2010	Terefe Ejigu (Eastern Michigan)	Syracuse (61)
2011	Ryan Blood (Unattached)	Penn State (47)
2012	<i>Meet Not Contested</i>	
2013	Kyle Dawson (PSU Alumni)	Penn State Alumni (19)
2014	Alex Izewski (Temple)	Penn State (40)
2015	Brannon Kidder (Unattached)	Youngstown State (30)

* 2009 Meet Moved to Lock Haven.



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TOP 10 WOMEN'S PERFORMANCES AND RECORDS || BLUE-WHITE GOLF COURSE (6,000 METERS)

1.	Sheila Reid (Villanova)	19:34 (2010)
2.	Kim Smith (Providence)	19:46 (2003)
3.	Emily Infield (Georgetown)	19:50 (2010)
4.	Megan Hogan (G. Washington)	19:58 (2010)
5.	Bridget Franek (PSU)	20:03 (2009)
6.	Alex Banfich (Princeton)	20:04 (2010)
7.	Bogdana Mimic (Villanova)	20:05 (2010)
8.	Lindsay Carson (Guelph)	20:07 (2008)
9.	Amanda Marino (Villanova)	20:09 (2010)
10.	Angela Bizzari (Illinois)	20:10 (2009)
	Alison Smith (Villanova)	20:10 (2010)

TOP 10 PENN STATE NATIONAL OPEN PERFORMANCES || BLUE-WHITE GOLF COURSE (6,000 METERS)

1.	Kim Smith (Providence)	19:46 (2003)
2.	Lindsay Carson (Guelph)	20:07 (2008)
3.	Keri Bland (West Virginia)	20:11 (2008)
4.	Clara Grandt (West Virginia)	20:17 (2008)
5.	Bridget Franek (Penn State)	20:20 (2008)
6.	Mary Cullen (Providence)	20:23 (2004)
	Sheila Reid (Villanova)	20:23 (2010)
8.	Sarah Bowman (Tennessee)	20:24 (2008)
9.	Molly Landreth (PSU)	20:30 (2003)
10.	Shannon Rowbury (Duke)	20:34 (2005)

PENN STATE NATIONAL OPEN INDIVIDUAL AND TEAM CHAMPIONS (SINCE 2000)

2000	Melissa Foon (Navy)	UCLA (38)
2001	Erin Mertin (Florida)	James Madison (35)
2002	Megan Metcalfe (W. Virginia)	Providence (51)
2003	Kim Smith (Providence)	Providence (49)
2004	Kim Smith (Providence)	Providence (49)
2005	Shannon Rowbury (Duke)	Duke (22)
2006	Miesha Marzell (Pony Express)	Syracuse (44)
2007	Marie-Louise Asselin (West Virginia)	West Virginia (86)
2008	Lindsay Carson (Guelph)	West Virginia (57)
2009*	Neely Spence (Shippensburg)	West Virginia (27)
2010	Sheila Reid (Villanova)	Villanova (26)
2011	Kate Harrison (West Virginia)	West Virginia (45)
2012	<i>Meet Not Contested</i>	
2013	Victoria Davis (Bloomsburg)	West Virginia (28)
2014	Valerie Palermo (Duquesne)	Duquesne (25)
2015	McKinsie Klim (Youngstown State)	Penn State (37)

* Meet contested to Lock Haven.



CROSS-COUNTRY

Recommended Restaurants

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