



TRACK & FIELD

Penn State Tune-Up

@ Ashenfelter III Indoor Track

Saturday || February 18, 2017

Meet and Entry Information



TRACK & FIELD

**THE PENN STATE TUNE-UP
FEBRUARY 18, 2017
HORACE ASHENFELTER III INDOOR TRACK**

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

TIME SCHEDULE

- Events will be limited based on entries
- Schedule will come out closer to the competition

ENTRY FEE

- There is no entry fee for this meet.

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, February 14, 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 (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.

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 15 @ 2:00 p.m.**
 - Any day of scratches should be submitted at the clerk's station.
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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 February 13, 2017. Proof of performance (within the last year) **MUST** be included in the entry request.
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PRACTICE

- **The facility will be open to visiting teams during the following window:**
 - **Friday || February 17 - 3:30-6:30 p.m.**
 - **Please be respectful of this time slot.**
 - Please contact **Laura Loht** to make practice arrangements outside of this window.
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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, February 19 – 3:30-6:00 p.m. (Front Desk)
 - Saturday, February 20 – 8:00-9:30 a.m. (Front Desk)
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HEAT SHEETS

- Heat sheets will be made available ONLINE at www.GoPSUsports.com prior to competition and also be included within the team packet.
 - 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, take your team to the turf and set up camp.
- The clerking area is at the edge of the turf near the backstretch.



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).
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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

- In addition to bib 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.
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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 beginning.

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
- Teams who bring their poles to Friday's practice session are welcome to store their poles at the facility overnight

RESTRICTIONS

- **¼ 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: #PSUTuneUp)

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 your 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 upcoming season.

Sincerely,

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



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THE PENN STATE TUNE-UP

FEBRUARY 18, 2017

Meet Information

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

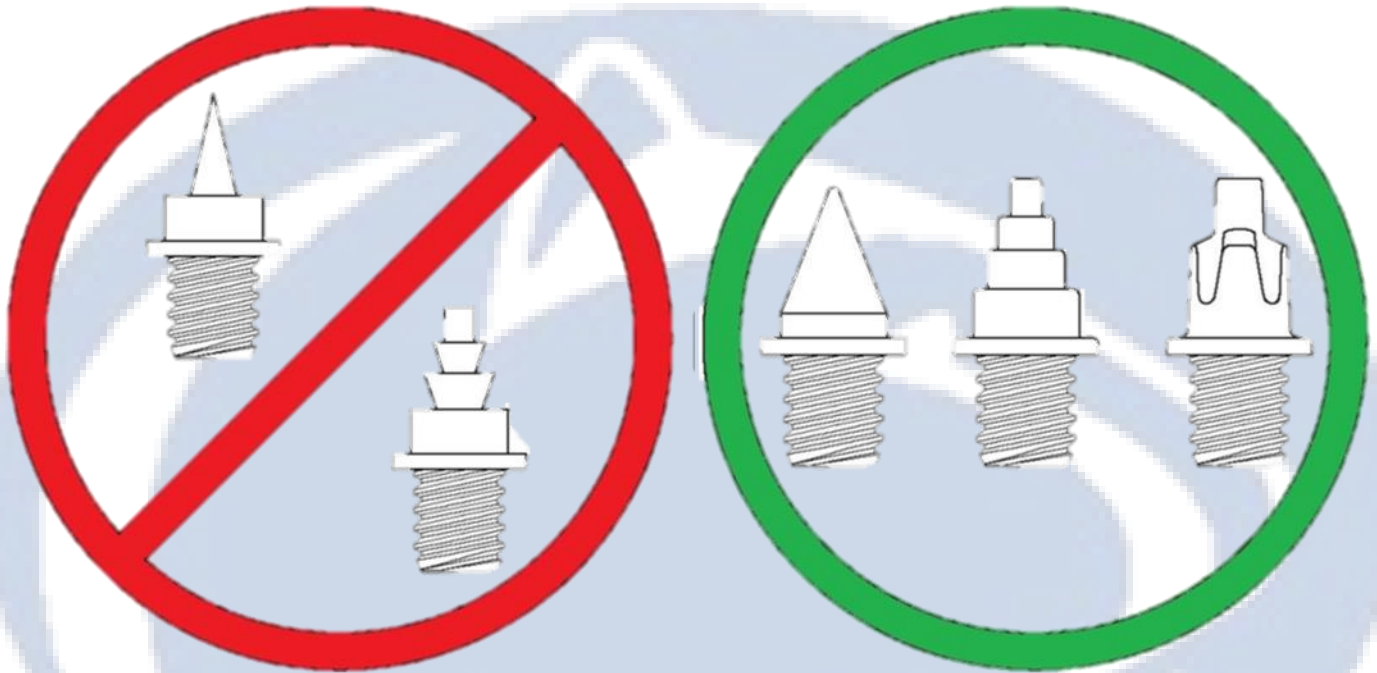
* Ashenfelter III Indoor Track (AKA the Multi-Sport Facility) is located off of Porter Rd on the University Park Campus. The building sits just south of Beaver Stadium and the Bryce Jordan Center. Setting your GPS to the intersection of Porter Rd and Dauer Drive (University Park, PA, 16802) will bring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





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

SPIKE REQUIREMENTS



**1/4 INCH PYRAMID & 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.

|| PENN STATE TUNE-UP || MEET RECORDS ||

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.87	2016	Trentan Beram - Connecticut
Women 60 Meters	7.60	2015	Quenee Dale - Penn State
Men 200 Meter Dash	21.27	2016	Trentan Beram - Connecticut
Women 200 Meter Dash	24.39	2015	Typhanee Booker - Unattached
Men 400 Meters Dash	47.78	2015	Alex Shisler - Penn State
Women 400 Meter Dash	55.03	2016	Jennifer Esposito - Elon
Men 600 Meter Dash	1:16.98	2015	Brannon Kidder - Penn State
Women 600 Meter Dash	1:32.75	2016	Frances Bull - Penn State
Men 800 Meter Run	1:47.34	2015	Ryan Manahan - Georgetown
Women 800 Meters	2:03.89	2015	Sabrina Southerland - Georgetown
Men 1 Mile Run	4:03.92	2016	Colin Abert - Penn State
Women 1 Mile Run	4:37.29	2016	Katrina Coogan - Georgetown
Men 3000 Meters	8:13.99	2015	Matt Giannino - RIT
Women 3000 Meter Run	9:38.41	2016	Maggie Drazba - West Virginia
Men 5000 Meter Run	14:20.79	2015	Matt Fischer - Penn State
Women 5000 Meter Run	-	-	--
Men 60 Meter Hurdles	8.03	2016	Stephon Henry - Connecticut
Women 60 Meter Hurdles	8.48	2016	Sydney Griffin - Elon
Men 4x400 Meter Relay	-	-	--
Women 4x400 Meter Relay	3:46.52	2016	Elon - D Ross, L Brzozowski, L Lewis, J Esposito
Men High Jump	6-8 (2.03)	2016	Demario Gray - Connecticut
Women High Jump	5-10.75 (1.80)	2016	Deandre - Coppin State
Men Pole Vault	16-2.75 (4.95)	2016	Timophy Murphy - Connecticut
Women Pole Vault	13-7.25 (4.15)	2016	Lexi Masterson - Penn State
Men Long Jump	24-2.25 (7.37)	2016	Brian Leap - Unattached
Women Long Jump	19-4.75 (5.91)	2016	Dannielle Gibson - Penn State
Men Triple Jump	54-0.5 (16.47)	2015	Fabian Florant - Unattached
Women Triple Jump	44-11.5 (13.70)	2016	Ayanna Alexander - Unattached
Men Shot Put	56-8.75 (17.29)	2015	Jon Yohman - Penn State
Women Shot Put	55-5.75 (16.91)	2015	Rachel Fatherly - Penn State
Men Weight Throw 35 lb	67-0.5 (20.43)	2016	Oluwatosin Edwards - Connecticut
Women Weight Throw 20 lb	69-2 (21.08)	2015	Rachel Fatherly - Penn State



TRACK & FIELD

Ashenfelter III Indoor Track Facility Records

|| 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	7:22.11	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 2015 season.



TRACK & FIELD

THE PENN STATE TUNE-UP FEBRUARY 18, 2017 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

Cracker Barrel
215 Colonnade Blvd
(814) 238-3414

Lettermans Sports Grill
1031 E. College Ave.
(814) 237-6300

Hi-Way Pizza Pub
1688 N Atherton St
(814) 237-0375

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
* 148 S. Allen St.
(814) 867-8883
*1613 N Atherton St
(814) 237-0552

P.J. Harrigan's Bar and Grill
1450 S. Atherton St.
(814) 235-3009

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

Ruby Tuesday
1550 S. Atherton St.
(814) 234-6256

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 Colonnade 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.
(814) 231-6644
* 2821 E. College Ave.
(814) 231-7755
* 1615 N. Atherton St.
(814) 231-8800

Taco Bell
310 East College Ave
(814) 238-8226

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

SUBS/SANDWICHES

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

Penn State Sub Shop (2 locations)
* 225 E. Beaver Ave.
(814) 234-4782
* 1788 N. Atherton St.
(814) 234-7000

Quizno's
*317 E. Beaver Avenue
(814) 867-4663

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
(814) 231-0234

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

PIZZA

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

Canyon Pizza
260 E Beaver Ave
(814) 867-5672

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

Gumby's
300 S. Pugh St.
(814) 234-4862

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