



**The Penn State National
@ Ashenfelter III Indoor Track
January 25-26, 2019**

Meet and Entry Information

Laura Loht
Director of Operations
203 Multi-Sport, University Park, PA 16803
lel5115@psu.edu
814-863-2120

Important Dates:

Monday, December 10th – Entries Open on DirectAthletics.com

Sunday, January 20th – Entries Close on DirectAthletics.com

Sunday, January 20th – Entry Fee Due to Laura Loht @ 203 Multi-Sport, University Park, PA 16802

Tuesday, January 22nd – Accepted Entries Announced on GoPSUSports.com

Thursday, January 24th – Practice 4:30-7:00 PM

Friday, January 25th – Practice 8:00-11:00 AM

Friday, January 25th & Saturday, January 26th – Date of Competition

.....

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
Lucais MacKay	Assistant Coach (Throws)	ljm56@psu.edu	(814) 862-8758
Kevin Kelly	Assistant Coach (Jumps/Pole Vault/Multi)	kgk134@psu.edu	(814) 441-9536
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
Michael Gay	Athletic Trainer	mrg201@psu.edu	(814) 865-8296
Alex Dailey	Athletic Trainer	amd869@psu.edu	
Dayna Wenger	Facility Coordinator	dmh136@psu.edu	(814) 867-5905

.....

Entry Information, Fees & Procedures

Entry Procedure

- On-line through DirectAthletics (www.directathletics.com). Entries will open December 10th, 2018.

Entry Deadline

- **Entries will close at 11:59 p.m. on Sunday, January 20, 2019.**
- 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, thus we can assure they are issued a bid number).
- 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 and at clerking.

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 23 @ 2:00 p.m.
- Day of scratches should be submitted at the clerk's station.

Invitational Sections

- Top sections of running events will be run during the “Invitational” portion of the competition Saturday afternoon.
- Fields for the invitational sections will be selected based on entry times.
- Once the INVITATIONAL fields are set, we will NOT make any alterations. PLEASE DO NOT ASK if your athlete can switch sections.

Accepted Entries

- **A list of accepted entries will appear on www.GoPSUsports.com after Noon on Tuesday, January 22, 2019**

Entry Fee - \$25.00 per individual/relay or \$400 per team (\$800 M&W). There will be no refunds. Payment Online!

Entry Fee Deadline - Entry fees are due at the close of entries - **Sunday, January 20, 2019**

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

Unattached Athlete

- In order to be considered, interested athletes must contact **Laura Loht** via email prior to January 14, 2019. Proof of performance (within the last year) MUST be included in the entry request.

.....

Pre-Meet and Race Day Information

Practice

- **The facility will be open to visiting teams during the following window:**
 - **Thursday, January 24 – 4:30-7:00 p.m.**
 - **Friday, January 25 – 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 pick-up at the front desk of the Multi-Sport Facility during Thursday’s practice session and prior to the start of the meet on Friday. Packets will be available at the Clerk’s Station once the competition has started.
 - Thursday, January 24 – 4:30-6:00 p.m. (Front Desk)
 - Friday, January 25 – 9:00-10:00 a.m. (Front Desk)
 - Saturday, January 26 – At the Clerking

Heat Sheets

- Heat sheets will be made available ONLINE at www.GoPSUsports.com prior to competition. Heat sheets will also be emailed out to all participating teams.
- Pttiming.com will also have updated start list.
- Please note the meet will be seeded based on TFFRS and speculative marks as meet management sees fit.

Results

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

1. LIVE results will be available on pttiming.com. PDF Results will be uploaded to GoPSUsports.com following the competition.
2. LIVE updates will be provided throughout the day on Twitter (@PennStateTFXC, Hashtag: #PSUnat)

Warm-Up/Team Camp Area

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

Coaching Area

- 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).

Check-In Procedures

- 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. ALL FIELD EVENT athletes should also bring their SPIKES and BIB NUMBER for inspection upon check in.

Hip Numbers

- In addition to bib numbers, athletes must have hip numbers on both hips for each running event.
- Athletes must have hip numbers on both hips for each running event.
- 400 meters and Up will have a third hip number on the Right chest for Lap Counters/Timing Crew.

Weigh-Ins

- Weigh-in 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.
- Spectators should remain in the stands at all times. Fans should not be down on the infield or Turf.

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.

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 find Athletic Training note from Athletic Trainer Michael Gay (814-865-8296/mrg201@psu.edu) within the Packet.

Facility Notes/Restrictions & Equipment Shipping

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.

Implements/Poles

- If a student-athlete needs to use a throwing implement or pole vault pole, Penn State will assist needs to those athletes,

Shipping Equipment

- Teams needing to ship poles or other necessary equipment to the facility should contact Dayna Wenger, (814) 867-5950; or 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/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.

Entry Standards (Indoor Facilities Only)

Event	Men	Women
60m	7.00	7.80
60mHH	8.30	8.90
200m	22.00	25.00
400m	49.00	57.00
500m	1:05.00	1:17.00
800m	1:53.00	2:14.00
1000m	2:31.00	2:55.00
Mile	4:15.00	5:00.00
3000m	8:30.00	10:00.00
5000m	14:55.00	17:45.00
4x400m	3:20.00	3:50.00
4x800m	7:50.00	9:16.00
DMR	10:10.00	12:00.00
High Jump	6' 8" (2.03)	5'5" (1.65)
Pole Vault	15'1" (4.60)	11'0" (3.35)
Long Jump	23' 0" (7.01)	19'0" (5.79)
Triple Jump	48'0" (14.63)	39'0" (11.88)
Shot Put	52'4" (16.00)	45'0" (13.72)
Weight	54'0" (16.46)	52'0"(15.85)

The field sizes will be limited to approximately 30 athletes in both track and field events.

**A list of accepted entries will appear on www.GoPSUsports.com after NOON on
Tuesday, January 22, 2019**

ATHLETIC TRAINING NOTE

To: Visiting Track & Field Athletic Trainer
From: Michael Gay, PhD, ATC &
Alex Dailey, 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 (636) 236-7069 (Maddie) at any time during your visit to Penn State. Thank you and good luck with your upcoming season.

Sincerely,

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

Travel 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).**

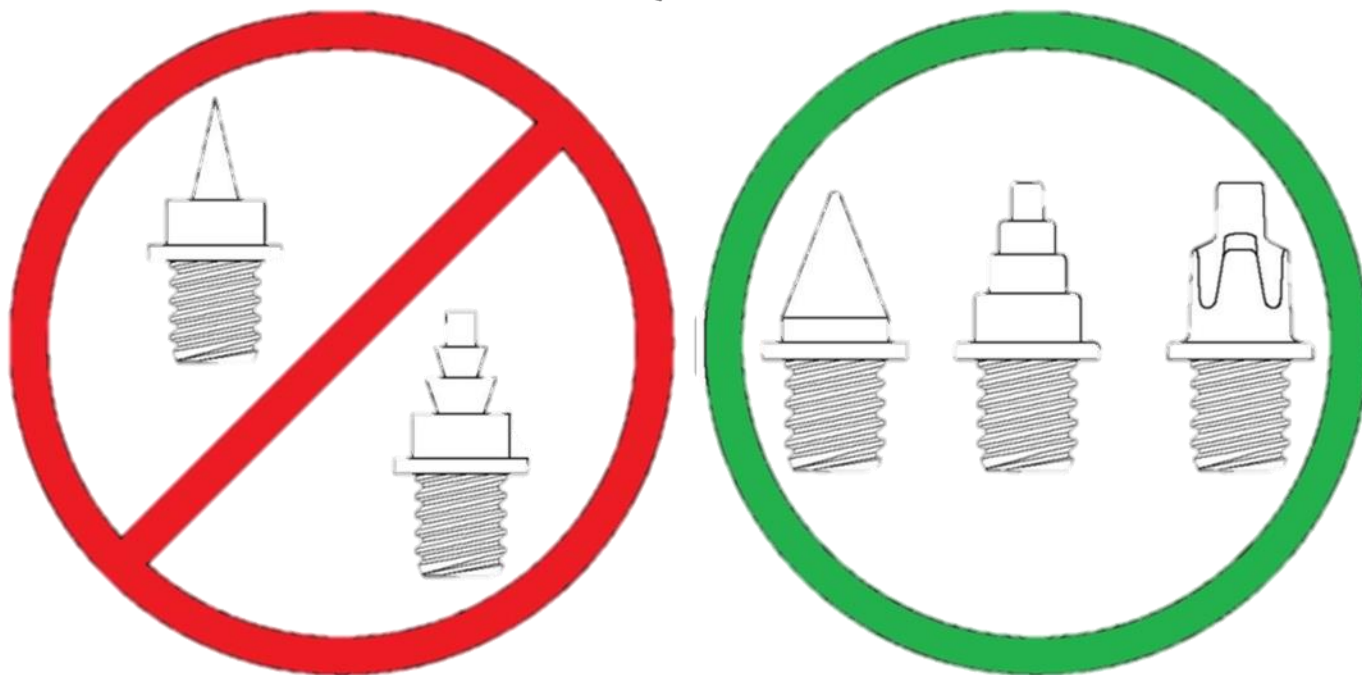
Directions to the Ashenfelter Indoor track

* 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.



TRACK & FIELD --- PSU NATIONAL | MEET RECORDS

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 Meter Dash	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meter Dash	23.16	2010	Shavon Greaves - Penn State
Men 400 Meter Dash	46.25	2013	Brycen Spratling - Pittsburgh
Women 400 Meter Dash	52.31	2007	Shana Cox - Penn State
Men 500 Meter Dash	1:01.44	2014	Steven Solomon - Stanford
Women 500 Meter Dash	1:08.70	2010	Shana Cox - Adidas
Men 600 Meter Dash	1:14.91 WR	2017	Casimir Loxsom - Brooks
Women 600 Meter Dash	1:29.07	2013	Francena McCorory - Adidas
Men 800 Meter Run	1:47.01	2016	Brannon Kidder - Penn State
Women 800 Meters	2:03.25	2014	Justine Fedronic - Stanford
Men 1000 Meter Run	2:23.12	2007	Tim Kajala - Penn
Women 1000 Meter Run	2:42.71	2010	Chanelle Price - Tennessee
Men 1 Mile Run	3:56.51	2012	Jeff See - Saucony
Women 1 Mile Run	4:30.41	2013	Sheila Reid - Nike
Men 3000 Meters	7:57.75	2014	Patrick Tiernan - Villanova
Women 3000 Meter Run	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meter Run	14:02.64	2002	Ben Cooke - Georgetown TC
Women 5000 Meter Run	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.49	2012	Jarrett Eaton - Unattached
Women 60 Meter Hurdles	8.02	2009	Queen Harrison - Virginia Tech
	8.02	2015	Danielle Williams - TRS
Men 4x200 Meter Relay	1:24.70	2013	Penn State - E Mpanduki, M Gilmore, Br Bennett-Green, A Nadolsky
Women 4x200 Meter Relay	-	-	--
Men 4x400 Meter Relay	3:06.98	2014	Pittsburgh - M Murray, C Nkanata, D Palmer, B Spratling
Women 4x400 Meter Relay	3:34.38	2005	Tennessee - L Loche, N Cook, P Hall, C Champion
Men 4x800 Meter Relay	7:23.13	2009	Phoenix Athletics - K Smith, A Maloney, M Lincoln, A Heaney
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
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
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	18-6.75 (5.66)	2018	Matthew Ludwig - Akron
Women Pole Vault	13-9.75 (4.21)	2014	Annika Roloff - Akron
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	68-3.75 (20.82)	2016	Jon Jones - Unattached
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	71-6.75 (21.81)	2018	David Lucas - Penn State
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Indoor Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Indoor Pentathlon	4731	2010	Hyleas Fountain - Nike

* - American Indoor Record; C - Collegiate Record; AmC - American Collegiate Record; AJ - American Junior Record

BOLD - Records set during 2018 season.



TRACK & FIELD --- FACILITY RECORDS

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	1:14.91 WB	2017	Casimir Loxsom - Brooks
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	2:38.58	2019	Danae Rivers - Penn State
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 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 Creeese
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 Creeese
Women Distance Medley	10:54.04	2014	Stanford - A Weissenbach, K Williams, C Saunders, J Fedronic
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	18-6.75 (5.66)	2018	Matthew Ludwig - Akron
Women Pole Vault	14-8.25 (4.48)	2017	Katie Negeotte - Adidas
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	76-6.25 (23.32)	2017	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 2018/2019 season.