



TRACK & FIELD

Jim Thorpe Invitational
@ Nittany Lion Outdoor Track
Friday | May 3, 2024

Meet and Entry Information

Jenna Gearing
Track & Field Director of Operations
203 Multi Sport Facility, University Park, PA 16802
Jig5364@psu.edu
706-348-5098

Important Dates:

Tuesday, April 30th – Entries Close on DirectAthletics.com at 3:00 PM

Friday, May 3rd – Date of Competition

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
Brandon Rizzo	Assistant Coach (Sprints/Relay)	bqr5413@psu.edu	(814) 321-6923
Brie Berkowitz	Assistant Coach (Horizontal Jumps/Pole Vault)	bnb5509@psu.edu	(814) 325-1071
Nathan Ott	Assistant Coach (Throws)	nbo5128@psu.edu	(814) 441-2999
Ryan Foster	Associate Head Coach (Distance)	rgf5028@psu.edu	(814) 321-1395
Fritz Spence	Assistant Coach (High Jump/Multi)	fgs110@psu.edu	(814) 321-3930
Kara Foster	Assistant Coach (Distance)	khm127@psu.edu	(814) 812-0906
Jenna Gearing	Director of Operations/Assistant Coach	jig5364@psu.edu	(706) 348-5098
Matt Rudisill	Strategic Communications	mpr5529@psu.edu	(814) 321-8341
Michael Gay	Athletic Trainer	mrg201@psu.edu	(814) 865-8296
Allison Gawinski	Athletic Trainer	ayg5424@psu.edu	(814) 826-8408
Dan Sowash	Facility Coordinator	djs369@psu.edu	(814) 441-1793
Brandon Tribeck	Event Manager	bht5051@psu.edu	

Entry Information, Fees & Procedures

Entry Information

- Enter on-line through Direct Athletics (www.directathletics.com). Contact Jenna Gearing (jig5364@psu.edu) to be invited to enter Direct Athletics.
- Field sizes in the jumping and throwing events will be limited to single flights. Accepted entries will be based on performance and preferred field size. Acceptance of all entries will be at the meet director's discretion.

Entry Deadline

- **Entries will close at 3:00 PM on Tuesday, April 30, 2024.**
- 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 ensure the proper names are uploaded to the TFRRS system. Blank relays cards will be available at Clerking.

Scratches

- Initial seeding of the meet will occur on the Wednesday prior to competition.
- **Please submit all scratches to Jenna Gearing by Wednesday, May 1st @ 3:00 p.m.**
- Day of scratches should be submitted at the clerk's tent.

Entry Fee

- No Entry Fee for this Competition

Unattached Athlete

- In order to be considered, interested athletes must contact **Jenna Gearing** via email prior to April 22, 2024. Proof of performance (within the last year) MUST be included in the entry request.

Pre-Meet and Race Day Information

Packet Pick-Up

- Packets will be available for pickup at the clerk's tent near the Finish Line on the day of the meet.

Heat Sheets

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

Results

- LIVE results will be available on pttiming.com

Warm-Up/Team Camp

- There will be no warm-ups on the track except immediately before competition after being released by the clerk.
- There are 65 yards of AstroTurf in the adjacent Multi-Sport Facility. The facility can be accessed via the back gate near the 100/110 meter straightaway in the southwest corner of the outdoor track.

Spectators/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.

Coaching Area

- The designated coaching areas are as follows: the backstretch, the first row of the stands, and the homestretch.
- Depending on Meet Size - Coaches will be allowed on the infield. Athletes who ARE NOT competing will be asked to leave the infield.

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 SHORT HURDLE events must check in at the CLERKS' STATION and will be released onto the track for warmups on the sprint straightaway approximately **50 minutes prior** to the start of the event. All SHORT SPRINT events must check in at the CLERKS' STATION and will be released onto the track for warmups after the conclusion of the 1 Mile run. 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.
- 400 and up will have a third hip number on the Right chest for lap counters/Timing Crew.

Weigh-Ins

- Weigh-ins for the shot put will be held at the event site, prior to competition start.

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

Facility Notes/Restrictions & Equipment Shipping

Facility

- The track is 400m (nine 48" lanes). There are dual runways for pole vault with two pits each for pole vault, high jump, javelin, shot put, discus and hammer areas.

Shipping Equipment

- Teams needing to ship poles or other necessary equipment to the facility should contact the facility coordinator, Dan Sowash djs369@psu.edu | 814.441.1793.

RESTRICTIONS

- **¼ inch spikes or less, PYRAMIDS**
- 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.
- 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 NOTE

To: Visiting Track & Field Athletic Trainer
From: Michael Gay, PhD, ATC
Assistant Athletic Trainer
Penn State University
Re: Track Meet 2023 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 a 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 emergency (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) at any time during your visit to Penn State. Thank you and good luck with your upcoming season.

Sincerely,

Michael Gay PhD, ATC
Penn State University
Athletic Trainer
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 hotels are:**

The Hampton Inn || 1101 East College Avenue, (814) 231-1590

The Ramada Hotel and Conference Center || 1450 South Atherton Street, 814-238-3001, jwest@ramadasc.com

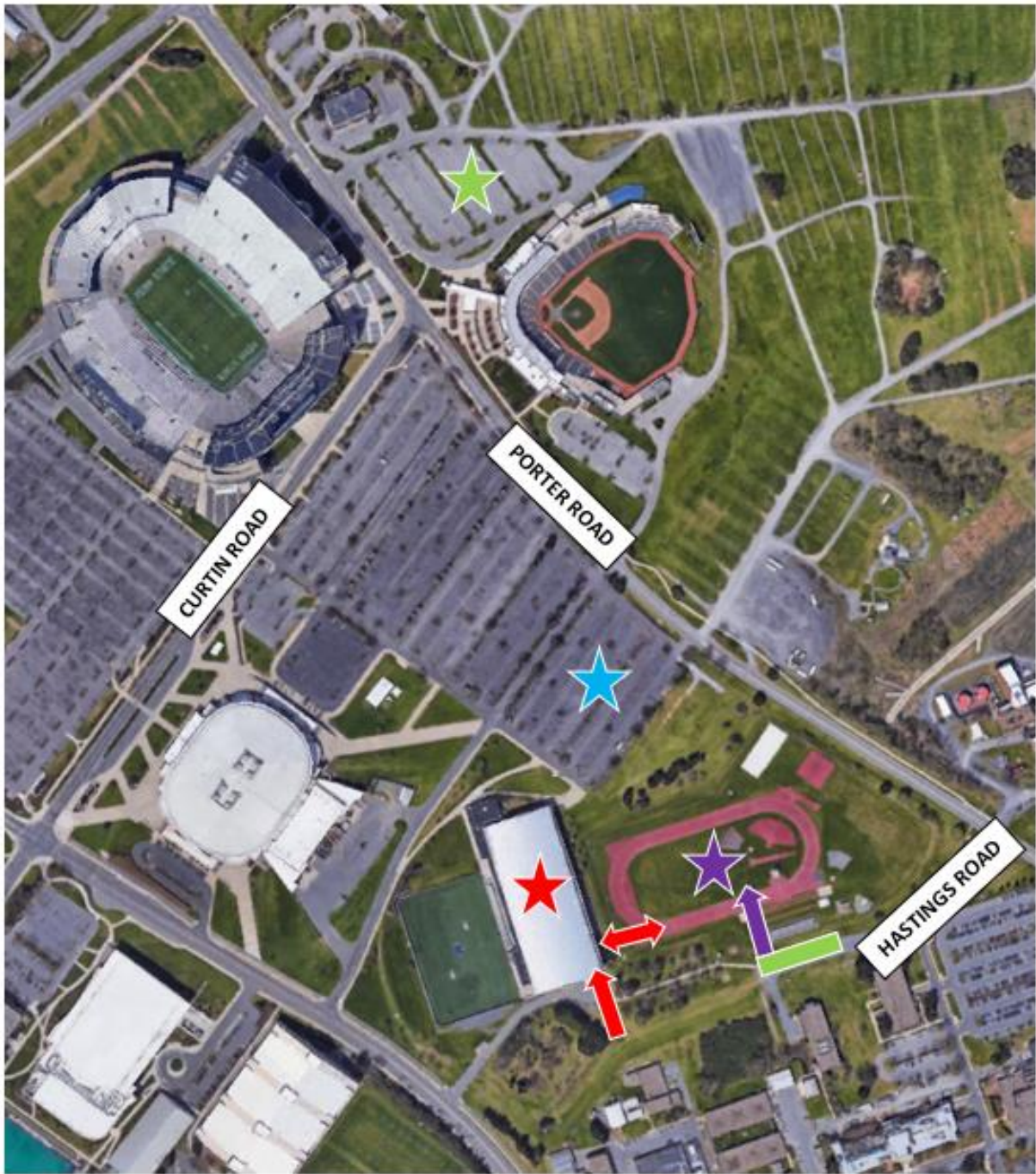
Directions to the Ashenfelter Indoor Track

* Ashenfelter III Indoor Track (AKA the Multi-Sport Facility) is located off 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.

Parking Information

* Team buses and vans should drop off along Hastings Road in front of the main entrance to the Outdoor Track. After dropping off, vans must pick up a parking permit from the parking attendant located at the main entrance of the Outdoor Track. **Those traveling by van or car, permits must be requested at least 48 hours in advance – Contact Dave Bittner (dzb91@psu.edu) about parking. Failure to do this will result in teams having to pay to park.** Team buses must park in the Porter North parking lot off of Porter Road. No buses will be permitted to stage or park on Commuter Drive, Hastings Road, Dauer Drive, or the Jordan East lot. Buses do not need a parking permit.

* Spectators should park in the Jordan East parking lot. Overflow parking is available in Stadium West and Porter North. All vehicles must pay to park, unless they have a valid Penn State campus permit. Parking will be \$5.50 per vehicle through ParkMobile for those who pay prior to 11:59 PM the day before the meet. Day-of-event parking will be \$10 per vehicle and all individuals can pay through ParkMobile or on-site through a pay station. High day-of-event parking rates may apply when track meets coincide with non-athletics Bryce Jordan Center and Pegula Ice Arena events. Cash only for Men's Basketball, Women's Basketball, and Men's Hockey, and for all athletic events in this area when they coincide with Bryce Jordan Center and Pegula Ice Arena events.



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|---|------------------|---|------------------------------|--|--|
|  | = BUS DROP-OFF |  | = BUS PARKING (PORTER NORTH) |  | = SPECTATOR PARKING (JORDAN EAST) |
|  | = MSF ENTRANCE |  | = MULTI-SPORT FACILITY |  | = TEAM ACCESS TO MSF AND OUTDOOR TRACK |
|  | = TRACK ENTRANCE |  | = NITTANY LION OUTDOOR TRACK | | |

ASHENFELTER III INDOOR TRACK | SPIKE RESTRICTIONS



1/4 INCH PYRAMID SPIKES ONLY, WITH THE EXCEPTION OF THOSE COMPETING IN HIGH JUMP AND JAVELIN