



TRACK & FIELD

**The Sykes & Sabock Challenge
@ Ashenfelter III Indoor Track
Saturday| February 8, 2025**

Meet and Entry Information

Jenna Gearing

Director of Operations/Assistant Coach
Multi-Sport Facility, University Park, PA 16802
Jig5364@psu.edu
706-348-5098

Important Dates:

Monday, December 16th – Entries Open on DirectAthletics.com

Tuesday, February 4th – Entries Close on DirectAthletics.com

Friday, February 7th – Practice 4:30-7:00 PM

Saturday, February 8th – 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	
Brandon Rizzo	Assistant Coach (Sprints/Hurdle/Relay)	bqr5413@psu.edu	
Brie Berkowitz	Assistant Coach (Jumps/Pole Vault/Multi)	bnb5509@psu.edu	
Nathan Ott	Assistant Coach (Throws)	nbo5128@psu.edu	
Ryan Foster	Associate Head Coach (Distance/Mid-Distance)	rgf5028@psu.edu	
Fritz Spence	Assistant Coach (Jumps/Multi)	fgs110@psu.edu	
Kara Foster	Assistant Coach (Distance)	khm127@psu.edu	
Jenna Gearig	Director of Operations/Assistant Coach	jig5364@psu.edu	(706)348-5098
Matt Rudisill	Strategic Communications	mpr5529@psu.edu	
Michael Gay	Athletic Trainer	mrg201@psu.edu	
Isabella DiVirgilio	Athletic Trainer	iqd5070@psu.edu	
Dan Sowash	Facility Coordinator	djs369@psu.edu	(814) 441-1793
Marissa Rosensteel	Event Manager	mnr5130@psu.edu	

Entry Information, Fees & Procedures**Entry Procedure**

- Online through DirectAthletics (www.directathletics.com). Entries will open on December 16th.

Entry Deadline

- **Entries will close at 1:00 PM on Tuesday, February 4, 2025.**
- There will be no declarations – Entries will be considered FINAL at the close of entries.

Entry Limits/Requirements

- The limit will be FOUR individuals per event; and ONE relay.
- Based on time constraints, field event entries may be rejected.

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 included in your team packet and at Clerking.

Scratches

- Initial seeding of the meet will occur on the Thursday prior to competition.
- **Please submit any and all scratches to Jenna Gearing by Wednesday, February 5, 2025 @ 5:00 p.m.**
- Day of scratches should be submitted at the clerk's station.

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 fee is due at the close of entries - **Tuesday, February 4, 2025.**

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

Unattached Athlete

- To be considered, interested athletes must contact **Jenna Gearing** via email prior to January 27, 2025. Proof of performance (within the last year) **MUST** be included in the entry request.

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Pre-Meet and Race Day Information

Practice

- **The facility will be open to visiting teams during the following window:**
 - **Friday, February 7 – 4:30-7:00 p.m.**
 - **Please be respectful of the time slot.**
- Please contact Jenna Gearing to make practice arrangements outside of this window.

Packet Pick-Up

- Packets will be available for pickup at the front desk of the Multi-Sport 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 when the competition has begun.
 - Friday, February 7 – 4:30-6:00 p.m. (Front Desk)
 - Saturday, February 8 – 9:00-10:00 a.m. (Front Desk)

Heat Sheets

- Heat Sheets will be online at Pttiming.com.
- 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 beyond the track to be used for warm up. When you arrive, enter down the back hallway onto the turf and set up camp.

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. Athletes should remain on the turf in the team camp area.

Coaching Area

- 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).
- 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 weight throw and the shot put will be held at the event site, prior to competition start.

Athletic Training

- There will be a Certified Athletic Trainer on site during meets, with a student support staff. The training staff will be located in 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.

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.
- 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/CHRISTMASS 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 NOTE

To: Visiting Track & Field Athletic Trainer
From: Michael Gay, PhD, ATC
Assistant Athletic Trainer
Penn State University
Re: Track Meet 2025 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 emergency 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) 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 Nittany Lion Inn || 200 W Park Ave, (814) 865-8500

Hyatt Place || 219 W Beaver Ave, (814) 862-9808

Directions to the 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.

Parking Information

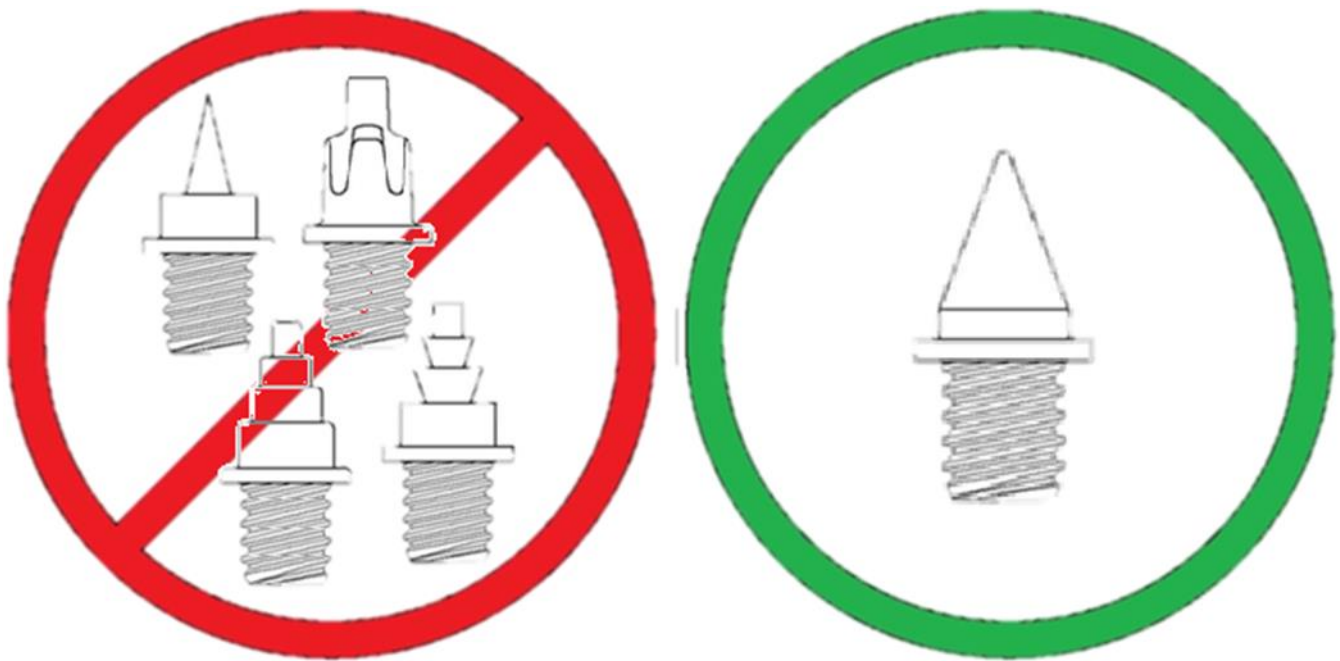
* Team buses and vans should drop off in the Jordan East parking lot along Commuter Drive. After dropping off, vans must pick up a parking permit from the parking attendant located at the bottom of the Jordan East lot, closest to the lower entrance of the Multi-Sport Facility. **For those traveling by van or car, permits must be requested at least 48 hours in advance.**

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, 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.



ASHENFELTER III INDOOR TRACK | SPIKED RESTRICTIONS
SPIKE REQUIREMENTS



¼ INCH PRIAMID SPIKES ONLY
(3/8 INCH FOR HIGH JUMP)

¼" SPIKES ONLY!! HIGH JUMP ATHLETES WILL BE PERMITTED 3/8" SPIKES!!



SYKES & SABOCK CHALLENGE | MEET RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meter Dash	6.60	2005	Johnnie Drake - Central Michigan
Women 60 Meter Dash	7.26	2008	Gloria Asumnu - Tulane
Men 200 Meter Dash	20.93	2010	Marcus Rowland - Auburn
Women 200 Meter Dash	23.44	2002	Rachelle Boone - Indiana
Men 400 Meter Dash	46.00	2001	Andrew Pierce - Ohio State
Women 400 Meter Dash	52.50	2007	Shana Cox - Penn State
Men 500 Meter Run	1:03.55	2024	Joe Cardascia - Binghamton
Women 500 Meter Run	1:11.06	2024	Rachel Gearing - Unattached
Men 600 Meter Run	1:17.36	2014	Robert Rhodes - Penn State
Women 600 Meter Run	1:27.70	2007	Morgan Uceny - Cornell
Men 800 Meter Run	1:47.01	2023	Handal Roban - Penn State
Women 800 Meter Run	2:04.03	2022	Allison Johnson - Penn State
Women 1000 Meter Run	2:42.52	2023	Claudia Saunders - District Track Club
Men 1 Mile Run	3:57.15	2022	Evan Dorenkamp - Penn State
Women 1 Mile Run	4:34.87	2024	Amy Cashin - Unattached
Men 3000 Meter Run	7:56.84	2022	Kevin Berry - Princeton
Women 3000 Meter Run	9:14.24	2005	Lindsey Gallo - Michigan
Men 5000 Meter Run	14:13.25	2007	Jeff Powers - Central Michigan
Women 5000 Meter Run	16:09.07	2001	Erica Palmer - Wisconsin
Men 60 Meter Hurdles	7.77	2003	Joel Brown - Ohio State
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x400 Meter Relay	3:05.87	2024	Penn State - P Abel, A Gallant, J Onwuka, C Traore
Women 4x400 Meter Relay	3:34.22	2014	Penn State - D McGee, K Seymour, T Rhodes, M Jones
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	11:11.33	2009	West Virginia - K Christopher, A Rotilio, K Hamric, K Bland
Men High Jump	7-4.25 (2.24)	2014	Maalik Reynolds - Penn
Women High Jump	5-10.75 (1.80)	2003	Alex Church - Kent State
	5-10.75 (1.80)	2004	Jackie Bozin - Central Michigan
	5-10.75 (1.80)	2022	Cecelia Bacon - Penn State
Men Pole Vault	18-1.50 (5.52)	2006	Brian Mondschein - Virginia Tech
Women Pole Vault	14-0(4.27)	2022	Katie Jones - Penn State
Men Long Jump	25-3.25 (7.70)	2020	Malik Moffett - Unattached
Women Long Jump	20-7 (6.27)	2003	Chi-Chi Aduba - Penn State
Men Triple Jump	52-9.50 (16.09)	2002	Aarik Wilson - Indiana
Women Triple Jump	44-0.50 (13.42)	2003	Melanie Carter - Pittsburgh
Men Shot Put	66-10.5 (20.38)	2015	Darrell Hill - Penn State
Men Shot Put "Invite"	70-10 (21.59)	2013	Ryan Whiting - Nike
Women Shot Put	56-8 (17.27)	2016	Rachel Fatherly - Penn State
Men Weight Throw 35 lb.	76-6.25 (23.32)	2017	Rudy Winkler - Cornell
Women Weight Throw 20 lb.	82-3 (25.07)	2023	Brooke Andersen - Nike/NYAC

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

BOLD - Records set during 2023 season.