



**The Penn State National Open
@ Ashenfelter III Indoor Track
January 31- February 1, 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 9th – Entries Open on DirectAthletics.com

Sunday, January 26th – Entries Close on DirectAthletics.com

Tuesday, January 28th – Accepted Entries Announced on GoPSUSports.com

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

Friday, January 31st – Practice 8:00-11:00 AM

Friday, January 31st & Saturday, February 1st – Dates 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 Gearing | 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 Direct Athletics (www.directathletics.com). Entries will open December 9th, 2024.

Entry Deadline

- **Entries will close at 11:59 p.m. on Sunday, January 26, 2025.**
- 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 bib number).
- 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 relay 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 **Jenna Gearing** by Wednesday, January 29th @ 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 28, 2025**

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 26, 2025.**

Do not bring the 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 **Jenna Gearing** via email prior to January 20, 2025. 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 30 – 4:30-7:00 p.m.**
 - **Friday, January 31 – 8:00-11:00 a.m.**
 - **Please be respectful of this time slot.**
- Please contact **Jenna Gearing** 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 30 – 4:30-6:00 p.m. (Front Desk)
 - Friday, January 31 – 9:00-10:00 a.m. (Front Desk)
 - Saturday, February 1 – At the Clerking

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 sees fit.

Results

- LIVE results will be available on pttiming.com.

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 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.

Coaching Area

- 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).

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.
- 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 always remain in the stands. Fans should not be down on the infield or Turf.

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.

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 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/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

| Event | Men | Women |
|-------------|----------------|----------------|
| 60m | 7.00 | 7.80 |
| 60mHH | 8.30 | 8.90 |
| 200m | 22.00 | 25.00 |
| 400m | 49.00 | 57.00 |
| 600m | 1:21.00 | 1:38.00 |
| 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 |
| 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) |

These are suggested entry standards – depending on the actual entries, the cut offs could be above or below these marks. 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 28, 2025

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 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 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.**

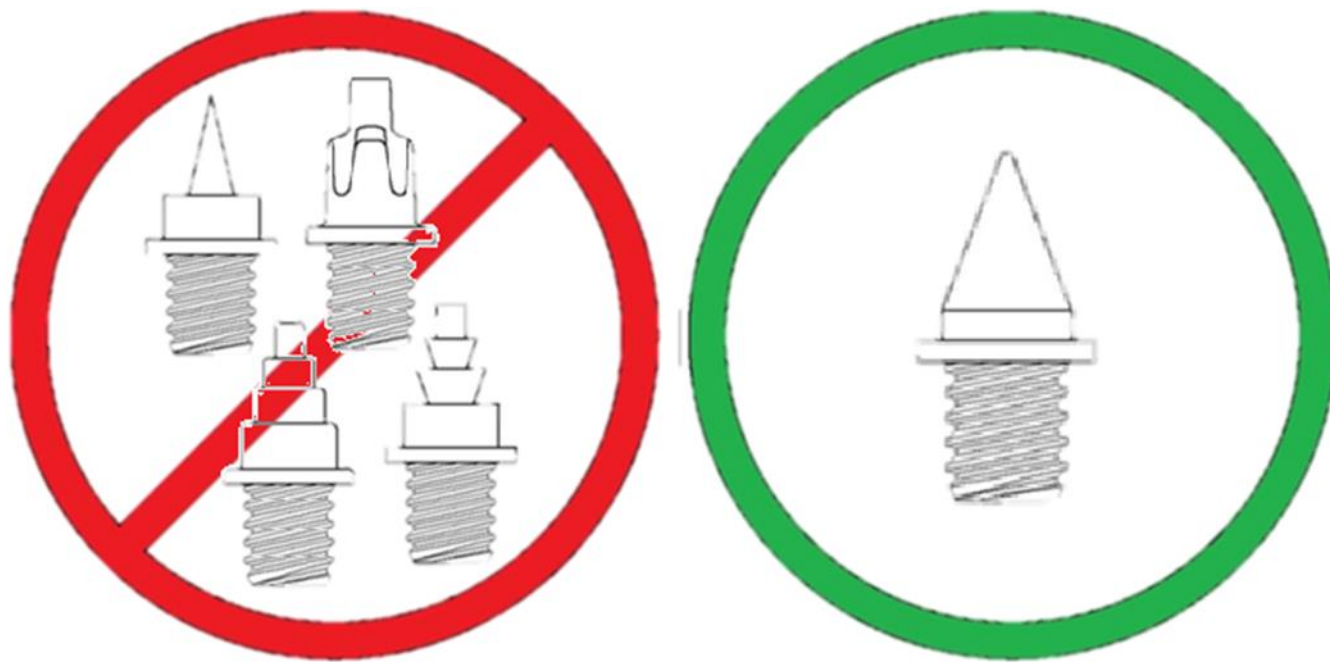
Failure to do this will result in teams having to pay to park. Team buses must park in the Porter North parking lot off of Porter Road. No buses will be permitted to stage or park on Commuter Drive, Dauer Drive, or the Jordan East lot. Buses do not need a parking permit.

* 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 PYRAMID SPIKES ONLY
(3/8 INCH FOR HIGH JUMP)**

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



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 | 46.08 | 2022 | Trevor Bassitt - Ashland |
| 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 | 2017 | Casimir Loxsom - Brooks |
| Women 600 Meter Dash | 1:29.07 | 2013 | Francena McCorory - Adidas |
| Men 800 Meter Run | 1:46.87 | 2024 | Tinoda Matsatsa - Georgetown |
| Women 800 Meters | 2:01.77 | 2024 | Hayley Kitching - Penn State |
| Men 1000 Meter Run | 2:21.33 | 2022 | Evan Dorenkamp - Penn State |
| Women 1000 Meter Run | 2:42.25 | 2023 | Cameron Ormond - Guelph |
| Men 1 Mile Run | 3:53.85 | 2024 | Liam Murphy - Villanova |
| Women 1 Mile Run | 4:30.41 | 2013 | Sheila Reid - Nike |
| Men 3000 Meters | 7:47.49 | 2024 | Gary Martin - Virginia |
| 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 | 14-06.00 (4.42) | 2020 | Lucy Bryan - 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. | 73-2 (22.30) | 2019 | Morgan Shigo - Penn State |
| Women Weight Throw 20 lb. | 80-5.75 (24.53) | 2024 | Brooke Andersen - Nike/NYAC |
| 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 2023 season.