



TRACK & FIELD

Nittany Lion Challenge
@ Ashenfelter III Indoor Track
Saturday | January 13th, 2024

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 4th – Entries Open on DirectAthletics.com

Tuesday, January 9th – Entries Close on DirectAthletics.com

Friday, January 12th – Practice 4:30-7:00 PM

Saturday, January 13th – Date of Competition

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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/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	(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	
Dan Sowash	Facility Coordinator	djs369@psu.edu	(814) 441-1793
Nick Iovino	Event Manager	nmi5075@psu.edu	

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

- Online through DirectAthletics (www.directathletics.com). Entries will open on Monday, December 4th

Entry Deadline

- **Entries will close at 1:00 p.m. on Tuesday, January 9, 2024.**
- There will be no declarations – Entries will be considered FINAL at the close of entries.

Entry Limits

- **Limit will be FOUR individuals per event**

Relay Entries

- Please make sure to include all eligible athletes.
- 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 TFRS 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, January 10 @ 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, January 9, 2024.**

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

Unattached Athletes

- We may have the ability to accept unattached athletes on a limited basis. In order to be considered, interested athletes must **contact Jenna Gearing prior to January 8, 2024**. 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:
 - Friday, January 12th – 4:30-7:00 p.m.
 - Please be respectful of this time slot.
- Please contact **Jenna Gearing** to make any practice arrangements outside 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 Clerking once the competition has started.
 - Friday, January 12 – 4:30-6:00 p.m. (Front Desk)
 - Saturday, January 13 – 9:00-10:00 a.m. (Front Desk)

Heat Sheets

- Will be made available ONLINE at www.GoPSUsports.com prior to competition and emailed out to all participating teams.
- pttiming.com will also have an updated start list available via the live results link.
- Please note the meet will be seeded based on TFRRS 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 Areas

- The designated coaching areas are the following: 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 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 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 CLERK's STATION and will be released onto the track for warmups after the bank has been dropped down after the 1-mile run. ATHLETES ARE NOT PERMITTED to 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 meters 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 beginning.

Spectator/Team Seating

- *It is mandatory that athletes DO NOT go on the track or the infield except when competing.*
- Spectators should always remain in the stands. Fans should not be down on the infield or Turf.

Locker Rooms

- There is limited locker room/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, along 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](mailto:814-865-8296/mrg201@psu.edu)) within the Packet.

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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 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.
- 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 2022 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. Sickie 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

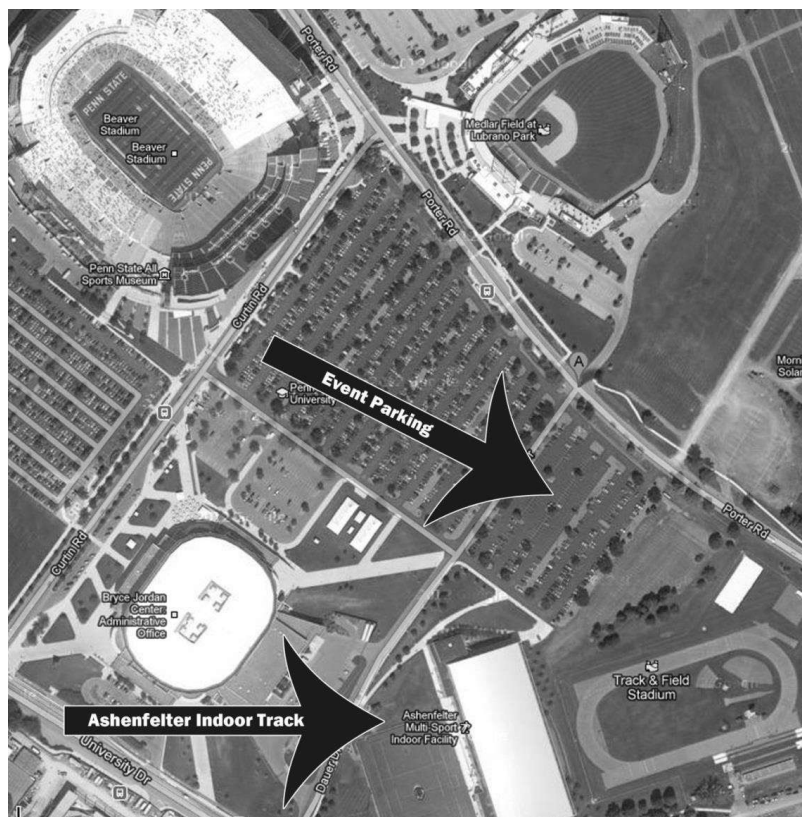
* Ashenfelter III Indoor Track (AKA the Multi-Sport Facility) is located off Porter Road on the University Park Campus. The building sits just south of Beaver Stadium and the Bryce Jordan Center. Setting your GPS to the intersection of Porter Road and Dauer Drive (University Park, PA, 16802) will bring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

Parking Information

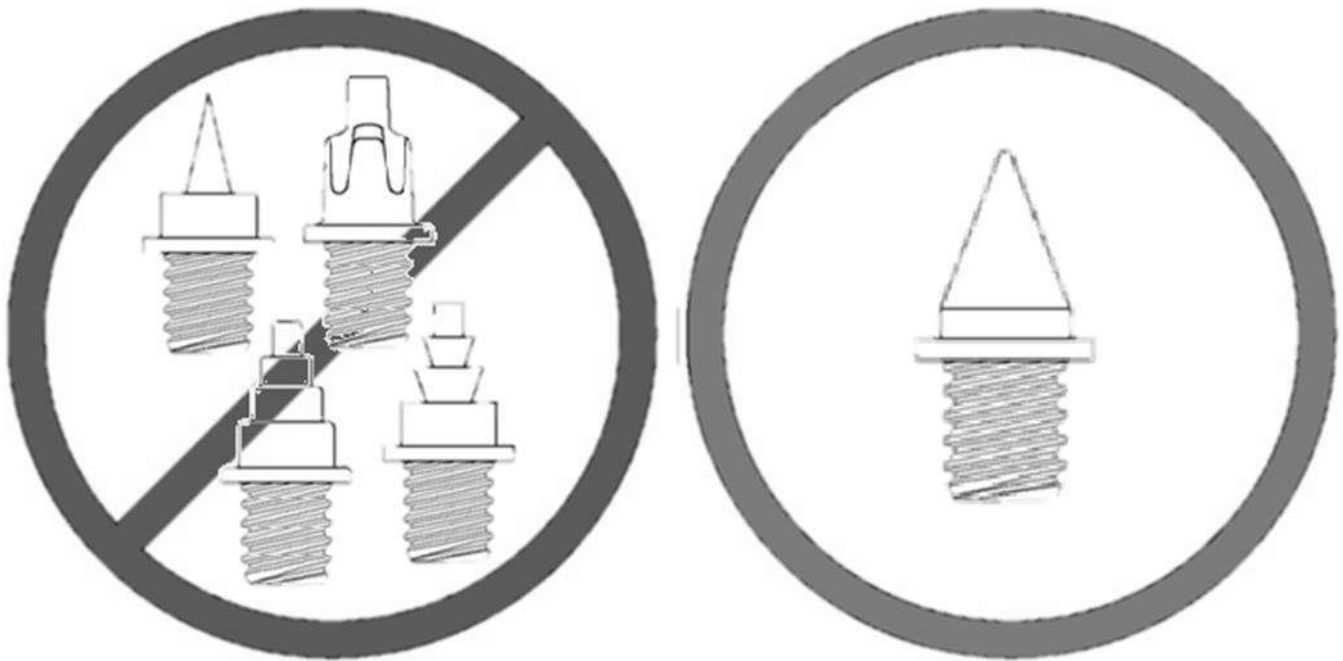
* Team buses and vans should drop off in the Jordan East parking lot along Commuter Drive. After dropping off, vans must pick up a parking permit from the parking attendant located at the bottom of the Jordan East lot, closest to the lower entrance of the Multi-Sport Facility. **For those traveling by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



$\frac{1}{4}$ INCH PYRAMID SPIKES ONLY
($\frac{3}{8}$ INCH FOR HIGH JUMP)

$\frac{1}{4}$ " SPIKES ONLY!! HIGH JUMP ATHLETES WILL BE PERMITTED $\frac{3}{8}$ " 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

NITTANY LION CHALLENGE | MEET RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.66	2016	Bruno Hortelano-Roig - Unattached
Women 60 Meters	7.32	2011	Natasha Hastings - Nike
Men 200 Meters	21.02	2014	Timothy Faust - Ohio State
Women 200 Meters	23.32	2011	Natasha Hastings - Nike
Men 400 Meters	46.26	2015	Brycen Spratling - Unattached
Women 400 Meters	53.32	2010	Fawn Dorr - Penn State
Men 600 Meters	1:16.66	2012	Casimir Loxsom - Penn State
Women 600 Meters	1:28.15	2010	Shana Cox - Adidas
Men 800 Meters	1:46.98	2013	Casimir Loxsom - Penn State
Women 800 Meters	2:08.23	2014	Katrina Coogan - Georgetown
Men 1000 Meters	2:18.26	2016	Brannon Kidder - Penn State
Women 1000 Meters	2:38.58 CR	2019	Danae Rivers - Penn State
Men Mile	4:02.50	2018	Colin Abert - Penn State
Women Mile	4:41.17	2017	Tori Gerlach - Unattached
Men 3000 Meters	8:00.25	2015	Ahmed Bile - Georgetown
Women 3000 Meters	9:15.66	2022	Grace Moore - Leonia
Men 60 Meter Hurdles	7.76	2014	Demoye Bogle - Ohio State
Women 60 Meter Hurdles	8.19	2010	Tiffany Ofili - Adidas
Men 4x400 Meter Relay	3:07.33	2012	Pittsburgh - M Murray, D Cowsette, J Lowery, B Spratling
Women 4x400 Meter Relay	3:35.93	2015	Miami - K Bilkwill, T Cordell, T Stewart, S Wimbley
M 4x800 Meter Relay	7:41.36	2018	Penn State - W Ashenfelter, S Reiser, J Logue, J Makins
W 4x800 Meter Relay	9:04.34	2018	Penn State - M Sheva, V Tachinski, G Lindsley, G Trucilla
Men Distance Medley	9:56.85	2013	Penn State - T Corkedale, R West, N Scarpello, S Masters
Women Distance Medley	11:32.38	2017	Georgetown - P Donaghu, J Hubbard, E Keenan, K Weisner
Men High Jump	7-2.25 (2.19)	2009	Ryan Fritz - Penn State
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	17-11.25 (5.47)	2018	Deakin Volz - Virginia Tech
Women Pole Vault	14-6 (4.42)	2018	Lisa Gunnarsson - Virginia Tech
Men Long Jump	24-5.75 (7.46)	2011	Doug Moppert - Penn State
Women Long Jump	20-8.5 (6.31)	2015	Gabrielle Farquharson - Rutgers
Men Triple Jump	53-3.50 (16.24)	2018	Bryce Williams - Penn State
Women Triple Jump	43-9 (13.33)	2017	Dannielle Gibson - Penn State
Men Shot Put	69-10.25 (21.29)	2012	Ryan Whiting - Nike
Women Shot Put	60-0.25 (18.29)	2020	Rachel Fatherly - Garage Strength/Valaasa
Men Weight Throw 35 lb.	71-11 (21.92)	2023	Tyler Merkley - Penn State
Women Weight Throw 20 lb.	68-11.75 (21.02)	2022	Angel Nkwonta - Maryland

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

BOLD - Records Broken within the 2023 Season