



PENN STATE STAFF

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COMPETITION DATES

January 29-30, 2010.

ATTENDING TEAMS

An up-to-date list of competing teams will be available at:
<http://gopsusports.cstv.com/sports/c-track/spec-rel/c-track-meetinfo.html>

This meet is by INVITATIONAL ONLY.

Please contact Jess Riden (jnr126@psu.edu) concerning your intent to compete.

ENTRY FEE

\$25.00 PER INDIVIDUAL/RELAY OR \$200.00 PER TEAM (\$400.00 M&W)
 THERE WILL BE NO REFUNDS.

PAYABLE TO: PENN STATE UNIVERSITY

SEND TO:
 DAVE BAKER
 103 BRYCE JORDAN CENTER
 UNIVERSITY PARK, PA 16802

IMPORTANT:
 DO NOT BRING ENTRY FEE TO THE MEET
 WE CANNOT ACCEPT IT DUE TO PENNSYLVANIA AUDITOR REGULATIONS.
ENTRY FEE IS DUE BY THE CLOSE OF ENTRIES - Sunday, January 24, 2010

ENTRY PROCEDURE

On-line through Direct Athletics (www.directathletics.com).
Entries will open on Sunday, January 3, 2009.

Please use the attached standards as a guide using indoor seed times only. Please be honest with your entries so that we can be as fair as possible with the seeding of the meet. **All entry marks will be published according to NCAA Rule 3-3.2.**

ENTRY DEADLINE

Entries will close at **11:59 p.m.** on **Sunday, January 24, 2010.** No changes will be accepted after this point.

ENTRY LIMIT

Entries will be limited to THREE (3) per team per event.

FIELD SIZE

Fields will be limited to approximately 30 per event.

ACCEPTED ENTRIES

A list of accepted entries will appear on www.GoPSUsports.com on **Tuesday, January 25, 2010.**

SCRATCHES

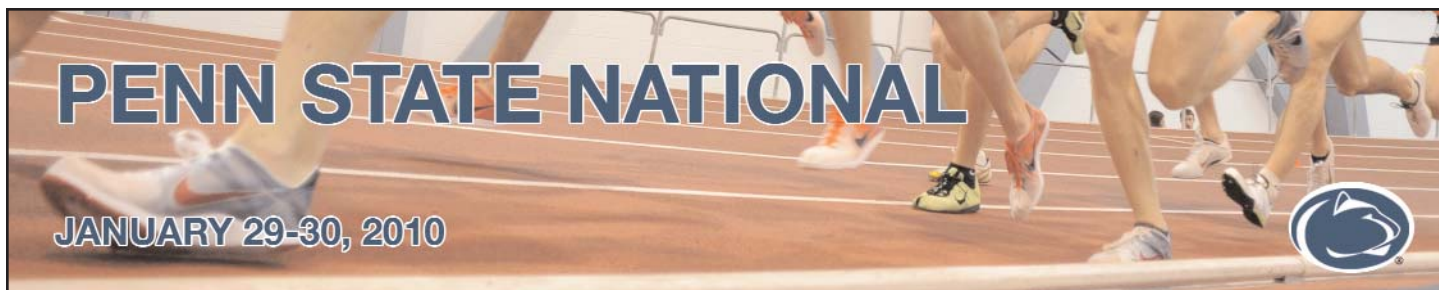
The meet will be seeded on the Wednesday prior to competition. To ensure the best possible competition, please submit any and all scratches to Jess Riden (jnr126@psu.edu) by **Wednesday, January 26, 2010, by 2 p.m. EST.**

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.

PACKET PICKUP

Packets will be available for pickup at the front desk of the MultiSport Facility during Thursday's practice session and prior to the start of the meet on Friday. Packets can be picked up at the clerks' station once the meet has started. We encourage you to pick up your packet as early as possible.



MULTI-EVENT FIELDS	The pentathlon and heptathlon competition are by invitation only, and are not open to enter of DirectAthletics. Please contact jnr126@psu.edu to discuss possible entry.
UNATTACHED ATHLETES	We do have the ability to accept unattached athletes on a limited basis. In order to be considered, interested athletes must contact Jess Riden (jnr126@psu.edu) prior to January 18, 2010 Proof of performance must be included in the entry request.
PRACTICE	The facility will be open for practice during the following times: January 28 - 10:00 a.m. - 6:30 p.m. January 29 - 8:00 - 10:00 a.m. (NO teams will be permitted to practice during the multi-events)
FACILITY	The track is 200m Mondo, 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.
COACHING AREAS	Coaches and athletes (unless they are competing) are not allowed on the inside of the track. There are designated areas for field events.
CHECK IN	<ul style="list-style-type: none">- 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 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 last minute warmups approximately 20 minutes prior to the start of the event. <p>All FIELD EVENTS should check in at event's site 60 minutes prior to the event's scheduled start time.</p>
WARMUP	There will be no warm-ups on the track except immediately before competition after being released by the clerk. There is 65 yards of Astroturf beyond the track to be used for warmup. When you arrive, take your team to the turf and set up camp. The clerking area is at the edge of the turf near the backstretch.
WEIGH INS	Weigh ins for the weight throw and the shot put will be held at the event site, prior to competition beginning.
HIP NUMBERS	An addition to bib numbers, athletes must have hip numbers on both hips for each running event. Distance events (Mile and Up) will have a third hip number on the chest for lap counters.
AWARDS	There will be awards for winners of INVITATIONAL sections. Awards can be picked up at the clerks station.
SPECTATING	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.
RESTRICTIONS	<ol style="list-style-type: none">1) ¼ inch spikes or less, christmas tree or pyramid spikes are preferred.2) Spikes are allowed on the turf and on the track surface only. No spikes in the hallways, lobby, or locker rooms. Training flats are fine anywhere. Please inform your athletes.3) Coaches please wear rubber soled shoes on the track and turf.4) Athletic tape only for marking purposes – No chalk, paint, etc.5) No food or drinks (except water) on the track or turf.6) Bag weights only in 35# weight event (no hard shell or outdoor weights).7) 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	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.
LOCKERS	There is limited locker space available for men and women. Dressing at your hotel is encouraged, as the locker rooms are not large enough to accommodate the expected number of athletes in this meet. Locks and towels are not provided.
RESULTS	Results will be posted as quickly as possible at the following locations: <ol style="list-style-type: none">1. Along the hallway on ground level, just outside the turf area.2. Results will be distributed after the meet at the equipment desk near the ground level entrance.3. LIVE scoring on GoPSUSports.com, and full results at the conclusion of the meet.



Entry Standards (Indoor Facilities Only)

<u>Event</u>	<u>Men</u>	<u>Women</u>
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.

Please see www.gopsusports.com after noon on Tuesday, 25 January 2010 for final acceptance information.

PENN STATE NATIONAL

JANUARY 29-30, 2010



Projected Time Schedule

Please Note: The time schedule below is **TENATIVE** and will be adjusted at the close of entries. The first event will NOT start any **EARLIER** than what is listed below.

Friday Schedule

Women's Pentathlon

Event	Round
12:00 PM Indoor Pentathlon: Women 60 Meter Hurdles	Finals
12:35 PM Indoor Pentathlon: Women High Jump	Finals
3:05 PM Indoor Pentathlon: Women Shot Put	Finals
4:05 PM Indoor Pentathlon: Women Long Jump	Finals
5:10 PM Indoor Pentathlon: Women 800 Meter Run	Finals

Men's Heptathlon - Day One

12:15 PM Heptathlon: Men 60 Meter Dash	Finals
12:50 PM Heptathlon: Men Long Jump	Finals
2:10 PM Heptathlon: Men Shot Put	Finals
3:10 PM Heptathlon: Men High Jump	Finals

Field Events

5:45 PM Women Weight Throw 20 lb	Finals
5:45 PM Women Long Jump	Finals
5:45 PM Men Long Jump	Finals
5:45 PM Men Pole Vault Inv	Finals
5:45 PM Men Pole Vault	Finals
8:15 PM Men Weight Throw 35 lb	Finals

Running Events

4:45 PM Mixed 1 Mile Run NVTC	Finals
5:45 PM Men 5000 Meter Run	Finals
6:05 PM Women 60 Meter Hurdles	Prelims
6:25 PM Men 60 Meter Hurdles	Prelims
6:45 PM Women 60 Meter Dash	Prelims
7:05 PM Men 60 Meter Dash	Prelims
7:25 PM Women 5000 Meter Run Inv	Finals
7:50 PM Women 60 Meter Hurdles	Semis
8:00 PM Men 60 Meter Hurdles	Semis
8:10 PM Women 60 Meter Dash	Semis
8:20 PM Men 60 Meter Dash	Semis
8:30 PM Men 5000 Meter Run Inv	Finals
8:50 PM Women Distance Medley	Finals
9:20 PM Men Distance Medley	Finals
9:45 PM Women 60 Meter Hurdles	Finals
9:50 PM Men 60 Meter Hurdles	Finals
9:55 PM Women 60 Meter Dash	Finals
10:00 PM Men 60 Meter Dash	Finals

Saturday Schedule

Men's Heptathlon - Day Two

9:30 AM Heptathlon: Men 60 Meter Hurdles	Finals
10:15 AM Heptathlon: Men Pole Vault	Finals
12:45 PM Heptathlon: Men 1000 Meter Run	Finals

Field Events

11:00 AM Women High Jump	Finals
11:00 AM Men High Jump	Finals
11:00 AM Women Shot Put	Finals
3:00 PM Women Pole Vault	Finals
3:00 PM Women Pole Vault Invitational	Finals
3:00 PM Women Triple Jump	Finals
3:00 PM Men Triple Jump	Finals
3:00 PM Men Shot Put	Finals

Unseeded Running Events

10:00 AM Women 400 Meter Dash	Finals
10:20 AM Men 400 Meter Dash	Finals
10:40 AM Women 500 Meter Dash	Finals
11:05 AM Men 500 Meter Dash	Finals
11:30 AM Women 800 Meter Run	Finals
11:40 AM Men 800 Meter Run	Finals
11:55 AM Women 1000 Meter Run	Finals
12:00 PM Men 1000 Meter Run	Finals
12:10 PM Women 1 Mile Run	Finals
12:15 PM Men 1 Mile Run	Finals
12:25 PM Women 200 Meter Dash	Finals
12:45 PM Men 200 Meter Dash	Finals
1:05 PM Women 3000 Meter Run	Finals
1:20 PM Men 3000 Meter Run	Finals

Running Events

2:30 PM Women 400 Meter Dash Inv	Finals
2:40 PM Men 400 Meter Dash Inv	Finals
2:55 PM Women 500 Meter Dash Inv	Finals
3:00 PM Men 500 Meter Dash Inv	Finals
3:05 PM Women 800 Meter Run Inv	Finals
3:15 PM Men 800 Meter Run Inv	Finals
3:25 PM Women 1000 Meter Run Inv	Finals
3:30 PM Men 1000 Meter Run Inv	Finals
3:35 PM Women 1 Mile Run Inv	Finals
3:50 PM Men 1 Mile Run Inv	Finals
4:05 PM Women 200 Meter Dash Inv	Finals
4:15 PM Men 200 Meter Dash Inv	Finals
4:25 PM Women 3000 Meter Run Inv	Finals
4:40 PM Men 3000 Meter Run Inv	Finals
4:55 PM Women 4x800 Meter Relay Inv	Finals
5:05 PM Men 4x800 Meter Relay Inv	Finals
5:20 PM Women 4x400 Meter Relay Inv	Finals
5:35 PM Men 4x400 Meter Relay Inv	Finals
5:50 PM Women 4x400 Meter Relay	Finals
6:15 PM Men 4x400 Meter Relay	Finals

PENN STATE NATIONAL

JANUARY 29-30, 2010



Horace Ashenfelter III Indoor Track Facility Records

Women's Records

Track

60-Meter Dash	7.26	Danielle Carruthers, Indiana, 2002
200-Meter Dash	23.19	De'Haisha Trotter, Tennessee, 2004
300-Meter Dash	37.83	Aleesha Barber, Unattached, 2009
400-Meter Dash	52.31	Shana Cox, Penn State, 2007
500-Meter Dash	1:08.71	Jearl Miles-Clark, New Balance, 2004
600-Meter Dash	1:27.70	Morgan Uceny, Cornell, 2007
800-Meter Run	2:04.58	Sarah Bowman, Tennessee, 2009
1,000-Meter Run	2:44.56	Emily Infield, Georgetown, 2009
Mile Run	4:35.89	Megan Metcalf, West Virginia, 2004
3,000 Meters	9:07.03	Rebecca Donaghue, Unattached, 2009
5,000-Meter Run	15:48.10	Maureen McCandless, Pitt., 2005
60-Meter High Hurdles	7.92	Danielle Carruthers, Indiana, 2002
4x200 Meters	1:37.76	Pen n State, 2006
4X400 Meter Relay	3:34.38	Tennessee, 2005
Sprint Medley Relay	3:52.25	Penn State, 2007
4X800 Meter Relay	8:34.82	Tennessee, 2009
Dist. Medley Relay	11:03.42	Tennessee, 2004

Field

High Jump	6-0 (1.83)	Stacy Taylor, Pittsburgh, 2001
Pole Vault	13-6.50 (4.13)	Kelly Phillips, Va. Tech, 2008
Long Jump	21-06.75 (6.57)	Tianna Madison, Nike, 2006
Triple Jump	45-2.50 (13.45)	Colleen Scott, Unattached, 2004
Shot Put	60-7.75 (18.48)	Cleo Borel-Brown, Unatt., 2006
20lb. Weight	73-0.50 (22.26)	Jen Leatherman, Unatt., 2007

Multi-Events

Pentathlon	4,236	Gayle Hunter, Penn State, 2009
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Men's Records

Track

60-Meter Dash	6.60	Johnnie Drake, C. Michigan, 2005
200-Meter Dash	20.72	LaShawn Merritt, Unattached, 2006
400-Meter Dash	45.46	Andrew Pierce, Ohio State, 2001
500-Meter Dash	1:02.17	Paul Moser, Villanova, 2003
600-Meter Dash	1:16.19	Tom Gerding, Minnesota, 2001
800-Meter Run	1:48.66	Elliott Blount, Connecticut, 2002
1,000-Meter Run	2:22.02	Jesse O'Connell, Georgetown, 2004
Mile Run	3:59.15	Mircea Bogdan, Unattached, 2008
3,000-Meter Run	7:58.51	Robert Gary, Adidas, 2000
5,000-Meter Run	14:01.92	Ian Connor, Ohio State, 2001
60-Meter High Hurdles	7.63	Aubrey Herring, Unattached, 2004
4x200 Meter Relay	1:25.05	Rutgers, 2007
4x400 Meter Relay	3:07.78	Ohio State, 2001
Sprint Medley Relay	3:23.74	Penn State, 2005
4x800 Meter Relay	7:23.13	Phoenix Athletics, 2009
Distance Medley Relay	9:29.79	Michigan, 2000

Field

High Jump	7-5 (2.26)	Joe Kindred, St. Augustine's, 2008
Pole Vault	18-2.75 (5.56)	Paul Terek, Michigan State, 2001
Long Jump	26-6 1/2	Dion Bentley, Penn Hills HS, 1989
Triple Jump	55-9 (16.99)	Leevan Sands, Bahamas, 2006
35-lb. Weight	74-4.25 (22.66)	Dan Taylor, Ohio State, 2004
Shot Put	65-2.75 (19.98)	Dan Taylor, Ohio State, 2004

Multi-Events

Heptathlon	5,827 pts	Ryan Olkowski, Unattached, 2005
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Penn State National Records

Women's Records

Track

60-Meter Dash	7.28	Cleo Tyson, Tennessee, 2007
200-Meter Dash	23.19	De'Haisha Trotter, Tennessee, 2004
400-Meter Dash	52.31	Shana Cox, Penn State, 2007
500-Meter Dash	1:08.71	Jearl Miles-Clark, New Balance, 2004
		** American Record **
800-Meter Run	2:04.58	Sarah Bowman, Tennessee, 2009
1,000-Meter Run	2:44.56	Emily Infield, Georgetown, 2009
Mile Run	4:38.98	Frances Koons, Villanova, 2007
3,000 Meters	9:07.03	Rebecca Donaghue, Unattached, 2009
5,000-Meter Run	15:48.10	Maureen McCandless, Pittsburgh, 2005
60-Meter High Hurdles	8.02	Queen Harrison, Va. Tech, 2009
4X400 Meter Relay	3:34.38	Tennessee, 2005
4x800 Meter Relay	8:34.82	Tennessee, 2009
Distance Medley Relay	11:03.42	Tennessee, 2004

Field

High Jump	6-0 (1.83)	Stacy Taylor, Pittsburgh, 2001
Pole Vault	13-6.50 (4.13)	Kelly Phillips, Va. Tech, 2008
Long Jump	21-06 3/4 (6.57)	Tianna Madison, Nike, 2006
Triple Jump	45-2 1/2 (13.45)	Colleen Scott, Unattached, 2004
Shot Put	60-7 3/4 (18.48)	Cleopatra Borel-Brown, Unattached, 2006
20lb. Weight Throw	73-0.50 (22.26)	Jennifer Leatherman, Unattached, 2007

Multi-Events

Pentathlon	4,088	Amber Williams, Miami, 2005
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Men's Records

Track

60-Meter Dash	6.65	Christopher Davis, NC Central, 2008
200-Meter Dash	20.72	LaShawn Merritt, Unattached, 2006
400-Meter Dash	46.55	Joe Mendel, Unattached, 2004
500-Meter Dash	1:02.20	Chris Bonner, Georgetown, 2005
800-Meter Run	1:48.97	Sheridan Kirk, Unattached, 2007
1,000-Meter Run	2:23.12	Tim Kajala, Pennsylvania, 2007
Mile Run	3:59.15	Mircea Bogdan, Unattached, 2008
3,000-Meter Run	7:58.51	Robert Gary, Adidas, 2000
5,000-Meter Run	14:02.64	Ben Cooke, Georgetown TC, 2002
60-Meter High Hurdles	7.63	Aubrey Herring, Unattached, 2004
4x400 Meter Relay	3:09.82	Villanova, 2002
4x800 Meter Relay	7:23.13	Phoenix Athletics, 2009
Distance Medley Relay	9:42.99	Phoenix Athletics, 2009

Field

High Jump	7-2 (2.21)	Hong Yong Bi, W. Jesuit, 2001
Pole Vault	17-9 (5.41)	Keith Higham, Pittsburgh, 2006
Long Jump	25-7.50 (7.81)	Jean Cummings, Morgan State, 2001
Triple Jump	55-9	Leevan Sands, Bahamas, 2006
35-lb. Weight	59-9 (18.21)	Ian Douglas, North Carolina, 2001
Shot Put	71-5.25 (21.77)	Mohsen Anani, Va. Tech, 2006

Multi-Events

Heptathlon	5,827 pts	Ryan Olkowski, Unattached, 2005
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Driving Directions to Penn State University

From **New York City**, the suggested route is via the George Washington Bridge to I-80. In Pennsylvania, exit I-80 at exit 161 (Bellefonte) and follow PA Route 220 south to State College. To get to campus, take exit 74 for Innovation Park/Penn State University.

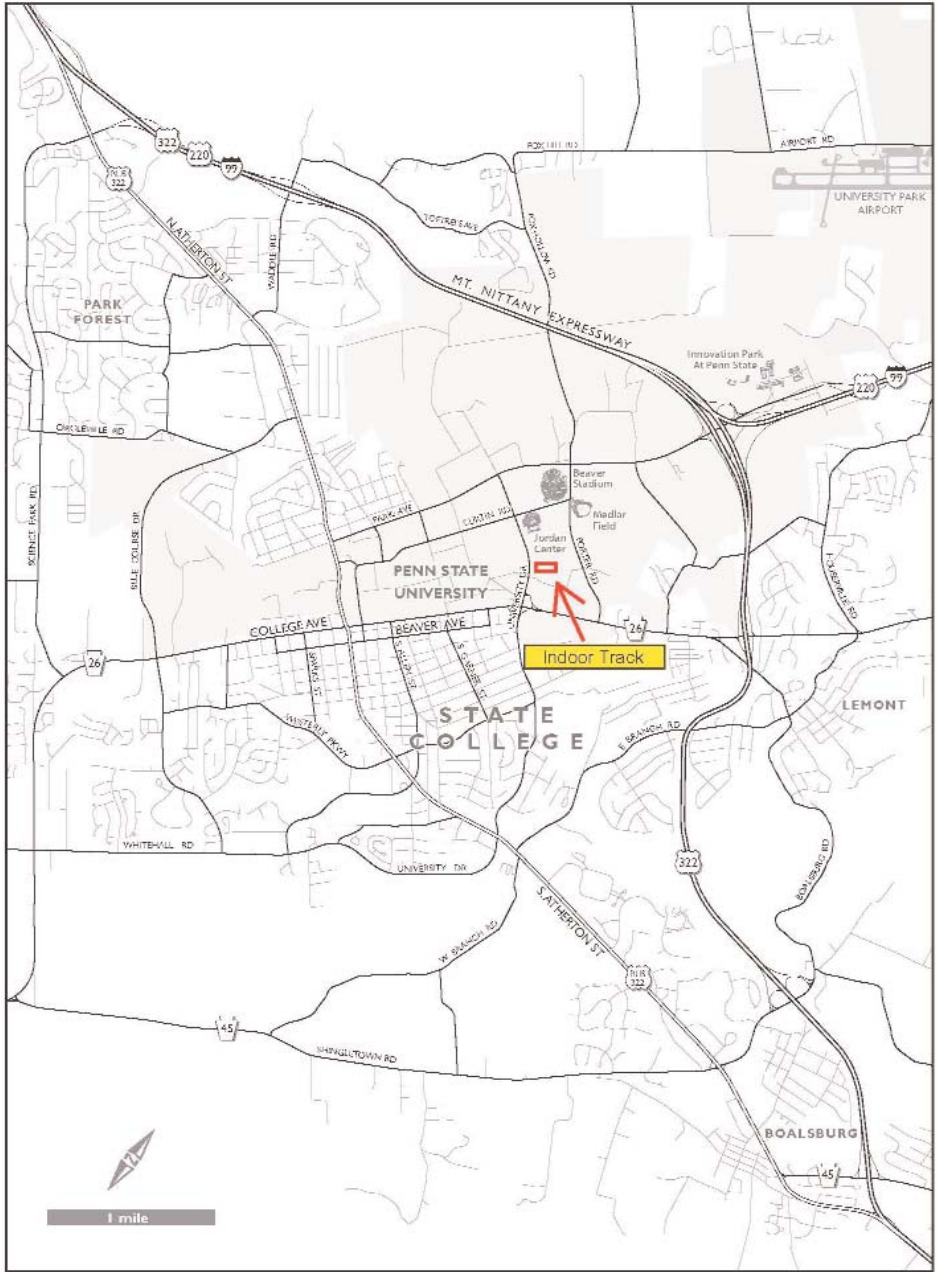
From the **Philadelphia** area, take Philadelphia Schuylkill Expressway to the Pennsylvania Turnpike, leave the Turnpike at exit 247 (**Harrisburg** East), and follow I-283 to I-83 and proceed north on I-83 to the I-81 interchange. Then follow I-81 south to Route 322, 22 West exit. Proceed west on Route 322 through Lewistown to State College exit #74.

From **Pittsburgh**, follow Route 22 East to Duncansville, I-99/Route 220 North to Route 322 East to Mt. Nittany Expressway/State College exit #73

From the **West**, take I-80 to exit 123 (Woodland) just east of Clearfield, then US Route 322 east to State College, or exit I-80 at exit 161 (Bellefonte) and follow PA Route 220 south to State College.

From **Washington, D.C.**, take Route 270 to Frederick then Route 70 to Breezewood - PA turnpike (exit 12) - and go one exit West to Bedford (exit 11); Take I-99 north to Route 220 to Route 322 East to State College exit #74,
- OR -

Take I-95 or the Baltimore-Washington Parkway to Baltimore, west loop I-695 to I-83 north. Continue on I-83 north to the I-81 interchange. Then follow I-81 south to Route 322, 22 exit. Proceed west on Route 322 to Lewistown and State College.



PENN STATE NATIONAL

JANUARY 29-30, 2010



Hotel/Restaurant Recommendations

Hotels

Hampton Inn

1101 E College Ave, State College, PA 16801
(814) 231-1590
0.9 Miles to Track

Days Inn

240 South Pugh Street, State College, PA, 16801
(814) 238-8454
1.2 Miles to Track

Hilton Garden Inn

1221 E College Avenue, State College, PA 16801
(814) 272-1221
1.2 Miles to Track

Atherton Hotel

125 S Atherton Street, State College, PA 16801
(814) 231-2100
1.9 Miles to Track

Ramada

1450 S. Atherton St., State College, PA 16801
(814) 238-3001
2.1 Miles to Track

Courtyard State College

1730 University Dr, State College, PA 16801
(814) 238-1881
2.1 Miles to Track

Sleep Inn

111 Village Dr., State College, PA 16803
(814) 235-1020
2.3 Miles to Track

Hampton Inn and Suites

1955 Waddle Road, State College, PA 16803
(814) 231-1899
6.0 Miles to Track

Holiday Inn Express

1925 Waddle Road, State College, PA 16803
(877) 863-4780
6.1 Miles to Track

Local Favorites

Hi-Way Pizza

1688 N. Atherton St.
(814) 237-0375

Mario and Luigi's

1272 N. Atherton St.
(814) 234-4273

Champs Sports Grill

1611 N. Atherton St.
(814) 234-7700

Chain Restaurants

Olive Garden

1945 Waddle Rd.
(814) 861-1620

Applebee's

12 Colonnade Way
(814)-235-3890

Chili's

139 S Allen St
(814) 234-5922

Damon's Grill

1031 E College Ave
(814) 237-6300