

The Sykes & Sabock Challenge Cup
Horace Ashenfelter III Indoor Track
University Park, PA
February 4, 2012

COACHING STAFF

Beth Alford-Sullivan, Director and Head Coach of Track and Field	814-863-3146	bxa10@psu.edu
Chris Johnson, Associate Head Coach	814-863-3147	cpj3@psu.edu
Drew Hardyk, Assistant Coach	814-863-3145	ath1@psu.edu
John Gondak, Assistant Coach	814-863-1893	jeg33@psu.edu
Fritz Spence, Assistant Coach	814-863-1963	fgs110@psu.edu
Andy Banse, Assistant Coach	814-863-7798	atb14@psu.edu
Jess Riden, Director of Operations/Meet Manager	814-863-2120	jnr126@psu.edu
Ben Evans, Assistant Athletic Trainer	814-865-8296	bfe103@psu.edu
Kevin Henry, MultiSport Facility Manager	814-865-8887	keh128@psu.edu

ENTRY FEE

* \$25.00 PER INDIVIDUAL/RELAY OR \$250.00 PER TEAM (\$500.00 M&W) THERE WILL BE NO REFUNDS.

PLEASE MAKE CHECKS 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 AT THE CLOSE OF ENTRIES.**

ENTRY PROCEDURE

* On-line through Direct Athletics (www.directathletics.com). Entries will open on **Tuesday, January 11.**
* **All entry marks will be published on heat sheets according to NCAA Rule 3-3.2.**

ENTRY LIMIT

* **Limit will be FOUR individual per event; and ONE relay.**
* **Teams must enter a minimum of 14 athletes.**

ENTRY DEADLINE

* Entries will close at **12:59 p.m.** on **Tuesday, January 31, 2012.**
* There will be no declarations – No changes will be accepted after the close of entries.

RELAY ENTRIES

* Enter up to eight names for each relay in the intended running order when you enter on Direct Athletics.
* Any changes on meet day will be designated on the relay card at the meet.

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, February 2, 2011.**

TEAM SCORE

* Events will be scored through eight places (10-8-6-5-4-3-2-1).

PACKET PICK UP

* Packets will be available for pickup at the front desk of the MultiSport Facility during Friday's practice session and prior to the start of the meet on Saturday. Packets can be picked up at the clerks' station once the meet has started.

PRACTICE

* The facility will be open during the following times: Friday, February 3 - 12:00-6:30 p.m.

UNATTACHED ATHLETES

* **NO UNATTACHED ATHLETES (even if affiliated with a competing team; ie- redshirt, etc.) WILL BE ACCEPTED.**

PENTATHLON

* We will be hosting a women's pentathlon, please contact Jess Riden at jnr126@psu.edu to discuss possible entry.

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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 permitting on the inside of the track.
- * The designated coaching areas are as follows: the backstretch under the scoreboard, the

CHECK IN

- * 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 warmups on the sprint straightaway approximately 20 minutes prior to the start of the event.
- * All FIELD EVENTS should check in AT SITE 60 minutes prior to the event's scheduled start time.

WARM AREA/TEAM CAMP

- * 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.

SPECTATING/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.

RESTRICTIONS

- * **¼ inch spikes or less, PYRAMIDS ONLY.**
- * 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 35# weight 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

- * 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.
- * Please contact Assistant Athletic Trainer Ben Evans (814-865-8296) with any specific questions.

LOCKER ROOMS

- * There is limited locker space available for men and women. Dressing at your hotel is encouraged.
- * Locks and towels are not provided.

RESULTS

Results will be posted as quickly as possible at the following locations:

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.

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TENTATIVE TIME SCHEDULE - WILL BE FINALIZED AT THE CLOSE OF ENTRIES

WOMEN'S PENTATHLON

9:00 AM	Women Pentathlon 60 Meter Hurdles	Finals
Approx. 9:35 AM	Women Pentathlon High Jump	Finals
Approx. 11:05 AM	Women Pentathlon Shot Put	Finals
Approx. 12:05 PM	Women Pentathlon Long Jump	Finals
Approx. 1:15 PM	Women Pentathlon 800 Meter Dash	Finals

TRACK EVENTS

10:00 AM	NVTC Races	
12:00 PM	Men 5000 Meter Run	Finals
12:20 PM	Women 5000 Meter Run	Finals
12:40 PM	Men 1 Mile Run	Finals
12:55 PM	Women 1 Mile Run	Finals
1:15 PM	Men 60 Meter Hurdles	Prelims
1:30 PM	Women 60 Meter Hurdles	Prelims
1:50 PM	Men 60 Meter Dash	Prelims
2:05 PM	Women 60 Meter Dash	Prelims
2:20 PM	Men 600 Meter Run	Finals
2:50 PM	Women 600 Meter Run	Finals
3:20 PM	Men 60 Meter Hurdles	Finals
3:25 PM	Women 60 Meter Hurdles	Finals
3:30 PM	Men 60 Meter Dash	Finals
3:35 PM	Women 60 Meter Dash	Finals
3:40 PM	Men 400 Meter Dash	Finals
3:55 PM	Women 400 Meter Dash	Finals
4:15 PM	Men 800 Meter Run	Finals
4:30 PM	Women 800 Meter Run	Finals
4:45 PM	Men 200 Meter Dash	Finals
5:05 PM	Women 200 Meter Dash	Finals
5:25 PM	Men 3000 Meter Run	Finals
5:50 PM	Women 3000 Meter Run	Finals
6:20 PM	Men Distance Medley	Finals
6:35 PM	Women Distance Medley	Finals
6:50 PM	Men 4x400 Meter Relay	Finals
7:00 PM	Women 4x400 Meter Relay	Finals

FIELD EVENTS

9:00 AM	Men Weight Throw 35 lb	Finals
1:00 PM	Men Pole Vault	Finals
1:00 PM	Women Pole Vault	Finals
1:00 PM	Men Long Jump	Finals
1:00 PM	Women Long Jump	Finals
1:00 PM	Women Weight Throw 20 lb	Finals
3:30 PM	Men Triple Jump	Finals
3:30 PM	Women Triple Jump	Finals
3:00 PM	Men Shot Put	Finals
5:00 PM	Women Shot Put	Finals
5:30 PM	Men High Jump	Finals
5:30 PM	Women High Jump	Finals