

**The Penn State Relays**  
**Horace Ashenfelter III Indoor Track**  
**University Park, PA**  
**January 7, 2012**

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**COACHING STAFF**

Beth Alford-Sullivan, Director and Head Coach of Track and Field	814-863-3146	bx10@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
Jess Riden, Director of Operations/Meet Manager	814-863-2120	jnr126@psu.edu
Ben Evans, Assistant Athletic Trainer	814-865-8296	bfe103@psu.edu
Peter Meier, Assistant Athletic Trainer	814-865-8296	pwm12@psu.edu
Kevin Henry, MultiSport Facility Manager	814-865-8887	keh128@psu.edu

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**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 - Tuesday, January 3, 2012.**

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**ENTRY PROCEDURE**

\* On-line through Direct Athletics ([www.directathletics.com](http://www.directathletics.com)). Entries will open in Mid-December.

\* **All entry marks will be published on heat sheets according to NCAA Rule 3-3.2.**

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**ENTRY DEADLINE**

\* Entries will close at **1:00 p.m. on Tuesday, January 3, 2012.**

\* There will be no declarations – No changes will be accepted after the close of entries.

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**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.

\* In addition, please include your entire traveling roster on your Direct Athletics roster (including alternates and individuals not currently entered in an event).

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**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](mailto:jnr126@psu.edu)) by Wednesday, January 5, 2 p.m.

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**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.

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**PRACTICE**

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

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**UNATTACHED ATHLETES**

\* We may 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](mailto:jnr126@psu.edu)) prior to January 4, 2010. Proof of performance **MUST** be included in the entry request.

**2012 Penn State Track & Field**

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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.

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**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 first row of the stands, and the benches on the home-stretch (for near pole vault runway ONLY).

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**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.

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**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.

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**WEIGH INS**

\* Weigh ins for the weight throw and the shot put will be held at the event site, prior to competition beginning.

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**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.

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**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.

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**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.

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**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/bfe103@psu.edu) or Rosie Martins (814 865-8296/rem40@psu.edu) with any specific questions.

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**LOCKER ROOMS**

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

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**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**

<u>Start</u>	<u>Event</u>	<u>Round</u>
10:15 AM	Mixed 1 Mile Run NVTC	Finals
11:00 AM	Women 1 Mile Run	Finals
11:10 AM	Men 1 Mile Run	Finals
11:20 AM	Women 60 Meter Hurdles	Prelims
11:30 AM	Men 60 Meter Hurdles	Prelims
11:40 AM	Women 60 Meter Dash	Prelims
11:50 AM	Men 60 Meter Dash	Prelims
12:05 PM	Women 500 Meter Dash	Finals
12:20 PM	Men 500 Meter Dash	Finals
12:30 PM	Women 4x800 Meter Relay	Finals
12:40 PM	Men 4x800 Meter Relay	Finals
12:50 PM	Women 4x1 Mile Relay	Finals
1:20 PM	Men 4x1 Mile Relay	Finals
1:40 PM	Women 60 Meter Hurdles	Finals
1:45 PM	Men 60 Meter Hurdles	Finals
1:50 PM	Women 60 Meter Dash	Finals
1:55 PM	Men 60 Meter Dash	Finals
2:05 PM	Women 1000 Meter Run	Finals
2:15 PM	Men 1000 Meter Run	Finals
2:25 PM	Women 200 Meter Dash	Finals
2:45 PM	Men 200 Meter Dash	Finals
2:55 PM	Women 3000 Meter Run	Finals
3:15 PM	Women Distance Medley	Finals
3:30 PM	Men Distance Medley	Finals
3:45 PM	Men 3000 Meter Run	Finals
4:00 PM	Women 4x400 Meter Relay	Finals
4:15 PM	Men 4x400 Meter Relay	Finals

**FIELD EVENTS**

10:00 AM	Women Weight Throw 20 lb	Finals
11:00 AM	Women Pole Vault	Finals
11:00 AM	Men Pole Vault	Finals
11:00 AM	Women Long Jump	Finals
11:00 AM	Men Long Jump	Finals
11:30 PM	Men Weight Throw 35 lb	Finals
2:00 PM	Women Triple Jump	Finals
2:00 PM	Men Triple Jump	Finals
1:30 PM	Women Shot Put	Finals
3:00 PM	Women High Jump	Finals
3:00 PM	Men High Jump	Finals
3:00 PM	Men Shot Put	Finals

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**HORACE ASHENFELTER III INDOOR TRACK || FACILITY RECORDS**

Men 60 Meter Dash	6.58	2011	Reggie Dixon - Hampton
Women 60 Meter Dash	7.18	2010	Barbara Pierre - St. Augustine's
Men 200 Meter Dash	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meter Dash	22.98	2010	Shavon Greaves - Penn State
Men 400 Meter Dash	45.46	2001	Andrew Pierce - Ohio State
Women 400 Meter Dash	52.31	2007	Shana Cox - Penn State
Men 500 Meter Dash	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meter Dash	1:08.70	2010	Shana Cox - Adidas
Men 600 Meter Run	1:16.19	2001	Tom Gerding - Minnesota
Women 600 Meter Run	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meter Run	1:47.36	2011	Casimir Loxsom - Penn State
Women 800 Meter Run	2:04.58	2009	Sarah Bowman - Tennessee
Men 1000 Meter Run	2:19.60	2010	Ryan Foster - Penn State
Women 1000 Meter Run	2:42.31	2010	Nicole Edwards - Unattached
Men 1 Mile Run	3:57.97	2011	Cory Leslie - Ohio State
Women 1 Mile Run	4:35.89	2004	Megan Metcalf - West Virginia
Men 3000 Meter Run	7:58.51	2000	Robert Gary - Adidas
Women 3000 Meter Run	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meter Run	13:58.16	2009	Hassan Mead - Minnesota
Women 5000 Meter Run	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.58	2011	Jarrett Eaton - Unattached
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 4x400 Meter Relay	3:07.78	2001	Ohio State - C Cornwall, E Francis, T Dickson, A Pierce
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	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	11:03.42	2004	Tennessee - N Cook, L Hyatt, D Trotter, B Novak
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2 (1.88)	2010	Nicole Forrester - Mizuno
Men Pole Vault	18-3 (5.56)	2001	Paul Terek - Michigan State
Women Pole Vault	14-3.25 (4.35)	2010	Alicia Rue - Minnesota
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	68-6.50 (20.89)	2011	Ryan Whiting - Nike
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	74-4.25 (22.66)	2004	Dan Taylor - Ohio State
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Indoor Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Indoor Pentathlon	4731	2010	Hyleas Fountain - Nike

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**PENN STATE RELAYS || MEET RECORDS**

Men 60 Meter Dash	6.77*	2006	Aulton Kohn - Syracuse
Women 60 Meter Dash	7.30	2010	Shavon Greaves - Penn State
Men 200 Meter Dash	21.41	2011	Brady Gehret - Penn State
Women 200 Meter Dash	23.22	2010	Shavon Greaves - Penn State
Men 500 Meter Dash	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meter Dash	1:12.23	2010	Fawn Dorr - Penn State
Men 1000 Meter Run	2:25.37	2008	Kurt Kuehne - Princeton
Women 1000 Meter Run	2:47.38	2010	Frances Koons - Unattached
Men 1 Mile Run	4:15.51	2008	Ben White - Princeton
Women 1 Mile Run	5:10.39	2010	Sara Morrison - Villanova
Men 3000 Meter Run	8:24.40	2006	Kyle Heath - Syracuse
Women 3000 Meter Run	9:34.64	2005	Kate Boyles - Cornell
Men 60 Meter Hurdles	7.88	2009	Ronnie Ash - Bethune-Cookman
Women 60 Meter Hurdles	8.30	2009	Aleesha Barber - Unattached
Men 4x400 Meter Relay	3:11.83	2011	Penn State - L Williams, B Gehret, C Loxsom, M Filandro
Women 4x400 Meter Relay	3:38.66	2011	Penn State - D Anyanwu, S Greaves, M Jones, I Iheoma
Men 4x800 Meter Relay	7:31.17	2009	Penn State - O Dawson, M Groves, L Williams, R Foster
Women 4x800 Meter Relay	8:55.20	2009	Villanova - J Sarruda, K Tallman, A Smith, F Koons
Men Distance Medley	9:57.25	2011	Unattached - B Fuller, T Johnson, K Fuller, D Pollow
Women Distance Medley	11:35.74	2008	Penn State - L Rosenfeld, M Duncan, F York, B Franek
Men 4xMile Relay	16:54.31	2005	St. Francis
Women 4xMile Relay	20:17.97	2005	LaSalle - E Geiger, R Papin, D Schopf, J Darcy
Men High Jump	7-1.75 (2.18)	2009	Ryan Fritz - Penn State
Women High Jump	5-11.50 (1.82)	2007	Sarah Wilfred - Cornell
Men Pole Vault	16-4.75 (4.99)	2006	Evan Whitehall - Cornell
Women Pole Vault	12-5.50 (3.80)	2010	Ashlyn Llerandi - Villanova
Men Long Jump	23-6.75 (7.18)	2009	William Velez - St. Francis (Pa.)
Women Long Jump	20-4.50 (6.21)	2008	Jeomi Maduka - Cornell
Men Triple Jump	51-6.25 (15.70)	2008	Muhammad Halim - Cornell
Women Triple Jump	42-1.25 (12.81)	2008	Jeomi Maduka - Cornell
Men Shot Put	60-6.50 (18.45)	2011	Joe Kovacs - Penn State
Women Shot Put	48-8 (14.83)	2006	Jen Leatherman - Penn State
Men Weight Throw 35 lb	63-2 (19.25)	2008	Alex Pessala - Princeton
Women Weight Throw 20 lb	70-2.25 (21.39)	2006	Jen Leatherman - Penn State