

**The PENN STATE NATIONAL
Horace Ashenfelter III Indoor Track
University Park, PA
January 27-28, 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
T.J. Crater, Assistant Coach	814-863-7798	tjc25@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

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 BY MONDAY, JANUARY 23, 2012.**

ENTRY PROCEDURE

* On-line through Direct Athletics (www.directathletics.com). Entries will open in Mid-December.

* **NEW for 2012** - The Direct Athletics system will prompt you to enter a TFRRS mark OR a projected mark. Please be as honest as possible if you choose to enter a projected mark, and please include an explanation of the projection.

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

ENTRY DEADLINE

* **Entries will close at 11:59 P.M., on Sunday, January 22, 2012.**

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

ENTRY LIMIT

* Entries will be limited to THREE (3) per team per event. Please see suggested entry standards on Page 3. Please do not enter athletes who have not achieved these performances.

FIELD SIZE

* Fields will be limited to approximately 30 per event based on entry performance.

ACCEPTED ENTRIES

* A list of accepted entries will appear on www.GoPSUsports.com after NOON on Tuesday, January 24, 2012.

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 25, 2 p.m.

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 PICK UP

* Packets will be available for pickup at the front desk of the MultiSport Facility during Thursday's practice session and during competition on Friday. Packets will be available at the Clerk's Station once the meet has started.

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PRACTICE

* The facility will be open during the following times: Thursday, January 26 - 12:00-6:30 p.m.; Friday, January 27, 8:00-11:00 a.m. NO PRACTICE will be allowed after the start of the multi-events.

MULTI-EVENT ENTRIES

* 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 prior to January 13.

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) prior to January 16, 2012. Proof of performance MUST be included in the entry request.

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. The facility was resurfaced in 2011.
* 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.

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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 Peter Meier (814 865-8296/pwm12@psu.edu) 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.

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, 24 January 2012 for final acceptance information.

2012 Penn State Track & Field

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

FRIDAY SCHEDULE

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 (Front Runway)	Finals
8:00 PM	Men Weight Throw 35 lb	Finals

Running Events

4:45 PM	Mixed 1 Mile Run NVTC	Finals
5:45 PM	Women Distance Medley	Finals
6:00 PM	Men Distance Medley	Finals
6:15 PM	Women 60 Meter Hurdles	Prelims
6:35 PM	Men 60 Meter Hurdles	Prelims
6:55 PM	Women 60 Meter Dash	Prelims
7:15 PM	Men 60 Meter Dash	Prelims
7:35 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 Inv	Finals
9:05 PM	Men Distance Medley Inv	Finals
9:20 PM	Women 60 Meter Hurdles	Finals
9:25 PM	Men 60 Meter Hurdles	Finals
9:30 PM	Women 60 Meter Dash	Finals
9:35 PM	Men 60 Meter Dash	Finals

SATURDAY SCHEDULE

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
10:45 AM	Women 500 Meter Dash	Finals
11:05 AM	500 Meter Dash	Finals
11:20 AM	Women 800 Meter Run	Finals
11:35 AM	Men 800 Meter Run	Finals
11:50 AM	Women 1000 Meter Run	Finals
11:55 AM	Men 1000 Meter Run	Finals
12:05 PM	Women 1 Mile Run	Finals
12:20 PM	Men 1 Mile Run	Finals
12:30 PM	Women 200 Meter Dash	Finals
12:50 PM	Men 200 Meter Dash	Finals
1:10 PM	Women 3000 Meter Run	Finals
1:25 PM	Men 3000 Meter Run	Finals

*** BREAK PRIOR TO INVITATIONAL SECTIONS ***

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
3:45 PM	Men 1 Mile Run Inv	Finals
4:00 PM	Women 200 Meter Dash Inv	Finals
4:10 PM	Men 200 Meter Dash Inv	Finals
4:20 PM	Women 3000 Meter Run Inv	Finals
4:35 PM	Men 3000 Meter Run Inv	Finals
4:50 PM	Women 4x800 Meter Relay Inv	Finals
5:05 PM	Men 4x800 Meter Relay Inv	Finals
5:15 PM	Women 4x400 Meter Relay	Finals
5:45 PM	Men 4x400 Meter Relay	Finals
6:10 PM	Women 4x400 Meter Relay Inv	Finals
6:15 PM	Men 4x400 Meter Relay Inv	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	2:03.51	2011	Erica Moore - Knoxville Elite
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	Jaret 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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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	23.16	2010	Shavon Greaves - Penn State
Men 400 Meter Dash	46.52	2010	Allodin Fothergill - UMES
Women 400 Meter Dash	52.31	2007	Shana Cox - Penn State
Men 500 Meter Dash	1:02.17	2003	Paul Moser - Villanova
Women 500 Meter Dash	1:08.70	2010	Shana Cox - Adidas
Men 800 Meter Run	1:47.48	2010	Ryan Foster - Penn State
Women 800 Meter Run	2:03.51	2011	Erica Moore - Knoxville Elite
Men 1000 Meter Run	2:19.60	2010	Ryan Foster - Penn State
Women 1000 Meter Run	2:42.71	2010	Chanelle Price - Tennessee
Men 1 Mile Run	3:57.97	2011	Cory Leslie - Ohio State
Women 1 Mile Run	4:38.98	2007	Frances Koons - Villanova
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	14:02.64	2002	Ben Cooke - Georgetown TC
Women 5000 Meter Run	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.58	2011	Jaret Eaton - Unattached
Women 60 Meter Hurdles	8.02	2009	Queen Harrison - Virginia Tech
Men 4x400 Meter Relay	3:09.92	2002	Villanova - N O'Brian, C Bedoya, P Moser, M Brown
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	9:42.99	2009	Phoenix Athletics - A Maloney, K Smith, A Heaney, M Lincoln
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	6-0 (1.82)	2001	Stacy Taylor - Pittsburgh
Men Pole Vault	18-2.50 (5.54)	2009	Brian Mondschein - Unattached
Women Pole Vault	13-9.25 (4.20)	2010	Carrie Hayes - 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	66-7.75 (20.31)	2010	Sheldon Battle - Unattached
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	71-5.25 (21.77)	2006	Mohsen Anani - Virginia Tech
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