The Sykes & Sabock Challenge
@ Ashenfelter III Indoor Track
Saturday| February 4, 2023

Meet and Entry Information

Kara Foster
Director of Operations
Multi-Sport Facility, University Park, PA 16802
Khm127@psu.edu
814-812-0906
**Important Dates:**
Monday, December 19 – Entries Open on DirectAthletics.com
Tuesday, January 31 – Entries Close on DirectAthletics.com
Friday, February 3 – Practice 4:30-7:00 PM
Saturday, February 4 – Date of Competition

---

**Penn State Track and Field Coaching and Meet Management Staff**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Gondak</td>
<td>Director and Head Coach (Distance/Mid-Distance)</td>
<td><a href="mailto:jeg33@psu.edu">jeg33@psu.edu</a></td>
<td>(814) 863-1933</td>
</tr>
<tr>
<td>Brandon Rizzo</td>
<td>Assistant Coach (Sprints/Hurdle/Relay)</td>
<td><a href="mailto:bqr5413@psu.edu">bqr5413@psu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Brie Berkowitz</td>
<td>Assistant Coach (Jumps/Pole Vault/Multi)</td>
<td><a href="mailto:bnb5509@psu.edu">bnb5509@psu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Nathan Ott</td>
<td>Assistant Coach (Throws)</td>
<td><a href="mailto:nbo5128@psu.edu">nbo5128@psu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Ryan Foster</td>
<td>Assistant Coach (Distance)</td>
<td><a href="mailto:rgf5028@psu.edu">rgf5028@psu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Fritz Spence</td>
<td>Assistant Coach (Jumps/Multi)</td>
<td><a href="mailto:fgs110@psu.edu">fgs110@psu.edu</a></td>
<td>(814) 321-3930</td>
</tr>
<tr>
<td>Kara Foster</td>
<td>Director of Operations</td>
<td><a href="mailto:khm127@psu.edu">khm127@psu.edu</a></td>
<td>(814) 812-0906</td>
</tr>
<tr>
<td>Matt Rudisill</td>
<td>Strategic Communications</td>
<td><a href="mailto:mpr5529@psu.edu">mpr5529@psu.edu</a></td>
<td>(814) 321-8341</td>
</tr>
<tr>
<td>Michael Gay</td>
<td>Athletic Trainer</td>
<td><a href="mailto:mrg201@psu.edu">mrg201@psu.edu</a></td>
<td>(814) 865-8296</td>
</tr>
<tr>
<td>Allison Gawinski</td>
<td>Athletic Trainer</td>
<td><a href="mailto:ayg5424@psu.edu">ayg5424@psu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Dan Sowash</td>
<td>Facility Coordinator</td>
<td><a href="mailto:djs369@psu.edu">djs369@psu.edu</a></td>
<td>(814) 441-1793</td>
</tr>
<tr>
<td>TBD</td>
<td>Event Manager</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Entry Information, Fees & Procedures**

**Entry Procedure**
- On-line through DirectAthletics (www.directathletics.com). Entries will open in Late-December.

**Entry Deadline**
- **Entries will close at 1:00 PM on Tuesday, January 31, 2023.**
- There will be no declarations – Entries will be considered FINAL at the close of entries.

**Entry Limits/Requirements**
- Limit will be FOUR individuals per event; and ONE relay.

**Relay Entries**
- Please make sure to include all eligible athletes (especially if you are entering athletes in RELAYS ONLY)
- You will be required to declare the final order via a relay card at check in. This will insure the proper names are uploaded to the TFRRS 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 Kara Foster by Wednesday, February 1 @ 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 31, 2023.
Do not bring entry fee to the meet. We cannot accept it due to Pennsylvania auditor regulations.

Unattached Athlete
- In order to be considered, interested athletes must contact Kara Foster via email prior to January 23, 2023. 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, February 3 – 4:30-7:00 p.m.
  - Please be respectful of the time slot.
- Please contact Kara Foster to make practice arrangements outside of 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 the Clerk's Station on the competition has started.
  - Friday, February 3 – 4:30-6:00 p.m. (Front Desk)
  - Saturday, February 4 – 9:00-10:00 a.m. (Front Desk)

Heat Sheets
- Heat sheets will be made available ONLINE at www.GoPSUsports.com prior to competition and will also be emailed out to all participating teams.
- Pttiming.com will also have updated start list available.
- Please note the meet will be seeded based on TFFRS and speculative marks as meet management see fit.

Results
- LIVE results will be available on pttiming.com

Warm-Up/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 warm up. When you arrive, enter down the back hallway onto the turf and set up camp.

Spectators/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.

Coaching Area
- The designated coaching areas are as follows: 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 the 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 CLERKS’ STATION and will be released onto the track for warmups after the conclusion of the 1 Mile run. ATHLETES ARE NOT PERMITTED on 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 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 start.

Locker Rooms

- There is limited locker/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, with a student support staff. The training staff will be located on 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.

John Lucas Athlete of the Meet

- We will be recognizing the “Most Outstanding” male and female athlete in this year’s competition, with the "John Lucas” Athlete of the Meet award. The award is in memory of long-time Penn State professor and Olympic historian John Lucas, who passed away in November of 2012. Winners will be decided by the meet management staff.

Award Presentation

- We will host a brief awards presentation following the conclusion of the meet, recognizing the winning teams in both the men’s and women’s competitions. We will also recognize the “John Lucas” Men’s and Women’s Athlete of the Meet at this time.

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 Thursday'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.
- No food or drinks (except water) on the track or turf.
- 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:

<table>
<thead>
<tr>
<th>Ice</th>
<th>Water and Cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood spill kits</td>
<td>Emergency equipment</td>
</tr>
</tbody>
</table>

If your team is not planning on traveling with a certified athletic trainer please provide us with 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 emergent situation (i.e. Sickle 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 of 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 of 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.
SPIKE REQUIREMENTS

⅛ INCH PRIAMID & COMPRESSION SPIKES ONLY
(3/8 INCH FOR HIGH JUMP)

¼" SPIKES ONLY!! HIGH JUMP ATHLETES WILL BE PERMITTED 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.
<table>
<thead>
<tr>
<th>EVENT</th>
<th>PERFORMANCE</th>
<th>YEAR</th>
<th>ATHLETE - SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men 60 Meter Dash</td>
<td>6.60</td>
<td>2005</td>
<td>Johnnie Drake - Central Michigan</td>
</tr>
<tr>
<td>Women 60 Meter Dash</td>
<td>7.26</td>
<td>2008</td>
<td>Gloria Asumnu - Tulane</td>
</tr>
<tr>
<td>Men 200 Meter Dash</td>
<td>20.93</td>
<td>2010</td>
<td>Marcus Rowland - Auburn</td>
</tr>
<tr>
<td>Women 200 Meter Dash</td>
<td>23.44</td>
<td>2002</td>
<td>Rachelle Boone - Indiana</td>
</tr>
<tr>
<td>Men 400 Meter Dash</td>
<td>46.00</td>
<td>2001</td>
<td>Andrew Pierce - Ohio State</td>
</tr>
<tr>
<td>Women 400 Meter Dash</td>
<td>52.50</td>
<td>2007</td>
<td>Shana Cox - Penn State</td>
</tr>
<tr>
<td>Men 600 Meter Run</td>
<td>1:17.36</td>
<td>2014</td>
<td>Robert Rhodes - Penn State</td>
</tr>
<tr>
<td>Women 600 Meter Run</td>
<td>1:27.70</td>
<td>2007</td>
<td>Morgan Uceny - Cornell</td>
</tr>
<tr>
<td>Men 800 Meter Run</td>
<td>1:47.31</td>
<td>2016</td>
<td>Isaiah Harris - Penn State</td>
</tr>
<tr>
<td>Women 800 Meter Run</td>
<td>2:05.90</td>
<td>2007</td>
<td>Becky Horn - Western Michigan</td>
</tr>
<tr>
<td>Men 1 Mile Run</td>
<td>3:57.86</td>
<td>2015</td>
<td>Robby Creese - Penn State</td>
</tr>
<tr>
<td>Women 1 Mile Run</td>
<td>4:35.89</td>
<td>2004</td>
<td>Megan Metcalf - West Virginia</td>
</tr>
<tr>
<td>Men 3000 Meter Run</td>
<td>8:00.99</td>
<td>2009</td>
<td>Sam Chelenga - Liberty</td>
</tr>
<tr>
<td>Men 5000 Meter Run</td>
<td>14:13.25</td>
<td>2007</td>
<td>Jeff Powers - Central Michigan</td>
</tr>
<tr>
<td>Women 5000 Meter Run</td>
<td>16:09.07</td>
<td>2001</td>
<td>Erica Palmer - Wisconsin</td>
</tr>
<tr>
<td>Men 60 Meter Hurdles</td>
<td>7.77</td>
<td>2003</td>
<td>Joel Brown - Ohio State</td>
</tr>
<tr>
<td>Women 60 Meter Hurdles</td>
<td>7.92</td>
<td>2002</td>
<td>Danielle Carruthers - Indiana</td>
</tr>
<tr>
<td>Men 4x400 Meter Relay</td>
<td>3:07.78</td>
<td>2001</td>
<td>Ohio State - C Cornwall, E Francis, T Dickson, A Pierce</td>
</tr>
<tr>
<td>Women 4x400 Meter Relay</td>
<td>3:34.22</td>
<td>2014</td>
<td>Penn State - D McGee, K Seymour, T Rhodes, M Jones</td>
</tr>
<tr>
<td>Men Distance Medley</td>
<td>9:29.79</td>
<td>2004</td>
<td>Michigan - A Ellerton, S Waite, N Brannen, N Willis</td>
</tr>
<tr>
<td>Women Distance Medley</td>
<td>11:11.33</td>
<td>2009</td>
<td>West Virginia - K Christopher, A Rotilio, K Hamrick, K Bland</td>
</tr>
<tr>
<td>Men High Jump</td>
<td>7-4.25 (2.24)</td>
<td>2014</td>
<td>Maalik Reynolds - Penn State</td>
</tr>
<tr>
<td>Women High Jump</td>
<td>5-10.75 (1.80)</td>
<td>2003</td>
<td>Alex Church - Kent State</td>
</tr>
<tr>
<td></td>
<td>5-10.75 (1.80)</td>
<td>2004</td>
<td>Jackie Bozin - Central Michigan</td>
</tr>
<tr>
<td>Men Pole Vault</td>
<td>18-1.50 (5.52)</td>
<td>2006</td>
<td>Brian Mondschein - Virginia Tech</td>
</tr>
<tr>
<td>Women Pole Vault</td>
<td>13-9.25 (4.20)</td>
<td>2016</td>
<td>Lexi Masterson - Penn State</td>
</tr>
<tr>
<td></td>
<td>13-9.25 (4.20)</td>
<td>2016</td>
<td>Allison Harris - Princeton</td>
</tr>
<tr>
<td>Men Long Jump</td>
<td>24-8.50 (7.53)</td>
<td>2002</td>
<td>David Clark - West Virginia</td>
</tr>
<tr>
<td>Women Long Jump</td>
<td>20-7 (6.27)</td>
<td>2003</td>
<td>Chi-Chi Aduba - Penn State</td>
</tr>
<tr>
<td>Men Triple Jump</td>
<td>52-9.50 (16.09)</td>
<td>2002</td>
<td>Aarik Wilson - Indiana</td>
</tr>
<tr>
<td>Women Triple Jump</td>
<td>44-0.50 (13.42)</td>
<td>2003</td>
<td>Melanie Carter - Pittsburgh</td>
</tr>
<tr>
<td>Men Shot Put</td>
<td>66-10.5 (20.38)</td>
<td>2015</td>
<td>Darrell Hill - Penn State</td>
</tr>
<tr>
<td>Men Shot Put &quot;Invite&quot;</td>
<td>70-10 (21.59)</td>
<td>2013</td>
<td>Ryan Whiting - Nike</td>
</tr>
<tr>
<td>Women Shot Put</td>
<td>56-8 (17.27)</td>
<td>2016</td>
<td>Rachel Fatherly - Penn State</td>
</tr>
<tr>
<td>Men Weight Throw 35 lb</td>
<td>76-6.25 (23.32)</td>
<td>2017</td>
<td>Rudy Winkler - Cornell</td>
</tr>
<tr>
<td>Women Weight Throw 20 lb</td>
<td>71-6.25 (21.80)</td>
<td>2006</td>
<td>Jennifer Leatherman - Penn State</td>
</tr>
</tbody>
</table>

* - American Indoor Record; C - Collegiate Record; AmC - American Collegiate Record; WJ - World Junior Record; AJ - American Junior Record

**BOLD** - Records set during 2019 season.