



**The 2015 Harry Groves Spiked Shoe Invitational  
@ Penn State University  
Friday, September 11, 2015**

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High School Meet and Entry Information

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# CROSS-COUNTRY

**The Harry Groves Spiked Shoe Invitational @ Penn State University**

**Friday, September 11, 2015**

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**The Harry Groves Spiked Shoe Invitational:**

The annual Harry Groves Spiked Shoe Invitational event is named after long-time Nittany Lion men's track and field and cross country coach Harry Groves. Groves spent nearly forty years at the helm of the men's program, beginning in 1968 until retiring at the conclusion of the 2006 track and field season. Groves is a 2001 USTCA Hall of Fame inductee, was named national Coach of the Year on five occasions, and is a 26-time Regional Coach of the Year honoree. The Invitational is hosted each fall and features high school and collegiate races.

**TENTATIVE Harry Groves Spiked Shoe Time Schedule -**

4:00 PM	HS Girls 5K
4:45 PM	HS Boys 5K
5:30 PM	Women's College 6K
6:15 PM	Men's College 5.2 Mile

**HS Race Distance:** 5,000-Meters

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**Entry Information, Fees, and Procedures:**

**Entry Form:**

Teams must submit attached entry form to Director of Operations Laura Loht by **Monday, August 17**, to be eligible for competition. Entries can be faxed (814.863.8933) or emailed (l15115@psu.edu).

*\*\* We will accept up to 35 teams per gender. You will be notified via email of your entry status following receipt of the entry form. \*\**

**Entry Limit:**

Teams may run up to **15 runners** per gender in the varsity race. There will be NO JV race.

**Entry Fee:**

**Single Gender:** \$250 per team (\$400 for combined gender programs);

**Non-Scoring Teams (Less than five athletes):** \$25 per individual

**Entry Fee Deadline:** Close of Entries (Monday, September 7) **\*\* NO ENTRY FEES will be accepted at the meet.**

**Send entry fee to:**

Laura Loht  
Multi-Sport Facility  
University Park, PA 16802

**Make Checks Payable to:** Penn State University



# CROSS-COUNTRY

**Entry Deadline:**

**Monday, Sept. 7, 2015 @ 11:59 p.m.;** Entries will be open on DirectAthletics by Wednesday, August 19.

**Entry Procedure:**

Online through Direct Athletics - [www.directathletics.com](http://www.directathletics.com); You may change your entry until the deadline. Please delete any runners that you are certain will not be competing in the meet before the entry deadline. If you are not sure, leave them in the meet.

If you are not on Direct Athletics "Invited Teams" list, please contact Laura Loht at [lel5115@psu.edu](mailto:lel5115@psu.edu), to discuss potential entry.

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**Pre-Meet and Race Day Information:****Practice Day (Thursday, September 10):**

The course will be open for inspection from 4:00-6:00 p.m.

- ***Note: Onsite parking will not be available until after 4:00 p.m.***
- *The course will still be open to golfers during practice time, so please be mindful of this window.*

**Packet Pickup:**

Packet pickup will be available during practice (4:00-6:00 p.m.) on Thursday or prior to competition on Friday (Beginning at Noon).

**TENTATIVE RACE DAY TIMELINE:**

1-3:30 PM	Course Open for Inspection
1:00 PM	Packets/Timing Chips Available for Pick Up
3:45 PM	HS Girls' 5K Called to Start!
3:55 PM	National Anthem
4:00 PM	HS Girls 5K Begins!
4:30 PM	HS Boys' 5K Called to Start!
4:45 PM	HS Boys 5K Begins!
5:15 PM	HS Awards (Adjacent to Finish Line)
5:15 PM	College Women's 6K Called to Start!
5:30 PM	College Women's 6K Begins!
6:00 PM	College Men's 5.2 Mile Called to Start!
6:15 PM	Men's College 5.2 Mile

**Awards (HS ONLY):**

- \* The top 10 finishers per gender will receive awards
- \* The TOP THREE teams per gender will receive t-shirts (7 per team)
- \* The TOP THREE TEAMS per gender will also receive an awards plaque



**Team Camps/Course Guidelines:**

Please keep team camps AWAY from the starting line. Team camps should be on the field below the starting line (between the starting line and the parking lot) and away from all fairway and greens.

Please avoid all greens and fairways. PLEASE inform any parents, fans, etc., of this as well.

**Please NOTE - NO TEAM CAMPS OR WARMUPS will be permitted on fenced in rugby fields.**

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**Additional Meet Information:**

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**Results:**

**RESULTS** will be posted near the finish line and available to coaches following each of the races and on [www.GoPSUsports.com](http://www.GoPSUsports.com) at the conclusion of the day.

**Athletic Training:**

Certified athletic trainers will be on-site for all practices and competitions. In addition, an ambulance and EMS crew will be available on Friday for the races. Mount Nittany Medical Center is approximately five miles away from the Blue/White Courses and the emergency room phone number is 814-231-7000.

**Showers/Locker Rooms:**

Locker rooms will be available in Rec Hall – across the street from the starting line.

**Recommended Hotel:**

Hampton Inn - (814) 231-1590 1.8 Miles to Course

**Directions to Course/Parking:**

Take 322 Business/Atherton St and follow to campus. The Red A Park Lot is located at the Intersection of Atherton St and White Course Drive – Directly across from Rec Hall. Buses will be directed to park within the lot. If the lot reaches capacity, buses may be directed off-site. Also Note – The Lot is NOT OPEN for public parking until after 4:00 PM on Thursday. Parking on competition day (Friday) will be reserved STRICTLY for TEAMS AND OFFICIALS prior to 4:00 PM.



# CROSS-COUNTRY

## HARRY GROVES SPIKED SHOE INVITATIONAL || TOP BOYS' PERFORMANCES AND RECORDS:

### Top 5 All-Time Performances (5,000-meters)

1.	Craig Forys (Colts Neck)	15:20 (2006)
2.	Dan Coval (Council Rock)	15:35 (1998)
3.	Reece Ayers (Tunkhannock)	15:38 (2010)
4.	Chris Kollar (Strongville, Ohio)	15:41 (2002)
5.	Noel Bateman (Aquinas Inst.)	15:43 (2005)
	Griffin Molino (South Williamsport)	15:43 (2014)

### All-Time Individual and Team Champions (5,000-meters)

1982	Ken Frazier (State College)	State College (22)
1983	Ken Frazier/Matt Colton (St. College)	State College (36)
1984	Matt Colton (State College)	State College (16)
1985	Mike Clark (State College)	State College (33)
1986	Drew Saunders (State College)	State College (51)
1987	Drew Saunders (State College)	State College (101)
1988	Eric Laughlin (Clarion)	Dallas (98)
1989	Dave Crowe (Girard)	Central Catholic (48)
1990	Leif Steiner (State College)	Hempfield (98)
1991	Derek Seilina (Hampton)	Pennsbury (80)
1992	Tom Shea (State College)	State College (108)
1993	Andy Barker (Carlisle)	State College (50)
1994	Andy May (Shady Side)	State College (50)
1995	Scott Davis (Carlisle)	McDowell (103)
1996	Gene Manner (W. Potomac, Va.)	Bayport-Blue Pt., N.Y. (106)
1997	Amelesln Taklai (W. Potomac, Va.)	N. Allegheny (77)
1998	Chad Buchel (Pittsburgh Central Catholic)	Thomas Jefferson, Va. (118)
1999	Matt Stephens (Bloomsburg)	Hempfield (1010)
2000	Dan Mazzocco (Baldwin)	Good Council (97)
2002	Chris Kollar (Strongsville, Ohio)	Strongsville, Ohio (125)
2003B	Chris Spooner (Lewisburg)	Carlisle (65)
2003W	Dave Mock (Westmont Hilltop)	Red Lion (92)
2004B	Andrew Winterhalter (Wilson)	Scranton Prep (69)
2004W	Mikias Gelagle (E. Roosevelt, Md.)	E. Roosevelt, Md. (72)
2005	Noel Bateman (Aquinas Inst., N.Y.)	Strongsville, Ohio (69)
2006	Craig Forys (Colts Neck, N.J.)	Colts Neck, N.J. (151)
2007	Bill Cooney (Abington Heights)	Abington Heights (87)
2008	Sam Havko (Fairview)	Rush-Henrietta (84)
2009	Vince Fadale (Selinsgrove)	Bayport-Blue Pt, N.Y. (64)
2010	Reece Ayers (Tunkhannock)	Bayport-Blue Pt, N.Y. (56)
2011	Adam LaFemina (Bayport-Blue Pt.)	State College (44)
2012	Adam LaFemina (Bayport-Blue Pt.)	State College (87)
2013	Zach Brehm (Carlisle)	State College (57)
2014	Seth Edwards (University)	Carlisle (81)



# CROSS-COUNTRY

## HARRY GROVES SPIKED SHOE INVITATIONAL || TOP GIRLS' PERFORMANCES AND RECORDS:

### Top 5 All-Time Performances (5.000-meters)

1.	Hannah Davidson (Saratoga Springs)	17:24 (2006)
2.	Angel Piccirillo (Homer Center)	17:36 (2011)
3.	Amelia Paladino (University)	17:38 (2013)
4.	Erin Davis (Saratoga Springs)	17:37 (1996)
5.	Kelsey Potts (Mount Lebanon)	17:50 (2013)

### All-Time Individual and Team Champions (5.000-meters)

1982	Tracy Horner (State College)	State College (31)
1983	Tracy Horner (State College)	State College (20)
1984	Heidi Roe (State College)	State College (17)
1985	Wendy Nelson (Cedar Crest)	State College (21)
1986	Wendy Nelson (Cedar Crest)	State College (56)
1987	Roberta Raszkawski (North East)	Williamsport (84)
1988	Roberta Raszkawski (North East)	Woodbridge, Va. (49)
1989	Amy Ruldolph (Kane)	North East (76)
1990	Amy Ruldolph (Kane)	State College (48)
1991	Colleen Glyde (State College)	Auburn, N.Y. (55)
1992	Tresa Honka (State College)	State College (93)
1993	Liz Reeser (Governor Mifflin)	State College (54)
1994	Kristen Sparks (Crestwood)	State College (106)
1995	Janelle Thomas (Liberty)	Williamsport (106)
1996	Erin Davis (Saratoga Springs)	Saratoga Springs, N.Y. (16)
1997	Alison Zeinner (Cincinnati-Colerain)	Colerain, Ohio (24)
1998	Kelley Otstott (Thomas Jefferson, Va.)	N. Allegheny (66)
1999	Emily Buzzell (Middletown, Md.)	Middletown, Md. (49)
2000	Lauren Bricker (Hempfield)	Middletown, Md. (98)
2002	Nicole Blood (Saratoga Springs)	S. Springs, N.Y. (23)
2003B	Laura Cummings (Bay Shore)	Bay Shore, N.Y. (42)
2003W	Kate Papenberg (Red Lion)	N. Allegheny (65)
2004B	Maria Monks (Hazleton Area)	Morgantown, W. Va. (58)
2004W	Laura Cummings (Bay Shore)	Bay Shore, N.Y. (39)
2005	Katherine Ward (State College)	Morgantown, W. Va. (63)
2006	Hannah Davidson (Saratoga Springs)	S. Springs, N.Y. (32)
2007	Carly Seymour (Central Cambria)	Lewisburg (76)
2008	Sophia Ziemann (Lewisburg)	Governor Mifflin (84)
2009	Chloe Schmidt (State College)	State College (30)
2010	Maggie Lawrence (Wilson)	Governor Mifflin (56)
2011	Angel Piccirillo (Homer Center)	Governor Mifflin (36)
2012	Amelia Paladino (University)	Governor Mifflin (47)
2013	Amelia Paladino (University)	Mount Lebanon (61)
2014	Carleen Jeffers (Ridgewood)	Ridgewood (56)



# CROSS-COUNTRY

## Recommended Restaurants:

### FAMILY/VARIETY

Applebee's  
12 Colonnade Way  
(814) 235-3890

Baby's Burgers and Shakes  
131 S. Garner St.  
(814) 234-4776

Champs Sports Bar and Grill  
1611 N. Atherton St.  
(814) 234-7700

Chili's Bar and Grill  
137 S. Allen St.  
(814) 234-5922

Corner Room Restaurant  
Corner of College Ave. & Allen St.  
(814) 237-3051

Eat 'N Park Restaurant  
1617 N. Atherton St.  
(814) 231-8558

Hi-Way Pizza Pub  
428 Westerly Parkway Plaza  
(814) 237-1074

Home Delivery Pizza  
1820 S. Atherton St.  
(814) 237-7777

Hoss's Steak and Sea House  
1450 N. Atherton St.  
(814) 234-4009

Outback Steakhouse  
1905 Waddle Road  
(814) 861-7801

Panera Bread  
148 S. Allen St.  
(814) 867-8883

P.J. Harrigan's Bar and Grill  
1450 S. Atherton St.  
(814) 235-3009

Red Lobster  
1670 N. Atherton St.  
(814) 867-3867

Texas Roadhouse  
1885 Waddle Road  
(814) 235-7427

TGI Fridays  
1215 N. Atherton St.  
(814) 861-5540

The Tavern Restaurant  
220 E. College Ave.  
(814) 238-6116

The Waffle Shop (3 locations)  
\* 364 E. College Ave.  
(814) 237-9741  
\* 1229 N. Atherton St.  
(814) 238-7460  
\* 1610 W. College  
(814) 235-1816

Wegman's Café  
345 Collonade Boulevard  
(814) 278-9000

Ye Olde College Diner  
126 W. College Ave.  
(814) 238-5590

### FAST FOOD

Burger King  
521 University Drive  
(814) 238-2281

McDonald's (4 locations)  
\* 442 E. College Ave.  
(814) 231-5533  
\* 2167 S. Atherton St.  
(Hills Plaza)  
(814) 231-6644  
\* 2821 E. College Ave.  
(Nittany Mall)  
(814) 231-7755  
\* 1615 N. Atherton St.  
(Wal-Mart Plaza)  
(814) 231-8800

Taco Bell (2 locations)  
\* 322 W. College Ave.  
(814) 231-8226  
\* 100 Rolling Ridge Dr.  
(Hills Plaza)  
(814) 238-3335

Wendy's  
1610 N. Atherton St.  
(814) 237-5894

### SUBS/SANDWICHES

Irving's Bagels  
110 E. College Ave.  
(814) 231-0604  
Fraser Street Deli  
109 South Fraser Street  
(814) 234-1918

Jimmy John's  
434 E. College Ave.  
(814) 237-9300

Penn State Sub Shop (2 locations)  
\* 225 E. Beaver Ave.  
(814) 234-4782  
\* 1788 N. Atherton St.  
(814) 234-7000

Quizno's  
\*317 E. Beaver Avenue  
(814) 867-4663

Subway (4 locations)  
\* 100 S. Burrowes St.  
(814) 231-0232  
\* 300 S. Pugh St.  
(814) 231-0231  
\* 454 E. College Ave.  
(814) 231-0233  
\* Northland Center  
(N. Atherton St.)  
(814) 231-0234

The Pita Pit  
218 E. Calder Way  
(814) 234-1228

V & S Sandwiches  
128 E. College Ave.  
(814) 861-8022

### PIZZA

Brother's Pizza  
238 W. Hamilton Ave  
(814) 237-6000

Domino's Pizza  
1100 N. Atherton St.  
(814) 237-1414

Gumby's  
300 S. Pugh St.  
(814) 234-4862

Papa John's  
1341 S. Atherton St.  
(814) 234-7272 24

Pizza Hut  
760 S. Atherton St.  
(814) 237-8093

### ITALIAN

Faccia Luna  
1229 S. Atherton St.  
(814) 234-9000

Luna 2 Woodgrill  
2609 E. College Ave.  
(814) 234-9009

Mario & Luigi's  
1272 N. Atherton St.  
(814) 234-4273

Olive Garden  
1945 Waddle Rd.  
(814) 861-1620

Rotelli's  
250 E. Calder Way  
(814) 238-8463

### MEXICAN

Chili's Grill and Bar  
139 S. Allen St.  
(814) 234-5924

Chipotle  
116 Heister Street  
(814) 231-0442

Mad Mex  
240 S. Pugh St. (Days Inn)  
(814) 272-5656

Rey Azteca  
485 Benner Pike  
(814) 238-8700

Qdoba Mexican Grill  
206 W. College Ave.  
(814) 861-3288

### CONTEMPORARY

Allen Street Grill  
Corner of College Ave. & Allen St.  
(814) 231-4745

The Deli Restaurant  
113 Heister St.  
(814) 237-5710

Gingerbread Man  
130 Heister St.  
(814) 237-0361