



CROSS-COUNTRY

Harry Groves Spiked Shoe Invitational

@ Penn State University

Friday, September 7th, 2018

Collegiate Meet and Entry Information

Laura Loht

Director of Operations

203 Multi-Sport, University Park, PA 16803

lel5115@psu.edu

814-863-2120

Important Dates:

Wednesday, August 15th - Entries Open on DirectAthletics.com

Monday, September 3rd - Entries Close on DirectAthletics.com

Monday, September 3rd - Entry Fee Due to Laura Loht @ 203 Multi-Sport, University Park, PA 16802

Thursday, September 6th - Practice Day

Friday, September 7th - Date of Competition (Afternoon Races)

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

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

Entries are **UNLIMITED** in the collegiate races.

Entry Deadline:

Monday, Sept. 3rd, 2018 @ 11:59 p.m.; Entries will be open on DirectAthletics by Wednesday, August 15.

Entry Fee:

Single Gender: \$250 per team (\$500 for combined gender programs);

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

Entry Fee Deadline: Close of Entries (Monday, September 3) **** NO ENTRY FEES will be accepted at the meet. ****

Make Checks Payable to: Penn State University

Send entry fee to:

Laura Loht

Multi-Sport Facility

University Park, PA 16802

Unattached Athletes:

In order to be considered please contact **Laura Loht** (lel5115@psu.edu) via email prior to Monday, August 27th, 2018. Proof of performance (within the last year) **MUST** be included in the entry request. Standards are the following:

Women – 19:00 or better for 5k || Men – 16:30 or better for 5k

Entry Procedure

Online through Direct Athletics - 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, to discuss potential entry.

Pre-Meet and Race Day Information

Practice Day (Thursday, September 6):

The course will be open for inspection from 4:30-6:00 p.m.

- **Note: Onsite parking will not be available until after 4:30 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 (4:30-5:30 PM) on Thursday or prior to competition on Friday (Beginning at 2:15 PM).

TENTATIVE RACE DAY TIMELINE:

2:00-3:45 AM	Course Open for Inspection
2:15 AM	Packets Available for Pick Up
3:45 AM	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
TBA	HS Awards (Adjacent to Finish Line)
5:15 PM	College Women's 6K Called to Start
5:30 AM	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 Begins

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.**

RESULTS will be posted near the finish line and available to coaches following each of the races and on 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.

Locker Room

Locker rooms & showers will be available at the Indoor Multi-Sport Facility (Indoor Track) across campus following the event. Teams must bring their own towels. **Rec Hall will be unavailable to all visiting teams!**

