



Haverford Township High School Cross Country/Track & Field

200 Mill Road, Havertown, PA
haverfordtrackxc.com

Meet: Kevin Dare Penn State HS Invitational

Trip Itinerary

Date: Saturday, January 7, 2023

Location: Horace Ashenfelter III Indoor Track & Multi-Sport Facility

Logistics:

- **Hotel:** The Penn Stater [215 Innovation Blvd, State College, PA 16803 ph. 814.863.5000]
- **Communication:** We will set up a special subgroup on Spond to use for all meet specific team communication.
- **Food Orders:** Please fill out this food and meal order form to help us expedite our meals for the weekend. [CLICK HERE](#)
 - We will NOT stop for lunch on Friday. Please either bring a lunch or place a Wawa order with coach Bob.
 - There is a continental breakfast at the hotel (our booster account can cover that cost). If you wish for special accommodations, please make that noted in the food order form.
 - Friday Dinner Reservations will be made at the Olive Garden. Please use the food order link above, so we can hand our server our team orders as soon as we are seated.
 - Lunch/Food during the meet. We will make a trip to Walmart after dinner, this is a chance to pick up any more food for the trip (The facility will not have food beneficial to competition)
 - Saturday dinner will be a quick stop on the way home. (we'll figure this out as we are leaving the meet)
- **Individual Expenses:**
 - Friday Dinner (cash or venmo, please)
 - Post-dinner Walmart trip for any miscellaneous items
 - Meet t-shirts (cost is TBA)
 - Saturday Dinner on the road
 - Spectator Tickets: TBA

Trip Itinerary:

Friday, January 6th

10:30 AM	Dismissed from classes
10:40-10:55	Load-up & pack vans
11:00	Depart for State College (no stopping for lunch)
2:15-2:30	Arrive in State College at PSU outdoor track facility (kids text/call home that we've arrived safely)
2:30-4:00	Shake out runs/practice sessions.
4:15	Check-in at Penn Stater
5:45	Meet in lobby for dinner (dressed to impress)
6:00	Dinner at Olive Garden
After Dinner	Walmart (walk off dinner, create memories, buy food, snacks for breakfast and/or fuel for during the meet) Team Meetings
10:30	In your own rooms
11:00	Lights out!

Saturday, January 7th

7:15 AM	Team Breakfast
8:00-8:15	Pack up buses and van, leave for track
8:25	Packet pick-up at track facility, hand out bib numbers etc. (stay in vans)
8:30-9:30	Track is open for warm-ups
10:00-5:00 approx.	Compete with grit, pride and confidence
Post-Meet	Stop for dinner on the road at TBD
Approx. 9PM	Return to Haverford



Kevin Dare Penn State Invitational

Penn State University, State College, PA January 7, 2022

Track Events:

10:00 AM start with a rolling schedule

Girls precede boys in all events

60m Dash

60m Hurdles (prelims, top 8 advance on time)

Abato Dantonka

Mile Run

Sean Lawson

Patrick Lawson

400m Dash

Tiernan O'Neill

Connor Manning

60m Dash - FINAL

60m Hurdles - FINAL

800m Run

Logan Eagles

Gabe Zwilling

200m Dash

Collin Niimi

Ryan Sweeney

3000m

Remy Dufresne

Carlo Buonviri

4x200m

Collin Niimi

Tiernan O'Neill

Abato Dantonka

Ryan Sweeney

4x800

4x400

Tiernan O'Neill

Patrick Lawson

Logan Eagles

Gabe Zwilling

Alt. Connor Manning

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Aubrey Leneweaver

Colette Wagner

Mile Run

Olivia Cieslak

400m Dash

Riona ´ O'Neill

Mackenzie Gillespie

60m Dash - FINAL

60m Hurdles - FINAL

800m Run

Morgan Elliott

Kelly Murray

200m Dash

Kacey Kause

Colette Wagner

3000m

Camryn McGeehan

Shannon Barycki

4x200m

4x800

Ryan Dankanis

Mackenzie Gillespie

Riona ´ O'Neill

Kelly Murray

4x400

Aubrey Leneweaver

Olivia Cieslak

Kayla Elliott

Morgan Elliott

Field Events:

Long Jump (10:00)

Aubrey Leneweaver

High Jump (after 60 Hurdles)

Kayla Elliott