

Hamilton College Continental Indoor Track & Field Invitational



Saturday, January 25, 2014

MEET DIRECTOR: Brett Hull

Head Men's Track/Field Coach Head Women's Track/Field Coach

Ellen Hull

 Hamilton College
 Hamilton College

 198 College Hill Road
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 Clinton, NY 13323
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TFRRS: All 4 year schools must update their TFRRS Roster prior to declarations at

http://www.tfrrs.org/

FINAL DECLARATIONS: Final Declaration of athletes/events must be made by 7:00 P.M. on Thursday,

January 23, 2014 at www.directathletics.com.

ENTRY FEE: The entry fee is \$400 per team (\$200 per gender). Checks must be made out to

"The Trustees of Hamilton College."

STARTING BLOCKS: All student-athletes will be required to use blocks supplied by Hamilton College

RUNWAY MARKS: Basic runway markings (painters tape) will be provided. Athletic tape is not

permitted.

SPIKE/SHOE LIMITATIONS: •The only spike types allowed for our facility is the ½" pyramid spike and the ½"

Chirstmas Tree. No pyramids with a sharp point, pins, needles, Steelex Hex Pyramids, or permanent spike shoes (e.g. Asics Japan, Nike Zoom Mawler)

will be permitted.

•This applies to the long jump, triple jump, high jump, pole vault and all running

events.

ORDER OF EVENTS: Attached

SCRATCHES: Please report known scratches prior to the start of the meet.

FACILITIES:

Hamilton Fieldhouse:

- 1. 200m Mondo Track FTX (13mm)
- 6-36" lanes on the oval, 9-42" lanes on the straight. 2.
- 3. Mondo Track FTX surface for Long Jump, Triple Jump, & Pole Vault.
 - •Triple Jump Boards 28' Painted, 32' Tray System, 36' Painted, and 40' Tray System.
- High Jump will be conducted off Mondo FTX interior. 4.
- 9-Olympic style blocks will be provided 5.
- Throwing events will be conducted off and AAE circle with 3/4" thick 6. NuronTM surface; and a synthetic rubber top to allow for minimal friction

LOCKER ROOMS:

Locker rooms are located in the Alumni Gymnasium. Towels and locks are the responsibility of the visiting teams.

IMPLEMENT CERTIFICATION: All implement inspections will take place in the Fieldhouse Storage Room (in back end of fieldhouse) between 9:30 and 10:45 A.M. Only meet certified implements may be used during the championships. All certified implements will be impounded and made available during the allotted warm-up time.

20/35 Lb. WEIGHTS:

Only soft shell bag weights, or those that restrict bounce, may be used at the competition. The meet management has the discretion to withhold any throwing implement that may endanger anyone associated with the orderly and reasonable continuation of the meet.

SEEDING:

Seeding for all events will follow the NCAA rules.

HEAT SHEETS:

Heat sheets will be available after all pre-meet scratches have been processed. .

RULES/SCORING:

NCAA Rules apply. Non-scoring meet.

STARTING HEIGHTS:

HJ – 5'6" (men) & 4'6" (women). PV – 10'6" (men) & 8' (women)

ADVANCEMENT:

In all field and running events requiring prelims, nine athletes will advance to the

final.

TIMING and RESULTS:

- •Results/Timing will be done by Leone Timing.
- •Results will be posted in the hallway adjacent to the track.
- •Final Results will be made available to coaches as soon as possible after the last

event.

•Results will also be posted online at:

www.leonetiming.com www.directathletics.com

www.tfrrs.com

CLERKING:

Field event clerking will take place at the respective field event venues 20 minutes prior to the start of the event. Track event clerking will take place at the designated clerking table (near 60m starting line) 15 minutes prior to the start of each running event.

TRAINING ROOM:

The Athletic Training Room is located adjacent to the track (front entrance area of the fieldhouse). The Athletic Training Room will be open by 9:30 A.M. on Saturday. Please bring your own tape and supplies. If you have special needs, please contact our Scott Siddon, Head Athletic Trainer at 315-859-4766 or ssiddon@hamilton.edu. Information for visiting teams can be found at: http://my.hamilton.edu/athletics/sportsmedicine/information-for-visiting-teams

INSURANCE: Insurance coverage shall be the responsibility of each participation institution.

CONTACT NUMBERS: •Brett Hull, Meet Director, 315-859-4759

•Ellen Hull, Meet Director, 315-859-4641 •Jim Taylor, Sports Information, 315-859-4685

•Scott Siddon, Head Athletic Trainer, 315-859-4766

•Hamilton Security, 315-859-4141

PARKING: Parking for team vehicles will be available in the North Parking Lot. Buses may

drop off at the fieldhouse circle prior to going to the North Lot Parking Area.

RESTAURANTS & LODGING: Attached

DIRECTIONS: • From the East (including NY City): New York State Thruway (I-90)

westbound to the Westmoreland Exit 32. Take 233 South about 5 miles to the foot of College Hill Road (blinking light). Turn right up the hill to the campus.

• From the West: New York State Thruway (I-90) eastbound to Westmoreland

Exit 32. Proceed as "from the east."

• From the South: Rt. 12 northbound from Binghamton to Sherburne. In Sherburne, Rt. 12 bears right. Straight ahead is the beginning of 12B North. Follow 12B through Deansboro. Partway between Deansboro and Clinton, turn left on 233 North, about 1.2 miles to the foot of College Hill Road (blinking

light). Turn left up the hill to the campus.

• From the North: Rt. 12 South to Utica/New Hartford. In New Hartford, follow signs for Rt. 12B and Clinton. Follow Rt. 12B to Clinton. At the 2nd traffic light,

go straight ahead onto College Street. Follow College Street to campus.

Continental Invitational Time Schedule Saturday, January 25, 2014

<u>TIME</u> <u>FIELD EVENTS</u>

11:00 A.M. 35# WEIGHT(men) -Followed by 20# WT, MSHOT, WSHOT

LONG JUMP(men)- followed by WLJ-MTJ-WTJ

POLE VAULT (women)-followed by MPV HIGH JUMP (women)-followed by MHJ

<u>TIME</u>	<u>RUNNING EVENTS</u>
11:00 AM	5000m (Women)
11:30 AM	5000m (Men)
12:00 Noon	60m Hurdle Prelims (Women)
12:10 PM	60m Hurdle Prelims (Men)
12:25 PM	60m Dash Prelims (Women)
12:35 PM	60m Dash Prelims (Men)
12:45 PM	MILE Sections (Women)
1:00 PM	MILE Sections (Men)
1:15 PM	60m Hurdle Finals (Men) – 9 to Final
1:25 PM	60m Hurdle Finals (Women) – 9 to Final
1:30 PM	400m Sections (Women)
1:40 PM	400m Section s (Men)
1:50 PM	500m Sections (Women)
2:00 PM	500m Sections (Men)
2:10 PM	60m Dash Final (Women) – 9 to Final
2:15 PM	60m Dash Final (Men) – 9 to Final
2:20 PM	800m Sections (Women)
2:30 PM	800m Sections (Men)
2:40 PM	1000m Sections (Women)
2:50 PM	1000m Sections (Men)
3:00 PM	200m Sections (Women)
3:15 PM	200m Sections (Men)
3:30 PM	3000m Sections (Women)
3:45 PM	3000m Sections (Men)
4:00 PM	4 x 400m Relay Sections (Women)
4:10 PM	4 x 400m Relay Sections (Men)
4:20 PM	4 x 800m Relay (Women)
4:35 PM	4 x 800m Relay (Men)
4:45 PM	4 x 200m Sections (Women)
4:55 PM	4 x 200m Sections (Men)

^{**}Tentative time schedule. Schedule may be adjusted based on final number of entries.

HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

Hotels & Motels

	Hotels & Motels	
Best Western	175 N. Genesee St., Utica	315-732-4121
Day's Inn	150 N. Genesee St., Utica	315-797-8743
Fairfield Inn	5280 Willow Place, Verona	315-363-8888
Hampton Inn	201 Woods Park Drive, New Hartford	315-793-1600
Hampton Inn	172 North Genesee Street	315-733-1209
Holiday Inn Express	23 Wells Ave, Utica, NY	315-724-2726
Holiday Inn	Burrstone Road, Utica	315-797-2131
Hotel Utica (Clarion)	102 Lafayette Street, Utica	877-906-1912
Quality Inn	200 St. James Street, Rome	315-336-4300
Radisson Hotel	200 Genesee Street, Utica	315-797-8010
Ramada Inn	Campion Road, New Hartford	315-735-3392
Days Inn & Suites	5920 Airport Road, Oriskany	315-736-0100
Super 8 Motel	309 N. Genesee, Utica (I-90 Exit 31)	315-797-0964
Super 8 Motel		
	Rte. 5, Oneida, NY	315-363-5168
Turning Stone Resort	5218 Patrick Road, Vernon	800-771-7711
Vernon Downs Casino Hotel	Stuhlman Rd., Vernon	877-888-3766
Wingate By Wyndham	90 Dart Circle, Rome	315-334-4244
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44. 4. 5.	Restaurants	21 7 2 7 2 7 2 7 2
Alteri's Restaurant	7 College Street, Clinton	315-853-6363
Applebee's	4755 Commercial Drive, New Hartford	315-768-3300
Babe's Macaroni Grill	80 N. Genesee St., Utica	315-375-0777
Bella Cucina	4479 Commercial Drive, New Hartford	315-736-4885
Bon Appetit	Hamilton College Dining, Clinton	315-859-4967
Burger King	68 Seneca Turnpike, New Hartford	315-797-8531
Carmella's Café	53 Seneca Turnpike, New Hartford	315-797-3350
Café Del Buono	4609 Commercial Drive, New Hartford	315-736-3023
Cavallo's Restaurant	40A Genesee St., New Hartford	315-735-1578
Charlies Pizza	Hannaford Plaza, Kellogg Road, New Hartford	315-797-8946
Denny's	180 N Genesee St, Utica, NY	315-732-9350
Friendly's	Sangertown Sq. Mall, NH	315-797-8212
Georgio's Village Café	60 Genesee Street, New Hartford	315-792-1111
Giovanni's Pizza	12 E. Park Row, Clinton	315-853-7700
International House of Pancakes	535 French Rd., New Hartford	315-724-2930
Kirby's American Restaurant	4982 Commercial Drive, Yorkville	315-736-4141
Michael T's Italian Restaurant	8390 Seneca Turnpike, New Hartford	315-724-4882
McDonald's	Meadow Street (12B), Clinton	315-853-6001
McDonald's	57 Seneca Turnpike, New Hartford	315-735-4722
Ninety Nine Restaurant	8675 Clinton Rd. (The Orchard), New Hartford	315-736-9699
Olive Garden	4636 Commercial Dr, New Hartford, NY 13413	315-736-2005
Outback Steak House	8655 Clinton St. (The Orchard), New Hartford	315-736-0010
Panera Bread	4829 Commercial Drive, New Hartford	315-768-1702
Pizza Hut	301 Seneca Turnpike, New Hartford	315-733-5357
Ponderosa Steak House	45 Seneca Turnpike	315-797-6281
Rasberries Café	2634 Genesee St, Utica	315-724-6795
Red Lobster	1116 Commercial Dr. (5A), New Hartford	315-768-6156
Spaghetti Kettle	Route 5, Kirkland	315-853-6013
Subway	32 College Street, Clinton	315-859-1000
Symeon's Greek Restaurant	4941 Commercial Dr., Yorkville	315-736-4074
The Italian Chef	38 Genesee Street, New Hartford, NY	315-735-8888
Tamala Diagonia	41 College St., Clinton	315-853-4310
Tony's Pizzeria	41 College St., Clinton	313 033 1310
Uno Chicago Grill	8655 Clinton St. (The Orchard), New Hartford	315-736-8323
Uno Chicago Grill	8655 Clinton St. (The Orchard), New Hartford	315-736-8323



NUMERICAL LISTING

- 1 Peters Observatory 2 Pavilion
- 3 Rugby/Intramural Field
- 4 Mason Field
- 5 Kirkland Glen (Class of '96 Ropes Course, D'Agostino Forest)
- 6 Major Hall *
- 7 McIntosh Hall *
- 8 Minor Hall * 9 Keehn Hall *
- 10 Root Hall *
- 11 List Art Center
- 12 Schambach Center for Music and the Performing Arts (Wellin Hall)
- 13 McEwen Dining Hall 14 Kirner-Johnson Building (KJ)
- 15 Babbitt Hall *
- 16 Milbank Hall *
- 17 Emerson Hall (reopening fall 2010)
- 18 Beinecke Student Activities Village (Fillius Events Barn, Howard Diner, Mail Center) 19 Root Farmhouse *
- 20 The Little Pub
- 21 Tolles Pavilion
- 22 Glen House (Outdoor Education Center)
- 23 Carriage House (VP Business and Finance) 24 Anderson-Connell Alumni Center (C&D)
- 25 Elihu Root House (Dean of Students/Registrar/Residential Life)
- 26 Faculty Artist Studio
- 27 Root Glen

- 28 Philip Spencer House (Business Office/Human Resources)
- 29 Bundy East and West Residence Halls *
- 30 Bundy Hall
- 31 Skenandoa House*
- 32 100 College Hill Road* 33 Wallace Johnson Hall *
- 34 Wertimer House*
- 35 College Cemetery
- 36 Rogers Estate *
- 37 Community and 1812 Gardens 38 Campus Road Athletic Field
- 39 3994 Campus Road*
- 40 4002 Campus Road*
- 41 Tompkins Golf Course
- 42 Science Center
- 43 Burke Library
- 44 Siuda House (Admission and Financial Aid)
- 45 Woollcott House *
- 46 Ferguson House *
- 48 North Hall * 49 Minor Theater
- 50 Kirkland Hall *
- 51 Chapel (Community Outreach and Opportunity Project [COOP], Campus Chaplaincy)
- 52 South Hall *
- 53 Bristol Center (College Store, Dwight Lounge, Guest Rooms)
- 54 Couper Hall

- 55 Benedict Hall
- 56 Backus House
- 57 Rudd Health Center
- 58 Commons Dining Hall 59 Kirkland Cottage
- 60 Buttrick Hall (President's Office/Dean's Office)
- 61 Christian A. Johnson Hall (Emerson Gallery) 62 Root Hall
- 63 Carnegie Hall *
- 64 Blood Fitness and Dance Center
- 65 Alumni Gymnasium
- 66 Bristol Swimming Pool 67 Sage Rink
- 68 Scott Field House
- 69 Little Squash Center 70 Gray Tennis Courts
- 71 Royce Baseball Field
- 72 Ferguson Intramural Fields
- 73 Love Field/Pritchard Track
- 74 Steuben Field
- 75 Dunham Hall *
- 76 Campus Safety Office
- 77 Maurice Horowitch Career Center 78 Afro-Latin Cultural Center
- 79 Ferry Building (Computer Science)
- 80 Molly Root House (Art History)
- 81 210 College Hill Road (Philosophy)
- 82 Saunders House 83 Physical Plant
- 84 Griffin Road Apartments *

ALPHABETICAL LISTING

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Anderson-Connell Alumni Center (C&D)	24	Kirner-Johnson Building (KJ)	14
Athletic Center (Scott Field House)	64-69	List Art Center	11
Beinecke Student Activities Village	18	The Little Pub	20
Bristol Center (College Store,		Maurice Horowitch Career Center	77
Dwight Lounge, Guest Rooms)	53	McEwen Dining Hall	13
Burke Library	43	Minor Theater	49
Buttrick Hall (President's Office/Dean's Office)	60	Philip Spencer House (Business Office/	
Campus Safety Office	76	Human Resources)	28
Campus Road Athletic Field	38	Root Glen	27
Chapel (Community Outreach and Opportunity Project [COOP], Campus Chaplaincy)	51	Schambach Center for Music and the Performing Arts (Wellin Hall)	12
Commons Dining Hall	58	Science Center	42
Elihu Root House (Dean of Students/Registrar/Residential Life)	25	Siuda House (Admission and Financial Aid)	44
Emerson Gallery	61	Tolles Pavilion	21
Fillius Events Barn	18	Wellin Hall	12
Howard Diner	18		





For more information about the Hamilton campus, including details about its many historic buildings, visit our virtual tour: www.hamilton.edu/VirtualTour