

Hamilton College Mid-Week @ Hamilton College Tuesday, April 15, 2014

Final Declarations

- Final declarations are due by 7:00 P.M. on Monday, April 14th. at www.runnercard.com. Make sure that your roster names are spelled exactly how they are spelled on your TFRRS roster. **The meet access code is "HCTM3."**

Seed Marks

- Seed marks from the 2014 track & field season and/or realistic estimates should be used.

Entry Fee

- \$150.00/Team (combined men's & women's teams \$300.00). The fee for individuals will be \$20.00. Make checks payable to **Trustees Of Hamilton College**.

Facilities

- An 8 lane "European Oval" track with a Eurotan-S Surface.
- Two Eurotan-S jump/pole vault runways. Triple jump boards are located at 28' (8.53m), 36' (10.97m), and 41' (12.50m). The long jump board is located at 6' (1.83m).
- Eurotan-S high jump area.
- Brushed concrete circles for shot put, discus, and hammer. Hammer and discus will be thrown out of an AEE Throwing Cage.
- Javelin is thrown off a grass runway. Javelin shoes or football cleats are recommended.
- Olympic style blocks will be provided.

Timing/Results

- Finishlynx timing will be used.
- Results will be posted on table located behind timing tent after each event has been processed.
- Final Results will be made available to coaches within 20 minutes after the last event.
- Results will also be posted online at: www.runnercard.com

Shoe/Spike Limitations

- 1/4" Pyramid or Christmas Tree Spikes Only. **Needles are not allowed.**



Scratches

- Please report all scratches to the timing tent prior to meet start.

Rules/Scoring

- NCAA Rules. Non-scoring.

Event Check-In

- Runners are expected to check-in at the clerks table a minimum of 20 minutes prior to their event. Check-in for the field events will take place at the event site 30 min. prior to the start of the event.

Implement Certification

- Implement certification will take place between 3:00 PM and 4:00 PM in the fieldhouse garage next to the throwing circles.

Sports Medicine

- The athletic training room is located adjacent to the indoor track. The athletic training room will be open at 9:00 A.M. Please bring your own supplies. If special treatments (e.g. ultra-sound, stim, etc.) are needed, please contact Scott Siddon at 315-859-4766 or ssiddon@hamilton.edu.

Contact Information

- 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

Locker Rooms

- General locker room space located in the Alumni Gymnasium will be available for your athletes to change and shower.

Parking

- Buses may drop-off at the fieldhouse circle.
- Parking for buses will be in the North Lot Parking Lot.

Directions To Campus

- From the East (including NY City):*** New York State Thruway (I-90) westbound to 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.

Hamilton Mid-Week Meet

Tuesday, April 1, 2014

Running Events:

4:00 P.M. Steeplechase (W)
4:15 Steeplechase (M)
4:35 4 x 100m (W)
4:40 4 x 100m (M)
4:45 1500m(W)
4:50 1500m (M)
5:00 100m Hurdles (W)
5:10 110m Hurdles (M)
5:15 400m (W)
5:20 400m (M)
5:25 100m (W)
5:30 100m (M)
5:35 800m (W)
5:40 800m (M)
5:50 400 Hurdles (W)
5:55 400 Hurdles (M)
6:05 200m (W)
6:10 200m (M)
6:15 1600m Relay (W)
6:20 1600m Relay (M)
6:25 DMR (W)
6:40 DMR (M)

Field Events:

4:30 PM ► Long Jump (M - W)
(followed by Triple Jump (M - W))
 ► Pole Vault (W - M)
 ► Shot Put (W - M)
(followed by Javelin (W - M))
 ► Hammer (M - W)
(followed by Discus (M - W))
 ► High Jump (W - M)

****Schedule may change due to entry numbers.**

HAMILTON COLLEGE PRITCHARD TRACK RECORDS

MEN

<u>EVENT</u>	<u>MARK</u>	<u>COMPETITOR</u>	<u>SCHOOL</u>	<u>YEAR</u>
100m	10.49	Cull	MVCC	2009
200m	21.61	Seferis	Williams	2008
400m	48.65	Downe	Bowdoin	1998
110m Hurdles	14.95	Acholono	Tufts	2008
400m Hurdles	53.95	Buckingham	St. Lawrence	2005
800m	1:50.62	Kosgei	Hamilton	2008
1500m	3:51.41	Kosgei	Hamilton	2008
3000m Steeplechase	9:00.65	Kosgei	Hamilton	2008
5000m	14:58.3	Smith	Rochester	1988
10000m	32:06.55	Butcher	Middlebury	2008
400m Relay	41.68		Williams	2008
1600m Relay	3:17.86		Ithaca	2001
3200m Relay	8:06.18		St. Lawrence	2005
Distance Medley	10:12.75		Williams	2008
Hammer	55.78m	Goodrich	Bates	1989
Shot Put	15.93m	Sievert	Union	2002
Discus	49.18m	Pestilli	R.P.I.	1998
Javelin	61.54m	Motzkin	R.P.I.	2005
Long Jump	7.41m	Burgess	St. Lawrence	1998
Triple Jump	14.61m	Flynn	Cortland	2010
High Jump	2.10m	Montross	Rochester	1991
Pole Vault	4.61m	Russell	Hamilton	2009

WOMEN

<u>EVENT</u>	<u>MARK</u>	<u>COMPETITOR</u>	<u>SCHOOL</u>	<u>YEAR</u>
100m	12.27	Knox	Colgate	2006
200m	24.95	Plitt	Williams	2008
400m	57.05	Plitt	Williams	2008
100m Hurdles	14.67	Johnson	Williams	2008
400m Hurdles	61.75	Macaully	Williams	1989
800m	2:12.05	Janovich	Ithaca	2003
1500m	4:34.43	Linhard	Colby	2008
3000m	10:18.92	Burns	Colby	1998
3000m Steeplechase	10:34.65	King	Colby	2008
5000m	17:30.6	Perkins	Hamilton	1986
10000m	36:04.78	Vollweiler	Colby	1989
400m Relay	48.61		Williams	2008
1600m Relay	3:54.73		Williams	2008
3200m Relay	9:20.64		Williams	2008
DMR	13:21.03		Hamilton	2012
Hammer	48.92m	Shope	Unattached	2001
Shot Put	13.87m	Pirinelli	St. Lawrence	2010
Discus	42.12m	Jones	Bowdoin	1998
Javelin	43.14m	Xenidis	Wesleyan	2008
Long Jump	5.66m	Egbert	MVCC	2004
Triple Jump	11.66m	Bond	Hamilton	2008
High Jump	1.67m	Laramee	Middlebury	1998
Pole Vault	3.29m	DeMichiel	Hamilton	2008
Heptathlon	3290pts.	Boyle	Amherst	1998