

2009

Hamilton College

Continental Invitational



Saturday, April 4, 2009 – 11:00 A.M.

2009 Hamilton College Continental Invitational

@ Hamilton College

Saturday, April 4, 2009

Final Declarations

- Final declarations are due by 7:00 P.M. on Thursday, April 2nd.
- Declarations must be made at www.RunnerCard.com.

Facilities

- An 8 lane "European Oval" track with a Eurotan-Surface
- ISS 300 surface.
- Two Eurotan-S/ISS 300 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/ISS 300 high jump area.
- Brushed concrete circles for shot put, discus, and hammer. Hammer and discus will be thrown out of an AEE Throwing Cage. All throwing events are within 50m of the track.
- Javelin is thrown off a grass runway. Javelin shoes or football cleats are recommended.
- Olympic style blocks will be provided.
- New 8 lane scoreboard for results.
- Shoe Limitation:** 1/4" Pyramid Spikes Only.

Seed Marks

- Seed marks should be from the 2009-2009 indoor & outdoor track season. Estimated seed marks may be used when the athlete has not participated in the event prior to this meet.

Scratches

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

Entry Fee

- \$150.00/Team (combined men's & women's teams) \$300.00). The fee for individuals will be \$15.00. Make checks payable to ***Trustees Of Hamilton College***.

Timing/Results

- Finishlynx and Pyro-bright flash fully automatic timing will be used.
- Results will be posted after each event.
- Final Results will be made available to coaches within 20 minutes after the event. Results will also be sent to your email account.
- Results will also be posted online at: <http://www.runnercard.com>

Rules/Scoring

- NCAA Rules. Non-scoring.

Event Check-In

- Check-in for the running events will take place at the designated starting area for each event approximately 15 minutes prior to start of event. Check-in for the field events will take place at the event site 20 min. prior to the start of the event.

Implement Certification

- Implement certification will take place between 9:30 and 10:45 A.M. in the fieldhouse garage next to the throwing circles.

Starting Heights:

- Women's Pole Vault - 7' 6"(2.29m)
- Men's Pole Vault - 10' (3.05m)
- Women's High Jump - 4' 4"(1.32m)
- Men's High Jump - 5' 6 1/2" (1.69m)

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.

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

Start List & Heat Sheets

- The start list will be sent to your email account.

Hotels & Restaurants

- A partial listing of hotels and restaurants is attached.

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.

RunnerCard Directions

- Step-by-step Instructions to Create an Account - Follow each step below.
 1. If you do not yet have a coach's account, click on "Create Account." If you already have an account, enter your username and password.
 2. Enter the Username that you would like to use for this account. Enter the password that you would like to use, twice to verify spelling. It is usually best to select a username and password that are easy to spell. Be sure to write down your username and password. You will need them to get back into your account.
 3. Enter your name and contact information. Fields marked with a * are required. It is usually the primary means of communication from the meet director. When you are finished, click on Next.
 4. Verify that the information is correct. If you need to make any changes, click on Back. If the information is correct, click on Next.
 5. You have created your account. An email verification will be sent in a few minutes including your username and password. This message will be sent to the e-mail address that you listed in your account.
- Data Entry:*** Once your account is set-up, you may follow the online direction listed to add athletes, select a meet, register your athletes, and to verify/print your entries. You can come back to your account at any time to make any needed additions, deletions or corrections. The athletes that are registered into the different events when the site is closed and locked are the athletes that will be registered into the different events of this meet from your team. It is very important that your registration be accurate when the site is closed and the registration data is exported. After this time any corrections or modifications will have to be made by contacting the Meet Director.
- Seed Marks:*** All times must be listed to the 100th of a second (6.74, 1:57.24, 15:30.11). Please add .24 to hand times. All field event marks must be listed as metric marks (15.50, 1.98, etc.). An “NM” without the quotation marks should be used for seeds with no mark.

Continental Invitational

Saturday, April 4, 2009

Running Events:

11:30 A.M. Steeplechase (W)
11:50 Steeplechase (M)
12:10 P.M. 4 x 100m Relay (W)
12:20 4 x 100m Relay (M)
12:30 1500m (W)
12:45 1500m (M)
1:05 100m Hurdles (W)
1:15 110m Hurdles (M)
1:25 400m (W)
1:35 400m (M)
1:45 100m (W)
1:55 100m (M)
2:05 800m (W)
2:15 800m (M)
2:25 400 Hurdles (W)
2:40 400 Hurdles (M)
2:50 200m (W)
3:00 200m (M)
3:10 5000m (W)
3:35 5000m (M)
3:55 1600m Relay (W)
4:05 1600m Relay (M)
4:15 3200m Relay (W)
4:30 3200m Relay (M)

Field Events:

11:00 A.M. ▶ 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))

12:30 A.M. ▶ 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	10.67	Gilmore	Rensselaer	1998
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	14.54m	Grover	Wesleyan	2008
High Jump	2.10m	Montross	Rochester	1991
Pole Vault	4.57m	Brlhel	Brockport	2005

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
Hammer	48.92m	Shope	Unattached	2001
Shot Put	13.62m	Pirinelli	St. Lawrence	2008
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	Laramée	Middlebury	1998
Pole Vault	3.29m	DeMichiel	Hamilton	2008
Heptathlon	3290pts.	Boyle	Amherst	1998

HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

Hotels & Motels

<u>Best Western</u>	175 N. Genesee St., Utica	315-732-4121
<u>Hampton Inn</u>	172-180 North Genesee Street	315-733-1209
<u>Holiday Inn</u>	Burrstone Road, Utica	315-797-2131
<u>Hotel Utica (Clarion)</u>	102 Lafayette Street, Utica	877-906-1912
<u>Motel 6</u>	150 N. Genesee St., Utica	315-797-8743
<u>Quality Inn</u>	Erie Blvd West, Rome	315-336-4300
<u>Radisson Hotel</u>	200 Genesee Street, Utica	315-797-8010
<u>Ramada Inn</u>	Campion Road, New Hartford	315-732-4121
<u>Ramada Inn</u>	Oneida County Airport	315-736-3377
<u>Red Roof Inn</u>	I-90 & Genesee, Utica	315-724-7128
<u>Super 8 Motel</u>	309 N. Genesee, Utica (I-90 Exit 31)	315-797-0964
<u>Super 8 Motel</u>	Rte. 5, Oneida, NY	315-363-5168
<u>Turning Stone Resort</u>	5218 Patrick Road, Vernon	800-771-7711
<u>Miracle Isle Gaming Resort</u>	Stuhlman Rd., Vernon	315-829-3400

Restaurants

<u>Alteri's Restaurant</u>	7 College Street, Clinton	315-853-6363
<u>Applebee's</u>	4755 Commercial Drive, New Hartford	315-768-3300
<u>Babe's Macaroni Grill</u>	80 N. Genesee St., Utica	315-375-0777
<u>Bella Cucina</u>	4479 Commercial Drive, New Hartford	315-736-4885
<u>Bon Appetit</u>	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
Casa Bella	470 French Road, Utica, NY	315-735-2007
Casa Too Mucha	13 Genesee St., New Hartford	315-733-2183
<u>Casabs' Deli Café</u>	34 Genesee St., New Hartford	315-735-3354
<u>Cavallo's Restaurant</u>	40A Genesee St., New Hartford	315-735-1578
<u>Del Monico's Italian Steakhouse</u>	147 N. Genesee St., Utica, NY	315-732-2300
Friendly's	Sangertown Sq. Mall, NH	315-797-8212
Georgio's Village Café	60 Genesee Street, New Hartford	315-792-1111
<u>Grande's Pizzeria</u>	12 E. Park Row, Clinton	315-853-7700
<u>Grimaldi's Restaurant</u>	418 Bleeker Street, Utica	315-732-7011
Hartford Queen Diner	Commercial Dr., New Hartford	315-736-0312
<u>International House of Pancakes</u>	535 French Rd., New Hartford	315-724-2930
<u>Kirby's American Restaurant</u>	4982 Commercial Drive, Yorkville	315-736-4141
Lupino's Trakside Restaurant	401 Main Street, Utica	315-733-7811
McDonald's	Meadow Street (12B), Clinton	315-853-8025
McDonald's	57 Seneca Turnpike, New Hartford	315-735-4722
Nicky & Johnny's Restaurant	<u>Ramada Inn, Campion Rd., New Hartford</u>	<u>315-735-3392</u>
<u>Ninety Nine Restaurant</u>	8675 Clinton Rd. (The Orchard), New Hartford	315-736-9699
<u>O'Scugnizzo Pizzeria</u>	34 Chenango Avenue, Clinton, NY	315-853-1111
<u>Outback Steak House</u>	8655 Clinton St. (The Orchard), New Hartford	315-736-0010
Panera Bread	4829 Commercial Drive, New Hartford	315-768-1702
<u>Pizza Hut</u>	301 Seneca Turnpike, New Hartford	315-733-5357
Pizza Place	7 Taylor Avenue, Clinton, NY	315-853-2100
<u>Ponderosa Steak House</u>	45 Seneca Turnpike	315-797-6281
<u>Red Lobster</u>	1116 Commercial Dr. (5A), New Hartford	315-768-6156
<u>Ruby Tuesday</u>	Sangertown Sq. Mall, New Hartford	315-797-4633
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
Taco Bell	Sangertown Square Mall, New Hartford	315-733-8476
<u>The Hook</u>	90 Seneca Turnpike, New Hartford	315-732-3636
Tony's Pizzeria	41 College St., Clinton	315-853-4310
<u>Uno Chicago Grill</u>	8655 Clinton St. (The Orchard), New Hartford	315-736-8323
Wendy's	76 Seneca Turnpike, New Hartford	315-732-4265
<u>Zebb's Deluxe Grill</u>	8428 Seneca Turnpike, New Hartford	315-735-8547