

2010 NESCAC CROSS COUNTRY CHAMPIONSHIP

@ Hamilton College

Saturday, October 30, 2010

Hamilton College is proud to host the 2010 NESCAC Cross Country Championship on Saturday, October 30, 2010. The races will be conducted on the same course that was used for the 1999 NESCAC Cross Country Championship and has also served as host to the NYSCTC Championship in 2000, 2001, 2005, and 2008. Our course is located on the Hamilton College campus and should provide an excellent venue for the competitors, coaches and spectators. Below you will find all pertinent information regarding the championship. Please feel free to contact us if you have any questions.

Meet Directors: Brett & Ellen Hull
Hamilton College
198 College Hill Road
Clinton, NY 13323
(315) 859-4759 - Brett's Office
(315) 859-4641 - Ellen's Office
(315) 859-4117 - FAX
Email: bhull@hamilton.edu or ehull@hamilton.edu

Schedule: 11:00 A.M. - Coaches Meeting @ Finishline
11:45 A. M. – National Anthem
12:00 Noon - Men's Championship Race (8000m)
1:00 P.M. - Women's Championship Race (6000m)
2:00 P.M. - Award Ceremony

Course: The men will run an 8K course and the women will run a 6K course. Both courses are located on our campus golf course and adjacent hay/corn fields. The surface is grass with one short stretch of gravel. The course terrain is rolling and spikes are recommended. It is essential that all competitors, coaches, and spectators stay off the greens and out of the flagged off areas. Course maps are attached.

Course Records: -6000M - 22:41.4 - Liz Ludovici (St. Lawrence) - 2005
-8000M - 24:39.9 – Peter Kosgei (Hamilton College) - 2008

Course Preview: The course will be marked and available for viewing on Friday, October 29th starting at 1:00 P.M.

Final Declarations: Declarations must be made by 8:00 P.M. on Thursday, October 28, 2010 at www.runnercard.com. Each school may run up to 12 runners per race. Substitutions may be made up to 30 minutes before the race, requiring a completion of the substitution form which will be provided in your meet day packet. Substitution forms need to be turned into the timing tent.

- RunnerCard:** •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. Update your roster from the previous year.
 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 an "*" 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.
 6. Data Entry: Once your account is set-up, you may follow the online directions 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 their designated event when the site is closed and locked, are the athletes that will be registered to run. It is very important that your registration be accurate when the site is closed and the registration data is exported. For cross country, you will save yourself time by entering by event rather than by individual.
- Scoring:** The championship will be conducted according to NCAA Men's and Women's Track and Field/Cross Country rules.
- Timing/Results:** Timing/results will be done by Leone Timing (www.leonetiming.com). Chip timing will be used. Unofficial results will be posted on the results board adjacent to the start of each race. Official results will be available to all coaches at the awards ceremony. Results will also be available at the following web sites: <http://www.leonetiming.com> & www.runnercard.com.
- Disputes/Protest:** All cases of dispute and any questions that arise and are not provided for in the NESCAC Cross Country Championship Manual, the NESCAC Manual, or the NCAA Cross Country Rulebook shall be referred to and decided by the referee, or in the case of no referee, the Games Committee.
- Games Committee:** Ellen Hull (Hamilton), Terry Aldrich (Middlebury), Erik Nedeau (Amherst) and Deb Aitken (Colby) –Alternate
- Awards:** •The team champion and runner-up teams will receive an award.
•NESCAC All-Conference and annual individual player awards shall be based on the results of the championship. Coaches shall submit to the conference office no later than Monday, November 1st their selection for coach of the year.

Hotels &

Restaurants:

A list of Hotels & Restaurants are enclosed. The Ramada Inn in New Hartford is the Closest to the college.

Locker Rooms:

There will be general locker rooms located in the Alumni Gymnasium available for your athletes to shower and change.

Athlete Drop Off/

Parking:

Athletes may be dropped off at the Science Center Circle (adjacent to field house). We ask that you use the North Lot (see attached Campus Map) to park vans and buses. Parking on the road along the golf course is not allowed.

Packet

Pick-up:

Packets will be available on Saturday at the finish line tent starting at 10:00 A.M.

Sports

Medicine:

The athletic training room is located by the main entrance of the fieldhouse. 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. There will also be a trainer located at the finish area. Please bring your own supplies.

T-Shirts:

Long & short sleeve NESCAC Championship T-shirts will be sold via pre-order. We will send the information/design to you as soon as we have it.

Directions

To Hamilton:

•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 above.

•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 onto Rt. 233 North. Approx. 1.2 miles to the bottom of College Hill Road (blinking light). Turn left up the hill to the campus.

HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

Hotels & Motels

| | | |
|--|--------------------------------------|--------------|
| Best Western | 175 N. Genesee St., Utica | 315-732-4121 |
| Hampton Inn | 172-180 North Genesee Street | 315-733-1209 |
| Holiday Inn | Burrstone Road, Utica | 315-797-2131 |
| Hotel Utica (Clarion) | 102 Lafayette Street, Utica | 877-906-1912 |
| Motel 6 | 150 N. Genesee St., Utica | 315-797-8743 |
| Quality Inn | Erie Blvd West, Rome | 315-336-4300 |
| Radisson Hotel | 200 Genesee Street, Utica | 315-797-8010 |
| Ramada Inn | Campion Road, New Hartford | 315-732-4121 |
| Ramada Inn | 5920 Airport Road, Oriskany, NY | 315-736-3377 |
| Red Roof Inn | I-90 & Genesee, Utica | 315-724-7128 |
| 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 |
| Miracle Isle Gaming Resort | Stuhlman Rd., Vernon | 315-829-3400 |

Restaurants

| | | |
|---|--|--------------|
| 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 |
| Casa Bella | 470 French Road, Utica, NY | 315-735-2007 |
| Casa Too Mucha | 13 Genesee St., New Hartford | 315-733-2183 |
| Casabs' Deli Café | 34 Genesee St., New Hartford | 315-735-3354 |
| Cavallo's Restaurant | 40A Genesee St., New Hartford | 315-735-1578 |
| Del Monico's Italian Steakhouse | 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 |
| Grande's Pizzeria | 12 E. Park Row, Clinton | 315-853-7700 |
| Grimaldi's Restaurant | 418 Bleeker Street, Utica | 315-732-7011 |
| Hartford Queen Diner | Commercial Dr., New Hartford | 315-736-0312 |
| International House of Pancakes | 535 French Rd., New Hartford | 315-724-2930 |
| Kirby's American Restaurant | 4982 Commercial Drive, Yorkville | 315-736-4141 |
| Lupino's Trackside 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 | Ramada Inn, Campion Rd., New Hartford | 315-735-3392 |
| Ninety Nine Restaurant | 8675 Clinton Rd. (The Orchard), New Hartford | 315-736-9699 |
| Olive Garden | 4573 Commercial Drive, New Hartford | 315-768-6156 |
| O'Scugnizzo Pizzeria | 34 Chenango Avenue, Clinton, NY | 315-853-1111 |
| 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 |
| Pizza Place | 7 Taylor Avenue, Clinton, NY | 315-853-2100 |
| Ponderosa Steak House | 45 Seneca Turnpike | 315-797-6281 |
| Red Lobster | 1116 Commercial Dr. (5A), New Hartford | 315-768-6156 |
| Ruby Tuesday | 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 |
| Tony's Pizzeria | 41 College St., Clinton | 315-853-4310 |
| Uno Chicago Grill | 8655 Clinton St. (The Orchard), New Hartford | 315-736-8323 |
| Wendy's | 76 Seneca Turnpike, New Hartford | 315-732-4265 |
| Zebb's Deluxe Grill | 8428 Seneca Turnpike, New Hartford | 315-735-8547 |



Hamilton College 8000m X-C Course



Hamilton College 6000m X-C Course



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 Keethin 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 Woolcott House *
- 46 Ferguson House *
- 47 Eells 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 Horowitz 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, Dwight Lounge, Guest Rooms) | | Maurice Horowitz Career Center | 77 |
| Burke Library | 53 | McEwen Dining Hall | 13 |
| Buttrick Hall (President's Office/Dean's Office) | 43 | Minor Theater | 49 |
| Campus Safety Office | 60 | Philip Spencer House (Business Office/Human Resources) | 28 |
| Campus Road Athletic Field | 76 | Root Glen | 27 |
| Chapel (Community Outreach and Opportunity Project [COOP], Campus Chaplaincy) | 38 | Schambach Center for Music and the Performing Arts (Wellin Hall) | 12 |
| Commons Dining Hall | 58 | Science Center | 42 |
| Elihu Root House | 51 | Siuda House (Admission and Financial Aid) | 44 |
| Emerson Gallery | 25 | Tolles Pavilion | 21 |
| Fillius Events Barn | 61 | Wellin Hall | 12 |
| Howard Diner | 18 | | |

* Residence Halls P Parking Handicapped Parking only

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