

2012 Hamilton College Continental Invitational @ Hamilton College Saturday, March 31, 2012

Final Declarations

- All 4 year schools must update their TFRRS Roster prior to declarations at <http://www.tfrrs.org/>
- Final Declaration of athletes/events must be made by 7:00 P.M. on Thursday, March 29, 2012 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 2012 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.

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.

Timing/Results

- Results/Timing will be done by Leone Timing.
- 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.leonetiming.com
www.runnercard.com

Rules/Scoring

- NCAA Rules. Non-scoring.

Event Check-In

- Runners are expected to check-in at the clerking 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 9:30 and 10:45 A.M. in the fieldhouse garage next to the throwing circles.

Starting Heights:

- Women's Pole Vault - 8' 0" (2.44m)
- 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)

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

- A start list will be posted at Leone Timing

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.

Hotels & Restaurants

- A partial listing of hotels and restaurants is attached.

Scheduled Teams

- Bard
- Brockport
- Cobleskill
- Hamilton
- Mohawk CC
- Oswego
- Plattsburgh
- St. John Fisher
- St. Lawrence
- Union
- Utica

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.

Continental Invitational

Saturday, March 31, 2012

Running Events:

10:30 A.M.	10000m (M&W)
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)
4:40	Distance Medley Relay (W)
4:55	Distance Medley Relay (M)

Field Events:

11:00 A.M.	▶ Long Jump (M - W) (followed by Triple Jump (M - W))
11:00 A.M.	▶ Pole Vault (W - M)
11:00 A.M.	▶ Shot Put (W - M) (followed by Javelin (W - M))
11:00 A.M.	▶ Hammer (M - W) (followed by Discus (M - W))
11:00 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	10.49	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
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

HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

Hotels & Motels

<u>Best Western</u>	175 N. Genesee St., Utica	315-732-4121
<u>Day's Inn</u>	150 N. Genesee St., Utica	315-797-8743
<u>Fairfield Inn</u>	5280 Willow Place, Verona	315-363-8888
<u>Hampton Inn</u>	172 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>Quality Inn</u>	200 St. James Street, Rome	315-336-4300
<u>Radisson Hotel</u>	200 Genesee Street, Utica	315-797-8010
<u>Ramada Inn</u>	Campion Road, New Hartford	315-735-3392
<u>Ramada Inn</u>	5920 Airport Road, Oriskany	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>Vernon Downs Casino Hotel</u>	Stuhlman Rd., Vernon	877-888-3766
<u>Wingate By Wyndham</u>	90 Dart Circle, Rome	315-334-4244

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
<u>Carmella's Café</u>	53 Seneca Turnpike, New Hartford	315-797-3350
Casa Too Mucha	13 Genesee St., New Hartford	315-733-2183
Casabs' Deli Café	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
<u>Georgio's Village Café</u>	60 Genesee Street, New Hartford	315-792-1111
Giovanni's Pizza	12 E. Park Row, Clinton	315-853-7700
<u>Grimaldi's Restaurant</u>	418 Bleeker Street, Utica	315-732-7011
<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
<u>Michael T's Italian Restaurant</u>	8390 Seneca Turnpike, New Hartford	315-724-4882
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
<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
<u>Panera Bread</u>	4829 Commercial Drive, New Hartford	315-768-1702
<u>Pizza Hut</u>	301 Seneca Turnpike, New Hartford	315-733-5357
<u>Pizza Place</u>	7 Taylor Avenue, Clinton, NY	315-853-2100
<u>Ponderosa Steak House</u>	45 Seneca Turnpike	315-797-6281
<u>Rasberries Café</u>	2634 Genesee St, Utica	315-724-6795
<u>Red Lobster</u>	1116 Commercial Dr. (5A), New Hartford	315-768-6156
Spaghetti Kettle	Route 5, Kirkland	315-853-6013
<u>Subway</u>	32 College Street, Clinton	315-859-1000
<u>Symeon's Greek Restaurant</u>	4941 Commercial Dr., Yorkville	315-736-4074
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



Hamilton

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 Eihu 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 [COP], 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

- | | | | |
|--|-------|--|----|
| 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) | 77 | Maurice Horowitz Career Center | 70 |
| 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 [COP], Campus Chaplaincy) | 38 | Schambach Center for Music and the Performing Arts (Wellin Hall) | 12 |
| Commons Dining Hall | 51 | Science Center | 42 |
| Eihu Root House (Dean of Students/Registrar/Residential Life) | 58 | 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