



## Hamilton College Indoor Track & Field Invitational



Saturday, February 9, 2013

**MEET DIRECTOR:**

Brett Hull  
Head Men's Track/Field Coach  
Hamilton College  
198 College Hill Road  
Clinton, NY 13323  
315-859-4759  
FAX: 315-859-4117  
[bhull@hamilton.edu](mailto:bhull@hamilton.edu)

Ellen Hull  
Head Women's Track/Field Coach  
Hamilton College  
198 College Hill Road  
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, February 7, 2013 at [www.runnercard.com](http://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."**

**ENTRY FEE:**

The entry fee is \$300 per team (\$150 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

**SPIKE/SHOE LIMITATIONS:**

•The only spike types allowed for our facility is 1/4" pyramid or Christmas Tree spikes. **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, and all running events.

*Meet officials will enforce this rule. The penalty for this infraction is disqualification.*

**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)
  2. 6-36" lanes on the oval, 9- 42" lanes on the straight.
  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.
  4. High Jump will be conducted off Mondo FTX interior.
  5. 9-Olympic style blocks will be provided
  6. Throwing events will be conducted off and AAE circle with 3/4" thick Nuron™ 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](http://www.leonetiming.com)  
[www.runnercard.com](http://www.runnercard.com)  
[www.tfrs.com](http://www.tfrs.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](mailto: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 2<sup>nd</sup> traffic light, go straight ahead onto College Street. Follow College Street to campus.

# Hamilton Invitational Time Schedule Saturday, February 9, 2013

**TIME****FIELD EVENTS**

11:00 AM	35# WEIGHT (M) -then 20# WT, MSHOT, WSHOT LONG JUMP (M), then WLJ-MTJ-WTJ POLE VAULT (W) - then POLE VAULT (M) HIGH JUMP (W)-then HIGH JUMP (M)
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**TIME****RUNNING EVENTS****women first unless otherwise stated**

11:00 AM	5000m
11:45 AM	60m Hurdle Prelims
12:05 PM	60m Dash Prelims
12:20 PM	MILE Sections
12:35 PM	60m Hurdle Finals (Men) – 9 to Final
12:45 PM	60m Hurdle Finals (Women) – 9 to Final
12:50 PM	400m Sections
1:05 PM	500m Sections
1:20 PM	60m Dash Final – 9 to Final
1:30 PM	800m Sections
1:40 PM	1000m Sections
1:50 PM	200m Sections
2:10 PM	3000m Sections
2:40 PM	4 x 400m Relay Sections
3:00 PM	Distance Medley Relay
3:30 PM	4 x 200m Sections

\*\*Tentative time schedule. Schedule may be adjusted based on final number of entries.

## HAMILTON COLLEGE AREA HOTEL &amp; RESTAURANT LISTING

**Hotels & Motels**

<a href="#">Best Western</a>	175 N. Genesee St., Utica	315-732-4121
<a href="#">Day's Inn</a>	150 N. Genesee St., Utica	315-797-8743
<a href="#">Fairfield Inn</a>	5280 Willow Place, Verona	315-363-8888
<a href="#">Hampton Inn</a>	172 North Genesee Street	315-733-1209
<a href="#">Holiday Inn</a>	Burrstone Road, Utica	315-797-2131
<a href="#">Hotel Utica (Clarion)</a>	102 Lafayette Street, Utica	877-906-1912
<a href="#">Quality Inn</a>	200 St. James Street, Rome	315-336-4300
<a href="#">Radisson Hotel</a>	200 Genesee Street, Utica	315-797-8010
<a href="#">Ramada Inn</a>	Campion Road, New Hartford	315-735-3392
<a href="#">Ramada Inn</a>	5920 Airport Road, Oriskany	315-736-3377
<a href="#">Red Roof Inn</a>	I-90 & Genesee, Utica	315-724-7128
<a href="#">Super 8 Motel</a>	309 N. Genesee, Utica (I-90 Exit 31)	315-797-0964
<a href="#">Super 8 Motel</a>	Rte. 5, Oneida, NY	315-363-5168
<a href="#">Turning Stone Resort</a>	5218 Patrick Road, Vernon	800-771-7711
<a href="#">Vernon Downs Casino Hotel</a>	Stuhlman Rd., Vernon	877-888-3766
<a href="#">Wingate By Wyndham</a>	90 Dart Circle, Rome	315-334-4244

**Restaurants**

<a href="#">Alteri's Restaurant</a>	7 College Street, Clinton	315-853-6363
<a href="#">Applebee's</a>	4755 Commercial Drive, New Hartford	315-768-3300
<a href="#">Babe's Macaroni Grill</a>	80 N. Genesee St., Utica	315-375-0777
<a href="#">Bella Cucina</a>	4479 Commercial Drive, New Hartford	315-736-4885
<a href="#">Bon Appetit</a>	Hamilton College Dining, Clinton	315-859-4967
Burger King	68 Seneca Turnpike, New Hartford	315-797-8531
<a href="#">Carmella's Café</a>	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
<a href="#">Cavallo's Restaurant</a>	40A Genesee St., New Hartford	315-735-1578
<a href="#">Del Monico's Italian Steakhouse</a>	147 N. Genesee St., Utica, NY	315-732-2300
Friendly's	Sangertown Sq. Mall, NH	315-797-8212
<a href="#">Georgio's Village Café</a>	60 Genesee Street, New Hartford	315-792-1111
Giovanni's Pizza	12 E. Park Row, Clinton	315-853-7700
<a href="#">Grimaldi's Restaurant</a>	418 Bleeker Street, Utica	315-732-7011
<a href="#">International House of Pancakes</a>	535 French Rd., New Hartford	315-724-2930
<a href="#">Kirby's American Restaurant</a>	4982 Commercial Drive, Yorkville	315-736-4141
<a href="#">Michael T's Italian Restaurant</a>	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
<a href="#">Ninety Nine Restaurant</a>	8675 Clinton Rd. (The Orchard), New Hartford	315-736-9699
<a href="#">O'Scugnizzo Pizzeria</a>	34 Chenango Avenue, Clinton, NY	315-853-1111
<a href="#">Outback Steak House</a>	8655 Clinton St. (The Orchard), New Hartford	315-736-0010
<a href="#">Panera Bread</a>	4829 Commercial Drive, New Hartford	315-768-1702
<a href="#">Pizza Hut</a>	301 Seneca Turnpike, New Hartford	315-733-5357
<a href="#">Pizza Place</a>	7 Taylor Avenue, Clinton, NY	315-853-2100
<a href="#">Ponderosa Steak House</a>	45 Seneca Turnpike	315-797-6281
<a href="#">Rasberries Café</a>	2634 Genesee St, Utica	315-724-6795
<a href="#">Red Lobster</a>	1116 Commercial Dr. (5A), New Hartford	315-768-6156
Spaghetti Kettle	Route 5, Kirkland	315-853-6013
<a href="#">Subway</a>	32 College Street, Clinton	315-859-1000
<a href="#">Symeon's Greek Restaurant</a>	4941 Commercial Dr., Yorkville	315-736-4074
Tony's Pizzeria	41 College St., Clinton	315-853-4310
<a href="#">Uno Chicago Grill</a>	8655 Clinton St. (The Orchard), New Hartford	315-736-8323
Wendy's	76 Seneca Turnpike, New Hartford	315-732-4265
<a href="#">Zebb's Deluxe Grill</a>	8428 Seneca Turnpike, New Hartford	315-735-8547



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 Eilhu 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

- |                                                                               |       |                                                                  |    |
|-------------------------------------------------------------------------------|-------|------------------------------------------------------------------|----|
| 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)                    | 53    | Maurice Horowitz Career Center                                   | 77 |
| Burke Library                                                                 | 43    | McEwen Dining Hall                                               | 13 |
| Buttrick Hall (President's Office/Dean's Office)                              | 60    | Minor Theater                                                    | 49 |
| Campus Safety Office                                                          | 76    | Philip Spencer House (Business Office/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 |
| Eilhu Root House (Dean of Students/Registrar/Residential Life)                | 25    | <b>Siuda House (Admission and Financial Aid)</b>                 | 44 |
| Emerson Gallery                                                               | 61    | Tolles Pavilion                                                  | 21 |
| Fillius Events Barn                                                           | 18    | 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](http://www.hamilton.edu/VirtualTour)