

NYSCTC PENTATHLON

Sunday, February 22, 2004

@ Hamilton College

Meet Directors:

Brett Hull
Athletic Department
198 College Hill Road
Clinton, NY 13323
315-859-4759 - Office
315-859-4117 - FAX
bhull@hamilton.edu

Ellen Hull
Athletic Department
198 College Hill Road
Clinton, NY 13323
315-859-4641 - Office
315-859-4117 - FAX
ehull@hamilton.edu

Initial Entries:

An alphabetical roster of all potential competitors must be postmarked, emailed or faxed to the meet director and to Jim Nichols, NYSCTC Treasurer (jnichols@ithaca.edu) by Monday, February 9, 2004. Email is the preferred method. Please include first name, last name, and class year. All competitors must also appear on NYSCTC Championship roster.

Pentathlon

Qualification:

To qualify for the NYSCTC Pentathlon Championship, an athlete must meet the minimum point standard (men - 2400 pts., women - 2000 pts.) or be designated as a NYSCTC Indoor Championship wild card entry. Points may be earned in any meet leading up to the pentathlon championship. Send individual event performances (and results or result web link) to John Izzo at Univ. of Rochester. John will compile a complete list of potential pentathletes and total points scored. Once an athlete has met the minimum standard they will be placed on the NYSCTC Performance List. Performances and results should be sent to John on a weekly basis.

John Izzo, Men's Track Coach
University of Rochester
Department of Athletics and Recreation
PO Box 270296
Rochester, NY 14627
Email: jizzo@sports.rochester.edu
Fax: 585-461-5081
Telephone: 585-275-5510

Final Declaration:

Final declarations are due by Friday, February 20, 2004 at 4:00 P.M. Final declarations may be sent via email to bhull@hamilton.edu or faxed to 315-859-4117. Email declarations should contain the following information:

Athlete Name Starting Height (HJ)

If faxing your declaration, please use the attached form.

Please note that all declared athletes must appear on the NYSCTC Performance List or be designated an NYSCTC Indoor Championship wild card entry!!!

Facilities: The facilities consist of the following:

- ❖ An 6 lane 200m oval track with a Pulastic surface. We have 8 dash/hurdle lanes.
- ❖ Pulastic high jump area
- ❖ Long jump will be contested off a roll out runway.
- ❖ Raised wooden circle for shot put.
- ❖ Olympic style blocks will be provided.

Shoe Limitation: Spikes and hard plastic soles are not allowed on our facility. Rubber sole flats are recommended.

Rules: NCAA & NYSTC Rules

Schedule:

	<u>Women</u>	<u>Men</u>
10:00 A.M.	55m Hurdles	55m Hurdles
	High Jump	Long Jump
	Shot Put	Shot Put
	Long Jump	High Jump
	800m	1000m

Scoring/Awards: 10-8-6-5-4-3-2-1. Top eight finishers will receive medals at the NYSTC Championship held at St. Lawrence University.

Timing: Finishlynx and Pyro-bright flash fully automatic timing will be used.

Results: Results will be posted on the wall after each completed event. Final results will be available within 20 minutes of the completion of last event. Results will also be emailed to each coach (pdf format) and available at the following web site:
<http://students.hamilton.edu/trackandfield/entries.htm>

Sports Information: Any special result request (e.g. faxing of results to sports information director and hometown newspaper) must be arranged with Jim Taylor, Hamilton College Sports Information Director. Jim may be contacted at 315-859-4685 or jtaylor@hamilton.edu.

Shot Certification: Weigh in for the shot will be from 8:30 A.M. to 9:30 A.M.

Starting Heights: Starting heights will be determined by coaches and competitors.

Sports Medicine: The athletic training room is located on the bottom floor of the Alumni Gymnasium. 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.

Emergency Numbers: Hamilton College Information - 315-859-4444.
Hamilton College Security - 315-859-4141.

Hotels & Restaurants: See enclosed listing.

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

*Directions To
Hamilton College:*

Hamilton is located one and one-half miles from Clinton and nine miles southwest of Utica, New York.

From east or west of Utica: Those arriving by car from the New York City area, New England or points west of Utica can best reach the College via the New York State Thruway (Interstate 90). After leaving the Thruway at Westmoreland (Exit 32), turn right after the toll booth, and then turn left onto State Route 233 south. Drive 5.2 miles, passing through two traffic lights, until reaching a flashing red light at the intersection of 233 and College Hill Road. Turn right at this intersection and drive up the hill for 0.4 miles. Turn right onto Campus Road and follow signs for athletic facilities.

From Eastern Pennsylvania, southern New Jersey or other points south: Follow Interstate 81 through Binghamton, New York, to New York State Route 12, exit 6 off I-81. Follow Route 12 north for approximately 50 miles through the village of Sherburne and turn left onto Route 12-B. Follow Route 12-B north approximately 35 miles. About 3 miles north of the village of Deansboro, turn left onto State Route 233 to the flashing red light at the intersection with College Hill Road. Turn left at the intersection and drive up the hill for 0.4 miles. Turn right onto Campus Road and follow signs for athletic facilities.

Parking:

There is limited parking for vans and buses in the parking lot adjacent to the fieldhouse. Additional parking is available in the North Parking Lot located on Campus Road.



HAMILTON COLLEGE AREA

Hotel & Restaurant Listing

Hotels & Motels

Alexander Hamilton Inn	21 West Park Row, Clinton	315-853-2061
Best Western	175 N. Genesee St., Utica	315-732-4121
Family Inns Of America	Erie Blvd. & Black River Blvd., Rome	315-337-9400
Happy Journey Motel	300 N. Genesee St., Utica	315-738-1959
Holiday Inn	Burrstone Road, Utica	315-797-2131
Hotel Utica	102 Lafayette Street, Utica	877-906-1912
Motel 6	150 N. Genesee St., Utica	315-797-8743
Quality Inn Rome	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 Airport	Oneida County Airport	315-736-3377
Red Carpet Inn	309 N. Genesee St., Utica	315-797-0964
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. 365, Verona	315-363-0096
The Passport Inn	2243 Rt. 5, Utica	315-732-1171
Turning Stone Resort	5218 Patrick Road, Vernon	800-771-7711
Vernon Country Suites	Stuhlman Rd., Vernon	315-829-3400

Restaurants

Alexander Hamilton Inn	21 W. Park Row, Clinton	315-853-2061
Alteri's Restaurant	7 College Street, Clinton	315-853-6363
Antonio's Hometown Pizza	Rt. 12B, Clinton	315-853-3556
Babe's Macaroni Grill & Bar	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 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
Friendly's	Sangertown Sq. Mall, NH	315-797-8212
Garfield's	Holiday Inn, Burrstone Road, Utica	315-797-4061
Georgio's Village Café	60 Genesee Street, New Hartford	315-792-1111
Grimaldi's Restaurant	418 Bleeker Street, Utica	315-732-7011
Ground Round	37 Seneca Turnpike, New Hartford	315-724-5671
Hartford Queen Diner	Commercial Dr., New Hartford	315-736-0312
Jack Appleseed's	151 N. Genesee St., Utica	315-797-7979
Kirby's American Restaurant	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
Pizza Hut	301 Seneca Turnpike, New Hartford	315-733-5357
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 Rest.	4941 Commercial Dr., Yorkville	315-736-4074
Taco Bell	Sangertown Square Mall, New Hartford	315-733-8476
The Hook	90 Seneca Turnpike, New Hartford	315-732-3636
The Raleigh Room	Ramada Inn, Campion Rd., New Hartford	315-735-3392
Tony's Pizzeria	41 College St., Clinton	315-853-4310
Wendy's	76 Seneca Turnpike, New Hartford	315-732-4265
Zebb's	8428 Seneca Turnpike, New Hartford	315-735-8547

NYSCTC PENTATHLON INITIAL ENTRY FORM

College: _____

Coach: _____

Email: _____

Telephone: _____

Men

Women

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Year

Name

Year

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NYSCTC PENTATHLON DECLARATION FORM

College: _____

Coach: _____

Email: _____

Telephone: _____

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Women

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Starting Height

Name

Starting Height

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