

- Awards:** The top two athletes in each individual event as well as the winning relay members will be named to the All-Conference Team. The outstanding rookie, outstanding field event performer and outstanding running event performer for each gender will be decided by ballot at the end of the season.
- Timing:** Finishlynx and Pyro-bright flash fully automatic timing will be used.
- Advancement:** In all field & running events requiring prelims, eight athletes will advance to the final.
- Protest:** All protest must be made in writing by the Head Coach of the protesting school, or designated representative, within 30 minutes of incident or posting of result. The referee will be the sole and final arbitrator of all protest.
- Scratches:** Please report all scratches to the scorers table prior to the beginning of the meet.
- 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.
- Results:** Results will be posted on the table behind the timing/scorers tent after each completed event. Final results will be available within 15 minutes of the last contested event. Results will also be emailed to each coach (pdf format) and available at the following web site: <http://students.hamilton.edu/trackandfield/liberty.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.
- Implement Certification:** Implement certification will take place between 9:30 and 10:45 A.M. in the fieldhouse cold storage room (next to throwing event area).
- Starting Heights:** Starting heights will be determined by coaches prior to meet.
- 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 or ssiddon@hamilton.edu.
- 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.
- 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.

2005 Liberty League Outdoor Track & Field Championship

Schedule Of Events

<u>TIME</u>	<u>FIELD EVENTS</u>
11:00 A.M.	HAMMER (men followed by WHT-MDT-WDT) LONG JUMP(men-followed by WLJ-MTJ-WTJ) POLE VAULT (women-followed by MPV) JAVELIN (women-followed by MJT-WSP-MSP)
12:00 NOON	HIGH JUMP (women-followed by MHJ)

<u>TIME</u>	<u>RUNNING EVENTS</u>
11:00 A.M.	10,000 Meters (Men & Women)
11:50	4 x 100m Relay - Women
12:00 Noon	4 x 100m Relay - Men
12:10 P.M.	100m Hurdle Trials - Women
12:20	110m Hurdle Trials - Men
12:30	100m Dash Trials - Women
12:40	100m Dash Trials - Men
12:50	1500m Run - Women
1:00	1500m Run - Men
1:10	110m Hurdle Final - Men
1:20	100m Hurdle Final -Women
1:30	400m Dash (Sections) - Women
1:40	400m Dash (Sections) - Men
1:50	100m Dash Final - Women
1:55	100m Dash Final - Men
2:00	800m Run (Sections) - Women
2:10	800m Run (Sections) - Men
2:20	400m Hurdles (Sections) - Women
2:30	400m Hurdles (Sections) - Men
2:40	200m Dash (Sections) - Women
2:50	200m Dash (Sections) - Men
3:00	3000m Steeplechase - Women
3:15	3000m Steeplechase - Men
3:30	4 x 400m Relay - Women
3:40	4 x 400m Relay - Men
3:50	4 x 800m Relay - Women
4:05	4 x 800m Relay - Men

Note -Final time schedule will be based on the number of entries in each event.

HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

Hotels & Motels

Best Western	175 N. Genesee St., Utica	315-732-4121
Family Inns Of America	Erie Blvd. & Black River Blvd., Rome	315-337-9400
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
Miracle Isle Gaming Resort	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
Applebee's	4755 Commercial Drive, New Hartford	315-768-3300
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
Grande's Pizzeria	12 E. Park Row, Clinton	315-853-7700
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
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
Nino's Pizzeria	2634 Genesee St., Utica	315-733-7300
Ninety Nine Restaurant	8675 Clinton Rd. (The Orchard), New Hartford	315-736-9699
Outback Steak House	8655 Clinton St. (The Orchard), New Hartford	315-736-0010
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
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	8428 Seneca Turnpike, New Hartford	315-735-8547