

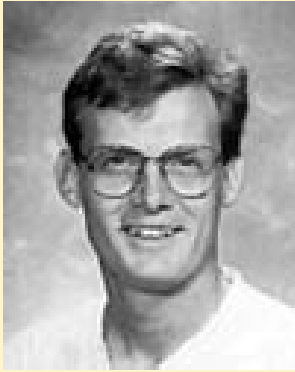


Men's
Cross Country
Track & Field

Hamilton



Coaches



Brett Hull

***Head Men's Cross Country/Track & Field Coach -
Sprints/Hurdles, Cross Country***

Brett Hull enters his 13th year as the head coach of the Hamilton College men's cross country and track and field teams. Over the past 12 seasons Hull has established a solid program in both sports.

Hull has had numerous honors at the conference, state, regional and national levels. In the past four seasons, Hull's cross country teams have had three top 5 finishes at the New York State Collegiate Track Conference Cross Country Championships and have regularly placed among the top 10 teams in the NCAA Atlantic Region Championship. While known for its success in cross country Hamilton has seen great success in track and field. Over the past nine seasons, the team has posted 45-8-2 dual meet record and has regularly sent athletes to the New York State Collegiate, ECAC and NCAA Championships.

Prior to his arrival at Hamilton, Hull was the head cross country and track coach at SUNY Cortland and SUNY Plattsburgh. He was named the SUNYAC Coach of the Year in 1985-86. Overall he has developed 14 All-Americans as well as a national championship 1500m runner.

Hull received his bachelor's and master's degrees from Frostburg State University (MD). He is an associate professor in Hamilton's physical education department and is an arredited USATF Level II Coach. Hull currently serves as the vice-president of the New York State Collegiate Track Conference. He resides in New Hartford with his wife Ellen and their daughters, Emily and Juliet.

Ellen Hull



***Assistant Men's Track & Field Coach - High Jump
Head Women's Cross Country/Track & Field Coach***

Ellen Hull enters her 11th season as the head coach of the Hamilton College women's cross country and track and field teams and assistant coach to the men's track and field team. Hull has coached 12 All-Americans, the 2001 NCAA 5000m champion, and numerous conference champions including the 2000 NESCAC High Jump Champion. Hull received her bachelor's degree from Plattsburgh State and her master's degree from Ithaca College. Prior to her arrival at

Hamilton, she served as an assistant coach at Ithaca College and Plattsburgh State.

She is an assistant professor in Hamilton's physical education department and is an accredited USATF Level II Coach. Hull has served as the president of the New York State Collegiate Track Conference. She resides in New Hartford with her husband Brett and their daughters, Emily and Juliet.

Steve Bellona

Assistant Men's Track & Field Coach - Middle Distance/Distance

Steve Bellona enters his 7th season as an assistant coach in the Hamilton College Track and Field Program. Steve has helped oversee one of the best middle distance programs in the region. Prior to coming to Hamilton College, Bellona served as an assistant coach at the United States Coast Guard Academy. Bellona received his bachelor's degree from the United States Coast Guard Academy and his master's degree from University of Illinois. Bellona also serves as the director of physical plant at Hamilton College.

Norm Deep

Assistant Men's Track & Field Coach - Throwing Events

Norm Deep enters his 2nd season as an assistant coach in the Hamilton College Track and Field Program. Deep is an accredited USATF Level I Coach and brings twelve years of coaching experience in the throwing events to the program. Once an NCAA Division I thrower and football player, Norm continues to compete in the throwing events at masters division track and field competitions. Deep received his bachelor's and master's degrees from Colgate University.

Jerry Tine

Assistant Men's Track & Field Coach - Pole Vault & Horizontal Jumps

Jerry Tine enters his 2nd season as an assistant coach at Hamilton. Tine is an accredited USATF Level I Coach and serves as the New York Coach for the USATF Olympic Pole Vault Developmental Committee. He brings sixteen years of collegiate and high school coaching experience to the program. Tine received his bachelor's degree from SUNY Cortland and his master's degree from Eastern Kentucky University. Jerry teaches gymnastics at Valley Gymnastics Club and physical education in the Utica City School District.

Schedules - 2002/2003

Cross Country

September	13	@ Union (Saratoga)	12:00 Noon
	20	@ Williams College Invitational	11:00 A.M.
	27	Off	
October	4	@ UCAA (Hobart/William Smith)	1:00 P.M.
	11	Hamilton Invitational	11:00 A.M.
	18	Albany Invitational	11:00 A.M.
	25	OFF	
November	1	@ NESCAC Championship (Middlebury)	1:00 P.M.
	8	@NYSCTC (Saratoga)	11:00 A.M.
	15	@!NCAA Regionals (Geneseo)	11:00 A.M.
	22	@NCAA – Hanover, IN	11:00 A.M.

Indoor Track & Field

December	6	@ Colgate	11:00 A.M.
January	17	Home w/ Oswego	11:00 A.M.
	25	Hamilton Invitational	11:00 A.M.
February	31	@ St. Lawrence Invitational	11:00 A.M.
	7	@ Colgate Invitational	11:00 A.M.
	14	@UCAA (St. Lawrence)	11:00 A.M.
	21	@ Cornell Invitational	11:00 A.M.
	22	NYSCTC Pentathlon (Hamilton)	10:00 A.M.
	27-28	@NYSCTC Championship (SLU)	2:00 P.M.
March	5-6	@ECAC Championship (Boston Univ.)	1:00 P.M.
	12-13	@NCAA(Wisconsin Whitewater)	4:00 P.M.

Outdoor Track & Field

March	27	@ Westpoint Invitational	10:00 A.M.
April	3	@ Binghamton Invitational	11:00 A.M.
	10	@UCAA (St. Lawrence)	11:00 A.M.
	17	Hamilton Invitational	11:00 A.M.
	24	@NESCAC (Trinity College)	10:00 A.M.
	25-26	@NYSCTC Decathlon (Ithaca College)	10:00 A.M.
	30-1	@NYSCTC (Brockport)	2:00 P.M.
	8	@ St. Lawrence	4:00 P.M.

Records

Hamilton College Indoor Records

45M	5.5	WERTZ	@ UNION	1/18/80
		BAILEY	@ R.P.I.	1/25/92
		GREY	@ R.P.I.	1/25/92
		WOODS	@ UNION	1/18/97
50M	6.25	SOSA	@ UNION	1/16/99
55M	6.51	SIMMONS	@ ST.LAWRENCE	3/20/82
60M	7.0	WERTZ	@ HAMILTON	2/14/81
50M HURDLES	7.0	TREMLETT	@ R.P.I.	1/25/92
55M HURDLES	7.80	RICHARDSON	@ FREDONIA	3/06/93
60M HURDLES	8.58	RICHARDSON	@ HAMILTON	2/12/93
200M	22.80	GREY	@ COLGATE	3/06/92
300M	36.1	WERTZ	@ HAMILTON	2/14/81
400M	50.69	BARTLETT	@ HAMILTON	3/08/86
500M	1:06.70	SABO	@ WHEATON	3/04/00
600M	1:23.2	McGOWAN	@ HAMILTON	3/04/81
800M	1:56.34	BUTTON	@ COLGATE	3/03/89
1000M	2:31.61	BROWN	@ BOSTON	3/03/01
1500M	3:56.82	BARTLETT	@ COLGATE	3/04/89
3000M	8:39.82	DELANEY	@ HAMILTON	3/21/81
5000M	15:23.4	SANDERSON	@ COLGATE	3/2/90
800M RELAY	1:33.70	THOMPSON, HULING RUSSELL, HARRISON	@ ST. LAWRENCE	2/28/03
1600M RELAY	3:26.1	DUMAS, O'NEILL, CUMMINGS, SIMMONS	@ ST.LAWRENCE	3/20/82
3200M RELAY	7:55.47	REST, BERKES, BROWER, TORTOLANI	@ HAMILTON	3/17/84
DMR	10:25.8	BROWN, THOMPSON, ZEYAK, TAYLOR	@ FREDONIA	2/25/00
LONG JUMP	7.11M	SOSA	@ UNION	1/16/99
SHOT Put	15.83M	JASINSKI	@ HAMILTON	3/08/80
HIGH JUMP	1.98M	ALLEYNE	@ HAMILTON	3/03/84
TRIPLE JUMP	13.66M	TREMLETT	@ UNION	1/18/92
POLE VAULT	13'6"	GIBBONS	@ WILLIAMS	1/15/94
35 WEIGHT	15.31	FISHER	@ COLGATE	3/04/89
PENTATHLON	3181 PTS.	ALLEYNE	@ HAMILTON	3/10/85

Hamilton College Outdoor Records

100M	10.6	Simmons	4/28/82
110m Hurdles	14.70	Richardson	5/08/93
200m	22.11	Woods	4/26/97
400m	49.80	Bartlett	5/09/86
400m Hurdles	54.4	Welch	4/22/79
800m	1:53.9	McGowan	4/22/79
1500m	3:57.4	Delaney	4/20/80
3000m Steeple	9:26.7	Tortolani	4/28/74
5000m	14:56.5	Delaney	5/02/80
10000m	30:40.0	Schmeyer	5/11/74
400m Relay	42.55	Grey - Richardson	5/07/93
		Onwubere - Bailey	
1600m Relay	3:19.92	Thompson - Schwam	5/03/2003
		Dunn - Harrison	
3200m Relay	7:52.43	Zeyak - Taylor	5/05/00
		Brown - Murelli	
DMR	10:29.0	Bartlett - Welch	4/15/89
		Duncan - Button	
Long Jump	7.11m (23' 4")	Simmons	5/07/82
Triple Jump	13.94m (45' 9")	Tremlett	5/04/91
High Hump	1.98m (6' 6")	Falkenberg	4/08/92
		Sheehan	5/08/82
Pole Vault	4.14m (13' 7")	Wheeler	4/03/91
Shot Put	15.93m (52' 3 1/4")	Jasinski	5/10/80
Discus	45.44m (149' 1")	Fisher	5/08/87
Hammer	53.40m (175' 2")	Morganthaler	4/15/84
Javelin	52.30m (171' 7")	Bopp	5/02/97
		(new rules javelin)	
	55.91m (183' 5")	Morrison	5/07/83
Decathlon	6003 Points	Romaine	5/15/76

Hamilton College Fieldhouse Records

<u>EVENT</u>	<u>MARK</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>DATE</u>
55m	6.43	Smith	Buffalo State	3/8/86
60m	6.93	Brownlee	Buffalo State	1984
55m Hurdles	7.4	Boykin	Colgate	3/21/81
60m Hurdles	8.22	Norward	Fredonia	3/17/84
200m	22.68	Blue	Rochester	1/29/94
300m	35.2	Cline	Colgate	2/26/84
400m	49.18	Smith	Buffalo State	3/8/86
500m	1:04.14	Lewis	MVCC	2/1/98
600m	1:22.5	Moore	Fredonia	3/4/79
800m	1:53.54	Hart	Rochester	2/23/96
1000m	2:28.04	Elster	St. Lawrence	1984
1500m	3:54.57	Tammisuo	St. Lawrence	3/8/86
1 mile	4:09.0	Carroll	Fredonia	3/4/79
3000m	8:35.5	Parker	Williams	1/17/81
5000m	14:51.3	Prabucki	Fredonia	3/21/81
1600m Relay	3:20.55		Buffalo State	3/21/81
3200m Relay	7:52.34		Union College	3/8/86
DMR	10:26.17		Hamilton College	3/17/84
Long Jump	6.97m	Mallard	Buffalo State	3/20/81
Triple Jump	14.63m	Thomas	Fredonia	3/21/81
High Jump	2.09m	Dorsey	Fredonia	3/25/90
		Gatt	Colgate	2/25/90
Pole Vault	4.59m	Armstrong	Cortland	2/20/82
		Schwann	Cortland	2/20/83
35 Lb. Weight	17.21m	Alejandro	Rochester	1/28/95
Shot Put	16.27m	Monaco	Cortland	3/20/81
Pentathlon	3392 Points	Dorsey	Fredonia	2/25/90

Pritchard Track Records

<u>EVENT</u>	<u>MARK</u>	<u>COMPETITOR</u>	<u>SCHOOL</u>	<u>YEAR</u>
100m	10.67	Gilmore	Rensselaer	1998
200m	21.69	Gilmore	Rensselaer	1998
400m	48.65	Downe	Bowdoin	1998
110m Hurdles	15.05	Franklin	MVCC	2002
400m Hurdles	54.30	Gugliemo	Tufts	1989
800m	1:53.52	Enwright	St. Lawrence	2002
1500m	3:54.72	Evans	Amherst	1989
3000m Steeplechase	9:28.52	McVey-Finney	Williams	1989
5000m	14:58.3	Smith	Rochester	1988
10000m	32:21.59	Donnelly	Colby	1989
400m Relay	42.91		Rochester	2003
1600m Relay	3:17.86		Ithaca	2001
3200m Relay	8:08.28		Hamilton	1998
Distance Medley	10:29.70		Amherst	1998
Hammer	55.78m	Goodrich	Bates	1989
Shot Put	15.93m	Sievert	Union	2002
Discus	49.18m	Pestilli	R.P.I.	1998
Javelin	58.54m	Fairlee	Fredonia	1992
Long Jump	7.41m	Burgess	St.Lawrence	1998
Triple Jump	14.19m	Stroman	Bates	1998
High Jump	2.10m	Montross	Rochester	1991
Pole Vault	4.44m	Rondash	Rochester	2003
	4.42m	Scheffler	Brockport	2002

Facilities

Pritchard Track



Our outdoor facilities include:

- ❖ Newly renovated 8 lane "European Oval" track with a Eurotan-S/ISS 300 surface. The wider turn radius is designed to allow for athletes to run a faster curve.
- ❖ Sprint extension on both sides of the track allowing for the 100m & High Hurdles to be run without a head wind.
- ❖ Pole vault area.
- ❖ High jump area.
- ❖ Hammer/Discus cage (adjacent to track).
- ❖ Shot put area (adjacent to track)
- ❖ Javelin area (grass runway)

Indoor Track



Our indoor facilities include:

- ❖ 200m Pulastic Track - (6 oval lanes and 8 lanes for the 55m & hurdles)
- ❖ Long/triple jump pit and runway.
- ❖ Two pole vault areas.
- ❖ High jump area.
- ❖ Shot put & weight throw area.

Cross Country Course

Hamilton's 8000 meter cross country course is located on the campus golf course and adjacent hay/corn fields. The surface is mainly grass with one short stretch of gravel. The terrain is flat to rolling. Hamilton's course is one of the best spectator courses in the country. In the past three years, Hamilton's course has played host to the New England Small College Athletic Conference Championship (1999) and the New York State Collegiate Track Conference Cross Country Championship (2000 & 2001). The course also plays host to the highly popular Hamilton College Cross Country Invitational. You may view the 2001 NYSCTC Championship held on our course at: <http://trackmeets.com>



Athletic Affiliations

- ❖ Upstate Collegiate Athletic Association (UCAA)
- ❖ New England Small College Athletic Conference (NESCAC)
- ❖ New York State Collegiate Track Conference (NYSCTC)
- ❖ Eastern Collegiate Athletic Conference (ECAC)
- ❖ National Collegiate Athletic Association (NCAA Division III)

Hamilton Facts & Figures

Chartered

1812

Degree Offered

Bachelor of Arts

Enrollment

1,750 (49% - Male, 51% - Female)

Class Size

More than 40% of classes have 10 or fewer students; more than 77% have 20 or fewer students.

Diversity

Students come from 45 states and 29 countries. 19% multi-cultural.

Faculty

180 full-time members. 95% hold the highest degree in their field.

Student-Faculty Ratio

10-1

2002-2003 Hamilton Cost

Tuition and Fees:	\$30,200
Room:	\$3,800
Board:	\$3,560

Financial Aid

Percentage of Students Receiving Financial Aid: 57%

Average Financial Aid Package: \$21,668

US News and World Report Rank

21st - National Liberal Arts Colleges

Hamilton Contacts

Brett Hull, Head Coach:	315-859-4759 - Office 315-859-4117 - FAX bhull@hamilton.edu - email
Athletic Office:	315-859-4114
Office of Admission:	315-859-4421 800-843-2655 315-859-4413 admission@hamilton.edu - email
Sports Hotline:	315-859-4949
Hamilton Mailing Address:	198 College Hill Road Clinton, NY 13323

Deadlines

Early Decision I:	November 15, 2003
Early Decision II:	January 15, 2004
Regular Decision:	January 15, 2004

Web Site Information

Hamilton College:	http://www.hamilton.edu
Admissions:	http://www.hamilton.edu/admission/index.html
Hamilton Sports:	http://www.hamilton.edu/athletics/
Team Track Page:	http://students.hamilton.edu/trackandfield/indexf.htm
Team XC Page:	http://students.hamilton.edu/trackandfield/xc/xcindex.htm