

2005 NYSCTC CROSS COUNTRY CHAMPIONSHIP

@ Hamilton College

Saturday, November 5, 2005

Hamilton College is proud to host the 2005 NYSCTC Cross Country Championship on Saturday, November 5, 2005. The races will be conducted on the same course we used in 2000 & 2001, which is located on the Hamilton College campus and should provide an excellent venue for the competitors, coaches and spectators. Below you will find all pertinent information regarding the championship. Please feel free to contact us if you have any questions.

Meet Directors: Brett & Ellen Hull
Hamilton College
198 College Hill Road
Clinton, NY 13323
(315) 859-4759 - Brett's Office
(315) 859-4641 - Ellen's Office
(315) 859-4117 - FAX
Email: bhull@hamilton.edu or ehull@hamilton.edu

Initial Entries: Initial entries are due by Saturday, October 22, 2005. Please enter all possible runners on designated MS Excel entry form and send it via email attachment to Brett Hull at bhull@hamilton.edu and to Jim Nichols (NYSCTC Treasurer) at jnichols@ithaca.edu. After this time, a late declaration petition must be made to the Executive Committee, and if approved, a \$50.00 fine will be assessed.

The MS Excel entry form may be found at the following web address:

<http://students.hamilton.edu/trackandfield/nysxc05.htm>

User Fee: The user fee is \$3.00 per athlete listed on your initial entry form. Checks should be made payable to NYSCTC and is due when you pick-up your packet. Entry fee checks may also be sent in advance to:

Jim Nichols, NYSCTC Treasurer
Ithaca College Athletics
211 Ceracche Athletic Center
Ithaca, NY 14850

Final Declarations: Athletes must check-in with the starting line official (in assigned box) 20 minutes prior to the start of each race. A team may run up to 10 runners in each race.

Championship Schedule:
11:00 A.M. - Women's Championship Race
12:00 Noon - Men's Championship Race
1:15 P.M. - Award Ceremony

Course: The men will run an 8K course and the women will run a 5K course which are located on our campus golf course and adjacent hay/corn fields. The surface is grass with one short stretch of gravel. There is no macadam. The course terrain is rolling and spikes are recommended. It is essential that all competitors and spectators stay off the greens and out of flagged areas. Course maps may be found at:

<http://students.hamilton.edu/trackandfield/nysxc05.htm>

Course Records: -5000M - 16:56.6 - Beth Whiteman (Queens University) -2003
-8000M - 25:22.0 - Michael Danahy (Bates College) - 1999

Course

Preview: The course will be marked and available for viewing on Friday, November 4th starting at 1:00 P.M.

Awards: The awards ceremony will take place outside at the finishline area at 1:15 P.M. (fieldhouse if inclement weather). Medals and certificates will be awarded to the top 21 finishers in each race (NYSCTC 1st Team- places 1-7, NYSCTC 2nd Team - places 8-14, and NYSCTC 3rd Team - places 15-21). Championship trophies will be awarded to the top three teams in each race. Awards will also be presented to the Runner of the Year, Rookie of the Year, and Coach of the Year. Ballots for these awards will be in your meet packet and will be due by 1:00 P.M.

Results: Unofficial results will be posted on the table behind the scorers tent. Official results will be available to all coaches at the awards ceremony. Results will Results will also be available at the following web site:

<http://students.hamilton.edu/trackandfield/nysxc05.htm>

Hotels &

Restaurants: A list of Hotels & Restaurants are enclosed. The Ramada Inn is the closest to the college. Please contact Ramada for new directions.

Locker Rooms: There will be general locker rooms available for your athletes to shower and change.

Parking: We ask that you use the North Lot to park vans and buses. Parking on the road along the golf course is not allowed.

Packet Pick-up: Packets may be picked up at the Hamilton College Alumni Gymnasium lobby area on Friday from 3-6:00 P.M. On Saturday, packets will be available at the fieldhouse lobby starting at 9:00 A.M.

Sports

Medicine: The athletic training room is located on the bottom floor of Alumni Gymnasium. There will also be a trainer located at the finish area. Please bring your own supplies. Ice and water will be available at the finish line.

T-Shirts:

Long & short sleeve NYSCTC Championship T-shirts will be on sale Friday and Saturday. \$10.00 short sleeve & \$15.00 long sleeve.

Directions**To Hamilton:**

- 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 above.

- 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 (Route 12): Rt. 12 southbound to New Hartford. At the Rt. 12, Rt. 12B, and Rt. 5 intersection, follow signs(Rt. 12B) to Clinton. Follow Rt. 12B to Clinton. At the second traffic light, go straight ahead onto College Street. College Street becomes College Hill Road and will take you to the campus.

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