

2008 NYSCTC CROSS COUNTRY CHAMPIONSHIP

@ Hamilton College

Saturday, November 8, 2008

Hamilton College is proud to host the 2008 NYSCTC Cross Country Championship on Saturday, November 8, 2008. The races will be conducted on the same course we used in 2000, 2001, & 2005 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 25, 2008. Please enter all possible runners at www.runnercard.com. After this time, a late declaration petition must be made to the Executive Committee, and if approved, a \$50.00 fine will be assessed. Initial entries will automatically be forwarded to Jim Nichols (NYSCTC Treasurer) at the close of entries.

User Fee: The user fee is \$4.00 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

RunnerCard:

- Step-by-step Instructions to Create an Account – Follow each step below.

1. If you do not yet have a coach's account, click on "Create Account." If you already have an account, enter your username and password.
2. Enter the Username that you would like to use for this account. Enter the password that you would like to use, twice to verify spelling. It is usually best to select a username and password that are easy to spell. Be sure to write down your username and password. You will need them to get back into your account.
3. Enter your name and contact information. Fields marked with an "*" are required. It is usually the primary means of communication from the meet director. When you are finished, click on Next.
4. Verify that the information is correct. If you need to make any changes, click on Back. If the information is correct, click on Next.

5. You have created your account. An email verification will be sent in a few minutes including your username and password. This message will be sent to the e-mail address that you listed in your account.

6. **Data Entry:** Once your account is set-up, you may follow the online directions listed to add athletes, select a meet, register your athletes, and to verify/print your entries. You can come back to your account at any time to make any needed additions, deletions or corrections. The athletes that are registered into the designated XC championship event when the site is closed and locked, are the athletes that will be registered to run at the championship. It is very important that your registration be accurate when the site is closed and the registration data is exported. After this time any corrections or modifications will have to be made by contacting the Meet Director.

*****ATHLETES MUST BE REGISTERED IN THEIR EVENT TO BE COUNTED AS AN INITIAL ENTRY.** Just entering your roster at runnercard.com will not register as an initial entry.

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. - Men's Championship Race
12:00 Noon - Women'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/nysctc/nysctc.html>

Course Records:

-5000M - 16:56.6 - Beth Whiteman (Queens University) -2003
-8000M – 25:04.8 – Julias Rono (Roberts Wesleyan - 2006

Course

Preview:

The course will be marked and available for viewing on Friday, November 7th after 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.

Timing/ Results:

Timing will be done by Leone Timing. Unofficial results will be posted on the table behind the scorer's tent. Official results will be available to all coaches at the awards ceremony. Results will also be available at the following web sites:

<http://www.leonetiming.com>
<http://www.runnercard.com>

Rules/Scoring: NCAA & NYSCTC Rules apply

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.

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

<u>Best Western</u>	175 N. Genesee St., Utica	315-732-4121
<u>Hampton Inn</u>	172-180 North Genesee Street	315-733-1209
<u>Holiday Inn</u>	Burrstone Road, Utica	315-797-2131
<u>Hotel Utica</u> (Clarion)	102 Lafayette Street, Utica	877-906-1912
<u>Motel 6</u>	150 N. Genesee St., Utica	315-797-8743
<u>Quality Inn</u>	Erie Blvd West, Rome	315-336-4300
<u>Radisson Hotel</u>	200 Genesee Street, Utica	315-797-8010
<u>Ramada Inn</u>	Campion Road, New Hartford	315-732-4121
<u>Ramada Inn</u>	Oneida County Airport	315-736-3377
<u>Red Roof Inn</u>	I-90 & Genesee, Utica	315-724-7128
<u>Super 8 Motel</u>	309 N. Genesee, Utica (I-90 Exit 31)	315-797-0964
<u>Super 8 Motel</u>	Rte. 5, Oneida, NY	315-363-5168
<u>Turning Stone Resort</u>	5218 Patrick Road, Vernon	800-771-7711
<u>Miracle Isle Gaming Resort</u>	Stuhlman Rd., Vernon	315-829-3400

Restaurants

<u>Alteri's Restaurant</u>	7 College Street, Clinton	315-853-6363
<u>Applebee's</u>	4755 Commercial Drive, New Hartford	315-768-3300
<u>Babe's Macaroni Grill</u>	80 N. Genesee St., Utica	315-375-0777
<u>Bella Cucina</u>	4479 Commercial Drive, New Hartford	315-736-4885
<u>Bon Appetit</u>	Hamilton College Dining, Clinton	315-859-4967
<u>Burger King</u>	68 Seneca Turnpike, New Hartford	315-797-8531
<u>Carmella's Café</u>	53 Seneca Turnpike, New Hartford	315-797-3350
<u>Casa Bella</u>	470 French Road, Utica, NY	315-735-2007
<u>Casa Too Mucha</u>	13 Genesee St., New Hartford	315-733-2183
<u>Casabs' Deli Café</u>	34 Genesee St., New Hartford	315-735-3354
<u>Cavallo's Restaurant</u>	40A Genesee St., New Hartford	315-735-1578
<u>Del Monico's Italian Steakhouse</u>	147 N. Genesee St., Utica, NY	315-732-2300
<u>Friendly's</u>	Sangertown Sq. Mall, NH	315-797-8212
<u>Georgio's Village Café</u>	60 Genesee Street, New Hartford	315-792-1111
<u>Grande's Pizzeria</u>	12 E. Park Row, Clinton	315-853-7700
<u>Grimaldi's Restaurant</u>	418 Bleeker Street, Utica	315-732-7011
<u>International House of Pancakes</u>	535 French Rd., New Hartford	315-724-2930
<u>Kirby's American Restaurant</u>	4982 Commercial Drive, Yorkville	315-736-4141
<u>Lupino's Trackside Restaurant</u>	401 Main Street, Utica	315-733-7811
<u>McDonald's</u>	Meadow Street (12B), Clinton	315-853-8025
<u>McDonald's</u>	57 Seneca Turnpike, New Hartford	315-735-4722
<u>Nicky & Johnny's Restaurant</u>	Ramada Inn, Campion Rd., New Hartford	315-735-3392
<u>Ninety Nine Restaurant</u>	8675 Clinton Rd. (The Orchard), New Hartford	315-736-9699
<u>O'Scugnizzo Pizzeria</u>	34 Chenango Avenue, Clinton, NY	315-853-1111
<u>Outback Steak House</u>	8655 Clinton St. (The Orchard), New Hartford	315-736-0010
<u>Panera Bread</u>	4829 Commercial Drive, New Hartford	315-768-1702
<u>Pizza Hut</u>	301 Seneca Turnpike, New Hartford	315-733-5357
<u>Pizza Place</u>	7 Taylor Avenue, Clinton, NY	315-853-2100
<u>Ponderosa Steak House</u>	45 Seneca Turnpike	315-797-6281
<u>Red Lobster</u>	1116 Commercial Dr. (5A), New Hartford	315-768-6156
<u>Ruby Tuesday</u>	Sangertown Sq. Mall, New Hartford	315-797-4633
<u>Spaghetti Kettle</u>	Route 5, Kirkland	315-853-6013
<u>Subway</u>	32 College Street, Clinton	315-859-1000
<u>Symeon's Greek Restaurant</u>	4941 Commercial Dr., Yorkville	315-736-4074
<u>The Hook</u>	90 Seneca Turnpike, New Hartford	315-732-3636
<u>Tony's Pizzeria</u>	41 College St., Clinton	315-853-4310
<u>Uno Chicago Grill</u>	8655 Clinton St. (The Orchard), New Hartford	315-736-8323
<u>Wendy's</u>	76 Seneca Turnpike, New Hartford	315-732-4265
<u>Zebb's Deluxe Grill</u>	8428 Seneca Turnpike, New Hartford	315-735-8547

Hamilton College X-C Course Top 50 Performances - Men

RANK	TIME	NAME	SCHOOL	DATE
1	25:04.8	Julius Rono	Roberts Wes.	10/08/05
2	25:22.0	Michael Danahy	Bates	10/30/99
3	25:22.9	Peter Kosgei	Hamilton	10/06/07
4	25:32.4	Matt DeShane	Plattsburgh	10/07/06
5	25:32.9	Braden Novakowski	Queens Univ.	10/06/07
6	25:46.0	Matthew Lyons	Tufts	10/30/99
7	25:50.1	Robert Kitz	Queens Univ.	10/06/07
8	25:50.3	Kris Enwright	St. Lawrence	11/03/01
9	25:57.4	Mike Styczynski	Ithaca	10/06/01
10	26:00.6	Anthony Gallo	SUNY Geneseo	11/03/01
11	26:02.3	C. Fred Joslyn	Cortland	11/05/05
12	26:03.3	Matthew Hulse	Queens Univ.	10/06/07
13	26:10.0	Peter Duyan	Bowdoin	10/30/99
14	26:14.0	Eric Donohoe	St. Lawrence	11/05/05
15	26:14.4	Nate Lowe	R.I.T.	11/05/05
16	26:15.0	Andy Forma	Fredonia	10/08/05
17	26:16.5	Scott Nelms	Queens Univ.	10/08/05
18	26:17.7	Joe Kelly	Ithaca	10/06/01
19	26:19.1	Dale Cocca	Ithaca	11/04/00
20	26:19.5	Michael Pond	Fredonia	10/08/05
21	26:22.6	Dan Moore	SUNY Geneseo	11/05/05
22	26:24.5	Aaron Sirtoli	M.V.C.C.	10/08/05
23	26:25.4	Sam Pitts	Plattsburgh	10/11/03
24	26:26.7	Stephen Money	Vassar	10/12/02
25	26:26.8	Garrett Wagner	Ithaca	11/04/00
26	26:26.9	Brian Cocca	Ithaca	11/04/00
27	26:27.9	Ryan Wells	Oneonta	10/08/05
28	26:28.0	Dave Bolen	Brockport	10/12/02
29	26:28.8	Mark Stevens	Rochester	11/05/05
30	26:29.0	Neal Hannon	Williams	10/30/99
31	26:29.7	Mike McGrath	Geneseo	11/05/05
32	26:31.0	Matt Tweist	Bates	10/30/99
33	26:31.4	Matt Migonis	St. Lawrence	11/04/00
34	26:32.0	Stephan Allison	Bowdoin	10/30/99
35	26:32.5	Dave Messenheimer	U. Rochester	11/04/00
36	26:33.6	Andrew Corman	Alfred Univ.	10/12/02
37	26:34.0	Reed Harlow	Williams	10/30/99
38	26:35.1	Vinnie DeRocco	SUNY Fredonia	11/04/00
39	26:36.0	Stephen Kaye	Tufts	10/30/99
40	26:36.6	Josh Smith	Queen s Univ.	10/08/05
41	26:37.0	Chuck Copp	Cortland	10/12/02
42	26:37.4	Dave Whydra	Plattsburgh	10/09/04
43	26:37.7	Ross Hunkovic	Geneseo	11/05/05
44	26:39.2	Shawn Calabrese	Ithaca	11/03/01
45	26:39.9	Andy Cloke	Kueka College	10/11/03
46	26:40.1	John Gaudette	St. Lawrence	09/30/06
47	26:40.3	Chris Brens	Queens Univ.	10/06/07
48	26:40.4	Ryan Kolb	Brockport	11/05/05
49	26:41.2	Jeff Beck	Oswego	10/12/02
50	26:41.4	Steve Folsom	St. Lawrence	11/04/00

Hamilton College X-C Course Top 50 Performances - Women

RANK	TIME	NAME	SCHOOL	DATE
1	16:56.6	Beth Whiteman	Queens Univ	10/11/03
2	17:10.3	Toni Wiszowaty	Plattsburgh	10/07/06
3	17:20.0	Shannon Griggs	SUNY Geneseo	11/05/05
4	17:20.7	Maggie Hanson	Hamilton	10/06/01
5	17:21.1	Liz Montgomery	SUNY Geneseo	11/05/05
6	17:33.2	Leslie Sexton	Queens Univ.	10/06/07
7	17:34.6	Marta Scott	SUNY Geneseo	11/05/05
8	17:36.0	Jessica Johnson	Middlebury	10/30/99
9	17:37.3	Amanda Laytham	Ithaca	11/04/00
10	17:44.6	Kate Nelson	Hamilton	11/04/00
11	17:37.2	Kaitlin O'Sullivan	Oneonta	10/07/06
12	17:47.3	Rachel Blasiak	Ithaca	11/05/05
13	17:47.8	Jen Cammarano	Hamilton	11/04/00
14	17:48.5	Liz Ludovici	St. Lawrence	11/05/05
15	17:51.7	Autumn Swan	Hartwick	11/05/05
16	17:54.1	Jen Rettke	SUNY Geneseo	11/04/00
17	17:55.4	Beth Van Alstine	NYU	10/12/02
18	17:56.2	Nadia Tatlow	Queens Univ	10/06/07
19	17:57.3	Lindsey Nadolski	Ithaca	11/05/05
20	18:00.0	Katie Roden	RPI	11/04/00
21	18:01.2	Melissa White	SUNY Geneseo	11/03/01
22	18:01.7	Christiana Martin	SUNY Geneseo	11/05/05
23	18:07.0	Sarah Toland	Colby	10/30/99
24	18:08.6	Renne Catalano	SUNY Geneseo	11/05/05
25	18:09.0	Courtney Bennigson	Williams	10/30/99
26	18:09.1	Jennifer Scribani	Roberts Wes.	10/08/05
27	18:10.0	Kaitlin Gregg	Middlebury	10/30/99
28	18:10.0	Kasie Wallace	Middlebury	10/30/99
29	18:10.9	Magi Scallion	Queens Univ.	10/11/03
30	18:11.2	Erin Boshe	Ithaca	10/06/01
31	18:13.0	Katie Scangos	Amherst	10/30/99
32	18:13.5	Trisha Sliker	R.I.T.	10/08/05
33	18:15.0	Cindy Manning	Tufts	10/30/99
34	18:17.0	Maura Danahy	Connecticut	10/30/99
35	18:17.3	Christina Finke	SUNY Geneseo	11/05/05
36	18:18.0	Kate Underwood	St. Lawrence	11/04/00
37	18:19.7	Julie Wood	Queen's Univ.	10/12/02
38	18:21.8	Susan McWilliams	SUNY Oswego	10/06/01
39	18:22.8	Alyson Grant	Hamilton	11/04/00
40	18:25.7	Liz Ackley	Cortland	10/12/02
41	18:26.7	Anne Barrington	Queens Univ.	10/11/03
42	18:27.0	Tara Crowley	Williams	10/30/99
43	18:28.1	Erin McDonald	SUNY Geneseo	11/04/00
44	18:28.6	Betsy Schultz	SUNY Cortland	10/11/03
45	18:31.0	Melody Sheefer	Williams	10/30/99
46	18:31.3	Katherine Adams	R.P.I.	11/04/00
47	18:31.8	Elizabeth Wilcox	Ithaca	11/05/05
48	18:32.0	Jessica Wilcox	Ithaca	11/05/05
49	18:33.0	Maria Mensching	Colby	10/30/99
50	18:33.6	Lilly Jones	Ithaca	11/04/00