



2014 ROC CITY TRACK & FIELD CLASSIC MEET INFORMATION

Meet Director

James Goss

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Meet Entry: All participating teams will enter the meet through Direct Athletics (www.directathletics.com). You must enter your team/individuals on Direct Athletics by the deadline in order to be entered in the meet. **NO** exceptions will be made!

Entry Information: We have no restrictions for entry limitations in all events. We do reserve the right to add minimums in the throws and jumps based on field sizes. Detailed instructions regarding entries will be available at www.directathletics.com. Any questions regarding entry instructions should be e-mailed to support@directathletics.com or coachyen@aol.com.

Entry Fee: The entry fee will be \$200 per team, \$400 for both a men's and women's team or \$20 per athlete. More than 9 athletes will constitute a team. **Unattached athletes are welcomed but must prepay at the time of entry by the entry deadline using the Directathletics online entry system.** **High school athletes will not be allowed to compete in this meet.** Teams can make checks payable to Nazareth College Track & Field. Late entries will not be accepted! You will be charged for individuals **entered** in the meet.

Entry Deadlines: All entry deadlines will be posted on www.directathletics.com. **Entries will close at 4:59pm (eastern) on Wednesday, April 9th and will be strictly adhered to.** No declaration is necessary. All entries are final. Performance lists will be posted by 5:00pm Thursday, April 10th at: <http://athletics.naz.edu/index.aspx?tab=trackfield&path=mtrack>

Scratches: Please send all known scratches to jgoss2@naz.edu by 12:00pm Friday, April 11th so that we eliminate empty lanes / sections.

The Facility: The facility was completed in 2002 and resurfaced in the summer of 2011. The track features a top of the line 8 lane 120' degree turn radius polyurethane track with two-directional long jump, pole vault and high jump capabilities. Wind gauges will also be utilized in all the sprints and jumps. The throwing facilities feature two separate full hammer / discus cages and the javelin is thrown off a mondo runway. We offer a 12' board in the long jump and 28' and 36' foot boards for triple. We can tape one additional board down if necessary.

Timing: Fully automated Hy-Tek timing will be used and directed by Yentiming Services.

Check-in: All **track athletes MUST check-in at least 30 minutes prior** to the scheduled start of their event. Athletes are encouraged to check-in early if they know they will be running. Check-in will be at the large tent by the 100m start. **Field event participants should report to their event**

starting area at least 15 minutes prior to the scheduled start. **Athletes not checked-in before the allotted time will be scratched from that event.** No exceptions will be made!

Rules: Absolutely no gum inside the fence! **Only athletes competing in an event and their coaches are allowed in the infield.** Please help us keep our stadium clean by cleaning up your teams area when you leave.

Athletic Trainers: We will provide athletic trainers for the meet. The training room is located in the Stadium and an ATC will be on location.

Locker Rooms: Limited locker/shower facilities will be available in the Stadium and Shults Center. Please supply your own towels. Nazareth College is not responsible for lost or stolen items so please keep your valuables safe.

Spikes: Maximum spike length will be $\frac{1}{4}$ **inch pyramids**. Judges and clerks will be spot checking shoes at check-in for each event. Athletes will be disqualified for illegal spikes.

Starting Heights: *Estimated starting heights. Subject to change based on the fields.

Pole Vault:	(M) 3.05 / 10'0	(15 centimeters increments)
	(W) 2.15 / 7'0 $\frac{1}{2}$	(15 centimeters increments)
High Jump:	(M) 1.70 / 5'7	(5 centimeters increments)
	(W) 1.37 / 4'6	(5 centimeters increments)

Implements: All implements will be weighed in at check-in, opening an hour and a half before the scheduled start of the women's discus, men's javelin and men's shot at the facilities garage located next to the shot, hammer and javelin throwing field. All implements should be weighed in at this time. Discus will be contested at the lower throwing area next to the turf field adjacent to the track.

Awards: Event winners will receive a T-shirt. T-shirts should be picked up immediately following the posting of the official results for that event in the **purple** tent located at the south end of the Stadium next to the 100 meter starting line.

Advancement: All races will be timed finals and run fast to slow. Please do your best with seeding your athletes to make for fair heat/lane assignments.

Eligibility: Open men's and women's collegiate competition. Unattached athletes are welcome but must prepay on Directathletics at the time of entry. The meet will be conducted according to NCAA Track & Field Rules.

Results: Results will be posted after completion of each event on the concourse level of the Stadium (under the bleachers). They will also be available at the conclusion of the meet on www.directathletics.com and at; <http://athletics.naz.edu/index.aspx?tab=trackfield&path=mtrack>.

Parking: Parking will be available for buses, vans and spectators in the Stadium parking lot located next to the Stadium/Track Complex. We will have parking attendants directing buses on where to park.



"TENTATIVE"

SCHEDULE OF FIELD EVENTS (top 8 advance to finals)

TIME	EVENT	SECTION
8:30-9:45am	Implement Certification @ facilities garage	---
10:00am	Discus Throw (WOMEN) *men to immediately follow (lower field)	FINALS
	Javelin Throw (MEN) *women to immediately follow	FINALS
	Long Jump (MEN) *women to immediately follow	FINALS
	Pole Vault (WOMEN) *men to immediately follow	FINALS
	Shot Put (MEN) *women to immediately follow	FINALS
2:00pm	Hammer (WOMEN) *men to immediately follow	FINALS
	High Jump (MEN) *women to immediately follow	FINALS
2:30pm	Triple Jump (MEN) *women to immediately follow	FINALS

"TENTATIVE"

SCHEDULE OF TRACK EVENTS

TIME	EVENT	SECTION
10:00am	*10,000 Meter Run (MEN & WOMEN)	FINALS
11:00am	3000m Steeple Chase (WOMEN)	FINALS
11:20am	3000m Steeple Chase (MEN)	FINALS
11:40am	4x100 Meter Relay (WOMEN)	FINALS
11:50am	4x100 Meter Relay (MEN)	FINALS
12:05pm	1500 Meter Run (WOMEN)	FINALS
12:30pm	1500 Meter Run (MEN)	FINALS
12:55pm	400 Meter Dash (WOMEN)	FINALS
1:05pm	400 Meter Dash (MEN)	FINALS
1:30pm	100 Meter Hurdles (WOMEN)	FINALS
1:45pm	110 Meter Hurdles (MEN)	FINALS
2:00pm	100 Meter Dash (WOMEN)	FINALS
2:10pm	100 Meter Dash (MEN)	FINALS
2:30pm	800 Meter Run (WOMEN)	FINALS
2:45pm	800 Meter Run (MEN)	FINALS
3:05pm	400 Meter Hurdles (WOMEN)	FINALS
3:15pm	400 Meter Hurdles (MEN)	FINALS
3:35pm	200 Meter Dash (WOMEN)	FINALS
3:50pm	200 Meter Dash (MEN)	FINALS
4:05pm	5000 Meter Run (WOMEN)	FINALS
4:30pm	5000 Meter Run (MEN)	FINALS
4:50pm	4x400 Meter Relay (WOMEN)	FINALS
5:00pm	4x400 Meter Relay (MEN)	FINALS
5:10pm	4x800 Meter Relay (WOMEN)	FINALS
5:25pm	4x800 Meter Relay (WOMEN)	FINALS

*If we receive enough interest in the 10k we will split the women (9am) and men (10am).

ROCHESTER / NAZARETH AREA HOTELS

Brookwood Inn

800 Pittsford-Victor Road (NY Route 96) Pittsford, NY 14534
585-248-9000 or 800-426-9995

Approximately 4 miles from campus; AAA discount

[Learn More](#)

Courtyard by Marriott (Penfield)

1000 Linden Park Rochester, NY 14625
585-385-1000 or 800-321-2211

Approximately 4 miles from campus; AAA discount; ask for the Nazareth rate

[Learn More](#)

The Del Monte Lodge

41 North Main Street Pittsford, NY 14534
585-381-9900

Approximately ½ mile from campus; ask for the Nazareth rate

[Learn More](#)

Extended StayAmerica

700 Commons Way (off Jefferson Road) Rochester, NY 14623
585-427-7580 or 800-EXT-STAY

Approximately 6 miles from campus

[Learn More](#)

Hampton Inn & Suites (Fairport/Victor)

7637 NYS Route 96 (Next to Eastview Mall) Victor, NY 14564
585-924-4400 or 1-800-HAMPTON

Approximately 8 miles from campus; UNIVERSITY Discount

[Learn More](#)

Holiday Inn (Rochester Airport)

911 Brooks Avenue, Rochester, NY 14624
585-328-6000

Ask about the special Nazareth rate

[Learn More](#)

The Lodge at Woodcliff

Woodcliff Drive (off NY Route 96) Fairport, NY 14450
585-381-4000 or 800-365-3065

Approximately 5 miles from campus; ask for Nazareth College rate

[Learn More](#)

Microtel (Victor)

7498 Main Street (NY Route 96) Rochester, NY 14564
585-924-9240

Approximately 5 miles from campus; Free continental breakfast and cable TV

[Learn More](#)

Red Roof Inn

4820 W. Henrietta Road (US Route 15) Henrietta, NY 14467
585-359-1100 or 800-843-7663

Approximately 7 miles from campus

[Learn More](#)

The White Oak Bed & Breakfast

277 Genesee St. Avon, NY 14414
585-226-6735

Approximately 23 miles (33 min.) from campus

[Learn More](#)

Courtyard by Marriott (Brighton)

33 Corporate Woods Rochester, NY 14623
585-292-1000 or 800-321-2211

Approximately 5 miles from campus

[Learn More](#)

The Crowne Plaza Rochester

70 State Street Rochester, NY 14614
585-546-3450

Approximately 7 miles from campus

[Learn More](#)

East Avenue Inn

384 East Avenue (NY Route 96) Rochester, NY 14607
585-325-5010 or 800-559-8039

Approximately 4 miles from campus; AAA/AARP discounts

[Learn More](#)

Fairfield Inn by Marriott

4695 West Henrietta Road Henrietta, NY 14467
585-334-3350 or 800-228-2800

Approximately 7 miles from campus; AARP Discount

[Learn More](#)

Holiday Inn Express (Brighton/Pittsford)

2835 Monroe Avenue, Rochester, NY 14618
585-784-8400 or 877-514-6835

2.5 miles from campus; Free high speed internet access/continental breakfast

[Learn More](#)

Hyatt Regency Downtown

125 East Main Street (NY Route 252) Rochester, NY 14604
585-546-1234 or 800-223-1234

Approximately 7 miles from campus; AAA Discount

[Learn More](#)

Marigold Gardens Bed & Breakfast

16 Country Club Road, Pittsford (East Rochester) NY 14445
585-586-8664 / 1-888-987-7798

Less than 5 minutes from campus

[Learn More](#)

Radisson Inn

175 Jefferson Road (NY Route 252) Rochester, NY 14623
585-475-1910 or 800-333-3333

Approximately 7 miles from campus; AAA discount

[Learn More](#)

The Strathallan

550 East Avenue (NY Route 96) Rochester, NY 14607
585-461-5010 or 800-678-7284

Approximately 5 miles from campus; ask about Nazareth College adjusted rate

[Learn More](#)

A Few Dining Options...

[The Cheesecake Factory](#)

3349 Monroe Ave
Pittsford, NY
(585) 381-8681

[Jojo Restaurant](#)

60 N Main St
Pittsford, NY
(585) 385-3108

[Ciao Italian Cafe](#)

60 N Main St
Pittsford, NY
(585) 385-3108

[Brio Mediterranean Bistro](#)

3400 Monroe Ave
Rochester, NY
(585) 586-7000

[Benuccis Italian Restaurant](#)

3349 Monroe Ave
Rochester, NY
(585) 264-1300

[Nonna's Casa DE Pasta](#)

132 E Maple Ave
East Rochester, NY
(585) 586-9140

[Great Northern Pizza Kitchen](#)

683 Pittsford Victor Rd,
Pittsford, NY
(585) 385-7437

[Pontillo's Pizzeria - Pittsford](#)

20 State St
Pittsford, NY
(585) 381-8079

[Tully's Good Times](#)

1225 Jefferson Rd
Rochester, NY
(585) 272-8900

[Romano's Macaroni Grill](#)

760 Jefferson R
Henrietta, NY
(585) 427-8230

[Wendy's](#)

3180 Monroe Ave
Rochester, NY
(585) 383-1660

[Wendy's](#)

3050 Winton Rd S
Rochester, NY
(585) 292-0690

[Zebb's Deluxe Grill & Bar](#)

1890 Clinton Ave S
Rochester, NY
(585) 271-1440

[Lunch Box Spot](#)

1425 Jefferson Rd, #8
Rochester, NY
(585) 292-9630

[Mark's Pizzeria](#)

640 Pittsford Victor Rd,
Pittsford, NY
(585) 264-0114

[Mario's Italian Restaurant](#)

2740 Monroe Ave,
Rochester, NY
(585) 271-1111

[Carrabba's Italian Grill](#)

3340 W Henrietta Rd
Henrietta, NY
(585) 292-6120

[Panera Bread](#)

1621 Penfield Rd
Rochester, NY
(585) 383-8650

[Panera Bread](#)

1902 Monroe Ave
Rochester, NY
(585) 442-2060

[Bruegger's Bagel Bakery](#)

24 State St
Pittsford, NY
(585) 641-2215

[Subway](#)

3400 Monroe Ave, Ste 14
Rochester, NY
(585) 586-3320

[Subway](#)

1930 Monroe Ave
Rochester, NY
(585) 256-2220

[Applebee's Neighborhood Grill](#)

3020 Winton Rd S
Rochester, NY
(716) 272-7753

[Colie's Cafe](#)

Pittsford Plaza - 3349 Monroe
Rochester, NY
(585) 383-5660

[Chipotle](#)

Pittsford Plaza - 3349 Monroe
Rochester, NY
(585) 348-2353

[Moe's Southwest Grill](#)

3246 Monroe Avenue
Rochester, NY 14618
(585) 267-7880

[Wegman's - Pittsford](#)

3195 Monroe Avenue
Rochester, NY
(585) 586-6680

DIRECTIONS TO NAZARETH COLLEGE

From the West

- Take the New York State Thruway to exit 46.
- Take Interstate 390 North to Interstate 590 North.
- Exit at Route 31 East (Monroe Avenue).
- Follow Route 31 to the Village of Pittsford.
- Turn left at the village's Four Corners onto NY 96 North (East Avenue).
- Nazareth is about 1/2 mile down Route 96 on your left.

From the East

- Take the New York State Thruway to exit 45.
- Take Interstate 490 West to NY 31 West (Pittsford-Palmyra Road).
- Follow Route 31 for about a mile and a half to the Village of Pittsford.
- Turn right at the village's Four Corners onto NY 96 North (East Avenue).
- Nazareth is about 1/2 mile down Route 96 on your left.

From the North

- Take Interstate 590 South.
- From Interstate 590 South, take Interstate 490 East to Exit 25 (Fairport Road).
- Turn left, heading West on Fairport Road.
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn right at the North Campus Entrance (entrance without a traffic light).

From the South

- Take Interstate 390 North to Interstate 590 North.
- Exit at Route 31 East (Monroe Avenue).
- Follow Route 31 to the Village of Pittsford.
- Turn left at the village's Four Corners onto NY 96 North (East Avenue).
- Nazareth is about 1/2 mile down Route 96 on your left.

From Downtown Rochester

- Take Interstate 490 East to exit 25 (Fairport Road).
- Turn left, heading west on Fairport Road.
- At the second light, turn left onto Route 96/East Avenue.
- Nazareth is about a mile down Route 96/East Avenue on your right.

From the Rochester International Airport

- Leaving the airport, make a right-hand turn onto Brooks Avenue.
- From Brooks Avenue, turn right onto the Interstate 390 South entrance.
- Where 390 splits, stay to the left and follow Interstate 590 North.
- Exit at Route 31 East (Monroe Avenue).
- Follow Route 31 to the Village of Pittsford (about 3 miles).
- Turn left at the village's Four Corners onto NY 96 North (East Avenue).
- Nazareth is about 1/2 mile down Route 96 on your left.