Springfield College Triangle Classic
Coast Guard, Connecticut College, MIT,
Springfield College, Trinity, Tufts, Williams, WPI

Meet Date
Saturday, February 16th, 2019.

Meet Website
www.springfieldcollegepride.com

Facility
Springfield College Field House
42” Lanes - 6-Lane Oval – 8-Lane Straightaway
Mondo FTX Surface (Surface used at 2008 Beijing Olympics)
Field events contested on infield
**ONLY** ¾” pyramid spikes permitted

Timing/Results
NES Timing ([http://nestiming.com/](http://nestiming.com/)) will handle all timing and results. A live results link will be provided as the meet approaches. Results will also be posted at [www.springfieldcollegepride.com](http://www.springfieldcollegepride.com)

Entries
Entries will be due on DirectAthletics by 8pm on Wednesday, February 13th.

Entry Limits
Horizontal jump entries will be limited to a maximum of 4 entries per school per gender. Short lines in the throws may be implemented if necessary.

Entry Fee
$25/entry with a cap of $225 per team per gender due prior to the competition. Please make checks payable to Springfield College Athletics and remit to:

Deb Newbrough
Springfield College Athletic Department
263 Alden St.
Springfield, MA 01109

Weigh-ins
Weigh-ins will be conducted at the indoor storage area underneath the scoreboard from 9:00 am- 10:15 am. Only bagged weights and indoor shots will be accepted. Illegal implements will be impounded and available for pickup at the conclusion of the meet.

Check-In
Clerking for the running events will be done under the scoreboard. Check-in for field events will be conducted at the field event site.

Warm-Ups
**Throws:** Seeded flights. 20 minutes flight specific. No general. Up to 15 min before finals.
**Horizontal Jumps:** Seeded flights. 15 minutes flight specific. No general. Up to 15 min before finals.
**Throws & Horiz. Jumps:** 3 preliminary attempts, top-9 to finals (ties not broken), 3 attempts in finals.
**Vertical Jumps:** 60 minute warm-up. Opening heights to be determined based on number of entries. One hour rule in effect.

**Opening Heights**
Opening heights will be determined based on the number of entries, and will work backwards from the NCAA DIII New England qualifying standards.

**Locker Rooms**
Locker rooms will be located in the Field House lower level directly under the track.

**Entrance/Parking**
Student-athlete entrance located on side of Blake Arena as pictured in attached map (located by the tennis courts).

Pole Vault pole & throws implement entrance located at the northwest corner of the Field House as pictured in the attached map.

After unloading, vans can park in Lot 10. Team buses should park in the auxiliary bus lot near the Public Safety building via the following directions/attached map:

- Exit PE Complex/Turn right onto Alden St
- Proceed to second intersection, and turn left onto Sheffield St
- Take the next right onto Portsmouth St
- Park in dirt/grass area that is on the left just after Lot 5 and just before the Public Safety building

**Athletic Training**
The Athletic Training Room will open 2 hours prior to the start of each contest. The Athletic Training Room is located in the Physical Education Complex next to the indoor track. Taping and wrapping will be available provided visiting teams provide the necessary supplies. Specific modalities may be available provided the student-athlete has a visiting ATC with them. Springfield College athletic training staff will provide heat modalities upon receipt of a written note from a member of the visiting student-athlete’s athletic training staff.

Please contact our coordinator of athletic training services if you have any additional questions or concerns: Barclay Dugger, rdugger@springfieldcollege.edu, (413) 748-3650

**Emergency Contact Information**
- Campus Police (413) 748-5555
- Athletic Training Room (413) 748-3406
SCHEDULE OF EVENTS

10:30 am  **Pentation**
- 60 HH
- High Jump
- Shot Put
- Long Jump
- 800

**Field Events**

11:00 am  Men’s Weight Throw (Followed by Women)
- *Women’s Shot Put (Followed by Men)
- Women’s Pole Vault (Followed by Men)
- *Women’s High Jump (Followed by Men)
- *Men’s Long Jump (Followed by Women)
- Men’s Triple Jump (Follows Women’s Long Jump, Followed by Women’s Triple Jump)

**Track Events (Rolling Schedule Women Followed by Men)**

11:00 am  60m Hurdle Prelims (8 Advance on Time)
- 60m Dash Prelims (8 Advance on Time)
- 5,000 Meters
- 1 Mile Run
- 60m Hurdle Finals (Men followed by Women)
- 60m Dash Finals (Men followed by Women)
- 400 Meter Dash
- 600 Meter Dash
- 800 Meter Run
- 1000 Meter Run
- 200 Meter Dash
- 3000 Meter Run
- 4x400 Meter Relay
- 4x800 Meter Relay
- Distance Medley Relay

*Will immediately follow or accommodate the Pentalon*
DIRECTIONS TO SPRINGFIELD COLLEGE

From Points East and West
- Mass. Pike to Exit 6
- Left on 291 East
- Proceed one mile to Exit 5
- At end of exit ramp turn right onto Route 20A
- Move into left lane on Route 20A
- At first traffic signal turn left onto Roosevelt Ave.
- Proceed three miles to Alden Street
- At traffic light turn right onto Alden Street
- PE Complex at Springfield College is on right side of street (large white dome building).

From Points North
- 91 South
- Merge onto 291 East
- Proceed to Exit 5-B (20A – West, East Springfield)
- At end of exit ramp turn right onto Route 20A
- Move into left lane on Route 20A
- At first traffic signal turn left onto Roosevelt Ave.
- Proceed three miles to Alden Street
- At traffic light turn right onto Alden Street
- PE Complex at Springfield College is on right side of street (large white dome building).

From Points South
- 91 North
- Exit 2 (in Massachusetts)
- Follow Routes 83 – 21 to traffic signal
- Turn right at signal onto Sumner Avenue
- Proceed 2 miles to Roosevelt Ave.
- Turn left onto Roosevelt Ave.
- Proceed through two traffic lights and bear left at next stop sign to cross bridge. At light after bridge, turn left onto Alden Street.
- PE Complex at Springfield College is on right side of street (large white dome building).
Auxiliary Bus Parking Lot

Athletics/Parking Map Index

7. Art Linkletter Natatorium 13. Blake Track
8. Wellness Center 14. Ev Schmid Complex
9. Field House 15. Potter Softball Field
10. Athletic Training Facilities 17. Berry-Allen Baseball Field
11. Physical Education Complex/Blake Arena

To Auxiliary Bus Lot

Exit PE Complex, turn right onto Alden St
Proceed to second intersection, and turn left onto Sheffield St
Take the next right onto Fortmount St
Park in grass area that is on the left just after Lot 5 and just before the Public Safety building
# AREA DINING OPTIONS

## LOCAL DINING:
- Cheney Dining Hall  
  See attached flyer

## Preferred Dining

<table>
<thead>
<tr>
<th>Springfield College Dining Service Aramark</th>
<th>Richard B. Flynn Student Union (Subway, Dunkin Donuts, Burger Studio)</th>
<th>Frankie &amp; Johnnie's 35 Island Pond Rd Springfield, MA 01118</th>
</tr>
</thead>
<tbody>
<tr>
<td>(413) 748-3205</td>
<td>(413) 748-3042</td>
<td>(413) 734-6773</td>
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</tbody>
</table>

## Quick Options

<table>
<thead>
<tr>
<th>Domino's Pizza (deliver) 624 Boston Road Springfield, MA 01119</th>
<th>Peppa's Xpress (deliver) 1060 Wilbraham Rd Springfield, MA 01109</th>
<th>Hot Table 455 Breckwood Blvd Springfield, MA 01109</th>
</tr>
</thead>
<tbody>
<tr>
<td>(413) 782-8601</td>
<td>(413) 796-7859</td>
<td>(413) 782-8800</td>
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</tbody>
</table>

## Casual Dining

<table>
<thead>
<tr>
<th>Red Rose Pizzeria 1060 Main St Springfield, MA 01103</th>
<th>Panera Bread 450 N. Main St E. Longmeadow, MA 01028</th>
<th>Ninety Nine 390 N. Main St East Longmeadow, MA 01106</th>
</tr>
</thead>
<tbody>
<tr>
<td>(413) 739-8510</td>
<td>(413) 525-8006</td>
<td>(413) 525-9900</td>
</tr>
<tr>
<td>Chili's 302 Cooley St Springfield, MA 01128</td>
<td>Uno Chicago Grill 820 Hall of Fame Ave Springfield, MA 01105</td>
<td>Olive Garden 1380 Boston Rd Springfield, MA 01119</td>
</tr>
<tr>
<td>(413) 426-9507</td>
<td>(413) 733-1300</td>
<td>(413) 783-9003</td>
</tr>
<tr>
<td>Friendly's 65 Sumner Ave Springfield, MA 01108</td>
<td></td>
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<tr>
<td>(413) 737-8719</td>
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</table>
Hungry? Don’t wait to eat!
Let Springfield College Dining Services take care of YOUR team!

Whether you’re indulging in our Fresh Food Company’s all-you-care-to-eat dining hall or bringing boxed meals on the road, we’re here to satisfy all your dining needs!

**Located in Cheney Hall**

**Dunkin’ Donuts**
Located in the Richard B. Flynn Campus Union

**Hours**
Monday - Friday: 7:30am – 9pm
Saturday & Sunday: 8am – 9pm

*Does your team run on Dunkin’?*

**Located in the Richard B. Flynn Campus Union**

**Subway**
Located in the Richard B. Flynn Campus Union

**Hours**
Monday – Friday: 7am – 8pm
Saturday & Sunday: 10am – 8pm

**Burger Studio**

**Hours**
Monday – Friday: 8am – 8pm
Saturday & Sunday: 11am – 8pm

*Design your own individual “masterpiece,” made to order and customized with more than 30 toppings, cheeses and special sauces!*

Please contact the Springfield College Catering Office with any questions!

Phone: 413-748-3042   Fax: 413-748-3023
www.springfieldcollege.campusdish.com