Springfield College Season Opener
American International, RIC, Springfield, Staten Island,
Westfield State

Meet Date/Time  Saturday, December 1st, 2018. Field Events at 10:30am, Track events at 11:00am.

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/) will handle all timing and results. Results will also be posted at www.springfieldcollegepride.com

Entries  Entries will be due on DirectAthletics by 8:00pm on Wednesday, November 28th.

Entry Limits  Horizontal jump entries will be limited to 4 per team per gender. We will consider an extra participant or two if overall field sizes allow.

Entry Fee  $25/entry with a cap of $250 per team per gender. Please make checks payable to Springfield College Athletics and remit to:

Deb Newbrough
Springfield College Athletic Department
263 Alden Street
Springfield, MA 01109

Weigh-ins  Weigh-ins will be conducted at the indoor storage area underneath the scoreboard from 9:00am-10:15am. 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 American Flag near 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.

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 northwest corner of Field House as pictured in 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. Parking is also allowed on the right side of Portsmouth.

Athletic Training

The Athletic Training Room will open 2 hours prior to the start of the meet. 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

Campus Police (413) 748-5555
Athletic Training Room (413) 748-3406
SCHEDULE OF EVENTS

Field Events

10:30am  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)

11:00am  Women’s 60m Hurdle Prelims (8 Advance on Time)
         Men’s 60m Hurdle Prelims (8 Advance on Time)
         Women’s 60m Dash Prelims (8 Advance on Time)
         Men’s 60m Dash Prelims (8 Advance on Time)
         Women’s 1 Mile Run
         Men’s 1 Mile Run
         Men’s 60m Hurdle Finals
         Women’s 60m Hurdle Finals
         Women’s 60m Dash Finals
         Men’s 60m Dash Finals
         Women’s 400 Meter Dash
         Men’s 400 Meter Dash
         Women’s 1000 Meter Run
         Men’s 1000 Meter Run
         Women’s 200 Meter Dash
         Men’s 200 Meter Dash
         Women’s 3000 Meter Run
         Men’s 3000 Meter Run
         Women’s 4x400 Meter Relay
         Men’s 4x400 Meter Relay
         Women’s 4x800 Meter Relay
         Men’s 4x800 Meter Relay
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).
Facility Map

= Field House
= General Spectator Parking Lots
= Team Van & Officials Parking

PV & Throws Entrance

Bus Drop-Off & Team/Spectator Entrance
Auxiliary Bus Parking Lot

Athletics/Parking Map Index

6. Stagg Field
7. Art Linkletter Natatorium
8. Wellness Center
9. Field House
10. Athletic Training Facilities
11. Physical Education Complex/Blake Arena
12. Appleton Tennis Courts
13. Blake Track
14. Irv Schmid Complex
15. Potter Softball Field
16. Berry-Allen Baseball Field
17. Auxiliary Bus Lot

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 Portsmouth St
Park in dirt/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

<table>
<thead>
<tr>
<th>Preferred Dining</th>
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<tbody>
<tr>
<td>Springfield College</td>
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<tr>
<td>Dining Service</td>
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<tr>
<td>Aramark</td>
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<th>Quick Options</th>
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<tbody>
<tr>
<td>Domino's Pizza (deliver)</td>
</tr>
<tr>
<td>624 Boston Road</td>
</tr>
<tr>
<td>Springfield, MA 01119</td>
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<tr>
<td>(413) 782-8601</td>
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<tr>
<td>Peppa's Xpress (deliver)</td>
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<tr>
<td>1060 Wilbraham Rd</td>
</tr>
<tr>
<td>Springfield, MA 01109</td>
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<tr>
<td>(413) 796-7859</td>
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<tr>
<td>Hot Table</td>
</tr>
<tr>
<td>455 Breckwood Blvd</td>
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<tr>
<td>Springfield, MA 01109</td>
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<tr>
<td>(413) 782-8800</td>
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<tbody>
<tr>
<td>Red Rose Pizzeria</td>
</tr>
<tr>
<td>1060 Main St</td>
</tr>
<tr>
<td>Springfield, MA 01103</td>
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<tr>
<td>(413) 739-8510</td>
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<tr>
<td>Panera Bread</td>
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<tr>
<td>450 N. Main St</td>
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<tr>
<td>E. Longmeadow, MA 01028</td>
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<tr>
<td>(413) 525-8006</td>
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<tr>
<td>Ninety Nine</td>
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<tr>
<td>390 N. Main St.</td>
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<tr>
<td>East Longmeadow, MA 01106</td>
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<tr>
<td>(413) 525-9900</td>
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<tr>
<td>Chili's</td>
</tr>
<tr>
<td>302 Cooley St</td>
</tr>
<tr>
<td>Springfield, MA 01128</td>
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<tr>
<td>(413) 426-9507</td>
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<tr>
<td>Uno Chicago Grill</td>
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<tr>
<td>820 Hall of Fame Ave</td>
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<tr>
<td>Springfield, MA 01105</td>
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<tr>
<td>(413) 733-1300</td>
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<tr>
<td>Olive Garden</td>
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<tr>
<td>1380 Boston Rd</td>
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<tr>
<td>Springfield, MA 01119</td>
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<tr>
<td>(413) 783-9003</td>
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<tr>
<td>Friendly's</td>
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<tr>
<td>65 Sumner Ave</td>
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<tr>
<td>Springfield, MA 01108</td>
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<tr>
<td>(413) 737-8719</td>
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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!

**Fresh Food Company**

Located in Cheney Hall

**Hours**

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

**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’?*

**Subway**

Located in the Richard B. Flynn Campus Union

**Hours**

Sunday – Thursday: 10am – 12am
Friday & Saturday: 10am – 11pm
*Call your in order in advanced and it will be ready for you!*

**Burger Studio**

Located in the Richard B. Flynn Campus Union

**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