

Centennial Conference
Indoor Track & Field
Championships 2010

Saturday, February 27th 2010



Hosted by



Championship Meet Packet

2010 Centennial Conference
Indoor Track & Field Championship Information

Date: Saturday, February 27, 2010

Site: Haverford College Alumni Field House

Facility Information:

The 58,000 square-foot facility was resurfaced in 2008 to include four tennis courts and a 200-meter oval that comprise The Gary Lutnick Tennis & Track Center. The track's surface is made of Mondotrack FTX. The track has four lanes around, with six dash/hurdle lanes. Blocks will be provided. ¼ in. pyramid spikes will be permitted in all running events as well as in the LJ and TJ. **There will be NO spikes permitted in the high jump and pole vault areas.** Athletic trainers will be available. Please bring your own supplies. (Additional information included in this packet.) **No food or drinks will be permitted in the field house.** Locker rooms and showers are available by advance request.

Team Areas:

Teams may have access to the 5 squash courts in the Alumni Field House on a first come first served basis.

Parking / Arrival:

All visitors are expected to park in the South Parking Lot. Buses can drop teams off in the South Parking Lot at the south entrance to the Gardner Integrated Athletic Center. **PLEASE DO NOT LEAVE YOUR BUSES RUNNING.** Participants can enter the lower level of the building to gain access to the Athletic Training Room and Locker Rooms. Haverford College is not responsible for any items left in locker rooms.

Entries:

Submit entries to www.directathletics.com, as has been done in the past. Final entry deadline is 12 p.m. (noon) on Wednesday, February 24, 2010. You may enter your roster at anytime and update it as necessary throughout the season. Please print a copy of your final entries for confirmation.

Entry Limits:

There is no limit on the number of athletes per team that may be entered in individual events. Only one relay per school per relay event is permitted.

Qualifying Standards:

All athletes entered in individual events must have met the conference qualifying standards. (Qualifying standards are included in this packet).

Entry Fee:

The entry fee is \$10 per athlete. Entries should be paid at the packet pick-up prior to the meet. Please make your checks payable to: **Haverford College Track & Field.**

Performance Lists:

Will be posted as soon as possible, but no later than 9:00 PM on Thursday, February 25, 2010, on the website for the meet's official timer at www.halftiming.com and on the Haverford College Athletics website at <http://www.haverford.edu/athletics>

Heat Sheets:

Will be posted online as soon as possible on Haverford College Athletics website on the website for the meet's official timer at www.halftiming.com and at <http://www.haverford.edu/athletics>. Heat/Lane assignment and seeding will be carried out in accordance with Centennial Conference Guidelines.

Results:

Meet will be scored 10-8-6-5-4-3-2-1. Results will be posted on the wall underneath the Haverford College Track & Field records board. Live posting of event results will be posted on www.halftiming.com. Final results will also be posted on www.haverford.edu/athletics.

Packets:

May be picked up in the Field House beginning at 9:00 AM on Saturday, February 27, 2010.

Coaches Meeting:

Will take place in the in-field of the Field House at 10:00 AM on Saturday, February 27, 2010.

Weigh-In:

Shots can be weighed in the Field House on Saturday, February 27, 2010, from 9 to 10:30 AM .

Check-In:

Athletes must report to check-in a minimum of 15 minutes prior to their event. Running event athletes check-in at the clerk's table and field event athletes check-in with the head judge at their respective event.

Uniform Rule:

Will be in effect.

Relay Cards:

Are due when the teams check-in.

Advancement:

In the 55 meters and the 55 hurdles will be in accordance with the established conference guidelines. If there is a tie for the 8th and final qualifying spot in the 55 meters or the 55 hurdles, a run-off will be in effect.

Appeals:

Must be made to the Head Referee within 30 minutes of posting of unofficial results.

Jury of Appeals:

Chris Bayless (Ursinus College)/Pete Carroll (Swarthmore College)/Brad Hackett (Muhlenberg College)

Games Committee:

Chris Bayless (Ursinus College)/Fran Rizzo (Haverford College)/Dan Talbot (Bryn Mawr College)

Protests:

Must be presented to Fran Rizzo, the head of the games committee, within 30 minutes of the Head Referee's decision on appeal.

NCAA rules will be in effect, unless otherwise specified in the Conference Guidelines

Athletic Training:

Teams with special needs should contact Haverford's Athletic Trainer as soon as possible to make all necessary arrangements. Pre-meet treatment will take place in the Athletic Training Room in the ground floor of the Gardner Integrated Athletic Center and will be open at 9:30am.

Tickets: There will be no admission charged to the 2010 Indoor Track & Field Championship.

Haverford College Tournament Staff Directory

Athletic Director	Wendy Smith	W: 610-896-1120
Meet Director	Jim Kenyon	W: 610-896-1125 E: jkenyon@haverford.edu
Meet Director	Bob Hasson	E: bobhasson@yahoo.com C: 215-301-8116
Senior Sports Info. Director	Gregg Petcoff	W: 610-896-1042
Sports Information Director	Matt Kirsch	W: 610-896-1121
Main Athletic Office	Bonnie McAllister	W: 610-896-1120
Head Athletic Trainer	Curt Mauger	W: 610-896-1425
Assistant Athletic Trainer	Melissa Cruice	W: 610-896-1124
Security		W: 610-896-1111

Fax Numbers:

Main Athletic Office	610-896-4220
Sports Information	610-896-4995
Athletic Training Room	610-795-7963

DIRECTIONS TO BRYN MAWR HOSPITAL

Bryn Mawr Hospital: 130 South Bryn Mawr Avenue, Bryn Mawr, PA | 610-526-3000

Leave the main entrance of Haverford College by turning left (west) onto Lancaster Avenue (US 30). Proceed westward on Lancaster Avenue for exactly 1 mile. Make a left onto Bryn Mawr Ave at that light (Bryn Mawr Trust bank sits on right hand side of this intersection). After making the turn, the hospital will be less than ¼ of a mile on your right hand side.

Centennial Conference Indoor Track and Field Teams

School Name: Dickinson

Head Coach: Don Nichter (M&W) O: 717-245-1365
Athletic Director: Dr. Les Poolman O: 717-245-1320
Sports Information Director: Charlie McGuire O: 717-245-1652
Athletic Trainer: Adam Richmond O: 717-245-1366

School Name: Franklin & Marshall

Head Coach: Carl Schnabel (M&W) O: 717-291-4100
Athletic Director: Patricia Epps O: 717-291-3819
Sports Information Director: Mickey Blymier O: 717-358-4857
Athletic Trainer: Jeff Stoudt O: 717-291-4111

School Name: Gettysburg

Head Coach: Steve Shutt (M&W) O: 717-337-6403
Athletic Director: David Wright O: 717-337-6530
Sports Information Director: Braden Snyder O: 717-337-6527
Athletic Trainer: Mike Cantele O: 717-337-6429

School Name: Haverford College

Head Coaches: Fran Rizzo (W) & Tom Donnelly (M) O: 610-896-4997 & 610-896-1122
Athletic Director: Wendy Smith O: 610-896-1120
Sports Information Director: Greg Petcoff O: 610-896-1042
Athletic Trainer: Curt Mauger O: 610-896-1425

School Name: Johns Hopkins

Head Coach: Bobby Van Allen (M&W) O: 410-516-3802
Athletic Director: Tom Calder O: 410-516-7490
Sports Information Director: Ernie Larossa O: 410-516-0552
Athletic Trainer: Brad Mountcastle O: 410-516-6176

School Name: McDaniel

Head Coach: Doug Renner (M&W) O: 410-857-2581
Athletic Director: Jamie Smith O: 410-857-2580
Sports Information Director: Luke Stillson O: 410-857-2291
Athletic Trainer: Greg Nibbelink O: 410-857-2584

School Name: Muhlenberg

Head Coach: Brad Hackett (M&W) O: 484-664-3590
Athletic Director: Sam Beidleman O: 484-664-3380
Sports Information Director: Mike Falk O: 484-664-3232
Athletic Trainer: Steve Nemes O: 484-664-3391

School Name: Swarthmore

Head Coach: Pete Carroll (M&W) O: 610-328-8683
Athletic Director: Adam Hertz O: 610-328-8325
Sports Information Director: Mark Anskis O: 610-328-8206
Athletic Trainer: Marie Mancini O: 610-328-8223

School Name: Ursinus

Head Coach: Chris Bayless (M&W) O: 610-409-2457
Athletic Director: Laura Moliken O: 610-409-3606
Sports Information Director: James Wagner O: 610-409-3612
Athletic Trainer: Pam Chlad O: 610-409-2104

School Name: Bryn Mawr (W ONLY)

Head Coach: Dan Talbot O: 610-526-7306
Athletic Director: Kathy Tierney O: 610-526-5364
Sports Information Director: Jacob Mullins O: 610-526-7344
Athletic Trainer: Terry McLaughlin O: 610-526-7346

Centennial Conference Indoor Track & Field 2009-10 Conversion Chart

Men:

Race Distance	Championship Distance	Conversion
60 meter dash	55 meters	- .48 seconds (sec.)
60 meter hurdles	55 meter hurdles	- .58 sec.

Women:

Race Distance	Championship Distance	Conversion
60 meter dash	55 meters	- .55 sec.
60 meter hurdles	55 meter hurdles	- .62 sec.

Banked Track Conversions (200m or less, banked track):

Distance	Men's Conversion	Women's Conversion
200m	+ .25 sec.	+ .20 sec.
400m	+ .50 sec.	+ .40 sec.
800m	+ .60 sec.	+ .50 sec.
Mile	+ 1.0 sec.	+ .90 sec.
3000m	+ 1.8 sec.	+ 1.7 sec.
5000m	+ 3.6 sec.	+ 2.5 sec.
4 x 400m	+ 2.0 sec.	+ 1.60 sec.
DMR	+ 3.0 sec.	+ 2.5 sec.

Undersized Track Conversions (less than 200m, unbanked track):

Distance	Men's Conversion	Women's Conversion
200m	- .25 sec.	- .20 sec.
400m	- .30 sec.	- .20 sec.
800m	- .40 sec.	- .30 sec.
Mile	- .50 sec.	- .40 sec.
5000m	- 2.5 sec.	- 2.5 sec.
4 x 400m	- 1.2 sec.	- .80 sec.
DMR	- 1.6 sec.	- 1.2 sec.

Oversized Track Conversions (greater than 200m, unbanked track):

Distance	Men's Conversion	Women's Conversion
200m	+ .40 sec.	+ .20 sec.
400m	+ .40 sec.	+ .50 sec.
800m	+ .90 sec.	+ .70 sec.
Mile	+ 2.2 sec.	+ 1.8 sec.
5000m	+ 5.5 sec.	+ 5.2 sec.
4 x 400m	+ 2.4 sec.	+ 2.0 sec.
DMR	+ 4.2 sec.	+ 4.0 sec.

**Conversions compiled by Bob Hasson (Haverford College) and based on 2010 NCAA Indoor Standards for Division III, except for 200m and 3000m, which are based on the 2010 ECAC Indoor Standards.*

Centennial Conference Championship

2009-2010 Qualifying Standards

<u>Indoor Events</u>	<u>Men</u>	<u>Women</u>
55 dash	7.11	8.48
55 hurdles	10.24	11.24
200 dash	24.67	29.62
400 dash	56.94	70.24
800 run	2:07.08	2:39.16
1 mile	4:42.78	5:54.32
3,000 run	9:17.52	11:18.66
5,000 run	16:35.42	21:05.47
High Jump	5'-5" (1.65m)	4'-4" (1.32m)
Long Jump	17'-9.75" (5.43m)	13'-7.25" (4.15m)
Triple Jump	36'-1" (11.00m)	29'-7.5" (9.03m)
Shot put	37'-8.5" (11.49m)	27'-2" (8.28m)
Pole Vault	10'-11.75" (3.35m)	7'-6" (2.29m)

2010 Centennial Conference Indoor Track & Field Championship

Schedule of Events

11 a.m.	Triple Jump (men, then women) [Long jump will follow] Pole vault (men, then women) Shot Put (women, then men) High Jump (women, then men)
12 p.m.	5000 (M)
12:40 p.m.	5000 (W)
1:25 p.m.	DMR (M)
1:40 p.m.	DMR (W)
1:55 p.m.	HH trials (M)
2:10 p.m.	HH trials (W)
2:25 p.m.	Dash trials (M)
2:40 p.m.	Dash trials (W)
2:55 p.m.	4 x 200 (M)
3:10 p.m.	4 x 200 (W)
3:25 p.m.	Mile (M)
3:40 p.m.	Mile (W)
4:05 p.m.	400 (M)
4:35 p.m.	400 (W)
5:00 p.m.	HH finals (M)
5:10 p.m.	HH finals (W)
5:20 p.m.	Dash finals (M)
5:25 p.m.	Dash finals (W)
5:30 p.m.	800 (M)
5:45 p.m.	800 (W)
6:05 p.m.	200 (M)
6:25 p.m.	200 (W)
6:45 p.m.	3000 (M)
7:15 p.m.	3000 (W)
7:40 p.m.	4 x 800 (M)
7:55 p.m.	4 x 800 (W)
8:10 p.m.	4 x 400 (M)
8:20 p.m.	4 x 400 (W)
8:45 p.m.	Awards Ceremony

DIRECTIONS TO HAVERFORD COLLEGE

From the West:

Take Pennsylvania Turnpike to Exit 326 (old exit 24) Valley Forge Interchange. Follow sign to I-76 East (Schuylkill Expressway). Take I-76 to Exit 331A for I-476 (South-Chester). Proceed south on I-476 to Exit #13 (US 30) St. Davids/Villanova. Turn east (right) onto Lancaster Avenue (US 30). Proceed east on Lancaster Avenue for about 3.5 miles through Villanova, Rosemont and Bryn Mawr to Haverford. After you pass the Haverford Post Office on your left, turn right at the main entrance of the Haverford campus (just past the "Haverford College" sign) onto College Lane. Visitor Parking is available in the Orchard Lot (across from the Whitehead Campus Center) and the South Lot.

From North of Philadelphia:

Take Northeast Extension South to toll booth at I-476 South-Chester. Follow I-476 South to Exit #13 (US 30) St. Davids/Villanova. Turn east (right) onto Lancaster Avenue (US 30). Proceed east on Lancaster Avenue for about 3.5 miles through Villanova, Rosemont and Bryn Mawr to Haverford. After you pass the Haverford Post Office on your left, turn right at the main entrance of the Haverford campus (just past the "Haverford College" sign) onto College Lane. Visitor Parking is available in the Orchard Lot (across from the Whitehead Campus Center) and the South Lot.

From South of Philadelphia:

Take I-95 north to the Blue Route: North I-476, exit 7. Follow I-476 north to Exit #13 (US 30) St. Davids/Villanova. Turn east (right) onto Lancaster Avenue (US 30). Proceed east on Lancaster Avenue (US 30). Proceed east on Lancaster Avenue for about 3.5 miles. After you pass the Haverford Post Office on your left, turn right at the main entrance of the Haverford campus (just past the "Haverford College" sign) onto College Lane. Visitor Parking is available in the Orchard Lot (across from the Whitehead Campus Center) and the South Lot.

From Northern New Jersey:

Leave the New Jersey Turnpike at Exit 6 (Pennsylvania Turnpike entrance). Join the Pennsylvania Turnpike, driving west to Exit 333 (which leads directly to toll booth) at I-476 South-Chester. Proceed south on I-476 to Exit #13 (US 30) St. Davids/Villanova. Turn east onto Lancaster Avenue (US 30). Proceed east on Lancaster Avenue for about 3.5 miles through Villanova, Rosemont and Bryn Mawr to Haverford. After you pass the Haverford Post Office on your left, turn right at the main entrance of the Haverford campus (just past the "Haverford College" sign) onto College Lane. Visitor Parking is available in the Orchard Lot (across from the Whitehead Campus Center) and the South Lot.

From Southern New Jersey:

Take New Jersey Turnpike to 322 West. Cross the Commodore Barry Bridge to I-95 North; follow I-95 North to Exit #7 for I-476. Follow I-476 north to Exit #13 (US 30) St. Davids/Villanova. Turn east onto Lancaster Avenue (US 30). Proceed east on Lancaster Avenue for about 3.5 miles through Villanova, Rosemont and Bryn Mawr to Haverford. After you pass the Haverford Post Office on your left, turn right at the main entrance of the Haverford campus (just past the "Haverford College" sign) onto College Lane. Visitor Parking is available in the Orchard Lot (across from the Whitehead Campus Center) and the South Lot.

CAMPUS MAP



- | | | |
|---|---|--------------------------------------|
| 1. Founders Hall | 18. Foundry | 37. 19 Old Railroad Avenue |
| 2. Magill Library | 19. Barclay Hall | 38. 10 Old Railroad Avenue |
| 2a. C.C. Morris Cricket Library | 20. Roberts Hall | 39. 710 College Avenue |
| 3. Hall Building | 21. Union Hall | 40. Fine Arts Center |
| 4. Ryan Gymnasium | 22. Jones Hall | 41. Ryan Pinetum |
| 5. Marian E. Koshland Integrated
Natural Sciences Center | 23. Lunt Hall | 42. Whitehead Campus Center |
| 5a. Sharpless Hall | 24. Comfort Hall | 43. Merion Field |
| 5b. Hilles Hall | 25. Lloyd Hall | 44. Cope Field |
| 6. Storage Building | 26. Cadbury House | 45. Orchard Field Parking Lot |
| 7. Alumni Field House | 27. Duck Pond | 46. Class of 1955 Field |
| 8. Leeds Hall | 28. Skating House | 47. Featherbed Fields |
| 9. Gummere Hall | 29. President's House | 48. Class of 1916 Field |
| 10. Drinker House | 30. Ira DeA. Reid House | 49. Walton Field/Johnson Track |
| 11. Haverford College Apartments | 31. Gardner Integrated Athletic Center | 50. Bramall & Marshall Tennis Courts |
| 12. Strawbridge Observatory | 31a. Safety & Security Department | 51. Swan Field |
| 13. Morris Infirmary (Health Services) | 32. Yarnall House | 52. Class of 1888 Field |
| 14. Chase Hall | 33. La Casa Hispanica | 53. South Parking Lot |
| 15. Stokes Hall | 34. Friends Meeting House | 54. John A. Lester Cricket Pavillion |
| 16. Dining Center | 35. Woodside Cottage | 55. Phebe Anna Thorne School |
| 17. Gest Center | 36. Facilities Management Complex | 56. 1 Featherbed Lane |
| | 36a. John Silver Greenhouse | |

NEARBY RESTAURANTS

(Left on Lancaster Ave)

Bertucci's 3 minute drive from campus	761 W. Lancaster Ave, Bryn Mawr	610-519-1940
Chili's 15 minute drive from campus	312 W. Lancaster Ave, Wayne	610-687-1001
Domino's Pizza 6 minute drive to campus	(DELIVERY ONLY)	610-527-3434
Gullifty's (American) 6 minute drive from campus	149 Lancaster Ave, Rosemont	610-525-1851
Sola (American) 5 minute drive from campus	614 Lancaster Ave, Bryn Mawr	610-526-0123
Tango (contemporary American) 4 minute drive from campus	39 Morris Ave, Bryn Mawr	610-526-9500
Wendy's 2 minute drive from campus	555 Lancaster Ave, Haverford	610-525-4462
Wings to Go 25 minute from campus	31 Paoli Plaza, Paoli	610-408-8102
Yang Ming 3 minute from campus	1051 Conestoga Road, Bryn Mawr	610-527-3200

(Right on Lancaster Ave)

Bella Italia (pizza and grille) 3 minute from campus	12 E. Lancaster Ave, Ardmore	610-649-1700
Great American Pub (American) 7 minute drive from campus	101 Narberth Ave, Narberth	610-664-4982
IHOP (breakfast) 1 minute drive from campus	130 Lancaster Ave, Ardmore	610-642-2555
JD McGillicuddy's (American) 5 minute drive from campus	2626 City Line Rd, Ardmore	610-658-2626
Khajuraho (Indian cuisine) 1 minute drive from campus	12 Greenfield Ave, Ardmore	610-896-7200
Kotatsu Japanese Steakhouse 1 minute drive from campus	34 Greenfield Ave, Ardmore	610-642-7155
Marrone's Pizzeria 5 minute drive from campus	2744 County Line Rd, Ardmore	610-642-9567
McDonald's 1 minute drive from campus	111 Lancaster Ave, Ardmore	610-649-6203
Panera Bread 3 minute drive from campus	278 Lancaster Ave, Wynnewood	610-896-0564
Rittenhouse Deli 3 minute drive from campus	68 Rittenhouse Place, Ardmore	610-642-3483
Ruby's Diner 3 minute drive from campus	5 Coulter Ave, Ardmore	610-896-7829
Saladworks 4 minute drive from campus	280 Lancaster Ave, Wynnewood	610-642-9250
Spicy Asia (Thai cuisine) 4 minute drive from campus	950 Montgomery Ave, Ardmore	610-664-9200
Subway 1 minute drive from campus	61 W Lancaster Ave, Ardmore	610-658-0833
Vinny Testa's (Italian cuisine) 3 minute drive from campus	260 Lancaster Ave, Wynnewood	610-645-5400