Springfield College Outdoor Classic
Castleton, Coast Guard, Eastern Nazarene, Elms, Framingham State, Hampshire, Hostos CC, Keene State, Lasell, Lehman College, Maine-Maritime, Northern Essex CC, Oneonta, Springfield, STCC, UMass-Boston, Westfield State, Williams, WPI

Date Saturday, April 22nd, 2017

Meet Website www.springfieldcollegepride.com

Facility 48” Lanes - 8-Lane Oval & Straightaway
Beynon-BSS 300 Surface
Dual LJ/TJ Runways
ONLY ¼” pyramid spikes permitted

Our indoor track & field facility will be made available for vertical jumps competition and track event warm-ups if inclement weather dictates.

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 5pm on Wednesday, April 19th.

Entry Limits Hammer & Discus throw entries will be reviewed by meet management. Based on the entries, we may not be able to accept all athletes into the meet and/or may need to incorporate short lines to expedite these events.

Entry Fee $25/entry with a cap of $200 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 storage building halfway down the track straightaway from 9:00am-10:15am. 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 underneath the pavilion halfway down the main straightaway. Check-in for field events will be conducted at the field event site.

Warm-Ups Throws & Horizontal Jumps - 15 minute flight specific. No general.

Vertical Jumps – 60 minute warm-up. Height progressions to be determined based on entries.

Locker Rooms Locker rooms will be available in the PE Complex.
**Entrance/Parking**

The track entrance is via the gate in Lot 10 (see attached map). After unloading, vans can remain 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 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. The Athletic Training Room will close 30 minutes before the start of the meet. Anyone needing further treatment or services during the meet will be treated in the AT tent at the finish line area of Blake Track.

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

Field Events (Flights will be seeded worst to best. Top-8 to finals.)

11:00am  
Men’s Hammer Throw (Followed by Women’s Hammer Throw)  
Women’s Shot Put (Followed by Men’s Shot Put)  
Men’s Javelin Throw (Followed by Women’s Javelin Throw)  
Men’s High Jump (Followed by Women’s High Jump)  
Women’s Pole Vault (Followed by Men’s Pole Vault)  
Men’s & Women’s Long Jump (Followed by triple jump at completion of same gender’s LJ)  

TBD  
Men’s Discus Throw (Follows Women’s Hammer Throw)  
Women’s Discus Throw (Follows Men’s Discus Throw)  

Track Events (Rolling Schedule, Fast to Slow Heats when Applicable)

11:30pm  
Women’s 3000 Meter Run  
Men’s 3000 Meter Run  
Women’s 4 x 100 Meter Relay  
Men’s 4 x 100 Meter Relay  
Women’s 3000 Meter Steeplechase  
Men’s 3000 Meter Steeplechase  
Women’s 100 Meter Hurdles Trials  
Men’s 110 Meter Hurdles Trials  
Women’s 100 Meter Dash  
Men’s 100 Meter Dash  
Women’s 1500 Meter Run  
Men’s 1500 Meter Run  
Men’s 110 Meter Hurdles Finals  
Women’s 100 Meter Hurdles Finals  
Women’s 400 Meter Dash  
Men’s 400 Meter Dash  
Women’s 800 Meter Run  
Men’s 800 Meter Run  
Women’s 400 Meter Hurdles  
Men’s 400 Meter Hurdles  
Women’s 200 Meter Dash  
Men’s 200 Meter Dash  
Women’s 5000 Meter Run  
Men’s 5000 Meter Run  
Women’s 4 x 400 Meter Relay  
Men’s 4 x 400 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).
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
17. Berry-Allen Baseball Field

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 3 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 Dining Service</td>
<td>Richard B. Flynn Student Union (Subway, Dunkin Donuts, Burger Studio)</td>
<td>Frankie &amp; Johnnie's 35 Island Pond Rd Springfield, MA 01118</td>
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<tr>
<td>Aramark (413) 748-3205</td>
<td>(413) 748-3042</td>
<td>(13) 734-6773</td>
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<th>Quick Options</th>
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<tbody>
<tr>
<td>Domino's Pizza (deliver) 624 Boston Rd Springfield, MA 01119 (413) 782-8601</td>
<td>Peppa's Xpress (deliver) 1060 Wilbraham Rd Springfield, MA 01109 (413) 796-7859</td>
<td>Hot Table 455 Breckwood Blvd Springfield, MA 01109 (413) 782-8800</td>
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<th>Casual Dining</th>
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<tbody>
<tr>
<td>Red Rose Pizzeria 1060 Main St Springfield, MA 01103 (413) 739-8510</td>
<td>Panera Bread 450 N. Main St East Longmeadow, MA 01028 (413) 525-8006</td>
<td>Ninety Nine 390 N. Main St. East Longmeadow, MA 01106 (413) 525-9900</td>
</tr>
<tr>
<td>Chili’s 302 Cooley St Springfield, MA 01128 (413) 426-9507</td>
<td>Uno Chicago Grill 820 Hall Of Fame Ave Springfield, MA 01105 (413) 733-1300</td>
<td>Ruby Tuesday’s 1411 Boston Rd Springfield, MA 01119 (413) 782-4001</td>
</tr>
<tr>
<td>Friendly’s 65 Sumner Ave Springfield, MA 01108 (413) 737-8719</td>
<td>Olive Garden 1380 Boston Rd Springfield, MA 01119 (413) 783-9003</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!

Located in Cheney Hall

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

**Does your team run on Dunkin’?**

Located in the Richard B. Flynn Campus Union

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

**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!**

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