

September 27, 2012

To: Chuck Mitrano, Empire 8 Commissioner & Coaches

From: Jim Nichols, Chair Empire 8 Cross Country, Track & Field

RE: Minutes Empire 8 Coaches Conference call September 26, 2012

On Wednesday September 26, 2012, the cross country, track and field coaches of the Empire Eight conference held a conference call at 11:00 AM to review our policy and procedures for cross country and track and field. We discussed future championships sites and dates for the Empire Eight cross country, indoor and outdoor track and field championships. We also discussed indoor and outdoor schedule of events and time schedule. The following coaches and administrators were in on the conference call:

Bill Sortore (Alfred University), Derek Treadwell (Hartwick College), Matt Dougherty (Houghton College), Erin Dinan (Ithaca College), Jennifer Potter (Ithaca College), Jim Nichols (Ithaca College), James Goss (Nazareth College), Mike Gardner (St John Fischer), Justin Wood (Stevens Institute of Technology), and Jason Rose (Utica College). Also on the call were Mike Lindberg, Associate Athletic Director of Ithaca College and Janelle Feuz, Associate Commissioner of the Empire Eight.

Our meeting began at 11:00 AM with brief introductions of all present on the call and a review of our committee voting procedures.

After a brief discussion and review, the minutes of our last conference call on September 27, 2011 were unanimously approved. We immediately shifted our discussion to the review of the current Policies and Procedures for the Empire Eight Cross Country Championships.

Discussion began on the 2012 cross country championship at Saratoga Springs with Ithaca College serving as host. There was discussion concerning the rotation of the cross country championship hosting responsibilities among the Empire Eight participating schools. Specifically it was **recommended** that the responsibility to provide Athletic Training coverage and to provide Sports Information coverage, specifically event programs, rotate among participating schools. Ithaca College will provide athletic training coverage for the 2012 championship. The starting times for the 2012 championship will remain the same as they were in 2011, Women starting at 10:45 AM, Men starting at 11:30 AM. Also Bill Sortore of Alfred and Jason Rose of Utica volunteered to be responsible for providing some post race refreshments - apples, fruit, juice, Gatorade - for all participants. Coaches were reminded that as in the past a Certificate of Liability from each participating institution listing SPAC, Saratoga Springs is required. Ithaca College assistant athletic director Michelle Manning is the point of contact at Ithaca College if anyone has questions.

Sports Committee Chair Jim Nichols welcomed Houghton College and discussed the status of Houghton College in our championships. Houghton College is currently moving to NCAA Division III and this will be a four year process. Houghton College is currently not eligible for any E 8 conference team championship, but Houghton athletes are eligible for all conference awards.

If any Houghton athletes receive an all conference award we would increase the number of awards given to make up for the Houghton athletes given an award.

For example in cross country if a Houghton athlete finished in 6th place they would be first team Empire Eight. The athlete finishing 8th would also be first team Empire Eight as we added one place from top seven to top eight. If two athletes from Houghton also finished in 10th and 14th place we would go to top 17 for second Team Empire Eight.

My understanding is that for cross country, indoor and outdoor track and field Houghton will compete as if they are a full member, receiving a team score, and athletes earning all conference honors. They just cannot be declared team champions if they finish in first place team score wise. Any athlete "displaced" from conference honors due to a Houghton athlete would still receive the conference honor, along with the Houghton athlete(s).

Once again, Sports Committee Chair Jim Nichols and Ithaca College will be responsible for future meet management and results of future Empire Eight Cross Country championships to be held at Saratoga Springs, on the last Saturday in October. Dates for future cross country championships were discussed and are covered later in this report.

We immediately moved on to review the Policies and Procedures for the Empire Eight Indoor Track and Field Championships. Again we will use the Direct Athletics performance list for basic seeding, with the flexibility to move top athletes into or out of seeded heats based on past performances and coach's request. With the addition of Houghton College it was determined that for the 200 and 400 meter indoors we would run two heats of four athletes in lanes 3 - 6. Each schools top athletes plus the next fastest time off the performance list. All other heats would be heats of five athletes, leaving lane one empty. We will power seed all events and assign preferred lanes in all running events, based on the performance list. This will be done for both the Indoor and Outdoor Championships.

There was discussion and agreement that the host institution would be able to charge an entry fee for the Empire Eight Track and Field Championship to help defray the cost of meet officials. The entry fee would range from \$100.00 - \$200.00 per gender per school. Ithaca College will be charging an entry fee of \$150.00 per gender per school for the 2013 Indoor Championship.

Attached find the coaches approved schedule of event for the 2013 Empire Eight indoor track and field championship which will be held at Ithaca College on Saturday January 26, 2013. Ithaca College will host all future indoor championships until other schools develop facilities that can host. Dates for future Indoor Track and Field Championships are covered later in this report.

We then moved on to discuss the Policies and Procedures for the Empire Eight Outdoor Track and Field Championships and the setting up a new host/site rotation. After discussion the following host/ site rotation was approved. Nazareth College will host the 2013 outdoor championship on Saturday April 20, 2013, followed by St John Fischer on Saturday April 19, 2014, followed by Alfred University on Saturday April 18, 2015. Bill Sortore asked about the possibility of Alfred College co hosting with Houghton College. It was recommended that Alfred and Houghton discuss this option and bring details forward during the 2013 - 2014 conference call next fall. Ithaca College

would start this hosting rotation again in 2016. Utica College and Stevens Institute of Technology will be added into the rotation when they have suitable facilities available to host the outdoor track and field championships.

Attached find the coaches approved schedule of event for the 2013 Empire Eight Indoor and Outdoor Track and Field Championships.

Summary of Remaining Empire Eight Championships for 2012 - 2013:

1.) 2012 Cross Country Championships

To be held at Saratoga Springs State Park (SPAC) on Saturday October 27, 2012, Women racing 5k at 10:45 AM and the men racing 8k at 11:30 AM. Awards at 12:30 PM.

2.) 2013 Indoor Track and Field Championship

To hold the Empire Eight Indoor Track and Field Championships on Saturday January 26, 2013 at Ithaca College. This will be a one day championship with the attached time schedule to be followed per NCAA rules.

3.) 2013 Outdoor Track and Field Championship

To hold the Empire Eight Outdoor Track and Field Championships on Saturday April 20, 2013 at Nazareth College. This would be a one day championship with the attached time schedule to be followed per NCAA rules.

Summary of Recommended Empire Eight Championships for 2013 - 2014:

1.) Cross Country Championship

To hold the 2013 Empire Eight Cross Country Championships on Saturday October 26, 2013 at Saratoga Springs State Park as a standalone event. We will run on Sunday October 27, 2013 if the park is not available on Saturday October 26, 2013. Jim Nichols and Ithaca College will serve as host, meet director and arrange for results to be compiled from the meet.

2.) Indoor Track and Field Championship

To hold the Empire Eight Indoor Track and Field Championships on Saturday January 25, 2014 at Ithaca College. This would be a one day championship with the starting time to be 10:30 AM for field events and 11:30 AM for running events, to be followed per NCAA rules.

3.) Outdoor Track and Field Championship

To hold the Empire Eight Outdoor Track and Field Championships on Saturday April 19, 2014 at St John Fisher College. This would be a one day championship with the starting time to be 10:30 AM for field events and 11:30 AM for running events, to be followed per NCAA rules.

Summary of Recommended Empire Eight Championships for 2014 - 2015:

1.) Cross Country Championship

To hold the 2014 Empire Eight Cross Country Championships on Saturday October 25, 2014 at Saratoga Springs State Park as a standalone championship. Jim Nichols and Ithaca College will serve as host and meet director. He will arrange for results to be compiled from the meet.

2.) Indoor Track and Field Championship

To hold the Empire Eight Indoor Track and Field Championships on Saturday, January 31, 2015 at Ithaca College. This would be a one day championship with the attached 2011 time schedule to be followed per NCAA rules.

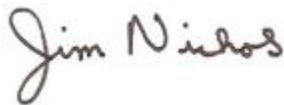
3.) Outdoor Track and Field Championship

To hold the Empire Eight Outdoor Track and Field Championships on Saturday April 18, 2014 at Alfred University. This would be a one day championship with the starting time to be 10:30 AM for field events and 11:30 AM for running events.

The NCAA will be looking into a new pole vault box collar that Gill is developing for additional pole vault safety. This new collar may be available as early as January 2013 and may be mandated for 2013 - 14.

Our meeting concluded at 11:44 AM.

Respectfully submitted.



Jim Nichols
Chair, Empire Eight Conference
Cross Country, Track and Field
Sports Committee
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2013 Tentative Empire Eight Indoor Track and Field Schedule of Events

| | |
|------------|--|
| 10:30 AM | Women's 20 # Weight – Men's 35 # Weight to follow women's - Women's Shot Put - follows weight - Men's Shot Put - to follow women's shot - |
| 10:30 AM | Men's Pole Vault - Women's Pole Vault to follow - |
| 10:30 AM | Men's Long Jump – Women's Long Jump – Men's Triple Jump to follow Long Jump – Women's Triple Jump to follow men |
| 10:30 AM | Women's High Jump - Men's High Jump to follow Women's – |
| 10:45 AM | Women's Distance Medley Relay |
| 11:00 AM | Men's Distance Medley Relay |
| 11:15 AM | Women's 60m Hurdle - trials - |
| 11:25 AM | Men's 60m Hurdle - trials - |
| 11:35 AM | Women's 60 Meter - trials - |
| 11:45 AM | Men's 60 Meter - trials - |
| 12:00 NOON | Women's Mile Run - |
| 12:15 PM | Men's Mile Run - |
| 12:30 PM | Men's 60m Hurdle - Final - |
| 12:35 PM | Women's 60m Hurdle - Final - |
| 12:45 PM | Women's 400 Meters - |
| 12:50 PM | Men's 400 Meters - |
| 1:00 PM | Women's 60 Meter - Final |
| 1:05 PM | Men's 60 Meter - Final |
| 1:10 PM | Women's 800 Meter - |
| 1:20 PM | Men's 800 Meter - |
| 1:35 PM | Women's 200 Meter - |
| 1:45 PM | Men's 200 Meter - |
| 2:00 PM | Women's 5000 Meter - |
| 2:25 PM | Men's 5000 Meter - |
| 2:55 PM | Women's 4 x 400 Relay - |
| 3:05 PM | Men's 4 x 400 Relay - |

2013 Tentative Empire Eight Outdoor Track and Field Schedule of Events

Field Events:

| | | |
|----------|---------|---------------------------|
| 10:30 AM | Men's | Hammer - followed by |
| | Men's | Shot Put |
| 10:30 AM | Women's | Shot Put - followed by |
| | Women's | Hammer |
| 1:00 PM | Men's | Discus - followed by |
| | Men's | Javelin |
| 1:00 PM | Women's | Javelin - followed by |
| | Women's | Discus |
| 11:00 AM | Men's | Long Jump - followed by |
| | Women's | Long Jump - followed by |
| | Men's | Triple Jump - followed by |
| | Women's | Triple Jump |
| 11:00 AM | Women's | High Jump - followed by |
| | Men's | High Jump |
| 11:15 AM | Women's | Pole Vault - followed by |
| | Men's | Pole Vault |

Running Events:

| | | |
|------------|-----------|-------------------------------------|
| 11:30 AM | Women's | 100 Hurdle Semifinals - |
| 11:45 AM | Men's | 110 Hurdle Semifinals - |
| 12:00 Noon | Women's | 100 Meters Semifinals - |
| 12:55 PM | Men's | 100 Meters Semifinals - |
| 12:30 PM | Women's | 3,000 Meter Steeplechase - |
| 12:55 PM | Men's | 3,000 Meter Steeplechase - |
| 1:10 PM | Women's | 4 x 100 Relay - |
| 1:20 PM | Men's | 4 x 100 Relay - |
| 1:30 PM | Women's | 1500 Meter - |
| 1:45 PM | Men's | 1500 Meter - |
| 2:00 PM | | <i>110 Hurdles - Men's Finals</i> |
| 2:10 PM | | <i>100 Hurdles - Women's Finals</i> |
| 2:20 PM | Women's | 400 Meter - |
| 2:30 PM | Men's | 400 Meter - |
| 2:40 PM | 100 Meter | Women's Final |
| 2:45 PM | 100 Meter | Men's Final |
| 2:50 PM | Women's | 800 Meter - |
| 3:00 PM | Men's | 800 Meter - |
| 3:15 PM | Women's | 400 Hurdles - |
| 3:25 PM | Men's | 400 Hurdles - |
| 3:40 PM | Women's | 200 Meters - |
| 3:55 PM | Men's | 200 Meters - |
| 4:10 PM | Women's | 5,000 Meter - |
| 4:35 PM | Men's | 5,000 Meter - |
| 4:55 PM | Women's | 4 x 400 Meter Relay - |
| 5:05 PM | Men's | 4 x 400 Meter Relay - |