

September 27, 2011

To: Chuck Mitrano, Empire 8 Commissioner & Coaches

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

RE: Minutes E 8 Coaches Conference call September 27, 2011

On Tuesday September 27, 2011, the cross country, track and field coaches of the Empire Eight conference held a conference call at 10:30 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), Jennifer Potter (Ithaca College), Jim Nichols (Ithaca College), James Goss (Nazareth College), Mike Gardner (St John Fischer), John Crawford (Stevens Institute of Technology), and Jason Rose (Utica College). Also on the call were Dr Ken Kutler, Athletic Director of Ithaca College and Tim Farrell, Assistant Commissioner of the Empire Eight.

Our meeting began at 10:30 AM with brief introductions of all present and a review of our committee voting procedures.

After a brief discussion and review, the minutes of our last meeting on December 7, 2010 were unanimously approved. We immediately shifted our discussion to review of the Policies and Procedures for the Empire Eight Cross Country Championships.

No changes were recommended.

Discussion began on the 2011 cross country championship at Saratoga Springs with Ithaca College serving as host. Ithaca College will provide athletic training coverage for the championship. The coaches voted to remain at Saratoga Springs for future championships, not to move to any on campus sites.

Again, 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 events based on past performances and coach's request. This will be done for both the Indoor and Outdoor Championships.

Attached find the coaches approved schedule of event for the 2012 Empire Eight indoor track and field championship will be held at Ithaca College on Saturday January 28, 2012. 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. Ithaca College will host the 2012 outdoor championships on Saturday April 21, 2012, followed by Nazareth College on Saturday April 20, 2013, followed by St John Fischer on Saturday April 19, 2014, and followed by Alfred University on Saturday April 18, 2015. Ithaca would start this 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 2012 Empire Eight Indoor and Outdoor Track and Field Championships.

Summary of Remaining Empire Eight Championships for 2011 - 2012:

1.) 2011 Cross Country Championships

To be held at Saratoga Springs State Park (SPAC) on Saturday October 29, 2011, Women racing 5k at 10:45 AM and the men racing 8k at 11:30 AM. Awards at 12:30 PM.

2.) 2012 Indoor Track and Field Championship

To hold the Empire Eight Indoor Track and Field Championships on Saturday January 28, 2012 at Ithaca College. This will be a one day championship with the attached time schedule to be followed per NCAA rules.

2.) 2012 Outdoor Track and Field Championship

To hold the Empire Eight Outdoor Track and Field Championships on Saturday April 21, 2012 at Ithaca 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 2012 - 2013:

1.) Cross Country Championship

To hold the 2012 Empire Eight Cross Country Championships on Saturday October 27, 2012 at Saratoga Springs State Park as a standalone event. We will run on Sunday October 28, 2012 if the park is not available on Saturday October 27, 2012. 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 26, 2013 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 20, 2013 at Nazareth 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 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 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 25, 2014 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 19, 2014 at St John Fischer 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.

Jennifer Potter reminded everyone that Kate Curran from St Lawrence University was the new Atlantic Region NCAA representative for cross country, track and field, also that the NCAA would be recommending / requiring everyone to be running the 60 meter dash and the 60 meter hurdles unless there are facility limitation that requires the running of the 55 meter dash and 55 meter hurdles. Also in 2012 for the NCAA Indoor championships the Heptathlon will be contested for men.

Our meeting concluded at 10:57 AM.

Respectfully submitted.

Jim Nichols
Chair, Empire Eight Conference
Cross Country, Track and Field
Sports Committee