



**Bomber Multi**  
**Hosted by Ithaca College**  
**Heptathlon, 3 PM Saturday – 10 AM Sunday**  
**Pentathlon, 10 AM Sunday**  
**Meet Information**

**Facility:**

The Glazer Arena at Ithaca College has a 200m 6-lane Tartan surfaced track with 8 lanes on the straightaway, two long jump/triple jump pits, and a separate enclosed throwing area.

¼" spikes are allowed. A limited number of locker rooms for changing and showering will be made available for the competitors. Food and drink will not be permitted on the track level.

**Entries:**

We will be using Direct Athletics for our meet entries. If you have any questions about using the website contact Jennifer Potter, [jpotter@ithaca.edu](mailto:jpotter@ithaca.edu). Entries are due by Wednesday February 1<sup>st</sup> at noon. No additions or late entries will be accepted after this date.

**Training Room:** A Certified Athletic Trainer will be on staff for the meet.

**Entry Fee:**

We will be charging \$15 per athlete entered. Please make checks payable to: Ithaca College Track and Field.

**Ithaca College Parking Information:**

All buses must enter Ithaca College from the main entrance to campus on Rt 96B. Upon entering the campus follow Alumni Circle around until you reach Grant Egbert Boulevard. Continue following Grant Egbert Boulevard until you reach Lyceum Drive. Lyceum Drive will bring you behind the Athletics and Events Center where buses may drop off their student-athletes. From there traffic and safety will instruct the buses where to park on campus.

**Timing:**

We will be using Lynx Fully Automatic Timing System (FAT).

**Hotel Information**

The Holiday Inn in Ithaca still has rooms available. If you need them please contact Shannon Heffron at 607 272-1000 Ext. 3195.



## **2012 Bomber Multi Schedule**

### **Day 1**

**Saturday – February 4, 2012**

#### **Men's Heptathlon**

3PM – Event one: 60m Dash

Event two: Long Jump

Event three: Shot Put

Event four: High Jump

### **Day 2**

**Sunday – February 5, 2012**

#### **Men's Heptathlon**

10 AM – Event five: 60m Hurdles

Event six: 60m Hurdles

Event seven: Pole Vault

Event eight: 1000m Run

#### **Women's Pentathlon**

10:15 AM – Event one: 60m Hurdles

Event two: High Jump

Event three: Shot Put

Event four: Long Jump

Event five: 800m Run

### **Rules**

We will be following all NCAA rules pertaining to combined-event competitions

