



HOLY CROSS TRACK & FIELD

VISITING TEAM GUIDE

WELCOME TO THE COLLEGE OF THE HOLY CROSS



The College of the Holy Cross is pleased to welcome you to our campus. This guide will provide you with all pertinent information regarding your contest. The College of the Holy Cross's Athletic Department is committed to ensuring a high standard of athletic excellence for all home events, so we hope you find this guide both useful and informative.

In this packet, you will find contact information, training room guidelines, travel information (including maps and directions), equipment and locker room information. In preparation for your visit to the College of the Holy Cross, please take a few moments to review these documents and share with appropriate personnel.

Please feel free to contact me with any questions prior to your visit to the College of the Holy Cross.

Sincerely,

Chase Ferguson

Chase Ferguson

Assistant Athletic Director—Events, Operations and Championships

HOLY CROSS ATHLETICS

1 COLLEGE STREET, WORCESTER, MA, 01610

ATHLETIC DEPARTMENT STAFF

ADMINISTRATION

Kit Hughes

Director of Athletics

FACILITY AND EVENT MANAGEMENT

Chase Ferguson

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Sports Information

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TRACK AND FIELD STAFF

Director of Cross Country and Track & Field

Egetta Alfonso

Women's Head Coach

508-793-2315

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Assistant Coaches

Steph Reilly—Long Distance

Shawn McCabe—Throws

Jason Siwoski—Sprints/ Jumps

Volunteer Assistant Coaches

Ken Petersen

Jeff Paterno

MEDIA

All media needs, to include requesting media credentials, should be coordinated by contacting Media Relations at 508-793-2583.

FACILITIES

Team Camps—Please see appendix for information

Restrooms are available inside The Luth Athletic Complex..

NO SPIKES ON INFIELD FOR TRACK.

FIELD ACCESS

Field Access is limited to student-athletes and authorized staff only. Family, friends, and spectators must remain in the stands throughout the event.

PARKING

Parking is available in front of the Hart Center at the Luth Athletic Complex, free of charge, on a first-come, first-served basis. Team buses and/or vans will be greeted by a Holy Cross staff member at the front of the building and will park on the West side of the Luth Athletic Complex. Team buses should enter and exit the upper campus via Gate 7 off College Street.

Please reference the parking map in the appendix for visual reference.

FACILITY INFORMATION

Hart Track



Home to the Holy Cross Field Hockey and Outdoor Track & Field teams, the Hart Turf Field and Hart Track are the highest volume playing surfaces on campus.

Surrounded by an eight-lane running track, the turf field is currently one of only five lighted playing surfaces at Holy Cross. Both the turf field and the track were replaced in the summer of 2011. The field now consists of AstroTurf I2 on Elastic Layer, while the track has a Beynon Sports Surface BSS 1000 Full Pour Embedded Surface.

Appendices

Appendix A—Driving Directions

Appendix B—Facility Map

Appendix C— Visiting Team Survey

Appendix A - Driving Directions

Driving Directions

GPS Address: 1 College Street, Worcester, MA 01610

From Boston— Take I-90W to Exit 10. Merge onto I-290 E and take exit 11 toward College Square/Federal Square. Merge onto Southbridge St. and take slight right onto College Street. Proceed up the hill and enter through the last gate, Gate 7, by the Field House. (Travel Time: @ 1 hour; Route has tolls)

From Hartford— Take I-84 E for 44 miles than take exit onto I-90 E toward Boston/N.H.-Maine. Use the right two lanes to take exit 10 toward Worcester/Auburn. Merge onto I-290 E and take exit 11 toward College Square/Federal Square. Merge onto Southbridge St. and take slight right onto College Street. Proceed up the hill and enter through the last gate, Gate 7, by the Field House. (Travel Time: @ 1 hour; Route has tolls)

From New York—Take NY-9A N/12th Ave and continue to Henry Hudson Parkway, then Saw Mill River Pkwy N. Take exit 4 toward Hutchinson Pkwy. Continue onto Cross County Pkwy/NY State Reference Rte 907K and merge onto Hutchinson River Pkwy N. Stay right at fork and continue onto CT-15 N for 27 miles. Take exit 68 N-E and merge onto I-91 N (17.3 miles). Take exit 29 and continue on CT-15 N. Merge onto I-84 E toward Boston for 41 miles. Take exit onto I-90 E toward Boston/N.H.-Maine. Use the right two lanes to take exit 10 toward Worcester/Auburn. Merge onto I-290 E and take exit 11 toward College Square/Federal Square. Merge onto Southbridge St. and take slight right onto College Street. Proceed up the hill and enter through the last gate, Gate 7, by the Field House. (Travel Time: @ 3.25 hours; Route has tolls)

From Providence— From I-95 N take exit 23 for RI-146 toward US-44/Woonsocket. Continue onto MA-146 N and take exit 12 for Massachusetts I22A N toward McKeon Rd./Vernon Hill. Use left lane to merge onto Millbury St., then take a left onto McKeon Road after 0.8 miles. Turn left onto Kimball Road after 0.3 miles. From Kimball Road, take a right onto Fitton Ave. Take a left onto College St. and proceed up the hill and enter through the last gate, Gate 7, but the Field House. (Travel Time: @ 45 minutes)

Appendix C - Facility Map



VISITING TEAM SURVEY

Institution: _____

Hotel Phone Number: _____

Contact Prior to Arrival

Name: _____

Meet Time: _____

Title: _____

Number of Vehicles:

Email: _____

Cars: _____

Phone Number: _____

Vans: _____

Confirmed Practice Time: _____

Buses: _____

Day Prior: _____

Travel Party:

Meet Day: _____

Head Coach _____

Transportation & Accommodations:

Assistant Coach _____

Arrival Time to Holy Cross on Practice

Assistant Coach _____

Day: _____

Assistant Coach _____

Arrival Time to Holy Cross on Game

SID _____

Day: _____

Administrator _____

Hotel: _____

Additional Notes:

**PLEASE RETURN NO LATER THAN ONE
WEEK PRIOR TO GAMEDAY**