

**ALERT**

**NEW PROCEDURE FOR 2008-09 INDOOR TRACK SEASON**

Just as last year, schools are **REQUIRED** to submit individual qualifying performances by Monday following the week that the standard is achieved. The site and date of the performance must also be entered as well as appropriately indicating the performance as hand held or FAT. These performances will be available for viewing on the CIAC web site. **While relay teams will have to meet qualifying standards, the only entry required for the relay teams will be on the state entry form.**

Relay times may be submitted without CIAC on-line eligibility center justification by the February 10 deadline. Coaches must bring their verification form to the Class championship meet. Do not convert any times when you submit. They will be converted using a standard formula.

**NOTE: No individual will be allowed entry into Class Championship competition unless the school has previously entered that individual on the qualifying list by no later than 9:00 a.m. on Tuesday, February 10, 2009.**

---

---

**At the Open Meet:**

An awards ceremony will be conducted for each event, when the official results have been announced.

**A Reminder**

1. National Federation rules require that all field athletes must check in with their respective event official before attempting to enter or return from another event. **The 2009 National Federation Rule book is in effect for all meets.**
  2. No electronic devices, **including cell phones**, are permitted on the floor by competitors during the meet (See Rule 4-5, article 8, page 28 in the 2008-2009 Federation Rulebook).
  3. No coaches are allowed on the infield during the meet.
- 
- 

**NOTICE:**

The indoor track committee is accepting FAT (fully automatic timing results) and hand held from only meets where performances can be verified.

**If coaches have any questions related to rules interpretations or questions concerning entry procedures, the committee urges them to direct those questions to the chair of the indoor track committee, Dr. Steve Wysowski – [swysowski@rsd13.org](mailto:swysowski@rsd13.org) – Telephone (860) 349-7215.**

**Any irregularities noted on the on-line performances reported to the CIAC this season should be reported to Dr. Steve Wysowski – [swysowski@rsd13.org](mailto:swysowski@rsd13.org) / Telephone (860) 349-7215**

## 2009 NFHS TRACK AND FIELD RULE REVISIONS

- 3-9-2 Specifies that for gun starts only a closed barreled starter's pistol may be used by the starter.
- 3-9-6 When fully automatic timing (FAT) is used, timing shall be recorded in one one-hundredths of a second and all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by using timing to one one-thousandths of a second if the system allows.
- 3-9-9 new Indoor and outdoor meets using fully automatic timing (FAT) may be started by a .32 or .22 caliber starter's pistol (closed barrel) or electronic, gunless device for record purposes.
- 6-4-9c, 6-5-9c A competitor in the throwing events may enter and exit the circle without a foul providing it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with the pause.
- 7-4-11, 7-5-18 Deletes the option for the event judge to place a cloth marker on the crossbar for sighting purposes.
- 7-5-3 Note new Visible etchings which appear on poles shall not meet the requirement of the manufacturer's pole rating appearing on the pole in a contrasting color.
- 7-5-29 Clarifies the original intent to permit a competitor in the pole vault to abort the approach and in stopping plant the pole and momentum causes his/her feet to leave the ground without being considered a foul. It is a foul if a vaulter leaves the ground in an attempt and fails to clear the crossbar.

### Editorial Changes

2-3-2; 4-3-1c2, 9-6-1b2; 4-3-2b; 4-5-8b; 4-5-10; 5-4 Note; 5-7-3; 6-4-5; 6-4-7; 6-5-5; 6-5-7; 6-6-2; 6-6-3; 6-6-6; 7-1-4; 7-5-4; 7-5-4 new Note; 7-5-13; 9-1-1; 9-6-4

### Points of Emphasis

1. Electronic devices
2. Observed violation reporting procedures
3. Starters pistols
4. Equipment failure
5. Pole vault
6. Visible undergarments in track and field and cross country

**CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE**

**78th ANNUAL BOYS 2008-09 INDOOR TRACK AND FIELD MEET  
21st ANNUAL GIRLS 2008-09 INDOOR TRACK AND FIELD MEET  
Sponsored by U.S. Marines**

**Information Sheet**

(For Conference member schools only.)

**NOTE: THE 2008-09 INDOOR TRACK CHAMPIONSHIPS WILL BE CONDUCTED WITH FOUR DIVISIONS, LL, L, M AND S. THERE WILL NOT BE QUALIFYING MEETS. THERE WILL BE COMBINED BOY/GIRL CLASS CHAMPIONSHIPS AND A COMBINED BOY/GIRL OPEN CHAMPIONSHIP.**

**THE FOLLOWING MEET FORMAT SHOULD BE CAREFULLY NOTED:**

- A. **Combined Class M Championships:** **Thursday, February 12, 2009**  
**Hillhouse High School, New Haven -- 4:00 p.m.**  
Meet Director - Dave Tetlow, Ledyard High, 24 Gallup Hill Rd, Ledyard 06339  
School (860) 464-9600 / Home (860) 536-3473
- B. **Combined Class LL Championships:** **Friday, February 13, 2009**  
**Hillhouse High School, New Haven -- 4:00 p.m.**  
Meet Director - Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home (860) 644-1264
- C. **Combined Class S Championships:** **Saturday, February 14, 2009**  
**Hillhouse High School, New Haven -- 10:00 a.m.**  
Meet Director - Tom Haley, 22 Birchwood Drive, Ansonia 06401  
Home (203) 735-8444
- D. **Combined Class L Championships:** **Saturday, February 14, 2009**  
**Hillhouse High School, New Haven -- 4:00 p.m.**  
Meet Director - Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home (860) 644-1264
- E. **Combined State Open Championship:** **Saturday, February 21, 2009**  
**Hillhouse High School, New Haven -- 12:00 p.m.**  
Meet Directors - Bill Baron & Dave Tetlow

**Site Director for all meets will be Joe Canzanella and Gary Moore, Hillhouse High School, 480 Sherman Parkway, New Haven – School (203) 946-8462**

- F. **New England Championship:** Friday, March 6, 2009 -- Date subject to change  
Reggie Lewis Center, Boston, MA – 5:00 p.m.

**NOTE: IT IS ANTICIPATED THAT THE CIAC CHAMPIONSHIP SERIES WILL START ON THURSDAY, FEBRUARY 12, 2009 - CONTINUE ON FRIDAY, FEBRUARY 13 AND SATURDAY, FEBRUARY 14, AND RUN THROUGH TO THE OPEN ON SATURDAY, FEBRUARY 21, 2009. THIS IS SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY.**

SECTION I. **Restrictions**

- A. Contestants at all Championship Meets must be accompanied by a coach or other school person designated by the principal in writing in order to compete.
- B. No boy/girl may be entered in more than three (3) events, including relays. Entry as a relay team member of alternate counts as one of the athlete's three (3) events. An athlete who withdraws from an individual event once the meet has started automatically withdraws from all subsequent events in that meet, including relays. This rule applies for all state meets and the New England Championship. Once an athlete has entered in three events from the class championship meets on, those events are the only events he/she can compete in through the New England's.
- C. All entrants must be able to meet the minimum standards shown in Section II. **A school may enter any number of entrants in each event if they meet the minimum standards. There are NO wild card restrictions.**
- D. Track coaches and all entrants who are not actually competing are to remain in the area designated for them according to the 2009 Federation Rule book. READ AND OBSERVE National Federation Rules.
- E. Coaches are reminded to familiarize themselves with National Federation Rules regarding Uniforms. These rules will be enforced. **Contact the chair if you have questions so as not to jeopardize an athlete's chances to compete.**
- F. Use of "fly zone" in relay races is prohibited.
- G. Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the CIAC Class Championship. Advancement to the New England Championship is predicated on the competitor's performance in the CIAC Open Championship.
- H.
  - 1) Track coaches must complete a relay declaration card listing at least four competitors and if they wish two alternates for each relay event. Relay declaration cards will be available at the seed meetings prior to the Class Championships.
  - 2) The Relay Declaration Card used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship and the New England Championship. As a relay team advances to the next level of competition, only those runners and alternates whose names appear on the original card will be eligible to compete in that relay event.
- I. Food / drink will be permitted only in the food concession area.

**SECTION II -- Qualifying Distances and Times to Enter the Boys and Girls Class Championship Meets – No adjustments can be made. Do note: THE QUALIFYING STANDARDS TO PARTICIPATE IN THE BOYS AND THE GIRLS CLASS CHAMPIONSHIP MEETS IN CLASS LL, L, CLASS M AND CLASS S HAVE BEEN SET AS FOLLOWS: BECAUSE OF THE NEWLY IMPLEMENTED REPORTING PROCEDURE, VERIFICATION WILL BE MADE BY COMPARING POSTED ENTRIES TO MEET RESULTS. Coaches must enter the appropriate time, they are not to convert times.**

**CLASS LL QUALIFYING STANDARDS WILL BE THE SAME AS CLASS L.****BOYS**

<u>Event</u>	<u>Class LL &amp; L</u>	<u>Class M</u>	<u>Class S</u>
12 lb. Shot	42'0"	41'4"	41'4"
High Jump	5'8"	5'8"	5'8"
Long Jump	18'8"	18'4"	18'4"
Pole Vault	10'0"	10'0"	10'0"

NOTES: Hand times must be rounded up to the higher 10<sup>th</sup>. Examples – 18.11 is 18.2; 18.99 is 19.0. Only two events will be converted, 1500 meters (to qualify for 1600) and 3000 meters (to qualify for 3200). No other event substitutions may be made. 1500 and 3000 times will be converted using a standard conversion for seeding purpose.

<u>Event</u>	<u>Class LL &amp; L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
55m Dash	6.80	7.00	7.00	7.20	7.00	7.20
55m Hurdles	8.50	8.70	8.70	8.90	8.70	8.90
300 Meters	40.0	40.25	41.0	41.25	41.00	41.25
600 Meters	1:32	1:33	1:34	1:35	1:34	1:35
1000 Meters	2:48	2:49	2:52	2:53	2:52	2:53
1500 Meters&	4:28	4:29	4:35	4:36	4:35	4:36
1600 Meters	4:48	4:49	4:55	4:56	4:55	4:56
3000 Meters&	9:42	9:43	9:47	9:48	9:47	9:48
3200 Meters	10:25	10:26	10:30	10:31	10:30	10:31
4 x 800 Relay	9:10		9:10		9:10	
4 x 200 Relay	1:45		1:45		1:45	
4 x 400 Relay	3:55		3:55		3:55	
Sprint Medley	4:00		4:00		4:00	

**GIRLS**

<u>Event</u>	<u>Class LL &amp; L</u>	<u>Class M</u>	<u>Class S</u>
4kg Shot	28'	28'	28'
High Jump	4'8"	4'8"	4'8"
Long Jump	14'0"	14'0"	14'0"
Pole Vault	7'6"	7'6"	7'0"

<u>Event</u>	<u>Class LL &amp; L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
55m Dash	7.8	8.0	7.9	8.10	7.9	8.10
55m Hurdles	10.00	10.25	10.20	10.45	10.20	10.45
300 Meters	47.00	47.25	47.00	47.25	47.00	47.25
600 Meters	1:49	1:50	1:49	1:50	1:49	1:50
1000 Meters	3:25	3:26	3:30	3:31	3:30	3:31
1500 Meters&	5:26	5:27	5:26	5:27	5:31	5:32
1600 Meters	5:50	5:51	5:50	5:51	5:55	5:56
3000 Meters&	11:48	11:49	11:48	11:49	11:57	11:58
3200 Meters	12:40	12:41	12:40	12:41	12:50	12:51
4 x 800 Relay	11:00		11:00		11:00	
4 x 200 Relay	2:00		2:00		2:00	
4 x 400 Relay	4:38		4:38		4:38	
Sprint Medley	4:50		4:50		4:50	

\* Starting heights in the pole vault and high jump in all 2008-09 class meets will be one standard below the qualifying mark. Five alive protocol will be invoked in these events.

Schools may enter only those contestants who have met the minimum standards for the 2008-09 indoor track season. Each school may enter only one (1) team per relay event. Adjustments to relays may be made based on scratches.

**ELIGIBILITY TO COMPETE AT THE STATE OPEN** --- Is determined by the order of finish at the Class Championship Meets as follows:

Class LL - ALL EVENTS - Top finisher

Class L - ALL EVENTS -- Top finisher

Class M - ALL EVENTS -- Top finisher

Class S - ALL EVENTS -- Top finisher

**Plus** - THE NEXT BEST 14 PERFORMANCES IN ALL EVENTS. **(In the High Jump and Pole Vault misses will be used to determine places at a tied height.)**

**QUALIFYING FOR NEW ENGLAND MEET** -- The top six (6) in all events. No pole vault contested. No sprint medley contested. **Athletes must declare their intent to enter the New England Meet when receiving their state awards.** Call Dave Tetlow at 536-3473 (Home).

### **SECTION III. Entry Procedure and Information**

A school **MUST** compete in a minimum of four (4) regular season indoor track meets prior to State Competition.

- A. **Entries:** All entries will be submitted via the password-protected online eligibility center -- by Tuesday, February 10, 2009 -- not later than 9:00 a.m. **ONLY PERFORMANCES PREVIOUSLY SUBMITTED VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER WILL BE ACCEPTED. ONLY RELAYS MAY BE SUBMITTED WITHOUT CIAC ONLINE ELIGIBILITY CENTER JUSTIFICATION, BUT MUST MEET THE QUALIFYING STANDARD. Contact the chair of the committee if questions exist.**
- B. **Entry Fee:** \$7 per COMPETITOR a minimum fee of \$75 per team with seven (10) or less competitors. Maximum team entry is \$250.
1. **Make check payable to CIAC.** If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the boys and/or girls indoor track options in the password-protected online eligibility center.
  2. **Send check to Mr. Michael H. Savage, Executive Director, CIAC, 30 Realty Drive, Cheshire, CT 06410.**
  3. Entrants not listed will NOT be permitted to compete.
  4. **Please note for the State Open Meet: Only entrants who are listed on the previously entered class state entry list will be allowed to enter without charge. Coaches must bring their entry verification form to validate entrants so that they are not charged.**

### **SECTION IV. General**

- A. Starting blocks **WILL BE furnished** and may be used only in the 55m Dash and 55m Hurdles.
- B. Contestants at all sites must use shots approved by the CIAC.
- C. **Scoring:** 10-8-6-4-2-1 in all events, including the relay. In case of a tie, points will be awarded according to the National Federation High School Rules.
- D. **Medals:** First - gold; second - silver; third, fourth, fifth and sixth - bronze will be awarded in all field and track events. The first six (6) relay teams will receive medals. In case of ties, duplicate medals will be awarded. Plaques will be awarded to the winning team and runner-up teams.

E. Expenses: Schools will provide for their own expenses (including transportation) while in attendance at the meets, and agree that neither the Conference nor the facilities used shall be held liable for any personal injuries which may result from participation in these events.

F. CIAC Ticket Prices: Children five (5) and under -- Free; Senior Citizens (Age 65 and older) -- \$5.00; Students (Grades 1-12) -- \$5.00; Adults (All others not in the above categories -- \$7.00.

Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.

G. **PROTESTS MUST BE SUBMITTED IN WRITING AND ACCOMPANIED BY A \$20 FEE TO BE RETURNED IF THE PROTEST IS UPHELD** to the Meet Director within 30 minutes from the time the results of the event are announced. Each Meet Director will appoint a Jury of Appeals consisting of five members or designated alternates who will hear appeals from decisions of the referee. Further appeals to the CIAC will be honored only on challenges affecting the application of due process regulations.

H. Competitors are to appear dressed for all meets since no locker or shower facilities are available at any of the sites.

I. Food / drink will be permitted only in the concession area.

#### SECTION V. Facilities

A. At Hillhouse spike shoes up to 3/16" may be used, no hex attachment permitted. Teams are responsible for clean up.

#### SECTION VI. Proposed Order of Events --- Class LL, L, M and S Championship Meets and Open Meet

4 x 800R --	(Boys then girls)
55m Hurdles - Trials --	(Boys then girls)
55m Dash - Trials --	(Boys then girls)
1000 Meters -	(Boys then girls)
600 Meters --	(Boys then girls)
55m Hurdles - Finals --	(Girls then boys)
55m Dash - Finals --	(Girls then boys)
1600 Meters -	(Boys then girls)
Sprint Medley (1-1-2-4 laps) -	(Boys then girls) - <b>3 turn stagger</b>
300 Meters --	(Boys then girls)
3200 Meters -	(Boys then girls)
4 x 400R --	(Boys then girls)
4 x 200R --	(Boys then girls)

Field Events: Pole Vault, Shot Put, Long Jump and High Jump will be started concurrently with running events. The order is as follows:

High Jump --	(Girls then boys) - <b>Five alive protocol</b>
Long Jump --	(Boys then girls)
Shot Put --	(Boys then girls)
Pole Vault --	(Girls then boys) - <b>Five alive protocol</b>

Information packets for Class Championships will be available no sooner than 1/2 hour before the first event.

**SECTION VII. Divisions**

In order to more nearly balance the number of competitors, the divisions have been changed based on both the October 1, 2007 boy and girl enrollment as well as the actual number of participants in the 2009 state meets.

<u>Boys</u>	<u>Girls</u>
LL Division -- 820 and over	LL Division -- 763 and over
L Division -- 619 - 819	L Division -- 607 - 762
M Division -- 421 - 618	M Division -- 422 - 606
S Division -- Up to 420	S Division -- Up to 421

***In order to allow team which have boys and girls in different divisions the Committee voted to “allow teams that have boys and girls in different classes to have the option of moving from the smaller class to the larger class.” This will permit schools to keep both boys and girls in the same class. IF YOU WISH YOUR SMALLER DIVISION TEAM TO MOVE TO THE HIGHER DIVISION TO KEEP BOTH TEAMS IN THE SAME CLASS THIS MUST BE SUBMITTED BY JANUARY 23, 2009 to both the CIAC and the two meet directors involved.***

#### 2008-09 BOYS & GIRLS INDOOR TRACK COMMITTEE

Dr. Steve Wysowski, Coginchaug Reg. High School, Durham - Chair  
 Donn Friedman, Meriden Central Office  
 John Coccia, Asst. Principal, Enrico Fermi High School, Enfield  
 Bruce Barmak, Asst. Principal, Enfield High School  
 Michael Cain, Asst. Principal, Wethersfield High School

**Coaches:**

Ed Butler, Masuk High School, Monroe  
 Rich Kosta, Fitch High School, Groton  
 Rob Murray, Danbury High School  
 Pete Cappezone, Old Saybrook High School  
 Richard Dupuis, Haddam-Killingworth High School, Higganum

**Consultants:**

Robert Haddad, Columbia  
 Bill Baran, South Windsor  
 Doug Sharples, Groton  
 Dave Tetlow, Ledyard High School  
 Gary Moore, Hillhouse High School, New Haven  
 Betty Remigino-Knapp, West Hartford Public Schools - CAAD

## **2008-09 BOYS INDOOR TRACK DIVISIONS**

### **LL Division - 820 and over boy enrollment (25)**

Bridgeport Central	1141
Cheshire	859
Danbury	1390
East Hartford	1014
Fairfield Prep.	893
Glastonbury	1022
Greenwich	1404
Hamden	1119
Hartford Public	820
Manchester	1007
Middletown - Xavier	897
New Britain	1616
New Haven - Wilbur Cross	891
Newtown	857
Norwalk - Brien McMahon	852
Norwich Free Academy	1160
Ridgefield	854
Shelton	895
Simsbury	841
South Windsor	861
Southington	1092
Stamford	901
Stamford - Westhill	1148
Trumbull	1001
Westport - Staples	908

### **LL - Not sponsor an Indoor Track Team**

West Haven	918
------------	-----

### **L Division - 619-819 boy enrollment (30)**

Bridgeport - Bassick	703
Bridgeport - Harding	773
Bristol Central	782
East Lyme	632
Fairfield - Ludlowe	660
Farmington	718
Groton - Fitch	684
Hartford - Bulkeley	763
Hartford - Weaver	645
Madison - Daniel Hand	640
Meriden - Maloney	679
Middletown	665
Monroe - Masuk	712
Naugatuck	755
New Canaan	645
New Haven - Hillhouse	619
New Milford	806
Newington	791
North Haven	650
Norwalk	808
Southbury - Pomperaug	715
Stratford - Bunnell	678
Torrington	664
Waterbury - Crosby	668
West Hartford - Conard	715
West Hartford - Wm. Hall	790
West Haven - Notre Dame	671
Wilton	650
Windsor	816
Woodbridge - Amity Reg.	816

### **L Division -- Not Sponsoring an Indoor Track Team**

Waterbury - Kennedy	630
---------------------	-----

Please notify the CIAC Office (203) 250-1111 if you are listed and do not have a team or if you are listed as not having a team and you are sponsoring a team this year.

**M Division - 421 - 618 boy enrollment (39)**

Beacon Falls - Woodland	423
Bethel	511
Berlin	566
Branford	586
Bristol Eastern	616
Brookfield	540
Colchester - Bacon Academy	522
Darien	595
East Haven	547
Enfield	485
Enfield - Enrico Fermi	568
Fairfield - Warde	593
Guilford	563
Hebron - RHAM	531
Ledyard	492
Manchester - Cheney Tech.	483
Meriden - Platt	591
Milford - Platt Tech.	583
New Fairfield	501
New London	448
Plainfield	448
Plainville	480
Redding - Joel Barlow	470
Seymour	421
Stonington	421
Storrs - E.O. Smith	571
Stratford	471
Tolland	430
Vernon - Rockville	565
Wallingford - Lyman Hall	553
Wallingford - Sheehan	496
Waterbury - Kaynor Tech.	443
Waterbury - Wilby	613
Waterford	482
Watertown	486
Wethersfield	614
Windham	516
Wolcott	476
Woodstock Academy	577

**M Division - Not Sponsoring an Indoor Track Team**

Avon	535
Bridgeport - Bullard Havens	431
Meriden - Wilcox Tech	438
Middletown - Vinal Tech	429
Milford - Foran	458
Milford - Jonathan Law	522

**S Division - Up to 420 boy enrollment (55)**

Ansonia	381
Ansonia - O'Brien Tech.	354
Bloomfield	321
Bolton	129
Bristol - St. Paul	133
Burlington - Lewis Mills	389
Canton	278
Clinton - Morgan School	304
Coventry	291
Cromwell	269
Danbury - Immaculate	234
Deep River - Valley Reg.	307
Durham - Coginchaug Reg.	290
East Granby	135

**S Division (Cont)**

East Hampton	275
East Windsor	229
Ellington	394
Fairfield - Notre Dame Catholic	291
Granby Memorial	416
Griswold	377
Groton - Grasso Southeastern Tech.	341
Hartford - A.I. Prince Tech	266
Hartford - Capital Prep.	62
Hartford - Classical Magnet	127
Hartford - Sport Science	172
Higganum - Haddam-Killingworth	376
Killingly	372
Lebanon - Lyman Memorial	276
Litchfield	215
Litchfield - Wamogo	189
Manchester - East Catholic	394
Montville	403
New Haven - Career	271
New Haven - Hyde Leadership	177
North Branford	370
Old Lyme	231
Old Saybrook	247
Oxford	144
Portland	180
Rocky Hill	385
Stafford	259
Stamford - Trinity Catholic	244
Suffield	390
Thomaston	205
Thompson - Tourtellotte	195
Trumbull - St. Joseph	395
Uncasville - St. Bernard	198
Waterbury - Holy Cross	396
Waterbury - Sacred Heart	213
West Hartford - N.W. Catholic	307
Weston	390
Windham Tech.	315
Windsor Locks	318
Winsted - N.W. Reg.	375
Woodbury - Nonnewaug	383

**S Division - Not Sponsoring an Indoor Track Team**

Bridgeport - Kolbe Cathedral	124
Chaplin - Parish Hill	85
Danbury - Abbott Tech.	395
Derby	230
East Haddam - Hale Ray	208
Falls Village - Housatonic Valley	290
Hamden - Eli Whitney	258
Hartford - University	205
Killingly - Ellis Tech	406
New Britain - Goodwin Tech.	265
No. Stonington - Wheeler	122
Norwich Tech.	294
Putnam	183
Somers	278
Stamford Academy	82
Stamford - Wright Tech.	148
Terryville	304
Torrington - Wolcott Tech.	415
Washington - Shepaug Valley	194
Westbrook	164
Winsted - Gilbert	202

**2008-09 GIRL INDOOR TRACK DIVISIONS**

**LL Division - 763 and Over Girl Enrollment (25)**

Bridgeport Central	1199
Cheshire	793
Danbury	1444
East Hartford	1027
Glastonbury	1033
Greenwich	1289
Hamden	1077
Hartford Public	764
Manchester	1076
New Britain	1529
New Haven - Wilbur Cross	769
New Milford	788
Newtown	862
Norwalk - Brien McMahon	808
Norwich Free Academy	1291
Ridgefield	898
Shelton	795
South Windsor	790
Southington	1083
Stamford	880
Stamford - Westhill	1119
Trumbull	1105
West Hartford - Wm. Hall	763
Westport - Staples	817
Woodbridge - Amity Reg.	834

**L Division - 607 - 762 girl enrollment (32)**

Bridgeport - Warren Harding	762
Bristol Central	704
Bristol Eastern	658
Darien	607
East Lyme	678
Fairfield - Ludlowe	720
Fairfield - Warde	638
Farmington	668
Groton - Fitch	729
Hartford - Bulkeley	751
Hartford - Weaver	612
Meriden - Maloney	645
Meriden - Platt	612
Middletown	676
Middletown - Mercy	695
Monroe - Masuk	701
Naugatuck	667
Newington	737
North Haven	660
Norwalk	753
Simsbury	727
Southbury - Pomperaug	703
Storrs - E.O. Smith	625
Stratford - Bunnell	686
Torrington	627
Vernon - Rockville	661
Wallingford - Lyman Hall	632
Waterbury - Crosby	684
West Hartford - Conard	730
Wethersfield	617
Wilton	609
Windsor	661

**LL Division - Not Sponsoring an Indoor Track Team**

West Haven	870
------------	-----

**L Division-- Not Sponsoring an Indoor Track Team**

Waterbury - Kennedy	685
---------------------	-----

Please notify the CIAC Office (203) 250-1111 if you are listed and do not have a team or if you are listed as not having a team and you are sponsoring a team this year.

**M Division - 422 - 606 girl enrollment (35)**

Berlin	501
Branford	595
Brookfield	484
Colchester - Bacon Academy	461
East Haven	557
Enfield	442
Enfield - Enrico Fermi	594
Guilford	606
Hamden - Sacred Heart Academy	505
Hebron - RHAM	498
Killingly	459
Ledyard	570
Madison - Daniel Hand	598
Milford - Luralton Hall	432
Montville	426
New Canaan	583
New Fairfield	440
New Haven - Career	471
New Haven - Hillhouse	565
Plainfield	467
Plainville	447
Redding - Joel Barlow	492
Seymour	454
Stratford	500
Suffield	451
Trumbull - St. Joseph	441
Wallingford - Sheehan	494
Waterbury - Wilby	597
Waterford	531
Watertown	494
Windham	470
Winsted - N.W. Reg.	422
Wolcott	457
Woodbury - Nonnewaug	489
Woodstock Academy	585

**M Division - Not Sponsoring an Indoor Track Team**

Avon	515
Bethel	523
Bridgeport - Bassick	604
Bridgeport - Bullard Haven	442
Milford - Foran	556
Milford - Jonathan Law	519

**S Division - Up to 421 girl enrollment (50)**

Beacon Falls - Woodland	397
Bloomfield	311
Bolton	146
Bristol - St. Paul	126
Burlington - Lewis Mills	389
Canton	252
Clinton - Morgan School	331
Cromwell	304
Danbury - Immaculate	172
Deep River - Valley Reg.	311
Derby	206
Durham - Coginchaug	297
East Hampton	323
East Windsor	226
Ellington	372
Fairfield - Notre Dame Catholic	282
Granby Memorial	334
Griswold	415

Groton - Grasso Southeastern Tech.	248
Hartford - Capital Prep.	82
Hartford - Classical Prep.	184
Hartford - A.I. Prince Tech	317
Hartford - Sport & Medical Science	227
Higganum - Haddam Killingworth	340
Lebanon - Lyman Memorial	317
Litchfield	207
Litchfield - Wamogo	218
Manchester - East Catholic	367
Milford - Platt Tech.	259
New Haven - Hyde Leadership	52
New London	358
North Branford	359
Old Lyme	244
Old Saybrook	242
Oxford	124
Portland	190
Rocky Hill	371
Stafford	260
Stonington	392
Thomaston	174
Thompson - Tourtellotte	203
Tolland	421
Uncasville - St. Bernard	173
Waterbury - Holy Cross	404
Waterbury - Kaynor Tech.	274
Waterbury - Sacred Heart	242
West Hartford - N.W. Catholic	336
Weston	417
Windham Tech.	168
Windsor Locks	274

**S Division - Not Sponsoring an Indoor Track Team**

Ansonia	377
Ansonia - O'Brien	173
Bridgeport - Kolbe-Cathedral	192
Chaplin - Parish Hill	87
Coventry	278
Danbury - Abbott Tech.	173
East Granby	126
East Haddam - Hale Ray	208
Falls Village - Housatonic Valley	273
Hamden - Eli Whitney Tech.	271
Hartford - University	137
Killingly - Ellis Tech.	158
Manchester - Cheney Tech.	88
Meriden - Wilcox Tech.	270
Middletown - Vinal Tech.	158
New Britain - Goodwin Tech.	186
N. Stonington - Wheeler	117
Norwich Tech.	116
Putnam	211
Somers	288
Sprague - Holy Family	43
Stamford Academy	53
Stamford - Trinity Catholic	296
Stamford - Wright Tech.	106
Teerryville	263
Torrington - Wolcott Tech.	305
Washington - Shepaug Valley	199
Westbrook	147
Winsted - Gilbert	206

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
2009 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

**PROTEST REPORT**

Coach's Name \_\_\_\_\_ School \_\_\_\_\_

Name of Meet \_\_\_\_\_ (State Open, Class, Sectional)

Date \_\_\_\_\_

Meet Director \_\_\_\_\_ Place \_\_\_\_\_

Event \_\_\_\_\_ Athlete's Name \_\_\_\_\_

Reason for Protest: \_\_\_\_\_

\_\_\_\_\_

Rule/Procedure in Question. (Cite Federation Rule Book) \_\_\_\_\_

\_\_\_\_\_

Coach's Desired Outcome: \_\_\_\_\_

\_\_\_\_\_

Signature of Meet Director \_\_\_\_\_

Signature of Chairman of Jury of Appeals \_\_\_\_\_

Decision of the Jury of Appeals: (If any)

\_\_\_\_\_

**NOTE: A \$20 FEE MUST ACCOMPANY ANY PROTEST. THIS FEE WILL BE RETURNED ONLY IF THE PROTEST IS UPHOLD.**

**DISQUALIFICATION REPORT**

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_ Heat Number \_\_\_\_\_

Name of Participant \_\_\_\_\_ Number \_\_\_\_\_

Color of Shirt \_\_\_\_\_ Lane \_\_\_\_\_

Infraction \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature of Reporting Official \_\_\_\_\_

Referee's Decision \_\_\_\_\_

\_\_\_\_\_

Signature of Referee \_\_\_\_\_

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CIAC OFFICIAL 2009 INDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM

\_\_\_\_ Boys      \_\_\_\_ Girls

School \_\_\_\_\_ Town \_\_\_\_\_

<u>Vaulter's Name</u>	<u>Certified Weight</u>	<u>Date</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JANUARY 9

Name of School Medical Official \_\_\_\_\_ Date \_\_\_\_\_

Name of Coach \_\_\_\_\_ Date \_\_\_\_\_

Name of Principal \_\_\_\_\_ Date \_\_\_\_\_

The principal certifies that the information contained on this form is accurate.

NOTES: A COPY OF THIS FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF THE CLASS, OPEN.

A limited coaching box will be available for pole vault coaches just as last year.

Only pole vault coaches of active, participating athletes will be allowed in the box.

## **BOYS/GIRLS INDOOR TRACK TOURNAMENT FORMS LISTING**

All tournament forms must be submitted via the online eligibility center section of the CIAC website located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry.

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of indoor track:

1. Change of Division (optional)
2. Participant List\*
3. Qualifiers on a Weekly Basis
4. Event Entries/Qualifying Marks \*

\* For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.

**Important:** The participant list and the qualifying marks/event entries are two separate forms. The participant list must be submitted first, because only athletes entered on the participant list will be available to enter in events on the qualifying marks form.

Changes may be made to the qualifying marks form through the password-protected eligibility center as necessary/desired up to the entry deadline. After that time no changes will be allowed or accepted.

# CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

**FORM:** Indoor Track Entry List

**MENU:** Boys Indoor Track → Submit Entry List / Girls Indoor Track → Submit Entry List

The entry list form must be submitted before the qualifying mark form. Only athletes listed on the entry list form will be available to enter in events on the qualifying mark form. Both forms must be completed. No additions or changes will be accepted following that deadline.

## INFORMATION REQUIRED:

1. Names of all athletes who will participate in any event (including relay team alternates):

Name of Athlete	Name of Athlete
1.	16.
2.	17.
3.	18.
4.	19.
5.	20.
6.	21.
7.	22.
8.	23.
9.	24.
10.	25.
11.	26.
12.	27.
13.	28.
14.	29.
15.	30.

**Principals Name:**

**Athletic Directors Name:**

**Head Coaches Name:**

**Head Coaches School Phone:**

**Head Coaches Home Phone:**

**Head Coaches E-Mail:**

This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center. Under no circumstances will printed forms be accepted in lieu of online submissions.

## CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

**FORM:** Indoor Track Qualifying Marks

**MENU:** Boys Indoor Track → Submit Qualifying Marks / Girls Indoor Track → Submit Qualifying Marks

**Notes:** The entry list form must be submitted before the qualifying mark form. Only athletes listed on the entry list form will be available to enter in events on the qualifying mark form.

Each athlete may be entered in up to three events. If an athlete is going to be a member of a relay team (regular or alternate) that must be listed as an event and counts as one of the three.

A team relay mark must be listed and 4-6 team members must be listed for each relay. For each non-relay event being entered, a qualifying mark and the date and meet name where it was attained must be listed.

Changes to event entries may be made in the online eligibility center prior to the entry deadline, at which time entries will be closed and no further changes will be allowed. Teams must bring a printed out copy of their event entries with them to their meet. After the marks are submitted the form can be printed from the password-protected eligibility center by selecting the “View Entry List/Qualifying Marks” option from the Boys Indoor Track or Girls Indoor Track pulldown menu.

**This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center. Under no circumstances will printed forms be accepted in lieu of online submissions.**

## CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

### INFORMATION REQUIRED FOR EACH ATHLETE:

Name	Event #1	Event #2	Event #3
1.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
2.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
3.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
4.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
5.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
6.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
7.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
8.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
9.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
10.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
11.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
12.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
13.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
14.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
15.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:

**This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center.  
Under no circumstances will printed forms be accepted in lieu of online submissions.**

## CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

### QUALIFYING MARKS ATTAINED:

The following information must be submitted on a weekly basis listing all athletes that attain or better a qualifying mark during that week. This info may be submitted either with a coach's access code via the submit results area or via the eligibility center under the boys or girls indoor track options.

Name of Athlete	Event	Meet Name/Date	Mark
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			
31.			
32.			
33.			
34.			
35.			

**This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center.  
Under no circumstances will printed forms be accepted in lieu of online submissions.**