

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

79th ANNUAL BOYS 2009-10 INDOOR TRACK AND FIELD MEET
22nd ANNUAL GIRLS 2009-10 INDOOR TRACK AND FIELD MEET
Sponsored by U.S. Marines

Information Sheet

(For Conference member schools only.)

NOTE: THE 2009-10 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 L Championships:** **Thursday, February 11, 2010**
Hillhouse High School, New Haven -- 4:00 p.m.
Meet Director - Bill Baron, 29 Apple Tree Lane, South Windsor 06074
Home (860) 644-1264
- B. **Combined Class M Championships:** **Friday, February 12, 2010**
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
- C. **Combined Class LL Championships:** **Saturday, February 13, 2010**
Hillhouse High School, New Haven -- 10:00 a.m.
Meet Director - Bill Baron, 29 Apple Tree Lane, South Windsor 06074
Home (860) 644-1264
- D. **Combined Class S Championships:** **Saturday, February 13, 2010**
Hillhouse High School, New Haven -- 4:00 p.m.
Meet Director - Tom Haley, 22 Birchwood Drive, Ansonia 06401
Home (203) 735-8444
- E. **Combined State Open Championship:** **Saturday, February 20, 2010**
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 5, 2010 -- 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 11, 2010 - CONTINUE ON FRIDAY, FEBRUARY 12 AND SATURDAY, FEBRUARY 13, AND RUN THROUGH TO THE OPEN ON SATURDAY, FEBRUARY 20, 2010. 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. **Please note: Competitors and coaches must be identified and will enter through a special side entrance.**
- B. No boy or girl may be entered in more than three (3) events including relays. Entry as a relay team member as an alternate counts as one of the athlete's three (3) events. Entry cannot change through the State Open Championships. An athlete who withdraws from an individual event once the meet has started automatically withdraws from all subsequent events in that meet, including relays. The rule applies to all state meets and the New England championships. An athlete can enter only three (3) events through the New Englands. For the New Englands an athlete may move to a different relay team as long as he/she meets the three (3) event limitation rule.
- 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 2010 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 & L</u>	<u>Class M</u>	<u>Class S</u>
12 lb. Shot	40'	40'	40'
High Jump	5'8"	5'8"	5'8"
Long Jump	18'8"	18'8"	18'4"
Pole Vault	10'6"	10'6"	10'

Implement should be officially weighed before standard is achieved.

* NOTE: Hand times must be rounded up to the higher 10th. 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 & 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	39.50	39.75	39.50	39.75	39.50	39.75
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 & 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	14'6"	14'6"	14'6"
Pole Vault	8'	8'	7'6"

Implement should be officially weighed before standard is achieved.

<u>Event</u>	<u>Class LL & 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	8.00	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 2009-10 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 2009-10 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 9, 2010 -- 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 ten (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. When feasible, eight (8) lanes will be used.
- B. Contestants at all sites must use shots approved by the CIAC. They must meet the official weight.

- 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. **In races where waterfall starts are used, athletes will be placed to ensure a fair start.**
- E. 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.
- F. 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.
- G. 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 -- \$8.00.
- 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.
- H. **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.
- I. Competitors are to appear dressed for all meets since no locker or shower facilities are available at any of the sites.
- J. 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 --	(Girls then boys)
55m Hurdles - Trials --	(Girls then boys)
55m Dash - Trials --	(Girls then boys)
1000 Meters -	(Girls then boys)
600 Meters --	(Girls then boys)
55m Hurdles - Finals --	(Boys then girls)
55m Dash - Finals --	(Boys then girls)
1600 Meters -	(Girls then boys)
Sprint Medley (1-1-2-4 laps) -	(Girls then boys) - 3 turn stagger
300 Meters --	(Girls then boys)
3200 Meters -	(Girls then boys)
4 x 400R --	(Girls then boys)
4 x 200R --	(Girls then boys)

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 -- (Boys then girls) - **Five alive protocol**
 Long Jump -- (Girls then boys)
 Shot Put -- (Girls then boys)
 Pole Vault -- (Boys then girls) - **Five alive protocol**

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, 2008 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 -- 821 and over	LL Division -- 730 and over
L Division -- 611 - 820	L Division -- 600 - 729
M Division -- 407 - 610	M Division -- 433 - 599
S Division -- Up to 406	S Division -- Up to 432

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 22, 2010 to both the CIAC and the two meet directors involved.

2009-10 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

Coaches:

Ed Butler, Masuk High School, Monroe
 Rich Kosta, Fitch High School, Groton
 Tom Lennon, Seymour High School
 Pete Cappezzone, 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

2009-10 BOYS INDOOR TRACK DIVISIONS

LL Division - 821 and over boy enrollment (26)

Bridgeport Central	1116
Bridgeport - Harding	835
Cheshire	850
Danbury	1363
East Hartford	982
Fairfield Prep.	917
Glastonbury	1049
Greenwich	1422
Hamden	1094
Manchester	1008
Middletown - Xavier	890
New Britain	1532
Newtown	847
Norwalk - Brien McMahon	852
Norwich Free Academy	1203
Ridgefield	903
Shelton	848
Simsbury	832
South Windsor	847
Southington	1042
Stamford	823
Stamford - Westhill	1126
Trumbull	988
West Haven	821
Westport - Staples	896
Woodbridge - Amity Reg.	841

L Division - 611-820 boy enrollment (31)

Bridgeport - Bassick	678
Bristol Central	773
Darien	622
East Lyme	611
Fairfield Ludlowe	660
Fairfield Warde	613
Farmington	686
Groton - Fitch	676
Hartford - Bulkeley	751
Hartford Public	775
Madison - Daniel Hand	630
Middletown	669
Monroe - Masuk	701
Naugatuck	714
New Canaan	617
New Haven - Wilbur Cross	729
New Milford	775
Newington	770
North Haven	638
Norwalk	765
Southbury - Pomperaug	718
Stratford - Bunnell	626
Torrington	636
Waterbury - Crosby	682
Waterbury - Kennedy	623
West Hartford - Conard	707
West Hartford - Wm. Hall	794
West Haven - Notre Dame	679
Wethersfield	633
Wilton	659
Windsor	742

L Division -- Not Sponsoring an Indoor Track Team

Meriden - Maloney	613
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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 - Not Sponsoring an Indoor Track Team

Avon	543
Bridgeport - Bullard Havens	417
Meriden - Wilcox Tech	457
Middletown - Vinal Tech	432
Milford - Foran	473
Milford - Jonathan Law	487

M Division - 407-610 boy enrollment (41)

Beacon Falls - Woodland	414
Bethel	487
Berlin	518
Branford	571
Bristol Eastern	608
Brookfield	517
Burlington - Lewis Mills	425
Colchester - Bacon Academy	479
East Haven	505
Enfield	460
Enfield - Enrico Fermi	584
Guilford	541
Hartford - Weaver	583
Hebron - RHAM	578
Ledyard	449
Manchester - Cheney Tech.	491
Meriden - Platt	571
Milford - Platt Tech.	596
Montville	408
New Fairfield	513
New Haven - Hillhouse	479
New London	481
Plainfield	421
Plainville	448
Redding - Joel Barlow	469
Stonington	407
Storrs - E.O. Smith	594
Stratford	484
Tolland	462
Torrington - Wolcott Tech.	492
Trumbull - St. Joseph	410
Vernon - Rockville	558
Wallingford - Lyman Hall	559
Wallingford - Sheehan	493
Waterbury - Kaynor Tech.	443
Waterbury - Wilby	588
Waterford	474
Watertown	494
Windham	475
Wolcott	465
Woodstock Academy	600

S Division - Not Sponsoring an Indoor Track Team

Ansonia	363
Ansonia - O'Brien Tech.	352
Bridgeport - Kolbe Cathedral	143
Chaplin - Parish Hill	99
Danbury - Abbott Tech.	402
East Haddam - Hale Ray	194
Falls Village - Housatonic Valley	276
Hamden - Eli Whitney	260
New Britain - Goodwin Tech.	295
No. Stonington - Wheeler	126
Norwich Tech.	328
Putnam	159
Somers	282
Stamford Academy	77
Stamford - Trinity Catholic	239
Terryville	294
Thompson - Tourtellotte	198
Washington - Shepaug Valley	175
Westbrook	156

S Division - Up to 406 boy enrollment (52)

Bloomfield	352
Bolton	125
Bristol - St. Paul	164
Canton	281
Clinton - Morgan School	285
Coventry	284
Cromwell	281
Danbury - Immaculate	208
Deep River - Valley Reg.	319
Derby	227
Durham - Coginchaug Reg.	284
East Granby	121
East Hampton	283
East Windsor	212
Ellington	389
Fairfield - Notre Dame Catholic	275
Granby Memorial	396
Griswold	380
Groton - Grasso Southeastern Tech.	368
Hartford - A.I. Prince Tech	280
Hartford - Capital Prep.	70
Hartford - Classical Magnet	149
Hartford - Sport Science	193
Hartford - University	188
Higganum - Haddam-Killingworth	373
Killingly	362
Lebanon - Lyman Memorial	273
Litchfield	201
Litchfield - Wamogo	179
Manchester - East Catholic	374
New Haven - Career	276
New Haven - Hyde Leadership	147
North Branford	349
Old Lyme	226
Old Saybrook	264
Oxford	223
Portland	179
Rocky Hill	392
Seymour	385
Stafford	257
Suffield	402
Thomaston	183
Uncasville - St. Bernard	185
Waterbury - Holy Cross	406
Waterbury - Sacred Heart	230
West Hartford - N.W. Catholic	301
Weston	379
Windham Tech.	341
Windsor Locks	308
Winsted - N.W. Reg.	367
Winsted - Gilbert School	196
Woodbury - Nonnewaug	390

2009-10 GIRL INDOOR TRACK DIVISIONS

LL Division - 730 and Over Girl Enrollment (28)

Bridgeport Central	1158
Bridgeport - Harding	834
Cheshire	775
Danbury	1429
East Hartford	1924
Fairfield Ludlowe	734
Glastonbury	1017
Greenwich	1253
Hamden	1024
Hartford Public	775
Manchester	1039
New Milford	767
Newtown	861
Norwalk	752
Norwalk - Brien McMahon	858
Norwich Free Academy	1287
Ridgefield	902
Shelton	813
Simsbury	730
South Windsor	772
Southington	1055
Stamford - Westhill	1128
Trumbull	1141
West Hartford - Conard	745
West Hartford - Wm. Hall	755
West Haven	818
Westport - Staples	861
Woodbridge - Amity Reg.	813

L Division - 600-729 girl enrollment (26)

Bristol Central	704
Bristol Eastern	651
Darien	631
East Lyme	640
Fairfield Warde	660
Farmington	672
Groton - Fitch	712
Hartford - Bulkeley	689
Madison - Daniel Hand	600
Middletown	679
Middletown - Mercy	697
Monroe - Masuk	645
Naugatuck	660
New Canaan	605
New Haven - Wilbur Cross	710
Newington	697
North Haven	659
Southbury - Pomperaug	687
Stratford - Bunnell	656
Vernon - Rockville	619
Wallingford - Lyman Hall	631
Waterbury - Crosby	562
Waterbury - Kennedy	675
Wethersfield	614
Wilton	639
Windsor	661

LL Division - Not Sponsoring an Indoor Track Team

New Britain	1442
Stamford	838

L Division-- Not Sponsoring an Indoor Track Team

Meriden - Maloney	644
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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 - Not Sponsoring an Indoor Track Team

Avon	522
Bridgeport - Bassick	582
Bridgeport - Bullard Haven	454
Milford - Foran	525
Milford - Jonathan Law	520

M Division - 433-599 girl enrollment (36)

Berlin	509
Bethel	523
Branford	573
Brookfield	500
Colchester - Bacon Academy	495
East Haven	527
Enfield	443
Enfield - Enrico Fermi	592
Guilford	597
Hamden - Sacred Heart Academy	497
Hartford - Weaver	540
Hebron - RHAM	523
Killingly	439
Ledyard	526
Meriden - Platt	595
Milford - Luralton Hall	441
New Fairfield	470
New Haven - Career	448
New Haven - Hillhouse	486
Plainfield	446
Redding - Joel Barlow	488
Storrs - E.O. Smith	598
Stratford	487
Suffield	447
Tolland	438
Torrington	594
Trumbull - St. Joseph	440
Wallingford - Sheehan	495
Waterbury - Wilby	567
Waterford	510
Watertown	482
Windham	433
Winsted - N.W. Reg.	448
Wolcott	447
Woodbury - Nonnewaug	452
Woodstock Academy	585

S Division - Not Sponsoring an Indoor Track Team

Ansonia	354
Ansonia - O'Brien	168
Bolton	155
Bridgeport - Kolbe-Cathedral	167
Chaplin - Parish Hill	97
Danbury - Abbott Tech.	177
East Granby	131
East Haddam - Hale Ray	224
Falls Village - Housatonic Valley	281
Groton - Grasso Southeastern	254
Hamden - Eli Whitney Tech.	261
Killingly - Ellis Tech.	156
Manchester - Cheney Tech.	106
Meriden - Wilcox Tech.	271
Middletown - Vinal Tech.	152
New Britain - Goodwin Tech.	183
New London	388
N. Stonington - Wheeler	100
Norwich Tech.	145
Putnam	163
Somers	296
Sprague - Holy Family	48
Stamford Academy	58
Stamford - Trinity Catholic	278
Terryville	266
Thompson - Tourtellotte	195
Torrington - Wolcott Tech.	249
Washington - Shepaug Valley	172
Winsted - Gilbert	204

S Division - Up to 432 girl enrollment (51)

Beacon Falls - Woodland	378
Bloomfield	297
Bristol - St. Paul	137
Burlington - Lewis Mills	403
Canton	257
Clinton - Morgan School	299
Coventry	269
Cromwell	306
Danbury - Immaculate	174
Deep River - Valley Reg.	299
Derby	204
Durham - Coginchaug	284
East Hampton	311
East Windsor	197
Ellington	387
Fairfield - Notre Dame Catholic	274
Granby Memorial	337
Griswold	388
Hartford - Capital Prep.	81
Hartford - Classical Magnet	203
Hartford - A.I. Prince Tech	337
Hartford - Sport & Medical Science	244
Hartford - University	159
Higganum - Haddam Killingworth	346
Lebanon - Lyman Memorial	333
Litchfield	207
Litchfield - Wamogo	213
Manchester - East Catholic	364
Milford - Platt Tech.	288
Montville	422
New Haven - Hyde Leadership	44
North Branford	352
Old Lyme	219
Old Saybrook	265
Oxford	190
Plainville	417
Portland	182
Rocky Hill	390
Seymour	408
Stafford	260
Stonington	376
Thomaston	175
Uncasville - St. Bernard	164
Waterbury - Holy Cross	388
Waterbury - Kaynor Tech.	274
Waterbury - Sacred Heart	226
West Hartford - N.W. Catholic	322
Westbrook	137
Weston	430
Windham Tech.	181
Windsor Locks	268

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2010 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.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
2010 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

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 _____

ALERT

PROCEDURE FOR 2009-10 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 9, 2010.

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 2010 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. (National Federation Rulebook 3-4.k., pg 13)
 3. No coaches are allowed on the infield during the meet.
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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 – 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 / Telephone (860) 349-7215

2010 NFHS TRACK AND FIELD RULE REVISIONS

- 3-2-4g New
Note All areas designated for the coaches to observe and confer with competitors shall be clearly identified and marked by the host meet management prior to the start of event competition.
- 3-2-7 When used, the official video replay or television monitoring equipment used to make decisions related to the meet shall be approved by the games committee prior to the start of competition.
- 3-17-2 Specifies the placement of the anemometer for events requiring a wind reading to be 50 meters from the finish line, and for the long jump and trip jump, 20 meters from the foul line.
- 4-5-8e Broadens the description of restricted communication devices between coaches and competitors to keep pace with evolving technology.
- 5-6-3 All heats in a running event shall use the same starting procedure.
- 5-13-2b Eliminates the need for the official to determine if the competitor is deliberately knocking down the hurdle by his/her foot and specifies a foul if knocking down any hurdle by hand.
- 6-5-5 The inside edges of the sector lines shall mark the sector, and the lines shall be placed equidistance from the ends of the stopboard. With a 34.92-degree sector, the radial lines do not extend from the extremities of the stopboard.
- 7-2-11 New
Note A bungee cord manufactured for use in the high jump and pole vault and for the standards in use may be used during warm-ups, as approved by the games committee.
- 7-4-6, 7-5-11
New Note **Effective January 1, 2013, the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal for competition following the implementation date.**
- 7-5-4 The reference to the use of a bungee cord during warm-ups has been removed. If used, the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.
- 7-5-29g It is no longer a foul if a competitor clears the crossbar with the uprights positioned incorrectly due to an error by the officials.