

**ALERT**

**PROCEDURE FOR 2010-11 INDOOR TRACK SEASON**

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 8 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.

**PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM. (See entry procedures in Section III on page 4)**

**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 12:00 Noon on Tuesday, February 8, 2011. The last day to count for establishing verifiable entries is Monday, February 7.**

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**At State Championship Meets**

Note: Competitors and coaches must enter on the Crescent Street side of the field house. The team entrance will be to the right of the white field house doors located between the field house and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).

**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 2011 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.
  4. At Hillhouse only 1/8" spikes may be used. **NO NEEDLE SPIKES!** This rule will be strictly enforced due to the re-surfaced track.
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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 – [SteveWysowski@ci.bristol.ct.us](mailto:SteveWysowski@ci.bristol.ct.us) – Telephone (860) 584-7851.**

**Any irregularities noted on the on-line performances reported to the CIAC this season should be reported to Dr. Steve Wysowski – [SteveWysowski@ci.bristol.ct.us](mailto:SteveWysowski@ci.bristol.ct.us) – Telephone (860) 584-7851**

## 2011 NFHS TRACK AND FIELD RULE REVISIONS

- 3-3-1 Identifies the meet director as the official representative of host meet management.
- 3-3-new 2 Responsibility for handling unsporting conduct by a spectator(s) or other issues outside of the competition rules falls on the meet director and/or his/her designee.
- 4-3-3a Changes the requirements while wearing a medical alert medal to accommodate several new styles of bracelets.
- 4-3-3 new d Allows bobby pins, barrettes and hair clips no longer than 2 inches to be worn to control a competitor's hair.
- 4-3-3 new PEN Modifies the penalty for the wearing of jewelry. A first violation will no longer result in immediate disqualification, instead a team warning will be issued and any subsequent violation by any team member will result in disqualification from the event.
- 4-new 4-1 Clarifies the rules regarding braces, casts and padding.
- 4-new-4-2 Clarifies the rules regarding concussion management.
- 4-new 4-4 Places a long-standing informal procedure within the rules for the state association and school to follow when an accommodation/modification of the rules for participation is made due to medical or religious reasons.
- 6-2-6 The head event judge may change the order of competition and permit successive trials to accommodate those who may be excused to participate in other events.
- 7-2-6
- 7-2-12 It is no longer a failed attempt if the crossbar is displaced and there is a malfunction of meet equipment in jumping events.
- 7-4-11 and 7-5-18 In a vertical jump competition, when only one competitor remains and has been declared the winner, he/she may then determine successive heights of the crossbar.
- 7-5-new 16 Changes the pole vault warm-up procedure for a competitor who has passed three consecutive heights and has not yet entered the competition.
- 7-5-29a new NOTE Clarifies the procedure to be used following the improper placement of the crossbar or uprights on an unsuccessful attempt in the pole vault.

### Points of Emphasis

1. Excused time from field event
2. Discus cage guidelines
3. Preventive officiating
4. Concussion management, casts, braces, prostheses and blood on uniform

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

80th ANNUAL BOYS 2010-11 INDOOR TRACK AND FIELD MEET  
23rd ANNUAL GIRLS 2010-11 INDOOR TRACK AND FIELD MEET  
Sponsored by U.S. Marines

Information Sheet

(For Conference member schools only.)

**NOTE: THE 2010-11 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 S Championships:** **Thursday, February 10, 2011**  
**Hillhouse High School, New Haven -- 4:00 p.m.**  
Meet Director - Tom Haley, 22 Birchwood Drive, Ansonia 06401  
Home (203) 735-8444
- B. **Combined Class L Championships:** **Friday, February 11, 2011**  
**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 M Championships:** **Saturday, February 12, 2011**  
**Hillhouse High School, New Haven -- 10:00 a.m.**  
Meet Director - Dave Tetlow, Ledyard High, 24 Gallup Hill Rd, Ledyard 06339  
School (860) 464-9600 / Home (860) 536-3473
- D. **Combined Class LL Championships:** **Saturday, February 12, 2011**  
**Hillhouse High School, New Haven -- 4:30 p.m.**  
**Please note: Doors will not open until 3:30 p.m. for this meet.**  
  
Meet Director - Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home (860) 644-1264
- E. **Combined State Open Championship:** **Saturday, February 19, 2011**  
**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 4, 2011 -- 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 10, 2011 - CONTINUE ON FRIDAY, FEBRUARY 11 AND SATURDAY, FEBRUARY 12, AND RUN THROUGH TO THE OPEN ON SATURDAY, FEBRUARY 19, 2011. THIS IS SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY OR WEATHER RELATED ISSUES.**

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 enter on the Crescent Street side of the field house. The team entrance will be to the right of the white field house doors located between the field house and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).**
- 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 relay team as long as he/she meets the three (3) event limitation rule for that day..
- 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 2011 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. As a relay team advances to the next level of state 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	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 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	6.8	7.00	6.9	7.10	6.9	7.10
55m Hurdles	8.7	8.90	8.7	8.90	8.7	8.90
300 Meters	39.5	39.75	39.5	39.75	39.5	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 &amp; L</u>	<u>Class M</u>	<u>Class S</u>
4kg Shot (No 8 lb shots allowed)	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. **No 8 lb. shots allowed at CIAC State Championship Meets.**

<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	8.00	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 2010-11 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 2010-11 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 Donn Friedman at (203) 630-4193 (Office)

### 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 8, 2011 -- not later than 12:00 Noon. PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM. 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. The last day to count for verified performances is February 7, 2011.
- 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 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 1/8" may be used, Pyramid type, no needle spikes. This will be strictly enforced. 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) - **Five alive protocol**  
 Long Jump -- (Boys then girls)  
 Shot Put -- (Boys then girls)  
 Pole Vault -- (Girls then boys) - **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, 2009 boy and girl enrollment as well as the actual number of participants in the 2010 state meets.

<u>Boys</u>	<u>Girls</u>
LL Division -- 791 and over	LL Division -- 746 and over
L Division -- 611 - 790	L Division -- 596 - 745
M Division -- 411 - 610	M Division -- 396 - 595
S Division -- Up to 410	S Division -- Up to 395

***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 DECEMBER 15, 2010 to both the CIAC and the two meet directors involved.***

### 2010-11 BOYS & GIRLS INDOOR TRACK COMMITTEE

Dr. Steve Wysowski, Bristol Eastern High School - Chair  
 Donn Friedman, Meriden Central Office  
 John Coccia, Asst. Principal, Enrico Fermi High School, Enfield

**Coaches:**

Rich Kosta, Fitch High School, Groton  
 Tom Lennon, Seymour High School  
 Pete Cappezone, Old Saybrook High School  
 Richard Dupuis, Haddam-Killingworth High School, Higganum

**Consultants:**

Robert Haddad, Columbia  
 Bill Baron, 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 - 791 and over boy enrollment (27)**

Bridgeport Central	1091
Bridgeport - Harding	801
Cheshire	842
Danbury	1432
East Hartford	955
Fairfield Prep.	921
Glastonbury	1076
Greenwich	1427
Hamden	1045
Manchester	982
Middletown - Xavier	867
New Britain	1481
Newtown	861
Norwalk - Brien McMahon	825
Norwich Free Academy	1151
Ridgefield	910
Shelton	832
Simsbury	848
South Windsor	843
Southington	1014
Stamford	886
Stamford - Westhill	1117
Trumbull	1000
West Hartford - Conard	791
West Hartford - Wm. Hall	791
Westport - Staples	898
Woodbridge - Amity Reg.	844

**L Division - 611-790 boy enrollment (30)**

Bridgeport - Bassick	634
Bristol Central	725
Darien	639
East Lyme	611
Fairfield Ludlowe	693
Fairfield Warde	633
Farmington	671
Groton - Fitch	629
Hartford - Bulkeley	730
Hartford Public	737
Madison - Daniel Hand	634
Middletown	672
Monroe - Masuk	670
Naugatuck	730
New Canaan	633
New Haven - Wilbur Cross	775
New Milford	786
Newington	765
North Haven	619
Norwalk	745
Southbury - Pomperaug	731
Storrs - E.O. Smith	614
Torrington	618
Waterbury - Crosby	695
Waterbury - Kennedy	677
Waterbury - Wilby	629
West Haven	774
West Haven - Notre Dame	637
Wilton	661
Windsor	708

**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	563
Bridgeport - Bullard Havens	426
Danbury - Abbott Tech.	460
Killingly - Ellis Tech.	420
Meriden - Maloney	608
Meriden - Wilcox Tech	484
Middletown - Vinal Tech	432
Milford - Foran	492
Milford - Jonathan Law	492
Waterbury - Kaynor Tech.	443

**M Division - 411 - 610 boy enrollment (39)**

Beacon Falls - Woodland	414
Bethel	481
Berlin	512
Branford	541
Bristol Eastern	602
Brookfield	508
Burlington - Lewis Mills	434
Colchester - Bacon Academy	509
East Haven	470
Enfield	428
Enfield - Enrico Fermi	564
Guilford	547
Hebron - RHAM	599
Ledyard	433
Manchester - Cheney Tech.	516
Meriden - Platt	526
Milford - Platt Tech.	590
Montville	411
New Fairfield	521
New Haven - Hillhouse	502
New London	515
Plainfield	417
Plainville	440
Redding - Joel Barlow	464
Stonington	418
Stratford	457
Stratford - Bunnell	600
Suffield	416
Tolland	492
Torrington - Wolcott Tech.	510
Vernon - Rockville	531
Wallingford - Lyman Hall	522
Wallingford - Sheehan	500
Waterford	500
Watertown	504
Wethersfield	597
Windham	468
Wolcott	429
Woodstock Academy	544

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

Ansonia - O'Brien Tech.	364
Bolton	131
Bridgeport - Kolbe Cathedral	142
Chaplin - Parish Hill	77
East Haddam - Hale Ray	182
Falls Village - Housatonic Valley	258
Hamden - Eli Whitney	352
New Britain - Goodwin Tech.	348
New Haven - Amistad	78
No. Stonington - Wheeler	120
Norwich Tech.	382
Putnam	176
Somers	291
Stamford Academy	72
Stamford - Trinity Catholic	218
Terryville	265
Thompson - Tourtellotte	182
Waterbury - Sacred Heart	194
Westbrook	167

**S Division - Up to 410 boy enrollment (53)**

Ansonia	394	
Bloomfield		343
Bristol - St. Paul		163
Canton		291
Clinton - Morgan School		287
Coventry		284
Cromwell		310
Danbury - Immaculate		186
Deep River - Valley Reg.		312
Derby		211
Durham - Coginchaug Reg.		280
East Granby		129
East Hampton		282
East Windsor		196
Ellington		375
Fairfield - Notre Dame Catholic		233
Granby Memorial		394
Griswold		369
Groton - Grasso Southeastern Tech.		338
Hartford - A.I. Prince Tech		314
Hartford - Capital Prep.		63
Hartford - Classical Magnet		165
Hartford - Weaver		409
Hartford - SMSA		202
Hartford - University		219
Higganum - Haddam-Killingworth		363
Killingly		369
Lebanon - Lyman Memorial		242
Litchfield		200
Litchfield - Wamogo		158
Manchester - East Catholic		314
New Haven - Career		253
New Haven - Hyde Leadership		150
North Branford		336
Old Lyme		215
Old Saybrook		258
Oxford		298
Portland		188
Rocky Hill		398
Seymour		340
Stafford		253
Thomaston		178
Trumbull - St. Joseph		390
Uncasville - St. Bernard		173
Washington - Shepaug Valley		180
Waterbury - Holy Cross		397
West Hartford - N.W. Catholic		313
Weston		379
Windham Tech.		357
Windsor Locks		275
Winsted - N.W. Reg.		380
Winsted - Gilbert School		171
Woodbury - Nonnewaug		385

**2010-11 GIRL INDOOR TRACK DIVISIONS**

**LL Division - 746 and Over Girl Enrollment (29)**

Bridgeport Central	1102
Bridgeport - Harding	792
Cheshire	746
Danbury	1411
East Hartford	937
Fairfield Ludlowe	762
Glastonbury	1030
Greenwich	1277
Hamden	941
Hartford Public	786
Manchester	998
New Britain	1308
New Haven - Wilbur Cross	747
New Milford	781
Newtown	868
Norwalk	768
Norwalk - Brien McMahon	880
Norwich Free Academy	1271
Ridgefield	870
Shelton	799
Simsbury	755
Southington	1018
Stamford - Westhill	1108
Trumbull	1152
West Hartford - Conard	772
West Hartford - Wm. Hall	769
West Haven	809
Westport - Staples	889
Woodbridge - Amity Reg.	787

**L Division - 596-745 girl enrollment (27)**

Bristol Central	672
Bristol Eastern	640
Darien	643
East Lyme	612
Enfield - Enrico Fermi	596
Fairfield Warde	664
Farmington	653
Groton - Fitch	680
Hartford - Bulkeley	616
Madison - Daniel Hand	630
Middletown	657
Middletown - Mercy	692
Monroe - Masuk	637
Naugatuck	710
New Canaan	659
Newington	704
North Haven	659
South Windsor	736
Southbury - Pomperaug	690
Storrs - E.O. Smith	622
Stratford - Bunnell	625
Wallingford - Lyman Hall	640
Waterbury - Crosby	633
Waterbury - Kennedy	696
Wilton	632
Windsor	665
Woodstock Academy	610

**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.**

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

Stamford	853
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**L Division-- Not Sponsoring an Indoor Track Team**

Meriden - Maloney	616
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**M Division - Not Sponsoring an Indoor Track Team**

Avon	533
Bridgeport - Bullard Haven	459
Milford - Foran	533
Milford - Jonathan Law	487

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

Ansonia	383
Ansonia - O'Brien	152
Bolton	165
Bridgeport - Kolbe-Cathedral	166
Chaplin - Parish Hill	74
Danbury - Abbott Tech.	206
East Granby	127
East Haddam - Hale Ray	224
Falls Village - Housatonic Valley	251
Hamden - Eli Whitney Tech.	247
Killingly - Ellis Tech.	147
Manchester - Cheney Tech.	110
Meriden - Wilcox Tech.	298
Middletown - Vinal Tech.	175
New Britain - Goodwin Tech.	204
New Haven - Amistad	96
N. Stonington - Wheeler	103
Norwich Tech.	174
Putnam	152
Somers	281
Sprague - Holy Family	60
Stamford Academy	60
Stamford - Trinity Catholic	237
Terryville	256
Thompson - Tourtellotte	195
Torrington - Wolcott Tech.	250
Washington - Shepaug Valley	142
Waterbury - Kaynor	306
Waterbury - Sacred Heart	187
Westbrook	133
Winsted - Gilbert	211

**M Division - 396-595 girl enrollment (39)**

Berlin	515
Bethel	507
Branford	588
Bridgeport - Bassick	522
Brookfield	508
Colchester - Bacon Academy	514
East Haven	503
Ellington	397
Enfield	396
Guilford	574
Hamden - Sacred Heart Academy	494
Hebron - RHAM	504
Killingly	420
Ledyard	499
Meriden - Platt	574
Milford - Luralton Hall	431
New Fairfield	502
New Haven - Career	457
New Haven - Hillhouse	452
New London	415
Plainfield	432
Plainville	447
Redding - Joel Barlow	495
Stratford	510
Suffield	448
Tolland	450
Torrington	567
Trumbull - St. Joseph	415
Vernon - Rockville	593
Wallingford - Sheehan	496
Waterbury - Wilby	581
Waterford	477
Watertown	504
Weston	427
Wethersfield	588
Windham	396
Winsted - N.W. Reg.	417
Wolcott	413
Woodbury - Nonnewaug	459

**S Division - Up to 395 girl enrollment (47)**

Beacon Falls - Woodland	381
Bloomfield	293
Bristol - St. Paul	155
Burlington - Lewis Mills	381
Canton	252
Clinton - Morgan School	284
Coventry	279
Cromwell	297
Danbury - Immaculate	155
Deep River - Valley Reg.	306
Derby	187
Durham - Coginchaug	298
East Hampton	288
East Windsor	180
Fairfield - Notre Dame Catholic	250
Granby Memorial	359
Griswold	371
Groton - Grasso Southeastern Tech.	252
Hartford - Capital Prep.	80
Hartford - Classical Magnet	216
Hartford - A.I. Prince Tech	373
Hartford - SMSA	234
Hartford - University	141
Hartford - Weaver	385
Higganum - Haddam Killingworth	330
Lebanon - Lyman Memorial	317
Litchfield	199
Litchfield - Wamogo	221
Manchester - East Catholic	370
Milford - Platt Tech.	290
Montville	381
New Haven - Hyde Leadership	43
North Branford	351
Old Lyme	224
Old Saybrook	275
Oxford	268
Portland	174
Rocky Hill	383
Seymour	367
Stafford	269
Stonington	378
Thomaston	183
Uncasville - St. Bernard	158
Waterbury - Holy Cross	355
West Hartford - N.W. Catholic	338
Windham Tech.	201
Windsor Locks	268

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
2011 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 UPHELD.**

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
2011 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 \_\_\_\_\_



# CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

## CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

### “WHEN IN DOUBT – SIT IT OUT”

*A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).*

#### **PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION**

**– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.**

**1. Signs of a concussion may include (what the athlete looks like):**

- Confusion / disorientation / irritability
- Trouble resting / getting comfortable
- Lack of concentration
- Slow response / drowsiness
- Incoherent / slurred speech
- Slow / clumsy movements
- Loss of consciousness
- Amnesia / memory problems
- Act silly / combative / aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless / irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate / inappropriate reactions
- Balance problems

**2. Symptoms of a concussion may include (what the athlete reports):**

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

**Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.**

#### **PART II – RETURN TO PARTICIPATION (RTP)**

**– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.**

#### **Concussion management requirements:**

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care

- professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*.
  6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

**Medical Clearance RTP Protocol (Recommended one full day between steps)**

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

\* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200 [http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx)
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. [http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
5. American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.