

ALERT
BOYS / GIRLS TRACK COACHES

DEADLINE FOR ALL ENTRIES IS THURSDAY, MAY 28, 2009 by 12:00 p.m., AT WHICH TIME VERIFICATIONS WILL BE SENT TO THE AD AND COACH E-MAIL ADDRESSES ON FILE. SCHOOL OFFICIALS MUST CHECK VERIFICATION FORM FOR ERRORS AND REPORT ERRORS TO CIAC IMMEDIATELY VIA AN ONLINE SUPPORT TICKET (THIS IS THE ONLY CHANNEL FOR SUBMITTING CORRECTIONS, NO PHONE CORRECTIONS WILL BE ACCEPTED). PERFORMANCE LISTS WILL BE POSTED ON THE WEB SITE ON FRIDAY, MAY 29, 2009 BY 3:30 P.M. ABSOLUTELY NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE PERFORMANCE LISTS PROGRAMS ARE POSTED.

Please pay particular attention to the Decathlon, Heptathlon, Steeplechase, and Hammer Throw information. The Track Committee has included all information pertaining to these events into separate packets.

All boys and girls relays will have a minimum standard to qualify for all Class Championship Meets.

All field events in all State Championship Meets will now have a 10 minute check-out limit. Athletes should not check-out before necessary.

NEW PROCEDURE FOR 2009 OUTDOOR TRACK SEASON

Schools are REQUIRED to submit individual qualifying performances within seven (7) days of achieving the standard. The site and date of the performance must also be entered. 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 May 28, 2009 deadline. Coaches must bring their verification form to the Class Championship Meet.

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 p.m. on Thursday, May 28, 2009.

Any irregularities noted on the on-line performances reported to the CIAC this season should be reported to either chair of the Outdoor Track Committee, Donn Friedman – don.friedman@meriden.k12.ct.us (Telephone 203-630-4190) or Paul Newton – PNewton@enfieldschools.org (Telephone 860-763-8800)

JEWELRY RULE (NFHS Rule 4-3-7) For contestants

Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

POLE VAULT (NFHS Rule 7-5-12)

The runway adjacent to the pole vault box may be marked with a permanent 1-centimeter or one-half inch line drawn through the top of the box (zero point) and extended ten (10) feet on each side.

An area will be provided for a designated coach for pole vault.

Note: A COPY OF THE POLE VAULT WEIGHT CERTIFICATION FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL BY A COACH AT THE START OF EACH OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS.

Starting in 2008, 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.

Rationale: Most poles have an etching on the pole which is a code to the manufacturer. This code most frequently does not correspond to the proper weight rating for the pole. The rating appearing as the mark in contrasting color is established by the manufacturer is clearly visible and serves only this purpose. The requirement is for purposes of risk minimization and should be adhered to strictly.

NFHS Rule effective 2008-09 – 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.

Rationale: The change in 7-5-29 last year by the committee was not intended to allow a vaulter to abort a vault but rather to have the opportunity to stop and abort the approach. However, the language was not clear and as written allowed a vaulter to abort a vault. This change clearly reflects the original intent of the committee to abort only the approach and have the opportunity to restart the approach. This exception is appropriate for the high school vaulter.

THE “INTENT-TO-ENTER” FORM HAS BEEN ELIMINATED.

NFHS effective 2008-09 rules 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.

Rationale: The competitor should be able to exit the circle and return to dry his/her hands, clean his/her shoes, wipe off the throwing implement, etc. without penalty providing the throw is completed within the allotted time which begins when the competitor is called “up.”

Two concerns brought before the track committees by coaches and class meet directors are:

Uniforms -- A concern was raised that during last year’s class meets, athletes competed in events while not wearing a school issued uniform. Coaches that allow this to occur put the meet director and event official in an awkward position not to mention the athletes. Federation and CIAC rules clearly state that the athlete must wear a school issued uniform. Event officials and meet directors will strictly enforce this rule. Please insure that all athletes who compete in the meet wear an appropriate uniform. This is the responsibility of the coach. Unitards or bodysuits are allowed by NFHS. Members of a relay team must all have the same uniform and unitards must be the same color for all entrants.

NFHS Rule 3-2-4 (o) Hair-Control Devices and Headbands Clarified (11/16/06)

There have been numerous questions recently relating to the legality of certain hair-control devices. Players may wear rubber bands, scrunchies, pre-wrap and narrow, multi-colored elastic bands to hold their hair back (3-5-3d). These items are not considered headbands (3-5-3a) and therefore do not fall under the new headband rule. These items do not have to be the same color as the uniform or white, they can be of any color, they do not have to be a single color and they are not subject to the logo restrictions in 3-6.

Further, a ribbon worn in *addition* to a hair-control device is considered to be a head decoration, and is prohibited (3-5-3e). If a ribbon is being worn *as* a hair-control device, it would be permitted provided it is not judged to be dangerous or inappropriate by the referee (3-5-1).

Strict Adherence to Minimum Qualification Standards for the Class Meets -- Let us begin by saying that there was noticeable improvement in this area. Unfortunately, there are some coaches who continue to enter athletes who may not have met the qualification standard. The committees make this assumption because there continues to be a high percentage of athletes who do not come close to the qualifying time or distance at the class meets. We will continue to monitor this again this year. Coaches, it is your responsibility to insure that all athletes who compete in the class meet have achieved (not come close to) the minimum qualifying standard in a regular meet (not a scrimmage or practice). Any coach who continues to disregard entry procedures and standards leaves the committee no choice but to take action against that coach and/or school. We have absolutely no interest in becoming a body who polices our colleagues. Rather, our interest is to insure that our top quality athletes receive the best possible experience.

NOTE: If a school has more than three (3) qualifiers who have met the minimum qualifying standard in any event, the coach can enter all athletes who qualify within the three event limitation.

Relays for the New England Championships – Schools who qualify for a relay in the New England Championship will be allowed to change their participants to any athlete listed on their state entry. The athlete(s) still must conform to the three event rule at the New England Championship.

If you have any questions, feel free to contact either Donn Friedman at Adult Education Office, Meriden (203) 630-4190 or Paul Newton, Enrico Fermi High School, Enfield (860) 763-8800.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

2009 BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS

Sponsored by U.S. Marines, and PureTech Water

CIAC Girls Committee Chairman

Paul Newton, Principal
Enrico Fermi High School, Enfield
School (860) 763-8800
PNewton@enfieldschools.org

Girls Coaches Chairman

Beth Sarnacki
Cromwell High School
School (860) 632-4841, ext. 1856

CIAC Boys Committee Chairman

Donn Friedman, Director
Adult Education, Meriden
Office (203) 630-4190
don.friedman@meriden.k12.ct.us

Boys Coaches Chairman

Mark Dunn
Stafford High School
School (860) 684-4233

THE OUTDOOR TRACK TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS.

1.0 DIVISIONS

2.0 DATES/SITES/MEET DIRECTORS

3.0 ENTRY PROCEDURES

4.0 EXPENSES/TICKETS

5.0 FORFEITS

6.0 OFFICIALS

7.0 PROTESTS

8.0 QUALIFYING

9.0 RANKING/SEEDING

10.0 SUPERVISION/SPORTSMANSHIP

11.0 TIME OF GAMES/MEETS

12.0 TOURNAMENT RULES / PROCEDURES

APPENDIX A -- LIST OF SCHOOLS BY DIVISION - BOYS

APPENDIX B -- LIST OF SCHOOLS BY DIVISION - GIRLS

APPENDIX C -- PROTEST REPORT FORM

APPENDIX D -- POLE VAULT WEIGHT CERTIFICATION FORM

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2009 BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS

1.0 **DIVISIONS**

- 1.1 Only institutional members of the Conference may enter this tournament which will be in five (5) divisions. Placement of schools has been based on the boy or girl 9-12 enrollment as shown in the 2007-08 CIAC Membership Directory.

Boys:	LL – 852 and over	Girls:	LL – 763 and over
	L – 632 - 851		L – 625 - 762
	MM – 483 - 631		MM – 492 - 624
	M – 370 - 482		M – 359 - 491
	S – up to 369		S – up to 358

2.0 **DATES/SITES/MEET DIRECTORS**

- 2.1 Member school may start practice on, but not before Monday, March 23, 2009.
- 2.2 Member schools may hold the first meet on, but not before Wednesday, April 8, 2009.
- 2.3 **MONDAY, JUNE 1, 2009** – Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)

Class LL Championship - Boys and Girls -- at Manchester High School
Meet Director Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home (860) 644-1264

Class MM Championship - Boys and Girls -- At Willowbrook Park, New Britain
Meet Director, James Thompson, 14 Great Plain Road, Norwich, CT 06360
Cell (860) 608-7145, email jtstrider@sbcglobal.net

- 2.4 **TUESDAY, JUNE 2, 2009** -- Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)

Class S Championship - Boys and Girls -- At Manchester High School
Meet Director Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home (860) 644-1264

Class L Championship - Boys and Girls -- at Willowbrook Park, New Britain
Meet Director, Carl Reichard, East Lyme High School, 30 Chesterfield Rd, PO Box 210, East Lyme 06333
School (860) 739-1481 / Home (860) 572-9426

- 2.5 **WEDNESDAY, JUNE 3, 2009** -- Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)

Class M Championship - Boys and Girls -- At Willowbrook Park, New Britain
Meet Director, Richard Luke, Cromwell High School, Donald Harris Drive, Cromwell, CT 06416
School (860) 632-4841 - Voice mail x 1856 / Home (860) 508-3462 / Fax (860) 613-3363

- 2.6 **MONDAY, JUNE 8, 2009** -- Field events start at 1:30 p.m. and running events start at 2:00 p.m.
(All scratches must be done by 1:15 p.m.)
CIAC OPEN Championship - Boys and Girls -- At Willowbrook Park, New Britain
Meet Director -- Bill Baron (see address and phone numbers above)
- 2.7 **SATURDAY, JUNE 13, 2009**
New England Boys and Girls Track Championship -- At Burlington High School, Burlington, VT --
Information to be distributed at State Open
- 2.8 **TUESDAY, JUNE 16 , WEDNESDAY, JUNE 17, 2009**
CIAC Decathlon, Hammer Throw and Steeplechase & Heptathlon - At Willowbrook Park, New Britain (Separate section)
- | | |
|--------------------------------|------------------------------|
| Girls Heptathlon – June 16, 17 | Boys Decathlon – June 16, 17 |
| Girls Hammer Throw – June 16 | Boys Hammer Throw – June 17 |
| Girls Steeplechase – June 16 | Boys Steeplechase – June 17 |

3.0 **ENTRY PROCEDURE**

- 3.1 SCHEDULE FORM -- None required in boys or girls outdoor track
- 3.2 CHANGE OF DIVISION FORM -- Not permitted in boys or girls outdoor track
- 3.3 SITE AVAILABILITY FORM -- None required in boys or girls outdoor track
- 3.4 **ENTRY PROCEDURE** -- Entry form must be submitted via the password protected online eligibility center -- by Thursday, May 28, 2009 by 12:00 p.m. Failure to do so will result in disqualification. Entrants not listed will not be allowed to compete. This includes alternates. **AN INDIVIDUAL MAY NOT COMPETE IN MORE THAN THREE (3) EVENTS.**

DIRECTIONS FOR ENTERING ATHLETES

Complete the following steps:

1. Contact your school person responsible for entering CIAC athletic events.
2. Enter your roster from your CIAC eligibility list.
3. Enter your athletes into the event's qualifying performance form.
4. Be certain to enter the athlete's name and qualifying performance for each event you which to enter.
5. Example -- Running event -- 400 meters of 56 seconds will be entered as 5600.
Example -- Field event -- Shot put of 42 feet, 6, and one half inches will be entered as 42-06.50
6. Print your verification copy and bring it to the meet.
7. Submit the form to the CIAC.
8. Check the CIAC web site for errors. (www.casciac.org)

NOTE: If you have more than three (3) qualifiers in any event, the coach can enter all athletes who qualify within the three event limitation.

3.5 **ENTRY FEE** -- \$7.00 per individual entered with a minimum of \$75.00, whichever is greater (Maximum \$250). This must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. **DON'T TAKE THE ENTRY FEE TO THE MEET, IT WON'T BE ACCEPTED.** Make checks payable to CIAC.

3.6 **Late Entry Policy**

- No tournament entries will be accepted after the established deadline (Thursday, May 28, 2009) except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250. (but no entry or late fee will be accepted beyond 3:30 p.m. on Friday, May 29, 2009).
- All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone request will be considered.

Tournament Regulation Violations – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

3.7 **QUALIFYING STANDARDS** -- Only those competitors who have equaled or bettered in regular season competition the qualifying marks listed in the section entitled "Qualifying" are eligible to enter the championship meets. Please adhere to this regulation.

3.8 **COACHES MEETING** -- The coaches meetings will begin at 30 minutes prior to the start of ALL State Meets.

4.0 **EXPENSES/TICKETS**

4.1 Schools will bear all traveling expenses.

4.2 Charges for Class and State Open Championships will be
 Free – children five (5) and under
 \$5.00 – Senior citizens (age 65 and older)
 \$5.00 – Students (grades 1-12)
 \$7.00 – Adults (All others not in the above categories)

4.3 During the Championships, the following passes will be honored at all sites.

- a. Head varsity outdoor track coaches may request from CIAC a pass. A returned self-addressed stamped envelope is required.
- b. Principal (or designee) of participating schools with CAS membership card.
- c. Press Card -- No other complimentary admissions will be permitted.
- d. Athletic Directors of participating schools.
- e. CIAC track officials membership card.

5.0 **FORFEITS**

5.1 When it is discovered that an ineligible competitor participates in a CIAC individual type tournament /meet /match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates, remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from his/her team's total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last opponent may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country, golf.

6.0 OFFICIALS

- 6.1 Meet Directors are responsible for hiring and assigning officials, judges, timers, scorers, starters, inspectors, etc. in accordance with the numbers and types listed in the most current (date) CIAC Handbook.
- 6.2 Automatic timing will be provided by a timing service which has been hired to service all Class Championships and the Open Meet.

7.0 PROTESTS

- 7.1 Each meet director will establish a jury of appeals consisting of five (5) members whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final and binding unless there is a challenge to the application of due process.
- 7.2 Protests submitted to the Jury of Appeals must be submitted 30 minutes from the time the results have been announced and entered on the Protest Form included in the packet of information. The form may be found as Appendix C.
- 7.3 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.4 **DECISIONS BY GAME OFFICIALS** -- Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules.

Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

8.0 QUALIFYING

- 8.1 To be eligible for CIAC Class Championship competition, **each competitor must have achieved the following time, distance or height in a regular season meet.** There is a limitation of three (3) competitors per event per school, except relays which is one team per school.

<u>BOYS</u>	<u>LL</u>	<u>L</u>	<u>MM</u>	<u>M</u>	<u>S</u>
110M H	16.2	16.5	17.0	17.5	17.7
300M Int H	43.0	43.0	43.5	44.0	45.0
100M	11.5	11.5	11.6	11.6	11.7
200M	23.8	23.8	24.1	24.1	24.3
400M	53.5	53.5	53.8	53.8	54.0
800M	2:05.5	2:05.5	2:06.5	2:06.5	2:07.5
1600M	4:39	4:39	4:44	4:48	4:48
3200M	10:15	10:20	10:30	10:45	10:50
4 x 100	46.3	46.3	46.5	47.0	48.0
4 x 400	3:40	3:40	3:43	3:45	3:48
4 x 800	8:50	9:00	9:00	9:10	9:20
Long Jump	20'	19'	19'	19'	19'
Triple Jump	39'6"	39'6"	39'	39'	38'6"
High Jump	5'10"	5'10"	5'8"	5'8"	5'8"
Shot	44'	43'	42'	41'	40'
Discus	125'	120'	120'	115'	115'
Javelin	145'	145'	145'	140'	135'
Pole Vault	11'	11'	10'6"	10'6"	10'

<u>GIRLS</u>	<u>LL</u>	<u>L</u>	<u>MM</u>	<u>M</u>	<u>S</u>
100M H	17.5	17.8	17.8	18.0	18.0
300M Int H	51.5	51.5	52.5	53.0	53.5
100M	13.3	13.3	13.4	13.4	13.5
200M	28.0	28.0	28.5	28.5	28.7
400M	63.8	64.5	65.0	65.0	65.0
800M	2:32	2:32	2:32	2:32	2:35.5
1600M	5:40	5:40	5:45	5:50	5:50
3200M	12:30	12:30	12:40	12:50	13:10
4 x 100	54.5	54.5	55.0	55.0	55.5
4 x 400	4:25	4:25	4:30	4:30	4:35
4 x 800	11:00	11:00	11:15	11:20	11:30
Long Jump	15'0"	15'0"	14'10"	14'10"	14'6"
Triple Jump	32'	32'	32'	31'	30'
High Jump	4'8"	4'8"	4'8"	4'8"	4'8"
Shot (4 kg)	30'	30'	30'	30'	29'
Discus	85'	85'	85'	85'	85'
Javelin	90'	90'	90'	90'	85'
Pole Vault	8'6"	8'6"	8'6"	8'0"	7'6"

NOTE: An individual competitor may not compete in more than three (3) events. If you have more than three (3) qualifiers in any event, the coach can enter all athletes who qualify within the three event limitation. Each school may enter one relay team per school composed of four individuals and no more than two alternates. Each time a competitor is listed as an alternate on a relay team it counts as one of the three events permitted for that competitor.

- 8.2 Qualification for the State Open Championship is as follows: (a) Top five (5) finishers in Class LL, L, MM, M and S divisional championships; (b) All competitors who meet the automatic qualifying standard. The standard will approximate the eighth place finish established in the previous year's State Open Championship.
- 8.3 In the Class and Championship Meets, competitors in the shot, discus, javelin, triple jump and long jump, the three (3) trials and three (3) finals will be observed. The top nine (9) advance to the final round. **NO FIELD EVENT PERFORMANCE WILL BE MEASURED BELOW THE MINIMUM STANDARD SET BY THE MEET DIRECTOR.**
- 8.4 **State Open Championships** - Automatic Qualifying Standard (Marks) (from divisional championships)

Boys

100m	11.30	Shot Put	48'6"
200m	22.80	Discus	135'
400m	50.80	Javelin	165'
800m	1:59.00	Long Jump	20'9"
1600m	4:27.00	High Jump	6'2"
3200m	9:45	4 x 100m	44.30
110m H. Hurdles	15.30	4 x 400m	3:30.00
300m Int. Hurdles	41.00	4 x 800	8:16
Triple Jump	43'	Pole Vault	12'6"

Girls

100m	12.60	Shot Put	35'6"
200m	26.70	Discus	105'
400m	59.50	Javelin	113'
800m	2:23.00	Long Jump	16'8"
1600m	5:18.00	High Jump	5'2"
3200m	11:28.00	4 x 100m	50.75
100m Hurdles	16.00	4 x 400m	4:08.00
300m Hurdles	47.60	4 x 800	9:48
Triple Jump	34'8	Pole Vault	10'

- 8.5 **Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the Class Championship Finals (excluding trials in running events).** Advancement to the New England Championship is predicated on the competitors performance in the CIAC Open Championship. The top six finishers in the Open Championship will advance to the New England Championship. The 7th, and 8th place finishers only will be considered as alternates. Athletes who qualify for the New England Championship must declare 15 minutes after the conclusion of the last event or alternates will be designated.

9.0 **RANKING/SEEDING**

- 9.1 Team scoring is 10-8-6-5-4-3-2-1 for an eight lane track. Ties will be scored according to National Federation guidelines. Eight place scoring will occur only when an 8 lane track is used. Otherwise six place scoring 10-8-6-4-2-1 will be used.
- 9.2 In the State Open seeding will be done from the performance of the athletes at the Class meets.
- 9.3 All seeding will be done electronically.

10.0 **SUPERVISION/SPORTSMANSHIP**

- 10.1 An athlete may not compete in the tournament **unless accompanied by his coach or a PROPERLY CERTIFIED REPRESENTATIVE** of the school **designated by the principal in writing.** Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
- 10.2 **ELECTRONIC SOUND EQUIPMENT** such as radios, stereos and tape players and all cooking equipment such as grills and barbecues as well as other distractions are prohibited from the meet area.
- 10.3 Safety is an emphasis at all CIAC events. Many events are potentially dangerous if proper precautions are not observed. The following will be strictly enforced:
- a. **SPECTATORS MAY NOT BE ON THE FIELD AND MUST REMAIN IN THE ASSIGNED SPECTATOR AREAS.**
 - b. Contestants, not actually competing, must remain in assigned areas.
 - c. Jumpers and throwers may not practice or compete without adult supervision present.
 - d. Implements are to be secured immediately following the completion of the event and any athlete throwing the implement thereafter will be disqualified from the event (rule 6-2-12).
 - e. Standards and crossbars are to be removed immediately upon completion of the event.
- 10.4 **COACHES AND ATHLETES ENTERED IN THE MEETS ARE TO REMAIN IN THE AREA DESIGNATED FOR THEM. VIOLATORS ARE SUBJECT TO DISQUALIFICATION. THIS RULE WILL BE RIGIDLY ENFORCED.**

- 10.5 When a member school's coach is ejected from a MEET for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 10.6 Use or possession of tobacco products or alcoholic beverages of any kind, including champagne, are not permitted on the field of competition or within the stands, or parking lot at which a tournament game is scheduled.
- 10.7 All equipment must pass inspection at the meet according to National Federation Rules, and the shot, javelin and discus must be made available for any competitor. All implements will be weighed, measured and balanced during the registration period (and only at that time). Athletes using non-certified equipment will be disqualified. In the event the weighing of implements is not available, the meet director may designate competition implements which become the common property of all competitors during the competition.

The 8 lb. Shot is still **NOT** acceptable (Girls Track).

THE SHOT, DISCUS AND JAVELIN ARE TO BE IMMEDIATELY SECURED FOLLOWING THE EVENT AND ANY ATHLETE THROWING THE IMPLEMENT THEREAFTER WILL BE DISQUALIFIED.

11.0 **TIME OF MEETS**

- 11.1 All the Combined Class meets will start at 2:30 p.m. Coaches meetings will start at 30 minutes prior to the start of all state meets.
- 11.2 The Combined Open Meet will start at 1:30 p.m.
- 11.3 The field events for class meets begin at 2:30 p.m. and the running events begin at 3:00 p.m. The field events for the open meet begin at 1:30 p.m. and running events begin at 2:00 p.m.

12.0 **TOURNAMENT RULES / PROCEDURES**

12.1 **ORDER OF EVENTS**

COMBINED STATE CHAMPIONSHIPS

Boys 4 x 800	Final
Girls 4x 800	Final
Boys 4 x 100M Relay	Final
Girls 4 x 100M Relay	Final
Boys 100M Hurdle	Semi
Girls 110M Hurdle	Semi
Boys 100M Dash	Semi
Girls 100M Dash	Semi
Boys 1600M Run	Final
Girls 1600M Run	Final
Girls 100M Hurdle	Final
Boys 110M Hurdle	Final
Boys 100M Dash	Final
Girls 100M Dash	Final
Boys 400M Dash	Final
Girls 400M Dash	Final
Boys 300M Hurdle	Final
Girls 300M Hurdle	Final

Boys 800M Run	Final
Girls 800M Run	Final
Boys 200M Dash	Final
Girls 200M Dash	Final
Boys 3200M Run	Final
Girls 3200M Run	Final
Boys 4 x 400M Relay	Final
Girls 4 x 400M Relay	Final

ORDER OF FIELD EVENTS

(Starting simultaneously -- will be the same at both Manchester and Willowbrook)

All field events in all State Championship Meets will now have a 10 minute check-out limit.

Boys Javelin followed by Girls Javelin
Girls Discus followed by Boys Discus
Boys Shot followed by Girls Shot
Boys High Jump followed by Girls High Jump
Girls Long Jump followed by Triple Jump
Boys Long Jump followed by Triple Jump
Girls Pole Vault followed by Boys Pole Vault (or simultaneously)

- 12.2 **Class Meets** - All classes -- High jump and pole vault starting heights will be pre-determined by the CIAC meet director. No performance will be measured below the minimum standard.
- 12.3 The 100m and 110m Hurdles will be run twice, semis and finals. All other races are timed finals. All the championship meets will be automatically timed. **IN THE CLASS MEETS, THE FASTEST EIGHT TIMES IN THE SEMIS WILL ADVANCE TO THE FINALS.**
- 12.4 **Relay Entry Rule**
All competitors listed on the Electronic Entry Form must count the listing as one of the three allowable events. This includes those competitors listed as an alternate, being listed as an alternate also counts as one event.

The Entry Form used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship. As a relay team advances from the Class Championship to the Open Championship, only those runners and alternates whose names appear on the original Entry Form will be eligible to compete in that relay event, no one else. For teams qualifying for the New England Championship, coaches will be permitted to change the relay line-up to include any competitor who is on their state meet eligibility list, provided the athlete does not violate the three event limitation rule at the New England Championship meet.
- 12.5 In the throwing events and the Long Jump, the number of flights will be governed by the number of entries. In the High Jump, the three alive method will be used. In the pole vault, the "five alive" method will be used.
- 12.6 Once a boy/girl scratches after the start of the meet at the class, open, or the start of his/her first event, he/she is scratched from ALL subsequent events in that meet. Scratches will be accepted without penalty up to fifteen (15) minutes prior to the start of all state meets.
- 12.7 ***National Federation rules for uniforms will be strictly enforced.***
- 12.8 Please have competitors dressed for participation on arrival at the meet. Dressing facilities will not be provided.
- 12.9 Championship and runner-up trophies will be awarded at each meet. Medals will be awarded for the first six (6) places in all events.

- 12.10 **Manchester High School** -- Lavatories are available, 3/16 pin spikes or less. Javelin will be thrown off grass. Flats recommended for discus and shot put. **NO COMPETITORS WILL BE PERMITTED IN THE BUILDING.**
- 12.11 **Willowbrook Park** -- Lavatory facilities will be available. No locker rooms will be available. Spikes 1/4" or less may be used. No one is allowed to enter the infield. **NOTE:** The javelin and the discus will be thrown inside the Stadium. The javelin runway surface is the same as the track surface.
- 12.12 Teams arriving before dismissal time at any school should not enter the building.
- 12.13 Neither the Conference nor the meet management assumes any responsibility for losses.
- 12.14 Coaches may be requested by the meet director to furnish competent officials to assist in the direction of the meet.
- 12.15 All meets shall be governed exclusively by the National Federation Rules. All decisions of the Boys/Girls Track Committees relative to the operation of this tournament shall be final.
- 12.16 It is the athlete's responsibility to be aware of the rules governing his/her event and conduct himself/herself accordingly. It is also his responsibility to promptly report to his/her event.
- 12.17 **Competitors Gate** - Athletes and coaches listed on the entry form will be admitted to the competition area via a competitors gate at each site.
- 12.18 **An area will be provided for a designated coach for pole vault.**

2009 BOYS/GIRLS OUTDOOR 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 _____

APPENDIX A

2009 BOYS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

Class LL -- 852 and Over (24)

Bridgeport Central	1141
Cheshire	859
Danbury	1390
East Hartford	1014
Fairfield Prep	893
Glastonbury	1022
Greenwich	11404
Hamden	1119
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
South Windsor	861
Southington	1092
Stamford	901
Stamford - Westhill	1148
Trumbull	1001
West Haven	918
Westport - Staples	908

Class L -- 632-851 (31)

Bridgeport - Bassick	703
Bridgeport - Warren Harding	773
Bristol Central	782
East Lyme	632
Fairfield - Ludlowe	660
Farmington	718
Groton - Fitch	684
Hartford - Bulkeley	763
Hartford Public	820
Hartford - Weaver	645
Madison - Daniel Hand	640
Meriden - Maloney	679
Middletown	665
Monroe - Masuk	712
Naugatuck	755
New Canaan	645
New Milford	806
Newington	791
North Haven	650
Norwalk	808
Simsbury	841
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

Class MM -- 483-631 (31)

Avon	535
Berlin	566
Bethel	511
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
Milford - Jonathan Law	522
New Fairfield	501
New Haven - Hillhouse	619
Storrs - E.O. Smith	571
Vernon - Rockville	565
Wallingford - Lyman Hall	553
Wallingford - Sheehan	496
Waterbury - Kennedy	630
Waterbury - Wilby	613
Watertown	486
Wethersfield	614
Windham	516
Woodstock Academy	577

Boys Track Divisions 2009

Class M -- 370-482 (34)

Ansonia	381
Beacon Falls - Woodland	423
Bridgeport - Bullard Havens	431
Burlington - Lewis Mills	389
Ellington	394
Granby Memorial	416
Griswold	377
Higganum - Haddam-Killingworth	376
Killingly	372
Killingly - Ellis Tech.	406
Manchester - East Catholic	394
Middletown - Vinal Tech.	429
Milford - Foran	458
Montville	403
New London	448
North Branford	370
Plainfield	448
Plainville	480
Redding - Joel Barlow	470
Rocky Hill	385
Seymour	421
Stonington	421
Stratford	471
Suffield	390
Tolland	430
Torrington - Wolcott Tech.	415
Trumbull - St. Joseph	395
Waterbury - Holy Cross	396
Waterbury - Kaynor Tech.	443
Waterford	482
Weston	390
Winsted - N. W. Reg.	375
Wolcott	476
Woodbury - Nonnewaug	383

No Team (M)

Danbury - Abbott Tech.	395
Meriden - Wilcox Tech.	438

No Team (S)

Bridgeport - Kolbe Cathedral	124
Hamden - Eli Whitney Tech.	258
New Britain - Goodwin Tech.	265
Norwich Tech.	294
Stamford Academy	82

Class S -- Up to 369 (51)

Ansonia - O'Brien Tech.	354
Bloomfield	321
Bolton	129
Bristol - St. Paul	133
Canton	278
Chaplin - Parish Hill	85
Clinton - Morgan	304
Coventry	291
Cromwell	269
Danbury - Immaculate	234
Deep River - Valley Reg.	307
Derby	230
Durham - Coginchaug	290
East Granby	135
East Haddam - Hale Ray	208
East Hampton	275
East Windsor	229
Fairfield - Notre Dame Catholic	291
Falls Village - Housatonic Valley	290
Groton - Grasso Southeastern Tech.	341
Hartford - A.I. Prince Tech.	266
Hartford - Capital Prep.	62
Hartford - Classical	127
Hartford - Sport & Medical Science	172
Hartford - University	205
Lebanon - Lyman Memorial	276
Litchfield	215
Litchfield - Wamogo	189
New Haven - Career	271
New Haven - Hyde Leadership	177
No. Stonington - Wheeler	122
Old Lyme	231
Old Saybrook	247
Oxford	144
Portland	180
Putnam	183
Somers	278
Stafford	259
Stamford - Trinity Catholic	244
Stamford - Wright Tech.	148
Terryville	304
Thomaston	205
Thompson - Tourtellotte	195
Uncasville - St. Bernard	198
Washington - Shepaug Valley	194
Waterbury - Sacred Heart	213
West Hartford - N.W. Catholic	307
Westbrook	164
Windham Tech.	315
Windsor Locks	318
Winsted - Gilbert School	202

APPENDIX B
2009 GIRLS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

Class LL (763 and Over) (26)

Bridgeport Central	1199
Cheshire	793
Danbury	1444
East Hartford	11027
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
West Haven	870
Westport - Staples	817
Woodbridge - Amity Reg.	834

Class L (625-762) (28)

Bridgeport - Warren Harding	762
Bristol Central	704
Bristol Eastern	658
East Lyme	678
Fairfield Ludlowe	720
Fairfield Warde	638
Farmington	668
Groton - Fitch	729
Hartford - Bulkeley	751
Meriden - Maloney	645
Middletown	676
Middletown - Mercy	695
Monroe - Masuk	701
Naugatuck	667
Newington	737
North Haven	660
Norwalk	753
Simsbury	727
Southbury - Pomperaug	703
Stratford - Bunnell	686
Storrs - E.O. Smith	625
Torrington	627
Vernon - Rockville	661
Wallingford - Lyman Hall	632
Waterbury - Crosby	684
Waterbury - Kennedy	685
West Hartford - Conard	730
Windsor	661

Class MM (492-624) (28)

Avon	515
Berlin	501
Bethel	523
Branford	595
Bridgeport - Bassick	604
Darien	607
East Haven	557
Enfield - Enrico Fermi	594
Guilford	606
Hamden - Sacred Heart Academy	505
Hartford - Weaver	612
Hebron - RHAM	498
Ledyard	570
Madison - Daniel Hand	598
Meriden - Platt	612
Milford - Foran	556
Milford - Jonathan Law	519
New Canaan	583
New Haven - Hillhouse	565
Redding - Joel Barlow	492
Stratford	500
Wallingford - Sheehan	494
Waterbury - Wilby	597
Waterford	531
Watertown	494
Wethersfield	617
Wilton	609
Woodstock Academy	585

2009 Girls Outdoor Track Divisions

Class M (359-491) (30)

Ansonia	377
Beacon Falls - Woodland	397
Bridgeport - Bullard-Havens	442
Brookfield	484
Burlington - Lewis Mills	389
Colchester - Bacon Academy	461
Ellington	372
Enfield	442
Griswold	415
Killingly	459
Manchester - East Catholic	367
Milford - Luralton Hall	432
Montville	426
New Fairfield	440
New Haven - Career	471
North Branford	359
Plainfield	467
Plainville	447
Rocky Hill	371
Seymour	454
Stonington	392
Suffield	451
Tolland	421
Trumbull - St. Joseph	441
Waterbury - Holy Cross	404
Weston	417
Windham	470
Winsted - N.W. Reg.	422
Wolcott	457
Woodbury - Nonnewaug	489

No team (S)

Bridgeport - Kolbe	192
Danbury - Abbott Tech.	173
Hamden - Eli Whitney	271
Manchester - Cheney Tech.	88
Meriden - Wilcox Tech.	270
New Britain - Goodwin	186
No. Stonington - Wheeler	117
Norwich Tech.	116
Stamford Academy	53
Sprague - Holy Family	43
Torrington - Wolcott Tech.	305

Class S (Up to 358) (56)

Ansonia - Emmett O'Brien	173
Bloomfield	311
Bolton	146
Bristol - St. Paul	126
Canton	252
Chaplin - Parish Hill	87
Clinton - Morgan School	331
Coventry	289
Cromwell	304
Danbury - Immaculate	172
Deep River - Valley Reg.	311
Derby	206
Durham - Coginchaug	297
East Granby	126
East Haddam - Hale Ray	208
East Hampton	323
East Windsor	226
Fairfield - Notre Dame	282
Falls Village - Housatonic Valley	272
Granby Memorial	334
Groton - Grasso/Southeastern	248
Hartford - A.I. Prince	317
Hartford - Capital Prep.	82
Hartford - Classical	184
Hartford - Sport & Medical Science	227
Hartford - University	137
Higganum - Haddam-Killingworth	340
Killingly - Ellis Tech	158
Lebanon - Lyman Memorial	317
Litchfield	207
Litchfield - Wamogo	218
Middletown - Vinal Tech.	158
Milford - Platt Tech.	259
New Haven - Hyde Leadership	52
New London	358
Old Lyme	244
Old Saybrook	242
Oxford	124
Portland	190
Putnam	211
Somers	288
Stamford - Wright Tech.	106
Terryville	263
Stafford	260
Stamford - Trinity Catholic	296
Thomaston	174
Thompson - Tourtellotte	203
Uncasville - St. Bernard	173
Washington - Shepaug Valley	199
Waterbury - Kaynor RVT	274
Waterbury - Sacred Heart	242
West Hartford - N.W. Catholic	336
Westbrook	147
Windham Tech.	168
Windsor Locks	274
Winsted - Gilbert	206

APPENDIX C

2009 OUTDOOR TRACK AND FIELD MEETS

PROTEST REPORT

____ BOYS ____ GIRLS

Name of Meet _____ Date _____

Meet Director _____ Site _____

Event _____ Athlete's Name _____

School _____

Reason for Protest:

Rule/Procedure in Question (Cite Federation Rule Book):

Coach's Desired Outcome:

Signature of Coach _____

Signature of Meet Director _____

Signature of Chairman of Jury of Appeals _____

Decision of the Jury of Appeals:

APPENDIX D

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CIAC OFFICIAL 2009 OUTDOOR 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 MAY 28

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.

NOTE: **A COPY OF THIS FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF EACH OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS.**
For your convenience, make FOUR (4) copies of this form for these three meets.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2009 BOYS DECATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 16, 2009 -- 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m
Wednesday, June 17, 2009 -- 110m Hurdles, Discus, Pole Vault (starts at 8'6"), Javelin,
1600m

The competition will start at 12:00 p.m. each day with check-in at 11:30 a.m.

Site: Willowbrook Park, New Britain

Meet Director: Thayer Redman, Manchester High School (860) 647-3521 / Home (860) 228-8799

ENTRY PROCEDURE

1. **Entry Fee** -- The entry fee for the decathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Wednesday, June 10, 2009. Entries submitted later than midnight, Wednesday, June 10, 2009 will be rejected.
3. **Entry Limitations** -- Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three** can score 4600 points.

GENERAL

1. **Entry Limitations** -- Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three can score 4,600 points**.
2. The decathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1962. The following exceptions will be in effect: Shot and discus will use high school implements and hurdles will be 39".
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one plus anyone scoring 2,500 or more points will advance to the Thursday competition.
5. **Awards** -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2009 GIRLS HEPTATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 16, 2009 -- 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m
Wednesday, June 17, 2009 -- Long Jump, Javelin Throw, 800m

The competition will start at 12:00 p.m. each day with check in at 11:30 a.m.

Site: Willowbrook Park, New Britain

Meet Director: Thayer Redman, Manchester High School (860) 647-3521 / Home (860) 228-8799

ENTRY PROCEDURE

1. **Entry Fee** -- The entry fee for the heptathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC Office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center no later than midnight, Wednesday, June 10, 2009. Entries not submitted by midnight, June 10, 2009 will be rejected.

GENERAL

1. **Entry Limitations** -- Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three** can score 3,000 points.
2. The heptathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1986.
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one, plus anyone scoring 1,850 or more points, will advance to the Wednesday competition.
5. **Awards** -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2009 BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 16, 2009 -- Girls
Wednesday, June 17, 2009 -- Boys

Site: Willowbrook Park, New Britain

Meet Director: Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton 06340
School: (860) 449-7234 Home: (860) 572-3973

The Girls Steeplechase will start at 3:30 p.m. The Boys Steeplechase will start at 3:30 p.m.

The race lengths will be: Boys -- 3000m Girls -- 2000m

(Girls and boys competition will have two seeded heats based on previous actual 3000 meter (boys) and 2000 meter (girls) steeplechase times achieved during the 2008 or 2009 Outdoor Track seasons. International regulations must be in place at the qualifying event. Minimum standards are Boys – 11:00.00 and Girls – 8:50.00 for the actual steeplechase.)

ENTRY PROCEDURE

1. Entry Fee -- The entry fee for the steeplechase is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Entries must be submitted via the password-protected online eligibility center by Wednesday, June 10, 2009. Entries submitted later than midnight, Wednesday, June 10, 2009 will be rejected.
3. **Additional heats will be seeded based on previous actual 3200M times achieved during the 2009 Outdoor Track Season. Boys may be assigned to 2000M heats. Minimum standards are:
Boys – 10:50 for 3,200 meters Girls – 12:40 for 3,200 meters
PLEASE DO NOT USE OR TRY TO ESTIMATE STEEPLECHASE TIMES!**

GENERAL

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules will be in effect.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2009 BOYS AND GIRLS HAMMER THROW INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 16, 2009 -- Girls
Wednesday, June 17, 2009 -- Boys

Site: Willowbrook Park, New Britain

Meet Director: Bill Baron, 29 Apple Tree Lane, South Windsor, CT – Home (860) 644-1264

Event Director: Girls -- Carl Reichard, East Lyme High School – (860) 739-1481 / Home (860) 572-9426
Boys -- Tim Kolodziej, Danbury High School – (203) 797-4800

The Hammer Throw will start at 3:30 p.m.

ENTRY PROCEDURE

1. **Entry Fee** -- The entry fee for the hammer throw is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Wednesday, June 10, 2009. Entries submitted later than midnight, Wednesday, June 10, 2009 will be rejected.
3. **Standard: Boys – 90 feet Girls – 70 feet**
(Must have reached this distance in practice. **Throws in the competition will not be measured below 80 feet for boys and 60 feet for girls.**)

GENERAL

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. **Awards** -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules in regard to taping and gloves will be in effect.