

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

2011 BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS

Sponsored by U.S. Marines, and PureTech Water

CIAC Girls Committee Chairman

Dr. Steve Wysowski, Principal
Bristol Eastern High School
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steve.wysowski@ci.bristol.ct.us

CIAC Boys Committee Chairman

Donn Friedman, Director
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Girls Coaches Chairman

Beth Sarnacki
Cromwell High School
School (860) 632-4841, ext. 14856

Boys Coaches Chairman

Marty Ogden
Weston High School
Cell (203) 313-4955

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

1.0 DIVISIONS

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ALERT
BOYS / GIRLS TRACK COACHES

DEADLINE FOR ALL ENTRIES IS THURSDAY, MAY 26, 2011 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 27, 2011 BY 3:30 P.M. ABSOLUTELY NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE PERFORMANCE LISTS 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.

There will be separate gates for spectators and athletes/coaches. Only athletes listed on the entry form will be admitted free. Additional team members will need to enter and pay at the spectator gate. Two coaches per gender per school only will be admitted through the athlete/coach gate.

Tents should not be positioned on the ground or in the bleachers in a manner that impedes the view of spectators.

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. **Note: During the preliminary rounds of the field events, an athlete has the option to request to the judge to take more than one trial in succession. The judge has the right to determine if this request would create an unfair advantage and deny the request.**

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 26, 2011 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 26, 2011.

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.

NFHS effective 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.

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.

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 Steve Wysowski -- steve.wysowski@ci.bristol.ct.us -- Telephone (860) 584-7851.

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2011 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 2009-10 CIAC Membership Directory.

Boys:	LL – 790 and over	Girls:	LL – 765 and over
	L – 610 - 789		L – 628 - 764
	MM – 442 - 609		MM – 490 - 627
	M – 325 - 441		M – 357 - 489
	S – up to 324		S – up to 356

2.0 **DATES/SITES/MEET DIRECTORS**

- 2.1 Member school may start practice on, but not before Monday, March 21, 2011.
- 2.2 Member schools may hold the first meet on, but not before Wednesday, April 6, 2011.
- 2.3 **TUESDAY, MAY 31, 2011** – 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 Willowbrook Park, New Britain
Meet Director Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home (860) 644-1264
- Class MM Championship** - Boys and Girls -- At Middletown High School
Meet Director, James Thompson, 14 Great Plain Road, Norwich, CT 06360
Cell (860) 608-7145
- 2.4 **WEDNESDAY, JUNE 1, 2011** -- 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 Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home (860) 644-1264
- 2.5 **THURSDAY, JUNE 2, 2011** -- 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 L Championship** - Boys and Girls -- at Middletown High School
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
- Class S 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 6, 2011** -- 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 11, 2011**
New England Boys and Girls Track Championship -- At Burlington High School, Vermont --
Information to be distributed at State Open

- 2.8 **TUESDAY, JUNE 14, WEDNESDAY, JUNE 15, 2011**
CIAC Decathlon, Hammer Throw and Steeplechase & Heptathlon - At Willowbrook Park, New Britain (Separate section)
- | | |
|--------------------------------|------------------------------|
| Girls Heptathlon – June 14, 15 | Boys Decathlon – June 14, 15 |
| Girls Hammer Throw – June 14 | Boys Hammer Throw – June 15 |
| Girls Steeplechase – June 14 | Boys Steeplechase – June 15 |

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 26, 2011 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 26, 2011) 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 27, 2011).
- 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)
 \$8.00 – 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.**

BOYS	<u>LL</u>		<u>L</u>		<u>MM</u>		<u>M</u>		<u>S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
110M H	16.2	16.44	16.5	16.74	17.0	17.24	17.5	17.74	17.7	17.94
300M Int H	43.0	43.24	43.0	43.24	43.5	43.74	44.0	44.24	45.0	45.24
100M	11.5	11.74	11.5	11.74	11.6	11.84	11.6	11.84	11.7	11.94
200M	23.8	24.04	23.8	24.04	24.1	24.34	24.1	24.34	24.3	24.54
400M	53.5	53.74	53.5	53.74	53.8	54.04	53.8	54.04	54.0	54.24
800M	2:05.5	2:05.74	2:05.5	2:05.74	2:06.5	2:06.74	2:06.5	2:06.74	2:07.5	2:07.74
1600M	4:39	4:39.24	4:39	4:39.24	4:44	4:44.24	4:48	4:48.24	4:48	4:48.24
3200M	10:15	10:15.24	10:20	10:20.24	10:30	10:30.24	10:45	10:45.24	10:50	10:50.24
4 x 100	46.3	46.54	46.3	46.54	46.5	46.74	47.0	47.24	48.0	48.24
4 x 400	3:40	3:40.24	3:40	3:40.24	3:43	3:43.24	3:45	3:45.24	3:48	3:48.24
4 x 800	8:50	8:50.24	9:00	9:00.24	9:00	9:00.24	9:10	9:10.24	9:20	9:20.24
Long Jump	20'		19'6"		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'	

GIRLS	<u>LL</u>		<u>L</u>		<u>MM</u>		<u>M</u>		<u>S</u>	
	Hand	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand	FAT
100M H	17.5	17.74	17.8	18.04	17.8	18.04	18.0	18.24	18.0	18.24
300M Int H	51.5	51.74	51.5	51.74	52.5	52.74	53.0	53.24	53.5	53.74
100M	13.3	13.54	13.3	13.54	13.4	13.64	13.4	13.64	13.5	13.74
200M	28.0	28.24	28.0	28.24	28.5	28.74	28.5	28.74	28.7	28.94
400M	63.8	64.04	64.5	64.74	65.0	65.24	65.0	65.24	65.0	65.24
800M	2:32	2:32.24	2:32	2:32.24	2:32	2:32.24	2:32	2:32.24	2:35.5	2:35.74
1600M	5:40	5:40.24	5:40	5:40.24	5:45	5:45.24	5:50	5:50.24	5:50	5:50.24
3200M	12:30	12:30.24	12:30	12:30.24	12:40	12:40.24	12:50	12:50.24	13:10	13:10.24
4 x 100	54.5	54.74	54.5	54.74	55.0	55.24	55.0	55.24	55.5	55.74
4 x 400	4:25	4:25.24	4:25	4:25.24	4:30	4:30.24	4:30	4:30.24	4:35	4:35.24
4 x 800	11:00	11:00.24	11:00	11:00.24	11:15	11:15.24	11:20	11:20.24	11:30	11:30.24
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"		8'0"		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.
ALL JUMPS AND THROWS WILL BE MEASURED.
- 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	13'0"

Girls

100m	12.60	Shot Put	35'6"
200m	26.70	Discus	105'
400m	59.50	Javelin	113'
800m	2:21.00	Long Jump	16'8"
1600m	5:15.00	High Jump	5'2"
3200m	11:25.00	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:
- SPECTATORS MAY NOT BE ON THE FIELD AND MUST REMAIN IN THE ASSIGNED SPECTATOR AREAS.**
 - Contestants, not actually competing, must remain in assigned areas.
 - Jumpers and throwers may not practice or compete without adult supervision present.
 - 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).
 - 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 110M Hurdle	Semi
Girls 100M 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
Girls 100M Dash	Final
Boys 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 Middletown 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 **Middletown High School** -- Lavatories are available, 3/16 pin spikes or less. Javelin runway surface is the same as the track surface. 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.**

20110 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

2011 BOYS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

Class LL -- 790 and Over (27)

Bridgeport Central	1091
Bridgeport - Warren 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

Class L -- 610-789 (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

Class MM -- 442-609 (34)

Avon	563
Berlin	512
Bethel	481
Branford	541
Bristol Eastern	602
Brookfield	508
Colchester - Bacon Academy	509
East Haven	470
Enfield - Enrico Fermi	564
Guilford	547
Hebron - RHAM	599
Manchester - Cheney Tech	516
Meriden - Maloney	608
Meriden - Platt	526
Milford - Platt Tech.	590
Milford - Jonathan Law	492
Milford - Foran	492
New Fairfield	521
New Haven - Hillhouse	502
New London	515
Redding - Joel Barlow	464
Stratford	457
Stratford - Bunnell	600
Tolland	492
Torrington - Wolcott Tech.	510
Vernon - Rockville	531
Wallingford - Lyman Hall	522
Wallingford - Sheehan	500
Waterbury - Kaynor Tech.	443
Waterford	500
Watertown	504
Wethersfield	597
Windham	468
Woodstock Academy	544

No Team - MM

Danbury - Abbott Tech	460
Meriden - Wilcox Tech.	484

Boys Track Divisions 2011

Class M -- 325-441 (32)

Ansonia	394
Ansonia - O'Brien Tech.	364
Beacon Falls - Woodland	414
Bloomfield	343
Bridgeport - Bullard Havens	426
Burlington - Lewis Mills	434
Ellington	375
Enfield	428
Granby Memorial	394
Griswold	369
Groton - Grasso Southeastern Tech.	338
Hartford - Weaver	409
Higganum - Haddam-Killingworth	363
Killingly	369
Killingly - Ellis Tech.	420
Ledyard	433
Middletown - Vinal Tech.	432
Montville	411
North Branford	336
Plainfield	417
Plainville	440
Rocky Hill	398
Seymour	340
Stonington	418
Suffield	416
Trumbull - St. Joseph	390
Waterbury - Holy Cross	397
Weston	379
Windham Tech.	357
Winsted - N. W. Reg.	380
Wolcott	429
Woodbury - Nonnewaug	385

No Team - M

Hamden - Eli Whitney	352
New Britain - Goodwin	348
Norwich Tech.	382

Class S -- Up to 324 (48)

Bolton	131
Bristol - St. Paul	163
Canton	291
Chaplin - Parish Hill	77
Clinton - Morgan	287
Coventry	284
Cromwell	310
Danbury - Immaculate	186
Deep River - Valley Reg.	312
Derby	211
Durham - Coginchaug	280
East Granby	129
East Haddam - Hale Ray	182
East Hampton	282
East Windsor	196
Fairfield - Notre Dame Catholic	233
Falls Village - Housatonic Valley	258
Hartford - A.I. Prince Tech.	314
Hartford - Capital Prep.	63
Hartford - Classical	165
Hartford - Sport & Medical Science	202
Hartford - University	219
Lebanon - Lyman Memorial	242
Litchfield	200
Litchfield - Wamogo	158
Manchester - East Catholic	314
New Haven - Amistad	78
New Haven - Career	253
New Haven - Hyde Leadership	150
No. Stonington - Wheeler	120
Old Lyme	215
Old Saybrook	258
Oxford	298
Portland	188
Putnam	176
Somers	291
Stafford	253
Stamford - Trinity Catholic	218
Terryville	265
Thomaston	178
Thompson - Tourtellotte	182
Uncasville - St. Bernard	173
Washington - Shepaug Valley	180
Waterbury - Sacred Heart	294
West Hartford - N.W. Catholic	313
Westbrook	167
Windsor Locks	275
Winsted - Gilbert School	171

No Team - S

Bridgeport - Kolbe Cathedral	142
Stamford Academy	72

APPENDIX B
2011 GIRLS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

Class LL (765 and Over) (26)

Bridgeport Central	1102
Bridgeport - Warren Harding	792
Danbury	1411
East Hartford	937
Glastonbury	1030
Greenwich	1277
Hamden	941
Hartford Public	786
Manchester	998
New Britain	1308
New Milford	781
Newtown	868
Norwalk	768
Norwalk - Brien McMahon	880
Norwich Free Academy	1271
Ridgefield	870
Shelton	799
Southington	1018
Stamford	853
Stamford - Westhill	1108
Trumbull	1152
West Hartford - Conard	772
West Hartford - Wm. Hall	769
West Haven	809
Westport - Staples	889
Woodbridge - Amity Reg.	787

Class L (628-764) (25)

Bristol Central	672
Bristol Eastern	640
Cheshire	746
Darien	643
Fairfield Ludlowe	762
Fairfield Warde	664
Farmington	653
Groton - Fitch	680
Madison - Daniel Hand	630
Middletown	657
Middletown - Mercy	692
Monroe - Masuk	637
Naugatuck	710
New Canaan	659
New Haven - Wilbur Cross	747
Newington	704
North Haven	659
Simsbury	755
Southbury - Pomperaug	690
South Windsor	736
Wallingford - Lyman Hall	640
Waterbury - Crosby	633
Waterbury - Kennedy	696
Wilton	632
Windsor	665

Class MM (490-627) (30)

Avon	533
Berlin	515
Bethel	507
Branford	588
Bridgeport - Bassick	522
Brookfield	508
Colchester - Bacon Academy	514
East Haven	503
East Lyme	612
Enfield - Enrico Fermi	596
Guilford	574
Hamden - Sacred Heart Academy	494
Hartford - Bulkeley	616
Hebron - RHAM	504
Ledyard	499
Meriden - Maloney	616
Meriden - Platt	574
Milford - Foran	533
New Fairfield	502
Redding - Joel Barlow	495
Storrs - E.O. Smith	622
Stratford	510
Stratford - Bunnell	625
Torrington	567
Vernon - Rockville	593
Wallingford - Sheehan	496
Waterbury - Wilby	581
Watertown	504
Wethersfield	588
Woodstock Academy	610

2011 Girls Outdoor Track Divisions

Class M (357-489) (32)

Ansonia	383
Beacon Falls - Woodland	381
Bridgeport - Bullard-Havens	459
Burlington - Lewis Mills	381
Ellington	397
Enfield	396
Granby Memorial	359
Griswold	371
Hartford - A.I. Prince	373
Hartford - Weaver	385
Killingly	420
Manchester - East Catholic	370
Milford - Luralton Hall	431
Milford - Jonathan Law	487
Montville	381
New Haven - Career	457
New Haven - Hillhouse	452
New London	415
Plainfield	432
Plainville	447
Rocky Hill	383
Seymour	367
Stonington	378
Suffield	448
Tolland	450
Trumbull - St. Joseph	415
Waterford	477
Weston	427
Windham	396
Winsted - N.W. Reg.	417
Wolcott	413
Woodbury - Nonnewaug	459

No team (S)

Bridgeport - Kolbe	166
Danbury - Abbott Tech.	206
Hamden - Eli Whitney	247
Meriden - Wilcox Tech.	298
New Britain - Goodwin	204
No. Stonington - Wheeler	103
Norwich Tech.	174
Stamford Academy	60
Stamford - Trinity Catholic	237
Sprague - Holy Family	60
Torrington - Wolcott Tech.	250

Class S (Up to 356) (55)

Ansonia - Emmett O'Brien	152
Bloomfield	293
Bolton	165
Bristol - St. Paul	155
Canton	252
Chaplin - Parish Hill	74
Clinton - Morgan School	284
Coventry	279
Cromwell	297
Danbury - Immaculate	155
Deep River - Valley Reg.	306
Derby	187
Durham - Coginchaug	298
East Granby	127
East Haddam - Hale Ray	224
East Hampton	288
East Windsor	180
Fairfield - Notre Dame	250
Falls Village - Housatonic Valley	251
Groton - Grasso/Southeastern	252
Hartford - Capital Prep.	80
Hartford - Classical	216
Hartford - Sport & Medical Science	234
Hartford - University	141
Higganum - Haddam-Killingworth	330
Killingly - Ellis Tech	147
Lebanon - Lyman Memorial	317
Litchfield	199
Litchfield - Wamogo	221
Manchester - Cheney Tech.	110
Middletown - Vinal Tech.	175
Milford - Platt Tech.	289
New Haven - Amistad	96
New Haven - Hyde Leadership	43
North Branford	351
Old Lyme	224
Old Saybrook	275
Oxford	268
Portland	174
Putnam	152
Somers	281
Stafford	269
Terryville	256
Thomaston	183
Thompson - Tourtellotte	195
Uncasville - St. Bernard	158
Washington - Shepaug Valley	142
Waterbury - Holy Cross	355
Waterbury - Kaynor RVT	306
Waterbury - Sacred Heart	187
West Hartford - N.W. Catholic	338
Westbrook	133
Windham Tech.	201
Windsor Locks	268
Winsted - Gilbert	211

APPENDIX C

2011 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 2011 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 26

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

2011 BOYS DECATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 14, 2011 -- 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m
Wednesday, June 15, 2011 -- 110m Hurdles, Discus, Pole Vault (starts at 8'6"), Javelin,
1600m

The competition will start at 11:00 a.m. each day with check-in at 10:30 a.m.

Site: Willowbrook Park, New Britain

Meet Director: Thayer Redman, Manchester High School (860) 647-3521 / Cell (860) 942-0346

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 Tuesday, June 7, 2011. Entries submitted later than midnight, Tuesday, June 7, 2011 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 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.
6. **The high jump will increase in 5 cm increments.**

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

2011 GIRLS HEPTATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 14, 2011 -- 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m
Wednesday, June 15, 2011 -- Long Jump, Javelin Throw, 800m

The competition will start at 11:30 p.m. each day with check in at 11:00 a.m. On the second day competition will start at 11:00 a.m. with check in at 10:30 a.m.

Site: Willowbrook Park, New Britain

Meet Director: James Thompson, Windham High School / Cell: (860) 608-7145

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, Tuesday, June 7, 2011. Entries not submitted by midnight, June 7, 2011 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.
6. **The high jump will increase in 5 cm increments.**

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

2011 BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 14, 2011 -- Girls
Wednesday, June 15, 2011 -- 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 -- 3000 meters (or 2,000 m) Girls -- 2000 meters

**Seeding will be based on submitted 3200 meter times achieved during the 2011 Outdoor Track season.
PLEASE DO NOT USE OR TRY TO ESTIMATE STEEPLECHASE TIMES!**

Minimum standards are:

Boys – 10:50 for 3,200 meters

Girls – 12:40 for 3,200 meters

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 8, 2011. Entries submitted later than midnight, Wednesday, June 8, 2011 will be rejected.
3. **Boys may be assigned to 2000 m heats based on seed time.**

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

2011 BOYS AND GIRLS HAMMER THROW INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 14, 2011 -- Girls
Wednesday, June 15, 2011 -- Boys

Site: Willowbrook Park, New Britain

Meet Directors: Girls -- Carl Reichard, East Lyme High School – (860) 739-1481 / Home (860) 572-9426
Boys -- Tim Kolodziej, Brookfield High School – (203) 241-7894

The Hammer Throw will start at 2:30 p.m. each day.

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 8, 2011. Entries submitted later than midnight, Wednesday, June 8, 2011 will be rejected.
3. **Standard: Boys – 100 feet Girls – 80 feet**
(Must have reached this distance in practice. **Throws in the competition will not be measured below 90 feet for boys and 70 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.

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*.

- 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)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
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:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>
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- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.

APPENDIX F

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Most of the heat-related problems have been associated with football, due to the special equipment and uniforms needed. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. This is not acceptable. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – HEAT CRAMPS ARE A MILD HEAT ILLNESS THAT CAN BE EASILY TREATED. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

HEAT SYNCOPE – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

HEAT EXHAUSTION – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

HEAT STROKE – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 Unlimited activity
65-73 Moderate risk

73-82 High risk
82-plus Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature.

Air Temp	Danger Zone	Critical Zone	
70F	80% RH	100% RH	RH = Relative Humidity
75F	70% RH	100% RH	
80F	50% RH	80% RH	
85F	40% RH	68% RH	
90F	30% RH	55% RH	
95F	20% RH	40% RH	
100F	10% RH	30% RH	

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60F	Safe but always observe athletes
61 - 65F	Observe players carefully
66 - 70F	Caution
71 - 75F	Shorter practice sessions and more frequent water and rest breaks
75 plus F	Danger level and extreme caution

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**
7. Athletes should weight each day before and after practice and **WEIGHT CHARTS CHECKED.** Generally a three percent weight loss through sweating is safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **Do not allow athletes to return to practice until they have adequately replaced their weight from fluid loss.**
8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
11. Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children
<http://www.nata.org/consumer/docs/parentandcoachesguide.pdf>

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.

A rectal temperature not oral, aural, or temporal is diagnostic of heatstroke. Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to cool the athlete then delay. **Immediately cool the athlete while waiting for transfer to a hospital.** Remove equipment and immerse body in ice cold water and keep cooling athlete.

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on stand-by should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

HEAT EXHAUSTION – CONTACT LICENSED HEALTH CARE PROVIDER. Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

- **Fluid Replacers**
 - Examples: Water, Gatorade, Powerade, 10K, Quickkick, Max
 - These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.
- **Carbohydrate loaders**
 - Examples: Gatorlode, Exceed High, Carboplex, etc.
 - These drinks replace more muscle glycogen to enhance greater endurance.
 - They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.
- **Nutrition Supplements**
 - Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.
 - These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
 - They help restore muscle glycogen stores after exercise.
 - They provide extra calories for athletes beyond a proper balanced diet.

What Not to Drink

- Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.

Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

What to Drink During Exercise

- If exercise lasts more than 50 minutes, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.
- Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary

- fluid intake as well as offsetting the small amount of salts lost with water.
- Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association.
- A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.
- <http://www.weather.gov/om/heat/heatindex.shtml>