

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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

34th ANNUAL GIRLS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by Dove, State Farm and PureTech Water
76th ANNUAL BOYS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by State Farm and PureTech Water

1. **AUTHORITY**

The decisions of the Girls and Boys Cross Country Committees and/or the Meet Director relative to the operation of the meets shall be final.

2. **AWARDS**

Individual awards will be given to the first twelve (12) finishers in each Divisional Championship, and also the first twenty-five (25) finishers in the Open Championship. Awards will be given to a maximum of twelve (12) runners listed on the entry form of the first and second place team in each divisional and open championship. A plaque will be awarded to the winner and runner-up teams in each divisional and open championship event. Awards will be presented at the finish area **approximately** 35 minutes after the conclusion of the race. (Coaches please have your athletes in the area soon after the race.)

3. **DATE OF MEETS / SITES / STARTING TIMES**

The ***Girls and Boys Divisional Championship*** Meets for 2007 shall be as follows:

All Divisional Championship races will be held at:

Wickham Park, East Hartford, CT
on
Saturday, October 27, 2007

(Weather Date -- Monday, October 29 -- Same times)

Boys starting times for each race will be:

M Division	–	9:30 a.m.	LL Division	–	1:00 p.m.
MM Division	–	10:30 a.m.	S Division	–	2:00 p.m.
L Division	–	11:30 a.m.	SS Division	–	3:00 p.m.

Girls starting times for each race will be:

M Division	–	10:00 a.m.	LL Division	–	1:30 p.m.
MM Division	–	11:00 a.m.	S Division	–	2:30 p.m.
L Division	–	12:00 Noon	SS Division	–	3:30 p.m.

All races will start **promptly** at the time listed.

The ***Boys and Girls State Open Championship*** will be held at:

Wickham Park, East Hartford, CT
on
Friday, November 2, 2007

(Weather Date -- Saturday, November 3, 2007)

Boys starting time for the race will be 2:00 p.m. / **Girls starting time** for the race will be 2:45 p.m.

The **New England Championship** will be held at the

Twin Brook Park, Cumberland, ME
on
Saturday, November 10, 2007

4. **DIVISIONS**

The 2007 Boys and Girls Cross Country Championships will be operated in six (6) divisions. Placement of schools is based on the girl or boy enrollment in grades 10, 11, 12 as shown in the 2006-07 Membership Directory.

<u>Girls Divisions:</u>	LL Division	-- 565 and over	M Division	-- 284 - 375
	L Division	-- 476 - 564	SS Division	-- 195 - 283
	MM Division	-- 376 - 475	S Division	-- up to 194
<u>Boys Divisions:</u>	LL Division	-- 611 and over	M Division	-- 296 - 383
	L Division	-- 460 - 610	SS Division	-- 201 - 295
	MM Division	-- 384 - 459	S Division	-- up to 200

NOTE: Schools should notify the CIAC of any incorrect placement by October 5, 2007. NO CHANGES will be made on the day of the event.

5. **ENTRY FEE / ENTRY FORM**

- A. Each girls and/or boys team entering the championships will be assessed an entry fee of \$70, which must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Make check payable to CIAC. **Entry forms must be submitted via the password-protected online eligibility center -- NO LATER THAN FRIDAY, OCTOBER 19, 2007.**
- B. **START LIST** -- Start list will be posted on CIAC web site approximately five days prior to the class meets.
- C. **RESULTS -- CLASS** -- Results of individual Class Meets will be made available following the conclusion of each race. **Results will be available on the CIAC web site -- casciac.org**

6. **MEET DIRECTOR**

The Girls Meet Director for both the Divisional and Open Championships will be Robert Haddad – 5 Columbia Landing, Columbia 06237 – Telephone - Home (860) 228-4816

The Boys Meet Director for both the Divisional and Open Championships will be Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074 -- Telephone - Home (860) 644-1264.

The Boys and Girls CIAC Cross Country Committee Chair is Donn Friedman, Director of Meriden Adult Education, 22 Liberty Street, Meriden, CT 06450 – telephone -- home (860) 633-0412 / school (203) 630-4190.

7. **INSPECTION OF COURSE**

On the day of the class meets the Wickham Park course will not be open for inspection until 8:00 a.m. Schools may inspect the course prior to the day of the meet. On the day of the Open Meet the Park will not be open until 12:00 Noon

ADMISSION / TICKET PRICE

Please be advised that a parking fee of \$7 per car will be charged.

8. **CIAC LATE ENTRY POLICY**

- i. **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- ii. 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 dollars per corrections to a maximum of \$250 dollars.
- iii. All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

TOURNAMENT REGULATIONS 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.

9. **MEET REGULATIONS**

All state meets shall be governed by the following regulations:

- a. Only institutional members of the Conference may enter these championships.
- b. For Girls Races -- All courses will be 4,000 meters.
For Boys Races -- All courses will be 5,000 meters.
- c. The team roster for the state and open meets shall consist of seven (7) runners, plus all other eligible to compete. There is no minimum as to the number of competitors a school may enter be it 1, 2, 3, etc. There is a maximum of seven (7) runners who may run in an event. Seven (7) runners may compete in the state and open meets, these seven (7) runners need not be the same for each meet. Substitutions may be made to the original seven up to thirty (30) minutes before the start of the race.
- d. The Open Meet will be made up of the top two (2) teams from each division decided by points, plus eight (8) additional teams decided by having the fastest team times. In a division any team ranked higher in place scoring than a team advanced to the Open based on time, will also advance. **(Due to changes in the course, there is no automatic team time qualification.)**
- e. Individual qualifiers for the Open Meet will include the top **twelve (12)** runners in each division plus the thirty (30) fastest runners overall on time beyond the automatic qualifiers. **(Note: Due to changes in the course, there is no automatic individual time qualification.)**
- f. Each runner must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) separate regular season meets held on four separate dates.
- g. Coaches are expected to maintain discipline over their runners at all times. We are guests at the Championship site and every precaution must be taken to insure that the site is not damaged or that acts of theft and vandalism do not occur. Coaches and their schools will be held liable for their runners actions. **PRINCIPALS AND COACHES ARE ASKED TO INFORM THEIR RUNNERS AND FANS THAT GRILLS, FOOTBALLS, FRISBEES, RADIOS AND OTHER SUCH ITEMS ARE NOT TO BE BROUGHT TO THE CHAMPIONSHIP SITE.**
- h. Runners will not be allowed to participate without the presence of their coach or an adult officially designated in writing by their principal.

- i. Scoring will be in accordance with National Federation Rules.

(NOTE: If fewer than five competitors of a team finish the places of all members of that team shall be disregarded and all other team scores re-ranked. Also, runners must finish within 26 minutes after the start of the race to be tabulated in the scoring.)

- j. **ANY RUNNER WHO USES AN ILLEGAL AID OTHER THAN A WATCH, SUCH AS A HEART RATE MONITOR, SHALL BE DISQUALIFIED.**
- k. An ambulance will be available for all races. If called or away or in use, the races will continue.
- l. The finish line area is "off limits" to coaches, spectators and parents. Team or competitor disqualification may occur.
- m. Coaches are to bring a large plastic garbage bag so that what the team packs in may be packed out.

10. **NUMBERS**

Coaches are to check in at the registration area no later than 30 minutes prior to the start of the race in which their runners are competing. Numbers will be given at that time. Pins will be provided by the meet director.

11. **TEAM PICTURES**

Divisional and Open Championship winning teams are asked to submit team pictures to the CIAC office for publication in the CAS BULLETIN.

12. **TRAVELING EXPENSES**

Competing schools must provide their own transportation at their expense, they will not be reimbursed.

13. **UNIFORMS / DRESSING FACILITIES**

Each team member shall wear the same color and design team uniforms (jersey and trunks). Apparel worn under the jersey by more than one (1) team member (two or more), that apparel must be the same color. Note: Apparel worn under the uniform jersey and shorts must be of a single color. (Names on tights, etc. prohibited.)

UNIFORMS MUST BE IN COMPLIANCE WITH THE NATIONAL FEDERATION RULES AS STATED IN THE NATIONAL FEDERATION RULE BOOK. ALL TEAM AND INDIVIDUAL RUNNERS MUST COME DRESSED FOR COMPETITION. DRESSING ROOM ACCOMMODATIONS WILL NOT BE AVAILABLE.

FOR SAFETY AND WEATHER RELATED CONDITIONS, THE CIAC CROSS COUNTRY COMMITTEE HAS THE AUTHORITY TO PERMIT WEARING ADDITIONAL ATTIRE FOR COMPETITORS.

COACHES SHOULD REVIEW THE FEDERATION JEWELRY RULE WITH THEIR ATHLETES.

**** NOTE:- THIS REGULATION WILL BE STRICTLY ENFORCED AT ALL CIAC CHAMPIONSHIP MEETS. VIOLATORS MAY BE DISQUALIFIED**

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).

14. **ROAD RACE PARTICIPATION**

Participation on the part of any interscholastic cross country team member in any road race conducted after his/her school's first scheduled meet of the CIAC season will be considered a violation of Rule II.E. of the CIAC Rules of Eligibility and Control. Any cross country runner male or female, who so participates will be declared ineligible.

NOTE: Teams and individual runners qualifying for the New Englands are subject to all CIAC rules. The season for those competing in the New England ends after the New England Meet.

15. **COMPETITORS / CHUTES**

COACHES ARE TO INSTRUCT THEIR RUNNERS TO CONTINUE FORWARD TO THE END OF THE CHUTE. RUNNERS ARE NOT TO STOP AFTER CROSSING THE FINISH LINE. 180 PLUS RUNNERS COMPETE IN EACH RACE.

GIRLS CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM

<u>Division LL</u>	(25 teams)	(565 - Over)	<u>Division MM</u>	(27 Teams)	(376 - 475)
Bridgeport Central		904	Berlin		397
Bridgeport - Harding		619	Bethel		380
Cheshire		626	Branford		441
Danbury		1055	Bridgeport - Bassick		469
East Hartford		1001	Bristol Eastern		440
Glastonbury		774	Darien		409
Greenwich		999	East Haven		407
Hamden		792	Enfield - Enrico Fermi		429
Manchester		848	Fairfield Warde		452
Monroe - Masuk		572	Guilford		458
New Britain		1212	Hartford - Bulkeley		435
New Milford		568	Hartford Public		407
Newtown		632	Ledyard		407
Norwich Free Academy		925	Madison - Daniel Hand		452
Ridgefield		676	Meriden - Maloney		473
Shelton		609	Meriden - Platt		403
South Windsor		612	Milford - Foran		402
Southington		836	Milford - Jonathan Law		381
Stamford		688	New Canaan		427
Stamford - Westhill		827	New Haven - Hillhouse		433
Trumbull		789	North Haven		474
West Hartford - Wm. Hall		586	Vernon - Rockville		470
West Haven		675	Waterbury - Wilby		447
Westport - Staples		591	Waterford		380
Woodbridge - Amity Reg.		663	Wethersfield		443
			Wilton		429
			Woodstock Academy		447
<u>Division L</u>	(22 Teams)	(476 - 564)	<u>Division M</u>	(29 Teams)	(284 - 375)
Bristol Central		518	Avon		342
East Lyme		505	Beacon Falls - Woodland Reg.		304
Fairfield - Ludlowe		477	Bridgeport - Bullard-Havens		334
Farmington		487	Brookfield		363
Groton - Fitch		497	Colchester - Bacon Academy		359
Middletown		521	Enfield		334
Middletown - Mercy		486	Hamden - Sacred Heart Academy		362
Naugatuck		524	Hartford - Weaver		373
New Haven - Wilbur Cross		497	Hebron - RHAM		366
Newington		531	Killingly		339
Norwalk		562	Milford - Lauralton Hall		331
Norwalk - Brien McMahon		556	Montville		305
Simsbury		517	New Fairfield		324
Southbury - Pomperaug		484	Plainfield		292
Storrs - E.O. Smith		491	Plainville		331
Stratford - Bunnell		529	Redding - Joel Barlow		373
Torrington		503	Seymour		344
Wallingford - Lyman Hall		494	Stonington		284
Waterbury - Crosby		521	Stratford		309
Waterbury - Kennedy		481	Suffield		357
West Hartford - Conard		517	Tolland		321
Windsor		479	Trumbull - St. Joseph		333
			Wallingford - Sheehan		361
			Waterbury - Holy Cross		290
			Watertown		357
			Windham		319
			Winsted - N.W. Reg.		324
			Wolcott		347
			Woodbury - Nonnewaug		367

Division SS (28 Teams) (195 - 283)

Bloomfield	225
Burlington - Lewis Mills	292
Clinton - Morgan School	250
Coventry	219
Cromwell	213
Deep River - Valley Reg.	234
Durham - Cuginchaug	206
East Hampton	239
Ellington	248
Fairfield - Notre Dame Catholic	207
Falls Village - Hous. Valley	213
Granby Memorial	230
Griswold	268
Groton - Grasso Tech.	198
Hartford - A.I. Prince	213
Higganum - Haddam/Killingworth	258
Lebanon - Lyman Memorial	231
Manchester - East Catholic	270
New London	236
North Branford	261
Rocky Hill	281
Somers	226
Stafford	206
Terryville	201
Waterbury - Sacred Heart	199
West Hartford - N.W. Catholic	247
Weston	280
Windsor Locks	236

Division S (33 Teams) (Up to 194)

Bolton	118
Bristol - St. Paul Catholic	88
Canton	188
Chaplin - Parish Hill	78
Danbury - Immaculate	133
Derby	160
East Haddam - Hale Ray	139
East Granby	123
East Windsor	185
Hartford - Capital Prep.	49
Hartford Classical Magnet	107
Hartford - Sport & Medical Science	172
Hartford - University	70
Killingly - Ellis	107
Litchfield	176
Litchfield - Wamogo	155
Meriden - Wilcox Tech.	148
Milford - Platt Tech	179
New Milford - Faith Prep/Faith Ac.	33
No. Stonington - Wheeler	96
Norwich RVT	90
Portland	139
Putnam	169
Old Lyme	191
Old Saybrook	159
Thomaston	119
Thompson - Tourtellotte	149
Torrington - Wolcott Tech	169
Uncasville - St. Bernard	130
Washington - Shepaug Valley	157
Waterbury - Kaynor Tech.	192
Windham Tech	104
Winsted - Gilbert School	170

No Team

If your school appears in this listing and you now have a girls cross country team please contact the CIAC office.

Ansonia	241
Ansonia - O'Brien Tech.	118
Bridgeport - Kolbe-Cathedral	157
Danbury - Abbott Tech.	105
Hamden - Eli Whitney Tech	201
Hamden - Hyde Leadership	38
Manchester - Cheney Tech	66
Middletown - Vinal Tech.	103
New Britain - Goodwin Tech.	161
New Haven - Career	301
Sprague - Ac. Holy Family	34
Stamford - Trinity Catholic	25-
Stamford - Wright Tech	66
Westbrook	116

BOYS CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM

<u>Division LL</u>	(23 teams)	(611 and over)	<u>Division MM</u>	(26 teams)	(384 - 459)
Cheshire		628	Berlin		422
Danbury		949	Bethel		389
East Hartford		753	Bristol Eastern		409
Fairfield Prep.		651	Darien		417
Glastonbury		743	East Haven		398
Greenwich		1099	Enfield - Enrico Fermi		431
Hamden		795	Fairfield - Warde		408
Manchester		781	Guilford		423
Middletown - Xavier		615	Hartford - Bulkeley		418
Naugatuck		613	Hartford - Weaver		385
New Britain		1204	Hebron - RHAM		401
Newtown		648	Ledyard		390
Norwalk		616	Madison - Daniel Hand		445
Norwich Free Academy		887	Meriden - Platt		424
Ridgefield		615	Middletown		445
Shelton		679	Milford - Jonathan Law		398
Simsbury		625	Milford - Platt Tech		434
South Windsor		613	New Haven - Hillhouse		411
Southington		830	North Haven		448
Stamford		644	Storrs - E.O. Smith		450
Stamford - Westhill		839	Vernon - Rockville		403
Trumbull		741	Wallingford - Lyman Hall		423
West Haven		628	Waterbury - Kennedy		454
			Waterbury - Wilby		427
			Wethersfield		437
			Woodstock Academy		423
<u>L Division</u>	(26 teams)	(460 - 610)	<u>Division M</u>	(30 teams)	(296 - 383)
Branford		557	Avon		382
Bridgeport - Bassick		541	Beacon Falls - Woodland		310
Bridgeport - Warren Harding		557	Bridgeport - Bullard Haven		306
Bristol Central		526	Brookfield		371
East Lyme		471	Colchester - Bacon Academy		367
Fairfield - Ludlowe		492	Ellington		296
Farmington		536	Enfield		321
Groton - Fitch		518	Griswold		299
Meriden - Maloney		492	Hartford Public		377
Monroe - Masuk		573	Killingly - Ellis Tech		313
New Canaan		474	Manchester - Cheney Tech		349
New Haven - Wilbur Cross		482	Meriden - Wilcox Tech		316
New Milford		558	Middletown - Vinal		355
Newington		587	Milford - Foran		333
Norwalk - Brien McMahon		556	New Fairfield		341
Southbury - Pomperaug		522	Plainfield		308
Stratford - Bunnell		537	Plainville		350
Torrington		487	Redding - Joel Barlow		367
Waterbury - Crosby		492	Seymour		339
West Hartford - Conard		529	Stratford		336
West Hartford - Wm. Hall		578	Tolland		319
West Haven - Notre Dame		507	Torrington - Wolcott Tech		337
Westport - Staples		600	Wallingford - Sheehan		358
Wilton		512	Waterbury - Holy Cross		297
Windsor		578	Waterbury - Kaynor		356
Woodbridge - Amity Reg.		608	Waterford		353
			Watertown		365
			Weston		296
			Windham		381
			Wolcott		346

2007 Cross Country Championships

<u>Division SS</u>	(29 teams)	(201 - 295)
Bloomfield		239
Burlington - Lewis Mills		272
Clinton - Morgan School		252
Coventry		227
Danbury - Abbott Tech.		288
Deep River - Valley Reg.		208
Durham - Coginchaug		209
Fairfield - Notre Dame Catholic		223
Falls Village - Housatonic Valley		217
Granby Memorial		290
Groton - Grasso Southeastern		261
Hartford - A.I. Prince Tech		205
Higganum - Haddam-Killingworth		258
Killingly		282
Lebanon - Lyman Memorial		206
Manchester - East Catholic		279
Montville		290
New London		258
North Branford		271
Norwich Tech		214
Rocky Hill		270
Stonington		295
Suffield		294
Trumbull - St. Joseph		291
West Hartford - N.W. Catholic		217
Windsor Locks		253
Windham Tech		239
Winsted - N.W. Reg.		264
Woodbury - Nonnewaug		259

<u>Division S</u>	(33 teams)	(Up to 200)
Bolton		95
Bristol - St. Paul Catholic		92
Canton		195
Chaplin - Parish Hill		72
Cromwell		199
Danbury - Immaculate		170
Derby		170
East Haddam - Hale Ray		144
East Granby		121
East Hampton		186
East Windsor		186
Hartford - Capital Prep Magnet		34
Hartford Classical Magnet		71
Hartford - Sport & Medical Science		120
Hartford - University		123
Litchfield		151
Litchfield - Wamogo Reg.		142
New Haven - Career		197
North Stonington - Wheeler		78
Old Lyme		174
Old Saybrook		180
Portland		123
Putnam		130
Somers		192
Stafford		187
Terryville		186
Thomaston		153
Thompson - Tourtellotte		144
Uncasville - St. Bernard		148
Washington - Shepaug Valley		142
Waterbury - Sacred Heart		156
Westbrook		113
Winsted - Gilbert School		176

No Team

If your school appears on this list but you now have a boys cross country team, please contact the CIAC office.

Ansonia	236
Ansonia - O'Brien Tech.	263
Bridgeport Central	836
Bridgeport - Kolbe-Cathedral	79
Hamden - Eli Whitney Tech	187
New Britain - Goodwin Tech	189
New Haven - Hyde Leadership	99
New Milford - Faith Ac/Faith Prep.	20
Stamford - Trinity Catholic	174
Stamford - Wright Tech	119

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2007 CROSS COUNTRY STATE TOURNAMENT ENTRY FORM

1. The entry form must be submitted via the password-protected online eligibility center -- NO LATER THAN 4:00 ON FRIDAY, OCTOBER 19, 2007. MAIL \$70 ENTRY FEE TO CIAC OFFICE, 30 Realty Drive, Cheshire, CT 06410.
2. The entry form must list seven athletes who are likely to run. Substitutions may be made to the original seven up to thirty minutes before the start of the race, but not after. (Substitutes must be listed on eligibility list submitted to CIAC office.) Please check for correct spelling.
3. Only seven runners may run. The runners in the Class Championship need not be the same for the Open Championship.
4. Entrants for tournament meets must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) regular season meets held on separate dates.
5. **Send tournament entry fee of \$70 to: The CIAC Office, 30 Realty Drive, Cheshire, CT 06410.** If schools require a P.O. for fee payment, please indicate that payment will be forthcoming. Make check payable to CIAC.

Entry form must be submitted via the password-protected online eligibility center.

6. **CIAC LATE ENTRY POLICY**

- **No tournament entries will be accepted after the established deadline 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 dollars per correction to a maximum of \$250 dollars.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

TOURNAMENT REGULATIONS 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.

7. **Start List / Corrections** – Start lists will be posted on the CIAC web site approximately five days prior to the class meets. Corrections must be made on the substitution form which is available in the password protected online eligibility center.

CROSS COUNTRY TOURNAMENT FORMS LISTING

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

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

The following forms must be submitted for the sport of cross country:

1. Entry Form*
2. Substitution Form – if making any changes to your lineup at the meet you must do so on the substitution form which can be printed from the online eligibility center.

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

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Cross Country Entry Form

INFORMATION REQUIRED:

The seven runners most likely to run are:

Name
1.
2.
3.
4.
5.
6.
7.

Head Coach:

School Phone:

Home Phone:

Principal:

Athletic Director:

Certifying Medical Official: