

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

35th ANNUAL 2008 GIRLS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by Dove and PureTech Water
77th ANNUAL 2008 BOYS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by 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. **(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 2008 shall be as follows:

All Divisional Championship races will be held at:

Wickham Park, Manchester, CT
Saturday, October 25, 2008
(Weather Date -- Sunday, October 26 and/or Monday, October 27)

Girls starting times for each race will be:

L Division	–	9:30 a.m.	SS Division	–	1:15 p.m.
LL Division	–	10:35 a.m.	M Division	–	2:20 p.m.
S Division	–	11:40 a.m.	MM Division	–	3:25 p.m.

Boys starting times for each race will be:

L Division	–	10:05 a.m.	SS Division	–	1:50 p.m.
LL Division	–	11:10 a.m.	M Division	–	2:55 p.m.
S Division	–	12:15 Noon	MM Division	–	4:00 p.m.

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

The **BOYS AND GIRLS STATE OPEN CHAMPIONSHIP** will be held at:

Wickham Park, Manchester, CT
on
Friday, October 31, 2008

(Weather Date -- Saturday, November 1, 2008)

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

The **NEW ENGLAND CHAMPIONSHIP** will be held at the

Derryfield Park, Manchester, NH

on

Saturday, November 8, 2008

4. **DIVISIONS**

The 2008 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 9 - 12 as shown in the 2007-08 Membership Directory.

<u>Boys Divisions:</u>	LL Division	-- 819 and over	M Division	-- 400 - 519
	L Division	-- 644 - 818	SS Division	-- 278 - 399
	MM Division	-- 520 - 643	S Division	-- up to 277

<u>Girls Divisions:</u>	LL Division	-- 735 and over	M Division	-- 385 - 493
	L Division	-- 621 - 734	SS Division	-- 255 - 384
	MM Division	-- 494 - 620	S Division	-- up to 254

NOTE: Schools should notify the CIAC of any incorrect placement by October 3, 2008. 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 \$75, 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 17, 2008.**
- 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. E-mail: billbtcc@aol.com

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. E-mail: don.friedman@meriden.k12.ct.us

7. **INSPECTION OF COURSE**

Schools are encouraged to inspect the course prior to the day of the meet to keep the course free of traffic for the racers. On the day of the class meets the Wickham Park course will not be open for inspection until 8:00 a.m. On the day of the Open Meet the park will not be open until 12:00 Noon.

PARKING FEE

Please be advised that a parking fee of \$4 per car will be charged.

8. CIAC LATE ENTRY POLICY

- a. **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- b. 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.
- c. 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 5,000 meters. **(New distance on a two-year trial basis)**
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.
- 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.
- 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 the actions

of their runners. **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 for boys and 31 minutes for girls 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 also 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 England Championship 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> (30 teams)	(735 - Over)	<u>Division MM</u> (27 Teams)	(494 - 620)
Bridgeport Central	1199	Avon	515
Bridgeport - Warren Harding	762	Berlin	501
Cheshire	793	Bethel	523
Danbury	1444	Branford	595
East Hartford	1027	Bridgeport - Bassick	604
Glastonbury	1033	Darien	607
Greenwich	1289	East Haven	557
Hamden	1077	Enfield - Enrico Fermi	594
Hartford - Bulkeley	751	Guilford	606
Hartford Public	764	Hamden - Sacred Heart Academy	505
Manchester	1076	Hartford - Weaver	612
New Britain	1529	Hebron - RHAM	498
New Haven - Wilbur Cross	769	Ledyard	570
New Milford	788	Madison - Daniel Hand	598
Newington	737	Meriden - Platt	612
Newtown	862	Milford - Foran	556
Norwalk	753	Milford - Jonathan Law	519
Norwalk - Brien McMahon	808	New Canaan	583
Norwich Free Academy	1291	New Haven - Hillhouse	565
Ridgefield	898	Stratford	500
Shelton	795	Wallingford - Sheehan	494
South Windsor	790	Waterbury - Wilby	597
Southington	1083	Waterford	531
Stamford	880	Watertown	494
Stamford - Westhill	1119	Wethersfield	617
Trumbull	1105	Wilton	609
W. Hartford - Wm. Hall	763	Woodstock Academy	585
West Haven	870		
Westport - Staples	817		
Woodbridge - Amity Reg.	834		

<u>Division L</u> (24 Teams)	(621 - 734)	<u>Division M</u> (24 Teams)	(385 - 493)
Bristol Central	704	Beacon Falls - Woodland Reg.	397
Bristol Eastern	658	Bridgeport - Bullard-Havens	442
East Lyme	678	Brookfield	484
Fairfield - Ludlowe	720	Burlington - Lewis Mills	389
Fairfield - Warde	638	Colchester - Bacon Academy	461
Farmington	668	Enfield	442
Groton - Fitch	729	Griswold	415
Meriden - Maloney	645	Milford - Luralton Hall	432
Middletown	676	Montville	426
Middletown - Mercy	695	New Fairfield	440
Monroe - Masuk	701	Plainfield	467
Naugatuck	667	Plainville	447
North Haven	660	Redding - Joel Barlow	492
Simsbury	727	Seymour	454
Southbury - Pomperaug	703	Stonington	392
Storrs - E.O. Smith	625	Suffield	451
Stratford - Bunnell	686	Tolland	421
Torrington	627	Trumbull - St. Joseph	441
Vernon - Rockville	661	Waterbury - Holy Cross	404
Wallingford - Lyman Hall	632	Weston	417
Waterbury - Crosby	684	Windham	470
Waterbury - Kennedy	685	Winsted - N.W. Reg.	422
West Hartford - Conard	730	Wolcott	457
Windsor	661	Woodbury - Nonnewaug	489

<u>Division SS</u>	(27 Teams)	(255 - 384)
Bloomfield		311
Clinton - Morgan School		331
Coventry		278
Cromwell		304
Deep River - Valley Reg.		311
Durham - Cuginchaug		297
East Hampton		323
Ellington		372
Fairfield - Notre Dame Catholic		282
Falls Village - Hous. Valley		272
Granby Memorial		334
Hartford - A.I. Prince		317
Higganum - Haddam/Killingworth		340
Lebanon - Lyman Memorial		317
Manchester - East Catholic		367
Meriden - Wilcox Tech.		270
Milford - Platt Tech.		259
New London		358
North Branford		359
Rocky Hill		371
Somers		288
Stafford		260
Terryville		263
Torrington - Wolcott Tech.		305
Waterbury - Kaynor Tech.		274
West Hartford - N.W. Catholic		336
Windsor Locks		274

<u>Division S</u>	(32 Teams)	(Up to 254)
Bolton		146
Bristol - St. Paul Catholic		126
Canton		252
Chaplin - Parish Hill		87
Danbury - Abbott Tech.		173
Danbury - Immaculate		172
Derby		206
East Haddam - Hale Ray		208
East Granby		126
East Windsor		226
Groton - Grasso Southeastern Tech	248	
Hartford - Capital Prep.		82
Hartford Classical Magnet		184
Hartford - Sport & Medical Science		227
Hartford - University		137
Litchfield		207
Litchfield - Wamogo		218
New Milford - Faith Prep/Faith Ac.		32
No. Stonington - Wheeler		117
Norwich RVT		116
Portland		190
Putnam		211
Old Lyme		244
Old Saybrook		242
Oxford		124
Thomaston		174
Thompson - Tourtellotte		203
Uncasville - St. Bernard		173
Washington - Shepaug Valley		199
Waterbury - Sacred Heart		242
Windham Tech		168
Winsted - Gilbert School		206

No Team

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

Ansonia	377	
Ansonia - O'Brien Tech.		173
Bridgeport - Kolbe-Cathedral		192
Hamden - Eli Whitney Tech		271
Hamden - Hyde Leadership		52
Killingly		459
Killingly - Ellis		158
Manchester - Cheney Tech		88
Middletown - Vinal Tech.		158
New Britain - Goodwin Tech.		186
New Haven - Career		471
Sprague - Ac. Holy Family		43
Stamford Academy		53
Stamford - Trinity Catholic		296
Stamford - Wright Tech		106
Westbrook		147

BOYS CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM

<u>Division LL</u>	(25 teams)	(819 and over)	<u>Division MM</u>	(25 teams)	(520 - 643)
Cheshire		859	Avon		535
Danbury		1390	Berlin		566
East Hartford		1014	Branford		586
Fairfield Prep.		893	Bristol Eastern		616
Glastonbury		1022	Brookfield		540
Greenwich		1404	Colchester - Bacon Academy		522
Hamden		1119	Darien		595
Hartford Public		820	East Haven		547
Manchester		1007	East Lyme		632
Middletown - Xavier		897	Enfield - Enrico Fermi		568
New Britain		1616	Fairfield - Warde	593	
Newtown		857	Guilford		563
New Haven - Wilbur Cross		891	Hebron - RHAM		531
Norwalk - Brien McMahon		852	Madison - Daniel Hand		640
Norwich Free Academy		1160	Meriden - Platt		591
Ridgefield		854	Milford - Jonathan Law		522
Shelton		895	Milford - Platt Tech		583
Simsbury		841	New Haven - Hillhouse		619
South Windsor		861	Storrs - E.O. Smith		571
Southington		1092	Vernon - Rockville		565
Stamford		901	Wallingford - Lyman Hall		553
Stamford - Westhill		1148	Waterbury - Kennedy		630
Trumbull		1001	Waterbury - Wilby		613
West Haven		918	Wethersfield		614
Westport - Staples		908	Woodstock Academy		577

<u>L Division</u>	(27 teams)	(644 - 818)	<u>Division M</u>	(27 teams)	(400 - 519)
Bridgeport - Bassick		703	Beacon Falls - Woodland		423
Bridgeport - Warren Harding		773	Bethel		511
Bristol Central		782	Bridgeport - Bullard Haven		431
Fairfield - Ludlowe		660	Enfield		485
Farmington		718	Granby Memorial		416
Groton - Fitch		684	Ledyard		492
Hartford - Bulkeley		763	Manchester - Cheney Tech		483
Hartford - Weaver		645	Meriden - Wilcox Tech		438
Meriden - Maloney		679	Middletown - Vinal		429
Middletown		665	Milford - Foran		458
Monroe - Masuk		712	Montville		403
Naugatuck		755	New Fairfield		501
New Canaan		645	New London		448
New Milford		806	Plainfield		448
Newington		791	Plainville		480
North Haven		650	Redding - Joel Barlow		470
Norwalk		808	Seymour		421
Southbury - Pomperaug		715	Stonington		421
Stratford - Bunnell		678	Stratford		471
Torrington		664	Tolland		430
Waterbury - Crosby		668	Torrington - Wolcott Tech		415
West Hartford - Conard		715	Wallingford - Sheehan		496
West Hartford - Wm. Hall	790		Waterbury - Kaynor		443
West Haven - Notre Dame		671	Waterford		482
Wilton		650	Watertown		486
Windsor		816	Windham		516
Woodbridge - Amity Reg.		816	Wolcott		476

<u><i>Division SS</i></u> (29 teams) (278 - 399)	<u><i>Division S</i></u> (33 teams) (Up to 277)
Bloomfield	Bolton
Burlington - Lewis Mills	Bristol - St. Paul Catholic
Canton	Chaplin - Parish Hill
Clinton - Morgan School	Cromwell
Coventry	Danbury - Immaculate
Danbury - Abbott Tech.	Derby
Deep River - Valley Reg.	East Haddam - Hale Ray
Durham - Coginchaug	East Granby
Ellington	East Hampton
Fairfield - Notre Dame Catholic	East Windsor
Falls Village - Housatonic Valley	Hartford - A.I. Prince Tech.
Griswold	Hartford - Capital Prep Magnet
Groton - Grasso Southeastern	Hartford Classical Magnet
Higganum - Haddam-Killingworth	Hartford - Sport & Medical Science
Manchester - East Catholic	Hartford - University
North Branford	Lebanon - Lyman Memorial
Norwich Tech	Litchfield
Rocky Hill	Litchfield - Wamogo Reg.
Somers	New Haven - Career
Suffield	North Stonington - Wheeler
Terryville	Old Lyme
Trumbull - St. Joseph	Old Saybrook
Waterbury - Holy Cross	Oxford
West Hartford - N.W. Catholic	Portland
Weston	Putnam
Windsor Locks	Stafford
Windham Tech	Thomaston
Winsted - N.W. Reg.	Thompson - Tourtellotte
Woodbury - Nonnewaug	Uncasville - St. Bernard
	Washington - Shepaug Valley
	Waterbury - Sacred Heart
	Westbrook
	Winsted - Gilbert School

No Team

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Ansonia	381
Ansonia - O'Brien Tech.	354
Bridgeport Central	1141
Bridgeport - Kolbe-Cathedral	124
Hamden - Eli Whitney Tech	258
Killingly	372
Killingly - Ellis Tech.	406
New Britain - Goodwin Tech	265
New Haven - Hyde Leadership	177
New Milford - Faith Ac/Faith Prep.	27
Stamford Academy	82
Stamford - Trinity Catholic	244
Stamford - Wright Tech	148

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2008 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 17, 2008.
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. **New procedures have been put in place to streamline payment of tournament fees.** Athletic departments will be invoiced for tournament fees electronically via the online eligibility center once per season. The invoice will show all fees due based on number of qualifiers and other variables which affect the fees in various sports. Invoices will be available for download as soon as the qualifiers in all sports for the season have been determined. Please wait for this invoice before submitting payment for any tournament fees.

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 should be faxed to Irv Black at (860) 826-8532 prior to October 27, 2008.

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: