

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

36th ANNUAL 2009 GIRLS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by PureTech Water
78th ANNUAL 2009 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.)**

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

The **GIRLS AND BOYS DIVISIONAL CHAMPIONSHIP** Meets for 2009 shall be as follows:

All Divisional Championship races will be held at:

Wickham Park, Manchester, CT
Saturday, October 31, 2009

(Weather Date -- Sunday, November 1 and/or Monday, November 2)

Boys starting times for each race will be:

S Division	–	9:15 a.m.	MM Division	–	12:55 p.m.
SS Division	–	10:20 a.m.	L Division	–	2:00 p.m.
M Division	–	11:25 a.m.	LL Division	–	3:05 p.m.

Girls starting times for each race will be:

S Division	–	9:45 a.m.	MM Division	–	1:25 p.m.
SS Division	–	10:50 a.m.	L Division	–	2:30 p.m.
M Division	–	11:55 a.m.	LL Division	–	3:35 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, November 6, 2009

(Weather Date -- Saturday, November 7, 2009)

Boys starting time for the race will be 2:00 p.m. / **Girls starting time** for the race will be 2:45 p.m.
2009 Cross Country Championships - 2

The NEW ENGLAND CHAMPIONSHIP will be held at

Wickham Park, Manchester, CT
on
Saturday, November 14, 2009

4. **DIVISIONS**

The 2009 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 2008-09 Membership Directory.

<u>Boys Divisions:</u>	LL Division	-- 800 and over	M Division	-- 400 - 491
	L Division	-- 625 - 799	SS Division	-- 281 - 399
	MM Division	-- 492 - 624	S Division	-- up to 280

<u>Girls Divisions:</u>	LL Division	-- 740 and over	M Division	-- 388 - 504
	L Division	-- 635 - 739	SS Division	-- 266 - 387
	MM Division	-- 505 - 634	S Division	-- up to 265

NOTE: SCHOOLS SHOULD NOTIFY THE CIAC OF ANY INCORRECT PLACEMENT BY OCTOBER 9, 2009. 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 23, 2009.**
- B. **START LIST** -- Start list will be posted on CIAC web site approximately five days prior to the class meets. Schools should follow the on-line substitution procedure and **bring the substitution form to the meet.**
- C. **RESULTS -- CLASS** -- Results of individual Class Meets will announced and posted 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/CIAC EVENT FEE

Be advised that a Spectator Parking and CIAC Event Admission Fee of \$8 per car will be collected.

Cars illegally parked outside the Wickham Park facility, especially on Tolland Street near the back entrance to the park, will be ticketed..

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. (**two-year trial basis - began in 2008**)
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. Athletic trainers will be available on site and located past the finish area.

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**-6**

<u>Division LL</u> (28 teams) (740 - Over)		<u>Division MM</u> (25 Teams) (505 - 634)	
Bridgeport Central	1158	Avon	522
Bridgeport - Warren Harding	834	Berlin	509
Cheshire	775	Bethel	523
Danbury	1429	Branford	573
East Hartford	924	Bridgeport - Bassick	582
Glastonbury	1017	Darien	631
Greenwich	1253	East Haven	527
Hamden	1024	Enfield - Enrico Fermi	592
Hartford Public	775	Guilford	597
Manchester	1039	Hartford - Weaver	540
New Britain	1442	Hebron - RHAM	523
New Milford	767	Ledyard	526
Newtown	861	Madison - Daniel Hand	600
Norwalk	752	Meriden - Platt	595
Norwalk - Brien McMahon	858	Milford - Foran	525
Norwich Free Academy	1287	Milford - Jonathan Law	520
Ridgefield	902	New Canaan	605
Shelton	813	Storrs - E.O. Smith	598
South Windsor	772	Torrington	594
Southington	1055	Vernon - Rockville	619
Stamford	838	Wallingford - Lyman Hall	631
Stamford - Westhill	1128	Waterbury - Wilby	567
Trumbull	1141	Waterford	510
W. Hartford - Conard	745	Wethersfield	614
W. Hartford - Wm. Hall	755	Woodstock Academy	585
West Haven	818		
Westport - Staples	861	<u>Division M</u> (29 Teams) (388 - 504)	
Woodbridge - Amity Reg.	813	Bridgeport - Bullard-Havens	454
		Brookfield	500
<u>Division L</u> (23 Teams) (635 - 739)		Burlington - Lewis Mills	403
Bristol Central	670	Colchester - Bacon Academy	495
Bristol Eastern	651	Enfield	443
East Lyme	640	Griswold	388
Fairfield - Ludlowe	734	Hamden - Sacred Heart Academy	497
Fairfield - Warde	660	Milford - Luralton Hall	441
Farmington	672	Montville	422
Groton - Fitch	712	New Fairfield	470
Hartford - Bulkeley	689	New Haven - Hillhouse	486
Meriden - Maloney	644	New London	388
Middletown	679	Plainfield	446
Middletown - Mercy	697	Plainville	417
Monroe - Masuk	645	Redding - Joel Barlow	488
Naugatuck	660	Rocky Hill	390
New Haven - Wilbur Cross	710	Seymour	408
Newington	697	Stratford	487
North Haven	659	Suffield	447
Simsbury	730	Tolland	438
Southbury - Pomperaug	687	Trumbull - St. Joseph	440
Stratford - Bunnell	656	Wallingford - Sheehan	495
Waterbury - Crosby	652	Waterbury - Holy Cross	388
Waterbury - Kennedy	675	Watertown	482
Wilton	639	Weston	430
Windsor	661	Windham	433
		Winsted - N.W. Reg.	448
		Wolcott	447
		Woodbury - Nonnewaug	452

2009 Girls Cross Country Divisions - 7

<u>Division SS</u>	(25 Teams)	(266 - 387)
Beacon Falls - Woodland		378
Bloomfield		297
Clinton - Morgan School		299
Coventry		269
Cromwell		306
Deep River - Valley Reg.		299
Durham - Cuginchaug		284
East Hampton		311
Ellington		387
Fairfield - Notre Dame Catholic		274
Falls Village - Hous. Valley		291
Granby Memorial		337
Hartford - A.I. Prince		337
Higganum - Haddam/Killingworth		346
Lebanon - Lyman Memorial		333
Manchester - East Catholic		364
Meriden - Wilcox Tech.		271
Milford - Platt Tech.		288
North Branford		352
Somers		296
Stonington		376
Terryville		266
Waterbury - Kaynor Tech.		274
West Hartford - N.W. Catholic		322
Windsor Locks		268

<u>Division S</u>	(35 Teams)	(Up to 265)
Bolton		155
Bristol - St. Paul Catholic		137
Canton		257
Chaplin - Parish Hill		97
Danbury - Abbott Tech.		177
Danbury - Immaculate		174
Derby		204
East Haddam - Hale Ray		224
East Granby		131
East Windsor		197
Groton - Grasso Southeastern Tech		254
Hartford - Capital Prep.		81
Hartford Classical Magnet		203
Hartford - Sport & Medical Science		244
Hartford - University		159
Litchfield		207
Litchfield - Wamogo		213
Manchester - Cheney Tech		106
New Haven - Amistad Academy		
No. Stonington - Wheeler		100
Norwich RVT		145
Portland		182
Putnam		163
Old Lyme		219
Old Saybrook		265
Oxford		190
Stafford		260
Torrington - Wolcott Tech.		249
Thomaston		175
Thompson - Tourtellotte		195
Uncasville - St. Bernard		164
Washington - Shepaug Valley		172
Waterbury - Sacred Heart		226
Windham Tech		181
Winsted - Gilbert School		204

No Team

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

Ansonia	354
Ansonia - O'Brien Tech.	168
Bridgeport - Kolbe-Cathedral	167
Hamden - Eli Whitney Tech	261
Hamden - Hyde Leadership	44
Killingly	439
Killingly - Ellis	156
Middletown - Vinal Tech.	152
New Britain - Goodwin Tech.	183
New Haven - Career	448
Sprague - Ac. Holy Family	48
Stamford Academy	58
Stamford - Trinity Catholic	278
Stamford - Wright Tech	98
Westbrook	137

BOYS CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM

<u>Division LL</u> (26 teams)	(800 and over)	<u>Division MM</u> (27 teams)	(492 - 624)
Bridgeport Central	1116	Avon	543
Bridgeport - Warren Harding	835	Berlin	518
Cheshire	850	Branford	571
Danbury	1363	Bristol Eastern	608
East Hartford	982	Brookfield	517
Fairfield Prep.	917	Darien	622
Glastonbury	1049	East Haven	505
Greenwich	1422	East Lyme	611
Hamden	1094	Enfield - Enrico Fermi	584
Manchester	1008	Fairfield - Warde	613
Middletown - Xavier	890	Guilford	541
New Britain	1532	Hartford - Weaver	583
Newtown	847	Hebron - RHAM	578
Norwalk - Brien McMahon	852	Meriden - Maloney	613
Norwich Free Academy	1203	Meriden - Platt	571
Ridgefield	903	Milford - Platt Tech	596
Shelton	848	New Canaan	617
Simsbury	832	New Fairfield	513
South Windsor	847	Storrs - E.O. Smith	594
Southington	1042	Torrington - Wolcott Tech.	492
Stamford	823	Vernon - Rockville	558
Stamford - Westhill	1126	Wallingford - Lyman Hall	559
Trumbull	1988	Wallingford - Sheehan	493
West Haven	821	Waterbury - Kennedy	623
Westport - Staples	896	Waterbury - Wilby	588
Woodbridge - Amity Reg.	841	Watertown	494
		Woodstock Academy	600
<u>L Division</u> (26 teams)	(625 - 799)	<u>Division M</u> (30 teams)	(400 - 491)
Bridgeport - Bassick	678	Beacon Falls - Woodland	414
Bristol Central	773	Bethel	487
Fairfield - Ludlowe	660	Bridgeport - Bullard Haven	417
Farmington	686	Burlington - Lewis Mills	425
Groton - Fitch	676	Colchester - Bacon Academy	479
Hartford - Bulkeley	751	Danbury - Abbott Tech.	402
Hartford Public	775	Enfield	460
Madison - Daniel Hand	630	Killingly - Ellis Tech.	412
Middletown	669	Ledyard	449
Monroe - Masuk	701	Manchester - Cheney Tech	491
Naugatuck	714	Meriden - Wilcox Tech	457
New Haven - Wilbur Cross	729	Middletown - Vinal	432
New Milford	775	Milford - Foran	473
Newington	770	Milford - Jonathan Law	487
North Haven	638	Montville	408
Norwalk	765	New Haven - Hillhouse	479
Southbury - Pomperaug	718	New London	481
Stratford - Bunnell	626	Plainfield	421
Torrington	636	Plainville	448
Waterbury - Crosby	682	Redding - Joel Barlow	469
West Hartford - Conard	707	Stonington	407
West Hartford - Wm. Hall	794	Stratford	484
West Haven - Notre Dame	679	Suffield	402
Wethersfield	633	Tolland	462
Wilton	659	Trumbull - St. Joseph	410
Windsor	742	Waterbury - Holy Cross	406
		Waterbury - Kaynor	443
		Waterford	474
		Windham	475
		Wolcott	465

2009 Boys Cross Country Divisions - 9

<u><i>Division SS</i></u>	(26 teams)	(281 - 399)
Bloomfield		352
Canton		281
Clinton - Morgan School		285
Coventry		284
Cromwell		281
Deep River - Valley Reg.		319
Durham - Coginchaug		284
East Hampton		283
Ellington		389
Granby Memorial		396
Griswold		380
Groton - Grasso Southeastern		368
Higganum - Haddam-Killingworth		373
Manchester - East Catholic		374
North Branford		349
Norwich Tech		328
Rocky Hill		392
Seymour		385
Somers		282
Terryville		294
West Hartford - N.W. Catholic		301
Weston		379
Windsor Locks		308
Windham Tech		341
Winsted - N.W. Reg.		367
Woodbury - Nonnewaug		390

<u><i>Division S</i></u>	(34 teams)	(Up to 280)
Bolton		125
Bristol - St. Paul Catholic		164
Chaplin - Parish Hill		99
Danbury - Immaculate		208
Derby		227
East Haddam - Hale Ray		194
East Granby		121
East Windsor		212
Falls Village - Housatonic Valley		276
Fairfield - Notre Dame		275
Hartford - A.I. Prince Tech.		280
Hartford - Capital Prep Magnet		70
Hartford Classical Magnet		149
Hartford - Sport & Medical Science		193
Hartford - University		188
Lebanon - Lyman Memorial		273
Litchfield		201
Litchfield - Wamogo Reg.		179
New Haven - Amistad Academy		276
New Haven - Career		126
North Stonington - Wheeler		126
Old Lyme		226
Old Saybrook		264
Oxford		223
Portland		179
Putnam		159
Stafford		157
Thomaston		183
Thompson - Tourtellotte		198
Uncasville - St. Bernard		185
Washington - Shepaug Valley		175
Waterbury - Sacred Heart		230
Westbrook		156
Winsted - Gilbert School		196

No Team

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

Ansonia	363
Ansonia - O'Brien Tech.	352
Bridgeport - Kolbe-Cathedral	143
Hamden - Eli Whitney Tech	260
Killingly	362
New Britain - Goodwin Tech	295
New Haven - Hyde Leadership	147
Stamford Academy	77
Stamford - Trinity Catholic	239
Stamford - Wright Tech	127

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2009 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 p.m. ON FRIDAY, OCTOBER 23, 2009. MAIL \$75 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 \$75 to: 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.
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7. **Start List / Corrections** – Start lists will be posted on the CIAC web site approximately five days prior to the class meets.