

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

37th ANNUAL 2010 GIRLS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by PureTech Water
79th ANNUAL 2010 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 2010 shall be as follows:

All Divisional Championship races will be held at:

Wickham Park, Manchester, CT
Saturday, October 30, 2010

(Weather Date -- Sunday, October 31 and/or Monday, November 1)

Girls starting times for each race will be:

S Division	–	9:15 a.m.	MM Division	–	1:00 p.m.
SS Division	–	10:20 a.m.	L Division	–	2:05 p.m.
M Division	–	11:25 a.m.	LL Division	–	3:10 p.m.

Boys starting times for each race will be:

S Division	–	9:50 a.m.	MM Division	–	1:35 p.m.
SS Division	–	10:55 a.m.	L Division	–	2:40 p.m.
M Division	–	12:00 p.m.	LL Division	–	3:45 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 5, 2010

(Weather Date -- Saturday, November 6, 2010)

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

Thetford Academy, Thetford, VT

on

Saturday, November 13, 2010

4. **DIVISIONS**

The 2010 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 2009-10 Membership Directory.

<u>Boys Divisions:</u>	LL Division -- 787 and over	M Division -- 387 - 494
	L Division -- 612 - 786	SS Division -- 255 - 386
	MM Division -- 495 - 611	S Division -- up to 254

<u>Girls Divisions:</u>	LL Division -- 760 and over	M Division -- 390 - 504
	L Division -- 635 - 759	SS Division -- 270 - 389
	MM Division -- 505 - 634	S Division -- up to 269

NOTE: SCHOOLS SHOULD NOTIFY THE CIAC OF ANY INCORRECT PLACEMENT BY OCTOBER 8, 2010. 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 22, 2010.**
- 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 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

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

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

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.
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

<u>Division LL</u> (27 teams) (760 - Over)		<u>Division MM</u> (25 Teams) (505 - 634)	
Bridgeport Central	1102	Avon	533
Bridgeport - Warren Harding	792	Berlin	515
Danbury	1411	Bethel	507
East Hartford	937	Branford	588
Fairfield Ludlowe	762	Bridgeport - Bassick	522
Glastonbury	1030	Brookfield	508
Greenwich	1277	Colchester - Bacon Academy	514
Hamden	941	East Lyme	612
Hartford Public	786	Enfield - Enrico Fermi	596
Manchester	998	Guilford	574
New Britain	1308	Hartford - Bulkeley	616
New Milford	781	Madison - Daniel Hand	630
Newtown	868	Meriden - Maloney	616
Norwalk	768	Meriden - Platt	574
Norwalk - Brien McMahon	880	Milford - Foran	533
Norwich Free Academy	1271	Storrs - E.O. Smith	622
Ridgefield	870	Stratford	510
Shelton	799	Stratford - Bunnell	625
Southington	1018	Torrington	567
Stamford	853	Vernon - Rockville	593
Stamford - Westhill	1108	Waterbury - Crosby	633
Trumbull	1152	Waterbury - Wilby	581
W. Hartford - Conard	772	Wethersfield	588
W. Hartford - Wm. Hall	769	Wilton	632
West Haven	809	Woodstock Academy	610
Westport - Staples	889		
Woodbridge - Amity Reg.	787	<u>Division M</u> (28 Teams) (390 - 504)	
<u>Division L</u> (21 Teams) (635 - 759)		Bridgeport - Bullard-Havens	459
Bristol Central	672	East Haven	503
Bristol Eastern	640	Ellington	397
Cheshire	746	Enfield	396
Darien	643	Hamden - Sacred Heart Academy	494
Fairfield - Warde	664	Hebron - RHAM	504
Farmington	653	Killingly	420
Groton - Fitch	680	Ledyard	499
Middletown	657	Milford - Jonathan Law	487
Middletown - Mercy	692	Milford - Luralton Hall	431
Monroe - Masuk	637	New Fairfield	502
Naugatuck	710	New Haven - Career	457
New Canaan	659	New Haven - Hillhouse	452
New Haven - Wilbur Cross	747	New London	415
Newington	704	Plainfield	432
North Haven	659	Plainville	447
Simsbury	755	Redding - Joel Barlow	495
South Windsor	736	Suffield	448
Southbury - Pomperaug	690	Tolland	450
Wallingford - Lyman Hall	640	Trumbull - St. Joseph	415
Waterbury - Kennedy	696	Wallingford - Sheehan	496
Windsor	665	Waterford	477
		Watertown	504
		Weston	427
		Windham	396
		Winsted - N.W. Reg.	417
		Wolcott	413
		Woodbury - Nonnewaug	459

2010 Girls Cross Country Divisions - 7

<u>Division SS</u>	(28 Teams)	(270 - 389)
Beacon Falls - Woodland		381
Bloomfield		293
Burlington - Lewis Mills		381
Clinton - Morgan School		284
Coventry		279
Cromwell		297
Deep River - Valley Reg.		306
Durham - Coginchaug		298
East Hampton		288
Granby Memorial		359
Griswold		371
Hartford - A.I. Prince		373
Hartford - Weaver		385
Higganum - Haddam/Killingworth		330
Lebanon - Lyman Memorial		317
Manchester - East Catholic		370
Meriden - Wilcox Tech.		287
Milford - Platt Tech.		290
Montville		381
North Branford		351
Old Saybrook		275
Rocky Hill		383
Seymour		367
Somers		281
Stonington		378
Waterbury - Holy Cross		355
Waterbury - Kaynor Tech.		306
West Hartford - N.W. Catholic		338

No Team

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

Ansonia	383
Ansonia - O'Brien Tech.	152
Bridgeport - Kolbe-Cathedral	166
Hamden - Eli Whitney Tech	247
Killingly - Ellis	147
New Britain - Goodwin Tech.	204
Sprague - Ac. Holy Family	60
Stamford Academy	60
Stamford - Trinity Catholic	237
Westbrook	137

<u>Division S</u>	(40 Teams)	(Up to 269)
Bolton		165
Bristol - St. Paul Catholic		155
Canton		252
Chaplin - Parish Hill		74
Danbury - Abbott Tech.		206
Danbury - Immaculate		155
Derby		187
East Haddam - Hale Ray		224
East Granby		127
East Windsor		180
Fairfield - Notre Dame, Fairfield		250
Falls Village - Housatonic Valley		251
Groton - Grasso Southeastern Tech		252
Hartford - Capital Prep.		80
Hartford Classical Magnet		216
Hartford - Sport & Medical Science		234
Hartford - University		141
Litchfield		199
Litchfield - Wamogo		221
Middletown - Vinal Tech.		175
Manchester - Cheney Tech		110
New Haven - Amistad Academy		96
New Haven - Hyde		43
No. Stonington - Wheeler		103
Norwich RVT		174
Portland		174
Putnam		152
Old Lyme		224
Oxford		268
Stafford		269
Teerryville		256
Torrington - Wolcott Tech.		250
Thomaston		183
Thompson - Tourtellotte		195
Uncasville - St. Bernard		158
Washington - Shepaug Valley		142
Waterbury - Sacred Heart		187
Windham Tech		201
Windsor Locks		268
Winsted - Gilbert School		211

BOYS CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM

<u>Division LL</u> (27 teams)	(787 and over)	<u>Division MM</u> (26 teams)	(495 - 611)
Bridgeport Central	1091	Avon	563
Bridgeport - Warren Harding	801	Berlin	512
Cheshire	842	Branford	541
Danbury	1432	Bristol Eastern	602
East Hartford	955	Brookfield	508
Fairfield Prep.	921	Colchester - Bacon Academy	509
Glastonbury	1076	East Lyme	611
Greenwich	1427	Enfield - Enrico Fermi	564
Hamden	1045	Guilford	547
Manchester	982	Hebron - RHAM	599
Middletown - Xavier	867	Manchester - Cheney Tech.	516
New Britain	1481	Meriden - Maloney	608
Newtown	861	Meriden - Platt	526
Norwalk - Brien McMahon	825	Milford - Platt Tech	590
Norwich Free Academy	1151	New Fairfield	521
Ridgefield	910	New Haven - Hillhouse	502
Shelton	832	New London	515
Simsbury	841	Stratford - Bunnell	600
South Windsor	843	Torrington - Wolcott Tech.	510
Southington	1014	Vernon - Rockville	531
Stamford	886	Wallingford - Lyman Hall	522
Stamford - Westhill	1117	Wallingford - Sheehan	500
Trumbull	1000	Waterford	400
West Hartford - Conard	791	Wethersfield	597
West Hartford - Wm. Hall	791	Watertown	504
Westport - Staples	898	Woodstock Academy	544
Woodbridge - Amity Reg.	844		
<u>L Division</u> (29 teams)	(612 - 786)	<u>Division M</u> (29 teams)	(387 - 494)
Bridgeport - Bassick	634	Beacon Falls - Woodland	414
Bristol Central	725	Bethel	481
Darien	639	Bridgeport - Bullard Haven	426
Fairfield - Ludlowe	693	Burlington - Lewis Mills	434
Fairfield - Warde	633	Danbury - Abbott Tech.	460
Farmington	671	East Haven	470
Groton - Fitch	629	Enfield	428
Hartford - Bulkeley	730	Granby Memorial	394
Hartford Public	737	Hartford - Weaver	409
Madison - Daniel Hand	634	Killingly - Ellis Tech.	420
Middletown	672	Ledyard	433
Monroe - Masuk	670	Meriden - Wilcox Tech	484
Naugatuck	730	Middletown - Vinal	432
New Canaan	633	Milford - Foran	492
New Haven - Wilbur Cross	775	Milford - Jonathan Law	492
New Milford	786	Montville	411
Newington	765	Plainfield	417
North Haven	619	Plainville	440
Norwalk	745	Redding - Joel Barlow	464
Southbury - Pomperaug	731	Rocky Hill	398
Storrs - E.O. Smith	614	Stonington	418
Torrington	618	Stratford	457
Waterbury - Crosby	695	Suffield	416
Waterbury - Kennedy	677	Tolland	492
Waterbury - Wilby	629	Trumbull - St. Joseph	390
West Haven	774	Waterbury - Holy Cross	397
West Haven - Notre Dame	637	Waterbury - Kaynor	443
Wilton	661	Windham	468
Windsor	708	Wolcott	429

2010 Boys Cross Country Divisions - 9

<u><i>Division SS</i></u>	(29 teams)	(255 - 386)	<u><i>Division S</i></u>	(30 teams)	(Up to 254)
Bloomfield		343	Bolton		131
Canton		291	Bristol - St. Paul Catholic		163
Clinton - Morgan School		287	Chaplin - Parish Hill		77
Coventry		284	Danbury - Immaculate		186
Cromwell		310	Derby		211
Deep River - Valley Reg.		312	East Haddam - Hale Ray		182
Durham - Coginchaug		280	East Granby		129
East Hampton		282	East Windsor		196
Ellington		375	Fairfield - Notre Dame		233
Falls Village - Housatonic Valley		258	Hartford - Capital Prep Magnet		63
Griswold		369	Hartford Classical Magnet		165
Groton - Grasso Southeastern		338	Hartford - Sport & Medical Science		202
Hartford - A.I. Prince Tech.		314	Hartford - University		219
Higganum - Haddam-Killingworth		363	Lebanon - Lyman Memorial		242
Killingly		369	Litchfield		200
Manchester - East Catholic		314	Litchfield - Wamogo Reg.		158
North Branford		336	New Haven - Amistad Academy		78
Norwich Tech		382	New Haven - Career		253
Old Saybrook		258	New Haven - Hyde		150
Oxford		298	North Stonington - Wheeler		120
Seymour		340	Old Lyme		215
Somers		291	Portland		188
Terryville		265	Putnam		176
West Hartford - N.W. Catholic		313	Stafford		253
Weston		379	Thomaston		178
Windsor Locks		275	Thompson - Tourtellotte		182
Windham Tech		358	Uncasville - St. Bernard		173
Winsted - N.W. Reg.		380	Washington - Shepaug Valley		180
Woodbury - Nonnewaug		385	Waterbury - Sacred Heart		194
			Winsted - Gilbert School		171

No Team

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

Ansonia	394
Ansonia - O'Brien Tech.	364
Bridgeport - Kolbe-Cathedral	142
Hamden - Eli Whitney Tech	352
New Britain - Goodwin Tech	348
Stamford Academy	72
Stamford - Trinity Catholic	218
Westbrook	167

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2010 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 22, 2010. 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.
- 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. **Any corrections can be made on the day of the class meets. The correction form can be downloaded from the CIAC website, completed, and submitted at the finish area tent.**

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	73-82	High risk
65-73	Moderate 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	RH = Relative Humidity
70F	80% RH	100% RH	
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

- 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.**
- 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.**
- 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.
- 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.
- 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.
- 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>

**CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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 | • Act silly / combative / aggressive |
| • Trouble resting / getting comfortable | • Repeatedly ask same questions |
| • Lack of concentration | • Dazed appearance |
| • Slow response / drowsiness | • Restless / irritable |
| • Incoherent / slurred speech | • Constant attempts to return to play |
| • Slow / clumsy movements | • Constant motion |
| • Loss of consciousness | • Disproportionate / inappropriate reactions |
| • Amnesia / memory problems | • Balance problems |

2. Symptoms of a concussion may include (what the athlete reports):

- | | |
|----------------------------|---|
| • Headache or dizziness | • Over sensitivity to sound / light / touch |
| • Nausea or vomiting | • Ringing in ears |
| • Blurred or double vision | • 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*.
6. 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:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
- McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200
http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
- U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.

CROSS COUNTRY TOURNAMENT FORM LISTING

All tournament forms must be submitted via the online eligibility center section of the CIAC web site 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:

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

Head Coach:

School Phone
Home Phone

Principal:

Athletic Director:

Certifying Medical Official: