

ALERT

PROCEDURE FOR 2013-14 INDOOR TRACK SEASON

Schools are REQUIRED to submit individual qualifying performances by Monday following the week that the standard is achieved. The site and date of the performance must also be entered as well as appropriately indicating the performance as hand held or FAT. These performances will be available for viewing on the CIAC web site. **This includes performances for relay teams. Relay teams will have to meet qualifying standards and coaches need to report the best qualifying standard during the season. Relay teams, like all other event entries, must be placed on the state entry form.** Relay times may be submitted on the CIAC online eligibility center justification by the February 4 deadline. This year, coaches must bring their verification form to the Class Championship Meet. Do not convert any times when you submit. They will be converted using a standard formula.

PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM.
(See entry procedures in Section III on page 4)

NOTE: No individual will be allowed entry into Class Championship competition unless the school has previously entered that individual on the qualifying list by no later than 12:00 Noon on Tuesday, February 4, 2014. The last day to count for establishing verifiable entries is Monday, February 3.

Entry Fee – The entry fee per competitor is \$8.00.

At State Championship Meets

Note: Competitors and coaches must enter on the Crescent Street side of the field house. The team entrance will be to the right of the white field house doors located between the field house and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).

A Reminder

1. The building formerly called the New Haven Athletic Center is now called the **Floyd Little Athletic Center**.
2. National Federation rules require that all field athletes must check in with their respective event official before attempting to enter or return from another event. **The 2014 National Federation Rule book is in effect for all meets.**
3. **No electronic devices, including cell phones,** are permitted in **restricted areas** by competitors during the meet. (National Federation Rule book – 3-2, Art. 2 & 4 – pg 12 & 14) **Restricted areas are pole vault coaching box, all field event areas, the track and timing area.**
4. No coaches are allowed on the infield during the meet.
5. At the Floyd Little Athletic Center only 3/16” spikes may be used **ONLY for the State Championship Meets. NO NEEDLE SPIKES!** This rule will be strictly enforced due to the resurfaced track.
6. Please note the 4 x 200 meter relay is the first running event like last year.
7. Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest must be in accordance with the NFHS rules and the CIAC protest procedure stated in the packet. Protests will not be considered after the official conclusion of the meet. The decisions and interpretations of the rules by the officials are final. The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by CIAC.

8. On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
9. If any meet is postponed due to inclement weather please check www.ciacsports.com for schedule update.

NOTICE:

The indoor track committee is accepting FAT (fully automatic timing results) and hand held from only meets where performances can be verified.

If coaches have any questions related to rules interpretations or questions concerning entry procedures, the committee urges them to direct those questions to the chair of the indoor track committee, Dr. Steve Wysowski – SteveWysowski@gmail.com -- telephone (860) 329-2055.

Any irregularities noted on the online performances reported to the CIAC this season should be reported to Dr. Steve Wysowski -- SteveWysowski@gmail.com – telephone (860) 329-2055. This includes any failure to report performances to the CIAC in a timely fashion during the regular season.

SCRIMMAGES – Teams must have a minimum of three days of practice prior to scheduling a full team scrimmage.

All sports **teams will have a minimum of 14 practice days** before the date of the first scheduled competition. Sundays do not count as a day of practice. Saturdays and holidays may be used as a practice day unless prohibited by local board policy or the CIAC committee on seasons limitations. An **individual athlete must participate in a minimum of 10 practices** prior to competition unless the athlete has been participating in a sport – for example a football player in the CIAC championship series that overlaps with a winter sport would not be required to complete 10 practices prior to competition.

REPORTING SCORES – In order to ensure that standings and rankings on both the CIAC’s websites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online no more than 24 hours following the game’s completion. It is highly recommended that scores are entered from the site as soon as the game ends.

Scores may be entered via the Online Eligibility Center, the “Submit Scores/Forms” option of the “CIAC for Coaches” menu at CIACsports.com, or the “Submit Scores” button in our CIACmobile.com mobile site. Entering scores at CIACsports.com or CIACmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

SPECIAL NEEDS STUDENTS – Coaches are reminded to inform contest officials prior to each competition of any special needs student who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.

CIAC TOURNAMENT SITE MEDIA POLICY – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

1. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
2. Access to electric power (shared power strip, etc.)
3. Access to wireless internet service

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on-site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

2014 NATIONAL FEDERATION TRACK AND FIELD RULE REVISIONS

- 3-1-2 No meet official, including meet referee and jury of appeals, shall set aside any rule.
- 3-2-8, 3-2-4k, 3-2-7, 4-6-5g The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.
- 3-19-3, 7-5-5 Removes the requirement that the implement inspector shall inspect vaulting poles and the responsibility rests with the field referee or head field judge.
- 4-3-1c(7), NOTES 1, 4-3-2, 9-6-1c(7) Notes 2 Any visible undergarment worn underneath the uniform bottom that **does not** extend below the knees is now considered a foundation garment and not subject to single, solid color rule. An undergarment extending below the knees shall meet all requirements regarding a visible undergarment.
- 6-2-9 Consistent in all field events for communication, a pass shall be communicated to the event judge before the start of the trial clock.
- 6-6-1 NOTE Clarifies the diameter restriction for the rubber tip javelin.
- 7-2-11, 6-2-9 Adjusts the prescribed time limits for pole vault and places time limits for consecutive trials in the throwing events.
- 7-5-24 Notes 1, 2 Padding meeting the ASTM Specification Standards shall be required for the start of the 2014-15 track season.

2014 Track and Field Major Editorial Changes

- 4-6-3, 4 These two articles, which address how to order reruns after an act of interference has occurred, have been deleted from Rule 4 and moved to Rule 5-9, which defines interference in running events.
- 5-1-3, 5-2-6 All-weather track surfaces utilizing a painted line to mark the inner edge of the track are now the more commonly-used surface. The order of listing a painted line, followed by a raised curb to designate the inside edge of the track is more appropriate for the construction and design of today's tracks.
- 6-3-1, 2 7-3-1, 2 Clarifies that the tie-breaking procedure in field events applies only for places scoring and removes unnecessary language from the rules.

2014 Track and Field Editorial Changes

3-4-5, 3-8-3, 4-4 NOTE, 4-6-3 PENALTY, 4-6-4 PENALTY, 5-9-2, 5-9-3, 6-2-10, 6-2-12, 6-2-14 PENALTY, 6-4-2, 6-4-3, 6-5-2, 6-5-3, 6-6-2, 7-1-2, 7-2-1, 7-2-6, 7-2-10, 7-2-17, 7-4-1, 7-5-1, 7-5-29, 7-6-1, 8-1-1 NOTE, 8-1-2 NOTE, 9-6-4 PENALTY, Appendix A

2014 Track and Field Points of Emphasis

(For a complete discussion of these points of emphasis, see page 80.)

1. Throwing implements returned to competitors by officials
2. Proper coaching requires staying up-to-date on rules and techniques
3. Coaches getting it right with uniforms
4. Importance of proper training of volunteers to work the meet

The starting command for individual races, or opening relay legs of 800 meters or more indoors, shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With the command “on your marks,” all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
83rd ANNUAL BOYS 2013-14 INDOOR TRACK AND FIELD MEET
26th ANNUAL GIRLS 2013-14 INDOOR TRACK AND FIELD MEET
Sponsored by the U.S. Marines

Information Sheet
(For Conference member schools only)

NOTE: The 2013-14 Indoor Track Championships will be conducted with four divisions – LL – L – M - S. There will not be qualifying meets. There will be combined boy/girl Class Championships and a combined boy/girl Open Championship.

THE FOLLOWING MEET FORMAT SHOULD BE CAREFULLY NOTED:

- A. **Combined Class L Championships:** **Thursday, February 6, 2014**
 Floyd Little Athletic Center, New Haven – 4:00 p.m.
 Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor 06074
 Home telephone (860) 644-1264
- B. **Combined Class M Championships:** **Friday, February 7, 2014**
 Floyd Little Athletic Center, New Haven – 4:00 p.m.
 Meet Director – Dave Tetlow, Ledyard High School, 24 Gallup Hill Road, Ledyard 06339
 School telephone (860) 464-9600 / Home (860) 536-3473
- C. **Combined Class LL Championships:** **Saturday, February 8, 2014**
 Floyd Little Athletic Center, New Haven – 10:00 a.m.
 Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor 06074
 Home telephone (860) 644-1264
- D. **Combined Class S Championships:** **Saturday, February 8, 2014**
 Floyd Little Athletic Center, New Haven – 4:30 p.m.
 Please Note: Doors will NOT open until 3:30 p.m. for this meet.
 Meet Director – Tom Haley, 22 Birchwood Drive, Ansonia 06401
 Home telephone (203) 735-8444
- E. **Combined State Open Championships:** **Saturday, February 15, 2014**
 Floyd Little Athletic Center, New Haven – 12:00 p.m.
 Meet Directors – Bill Baron and Dave Tetlow

Site Directors for all meets will be Joe Canzanella and Bob Davis, Hillhouse High School, 480 Sherman Parkway, New Haven --- School telephone (203) 946-8462

- F. **New England Championships:** **Saturday, March 1, 2014 – Date subject to change**
 Reggie Lewis Center, Boston, MA – 10:30 a.m.

NOTE: It is anticipated that the CIAC Championship series will start on Thursday, February 6, 2014 – continue on Friday, February 7 and Saturday, February 8, and run through to the Open on Saturday, February 15, 2014. This is subject to change based on facility availability or weather related issues.

SECTION I. Restrictions

- A. Contestants at all Championship Meets must be accompanied by a coach or other school person designated by the principal in writing in order to compete. **Please note – Competitors and coaches must enter on the Crescent Street side of the Floyd Little Athletic Center. The team entrance will be to the right of the white field house doors located between the Floyd Little Athletic Center and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).**
- B. No boy or girl may be entered in more than three (3) events including relays. Entry as a relay team member as an alternate counts as one of the athlete's three (3) events. Entry cannot change through the State Open Championships. An athlete who withdraws from an individual event once the meet has started automatically withdraws from all subsequent events in that meet, including relays. The rule applies to all state meets and the New England Championships. An athlete can enter only three (3) events through the New England's. For the New England's an athlete may move to a relay team as long as he/she meets the three (3) event limitation rule for that day.
- C. All entrants must be able to meet the minimum standards shown in Section II. **A school may enter any number of entrants in each event if they meet the minimum standards. There are NO wild care restrictions.**
- D. Track coaches and all entrants who are not actually competing are to remain in the area designated for them according to the 2013-14 Federation Rule book. READ AND OBSERVE National Federation Rules.
- E. Coaches are reminded to familiarize themselves with National Federation Rules regarding uniforms. These rules will be enforced. **Contact the chair if you have questions so as not to jeopardize an athlete's chances to compete.**
- F. Use of "fly zone" in relay races is prohibited.
- G. Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the CIAC Class Championship. Advancement to the New England Championship is predicated on the competitor's performance in the CIAC Open Championship.
- H. 1) Track coaches must complete a relay declaration card listing at least four competitors and if they wish two alternates for each relay event. Relay declaration cards will be available at the seed meetings prior to the Class Championships.
2) The Relay Declaration Card used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship. As a relay team advances to the next level of state competition, only those runners and alternates whose names appear on the original card will be eligible to compete in that relay event.
- I. Food / drink will be permitted only in the food concession area.

SECTION II. Qualifying Distances and Times to Enter the Boys and Girls Class Championship Meets

No adjustments can be made. Do note – **The Qualifying Standards to participate in the boys and girls Class Championship Meets in Class LL, L, M and S have been set as follows – Because of the newly implemented reporting procedure, verification will be made by comparing posted entries to meet results INCLUDING RELAYS this year. Coaches must enter the appropriate time, they are not to convert times.**

QUALIFYING STANDARDS – BOYS

<u>Event</u>	<u>Class LL</u>	<u>Class L</u>	<u>Class M</u>	<u>Class S</u>
12 lb Shot	38'	38'	38'	38'
High Jump	5'8"	5'8"	5'8"	5'8"
Long Jump	18'8"	18'8"	18'8"	18'4"
Pole Vault	10'6"	10'	10'	10'

Implement should be officially weighed before standard is achieved.

*Note – Hand times must be rounded up to the higher 10th. Examples – 18.11 is 18.2; 18.99 is 19.0. Only two events will be converted, 1500 meters (to qualify for 1600) and 3000 meters to qualify for 3200). No other event substitutions may be made. 1500 and 3000 times will be converted using a standard conversion for seeding purpose.

<u>Event</u>	<u>Class LL & L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
55m Dash	6.8	7.04	6.9	7.14	6.9	7.14
55m Hurdles	8.7	8.94	8.7	8.94	8.7	8.94
300 Meters	39.5	39.74	39.5	39.74	39.5	39.74
600 Meters	1:32	1:32.24	1:34	1:34.24	1:34	1:34.24
1000 Meters	2:48	2:48.24	2:52	2:52.24	2:52	2:52.24
1500 Meters &	4:28	4:28.24	4:35	4:35.24	4:35	4:35.24
1600 Meters	4:48	4:48.24	4:55	4:55.24	4:55	4:55.24
3000 Meters &	9:42	9:42.24	9:47	9:47.24	9:47	9:47.24
3200 Meters	10:25	10:25.24	10:30	10:30.24	10:30	10:30.24
4 x 800 Relay	9:10		9:10		9:10	
4 x 200 Relay	1:45		1:45		1:45	
4 x 400 Relay	3:55		3:55		3:55	
Sprint Medley	4:00		4:00		4:00	

QUALIFYING STANDARDS – GIRLS

<u>Event</u>	<u>Class LL</u>	<u>Class L</u>	<u>Class M</u>	<u>Class S</u>
4kg Shot (No 8 lb. shots allowed)	28'	28'	28'	28'
High Jump	4'8"	4'8"	4'8"	4'8"
Long Jump	14'6"	14'6"	14'6"	14'6"
Pole Vault	8'6"	8'	7'6"	7'6"

Implement should be officially weighed before standard is achieved. **No 8 lb. shots allowed at CIAC State Championship Meets.**

<u>Event</u>	<u>Class LL & L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>Fat</u>
55m Dash	7.8	8.04	7.9	8.14	7.9	8.14
55m Hurdles	10.00	10.24	10.20	10.44	10.20	10.44
300 Meters	47.00	47.24	47.00	47.24	47.00	47.24
600 Meters	1:49	1:49.24	1:49	1:49.24	1:49	1:49.24
1000 Meters	3:25	3:25.24	3:30	3:30.24	3:30	3:30.24
1500 Meters &	5:26	5:26.24	5:26	5:26.24	5:31	5:31.24
1600 Meters	5:50	5:50.24	5:50	5:50.24	5:55	5:55.24
3000 Meters &	11:48	11:48.24	11:48	11:48.24	11:57	11:57.24
3200 Meters	12:40	12:40.24	12:40	12:40.24	12:50	12:50.24
4 x 800 Relay	11:00		11:00		11:00	
4 x 200 Relay	2:00		2:00		2:00	
4 x 400 Relay	4:38		4:38		4:38	
Spring Medley	4:50		4:50		4:50	

*Starting heights in the high jump in all 2013-14 Class Meets will be one standard below the qualifying mark if there are 14 or fewer entrants. If there are 15 or more, the qualifying mark is the starting height. Starting heights in the pole vault will be one standard below the qualifying mark if there are 14 or fewer entrants. If there are more than 15, the qualifying mark is the starting height. Five alive protocol in both events.

Schools may enter only those contestants who have met the minimum standards for the 2013-14 indoor track season. Each school may enter only one (1) team per relay event. Adjustments to relays may be made based on scratches.

ELIGIBILITY TO COMPETE AT THE STATE OPEN – Is determined by the order of finish at the Class Championship Meets as follows:

Class LL	--	ALL EVENTS	--	Top finisher
Class L	--	ALL EVENTS	--	Top finisher
Class M	--	ALL EVENTS	--	Top finisher
Class S	--	ALL EVENTS	--	Top finisher

Plus – THE NEXT BEST 14 PERFORMANCES IN ALL EVENTS. (In the High Jump and Pole Vault misses will be used to determine places at a tied height.)

QUALIFYING FOR NEW ENGLAND MEET – The top six (6) in all events. No pole vault contested. No sprint medley contested. **Athletes must declare their intent-to-enter the New England Meet when receiving their state awards.** Call Donn Friedman at (860) 416-1884 or Steve Wysowski at (860) 329-2055. Declarations must be made before leaving the State Open. If changes must be made, make them on an empty relay card that must be submitted to Dave Tetlow.

SECTION III. Entry Procedure and Information

A school **MUST** compete in a minimum of four (4) regular season indoor track meets prior to State Competition.

- A. **Entries** – All entries will be submitted via the password protected online eligibility center by **Tuesday, February 4, 2014 – not later than 12:00 Noon. PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM. RELAYS MUST ALSO BE SUBMITTED WITH CIAC ONLINE ELIGIBILITY CENTER JUSTIFICATION, AND MUST MEET THE QUALIFYING STANDARD. Contact the chair of the committee if questions exist.** The last day to count for verified performances is February 3, 2014.
- B. **Entry Fee** -- \$8 per competitor – a minimum fee of \$75 per team with ten (10) or less competitors. Maximum team entry is \$250.
- 1) **Make check payable to CIAC.** If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys and/or girls indoor track options in the password protected online eligibility center.
 - 2) **Send check to CIAC, 30 Realty Drive, Cheshire, CT 06410.**
 - 3) Entrants not listed will NOT be permitted to compete.
 - 4) **Please note for the State Open Meet – ONLY entrants who are listed on the previously entered Class State entry list will be allowed to enter without charge. Coaches must bring their entry verification form to validate entrants so that they are not charged.**

SECTION IV. General

- A. Starting blocks **WILL BE FURNISHED** and may be used only in the 55m Dash and 55m Hurdles. When feasible, eight (8) lanes will be used.

- B. Contestants at all sites must use shots approved by the CIAC. They must meet the official weight.
- C. **Scoring** – 10-8-6-4-2-1 in all events, including the relay. In case of a tie, points will be awarded according to the National Federation High School Rules.
- D. **In races where waterfall starts are used, athletes will be placed to ensure a fair start.**
- E. **Medals** – First – gold; second – silver; third, fourth, fifth and sixth – bronze will be awarded in all field and track events. The first six (6) relay teams will receive medals. In case of ties, duplicate medals will be awarded. Plaques will be awarded to the winning team and runner-up teams.
- F. **Expenses** – Schools will provide for their own expenses (including transportation) while in attendance at the meets, and agree that neither the Conference nor the facilities used shall be held liable for any personal injuries which may result from participation in these events.
- G. **CIAC Ticket Prices – Subject to change depending on venue**
 Children – five (5) and under – Free
 Students (grades 1-12) and Senior Citizens (age 65 and older) -- \$5.00
 Adults (all others not in the above categories) -- \$8.00

 Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.
- H. PROTESTS MUST BE SUBMITTED IN WRITING AND ACCOMPANIED BY A \$20 FEE TO BE RETURNED IF THE PROTEST IS UPHeld to the Meet Director within 30 minutes from the time the results of the event are announced. Each Meet Director will appoint a Jury of Appeals consisting of five members or designated alternates who will hear appeals from decisions of the referee. Further appeals to the CIAC will be honored only on challenges affecting the application of due process regulations.
- I. Competitors are to appear dressed for all meets since no locker or shower facilities are available at any of the sites.
- J. Food / drink will be permitted only in the concession area.

SECTION V. Facilities

At the Floyd Little Athletic Center spike shoes of 3/16” length may be used for **the State Championship Meets ONLY**, Pyramid type, no needle spikes. This will be strictly enforced. Teams are responsible for clean-up.

SECTION VI. Proposed Order of Events – Class LL, L, M and S Championship and Open Meets

4 x 200R	(Girls then boys)	
4 x 800R	(Girls then boys)	
55m Hurdles – Trials	(Girls then boys)	
55m Dash – Trials	(Girls then boys)	
1000 Meters	(Girls then boys)	
600 Meters	(Girls then boys)	
55m Hurdles – Finals	(Boys then girls)	
55m Dash – Finals	(Boys then girls)	
1600 Meters	(Girls then boys)	
Spring Medley (1-1-2-4 laps)	(Girls then boys)	3 turn stagger
300 Meters	(Girls then boys)	
3200 Meters	(Girls then boys)	
4 x 400R	(Girls then boys)	

Field Events – Pole vault, shot put, long jump and high jump will be started concurrently with running events. The order is as follows:

High Jump	(Boys then girls)	Five alive protocol
Long Jump	(Girls then boys)	
Shot Put	(Girls then boys)	
Pole Vault	(Boys then girls)	Five alive protocol

Information packets for Class Championships will be available no sooner than ½ hour before the first event.

SECTION VII. Divisions

In order to more nearly balance the number of competitors, the divisions have been changed based on both the October 1, 2012-13 boys and girls – grades 9-12 enrollment as well as the actual number of participants in the 2013 state meets.

Boys

LL Division – 750 and over
L Division – 551 – 749
M Division – 370 – 550
S Division – Up to 369

Girls

LL Division – 725 and over
L Division – 561 – 724
M Division – 381 – 560
S Division – Up to 380

In order to allow teams which have boys and girls in different divisions the Committee voted to “allow teams that have boys and girls in different classes to have the option of moving from the smaller class to the larger class.” This will permit schools to keep both boys and girls in the same class. IF YOU WISH YOUR SMALLER DIVISION TEAM TO MOVE TO THE HIGHER DIVISION TO KEEP BOTH TEAMS IN THE SAME CLASS THIS MUST BE SUBMITTED BY DECEMBER 11, 2013 TO BOTH THE CIAC AND THE TWO MEET DIRECTORS INVOLVED.

2013-14 CIAC BOYS AND GIRLS INDOOR TRACK COMMITTEE

Dr. Steve Wysowski, Bristol– Chair
Donn Friedman, Executive Director, CNESSPA
John Coccia, AP, Enrico Fermi High School, Enfield

Coaches:

Rich Kosta, Fitch High School, Groton
Brian Collins, Glastonbury High School
Tom Lennon, Seymour High School
Corey Bernier, Tolland High School

Consultants:

Robert Haddad, Rocky Hill
Bill Baron, South Windsor
Doug Sharples, Groton
Dave Tetlow, Ledyard High School
Betty Remigino-Knapp, Conard High School, West Hartford – CAAD
Tammy Schondelmayer, Bloomfield High School - CAAD

2013-14 BOYS INDOOR TRACK DIVISIONS

LL Division – 750 and over Boy Enrollment (26)

Cheshire	798
Danbury	1468
East Hartford	836
Fairfield Prep.	896
Glastonbury	1077
Greenwich	1366
Hamden	944
Hartford Public	750
Manchester	889
Middletown – Xavier	870
New Britain	1338
Newtown	905
Norwalk	770
Norwalk – Brien McMahon	793
Norwich Free Academy	1071
Ridgefield	906
Shelton	779
Simsbury	832
Southington	1009
Stamford	989
Stamford – Westhill	1039
Trumbull	1040
West Hartford – Conard	773
West Haven	794
Westport – Staples	953
Woodbridge – Amity Reg.	844

LL Division – Not Sponsoring an Indoor Track Team

Bridgeport Central	923
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L Division – Not Sponsoring an Indoor Track Team

Meriden – Maloney	618
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M Division – Not Sponsoring an Indoor Track Team

Ansonia - O'Brien Tech.	386
Bridgeport – Bullard Havens Tech.	388
Danbury – Abbott Tech.	423
Meriden – Wilcox Tech.	438
Middletown – Vinal Tech.	450
New Britain – Goodwin Tech.	380
Norwich Tech.	424
Plainville	370
Waterbury – Kaynor Tech.	411

S Division – Not Sponsoring an Indoor Track Team

Bolton	182
Bridgeport – Kolbe Cathedral	131
Chaplin – Parish Hill	82
Fairfield – Notre Dame Catholic	215
Hamden – Eli Whitney Tech.	277
Hartford – Achievement	27
New Haven – Amistad	134
N. Stonington – Wheeler	97
Stamford – Trinity Catholic	227
Waterbury – Sacred Heart	181

L Division – 551 – 749 Boy Enrollment (36)

Bridgeport – Bassick	645
Bridgeport – Warren Harding	685
Bristol Central	681
Bristol Eastern	640
Darien	659
Fairfield Ludlowe	737
Fairfield Warde	726
Farmington	678
Groton – Fitch	593
Guilford	551
Hebron – RHAM	615
Madison – Daniel Hand	617
Meriden – Platt	619
Middletown	674
Milford – Platt Tech.	554
Monroe – Masuk	620
Naugatuck	683
New Canaan	629
New Haven – Wilbur Cross	653
New Milford	726
Newington	719
North Haven	625
South Windsor	723
Southbury – Pomperaug	652
Storrs – E.O. Smith	602
Stratford	556
Stratford – Bunnell	590
Torrington	590
Waterbury – Crosby	746
Waterbury – Kennedy	717
Waterbury – Wilby	702
West Hartford – Wm. Hall	725
West Haven – Notre Dame	616
Wethersfield	617
Wilton	689
Windsor	637

NOTE: This listing of divisions is accurate based on information as of September 2013. The listing in the packet will not be updated throughout the year as schools add or delete teams. The current listing reflecting changes made after the packet was published can be found on the indoor track page of the CIAC web site.

Please notify the CIAC Office (203) 250-1111 if you are listed and do not have a team or if you are listed as not having a team and you are sponsoring a team this year.

M Division – 370 – 550 Boy Enrollment (42)

Avon	540
Bethel	502
Berlin	497
Branford	531
Brookfield	433
Burlington – Lewis Mills	409
Colchester – Bacon Academy	448
East Haven	468
East Lyme	542
Ellington	370
Enfield	380
Enfield – Enrico Fermi	499
Granby Memorial	390
Hartford – Bulkeley	549
Killingly	440
Killingly – Ellis Tech.	417
Ledyard	465
Manchester – Cheney Tech.	534
Milford – Foran	491
Milford – Jonathan Law	466
Montville	372
New Fairfield	521
New Haven – Hillhouse	510
New London	536
Plainfield	371
Redding – Joel Barlow	487
Stonington	398
Suffield	410
Tolland	437
Torrington – Wolcott Tech.	417
Trumbull – St. Joseph	440
Vernon – Rockville	497
Wallingford – Lyman Hall	468
Wallingford – Sheehan	437
Waterford	440
Watertown	467
Weston	395
Windham	379
Windham Tech.	374
Winsted – N.W. Reg.	372
Wolcott	427
Woodstock Academy	514

S Division – Up to 369 Boy Enrollment (53)

Ansonia	323
Beacon Falls – Woodland	363
Bloomfield	276
Bristol – St. Paul	194
Canton	286
Clinton – Morgan School	308
Coventry	248
Cromwell	270
Danbury – Immaculate	184
Deep River – Valley Reg.	297
Derby	188
Durham – Cuginchaug	279
East Granby	151
East Haddam – Hale Ray	201
East Hampton	241
East Windsor	192
Falls Village – Housatonic Valley	195
Griswold	311
Groton – Grasso Southeastern Tech.	340
Hartford – A.I. Prince Tech.	359
Hartford – Capital Prep.	89
Hartford – Classical Magnet	161
Hartford – SMSA	194
Hartford – University	275
Hartford – Weaver	243
Higganum – Hadam-Killingworth	309
Lebanon – Lyman Memorial	177
Litchfield	164
Litchfield – Wamogo	196
Manchester – East Catholic	339
New Haven – Career	281
New Haven – Hyde	161
North Branford	312
Old Lyme	235
Old Saybrook	262
Oxford	289
Portland	186
Putnam	163
Rocky Hill	345
Seymour	303
Somers	284
Stafford	218
Terryville	262
Thomaston	138
Thompson – Tourtellotte	160
Uncasville – St. Bernard	125
Washington – Shepaug Valley	177
Waterbury – Holy Cross	325
West Hartford – N.W. Catholic	300
Westbrook	148
Windsor Locks	288
Winsted – Gilbert	170
Woodbury – Nonnewaug	353

2013-14 GIRL INDOOR TRACK DIVISIONS

LL Division – 725 and Over Girl Enrollment (26)

Cheshire	755
Danbury	1397
East Hartford	820
Fairfield Ludlowe	814
Glastonbury	1154
Greenwich	1300
Hamden	886
Hartford Public	725
Manchester	805
New Britain	1218
New Milford	755
Newtown	854
Norwalk	769
Norwalk – Brien McMahon	864
Norwich Free Academy	1189
Ridgefield	865
Shelton	801
Simsbury	745
Southington	1011
Stamford	907
Stamford – Westhill	1052
Trumbull	1142
West Hartford – Conard	769
West Haven	795
Westport – Staples	930
Woodbridge – Amity Reg.	778

LL Division – Not Sponsoring an Indoor Track Team

Bridgeport Central	1022
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L Division – Not Sponsoring an Indoor Track Team

Meriden – Maloney	602
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M Division – Not Sponsoring an Indoor Track Team

Bridgeport – Bullard Havens Tech.	436
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S Division – Not Sponsoring an Indoor Track Team

Ansonia	309	
Ansonia – O’Brien	167	Torrington-Wolcott Tech 237
Bolton	179	Washington-Shepaug 142
Bridgeport – Kolbe	179	Waterbury-Kaynor 346
Chaplin – Parish Hill	74	Waterbury-Sacred Heart 168
Danbury – Abbott Tech.	218	Winsted-Gilbert 146
East Haddam – Hale Ray	195	
Enfield	347	
Fairfield – Notre Dame	178	
Hamden – Eli Whitney	223	
Hartford – Achievement	34	
Manchester – Cheney	150	
Meriden – Wilcox Tech.	325	
Middletown – Vinal	189	
Milford – Platt Tech.	300	
New Britain – Goodwin	257	
New Haven – Amistad	168	
Norwich Tech.	252	
Plainville	379	
Somers	256	
Sprague – Holy Family	42	
Stamford – Trinity Cath	187	

L Division – 561 – 724 Girl Enrollment (29)

Branford	561
Bridgeport – Warren Harding	648
Bristol Central	634
Bristol Eastern	608
Darien	671
East Lyme	580
Fairfield Warde	690
Farmington	614
Groton – Fitch	601
Madison – Daniel Hand	645
Middletown	633
Middletown – Mercy	638
Monroe – Masuk	618
Naugatuck	622
New Canaan	647
New Haven – Wilbur Cross	597
Newington	706
North Haven	633
South Windsor	688
Southbury – Pomperaug	614
Storrs – E.O. Smith	627
Stratford – Bunnell	599
Wallingford – Lyman Hall	625
Waterbury – Crosby	718
Waterbury – Kennedy	639
Waterbury – Wilby	634
West Hartford – Wm. Hall	718
Wilton	621
Windsor	561

NOTE: This listing of divisions is accurate based on information as of September 2013. The listing in the packet will not be updated throughout the year as schools add or delete teams. The current listing reflecting changes made after the packet was published can be found on the indoor track page of the CIAC web site.

Please notify the CIAC Office (203) 250-1111 if you are listed and do not have a team or if you are listed as not having a team and you are sponsoring a team this year.

M Division – 381 – 560 Girl Enrollment (42)

Avon	555
Berlin	469
Bethel	462
Bridgeport – Bassick	521
Brookfield	477
Burlington – Lewis Mills	389
Colchester – Bacon Academy	496
East Haven	458
Ellington	417
Enfield – Enrico Fermi	489
Guilford	523
Hamden – Sacred Heart Academy	499
Hartford – A.I. Prince	417
Hartford – Bulkeley	433
Hebron – RHAM	526
Killingly	452
Ledyard	496
Meriden – Platt	546
Milford – Foran	477
Milford – Luralton Hall	465
Milford – Jonathan Law	472
New Fairfield	497
New Haven – Career	414
New Haven – Hillhouse	484
New London	396
Redding – Joel Barlow	525
Rocky Hill	390
Stratford	497
Suffield	452
Tolland	449
Torrington	511
Trumbull – St. Joseph	388
Vernon – Rockville	478
Wallingford – Sheehan	471
Waterford	405
Watertown	470
Weston	388
Wethersfield	554
Winsted – N.W. Reg.	381
Wolcott	439
Woodbury – Nonnewaug	452
Woodstock Academy	545

S Division – Up to 380 Girl Enrollment (56)

Beacon Falls – Woodland	365
Bloomfield	264
Bristol – St. Paul	193
Canton	245
Clinton – Morgan School	280
Coventry	263
Cromwell	267
Danbury – Immaculate	199
Deep River – Valley Reg.	326
Derby	174
Durham – Cuginchaug	298
East Granby	122
East Hampton	283
East Windsor	170
Falls Village – Housatonic Valley	228
Granby Memorial	371
Griswold	314
Groton – Grasso Southeastern Tech.	231
Hartford – Capital Prep.	122
Hartford – Classical Magnet	202
Hartford – SMSA	229
Hartford – University	129
Hartford – Weaver	226
Higganum – Haddam-Killingworth	324
Killingly – Ellis Tech.	114
Lebanon – Lyman Memorial	252
Litchfield	158
Litchfield – Wamogo	213
Manchester – East Catholic	354
Montville	349
New Haven – Hyde	48
North Branford	328
North Stonington – Wheeler	103
Old Lyme	191
Old Saybrook	275
Oxford	305
Plainfield	370
Portland	187
Putnam	136
Seymour	308
Stafford	260
Stonington	375
Terryville	229
Thomaston	132
Thompson – Tourtellotte	141
Uncasville – St. Bernard	135
Waterbury – Holy Cross	301
West Hartford – N.W. Catholic	303
Westbrook	138
Windham	301
Windham Tech.	196
Windsor Locks	275

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2014 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

PROTEST REPORT

Coach's Name _____ School _____

Name of Meet _____ (State Open, Class, Sectional)

Date _____

Meet Director _____ Place _____

Event _____ Athlete's Name _____

Reason for Protest _____

Rule/Procedure in Question (Cite Federation Rule Book) _____

Coach's Desired Outcome _____

Signature of Meet Director _____

Signature of Chairman of Jury of Appeals _____

Decision of the Jury of Appeals (If any) _____

NOTE: A \$20 Fee must accompany any protest. This fee will be returned ONLY if the protest is upheld.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2014 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

DISQUALIFICATION REPORT

Meet _____ Location _____

Date _____ Event _____ Heat Number _____

Name of Participant _____ Number _____

Color of Shirt _____ Lane _____

Infraction _____

Signature of Reporting Official _____

Referee's Decision _____

Signature of Referee _____

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CIAC OFFICIAL 2014 INDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM

___ Boys ___ Girls

School _____ Town _____

<u>Vaulter's Name</u>	<u>Certified Weight</u>	<u>Date</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO DECEMBER 31

Name of School Medical Official _____ Date _____

Name of Coach _____ Date _____

Name of Principal _____ Date _____

The principal certifies that the information contained on this form is accurate.

NOTE: A copy of this form MUST be given to the pole vault official at the start of the Class, Open Meets.

A limited coaching box will be available for pole vault coaches just as last year.

Only pole vault coaches of active, participating athletes will be allowed in the box.

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

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

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
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>
2. 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](http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus%20Statement%20on%20Concussion%20in%20Sport%203rd.1.aspx)
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
4. 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](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)

Resources:

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