

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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

www.ciacsports.com

41st ANNUAL 2014 CIAC GIRLS CROSS COUNTRY CHAMPIONSHIPS
83rd ANNUAL 2014 CIAC BOYS CROSS COUNTRY CHAMPIONSHIPS

Sponsored by PureTech Water

1. **AUTHORITY** – The decisions of the CIAC 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 30 minutes after the conclusion of the race. (Coaches please have your athletes in the area soon after the race.)**
3. **DATES OF MEETS / SITES / STARTING TIMES**

The **Girls and Boys Divisional Championship Meets** for 2014 shall be as follows:

All divisional championship races will be held at:

Wickham Park, Manchester, CT

Saturday, October 25, 2014

(Weather date – Sunday, October 26 and/or Monday, October 27)

Please note – if it becomes necessary to reschedule to Monday, the meet will be held during the school day.

Girls starting times for each race will be:

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

Boys starting times for each race will be:

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

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

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

Wickham Park, Manchester, CT

On Friday, October 31, 2014

(Weather date – Sunday, November 2 or Monday, November 3)

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:

Wickham Park, Manchester
on Saturday, November 8, 2014

4. **DIVISIONS** – The 2014 Boys and Girls Cross Country Championships will be operated in six (6) divisions. Placement of schools is based on the 2013-14 girl or boy enrollment in grades 9-12.

Boys Divisions:	LL Division – 731 and over	M Division – 358-454
	L Division – 596-730	SS Division – 237-357
	MM Division – 455-595	S Division – Up to 236

Girls Divisions:	LL Division – 710 and over	M Division – 360-454
	L Division – 573-709	SS Division – 249-359
	MM Division – 455-572	S Division – Up to 248

Note: Schools should notify the CIAC of any incorrect placement by October 3, 2014. No changes will be made on the day of the event.

NOTE: The listing of divisions is accurate based on information as of June, 2014. 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 cross country page of the CIAC web site.

5. **ENTRY FEE / ENTRY FORM**

- Each girls and/or boys team entering the championships will be assessed an entry fee of \$85, which must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Make check payable to CIAC.
- Entry Forms / Tournament Rosters can be submitted on the eligibility center or the submit scores / forms option under the CIAC for Coaches Menu at ciacsports.com. Rosters must be submitted no later than Friday, October 17, 2014.**
- Start List** – Start list will be posted on CIAC web site approximately five (5) days prior to the class meets. Schools should follow the online substitution procedure and **bring the substitution form to the meet.**
- Results – Class** – Results of individual Class Meets will be announced and posted following the conclusion of each race. **Results will be available on the CIAC web site – www.ciacsports.com.**

6. **MEET DIRECTOR** – The Boys and Girls Meet Director for both the Divisional and Open Championships will be Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074 – Telephone (860) 644-1264 (home) / Email: billbtcc@aol.com.

The Boys and Girls CIAC Cross Country Chair is Donn Friedman, 57 Northern Boulevard, Colchester, CT 06415 – Telephone (860) 416-1884 (cell) / Email: donn@cnesspa.org.

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.
8. **PARKING FEE** -- Be advised that a spectator parking and CIAC event admission fee of \$10 per car will be collected for both the Class and Open Championships.

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

9. 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 per corrections to a maximum of \$250.
- c. All requests for corrections must be submitted on a support ticket via the online eligibility center. **No telephone 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.

10. 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 meet shall consist of seven (7) runners, plus all others 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. Qualifiers for the New England Championships will be the **top six (6) teams** and the **top twenty-five (25) individual** finishers from each boys and girls race at the Open Meet.
- g. 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.
- h. 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 action 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.**
- i. Runners will not be allowed to participate without the presence of their coach or an adult officially designated in writing by their principal.

j. Scoring will be in accordance with National Federation Rules.

(NOTE: If fewer than five (5) 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.**)

k. **ANY RUNNER WHO USES AN ILLEGAL AID OTHER THAN A WATCH, SUCH AS A HEART RATE MONITOR, SHALL BE DISQUALIFIED.**

l. Athletic trainers will be available on site and located past the finish area.

m. The finish line area is “off limits” to coaches, spectators and parents. Team or competitor disqualification may occur.

n. Coaches are to bring a large plastic garbage bag so that what the team packs in may be packed out.

11. **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.

12. **TEAM PICTURES** – Divisional and Open Championship winning teams are asked to submit team pictures to the CIAC office for publication in the CAS Bulletin.

13. **TRAVELING EXPENSES** – Competing schools must provide their own transportation at their expense, they will not be reimbursed.

14. **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) must be the same color. Note: Apparel worn under the uniform jersey and shorts must be of a single color. (Names on tights, etc. are 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 – 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. These items are not considered headbands 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 are not subject to the logo restrictions.

Further, a ribbon worn in *addition* to a hair-control device is considered to be a head decoration, and is prohibited. 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.

Rule 9-6-3d – Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor’s hair.

- 15. 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, and the athlete will be declared ineligible. This prohibition also includes, but is not limited to "Maniac Type" races and other similar events that usually include obstacle courses and other risky and physical challenges. It is the responsibility of the school and coaches to make certain that their cross country team is aware of this regulation.

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 Championship ends after the New England Meet.

- 16. 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.
- 17. SCRIMMAGES** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage.

All sports teams will have a minimum of fourteen (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 practice days unless prohibited by local board policy or the CIAC committee on seasons limitations. An **individual athlete must participate in a minimum of ten (10) practices** prior to competition unless the athlete has been participation in a sport.

- 18.** 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.
- 19. Decisions by Game Officials** – 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.

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 the conference.

- 20. Signs, Noisemakers, Balloons Forbidden** – Please stress to pupils over your public address system the regulation that the use of confetti, signs, banners, placards, balloons and streamers is DEFINITELY NOT ALLOWED at tournament games. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the game and are a genuine source of annoyance to spectators. THEY WILL NOT BE PERMITTED AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE GAME.

2014 CIAC CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM

LL Girls Division – 710 – Over (28 teams)

Bridgeport Central	919
Cheshire	743
Danbury	1373
East Hartford	852
Fairfield Ludlowe	803
Fairfield Warde	727
Glastonbury	1139
Greenwich	1297
Hamden	866
Manchester	825
New Britain	1185
New Milford	717
Newtown	830
Norwalk	751
Norwalk – Brien McMahon	862
Norwich Free Academy	1243
Ridgefield	894
Shelton	794
Simsbury	722
Southington	1007
Stamford	884
Stamford – Westhill	1065
Trumbull	1134
West Hartford – Conard	743
West Hartford – Wm. Hall	713
West Haven	806
Westport – Staples	928
Woodbridge – Amity Reg.	752

L Girls Division – 573 - 709 (24 teams)

Bristol Central	641
Bristol Eastern	615
Darien	671
Farmington	589
Groton – Fitch	600
Hartford Public	679
Madison – Daniel Hand	629
Middletown	630
Middletown – Mercy	626
Monroe – Masuk	580
Naugatuck	606
New Canaan	625
New Haven – Wilbur Cross	678
Newington	695
North Haven	613
South Windsor	704
Southbury – Pomperaug	607
Storrs – E.O. Smith	613
Stratford – Bunnell	580
Wallingford – Lyman Hall	610
Waterbury – Crosby	657
Waterbury – Kennedy	601
Waterbury – Wilby	597
Wilton	648

MM Girls Division – 455- 572 (24 teams)

Avon	552
Branford	515
Bridgeport – Bassick	504
Bridgeport – Harding	557
Brookfield	458
Colchester – Bacon Academy	480
East Lyme	537
Guilford	521
Hamden – Sacred Heart Academy	507
Hebron – RHAM	635
Ledyard	499
Meriden – Maloney	560
Meriden – Platt	550
Milford – Jonathan Law	504
Milford – Luralton Hall	477
New Fairfield	468
Redding – Joel Barlow	539
Stratford	476
Torrington	486
Vernon – Rockville	468
Wallingford – Sheehan	457
Wethersfield	562
Windsor	536
Woodstock Academy	519

M Girls Division – 360-454 (26 teams)

Beacon Falls – Woodland	384
Berlin	445
Bethel	453
Bridgeport – Bullard Havens	428
Burlington – Lewis Mills	383
East Haven	448
Ellington	402
Enfield – Enrico Fermi	442
Hartford – A.I. Prince Tech.	428
Hartford – Bulkeley	383
Killingly	442
Milford – Foran	440
New Haven – Career	383
New Haven – Hillhouse	431
New London	375
Rocky Hill	364
Stonington	389
Suffield	439
Tolland	426
Trumbull – St. Joseph	390
Waterford	391
Watertown	446
Weston	363
Winsted – N.W. Reg.	402
Wolcott	421
Woodbury – Nonnewaug	452

SS Girls Division – 249-359 (26 teams)

Bloomfield	273
Clinton – Morgan School	288
Coventry	270
Cromwell	273
Deep River – Valley Reg.	321
Durham – Coginchaug	286
East Hampton	286
Enfield	343
Granby Memorial	351
Griswold	299
Higganum – Haddam-Killingworth	322
Manchester – East Catholic	354
Meriden – Wilcox Tech.	351
Milford – Platt Tech.	313
Montville	351
North Branford	309
Old Saybrook	253
Oxford	291
Plainfield	340
Plainville	357
Seymour	306
Stafford	250
Waterbury – Holy Cross	274
Waterbury – Kaynor Tech.	348
West Hartford – N.W. Catholic	309
Windham	283

No Girls Team

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

Ansonia	269
Ansonia – O'Brien Tech.	201
Hamden – Eli Whitney	248
New Britain – Goodwin Tech.	276
Sprague – Academy Holy Family	37

S Girls Division – Up to 248 (52 teams)

Bloomfield – MLC	222
Bolton	170
Bridgeport – Kolbe Cathedral	170
Bristol – St. Paul Catholic	207
Canton	234
Chaplin – Parish Hill	80
Danbury – Abbott Tech.	230
Danbury – Immaculate	215
Derby	185
East Granby	121
East Haddam – Hale Ray	192
East Windsor	166
Enfield – Public Safety	87
Fairfield – Notre Dame	185
Falls Village – Housatonic Valley	232
Groton – Grasso Southeastern Tech.	206
Hartford – AAE	65
Hartford – Achievement First	67
Hartford – Capital Prep.	112
Hartford – Classical Magnet	205
Hartford – HMTCA	167
Hartford – Sport & Medical Science	211
Hartford – Two Rivers	92
Hartford – University	124
Hartford – Weaver	138
Killingly – Ellis Tech.	144
Lebanon – Lyman Memorial	232
Litchfield	140
Litchfield – Wamogo Reg.	212
Middletown – Vinal Tech.	182
Manchester – Cheney Tech.	168
New Haven – Amistad Academy	203
New Haven – Hyde	45
No. Stonington – Wheeler	104
Norwich RVT	246
Portland	194
Putnam	123
Old Lyme	190
Somers	238
Stamford – Trinity Catholic	203
Terryville	218
Torrington – Wolcott Tech.	228
Thomaston	118
Thompson – Tourtellotte	138
Uncasville – St. Bernard	123
Washington – Shepaug Valley	140
Waterbury – Sacred Heart	180
Westbrook	129
Windham Tech.	188
Windsor – Med Prof/ Teacher Prep	168
Windsor Locks	230
Winsted – Gilbert School	151

LL Boys Division – 731 and over (28 teams)

Bridgeport Central	895
Cheshire	824
Danbury	1485
East Hartford	823
Fairfield Prep.	901
Fairfield Warde	733
Glastonbury	1035
Greenwich	1328
Hamden	954
Manchester	794
Middletown – Xavier	863
New Britain	1299
Newtown	882
Norwalk	792
Norwalk – Brien McMahon	7818
Norwich Free Academy	1082
Ridgefield	919
Shelton	768
Simsbury	820
Southington	1001
Stamford	977
Stamford – Westhill	1044
Trumbull	1012
West Hartford – Conard	762
West Hartford – Wm. Hall	750
West Haven	773
Westport – Staples	930
Woodbridge – Amity Reg.	825

L Boys Division – 596 - 730 (27 teams)

Bridgeport – Bassick	624
Bristol Central	688
Bristol Eastern	639
Darien	686
Fairfield Ludlowe	710
Farmington	687
Hartford Public	707
Madison – Daniel Hand	623
Meriden – Maloney	615
Meriden – Platt	606
Middletown	622
Monroe – Masuk	615
Naugatuck	670
New Canaan	640
New Haven – Wilbur Cross	672
New Milford	708
Newington	667
North Haven	599
South Windsor	667
Southbury – Pomperaug	648
Waterbury – Crosby	730
Waterbury – Kennedy	686
Waterbury – Wilby	695
West Haven – Notre Dame	623
Wethersfield	625
Wilton	665
Windsor	612

MM Boys Division – 455 - 595 (28 teams)

Avon	505
Berlin	488
Bethel	481
Branford	537
Bridgeport – Harding	551
East Haven	465
East Lyme	513
Enfield – Enrico Fermi	476
Groton – Fitch	585
Guilford	549
Hartford – Bulkeley	551
Hebron – RHAM	593
Manchester – Cheney Tech.	500
Middletown – Vinal	474
Milford – Foran	483
Milford – Jonathan Law	461
Milford – Platt Tech.	523
New Fairfield	530
New Haven – Hillhouse	514
New London	506
Redding – Joel Barlow	529
Storrs – E.O. Smith	594
Stratford	547
Stratford – Bunnell	549
Torrington	573
Vernon – Rockville	458
Wallingford – Lyman Hall	482
Woodstock Academy	514

M Boys Division – 358 - 454 (30 teams)

Bridgeport – Bullard Havens	377
Brookfield	441
Burlington – Lewis Mills	413
Colchester – Bacon Academy	426
Danbury – Abbott Tech.	407
Ellington	387
Enfield	363
Granby Memorial	375
Hartford – A.I. Prince Tech.	373
Ledyard	434
Killingly	410
Killingly – Ellis Tech.	441
Manchester – East Catholic	373
Meriden – Wilcox Tech.	451
Norwich Tech.	434
Plainfield	360
Plainville	366
Rocky Hill	366
Stonington	382
Suffield	409
Tolland	408
Torrington – Wolcott Tech.	419
Trumbull – St. Joseph	425
Wallingford – Sheehan	438
Waterbury – Kaynor Tech.	393
Waterford	416
Watertown	446
Weston	409
Windham Tech.	362
Wolcott	428

SS Boys Division – 237 - 357 (28 teams)

Beacon Falls – Woodland	342
Bloomfield	279
Canton	287
Clinton – Morgan School	283
Coventry	250
Cromwell	279
Deep River – Valley Reg.	295
Durham – Coginchaug	290
Griswold	308
Groton – Grasso Southeastern Tech.	329
Hartford – University	282
Higginum – Haddam-Killingworth	299
Montville	352
New Haven – Career	287
North Branford	301
Old Lyme	240
Old Saybrook	239
Oxford	312
Seymour	320
Somers	251
Stamford – Trinity Catholic	262
Terryville	268
Waterbury – Holy Cross	291
West Hartford – N.W. Catholic	289
Windham	340
Windsor Locks	292
Winsted – N.W. Reg.	355
Woodbury – Nonnewaug	340

No Boys Team

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

Ansonia	334
Ansonia – O’Brien Tech.	366
Hamden – Eli Whitney Tech.	299
New Britain – Goodwin Tech.	364

S Boys Division – Up to 236 (39 teams)

Bloomfield – MLC	184
Bolton	167
Bridgeport – Kolbe Cathedral	126
Bristol – St. Paul Catholic	217
Chaplin – Parish Hill	80
Danbury – Immaculate	192
Derby	198
East Haddam – Hale Ray	179
East Hampton	234
East Granby	141
East Windsor	180
Enfield – Public Safety	154
Fairfield – Notre Dame Catholic	218
Falls Village – Housatonic Valley	198
Hartford – AAE	173
Hartford – Achievement First	50
Hartford – Capital Prep.	111
Hartford – Classical Magnet	157
Hartford – HMTCA	120
Hartford – SMSA	231
Hartford – Two Rivers	97
Hartford – Weaver	154
Lebanon – Lyman Memorial	175
Litchfield	157
Litchfield – Wamogo Reg.	184
New Haven – Amistad Academy	179
New Haven – Hyde	166
North Stonington – Wheeler	111
Portland	191
Putnam	155
Stafford	226
Thomaston	132
Thompson – Tourtellotte	139
Uncasville – St. Bernard	125
Washington – Shepaug Valley	152
Waterbury – Sacred Heart	185
Westbrook	150
Windsor – Med Prof/Teacher Prep.	41
Winsted – Gilbert School	208

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2014 CROSS COUNTRY STATE TOURNAMENT ENTRY FORM

1. The entry form/tournament rosters can be submitted on the eligibility center or the submit scores/forms option under the CIAC for Coaches Menu at ciacsports.com. Rosters must be submitted NO LATER THAN 4:00 P.M. ON FRIDAY, OCTOBER 17, 2014.

Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.

2. The entry form must list seven (7) 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 (7) 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 \$85 to the CIAC Office, 30 Realty Drive, Cheshire, CT 06410.** 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/girls cross country options in 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 per correction to a maximum of \$250.
 - 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 web site, completed, and submitted at the finish area tent.**

CIAC CROSS COUNTRY TOURNAMENT FORMS

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. Tournament Rosters / Entry Forms can also be submitted on the submit scores/forms option under the CIAC for Coaches Menu at ciacsports.com.

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 line-up 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 CROSS COUNTRY WORKSHEET

Information Required:

The seven runners most likely to run are:

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

Head coach:

School telephone

Home telephone

Principal:

Athletic Director:

Certifying Medical Official:

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. 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
 65-73 Moderate risk

73-82 High 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.

<u>Air Temp</u>	<u>Danger Zone</u>	<u>Critical Zone</u>	
70F	80% RH	100% RH	RH = Relative Humidity
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

6. 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.**
7. 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.**
8. 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.
9. 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.
10. 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.
11. 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 and Head Injury Awareness Information
Part of Annual Review 2014-15
Required for ALL School Coaches, Parents and Students in Connecticut**

NOTE: This document was developed to provide coaches, parents and students with an annual review of current and relevant information regarding concussions and head injuries. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Public Act No. 14—66 AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS. Forms may be found on the CIAC web site or through the athletic department at your school.

A concussion is the immediate and transient alteration of neurological function in the brain caused by mechanical acceleration and deceleration forces.

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/combatative/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 | • Oversensitivity to sound/light/touch |
| • Nausea or vomiting | • Ringing in ears |
| • Blurred or double vision | • Feeling foggy or groggy |

Note: Public Act No. 14-66 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. **Upon removal of the athlete a qualified school employee must notify the parent or legal guardian within 24 hours that the student athletes has exhibited the signs and symptoms of a concussion.**

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 an initial 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)²

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 signs or symptoms should worsen 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.

Part III - HEAD INJURIES

– Injuries to the head includes:

- Concussions: (See above information). There are several head injuries associated with concussions which can be severe in nature including:
 - a) Second impact Syndrome - Athletes who sustain a concussion, and return to play prior to being recovered from the concussion, are also at risk for Second Impact Syndrome (SIS), a rare but life-altering condition that can result in rapid brain swelling, permanent brain damage or death; and
 - b) Post Concussion Syndrome - A group of physical, cognitive, and emotional problems that can persist for weeks, months, or indefinitely after a concussion.
- Scalp Injury: Most head injuries only damage the scalp (a cut, scrape, bruise or swelling)... Big lumps (bruises) can occur with minor injuries because there is a large blood supply to the scalp. For the same reason, small cuts on the head may bleed a lot. Bruises on the forehead sometimes cause black eyes 1 to 3 days later because the blood spreads downward by gravity;
- Skull Fracture: Only 1% to 2% of children with head injuries will get a skull fracture. Usually there are no other symptoms except for a headache at the site where the head was hit. Most skull fractures occur without any injury to the brain and they heal easily;
- Brain Injuries are rare but are recognized by the presence of the following symptoms:
(1) difficult to awaken, or keep awake or (2) confused thinking and talking, or (3) slurred speech, or (4) weakness of arms or legs or (5) unsteady walking" (American Academy of Pediatrics – Healthychildren, 2010) .

I have read and understand this document and understand the law requires me to immediately remove any player suspected of having a concussion and to not allow them to return to participation until they have received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

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Resources:

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