

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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2024 BOYS / GIRLS OUTDOOR TRACK INFORMATION

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THE OUTDOOR TRACK TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS

1.0	Divisions
2.0	Dates / Sites / Meet Directors
3.0	Entry Procedures
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2024 Championship Entry Registration Uses Athletic.net – As announced previously by the CIAC, all entries for the CIAC Division and Open Championships will use Athletic.net using procedures noted in the following pages.

- *All CIAC schools who have entered as having a team or individual for this year's CIAC Outdoor Track and Field Division Championships must have Athletic.net accounts for each head coach and an Athletic Director account.*
- *Schools are also responsible for ensuring that their Athletic.net roster of student-athletes exactly matches their eligibility roster sent to the CIAC including correct first and last name, grade and gender.*
- *Also note that the CIAC Division Championships will require a verifiable entry in a regular season event during the current outdoor track season that has official results for all competitors and teams competing in that event and is posted on Athletic.net.*

Please see the **Athletic.net Tutorials for CIAC Outdoor Track and Field teams** included in this document and at the Meet Info page at each CIAC Divisional Championship meet in Athletic.net.

2024 CIAC BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS

1.0 **DIVISIONS**

- 1.1 Only institutional members of the Conference may enter this tournament which will be in five (5) divisions. Placement of schools has been based on the 2022-23 grade 9-12 boy or girl enrollment.

Boys:	LL – 708 and over	Girls:	LL – 679 and over
	L – 5740-707		L – 561-678
	MM – 390-573		MM – 389-560
	M – 265-389		M – 267-388
	S – up to 264		S – up to 266

Tournament divisions are available on the outdoor track page at ciacsports.com.

2.0 **DATES / SITES / MEET DIRECTORS**

- 2.1 Member schools may start practice on, but not before Saturday, March 16, 2024.
- 2.2 Member schools may hold the first meet on, but not before Saturday, March 30, 2024.
- 2.3 **TUESDAY, MAY 28, 2024 – CLASS MM CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain - Field events start at 10:00 a.m. and running events start at 10:30 a.m.. (All scratches encouraged by 9:30 a.m.)
Meet Director – James Thompson, 14 Great Plain Road, Norwich, CT 06360
Cell – (860) 608-7145 / jtstrider@sbcglobal.net
- TUESDAY, MAY 28, 2024 - CLASS M CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park – New Britain - Field events start at 4:00 p.m. and running events start at 4:30 p.m. (All scratches encouraged by 3:30 p.m.)
Meet Director – Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton, CT 06340
Cell – (860) 501-0331 / rkosta@groton.k12.ct.us
- 2.4 **WEDNESDAY, MAY 29, 2024 – CLASS S CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 10:00 a.m. and running events start at 10:30 a.m. (All scratches encouraged by 9:30 a.m.)
Meet Director – Richard Luke, East Hampton
Home – (860) 508-3462 / rluke144@aol.com
- WEDNESDAY, MAY 29, 2024 – CLASS LL CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 4:00 p.m. and running events start at 4:30 p.m. (All scratches encouraged by 3:30 p.m.)
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home – (860) 644-1264 / baronwm71@gmail.com
- 2.5 **THURSDAY, MAY 30, 2024 -- CLASS L CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 3:00 p.m. and running events start at 3:30 p.m. (All scratches encouraged by 2:30 p.m.)
Meet Director – Deb Petruzzello, 84 Highland Avenue, Middletown, CT 06457
Telephone – (860) 754-7207 / dpet53@sbcglobal.net

2.6 **MONDAY, JUNE 3, 2024 – CIAC OPEN CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain -- Field events start at 1:30 p.m. and running events start at 2:00 p.m. (All scratches encouraged by 1:15 p.m.)
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home - (860) 644-1264 / baronwm71@gmail.com

2.7 **SATURDAY, JUNE 8, 2024 -- NEW ENGLAND BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS** – at the University of New Hampshire, Durham, NH – Field events start at 10:00 a.m. and running events start at 10:30 a.m. (All scratches encouraged by 10:00 a.m.)

2.8 **MONDAY, JUNE 10, 2024 – CIAC HAMMER THROW**

Girls Hammer Throw – June 10 (12:00 p.m.)

Boys Hammer Throw – June 10 (3:00 p.m.)

TUESDAY & WEDNESDAY, JUNE 11, 12, 2024 -- CIAC DECATHLON, HEPTATHLON, STEEPLECHASE – at Willow Brook Park, New Britain (See Appendixes)

Girls Heptathlon – June 11 (10:30 a.m.), June 12 (10:00 a.m.)

Boys Decathlon – June 11, 12 (10:00 a.m.)

Girls Steeplechase – June 11 (3:30 p.m.)

Boys Steeplechase – June 12 (3:30 p.m.)

3.0 **ENTRY PROCEDURE**

3.1 **Schedule Form** – None required in boys or girls outdoor track

3.2 **Change of Division Form** – *In order to allow teams which have boys and girls in different divisions the Committee voted, on a trial basis, to “allow teams that have boys and girls in different classes to have the option of moving from the small 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 TUESDAY, MARCH 19, 2024 TO BOTH THE CIAC AND THE TWO MEET DIRECTORS INVOLVED.*

3.3 **Site Availability Form** – None required in boys or girls outdoor track

3.4 **Entry Procedure** – **Submitting Outdoor Track & Field Entries Using Athletic.Net**

1. Schools will have until **Noon, THURSDAY, MAY 23, 2024**, to submit eligibility rosters to CIAC and final tournament roster in Athletic.net. Schools may change their initial tournament roster entries as many times as they want up until the Noon deadline on May 23. The entry system will close at Noon on May 23 and divisional meets will be set.

Seed marks drawn from a meet in Athletic.net are only accepted for meets marked as official between the entry registration start date of 6:00 a.m. Saturday, March 30, 2024, and the entry registration end date of 12:00 Noon on May 23, 2024.

Schools are also responsible for ensuring that their Athletic.net roster of student-athletes exactly matches their eligibility roster sent to the CIAC including correct first and last name, grade and gender.

The CIAC Division Championships will require a verifiable entry in a regular season event during the current outdoor track season that has official results for all competitors and teams competing in that event and is posted on Athletic.net.

2. The following online method for entry must be used for all Divisional Championship entries. Please follow these directions for submitting entries.
- Go to www.athletic.net, the site hosting the online entry process.
 - Log into your coach account.
 - An invitation to your divisional meet should appear on your team's season calendar. Accept the invitation to your boys and/or girls Division Championship. Select the meet and then click the "Register Athletes" button. Please make sure that if your boys and girls teams are competing in different divisions that you select the appropriate meet.
 - Enter/confirm your entry contact info before you start your event entries for and then click Enter Team.
 - To help verify your entry complete the brief form:
 - First – Last Name
 - Email Address
 - Phone Number
 - Position (Head coach, Assistant coach, Athletic Director, Other)
 - You are now able to enter athletes in events for the divisional meet.
 - You may choose to complete entries "by event" or "by athlete"
 - Only meet results reported in Athletic.net as "Official" are to be used for seed marks. Seed marks drawn from a meet in Athletic.net are only accepted for meets marked as official between the entry registration start date of 6:00 a.m., Saturday, March 30, 2024, and the entry registration end date of 12:00 Noon on May 23, 2024.
 - Qualifying Standards – Only those competitors who have equaled or bettered in regular season competition the qualifying marks listed in the section entitled "Qualifying" are eligible to enter the championship meets. Please adhere to this regulation. Please note that relay teams **MUST** meet qualifying standards.
 - **For Relay Times ONLY** – A slower relay time than the one recorded during the regular season may be entered for class meet qualifying only using the Athletic.net override option during event entry registration. *Coaches should carefully enter their see time to ensure proper format of mm:ss.hh and from official meet results after March 30, 2024.* No overrides for individual event entries are allowed.
 - For all relays, coaches must list four probable runners and should declare up to four probable alternates during their Athletic.net registration. Once at their Class meet, relay teams must report with signed declaration sheets of the four actual competitors and up to four actual alternates from their Athletic.net team roster when called to the clerk of course. Relay declaration sheets will be available at the check-in prior to the Class Championships.
Any coach who changes a contestant and uses an alternate on a relay for the State Open must report to the clerk of course to attest to the alternate runner's eligibility. Changes in original order are allowed.
 - **Distance Event Entries** – For entries in the 1600m and 3200m events, coaches are directed to enter their athlete's best performance according to posted qualifying standards for the 1600m and 3200m. Coaches can enter **EITHER** a 1600m time or an optional 1-mile time and enter **EITHER** a 3200m time or an optional 2-mile time in the appropriate event in Athletic.net.
A coach must determine the fastest performance before entering the athlete into EITHER the 1600m or 1 mile and EITHER the 3200m or 2 mile.
Entries in the 1 mile and 2 mile will be converted to 1600m or 3200m.
Coaches CANNOT use times reported as on-route to a longer distance.
 - After completing entries, click on the Finalize Entries button (print entries) at top of your entry summary.
 - **All event entries will be reviewed by the CIAC Outdoor Track and Field appointees on a regular basis to ensure validity of entries with a final review after the entry deadline of 12:00 Noon on May 23, 2024. Event entries will be marked as Accepted or Rejected.**
 - The coach should bring a copy of their final entry confirmation to the division meet. Under no circumstances will printed forms be accepted in lieu of submissions via Athletic.net.

- Please see the additional **Athletic.net Tutorials for CIAC Outdoor Track & Field teams** guidance available included in this document and at the meet information page at each CIAC Divisional Championship meet in Athletic.net.

3.5 **Entry Fee** -- \$10.00 per individual entered with a minimum of \$100, whichever is greater. This must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. **DON'T TAKE THE ENTRY FEE TO THE MEET IT WON'T BE ACCEPTED.** Make check payable to CIAC.

3.6 **Late Entry Policy** – **DEADLINE FOR ALL ENTRIES IS THURSDAY, MAY 23, 2024, BY 12:00 P.M.**, at which time verifications will be sent to the AD and coach email addresses on file. School officials must check verification form for errors and report errors to CIAC immediately via an online support ticket (this is the only channel for submitting corrections; no phone corrections will be accepted). Seeded meet programs will be posted on the web site on Friday, May 24, 2024 by 3:30 p.m. **ABSOLUTELY NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE SEEDED PROGRAMS ARE POSTED.**

Tournament Regulation 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.

HOST SCHOOLS ARE REQUIRED TO SUBMIT THE ENTIRE MEET RESULTS IN ATHLETIC.NET WITHIN 7 DAYS OF THE MEET AND MUST DO SO NO LATER THAN 12:00 P.M. ON WEDNESDAY, MAY 22, 2024.

Any irregularities noted on the online performances reported to the CIAC this season should be reported to either the chair of the Outdoor Track Committee, Donn Friedman – luv2rundf@gmail.com – Telephone (860) 416-1884, Anna Mahon – mahona@brookfieldps.org or Henry Rondon – hrondon@casciac.org – Telephone (203) 250-1111.

3.7 **Coaches Meeting** – The coaches meeting will begin 30 minutes prior to the start of ALL State Meets.

4.0 **EXPENSES / TICKETS**

4.1 Schools will bear all traveling expenses.

4.2 Charges for Class and State Open Championships will be: * Subject to change depending on site
 \$5.00 – Senior citizens (age 65 and older)
 \$5.00 – Students (Grades 1-12)
 \$10.00 – Adults (All others not in the above categories)
 Free – Children five (5) and under
 Free – Military with I.D. or in uniform

4.3 During the Championships, the following passes will be honored at all sites.

- 1) Head varsity outdoor track coach may request IN WRITING ONLY from CIAC
- 2) Principal (or designee) of participating schools
- 3) Press Card – No other complimentary admissions will be permitted
- 4) Athletic directors of participating school.
- 5) CIAC track officials membership card
- 6) Veterans allowed with I.D. or in uniform

5.0 **FORFEITS**

- 5.1 When it is discovered that an ineligible competitor participates in a CIAC individual type tournament / meet / match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates, remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from his/her team's total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last opponent may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country and golf.

6.0 **OFFICIALS**

- 6.1 An assigner will be responsible for hiring and assigning officials, judges, timers, scorers, starters, inspectors, umpires, etc., in accordance with the numbers and types listed in the most current CIAC Handbook.
- 6.2 Automatic timing will be provided by a timing service which has been hired to service all Class Championships and the Open Meet.

7.0 **PROTESTS**

- 7.1 Each meet director will establish a jury of appeal consisting of five (5) members whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final and binding unless there is a challenge to the application of due process.
- 7.2 Protests submitted to the Jury of Appeals must be submitted 30 minutes from the time the results have been announced and entered on the Protest Form included in the packet of information. The form may be found as Appendix B.
- 7.3 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.
- 7.4 **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.
- 7.5 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.

8.0 QUALIFYING

8.1 To be eligible for CIAC Class Championship competition, **each competitor must have achieved the following time, distance or height in a regular season meet. Relay splits are not allowed as qualifying standards.**

<u>Boys</u>	<u>LL</u>		<u>L</u>		<u>MM</u>		<u>M</u>		<u>S</u>	
	<u>Hand</u>	<u>FAT</u>								
110M H	16.7	16.94	16.7	16.94	17.0	17.24	17.5	17.74	17.7	17.94
300M Int H	43.0	43.24	43.5	43.74	43.5	43.74	44.0	44.24	45.0	45.24
100M	11.5	11.74	11.5	11.74	11.6	11.84	11.6	11.84	11.7	11.94
200M	23.8	24.04	23.8	24.04	24.1	24.34	24.1	24.34	24.3	24.54
400M	53.5	53.74	53.5	53.74	53.8	54.04	53.8	54.04	54.0	54.24
800M	2:05.5	2:05.74	2:05.5	2:05.74	2:06.5	2:06.74	2:06.5	2:06.74	2:07.5	2:07.74
1600M	4:39	4:39.24	4:39	4:39.24	4:44	4:44.24	4:48	4:48.24	4:50	4:50.24
1 mile	4:40.2	4:40.44	4:40.2	4:40.44	4:45.2	4:45.44	4:49.2	4:49.44	4:51.2	4:51.44
3200M	10:10.0	10:10.24	10:20	10:20.24	10:30	10:30.24	10:45	10:45.24	10:50	10:50.24
2 mile	10:14.0	10:14.24	10:24	10:24.24	10:34	10:34.24	10:49	10:49.24	10:54	10:54.24
4 x 100	46.3	46.54	46.3	46.54	46.5	46.74	47.0	47.24	48.0	48.24
4 x 400	3:40	3:40.24	3:40	3:40.24	3:43	3:43.24	3:45	3:45.24	3:48	3:48.24
4 x 800	8:50	8:50.24	9:00	9:00.24	9:00	9:00.24	9:10	9:10.24	9:20	9:20.24
Long Jump	20'		19'6"		19'		19'		19'	
Triple Jump	39'6"		39'6"		39'		39'		38'6"	
High Jump	5'10"		5'8"		5'8"		5'8"		5'8"	
Shot	41'		41'		41'		41'		40'	
Discus	115'		115'		115'		115'		115'	
Javelin	140'		135'		135'		135'		130'	
Pole Vault	11'		11'		10'6"		10'6"		10'	

<u>Girls</u>	<u>LL</u>		<u>L</u>		<u>MM</u>		<u>M</u>		<u>S</u>	
	<u>Hand</u>	<u>FAT</u>								
100M H	17.5	17.74	17.8	18.04	17.8	18.04	18.0	18.24	18.0	18.24
300M Int H	51.5	51.74	51.5	51.74	52.5	52.74	53.0	53.24	53.5	53.74
100M	13.3	13.54	13.3	13.54	13.4	13.64	13.4	13.64	13.5	13.74
200M	28.0	28.24	28.0	28.24	28.5	28.74	28.5	28.74	28.7	28.94
400M	63.8	64.04	64.5	64.74	65.0	65.24	65.0	65.24	65.0	65.24
800M	2:30	2:30.24	2:32	2:32.24	2:32	2:32.24	2:32	2:32.24	2:35.5	2:35.74
1600M	5:40	5:40.24	5:40	5:40.24	5:45	5:45.24	5:50	5:50.24	5:50	5:50.24
1 mile	5:41.5	5:41.74	5:41.5	5:41.74	5:46.5	5:46.74	5:51.5	5:51.74	5:51.5	5:51.74
3200M	12:30	12:30.24	12:30	12:30.24	12:40	12:40.24	12:50	12:50.24	13:10	13:10.24
2 mile	12:34	12:34.24	12:34	12:34.24	12:44	12:44.24	12:54	12:54.24	13:14	13:14.24
4 x 100	54.5	54.74	54.5	54.74	55.0	55.24	55.0	55.24	55.5	55.74
4 x 400	4:25	4:25.24	4:25	4:25.24	4:30	4:30.24	4:30	4:30.24	4:35	4:35.24
4 x 800	11:00	11:00.24	11:00	11:00.24	11:15	11:15.24	11:20	11:20.24	11:30	11:30.24
Long Jump	15'2"		15'2"		15'2"		15'2"		15'2"	
Triple Jump	32'		32'		32'		31'6"		30'	
High Jump	4'8"		4'8"		4'8"		4'8"		4'8"	
Shot	30'		30'		30'		30'		29'	
Discus	85'		85'		85'		85'		85'	
Javelin	90'		90'		90'		90'		85'	
Pole Vault	8'		7'6"		7'6"		7'6"		7'6"	

Coaches have the option of entering an athlete in as many as six (6) events, three (3) individual and as many as three (3) relays. **The athlete may compete in only three (3) of those events.**

An “entered” athlete becomes a competitor when he/she reports to the clerk for a running event or the field judge for a field event to check-in. Once an athlete has “checked in”, he/she “has competed” and that event counts as one of the allowed three (3) events.

An athlete who competes in three (3) events, even if he/she did not qualify in any of them, in a class meet is then “frozen” for those same three in the “State Open”. They cannot compete as an alternate for any relay. Any athlete who competes in fewer than three (3) events in a Class Meet can compete in the Open as an alternate if listed as such on the Declaration Sheet which was submitted at the “Class Meet”.

8.2 In the Class and Championship Meets, competitors in the shot, discus, javelin, triple jump and long jump, the three (3) trials and three (3) finals will be observed. The top nine (9) advance to the final round. **ALL JUMPS AND THROWS WILL BE MEASURED.**

8.3 **ELIGIBILITY TO COMPETE AT THE STATE OPEN**

THE TOP THREE (3) FINISHERS IN EACH EVENT AT THE CLASS CHAMPIONSHIP MEETS AND THE NEXT 10 BEST PERFORMANCES FROM ALL THE CLASS MEETS.

Plus – High jump and pole vault places will be determined using NFHS rules. Ties will also be broken using the NFHS mandates.

8.4 **Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor’s performance in the Class Championship Finals (excluding trials in running events).** (Note: Any athlete who competes in three (3) events at any of the class meets cannot enter any other event at the Open championship meet. – See Appendix A – Event Limitations Explanation

8.5 Advancement to the New England Championship is predicated on the competitor’s performance in the CIAC Open Championship. The top six finishers in the Open Championship will advance to the New England Championship. **Alternates will be accepted in order of finish.** Athletes who qualify for the New England Championship **must declare 15 minutes after the conclusion of the last event** or alternates will be designated. No further changes will be allowed after leaving the State Open.

9.0 **RANKING / SEEDING**

9.1 Team scoring is 10-8-6-5-4-3-2-1 for the nine-lane track at New Britain. Ties will be scored according to National Federation guidelines. Eight place scoring will occur only.

9.2 In the State Open seeding will be done from the performance of the athletes at the Class Meets.

9.3 All seeding will be done electronically.

10.0 **SUPERVISION / SPORTSMANSHIP**

10.1 An athlete may not compete in the tournament **unless accompanied by his coach or a PROPERLY CERTIFIED REPRESENTATIVE** of the school **designated by the principal in writing.** Coaches are expected to provide proper supervision for their athletes and spectators during all meets.

10.2 **Electronic Sound Equipment** such as radios, stereos and tape players and all cooking equipment such as grills and barbecues as well as other distractions are prohibited from the meet area.

- 10.3 Safety is an emphasis at all CIAC events. Many events are potentially dangerous if proper precautions are not observed. The following will be strictly enforced:
- a. **SPECTATORS MAY NOT BE ON THE FIELD AND MUST REMAIN IN THE STANDS OR OUTSIDE THE INNER FENCE.**
 - b. **ATHLETES, NOT ACTUALLY COMPETING, MUST LEAVE THE COMPETITION AREA AND REMAIN OUTSIDE THE INNER FENCE. Per NFHS rules, warm-ups for field events may only take place in the competition area or designated warm-up area WHEN AN OFFICIAL IS PRESENT AND HAS DEEMED THE EVENT OPEN.**
 - c. Jumpers and throwers may not practice or compete without a Meet Official present.
 - d. **THE SHOT, DISCUS AND JAVELIN ARE TO BE IMMEDIATELY SECURED FOLLOWING THE EVENT AND ANY ATHLETE THROWING THE IMPLEMENT THEREAFTER WILL BE DISQUALIFIED.**
 - e. Standards and crossbars are to be removed immediately upon completion of the event.
- 10.4 **COACHES AND ATHLETES ENTERED IN THE MEETS ARE TO REMAIN IN THE AREA DESIGNATED FOR THEM. VIOLATORS ARE SUBJECT TO DISQUALIFICATION. THIS RULE WILL BE RIGIDLY ENFORCED.**
- a. A box will be provided for a designated coach for the pole vault, long jump, triple jump, and high jump.
 - b. One coach from each team is allowed in the coaches' box. At the coaches meeting before the meet, the meet director will explain the procedure and location of each of the coaches' box for these events. Violators may subject their athletes to disqualification.
- 10.5 When a member school's coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 10.6 Use or possession of tobacco products or alcoholic beverages of any kind, including champagne, are not permitted on the field of competition or within the stands, or parking lot at which a tournament game is scheduled.
- 10.7 All equipment must pass inspection at the meet according to National Federation Rules, and the shot, javelin and discus must be made available for any competitor. All implements will be weighed, measured and balanced during the registration period (and only at that time). Athletes using non-certified equipment will be disqualified. In the event the weighing of implements is not available, the meet director may designate competition implements which become the common property of all competitors during the competition.

11.0 **TIME OF MEETS**

- 11.1 Both morning meets start at 10:00 a.m. for field events and 10:30 a.m. for running events (Class MM and S). Two afternoon meets will begin at 4:00 p.m. for field events and 4:30 p.m. for running events (Class M and LL). The Class L meet begins at 3:00 p.m.
- 11.2 The combined Open Meet will start at 1:30 p.m.

12.0 **TOURNAMENT RULES / PROCEDURES**

12.1 **Order of Events – Combined State Championships**

Boys 4 x 800	Final
Girls 4 x 800	Final
Boys 4 x 100m Relay	Final
Girls 4 x 100m Relay	Final
Boys 110m Hurdle	Semi
Girls 100m Hurdle	Semi
Boys 100m Dash	Semi
Girls 100m Dash	Semi
Boys 1600m Run	Final
Girls 1600m Run	Final
Girls 100m Hurdle	Final
Boys 110m Hurdle	Final
Girls 100m Dash	Final
Boys 100m Dash	Final
Boys 400m Dash	Final
Girls 400m Dash	Final
Boys 300m Hurdle	Final
Girls 300m Hurdle	Final
Boys 800m Run	Final
Girls 800m Run	Final
Boys 200m Dash	Final
Girls 200m Dash	Final
Boys 3200m Run	Final
Girls 3200m Run	Final
Boys 4 x 400m Relay	Final
Girls 4 x 400m Relay	Final

Note: For the 3200 meter run – **It is possible that the Director may combine into one heat depending on scratches.** A 30m exchange zone will be used in all zones of 4 x 100m relay. A 20m exchange change will be used in the second, third and fourth legs of the 4 x 400m and 4 x 800m relays.

Order of Field Events – (Starting simultaneously –Willow Brook Park.) All field events in all State Championship Meets will now have a ten (10) minute check-out limit. Athletes should not check out before necessary. (Note: During the preliminary rounds of the field events, an athlete has the option to request to the judge to take more than one trial in succession. The judge has the right to determine if this request would create an unfair advantage and deny the request.)

Boys Javelin followed by Girls Javelin
Girls Discus followed by Boys Discus
Boys Shot followed by Girls Shot
Boys High Jump followed by Girls High Jump
Girls Long Jump followed by Triple Jump
Boys Long Jump followed by Triple Jump
Girls Pole Vault followed by Boys Pole Vault simultaneously

NOTE: Meet Directors will assign jumping pits in the best interest of meet management.

12.2 **Vertical Jumps** – All classes – Starting heights in the high jump in all Class Meets will be two (2) inches 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. Meet Directors can modify with weather conditions. **Warm-up time for vaulters will be 30 minutes prior to the start of the event.**

NOTE: A copy of the **pole vault weight certification form** MUST be given to the **pole vault official by a coach** at the start of **EACH** of the **Class, Open, Decathlon, and New England Meets**.

- 12.3 The 100m and 110m hurdles will be run twice, semis and finals. All other races are timed finals. All the championship meets will be automatically timed. **IN THE CLASS MEETS, THE FASTEST NINE TIMES IN THE SEMIS WILL ADVANCE TO THE FINALS. Only eight (8) places are scored.**
- 12.4 In the horizontal jumps and throws the top 9 athletes advance to the finals. Athletes will have three (3) attempts in preliminary flights, and three attempts in finals. All will count towards scoring.
- 12.5 **Relay Entry Rule** – For all relays, coaches must list four probable runners and should declare up to four probable alternates during their Athletic.net registration. Once at their Class meet, relay teams must report with the signed Relay Declaration Sheets of the four actual competitors and up to four actual alternates from their Athletic.net team roster when called to the clerk of course. Relay Declaration Sheets will be available at the check-in for the Class Championships. See Appendix A – Entry Limitations.
- 12.6 Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which they are entered. Coaches are still urged to scratch any contestant before the meet in order to expedite the meet.
- 12.7 In the throwing events and the long jump, the number of flights will be governed by the number of entries. In the high jump, the five alive method will be used. In the pole vault, the “five alive” method will be used.
- 12.8 ***National Federation rules for uniforms will be enforced.***
- 12.9 Please have competitors dressed for participation on arrival at the meet. Dressing facilities will not be provided.
- 12.10 Championship and runner-up trophies will be awarded at each meet. Medals will be awarded for the first six (6) places in all events.
- 12.11 **Willow Brook Park** – Restrooms are available inside the concession area inside the stadium. No competitors will be permitted in the high school building. ¼ inch or smaller Pyramid or Xmas tree spikes are approved for use. The Willow Brook Park Stadium has two (2) horizontal jumping pits, two (2) pole vault pits, and the javelin runway surface is the same as the track surface. Flats are recommended for discus and shot put. Only certified officials and competing athletes will be allowed inside the track area.
- 12.12 Teams arriving before dismissal time at any school should not enter the building.
- 12.13 **Teams are responsible for team equipment and personal items. Neither the facility, meet management, nor CIAC assume any responsibility for lost or stolen items. Teams should monitor their own areas as items have been stolen in the past.**
- 12.14 Tents should not be positioned on the ground or in the bleachers in a manner that impedes the view of spectators. Please limit tent set-up to the last row of bleachers on the straightaway side, or the bleachers opposite the straightaway.
- 12.15 All meets shall be governed exclusively by the National Federation Rules. All decisions of the boys/girls track committees relative to the operation of this tournament shall be final.
- 12.16 It is the athlete’s responsibility to be aware of the rules governing his/her event and conduct him/herself accordingly. It is also his/her responsibility to promptly report to his/her event.

- 12.17 **Competitor's Gate** – Athletes and coaches listed on the entry form will be admitted to the competition area via a competitor's gate at the site.
- 12.18 **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
- 12.19 **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition. This includes dual / tri / quad meet competition as well as Invitational and State meets. (Example – A deaf athlete who may need hand signals in addition to the starting gun.)
- 12.20 **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.
- 12.21 **Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, are prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.
- 12.22 **SPORTSMANSHIP** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. The school administration is responsible for the athletic program, including the policies and procedures relating to sportsmanship and the conduct of activities in the school. The CIAC "Class Act" standards will be used in all CIAC contests. The CIAC Standards for Sportsmanship as defined in the Class Act program are found at http://ciacsports.com/site/?page_id=10438.

2024 NFHS TRACK AND FIELD RULE CHANGES

- 3-8-1** Permits the Games Committee to set requirements for each meet on the number of timing officials.
Rationale: As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.
- 4-2-1 Note (New)** Permits state associations to set the participation limitations within their state, with six events being the maximum number.
Rationale: Adds flexibility for state associations to determine the number of events best suited for their state.
- 5-3-1, 9-4-1 (New)** Removed and corrected information concerning track staggers.
Rationale: Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.
- 5-7-4c, d Note (New)** Extraneous motion before the starting device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.
8-4-4 Note 2 (New) **Rationale:** The change makes it clearer as to the definition of a false start and how it should be consistently officiated.
- 5-14-1, 2** Clarifies that displacement of any hurdle by hand is an infraction.
Rationale: Offers guidance to officials and umpires when determining hurdle infractions.
- 6-2-2d** Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.
Rationale: This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official's decisions when a competitor enters after the event has been started.
- 6-3-2b** Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off.
Rationale: The addition offers guidance to officials when two or more tied competitors withdraw from the competition/jump-off at the same time.
- 6-3-2b Notes (New)** Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.
Rationale: The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.
- 6-4-1, 6-5-1, 6-6-1** Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.
Rationale: The rules change offers flexibility to athletes to apply tape to their fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.
- 8-1, 8-5** Reorganization of the cross country course layout.
- 9-6-1 (New)** Clarifies the indoor track and field exchange zone.
Rationale: Offers guidance on the relay exchange zone for indoor track and field.

2024 Track and Field Editorial Changes

4-2-1, 4-6-5, 5-9-2

2024 Track and Field Points of Emphasis

1. Fair Starts
2. Sportsmanship
3. Cross Country Safety

APPENDIX A

ENTRY LIMITATIONS

REMINDER: Contestants officially become competitors when they report to the clerk of course or field event judge for an event in which they are entered. Coaches are encouraged to scratch any competitor before the meet to help expedite the flow of the meet.

PLEASE NOTE: A competitor shall not compete in more than three (3) events, including relays. An athlete shall not be entered in more than three (3) events, excluding relays. (For example, an athlete may be entered in the 4 x 800, 1600, 3200 and 4 x 400 but can only run or be a competitor in three (3) events.)

ALERT – THIS IS NOT A RULE CHANGE AND HAS BEEN IN EFFECT FOR THE INDOOR TRACK CHAMPIONSHIPS AS WELL AS PREVIOUS OUTDOOR TRACK CHAMPIONSHIPS.

For Example:

Coaches have the option of entering an athlete in as many as six (6) events, three (3) individual and as many as three (3) relays. The athlete may compete in only three (3) of those events.

An “entered” athlete becomes a competitor when he/she reports to the clerk for a running event or the field judge for a field event to check-in. Once an athlete has “checked in”, he/she “has competed” and that event counts as one of the allowed three (3) events.

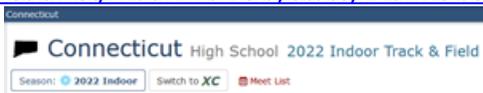
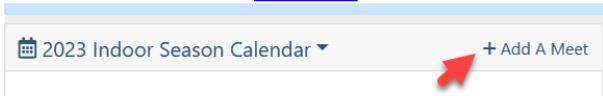
An athlete who competes in three (3) events, even if he/she did not qualify in any of them, in a class meet is then “frozen” for those same three in the “State Open”. They cannot compete as an alternate for any relay. Any athlete who competes in fewer than three (3) events in a Class Meet can compete in the Open as an alternate if listed as such on the Declaration sheet which was submitted at the “Class Meet”.

For all relays, coaches must list four runners and should list up to four alternates. Relay teams report with signed declaration sheets when called to the clerk of course. **Any coach who uses an alternate on a relay for the State Open must report to the clerk of course to attest to the alternate runner’s eligibility. Changes in original order are allowed.** (Two sets of relay sheets will be available at each site – one given to coaches and one extra if a sheet is lost.)



Athletic.Net Tutorials for CIAC Outdoor T&F Teams

The Athletic.net links listed below provide AD's, coaches, and meet managers the necessary instructions on how to complete the corresponding task. For answers to additional items, please use the "Contact Us" link at the bottom of any page in Athletic.net where you have a question or an issue.

How to setup an Individual Account on Athletic.net:	https://support.athletic.net/article/2ngw43npwr-creating-your-account-on-athletic-net
How to access your School Account on Athletic.net:	https://www.athletic.net/TrackAndField/State/Archive.aspx?State=130476 
Quick Start Guide for New Coaches	https://support.athletic.net/article/edfgi0tvgm-quick-start-guide-for-new-coaches
How to build your Athletic.net Outdoor T&F Roster:	https://support.athletic.net/article/g3l6e4jp3z-uploading-a-roster#overview 
How to add, deactivate, edit athletes, fix duplicate athletes on your Athletic.net Outdoor T&F Roster to match your CIAC Eligibility List:	https://support.athletic.net/category/h5xhvrqf3x-roster & https://support.athletic.net/article/eaw6i0mggj-duplicate-athletes-on-team-roster
How to establish your meet calendar:	https://support.athletic.net/article/brvetv3jcz-adding-a-meet-to-your-calendar 
How to submit entries for the CIAC Outdoor T&F Division Championships:	https://support.athletic.net/article/z11f8f1ja-submitting-entries-for-a-meet
Quick Start Guide for Event Managers/Timers:	https://support.athletic.net/article/lil5s5h41q-quick-start-guide-for-event-managers-timers
How a host school can upload TF meet results:	https://support.athletic.net/category/t3yvlvtsob-upload-results
Accepted Formats for meet results:	https://support.athletic.net/category/wmk4c67szn-accepted-formats

APPENDIX C
Sample Relay Declaration Sheet

2024 CIAC Outdoor T&F Championships BOYS Relay Declaration Sheet
BOYS DIVISION: LL / L / MM / M / S

Instructions:

1. For a Division meet, designate the four athletes to compete in the relay and up to four alternate athletes from your official tournament Athletic.net team roster. Athletes not on your roster as of 12pm, 5/23/2024 are not eligible to compete.
2. At the Division meet submit the completed sheet to the Relay Clerk at check-in prior to the event. A relay entry only counts towards the participation limit of three events for the athletes who actually participate (compete) in the relay at the Division Meet. Being listed as alternate does not count as an event. *Coaches are directed to review the 2024 CIAC Outdoor Track & Field packet for further clarification including Appendix A.*
3. If your relay team qualifies for the State Open, then this sheet will be returned to you. You will then complete the STATE OPEN RELAY LINEUP column by selecting your four (4) competitors from the up to eight that you declared at the division meet on this sheet.

When listing your athletes below, **print** the team and athlete names exactly as they appear in your official team entry roster for this meet. Do not use nicknames or other abbreviations not in your team roster.

TEAM NAME: _____

Select one relay by checking the box below:

<input type="checkbox"/> - 4x100m	<input type="checkbox"/> - 4x400m	<input type="checkbox"/> - 4x800m
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DIVISION MEET RELAY LINEUP <i>(enter all applicable names)</i>	STATE OPEN RELAY LINEUP <i>(To be completed at the State Open Meet)</i>
First and Last Name	First and Last Name
1.	1.
2.	2.
3.	3.
4.	4.
ALTERNATES:	
5.	
6.	
7.	
8.	
Coach Signature:	Coach Signature:

APPENDIX D

2024 OUTDOOR TRACK AND FIELD MEETS

PROTEST REPORT

___ Boys ___ Girls

Name of Meet _____ Date _____
Meet Director _____ Site _____
Event _____ Athlete's Name _____
School _____

Reason for Protest:

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

Coach's Desired Outcome:

Signature of Coach _____
Signature of Meet Director _____
Signature of Chairman of Jury of Appeals _____

Decision of the Jury of Appeals:

APPENDIX E

2024 BOYS / GIRLS OUTDOOR TRACK AND FIELD MEETS

DISQUALIFICATION REPORT

Meet _____ Location _____

Date _____ Event _____ Heat Number _____

Name of Participant _____ Number _____

Color of Shirt / School Name _____ Lane Number _____

Infraction _____

Signature of Reporting Official _____

Referee's Decision _____

Signature of Referee _____

APPENDIX F

CIAC OFFICIAL 2024 OUTDOOR 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 MAY 17, 2024

Signature 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.

Principal's Signature _____ Date _____

NOTE: A COPY OF THIS FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS.

For your convenience, make FOUR (4) copies of this form for these three meets.

APPENDIX G

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE 30 Realty Drive, Cheshire, Connecticut 06410

2024 BOYS DECATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 11, 2024 – 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m
Wednesday, June 12, 2024 – 110m Hurdles, Discus, Pole Vault (starts at 8'6"), Javelin, 1500m

The competition will start at 10:00 a.m. each day with check-in at 9:30 a.m.

Willow Brook Park, New Britain

Meet Director: A.J. LaPlant – East Hartford High School – (860) 462-1315
Email _laplant.aj@easthartford.org

ENTRY PROCEDURE

1. Entry Fee – The entry fee for the decathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entries in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 6, 2024. All entries must be submitted no later than 12:00 p.m., Thursday, June 6, 2024 in Athletic.net.

GENERAL

1. Entry Limitations – Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three (3) can score 4,600 points.**
2. The decathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1962. The following exceptions will be in effect: **Shot and discus will use high school implements and hurdles will be 39"**.
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one plus anyone scoring 2,500 or more points will advance to the Wednesday competition.
5. Awards – The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
6. **The high jump will increase in 3-5 cm. increments depending on the number of entrants.**
7. **Pole vault will increase in 10-15 cm. increments.**

APPENDIX H

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2024 GIRLS HEPTATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 11, 2024 – 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m
Wednesday, June 12, 2024 – Long Jump, Javelin Throw, 800m

The competition will start at 10:30 a.m. the first day with check-in at 10:00 a.m. On the second day competition will start at 10:00 a.m. with the check-in at 9:30 a.m.

Site: Willow Brook Park, New Britain

Meet Director: James Thompson, Windham High School – Cell (860) 608-7145 / Work – (860) 465-2372
Email – jtstrider@sbcglobal.net

ENTRY PROCEDURE

1. Entry Fee – The entry fee for the heptathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 6, 2024. All entries must be submitted no later than 12:00 p.m., Thursday, June 6, 2024 in Athletic.net.

GENERAL

1. Entry Limitations – Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three** can score 3,000 points.
2. The heptathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1986.
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one, plus anyone scoring 1,850 or more points, will advance to the Wednesday competition.
5. Awards – The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
6. **The high jump will increase in 3-5 cm. increments.**

APPENDIX I

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2024 CIAC BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 11, 2024 – Girls
Wednesday, June 12, 2024 – Boys

Site: Willow Brook Park, New Britain

Meet Director: Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton 06340
Cell – (860) 501-0331 / Email – rkosta@groton.k12.ct.us

The Girls Steeplechase will start at 3:30 p.m.

The race length will be – Girls – 2,000 meters

The Boys Steeplechase will start at 3:30 p.m.

The race length will be – Boys – 3,000 meters (or 2,000m)

Seeding will be based on submitted 3200 meter times achieved or estimated during the 2024 outdoor track season.

Minimum standards are: Boys – 10:50 for 3,200 meters
Girls – 12:40 for 3,200 meters

ENTRY PROCEDURE

1. Entry Fee – The entry fee for the steeplechase is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410
2. Submit entry in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 6, 2024. All entries must be submitted no later than 12:00 p.m., Thursday, June 6, 2024 in Athletic.net.
3. **Coaches will submit a season best or estimated 3200m time for each athlete in the appropriate event division in Athletic.net**
4. **Coaches must assign entrants for either the boys 3000m or Boys 2000m division in Athletic.net. Boys entered in the 2000m steeplechase are not eligible for awards.** Coaches entering boys in the 3000m Division should be confident that the athlete has the ability to safely complete the event. Novice steeplechasers should be entered in the 2000m Division.

GENERAL

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his/her coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards – The first six finishers in both the boys 3,000m and girls 2,000m will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules will be in effect.

APPENDIX J

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2024 CIAC BOYS AND GIRLS HAMMER THROW INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Monday, June 10, 2024 (Both Boys and Girls)

Site: Willow Brook Park, New Britain

Meet Director: Girls – William Vanderrest – (860) 508-1630

Email – wvanderrest@coventryct.org

Boys – Tim Kolodziej, New Britain High School – (203) 241-7894

Email – throws.r.us@gmail.com

The Girls Hammer Throw will start at 12:00 p.m. and followed by the Boys Hammer Throw at 3:00 p.m..

ENTRY PROCEDURE

1. Entry Fee – The entry fee for the hammer throw is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 6, 2024. All entries must be submitted no later than 12:00 p.m., Thursday, June 6, 2024 in Athletic.net.
3. Standard: Boys – 100 feet Girls – 80 feet

(Must have reached this distance in practice. **Throws in the competition will not be measured below 90 feet for boys and 70 feet for girls.**)

GENERAL

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his/her coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards -- The first six finishers in both events will receive medals with the winners being named Connecticut High School champion in the respective events.
4. USATF rules in regard to taping and gloves will be in effect.

CERTIFICATIONS/COACHING CERTIFICATIONS

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Per-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf
- 5 Year coaching permit application can be found at this link: <https://portal.ct.gov/-/media/SDE/Certification/Forms/ed.185.pdf>
- Coaching Course Registration: <http://www.ctcoachinged.org/>
- Sudden Cardiac Arrest Renewal: https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: <https://caadinc.org/2023-24ConANNRev.pdf>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://cprtrainpro.com/epi-pen-training>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R-HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.caadinc.org/23-24HeatRev.docx>

Volunteer Coaches – The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.