

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-13345

2020 BOYS / GIRLS OUTDOOR TRACK INFORMATION
Sponsored by U.S. Marines and CT DOT

CIAC Girls Committee Chairman

Dr. Steve Wysowski (Retired)
(860) 329-2055
swysowski@gmail.com

CIAC Boys Committee Chairman

Donn Friedman, Executive Director
CNESSPA
Office (860) 416-1884
donn@cnesspa.org

Girls Coaches Chairman

Barbara Hedden
Cheshire High School
(203) 671-3697
CHS_CoachHedden@aol.com

Boys Coaches Chairman

Peter Corbett
Ellington High School
(860) 805-5828
pcorbett@ellingtonschools.net

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

- 1.0 Divisions
- 2.0 Dates / Sites / Meet Directors
- 3.0 Entry Procedures
- 4.0 Expenses / Tickets
- 5.0 Forfeits
- 6.0 Officials
- 7.0 Protests
- 8.0 Qualifying
- 9.0 Ranking / Seeding
- 10.0 Supervision / Sportsmanship
- 11.0 Time of Games / Meets
- 12.0 Tournament Rules / Procedures

- Appendix A Protest Report Form
- Appendix B Disqualification Report Form
- Appendix C Pole Vault Weight Certification Form
- Appendix D Decathlon / Heptathlon Information Sheet
- Appendix E Steeplechase Information Sheet
- Appendix F Hammer Throw Information Sheet
- Appendix G Concussion Management and Return to Play Requirements

ALERT
BOYS / GIRLS TRACK COACHES

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 continue 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.)

PLEASE NOTE: **Automatic Qualifying Performance Standard for Open** – Athletes Will qualify for the state open by placing in the top five (5) in their class meet or by obtaining the special (automatic) standard for their event at the state class meet in the current year.

The special standard will be set each year after the class meets have ended. The special standard will be determined by looking at the performance rankings for each event that includes the top five (5) qualifying performances from each of the class meets. The 12th place performance from the qualifiers becomes the automatic standard for that year. All athletes who meet that standard during the current year’s class championship will advance to the open. Qualifiers who have met the standard will see their names posted online 24 hours after the conclusion of the last class championship meet.

Note: For the 3200 meter run, only two (2) heats will be contested no matter the number of entries. Heats will be assigned by time by the Director.

DEADLINE FOR ALL ENTRIES IS THURSDAY, MAY 28, 2020, by 12:00 p.m., at which time verifications will be sent to the AD and coach e-mail 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 29, 2020 by 3:30 p.m. Absolutely NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE SEEDED PROGRAMS ARE POSTED.

Please pay particular attention to the Decathlon, Heptathlon, Steeplechase, and Hammer Throw information. The Track Committee has included all information pertaining to these events into separate packets.

There will be separate gates for spectators and athletes/coaches. Only athletes listed on the entry form will be admitted free. Additional team members will need to enter and pay at the spectator gate.

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.

All boys and girls relays will have a minimum standard to qualify for all Class Championship Meets.

All field events in all State Championship Meets will now have a 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 right to determine if this request would create an unfair advantage and deny the request.)

ATHLETES MAY NOT USE A RUBBER DISCUS IN COMPETITION.

SCHOOLS ARE REQUIRED TO SUBMIT INDIVIDUAL AND RELAY QUALIFYING PERFORMANCES WITHIN 7 DAYS OF ACHIEVING THE STANDARD. The site and date of the performance must also be entered. These performances will be available for viewing on the CIAC web site. **Relay teams will have to meet qualifying standards. Coaches need to report the best qualifying standard during the season.** Coaches must bring their verification form to the Class Championship Meet.

NOTE: **No individual will be allowed entry into Class Championship competition unless the school has previously entered that individual on the qualifying list by no later than 12:00 p.m. on Thursday, May 28, 2020.**

An area will be provided for a designated coach for pole vault.

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**.

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.

The “intent-to-enter” form has been eliminated.

Strict Adherence to Minimum Qualification Standards for the Class Meets – Coaches are responsible for insuring that all athletes who compete in the class meet have achieved (not come close to) the minimum qualifying standard in a regular meet (not a scrimmage or practice).

Relays for the New England Championships – Relay competitors may be changed for the New England Championships as long as he/she meets the three (3) event limitation rule for the day.

Any irregularities noted on the on-line performances reported to the CIAC this season should be reported to either the chair of the Outdoor Track Committee, Donn Friedman – donn@cnesspa.org – Telephone (860) 416-1884 or Steve Wysowski – swysowski@gmail.com – Telephone (860) 329-2055.

Tournament Rosters / Entry / Officials – Can be submitted on the Eligibility Center or the submit scores/forms option under the CIAC for coaches menu at CIACsports.com.

Reporting Regular Season Scores – All regular season scores must be entered online on the day of the meet as soon as possible following the meet’s completion. Scores may be entered via the Online Eligibility Center, the “submit scores/forms” option of the CIAC for Coaches menu at ciacsports.com, or the “submit scores” button in our ciacmobile.com mobile site. Entering scores at coacsports.com or ciacmobile.com requires either a coaches or scorekeeper’s access code, those codes are managed via the Online Eligibility Center and can be retrieved from a school’s athletic director.

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.

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.

Unmanned Aerial Systems at CIAC-Sanctioned Events – The use of unmanned aerial systems, often referred to as drones, is 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.

SPORTSMANSHIP -- **Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.**

CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.

- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school reference in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.

- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgement of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

2020 NFHS Track and Field Rule Changes

- 4-6-5g, 8-6-1** Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.
- 5-3-3, 5-3-4, 5-10-6 through 11** Clarifies that in the 4 x 100 meter relay and 4 x 200 meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.
- 6-2-6** Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.
- 6-3-2b(4)(a)** This change provides metric measurements for tie-breaking jump-offs for vertical jumps.
- 6-9-5** The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).
- 8-1-1** Clarifies that a course should be clearly marked with any or all of the methods listed in the rule.
- 8-1-3** Clarifies cross country course layouts.

2020 Track and Field Editorial Changes

5-1-5, 5-11-1, 6-8-10d

2019 Track and Field Points of Emphasis

1. Meet Administration
2. Exchange Zone
3. Assisting Injured Athletes

2020 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 2018-19 grade 9-12 boy or girl enrollment.

Boys:	LL – 765 and over	Girls:	LL – 757 and over
	L – 558 - 764		L – 563 - 756
	MM – 410 - 557		MM – 415 - 562
	M – 287 - 409		M - 301 - 414
	S – up to 286		S – up to 300

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 21, 2020.
- 2.2 Member schools may hold the first meet on, but not before Saturday, April 4, 2020.
- 2.3 **MONDAY, JUNE 1, 2020 – CLASS LL CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain - Field events start at 10:00 a.m. and running events start at 10:00 a.m.. (All scratches encouraged by 9:30 a.m.)
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home (860) 644-1264 / baronwm71@gmail.com
- MONDAY, JUNE 1, 2020 - CLASS L CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park – New Britain - Field events start at 4:00 p.m. and running events start at 4:00 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
School (860) 449-7200 / Home (860) 572-3973 / rkosta@groton.k12.ct.us
- 2.4 **TUESDAY, JUNE 2, 2020 – CLASS MM CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 10:00 a.m. and running events start at 10:00 a.m. (All scratches encouraged by 9:30 a.m.)
Meet Director– Carl Reichard, East Lyme High School, 30 Chesterfield Rd, PO Box 210, East Lyme 06333 / Cell – (860) 908-2072 / carl.reichard@eastlymeschools.org
Meet Director – Deb Petruzzello, Woodrow Wilson Middle School, Middletown
Telephone (860) 754-7207
- TUESDAY, JUNE 2, 2020 – 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 – Richard Luke, East Hampton
Home (860) 508-3462 / rluke144@aol.com
- 2.5 **WEDNESDAY, JUNE 3, 2020 – CLASS S 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 – James Thompson, 14 Great Plain Road, Norwich, CT 06360
Cell (860) 608-7145 / jtstrider@sbcglobal.net

2.6 **MONDAY, JUNE 8, 2020 – 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 13, 2020 -- NEW ENGLAND BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS** – Willow Brook Park, New Britain
Information to be distributed at State Open

2.8 **MONDAY, JUNE 15, 2020 – CIAC HAMMER THROW**
TUESDAY & WEDNESDAY, JUNE 16, 17, 2020 -- CIAC DECATHLON, HEPTATHLON, STEEPLECHASE – at Manchester High School (Separate section)

Girls Hammer Throw – June 15 (3:30 p.m.)
Boys Hammer Throw – June 15 (3:30 p.m.)
Girls Heptathlon – June 16 (11:30 a.m.), June 17 (11:00 a.m.)
Boys Decathlon – June 16, 17 (11:00 a.m.)
Girls Steeplechase – June 16 (3:30 p.m.)
Boys Steeplechase – June 17 (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** – Not permitted in boys or girls outdoor track

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

3.4 **Entry Procedure** – Entry form must be submitted via the password protected online eligibility center by Thursday, May 28, 2020 by 12:00 p.m. Failure to do so will result in disqualification. Entrants not listed will not be allowed to compete. This includes alternates. **AN INDIVIDUAL MAY NOT COMPETE IN MORE THAN THREE (3) EVENTS.**

Directions for Entering Athletes – Complete the following steps:

- 1) Contact your school person responsible for entering CIAC athletic events.
- 2) Enter your roster from your CIAC eligibility list.
- 3) Enter your athletes into the event's qualifying performance form.
- 4) Be certain to enter the athlete's name and qualifying performance for each event you wish to enter.
- 5) Example – Running event – 400 meters of 56 seconds will be entered at 5600.
Example – Field event – Shot put of 42 feet, 6, and one half inches will be entered as 42-06.50.
- 6) **Individuals who do not meet an individual event standard but may run as a relay member or alternate must also be entered.**
- 7) Print your verification copy and bring it to the meet.
- 8) Submit the form to the CIAC.
- 9) Check the CIAC web site for errors. (www.ciacsports.com)

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**

- No tournament entries will be accepted after the established deadline (Thursday, May 28, 2020) 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. (No entry or late fee will be accepted beyond 3:30 p.m. on Friday, May 29, 2020.)
- All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone request will be considered.

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.

3.7 **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.**

3.8 **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 schools.
- 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 C.
- 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. 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.

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.**

Boys	LL		L		MM		M		S	
	Hand	FAT								
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
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
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'	

Girls	LL		L		MM		M		S	
	Hand	FAT								
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
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
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'		15'		15'		15'		15'	
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”.

Note: Only two (2) heats of the 3200 will be contested at all levels for both boys and girls. Heats will be seeded based on time by the Meet Director.

- 8.2 Qualification for the State Open Championship is as follows: (a) top five (5) finishers in Class LL, L, MM, M and S divisional championships; (b) all competitors who meet the automatic qualifying performance standard. (See Section 8.4)
- 8.3 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.**

8.4 **State Open Championships – Automatic Qualifying Performance Standard**

Athletes will qualify for the state open by placing in the top five (5) in their class meet or by obtaining the special (automatic) standard for their event at the state class meet in the current year.

The special standard will be set each year after the class meets have ended. The special standard will be determined by looking at the performance rankings for each event that includes the top five (5) qualifying performances from each of the class meets. The 12th place performance from the qualifiers will become the automatic standard for that year. All athletes who meet that standard during the current year’s class championship will advance to the open. Qualifiers who have met the standard will see their names posted online 24 hours after the conclusion of the last class championship meet.

- 8.5 **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).** Advancement to the New England Championship is predicated on the competitors performance in the CIAC Open Championship. The top six finishers in the Open Championship will advance to the New England Championship. The 7th, and 8th place finishers only will be considered as alternates. Athletes who qualify for the New England Championship must declare 15 minutes after the conclusion of the last event or alternates will be designated. **(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 alert page)**

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 ASSIGNED SPECTATOR AREAS.**
 - b. Contestants, not actually competing, must remain in assigned areas.
 - c. Jumpers and throwers may not practice or compete without adult supervision present.
 - d. Implements are to be secured immediately following the completion of the event and any athlete throwing the implement thereafter will be disqualified from the event).
 - 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.**
- 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.

The 8 lb. shot is still **NOT** acceptable (girls track).

THE SHOT, DISCUS AND JAVELIN ARE TO BE IMMEDIATELY SECURED FOLLOWING THE EVENT AND ANY ATHLETE THROWING THE IMPLEMENT THEREAFTER WILL BE DISQUALIFIED.

11.0 **TIME OF MEETS**

- 11.1 Both morning meets start at 10:00 a.m. for both field and running events (Class LL and MM). Two afternoon meets will begin at 4:00 p.m. for both field and running events (Class L and M). The Class S meet begins at 3:00 p.m.
- 11.2 The combined Open Meet will start at 1:30 p.m.
- 11.3 The field events for Class Meets at Willow Brook Park, New Britain will begin at the same time as the running events.

12.0 **TOURNAMENT RULES / PROCEDURES**

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

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

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.**

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

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

- 12.2 **Class Meets** – All classes – High jump and pole vault starting heights will be pre-determined by the CIAC meet director for the respective meet. No performance will be measured below the minimum standard.
- 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 **Relay Entry Rule** – All competitors listed on the Electronic Entry Form are the only athletes who may be listed as runners or alternates on relay teams. Coaches must be careful not to allow competitors to exceed the three (3) event limit.

The Entry Form used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship. As a relay team advances from the Class Championship to the Open Championship, only those runners and alternates whose names are checked in the “include” column on the relay declaration sheet will be eligible to compete in that relay event. *An athlete who competes in three (3) events in a Class Meet can only compete in those three (3) events in the Open if they advance. Failure to advance in one of the three (3) events from the Class Meet to the Open does not allow the athlete to choose a relay if listed as an alternate.* For teams qualifying for the New England Championship, coaches will be permitted to change the relay lineup to include any competitor who is on their state meet eligibility list, provided the athlete does not violate the three event limitation rule at the New England Championship meet.

- 12.5 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.
- 12.6 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 ***National Federation rules for uniforms will be enforced.***
- 12.8 Please have competitors dressed for participation on arrival at the meet. Dressing facilities will not be provided.
- 12.9 Championship and runner-up trophies will be awarded at each meet. Medals will be awarded for the first six (6) places in all events.
- 12.10 **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.
- 12.11 Teams arriving before dismissal time at any school should not enter the building.
- 12.12 **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.**
- 12.13 Coaches may be requested by the meet director to furnish competent officials to assist in the direction of the meet.
- 12.14 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.
- 12.15 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.
- 12.16 **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.
- 12.17 **An area will be provided for a designated coach for pole vault.**

APPENDIX A

2020 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 B

2020 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 C

CIAC OFFICIAL 2020 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 18, 2020

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 D

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

2020 BOYS DECATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 16, 2020 – 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m
Wednesday, June 17, 2020 – 110m Hurdles, Discus, Pole Vault (starts at 8'6"), Javelin, 1500m

The competition will start at 11:00 a.m. each day with check-in at 10:30 a.m.

Manchester High School

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 entry form via the password-protected online eligibility center by Wednesday, June 10, 2020. Entries submitted later than midnight, Wednesday, June 10, 2020 will be rejected.
3. Entry Limitations – Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three (3) can score 4600 points.**

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 D

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

2020 GIRLS HEPTATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 16, 2020 – 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m
Wednesday, June 17, 2020 – Long Jump, Javelin Throw, 800m

The competition will start at 11:30 a.m. the first day with check-in at 11:00 a.m. On the second day competition will start at 11:00 a.m. with the check-in at 10:30 a.m.

Site: Manchester High School

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 form via the password-protected online eligibility center no later than midnight, Wednesday, June 10, 2020. Entries not submitted by midnight, June 10 2020 will be rejected.

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 E

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

2020 CIAC BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 16, 2020 – Girls
Wednesday, June 17, 2020 – Boys

Site: Manchester High School

Meet Director: Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton 0340
School (860) 449-7234 / Home (860) 572-3973 / 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 3,200 meter or steeplechase times achieved during the 2020 outdoor track season. PLEASE DO NOT ESTIMATE STEEPLECHASE TIMES.

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. Entries must be submitted via the password-protected online eligibility center by Wednesday, June 10, 2020. Entries submitted later than midnight, Wednesday, June 10, 2020 will be rejected.
3. **Boys may be assigned to 2,000m heats based on seed time. Athletes assigned to 2,000m heats are not eligible for awards.**

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. Strict International Rules will be in effect.

APPENDIX F

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

2020 CIAC BOYS AND GIRLS HAMMER THROW INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Monday, June 15, 2020 (Both Boys and Girls)

Site: Manchester High School

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

Email – William.vanderrest@hotmail.com

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

Email – throws.r.us@gmail.com

The Hammer Throw will start at 3:30 p.m. each day.

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 form via the password-protected online eligibility center by Wednesday, June 10, 2020. Entries submitted later than midnight, Wednesday, June 10, 2020 will be rejected.
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. Strict International Rules in regard to taping and gloves will be in effect.

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2019-20
Required for ALL School Coaches in Connecticut**

This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. It includes guidance from the 2017 Concussion in Sport Group consensus statement that was developed to provide further understanding and management of sports-related concussion.

In addition to reviewing this document, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up: Concussion in Youth Sports training course, or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by coaches' associated school district annually to comply with Section 10-149b of the Connecticut General Statutes, *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit.*

What is a Concussion?

“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.” (CDC, 2017)

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. the recognition of signs or symptoms of concussion;
2. the means of obtaining proper medical treatment for a person suspected of sustaining a concussion;
3. the nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion;
4. the proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity; and
5. current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

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

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

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

State law 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 (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.

Section 3. Return to Play (RTP) Protocol Overview

It is impossible to accurately predict how long an individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), 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 identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms 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 identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)

Stage	Rehabilitation Steps/Aim	Functional exercise at each step of rehabilitation/activity	Goal to each step
0	It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCroory, P. et al., 2017). 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, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

Coach: (Print) _____ **School** _____

Coach Signature: _____ **Date** _____

References: McCroory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

Resources: CDC. (2017). *Heads up: Concussion in high school sports*. Retrieved from http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm
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 CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>