

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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

40th ANNUAL 2013 CIAC GIRLS CROSS COUNTRY CHAMPIONSHIPS
82nd ANNUAL 2013 CIAC BOYS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by PureTech Water

1. **AUTHORITY** – The decisions of the CIAC Girls and Boys Cross Country Committees and/or the Meet Director relative to the operation of the meets shall be final.
2. **AWARDS** – Individual awards will be given to the first twelve (12) finishers in each Divisional Championship, and also the first twenty-five (25) finishers in the Open Championship. Awards will be given to a maximum of twelve (12) runners listed on the entry form of the first and second place team in each divisional and open championship. A plaque will be awarded to the winner and runner-up teams in each divisional and open championship event. Awards will be presented at the finish area **approximately 30 minutes after the conclusion of the race. (Coaches please have your athletes in the area soon after the race.)**
3. **DATES OF MEETS / SITES / STARTING TIMES**

The **Girls and Boys Divisional Championship Meets** for 2013 shall be as follows:

All divisional championship races will be held at:

Wickham Park, Manchester, CT
Saturday, October 26, 2013

(Weather date – Sunday, October 27 and/or Monday, October 28)

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

Boys starting times for each race will be:

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

Girls starting times for each race will be:

S Division	–	9:45 a.m.	MM Division	–	1:30 p.m.
SS Division	–	10:50 a.m.	L Division	–	2:35 p.m.
M Division	–	11:55 a.m.	LL Division	–	3:40 p.m.

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

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

Wickham Park, Manchester, CT
On Friday, November 1, 2013

(Weather date – Sunday, November 3 or Monday, November 4)

Boys starting time for the race will be 2:00 p.m. / **Girls starting time** for the race will be 2:45 p.m.

The New England Championship will be held at:

Derryfield Park, Manchester, NH
on Saturday, November 9, 2013

4. **DIVISIONS** – The 2013 Boys and Girls Cross Country Championships will be operated in six (6) divisions. Placement of schools is based on the 2012-13 girl or boy enrollment in grades 9-12.

Boys Divisions:	LL Division – 730 and over	M Division – 368-458
	L Division – 600-729	SS Division – 228-367
	MM Division – 459-599	S Division – Up to 227

Girls Divisions:	LL Division – 730 and over	M Division – 395-491
	L Division – 612-729	SS Division – 276-394
	MM Division – 492-611	S Division – Up to 275

Note: Schools should notify the CIAC of any incorrect placement by October 4, 2013. No changes will be made on the day of the event.

5. **ENTRY FEE / ENTRY FORM**

- Each girls and/or boys team entering the championships will be assessed an entry fee of \$75, which must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Make check payable to CIAC.
- Entry Forms / Tournament Rosters can be submitted on the eligibility center or the submit scores / forms option under the CIAC for Coaches Menu at ciacsports.com. Rosters must be submitted no later than Friday, October 18, 2013.** Any request for changes after the initial roster is submitted must be made on a “support ticket” via the online eligibility center.
- Start List** – Start list will be posted on CIAC web site approximately five (5) days prior to the class meets. Schools should follow the online substitution procedure and **bring the substitution form to the meet.**
- Results – Class** – Results of individual Class Meets will be announced and posted following the conclusion of each race. **Results will be available on the CIAC web site – www.ciacsports.com.**

6. **MEET DIRECTOR** – The Boys and Girls CIAC Cross Country Chair is Donn Friedman, 117 Blue Hills Trail, Glastonbury, CT 06033 – Telephone (860) 633-0412 (home) / (860) 416-1884 (cell) / Email: luv2rundf@cox.net.

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

7. **INSPECTION OF COURSE** – Schools are encouraged to inspect the course prior to the day of the meet to keep the course free of traffic for the racers. On the day of the class meets the Wickham Park course will not be open for inspection until 8:00 a.m. On the day of the Open Meet the park will not be open until 12:00 Noon.
8. **PARKING FEE** -- Be advised that a spectator parking and CIAC event admission fee of \$10 per car will be collected for both the Class and Open Championships.

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

9. CIAC LATE ENTRY POLICY

- a. **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- b. Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per corrections to a maximum of \$250.
- c. All requests for corrections must be submitted on a support ticket via the online eligibility center. **No telephone requests will be considered.**

TOURNAMENT REGULATIONS VIOLATIONS – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

10. MEET REGULATIONS – All state meets shall be governed by the following regulations:

- a. Only institutional members of the Conference may enter these championships.
- b. For girls races – All courses will be 5,000 meters
For boys races – All courses will be 5,000 meters
- c. The team roster for the state and open meet shall consist of seven (7) runners, plus all others eligible to compete. There is no minimum as to the number of competitors a school may enter be it 1, 2, 3, etc. there is a maximum of seven (7) runners who may run in an event. Seven (7) runners may compete in the state and open meets, these seven (7) runners need not be the same for each meet. Substitutions may be made to the original seven up to thirty (30) minutes before the start of the race.
- d. The Open Meet will be made up of the top two (2) teams from each division decided by points, plus eight (8) additional teams decided by having the fastest team times. In a division, any team ranked higher in place scoring than a team advanced to the Open based on time will also advance.
- e. Individual qualifiers for the Open Meet will include the top **twelve (12)** runners in each division plus the thirty (30) fastest runners overall on time beyond the automatic qualifiers.
- f. Qualifiers for the New England Championships will be the **top six (6) teams** and the **top twenty-five (25) individual** finishers from each boys and girls race at the Open Meet.
- g. Each runner must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) separate regular season meets held on four separate dates.
- h. Coaches are expected to maintain discipline over their runners at all times. We are guests at the Championship site and every precaution must be taken to insure that the site is not damaged or that acts of theft and vandalism do not occur. Coaches and their schools will be held liable for the action of their runners. **PRINCIPALS AND COACHES ARE ASKED TO INFORM THEIR RUNNERS AND FANS THAT GRILLS, FOOTBALLS, FRISBEES, RADIOS AND OTHER SUCH ITEMS ARE NOT TO BE BROUGHT TO THE CHAMPIONSHIP SITE.**

- i. Runners will not be allowed to participate without the presence of their coach or an adult officially designated in writing by their principal.
- j. Scoring will be in accordance with National Federation Rules.

(NOTE: If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded and all other team scores re-ranked. **Also, runners must finish within 26 minutes for boys and 31 minutes for girls after the start of the race to be tabulated in the scoring.**)

- k. **ANY RUNNER WHO USES AN ILLEGAL AID OTHER THAN A WATCH, SUCH AS A HEART RATE MONITOR, SHALL BE DISQUALIFIED.**
 - l. Athletic trainers will be available on site and located past the finish area.
 - m. The finish line area is “off limits” to coaches, spectators and parents. Team or competitor disqualification may occur.
 - n. Coaches are to bring a large plastic garbage bag so that what the team packs in may be packed out.
11. **NUMBERS** – Coaches are to check in at the registration area no later than 30 minutes prior to the start of the race in which their runners are competing. Numbers will be given at that time. Pins will be provided by the meet director.
12. **TEAM PICTURES** – Divisional and Open Championship winning teams are asked to submit team pictures to the CIAC office for publication in the CAS Bulletin.
13. **TRAVELING EXPENSES** – Competing schools must provide their own transportation at their expense, they will not be reimbursed.
14. **UNIFORMS / DRESSING FACILITIES** – **Each team member shall wear the same color and design team uniforms (jersey and trunks). Apparel worn under the jersey by more than one (1) team member (two or more) must be the same color. Note: Apparel worn under the uniform jersey and shorts must be of a single color. (Names on tights, etc. are prohibited.)**

Uniforms must be in compliance with the national Federation rules as stated in the National Federation rule book. All team and individual runners must come dressed for competition. Dressing room accommodations will not be available.

For safety and weather related conditions, the CIAC cross Country committee has the authority to permit wearing additional attire for competitors.

Coaches should also review the Federation jewelry rule with their athletes.

NOTE: THIS REGULATION WILL BE STRICTLY ENFORCED AT ALL CIAC CHAMPIONSHIP MEETS. VIOLATORS MAY BE DISQUALIFIED.

Hair Control Devices and Headbands Clarified – There have been numerous questions recently relating to the legality of certain hair-control devices. Players may wear rubber bands, scrunchies, pre-wrap and narrow, multi-colored elastic bands to hold their hair back. These items are not considered headbands and therefore do not fall under the new headband rule. These items do not have to be the same color as the uniform or white, they can be of any color, they do not have to be a single color and are not subject to the logo restrictions.

Further, a ribbon worn in *addition* to a hair-control device is considered to be a head decoration, and is prohibited. If a ribbon is being worn as a hair-control device, it would be permitted provided it is not judged to be dangerous or inappropriate by the referee.

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

15. **ROAD RACE PARTICIPATION** – Participation on the part of any interscholastic cross country team member in any road race conducted after his/her school's first scheduled meet of the CIAC season will be considered a violation of Rule II.E. of the CIAC Rules of Eligibility and Control. Any cross country runner, male or female, who so participates will be declared ineligible.

NOTE: Teams and individual runners qualifying for the New England Championship are subject to all CIAC rules. The season for those competing in the New England Championship ends after the New England Meet.

16. **COMPETITORS / CHUTES** – **Coaches are to instruct their runners to continue forward to the end of the chute. Runners are not to stop after crossing the finish line. 180 plus runners compete in each race.**

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

All sports teams will have a minimum of fourteen (14) practice days before the date of the first scheduled competition. Sundays do not count as a day of practice. Saturdays and holidays may be used as practice days unless prohibited by local board policy or the CIAC committee on seasons limitations. An **individual athlete must participate in a minimum of ten (10) practices** prior to competition unless the athlete has been participation in a sport.

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

2013 CIAC CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM

LL Girls Division – 745 – Over (26 teams)

Bridgeport Central	1022
Cheshire	755
Danbury	1397
East Hartford	820
Fairfield Ludlowe	814
Glastonbury	1154
Greenwich	1300
Hamden	886
Manchester	805
New Britain	1218
New Milford	755
Newtown	854
Norwalk	769
Norwalk – Brien McMahon	864
Norwich Free Academy	1189
Ridgefield	865
Shelton	801
Simsbury	745
Southington	1011
Stamford	907
Stamford – Westhill	1052
Trumbull	1142
West Hartford – Conard	769
West Haven	795
Westport – Staples	930
Woodbridge – Amity Reg.	778

L Girls Division – 602-744 (25 teams)

Bridgeport – Warren Harding	648
Bristol Central	634
Bristol Eastern	608
Darien	671
Fairfield Warde	690
Farmington	614
Hartford Public	725
Madison – Daniel Hand	645
Meriden – Maloney	602
Middletown	633
Middletown – Mercy	638
Monroe – Masuk	618
Naugatuck	622
New Canaan	647
Newington	706
North Haven	633
South Windsor	688
Southbury – Pomperaug	614
Storrs – E.O. Smith	627
Wallingford – Lyman Hall	625
Waterbury – Crosby	718
Waterbury – Kennedy	639
Waterbury – Wilby	634
West Hartford – Wm. Hall	718
Wilton	621

MM Girls Division – 477-601 (25 teams)

Avon	555
Branford	561
Bridgeport – Bassick	521
Brookfield	477
Colchester – Bacon Academy	496
East Lyme	580
Enfield – Enrico Fermi	489
Groton – Fitch	601
Guilford	523
Hamden – Sacred Heart Academy	499
Hebron – RHAM	526
Ledyard	496
Meriden – Platt	546
Milford – Foran	477
New Fairfield	497
New Haven – Hillhouse	484
New Haven – Wilbur Cross	597
Redding – Joel Barlow	525
Stratford	497
Stratford – Bunnell	599
Torrington	511
Vernon – Rockville	478
Wethersfield	554
Windsor	561
Woodstock Academy	545

M Girls Division – 381-476 (24 teams)

Berlin	469
Bethel	462
Bridgeport – Bullard Havens	436
Burlington – Lewis Mills	389
East Haven	458
Ellington	417
Hartford – A.I. Prince Tech.	417
Hartford – Bulkeley	433
Killingly	452
Milford – Jonathan Law	472
Milford – Luralton Hall	465
New Haven – Career	414
New London	396
Rocky Hill	390
Suffield	452
Tolland	449
Trumbull – St. Joseph	388
Wallingford – Sheehan	471
Waterford	405
Watertown	470
Weston	388
Winsted – N.W. Reg.	381
Wolcott	439
Woodbury – Nonnewaug	452

SS Girls Division – 256-387 (30 teams)

Beacon Falls – Woodland	365
Bloomfield	264
Clinton – Morgan School	280
Coventry	263
Cromwell	267
Deep River – Valley Reg.	326
Durham – Coginchaug	298
East Hampton	283
Enfield	347
Granby Memorial	371
Griswold	314
Higganum – Haddam-Killingworth	324
Manchester – East Catholic	354
Meriden – Wilcox Tech.	325
Milford – Platt Tech.	300
Montville	349
North Branford	328
Old Saybrook	275
Oxford	305
Plainfield	370
Plainville	379
Seymour	308
Somers	256
Stafford	260
Stonington	375
Waterbury – Holy Cross	301
Waterbury – Kaynor Tech.	346
West Hartford – N.W. Catholic	303
Windham	301
Windsor Locks	275

No Girls Team

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

Ansonia	309
Ansonia – O’Brien Tech.	167
Hamden – Eli Whitney	223
New Britain – Goodwin Tech.	257
Sprague – Academy Holy Family	42

S Girls Division – Up to 255 (44 teams)

Bolton	179
Bridgeport – Kolbe Cathedral	179
Bristol – St. Paul Catholic	193
Canton	245
Chaplin – Parish Hill	74
Danbury – Abbott Tech.	218
Danbury – Immaculate	199
Derby	174
East Granby	122
East Haddam – Hale Ray	195
East Windsor	170
Fairfield – Notre Dame	178
Falls Village – Housatonic Valley	228
Groton – Grasso Southeastern Tech.	231
Hartford – Achievement First	34
Hartford – Capital Prep.	122
Hartford – Classical Magnet	202
Hartford – Sport & Medical Science	229
Hartford – University	129
Hartford – Weaver	226
Killingly – Ellis Tech.	114
Lebanon – Lyman Memorial	252
Litchfield	158
Litchfield – Wamogo Reg.	213
Middletown – Vinal Tech.	189
Manchester – Cheney Tech.	150
New Haven – Amistad Academy	168
New Haven – Hyde	48
No. Stonington – Wheeler	103
Norwich RVT	252
Portland	187
Putnam	136
Old Lyme	191
Stamford – Trinity Catholic	187
Terryville	229
Torrington – Wolcott Tech.	237
Thomaston	132
Thompson – Tourtellotte	141
Uncasville – St. Bernard	135
Washington – Shepaug Valley	142
Waterbury – Sacred Heart	168
Westbrook	138
Windham Tech.	196
Winsted – Gilbert School	146

LL Boys Division – 726 and over (31)

Bridgeport Central	923
Cheshire	798
Danbury	1468
East Hartford	836
Fairfield Ludlowe	737
Fairfield Prep.	896
Fairfield Warde	726
Glastonbury	1077
Greenwich	1366
Hamden	944
Hartford Public	750
Manchester	889
Middletown – Xavier	870
New Britain	1338
New Milford	726
Newtown	905
Norwalk	770
Norwalk – Brien McMahon	793
Norwich Free Academy	1071
Ridgefield	906
Shelton	779
Simsbury	832
Southington	1009
Stamford	989
Stamford – Westhill	1039
Trumbull	1049
Waterbury – Crosby	746
West Hartford – Conard	773
West Haven	794
Westport – Staples	953
Woodbridge – Amity Reg.	844

L Boys Division – 615-725 (26 teams)

Bridgeport – Bassick	645
Bridgeport – Warren Harding	685
Bristol Central	681
Bristol Eastern	640
Darien	659
Farmington	678
Hebron – RHAM	615
Madison – Daniel Hand	617
Meriden – Maloney	618
Meriden – Platt	619
Middletown	674
Monroe – Masuk	620
Naugatuck	683
New Canaan	629
New Haven – Wilbur Cross	653
Newington	719
North Haven	625
South Windsor	723
Southbury – Pomperaug	652
Waterbury – Kennedy	717
Waterbury – Wilby	702
West Hartford – Wm. Hall	725
West Haven – Notre Dame	616
Wethersfield	617
Wilton	689
Windsor	637

MM Boys Division – 448-614 (29 teams)

Avon	540
Berlin	497
Bethel	502
Branford	531
Colchester – Bacon Academy	448
East Haven	468
East Lyme	542
Enfield – Enrico Fermi	499
Groton – Fitch	593
Guilford	551
Hartford – Bulkeley	549
Ledyard	465
Manchester – Cheney Tech.	534
Middletown – Vinal	450
Milford – Foran	491
Milford – Jonathan Law	466
Milford – Platt Tech.	554
New Fairfield	521
New Haven – Hillhouse	510
New London	536
Redding – Joel Barlow	487
Storrs – E.O. Smith	602
Stratford	556
Stratford – Bunnell	590
Torrington	590
Vernon – Rockville	497
Wallingford – Lyman Hall	468
Watertown	467
Woodstock Academy	514

M Boys Division – 359-447 (29 teams)

Beacon Falls – Woodland	363
Bridgeport – Bullard Havens	388
Brookfield	433
Burlington – Lewis Mills	409
Danbury – Abbott Tech.	423
Ellington	370
Enfield	380
Granby Memorial	390
Hartford – A.I. Prince Tech.	359
Killingly	440
Killingly – Ellis Tech.	417
Meriden – Wilcox Tech.	438
Montville	372
Norwich Tech.	424
Plainfield	371
Plainville	370
Stonington	398
Suffield	410
Tolland	437
Torrington – Wolcott Tech.	417
Trumbull – St. Joseph	440
Wallingford – Sheehan	437
Waterbury – Kaynor Tech.	411
Waterford	440
Weston	395
Windham	379
Windham Tech.	374
Winsted – N.W. Reg.	372
Wolcott	427

SS Boys Division – 215-358 (30 teams)

Bloomfield	276
Canton	286
Clinton – Morgan School	308
Coventry	248
Cromwell	270
Deep River – Valley Reg.	297
Durham – Coginchaug	279
East Hampton	241
Fairfield – Notre Dame	215
Griswold	311
Groton – Grasso Southeastern Tech.	340
Hartford – University	275
Hartford – Weaver	243
Higganum – Haddam-Killingworth	309
Manchester – East Catholic	339
New Haven – Career	281
North Branford	312
Old Lyme	235
Old Saybrook	262
Oxford	289
Rocky Hill	345
Seymour	303
Somers	284
Stafford	218
Stamford – Trinity Catholic	227
Terryville	262
Waterbury – Holy Cross	325
West Hartford – N.W. Catholic	300
Windsor Locks	288
Woodbury – Nonnewaug	353

S Boys Division – Up to 214 (29 teams)

Bolton	182
Bridgeport – Kolbe Cathedral	131
Bristol – St. Paul Catholic	194
Chaplin – Parish Hill	82
Danbury – Immaculate	184
Derby	188
East Haddam – Hale Ray	201
East Granby	151
East Windsor	192
Falls Village – Housatonic Valley	195
Hartford – Achievement First	27
Hartford – Capital Prep.	89
Hartford – Classical Magnet	161
Hartford – SMSA	194
Lebanon – Lyman Memorial	177
Litchfield	164
Litchfield – Wamogo Reg.	196
New Haven – Amistad Academy	134
New Haven – Hyde	161
North Stonington – Wheeler	97
Portland	186
Putnam	163
Thomaston	138
Thompson – Tourtellotte	160
Uncasville – St. Bernard	125
Washington – Shepaug Valley	177
Waterbury – Sacred Heart	181
Westbrook	148
Winsted – Gilbert School	170

No Boys Team

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

Ansonia	323
Ansonia – O’Brien Tech.	386
Hamden – Eli Whitney Tech.	277
New Britain – Goodwin Tech.	380

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2013 CROSS COUNTRY STATE TOURNAMENT ENTRY FORM

1. The entry form/tournament rosters can be submitted on the eligibility center or the submit scores/forms option under the CIAC for Coaches Menu at ciacsports.com. Rosters must be submitted NO LATER THAN 4:00 P.M. ON FRIDAY, OCTOBER 18, 2013.

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

2. The entry form must list seven (7) athletes who are likely to run. Substitutions may be made to the original seven up to thirty minutes before the start of the race, but not after. (Substitutes must be listed on eligibility list submitted to CIAC office.) Please check for correct spelling.
3. Only seven (7) runners may run. The runners in the Class Championship need not be the same for the Open Championship.
4. Entrants for tournament meets must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) regular season meets held on separate dates.
5. **Send tournament entry fee of \$75 to the CIAC Office, 30 Realty Drive, Cheshire, CT 06410.** If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys/girls cross country options in the password-protected online eligibility center.

6. **CIAC Late Entry Policy**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

Tournament Regulations Violations

- If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.
7. **Start List / Corrections** – Start lists will be posted on the CIAC web site approximately five days prior to the class meets. **Any corrections can be made on the day of the class meets. The correction form can be downloaded from the CIAC web site, completed, and submitted at the finish area tent.**

CIAC CROSS COUNTRY TOURNAMENT FORMS

All tournament forms must be submitted via the online eligibility center section of the CIAC web site located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry. Tournament Rosters / Entry Forms can also be submitted on the submit scores/forms option under the CIAC for Coaches Menu at ciacsports.com.

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of cross country:

1. Entry Form *
2. Substitution Form – if making any changes to your line-up at the meet you must do so on the substitution form which can be printed from the online eligibility center.

*For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.

CIAC ONLINE ELIGIBILITY CENTER CROSS COUNTRY WORKSHEET

Information Required:

The seven runners most likely to run are:

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

Head coach:

School telephone

Home telephone

Principal:

Athletic Director:

Certifying Medical Official:

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – HEAT CRAMPS ARE A MILD HEAT ILLNESS THAT CAN BE EASILY TREATED. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

HEAT SYNCOPE – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

HEAT EXHAUSTION – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

HEAT STROKE – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 Unlimited activity
 65-73 Moderate risk

73-82 High risk
 82-plus Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature.

<u>Air Temp</u>	<u>Danger Zone</u>	<u>Critical Zone</u>	
70F	80% RH	100% RH	RH = Relative Humidity
75F	70% RH	100% RH	
80F	50% RH	80% RH	
85F	40% RH	68% RH	
90F	30% RH	55% RH	
95F	20% RH	40% RH	
100F	10% RH	30% RH	

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60F	Safe but always observe athletes
61 - 65F	Observe players carefully
66 - 70F	Caution
71 - 75F	Shorter practice sessions and more frequent water and rest breaks
75 plus F	Danger level and extreme caution

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**
7. Athletes should weight each day before and after practice and **WEIGHT CHARTS CHECKED.** Generally a three percent weight loss through sweating is safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **Do not allow athletes to return to practice until they have adequately replaced their weight from fluid loss.**
8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
11. Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children
<http://www.nata.org/consumer/docs/parentandcoachesguide.pdf>

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.

A rectal temperature not oral, aural, or temporal is diagnostic of heatstroke. Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to cool the athlete then delay. **Immediately cool the athlete while waiting for transfer to a hospital.** Remove equipment and immerse body in ice cold water and keep cooling athlete.

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddy pool or large plastic tub filled with water and with ice on stand-by should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

HEAT EXHAUSTION – CONTACT LICENSED HEALTH CARE PROVIDER. Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

Fluid Replacers

Examples: Water, Gatorade, Powerade, 10K, Quickkick, Max

These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.

Carbohydrate loaders

Examples: Gatorlode, Exceed High, Carboplex, etc.

These drinks replace more muscle glycogen to enhance greater endurance.

They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

Nutrition Supplements

Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.

These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.

They help restore muscle glycogen stores after exercise.

They provide extra calories for athletes beyond a proper balanced diet.

What Not to Drink

Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.

Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.

Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.

Carbonated beverages are found to cause decreased voluntary fluid intake.

Alcoholic beverages are inappropriate for high school athletes.

Hydration Tips and Fluid Guidelines

Drink according to a schedule based on individual fluid needs.

Drink before, during and after practices and games.

Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.

Drink 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.

Drink early – By the time you're thirsty, you're already dehydrated.

In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.

Drink fluids based on the amount of sweat and urine loss.

Within two hours, drink enough to replace any weight loss from exercise.

Drink approximately 20-24 ounces of sports drink per pound of weight loss.

Dehydration usually occurs with a weight loss of two percent of body weight or more.

What to Drink During Exercise

If exercise lasts more than 50 minutes, a sports drink should be provided during the session.

The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.

During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration. Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise. Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water. Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption. Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness

Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated. Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance. Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke). High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions. Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer. Certain medications or fevers can greatly affect an athlete's hydration status. Environmental temperature and humidity both contribute to dehydration and heat illnesses. Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration. Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.

A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association. A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used. A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used. A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.

<http://www.weather.gov/om/heat/heatindex.shtml>

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

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

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

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

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

PART II – RETURN TO PARTICIPATION (RTP)

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

Concussion management requirements:

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

5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider.

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