

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

2023 BOYS / GIRLS OUTDOOR TRACK INFORMATION

CIAC Girls Committee Chairman

Anna Mahon, Assistant Superintendent
Brookfield
mahona@brookfieldps.org

CIAC Boys Committee Chairman

Donn Friedman
(860) 416-1884
luv2rundf@gmail.com

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
 - Sportsmanship
 - NFHS Rules Updates

- Appendix A Event Limitations Explanation
- Appendix B Protest Report Form
- Appendix C Disqualification Report Form
- Appendix D Pole Vault Weight Certification Form
- Appendix E Decathlon Information Sheet
- Appendix F Heptathlon Information Sheet
- Appendix G Steeplechase Information Sheet
- Appendix H Hammer Throw Information Sheet
- Certifications/Coaching Certifications

2023 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 2021-22 grade 9-12 boy or girl enrollment.

Boys:	LL	– 741 and over	Girls:	LL	– 713 and over
	L	– 578-740		L	– 559-712
	MM	– 396-577		MM	– 401-558
	M	– 275-395		M	– 274-400
	S	– up to 274		S	– up to 273

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 18, 2023.
- 2.2 Member schools may hold the first meet on, but not before Saturday, April 1, 2023.
- 2.3 **TUESDAY, MAY 30, 2023 – CLASS M CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain - Field events start at 10:00 a.m. and running events start at 10:30 a.m.. (All scratches encouraged by 9:30 a.m.)
Meet Director – James Thompson, 14 Great Plain Road, Norwich, CT 06360
Cell – (860) 608-7145 / jtstrider@sbcglobal.net
- TUESDAY, MAY 30, 2023 - CLASS S 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
- 2.4 **WEDNESDAY, MAY 31, 2023 – CLASS LL CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 10:00 a.m. and running events start at 10:30 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
- WEDNESDAY, MAY 31, 2023 – CLASS L CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 4:00 p.m. and running events start at 4:30 p.m. (All scratches encouraged by 3:30 p.m.)
Meet Director– Deb Petruzzello, 84 Highland Avenue, Middletown, CT 06457
Telephone - (860) 754-7207 / dpet53@sbcglobal.net
- 2.5 **THURSDAY, JUNE 1, 2023 -- CLASS MM 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 – 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

2.6 **MONDAY, JUNE 5, 2023 – 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 10, 2023 -- NEW ENGLAND BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS** – TBA – Field events start at 10:00 a.m. and running events start at 10:30 a.m. (All scratches encouraged by 10:00 a.m.)
Meet Director – TBA

2.8 **MONDAY, JUNE 12, 2023 – CIAC HAMMER THROW**

TUESDAY & WEDNESDAY, JUNE 13, 14, 2023 -- CIAC DECATHLON, HEPTATHLON, STEEPLECHASE – at Willow Brook Park, New Britain (See Appendixes)

Boys Hammer Throw – June 12 (2:00 p.m.)

Girls Hammer Throw – June 12 (4:00 p.m.)

Girls Heptathlon – June 13 (10:30 a.m.), June 14 (10:00 a.m.)

Boys Decathlon – June 13, 14 (10:00 a.m.)

Girls Steeplechase – June 13 (3:30 p.m.)

Boys Steeplechase – June 14 (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 – Submitting Outdoor Track & Field Entries Using Athletic.Net**

1. Schools will have until Noon, THURSDAY, MAY 25, 2023, to submit eligibility rosters to CIAC and final tournament roster in Athletic.net. Schools may change their initial tournament roster entries as many times as they want up until the Noon deadline on May 25. The entry system will close at Noon on May 25 and divisional meets will be set.

Seed marks drawn from a meet in Athletic.net are only accepted for meets marked as official between the entry registration start date of 6:00 a.m. Saturday, April 1, 2023, and the entry registration end date of 12:00 Noon on May 25, 2023.

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

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

2. The following online method for entry must be used for all Divisional Championship entries. Please follow these directions for submitting entries.

- Go to www.athletic.net, the site hosting the online entry process.
- Log into your coach account.
- An invitation to your divisional meet should appear on your team's season calendar. Accept the invitation to your boys and/or girls Division Championship. Select the meet and then click the "Register Athletes" button. Please make sure that if your boys and girls teams are competing in different divisions that you select the appropriate meet.
- Enter/confirm your entry contact info before you start your event entries for and then click Enter Team.
- To help verify your entry complete the brief form:
 - First – Last Name
 - Email Address
 - Phone Number
 - Position (Head coach, Assistant coach, Athletic Director, Other)
- You are now able to enter athletes in events for the divisional meet.
- You may choose to complete entries "by event" or "by athlete"
- Only meet results reported in Athletic.net as "Official" are to be used for seed marks. Seed marks drawn from a meet in Athletic.net are only accepted for meets marked as official between the entry registration start date of 6:00 a.m., Saturday, April 1, 2023, and the entry registration end date of 12:00 Noon on May 25, 2023.
- **Qualifying Standards** – Only those competitors who have equaled or bettered in regular season competition the qualifying marks listed in the section entitled "Qualifying" are eligible to enter the championship meets. Please adhere to this regulation. Please note that relay teams **MUST** meet qualifying standards.
- **For Relay Times ONLY** – A slower relay time than the one recorded during the regular season may be entered for class meet qualifying only using the Athletic.net override option during event entry registration.
No overrides for individual event entries are allowed.
- For all relays, coaches must list four probable runners and should declare up to four probable alternates during their Athletic.net registration. Once at their Class meet, relay teams must report with signed declaration sheets of the four actual competitors and up to four actual alternates from their Athletic.net team roster when called to the clerk of course. Relay declaration sheets will be available at the check-in prior to the Class Championships.
Any coach who changes a contestant and uses an alternate on a relay for the State Open must report to the clerk of course to attest to the alternate runner's eligibility. Changes in original order are allowed.
- **Distance Event Entries** – For entries in the 1600m and 3200m events, coaches are directed to enter their athlete's best performance according to posted qualifying standards for the 1600m using the 1500m, 1600m or 1-mile events or for 3200m using the 3000m, 3200m or 2-mile events in Athletic.net.
*Coaches do not need to convert performances to 1600m or 3200m.
Coaches CANNOT use times reported as on-route to a longer distance.
Coaches must not enter the same athlete in the 1500m, 1600m, 1-mile or 3000m, 3200m, 2-mile.
A coach must determine the fastest performance to enter the athlete into the 1600m or 3200m events.*
- After completing entries, click on the Finalize Entries button (print entries) at top of your entry summary.
- **All event entries will be reviewed by the CIAC Outdoor Track and Field appointees on a regular basis to ensure validity of entries with a final review after the entry deadline of 12:00 Noon on May 25, 2023. Event entries will be marked as Accepted or Rejected.**
- The coach should bring a copy of their final entry confirmation to the division meet. Under no circumstances will printed forms be accepted in lieu of submissions via Athletic.net.
- Please see the additional **Athletic.net Tutorials for CIAC Outdoor Track & Field teams** guidance available included in this document and at the meet information page at each CIAC Divisional Championship meet in Athletic.net.

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

3.6 **Late Entry Policy** – **DEADLINE FOR ALL ENTRIES IS THURSDAY, MAY 25, 2023, BY 12:00 P.M.**, at which time verifications will be sent to the AD and coach email addresses on file. School officials must check verification form for errors and report errors to CIAC immediately via an online support ticket (this is the only channel for submitting corrections; no phone corrections will be accepted). Seeded meet programs will be posted on the web site on Friday, May 26, 2023 by 3:30 p.m. **ABSOLUTELY NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE SEEDED PROGRAMS ARE POSTED.**

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

HOST SCHOOLS ARE REQUIRED TO SUBMIT THE ENTIRE MEET RESULTS IN ATHLETIC.NET WITHIN 7 DAYS OF THE MEET AND MUST DO SO NO LATER THAN 12:00 A.M. ON WEDNESDAY, MAY 24, 2023.

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

3.7 **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 school.
5) CIAC track officials membership card
6) Veterans allowed with I.D. or in uniform

5.0 **FORFEITS**

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

6.0 **OFFICIALS**

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

7.0 **PROTESTS**

- 7.1 Each meet director will establish a jury of appeal consisting of five (5) members whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final and binding unless there is a challenge to the application of due process.
- 7.2 Protests submitted to the Jury of Appeals must be submitted 30 minutes from the time the results have been announced and entered on the Protest Form included in the packet of information. The form may be found as Appendix B.
- 7.3 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.4 **Decisions by Game Officials** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest must be in accordance with the NFHS rules and the CIAC protest procedure stated in the packet. Protests will not be considered after the official conclusion of the meet. The decisions and interpretations of the rules by the officials are final.
- 7.5 The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by CIAC.

8.0 QUALIFYING

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

<u>Boys</u>	<u>LL</u>		<u>L</u>		<u>MM</u>		<u>M</u>		<u>S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
110M H	16.7	16.94	16.7	16.94	17.0	17.24	17.5	17.74	17.7	17.94
300M Int H	43.0	43.24	43.5	43.74	43.5	43.74	44.0	44.24	45.0	45.24
100M	11.5	11.74	11.5	11.74	11.6	11.84	11.6	11.84	11.7	11.94
200M	23.8	24.04	23.8	24.04	24.1	24.34	24.1	24.34	24.3	24.54
400M	53.5	53.74	53.5	53.74	53.8	54.04	53.8	54.04	54.0	54.24
800M	2:05.5	2:05.74	2:05.5	2:05.74	2:06.5	2:06.74	2:06.5	2:06.74	2:07.5	2:07.74
1600M	4:39	4:39.24	4:39	4:39.24	4:44	4:44.24	4:48	4:48.24	4:50	4:50.24
1 mile	4:40.2	4:40.44	4:40.2	4:40.44	4:45.1	4:45.44	4:49.2	4:49.44	4:51.2	4:51.44
3200M	10:10.0	10:10.24	10:20	10:20.24	10:30	10:30.24	10:45	10:45.24	10:50	10:50.24
2 mile	10:14.0	10:14.24	10:24	10:24.24	10:34	10:34.24	10:49	10:49.24	10:54	10:54.24
4 x 100	46.3	46.54	46.3	46.54	46.5	46.74	47.0	47.24	48.0	48.24
4 x 400	3:40	3:40.24	3:40	3:40.24	3:43	3:43.24	3:45	3:45.24	3:48	3:48.24
4 x 800	8:50	8:50.24	9:00	9:00.24	9:00	9:00.24	9:10	9:10.24	9:20	9:20.24
Long Jump	20'		19'6"		19'		19'		19'	
Triple Jump	39'6"		39'6"		39'		39'		38'6"	
High Jump	5'10"		5'8"		5'8"		5'8"		5'8"	
Shot	41'		41'		41'		41'		40'	
Discus	115'		115'		115'		115'		115'	
Javelin	140'		135'		135'		135'		130'	
Pole Vault	11'		11'		10'6"		10'6"		10'	

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

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:
- SPECTATORS MAY NOT BE ON THE FIELD AND MUST REMAIN IN THE STANDS OR OUTSIDE THE INNER FENCE.**
 - ATHLETES, NOT ACTUALLY COMPETING, MUST LEAVE THE COMPEETITION AREA AND REMAIN OUTSIDE THE INNER FENCE. Per NFHS rules, warm-ups for field events may only take place in the competition area or designated warm-up area WHEN AN OFFICIAL IS PRESENT AND HAS DEEMED THE EVENT OPEN.**
 - Jumpers and throwers may not practice or compete without a Meet Official present.
 - THE SHOT, DISCUS AND JAVELIN ARE TO BE IMMEDIATELY SECURED FOLLOWING THE EVENT AND ANY ATHLETE THROWING THE IMPLEMENT THEREAFTER WILL BE DISQUALIFIED.**
 - Standards and crossbars are to be removed immediately upon completion of the event.
- 10.4 **COACHES AND ATHLETES ENTERED IN THE MEETS ARE TO REMAIN IN THE AREA DESIGNATED FOR THEM. VIOLATORS ARE SUBJECT TO DISQUALIFICATION. THIS RULE WILL BE RIGIDLY ENFORCED.**
- A box will be provided for a designated coach for the pole vault.
 - THIS YEAR A BOX WILL ALSO BE TRIED FOR THE LONG JUMP, TRIP JUMP, AND HIGH JUMP. MEET DIRECTORS WILL DEVELOP A PROCEDURE, ALONG WITH THE POLE VAULT BOX. THE PROCEDURE WILL BE EXPLAINED AT THE COACHES' MEETING BEFORE EACH DIVISION MEET. COACHES' COOPERATION IS NEEDED FOR SAFE AND ORDERLY COMPETITION FOR THE ATHLETES. VIOLATORS SUBJECT THEIR ATHLETES TO DISQUALIFICATION.**
- 10.5 When a member school's coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 10.6 Use or possession of tobacco products or alcoholic beverages of any kind, including champagne, are not permitted on the field of competition or within the stands, or parking lot at which a tournament game is scheduled.
- 10.7 All equipment must pass inspection at the meet according to National Federation Rules, and the shot, javelin and discus must be made available for any competitor. All implements will be weighed, measured and balanced during the registration period (and only at that time). Athletes using non-certified equipment will be disqualified. In the event the weighing of implements is not available, the meet director may designate competition implements which become the common property of all competitors during the competition.

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

11.0 **TIME OF MEETS**

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

11.2 The combined Open Meet will start at 1:30 p.m.

12.0 **TOURNAMENT RULES / PROCEDURES**

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

Girls 4 x 800	Final
Boys 4 x 800	Final
Girls 4 x 100m Relay	Final
Boys 4 x 100m Relay	Final
Girls 100m Hurdle	Semi
Boys 110m 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

Note: For the 3200 meter run – **It is possible that the Director may combine into one heat depending on scratches.**

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

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 simultaneously

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

- 12.2 **Vertical Jumps** – All classes – Starting heights in the high jump in all Class Meets will be two (2) inches below the qualifying mark if there are 14 or fewer entrants. If there are 15 or more, the qualifying mark is the starting height. Starting heights in the pole vault will be one standard below the qualifying mark if there are 14 or fewer entrants. If there are more than 15, the qualifying mark is the starting height. Five alive protocol in both events. Meet Directors can modify with weather conditions. **Warm-up time for vaulters will be 30 minutes prior to the start of the event.**

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

- 12.3 The 100m and 110m hurdles will be run twice, semis and finals. All other races are timed finals. All the championship meets will be automatically timed. **IN THE CLASS MEETS, THE FASTEST NINE TIMES IN THE SEMIS WILL ADVANCE TO THE FINALS. Only eight (8) places are scored.**
- 12.4 In the horizontal jumps and throws the top 9 athletes advance to the finals. Athletes will have three (3) attempts in preliminary flights, and three attempts in finals. All will count towards scoring.
- 12.5 **Relay Entry Rule** – 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. See Appendix A – Entry Limitations

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.

A 30m exchange zone will be used in all zones of 4 x 100m relay. A 20m exchange change will be used in the second, third and fourth legs of the 4 x 400m and 4 x 800m relays.

- 12.6 Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which they are entered. Coaches are still urged to scratch any contestant before the meet in order to expedite the meet.
- 12.7 In the throwing events and the long jump, the number of flights will be governed by the number of entries. In the high jump, the five alive method will be used. In the pole vault, the “five alive” method will be used.
- 12.8 ***National Federation rules for uniforms will be enforced.***
- 12.9 Please have competitors dressed for participation on arrival at the meet. Dressing facilities will not be provided.
- 12.10 Championship and runner-up trophies will be awarded at each meet. Medals will be awarded for the first six (6) places in all events.

- 12.11 **Willow Brook Park** – Restrooms are available inside the concession area inside the stadium. No competitors will be permitted in the high school building. ¼ inch or smaller Pyramid or Xmas tree spikes are approved for use. The Willow Brook Park Stadium has two (2) horizontal jumping pits, two (2) pole vault pits, and the javelin runway surface is the same as the track surface. Flats are recommended for discus and shot put. Only certified officials and competing athletes will be allowed inside the track area.
- 12.12 Teams arriving before dismissal time at any school should not enter the building.
- 12.13 **Teams are responsible for team equipment and personal items. Neither the facility, meet management, nor CIAC assume any responsibility for lost or stolen items. Teams should monitor their own areas as items have been stolen in the past.**
- 12.14 Tents should not be positioned on the ground or in the bleachers in a manner that impedes the view of spectators. Please limit tent set-up to the last row of bleachers on the straightaway side, or the bleachers opposite the straightaway.
- 12.15 All meets shall be governed exclusively by the National Federation Rules. All decisions of the boys/girls track committees relative to the operation of this tournament shall be final.
- 12.16 It is the athlete's responsibility to be aware of the rules governing his/her event and conduct him/herself accordingly. It is also his/her responsibility to promptly report to his/her event.
- 12.17 **Competitor's Gate** – Athletes and coaches listed on the entry form will be admitted to the competition area via a competitor's gate at the site.
- 12.18 **An area will be provided for a designated coach for pole vault.**
- 12.19 **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
- 12.20 **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition. This includes dual / tri / quad meet competition as well as Invitational and State meets. (Example – A deaf athlete who may need hand signals in addition to the starting gun.)
- 12.21 **CIAC Tournament Site Media Policy** – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites.
1. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.).
 2. Access to electric power (shared power strip, etc.).
 3. Access to wireless internet service.

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

- 12.22 **Unmanned Aerial Systems at CIAC-Sanctioned Events** – The use of unmanned aerial systems, often referred to as drones, are prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

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.

2023 NFHS TRACK AND FIELD RULE CHANGES

- 3-4-3** Offers guidelines for meet referees when determining a rerun.
- Rationale:** Defined specific guidelines from the casebook to offer consistency and guidance to a meet referee when ruling on reruns.
- 4-2-2** Clarifies that an athlete is disqualified after participating in more than four events.
- Rationale:** The athlete is not disqualified from an event until the individual participates in more than four events. The table was revised and moved to clarify the number of events in which an athlete may participate during a meet.
- 5-7-2** Adjusts language to offer a standard for starter hold times.
- Rationale:** Standardize starter hold times for fair and consistent starts.
- 5-10-2** Increases the number of individuals who may be listed on the relay entry.
- Rationale:** Providing two additional names gives opportunity for more athletes to be involved in regular and postseason track meets.
- 6-6-4** Clarifies when the javelin measurement should be taken.
- Rationale:** The measurement is made to the first point of contact under Rule 6-6-7 so that should be within the sector. If the rest of the javelin should fall outside the sector, that should not be a foul.
- 7-2-2g (New)** Adds mixed relay to the special events list.
- Rationale:** Mixed relays are becoming more popular at high school meets adding them to special events offers guidance to the states on how to conduct these events.
- 9-3-2b** Any displaced or jostled crossbar should be placed on standards in exact same position before next attempt.
- Rationale:** Adding the words “or jostled” clarifies the intent of the 2022 rules change.
- Rule 9 (New)** Creates new indoor track and field rules section.
- Rationale:** There are 17 states that conduct state championships in indoor track and field, over 150,000 participants, and 21 states that sanction the activity. With recent changes to the outdoor rules, it became clearer that it was necessary to create a section specifically for indoor track and field rules. Move Records Section to New Rule 10.

2023 Track and Field Editorial Changes

5-1-1

2023 Track and Field Points of Emphasis

1. Sportsmanship
2. Protest / Appeals Process
3. Cross Country Safety
4. Enforcing Prompt Re-start of Play

APPENDIX A

ENTRY LIMITATIONS

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

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

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

For Example:

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

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

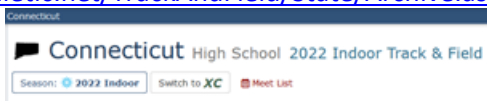
An athlete who competes in three (3) events, even if he/she did not qualify in any of them, in a class meet is then “frozen” for those same three in the “State Open”. They cannot compete as an alternate for any relay. Any athlete who competes in fewer than three (3) events in a Class Meet can compete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

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



Athletic.Net Tutorials for CIAC Outdoor T&F Teams

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

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

APPENDIX C

2023 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 D

2023 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 E

CIAC OFFICIAL 2023 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 23, 2023

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 F

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

2023 BOYS DECATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 13, 2023 – 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m
Wednesday, June 14, 2023 – 110m Hurdles, Discus, Pole Vault (starts at 8'6"), Javelin, 1500m

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

Willow Brook Park, New Britain

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

ENTRY PROCEDURE

1. Entry Fee – The entry fee for the decathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Wednesday, June 7, 2023. Entries submitted later than midnight, Wednesday, June 7, 2023 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 G

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

2023 GIRLS HEPTATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 13, 2023 – 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m
Wednesday, June 14, 2023 – Long Jump, Javelin Throw, 800m

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

Site: Willow Brook Park, New Britain

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

ENTRY PROCEDURE

1. Entry Fee – The entry fee for the heptathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center no later than midnight, Wednesday, June 7, 2023. Entries not submitted by midnight, June 7, 2023 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 H

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

2023 CIAC BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 13, 2023 – Girls
Wednesday, June 14, 2023 – Boys

Site: Willow Brook Park, Manchester

Meet Director: Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton 06340
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 2023 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 7, 2023. Entries submitted later than midnight, Wednesday, June 7, 2023 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 I

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

2023 CIAC BOYS AND GIRLS HAMMER THROW INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Monday, June 12, 2023 (Both Boys and Girls)

Site: Willow Brook Park, New Britain

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

Email – wvanderrest@coventryct.org

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

Email – throws.r.us@gmail.com

The Boys Hammer Throw will start at 2:00 p.m. and followed by the Girls Hammer Throw at 4:00 p.m..

ENTRY PROCEDURE

1. Entry Fee – The entry fee for the hammer throw is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Wednesday, June 7, 2023. Entries submitted later than midnight, Wednesday, June 7, 2023 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.

CERTIFICATIONS/COACHING CERTIFICATIONS

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Per-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf
- 5 Year coaching permit application can be found at this link: <https://portal.ct.gov/-/media/SDE/Certification/Forms/ed.185.pdf>
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form: <https://casci.ac/8237>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/practice-patient-care/health-issues/heat-illness>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R-HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.casciac.org/pdfs/22-23HeatIllnessReview.docx>

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

2023 BOYS OUTDOOR TRACK – LIST OF SCHOOLS BY DIVISION

Class LL – 741 and Over (25)

Bridgeport Central	790
Danbury	1773
East Hartford	871
Enfield	784
Fairfield Prep.	756
Fairfield Warde	743
Glastonbury	885
Greenwich	1348
Hamden	1009
Manchester	860
New Britain	1357
New Haven – Wilbur Cross	838
Norwalk	811
Norwalk – Brien McMahon	987
Norwich Free Academy	995
Ridgefield	786
Southington	967
Stamford	1182
Stamford – Westhill	1317
Trumbull	1122
Waterbury – Crosby	795
Waterbury – Kennedy	759
West Hartford – Wm. Hall	741
West Haven	907
Westport – Staples	872

Class L – 578 - 740 (25)

Bridgeport – Warren Harding	670
Bristol Central	633
Cheshire	637
Darien	708
Fairfield Ludlowe	735
Farmington	652
Groton – Fitch	597
Meriden – Maloney	659
Middletown	625
Middletown – Xavier	644
Naugatuck	705
New Canaan	651
New Haven – Hillhouse	585
New Milford	698
Newington	654
Newtown	690
Shelton	666
Simsbury	666
South Windsor	660
Stratford	586
Stratford – Bunnell	610
Waterbury – Wilby	673
West Hartford – Conard	721
Wethersfield	578
Woodbridge – Amity Reg.	699

Class MM – 396 - 577 (41)

Avon	474
Berlin	450
Bethel	509
Branford	412
Bridgeport – Bassick	548
Bristol Eastern	548
Brookfield	469
Danbury – Abbott Tech.	423
East Haven	436
East Lyme	500
Groton – Grasso Tech.	400
Guilford	567
Hartford Public	498
Hartford – A.I. Prince Tech.	424
Hartford – Weaver	398
Hebron – RHAM	439
Killingly – EllisTech.	479
Madison – Daniel Hand	469
Manchester – Cheney Tech.	536
Meriden – Platt	566
Milford – Foran	396
Milford – Jonathan Law	421
Milford – Platt Tech.	527
Monroe – Masuk	527
New Britain – Goodwin Tech.	399
New London	490
North Haven	528
Norwich Tech.	412
Redding – Joel Barlow	401
Southbury – Pomperaug	573
Storrs – E.O. Smith	520
Torrington	512
Torrington – Wolcott Tech.	426
Vernon – Rockville	474
Wallingford – Lyman Hall	458
Waterbury – Kaynor Tech.	436
Watertown	418
West Haven – Notre Dame	507
Wilton	578
Windsor	576
Woodstock Academy	500

No Team – MM

Meriden – Wilcox Tech.	467
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Boys**Class M – 275 - 395 (35)**

Ansonia	343
Ansonia – O’Brien Tech.	379
Beacon Falls – Woodland	317
Bridgeport – Bullard Havens	387
Burlington – Lewis Mills	364
Clinton – Morgan	289
Colchester – Bacon Academy	356
Cromwell	299
Ellington	370
Granby Memorial	290
Hartford – Bulkeley	328
Higganum – Haddam-Killingworth	275
Killingly	344
Ledyard	387
Middletown – Vinal Tech.	365
Montville	278
New Fairfield	337
New Haven – Amistad	354
Plainville	348
Rocky Hill	353
Seymour	330
Stonington	326
Suffield	318
Tolland	379
Trumbull – St. Joseph	349
Wallingford – Sheehan	362
Waterbury Career	303
Waterbury – Holy Cross	280
Waterford	379
Weston	391
Windham	362
Windham Tech.	327
Winsted – N.W. Reg.	309
Wolcott	336
Woodbury – Nonnewaug	281

No Boys Team – M

Hamden – Eli Whitney	338
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Class S – Up to 274 (51)

Bloomfield	267
Bloomfield – International	166
Bolton	147
Bridgeport – Kolbe Cathedral	162
Bristol – St. Paul	205
Canton	238
Chaplin – Parish Hill	75
Coventry	200
Danbury – Immaculate	174
Deep River – Valley Reg.	263
Derby	187
Durham – Coginchaug Reg.	178
East Granby	138
East Haddam – Hale Ray	142
East Hampton	257
East Windsor	153
Enfield – Comp Sci	202
Fairfield – Notre Dame Catholic	208
Falls Village Housatonic Valley	158
Griswold	250
Hartford – Achievement First	139
Hartford – Capital Prep.	100
Hartford – Classical	128
Hartford – HMTCA	225
Hartford – SMSA	196
Hartford – University	264
Lebanon – Lyman Memorial	150
Litchfield	123
Litchfield -Wamogo	171
Manchester – East Catholic	214
New Britain - Innovation	237
New Haven – Career	245
North Branford	216
Old Lyme	221
Old Saybrook	182
Oxford	263
Plainfield	238
Portland	155
Putnam	131
Somers	218
Stafford	190
Terryville	202
Thomaston	85
Thompson – Tourtellotte	127
Uncasville – St. Bernard	128
Washington – Shepaug Valley	151
West Hartford – N.W. Catholic	230
Westbrook	118
Windsor – AAE	272
Windsor Locks	222
Winsted – Gilbert	143

No Boys Team – S

No. Stonington – Wheeler	106
Stamford – Wright Tech.	255

2023 GIRLS OUTDOOR TRACK DIVISIONS

Class LL – 713 and Over (24)

Bridgeport Central	780
Danbury	1680
Darien	713
East Hartford	797
Enfield	756
Fairfield Ludlowe	804
Glastonbury	978
Greenwich	1338
Hamden	902
Manchester	845
New Britain	1211
New Haven – Wilbur Cross	768
Newtown	713
Norwalk	746
Norwalk – Brien McMahon	1058
Norwich Free Academy	1085
Ridgefield	766
Southington	1014
Stamford	1098
Stamford – Westhill	1172
Trumbull	1115
West Hartford – Conard	725
West Haven	844
Westport – Staples	873

Class L – 559 – 712 (25)

Bridgeport – Warren Harding	620
Bristol Central	610
Bristol Eastern	607
Cheshire	677
Fairfield Warde	657
Farmington	617
Meriden – Maloney	645
Middletown	651
Naugatuck	619
New Canaan	638
New Milford	610
Newington	654
Shelton	650
Simsbury	629
South Windsor	630
Storrs – E.O. Smith	623
Stratford – Bunnell	581
Waterbury – Crosby	700
Waterbury – Kennedy	641
Waterbury – Wilby	573
West Hartford – Wm. Hall	694
Wethersfield	565
Wilton	661
Windsor	559
Woodbridge – Amity Reg.	698

Class MM – 401 - 558 (32)

Avon	480
Berlin	416
Bethel	493
Branford	402
Bridgeport – Bullard Havens	439
Brookfield	435
East Haven	461
East Lyme	496
Ellington	403
Groton – Fitch	556
Guilford	532
Killingly	410
Ledyard	409
Madison – Daniel Hand	401
Meriden – Platt	547
Milford – Foran	401
Milford – Jonathan Law	414
Monroe – Masuk	540
New Haven – Amistad	412
New Haven – Hillhouse	522
New London	402
North Haven	480
Redding – Joel Barlow	429
Southbury – Pomperaug	557
Stratford	543
Suffield	403
Torrington	489
Trumbull – St. Joseph	419
Vernon – Rockville	510
Wallingford – Lyman Hall	523
Waterbury Career	480
Woodstock Academy	527

Girls

Class M – 274 - 400 (37)

Ansonia	282
Ansonia – O’Brien Tech.	310
Beacon Falls – Woodland	322
Bridgeport – Bassick	395
Burlington – Lewis Mills	306
Colchester – Bacon Academy	344
Deep River – Valley Reg.	286
East Hampton	274
Granby Memorial	285
Hamden – Sacred Heart Academy	354
Hartford – A.I. Prince	366
Hartford – Bulkeley	326
Hartford Public	391
Hartford – Weaver	366
Hebron – RHAM	385
Middletown – Mercy	375
Milford – Lauralton Hall	326
Milford – Platt Tech.	283
New Britain – Goodwin Tech.	286
New Fairfield	338
New Haven – Career	364
Plainfield	274
Plainville	319
Oxford	285
Rocky Hill	350
Seymour	297
Stonington	321
Tolland	360
Wallingford – Sheehan	384
Waterbury – Kaynor	356
Waterford	398
Watertown	361
Weston	368
Windham	284
Winsted – N.W. Reg.	362
Wolcott	348
Woodbury – Nonnewaug	395

No Girls Team (M)

Danbury – Abbott Tech.	287
Hamden – Eli Whitney Tech.	348
Meriden – Wilcox Tech.	341

No Girls Team (S)

No. Stonington - Wheeler	111
Sprague – Holy Family	34
Stamford – Wright Tech.	207

Class S – Up to 273 (58)

Bloomfield	255
Bloomfield – International	200
Bolton	117
Bridgeport – Kolbe Cathedral	154
Bristol – St. Paul	215
Canton	229
Chaplin – Parish Hill	60
Clinton – Morgan	242
Coventry	215
Cromwell	257
Danbury – Immaculate	217
Derby	194
Durham – Coginchaug	231
East Granby	119
East Haddam – Hale Ray	118
East Windsor	131
Enfield – Comp Sci	246
Fairfield – Notre Dame Catholic	248
Falls Village – Housatonic Valley	182
Griswold	263
Groton - Grasso Southeastern Tech.	228
Hartford – Achievement	155
Hartford – Capital Prep.	92
Hartford – Classical	155
Hartford – HMTCA	272
Hartford – SMSA	140
Hartford – University	166
Higganum – Haddam-Killingworth	271
Killingly – Ellis Tech.	218
Lebanon – Lyman Memorial	177
Litchfield	110
Litchfield – Wamogo Reg.	213
Manchester – Cheney Tech.	125
Manchester – East Catholic	218
Middletown – Vinal Tech.	129
Montville	265
New Britain – Innovation	185
North Branford	227
Norwich Tech.	255
Old Lyme	225
Old Saybrook	180
Portland	177
Putnam	116
Somers	221
Stafford	177
Terryville	169
Thomaston	115
Thompson – Tourtellotte	104
Torrington – Wolcott Tech.	209
Uncasville – St. Bernard	131
Washington – Shepaug Valley	166
Waterbury – Holy Cross	247
West Hartford – N.W. Catholic	212
Westbrook	96
Windham Tech.	176
Windsor – AAE	157
Windsor Locks	205
Winsted – Gilbert	128