

**ALERT**

**PROCEDURE FOR 2011-12 INDOOR TRACK SEASON**

Schools are **REQUIRED** to submit individual qualifying performances by Monday following the week that the standard is achieved. The site and date of the performance must also be entered as well as appropriately indicating the performance as hand held or FAT. These performances will be available for viewing on the CIAC web site. **While relay teams will have to meet qualifying standards, the only entry required for the relay teams will be on the state entry form.** Relay times may be submitted without CIAC on-line eligibility center justification by the February 7 deadline. Coaches must bring their verification form to the Class championship meet. Do not convert any times when you submit. They will be converted using a standard formula.

**PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM. (See entry procedures in Section III on page 4)**

**NOTE: No individual will be allowed entry into Class Championship competition unless the school has previously entered that individual on the qualifying list by no later than 12:00 Noon on Tuesday, February 7, 2012. The last day to count for establishing verifiable entries is Monday, February 6.**

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**At State Championship Meets**

Note: Competitors and coaches must enter on the Crescent Street side of the field house. The team entrance will be to the right of the white field house doors located between the field house and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).

**A Reminder**

1. The building formerly called the New Haven Athletic Center is now called the **Floyd Little Athletic Center.**
2. National Federation rules require that all field athletes must check in with their respective event official before attempting to enter or return from another event. **The 2012 National Federation Rule book is in effect for all meets.**
3. **No electronic devices, including cell phones,** are permitted on the floor by competitors during the meet. (National Federation Rule book 3-2, Art. 4. K. (page 14)
4. No coaches are allowed on the infield during the meet.
4. At the Floyd Little Athletic Center only 3/16" spikes may be used **ONLY for the State Championship Meets.** **NO NEEDLE SPIKES!** This rule will be strictly enforced due to the re-surfaced track.
5. Order of events has changed this year. Please note by vote the 4 x 200 meter relay is the first running event.
6. Protests arising from the decisions, interpretations and misapplication of the national Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final. The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by CIAC.
7. 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.

## **NOTICE:**

The indoor track committee is accepting FAT (fully automatic timing results) and hand held from only meets where performances can be verified.

**If coaches have any questions related to rules interpretations or questions concerning entry procedures, the committee urges them to direct those questions to the chair of the indoor track committee, Dr. Steve Wysowski – [SteveWysowski@ci.bristol.ct.us](mailto:SteveWysowski@ci.bristol.ct.us) – Telephone (860) 584-7851.**

**Any irregularities noted on the on-line performances reported to the CIAC this season should be reported to Dr. Steve Wysowski –[SteveWysowski@ci.bristol.ct.us](mailto:SteveWysowski@ci.bristol.ct.us) – Telephone (860) 584-7851**

### **2012 NFHS TRACK AND FIELD RULE REVISIONS**

- 3-4-2 The referee's authority begins upon arrival at the meet site and concludes 30 minutes after the last event results have been announced or made official. The referee retains clerical authority over the contest through the completion of any reports, including those imposing disqualification that are responsive to actions occurring while the referee has jurisdiction. State associations may intercede in the event of unusual incidents after the referee's jurisdiction has ended or in the event that contest is terminated prior to the conclusion of regulation play.
- 4-3-1b(8),  
4-3-1c(7),  
9-6-1b(7)  
9-6-1c(7)  
new NOTE  
A visible garment worn under the uniform top and/or bottom displaying contrasting/different color stitching to the single, solid color of the undergarment and which functions as the actual seam for the undergarment's construction is legal.
- 4-3-3 PEN  
9-6-3 PEN  
For the first violation, the competitor shall be required to remove the jewelry before further competition and be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official and he/she shall notify the coach of the offending school of the competitor's violation and the warning.
- 5-7-3  
The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors, shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With the command "on your marks," all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.
- 7-4-10,  
7-5-17  
When the number of entries dictates, the games committee may assign competitors to flights of no less than five competitors for preliminary competition or may conduct the event in continuous flights. In continuing flights, the first five competitors as determined by the games committee constitute a flight. As a competitor clears the bar, passes a turn at the height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight will be constant.
- 7-5-2  
The vaulting pole may be of any material and of any length and diameter. It may have a binding of layers of adhesive tape of uniform thickness on the grip end. However, the plant end of the pole may be protected by layers of tape, PVC, sponge rubber or other suitable material to protect the pole when placed in the planting box.
- 7-5-25,  
7-5-29 new i  
No person shall be allowed to touch the vaulting pole except the pole may be caught by an assigned official, designated pole catcher or the competitor, when circumstances warrant, but never to prevent the pole from dislodging the crossbar, which would result in a foul.

## 2012 Track and Field Major Editorial Changes

4-4 new NOTE	Clarifies the authority and criteria for the state association to authorize exceptions to the competition rules to provide a reasonable accommodation to individual participants.
5-10-7	Clarifies a legal relay handoff between the incoming and outgoing runners.
6-3-2a, and b	Unnecessary verbiage removed in describing the tie-breaking procedure in throwing events.
6-6-1	Brings the high school javelin specifications in line with current IAAF rules that are used in the high school event.
7-4-16	Clarifies that it is a foul if the competitor takes off from two feet or uses weights or artificial aids.
9-6-1, 2 PEN 9-6-4 PEN	Corrects a clerical error and clarifies disqualification

### Points of Emphasis

(For complete discussion of these points of emphasis see page 79)

1. Starter positions
2. Exchange zones
3. Jewelry and uniforms
4. Safety around landing systems
5. Throwing event safety

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

81st ANNUAL BOYS 2011-12 INDOOR TRACK AND FIELD MEET  
24th ANNUAL GIRLS 2011-12 INDOOR TRACK AND FIELD MEET  
Sponsored by U.S. Marines

Information Sheet

(For Conference member schools only.)

**NOTE: THE 2011-12 INDOOR TRACK CHAMPIONSHIPS WILL BE CONDUCTED WITH FOUR DIVISIONS, LL, L, M AND S. THERE WILL NOT BE QUALIFYING MEETS. THERE WILL BE COMBINED BOY/GIRL CLASS CHAMPIONSHIPS AND A COMBINED BOY/GIRL OPEN CHAMPIONSHIP.**

THE FOLLOWING MEET FORMAT SHOULD BE CAREFULLY NOTED:

- A. **Combined Class LL Championships:** **Thursday, February 9, 2012**  
**Floyd Little Athletic Center, New Haven -- 4:00 p.m.**  
Meet Director - Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home (860) 644-1264
- B. **Combined Class S Championships:** **Friday, February 10, 2012**  
**Floyd Little Athletic Center, New Haven -- 4:00 p.m.**  
Meet Director - Tom Haley, 22 Birchwood Drive, Ansonia 06401  
Home (203) 735-8444
- C. **Combined Class L Championships:** **Saturday, February 11, 2012**  
**Floyd Little Athletic Center, New Haven -- 10:00 a.m.**  
Meet Director - Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home (860) 644-1264
- D. **Combined Class M Championships:** **Saturday, February 11, 2012**  
**Floyd Little Athletic Center, New Haven -- 4:30 p.m.**  
**Please note: Doors will not open until 3:30 p.m. for this meet.**  
Meet Director - Dave Tetlow, Ledyard High, 24 Gallup Hill Rd, Ledyard 06339  
School (860) 464-9600 / Home (860) 536-3473
- E. **Combined State Open Championship:** **Saturday, February 18, 2012**  
**Floyd Little Athletic Center, New Haven -- 12:00 p.m.**  
Meet Directors - Bill Baron & Dave Tetlow

**Site Director for all meets will be Joe Canzanella and Gary Moore, Hillhouse High School, 480 Sherman Parkway, New Haven – School (203) 946-8462**

- F. **New England Championship:** Friday, March 2, 2012 -- Date subject to change  
Reggie Lewis Center, Boston, MA – 5:00 p.m.

**NOTE: IT IS ANTICIPATED THAT THE CIAC CHAMPIONSHIP SERIES WILL START ON THURSDAY, FEBRUARY 9, 2012 - CONTINUE ON FRIDAY, FEBRUARY 10 AND SATURDAY, FEBRUARY 11, AND RUN THROUGH TO THE OPEN ON SATURDAY, FEBRUARY 18, 2012. THIS IS SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY OR WEATHER RELATED ISSUES.**

SECTION I. Restrictions

- A. Contestants at all Championship Meets must be accompanied by a coach or other school person designated by the principal in writing in order to compete. **Please note: Competitors and coaches must enter on the Crescent Street side of the Floyd Little Athletic Center. The team entrance will be to the right of the white field house doors located between the Floyd Little Athletic Center and Hillhouse High School. Only competitors that qualified for the meet and coaches will be admitted through the team entrance. All others must go through the spectator entrance (white doors).**
- B. No boy or girl may be entered in more than three (3) events including relays. Entry as a relay team member as an alternate counts as one of the athlete's three (3) events. Entry cannot change through the State Open Championships. An athlete who withdraws from an individual event once the meet has started automatically withdraws from all subsequent events in that meet, including relays. The rule applies to all state meets and the New England championships. An athlete can enter only three (3) events through the New Englands. For the New Englands an athlete may move to a relay team as long as he/she meets the three (3) event limitation rule for that day..
- C. All entrants must be able to meet the minimum standards shown in Section II. **A school may enter any number of entrants in each event if they meet the minimum standards. There are NO wild card restrictions.**
- D. Track coaches and all entrants who are not actually competing are to remain in the area designated for them according to the 2011 Federation Rule book. READ AND OBSERVE National Federation Rules.
- E. Coaches are reminded to familiarize themselves with National Federation Rules regarding Uniforms. These rules will be enforced. **Contact the chair if you have questions so as not to jeopardize an athlete's chances to compete.**
- F. Use of "fly zone" in relay races is prohibited.
- G. Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the CIAC Class Championship. Advancement to the New England Championship is predicated on the competitor's performance in the CIAC Open Championship.
- H. 1) Track coaches must complete a relay declaration card listing at least four competitors and if they wish two alternates for each relay event. Relay declaration cards will be available at the seed meetings prior to the Class Championships.
- 2) The Relay Declaration Card used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship. As a relay team advances to the next level of state competition, only those runners and alternates whose names appear on the original card will be eligible to compete in that relay event.
- I. Food / drink will be permitted only in the food concession area.

**SECTION II -- Qualifying Distances and Times to Enter the Boys and Girls Class Championship Meets – No adjustments can be made. Do note: THE QUALIFYING STANDARDS TO PARTICIPATE IN THE BOYS AND THE GIRLS CLASS CHAMPIONSHIP MEETS IN CLASS LL, L, CLASS M AND CLASS S HAVE BEEN SET AS FOLLOWS: BECAUSE OF THE NEWLY IMPLEMENTED REPORTING PROCEDURE, VERIFICATION WILL BE MADE BY COMPARING POSTED ENTRIES TO MEET RESULTS. Coaches must enter the appropriate time, they are not to convert times.**

**CLASS LL QUALIFYING STANDARDS WILL BE THE SAME AS CLASS L.****BOYS**

<u>Event</u>	<u>Class LL &amp; L</u>	<u>Class M</u>	<u>Class S</u>
12 lb. Shot	38'	38'	38'
High Jump	5'8"	5'8"	5'8"
Long Jump	18'8"	18'8"	18'4"
Pole Vault	10'	10'	10'

Implement should be officially weighed before standard is achieved.

- \* NOTE: Hand times must be rounded up to the higher 10<sup>th</sup>. Examples – 18.11 is 18.2; 18.99 is 19.0. Only two events will be converted, 1500 meters (to qualify for 1600) and 3000 meters (to qualify for 3200). No other event substitutions may be made. 1500 and 3000 times will be converted using a standard conversion for seeding purpose.

<u>Event</u>	<u>Class LL &amp; L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
55m Dash	6.8	7.04	6.9	7.14	6.9	7.14
55m Hurdles	8.7	8.94	8.7	8.94	8.7	8.94
300 Meters	39.5	39.74	39.5	39.74	39.5	39.74
600 Meters	1:32	1:32.24	1:34	1:34.24	1:34	1:34.24
1000 Meters	2:48	2:48.24	2:52	2:52.24	2:52	2:52.24
1500 Meters &	4:28	4:28.24	4:35	4:35.24	4:35	4:35.24
1600 Meters	4:48	4:48.24	4:55	4:55.24	4:55	4:55.24
3000 Meters &	9:42	9:42.24	9:47	9:47.24	9:47	9:47.24
3200 Meters	10:25	10:25.24	10:30	10:30.24	10:30	10:30.24
4 x 800 Relay	9:10		9:10		9:10	
4 x 200 Relay	1:45		1:45		1:45	
4 x 400 Relay	3:55		3:55		3:55	
Sprint Medley	4:00		4:00		4:00	

**GIRLS**

<u>Event</u>	<u>Class LL &amp; L</u>	<u>Class M</u>	<u>Class S</u>
4kg Shot (No 8 lb shots allowed)	28'	28'	28'
High Jump	4'8"	4'8"	4'8"
Long Jump	14'6"	14'6"	14'6"
Pole Vault	8'	7'6"	7'6"

Implement should be officially weighed before standard is achieved. **No 8 lb. shots allowed at CIAC State Championship Meets.**

<u>Event</u>	<u>Class LL &amp; L</u>		<u>Class M</u>		<u>Class S</u>	
	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>	<u>FAT</u>
55m Dash	7.7	7.94	7.9	8.14	7.9	8.14
55m Hurdles	10.00	10.24	10.20	10.44	10.20	10.44
300 Meters	47.00	47.24	47.00	47.24	47.00	47.24
600 Meters	1:49	1:49.24	1:49	1:49.24	1:49	1:49.24
1000 Meters	3:25	3:25.24	3:30	3:30.24	3:30	3:30.24
1500 Meters &	5:26	5:26.24	5:26	5:26.24	5:31	5:31.24
1600 Meters	5:50	5:50.24	5:50	5:50.24	5:55	5:55.24
3000 Meters &	11:48	11:48.24	11:48	11:48.24	11:57	11:57.24
3200 Meters	12:40	12:40.24	12:40	12:40.24	12:50	12:50.24
4 x 800 Relay	11:00		11:00		11:00	
4 x 200 Relay	2:00		2:00		2:00	
4 x 400 Relay	4:38		4:38		4:38	
Sprint Medley	4:50		4:50		4:50	

\* Starting heights in the pole vault and high jump in all 2011-12 class meets will be one standard below the qualifying mark. Five alive protocol will be invoked in these events.

Schools may enter only those contestants who have met the minimum standards for the 2011-12 indoor track season. Each school may enter only one (1) team per relay event. Adjustments to relays may be made based on scratches.

**ELIGIBILITY TO COMPETE AT THE STATE OPEN** --- Is determined by the order of finish at the Class Championship Meets as follows:

Class LL - ALL EVENTS -- Top finisher

Class L - ALL EVENTS -- Top finisher

Class M - ALL EVENTS -- Top finisher

Class S - ALL EVENTS -- Top finisher

Plus - THE NEXT BEST 14 PERFORMANCES IN ALL EVENTS. **(In the High Jump and Pole Vault misses will be used to determine places at a tied height.)**

**QUALIFYING FOR NEW ENGLAND MEET** -- The top six (6) in all events. No pole vault contested. No sprint medley contested. **Athletes must declare their intent to enter the New England Meet when receiving their state awards.** Call Donn Friedman at (203) 630-4193 (Office)

### **SECTION III. Entry Procedure and Information**

A school **MUST** compete in a minimum of four (4) regular season indoor track meets prior to State Competition.

- A. **Entries:** All entries will be submitted via the password-protected online eligibility center -- by Tuesday, February 7, 2012 -- not later than 12:00 Noon. **PLEASE BE ADVISED THAT SUBMITTING A QUALIFYING PERFORMANCE IS NOT ENTERING AN ATHLETE IN AN EVENT FOR STATE CHAMPIONSHIP MEETS. THE SUBMISSION ONLY GIVES YOU THE OPPORTUNITY TO ENTER THE ATHLETE IN THE EVENT ON THE REQUIRED ENTRY FORM. ONLY RELAYS MAY BE SUBMITTED WITHOUT CIAC ONLINE ELIGIBILITY CENTER JUSTIFICATION, BUT MUST MEET THE QUALIFYING STANDARD. Contact the chair of the committee if questions exist.** The last day to count for verified performances is February 6, 2012.
- B. **Entry Fee:** \$7 per COMPETITOR -- a minimum fee of \$75 per team with ten (10) or less competitors. Maximum team entry is \$250.
1. **Make check payable to CIAC.** 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 and/or girls indoor track options in the password-protected online eligibility center.
  2. **Send check to CIAC, 30 Realty Drive, Cheshire, CT 06410.**
  3. Entrants not listed will NOT be permitted to compete.
  6. **Please note for the State Open Meet: Only entrants who are listed on the previously entered class state entry list will be allowed to enter without charge. Coaches must bring their entry verification form to validate entrants so that they are not charged.**

### **SECTION IV. General**

- A. Starting blocks **WILL BE furnished** and may be used only in the 55m Dash and 55m Hurdles. When feasible, eight (8) lanes will be used.
- B. Contestants at all sites must use shots approved by the CIAC. They must meet the official weight.

- C. Scoring: 10-8-6-4-2-1 in all events, including the relay. In case of a tie, points will be awarded according to the National Federation High School Rules.
- D. **In races where waterfall starts are used, athletes will be placed to ensure a fair start.**
- E. Medals: First - gold; second - silver; third, fourth, fifth and sixth - bronze will be awarded in all field and track events. The first six (6) relay teams will receive medals. In case of ties, duplicate medals will be awarded. Plaques will be awarded to the winning team and runner-up teams.
- F. Expenses: Schools will provide for their own expenses (including transportation) while in attendance at the meets, and agree that neither the Conference nor the facilities used shall be held liable for any personal injuries which may result from participation in these events.
- G. CIAC Ticket Prices: (Subject to change depending on venue)  
 Children five (5) and under -- Free; Senior Citizens (Age 65 and older) -- \$5.00;  
 Students (Grades 1-12) -- \$5.00; Adults (All others not in the above categories -- \$8.00.
- Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.
- H. **PROTESTS MUST BE SUBMITTED IN WRITING AND ACCOMPANIED BY A \$20 FEE TO BE RETURNED IF THE PROTEST IS UPHeld** to the Meet Director within 30 minutes from the time the results of the event are announced. Each Meet Director will appoint a Jury of Appeals consisting of five members or designated alternates who will hear appeals from decisions of the referee. Further appeals to the CIAC will be honored only on challenges affecting the application of due process regulations.
- I. Competitors are to appear dressed for all meets since no locker or shower facilities are available at any of the sites.
- J. Food / drink will be permitted only in the concession area.

## SECTION V. Facilities

- A. At the Floyd Little Athletic Center spike shoes of 3/16" length may be used **for the State Championships Meets only**, Pyramid type, no needle spikes. This will be strictly enforced. Teams are responsible for clean up.

## SECTION VI. Proposed Order of Events --- Class LL, L, M and S Championship Meets and Open Meet

4 x 200R --	(Girls then boys)
4 x 800R --	(Girls then boys)
55m Hurdles - Trials --	(Girls then boys)
55m Dash - Trials --	(Girls then boys)
1000 Meters -	(Girls then boys)
600 Meters --	(Girls then boys)
55m Hurdles - Finals --	(Boys then girls)
55m Dash - Finals --	(Boys then girls)
1600 Meters -	(Girls then boys)
Sprint Medley (1-1-2-4 laps) -	(Girls then boys) - <b>3 turn stagger</b>
300 Meters --	(Girls then boys)
3200 Meters -	(Girls then boys)
4 x 400R --	(Girls then boys)

***Field Events:*** Pole Vault, Shot Put, Long Jump and High Jump will be started concurrently with running events. The order is as follows:

High Jump -- (Boys then girls) - **Five alive protocol**  
 Long Jump -- (Girls then boys)  
 Shot Put -- (Girls then boys)  
 Pole Vault -- (Boys then girls) - **Five alive protocol**

Information packets for Class Championships will be available no sooner than 1/2 hour before the first event.

## SECTION VII. Divisions

In order to more nearly balance the number of competitors, the divisions have been changed based on both the October 1, 2009 boy and girl enrollment as well as the actual number of participants in the 2010 state meets.

<u>Boys</u>	<u>Girls</u>
LL Division -- 793 and over	LL Division -- 731 and over
L Division -- 596 - 792	L Division -- 580 - 730
M Division -- 398 - 595	M Division -- 409 - 579
S Division -- Up to 397	S Division -- Up to 408

***In order to allow team which have boys and girls in different divisions the Committee voted to “allow teams that have boys and girls in different classes to have the option of moving from the smaller class to the larger class.” This will permit schools to keep both boys and girls in the same class. IF YOU WISH YOUR SMALLER DIVISION TEAM TO MOVE TO THE HIGHER DIVISION TO KEEP BOTH TEAMS IN THE SAME CLASS THIS MUST BE SUBMITTED BY DECEMBER 15, 2011 to both the CIAC and the two meet directors involved.***

### 2011-12 BOYS & GIRLS INDOOR TRACK COMMITTEE

Dr. Steve Wysowski, Bristol Eastern High School - Chair  
 Donn Friedman, Meriden Central Office  
 John Coccia, Asst. Principal, Enrico Fermi High School, Enfield

**Coaches:**

Rich Kosta, Fitch High School, Groton  
 Tom Lennon, Seymour High School  
 Pete Cappezone, Old Saybrook High School  
 Corey Bernier, Tolland High School

**Consultants:**

Robert Haddad, Columbia  
 Bill Baron, South Windsor  
 Doug Sharples, Groton  
 Dave Tetlow, Ledyard High School  
 Gary Moore, Hillhouse High School, New Haven  
 Betty Remigino-Knapp, West Hartford Public Schools - CAAD  
 Tammy Schondelmayer, Bloomfield High School - CAAD

**2011-12 BOYS INDOOR TRACK DIVISIONS**

**LL Division - 793 and over boy enrollment (26)**

Bridgeport Central	1202
Cheshire	825
Danbury	1471
East Hartford	882
Fairfield Prep.	907
Glastonbury	1081
Greenwich	1438
Hamden	1004
Manchester	958
Middletown - Xavier	875
New Britain	1420
Newtown	866
Norwalk - Brien McMahon	828
Norwich Free Academy	1124
Ridgefield	893
Simsbury	855
South Windsor	833
Southington	1008
Stamford	926
Stamford - Westhill	1208
Trumbull	1014
West Hartford - Conard	794
West Hartford - Wm. Hall	793
West Haven	802
Westport - Staples	940
Woodbridge - Amity Reg.	868

**L Division - 596 - 792 boy enrollment (31)**

Bridgeport - Bassick	650
Bridgeport - Harding	729
Bristol Central	711
Bristol Eastern	729
Darien	669
Fairfield Ludlowe	703
Fairfield Warde	655
Farmington	674
Groton - Fitch	630
Hartford - Bulkeley	697
Hartford Public	777
Hebron - RHAM	632
Middletown	699
Monroe - Masuk	648
Naugatuck	699
New Canaan	652
New Haven - Wilbur Cross	628
New Milford	761
Newington	749
North Haven	597
Norwalk	749
Shelton	770
Southbury - Pomperaug	722
Storrs - E.O. Smith	596
Stratford - Bunnell	615
Waterbury - Crosby	748
Waterbury - Kennedy	709
Waterbury - Wilby	686
West Haven - Notre Dame	619
Wilton	657
Windsor	686

**Please notify the CIAC Office (203) 250-1111 if you are listed and do not have a team or if you are listed as not having a team and you are sponsoring a team this year.**

**L Division – Not Sponsoring an Indoor Track Team**

Meriden - Maloney	599
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**M Division -- Not Sponsoring an Indoor Track Team**

Bridgeport - Bullard Havens	426
Killingly - Ellis Tech.	417
Meriden - Wilcox Tech	500
Middletown - Vinal Tech	424
Milford - Foran	473
Milford - Jonathan Law	487
Norwich Tech.	408
Waterbury - Kaynor Tech.	443

**M Division - 398 - 595 boy enrollment (43)**

Ansonia	404
Avon	548
Beacon Falls - Woodland	398
Bethel	465
Berlin	503
Branford	552
Brookfield	500
Burlington - Lewis Mills	418
Colchester - Bacon Academy	456
Danbury - Abbott Tech.	441
East Haven	489
East Lyme	589
Enfield	440
Enfield - Enrico Fermi	563
Guilford	546
Ledyard	454
Madison - Daniel Hand	587
Manchester - Cheney Tech.	510
Meriden - Platt	528
Milford - Platt Tech.	579
Montville	410
New Fairfield	482
New Haven - Hillhouse	449
New London	540
Plainville	398
Redding - Joel Barlow	461
Stonington	407
Stratford	507
Suffield	406
Tolland	478
Torrington	567
Torrington - Wolcott Tech.	472
Trumbull - St. Joseph	402
Vernon - Rockville	533
Wallingford - Lyman Hall	509
Wallingford - Sheehan	481
Waterford	494
Watertown	477
Wethersfield	593
Windham	467
Wolcott	454
Woodbury - Nonnewaug	405
Woodstock Academy	524

**S Division - Not Sponsoring an Indoor Track Team**

Ansonia - O'Brien Tech.	384
Bolton	144
Bridgeport - Kolbe Cathedral	143
Chaplin - Parish Hill	69
Hamden - Eli Whitney	289
New Britain - Goodwin Tech.	374
New Haven - Amistad	120
No. Stonington - Wheeler	124
Somers	275
Stamford Academy	85
Stamford - Trinity Catholic	211
Thompson - Tourtellotte	173
Waterbury - Sacred Heart	186

Bloomfield	308
Bristol - St. Paul	168
Canton	270
Clinton - Morgan School	287
Coventry	277
Cromwell	289
Danbury - Immaculate	169
Deep River - Valley Reg.	283
Derby	215
Durham - Coginchaug Reg.	273
East Granby	145
East Haddam - Hale Ray	178
East Hampton	276
East Windsor	194
Ellington	381
Fairfield - Notre Dame Catholic	203
Falls Village - Housatonic Valley	258
Granby Memorial	391
Griswold	356
Groton - Grasso Southeastern Tech.	337
Hartford - A.I. Prince Tech	326
Hartford - Capital Prep.	82
Hartford - Classical Magnet	161
Hartford - Weaver	347
Hartford - SMSA	203
Hartford - University	266
Higganum - Hadd360Killingworth	360
Killingly	371
Lebanon - Lyman Memorial	239
Litchfield	170
Litchfield - Wamogo	169
Manchester - East Catholic	309
New Haven - Career	244
New Haven - Hyde Leadership	163
North Branford	340
Old Lyme	223
Old Saybrook	265
Oxford	324
Plainfield	378
Portland	201
Putnam	176
Rocky Hill	386
Seymour	322
Stafford	259
Terryville	286
Thomaston	174
Uncasville - St. Bernard	161
Washington - Shepaug Valley	183
Waterbury - Holy Cross	378
West Hartford - N.W. Catholic	286
Westbrook	156
Weston	380
Windham Tech.	371
Windsor Locks	279
Winsted - N.W. Reg.	377
Winsted - Gilbert School	146

**S Division - Up to 397 boy enrollment (56)**

**2011-12 GIRL INDOOR TRACK DIVISIONS**

**LL Division - 731 and Over Girl Enrollment (28)**

Bridgeport Central	1166
Cheshire	740
Danbury	1412
East Hartford	863
Fairfield Ludlowe	801
Glastonbury	1122
Greenwich	1294
Hamden	958
Manchester	940
New Britain	1279
New Milford	749
Newington	731
Newtown	863
Norwalk	751
Norwalk - Brien McMahon	876
Norwich Free Academy	1260
Ridgefield	874
Shelton	779
Simsbury	740
Southington	1022
Stamford	892
Stamford - Westhill	1183
Trumbull	1138
West Hartford - Conard	761
West Hartford - Wm. Hall	767
West Haven	758
Westport - Staples	902
Woodbridge - Amity Reg.	784

Bridgeport - Harding	676
Bristol Central	646
Bristol Eastern	685
Darien	669
East Lyme	615
Fairfield Warde	675
Farmington	633
Groton - Fitch	651
Hartford Public	728
Madison - Daniel Hand	617
Middletown	664
Middletown - Mercy	683
Monroe - Masuk	664
Naugatuck	666
New Canaan	692
North Haven	642
South Windsor	713
Southbury - Pomperaug	662
Storrs - E.O. Smith	611
Stratford - Bunnell	606
Wallingford - Lyman Hall	641
Waterbury - Crosby	644
Waterbury - Kennedy	652
Waterbury - Wilby	628
Wethersfield	583
Wilton	622
Windsor	622
Woodstock Academy	580

**Please notify the CIAC Office (203) 250-1111 if you are listed and do not have a team or if you are listed as not having a team and you are sponsoring a team this year.**

**L Division-- Not Sponsoring an Indoor Track Team**

Meriden - Maloney	625
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**M Division - Not Sponsoring an Indoor Track Team**

Bridgeport - Bullard Haven	441
Milford - Foran	507
Milford - Jonathan Law	467

**S Division - Not Sponsoring an Indoor Track Team**

Ansonia	350
Ansonia - O'Brien	150
Bolton	184
Bridgeport - Kolbe-Cathedral	168
Chaplin - Parish Hill	78
Danbury - Abbott Tech.	201
East Haddam - Hale Ray	209
Falls Village - Housatonic Valley	248
Hamden - Eli Whitney Tech.	251
Killingly - Ellis Tech.	141
Manchester - Cheney Tech.	148
Meriden - Wilcox Tech.	292
Middletown - Vinal Tech.	181
New Britain - Goodwin Tech.	222
New Haven - Amistad	120
N. Stonington - Wheeler	102
Norwich Tech.	238
Somers	288
Sprague - Holy Family	56
Stamford Academy	55
Stamford - Trinity Catholic	195
Thompson - Tourtellotte	188
Torrington - Wolcott Tech.	237
Washington - Shepaug Valley	143
Waterbury - Kaynor	301
Winsted - Gilbert	179

**L Division - 580 - 730 girl enrollment (28)**

**M Division - 409 - 579 girl enrollment (37)**

Avon	559
Berlin	518
Bethel	495
Branford	576
Bridgeport - Bassick	524
Brookfield	500
Colchester - Bacon Academy	534
East Haven	470
Enfield - Enrico Fermi	539
Guilford	567
Hamden - Sacred Heart Academy	487
Hartford - Bulkeley	515
Hebron - RHAM	542
Killingly	419
Ledyard	477
Meriden - Platt	554
Milford - Luralton Hall	437
New Fairfield	503
New Haven - Career	425
New Haven - Hillhouse	472
New Haven - Wilbur Cross	575
New London	451
Plainfield	409
Plainville	421
Redding - Joel Barlow	513
Stratford	521
Suffield	467
Tolland	449
Torrington	521
Vernon - Rockville	544
Wallingford - Sheehan	477
Waterford	460
Watertown	522
Weston	412
Winsted - N.W. Reg.	435
Wolcott	449
Woodbury - Nonnewaug	454

**S Division - Up to 408 girl enrollment (56)**

Beacon Falls - Woodland	387
Bloomfield	291
Bristol - St. Paul	161
Burlington - Lewis Mills	407
Canton	262
Clinton - Morgan School	270
Coventry	281
Cromwell	311
Danbury - Immaculate	179
Deep River - Valley Reg.	316
Derby	178
Durham - Coginchaug	296
East Granby	131
East Hampton	275
East Windsor	185
Ellington	406
Enfield	370
Fairfield - Notre Dame Catholic	213
Granby Memorial	395
Griswold	354
Groton - Grasso Southeastern Tech.	245
Hartford - Capital Prep.	88
Hartford - Classical Magnet	219
Hartford - A.I. Prince Tech	400
Hartford - SMSA	221
Hartford - University	141
Hartford - Weaver	316
Higginum - Haddam Killingworth	322
Lebanon - Lyman Memorial	288
Litchfield	189
Litchfield - Wamogo	216
Manchester - East Catholic	371
Milford - Platt Tech.	290
Montville	357
New Haven - Hyde Leadership	45
North Branford	346
Old Lyme	231
Old Saybrook	275
Oxford	307
Portland	166
Putnam	137
Rocky Hill	379
Seymour	324
Stafford	283
Stonington	376
Terryville	241
Thomaston	166
Trumbull - St. Joseph	403
Uncasville - St. Bernard	139
Waterbury - Holy Cross	349
Waterbury - Sacred Heart	163
West Hartford - N.W. Catholic	337
Westbrook	145
Windham	363
Windham Tech.	203
Windsor Locks	282

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
2012 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

**PROTEST REPORT**

Coach's Name \_\_\_\_\_ School \_\_\_\_\_

Name of Meet \_\_\_\_\_ (State Open, Class, Sectional)

Date \_\_\_\_\_

Meet Director \_\_\_\_\_ Place \_\_\_\_\_

Event \_\_\_\_\_ Athlete's Name \_\_\_\_\_

Reason for Protest: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Rule/Procedure in Question. (Cite Federation Rule Book) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Coach's Desired Outcome: \_\_\_\_\_  
\_\_\_\_\_

Signature of Meet Director \_\_\_\_\_

Signature of Chairman of Jury of Appeals \_\_\_\_\_

Decision of the Jury of Appeals: (If any)  
\_\_\_\_\_  
\_\_\_\_\_

**NOTE: A \$20 FEE MUST ACCOMPANY ANY PROTEST. THIS FEE WILL BE RETURNED ONLY IF THE PROTEST IS UPHELD.**

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
2012 BOYS / GIRLS INDOOR TRACK AND FIELD MEETS

**DISQUALIFICATION REPORT**

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_ Heat Number \_\_\_\_\_

Name of Participant \_\_\_\_\_ Number \_\_\_\_\_

Color of Shirt \_\_\_\_\_ Lane \_\_\_\_\_

Infraction \_\_\_\_\_

\_\_\_\_\_

Signature of Reporting Official \_\_\_\_\_

Referee's Decision \_\_\_\_\_

\_\_\_\_\_

Signature of Referee \_\_\_\_\_



# 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)**

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
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.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>
2. McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200 [http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx)
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. [http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
5. American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.