

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

38th ANNUAL 2011 GIRLS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by PureTech Water
80th ANNUAL 2011 BOYS CROSS COUNTRY CHAMPIONSHIPS
Sponsored by PureTech Water

1. **AUTHORITY**

The decisions of the Girls and Boys Cross Country Committees and/or the Meet Director relative to the operation of the meets shall be final.

2. **AWARDS**

Individual awards will be given to the first twelve (12) finishers in each Divisional Championship, and also the first twenty-five (25) finishers in the Open Championship. Awards will be given to a maximum of twelve (12) runners listed on the entry form of the first and second place team in each divisional and open championship. A plaque will be awarded to the winner and runner-up teams in each divisional and open championship event. Awards will be presented at the finish area **approximately** 30 minutes after the conclusion of the race. (Coaches please have your athletes in the area soon after the race. **(Coaches please have your athletes in the area soon after the race.)**)

3. **DATE OF MEETS / SITES / STARTING TIMES**

The **GIRLS AND BOYS DIVISIONAL CHAMPIONSHIP** Meets for 2011 shall be as follows:

All Divisional Championship races will be held at:

Wickham Park, Manchester, CT
Saturday, October 29, 2011

(Weather Date -- Sunday, October 30 and/or Monday, October 31)

Boys starting times for each race will be:

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

Girls starting times for each race will be:

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

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

The **BOYS AND GIRLS STATE OPEN CHAMPIONSHIP** will be held at:

Wickham Park, Manchester, CT
on

Friday, November 4, 2011

(Weather Date -- Saturday, November 5, 2011)

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

The **NEW ENGLAND CHAMPIONSHIP** will be held at

Ponaganset High School, No. Scituate, RI

on

Saturday, November 12, 2011

4. **DIVISIONS**

The 2011 Boys and Girls Cross Country Championships will be operated in six (6) divisions. Placement of schools is based on the 2010-11 girl or boy enrollment in grades 9 - 12.

<u>Boys Divisions:</u>	LL Division -- 751 and over	M Division -- 380 - 474
	L Division -- 594 - 750	SS Division -- 261 - 379
	MM Division -- 475 - 593	S Division -- up to 260

<u>Girls Divisions:</u>	LL Division -- 700 and over	M Division -- 380 - 479
	L Division -- 586 - 699	SS Division -- 271 - 379
	MM Division -- 480 - 585	S Division -- up to 270

NOTE: SCHOOLS SHOULD NOTIFY THE CIAC OF ANY INCORRECT PLACEMENT BY OCTOBER 7, 2011. NO CHANGES WILL BE MADE ON THE DAY OF THE EVENT.

5. **ENTRY FEE / ENTRY FORM**

- A. Each girls and/or boys team entering the championships will be assessed an entry fee of \$75, which must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Make check payable to CIAC. **Entry forms must be submitted via the password-protected online eligibility center -- NO LATER THAN FRIDAY, OCTOBER 21, 2011.**
- B. **START LIST** -- Start list will be posted on CIAC web site approximately five days prior to the class meets. Schools should follow the on-line substitution procedure and **bring the substitution form to the meet.**
- C. **RESULTS -- CLASS** -- Results of individual Class Meets will announced and posted following the conclusion of each race. **Results will be available on the CIAC web site -- casciac.org**

6. **MEET DIRECTOR**

The Boys and Girls CIAC Cross Country Committee Chair is Donn Friedman, Director of Meriden Adult Education, 22 Liberty Street, Meriden, CT 06450 -- telephone -- home (860) 633-0412 / school (203) 630-4190. E-mail: don.friedman@meriden.k12.ct.us

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

The Girls Meet Director for both the Divisional and Open Championships will be Robert Haddad -- 5 Columbia Landing, Columbia 06237 -- Telephone - Home (860) 228-4816

7. **INSPECTION OF COURSE**

Schools are encouraged to inspect the course prior to the day of the meet to keep the course free of traffic for the racers. On the day of the class meets the Wickham Park course will not be open for inspection until 8:00 a.m. On the day of the Open Meet the park will not be open until 12:00 Noon.

PARKING FEE

Be advised that a Spectator Parking and CIAC Event Admission Fee of \$8 per car will be collected.

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

8. **CIAC LATE ENTRY POLICY**

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

TOURNAMENT REGULATIONS VIOLATIONS

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

9. **MEET REGULATIONS**

All state meets shall be governed by the following regulations:

- a. Only institutional members of the Conference may enter these championships.
- b. For Girls Races -- All courses will be 5,000 meters.
For Boys Races -- All courses will be 5,000 meters.
- c. The team roster for the state and open meets shall consist of seven (7) runners, plus all other eligible to compete. There is no minimum as to the number of competitors a school may enter be it 1, 2, 3, etc. There is a maximum of seven (7) runners who may run in an event. Seven (7) runners may compete in the state and open meets, these seven (7) runners need not be the same for each meet. Substitutions may be made to the original seven up to thirty (30) minutes before the start of the race.
- d. The Open Meet will be made up of the top two (2) teams from each division decided by points, plus eight (8) additional teams decided by having the fastest team times. In a division any team ranked higher in place scoring than a team advanced to the Open based on time, will also advance.
- e. Individual qualifiers for the Open Meet will include the top **twelve (12)** runners in each division plus the thirty (30) fastest runners overall on time beyond the automatic qualifiers.
- f. **Qualifiers for the New England Championships will be the top six (6) teams and the top twenty-five (25) individual finishers from each boys and girls race at the Open Meet.**
- g. Each runner must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) separate regular season meets held on four separate dates.

- h. Coaches are expected to maintain discipline over their runners at all times. We are guests at the Championship site and every precaution must be taken to insure that the site is not damaged or that acts of theft and vandalism do not occur. Coaches and their schools will be held liable for the actions of their runners. **PRINCIPALS AND COACHES ARE ASKED TO INFORM THEIR RUNNERS AND FANS THAT GRILLS, FOOTBALLS, FRISBEES, RADIOS AND OTHER SUCH ITEMS ARE NOT TO BE BROUGHT TO THE CHAMPIONSHIP SITE.**
- i. Runners will not be allowed to participate without the presence of their coach or an adult officially designated in writing by their principal.
- j. Scoring will be in accordance with National Federation Rules.

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

- k. **ANY RUNNER WHO USES AN ILLEGAL AID OTHER THAN A WATCH, SUCH AS A HEART RATE MONITOR, SHALL BE DISQUALIFIED.**
- l. Athletic trainers will be available on site and located past the finish area.
- m. The finish line area is "off limits" to coaches, spectators and parents. Team or competitor disqualification may occur.
- n. Coaches are to bring a large plastic garbage bag so that what the team packs in may be packed out.

10. **NUMBERS**

Coaches are to check in at the registration area no later than 30 minutes prior to the start of the race in which their runners are competing. Numbers will be given at that time. Pins will be provided by the meet director.

11. **TRAVELING EXPENSES**

Competing schools must provide their own transportation at their expense, they will not be reimbursed.

12. **UNIFORMS / DRESSING FACILITIES**

Each team member shall wear the same color and design team uniforms (jersey and trunks). Apparel worn under the jersey by more than one (1) team member (two or more), that apparel must be the same color. Note: Apparel worn under the uniform jersey and shorts must be of a single color. (Names on tights, etc. prohibited.)

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

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

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

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

Hair Control Devices and Headbands Clarified

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

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

Rul3 9-6-3d – Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor’s hair.

13. **ROAD RACE PARTICIPATION**

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

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

14. **COMPETITORS / CHUTES**

COACHES ARE TO INSTRUCT THEIR RUNNERS TO CONTINUE FORWARD TO THE END OF THE CHUTE. RUNNERS ARE NOT TO STOP AFTER CROSSING THE FINISH LINE. 180 PLUS RUNNERS COMPETE IN EACH RACE.

2011 GIRLS CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM**-6**

<u>Division LL</u> (30 teams) (700 - Over)		<u>Division MM</u> (23 Teams) (480 - 585)	
Bridgeport Central	1166	Avon	559
Cheshire	740	Berlin	518
Danbury	1412	Bethel	495
East Hartford	863	Branford	576
Fairfield Ludlowe	801	Bridgeport - Bassick	524
Glastonbury	1122	Brookfield	500
Greenwich	1294	Colchester - Bacon Academy	534
Hamden	958	Enfield - Enrico Fermi	539
Hartford Public	728	Guilford	567
Manchester	940	Hamden - Sacred Heart Academy	487
New Britain	1279	Hartford - Bulkeley	515
New Milford	749	Hebron - RHAM	542
Newington	731	Meriden - Platt	554
Newtown	863	Milford - Foran	507
Norwalk	751	New Fairfield	503
Norwalk - Brien McMahon	876	New Haven - Wilbur Cross	575
Norwich Free Academy	1260	Redding - Joel Barlow	513
Ridgefield	874	Stratford	521
Shelton	779	Torrington	521
Simsbury	740	Vernon - Rockville	544
South Windsor	713	Watertown	522
Southington	1022	Wethersfield	583
Stamford	892	Woodstock Academy	580
Stamford - Westhill	1183		
Trumbull	1138		
W. Hartford - Conard	761		
W. Hartford - Wm. Hall	767		
West Haven	758		
Westport - Staples	901		
Woodbridge - Amity Reg.	784		
<u>Division L</u> (25 Teams) (586 - 699)		<u>Division M</u> (25 Teams) (380 - 479)	
Bridgeport - Warren Harding	676	Beacon Falls - Woodland	387
Bristol Central	646	Bridgeport - Bullard-Havens	441
Bristol Eastern	685	Burlington - Lewis Mills	407
Darien	669	East Haven	470
East Lyme	615	Ellington	406
Fairfield - Warde	675	Granby Memorial	395
Farmington	633	Hartford - A.I. Prince Tech.	400
Groton - Fitch	651	Killingly	419
Madison - Daniel Hand	617	Ledyard	477
Meriden - Maloney	625	Milford - Jonathan Law	467
Middletown	664	Milford - Luralton Hall	437
Middletown - Mercy	683	New Haven - Career	425
Monroe - Masuk	664	New Haven - Hillhouse	472
Naugatuck	666	New London	451
New Canaan	692	Plainfield	409
North Haven	642	Plainville	421
Southbury - Pomperaug	662	Suffield	467
Storrs - E.O. Smith	611	Tolland	449
Stratford - Bunnell	606	Trumbull - St. Joseph	403
Wallingford - Lyman Hall	641	Wallingford - Sheehan	477
Waterbury - Crosby	644	Waterford	460
Waterbury - Kennedy	652	Weston	412
Waterbury - Wilby	628	Winsted - N.W. Reg.	435
Wilton	622	Wolcott	449
Windsor	622	Woodbury - Nonnewaug	454

2011 Girls Cross Country Divisions - 7

<u>Division SS</u>	(28 Teams)	(271 - 379)
Bloomfield		291
Coventry		281
Cromwell		311
Deep River - Valley Reg.		316
Durham - Cuginchaug		296
East Hampton		275
Enfield		370
Griswold		354
Hartford - Weaver		316
Higganum - Haddam/Killingworth		322
Lebanon - Lyman Memorial		288
Manchester - East Catholic		371
Meriden - Wilcox Tech.		292
Milford - Platt Tech.		290
Montville		357
North Branford		346
Old Saybrook		275
Oxford		307
Rocky Hill		379
Seymour		324
Somers		288
Stafford		283
Stonington		376
Waterbury - Holy Cross		349
Waterbury - Kaynor Tech.		301
West Hartford - N.W. Catholic		337
Windham		363
Windsor Locks		282

No Team

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

Ansonia	350
Ansonia - O'Brien Tech.	150
Hamden - Eli Whitney Tech	251
Killingly - Ellis	141
New Britain - Goodwin Tech.	222
Sprague - Ac. Holy Family	56
Stamford Academy	55
Stamford - Trinity Catholic	195
Westbrook	145

<u>Division S</u>	(39 Teams)	(Up to 270)
Bolton		184
Bridgeport - Kolbe Cathedral		168
Bristol - St. Paul Catholic		161
Canton		262
Chaplin - Parish Hill		78
Clinton - Morgan		270
Danbury - Abbott Tech.		201
Danbury - Immaculate		179
Derby		178
East Granby		131
East Haddam - Hale Ray		209
East Windsor		185
Fairfield - Notre Dame, Fairfield		213
Falls Village - Housatonic Valley		248
Groton - Grasso Southeastern Tech		245
Hartford - Capital Prep.		88
Hartford Classical Magnet		219
Hartford - Sport & Medical Science		221
Hartford - University		141
Litchfield		189
Litchfield - Wamogo		216
Middletown - Vinal Tech.		181
Manchester - Cheney Tech		148
New Haven - Amistad Academy		
New Haven - Hyde		45
No. Stonington - Wheeler		102
Norwich RVT		238
Portland		166
Putnam		137
Old Lyme		231
Terryville		241
Torrington - Wolcott Tech.		237
Thomaston		166
Thompson - Tourtellotte		188
Uncasville - St. Bernard		139
Washington - Shepaug Valley		143
Waterbury - Sacred Heart		163
Windham Tech		203
Winsted - Gilbert School		179

2011 BOYS CROSS COUNTRY DIVISIONS AND THE SCHOOLS PARTICIPATING IN THEM - 8

<u>Division LL</u> (29 teams)	(751 and over)	<u>Division MM</u> (26 teams)	(475 - 593)
Bridgeport Central	1202	Avon	548
Cheshire	825	Berlin	503
Danbury	1471	Branford	552
East Hartford	882	Brookfield	500
Fairfield Prep.	907	East Haven	489
Glastonbury	1081	East Lyme	589
Greenwich	1438	Enfield - Enrico Fermi	563
Hamden	1004	Guilford	546
Hartford Public	777	Madison - Daniel Hand	587
Manchester	958	Manchester - Cheney Tech.	510
Middletown - Xavier	875	Meriden - Platt	528
New Britain	1420	Meriden - Wilcox Tech.	500
New Milford	761	Milford - Jonathan Law	487
Newtown	861	Milford - Platt Tech	579
Norwalk - Brien McMahon	828	New Fairfield	482
Norwich Free Academy	1124	New London	540
Ridgefield	893	Stratford	507
Shelton	770	Tolland	478
Simsbury	855	Torrington	567
South Windsor	833	Vernon - Rockville	533
Southington	1008	Wallingford - Lyman Hall	509
Stamford	926	Wallingford - Sheehan	481
Stamford - Westhill	1208	Waterford	494
Trumbull	1014	Watertown	477
West Hartford - Conard	794	Wethersfield	593
West Hartford - Wm. Hall	793	Woodstock Academy	524
West Haven	802		
Westport - Staples	940		
Woodbridge - Amity Reg.	868		
<u>L Division</u> (29 teams)	(594 - 750)	<u>Division M</u> (28 teams)	(380 - 474)
Bridgeport - Bassick	650	Beacon Falls - Woodland	398
Bridgeport - Warren Harding	729	Bethel	465
Bristol Central	711	Bridgeport - Bullard Haven	426
Bristol Eastern	729	Burlington - Lewis Mills	418
Darien	669	Colchester - Bacon Academy	456
Fairfield - Ludlowe	703	Danbury - Abbott Tech.	441
Fairfield - Warde	655	Ellington	381
Farmington	674	Enfield	440
Groton - Fitch	630	Granby Memorial	391
Hartford - Bulkeley	697	Killingly - Ellis Tech.	417
Hebron - RHAM	632	Ledyard	454
Meriden - Maloney	599	Middletown - Vinal	424
Middletown	699	Milford - Foran	473
Monroe - Masuk	648	Montville	410
Naugatuck	699	New Haven - Hillhouse	449
New Canaan	652	Norwich Tech.	408
New Haven - Wilbur Cross	628	Plainville	398
Newington	749	Redding - Joel Barlow	461
North Haven	597	Rocky Hill	386
Norwalk	749	Stonington	407
Southbury - Pomperaug	722	Suffield	406
Storrs - E.O. Smith	596	Torrington - Wolcott Tech.	472
Stratford - Bunnell	615	Trumbull - St. Joseph	402
Waterbury - Crosby	748	Waterbury - Kaynor	443
Waterbury - Kennedy	709	Weston	380
Waterbury - Wilby	686	Windham	467
West Haven - Notre Dame	619	Wolcott	454
Wilton	657	Woodbury - Nonnewaug	405
Windsor	686		

2011 Boys Cross Country Divisions - 9

<u>Division SS</u>	(28 teams)	(261 - 379)	<u>Division S</u>	(31 teams)	(Up to 260)
Bloomfield		308	Bolton		144
Canton		270	Bridgeport - Kolbe Cathedral		143
Clinton - Morgan School		287	Bristol - St. Paul Catholic		168
Coventry		277	Chaplin - Parish Hill		69
Cromwell		289	Danbury - Immaculate		169
Deep River - Valley Reg.		293	Derby		215
Durham - Coginchaug		273	East Haddam - Hale Ray		178
East Hampton		276	East Granby		145
Griswold		356	East Windsor		194
Groton - Grasso Southeastern		337	Fairfield - Notre Dame		203
Hartford - A.I. Prince Tech.		326	Falls Village - Housatonic Valley		258
Hartford - University		266	Hartford - Capital Prep Magnet		82
Hartford - Weaver		347	Hartford Classical Magnet		161
Higganum - Haddam-Killingworth		360	Hartford - Sport & Medical Science		203
Killingly		371	Lebanon - Lyman Memorial		239
Manchester - East Catholic		309	Litchfield		170
North Branford		340	Litchfield - Wamogo Reg.		169
Old Saybrook		265	New Haven - Amistad Academy		
Oxford		324	New Haven - Career		244
Plainfield		378	New Haven - Hyde		163
Seymour		322	North Stonington - Wheeler		124
Somers		275	Old Lyme		223
Terryville		286	Portland		201
Waterbury - Holy Cross		378	Putnam		176
West Hartford - N.W. Catholic		286	Stafford		259
Windsor Locks		279	Thomaston		174
Windham Tech		371	Thompson - Tourtellotte		173
Winsted - N.W. Reg.		377	Uncasville - St. Bernard		161
			Washington - Shepaug Valley		183
			Waterbury - Sacred Heart		186
			Winsted - Gilbert School		146

No Team

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

Ansonia	404
Ansonia - O'Brien Tech.	384
Hamden - Eli Whitney Tech	289
New Britain - Goodwin Tech	374
Stamford Academy	85
Stamford - Trinity Catholic	211
Westbrook	156

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2011 CROSS COUNTRY STATE TOURNAMENT ENTRY FORM

1. The entry form must be submitted via the password-protected online eligibility center -- NO LATER THAN 4:00 p.m. ON FRIDAY, OCTOBER 21, 2011. MAIL \$75 ENTRY FEE TO CIAC OFFICE, 30 Realty Drive, Cheshire, CT 06410.
2. The entry form must list seven athletes who are likely to run. Substitutions may be made to the original seven up to thirty minutes before the start of the race, but not after. (Substitutes must be listed on eligibility list submitted to CIAC office.) Please check for correct spelling.
3. Only seven runners may run. The runners in the Class Championship need not be the same for the Open Championship.
4. Entrants for tournament meets must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) regular season meets held on separate dates.
5. **Send tournament entry fee of \$75 to: CIAC Office, 30 Realty Drive, Cheshire, CT 06410.** If schools require a P.O. for fee payment, please indicate that payment will be forthcoming. Make check payable to CIAC.

Entry form must be submitted via the password-protected online eligibility center.

6. **CIAC LATE ENTRY POLICY**

- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding / pairing data being published on the web site, will be assessed a fee of \$50 dollars per correction to a maximum of \$250 dollars.
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TOURNAMENT REGULATIONS VIOLATIONS

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7. **Start List / Corrections** – Start lists will be posted on the CIAC web site approximately five days prior to the class meets. **Any corrections can be made on the day of the class meets. The correction form can be downloaded from the CIAC web site, completed, and submitted at the finish area tent.**

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Most of the heat-related problems have been associated with football, due to the special equipment and uniforms needed. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. This is not acceptable. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

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

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

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

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

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

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

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

Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65	Unlimited activity	73-82	High risk
65-73	Moderate risk	82-plus	Very high risk

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

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

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

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

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

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

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

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

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

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

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

Types of Sports Drinks

* **Fluid Replacers**

- Examples: Water, Gatorade, Powerade, 10K, Quickkick, Max
- These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.

* **Carbohydrate loaders**

- Examples: Gatorlode, Exceed High, Carboplex, etc.
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

* **Nutrition Supplements**

- Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They help restore muscle glycogen stores after exercise.
- They provide extra calories for athletes beyond a proper balanced diet.

What Not to Drink

- Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.

Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

What to Drink During Exercise

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

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

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association.
- A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.
- <http://www.weather.gov/om/heat/heatindex.shtml>

**CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS**

“WHEN IN DOUBT – SIT IT OUT”

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

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

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

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

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

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

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

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

PART II – RETURN TO PARTICIPATION (RTP)

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

Concussion management requirements:

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

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

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

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

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

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