

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

**92nd ANNUAL BOYS 2023-24 INDOOR TRACK AND FIELD MEET**  
**35<sup>th</sup> ANNUAL GIRLS 2023-24 INDOOR TRACK AND FIELD MEET**  
Sponsored by the U.S. Marines

**Information Sheet**

(For Conference member schools only)

CIAC Girls Committee Chair

Anna Mahon

Assistant Superintendent, Brookfield

[mahona@brookfieldps.org](mailto:mahona@brookfieldps.org)

CIAC Boys Committee Chairman

Donn Friedman

[luv2rundf@gmail.com](mailto:luv2rundf@gmail.com)

THE INDOOR TRACK TOURNAMENT INFORMATION IS ARRANGED IN SEVEN (7) SECTIONS

1. Divisions
2. Dates / Sites / Meet Directors
3. Entry Procedure and Information
4. Qualifying Distances and Times to Enter Class and Championship Meets
5. Tournament Rules / Procedures
6. NFHS Rule Changes
7. Sportsmanship / Supervision

Appendix A Protest Report Form

Appendix B Disqualification Report Form

Appendix C Pole Vault Weight Certification Form

Appendix D Sample Relay Declaration Sheet

Appendix E Certifications / Coaching Certifications

Athletic.Net Tutorials for CIAC Indoor Track and Field Teams

## 2023-24 CIAC BOYS AND GIRLS INDOOR TRACK COMMITTEE

Anna Mahon, Assistant Superintendent, Brookfield - Chair  
Donn Friedman - Chair  
Kurt Ogren, Woodland Reg. High School, Beacon Falls

### Coaches:

Rich Kosta, Fitch High School, Groton - Ch  
Mark Alexander, Glastonbury High School  
Brian LaFontaine, Watertown High School  
Carl Reichard, East Lyme High School

### Consultants:

Bill Baron, South Windsor  
Doug Sharples, Groton  
Dave Tetlow, Mystic  
Ron Knapp, MySportsResults.com for ANET  
Sterling Scanlon, Weaver High School, Hartford - CAAD  
Ashley Kitchens, Glastonbury High School – CAAD

### **2024 Championship Entry Registration Now Uses Athletic.net**

As announced previously by the CIAC, all entries for the CIAC Division and Open Championships will use Athletic.net using procedures noted in the following pages.

- *All CIAC schools who have entered as having a team or individual for this year's CIAC Indoor Track and Field Division Championships must have Athletic.net accounts for each head coach and an Athletic Director account.*
- *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.*
- *Also note that the CIAC Division Championships will require a verifiable entry in a regular season event during the current indoor track season that has official results for all competitors and teams competing in that event and is posted on Athletic.net.*

Please see the additional **Athletic.net Tutorials for CIAC Indoor Track and Field Teams** guidance available included in this document and at the Meet Info page at each CIAC Divisional Championship meet in Athletic.net.

## 2024 BOYS / GIRLS INDOOR TRACK INFORMATION

### 1.0 DIVISIONS

In order to more nearly balance the number of competitors, the divisions have been changed based on both the October 1, 2022-23 boys and girls – grades 9-12 enrollment as well as the actual number of participants in the 2022 state meets.

<b>Boys</b>		<b>Girls</b>
LL Division – 736 and over		LL Division – 679 and over
L Division – 544 - 735		L Division – 524 - 678
M Division – 357 - 543		M Division – 350 - 523
S Division – Up to 356		S Division – Up to 349

A listing of tournament divisions are available on the indoor track page at [ciacsport.com](http://ciacsport.com)

*In order to allow teams 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 1, 2023 TO BOTH THE CIAC AND THE TWO MEET DIRECTORS INVOLVED.*

### 2.0 DATES / SITES / MEET DIRECTORS

- Member schools may start practice on, but not before Thursday, November 30, 2023
- Member schools may hold the first meet on, but not before Thursday, December 14, 2023

#### **THE FOLLOWING MEET FORMAT SHOULD BE CAREFULLY NOTED:**

- A. **Thursday, February 8, 2024 – Class LL Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – 4:30 p.m.**  
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home telephone (860) 644-1264
- B. **Friday, February 9, 2024 – Class S Championships** - Boys and Girls  
**At Floyd Little Athletic Center, New Haven – 4:30 p.m.**  
Meet Director – Tom Haley, 22 Birchwood Drive, Ansonia 06401  
Home telephone (203) 735-8444
- C. **Saturday, February 10, 2024 – Class L Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – 10:00 a.m.**  
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home telephone (860) 644-1264
- D. **Saturday, February 10, 2024 – Class M Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – 4:00 p.m.**  
Meet Director – Dave Tetlow, 42 Church Street, Mystic 06355  
Cell (860) 608-9045
- E. **Saturday, February 17, 2024 – State Open Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – 12:00 p.m.**  
Meet Directors – Bill Baron and Dave Tetlow  
Assigner of Officials – Yvonne Grimes

Site Director for all meets will be Bob Davis, Hillhouse High School, 480 Sherman Parkway, New Haven --- School telephone (475) 220-7500 / Cell – (203) 627-6105

F. **Saturday, March 2, 2024 – New England Championships** – Boys and Girls  
**Reggie Lewis Center, Boston, MA – 10:30 a.m.**

- It is anticipated that the CIAC Championship series will start on Thursday, February 8, 2024 – continue on Friday, February 9 and Saturday, February 10, and run through to the Open on Saturday, February 17, 2024. This is subject to change based on facility availability or weather related issues.
- **Coaches Meeting** – The coaches meeting will begin 30 minutes prior to the start of ALL state meets.

**3.0 ENTRY PROCEDURE AND INFORMATION**

A. **SUBMITTING INDOOR TRACK AND FIELD ENTRIES USING ATHLETIC.NET**

- 1) **Schools will have until Noon, TUESDAY, FEBRUARY 6, 2024, 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 February 6. The entry system will close at Noon on February 6 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. Thursday, December 14, 2023, and the entry registration end date of 12:00 Noon on February 6, 2024.*

*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 indoor 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](http://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. Thursday, December 14, 2023, and the entry registration end date of 12:00 Noon on February 6, 2024.
  - 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.

- **NOTE: FOR THIS, THE 2023-24 INDOOR SEASON, THE COMMITTEE WILL ACCEPT ONLY FAT (FULLY AUTOMATIC TIMING RESULTS) PERFORMANCES IN THE 55 METER DASH, 55 METER HIGH HURDLES AND THE 300 METER DASH.**
  - **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 and 3200m. Coaches can enter a 1600m time or an optional 1500m or 1-mile time and enter a 3200m time or an optional 3000m or 2-mile time in the appropriate event 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 more than one of the (1500m, 1600m, 1-mile) or (3000m, 3200m or 2-mile). A coach must determine the fastest performance before entering the athlete into the 1600m or 3200m or an optional event.*
  - After completing entries, click on the Finalize Entries button (print entries) at top of your entry summary.
  - **All entries will be reviewed by the CIAC Indoor Track and Field Committee on a regular basis to ensure validity of entries with a final review after the entry deadline of 12:00 Noon on February 6, 2024. 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 Indoor Track and Field Teams** guidance available included in this document and at the Meet Info page at each CIAC Divisional Championship meet in Athletic.net.
- 3) **Start List** – Start lists will be posted on CIAC web site and the Athletic.net meet site prior to the class meets.
- 4) **Results – Class** – Results of individual Class Meets will be announced and posted following the conclusion of each race. **Results will be available on the CIAC web site – [www.ciacsports.com](http://www.ciacsports.com) and Athletic.net.**

## B. **ENTRY POLICIES**

Schools may enter only those contestants who have met the minimum standards for the 2023-24 indoor track season. Each school may enter only one (1) team per relay event. Adjustments to relays may be made based on scratches.

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.

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.

The Relay Declaration Sheet 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 are checked in the "include" column on the declaration sheet will be eligible to compete in that relay event.

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".

- A coach may not scratch an athlete and assign that athlete to a relay if he/she ran three (3) events (even if he/she did not qualify to advance in one) in the Class Championship and is also listed as an alternate on a relay.
- Athletes who are listed as alternates, may run only if they ran two (2) events or less at the Class meet. They too are limited to three (3) events.
- Class championship meets and the State Open championship for clarification are considered one meet. Advancing to the Open is predicated on performance at the Class meet.
- **Relay competitors may be changed for the New England Championships as long as they meet the three event limitation rule for the day.**

**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.

**No individual will be allowed entry into Class championship competition unless the school has previously entered that individual in the Athletic.net entry registration by no later than 12:00 Noon on Tuesday, February 6, 2024. The last day to count for establishing verifiable entries is 11:59 p.m. EST on Monday, February 5, 2024.**

**If coaches have any questions related to rules interpretations or questions concerning entry procedures, the committee urges them to direct those questions to the chairs of the indoor track committee Anna Mahon – [mahona@brookfieldps.org](mailto:mahona@brookfieldps.org) or Donn Friedman – [luv2rundf@gmail.com](mailto:luv2rundf@gmail.com) .**

**Any irregularities noted on the online performances reported to the CIAC this season should be reported to Henry Rondon – [hrondon@casciac.org](mailto:hrondon@casciac.org) – telephone (203) 250-1111.**

C. **ENTRY FEE** - \$10 per competitor – a minimum fee of \$100 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.
- 4) **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 print and bring their final entry verification form to validate entrants so that they are not charged.**

#### 4.0 QUALIFYING DISTANCES AND TIMES TO ENTER CLASS AND CHAMPIONSHIP MEETS

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 or times reported as on-route to a longer distance are not allowed as qualifying standards.

Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the CIAC Class Championship.

#### QUALIFYING STANDARDS – BOYS

<u>Event</u>	<u>Class LL</u>	<u>Class L</u>	<u>Class M</u>	<u>Class S</u>
12 lb Shot	38'	38'	38'	38'
High Jump	5'6"	5'6"	5'6"	5'6"
Long Jump	18'8"	18'8"	18'8"	18'4"
Pole Vault	10'	10'	10'	10'
Implement should be officially weighed before standard is achieved.				

<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		7.04		7.14		7.14
55m Hurdles		9.04		9.04		9.04
300 Meters		39.74		39.74		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
1 Mile	4:49.2	4:49.44	4:56.2	4:56.44	4:56.2	4:56.44
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
2 Mile	10:29	10:29.24	10:34	10:34.24	10:34	10:34.24
3200 Meters	10.25	10:25.24	10:30	10:30.24	10:30	10:30.24
4 x 800m Relay	9:10	9:10.24	9:10	9:10.24	9:10	9:10.24
4 x 200m Relay	1:45	1:45.24	1:45	1:45.24	1:45	1:45.24
4 x 400m Relay	3:55	3:55.24	3:55	3:55.24	3:55	3:55.24
Sprint Medley	4:00	4:00.24	4:00	4:00.24	4:00	4:00.24

**QUALIFYING STANDARDS – GIRLS**

<b><u>Event</u></b>	<b><u>Class LL</u></b>	<b><u>Class L</u></b>	<b><u>Class M</u></b>	<b><u>Class S</u></b>
4kg Shot <b>(8 lb. shots not allowed)</b>	28'	28'	28'	28'
High Jump	4'8"	4'8"	4'6"	4'6"
Long Jump	14'6"	14'6"	14'6"	14'6"
Pole Vault	7'6"	7'0"	7'0"	7'0"
Implement should be officially weighed before standard is achieved. <b>No 8 lb. shots allowed at CIAC State Championship Meets.</b>				

<b><u>Event</u></b>	<b><u>Class LL &amp; L</u></b>		<b><u>Class M</u></b>		<b><u>Class S</u></b>	
	<b><u>Hand</u></b>	<b><u>FAT</u></b>	<b><u>Hand</u></b>	<b><u>FAT</u></b>	<b><u>Hand</u></b>	<b><u>Fat</u></b>
55m Dash		8.04		8.14		8.14
55m Hurdles		10.24		10.44		10.44
300 Meters		46.54		47.24		47.24
600 Meters	1:49.5	1:49.74	1:50	1:50.24	1:50	1:50.24
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
1 Mile	5:51.5	5:51.74	5:51.5	5:51.74	5:56.5	5:56.74
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
2 Mile	12:44	12:44.24	12:44	12:44.24	12:54	12:54.24
3200 Meters	12:40	12:40.24	12:40	12:40.24	12:50	12:50.24
4 x 800m Relay	11:00	11:00.24	11:00	11:00.24	11:00	11:00.24
4 x 200m Relay	2:00	2:00.24	2:00	2:00.24	2:00	2:00.24
4 x 400m Relay	4:38	4:38.24	4:38	4:38.24	4:38	4:38.24
Sprint Medley	4:50	4:50.24	4:50	4:50.24	4:50	4:50.24

**ELIGIBILITY TO COMPETE AT THE STATE OPEN** – The winner of each event at the Class Championship meets and the next best 14 performances from all the Class meets.

**Plus** – High jump and pole vault places will be determined using NFHS rules. Ties will also be broken using the NFHS mandates.

**QUALIFYING FOR NEW ENGLAND MEET** – The top six (6) in all events at the CIAC Open Championship. No pole vault contested. No sprint medley contested. **Athletes must declare their intent-to-enter the New England Meet when receiving their state awards. Alternates will be accepted in order of finish.** Athletes who qualify for the New England Championship **must declare 15 minutes after the conclusion of the last event** or alternates will be designated. No further changes will be allowed after leaving the State Open. Any questions call Donn Friedman at (860) 416-1884.



## 5.0 TOURNAMENT RULES / PROCEDURES

### ORDER OF EVENTS – COMBINED STATE CHAMPIONSHIPS (Class LL, L, M and S and Open Meets)

4 x 200m Relay	(Boys then girls)
4 x 800m Relay	(Boys then girls)
55m Hurdles – Trials	(Boys then girls)
55m Dash – Trials	(Boys then girls)
1000 Meters	(Boys then girls)
600 Meters	(Boys then girls)
55m Hurdles – Finals	(Girls then boys)
55m Dash – Finals	(Girls then boys)
1600 Meters	(Boys then girls)
1600m Sprint Medley (1-1-2-4 laps)	(Boys then girls)
300 Meters	(Boys then girls)
3200 Meters	(Boys then girls)
4 x 400m Relay	(Boys then girls)

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.

A 20M exchange zone will be used in all legs of all relays. Use of “fly zone” in relay races is prohibited.

**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	(Girls then boys) <b>Five alive protocol</b>
Long Jump	(Boys then girls)
Shot Put	(Boys then girls)
Pole Vault	(Girls then boys) <b>Five alive protocol</b>

- Contestants at all sites must use shots approved by the CIAC. They must meet the official weight and dimension. **Implements not meeting the standard will be confiscated. Only coaches may claim them at the conclusion of the meet.**
- Starting heights in the high jump in all 2023-24 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 protocols in both events. **Warm-up time for vaulters will be 30 minutes prior to the start of the event.**
- Information packets for Class Championships will be available no sooner than ½ hour before the first event.

### FACILITIES

- Contestants at all Championship Meets must be accompanied by a coach or other school person designated by the principal in writing in order to complete. Please note – Competitors and coaches must enter through the front, the Sherman Parkway 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). **TEAMS CAN ENTER THE FIELD HOUSE NO EARLIER THAN ONE (1) HOUR BEFORE THE START TIME.**
- At the Floyd Little Athletic Center, 3/16” or 1/8” Pyramid spikes are allowed on the track surface. **NO NEEDLE SPIKES!** This will be strictly enforced. Teams are responsible for clean-up.

- Competitors are to appear dressed for all meets since no locker or shower facilities are available at any of the sites.
- Only starting blocks furnished by the site may be used. Furnished blocks may be used to start running or relay races 400 meters or less.
- In races where waterfall starts are used, athletes will be placed to ensure a fair start.
- Food/drink will be permitted only in the food concession area.

**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.

**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.

**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.

### **RULE REMINDERS**

- 1) Coaches and all entrants who are not actually competing are to remain in the area designated for them according to the 2024 Federation Rule book. **READ AND OBSERVE National Federation Rules.**
- 2) 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.**
- 3) 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 2024 National Federation Rule book is in effect for all meets.**
- 4) **No electronic devices, including cell phones, are permitted in restricted areas** by competitors during the meet. (Refer to National Federation Rule book) **Restricted areas are pole vault, high jump and long jump coaching boxes, all field event areas, the track and timing area.**
- 5) No coaches are allowed on the infield during the meet.
- 6) Protests arising from the decisions, interpretations, and misapplication of the National Federation or CIAC games rules by officials during the contest must be in accordance with the NFHS rules and the CIAC protest procedure stated below. Protests will not be considered after the official conclusion of the meet. The decisions and interpretations of the rules by the officials are final. The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by CIAC.
- 7) **PROTESTS MUST BE SUBMITTED IN WRITING AND ACCOMPANIED BY A \$20 FEE TO BE RETURNED IF THE PROTEST IS UPHOLD** 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.
- 8) 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.
- 9) If any meet is postponed due to inclement weather, please check [www.ciacsports.com](http://www.ciacsports.com) for schedule updates.

**STUDENTS WITH SPECIAL NEEDS** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.

**CIAC TOURNAMENT SITE MEDIA POLICY** – The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet-based) covering our event. The following are minimum standards, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

- 1) A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.).
- 2) Access to electric power (shared power strip, etc.).
- 3) Access to wireless internet service.

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

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

**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.

**COMPLIANCE WITH WEEKLY LIMITATIONS ON OUTSIDE COMPETITION** – **Indoor track athletes, with the approval of the school may participate as an “unattached” individual (not representing the school or an outside team) in a maximum of four (4) outside meets per season. The athlete must comply with CIAC weekly limitations.**

- With increased frequency athletes are competing “unattached” in approved “outside” competition over a two or three day period. In most cases where this happens a participant would qualify on the first day and then compete again on the second and/or third day.
- A competitor competing in a one, two or three day outside meet/tournament shall have that meet/tournament count as one of the allowable weekly competitions.
- When a two or three day meet is conducted on both a Saturday and Sunday, a choice may be made as to which week it will count as one of the allowable weekly CIAC competitions. However, for Friday through Sunday events it must count in the week containing the Friday.
- If a one, two or three day outside meet/tournament is conducted within one week, the one charged weekly competition must be counted within that week.
- Track season (indoor and outdoor) – A member of the track team may enter “road races” of three miles and beyond (under road conditions only).
- “Walk-a-thon” events are to be considered non-athletic events which may be conducted at any time by CIAC athletes.

- Track conditions refer to an official track facility designed for the purpose of conducting track events.
- Road conditions refer to events that are conducted only on roads, and do not take on aspects of track events.

**CIAC TICKET PRICES – Subject to change depending on venue**

Free – Children – five (5) and under

Free – Military in uniform or with I.D.

\$5.00 – Students (grades 1-12) and Senior Citizens (age 65 and older)

\$10.00 – Adults (all others not in the above categories)

**All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.**

**6.0 2024 NATIONAL FEDERATION TRACK AND FIELD RULE REVISIONS**

- 3-8-1** Permits the Games Committee to set requirements for each meet on the number of timing officials.  
**Rationale:** As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.
- 4-2-1 Note (New)** Permits state associations to set the participation limitations within their state, with six events being the maximum number.  
**Rationale:** Adds flexibility for state associations to determine the number of events best suited for their state.
- 5-3-1, 9-4-1 (New)** Removed and corrected information concerning track staggers.  
**Rationale:** Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.
- 5-8-4c, d Note (New), 8-4-4 Note 2 (New)** Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.  
**Rationale:** The change makes it clearer as to the definition of a false start and how it should be consistently officiated.
- 5-14-1, 2** Clarifies that displacement of any hurdle by hand is an infraction.  
**Rationale:** Offers guidance to officials and umpires when determining hurdle infractions.
- 6-2-2d** Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.  
**Rationale:** This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official’s decisions when a competitor enters after the event has been started.
- 6-3-2b** Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off.  
**Rationale:** The addition offers guidance to officials when two or more tied competitors withdraw from the competition/jump-off at the same time.
- 6-3-2b Notes (New)** Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.  
**Rationale:** The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.

**6-4-1, 6-5-1, 6-6-1** Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.

**Rationale:** The rules change offers flexibility to athletes to apply tape to their fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.

**8-1 and 8-5** Re-organization of the cross country course layout.

**Rationale:** Offers guidance on the relay exchange zone for indoor track and field.

**9-6-1 (New)** Clarifies the indoor track and field exchange zone.

**Rationale:** Offers guidance on the relay exchange zone for indoor track and field.

### **2024 Track and Field Editorial Changes**

4-2-1, 4-6-5, 5-9-2

### **2024 Track and Field Points of Emphasis**

1. Fair Starts
2. Sportsmanship
3. Cross Country Safety

## **7.0 SPORTSMANSHIP / SUPERVISION**

**SPORTSMANSHIP** -- Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. The school administration is responsible for the athletic program, including the policies and procedures relating to sportsmanship and the conduct of activities in the school. The CIAC "Class Act" standards will be used in all CIAC contests. The CIAC Standards for Sportsmanship as defined in the Class Act program are found at [http://ciacsports.com/site/?page\\_id=10438](http://ciacsports.com/site/?page_id=10438)

APPENDIX A

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2024 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.**

APPENDIX B

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
2024 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 \_\_\_\_\_

APPENDIX C

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

**CIAC OFFICIAL 2024 INDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

\_\_\_ Boys    \_\_\_ Girls

School \_\_\_\_\_ Town \_\_\_\_\_

**WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JANUARY 26, 2024**

<u>Vaulter's Name</u>	<u>Certified Weight</u>	<u>Date</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

Signature of School Medical Official \_\_\_\_\_ Date \_\_\_\_\_

Signature of Coach \_\_\_\_\_ Date \_\_\_\_\_

Signature of Principal \_\_\_\_\_ Date \_\_\_\_\_

The principal certifies that the information contained on this form is accurate.

**NOTE: A copy of this form MUST be given to the pole vault official at the start of the Class, Open Meets.**

A limited coaching box will be available for pole vault coaches just as last year.

Only pole vault coaches of active, participating athletes will be allowed in the box.



APPENDIX D  
Sample Relay Declaration Sheet

**2024 CIAC Indoor T&F Championships GIRLS Relay Declaration Sheet**  
**GIRLS DIVISION:  LL /  L /  M /  S**

**Instructions:**

1. Designate the four athletes to compete in the relay and up to four alternate athletes from your official tournament Athletic.net team roster. Athletes not on your roster as of 12pm, 2/6/2024 are not eligible to compete.
2. Submit the completed sheet to the Relay Clerk at check-in prior to the event. A relay entry only counts towards the participation limit of three events for the athletes who actually participate (compete) in the relay at the Division Meet. Being listed as alternate does not count as an event. *Coaches are directed to review the 2024 CIAC Indoor Track & Field packet for further clarification.*
3. If your relay team qualifies for the State Open, then this sheet will be returned to you. You will then complete the STATE OPEN RELAY LINEUP column by selecting your four (4) competitors from the up to eight that you declared at the division meet on this sheet.

When listing your athletes below, print the team and athlete names exactly as they appear in your official team entry roster for this meet. Do not use nicknames or other abbreviations not in your team roster.

**TEAM NAME:** \_\_\_\_\_

Select one relay by checking the box below:

<input type="checkbox"/> - 4x200m	<input type="checkbox"/> - 1600m Sprint Medley
<input type="checkbox"/> - 4x800m	<input type="checkbox"/> - 4x400m

DIVISION MEET RELAY LINEUP	STATE OPEN RELAY LINEUP <i>(To be completed at the State Open Meet)</i>
First and Last Name	First and Last Name
1.	1.
2.	2.
3.	3.
4.	4.
<b>ALTERNATES:</b>	
5.	
6.	
7.	
8.	

## APPENDIX E

### CERTIFICATIONS / COACHING CERTIFICATIONS

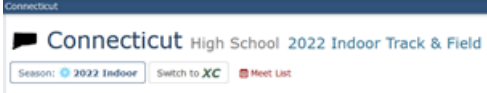
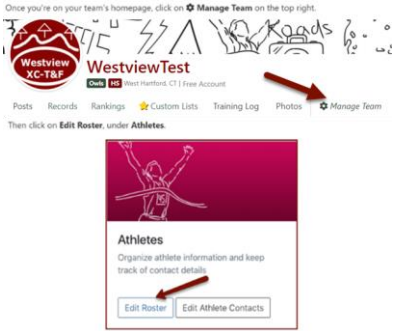
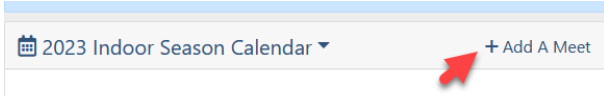
- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_186.pdf](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](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf)
- Coaching Course Registration: <http://www.ctcoachinged.org/>
- Sudden Cardiac Arrest Renewal: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches\\_sudden\\_cardiac\\_arrest\\_awareness\\_annual\\_review.pdf?la=en](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 for Coaches: <https://caadinc.org/2023-24ConANNRev.pdf>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://cprtrainpro.com/epi-pen-training>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.caadinc.org/23-24HeatRev.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.



## Athletic.Net Tutorials for CIAC Indoor 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.

<b>How to setup an Individual Account on Athletic.net:</b>	<a href="https://support.athletic.net/article/2ngw43npwr-creating-your-account-on-athletic-net">https://support.athletic.net/article/2ngw43npwr-creating-your-account-on-athletic-net</a>
<b>How to access your School Account on Athletic.net:</b>	<a href="https://www.athletic.net/TrackAndField/State/Archive.aspx?State=130476">https://www.athletic.net/TrackAndField/State/Archive.aspx?State=130476</a> 
<b>Quick Start Guide for New Coaches</b>	<a href="https://support.athletic.net/article/edfgj0tvgm-quick-start-guide-for-new-coaches">https://support.athletic.net/article/edfgj0tvgm-quick-start-guide-for-new-coaches</a>
<b>How to build your Athletic.net Indoor T&amp;F Roster:</b>	<a href="https://support.athletic.net/article/g3l6e4jp3z-uploading-a-roster#overview">https://support.athletic.net/article/g3l6e4jp3z-uploading-a-roster#overview</a> 
<b>How to add, deactivate, edit athletes, fix duplicate athletes on your Athletic.net Indoor T&amp;F Roster to match your CIAC Eligibility List:</b>	<a href="https://support.athletic.net/category/h5xhvrqf3x-roster">https://support.athletic.net/category/h5xhvrqf3x-roster</a> & <a href="https://support.athletic.net/article/eaw6i0mggj-duplicate-athletes-on-team-roster">https://support.athletic.net/article/eaw6i0mggj-duplicate-athletes-on-team-roster</a>
<b>How to establish your meet calendar:</b>	<a href="https://support.athletic.net/article/brvetv3jcz-adding-a-meet-to-your-calendar">https://support.athletic.net/article/brvetv3jcz-adding-a-meet-to-your-calendar</a> 
<b>How to submit entries for the CIAC Indoor T&amp;F Division Championships:</b>	<a href="https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet">https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet</a>
<b>Quick Start Guide for Event Managers/Timers:</b>	<a href="https://support.athletic.net/article/li15s5h41q-quick-start-guide-for-event-managers-timers">https://support.athletic.net/article/li15s5h41q-quick-start-guide-for-event-managers-timers</a>