

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

**94<sup>th</sup> ANNUAL BOYS 2025-26 INDOOR TRACK AND FIELD MEET**  
**37<sup>th</sup> ANNUAL GIRLS 2025-26 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, Westport  
[amahon@westportps.org](mailto:amahon@westportps.org)

CIAC Boys Committee Chairman  
Kurt Ogren  
Principal, Woodland Regional High School  
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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
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7. Sportsmanship / Supervision
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Appendix A      Protest Report Form  
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Appendix D      Sample Relay Declaration Sheet  
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Athletic.Net Tutorials for CIAC Indoor Track and Field Teams

## 2025-26 CIAC BOYS AND GIRLS INDOOR TRACK COMMITTEE

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

### 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  
Dave Tetlow, Mystic  
A.J. LaPlant, East Hartford High School  
Ron Knapp, MySportsResults.com for ANET  
Sterling Scanlon, Wethersfield High School - CAAD  
Ashley Kitchens, Glastonbury High School – CAAD  
Donn Friedman, Colchester

### **2026 Championship Entry Registration Uses Athletic.net**

The CIAC will continue to use Athletic.net for all entries for the CIAC Division and Open Championships 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.

## 2026 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, 2024-25 boys and girls – grades 9-12 enrollment as well as the actual number of participants in the 2025 state meets.

<b>Boys</b>	<b>Girls</b>
LL Division – 694 and over	LL Division – 660 and over
L Division – 506 - 693	L Division – 500 - 659
M Division – 313 - 505	M Division – 320 - 499
S Division – Up to 312	S Division – Up to 319

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 5, 2025 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, December 4, 2025.
- Member schools may hold the first meet on, but not before Thursday, December 18, 2025

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

- A. **Thursday, February 12, 2026 – Class L Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – Field events at 3:30 p.m. and running events at 4:00 p.m.**  
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home telephone (860) 644-1264
- B. **Friday, February 13, 2026 – Class M Championships** - Boys and Girls  
**At Floyd Little Athletic Center, New Haven – Field events at 3:30 p.m. and running events at 4:00 p.m.**  
Meet Director – Dave Tetlow, 42 Church Street, Mystic 06355  
Home telephone (860) 608-9045
- C. **Saturday, February 14, 2026 – Class LL Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – Field events at 9:30 a.m. and running events at 10:00 a.m.**  
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor 06074  
Home telephone (860) 644-1264
- D. **Saturday, February 14, 2026 – Class S Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – Field events at 3:30 p.m. and running events at 4:00 p.m.**  
Meet Director – A.J. LaPlant, East Hartford High School  
Cell (860) 462-1315
- E. **Saturday, February 21, 2026 – State Open Championships** – Boys and Girls  
**At Floyd Little Athletic Center, New Haven – Field events at 11:30 a.m. and running events at Noon**  
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, February 28, 2026 – New England Championships** – Boys and Girls  
**Reggie Lewis Center, Boston, MA – 1:00 p.m.**

- It is anticipated that the CIAC Championship series will start on Thursday, February 12, 2026 – continue on Friday, February 13 and Saturday, February 14, and run through to the Open on Saturday, February 21, 2026. 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 10, 2026, 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 10. The entry system will close at Noon on February 10 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 18, 2025, and the entry registration end date of 12:00 Noon on February 10, 2026.*

*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 18, 2025, and the entry registration end date of 12:00 Noon on February 10, 2026.
  - 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 2025-26 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 – **NEW THIS SEASON** - For entries in the 1600m and 3200m events, like other individual events, coaches **WILL SELECT THEIR ATHLETE'S PERFORMANCE THAT EQUALS OR BETTERS THE POSTED QUALIFYING STANDARDS FOR THE 1600M AND 3200M**. Note that Athletic.Net converts and displays a 1500m and 1-mile or 3000m or 2-mile official time for event entry as a 1600m or 3200m time.
- 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 10, 2026. 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 2025-26 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.**

**\*\* NEW THIS YEAR \*\* - 300 Meter Declaration** – All athletes in the 300 meter dash must declare to compete in hospitality room during the 1600 meter run prior to the start of the 1600m Sprint Medley Relay. Athletes who do not declare on time will not be allowed to compete. This procedure will allow meet management to re-seed the 300-meter dash for fair competition.

**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 10, 2026. The last day to count for establishing verifiable entries is 11:59 p.m. EST on Monday, February 9, 2026.**

**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 – [amahon@westportps.org](mailto:amahon@westportps.org) or Kurt Ogren – [kogren@region16ct.org](mailto:kogren@region16ct.org) .**

**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.**
- 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

<b>Event</b>	<b>Class LL</b>	<b>Class L</b>	<b>Class M</b>	<b>Class S</b>
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.				

<b>Event</b>	<b>Class LL &amp; L</b>		<b>Class M</b>		<b>Class S</b>	
	<b>Hand</b>	<b>FAT</b>	<b>Hand</b>	<b>FAT</b>	<b>Hand</b>	<b>FAT</b>
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	1:32.0	1:32.24	1:34.0	1:34.24	1:34.0	1:34.24
1000 Meters	2:48.0	2:48.24	2:52.0	2:52.24	2:52.0	2:52.24
1500 Meters &	4:28.2	4:28.45	4:34.7	4:34.97	4:34.7	4:34.97
1 Mile	4:49.6	4:49.92	4:56.7	4:56.96	4:56.7	4:56.96
1600 Meters	4:48.0	4:48.24	4:55.0	4:55.24	4:55.0	4:55.24
3000 Meters &	9:42.0	9:42.32	9:46.7	9:46.97	9:46.7	9:46.97
2 Mile	10:28.6	10:28.88	10:33.6	10:33.91	10:33.6	10:33.91
3200 Meters	10.25.0	10:25.24	10:30.0	10:30.24	10:30.0	10:30.24
4 x 800m Relay	9:10.0	9:10.24	9:10.0	9:10.24	9:10.0	9:10.24
4 x 200m Relay	1:45.0	1:45.24	1:45.0	1:45.24	1:45.0	1:45.24
4 x 400m Relay	3:55.0	3:55.24	3:55.0	3:55.24	3:55.0	3:55.24
Sprint Medley	4:00.0	4:00.24	4:00.0	4:00.24	4:00.0	4:00.24

## QUALIFYING STANDARDS – GIRLS

<u>Event</u>	<u>Class LL</u>	<u>Class L</u>	<u>Class M</u>	<u>Class S</u>
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>				

<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		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	1:50.0	1:50.24	1:50.0	1:50.24
1000 Meters	3:25.0	3:25.24	3:30.0	3:30.24	3:30.0	3:30.24
1500 Meters &	5:25.9	5:26.19	5:25.9	5:26.19	5:30.6	5:30.85
1 Mile	5:52.0	5:52.28	5:52.0	5:52.28	5:57.0	5:57.31
1600 Meters	5:50.0	5:50.24	5:50.0	5:50.24	5:55.0	5:55.24
3000 Meters &	11:47.8	11:48.24	11:47.8	11:48.05	11:57.1	11:57.36
2 Mile	12:44.4	12:44.67	12:44.4	12:44.67	12:54.4	12:54.73
3200 Meters	12:40.0	12:40.24	12:40.0	12:40.24	12:50.0	12:50.24
4 x 800m Relay	11:00.0	11:00.24	11:00.0	11:00.24	11:00.0	11:00.24
4 x 200m Relay	2:00.0	2:00.24	2:00.0	2:00.24	2:00.0	2:00.24
4 x 400m Relay	4:38.0	4:38.24	4:38.0	4:38.24	4:38.0	4:38.24
Sprint Medley	4:50.0	4:50.24	4:50.0	4:50.24	4:50.0	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. **Coaches must use Athletic.net to enter their qualified athletes to compete by the deadline listed in the New England Indoor Track Championship information packet (<http://cnesspa.ezstream.com/>).** Coaches may also enter athletes that did not finish in the top six at the State Open. The New England Meet Director will approve the top six performances that have been entered in each event, so alternates may be eligible. Schools will then receive an invoice to pay and athletes officially be entered in the meet. Any questions call Donn Friedman (860) 416-1884.

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

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 2025-26 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 compete. 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 2026 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 2026 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 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.
- 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 2026 NATIONAL FEDERATION TRACK AND FIELD RULE REVISIONS**

**3-2-3k (New)** Permits the Games Committee to determine takeoff board placement in horizontal jumps.  
**Rationale:** The change gives the games committee authority to determine takeoff board placement in the long jump and triple jump aligning with existing role in setting starting heights for high jump and pole vault. The rules previously did not assign this responsibility, and clarification ensures consistency, fairness and appropriate oversight. Athletes may still change which approved takeoff board to use during competition.

**3-8-6** Expands the acceptable calibers and provides flexibility for starting devices.  
**Rationale:** Due to increased cost and limited availability .32 caliber blanks. Expanding the acceptable calibers provides flexibility for meet management while maintaining the safety and functionality required for starting devices.

**4-6-5** Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.  
**Rationale:** The change permits the games committee to designate an appropriate health care professional to evaluate a downed competitor on the course without resulting in disqualification provided no assistance is given in progressing along the course. It prioritizes athlete safety by permitting on-course evaluation while preserving the integrity of the competition.

**4-6-6c (New)** Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.  
**Rationale:** No athlete participating in a meet is permitted to wear any type of audio or video device to record or transmit in a race, trial or in restricted areas. This language aligns with other NFHS rules books.

**6-2-2 Notes (3) (New)** Clarifies that the time limit for a consecutive attempt applies within a height and at a height change.  
**Rationale:** The chart does not differentiate whether consecutive trials are within a height or at a height change. Adding this note will clarify the rule and establish a standard procedure.

**6-3-2b4(a)** Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.  
**Rationale:** Standard metric progressions are typically in 5 cm increments, with 15 cm aligning closely to the traditional 6 inches. This change simplifies implementation, aligns with common metric practices, and supports consistency in meet management.

**6-8-6 (New)** Standardizes warm-up times for athletes entering the high jump and pole vault after 60 minutes have elapsed.  
**Rationale:** The current rule allows warm-up only after passing three consecutive heights, which can result in long periods of inactivity – sometimes over an hour in large competitions. This can be a disadvantage and potential safety concern for athletes entering later. Changing the rule to provide a standardized 1.5 minutes for high jump or 2 minutes for pole vault warm-up for any athlete entering after 60 minutes have elapsed promotes fairness, consistency, and risk minimization..

**6-9-21** Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.  
**Rationale:** The addition of “above ground level” clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

**6-10-5** Incorporates javelin construction specifications into the rules book for clarity and consistency.  
**Rationale:** Moving the implement construction specifications for the javelin into the rules book provides greater clarity, consistency, and accessibility for high school coaches, athletes, and meet officials. By incorporating the construction requirements directly into the NFHS rules book, we ensure that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This approach maintains appropriate equipment standards while promoting ease of understanding, consistent enforcement, and fairness across all levels of high school competition.

**9-1-1** Adds the 200 meter dash as an option for indoor meets.  
**Rationale:** Adding the option of the 200 or 300 meter dash in indoor meets provides states with greater flexibility to structure events based on facility size, athlete development, and meet goals. This change supports broader participation and aligns with the varied formats of indoor track and field across the country.

**9-6-1** Establishes a standardized 20-meter exchange zone for indoor relays.  
**Rationale:** A uniform 20m exchange zone in indoor track and field creates a single standard for ease of officiating.

## 2026 Track and Field Editorial Changes

4-3-1b(8), 6-4-2, 9-1-1

## 2026 Track and Field Points of Emphasis

1. Throws Safety – Shot Put, Discus and Javelin
2. Restricted Areas
3. Protest / Appeal Process

## **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)

**Coaches Disqualification** -- All coaches who are disqualified at any level will be suspended for the next two games (see page 104 in the CIAC Handbook), take two NFHS coaching courses ("Teaching and Modeling Behavior" and "Sportsmanship") and the school will pay a \$50 fine. In addition to the two game suspension and fine, the CIAC reserves the right to review any incident that results in a coach's disqualification and may assess additional game suspensions up to and including a one-year ban. The fine and proof of taking the coaching courses must be submitted to the CIAC office before the coach can resume his coaching responsibilities.

## **8.0 COACHING CERTIFICATIONS – For a list of all coaching certifications and links to forms go here:**

<https://docs.google.com/document/d/1KnzXy81GK9x88bY1-5JBSup-8SY34sdc/edit?usp=sharing&ouid=104830910406558409235&rtpof=true&sd=true>

**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.

## APPENDIX A

### CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### 2026 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 2026 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 2026 INDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

Boys  Girls

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

**WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JANUARY 30, 2026**

<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

**2026 CIAC Indoor T&F Championships - BOYS Relay Declaration 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 the official entry deadline are **not eligible to compete**.
2. At the Division meet 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 2026 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 section 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 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.**

**BOYS DIVISION:  LL /  L /  M /  S**

**SCHOOL:** \_\_\_\_\_

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

**DIVISIONAL MEET RELAY LINEUP**

**(IN ORDER OF COMPETITION)**

**ALTERNATES (Must be listed for eligibility at State Open)**

Last Name	First Name		Last Name	First Name
1.		A1.		
2.		A2.		
3.		A3.		
4.		A4.		

**Coach Signature:** \_\_\_\_\_

**STATE OPEN RELAY LINEUP (TO BE COMPLETED AT THE STATE OPEN, *NOT BEFORE*.)**

Last Name	First Name
1.	
2.	
3.	
4.	

***State Open Lineup MUST be selected from the athletes declared at the divisional meet in the section above.***

**Coach Signature**

## APPENDIX E

### CIAC TOURNAMENT SPECTATOR EXPECTATIONS (INCLUDING PARENTS)

#### Positive Cheering and Behavior

- Spectators will cheer positively to support their team, not negatively against the opponent. “No Negatives, No Names, No Numbers”.
- Spectators will show respect for the game officials and their decisions.
- Spectators will respect CIAC tournament/site directors, tournament staff, and security when behavior is addressed and if asked to leave the event.

#### Dress Code

- For CIAC tournament contests, all spectators should be appropriately attired according to their school’s policy. No attire with visible degrading or demeaning writings/logos is permitted.

#### Signs, Banners, Flags and Powder

- Any signs must be positive in nature, reference only the school supported by the sign maker, be small enough not to obstruct the view of other spectators and be pre-approved by the school’s athletic director reference in the sign. Spectators are not permitted to bring flags for safety reasons. When asked to remove a sign, banner, or flag, participating schools will respect and follow the direction of any CIAC tournament/site director, tournament staff, or security personnel.
- All signs, banners, and flags may be restricted pending facility usage requirements or at the discretion of the CIAC tournament director. CIAC tournament directors/staff will notify the athletic director when such restrictions are necessary.
- Powder or powder-like substances are prohibited at all visiting and neutral sites.

#### Noisemakers

- Outdoor Sports – No air horns, horns of any kind, or whistles will be used. Any other noisemakers may be allowed with approval from the host athletic/site director and the spectator’s school athletic director. Noisemakers can only be used during “dead ball” situations to celebrate good play.
- Indoor Sports – No noisemakers will be allowed. Pep bands are allowable with the prior approval of the CIAC tournament and site director, provided the school band has adult supervision, and the band only plays during “dead ball” situations.

#### Tailgating

- Tailgating is prohibited on the grounds of any CIAC tournament or championship event.

#### Streaming

- CIAC championships are streamed on the NFHS Network. Any streaming, broadcasting, or reproduction of a CIAC tournament game or championship without the expressed written consent of the CIAC is strictly prohibited.

## 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/eaw6i0mrgji-duplicate-athletes-on-team-roster">https://support.athletic.net/article/eaw6i0mrgji-duplicate-athletes-on-team-roster</a>
<b>How to establish your meet calendar:</b>	<a href="https://support.athletic.net/article;brvetv3jcjz-adding-a-meet-to-your-calendar">https://support.athletic.net/article;brvetv3jcjz-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/lil5s5h41q-quick-start-guide-for-event-managers-timers">https://support.athletic.net/article/lil5s5h41q-quick-start-guide-for-event-managers-timers</a>