

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410

Telephone (203) 250-1111 / Fax (203) 250-13345

**2025 BOYS / GIRLS OUTDOOR TRACK INFORMATION**

CIAC Girls Committee Chairman

Anna Mahon, Assistant Superintendent  
Brookfield  
mahona@brookfieldps.org

CIAC Boys Committee Chairman

Donn Friedman  
(860) 416-1884  
[luv2rundf@gmail.com](mailto:luv2rundf@gmail.com)

Girls Coaches Chairman

Barbara Hedden  
Cheshire High School  
(203) 671-3697  
[CHS\\_CoachHedden@aol.com](mailto:CHS_CoachHedden@aol.com)

Boys Coaches Chairman

Peter Corbett  
Ellington High School  
(860) 805-5828  
[pcorbett@ellingtonschools.net](mailto:pcorbett@ellingtonschools.net)

THE OUTDOOR TRACK TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS

1.0	Classes
2.0	Dates / Sites / Meet Directors
3.0	Entry Procedures
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**2025 Championship Entry Registration Uses Athletic.net** – All entries for the CIAC Class 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 Outdoor Track and Field Class 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 Class Championships will require a verifiable entry in a regular season event during the current outdoor track season that has official results for all competitors and teams competing in that event and is posted on Athletic.net.

Please see the **Athletic.net Tutorials for CIAC Outdoor Track and Field teams** included in this document and at the Meet Info page at each CIAC Class Championship meet in Athletic.net.

# 2025 CIAC BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS

## 1.0 CLASSES

1.1 Only institutional members of the Conference may enter this tournament which will be in five (5) classes. Placement of schools has been based on the 2023-24 grade 9-12 boy or girl enrollment.

Boys: LL – 714 and over  
L – 582-713  
MM – 387-581  
M – 268-386  
S – up to 267

Girls: LL – 702 and over  
L – 561-701  
MM – 373-560  
M – 250-372  
S – up to 249

Tournament classes are available on the outdoor track page at [ciacsports.com](http://ciacsports.com).

## 2.0 DATES / SITES / MEET DIRECTORS

2.1 Member schools may start practice on, but not before Saturday, March 22, 2025.

2.2 Member schools may hold the first meet on, but not before Saturday, April 5, 2025.

2.3 **SATURDAY, MAY 31, 2025 – CLASS MM CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain - Field events start at 11:00 a.m. and running events start at 11:30 a.m. All scratches encouraged by 10:30 a.m.)

Meet Director – James Thompson, 148 Ross Road, Preston, CT 06365  
Cell – (860) 608-7145 / [jthompson@windham.k12.ct.us](mailto:jthompson@windham.k12.ct.us)

2.4 **SUNDAY, JUNE 1, 2025 – CLASS L CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park – New Britain - Field events start at 10:00 a.m. and running events start at 10:30 a.m. (All scratches encouraged by 9:30 a.m.)

Meet Director Deb Petruzzello, 84 Highland Avenue, Middletown, CT 06457  
Telephone – (860) 754-7207 / [dpet53@sbcglobal.net](mailto:dpet53@sbcglobal.net)

**SUNDAY, JUNE 1, 2025 – CLASS M CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 4:00 p.m. and running events start at 4:30 p.m. (All scratches encouraged by 3:30 p.m.)

Meet Director – Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton, CT 06340  
Cell – (860) 501-0331 / [rkosta@groton.k12.ct.us](mailto:rkosta@groton.k12.ct.us)

2.5 **MONDAY, JUNE 2, 2025 – CLASS S CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 10:00 a.m. and running events start at 10:30 a.m. (All scratches encouraged by 9:30 a.m.)

Meet Director – Richard Luke, East Hampton  
Home – (860) 508-3462 / [rluke144@aol.com](mailto:rluke144@aol.com)

**MONDAY, JUNE 2, 2025 – CLASS LL CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain – Field events start at 4:00 p.m. and running events start at 4:30 p.m. (All scratches encouraged by 3:30 p.m.)

Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074  
Home – (860) 644-1264 / [baronwm71@gmail.com](mailto:baronwm71@gmail.com)

2.6 **SATURDAY, JUNE 7, 2025 – CIAC OPEN CHAMPIONSHIP** – Boys & Girls – at Willow Brook Park, New Britain -- Field events start at 11:00 a.m. and running events start at 11:30 a.m. (All scratches encouraged by 10:45 a.m.)  
Meet Director – Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074  
Home - (860) 644-1264 / [baronwm71@gmail.com](mailto:baronwm71@gmail.com)

2.7 **SATURDAY, JUNE 14, 2025 -- NEW ENGLAND BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS** – at Willow Brook Park, New Britain, CT – Field events start at 10:00 a.m. and running events start at 10:30 a.m. (All scratches encouraged by 10:00 a.m.)

2.8 **MONDAY, JUNE 16, 2025 – CIAC HAMMER THROW**  
Girls Hammer Throw – June 16 (12:00 p.m.)  
Boys Hammer Throw – June 16 (3:00 p.m.)

**TUESDAY & WEDNESDAY, JUNE 17, 18, 2025 -- CIAC DECATHLON, HEPTATHLON, STEEPLECHASE** – at Willow Brook Park, New Britain (See Appendixes)

Girls Heptathlon – June 17 (10:30 a.m.), June 18 (10:00 a.m.)  
Boys Decathlon – June 17, 18 (10:00 a.m.)  
Girls Steeplechase – June 17 (3:30 p.m.)  
Boys Steeplechase – June 18 (3:30 p.m.)

### **3.0 ENTRY PROCEDURE**

3.1 **Schedule Form** – None required in boys or girls outdoor track

3.2 **Change of Class Form** – *In order to allow teams which have boys and girls in different classes the Committee voted, on a trial basis, to “allow teams that have boys and girls in different classes to have the option of moving from the small class to the larger class.” This will permit schools to keep both boys and girls in the same class. IF YOU WISH YOUR SMALLER CLASS TEAM TO MOVE TO THE HIGHER CLASS TO KEEP BOTH TEAMS IN THE SAME CLASS THIS MUST BE SUBMITTED BY TUESDAY, MARCH 25, 2025 TO BOTH THE CIAC AND THE TWO MEET DIRECTORS INVOLVED.*

3.3 **Entry Procedure – Submitting Outdoor Track & Field Entries Using Athletic.Net**

1. Schools will have until **Noon, WEDNESDAY, MAY 28, 2025**, to submit eligibility rosters to CIAC and final tournament roster in Athletic.net. Schools may change their initial tournament roster entries as many times as they want up until the Noon deadline on May 28. The entry system will close at Noon on May 28 and class meets will be set.

*Seed marks drawn from a meet in Athletic.net are only accepted for meets marked as official between the entry registration start date of 6:00 a.m. Saturday, April 5, 2025, and the entry registration end date of 12:00 Noon on May 28, 2025.*

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

2. The following online method for entry must be used for all Class 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 Class meet should appear on your team' season calendar.  
Accept the invitation to your boys and/or girls Class 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 classes 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 Class meet.
- You may choose to complete entries “by event” or “by athlete”
- Only meet results reported in Athletic.net as “Official” are to be used for seed marks. Seed marks drawn from a meet in Athletic.net are only accepted for meets marked as official between the entry registration start date of 6:00 a.m., Saturday, April 5, 2025, and the entry registration end date of 12:00 Noon on May 28, 2025.
- **Qualifying Standards** – Only those competitors who have equaled or bettered in regular season competition the qualifying marks listed in the section entitled “Qualifying” are eligible to enter the championship meets. Please adhere to this regulation. Please note that relay teams MUST meet qualifying standards.
- **For Relay Times ONLY** – A slower relay time than the one recorded during the regular season may be entered for Class meet qualifying only using the Athletic.net override option during event entry registration. ***Coaches should carefully enter their seed time to ensure proper format of mm:ss.hh and from official meet results after April 5, 2025.***  
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 1-mile 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 event entries will be reviewed by the CIAC Outdoor Track and Field appointees on a regular basis to ensure validity of entries with a final review after the entry deadline of 12:00 Noon on May 28, 2025. Event entries will be marked as Accepted or Rejected.**
- The coach should bring a copy of their final entry confirmation to the Class meet. Under no circumstances will printed forms be accepted in lieu of submissions via Athletic.net.
- Please see the additional **Athletic.net Tutorials for CIAC Outdoor Track & Field teams** guidance available included in this document and at the meet information page at each CIAC Class Championship meet in Athletic.net.

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

3.5 **Late Entry Policy – DEADLINE FOR ALL ENTRIES IS WEDNESDAY, MAY 28, 2025, BY 12:00 P.M.** Seeded meet programs will be posted on the web site on Thursday, May 29, 2025 by 3:30 p.m. **ABSOLUTELY NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE SEEDED PROGRAMS ARE POSTED.**

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

**HOST SCHOOLS ARE REQUIRED TO SUBMIT THE ENTIRE MEET RESULTS IN ATHLETIC.NET WITHIN 7 DAYS OF THE MEET AND MUST DO SO NO LATER THAN 12:00 P.M. ON WEDNESDAY, MAY 28, 2025.**

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

3.6 **Coaches Meeting** – The coaches meeting will begin 30 minutes prior to the start of ALL State Meets.

#### **4.0 EXPENSES / TICKETS**

4.1 Schools will bear all traveling expenses.

4.2 Charges for Class and State Open Championships will be: \* Subject to change depending on site  
\$5.00 – Senior citizens (age 65 and older)  
\$5.00 – Students (Grades 1-12)  
\$10.00 – Adults (All others not in the above categories)  
Free – Children five (5) and under  
Free – Military with I.D. or in uniform

4.3 During the Championships, the following passes will be honored at all sites.

- 1) Head varsity outdoor track coach may request IN WRITING ONLY from CIAC
- 2) Principal (or designee) of participating schools
- 3) Press Card – No other complimentary admissions will be permitted
- 4) Athletic directors of participating school.
- 5) CIAC track officials membership card
- 6) Veterans allowed with I.D. or in uniform

#### **5.0 FORFEITS**

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

## 6.0 **OFFICIALS**

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

## 7.0 **PROTESTS**

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

## 8.0 **QUALIFYING**

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

**NOTE: Scratch lines will be utilized in the field events where indicated.**

### Boys' Qualifying Standards

S		M		MM		L		LL		
FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand	
100	11.74	11.5	11.74	11.5	11.74	11.5	11.64	11.4	11.54	11.3
200	24.04	23.8	24.04	23.8	24.04	23.8	23.84	23.6	23.84	23.6
400	54.44	54.2	54.24	54.0	54.24	54.0	53.84	53.6	53.74	53.5
800	2:08.74	2:08.5	2:07.74	2:07.5	2:06.74	2:06.5	2:05.74	2:05.5	2:05.74	2:05.5
1600	4:52.24	4:52.0	4:49.24	4:49	4:46.24	4:46.0	4:41.24	4:41.0	4:40.24	4:40.0
Mile	4:53.94	4:53.6	4:50.92	4:50.6	4:47.91	4:47.6	4:42.88	4:42.6	4:41.87	4:41.6
3200	10:50.24	10:50.0	10:45.24	10:45.0	10:30.24	10:30.0	10:20.24	10:20.0	10:10.24	10:10.0
2-Mile	10:54.02	10:53.4	10:48.99	10:48.4	10:33.90	10:33.4	10:23.80	10:23.4	10:13.78	10:13.4
110 HH	18.24	18.0	17.74	17.5	17.44	17.2	17.24	17.0	17.24	17.0
300 H	46.24	46.0	45.24	45.0	45.24	45.0	44.74	44.5	44.74	44.5
4X100	48.24	48.0	47.24	47.0	46.74	46.5	46.54	46.3	46.54	46.3
4X400	3:48.24	3:48.0	3:46.24	3:46.0	3:45.24	3:45.0	3:42.24	3:42.0	3:42.24	3:42.0
4X800	9:25.24	9:25.0	9:20.24	9:20.0	9:10.24	9:10.0	9:10.24	9:10.0	9:05.24	9:05.0
	New	Scratch	New	Scratch	New	Scratch	New	Scratch	New	Scratch
LJ	19' 0"	17' 6"	19' 0"	17' 6"	19' 0"	17' 6"	19' 6"	17' 6"	20' 0"	17' 6"
TJ	38' 6"	None	39' 0"	None	39' 0"	None	39' 6"	None	39' 6"	None
HJ	5' 8"	Open 5' 6"	5' 10"	Open 5' 8"						
PV	10' 0"	Open 9' 6"	10' 6"	Open 10'	10' 6"	Open 10'	11' 0"	Open 10' 6"	11' 0"	Open 10' 6"
SP	39' 6"	36' 6"	40' 6"	36' 6"	40' 6"	36' 6"	40' 6"	36' 6"	40' 6"	36' 6"
DT	112'	100'	112'	100'	112'	100'	112"	100'	112'	100'
JT	120'	105"	125'	105"	125'	105"	125'	105"	125'	105"

### Girls' Qualifying Standards

S		M		MM		L		LL		
FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand	
100	13.64	13.4	13.64	13.4	13.64	13.4	13.54	13.3	13.44	13.2
200	28.04	27.8	28.04	27.8	28.04	27.8	28.04	27.8	27.94	27.7
400	65.34	65.1	65.24	65.0	65.24	65.0	64.74	64.5	64.24	64.0
800	2:36.74	2:36.5	2:34.24	2:34.0	2:34.24	2:34.0	2:33.24	2:33.0	2:31.24	2:31.0
1600	5:52.24	5:52.0	5:51.24	5:51.0	5:48.24	5:48.0	5:42.24	5:42.0	5:41.24	5:41.0
Mile	5:54.29	5:53.6	5:53.28	5:52.6	5:50.26	5:49.6	5:44.22	5:43.6	5:43.22	5:42.6
3200	13:10.24	13:10.0	12:55.24	12:55.0	12:50.24	12:50.0	12:30.24	12:30.0	12:25.24	12:25
2-Mile	13:14.83	13:13.4	12:59.74	12:58.4	12:54.71	12:53.4	12:34.60	12:33.4	12:29.57	12:28.4
100 HH	18.34	18.1	18.24	18.0	18.24	18.0	18.04	17.8	17.94	17.7
300 H	53.74	53.5	53.24	53.0	52.74	52.5	51.74	51.5	51.74	51.5
4X100	55.74	55.5	55.24	55.0	55.24	55.0	54.74	54.5	54.74	54.5
4X400	4:38.24	4:38.0	4:33.24	4:33.0	4:33.24	4:33.0	4:28.24	4:28.0	4:28.24	4:28.0
4X800	11:40.24	11:40.0	11:25.24	11:25.0	11:20.24	11:20.0	11:10.24	11:10.0	11:10.24	11:10.0
	New	Scratch								
LJ	15' 2"	13'6"	15' 2"	13'6"	15' 2"	13'6"	15' 4"	13'6"	15' 4"	13'6"
TJ	30' 0"	None	31' 6"	None	32' 0"	None	32' 0"	None	32' 0"	None
HJ	4' 8"	Open 4' 6"								
PV	7' 6"	Open 7'-0"	8' 0"	Open 7' 6"						
SP	28'	25'	29'	25'	29'	25'	29'	25'	29'	25'
DT	80'	65'	80'	65'	80'	65'	80'	65'	80'	65'
JT	80'	65'	85'	65'	85'	65'	85'	65'	85'	65'

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

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

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

8.2 In the Class and Championship Meets, competitors in the shot, discus, javelin, triple jump and long jump, three (3) trials and three (3) finals will be observed. The top nine (9) advance to the final round.

**8.3 ELIGIBILITY TO COMPETE AT THE STATE OPEN**

THE TOP THREE (3) FINISHERS IN EACH EVENT AT THE CLASS CHAMPIONSHIP MEETS AND THE NEXT 10 BEST 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.**

8.4 **Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor’s performance in the Class Championship Finals (excluding trials in running events).** (Note: Any athlete who competes in three (3) events at any of the class meets cannot enter any other event at the Open championship meet. – See Appendix A – Event Limitations Explanation

8.5 Advancement to the New England Championship is predicated on the competitor’s performance in the CIAC Open Championship. The top six finishers in the Open Championship will advance to the New England Championship. **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.

**9.0 RANKING / SEEDING**

9.1 Team scoring is 10-8-6-5-4-3-2-1 for the nine-lane track at New Britain. Ties will be scored according to National Federation guidelines. Eight place scoring will occur only.

9.2 In the State Open seeding will be done from the performance of the athletes at the Class Meets.

9.3 All seeding will be done electronically.

**10.0 SUPERVISION / SPORTSMANSHIP**

10.1 An athlete may not compete in the tournament **unless accompanied by his coach or a PROPERLY CERTIFIED REPRESENTATIVE** of the school **designated by the principal in writing.** Coaches are expected to provide proper supervision for their athletes and spectators during all meets.

10.2 **Electronic Sound Equipment** such as radios, stereos and tape players and all cooking equipment such as grills and barbecues as well as other distractions are prohibited from the meet area.

10.3 Safety is an emphasis at all CIAC events. Many events are potentially dangerous if proper precautions are not observed. The following will be strictly enforced:

- a. **SPECTATORS MAY NOT BE ON THE FIELD AND MUST REMAIN IN THE STANDS OR OUTSIDE THE INNER FENCE.**
- b. **PER NFHS RULES, WARM-UPS FOR FIELD EVENTS MAY ONLY TAKE PLACE IN THE COMPETITION AREA WHEN AN OFFICIAL IS PRESENT AND HAS DEEMED THE EVENT OPEN. IMPLEMENTS CAN ONLY BE THROWN IN THE SECTOR. ATHLETES VIOLATING THESE RULES WILL BE DISQUALIFIED. THIS RULE WILL BE RIGIDLY ENFORCED.**
- c. **THE SHOT, DISCUS AND JAVELIN ARE TO BE IMMEDIATELY SECURED FOLLOWING THE EVENT AND ANY ATHLETE THROWING THE IMPLEMENT THEREAFTER WILL BE DISQUALIFIED.**
- d. Standards and crossbars are to be removed immediately upon completion of the event.

10.4 **ALL COACHES AND ATHLETES NOT ACTUALLY COMPETING, MUST LEAVE THE COMPETITION AREA AND REMAIN OUTSIDE THE INNER FENCE. VIOLATORS ARE SUBJECT TO DISQUALIFICATION. THIS RULE WILL BE RIGIDLY ENFORCED.**

- a. A box will be provided for a designated coach for the pole vault, long jump, triple jump, and high jump.
- b. One coach from each team is allowed in the coaches' box. At the coaches meeting before the meet, the meet director will explain the procedure and location of each of the coaches' box for these events. Violators may subject their athletes to disqualification.

10.5 When a member school's coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.

10.6 **Coaches Disqualification Penalty** – 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/her coaching responsibilities.

10.7 Use or possession of tobacco products or alcoholic beverages of any kind, including champagne, are not permitted on the field of competition or within the stands, or parking lot at which a tournament game is scheduled.

10.8 All equipment must pass inspection at the meet according to National Federation Rules, and the shot, javelin and discus must be made available for any competitor. All implements will be weighed, measured and balanced during the registration period (and only at that time). Athletes using non-certified equipment will be disqualified. In the event the weighing of implements is not available, the meet director may designate competition implements which become the common property of all competitors during the competition.

## 11.0 TIME OF MEETS

11.1 The Class L meet will start at 11:00 a.m. for field events and 11:30 a.m. for running events. The Class MM and Class L morning meets will start at 10:00 a.m. for field events and 10:30 a.m. for running events. The Class M and LL afternoon meets will begin at 4:00 p.m. for field events and 4:30 p.m. for running events.

11.2 The combined Open Meet will start at 11:00 a.m. for field events and 11:30 a.m. for running events.

## 12.0 TOURNAMENT RULES / PROCEDURES

### 12.1 Order of Events – Combined State Championships

Girls 4 x 800 .....	Final
Boys 4 x 800 .....	Final
Girls 4 x 100m Relay .....	Final
Boys 4 x 100m Relay .....	Final
Girls 100m Hurdle .....	Semi
Boys 110m Hurdle .....	Semi
Girls 100m Dash .....	Semi
Boys 100m Dash .....	Semi
Girls 1600m Run .....	Final
Boys 1600m Run .....	Final
Boys 110m Hurdle .....	Final
Girls 100m Hurdle .....	Final
Boys 100m Dash .....	Final
Girls 100m Dash .....	Final
Girls 400m Dash .....	Final
Boys 400m Dash .....	Final
Girls 300m Hurdle .....	Final
Boys 300m Hurdle .....	Final
Girls 800m Run .....	Final
Boys 800m Run .....	Final
Girls 200m Dash .....	Final
Boys 200m Dash .....	Final
Girls 3200m Run .....	Final
Boys 3200m Run .....	Final
Girls 4 x 400m Relay .....	Final
Boys 4 x 400m Relay .....	Final

Note: For the 3200 meter run – **It is possible that the Director may combine into one heat depending on scratches.** A 30m exchange zone will be used in all zones of 4 x 100m relay. A 20m exchange change will be used in the second, third and fourth legs of the 4 x 400m and 4 x 800m relays.

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

Girls Javelin followed by Boys Javelin  
Boys Discus followed by Girls Discus  
Girls Shot followed by Boys Shot  
Girls High Jump followed by Boys High Jump  
Girls Long Jump followed by Triple Jump  
Boys Long Jump followed by Triple Jump  
Girls Pole Vault and Boys Pole Vault simultaneously

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

12.2 **Vertical Jumps** – All classes – Starting heights in the high jump in all Class Meets will be two (2) inches below the qualifying mark. Starting heights in the pole vault will be one standard below the qualifying mark. Meet Directors can modify with weather conditions. **Warm-up time for vaulters will be 30 minutes prior to the start of the event.**

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

**Long Jump and All Throwing Events** – All Classes – There will be a scratch line where attempts that are short of the line will not be measured. This is being tried to make our meets more efficient.

12.3 The 100m and 110m hurdles will be run twice, semis and finals. All other races are timed finals. All the championship meets will be automatically timed. **IN THE CLASS MEETS, THE FASTEST NINE TIMES IN THE SEMIS WILL ADVANCE TO THE FINALS. Only eight (8) places are scored.**

12.4 In the horizontal jumps and throws the top 9 athletes advance to the finals. Athletes will have three (3) attempts in preliminary flights, and three attempts in finals. All will count towards scoring.

12.5 **Relay Entry Rule** – 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 the signed Relay 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 for the Class Championships. See Appendix A – Entry Limitations.

12.6 Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which they are entered. Coaches are still urged to scratch any contestant before the meet in order to expedite the meet.

12.7 In the throwing events and the long jump, the number of flights will be governed by the number of entries. In the high jump, the five alive method will be used. In the pole vault, the “five alive” method will be used.

12.8 ***National Federation rules for uniforms will be enforced.***

12.9 Please have competitors dressed for participation on arrival at the meet. Dressing facilities will not be provided.

12.10 Championship and runner-up trophies will be awarded at each meet. Medals will be awarded for the first six (6) places in all events.

12.11 **Willow Brook Park** – Restrooms are available inside the concession area inside the stadium. No competitors will be permitted in the high school building.  $\frac{1}{4}$  inch or smaller Pyramid or Xmas tree spikes are approved for use. The Willow Brook Park Stadium has two (2) horizontal jumping pits, two (2) pole vault pits, and the javelin runway surface is the same as the track surface. Flats are recommended for discus and shot put. Only certified officials and competing athletes will be allowed inside the track area.

12.12 Teams arriving before dismissal time at any school should not enter the building.

12.13 **Teams are responsible for team equipment and personal items. Neither the facility, meet management, nor CIAC assume any responsibility for lost or stolen items. Teams should monitor their own areas as items have been stolen in the past.**

12.14 Tents should not be positioned on the ground or in the bleachers in a manner that impedes the view of spectators. Please limit tent set-up to the last row of bleachers on the straightaway side, or the bleachers opposite the straightaway.

12.15 All meets shall be governed exclusively by the National Federation Rules. All decisions of the boys/girls track committees relative to the operation of this tournament shall be final.

12.16 It is the athlete's responsibility to be aware of the rules governing his/her event and conduct him/herself accordingly. It is also his/her responsibility to promptly report to his/her event.

12.17 **Competitor's Gate** – Athletes and coaches listed on the entry form will be admitted to the competition area via a competitor's gate at the site.

12.18 **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.

12.19 **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition. This includes dual / tri / quad meet competition as well as Invitational and State meets. (Example – A deaf athlete who may need hand signals in addition to the starting gun.)

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

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

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

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

12.22 **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).

## 2025 NFHS TRACK AND FIELD RULE CHANGES

### 5-7-6

Adjusts the recall distance to within the first 50 meters

**Rationale:** Starters oversee recalling races in track and field events. 50 meters is sufficient in calling a fair start. Athletes are accelerating and are up to racing speed well before the 100-meter mark. In addition, the current recall distance is problematic depending on the number of officials on the track and location of field events that may obstruct the view of the 100-meter distance around the entire curve.

### 5-10 and 11

Reorganizes Section 10 and 11 for ease of use.

**Rationale:** Reorganization of Sections 10 and 11 concerning relay races and infractions. The change moves all infractions into Section 11 (relay infractions) for ease of use by officials.

### 5-13-3

Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.

**Rationale:** Provides guidance to the meet referee as to when an athlete leaves the track on a straightaway and whether or not a competitor should be disqualified.

### 6-2-2f (New)

Offers officials guidance when warning competitors their time limit is about to expire.

**Rationale:** This change gives athletes notification that their time limit is about to expire. Additionally, the change brings officiating practices in line with other rules codes while still giving the games committee options for using flags, signal clock or verbal signals.

### 6-2-2 Chart

Defines field event time limits for all competitors.

**Rationale:** The change to the table and additions of the notes helps clarify the time limits of all competitors throughout the entire competition in field events.

### 6-3-2 Notes 1

Clarifies the starting height in a jump-off with athletes at varying heights.

**Rationale:** Aligns language in rules book with current situations and interpretations. Gives directions to officials and event judges for the starting height in a jump-off when athletes exit the event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.

### 6-8-2

Further defines an active flight and continuing flight in vertical jumps.

**Rationale:** The change clarifies the definition of an active flight (five-alive) and continuing flight (straight through) for vertical jump competitions.

### 6-9-22

Establishes a standard placement of the high jump crossbar and standards.

**Rationale:** The change creates a standard distance for the placement of the high jump crossbar and standards.

## 2025 Track and Field Editorial Changes

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

## 2025 Track and Field Points of Emphasis

1. Managing Vertical Jump Landing Systems: A Guide for Track and Field Officials
2. Time Limits in Vertical Jumps
3. False Starts

## APPENDIX A

### **ENTRY LIMITATIONS**

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

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

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

**For Example:**

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

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

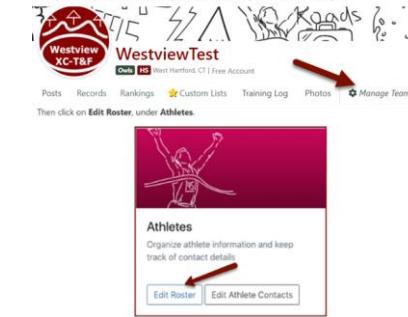
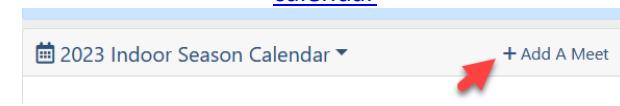
An athlete who competes in three (3) events, even if he/she did not qualify in any of them, in a class meet is then “frozen” for those same three in the “State Open”. They cannot compete as an alternate for any relay. Any athlete who competes in fewer than three (3) events in a Class Meet can compete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

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



## Athletic.Net Tutorials for CIAC Outdoor T&F Teams

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

<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/edfgi0tvgm-quick-start-guide-for-new-coaches">https://support.athletic.net/article/edfgi0tvgm-quick-start-guide-for-new-coaches</a>
<b>How to build your Athletic.net Outdoor 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 Outdoor 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/brvvetv3jcz-adding-a-meet-to-your-calendar">https://support.athletic.net/article/brvvetv3jcz-adding-a-meet-to-your-calendar</a> 
<b>How to submit entries for the CIAC Outdoor 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>
<b>How a host school can upload TF meet results:</b>	<a href="https://support.athletic.net/category/t3yvltsob-upload-results">https://support.athletic.net/category/t3yvltsob-upload-results</a>
<b>Accepted Formats for meet results:</b>	<a href="https://support.athletic.net/category/wmk4c67szn-accepted-formats">https://support.athletic.net/category/wmk4c67szn-accepted-formats</a>

APPENDIX C  
Sample Relay Declaration Sheet

**2025 CIAC Outdoor T&F Championships BOYS Relay Declaration  
Sheet**

**BOYS CLASS:  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 the official entry deadline are not eligible to compete.
2. At the Class 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 Class Meet. Being listed as alternate does not count as an event. *Coaches are directed to review the 2025 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 Class 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"/> - 4x100m	<input type="checkbox"/> - 4x400m
<input type="checkbox"/> - 4x800m	

<b>CLASS MEET RELAY LINEUP (enter all applicable names)</b>	<b>STATE OPEN RELAY LINEUP (To be completed at the State Open Meet)</b>
<b>First and Last Name</b>	<b>First and Last Name</b>
1.	1.
2.	2.
3.	3.
4.	4.
<b>ALTERNATES:</b>	
5.	
6.	
7.	
8.	
<b>Coach Signature:</b>	<b>Coach Signature:</b>

APPENDIX D  
2025 OUTDOOR TRACK AND FIELD MEETS

**PROTEST REPORT**

Boys       Girls

Name of Meet \_\_\_\_\_ Date \_\_\_\_\_  
Meet Director \_\_\_\_\_ Site \_\_\_\_\_  
Event \_\_\_\_\_ Athlete's Name \_\_\_\_\_  
School \_\_\_\_\_

Reason for Protest:

Rule/Procedure in Question (Cite Federation Rule Book):

Coach's Desired Outcome:

Signature of Coach \_\_\_\_\_  
Signature of Meet Director \_\_\_\_\_  
Signature of Chairman of Jury of Appeals \_\_\_\_\_

Decision of the Jury of Appeals:

APPENDIX E

2025 BOYS / GIRLS OUTDOOR TRACK AND FIELD MEETS

**DISQUALIFICATION REPORT**

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

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

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

Color of Shirt / School Name \_\_\_\_\_ Lane Number \_\_\_\_\_

Infraction \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

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

APPENDIX F

**CIAC OFFICIAL 2025 OUTDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

Boys       Girls

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

Vaulter's Name

Certified Weight

Date

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO MAY 15, 2025**

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

Name of Coach \_\_\_\_\_ Date \_\_\_\_\_

Name of Principal \_\_\_\_\_ Date \_\_\_\_\_

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

Principal's Signature \_\_\_\_\_ Date \_\_\_\_\_

**NOTE:      A COPY OF THIS FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE  
START OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS.**

**For your convenience, make FOUR (4) copies of this form for these three meets.**

## APPENDIX G

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

#### 2025 BOYS DECATHLON INFORMATION SHEET

##### **DATES / SITES / MEET DIRECTORS**

Date: Tuesday, June 17, 2025 – 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m  
Wednesday, June 18, 2025 – 110m Hurdles, Discus, Pole Vault (starts at 8'6"), Javelin, 1500m

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

Willow Brook Park, New Britain

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

##### **ENTRY PROCEDURE**

1. **Entry Fee** – The entry fee for the decathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entries in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 12, 2025. All entries must be submitted no later than 12:00 p.m., Thursday, June 12, 2025 in Athletic.net.

##### **GENERAL**

1. **Entry Limitations** – Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three (3) can score 4,600 points.**
2. The decathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1962. The following exceptions will be in effect: **Shot and discus will use high school implements and hurdles will be 39".**
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing.** Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one plus anyone scoring 2,500 or more points will advance to the Wednesday competition.
5. **Awards** – The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
6. **The high jump will increase in 3-5 cm. increments depending on the number of entrants.**
7. **Pole vault will increase in 10-15 cm. increments.**

## APPENDIX H

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

#### 2025 GIRLS HEPTATHLON INFORMATION SHEET

##### **DATES / SITES / MEET DIRECTORS**

Date: Tuesday, June 17, 2025 – 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m  
Wednesday, June 18, 2025 – Long Jump, Javelin Throw, 800m

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

Site: Willow Brook Park, New Britain

Meet Director: Richard Luke, East Hampton  
Home – (860) 508-3462 / [rluke144@aol.com](mailto:rluke144@aol.com)

##### **ENTRY PROCEDURE**

1. Entry Fee – The entry fee for the heptathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 12, 2025. All entries must be submitted no later than 12:00 p.m., Thursday, June 12, 2025 in Athletic.net.

##### **GENERAL**

1. Entry Limitations – Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed if all three can score 3,000 points.
2. The heptathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1986.
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one, plus anyone scoring 1,850 or more points, will advance to the Wednesday competition.
5. Awards – The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
6. **The high jump will increase in 3-5 cm. increments.**

## APPENDIX I

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

#### 2025 CIAC BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET

##### **DATES / SITES / MEET DIRECTORS**

Date: Tuesday, June 17, 2025 – Girls  
Wednesday, June 18, 2025 – Boys

Site: Willow Brook Park, New Britain

Meet Director: Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton 06340  
Cell – (860) 501-0331 / Email – [rkosta@groton.k12.ct.us](mailto:rkosta@groton.k12.ct.us)

The Girls Steeplechase will start at 3:30 p.m.  
The Boys Steeplechase will start at 3:30 p.m.

The race length will be – Girls – 2,000 meters  
The race length will be – Boys – 3,000 meters (or 2,000m)

**Seeding will be based on submitted 3200 meter times achieved or estimated during the 2025 outdoor track season.**

**Minimum standards are:**      **Boys – 10:50 for 3,200 meters**  
   **Girls – 12:40 for 3,200 meters**

##### **ENTRY PROCEDURE**

1. **Entry Fee** – The entry fee for the steeplechase is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410
2. Submit entry in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 12, 2025. All entries must be submitted no later than 12:00 p.m., Thursday, June 12, 2025 in Athletic.net.
3. **Coaches will submit a season best or estimated 3200m time for each athlete in the appropriate event division in Athletic.net**
4. **Coaches must assign entrants for either the boys 3000m or boys 2000m division in Athletic.net. Boys entered in the 2000m steeplechase are not eligible for awards.** Coaches entering boys in the 3000m division should be confident that the athlete has the ability to safely complete the event. Novice steeplechasers should be entered in the 2000m division.

##### **GENERAL**

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his/her coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. **Awards** – The first six finishers in both the boys 3,000m and girls 2,000m will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules will be in effect.

## APPENDIX J

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

## 2025 CIAC BOYS AND GIRLS HAMMER THROW INFORMATION SHEET

## **DATES / SITES / MEET DIRECTORS**

Date: Monday, June 16, 2025 (Both Boys and Girls)

Site: Willow Brook Park, New Britain

Meet Director: Girls – William Vanderrest – (860) 508-1630  
Email – [vwanderrest@coventryct.org](mailto:vwanderrest@coventryct.org)  
Boys – Tim Kolodziej – (203) 241-7894  
Email – [throws.r.us@gmail.com](mailto:throws.r.us@gmail.com)

The Girls Hammer Throw will start at 12:00 p.m. and followed by the Boys Hammer Throw at 3:00 p.m.

## ENTRY PROCEDURE

1. Entry Fee – The entry fee for the hammer throw is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry in Athletic.net in the CIAC Decathlon, Heptathlon, Steeplechase, Hammer Throw Championship meets by 12:00 p.m., Thursday, June 12, 2025. All entries must be submitted no later than 12:00 p.m., Thursday, June 12, 2025 in Athletic.net.
3. Standard: Boys – 100 feet Girls – 80 feet

(Must have reached this distance in practice. **Throws in the competition will not be measured below 90 feet for boys and 70 feet for girls.**)

## GENERAL

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his/her coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards -- The first six finishers in both events will receive medals with the winners being named Connecticut High School champion in the respective events.
4. USATF rules in regard to taping and gloves will be in effect.

## 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.