

# 2016 FCIAC TRACK AND FIELD CHAMPIONSHIPS

Thursday, February 4th, at 4:30 pm, at The New Haven Athletic Center

## **Schedule of events:**

**4:00** – Implement weigh-ins.

**4:15** – Coaches Meeting

## **4:30pm**

Girls then boys long jump (top 7 performances to finals)

Girls then boys shot put (top 7 performances to finals)

Boys (opening height 5'4") then girls high jump (opening height 4'6") - five alive protocol

Boys (starting height 9'0") then girls pole vault (opening height 7'0") - five alive protocol

## **4:30pm**

Girls 4x200 FINAL

Boys 4x200 FINAL

Girls 4x800 FINAL

Boys 4x800 FINAL

Girls 55H – Trials (top 7 times to finals)

Boys 55H – Trials (top 7 times to finals)

Girls 55m – Trials (top 7 times to finals)

Boys 55m – Trials (top 7 times to finals)

Girls 1000 FINAL

Boys 1000 FINAL

Girls 600 FINAL

Boys 600 FINAL

Boys 55H FINAL

Girls 55H FINAL

Boys 55m FINAL

Girls 55m FINAL

Girls 1600 FINAL

Boys 1600 FINAL

Girls SMR FINAL

Boys SMR FINAL

Girls 300 FINAL

Boys 300 FINAL

Girls 3200 FINAL

Boys 3200 FINAL

Girls 4x400 FINAL

Boys 4x400 FINAL

## Page 2

**\* All competitors in the Pole Vault must have their body weight certified by their school nurse and present a signed copy of the CIAC Pole Vault Weight Certification Form to the Head Pole Vault Judge. No athlete will be allowed to compete without proper certification. Athletes will not be allowed to use poles rated under their weight or with the weight rating obscured.**

- Spikes allowed- 3/16 inch or less pyramid spikes.
- All field events (except high jump and pole vault): 3 trials with 3 additional trials to top 7 competitors (all 6 trials count).
- High jump and pole vault will follow the "five alive" protocol.
- All schools may enter one team per relay event with eight names listed on their entry.
- Seeded heat will be run last.
- Seven fastest times advance to final in 55 H, 55m Dash.
- A 3-turn stagger will be used in 4x200m, Sprint Medley, and 4x400m Relay.
- National Federation Rules govern entry procedures.
- Athletes may compete in any 3 events.

Each school may enter an unlimited number of entries per event as long as the following requirements are met.

### **Boys:**

<b>Event</b>	<b>55m</b>	<b>300m</b>	<b>600m</b>	<b>1000m</b>	<b>1600m</b>	<b>3200m</b>	<b>55m H</b>
<b>Mark</b>	7.14	40.24	1:36.24	2:56.24	5:00.24	10:40.24	9.74

<b>Event</b>	<b>LJ</b>	<b>HJ</b>	<b>PV</b>	<b>SP</b>
<b>Mark</b>	17-4	5-4	9-0	35-0

### **Girls:**

<b>Event</b>	<b>55m</b>	<b>300m</b>	<b>600m</b>	<b>1000m</b>	<b>1600m</b>	<b>3200m</b>	<b>55m H</b>
<b>Mark</b>	8.14	47.74	1:55.24	3:30.24	6:00.24	13:00.24	10.74

<b>Event</b>	<b>LJ</b>	<b>HJ</b>	<b>PV</b>	<b>SP</b>
<b>Mark</b>	13-9	4-6	7-0	26-0

It is absolutely essential that your athletes have met the standards and you can prove it. Questionable or unreported marks may be deemed unacceptable by the seeding committee and you or your athletes may not be informed of rejection or an adjusted seed time until the day of the championship.