

2016 FCIAC TRACK AND FIELD CHAMPIONSHIPS

12:00 pm Saturday, May 21st at Bethel High School

Schedule of events:

11:15 am – Implement weigh-ins

11:45 am – Coaches Meeting

11:55 am – National Anthem

12:00pm

Girls long jump then triple jump (top 9 performances to finals)

Boys long jump then triple jump (top 9 performances to finals)

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

Girls shot put then boys shot put (top 9 performances to finals)

Boys discus then girls discus (top 9 performances to finals)

Boys javelin then girls javelin (top 9 performances to finals)

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

12:45pm

Girls 4x800 FINAL

Boys 4x800 FINAL

Girls 4x100 FINAL

Boys 4x100 FINAL

Girls 100mH – Trials (top 8 times to finals)

Boys 110mH – Trials (top 8 times to finals)

Girls 100m – Trials (top 8 times to finals)

Boys 100m – Trials (top 8 times to finals)

Girls 1600m FINAL

Boys 1600m FINAL

Boys 110mH FINAL

Girls 100mH FINAL

Boys 100m FINAL

Girls 100m FINAL

Girls 400m FINAL

Boys 400m FINAL

Girls 300mH FINAL

Boys 300mH FINAL

Girls 800m FINAL

Boys 800m FINAL

Girls 200m FINAL

Boys 200m FINAL

Girls 3200m FINAL
 Boys 3200m FINAL
 Girls 4x400m FINAL
 Boys 4x400m FINAL

*** 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.**

- National Federation Rules govern entry procedures.
- Spikes allowed - 1/4 inch or less pyramid spikes.
- Javelin runway is synthetic - 1/4 inch or less pyramid spikes.
- All field events (except high jump and pole vault): 3 trials with 3 additional trials to top 9 competitors (all 6 trials count).
- High jump and pole vault will follow the "five alive" protocol.
- Seeded heat will be run last.
- Eight fastest times advance to final in 100mH, 110mH, 100m Dash.
- A 3-turn stagger will be used in the 4x400m Relay.
- All schools may enter one team per relay event with eight names listed on their entry.
- Athletes may compete in any 3 events. (For example, an athlete may be entered in 4 x 800, 1600, 3200, and 4 x 400 but can only compete in three (3) events.)
- Each school may enter an unlimited number of entries per event as long as the following requirements are met (all times are FAT).

Boys:

Event	100m	200m	400m	800m	1600m	3200m	110m H	300m H
Mark	11.84	24.34	54.04	2:06.74	4:44.24	10:30.24	18.74	45.74
Event	LJ	TJ	HJ	PV	SP	Discus	Javelin	
Mark	19-0	38-6	5-6	10-0	38-6	110-0	135-0	

Girls:

Event	100m	200m	400m	800m	1600m	3200m	100m H	300m H
Mark	13.64	28.74	65.24	2:33.24	5:45.24	12:50.24	19.04	53.74
Event	LJ	TJ	HJ	PV	SP	Discus	Javelin	
Mark	14-6	29-0	4-6	7-6	27-0	75-0	80-0	

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.

Parking:

Buses must park in the lot in front of the high school after dropping teams off at the track. Parking across the street from the track is reserved for handicapped and officials.

Tents:

Tents cannot be set up in the bleachers. They can be set up outside the fence surrounding the track in the grass, with the exception that no tents are allowed on the baseball field.

Meet Director/Entries: Rob Murray 203 775-2228 (H) or 203 731-7268 (C)

Men's FCIAC Chair: Laddie Lawrence 203 341-1257 (W) or 203 259-2129 (H)

Women's FCIAC Chair: John Goetz 203 244-5350 (H) or 203 482-1196 (C)

Jury of Appeals:

- Laddie Lawrence (Staples)
- Bill Mongoven (Greenwich)
- Steve Norris (Darien)