

2017 FCIAC TRACK AND FIELD CHAMPIONSHIPS

3:00 PM Tuesday, May 23rd at Ridgefield High School

** Final decisions on opening height and progression will be made after entries are complete*

Schedule of events:

1:45 PM – Bus drop-offs must be complete by this time

2:15 PM – Implement weigh-ins

2:45 PM – Coaches Meeting

2:55 PM – National Anthem

3:00pm

Long jump then triple jump (top 9 performances to finals)

High jump (opening height 5'6") - five alive protocol

Shot put (top 9 performances to finals)

Discus (top 9 performances to finals)

Javelin (top 9 performances to finals)

Pole vault (opening height 9'0") - five alive protocol

3:30pm

4x800 FINAL

4x100 FINAL

110mH – Trials (top 8 times to finals)

100m – Trials (top 8 times to finals)

1600m FINAL

110mH FINAL

100m FINAL

400m FINAL

300mH FINAL

800m FINAL
 200m FINAL
 3200m FINAL
 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 grass - any length spike is allowed.
- 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 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).

Event	100m	200m	400m	800m	1600m	3200m	110m H	300m H
Mark	11.74	24.14	54.04	2:06.74	4:44.24	10:20.24	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	

Your athletes must meet the standards and you must be able to prove it. Questionable or unreported marks may be deemed unacceptable by the seeding committee and you and your athletes may not be informed of rejection or an adjusted seed time until the day of the championship.

Buses:

Teams must be dropped off no later than 1:45 PM at Tiger Hollow. Buses cannot stay at Ridgefield High School due to limited space. If your bus is not returning to your town after drop-off, it may park at one of several locations:

- Lake Windwing baseball fields.
- I-84 Exit 1 Park and Ride.
- Danbury Fair Mall.

Buses can return to Ridgefield High School after 2:45 PM and park in any lot.

Parking:

Spectators should not arrive prior to 2:30 PM and must park in the high school lots. Parking at Tiger Hollow is reserved for the handicapped and violators will be towed.

Tents:

Tents can be set up in the bleachers. They can also be set up outside the fence surrounding the track in the grass, with the exception that no tents are allowed on the synthetic fields.

Meet Director/Entries: Jeff Gee 203 ???-???? (H) or 203 314-6754 (C)

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

Site Director: John Goetz 203 244-5350 (H) or 203 482-1196 (C)

Jury of Appeals:

- Laddie Lawrence (Staples)
- Bryan Kovalsky (Ridgefield)
- Pat Bradley (Brien McMahon)
- Jim Gerweck (Wilton)