

2017 FCIAC TRACK AND FIELD CHAMPIONSHIPS

3:00 PM Monday, May 22nd at Greenwich 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 4'6") - 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 7'0") - five alive protocol

3:30pm

4x800 FINAL

4x100 FINAL

100mH – Trials (top 8 times to finals)

100m – Trials (top 8 times to finals)

1600m FINAL

100mH 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 synthetic - 1/4" pyramid spikes are allowed. Only rubber-tipped javelins are 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 100mH, 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	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	30-0	4-6	7-6	27-0	75-0	80-0	

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 the GHS South Lot (Theater Lot). Buses cannot stay at Greenwich High School due to limited space. Buses can return to Greenwich High School after 4:00 PM and park in the North Lot.

Parking:

Spectators should not arrive prior to 2:30 PM and must park in the high school lots.

Tents:

No tents in the press box side bleachers. Tents can be set up in the backstretch side bleachers. They can also be set up outside the fence surrounding the track in the grass, with the exception of the shot put competition area.

Meet Director/Entries: Brian Robbins 860-712-3947

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

Site Director: Evan Dubin 203 606-9701 and Bill Mongovan 203 722-1276

Jury of Appeals:

- Jeff Brentson (New Canaan)
- John Goetz (Ridgefield)
- Rudy Matute (Brien McMahon)
- Steve Norris (Darien)