

# 2015 FCIAC TRACK AND FIELD CHAMPIONSHIPS

Tuesday, May 26<sup>th</sup>, at 2:00 pm, at The Danbury High School Track & Field Stadium

## **Schedule of events:**

**1:15** – Implement weigh-ins.

**1:45** – Coaches Meeting, Divisional Champs Presentation

**1:55** – National Anthem

## **2:00pm**

Girls and boys long jump simultaneously (top 9 performances to finals)

Girls and boys triple jump follows long jump simultaneously (top 9 performances to finals)

Girls javelin and boys javelin simultaneously (top 9 performances to finals)

Boys shot put followed by girls shot put (top 9 performances to finals)

Girls discus followed by boys discus (top 9 performances to finals)

Girls (opening height 4'6) and boys high jump (opening height 5'6") simultaneously

Boys pole vault (starting height 10'00") and girls pole vault (opening height 7'00") simultaneously

## **2:45pm**

2:45 Boys 4x800 FINAL

2:55 Girls 4x800 FINAL

3:10 Boys 4x100 FINAL

3:15 Girls 4x100 FINAL

3:25 Boys 100H – Trials (top 8 times to finals)

3:35 Girls 110HH – Trials (top 8 times to finals)

3:45 Boys 100m – Trials (top 8 times to finals)

3:55 Girls 100m – Trials (top 8 times to finals)

4:00 Boys 1600 FINAL

4:10 Girls 1600 FINAL

4:30 Girls 110HH FINAL

4:35 Boys 100H FINAL

4:40 Girls 100m FINAL

4:45 Boys 100m FINAL

4:50 Boys 400 FINAL

5:00 Girls 400 FINAL

5:15 Boys 300H FINAL

5:25 Girls 300H FINAL

5:35 Boys 800 FINAL

5:45 Girls 800 FINAL

6:00 Boys 200 FINAL

6:10 Girls 200 FINAL

6:20 Boys 3200 FINAL

6:50 Girls 3200 FINAL

7:15 Boys 4x400 FINAL

7:20 Girls 4x400 FINAL

**The meet will run ahead of schedule if possible. These times are approximate.**

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**\* 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- 1/4 inch or less pyramid spikes.
- Javelin runway is grass
- 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.
- All schools may enter one team per relay event with six names listed on their entry.
- Seeded heat will be run last.

800m run to be run with two fastest heats as heats of 8 each with a one turn stagger, the remaining heats will use a waterfall start.

- Eight fastest times advance to final in 100m/110 HH, 100m Dash.
- A 3-turn stagger will be used in 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>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1600m</b>	<b>3200m</b>	<b>110m H</b>	<b>300m H</b>
<b>Mark</b>	11.6	24.1	53.8	2:06.5	4:44.0	10:30.0	17.0	43.5

<b>Event</b>	<b>LJ</b>	<b>TJ</b>	<b>HJ</b>	<b>PV</b>	<b>SP</b>	<b>Discus</b>	<b>Javelin</b>
<b>Mark</b>	19-0	39-0	4-8	10-6	42-0	120-0	145-0

### **Girls:**

<b>Event</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1600m</b>	<b>3200m</b>	<b>100m H</b>	<b>300m H</b>
<b>Mark</b>	13.4	28.5	65.0	2:33.0	5:45.0	12:50.0	18.8	54.0

<b>Event</b>	<b>LJ</b>	<b>TJ</b>	<b>HJ</b>	<b>PV</b>	<b>SP</b>	<b>Discus</b>	<b>Javelin</b>
<b>Mark</b>	14-6	29-0	4-6	7-6	27-0	75-0	75-0

### **Boys Entry Note:**

Entries at or better than the standard are automatic entries, but must still be entered by the coach. The field in each event will be filled to 24 entries if the automatic entries indicate less than 24 competitors per event.

Coaches are encouraged to enter those athletes who they believe will be among the best 24.

Girls Entry Note:

Only female athletes who have met the standard are allowed entry into the meet

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.

**Remind your athlete's that there is NO JUMPING THE FENCE!**

**When arriving at Danbury High School, please direct your bus to the lower parking lot at the south-east end of the building near the gym.**

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)