

FCIAC Girls Spring Track Rules 2023

I. FCIAC Girls Spring Track is governed by the National Federation of High Schools rule book and by the CIAC Track Committee.

II. Scheduling

- a. The divisions shall be the same as in all other sports.
- b. The chairman of the Track Committee shall draw up a schedule and submit it to the Track Committee for approval. This process shall include liaison with the Boys Committee to clear site conflicts, etc.
 - i. Input from all FCIAC coaches shall be solicited each year with regards to scheduling, meet conduct, order of events, etc.

III. Postponements

- a. Make-ups for postponements shall be held on the first open date.

IV. Determining a Champion

- a. Divisional Championship
 - i. The team with the best won-lost record within the division shall be declared the champion.
 - ii. In case of a tie, the team winning the meet between the two schools will be declared the champion.
 - iii. The team with the best overall record will be declared the division champion.
- b. FCIAC Championship
 - i. The FCIAC Championship shall be a team and individual meet.
 1. Qualifications and entries for the FCIAC meet shall be determined by the Track Committee.
 - ii. Scoring will be 10-8-6-5-4-3-2-1
 - iii. Procedures for operating the meet will be developed by the Track Committee in cooperation with the meet director.
 - iv. Events contested shall be:
4x100m relay, 4x400m relay, 4x800m relay, 100m, 200m, 400m, 800m, 1600m, 3200m run, 100m H, 300m H, long jump, triple jump, high jump, pole vault, shot put, discus, javelin
 - v. Entry limitations shall be the same as the CIAC state class championships.
 - vi. The order of events shall be the same as the CIAC state class championships.

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V. FCIAC Regular Season Meets

- a. Officials
 - i. The home team provides the officials.
 - ii. Each team shall provide a scorer for both home and away meets.
 - iii. Each FCIAC meet shall have a head referee who shall have final ruling authority; this person shall not be on the spring track coaching staff from either competing team. It will be the home team head coach's responsibility to introduce this person to the visiting coach.
- b. Other
 - i. Order of events
 1. Track: 4x100 relay, 100m H, 100m, 1600m, 400m, 300m H, 800m, 200m, 3200m, 4x400 relay
 2. Jumps: long jump and pole vault, then high jump and triple jump
 3. Throws: javelin, discus, shot
 - ii. Long jump, pole vault, and javelin should start at 4:00PM, 15 minutes before 4x100
 - iii. High jump starting height is 3'10 and will increase by two inches
 - iv. Pole vault starting height is 5'0 and will increase by six inches
 - v. No shot can be used unless it has a manufacturer's 4k or 4 stamped on it or unless it is weighed and certified that day
 - vi. Upon arrival, visiting coaches must present to the meet director a non-binding entry list
 - vii. Athletes are allowed to compete in four events, including relays
 - viii. Meets shall be scored as double duals
 - ix. Individual events are scored 5 – 3 – 1, relays are scored 5 – 0
 - x. Meets will start no later than 4:30PM

VI. Awards

- a. Division team champions shall receive FCIAC trophies.
- b. FCIAC team champion shall receive FCIAC trophy.
- c. FCIAC Runner-Up team shall receive FCIAC trophy.
- d. Medals will be provided for all scoring places in all individual events and relays.

VII. FCIAC All Conference Track Team

- a. Individuals and relay members who place first or second in the FCIAC Championships shall be designated First Team All FCIAC.
- b. The 2020 FCIAC championship meet qualifying marks are the same as the class LL qualifying marks, as follows (All times are fully-automated timing. Hand times are 0.24 seconds faster):

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Event	100m	200m	400m	800m	1600m	3200m	100m H	300m H
Mark	13.54	28.24	64.04	2:30.24	5:40.24	12:30.24	17.74	51.74
Event	LJ	TJ	HJ	PV	SP	Discus	Javelin	
Mark	15-0	32-0	4-8	8-0	30-0	85-0	90-0	

- c. With the exception of pole vault, if an event has fewer than 24 entries, it will be filled to 24 entries using the next best provisional marks. If pole vault has fewer than 18 entries, it will be filled to 18 entries using the next best provisional marks.
- d. Coaches shall make a best effort to enter their FCIAC qualifiers online within 14 days of the qualifying performance.

Minutes of End of Season meeting held at Staples HS, June at a date to be determined.

Motions passed (these rule changes have been incorporated in the rules above):

- Changes to the girl's qualification standards to equal the class LL standards.
- Changes to fill an event to 24 if there are fewer than 24 qualifiers, with the exception that pole vault fills to 18 entries.