

IMPORTANT WEB SITES

THE RUNNING ACADEMY

www.therunningacademy.com

Our summer cross country running camp's web site. Also, don't forget to check us out on Facebook and Twitter @TheRunningAcad.

MYSPO RTSRESULTS.COM

www.mysportsresults.com

Results, articles, state records for xc, indoor and outdoor track plus rankings for CT XC.

SOUNDRUNNER

<https://soundrunner.com/>

TRA's retail sponsor with stores in Branford, Fairfield, Glastonbury and Old Saybrook. Check them out for both in person and online sales.

ATHLETIC.NET

www.athletic.net

Sports event registration, automatically collects and manages results with a comprehensive database of rankings and athlete performances.

YOUR ATHLETIC DEPARTMENT WEBSITE:

All schools have their own web sites with Current Schedule for all sports, Cancellations, Directions to away meets and dates of upcoming team meeting. Ask your coach for your school's web site address.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

www.casciac.org

Eligibility and Transfer Rules, Directions to facilities throughout the state, results from CIAC events for all sports, Information about state meets and how to qualify.

MILESPLIT-CT

www.ct.milesplit.com

CT own's MileSplit page that focuses on the Nutmeg state.

NORTHEAST SPORTS TIMING SERVICE

<http://nesportstiming.com>

Live updated results from all the state meets.

PAYNES CORNER TIMING

<https://paynescornertiming.com/index.html>

Live results from many CT XC and TF meets and invitationals.

FLOTRACK

<http://www.flotrack.com>

Use videos, on line coverage of big events, message boards and interviews with athletes and coaches.

DYESTAT (Also known as Runnerspace)

<http://www.dyestat.com>

The Internet home of high school track and field and cross country.

UNITED STATES TRACK AND FIELD

www.usatf.org

The national governing body of our sport.

TRACK AND FIELD NEWS

www.trackandfieldnews.com

On line version of the magazine which is called "The Bible of the Sport."



US TRACK & FIELD AND CROSS COUNTRY COACHES ASSOCIATION www.ustfccca.org
College polls and results from most meets throughout the country. Great resource to learn what a perspective college expects from its athletes.

ARMORY TRACK www.armorytrack.com
Coverage, results and meet schedule for events at the New Balance Track and Field Center and the NY region.

CONNECTICUT HIGH SCHOOL COACHES ASSOCIATION www.cthssports.com/
Supports its member coaches and their student-athletes by offering ongoing educational opportunities, recognizing outstanding coaching achievements and providing general consultation and advice to its members.

COUNCIL OF NEW ENGLAND SECONDARY SCHOOLS PRINCIPALS' ASSOCIATION.
www.newenglandsports.com/ The N.E. Council is the governing body for all interscholastic sports competed at the New England high school level.

NATIONAL SCHOLASTIC ATHLETICS FOUNDATION www.nationalscholastic.org/
Organization that puts on New Balance Indoor and Outdoor National Championships among many other meets. Qualifying standards, results and all information you will need for Nationals.

Distance Running Web Sites

LET'S RUN www.letsrun.com
Daily updated source of information for high school, college and open track and field.

RUN KEEPER www.runkeeper.com/
An online web site for tracking, managing, and sharing all of your fitness activities.

RUNNERS WORLD www.runnersworld.com/advanced/
On line version of the magazine focused on distance running.

MAP MY RUN www.mapmyrun.com/
Gives you the ability to map and measure your running courses and maintain an on line log of your runs.

RUN 2 WIN <http://www.running2win.com/>
Offers an awesome running log, team functions, sharing of information and many different calculators.

STRAVA <https://www.strava.com/>
Online training log with social network features.

YOU TUBE www.youtube.com
Just type in any event and there are great instructional videos by some very good coaches.

