



**New England Division III
Outdoor Track & Field Championships – Meet Packet
US Coast Guard Academy**

CONTACT INFORMATION

- MEET DIRECTOR: Ethan Brown (ethan.e.brown@uscga.edu) – 860-508-5846 (cell)
- ASSISTANT MEET DIRECTOR: Greg Ahnrud (Gregory.m.ahnrud@uscga.edu) – 401-450-2529 (cell)

CGA FACILITIES

- See enclosed facility maps (Appendix D)

CGA HEAD TRAINER: Ken Niedzwiecki (Ken.J.Niedzwiecki@uscga.edu) - 860-444-8619

GAMES COMMITTEE (New England Executive Committee)

- PRESIDENT LJ Que, Bowdoin | lque@bowdoin.edu
- 1ST VICE PRESIDENT Kim Spence Podbelski | spence_kim@wheatoncollege.edu
- 2nd VICE PRESIDENT Marlee Berg-Haryasz | mbergharyasz@westfield.ma.edu
- TREASURER Benjamin Biello | bbiello@lasell.edu
- HOST COACH Ethan Brown | ethan.e.brown@uscga.edu

ENTRIES

- **DIRECT ATHLETICS** www.directathletics.com
- **ENTRIES OPEN** Sunday, April 27, 2025 @ NOON
- **ENTRIES CLOSE** Tuesday, April 29, 2025 @ 11:59 PM
- **LATE ENTRIES CLOSE** Wednesday, April 30, 2025 @ 10:00AM (\$200 fine per team; \$50 per entry up to \$200)
 - Late entries (final declarations) for all individual events and relays are permitted until 10:00am the Wednesday, April 30th. Late entries include both additions and subtractions (i.e. a scratch prior to the late entry deadline does not result in that athlete becoming ineligible for participation in any event in the championship including relays).
 - Late Entries are to be emailed to ethan.e.brown@uscga.edu
- ENTRY LIST POSTED Wednesday, April 30, 2025 @ 8:00 PM via NED3 Home
 - **Eligible Entries:** All athletes listed on the team's official TFRRS roster are eligible to run on any relay, regardless if they are otherwise entered into the meet in any individual event or relay.
 - **Scratches:** Any athlete scratched from an individual event after the entry (final declaration) deadline becomes ineligible for participation in any event in the championship, including relays.
 - **Additional Information:** Entry and seeding info can be found in the Constitution: www.ned3.org/constitution

SCHEDULE

- SEE APPENDIX A

QUALIFYING STANDARDS

- SEE APPENDIX B

IMPLEMENT WEIGH IN

- Located at the Garage Doors of the White Building nearest the discus cage & railroad tracks.
- Friday, May 2nd: 10:00am – 11:00am; 12:00pm – 1:00pm
- Saturday: May 3rd: 8:00am – 9:30am

TECHNICAL MANUAL

- *Final schedule and technical manual will be updated and released after the seeding committee reviewed the number of entries in each event. The technical manual will provide information on seeding, height progression, flights, etc will be released after the seeding call.*
- In the indoor and outdoor vertical jumps, the opening height shall be determined based off 5cm below the qualifying standard in the high jump and 15cm in the pole vault. The progression shall work through the tenth position on the NCAA descending list at the time of the Seeding Committee meeting. The bar shall be raised per NCAA rulebook sections 8-2.2, 16-2.2 for the high jump and 8-3.2, 16-3.2 for the pole vault.

LAYOUT/FACILITY INFORMATION

APPENDIX C

- Track: Eight lanes on the oval and eight on the straightaway.
- Long Jump: Two sand pits for long jump based on direction to ensure tailwind. Located on the outside of lane 8 on the back straightaway (middle sand pit and sand pit closest to the scoreboard). Runway is 120 feet long with Boards located at 10 feet.
- Triple Jump: Two sand pits on the back straightaway outside of lane 8 with alternating direction based on wind (middle sand pit and sand pit closest to the shot put circles). Runway is 125 feet long with Boards at 28', 32', 36', TAPE 40'
- Pole Vault: Located on the outside of the track, behind the bleachers near the common finish line with ability to jump in either direction. Runway 120 feet. Ability to jump inside (in Roland Halle Gregory Field House) as needed.
- High Jump: Apron is on the inside of the first turn. Ability to jump inside (in Roland Halle Gregory Field House) as needed.
- Shot Put: Located outside the track by the first turn. Two side-by-side rings. The sector is 60 feet long.
- Hammer/Discus: The large cage nearest the track will be utilized for Hammer Throw and Open Discus.
 - The secondary cage closest to the railroad track and baseball field will be used for Decathlon Discus.
- Javelin: The javelin runway is located near the common finish and is thrown off a track surface. The runway is 120 feet.

INFIELD

- Coaches and competing athletes *only* allowed on the infield. Athletes may use the infield as a warmup location, but must stay within the roped off area.

POLE STORAGE

- You are welcome to store your poles on our indoor track (Roland Hall, Dr. Halle Gregory Fieldhouse) at your own risk. Please place all poles against the wall under the American Flag.

ATHLETIC TRAINING

- Athletic training will be available one hour ahead of the competition start in the white tent near the finish line and will remain available throughout the meet.
- Please provide your well-stocked medical kits while requesting services.
- Ice and water will be provided. Athletes should bring water bottles to fill up. Cups will only be provided if we need to provide water during a race.
- The Head Athletic Trainer's contact information is provided at the top of the meet information.

BATHROOMS

- Port-a-potties will be set up by the North end of the Track (by the steeple water pit) closest to the railroad tracks. Two to three additional portable toilets will be located along the water closest throwing area.
- Additional bathrooms are located adjacent to the Pole Vault runway

LOCKER ROOM FACILITIES

- Locker rooms are not available.

FACILITY RULES

- Coast Guard Academy is a non-smoking campus.
- No food or drink (except water) on track and turf.
- Athlete bags shall not be left in competition areas or in places that impedes competition or warm-ups.
- Animal Policy: *"Dogs are allowed on campus; however, no animals are allowed on athletic fields/courts. Only clearly identified service animals are allowed in spectator seating areas. Neither Connecticut law nor the ADA covers emotional support animals (ESA's), which aren't trained to perform specific tasks related to their handler's disabilities. Instead, the presence of an ESA provides a sense of safety, companionship, and comfort to those with psychiatric or emotional conditions. (ADA 2024 guidelines)."*

DIRECTIONS/PARKING

- SEE APPENDIX F

LODGING OPTIONS

- SEE APPENDIX E

SPECTATOR TICKETS

- [CLICK HERE](#) to purchase **advance tickets** through Hometown Tickets. Day-of tickets will be available via a QR Code that will direct spectators to Hometown Tickets (purchases can be made using VISA, MC, AMEX and Discover). **NO CASH SALES.**
 - One-Day Ticket: \$10
 - Two-Day Tickets: \$15

MEET DAY

PACKET PICK-UP:

- Packets will have color coded wrist bands for athletes and coaches.

TEAM CAMPS

- Camps should be set up in the grassy area between the track and the crew boathouse (nearest the scoreboard by the start of the 200). No Team camps on the infield or by the throwing areas.
- **ALL TENTS MUST BE WEIGHED DOWN USING BAGGED WEIGHTS OR CINDERBLOCKS. TENTS MAY ALSO BE STAKED DOWN – THOSE THAT ARE NOT ANCHORED WILL NEED TO BE TAKEN DOWN.**

WARM UP AREAS

- If needed, the Dr. Halle Gregory Fieldhouse (the Indoor Track) will be available for warm-ups if inclement weather occurs.
- The lower field loop around the softball, baseball, and track complex is approx. 1100 meters. Runners may depart the crew boathouse gate (ensure your wristbands and ID's are on you).
- Warm-ups will be allowed on the turf field – **NO SPIKES ALLOWED ON THE TURF FIELD.**
- Spin bikes will be available on the indoor track.

SPIKES

- ONLY ¼" pyramid spikes allowed.

PRELIMINARY CHECK-IN

- **Will be conducted for ALL events on the TRACK.**
- **Process:** Preliminary check-in stating affirmative intent to compete must be made by all entrants in the noted events.
- **Check-in Window:** Preliminary check-in must be completed *at least 30 minutes* before the published start time for each respective event.
- **Scratches:** Entrants who have not completed the preliminary check-in on time will be scratched and the event -seeded accordingly.
- **Who:** Preliminary check-in may be made by any representative of the athlete's team.

CHECK-IN

- FIELD EVENTS @ competition venue; TRACK EVENTS @ check-in tent
- **Check-in Window:** Check-in is available as soon as events are seeded from the PRELIMINARY CHECK IN.

RELAY CARDS

- Relay cards can be found at and be turned into the PRELIMINARY CHECK-IN area before the start of the first section of the event if, and *only if*, any of the student-athletes who will compete are different from the four who were declared during the entry (final declaration) process. *If the four runners who will compete are the same as those who were initially declared, no relay card is required.* Relay cards will be located at the Check-In table.

ELECTRONICS

- No headphones/electronics are allowed in the competition area, including the infield warm up area.

FOOD OPTIONS

- **FOOD DELIVERIES:** Food deliveries are not allowed on campus, but may be directed to meet a team representative at the **"USCGA Rowing Center Gate"** (they can enter this in GPS for directions).
- **FOOD TRUCKS:** The Pizza Parlor, Captain Scotts, Coffee, & Ice Cream Food Trucks will be on site
- **LEAMY HALL:** the **"DRY DOCK"** and the Starbucks in Leamy Hall will be available on Friday TIME-TIME and Saturday TIME-TIME.

AWARDS

- **Individuals and Relays:** Medals will be awarded to the top three finishers in each event and relay.
- **Team:** Plaques will be awarded to the top three teams at the conclusion of the meet.

LIVE RESULTS AND TIMING

- Paynes Corner Timing



NEW ENGLAND DIVISION III OUTDOOR TRACK & FIELD CHAMPIONSHIPS



HOST: US COAST GUARD ACADEMY

RUNNING EVENTS ARE SLOW TO FAST

FRIDAY, MAY 2ND

MULTI EVENTS

*AT LEAST 30 MIN BETWEEN MULTI-EVENTS

11:45 AM DECATHLON

100m
Long Jump*
Shot Put*
High Jump*
400m*

12:00 PM HEPTATHLON

100H
High Jump*
Shot Put*
200m*

FIELD EVENTS

12:00 PM Pole Vault – Men
2:00 PM Long Jump – Women
2:00 PM Javelin – Men
2:00 PM Hammer – Women
4:00 PM Pole Vault – Women
5:00 PM Long Jump – Men
5:00 PM Javelin – Women
5:00 PM Hammer – Men

TRACK EVENTS

11:45 AM 100m - Decathlon
12:00 PM 100H - Heptathlon
4:30 PM 100H (Trials)
4:45 PM 110H (Trials)
5:00 PM 100m - Men (Trials)
5:15 PM 100m - Women (Trials)
5:45 PM 5,000m - Men
6:05 PM 5,000m - Women
6:30 PM 10,000m - Men
7:15 PM 10,000m - Women

*MEN'S & WOMEN'S HAMMER WILL BE
CONTESTED OUT OF THE LARGE CAGE
NEAREST THE TRACK

SATURDAY, MAY 3RD

MULTI EVENTS

*AT LEAST 30 MIN BETWEEN MULTI-EVENTS

9:30 AM DECATHLON

110 HH
Discus (Cage near RR tracks)
Pole Vault*
Javelin*
1500m*

9:30 AM HEPTATHLON

Long Jump
Javelin*
800m*

FIELD EVENTS

11:00 AM Shot Put - Women
11:00 AM High Jump - Men
11:30 AM Discus - Men
11:00 AM Triple Jump - Women
2:00 PM Shot Put - Men
2:00 PM High Jump - Women
3:00 PM Discus - Women
2:30 PM Triple Jump - Men

MEN'S & WOMEN'S OPEN DISCUS WILL
BE CONTESTED OUT OF THE LARGE
CAGE NEAREST THE TRACK

SATURDAY, MAY 3RD

TRACK EVENTS

9:30 AM 110H - Decathlon
11:30 AM 4x100 Relay - Men
11:45 AM 4x100 Relay - Women
12:00 PM 1500m - Men
12:15 PM 1500m - Women
12:30 PM 110H (Finals)
12:40 PM 100H (Finals)
12:50 PM 400m - Men
1:00 PM 400m - Women
1:10 PM 100m - Men (Final)
1:20 PM 100m - Women (Final)
1:30 PM 800m - Men
1:55 PM 800m - Women
2:10 PM 400H - Men
2:25 PM 400H - Women
2:40 PM 200m - Men
2:55 PM 200m - Women
3:10 PM 3000 Steeple - Men
3:30 PM 3000 Steeple - Women
4:00 PM 4x800 Relay - Men
4:25 PM 4x800 Relay - Women
5:00 PM 4x400 Relay - Men
5:15 PM 4x400 Relay - Women

FINAL TIME SCHEDULE

ADJUSTMENTS HIGHLIGHTED IN ORANGE

WOMEN'S NEW ENGLAND DIVISION III TRACK & FIELD QUALIFYING STANDARDS

<u>INDOORS</u>	<u>2025 STANDARD</u>		<u>OUTDOORS</u>	<u>2025 STANDARD</u>
60m	:08.10		100m	:12.75
60m hurdles	:09.70		100m hurdles	:16.20
200m	:26.75	(:26.34)	200m	:26.20
400m	1:02.00	(1:01.19)	400m	1:00.00
600m	1:44.50	(1:43.24)	400m hurdles	1:08.50
800m	2:26.00	(2:24.34)	800m	2:21.00
1000m	3:12.00	(3:09.93)	1500m	4:50.00
Mile	5:19.00	(5:15.87)	3000m steeplechase	12:15.00
3000m	10:35.00	(10:29.58)	5000m	18:40.00
5000m	18:40.00	(18:31.49)	10,000m	41:20.00
4x200m relay	OPEN		4x100m relay	OPEN
4x400m relay	OPEN		4x400m relay	OPEN
4x800m relay	OPEN		4x800m relay	OPEN
Distance medley	OPEN		High jump	1.56
High jump	1.56		Pole vault	3.25
Pole vault	3.25		Long jump	5.10
Long jump	5.10		Triple jump	10.65
Triple jump	10.65		Shot put	11.20
Shot put	11.20		Discus	34.70
Weight	13.75		Hammer	41.40
Pentathlon	2850		Javelin	34.50
			Heptathlon	3150

The indoor standards listed in parentheses are for banked tracks.

You may also qualify for the 10,000 meters by meeting the qualifying time in the 5000 meters.

The pentathlon field will be filled to 12 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 12 who have met the standard choose to enter.

The heptathlon field will be filled to 14 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 14 who have met the standard choose to enter.

The standards listed are unchanged unless we have had 24 or more or 18 or fewer entries for two consecutive years. The exceptions to that formula are the pentathlon & heptathlon, where the formula is 15 or more or 10 or fewer. The standards that have changed from the prior year are in bold.

MEN'S NEW ENGLAND DIVISION III TRACK & FIELD QUALIFYING STANDARDS

<u>INDOORS</u>	<u>2025 STANDARD</u>		<u>OUTDOORS</u>	<u>2025 STANDARD</u>
60m	:07.05		100m	:11.00
60m hurdles	:08.70		110m hurdles	:15.70
200m	:22.95	(:22.54)	200m	:22.30
400m	:51.70	(:50.89)	400m	:50.50
600m	1:26.50	(1:25.22)	400m hurdles	:58.00
800m	1:59.00	(1:57.32)	800m	1:55.50
1000m	2:37.00	(2:34.86)	1500m	4:01.00
Mile	4:22.00	(4:18.69)	3000m steeplechase	10:06.00
3000m	8:44.00	(8:37.97)	5000m	15:17.00
5000m	15:15.00	(15:05.31)	10,000m	33:45.00
4x200m relay	not contested		4x100m relay	OPEN
4x400m relay	OPEN		4x400m relay	OPEN
4x800m relay	OPEN		4x800m relay	OPEN
Distance medley	OPEN		High jump	1.90
High jump	1.90		Pole vault	4.25
Pole vault	4.30		Long jump	6.60
Long jump	6.55		Triple jump	13.00
Triple jump	13.00		Shot put	13.40
Shot put	13.40		Discus	41.00
Weight	14.30		Hammer	45.50
Heptathlon	4250		Javelin	51.00
			Decathlon	4800

The indoor standards listed in parentheses are for banked tracks.

You may also qualify for the 10,000 meters by meeting the qualifying time in the 5000 meters.

The heptathlon field will be filled to 12 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 12 who have met the standard choose to enter.

The decathlon field will be filled to 14 from the descending order list of declared entries who did not meet the qualifying standard if fewer than 14 who have met the standard choose to enter.

The standards listed are unchanged unless we have had 24 or more or 18 or fewer entries for two consecutive years. The exceptions to that formula are the heptathlon & decathlon, where the formula is 15 or more or 10 or fewer. The standards that have changed from the prior year are in bold.



NEW ENGLAND DIVISION III OUTDOOR TRACK & FIELD CHAMPIONSHIPS US COAST GUARD ACADEMY



New England D3 Championships

PARKING: TEAM VEHICLES & OFFICIALS

ON CAMPUS PARKING

1. ENTER THE **MAIN GATE**
 - Show your driver's license to the security guard. Please be sure to obey the speed limit, wear seatbelt.
2. FOLLOW **TAMPA ST.** TO FIRST STOP SIGN
3. LEFT ON **HARRIET LN.** AND CONTINUE STRAIGHT TO THE STOP SIGN AT THE BOTTOM OF THE HILL.
4. **OPTION #1:** PROCEED STRAIGHT AT THE STOP SIGN TO ANY OF THE SPECTATOR LOTS
5. **OPTION #2:** TURN RIGHT ON **BIBB ST** AND PROCEED PAST THE BARRICADE THAT READS "**NO SPECTATOR PARKING**" TO THE LOWER FIELD AND PARK ALONG **EAGLE DRIVE** (ALONG THE WATER – IN LINED SPACES ONLY).



New England D3 Championships

PARKING: TEAM VEHICLES & SPECTATORS

OFF CAMPUS PARKING

1. TURN ONTO **DESHON ST.**
2. TURN LEFT ON **NAMEAUG ST.**
3. PROCEED TO THE STOP SIGN & CONTINUE DOWN THE HILL
4. **OPTION #1:** LEGAL STREET PARKING ON NAMEAUG ST, ONECO AVE, OR FARNSWORTH ST
5. **OPTION #2:** AT THE BOTTOM OF THE HILL, TURN RIGHT (DON'T CROSS THE RAILROAD TRACKS!). PROCEED STRAIGHT UNTIL YOU CAN TURN RIGHT INTO THE U-LOT PARKING LOT.
6. **OPTION #3 (SATURDAY ONLY):** THE CHILD DEVELOPMENT CENTER.
7. ONCE PARKED, WALK TO THE GATE AT THE ROWING CENTER. BE PREPARED TO SHOW YOUR DRIVER'S LICENSE TO THE GATE GUARD.



Coast Guard Athletics Preferred Hotels

SPARK by Hilton, Mystic/Groton

SPARK by Hilton Mystic Groton is a newly renovated hotel in Mystic, Connecticut. It is located near Mystic attractions including Mystic Aquarium, Olde Mistick Village and Mystic Seaport Museum and just two miles from historic downtown Mystic, Mystic Bascule Drawbridge, shopping and dining. With easy access off I-95, it's only a 14-minute drive to the Coast Guard Academy. Hotel features free WiFi, free Parking with ample room for team buses, free morning continental breakfast with a Bagel Bar, Yogurt, Fruit and Coffee.

Room block is called, "NCAA Track and Field"
47 rooms with 2 Queen Beds
3 rooms with a King Bed & Sleep Sofa
Rate is \$199 / night
Arrival Date: Thursday, 5/1/2025
Departure Date: Sunday, 5/4/2025
Check-in: 3:00 pm
Check-out: 11:00 am
Deadline to reserve rooms is Friday, 18 April



There are 3 ways to reserve rooms:

- Call 800-HILTONS (445-8667) to reserve rooms under the above-named room block.
- Book online using the group code **918**.
- Book using this weblink: <https://hil.tn/llg7mh>

MYSTIC Hilton, Mystic CT

Located in the Heart of Mystic, Hilton Mystic easily accessible off I-95, the hotel is directly across the street from the Mystic Aquarium and Olde Mistick Village shopping and dining. Just minutes away from Mystic Seaport and downtown Mystic. Near beaches, golf, nature trails, Connecticut Wine Trail and Casinos - Foxwoods and Mohegan Sun. Hotel features free WiFi, a heated indoor pool, fitness center with Peloton, full-service restaurant serving breakfast and dinner. The hotel is only a short 13-minute drive from the Coast Guard Academy. The open-air, ample parking lot can accommodate team buses.

Room block is called, "NCAA Track and Field"
20 rooms with 2 Double beds
Rate is \$309 / night
Arrival Date: Thursday, 5/1/2025
Departure Date: Sunday, 5/4/2025
Check-in: 4:00 pm
Check-out: 11:00 am
Deadline to reserve rooms is Friday, 18 April



The Heart of Mystic.

There are 3 ways to reserve rooms:

- Call 800-HILTONS (445-8667) to reserve rooms under the above-named room block.
- Book online using the group code **908**.
- Book using this weblink: <https://group.hilton.com/c5bd2c>