

2026

**NEW ENGLAND DIVISION III OUTDOOR
TRACK & FIELD CHAMPIONSHIP**



**Friday, May 1st - Saturday, May 2nd
at Springfield College at Blake Track**

Technical Manual

INTRODUCTION

This manual outlines the technical procedures for the 2025 New England Division III Outdoor Track and Field Championships. This manual should be used in conjunction with the New England Division III Constitution. Both of which can be found on the New England Division III Website:

<https://www.ned3.org/home>

CHAMPIONSHIP SITE REPRESENTATIVE - CONTACT INFORMATION

CONTACT INFORMATION

MEET HOST

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GAMES COMMITTEE

PRESIDENT

Kim Spence Podbelski | spence_kim@wheatoncollege.edu

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Emily Dippel | emauro@wpi.edu

ASSOCIATION MEMBER

Ethan Brown | ethan.e.brown@uscga.edu

CHAMPIONSHIP FORMAT

ARTICLE VI CHAMPIONSHIPS

B. DECLARATION

Section 16

J. A preliminary check-in stating an affirmative intent to compete must be made by ALL entrants in ALL running events. This preliminary check-in must be completed at least 60 minutes prior to the published start time for each respective event. Entrants who have not completed the preliminary check-in on time will be scratched, and the events shall be seeded Accordingly. Preliminary check-in may be made by any representative of the athlete's institution.

****400m declaration period - ends before the start of the women's 1500m****

****200m declaration period - ends before the start of the women's 800m****

C. CLERKING

Section 19

K. Final check-in for all athletes, in all events (track, field, individual, relay) shall be 20 minutes prior to the listed time for that event. Final check-in may be made by any representative of the athlete's institution.

D. RELAY CARDS

If the persons who are representing an institution in any respective relay are different from the submitted line-up on DirectAthletics, a relay card must be submitted prior to the listed start time of the respective relay at the clerking table.

C. Failure to submit a relay card when required or the use of an ineligible runner shall result in the disqualification of the relay team.

TECHNICAL MANUAL

Shoe Checks

There will be no table set up for a shoe check this year. Student-athletes are expected to wear legal shoes in accordance with NCAA rules. Each institution is responsible for ensuring their student-athletes are aware of and comply with these requirements, *as has been expected throughout the season*. Officials reserve the right to check footwear at any time. If the referee deems that the shoe does not comply with the aforementioned parameters, the referee shall immediately disqualify the competitor.

If student-athletes are unsure of their shoe, please follow this link:

<https://certcheck.worldathletics.org/FullList>

Track Events

100m/110mHH/100mHH

Preliminary = balanced, serpentine

Heat winner + fill field to 8 participants.

Final = preferred lanes 4-5-3-6-2-7-1-8

Specific lanes will be dedicated for 110mHH, 100mHH, 100m specific warm ups.

200m/400m/400mIH/4x100m/4x400m

Slow to fast, descending order, no heat fewer than 4

Lane 1, vacant for ALL

Preferred lanes 4-5-6-7-3-8-2

800m

Lane starts, slow to fast, descending list

5000m/10000m

One section

the breakdown for entries to heats can be found in the constitution, if there are an odd number of entrants based off the breakdown, the odd number will be added to the fast heat

Lane Assignments

a. Unless otherwise indicated, all lanes in the first round of competition in any event at the championships, including the only round, shall be drawn by lot as prescribed in Rule 7-11.2.

b. In all rounds after the first round, the lanes will be assigned as prescribed in Rule 7-11.3, unless specifically superseded in this section.

TECHNICAL MANUAL

Horizontal Jumps

Runways	Will be contested based on the wind direction.			
Boards	<i>Long Jump</i>		Women 7'	Men 9'
	<i>Triple Jump</i>	Men	36' (board)	41' (paint)
		Women	28' (board)	34' (tape)
Final	Nine to Final			

Vertical Jumps

Pole Vault

The pit will be open for warm-up, 90 minutes prior to the start of the competition.
The jumping order shall be in reverse of the descending-order performance list, with all ties broken at random.
The 5-alive method shall not be used.

Progressions

Men's Pole Vault

15cm below qualifying standard = 4.00m, last in 4.15m
3.95m-4.10-4.25-4.40-4.55-4.70m-4.80m-4.90m-5.00m (#11)

Women's Pole Vault

15cm below qualifying standard = 3.05m, last in 3.06m
2.86-3.01- 3.16-3.31- 3.46-3.61-3.71- 3.81m (#15)- 3.91m (#10)

Men's High Jump

5cm below qualifying standard = 1.87m, last in 1.87m
1.82m-1.87m-1.92m-1.97m-2.00m-2.03m (#20)-2.06m (#10)

Women's High Jump

5cm below qualifying standard = 1.52m, last in 1.53m
1.47m-1.52m-1.57m-1.62m-1.65m- 1.68m (#10)-1.71m (#5)-1.74m (#4)

Throwing Events

Weigh-In Information	Friday 12:00pm-4:00pm Saturday 8:30am-2:00pm
Final	Nine to Final

Combined Events

Horizontal Jumps and Throwing Events

Will be contested in one pit/one circle. The order within flights, shall be randomly assigned.

Vertical Jumps	<u>High Jump</u>	Will be contested on one pit.
	<u>Pole Vault</u>	Will be contested on one pit.

The bar shall be raised in standard increments (3cm in the high jump, 10cm in the pole vault).

The jumping order shall be in reverse of the descending-order performance list.

The five-alive method shall not be used.