

2026

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



**Friday, February 27th - Saturday, February 28th
at Tufts University Gantcher Center**

**Sunday, March 1st
at the TRACK at New Balance**

Technical Manual

INTRODUCTION

This manual outlines the technical procedures for the 2026 New England Division III Indoor Track and Field Championships. This manual should be used in conjunction with the 2026 New England Division III Indoor Track and Field Championship Manual and 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

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GAMES COMMITTEE at the Track at NB

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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 team.

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 team.

****400m declaration period - ends before the start of the mile****

****200m declaration period - immediately after the conclusion of each respective (gender) 400m****

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 team.

* There will be two lanes - one for DECLARATION and one for CLERKING. Please communicate with your student-athletes/staff, so we can keep the flow of traffic, running as smooth as possible. *

D. RELAY CARDS

Section 14 A. Relay cards must be turned in to the Check-In Table one hour from the stated time of the event if, and only if, any of the personnel who will compete are different from the four who were declared during the entry (final declaration) process or if the order has changed. If the four runners who will compete are the same as those who were initially declared, then no relay card is required.

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

C. Relays shall be seeded on the basis of season-best performances, not the personnel who will compete. Coaches must declare their best time of the season during the entry (final declaration) process, but it is not required that the personnel who achieved that time actually compete in the relay during the championship, and demotion to the slowest section is permitted per Article VI, Section 14.

TECHNICAL MANUAL

Coaches Area

The infield is for active competitors and event coaches, only. Coaches will have BLUE wristbands and athletes will have GREEN wristbands. Only coaches and active competitors will be allowed onto the track/infield. All others should remain outside of the competition area. Please remind your student-athletes, no audio (headphones, bluetooth, etc.) is allowed on the infield or in the competition area.

**** New Balance will disqualify any persons not abiding to this rule ****

Elevators

A friendly reminder to all teams and visitors, please do not jump in the elevators at the TRACK at New Balance. The elevators will shut down and may take hours to be opened, and the meet will not delay for any competitors stuck in the elevator. Any team found liable will be charged by New Balance for the fees incurred.

**** New Balance will BAN AND FINE any persons/teams who cause the elevators to shut down ****

Track Events (per Constitution)

Straightaway

60m/60mHH

If four sections are contested, the final will be the winner of each heat, then filling the field.

If three or less sections are contested, the final will be the top two of each heat, then filling the field.

Oval

200m/4x200m/400m Lanes one and two will be vacant.

200m/400m/600m Seeding rules, per NCAA Rule 7-11.3

Sections Will be contested, slow to fast.

200m 6 heats men and women

400m 6 heats men and women

600m 4 heats men and women with preferred lanes 5-6-4-3-2-1

800m 3 heats men and women - evenly divided; if odd number, faster in faster section

1000m 3 heats men and women - evenly divided; if odd number, faster in the faster section

Mile 2 heats men and women - evenly divided; if odd number, faster in the faster section

3000m 2 heat men and women - evenly divided; if odd number, faster in the faster section

5000m 1 heat men and women, per NCAA Rule and Games Committee decision

Relays

4x200m is non-NCAA event, therefor it will be contested slow to fast - 7 heats

4x400m Lane one will be vacant. NCAA Rule 7-10.2(b) - 5 heats (women), 6 heats (men)

4x800m 2 heats men and women

DMR 2 sections women and 3 sections men

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.

c. In the 60 Meters and 60 Hurdles, the preferred lane order will be: 4, 5, 3, 6, 2, 7, 1, and 8.

In the 200 Meters, 4x200m, 400m the preferred lane order will be: 5, 6, 4, and 3.

In the 4x400 Relay, the preferred lane order will be: 5, 6, 4, 3, and 2.

Horizontal Jumps

Runways

A: men, B: women

Boards

<i>Long Jump</i>	Men + Women	3m/9'8"	from landing pit
<i>Triple Jump</i>	Men	36' (board)	42' (board)
	Women	32' (board)	36' (board)

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

4.00m-4.15m-4.30m-4.45m-4.60m- 4.70m-4.80m-4.90m-5.00m-5.10m
**10cm increase begins*

Women's Pole Vault

2.90m-3.05m-3.20m-3.35m-3.50m- 3.60m-3.70-3.80m-3.90m-4.00m
**10cm increase begins*

Men's High Jump

1.80m-1.85m-1.90m-1.95m-2.00m- 2.03m-2.06m-2.09m
**.03 increase begins*

Women's High Jump

1.53m-1.58m-1.63m-1.67m 1.70m-1.73m-1.76m
**.03m increase begins*

*based off the 10th position on TFRRS at current time, unless 10th did not exist, then progression based on placing competitors at most favorable position on (current NCAA) performance list.

Throwing Events

Weigh-In Information

TUFTS UNIVERSITY

Friday, February 27st Penthlon and Heptathlon
2:00pm-3:00pm

Saturday, February 28st Heptathlon
10:00am-11:00am

THE TRACK AND NEW BALANCE

Sunday, March 1st

Location: adjacent to throwing cage.

Only bagged weights and indoor shots will be accepted.

8:00am-10:00am AND 1:30pm-3:30pm

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 High Jump Will be contested on two pits.

Pole Vault 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.

FINAL SCHEDULE

FRIDAY, FEBRUARY 27TH @ TUFTS UNIVERSITY - *Doors Open 12:30PM*

3:00PM PENTATHLON

60mHH/High Jump/Shot Put/Long Jump/800m

The next event will be contested 30 minutes after the conclusion of the previous event.

Official start time will be communicated by Official.

3:15PM

HEPTATHLON

60m/Long Jump/Shot Put/High Jump

The next event will be contested 30 minutes after the conclusion of the previous event.

Official start time will be communicated by Official.

SATURDAY, FEBRUARY 28TH @ TUFTS UNIVERSITY - *Doors Open All Morning*

11:00AM HEPTATHLON

60mHH/Pole Vault/1000m

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SUNDAY, MARCH 1ST @ THE TRACK at NEW BALANCE - Doors Open 7:30AM

FIELD EVENTS

9:30	Weight Throw	W
11:00	Pole Vault	W
12:00 PM	Long Jump	M&W
	Weight Throw	M
2:30	Shot Put	W
3:00	High Jump	M&W
3:30	Triple Jump	M&W
	Pole Vault	M
5:00	Shot Put	M

TRACK EVENTS

9:30	5000m	W
9:50	5000m	M
10:15	DMR	W
11:00	DMR	M

bank adjustment

12:00	60mHH - Trials	W
12:15	60mHH - Trials	M
12:30	60m Dash - Trials	W
12:45	60m Dash - Trials	M
1:00	60mHH - Final	W
1:10	60mHH - Final	M
1:15	60m - Final	W
1:20	60m - Final	M

bank adjustment

1:30	Mile	W
1:45	Mile	M
2:05	400m	W
2:25	400m	M
2:45	600m	W
3:00	600m	M
3:15	800m	W
3:30	800m	M
3:45	1000m	W
4:00	1000m	M
4:15	200m	W
4:30	200m	M
4:45	3000m	W
5:10	3000m	M
5:30	4x200m	W
5:55	4x800m	W
6:20	4x800m	M
6:40	4x400m	W
7:05	4x400m	M