

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**

Meet Information

INTRODUCTION

This manual outlines the meet information 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>

A technical manual for the 2026 New England Division III Indoor Track and Field Championship will be distributed post entry closure and will detail specifics (boards, height progressions, heat formats, etc).

CHAMPIONSHIP SITE REPRESENTATIVE CONTACT INFORMATION

CONTACT INFORMATION

MEET DIRECTOR

Benjamin Biello | ned3treasurer@gmail.com

GAMES COMMITTEE at the Track at NB

New England Executive Committee

PRESIDENT

Kim Spence Podbelski | spence_kim@wheatoncollege.edu

1ST VICE PRESIDENT

Marlee Berg-Haryasz | mbergharyasz@westfield.ma.edu

2nd VICE PRESIDENT

Emily Dippel | emauro@wpi.edu

TREASURER/MEET DIRECTOR

Benjamin Biello | ned3treasurer@gmail.com

GAMES COMMITTEE at Tufts University

TBD

TREASURER/MEET DIRECTOR

Benjamin Biello | ned3treasurer@gmail.com

ENTRIES

DIRECT ATHLETICS

www.directathletics.com

QUALIFYING STANDARDS

SEE APPENDIX A

ENTRY PREFERENCES

- 1) **ALL** student-athletes must be declared in every event they wish to contest via Direct Athletics. A declaration is a firm commitment to compete in every declared event, unless a preference statement is filed. Preference statements must be submitted before the entry window closes. See below on how to file a preference statement:
- 2) If any team would like to demote their relay entry time to NT, please also send to the emails below:

Email preferred entries and relay demotions **by February 24, 2026 at 11:59pm:**

Jaime Berryman: jaime@lancertiming.com AND Ben Biello ned3treasurer@gmail.com

... in the following format.

****late preferences will not be accepted****

Statement Format for Entry Preferences

If **NAME OF STUDENT-ATHLETE** from **INSTITUTION** is accepted in **EVENT A** they will **not** compete in **EVENT B**.

ENTRIES OPEN

Sunday, February 15, 2026

ENTRIES CLOSE

Tuesday, February 24, 2026 @ 11:59PM

LATE ENTRIES

Wednesday, February 25, 2026 @ 11:59PM (\$50 per entry)

ENTRY LIST POSTED

Wednesday, February 25, 2026 @ 8:00PM via www.lancertiming.com

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.

DESCENDING ORDER, ACCEPTED ENTRIES: TIES

All automatic qualifiers who are declared, will be accepted.

Fields being filled via provisional marks, will be done so, by accepting the second best mark for the individuals who are tied.

ADDITIONAL INFORMATION

Entry and seeding info can be found in the Constitution: www.ned3.org/constitution

SCHEDULE
2026 NEW ENGLAND DIVISION III INDOOR TRACK & FIELD CHAMPIONSHIP
FRIDAY, FEBRUARY 27TH & SATURDAY FEBRUARY 28TH @ TUFTS UNIVERSITY

FRIDAY, FEBRUARY 27TH @ TUFTS UNIVERSITY

Doors Open at:

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 at:

11:00AM **HEPTATHLON**

60mHH/Pole Vault/1000m

SCHEDULE

2026 NEW ENGLAND DIVISION III INDOOR TRACK & FIELD CHAMPIONSHIP

SUNDAY, MARCH 1ST @ THE TRACK at NEW BALANCE

Doors Open at 7:30AM

FIELD EVENTS

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

TRACK EVENTS

5k start times subject to change based on entries in accordance with NCAA rules, will be communicated after seed call

Based on 2 sections per gender

Based on 1 section per gender

9:15	5000m	W	9:45	5000m	W
9:55	5000m	M	10:05	5000m	M
10:30	DMR	W			
11:15	DMR	M			
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			
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			

*start times will not be adjusted if reduced to 1 section

*start times will not be adjusted if reduced to 1 section

IMPLEMENT WEIGH IN

TUFTS UNIVERSITY

Friday, February 27st

2:00pm-3:00pm

Pentathlon and Heptathlon

Saturday, February 28st

10:00am-11:00am

Heptathlon

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

FACILITY INFORMATION

SEE APPENDIX B for the TRACK.

Wristband Pick-Up: will be located at track level, upon entrance - next to ticketing table.

Will be available at the track level by the main entrance. Wristbands will be included for Sunday at the TRACK for 5 coaches per gender/10 coaches per co-ed team and all student-athletes listed on official declarations on DirectAthletics, including relay alternates. No championship bibs will be used – please emphasize to your student-athletes the importance of keeping wristbands on at all times while in the facility.

Ticketing: will be located at track level, upon entrance.

Adults	\$15.00
Children, 5-12	\$5.00
Children, under 5	FREE
College Students, with ID	\$5.00
Senior Citizens	\$10.00

Warm-Up Track: available on floor above the competition track and warm up area provided off back straight.

Spike Check: will be located on the track level near the main entrance; off back turn.

ONLY ¼” pyramid spikes allowed. Spikes will be checked and tagged. By facility rules, any attempts to use illegal spikes after check-in will result in disqualification and risk of team not being allowed to return to the TRACK at New Balance.

Pole Entrance: please see map of facility for note on separate entrance.

Runway Specs

Men = Runway A, Women = Runway B

Long Jump	3m, 9’8” from landing pit
Triple Jump	42’ and 36’ *painted 24’ and 32’

Boards will be determined after entries and posted in the Tech Manual

Infield

Horizontal and Vertical jump coaches need credentials (ie wristband pick-up) to enter the infield and must stay in the designed coaches box for their respective event.

Competing student-athletes, only.

Athletic Training

Athletic trainers located on Southwest Corner of Level 3 (track). Please provide your own medical kits when requesting service.

FACILITY RULES

- the TRACK at new balance is a non-smoking facility.
- Runners should limit their outside activities to the building perimeter.
- Restricted Areas are clearly marked throughout the facility. No individual is allowed access to the Restricted Areas without written approval by specific event stakeholder personnel or facility management.
- Children under 12 years of age must be accompanied by an adult at all times and are strictly prohibited from being in and/or playing in areas not designated for such purposes. Examples of restricted areas may include but are not limited to competition areas/floors, warm-up track, elevators, designated event operations rooms, VIP Boxes, and event meeting rooms. EXAMPLE: a child under the designated age may not accompany an event coach onto any competition floors before, during or after completion of an event.
- NO hot food or Isotonic drinks (ex. Gatorade) will be allowed on the track competition floors/areas or warm-up areas. Water in sport bottles and store/concession purchased plastic bottles is an exception. Fruit, energy bars and small bagged snacks are allowed on competition surfaces. Exceptions may be made for medical related situations regarding food and/or drink.
- NO pets are allowed into the facility except Service Designated Animals.
- NO spectator folding chairs shall be allowed inside the building.
- Athlete bags shall not be placed/left in competition areas that may impede actual competition or warm-ups.
- No spitting on any track surface.
- Only vinyl tape (not adhesive) may be used to indicate take-off marks. Chalk marks are not allowed on the competition floor for any jumping events.
- Boom Boxes (speakers) or sound systems of any type are not allowed on any track competition or warm-up surfaces; including earbuds/airpods, etc.
- Event Stakeholders and/or spectators may not nail, staple, tape, hang or attach anything to the walls, ceilings, fixtures or floors during events.

Team Camps: teams are welcome to set up in the bleachers at the track level. No team camps on the infield or in the warm-up back straight, on the warm-up track area. Please see map in APPENDIX B for guidelines.

PER the TRACK at New Balance

Sections 6-9 are reserved for teams *only* in the South grandstands only and the catwalk.

All other main grandstand seating, Section 1-5 is for spectators only.

RUN OF SHOW

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.

Declarations will take place next to the spike check table, see APPENDIX B

CHECK-IN

FIELD EVENTS @ site of competition.

TRACK EVENTS @ see facility map, APPENDIX B

Oval and Straightaway: event check in will take place off turn one, near the oval finish, see APPENDIX B.

Check-in Window: check-in will be no later than 20 minutes prior to the start of each event, aside from the above preliminary check-in; events as noted.

Hip Numbers: events longer than 200m will wear left hip numbers and left chest numbers.

Section 16

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. **

Relay Cards

To be turned into the clerk prior to 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.*

AWARDS

INDIVIDUALS Top-8 will receive medals & **RELAYS** Top-3 will receive medals

We will have podium recognition for each event/relay - will be noted in the final schedule.

TEAMS Plaques will be awarded to the top three teams at the conclusion of the meet.

LIVE RESULTS AND TIMING | LIVE STREAMING

Timing: www.lancertiming.com

Live Stream: www.mstca.tv

STREAMING

\$10/day for races on the oval and straightaway

\$FREE for field events and combined events (heptathlon/pentathlon)

PHOTOGRAPHY

The Association is hiring a photographer and will be sharing a link to photographs after the Championship. The link will be shared via email and on our website.

If your institution is looking to have media representation, please reach out to Ben Biello by end of day: Wednesday, February 25, 2026.

APPENDIX A

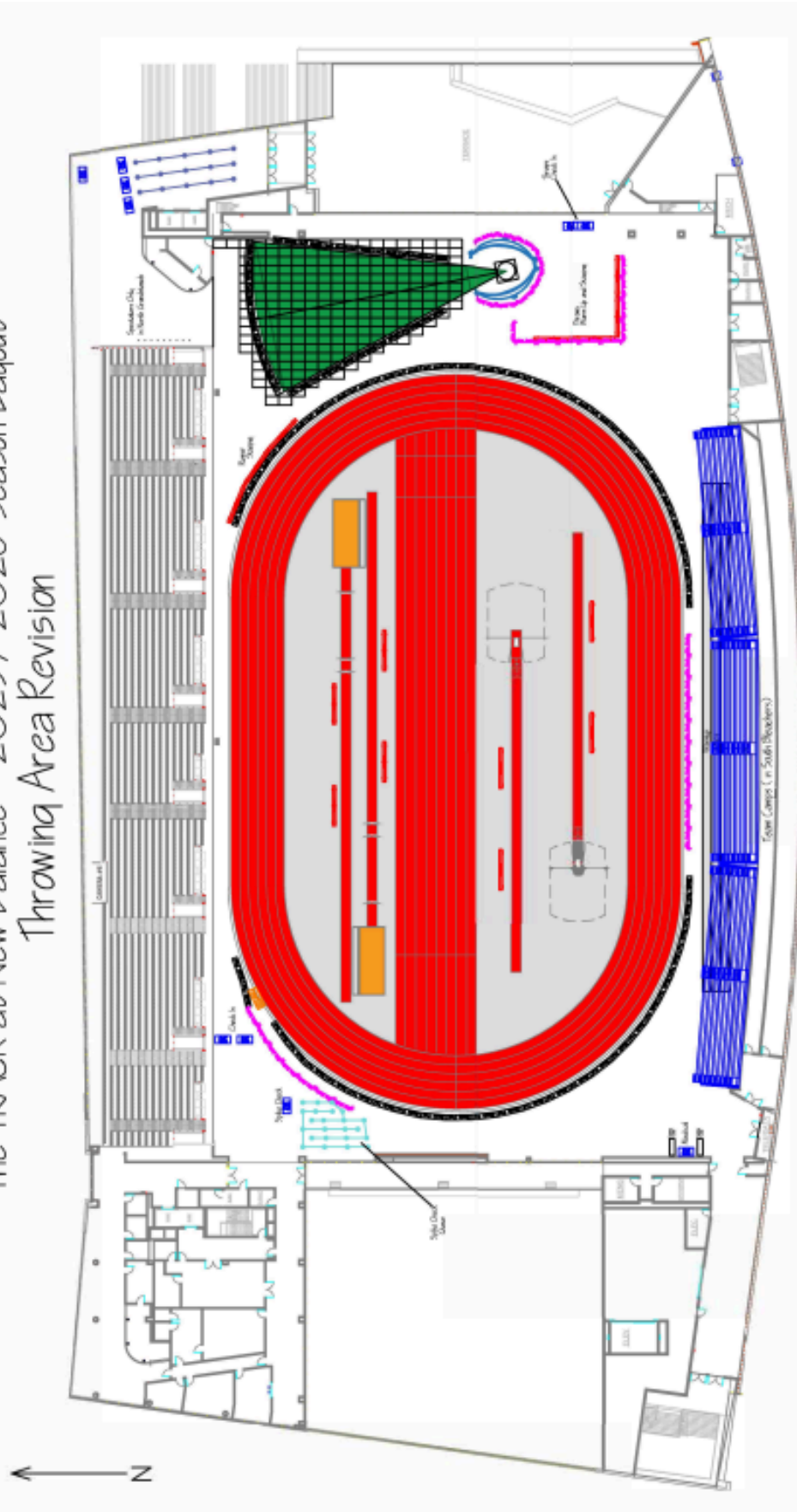
NE D3 T&F QUALIFYING STANDARDS FOR 2026

**FIELDS WILL BE FILLED TO 24 PER INDIVIDUAL EVENT
(EXCEPTION: 14 IN THE MULTIS)**

INDOOR		MEN		WOMEN	
EVENT	AUTO	PROVISIONAL	AUTO	PROVISIONAL	
55 meters	6.51	6.69	7.33	7.70	
60 meters	7.00	7.20	7.90	8.30	
55 meter HH	7.89	8.40	8.74	9.29	
60 meter HH	8.50	9.05	9.40	10.00	
200 meters	21.90 (22.29)	22.80 (23.21)	25.40 (25.79)	27.00 (27.42)	
400 meters	49.20 (49.99)	51.50 (52.32)	58.50 (59.28)	1:02.00 (1:02.82)	
500 meters	1:05.07 (1:06.07)	1:08.25 (1:09.30)	1:16.98 (1:17.96)	1:21.74 (1:22.78)	
600 meters	1:22.00 (1:23.23)	1:26.00 (1:27.29)	1:37.00 (1:38.18)	1:43.00 (1:44.26)	
800 meters	1:54.00 (1:55.63)	1:59.00 (2:00.70)	2:18.00 (2:19.59)	2:25.00 (2:26.67)	
1000 meters	2:32.00 (2:34.10)	2:38.00 (2:40.18)	3:03.00 (3:04.99)	3:12.00 (3:14.09)	
Mile	4:13.00 (4:16.24)	4:25.00 (4:28.39)	5:03.00 (5:06.00)	5:22.00 (5:25.19)	
3000 meters	8:25.00 (8:30.86)	8:50.00 (8:56.15)	10:00.00 (10:05.16)	10:40.00 (10:45.50)	
5000 meters	14:55.00 (15:04.58)	15:30.00 (15:39.95)	17:45.00 (17:53.20)	18:45.00 (18:53.66)	
4x200m relay			OPEN	OPEN	
4x400m relay	OPEN	OPEN	OPEN	OPEN	
4x800m relay	OPEN	OPEN	OPEN	OPEN	
DMR	OPEN	OPEN	OPEN	OPEN	
High Jump	1.92	1.87	1.58	1.52	
Pole Vault	4.45	4.00	3.45	3.05	
Long Jump	6.70	6.35	5.30	5.00	
Triple Jump	13.50	12.90	10.90	10.40	
Shot Put	14.30	13.40	11.70	10.80	
Weight Throw	15.60	14.30	14.50	13.30	
Pentathlon			3000	2250	
Heptathlon	4200	3150			

APPENDIX B

*The TRACK at New Balance - 2025 / 2026 Season Layout
Throwing Area Revision*



APPENDIX C

DIRECTIONS/PARKING

the TRACK at New Balance 91 Guest Street, Boston MA 02135

Drop Off: ALL teams/student-athletes should be dropped off at above location.

Buses cannot park on premises, please call for pickup; same location as drop off.

Parking available in garages adjacent to the facility.

Weekend Rates:

Enter anytime, exit prior to 6am.

\$20 flat rate until 6am

Additional Parking Locations

Pay to park rates vary based on location and events.

Warrior Ice Area Garage: 80-90 Guest Street (Access behind building under large Warrior Ice Arena sign. Parallel to Guest Street.)

Multi-Colored Garage: 15 Guest Street (Access on Guest street – the same building as NB Fitness Club)

Limited 2-hour street parking is also available.

FOOD OPTIONS

www.thetrackatnewbalance.com/plan-your-visit/restaurants/