

2025

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



**Friday, May 2nd - Saturday, May 3rd
at the US Coast Guard Academy**

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

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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 30 minutes prior to the listed time for that event. Final check-in may be made by any representative of the athlete's team.

C. CLERKING

Section 19

K. Final check-in for all athletes in all events (track, field, individual, relay) shall be 30 minutes prior to the listed time for that event. Final check-in may be made by any representative of the athlete's team.

D. RELAY CARDS

Section 14

A. Relay cards must be turned in to the Check-In Table **30 minutes** 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

Shoe Checks

Based on NCAA compliance, shoe checks will be conducted randomly for track and field events, either prior or at the conclusion of the respective event.

Track Events

100m/110mHH/100mHH

Heat winner + fill field to 8 participants.

Balanced, serpentine - preliminary.

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

Lane one will be vacant.

Slow to fast.

800m

Lane starts.

Slow to fast.

1500m/3000mSC Seeding rules, per NCAA and section 17, C3&4 of NED3 Constitution.

Slow to fast.

5000m/10000m one section, per gender.

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.

Preferred Lanes

Straight 4-5-3-6-2-7-1-8

Oval 4-5-6-7-3-8-2

TECHNICAL MANUAL

Horizontal Jumps

Runways Will be contested based on the wind direction.

Boards	<i>Long Jump</i>	Men + Women	10' from landing pit
	<i>Triple Jump</i>	Men	36' (board) 40' (taped)
		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

4.10m 4.25m 4.40m 4.55m 4.70m 4.85m 4.95m 5.00m 5.05m

Women's Pole Vault

3.10m 3.25m 3.40m 3.55m 3.70m 3.80m 3.85m 3.90m

Men's High Jump

1.85m 1.90m 1.95m 2.00m 2.03m 2.06m

Women's High Jump

1.51m 1.56m 1.61m 1.66m 1.69m 1.72m 1.75m

Throwing Events

Weigh-In Information Friday 10:00am-11:00am, 12:00pm-1:00pm
Saturday 8:00am-9:30am

At the white building closest to the railroad tracks.

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 one pit.

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.