

**2025**

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



**Friday, February 28th - Saturday, March 1st  
at the TRACK at New Balance**

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*Technical Manual*

## **INTRODUCTION**

This manual outlines the technical procedures for the 2025 New England Division III Indoor Track and Field Championships. This manual should be used in conjunction with the 2025 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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# 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 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. Each field event area will have a specific color dot assigned for their wristband (Throws- Blue, Horizontals- Yellow, Verticals- Orange). 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 \*\***

## Track Events

### **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.

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

**400m/4x400m** Lane one will be vacant.

**Sections** Will be contested, slow to fast.

**200m/400m/600m** Seeding rules, per NCAA

## **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, 400 Meters and 4x400 Relay, the preferred lane order will be: 5, 6, 4, and 3.

### **\*\*\*Indoor 4 x 400 Meter Relay Formation of Heats/Sections and Seeding\*\*\***

For Relays that have a Minimum of Two Rounds - Use Rule 7-9.1

Procedures for Forming the First Round - Use Rule 7-9.2(b) and (c)

Procedure for Forming Finals - Use Rule 7-9.3(b) and (c)

Lane Assignments - Use Rule 7-11.2(a)(2) (preliminary) and 7-11.3(a) (final)

For Relays that are Contested as a Timed Section Final - Use Rule 7-10.1

Procedure for Forming Timed Section Final Sections - Use Rule 7-10.2(b)

Lane Assignments - Use Rule 7-11.2 (a)(2)

## Horizontal Jumps

**Runways** A: men, B: women

<b>Boards</b>	<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

4.14m 4.29m 4.44m 4.59m 4.74m 4.84m 4.94m 4.99m 5.04m

### Women's Pole Vault

3.07m 3.22m 3.37m 3.52m 3.67m 3.77m 3.82m 3.87m 3.92m

### Men's High Jump

1.85m 1.90m 1.95m 1.99m 2.02m 2.05m 2.08m 2.11m

### Women's High Jump

1.49m 1.54m 1.59m 1.63m 1.66m 1.69m 1.72m 1.75m

## Throwing Events

**Weigh-In Information** See Meet Packet for details

**Seeding** Women's Shot Put will be contested in two sections, per NCAA superseding the New England Division III Cross Country and Track & Field Constitution in order for the run of show.

**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.