

2026

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



**Friday, May 1 - Saturday, May 2, 2026
at Springfield College at Blake Track**

Meet Information

INTRODUCTION

This manual outlines the meet information for the 2026 New England Division III Outdoor 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 Outdoor 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 HOST

Mike Miller | mmiller3@springfield.edu

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

ASSOCIATION MEMBER

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

ENTRIES

DIRECT ATHLETICS

www.directathletics.com

QUALIFYING STANDARDS

Published on www.ned3.org

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 April 28, 2026 at 11:59pm** to Kim Spence spence_kim@wheatoncollege.edu AND triangle timing at mmg1214@hotmail.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, April 26, 2026

ENTRIES CLOSE

Tuesday, April 28, 2026 @ 11:59 PM

LATE ENTRIES

Wednesday, April 29, 2026 @ 10:00 AM (\$50 per entry)

ENTRY LIST POSTED

Wednesday, April 29, 2026 @ 8:00 PM via www.triangletiming.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. Events will be filled to 24 in field events and 32 in track events starting with automatic and filled via provisional marks. In the event of a tie, the second best mark for the individuals will be used to determine.

10k will be filled in the following order:

- 1) All entries with a 10k auto qualifying mark will be accepted.
- 2) Entries with no 10k performance but who have hit the 5k auto qualifying mark, will be accepted in descending order.
- 3) 10k entries with provisional mark performances will be accepted in descending order.
- 4) Entries with no 10k performance but who have hit the 5k provisional mark, will be accepted in descending order.

*the above steps will go 1-4, until the field is filled to 32 upon number of entries submitted

ADDITIONAL INFORMATION

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

TENTATIVE SCHEDULE OF EVENTS
2026 New England Division III Outdoor Track & Field Championship
Springfield College - Springfield, MA

Friday, May 1, 2026

Multi Events

11:45AM Decathlon: 100m, Long Jump, Shot Put, High Jump, 400m

12:00PM Heptathlon: 100HH, High Jump, Shot Put, 200m

* at least 30 min between multi events

FIELD EVENTS

10:00AM-NOON implement weigh-in, inside of the track shed

11:30AM Pole Vault- W

2:00PM Long Jump- M

Javelin-W

Hammer- M

3:00PM Pole Vault- M

5:00PM Long Jump- W

Javelin- M

Hammer- W

TRACK EVENTS

11:45AM 100m Decathlon

12:00PM 100mHH Heptathlon

4:30PM 100mHH (Trials)

4:50PM 110mHH (Trials)

5:10PM 100m- W (Trials)

5:15PM 100m- M (Trials)

5:45PM 5,000m- W

6:05PM 5,000m- M

6:30PM 10,000m- W

7:15PM 10,000m- M

Saturday, May 2, 2026

Multi Events

9:30AM Decathlon: 110mHH, Discus, Pole Vault, Javelin, 1500m
Heptathlon: Long Jump, Javelin, 800m

* at least 30 min between multi events

FIELD EVENTS

8:30AM-10:00AM implement weigh-in, inside of the track shed

11:00AM Shot Put – M
High Jump – W
Triple Jump – M
12:00PM Discus- W
2:00PM Shot Put-W
High Jump- M
2:30PM Triple Jump- W
3:00PM Discus- M

TRACK EVENTS

9:30AM 110mHH- Decathlon
11:30AM 4x100 meters – W
11:45AM 4x100 meters- M
12:00PM 1500 meters – W
12:15PM 1500 meters – M
12:30PM 110mHH – M (Final)
12:40PM 100mHH – W (Final)
12:50PM 400 meters - W
1:05PM 400 meters - M
1:20PM 100 meters – W (Final)
1:30PM 100 meters – M (Final)
1:40PM 800 meters – W
1:55PM 800 meters – M
2:15PM 400mIH – W
2:30PM 400mIH – M
2:45PM 200 meters – W
3:00PM 200 meters – M
3:20PM 3000 meter steeplechase – W
4:00PM 3000 meter steeplechase – M
4:30PM 4x800 meters – W
4:50PM 4x800 meters – M
5:10PM 4x400 meters – W
5:30PM 4x400 meters – M

FACILITY INFORMATION

Oval - 8 lanes, straightaway 8 lanes - Beynon

Long/Triple Jump - two pits, dual direction, located on outside of backstraight | 150ft long

Boards - 7ft women, 9ft men - 28ft and 36ft women, 36ft and 41ft men

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

Javelin - located at top apron, track surface, 120ft runway

Infield - NO warm ups on the infield - javelin throwing area.

Warm Ups can be done on the turf field, adjacent to the track, please no spikes.

ATHLETIC TRAINING

Will be located in the tent at the end of the finish area. Pre-event taping and wrapping will be performed provided the visiting team provides all necessary supplies. The athletic training tent area will be open one hour before competition.

Treatments

Heat will be available with a written note from the school athletic trainer. Ice, foam rollers and stretch bands will be available too. Please note the following - IF A CERTIFIED ATHLETIC TRAINER IS NOT TRAVELING WITH THE TEAM SPRINGFIELD COLLEGE REQUIRES THE FOLLOWING, A WRITTEN NOTE FROM THE ATHLETIC TRAINER OR A PRESCRIPTION FROM A PHYSICIAN WILL BE NEEDED FOR THE SPRINGFIELD COLLEGE ATHLETIC TRAINING STAFF TO APPLY HEAT MODALITIES ON VISITING STUDENT-ATHLETES. SPRINGFIELD COLLEGE ATHLETIC TRAINING STAFF WILL NOT TREAT ANY VISITING STUDENT-ATHLETES WITH ELECTRIC MODALITIES.

TEAM CAMPS

Camps should be set up on the side of the track in the grass. Please do not set up a team camp on the turf. The indoor track will be available as well.

- ALL TENTS MUST BE WEIGHED DOWN USING BAGGED WEIGHTS OR CINDERBLOCKS. TENTS MAY ALSO BE STAKED DOWN – THOSE THAT ARE NOT ANCHORED WILL NEED TO BE TAKEN DOWN.

RUN OF SHOW

DECLARATIONS & CHECK-IN

FIELD EVENTS @ site of competition.

TRACK EVENTS @ pavilion located 50m on the outside of the home straightaway.

PRELIMINARY CHECK-IN

Will be conducted for ALL events at the pavilion

Preliminary check-in must be done at least 60 minutes prior to the published starting time, by any representative of the respective institution.

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.

RELAY CARDS

Relay Cards will only be needed if it is changed from the original team entered.

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.

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

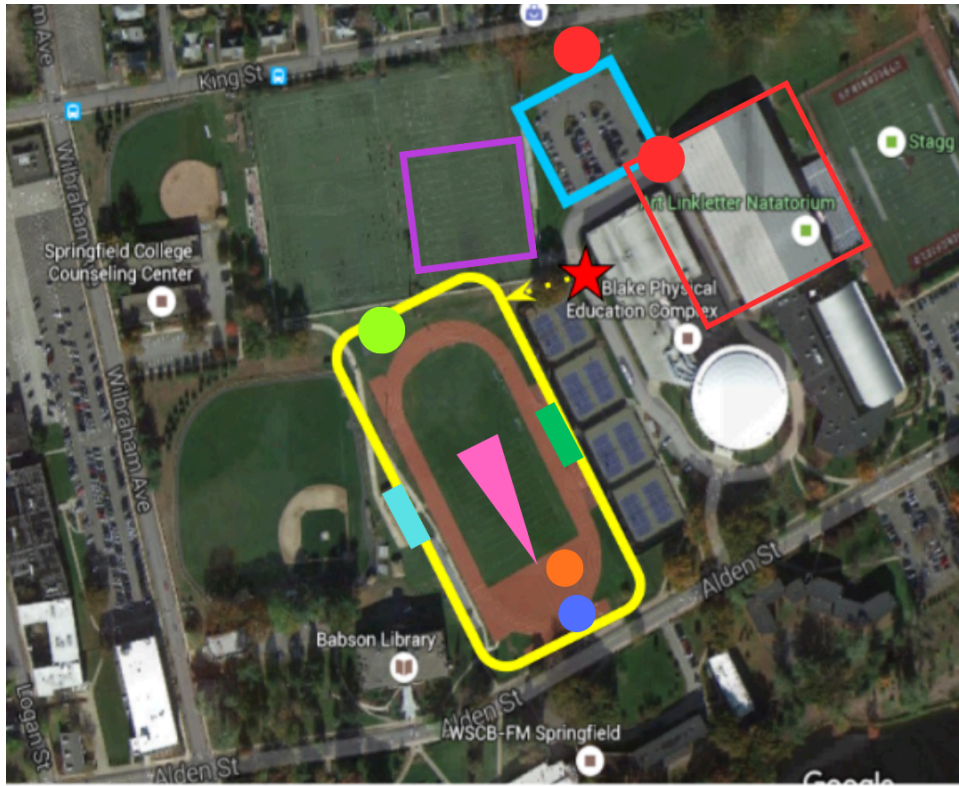
SCORING 10-8-6-5-4-3-2-1



LIVE RESULTS AND TIMING

TIMING and LIVE RESULTS www.triangletiming.com

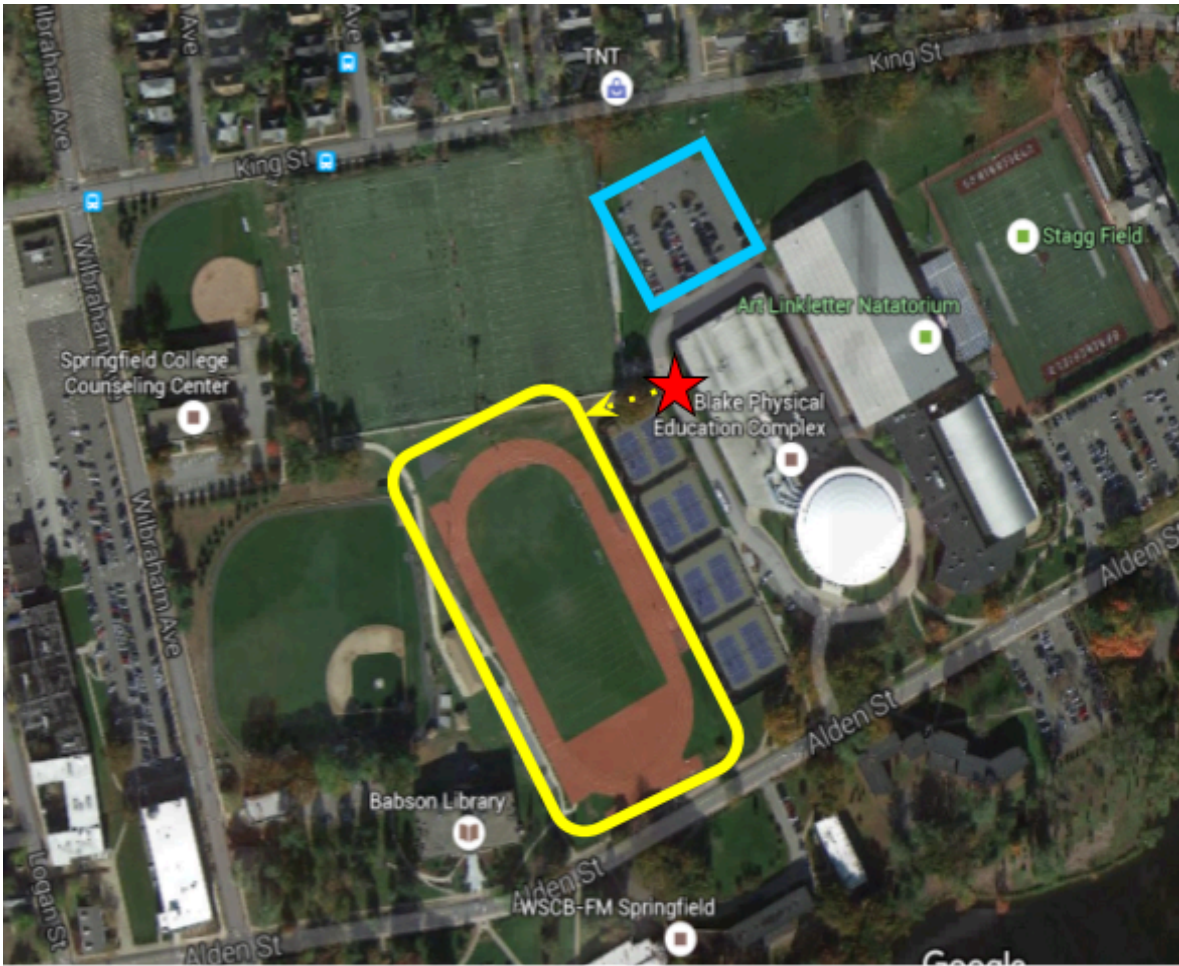
FINAL RESULTS www.triangletiming.com and www.springfieldcollepride.com

APPENDIX A




- | | | | |
|---|------------------|---|--------------------------|
|  | Clerks Table |  | VAN
PARKING |
|  | BUS
DROP-OFF |  | BLAKE TRACK AND
FIELD |
|  | Hammer/Discus |  | Shotput |
|  | Long/Triple Jump |  | High Jump |
|  | Indoor Track |  | Warm Up Turf |
|  | Javelin |  | Pole Vault |

APPENDIX B



 VAN
PARKING

 BUS
DROP-OFF

 BLAKE TRACK AND
FIELD

APPENDIX C

DIRECTIONS/PARKING

There are two bus stalls available in Lot 10 behind the Physical Education Complex for visiting teams to utilize on a first-come basis. Overflow bus parking is at the Brennan Center, located at 45 Island Pond Road. See the directions below.

Exit PE Complex/Turn left onto Alden Street.

Proceed to the light and turn right onto Roosevelt Avenue.

Keep right before the next light to go onto Island Pond Road.

The Brennan Center will be about $\frac{3}{4}$ of a mile ahead on the left. Enter the lot just after passing the building and just before Frankie and Johnnie's Pizza. Utilize the wider area of the parking lot only. See the yellow box in the aerial picture below.



FOOD OPTIONS AND HOTELS

Preferred Dining		
Springfield College Dining Service Harvest Table (413) 748-3205	Richard B. Flynn Student Union (Subway, Dunkin Donuts, Burger Studio) (413) 748-3042	
Quick Options		
Domino's Pizza (deliver) 624 Boston Rd Springfield, MA 01119 (413) 782-8601	Chipotle 42 Center Square East Longmeadow, MA 01028 (413) 525-1059	Hot Table 455 Breckwood Blvd Springfield, MA 01109 (413) 782-8800
Casual Dining		
Red Rose Pizzeria 1060 Main St Springfield, MA 01103 (413) 739-8510	Panera Bread 450 N. Main St East Longmeadow, MA 01028 (413) 525-8006	Ninety Nine 390 N. Main St. East Longmeadow, MA 01106 (413) 525-9900
Chili's 302 Cooley St Springfield, MA 01128 (413) 426-9507	Uno Chicago Grill 820 Hall Of Fame Ave Springfield, MA 01105 (413) 733-1300	

For additional options, visit the Greater Springfield Convention and Visitors Bureau online at <https://explorewesternmass.com/restaurants/>

AREA HOTELS

Official Hosts	
Hampton Inn of West Springfield 1011 Riverdale St W. Springfield, MA 01089 (413) 732-1300	Fairfield Inn and Suites 1 Bright Meadow Blvd Enfield, CT 06082 (860) 741-2211

For additional options visit the Greater Springfield Convention and Visitors Bureau online at <https://explorewesternmass.com/lodging/>