

2025

NEW ENGLAND DIVISION III INDOOR
TRACK & FIELD CHAMPIONSHIP



FEBRUARY 28-MARCH 1, 2025
AT THE TRACK AT NEW BALANCE

CONTACT INFORMATION

MEET DIRECTOR @ the TRACK Russ Brennen | rbrennen@babson.edu

GAMES COMMITTEE (New England Executive Committee)

PRESIDENT LJ Que, Bowdoin | lque@bowdoin.edu
1ST VICE PRESIDENT Kim Spence Podbelski | spence_kim@wheatoncollege.edu
2nd VICE PRESIDENT Marlee Berg-Haryasz | mbergharyasz@westfield.ma.edu
TREASURER Benjamin Biello | benjamin.biello@regiscollege.edu
HOST Russ Brennen | rbrennen@babson.edu

ENTRIES

DIRECT ATHLETICS www.directathletics.com
ENTRIES CLOSE Tuesday, February 25, 2025 @ 11:59PM
LATE ENTRIES Wednesday, February 26, 2025 @ 10:00AM (\$200 fine)
ENTRY LIST POSTED Wednesday, February 26, 2025 @ 8:00PM via www.lancertiming.com

- **Eligible Entries:** all athletes listed on team's official TFRRS roster are eligible to run on any relay, regardless if they are otherwise entered into the meet in any individual event or relay.
- **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.
- **Additional Information:** entry, seeding, and fines can be found in the Constitution [Constitution of the New England Division III Men's and Women's Cross Country and Track & Field Association](#)

SCHEDULE

SEE APPENDIX A

IMPLEMENT WEIGH IN

Friday, February 28th	Saturday, March 1st
10:30am-11:30pm	9:30am-10:30am
2:45pm-3:30pm	

- **Location:** near throwing cage
- **Implements:** only bagged weights and indoor shots, will be accepted.

QUALIFYING STANDARDS

SEE APPENDIX B

FACILITY INFORMATION

SEE APPENDIX C for the TRACK.

- **Packet Pick-Up:** will be located at the track level.
- **Ticketing:** will be located at the track level.
- **Warm-Up:** warm up track is available one 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.
- **Pole Entrance:** please see map of facility for note on separate entrance.

RUNWAY BOARDS

LONG JUMP	3m – 9’8” from the landing pit / Men Runway A, Women Runway B
TRIPLE JUMP	12.8m – 42’ and 10.97m – 36’ from the landing pit.
	Painted: 24’ + 32’ Additional boards will be placed, if needed per final entries.
	Boards will be determined after entries and posted in the Tech Manual

INFIELD

Horizontal and Vertical jump coaches need credentials (at packet pickup) to enter the infield and must stay in the designated coaches box for their respective event. Competing student-athletes only.

POLE AND IMPLEMENT STORAGE

Due to other events in the vicinity, there will be no storage available at the facility, please plan accordingly.

ATHLETIC TRAINING

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

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.

DIRECTIONS/PARKING

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

- **Drop Off:** all teams/athletes should be dropped off at above location.
- **Buses:** cannot park on premises, please call for pickup; same location as drop off.
- **Parking:** for garage parking rates, see APPENDIX D

MEET DAY**PACKET PICK-UP AND WRISTBANDS**

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.

DOORS OPEN

Friday, February 28 th	10:30am
Saturday, March 1 st	9:30am

TICKETING

Tickets will be available for purchase for Sunday at the TRACK at New Balance.

ADULTS	1 DAY \$15.00 <i>or</i> 2 DAY \$25.00
CHILDREN 5-12	\$5.00
COLLEGE STUDENTS, WITH ID	\$5.00
CHILDREN UNDER-5	\$FREE

TEAM CAMPS

Teams are welcome to set up in the bleachers at the track level. No team camps on the infield or the warm-up track area. **Please see map in APPENDIX C for guidelines.**

SPIKE CHECK

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.

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 30 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.

CHECK-IN

FIELD EVENTS	@ site of competition.
OVAL EVENTS	@ see facility map, APPENDIX C
STRAIGHTAWAY EVENTS	@ see facility map, APPENDIX C

- **Oval and Straightaway:** events will have two separate tables, see APPENDIX C.
- **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.*

ELECTRONICS

No headphones/electronics are allowed in the competition area.

FOOD OPTIONS

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

AWARDS

- **INDIVIDUALS** Top-8 will receive medals & **RELAYS** Top-3 will receive medals
- **TEAMS** Plaques will be awarded to the top three teams at the conclusion of the meet.

LIVE RESULTS AND TIMING | LIVE STREAMING

www.lancertiming.com | 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.