

**NED3.org**

**VIRTUAL FALL 2020 !!!**



## **Statement of Purpose**

***The New England Division III Cross Country and Track & Field Coaches Association will host a series of virtual competitions during the fall semester of 2020.***

***The Outdoor Track & Field season in the spring of 2020 and the Cross Country season in the fall of 2020 have both been officially cancelled, and the status of the Indoor Track & Field season in the winter of 2020-21 remains uncertain.***

***In lieu of this, it is our intent to provide an opportunity for this large group of student-athletes to have meaningful interaction and friendly competition as we all work toward re-establishing some level of normalcy in our lives.***

***The mental health benefits of having this friendly competition are great. All of our team members have been affected by the pandemic, and the remote spring semester was challenging in many ways. A fall season in which organized practice sessions can take place is certainly a step in the right direction. But it is not enough.***

***Many student-athletes will return to their campuses this fall and will benefit greatly from the inter-personal interactions and relationships that will resume. Many others, however, will be studying remotely or will be taking a semester or year off before resuming their studies. Regardless of their status, all of these student-athletes have been deprived of an incredibly important facet of their lives, and our plans for this fall seek to engage as many of them as possible.***

***Therefore, the weekly competitions outlined in this document are open to all who would have been on their institution's rosters in the 2020-21 academic year whether they are studying on campus, studying remotely, or taking a gap semester or year. The only events that require all participants to be studying on campus are the 5 x 2k CROSS COUNTRY RELAY CHALLENGE on October 2-4, and the three relay events that are part of the TRACK & FIELD CHALLENGE on November 16-22. All other events are open to all, although only those enrolled as full-time students may represent their institutions.***

***It is up to each institution to decide how many of these virtual competitions they wish to participate in. It could be all of them, none of them, or selected competitions that fit their circumstances and student needs the best.***

***Our new association website, [NED3.org](http://NED3.org), will be up and running well before the first virtual competition weekend. Coaches will be able to upload results directly to the website, and results from each weekend will be posted there by the end of the day each Monday.***

***Good luck to everyone!***

## **CROSS COUNTRY 5 x 2k CO-ED RELAY CHALLENGE**

**Pair your #1 male runner with your #1 female runner. Pair your #2 male runner with your number #2 female runner. Pair your #3 male runner with your #3 female runner. Continue this pairing throughout your roster.**

**Each pair completes 5 x 2k in the following pattern:  
Male to female to male to female to male, for a total of 10k.**

**The relay may be run on the track or on any accurately measured cross country venue (e.g. a 1k or 2k loop).**

**The coaching staff times each pair and records their total 10k times (2k splits are not needed). All pairs may run the relay at the same time, or they may do so separately. Different pairs may even run on different days, as long as all pairs from the team complete the relay within the three allotted days. If you are a single-gender program or you have more athletes of one gender than the other, you may form additional single-gender pairs, although these pairs will not factor into team scores.**

**While the standard convention with hand timing is to round up to the next 10<sup>th</sup>, coaches should record their times to the 100<sup>th</sup>. This will ensure the fewest number of ties possible.**

**Coaches should upload the following information to [NED3.org](https://ned3.org):**

**PAIR #1 – School name, Male runner's name, Female runner's name, 10k total time**

**PAIR #2 – School name, Male runner's name, Female runner's name, 10k total time**

**PAIR #3 – School name, Male runner's name, Female runner's name, 10k total time**

**Etc. through all co-ed pairs who complete the full relay.**

**Each pair will be considered a single "runner" for their school. The results will be merged for all teams and the race will be scored using normal cross country scoring (i.e. top five score, next two displace, beyond the top seven are ignored). Ties to the 100<sup>th</sup> will not be broken and the points for the tying places will be assigned equally (e.g. if two pairs tie for fourth place, they will each receive 4.5 points and the next finishing pair will be awarded sixth place).**

**Results will be posted on [NED3.org](https://ned3.org) by the end of the day on Monday, October 5<sup>th</sup>.**

## **NED3.ORG ULTIMATE PLANK CHALLENGE**

**All members of your cross country and track & field teams may participate either in person or remotely.**

**The events contested will include the prone plank, the supine plank, the right side plank, and the left side plank. For each plank, the only contact with the ground may be the feet, the elbows and the forearms. Each participant is to be timed by a single observer who can vouch for the time. All times are to be recorded to the 100<sup>th</sup>.**

**Your team may participate in any or all of the following categories for each plank with no limit on how many team members may compete in each. You may contest all planks on the same day or spread them however you wish over the three days.**

**Top male in the Class of 2021, top female in the Class of 2021.**

**Top male in the Class of 2022, top female in the Class of 2022.**

**Top male in the Class of 2023, top female in the Class of 2023.**

**Top male in the Class of 2024, top female in the Class of 2024.**

**Top cumulative time of your team's best 10 men.**

**Top cumulative time of your team's best 10 women.**

**Top cumulative time of your team's best 25 people across both genders combined.**

**While the standard convention with hand timing is to round up to the next 10<sup>th</sup>, coaches should record their times to the 100<sup>th</sup>. This will ensure the fewest number of ties possible.**

**Coaches should upload the following information to [NED3.org](https://ned3.org):**

**School name plus the name(s) of the athlete(s) and their individual performance(s) plus the team's cumulative time for each category above.**

**The top 8 finishers in each individual category will be awarded All-New England Plank Challenge honors. The top 3 finishers in each team category will also be awarded All-New England Plank Challenge honors.**

**Results will be posted on [NED3.org](https://ned3.org) by the end of the day on Monday, October 12<sup>th</sup>.**

## **CROSS COUNTRY CONFERENCE CHALLENGE**

*All members of your cross country team may participate either in person or remotely.*

*The women's race distance shall be 5k, and the men's race distance shall be 6k.*

*The race may be run on the track or on any accurately measured cross country venue (e.g. a 1k or 2k loop).*

*The coaching staff times each runner and records his/her total time. All runners may run the race at the same time, or they may do so separately. Different runners may even run on different days, as long as all runners from the team complete the race within the three allotted days. Runners studying remotely time themselves and report their times to their coaches.*

*While the standard convention with hand timing is to round up to the next 10<sup>th</sup>, coaches should record their times to the 100<sup>th</sup>. This will ensure the fewest number of ties possible.*

*Coaches should upload the following information to [NED3.org](https://ned3.org):*

*School name, Conference affiliation, each runner's name and finish time.*

*If your school is an independent or there are no other schools from your conference who participate, you will be grouped together for scoring purposes into the Independent Conference.*

*The results will be merged for all teams in the same conference and each conference race will be scored using normal cross country scoring (i.e. top five score, next two displace, beyond the top seven are ignored). Ties to the 100<sup>th</sup> will not be broken and the points for the tying places will be assigned equally (e.g. if two runners tie for fourth place, they will each receive 4.5 points and the next finishing runner will be awarded sixth place).*

*Conferences may award All-Conference Virtual Challenge honors at their own discretion.*

*Results will be posted on [NED3.org](https://ned3.org) by the end of the day on Monday, October 19<sup>th</sup>.*

## **NED3.ORG BEAT THE CLOCK CHALLENGE & NED3.ORG BURPEE BUILDER CHALLENGE**

*All members of your cross country and track & field teams may participate either in person or remotely.*

*The exercises performed in the Beat The Clock Challenge will include jumping jacks, push-ups, and sit-ups. Each participant is to be observed by someone who can vouch for the highest number of sets completed before failure. Start a new circuit EVERY MINUTE ON THE MINUTE. For the first minute, complete one circuit of one rep of each of the three exercises and then rest for the remainder of the minute. For the second minute, complete two circuits of one rep of each of the three exercises and then rest for the remainder of the minute. For the third minute, complete three circuits of one rep of each of the three exercises and then rest for the remainder of the minute. Continue adding another circuit each minute until you fail to fit the required number of circuits within the allotted one minute.*

*The exercises performed in the Burpee Builder Challenge will include squat jumps, push-ups, and burpees. Each participant is to be timed by an observer who can vouch for the total time. For the first set, complete ten squat jumps followed immediately by ten push-ups followed immediately by ten burpees. For the second set, complete nine squat jumps followed immediately by nine push-ups followed immediately by nine burpees. For the third set, complete eight squat jumps followed immediately by eight push-ups followed immediately by eight burpees. Continue decreasing the number of reps by one on each new set. Time how long it takes to complete ten sets, where the final set is one squat jump + one push-up + one burpee.*

*Your team may participate in any or all of the following categories with no limit on how many team members may compete. You may contest both challenges on the same day or spread them however you wish over the three days.*

*Top male in the Class of 2021, top female in the Class of 2021.  
Top male in the Class of 2022, top female in the Class of 2022.  
Top male in the Class of 2023, top female in the Class of 2023.  
Top male in the Class of 2024, top female in the Class of 2024.*

***While the standard convention with hand timing is to round up to the next 10<sup>th</sup>, coaches should record their Burpee Builder Challenge times to the 100<sup>th</sup>. This will ensure the fewest number of ties possible.***

***Coaches should upload the following information to [NED3.org](https://ned3.org):  
School name plus the name(s) of the athlete(s) and their individual performance(s).***

***The top 8 finishers in each individual category will be awarded All-New England Beat The Clock or Burpee Builder Challenge honors.***

***Results will be posted on [NED3.org](https://ned3.org) by the end of the day on Monday, October 26<sup>th</sup>.***

## **CROSS COUNTRY NED3.ORG CHALLENGE**

*All members of your cross country team may participate either in person or remotely.*

*The women's race distance shall be 6k, and the men's race distance shall be 8k.*

*The race may be run on the track or on any accurately measured cross country venue (e.g. a 1k or 2k loop).*

*The coaching staff times each runner and records his/her total time. All runners may run the race at the same time, or they may do so separately. Different runners may even run on different days, as long as all runners from the team complete the race within the three allotted days. Runners studying remotely time themselves and report their times to their coaches.*

*While the standard convention with hand timing is to round up to the next 10<sup>th</sup>, coaches should record their times to the 100<sup>th</sup>. This will ensure the fewest number of ties possible.*

*Coaches should upload the following information to [NED3.org](https://ned3.org):  
School name, each runner's name and finish time.*

*The results will be merged for all teams and the race will be scored using normal cross country scoring (i.e. top five score, next two displace, beyond the top seven are ignored). Ties to the 100<sup>th</sup> will not be broken and the points for the tying places will be assigned equally (e.g. if two runners tie for fourth place, they will each receive 4.5 points and the next finishing runner will be awarded sixth place).*

*The top 35 individual finishers in each race will be awarded All-New England Division III Virtual Challenge honors. The top 3 teams in each race will also be awarded All-New England Division III Virtual Challenge honors.*

*Results will be posted on [NED3.org](https://ned3.org) by the end of the day on Monday, November 2<sup>nd</sup>.*

## **NED3.ORG FULL BODY MARATHON CHALLENGE**

***All members of your cross country and track & field teams may participate either in person or remotely.***

***The exercises performed in the Full Body Marathon Challenge will include:***

- 1) Prone Plank + Left Side Plank + Right Side Plank x 45 seconds each.***
- 2) Body Weight Squat Jumps x 8 reps.***
- 3) Push-Ups x 10 reps.***
- 4) Reverse Lunges alternating legs x 8 reps each side.***
- 5) Supine Leg Raises (lower for 5 seconds) x 10 reps.***
- 6) Body Weigh V-Ups x 10 reps.***
- 7) Bird Dogs x 10 reps each side.***
- 8) Body Weight Hip Bridge (hold for 5 seconds) x 10 reps.***
- 9) Bench Dips x 45 seconds.***
- 10) Burpees x 10 reps.***

***Perform the exercises in the specified order and repeat for as many sets as possible. There is no rest permitted between exercises or between sets. Each participant is to be timed by an observer who can vouch for the total time and the total number of circuits completed. The final partial set should be included if it is not completed, e.g. Athlete X completed 4.7 sets (four complete sets plus the first seven exercises on the fifth set) before failure.***

***Your team may participate in any or all of the following categories with no limit on how many team members may compete. Different team members may contest the challenge at any time over the three days.***

***Top male in the Class of 2021, top female in the Class of 2021.***

***Top male in the Class of 2022, top female in the Class of 2022.***

***Top male in the Class of 2023, top female in the Class of 2023.***

***Top male in the Class of 2024, top female in the Class of 2024.***

***Top cumulative sets of your team's best 10 men.***

***Top cumulative sets of your team's best 10 women.***

***Top cumulative sets of your team's best 25 people across both genders combined.***

**Coaches should upload the following information to [NED3.org](http://NED3.org):  
School name plus the name(s) of the athlete(s) and their individual performance(s).  
plus the team's cumulative sets for each category above.**

**The top 8 finishers in each individual category will be awarded All-New England Full Body Marathon Challenge honors. The top 3 finishers in each team category will also be awarded All-New England Full Body Marathon Challenge honors.**

**Results will be posted on [NED3.org](http://NED3.org) by the end of the day on Monday, November 9<sup>th</sup>.**

## **CROSS COUNTRY RIVALRY CHALLENGE**

*All members of your cross country team may participate either in person or remotely.*

*The race will be among those schools who choose to compete with each other. We recommend traditional or local rivalries such as the Maine State Meet, the Little 3 Championship, the Worcester City Meet, etc., but the choice is yours!!*

*The race distance shall be agreed upon by the participating institutions.*

*The race may be run on the track or on any accurately measured cross country venue (e.g. a 1k or 2k loop).*

*The coaching staff times each runner and records his/her total time. All runners may run the race at the same time, or they may do so separately. Different runners may even run on different days, as long as all runners from the team complete the race within the three allotted days. Runners studying remotely time themselves and report their times to their coaches.*

*While the standard convention with hand timing is to round up to the next 10<sup>th</sup>, coaches should record their times to the 100<sup>th</sup>. This will ensure the fewest number of ties possible.*

*Coaches should upload the following information to [NED3.org](https://ned3.org):  
School name, Rivalry affiliation, each runner's name and finish time.*

*The results will be merged for all rivalry teams and each rivalry race will be scored using normal cross country scoring (i.e. top five score, next two displace, beyond the top seven are ignored). Ties to the 100<sup>th</sup> will not be broken and the points for the tying places will be assigned equally (e.g. if two runners tie for fourth place, they will each receive 4.5 points and the next finishing runner will be awarded sixth place).*

*Results will be posted on [NED3.org](https://ned3.org) by the end of the day on Monday, November 16<sup>th</sup>.*

## **TRACK & FIELD NED3.ORG CHALLENGE**

***All members of your track & field team may participate either in person or remotely.***

***The events contested will include the following. Your team may participate in any or all of these events with no limit on how many team members may compete in each. You may contest 3-4 events per day, all events on the same day, or any other combination you wish over the seven days.***

***Flat running events: 50m, 150m, 300m, 500m, 1000m, 2000m, 4000m.***

***Hurdle events: 50m hurdles, 200m hurdles, 1500m steeplechase (no water jump).***

***Jumping events: High jump, pole vault, long jump, triple jump.***

***Throwing events: Shot put, weight, discus, javelin.***

***Women's Multi: 60m hurdles, 200m, 800m, High jump, Long jump, Shot put, Javelin.***

***Men's Multi: 60m hurdles, 400m, 1000m, High jump, Long jump, Shot put, Javelin.***

***Relay Events: 800m sprint medley (100-100-200-400), 1600m sprint medley (200-200-400-800), 4000m distance medley (1200-400-800-1600).***

***All events are to be contested on regularly used track & field facilities. Competition may take place either indoors or outdoors. The multi may be contested in any order over two consecutive days.***

***The coaching staff times/measures each competitor and records his/her performances. All athletes may compete at the same time, or they may do so separately. Different athletes may even compete on different days, as long as all athletes from the team compete within the seven allotted days. Athletes studying remotely time/measure themselves and report their marks to their coaches.***

***While the standard convention with hand timing is to round up to the next 10<sup>th</sup>, coaches should record their times to the 100<sup>th</sup>. This will ensure the fewest number of ties possible. All field events should be recorded to the exceeded centimeter, and each competitor has three attempts (all three taken on the same day).***

***Coaches should upload the following information to [NED3.org](https://ned3.org):***

***School name, each athlete's name and performances in all events they contest. Field event series should be reported in their entirety.***

***The results will be merged for all teams and the meet will be scored using normal track & field scoring (top 8 places, 10-8-6-5-4-3-2-1). Ties to the 100<sup>th</sup> in running events will not be broken and the points for the tying places will be assigned equally (e.g. if two runners tie for fourth place, they will each receive 4.5 points and the next finishing runner will be awarded sixth place). Ties in field events will be broken using normal conventions on second best/third best marks. Those remaining tied will be awarded a tie and points allotted accordingly.***

***The top 8 individual finishers in each event will be awarded All-New England Division III Challenge honors.***

***Results will be posted on [NED3.org](http://NED3.org) by the end of the day on Monday, November 23<sup>rd</sup>.***

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