



2025-2026

Indoor Track

Information

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2025-2026 Indoor Track Tournament Format

Entry Information - School's/Athletic Director's/Coach's Responsibilities:

Accuracy of Entries:

It is the athletic director's and/or the coach's responsibility to correctly submit all tournament entries. Inaccurate or incorrect entries will be rejected and the athlete will not be accepted into the meet. A violation of qualifying criteria will result in a follow up with school administration and may involve a hearing before the MIAA Cross Country/Track & Field Committee.

Electronic entry via Athletic.net certifies that you have read and agree to the following: *We have read, understand, and will abide by the MIAA Handbook as well as the rules for Indoor Track & Field. Further, we have received and read the entire Indoor Track & Field Format and agree to abide by all of the requirements contained therein. We alone are responsible for rule violations and realize that they will result in Tournament disqualification.*

Athletic.net:

1. All entries must be completed through Athletic.net website: <https://www.athletic.net/>
2. For information and help setting up an Athletic.net account please visit the [Quick Start Guide](#).
3. Entries MUST include where and when the performance was achieved (Qualifying performances for the 2025-26 Indoor Season can come only from MIAA sanctioned meets contested during the 2025-26 Indoor Season).
4. Performances without "where and when" info will be rejected. Additionally, qualifying performances can be challenged by coaches or the Meet Director prior to the start of the meet.
5. If the field is not filled with automatic qualifiers, the tournament director will fill the field to the minimum number of athletes per event. Therefore, you may enter athletes who have NOT made the automatic qualifying standards.
6. Automatic qualifier standards and minimum field size are included in the Divisional Championship pages in this packet.
7. Entries are viewable on Athletic.net and can be accessed by selecting the meet on your team's schedule, choose "Meet Info," then select "Entries" for each event.
8. Seeding committees will assist the Tournament Directors in the vetting of entry performances. Coaches interested in serving on a seeding committee should contact the relevant Director.

Entry Deadline Dates and Times:

1. Sunday, February 8, 2026 (8:00 PM) - Deadline for entries to be completed.
2. Monday, February 9, 2026 (3:00 PM) - Preliminary performance lists will be posted on www.miaa.net.
3. Monday, February 9, 2026 (8:00 PM) - Deadline for "courtesy scratches" to allow the Tournament Director to refill the fields to the minimum number of athletes.
4. Tuesday, February 10, 2026 (12:00 PM) - Final performance lists posted.
5. Monday, February 16, 2026 (8:00 PM) - Deadline for Meet of Champions (The top 24 entries in each event, including ties, along with each Division winner if not within the top 24 will be selected for the Meet of Champions. The weight throw at the Meet of Champions will consist of a maximum of 15 entries each for both boys and girls.
6. Tuesday, February 17, 2026 (12:00 PM) - Preliminary performance lists will be posted on www.miaa.net.
7. Wednesday, February 18, 2026 (12:00 PM) - Deadline for "courtesy scratches" to allow the Tournament Director to refill the fields to the minimum number of athletes.
8. Wednesday, February 18, 2026 (5:00 PM) - Final performance lists posted.
9. **NO LATE ENTRIES** – Late entries will not be accepted for the Indoor Track & Field tournament. The entry deadline for the Divisional Meets is 8:00 PM on Sunday, February 8, 2026. The entry deadline for the Meet of Champions is 8:00 PM on Monday, February 16, 2026. Entries can be submitted any time prior to the deadline. **NO LATE ENTRIES WILL BE ACCEPTED.**

Entry Rules/Limits:

1. An athlete may participate in no more than three events (this includes relays).
2. No athlete may be entered on Athletic.net into more than three individual events.
3. A school may enter up to 8 names for each relay team. Schools may only select competitors from the 8 names provided in each relay. Only one relay team per school is allowed.
4. Any athlete with entries in excess of the above limits will be scratched by meet management from the excess events by following the listed order of events.



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Check-in Information - Day of Meet Responsibilities

Entry Declaration/Athlete Supervision:

1. All coaches must declare their teams' entries prior to the start of the meet. **REMINDER:** No athlete can be declared in more than three events, which includes relays.
2. If an athlete has not been scratched from an event prior to the start of the meet, that event will count towards their three event maximum.
3. Coaches entering without their team will need to show identification to be admitted.
4. All athletes must be accompanied by a coach or school representative. If non-school personnel accompany an athlete, they must bring a signed approval from the high school principal to chaperone and represent the competing athlete.

Packet Pick-up:

1. Team packets with entries, bib numbers, and declaration/scratch sheets should be picked up by a coach upon arrival.
2. Coaches will need to complete scratches at packet pick-up for any athletes not competing in an event for which they are entered and return to the official. If an athlete (or relay) needs to be scratched during the meet, please see the computer operator.
3. Coaches will complete the electronic Emergency Contact Google Form prior to the start of the meet.

MEET Management Information:

General Rules:

1. **All MIAA rules will be followed:** High school track and field in Massachusetts is governed by the latest edition of the National Federation (NFHS) rule book for Track & Field, except where modified within this document/by the Games Committee.
2. **Warm-ups:** Warm-ups should not be done on the infield. The gymnasium may be available for warm-ups.
3. **Spikes:** Only ¼" Pyramid spikes are allowed. Spikes may only be worn inside the track area (not in the foyer, hallways, or gymnasium). Use of illegal spikes may result in disqualification.
4. **Restricted Areas/Coaching Boxes:** Non competitors are not allowed inside the track. Coaches are not allowed inside the track, with the exception of the designated coaches' boxes.
5. **Scoring/Awards:** In the Divisional meets, scoring will be 10-8-6-5-4-3-2-1 along with para-athlete scoring. Medals will be awarded to all scoring athletes and the top two teams will receive trophies. In the Meet of Champions, medals will be awarded to the top 8 athletes (and ties) in each event, but there will be no scoring or team trophies.
6. **Jury of Appeals:** A jury of appeals composed of 3 officials and 2 coaches will be assigned to hear written appeals submitted to the referee.
7. **Para Athletes:** Whenever possible, para-athletes will be included in traditional heats/flights. Seeding procedures may be adjusted in such cases, as necessary (example: a hearing-impaired athlete moved to an inner lane to recognize false starts). The 2026 Indoor Para Track Format and Scoring Table can be found on the MIAA website. Tournament Directors MUST be notified when entering prior to the meet.
8. **Medical Coverage** – Medical coverage will follow local guidelines and policies. At least one licensed athletic trainer and at least one of the following: physician, physician's assistant, certified EMT, or nurse practitioner will be available at all MIAA State Championship Meets. The MIAA will compensate for this coverage at these sites.

Event-Specific Rules:

1. **Field Events Sign-in:** All field event athletes must sign in before the first flight.
2. **Field Events Competition Order:** Field event athletes can be excused for a maximum of 15 minutes for competition in another event.
3. **High Jump Marks:** No high jump marks are permitted within 2 meters of either standard. Only white athletic tape may be used for marks.
4. **Equipment:** Shot puts and starting blocks will be provided. Relay teams must bring their own batons.



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MIAA State Championship Meets

Please refer to Divisional Meet Championship schedules for all the relevant meet information, including date, time frame, minimum qualifiers per event, qualifying standards and in-meet info like preferred lanes, trials and finals processes, etc. These schedules are located on the MIAA website.

MIAA Meet of Champions Qualifiers

Like the Divisional Championships, please refer to the Meet of Champions schedule for all of the same information for the Meet of Champions. This schedule is located on the MIAA website.

Qualifiers

- All Events - The **Top 24** entries in the respective events, including ties, will be selected for the Meet of Champions along with top place winner from each Divisional Championship (1, 2, 3, 4, 5) if not within the top 24.

All entries, including top place winners, must be completed through Athletic.net: www.athletic.net. All entries must be submitted by Monday, February 16th at 8:00pm. Entries **MUST** include where and when the performance was achieved (Qualifying performances for the 2025-26 Indoor Season can come only from MIAA sanctioned meets during the 2025-26 Indoor Season). Performances without "where and when" info will be rejected. Additionally, qualifying performances can be challenged by coaches or the Meet Director prior to the start of the meet.

Preliminary performance Lists will be posted on <http://www.miaa.net> on Tuesday, February 17th by 12pm. Deadline for "courtesy scratches" is Wednesday, February 18th at 12:00pm. Final performance lists will be posted on Wednesday, February 18th at 5:00pm.

If listed on the final performance list, you are in, no further information will be sent. The performance list will be declared final 24 hours after being released. Medals will be awarded to the top 8 individuals in each event.

New England Indoor Track Meet Information

NEW ENGLAND INDOOR TRACK & FIELD CHAMPIONSHIP MEET to be held on Saturday, February 28, 2026 – beginning at 10:30 a.m.

The New England Council voted on October 10, 2018 that all entries into the New England Indoor Meet must come from the MIAA Meet of Champions Indoor Meet.

The top 6 in each event from the Meet of Champions will be eligible for the New England Championships. Athletes **MUST** register on Athletic.net by Sunday, February 22nd at 6pm. If someone in the top six is unable to attend, then the field will be filled with the next best entry submitted on Athletic.net. **NO LATE ENTRIES WILL BE ACCEPTED.**

The New England Entries will be posted on the New England Website.