



2026

Outdoor Track

Information

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2026 Outdoor 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 the Athletic.net website 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 Outdoor Track & Field. Further, we have received and read the entire Outdoor 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 2026 Outdoor Season can come only from MIAA sanctioned meets contested during the 2026 Outdoor 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. Fill-the-field qualifiers in the 100m, 200m, and 100/110m hurdles will come from FAT times only.
7. Automatic qualifier standards and minimum field size are included in the Divisional Championship pages in this packet.
8. 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.
9. 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. Saturday, May 23, 2026 (8:00 PM) - Deadline for pentathlon entries to be completed.
2. Sunday, May 24, 2026 (12:00 PM) - Pentathlon performance list posted on www.miaa.net
3. Monday, May 25, 2026 (8:00 PM) - Deadline for all other entries to be completed.
4. Tuesday, May 26, 2026 (5:00 PM) - Preliminary performance lists will be posted on www.miaa.net.
5. Wednesday, May 27, 2026 (12:00 PM) - Deadline for "courtesy scratches" to allow the Tournament Director to refill the fields to the minimum number of athletes.
6. Wednesday, May 27, 2026 (5:00 PM) - Final performance lists posted.
7. Monday, June 1, 2026 (8:00 PM) - Deadline for Meet of Champions. The top 16/24/32 entries in the respective events, including ties, will be selected for the Meet of Champions along with each Division winner if not within the top 16/24/32.
8. Tuesday, June 2, 2026 (12:00 PM) - Preliminary performance lists will be posted on www.miaa.net.
9. Tuesday, June 2, 2026 (5:00 PM) - Deadline for "courtesy scratches" to allow the Tournament Director to refill the fields to the minimum number of athletes.
10. Wednesday, June 3, 2026 (8:00 AM) - Final performance lists posted.
11. **NO LATE ENTRIES** – Late entries will not be accepted for the Outdoor Track & Field tournament. The entry deadline for the Pentathlon is 8:00pm on Saturday, May 23rd. The entry deadline for all other Divisional Meet entries is 8:00 PM on Monday, May 25th. The entry deadline for the Meet of Champions is 8:00 PM on Monday, June 1st. Entries can be submitted any time prior to the deadline.



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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.

NOTE: If an athlete is scratched from the Pentathlon, after being accepted, it will count as one event toward that athlete's three-event maximum.

Entry Declaration

1. All coaches must declare their teams' entries prior to the start of each meet day. **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 each meet day, that event will count towards their three event maximum.

Check-in Information - Day of Meet Responsibilities

Facility Entry/Athlete Supervision:

1. 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.
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 meet director.
3. Coaches will need to complete the Emergency Form Google Doc (provided by each Tournament Director) prior to picking up their team packets.
4. **REMINDER:** The packet received will be the packet for both days of the tournament.

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. **Spikes:** Only ¼" Pyramid spikes are allowed. Use of illegal spikes may result in disqualification.
3. **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.
4. **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.
5. **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.
6. **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 Outdoor Track Format and Scoring Table can be found on the MIAA website. Tournament Directors MUST be notified when entering prior to the meet.
7. **Drone Policy:** The MIAA prohibits the use of drones (Unmanned Aircraft Systems) throughout the entire facility being used as part of the MIAA event.



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Event-Specific Rules:

1. **Field Events Sign-in:** All field event athletes must sign in before the first flight, regardless of the flight to which they are assigned.
2. **Field Events Competition Order:** Field event athletes can be excused for a maximum of 15 minutes for competition in another event. High Jump and Pole Vault bar will not be held for an excused athlete.
3. **High Jump Marks:** No high jump marks are permitted within 2 meters of either standard.
4. **Equipment:** Starting blocks will be provided. Relay teams must bring their own batons. Throwers must bring their own NFHS compliant implements, which will be weighed/inspected.
5. **Pentathlon:**
 - a) Athletes must have certified performances in all five (5) events from the current outdoor track season only.
 - i. Boys: 110m HH, Long Jump, Shot Put, High Jump, 1500m (1 Mile time can be used)
 - ii. Girls: 100m HH, High Jump, Long Jump, Shot Put, 800m
 - b) **If an athlete is scratched from the Pentathlon, after being accepted, it will count as one event toward that athlete's three-event maximum.**
 - c) Athletes will have 30 minutes between events.
 - d) The high jump will progress in 5 cm increments. Athletes must declare their opening height. All heights in both genders will end with 0 or 5 cm (e.g. 1.20, 1.25...)

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

- Pentathlon - **Top** place winner from each Divisional Championship (1, 2, 3, 4, 5, 6) plus the six highest scores entered from MIAA sanctioned pentathlon competitions during the 2026 outdoor season.
- All Other Events - The **Top 16/24/32** 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, 6) if not within the top 16/24/32.

All entries, including top place winners, must be completed through Athletic.net: www.athletic.net. All entries must be submitted by Monday, June 1st at 8:00pm. Entries **MUST** include where and when the performance was achieved (Qualifying performances for the 2026 Outdoor Season can come only from MIAA sanctioned meets during the 2026 Outdoor 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, June 2nd by 12pm. Deadline for "courtesy scratches" to is Tuesday, June 2nd at 5pm. Final performance lists will be posted by Wednesday June 3rd at 8am. 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 Outdoor Track & Field Championship Meet – Willow Brook Park – New Britain, CT Saturday, June 13, 2026

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

An athlete who competed in the MIAA Meet of Champions and wishes to register for the New England Championships must enter on Athletic.net using their performance from the Meet of Champions by 6PM on Sunday, June 7th. The top 6 entries will be selected as the Massachusetts competitors for the New England Meet. **NO LATE ENTRIES WILL BE ACCEPTED.**

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



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MIAA POLE VAULTER'S WEIGHT CERTIFICATION – BOYS AND GIRLS

INSTRUCTIONS

Member schools are required to have this form completed - list each athlete to be entered in MIAA state competition – AND bring this form to both the MIAA Divisional Meet and the All-State Meet. This form must be available for the Meet Director, for comparison with the manufacturer's pole rating of the pole used by each vaulter. Vaulters may be weighed, on site, prior to competition in MIAA championship meets.

Failure to bring this completed form will result in the athlete not being allowed to compete.

SCHOOL: _____

Name of Vaulter	Weight*	Pole Rating
1.		
2.		
3.		

***Includes full competition uniform and footwear**

Pole Vault Coach Certification No. _____

POLE RATING

National Federation Track and Field Rule 7-5-3...The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 314 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer.

Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one-inch contrasting color printed lengthwise above the hand-hold band.

