



**Unified
Champion
Schools**

2026

Unified Track & Field

Information

UNIFIED TRACK & FIELD PAGE

- Committee Member Listing
- Committee Meeting Dates
- Important Dates



2026 Unified Track & Field Information

Schedule and Season Commitment

March 16: Practices Begin

March 26: First Potential Meet Date

April 16: Intent to Enter Postseason and Final Roster Number Deadline
Schools must submit team rosters on Athletic.net AND the Special Olympics MA Google Sheet by this date.

April 29/May 6: Sectional Meet Entry Deadline
Times/distances for all students participating in the Sectional Meets must be submitted via Athletic.net by 11:59pm on the deadlines.
April 29 by 11:59pm (for meets taking place May 4-8)
May 6 by 11:59pm (for meets taking place May 11-14)

May 8: Team Sportsmanship Award Nomination Deadline
Click here for the nomination form

May 4-14: Sectional Meets*
See page 8 for dates and locations.

May 18-19: Notification of Advancement to State Meet
Advancement results from Sectional Meets will be posted on the MIAA website

May 22: Team and Individual Scratches for the State Championship Meet are due by **12:00pm on this date.**

May 27: State Championship Meet*
Natick High School
8:30-9:30am Arrival, 10:00am Opening Ceremonies
(Rain Date – June 1)

**Decisions regarding meet postponements will be made by the MIAA staff, Special Olympics Massachusetts staff and Site Managers.*

General Information

1. Rules:

MIAA and Special Olympics Massachusetts rules will be followed.

2. Divisions:

- A. Team divisions and sections will be developed based upon the number of competition slots available for each team. The competition slots are determined based upon roster sizes (partners and athletes) that must be reported to MIAA and Special Olympics MA by **April 16** (see page 4). Divisions 1 and 2 will be divided as evenly as possible after the competition slot data is finalized.
- B. Team scores will be calculated for both Division 1 and Division 2 at the Sectional Meets and State Championship Meets.

3. Qualifying Standards:

- A. At the Sectional Meets the student-athletes will be placed into pre-defined tiers within each event based on submitted performances to Athletic.net.
- B. For the State Championship Meet student-athletes will qualify based on performances from the Sectional Meets.



2026 Unified Track & Field Information

4. Exhibition Competition

Exhibition races will be conducted for students that utilize wheelchairs or assistive devices that are not self-propelled.

5. Medical Coverage:

A licensed athletic trainer will be available at all MIAA/Special Olympics Massachusetts sponsored meets.

6. Responsibility of Participating Schools:

All schools are responsible before, during and after a meet for the proper conduct of their coaches, student-athletes and spectators.

7. Team Sportsmanship Award:

Nominations for the MIAA/Special Olympics Massachusetts Unified Track and Field Team Sportsmanship Award are due by **May 8, 2026**.

8. Contact Information:

MIAA Staff
Peter Smith
psmith@miaa.net
508-541-9834

Special Olympics Massachusetts Staff
Kathy Lutz
kathy.lutz@specialolympicsma.org
508-485-0986

9. Jury of Appeals:

Will be composed of three officials and two coaches. Questions and concerns must be reported to MIAA and Special Olympics MA Site Managers.

10. Free Admission:

Admission will be free for spectators at all meets.

11. Awards Ceremonies:

At both the Sectional Meets and the State Championship Meet:

- A. The individual events awards ceremonies will take place at the conclusion of each event.
- B. The team award ceremonies will take place at the conclusion of the meet.



2026 Unified Track & Field Information

Sectional Championship Meet Information

Sectional Meets will take place May 4-14, 2026.
See page 8 for dates and locations.

A. Entry Information

1. Meet entries (times/distances) are due via Athletic.net on the following dates:
Wednesday, April 29 by 11:59pm (for meets taking place May 4-8)
Wednesday, May 6 by 11:59pm (for meets taking place May 11-14)
2. Changes will not be permitted after the entry deadline – scratches only.
3. The defined performance tiers within each event are listed on Page 7 and submitted performances will be placed accordingly.

4. Individual Entry Limitations

Participants may be entered in a maximum of 1 field event, 1 running event, and 1 relay event.
Please see #5 and #6 below for additional details regarding the differences between *Athlete* and *Partner* entry limitations.

5. Athlete Entries

All Athletes may be entered in 1 field event, 1 running event, and 1 relay event.

6. Partner Entries

If a team roster includes more partners than athletes, the number of competition slots for *Partner* entries will be based upon the number of *Athletes* competing on a team multiplied by three (not to exceed a maximum of 1 field event, 1 running event and 1 relay event per *Partner*). Please see the chart below for additional guidance regarding *Partner* entries.

Number of Athletes on Team	Maximum Competition Slots for Athletes	Maximum Competition Slots for Partners	Partner Participation Slots
1	2	2	1 Field, 1 Track
2	4	6	3 Field, 3 Track
3	6	9	5 Field, 4 Track (vice versa)
4	8	12	6 Field, 6 Track
5	10	15	8 Field, 7 Track (vice versa)
6	12	18	9 Field, 9 Track
7	14	21	11 Field, 10 Track (vice versa)
8	16	24	12 Field, 12 Track
9	18	27	14 Field, 13 Track (vice versa)
10	20	30	15 Field, 15 Track
11	22	33	17 Field, 16 Track (vice versa)
12	24	36	18 Field, 18 Track
13	26	39	20 Field, 19 Track (vice versa)
14	28	42	21 Field, 21 Track
15	30	45	23 Field, 22 Track (vice versa)



2026 Unified Track & Field Information

16	32	48	24 Field, 24 Track
17	34	51	26 Field, 25 Track (vice versa)
18	36	54	27 Field, 27 Track
19	38	57	29 Field, 28 Track (vice versa)
20	40	60	30 Field, 30 Track
21	42	63	32 Field, 31 Track (vice versa)
22	44	66	33 Field, 33 Track
23	46	69	35 Field, 34 Track (vice versa)
24	48	72	36 Field, 36 Track
25	50	75	38 Field, 37 Track (vice versa)

7. Relay Entries:

All schools may enter **one** 4 x 100 Meter Relay Team and **one** 4 x 400 Meter Relay Team.

Relay teams must be comprised of two athletes and two partners.

8. *Unified Track and Field Sectional Meets will be scheduled May 4-14, the same date range as some Advanced Placement Exam Dates. Please tell all coaches and student-athletes now so alternative plans may be made if necessary. A listing of Advanced Placement exam dates and late-testing dates can be found at [this link](#).*

B. Events

The order of competition will be determined by division. Division 1 schools will begin with the Track Events and Division 2 schools will begin with the Field Events.

Field Events: Long Jump, Shot Put, and Javelin

Running Events: 800 Meter, 400 Meter, 100 Meter

Relay Events: 4 x 100 Meter Relay, 4 x 400 Meter Relay

C. Individual and Team Awards

1. The top six places in **each tier within each event** in Division 1 and Division 2 will score. Points will be 10-8-6-4-2-1.
2. Award ceremonies will take place after the completion of each flight (field events) or heat (running events) throughout the entire meet. Ribbons will be awarded for up to 6 places **for each flight or heat. Please note - first place within a flight or heat does not determine advancement to the State Championship Meet.**
3. Medals will be awarded to the Champion and Finalist teams in Division 1 and Division 2.



2026 Unified Track & Field Information

State Championship Meet Information

Wednesday, May 27, 2026 (rain date June 1)

Natick High School

8:30-9:30am Arrival/10:00am Opening Ceremonies

A. State Championship Meet Advancement

1. The top 12 times from all Sectional Meets combined, within each tier of each running event will advance to the State Meet.
2. The top 12 distances from all Sectional Meets combined, within each tier of each field event will advance to the State Meet.
3. If a student performs better than the performance range of their entered tier during the Sectional Meet, that student will be placed in the corresponding tier of their performance to determine qualification for the State Championship Meet.
 - A student's Sectional performance may bump that student into a higher performing tier for the State meet. (i.e. if entered in Tier 3 for the Sectional meet and the student runs/throws a Tier 4 time/distance – student will be placed in Tier 4 for potential State Meet qualification)
 - A student's Sectional performance will not bump the student into a lower performing tier for the State Meet. (i.e. if entered in Tier 6 for the Sectional meet – the student cannot move down to Tier 5 for the State Meet and will remain in Tier 6 for potential State Meet qualification).
4. Division 1 and Division 2 will compete separately.
5. **Relay Information:** Schools planning to compete in the 4x100 or 4x400 Relays must register in advance. **Relay teams must be comprised of two athletes and two partners.** Relay teams must have competed at the Sectional Meet and will be seeded based on Sectional Meet performances. Relay entries will be capped per division at 24 teams for the 4x100 and 12 teams for the 4x400.
6. The heats and flights for the State Championship Meet will be posted by **Tuesday, May 19**.
7. All scratches are due by **Friday, May 22 at 12:00pm**. Scratches reported by this time will provide an opportunity for the next eligible student to advance to the state meet. Scratches reported after this time will not advance a new participant.

B. Order of Events (Times are Estimated)

10:00am	Division 2	Field Events: Long Jump, Shot Put, Javelin Throw
	Division 1	Running Events: 800 M, 400 M, 100 M, 4 x 100 Relay, 4 x 400 Relay
11:30am	Division 1	Field Events: Long Jump, Shot Put, Javelin Throw
	Division 2	Running Events: 800 M, 400 M, 100 M, 4 x 100 Relay, 4 x 400 Relay

C. Individual and Team Awards

1. The top six places in **each tier within each event** in Division 1 and Division 2 will score. Points will be 10-8-6-4-2-1.
2. Award ceremonies will take place after the completion of each tier of each event.
3. Trophies and medals will be awarded to the Champion and Finalist teams in Division 1 and 2.



2026 Unified Track & Field Information

Event Tiers for Sectional and State Championship Meets

Shot Put Tier 1	Under 9'	100 Meter Dash Tier 1	40.0+
Shot Put Tier 2	9' – Under 13'	100 Meter Dash Tier 2	32.0 – 39.99
Shot Put Tier 3	13' – Under 16'6"	100 Meter Dash Tier 3	27.0 – 31.99
Shot Put Tier 4	16'6" – Under 20'	100 Meter Dash Tier 4	23.0 – 26.99
Shot Put Tier 5	20' – Under 26'	100 Meter Dash Tier 5	21.0 – 22.99
Shot Put Tier 6	26' – Under 32'6"	100 Meter Dash Tier 6	19.5 – 20.99
Shot Put Tier 7	32'6" – Under 38"	100 Meter Dash Tier 7	18.0 – 19.49
Shot Put Tier 8	38' and over	100 Meter Dash Tier 8	17.0 – 17.99
Long Jump Tier 1	Under 2'	100 Meter Dash Tier 9	16.0 – 16.99
Long Jump Tier 2	2' – Under 3'6"	100 Meter Dash Tier 10	14.0 – 15.99
Long Jump Tier 3	3'6" – Under 5'	100 Meter Dash Tier 11	Up to 13.99
Long Jump Tier 4	5' – Under 6'6"	400 Meter Dash Tier 1	2:00+
Long Jump Tier 5	6'6" – Under 8'6"	400 Meter Dash Tier 2	1:45 – 1:59.99
Long Jump Tier 6	8'6" – Under 10'6"	400 Meter Dash Tier 3	1:30 – 1:44.99
Long Jump Tier 7	10'6" – Under 13'	400 Meter Dash Tier 4	1:20 – 1:29.99
Long Jump Tier 8	13' and over	400 Meter Dash Tier 5	Up to 1:19.99
Javelin Throw Tier 1	Under 13'	800 Meter Run Tier 1	3:30+
Javelin Throw Tier 2	13' – Under 18'	800 Meter Run Tier 2	3:00 – 3:29.99
Javelin Throw Tier 3	13' – Under 18'	800 Meter Run Tier 3	Up to 2:59.99
Javelin Throw Tier 4	23' – Under 30'	4x100 Meter Relay Tier 1	
Javelin Throw Tier 5	30' – Under 40'	4x400 Meter Relay Tier 1	
Javelin Throw Tier 6	40' – Under 55'		
Javelin Throw Tier 7	55' – Under 70'		
Javelin Throw Tier 8	70' and over		



2026 Unified Track & Field Information

Sectional Meets and Divisions

<u>Section</u>	<u>Host School</u>	<u>Meet Date</u>	<u>Arrival Time</u>	<u>Meet Time</u>	<u>Rain Date</u>
Central	Millbury HS	May 5, 2026	12:30pm	1:15pm	May 7
East	TBD				
South	Durfee HS	May 7, 2026	2:30pm	3:15pm	May 14
Metro	Walpole HS	May 11, 2026			May 13
North	TBD				
West	Holyoke HS	May 13, 2026	2:30pm	3:00pm	May 14 (3:30)
State	Natick HS	May 27, 2026	8:30-9:30am	10:00am	June 1

*****Sections and Divisions will be determined based upon roster sizes as required to be submitted to MIAA and Special Olympics MA by April 16.***