LEAGUE RULES FOR ALL FACILITIES (2026-2027 SEASON)

1. Order of Running Events: 3000m (or 4x800); 55mH; 55m; 1000m; 600m; 300m; 1500m; 4x400m Relay, 4x160m or 4x200m relay (depending on the facility). Girls precede Boys in running events.

2. Field Event Order: Girls first in High Jump and Shot Put. Boys first in Long Jump. (This switches Week **5** only)

3. SPIKES: Spikes are only allowed at Phillips Exeter Academy (1/4 inch max). At UNH and Plymouth, **NO** spiked shoes or shoes designed for spikes are allowed, except in the high jump. At USM, no spikes are allowed for any event.

4. Each team is allowed at most five (5) entries per event, except in the dash and hurdles, where eight (8) are allowed, but only 40 total **individual** event entries are allowed per team per gender. Relays do **NOT** count towards the 40 entry rule.

5. No food or drinks other than water are allowed in the indoor track at **all** facilities.

6. Harassment of officials or meet management by coaches will subject their respective teams to disqualification from the meet. Harassment of officials by an athlete will result in that individual's disqualification from the meet. If an athlete or coach is disqualified under this rule, a notification of this action will be sent to his or her school's athletic director.

7. No doubling in any combination of the 600, 1000, 1500 or 3000 in regular season meets, unless an athlete has met or exceeded the Qualifying standard in one of these events in meet competition during THIS SEASON. In that case the athlete can double in any 2 of these for the remainder of the regular season. Therefore, there will be no doubling in any athlete's first meet. In regular season meets, no tripling ever in these events. In the Qualifier meets there is no doubling at all in these events.

8. There will be no shot putting, high jumping, or long jumping allowed after competition in that event has ended. No sitting on the high jump pit after the event is completed. Practices or workouts of any kind are not permitted after a meet concludes unless you have booked that time separately with that facility.

9. All athletes must compete in an official school issued uniform. Refer to the 2026-2027 NFHS Track and Field Rule Book for clarification.

10. In the Long Jump, there will be no runbacks during warm-ups. An athlete should have a measurement, then run forward and adjust accordingly. No additional takeoff board will be added. An athlete must be capable of making the pit from the designated board. (JV meets will have an adjusted takeoff board)

11. No hard-shell shot puts made with a polyethylene shell are allowed. The coach is responsible to ensure competence and control in the athlete(s) throwing rotational shot put.

12. Opening heights for the high jump will be 4' for girls and 5' for boys for Weeks 1+2, then 4'1 and 5'1 for odd numbered weeks after that. This may be adjusted at the Qualifier Meet. In the high jump an athlete is allowed at most two check marks.

13. Consider limiting less gifted athletes to one (1) event. Also consider entering less talented distance runners in the 1000m or 1500m, not the 3000m.

14. Scoring in all regular season meets will be six places (10-8-6-4-2-1). There is no scoring at the Qualifier Meets at the end of the season.

NEW HAMPSHIRE INDOOR TRACK LEAGUE RULES
SPECIFIC TO UNH

1. Number of laps per event: 3000m—18.75; 1500m—9.375; 1000m—6.25; 600m—3.75; 300m—1.875. All of these events finish at the same place—underneath the big white beam on the sprint straightaway.

2. **All competitors and spectators must remain within the track facility. Anyone found in off limits of the building could bring immediate disqualification to their team that day. The only time athletes should be in the main hallway is when they are entering the building or going to the bathroom. They should not "hang out" in the hallways nor can they warm up or practice handoffs in the hallways. THEY MAY GO OUTSIDE TO WARM UP.**

   *Athletes **can** eat in the Foyer area by the entrance to the basketball gym, but need to be well behaved and tidy.

3. Do NOT enter the building (this includes the foyer) more than **45** minutes before your meet starting time. The coach's first responsibility when arriving is to check in at the timing table to let them know that team is present and then take care of any scratches and/or adds that they have.

4. In the 3000m run, we will get times for all finishers. However, counting the laps of athletes outside of the top 6 has always been the coach's responsibility so please continue to do that. You should assign one person to each of your athletes (non-scorers) to count their laps and to tell them how many laps they have to go.

5. The 3000m run will be combined (boys and girls) at every meet unless the entries dictate splitting them. Meet management will decide if they will be split approximately 15 minutes before the start of the race and it will be announced. Assume as a default that they will be combined.

6. In all meets, the 4x160m relay will be run in lanes for the first two laps. The 3rd runner may cut in immediately after receiving the hand-off. In this relay, we will only run 2 teams at a time. If there is an odd number of teams, then we will run 3 teams in the slowest heat.

7. In all meets, all heats of the 300m will be run in lanes all the way. **No** blocks will be allowed in the 300m except at the Qualifier Meet.

8. If an athlete becomes ill, they should try and find a barrel if they can't make it to the restroom. If one of your athletes gets sick on the floor/track, it is your responsibility as a coach to get it cleaned up.

9. As the meet progresses, if you have scratches, particularly in the 300m and relays, please report them to the clerk at the check in table ASAP so that we can reseed the heats if necessary.

10. In the shot put, an athlete's 1st throw will be measured. After that, only girl's throws of 20ft+ and boys of 30ft+ will be measured.
    Coaches: please only bring athletes to these "regular" (non-JV) meets that are capable of meeting or exceeding these standards. JV meets will not have these standards and all throws at JV meets will be measured.

11. Shot Put and Long Jump athletes will be given four throws / jumps per meet unless the meet director deems it necessary to alter that number. At the Qualifier Meet athletes get 3 throws / jumps, then top 8 go to finals for 3 more throws / jumps.

Important Notes to Coaches:

1) Please enter actual seed performances for each athlete. NT, ND, NH are not acceptable entries for any event at any meet, even the first meet of the season. If you have to guess, make your best guess about what your athletes can do. You know them, and you should be able to make an educated guess. Not sure what to put down for your athlete? Ask Mike Lyford.

2) The only performances eligible to be used as Qualifier Meet entries or State Meet entries (aka Battlenotes) are the following:

- **Performances that occurred during this 2026-2027 Indoor Track season. This is defined as the dates between and including 12/12/2026 and 1/24/2027.**

- Performances that occurred at meets within the dates specified above with **only** high school students as competitors AND also with athletes representing their designated schools. Performances at meets with a mix of college, professional, adult athletes etc will not be accepted, nor will performances from athletes representing club teams.

- Not sure if a non-League meet you want to attend meets the criteria above? Ask Mike Lyford.

3) Conversions:

- If you have athletes competing in the 1600m, 1 Mile, 3200m, or 2 Mile at non-League meets that fit the criteria above that's fine; please email the times you'd like converted to Mike Lyford, at mlyford@sau52.org He will tell you the converted time you'll need to use for State Meet / Battlenotes entries.

- "En route" times will not be accepted.

- The events listed above are the only distances eligible for conversion, **except**…

- **This season we are piloting a conversion factor for all UNH track events over one lap in distance based on NCAA conversion tables.** Conversions will include the 4x160m to the 4x200m.

- All UNH conversions will be emailed to coaches and ADs and posted weekly on https://nh.staterunning.net/

- **No conversion from any meet is eligible for a State Record. (**State Records can be broken at League Meets)

4) NEW POLICY: ALL sprint (one lap) relay seed times for ALL venues and meets (including State Meet / Battlenotes) **will be 4x200 times**. Coaches will use the actual 4x200m times from meets or the converted times posted after UNH meets. This is a complete reversal of procedure, and we understand there will be an adjustment period.

5) Only FAT times are accepted for all League meets and the State Meets.

Coaches need to enter the correct performances for their division in the **Qualifier Meets** on DA where there are mixed divisions. DirectAthletics entries for the Qualifier Meet will have the D2 standards set as the baseline, but D1 coaches need to be aware of the D1 standards when entering athletes and stick to those. We will email coaches directly if we see issues with this.

Athletes are not eligible to compete in the Qualifier Meet or the State Meet unless you enter them yourself in DirectAthletics. **Please remember to also enter the date and location along with each performance.**

*Please make sure your athletes and families understand that being on the State Meet / Battlenotes list does not mean those athletes are guaranteed to make it to the State Meet.

Protocols for Indoor Track Meets at Phillips Exeter Academy (PEA) in the Thompson Field House 2026-2027

Welcome to Thompson Field House on the campus of Phillips Exeter Academy (PEA)! As we prepare for your arrival to the track, we'd appreciate your compliance with the following procedures to make for an efficient and healthy meet.

Getting to Thompson Cage: Chadwick Lane, Exeter, NH. Buses will turn onto Chadwick Lane. Continue straight until reaching the *outdoor* track. If you are more than **30 minutes** ahead of the meet's start time, please pause to the left curb to wait the time out. When ready to proceed, turn LEFT and loop JUST PAST the parking garage located under Thompson Field House. Buses may pause here to unload the team. After unloading, the bus will continue another 200m to the holding lot. There will likely be security guards or other members of the community who will guide you through this process until it becomes familiar.

Entering the Facility:

- **No Food or Drinks** (other than water) **allowed**. We are also working to eliminate plastic bottles. Please encourage the bringing of a reusable (labeled with name) container.
- Teams will be expected to enter the facility no earlier than 30 minutes ahead of the start time.
- Restrooms are at the top of the ramp as you walk into the facility from outside.
- Please do your best not to track snow in. Athletes and Coaches should have footwear to swap into if weather is an issue.

You should know:

- ¼" spikes are allowed
- The track is a 200m flat track with a Beynon surface
- The Oval is 6 lanes, the Straight is 8 lanes
- Fully Automatic Timing (FAT) is in place
- Throwing circles are wood
- *Athletic Trainers will be available in the facility*

(continued on back)

The Meet

1. Coaches should bring any scratches or late additions directly to the timing company table as soon as they get their team settled.

2. Athletes will check-in and get hip numbers at a table adjacent to that timing company table on the infield. First and second calls will be broadcast. Please remind athletes to put hip number backing sheets into a trash bin.

3. Field event check in will happen at the specific venue (i.e. HJ pit, throws circle)

4. **Order of Events:**

   Field:
   High Jump (Girls before Boys)
   Long Jump (Boys before Girls)
   Shot Put (Girls before Boys)

   Running
   (Girls before Boys in all running events)
   3000m
   55m High Hurdles (followed by Finals)
   55m Dash (followed by Finals)
   1000m
   600m
   300m
   1500m
   4x400m
   4x200m

Departure:

Please, please leave your team area the way you found it (or even cleaner!)

Plymouth State University Guidelines for Indoor Track League Meets at ALLWell North Recreation Center

ALWAYS MONITOR NHTF WEBSITE FOR UPDATES, DELAYS and ANY POSTPONEMENT TO THE SCHEDULE:
https://nh.staterunning.net/

GPS Address: 32 North River Road Holderness, NH 03245
https://athletics.plymouth.edu/facilities/bank-of-new-hampshire-field-house-at-allwell-north/31

Wireless Internet Connection: PSU Secure Guest - Password: plymouth

Teams with set up duty should arrive 60 minutes prior to the start of the meet.

TEAMS THAT ARE PROVIDING HELPERS, PLEASE HAVE YOUR HELPERS ARRIVE 30 MINUTES PRIOR TO THE START OF THE MEET TO ATTEND THE OFFICIALS' MEETING.

Teams not involved with set-up do not enter the track facility until 45 minutes prior to the start of the meet.

Bus Parking: Team Buses can park at the oval in front of the ALLWell North Active Learning and Fitness Center (8-9 max.) Additional bus parking is at the Hanaway Ice Hockey Rink on the opposite side of Holderness Road.

Officials and Spectator Parking: All in attendance should access the parking garage underneath the ALLWell Facility unless it is full. Depending on the day and time this is metered parking. Additional parking for spectators is located at the Hanaway Ice Hockey Rink located on the opposite side of Holderness Road.
** There is absolutely no parking on North River Road (this is residential only)*

Entries: deadlines for Direct Athletics are posted on DA in the "Schedule" tab.

No spikes are allowed on the track or runways.
• 1/4 inch, pyramid spikes will be allowed for the high jump only!

Timing/Results: by Speed Sporting - www.sstresults.com - for online results during the meet.
Official results will also be posted on nh.staterunning.net at the conclusion of the meet.

Runways and HJ Area: Only marking tape provided by meet management will be allowed.

There will be a coach's meeting 15 minutes before the meet starts.

GENERAL RULES FOR ALL FACILITIES FOR THE NEW HAMPSHIRE INDOOR TRACK LEAGUE APPLY

Protocols for Indoor Track Meets at The University of Southern Maine-Gorham (USM)

in the Costello Field House 2025-2026

Address: Costello Field House, 43 Campus Ave, Gorham, ME 04038

Parking: ALL parking at USM costs money, one dollar per hour, or a full day is six dollars.

There are easy to understand and easy to utilize credit card kiosks in the main lobby of the facility.

Buses: Unless bus drivers want to pay for parking on campus, buses can park for free here:

Village Elementary School, 12 Robie St, Gorham, ME 04038

Please get your bus driver's cell phone number so you can call them as the meet wraps up.

Entering the Facility:

- **No Food or Drinks** (other than water) **allowed**.
- Teams will be expected to enter the facility no earlier than **45 minutes** ahead of the start time. (Exception, **Setup Teams** should enter the facility 60 mins ahead of the start time)

You should know:

- NO Spikes allowed in the facility; even in the HJ, **no spikes**.
- The Oval is 6 lanes, the Straight is 8 lanes
- Fully Automatic Timing (FAT) is in place
- Throwing circles are wood
- *Athletic Trainers will be available in the facility*

The Meet

- Coaches should bring any scratches or late additions directly to the timing company table as soon as they get their team settled.

- Athletes will check-in and get hip numbers at a table near the timing company table on the infield. Listen carefully for each event to be called.

- Field event check in will happen at the specific venue (i.e. HJ pit, throws circle).

- Coaches; bring your helpers / setup crew / cleanup crew to Bob Mullen for instructions.

2026-2027 State Meet Information

Sunday Jan 31 @UNH

Division 1 High Jump and 4x800 State Meet
10:00am D1 Girls High Jump (D1 Boys to follow)
11:00am D1 Girls 4x800m (D1 Boys to follow)

Division 2 High Jump and 4x800 State Meet
1:00pm D2 Girls High Jump (D2 Boys to follow)
2:00pm D2 Girls 4x800m (D2 Boys to follow)

Sunday Feb 7 @PSU

Division 1 State Championship
ORDER OF EVENTS:
(8:00am teams can arrive, buses drop off)

9:00 a.m.
Shot Put (Girls followed by Boys)
Long Jump (Boys followed by Girls)

9:30 a.m.
3000m Run (Girls/Boys)
55m Hurdle Trials (Boys/Girls)
55m Dash Trials (Boys/Girls)
55m Hurdle Finals (Girls/Boys)
55m Dash Finals (Girls/Boys
1000m Run (Girls/Boys)
600m Run (Girls/Boys
300m Dash (Girls/Boys)
1500m Run (Girls/Boys)
4 X 400m Relay (Girls/Boys)
4 X 200m Relay (Girls/Boys

Buses pick up in a separate bus area, details TBD

Division 2 State Championship
ORDER OF EVENTS:
(1:00pm teams can arrive, buses drop off)

2:00 p.m.
Shot Put (Girls followed by Boys)
Long Jump (Boys followed by Girls)

2:30 p.m.
3000m Run (Girls/Boys)
55m Hurdle Trials (Boys/Girls)
55m Dash Trials (Boys/Girls)
55m Hurdle Finals (Girls/Boys)
55m Dash Finals (Girls/Boys
1000m Run (Girls/Boys)
600m Run (Girls/Boys
300m Dash (Girls/Boys)
1500m Run (Girls/Boys)
4 X 400m Relay (Girls/Boys)
4 X 200m Relay (Girls/Boys

Buses pick up in a separate bus area, details TBD

Division Two
Qualifying Meet Standards 2026-27

EVENT	BOYS	GIRLS
55 meter Hurdles	10.50	11.20
55 meters	7.20	8.30
300 meters	41.00	48.00
600 meters	1:38.0	2:05.0
1000 meters	3:00.0	3:55.0
1500 meters	4:50.0	5:55.0
3000 meters	10:30.0	13:00.0
Shot Put	35' 0”	24' 0"
Long Jump	17' 9”	13' 6”
High Jump	5' 2"	4' 4"

Division One
Qualifying Meet Standards 2026-27

EVENT	BOYS	GIRLS
55 meter Hurdles	9.80	10.60
55 meters	7.10	8.10
300 meters	**40.00**	**47.00**
600 meters	1:37.0	1:56.0
1000 meters	3:00.0	3:40.0
1500 meters	4:45.0	5:55.0
3000 meters	10:15.0	13:00.0
Shot Put	36' 0”	25' 0"
Long Jump	18' 0”	14' 0”
High Jump	5' 4"	4' 6"