



## ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE CHAMPIONSHIPS

*Friday and Saturday, March 6<sup>th</sup> & 7<sup>th</sup> 2026*





## ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE MEET INFORMATION



### MEET DIRECTORS

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#### Submission of Entries:

- Entries for all events, with the exception of the combined events, will be submitted electronically via Direct Athletics and will be due by 12:00 p.m. on Tuesday, March 3<sup>rd</sup> prior to the indoor championships. Entries for the combined events, including compiled scores, will be due by 5:00pm on the Sunday prior to the championship.
- Late entries are allowed during a late period on Tuesday, from 12:00pm - 7:00pm. Late entries can be made via email to the President of the conference [jgoss2@naz.edu](mailto:jgoss2@naz.edu) and will be assessed at \$100 per athlete. There will be no consideration for late entries after the 7:00pm deadline.

#### Entry Lists & Heat/Flight Sheets:

- A list of entries will be posted online by 5pm Tuesday, March 3<sup>rd</sup>.
- For the Indoor Championships, the meet program (*Day 1 heats & flight sheets*) will be published online by 12:00pm the Wednesday prior to the Championships. Day 2 heats and flights will be emailed out at the start of Day 2 after scratches are collected via the timing company. Day 2 scratches will be due by 9:00am at the start of Day 2 either by notifying the timers table or by email: [MPisciotta@armorytrack.org](mailto:MPisciotta@armorytrack.org).
- Late Day 2 scratches in the 200m and 400m will be accepted at the clerks table up to 45 minutes prior to the event. Those events will be seeded at that time to avoid empty lanes.

#### Wild Cards:

- Each team will be provided **ONE wild card** per gender which is eligible for entry into any event except the combined-event.
- Wild card entries will be submitted through the online entry system (Direct Athletics) before the entry deadline.
- Teams will not be charged an entry fee for wild cards.

#### Combined Events:

- The top (12) individuals who hit the standard may qualify for the heptathlon/pentathlon indoors.
- If there is a tie for the last qualifying position in the combined events, all athletes with that tied performance will be allowed into the meet.
- Compiled scores will be allowed for the combined events. Compiled scores must be emailed to the timing company [lex@armorytrack.com](mailto:lex@armorytrack.com) and the President [jgoss2@naz.edu](mailto:jgoss2@naz.edu) by 5:00pm the Sunday prior to the Championships.
- Compiled scores must be greater than the qualifying standard and athletes with a compiled score will not supersede athletes who have submitted a qualifying score from a completed multi-event.

**User Fee:** A “users” fee of **\$15.00** dollars per entry/relay entered on the final entry roster must be paid on Direct Athletics at the time of final registration / declaration.

**Qualifying Standards:** Attached below and located on TFRRS performance list for the AARTFC.

**Height Progressions:** Will be set officially by the Vice President with input from the Games Committee prior to the championships based upon the NCAA Performance lists and be sent out to all schools by Tuesday at 4pm the week of the meet. *Member institutions are encouraged to contact the Vice President [popovici@geneseo.edu](mailto:popovici@geneseo.edu) by Noon the Tuesday prior to the championships with suggested progressions or bar requests to be considered.*

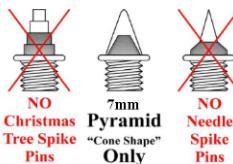
**Packet Pick-Up:** Coaches may pick up meet packets beginning at 9:45 AM on Friday, March 6<sup>th</sup> in the Millrose Room, which is located on the first floor of the Armory, just off the front lobby.

**Timing and Results:** Fully automatic timing (FAT) will be used in all running events. We will be using Hy-Tek meet management software to produce the results for the championship and timing will be provided by The Armory. Live results will be available online at <https://results.armorytrack.com/meets/17492> and will be complete after the last event of each day of competition.

**Facilities:** The Armory features:

- 200m banked Mondo Super X surface with 36” wide lanes on the oval.
- 9 lanes on the sprint straightaway in the infield with 48” wide lanes.
- 2- parallel long jump/triple jump runways with Mondo surface (53m & 54m length).
- Pole Vault runway is surfaced with Mondo and 45m long.
- High Jump will be contested on the Mondo infield.
- Shot and Weight will take place in the infield in enclosed throwing cage with a wood throwing circle.
- Four-sided video board for instant times and results.
- Seating for up to 4000 spectators.

**Shoe Limitations:** The only allowable “exposed” spike length is  $\frac{1}{4}$  of an inch pyramid. Your spikes will be inspected at check-in. Bring your spikes to check-in! You will not be allowed to compete unless you have  $\frac{1}{4}$  pyramids.



**Blocks:** Only starting blocks supplied by the Armory will be used.

**Outside Food & Beverage:** Per Armory policy, outside food & beverage is NOT allowed to be brought into the facility. Please alert your athletes and coaches to this policy. The Armory provides the opportunity for food & beverage purchases at select locations within the arena. Should your team be interested in catered options, please contact Brianna Cano at RCan Events; (718) 937-6622 or via email: [brianna@rcanoevents.com](mailto:brianna@rcanoevents.com)

**Implement Certification:** All implement inspections will take place next to the throws area in the northeast corner of the building. *Implements for the multi-event championships will be on Friday from 10:00 – 10:45 AM followed by Fridays throwing events, which will take place between 1:30 - 2:30 PM. Implement certification for Saturdays throwing events will take place between 9:00 AM and 10:00 AM on Saturday.* Only meet certified implements are allowed during the championships. **All certified implements will be impounded and made available during the allotted warm-up time.**

**Order of Events:** An order of events is enclosed.

**Rules/Scoring:** NCAA rules apply. Places 1 through 8 will score: 10-8-6-5-4-3-2-1 for all events. **Only athletes competing in an event and their credentialed coaches are allowed in the infield.**

**Seeding / Advancement Procedures:** See enclosed sheet.

**Protests:**

- All protest must be submitted in writing by the Head Coach or Authorized Representative to the meet referee.
- To be officially considered, all protests must be filed within 15 minutes following the posting of results of an event or ruling associated with the protest.
- All protests of the seeding procedures or petitions for acceptance of late declarations will be heard by the Governing Body of the Association.
- Declared contestants must honestly participate in all events in which they are declared or be barred from all remaining events in the current meet.

**Check-In / Clerking:** Competitors in running events must check in with the clerk, who will be located directly inside the clerking area. Relay teams must also submit a completed relay card at check in. Field event competitors should report directly to the field event area to check in.

**Track Events:** *Athletes can report to the clerk to receive their lane assignment up until 15 minutes before the start of the event. In the 400m and 200m indoors, scratches will be collected until 45 minutes prior to the posted event start time. The events will NOT be seeded prior to that deadline. Coaches or athletes should report any scratches as a courtesy to the clerk table before that deadline.*

**Field Events:** *In the throwing events and horizontal jumps, the check-in window will open 30 minutes before the first flight of the event starts and will close at the end of the individual competitors' assigned flight's warm-up period. In the vertical jumps, check-in opens at the start of the warm-up period and will close at the end of the warm-up period. Coaches or competitors are encouraged to report to the head official at the field event if a competitor is not going to compete.*

**Warm-Up Area:** Warm-ups must take place in the hallways on the 2<sup>nd</sup> floor, directly below the track.

**Field Event Warm-Up:**

**Throwing and Horizontal Jumps**

- Warm-up Protocol
  - 20-minute warm-up period per flight.
  - No general warm-up period.
  - 20-minute warm-up period for finals may be decreased by consent of all competitors participating in the finals.

**High Jump**

- Warm-up Protocol
  - Runway and mats must be available for warm-up 60 minutes prior to the actual start of the event.

**Pole Vault**

- Warm-up Protocol
  - Runway and mats must be available for warm-up 90 minutes prior to the actual start of the event.

**Spectators:** The Armory charges an admissions fee to all spectators. See below:

**Ticket Pricing:**

Adults: **\$20.00**

Students/Faculty/Staff w/ID: **\$10.00**

Children under 3'6" tall: **free**

**Live Streaming:** The meet will be live streamed via the Armory website – [www.armorytrack.org](http://www.armorytrack.org)

**Insurance:** Insurance coverage shall be the responsibility of each participating institution.

**Locker Rooms:** There are no locker room facilities available at The Armory.

**T-Shirts:** Commemorative T-Shirts will be on sale Friday and Saturday. Pre-sale information will be sent prior to meet.

**Training Room:** There will be medical coverage on site. The training room is located in the northeast corner of the track adjacent to the throws area. Ice and water will be located here as well. The nearest hospital to The Armory is:

NY Presbyterian Hospital  
630 W 168<sup>th</sup> Street  
New York, NY 10032  
Phone: (212) 305-2500 / Emergency Number: 911

**Directions:** The Armory is located at 216 Fort Washington Avenue, between West 168<sup>th</sup> Street & West 169<sup>th</sup> Street.

**Parking:** Team drop off and pick up area is on 169<sup>th</sup> Street, between Broadway & Fort Washington Avenue. You are not allowed to double park or stand, except to drop off and pick up. There is no stopping or parking allowed in front of The Armory (Fort Washington Ave). Team buses may park only on Riverside Drive, from 177<sup>th</sup> Street and above/north. Street parking is very limited and there are a few parking garages available (for a fee) in the neighborhood for vans and cars.

**Awards:** A Most Outstanding Performer award will be presented for both Men & Women at the Indoor Championships. The award will go to the individual who scores the most points at the championship. If there is a tie, the athlete that has the meet performance with the highest national ranking will be declared the winner. A team trophy will be presented to the winning teams from the men's championship and the women's championship.



## SCHEDULE OF EVENTS

### FRIDAY, MARCH 6<sup>th</sup>

\*Facility will open at 10:00am

#### FIELD EVENTS

*10:00am - 10:45am Implement Inspection #1*

12:00pm Pole Vault (W)

*1:00pm - 1:55pm Implement Inspection #2*

2:15pm Long Jump (M)

2:15pm Shot Put (W)

4:00pm Pole Vault (M)

4:30pm Long Jump (W)

4:30pm Shot Put (M)

#### TRACK EVENTS

11:00am 60m Dash -heptathlon

11:15am 60m Hurdles -pentathlon

11:50pm National Anthem

2:30pm Distance Medley Relay (W)

3:00pm Distance Medley Relay (M)

3:30pm 60m Hurdle Trials (W)

3:55pm 60m Hurdle Trials (M)

4:20pm 60m Dash Trials (W)

4:45pm 60m Dash Trials (M)

5:15pm 5000m Run (W)

5:55pm 5000m Run (M)

6:25pm 4x400m Relay (W)

6:50pm 4x400m Relay (M)

### SATURDAY MARCH 7<sup>th</sup>

\*Facility will open at 8:30am

#### FIELD EVENTS

*9:00am - 10:00am Implement Inspection #3*

10:15am Weight Throw (W)

10:15am Triple Jump (M)

10:15am High Jump (W)

11:15am Pole Vault -heptathlon

1:00pm Weight Throw (M)

1:00pm Triple Jump (W)

1:00pm High Jump (M)

#### TRACK EVENTS

9:50am National Anthem

10:00am 60m Hurdles -heptathlon

10:15am 60m Hurdle Final (M)

10:35am 60m Hurdle Final (W)

10:45am Mile Run (W)

11:05am Mile Run (M)

11:25am 60m Dash Final (W)

11:35am 60m Dash Final (M)

11:45am 400m Dash (W)

12:10pm 400m Dash (M)

12:40pm 800m Run (W)

12:55pm 800m Run (M)

1:10pm 200m Run (W)

1:30pm 200m Run (M)

1:55pm 3000m Run (W)

2:20pm 3000m Run (M)

2:45pm 4x200m Relay (W)

3:00pm 4x200m Relay (M)

3:30pm Awards Presented

# Seeding/Advancement Procedures

## Long Jump/Triple Jump/Shot Put/Weight Throw

- Flights should be between 7 and 14 competitors with preference of one (1) flight.
- If there are more than 14 competitors, then the flights will be evenly distributed.
- If there is an odd number greater than 14 competitors, then the higher-seed flight will have the additional competitor.
- Flight assignment is based on seed with the lower-seeded flight competing first.
- Random seeding within each flight for the preliminary round
- Nine (9) advance to the finals with competition in reverse order of best performance in the preliminary round

## High Jump/Pole Vault

- Random Seeding

## 60 Meters/60 Meter High Hurdles

- Heats formed according to current edition of NCAA Cross Country/Track and Field Rulebook
- Random lane assignments
- Final field will consist of **9 runners** - heat winners plus next fastest times.
- Ties broken by run-off inserted into schedule at discretion of the referee.
- Lane assignments for finals will follow the current edition of the NCAA Cross Country/Track and Field Rulebook
- Lane preference is **5-6-4-3-7-2-8-1-9** (*The Armory has 9 lanes on the straightaway*)

## 200 Meters

- Timed final formed according to the current edition of NCAA Cross Country/Track and Field Rulebook based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments in heats will be seeded on performance. The NCAA/TFRRS tie-breaking system will be used to split any ties before seeding the events (using the second best valid qualifying meet performance submitted during the season, then third best, and so on until the tie is broken).
- Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
- Lane preference is 5-6-4-3 (Lanes 1 and 2 will not be used).
- The race will be run entirely in lanes.

## 400 Meters

- Timed final formed according to the current edition of NCAA Cross Country/Track and Field Rulebook based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments will be seeded on performance. The NCAA/TFRRS tie-breaking system will be used to split any ties before seeding the events (using the second best valid qualifying meet performance submitted during the season, then third best, and so on until the tie is broken).
- Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
- Lane preference is 5-6-4-3 (Lanes 1 and 2 will not be used)
- The first two turns of the race will be run in lanes.

## 800 Meters:

- Timed finals (Heats run slowest to fastest times)
- Heat assignments set based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments drawn by lot.
- Limit of 8 competitors in each heat (with the exception of having only 9 competitors declared).
- Ties will be broken by nearest thousandth at discretion of the timers & meet referee.
- 2/3 of the competitors will start at the main waterfall; 1/3 of the competitors will start at the staggered waterfall. There will be a 2-turn stagger.

## Mile:

- Timed finals (Heats run slowest to fastest times)

- Heat assignments set based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments drawn by lot.
- Limit of 10 competitors in fastest heat (with the exception of having only 12 total competitors declared). If there are 13 competitors, 3 will compete in the first heat and 10 will compete in the fastest heat.
- In each heat, 2/3 of the competitors will start at the main waterfall; 1/3 of the competitors will start at the staggered waterfall. There will be a 2-turn stagger.

#### **3000 Meters:**

- Timed finals
- If more than 21 competitors are entered, then two heats will be held with 16 competitors in the fast section
- If there are multiple heats, they will run slowest to fastest times
- Heat assignments set based upon seed times converted to a flat, 200-meter track or banked if Championship is held on a banked facility.
- Lane assignments drawn by lot.
- In each heat, 2/3 of the competitors will start at the main waterfall; 1/3 of the competitors will start at the staggered waterfall. There will be a 2-turn stagger.

#### **5000 Meters:**

- Timed finals
- If more than 24 competitors are entered, then two heats will be held with 16 competitors in the fast section.
- If there are multiple heats, they will run slowest to fastest times.
- Heat assignments set based upon seed times converted to a flat, 200-meter track.
- Lane assignments drawn by lot.
- In each heat, 2/3 of the competitors will start at the main waterfall; 1/3 of the competitors will start at the staggered waterfall. There will be a 2-turn stagger.

#### **Distance Medley Relay:**

- Limit of 10 competitors in fastest heat (with the exception of having only 12 total competitors declared). If there are 13 competitors, 3 will compete in the first heat and 10 will compete in the fastest heat.
- Lane assignments are drawn by lot.
- 2/3 of the competitors will start at the main waterfall; 1/3 of the competitors will start at the staggered waterfall. There will be a 2-turn stagger.

#### **800-Meter and 1600-Meter Relays:**

- Timed finals
- Heat and lane assignments are to be done on the basis of seed times that have been converted via the NCAA conversions. The NCAA/TFRS tie-breaking system will be used to split any ties before seeding the events (using the second best valid qualifying meet performance submitted during the season, then third best, and so on until the tie is broken).
- Lane preference is 5-6-4-3 (Lanes 1 and 2 will not be used)
- The first two turns of the race will be run in lanes for the 4x400 and the first three turns will be run in lanes for the 4x200.

#### **Combined Events (Races Run in Lanes)**

- 60 Meters/60 High Hurdles.
- Heats determined by best performance during indoor season; heats are run slow to fast.
- Minimum of 3 competitors per section.
- Lane assignments drawn by lot.
- Hurdle races should be run in alternating lanes.

#### **Combined Events (800 Meters /1000 Meters)**

- All competitors shall run in one heat.
- In each heat, 2/3 of the competitors will start at the main waterfall / 1/3 of the competitors will start at the staggered waterfall.
- Lane assignments drawn by lot.

#### **Combined Events (Field Events)**

- Order drawn by lot.
- One flight.



## 2026 Indoor AARTFC Qualifying Standards

*(Approved 11/12/2025)*

[Link to Indoor & Outdoor Standards Page](#)

<b><u>Event</u></b>	<b><u>Men</u></b>	<b><u>Women</u></b>
1. 60 meters	7.02	8.05
2. 200 meters	22.40 (22.00 B)	26.40 (25.99 B)
3. 400 meters	50.00 (49.21 B)	1:00.20 (59.41 B)
4. 800 meters	1:57.50 (1:55.84 B)	2:23.00 (2:21.37 B)
5. Mile	4:22.00 (4:18.69 B)	5:18.00 (5:14.88 B)
6. 3000 Meters	8:47.00 (8:40.95 B)	10:40.00 (10:34.56 B)
7. 5000 Meters	15:25.00 (15:15.20 B)	18:50.00 (18:41.41 B)
8. 60 High Hurdles	8.50	9.50
9. Long Jump	6.75m	5.30m
10. Triple Jump	13.50m	10.90m
11. High Jump	1.93m	1.58m
12. Pole Vault	4.45m	3.32m
13. Shot Put	14.50m	12.10m
14. Weight Throw	15.70m	15.10m
15. Heptathlon/Pentathlon	3900/Top 12	2500/Top 12
16. 4x200 Relay	1:33.50 (1:32.18 B)	1:52.00 (1:50.72 B)
17. 4x400 Relay	3:27.00 (3:23.74 B)	4:10.00 (4:06.72 B)
18. DMR	10:40.00 (10:31.41 B)	13:10.00 (13:01.63 B)

*\*Qualifying standards for all running events are based on performances on a 200m flat track. Conversions for different-length events or facility differences (banked, oversize, or undersize) or altitude are calculated via the official NCAA conversion factors to a flat, 200-meter track.*