



NEPSTA Division 1 Track & Field Championships 2025

Choate Rosemary Hall is excited to host the 84th NEPSTA Div. I Championships on Saturday 5/16/26.

Teams Participating

Andover / Phillips Academy
 Avon Old Farms (Boys)
 Belmont Hill School (Boys)
 Brunswick School (Boys)
 Choate Rosemary Hall
 Deerfield Academy

Phillips Exeter Academy
 Greenwich Academy
 (Girls) The Hotchkiss
 School
 The Loomis Chaffee School
 Milton Academy
 Miss Porter's School (Girls)

Northfield Mount
 Hermon Sacred Heart
 (Girls)
 St. Paul's School
 The Taft School
 Thayer Academy (Girls)
 Trinity Pawling (Boys)

Key Dates

Saturday 4/11	Rosters and contact info due to (trivera@choate.edu) Use the Excel file that is attached to submit this info in the proper format.
Wednesday 4/29	Championship fee (\$225 per team or \$450 for a combined boys'/girls' team) due to NEPSAC. If a team's entries will be low, contact Beth Larson (larsonb@avonoldfarms.com) before 4/29.
Friday 5/8	Email us regarding the vehicle(s) your team will arrive in.
Friday 5/8	Petitions for exceptions to the two-meet eligibility rule due to Nathan Seidenberg (nseidenb@hotchkiss.org) by 5pm.
Sunday 5/10	Preliminary entries due to Athletic.net by 5pm
Tuesday 5/12	Preliminary performance lists posted on Direct Athletics
Thursday 5/14	Final entries due to Direct Athletics by 5pm. Inform Brian Holloway (bholloway@choate.edu) of athletes' medical "red flags."



Friday 5/15	Final heat sheets posted on Athletic.net
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Key Individuals

Meet Directors: James Davidson and Tiffany Rivera,

Head Coaches of Choate Track and Field (jdavidson@choate.edu, trivera@choate.edu)

Lead Athletic Trainer: Brian Holloway (bhalloway@choate.edu)

NEPSA President: Nathan Seidenberg (nseidenb@hotchkiss.org)



Schedule of Events

- 9am-10:15am Arrival /Team Check-in /Implement and Vaulter Weigh-In (Map and instructions to follow)
- 9:45am Coaches' Meeting (Outside the building at the south end of the track)
- 10:30am Field Events
**All throwers, long jumpers, and triple jumpers will have 3 attempts in the trials. The top 8 athletes after the trials will be re-ordered, and all will have 3 additional attempts in the finals in reverse order of placement after the trials.*
Results are based on best effort in the trials or finals.
Girls Shot Put and Boys Shot Put
Girls Discus and Boys Javelin – then switch
Girls High Jump followed by Boys High Jump
Boys Pole Vault followed by Girls Pole Vault
Runway inside the track: Girls Long Jump followed by Girls Triple Jump
Lower Runway: Boys Long Jump followed by Boys Triple Jump
- 12:30pm Running Events
**Girls will compete before boys. All events are finals unless otherwise noted.*
All field events must be completed before the 4x400m Relay begins
4x100m Relay (run in lanes)
100/110 Hurdles *Trials* (run in lanes) 100m *Trials* (run in lanes)
1500m
400m (run in lanes)
100m *Final* (run in lanes)
100/110 Hurdles *Finals* (run in lanes)
15 minute break
800m
300 Hurdles (run in lanes)
200m (run in lanes)
3000m
4x400m Relay (begin in lanes with a three-turn stagger)



~4:30pm

Awards Ceremony





Entry Info / Standards

Eligibility

- Athletes listed on the roster submitted by 4/14 are the only athletes eligible to be entered.
- In order to be eligible to compete at the NEPSTA championship, an athlete must have competed in at least two official interscholastic meets previously that season; there is no stipulation that the previous meets must be against NEPSTA opponents. If a coach would like to enter an athlete who has not competed in at least two meets (due to injury or illness having limited an athlete's competitive opportunities during the regular season), they may submit a petition for an exception to this rule for individual athletes by contacting the NEPSTA President, Nathan Seidenberg (nseidenb@hotchkiss.org). Petitions must be submitted at least 48-hours before the entry deadline for the championship.
- Any team may enter up to two athletes per event. There are no official qualifying standards.
- Preliminary entries submitted on Athletic.net by 5/10 should include any athlete who will be considered for your final entry in that event.
- Final entries due by 5/15 must be taken from the preliminary entries submitted by 5/11. No athletes may be added to any event at this time.

Registering Athletes / Submitting Entries

- Submitted marks must be 2026 Outdoor season bests.
- Hand times must be rounded up to the next tenth (ex/a 53.11 hand time becomes 53.2). For events shorter than 300 Meters, .24 seconds must then be added (ex/ 53.2 becomes 53.44), while for events of 300 or 400 Meters, .14 seconds must be added (ex/53.2 becomes 53.34). For events longer than 400 Meters, no adjustments are necessary for hand-timed results.
- Fully automatic times (FAT) must be submitted to the nearest hundredth (.01).
- Athletes may compete in a maximum of four events; at least one of those events must be a relay, therefore no athlete may compete in more than three individual events.
- On the following page are marks for field events that are *guidelines* to help ensure a smooth and efficient meet. These are not "qualifying marks." It is left to coaches' discretion whether or not to enter a particular athlete.



Opening Heights

	<u>Boys</u>	<u>Girls</u>
High Jump	5'6"	4'6"
Pole Vault	10'6"	7'6"

These heights may be adjusted by the meet director in consultation with the Lead Official and Rules Committee in the case of a weak field or as a result of poor weather. Any changes will be announced at the Coaches' Meeting.

Minimum Standards

	<u>Boys</u>	<u>Girls</u>
Shot Put	38'	28'
Discus	100'	80'
Javelin	120'	80'
Long Jump	18'	15'
Triple Jump	38'	28'

To keep the meet moving efficiently, officials will not be required to measure performances under the minimum listed above. The threshold may be adjusted if the field looks particularly weak or the weather looks to impact the field in a negative way. Any changes will be announced at the Coaches' Meeting the morning of the meet. Measurement of all first attempts is advised to assure a full slate of athletes for finals.



Meet Info

Meet Officials/Announcer

A team of certified officials, led by referee and lead official Tina Crocker, will officiate this meet.

Coaches' Rules Committee

The Rules Committee will comprise Callie Gray or Andy Stallings (Deerfield, 2024/2025 meet directors), and Jim Davidson from Choate (2026 championship hosts) and a coach from the next host school.

Meet Rules

- NEPSTA follows NFHS rules with the exceptions/quirks listed below. (Note that up-to-date NFHS Rules can be reviewed and easily searched using the app “NFHS Rules.”)
- *False Starts*: Two false starts will result in disqualification. The first is not charged to the field.
- *Order of Events*: The meet will follow the order of events listed above on page 2 rather than the order recommended by NFHS.
- *Scratch rule*: Any athlete may be scratched from specific events, without penalty, before the meet begins at 10:30am on 5/16. Scratches will be taken during the Coaches' Meeting. Any athlete who is scratched may not be replaced by another teammate. Once the meet begins at 10:30am, any athlete who scratches is scratched for the remainder of their events. Again, no replacement is allowed.
 - *Relays*: Relays may be made up of any athlete on the roster submitted on 4/11.
- *Participation*: Athletes may participate in four events providing at least one is a relay.
- *Jewelry*: NEPSTA is less restrictive than NFHS here. If the meet director and referee feel that an item is dangerous, we will address the concern with the athlete and coach.
- *Uniforms*: All athletes must wear some version of a school uniform, and schools should do their best to have uniforms be similar. Weather-related changes are allowed at the discretion of the meet director and referee. If an athlete thinks they may be called out on a uniform violation, they should proactively ask the referee ahead of their event.
- Excellent sportsmanship is expected. Officials are prepared to disqualify any athlete who uses any profanity, throws a baton, or turns to taunt an opponent.
- Other athletes, coaches, or spectators may not run alongside an athlete during an event, even if just cheering. This “pacing” will cause a disqualification if considered more than a few steps.
- Athletes may not use electronics (including headphones and cell phones) on the infield, in field event competition and warm-up areas, or on the track itself.



Event and Check-In Information

- All head coaches will receive a coaches' packet upon checking in. Please review all materials before the Coaches' Meeting at 9:45am.
- Vaulters will need to weigh in on the morning of the event to verify that they are on the correct pole rated for their weight.
- Athletes must check in when their event is called. At (or before) the "first call," athletes should check in to pick up their hip/shoulder numbers at the check-in table. (In case of heavy rains, this table may be moved inside the Track Building at the south end of the track.) At the "final call," athletes should report to the clerk or official responsible for organizing the heats for their event. Failing to check in promptly may result in the event beginning without missing athletes.
- Running events take precedence over field events. Athletes are expected to work with officials to balance moving the meet along in a timely manner and honoring the likelihood that a competitor will be pulled between events. Athletes must communicate with officials to "check out" if/when they have to leave a field event, and athletes must return to their field event promptly after their running event is complete.
- We will use the "five-alive" rule in the vertical jumps. Refer to NFHS 2023 Rule Book: 6.8.2: *"When the number of entries dictates, the games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the five competitors, as determined by the games committee, constitute a flight. As a competitor clears a bar, passes a turn at a height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the number of competitors remaining at a given height is fewer than nine, all competitors will be in a single continuing flight."*

Miscellaneous

- At the conclusion of the meet, NEPSA head coaches will vote for one MVP for boys and one MVP for girls.
- If athletes would like to, they may bring money to purchase meet t-shirts on site.



Host / Facility Information

Contacting the Meet Director

- Jim Davidson (jdavidson@choate.edu) (203) 671-7167 (on meet day)
 - Tiffany Rivera (trivera@choate.edu) (617) 606-0344
(on meet day)

Directions / Lodging / Parking

- You must let us know the type of vehicle(s) your team will be arriving in (ex/ a full bus, school's minibus, 15-passenger vans, etc.).
- We will send information regarding drop off and parking. There will be no vehicle access (except in case of emergencies and for handicap access) to the track. Parking monitors will be directing all vehicles on the day of the meet.
- For lodging information, directions to campus, and a campus map, go to "Hotels in Wallingford, Ct."

Facility Information

- Athletes may use 1/4" pyramid spikes. Other sizes and types of spikes are prohibited.
- Only coaches and competing athletes are allowed on the infield. Spectators and team members who are cheering must remain off the infield. This will be strictly enforced.
- Team camps will be located outside the fence around the track in the designated areas.
- Please make sure your athletes bring water bottles. There will be water cooler stations around the track. The Worthington Johnson Athletic Center will be open throughout the meet for access to water fountains and shelter in case of inclement weather. Portable toilets will be provided near the track.
- You MUST observe the restricting ropes around all events, especially the throwing events and along the finish straightaway of the track.
- Coaches should check in at the building at the south of the track. The Coaches' Meeting will be held there at 9:45 am.
- Heat sheets will be posted on the side of the track building after the conclusion of the Coaches' Meeting.
- There will be eight starting blocks to cover all lanes. Teams are welcome to bring their own.
- If spectators wish to bring refreshments to the meet, please note that grills and alcoholic beverages are prohibited.
- Please discourage your athletes from wandering about campus, as it will be a very busy day with several events on our campus.



ATHLETIC TRAINING PROCEDURES SATURDAY, MAY 16, 2026

An athletic trainer will be set up in the track building for pre-competition taping and treatments from 1 hour prior to the first scheduled event until 30 min after the completion of the final event for the day. Ice, treatment tables, and taping stations will be available for use prior to the start of the championship. We ask that a list of all athletes requiring taping and/or treatment be provided by each school ahead of time. Teams must bring their own supplies, but extra supplies will be available if needed or in an emergency.

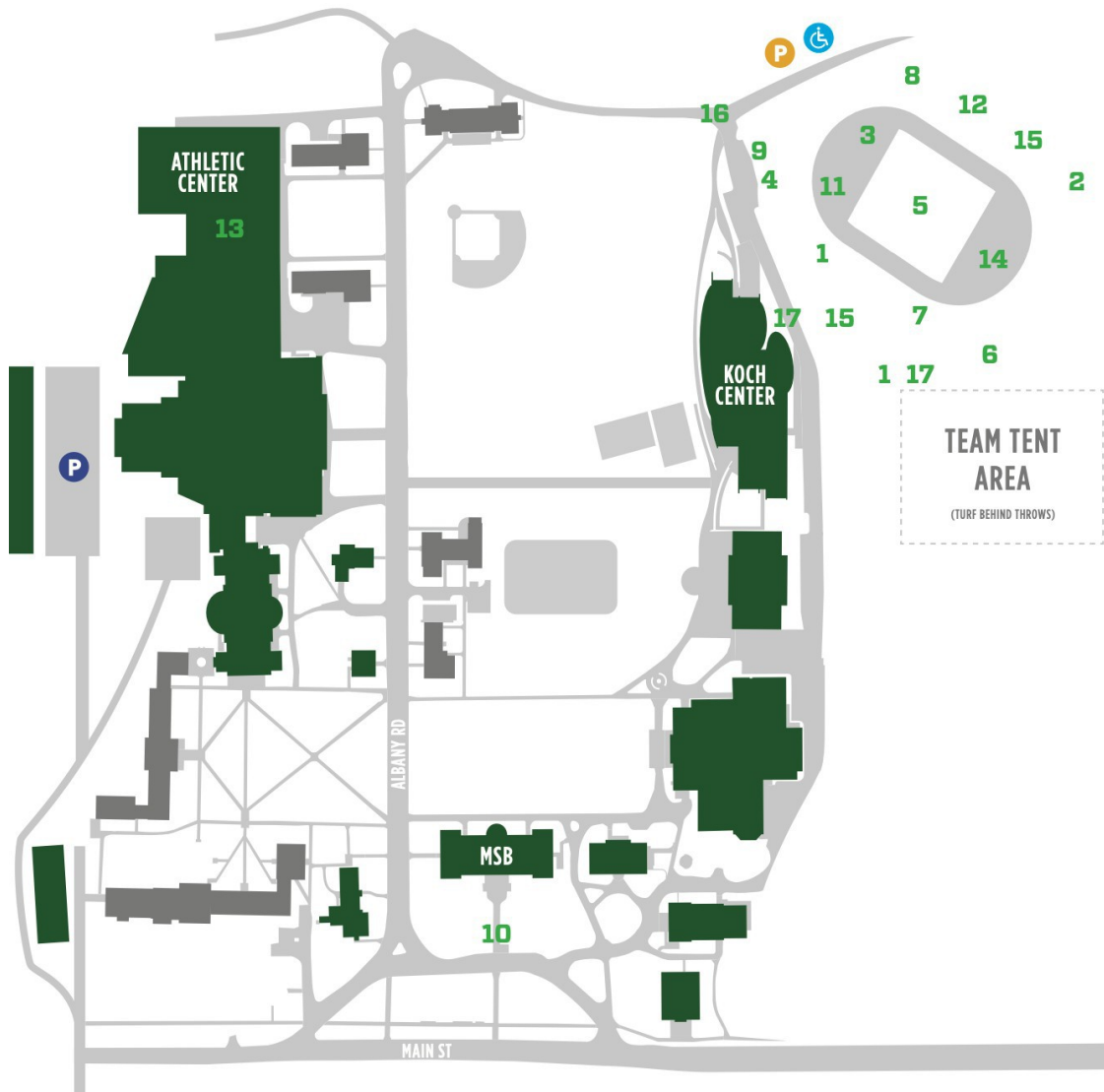
There will be an Athletic Trainer on site and ice available for injuries throughout the day at the track facility. There will also be an ambulance on site.

Brian Holloway
Coach Head Athletic
Trainer



CAMPUS MAP

- | | | | |
|------------------------|----------------------|--------------------|------------------------|
| Spectator Parking | 1 Bathrooms | 6 Javelin | 12 Result Board |
| Officials Only Parking | 2 Discus | 7 Long/Triple Jump | 13 Shared Locker Rooms |
| Handicap Parking | 3 High Jump | 8 Medical Tent | 14 Shotput |
| | 4 Implement Weigh-In | 9 Merchandise Tent | 15 Spectators |
| | 5 Infield | 10 MSB Snack Shack | 16 Team Drop-Off |
| | | 11 Pole Vault | 17 Water Station |



- Only coaches and competing athletes will be allowed on the infield.
- If food is ordered, please note that you must pick it up in front of the MSB.



- Portable toilets will be located between the track and the Koch Center.
- The timers' and officials' tent will be located by the finish line.







Contact List

School	Head Coach	AD
Andover	klambert@andover.edu	ljoel@andover.edu
Avon Old Farms	larsonb@avonoldfarms.com	barlowg@avonoldfarms.com
Belmont Hill	mgorman@belmonthill.org	tahang@belmonthill.org
Brunswick	rtaylor@brunswickschool.org	cdjones@brunswickschool.org rvanbelle@brunswickschool.org
Choate	jdavidson@choate.edu trivera@choate.edu	reford@choate.edu
Deerfield Academy	astallings@deerfield.edu jgray@deerfield.edu tkeegan@deerfield.edu	bhowe@deerfield.edu
Exeter	hhall@exeter.edu	jbaseden@exeter.edu
Greenwich Academy	jfinch@greenwichacademy.org	apassafiume@greenwichacademy.org
Hotchkiss School	nseidenb@hotchkiss.org rkirby@hotchkiss.org	dquinn@hotchkiss.org
Loomis Chaffee	lilian_hutchinson@loomis.org doug_macleod@loomis.org	Sue Cabot@loomis.org
Milton Academy	christopher_lewis@milton.edu Steven_darling@milton.edu	Lamar Reddicks@milton.edu
Miss Porter's	kprattdimarco@missporters.org	adubnov@missporters.org
Northfield Mount Hermon	tcollins@nmhschool.org	rhendrickson@nmhschool.org
Sacred Heart	mccraem@shct.org	rousseau@cshct.org
St. Paul's School	pdalal@sps.edu	csmith@sps.edu
Taft School	jhudak@taftschool.org	adunn@taftschool.org
Thayer	jbrowne@thayer.org	bmoran@thayer.org
Trinity Pawling	dlennox@trinitypawling.org	bfoster@trinitypawling.org



Division I Meet Records

NEPSTA Division 1			EVENT	NEPSTA Division 1	
Alex Hermsdorf, Zariah Hargrove, Campbell Fealy, Kaelin Creagh (Deerfield)	2024	47.80	4X100 M RELAY	James Lin, Mike Gargiles, Rob Tyson, Scott Schilling (NMH)	42.20
Haley Baker (Exeter)	2013	14.55	100 M HURDLES	-	-
-	-	-	110 M HURDLES	Marcus Polk (Exeter)	14.27
Patty Davis (Loomis) Camille Little (Andover)	1979 2016	11.5h 11.94	100 M	Michael Gargiles (NMH) Kai Jonda (Exeter)	10.5h 10.75
Kristin Perini (Milton)	1984	4:35.1h	1500 M	Byron Grevious (Exeter)	3:53.95
Aoibhe Gormley (Thayer)	2022	55.90	400 M	Mario Watts (Andover)	47.75
Kaelin Creagh (Deerfield)	2024	24.65	200 M	Elic Ayomanor (Deerfield)	21.66
Marleigh Giliberto (Loomis)	2019	2:15.24	800 M	James Donahue (Belmont Hill)	1:49.81
Jannah Maguire (Exeter)	2024	43.67	300 M HURDLES	Marcus Polk (Exeter)	38.32
Kristin Perini (Milton)	1984	9:55.1h	3000 M	Byron Grevious (Exeter)	8:32.72
Gianna Phipps, Tate Kelly, Tenley Nelson, Jannah Maguire (Exeter)	2024	3:53.60	4X400 M RELAY	Jeremy Nichols, Evereese Hamilton, Trevor Bayliss, Mario Watts (Andover)	3:21.97

Kendra Offiaeli (Loomis)	2015	43-01	SHOT PUT	Brian Donahue (Exeter)	63-10.50
Caitlin Coan (St. Paul's)	1999	137-11	DISCUS	Chukwudi Ikpeazu (Exeter)	176-02
Jennifer Cronin (NMH)	1982	151-00	JAVELIN	Gregory Warden (NMH)	203-02
Faimie Kingsley (Hotchkiss)	2009	131-07	JAVELIN NEW	Richard Bradley (St. Paul's)	197-11
Aria Small (NMH)	2016	19-00	LONG JUMP	Allen Dyson (NMH)	24-03.75
Aria Small (NMH)	2016	40-10.25	TRIPLE JUMP	Fred Jones (NMH)	48-09
Patty Portilla (Exeter) Laura Jordan (Andover)	1988 1997	5-05	HIGH JUMP	David Arundel (NMH)	6-08.75
Sophia Slovenski (Andover)	2018	10-10	POLE VAULT	Yoo Kim (Deerfield)	14-07