

2022-2023 P.V.I.A.C. INDOOR TRACK
PVIAC Alignment (Hy-Tek abbreviation) (MIAA alignment)

Pioneer North

1. Minnechaug (MINN) (D3)
2. Northampton (HAMP) (D4)
3. Amherst (AMHR) (D4)
4. Central (CENT) (D1)
5. E. Longmeadow (ELNG) (D4)
6. Longmeadow (LONG) (D4)
7. Spfld. Int'l. Charter (SICS) (D5)

Valley North

1. Mohawk (MOHK) (D5)
2. South Hadley (SHAD) (D5)
3. Pope Francis (POPE) (D5)
4. Mahar (MAHR) (D5)
5. Southwick (SWCK) (D5)
6. Ludlow (LUDL) (D4)
7. Sci-Tech (SCIT) (D1)

Pioneer South

8. Holyoke (YOKE) (D2)
9. Westfield (WFLD) (D2)
10. Agawam (AGWM) (D2)
11. Chicopee Comp (COMP) (D2)
12. Chicopee (CHIC) (D3)
13. W. Springfield (WSPR) (D2)
14. Putnam (PUTN) (D3)

Valley South

8. Pioneer (PION) (D5)
9. Bay State Academy (BAYS) (D5)
10. Athol (ATHL) (D5)
11. Greenfield (GRNF) (D5)
12. Commerce (COMM) (D2)
13. Hampshire (HMPS) (D5)
14. Hampden Charter (HMCH) (D5)
15. Frontier Regional (FRON) (D5)

Schedules and Important Dates

December 6 (Tuesday) 9:00PM - DEADLINE for TrackCentral electronic team roster submission. NO ATHLETES ENTERED AFTER 12/6 WILL BE ALLOWED TO COMPETE IN THE FIRST MEET! NO EXCEPTIONS!! NO mailed, hand delivered, e-mailed, faxed or phoned-in rosters will be accepted. If unfamiliar with the use of your school's PVIAC subscription to TrackCentral please contact Matt Sandberg at Matt@TrackCentral.net.

At this time coaches must submit the following information ONLY:

1. ***Correctly spelled ATHLETE'S First & Last NAME using the standard English language convention of an UPPER-CASE LETTER at the start of the name and lower-case letters for the remainder of the name. Please do not submit names in all upper case or all lower case.***
2. ***GRADE IN SCHOOL***

DO NOT enter events or seed performances AT THIS TIME!

PLEASE NOTE: Names submitted without grade in school will not be entered in the data base and will not be considered a part of your roster! Double check your roster entry before sending it.

Please do not submit your roster early and then make multiple additions or corrections. Please wait until you are very sure that it is relatively stable and unlikely to change much before the first meet.

REPEATED FOR EMPHASIS

1. Your roster submission **MUST** include each athlete's correctly spelled FIRST name in the space for FIRST name, and the athlete's correctly spelled LAST name in the space for LAST name. Please use an upper case first letter and lower case after that. Please do not use all upper-case letters or all lower-case letters or any combination other than the standard English language convention for names. Please take the time and make the effort to do this correctly - we do not have the time to correct careless mistakes!
2. **Your roster submission MUST include each athlete's grade in school. Do not forget this piece of information or your athlete(s) will not be entered in the database.**
3. Submit your entry no later than 9:00PM, Tuesday, December 6 or you will have no one participating in the first meet!
4. REMEMBER: entering your roster is not enough! You must **EXPORT** your roster in order for me to receive it. Make sure you get a confirmation of export from *TrackCentral*.

December 6, 2022 (Tuesday) 9:00 PM DEADLINE for TrackCentral electronic team roster submission.

December 9, 2022 (Friday) 9:00PM Meet #1 entries due.

**December 11, 2022 (Sunday) Meet #1 at Wheaton College, Norton, MA
EARLY MEET 10:30 Arrival -11:00 Start**

Pioneer League

Longmeadow-BYE, Agawam v. Holyoke, Agawam v. Amherst, Central v. Northampton, Northampton v. Amherst, Holyoke v. Minnechaug, Amherst v. Minnechaug, Amherst v. Westfield

(Meet 1 continued)

Valley League

Mohawk-BYE, Greenfield v. Pioneer, Greenfield v. Baystate Academy, Greenfield v. Hampshire Regional, Pope Francis v. Hampshire Regional, Pioneer v. Baystate Academy

LATE MEET 2:00 Arrival – 2:30 Start

Pioneer League

Putnam-BYE, Chicopee v. Chicopee Comp, Chicopee v. East Longmeadow, Chicopee v. Sabis, West Springfield v. Sabis, Chicopee Comp v. East Longmeadow

Valley League

Athol-BYE, South Hadley v. Sci-Tech, South Hadley v. Southwick, Mahar v. Hamden Charter, Hampden Charter v. Southwick, Sci-Tech v. Commerce, Southwick v. Commerce, Southwick v. Ludlow, Frontier v. Southwick, Frontier v. Mahar

December 13 (Tuesday) 9:00PM – LATE ROSTER ADDITION DEADLINE for TrackCentral electronic team roster additions. NO ADDITIONAL ATHLETES MAY BE ADDED TO TEAM ROSTER AFTER 12/13. NO EXCEPTIONS!!

December 16, 2022 (Friday) 9:00PM Meet #2 entries due.

December 18, 2022 (Sunday) Meet #2 at Smith College

EARLY MEET 11:00 Arrival – 11:15 Start

Pioneer League

Westfield-BYE, Agawam v. West Springfield, Agawam v. Putnam, Central v. Longmeadow, Central v. Chicopee, Central v. West Springfield, Longmeadow v. Chicopee, West Springfield v. Putnam

Valley League

Sci-Tech-BYE, Hampden Charter v. Hampshire Regional, Southwick v. Pioneer, Southwick v. Baystate Academy, Pioneer v. Hampshire Regional, Pioneer v. Commerce, Frontier v. Hampshire Regional, Frontier v. Hampden Charter

LATE MEET 2:00 Arrival – 2:15 Start

Pioneer League

Holyoke-BYE, Northampton v. Sabis, Amherst v. Chicopee Comp, Amherst v. East Longmeadow, Chicopee Comp v. Sabis, Chicopee Comp v. Minnechaug

Valley League

Ludlow-BYE, South Hadley v. Pope Francis, South Hadley v. Mohawk, Mahar v. Athol, Mahar v. Greenfield, Mahar v. Pope Francis, Athol v. Greenfield, Pope Francis v. Mohawk

January 6, 2023 (Friday) 9:00PM Meet #3 entries due.

January 8, 2023 (Sunday) Meet #3 at Smith College

EARLY MEET 11:00 Arrival – 11:15 Start

Pioneer League

Amherst-BYE, Northampton v. Holyoke, Northampton v. West Springfield, Northampton v.

(Meet #3 continued)

Minnechaug, Holyoke v. Putnam, Chicopee v. West Springfield, Chicopee v. Westfield, West Springfield v. Minnechaug, Putnam v. Westfield

Valley League

Baystate Academy-BYE, South Hadley v. Mahar, Mahar v. Hampshire Regional, Athol v. Pioneer, Athol v. Hampshire Regional

LATE MEET 2:00 Arrival – 2:15 Start

Pioneer League

East Longmeadow-BYE, Agawam v. Central, Central v. Sabis, Longmeadow v. Chicopee Comp, Longmeadow v. Sabis

Valley League

Southwick-BYE, Hampden Charter v. Sci-Tech, Hampden Charter v. Pope Francis, Hampden Charter v. Commerce, Sci-Tech v. Mohawk, Greenfield v. Pope Francis, Greenfield v. Ludlow, Pope Francis v. Commerce, Mohawk v. Ludlow, Frontier v. Sci-Tech, Frontier v. Pope Francis, Frontier v. Commerce

January 13, 2023 (Friday) 9:00PM Meet #4 entries due.

January 15, 2023 (Sunday) Meet #4 at Smith College

EARLY MEET 11:00 Arrival – 11:15 Start

Pioneer League

Minnechaug-BYE, Longmeadow v. Holyoke, Holyoke v. Amherst, Holyoke v. West Springfield, Amherst v. Chicopee, Amherst v. West Springfield

Valley League

Hampshire Regional-BYE, South Hadley v. Hampden Charter, South Hadley v. Pioneer, South Hadley v. Ludlow, Mahar v. Mohawk, Mahar v. Pioneer, Mahar v. Ludlow, Hampden Charter v. Pioneer, Hampden Charter v. Baystate Academy, Hampden Charter v. Ludlow, Mohawk v. Pioneer, Mohawk v. Baystate Academy, Frontier v. South Hadley, Frontier v. Pioneer, Frontier v. Baystate, Frontier v. Ludlow

LATE MEET 2:00 Arrival – 2:15 Start

Pioneer League

Sabis-BYE, Agawam v. Northampton, Agawam v. Chicopee Comp, Agawam v. Westfield, Central v. Putnam, Central v. Chicopee Comp, Central v. Westfield, Northampton v. Chicopee Comp, Northampton v. East Longmeadow, Northampton v. Westfield, Putnam v. Chicopee Comp, Putnam v. East Longmeadow

Valley League

Commerce-BYE, Athol v. Sci-Tech, Sci-Tech v. Southwick, Sci-Tech v. Pope Francis, Southwick v. Greenfield, Southwick v. Pope Francis

January 20, 2023 (Friday) 9:00PM Meet #5 entries due.

January 22, 2023 (Sunday) Meet #5 at Smith College

Pioneer League

Central-BYE, Agawam v. Chicopee, Agawam v. Minnechaug, Longmeadow v. West Springfield, Longmeadow v. Putnam, Longmeadow v. Minnechaug, Chicopee v. Putnam, Chicopee v. Minnechaug

Valley League

Hampden Charter and Frontier-BYE, Sci-Tech v. Pioneer, Sci-Tech v. Baystate Academy, Sci-Tech v. Hampshire Regional, Sci-Tech v. Ludlow, Southwick v. Hampshire Regional, Pioneer v. Ludlow, Baystate Academy v. Hampshire Regional, Baystate Academy v. Ludlow

LATE

Pioneer League

Northampton-BYE, Holyoke v. Chicopee Comp, Holyoke v. East Longmeadow, Holyoke v. Sabis, Holyoke v. Westfield, Amherst v. Sabis, Chicopee Comp v. Westfield, East Longmeadow v. Sabis, East Longmeadow v. Westfield

Valley League

Mahar-BYE, South Hadley v. Greenfield, South Hadley v. Commerce, Athol v. Pope Francis, Athol v. Mohawk, Athol v. Commerce, Greenfield v. Mohawk, Greenfield v. Commerce

January 27, 2023 (Friday) 9:00PM Meet #6 entries due.

January 29, 2023 (Sunday) Meet #6 at Smith College

EARLY MEET 11:00 Arrival – 11:15 Start

Pioneer League Chicopee-BYE, West Springfield v. Chicopee Comp, West Springfield v. East Longmeadow, West Springfield v. Westfield, Putnam v. Sabis, Putnam v. Minnechaug, Sabis v. Minnechaug, Sabis v. Westfield

(Meet #6 continued)

Valley League South Hadley-BYE, Mahar v. Sci-Tech, Mahar v. Southwick, Athol v. Hampden Charter, Athol v. Southwick, Frontier v. Athol

LATE MEET 2:00 Arrival – 2:15 Start

Pioneer League

Agawam-BYE, Central v. Holyoke, Central v. Amherst, Longmeadow v. Northampton, Longmeadow v. Amherst

Valley League

Greenfield-BYE, Pope Francis v. Pioneer, Pope Francis v. Baystate Academy, Pope Francis v. Ludlow, Mohawk v. Hampshire Regional, Mohawk v. Commerce, Hampshire Regional v. Commerce, Hampshire Regional v. Ludlow

February 3, 2023 (Friday) 9:00PM Meet #7 entries due.

February 5, 2023 (Sunday) Meet #7 at Smith College

EARLY MEET 11:00 Arrival – 11:15 Start

Pioneer League

Chicopee Comp-BYE, Agawam v. Longmeadow, Agawam v. East Longmeadow, Agawam v. Sabis, Central v. East Longmeadow, Central v. Minnechaug, Longmeadow v. East Longmeadow, East Longmeadow v. Minnechaug, Minnechaug v. Westfield, Longmeadow v. Westfield

Valley League

Pope Francis- BYE, Hampden Charter v. Greenfield, Hampden Charter v. Mohawk, Sci-Tech v. Greenfield, Southwick v. Mohawk, Frontier v. Greenfield, Frontier v. Mohawk

LATE MEET 2:00 Arrival – 2:15 Start

Pioneer League

West Springfield- BYE, Northampton v. Chicopee, Northampton v. Putnam, Holyoke v. Chicopee, Amherst v. Putnam

Valley League

Pioneer -BYE, South Hadley v. Athol, South Hadley v. Baystate Academy, South Hadley v.

(Meet #7 continued)

Hampshire Regional, Mahar v. Baystate Academy, Mahar v. Commerce, Athol v. Baystate Academy, Athol v. Ludlow, Baystate Academy v. Commerce, Commerce v. Ludlow

Meet #8—Pioneer Valley Interscholastic Athletic Conference Team and Individual Championship Meet -- not scheduled at this time due to lack of available facility

F.Y.I. – The following meets are not PVIAC meets!

2022-23 MIAA Post Season Schedule

All MIAA meets require athletes to meet a qualifying standard. **Qualifying standards vary from division to division – check the MIAA website for your correct division and qualifying standards.** All MIAA meet entries to be done through **Direct Athletics** (NOT *trackCentral.net!*).

Wednesday	February 15	Division 4
Thursday	February 16	Division 5
Friday	February 17	Division 1
Saturday	February 18	Division 2
Sunday	February 19	Division 3
Saturday	February 25	All-State Championship Meet
Saturday	March 4	New England Championship Meet

2022-23 Massachusetts State Track Coaches Association Indoor Schedule

Participation in an MSTCA event does not require MSTCA membership but does require a school to file a SINGLE WAIVER FORM which can be downloaded from the MSTCA website (www.mstca.org). Some MSTCA events have qualifying standards or guidelines. Meet details and entry information can be found on the MSTCA website. The PVIAC League Director *strongly* encourages all coaches and assistant coaches to join the MSTCA!

Saturday	December 10	Winter Festival- small schools
Sunday	December 11	Winter Festival- large schools
Saturday	December 17	Speed Classic- large schools
Sunday	December 18	Speed Classic – small schools
Monday	December 26	Boston Holiday Classic
Wednesday	December 28	Distance Classic
Saturday	January 7	Frosh/Soph Meet- large schools
Sunday	January 8	Frosh/Soph Meet- small schools
Friday	January 13	Northeast Invitational Day 1

Saturday	January 14	Northeast Invitational Day 2
Sunday	January 15	Northeast Invitational Day 3
Friday	January 20	MSTCA Relays- D4
Saturday	January 22	MSTCA Relays- D5
Saturday	January 22	MSTCA Relays- D1
Sunday	January 23	MSTCA Relays- D3
Sunday	January 23	MSTCA Relays- D2
Saturday	January 28	State Coaches Invitational- small schools
Sunday	January 29	State Coaches Invitational- large schools
Saturday	February 11	Last Chance to Qualify
Tuesday	February 14	Rising Stars Meet
Tuesday	February 28	Girls Individual Pentathlon
Wednesday	March 1	Boys Individual Pentathlon