

2025-2026 P.V.I.A.C. INDOOR TRACK
PVIAC Alignment (Hy-Tek abbreviation) (2023-25 MIAA alignment)

Pioneer North

1. Amherst (AMHR) (D3)
2. Central (CENT) (D2)
3. E. Longmeadow (ELNG) (D4)
4. Longmeadow (LONG) (D3)
5. Minnechaug (MINN) (D3)
6. Northampton (HAMP) (D3)
7. Spfld. Int'l. Charter (SICS) (D5)
8. Sci-Tech (SCIT) (D?)

Valley North

1. Southwick (SWCK) (D5)
2. Hampshire Reg. (HMPS) (D5)
3. Mahar (MAHR) (D5)
4. Mohawk (MOHK) (D5)
5. Pope Francis (POPE) (D4)
6. Frontier (FRON) (D5)
7. South Hadley (SHAD) (D5)

Pioneer South

9. Agawam (AGWM) (D3)
10. Chicopee Comp (COMP) (D3)
11. Chicopee (CHIC) (D4)
12. Holyoke (YOKE) (D3)
13. Putnam (PUTN) (D3)
14. W. Springfield (WSPR) (D3)
15. Westfield (WFLD) (D3)
16. Ludlow (LUDL) (D4)

Valley South

8. Athol (ATHL) (D5)
9. Baystate Academy (BAYS) (D5)
10. Commerce (COMM) (D5)
11. Greenfield (GRNF) (D5)
12. Hampden Charter (HMCH) (D5)
13. Pioneer (PION) (D5)

Schedules and Important Dates

December 6 (Saturday) 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 -- 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.

DO NOT enter events or seed performances AT THIS TIME!

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, Saturday, December 6 or you will have no one participating in the first meet!

4. REMEMBER: entering your roster or weekly entries in your computer is not enough! You must **EXPORT your roster in order for me to have it in my computer.**

2025-26 PVIAC INDOOR TRACK SCHEDULE

Entry Limits: Four (4) athletes per event. No “B” relays. By PVIAC rule you may bring no more than 50 athletes to this meet. No non-competitors will be allowed into the facility.

Order of Events: When events conflict, running events will take priority. Athletes excused from a field event must return before the conclusion of their flight in order to complete their attempts.

A. Field Events:

1. **High Jump-** 2 pits-continuous flights of BOYS & GIRLS. If 1 pit only- BOYS →Girls in odd weeks, GIRLS →BOYS in even weeks. Odd week starting heights 3’08”/4’08” Even week starting heights 3’10”/4’10”

2. **Long Jump-** Odd weeks BOYS → GIRLS. Even weeks GIRLS →BOYS. Minimum measurable attempt (12’06” girls – 16’06” boys). All first legal attempts measured.

3. **Shot Put-** Odd weeks GIRLS →BOYS. Even weeks BOYS → GIRLS. Minimum measurable attempt (20’06” girls – 30’06” boys). All first legal attempts measured.

B. Running Events: Girls followed by boys. 4. **2 Mile Run** (cut-off @15:00.00 & 13:00.00) 5. **55m High Hurdles** (BOYS hurdles run first in late session) 6. **55m Dash** 7. **1 Mile Run** (cut-off @7:30.00 & 6:30.00) 9. **300m Dash** (seeded sections - no blocks) 10. **1000m Run** (cut off @ 4:40 and 4:04) 11. **Relay event** (if time allows)- Odd weeks 4X200m/Even weeks 4X400m (seeded sections)

December 6, 2025 (Saturday)

9:00 PM DEADLINE for initial TrackCentral electronic team roster submission.

December 11, 2025 (Thursday)

9:00PM Meet #1 entries due.

December 14, 2025 (Sunday) Meet #1

EARLY- 9:30 AM Arrival 10:00 Start 1:00 Conclude meet and vacate facility

Pioneer North

Amherst v. Central, Amherst v. E. Longmeadow

Central v. Amherst, Central v. E. Longmeadow

E. Longmeadow v. Amherst, E. Longmeadow v. Central

Longmeadow v. Northampton

Minnechaug v. Springfield Charter

Northampton v. Longmeadow

Springfield Charter v. Minnechaug, Springfield Charter v. SciTech

Scit-Tech v. Springfield Charter

Valley North

Southwick v. Hampshire, Southwick v. South Hadley

Hampshire v. Southwick

Mahar v. Mohawk

Mohawk v. Mahar

Pope Francis v. Frontier

Frontier v. Pope Francis

South Hadley v. Southwick

LATE- 1:30 PM Arrival 2:00 PM Start 5:00 Conclude meet and vacate facility

Pioneer South

Agawam v. Chicopee Comp, Agawam v. Chicopee

Chicopee Comp v. Agawam, Chicopee Comp v. Chicopee

Chicopee v. Agawam, Chicopee v. Chicopee Comp

Holyoke v. W. Springfield

Putnam v. Westfield

West Springfield v. Holyoke

Westfield v. Putnam, Westfield v. Ludlow

Ludlow v. Westfield

Valley South

Athol v. Baystate

Baystate v. Athol

Commerce v. Greenfield

Greenfield v. Commerce

Hampden Charter v. Pioneer

Pioneer v. Hampden Charter

December 16, 2025 (Tuesday)

9:00PM – LATE ROSTER ADDITION DEADLINE for TrackCentral electronic team roster additions. NO ADDITIONAL ATHLETES MAY BE ADDED TO TEAM ROSTER AFTER 12/16. NO EXCEPTIONS!!

December 18, 2025 (Thursday)

9:00PM Meet #2 entries due.

December 21, 2025 (Sunday) Meet #2

EARLY- 9:30 AM Arrival 10:00 Start 1:00 Conclude meet and vacate facility

Pioneer South

Agawam v. Holyoke, Agawam v. Putnam

Chicopee Comp v. Ludlow, Chicopee Comp v. Westfield

Chicopee v. W. Springfield

Holyoke v. Agawam, Holyoke v. Putnam

Putnam v. Agawam, Putnam v. Holyoke

W. Springfield v. Chicopee

Westfield v. Chicopee Comp

Ludlow v. Chicopee Comp

Valley North

Southwick v. Frontier

Hampshire v. Mahar

Mahar v. Hampshire, Mahar v. South Hadley

Mohawk v. Pope Francis

Pope Francis v. Mohawk

Frontier v. Southwick

South Hadley v. Mahar

LATE- 1:30 PM Arrival 2:00 PM Start 5:00 Conclude meet and vacate facility

Pioneer North

Amherst v. Longmeadow, Amherst v. Minechaug

Central v. SciTech, Central v. Springfield Charter

E. Longmeadow v. Northampton

Longmeadow v. Amherst, Longmeadow v. Minnechaug

Minnechaug v. Amherst, Minnechaug v. Longmeadow

Northampton v. E. Longmeadow

Springfield Charter v. Central

Sci-Tech v. Central

Valley South

Athol v. Pioneer

Baystate v. Commerce

Commerce v. Baystate

Greenfield v. Hampden Charter

Hampden Charter v. Greenfield

Pioneer v. Athol

December 31 , 2025 (Wednesday)

9:00PM Meet #3 entries due.

January 3, 2026 (Saturday) Meet #3

EARLY- 9:30 AM Arrival 10:00 Start 1:00 Conclude meet and vacate facility

Pioneer North

Amherst v. Northampton

Central v. Longmeadow

E. Longmeadow v. Sci-Tech

Longmeadow v. Central, Longmeadow v. Springfield Charter

Minnechaug v. Sci-Tech

Northampton v. Amherst

Springfield Charter v. Longmeadow

Sci-Tech v. E. Longmeadow, Sci-Tech v. Minnechaug

Valley South

Athol v. Commerce

Baystate v. Hampden Charter

Commerce v. Athol

Greenfield v. Pioneer

Hampden Charter v. Baystate

Pioneer v. Greenfield

LATE- 1:30 PM Arrival 2:00 PM Start 5:00 Conclude meet and vacate facility

Pioneer South

Agawam v. W. Springfield

Chicopee Comp v. Holyoke

Chicopee v. Ludlow

Holyoke v. Chicopee Comp, Holyoke v. Westfield

Putnam v. Ludlow

W. Springfield v. Agawam

Westfield v. Holyoke

Ludlow v. Chicopee, Ludlow v. Putnam

Valley North

Southwick v. Mahar

Hampshire v. Pope Francis, Hampshire v. South Hadley

Mahar v. Southwick

Mohawk v. Frontier

Pope Francis v. Hampshire

Frontier v. Mohawk

South Hadley v. Hampshire

January 8, 2026 (Thursday)

9:00PM Meet #4 entries due.

January 11, 2026 (Sunday) Meet #4

EARLY- 9:30 AM Arrival 10:00 Start 1:00 Conclude meet and vacate facility

Pioneer North

Amherst v. Springfield Charter

Central v. Minnechaug

E. Longmeadow v. Longmeadow, E. Longmeadow v. Minnechaug

Longmeadow v. E. Longmeadow

Minnechaug v. Central, Minnechaug v. E. Longmeadow

Northampton v. Sci-Tech, Northampton v. Springfield Charter

Springfield Charter v. Amherst, Springfield Charter v. Northampton

Sci-Tech v. Northampton

Valley South

Athol v. Greenfield

Baystate v. Hampden Charter

Commerce v. Pioneer

Greenfield v. Athol

Hampden Charter v. Baystate

Pioneer v. Commerce

LATE- 1:30 PM Arrival 2:00 PM Start 5:00 Conclude meet and vacate facility

Pioneer South

Agawam v. Westfield

Chicopee Comp v. Putnam

Chicopee v. Holyoke, Chicopee v. Putnam

Holyoke v. Chicopee

Putnam v. Chicopee Comp, Putnam v. Chicopee

W. Springfield v. Ludlow, W. Springfield v. Westfield

Westfield v. W. Springfield, Westfield v. Agawam

Ludlow v. W. Springfield

Valley North

Southwick v. Mohawk

Hampshire v. Frontier

Mahar v. Pope Francis

Mohawk v. Southwick, Mohawk v. South Hadley

Pope Francis v. Mahar

Frontier v. Hampshire

South Hadley v. Mohawk

January 15, 2026 (Thursday)

9:00PM Meet #5 entries due.

January 18, 2026 (Sunday) Meet #5

EARLY- 9:30 AM Arrival 10:00 Start 1:00 Conclude meet and vacate facility

Pioneer South

Agawam v. Ludlow

Chicopee Comp v. W. Springfield

Chicopee v. Westfield

Holyoke v. Ludlow

Putnam v. W. Springfield

W. Springfield v. Putnam W. Springfield v. Chicopee Comp

Westfield v. Chicopee

Ludlow v. Agawam, Ludlow v. Holyoke

Valley South

Athol v. Hampden Charter

Baystate v. Greenfield

Commerce v. Pioneer

Greenfield v. Baystate

Hampden Charter v. Athol

Pioneer v. Commerce

LATE- 1:30 PM Arrival 2:00 PM Start 5:00 Conclude meet and vacate facility

Pioneer North

Amherst v. Sci-Tech

Central v. Northampton

E. Longmeadow v. Springfield Charter

Longmeadow v. Sci-Tech

Minnechaug v. Northampton

Northampton v. Central, Northampton v. Minnechaug

Springfield Charter v. E. Longmeadow

Sci-Tech v. Amherst, Sci-Tech v. Longmeadow

Valley North

Southwick v. Pope Francis

Hampshire v. Mohawk, Hampshire v. South Hadley

Mahar v. Frontier

Mohawk v. Hampshire

Pope Francis v. Southwick

Frontier v. Mahar, Frontier v. South Hadley

South Hadley v. Hampshire, South Hadley v. Frontier

January 21, 2026 (Wednesday)

9:00PM Championship Meet entries due

January 26, 2026 (Sunday) Championship Meet

Eligibility: Athletes listed in the top 40 of theTrackCentral.net “Conference Best Performances” lists for each event will make up the “*eligible pool*”. In running events (except relays) the top 24 *declared* athletes from the eligible pool will be taken into the meet. In field events the top 18 *declared* athletes from the eligible pool will be taken into the meet. In relay events the top 18 *declared* relay teams from the eligible pool will be taken into the meet. Ties for the final spot in all events will be accepted into the meet.

Declarations (entries): There will be **NO AUTOMATIC QUALIFIERS FOR THIS MEET**. Coaches must declare, from the eligibility pool, their entries (with event qualifying performance) and submit it through *trackCentral.net* no later than 9PM, Wednesday, January 21.

Relays must be declared but individual team members do not have to be named until the day of the meet. Athletes may be declared in no more than three (3) events (including relays). **ABSOLUTELY NO LATE ENTRIES OR CHANGES AFTER THE DEADLINE.**

Notification of Acceptance: Coaches will be e-mailed a final “Performance List” of the athletes accepted into the meet by January 23. Simply put, athletes not on the lists are not in the meet. **Challenges WILL be entertained by the Meet Director.**

Order of Events: (Rolling schedule in all events)

12:30 – 1:00 Warm-up period and National Anthem

1:00 - Boys LONG JUMP followed by Girls (trials and 9 to finals)

Girls SHOT PUT followed by Boys (trials and 9 to finals)

Girls / Boys HIGH JUMP run simultaneously (if only 1 pit available the event will be Girls followed by Boys. High Jumps open at the lowest qualifying height.

BOYS WILL RUN FIRST in all events except the 55m hurdle final). Running events will be clerked in the usual location.

1:00

55m Hurdles Trials (seeded heats fast to slow - top 8 times to finals)

55m Dash Trials (seeded heats fast to slow - top 8 times to finals)

55m Hurdles Finals (Girls followed by Boys)

55 Dash Finals

1 Mile Run (seeded sections slow to fast)

600m run (seeded sections slow to fast)

1000m Run (seeded sections slow to fast)

300m Dash (seeded sections slow to fast **(start in lanes, break after 2 turns)**)

2 Mile Run

Relays (seeded sections slow to fast) 4X200, 4X800, 4X400

Scoring and Awards: Events will be scored 10-8-6-5-4-3-2-1. Team awards to the top 2 Pioneer Division Girls and Boys teams and top 2 Valley Division Girls and Boys teams. Ribbons will be given to the top 8 in each event.

Please remind your athletes that we are the guests of Smith College, and like any host, they reserve the right to ask us to leave at any time if we violate their policies!