

2026 Northern Division Championships

Ponaganset High School

Saturday, May 16th at 10:00 AM

Field events to begin at 9:00am

8:00 AM: Implement certification opens, located at the hammer circle, just beyond the softball field.

9:40 AM:

Scratch period ends

Implement certification ends

9:00 AM: Hammer/Shot Begin; all other field events will begin at 10am.

9 athletes go to finals in field events.

Inside the track oval:

long jump: boys and girls

triple jumps follow long jumps

high jump: boys opening at 5'4", then girls opening at 4'5"

pole vault: girls opening at 6'0" then boys opening at 8'0",

At the shot put circle:

shot put: girls then boys

At the hammer circle:

hammer throw: boys then girls

discus throw follows hammer throw: boys then girls

In the field between the shotput and hammer circle:

javelin throw: girls then boys

11:00 AM Track Events Begin on the game field:

Track events are boys then girls except hurdles/dash trials. 8 go to finals in 100/110 hurdles and in dash.

4x800m

4x100m

1500m unseeded

100/110m hurdle trials (girls first for trials)

100m trials (girls first for trials)

1500m seeded

110/100m hurdle finals (boys then girls)

100m finals (boys then girls)

400m

300m hurdles
800m
3000m boys
200m
3000m girls
4x400m 3-turn stagger

Meet Rules and Information:

- This is a state-qualifying meet.
- Entries are due on Milesplit by 6:00 PM on Thursday, May 14th.
- There are no entry standards. Entry performances do not need to come from the state performance list.
- Each team is allowed four entries per event, one relay per event, and two individual at-large entries. At-large entries are either one individual event for two different athletes, or two individual events for one athlete.
- The scratch table will close 20 minutes before the start of the field events. Both track events and field events will need to scratch at the scratch table. If an athlete is not scratched from an event, and does not show up for that event, then they are scratched from the remainder of the meet. This will be enforced.
- Scoring is 1st through 8th places, 10,8,6,5,4,3,2,1.
- 9 to finals in field events.
- 8 to finals in 100/110 hurdles and in the 100.
- Awards are provided by RIIL to top six performances.
- Implements will be certified prior to the meet, and pole vaulters will be weighed in prior to the event.
- Field event warm-ups may only begin when the event official is present. All practicing will cease and implements will be returned to your team area once competition has finished.
- When leaving for a track event, athletes must excuse themselves with the field event official and return within 10 minutes.
- An athletic trainer will be available on site.
- This is a RIIL meet, so the finish line camera, hy-tek, and officials will be provided, but coaches will also need to work events. The following page lists coaches and officials assignments.
- There will be a \$5 cash admission fee for spectators at the gate, and concessions will be available for sale during the meet.
- Team tents should be set up outside of the track fence.

Officials and Coaches Responsibilities, 2026 Eastern Division Championships

RIIL Northern Division Teams:

Ponaganset	Woonsocket	Cumberland
Lincoln	Scituate	Johnston
Smithfield	St. Raphael's	Central Falls
North Smithfield	Burrillville	North Providence

Track Events:

Field Event Officials and Help:

Pole Vault:

Newell Roberts

High Jump:

Long Jump/Triple Jump:

Shot Put:

RIIL Official, Goodreau, Ellis, Thibedeau

Hammer and Discus:

Piette, Grant, Logan(Woon)

Javelin:

RIIL Official, Sliney, Bello

Announcer and Awards: Ponaganset

Results Runners: LAllen

Trainer: Gloucester EMS

Athletic Director: Michael Joyce

Jury of Appeals: LAllen, MPiette, SCarlson, KCarpenter, RIIL Official