RHODE ISLAND TRACK & FIELD COACHES ASSOCIATION

Indoor Track and Field Season Handbook 2026-2027

RITCA Indoor Season Invoice

It is very important that you, as coaches, share this invoice with your AD as soon as possible. Our organization and our meets cannot function without payment from member schools.

Hytek Late Entry Fee Policy

RIIL/RITCA Complete Season Schedule

RI Indoor Track and Field Site, where season information will be posted.

Rhode Island Track and Field and Cross Country History site maintained by Keith Lawton.

Rhode Island Track Coaches Association site, maintained by Shaun Horgan.

OVERVIEW OF THE SEASON:

The following are meets under the authority of the Rhode Island Interscholastic League:

- Dual meets
- Class Championship Meets
- State Championship Meet

The Interscholastic League maintains the performance list for State qualifiers, which will be posted periodically on the league site.

Sport Rules on the RIIL site: RIIL Boys, RIIL Girls

The following are meets under the authority of our Coaches Association:

- JV Meets
- Injury Fund Relay Carnival
- RITCA Coaches Invitational
- East Coast Championships
- World Trophies Invitational
- Division Championship Meets
- Freshman State Championships
- Last Chance Qualifier Meet
- JV State Championships

RITCA Bylaws

In order to qualify for States, according to RIIL athletes must achieve a qualifying performance from the following meets:

- Dual Meets
- Injury Fund
- RITCA Coaches Invitational
- East Coast Championships (4x800 only)
- Division Championships

- Class Championships
- Last Chance Qualifier

Following is the dual meet and JV Meet order of events:

Weight Throw
Shot Put
Long Jump
High Jump
3000
4x200
1500
55 hurdles
55 dash
600
300
1000
4x400

Following is the championship meet order of events:

Weight Throw (9 advance to finals)
Shot Put (9 advance to finals)
Long Jump (9 advance to finals)
High Jump
Pole Vault
4x800 Relay
4x200 Relay
3000 meters
Hurdle trials (9 advance by time)
Dash trials (9 advance by time)
1500 meters
Hurdle Finals
Dash Finals
600 meters
300 meters
1000 meters
4x400 Relay

Most meets will follow the State Meet order, with fastest sections running last in each event.

Preferred lanes for championship and qualifying meets:
55 Meter Dash & 55 Meter Hurdles the preferred lanes are 4-5-3-6-2-7-1-8
4 x 200 & 300 Meter will have lane 1 Open, the preferred lanes are 5-6-4-3-2
4 x 400 & 600 Meter all lanes will be used, the preferred lanes are 5-6-4-3-2-1

There will be a $5.00 spectator entry fee charged at all meets at PCTA.

R.I.T.C.A. EVENTS INFORMATION

Specific information, including entry deadlines,will be emailed to coaches prior to each event. All entries with the exception of regular JV meets and the Injury Fund Relay Carnival will be made through milesplit.

Schools will receive an RITCA invoice each season which includes itemized costs for each meet, Please forward the invoice to your athletic director as soon as you receive it. The Coaches Association depends on these funds in order to pay for PCTA, for officials, for awards, etc.

As these following meets are Coaches Association meets, coaches will need to help work at these events.

JV Meets

Purpose and expectations: RITCA supports a program for JV athletes that is developmental in nature, in order to provide younger and inexperienced athletes the opportunity to compete and improve. Please remember:

- These meets are developmental. ***Varsity performers are not to be entered in these JV meets***.
- These meets are coaches' meets. **All teams or individual athletes must be accompanied by a coach from their school**, and all coaches in attendance at the meets must help set up, run events, and break down the meet. Events will not run if coaches do not work the meet.
- Coaches will be asked to sign in their team at the finish line table upon arrival. The name of the coach responsible for the team will be recorded.
- Entries do not need to be made in advance. Athletes sign up at the event. There are unlimited entries per school per event, including relays.
- Field event performances will be recorded. Coaches can check sheets for results at the conclusion of the event. Track event performances will not be recorded. Athletes will be told their times at the conclusion of their race, and should report their times to their coach.
- The pole vault will be available for practice during these sessions. **A certified pole vault coach must be present and with their athletes at the event in order to practice the pole vault.**

Injury Fund Relay Carnival

The Injury Fund Relay Carnival is a low-key, fun, and competitive start to our indoor season. The purpose of this meet is for RITCA to contribute to the RI Injury Fund, through fees paid by our districts. The purpose of the RI Injury Fund since 1947 has been to help defray the cost of medical bills and expenses not covered by insurance. In order for our athletes to be covered by the RI Injury Fund, each school is expected to participate in some way in this contest.

- Entries are made when teams arrive at the meet.
- The 4x200, 4x400, and 4x800 are state qualifying events at this meet.
- One relay entry per event per team. Individuals can participate in no more than 2 events.
- Field event relays consist of 3 athletes per team, but incomplete field event teams can compete.
- The high jump will open at 5'0" (boys), 4'0" (girls). Then will go to 5'4 (boys) 4'4 (girls) and then progress 2' each successive height. Each athlete is allowed 3 misses total (not per height).
- There will be ribbons for the top 6 teams in each event, and a plaque for the winning team at each session. Typically a session is two divisions combined.

  ORDER OF EVENTS

  Track Events:

  Shuttle Hurdle Relay (4 athletes - all hurdles at the same height)
  Sprint Medley Relay (200 - 200 - 400 - 800)
  4 x 800 (state qualifier)
  4 x 200 (state qualifier)
  Distance Medley (1200 - 400 - 800 - 1600)
  4 x 400 (state qualifier)

  Field Events:

  Long Jump Relay
  High Jump Relay
  Shot Put Relay
  Weight Throw Relay

R.I.T.C.A. Invitational

- This meet is a state meet qualifier.
- Four event limit per athlete, four athletes per event per school per gender, with the exception of the Pole Vault
- Pole Vault - two entries per school, per gender.
- no 'B' relays.
- **Entries beyond the standard will not be accepted.**
- **Do not enter athletes who cannot reasonably achieve the standard.**
- Field event standards are also the minimum marks. No marks made in field events below the standard/minimum.

Order of Events & Minimum Standards for Entries

Field Events

Weight (girls then boys) ***(45'0 boys / 33'0 girls)***
Shot (boys then girls) ***(37'0 / 27'6)***
High Jump (girls then boys) ***(opens @ 5'2 / 4'4)***
Long Jump (boys then girls) ***(18'0 / 14'6)***
Pole Vault (girls, then boys) ***(6'0", 7'6")***

Track Events

4x800m relay ***(open)***
4x200m relay ***(open)***
3000m ***(10:00 / 12:30)***
55H Trials (top 8 times to finals) ***(FAT 8.95 / FAT 10.95)***
55M Trials (top 8 times to finals) ***(FAT 7.15 / FAT 8.15)***
1500 ***(4:49.0 /5:50.0)***
55H Finals
55m Finals
600m ***(1:36.0 / 1:58.0)***
300m ***(41.0 /48.0)***
1000m ***(2:59 /3:42)***
4x400m relay ***(open)***

World Trophies Invitational

This is a meet that is open to all athletes, allowing our JV athletes the opportunity to compete in an invitational meet. Athletes may compete in a **maximum of three (3)** events. Awards: Top six will be awarded to the following groups: Freshmen, Sophomores, and combined Juniors and Seniors

Order of Events and Information:

Field Events

High Jump – starting height of 3'6"/4'6" going up 2 inches at a time
Long Jump – 3 attempts, top 9 to finals
Pole Vault –starting height of 6'0"/8'0" going up 2 inches at a time
Shot Put – two circles, 3 attempts, top 9 to finals
Weight Throw – 3 attempts, top 9 to finals

Track Events

NOTE: For relays, one all-freshman team, one all-sophomore, ***AND*** one junior-senior entry ***ARE*** allowed per team. Unlimited entries per school per event otherwise.
Shuttle Hurdle Relay –mixed age groups
4 x 800 Relay –mixed age groups
4 x 200 Relay – mixed age groups
3000 meters
55 Hurdle trials–Top 9 based on time advance to finals
55 Dash trials–Top 9 based on time advance to finals
1500 meters
55 Hurdle finals
55 Dash finals
400 meters
1000 meters
4 x 400 Relay –mixed age groups

East Coast Invitational

The East Coast Invitational is a regional invitational that is organized by a subcommittee of our Coaches Association. Information about this meet may be found on **this meet site**.

Division Championships

The Coaches Association runs the Division Championship meets during the indoor season. (During the outdoor season RIIL runs the division meets.)

- A school is limited to a maximum of 4 entries per individual event and one relay team per event. 8 names are allowed for relays.
- An individual athlete may be entered to a maximum of 4 events, and there will not be a distance limitation.
- **2027 Change: Since we only have three dual meets on the RIIL schedule, seed performances do not need to come from the RIIL Performance List. However, coaches are reminded to enter honest seeds for their athletes' performances for this meet.**
- **In addition, each team will be allowed two at-large individual entries in the meet. This does not apply to relays. This means you may enter 5 athletes in two events, or six athletes in one event.**
- Both genders compete at the same time in each division.
- 9 athletes go to all field and track event finals.
- Scoring is: 10 8 6 5 4 3 2 1
- Opening height in the High Jump will be 5'2 (boys), 4'2 (girls) and 1 minute rule in effect.
- Minimum marks (boys / girls): Shot – 25' / 22', Weight – 30' / 25', LJ – 15' / 13'.
- Awards will be top 8 in each event per division.
- All -Division Teams will be based on the top 3 finishes at this meet.

Freshman States

The freshman State Meet is an opportunity for our freshmen to compete against each other in a championship meet.

- All 9th graders are eligible for this meet. Athletes may compete in any 4 events. Unlimited individual entries per school per event. Relay events are one entry per school.
- 9 athletes will go to finals in all field events and in the dash and hurdles.
- Scoring this season will match the RIIL Championship Meets (Class and States): 10 8 6 5 4 3 2 1
- Opening height for HJ – 4'6" boys, 3'8" girls. No minimum marks in other field events.
- Opening Height for PV-7'6" boys, 5'6" girls
- Awards – top 8 in each event receive medals, top 2 teams receive plaques.

Last Chance Qualifier

The Last Chance Qualifier meet was established to allow athletes one more chance to qualify for states, this time in a meet with no team scoring. This meet is for:

- Athletes who are on the bubble of qualifying for the state meet and who have met or can realistically qualify for states, (top 24 per individual event; top 15 relays.)
- Athletes currently qualified for the state meet who wish to improve their standing.
- Up to two at-large entries per team that can realistically qualify for states, even if they are not currently on the performance list in a particular event.
- With the exception of the two NT entries, athletes entered must be in the top 40 (50 for dash and hurdles) on the state performance list.

This meet is NOT for:

- Athletes who will not realistically qualify for the state meet.
- A 'workout' before the state meet.

Meet Information:

- All entries (times and marks) must come from the RIIL performance list, except each team is also allowed two at-large athletes or relays who are not on the performance list, and these must be entered NT/ND.
- No limitations on entries.
- No awards, no team score

- 9 to finals
- State meet order and rules
- The pole vault will be competed at this meet.

JV States

The JV State Championship meet is a very large meet that is both a championship meet for those athletes near the top of the performance list who did not make States, and also an invitational meet for all athletes in the state to have one last opportunity to compete during the season. It has some pretty complex entry rules, with the goals of allowing teams to be competitive for the championship, while also allowing maximum participation without the meet lasting for too long.

Meet Information:

- Any athlete ranked in the top 24 in any individual event on the performance list is ineligible for this meet.
- Most freshmen are not allowed to compete in JV States in individual events. Freshmen may compete on relay teams at JV States. Also, any freshman who places in the top 8 at Freshman States may compete in that event at JV States.
- Athletes who will compete on a relay team at States may compete in JV States in individual events, but may not compete in a relay at JV States.
- The 2-1-1 rule [2 relay, 1 field, 1 track event per athlete] exists for this meet, WITH THE EXCEPTION that any athlete who is ranked 36 or under in an event on the state performance list will be allowed to compete in up to four events if they are top 36 in each of those events. In that case, the normal limit of four events applies.
- Unlimited entries per team per event meeting the above rules; one relay entry per event per school.
- For safety reasons, the number of entries in the weight throw will be limited to the top 48 verified entries
- For safety reasons, the number of entries in the shot put will now be limited to the top 72 entries.
- The pole vault will be competed as a non-scoring event at this meet.
- 9 athletes will go to finals in all field events and in the dash and hurdles.
- Scoring will match the RIIL Championship Meets (Class and States): 10 8 6 5 4 3 2 1
- Opening height for HJ – 5’0” boys, 4'0 girls.
- First attempts will be measured in the remaining field events, subsequent attempts have these minimum measurements: Shot – 25’ / 22’, Weight – 30’ / 25’, LJ -14’0 / 11’0
- Awards – top 8 in each event receive medals, top 2 teams receive plaques.

New England Weight Throw Championships

Since the Weight Throw is not competed at the New England Championships, a New England Weight Throw Championship meet is held in Rhode Island.

Entries are through email.

ORDER OF EVENTS
GIRLS 20# WEIGHT THROW
BOYS 25# WEIGHT THROW
BOYS 35# WEIGHT THROW

ENTRY STANDARDS
GIRLS - 20# WEIGHT THROW - 35’00’
BOYS - 25# WEIGHT THROW - 48’00”
BOYS – 35# WEIGHT THROW (50’ with 25#)

Awards given to the first six places in each division in both meets.

R.I.T.C.A. State Banquet

The Coaches Association will hold a coed banquet. We will invite and recognize All-State (top 3 per event at States,) Senior Academic Awards, and one Coaches Award per team.

The 2027 banquet is at Rhodes on the Pawtuxet at 6:00 PM on Monday, March 1st.

R.I.I.L. EVENTS INFORMATION

There are separate boys and girls Indoor RIIL Directors who will be communicating information about these meets. Most information will be found on the RIIL site.

Dual Meets

- The establishment of divisions is under the authority of RIIL, and RIIL will provide a dual meet schedule.
- Team records from dual meets determine the division champions.
- Dual meet entries are due on milesplit the evening before the meet.

See RILL Indoor Site for current boys and girls divisions.

Class Championships

- Be sure to enter your athletes in your CLASS only!!!!
- Enter performances that come from the Performance Lists.
- 8 NAMES ONLY FOR RELAYS.
- Who Qualifies: Top 18 entries in individual events (exceptions 24 entries for dash & hurdles), Relays are OPEN, 1 entry per school. Performances from the relays at the Injury Fund, 4 dual meets, Division Championships, and the RITCA Invitational, East Coast Invitational (4x800 only) are acceptable.
- All entries with a performance from the Class lists after the top 18/24 accepted entries will be considered as alternates. After scratches to the top 18/24 accepted entries have been made then those alternates that fill the field will be inserted after the scratch of accepted entries / declaration of alternates period has concluded. Accepted alternates will be highlighted and announced.
- A school has unlimited entries per event.
- An individual athlete may be compete in a max of 4 events and there will not be a distance
- Limitation.
- CLARIFICATION regarding the RIIL entry limits for individual contestants and replaced with the NFHS Rules will now apply.
- Once the meet starts, any athlete not showing for an event will be scratched from all remaining events for the day.
- 9 athletes go to all field and track event finals.
- Scoring is top eight: 10 8 6 5 4 3 2 1
- Opening height in the High Jump will be Boys – 5’4, Girls – 4’4 and 1 minute rule in effect.
- All -Class Teams will be based on the top 3 finishes today.

See **RIIL Indoor Site** for updated classes for boys and girls.

State Championships

Entry performances can only come from the State Performance list. Qualifiers for States are:

- Top 24 entries in individual events.
- Top 15 entries in relays.
- 6 alternates will be accepted.

Entry process:

- Varsity State Meet entry is set, and a provisional acceptance will be out on the same day (via email).
- Challenge period ends the next day, and the final acceptance list will go out. This list is final, and no changes will be made to this list after this time.
- Scratches, declarations and name changes to relay are due the Thursday before States. There will be a google form used for this process and will be posted to the website.

- Alternates will be added. Declarations of alternates must be made at this time and if an athlete is an alternate in multiple events then give order of preference to which event.
- Heat sheets will be out by the day before the State meet.
- There is no entry limit for athletes from a school in an event; although an individual athlete may compete in no more than 4 events (this includes relays). Must adhere to the following normal entry limit policy.
- All-State teams will be based on the top 3 finishes today.

New England Championships

The top six performers in each event at the State Championships (with the exception of the weight throw) will qualify for the New England Championships, typically two weeks after the RI State Championships. Coaches or athletes need to declare their entries at the awards tables at States, and it is recommended that coaches declare any athlete coming in 7th, 8th, 9th place, etc., in case any of the top six athletes do not declare. **Here is the New Englands Site**.