



# VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION INDOOR TRACK & FIELD CHAMPIONSHIPS



AT VIRGINIA BEACH SPORTS CENTER • FEBRUARY 12, 2026

Enclosed are the rules, instructions for on-line entries, directions, qualifying standards and an order of events with time schedule for The Virginia Independent Schools Athletic Association Indoor Track & Field Championships to be held at Virginia Beach Sports Center located at 1045 19<sup>th</sup> Street, Virginia Beach, VA on Thursday, February 12, 2026. The Sports Center is a 200m banked track with an encapsulated rubber surface. Spikes are acceptable but must be 1/4" or less. There is no food or drink allowed in the Sports Center. The Sport Center is a cashless venue. Purchases made at the Sports Center concession stand are also cashless (accepting various credit cards, online payments, Apple Pay, Google Pay, etc.)

**Coaches must designate if your school is Division I or Division II in the entry process.**

The VISAA will be charging admission to this event. All spectators over the age of six will be charged admission. Players, coaches, officials, school administrators, and families of coaches involved in the contest will be admitted free but other school personnel will not be allowed in on passes. All other school personnel, faculty, students, and spectators must pay admission.

TICKETS FOR THE VISAA STATE CHAMPIONSHIPS MUST BE PURCHASED THROUGH AN ONLINE TICKETING LINK WHICH WILL BE PROVIDED PRIOR TO THE CHAMPIONSHIP MEET. We are working on setting up the ticketing with the VA Beach Sports Center and the ticketing link and cost will be released as soon as it is ready.

Entries for the 2026 VISAA Indoor Track & Field Championships are to be submitted online on MileSplit [here](https://va.milesplit.com/meets/727435-visaa-indoor-track-and-field-championships-2026/info) (the URL is: <https://va.milesplit.com/meets/727435-visaa-indoor-track-and-field-championships-2026/info>). Registration is password protected. The password is: **VISAA2026IT&F**

All rules and regulations apply to both divisions. Specific details are listed below.

**DEADLINE FOR ENTRIES IS 9:00PM, SUNDAY FEBRUARY 8, 2026.** There will be no entries, substitutions, or updates after the entry deadline unless the committee needs to fill the field for an event. Teams may enter a maximum of three athletes per event by the deadline. **Athletes must be in grades 8 through 12 for the 2025-26 school year.** If an athlete is entered in a running event at the deadline, scratching that athlete from the event will disqualify that athlete from further competition in the meet. All scratches after the deadline, with the exception of field events (see Rules, Sec. B-1), will mean that the athlete is scratched from all subsequent events. Please read the rules for a more thorough explanation. If there are questions about entries, please e-mail the Meet Director at [zlampert83@gmail.com](mailto:zlampert83@gmail.com).

**We will have a Coaches meeting at the Start/Finish line area at 10 a.m. One representative from each school should be present to get final meet day instructions. As an alternative we may also have a virtual meeting on the evening of Tuesday, February 10, 2026. If that is the case, the time and meeting link will be distributed in a separate correspondence.**

**ENTRIES/SEEDING:** Because we are using the entry system from MileStat.com, entries for the various events will be automatically filled in from the database maintained by the MileSplit/Milestat.com platform. A coach will not be allowed to enter a mark that is not in that database. While this does make things easier for coaches and the Meet Director by eliminating the necessity of verifying performances, it presents a challenge for entering marks from meets that have NOT been reported to MileStat.com. **ALL MEET DIRECTORS AND COACHES: REPORT YOUR RESULTS TO MILESTAT.COM OR E-MAIL THE FULL RESULTS FROM NON-MILESTAT MEETS TO THE VISAA MEET DIRECTOR ([zlampert83@gmail.com](mailto:zlampert83@gmail.com)) by the entry deadline of 9 p.m. on Sunday, February 8th.** In order to quickly process entries and create the meet program on Monday, February 9th, the meet director and committee need all information by the entry deadline on Sunday 2/8.

The qualification standards for the 2026 Indoor Championships can be found on pages 10-11 of this document as well as on the indoor track and field page on the [VISAA website](https://www.visaa.org). Qualification standards will be in effect for both Division I and Division II.

**Performances for qualification for the 2026 Indoor Championships must be achieved during the Winter 2025-2026 season only and must be achieved at an INDOOR COMPETITION**

# RULES AND REGULATIONS FOR THE VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION INDOOR TRACK & FIELD CHAMPIONSHIPS

## ELIGIBILITY

Both school and individual eligibility rules apply for this Championship.

## [A] NUMBERS OF ENTRIES, SCORING, ENTRY FEES, AWARDS, ENTRY DEADLINE, RULES

- A-1 Run under the National Federation High School Athletic Association's rules.
- A-2 No more than three athletes per school may be entered in each individual event for both Division I and Division II.
- A-3 Each contestant may compete in an unlimited number of field events and up to three running events, including relays. If an athlete competes in more than three running events, including relays, they will be disqualified from any and all running events subsequent to their third running event (including disqualification of any relay team on which they participate after they have already run in three other events).
- A-4 All entries and scratches must be completed online by **9:00PM, SUNDAY, FEBRUARY 8, 2026**. Late or additional entries will not be accepted. THERE WILL BE NO SUBSTITUTIONS OR UPDATED PERFORMANCES AFTER THE DEADLINE.
- A-5 FIRST PLACE, 10 points; SECOND PLACE, 8 points; THIRD PLACE, 6 points; FOURTH PLACE, 5 points; FIFTH PLACE, 4 points; SIXTH PLACE, 3 points; SEVENTH PLACE, 2 points; EIGHTH PLACE, 1 point (including all relays). Nine competitors will qualify for the finals in each Division for shot put, long jump, and triple jump.
- A-6 For all events, medals will be awarded for the top four places for both Division I and Division II. All medals will be distributed at the meet and will be available once the results have been posted. At the conclusion of the meet, the Meet Director will present final point tallies for individual events to the Sport Committee Co-Chairs to select each division's best boy and girl field event and running event performers, each of whom will be awarded individual plaques for this honor. This procedure will be the same for both Division I and Division II. Selection of the awards for best field event and running event performers will be based on points (including relays). Trophies for the winning teams and plaques for the runners-up will also be awarded at the competition. The Head Coach of the championship team for each gender of each division will also be presented with a plaque for 'Coach of the Year'.
- A-7 All first-place finishers are deemed "All-State." Second place finishers are deemed "Second Team All-State." Third place finishers are deemed "Honorable Mention All-State." This labeling will be the same for each division.
- A-8 Similar to previous years, we will be continuing the additional Entry Fee. Invoices will be sent by VISAA at the conclusion of the registration process for the championship meet Updated entry fees have been approved as follows:
- Individual event entry - \$12
  - Relay event entry- \$30
  - Maximum entry fee- \$250 per school per gender

## [B] SCRATCHES ON THE DAY OF THE MEET, POLE VAULT CARDS

- B-1 Any athlete scratched after the deadline from a running event (not including relays) for which they have been entered will be barred from competing in any other subsequent event. There will be no entries, substitutions, or updates accepted after the deadline. Please note that the deadline for entering up to three athletes per event is the **previous Sunday at 9:00PM**.
- B-2 With the exception of relay lineups, there will be no entry changes on the day of the meet.
- B-3 An athlete entered in a running event is barred from further competition in the meet if he or she scratches from any running event for which he or she has been entered (with the exception of relays) or if the athlete fails to compete with a good faith effort in the event in which they are entered. If an athlete is entered in a field event, they may scratch from that field event if a coach or team representative reports the scratch to the official of the event before competition begins (preferably at first call).
- B-4 All coaches with athletes participating in the pole vault will be asked to sign a card that attests to the fact that the competitor is on a pole that is manufactured at the proper weight for the competitor.

### [C] CONDUCT OF THE MEET

- C-1 Semi-finals and finals will be conducted in the 55m Hurdles and 55m Dash. The formula for advancement to the finals will be based on winners of each heat advancing, followed by the next fastest times that fill the 8 lanes. If there are more than 8 heats in the preliminary round, advancement to the final will be based solely on time.
- C-2 Finalists in the 55m Hurdles and 55m Dash for each Division will be seeded in lanes according to their semifinal times.
- C-3 In the 300m, 500m, 1000m, 1600m, 3200m, and relays, the Meet Director will seed sections and lanes based on submitted qualifying times.
- C-4 Coaches and athletes (not currently competing in a field event) are not allowed on the infield. There is a designated section for Pole Vault and High Jump coaches on the infield. Coaches must stay in that coaches box. Coaches may escort runners to the bullpen area but must refrain from coaching in that location, as set forth in Rule 3, Section 2, Article 4g of the National Federation Rule Book.
- C-5 If a fall occurs on the first curve of any of the races, the race is to be called back unless races are run in individual lanes.
- C-6 Competitors will be asked to report to their event 20 minutes before their event is to begin ("first call"). Runners will be assigned numbers, which should be worn and visible on the left chest and left hip or as instructed at the check-in table. Shirts must be tucked in so that hip numbers are visible. Failure to report by final call will result in an automatic scratch and will result in the athlete being scratched from further competition.
- C-7 Contestants in the jumps, pole vault, and shot put, must report to the judge of the individual event 20 minutes prior to the time for the start of the event (first call). Failure to report by final call will result in an automatic scratch for that event.
- C-8 In field events, when an athlete properly checks out with the event official in order to compete in a running event, he/she must be given a reasonable time to return immediately after the conclusion of that event. "Properly checks out" is defined as when the clerk requires the athlete in the holding area (as opposed to checking out to warm up, get hip number, etc.) and "reasonable time" is the time it takes to walk back to the field event. It does not include recovery or coaching, but does allow for change of appropriate equipment, such as shoes, which would constitute a time frame of 5 minutes for the Sports Center facility. An athlete who is competing in another event has the responsibility of being at the start on time and should not be penalized for not being at the clerking areas by final call so long as they had previously checked in at first call and received their lane assignment. In accordance with NFHS rules (Rule 6, Section 2) for conduct of the horizontal jumps and throwing events, the event official may change the order of competition in the preliminaries and/or finals to accommodate those who may have been excused to participate in other events. In the horizontal jump events, any reasonable request for change in order should be granted. The judge may choose to permit a competitor in the horizontal or vertical jumps to take preliminary trials or finals trials in succession or out of order.
- C-9 The boys' high jump for Division I will start at 5'6" and will be preceded by those athletes in Division II who will start at 4'8". Division I athletes will not be able to have a starting height less than 5'6". The bar will progress 2 inches to 6'6", and then one inch to the finish, subject to peculiarities of the standards or the determination of the official. The girls' high jump for Division I will start at 4'4" and will be preceded by those athletes in Division II who will start at 4'2". Division I athletes will not be able to have a starting height less than 4'4". The bar will progress 2 inches to 5'4", and then one inch to the finish, subject to peculiarities of the standards or the determination of the official. Athletes in both divisions will compete together but will be scored separately.
- C-10 The boys' pole vault for Division I will start at 9'0" and will be preceded by those athletes in Division II who will start at 8'6". Division I athletes will not be able to have a starting height less than 9'0". For the boys, the height of the bar will progress 6 inches to 14'0", and then 3 inches to the finish, subject to peculiarities of the standards or the determination of the official. The girls pole vault for Division I and Division II will start at 6'0" For the girls, the height of the bar will progress 6 inches to 10'0" and then 3 inches to the finish, subject to peculiarities of the standards or the determination of the official. All athletes are required to use poles specifically designed to carry their weight. Vaulters using a pole rated for less than their weight will be disqualified. Athletes in both divisions will compete together but will be scored separately.
- C-11 In the boys' long jump, only the 12'0" board will be used. In the girls' long jump, athletes may use the 6'0" or 12' board. In the boys' and girls' triple jump, girls will use the 24', 32' and 40' boards and boys will use the 32' and 40' boards.
- C-12 Shot puts will be weighed. Any shot deemed illegal will be confiscated and may be picked up by a coach at the conclusion of the event.
- C-13 All flights in the horizontal jumps shall have up to 8 minutes between all preliminary flights and finals. Division I athletes should only use the runway between Division I flights. The runway will be open for Division I and Division II athletes starting at 9:00AM.

The runway will be available for up to 10 minutes before the start of the Division II flights after the final jump of the Division I finals. There are two competition areas for each field event and one will be for boys and the other for girls shared by both divisions. Some field events will have separate Division I and Division II championship competitions. The meet director and sport committee reserves the right to contest some events as a combined competition which will be scored separately by division.

- C-14 All flights in the Shot Put events shall have up to 8 minutes between all preliminary flights and finals. The ring will be open for all athletes starting at 9:00AM. Once competition has started athletes may only use the circle between flights of their own division. The ring will be available for up to 10 minutes before the start of the other division's flights after the conclusion of the first division's finals.
- C-15 With the exception of the pole vault, meet management reserves the right to require teams to use equipment supplied by the games committee.
- C-16 The meet will run according to the schedule and will get no further than **15** minutes ahead unless weather conditions make it necessary to adopt a rolling schedule.
- C-17 The Games Committee will reserve the right to make an adjustment to the time schedule based on the number of entries after the registration deadline. The Meet Director has discretion to move up to, but not exceeding, 15-minutes ahead of schedule based upon the FINAL SCHEDULE published the morning of the meet. A rolling schedule will be permitted if time or weather become a factor for any reason.

#### [D] CONDUCT OF THE PARTICIPANTS

- D-1 Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, or criticizing or using profanity directed toward any other person. Unsportsmanlike conduct shall not be permitted by any coach, contestant, spectator, or other team/school personnel. Determination of whether an incident qualifies as unsportsmanlike conduct resides solely with the Meet Director. An appeal of a determination of unsportsmanlike conduct can be made, in writing, to the Meet Director. The VISAA Track and Field Board shall consider and vote upon the appeal as soon as reasonably practicable. Notification concerning the appeal will be delivered via writing. In the event removal from the Sports Center has already occurred at the time of the appeal, the alleged offender will remain outside the premises until a decision on the appeal has been made.

**PENALTY FOR ATHLETE: Disqualification from the event in which the unsportsmanlike conduct occurred and, if applicable, from further competition in the meet.**

**PENALTY FOR COACHES AND OTHER SCHOOL PERSONNEL: Disqualification from further involvement in the meet and removal from the Sports Center. Reentry will not be permitted**

**PENALTY FOR SPECTATORS: Removal from the Sports Center. Reentry will not be permitted .**

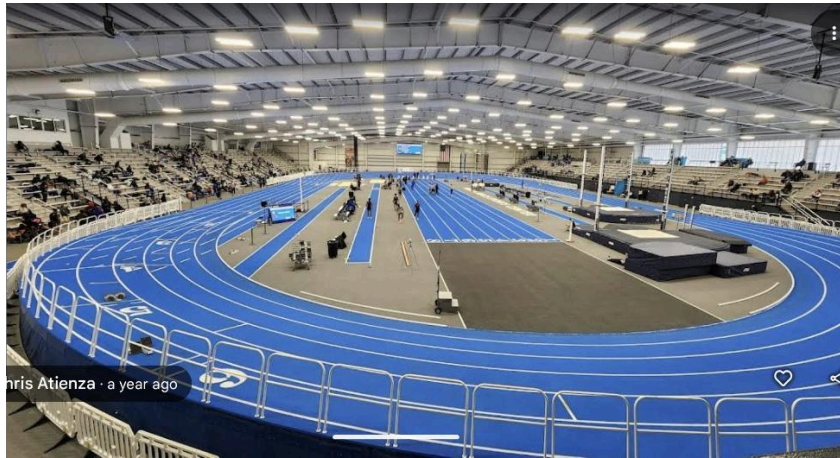
- D-2 Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at another individual, or any action which could bring discredit to the individual or his/her school.  
  
**PENALTY: Disqualification from the event in which the conduct occurred or from the meet if deemed appropriate by the Meet Director.**
- D-3 In a relay event, the baton shall not be intentionally thrown following the finish of any relay or at any point during the event, or used in **any manner** besides being carried or transferred to a teammate.  
  
**PENALTY: Disqualification of the relay team from the event and, if deemed applicable by the Meet Director, of the athlete from the meet.**

### OTHER INFORMATION FOR COACHES

#### VISAA ADMISSION POLICY

All spectators over the age of six will be charged admission. Players, coaches, cheerleaders, school administrators and families of coaches involved in the contest will be admitted free but other school personnel, faculty, and students must pay the admission fee.

## THE TRACK



The indoor track at Virginia Beach Sports Center is a 200m encapsulated, banked rubber surface. Spikes of 1/4-inch or shorter are acceptable.

## THE INFIELD

The infield is open to officials and field event participants only. Field event participants are defined as those athletes in currently competing flights. Athletes who have completed their event will be asked to leave the infield. Athletes waiting for their flight WILL NOT be permitted on the infield until their flight has been called. It is important that the athletes understand and obey this rule. Coaches are asked to set an example by remaining off the infield and away from the finish line officials. Please remember to advise your team of this restriction.

## WARMING UP

The track is not open for warming up after the start of running events. Athletes may warm-up on the straight-away track located underneath the home stretch bleachers. Please ask your athletes to clear the track upon first call for the running events.

## PROBLEMS/ISSUES/CORRECTIONS

The games committee will address problems that arise during the meet. If you have an issue with officiating, corrections to posted results, or anything that needs to be addressed during the meet, please report them to Amber Wood or Meredith Valmon, Co-Chairs of the VISAA Track and Field Sport Committee. We will consult with the Meet Director, meet officials and the games committee.

## WEATHER

If weather makes it necessary to postpone the meet, we will endeavor to have the meet on the next available date. In the event of such a delay, notification will be sent out with the backup date. If we are unable to conduct the meet on the scheduled day, we will inform the teams of the next available date as soon as it is determined. If during the meet the weather makes it necessary to finish the meet as early as possible, we will adopt a rolling schedule. A rolling schedule means that as soon as an event is completed the next event will begin.

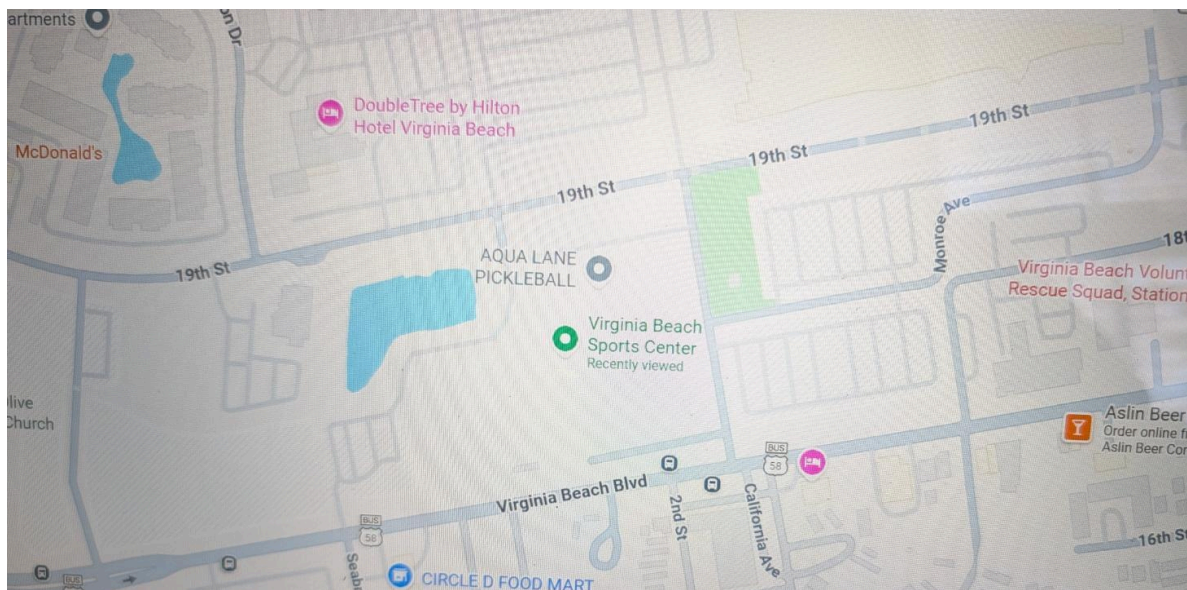
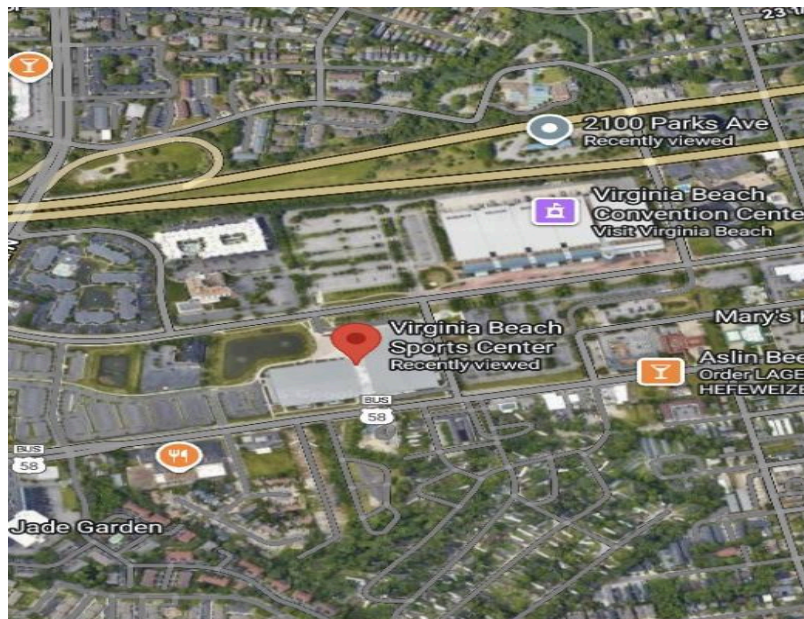
## PARKING

There is ample parking available at Virginia Beach Sports Center. Large buses may drop off and pick up in the loop in front of the building. There are 3 large parking lots surrounding the building.



## DIRECTIONS TO VIRGINIA BEACH SPORTS CENTER

**FROM ALL POINTS NORTH, SOUTH, EAST OR WEST:** Take I-64 to I-264 East toward Virginia Beach. Take exit 22 for Birdneck Road towards Oceanfront Alt Route. Turn Right onto Birdneck Road N. Take the next left onto 19<sup>th</sup> Street. Virginia Beach Sports Center will Be on your Right. 1045 19<sup>th</sup> Street, Virginia Beach, VA



## HOW DO I REGISTER FOR A MEET?

### Online Meet Registration

by MileSplit



#### **STEP #1    LOGIN OR REGISTER**

You must have a username and password for Milesplit. To get that, if you don't have one, click register in the top right gray MileSplit bar directly under the Universal Sports logo and search box.

#### **STEP #2    CLAIM YOUR TEAM**

If you haven't already set this up, you must be registered as a coach or team administrator to register for a meet. In order to get set up, you go to your team page, and at the top right, click "Claim This Team." Choose either that you want to be a coach or team administrator. Follow the instructions on that page. Apply and submit. Once you do that and you are approved (usually within a few hours), you will receive a confirmation e-mail and you will be set to go to the next step.

#### **STEP #3    UPDATE YOUR ROSTER**

If your team's roster is not already up-to-date, now is a good time to get any corrections made and add any additional athletes to it. Go to your team page, login, and you will see a button that says "TEAM ADMINISTRATION" to the right of your team's name. Click that and then click roster on left hand toolbar. Enter or update your roster, adding any new athletes. To move graduated athletes to "ALUMNI," simply add their graduation year and hit save.

#### **STEP #4    ENTER THE MEET**

Go to the season calendar and click on the green meet registration button of the meet you want to enter. Read and follow the instructions carefully and fill out the form completely. Once entered, you will see all of the available events/races listed. To enter an athlete into their respective events/races, click the "EDIT ENTRIES" link next to the event. On the following page, check the athletes you would like to enter (seed times will be automatically entered from the Milesplit database)\* and click the save button at the bottom. Do this for each event/race. You will be able to change and update these entries until the entry deadline.

\* *Seed marks are automatically entered for each athlete from the MileSplit database. If an athlete has a seed mark from a meet that was not recorded into the MileStat database, you will have to e-mail the results of that meet to the [meet director](#).*



### **Schedule for 2026 VISAA Indoor State Track and Field Championships:**

(Possibly subject to slight changes once we have all entries. The meet will not go more than 15 minutes ahead of schedule unless weather conditions make it necessary to expedite the meet by going to a rolling schedule.)

***THE FINAL SCHEDULE WILL BE RELEASED NO LATER THAN THE MORNING OF 2/12/26.***

Coaches Meeting: 10:00

Field events: 10:30 START for all except Triple Jump which will follow Long Jump. The venue has two competition areas for each field event. We will use one for boys and one for girls beginning at the same time.

- Boys Long Jump - 10:30 DI followed by DII (or possibly combined depending on numbers)
- Girls Long Jump - 10:30 DI followed by DII (or possibly combined depending on numbers)
- Boys Triple Jump - following LJ - DI followed by DII (or possibly combined depending on numbers)
- Girls Triple Jump - following LJ - DI followed by DII (or possibly combined depending on numbers)
- Boys High Jump - 10:30 - DII followed by DI (or possibly combined depending on numbers)
- Girls High Jump - 10:30 - DII followed by DI (or possibly combined depending on numbers)
- Boys Pole Vault - 10:30 - DII followed by DI (or possibly combined depending on numbers)
- Girls Pole Vault - 10:30 - DII followed by DI (or possibly combined depending on numbers)
- Boys Shot Put - 10:30 - DI followed by DII (or possibly combined depending on numbers)
- Girls Shot Put - 10:30 - DI followed by DII (or possibly combined depending on numbers)

11:00 B Sections of 3200 (If necessary due to number of entries. Top 24 in the fast sections based on best performance)

12:30 55mh Semifinals (DI girls followed by DII girls; then DI boys followed by DII boys)

12:45 55m Semifinals

1:05 4x800m Relay Finals

1:50 55mh Finals (DI girls followed by DII girls; then DI boys followed by DII boys)

2:05 55m Finals

2:15 1600m Finals

2:50 4x200m Relay Finals

3:30 500m Finals

3:55 1000m Finals

4:20 300m Finals

4:45 3200m Finals (Top 24 entrants per race)

5:45 4x400m Relay Finals

6:45 Awards ceremony



MILESPLIT LIVE RESULTS QR CODE



***MileSplit***



## 2026 Division I and Division II Indoor Track and Field Qualifying Standards

To enter the 2026 VISAA Indoor Track and Field Championships, all competitors must meet the 2026 qualifying standard listed below, competing in an indoor meet, during the 2025-26 indoor track and field season.

Event	DI	DII
Girls High Jump	4-4	4-2
Boys High Jump	5-6	4-8
Girls Long Jump	14-8	13-0
Boys Long Jump	19-4	15-0
Girls Shot Put	25-6	25-2
Boys Shot Put	39-0	35-0
Girls Triple Jump	27-4	26-0
Boys Triple Jump	37-2	35-0
Girls Pole Vault	6-0	6-0
Boys Pole Vault	9-0	8-6
Girls 55mh	11.05	11.80
Boys 55mh	9.80	10.00
Girls 55m	7.85	8.20
Boys 55m	6.75	7.25
Girls 4x800m Relay	11:45.00	12:00.00
Boys 4x800m Relay	9:24.00	11:15.00
Girls 1600m	5:50.00	6:05.00
Boys 1600m	4:50.00	4:58.00
Girls 4x200m Relay	1:59.00	2:06.00
Boys 4x200m Relay	1:38.00	2:00.00

