

LONDONDERRY INVITATIONAL

The R.E.A.L. Track and Field Meet

Larry Martin Track and Field Complex
Ninth Annual – May 18, 2024

FEES: The entry fee is \$200 per school (covers both boys and girls teams) OR \$10 per athlete and \$20 per relay. Pay the lesser amount. The entry fees must be received before direct athletics will be opened for entries.

PAYMENT MUST BE RECEIVED ON OR BEFORE MAY 14TH, 2024.

Checks are to be made out to Londonderry High School and mailed to
Suzanne Johnson
Londonderry High School
295 Mammoth Road
Londonderry, NH 03053

REGISTRATION: Lancer Timing will provide meet information and live meet results. Entries will be done on-line through Direct Athletics. Check Direct Athletics for the time and day entries close. **Entry registration will not be opened to a team until entry payment has been received.**

ENTRY STANDARDS: Due to the large number of entries and the growth of the meet, athletes need to have achieved meet entry standards. **We will take a maximum of 24 athletes in all events except pole vault and high jump which will take a maximum of 16.** Meet entry standards will be posted on www.lancertiming.com. There are no standard or entry limits for relays, however, each school is allowed only one entry per gender for each of the three relays.

STARTING TIMES AND ORDER OF EVENTS:

FIELD EVENTS START AT 9:00 AM		TRACK EVENTS START AT 9:30 AM
<u>BOYS FIRST</u>	<u>GIRLS FIRST</u>	4 x 800m relay (Girls 1 st)
triple jump	pole vault	110/100m hurdle trials (Boys 1 st)
javelin	high jump	100m dash trials (Boys 1 st)
shot put	long jump	<i>**10 minute break**</i>
	discus	<i>Girls 1st in all remaining events.</i>
		100m/110m hurdle finals
		100m dash finals
		1600m run
		4 x 100m relay
		400m dash
		300m hurdles
		800m run
		200m dash
		3200m run
		4 x 400m relay