

ORDER OF EVENTS

FIELD EVENTS START AT 11:00

*****pole vault - boys first**

high jump - girls first

triple jump - boys first

long jump - girls first

javelin - boys first

discus – boys*** first

shot put – girls*** first

When the boys have finished an event, the girls will immediately follow and vice versa.

RUNNING EVENTS TO BEGIN AT 11:30

Except for the trials of the short hurdles and the 100m dash, girls' heats will race first.

4 x 800 m relay (girls then boys)

110/100 m hurdle trials (boys then girls)

100 m dash trials (boys*** then girls)

10 minute break followed by finals in all remaining events

100/110 m hurdle finals (girls then boys)

100 m dash finals (girls then boys***)

1600 m run (girls*** then boys)

***4 x 100 m relay (girls then boys)

400 m dash (girls then boys)

300 m hurdles (girls then boys)

800m dash (girls then boys)

200 m dash (girls*** then boys)

3200 m run (girls then boys***)

4 x 400 m relay (girls then boys)

***** FEATURED EVENTS** – see reverse side for details

The *REAL* Track and Field Invitational Featured Events

To recognize and honor several individuals who have contributed to the success of track and field both here at Londonderry High School and across the state of New Hampshire, the following events are the featured events of the meet.

The Al Halpern Boys' and Girls' 100m Dashes

The Larry Martin Boys' and Girls' 3200m Runs

The Rich Nagy Boys' and Girls' 4 x 100m Relays

The Bill Newcomb Boys' and Girls' Pole Vaults

The Ed Daniels Boys' and Girls' Discus

We are all indebted to and grateful for the contributions of Rich Nagy, Ed Daniels, Al Halpern, Larry Martin and Bill Newcomb. Throughout their many years of coaching, they impacted hundreds of young men and women, guiding them to excel in their athletic and academic careers. Most importantly, far beyond the athletic fields and the school house, these individuals were teaching adolescents how to be productive, caring and successful adults, able to be good family members, valuable employees and citizens who would impact their communities in a positive way.