

**LONDONDERRY INVITATIONAL**  
**The *R.E.A.L.* Track and Field Meet**  
**Larry Martin Track and Field Complex**

**Sixth Annual – May 20, 2017**

**A. START TIME IS 11:00AM**

**B. IF YOU INTEND ON PARTICIPATING IN THE MEET, EVEN IF JUST A FEW INDIVIDUALS WILL ATTEND, YOU MUST CONFIRM YOU WILL ATTEND BY EMAIL BY MAY 15<sup>th</sup> TO SUZANNE JOHNSON ([smjohnson@londonderry.org](mailto:smjohnson@londonderry.org)) SO THE MEET WILL BE OPENED TO YOU FOR ENTRIES ON DIRECT ATHLETICS.**

1. The purpose of this meet is to provide good competition at a first rate track and field facility that will help individuals and teams prepare for the rigors of the championship season. To insure this, we ask you to read and follow all meet and facility guidelines. After reading the information, if you should still have questions about any aspect of the meet, please contact Suzanne Johnson. ([smjohnson@londonderry.org](mailto:smjohnson@londonderry.org); 289-0444)
2. The entry fee is \$120 per school (covers both boys and girls teams) **OR** \$7 per athlete and \$15 per relay. Pay the lesser of the two options. Please make checks out to **Londonderry High School** . We are adding awards this year to all first place finishers, including relay teams. Fees are due the day of the meet or can be mailed prior to the meet to:

Suzanne M Johnson  
Londonderry High School  
295 Mammoth Road  
Londonderry, NH 03053
3. We would like to leave meet entry standards to the discretion of the individual coaches. Again this year, there will be no entry standards, nor limits on the number of entries per event. We do strongly remind you the purpose of the meet is preparation for the championship meets. **PLEASE ONLY ENTER ATHLETES WHO ARE ALREADY OR HAVE THE POTENTIAL TO BE QUALIFIERS** FOR COMPETITION IN THE DIVISION CHAMPIONSHIP MEETS. If entries are made that are not of championship quality, future LHS Invitationals will have entry restrictions. **Opening heights: boys' high jump 5'6", girls' high jump 4'6"; boys' pole vault 10'0", girls' pole vault 7'0"**. Entries will be made on line through Direct Athletics.
4. Upon arrival, coaches should check in at the track and field press box.
5. We ask that you locate your teams and tents on the grass field at the south end of the facility behind the gymnasium.
6. In the hopes of keeping the facility in pristine condition long into the future, we ask that no food and no drinks other than water are consumed inside the fenced in area.

7. We ask your help in keeping everyone away from the finish area. During the course of the meet, coaches and managers can find all event results posted on the boards outside the main entrance of the facility. We ask that you check results for accuracy. Results will be posted live on-line and at the conclusion of the meet, all event and meet results will be available at Lancertiming.com.
9. Field events will start at 11:00. Please note that when making entries. When the boys have finished an event, the girls will immediately follow and vice versa. Please do your best to make sure your athletes report on time and are warmed up, ready to start when the event gets under way.

BOYS FIRST

pole vault

triple jump

javelin

discus

GIRLS FIRST

high jump **NEW ORDER AS OF 5-14-17**

long jump

shot put

10. All throws, long and triple jump will be conducted in flights. There will be three jumps (long and triple) and three throws for each athlete. The top eight performers in the trials will advance to the finals for three more attempts.
11. To place marks on the track, on any runway or on the high jump apron, we ask that you use **only painter's tape or chalk**. We will have tape and chalk available.
12. The shot and discus circles are cement and are found within the fenced in area. The javelin area is located outside the fenced in area within 100 meters of the track. The runway is grass. Please bring your own throwing implements. Implements will be weighed and checked in.
13. The 4 x 800 will start at 11:30. Except for the trials of the short hurdles and the 100m dash, girls' heats will race first.

11:30    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)

14. Athletes may use **ONLY pyramid spikes that are ¼" or less**. Pin spikes will NOT be allowed on the track, the high jump apron or any runway.

15. LHS will provide starting blocks. If you prefer, you may use your own blocks.
16. In all running events, the slower seeds will compete first. Please make sure your athletes know the meet order of events and are reporting to the clerking area for their individual events in a timely fashion. There will be only one call for an event. Running events take precedence over field events. Please remind your athletes to check out of field events and return to that field event at the conclusion of their heat of the track event.
17. If numbers of entrants dictate, the 1600 and/or 3200 m may use an alley start. The starter will explain this to the runners.
18. The 4 x 400 m relay does have a three turn stagger. The second leg of the relay will break in at the start of the straight on the back side of the track. The starter will explain this to the runners.
19. Athletes and spectators may use bathroom facilities inside the school building (enter in the doors directly behind press box) or inside the gym (enter through the main doors of the gym lobby). Porta-Johns will also be available.
20. There will be a concession stand.
21. Athletes and relays who place first in their events can pick up their awards in the press box after official results have been announced.