

# Kingswood Invitational

Thursday - April 24, 2025

4:00 P.M.

## Important Meet Information

**Address:** Nick Track, 10 Trotting Track Road (off Rt. 28), Wolfeboro, New Hampshire.

**Automated Timing:** Meet will have fully automatic timing by Lancer Timing.

**Live Timing:** <http://live.lancertiming.com>

**Entries:** Due on Direct Athletics by Tuesday, April 22nd at 6:00pm.

**Event Limits:** 4 events (including relays) total for each athlete.

**Scoring:** Top 4 in each event score (5-3-2-1).

**Excluded Events:** There will not be a pole vault competition.

**Event Awards:** Customized T-shirts to Top 3 in each event plus winning relay teams.

**Entry Fees:** \$100 per team, \$200 if entering boys' and girls' team. Please send to:  
Vaughn Beckwith, Kingswood Regional High School, 396 S Main St, Wolfeboro, NH 03894.

**Contact Info:** AD: [vbeckwith@govwentworth.k12.nh.us](mailto:vbeckwith@govwentworth.k12.nh.us), Coach: [abelisle@govwentworth.k12.nh.us](mailto:abelisle@govwentworth.k12.nh.us).

**Tent Setup:** Please setup team tents anywhere outside the edge of the fence that goes around the track.

**Parking:** There is ample parking at the Nick facility.

## Event Start Times

**2:30-3:00 pm:** Kingswood Senior Recognition. Brief recognition of senior athletes will take place at middle of infield.

**3:30-3:45 pm:** Scratches – coaches meet at Check-in Table to communicate track event scratches. Check in and scratches for field events will take place at the site of the field event. No athletes can be added to any events. Track heats will be assigned such that faster heats will run first followed by slower heats. Please enter a suggested time in Direct Athletics, so your athletes are in the most appropriate heats. All field events competitors will get 3 attempts, with no finals.

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## Schedule of Events

### Field Events:

**4:00 pm**

Boy's Discus	Girl's Discus
Girl's Shot	Boy's Shot
Boy's Long Jump	Girl's Long Jump
Girl's High Jump (4' 0" starting height)	Boy's High Jump (5' 0" starting height)
Boy's Triple Jump	Girl's Triple Jump
Girl's Javelin	Boy's Javelin

**Running Check-Ins:** Athletes should report on the second call. They will be scratched after the 3rd call.

**Running Events:** Girls will run first; sections will run **fastest-to-slowest**

**4:30 pm**

100/110 M Hurdles  
100 M Dash  
1600 M Run  
4x100 M Relay  
400 M Dash  
300 M Hurdles  
800 M Dash  
200 M Dash  
3200 M Run  
4x400M Relay

**Award Presentation:** At conclusion of all events, T-shirts will be presented to the TOP 3 in each individual event and to all 4 members of the winning 4x100 and 4x400 relays.