

LONDONDERRY INVITATIONAL

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

Larry Martin Track and Field Complex
Eleventh Annual – May 23, 2026

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 20TH, 2026.

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: Entries will be on-line through Direct Athletics. Check Direct Athletics or Lancer Timing for the entry deadline. **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 standards or entry limits for relays; however, each school is allowed only one entry per gender for each of the three relays. Performances need to be from 2026 spring season NHIAA sanctioned meets. Meet management reserves the right to ask for verification of performance.

STARTING TIMES AND ORDER OF EVENTS:

FIELD EVENTS START AT 9:00 AM

BOYS FIRST

triple jump
javelin
shot put

GIRLS FIRST

pole vault
high jump
long jump
discus

TRACK EVENTS START AT 10:00 AM

4 x 800m relay (Girls 1st)
110/100m hurdle trials (Boys 1st)
100m dash trials (Boys 1st)

10 minute break

Girls 1st in all remaining events.

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