

2026 R.E.A.L. Londonderry Invitational

Entry Standards

EVENT ENTRIES FOR THE MEET WILL BE CAPPED OUT AT 24 ENTRIES EXCEPT POLE VAULT AND HIGH JUMP WHICH WILL BE CAPPED OUT AT 16 ENTRIES.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100/110 Hurdles	19.74	20.00
300m Hurdles	50.00	56.10
100m	11.80	14.00
200m	24.50	29.50
400m	57.00	68.00
800m	2:15.00	2:45.00
1600m	4:55.00	6:03.00
3200m	10:50.00	13:25.00
Shot Put	37' 0"	27' 0"
Discus	100' 0"	70' 0"
Javelin	115' 0"	70' 0"
Long Jump	18' 0"	14' 0"
Triple Jump	35' 0"	28' 0"
High Jump	5' 6"	4' 8"
Pole Vault	9' 0"*	7' 0"***

* Boys' pole vault will open at 9', be raised to 10' and then go up in 6" increments.

** Girls' pole vault will open at 7', be raised to 8' and then go up in 6" increments.

Entry performances need to be in the Battlenotes. Similar event performances that an athlete has not yet contested can be entered with prior approval. Email requests before May 20th to Amy Sanborn (asanborn@londonderry.org)