

# LONDONDERRY INVITATIONAL

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

Larry Martin Track and Field Complex  
Tenth Annual – May 24, 2025

**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 21<sup>TH</sup>, 2025.**

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 done 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](http://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.

### 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 9:30 AM**

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

*\*\*10 minute break\*\**

*Girls 1<sup>st</sup> 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