Merrimack Track Carnival
Welcoming Bentley, St Anselm, Stonehill, UMass Lowell, SNHU
March 28, 2024

Individual Events will be scored to 8 places (9, 7, 6, 5, 4, 3, 2, 1).
Only two individual entries per institution shall score.
One relay entry per institution shall score. (9, 7, 6, 5).
9 competitors shall advance to final in throwing events and horizontal jumps.
Fast Heats will go first.

12:00 Implement Weigh-in at Shot Put Sector (behind Duane Stadium, in parking lot M)
3:00 National Anthem

Field Events
1:00 pm Javelin Throw (Women followed by Men) at Merrimack’s NEW facility
1:00 pm Hammer (Men followed by Women)
          Discus (After Hammer, Men Followed by Women)
          Shot Put (Women followed by Men)
3:01pm Long Jump (Men followed by Women)
          Triple Jump (after LJ, Men followed by Women)
3:01pm High Jump (Women followed by Men)
3:01pm Pole Vault (Men followed by Women)

Track Events (Men run first in even year)
3:01pm 4x100 Meter Relay
        1500m
        100/110 Meter Hurdles Final
        400 Meters
        100 M Final
        800 Meters
        400 Meter Hurdles
        200 Meters
        5000 Meters
        4x400 Meter Relay