



# MERRIMACK HIGH SCHOOL ATHLETICS



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To all schools participating in the 2025 Merrimack Invitational:

## Entry information:

The meet will be timed by Lancer Timing. All entries will be through Direct Athletics. The meet will be added to your schedule. Each school will be allowed three entries per individual event. Below are recommended standards. Please do not enter athletes who are not close to these standards.

	Girls	Boys
100/110H	18.3	18.5
300H	53.5	47.0
100	13.6	11.7
200	28.8	24.4
400	67.5	55.0
800	2:40.0	2:10.0
1600	6:00.0	4:55.0
3200	13:20.0	10:45.0
SP	28'0"	38'0"
DT	80'0"	100'0"
HJ	4'8"	5'8"
LJ	14'0"	18'3"
TJ	30'6"	37'0"
JAV	70'0"	110'0"

PV **Top 12 entries will be accepted. All performances must be verified and will be posted before May 14, 2024.**

RELAYS NO STANDARD 1 ENTRY PER TEAM

Opening height of the pole vault will be 7'0" for girls and 9'0" for boys. The bar will then be moved up in 1 foot increments until there are 6 vaulters left, then in 6" increments.

Opening height of the high jump will be 4'6" for girls and 5'6" for boys. The bar will then be moved up in 2" increments.

Only jumps longer than 14'0" in the girl's long jump, 17'6" in the boy's long jump as well as 28'0" in the girl's triple jump and 36'0" in the boy's triple jump will be measured.



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## 2025 Merrimack Invitational Meet Schedule

**Field events:** Three attempts in the trials, top eight advancing to the finals.

4:00 Alumni Mile  
4:00 Boys PV  
4:30 Girls- SP, JAV, TJ,  
Boys- LJ, HJ, DT  
6:15 Girls- LJ, HJ, DT, PV  
Boys-, JAV, TJ, SP  
4:45 Running event trials. Eight athletes will advance to the final.  
110HH semi  
100H semi  
100M semi  
Girls will precede boys in all finals:  
100H f  
110H f  
100f  
The following finals will be sections on time:  
1600  
4x100  
400  
300H  
800  
200  
3200  
4x400

### **Awards:**

The winner in each event will receive a medal. 2-6 will receive ribbons.  
Team awards will be given to the top Girls and Boys teams.

**\* NOTE: ONLY ¼ INCH PYRAMID STYLE SPIKES ON ALL RUNNING AND JUMPING SURFACES**