2024 Merrimack High School Invitational

Schedule of Events

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

4:00  Boys Pole Vault
4:30  Girls Shot Put – Javelin – Triple Jump
     Boys Long Jump – High Jump – Discus Throw
     Boys Javelin – Triple Jump – Shot Put

Running events -
4:45  110m Hurdles Prelims
     100m Hurdles Prelims
     100m Dash Prelims

Girls will precede boys in all finals

100m Hurdles FINAL
110m Hurdles FINAL
100m Dash FINAL

The following finals will be sections on time:

1600m Run
4x100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3200m Run
4x400m Relay

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