



Inter-Lakes Middle/High School

1 Laker Lane Meredith NH 03253 tel: 603-279-6162 fax: 603-279-5302
 Lakes Region Middle School Track and Field Championship
 June 2, 2026 3:30pm

| Event | Girls | Boys |
|-------------|---------|---------|
| 100mH | 21.00 | 20.00 |
| 110mH | NA | 23.5 |
| 100m | 14.50 | 13.50 |
| 1600m | 6:45.00 | 6:00.00 |
| 4x100m | 1:01.00 | 58.00 |
| 400m | 1:15.00 | 1:08.00 |
| 800m | 3:05.00 | 2:40.00 |
| 200m | 32.00 | 29.00 |
| 4x400m | 5:15.00 | 4:50.00 |
| Long Jump | 11'8" | 13'8" |
| Triple Jump | 24'0" | 27'7" |
| High Jump | 4'0" | 4'6" |
| Javelin | 48'0" | 83'0" |
| Shot Put | 20'0" | 27'6" |
| Discus | 49'0" | 71'0" |

| | | | |
|----------------------------|-------------------------------|------------------|--------------------|
| Boys Hurdles | Number of hurdles | Height | |
| 110m | 10 | 33" | |
| Girls Hurdles | Number of hurdles | Height | |
| 100m | 10 | 30" | |
| Boys and Girls Disc | Boys and Girls Javelin | Boys Shot | Girls' Shot |
| 1K | 600g | 4k | 6 lbs |

Sarah Dumais
Athletic Director

Maribel Gasque-Storms
Middle School Head Coach

Tim Hayman
Middle School Head Coach

Owen Carney
Middle School assist. Coach



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INVOICE

Middle School Lakes Region Qualifying Track Meet
HOSTED BY INTER-LAKES MIDDLE HIGH SCHOOL

Please make checks payable to:

Inter-Lakes Middle High School- Track Meet 6/2 in memo line

Please mail checks to:

Inter-Lakes Middle High School % Sarah Dumais
1 Laker Lane
Meredith NH 03253

Registration Fee

June 2, 2026 Middle School Track Meet
\$150 per school (covers all male/female athletes who have qualified)

- For meet questions/details please reach out to ILMHS Athletic Director Sarah Dumais
sarah.dumais@interlakes.org 603-279-6162
 - Please arrive no later than 2:30pm (park bus at Prescott Park; [367 Daniel Webster Highway](#), Meredith, NH)
 - There will be a concession stand and they will be selling T-Shirts

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