

*17<sup>th</sup> Annual*  
**NASHUA NORTH INVITATIONAL**  
*Saturday, April 22, 2023*

**GENERAL INFORMATION**

Directions and more information available at: [www.northstartiming.com](http://www.northstartiming.com)

No team scoring. Bathroom facilities are available but locker rooms are not available.

The meet will feature an 8-lane track and Fully Automatic Timing provided by North Star Timing.

Only ¼ inch pyramid spikes will be allowed on all running and jumping surfaces.

**ALL FEDERATION RULES APPLY.**

A full concession stand will be available at the facility and T-shirts will also be sold.

Results will be available at [www.northstartiming.com](http://www.northstartiming.com)

**ENTRY INFORMATION**

Entries will be done through Direct Athletics. The meet will be added to your schedule, on your team page, at [directathletics.com](http://directathletics.com). **Event entry deadline will be Friday, April 21, 2023 at noon.**

Qualifying Standards can be found on the meet website. Please seed all athletes accurately and honestly.

Each team will be allowed a maximum of 3 athletes per event.

Due to possible large team/event entries, **each athlete will be allowed to compete in a maximum of any 3 events – including relays.** For example, an athlete may run the 4x800, 800, and 4x400; or the 100, 4x100, and TJ. An athlete **may not** compete in 4 events. If an athlete is caught doing more than 3 events, the athlete's performances will be disqualified from the meet.

There will be an entry fee of \$8.00 per event/per athlete or team entry fees of \$125.00 per gender.

**Please make checks payable to: Nashua High School North - Track**

<b><u>Mail entry fee to:</u></b>	Karen Burnett Nashua High School North – Athletics 8 Titan Way Nashua, NH 03063
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**AWARDS**

Individual awards will be given to the winner of each event. The winner of the girls 4x100 relay will receive a plaque in memory of Pauline Albert. The winner of the boys 4x400 relay will receive a plaque in memory of Bob DeMello. Four individual trophies will also be given out to the top male and female track athlete and the top male and female field athlete.

# ORDER OF EVENTS

## FIELD EVENTS

9:00 am All Field Events will begin. Pole Vault (B-G); High Jump (G-B); Javelin (B-G); Shot Put (G-B); Long Jump (B-G); Triple Jump (G-B); Discus (B-G)

## RUNNING EVENTS

9:00

G	4x800 Relay Final	B	4x800 Relay Final
G	F/S Mile Final	B	F/S Mile Final

10:00 am

B	110 HH Trials*	G	100 HH Trials*
B	100m Trials*	G	100m Trials*
G	100 HH Final	B	110 HH Final
G	100m Final	B	100m Final
G	Mile Final	B	Mile Final
G	4x100 Relay Final	B	4x100 Relay Final
G	400m Final	B	400m Final
G	300m LH Final	B	300m IH Final
G	800m Final	B	800m Final
G	200m Final	B	200m Final
G	Two Mile Final	B	Two Mile Final
G	4x400 Relay Final	B	4x400m Final

\* Denotes Trials to Finals on time – no semifinals  
Dash and Hurdles will run a two section final on time.

**Athletes must check in at the clerking tent two events prior to their running events.**

All heats will be run from slow to fast.

## FIELD EVENTS

There are events standards. Individuals must meet the standard to be entered into the meet. In addition, the opening heights of the high jump will be 4' 4" for girls and 5' 4" for boys. The bar will then be moved up in 3" increments to 4' 10" and 5' 10" and then increase by 2" increments.

Opening heights of the pole vault will be 7' 0" for girls and increase to 8' 0". 9' 0" for boys followed by 10'. The bar will then be moved up in 6" increments (Opening heights are subject to change but will not be lower).

In the long jump, all first legal jumps will be measured. After that, only jumps longer than 14' 0" in girls and 17' 0" in boys will be measured.

The top-8 will also go to the finals in the long jump, shot put, triple jump, javelin, and discus. 5-Alive will be used in the high jump and pole vault.

The 5-minute rule will be in place for athletes checking out of a field event to go to a running event. This will be further explained at the coaches meeting at the beginning of the meet.

The shot put and discus surfaces are cement. The javelin runway will be grass.