



# Pelham Invitational

📅 April 11, 2026

🕒 9:00 A.M.

📍 Pelham High School

85 Marsh Road, Pelham, NH 03076



**We look forward to a fantastic meet and hosting your school! The goal of our meet is to host a well-run and highly competitive meet for your track athletes.**

- Meet will have fully automatic timing by Speed Sport Timing
- Finals in all field events (top 8).
- Limit of five (5) entries per team per running event.
- Limit of three (3) entries for field events – unless qualifying standards are met for all 5 athletes (see standards).
- 4 events (including relays) total for each athlete.
- Team scoring (10-8-6-4-2-1)!
- Awards for 1<sup>st</sup> place teams. Medals for top 3 athletes in each event.
- Commemorative T-Shirts available CASH ONLY!!!
- Full concession stand available CASH ONLY!!!.
- **THERE WILL BE NO POLEVAULT OFFERED AT THIS MEET**

**Entry Fee: \$100 per team or \$20 per athlete**

**Boys & Girls Teams: \$200 total**

**Send Entry Fee to Pelham High School**

Address: 85 Marsh Road Pelham, NH 03076

**Entries Due on Direct Athletics by Thursday, April 9th at 6:00pm**

**Please RSVP by March 29<sup>th</sup>**

Thank You for your participation.  
*Michael Soucy – Athletic Director*  
*Jade Gizzi– Meet Director*



TRACK AND FIELD SPORTS

## Pelham Invitational Schedule – 4/11/26

**Check in:** 8:00 – 8:30

**Volunteers Meeting:** 8:30

**Coach's Meeting:** 8:45

**Field Events:** (Start promptly at 9:00A.M.)

**High Jump** – Girls, then Boys (opening heights Girls - 4' 2", Boys - 5' 2")

**Long Jump** – Boys, then Girls (Flights run Shortest – Farthest seed)

**Triple Jump** – Girls, then Boys (Flights run Shortest – Farthest seed)  
(Girls boards 24' 28' 32' – Boys boards 28' 32' 36')

**Shot** – Girls, then Boys (Flights run Shortest – Farthest seed)

**Discus** – Boys, then Girls (Flights run Shortest – Farthest seed)

**Javelin** – Boys, then Girls (Flights run Farthest – Shortest seed)

**\*\*Only athletes in Flight 1 of Javelin can qualify for finals**

**Running Events:** (Starts at 9:30 A.M.)    Girls, then Boys (except in trials)

**4x800 M Relay**

**110 HH Trials (Boys)**

**100 HH Trials (Girls)**

**100 M Trials (Boys then Girls)**

**1600 M Unseeded**

**(10 Minute Break)**

**100 HH Finals**

**110 HH Finals**

**100 M Finals**

**1600 M Seeded (top 12 entries after scratches)**

**4 X 100 M Relay**

**400 M**

**300 IH**

**800 M**

**200 M**

**3200 M**

**4 X 400 M Relay**

*Finals in all Field Events and Team Scoring!*

***Special Note: Please encourage your athletes to get their trial attempts in before checking out. Our officials will encourage and support this.***

1. Limit of 5 entries per event per team for running events.
2. Field events: Limit of three (3) – unless all 5 meet qualifying criteria.
  - a. In High Jump, and Triple Jump please only enter athletes who are capable of meeting the minimum standard
3. 4 events per athlete (including relays)
  - a. Entries due on Direct Athletics by Thursday, April 10th at 6 pm
  - b. Field event flights will be posted to [sstresults.com](http://sstresults.com) on Friday night
  - c. All athletes must have a seed time/distance, make your best guess
  - d. Please try to limit JV level athletes to 1 or 2 events
4. Scratches ONLY day of meet – no additions at the meet! NO Exceptions
5. Performance list will be provided on [sstresults.com](http://sstresults.com)
6. All running events check-in at the bullpen area
7. All field events check-in at the event site.
  - a. Please encourage your athletes to get their trial attempts in before checking out. Our officials will support this.
8. 100m and High Hurdles will include trials. The top 8 advance to finals based on time.
9. 200m and higher will be final sections
  - a. Top seeded sections will be run last
10. PHS has an 8-lane track. ¼“ pyramid spikes or smaller ONLY.
11. No athletes will be allowed on the infield unless they are reporting to the bullpen or competing in the shot put or discus. All spectators should remain outside the fence.
  - a. Athletes are encouraged to warm up for running events on the field behind the grandstands
12. Top 6 athletes in each event will score points (10-8-6-4-2-1)
  - a. Plaques will be awarded for 1st place overall team
13. Results will be posted on [sstresults.com](http://sstresults.com) and Direct Athletics
  - a. Live Results will be available on [sstresults.com](http://sstresults.com)
14. Portable toilets will be available for use.
15. There will be a full concession stand with food and drinks. CASH ONLY
16. Parking is available at Pelham High School, Pelham Elementary School
  - a. Handicap Parking will be available at Pelham Elementary School

We look forward to a great meet and hosting your team. We have quality and experienced officials. Thank you for coming – it will be a great event! Please call or email with any questions.

**Michael Soucy**– [msoucy@pelhamsd.org](mailto:msoucy@pelhamsd.org) *Athletic Director*

**Jade Gizzi**– [jgizzi@pelhamsd.org](mailto:jgizzi@pelhamsd.org) *Meet Director*

## 2026 Pelham Invitational -- Appendix

**Field Event Standards** – In order to have 5 athletes compete. All **5 athletes** must meet these standards. If they don't, the limit is three **(3)** per event. No qualifying criteria if only entering three **(3)**.

### **High Jump**

**Boys: 5' 4"**

**Girls: 4' 6"**

### **Triple Jump**

**Boys: 36' 0"**

**Girls: 28' 0"**

### **Long Jump**

**Boys: 17' 6"**

**Girls: 13' 0"**

### **Discus**

**Boys: 95' 0"**

**Girls: 75' 0"**

### **Shot Put**

**Boys: 35' 0"**

**Girls: 25' 0"**

### **Javelin**

**Boys: 125' 0"**

**Girls: 75' 0"**