



## 2024 Merrimack High School Invitational

### Entry information –

The meet will be timed by Lancer Timing services and 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.

	<u>Girls</u>	<u>Boys</u>
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	4'6"	5'6"
LJ	14'0"	18'0"
TJ	30'0"	37'0"
JAV	70'0"	110'0"
PV	<b>Top 12 entries will be accepted. Performances must be verified.</b>	
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.

### 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.