



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

6:15 Girls Long Jump – High Jump – Discus Throw – Pole Vault

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**