



Southern New Hampshire University's 2026 Spring Invitational



Date: Saturday, MARCH 28, 2026

Location: Southern New Hampshire University's Ouelette Stadium at 80 Victory Ln. Hooksett, NH 03106

Entry Deadline: Tuesday, March 24th at 10:00 pm EST

Entry Procedure: All entries will be completed through Direct Athletics.

Entry Fee: \$350 per gender team fee cap. All entry fees to be paid through Direct Athletics. Entries will not be processed until entry fees are paid online at Direct Athletics.

Unattached: There will be a \$25 per event fee. Sign up through Direct Athletics.

Schedule: The meet will run on a timed schedule and up to 10 minutes ahead of schedule. See event schedule for order of events.

Weigh-In: Weigh-ins will be held at shed in the Ed Daniel's throws area (north-east end of stadium) 60min prior to start of first throws event. Any implement not weighed in at this time will not be allowed in the competition.

Running Events: Athletes will check in at the Clerk Area (South End equipment building next to 100m start). First and Final calls will be given over the loud speakers. *All running events are timed finals (heats will run fast to slow)*

Spikes: Spike length and shape limited to **¼" Pyramid spikes**. No exceptions.

Restrooms: Restrooms will be located along the concourse level.

Team Camps: Please set your team camps in the stands, but please do not erect tents in the stands. Tents will be allowed on the northern open end of the concourse. Please do not make team camps on the emergency roads around the track, the infield or in the throws area. **The infield and throws area must be kept clear at all times by non-competitors.**

Track Markings- No Chalk will be allowed to mark the track. Athletic tape will be allowed for use as field event markers and relay exchange zones.

Athletic Training: Trainers will be available 1hr prior to the start of the meet. Please bring your own materials needed for taping. Ice will be available to all athletes.

Results: Timing will be run by Lancer Timing. Live updates will be available at <http://www.lancertiming.com/>

Admission: Admission is free to all spectators. **NO ANIMALS ALLOWED IN SPECTATOR AREA.**



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Sample time schedule – updated time schedule will sent out once entries are finalized

FIELD	EVENTS	
11:00AM	Long Jump (Men followed by Women/may try to run 2 pits)	Flights/Finals
	Triple Jump (After LJ, Men followed by Women)	Flights/Finals
10:30AM	Javelin (Women followed by Men)	
10:00AM	Discus (Women followed by Men)	
	Hammer (After Discus, Women followed by Men)	
After Javelin	Shot Put (Men followed by Women)	
11:00AM	High Jump (Women followed by Men)	
12:30PM	Pole Vault (Women followed Men)	
TRACK	EVENTS	
12:00PM	Women's 3000m Steeplechase	Finals
	Men's 3000m Steeplechase	Finals
	Women's 4x100m Relay	Finals
	Men's 4x100m Relay	Finals
	Women's 1500m Run	Finals
	Men's 1500m Run	Finals
	Women's 100m Hurdles	Finals
	Men 110m Hurdles	Finals
	Women's 400m Dash	Finals
	Men's 400m Dash	Finals
	Women's 100m Dash	Finals
	Men's 100m Dash	Finals
	Women's 800m Run	Finals
	Men's 800m Run	Finals
	Women's 400m Hurdles	Finals
	Men's 400m Hurdles	Finals
	Women's 200m Dash	Finals
	Men's 200m	Finals
	Women's 5000m Run	Finals
	Men's 5000m Run	Finals
	Women's 4 x 400m Relay	Finals
	Men's 4 x 400m Relay	Finals

Jump Progressions:

Pole Vault:

Women opening: TBD

Men opening: TBD

High Jump:

Women opening: 1.31m + .05

Men opening: 1.45 + .05