



# Kingswood Regional HIGH SCHOOL

## Invitational

### May 13, 2026

### 4:00 P.M.

#### Important Meet Information

**Address:** Nick Track, 10 Trotting Track Road (off Rt. 28), Wolfeboro, New Hampshire.

**Automated Timing:** Meet will have fully automatic timing by Lancer Timing.

**Live Timing:** <http://live.lancertiming.com>

**Entries:** Due on Direct Athletics by Monday May 11th at 6:00pm.

**Event Limits:** 4 events (including relays) total for each athlete.

**Excluded Events:** There will not be a pole vault competition.

**Entry Fees:** \$100 per team, \$200 if entering boys' and girls' team. Please send to:

Vaughn Beckwith, Kingswood Regional High School, 396 S Main St, Wolfeboro, NH 03894.

**Contact Info: AD: Vaughn Beckwith:** [vbeckwith@sau49nh.gov](mailto:vbeckwith@sau49nh.gov),

**Head Coach:** Mike Baker - [mbaker@sau49nh.gov](mailto:mbaker@sau49nh.gov)

#### Event Start Times

**3:30 pm:** Kingswood Senior Recognition. Brief recognition of senior athletes will take place in the middle of the infield.

**3:30-3:45 pm:** Scratches – coaches meet at Check-in Table to communicate track event scratches. Check in and scratches for field events will take place at the site of the field event. No athletes can be added to any events. Track heats will be assigned such that faster heats follow slower heats. Please enter a suggested time in Direct Athletics, so your athletes are in the most appropriate heats. All field events competitors will get 3 attempts, with no finals.

<p><b>Field Events:</b></p> <p><b>4:00 pm</b></p> <table><tbody><tr><td>Boy's Discus</td><td>Girl's Discus</td></tr><tr><td>Girl's Shot</td><td>Boy's Shot</td></tr><tr><td>Boy's Long Jump</td><td>Girl's Long Jump</td></tr><tr><td>Girl's High Jump (4' 0" starting height)</td><td>Boy's High Jump (5' 0" starting height)</td></tr><tr><td>Boy's Triple Jump</td><td>Girl's Triple Jump</td></tr><tr><td>Girl's Javelin</td><td>Boy's Javelin</td></tr></tbody></table>	Boy's Discus	Girl's Discus	Girl's Shot	Boy's Shot	Boy's Long Jump	Girl's Long Jump	Girl's High Jump (4' 0" starting height)	Boy's High Jump (5' 0" starting height)	Boy's Triple Jump	Girl's Triple Jump	Girl's Javelin	Boy's Javelin	<p><b>Running Events:</b> (<i>Girls go first in all running events</i>)</p> <p><b>4:30 pm</b></p> <ol style="list-style-type: none"><li>100/110 M Hurdles</li><li>100 M Dash</li><li>1600 M Run</li><li>4x100 M Relay</li><li>400 M Dash</li><li>300 M Hurdles</li><li>800 M Dash</li><li>200 M Dash</li><li>3200 M Run</li><li>4x400M Relay</li></ol> <p>Running Events:</p> <p><b>Running Check-Ins:</b> Athletes should report on the second call. They will be scratched after the 3rd call.</p>
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