



# MERRIMACK HIGH SCHOOL ATHLETICS



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To all schools participating in the 2026 Merrimack Invitational:

## Entry information:

The meet will be timed by Lancer Timing. 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.

	Girls	Boys
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	4'8"	5'8"
LJ	14'0"	18'3"
TJ	30'6"	37'0"
JAV	70'0"	110'0"

PV **Top 12 entries will be accepted. All performances must be verified and will be posted before May 12, 2026.**

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.



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## 2026 Merrimack Invitational Meet Schedule

**Field events:** Three attempts in the trials, top eight advancing to the finals.

4:00 Alumni Mile

4:00 Boys PV

4:30 Girls- SP, JAV, TJ,  
Boys- LJ, HJ, DT

6:15 Girls- LJ, HJ, DT, PV  
Boys-, JAV, TJ, SP

4:45 Running event trials. Eight athletes will advance to the final.

110HH semi

100H semi

100M semi

Girls will precede boys in all finals:

100H f

110H f

100f

The following finals will be sections on time:

1600

4x100

400

300H

800

200

3200

4x400

### **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.

**\* NOTE: ONLY ¼ INCH PYRAMID STYLE SPIKES ON ALL RUNNING AND JUMPING SURFACES**