

MERRIMACK VALLEY
HIGH SCHOOL
105 COMMUNITY DRIVE
PENACOOK, NH 03303



Merrimack Valley Invitational – Saturday, April 22, 2017

Bob Mullen, Dave Irving and Jeff Neilsen – Meet Directors

Dear Coach and Esteemed Colleague:

Merrimack Valley High School is celebrating the 17th Merrimack Valley Invitational Track Meet. This letter contains the information you will find helpful as we progress towards spring and your team's participation in the meet. There are no changes regarding the format of the meet from last year. Thank you for your dedication and support to our invitational. **Please read the information below carefully!**

1. **Because of the size of the meet, schools will be limited to five athletes per event (two individual events and two relays).** Athletes are allowed to double in the 1600m and the 3200m if they have met the Div. III provisional standards, as per the NHIAA Outdoor Track Policies and Procedures during Spring 2017. There will be no entry standards for any event other than the doubling rule, however there will be cut-offs for the seeded Boys & Girls 1600M Run. This meet features Fully Automatic timing by Chris Benson and Brian Johnson, of Speed Sport Timing Group, as well as live results.

2. Awards will be given to top six finishers, including relays. This year, the boys' and girls' Discus and the 1600 M Run will be the featured events and the individual winner will receive recognition plaques. There will also be awards for the outstanding male and female athletes of the meet. There will be no team scoring.

3. ENTRIES: Due by 6 PM Wednesday, April 19th, 2017 on www.DirectAthletics.com. A performance list will be posted by Friday, April 21st, by noon, @ www.pridetrackandfield.org – If there are any problems with entries, please email Bob Mullen, bmullen@mvsdpride.org - the order of events are posted at www.pridetrackandfield.org under the MV Invite Tab. Coaches should check the website banner for announcements and updates.

4. Entry Fees – Please check with your A.D. to ensure payment has been sent.

5. Very Important – Only **3/16th** pyramids will be permitted on the track. Spikes will be available for sale at the Meet. A full concession stand will be open all day. T- Shirts will also be available.

7. Field Events will commence at 10:00am: Long Jump (B), Triple Jump (G), Shot Put (G), Javelin (B), Discus (B), High Jump (B), Pole Vault (G). When a field event finishes, the corresponding event for the opposite gender will begin. **Implement certification will be held in the large white storage trailer.**

8. Running Events will begin promptly at 10:15am: 4x800m Relay, then unseeded heats in the 1600m, trials in the 100M Dash, 100HH, and 110HH. **The first three heats will be seeded – six fastest times overall go to the finals.**

9. The High Jump opening heights will be 4' 2" (girls) and 5' 2" (boys). The Pole Vault will open at 6' (girls) and 7' (boys). **Each athlete will be given 3 attempts in the throwing events. Top seven advance to the finals.**

11. **Live Results available on www.pridetrackandfield.org. Paper results will be posted in the Middle School windows following the events, as well as on our website.**

Thank you for your continued support!