

Week 7 (4x800 in place of 3000m, these are **Qualifier Meets** ; only qualified athletes can be entered in individual events)

No Change	PEA Sat, Jan 24 2:00 PM	PEA Sat, Jan 24, 9:00am	UNH Sat, Jan 24, 7:30pm
Alvirne Belmont Bishop Guertin Bow Campbell Coe-Brown (SP) Hollis/Brookline John Stark Kingswood Londonderry (HJ) Merrimack Pelham Phillips Exeter Portsmouth (LJ) Raymond Trinity Windham	Bishop Brady Epping Fall Mountain Gilford Goffstown Kearsarge Keene Laconia Manchester Central Manchester Memorial Manchester West Merrimack Valley Milford Nashua South (HJ) Newmarket Oyster River (LJ + Setup) Pembroke Plymouth Salem Somersworth Souhegan (SP) Stevens Timberlane Winnacunnet	Bedford (SP) Concord (LJ) Con-Val Dover (Cleanup) Exeter Hanover Inter-Lakes Kennett Lebanon Mascenic Regional Mascoma Valley Monadnock Nashua North Newport Pinkerton (HJ) Portsmouth Christian Prospect Mountain Sanborn Regional Spaulding St. Thomas Aquinas Winnisquam	

No doubling or tripling in any combination of the 600m, 1000m, 1500m or 3000m for any athlete.

You are still responsible for your helper / setup/ cleanup duties.

If you are not attending your scheduled meet now, please let Mike Lyford know ASAP.