

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	Bishop Brady	<b>Bedford (SP)</b>	
Belmont	Epping	<b>Concord (LJ)</b>	
Bishop Guertin	Fall Mountain	Con-Val	
Bow	Gilford	<b>Dover (Cleanup)</b>	
Campbell	Goffstown	Exeter	
<b>Coe-Brown (SP)</b>	Kearsarge	Hanover	
Hollis/Brookline	Keene	Inter-Lakes	
John Stark	Laconia	Kennett	
Kingswood	Manchester Central	Lebanon	
<b>Londonderry (HJ)</b>	Manchester Memorial	Mascenic Regional	
Merrimack	Manchester West	Mascoma Valley	
Pelham	Merrimack Valley	Monadnock	
Phillips Exeter	Milford	Nashua North	
<b>Portsmouth (LJ)</b>	<b>Nashua South (HJ)</b>	Newport	
Raymond	Newmarket	<b>Pinkerton (HJ)</b>	
Trinity	<b>Oyster River (LJ + Setup)</b>	Portsmouth Christian	
Windham	Pembroke	Prospect Mountain	
	Plymouth	Sanborn Regional	
	Salem	Spaulding	
	Somersworth	St. Thomas Aquinas	
	<b>Souhegan (SP)</b>	Winnisquam	
	Stevens		
	Timberlane		
	Winnacunnet		

**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.**