



COE-BROWN
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FOUNDED 1867

The 2026 Annual Black Bear Invitational

Greetings Coaches!

The 2026 Annual Black Bear Invitational at Coe-Brown Northwood Academy will be held on Saturday April 25th, 2026 starting at 9:00am. This is a varsity level meet.

Each team is allowed to enter **4 athletes per event**, however **we will be accepting only a certain number of entries per event (please see Table on p. 3)**. *To help coaches, we have provided where the cutoff was at the last invitational (2025).* All accepted entries will be posted on <https://nh.staterunning.net/> by Thursday's (4/23) practice times. Please note we have standards for High Jump and Pole Vault.

As always, we trust you all will be inputting honest seed entries. Please convert all hand times to FAT by rounding up and then adding .24 (just like the state championship entries).

The entry fee for the meet will be \$150 per team or \$300 if a school sends both boys and girls teams. Individuals may be entered at \$20 per athlete. **Unfortunately, there will be no Middle School Mile this year.** All entries need to be registered via Direct Athletics (www.directathletics.com) and **teams must have paid their registration fees; both by 7:00pm, Wednesday, April 22nd.**

Throwing implements will be certified, so all marks will be eligible for MOC entry.

This will be a scored meet with commemorative plaques being awarded to respective team champions and runner-ups. The top 3 places in each event will receive awards and the outstanding male and female athlete (voted on by coaches) will receive special individualized awards. Refreshments and t-shirts will be sold. We will be adding an online payment option as well as cash.

Please remind your Parents and spectators that NO DOGS are allowed on the Coe-Brown Campus.

If you have any questions please email Lucas Fisher (lfisher@coebrown.net) or call (942-5531).

Sincerely,

Coe-Brown Track and Field Staff and Athletic Department

ENTRY FORM
THE 2026 ANNUAL BLACK BEAR INVITATIONAL
\$150.00 for 1 team, \$300.00 for 2 teams, or \$20 per athlete
(Make checks payable to *Coe-Brown Athletics*)

EXAMPLE

TEAM CBNA

BOYS x

GIRLS x

TOTAL \$300.00

Coach's Email for Communication Purposes: lfisher@coebrown.net

OFFICIAL ENTRY

TEAM _____

BOYS _____

GIRLS _____

TOTAL _____

Coach's Email for Communication Purposes: _____

Mail to:

Coe-Brown Northwood Academy
907 1st NH Turnpike
Northwood, NH 03261

*RETURN THIS SHEET WITH YOUR ENTRY FEES FOR OUR RECORDS. THANK YOU!

The 2026 Annual Black Bear Invitational

Order of Events

RUNNING EVENTS – girls followed by boys, unless combined or otherwise noted in schedule. Rolling schedule begins at 9:30am.

9:30 AM

3200	Finals	girls then boys
110m HH Seeded	Trials	
110m HH Unseeded	Finals	
100m HH Seeded	Trials	
100m HH Unseeded	Finals	
100m Seeded	Trials	boys then girls
100m Unseeded	Finals	boys then girls
1600m	Unseeded	fast to slow heats

Beginning 10 minutes after completion of above schedule of events

100m HH	Finals	
110m HH	Finals	
100m	Finals	
1600m	Seeded	
4x100m	Finals	fast to slow heats
400m	Finals	fast to slow heats
300 IH	Finals	fast to slow heats
800m	Finals	fast to slow heats
200m	Finals	fast to slow heats
4x800m	Finals	fast to slow heats
4x400m	Finals	fast to slow heats

FIELD EVENTS – Rolling schedule beginning at 9:00am. Best flight last, followed by Finals

9:00 AM

Boys Javelin	Girls Javelin
Girls Discus	Boys Discus
Girls Triple Jump	Boys Triple Jump
Boys Long Jump	Girls Long Jump
Boys High Jump	Girls High Jump
Girls Pole Vault	Boys Pole Vault

Immediately following 9:00 AM events

9:30 AM

Girls Shot Put

*****The schedule of events is subject to change pending entry numbers.*****

Meet Schedule – Coaches Please Read!!!!

8:15-8:45 am Check-In & Scratches due at Scorer's Tent ****No Additions****
8:30am Coaches Meeting
9:00am Boys Javelin, Girls Discus, Boys Long Jump, Girls Triple Jump, Girls Pole Vault, and Boys High Jump
9:30am Track portion begins with 3200 meter girls (1 heat) and boys (1 heat)
9:30am Girls Shot Put

General Information

Standards –You may enter up to 4 in these events. Note: the numbers in (parentheses) were the cutoffs on the last invitational's (2025) entries.

Event	Girls	Boys
High Hurdles	Top 40 entries (22.48)	Top 40 entries (23.99)
300m Hurdles	Top 30 entries (57.72)	Top 30 entries (54.00)
100m	Top 60 entries (15.88)	Top 60 entries (12.38)
200m	Top 36 entries (30.07)	Top 36 entries (24.91)
400m	Top 30 entries (67.17)	Top 30 entries (55.64)
800m	Top 48 entries (3:10.40)	Top 48 entries (2:40.00)
1600m	Top 45 entries (6:37.20)	Top 45 entries (5:20.00)
3200m	Top 20 entries (12:55.16)	Top 20 entries (10:57.11)
Shot Put	Top 30 entries (25'0")	Top 30 entries (37'2.5")
Discus	Top 30 entries (61'9")	Top 30 entries (104'0")
Javelin	Top 30 entries (63'11")	Top 30 entries (113'08")
High Jump	4'7" Standard	5'4" Standard
Triple Jump	Top 30 entries (24'9")	Top 30 entries (30'0")
Long Jump	Top 30 entries (14'00")	Top 30 entries (17'6")
Pole Vault	7'0" Standard	9'0" Standard

- Please convert all hand times to FAT by rounding up and adding .24 (just like the state championship entries).
- The 4x800m relays will include the Top 13 fastest times for both girls and boys.
- Top 18 entries in the 100 in the 'Seeded 100' and top 18 entries in the High Hurdles in the 'Seeded Highs'. Only athletes in the seeded events can qualify for finals.
- High Jump will open at **4'4"** and then go to **4'8"** proceeding by 2" increments thereafter. The boys will open at **5'4"** and then go to **5'8"** proceeding by 2" increments thereafter.
- Pole Vault Progressions: Girls 6'6", 7'6", 8'0", 8'6", etc.
Boys 8'6", 9'6", 10'0", etc.
- 800s will be run with a waterfall with a barrel start with a cap of 12 per heat.
- In Triple Jump, Long Jump, and all 3 throwing events the preliminary round will consist of 3 jumps/throws for each athlete. The top seven athletes after all preliminary rounds are complete will advance to finals.
- 1/4" Pyramid Spikes are available for sale @ \$2.00 per pair of shoes
- No one is allowed on the infield except for **currently** competing athletes, their coaches, and officials (the javelin and discus will be contested concurrently).

Thanks, Lucas, Pete, Tom, Brooke, Marc, Dave, and Tim