



# The 2nd Annual New Hampshire Distance Festival



Friday, May 1, 2026, 5 pm  
Souhegan High School, Amherst, NH

Meet Directors Jeff Wilson (Souhegan), and Tim Cox (Coe Brown), invite all HS teams from NH, as well as teams from neighboring states to attend this meet.

**This meet offers just 2 events** - the Mile and the 5K. It has been created to give distance runners of all abilities the chance to run in a competitive heat and to chase a PR.

**Mile Entry Standard:** None. Everyone can run!

**5k Entry Standard:** Boys: 19:00. Girls: 23:00.

The meet will have fully automated timing and live results by Upstarttiming, and will be live streamed.

We expect to have highly competitive fields in our fastest heats of the 1-Mile and 5000m for both boys and girls.

#### **Awards:**

- T-Shirts to the top 6 in each event!
- T-shirt to the top finisher in each heat too!
- Top Male and top Female Miler get an automatic invitation and free registration into the Bay State Elite Running (BSR) Elite Mile on May 15th in Massachusetts!

#### **Order of Events:**

5:00 pm Events begin on a rolling schedule (Slowest to Fastest)

- **1 Mile Run** - girls/boys alternating heats
- **5000 Meter Run** - girls/boys alternating heats.

**Schools are allowed unlimited entries.** 1 event per athlete. The cost is \$10 per athlete. Max cost of \$150 per single sex team and \$250 per school. Entries will be done on Direct Athletics. Please make checks payable to "Souhegan High School". Payment via check, cash, or credit card may be made at the meet.

Questions, please contact: Jeff Wilson [glwilson081@comcast.net](mailto:glwilson081@comcast.net) call/text (603)582-2513