

**Wilderness League Track & Field Championship
Inter-Lakes High School
May 23, 2026**

MEET SCHEDULE

8:00-8:45 PM implement inspection/weigh-in
8:30 officials/timers/coaches meeting

9:00 pole vault (M then W), javelin (M then W),
 high jump (W then M), long jump (W then M),
 shot put (M then W), discus (W then M)
 triple jump (M then W)

Field Events: highest seed flights last, then finals.

Seven athletes will advance to the final of the field events; six will score.

High Jump opening heights are the qualifying standards, 4' 1" (G) and 4' 11" (B), and will progress 2 inches. **Pole vault opening heights** are the qualifying standards, 5' 6" (G) and 8' 6" (B), and will progress 6 inches. This is subject to change if there is a sizable number of entries.

9:45 4 x 800m Relay (W then M) Finals
 100m (M) Trials
 100m (W) Trials
 110m H (M) Trials
 100m H (W) Trials

100m/100mH/110mH – winner of the 6 seeded heats plus next 2 fastest on time advance to the final. This is subject to change based on the size of the field.

After a 10 minute break, the finals will start. **(slow to fast sections)**

100m H /110m H (W then M) Finals
100m dash (W then M) Finals
1600m (W then M) Finals
4 x 100m Relay (W then M) Finals
400m (W then M) Finals
300m H (W then M) Finals
800m (W then M) Finals
200m (W then M) Finals
3200m (W then M) Finals
4 x 400m Relay (**3-turn stagger**) (W then M) Finals

MEET OFFICIALS

Clerk – Scott Clark
Timing/Results – Speed Sport Timing (Chris Benson, Brian Johnson)
Starter – Brian Newbury
Announcer – Mike Smith
Facility Manager – Sandy and George Frost
Implement Inspectors – K. Hikel, M. Smith, B. Newbury
Head Referee/ Head Field Judge – Kristi Hikel
Jury of Appeals – B. Livingston, S. Godek and P. Malone
Athletic Trainer – Seth Shackford (Inter-Lakes HS)
Long Jump – Don Boggis
Triple Jump – Nina Gavrylyuk
High Jump – Olie Anderson
Pole Vault – Kendra LaPlume
Shot Put – Becc Kulengosky
Discus Throw – Diane Morey
Javelin Throw – JoJo Nadeau

EVENT RESPONSIBILITIES

Provide two **adults** to assist the assigned official or conduct the assigned task (unless otherwise noted) according to the following schedule –

	<u>boys</u>	<u>girls</u>
high jump	Mascoma	Kearsarge
pole vault	Kennett	Prospect Mountain
long jump	White Mountains	Campbell
triple jump	Moultonborough	Hopkinton
shot put	Bishop Brady	Berlin
discus throw	Laconia	Franklin
javelin throw	Plymouth	Winnisquam
relay exchange zones (4x1R, 4x4R, 4x8R, break line)	Kingswood, Profile	
timing service assistants:	Belmont	
hurdle crew (each school: 1 adult + 5 students)	Mascenic, Woodsville	
hip# distribution	Gilford, Gorham	
custodian of awards (each school: one individual)	Gilford, Newfound	

ENTRY INFORMATION

Enter competitors at www.directathletics.com, prior to Wednesday, May 20 at 7:00PM, in accordance with the following qualifying marks (except the relays, as noted). All entries are final. There will be NO scratches on the morning of the meet. An entry represents an intention to compete.

	<u>girls</u>	<u>boys</u>
100	14.90	12.70
200	30.90	26.40
400	73.14	60.64
800	2:58.44	2:22.74
1600	6:39.84	5:24.24
3200	14:56.64	11:58.44
100/110H	20.84	21.34
300H	58.64	51.54
long jump	12' 9"	16' 7"
triple jump	26' 3"	33' 7"
high jump	4' 2"	4' 11"
pole vault	5' 6"	8' 6"
shot put	24' 5"	33' 7"
discus throw	69' 0"	92' 0"
javelin throw	65' 0"	105' 0"
4x100mR	no qualifying standard; one team per gender may be entered	
4x400mR	no qualifying standard; one team per gender may be entered	
4x800mR	no qualifying standard; one team per gender may be entered	

PLEASE NOTE:

Throws/Jumps may not be measured that are less than the WL qualifying standard. Do not schedule a Thursday (May 21) meet. We will not reopen entries.

COACHES INFORMATION

The meet will be conducted rain or shine. In the event of hazardous weather (that would compromise the safety of the competitors), the meet will be CANCELLED and coaches/athletic directors will be contacted via e-mail by 8 PM, Friday, May 22.

Please respect the facilities of our gracious host – Inter-Lakes High School.

All buses must drop teams off at Inter-Lakes HS turning off Rt. 25 at blinking yellow light, then turning immediate right, looping around to drop off in school parking lot. (Those coaches driving buses/vans may park at the Elementary School, further down Laker Lane, beyond track shed.) ALL BUS DRIVERS will park at PRESCOTT PARK in Meredith, Rt. 3 at ball fields. Spectator parking available at high school and elementary school. We have limited parking, so please carpool if possible.

A 3-turn stagger will be used in the 4x400m relay. Your athletes should be familiar with this setup, including where your 2nd leg athlete is to break in to the inside lane.

Team, Tent Setup – Along fence and near flagpole on back straightaway AND on grass on curve end by solar panels. Please pick up your area after the meet.

No Ball/Frisbee Playing or Games of Any Kind will be tolerated.

Spectators are not permitted on the infield. Only competing athletes (and their coaches) in the track events and field events (contested on the infield) will be permitted on the infield.

Check-in for field events will be at the event. Check-in for track events will be at mid-field near the finish line. **Entrance/Exit on to the Track – Use the gate near 100m start line OR far side by shot put area.** Athletes who jump the fence surrounding the track are subject to disqualification.

1/8 inch spikes are permitted on the track and jump runways/apron.

The shot and discus circles are concrete. The javelin runway is grass; cleats are permitted.

T-shirts will be on sale, provided by Inter-Lakes HS (cash or Venmo). Booster Concessions will be available at top parking lot (cash). **Port-A-Potties are located near the track shed. Inside bathroom facilities are available to the public, entering auditorium doors. NO parking or blocking entrance by track shed.**

No tape is permitted on runways or high jump apron. Schools are responsible for providing their own chalk (if needed).

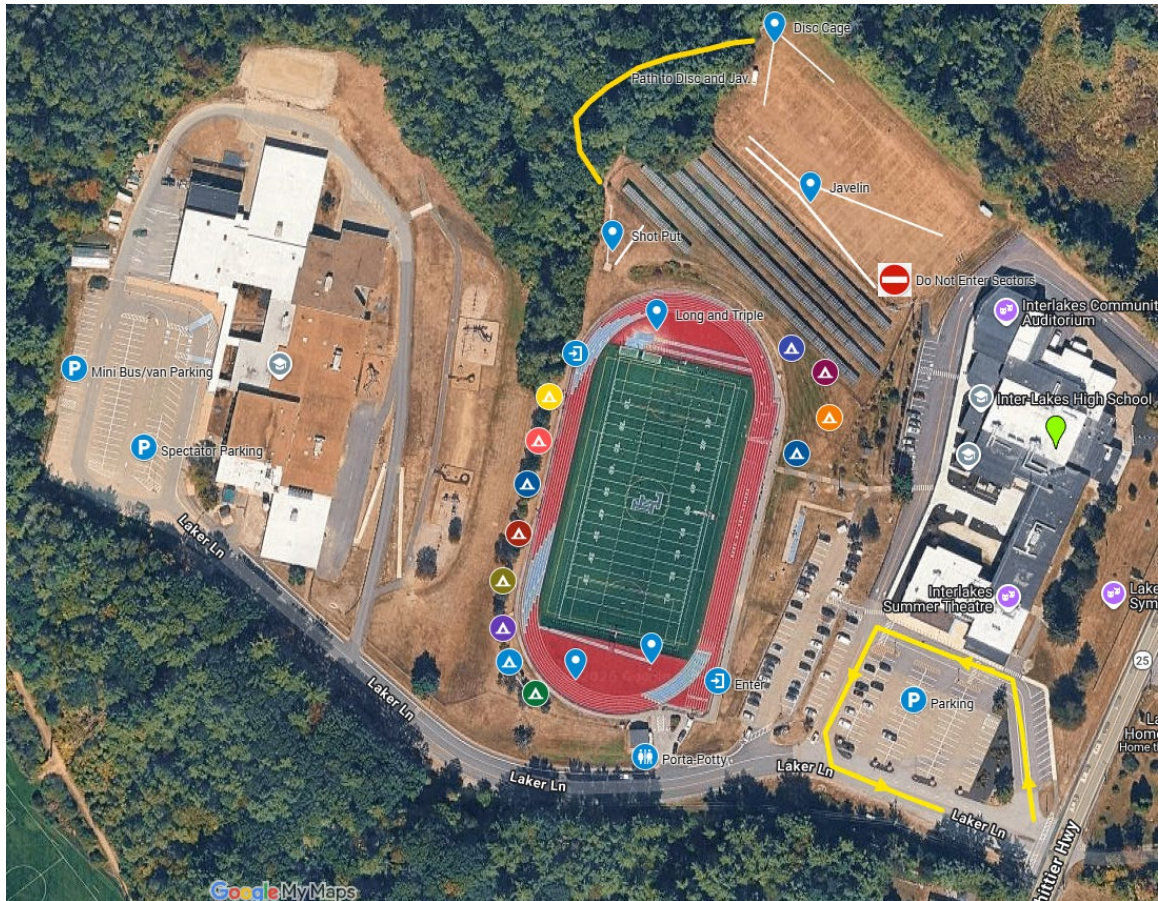
Relay team members must wear the same color and design of the school.

Results will be posted on directathletics.com and sstresults.com.

INDIVIDUAL AWARDS: Medals will be awarded to the top 3 places (including each member of the top 3 relay teams). They may be picked up in the infield after the results are announced.

TEAM AWARDS: Plaques will be awarded to the top 3 teams at the conclusion of the meet.

SCORING: 10 – 8 – 6 – 4 – 2 – 1



Javelin and Discus are above the track on a “utility” field. Follow the wooded path near the Shot Put sector to reach these events. **Do not access the Javelin and Discus from the auditorium parking area as that would cross the sectors**

Your cooperation on meet day is greatly appreciated.

Wilderness Track & Field League Executive Committee

Scott Clark (Belmont HS) (sclark@sau80.org)

Kristi Hikel (NHIAA Outdoor T&F Committee) (hikelkristi@gmail.com)

Mike Smith (NH coach emeritus) (runvalhalla@gmail.com)

Patti Malone (Winnisquam HS) (pmalone@wrsdsau59.org)

Kathy Aldridge (Gilford HS) (kmfaldridge@gmail.com)

John Goegel (Secretary/Treasurer) (jtgoegel@gmail.com)