2026 - 2027 NHITL Meet Schedule

Week 1

PEA Sat, Dec 12 1:00 PM	UNH Sun, Dec 13 10:00 AM	UNH Sun, Dec 13 2:30 PM	USM Gorham Sun, Dec 13 12:00 PM
Con-Val	Alvirne	Bedford	Concord
Gilford	Belmont	**Bow (HJ helpers)**	**Dover (SP helpers)**
Goffstown	Bishop Guertin	Campbell	**Exeter (HJ helpers)**
Hanover	**Coe-Brown (LJ helpers)**	Epping	**John Stark (Cleanup)**
Hollis/Brookline (LJ helpers)	**Merrimack (HJ helpers)**	Fall Mountain	Kennett
Inter-Lakes	**Merrimack Valley (Shot Put)**	**Nashua North (Cleanup)**	Manchester Central
Kearsarge	Newmarket	Nashua South	Manchester Memorial
Keene	**Oyster River (Setup)**	**Newport (LJ helpers)**	**Milford (LJ helpers)**
Kingswood	Pinkerton	**Pelham (SP helpers)**	Pembroke
Lebanon	Winnisquam	Portsmouth Christian	Prospect Mountain
Londonderry (SP helpers)		Salem	**Sanborn Regional (Setup)**
Manchester West		Somersworth	Spaulding
Mascoma Valley		Souhegan	St. Thomas Aquinas
Monadnock		Stevens	Timberlane
Phillips Exeter		Windham	
Portsmouth			
Trinity (HJ helpers)			
Winnacunnet			

UNH JV #1 Thu, Dec 17 5:30 PM	**Note later start time. All teams attending JV meets need to bring at least ONE helper.**

Week 2 (4x800 in place of 3000m)

PEA 11:00 AM Sat, Dec 19	UNH 10:00 AM Sun, Dec 20	UNH 2:30 PM Sun, Dec 20	USM Gorham 12:00 PM Sun, Dec 20
Bishop Guertin (LJ helpers)	Alvirne	Concord	**Bedford (SP Helpers)**
Bow	**Belmont (HJ helpers)**	Exeter	Coe-Brown
Campbell (Cleanup)	Dover	Fall Mountain	**Con-Val (Cleanup)**
Conant	Goffstown	Inter-Lakes	Hollis/Brookline
John Stark	**Hanover (LJ helpers)**	Keene	**Kennett (HJ helpers)**
Merrimack (Setup)	Kearsarge	**Lebanon (LJ helpers)**	Mascoma Valley
Nashua North	Londonderry	**Manchester Central (Cleanu**	**Nashua South (LJ helpers)**
Newport	**Portsmouth (Setup)**	Manchester Memorial	**Newmarket (Setup)**
Pelham	Raymond	**Manchester West (Cleanup)**	Oyster River
Plymouth Regional	**Salem (SP helpers)**	Mascenic Regional	Pinkerton
Sanborn Regional	Somersworth	**Merrimack Valley(SP helpers**	Portsmouth Christian
Spaulding	Souhegan	Monadnock	
Timberlane (HJ helpers)	Trinity	**Pembroke (HJ helpers)**	
Windham (SP helpers)		Stevens	
		Winnacunnet	
		Winnisquam	

Week 3

UNH Sat, Dec 26 10:00 AM	UNH Sat, Dec 26 2:30 PM
Campbell	Bedford
Con-Val	Conant
Epping	**Concord (SP helpers)**
Gilford	Fall Mountain
Inter-Lakes	**Goffstown (Cleanup)**
John Stark	Hanover
Manchester Memorial (LJ)	Hollis/Brookline
Manchester West	**Kearsarge (HJ helpers)**
Mascenic (Setup)	**Keene (LJ helpers)**
Mascoma Valley (HJ helpers)	Kingswood
Milford (SP)	Lebanon
Monadnock	Merrimack Valley
Pelham	Newport
Pembroke	Plymouth Regional
Somersworth (Setup)	Portsmouth Christian
St. Thomas Aquinas	Prospect Mountain
Trinity	Raymond
	Stevens
	Winnisquam

Week 4

PEA Sat, Jan 02 11:00 AM	UNH Sat, Jan 02 10:00 AM	UNH Sat, Jan 02 2:30 PM
Alvirne	Bow	Bishop Guertin
Belmont	Coe-Brown	Conant
Exeter (Setup)	**Dover (LJ helpers)**	**Epping (Cleanup)**
Manchester Central	Kennett	Gilford
Manchester Memorial	Merrimack	Kingswood
Mascenic Regional (Cleanup	Milford	Londonderry
Nashua South	**Oyster River (Setup)**	**Manchester West (Cleanup)**
Newmarket (LJ helpers)	Sanborn Regional	**Nashua North (HJ helpers)**
Pelham (HJ helpers)	**Spaulding (SP helpers)**	**Pinkerton (LJ helpers)**
Plymouth Regional	**St. Thomas (HJ helpers)**	Portsmouth
Prospect Mountain (SP)	Timberlane	**Portsmouth Christian (SP)**
Raymond	Windham	Winnacunnet
Salem		
Somersworth		
Souhegan		
Stevens		
Winnisquam		

Week 5

UNH JV #2 Tue, Jan 05 5:00 PM	**All teams attending JV meets need to bring at least ONE helper.**

(Field event gender order switch at all venues)

PEA Sat, Jan 09 1:00 PM	Plymouth Sat, Jan 09 10:00 AM	Plymouth Sat, Jan 09 3:00 PM	UNH Sun, Jan 10 10:00 AM
Concord	**Bedford (LJ helpers)**	Belmont	**Epping (LJ helpers)**
Dover	**Con-Val (HJ helpers)**	**Bow (LJ helpers)**	**Hollis/Brookline (HJ)**
Fall Mountain	**Goffstown (SP helpers)**	Campbell	Londonderry
Milford	Hanover	Coe-Brown	Mascenic Regional
Newmarket	Inter-Lakes	Conant	**Merrimack (SP)**
Pembroke (SP Helpers)	John Stark	Lebanon	Nashua North
Phillips Exeter	Kearsarge	Merrimack Valley	**Oyster River (Setup)**
Prospect Mountain	Keene	Nashua South	Pinkerton
Sanborn Regional (LJ)	**Kingswood (Setup)**	Raymond	Stevens
Souhegan (HJ helpers)	Manchester Central	**Salem (HJ helpers)**	
	Mascoma Valley	**St. Thomas (Cleanup)**	
	Newport (Setup)	Trinity	
	Plymouth Regional	Windham	**UNH** **Sun, Jan 10** **2:30 PM**
		Winnacunnet (SP helpers)	**Alvirne (HJ helpers)**
			Bishop Guertin
			Exeter (LJ helpers)
			Gilford
			Kennett (Cleanup)
			Portsmouth (SP helpers)
			Spaulding
			Timberlane

Week 6

UNH Girls Wildcat Relays Wed, Jan 13 4:00 PM	**See Info Sheet for Details**

UNH Boys Wildcat Relays Thu, Jan 14 4:00 PM	**See Info Sheet for Details**

Week 6

PEA Sat, Jan 16 1:00 PM	Plymouth Sat, Jan 16 10:00 AM	UNH Sun, Jan 17 10:00 AM	PEA Wed, Jan 20 4:00 PM
Bedford	Coe-Brown	Alvirne	Dover
Concord	Con-Val	**Bishop Guertin (SP helpers)**	Epping
Goffstown	Fall Mountain	Bow	Exeter
Hanover (HJ helpers)	Inter-Lakes	**John Stark (HJ helpers)**	Oyster River
Kennett	**Keene (HJ helpers)**	Kearsarge	Phillips Exeter
Merrimack (LJ helpers)	**Lebanon (SP helpers)**	Kingswood	Portsmouth Christian
Nashua North	Londonderry	Manchester West	Salem
Nashua South	**Manchester Central (Clean)**	Newport	Somersworth
Phillips Exeter	**Manchester Memorial (Setup**	**Portsmouth (LJ + Setup)**	**Spaulding (SP helpers)**
Pinkerton (SP Helpers)	Mascoma Valley	Prospect Mountain	St. Thomas Aquinas
	Merrimack Valley	Winnisquam	**Timberlane (HJ helpers)**
	Monadnock		**Winnacunnet (LJ helpers)**
	Newmarket		
	Pembroke		
	Plymouth Regional		
	Trinity (LJ helpers)		

UNH Sun, Jan 17 2:30 PM
Belmont (HJ helpers)
Campbell (SP helpers)
Conant
Gilford
Hollis/Brookline
Mascenic Regional
Milford
Pelham
Raymond
Sanborn Regional (Cleanup)
Souhegan
Windham (LJ helpers)

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

PEA 1:00 PM Sat, Jan 23	UNH 10:00 AM Sun, Jan 24	UNH 2:30 PM Sun, Jan 24
Alvirne (LJ helpers)	Epping	**Bedford (SP helpers)**
Belmont	Fall Mountain	**Concord (LJ helpers)**
Bishop Guertin	Gilford	Con-Val
Bow	Goffstown	**Dover (Cleanup)**
Campbell	Kearsarge	Exeter
Coe-Brown (SP helpers)	Keene	Hanover
Conant	Manchester Central	Inter-Lakes
Hollis/Brookline	Manchester Memorial	Kennett
John Stark	Manchester West	Lebanon
Kingswood	Merrimack Valley	Mascenic Regional
Londonderry (HJ helpers)	Milford	Mascoma Valley
Merrimack	**Nashua South (HJ helpers)**	Monadnock
Pelham	Newmarket	**Nashua North (HJ helpers)**
Phillips Exeter	**Oyster River (LJ + Setup)**	Newport
Portsmouth	Pembroke	Pinkerton
Raymond	Plymouth Regional	Prospect Mountain
Trinity	Portsmouth Christian	Sanborn Regional
Windham	Salem	Spaulding
	Somersworth	St. Thomas Aquinas
	Souhegan (SP helpers)	Winnisquam
	Stevens	
	Timberlane	
	Winnacunnet	

Championship Meets

UNH
Sun, Jan 31

Division 1 High Jump and 4x800 State Meet
10:00am D1 Girls High Jump (D1 Boys to follow)
11:00am D1 Girls 4x800m (D1 Boys to follow)

Division 2 High Jump and 4x800 State Meet
1:00pm D2 Girls High Jump (D2 Boys to follow)
2:00pm D2 Girls 4x800m (D2 Boys to follow)

Plymouth State
Sun, Feb 07

Division I State Championships
9:00am Field Events
9:30am Running Events

Division 2 State Championships
2:00pm Field Events
2:30pm Running Events