

**THE 61st NH STATE DECATHLON CHAMPIONSHIPS
THE 41st NH STATE HEPTATHLON CHAMPIONSHIPS**

**NASHUA SOUTH HIGH SCHOOL
June 17-18, 2017**

MEET INFORMATION

ENTRIES FOR HEPTATHLON AND DECATHLON ARE TO BE MADE ON DIRECT ATHLETICS
FROM MAY 29th- JUNE 16th.

PLEASE BE SURE TO INDICATE EACH ATHLETE'S *PERSONAL BEST* HIGH JUMP HEIGHT IN THE HEPTATHLON AND
PERSONAL BEST POLE VAULT HEIGHT IN THE DECATHLON.

**THERE IS A \$20 ENTRY FEE FOR EACH ATHLETE ENTERED. ENTRY FEES MUST BE PAID FOR ALL ATHLETES
ENTERED IN ORDER FOR ANY OF YOUR ATHLETES TO COMPETE. IF YOU ENTERED AN ATHLETE THAT IS
NOT COMPETING, YOU MUST STILL PAY THE \$20 ENTRY FEE.**

**FEES MUST BE PAID BY OR ON SATURDAY, JUNE, 17th WHEN YOU ARRIVE. MAKE CHECKS PAYABLE TO:
NASHUA HIGH SOUTH TRACK AND FIELD TEAM, C/O JASON PALING, 17 MEADE ST., NASHUA, NH 03064.**

COMPETITORS IN THE DECATHLON ARE GROUPED ACCORDING TO POLE VAULT ABILITY. COMPETITORS IN THE
HEPTATHLON ARE GROUPED ACCORDING TO HIGH JUMP ABILITY. AN ATHLETE MAY PASS TO ANY HEIGHT.

SCORING IS BASED ON THE INTERNATIONAL AMATEUR ATHLETIC FEDERATION SCORING TABLES FOR TRACK
AND FIELD EVENTS.

ALL ATHLETES **MUST** COMPETE IN **ALL** EVENTS FOR ANY POINTS TO BE SCORED OR RECORDS TO BE MADE.

ALL RUNNING EVENTS ARE BASED ON TIME. IN THE FIELD EVENTS, A MAXIMUM OF 3 THROWS/JUMPS WILL BE
GIVEN.

A CONCESSION STAND WILL BE OPEN BOTH DAYS. T-SHIRTS WILL BE SOLD (T-shirts are \$20 each).

THE LOCAL ORDER OF ELKS WILL SERVE A LUNCHEON TO ALL COMPETITORS, COACHES, OFFICIALS AND
PARENTS FOLLOWING THE COMPETITION OF THE DECATHLON/HEPTATHLON ON SUNDAY. THE LUNCHEON WILL
BE SERVED AT THE NASHUA SOUTH CAFETERIA IN NASHUA. AWARDS WILL BE GIVEN AT THAT TIME.

EVENTS FOR THE **DECATHLON** WILL BE RUN IN THE FOLLOWING ORDER:

FIRST DAY - JUNE 17th-9AM

100 METER DASH
LONG JUMP
SHOT PUT
HIGH JUMP
400 METER DASH

SECOND DAY - JUNE 18th-9AM

110 METER HURDLES
DISCUS
POLE VAULT
JAVELIN
1500 METER RUN

EVENTS FOR THE **HEPTATHLON** WILL BE RUN IN THE FOLLOWING ORDER:

FIRST DAY - JUNE 17th - 10 AM

100 METER HURDLES
HIGH JUMP
SHOT PUT
200 METER DASH

SECOND DAY - JUNE 18th- 9AM

LONG JUMP
JAVELIN
800 METER RUN

DECATHLON CONTACT: JASON PALING —603-557-1890 --- jpaling@gmail.com

HEPTATHLON CONTACT: SIOBHAN KEMEZYS 603-759-1553— siobhankemezys@gmail.com

ANYONE THAT IS INTERESTED IN BEING A GROUP LEADER, PLEASE CONTACT JASON OR SIOBHAN.

**PLEASE LET JASON OR SIOBHAN KNOW IF YOU HAVE AN ATHLETE THAT WILL BE ATTENDING
HIS/HER GRADUATION SO THAT WE CAN MAKE ACCOMMODATIONS.**