

**Guidelines and Schedule for Indoor Meets at Plymouth State University's
ALLWell North Recreation Center**

Date / Date	Start Time	Delayed Start	Snow Date	Schools/Set-up (Arrive 75 mins early)	3 Helpers per/School (2 ea. SP&HJ, 3 ea. LJ)
Sat. Dec. 17th	10am	11:00 am	Sun. Dec. 18th, 10am	M.V/Windham/J.Stark/ Bishop Brady	Central/Concord/West MV/Windham
Tues. Dec. 27th	10am	11:00 am	Wed. Dec. 28th, 10am	MV/Pelham/Pembroke	B.Brady/Winnac./Bow/Goffs.
Fri. Dec. 30th: Session 1: ----- Session 2:	10:00 am ----- 2:30pm	11:00 am ----- 3:30pm	Sat. Dec. 31st, 10am ----- Sat. Dec. 31st 2:30pm	MV/Sanborn Gilford/Kingswood ----- N/A	Souhegan/Milford/Belmont/ Conant/Plymouth ----- Lebanon/Hanover/Monadnock Keene/Kearsarge
Sat. Jan. 7th: Session 1: ----- Sessions 2:	10:00 am ----- 2:30 pm	11:00 am ----- 3:30 pm	Sun. Jan. 8th 10:00 am ----- Sun. Jan 8th, 2:30 pm	MV/Sanborn/ Kennett/Alvirne ----- N/A	MV/Sanborn/ Kennett/Timberlane ----- Dover/Exeter/St. Thomas Oyster River
Sat. Jan. 14th	10:00 am	11:00 am	Sun. Jan. 15th, 10:00am	MV/	Hollis-Brookline/Pembroke/ Campbell/John stark

ALWAYS MONITOR [nhhf.COM](http://nhhf.com) WEBSITE FOR UPDATES, DELAYS and POSTPONEMENT TO THE SCHEDULE E

GPS Address: 32 North River Road Holderness, NH 03245

Wireless Internet Connection: PSU Secure Guest - Password: plymouth

Team setting up should arrive 75 minutes prior to the start of the meet

TEAMS THAT ARE PROVIDING HELPERS, NO STUDENTS, PLEASE HAVE YOUR HELPERS ARRIVE 30 MINUTES PRIOR TO THE START TO THE MEET FOR THE OFFICIALS' MEETING

Teams not involved with set-up do not enter the track facility until 45 minutes prior to the start of the meet.

Trainers scheduled: 1/per session to be on site the dates of NH High School Indoor Meets @ PSU:

- Tom Clark, ATC, CSCS, MBA - Athletic Trainer, Certified Strength and Conditioning Specialist
- Brittany Warren, M.S, NHLAT, ATC

Bus Parking: Team Buses can park at the oval in front of the AllWell North Active Learning and Fitness Center (8-9 max.) Additional bus parking is at the Hanaway Ice Hockey Rink on the opposite side of Holderness Road.

Officials and Spectator Parking: All in attendance should access the parking garage underneath the ALLWell Facility unless it is full. Depending on the day and time this is metered parking. Additional parking for spectators is at the Hanaway Ice Hockey Rink located on the opposite side of Holderness Road.

*** There is absolutely no parking on North River Road (this is residential only)**

Entries: Entries deadlines for Direct Athletics are posted on nhhf.com

No spikes are allowed on the track or runways.

• 1/4 inch, pyramid spikes will be allowed for the high jump only!

No Sports Drinks - WATER ONLY!!! (Sport Drink spills stain the surface)

Timing/Results: by Speed Sporting - www.sstresults.com - for online results during the meet. Official results will be posted on nhhf.com-at the conclusion of the meet.

Runways and HJ Area: only marking tape provided by meet management will be allowed.

There will be a coaches meeting 15 minutes to before th meet starts to discuss Field Events & possible delay of **55 M HH**

-NEW HAMPSHIRE INDOOR TRACK LEAGUE GENERAL RULES FOR ALL FACILITIES:

Copy link:

-Visit NHTF.com, then click on NH Indoor Track League for Comprehensive Info.