

## 2022-2023 NEW HAMPSHIRE INDOOR TRACK LEAGUE SCHEDULE

### Saturday, December 17

UNH	UNH	Exeter Academy	Plymouth State
<u>10:00 a.m.</u>	<u>2:30 p.m.</u>	<u>1:00 p.m.</u>	<u>10:00 a.m.</u>
Pembroke	Portsmouth	Phillips Exeter	Merrimack Valley
Sanborn	Londonderry	Pelham	Central
Kingswood	Pinkerton	Dover	Bishop Brady
Prospect Mountain	Spaulding	Merrimack	Windham
Mascenic	Winnacunnet	Bow	Concord
Conant	Exeter	Salem	West
Oyster River	Nashua South	Portsmouth Christian	Winnisquam
Newmarket	Bishop Guertin	Con-Val	Franklin
		Epping	Belmont
		Somersworth	Laconia
			Plymouth
			Gilford
			John Stark

### Sunday, December 18

Dartmouth	
<u>12:00 Noon</u>	
Milford	Mascoma
Lebanon	Souhegan
Nashua North	Kearsarge
Timberlane	Fall Mountain
Newport	Goffstown
Hanover	Keene
Monadnock	Campbell
Raymond	

### Thursday, December 22

UNH - 4:00 p.m.

Campbell	Exeter
Spaulding	St. Thomas
Portsmouth	Sanborn
Portsmouth Christian	

### Tuesday, December 27

Plymouth State 10:00 a.m.

Belmont	Merrimack Valley
Laconia	Goffstown
Bishop Brady	Gilford
Plymouth	West
Winnacunnet	Winnisquam
Pembroke	Kearsarge
Prospect Mountain	Pelham
Bow	Franklin
Milford	John Stark

## Tuesday, December 27

<b>UNH</b>	<b>UNH</b>
<u>10:00 a.m.</u>	<u>2:30 p.m.</u>
Alvirne	Nashua North
Dover	Conval
Oyster River	Timberlane
Hollis/Brookline	Salem
Kennett	Windham
Souhegan	Coe Brown
Nashua South	Bedford
Kingswood	

## Wednesday, December 28

### Dartmouth - Noon

Concord	Lebanon
Memorial	Trinity
Conant	Hanover
Bishop Guertin	Fall Mountain
Pinkerton	Monadnock
Newport	Mascoma
Keene	Central
Mascenic	Raymond

## Friday, December 30 (no 3000m; 4 x 800m relay instead)

<b>Plymouth State</b>	<b>Plymouth State</b>	<b>UNH</b>	<b>UNH</b>
<u>10:00 a.m.</u>	<u>2:30 p.m.</u>	<u>10:00 a.m.</u>	<u>2:30 p.m.</u>
Plymouth	Lebanon	St. Thomas	Windham
Bishop Brady	Hanover	Portsmouth Christian	Bishop Guertin
Sanborn	Newport	Oyster River	Concord
Kingswood	Kearsarge	Kennett	Memorial
Gilford	Conval	Epping	Bedford
Souhegan	Keene	Trinity	Pinkerton
Conant	John Stark	Campbell	Nashua North
Merrimack Valley	Monadnock	West	Exeter
Milford	Fall Mountain	Pelham	Somersworth
Winnisquam	Nashua South	Pembroke	
Mascenic		Newmarket	
Prospect Mountain			
Belmont			
Bow			
Laconia			
Franklin			
Salem			

## Tuesday, January 3 (no 3000m; 4 x 800m relay instead)

### UNH - 5:00 p.m.

Central  
Merrimack  
Londonderry  
Alvirne  
Hollis-Brookline  
Raymond  
Coe-Brown

## Saturday, January 7

### UNH

10:00 a.m.

Nashua South  
Hollis/Brookline  
Nashua North  
Merrimack  
Memorial  
Central  
Trinity  
West

### UNH

2:30 p.m.

Concord  
Lebanon  
Londonderry  
Pinkerton  
Hanover  
Keene  
Bedford  
Somersworth  
Coe Brown

### Plymouth State

10:00 a.m.

Merrimack Valley  
Goffstown  
Timberlane  
Kennett  
Alvirne  
Epping  
Sanborn  
Mascoma

### Plymouth State

2:30 p.m.

Dover  
Exeter  
Spaulding  
Winnacunnet  
Portsmouth  
St.Thomas  
Oyster River  
Newmarket

## Saturday, January 14

### Exeter Academy

1:00 p.m.

Phillips Exeter  
Memorial  
Windham  
Bedford  
Londonderry  
Timberlane  
Trinity  
Kingswood  
St. Thomas  
Pelham  
Portsmouth Christian  
Mascoma

### Plymouth State

10:00 a.m.

Plymouth  
Newport  
Conval  
Hollis/Brookline  
Coe Brown  
Kennett  
Pembroke  
Merrimack Valley  
Campbell  
John Stark  
Gilford  
Belmont  
Laconia  
Winnisquam  
Franklin

## Sunday, January 15

### UNH

10:00 a.m.

Merrimack  
Conant  
Portsmouth  
Souhegan  
Milford  
Kearsarge  
Prospect Mountain  
Mascenic  
Newmarket  
Salem  
Raymond  
Somersworth

### UNH

2:30 p.m.

Goffstown  
Alvirne  
Dover  
Spaulding  
Winnacunnet  
Monadnock  
Bishop Brady  
Bishop Guertin  
Epping  
Bow  
Fall Mountain

## Saturday, January 21 - Qualifying Standards Must Be Met (Field Event Order Switches)

**UNH**  
10:00 a.m.  
Goffstown  
Hanover  
Memorial  
Milford  
Central  
Trinity  
Portsmouth  
Timberlane  
Merrimack  
West  
Coe Brown  
Londonderry  
Pinkerton  
Merrimack Valley  
Nashua North  
Windham

**UNH**  
2:30 p.m.  
Lebanon  
ConVal  
Spaulding  
Pembroke  
Sanborn  
St. Thomas  
Keene  
Pelham  
Bow  
Exeter  
Plymouth  
Kennett  
Kingswood  
Winnacunnet  
Mascoma  
Somersworth  
John Stark  
ALL DIVISION III SCHOOLS

**Exeter Academy**  
1:00 p.m.  
Phillips Exeter  
Alvirne  
Dover  
Nashua South  
Concord  
Hollis/Brookline  
Bishop Guertin  
Bedford  
Oyster River  
Souhegan  
Salem

## Saturday, January 28 or Sunday, January 29

### Relay Meet

**UNH**  
10:00 a.m. All Division II and III schools  
2:30 p.m. All Division I schools

## Saturday, February 4 - Qualifying Standards Must Be Met

### Exeter Academy - 1:00 p.m.

Phillips Exeter	Exeter
Nashua North	Newmarket
Londonderry	Pinkerton
Portsmouth	Merrimack
Winnacunnet	Coe-Brown

## Sunday, February 5- Qualifying Standards Must Be Met

**UNH**  
10:00 a.m. All Division II and III schools excluding those at PEA on Saturday 2/4  
2:30 p.m. All Division I schools excluding those at PEA on Saturday 2/4

## Sunday, February 12

10:00 a.m. BOYS AND GIRLS DIVISION I STATE MEET DARTMOUTH COLLEGE

## Sunday, February 12

3:30 p.m. BOYS AND GIRLS DIVISION II STATE MEET DARTMOUTH COLLEGE

## Saturday, March 4

NEW ENGLAND CHAMPIONSHIPS REGGIE LEWIS CENTER, BOSTON