



Merrimack Track Alumni Carnival  
Welcoming Stonehill, St Anselms' and SNHU  
April 17th, 2025

Meet will be scored as a 4 team meet.

Individual Events will be scored to 8 places (9, 7, 6, 5, 4, 3, 2, 1).

Only two individual entries per institution shall score.

One relay entry per institution shall score. (9, 7, 6, 5).

9 competitors shall advance to final in throwing events and horizontal jumps.

Fast Heats will go first.

12:00 Implement Weigh-in at Shot Put Sector (behind Duane Stadium, in parking lot M)

3:00 National Anthem

Field Events

1:00 pm Javelin Throw (Women followed by Men after 30min warm up)  
Shot Put (Women followed by Men after 30min warm up)  
Hammer (Men followed by Women after 30min warm up)  
Discus (After Hammer, Men Followed by Women after 30min warm up)  
2:00 pm Pole Vault (Women followed by Men after 45min warm up )  
3:01pm Long Jump (Women followed by Men)  
Triple Jump (Men followed by Women)  
High Jump (Men followed by Women)

Track Events (Men run first in even year)

3:01pm 4x100 Meter Relay  
1500m  
100/110 Meter Hurdles Final  
400 Meters  
100 M Final  
800 Meters  
400 Meter Hurdles  
200 Meters  
5000 Meters  
4x400 Meter Relay

*Honoring Merrimack Seniors at conclusion of the Meet*