

2024 - 2025 NH Indoor Track League Schedule

Week One

Saturday, December 14, 2024		
PEA	Plymouth State	
1:00 PM	10:00 AM	2:30 PM
Bow Con-Val Dover Epping Goffstown Hanover Milford PCA Pelham Phillips Exeter Salem Wilton-Lyndeborough	Belmont Bishop Brady Campbell Concord Franklin Gilford Inter-Lakes John Stark Laconia Man. Central Man. West Mascoma Merrimack Valley Mount Royal Plymouth Windham Winnisquam	Coe-Brown Conant Fall Mountain Hollis/Brookline Keene Lebanon Merrimack Monadnock Nashua North Newfound Newport Sanborn Somersworth Souhegan St. Thomas Stevens

Sunday, December 15, 2024	
UNH	
9:00AM	1:30 PM
Alvirne Kearsarge Kingswood Mascenic Newmarket Oyster River Pembroke Portsmouth Prospect Mnt. Raymond Timberlane	Bedford Bishop Guertin Exeter Londonderry Nashua South Pinkerton Spaulding

Week Two

Thursday, December 19, 2024
UNH
5:00 PM
JV Meet # 1

Need Setup, Cleanup, Field Event Helpers from participating teams

Week Two Continued

Saturday, December 21, 2024 4x800, no 3000 (Field Event Order Switches)			
Plymouth State		UNH	
10:00 AM	2:30 PM	10:00 AM	2:30 PM
Belmont	Bishop Guertin	Alvirne	Bedford
Bishop Brady	Conant	Dover	Con-Val
Bow	Concord	Hollis/Brookline	Nashua North
Coe-Brown	Fall Mountain	Kennett	Newfound
Franklin	Hanover	Kingswood	Portsmouth
Gilford	Lebanon	Nashua South	Salem
Goffstown	Londonderry	Oyster River	Timberlane
Inter-Lakes	Man. Central	Souhegan	Windham
John Stark	Man. Memorial		Winnacunnet
Kearsarge	Mascenic		
Laconia	Mascoma		
Man. West	Monadnock		
Merrimack Valley	Mount Royal		
Milford	Newport		
Pelham	Pinkerton		
Pembroke	Raymond		
Plymouth	Trinity		
Prospect Mnt.	Stevens		
Winnisquam			
Wilton-Lyndeborough			

Week Three

Saturday, December 28, 2024			
Plymouth State		UNH	
10:00 AM	2:30 PM	10:00 AM	2:30 PM
Belmont	Con-Val	Campbell	Bishop Guertin
Bishop Brady	Fall Mountain	Epping	Concord
Bow	Hanover	Kennett	Exeter
Conant	John Stark	Man. West	Man. Memorial
Franklin	Kearsarge	Newmarket	Nashua North
Gilford	Keene	Oyster River	Pinkerton
Inter-Lakes	Merrimack	PCA	Somersworth
Kingswood	Monadnock	Pelham	Windham
Laconia	Mount Royal	Pembroke	Winnacunnet
Mascenic	Nashua South	St. Thomas	
Merrimack Valley	Newport	Trinity	
Milford	Raymond		
Plymouth	Spaulding		
Prospect Mnt.	Stevens		
Salem			
Sanborn			
Souhegan			
Winnisquam			
Wilton-Lyndeborough			

Friday, January 3, 2025
UNH
5:00 PM JV Meet # 2

Need Setup, Cleanup, Field Event Helpers from participating teams.

Saturday, January 4, 2025	
Plymouth State	
10:00 AM	2:30 PM
Alvirne	Coe-Brown
Epping	Dover
Goffstown	Exeter
Kennett	Newmarket
Mascoma	Oyster River
Merrimack Valley	Spaulding
PCA	St. Thomas
Sanborn	Winnacunnet
Timberlane	

Sunday, January 5, 2025	
UNH	
10:00 AM	2:30 PM
Campbell	Bedford
Hollis/Brookline	Concord
Man. Central	Hanover
Man. Memorial	Keene
Man. West	Lebanon
Nashua North	Londonderry
Nashua South	Merrimack
Pinkerton	Portsmouth
Trinity	Somersworth

Saturday, January 11, 2025			
PEA		Plymouth State	
1:00 PM		10:00 AM	
Kingswood	Phillips Exeter	Bedford	Keene
Hollis/Brookline	PCA	Belmont	Laconia
John Stark	Pelham	Campbell	Londonderry
Kennett	Spaulding	Coe-Brown	Man. Central
Lebanon	St. Thomas	Conant	Merrimack Valley
Man. Memorial	Timberlane	Con-Val	Mount Royal
Mascoma	Trinity	Exeter	Newport
	Windham	Franklin	Plymouth
		Gilford	Winnisquam
		Inter-Lakes	Stevens

Week Five Continued

Sunday, January 12, 2025

UNH

10:00 AM

Kearsarge Prospect Mnt.
 Mascenic Raymond
 Merrimack Salem
 Milford Sanborn
 Newmarket Somersworth
 Portsmouth Souhegan
 Wilton-Lyndeborough Pembroke

2:30 PM

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

Week Six

Wednesday, January 15, 2025

UNH

4:00 PM

Girls Wildcat Relays
 (not a NHITL meet; separate entry fee required)

Thursday, January 16, 2025

UNH

4:00 PM

Boys Wildcat Relays
 (not a NHITL meet; separate entry fee required)

Saturday 1/18/2025

Qualifying Standards Must
 Be Met (Field Event Order
 Switches)

PEA

1:00 PM

Alvirne
 Bedford
 Bishop Guertin
 Concord
 Dover
 Hollis/Brookline
 Nashua South
 Oyster River
 Salem
 Souhegan
 Stevens

Sunday 1/19/2025 Qualifying Standards Must Be Met (Field Event Order Switches)		
UNH		
10:00 AM		2:30 PM
Coe-Brown	Belmont	Newfound
Goffstown	Bishop Brady	Mascenic
Hanover	Bow	Mascoma
Londonderry	Campbell	Monadnock
Man. Central	Conant	Mount Royal
Man. Memorial	Con-Val	Newmarket
Man. West	Epping	Newport
Merrimack	Exeter	PCA
Merrimack Valley	Fall Mountain	Pelham
Milford	Franklin	Pembroke
Nashua North	Gilford	Plymouth
Pinkerton	Inter-Lakes	Prospect Mnt.
Portsmouth	John Stark	Raymond
Timberlane	Kearsarge	Sanborn
Trinity	Keene	Somersworth
Windham	Kennett	Spaulding
Wilton-Lyndeborough	Kingswood	St. Thomas
	Laconia	Winnacunnet
	Lebanon	Winnisquam

Week Seven

Saturday 1/25/2025 Qualifying Standards Must Be Met, 4x800 offered, no 3000
PEA
1:00 PM
Coe-Brown
Exeter
Keene
Londonderry
Merrimack
Nashua North
Newmarket
Phillips Exeter
Pinkerton
Portsmouth
Somersworth
Winnacunnet

Week Seven Continued

Sunday 1/26/2025 - Qualifying Standards Must Be Met, 4x800 offered, no 3000		
UNH		
10:00 AM		2:30 PM
Belmont	Man. West	Alvirne
Bishop Brady	Mascenic	Bedford
Bow	Mascoma	Bishop Guertin
Campbell	Merrimack Valley	Concord
Conant	Milford	Dover
Con-Val	Monadnock	Inter-Lakes
Epping	Mount Royal	Man. Central
Fall Mountain	Newport	Man. Memorial
Franklin	Oyster River	Nashua South
Gilford	PCA	Newfound
Goffstown	Pelham	Plymouth
Hanover	Pembroke	Salem
Hollis/Brookline	Prospect Mnt.	Spaulding
John Stark	Raymond	Timberlane
Kearsarge	Sanborn	Windham
Kennett	Souhegan	Stevens
Kingswood	St. Thomas	
Laconia	Trinity	
Lebanon	Winnisquam	
	Wilton-Lyndeborough	

Week Eight

Saturday 2/1/2025 Qualifying Standards Must Be Met, 4x800 offered, NO 3000, NO 4x4, NO 4x160			
UNH			
10:00 AM		3:00 PM	
Belmont	Mascenic	Alvirne	Merrimack
Bishop Brady	Mascoma	Bedford	Nashua North
Bow	Merrimack Valley	Bishop Guertin	Nashua South
Campbell	Milford	Coe-Brown	Newfound
Conant	Monadnock	Concord	Newmarket
Con-Val	Mount Royal	Dover	Plymouth
Epping	Newport	Exeter	Salem
Fall Mountain	Oyster River	Inter-Lakes	Somersworth
Franklin	PCA	Keene	Spaulding
Gilford	Pelham	Londonderry	Timberlane
Goffstown	Pembroke	Man. Central	Windham
Hanover	Pinkerton	Man. Memorial	Winnacunnet
Hollis/Brookline	Portsmouth		
John Stark	Prospect Mnt.		
Kearsarge	Raymond		
Kennett	Sanborn		
Kingswood	Souhegan		
Laconia	St. Thomas		
Lebanon	Trinity		
Man. West	Winnisquam		
Wilton-Lyndeborough	Stevens		

Championship Meets

Saturday 2/8/2025 - Division 1 Championship (State Meet) at Plymouth State

10:00AM Division 1 Schools

Sunday 2/9/2025 - Division 2 Championship (State Meet) at Plymouth State

10:00AM Division 2 Schools

**Saturday 3/1/2025 - New England Championships at Reggie Lewis Center,
Boston**