



GRANITE STATE TRACK & FIELD

For Boys & Girls ages 9-14



Track & field has a long history in Exeter, striving to promote youth physical fitness and provide fun learning experiences for children 9 to 14 years old. Youth track & field is a great way to get kids started in a physical fitness program. Join us as we help kids discover their potential, make new friends, and gain newfound self-confidence. Every child is a winner with track & field games!

Registration: Registration begins **Tuesday, February 18, 2025**. Registrations are accepted at the Exeter Recreation Office during our business hours, in-person, on-line, by phone, or Mail. Payment must be paid at the time of registration.

Fee: Please make check payable to E.P.R.D. Visa, MasterCard, Discover, Apple Pay & Google Pay accepted. There will be a \$20.00 fee charged for each returned check.

Age (as of Dec. 31, 2025)	Resident Fee	Non-Resident Fee	Resident Fee after 4/11	Non-Resident Fee after 4/11
9-14	\$70.00	\$80.00	\$80.00	\$90.00

Competitor Categories: Competitor categories are as follows: Boys, ages 9 & 10, 11 & 12, 13 & 14. Girls ages 9 & 10, 11 & 12, 13 & 14

Deadline: The deadline to register for this program is **Friday, April 11, 2025**.

Practice Schedule & Important Dates: April 28 – June 12, 2025; Monday's & Thursday's, 6-7:30 pm @ the Exeter High School Track 1 Blue Hawk Dr. Exeter, NH

Meets:

Town Meet – Thursday, June 5, 2025 – Exeter High School

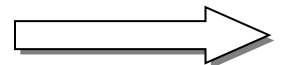
Regional/State Meet: Saturday, June 14, 2025 - Winnisquam High School, Tilton, NH

Notes: Any schedule updates/changes will be sent via email, please confirm your email address on file.

RULES

1. The only restriction for participation is age – **participants must be between 9 and 14 years old as of December 31st, 2025.**
2. Competitors will determine which age groups to enter by calculating their age as of December 31st, 2025.
3. Participants can enter either two tracks and one field or two field events and one track event up to and including the State Final.

Please turn over



EVENT(S):

Competitors can compete in a maximum of 2 running events and 1 field event OR 1 running event and 2 field events per person.

BOYS

Ages 9 – 10

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4x100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Ages 11 – 12

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Ages 13 - 14

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4x100 Meter Relay
6. Standing Long Jump
7. Softball Throw

GIRLS

Ages 9 – 10

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4x100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Ages 11 – 12

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4x100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Ages 13 - 14

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4x100 Meter Relay
6. Standing Long Jump
7. Softball Throw

EXETER PARKS & RECREATION DEPARTMENT

32 Court Street, Exeter, NH 03833

Phone: 773-6151

Website: <http://exeternh.gov/recreation>

Business Hours: Monday – Friday, 8:15am - 4:15pm