



Rt. 228 TRACK & FIELD INVITATIONAL
SATURDAY, APRIL 22, 2006
FRESHMAN-SOPHMORE MEET

Sponsored By: Notre Dame Academy

Sanctioned by: MIAA

Meet Information:

LOCATION: 1073 Main St Hingham, MA 02043

DIRECTIONS: Rt 3 South, to Exit 14, [Rt 228], take a left at the bottom of the ramp, go straight, cross over Rt 53, NDA is on the right hand side-see the blue sign, if you pass the church, you went to far!

Athlete Limitations: 1 running – 1 field – 1 relay or 2 relays. You may enter more than 1 relay!

Awards: Top 6

Entry Fees: \$10 per event/\$15 per relay or \$100 maximum per single sex team. i.e.

1 boys team/1 girls team = \$200 Make Checks/PO's payable & mail to: Notre Dame Academy

Field Events: 10:00 Start

Boys Long Jump, then Girls to follow, 7 to the Finals

Girls Triple Jump, then Boys to follow, 7 to the Finals

Boys Discus, then Girls to follow, 7 to the Finals

Girls Shot Put, then Boys to follow, 7 to the Finals

Boys High Jump[5'2"], the Girls [4'2"] to follow

Girls Javelin, then Boys to follow, 7 to the Finals

Pole Vault –Girls and Boys together

Running Events: Fully Automated Timing-Slow to Fastest

12:00pm Girls Two Mile, followed by the Boys

100 Meter Hurdles Trials/110 Meter Hurdles Trials-8 Fastest Times to the Finals

Girls/Boys 100 Meter Dash-Trials-8 Fastest to the Finals

Girls 300 Meter Low Hurdles-Finals

Boys 300 Meter Low Hurdles-Finals

Girls One Mile-Finals

Boys One Mile-Finals

Girls 400 Meter-Finals

Boys 400 Meter-Finals

Girls 800 Meter-Finals

Boys 800 Meter-Finals

Girls 200 Meter Dash-Finals

Boys 200 Meter Dash-Finals

Girls 100 Meter Hurdles-Finals

Boys 110 Meter Hurdles-Finals

Girls 100 Meter Dash-Finals

Boys 100 Meter Dash-Finals

Girls 4 x 100 Meter Relay/Boys 4 x 100 Meter Relay-Finals

Girls 4 x 400 Meter Relay/Boys 4 x 400 Meter Relay-Finals

ENTRY DEADLINE: April 14, 2006-Postmarked or EMAIL

Will take updates by email only until April 20th. No later than 5pm

No team will be allowed to compete unless PO or Check has been issued.

Mail To: Rick Kates c/o Notre Dame Academy 1073 Main Street Hingham, MA 02043

Questions: EMAIL rkates@ndahingham.com or 781-706-3340

