



Rt. 228 Freshman-Sophomore
13th Annual
INVITATIONAL
SATURDAY, APRIL 21, 2007

Sponsored By: Notre Dame Academy & 99 Restaurant

Sanctioned by: MIAA

Meet Information:

LOCATION: 1073 Main St Hingham, MA 02043 * 8-Lane Facility*

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 left 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 \$125 maximum per single sex team. i.e.

1 boys team/1 girls team = \$250 Make Checks/PO's payable & mail to: Notre Dame Academy

Field Events: 9:00 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

9:15 am Girls Two Mile, followed by the Boys-Must check in by 8:45am!

Girls 300 Meter Low Hurdles-Finals

Boys 300 Meter Low Hurdles-Finals

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 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 18, 2007-

ENTRIES WILL BE ONLY TAKEN THRU www.directathletics.com - No later than 6pm

No team will be allowed to compete unless PO or Check has been issued-which must be presented when picking up the team packet! TEAM BUSES WILL PARK AT HINGHAM MIDDLE SCHOOL!-Directions will be give by staff upon arrival.

They will be allowed to park back on campus at the start of the relays!

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