



Rt. 228 TRACK & FIELD INVITATIONAL
SATURDAY, APRIL 23, 2005
FRESHMAN-SOPHMORE MEET

Sponsored By: Notre Dame Academy /Hingham HS

Sanctioned by: MIAA

Meet Information:

LOCATION: Hingham HS

DIRECTIONS: Rt 3 South, to Exit 14, [Rt 228], take a left at the bottom of the ramp, go straight, take a right onto Free Street, go past Womputuck State Park Entrance, Hingham HS is on the left.

Athlete Limitations: 1 running – 1 field – 1 relay or 2 relays

Awards: Top 6

Entry Fees: \$10 per event/\$20 per relay or \$100 maximum per single sex team. i.e.

1 boys team/1 girls team =\$200 Make Checks/PO's payable to:

Rick Kates c/o Notre Dame Academy

Order of Events

Field Events: 9:30 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[5'0"], the Girls [4'0"] to follow

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

Running Events: Fully Automated Timing

10:00am Girls Two Mile, followed by the Boys

11:00am 100 Meter Hurdles Trials/110 Meter Hurdles Trials-6 Fastest Times to the Finals

11:30am Girls 100 Meter Dash-Trials-6 Fastest to the Finals

12:30pm 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 15, 2005-Postmarked or EMAIL

Will take updates by email only until April 20th.

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 ndatrackxc@yahoo.com or 781-706-3340

