

2016 South Shore Principals Twilight Invitational

.Place: Norwell High School Saturday May 21, 2015

Starting Time: 4:00 PM

M.I.A.A. SANCTIONED

1. Entry Limitations : The South Shore Principals will follow the same limitations as the MIAA State Meet. (Any 3 Events)
2. Entry Deadline: Entries must be entered in Directathletics.com by 8 p.m. on Thursday, May 19, 2016.
3. Awards: Both first and second place teams will receive awards. Top six places in each event, Top 6 in each relay.
4. Scoring- 10-8-6-4-2-1- (Freshman Events Do not Score)
5. Freshman Mile will run at 4:00PM followed by the 2 Mile Run at 4:30 PM.
6. Starting Heights: High Jump: Girls 4'4 / Boys 5'4
7. We will have a make Update for extreme weather only. It will be the following day at the same time.
8. T-Shirts will be on sale.
09. No fires or Barbecues on Norwell High School property.
10. Seed sheets: Will be on Directathletics.com and ma.milesplit.com by Friday May 20th.
11. Any questions please email at Massrunners@gmail.com

Purchase orders are made out to Norwell Athletics Make checks payable to: **Norwell Athletics**
18 South Street Norwell, Ma. 02061

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Entry Procedure

INDIVIDUAL EVENTS : \$10.00

RELAYS: \$20.00

MAX FEE: \$ 200.00 PER GENDER

* Purchase Orders and Confirmation Emails from Direct Athletics must Signed by your

Athletic Director and in the Meet Directors hands by 4 pm on Thursday, May 19th.

Both forms can be faxed to 781-659-1824 or mailed to

Norwell Athletics 18 South St. Norwell, Ma 02061

Make checks or purchase orders out to Norwell Athletics.

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Order of Events

4:00 PM Field Events / Freshman Mile

4:30 PM 2 Mile Run

Triple Jump (G-B)

High Jump (B-G)

Shot Put (B-G)

Discus (G-B)

Javelin (G-B)

Long Jump (B-G)

5:00 p.m. Running Events - Girls Running Followed by Boys

400 Meter Hurdle Finals

200 Meter Dash Trials

One Mile Run

100 Meter Hurdles (G) Trials

110 Meter Hurdles (B) Trials

100 Meter Freshman Dash Trials

100 Meter Dash Trials

400 Meter Run Freshman

400 Meter Run Finals

200 Meter Dash Finals

800 Meter Run

110 Meter Hurdle Finals

100 Meter Hurdle Finals

100 Meter Freshman Finals

100 Meter Dash Finals

400 Meter Relay

3200 Meter Relay

400 Meter Relay

1600 Meter Relay

*LIMITATIONS ARE THE SAME AS OUR STATE MEET.

*TRIALS WILL BE ON FAT ONLY