

7th Annual Greater New Bedford Sunset Invitational Saturday May 7, 2016

Sponsored & Hosted By: Greater New Bedford Regional Voc-Tech High School

Sanctioned by MIAA for Massachusetts Member Schools

Location: GNB Voc-Tech, 1121 Ashley Blvd., New Bedford, Ma. 02745

Starting Time: 4:00 PM Field, 5:30 PM Running.

Athlete Limitations: 1 Running – 1 Field – 1 Relay, or 2 Field. A-Relay Teams Only.

Awards: Individual Events Top 6, Including Relays, No Team Scores

Entry Deadline: Monday May 2, 2016 on www.directathletics.com

Entry Fee: \$8.00 per Athlete per event / \$20.00 per Relay Team or **\$130.00 per single sex team**, I.E.
1 boy's team / 1 girls team \$260.00

Make Checks/PO's Payable and Mailed to: Gr. New Bedford Voc-Tech Track,
C/O Ryan Methia: Athletic Director
1121 Ashley Blvd., New Bedford, Ma 02745

PO's can be e-mailed to Ryan Methia at rmethia@gnbvt.edu

No team will be allowed to compete unless a PO or Check has been received by Friday May 6, 2016

Competition Details: Field: 4:00 PM

There will be minimum standards for field events. An athlete will have the first "legal" jump (long jump, Triple jump) or first "legal" throw (shot put, discus, Javelin) measured. After the first legal attempt the Official will only measure jumps/throws that exceed the minimum standard listed below.

BOYS	LJ	TJ	SP	Disc	Jav.
	19'00	38'00"	36'00"	110'	130'
GIRLS	LJ	TJ	SP	Disc	Jav.
	15' 6"	29'00"	27'00"	80'	90'

High Jump Opening Heights: Boys 5' 4", Girls 4' 4"

Top eight in field events, except high jump, advance to a final

Running: 5:30 PM Girls followed by Boys

- (1) Fastest six 200m trial athletes advance to a Final.
- (2) Fastest eight in 100m, 110/100m hurdle trials advance to a Final.
- (3) Seeded heats will be run last.
- (4) Only ¼ pyramid spikes are allowed on the GNB Voc-Tech Facility. No spikes allowed on the infield!!
- (5) All numbers on front.

Order of Events

Field Events: 4:00 PM

Long Jump: Boys Followed by Girls
Triple Jump: Girls Followed by Boys
High Jump: Boys Followed by Girls
Javelin: Boys Followed by Girls
Discus: Girls Followed by Boys
Shot Put: Boys Followed by Girls

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Running Order: 5:30 PM

2 Mile – Final:
400H - Final
100m – Top 8 to Final
100/110H – Top 8 to Final
200m – Top 6 to Final
1 Mile - Final
800m - Final
400m-Final
200m – Final
100/110H – Final
100m – Final
4 X 400m Relay
4 X 100m Relay – Final

The winner of the Boys 400m will receive the 7th Annual Paul Methia Award. This award is to honor the memory of Paul Methia, GNB Voc-Tech's only US National High School Champion at 440yds.

GNB Voc-Tech will make every attempt to run this meet regardless of weather.

For further questions contact Meet Director Mark Thornhill at mkthornhill@gnbvt.edu or (C) 508-542-1399.