

## **2017 South Shore Principals Twilight Invitational**

**Place:** Norwell High School Saturday May 20, 2017

**Time:** 3:00 PM

**M.I.A.A. SANCTIONED**

Welcome to the 2017 SSPA Meet!

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](http://Directathletics.com) by 8 p.m. on Thursday, May 18, 2017. Purchase Orders must Signed by your Athletic Director and in the Meet Directors hands by 4 pm on Thursday, May 18th. Purchase Orders 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.**

3. **Awards:** Both first and second place teams will receive awards. Top six places in each event, Top 6 in each relay.

4. **Team Scoring-** 10-8-6-4-2-1- (Freshman Events Do not Score)

5. Freshman Mile will run at 3:00PM followed by the Unseeded G & B Miles. Seeded sections of the Mile will be

posted on Friday May 19th on Direct Athletics and  
Ma.Milesplit.com

6. Starting Heights: High Jump: Girls 4'4 / Boys 5'4

7. If we get extreme weather the meet will take place on  
Sunday May 21st. No refunds if the date is moved to Sunday.

8. T-Shirts will be on sale.

09. No fires or Barbecues on Norwell High School property.

10. Seed sheets: Will be posted on Directathletics.com and  
ma.milesplit.com by Friday May 19th.

11. Any questions please email at Massrunners@gmail.com

**Make checks payable to:**

**Norwell Athletics**

**18 South Street Norwell, Ma. 02061**

**Entry Fee's**

**INDIVIDUAL EVENTS : \$10.00**

**RELAYS: \$20.00**

**MAX FEE: \$ 200.00 PER GENDER**

## **Order of Events**

### **3:00 PM Field Events (8 to the Final)**

High Jump (Two HJ areas, boys at scoreboard end of complex)

\* All Four Pits will be active. Boys LJ & TJ will take place along the fence. Girls will be closer to the Pole Vault. We will have the next flight warming up immediately on the next runway.

Long Jump (B-G)

Triple Jump (G-B)

Pole Vault - (If we have enough request for PV by May 10th. We will add it to the meet.

**\* Throwing Events will have minimum throw lines. All 1st Legal throws will be measured.**

Shot Put ( B-G)

Discus (G-B)

Javelin (G-B)

### **3:00 PM Running Events - (Girls Before Boys)**

Freshman Mile

Unseeded Mile Sections

2 Mile Run

400 Meter Hurdle Finals

200 Meter Dash Trials

One Mile Run- Seeded Section

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

3200 Meter Relay

400 Meter Relay

1600 Meter Relay