

# 10<sup>th</sup> Annual Greater New Bedford Sunset Invitational Saturday May 4, 2019

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

**Sanctioned by MIAA for Massachusetts MIAA 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 April 29, 2019 on [www.directathletics.com](http://www.directathletics.com)**

**Entry Fee:** \$9.00 per Athlete per event / \$20.00 per Relay Team or **\$160.00 per single sex team, I.E.**

1 boys team / 1 girls team **\$320.00**

**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 emailed to Ryan Methia at [rmethia@gnbvt.edu](mailto:rmethia@gnbvt.edu)**

**No team will be allowed to compete unless a PO or Check has been received by Friday May 3, 2019**

**Competition Details: Field Events Start @ 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-19'00", TJ-39' SP-37' Disc-110' Jav.-120' GIRLS: LJ-15'6", TJ-31', SP-30' Disc-80' Jav.-85'**

**High Jump Opening Heights: Boys 5' 6", Girls 4' 6"**

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

**Running Start @ 5:30 PM Boys followed by Girls. Under The Lights**

(1) Fastest six 200m Trial athletes advance to a final.

(2) Fastest eight in 100m, 110/100m hurdles 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!

**Order of**

**This is not a developmental meet below are the**

**Field Events; 4:00pm**

**Long Jump: Girls Followed by Boys**

**Triple Jump: Boys Followed by Girls**

**High Jump: Girls Followed by Boys**

**Javelin: Boys Followed by Girls**

**Shot Put: Girls Followed by Boys**

**Discus: Boys Followed by Girls**

**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**

**110/100H – Final**

**100m – Final**

**4 X 400m Relay**

**4 X 100m Relay – Final**

**Qualifying Running Standards**

**2m B-11:10 G-13:30**

**400h B-1:10 G-1:20**

**100m B-12.5 G-14.5**

**100/110h B-20.0 G-20.0**

**200m B-26.0 G-31.0**

**1M B-5:12 G-6:20**

**800m B-2:15 G-2:40**

**400m B-58.0 G-1:10**

**4 X 100-No Standards**

**4 X 400-No Standards**

**The winner of the Boys 400m will receive the 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 [mthornhill@gnbvt.edu](mailto:mthornhill@gnbvt.edu) or (C) 508-542-1399