

# 3<sup>rd</sup> Annual Greater New Bedford Sunset Invitational Saturday May 5, 2012

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

**Sanctioned by MIAA for Ma, RI, NH & VT**

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

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

**Athlete Limitations:** 2 Running – 1 Field, 2 Field – 1 Running, A Relay is a running. A-Relay Teams Only.

**Awards:** Individual Events Top 6, Relays Top 3 Teams, No Team Scores

**Entry Deadline:** Tuesday May 1, 2012 on [www.directathletics.com](http://www.directathletics.com)

**Entry Fee:** \$7.00 per Athlete / \$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 to:** Gr. New Bedford Voc-Tech Track,  
C/O Athletic Dept.

1121 Ashley Blvd., New Bedford, Ma 02745

**No team will be allowed to compete unless a PO or Check has been received by Wednesday May 3, 2012**

## **Competition Details: Field: 4:30 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.

<b>BOYS</b>	<b>LJ</b>	<b>TJ</b>	<b>SP</b>	<b>Disc</b>	<b>Jav.</b>
	<b>18'06</b>	<b>37'00"</b>	<b>37'00"</b>	<b>110'</b>	<b>125'</b>
<b>GIRLS</b>	<b>LJ</b>	<b>TJ</b>	<b>SP</b>	<b>Disc</b>	<b>Jav.</b>
	<b>14'06"</b>	<b>28'00"</b>	<b>27'00"</b>	<b>70'</b>	<b>90'</b>

**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; 4:30 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**

### **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 800m Relay – Final**

**4 X 100m Relay – Final**

**4 X 400m Relay – Final**

Check should be made out & sent to: GNB Voc-Tech Track

C/O Athletic Dept.

1121 Ashley Blvd.

New Bedford, Ma. 02745

**The winner of the Boys 400m will receive the 3<sup>rd</sup> 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](mailto:mkthornhill@gnbvt.edu) or (C) 508-542-1399.