

## **2015 South Shore Principals Twilight Invitational**

**This year's South Shore Principals Meet will be at the New Clipper Athletic Complex at Norwell High School. The Meet is open to all MIAA Schools.**

**Place: Norwell High School Saturday May 23, 2015**

**Starting Time: 4:00 PM**

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

**Welcome to the 2015 SSPA Meet! . We hope you continue to support this 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 by 8 p.m. on Thursday, May 22, 2015.  
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 21st. 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.***
- 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 Barbeques on Norwell High School property.**
- 10. Seed sheets: Will be posted on Directathletics.com and ma.milesplit.com by Friday May 22nd.**
- 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***

**INDIVIDUAL EVENTS : \$10.00**

**RELAYS: \$20.00**

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

**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**