

## **2018 South Shore Principals Twilight Invitational**

**Place: Norwell High School Saturday May 19, 2018**

**Time: 2:00 PM**

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

Dear Coaches,

The 2018 South Shore Principals will be run on May 19, 2018. The meet will be up on Direct Athletics as soon as possible. We are initiating two positive changes for this year's meet. Since this is one of the final opportunities for your athletes to qualify, we will be adding the Pentathlon into the mix.

Please keep in mind that the MIAA Pentathlon deadline is the same day, so you will have to enter that immediately after the meet. The Pentathlon should not affect the length of the meet, but we will start that event at 2:30pm. I would like to stress that coaches utilize these opportunities for the athletes that are State Caliber type of performers. We have an open door policy in all the other events, but please let's keep this event for those that are in range of qualifying. We may need coaches to help out with some of the Pentathlon events.

We are eliminating the 200M Trials and we will run **200 Final Only** on time. With the MIAA meet a week away, I feel this will give the coaches some added flexibility with their sprinters. To be fair in the seeding process, we

will be asking for verified 200M performances on direct athletics. Any questions email **Meet Director Chuck Martin at [massrunners@gmail.com](mailto:massrunners@gmail.com)**

### **Welcome to the 2018 SSPA Meet!**

- 1. Entry Limitations :** The South Shore Principals will follow the same limitations as the MIAA State Meet. (Any 3 Events). If entered in the Pentathlon, that will be your only event of the day.
- 2. Entry Deadline:** Entries must be entered in Directathletics.com by 8 p.m. on Thursday, May 18, 2018. 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
- 3.** If you are hand delivering a check please notify Norwell Athletic director Ryan Quigley at [ryan.Quigley@norwellschool.org](mailto:ryan.Quigley@norwellschool.org). Ryan will be handing packets and a free coaches gift out at the start of the meet.

**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 18th on Direct Athletics and Baystaterunning.com.

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

7. If we get extreme weather the meet will take place on Sunday May 20th. No refunds if the date is moved to Sunday.

8. T-Shirts will be on sale.

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

10. Seed sheets: Will be posted on Directathletics.com and [baystaterunning.com](http://baystaterunning.com) by Friday May 18th.

11. Any questions please email at [Massrunners@gmail.com](mailto: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: \$ 220.00 PER GENDER**

**[Ryan.quigley@norwellschools.org](mailto:Ryan.quigley@norwellschools.org)**

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## **Field Events / Pentathlon**

**Pentathlon: We added a Pentathlon to the 2018 SSPA meet to give our athletes one last chance to qualify. Athletes in the Pentathlon will be limited to that event only.**

### **2:00 PM Pentathlon**

#### **Hurdles**

**B- (Shot / LJ) — —-(HJ)**

**G- (HJ / SP) — —- (LJ)**

800 will be added to the schedule where needed.

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

**High Jump:** We will have one High Jump area for the Pentathlon and the other for the High Jump.

\* 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)

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**ORDER OF EVENTS**

**2:00 PM Pentathlon B&G**

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

Freshman Mile

Unseeded Mile Sections

2 Mile Run

400 Meter Hurdle Finals

One Mile Run- Seeded Section

100 Meter Hurdles (G) (Trials)

110 Meter Hurdles (B) (Trials)

100 Meter Freshman (Trials)

100 Meter Dash Trials Trials

400 Meter Run Freshman

400 Meter Run Finals

200 Meter Dash Finals (Final Only On Time)

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