

2019 South Shore Principals Twilight Invitational

Place: Norwell High School Saturday May 18, 2019

Time: 2:00 PM

M.I.A.A. SANCTIONED

Dear Coaches,

The meet will be up on Direct Athletics as soon as possible. Last year we added the Pentathlon and moved to a 200M Final only. These two changes will remain in place for 2019. This year we will be replacing the 4x400M Relay with the Sprint Medley Relay. This will give some teams a chance to qualify for the Nationals.

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 effect the length of the meet, but we will start that event at 2:30pm. I would like to stress that coaches utilize this opportunity for the athletes that are State Caliber type of performers. We have an **open door policy** in all the other events, but please lets keep this event for those that are in range of qualifying. We may need coaches to help out with some of the Pentathlon events.

As we did in 2018, we will run **200M 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**

Welcome to the 2019 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 16, 2019. Purchase Orders must Signed by your Athletic Director and in the Meet Directors hands by 4 pm on Thursday, May 16th. 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 Robin Dole at Robin.dole@norwellschool.org

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 17th 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 19th. 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 by Friday May 17th.

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: \$ 220.00 PER GENDER

Robin.dole@norwellschool.org

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)

***NO POLE VAULT**

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

Shot Put (B-G) Discus (G-B) Javelin (G-B) _____

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)

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

4x800M Relay

4x100M Relay

Sprint Medley Relay

