



## 16<sup>th</sup> Annual Last Chance to Qualify Meet



Notre Dame Academy

1073 Main St Hingham, MA 02043

Saturday, May 23, 2020 9:30am

Athlete Limitations: Any 3 events, schools may enter multiple relays-No limit

Entry Fees: \$15 per event/\$25 per relay or \$200 max per single sex team, i.e. 1 Boy's team/1 Girl's team:  
Total max \$400 Checks payable & mail to:

NDA Attn: Rick Kates 1073 Main St Hingham, MA 02043

NDA Tax ID 04-2143551 DEADLINE TO REGISTER: Thursday, May 21, 2020

[www.directathletics.com](http://www.directathletics.com) -Entries online only!

Entries Fees : Due by prior to the start of the meet.

ALL Athletes must have a designated coach at the meet

### **Field Events: 9:30 am Start**

#### **Girls High Jump 4'6" Boys High Jump 5'6"**

Girls Long Jump, then Boys-7 to Finals

Boys Triple Jump, then Girls Long Jump-7 to Finals

Girls Discus, then Boys -7 to Finals

Boys Shot Put, then Girls-7 to Finals

Boys Javelin, then Girls – 7 to Finals Pole Vault 6'06" Girls, then Boys 9'06"

### **Running Events: Fastest to Slowest Boys, then Girls**

9:45 am 2 Mile

400 M Hurdles

200 Meter Trials- 8 fastest to Finals

One Mile

100/110 Hurdles Trials-8 Fastest to Finals

100 M Trials-8 Fastest to Finals

400 M

800 M

200 M-Finals

110 M Hurdles-Finals

100 M Hurdles-Finals

100 M –Finals

4 x 800 M Relay

4 x 100 M Relay

4 x 400 M Relay

Also if any teams need a US Nationals Events/ Relay Qualifier Marks-Please contact Meet Director.

Questions: Contact Meet Director: Rick Kates [rkates@ndahingham.com](mailto:rkates@ndahingham.com)