

Place: Norwell High School Saturday May 18, 2013
Starting Time: 9:30 M.I.A.A. SANCTIONED

Welcome to the 2013 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.

2. Entry Deadline: Entries must be entered in Directathletics.com by 6 p.m. on Wednesday, May 17th, 2013.

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 17th. 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. No Pole Vault

6. Freshman Mile will run at 9:30 followed by the 2 Mile Run.

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

8. We will have a make Update for extreme weather only. It will be the following day at the same time.

9. T-Shirts will be on sale.

10. No fires or Barbeques on Norwell High School property.

11. Seed sheets: Will be posted on Directathletics.com and ma.milesplit.com by Friday May 18th.

13. Any questions please email at Norwellxc@aol.com

Attention Athletic Directors:

INDIVIDUAL EVENTS : \$10.00

RELAYS: \$20.00

MAX FEE: \$ 175.00 PER GENDER

Order of Events

9:30 a.m. Field Events / Freshman Mile

Triple Jump (G-B)

High Jump (B-G)

Shot Put (B-G)

Discus (G-B)

Javelin (G-B)

Long Jump (B-G)

10:00 a.m. Running Events - Girls Running Followed by Boys

Two Mile Run

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

3200 Meter Relay

400 Meter Relay

1600 Meter Relay

LIMITATIONS ARE THE SAME AS OUR STATE MEET.

TRIALS WILL BE ON FAT ONLY

Purchase orders are made out to Norwell Athletics

Make checks payable to:

Norwell Athletics 18 South Street Norwell, Ma. 02061

