

Place: Norwell High School
Starting Time: 9:30

Saturday May 23,2009
M.I.A.A. SANCTIONED

Welcome to the 2009 SSPA Meet! . We hope you continue to support this meet and it's great history. This is the last chance to qualify for the MIAA State Meet.

1. Entry Limitations : The South Shore Principals will follow the same limitations as the MIAA State Meet. We will allow 3 Entries per school, additional athletes may be added if they have qualified for the MIAA State Meet.

2. Entry Deadline: Entries must be entered in Directathletics.com by 6 p.m. on Wednesday, May 20th, 2009. 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 3 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 open an additional girls Long Jump Pit if the numbers are High.

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

10. T-Shirts will be on sale.

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

12. Seed sheets: Will be posted on Directathletics.com by Friday May 22nd..

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

Attention Athletic Directors:
(Purchase orders are made out to Norwell Athletics)

Make checks payable to:
Norwell Athletics
18 South Street
Norwell, Ma. 02061

\$ 6.00 Per Individual Entry---Example: A two event athlete is \$12.00
Relays are \$12.00 Each
Maximum Fee is \$130.00 Per Gender/School

2009 South Shore Principal's Meet

Order of Events

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

Freshman Mile Run_(G-B)
Triple Jump (B-G)
High Jump (G-B)
Shot Put (G-B)
Discus (B-G)
Javelin (B-G)
Long Jump (G-B) (We may run a second girls Long Jump Pit)

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

Two Mile Run
200 Meter Dash Trials
800 Meter Run
400 Meter Hurdle Finals
400 Meter Run Freshman
400 Meter Run Finals

100 Meter Freshman Trials
100 Meter Dash Trials
100 Meter Hurdles (G) Trials
110 Meter Hurdles (B) Trials

200 Meter Dash Semis (if needed)
One Mile Run

100 Meter Dash Freshman Semi-finals
100 Meter Dash Semi-finals
110 Meter Hurdles (B) Semi-Finals
100 Meter Hurdles (G) Semi Finals

200 Meter Dash Finals
100 Meter Freshman Finals
100 Meter (G) Hurdle Finals
110 Meter(B) Hurdle Finals

3200 Meter Relay
400 Meter Relay
1600 Meter Relay

* 200 Meters may go directly to Semi's if numbers warrant it.

