

4nd Annual Greater New Bedford Sunset Invitational Saturday May 4, 2013

Sponsored & Hosted By: Greater New Bedford Regional Voc-Tech High School

Sanctioned by MIAA for Massachusetts and Rhode Island

Location: GNB Voc-Tech, 1121 Ashley Blvd., New Bedford, Ma. 02745

Starting Time: 4:00 PM Field, 5:30 PM Running.

Athlete Limitations: 1 Running – 1 Field – 1 Relay, or 2 Field. A-Relay Teams Only.

Awards: Individual Events Top 6, Including Relays, No Team Scores

Entry Deadline: Monday April 29, 2013 on www.directathletics.com

Entry Fee: \$8.00 per Athlete / \$20.00 per Relay Team or \$130.00 per single sex team, I.E.
1 boy's team / 1 girls team \$260.00

Make Checks/PO's Payable to: Gr. New Bedford Voc-Tech Track,
C/O Athletic Dept.

1121 Ashley Blvd., New Bedford, Ma 02745

No team will be allowed to compete unless a PO or Check has been received by Wednesday May 1, 2013

Competition Details: Field: 4:00 PM

There will be minimum standards for field events. An athlete will have the first "legal" jump (long jump, Triple jump) or first "legal" throw (shot put, discus, Javelin) measured. After the first legal attempt the Official will only measure jumps/throws that exceed the minimum standard listed below.

BOYS	LJ	TJ	SP	Disc	Jav.
	19'00"	38'00"	37'00"	115'	135'
GIRLS	LJ	TJ	SP	Disc	Jav.
	15' 6"	29'00"	28'00"	85'	95'

High Jump Opening Heights: Boys 5' 6", Girls 4' 4"

Top eight in field events, except high jump, advance to a final

Running: 5:30 PM Girls followed by Boys

- (1) Fastest six 200m trial athletes advance to a Final.
- (2) Fastest eight in 100m, 110/100m hurdle trials advance to a Final.
- (3) Seeded heats will be run last.
- (4) Only ¼ pyramid spikes are allowed on the GNB Voc-Tech Facility. No spikes allowed on the infield!!
- (5) All numbers on front.

Order of Events

Field Events; 4:00 PM

Long Jump: Boys Followed by Girls

Triple Jump: Girls Followed by Boys

High Jump: Boys Followed by Girls

Javelin: Boys Followed by Girls

Discus: Girls Followed by Boys

Shot Put: Boys Followed by Girls

Running Order: 5:30 PM

2 Mile – Final:

400H - Final

100m – Top 8 to Final

100/110H – Top 8 to Final

200m – Top 6 to Final

1 Mile - Final

800m - Final

400m – Final

200m – Final

100/110H – Final

100m – Final

4 X 400m Relay – Final

4 X 100m Relay – Final

Check should be made out & sent to: GNB Voc-Tech Track

C/O Athletic Dept.

1121 Ashley Blvd.

New Bedford, Ma. 02745

The winner of the Boys 400m will receive the 4th Annual Paul Methia Award. This award is to honor the memory of Paul Methia, GNB Voc-Tech's only US National High School Champion at 440yds.

GNB Voc-Tech will make every attempt to run this meet regardless of weather.

For further questions contact Meet Director Mark Thornhill at mkthornhill@gnbvt.edu or (C) 508-542-1399.