

14th Annual Greater New Bedford Sunset Invitational Saturday May 4, 2024

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

Sanctioned by the MIAA for Massachusetts MIAA Member Schools & Rhode Island RIAA Member Schools

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, 2023 on www.athletic.net

Entry Fee: \$9.00 per Athlete per event / \$20.00 per Relay Team or **\$170.00 per single sex team**, I.E.

1 boys team / 1 girls team **\$340.00**

Make Checks/PO's Payable and Mailed to: Gr. New Bedford Voc-Tech Track,

C/O Ryan Methia: Athletic Director

1121 Ashley Blvd., New Bedford, Ma 02745

PO's can be emailed to Ryan Methia at ryan.methia@gnbvt.edu

No team will be allowed to compete unless a PO or Check has been received by Friday May 3, 2024

Competition Details: Field Events Start @ 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.

NO RUN BACKS IN FIELD EVENTS ATHLETES SHOULD HAVE MEASURED MARKS!!

BOYS: LJ-19'6", TJ-40' SP-37' Disc-110' Jav.-125' GIRLS: LJ-15'6", TJ-31', SP-31' Disc-85' Jav.-90'

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

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

RUNNING STARTS at 5:30pm UNDER THE LIGHTS

Long Jump & Triple Jump: No Run Backs!! Measured Marks Are Recommended

Running Start @ 5:30 PM, Girls followed by Boys. Under The Lights

(1) Fastest six 200m Trial athletes advance to a final.

(2) Fastest eight in 100m, 110m/100m hurdles trials advance to a final.

(3) Heats will be run First to Slow

(4) Only ¼ pyramid spikes are allowed on the new GNB Voc-Tech Facility. No spikes allowed on the infield

Field Events: 4:00pm

Long Jump: Boys Followed by Girls

Triple Jump: Girls Followed by Boys

High Jump: Boys Followed by Girls

Javelin: Boys Followed by Girls

Shot Put: Girls Followed by Boys

Discus: 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

110/100H – Final

100m – Final

4 X 400m Relay

4 X 100m Relay – Final

Qualifying Running Standards

2m B-11:20 G-13:48

400h B-1:15 G-1:20

100m B-12.7 G-14.7

100/110h B-20.0 G-20.0

200m B-26.0 G-31.0

1M B-5:15 G-6:30

800m B-2:20 G-2:50

400m B-58.0 G-1:12

4 X 100 No Standard

4 X 400 No Standard

The winner of the Boys & Girls 400m will receive the Paul Methia Awards.

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 mrkthorn1216@aol.com or (C) 508-542-1399