



Rt. 228 Freshman-Sophomore
19th Annual
INVITATIONAL
SATURDAY, APRIL 13, 2013
Raindate: Saturday, April 20, 2013

Sponsored By: Notre Dame Academy and New Balance

Sanctioned by: MIAA

Meet Information:

LOCATION: 1073 Main St Hingham, MA 02043 * 8-Lane Facility*

DIRECTIONS: Rt 3 South, to Exit 14, [Rt 228], take a left at the bottom of the ramp, go straight, cross over Rt 53, NDA is on the left hand side-see the blue sign, if you pass the church, you went to far!

Athlete Limitations: 2 Running events, 1 Field Event or 2 Field Events, 1 Running Event or 2 Field Events

Awards: Top 6

Entry Fees: \$12 per event/\$20 per relay or \$200 maximum per single sex team. i.e.

1 boys team/1 girls team = \$400 Make Checks payable & mail to: Notre Dame Academy

All entry fees must be received on or by April 13 or teams will not be allowed to compete.

NEW: Will not accept Purchase orders for this meet.

Field Events: 9:00 am Start –

Boys Long Jump, then Girls to follow, 7 to the Finals *-2 Max per school*

Girls Triple Jump, then Boys to follow, 7 to the Finals *2 Max per school*

Boys Discus, then Girls to follow, 7 to the Finals

Girls “Erin Darling Memorial” Shot Put, then Boys to follow, 7 to the Finals

Boys High Jump[5’3”], the Girls [4’4”] to follow

Girls Javelin, then Boys to follow, 7 to the Finals

Pole Vault –Girls and Boys together Opening Height 6’00”

Running Events: Fully Automated Timing-Fastest to Slowest

9:30 am Girls 400 Meter Low Hurdles-Finals

Boys 400 Meter Low Hurdles-Finals

Girls “Laura Guidoboni Memorial” Two Mile, followed by the Boys

Girls/Boys 100 Meter Dash-Trials-8 Fastest to the Finals

100 Meter Hurdles Trials/110 Meter Hurdles Trials-8 Fastest Times to the Finals

Girls “Colleen Clancy Memorial” One Mile-Finals

Boys One Mile-Finals

Girls 400 Meter-Finals

Boys 400 Meter-Finals

Girls 800 Meter-Finals

Boys 800 Meter-Finals

Girls 200 Meter Dash-Finals

Boys 200 Meter Dash-Finals

Boys 110 Meter Hurdles-Finals

Girls 100 Meter Hurdles-Finals

Girls 100 Meter Dash-Finals

Boys 100 Meter Dash-Finals

Girls 4 x 100 Meter Relay/Boys 4 x 100 Meter Relay-Finals

Girls 4 x 400 Meter Relay/Boys 4 x 400 Meter Relay-Finals

ENTRY DEADLINE: APRIL 10, 2013-

ENTRIES WILL BE ONLY TAKEN THRU www.directathletics.com

**No team will be allowed to compete unless Check has been issued-which must be presented when picking up the team packet! TEAM BUSES WILL PARK AT HINGHAM MIDDLE SCHOOL!-
Directions will be give by staff upon arrival.**

They will be allowed to park back on campus at the start of the relays!

Questions: EMAIL rkates@ndahingham.com or 781-706-3340

MEET RECORDS

1	Girls 100 Meter Dash	12.43	4/15/2000	Suzanne Timmons - Notre Dame Ac
2	Boys 100 Meter Dash	11.14	4/14/2013	William Biggs - Boston Colle
3	Girls 100 Meter Hurdles	14.75	4/15/2010	Nicole Genard - Somerville HS
4	Boys 110 Meter Hurdles	15.36	4/26/2006	Chris Conway - Bishop Feehan
5	Girls 200 Meter Dash	25.60	4/21/1996	Allison Culley - Foxboro
6	Boys 200 Meter Dash	23.00	4/17/2010	Donovan Henry Catholic Memorial H
7	Girls 400 Meter Hurdles	1:06.36	4/15/2011	Jenn Kimball - Weymouth HS
8	Boys 400 Meter Hurdles	59.31	4/15/2011	Kevin Walsh - Needham HS
9	Girls 400 Meter Dash	58.54	4/21/2007	Elizabeth McManus - Notre Dame
10	Boys 400 Meter Dash	51.22	4/14/2013	Andrew Bolze - Hingham
11	Girls 800 Meter Run	2:16.41	4/18/2009	Kathy O'Keefe - Newton South
12	Boys 800 Meter Run	2:02.80	4/15/2010	Jim Nickerson - Silver Lake Reg HS
13	Girls 1 Mile Run	5:16.30	4/20/2008	Kathy O'Keefe - Newton South
14	Boys 1 Mile Run	4:36.49	4/14/2013	Allen Shiu - Newton South
15	Girls 2 Mile Run	11:02.00	4/21/2007	Bridget Dalhberg - Newton South
16	Boys 2 Mile Run	9:39.22	4/15/2010	Mike McConville - Hingham HS
17	Girls High Jump	5-03.00	4/20/2006	Christina Izzicupo - Stoneham
18	Boys High Jump	6-02.00	4/18/2009	Nick Stanley - Boston College High
19	Girls Pole Vault	10-06.00	4/15/2010	Steph Brown - Newton North HS
20	Boys Pole Vault	12-06.00	4/18/2009	Patryk Backiel - New Bedford
21	Girls Long Jump	17-02.00	4/18/2009	Becky Stoyle - Pembroke
22	Boys Long Jump	21-06.75	4/14/2013	Andrew Bolze - Hingham
23	Girls Triple Jump	37-01.50	4/21/2005	Jasmin Washington - Waltham
24	Boys Triple Jump	41-10.00	4/14/2013	Evandro DaCosta - Randolph
25	Girls Discus Throw	113-09	4/15/2010	Adrienne Thorton - O'Byrant
26	Boys Discus Throw	138-04	4/26/2006	Dan Canina - Concord Carlisle
27	Girls Javelin Throw	117-07	4/17/1997	Lindsay Regan - Foxboro
28	Boys Javelin Throw	164-00	4/21/2007	Ben Lincoln - Hingham
29	Girls Shot Put	39-00.00	4/21/1998	Jill Kornetsky - Burlington
30	Boys Shot Put	46-01.50	4/21/2007	Michael Murphy - Boston College
31	Girls 4x100 Meter Relay	51.66	4/20/2008	Waltham HS - Waltham HS
32	Boys 4x100 Meter Relay	45.05	4/14/2013	Boston College High F Tavares, A Antoine, M Laferriere, W Biggs
33	Girls 4x400 Meter Relay	4:13.79	4/14/2013	Marshfield - Marshfield O Gaeta, E DiPietro, K Wheeler, K Condon
34	Boys 4x400 Meter Relay	3:34.95	4/17/2010	Newton South HS