

**2009 STATE CLASS A  
INDOOR T & F CHAMPIONSHIPS  
UNIVERSITY OF SOUTHERN MAINE FIELD HOUSE  
Meet Instructions**

- Meet Director:** George Towle  
Call: 780-5595 (o) 650-5041 (c)  
FAX: 780-5184  
E-mail [gtowle@usm.maine.edu](mailto:gtowle@usm.maine.edu)
- Entries:** \* Email your Team Manager Meet Entries file to Glendon  
Glendon Rand [@runsub5@verizon.net](mailto:@runsub5@verizon.net) Fax MPA entry form to  
Rand at 989-8659 AND to the MPA at 622-1513.  
\* Preliminary seeds may be viewed at:  
February 13 <http://www.sub5.com/emit/home.htm> on Wednesday,  
February 11.  
\* Final entries may be viewed on Friday,  
at the same sub5 website.  
\* No changes or additions allowed once the entries have been  
turned in on February 9.
- Meet Packets:** Available @ 8:30 a.m. on meet day
- Numbers:** Hip numbers only.
- Clerking Area** Under scoreboard near 55 m start
- Scoring** 10-8-6-4-3-2-1 (7 places)
- Time Schedule** Events will not be run ahead of schedule. The attached schedule  
may be adjusted prior to meet to accommodate actual  
entries.
- Coaches Meeting:** @ 9:15 a.m. on meet day
- Trainer:** On duty from 9:00 a.m. to end of meet  
Please bring own supplies
- T-shirts:** Will be available on meet day
- Concession Stand:** Main Lobby
- Food and Drink** Not allowed in the field house.

**Awards:** Athletes should go to the awards stand to accept their ribbons as soon as their name is announced. Please remind athletes to be prompt and in school uniform.

Team awards will be presented directly after the meet on infield.

**Results:** Will be posted on the wall leading to locker rooms. Results will be available on line at: [www.sub5.com](http://www.sub5.com)

**Admission:** \$7.00 Adults  
\$4.00 Students

**Spikes:** 1/ 8 is MAX

**Relay Markings:** Tape or other markings approved by the games committee may be placed on the track 1 minute prior to start of race. These must be removed before start of next heat.

**SP Weigh In:** 9:00 a.m. - 9:45 a.m. (boys and girls)

**Advancement:** 8 fastest times in 55 Dash and 55 Hurdles will advance to finals

**Field Events** 8 athletes to finals , competing in reverse order

**Starting Heights:** Boy's High Jump -2" below qualifying standards (5' 6")  
Girl's High Jump - " " (4' 6")  
Boy's Pole Vault -12' below qualifying standards (10' 0")  
Girls Pole Vault - " " (7' 0")

**Starts:** 3200 m Relay - If there are 8 or less in a race it will be a water fall start. If more than 8, it will be a 1 turn double pole.

Mile and 2 Mile Run - If there are 11 or less in a race, it will be a waterfall start. If more than 11, it will be a 1 corner double pole.

**4 x 200 Relay :** First runner stays in lane for entire lap. Second runner may cut to the pole as soon as baton is received.

**Appeals:** Use the form in your packet to file an appeal. Submit this form and \$35.00 cash to the meet director. If your appeal is upheld, your \$35.00 will be returned. If turned down, you will forfeit your money.

**Police your area:** Please leave it as clean as when you arrived.

**New England Interscholastic Championships  
Friday March 6, 2009  
Reggie Lewis Center, Roxbury , MA**

The champion in each event for Class A & B and the next 4 best finishers will represent the State. This applies to both individuals and relays. PV and TJ are not contested. The 300m, 600, and 1000 replace the 200m, 400, 800. Athletes are limited to 3 events , including relays. Deadline for entries: Tuesday , February 17. Athletes should contact George Mendros at 207-282-5065 / gmendros@maine.rr.com . Qualifiers will be posted on sub5 Wednesday, February 18. Go to [www.mpa.cc](http://www.mpa.cc) and [www.newenglandsports.com](http://www.newenglandsports.com)

**USM - GORHAM DIRECTIONS:**

From the **NORTH** - Maine Turnpike to Westbrook Exit Follow Rt. 25 to Gorham. At Gorham Center, turn right onto Rt. 114. Take second left onto campus. The field house is straight ahead.

From the **SOUTH** - Maine Turnpike to Scarborough. Turn left after tollbooth. At second traffic light turn left onto Rt. 114 west. Follow Rt. 114 to Gorham Center (intersection of Rt. 25). Take second left onto campus. The field house is straight ahead.

**2008 CLASS A STATE INDOOR TRACK CHAMPIONSHIPS**

**FIELD EVENTS**

<b>10:00</b>	<b>GIRLS POLE VAULT BOYS HIGH JUMP BOYS SHOT PUT GIRLS LONG JUMP</b>
<b>11:30</b>	<b>GIRLS HIGH JUMP BOYS LONG JUMP</b>
<b>1:00</b>	<b>GIRLS SHOT PUT BOYS POLE VAULT GIRLS TRIPLE JUMP (FOLLOWED BY BOYS)</b>

## **TRACK EVENTS**

<b>10:30</b>	<b>4 x 800 M RELAY</b>		
<b>11:30</b>	<b>55 M HURDLES</b>	<b>TRIALS</b>	<b>(top 8 times to finals)</b>
	<b>55 M DASH</b>	<b>TRIALS</b>	<b>(top 8 times to finals)</b>
<b>12:25</b>	<b>NATIONAL ANTHEM</b>		
<b>12:30</b>	<b>55 M HURDLES</b>	<b>FINALS</b>	<b>(boys followed by girls)</b>
<b>12:40</b>	<b>55 M DASH</b>	<b>FINALS</b>	
<b>12:45</b>	<b>MILE RUN</b>		
<b>1:15</b>	<b>400 M RUN</b>		
<b>1:45</b>	<b>800 M RUN</b>		
<b>2:00</b>	<b>200 M DASH</b>		
<b>2:30</b>	<b>2 MILE</b>		
<b>3:00</b>	<b>4 X 200</b>		

**GIRLS FIRST IN ALL EVENTS EXCEPT FOR 55 M HURDLES FINALS**

**EVENTS WILL NOT BE RUN AHEAD OF SCHEDULE**