

**MEET A**

|           |                  |                |
|-----------|------------------|----------------|
| G&B 8 & U | 800mRW           | <b>JAVELIN</b> |
| B 9-10    | 800mRW           | G 13-14        |
| G 11-12   | 800mRW           | G 11-12        |
| G 13-14   | 1500mRW          | G 9-10         |
|           |                  | G 8 & U        |
| B 11-12   | 80mLH            | <b>LJ/TJ</b>   |
| B 13-14   | 100mLH           | G 13-14LJ      |
| G 8 & U   | 100m             | G 11-12LJ      |
| G 9-10    | 100m             | G 9-10LJ       |
| G 11-12   | 100m             | G 8 & ULJ      |
| G 13-14   | 100m             | B 13-14TJ      |
| B 8 & U   | 200m             | B 11-12TJ      |
| B 9-10    | 200m             |                |
| B 11-12   | 200m             | <b>HJ/PV</b>   |
| B 13-14   | 200m             | B 13-14HJ      |
| G 8 & U   | 400m             | B 11-12HJ      |
| G 9-10    | 400m             | B 9-10HJ       |
| G 11-12   | 400m             | B 8 & UHJ      |
| G 13-14   | 400m             | B 13-14PV      |
| B 8 & U   | 800m             | B&G 13-14PV    |
| B 9-10    | 800m             |                |
| B 11-12   | 800m             | <b>SP/DIS</b>  |
| B 13-14   | 800M             | B 8 & USP      |
| G 9-10    | 1500m            | B 9-10SP       |
| G 11-12   | 1500m            | B 11-12SP      |
| G 13-14   | 1500m            | B 13-14SP      |
| B 11-12   | 3000m            | G 11-12DIS     |
| B 13-14   | 3000m            | G 13-14DIS     |
| B 8 & U   | 400mRELAY        |                |
| G 8 & U   | 400mRELAY        |                |
| G 9-10    | 400mRELAY        |                |
| G 11-12   | 400mRELAY        |                |
| G 13-14   | 400mRELAY        |                |
| B 9-10    | 1600mRELAY       |                |
| B 11-12   | 1600mRELAY       |                |
| B 13-14   | 1600mRELAY       |                |
|           | 400m COED RELAYS |                |

**MEET B**

|           |                  |                |
|-----------|------------------|----------------|
| B&G 8 & U | 800mRW           | <b>JAVELIN</b> |
| G 9-10    | 800mRW           | B 13-14        |
| B 11-12   | 800mRW           | B 11-12        |
| B 13-14   | 1500mrRW         | B 9-10         |
|           |                  | B 8 & U        |
| G 11-12   | 80mLH            | <b>LJ/TJ</b>   |
| G 13-14   | 100mLH           | B 13-14LJ      |
| B 8 & U   | 100m             | B 11-12LJ      |
| B 9-10    | 100m             | B 9-10LJ       |
| B 11-12   | 100m             | B 8 & ULJ      |
| B 13-14   | 100m             | G 13-14TJ      |
| G 8 & U   | 200m             | G 11-12TJ      |
| G 9-10    | 200m             |                |
| G 11-12   | 200m             | <b>HJ/PV</b>   |
| G 13-14   | 200m             | G 13-14HJ      |
| B 8 & U   | 400m             | G 11-12HJ      |
| B 9-10    | 400m             | G 9-10HJ       |
| B 11-12   | 400m             | G 8 & UHJ      |
| B 13-14   | 400m             | B&G 13-14PV    |
| G 8 & U   | 800m             |                |
| G 9-10    | 800m             | <b>SP/DIS</b>  |
| G 11-12   | 800m             | G 8 & USP      |
| G 13-14   | 800m             | G 9-10SP       |
| B 9-10    | 1500m            | G 11-12SP      |
| B 11-12   | 1500m            | G 13-14SP      |
| B 13-14   | 1500m            | B 11-12DIS     |
| G 11-12   | 3000m            | B 13-14DIS     |
| G 13-14   | 3000m            |                |
| G 8 & U   | 400mRELAY        |                |
| B 8 & U   | 400mRELAY        |                |
| B 9-10    | 400mRELAY        |                |
| B 11-12   | 400mRELAY        |                |
| B 13-14   | 400mRELAY        |                |
| G 9-10    | 1600mRELAY       |                |
| G 11-12   | 1600mRELAY       |                |
| G 13-14   | 1600mRELAY       |                |
|           | 400m COED RELAYS |                |

1. AGE GROUPS: 8&UNDER - BORN 2001 AND AFTER  
 9 - 10 - BORN 1999 - 2000  
 11 - 12 - BORN 1997 - 1998  
 13 - 14 - BORN 1995 - 1996

## 2. Hurdles:

| DISTANCE | AGE GROUP | HURDLES | HEIGHT | TO FIRST | INTERVAL | TO FINISH |
|----------|-----------|---------|--------|----------|----------|-----------|
| 80m      | 11-12G&B  | 8       | 30"    | 12m      | 7.5m     | 15.5m     |
| 100m     | 13-14 G   | 10      | 30"    | 13m      | 8.0m     | 15.0m     |
| 100m     | 13-14 B   | 10      | 33"    | 13m      | 8.5m     | 10.5m     |

**Coaches: Club rosters are due by hy-tek on July 25 to Ron Kelly by e-mail:rkelly01@maine.rr.com. Only those listed will be eligible to represent that club for team scoring in the State Championship**

## JUNIOR DIVISION RULES

1. ENTRY FEE FOR DEVELOPMENT MEETS IS \$1.00 PER ATHLETE.
2. ENTRY FEE FOR JUNIOR OLYMPIC QUALIFYING MEET IS \$2.00 PER ATHLETE. ENTRY FEE FOR THE STATE CHAMPIONSHIP IS \$2.00.
3. **ALL ATHLETES COMPETING IN THE STATE CHAMPIONSHIP MUST BE REGISTERED WITH THE MAINE ASSOCIATION OF USA TRACK & FIELD BY THE REGIONAL MEET. REGISTRATION FEE IS \$15.00.**
4. RIBBONS WILL BE AWARDED TO THE TOP SIX IN EACH EVENT.
5. STARTING TIMES: A-2:00PM B-11AM C-2PM D-2PM
6. MITE (8&un), BANTAM (9-10),MIDGET (11-12) ARE LIMITED TO 3 EVENTS. YOUTH (13-14) ARE LIMITED TO 4 EVENTS.
7. **COACHES WILL COLLECT ENTRY FEES AND TURN THE FEES OVER TO THE MEET DIRECTOR ALONG WITH A CLUB ROSTER. A REPRESENTATIVE FROM EACH GROUP WILL COLLECT THE CLUB ROSTER EACH WEEK.**
8. ATHLETES ARE NOT ALLOWED TO MOVE INTO ANOTHER AGE GROUP TO COMPETE.
9. EACH CLUB MUST SUPPLY AT LEAST TWO OFFICIALS FOR EACH REGULAR SEASON MEET. IF YOUR CLUB DOES NOT PROVIDE 2 OFFICIALS YOU MAY BE ASKED TO PAY THE HOST SITE \$15 FOR EACH OFFICIAL YOU DO NOT SUPPLY.
10. IN CASE OF BAD WEATHER, THE MEET DIRECTOR WILL CONTACT EACH CLUB CONCERNING THE POSTPONEMENT.
11. REGULAR SEASON MEETS THERE WILL BE THREE ATTEMPTS, EXCLUDING THE HIGH JUMP AND POLE VAULT. IN THE STATE MEET THERE WILL BE 4 ATTEMPTS.
12. AGE OF ALL COMPETITORS IS DETERMINED BY SUBTRACTING YEAR OF BIRTH FROM 2009.
13. CLUBS MUST HAVE THEIR CLUB DUES PAID BEFORE THEY COMPETE IN THE QUALIFYING MEET.
14. ATHLETES WHO WERE 8TH GRADERS DURING THE 2008-2009 SCHOOL YEAR AND WHO ARE TURNING 15 DURING 2009 CAN COMPETE IN ALL MEETS.
15. TO COMPETE IN THE POLE VAULT IN THE QUALIFYING MEET AND THE CHAMPIONSHIP MEET, YOU MUST CLEAR 5'IN A REGULAR SEASON MEET AND BE VERIFIED BY THE MEET DIRECTOR.
16. WAIVERS: YOU CAN OBTAIN A WAIVER FOR THE STATE MEET ONLY IF YOU HAVE EARNED A RIBBON IN THAT EVENT.
17. COED RELAYS MUST CONSIST OF 2 BOYS AND 2 GIRLS OF THE SAME AGE GROUP.
18. ALL CLUBS MUST USE TEAM MANAGER LITE OR TEAM MANAGER FOR ENTRIES TO THE REGIONAL MEETS. THE PROGRAM WILL BE USED TO TURN IN TO RON KELLY ROSTER AT PERIODIC INTERVALS THROUGHOUT THE SUMMER.
19. BECAUSE OF LIMITED FACILITIES, THE POLE VAULT CAN BE HELD EACH WEEK IF POSSIBLE.
20. **HOST SITES MUST PAY A \$35 FEE FOR PUTTING THE MEET ON. This helps defray the cost of the stickers for the ribbons and is ½ of the National Sanction fee.**

## CLUBS

| <u>GROUP A</u> | <u>GROUP B</u> | <u>GROUP C</u> | <u>GROUP D</u> |
|----------------|----------------|----------------|----------------|
| SCARBOROUGH    | AUBURN         | LEWISTON       | OLD TOWN       |
| YORK           | BATH           | SOMERSET       | HAMPDEN        |
| KENNEBUNK      | POLAND         | LAKERS T.C.    | BANGOR         |
| WINDHAM        | LISBON         | FARMINGTON     | BREWER         |
| CAPE           | TOPSHAM        | WISCASSET      | LINCOLN        |
| GORHAM         | BRUNSWICK      | CAPITOL        | ORONO          |
| WESTBROOK      |                | WATERVILLE     | SEBASTICOOK    |
| SACO           |                | WINTHROP       | WALDO COUNTY   |
| FALMOUTH       |                | GARDINER       | CENTRAL        |
| CUMBERLAND     |                | WINSLOW        |                |
| PORTLAND       |                | WISCASSET      |                |

Relays will be contested at the Regional meets.