

**2016 STATE CLASS A**  
**INDOOR TRACK & FIELD CHAMPIONSHIPS**  
**UNIVERSITY OF SOUTHERN MAINE**

**Meet Instructions**

**Meet Director:** George Towle  
**Call:** 650 -5041 (Cell)  
**FAX:** 780-5994  
**Email:** gtowle@maine.edu

**Entries:** \* Coaches should send their Team Manager file with their entries to Glendon Rand at [runsub5@roadrunner.com](mailto:runsub5@roadrunner.com) by Tuesday, February 9 at 9:00 PM. Glendon will email coaches an entries report confirming their seeds. Any errors or omissions need to be reported before the performance lists are posted on Thursday, February 11. No changes will be made after that point.

\* Preliminary seeds may be viewed at:  
<http://www.sub5.com> on Thursday, February 11.

\* Final entries may be viewed on Friday, February 12  
at the same Sub5 website.

**Meet Packets:** Available @ 10:30 a.m. on meet day

**Numbers:** Hip numbers only.

**Clerking Area** Under scoreboard near 55m 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 if meet entries warrant.

**Trainer:** On duty from 11:00 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. (except water)

- Awards:** Athletes should go to the awards stand to accept their award 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)
- Spikes:** Maximum length: 1/ 8 “ pin or 3/16 pyramid
- 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 the next heat.
- SP Weigh In:** 11:00 a.m. - 11:45 a.m. (boys and girls)
- Advancement:** Heat winners plus the next fastest times to fill the lanes in the 55 Dash and 55 Hurdles will advance to finals
- Field Events** 8 athletes to finals , throwing 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:**
- 800 and 3200m 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 :** “3 Turn Stagger”: First runner stays in lane for entire lap. Second runner stays in lane for the third turn before breaking to the inside.
- 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**

**Sunday February 28, 2016**

**Reggie Lewis Center, Roxbury , MA**

(Competing athletes will be given a waiver to compete on Sunday)

**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, 6:00 pm, February 16. Athletes should contact George Mendros at 207-282-5065 / [g.mendros@thorntonacademy.org](mailto:g.mendros@thorntonacademy.org). Qualifiers will be posted on sub5 Wednesday, February 17. Go to [www.mpa.cc](http://www.mpa.cc) and [www.newenglandsports.com](http://www.newenglandsports.com) for seeds.**

**Please note: Athletes will not entered into the meet if you do not contact George Mendros. Also, if you have athletes who are not competing, it would be helpful to contact George as well. Do not contact the New England meet director.**

**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 Exit. Turn left after tollbooth onto Payne Rd. At second traffic light turn left onto Rt. 114 west. Follow Rt. 114 to Gorham Center (intersection of Rt. 25). Go straight through intersection. Take second left onto campus. The field house is straight ahead.**

**MAINE STATE INDOOR TRACK CHAMPIONSHIPS 2016 CLASS A**

## **FIELD EVENTS**

- 12:00**      **GIRLS POLE VAULT**  
**BOYS HIGH JUMP**  
**BOYS SHOT PUT**  
**GIRLS LONG JUMP**
- 1:30**      **GIRLS HIGH JUMP**  
**BOYS LONG JUMP**
- 3:00**      **GIRLS SHOT PUT**  
**BOYS POLE VAULT**  
**GIRLS TRIPLE JUMP (FOLLOWED BY BOYS)**

## **TRACK EVENTS**

- 12:30**      **4 x 800 RELAY**
- 1:30**      **55 M HURDLES**      **TRIALS**      **B-G (Heat winners plus to finals)**  
**55 M DASH**      **TRIALS**      **(Heat winners plus to finals)**
- 2:25**      **NATIONAL ANTHEM**
- 2:30**      **55 M HURDLES**      **FINALS**      **G- B**
- 2:40**      **55 M DASH**      **FINALS**
- 2:45**      **MILE RUN**
- 3:15**      **400 M RUN**
- 3:45**      **800 M RUN**
- 4:00**      **200 M DASH**
- 4:30**      **2 MILE**
- 5:00**      **4 X 200**

**GIRLS FIRST IN ALL EVENTS EXCEPT FOR 55 M HURDLE TRIALS**

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