



MAINE

2016 USATF-MAINE Youth T&F Developmental Series Schedule of Events Option 1

MEET A

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

AGE GROUPS: 8&UNDER - BORN 2008 AND AFTER

9 - 10 - BORN 2006 - 2007

11 - 12 - BORN 2004 - 2005

13 - 14 - BORN 2002 - 2003

2016 USATF-MAINE Youth T&F Developmental Series
Schedule of Events Option 2

MEET A

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

AGE GROUPS: 8&UNDER - BORN 2008 AND AFTER
9 - 10 - BORN 2006 - 2007
11 - 12 - BORN 2004 - 2005
13 - 14 - BORN 2002 - 2003



USATF-MAINE Youth T&F Developmental Series **2016 RULES**

General Developmental Summer Series Rules & Entry Fees

1. Entry fees Development Meets - \$2.00 per athlete.
2. Entry fee for Junior Olympic Qualifying Meet and State Championships is \$3.00 per athlete.
3. Coaches will collect entry fees and turn the fees over to the meet director along with a club roster.
4. Host sites must pay a \$50.00 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.
5. Each club must supply at least two officials for each regular season meet before the start of the coaches meeting. If your club does not provide 2 officials you may be asked to pay the host site \$25 for each official you do not supply. Unattached athletes may be asked to supply one official to assist with the meet.
6. In case of bad weather, the meet director will contact each club concerning the postponement – event re-scheduled date if applicable.
7. Service animals only allowed at USATF-Maine sanctioned events-host site to maintain enforcement.
8. Coaches and spectators are asked to stay on the outside of the track for safety and liability purposes.
9. 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.
10. Starting times:
 - a. a-2:00pm b-11:00am c-10:00am d-2:00pm

Memberships & Coaches

11. All youth teams' athletes' registrations forms must be received-postmarked before or on July 7th. Clubs not complying will have coaches field pass revoked at state championship. Athletes competing each week will be checked to ensure they are USATF Members. If not a member, the team will receive a bill for memberships of unregistered athletes and a list of athletes needing to be registered after July 7th. All youth registrations must be submitted by paper registration form and returned to Brenda Oldfield 53 Atkinson Road Dover Foxcroft, ME 04426 (207) 717-8806 brenda.oldfield@maine.edu. All youth registration forms must be accompanied with a copy of their birth certificate unless, the youth athlete has had their date of birth verified during the previous years.
12. Clubs must have their club dues paid before they compete in the regular season meets as well have the youth athletes registered.
13. All Coaches, Volunteers, and anyone 18 years old and older who comes in contact with youth athletes at practices and meets are **REQUIRED** to complete Background Check (<http://www.usatf.org/About/Programs/Background.aspx>) and Safe Sport Program (<http://www.usatf.org/About/SafeSport.aspx>). Teams/Clubs that do not comply with this will have field passes revoked and not allowed in the competition area. **This must be completed by June 23rd, 2016.**

14. Teams of 30 or more athletes need to have a minimum of 2 coaches in compliance with ~~TeLogiq~~ NCSI and Safe Sport. Teams with less than 30 athletes need to have a minimum of 1 coach in compliance. Teams without these minimum requirements of coaches will not be eligible for team scoring and having relay teams compete at states. Coaches must be in compliance by date listed in rule 13 (June 23rd, 2016). Effective July 1 all background screens will now be conducted through NCSI and good for two years from date the screen was passed. Current background checks are good through 12/31/2016

Age Division/Restrictions

15. Age divisions: 8 & under, 9-10, 11-12, 13-14 & 15.
16. Age Calculation: Age of all competitors is determined by subtracting year of birth from 2016.
17. Event Limits:
 - a. 8 & under – 3 events including relays
 - b. 9-10 – 3 events including relays
 - c. 11-12 – 3 events including relays
 - d. 13-14 & 15 4 events including relays
18. Athletes are not allowed to move into another age group to compete.
19. Athletes who were 8th graders during the 2015-2016 school year and who are turning 15 during 2016 can compete in all meets, but do not score at the state meet.

Relays

20. Relays count toward event limits.
21. Coed relays must consist of 2 boys and 2 girls of the same age group.
22. Teams will only be allowed to have 1 relay per age group per event at compete at State Meet.

Awards

23. Ribbons will be awarded to the top six in each event.

Field Event Rules

24. Regular season meets there will be three attempts, excluding the high jump and pole vault. In the state meet there will be 4 attempts for all.
25. The use of rubber discus is prohibited in ALL MEETS. USATF rule: 189.2a-c.
26. 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.
27. Because of limited facilities, the pole vault can be held each week if possible. No training poles allowed at these meets. USATF rule 302.4n

Qualifying Meet/State Championships

28. At the state qualifying meets, if there are 4 or less athletes entered in an event, the event may not be contested. At the State Meet, teams will only be allowed to have 1 relay per age group per event.
29. Waivers: you can obtain a waiver for the state meet only if you are unable to attend the Qualifying Meet and have earned a ribbon in that event. Waiver Form MUST be completed and submitted before start of Qualifying Meet. Waivers will be limited to 5% of registered Youth Club USATF Members. Exceptions to the waiver policy must be approved by group coordinator.



30. Private implements will be allowed at Qualifying Meet and State Championships as long as throwing implements meet implement specifications and it is understood that they are available to use by any competitor in that field event. All approved throwing implements and relay batons will be provided by the association at the State Championships.

Timing/Results

31. All Qualifying Meets will be Fully Automatic Timed (FAT). It is recommended that each meet during the regular season is also timed via FAT.
32. Each group section (a-d) shall e-mail their sections meet results by the Sunday following the meet to Ron Kelly (youth@maine.usatf.org) and Mark Dennett (secretary@maine.usatf.org) for posting on the USATF-Maine association web site.

Order of Events

33. Each group may choose between the two schedules of events provided. These are the two suggested formats.

CLUBS			
Group A	Group B	Group C	Group D
Group Coordinator: Ron Kelly	Group Coordinator: Tom Menendez	Group Coordinators: Wendy Serbent & Mark Dennett	Group Coordinator: Mary Cady 745-2540
Cumberland	Auburn	Augusta	Old Town
Falmouth	Brunswick	Gardiner	Bangor
Gorham	Lewiston	Lakers	Blue Hill
Kennebunk	Lisbon	Sandy River	Brewer
Portland	Panthers	Skowhegan	Central Track
Saco	Topsham	Waterville	Hampden
Scarborough	Wiscasset	Winslow	Lincoln
Wells	Woolwich	Winthrop	Orono
Westbrook			Pittsfield
Windham			
Yarmouth			
York			

Implement Specifications by Age Group (Both genders unless noted)

Age Group 8 and Under:

Shot Put: 4lbs.
Turbo Javelin: 300g

Age Group 11-12

Shot Put: 6lbs.
Turbo Javelin: 300g
Discus: 1kg

Ages Group 9-10

Shot Put: 6lbs.
Turbo Javelin: 300g

Age Group 13-14 (15)

Shot Put: 6lbs (Girls)
Shot Put: 4kg (Boys)
Turbo Javelin: 300g
Discus: 1kg

Hurdles

Distance	Age Group	# of Hurdle	Height	To First	Interval	To Finish
80m	11-12 G&B	8	30"	12.0m	7.5m	15.5m
100m	13-14 G	10	30"	13.0m	8.0m	15.0m
100m	13-14 B	10	33"	13.0m	8.5m	10.5m