



2023 USATF-MAINE Youth T&F Summer Series
Schedule of Events Option 1

MEET A

MEET B

G&B 8 & U 800mRW
 B 9-10 800mRW
 G 11-12 800mRW
 G 13-14 1500mRW

G 9-10 1500m
 G 11-12 1500m
 G 13-14 1500m
 B 11-12 3000m
 B 13-14 3000m
 B 11-12 80mLH
 B 13-14 100mLH
 G 8 & U 100m
 G 9-10 100m
 G 11-12 100m
 G 13-14 100m
 B 8 & U 200m
 B 9-10 200m
 B 11-12 200m
 B 13-14 200m
 G 8 & U 400m
 G 9-10 400m
 G 11-12 400m
 G 13-14 400m
 B 8 & U 800m
 B 9-10 800m
 B 11-12 800m
 B 13-14 800m
 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

JAVELIN
 G 8 & U
 G 9-10
 G 11-12
 G 13-14

LJ/TJ
 G 13-14LJ
 G 11-12LJ
 G 9-10LJ
 G 8 & ULJ
 B 13-14TJ
 B 11-12TJ

HJ/PV
 B&G 13-14PV
 B 13-14HJ
 B 11-12HJ
 B 9-10HJ
 B 8 & UHJ

SP/DIS
 B 8 & USP
 B 9-10SP
 B 11-12SP
 B 13-14SP
 G 11-12DIS
 G 13-14DIS

B&G 8 & U 800mRW
 G 9-10 800mRW
 B 11-12 800mRW
 B 13-14 1500mRW

B 9-10 1500m
 B 11-12 1500m
 B 13-14 1500m
 G 11-12 3000m
 G 13-14 3000m
 G 11-12 80mLH
 G 13-14 100mLH
 B 8 & U 100m
 B 9-10 100m
 B 11-12 100m
 B 13-14 100m
 G 8 & U 200m
 G 9-10 200m
 G 11-12 200m
 G 13-14 200m
 B 8 & U 400m
 B 9-10 400m
 B 11-12 400m
 B 13-14 400m
 G 8 & U 800m
 G 9-10 800m
 G 11-12 800m
 G 13-14 800m
 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

JAVELIN
 B 8 & U
 B 9-10
 B 11-12
 B 13-14

LJ/TJ
 B 13-14LJ
 B 11-12LJ
 B 9-10LJ
 B 8 & ULJ
 G 13-14TJ
 G 11-12TJ

HJ/PV
 B&G 13-14PV
 G 13-14HJ
 G 11-12HJ
 G 9-10HJ
 G 8 & UHJ

SP/DIS
 G 8 & USP
 G 9-10SP
 G 11-12SP
 G 13-14SP
 B 11-12DIS
 B 13-14DIS

AGE GROUPS: 8&UNDER - BORN 2015 AND AFTER
 9 - 10 - BORN 2013 - 2014
 11 - 12 - BORN 2011 - 2012
 13 - 14 - BORN 2009 - 2010



2023 USATF-MAINE Youth T&F Summer Series
Schedule of Events Option 2

MEET A

MEET B

G&B 8 & U 800mRW
 B 9-10 800mRW
 G 11-12 800mRW
 G 13-14 1500mRW

 B 11-12 80mLH
 B 13-14 100mLH
 G 8 & U 100m
 G 9-10 100m
 G 11-12 100m
 G 13-14 100m
 B 8 & U 200m
 B 9-10 200m
 B 11-12 200m
 B 13-14 200m
 G 8 & U 400m
 G 9-10 400m
 G 11-12 400m
 G 13-14 400m
 B 8 & U 800m
 B 9-10 800m
 B 11-12 800m
 B 13-14 800m
 G 9-10 1500m
 G 11-12 1500m
 G 13-14 1500m
 B 11-12 3000m
 B 13-14 3000m
 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

JAVELIN
 G 8 & U
 G 9-10
 G 11-12
 G 13-14

LJ/TJ
 G 13-14LJ
 G 11-12LJ
 G 9-10LJ
 G 8 & ULJ
 B 13-14TJ
 B 11-12TJ

HJ/PV
 B&G 13-14PV
 B 13-14HJ
 B 11-12HJ
 B 9-10HJ
 B 8 & UHJ

SP/DIS
 B 8 & USP
 B 9-10SP
 B 11-12SP
 B 13-14SP
 G 11-12DIS
 G 13-14DIS

B&G 8 & U 800mRW
 G 9-10 800mRW
 B 11-12 800mRW
 B 13-14 1500mRW

 G 11-12 80mLH
 G 13-14 100mLH
 B 8 & U 100m
 B 9-10 100m
 B 11-12 100m
 B 13-14 100m
 G 8 & U 200m
 G 9-10 200m
 G 11-12 200m
 G 13-14 200m
 B 8 & U 400m
 B 9-10 400m
 B 11-12 400m
 B 13-14 400m
 G 8 & U 800m
 G 9-10 800m
 G 11-12 800m
 G 13-14 800m
 B 9-10 1500m
 B 11-12 1500m
 B 13-14 1500m
 G 11-12 3000m
 G 13-14 3000m
 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

JAVELIN
 B 8 & U
 B 9-10
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LJ/TJ
 B 13-14LJ
 B 11-12LJ
 B 9-10LJ
 B 8 & ULJ
 G 13-14TJ
 G 11-12TJ

HJ/PV
 B&G 13-14PV
 G 13-14HJ
 G 11-12HJ
 G 9-10HJ
 G 8 & UHJ

SP/DIS
 G 8 & USP
 G 9-10SP
 G 11-12SP
 G 13-14SP
 B 11-12DIS
 B 13-14DIS

AGE GROUPS: 8&UNDER - BORN 2015 AND AFTER
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USATF-MAINE Youth T&F Summer Series **2023 RULES**

General Developmental Summer Series Rules & Entry Fees

1. Entry fees Regular Season Meets - \$2.00 per athlete.
2. Entry fee for 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. 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.
5. In case of bad weather, the meet director will contact each club concerning the postponement – event rescheduled date if applicable.
6. Service animals only allowed at USATF-Maine sanctioned events-host site to maintain enforcement.
7. Coaches and spectators are asked to stay on the outside of the track for safety and liability purposes.
8. 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.
9. Starting times: Group A-2:00pm Group B-10:00am Group C-10:00am Group D-2:00pm

Memberships & Coaches

10. All athletes are required to have a current USATF Membership. Athletes **must register themselves** through USATF Connect System (usatf.sport80.com). USATF-Maine Athletes should be registered prior the first meet
11. Clubs must have their club dues paid before they compete in the regular season meets.
12. 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>). If coach is under 18 years old, they must be a USATF member and complete Safe Sport. **This must be completed and done through USATF Connect.**
13. Any coach or volunteer who completes NCSI Background Check and Safe Sport will receive a field pass. All teams must submit their coaches' names via google form sent out to club/team contact. Coaches must submit names by July 14th to be eligible to receive a field pass under their name. Field passes are to drop athletes off at their events – NO COACHING FROM THE INFIELD or the field pass will be revoked. List will be checked prior to qualifier for those who meet the coaching requirements.

Age Division/Restrictions

14. Age divisions: 8 & under, 9-10, 11-12, 13-14 & 15.
15. Age Calculation: Age of all competitors is determined by subtracting year of birth from 2022.
16. 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
17. Athletes are not allowed to move into another age group to compete.
18. Athletes who were 8th graders during the 2022-2023 school year and who are turning 15 during 2023 can compete in all meets, but do not score at the state meet. No athletes who have completed their 9th grade year are allowed to compete.

Relays

19. Relays count toward event limits.
20. Relays will be run with 30m exchange zone for the 4x100m Relay – See Rule 170.3 & 12
21. Coed relays must consist of 2 boys and 2 girls of the same age group.
22. All relays who wish to compete at State Championships **MUST** race at the qualifying meets and legally complete a race to qualify. If a team has multiple relay teams in a relay event **ONLY one relay per team per event** will score.

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. In the state meet there will be 4 attempts for all, excluding the high jump and pole vault..
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. Per USATF Rules Helmets in the pole vault are optional.
27. Because of limited facilities, the pole vault will 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. See Rule 22 regarding Relays at the State Meet. **All events must be offered at the Qualifying Meet and available to be contested or the Qualifier will be moved to an alternate location.**
29. Waivers: you can obtain a waiver for the state meet only if you are a registered USATF member, unable to attend the Qualifying Meet, and have earned a ribbon in that event. Waiver must be submitted online before qualifying

meets begin. Waivers will be limited to 5% of registered Youth Club USATF Members. Exceptions to the waiver policy must be approved by group coordinator and Ron Kelly.

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 the regular season meet is FAT timed.
32. Each group section (a-d) shall e-mail their meet results within 48 hours following the meet to Ron Kelly (youth@maine.usatf.org) and Mark Dennett (secretary@maine.usatf.org) for posting on the USATF-ME web site.

Order of Events

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

Para Athletics

34. Wheelchair athletes are able to compete and must meet the specification under USATF Rules for Para Athletics.
35. Wheelchair athletes will compete at same time as their gender age group in the order of events and will have a separate event overall.
36. Scoring
 - a. A wheelchair athlete will compete against the same gender for individual honors. The wheelchair athlete will vie for team honors within their respective classification and gender.
 - b. When a wheelchair athlete competes against another wheelchair athlete of the same gender, and finishes first, two points will be awarded to his/her team. The second place finisher receives one team point. If three wheelchair athletes participate then the points will be awarded three, two and one. This scoring system will continue as illustrated in the table below.

# athletes	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place
8	10	8	6	5	4	3	2	1
7	8	6	5	4	3	2	1	
6	6	5	4	3	2	1		
5	5	4	3	2	1			
4	4	3	2	1				
3	3	2	1					
2	2	1						
1	1							

CLUBS			
Group A	Group B	Group C	Group D
Group Coordinator: Ron Kelly	Group Coordinator: Jenn Perron / Dan Roy	Group Coordinators: Josiah Winchenbach	Group Coordinator: David Jeffery
Bonny Eagle Summer TC	Auburn	Gardiner	Old Town
Cumberland	Brunswick	Lakers TC	Bangor
Falmouth	Lewiston	Hornets	Blue Hill
Freeport	Lisbon	Hosmer Heat	Brewer
Gorham	Panthers	Skowhegan	Hampden
Massabesic	Topsham	Winslow	Lincoln
Portland		Winthrop	Orono
Scarborough		Wiscasset	Sebasticook
Westbrook			
Windham			

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: 400g
Discus: 1kg

Ages Group 9-10

Shot Put: 6lbs.
Turbo Javelin: 300g

Age Group 13-14 (15)

Shot Put: 6lbs (Girls) 4kg (Boys)
Turbo Javelin: 600g
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	8.5m	10.5m
100m	13-14 B	10	33"	13.0m	8.5m	10.5m