



MAINE ELITE

INVITATIONAL

AT SAINT JOSEPH'S COLLEGE

MAY 11TH, 2024 2:00 PM

Fleet Feet and Saint Joseph's College of Maine is thrilled to have you on campus for the **FLEET FEET MAINE ELITE INVITATIONAL**. This year the meet will be open to ALL Maine high school athletes. We hope you enjoy your time here and have a successful competition. Please feel free to reach out to Coach Mike Burleson with any questions or concerns you might have: mburleson@sjcme.edu

TEAM REGISTRATION

Limited to 20 Teams
\$100 per gender per school

Individuals on team entires who do not have entry standards will be limited to one event

INDIVIDUAL REGISTRATION

PAYMENT DEADLINE MONDAY MAY 6TH, 2024
\$10 per event \$10 per relay
(Limit to 3 events)

Checks Payable to Saint Joseph's College
Track and Field.
Checks mailed to:
Mike Burleson
278 Whites Bridge Rd, Standish ME 04084

AWARDS

Medals for Top Three
Individuals in each event

Custom Relay Batons for
Relay Winners

Registration will be done through [Me.MileSplit.com](https://www.me.milesplit.com).

FIELD EVENTS

2:00 PM

TEAMS, Please do not arrive
before 1:00 PM. This is due to
an event on campus.

RUNNING EVENTS (GIRLS FOLLOWED BY BOYS)

2:00 PM

MEET SCHEDULE

Girls Javelin, followed by boys
Girls Shot Put, followed by boys
Boys Discus, followed by girls
Boys Pole Vault, followed by girls
Girls High Jump, followed by boys
Boys Long Jump, followed by boys Triple Jump (pit 1)
Girls Long Jump, followed by girls Triple Jump (pit 2)
2000m Steeplechase
100/110m Hurdles - Trials/Finals
100m Dash - Trials/Finals
1600m Race Walk (Combined)
1600m Run Open
4 x 100m Relay (sections on time)
400m Dash (sections on time)
300m Hurdles (sections on time)
800m (sections on time, if necessary)
200m Dash (sections on time)
3200m Run (1 race per gender)
4 x 400m Relay (sections on time)

MAX SPIKE LENGTH



**STARTING BLOCKS
WILL BE PROVIDED**



MAINE ELITE

INVITATIONAL

AT SAINT JOSEPH'S COLLEGE

MAY 11TH, 2024 2:00 PM

Individual Athletes who have met the following standards are eligible to participate in a maximum of three events. **For registered teams** - any athletes without a qualifying mark will be allowed to compete in one event. All individual entries that are not from a registered team must at least meet the sub elite standard. Please feel free to reach out to Coach Mike Burleson with any questions or concerns you might have: mburleson@sjcme.edu

EVENTS	FLEET FEET ELITE GIRLS	FLEET FEET SUB-ELITE GIRLS	FLEET FEET ELITE BOYS	FLEET FEET SUB-ELITE BOYS
100	13.75	14.1	11.85	12.10
200	28.9	30.00	24.45	24.90
400	1:06.70	1:10.00	55.75	57.50
800	2:38.00	2:48.00	2:10.00	2:16.00
1600	5:55.00	6:20.00	4:52.00	5:10.00
3200	13:15.00	13:30.00	10:45.00	11:00.00
100/110 HH	18.25	19.50	18.00	19.00
300 LH	53.85	57.00	45.30	48.00
Shot Put	30-6	28-0	38-6	38-0
Discus	85-6	75-0	115-0	105-0
Javelin	87-0	78-0	130-0	120-0
High Jump	4-8	4-4	5-8	5-4
Long Jump	15-0	14-0	18-9	18-0
Triple Jump	30-3	28-6	37-9	36-0
Pole Vault	7-6	6-6	10-0	9-6

MEET MERCHANDISE

Fleet Feet will be selling Fleet Feet Elite Invitational T-Shirts.



MAINE ELITE

INVITATIONAL

AT SAINT JOSEPH'S COLLEGE

MAY 11TH, 2024 2:00 PM

FACILITY INFORMATION:

Bus Parking will be in dirt parking lot located by Ward Park (Baseball & Softball Facilities). Team drop off will be on Westerlea Way next to the SJC Athletics Complex.

Fan Parking will be in the Alfond Center Parking lot and Athletic Facility lot which is the third right after pulling into the main entrance of campus



278 Whites Bridge Road
Standish, Maine 04084

KEY

Academic & Administrative

- 1 Harold Alfond Hall
- 2 Heffernan Center
- 3 Mercy Hall
- 4 Saint George Hall
- 5 Scully Hall & Putnam Hall
- 6 Service Building
- 7 The Stone Barn
- 8 Stone House
- 9 Xavier Hall

Residence Halls

- 10 Carmel Hall
- 11 Cassidy, Cunneen & Gingras Halls
- 12 Currier & Feeney Halls
- 13 O'Connor Hall
- 14 Saint Joseph's Hall
- 15 Standish Hall

Athletic Fields & Complexes

- 16 Alfond Recreation Center
- 17 Clark's Court
- 18 Mercy Field
- 19 Ward Park
- 20 SJC Athletics Complex



Team Tents can be located at the top of the hill on the first turn.

Restrooms Port-a-Potties will be located around the facility. Athletes are not permitted to go inside Alfond Center to use the restrooms.

