



MAINE USATF 2009 Youth / Open / Masters Indoor Championship Meet

Sanctioned by Maine USA Track and Field

Date: Sunday, February 22, 2009

Memorial Gymnasium – University of Maine, Orono, Me.

Start Time 11:00 a.m. - Meet Check-in begins at 8:30 a.m.

Entries close at 10:00 a.m. on meet day

Registration Form

Meet Registration Fee: Pre-Entry \$15.00 (1st 4 events, + \$3 each additional event)

Late Entry Fee: \$20.00 (1st 4 events + \$3 each additional event)

Late Entry fee will be charged after 12:00 noon on 02/20/2009

*****ENTRY FEES must be paid in US Dollars ONLY*****

Meet Information: Marty Thornton, PO Box 109, Hallowell, Maine 04347-0109 (Tel: 207-512-2587)

Mail entry to: Marty Thornton, PO Box 109, Hallowell, Maine 04347-0109 (Tel: 207-512-2587)

Make Checks Payable to: Maine USATF (US Dollars only)

Awards: top 3 finishers in the each category of **OPEN/Masters/Youth Divisions**, (Open and Masters compete in 5-year age divisions). *All age divisions must provide your own approved indoor field implements.*

*******USATF Registration is waived for College Competitors***** (Meet Registration is not waived), for all other participants, 2009 USATF membership is required. USATF membership will be available at meet (Youth -\$15, Adult - \$30).**

*** EVENTS ***

Division Labels: OPEN - **O** (15 to 29), MASTER – **M** (30 and older),
YOUTH – **Y** (14 and under, must remain 14 until end of calendar year)

55 Meter Hurdles (O) - 55 Meter Dash (O,M,Y) - One Mile Run (O,M) - Two Mile Run (O,M) – 400 (O,M,Y)

3K Race Walk (O,M,Y) – 800 (O,M) – 200 O,M,Y) - Weight Throw (M-35lb. W-20lb.) (O)

Shot-put (O,M,Y) - Pole Vault (O,M) - High Jump (O,M) - Long Jump (O,M,Y) - Triple Jump (O,M)

No event limitations for Open and Masters. Youth are limited to 3 individual events plus 1 relay.
Please indicate seed performance if available.

Male/ Female: _____ **Division:** _____

Event/Performance Event/Performance Event/Performance Event/Performance
_____/_____ _____/_____ _____/_____ _____/_____

In consideration of MEUSATF acceptance of this entry, I, _____ intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive any and all rights, claims, or damages I may have against University of Maine, the Maine USA Track and Field, their representatives, successors, and assigns for any and all injuries suffered by me at the Meet.

Please print clearly!

Name: Last _____ First _____ Year of Birth _____ Age: _____

Club: _____ 2009 USATF Number: _____ Tel: _____

Street: _____ City: _____ State: _____ Zip : _____

Sign.: _____ Valid e-mail address: _____

Please photocopy this entry form, if more Individual Entry Forms are needed

2009 ORDER of EVENTS

Field events begin at 11:00 am, running events begin at 12:00 noon.

Running events are not on a time schedule!

Horizontal jumps begin as indicated below.

All age divisions must provide own approved indoor field implements.

All age groups will be contested together, but scored separately!

Running Events, Beginning at 12:00 pm

Women's	55 Yard Low Hurdle Final
Men's	55 Yard High Hurdles Final
Women's	55 Yard Dash Final
Men's	55 Yard Dash Final
Women's	Mile Run
Men's	Mile Run
Women's	400 Meter Final On-Time
Men's	400 Meter Final On-Time
Women's	4x200m Club Relay
Men's	4x200m Club Relay
Women's	2 Mile Run
Men's	2 Mile Run
Women's	800 Meter Run
Men's	800 Meter Run
Women's	200 Meter Dash
Men's	200 Meter Dash
Women's	3 K Race Walk
Men's	3 K Race Walk
Women's	Mile Club Relay
Men's	Mile Meter club Relay

Field Events, Beginning at 11:00 am

Women's 20lb. Weight Throw*, followed by
Men's 35lb. Weight Throw*, followed by the
Women's Shot-put, followed by the Men's Shot Put**
*****15-29 ages must use the 16 LB. SP*****
Women's Pole Vault, followed by the Men's Pole Vault
Men's High Jump, followed by the Women's High Jump

Long & Triple Jumps will be conducted as an Open Pit.
Pits open at 11:00 am and will close at 2:45 pm
Shot Put / Weight Throws / LJ & TJ -4 attempts

Any athlete is allowed to enter an Open event in which awards are given based on order of finish without reference to age. Youth athletes compete against each other in only one division in this meet. Master athletes receive awards based on their age divisions only in the Master only events.

Directions to Memorial Gymnasium –

University of Maine, Orono: From I-95: After taking Exit 193 of Interstate 95 onto Stillwater Avenue, take Stillwater Ave., go through three sets of lights, past Burger King, Wendy's, over the bridge, and at the 4th set of lights, you will see KFC restaurant, and across the street a McDonalds -- turn right onto College Ave., travel about one mile, turn left at the foot of the hill onto the campus parking lot when you see the white peaked hockey arena. Memorial Gymnasium will be directly in front of you as you come up the hill onto campus – the field house is the building with a huge blue 'M' on the wall. Walk into the building via blue doors with glass windows in them.

Note: There is no concession for food at this meet. Please bring your own water and food!