

**2018 STATE CLASS A
INDOOR TRACK & FIELD CHAMPIONSHIPS
February 19 12:00 noon**

Director: George Towle 650-5041 - gtowle@maine.edu

- Entries:**
- * No changes or additions allowed once the entries have been turned in on Tuesday, February 13 (9:00 pm deadline).
 - Download the meet events file for team manager to Glendon Rand at runsb5@roadrunner.com
 - Preliminary seeds may be viewed at sub5.com on Wednesday, February 14.
 - Final entries may be viewed on Friday, February 16.

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

Numbers: Hip numbers only.

Clerking Area Under scoreboard near 55 m 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 to match entries.

Coaches Meeting: @ 11:15 a.m. on meet day

Trainer: On duty from 11:00 a.m. to end of meet
Please bring your own supplies

T-shirts: Will be available for sale on meet day

Concession Stand: Main Lobby

Food and Drink: Are not allowed in the field house.

Awards: Athletes should go to the awards stand to accept their medals 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.

- Results:** Will be posted on the wall leading to locker rooms. Results will be available on line at: www.sub5.com
- Admission:** \$ 8.00 Adults
\$ 5.00 Students / Seniors (65 and over)
- Spikes:** 1/4" Pyramid is maximum allowed (no pins)
- 4 x 200 Relay** Will be run using a 3 turn stagger
- 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 next heat.
- SP Weigh In:** 11:00 a.m. - 11:45 a.m. (boys and girls)
- Advancement:** 8 fastest times in 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: 5-6 (2" below qualifying standard)
Girl's High Jump: 4-8 (2" below qualifying standard)
Boy's Pole Vault : 10-6 (12' below qualifying standard)
Girls Pole Vault: 7-6 (12" below qualifying standard)
- 800 & 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 :** If there are 11 or less in a race, it will be a waterfall start. If more than 11, it will be a 1 turn double pole.
- 4 x 200 Relay:** First runner stays in lane for entire lap. Second runner remains in lane for 3rd turn and cuts in at break line in front of bleachers.
- 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.

USM Costello Field House – Gorham Directionss:

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

New England Interscholastic Championships

Friday March 3

Reggie Lewis Center, Roxbury , MA

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Coaches of athletes who place (1-7) in each event should be prepared to forward status of their entries to George Mendros (george.mendros@thorntonacademy.org) no later than Tuesday, February 20th, 6 p.m. Qualifiers will be posted on Sub 5 the next day (Wednesday, February 21st). Athletes who are not submitted by their coach will not be seeded. Athletes will be selected based on the results of state competition. The champion in each event for Class A and B and the next four best finishers will represent the state. If a qualifying athlete or relay in the top 6 chooses not to compete. The next best performer would move up. Maine will be allowed to have six athletes and relay teams in each event. Pole vault and triple jump are not events and the 300m, 600m and 1000m races replace Maine's 200m, 400m, and 800m races. Each athlete will be allowed to participate in three races/events or relays. [Athletes' selection and notification will be handled by George Mendros (home phone -282-5065 / george.mendros@thorntonacademy.org). Appeals of George's decisions will be handled by the Indoor Track Committee Chairperson. Every effort is made to fill the field. Only those who scored in the state meet will be allowed to compete.

2018 CLASS A STATE INDOOR TRACK CHAMPIONSHIPS

FIELD EVENTS

12:00	GIRLS POLE VAULT BOYS HIGH JUMP BOYS SHOT PUT GIRLS LONG JUMP
1:30	BOYS LONG JUMP
2:00	GIRLS HIGH 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
	55 M DASH TRIALS
2:25	NATIONAL ANTHEM
2:30	55 M HURDLES FINALS
2:45	55 M DASH FINALS
3:00	MILE RUN
3:40	400 M RUN
4:20	800 M RUN
4:40	200 M DASH
5:10	2 MILE
5:30	4 X 200

*** *GIRLS FIRST IN ALL EVENTS***

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