

## Summer Track & Field is Back For 2008!

### Location

All meets except the Championship will be held at **Lewiston High School**, at the Franklin Pastures Athletic Complex, in **Lewiston, Maine**.

### Directions

From I-95 take Exit # 80, then, at *Tim Horton's* turn onto East St., the high school is on the left just a short distance.

### Meet Start Times

Wednesdays at 5:30pm  
Sunday, July 20<sup>th</sup> at 10:30am

These meets are for Open, Sub-Master & Master athletes with **plus, a \*15-18\* year old division of events for younger track & field athletes\***.

Open, Sub-Master & Master athletes, have no limit on number of events entered.

The **\*15 –18\* athletes** may enter only 4 events (including the relay).

All events with at least 3 competitors will be contested. All running events are timed finals. *\*Events may be combined for all ages, genders, but awards are separate per age division / gender*

These meets follow all USA Track & Field Rules of Competition; all meets are sanctioned through Maine USATF.

### Meet Dates

- June 18 (Wednesday)
- June 25 (Wednesday)
- July 02 (Wednesday)
- July 09 (Wednesday)
- \*July 20th (Sunday)

### Entry Fees:

Weekly meet entry fee: \$6.00/meet  
\*\*Outdoor Championship: July 20, 2008  
Entry Fee is \$15.00 / Late fee of \$20.00.  
(1<sup>st</sup> 4 events, each additional event \$3)  
Entry form to follow.

### Awards

Ribbons awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place winners during the regular series meets. In all aged divisions.  
**Medals (1<sup>st</sup> – 3<sup>rd</sup>) and a Championship Patch (1<sup>st</sup> place only)** awarded at the Championship meet **only**.

### Implements

Competitors must supply their own implements, and vaulting poles.

### \*15-18 Age Division\*

**Limited to 4 events including Relays. \***

### ORDER OF EVENTS\*

*All running events are timed finals*  
W/M – 3k Race Walk  
1600m Race Walk or 3200m Race Walk\*  
100m Hurdles  
110m Hurdles

100m  
1 mile Run  
400m  
400m Hurdles  
800m  
200m dash  
**3000m Run (15-18)**  
5000m  
4 x 100, Relay  
4 x 400 Relay  
**4 x 800m Relay (15-18)**

**\*10k to be only contested at the Outdoor Championship Meet on July 20th, 2008\***

### All Field Events

4 Jumps / Throws\* - No Finals

All field events\* will be contested at each meet with the exception of **\*\*Hammer throw may be contested on June 25<sup>th</sup>, July 09th and at Championship Meet - July 20<sup>th</sup> \*\***.

**\* Note: If field conditions permit throws and facilities are available..**

### Contacts

John Sinclair (day) 780-3623 ext. 231  
(evening) 777-5081  
Kevin Russell – 212-4965  
Marty Thornton – 512-2587 (championship)

### Sponsors

LHS Track & Cross Country Boosters  
Lewiston Recreation Department  
Augusta Recreation Department  
Maine USATF Association

### All Age Divisions

15-18 Age Division is broken down into 2 categories

15-16 is Intermediate (both genders)

17-18(\*) is Young (both genders)

*Open:* Ages – (\*) 19-29

*Sub-Master:* Ages - 30-39

*Masters:* 40 +

**All Sub-Masters & Master Athletes compete in 5 yr. age divisions.**

### 15-18 Age Division Race Walk Events\*

*\*Note: On Race Walk Events, the 1600m & 3200m RW will alternate from week to week: A, 22 minute time limit will be placed on all race walk events. For those athletes who don't finish the event within the allotted time, a suggestion is to have those athletes compete in the 1600m RW to develop strength and proper walking development.*

### Membership\*\*

\*\*For competition at the Maine USATF **Outdoor Championship Meet held on July 19, 2008, this meet is for Open, Sub-Masters & Master Athletes ONLY.** ALL athletes must have a valid 2008 USATF Membership number.

\*\* To receive the MEUSATF Membership **discount**, the USATF **membership application must be sent to MEUSATF PO Box 214 Canaan, Me. 04924** along with payment **or** purchase during any outdoor series meets.

### Cost for Membership\*\*

Open, Sub-Master & Master athletes:  
\$25.00\*\*

\*15-18\*\* aged athletes \$15.00.

\*\*Any athlete, who will celebrate their 19<sup>th</sup> birthday during 2008, must compete in the Open Division\*\*

### USATF On-Line Membership Application Fee

Ages 15-18 cost is **\$19.95**

19 and above cost is **\$29.95**



## Summer Track for 2008 Wednesday Evenings

Franklin Pastures Athletic Complex at the  
Lewiston High School – Lewiston, Me.

**Dates:** June 18th, 25<sup>th</sup>\*, July 02<sup>nd</sup>, July 09<sup>th</sup> \*  
and July 20<sup>th</sup> \*\*

**Start Time:** Wednesday's at 5:30pm

**Championship:** July 20<sup>th</sup> at 11:00 am  
At Cony HS Track, Augusta

In conjunction with the  
Maine Association of USATF

Maine USATF  
PO Box 214  
Canaan, Me. 04924-0214  
(207) 474-8876

**Web Site address:** [www.meusatf.org](http://www.meusatf.org)