



# MAINE USATF 2010 Youth / Open / Masters Indoor Championship Meet

Sanctioned by Maine USA Track and Field

**Date: Sunday, February 28, 2010**

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 (1<sup>st</sup> 4 events, + \$3 each additional event)

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

Late Entry fee will be charged after 12:00 noon on 02/26/2010

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

**Meet Information:** Christine Lipsky, 15 Clements Road, Newburgh, Maine 04444 (Tel: 207-234-2455)

**Mail entry to:** Christine Lipsky, 15 Clements Road, Newburgh, Maine 04444 (Tel: 207-234-2455)

**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 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)

3K Race Walk (O,M) – 800 Meter Race Walk (ages 8-12) – 1500 Meter Race Walk (ages 13-14) – 55 Meter Hurdles (O) –  
55 Meter Dash (O,M,Y) - One Mile Run (O,M) - Two Mile Run (O,M) – 400 (O,M,Y)– 800 (O,M) – 200 (O,M,Y) –  
Weight Throw (M-35lb. W-20lb.) (O) – Shot-put (O,M) – Pole Vault (O,M,Y) – 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. By entering this competition, I grant Maine USA Track & Field, Inc., a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event will such usage constitute an endorsement of any product or service without my specific written consent.

**Please print clearly!**

Name: \_\_\_\_\_ Year of Birth \_\_\_\_\_ Age: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip : \_\_\_\_\_

Tel: \_\_\_\_\_ Club: \_\_\_\_\_ 2010 USATF Number: \_\_\_\_\_

Signature.: \_\_\_\_\_ Valid e-mail address: \_\_\_\_\_

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

## 2010 ORDER of EVENTS

**Field events begin at 11:00 am, running events begin at 11:30 am.**

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 11:30 am

All race walks will be held simultaneously at 11:30 am

- Women's 3 K Race Walk
- Men's 3 K Race Walk
- Youth (age 8-12) 800 Meter Race Walk
- Youth (age 13-14) 1500 Meter Race Walk

Women's 55 Yard Low Hurdle Final

Men's 55 Yard High Hurdles Final

Women's/Girls' 55 Yard Dash Final

Men's/Boys' 55 Yard Dash Final

Women's Mile Run

Men's Mile Run

Women's/Girls' 400 Meter Final On-Time

Men's/Boys' 400 Meter Final On-Time

Women's 4x220 Yard Club Relay

Men's 4x220 Yard Club Relay

Women's 2 Mile Run

Men's 2 Mile Run

Women's 800 Meter Run

Men's 800 Meter Run

Women's/Girls' 200 Meter Dash

Men's/Boys' 200 Meter Dash

Women's 4x440 Yard Club Relay

Men's 4x440 Yard 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\*  
**\*\*\*ages 15-29 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

### **Directions to Memorial Gymnasium –**

University of Maine, Orono: From I-95: After taking Exit 193 off 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 a KFC restaurant, and across the street a McDonald's -- turn right onto College Ave., travel about one mile, turn left at the foot of the hill into 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!**

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.