

## All Age Divisions

15-18 Age Division is broken down into two categories

15-16 Intermediate (both genders)

17-18 Young Men/Women

19-29 Open Division

30-39 Sub Masters

40+ Masters

**All Sub-Master Athletes compete in five-year age divisions**

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

*\*Note: the 1600m and 3200m race walk will alternate from week to week. A 22 minute time limit will be placed on all race walk events. For those athletes who are unable to finish the event with the allotted time, it is suggested that they compete only in the 1600m race walk to develop strength and proper walking technique.*

## Membership

Membership in USATF is required for all Wednesday evening meets as well as for competition in the Maine USATF Outdoor Championship to be held July 18, 2010. This meet is for Open, Sub-Master, and Master athletes only. All athletes must have a valid 2010 USATF membership number.

MEUSATF offers a **discount to those athletes not turning 19 during the 2010 calendar year.** Membership for these individuals is **\$15.** To receive this membership, the USATF Membership **Application must be sent to: MEUSATF, 417 Hartland Road, Canaan, ME 04924** along with payment. Or, membership may be purchased during any of the outdoor series meets.

## Membership Costs:

Open, Sub-master and Master athletes: \$30.

Athletes aged 15-18 - \$15

Any athlete who will celebrate his/her 19<sup>th</sup> birthday during 2010 must compete in the Open Division.

## USATF On-line Membership Application Fee

Ages 15-18 - \$20

19 and above- \$30



## 2010 Wednesday Evening Summer Track Meets

Franklin Pastures Athletic Complex  
Lewiston High School, Lewiston, ME

**Dates:** June 23, June 30, July 7, and July 14

**Start time:** Wednesdays at 5:30 pm

**State Championship  
July 18, 2010 – 10:30 am  
Cony HS Track, Augusta, ME**

**Meets held in conjunction with the Maine Association of USATF**

**Maine USATF  
417 Hartland Road  
Canaan, ME 04924  
207-474-8876  
www.meusatf.org**

## 2010 Summer Track and Field

**Location:** All meets except the Championship will be held at Lewiston High School, Franklin Pastures Athletic Complex in Lewiston, Maine. (using Map Quest or Google Maps the school's address is 156 East Avenue, Lewiston, Maine.

**Directions:** from I-95 take Exit #80, then at Tim Horton's turn right onto East Street, the high school is located on the left in less than one mile after the turn.

**Meet start times:** Wednesdays at 5:30 pm  
Championship meet at Cony on Sunday, July 18 at 10:30 am

**General Information:** These meets are for **Open, Sub-master and Master athletes with an additional competition division of 15-18 year-olds for the high school aged athlete.**

There is no limit placed on the number of events in which Open, Sub-master and Master athletes may enter. **The 15-18 athletes may enter only four events (including the relay).**

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

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

### Meet Dates:

June 23 (Wednesday)  
June 30 (Wednesday)  
July 7 (Wednesday)  
July 14 (Wednesday)  
July 18 Championships (Sunday)

### Order of Events:

W/M 3K Race Walk  
1600m or 3200m Race walk (15-18)  
100m Hurdles (women)  
110m Hurdles (men)  
100m Dash  
1 Mile Run  
400m Dash  
400m Hurdles  
800m Run  
200m Dash  
3000m Run (15-18)  
5000m Run  
4 x 100m Relay  
4 x 400m Relay  
4 x 800m Relay (15-18)

### Field Events:

Four (4) jumps/throws – no finals  
All field events will be contested at each meet with the exception of the **Hammer Throw which may be contested at the Championship** meet on July 18 (this only if field conditions permit the hammer and facilities are available).

**Implements:** Competitors must provide their own implements and vaulting poles

### Entry Fees:

Weekly meet entry fee: \$6/meet  
Outdoor Championships: \$15 before due date \$20 fee if late. First four events are included in the entry fee, any event entered beyond four is an additional \$3/event.

Entry form will be available at:

[www.meusatf.org](http://www.meusatf.org)

### Awards:

Ribbons will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in Wednesday evening meets, in all age divisions. Medals for 1st-3<sup>rd</sup> will be awarded in the Championship meet with a championship patch given to 1<sup>st</sup> place.

### Contacts:

John Sinclair (day) (207) 780-3623 x 231  
(evening) (207)777-5081

Christine Lipsky (207) 234-2455  
(Championship meet only)

### Sponsors:

LHS Track and Field Boosters  
Lewiston Recreation Department  
Augusta Recreation Department  
Maine USATF Association