

Maine Association of USA Track & Field Junior Olympic Track & Field Championship (18 &un) and Region 1 Qualifying Meet (7 to 18)

Date: Saturday, June 30, 2012

- Triathlon (9-10), Pentathlon(11-12, 13-14) – 9am
- 1st Day of Heptathlon & Decathlon (15-16, 17-18) - 9am
- All field events (7-8, 9-10, 11-12,13-14,15-16, 17-18) - 10:00am
- All track events (7-8, 9-10, 11-12, 13-14,15-16, 17-18) – 11:00 am

Sunday, July 1, 2010- 8am – 2nd Day of Decathlon & Heptathlon

Rain date is Sunday – same times as Saturday

Place: Scarborough High School, Scarborough, Me.

Entry Fee: \$6.00 per event

Registration: Pre-registration is encouraged for meet at: www.coacho.com You need to be a USATF Registered Athlete to do this by filling out the form at www.meusatf.org and sending to Wendy Serbent at 5 Sunset Terrace St. Waterville, Me 04901 by June 26 with the \$15.00 registration fee.

You can also register the day of the meet with registration beginning 1 hour before the meet start time. However you are urged to register online.

Note: Proof of age is required for entrants. Please bring copy of birth certificate, passport, certified baptismal, driver's license, or US government ID

Director: Ron Kelly (883-2747) e-mail: rkelly01@maine.rr.com

Awards: USATF medals to 1st to 3rd place for all ages 15-16, 17-18. Championship patches to first place finishers. Ribbons to the top 3 in ages 7-8, 9-10, 11-12, and 13-14.

Waiver: Those athletes with conflicts can ask for a waiver by contacting Ron Kelly, 105 Maple Avenue, Scarborough, ME 04074 or call 883-2747 (evenings). Waivers and qualifiers can not exceed 6 qualifiers.

Events Limits: Ages 12 & under are limited to 3 events including relays
Ages 13 to 18 may compete in 4 events including relays

Note: Steeplechase for 15-18 boys and girls and the Hammer are entry only events and will not be contested. Entries only to Region 1 meet by writing in event on entry form. No rubber discus allowed.

Meet T-shirts: \$10

Region 1 Championship: Top six (6) individuals and relay teams competing in association meet will qualify for the Region 1 Meet. The meet will be **Fri-Sun, July 6-7-8 at the Mitchell Athletic Complex on Long Island.** Registration for Regional Championship must be done online through www.coacho.com .

National Championship: Morgan State University, Baltimore, Maryland - July 23 – July 29

Top five (5) individuals and relay teams at Regional Championship will qualify for the National meet.

Athletes who are still 18 years of age through July 29 are eligible to compete. Age group is determined by subtracting birth year from 2012

SUB-BANTAM -7-8 born (04-05)
100

YOUTH-13-14(98-99)
100

YOUNG MEN/WOMEN
15-16 (94-95)

200
400
800
1500
400m relay
1600m relay
long jump
shot put
mini javelin-300g

BANTAM-9-10 born (02-03)

100
200
400
800
1500
1500m racewalk
high jump
long jump
shot put
mini javelin-300g
400m relay
1600m relay
triathlon
sp-hj-200g/400b

MIDGET-Born (00-01)

100
200
400
800
1500
3000
1500m racewalk
80m hurdles
long jump
high jump
shot put
discus
mini-javelin
400m relay
1600m relay
3200m relay
Pentathlon
80 H-SP-HJ-LJ
800G/1500B

200
400
800
1500
3000
3000m racewalk
100m hurdles
200m hurdles
long jump
high jump
triple jump
pole vault
shot put
discus
javelin
400m relay
1600m relay
3200m relay
pentathlon
80h-sp-hj-lj-
800g, 1500b

INTERM-15-16(96-97)

100
200
400
800
1500
3000
2000m steeplechase
3000m racewalk
100/110m hurdles
400m hurdles
long jump
high jump
triple jump
pole vault
shot put
discus
hammer
javelin
400m relay
1600m relay
3200m relay
decathlon
heptathlon

100
200
400
800
1500
3000
2000m steeplchase
3000m racewalk
100/110m hurdles
400m hurdles
long jump
high jump
triple jump
pole vault
shot put
discus
hammer
javelin
400m relay
1600m relay
3200m relay
decathlon
heptahlon