

**Schedule of Events, Central Maine Freshman Track Championship with computer assignment numbers. Revised 2007**

Boys	Girls
6. 100 meter	5. 100 meter
20. 200 meter	19. 200 meter
14. 400 meter	13. 400 meter
18. 800 meter	17. 800 meter
10. 1600 meter	9. 1600 meter
8. 1600 meter race walk	7. 1600 meter race walk
22. 3200 meter	21. 3200 meter
4. 110 meter 39" hurdles	3. 100 meter 33" hurdles
16. 300 meter 36" hurdles	15. 300 meter 30" hurdles
36. 12 lb. shot put	35. 4 kg. shot put
32. 0.8 kg. javelin	33. 1 kg. discus
34. 1.6 kg. discus	31. 0.6 kg. javelin
26. High jump	25. High jump
28. Long jump	27. Long jump
30. Triple jump	29. Triple jump
38. Pole vault	37. Pole vault
40. Sprint medley (200,100, 100,400)	39. Sprint medley (200,100, 100,400)

**Rules of Competition:**

1. No competitor is allowed more than 4 events in the Freshman Championship.
2. Competitors in the high jump and pole vault shall be allowed 3 attempts at each height.
3. Competitors in the long jump, triple jump, shot put, discus throw and javelin throw shall be allowed four attempts each only.
4. Long jump and triple jump are **open pit**. Shot put and discus throw are **open circle**. Javelin is **open sector**. Competitors have from 3:30 to 6:30 to get their four efforts completed.
5. Failure to comply with applicable rules shall void all performances of the offending individual.
7. The National Alliance Edition of Track and Field Rules, published by the NFSHSAA shall apply to all situations not hereinbefore covered.

**Order of Events, Freshman Championship**

May be altered for local conditions

Field events begin at 3:30 p.m. Running events begin at 3:45 p.m.  
Boys Shot put and Girls Shot put    Girls Discus throw and Boys Discus throw  
Boys Javelin throw and Girls Javelin throw    Girls Long jump  
and Boys Long jump    Boys Triple jump and Girls Triple jump    Girls High jump followed by Boys High jump    Girls Pole vault followed by Boys Pole vault

B & G 1600 race walk (separately if entries warrant)

G 100 hurdles sections	G 400 sections	G 200 sections
B 110 hurdles sections	B 400 sections	B 200 sections
B 1600 sections	B 300 hurdles sections	B & G 3200
G 1600 sections	G 300 hurdles sections	G Medlay sections
G 100 sections	G 800 sections	B Medlay sections
B 100 sections	B 800 sections	

Since automatic timing is available, all races are run on a one race-timed basis. If we have a postponement, we may not have automatic timing available.

Questions-contact meet director.