



2012-2013 USATF-Maine Newsletter

President's Letter

Valaree Langley-Foss
USATF-Maine President

Dear Athletes, Club Directors, Parents, Officials, Coaches, and Volunteers,

As we begin the New Year of 2013, the association will be involved with many track and field meets in the coming months as well as other aspects of the sport. I sincerely hope that within the coming months of 2013 we'd like to see the USATF-Maine's competitors number's increases in the Open and Master's age divisions .

2013 USATF-Maine Programs

2013 USATF-Maine Indoor Championship Meet: on Sunday, February 24, 2013 the association hosted the USATF-Maine Indoor Championship Meet at the University of Maine – Orono campus for all age divisions – Youth to Masters competed.

2013 Mandatory Coaches and Volunteers Background Screening: Once again a reminder that USATF-Maine is no longer performing background screening checks on ALL coaches and volunteers. This screening must now be done through USATF's selected company, TC Logic – website address is: <https://www.tcllogic.com>. All Maine USATF Youth Club Coaches & Volunteers must adhere to the mandatory screening rules set forth by USATF.

2013 Youth Summer Preliminary Meet entry Fee Remains: Preliminary meets entry fee will remain the same as for 2012. (\$2.00/ preliminary meet entry fee per youth athlete).

2013 Youth Summer Program: The association began in 2011 the “Size Club Categories” based on the number of the individual team USATF registered youth members. During the 2012 season, the Club size categories had to be re-vamped to add the “Extra Small” Club Division – 1-20 registrations; Small Club registrations: 21-30; Medium Club registrations; 31-60 and Large Club registrations; 61+ athletes. The reason for making this change was to allow the smallest teams to win a club award. Club awards for 2012: Extra Small Club – Oxford; Small Club – Town of Lincoln Recreation; Medium Club-Falmouth and Large Club – York Recreation.

For the Young Adult (15-18 year olds), Open and Masters Outdoor Track & Field Program: This continuation of this program is being examined due to low attendance rates at these developmental meets. The association is looking at other outdoor track facilities to host the Outdoor Championship for the Young Adults, Open and Master Athletes.



2013 USATF-Maine Elected and Appointed
Committee Chairs and Co-Chairs
Appointments:

Elected 2013 Officers:

President: Valaree Langley-Foss -
metrkfld@myfairpoint.net

Vice President: Martin Kahler -
MKahler576@aol.com

Secretary: Mark Dennett -
mark.r.dennett@gmail.com

Treasurer: Dennis Kunces -
dennis.kunces@maine.gov

Appointed 2012 Chairs & Co-Chairs:

Men's Track & Field:

Rolland Ranson - Rolland.ranson@umit.maine.edu

Women's Track & Field:

Stefanie Worster - victrin@roadrunner.com

Race Walking (Co-Chairs):

Thomas Eastler - eastler@maine.edu

Tom Menendez - menendezmon@yahoo.com

Master's LDR:

Allan Geiser - mhawk916@yahoo.com

Men's LDR:

Martin Kahler - MKahler576@aol.com

Women's LDR:

Darcy Murphy - drobotson2006@yahoo.com

Cross Country (Co-Chairs):

Sara Bilodeau - Sara.Bilodeau@roadrunner.com

Allan Geiser - mhawk916@yahoo.com

Masters Track & Field (Co-Chairs):

Christine Lipsky - unodoslipsky@yahoo.com

Rolland Ranson - Rolland.ranson@umit.maine.edu

Youth Athletics (Co-Chairs):

Ronald Kelly - rkelly01@maine.rr.com

Andy Sibley - asibley_tse@msn.com

Officials:

Donald Berry - chemman@fairpoint.net

Membership & Club Registrations:

Wendy Serbent - pwserbent@yahoo.com

Valaree Langley-Foss - metrkfld@myfairpoint.net

MUT (Co-Chairs):

Mark Dennett - mark.r.dennett@gmail.com

Valaree Langley-Foss - metrkfld@myfairpoint.net

General Information and Inquires:

metrkfld@myfairpoint.net

Web Site & Facebook: On the association's web site, www.meusatf.org, you'll find a listing of sanctioned meets for all ages. Official's news, Maine USATF Executive Board Minutes / Agenda's, New & Renewing USATF Membership, Forming a USATF Registered Club, Archived information, and much more. If you have suggestions/comments regarding improvement of the web site please contact the Webmaster by clicking on at the bottom of the web site page or and send your suggestions to metrkfld@myfairpoint.net If you have news pertaining to any Maine USATF athlete of all age groups interesting for posting on our web site, please forward the information to: metrkfld@myfairpoint.net USATF-Maine also has an active Facebook page.

New/Renewal of 2013 USATF Memberships:

If individuals go directly on line with USATF and register directly with USATF the cost is as follows: Youth - \$20.00 and Adults - \$30.00. *Please note that there are absolutely NO REFUNDS to individuals once current year membership data has been entered by either this association or directly online with USATF.*

2012 USATF-Maine Awards

USATF-Maine Officials: Kim Schwickrath from OOB area and Robert Snow – Brewer area.

2012 Maine USATF Presidential Award: Keith Stockmar

Masters Track and Field

Christine Lipsky and Rolland Ranson (co-chairs)

Despite the snowy weather outside, athletes were heating up the UMaine Fieldhouse in

Orono, Maine on February 24, 2013 at the USATF Maine Association Youth, Open, and Masters Indoor Championships. We had 108 athletes register from the meet, and they ranged in age from 7 to 71 years old and hailed from four different states and Canada. Several of the running races were extremely close, being decided by 0.01 second! Also, Matthew McLaughlin (New Brunswick, Canada) set a provincial record in the 400m in the Youth Male category. His record-breaking time was 51.55 seconds.

In addition to the upcoming Maine USATF Outdoor Open and Masters Track and Field Championships, we again look forward to hosting a heptathlon and decathlon championship and a throws championship this summer. Information will be posted on our website, www.meusatf.org, as it becomes available.

If you have any questions, please contact Christine Lipsky at unodoslipsky@yahoo.com or by phone after 5:00 pm at 207-234-2455, or Rolland Ranson at Rolland_Ranson@umit.maine.edu.

MEUSATF Officials

*Donald Berry,
Maine Certification Chair*

I returned on December 3rd from the USATF annual Meeting in Daytona Beach. Many of our Olympic athletes were present at convention. I again was the recipient of the John Davis Finalist Award for humanitarian efforts by leadership, fellowship and the developmental welfare of others. I cannot go into all of the meeting information here, but there are two major items that are of interest to officials.

1) This is the re-certification year! I have received several tests and applications, which have all been acted on if fees have been paid. Remember the fees are \$15 for your 4-year re-certification/certification and \$30 for your

USATFME membership. All of the tests/forms are available at <http://www.usatf.org/groups/officials/certification/forms.asp> You need to complete the re-certification form and the appropriate tests and get those to me along with the fees. We have also had several officials transferring out of other associations into the Maine association.

2) The USATF Officials Committee approved a new certification in Paralympic officiating. I will be presenting more information on this program during the clinics. The [Paralympic Track & Field Training](#) materials are available on-line as well as the test site. The test is corrected on-line and cannot be repeated. I have completed this program and found it very informative.

Housekeeping: I will again this year be assigning at a minimum the head officials for the State track meets on June 1st. Class A – Brewer, Class B – Morse (Bath), and Class C – Foxcroft Academy. The other major meet this Spring is the New England Division 3 at Colby College on May 2nd, 3rd, & 4th. I am the meet director and the assigner of officials for this meet also. If you have a preference and can work any of these meets please indicate it to me. If you have already indicated to Colby that you have an interest in working the meet, I have your name.

With the help of other Master officials, I have generated our own high school exam and it has been interesting to see the replies/answers I have been getting. I will have copies of the test with me at the clinics. I will again be attaching it to one of my messages to you. I will have all the rulebooks with me at the Clinics, in Augusta on April 6th, 9:00 am at the Buker School/Rec Center and in Orono on April 7th, 12:30 at the Orono Town Office. There is a possibility of another clinic in the Jay area. The best news- the USATF rulebook cost is now \$7.00 instead of \$15. So a few of you will be getting a rebate!

Lastly, it was a great year for me personally being selected and working as one of the eleven umpires at the Olympic Trials. It was such a great experience and I would hope that some of you some day would have that honor.

Race Walk Update

Tom Menedez

This past fall saw two of Maine's best race walkers head off to college on scholarship. Nicole Court-Menendez headed out to Dakota Wesleyan University in Mitchell, South Dakota. An NAIA school that has not had a race walk presence in the past decade. As a freshman Nicole broke the existing school record for the 3000m RW on two occasions, setting the bar at 15:54.51. That mark qualified her for the NAIA National Championship where she became the first female track athlete at Dakota Wesleyan to earn the distinction of All-American. Her time also qualified her for the fifth consecutive time to participate in the Penn Relays and USATF Junior Nationals later on this year.

Teammate Abby Dunn also headed off on scholarship to Goshen College in Goshen, Indiana. Also an NAIA school Goshen has a long rich history of race walking in both the mens' and womens' event. Abby trained with a group of walkers at the school and continued her success by earning NAIA All-American status as well and earning a trip to the USATF Junior National meet also. Unfortunately Abby will not be traveling to the Penn Relays to defend her fourth consecutive titles due to her conference meet being held the same weekend.

Abby's younger brother, Spencer, qualified for and competed at the New Balance Indoor High School Championship in New York City placing 5th and earning All-American honours.

There is currently a plan to offer a race walk series during the summer to interested walkers to see if we can maintain the stream of walkers on the National scene.

Records Set at the August 2012 Junior Olympics Championship Meet in Augusta

Congratulations go to the record breaking athletes who competed in the 2012 summer Junior Olympics championship meet held at Cony High School in Augusta.

Mite Girls:

800m RW - Molly Sirois - Auburn - 5:12.89

Midget Boys:

Triple Jump - Caydeb Spencer-Thompson - Lincoln - 36-02.50

Midget Girls:

400m - Alexandra Hart una-Saco- 64.82

High Jump - McKenna Smith - Old Town – 4"10 (ties record)

Shotput - Maighread Laliberte - Panthers - 34' 00.50"

Maine USATF-Youth Athletics

Ron Kelly, Chairman

Maine USATF is again getting ready for a busy summer and fall season. The summer season begins with the Maine USATF Region 1 Qualifier (8 & under to age 18) and Association Championship for ages 15-18 to be held at Scarborough High School on June 22 and 23. Track and field events will be held for all ages 18 and under on Saturday. Sunday will be the 2nd day of the heptathlon and decathlon. The top 6 in each event will qualify for the Region 1 Championship to be held at Icahn Stadium in New York City on July 5, 6, and 7. Qualifiers from this meet will advance to the National Championship to be held July 22-28 in Greensboro, NC. The meet information for the

Region 1 qualifier will be posted on the Maine USATF web site by May 1.

Youth developmental meets will be held June 27, July 3, 11, 18, 25 at four sites each week across the state. The State qualifier will be held August 1 at four sites with the top 4 in each event will qualify for the State Championship on August 10 at Cony High School. Age groups are 8 & under, 9-10, 11-12, 13-14, and 15(must be an 8th grader in the 2012-2013 school year). Last summer about 1400 athletes competed each thursday with close to 900 at the State Championship. The final schedule should be posted on our web site by May 1.

The fall cross country program will begin in October with meets held at various locations across the state. At the end of the season a state meet will be held and the top 25 will qualify for the Region 1 Junior Olympic Cross Country Championship. The top 20 from the Region 1 meet will qualify for the National Championship. The fall schedule will be available in September.

2012 USATF-Region 1 J.O. XC Championships - 11/18/2012

*Eisenhower Park, East Meadow LI, NY
Maine Results*

2K RunSub- Bantam Girls: 32 Green, Kaeden-04-Lewiston-10:24.30

3k Run Bantam Girls: 18 Jackson, Lily-02-Una-11:39.70; 28 Ashby, Micaela-02 -Brunswick-12:10; 49 Towle, Laney-02-Una-12:56.80; 65 Kelly, Caitlin-02-Brunswick-13:29.60; 77 Moody, Kristina-02-Una-14:36.30; 79 Lolar, Kaya-02-Una-14:48.40

3k Run Midget Girls: 12 Slager, Anna-00-Gorham TC-10:38.20; 58 Kinkade, Colette-00-Brunswick-11:34.00; 77 Geiser, Arianna-00-Brewer TC-12:06.90; 78 Todd, Carolyn-00-Unattached-12:08.20; 98 Reardon, Estelle-00-Una-12:54.40; 127 Robinson, Natalie-01-Una-13:43.40; 130 Marsh, Miranda-01-Camden Ro-14:02.90

4k Run Youth Girls: 10 McKee, Anne-98-Una-15:13.70; 83 Smith, Madison-99-Una-20:19.10

5k Run Intermediate Girls: 25 Jackson, Chenoa-96-Una-23:46.90

2k Run Sub-Bantam Boys: 36 Christie, Andrew-04-Una-9:51.00; 41 Kinkade, Ryan-05-Brunswick-10:21.00

3k Run Bantam Boys: 16 Christie, Angus-02-Una-10:52.50 82 Ashby, Connor-03-Brunswick-13:46.90; 83 Kinkade, Drew- 03-Brunswick-13:48.10

3k Run Midget Boys: 2 Laverdiere, Luke -00-Unattached 9:30.60; 74 Kenney, Joshiah-00-Lakers TC 11:09.90; 75 Haining, Liam-00-Camden Ro-11:10.50; 80 Ashby, Cameron-00-Lakers TC-11:15.60; 85 Lyons, Daniel-00-Lakers TC-11:20.90; 99 Todd, Matthew-00 01-Unattached-11:43.90

4k Run Youth Boys: 67 Stapleton, Mitchel-99-Unattached-15:36.50; 80 Moody, Wesley-99-Unattached-16:00.40; 97 Smith, Steven-98-Unattached-17:54.10

5k Run Intermediate Boys: 23 Rose, Thomas-96-Unattached-16:54.10; 39 Fraga, Skyler-97-Unattached-19:37.50

5k Run Young Men: 13 Jackson, Sully-94-Lakers TC-16:40.10

National Junior Olympics XC Championships – Maine Finishers

3K Run Bantam Girls:

155 – Jackson, Lily-UNA-14:34.43

4K Youth Girls:

116-McKee, Anne-UNA-16:40.90

3K Midget Boys:

Laverdiere, Luke – UNA-10:46.02* **All-American**

