

# The Blistered Foot

Maine USATF  
PO Box 214  
Canaan, Maine 04924-0214

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

**USATF Association Gold Award:** August 2008, our association once again received the 2007 Gold Award in Recognition of Outstanding Associations from USATF (there are 57 associations within USATF organization). This is the fifth time the Maine Association has been awarded such prestigious award for meeting the stringent criteria set forth by USATF.



## President's Letter

*Valaree Foss – Maine USATF President*

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

As we begin the New Year 2009, there are many changes taken place within the association as well on the National USATF site. At the 2008 USATF national convention, Stephanie Hightower was elected the new USATF President. She was elected to resume the President's role from Bill Roe who held the President's position for 8 years.

The LDR Grand Prix Series is continuing to grow under the direction of Jerry LeVasseur, Martin Kahler and David Colby-Young.

The Young Adult (15-18 year olds), Open and Masters Outdoor Track & Field Program is still in its infancy, more attendance is needed to continue to have this program available to all the age groups. For 2009, we're looking for another track and field facility to work in conjunction with the Lewiston T&F facility to host meets. Our search is under way and more information to follow along with the meet dates (Martha Thornton – Masters T&F Chair).



**2008 USATFOC Prestigious Awards Recipients:** At the 2008 USATF National Convention, two of Maine's own received various awards: Donald Berry of Belmont and Valaree Foss of Canaan received the *USATF National Officials' Committee Awards*. Don received the *John Davis Award* for; Recognition by peers for excellence and

achievement by an individual who espouse through humanitarian efforts by leadership, fellowship and developmental welfare of others through USATF and its various programs. Valaree received the *James Grey Award* for; Recognition by peers for excellence and achievement by an individual who by providing the leadership, setting the example and going out of his/her way to help in the development of others in the USATF Officials organization.

**2009 Mandatory Coaches and Volunteers Background Screening:** The Maine Association of USA Track & Field is continuing the **mandatory background screening** program for all coaches and volunteers who come in direct contact with youth athletes during registered club practices or other club-related track and field / cross county / Race Walking activities. During 2008 youth based programs, out of 32 Youth based clubs, only 15 clubs submitted the mandatory background screening forms on their coaches/volunteers. **For 2009, NEW NUSATF Background Screening Criteria; All background checks will be preformed by TC Logic through NUSATF. No Background Screening checks will be preformed by our association's screening agent.** As more information becomes available, information will be passed onto to all Maine USATF Youth Clubs. Clubs must adhere to the mandatory screening rules set forth by USATF.

**2009 MEUSATF Indoor Championship Meet:** MEUSATF once again hosted the Indoor T&F / RW Championship Meet at the University of Maine on Feb. 22, 2009. The attendance was down from 2008, possibly due to the threatening snow storm that was predicated for later that day. Read Marty Thornton's report on the meet.

**USATF Youth & Adult 2009 Membership Rate:** At the 2008 MEUSATF September meeting the topic of USATF membership rates were discussed. Starting in 2009, the board has come to the decision that **all** youth athletes' members of a club will have to be members of ME-USATF **before** the first summertime track and field developmental meet series begins. There will be **No** more grace period as this has been done in past years. This also applies to those in the 15-18 years of age / Open and Master athletes.

**New & Renewal of 2009 USATF Memberships:** If individuals go directly on line with USATF and registers directly with USATF 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 direct online with USATF.**

## 2009 Maine USATF Committee Chairs and Appointments:

President: Valaree Foss - [metrkfld@roadrunner.com](mailto:metrkfld@roadrunner.com)

Vice President: Martin Kahler - [MKahler576@aol.com](mailto:MKahler576@aol.com)

Secretary: Tavi Norton - [nortons8@beeline.com](mailto:nortons8@beeline.com)

Treasurer: Dennis Kunces - [dennis.kunces@maine.gov](mailto:dennis.kunces@maine.gov)

Men's Track & Field: Rolland Ranson - [Rolland.ranson@umit.maine.edu](mailto:Rolland.ranson@umit.maine.edu)

Women's Track & Field: Stefanie Worster - [victrn@roadrunner.com](mailto:victrn@roadrunner.com)

Race Walking: Thomas Eastler - [eastler@maine.edu](mailto:eastler@maine.edu)

Women/Master LDR: Jerry LeVasseur - [jeradl@verizon.net](mailto:jeradl@verizon.net)

Men's LDR: Martin Kahler - [MKahler576@aol.com](mailto:MKahler576@aol.com)

Cross Country: Taylor Harmon - [iversrun@gmail.com](mailto:iversrun@gmail.com)

Masters Track & Field Co-Chairs: Martha Thornton - [marty.thornton@gmail.com](mailto:marty.thornton@gmail.com)

Christine Lipsky - [Christine.lipsky@noaa.gov](mailto:Christine.lipsky@noaa.gov)

Youth Athletics: Ronald Kelly - [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com)

Officials: Donald Berry - [chemman@fairpoint.net](mailto:chemman@fairpoint.net)

Membership & Club Registrations: [metrkfld@roadrunner.com](mailto:metrkfld@roadrunner.com)

or [meusatf@roadrunner.com](mailto:meusatf@roadrunner.com)

**General Information and Inquires:** [metrkfld@roadrunner.com](mailto:metrkfld@roadrunner.com)

**Web Site:** On the association's web site, 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@roadrunner.com](mailto:metrkfld@roadrunner.com) 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@roadrunner.com](mailto:metrkfld@roadrunner.com)



## 2008 MEUSATF Youth Track & Field NEW RECORD HOLDERS

Shot Put Youth Girls	42-05.50	8/9/2008	Jenna Serunian
Discus Throw Youth Girls	118-08	7/31/2008	Jenna Serunian
Long Jump Mite Boys	12-02.00	7/31/2008	Cayden Thompson
Triple Jump Midget Girls	32-02.75	8/9/2008	Tia Jackson
Pole Vault Youth Girls	9-06.00	8/9/2008	Lindsey Folsom
100 Meter Dash Mite Boys	15.37	8/9/2008	James Petersen
400 Meter Dash Mite Boys	1:13.80	8/9/2008	James Petersen
1500 Meter Run Midget Boys	4:54.85	8/9/2008	Will Shafer
1500 Meter Run Youth Girls	4:37.83	8/9/2008	Abbey Leonardi
800 Meter Run Youth Girls	2:18.90	7/31/2008	Abbey Leonardi
800 Meter Run Mite Boys	2:53.63	8/9/2008	James Mayo

## Race Walking News:

### Kevin Eastler – A legend retires.”

Friends and relatives, fellow athletes, sports reporters, and other interested persons,



The link below was just sent to me by two time Olympian Tim Seaman who has written an article in Walk Magazine about the retirement from competitive racewalking of our son Kevin. You will see that Tim has written this piece from his heart, and it

shows the eternal bond that was forged between these two great athletes over three Olympiads. We can imagine no finer tribute from one friend to another than this fond farewell from a two-time Olympian to his best friend, also a two-time Olympian. We hope you enjoy the article as we have, and we hope that you have enjoyed reading about and/or watching Kevin's progress over the last two decades plus of his athletic endeavors.

*Tom and Sue Eastler*

PS any use of the text in publication form should reference Walk Magazine and Tim Seaman, and the pictures of Kevin as a young racewalker were taken by Susan Eastler and the Beijing Olympics picture was taken by Jeff Salvage, Walking promotions “Kevin Eastler – A legend retires.” [http://www.walk-magazine.com/files/Jan\\_Feb.pdf](http://www.walk-magazine.com/files/Jan_Feb.pdf)

## 2009 TRACK & FIELD OFFICIAL'S CLINIC

**What:** The Maine Association of USA Track and Field will conduct a track and field official's clinic for **anyone** interested in officiating track and field or becoming certified or re-certified. This would apply to anyone interested in officiating the youth level, the high school level, and the college level. All clinics will be conducted by **Don Berry**, who is a Master Official in the sport and the *MEUSATF Officials Certification Chair*.

**3rd Clinic: April 4<sup>th</sup>**      **Where:** Town of Brunswick Meeting Facility at 44 Mc Keen St.  
Contact person for this clinic is **David Watson** – Master Official at: [wdwatson@suscom-maine.net](mailto:watson@suscom-maine.net)  
**Please see site – driving directions below.**

**4h Clinic: April 5<sup>th</sup>**      **Where: Town Council Chambers, Orono Municipal Building,**  
Main Street (council Chambers' entrance faces Main Street; park in bank lot across the street or in parking lot behind Fire Station. Building is between Fire Station and Irving Circle K Gas station)  
**Clinic Registration at 12:30 p.m. Clinic 1:00 to 4:30 p.m.**  
**Contact:** The local contact for this clinic is **Mary Cady**, Master Official and Meet Director, Orono, who can be contacted at: [marvcady@maine.edu](mailto:marvcady@maine.edu) or by calling 866-5674.

**Northern Maine:** No date or site has been established at this time.

**Why:** This clinic is designed to provide both a beginning and advanced levels of instruction. The presentation will cover all aspects of track and field officiating and rules review. There are three primary certification levels: Association Level for new officials, the National Level which requires two years of officiating at the Association Level, and the Master Level which requires written recommendations, at least three years experience at the National Level, and a higher degree of testing.

**How:** There is no cost to participants. Track rulebooks and testing materials will be available but are not required. This is the first of a series of clinics to be offered in the state this year. Drinks and snacks will be provided.

*The sport of track and field is a wonderful opportunity for the young and old within our communities to stay active. Educated officials only help to improve the experience for all of these athletes. We need more track and field officials in northern and eastern Maine. Hope to see you at the clinic!*

### **3<sup>rd</sup> Clinic – April 4<sup>th</sup> – Brunswick Meeting Facility** **Entering Brunswick from 295:**

Drive down the undivided four lane (Pleasant St.) until the third traffic light (there will be a Cumberland Farms on the left). Take the right at this traffic light (Stanwood Street) travel down Stanwood (crossing the railroad tracks) until the stop sign. This is the intersection of Stanwood and McKeen St. Take a left on McKeen St. and travel about 2/10ths of a mile, the meeting facility will be on the left.

### **Entering Brunswick from Topsham:**

Crossing the Green Bridge between Brunswick and Topsham, continue South on Maine Street. Travel across the Maine Street Railroad Crossing and continue South on Maine. As you continue South on Maine, there will be a large Church on your left. At this intersection bear to the right. Continuing South on Maine. McKeen Street will be the third street on the right. Turn right onto McKeen Street and travel to the Stop Sign. Travel through the intersection and the Meeting Facility will be on your right.

### **From the Bath Area:**

Travel into Brunswick on the Route #1 Bypass; continue off the end on the Bypass onto Mill Street, the Androscoggin River will be on your right. Continue South on Mill St., there will be grade that will travel to the intersection of Mill St. and Pleasant St. Upon approaching this intersection - keep to the left lane to travel straight through the intersection. **The street name has now changed to Stanwood Street.** Travel down Stanwood (crossing the railroad tracks) until the stop sign. This is the intersection of Stanwood and McKeen St. Take a left on McKeen St. and travel about 2/10ths of a mile, the Meeting Facility will be on the left.

## Steps for Certification – High School & USATF Official Levels

**High School\*:** Officials wanting to work only high school meets need to take the National High School Federation Exam and pass with a satisfactory score of 80% correct on a yearly basis like other sports officials and attend a yearly officials' clinic. Submit testing material to MEUSATF Certification Chairman – Donald Berry. *\* Note: To be eligible for the NUSATF Officials Liability Insurance you must take the NUSATF Officials exams for your certification level and must maintain a yearly USATF Membership number for the Liability Insurance to be valid.*

### USATF Certified Official's:

#### Association level\*\*

1. Complete an entire Officials' Training Clinic program
2. Submit to MEUSATF Certification Chairman – Donald Berry each of the following:
  - a. A completed open book written exam on the USATF rules with a satisfactory score of 80% correct along with B A photo, fully completed USATF Certification and Database form, meet resume of athletics events worked during the past 2 years

*\* Note: To be eligible for the NUSATF Officials Liability Insurance you must take the NUSATF Officials exams for your certification level and must maintain a yearly USATF Membership number for the Liability Insurance to be valid.*

**National Level\*\*** To be promoted to the National Level Certified USATF Official you must:

1. Serve at the Association level for at least (2) years as documents by a resume of competitions officiated during the period and completed/signed meet practicum form. This practicum requires official to complete 10 separate athletics competition. At least 10 competitions must include the following types of athletics competition:

- Meet governed by USATF rules (Youth, Open or Masters)
- Meet governed by NCAA rules (College or University)
- Meet governed by High School Federation Rules

2. Complete the USATF open book test on rules with a minimum passing score of 90%
3. Complete a revised USATF Certification and Database form and submit to the Certification Chairperson your meet resume and the certification chair will indicate on the application form area(s) of officiating specialization. This will be required.
4. Attend an officials' clinic
  - *Note: To be eligible for the NUSATF Officials Liability Insurance you must take the NUSATF Officials exams for your certification level and must maintain a yearly USATF Membership number for the Liability Insurance to be valid.*

**Master Level\*\*** This level is reserved for a very few extraordinary officials specialized in Meet Management, Starting, Track Events, Field Events, Race Walk, Distance Run or Multi-Events. The Master Official must be capable of serving as the head official for an event in a major championship.

1. Serve as a National Level USATF Certified Official for at least (3) years
2. Prove under supervision to be an expert official within a specific area of officiating and submit at least (1) letter of recommendation from each of the following: (A) a current Master Level Official and (B) a Meet Director or Coach.
3. Demonstrate a willingness to contribute voluntary service to officiating within your association – i.e. teaching, association business, active participation in fund raising etc.
4. Complete the USATF open book test with a minimum passing score of 95%
5. Attend an officials' clinic in a leadership role as a clinician

*\* Note: To be eligible for the NUSATF Officials Liability Insurance you must take the NUSATF Officials exams for your certification level and must maintain a yearly USATF Membership number for the Liability Insurance to be valid.* This insurance is going to give each of us the coverage when we are doing all non-USATF (non-sanctioned meets) track & cross country meets anywhere in the country.

**\*\*It is stated position of the USATFOC that all certified officials will take the open book exam every (4) years or at the beginning of the new Olympiad.**

All of the tests for recertification are available at:

<http://www.usatfofficials.com/certification.html>

If you do download and complete the exam for your level, please scan and send it to me for grading. Remember that no one can be certified until the USATF membership and certification fees are paid and a clinic is attended.

The cost of recertification and NEW certifications; this year - 2009 is \$30 plus \$15 to recertify and new certifications. The \$15 fee is for the four years of the Olympiad and the \$30 is for membership in USATF each year. You cannot be certified until both of these fees are paid. \$9.95 of the \$30 fee is for the liability insurance coverage that each of you will have with your membership and must be maintained on a yearly base in order for the liability insurance to be valid (\$30.00).

**MEUSATF Certification Chair:** Donald Berry  
115 Searsmont Rd.  
Belmont, Me. 04952  
**E-mail:** [chemman@fairpoint.net](mailto:chemman@fairpoint.net)

## Maine USATF LDR Report

2008 was another successful year for the Grand Prix thanks to the participants. We had more runners and one more team. Going into our 4<sup>th</sup> year we will keep the same 9 races including 2 northern races.

We had hoped to get an additional sponsor but it didn't work out. The next race is the Sea Dogs mother's day 5K in Portland on May 10 followed by the Sugarloaf 15K and marathon on May 17.

Remember to let Jerry LeVasseur know if you're participating. Your best 5 races count. As in past years there is competition in 10 year age groups for individuals, teams and age graded.

More information can be found on [meusاتف.org](http://meusاتف.org) and [maine-trackclub.com](http://maine-trackclub.com)

*Jerry LeVasseur*

## Masters Track and Field Report

*Marty Thornton*

The Masters/Open/Youth Indoor Championships were held at the University of Maine in February. With the threat of a huge Nor'easter looming over us we saw many of those who had preregistered show for the event. The level of participation was lower, however, because of the storm and those who would normally have just popped out for the event stayed snug and warm in their homes. Of course, the storm didn't come until very late in the evening and everyone made it home without encountering anything other than a few random rain showers! There were a total of 68 athletes from Maine, Massachusetts, New Hampshire and Canada. Results follow:

2009 Youth/Open/Masters Indoor Championship - 2/22/2009

University of Maine, Orono

Women 55 Meter Hurdles Open Finals

1, Folsom, Lindsey, Una, 9.30. 2, Snyder, Jennifer, Una, 9.35.

3, Mannarino, Marcy, Invictus, 9.93.

Women 55 Meter Dash Youth

1, Torton, Emma-Jane, Una, 8.33.

Women 55 Meter Dash Open

1, Snyder, Jennifer, Una, 7.74. 2, Folsom, Lindsey, Una, 7.88.

3, Mannarino, Marcy, Invictus, 8.36.

Women 50-54 55 Meter Dash

1, Williams, Kimberly, Una, 9.34.

Men 55 Meter Dash Youth

1, Kimball, Daniel, Una, 11.21. 2, Norton, Ian, Somerset, 11.36.

Men 55 Meter Dash Open

1, Cultrera, Anthony, Somerset, 6.97. 2, Sterling, Nick, Invictus,

7.01. 3, Bates, Dillon, Invictus, 7.05. 3, Cullens, Justin, Una,

7.05. 5, Ellis, Nathan, Una, 7.23. 5, Hartman, Carson, Invictus,

7.23. 5, Switzer, Michael, Una, 7.23. 8, Blaise, Alden, Invictus,

7.58. 9, Petkov, Mike, Una, 7.59. 10, Kimball, Matthew, Una,

8.00. 11, McKinley, Derek, Invictus, 8.01.

Men 30-34 55 Meter Dash

1, Ditzel, Michael, Una, 7.76.

Men 40-44 55 Meter Dash

1, Alexis, Jonathan, Una, 7.50. 2, Kimball, Richard, Una, 8.17.

Men 45-49 55 Meter Dash

1, Edwards, David, Una, 9.20.

Men 50-54 55 Meter Dash

1, Snow, Steven, Una, 7.61.

Men 60-64 55 Meter Dash

1, Rundlett, Ellsworth, Una, 9.13. 2, Blackmer, Bruce, Una, 10.23.

Women 1 Mile Run Open

1, Bradley, Cait, Una, 5:11.94. 2, Ricupero, Krista, Invictus, 6:34.47.

Women 50-54 1 Mile Run

1, Lein, Karen, Una, 7:31.91.

Men 1 Mile Run Open

1, Mako, Calvin, Invictus, 5:36.51. 2, Macone, Matt, Invictus, 5:42.10. 3, Smelcer, Alex, Una, 5:50.90. 4, Smelcer, Nick, Una, 6:39.18. 5, McKillen-Godfried, Isaac, Una, 7:04.00.

Men 45-49 1 Mile Run

1, Thibodeau- Canadian, Paul, Una, 5:07.80. 2, Edwards, David, Una, 5:42.89.

Men 55-59 1 Mile Run

1, Young, David, Una, 6:38.22.

Women 50-54 2 Mile Run

1, Lein, Karen, Una, 17:04.83.

Men 2 Mile Run Open

1, Goupee, Andrew, Una, 10:35.05. 2, McKillen-Godfried, Isaac, Una, 16:11.08.

Men 45-49 2 Mile Run

1, Edwards, David, Una, 12:20.30.

Men 65-69 2 Mile Run

1, Allen, Doug, Una, 14:49.59.

Women 400 Yard Dash Youth

1, Torton, Emma-Jane, Una, 1:07.53.

Women 400 Yard Dash Open

1, Woods, Erica, Invictus, 1:15.71.

Men 400 Yard Dash Open

1, Switzer, Michael, Una, 57.13. 2, Tree-Canadian, Andrew, Una, 58.10. 3, Means, Ryan, Invictus, 58.98. 4, Maertens, Mathieu, Invictus, 1:01.60. 5, Brooks, Mark, Una, 1:01.87. 6, Blaise, Alden, Invictus, 1:02.16. 7, Ellis, Matt, Invictus, 1:03.49.

Men 55-59 400 Yard Dash

1, Burch, Tim, Una, 1:10.62. 2, Young, David, Una, 1:28.02.

Men 60-64 400 Yard Dash

1, Rundlett, Ellsworth, Una, 1:17.42.

Women 3000 Yard Race Walk Youth

1, Dang, Elizabeth, Una, 24:33.12.

Men 3000 Yard Race Walk Youth

--, Smelcer, Nick, Una, DQ.

Men 3000 Yard Race Walk Open

1, McKinley, Derek, Invictus, 23:10.26. 2, Anderson, Dustin, Invictus, 23:19.50.

Men 55-59 3000 Yard Race Walk

1, Young, David, Una, 24:38.24.

Women 800 Yard Run Open

1, Woods, Erica, Invictus, 3:03.73.

Women 50-54 800 Yard Run

1, Williams, Kimberly, Una, 3:33.92.

Men 800 Yard Run Open

1, Goupee, Andrew, Una, 2:20.31. 2, Means, Ryan, Invictus, 2:21.46. 3, Macone, Matt, Invictus, 2:30.83. 4, Anderson, Dustin, Invictus, 2:37.23. 5, Smelcer, Alex, Una, 2:41.19. 6, Smelcer, Nick, Una, 3:06.93. 7, Moody, George, Invictus, 3:50.32.  
Men 45-49 800 Yard Run  
1, Suchan, Vladimir, Una, 2:34.29.  
Men 55-59 800 Yard Run  
1, Burch, Tim, Una, 2:48.58. 2, Young, David, Una, 3:11.78.  
Men 60-64 800 Yard Run  
1, Blackmer, Bruce, Una, 3:26.98.  
Women 200 Yard Dash Youth  
1, Torton, Emma-Jane, Una, 30.45.  
Women 200 Yard Dash Open  
1, Folsom, Lindsey, Una, 30.43. 2, Mannarino, Marcy, Invictus, 31.59.  
Men 200 Yard Dash Youth  
1, Norton, Ian, Somerset, 44.05.  
Men 200 Yard Dash Open  
1, Cultrera, Anthony, Somerset, 24.51. 2, Brooks, Mark, Una, 26.65. 3, Blaise, Alden, Invictus, 26.65. 4, Bates, Dillon, Invictus, 27.36. 5, Cullens, Justin, Una, 27.36. 6, Ellis, Matt, Invictus, 27.56. 7, Sterling, Nick, Invictus, 27.56. 8, McKinley, Derek, Invictus, 29.51.  
Men 30-34 200 Yard Dash  
--, Ditzel, Michael, Una, DNF.  
Men 45-49 200 Yard Dash  
1, Edwards, David, Una, 33.61.  
Men 50-54 200 Yard Dash  
1, Snow, Steven, Una, 27.70.  
Men 55-59 200 Yard Dash  
1, Burch, Tim, Una, 31.21.  
Men 60-64 200 Yard Dash  
1, Rundlett, Ellsworth, Una, 32.87. 2, Blackmer, Bruce, Una, 38.47.  
Men Weight Throw Open  
1, Jackson, John, Una, 14.77m, (48-05.50). 2, Michaud, Derek, Una, 12.05m, (39-06.50). 3, Harmon, Matthew, Una, 11.27m, (36-11.75). 4, Clark, Donald, Una, 11.20m, (36-09).  
Women Shot Put Open  
1, Harmon, Katherine, Una, 9.34m, (30-07.75).  
Women 50-54 Shot Put  
1, Williams, Kimberly, Una, 6.42m, (21-00.75).  
Men Shot Put Open  
1, Clark, Donald, Una, 13.18m, (43-03). 2, Harmon, Matthew, Una, 12.05m, (39-06.50). 3, Moody, George, Invictus, 6.58m, (21-07.25).  
Men 30-34 Shot Put  
1, Michaud, Derek, Una, 11.20m, (36-09).  
Men 60-64 Shot Put  
1, Blackmer, Bruce, Una, 6.96m, (22-10).  
Women Pole Vault Open  
1, Folsom, Lindsey, Una, 2.75, (0.06m).  
Men Pole Vault Open  
1, Mako, Calvin, Invictus, 3.36m, (11-00.25). 2, Lenz, Jon, Invictus, 2.76m, (9-00.50). 3, Bates, Dillon, Invictus, 1.83m, (6-00).  
Women High Jump Open  
1, Harmon, Katherine, Una, 1.32m, (4-04).  
Women 50-54 High Jump

1, Williams, Kimberly, Una, 1.12m, (3-08).  
Men High Jump Open  
1, Lenz, Jon, Invictus, 1.77m, (5-09.75). 2, Maertens, Mathieu, Invictus, 1.72m, (5-07.75).  
Men 40-44 High Jump  
1, Alexis, Jonathan, Una, 1.57m, (5-01.75).  
Men 60-64 High Jump  
1, Blackmer, Bruce, Una, 1.01m, (3-03.75).  
Women Long Jump Youth  
--, Mannarino, Marcy, Invictus, FOUL.  
Women Long Jump Open  
1, Kelley, Candace, Una, 4.62m, (15-02). 2, Harmon, Katherine, Una, 4.34m, (14-03).  
Women 50-54 Long Jump  
1, Williams, Kimberly, Una, 3.06m, (10-00.50).  
Men Long Jump Youth  
1, Norton, Ian, Somerset, 2.33m, (7-07.75).  
Men Long Jump Open  
1, Cultrera, Anthony, Somerset, 5.65m, (18-06.50). 2, Lenz, Jon, Invictus, 5.62m, (18-05.25). 3, Potvin, Jon, Invictus, 5.56m, (18-03). 4, Brooks, Mark, Una, 5.54m, (18-02.25). 5, Petkov, Mike, Una, 5.22m, (17-01.50). 6, Cullens, Justin, Una, 4.87m, (15-11.75). 7, Ellis, Nathan, Una, 4.10m, (13-05.50). --, Hartman, Carson, Invictus, FOUL.  
Men 50-54 Long Jump  
1, Snow, Steven, Una, 5.25m, (17-02.75).  
Men Triple Jump Open  
1, Potvin, Jon, Invictus, 12.25m, (40-02.25). 2, Lenz, Jon, Invictus, 11.85m, (38-10.50). 3, Petkov, Mike, Una, 11.18m, (36-08.25).  
Men 50-54 Triple Jump  
1, Snow, Steven, Una, 10.01m, (32-10.25).  
Men 4x400 Meter Relay Club Relay  
1, Invictus 'A' (Maertens, Mathieu 18, Ellis, Matt 18, Bailey, Joe 19, Means, Ryan 18), 4:12.06. 2, Invictus 'B' (McKinley, Derek 20, Hross, Mike 20, ), 4:36.16.  
Men 4x200 Meter Relay Club Relay  
1, Somerset 'A' (Cultrera, Anthony 17, Cullens, Justin 17, Petkov, Mike 19, Switzer, Michael 26), 1:43.52. 2, Invictus 'A' (Bailey, Joe 19, Follis, Kevin 21, Lenz, Jon 19, Sterling, Nick 18), 1:44.91.

## 2008 Cross Country Results

### Maine USATF Championships at Cony HS 11/16/08

**3K Bantam Girls:** 1 Byrne, Emma -Una 13:34.00. 2 White, Adrianna -Lewiston Rec 14:08.00, 3 Volan, Laura -Scarboro 14:13.00, 4 Geiser, Arianna -Una 15:30.00, 5 McKeown, Erin -Scarboro 16:54.00.

**3K Midget Girls:** 1 Staples, Alissa -Scarboro 12:57.00, 2 Byrne, Marley 01-Scarboro 13:04.00, 3 Lachapelle, Sydney -Scarboro 13:23.00, 4 Robbins, Hannah -Scarboro 14:13.00, 5 McKeown, Morgan -Scarboro 14:27.00, 6 Feeney, Lucy -Una 15:31.00, 7 Chavarie, Rachael -Una 15:33.00

**4K Youth Girls:** 1 MACE, Abby -Lakers TC 13:56.00, 2 McMahon, Katie-Lakers TC 14:57.00, 3 Dickens, Sarah -Lakers TC 15:16.00, 4 Chavarie, Sara -Lakers TC 15:58.00, 5 Wilcox, Lucy -Lakers TC 16:53.00, 6 Neureuther, Destin -Lakers TC 18:27.00, 7 Beliveau, Sylvia -Lewiston Rec 19:42.00

**5K Intermediate Girls:** 1 Fecteau, Lauren -Lakers TC 20:59.00, 2 Lam, Melody -Lakers TC 20:59.70, 3 Burr, Taylor -Lakers TC 21:45.00, 4 Haluska, Michelle -Lakers TC 22:04.00, 5 Beede, Morgan -Lakers TC 22:16.00, 6 Hawks-Can, Morgan Una 22:40.00, 7 Cullenberg, Addie -Lakers TC 23:16.00, 8 Marks, Kaitlyn -Lakers TC 23:23.00, 9 Clemetson, Elizabeth -Una 24:57.00, 10 Cormier-CAN, Julia -Una 25:14.00

**5K Young Women:** 1 MACPHERSON-CAN, Sa Una 19:41.00

**3K Bantam Boys:** 1 Sholl, Andrew -Scarboro 11:53.00, 2 Rusak, Sam -Scarboro 12:51.00, 2 Tardiff, Colin -Scarboro 12:51.00, 4 Mayo, James-Una 12:58.00, 5 Coffin, Maxwell -Scarboro 13:12.00, 6 Richardson, Caleb -Augusta Rec 14:02.00, 7 Grover, David -Scarboro 14:20.00, 8 Deangelis, Luca -Una 14:40.00, 9 Arsenault, Riley -Scarboro 14:45.00, 10 Dumas, Noah -Augusta Rec 14:50.00

**3K Midget Boys:** 1 Shafer, Will -Scarboro 10:34.00, 2 Mace, Kelby -Scarboro 10:45.00, 3 Wilcox, Eric -Scarboro 11:16.00, 4 Curtis, Daniel -Scarboro 11:20.00, 5 Crawford, Wes -Scarboro 11:45.00, 6 Ware, Sam -Scarboro 11:51.00, 7 Stanhope, Jonathan Una 12:05.00, 8 McDonough, Riley Una 12:29.00, 9 Williams, Nigel -Scarboro 12:37.00, 10 Dumas, Nicholas Pa 01-Augusta Rec 12:41.00, 11 Kenney, Jerry -Scarboro 12:50.00, 12 Gerber, Sam Una 13:20.30, 13 Ripley, Aidan Una 13:42.00, 14 Peters, Ryan -Scarboro 13:58.00

**4K Youth Boys:** 1 Reifman-Packett, A Una 13:03.00, 2 Lumenello, Christi Una 13:51.00, 3 Ornstein, Daniel -Scarboro 14:41.00, 4 Blair, Robbie Una 16:07.00, 5 Tomasello, Alex Una 16:43.00, 6 Robichaud, Thomas Una 17:21.00, 7 Appleby-Can, Luke Unattached 17:34.00, 8 Staples, Dustin -Scarboro 18:12.00

**5K Intermediate Boys:** 1 Fontaine, Luke -Lakers TC 16:59.00, 2 Cullenberg, Kelton -Lakers TC 17:01.00, 3 Geoghean, William -Lakers TC 17:25.00, 4 Cassidy, Liam 01-Lakers B 17:26.00, 5 Terwilliger, Jack 01-Lakers B 17:30.00, 6 Price, Logan -Lakers TC 17:31.96, 7 Jones, Charlie 01-Lakers B 17:51.00, 8 Piccirillo, Evan -Lakers TC 18:02.00, 9 Moser, Alexander 01-Lakers B 18:07.00, 10 Murdoch, Robin -Lakers TC 18:10.00, 11 Beede, Brian 01-Lakers B 18:24.00, 12 McMullin-Can, Scot Unattached 19:34.00, 13 Luchini, Alex -Lakers TC 19:35.00, 14 Tomoszewski, Igor Unattached 19:35.30, 15 Horan, Patrick -Lakers TC 20:57.00, 16 Hodge, Spencer -Lakers TC 23:31.00

**5K Young Men:** 1 Kaake, Jason -Lakers TC 16:44.00, 2 Seekins, Sam -Lakers TC 17:02.00, 3 Dundas, Taylor -Lakers TC 17:13.00, 4 Rand, Matt -Lakers TC 17:32.00, 5 Lepage, James -Lakers TC 17:59.00, 6 McCauley, Mark -Lakers TC 18:03.00, 7 Robinson, Craig -Lakers TC 18:09.00, 8 Greeley, Justin -Lakers TC 18:40.00, 9 Purcell, Stephen -Lakers TC

19:20.00, 10 Brooks, Richie Una 19:49.00, 11 Kahl, Elliott Una 20:27.00, 12 Schwartz, Taylor Una 23:31.00

## **Region 1 Championships — Van Cortlandt Park— 11/23/2008**

**3K Bantam Girls:** 10-White, Adrianna -Lewiston Rec—13:54.07, 16 Byrne, Emma Una-Maine-14:07.00 (race had 105 runners)

**3K Bantam Boys:** 10-Sholl, Andrew -Scarboro-12:53.64, 19 Tardiff, Colin -Scarboro 13:06.93, 31-Mayo, James -una-13:36.56, 44 Coffin, Maxwell—Scarboro—14:05.81, 45 Rusak, Sam-Scarboro-14:06.76, 66 Arsenault, Riley—Scarboro-15:12.41, 69 Richardson, Caleb -Augusta Rec-15:20.94, 102 Dumas, Noah-Augusta Rec-17:46.52

(race had 106 runners) Scarborough TC finished 2nd

**3K Midget Girls:** 46-Staples, Alissa -Scarboro TC-13:25.99, 66 Byrne, Marley-Scarboro TC-14:02.18, 72-Roberts, Hannah-Scarboro TC-14:24.10, 85 Chavarie, Rachael-una-15:07.22, 91 Lachapelle, Sydney-Scarboro TC-15:31.43, 104 McKeown, Morgan-Scarboro TC-17:07.92

(113 runners—Scarboro TC finished 10th)

**3K Midget Boys:** 1 Shafer, Will-Scarboro TC-11:14.60, 2 Mace, Kelby-Scarboro TC-11:24.31, 14 Curtis, Daniel-Scarboro TC-11:50.21, 24 Harris, Isaiah-Scarboro TC-12:08.58, 29 Crawford, Wes-Scarboro TC-12:16.97, 34 Wilcox, Eric-Scarboro TC-12:23.64, 50 Dumas, Nicholas-Augusta Rec-12:52.22, 52 Williams, Nigel-Scarboro TC-12:52.98, 81 Ware, Sam-Scarboro TC-13:27.81, 89 Kenney, Jerry-Scarboro TC-13:46.81, 109 Harris, Elijah-Scarboro TC-14:32.53

(127 runners—Scarboro TC finished 2nd)

**4K Youth Girls:** 1 Mace, Abby -Lakers TC-15:16.15, 2 Hendry, Fiona-Lakers TC-15:37.18, 14 McMahon, Katie-Lakers TC-16:13.80, 15 Dickens, Sarah-Lakers-16:16.71, 44 Chavarie, Sara-Lakers TC-17:32.49, 63 Wilcox, Lucy -Lakers TC-18:25.34, 78 Neureuther, Destinee-Lakers TC-19:33.51, 79 Beliveau, Sylvia—Lewiston Rec-19:33.87

(96 runners—Lakers TC—1st place)

**4K Youth boys:** 3 Reifman-Packett, Andrew-una Me-14:15.87, 45 Ornstein, Daniel-Scarboro TC-15:38.14, 88 Staples, Dustin-Scarboro TC-20:41.15

(89 runners)

**5K Intermediate Girls:** 7 Lam, Melody-Lakers TC-20:12.19, 13 Burr, Taylor-Lakers TC-20:53.14, Haluska, Michelle-Lakers TC-21:16.71, 15 Beede, Morgan-Lakers TC-21:20.67, 23 Cullenberg, Addie-Lakers TC-21:26.88

(40 runners—Lakers TC finished 2nd)

**5K Intermediate Boys:** 1 Geoghean, William-Lakers TC-16:25.33, 2 Fontaine, Luke-Lakers TC-16:29.54, 3-Cullenberg, Kelton-16:38.56, 4-Price, Logan-Lakers TC-16:41.59, 5 Terwilliger, Jack-Lakers TC-16:44.98, 6-Moser, Alexander-Lakers TC-16:46.26, 8 Cassidy, Liam-Lakers TC-16:59.40, 14 Jones, Charlie-Lakers TC-17:29.81, 31 Beede, Brian-Lakers TC-18:19.62, 45 Luchini, Alex-Lakers TC-19:14.05, 61 Hodge, Spencer-Lakers TC-22:24.26

(64 runners-Lakers TC finished 1st)

**5K Young Women**—no Maine runners

**5K Young Men: 1 Kaake, Jason-Lakers TC-16:21.59, 4** Seekins, Sam-Lakers TC-16:31.74, **5 Rand, Matt-Lakers TC-16:39.41, 6** Robinson, Craig-Lakers TC-16:41.23, **7** McCauley, Mark—Lakers TC-16:42.57, **9** Dundas, Taylor-Lakers TC-16:45.58, **11** Lepage, James-Lakers TC-16:54.70, **21** Greeley, Justin-Lakers TC-17:42.51, **30** Purcell, Stephen-Lakers TC-18:24.16.  
(41 runners—Lakers TC finished 1st)

**National Junior Olympic XC Championships**  
**December 13, 2008**  
**Pole Green Park, Mechanicsville, VA**  
*Athletes in italics are All Americans! (top 25)*

**5K Bantam Girls:** 31 White, Adrianna-Lewiston Rec-12:41  
(221 runners)

**5K Bantam Boys:** 27 Sholl, Andrew-Scarboro TC-11:49, 83 Rusak, Sam-Scarboro TC-12:35, 99 Tardiff, Colin-Scarboro TC-12:45, 142 Grover, David-Scarboro TC-13:23, 189 Arsenault, Riley-Scarboro TC-14:25  
(221 runners, 16 teams—Scarborough placed 8th)

**5K Midget Girls: no Maine qualifiers**

**5K Midget Boys:** *10-Shafer, Will-Scarboro TC-10:33, 11-Mace, Kelby-Scarboro TC-10:34, 127-Williams, Nigel-Scarboro TC-11:38, 131-Wilcox, Eric-Scarboro TC-11:40, 161-Crawford, Wes-Scarboro TC-11:55, 200-Kenney, Jerry-Scarboro TC-12:38, 221- Ware, Sam-Scarboro TC-13:03*  
(246 runners, 19 teams, Scarboro placed 11th)

**4K Youth Girls:** *6-Mace, Abby-Lakers TC-15:07, 59-McMahon, Katie-Lakers TC-16:20, 155-Chavarie, Sara-Lakers TC-17:28, 201-Wilcox, Lucy-Lakers TC-18:24, 235-Neureuther, Dustin-Lakers TC-19:52*  
(237 runners, 16 teams, Lakers placed 10th)

**4K Youth Boys:** 57-Reifman-Packett, A-Una ME-14:28  
(269 runners)

**5K Intermediate Girls:** 33-Lam, Melody-Lakers TC-20:02, 51-Burr, Taylor-Lakers TC-20:53, 79-Haluska, Michelle-Lakers TC-21:42, 84-Beede, Morgan-Lakers TC-21:53, 88-Cullenberg, Addie-Lakers TC-21:56  
(118 runners, 11 teams, Lakers finished 8th)

**5K Intermediate Boys:** *2-Cullenberg, Kelton-Lakers TC-16:08, 7-Cassidy, Liam-Lakers TC-16:25, 10-Geoghean, Will-Lakers TC-16:30, 19-Price, Logan-Lakers TC-16:38, 21-Moser, Alexander-Lakers TC-16:39, 35-Fontaine, Luke-Lakers TC-16:58, 38-Terwilliger, Jack-Lakers TC-16:59, 152-Jones, Charlie-Lakers TC-18:25, Beede, Briar-Lakers TC-18:42*  
(213 runners, 20 teams, **Lakers TC finished 1st**)

**5K Young Women:** no Maine runners

**5K Young Men:** *22-Kaake, Jason-Lakers TC-16:28, 26-Rand, Matt-Lakers TC-16:33, 41-Seekins, Sam-Lakers TC-15:58,*

*45-Dundas, Taylor-Lakers TC-16:59, 96-Greeley, Justin-Lakers TC-18:07, 97-Purcell, Stephen-Lakers TC-18:08*  
(135 runners, 9 teams, Lakers finished 6th)

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## 2009 USATF Level 1 Coaches Clinic

Dear Coaches and Athletic Directors,

At this time, Maine USATF association will be co-hosting a 2009 USATF Level 1 Coaches Clinic with the New England Association.

The school will be held at **Governors Academy in Newbury MA from July 24 through 26.**

The Level I school lasts 20 hours over three days, and covers fundamentals of sports science and training in the various event groups. Appropriate for new and experienced coaches alike, it's designed so all coaches will be "speaking the same language" regarding training terminology. Level I is becoming a requirement for many college and HS positions, and is a pre-requisite to attend the specialized week-long Level II schools. A new youth oriented Level II is also being developed.

More information on the USATF Coaching Education program can be found at the [USATF Coaches' Education website](http://www.usatfne.org). **On-line registration for the July Level I school will begin in early March.** For your convenience, the New England association's web site address is: [www.usatfne.org](http://www.usatfne.org)

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### *Dates for your calendar!*

*June 20-21, 2009-Region 1 Qualifier (Junior Olympics)*

*July 18, 2009—Open/Masters Outdoor TF Champs*

*August 8, 2009-14 & Under Championships*

Check the web site regularly for updates on meets and events! Run smart, run safe, practice good sportsmanship! Represent you team, school, or club by observing the rules and being the best you can be by practicing good sportsmanship and safety.