



### **President's Letter:**

#### **Valaree Foss – Maine USATF President**

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

I would like to wish everyone a happy and a prosperous New Year for 2008. For 2007, Maine USATF was a very busy organization from the youth to the masters programs. The association along with the University of Maine – Orono Campus once again held the *USA Masters Outdoor Track and Field Championship event*. Many of our own Maine based club master athletes took home ribbons and medals. 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 it's infancy, more attendance is needed to continue to have this program available to all the age groups. For 2008, 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). The Youth Program under the direction of Ron Kelly "is one of the best ran youth based program within the country" remarks that the association board members often hear from other USATF Associations. The Race Walk Program, Thomas Eastler – RW Chair is continually growing strong with more Olympic hopefuls developing from this program.

**USATF Association Gold Award:** August 2007, our association once again received the 2006 Gold Award in Recognition of Outstanding Associations from USATF (there are 57 associations within USATF organization). This is the fourth time the Maine Association has been awarded such prestigious award for meeting the stringent criteria set forth by USATF.

**USATF Prestigious Awards Recipients:** At the 2007 USATF National Convention, five of Maine's own received various awards: **Valaree Foss** of Canaan and **Paul W. Morency** of

Clinton received the *USATF National Officials' Committee Chair Award*. The award is given in recognition of *Outstanding Efforts & Achievement over the past year and through their Dedication & Leadership they both have shown tremendous support of their committee*.



*They both have diligently put fourth the type of effort that helps the National Committee reach the goals and purposes of all their programs.* From the USATF Race Walk Committee; the **Captain Ron Zinn Race Walking Award** was awarded to **Olympian Kevin Eastler** formally of Farmington, **Lauren Forgues** of Boothby and the Maine Association received this award for the Outstanding Race Walk Association. The **Mike Riban Award** was presented to **Bart Heisey** of Wilton. Congratulations to each and everyone.

#### **2008 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 activities. For 2007, out of 32 Youth based clubs, only 14 clubs submitted the mandatory background screening forms on their coaches/volunteers to the association's screening agent – Paul W. Morency. Clubs must adhere to the mandatory screening rules set forth by USATF.

**2008 MEUSATF Indoor Championship Meet:** MEUSATF will be hosting an Indoor T&F / RW Championship Meet at the University of Maine - Orono Campus – Memorial Gymnasium on **Feb. 24**, competition begins at 11:00 am. There are events for the youth athletes / Open and Master athletes. Meet Entry form / information is posted on our web site at: [www.meusatf.org](http://www.meusatf.org)

**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)

### **USATF Youth & Adult 2008 Membership**

**Rate:** At the 2007 MEUSATF October Annual Meeting the topic of USATF membership rates were discussed. After much discussion a motion was made; that if youth clubs get **ALL** of their youth athlete's registration forms to the association's office and post marked by **12 July 2008** the fee will remain \$14.00 and **after** 12 July 2008 the youth registration fee will be \$15.00, and will remain at \$15.00 throughout the remainder of 2008 as well as for the following year - 2009. Voted on and passed unanimously. (October 2007 minutes are posted on the association's web site).

**Adults** (19 and above) cost will remain at **\$25.00** / calendar year.

**New & Renewal of USATF Memberships: To receive the MEUSATF discount cost, athletes of all ages must submit the USATF Membership application to the association's office. If individuals go on line and registers directly with USATF cost is as follows: Youth - \$19.95 and Adults - \$29.95. 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.**

As an Association we do not want to pass such a large increase onto our members, but also need to look at running the association in a prudent manner and believe this is possible with the fees we have set forth.

### **LDR Report 2007**

The 2<sup>nd</sup> year of the Grand Prix was more successful than 2006 with greater participation from individuals and one more club. Maine Running Company Gift certificates provided by Maine running Company and MEUSATF, totaling \$1,755 were given out at the awards meeting. Seven races were run with six counting.

Maine Track Club won the Club award, a perpetual plaque, while Dirigo RC won the men's open and men's masters divisions. Maine Track Club won the men's Grand Masters and Veteran's and women's Open and Masters. Individual winners were Ethan Hemphill and Carry Buterbaugh in open, Todd Coffin and Susan Wiemer in Masters, Jim Toulouse and Carol Fanning in Grand Masters, Bill Hall and Judith Hardenbrook in Veterans and Bob Jolicoeur in Seniors. Anyone who did not get their award can pick it up at Maine running Company in Portland.

Two representatives from northern clubs attended the December meeting and indicated interest in participating in the Grand Prix so several northern races were added. Total races are eleven with six counting toward year end awards. All races must be sanctioned which may mean Great Pumpkin being dropped.

*Jerry LeVasseur, Women/Masters LDR*

### **Cross Country Results State, Regional, National**

#### **Maine USATF XC Championships - 11/11/2007**

Cony HS

*Results (Canadian results removed)*

**BANTAM Girls 3 K:** 1 38 Staples, Alissa-Una-14:22, 2 Byrne, Emma -Lewiston Rec-14:24, 3 White, Adrianna-Lewiston Rec-15:09, 4 Chavarie, Rachael-Una-15:53, 5 McKeon, Morgan-Scarborough-21:50.

**BANTAM Boys 3 K:** 1 Berkshire, Jack-Una-15:51

**MIDGET Girls 3 K:** 1 Wilcox, Lucy-Una-13:16, 2 Byrne, Marley-Lewiston-13:17, 3 Payson, Abby-Falmouth-13:23, 4 Colan, Caroline-Lewiston-13:24, 5 Beliveau, Sylvia-Lewiston-16:42, 6 Boyman, Katharine-Lakers TC-17:39

**MIDGET Boys 3K:** 1 Ornstein, Daniel-Scarborough-11:38, 2 Moulin, Wout-Scarborough-11:40, 3 Shafer, Will-Una-12:22, 4 Foshay, Brady-Scarborough-12:26, 5 Tannenbaum, Zachary-Lewiston-12:27, 6 Knutsen, Max-Scarborough-12:30,

7 Wilcox, Eric-Una-12:32, 8 Dumas, Nicholas - Augusta-12:41, 9 Gervais, Colton-Scarborough-13:23, 10 Blair, Robbie-Una-15:49

**YOUTH Girls 4K:** 1 Leonardi, Abbey-Lakers TC-13:57, 2 Durgin, Emily-Lakers TC-14:19, 3 Mace, Abby-Lakers TC-14:54, 4 Allen, Hannah-Una-16:09, 5 Chavaria, Sara-Una-16:17, 6 Weigel, Sarah-Lakers TC-16:21, 7 Court-Menendez, Nicole-Lakers TC-17:58, 8 Aldrich, Courtney-Una-19:08, 9 Cullenberg, Addie-Una-19:35, 10 Turmel, Mary-Una-22:43

**YOUTH Boys 4K:**

1 Nickerson, Benjamin-Falmouth-13:41, 2 Murdock-Can, Robin-Una-13:54, 3 Payson, Maxwell-Falmouth-14:01, 4 Follo, Tim-Falmouth-14:10, 5 Lundquist, Will-Falmouth-14:21, 6 McGrory, Conor-Falmouth-14:22, 7 Burke, Ethan-Lakers TC-16:09, 8 Robichaud, Thomas-Falmouth-16:18, 9 Longfellow, Mitchell-Una-17:46, 10 Cormier, Stephen-Una-18:02, 11 Romo, Tyler-Una-18:49

**INTERMEDIATE Girls 5K:** 1 Burr, Taylor -Lakers TC-21:51

**INTERMEDIATE Boys 5K:** 1 Piccirillo, Evan 01-Una-17:51, 2 Cassidy, Liam 01-Lakers TC-17:55, 3 Woods, Tim 01-Una-18:10, 4 Jones, Charlie 01-Lakers TC -8:13, 5 Hathaway, Nate 01-Scarborough-18:26, 6 Morrison, Ben 01-Lakers TC-19:01, 7 Moody, Madison 01-Una-19:21, 8 Leclair, Joseph 01-Lewiston-19:37, 9 Forgues, Matthew 01-Una-19:46, 10 Whitaker, Brad 01-Una-19:50, 11 Cottrell, Alexander 01-Una-20:30, 12 Campbell, Brandon 01-Una-20:54, 13 Brooks, Richie 01-Una-21:09, 14 Kahl, Elliott 01-Una-21:22, 15 Dorr, Dustin 01-Una-21:37, 16 Campbell, Brian 01-Una-22:00, 17 Aldrich, James 01-Lewiston-22:54

**YOUNG Women 5K:** 1 Cadorette, Sarah-Una-25:26, 2 Collupy, Jennifer-Una-25:41

**YOUNG Men 5K:**

1 Pelletier, Seth 01-Una-17:33, 2 Solton, Daniel 01-Una-17:45, 3 Tinkham, Michael 01-Una-18:23, 4 Mangone, David 01-Una-19:08, 5 Mitchell, Tucker 01-Lakers TC-19:26, 6 Carpenter, Justin 01-Una-19:26, 7 Allen, Michael 01-Una-19:49, 8 Burnett, Ned 01-Una-20:45

**OPEN Mixed 5K:**

1 Sprague, Jeffrey 01-Una-17:51, 1 Reaser, Christine 01-Una-21:33, 2 Beckum, Thomas 01-Una-18:41, 2 Gover, Linda 01-Una-27:44, 3 Pray-63, Chase 01-Una-26:00

**Region 1 XC at Sunken Meadow, NY – 11/18/07**

**3k Bantam Girls:** 1 Kern, Julia, 97 Waltham TC 11:43.70; 3 Byrne, Emma, Lewiston Rec 12:57.66; Staples, Alissa, ME Una 13:04.43; 31 White, Adrianna, Lewiston Rec 13:41.44; 43 McKeon, Morgan, Scarborough 14:23.23.

**3k Bantam Boys:** 1 Rice, John, Elite Stars 11:38.87.

**3k Midget Girls:** 1 Southern, Alosha, WiltonRC 11:02.07; 34 Wilcox, Lucy, ME Una 12:32.31; 37 Colan, Caroline, Lewiston Rec 12:44.39; 38 Payson, Abby, -Falmouth Comm 12:48.93.

**3k Midget Boys (no times provided):** 1 Satkowski, Matthew Bullett Hill St, 4 Ornstein, Daniel Scarborough, 6 Moulin, Wout Scarborough, 39 Tannenbaum, Zachary Lewiston Rec.

**4k Youth Girls:** 1 Leonardi, Abbey -Lakers TC 14:43.21, 3 Durgin, Emily -Lakers TC 15:00.95, 6 MACE, Abby -Lakers TC 15:14.76, 39 Weigel, Sarah -Lakers TC 16:55.32, 57 Court-Menendez, Nicole -Lakers TC 18:15.02, 70 Aldrich, Courtney ME Una 20:04.12.

**Team Scores:** 1 Granite State Flash 43, 2 Lakers Track Club 54

**4k Youth Boys:** 1 Collopy, Jack Granite State 13:40.16, 17 Follo, Tim Falmouth Comm 14:22.57, 20 Payson, Maxwell Falmouth Comm 14:26.91, 27 Lundquist, Will Falmouth Comm 14:35.35, 32 McGrory, Conor Falmouth Comm 14:49.72, 36 Nickerson, Benjamin Falmouth Comm 15:00.12.

**Team Scores:** 1 Granite StateFlash 31, 4 Falmouth Community 95

**5k CC Intermediate Girls** 1 Briasco, Elizabeth Awesome Power 18:56.19, 14 Burr, Taylor -Lakers TC 20:55.11.

**5k Intermediate Boys:** 1 Kaake, Jason -Lakers TC 16:29.85, 2 Geoghean, William -Lakers TC 16:30.73, 4 Cassidy, Liam-Lakers TC 17:01.26, 5 Abdi, Sadam-Lakers TC 17:07.30, 8 Cullenberg, Kelton-Lakers TC 17:20.08, 14 Hathaway, Nate-Scarborough 17:49.94, 23 Leclair, Joseph-Lewiston Rec 18:22.73, 38 Abdillahi, Faisal-Lakers TC 19:27.01, 43 Brooks, Richie-ME Una 20:02.84, 55 Aldrich, James-Lewiston Rec 22:01.04. **Team Scores:** 1 Lakers Track Club 20

**5k Young Women:** 1 Beam, Katherine South Windsor 19:16.90, 3 Monsulick, Jennifer -Lakers TC 20:29.10.

**5k Young Men:** 1 Powers, Kyle Green Mt 16:04.31, 4 Marceau, Eric ME Una 16:55.85, 8 Pelletier, Seth ME Una 17:06.80, 9 Knox, Jacob ME Una 17:09.09, 16 Mangone, David ME Una 17:58.02, 19 Mitchell, Tucker -Lakers TC 18:18.18.

**National USATF XC Championships – 12/8/2007 Lawrence, KS.**

*Athletes listed in italic and bold achieved All-American Status.*

**Bantam Girls:** 1 Blache, Hannah Corona Pan,Co 11:46.62, 54 Byrne, Emma Lewiston Rec 13:25.82

**Midget Boys:** 1 Kerr, Colin Una, Ma 10:27.46, **23 Ornstein, Daniel -Scarborough 11:05.07**, 55 Moulin, Wout Scarborough 11:27.75, 64 Abdi, Sadam -Lakers TC 11:30.78.

**Youth Girls:** 1 Fulton, Eleanor Zoom TC 14:55.43, **4 Leonardi, Abbey -Lakers TC 14:59.62, 8 Durgin, Emily -Lakers TC 15:12.16**, 108 Mace, Abby -Lakers TC 16:44.88.

**Intermediate Girls:** 1 Briasco, Elizabeth Awesome Power 18:34.38, 73 Burr, Taylor -Lakers TC 21:28.74.

**Intermediate Boys:** 1 Fitzpatrick, Eric Team Idaho 16:26.09, 32 Kaake, Jason-Lakers TC 17:20.90, 34 Cassidy, Liam-Lakers TC 17:21.69, 40 Geoghean, William-Lakers TC 17:30.77, 48 Cullenberg, Kelton-Lakers TC 17:38.97, 84 Abdi, Sadam-Lakers TC 17:59.78, 219 Abdillahi, Faisal-Lakers TC 20:53.54.

**Team Scores:** 1-Equalizers 51, 2-Lakers TC 97.

**Young Women:** 1 Reese, Emily Northside Re.Dunwo 19:04.66, **24 Monsulick, Jennifer ME Una-20:27.67**

**Young Men:** 1 Casey, Patrick Bozeman Track Club 15:59.73, 40 Marceau, Eric-Lakers TC 17:10.21, 51 Pelletier, Seth ME Una-17:19.93, 131 Mangone, David ME Una-18:32.75, 142 Mitchell, Tucker Lakers TC-18:48.46

### **MEUSATF Officials Report**

I returned on December 8th from the USATF annual Meeting in Hawaii. I can not go into all of the meeting information here, but there are two major items that are of interest to officials. **1)** The insurance decision: Effective with the next registration period (Olympiad 2009-2012) all officials requesting to be certified will have to be an Member of USA Track & Field. This item is not a change to us here in Maine as that has been our policy. This is to insure that each member wearing a current certification badge is insured for liability during the conduct of all sanctioned meets. I have served for the last 2 years on the committee studying the availability of liability insurance for those of us who work non-sectioned meets (High School). The MPA here made it clear a year ago to me that we had no liability coverage while working any of their meets. This coverage will most likely cost us \$10 per year. All of this is contingent on decisions made now at the National office; but the President of USATF has stated to our committee that this coverage is going to happen. **2)** The USATF Rules Committee on which I also serve recommended and had approved 64 items that amended or changed the competition rules. Most all these changes were made to bring the USATF competition rules in compliance with the IAAF (International) rules.

The new USATF uniform shirts are now finally becoming available. The old supplier slipped out the back door before completing their re-design task. USATF now has a new supplier, the USATF Merchandize Center with a tentative date for delivery on March 1st. These shirts will have the new USATF logo, but will not have the embroidered association name. The wick-dry (no iron) shirt design will have two colors, red and blue. The shirts still retain the same general design. You should note that the sizing of the shirts runs large. If you normally order an "XL", you might get by with a "L"

### **Pole Vault Rule Change**

A change has been made in the enforcement of the high school pole vault rule. Good for the National Federation- we now have another rule that is now uniform in all four books. The NF Manual for the mechanics of officiating is reviewed every two years. This being an off year, the question has come up on how do we handle this? Whoops - in case you haven't read, this is the new rule where the vaulter balks after planting the pole in the vault box and leaves the ground. Before the rules change, that was a foul. Not now, so long as the pole does not touch the landing pad forward of the "zero line" or the competitor does not break the plane of the "zero line" with any part of his/her body, the competitor may go back a start the attempt again subject only to the time limit restrictions.

I have available and will have with me at the clinics the new high school exam, rulebooks, etc.

*Don Berry, Officials' Certification Chairman*

### **National Masters Championships**

In what was one of the largest national masters track and field championships ever held outside of the West Coast, the University of Maine hosted some 1,100 competitors, ages 30 to 95, for the 2007 USA Masters Outdoor Track & Field Championships August 2-5.

Twenty-Nine of the 131 officials who were selected to work this meet were our Maine officials. These officials also had to tolerate the hot weather, long days and being moved from one dorm to another due to the power outage in the area. Several of these officials have now been selected to work major meets at the National

level and others have gained great respect from the head officials. We were also privileged to have two British Field Referees working with us at the meet- John Gandee and Dean Williams. These two officials were a major addition to our meet.

Seven of the athletes who competed in Orono were former Olympians and eight others were current World Champions. Two outstanding



performances at the meet were women's events. First of all was masters great Philippa Raschker, who had turned 60 in February, which opened the door for her to set a whole new set of world and U.S. records in her new age group. Raschker has set more than 200 U.S. and world track and field records during her career and entered 11 events in the meet.

Although she wasn't setting numerous records, Susan Weimer of Freeport was making herself well known by winning a total of four gold medals in the W40 division. Despite a false start, she blew away the field to win the 400m hurdles in a time of 1:09.41. That gold medal goes with the national championships she earned earlier in the week in the shot put, pentathlon and long jump. Weimer also ran the final leg on her team's second-place 4x100m relay. Including each event in the pentathlon, Weimer competed in a total of nine events throughout the week.

Maine's other gold medalist by Kevin Russell of West Gardiner who took first place in the M35 100m dash

More than 20 Maine residents competed in the meet. Numerous records were broken throughout the meet and a number of individuals added to that total before competition came to a close Sunday afternoon.

### **Masters Track and Field**

Our summer state championship was unattended. We made the good big mistake of scheduling it on the same weekend as another

major event. We have learned our lesson! Plans are underway for another summer series on a mid week day night, location to be determined in the next month or so.

Our National Championships made up for our state event with star performances by Susan Weimer and Kevin Russell.

Our first big event of the year is the Maine USATF 2008 Indoor Youth/ Open / Masters Championship Meet. This will be held on February 24, 2008 at the University of Maine Memorial Gymnasium. The entry form is attached. This promises to be a great meet with (hopefully) our wonderful Canadian friends who participated last year in attendance as well.

If you have any questions, please contact Marty Thornton at [martythornton@verizon.net](mailto:martythornton@verizon.net) or by phone at 207-512-2587.

*Marty Thornton, Masters TF*

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### **Sponsors Sought**

*Maine USATF is seeking sponsors for events as well as for our web site. We would like to discuss with any interested individual or business on how they might support our programs. There would be, of course, lots of visibility for sponsors on the web site, in event names, and for larger sponsors...a presence on event T-shirts. If you are interested in becoming a Maine USATF sponsor, please contact Valaree Foss, at: [metrkfld@roadrunner.com](mailto:metrkfld@roadrunner.com) or by phone at: 207-474-8876.*

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### **2007 Awards Banquet:**

This is the fourth year that the Maine association has held an awards banquet for the previous year's Cross-county athletes who made the All American status at the 2006 USATF JO Cross County Championship, and the 2007 Track & Field Youth Athletes who broke or tied the Maine Association's track and field youth records. 2007 MEUSATF Award recipients:

- 2007 Maine USATF President's Award: Rolland Ranson
- Top Female Team & Combined Team Award: Auburn Running Club – Coach Tom Menendez – Melissa Hilton accepting the club's award
- Top Male Team Panthers - Coach Dan Roy (absent from photo).



- 2007 Maine USATF Official's Award:  
Peter Doran – Master level Official
- **2006 Cross Country Awards:** 2006  
USATF All American Team Award\*\*  
Abby Leonardi, Abby Mace, Anna  
Ackerman, Luke Fontaine, and Nate  
Hathaway.



*Rolland Ranson (left), Melissa Hilton (center)  
and Peter Doran (right)*



*Left to right: Abbey Leonardi, Emily Espasito,  
Kelsie Hilton, Abby Mace, (in rear) Luke  
Fontaine, (absent from photo: Anna Ackerman,  
Maddison Prescott, Nate Hathaway and Dante  
Brooks).*

- **2007 Track Awards:** Emily Espasito,  
Hannah Keisman, Kelsie Hilton,  
Maddison Prescott, Abby Leonardi,  
Abby Mace, Dante Brooks.

**2008 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: Paul Morency - [meusاتف@verizon.net](mailto:meusاتف@verizon.net)

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 - [victrin@roadrunner.com](mailto:victrin@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: Martha Thornton - [martythornton@verizon.net](mailto:martythornton@verizon.net)

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 [meusاتف@verizon.net](mailto:meusاتف@verizon.net)

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



# MAINE USATF 2008 Youth / Open / Masters Indoor Championship Meet

Sanctioned by Maine USA Track and Field

Date: Sunday, February 24, 2008

Memorial Gymnasium – University of Maine, Orono, Me.  
Start Time 11:00 a.m. - Meet Check-in begins at 10:00am

## Registration Form

Entries close \* 1 hour \* prior to start of meet

**Meet Registration Fee:** Pre-Entry \$15.00 \*\*\* Late Entry Fee: \$20.00

Late Entry fee will be charged after 12:00 noon on 02/23/2008

\*\*\* **ENTRY FEES must be paid in American Funds ONLY** \*\*\*

**Meet Information:** Marty Thornton, PO Box 109, Hallowell, Maine 04347-0109 (Tel: 207-512-2587)

**Mail entry to:** Marty Thornton, PO Box 109, Hallowell, Maine 04347-0109 (Tel: 207-512-2587)

**Make Checks Payable to:** Maine *USATF* (\*\*American Funds only\*\*)

**Awards:** top 3 finishers in the **OPEN / Masters / and Youth Divisions**, (Open and Masters compete in 5-year age divisions). *All age divisions must provide your own approved indoor field implements.*

\*\*\*\*\***USATF Registration is waived for College Competitors**\*\*\*\*\* (**Meet Registration is not waived**), for all other participants, 2008 USATF membership is required. USATF membership will be available at meet (Youth -\$14, Adult - \$25).

### \*\*\* EVENTS \*\*\*

**Division Labels: OPEN - O** (15 to 29), **MASTER – M** (30 and older), **YOUTH – Y** (14 and under)

55 Meter Hurdles (O) - 55 Meter Dash (O,M,Y) - One Mile Run (O,M) - Two Mile Run (O,M) – 400 (O,M,Y)-  
3K Race Walk (O,M,Y) – 800 (O,M) – 200 O,M,Y) - Weight Throw (M-35lb. W-20lb.) (O) - Shot-put (O,M,Y)  
Pole Vault (O,M) - High Jump (O,M) - Long Jump (O,M,Y) - Triple Jump (O,M)

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**No event limitations for Open and Masters.** Youth are limited to 3 individual events plus 1 relay.  
Please indicate seed performance if available.

**Male/ Female:** \_\_\_\_\_ **Division:** \_\_\_\_\_

Event/Performance                      Event/Performance                      Event/Performance                      Event/Performance  
\_\_\_\_\_/\_\_\_\_\_                      \_\_\_\_\_/\_\_\_\_\_                      \_\_\_\_\_/\_\_\_\_\_                      \_\_\_\_\_/\_\_\_\_\_

In consideration of MEUSATF acceptance of this entry, I, \_\_\_\_\_ intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive any and all rights, claims, or damages I may have against University of Maine, the Maine USA Track and Field, their representatives, successors, and assigns for any and all injuries suffered by me at the Meet.

Print

Name: Last \_\_\_\_\_ First \_\_\_\_\_ Club: \_\_\_\_\_

AGE: \_\_\_\_\_ USATF Number: \_\_\_\_\_ Street: \_\_\_\_\_ + \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip : \_\_\_\_\_ Tel: \_\_\_\_\_

Sign.: \_\_\_\_\_ Valid e-mail address: \_\_\_\_\_

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Please photocopy this entry form, if more Individual Entry Forms are needed

# 2008 ORDER of EVENTS

**Field events begin at 11:00 am, running events begin at 12:00 noon.**

Running events are not on a time schedule!

Horizontal jumps begin as indicated below.

All age divisions must provide own approved indoor field implements.  
All age groups will be contested together, but scored separately!

## Running Events, Beginning at 12:00 pm

Women's	60 Yard Low Hurdle Final
Men's	60 Yard High Hurdles Final
Women's	60 Yard Dash Final
Men's	60 Yard Dash Final
Women's	Mile Run
Men's	Mile Run
Women's	400 Meter Final On-Time
Men's	400 Meter Final On-Time
Women's	4 X 220 Yard Club Relay
Men's	4 X 220 Yard Club Relay
Women's	2 Mile Run
Men's	2 Mile Run
Women's	800 Meter Run
Men's	800 Meter Run
Women's	200 Meter Dash
Men's	200 Meter Dash
Women's	3 K Race Walk
Men's	3 K Race Walk
Women's	4 X 400 Meter Club Relay
Men's	4 X 400 Meter club Relay

## Field Events, Beginning at 11:00 am

Women's 20lb. Weight Throw\*, followed by  
Men's 35lb. Weight Throw\*, followed by the  
Women's Shot-put, followed by the Men's Shot Put\*\*  
**\*\*\*15-29 ages must use the 16 LB. SP\*\*\***  
Women's Pole Vault, followed by the Men's Pole Vault  
Men's High Jump, followed by the Women's High Jump

Long & Triple Jumps will be conducted as an  
Open Pit.  
Pits will open at 11:00 am and will be closed  
at 2:45 pm  
Shot Put / Weight Throws / LJ & TJ  
-4 attempts

## **Directions to Memorial Gymnasium –**

University of Maine, Orono: From I-95: After taking Exit 193 of Interstate 95 onto Stillwater Avenue, take Stillwater Ave., go through three sets of lights, past Burger King, Wendy's, over the bridge, and at the 4th set of lights, you will see KFC restaurant, and across the street a McDonalds -- turn right onto College Ave., travel about one mile, turn left at the foot of the hill onto the campus parking lot when you see the white peaked hockey arena. Memorial Gymnasium will be directly in front of you as you come up the hill onto campus – the field house is the building with a huge blue 'M' on the wall. Walk into the building via blue doors with glass windows in them.