



**2018 USATF-MAINE Youth T&F Developmental Series**  
**Schedule of Events Option 1**

**MEET A**

G&B 8 & U	800mRW	<b>JAVELIN</b>
B 9-10	800mRW	G 8 & U
G 11-12	800mRW	G 9-10
G 13-14	1500mRW	G 11-12
		G 13-14
G 9-10	1500m	
G 11-12	1500m	<b>LJ/TJ</b>
G 13-14	1500m	G 13-14LJ
B 11-12	3000m	G 11-12LJ
B 13-14	3000m	G 9-10LJ
B 11-12	80mLH	G 8 & ULJ
B 13-14	100mLH	B 13-14TJ
G 8 & U	100m	B 11-12TJ
G 9-10	100m	
G 11-12	100m	<b>HJ/PV</b>
G 13-14	100m	B&G 13-14PV
B 8 & U	200m	B 13-14HJ
B 9-10	200m	B 11-12HJ
B 11-12	200m	B 9-10HJ
B 13-14	200m	B 8 & UHJ
G 8 & U	400m	
G 9-10	400m	<b>SP/DIS</b>
G 11-12	400m	B 8 & USP
G 13-14	400m	B 9-10SP
B 8 & U	800m	B 11-12SP
B 9-10	800m	B 13-14SP
B 11-12	800m	G 11-12DIS
B 13-14	800m	G 13-14DIS
B 8 & U	400mRELAY	
G 8 & U	400mRELAY	
G 9-10	400mRELAY	
G 11-12	400mRELAY	
G 13-14	400mRELAY	
B 9-10	1600mRELAY	
B 11-12	1600mRELAY	
B 13-14	1600mRELAY	
400m COED RELAYS		

**MEET B**

B&G 8 & U	800mRW	<b>JAVELIN</b>
G 9-10	800mRW	B 8 & U
B 11-12	800mRW	B 9-10
B 13-14	1500mRW	B 11-12
		B 13-14
B 9-10	1500m	
B 11-12	1500m	<b>LJ/TJ</b>
B 13-14	1500m	B 13-14LJ
G 11-12	3000m	B 11-12LJ
G 13-14	3000m	B 9-10LJ
G 11-12	80mLH	B 8 & ULJ
G 13-14	100mLH	G 13-14TJ
B 8 & U	100m	G 11-12TJ
B 9-10	100m	
B 11-12	100m	<b>HJ/PV</b>
B 13-14	100m	B&G 13-14PV
G 8 & U	200m	G 13-14HJ
G 9-10	200m	G 11-12HJ
G 11-12	200m	G 9-10HJ
G 13-14	200m	G 8 & UHJ
B 8 & U	400m	
B 9-10	400m	<b>SP/DIS</b>
B 11-12	400m	G 8 & USP
B 13-14	400m	G 9-10SP
G 8 & U	800m	G 11-12SP
G 9-10	800m	G 13-14SP
G 11-12	800m	B 11-12DIS
G 13-14	800m	B 13-14DIS
B 8 & U	400mRELAY	
G 8 & U	400mRELAY	
B 9-10	400mRELAY	
B 11-12	400mRELAY	
B 13-14	400mRELAY	
G 9-10	1600mRELAY	
G 11-12	1600mRELAY	
G 13-14	1600mRELAY	
400m COED RELAYS		

**AGE GROUPS: 8&UNDER - BORN 2010 AND AFTER**  
**9 - 10 - BORN 2008 - 2009**  
**11 - 12 - BORN 2006 - 2007**  
**13 - 14 - BORN 2004 - 2005**



**MAINE**

**2018 USATF-MAINE Youth T&F Developmental Series**

**Schedule of Events Option 2**

**MEET A**

G&B 8 & U	800mRW	<b>JAVELIN</b>
B 9-10	800mRW	G 8 & U
G 11-12	800mRW	G 9-10
G 13-14	1500mRW	G 11-12
		G 13-14
B 11-12	80mLH	
B 13-14	100mLH	<b>LJ/TJ</b>
G 8 & U	100m	G 13-14LJ
G 9-10	100m	G 11-12LJ
G 11-12	100m	G 9-10LJ
G 13-14	100m	G 8 & ULJ
B 8 & U	200m	B 13-14TJ
B 9-10	200m	B 11-12TJ
B 11-12	200m	
B 13-14	200m	<b>HJ/PV</b>
G 8 & U	400m	B&G 13-14PV
G 9-10	400m	B 13-14HJ
G 11-12	400m	B 11-12HJ
G 13-14	400m	B 9-10HJ
B 8 & U	800m	B 8 & UHJ
B 9-10	800m	
B 11-12	800m	<b>SP/DIS</b>
B 13-14	800m	B 8 & USP
G 9-10	1500m	B 9-10SP
G 11-12	1500m	B 11-12SP
G 13-14	1500m	B 13-14SP
B 11-12	3000m	G 11-12DIS
B 13-14	3000m	G 13-14DIS
B 8 & U	400mRELAY	
G 8 & U	400mRELAY	
G 9-10	400mRELAY	
G 11-12	400mRELAY	
G 13-14	400mRELAY	
B 9-10	1600mRELAY	
B 11-12	1600mRELAY	
B 13-14	1600mRELAY	
400m COED RELAYS		

**MEET B**

B&G 8 & U	800mRW	<b>JAVELIN</b>
G 9-10	800mRW	B 8 & U
B 11-12	800mRW	B 9-10
B 13-14	1500mRW	B 11-12
		B 13-14
G 11-12	80mLH	
G 13-14	100mLH	<b>LJ/TJ</b>
B 8 & U	100m	B 13-14LJ
B 9-10	100m	B 11-12LJ
B 11-12	100m	B 9-10LJ
B 13-14	100m	B 8 & ULJ
G 8 & U	200m	G 13-14TJ
G 9-10	200m	G 11-12TJ
G 11-12	200m	
G 13-14	200m	<b>HJ/PV</b>
B 8 & U	400m	B&G 13-14PV
B 9-10	400m	G 13-14HJ
B 11-12	400m	G 11-12HJ
B 13-14	400m	G 9-10HJ
G 8 & U	800m	G 8 & UHJ
G 9-10	800m	
G 11-12	800m	<b>SP/DIS</b>
G 13-14	800m	G 8 & USP
B 9-10	1500m	G 9-10SP
B 11-12	1500m	G 11-12SP
B 13-14	1500m	G 13-14SP
G 11-12	3000m	B 11-12DIS
G 13-14	3000m	B 13-14DIS
B 8 & U	400mRELAY	
G 8 & U	400mRELAY	
B 9-10	400mRELAY	
B 11-12	400mRELAY	
B 13-14	400mRELAY	
G 9-10	1600mRELAY	
G 11-12	1600mRELAY	
G 13-14	1600mRELAY	
400m COED RELAYS		

**AGE GROUPS: 8&UNDER - BORN 2010 AND AFTER**

**9 - 10 - BORN 2008 - 2009**

**11 - 12 - BORN 2006 - 2007**

**13 - 14 - BORN 2004 - 2005**



## USATF-MAINE Youth T&F Developmental Series 2018 RULES

### General Developmental Summer Series Rules & Entry Fees

1. Entry fees Development Meets - \$2.00 per athlete.
2. Entry fee for Junior Olympic Qualifying Meet and State Championships is \$3.00 per athlete.
3. Coaches will collect entry fees and turn the fees over to the meet director along with a club roster.
4. Host sites must pay a \$50.00 fee for putting the meet on. Club must be a fully registered club by May 15<sup>th</sup> to host a meet. This fee is to cover the cost of ribbons and sanction fee.
5. Each club must supply at least two officials for each regular season meet before the start of the coaches meeting. If your club does not provide 2 officials you may be asked to pay the host site \$25 for each official you do not supply. Unattached athletes may be asked to supply one official to assist with the meet.
6. In case of bad weather, the meet director will contact each club concerning the postponement – event re-scheduled date if applicable.
7. Service animals only allowed at USATF-Maine sanctioned events-host site to maintain enforcement.
8. Coaches and spectators are asked to stay on the outside of the track for safety and liability purposes.
9. All clubs must use team manager lite or team manager for entries to the regional meets. The program will be used to turn in to Ron Kelly roster at periodic intervals throughout the summer.
10. Starting times:    Group A-2:00pm            Group B-11:00am            Group C-10:00am            Group D-2:00pm

### Memberships & Coaches

11. All athlete registrations must be submitted in paper form or online (online form sent to coaches/club directors before beginning of season). Paper forms postmarked on or before July 6th. Athletes each week will be checked to ensure they are USATF-Members. If not a member, the team will receive a bill for memberships of unregistered athletes and a list of athletes needing to be registered each week. All youth registrations must be accompanied with a copy of their birth certificate unless, the youth athlete has had their date of birth verified during the previous years.
  - a. Group A & B – send your registrations to Rosanne Francoeur 105 Maple Ave. Scarborough, ME 04074  
[membership@maine.usatf.org](mailto:membership@maine.usatf.org).
  - b. Group C & D – send your registrations to Val Foss 417 Hartland Rd. Canaan, ME 04924 (207) 474-8876  
[president@maine.usatf.org](mailto:president@maine.usatf.org).
12. Clubs must have their club dues paid before they compete in the regular season meets as well have the youth athletes registered.
13. All Coaches, Volunteers, and anyone 18 years old and older who comes in contact with youth athletes at practices and meets are REQUIRED to complete Background Check (<http://www.usatf.org/About/Programs/Background.aspx>) and Safe Sport Program (<http://www.usatf.org/About/SafeSport.aspx>). **This must be completed by July 25<sup>th</sup>, 2018.**

14. Any coach or volunteer who completes NCSI Background Check and Safe Sport will automatically receive field pass. If coach is under 18 years old, they must be a USATF member and complete Safe Sport to be eligible for a field pass. All teams must submit their coaches names via google form sent out to club/team contact. Coaches must submit names by July 7th to be eligible to receive field pass under their name. At the Qualifying and State Meet, field passes are to drop athletes off at their events and assist in set up of athletes at that event. After setting the athlete up at the event coaches must leave the area because **NO COACHING IS ALLOWED DURING COMPETITION.**

#### Age Division/Restrictions

15. Age divisions: 8 & under, 9-10, 11-12, 13-14 & 15.
16. Age Calculation: Age of all competitors is determined by subtracting year of birth from 2018.
17. Event Limits:
  - a. 8 & under – 3 events including relays
  - b. 9-10 – 3 events including relays
  - c. 11-12 – 3 events including relays
  - d. 13-14 & 15 4 events including relays
18. Athletes are not allowed to move into another age group to compete.
19. Athletes who were 8<sup>th</sup> graders during the 2017-2018 school year and who are turning 15 during 2018 can compete in all meets, but do not score at the state meet. No athletes who have completed their 9<sup>th</sup> grade year are allowed to compete.

#### Relays

20. Relays count toward event limits.
21. Coed relays must consist of 2 boys and 2 girls of the same age group.
22. All relays who wish to compete at State Championships **MUST** race at the qualifying meets, but all will still qualify. If a team has multiple relay teams in a relay event **ONLY** one relay per team per event will score.

#### Awards

23. Ribbons will be awarded to the top six in each event.

#### Field Event Rules

24. Regular season meets there will be three attempts, excluding the high jump and pole vault. In the state meet there will be 4 attempts for all.
25. The use of rubber discus is prohibited in **ALL MEETS**. USATF rule: 189.2a-c.
26. To compete in the pole vault in the qualifying meet and the championship meet, you must clear 5'in a regular season meet and be verified by the meet director.
27. Because of limited facilities, the pole vault will be held each week if possible. No training poles allowed at these meets. USATF rule 302.4n

#### Qualifying Meet/State Championships

28. At the state qualifying meets, if there are 4 or less athletes entered in an event, the event may not be contested. See Rule 22 regarding Relays at the State Meet.
29. Waivers: you can obtain a waiver for the state meet only if you are a registered USATF member, unable to attend the Qualifying Meet, and have earned a ribbon in that event. Waiver must be submitted online before qualifying meets begin.

Waivers will be limited to 5% of registered Youth Club USATF Members. Exceptions to the waiver policy must be approved by group coordinator.

30. Private implements will be allowed at Qualifying Meet and State Championships as long as throwing implements meet implement specifications and it is understood that they are available to use by any competitor in that field event. All approved throwing implements and relay batons will be provided by the association at the State Championships.

**Timing/Results**

31. All Qualifying Meets will be Fully Automatic Timed (FAT). It is recommended that each meet during the regular season meet is also timed via FAT.
32. Each group section (a-d) shall e-mail their sections meet results by the Sunday following the meet to Ron Kelly ([youth@maine.usatf.org](mailto:youth@maine.usatf.org)) and Mark Dennett ([secretary@maine.usatf.org](mailto:secretary@maine.usatf.org)) for posting on the USATF-Maine association web site.

**Order of Events**

33. Each group may choose between the two schedules of events provided. There are the two suggested formats.

<b>CLUBS</b>			
Group A	Group B	Group C	Group D
Group Coordinator: Ron Kelly	Group Coordinator: Dan Roy	Group Coordinators: Wendy Serbent & Mark Dennett	Group Coordinator: Mary Cady 745-2540
Cape	Auburn	Augusta	Old Town
Cumberland	Brunswick	Gardiner	Bangor
Falmouth	Greater Rumford	Lakers	Blue Hill
Gorham	Healthy Hornet	Sandy River	Brewer
Kennebunk	Lewiston	Skowhegan	Central Track
Massebesic	Lisbon	Waterville	Hampden
Portland	Panthers	Winslow	Lincoln
Saco	Topsham	Winthrop	Orono
Sanford	Woolwich	Wiscasset	Pittsfield
Scarborough			
Westbrook			
Windham			
York			

**Implement Specifications by Age Group (Both genders unless noted)**

**Age Group 8 and Under:**

Shot Put: 4lbs.  
Turbo Javelin: 300g

**Age Group 11-12**

Shot Put: 6lbs.  
Turbo Javelin: 400g  
Discus: 1kg

**Ages Group 9-10**

Shot Put: 6lbs.  
Turbo Javelin: 300g

**Age Group 13-14 (15)**

Shot Put: 6lbs (Girls)  
Shot Put: 4kg (Boys)  
Turbo Javelin: 600g  
Discus: 1kg

**Hurdles**

Distance	Age Group	# of Hurdle	Height	To First	Interval	To Finish
80m	11-12 G&B	8	30"	12.0m	7.5m	15.5m
100m	13-14 G	10	30"	13.0m	8.0m	15.0m
100m	13-14 B	10	33"	13.0m	8.5m	10.5m