



# 2011-2012 Winter USATF-Maine Newsletter

## President's Letter:

**Valaree Langley-Foss**  
**USATF-Maine President**

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

As we begin the New Year of 2012, 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 all had a delightful holiday season.

## 2011 News

**USATF Association Gold Award:** August 2011, our association once again received the 2010 Gold Award in Recognition of Outstanding Associations from USATF (there are 57 associations within USATF organization). This is the eighth time the Maine Association has been awarded such prestigious award for meeting the stringent criteria set forth by USATF.

## 2012 USATF-Maine Programs

**2012 USATF-Maine Indoor Championship Meet:** On February 26, 2012 – Sunday, the association will be hosting the USATF-Maine Indoor Championship Meet at the University of Maine – Orono campus. At this meet, the association has included shot put events for the Mites, Bantam, Midget and Youth athletes. We have purchased the proper weighted indoor shot puts for the youth athletes to use in the event. 8 & Under (Mites) will put the 1.81kg

(4lb.) and the following age divisions will use the 2.72kg (6lb) shot puts; Bantam, Midgets and Youth Girls. Youth Boys must put the Indoor 4kg SP.

## 2012 Mandatory Coaches and Volunteers

**Background Screening:** Once again a reminder that USATF-Maine will no longer be performing Background Screening checks on ALL coaches and volunteers, as this must now be done through USATF selected company which is TC Logiq – web site address is: <https://www.tcllogiq.com>. All Maine USATF Youth Club Coaches & Volunteers must adhere to the mandatory screening rules set forth by USATF.

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

**2012 Youth Summer Program:** The association began in 2011 the “Size Club Categories” based on the number of the individual team USATF registered youth members. **Small Club** registrations: 1-30; **Medium Club** registrations; 31-60 and **Large Club** registrations; 61+ athletes. The reason for the change is due to past practices, none of the smaller registered youth athletes teams were able to “win” a Team Club Award”. For 2011 Club Awards went to; **Small Club - Hampden Recreation, Medium Club- Falmouth and Large Club - Panthers Track Club.**

**For the Young Adult (15-18 year olds), Open and Masters Outdoor Track & Field Program:**

This program's continuance is being intensively examined due to the low level of participation. The association is looking at other outdoor track facilities to host the Outdoor Championship for the Young Adults, Open and Master Athletes.

**2012 USATF-Maine Elected and Appointed Committee Chairs and Co-Chairs Appointments:**

Officers:

*President:* Valaree Langley-Foss  
[metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net)

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

*Secretary:* Mark Dennett  
[mark.r.dennett@gmail.com](mailto:mark.r.dennett@gmail.com)

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

Chairs & Co-Chairs:

*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 (Co-Chairs):*  
Thomas Eastler - [eastler@mai](mailto:eastler@mai)  
Tom Menendez - [menendezmon@yahoo.com](mailto:menendezmon@yahoo.com)

*Master LDR:* Allan Geiser  
[mhawk916@yahoo.com](mailto:mhawk916@yahoo.com)

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

*Women's LDR:* Darcy Murphy  
[drobotson2006@yahoo.com](mailto:drobotson2006@yahoo.com)

*Cross Country (Co-Chairs):*  
Taylor Harmon - [iversrun@gmail.com](mailto:iversrun@gmail.com)  
Allan Geiser - [mhawk916@yahoo.com](mailto:mhawk916@yahoo.com)

*Masters Track & Field (Co-Chairs):*  
Christine Lipsky - [unodoslipsky@yahoo.com](mailto:unodoslipsky@yahoo.com)  
Mark Dennett - [mark.r.dennett@gmail.com](mailto:mark.r.dennett@gmail.com)

*Youth Athletics (Co-Chairs):*

Ronald Kelly - [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com)  
Andy Sibley - [asibley\\_tse@msn.com](mailto:asibley_tse@msn.com)

*Officials:*

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

*Membership & Club Registrations:*

Wendy Serbent - [pwserbent@yahoo.com](mailto:pwserbent@yahoo.com)  
Valaree Langley-Foss -  
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*MUT (Co-Chairs):*

Mark Dennett - [mark.r.dennett@gmail.com](mailto:mark.r.dennett@gmail.com)  
Valaree Langley-Foss -  
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*General Information and Inquires:*

[metrkfld@myfairpoint.net](mailto:metrkfld@myfairpoint.net)

**Web Site & Facebook:** On the association's web site; [www.meusatf.org](http://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 or comments regarding improvement of the web site, please contact the Webmaster by clicking on at the bottom of the web site page or send your suggestions to [metrkfld@myfairpoint.net](mailto: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](mailto:metrkfld@myfairpoint.net). USATF-Maine also has an active Facebook page.

**2011-12 MEUSATF Officials' Report  
Don Berry, Officials' Chair**

I want to thank all of you who helped make our meets here last summer and fall a great success. Our Maine officials really helped make the Region 1 meet at RPI last summer very successful. It was certainly great working with all of you. As a NOTE here, we (USATFME) have been asked if we can name the head officials for the State meets this Spring

and my answer was yes! Problems have existed in some of the events, so as a solution the MPA has asked if I would accomplish this for the meets. As a result, some of you will be asked to travel to other sites then are usually worked.

I returned on December 4<sup>th</sup> from the USATF annual Meeting in St. Louis. I was selected to serve on the National Selections Committee this last spring, so I had a long week in Under the Arch. I cannot go into all of the meeting information here, but there are few items that are of interest to officials. **1)** The new certification procedures are still in the process of being developed. **2)** A new Apprentice category is now in place for certification of new officials. **3)** The USATF Website is up for officials and one of the newer features of that site is the Best Practices page.

<http://www.usatf.org/groups/officials/resources/best-practices/> Check this page out as it has many great officiating articles on it. Lastly, all of the Northeast associations had breakfast together one morning, which really allowed us to chat about several area items.

The new certification year begins **after** the Olympic games. So everyone this year has an opportunity to upgrade and recertify under the “old” standards. This takes effect January 1, 2012 for NEW officials and November 1, 2012 for EXISTING officials. November 1, 2012 will be the start of re-certifications for 2013-2016. Any existing official who requests and upgrade prior to November 1, 2012 will fall under the existing requirements and you as chairs will not need to change how those are awarded.

A reminder to all of you, no one will be losing certifications nor will they be demoted when we transition to the new process. If you have a certification that we've combined with other disciplines then we will transition you to the appropriate certification under the new system.

Jim Fecteau was named this years, Maine Official for the Year. I was awarded for the third time, the John Davis Humanitarian Award

at the Convention. We did have a very entertaining Awards Banquet thanks to Gordon Bocoock, the National awards chair. I continue to serve as the Officials committee parliamentarian.

### **Some of the Meets this year**

- New England T&F at Thornton Academy
- America East at Orono, May 5-6
- ECAC Division III at RPI May 17-20
- New England Cross Country – site to be determined
- MEUSATF Indoor at Orono, Sunday, February 26.

### **Some of the High School Rule Changes**

**4-3-3 PEN:** The penalty for wearing jewelry during high school track and field competition will shift from the team to the individual competitor beginning next season. The revised jewelry rule states “for the first violation, the competitor shall be required to remove the jewelry before further competition and be issued a warning that a subsequent violation shall result in a disqualification from the event.”

**Rule 7-5-2:** The rule eliminates the limit of only two layers of tape on the grip end but still requires any tape placed on the pole to be of uniform thickness on the grip end.

**Rule 7-5-25:** clarifies who may touch or catch the pole and under what circumstances touching the pole is not allowed. The rule reads, No person shall be allowed to touch the vaulting pole except an assigned official, assigned pole catcher or the competitor, when circumstances warrant, but never to prevent the pole from dislodging the bar. The competitor or designated official can catch the pole, but the touch or catch by the competitor that prevents the crossbar from being dislodged is still a foul.

**Rule 9-1-1:** The cross country course shall be measured along the shortest possible route that a runner may take, as opposed to measuring down the middle of the course.

**Rules 4-3-1b(8), 4-3-1c(7), 9-6-1b(7), 9-6-1c(7) new NOTE 2:** A visible garment worn under the uniform top and/or bottom displaying contrasting/different color stitching to the single, solid color of the undergarment and which functions as the actual seam for the undergarment's construction is legal. The stitching must function in the construction of the undergarment and not as a design.

**Rule 5-7-3:** The starting command for individual races – or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors – shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With “On your marks,” the competitors step to the starting line.

**Rule 7-4-10, 7-5-17:** The games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the first five competitors, as determined by the games committee, constitute a flight. As a contestant clears the bar, passes a turn at the height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the field is down to eight or fewer competitors, it is recommended that participants are called as listed on the event sheet. *This change defines the minimum number of competitors in a flight and eliminates the maximum number of competitors in a flight. Further clarifies the use of “five alive” and the procedure to follow to end “five alive” in an orderly fashion*

**Rule 9-3-3, 9-6-2:** Computerized transponders may be used to record the finish of a runner in cross country. A bib transponder or two transponders per runner, one attached to each shoe must be used. When transponders are used, the official order of finish for the runners is that recorded by the transponder, torso for bib transponder and foot for chips.

**Rule 6-6-1:** Brings the high school javelin specifications in line with current IAAF rules, which are used, in the high school event.

## **Race Walk**

**Tom Eastler, Chair**

**Tom Menendez, Co-Chair**

Race walk training for the 2011-2012 Maine race walking season started shortly after the finish of the 2011 High School and College Cross-Country season. Maine Racewalker's club Coach Tom Menendez from Lewiston is working again this year with senior Abby Dunn from Edward Little HS, senior Nicole Court-Menendez from Lewiston HS, senior Ian Rixon from Medomak HS, Auburn middle-school walker Spencer Dunn, and others as they come by to practice. Walkers from Gorham HS have been training on their own, and promise to show even better performances than last year.

The Menendez group made an excellent showing at the annual USM one mile walk, and again at the Dartmouth relays in Hanover, NH. Abby Dunn won the race just a few seconds ahead of Gorham's Kaitlin (Katie) Flanders (2nd place). Although Gorham's Alex Thuotte was not able to race at Dartmouth, he, too, is promising to better his All-American performance of last year. Lewiston senior Nicole Court-Menendez walked to a 3rd place finish at Dartmouth followed by Jay senior Samantha Hutchinson who has just started training with Maine Race walkers club coach Tom Eastler. Upcoming races at MIT, Harvard, and the National Indoor meet the Amory in NYC will top off a great indoor racewalking season for a number of Maine HS athletes.

On the international scene Ellsworth's former outstanding mile race walker, Ben Shorey, turned into a 20 kilometer and 50 kilometer Olympic Trials stand out in 2004 and 2008, and has become the fastest 50 km race walker in the United States. Ben won the 2011 50 Kilometer National Championship slightly off the Olympic 'B' standard this past year, and

will be competing this coming Saturday (21 Jan, 2012) at the 50 km Olympic Trials where he is seeded #1 and where he has an excellent chance of performing under the 'B' standard. If he breaks the 'B' standard and wins the trials he will be Maine's second Olympic racewalker, and the only 50k race walker for the US in 2012. Kevin Eastler was Maine's first Olympic racewalker in 2004 (Athens...'A' standard) and again in 2008 (Beijing...'A' standard). Kevin was a US National 50k race walk Champion ('B' standard) before the Beijing Olympics where he raced in the 20 km competition.

On the 20 km scene Boothbay Harbor's elite female 20 km race walker, Lauren Forgues, is currently ranked 3rd in the country behind Olympian Teresa Vail (2nd) and Maria Michta (1st). All three of the contestants have walked the Olympic 'B' standard at this time and therefore the winner of the Olympic Trials in June in Eugene, OR will be our Olympian for the 20k in England.

The Maine Principal's Association (MPA) were very forward looking back in the early 1990's when they added the girls and boys race walk to the outdoor track and field schedule of events. Since that time many hundreds of Maine high school athletes have taken advantage of the health and competition benefits of race walking, a truly lifetime activity. In fact 65 students from 31 schools throughout the state have earned 191 All-American track and field awards in race walking, and whether for fun or for serious competition all the way to the Olympics, Maine has shown and continues to show the rest of the country how race walking should be done.

### **Cross-country**

**Allan Geiser, Co-chair**

**Taylor Harmon, Co-chair**

Over the past three years efforts have been made to increase the level of participation in cross-country in the Bangor region. Mass mailings to schools and direct contact with

MEUATF clubs and others was undertaken. FOX news assisted by promoting youth cross-country on television. The schedule was also listed in the Bangor Daily News along with other newspapers in the state. Bangor area coaches such as Glendon Rand (Brewer) and Rod White (Old Town) assisted in timing several of the meets in the Bangor area.

This year's Junior Olympic Cross-country Championship was held at Cony High School and saw an increase in the number of participants. Full results for the state meet can be found on the MEUSATF web site, following are the Region 1 and National results for Maine athletes:

### **Region 1, November 20, 2011 at Queensbury HS, Queensbury, NY**

**Bantam Girls 3K:** 29<sup>th</sup> Johnson, Kylie, UNA – 13:41.15, 31<sup>st</sup> Guadalupi, Cecilia, MTC – 13:48.37, 39<sup>th</sup> Tardiff, Elizabeth, UNA – 14:14.86, 42<sup>nd</sup> Ashby, Micaela, UNA – 14:16.04, 71<sup>st</sup> Tanner, Desiree, UNA – 16:33.32. **Bantam Boys 3K:** 60<sup>th</sup> Mosher, Matthew, UNA – 13:57.71 **Midget Girls 3K:** 4<sup>th</sup>- Guadalupi, Anne, LTC - 11:46.16, 65<sup>th</sup> - Rogers, Annika, LTC - 13:08.56, 69<sup>th</sup> - Rusak, Sydney, LTC – 13:27.91, 72<sup>nd</sup> Geiser, Arianna, LTC – 13:30.74, 87<sup>th</sup> Sholl, Bethany, LTC - 14:11.77. **Midget Boys 3K:** 17<sup>th</sup> - Laverdiere, Luke, STC – 11:18.12, 22<sup>nd</sup> Concaugh, Owen, STC - 11:25.66, 29<sup>th</sup> Rusak, Sam, STC -11:38.10, 81<sup>st</sup> Labun, Dylan, STC – 12:42.15, 83<sup>rd</sup> Swan, Corson, STC - 12:44.12, 84<sup>th</sup> Ashby, Cameron, STC - 12:44.58, 103<sup>rd</sup> Grover, Luke, STC- 13:15.41. **Youth Girls 4K:** 45<sup>th</sup> Swan, Olivia, STC – 16:18.83, 46<sup>th</sup> McKee, Anne, STC – 16:19.05, 57<sup>th</sup> Libby, Anna, UNA – 16:39.61, 58<sup>th</sup> Tanner, Tiffany, STC – 16:41.51, 60<sup>th</sup> Jenson, Erica, STC – 16:48.61. **Youth Boys 4K:** 36<sup>th</sup> Glencross, Colin, SCT – 14:13.92, 45<sup>th</sup> Sholl, Andrew, STC-14:22.91, 47<sup>th</sup> Tardiff, Colin, STC -14:28.67, 60<sup>th</sup> Bloom, Jacob, STC -14:52.64, 61<sup>st</sup> Grover, David, STC -14:54.43, 63<sup>rd</sup> Smith,

William, una – 14:57.05, 69<sup>th</sup> Winchenbach, Ben, una – 15:16.58, 70<sup>th</sup> Higginbotham, Jaso, STC – 15:21.81, 89<sup>th</sup> Levesque, Andrew, STC – 16:15.39, 90<sup>th</sup> Tanner, Christophe, una – 16:17.38, 95<sup>th</sup> Goulden, Andrew, una – 16:32.61, 96<sup>th</sup> Jones, Hayden, STC – 16:45.81, 103<sup>rd</sup> Bohlen, Adam, una – 18:41.0.  
**Intermediate Girls 5K:** 19<sup>th</sup> Norton, Maryam, una – 22:15.53. **Young Women's 5K:** 7 #1537 Boyle, Jasmine, Una – 22:11.44. **Young Men's 5K:** 12<sup>th</sup> Jackson, Sully, una – 17:38.31, 13<sup>th</sup> Vermilion, Mason, una – 17:41.62.

**National Championships, December 10, 2011 at Myrtle Beach SC: Intermediate Girls:** 94<sup>th</sup> Norton, Maryam, Una-21:21.19. **Young Men:** 67<sup>th</sup> Jackson, Sully, una – 17:29.59.

**Masters Track and Field**  
**Christine Lipsky, Chair**  
**Mark Dennett, Co-Chair**

Our Master's season began February 27, 2011, at UMaine in Orono with the Indoor Championship for Youth/Open and Masters. There was a good turnout with athletes ranging in age from 7 to 75. In all, 109 athletes entered and/or competed in this meet.

The Maine USATF Outdoor Open and Masters Track and Field Championships were held on July 17, 2011 at Cony High School in Augusta. Thirty-one athletes competed on this warm sunny day and their ages ranged from 14 to 63.

The upcoming year will begin on Sunday, February 26, 2012 at UMaine's Memorial Gymnasium in Orono. USATF-Maine has added more youth events again this year including the shot put for which the proper weighted shots will be provided for the youth. The entry form can also be found at: [www.meusatf.org](http://www.meusatf.org).

A couple other meets to look for this year will be the second year in which USATF-Maine hosts a heptathlon and decathlon

championships in June and a Throws championship later in the year.

The USATF-Maine Master's XC Championships on October 8th 2011 in conjunction with the Craig Cup, in Cumberland Maine. The meet had 2 Masters Division athletes compete this year and we look forward to having this meet grow.

If you have any questions, please contact Christine Lipsky at [unodoslipsky@yahoo.com](mailto:unodoslipsky@yahoo.com) or by phone at 207-234-2455 or Mark Dennett at [mark.r.dennett@gmail.com](mailto:mark.r.dennett@gmail.com) or by phone at 207-577-1732.

**2010 Cross-Country and 2011 Track Awards and Records**

**Cross-country:**

Luke LaVerdiere

State meet: 1<sup>st</sup>, Region 1 2<sup>nd</sup>, National 9<sup>th</sup>  
All-American for national finish

**Track Records:**

Max Bogdanovich

*Bantam Boys Shot Put 29'09"*

Kate Hall

*Youth Girls 100m dash 12.80*

*Youth Girls Long Jump 16'3.25"*

Panthers

Adelaide Cook, Alaina birkel,

Madelyn Adams, Mira Wyman

*Midget Girls 400m Relay 57.44*

Panthers

Kate Hall, Hannah Keisman,

Kelyn LaLiberte, Zach Haskell

*Youth 400m Coed Relay*

**Track Recognitions State Meet Points**

Small Club- Hampden – 41.5

Medium Club – Falmouth – 252

Large Club – Panthers – 433



**Other Association Awards:**

*USATF Officials Awards:*

Jim Fecteau and Mark Dennett

*President's Award*

Mark Dennett

**A look at last summer's action!**

