

2012 STATE CLASS A  
INDOOR T & F CHAMPIONSHIPS  
UNIVERSITY OF SOUTHERN MAINE FIELD HOUSE

Meet Instructions

Meet Director: George Towle  
Call: 780-5595 (USM)  
FAX: 780-5994 780-5182  
Email: gtowle@usm.maine.edu

Entries: \* No changes or additions allowed once the entries have  
been turned in on Monday February 13 (6:00 pm deadline).  
\* E-mail your Team Manager meet entries file to  
Glendon Rand at runsub5@roadrunner.com. Fax MPA entry  
form to Glendon Rand at 989-8659 AND to the  
MPA at 622-1513.  
\* Preliminary seeds may be viewed at:  
<http://www.sub5.com/emit/home.htm> on Wednesday,  
February 15.  
\* Final entries may be viewed on Friday,  
February 17 at the same sub5 website.

Meet Packets: Available @ 8:30 a.m. on meet day

Numbers: Hip numbers only.

Clerking Area Under scoreboard near 55 m start

Scoring 10-8-6-4-3-2-1 (7 places)

Time Schedule Events will not be run ahead of schedule. The attached  
schedule may be adjusted to match entries.

Coaches Meeting: @ 9:15 a.m. on meet day

Trainer: On duty from 9:00 a.m. to end of meet  
Please bring own supplies

T-shirts: Will be available on meet day

Concession Stand: Main Lobby

Food and Drink Not allowed in the field house.

Awards: Athletes should go to the awards stand to accept their ribbons as soon as their name is announced. Please remind athletes to be prompt and in school uniform.

Team awards will be presented directly after the meet on infield.

Results: Will be posted on the wall leading to locker rooms. Results will be available on line at: [www.sub5.com](http://www.sub5.com)

Admission: \$7.00 Adults  
\$4.00 Students

Spikes: 1/ 8 is MAX

Relay Markings: Tape or other markings approved by the games committee may be placed on the track 1 minute prior to start of race. These must be removed before start of next heat.

SP Weigh In: 9:00 a.m. - 9:45 a.m. (boys and girls)

Advancement: 8 fastest times in 55 Dash and 55 Hurdles will advance to finals

Field Events 8 athletes to finals , throwing in reverse order

Starting Heights: Boy's High Jump -2" below qualifying standards (5' 6")  
Girl's High Jump -" " (4' 6")  
Boy's Pole Vault -12' below qualifying standards (10' 0")  
Girls Pole Vault - " " (7' 0")

Starts: 800 and 3200 m Relay - If there are 8 or less in a race it will be a water fall start. If more than 8, it will be a 1 turn double pole.

Mile and 2 Mile run - If there are 11 or less in a race, it will be a waterfall start. If more than 11, it will be a 1 corner double pole.

4 x 200 Relay First runner stays in lane for entire lap. Second runner may cut to the pole as soon as baton is received.

Appeals: Use the form in your packet to file an appeal. Submit this form and \$35.00 cash to the meet director. If your appeal is

upheld,  
will forfeit your

your \$35.00 will be returned. If turned down, you  
money.

Police your area: Please leave it as clean as when you arrived.

New England Interscholastic Championships  
Friday March 3, 2012  
Reggie Lewis Center, Roxbury , MA

The champion in each event for Class A & B and the next 4 best finishers will represent the State. This applies to both individuals and relays. PV and TJ are not contested. The 300m, 600, and 1000 replace the 200m, 400, 800. Athletes are limited to 3 events , including relays. Deadline for entries: Tuesday , February 21. Athletes should contact George Mendros at 207-282-5065 / [gmendros@maine.rr.com](mailto:gmendros@maine.rr.com) . Qualifiers will be posted on sub5 Wednesday, February 22. Go to [www.mpa.cc](http://www.mpa.cc) and [www.newenglandsports.com](http://www.newenglandsports.com)

USM - GORHAM DIRECTIONS:

From the NORTH - Maine Turnpike to Westbrook Exit Follow Rt. 25 to Gorham. At Gorham Center, turn right onto Rt. 114. Take second left onto campus. The field house is straight ahead.

From the SOUTH - Maine Turnpike to Scarborough. Turn left after tollbooth. At second traffic light turn left onto Rt. 114 west. Follow Rt. 114 to Gorham Center (intersection of Rt. 25). Take second left onto campus. The field house is straight ahead.

## 2012 CLASS A STATE INDOOR TRACK CHAMPIONSHIPS

### FIELD EVENTS

10:00	GIRLS POLE VAULT BOYS HIGH JUMP BOYS SHOT PUT GIRLS LONG JUMP
11:30	GIRLS HIGH JUMP BOYS LONG JUMP
1:00	GIRLS SHOT PUT BOYS POLE VAULT GIRLS TRIPLE JUMP (FOLLOWED BY BOYS)

### TRACK EVENTS

10:30	4 x 800 RELAY		
11:30	55 M HURDLES	TRIALS	(top 8 times to finals)
	55 M DASH	TRIALS	(top 8 times to finals)
12:25	NATIONAL ANTHEM		
12:30	55 M HURDLES	FINALS	(boys followed by girls)
12:40	55 M DASH	FINALS	
12:45	MILE RUN		
1:15	400 M RUN		
1:45	800 M RUN		
2:00	200 M DASH		
2:30	2 MILE		
3:00	4 X 200		

GIRLS FIRST IN ALL EVENTS EXCEPT FOR 55 M HURDLE FINALS

EVENTS WILL NOT BE RUN AHEAD OF SCHEDULE