



2021

**USATF-Maine Association  
Youth Summer Series Schedule**

GROUP A 2PM

GROUP B 11AM

GROUP C 10AM

GROUP D 2PM

Thurs. July 1 A Meet	Scarborough H.S. Ron Kelly 730-4150 745-4781	Poland Regional Dan Roy 998-4827	Winslow High Ken Nadeau 649-6365	Old Town H.S. Rod White 951-0864
Thursday July 8 B Meet	FREEPORT HS Jared Boudreau 619-4927	Edward Little 333-6601 Angela Jalbert	<b>Winslow HS</b> Club (Maranacook HS) <b>Ken Nadeau</b> Mark Dennett <b>649-6365</b>	Old Town H.S. Rod White 951-0864
Thurs. July 15 A Meet	Massabesic Scott Carbone 651-8490	Lewiston High 513-3005 Jason Hanken	Winslow HS Ken Nadeau 577-6365	BREWER David Jeffrey 825-3403
Thurs. July 22 B Meet	FREEPORT HS Jared Boudreau 619-4927	Lisbon High Jen Perron 576-2022	<b>Lakers Track Club</b> (Maranacook HS) <b>Ken Nadeau</b> 649-6365 <b>Mark Denett 577-1732</b>	BREWER David Jeffrey 825-3403

Junior Division Qualifying Meets  
(10:00 am start time for all Qualifying Meets)

Thurs. July 29 <sup>th</sup>	Scarborough H.S. 2:00pm Ron Kelly 730-4150 745-4781	Poland Regional High School 10:00am Dan Roy 998-4827	Lakers Track Club (Maranacook HS) 10:00am Mark Dennett 577-1732	Brewer H.S. 10:00am David Jeffrey 825-3403
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2021 USATF-Maine Association 14 & Under Championship

Saturday, August 7<sup>th</sup>, 2021

Massabesic High School

Waterboro, ME

Ron Kelly

745-4781

Meet Begins at 9:00am

YOUTH DIVISION MEETS EVENTS

A Meets

B Meets

BOYS		GIRLS		BOYS		GIRLS	
8 & Under				8 & Under			
800M R.W.	800M R.W.	800M R.W.	800M R.W.	800M R.W.	800M R.W.	800M R.W.	800M R.W.
200M	100M	100M	100M	100M	200M	200M	200M
800M	400M	400M	400M	400M	800M	800M	800M
SHOT PUT - 4LBS	JAVELIN	JAVELIN	JAVELIN	JAVELIN	SHOT PUT - 4LBS	SHOT PUT - 4LBS	SHOT PUT - 4LBS
HIGH JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP
400M RELAY	400M RELAY	400M RELAY	400M RELAY	400M RELAY	400M RELAY	400M RELAY	400M RELAY
9-10				9-10			
800M R.W.	100M	100M	100M	100M	800M R.W.	800M R.W.	800M R.W.
200M	400M	400M	400M	400M	200M	200M	200M
800M	1500M	1500M	1500M	1500M	800M	800M	800M
SHOT PUT - 6LBS	JAVELIN	JAVELIN	JAVELIN	JAVELIN	SHOT PUT - 6LBS	SHOT PUT - 6LBS	SHOT PUT - 6LBS
HIGH JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP
1600M RELAY	400M RELAY	400M RELAY	400M RELAY	400M RELAY	1600M RELAY	1600M RELAY	1600M RELAY
11-12				11-12			
80M LOW HURDLES	800M R.W.	800M R.W.	800M R.W.	800M R.W.	80M LOW HURDLES	80M LOW HURDLES	80M LOW HURDLES
200M	100M	100M	100M	100M	200M	200M	200M
800M	400M	400M	400M	400M	800M	800M	800M
3000M	1500M	1500M	1500M	1500M	3000M	3000M	3000M
SHOT PUT - 6LBS	JAVELIN	JAVELIN	JAVELIN	JAVELIN	SHOT PUT - 6LBS	SHOT PUT - 6LBS	SHOT PUT - 6LBS
HIGH JUMP	DISCUS	DISCUS	DISCUS	DISCUS	HIGH JUMP	HIGH JUMP	HIGH JUMP
TRIPLE JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP
1600M RELAY	400M RELAY	400M RELAY	400M RELAY	400M RELAY	1600M RELAY	1600M RELAY	1600M RELAY
13-14				13-14			
100M LOW HURDLES	1500M R.W.	1500M R.W.	1500M R.W.	1500M R.W.	100M LOW HURDLES	100M LOW HURDLES	100M LOW HURDLES
200M	100M	100M	100M	100M	200M	200M	200M
800M	400M	400M	400M	400M	800M	800M	800M
3000M	1500M	1500M	1500M	1500M	3000M	3000M	3000M
SHOT PUT - 4K	JAVELIN	JAVELIN	JAVELIN	JAVELIN	SHOT PUT - 6LBS	SHOT PUT - 6LBS	SHOT PUT - 6LBS
HIGH JUMP	DISCUS	DISCUS	DISCUS	DISCUS	HIGH JUMP	HIGH JUMP	HIGH JUMP
TRIPLE JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP
POLE VAULT	POLE VAULT	POLE VAULT	POLE VAULT	POLE VAULT	POLE VAULT	POLE VAULT	POLE VAULT
1600M RELAY	400M RELAY	400M RELAY	400M RELAY	400M RELAY	1600M RELAY	1600M RELAY	1600M RELAY

**COED RELAYS ALL AGE GROUPS**



**2021 USATF-MAINE Youth T&F Summer 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 2013 AND AFTER**  
**9 - 10 - BORN 2011 - 2012**  
**11 - 12 - BORN 2009 - 2010**  
**13 - 14 - BORN 2007 - 2008**



## MAINE

### 2021 USATF-MAINE Youth T&F Summer 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 2013 AND AFTER**

**9 - 10 - BORN 2011 - 2012**

**11 - 12 - BORN 2009 - 2010**

**13 - 14 - BORN 2007 - 2008**



## USATF-MAINE Youth T&F Summer Series 2021 RULES

### General Developmental Summer Series Rules & Entry Fees

1. Entry fees Regular Season Meets - \$2.00 per athlete.
2. Entry fee for 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. 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.
5. In case of bad weather, the meet director will contact each club concerning the postponement – event re-scheduled date if applicable.
6. Service animals only allowed at USATF-Maine sanctioned events-host site to maintain enforcement.
7. Coaches and spectators are asked to stay on the outside of the track for safety and liability purposes.
8. 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.
9. Starting times: Group A-2:00pm Group B-11:00am Group C-10:00am Group D-2:00pm

### Memberships & Coaches

10. All athletes are required to have a current USATF Membership. Athletes must register themselves through USATF Connect System ([usatf.sport80.com](http://usatf.sport80.com)). Athletes should be registered prior the first meet
11. Clubs must have their club dues paid before they compete in the regular season meets.
12. 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>). If coach is under 18 years old, they must be a USATF member and complete Safe Sport. **This must be completed and done through USATF Connect.**
13. Any coach or volunteer who completes NCSI Background Check and Safe Sport will receive 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 21<sup>st</sup> to be eligible to receive a field pass under their name. Field passes are to drop athletes off at their events – NO COACHING FROM THE INFIELD or the field pass will be revoked.

### Age Division/Restrictions

14. Age divisions: 8 & under, 9-10, 11-12, 13-14 & 15.
15. Age Calculation: Age of all competitors is determined by subtracting year of birth from 2021.
16. 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
17. Athletes are not allowed to move into another age group to compete.
18. Athletes who were 8<sup>th</sup> graders during the 2020-2021 school year and who are turning 15 during 2021 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

19. Relays count toward event limits.
20. Relays will be run with 30m exchange zone for the 4x100m Relay – See Rule 170.3 & 12
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. In the state meet there will be 4 attempts for all, excluding the high jump and pole vault..
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. **All events must be offered at the Qualifying 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 the regular season meet is FAT timed.
32. Each group section (a-d) shall e-mail their sections meet results within 48 hours 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: Molly & Josiah Winchenbach	Group Coordinator: David Jeffery
Cape	Auburn	Gardiner	Old Town
Cumberland	Brunswick	Lakers	Bangor
Falmouth	Lewiston	Skowhegan	Blue Hill
Gorham	Lisbon	Waterville	Brewer
Massabesic	Panthers	Winslow	Hampden
Portland	Topsham	Winthrop	Lincoln
Saco	Woolwich	Wiscasset	Orono
Scarborough			Pittsfield
Wells			
Westbrook			
Windham			
Yarmouth			
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