

USM NEW YEAR'S INVITATIONAL

****NEW 2-DAY FORMAT****

FRIDAY / SATURDAY, JANUARY 2ND/3RD, 2026 – 12:00PM

WE INVITE ALL MAINE AND NEW HAMPSHIRE HIGH SCHOOLS TO JOIN US FOR AN EARLY SEASON, HIGHLY COMPETITIVE HIGH SCHOOL INVITATIONAL MEET AT THE UNIVERSITY OF SOUTHERN MAINE'S 200 METER MONDO TRACK!

MEET QUESTIONS: 207-780-5776 ROBERT.WHITTEN@MAINE.EDU

ENTRIES: DUE ON TUESDAY, DECEMBER 30ST BY 11:59PM

- SANCTIONING HAS BEEN REQUESTED FOR NH SCHOOLS THROUGH THE NHIAA
- ENTRIES WILL BE SUBMITTED THROUGH MILESPLIT.
 - EMAIL DAVE JEFFREY AT BREWERTIMING@GMAIL.COM WITH ANY ISSUES OR TO BE INVITED TO REGISTER FOR THE MEET.
- NEW HAMPSHIRE SCHOOLS CAN REGISTER THROUGH MILESPLIT, OR REGISTER THROUGH DIRECT ATHLETICS. PLEASE EMAIL ROBERT.WHITTEN@MAINE.EDU TO GET ADDED TO DA IF YOU DO NOT ALREADY HAVE ACCESS TO REGISTER.

ENTRY FEE: FRIDAY - \$20 PER EVENT OR RELAY, SEPARATE FROM SATURDAYS ENTRY FEES
SATURDAY - \$10 PER ATHLETE PER EVENT, \$20 PER RELAY, UP TO \$200 MAX PER GENDER, PER TEAM.

- PLEASE NOTE THIS IS AN ENTRY FEE. YOU ARE RESPONSIBLE FOR ALL ENTRIES CALCULATED AS ENTRIES CLOSE, NOT WHO COMPETES.
- CHECKS OR PO CAN BE MAILED, OR BROUGHT THE DAY OF THE MEET BUT MUST BE RECEIVED BEFORE THE MEET STARTS.
- PLEASE MAKE CHECKS PAYABLE TO:

USM TRACK AND FIELD
 37 COLLEGE AVE
 GORHAM, ME 04038

PARKING: THE UNIVERSITY OF SOUTHERN MAINE INSTITUTED A DIGITAL PARKING INITIATIVE THAT REQUIRES ALL USM VISITORS TO PAY FOR PARKING. THIS WILL INCLUDE TEAM VEHICLES, COACHES, PARENTS AND SPECTATORS. MORE INFORMATION CAN BE FOUND [HERE](#)



- FACILITY OPENS NO EARLIER THAN 12:30PM FRIDAY AND 8:30AM SATURDAY.
- ELECTRONIC DEVICES, ESPECIALLY EARPHONES, ARE NOT PERMITTED IN THE COMPETITION AREA AT ANY TIME. THIS INCLUDES WARMING UP ON THE TRACK.
- CONCESSIONS WILL HAVE FOOD, DRINKS, SNACKS AND PIZZA FOR SALE.
- MEDALS WILL BE GIVEN FOR THE TOP 3 FINISHERS IN EACH EVENT. EVENT WINNERS WILL BE GIVEN A USM INVITATIONAL CHAMPIONS T-SHIRT.

- A LIMITED AMOUNT OF MEET T-SHIRTS WILL BE AVAILABLE TO ATHLETES FOR \$15 FOR T-SHIRTS, \$20 FOR LONG SLEEVE SHIRTS.
- ALL ELIGIBLE BOYS AND GIRLS FROM MAINE AND NEW HAMPSHIRE WHO'S HIGH SCHOOLS SPONSOR INDOOR TRACK. - INDIVIDUALS CAN BE ENTERED AS UNATTACHED ATHLETES. PLEASE SEEK A WAIVER TO THE "BONA FIDE TEAM RULE" IF NEEDED.
- **SEEDING** – BREWER TIMING WILL HANDLE ALL ENTRIES AND SEEDING OF EVENTS.
 - SCRATCHES CAN BE EMAILED TO ROBERT.WHITTEN@MAINE.EDU
 - ANY SCRATCHES THE DAY OF SHOULD BE BROUGHT TO THE FINISH TABLE
- **SPIKES WILL BE ALLOWED IN ALL EVENTS – ¼" PYRAMID MAX, NO NEEDLE OR CHRISTMAS TREE SPIKES ALLOWED.**
 - ALL SPIKES WILL NEED TO BE CHECKED AND ZIP TIED AS PART OF THE CHECK IN PROCESS.

EVENT STANDARDS:

- PLEASE LIMIT ENTRIES TO THOSE ATHLETES WHO HAVE MET THE BELOW ENTRY STANDARDS, INDOOR OR OUTDOOR. EMAIL ROB WHITTEN WITH ANY SPECIAL CASES:

• **GIRLS**

- 55M – 8.85
- 200M – 33.00
- 400M – 1:13.00
- 800M - 2:55.00
- 1MILE – 6:40.00
- 2MILE – 13:30.00
- 55H – 12.00
- HJ – 4' 4"
- PV – 6' 6"
- LJ – 14' 0"
- TJ – 30' 0"
- SP – 24' 0"

• **BOYS**

- 55M – 7.65
- 200M – 27.00
- 400M – 58.50
- 800M - 2:25.00
- 1MILE – 5:25.00
- 2MILE – 11:30.00
- 55H – 10.50
- HJ – 5' 2"
- PV – 9' 0"
- LJ – 18' 0"
- TJ – 36' 0"
- SP – 34' 0"

• **EVENT LIMITS:**

- 3 EVENTS MAX PER ATHLETE
- THERE WILL BE A LIMIT OF 3 ENTRIES PER SCHOOL IN THE LJ AND 2 ENTRIES PER SCHOOL IN THE TJ.
- UNLIMITED ENTRIES IN THE SP AS LONG AS ATHLETES HAVE MET THE MINIMUM STANDARDS (G-24' -/ B—34').

- LONG JUMP WILL BE LIMITED TO THE TOP 28 ENTRIES.
- TRIPLE JUMP WILL BE LIMITED TO THE TOP 20 ENTRIES.
- PENTATHLON WILL BE LIMITED TO THE **FIRST 20** ENTRIES.

• **RELAYS:**

- SCHOOLS ARE LIMITED TO 1 RELAY TEAM IN THE 4 x 800M.
- SCHOOLS ARE LIMITED TO A MAXIMUM OF 2 TEAMS IN THE SPRINT MEDLEY AND 4 x 400M RELAYS EACH.

MEET PROTOCOL:

TRACK EVENTS

- SECTIONS ON THE TRACK WILL BE RUN FASTEST TO SLOWEST.
- CHECK IN WILL BE ON THE OUTSIDE OF THE TRACK NEAR THE STARTING LINE.
- TOP 32 SEEDS IN THE 55M WILL BE SERPENTINED IN 4 HEATS. THE REMAINING HEATS WILL RUN IN SEEDED SECTIONS, FAST TO SLOW. ALL PARTICIPANTS ARE ELIGIBLE TO QUALIFY FOR FINAL.
- TOP 16 TIMES WILL ADVANCE TO A 2 SECTION FINAL IN THE 55M DASH. THE TOP 8 FASTEST TIMES WILL RUN IN THE 2ND SECTION.
- TOP 8 TIMES WILL ADVANCE TO A 1 SECTION FINAL IN THE 55M HURDLES.
- STARTING BLOCKS:
 - ONLY STARTING BLOCKS PROVIDED BY USM WILL BE ABLE TO BE USED.
 - STARTING BLOCKS WILL BE ALLOWED IN THE FIRST 5 SECTIONS OF THE 200M AND FIRST 3 SECTIONS OF THE 400M.

FIELD EVENTS

- THERE WILL BE 3 ATTEMPTS IN LJ, TJ AND SP. TOP 8 WILL ADVANCE TO FINALS WITH 3 ADDITIONAL ATTEMPTS.
- ATHLETES SHOULD ARRIVE AT THE MEET WITH A MEASURED RUNWAY MARK. REVERSE RUN THROUGHES WILL NOT BE ALLOWED.
- IMPLEMENT WEIGH IN WILL HAPPEN AT CHECK IN OF EACH EVENT AND WILL BE DONE RIGHT AT THE SHOT PUT CIRCLE.
- MINIMUM MEASUREMENTS: 1 LEGAL ATTEMPT WILL BE MEASURED, AFTER THAT ONLY ATTEMPTS THAT MEET THE MINIMUM MEASUREMENTS BELOW WILL BE MEASURED
 - GIRLS SHOT PUT - 22' 0" BOYS SHOT PUT – 32' 0"
 - GIRLS LONG JUMP – 13' 0" BOYS LONG JUMP – 17' 0"
 - GIRLS TRIPLE JUMP – 28' 0" BOYS TRIPLE JUMP – 34' 0"
- OPENING HEIGHTS:
 - GIRLS HIGH JUMP – 4' 2" BOYS HIGH JUMP – 5' 0"
 - GIRLS POLE VAULT – 6' 0" BOYS POLE VAULT – 8' 0"
- POLE VAULT INCREMENTS
 - GIRLS 6' 0" - 7' 0" – 8' 0" – 8' 6" – 9' 0" – 9' 6" ...
 - BOYS 8' 0" – 9' 0" - 10' 0" – 10' 6" 11' 0" 11' 6" ...

FACILITY: 200M MONDO TRACK – NEW SURFACE IN 2018.

- 6 OVAL LANES, 8 SPRINT LANES
- LJ BOARD @ 8'. TJ BOARDS @ 25', 31' 6", AND 40' 6"
- WOOD CIRCLE FOR SHOT PUT

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****ESTIMATED TIMES – A FINAL TIME SCHEDULE WILL BE PUBLISHED ONCE ENTRIES CLOSE**

FRIDAY

2:00 PM BOYS PENTATHLON – 55H, LJ, SP, HJ, 1000M
 2:15 PM GIRLS PENTATHLON – 55H, HJ, SP, LJ, 800M

2:00PM WEIGHT THROW CLINIC – FOLLOWED BY
 BOYS 25LB WEIGHT THROW – FOLLOWED BY
 GIRLS 20LB WEIGHT THROW

RUNNING EVENTS (GIRLS FIRST IN ALL TRACK EVENTS)

2:30PM 1600M RACEWALK
 3:00PM 5000M RUN
 4:15PM DISTANCE MEDLEY

SATURDAY

FIELD EVENTS

FIELD EVENTS WILL CHECK IN AT FIRST CALL AT THE EVENT LOCATION

10:30 AM	BOYS LONG JUMP	MIN MEASUREMENT – 13' 0"
	FOLLOWED BY GIRLS LJ	MIN MEASUREMENT – 17' 0"
10:30 PM	BOYS POLE VAULT	OPENING HEIGHT – 6' 0"
	FOLLOWED BY GIRLS PV	OPENING HEIGHT – 8' 0"
11:00 AM	GIRLS HIGH JUMP	OPENING HEIGHT – 5' 0"
	FOLLOWED BY BOYS HJ	OPENING HEIGHT – 4' 0"
11:00 AM	GIRLS SHOT PUT	MIN MEASUREMENT – 32' 0"
	FOLLOWED BY BOYS SP	MIN MEASUREMENT – 22' 0"
2:30PM APPROX	BOYS TRIPLE JUMP	MIN MEASUREMENT – 28' 0"
	FOLLOWED BY GIRLS TJ	MIN MEASUREMENT – 36' 0"

RUNNING EVENTS (GIRLS FIRST IN ALL TRACK EVENTS EXCEPT 55H FINALS*)

- SEEDED SECTIONS RUN FIRST

11:00 AM	4 X 800M RELAY	
11:30 AM	55 HURDLE (G-B)	TRIALS (TOP 8 TIMES TO FINAL)
12:00 PM	55 DASH	TRIALS (TOP 16 TIMES TO 2 SECTION FINAL)
12:55 PM	MILE RUN	
1:50 PM	55 HURDLES (B-G)	FINALS
2:00 PM	55 DASH	FINALS (TOP 8 TIME Q TIMES IN 2 ND HEAT)
2:10 PM	400M	BLOCKS ALLOWED FOR THE TOP 4 SECTION ONLY
2:40 PM	800M	
3:10 PM	200M	BLOCKS ALLOWED FOR TOP 6 SECTIONS ONLY
4:15 PM	TWO MILE RUN	
4:40PM	SPRINT MEDLEY	(200M – 200M – 400M – 800M)
5:15 PM	4 X 400M RELAY	

- RESULTS WILL BE POSTED IN THE HALLWAY ON THE TRACK LEVEL AND LIVE RESULTS POSTED ON THE QR CODES AROUND THE FACILITY.
- AWARDS WILL BE ABLE TO BE PICKED UP AT THE AWARDS TABLE IN THE HALLWAY WHERE RESULTS POST AS SOON AS RESULTS FOR THAT EVENT ARE POSTED.