

USM Procedures

Things that are the same as UNH:

- Uniform Rules
- No spikes or any shoes that are spike capable except in high jump (\$500 fine assessed to your school if an athlete violates this rule at Maine)
- Scoring
- Order of Events (Running and Field)
- Enter 4x160 times in DA!!!!
- HJ Opening height (see corresponding UNH Meet)
- Doubling and Tripling Athlete rules (see League Rules)
- 4 max events per athlete
- 40 entries max per team
- 5 athletes max per team in one event
- Clean up your team's area before leaving

Things that are different from UNH:

- Top 8 go to finals in LJ, SP, 55H, 55D (top 8 performances from trials regardless of place in flight or heat)
- Automatic Timing used (educate your sprinters about the .24 issue)
- 300, 600, 4x200, 4x400 run in all six lanes (6 per heat/section)
- 4x200 relay is run instead of 4x160 (submit 4x200 times to Rick Berryman at rick@lancertiming.com for 4x160 conversions, he will put those on DA) **Reminder: Enter 4x160 times in DA when registering for all Maine meets!!!!**
- In the 4x200, the first runner from each team races in their lane for the entire first lap, the second runner stays in that lane after handoff until they cut in after the cones.
- In the 4x200, Maine typically runs 6 teams per heat, the exchanges can be really wild!
- In the 4x400, the first runner from each team runs a 2 turn stagger then cuts in at the cones.
- In the 600, a 2 turn stagger is run in lanes, cutting in at the cones. (provided USM seeds ahead of time, otherwise it's a waterfall start)
- Food is permitted - DO NOT ABUSE THIS PRIVILEGE!
- Tickets are never used - all entries for all events are to be done on DA. (scratches and adds are permitted at the timer's table before the meet begins)
- All coaches should keep track of laps and finishing times for all of their athletes in the 3000: there are often mix-ups there.

Order of Running Events

3000/4x800 (depending on pre-scheduled format)
G55H trials
G55H finals (top 8 all based on time)
B55H trials
B55H finals (top 8 all based on time)
G55D trials
B55D trials
G55D finals (top 8 all based on time)
B55D finals (top 8 all based on time)
1000
600
300
1500
4x400
4x200

Field Events

GHJ -> BHJ
BLJ -> boy's finals -> GLJ -> girl's finals
GSP -> girl's finals -> BSP -> boy's finals
(top 8 performances from trials go to finals)