

USM II
JANUARY 6TH, 2024

PARTICIPATING TEAMS: HUSSON, KEENE ST., MEDGAR EVERS, REGIS, SNHU (W), ST. JOE'S, UMAINE AUGUSTA, UMASS DARTMOUTH, YORK COUNTY CC

SCORING: THIS WILL BE A SCORING MEET WITH 6 PLACES SCORED.
10-8-6-4-2-1

ENTRIES: DUE ON WEDNESDAY, JANUARY 3TH BY 7:00PM VIA DIRECT ATHLETICS.

ENTRY FEE: **\$350 PER GENDER**
IF LESS THAN 18 ATHLETES ENTERED PER GENDER, \$20 PER ATHLETE

PLEASE MAKE CHECKS PAYABLE TO: **USM ATHLETICS**

MAIL TO: **USM ATHLETICS**
 ATTN: KAITLIN BOUCHARD
 37 COLLEGE AVE
 GORHAM, ME 04038

FACILITY: **200M MONDO TRACK. 6 OVAL LANES, 8 SPRINT LANES**
 LJ BOARD @ 8'. TJ BOARDS @ 25', 31', AND 40' 6"
 WOOD CIRCLES FOR SHOT PUT AND WEIGHT THROW

SPIKES: ¼ INCH PYRAMIDS MAXIMUM. NO 'CHRISTMAS TREE' OR NEEDLE SPIKES.

PARKING: THE UNIVERSITY OF SOUTHERN MAINE INSTITUTED A DIGITAL PARKING INITIATIVE THAT REQUIRES ALL USM VISITORS TO PAY FOR PARKING. WE WILL BE ABLE TO VALIDATE YOUR BUS/VAN/MINI-BUS (UPON RECEIPT OF LICENSE PLATE INFO) SO THAT YOU ARE NOT CHARGED FOR PARKING. PLEASE COMMUNICATE AND SHARE THE INFORMATION ATTACHED WITH THE PARENTS AND SPECTATORS OF YOUR RESPECTIVE TEAMS.

- THIS WILL BE AN OPEN MEET AND UNATTACHED ATHLETES ALLOWED, \$10 / ATHLETE.
- WE HAVE 8 SPRINT LANES AVAILABLE ON THE STRAIGHTAWAY SO 8 WILL ADVANCE TO THE 55H AND 55M FINALS.
- 8 WILL ADVANCE TO FINALS IN LJ, TJ, SP AND WT
- SHOT PUT - ONCE HIGH JUMP IS COMPLETE, WE WILL SET UP A SECOND THROWING AREA FOR THE WOMEN'S SHOT PUT. MEN'S SHOT PUT WILL FOLLOW MEN'S WEIGHT THROW IN PRIMARY THROWING AREA.
- LANE 1 WILL NOT BE USED FOR THE 200M AND 400M
- HJ SUGGESTED OPENING HEIGHTS: MEN – 1.68M WOMEN – 1.32M
- PV SUGGESTED OPENING HEIGHTS: MEN – 3.15M WOMEN – 2.15M

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APPROX TIME SCHEDULE

FIELD EVENTS – 8 TO THE FINALS

12:00 PM	WOMEN'S WEIGHT THROW (FOLLOWED BY MEN)
12:00 PM	WOMEN'S LONG JUMP (FOLLOWED BY MEN)
12:00 PM	MEN'S HIGH JUMP (FOLLOWED BY WOMEN)
12:00 PM	WOMEN'S POLE VAULT (FOLLOWED BY MEN)
2:00PM APPROX	WOMEN'S TRIPLE JUMP (FOLLOWED BY MEN)
2:00PM APPROX	WOMEN'S SHOT PUT <u>AND</u> MEN'S SHOT PUT (2 CIRCLES)

RUNNING EVENTS (MEN FIRST IN ALL TRACK EVENTS EXCEPT 55H TRIALS)

**** ESTIMATED TIMES – WE WILL MAKE A FINAL TIME SCHEDULE AFTER ENTRIES CLOSE****

12:00 PM	5000M
12:45 PM	55H TRIALS – (WOMEN FIRST)
1:00 PM	55M TRIALS
1:20 PM	MILE
1:45 PM	55H FINALS
1:55 PM	400M
2:05 PM	600M
2:15 PM	55M FINALS
2:20 PM	800M
2:30 PM	1000M
2:35 PM	200M
3:00 PM	3000M
3:25 PM	4x200M
3:35 PM	4x800M
4:00 PM	4x400M

HIGH JUMP PROGRESSIONS:

WOMEN - 1.32M-1.37-1.42-1.47-1.52-1.57-1.62-1.65 (CONTINUE BY 3CM)

MEN - 1.68M-1.73-1.78-1.83-1.88-1.93-1.96-1.99 (CONTINUE BY 3CM)

POLE VAULT PROGRESSIONS:

WOMEN - 2.15M-2.30-2.45-2.60-2.75-2.90-3.05-3.20 (CONTINUE BY 15CM)

MEN - 3.15M-3.30-3.45-3.60-3.75-3.90-4.05-4.20-4.35-4.50 (CONTINUE BY 15CM)