USM Procedures

Things that are the same as UNH:
- Uniform Rules
- 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)
- In the 4x200, the first runner from each team races in their lane for the entire first lap, the second runner cuts in after the handoff. (just like the 4x160)
- All coaches should keep track of laps and finishing times for all of their athletes in the 3000 just as you do at UNH.
- 4 max events per athlete
- 40 entries max per team
- 5 athletes max per team in one event (unless all entered have at least provisionally qualified)
- Clean up your team’s area before leaving

Things that are different from UNH:
- No spikes or any shoes that are spike capable even in the high jump ($500 fine assessed to your school if an athlete violates this rule at Maine)
- 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 procedure)
- 300, 600, 4x200, 4x400 run in all six lanes.
- 4x200 relay is run instead of 4x160 (submit 4x200 times after the meet 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, Maine typically runs 6 teams per heat (instead of 2-3 at UNH)
- 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 chooses to seed ahead of time, otherwise it’s a waterfall start)
- Food is permitted but only in the upstairs foyer area- DO NOT ABUSE THIS PRIVELEGE!
- 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)

Order of Running Events
3000/4x800 (depending on pre-scheduled league 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)