

Mt. Ararat Relays 2025

Meet Information and Rules

Date: Saturday, May 17th. The meet starts at 9:00 am. The first events will begin at 9:30 am.

Location: Mt. Ararat High School, 68 Eagles Way, Topsham, ME 04086

Register on Milesplit by May 16, 2025 at midnight.

Entry fee: The fee is \$100 per team, per gender.

This meet can be used to qualify for Nike and/or New Balance Nationals in events that are not normally contested in Maine. [Nike qualifying standards](#). [New Balance qualifying standards](#). Each team can enter three athletes in the throwing relays. If this meet is added to the official school calendar and is one of the 10 meets for the season, then marks can be used for the state meet (individual conference rules apply as well). Athletes are limited to four events.

Meet Schedule

8:30 am: Officials check in 8:40 - 9:00 am: Implement check & weigh-in 9:00 am: Coaches meeting/scratches 9:30 am: Boys long jump Relay Girls triple jump Relay Girls Shot Put Relay Boys Discus Relay Girls 4 x Mile Relay Boys 4 x Mile Relay Girls 4 x 200 m Relay Boys 4 x 200 m Relay Girls pole vault Relay 10:15 am: Girls Javelin Relay Boys Shot Put Relay Boys Triple Jump Relay Girls Long Jump Relay Girls 4 x 100 m Shuttle Hurdle Relay Boys 4 x 110 m Shuttle Hurdle Relay Girls 4000 m Distance Medley Relay (1200-400-800-1600) Boys 4000 m Distance Medley Relay (1200-400-800-1600) Boys Pole Vault Relay Girls High Jump Relay	11:00 am: Girls Discus Relay Boys Javelin Relay Boys High Jump Relay Girls 1600 m Sprint Medley Relay (200-200-400-800) Boys 1600 m Sprint Medley Relay (200-200-400-800) Girls 4x100 Throwers Relay Boys 4x100 Throwers Relay Co-ed 4 x 400 m Relay Coaches Mile 12:00 pm: Awards Golden batons will be awarded for the best combined team scores for: ❖ Girls Throwing Events ❖ Girls Jumping Events ❖ Girls Track Events ❖ Boys Throwing Events ❖ Boys Jumping Events ❖ Boys Track Events
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Meet Rules and Guidelines:

1. You must register by the end of the day on May 16, 2025 on Milesplit.
2. The USATF rule book will be followed during the meet.
3. The following track events will be offered: 4x100m hurdles (girls), 4x110m hurdles (boys), 4x200m, 4xMile, 1600m sprint medley (200m, 200m, 400m, 800m), 4000m distance medley (1200m, 400m, 800m, 1600m), 4x100m thrower's relay, a co-ed 4x400m relay (2 girls, 2 boys), coaches mile.
4. The following field events will be offered: long jump, triple jump, high jump, pole vault, shot put, discus, and javelin. For each field event that a school enters, three athletes compete as a team with each competitor's best attempt contributing to a total team performance. For example if Mt. Ararat High School enters a shot put team and gets the following results: Sally 24', Gwen 28' and Gabby 32' – their total team performance was 84'.
5. A school may enter up to 3 teams in any of the relays, but only one relay may score points. The throwing and jumping events are limited to a total of 3 teams of 3 per school.
6. All competitors in the throwing/jumping events will receive 3 attempts.
7. Throwers should bring their own implements. Implements will be weighed and measured before the meet starts, from 8:30 - 8:50 am. Any implements that do not pass inspection will be held in the shed for the duration of the meet and teams are responsible for collecting them after competition is over.
8. 1/4" pyramid spikes are allowed.
9. An athlete may participate in a maximum of four events.
10. No finals will be held for any events.
11. Non-competing athletes and spectators are not allowed on the infield. The throwing events will have ropes marking areas for spectators to watch the events.
12. T-shirts will be available for purchase.

An Athletic Trainer will be on-site.

Contact Info: Cuyler Greene, greenec@link75.org

Meet Director: Justin Laverriere laverrierej@link75.org

Checks can be made payable to *Mt. Ararat High School*.

Payment Address:

Geoff Godo, Athletic Director

% Mt. Ararat High School

68 Eagles Way, Topsham, ME 04086

Miscellaneous:

- General admission is \$5.00. Kids under 12 get in for free.
- A refreshment concession will be available, and there is a water fountain between the finish line and the jumping pits.