



**May 6, 2026**  
**CML Track at Waterville**  
**Brooklyn Ave**  
**Waterville, ME**



We look forward to seeing you on Wednesday, May 6!

Here is some important information regarding the meet; please share with athletes & families:

- We will have concessions!
- Field events will begin at 3:00 and track events will begin at 3:30
- Spikes are limited to ¼ inch pyramid; no needle spikes allowed
- Pets are not allowed** on any Waterville athletic property
- Team areas will be designated according to the attached map
- Parking is available on the adjacent streets & at Waterville Senior High School
- Buses are allowed to drop off athletes at the gate on Brooklyn Avenue & then park behind the HS
- Spectators must stay outside of the fenced area**
- Remind athletes not to cross in front of the camera when they are leaving or entering the start/finish area
- Coaches meeting will take place on the infield near the finish area at 2:45
- We will have a trainer on site

Order of events will follow the CML and as a reminder, running events take priority over field events; all CML rules will be followed:

**Order of Running Events**

- G 100 MLH (30")
- B 110 MLH (33")
- B&G 800 Race Walk
- G 100 M
- B 100 M
- B&G 1600 M
- G 400 M
- B 400 M
- G 4X 100 M Relay
- B 4X 100 M Relay
- B&G 800 M
- G 200 M
- B 200 M
- G 4X 400 M Relay
- B 4X 400 M Relay

**Order of Field Events**

- B Pole Vault
- G Pole Vault
- B 4Kg Shot
- G 6# Shot
- G 1 Kg Discus
- B 1 Kg Discus
- G High Jump (start at 3'6")
- B High Jump (start at 3'10")
- G Turbo Jav 400 Grams
- B Turbo Jav 400 Grams
- G Long Jump
- B Long Jump
- B Triple Jump
- G Triple Jump

