

CENTRAL MAINE LEAGUE TRACK AND FIELD – 2026

1. The league will consist of ten teams: Mt Blue, Waterville, Lawrence, Skowhegan, Mount View, Winslow, Madison, Messalonskee, Carrabec, Warsaw, and Valley
2. Track/Field entries for the seeding of meets must be sent to the meet director no later than the Friday before each meet.
3. Track teams shall not begin practice before Monday, April 6, 2026.
4. Due to the number of schools competing at each meet there shall be a maximum of up to 12 entrants per running event during the regular season and six for field events.
5. The host school will have an official serving as meet referee.
6. Please contact the host school regarding the pole vault if you have athletes that want to compete.
7. Schools conducting meets with less than four teams may add teams to the meet with the prior approval of the other participating schools.
8. Host schools must fax or email meet results to participating schools within two days so that teams may record results and school records.

Central Maine League Track Rules and Order of Events

A) All meets begin at 3:00 PM

B) Any participant may compete in a maximum of 4 events but one of the four needs to be a relay, no more than 3 individual events.

NOTES:

1. Competitors may double up in the 400, 800, and 1600 events. Coaches should use discretion in this decision.
2. Each participant is allowed 2 jumps, and 2 throws. All jumps and throws are final.
3. Running events take precedent over field events. Athletes must return for their final jump/throw within a reasonable time. High jump bar may be lowered to the point of the competitor's last uncompleted turn.
4. One false start rule will apply to all running events.
5. A competitor is allowed 3 attempts at any height in the high jump. (maximum)
6. Spikes may not be allowed at some facilities. Please contact the school for approval.
7. Schools may/may not conduct pole vault at meets or locations. (confirm with host school)
8. A 400 gram turbo javelin will be used at all meets.
9. The host school will provide the shot.

Order of Running Events

G 100 MLH (30")
B 100 MLH (30")
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

Hurdle Spacing:

Age Group	Race Length	# of Hurdles	Height	To 1st Hurdle	Between Hurdles	Last Hurdle to Finish	Typical Mark
Girls	100m	10	30"	13m	8m	15m	
Boys	100m	10	30"	13m	8.5m	10.5m	Yellow (current HS girl marks)