

Protocols for Indoor Track Meets at The University of Southern Maine-Gorham (USM)

in the Costello Field House 2025-2026

Address: Costello Field House, 43 Campus Ave, Gorham, ME 04038

Parking: ALL parking at USM costs money, one dollar per hour, or a full day is six dollars.

There are easy to understand and easy to utilize credit card kiosks in the main lobby of the facility.

Buses: Unless bus drivers want to pay for parking on campus; here are two nearby places buses can go to park for free:

Hannaford Grocery Store, 99 Main St, Gorham, ME 04038

Village Elementary School, 12 Robie St, Gorham, ME 04038

Please get your bus driver's cell phone number so you can call them as the meet wraps up.

Entering the Facility:

- **No Food or Drinks (other than water) allowed.**
- Teams will be expected to enter the facility no earlier than **45 minutes** ahead of the start time.

You should know:

- NO Spikes allowed in the facility; even in the HJ, no spikes.
- The Oval is 6 lanes, the Straight is 8 lanes
- Fully Automatic Timing (FAT) is in place
- Throwing circles are wood
- *Athletic Trainers will be available in the facility*

The Meet

- Coaches should bring any scratches or late additions directly to the timing company table as soon as they get their team settled.
- Athletes will check-in and get hip numbers at a table near the timing company table on the infield. Listen carefully for each event to be called.
- Field event check in will happen at the specific venue (i.e. HJ pit, throws circle).
- Coaches; bring your helpers / setup crew / cleanup crew to Bob Mullen for instructions.