

# 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.