

Maine Corporate Track Association

www.mainecorporatetrack.org

"Promoting health and wellness through track and field since 1987"



EVENTS OFFERED: 100, 200, 400, 800, 1600, 3200, 5K, 55m hurdles (30" high) long jump, high jump, shot put, discus, turbo jav, relays

AGE GROUPS: 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+

CURRENT TEAMS: Bath Iron Works, City of South Portland, IDEXX, Maine Health, New England Cancer Specialists, OA Spectrum, Texas Instrument, Unum, LL Bean, TD Bank

➤➤➤ **THREE WAYS TO GET INVOLVED** ◀◀◀

FORM A TEAM

Any company or municipality can form a team. Unlimited employees, including spouses, parents, and children over 18, can compete on the team at **no extra charge**, and new teams get a discount on meet fees.

You don't need a large number of people to get started. Average teams bring 8-12 members to each meet. Some teams may only bring 4, while others may have more than 20 – no limits! This is the best way to promote fitness in the workplace and build a team mentality.

JOIN A TEAM

Only have a couple co-workers interested, but have a friend at another company that wants to participate? Up to three small companies can merge to form one MECTA team – a great way to get a team off the ground.

RUN AS AN INDIVIDUAL

An individual not affiliated with a MECTA team can compete in any MECTA event by paying just \$20/meet or \$50/season. This is a great option to get some speed work in to improve a 5k time, train for the Maine Senior Games, or spice up your current fitness regimen.

2016 MECTA SCHEDULE

Date	Event	Time	Location
Sun, May 22	Kick-off 5k & Throwers Meet	8:00am	So.Po. High School
Thurs, June 9	Meet #1	5:30pm	Greely High School
Sat, June 25	Regional Meet	8:00am	So.Po. High School
Wed, July 13	Meet #3	5:30pm	TBD
Sat, July 23	State Meet	8:00am	So.Po. High School

**Subject to change due to scheduling conflicts and weather*

Check out the MECTA website or contact us for more info...and fire up that team for 2016!

President: Shelby Kaplan
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Treasurer: Mike Martin
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