

2025-2026 MPA INDOOR TRACK BULLETIN

(updated 12-10-25)

INDOOR TRACK SEASON

November 17	First Practice
December 4	First Regular Season Meet
December 4	Eligibility Verification Form Due to MPA
February 9-13	Sportsmanship Voting
February 11	Entries must be posted to MileSplit by 7:00pm.
February 12	Preliminary Entries Posted on the Web – www.sub5.com
February 13	Final Entries Posted – www.sub5.com
February 16	Class A State Championships, USM, Gorham Director: George Towle, 12:00 p.m. email: gtowle@maine.edu
February 16	Class B State Championships, Bates College Director: Marty Kahler, 12:00 p.m. email: mkahler576@aol.com
February 28	New England Competition, Bob McIntyre Track, Reggie Lewis Track and Athletic Center, Boston, MA (www.cnesspa.ezstream.com)

GENERAL INFORMATION

Seeding Information: Coaches must have submitted their entries onto MileSplit by February 11, 2026 @ 7:00 PM. Preliminary entries will be posted on February 12, and final seeds will be posted on Friday, February 13. Seeds are official documents and the \$50 fine applies for boys and girls if they are not submitted on time. Any change to a team entry after the posting of seeding will result in a \$75.00 fine.

Spikes: All coaches are asked to instruct their competitors to wear rubber-soled running shoes. This MUST be strictly enforced. **Quarter (¼) inch pyramid spikes will be allowed at both facilities.**

Shots: Only indoor shot puts may be used and must be approved by the Head Field Judge.

Pole Vault: Certification forms must be completed prior to the first scheduled meet and be available at all regular season meets. Changes and adjustments must be made throughout the season. Prior to the start of all meets, the meet director or Pole Vault official/adult will meet with coaches to verify that the athlete's weight and pole match. All coaches must be present prior to the athlete's participation at the start of the event.

- a. Athletic weight certifications are due prior to the start of the verification meeting at all meets.
- b. All vaulters must wear helmets.
- c. All NFHS rules related to pole vault events must be implemented and monitored at all meets.
- d. A sample permission slip is available on the MPA website for parents of vaulters to sign prior to participation.
- e. The official/adult supervising the event will check all poles for proper weight identification and markings.

- f. During the event, the official may randomly check the poles and athletes weight certification for proper match.
- g. The range for the position of the standards in the pole vault has been changed to **18 inches (45.7cm)** measured beyond the vertical plane of the top of the stop board, zero (0) point, up to a maximum distance of 31.5 inches (80cm) in the direction of the landing surface.

Dressing Rooms: Since the dressing rooms will be shared, each team must make their own provisions for the care of valuables.

Coaches: All coaches working with athletes at the state championship meet must be listed on the coaches' eligibility form submitted to the MPA.

*Each coach must complete the NFHS "Concussion in Sport" video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS "A Guide to Heat Acclimatization and Heat Illness Prevention" video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS "Sudden Cardiac Arrest" video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS "Protecting Students from Abuse" video that is available at the NFHS website (www.nfhslearn.com).

*All coaches must complete the on-line rules exam.

Coaches are responsible for seeing that their competitors are informed of, and comply with, all the information in this Bulletin. Coaches and athletes are guests at the host facility and should treat it with respect. Please adhere to the host facility regulation related to food in the facilities and police your team area prior to departure.

Sportsmanship must be a priority for coaches and athletes. Respect must always be shown to officials.

Conduct of Participants: The MPA Track Committee reserves the right, at any time, to withdraw from an individual or team the right to compete in the championship meet if the individual or team is guilty of misconduct prior to or during the meet. If, in the opinion of the referee, competitors do not make an "honest effort" in an event in which they are entered, those competitors may be disqualified for unsporting conduct and barred from further participation in that meet and the next regularly scheduled meet.

UNIFORM RULE: Each competitor must adhere to the Uniform (Rule 4-3; Art. 1, 2, and 3) as outlined in the 2025 NFHS Track & Field Rules Book.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

- * Two waivers per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g., If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach,

then a waiver should not be granted **because it violates the spirit and intent of the rule.)**

** This policy is not intended to restrict dual sport participation in schools that allow dual participation.

*** Penalty for violation of this policy:

1st Violation - Suspension from play for one game/contest

2nd Violation - Removal from team for remainder of season

(Effective Date: 2011)

TERMS AND CONDITIONS FOR MPA INDOOR TRACK CHAMPIONSHIPS

Qualifying: Prior to the 2025-2026 season each school must submit a schedule containing no more than eight meets, this would include the league championship meet.

Schools may participate in a total of eight team events to qualify for the state meet. Those meets must be in-state meets and must be listed on the team's schedule. A team may participate in a total of five exhibition meets, either in state or out of state, but the results from those meets may not be used to qualify for the state meet. Meets listed on your schedule are the only meets at which an athlete may qualify for the state meet.

Rules: 2025 National Federation Track and Field Rules and the Official Case Book situation rulings together with MPA Terms and Conditions set forth in this Bulletin are in effect. Each site shall establish a Games Committee which shall include the Meet Director, Meet Referee, MPA representative(s), and three coaches. The Games Committee duties and responsibilities are enumerated in the National Federation Officials Manual. Each Games Committee shall appoint a Jury of Appeals which shall serve as the final authority in appeals that fall within its jurisdiction as defined by the National Federation Rules. The Jury of Appeals shall consist of three officials chosen from the officials of the meet, an MPA representative(s) and one coach. The Track Committee reserves the right to review upon request any decision made by the Jury of Appeals but may not overturn final scoring results of the meet.

ENTRIES

Number of Entries: A school may enter as many athletes per event that have qualified.

Seeding: Times and distances reported on the event entry form will be used for seeding purposes. If there are not enough automatic competitors to fill the field, the field will be filled by the next best qualified (provisional) entries (including ties). **Entry information is due by February 11, 2026 by 7:00pm.** Any change or addition after entries are due must be submitted to the MPA Indoor Track Committee for approval. Coaches who wish to have an athlete entered must enter them in MileSplit. **This includes provisional athletes.** The MPA depends upon and expects careful and accurate seeding practices from all coaches.

Seeding Responsibilities: Individuals seeding the indoor track meet will adhere to the following guidelines:

1. They will not contact coaches/schools who have not entered events for which they have qualified.
2. Prepare a list of schools that do not submit forms on the assigned day (\$50).
3. If questions arise, the committee chair will be contacted.

4. No corrections to submitted seeds will be made without contacting the committee chair.
5. We ask the person doing data entry to question performances which may not be verified.
6. Any change to a team entry after email verification will result in a \$75.00 fine.

Scoring: First through eighth places will be scored.

Event Entry: A competitor may compete in three events.

Relays: In relay events, a school may list up to eight members of the team to compete. An athlete may only compete in one relay if they are entered in two individual events.

FIELD EVENTS

Shotput, Long Jump, and Triple Jump: During trials and finals, competitors with the best distances will perform last. It is recommended that the vector for the shotput be set at 34.92°.

No runbacks will be allowed in the Long Jump or Triple Jump once the event has been called.

Pole Vault and High Jump: A competitor is not a qualifier until a height has been made. A competitor may pass to any height. Athletes will compete in order of “worst to best.”

RUNNING EVENTS

200, 400, 800, Mile and Two-Mile Run: These events will be run as final races, scheduled below, by sections if necessary. Fast (seeded) sections will compete last. Once sections are determined, lanes will be assigned by performance (time).

In the two-mile run each team is required to provide one responsible adult to serve as a lap counter during the race.

If there are 8 or more competitors in the 800M or 1-Mile race, then an alley start will be used.

Hurdles and Dash: Once heats are set up, preferred lanes are determined by time. The eight fastest times will advance to the finals. Lanes in the finals will be determined at the trials.

In the running of the 200m event Lane 1 will not be used. Preferred lane assignment in the 200m shall be Lane 5/Lane 6/Lane 4/Lane 3/Lane 2.

Relays: The 4 x 800-meter relay and the 4 x 200-meter relay will be seeded by official relay race times achieved during the regular season. The 4 x 200-meter relay will be run with a 3-turn stagger.

In the 4 x 800-meter relay each team is required to provide one responsible adult to serve as a lap counter during the race.

In the running of the 4 x 200m event Lane 1 will not be used. Preferred lane assignment in the 4 x 200m shall be Lane 5/Lane 6/Lane 4/Lane 3/Lane 2.

Time Schedules: Each coach is responsible for seeing that his entries report to the various events as they appear in the Order of Events. Coaches must instruct their competitors to find out if they have qualified in events where semifinals or finals are being run. **Competitors not checking in for the event or not reporting to the event will be scratched.** Meet officials are not responsible for looking for, call or wait for late competitors.

Scratches: Any athlete who is scratched from an event, for any reason, or fails to show for an event for which he/she has been entered shall be immediately ineligible from further competition from that point on in that meet. All prior performances shall not be affected and will stand. (Outdoor track rule)

Any athlete who is scratched from an event, fails to check into the event, or fails to show for an event for which they have been entered shall be immediately ineligible from further competition in that meet. Relays may be scratched with no penalty. All prior performances shall not be affected and will stand.

Inquiries, Complaints, and Appeals: Coaches may direct their complaints to the Referee (rules) or the Meet Director (entries or conduct of the meet). Officials' judgments are not appealable, but if rules are thought to have been misapplied, a written appeal stating the rule or terms and conditions in question (form provided by the Meet Director) may be submitted for consideration by the Jury of Appeals. The form must be completed and submitted to the Jury with the \$35 fee. The coach may then add any additional pertinent data and will leave as a decision is made. If the decision is in favor of the complainant, the \$35 fee will be refunded. **Coaches and athletes are advised that the appeals procedure should be used judiciously. Unsporting conduct may result in disqualification from the meet.**

Qualifying Standards:

The Qualifying Standards Committee annually reviews qualifying standards. The following standards for running events are achieved from fully automatic timing systems. The first time/distance/height is the automatic standards; the second time/distance/height is the provisional standard. The fill-the-field numbers are in parentheses after each event.

2026 QUALIFYING STANDARDS				
Event	Boys A	Boys B	Girls A	Girls B
Shot Put (18)	45' 0"/37'6"	42' 0"/35'0"	30' 6"/28'0"	29' 0"/25'0"
High Jump (14)	5' 10"/5'6"	5' 10"/5'4"	5' 0"/4'6"	4' 10"/4'6"
Long Jump(14)	20' 6"/18'6"	20' 0"/17'9"	16' 9"/14'6"	16' 0"/14'3"
Triple Jump (14)	42' 0"/37'0"	40' 0"/35'6"	33' 6"/30'0"	33'0"/29'6"
Pole Vault (14)	12' 6"/9'0"	10' 6"/8'6"	9' 0"/7'0"	8' 0"/6'0"
55 HH (24)	8.75/9.30	9.40/10.40	9.70/10.20	10.00/10.75
55 Dash (24)	6.80/7.10	7.00/7.30	7.75/7.95	7.90/8.25
200 Dash (20)	24.00/25.20	24.50/25.65	27.40/28.90	27.50/29.30
400 Dash (18)	54.00/56.20	55.50/57.00	1:03.75/1:07.50	1:04.50/1:08.50
800 Run (18)	2:05.00/2:13.00	2:08.00/2:17.50	2:30.00/2:39.00	2:35.00/2:46.50
1 Mile Run (18)	4:40.00/5:05.00	4:45.00/5:13.00	5:30.00/6:00.00	5:45.00/6:20.00
2 Mile Run (14)	10:10.00/11:00.00	10:40.00/11:30.00	12:00.00/13:25.00	12:50.00/13:55.00

ORDER OF EVENTS

Start of Championship Meet

Girls 4X800m Relay (timed sections if necessary)
Boys 4X800m Relay (timed sections if necessary)
55 M. Hurdles Prelim Girls
55 M. Hurdles Prelim Boys
55 M. Dash Prelim Girls
55 M. Dash Prelim Boys
55 M. Hurdles Final Girls
55 M. Hurdles Final Boys
55 M. Dash Final Girls
55 M. Dash Final Boys
One Mile (timed sections if necessary) Girls
One Mile (timed sections if necessary) Boys
400 M. Run (timed sections) Girls
400 M. Run (timed sections) Boys
800 M. Run (timed sections if necessary) Girls
800 M. Run (timed sections if necessary) Boys
200 M. Dash (timed sections) Girls
200 M. Dash (timed sections) Boys
Two Mile Run Girls (timed sections if necessary)
Two Mile Run Boys (timed sections if necessary)
4X200m Relay Girls (timed sections)
4X200m Relay Boys (timed sections)

FIELD EVENTS

Shot Put Boys
High Jump Boys
Long Jump Girls
Pole Vault Girls
Long Jump Boys*
High Jump Girls
Shot Put Girls
Pole Vault Boys*
Triple Jump Girls*
Triple Jump Boys*

* Denotes events which will start earlier whenever possible.

Events will run according to the order of events with time determined by the number of entries and facilities' limitations.

Sportsmanship awards will be presented after the National Anthem.

INDOOR TRACK CLASSIFICATION

(Approved by Indoor Track Committee 2/3/25 (Classification 2/11/25)

CLASS A - 670+	CLASS B - 0-669
<ol style="list-style-type: none"> 1. Lewiston, 1,655 2. Thornton, 1,287 3. Portland, 1,146 4. Edward Little, 1,136 5. Sanford, 1,075 6. Bangor, 1,069 7. Bonny Eagle, 1,034 8. Deering, 1,033 9. Oxford Hills, 1,021 10. South Portland, 990 11. Noble, 940 12. Windham, 935 13. Scarborough, 911 14. Massabesic, 870 15. Gorham, 813 16. Hampden, 749 17. Mt. Ararat, 738 18. Camden Hills, 737 19. Brunswick/Hyde, 717/124 (B) 20. Brunswick, 717 21. Messalonskee, 713 22. Westbrook, 704 23. Kennebunk, 701 24. Skowhegan/Madison, 696 25. Falmouth, 695 26. Brewer, 693 27. Biddeford, 689 28. Marshwood^, 665 29. Cony/Hall-Dale/Winthrop, 647/251/226 30. Gardiner/Lisbon/Maranacook, 583/362/369 31. Cheverus/Waynflete, 388/256 	<ol style="list-style-type: none"> 1. Fryeburg, 663 2. Freeport, 629 3. Morse*, 629 4. Nokomis, 614 5. Greely, 613 6. Gray-New Gloucester, 591 7. Yarmouth, 562 8. Hermon, 556 9. Lincoln, 555 10. Leavitt, 552 11. Medomak Valley*, 552 12. Old Town, 536 13. Erskine, 533 14. Lawrence, 528 15. Ellsworth, 522 16. Cape Elizabeth, 511 17. John Bapst, 508 18. York, 503 19. Lake Region, 500 20. Oceanside, 498 21. Poland, 493 22. Waterville, 484 23. Mt. Desert, 476 24. Belfast, 471 25. Presque Isle, 456 26. Foxcroft, 431 27. Wells, 400 28. Maranacook, 369 29. Winslow, 367 30. Orono, 365 31. Bucksport, 358 32. Central/Dexter, 311/273 33. Mattanawcook/Penobscot Valley, 294/129 34. Traip, 290 35. Sacopee*, 281 36. Maine Central Institute, 268 37. George Stevens, 254 38. Sumner/Narraguagus, 238,209 39. Boothbay/Wiscasset, 163/141 40. Piscataquis*, 143 41. North Yarmouth/Maine Coast Waldorf, 140/48 42. Bangor Christian, 105

*Independents

^Applied to Higher Class

NEW ENGLAND COMPETITION - TBD