

2025-2026 MPA SWIM BULLETIN

11/21/25

SWIM SEASON

November 3, 2025 – Mandatory Coach's Clinic - Google Meet at 7:00 p.m.

December 1, 2025 - First Practice

December 12, 2025 - Submit Swim Meet Schedule in Online Forms

December 12, 2025 – Hytek roster and schedule due to Statistician, Richie Palmer

December 18, 2025 - First Countable Meet

February 23-29, 2026 – Online balloting for Sportsmanship Award

February 28, 2026 - Last Qualifying Meet

March 2, 2026 - Make-up date for February 28 Only

March 3, 2026 - Meet Entries E-mailed to Meet Directors by 6:00 p.m.

▪ Class A Entries to Jon Millett at jon.millett@vinalhavenschool.org

▪ Class B Entries to Scott Morrison at bkmainevi@roadrunner.com

March 6, 2026 – State Championships – A at Colby College

March 7, 2026 – State Championships – B at Colby College

TEAM DEFINITION

A swim team is defined in the **2025-2026** National Federation Swimming and Diving Rulebook.

The team **and its individual swimmers** must have competed in four (4) interscholastic team meets on four (4) different dates during the MPA defined swim season.

BONA FIDE TEAM RULE

Maine Swimming Bona Fide Team Rule

Adopted 11-19-04; Amended 11-16-05, Amended 5-10-12, Amended 5-25-19

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 / athlete 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**.
- Suspension from the school team should not be used as an avenue to access outside meets or events, as that would also **violate 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 Report violation to MPA office, suspension from play for one game / contest.

2nd Violation Report violation to the MPA office, removal from team for the remainder of the season.

MANDATORY CLINICS

The head coach of the varsity boys' and girls' swim teams (or a member of the staff) of each participating school is REQUIRED to attend one clinic:

- **November 3, 2025 at 7:00 p.m virtual meeting**

Topic: MISL Coaches meeting

Time: Nov 3, 2025 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://une.zoom.us/j/93604502725>

Meeting ID: 936 0450 2725

Non-attendees will be subject to an MPA fine of \$50. Schools will be notified of non-attendees. All attendees must sign in to be credited with attendance. Make up options will be through the individual officials' chapter trainings.

- **The Maine Swim Officials Association is hosting official's clinics on October 19 at the Westbrook Community Center and October 26 at Husson University, both at 9:00 am; contact Scott Morrison for more information bkmainevi@roadrunner.com or (207) 576-8612.**

COACHES' ELIGIBILITY

*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 Illness” 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).

DIVING

Schools which offer diving must secure a qualified diving coach or coaches and must meet the MPA Coaches' Eligibility requirements. In order for divers to compete in a regular season meet, the designated MPA swim coach (meeting coaches' eligibility) must be present for the competition to take place. At both a regular season meet and the State meet, another qualified MPA eligible swim coach may take responsibility for divers from a team that their coach cannot attend due to being committed to another state meet.

SWIM MEET SCHEDULE

Swim meet schedule must be submitted by **December 12, 2025** in the online forms on the MPA website. For state meet qualification purposes, both genders may qualify at meets listed for a single gender. A \$50 late fee will be assessed the school for schedules not received by the **December 12, 2025** deadline. Make-up dates for postponed meets need to be emailed to statistician (sunseekr@myfairpoint.net).

In-person competition is always the preference in conducting swim meets. In the 2024-2025 season virtual meets are an acceptable option for complications due to illness, available pool time, transportation issues, and weather). All virtual meets must be concluded in the same

week. The host school must report the results within 72 hours of completion by all teams involved.

RESULTS AND STATISTICIANS

ALL regular season, **both Boys' and Girls'**, results must be e-mailed to Ritchie Palmer at (sunseekr@myfairpoint.net). The HY-TEK Meet Manager is required for reporting all regular season meet results. **Entries for the state championship meet must be submitted with HY-TEK TEAM Manager.**

SCHOOLS RESPONSIBILITIES:

1. Only **HY-TEK Meet Manager** will be used to report meet back-up files to the statisticians. **TEAM Manager** will be used for State Meet entries.
2. The **host** team will be responsible for **e-mailing** a Meet Manager **back-up** to the statistician within **48 hours** of the meet. **If results are not received within the 48 hours, the HOST team's results will not be accepted in the statistician's reports.** Only e-mailed results will be accepted.
3. **The roster on HY-TEK and schedule (in excel) must be e-mailed to the statistician by December 12, 2025.**
4. **On-going meet results will be posted at:**
<https://sites.google.com/view/maineswimminganddiving/home>

ELIGIBILITY ROSTERS

Eligibility rosters can be adjusted during the season, but all swimmers must compete in four regular season swim meets to qualify for state meet competition. In the spirit of good sportsmanship, ethically the Swim Committee feels it is inappropriate to add a club swimmer to a school's roster late in the season.

COOPERATIVE INDIVIDUAL CLARIFICATION

Cooperative Individuals on cooperative teams must abide by the Cooperative Team Policy and practice with the host team each day. (MPA Article VI, **section 2**)

Coaches carrying cooperative individual swimmers must submit a HY-TEK list of individuals. A cooperative individual competitor must have competed in four interscholastic meets on four dates and have met the qualifying standard.

EJECTION RULE

In all team and individual sports (varsity or sub-varsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player shall result in the suspension of that player or coach. Once the regular season has begun, the coach or player ejected from a contest must sit out all contests, at all levels, until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, sub-varsity, or other competition.

Prior to their return to play any player ejected from a game must complete the NFHS "Sportsmanship" video that is available at the NFHS website (www.nfhslearn.com).

A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site area before, during, or after the game/meet.

Prior to their return to the sideline any coach ejected from a game must complete the NFHS "Teaching and Modeling Behavior" video that is available at the NFHS website (www.nfhslearn.com).

Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. The player/coach may participate fully in the preseason prior to serving the one game suspension.

This policy will not prevent standing committees from imposing more restrictive disciplinary action. (Effective Date: 1996-97 Winter Sport Season; Revised 2008, 2009)

STATE CHAMPIONSHIPS

DATES

The MPA championships will be combined boys'/girls' events by class beginning in 2026. In the years that a class is scheduled for a one-day event, in the even numbered years Class A will compete on Friday and Class B on Saturday. In the odd numbered years Class B will compete on Friday and Class A on Saturday.

POSTPONEMENT

In case of inclement weather, the committee representative and the meet director will make the decision related to a postponement or delay.

ENTRY PROCEDURE AND DATES

All State Meets will be run on a computerized program. **Entry forms (Classes A & B) must be submitted with HY-TEK Team Manager to meet directors as stated on page 1 by March 3, 2026 no later than 6:00 p.m.**

Coaches will receive a confirmation e-mail from the appropriate meet director by noon **Wednesday, March 4, 2026. Coaches need to reply to this Confirmation Entry e-mail to the Meet Director by 3:00 p.m. the same day.**

A contestant is permitted to compete in a MAXIMUM of two individual events and/or two relay events or one individual event and three relay events. A school may enter four competitors in each event and one team in each relay. **NO ENTRIES WILL BE ACCEPTED IF RECEIVED AFTER THE TIME DESIGNATED FOR ENTRY. (March 3, 2026 by 6:00 p.m.)**

SEED TIMES AND DIVING POINTS MUST BE ACCURATE, MUST BE THE FASTEST TIME OR HIGHEST TOTAL ACHIEVED IN ACTUAL INTERSCHOLASTIC COMPETITION, AND MUST BE TIMES OR DIVING SCORES WHICH HAVE BEEN REPORTED TO THE LEAGUE STATISTICIAN DURING THE 2025-2026 SEASON. Coaches of six-dive qualifiers must e-mail documentation of the successful completion of all dives in an eleven dive program during competition. The diver has to successfully complete eleven different dives, including at least two from each category, during competition in order for the diver to qualify for the state meet by **March 3, 2026** no later than 6:00p.m. to the appropriate meet director.

The correct entry of your team is the responsibility of the coach. Please be aware of these instructions and adhere to the deadlines. Only HY-TEK entries will be accepted.

VALUABLES

Each school will be responsible for its own valuables. The facility in which the meet takes place, the Coaches' Association, the Swim League, the MPA, and the Meet Directors assume no responsibility for valuables left in locker rooms or lost while attending these championship meets. Appropriate locker space will be assigned to each team; however, due to the very large number of entrants, valuables should be taken with the team to the deck area. You may place them under your seats or bleachers.

SHAVING

Shaving will not be permitted at State Meet sites.

SWIM ATTIRE

No changing / altering of swimsuits on deck. (Violation is an immediate Disqualification)

In line with the expectation of the MPA, all athletes participating in the interscholastic championships offered by the MPA are expected to dress in their school/team uniforms, consistent with the standards of good taste and modesty. Students receiving medals during the awards ceremonies at the championships must be attired in school/team uniforms. The wearing of hats other than hats that are part of uniforms are prohibited.

No temporary markings may be worn on bare skin by swimmers at MPA sanctioned meets.

Consistent with the MPA belief that coaches leading interscholastic activities serve as models and mentors for student-athletes, coaches directing their teams in interscholastic competitions sponsored by the MPA must maintain the standard of good taste and modesty in their attire.

Females may wear sports bras (black, white, or the same color as the swimsuit) under their swimsuits.

TEAM ON DECK

Teams will be issued credentials for swimmers who are participating and for coaches and a manager. A list of the names of all team personnel and their function (Relay Entrant, Coach, Manager) who are not entered in an individual event must be submitted to the meet director by the same deadline as the team entry. Any person not entered in an individual event or on that list will not be allowed on deck.

NOISEMAKERS, PLACARDS, AND SIGNS

Noisemakers, placards, signs, pennants, and shakers on sticks that restrict the view of other spectators or may be used as a missile or weapon are prohibited. The parading of banners or signs on or around the pool or in the stands is prohibited. Signs or banners may be attached to the facility walls with masking tape, provided they are not obscene, inappropriate, and do not contain profane language. The Swim Committee member or site director is responsible for determining what is obscene, profane, or inappropriate. Bare-chested displays by any spectator will not be permitted.

STATE MEET SITES

Teams are prohibited from practicing on a championship site one week prior to the contest, unless special circumstances exist (i.e. home pool).

MEALS AND LODGING

All meals and lodging shall be the responsibility of the participating schools.

TIMED FINALS (All Tentative)

Class A – Boys/Girls, March 6, 2026 – Colby College: building opens at 1:00 p.m.; Warm-up 1:30 p.m., Swim Meet 3:00 p.m. Meet Director – Jon Millett, Meet Referee – TBA

Class B – Boys/Girls, March 7, 2026 – Colby College: building opens at 10:00 a.m.; warm-up 10:30 a.m., Swim Meet 12:00 p.m. Meet Director – Scott Morrison; Meet Referee – TBA

RULES

The **2025-2026** official National Federation Swimming and Diving Rule Book and MPA Bulletin will govern this meet.

INQUIRIES OR APPEALS

For disputes relative to the conduct of the meet, the following committee will be responsible to resolve matters: Meet Director, MPA Representative, Meet Referee, Meet Starter, A Coach (non-voting) and one other swim official, in accordance with National Federation rules. **THEIR DECISION IS FINAL!!**

QUALIFYING TIMES

Qualifying times from meets against non-MPA members may not be used for state meet qualifying.

Boys - Class A & B		
Events	Yards	Meters
200 Med Relay	NT	NT
200 yd Freestyle	2:13.00	2:27.36
200 yd Ind Med	2:35.00	2:52.20
50 yd Freestyle	:26.90	30.10
1 m Diving	(6 - Dives) 135 pts.	135 pts.
	(11 - Dives) 200 pts.	200 pts.
100 yd Butterfly	1:15.00	1:23.55
100 yd Freestyle	:59.00	1:05.55
500 yd Freestyle	6:15.00	5:29.25(400 Meter Free)
200 yd Freestyle Relay	NT	NT
100 yd Backstroke	1:14.00	1:22.21
100 yd Breaststroke	1:18.00	1:26.58
400 yd Freestyle Relay	NT	NT

Girls - Class A & B		
Events	Yards	Meters
200 Med Relay	NT	NT
200 yd Freestyle	2:30.00	2:46.20
200 yd Ind Med	2:50.00	3:08.70
50 yd Freestyle	:29.10	32.45
1 m Diving	(6 - Dives) 135 pts.	135 pts.
	(11 - Dives) 200 pts.	200 pts.
100 yd Butterfly	1:19.00	1:27.77
100 yd Freestyle	1:05.00	1:12.28
500 yd Freestyle	6:40.00	5:50.88(400 Meter Free)
200 yd Freestyle	NT	NT
100 yd Backstroke	1:17.00	1:25.55
100 yd Breaststroke	1:24.00	1:33.41
400 yd Freestyle Relay	NT	NT

SPORTSMANSHIP AWARD

Selection Process – Teams may vote online.

Online balloting is open for the week of **February 23 – February 29, 2026**.

Sportsmanship banners will be present in each class for North and South based on league affiliation.

Criteria - Teams will be judged based on their deck behavior among team members and interactions with opposing teams, officials, and fans through demonstration of respect, courtesy, appropriate response to negative situations, restricting members on deck to eligible team members, appropriate team spirit, and team cohesiveness. ***Regular season conduct may be considered in the casting of the ballot.***

Teams will also be judged on appropriate fan behavior, which is to be positive and supportive toward all teams and officials (i.e. no taunting, etc.).

Announcement - The Sportsmanship Award is to be read before trials and finals at each coaches' meeting, officials' meeting, and read to the fans. The meet director of each State Championship will be in charge of this task.

Presentation - The Sportsmanship Banner provided by the MPA will be awarded to the team selected at the end of each State Championship.

SWIM CLASSIFICATION

CLASS A 800+	CLASS B 0-799
<ol style="list-style-type: none"> 1. Deering/Portland, B 1,766/G 1,698 2. Thornton, 1,287 3. Edward Little/Leavitt/Poland/Lewiston, B 1,652/G 1,651 4. Bangor/Brewer/Hampden, B 1,270/G 1,416 5. Mt. Ararat/Brunswick, B 1,096/G 1,218 6. Massabesic/Marshwood/Sanford, B 956/G 1,132 7. Bonny Eagle, 1,034 8. South Portland, 990 9. Messalonskee/Lawrence/Nokomis/Skowhegan, B 944/G 980 10. Noble*, 940 11. Windham, 935 12. Cony/Gardiner/Hall-Dale (Capital Area Sturgeon), B 926/G 894 13. Scarborough, 911 14. Gorham, 813 15. Kennebunk^, 701 16. Falmouth^, 695 17. Biddeford^, 689 18. Gray-New Gloucester*, 591 19. Wells*, 400 20. Cheverus^, 388 21. Lisbon*, 362 22. Hebron*, 153 23. Greater Portland Christian*, 33 	<ol style="list-style-type: none"> 1. Camden Hills, 737 2. Old Town/Orono/Foxcroft/Stearns (NPV Riverhawks), B 686/G 721 3. Westbrook, 704 4. Freeport, 629 5. Morse, 629 6. Greely, 613 7. John Bapst/Hermon, B 573/G 573 8. Yarmouth, 562 9. Lincoln, 555 10. Ellsworth (B), 522 Ellsworth/GSA/Sumner (G), 580 11. Waterville/Winslow, B 535/G 464 12. Erskine, 533 13. Cape Elizabeth, 511 14. Mt. Desert Island, 476 15. Belfast, 471 16. Maine Central Institute*, 268 17. George Stevens, (B) 254 18. Waynflete, 254 19. Boothbay/Wiscasset, B 250/G 222 20. Hyde, 124 21. Searsport*, 120

[^]Applied to Higher Classification

*Individuals Only

MPA Swim Committee

Josh Frost (Chair), Ellsworth High School
Elizabeth Pattershall, China Primary School
Gary Stevens, Retired
Jeff Thoreck, Cape Elizabeth High School

Liaisons

William York, Coaches
Scott Morrison, Officials

Meet Directors

Jon Millett, Vinalhaven School
Scott Morrison, Lewiston
Thomas Branch, Bangor