

2023-2024 MPA INDOOR TRACK BULLETIN

(updated 10-20-23)

INDOOR TRACK SEASON

November 20	First Practice
December 7	First Regular Season Meet (After 3:00pm)
December 7	Eligibility Verification Form Due to MPA
February 12-16	Sportsmanship Voting
February 14	Entries must be posted to MileSplit by 7:00pm.
February 15	Preliminary Entries Posted on the Web – www.sub5.com
February 16	Final Entries Posted – www.sub5.com
February 19	Class A State Championships, USM, Gorham Director: George Towle, 12:00 p.m. email: gtowle@maine.edu
February 19	Class B State Championships, Bates College Director: Marty Kahler, 12:00 p.m. email: mkahler576@aol.com
March 2	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 14, 2024 @ 7:00 PM. Preliminary entries will be posted on February 15, and final entries will be posted on Friday, February 16. Seeds are official documents and the \$35 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 (1/4) inch pyramid spikes will be allowed at both facilities.

Shots: Only indoor shots 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.

- Athletic weight certifications are due prior to the start of the verification meeting at all meets.
- All vaulters must wear helmets.
- All NFHS rules related to pole vault events must be implemented and monitored at all meets.
- A sample permission slip is available on the MPA website for parents of vaulters to sign prior to participation.
- 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 2022 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 2023-2024 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: 2023 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 (14), the field will be filled by the next best qualified (provisional) entries (including ties).

Seeding information is due by February 14, 2024 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 (\$35).
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.

Hurdles and Dash: Once heats are set up, preferred lanes are determined by time. The winner of each heat, along with the next fastest times to fill the field, 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 4/Lane 5/Lane 3/Lane 6/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 4/Lane 5/Lane 3/Lane 6/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 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 or fails to show for an event for which they have been entered shall be immediately ineligible from further competition in that meet apart from both relays. 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 for times achieved from fully automatic timing systems. A fully automatic timing system is one where the firing of the gun starts the system and a camera hooked to a computer figures the finish time. If you do not use a F.A.T. system you must convert times in the following matter: first round the time up to the nearest tenth of a second and then add .24 seconds to the time, e.g. if the hand-held time in the 55 Dash is 6.71, it must first be rounded up to 6.8 and then add .24 to get a time for seeding purposes of 7.04. The first time/distance/height is the automatic standards; the second time/distance/height is the provisional standard.

2024 QUALIFYING STANDARDS				
Event	Boys A	Boys B	Girls A	Girls B
Shot Put	41' 6"/36'0"	40' 0"/35'0"	29' 6"/28'0"	29' 0"/27'6"
High Jump	5' 8"/5'6"	5' 8"/5'4"	4' 10"/4'6"	4' 8"/4'6"
Long Jump	19' 3"/18'3"	18' 9"/17'9"	15' 6"/14'3"	14' 9"/14'3"
Triple Jump	39' 6"/37'0"	38' 6"/36'0"	32' 0"/30'0"	30'3"/28'9"
Pole Vault	11' 6"/9'0"	11' 0"/8'6"	8' 6"/7'0"	7' 0"/6'0"
55 HH	9.00/9.30	9.35/10.00	9.85/10.20	10.20/10.75
55 Dash	7.05/7.20	7.10/7.30	7.85/8.00	8.05/8.25
200 Dash	24.65/25.30	25.20/25.65	28.45/28.90	28.90/29.30
400 Dash	55.65/56.20	56.10/57.00	1:05.50/1:07.50	1:07.50/1:08.50
800 Run	2:10.00/2:13.00	2:12.50/2:17.50	2:35.00/2:39.00	2:40.00/2:46.50
1 Mile Run	4:55.00/5:05.00	4:55.00/5:10.00	5:52.00/6:12.00	6:00.00/6:20.00
2 Mile Run	10:30.00/11:00.00	10:40.00/11:20.00	12:45.00/13:25.00	13:25.00/13:55.00

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 be started earlier whenever possible.

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

INDOOR TRACK CLASSIFICATION

(Approved by Indoor Track Committee 11-30-22) (Classification 12/5/22) (IMC 3/23/23)

CLASS A - 670+	CLASS B - 0-669
<ol style="list-style-type: none"> 1. Lewiston, 1,505 2. Thornton, 1,345 3. Portland, 1,105 4. Bangor, 1,102 5. Sanford, 1,090 6. Oxford Hills, 1,055 7. Bonny Eagle, 1,025 8. South Portland, 991 9. Noble, 977 10. Edward Little, 972 11. Windham, 929 12. Deering, 918 13. Scarborough, 913 14. Massabesic, 885 15. Gorham835 16. Hampden, 810 17. Brunswick/Hyde, 741/90 (B), 18. Brunswick, 741 19. Biddeford, 738 20. Messalonskee, 738 21. Kennebunk, 730 22. Mt. Ararat, 718 23. Skowhegan, 707 24. Brewer, 703 25. Marshwood, 702 26. Westbrook, 695 27. Camden Hills, 694 28. Falmouth, 672 29. Cheverus/Waynflete, 364/267 	<ol style="list-style-type: none"> 1. Nokomis, 631 2. Cony, 630 3. Gray-New Gloucester, 606 4. Freeport, 603 5. Greely, 603 6. Morse*, 598 7. Fryeburg, 587 8. Lawrence, 587 9. Lincoln, 573 10. Leavitt, 572 11. Hermon, 567 12. Medomak Valley, 542 13. Cape Elizabeth, 539 14. John Bapst, 535 15. Lake Region, 530 16. Yarmouth, 528 17. Ellsworth, 527 18. York, 523 19. Old Town, 517 20. Erskine, 514 21. Oceanside, 513 22. Mt. Desert, 493 23. Poland, 485 24. Waterville, 485 25. Belfast, 443 26. Wells, 411 27. Winslow, 381 28. Orono, 374 29. Bucksport, 365 30. Maranacook, 360 31. Maine Central Institute, 355 32. Foxcroft, 322 33. Sacopee*, 311 34. George Stevens, 307 35. Central, 302 36. Mattanawcook/Penobscot Valley, 296/131 37. Dexter*, 272 (B) 38. Traip, 269 39. Sumner, 249 40. Narraguagus*, 194 (G) 41. Boothbay/Wiscasset, 170/148 42. North Yarmouth/Maine Coast Waldorf, 162/53 43. Piscataquis*, 157 44. St. Dominic/Lisbon/Winthrop, 343/221 (G) 45. St. Dominic/Lisbon/Winthrop/Oak Hill/Winslow 127/343/221/397/381 (B) 46. Bangor Christian, 87

NEW ENGLAND COMPETITION - Tentative

The 36th Annual New England Interscholastic Boys' and Girls' Indoor Track and Field Championships will be held Saturday, March 2, at the Bob McIntyre Track, Reggie Lewis Track and Athletic Center, 1350 Tremont Street, Roxbury Crossing, Boston, MA.

Coaches of athletes who place (1-8) in each event should be prepared to forward the status of their entries to George Mendros (george.mendros@thorntonacademy.org) no later than noon on Wednesday, February 21^s. Qualifiers will be posted on Sub 5 the next day (Thursday, February 22nd). Athletes who are not submitted by their coach will not be seeded.

Athletes will be selected based on the results of state competition. The champion in each event for Class A and B and the next four best finishers will represent the state. **Athletes that finish outside of the top 10 of the combined classes will not be entered into the meet.** Maine will be allowed to have six athletes and relay teams in each event. Pole vault and triple jump are not events and the 300, 600m, and 1000m races replace Maine's 200m, 400m, and 800m races. Each athlete will be allowed to participate in three races/events or relays. [Athletes' selection and notification will be managed by George Mendros (home phone - 282-5065 or george.mendros@thorntonacademy.org). Appeals of George's decisions will be overseen by the Indoor Track Committee Chairperson.] Every effort is made to fill the field with only state scoring athletes.

The MPA will enter all qualified athletes. Information will be distributed to all coaches in their post season event championship packets and posted on the MPA and New England Council web pages. It is the parents' or school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The school which the qualifying athlete attends has an automatic waiver of the Sport Season Policy for the athlete. A coach may work with the qualifying athlete prior to the event and coach the athlete at the New England Competition.

A coach who holds the current coach's eligibility status must be present and assume responsibility for a school's athlete(s) at the New England Competition.

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