

# 2022-2023 MPA SWIM BULLETIN

1/30/23

## SWIM SEASON

November 7, 2022 – Google Meet at 7:00 p.m. A link will be provided.

November 21, 2022 - First Practice

December 2, 2022 - Submit Swim Meet Schedule in Online Forms

December 2, 2022 – Hytek roster and schedule due to Statistician, Richie Palmer

December 9, 2022 - First Countable Meet

February 6-10, 2023 – Online balloting for Sportsmanship Award

February 11, 2023 - Last Qualifying Meet

February 13, 2023 - Make-up date for February 8 Only

February 14, 2023 - Meet Entries E-mailed to Meet Directors by 6:00 p.m. As Follows:

- Class A Boys entries to Scott Morrison, bkmainevi@roadrunner.com
- Class A Girls entries to Scott Morrison, bkmainevi@roadrunner.com
- Class B Boys entries to Thomas Branch, Brancht@husson.edu
- Class B Girls entries to Thomas Branch, Brancht@husson.edu
- February 20, 2023 – State Championships – A – Girls @ Bowdoin
- February 21, 2023 – State Championships – A - Boys @ Bowdoin
- February 21, 2023 – State Championships – B - Girls @ Colby
- February 22, 2023 – State Championships – B – Boys @ Colby

## TEAM DEFINITION

A swim team is defined in the 2022-2023 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:

1 <sup>st</sup> Violation	Report violation to MPA office, suspension from play for one game / contest.
2 <sup>nd</sup> 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 7, 2022 at 7:00 p.m virtual meeting through Google Meet.**

Video call link: <https://meet.google.com/yum-yfun-ncg>

**Non-attendees will be subject to an MPA fine of \$35. 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 two in-person official's clinics:**

#### **Southern Clinic**

October 16<sup>th</sup>  
Westbrook Community Center  
Time: 8:00-1:30PM  
Registration starts at 8:00AM

#### **Northern Clinic**

October 23<sup>rd</sup>  
Husson University  
Time: 8:00-1:30  
Registration starts at 8:00AM

### **COACHES' ELIGIBILITY**

\*Each coach must complete the NFHS "*Concussion in Sport*" video that is available at the NFHS website ([www.nfhslearn.com](http://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](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS "*Sudden Cardiac Arrest*" video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS "*Protecting Students from Abuse*" video that is available at the NFHS website ([www.nfhslearn.com](http://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 2, 2022 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 \$35 late fee will be assessed the school for schedules not received by the December 2, 2022 deadline. Make-up dates for postponed meets need to be emailed to statistician ([sunseekr@myfairpoint.net](mailto:sunseekr@myfairpoint.net)).

In-person competition is always the preference in conducting swim meets. In the 2022-2023 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](mailto: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 2, 2022.**
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](http://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](http://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**

### **POSTPONEMENT**

In case of inclement weather, the committee representative and the meet director will make the decision related to a postponement or delay. Information will be forwarded to schools through the use of an answering machine. The number will be distributed at the seeding meeting.

### **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 February 14, 2023 no later than 6:00 p.m.**

Coaches will receive a confirmation e-mail from the appropriate meet director by noon **Wednesday, February 15, 2023. 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. (February 14, 2023 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 2022-2023 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 February 14, 2023 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 - Girls, Monday, February 20, 2023 – Bowdoin; building opens at 7:30 a.m.; Dive warm-ups at 7:45 a.m. Dive Meet starts at 8:30 a.m.; Swim warm-up 9:30 a.m., Swim Meet 11:00 a.m. Meet Director – Scott Morrison; Meet Referee – Jerry Crouter

Class A - Boys, Tuesday, February 21, 2023 - Bowdoin; building opens at 7:30 a.m.; Dive warm-ups at 7:45 a.m. Dive Meet starts at 8:30 a.m.; Swim warm-up 9:30 a.m., Swim Meet 11:00 a.m. Meet Director – Scott Morrison; Meet Referee – Rick Hart

Class B – Girls, Tuesday, February 21, 2023 – **Colby**; building opens at 8:00 a.m.; Dive warm-ups at 8:15 a.m., Dive Meet starts at 8:45 a.m., Swim warm-up 10:00 a.m., Swim Meet 11:30 a.m. Meet Director – Laura Branch/Thomas Branch; Meet Referee – Rick Grant

Class B - Boys, Wednesday, February 22, 2023 – **Colby**; building opens at 8:00 a.m.; Dive warm-ups at 8:15 a.m., Dive Meet starts at 8:45 a.m., Swim warm-up 10:00 a.m., Swim Meet 11:30 a.m. Meet Director – Laura Branch/Thomas Branch; Meet Referee – Rich Hart

## **RULES**

The **2022-2023** 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.

<b><u>Boys - Class A</u></b>		
<b><u>Events</u></b>	<b><u>Yards</u></b>	<b><u>Meters</u></b>
200 yd Med Rel	NT	NT
200 yd Freestyle	2:10.00	<b>2:24.04</b>
200 yd Ind Med	2:32.50	<b>2:49.43</b>
50 yd Freestyle	:26.50	<b>29.65</b>
1 m Diving	(6 - Dives) 135 pts.	<b>135 pts.</b>
	(11 - Dives) 200pts.	<b>200 pts.</b>
100 yd Butterfly	1:12.00	<b>1:20.21</b>
100 yd Freestyle	:58.50	<b>1:04.99</b>
500 yd Freestyle	6:05.00	<b>5:20.47(400 Meter Free)</b>
200 yd Freestyle Relay	NT	NT
100 yd Backstroke	1:14.00	<b>1:22.21</b>
100 yd Breaststroke	1:17.50	<b>1:26.02</b>
400 yd Freestyle Relay	NT	NT
<b><u>Girls - Class A</u></b>		
<b><u>Events</u></b>	<b><u>Yards</u></b>	<b><u>Meters</u></b>
200 yd Med Rel	NT	NT
200 yd Freestyle	2:25.00	<b>2:40.66</b>

200 yd Ind Med	2:45.00	<b>3:03.15</b>
50 yd Freestyle	:29.10	<b>32.45</b>
1 m Diving	(6 - Dives) 135 pts.	<b>135 pts.</b>
	(11 - Dives) 200 pts.	<b>200 pts.</b>
100 yd Butterfly	1:19.00	<b>1:27.77</b>
100 yd Freestyle	1:05.00	<b>1:12.28</b>
500 yd Freestyle	6:30.00	<b>5:41.21 (400 Meter Free)</b>
200 yd Freestyle Relay	NT	<b>NT</b>
100 yd Backstroke	1:15.00	<b>1:23.33</b>
100 yd Breaststroke	1:24.00	<b>1:33.41</b>
400 yd Free Relay	NT	<b>NT</b>

**Boys - Class B**

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

**Girls - Class B**

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

**SPORTSMANSHIP AWARD**

Selection Process – Teams may vote online.

Online balloting is open for the week of **February 6 – February 10, 2023.**

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

<u>CLASS A</u> 700+	<u>CLASS B</u> 0-699
1. Lewiston, 1,511	1. Westbrook, 697
2. Thornton, 1,352	2. Gardiner/Hall-Dale, 689 (B) 667(G)
3. Bangor, 1,182	3. Brewer, 687
4. Bonny Eagle, 1,110	4. Greely, 635
5. Sanford, 1,055	5. Freeport*, 584
6. Scarborough, 984	6. Morse, 565
7. Edward Little/Leavitt, 1,184 (B) 1,064(G)	7. Erskine, 557
8. Windham, 911	8. Lincoln, 541
9. South Portland, 901	9. John Bapst, 540 (B)
10. Massabesic/Sanford, 1,749 (B) 1427 (G)	10. John Bapst/Hermon/Bangor Christian, 540/523/74 (G)
11. Deering/Portland, 1,505 (B) 1,243(G)	11. Mt. Desert, 527
12. Gorham, 850	12. Cape Elizabeth, 529
13. Hampden, 801	13. Yarmouth, 526
14. Kennebunk, 753	14. Old Town/Orono, 631 (G)
15. Messalonskee, 737	15. Old Town, 522 (B)
16. Brunswick, 732	16. Waterville/Winslow, 493 (B) 609 (G)
17. Mt. Ararat, 720	17. Belfast, 491
18. Camden Hills, 706	18. Ellsworth, 480
19. Falmouth^, 676	19. Foxcroft, 388
20. Nokomis^, 631	20. Maine Central Institute*, 334
21. Cony^, 630	21. Orono, 334 (B)
22. Cheverus, 360	22. Washington, 327
	23. George Stevens, 304
	24. Waynflete, 256
	25. Sumner*, 228 (G)
	26. Boothbay/Wiscasset, 190 (B) 240 (G)
	27. North Yarmouth*, 171 (G)
	28. Searsport*, 139
	29. Hyde, 125
	30. Bangor Christian*, 74 (G)

\*Individuals Only

^Applied to Higher Classification

Covid Appeal Adjusted Enrollment

## **MPA Swim Committee**

Matt Battani, Belfast Area High School

Paul Butler, Bangor High School

Jon Millett, Cony High School

Jeff Thoreck, Cape Elizabeth High School

Elizabeth Wakem (Chair), East Belfast Elementary School

## **Liaisons**

Kathy Leahy, Coaches

Scott Morrison, Officials

## **Meet Directors**

Duffy Akerley, Bar Harbor

Scott Morrison, Lewiston