

2026 MPA OUTDOOR TRACK BULLETIN

(updated 04/07/26)

OUTDOOR TRACK SEASON

March 30	First Practice
April 16	Schedules Due
April 16	First Season Meet
May 29	List of Volunteer Workers Due
June 2	Entries must be posted to MileSplit by 8:00pm.
June 3	Preliminary Entries Posted on the Web – www.sub5.com
June 4	Final Entries Posted – www.sub5.com
June 6	Class A, B, and C State Championship Meets (SAT Conflict)
June 13	New England Championships – Noble High School, North Berwick, ME

*Each coach must have completed the NFHS “*Concussion in Sport – What You Need to Know*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must have completed 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 Student Athletes from Abuse*” video that is available at the NFHS website (www.nfhslearn.com).

*It is required that all coaches teaching pole vault must have completed the “*Pole Vault: Successful Skill Development*” video that is available at the NFHS website (www.nfhslearn.com).

*It is recommended that schools hosting meets during the regular season review the Pre-Meet Notes that are available at the NFHS website (www.nfhslearn.com).

GENERAL INFORMATION

MANDATORY RULES EXAM – The Maine High School Track Coaches Review of Rules 2026 will be provided to all schools prior to the start of the season.

It is recommended that each athletic conference holds a pre-season coach meeting to discuss the rules and expectations during regular and championship meets.

REGULAR SEASON MEETS

Each school may schedule up to 10 regular season meets, which would include the conference championship. Up to 5 exhibition (non-scoring) meets may be scheduled. To assure adherence to the NFHS Track & Field Rules it is recommended that schools use certified officials during regular season meets. Schools may reschedule events prior to the event at another location, at an agreed upon date, if the host site cannot accommodate a specific event and results from these events may be used as qualifying times or distances. Results from a meet not included on a school’s regular season schedule, regardless of location, may not be used. Scoring will follow NFHS Rule 2.1-2. Leagues may schedule a “last

chance qualifying meet” at the end of the season but the meet must be included on a school’s regular season schedule for a school to compete.

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 Fall Sport Season, updated 2019)

EVENT ENTRY FORMS

Coaches are charged with the responsibility of submitting accurate and verifiable seeds. **All seeds must have been achieved at a meet listed on the team’s schedule.**

Coaches who falsify standards may be required to attend the next Outdoor Track Committee meeting to explain their actions.

WEATHER CONDITIONS

The safety of athletes (*participants*), spectators, coaches/directors, school personnel, and all others present at an athletic contest must be the first concern to the contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist, or severe weather is anticipated, the following should be considered:
 - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
 - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
 - c. When lightning is observed, or thunder is heard near a contest conducted outdoors, play should be suspended.
 - d. If any other life-threatening condition occurs, play should be suspended immediately, and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:

- a. If the suspension is forty-five minutes or greater, resuming later should be considered.
 - b. Play shall not be resumed until **30 minutes** after the last flash of lightning or clap of thunder.
 - c. When weather conditions are no longer a threat to the safety of participants, spectators, or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue.
 - d. If play is to be resumed, contestants will be given at least a fifteen-minute warm-up period prior to competition.
3. If evacuation is necessary, the following should be considered:
- a. If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced.
 - b. All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches. A list of the closest safe structures should be announced. The person in authority must be aware of the amount of time it takes to get to each structure and the number of people each structure can safely hold. For large events, time needed for evacuation is increased and there must be a method (i.e., announcement over loudspeaker) for communicating the need for evacuation and directing both athletes and spectators to the appropriate safe shelters.
 - c. The most ideal structure is a fully enclosed, substantial building with plumbing, electrical wiring, and telephone service, which aids in grounding the structure. A fully enclosed automobile with a hard metal roof and rolled-up windows is also a reasonable choice. School buses are an excellent lightning shelter that can be utilized for large groups of people. However, it is important to avoid contact with any metal while inside the vehicle.

Avoid using shower facilities for safe shelter and do not use showers or plumbing facilities during a thunderstorm as the current from a local lightning strike can enter the building via the plumbing pipelines or electrical connections. It is also considered unsafe to stand near utilities, use corded telephones or headsets during a thunderstorm, due to the danger of electrical current traveling through the telephone line. Cellular and cordless telephones are considered safe and can be used to summon help during a thunderstorm.

When caught in a thunderstorm without availability or time to reach safe structures, you can minimize the risk of lightning-related injury by following a few basic guidelines:

- Avoid being the highest object. Seek a thick grove of small trees or bushes surrounded by taller trees or a dry ditch.
- Avoid contact with anything that would be attractive to lightning. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water, and golf carts.
- Crouch down with legs together, the weight on the balls of the feet, arms wrapped around knees, and head down with ears covered.

STATE TRACK AND FIELD EVENT OFFICIALS

State Championship Meets

To ensure enough competent officials for all the State Outdoor Track Meets, lead officials will now be assigned. Each school is asked to list two adult assistants to work at the meet. If a

school sends ten (10) or less athletes, the school is asked to only provide one adult. Schools with eleven (11) or more athletes are asked to provide two adults, or they will be assessed a fee equal to the pay of one of the assigned officials to help offset the cost of those officials. Workers provided by the school should be compensated by the school at an agreed upon amount. Schools with individual cooperative athletes are exempt from this provision. The committee asks that schools not list coaches as adult assistants. The list of adult assistants can be found on Sub5.com.

MEET POSTPONEMENTS

The MPA staff person and committee member(s), in consultation with the Site & Meet Director, is authorized to postpone a meet if it is believed that adverse weather conditions will affect the health and safety of the competitors. Postponed meets will be re-scheduled to the next available date.

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

DRESSING FACILITIES

Ordinarily, dressing facilities will not be available at the site of the meet.

MEALS

Schools are responsible for their own meal arrangements.

MEDICAL KITS

It is recommended that all teams have a fully stocked medical kit. Athletes needing to be taped must bring their own supplies.

COMBINED MEETS

At each State Meet, boys' and girls' meets are held at the same site in each class with time schedules set to alternate boys' and girls' events.

TERMS AND CONDITIONS FOR CONDUCT OF STATE MEETS

The following shall be the rules for conducting the State Outdoor Track Meets:

Rules: The National Federation Track & Field Rules will be in effect, and the National Federation Track & Field Case Book shall be the source for situation rulings. The MPA Track Committee shall establish the Terms and Conditions for Conduct of State Meets and shall establish such rules and policies as may be deemed necessary and desirable relative to the conducting of these meets.

Games Committee: Each site shall establish a Games Committee which shall include the Meet Director, Meet Referee (s), MPA representative(s), and three coaches. The Games Committee duties and responsibilities are enumerated in the National Federation Officials Manual. These committees will be established prior to the day of the meet and will hold a brief meeting prior to the meet starting.

Jury of Appeals: A Jury of Appeals, which shall serve as the final authority in appeals that fall within its authority as defined by the National Federation Rules, shall be appointed prior to the day of the meet. Each site will have a Jury of Appeals comprised of at least five members, which shall include two officials, two coaches and MPA representative(s). The referee shall NOT be a member. Any member of the Jury may NOT participate if the appeal involves their school. Appeal forms must be presented to the meet director.

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 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, and harassment of officials may be deemed to be unsportsmanlike conduct.**

Event Competition: A competitor may compete in any four events.

Distances: The distances in all track events will be in metric measures and the heights and distances in all field events will be in English measures. In seeding, English measures may be converted to metric by using the conversion table in the Official High School Track & Field and Cross-Country Officials Manual.

Entry Procedures/Qualifying Standards:

There is a separate set of standards for Classes A, B, and C. Any student who meets the Automatic Standard and is properly entered, will be seeded. To fill the field, an athlete must have at least met the Provisional Standard.

Coaches are charged with the responsibility of submitting accurate and verifiable seeds attained during regular season meets or during the league championship. Coaches who falsify standards may be required to attend the next Outdoor Track Committee meeting to explain their actions.

In pole vault the event will start at the provisional standard and the bar will be raised 9" for the first two heights and 6" for all subsequent heights. In the high jump the event will start two inches below the provisional standard.

No standards are set for relays. Coaches must list four or more, but no more than eight, athletes for each relay.

Seeding Responsibilities: Individuals seeding the outdoor 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. They will prepare a list of schools that do not submit forms on the assigned day (\$50).
3. If questions arise, the MPA will be contacted.
4. No corrections to submitted seeds will be made without first contacting the MPA.
5. We ask the person doing the seeding 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.

All times MUST be converted to FAT times for seeding purposes. (Add .24 to handheld times)

It was agreed that there would be up to 32 competitors in each event. If more than 32 athletes reach the automatic standard all entered qualifiers will be seeded. If there are not 32 automatic

qualifiers in an event, the field may be filled up to 32. To fill the field, an athlete must have at least met the Provisional Standard.

Qualifying Standards for 2026 State Meets

The Qualifying Standards Committee annually reviews qualifying standards. The following standards for running events are 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 FAT 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 100 is 11.71, it must first be rounded up to 11.8 and then add .24 to get a time for seeding purposes of 12.04.

The first time/distance/height is the automatic standards; the second time/distance/height is the provisional standard.

BOYS

Event	Class A	Class B	Class C
100	11.60/11.85	11.70/11.95	12.05/12.40
200	23.70/24.30	24.15/24.90	24.50/25.20
400	54.00/55.50	54.50/56.50	56.00/57.50
800	2:05.00/2:10.00	2:08.00/2:14.00	2:12.00/2:18.00
1600	4:38.00/4:50.00	4:42.50/5:00.00	4:53.00/5:10.00
3200	10:10.00/10:32.50	10:45.00/11:10.00	10:50.00/11:25.00
110 HH	17.00/18.00	17.40/19.50	18.70/20.20
300 IH	43.30/45.30	46.00/48.50	47.00/49.00
1600 RW	8:30.00/9:20.00	8:35.00/10:00.00	9:10.00/10:10.00
Shot Put	44'6/40'0	40'0/36'6	40'6/36'6
Discus	125'0/115'0	115'0/107'6	110'0/100'0
Javelin	140'0/130'0	129'0/119'0	125'0/115'0
High Jump	5'10/5'8	5'8/5'6	5'6/5'4
Long Jump	20'3/19'6	19'0/18'0	19'0/18'0
Triple Jump	40'0/38'6	38'0/36'6	37'9/36'0
Pole Vault	11'6/10'6	10'6/9'0	9'6/8'0

GIRLS

Event	Class A	Class B	Class C
100	13.20/13.65	13.45/13.90	13.80/14.20
200	27.95/28.90	28.00/29.00	28.60/29.70
400	1:04.20/1:06.20	1:05.20/1:07.20	1:08.00/1:10.00
800	2:30.00/2:38.00	2:32.00/2:40.00	2:38.00/2:48.00
1600	5:40.00/5:55.00	5:45.00/6:00.00	6:00.00/6:20.00
3200	12:30.00/13:00.00	13:00.00/13:45.00	13:15.00/14:00.00
100 HH	17.20/18.25	18.30/19.30	18.45/19.50
300 LH	51.85/53.85	53.25/55.75	54.00/57.20
1600 RW	9:30.00/11:00.00	9:45.00/10:50.00	10:00.00/11:00.00
Shot Put	32'6/30'0	29'6/27'0	29'6/27'0
Discus	95'6/85'6	86'0/76'0	84'0/74'0
Javelin	94'6/84'0	87'6/80'0	85'0/75'0
High Jump	4'10/4'8	4'8/4'6	4'8/4'4

Long Jump	15'9/15'0	15'0/14'0	15'0/14'0
Triple Jump	32'3/31'0	31'6/30'0	29'6/28'0
Pole Vault	8'6/8'0	7'0/6'6	7'0/6'0

Electronic Entries: All entries must be entered on MileSplit by **8:00 p.m. on Tuesday, June 2, 2026**. Performance lists will be posted on Wednesday, June 3, 2026, for spelling or school errors. Final seedings will be posted on Thursday, June 4, 2026.

Time Schedules: Competitors are responsible for reporting to the various events on time. The time schedule for the meet will be developed by the Meet Director and will be made available to coaches prior to the State Meet. Meet officials are not responsible to look for, call, or wait for late competitors.

Wheelchair Athletes: The following events shall be sanctioned in outdoor track and field as individual events for wheelchair participants:

<u>EVENT</u>	<u>BOYS STANDARDS</u>	<u>GIRLS STANDARDS</u>
100-meter dash	40 seconds	45 seconds
400-meter dash	3:00 minutes	3:15 minutes
800-meter run	6:00 minutes	6:30 minutes
1600-meter run	10:00 minutes	11:00 minutes
Discus	15'0"	8'0"
Shot Put	6'0"	4'0"

Track standards do not apply to cinder tracks.

Rules governing wheelchair track and field shall follow the guidelines of the Wheelchair Track and Field USA. For a complete set of guidelines please visit the MPA website.

Implements: All implements for the field events must be approved and stamped officially by the Chief Judge of Field Events. Weights & measures will be done at designated times for all championship meets.

Shoes for Shot Put and Discus: No spiked shoes may be used.

Pole Vault:

- 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 must be implemented and monitored at all meets.
- d. A sample permission slip is available in the form section on the MPA website for parents of vaulters to sign prior to participation.
- e. The adult supervising the event will check all poles for proper weight identification.
- f. During the event, the official will randomly check the poles and athletes weight certification for proper match.
- g. At the State Meet the starting height will be the provisional standard and the bar will be raised 9 inches for the first two attempts and 6 inches for all other attempts.

Scratches: Any athlete who is scratched from an event or fails to show up 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.

Relay Teams: **Coaches must list four or more athletes, but no more than eight, for each relay.**

Reporting for Running Events: The call for events may be given 10 minutes prior to the scheduled start. Competitors should be aware of the order of events in which they are competing.

No running event will be held for a competitor who is also in a field event at the same time.

The Games Committee will establish a time limit for the time a field event competitor may be excused to compete in a running event.

Length of Spikes: All competitors are allowed to use 1/8" pyramid spikes on any track surface.

Two Pole Rule: The two-pole rule, with a one-curve stagger, may be in effect for the 800M, 1600M, and 3200M events (unless the facility does not have the markings to do so). The 1600M relay may use a three-turn stagger if the track accommodates it.

Records/Times and Distances: Record performances in State Meets shall be recognized if the conditions and procedures warrant that consideration.

Unsporting Conduct of Participants, Coaches, and School Officials: Coaches, competitors, and non-participants shall remain in the designated spectator or team area when not competing. The presence of coaches or non-participants in field event areas or at the finish area may result in disqualification of competitors or removal of the offending individual from the meet site.

Honest Effort: 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 the meet.

In all team and individual sports, ejection, or disqualification from a game, meet, or match for unsporting conduct of any form, by a coach or a player, shall result in the suspension of that player or coach from that game, meet, or match and the next countable, regularly scheduled, or postponed game, meet, or match at that level. 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. This policy will not prevent standing committees from imposing more restrictive disciplinary action. Rule Four/Section Five defines unacceptable vs. unsporting conduct.

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.**

Scoring 8 (eight) places for State Meets: Eight (8) places will be scored for the State Meets. Scoring is 10-8-6-5-4-3-2-1. Nine athletes will advance to finals in **ALL** field events, eight will advance in all other events.

Meet Locations:

<u>Class</u>	<u>Site</u>	<u>Meet Director</u>
Class A	Cameron Stadium, Bangor	Marty Kahler
Class B	Freeport High School	Ian Braun
Class C	Winslow High School	Brandon Richards

State Meet Order of Events: The order of events will be as follows and may not be altered. The starting time of the event will be 10:00am. Time schedules for each championship will be developed by the meet director.

TRACK EVENTS	FIELD EVENTS
4x800 Relay Girls	Long Jump Boys
4x800 Relay Boys	High Jump Girls
100-Meter-High Hurdle Semis Girls	Pole Vault Boys
110-Meter-High Hurdle Semis Boys	Shot Put Boys
100 Meter Dash Semis Girls	Javelin Girls
100 Meter Dash Semis Boys	Triple Jump Boys
1600 Meter Race Walk Girls	Shot Put Girls
1600 Meter Race Walk Boys	Discus Boys
100-Meter-High Hurdle Final Girls	Long Jump Girls
110-Meter-High Hurdle Final Boys	Pole Vault Girls
100 Meter Dash Final Girls	Javelin Boys
100 Meter Dash Final Boys	High Jump Boys
1600-meter run (sections on time) Girls	Discus Girls
1600 Meter Run (sections on time) Boys	Triple Jump Girls
4x100 Meter Relay (sections on time) Girls	
4x100 Meter Relay (sections on time) Boys	
400 Meter Dash (sections on time) Girls	
400 Meter Dash (sections on time) Boys	
300 Meter Low Hurdles (sections on time) Girls	
300 Meter Intermediate Hurdles (sections on time) Boys	
800 Meter Run (sections on time) Girls	
800 Meter Run (sections on time) Boys	
200 Meter Dash Final Girls	
200 Meter Dash Final Boys	
3200 Meter Run Girls	
3200 Meter Run Boys	
4x400 Meter Relay (sections on time) Girls	
4x400 Meter Relay (sections on time) Boys	

2026 NEW ENGLAND COMPETITION – Saturday, June 13, 2026 – Noble High School, North Berwick, Maine

OUTDOOR TRACK CLASSIFICATION
(Approved by Outdoor Track Committee)

CLASS A 665+	CLASS B 420- 664	CLASS C 0-419
1. Lewiston, 1,655	1. Fryeburg, 663	1. Wells, 400
2. Thornton, 1,287	2. Cony, 647	2. Winslow, 367
3. Portland, 1,146	3. Freeport, 629	3. Houlton/Greater Houlton (B), 382/23
4. Edward Little, 1,136	4. Morse, 629	4. Washington, 306
5. Sanford, 1,075	5. Nokomis, 614	5. Spruce Mountain, 407
6. Bangor, 1,069	6. Greely, 613	6. Mountain Valley, 415
7. Bonny Eagle, 1,034	7. Gray-NG, 591	7. Maranacook, 369
8. Deering, 1,033	8. Gardiner, 583	8. Bucksport, 358
9. Oxford Hills, 1,021	9. Yarmouth, 562	9. Mt. View, 288
10. South Portland, 990	10. Hermon, 556	10. Maine Central, 268
11. Noble, 940	11. Lincoln, 555	11. Orono, 365
12. Windham, 935	12. Medomak Valley, 552	12. Lisbon/Oak Hill, 362/389
13. Scarborough, 911	13. Leavitt, 552	13. George Stevens, 254
14. Massabesic, 870	14. Old Town, 536 (B)	14. Sacopee Valley, 281
15. Gorham, 813	15. Old Town/Penobscot Valley, 517/131 (G)	15. Mattanawcook, 294
16. Hampden, 749	16. Erskine, 533	16. Central, 311
17. Mt. Ararat, 738	17. Lawrence, 528	17. Hall-Dale, 251
18. Camden Hills, 737	18. Ellsworth, 522	18. Dexter, 273
19. Brunswick, 717	19. Cape Elizabeth, 511	19. Traip, 290
20. Messalonskee, 713	20. John Bapst, 508	20. Fort Kent, 251
21. Westbrook, 704	21. York, 503	21. Calais, 228
22. Kennebunk, 701	22. Lake Region, 500	22. Sumner, 238
23. Skowhegan, 696	23. Oceanside, 498	23. Winthrop, 226
24. Falmouth, 695	24. Poland, 493	24. Kents Hill, 193
25. Mt. Blue, 694	25. Waterville, 484	25. Gould*, 194
26. Brewer, 693	26. Mt. Desert, 476	26. Dirigo, 228
27. Biddeford, 689	27. Belfast, 471	27. Mt. Abram, 213
28. Marshwood, 665	28. Presque Isle, 456	28. Madison, 167
29. Cheverus/Waynflete^, 388/254	29. Foxcroft, 431	29. Old Orchard, 203
	30. Caribou, 422	30. North Yarmouth/ Maine Coast Waldorf, 140/48
		31. Monmouth, 188
		32. Narraguagus, 209
		33. Carrabec, 196
		34. Piscataquis, 143
		35. Telstar, 164
		36. Penquis Valley, 178
		37. Wiscasset/Boothbay, 141/163
		38. Buckfield^*, 149
		39. Madawaska* (B), 115
		40. Penobscot Valley* (B), 129
		41. Fort Fairfield, 149
		42. Searsport, 120
		43. Richmond, 124
		44. Lee*, 117
		45. Deer Isle-Stonington (G), 91
		46. MSSM, 96
		47. Washburn, 81
		48. Bangor Christian/Penobscot Christian, 105/41
		49. Easton (B), 73
		50. Greenville, 38
		51. Blue Hill Harbor, 29
		52. Vinalhaven* (G), 35
		53. Greater Portland, 33
		54. Seacoast, 30
		55. Chop Point* (G), 21
		56. North Haven (B), 25