

2010-2011 MPA SWIM BULLETIN

Updated 1/31/11

SWIM SEASON

October 24 - Mandatory Clinic at Waterville High School (10:00 a.m.)

November 12, 2010- Submit Swim Meet Schedule in Online Forms

November 22, 2010- First Practice

December 10, 2010- First Countable Meet

February 12, 2011- Last Qualifying Meet

February 14, 2011- Make-up date for **February 12** Conference Championships Only

February 15, 2011- 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 B Boys entries to Lonie Brown brown.lonie@gmail.com
- Class A Girls entries to Chris Branch CLBranch@maine.rr.com
- Class B Girls entries to Duffy Akerley duffy@myfairpoint.net

Meet entries also need to be faxed to the MPA office (622-1513) on February 15, 2011 by 6:00 p.m. If the email and fax are not received, the athletes will not be entered. **The fax must verify what you have emailed.**

February 17, 2011 – Deadline for confirmation of NE Championship participation

February 17, 2011 – Confirmation Meeting (Classes A & B - 4:00 p.m., MPA Office, 50 Industrial Drive, Augusta - See website for directions.)

February 19, 2011– State Championships—B Girls at UMO

February 21, 2011– State Championships--A Girls, at Bowdoin---B Boys, at UMO

February 22, 2011– State Championships--A Boys, at Bowdoin

February 25, 2011 – New England meet entries to Scott Morrison by 5:00 p.m.

March 5, 2011 – New England Championship at **University of New Hampshire**

TEAM DEFINITION

A swim team is defined in the 2010-2011 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

High school swim athletes are required to be consistently present for, and actively participate in, all high school team sessions (e.g. practices, tryouts, and competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity. The penalties for a violation of the MPA Bona Fide Team Rule as approved on November 16, 2005 by the Interscholastic Management Committee are:

1. As soon as the member school becomes aware of a violation the school will self-report the violation and declare the student athlete ineligible for the remainder of the sports season.
2. Any school personnel who violate the MPA Bona Fide Team Rule will be subject to penalties. The MPA penalties imposed will follow MPA guidelines in Article IV of the 2010-2011 MPA Handbook and Directory.

Clarification:

If a school has the opportunity to hold two practice sessions in one day, athletes must attend at least one practice per day.

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 of the following clinics:

- **October 24, Waterville High School, 10:00 a.m.**

Violators will be reported to the MPA office and the school will be fined \$35. Schools will be notified of non-attendees. All attendees must sign in to be credited with attendance.

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 secured diving coach must be present for the competition to take place. At the State meet, another qualified diving 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 November 12, 2010 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 November 12, 2010 deadline. **NO** changes to schedules will be accepted after the first countable date for meets, (December 10, 2010). Make-up dates for postponed meets need to be emailed to statistician (sunseekr@myfairpoint.net). No additional teams may be added to meets previously scheduled.

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 results 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 **72 hours** of the meet. **If results are not received within the 72 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 10, 2010. A team roster must be submitted to the appropriate state meet director as well.**

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.

INDIVIDUAL QUALIFICATION

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 individual swimmers must submit a HY-TEK list of individuals. An 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, 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 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. (Effective Date: 1996-97 Winter Sport Season)

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.

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.

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.

CONFIRMATION MEETING 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 15 no later than 6:00 p.m.** A hard copy of entries must be faxed to the MPA office (622-1513) on February 15, by 6:00 p.m.

The confirmation meeting is Thursday, February 17 at 4:00 p.m., for Classes A & B, Boys and Girls, at the MPA office. Entries are final. No new entries or changes will be made at this time. All corrections must be made known to the appropriate meet director by noon. Coaches will receive a confirmation e-mail from the appropriate meet director at least 24 hours before the confirmation deadline on noon on February 17.

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 15, 2011 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 2010-2011 SEASON. Coaches of six-dive qualifiers must bring documentation of the successful completion of eleven dives in five categories during competition in order for the divers to qualify for the state meet.

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 of swim suits on deck.

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

To be on deck during the meet, **one must be a senior team member or a meet participant.** It is each coach's responsibility to police his/her team.

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.

TRIALS AND FINALS

Class B - Girls, Saturday, February 19, 2011 – UMO; building opens at 9:00 a.m.; **warm-ups at 9:15 a.m.; trials start at 10:30 a.m.; warm-up for finals at 4:00 p.m.; finals at 5:00 p.m.;**

Meet Director – Duffy **Akerley**; **Meet Referee - TBD**

Class A - Girls, Monday, February 21, 2011 – Bowdoin; building opens at 8:30 a.m.; **warm-ups at 8:45 a.m.; trials start at 10:00 a.m.; warm-up for finals at 6:00 p.m.; finals at 7:00 p.m.;**

Meet Director – Chris Branch; **Meet Referee – Tom Riker**

Class B - Boys, Monday, February 21, 2011 – UMO; building opens at 9:00 a.m.; **warm-ups at 9:15 a.m.; trials start at 10:30 a.m.; warm-up for finals at 4:00 p.m.; finals at 5:00 p.m.;**

Meet Director – Lonie Brown; **Meet Referee - TBD**

Class A - Boys, Tuesday, February 22, 2011 – Bowdoin; building opens at 8:30 a.m.; **warm-ups at 8:45 a.m.; trials start at 10:00 a.m.; warm-up for finals at 6:00 p.m.; finals at 7:00 p.m.;**

Meet Director – Scott Morrison; **Meet Referee – Chris Branch**

RULES

The 2010-2011 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 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		
Events	Yards	Meters
200 yd Med Rel	NT	NT
200 yd Freestyle	2:10.00	2:24.04
200 yd Ind Med	2:32.50	2:49.43
50 yd Freestyle	:26.50	29.65
1 m Diving	(6 - Dives) 135 pts.	135 pts.
	(11 - Dives) 200pts.	200 pts.
100 yd Butterfly	1:12.00	1:20.21
100 yd Freestyle	:58.50	1:04.99
500 yd Freestyle	6:05.00	5:19.34(400 Meter Free)
200 yd Freestyle Relay	NT	NT
100 yd Backstroke	1:14.00	1:22.21
100 yd Breaststroke	1:17.50	1:26.03
400 yd Freestyle Relay	NT	NT
Girls - Class A		
Events	Yards	Meters
200 yd Med Rel	NT	NT
200 yd Freestyle	2:25.00	2:40.66
200 yd Ind Med	2:45.00	3:03.15
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	6:30.00	5:41.21(400 Meter Free)
200 yd Freestyle Relay	NT	NT
100 yd Backstroke	1:15.00	1:23.33
100 yd Breaststroke	1:24.00	1:33.41
400 yd Free Relay	NT	NT
Boys - Class 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	5:28.09(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 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

***Six Dive Qualifiers**

In order to qualify for the diving competition at the state meet, a diver who meets the six dive standard must also show successful completion of eleven dives with at least one in each of the five categories during competition.

SPORTSMANSHIP AWARD

Selection Process - The following criteria will be used by coaches and officials at the State Championship for selecting the team to win the sportsmanship award. Selection will be done by ballot at the end of each State Championship; therefore, four teams will be awarded (Class A Girls, Class A Boys, Class B Girls, and Class B Boys).

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.).

Ballot - A ballot will be used at each of the State Championships. The MPA will distribute the ballot to the meet directors.

Referee will collect officials' ballots prior to the last event. Coaches are responsible for turning their ballot in to the meet director. In case of a tie, the Meet Committee will select the recipient to break the tie (referee, starter, meet director, and official).

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.

NEW ENGLAND CHAMPIONSHIPS

March 5, 2011 at the University of New Hampshire

The MPA will enter all qualified athletes and relays. Information will be distributed to all coaches in their State Meet championship packets and posted on the MPA web page. It is the parent's or school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The schools, which the qualifying athletes and relays attend, have an automatic waiver of the Sport Season Policy for only the New England athlete(s) and relay team. A coach may work with the qualifying athlete or relay team prior to the event and coach the athlete or relay team at the New England Competition. If a Saturday competition should be postponed to Sunday for any reason, Maine's athletes and relay teams will not be allowed to compete.

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

Individual athletes will be selected based on the results of state competition with the champion of each class and the next 3 fastest finishers. Relay teams will be based on the results of state competition with the champion of each class and the next 3 fastest relay teams. Qualifying athletes and relay teams must contact Scott Morrison at 777-5360 or email: smorrison@lssnorth.org or bkmainevi@roadrunner.com to verify their participation. Scott may use the top ten state meet times to complete the five entries for each event that Maine is allowed.

A \$25.00 fine will be levied schools for each individual not honoring his/her commitment to go to New England Championships. Commitments must be made by Wednesday, TBD.

SWIM CLASSIFICATION

CLASS A <u>785+</u>	CLASS B <u>0-784</u>
Bangor	Bangor Christian*
Biddeford	Belfast
Bonny Eagle	Camden Hills
Brewer	Caribou
Brunswick	Ellsworth
Calvary Chapel (11)*	Erskine
Cape Elizabeth (13)	Falmouth
Cheverus (11)	Foxcroft
Cony	Gardiner
Deering	George Stevens*
Edward Little	Greely
Greater Portland Christian*(11)	Hampden
Kennebunk	Hyde
Lawrence*	John Bapst
Lewiston	Lake Region*
Massabesic	Lincoln
Messalonskee	McAuley (G)
Morse (13)	Medomak*
Mt. Ararat	Mt. Desert
Noble*	Mt. View
Portland	North Yarmouth
Sanford	Old Town
Scarborough	Orono
South Portland	Presque Isle
Thornton	Rockland*
Westbrook	St. Dominic
Windham	Washington Academy
	Waterville
	Waynflete
	Winslow
	Wiscasset
	Yarmouth

*Individuals Only

Version 2010

MPA Swim Committee

Paula Callan, Messalonskee High School
Robert Doar, Bucksport Area High School
Jack Hardy, Falmouth High School
Joseph Kilmartin, McAuley High School

Liaisons

Peter Small
Scott Morrison

Meet Directors

Lonie Brown, Belfast
Chris Branch, Auburn
Scott Morrison, Lewiston
Duffy Akerley, Bar Harbor