

2019 MPA OUTDOOR TRACK BULLETIN

(updated 03/18/19)

OUTDOOR TRACK SEASON

March 25, 2019	First Practice
April 11, 2019	First Season Meet
May 17, 2019	List of Volunteer Workers Due
May 22-May 28	Sportsmanship Voting On-line
May 28, 2019	Electronic Entry (meet events file and directions can be found at www.sub5.com , along with the pole vault weight entry form, must be submitted by 9:00 p.m.
May 29, 2019	Preliminary Entries Posted on the Web – www.sub5.com
May 30, 2019	Final Entries Will Be Posted
June 1, 2019	State Championship Meets (SAT Conflict)
June 8, 2019	New England Championships – Thornton Academy, Saco, 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).

*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)

Coaches are asked to complete the 25 question coaches’ exam prior to the start of the season to familiarize themselves with the rules. The coaches’ exam is located on the MPA website under the Outdoor Track activity page.

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

GENERAL INFORMATION

MANDATORY RULES EXAM

Each coach must complete the on-line rules exam for coaches. To access the rules exam please click [here](#)

It is recommended that each athletic conference hold a preseason coaches meeting to discuss the rules and expectations during regular and championship meets.

REGULAR SEASON MEETS

To assure adherence to the NFHS Track & Field Rules it is recommended that schools use qualified officials during regular season meets. To obtain a list of qualified officials’ schools are encouraged to contact Don Berry (chemman@fairpoint.net) or at 1-207-342-5675. **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. Scoring will follow NFHS Rule 2.1-6. 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.

* A single waiver 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:

1 st Violation	Suspension from play for one game/contest
2 nd Violation	Removal from team for remainder of season

(Effective Date: 2011 Fall Sport Season)

EVENT ENTRY FORMS

Coaches are charged with the responsibility of submitting accurate and verifiable seeds. An email verification of each school's entries will be sent back to the head coach. Coaches must review and confirm their entries. Schools are no longer required to submit a faxed back-up. 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 and foremost 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 it appears that 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 lighting 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 persons each structure can safely hold. For large events, time needed for evacuation is increased and there must be a method (i.e., announcement over loud speaker) 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 reasonably 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 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 may 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 2018-19 NFHS Track & Field Rules Book.

Uniform Rule: Any visible garment(s) worn under the uniform top must be unadorned and of a single, solid color. Any visible garment(s) worn under the uniform bottom, and extending below the knees, shall be unadorned and of a single, solid color. A single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the top and bottom undergarment. Visible items worn under both the top and bottom do not have to be the same color. Removing any part of the team uniform, excluding shoes, while in competition as defined by the games committee, is illegal. The competitor shall be warned, and if repeated, disqualified from the event. If additional incidents recur the competitor will be disqualified from further competition in the meet.

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 2019 National Federation Track & Field Rules will be in effect and the 2018-2019 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 jurisdiction 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.

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 high jump the event will start two inches below the provisional standard.

No standards are set for relays. Coaches are encouraged to list more than four and up to eight athletes for each relay.

All times MUST be converted to FAT times for seeding purposes. (Add .24 to hand held 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.

Qualifying Standards for 2019 State Meets

Qualifying standards are reviewed annually by the Qualifying Standards Committee. 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 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	11.70/12.00	11.80/12.10	11.90/12.20
200	23.80/24.60	24.20/25.00	24.50/25.20
400	54.20/55.75	54.50/56.20	56.00/57.50
800	2:05.00/2:10.00	2:06.50/2:14.00	2:10.40/2:16.50
1600	4:39.00/4:52.00	4:40.00/4:57.00	4:50.00/5:05.00
3200	10:10.00/10:30.00	10:30.00/10:52.00	10:40.00/11:10.00
110 HH	17.00/18.00	17.20/19.50	18.70/20.20
300 IH	43.30/45.30	45.00/48.00	46.20/48.20
1600 RW	8:15.00/9:00.00	8:25.00/9:30.00	8:35.00/9:35.00
Shot Put	43'0/38'6	41'0/35'6	40'6/36'6
Discus	125'0/115'0	117'6/105'0	110'0/100'0
Javelin	140'0/130'0	139'0/129'0	137'6/125'0
High Jump	5'10/5'8	5'8/5'6	5'6/5'4
Long Jump	19'9/18'9	19'2/18'2	18'9/17'9
Triple Jump	39'3/37'9	39'0/37'6	37'6/36'0
Pole Vault	11'6/11'0	10'6/9'0	9'6/8'6

GIRLS

Event	Class A	Class B	Class C
100	13.45/13.90	13.55/14.00	13.80/14.20
200	27.95/28.90	28.00/29.00	28.60/29.70
400	1:04.70/1:06.70	1:05.20/1:07.20	1:07.20/1:09.20
800	2:30.00/2:38.00	2:32.00/2:40.00	2:40.00/2:48.50
1600	5:40.00/5:55.00	5:40.00/5:55.00	6:00.00/6:20.00
3200	12:30.00/12:55.00	12:30.00/13:00.00	13:15.00/13:45.00
100 HH	17.20/18.25	17.40/18.50	18.45/19.50
300 LH	51.85/53.85	53.00/55.00	54.00/57.20
1600 RW	9:15.00/10:00.00	9:25.00/10:10.00	9:40.00/10:40.00
Shot Put	32'6/30'6	31'0/29'6	29'0/27'0
Discus	93'3/83'3	89'0/81'0	85'0/75'0
Javelin	94'6/87'0	91'0/86'0	85'0/80'0
High Jump	4'10/4'8	4'8/4'6	4'8/4'6
Long Jump	15'9/15'0	15'6/14'6	14'9/13'9
Triple Jump	31'9/30'3	31'9/30'3	29'6/28'0
Pole Vault	8'6/8'0	7'6/7'0	6'6/6'0

Electronic Entries: (*Web Postings-www.sub5.com*) All electronic entries must be received by **9:00 p.m. on Tuesday, May 28, 2019**. An email verification of each school's entries will be sent back to the head coach. Coaches must review and confirm their entries. Seedings will be posted on Wednesday, May 29, 2019 for spelling or school errors. Final seedings will be posted on Friday, May 31, 2019. Schools should not submit a faxed back-up.

Time Schedules: Competitors are responsible to report 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, for any reason, or fails to show for an event for which he/she have 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.

Relay Teams: Schools are encouraged to list alternates on their relay card.

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 up 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: The maximum length of spikes shall be approved by the site/meet director prior to the start of the meet. State meet directors will announce, in advance, the acceptable spike size for their meet.

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. 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.**

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.**

Scoring 7 (seven) places for State Meets: Seven (7) places will be scored for the State Meets. Scoring is 10-8-6-4-3-2-1. Eight athletes will advance to finals in **ALL** field events, the 100-meter dashes, and the 100/110 high hurdles.

Meet Locations:

<u>Class</u>	<u>Site</u>	<u>Meet Director</u>
Class A	Lewiston High School	Diane Fournier (sneige@comcast.net)
Class B	Brewer High School	Ian Braun (ibraun@mdirss.org)
Class C	Mt View High School	TBD

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	

2019 NEW ENGLAND COMPETITION – Thornton Academy, June 8, 2019 George Mendros will be putting together the Maine entrants for the New England Championship. **He will need to have all the information by 6:00pm on Sunday evening (June 2).** Any athlete who

qualifies or is an alternate must contact him at home (282-5065) or by email (george.mendros@thorntonacademy.org). If an athlete/coach does not contact him, they will not be entered the meet.

Information will be distributed to all coaches in their post season event championship packets and posted on the MPA web site and the New England Council website (www.newenglandsports.com). It is the parents' or school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

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.

The qualifiers from Maine will be based on the performances at the three state meets. All seven scorers from each of the state meets will create the pool to fill the field. The state champions from each of the three classes and the next three best performances will qualify for the meet. If one or more of the six qualifiers decides not to compete, then the field will be filled with the next best performance from the state meets. If an athlete qualifies in more than one event, they may decide to enter in fewer events than for which they have qualified.

OUTDOOR TRACK CLASSIFICATION

CLASS A 675+	CLASS B 445-674	CLASS C 0-444
<ol style="list-style-type: none"> 1. Lewiston (1428) 2. Thornton (1412) 3. Bangor (1129) 4. Bonny Eagle (1100) 5. Deering (1086) 6. Oxford Hills (1050) 7. Scarborough (1021) 8. Windham (1004) 9. Sanford (1000) 10. Massabesic (985) 11. Edward Little (982) 12. Portland (970) 13. South Portland (892) 14. Noble (835) 15. Gorham (823) 16. Biddeford (784) 17. Marshwood (781) 18. Skowhegan (777) 19. Messalonskee (759) 20. Brunswick (746) 21. Westbrook (743) 22. Mt. Ararat (734) 23. Hampden (718) 24. Falmouth (696) 25. Kennebunk (678) 26. ^Cheverus (467) 27. Waynflete* (260) 	<ol style="list-style-type: none"> 1. Mt. Blue (669) 2. Camden Hills (667) 3. Cony (667) 4. Brewer (659) 5. Lawrence (659) 6. Greely (656) 7. Nokomis (644) 8. Gardiner (632) 9. Morse (613) 10. York (607) 11. Erskine (581) 12. Lincoln (579) 13. Leavitt (572) 14. Fryeburg (562) 15. Medomak (553) 16. Presque Isle (548) 17. Yarmouth (546) 18. Waterville (544) 19. Cape Elizabeth (537) 20. Gray-NG (532) 21. Mt. Desert (526) 22. John Bapst (513) 23. Lake Region (512) 24. Hermon (504) 25. Belfast (501) 26. Freeport (494) 27. Oceanside (488) 28. Maine Central (479) 29. Old Town (478) 30. Poland (462) 31. Ellsworth (448) 32. Foxcroft (448) 33. Winslow (446) 	<ol style="list-style-type: none"> 1. Lisbon/Oak Hill/St. Dom's (443-B); (387-G) 2. Wells (432) 3. Caribou (430) 4. Washington (417) 5. Mt. View (412) 6. Spruce Mountain (408) 7. Mountain Valley (407) 8. Maranacook (390) 9. Mattanawcook/Penobscot Valley/Lee (370-B & G) 10. Orono (354) 11. Sacopee (332) 12. Central (324) 13. Houlton (324) 14. George Stevens (321) 15. Hall-Dale (320) 16. Dexter (304) 17. Bucksport (299) 18. Fort Kent (281) 19. Dirigo (263) 20. Traip (257) 21. Old Orchard (251) 22. Gould* (B) (250) 23. Sumner (248) 24. Winthrop (248) 25. Mt. Abram (236) 26. Madison (231) 27. Monmouth (221) 28. Carrabec (215) 29. Boothbay (215) 30. Penquis Valley (213) 31. Telstar (212) 32. Calais (211) 33. Narraguagus (196) 34. Piscataquis (176) 35. Searsport (173) 36. Wiscasset (173) 37. Penobscot Valley* (160) 38. Buckfield^* (156) 39. Madawaska* (B) (151) 40. North Yarmouth/Maine Coast Waldorf (145-B); (148-G) 41. Richmond (144) 42. North Yarmouth (142) 43. Hodgdon * (137) 44. Fort Fairfield (134) 45. Washburn (118) 46. Bangor Christian (94) 47. Greenville (78) 48. MSSM (72) 49. Vinalhaven* (G) (61) 50. Seacoast (45) 51. Greater Portland (36) 52. Greater Houlton Christian* (23) 53. North Haven (B) (22) 54. Penobscot Christian* (B) (17)

ABBREV/TEAM CODE	FULL SCHOOL NAME (Class A)	SHORT NAME
BAN	Bangor High School	Bangor
BIDD	Biddeford High School	Biddeford
BE	Bonny Eagle High School	Bonny Eagle
BRW	Brewer High School	Brewer
BRUN	Brunswick High School	Brunswick
CHEV	Cheverus High School	Cheverus
CONY	Cony High School	Cony
DEER	Deering High School	Deering
EL	Edward Little High School	Edward Little
FAL	Falmouth High School	Falmouth
GORH	Gorham High School	Gorham
HAM	Hampden Academy	Hampden
LEW	Lewiston High School	Lewiston
MSWD	Marshwood High School	Marshwood
MASS	Massabesic High School	Massabesic
MESS	Messalonskee High School	Messalonskee
MTAR	Mt. Ararat High School	Mt. Ararat
MTBL	Mt. Blue High School	Mt. Blue
NOBL	Noble High School	Noble
OXHL	Oxford Hills High School	Oxford Hills
PTLD	Portland High School	Portland
SANF	Sanford High School	Sanford
SCAR	Scarborough High School	Scarborough
SKOW	Skowhegan Area High School	Skowhegan
SP	South Portland High School	South Portland
TA	Thornton Academy	Thornton
WEST	Westbrook High School	Westbrook
WIND	Windham High School	Windham

ABBREVIATION/TEAM CODE	FULL SCHOOL NAME (Class B)	SHORT NAME
BELF	Belfast Area High School	Belfast
CAMD	Camden Hills Regional HS	Camden Hills
CAPE	Cape Elizabeth High School	Cape Elizabeth
ELL	Ellsworth High School	Ellsworth
ERSK	Erskine Academy	Erskine
FOX	Foxcroft Academy	Foxcroft
FREE	Freeport High School	Freeport
FRYE	Fryeburg Academy	Fryeburg
GARD	Gardiner High School	Gardiner
GNG	Gray-New Gloucester HS	Gray-New Glouc
GREE	Greely High School	Greely
HER	Hermon High School	Hermon
JB	John Bapst Memorial High School	John Bapst
KENN	Kennebunk High School	Kennebunk
LKRG	Lake Regional High School	Lake Region
LAWR	Lawrence High School	Lawrence
LEAV	Leavitt Area High School	Leavitt
LINC	Lincoln Academy	Lincoln
MED	Medomak Valley High School	Medomak Valley
MORS	Morse High School	Morse
MDI	Mt. Desert Island High School	MDI
MTVW	Mt. View High School	Mt. View
NOK	Nokomis Regional High	Nokomis
OSC	Oceanside High School	Oceanside
OT	Old Town High School	Old Town
POL	Poland Regional High School	Poland
PI	Presque Isle High School	Presque Isle
SPMT	Spruce Mountain High School	Spruce Mountain
WTVL	Waterville High School	Waterville
WELL	Wells High School	Wells
WINS	Winslow High School	Winslow
YAR	Yarmouth High School	Yarmouth
YORK	York High School	York

ABBREVIATION/TEAM CODE	FULL SCHOOL NAME (Class C)	SHORT NAME
BCS	Bangor Christian School	Bangor Chr
BBR	Boothbay Region HS	Boothbay
BKFD	Buckfield High School	Buckfield
BUC	Bucksport High School	Bucksport
CAL	Calais High School	Calais
CCCS	Calvary Chapel Christian Sch	Calvary Chapel
CAR	Caribou High School	Caribou
CARA	Carrabec High School	Carrabec
CEN	Central High School	Central
DEX	Dexter Regional High School	Dexter
DIR	Dirigo High School	Dirigo
FTFD	Fort Fairfield High School	Ft. Fairfield
FTKT	Fort Kent Community HS	Fort Kent
GSA	George Stevens Academy	George Stevens
GRNV	Greenville High School	Greenville
H-D	Hall-Dale High School	Hall-Dale
ISLE	Islesboro Central School	Islesboro
J-B	Jonesport-Beals HS	Jonesport-Beals
KH	Kents Hill School	Kents Hill
LEE	Lee Academy	Lee
LIM	Limestone/MSSM	Limestone/MSSM
LISB	Lisbon High School	Lisbon
MAC	Machias Memorial High School	Machias
MAD	Madison High School	Madison
MCI	Maine Central Institute	MCI
MAR	Maranacook Community School	Maranacook
MCAU	McAuley High School	McAuley
MAT	Mattanawcook Academy	Mattanawcook
MTVL	Mountain Valley High School	Mountain Valley

MTAB	Mt. Abram High School	Mt. Abram
NAR	Narraguagus High School	Narraguagus
NYA	North Yarmouth Academy	North Yarmouth
OAKH	Oak Hill High School	Oak Hill
OOB	Old Orchard Beach HS	Old Orchard
ORO	Orono High School	Orono
PENQ	Penquis Valley High School	Penquis
PCHS	Piscataquis Community HS	PCHS
PVHS	Penobscot Valley HS	PVHS
RICH	Richmond High School	Richmond
SAC	Sacopee Valley High School	Sacopee Valley
SCS	Seacoast Christian School	Seacoast
SRPT	Searsport High School	Searsport
STDM	St. Dominics HS	St. Doms
SUM	Sumner Memorial HS	Sumner
TEL	Telstar Regional High School	Telstar
TRP	R. W. Traip Academy	Traip
VAL	Valley High School	Valley
WSH	Washburn High School	Washburn
WA	Washington Academy	Wash Acad
WAYN	Waynflete School	Waynflete
WIN	Winthrop High School	Winthrop
WIS	Wiscasset High School	Wiscasset