

# 2026 MPA Class A State Outdoor Track & Field Championships

Edited 6-5-26

Bangor High School, Bangor, ME – Saturday, June 7, 2026

To: Class A Track & Field Coaches

From: Marty Kahler, Class A Meet Director

RE: Class A State Outdoor Track & Field Championship Meet Information

Meet Director: Marty Kahler Cell: 603-502-7275

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Site Director: Steven Vanidestine Work: (207)-992-5507

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Meet Location: Cameron Stadium  
300 Garland Street  
Bangor, ME 04401

Meet Packets: There will be no meet packets. Programs are available on line. A few will be available at the coaches meeting as well as the relay cards.

Bus Parking: Buses will be directed upon their arrival. A separate email will be sent to your AD. Bus parking will not be located on site. Please make sure to get contact info from the driver.

Spectator Parking: Will be located at the complex. Please follow the directions of the parking attendants.

Team Tents: Need to be setup inside the fence of the track and cannot be in the grandstand. Tent City will be located behind the grandstand on the back straight away.

Admission Fees: Adults - \$12.00 Senior Citizens (65+) - \$6.00  
Students (K-12) - \$6.00 Children under 5 – Free  
Tickets must be purchased online at <https://gofan.co/event/1513901?schoolId=MPA>

Programs will be available electronically for free at [MileSplit.live](https://www.milesplit.com)

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, 2025.

Order of Events: Please see separate attachment. The final time schedule will be released once the entries are finalized on June 4th.

Qualifying: Please check the 2026 MPA Outdoor Track & Field Bulletin thoroughly. Athletes qualify based on an Automatic Standard and a Provisional Standard that will get the field to 32 athletes. Make sure you are using the Class A Standards. Include only athletes that have made at least Provisional Standards. All athletes that have made Automatic Standards will be entered into that event. We will take up to 32 athletes.

There are no standards for the relay events. Remember to enter all potential relay team members (up to eight). Once you have confirmed your entries you will not be allowed to change or add to the runners on your relay teams.

Scratch Rule: The scratch rule will be in effect as soon as the performance list is posted on June 4<sup>th</sup>. Any athlete that is removed from an individual event after the performance list is posted will be scratched from the entire meet.

If a competitor is scratched from or fails to report to any event before the event starts, then that competitor is scratched from that event and the rest of the meet.

There will be a coaches and captains meeting at 9:15am

Jury of Appeals: It will be the MPA representative, Officials (Mary Onken and Cheri Crossman), Coaches (Scott Carbone (Massabesic) and Angie Jalbert (Edward Little)).

Games Committee: Will be Meet Director (Marty Kahler), Track Referee (Don Berry), Field Referee (Peter Doran), the MPA Representative, 3 Coaches (Cori Galante (Mt Blue), Jason Kash (Hampden Academy), Christine Stone (Gorham))

Pole Vault: Weight certification forms must be brought to the meet by the coaching staff and presented to the Head Pole Vault Official who is also inspecting the poles prior to the start of competition. **No Form = No Vault**

Event Check-In: All field events will check in at the event site. Track events will check in at the clerking tent. The Clerking tent will be located near the start of the 100-meter dash area. Line clerks will direct or escort the athletes to the start lines.

Only one call will be given. The call will be made 10 minutes prior to the scheduled start of the event. Please read the 2026 MPA Track & Field Bulletin for other related information.

Clerks and head event judges will give directions for the event.

Athletes must check in within those 10 minutes from the call to the start of the event. If an athlete fails to show for an event, they will be scratched from that event and the remainder of the meet.

Timing System: Finish Lynx systems will be in use. Please instruct your athletes to stay away from the finish line area.

Track: The track at Bangor is an 8 lane all the way around. The only field events located on the infield are long jump/triple jump and high jump. The shot put, discus, javelin and pole vault are all located just outside the track off the start of the 100-meter dash area.

Relays: Relay declaration forms will be handed out at the coaches meeting. Relay forms must be turned in to the timing tent 60 minutes prior to the start of the relay. All 4 athletes that are running in the relay need to report to clerking to check in.

Teams may enter up to 8 names for each relay. Only the names of athletes listed on the entrées as of June 5th will be allowed to run on that relay.

Baton's will be provided.

For the 4 X 400-meter relay have your team prepared to run for a 3-turn stagger.

Flights and Heats: Will be determined by the meet director after seeding is completed. The final seeded meet will be posted at Sub5.com as well as Milesplit no later than Thursday, June 5th. You will also be able to view the results of the meet on milesplit.com/liveresults

Uniform Rule: The National High School Federation uniform rule is in effect. All uniforms must be worn as the manufacture intended. Uniforms must remain on while the athletes are in the competition and awards areas. Please read both the National High School Federation uniform rule and the uniform rule in the MPA Track & Field Bulletin

Spikes: Spikes must be 1/8" pyramid for all track events as well as the pole vault, high jump, long jump, and triple jump. Javelin can wear spikes or cleats as it is a grass runway.

Implement Inspection: The check in and weigh in of implements will begin at 8 am and will continue until 10 am. No implements will be inspected after 10 am. The implement inspection will occur under the grandstand near the concession stand. Vaulting poles will be inspected at the pole vault pit.

Starting Heights: Girls High Jump – 4'6" and Boys High Jump – 5'6"  
They will increase by 2-inch increments until only one jumper remains.

Boys Pole Vault – 10'0" and Girls Pole Vault – 7'6"

The pole vault will go up by 9" increments for the first two heights and then 6-inch increments from there.

Boys Progression: 10'0" to 10'9" to 11'6" to 12'0" continuing at 6" increments.

Girls Progression: 7'6" to 8'3" to 9'0" to 9'6" continuing at 6" increments.

Trainer: Certified trainers will be available one hour before the start of the first event. Teams must bring all needed supplies. This service is provided by Northern Light Sports Medicine.

Pre-meet meeting: A coaches and captains meeting will be held at 9:15 am on the infield near the finish line tent. All teams must be present at this meeting. We will hand out the relay cards at this time.

Warming up: Only athletes that are warming up or competing in the high jump or Javelin will be allowed on the infield. Coaches will only be allowed in the coaches' boxes for the Javelin, high jump, pole vault, and LJ/TJ.

Finals: Track events – There will be semis and finals in the 100-meter dash, 100-meter hurdles, and the 110-meter hurdles. In all other track events, we will have the fastest heat last.

Field events – All athletes will have 3 throws and the top 9 athletes will be taken to finals and receive 3 more throws. The high jump and pole vault will be conducted using the 5-alive method.

Spectators: Spectators are not allowed to wander on the infield; they must be in designated areas.

**No athlete warm up should happen on the infield. The infield is closed to all except those competing in the Long Jump, Triple Jump, and High Jump.**

Non-Participating Athletes need to follow the same rules as spectators. They are required to stay outside the track area and in the team area.

Coaches: Coaches will not be allowed on the infield unless they are coaching high jump or long jump/triple jump. They must leave the infield once they are done with these events.

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 unsportsmanlike conduct. This is defined in the MPA bulletin.

Awards: Medals will be awarded to the first 8 place finishers in each event. There will be an awards area in the infield. Please instruct your athletes to be prompt and in proper uniform when they are called to awards stand.

At the end of the meet there will be a ceremony to award trophies to the runners-up and winning teams. All teams are encouraged to stay for the ceremony

Scoring: Meet scoring is 10-8-6-5-4-3-2-1 for individual and relay events.

Programs: Will be available on line at MPA.CC and available on line at [Milesplit.live](http://Milesplit.live).

Trash: Please police your team's area at the conclusion of the meet. Trash should be deposited in the nearest trash can.

Concessions: There will be food trucks available for everyone to buy drinks and food.

Protests and Appeals: There will be a Jury of Appeals and a Games Committee. A protest form may be picked up at the clerking table or meet director. All protests must be in writing from a coach, accompanied by a \$35.00 fee. The protest and the fee must be given to the meet director.

Time Schedule: The meet will be on a time schedule. We will not go ahead of the time schedule. It is the responsibility of the coaches and athletes to report to their event on time. Please listen for the call. The call to check in to an event will be 10 minutes prior to the start of the event. The final time schedule will be posted on June 5th after the seeds are finalized.

Electronics: No phones, iPods, or other electronic equipment is allowed in the competition area. Coaches may record their athletes; and the athletes may view any image of themselves in the competition area.

Other Activities: No football, soccer balls, Hacky Sacks, Frisbees, etc. will be allowed in the competition area.

Weather: In the event the meet must be stopped because of severe weather, athletes and coaches will go back to their buses. Officials will report to

the garage under the grandstand area. Spectators will need to return to their cars. Officials will inform everyone when they can return to the track. If the meet is postponed it will be rescheduled if the opportunity occurs.

Final Word:

The 2026 MPA Track & Field Bulletin will be the final word. Please be familiar with this bulletin.

New England's:

Will be located at Noble High School in North Berwick, ME and run on June 13<sup>th</sup>. All entries are due to George Mendros and athletic.net by Monday June 9<sup>th</sup> at noon.