



**2026 MAINE SWIMMING WINTER  
CHAMPIONSHIPS  
March 12-15, 2026  
Bowdoin College  
SANCTION NO. ME-2526-0312SCY**

**Hosted by  
MESI**

<b>Meet Director</b>	Jim Willis	mesimeetdirector@gmail.com	207-664-8246
<b>Meet Referee</b>	Amanda Gleason	mesiofficialschair@gmail.com	207-852-2804
<b>Entry / Meet Manager</b>	Louis Arruda	<a href="mailto:Swimentries207@gmail.com">Swimentries207@gmail.com</a>	<a href="mailto:Swimentries207@gmail.com">Swimentries207@gmail.com</a>
<b>Admin Official</b>	Kean Brown	keanbr@gmail.com	207-841-0658
<b>Safety Monitor</b>	Shawn Rich	msiavchair@gmail.com	207-941-2812
	<b>Thursday Night</b>	<b>Friday/Saturday/Sunday Prelims</b>	<b>Friday/Saturday/Sunday Finals</b>
<b>Warm up</b>	<b>4:00 PM</b>	<b>7:00 AM</b>	<b>3:00 PM</b>
<b>Meet Start</b>	<b>5:00 PM</b>	<b>8:00 AM</b>	<b>4:00 PM</b>

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received, including the addition of 5 to 10 minutes breaks during each session.

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• SANCTION NO: <b>ME-2526-0312SCY</b> - Held under the sanction of USA Swimming/Maine Swimming, Inc.</li><li>• USA Swimming, Inc., Maine Swimming, Inc., and Bowdoin College shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li><li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li></ul>
<b>SCRATCH DEADLINES</b>	<ul style="list-style-type: none"><li>• Thursday events no later than 4:15pm</li><li>• Friday, Saturday, and Sunday 11 &amp; over events no later than 5:30pm the preceding night</li><li>• All 10&amp;under events by noon of that day</li></ul>
<b>LOCATION:</b>	<ul style="list-style-type: none"><li>• LeRoy Greason Pool, Farley Field House, Watson Drive, Bowdoin College, Brunswick, ME 04011</li></ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The LeRoy Greason Pool provides up to 10 deep-water, 25-yard competition lanes and four additional 25-yard warm-up/cool-down lanes with non-turbulent lane lines and Colorado Timing System, Aqua Grip electronic pads, and Colorado Timing Matrix Full Video Display. It has hosted several prestigious events, including NESCAC and NCAA Championship meets and has been used as a training site for Olympic swimmers. The competition pool starting end and turn end have water depths ranging from 7 to 12 feet from Lanes 1-10. The warm-up/cool-down pool starting end and turn end have a depth of 12 to 13 feet. The pool has been measured to certify under USA-S rule 104.2.2C(4)</li></ul>
<b>FEES:</b>	<ul style="list-style-type: none"><li>• The participation fee for all swimmers will be:</li><li>• <b>\$25 – ONE (1) DAY      \$45 – TWO (2) DAYS      \$65 – THREE (3) DAYS</b></li><li>• Payment may be made by credit card. Credit cards will be processed via <b>&lt; 2026 WINTER CHAMPS PAYMENT &gt;</b></li><li>• Credit card payment preferred contact the Maine Swim Office otherwise</li><li>• <i>Payment must be received prior to the start of the meet unless other arrangements are made. Swimmers WILL NOT be allowed to compete until team payment is complete. Please mail in plenty of time to be received by <b>Tuesday, March 10, 2026</b> If this cannot be done, please contact <a href="mailto:mesiswimoffice@gmail.com">mesiswimoffice@gmail.com</a> to arrange to make payment at the meet.</i></li></ul>

<b>IMPORTANT DATES:</b>	<ul style="list-style-type: none"> <li>• <b>Entry Deadline: Tuesday, March 3, 2026 at 5PM ET</b></li> <li>• Initial Timeline Posted: Friday, March 6, 2026 at 5PM ET</li> <li>• Team Work Assignments Posted: Friday, March 6, 2026 at 5PM ET</li> <li>• Warm-up Assignments Posted: Friday, March 6, 2026 at 5PM ET</li> <li>• Late Entry Deadline: Monday, March 9, 2026 at 5PM ET</li> <li>• Psych Sheet Posted: Tuesday, March 10, 2026 at 8PM ET</li> <li>• Payment Deadline: Tuesday, March 10, 2026 at 11:59PM ET</li> <li>• Final Timeline Posted: Wednesday March 11, 2026 at 12PM ET</li> <li>• Pre-meet scratches close: Thursday, March 12, 2026 at 12PM ET</li> <li>• Senior Recognition Deadline: Thursday, March 12, 2026 at 8PM ET.</li> </ul>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• In accordance with the MESI Policy &amp; Procedures, this meet is open to any swimmer who has met the entry qualifying criteria and is properly registered for 2026 with Maine Swimming, Inc. or who is properly registered with Swimming Canada or USA Swimming and has been invited to attend.</li> <li>• Age on the first day of the meet will determine age for the entire meet.</li> <li>• 10 &amp; under swimmers may only compete in one session per day at MESI Winter Championships.</li> </ul>
<b>MEET JURY:</b>	The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee. The Meet Referee will present issues and moderate the jury, but not vote. The three members shall be from separate teams. Only the designated team representative or appointed designee so noted to the Meet Director may speak for a team concerning all meet matters. The Meet Jury will decide all issues of eligibility and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.
<b>MEET COMMITTEE:</b>	The members of the Meet Committee are the Administrative Vice-Chair, who shall serve as chair, the Technical Planning Chair, the Senior Chair, the Age Group Chair, the Senior Athlete Representative, and the Senior Athlete At-Large.
<b>WEATHER PROTOCOL:</b>	If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have the right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is the decision of the Meet Director, the Meet Referee, and the Meet Jury.
<b>DISABILITY SWIMMERS:</b>	<p>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</p> <p>The athlete (or the athlete's coach) is also responsible for notifying the session referee prior to the competition of any disability.</p>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• <u>11-12, 13-14 and 15 &amp; O 100 &amp; 200 yards events</u>: Trials/Finals. Prelims will be swum as 11-12 and 13 &amp; over. Finals will consist of 11-12 Final followed by a 13 &amp; over super-final (top 10 regardless age) and a heat of 13-14 and 15 &amp; over. The order of competition at finals will be 11-12, 13-14, 15 &amp; Over, and super-final.</li> <li>• <u>13-14 &amp; 15 &amp; Over 50 free, back, breast, fly events</u> will be swum as Prelim, Semi final and finals; 2 heats per age group in Semi finals and 1 heat per age group in finals</li> <li>• <u>13-14, 15 &amp; Over: 400 IM, 500 Free</u>: Trials/Finals. Prelims will be swum combined ages. Finals will consist of a 13 &amp; over super-final (top 10 regardless of age) and 13-14, 15 &amp; over will then score into prelims for top 10 in each age group.</li> <li>• <u>13-14, 15 &amp; Over: 1000 and 1650 freestyle</u>: Timed Finals. Will be swum combined age, fastest to slowest, alternating girls' and boys' heats (heats may be combined as per the Meet Referee). The top ten will be scored as a super final and then will score down to 10 by age group.</li> <li>• <u>11-12: 400 IM, 500 Free</u>: Timed finals with scoring to top 15. The 400 IM will be competed slowest to fastest, all girls then all boys. The 500 Free will be swum fastest to slowest, alternating girls' and boys' heats (heats may be combined as per the Meet Referee). Scoring will be top 15.</li> <li>• <u>10 &amp; under</u>: Timed Finals with scoring to top 15. The 500 freestyle will be swum slowest to fastest, all girls then all boys.</li> </ul>

<b>SCRATCH PROCEDURES:</b>	<ul style="list-style-type: none"> <li>Pre-meet scratches can be submitted online to : &lt; <a href="#">PRE MEET SCRATCHES</a> &gt; until Thursday, March 12<sup>th</sup> at 12PM.</li> <li>Thursday evening will be positive check-in on deck by 4:15PM.</li> <li>For Friday, Saturday, and Sunday prelims, scratches are due at the Admin Table by 5:30 PM the night before. If a swimmer in a prelim's session does not scratch and they have more than 3 events that day, they will be scratched from their last events of that day.</li> <li>The timed final 13 &amp; O 1000 freestyle and 11-12 400 IM will be handled just like other events. Swimmers must scratch by the scratch deadline of the night before. Events will be seeded and printed with the session heat sheets.</li> <li>All relays must be scratched by the scratch deadlines. Any relays that are not scratched will be charged \$100 for missing a relay, with the exception of a medical excuse or declared false start.</li> <li>This event will follow the National Scratch Rules as defined in Section 207.11.6 of the USA Swimming Rule Book and the MESI Policies and Procedures Article 1003.</li> <li>Any swimmer who fails to compete in an individual Preliminary event in which she/he is entered or a Timed Final event for which he/she has not been scratched will be a no-show in that event with no further penalty.</li> <li>Any swimmer who qualifies for Finals and fails to notify the Admin Official of his/her intention to withdraw (scratch) from Finals within 30 minutes of announcing/posting of the results and does not compete nor is excused by the Meet Referee, will be barred from all further scoring in the meet, including relays.</li> <li>Coaches are expected to understand the scratch procedures before the meet begins.</li> <li>A Declared False Start (DFS) may be submitted any time prior to a swimmer's heat, which will relieve the athlete of the penalties during Prelims and for Timed Final events, including relays. <i>A DFS will not be accepted for Finals of a prelim/final event.</i></li> </ul>
<b>USA REGISTRATION:</b>	<ul style="list-style-type: none"> <li>Please note <b>that all swimmers must be registered by 5PM EST on Monday, March 9, 2026 with USA Swimming or Swimming Canada</b> to be eligible to swim in the Winter Championships.</li> <li>Swimmers transferring into MESI from another LSC must be completed by the entry deadline in order to be eligible to compete in Winter Championships.</li> <li>Club athletes may obtain USA-S Registration from their Club Registrar.</li> <li>Unattached athletes should contact the Maine Office at <a href="mailto:mesiswimoffice@gmail.com">mesiswimoffice@gmail.com</a>.</li> <li>Deck Registrations will not be allowed.</li> <li>Flex athletes are not eligible to compete. In order to compete, they must be upgraded to Premium by the entry deadline.</li> <li>It's each team's responsibility to make sure the entry and registration information for each of their swimmers is accurate.</li> <li>Registration and times reconciliations will be done for this meet.</li> </ul>
<b>PROOF OF TIME</b>	<ul style="list-style-type: none"> <li>Proof of time shall be submitted with each team's entries. Proof of time must be a copy of the Meet Entry Report from Team Manager or Team Unify <u>sorted by athlete</u>; under other options for the report "include proof of time". The hard copy must be in a PDF format.</li> <li><b>Eligible times</b> may come from the USA-S SWIMS Database, NCAA National Times Database, the USMS National Times Database, the MPA Database, the Maine YMCA Database, or applicable Swimming Canada-approved databases. Failure to verify may result in disciplinary action as determined by the Meet Jury.</li> <li><b>TIMES MUST BE ACHIEVED BETWEEN MARCH 13, 2025 – MARCH 8, 2026.</b></li> </ul>

<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>• <b>Final Date of Entry: 5PM on Tuesday, March 3, 2026</b></li> <li>• If a swimmer is entered into the meet and is not registered by the entry deadline, the entering team will have 24 hours of notification to have the swimmer register, and the swimmer must compete "unattached" for the entire meet. Coaches should check their USA Swimming Team Roster so they know who is currently registered. If you need help with the process, contact the Maine Swimming Office <a href="mailto:mesiswimoffice@gmail.com">mesiswimoffice@gmail.com</a>.</li> <li>• Teams that have not submitted their entries by the entry deadline will be contacted by 12 PM on Wednesday, March 4TH by the Entry Manager and will have until 12PM on Thursday March 5TH to submit their entries. These late entries will be subject to a fine of \$250 per team plus \$10 per individual swimmer. Any entries submitted thereafter will be entered only at the discretion of the Meet Committee.</li> <li>• Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format should be submitted along with a pdf with <b>proof of time by athlete (pdf)</b> through the 2026 Winter Championships &lt;<a href="#">MEET ENTRY MANAGER</a>&gt;</li> <li>• <b>All relay swimmers must be entered into the meet by the late entry deadline of March 9, 2026 at 5PM ET.</b></li> <li>• Non-electronic entries may be submitted by email for an additional \$1.00 per event and should be emailed to the Entry Chairperson and to <a href="mailto:mesiswimoffice@gmail.com">mesiswimoffice@gmail.com</a>.</li> <li>• Entries for timed final events will be converted to short course yards after entry. Entries for prelim events will be seeded in the following order: short course yards (SCY), long course meters (LCM), short course meters (SCM). <u>LCM and SCM times must not be converted to SCY prior to being submitted.</u></li> <li>• Deck entries will not be accepted.</li> <li>• Your entry will be confirmed within 48 hours. If you do not hear back, please contact the Entry Chair. Your entries are NOT received until confirmed.</li> <li>• The Entry Chair will send a Hy-Tek team entry list to each team to verify their entries. Please respond within 12 hours, even if there are no corrections.</li> <li>• No corrections are permitted after the psych sheet has been posted.</li> </ul>
<b>BONUS EVENTS NON MESI SWIMMERS</b>	<ul style="list-style-type: none"> <li>• 13 &amp; overs who have a QT 100 strokes and 200 IM will qualify for the 50's and 100 IM</li> <li>• Please use times for the 50's and 100 IM events</li> <li>• A swimmer must have a proven time in their bonus event from the eligible meets above.</li> <li>• "NT" is not allowed.</li> <li>• Only swimmers who qualify in the 1000 may bonus the 1650, and vice versa.</li> <li>• <b>PLEASE MARK BONUS EVENTS IN YOUR ENTRY.</b></li> <li>• One Qualifying Time = 3 Bonus Events</li> <li>• Two Qualifying Times = 2 Bonus Events</li> <li>• Three Qualifying Times = 1 Bonus Event</li> <li>• Four or more Qualifying Times= 0 Bonus Events</li> </ul>
<b>ENTRY LIMITS</b>	<ul style="list-style-type: none"> <li>• Entry limits are 7 events for all ages</li> <li>• 3 relays for 10 &amp; unders, 4 relays for all others (1 per day)</li> </ul>
<b>LATE ENTRIES</b>	<ul style="list-style-type: none"> <li>• Late entries will be accepted for new qualifiers, new events and updated times only. They are due by 5PM ET on Monday, March 10, 2026.</li> <li>• <b>Late qualifiers must be registered with USA Swimming/Swimming Canada by March 12, 2026.</b></li> <li>• Late entries should be e-mailed to the Entry Chairperson with proof of time attached.</li> </ul>
<b>MESI EVENTS</b>	<p>MESI swimmers need only to have a valid time to compete in the following events:</p> <p><b><u>10 &amp;Unders and 11/12:</u></b> 50 free, 100 free, 50 back, 50 breast, 50 fly &amp; 100IM</p> <p><b><u>13-14 and 15 &amp; Over:</u></b> 50 free, 50 back, 50 breast, 50 fly, 100 IM, 100 free, 100 back, 100 breast, 100 fly &amp; 200 IM</p>
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>• Relay entries are based on the number of swimmers having individual event qualifying times within that age group/gender (10 &amp; U, 11-12, 13-14 (11-14 relays), and 15 &amp; O (open relays) as follows: 0-4 qualifiers allow 1 relay entry, 5-8 qualifiers allow 2 relay entries, 9-12 qualifiers allow 3 relay entries, etc.</li> <li>• Relays may be cut if the timeline becomes unwieldy as determined by the Meet Director and the Meet Referee.</li> <li>• Relays must be all female or all male.</li> <li>• <b>11-14 relays must contain at least one swimmer who is 13 or 14.</b></li> <li>• Swimmers may compete in only one relay per day.</li> </ul>

	<ul style="list-style-type: none"> <li>Coaches may declare their relays in their entry file. Any changes to those relays, including the athlete order, must be resubmitted to the Admin Official on Relay Cards by the relay deadline.</li> </ul>
<b>RELAY CARD DEADLINE</b>	<ul style="list-style-type: none"> <li>Relay cards are required if there is <b>ANY</b> change from the relay submitted in the entry file, including the order of the swimmers.</li> <li>Relay cards for Thursday night are due by 5:30PM.</li> <li>Relay cards for 11-12 relays will be due by 8:45AM.</li> <li>Relay cards for 10 &amp; U relays are due by 3:15PM.</li> <li>Relay cards for 11-14 and Open relays are due by 3:15PM.</li> <li>Relay card deadlines may be updated based on the meet timeline.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>USA Swimming and Maine Swimming safety procedures will be enforced throughout the meet <a href="#">MESI Warm-up Procedures</a></li> <li>Warm-ups are subject to the following procedures:</li> <li>All swimmers shall enter feet first at the starting end of the pool using the “sit and slide” method.</li> <li>The warm-up sessions will be divided into periods of equal length, depending on the number of swimmers entered in each session</li> <li>Warm-up Schedules will be posted on the MESI website by Friday March 7, 2026 and will be made available at the meet to coaches.</li> <li>No diving or backstroke starts are permitted, except in sprint lanes or when designated by the team(s) in their lanes, except under a coach’s supervision in a team’s assigned lanes.</li> <li>Continuous warm-up/warm-down will be available in the additional three lanes. Please enter the pool from the turn-end of the pool.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li><b><i>Individual Events:</i></b> Super-final: Medals will be awarded to places 1-10 10 &amp; U, 11-12: Medals for places 1-10, ribbons for place 11-15 13-14 A Final: Medals for places 1-3, ribbons for places 4-10 15 &amp; O A Final: No awards 13 &amp; Over 50's: top 10 in each age group receive medals</li> <li><b><i>Relays:</i></b> Medals for places 1-3, ribbons for places 4-10</li> <li><b><i>Individual High Point:</i></b> Awards for places 1-3 for boys and girls in 10 &amp; U, 11-12, 13-14, 15 &amp; O</li> <li><b><i>Team High Point:</i></b> Girls Overall High Point 1<sup>st</sup> – 2<sup>nd</sup> Boys Overall High Point 1<sup>st</sup> – 2<sup>nd</sup> Combined High Point 1<sup>st</sup> – 3<sup>rd</sup></li> </ul>
<b>SCORING</b>	<p><u>Scoring for 13 &amp; over</u></p> <p><u>13 &amp; Over 50's</u> 20/17/15/14/13/12/11/10/9/8/6/4/3/2/1  <u>Super Final</u> 24/21/20/19/18/17/16/15/14/13  <u>A Final</u> 11/9/8/7/6/5/4/3/2/1</p> <p><u>Scoring for 11-12 and 10 &amp; under</u></p> <p>20/17/15/14/13/12/11/10/9/8/6/4/3/2/1</p> <p><u>Scoring for All Relays</u></p> <p>48/42/40/38/36/34/32/30/28/26/22/18/16/14/12/10/8/6/4/2</p>
<b>WORK ASSIGNMENTS</b>	<ul style="list-style-type: none"> <li>Each team entered in the meet will be responsible for coordinating and providing timers, marshals, clean-up workers, and other duties for each session, as assigned by the Meet Director.</li> <li>Volunteers may also indicate their desire to work at the meet by submitting the form <a href="#">HERE</a> by March 1, 2026. Work assignments will be emailed and posted on the MESI Website by Friday, March 7, 2026.</li> <li>Each team with a minimum of 5 swimmers entered in a session shall have a minimum of one (1) non-athlete available for jobs (inclusive of officiating) during that session as assigned by MESI.</li> <li>Teams with fewer than 5 swimmers (including unattached swimmers) in a session will be combined. If the number of swimmers of these pooled teams is more than 5, they will be assigned work assignments as a team. The team(s) to fulfill any work assignment(s) will be drawn by lottery.</li> </ul>

	<ul style="list-style-type: none"> <li>Teams assigned to jobs at MESI championship meets <b>which fail to report by the time set</b> by the Meet Director shall be subject to a \$25 fine and/or other penalty for each occurrence as determined by the MESI Board of Directors.</li> <li><u>If your team is assigned to provide timers, you are responsible to ensure timing is covered until the end of the session, even if your team has no swimmers entered in those events. <i>1000 free swimmers must provide their own timers and counters.</i></u></li> <li>Marshals will be placed at spots assigned by the Meet Director. A coach who is coaching swimmers during a session may NOT act as a marshal. Marshals must attend a brief meeting 10 minutes prior to warm-up for their appointed session. Warm-up for each session will not begin until all the assigned marshals are present.</li> </ul>
<b>MEET MOBILE</b>	<ul style="list-style-type: none"> <li>Meet Mobile may be functional for this meet (dependent upon satisfactory internet access). All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.</li> </ul>
<b>SWIMWEAR</b>	<ul style="list-style-type: none"> <li>Per USA Swimming rules (102.8.1.F), 12 &amp; Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under <a href="#">Tech Suit Restriction for 12-and-Under Swimmers</a>.</li> </ul>
<b>SAFE SPORT Minor Athlete Abuse Prevention Policy (MAAPP 2.0)</b>	<ul style="list-style-type: none"> <li>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules and Regulation 304 and 305. All infractions must be reported to the Meet Referee or Meet Director.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.</li> <li>USA Swimming and Maine Swimming encourage all to report any witnessed or suspected forms of abuse of SafeSport violations to the MESI SafeSport Chair, <a href="mailto:mesisafesport@gmail.com">mesisafesport@gmail.com</a>, or through the <a href="#">USA-S online reportable form</a></li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present, without written USA Swimming approval.</li> <li><u><b>Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms. In addition, cameras, to include mobile phones with cameras, are not permitted behind the blocks. Violation of this policy will be dealt with immediately by the Meet Referee and may include expulsion from the meet.</b></u></li> <li>When wearing just one suit, changing, in whole or in part, into or out of a swimsuit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>In accordance with Maine State Best Practices, all athletes should shower before entering the pool.</li> <li>In accordance with Maine Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area and are subject to a fine.</li> <li>All swimmers, coaches, and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the Maine Swimming office for further review and/or action.</li> </ul>
<b>PROTESTS:</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules will govern all competition.</li> <li>Protests against the judgment decisions of starters, stroke, turn, place, and relay take-off judges can only be considered by the Referee and the Referee's decision shall be final.</li> <li>For consideration of all other protests lodged at the meet, the Meet Referee may appoint a meet jury.</li> </ul>

	<ul style="list-style-type: none"> <li>Protests made prior to a race contesting the eligibility of a swimmer to compete or to represent an organization shall be made to the Meet Referee in writing. If a protest is not resolved, the Meet Referee or the meet jury shall allow the swimmer to compete under protest, which shall be announced before the race.</li> <li>All other competition-related protests, including protests concerning eligibility and representation, must be made to the Meet Referee and submitted in writing within thirty (30) minutes after the race in which the alleged infraction occurred and must also be presented in writing with the required fee of \$100 to the General Chair.</li> <li>Except as provided in 102.22.1, the Meet Referee's or the meet jury's ruling may be appealed as follows:             <ol style="list-style-type: none"> <li>Protests concerning interpretation of the rules in Part One and Part Seven of the USA Swimming Rules &amp; Regulations shall be submitted in writing within ten (10) days to the Chair of the USA Swimming Rules &amp; Regulations Committee who shall issue a ruling within five (5) days from the date of the receipt of such protest. This ruling shall be final and binding on all parties.</li> <li>All other protests, together with the Referee's or the jury's written decision, shall be submitted to the National Board of Review, in accordance with Policy 26.0 of the USA Swimming Operating Policy Manual.</li> </ol> </li> </ul>
<b>PHOTOGRAPH Y:</b>	<ul style="list-style-type: none"> <li>As per Maine Swimming policy, with the exception of photographers contracted by MESI, <b>only coaches</b> may take video or photographs from the pool deck (but never from behind the starting blocks).</li> <li><b>Use of audio or visual recording devices, including cell phones, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck.</b></li> <li><b>All NO CAMERA ZONES will be clearly designated.</b> Email the Meet Director with questions or requests.</li> </ul>
<b>OFFICIALS:</b>	<ul style="list-style-type: none"> <li><b>APPLICATION TO OFFICIATE</b></li> <li>Any currently-certified USA-S or Swimming Canada officials are welcome to officiate.</li> <li>If you would like to work this meet, sign up at the link above. Sign-ups end March 1st. Officials will be confirmed by March 5, 2026.</li> <li>Walk-ons will be accepted, with a valid deck pass.</li> <li>All officials should be present for the stroke briefing one hour prior to each session that they will be officiating.</li> <li>Uniform is white collared shirt; navy blue shorts, pants, kilt, or skirt; and white shoes.</li> <li>The uniform for Sunday finals is St Patrick's-themed with white or green shirt; navy shorts, pants, kilt, or skirt; white shoes; and green items, such as sunglasses, headbands, hats, necklaces, bracelets, etc."</li> </ul>
<b>OFFICIAL OF THE MEET</b>	<p>The Officials Chair will distribute a ballot to all the officials at the meet to elect an 'Official of the Meet' award. Ballots are to be turned in at the box on the Admin Table by 4PM on Sunday. The winner will be announced with the high point awards Sunday night.</p>
<b>SAFETY:</b>	<ul style="list-style-type: none"> <li>Maine Swimming Meet Safety Procedures will be in effect.</li> <li>No shaving is permitted at the competition site.</li> <li>No glass containers are permitted within the facility.</li> <li>No food is allowed on the pool deck.</li> <li>Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.</li> </ul>
<b>COACH OF THE MEET</b>	<p>The MESI Coach Rep (Mike Schmidt) will distribute a ballot to all Head Coaches at prelims on Saturday. Each team gets one vote. Ballots are to be turned in at the box on the Admin Table by 5PM on Sunday. The winner will be announced with the high point awards Sunday night.</p>
<b>SENIOR RECOGNITION</b>	<p>The Senior Recognition Ceremony will take place Saturday evening after warm-ups. If you wish to be recognized or you wish your plans to be posted on the MESI website, please submit the form <a href="#">HERE</a> by Thursday March 12, 2026.</p>
<b>CONCESSIONS</b>	<p>MESI is looking for a MESI club to run a concession stand at Bowdoin College during the meet. If your club is interested, please email the office at <a href="mailto:mesiswimoffice@gmail.com">mesiswimoffice@gmail.com</a>.</p>
<b>VENDOR:</b>	<p>As of this publication, a suit and apparel vendor has not been secured.</p>

<b>ADMISSIONS:</b>	Admission: \$5/session, or discounted for all sessions Programs: \$5/session, or discounted for all sessions
<b>WAIVER:</b>	In granting this sanction it is understood and agreed that USA Swimming, Maine Swimming, Inc., and Bowdoin College shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (Rule 202.4.10)
<b>MISCONDUCT:</b>	Any issues of conduct which occur within the meet venue are defined as, but not limited to, violation of safety guidelines; disrespect for meet management personnel, officials, coaches, or fellow athletes; theft; vandalizing; or possession of alcohol, tobacco, or illegal drugs are subject to removal from the facility and are subject to a MESI Board of Directors hearing. Any illegal activities or violence will be reported to local authorities.
<b>FACILITY RULES:</b>	Swimmers, parents, siblings, or other attendees are NOT to use any of the equipment in the Field House. Those violating this guideline will be asked to leave the facility for the remainder of the meet.
<b>PARKING:</b>	Parking will be available in the lots outside of the building. Please obey all posted signs or your car may be towed!

<b>Event Order</b>							
<b>Thursday, March 12, 2026</b>							
<b>Warm-up 4:00 PM, Start 5:00 PM</b>							
<b>Women</b>		<b>Event</b>				<b>Men</b>	
101		<b>13 &amp; Over 1650 Freestyle (TF)</b>				102	
103		<b>11-12 500 Freestyle (TF)</b>				104	
105		<b>Open 400 Medley Relay (TF)</b>				106	
107		<b>11-14 400 Medley Relay (TF)</b>				108	

**Friday, March 13, 2026**

**11 & O Prelims**

**Warm-up 7:00 AM, Start 8:00AM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
211	11-12 100 Breaststroke	212
213	13 & Over 100 Breaststroke	214
217	11-12 200 Freestyle	218
219	13 & Over 200 Freestyle	220
223	11-12 50 Backstroke	224
207	13 & Over 50 Backstroke	208
229	11-12 50 Butterfly	230
225	13 & Over 100 Butterfly	226
233	11-12 200 Medley Relay (TF)	234
231	13 & Over 400 IM	232
235	11-12 400 IM (TF)	236

**Friday, March 13, 2026**

**11 & O Finals / 10 & Under Timed Finals**

**Warm-up 3:00 PM, Start 4:00PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
201	11-14 200 Free Relay (TF)	202
203	Open 200 Free Relay (TF)	204
205	10 & Under 200 Free Relay (TF)	206
207	13 & Over 50 Back (SF)	208
209	10 & Under 100 Breaststroke (TF)	210
211	11-12 100 Breaststroke	212
213	13 & Over 100 Breaststroke	214
215	10 & Under 200 Freestyle (TF)	216
217	11-12 200 Freestyle	218
219	13 & Over 200 Freestyle	220
221	10 & Under 50 Backstroke (TF)	222
223	11-12 50 Backstroke	224
225	13 & Over 100 Butterfly	226
227	10 & Under 50 Butterfly (TF)	228
229	11-12 50 Butterfly	230
231	13 & Over 400 IM	232
207	13 & Over 50 Backstroke (F)	208

**Saturday, March 14, 2026**

**11 & O Prelims**

**Warm-up 7:00 AM, Start 8:00AM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
305	11-12 200 Butterfly	306
307	13 & Over 200 Butterfly	308
311	11-12 50 Freestyle	312
303	13 & Over 50 Freestyle	304
319	11-12 200 Breaststroke	320
321	13 & Over 200 Breaststroke	322
315	11-12 100 IM	316
317	13 & Over 100 IM	318
325	11-12 100 Backstroke	326
327	13 & Over 100 Backstroke	328
329	11-12 400 Free Relay (TF)	330
331	13 & Over 500 Freestyle	332

**Saturday, March 14, 2026**

**11 & O Finals / 10 & Under Timed Finals**

**Warm-up 3:00 PM, Start 4:00PM**

<b>Women</b>	<b>Event</b>	<b>Men</b>
301	10 & Under 400 Free Relay (TF)	302
303	13 & Over 50 Free (SF)	304
305	11-12 200 Butterfly	305
307	13 & Over 200 Butterfly	308
309	10 & Under 50 Freestyle (TF)	310
311	11-12 50 Freestyle	312
313	10 & Under 100 IM (TF)	314
315	11-12 100 IM	316
317	13 & Over 100 IM	318
319	11-12 200 Breaststroke	320
321	13 & Over 200 Breaststroke	322
323	10 & Under 100 Backstroke (TF)	324
325	11-12 100 Backstroke	326
327	13 & Over 100 Backstroke	328
331	13 & Over 500 Freestyle	332
333	10 & Under 500 Freestyle (TF)	334
303	13 & Over 50 Free (F)	304
335	11-14 400 Free Relay (TF)	336
337	Open 400 Free Relay (TF)	338

Sunday, March 15, 2026

11 & O Prelims

Warm-up 7:00 AM, Start 8:00AM

Women	Event	Men
409	11-12 200 Backstroke	410
413	13 & Over 200 Backstroke	414
417	11-12 50 Breaststroke	418
407	13 & Over 50 Breaststroke	408
421	11-12 100 Freestyle	422
423	13 & Over 100 Freestyle	424
427	11-12 100 Butterfly	428
411	13 & Over 50 Butterfly	412
433	11-12 200 IM	434
429	13 & Over 200 IM	430
435	11-12 200 Free Relay (TF)	436
437	13 & Over 1000 Freestyle (TF)	438

Sunday, March 15, 2026

11 & O Finals / 10 & Under Timed Finals

Warm-up 3:00 PM, Start 4:00PM

Women	Event	Men
401	11-14 200 Free Relay	402
403	Open 200 Free Relay	404
405	10 & Under 200 Free Relay (TF)	406
407	13 & Over 50 Breaststroke (SF)	408
409	11-12 200 Backstroke	410
411	13 & Over 50 Butterfly (SF)	412
413	13 & Over 200 Backstroke	414
415	10 & Under 50 Breaststroke (TF)	416
417	11-12 50 Breaststroke	418
419	10 & Under 100 Freestyle (TF)	420
421	11-12 100 Freestyle	422
423	13 & Over 100 Freestyle	424
425	10 & Under 100 Butterfly (TF)	426
427	11-12 100 Butterfly	428
429	13 & Over 200 IM	430
431	10 & Under 200 IM	432
407	13 & Over 50 Breaststroke (F)	408
433	11-12 200 IM	434
411	13 & Over 50 Butterfly (F)	412