



MISSISSIPPI ASSOCIATION OF COACHES

Physical Address: 1201A Clinton Raymond Rd., Clinton, MS 39056

Mailing Address: Post Office Box 1194, Clinton, MS 39060-1194

Telephone: 601-924-3020 Fax: 601-924-3050

www.mscoaches.com



TO: 2025 Swim All-Stars
FROM: Johnny Mims, Executive Director
DATE: September 1, 2025
SUBJECT: Instructions for All-Star Activities on November 15, 2025

Please read the following instructions carefully; they should furnish all the information you need. If you have questions, please contact our office at 601-924-3020.

Reporting Date: November 15, 2025

Report To: All-Stars will report to the Tupelo Aquatic Center
692 N. Veterans Memorial Blvd., Tupelo, MS 38804

Reporting Time: Arrive no later than 10:30 a.m.
As stated in the Player Selection guidelines, players cannot participate if pregnant.

Meals: There will be no pause in the meet for lunch. Food will be available for purchase at the concession stand.

Rules: M. A. C. rules will not allow All-Star Swimmers to wear earrings during All-Star activities. Therefore, we advise those of you who may wear earrings, to leave them at home.

Meet Format:

- Meet will be seeded slowest to fastest based off your state time.
- Swimmers will wear their school team suits.
- Meet will be a timed final.
- At the conclusion of each event the top three swimmers & top 3 relays will be awarded medals.
- Team points will be tallied at the end for the North vs. the South
- Each swimmer can be enrolled in a maximum of 4 events, no more than 2 of which can be individual.
- The National Federation of High School Association Rules Apply.

At the conclusion of the meet (prior to leaving Tupelo Aquatic Center) each All-Star will have a post-participation physical screening by a certified athletic trainer.