



OSAA / U.S. Bank / Les Schwab Tires
2009 SWIMMING STATE CHAMPIONSHIPS

February 19-21, 2009
Mt Hood Community College Aquatic Center
26000 SE Stark Street, Gresham, OR 97030



PRELIMS WARM-UP AND TIME SCHEDULE

6A – Thursday, February 19, 2009

4A/3A/2A/1A – Thursday, February 19, 2009

5A – Friday, February 20, 2009

THURSDAY

6A

**Tickets go on sale and doors open at 8 a.m.
All tickets are General Admission.**

Coaches Meeting	7:15 a.m.	
Warm-Up	8:00 – 9:30 a.m.	
	8:00 – 8:55 a.m.	All Lanes
	8:55 – 9:15 a.m.	Sprint Lanes Open As Needed
Clear Pool	9:15 a.m.	
Preliminaries	9:30 – 1:20 p.m.	
Clear Building	1:30 p.m.	

4A/3A/2A/1A

**Tickets go on sale and doors open at 3:30 p.m.
All tickets are General Admission.**

Coaches Meeting	2:45 p.m.	
Warm-Up	3:30 – 5:00 p.m.	
	3:30 – 4:25 p.m.	All Lanes
	4:25 – 4:45 p.m.	Sprint Lanes Open As Needed
Clear Pool	4:45 p.m.	
Preliminaries	5:00 – 7:45 p.m.	
Clear Building	8:00 p.m.	

FRIDAY

5A

**Tickets go on sale and doors open at 8 a.m.
All tickets are General Admission.**

Coaches Meeting	7:15 a.m.	
Warm-Up	8:00 – 9:30 a.m.	
	8:00 – 8:55 a.m.	All Lanes
	8:55 – 9:15 a.m.	Sprint Lanes Open As Needed
Clear Pool	9:15 a.m.	
Preliminaries	9:30 a.m. – 12:15 p.m.	
Clear Building	12:30 p.m.	



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FINALS WARM-UP AND TIME SCHEDULE

4A/3A/2A/1A – Friday, February 20, 2009

5A – Saturday, February 21, 2009

6A – Saturday, February 21, 2009

FRIDAY

4A/3A/2A/1A

**Tickets go on sale and doors open at 2:30 p.m.
All tickets are General Admission.**

Warm-Up	2:30 – 4:00 p.m.	
	2:30 – 3:25 p.m.	All Lanes
	3:25 – 3:45 p.m.	Sprint Lanes Open As Needed
Clear Pool	3:45 p.m.	
Finals	4:00 – 8:00 p.m.	
Clear Building	8:15 p.m.	

SATURDAY

5A

**Tickets go on sale and doors open at 8 a.m.
All tickets are General Admission.**

Warm-Up	8:00 – 9:30 a.m.	
	8:00 – 8:55 a.m.	All Lanes
	8:55 – 9:15 a.m.	Sprint Lanes Open As Needed
Clear Pool	9:15 a.m.	
Finals	9:30 a.m. – 1:30 p.m.	
Clear Building	1:45 p.m.	

6A

**Tickets go on sale and doors open at 3:30 p.m.
All tickets are General Admission.**

Warm-Up	3:30 – 5:00 p.m.	
	3:30 – 4:25 p.m.	All Lanes
	4:25 – 4:45 p.m.	Sprint Lanes Open As Needed
Clear Pool	4:45 p.m.	
Finals	5:00 – 10:00 p.m.	
Clear Building	10:15 p.m.	



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Preliminaries – Thursday, February 19, 2009

<u>6A Boys & Girls</u>			<u>4A/3A/2A1A Boys & Girls</u>		
Event	Heats	Start	Event	Heats	Start
200-yd Medley Relay	6	9:30	200-yd Medley Relay	4	5:00
200-yd Freestyle	6	9:52	200-yd Freestyle	4	5:12
200-yd Individual Medley	6	10:16	5 Minute Break		
50-yd Freestyle	6	10:40	200-yd Individual Medley	4	5:29
15 Minute Break			50-yd Freestyle	4	5:41
100-yd Butterfly	6	11:04	15 Minute Break		
100-yd Freestyle	6	11:20	100-yd Butterfly	4	6:02
500-yd Freestyle	6	11:36	5 Minute Break		
200-yd Freestyle Relay	6	12:22	100-yd Freestyle	4	6:15
100-yd Backstroke	6	12:44	5 Minute Break		
100-yd Breaststroke	6	1:02	500-yd Freestyle	4	6:28
400-yd Freestyle Relay	6	1:20	5 Minute Break		
			200-yd Freestyle Relay	4	7:03
			100-yd Backstroke	4	7:15
			5 Minute Break		
			100-yd Breaststroke	4	7:28
			5 Minute Break		
			400-yd Freestyle Relay	4	7:43

Preliminaries – Friday, February 20, 2009

<u>5A Boys & Girls</u>		
Event	Heats	Start
200-yd Medley Relay	4	9:30
200-yd Freestyle	4	9:42
5 Minute Break		
200-yd Individual Medley	4	9:59
50-yd Freestyle	4	10:11
15 Minute Break		
100-yd Butterfly	4	10:32
5 Minute Break		
100-yd Freestyle	4	10:45
5 Minute Break		
500-yd Freestyle	4	10:58
5 Minute Break		
200-yd Freestyle Relay	4	11:33
100-yd Backstroke	4	11:45
5 Minute Break		
100-yd Breaststroke	4	11:58
5 Minute Break		
400-yd Freestyle Relay	4	12:13



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4A/3A/2A/1A Finals – Friday, February 20, 2009

<u>Event</u>	<u>Start</u>	<u>Event</u>	<u>Start</u>
Girls 200 Medley Relay Championship Finals	4:00	5 minute break	6:00
Boys 200 Medley Relay Championship Finals	4:04	Girls 500 Freestyle Finalist parade	6:05
5 minute break	4:08	Boys 500 Freestyle Finalist Parade	6:14
Girls 200 Freestyle Finalist Parade	4:13	5 minute break	6:23
Boys 200 Freestyle Finalist Parade	4:18	Girls 200 Freestyle Relay Championship Finals	6:28
200 Medley Relay Awards	4:23	Boys 200 Freestyle Relay Championship Finals	6:32
5 minute break	4:30	100 Freestyle Awards	6:36
Girls 200 IM Finalist Parade	4:35	500 Freestyle Awards	6:41
Boys 200 IM Finalist Parade	4:40	5 minute break	6:47
5 minute break	4:45	Girls 100 Backstroke Finalist Parade	6:52
Girls 50 Freestyle Finalist Parade	4:50	Boys 100 Backstroke Finalist Parade	6:56
Boys 50 Freestyle Finalist Parade	4:54	5 minute break	7:00
200 Freestyle Awards	4:58	Girls 100 Breaststroke Finalist Parade	7:05
200 Ind. Medley Awards	5:04	Boys 100 Breaststroke Finalist Parade	7:09
15 minute break	5:09	200 Freestyle Relay Awards	7:13
Girls 100 Butterfly Finalist Parade	5:25	100 Backstroke Awards	7:19
Boys 100 Butterfly Finalist Parade	5:31	5 minute break	7:25
5 minute break	5:36	Girls 400 Freestyle Relay Championship Finals	7:30
Girls 100 Freestyle Finalist Parade	5:41	Boys 400 Freestyle Relay Championship Finals	7:36
Boys 100 Freestyle Finalist Parade	5:44	100 Breaststroke Awards	7:42
50 Freestyle Awards	5:48	400 Freestyle Relay Awards	7:48
100 Butterfly Awards	5:54	Team Awards	7:54
		Conclusion of Meet	8:00



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5A Finals – Saturday, February 21, 2009

<u>Event</u>	<u>Start</u>	<u>Event</u>	<u>Start</u>
Girls 200 Medley Relay Championship Finals	9:30	5 minute break	11:30
Boys 200 Medley Relay Championship Finals	9:34	Girls 500 Freestyle Finalist parade	11:35
5 minute break	9:38	Boys 500 Freestyle Finalist Parade	11:44
Girls 200 Freestyle Finalist Parade	9:43	5 minute break	11:53
Boys 200 Freestyle Finalist Parade	9:48	Girls 200 Freestyle Relay Championship Finals	11:58
200 Medley Relay Awards	9:53	Boys 200 Freestyle Relay Championship Finals	12:02
5 minute break	10:00	100 Freestyle Awards	12:06
Girls 200 IM Finalist Parade	10:05	500 Freestyle Awards	12:11
Boys 200 IM Finalist Parade	10:10	5 minute break	12:17
5 minute break	10:15	Girls 100 Backstroke Finalist Parade	12:22
Girls 50 Freestyle Finalist Parade	10:20	Boys 100 Backstroke Finalist Parade	12:26
Boys 50 Freestyle Finalist Parade	10:24	5 minute break	12:30
200 Freestyle Awards	10:28	Girls 100 Breaststroke Finalist Parade	12:35
200 Ind. Medley Awards	10:34	Boys 100 Breaststroke Finalist Parade	12:39
15 minute break	10:40	200 Freestyle Relay Awards	12:43
Girls 100 Butterfly Finalist Parade	10:45	100 Backstroke Awards	12:49
Boys 100 Butterfly Finalist Parade	11:00	5 minute break	12:55
5 minute break	11:05	Girls 400 Freestyle Relay Championship Finals	1:00
Girls 100 Freestyle Finalist Parade	11:10	Boys 400 Freestyle Relay Championship Finals	1:06
Boys 100 Freestyle Finalist Parade	11:14	100 Breaststroke Awards	1:12
50 Freestyle Awards	11:18	400 Freestyle Relay Awards	1:18
100 Butterfly Awards	11:24	Team Awards	1:24
		Conclusion of Meet	1:30



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6A Finals – Saturday, February 21, 2009

<u>Event</u>	<u>Start</u>	<u>Event</u>	<u>Start</u>
Girls 200 Medley Relay		50 Freestyle Awards	7:07
Consolations	5:00	100 Butterfly Awards	7:13
Championship Finals	5:02	5 minute break	7:18
Boys 200 Medley Relay		Girls 500 Freestyle	
Consolations	5:06	Consolations	7:23
Championship Finals	5:08	Finalist Parade	7:29
5 minute break	5:10	Boys 500 Freestyle	
Girls 200 Freestyle		Consolations	7:38
Consolations	5:15	Finalist Parade	7:44
Finalist Parade	5:18	5 minute break	7:53
Boys 200 Freestyle		Girls 200 Freestyle Relay	
Consolations	5:23	Consolations	7:58
Finalist Parade	5:25	Championship Finals	8:00
200 Medley Relay Awards	5:30	Boys 200 Freestyle Relay	
5 minute break	5:37	Consolations	8:04
Girls 200 IM		Championship Finals	8:06
Consolations	5:42	100 Freestyle Awards	8:10
Finalist Parade	5:45	500 Freestyle Awards	8:16
Boys 200 IM		5 minute break	8:22
Consolations	5:50	Girls 100 Backstroke	
Finalist Parade	5:52	Consolations	8:27
5 minute break	5:57	Finalist Parade	8:29
Girls 50 Freestyle		Boys 100 Backstroke	
Consolations	6:02	Consolations	8:33
Finalist Parade	6:03	Finalist Parade	8:35
Boys 50 Freestyle		5 minute break	8:40
Consolations	6:07	Girls 100 Breaststroke	
Finalist Parade	6:08	Consolations	8:45
200 Freestyle Awards	6:12	Finalist Parade	8:47
200 Ind. Medley Awards	6:18	Boys 100 Breaststroke	
15 minute break	6:24	Consolations	8:51
Girls 100 Butterfly		Finalist Parade	8:53
Consolations	6:39	200 Freestyle Relay Awards	8:57
Finalist Parade	6:41	100 Backstroke Awards	9:03
Boys 100 Butterfly		5 minute break	9:09
Consolations	6:45	Girls 400 Freestyle Relay	
Finalist Parade	6:48	Consolations	9:14
5 minute break	6:51	Championship Finals	9:18
Girls 100 Freestyle		Boys 400 Freestyle Relay	
Consolations	6:55	Consolations	9:24
Finalist Parade	6:57	Championship Finals	9:28
Boys 100 Freestyle		100 Breaststroke Awards	9:32
Consolations	7:01	400 Freestyle Relay Awards	9:38
Finalist Parade	7:02	Team Awards	9:45
		Conclusion of Meet	10:00