



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



ADMINISTRATIVE INFORMATION

Additional information available on the OSAA website, www.osaa.org/swimming/

1. **EMERGENCY PLAN:** In the event of an emergency, natural disaster, fire, war, etc. that forces postponement or cancellation of an OSAA State Championship event, information will be posted to the home page of the OSAA website (osaa.org) and distributed to statewide media outlets. A recorded message will also be accessible by calling the OSAA office at 503.682.6722 ext. 0.
2. **ADMISSION:** [Championship Schedule](#)
 - a. Tickets may be purchased one and one-half hours before the start of competition each session. Preliminary and finals tickets are sold as general admission tickets and will not have a seat number. All tickets, all classifications, all sessions are sold on a first come, first serve basis.
 - b. **Ticket Prices** – All Sessions Adult – \$8 Student – \$5
 - c. **Complimentary Tickets** – As per OSAA Executive Board Policy, there are no administrative complimentary admission tickets in individual sports.
 - d. **Discount Tickets** – No discount tickets are available for swimming.
3. **EXPENSES:** www.osaa.org/forms/ReimbursementFormula.pdf

Team expenses will be paid by check at the conclusion of the winter sports season according to the 2008-09 Reimbursement Formula.
4. **LODGING AND VISITOR INFORMATION:** Schools are to make their own arrangements for lodging.
 - a. **Headquarter Hotel – Hampton Inn Portland East:** www.hamptoninn.com

The Hampton Inn Portland East is the OSAA Headquarter Hotel for Swimming at Mt. Hood Community College. Contact Donele Fowler, General Manager, at 503.669.7000 for the discounted team rate. Remember to mention that you are an OSAA member school.
 - b. **Visitor Information:** www.greshamchamber.org/

Visit the Gresham Area Chamber of Commerce and Visitors Center online or call them at 503.665.1131 for more information about dining, shopping, lodging, and more while in the Gresham area.
5. **SPECTATOR CONDUCT AT OSAA SANCTIONED EVENTS:** *(OSAA Handbook, Executive Board Policies)*

"In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct **at all OSAA sanctioned events, including regular and post season competition**, are provided: *(Revised Fall 2008)*

 - a. **All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor. (Revised Fall 2008)**
 - b. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
 - c. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
 - d. Spectators shall not be permitted to use vulgar/offensive **or racially/culturally insensitive** language. **Spectators shall not be permitted to engage in any racially / culturally insensitive action. (Revised Fall 2008)**

- e. Spectators who fail to comply with Association or site management spectator conduct expectations **may** be expelled from the contest. **(Revised Fall 2008)**
5. **PARKING:** Ample parking is available and persons are requested to park in designated areas. Teams having buses / vans are to drop swimmers off at the entrance area and proceed to parking provided for buses / vans (Section T). Spectator parking – Section S. Overnight parking – Section V. [Parking Map](#)

COACH / TEAM INFORMATION

Additional information available on the OSAA website, www.osaa.org/swimming/

Dear Coaches,

On behalf of the Mt. Hood Community College staff, the OSAA, U.S. Bank and Les Schwab Tires, we would like to welcome you and your team to Mt. Hood Community College's Aquatic Center. We hope that you have a great, fun and successful meet. As always, we feel privileged to host this prestigious event and graciously offer our services to you and your athletes. It is our goal for you and your athletes to have an outstanding experience here at our facility. If we can assist you in any way please don't hesitate to ask. Swim fast and have fun!

Best of luck,
Brandon Drawz "BD", Assistant Athletic Director

Donna Ryan, Aquatics Coordinator

1. **PRE-STATE CHAMPIONSHIP POSTINGS**

- a. All entries will be posted on the website by 8 p.m., Sunday, February 15, 2009.
 - b. District Meet Directors AND coaches of qualifying swimmers are responsible for checking the accuracy of the entry information, including correct spelling. Check all entries for correct spelling of participant's name, year in school, school name, etc., as this information will appear the same way in the souvenir program unless corrected.
 - c. Follow these instructions to check your district's / school's entry information:
 - 1) Access the OSAA website, www.osaa.org.
 - 2) Click on "[Swimming](#)", listed in the middle of the menu bar.
 - 3) Go to the right side of the web page, "[2009 Swimming Entries](#)" and click on your classification.
2. **CORRECTIONS ONLY:** (*spelling, grade, school, etc.*) Corrections should be emailed to Cindy Simmons, cindys@osaa.org. Corrections made after 8 a.m., Monday, February 16, will not appear in the souvenir program.
3. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (*OSAA Handbook, Executive Board Policies*);

"The following shall be the policy for substitutions in individual sport State Championship events.

D. Swimming

(Revised Spring 2007)

- 1) Multiple Event Qualifiers and Relays. This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to eight names for a relay team.
 - a) Multiple Event Qualifiers: Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.
 - (1) If a District Meet Director notifies the OSAA of a change prior to 4 p.m. on the Monday preceding the state championship, an individual may drop from one or more events in which he/she is qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute.
 - (2) If the OSAA has not been notified of a change prior to 4 p.m. on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or he/she shall be scratched from all events in which the participant has qualified.
 - b) Relay Event Entries: Qualifying teams may enter the names of up to eight individuals in relay events.
 - (1) Qualifying relay teams failing to enter eight individuals may not add individuals to the state championship meet after the established Monday deadline.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete. It is not necessary to use the same four swimmers in the finals that participated in the preliminaries, but any substitution must already be entered into the meet.
- 2) Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays. This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.

- a) If a District Meet Director notifies the OSAA by 4 p.m. two days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
- b) The next place winner at the District Meet in the respective event or events is eligible as a substitute.”

NOTE: Deadlines for substitutions listed in #2 above are

6A & 4A/3A/2A/1A Tuesday, February 17, 2009 4 p.m. Deadline

5A Wednesday, February 18, 2009 4 p.m. Deadline

CHAMPIONSHIP SITE INFORMATION:

1. **COACHES MEETINGS:** Please have a member of your coaching staff present. Passes will be issued for coaches and participants.
 - a. 6A – Thursday, 7:15 a.m.
 - b. 4A/3A/2A/1A – Thursday, 2:45 p.m.
 - c. 5A – Friday, 7:15 a.m.
2. **PACKETS / MEET ENTRY:**
 - a. **Packets must be obtained by coaches at the coaches meeting in the G.E. Annex, located immediately north of the Aquatic Center. Packets will contain team passes for coaches and participants, good for prelims and finals.**
 - b. **Head coach, assistant coach and participants must be listed on the official entry form, submitted from the district meet, to receive a pass, good for prelims and finals. If a school has more than two coaches, they must purchase a ticket before entry.**
 - c. Participants, coaches and officials are to enter through the north entrance. Spectators are to use the east entrance.
3. **SEATING:** General admission, first come, first serve, all sessions, prelims and finals.
 - a. Participants – Section A
 - b. Spectators – Section B
4. **HOSPITALITY:** A Coaches Hospitality Room will be provided throughout the meet.
5. **LOCKERS:** Coin-operated lockers will be available and require a 25-cent deposit.
6. **VALUABLES:** Mt. Hood Community College and the OSAA are not responsible for lost or stolen articles. Lost and found is located at the front counter.
7. **RESTRICTED AREAS:** It is requested that participants and their coaches remain in designated areas and assigned seating when not competing. Athletes and coaches of schools not competing are requested to stay out of the competitive area. The indoor pool is available to participants and coaches only.
8. **FOOD:** It is required that food, other than fruit, be kept off the main deck. No glass containers, please! Please pick up your trash!
9. **CONCESSIONS:** Concessions will be available at the spectator entrance.
10. **SCRATCHES AND DECLARED FALSE STARTS:** All scratches are to be made not later than one hour prior to the start of the prelims. Scratches of consolationists or finalists are to be made following the prelims so that the next swimmer may be notified. In prelims, to declare a false start, swimmer must notify referee in person prior to first heat of an event. Event still counts as an entry for the competitor. No other swimmer is permitted to replace a declared false start. DFS' are permitted in consolations and finals. Swimmer needs to notify referee in person five minutes prior to the event to allow re-seeding if necessary. Event still counts as an entry for the competitor.
11. **WATER ENTRY:** Participants are not to enter water prior to competition without the approval of the meet referee or his/her appointee.
12. **WARM-UP AND SAFETY PROCEDURES:**
 - a. **General Warm-up:**
 - a. **NO DIVING OR BACKSTROKE STARTS** allowed from the blocks or edge of pool. Swimmers shall enter the pool feet first in a cautious manner.
 - b. No sprinting allowed during this general warm-up session.

- c. All lanes are to be used for general warm-up.
- b. **Specific Warm-up:**
 - a. Sprint Lanes - Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times.
 - b. General Warm-up Lanes - NO DIVING OR BACKSTROKE STARTS. Circle swim only.
- 13. **MARSHALS:** Marshals will be assigned throughout the meet. They will be responsible to report to and receive instructions from the meet referee. They shall have the authority to remove from the pool, for the remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures. Violations may result in disqualification.
- 14. **MISCELLANEOUS:**
 - a. Use of hand paddles and other training devices during warm-ups is prohibited.
 - b. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
 - c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
 - d. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
- 15. **BIOGRAPHY FORMS:** Bio Forms for championship finalists (top 6) must be completed and deposited in the box near the starting area at the conclusion of prelims.
- 16. **LAP COUNTERS:** Only official counters (one per lane) must remain within designated lanes when providing lap count. Lap counters will be provided and are not to be removed from assigned lanes.
- 17. **SPIRIT SIGNS, BANNERS, BALLOONS, GLASS CONTAINERS, AND NOISEMAKERS:** OSAA Board policy prohibits these items at all championship events.
- 18. **TOWELS:** Participants are to furnish their own towels.
- 19. **WARM-UP/WARM-DOWN AREA:** Pool 2 and the indoor pool will be available during all sessions, prelims and finals.
- 20. **SHAVING AND USE OF BODY OILS PROHIBITED AT THE FACILITY:** It is required that swimmers "shave" prior to coming to Mt. Hood Aquatic Center. To take precaution against the possible risk of blood borne pathogens, it is recommended that swimmers NOT SHARE the use of razors. Use of body oils is prohibited to maintain the clarity of water and to help prevent burning of eyes when swimming.
- 21. **ATTIRE AND JEWELRY:** 2008-09 NFHS Rules of Swimming apply – Rule 3, Section 3.
- 22. **ANNOUNCEMENTS AND PARADE:** Names of contestants will be announced while the event is proceeding during prelims and for consolation heats during finals. Championship heats (except relays) will parade to the blocks. Championship finals (including relays) will be introduced prior to the start of the event.
- 23. **AWARDS:** Trophies will be presented at the conclusion of the last event. Individual medals will be presented throughout the finals following each race.
 - a. **Trophies:** Champion through fourth place trophies will be presented to the top teams in each classification.
 - b. **Medals:** Individual medals will be presented to the top six finishers in each event at each classification.
 - c. **Qwest Athlete of the Meet** – The top scoring male and female swimmer in each classification will be recognized as that classification's Qwest Athlete of the Meet. In the event of a tie, the award will go to the swimmer whose team placed highest overall. The winners will be announced over the PA and will receive a certificate and commemorative gift from Qwest the week following the championships. The certificate and gift will be mailed to the student's athletic director.
- 24. **STATE CHAMPIONSHIP RESULTS:** www.osaa.org/swimming/

Results will be posted following the preliminaries and finals, including team standings. Please instruct your fans and local media to go there for results.

SOUVENIR INFORMATION

Additional information available on the OSAA website, www.osaa.org/swimming/

1. **SPORTS U MERCHANDISE:** www.osaastore.com
 - a. **Finals Site:** Sports U will be on-site at Mt. Hood Community College with a wide variety of Swimming State Championship souvenir merchandise. Stop by the merchandise booth to purchase t-shirts, sweatshirts, letterman patches, lapel pins, hats and much more. Items not sold at the event will be available for purchase online after the state championships while supplies last.
 - b. **Official Letterman Patches:** Get your official 2009 OSAA Swimming State Championship letterman patch on-site at Mt. Hood Community College or by ordering online. Forget to get one last year? You can order an official letterman patch for any year in any OSAA activity by ordering online.
 - c. **Sports U Contact Information:** Sports U is the official merchandise vendor of the OSAA. For more information, contact Sports U at 888.221.2051 or via email at erics@sportsu-store.com.
2. **NORTHWEST SPORTS PHOTOGRAPHY (NSP):** www.4nsp.com
 - a. **Action and Awards Photos:** NSP will shoot action photos during all prelims and finals. Photos taken during the prelims for a classification will be available for purchase during that classification's finals at Mt. Hood Community College. Photos taken during the finals, along with award stand photos, will be available online for purchase by Monday evening following the event.
 - b. **NSP Contact Information:** NSP is the official photographer of the OSAA. For more information, contact NSP at 800.446.5758 or via email at customerservice@4nsp.com.
3. **NORTHWEST GAME FILMS (NWGF):** www.nwgamefilms.com
 - a. **Prelims and Finals DVDs:** Northwest Game Films will be on-site filming all prelims and finals at Mt. Hood Community College. Purchase a DVD of each event's prelims or each event's finals on-site at the NW Game Films booth for \$10 per event and take it home with you. You can also purchase your DVD by ordering online.
 - b. **NWGF Contact Information:** Northwest Game Films is the official videographer of the OSAA. For more information, contact NWGF at 503.803.2874 or via email at info@nwgamefilms.com.
4. **OSAA CHAMPIONSHIP PROGRAMS/HEAT SHEETS:** www.osaa.org/souvenirs/programs.asp

Official Swimming State Championship programs will be available at the OSAA merchandise booth for \$5. This year's program includes a meet schedule, a listing of entries for all prelims, historical state championship records and an 11"x17" color map of all OSAA member schools. Heat sheets for a classification's finals will be available at the OSAA merchandise booth for \$1. Forget to get yours at the event? Order online or by calling 503.682.6722.
5. **MINI REPLICA TROPHIES:** www.osaa.org/souvenirs/minitrophy.asp

The OSAA is proud to be able to offer mini replicas of the trophies presented at the OSAA State Championships. Mini replica trophies are 8" tall x 10" wide x 5" deep and make a great gift for coaches, students, parents, etc. Mini replicas can be produced for teams and individuals for any year in any OSAA activity. Each mini replica trophy is \$45 and that includes a personalized nameplate, shipping & handling. Order online or by calling 503.682.6722.
6. **JOSTENS CHAMPION RINGS:** www.osaa.org/souvenirs/jostens.asp

Both team and individual champions can now celebrate their hard work, dedication and success with an Official Champion Ring from Jostens. Champion rings come in eight stone colors with a metal choice of either White Lustrium or Yellow Suncast. Customize the sides of your ring with your name, number, school or mascot. The OSAA logo and activity panel depicting your championship will decorate the sides of your Champion Ring. You may also order a Champion Ring from previous years. Contact your Jostens representative or call 800.839.7125 to order.



2009 OSAA TIME STANDARDS

#	Event Name	6A Qualifying Standard - AUTO	6A Qualifying Standard - MANUAL	All American Automatic	All American Consideration	4A/3A/2A/1A State Record	5A State Record	6A State Record	OSAA State Record	NFHS National Record
1	Girls 200 Medley Relay	01:55.84	01:55.8	01:49.32	01:50.85	01:56.00	01:50.25	01:48.26	01:48.11	01:42.71
2	Boys 200 Medley Relay	01:44.05	01:44.0	01:37.22	01:38.50	01:42.33	01:43.04	01:37.51	01:35.43	01:31.22
3	Girls 200 Freestyle	01:57.46	01:57.4	01:51.56	01:52.99	01:56.88	01:52.25	01:50.11	01:48.86	01:45.49
4	Boys 200 Freestyle	01:47.77	01:47.7	01:41.75	01:42.97	01:45.65	01:39.98	01:38.43	01:38.43	01:34.96
5	Girls 200 Ind. Medley	02:12.29	02:12.2	02:05.74	02:07.60	02:07.99	02:05.86	02:04.32	02:02.60	01:57.41
6	Boys 200 Ind. Medley	02:02.06	02:02.0	01:54.33	01:55.96	01:59.28	01:56.85	01:51.82	01:49.50	01:46.31
7	Girls 50 Freestyle	00:25.35	00:25.3	00:23.86	00:24.12	00:24.06	00:23.71	00:23.65	00:23.15	00:22.04
8	Boys 50 Freestyle	00:22.54	00:22.5	00:21.20	00:21.48	00:22.15	00:21.50	00:20.68	00:20.64	00:19.69
9	Girls 100 Butterfly	00:59.96	00:59.9	00:56.75	00:57.50	00:58.15	00:58.52	00:54.52	00:54.52	00:52.41
10	Boys 100 Butterfly	00:54.38	00:54.3	00:50.92	00:51.72	00:51.87	00:52.55	00:49.26	00:49.26	00:47.10
11	Girls 100 Freestyle	00:54.55	00:54.5	00:51.72	00:52.39	00:52.36	00:52.16	00:50.78	00:50.13	00:48.59
12	Boys 100 Freestyle	00:49.46	00:49.4	00:46.44	00:46.98	00:47.72	00:46.47	00:45.00	00:45.00	00:43.43
13	Girls 500 Freestyle	05:12.59	05:12.5	04:58.13	05:02.19	05:07.97	04:58.52	04:58.05	04:47.34	04:37.30
14	Boys 500 Freestyle	04:55.08	04:55.0	04:36.08	04:39.82	04:51.92	04:27.41	04:39.89	04:27.33	04:16.39
15	Girls 200 Freestyle Relay	01:43.27	01:43.2	01:38.34	01:39.64	01:43.35	01:41.77	01:37.95	01:37.42	01:32.77
16	Boys 200 Freestyle Relay	01:32.57	01:32.5	01:27.06	01:28.29	01:31.88	01:30.25	01:26.36	01:26.08	01:22.80
17	Girls 100 Backstroke	01:01.02	01:01.0	00:57.50	00:58.43	01:00.01	00:58.07	00:55.90	00:55.31	00:52.86
18	Boys 100 Backstroke	00:55.74	00:55.7	00:52.09	00:52.90	00:53.59	00:51.24	00:51.20	00:50.02	00:46.82
19	Girls 100 Breaststroke	01:09.17	01:09.1	01:05.24	01:06.28	01:06.91	01:07.39	01:04.63	01:02.62	00:59.20
20	Boys 100 Breaststroke	01:02.87	01:02.8	00:58.58	00:59.40	01:00.24	01:01.56	00:58.18	00:56.79	00:53.66
21	Girls 400 Freestyle Relay	03:45.01	03:45.0	03:33.90	03:36.76	03:44.67	03:34.63	03:32.01	03:31.47	03:23.85
22	Boys 400 Freestyle Relay	03:23.18	03:23.1	03:11.64	03:13.93	03:20.22	03:19.70	03:09.61	03:09.61	03:01.80



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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



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

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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



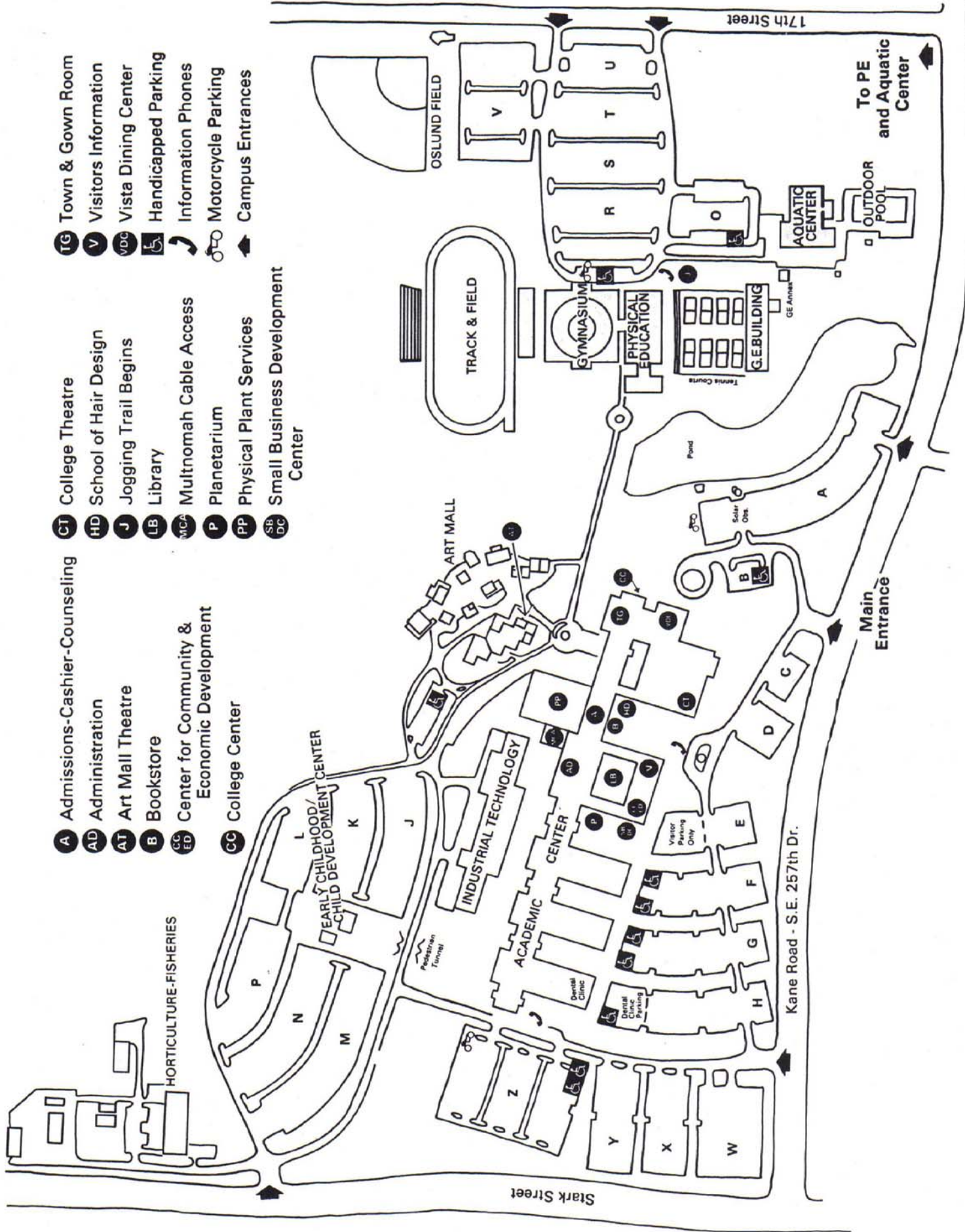
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6A Finals – Saturday, February 21, 2009

<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



- AT** Admissions-Cashier-Counseling
- AD** Administration
- AT** Art Mall Theatre
- B** Bookstore
- CC** Center for Community & Economic Development
- CC** College Center
- CT** College Theatre
- HD** School of Hair Design
- J** Jogging Trail Begins
- LB** Library
- MCA** Multnomah Cable Access
- P** Planetarium
- PP** Physical Plant Services
- SB** Small Business Development Center
- DC** Center for Community & Economic Development
- TG** Town & Gown Room
- V** Visitors Information
- VDC** Vista Dining Center
- Handicapped Parking**
- Information Phones**
- Motorcycle Parking**
- Campus Entrances**

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