



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



DISTRICT MEET DIRECTOR INFORMATION

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

PRE-DISTRICT MEET

1. **DISTRICT MEET DIRECTOR RESPONSIBILITY:** Each item below is the District Meet Director's responsibility. If you have any questions about any of these responsibilities please contact Cindy Simmons at 503.682.6722, ext. 227 or email cindys@osaa.org.
2. **STATE CHAMPIONSHIP ENTRY FORMS: NEW FORMS - DO NOT USE LAST YEAR'S FORMS.**
PLEASE NOTE: The OSAA does not require districts to submit Individual Entry Forms. Information for all individual entries is to be received through submission of your Hy-Tek Meet Manager backup. We do require submission of a Girls Relay Entry Form and a Boys Relay Entry Form. Please provide ALL information requested on each Relay Entry Form.

DURING DISTRICT MEET

1. **STATE CHAMPIONSHIP INFORMATION DISTRIBUTION:** The state championship information must be downloaded from the OSAA website. Tight timelines dictate that the distribution of materials for the state championship be done at the District Meet site. Please ensure that each coach in your district downloads the [Swimming State Championship](#) information before your District Meet. Thanks for your help with this.
2. At the conclusion of the District Meet, the Official Entry Form and your Hy-Tek Meet Manager backup must be emailed to cindys@osaa.org. This email must be received by **8 p.m., Saturday, February 14, 2009.**

POST DISTRICT MEET

1. **STATE CHAMPIONSHIP ENTRY FORM** – It is imperative that district meet directors fill out the State Championship Entry Form with the correct information for each of the state qualifiers, relays only. At the conclusion of the District Meet, the Relay Entry Forms and the Hy-Tek Meet Manager backup shall be transmitted via email to cindys@osaa.org. This email must be received by **8 p.m., Saturday, February 14, 2009.**
 - a. Download the State Championship Entry Form from the OSAA website; go to the *Swimming* page.
 - b. Click on "Official Entry Form."
 - 1) Save form to your hard drive or disk as "Classification-District" Swimming (i.e., 6A-6 Swimming).
 - 2) Open the saved file and enter all information directly on each form.
 - a) Use upper and lower case letters, the first and last names and school of each relay team qualifier. Please make sure that all names are spelled correctly, as that is the way they will be published.
 - b) Use the numerical year in school (i.e., 9, 10, 11, 12) not Fr, So, Jr, Sr.
 - c) All schools should be entered with their complete name. NO ABBREVIATIONS i.e., Hillsboro not HillHi; McLoughlin not Mac-Hi, Yamhill-Carlton not Y-C, Hood River Valley not Hood River, etc.
 - 3) Use your "TAB" key to move between cells.
 - c. Check entries and accuracy of information before sending to OSAA.
 - 1) Proofread the form before sending. Ensure that all names are spelled correctly and all fields are completed for each participant entry.
 - 2) Enter the number of participants, the names of the schools participating and each school's head coach and assistant coach. Enter this information in the space provided in the lower left-hand side of the entry form.

- 3) Send as an email to cindys@osaa.org no later than **8 p.m., Saturday, February 14, 2009**. Include Girls Relay Entry Form, Boys Relay Entry Form and Hy-Tek Meet Manager backup.
 - 4) Print a copy for your records.
2. In addition to submission of the entry forms, the OSAA requests that computer operators using Hy-Tek Meet Manager Software be provided the enclosed information for submitting district results via email.

OSAA
25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070

Swimming Contact: Cindy Simmons
email: cindys@osaa.org.
Office: 503.682.6722, ext. 227

3. There will be a seeding meeting conducted at the OSAA office on Sunday, February 15, 2009 at 9 a.m.
4. **QUALIFICATION FOR STATE CHAMPIONSHIPS:** A contestant for the State Championships shall qualify through the proper District Meet. (*excerpt from 2008-09 OSAA Swimming Plan*)

- a. **6A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (10th place average of last three State Meets with the standard never to be easier than the previous year) automatically qualify. Any remaining open lanes will be filled by the next fastest times from District Meet finals, up to a total of 18 participants.

Ties -- Districts shall settle any ties for first place in all events unless the qualifying standard is met.

- b. **5A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.
- c. **4A/3A/2A/1A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

5. **PRE-STATE CHAMPIONSHIP POSTINGS**

- a. All entries will be posted on the website by 8 p.m., Sunday, February 15, 2009.
 - 1) District Meet Directors AND coaches of qualifying swimmers are responsible for checking the accuracy of the entry information, including correct spelling.
 - 2) 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.
- b. Follow these instructions to check your district's / school's entry information:
 - 1) Access the OSAA website, www.osaa.org.swimming.
 - 2) Go to "**2009 Swimming Entries**" and click on your classification.

6. **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.

7. **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	Tuesday, February 17, 2009	4 p.m. Deadline
4A/3A/2A/1A	Tuesday, February 17, 2009	4 p.m. Deadline
5A	Wednesday, February 18, 2009	4 p.m. Deadline

**OSAA / U.S. Bank / Les Schwab Tires
2009 Swimming District Meet
Public Address Announcements**

Good morning / afternoon and welcome to today's _____ Swimming District Meet. Good sportsmanship is a vital component of educational athletics. Spectators can support all of these athletes by refraining from derogatory or demeaning comments. We hope you enjoy the meet and support these student-athletes in a positive and sportsmanlike manner. Sportsmanship is all about respecting the game, each other, and yourself.

Please stand and remove your hats as we honor America by playing our National Anthem.

For use during breaks in the action.

1. Visit osaa.org for all your Swimming State Championships information. The official website of the OSAA has updated results, links to souvenirs and tickets, historical Swimming State Championship results and a lot more. That's osaa.org.
2. U.S. Bank is dedicated to helping students build a strong financial future. They offer an entire package of products and services designed just for students. Visit your local U.S. Bank today to learn more about their student banking products. U.S. Bank, proud sponsor of the OSAA.
3. At Les Schwab, they know how valuable your time is. That's why when you drive in to a Les Schwab Tire Center, they come running. They call it Sudden Service and it's their promise to you. Les Schwab Tires, proud to be a title sponsor of the OSAA State Championships.
4. The OSAA and its member schools believe in the fundamental values associated with participation in high school activities and are working together to provide a more stable financial base for the students of tomorrow by forming the OSAA Foundation. For more information and to find out how you can make your own tax-deductible contribution, visit osaafoundation.org. The OSAA Foundation, enhancing the future of Oregon high school activities.
5. U.S. Bank is proud to celebrate its 24th year of sponsoring the OSAA and salutes the spirit of teamwork and achievement throughout the communities it serves. U.S. Bank, home of the five star service guarantee. How many stars does your bank have?
6. Les Schwab Tire Centers would like to remind participants and spectators about the importance of good sportsmanship. It's about showing pride in performance and respect for others. Les Schwab Tires, proud sponsor of the OSAA State Championships.

End of Meet Announcement

The OSAA thanks you for your support of high school activities and encourages you to drive home safely. Visit osaa.org for updated Swimming State Championship information and results.

2009 SWIMMING DISTRICT MEET DIRECTORS

<p style="text-align: center;">HIGHLIGHTED INFORMATION has NOT been verified. If there are any changes or corrections that need to be made to the information listed below please email them to Kristie, Kristiep@osaa.org. PLEASE IDENTIFY YOUR CLASSIFICATION & DISTRICT.</p>									
District	League Name	Date	Site	AD / Meet Manager	Host School	AD Work Phone	AD / Meet Manager E-mail		
6A-1	PIL	Feb 13-14	Matt Dishman Pool	Dave Hildreth, PIL Karrin Garrison, PIL	PIL District Athletics	503.916.3223	dchildret@pps.k12.or.us karring@pps.k12.or.us		
6A-2	METRO	Feb 13-14	Tualatin Hills Aquatic Center	Jason Fillingar-Palotay, AD Sheila McCarroll, Meet Manager	Aloha HS	503.259.4751	jason_fillingar-palotay@beavton.k12.or.us shelamccarroll@verizon.net		
6A-3	MT HOOD	Feb 13-14	Mt Hood Aquatic Center	Loniie Beach, AD Kathie Noel, Meet Manager	Centennial HS	503.762.6136	lonnie_beach@centennial.k12.or.us kgnoel@msn.com		
6A-4	THREE RIVERS	Feb 13-14	Lake Oswego HS	Mark Horak, AD Natasha Payne, Meet Manager	Lake Oswego HS	503.534.2423	horakm@loswego.k12.or.us natashapayne@hotmail.com		
6A-5	PACIFIC	Feb 13-14	McMinnville Aquatic Center	Doug Thompson, AD Cindy Neubig, Meet Manager	Forest Grove HS	503.359.2437	dthompson@fgsd.k12.or.us cneubig@verizon.net		
6A-6	SOUTHWEST	Feb 5 Feb 7	Willamalane Pool	Dave Hancock, AD Lauretta Belk, Meet Manager	South Eugene HS	541.687.3190	hancock@4j.lane.edu mom3x2000@aol.com		
6A-7	CENTRAL VALLEY	Feb 13-14	Osborn Aquatic Center	Adam Watkins, AD Jackie Allender, Meet Manager	North Salem HS	503.399.3274	watkins_adam@salkelz.k12.or.us seewun@proaxis.com		
5A-1	PIL	Feb 13-14	Matt Dishman Pool	Dave Hildreth, PIL Karrin Garrison, PIL	PIL District Athletics	503.916.3223	dchildret@pps.k12.or.us karring@pps.k12.or.us		
5A-2	NORTHWEST OREGON	Feb 13-14	Shute Park Aquatic & Recreation Center	Sanjay Bedi, AD Frank McKeen, Meet Manager	Parkrose HS	503.408.2603	sanjay_bedi@parkrose.k12.or.us frank@mckeen.us		
5A-3	MID WILLAMETTE	Feb 13-14	Osborn Aquatic Center	Craig Ellingson, AD Jackie Allender, Meet Manager	Crescent Valley HS	541.757.5765	craig_ellingson@corvallis.k12.or.us seewun@proaxis.com		
5A-4	MIDWESTERN	Feb 13-14	Willamalane Pool	Mike Michel, AD Lauretta Belk, Meet Manager	Thurston HS	541.744.5000	mmichel@sps.lane.edu mom3x2000@aol.com		
5A-5	SOUTHERN SKY	Feb 14	Southern Oregon University	Karl Kemper, AD	Ashland HS	541.482.2377	karl.kemper@ashland.k12.or.us		
5A-6	INTERMOUNTAIN	Feb 13-14	Veteran's Memorial Pool	Dave Williams, AD Heather Estrada, Meet Manager	Pendleton HS	541.966.3805	dwilliam@pendleton.k12.or.us heather.estrada@pendleton.k12.or.us		
4A/3A/2A/1A-1	Special District	Feb 13-14	Astoria Aquatics Center	Howard Rub, AD Paul Dessan, Meet Manager	Astoria HS	503.325.3911 x-317	hrub@astoria.k12.or.us		
4A/3A/2A/1A-2	Special District	Feb 13-14	Molalla Aquatic Center	Steve Boynton, AD Mark Aerts, Meet Manager	Molalla HS	503.829.2355	boyntons@molallark12.or.us aertsm@molallark12.or.us		
4A/3A/2A/1A-3	Special District	Feb 13-14	Albany Community Pool	Dave Goetz, AD Doug Fergin, Meet Manager	Sweet Home HS	541.367.7144	dave.goetz@sweethome.k12.or.us		
4A/3A/2A/1A-4	Special District	Feb 13-14	North Bend Municipal Pool	Boyd Bjorkquist, AD Dan Smith, Meet Manager	North Bend HS	541.756.7159	bbjorkquist@northbend.k12.or.us dan.smith@rvgn.net		



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