



DISTRICT MEET DIRECTOR INFORMATION

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

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 Missy Smith at 503.682.6722 x227 or email missys@osaa.org.
2. **STATE CHAMPIONSHIP ENTRY FORMS: DO NOT USE LAST YEAR'S FORMS.**
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 Boys Relay Entry Form and a Girls Relay Entry Form. Please provide ALL information requested on each Relay Entry Form.
3. ***Please work with coaches to get USA Swimming ID numbers in the database before the meet. This is REQUIRED for any swimmers who would like their times from District Championships or State Championships to be entered into the USA Swimming times database.***

DURING DISTRICT MEET

1. **NUMBER OF ENTRIES ALLOWED PER INDIVIDUAL**

2023-24 NFHS Swimming Rules Book, Rule 3.2.1 – "A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. Prelims and finals are considered one meet."

Additional information concerning entries can be found at [Swimming Reminders and Relay Entry Timeline Memo](#).

Computer operators shall run an Exception Report following District Meet to verify that no swimmer has exceeded his/her allowed number of events. Meet referees shall verify that the computer operator does this procedure as the referee is ultimately responsible.

2. At the conclusion of the District Meet, the Official Entry Form and your Hy-Tek Meet Manager backup must be emailed to Missy Smith, missys@osaa.org. This email must be received by **8pm, Saturday, February 10**.

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 Missy Smith, missys@osaa.org. This email must be received by **8pm, Saturday, February 10**.
 - 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., 5A-2 Midwestern League; 4A/3A/2A/1A-SPD1)
 - 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 HilHi; 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 missys@osaa.org no later than **8pm, Saturday, February 10**. Include Girls Relay Entry Form, Boys Relay Entry Form and Hy-Tek Meet Manager backup.
 - 4) Print a copy for your records.
- D. Para-Athlete Qualifiers - Must submit written doctor's documentation of the athlete's disability. Send as an email to missys@osaa.org no later than **8pm, Saturday, February 10**.
- E. 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: Missy Smith, Assistant Executive Director
 email: missys@osaa.org.
 Office: 503.682.6722 x227

2. QUALIFICATION FOR STATE CHAMPIONSHIPS: (Excerpt 2023-24 OSAA Swimming Plan) A contestant for the State Championships shall qualify through the proper District Meet.

A. **6A:**

- 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.
- 2) Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (9th 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.
- 3) **Cutoff Date:** *The automatic qualifiers must be determined by 8pm on Saturday, February 10.*

6A SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
200 Medley Relay	1	1:53.27	1:53.2	200 Medley Relay	2	1:41.18	1:41.1
200 Freestyle	3	1:57.24	1:57.2	200 Freestyle	4	1:46.89	1:46.8
200 Ind. Medley	5	2:10.55	2:10.5	<i>200 Ind. Medley</i>	6	1:58.75	1:58.7
<i>50 Freestyle</i>	7	<i>0:24.80</i>	<i>0:24.8</i>	50 Freestyle	8	0:21.93	0:21.9
<i>100 Butterfly</i>	9	0:59.32	<i>0:59.3</i>	100 Butterfly	10	0:53.08	0:53.0
<i>100 Freestyle</i>	11	0:54.11	0:54.1	100 Freestyle	12	0:48.18	0:48.1
500 Freestyle	13	5:17.07	5:17.0	500 Freestyle	14	4:51.98	4:51.9
<i>200 Free Relay</i>	15	<i>1:42.45</i>	<i>1:42.4</i>	<i>200 Free Relay</i>	16	<i>1:31.38</i>	<i>1:31.3</i>
<i>100 Backstroke</i>	17	<i>0:58.45</i>	<i>0:58.4</i>	<i>100 Backstroke</i>	18	0:54.52	0:54.5
<i>100 Breaststroke</i>	19	<i>1:06.96</i>	<i>1:06.9</i>	<i>100 Breaststroke</i>	20	1:00.73	1:00.7
<i>400 Free Relay</i>	21	<i>3:43.56</i>	<i>3:43.5</i>	400 Free Relay	22	3:19.19	3:19.1

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

B. **5A:**

- 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.
- 2) 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.
- 3) **Cutoff Date:** *The automatic qualifiers must be determined by 8pm on Saturday, February 10.*

C. **4A/3A/2A/1A:**

- 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.
- 2) 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.
- 3) **Cutoff Date:** *The automatic qualifiers must be determined by 8pm on Saturday, February 10.*

D. **Para-Athletes:** [\(Para-Athlete Disability Certificate\)](#)

The top nine times statewide from the different Districts Meets combined in the 50-yard freestyle, 100-yard freestyle and 100-yard backstroke automatically qualifies regardless of gender or disability if they meet the qualifying standard times. A Para-Athlete Disability Certificate must be provided to the OSAA prior to competing in the district meet. If more than nine students compete in district meets, the OSAA will explore splitting out the events by gender (creating 50-yard freestyle boys,-50-yard freestyle for girls, 100-yard freestyle for boys and 100-yard freestyle for girls, 100-yard backstroke for boys and 100-yard backstroke for girls).

- 1) The para-athlete divisions will include wheelchair participants and ambulatory participants. Definitions of athletes eligible to compete in this division are as follows:
 - a) Wheelchair: All athletes with permanent physical disability on file with the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.
 - b) Ambulatory: All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.
- 2) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats as necessary to accommodate the qualifying field for both events at the State Championships.
- 3) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts should include a para-athlete 50-yard freestyle, 100-yard freestyle and 100-yard backstroke in your event schedules this year. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one or both of these events.
- 4) **Cutoff Date:** *The automatic qualifiers must be determined by 8pm on Saturday, February 10.*

PARA-ATHLETES SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
	50 Freestyle	1:45	1:45	50 Freestyle	1:30	1:30	
	100 Freestyle	3:00	3:00	100 Freestyle	2:30	2:30	
	100 Backstroke	3:15	3:15	100 Backstroke	2:45	2:45	

3. PRE-STATE CHAMPIONSHIP POSTINGS

- A. The state championship meet will be seeded at the OSAA office on Sunday, February 11 and all entries will be posted on the website by 6pm.
 - 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 on the heat sheets 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 "**Qualifiers by Event**" and click on your classification.

4. CORRECTIONS ONLY: (*spelling, grade, school, etc.*) Corrections are submitted via the online substitute/change form, www.osaa.org/forms/substitution/sw.

5. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)

A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

B. **Swimming**

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 4pm on the Monday (**February 12, 2024**) preceding the state championship, an individual may drop from one or more events in which they are qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

(2) If the OSAA has not been notified of a change prior to 4pm on the Monday (**February 12, 2024**) preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they 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 4pm two business days prior to the first day of the state championship (**February 14, 2024**) 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 if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

6. **WITHDRAWAL DURING A COMPETITION** (OSAA Handbook, Executive Board Policies)

A. Removal of a team from competition prior to completion of that competition shall be considered a gross act of unsportsmanlike conduct.

C. In such a case, the school shall forfeit the contest and an administrator and the coach responsible for the action shall appear before the Executive Board at its next regularly scheduled meeting. See **Executive Board Policies, Withdrawal from State Championships** for additional information.



OSAA / OnPoint Community Credit Union
2024 SWIMMING STATE CHAMPIONSHIPS
 February 16-17, 2024 Tualatin Hills Aquatic Center
 15707 SW Walker Road, Beaverton, OR 97006



2024 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	NISCA National Record
1	Girls 200 Medley Relay	01:53.27	01:53.2	01:44.27	01:46.16	01:47.23	01:46.07	01:44.23	01:44.23	01:36.98
2	Boys 200 Medley Relay	01:41.18	01:41.1	01:32.76	01:34.41	01:38.04	01:37.50	01:33.38	01:33.38	01:26.88
3	Girls 200 Freestyle	01:57.24	01:57.5	01:48.74	01:50.65	01:50.29	01:47.15	01:48.41	01:47.15	01:42.81
4	Boys 200 Freestyle	01:46.89	01:46.8	01:38.67	01:40.06	01:41.71	01:39.14	01:37.27	01:37.27	01:32.85
5	Girls 200 Ind. Medley	02:10.55	02:10.5	02:01.46	02:04.01	02:04.93	02:00.45	01:58.95	01:58.95	01:53.38
6	Boys 200 Ind. Medley	01:58.75	01:58.7	01:49.50	01:51.52	01:50.43	01:49.60	01:46.91	01:46.91	01:41.39
7	Girls 50 Freestyle	00:24.80	00:24.8	00:23.08	00:23.50	00:23.09	00:22.96	00:22.30	00:22.30	00:21.59
8	Boys 50 Freestyle	00:21.93	00:21.9	00:20.43	00:20.85	00:20.48	00:20.18	00:20.32	00:20.18	00:19.20
9	Girls 100 Butterfly	00:59.32	00:59.3	00:54.38	00:55.48	00:54.03	00:55.53	00:53.13	00:53.13	00:49.24
10	Boys 100 Butterfly	00:53.08	00:53.0	00:48.57	00:49.69	00:49.52	00:47.63	00:47.90	00:47.63	00:44.97
11	Girls 100 Freestyle	00:53.85	00:53.8	00:50.15	00:51.10	00:49.81	00:49.26	00:49.00	00:49.26	00:46.98
12	Boys 100 Freestyle	00:48.18	00:48.1	00:44.83	00:45.64	00:45.24	00:45.57	00:43.70	00:43.70	00:42.34
13	Girls 500 Freestyle	05:17.07	05:17.0	04:53.06	04:58.20	04:58.58	04:54.37	04:52.91	04:47.34	04:34.78
14	Boys 500 Freestyle	04:51.98	04:51.9	04:29.39	04:33.16	04:34.51	04:26.52	04:25.02	04:25.02	04:12.87
15	Girls 200 Freestyle Relay	01:42.45	01:42.4	01:35.36	01:37.15	01:39.65	01:36.06	01:34.54	01:34.54	01:29.61
16	Boys 200 Freestyle Relay	01:31.38	01:31.3	01:24.34	01:25.75	01:29.01	01:28.23	01:25.00	01:25.00	01:19.27
17	Girls 100 Backstroke	00:58.45	00:58.4	00:54.73	00:55.91	00:56.49	00:54.91	00:53.71	00:53.71	00:49.61
18	Boys 100 Backstroke	00:54.52	00:54.5	00:49.07	00:50.18	00:51.09	00:47.45	00:48.28	00:47.45	00:45.08
19	Girls 100 Breaststroke	01:06.96	01:06.9	01:02.59	01:03.78	01:02.60	01:02.51	00:58.35	00:58.35	00:58.35
20	Boys 100 Breaststroke	01:00.73	01:00.7	00:55.44	00:56.68	00:58.50	00:56.22	00:55.40	00:55.40	00:51.62
21	Girls 400 Freestyle Relay	03:43.56	03:43.5	03:27.68	03:31.16	03:36.55	03:28.29	03:24.98	03:24.98	03:14.80
22	Boys 400 Freestyle Relay	03:19.19	03:19.1	03:05.74	03:08.40	03:15.49	03:13.05	03:07.67	03:07.67	02:53.81

2024 SWIMMING DISTRICT MEET DIRECTORS

Updated: 1/29/2024

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 Kathi, kathif@osaa.org.
 PLEASE IDENTIFY YOUR CLASSIFICATION & DISTRICT.

District	League Name	Date	Site	AD / Meet Manager	Host School	AD Work Phone	AD / Meet Manager E-mail
6A-1	PIL	Feb. 9-10	Matt Dishman Pool	Gina Aman, PIL Athletics, Meet Manager Lee Cannon, Asst. Meet Manager	PIL Athletics	503.916.3223	gaman@pps.net lcannon@amfam.com
6A-2	METRO	Feb. 9-10	Tualatin Hills Aquatic Center	Dennis Rice, AD Galvin Lin, Meet Director	Aloha HS	503.356.2991	dennis_rice@beaverton.k12.or.us meetdirectors@thunderboltswimming.org
6A-3	PACIFIC	Feb. 9-10	McMinnville Aquatic Center	Ryan McIrvin, AD / Meet Director	McMinnville HS	503.565.4204	rmdrvh@msd.k12.or.us
6A-4	MT HOOD	Feb. 9-10	David Douglas HS	Ty Gomrowski, AD Bobby DeRoest, Meet Director	Gresham HS	503.674.5514	gonrowski@gresham.k12.or.us coachbobbyddac@gmail.com
6A-5	THREE RIVERS	Feb. 9-10	Chehalam Park	Ted Rose, AD Debbie Laderoute, Meet Director	Tualatin HS	503.431.5661	trose@ttsd.k12.or.us debbie@oregonswimming.org
6A-6	CENTRAL VALLEY	Feb. 9-10	Kroc Swim Center	Wendy Stradley, AD Eric Richey, Meet Director	West Salem HS	503.399.5533	stradley_wendy@salheir.k12.or.us emanrichey@gmail.com
6A-7	SOUTHWEST	Feb. 9-10	Williamalane Swim Center	Ricky Rodriguez, AD (Sheldon) Bill Wagner, AD (Willamette) Chas Esping, Meet Director	Sheldon HS Willamette HS	541.790.6650 541.461.6401 x4003	rodriguez_r@aj.lane.edu bill.wagner@bethel.k12.or.us meetdirector@teameugene.org
5A-1	NORTHWEST OREGON	Feb. 9-10	Parkrose HS	Ryan Gallagher, AD / Meet Director	Parkrose HS	503.408.2697	gallary@parkrose.k12.or.us
5A-2	MIDWESTERN	Feb. 9-10	Williamalane Swim Center	Peter Barsotti, AD Chas Esping, Meet Director	North Eugene HS	541.790.4507	barsotti_p@aj.lane.edu meetdirector@teameugene.org
5A-3	MID-WILLAMETTE	Feb. 9-10	Osborn Aquatic Center	Salvador Munoz, AD Jacki Allender, Meet Director	Crescent Valley HS Corvallis HS	541.757.5920	salvador.munoz@corvallis.k12.or.us jacki.allender@gmail.com
5A-4	INTERMOUNTAIN	Feb. 9-10	Juniper Aquatic Center, Bend	Randi Viggiano, AD Lynnette Konop, Meet Director	Ridgeview HS	541.504.3600	randi.viggiano@redmondschools.org lynnette.konop@redmondschools.org
4A/3A/2A/1A-SD1	SPECIAL DISTRICT 1	Feb. 9-10	Molalla Aquatic Center	Pat Davis, AD Teresa Steinbock, Meet Director	Molalla HS	503.759.7306	john.davis@molallariv.k12.or.us teresasteinbock@gmail.com
4A/3A/2A/1A-SD2	SPECIAL DISTRICT 2	Feb. 9-10	North Bend Municipal Pool	Mike Forrester, AD Alee Reed, Meet Director	North Bend HS	541.751.7159	mforrester@nbend.k12.or.us AleeReed@gmail.com
4A/3A/2A/1A-SD3	SPECIAL DISTRICT 3	Feb. 9-10	Newport Aquatic Center / Newport Recreation Center	Shelley Moore, AD Shayna Swanson, Meet Director	Newport HS	541.265.9281	shelley.moore@lincoln.k12.or.us shayna.swanson@lincoln.k12.or.us
4A/3A/2A/1A-SD4	SPECIAL DISTRICT 4	Feb. 9-10	South Albany Pool	Dan Tow, AD A. Jay Bronson, Meet Director	Sweet Home HS	541.367.7144	dan.tow@sweethome.k12.or.us ajay.bronson@sweethome.k12.or.us

OSAA / OnPoint Community Credit Union Swimming District Meet Public Address Script

Good morning / afternoon ladies and gentlemen. We welcome you to today's _____ Swimming District Meet.

SPORTSMANSHIP (REQUIRED)

Every student performing here today has had dreams of being a star in their own right. What they never dreamed of, is being ridiculed or threatened for how they look, where they came from, how they worship, or who they love. And yet this happens repeatedly at sporting events across our state. We are better than this. As athletes. As fans. As Oregonians.

In sport, every participant must play by the same rules. Now, so does everyone in attendance at OSAA interscholastic events. Each of us is expected to encourage and contribute to an environment of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT throughout the event. The OSAA calls it being a STAR. And if you can do it, consider yourself a STAR. If you can't, you'll find yourself on the outside looking in at this and potentially any future interscholastic events in Oregon.

We all have a role to play in making events like this a success. So, whether you're on the field or in the stands—play well, play hard, and play fair. Because Greatness...is Hateless.

OSAA SPONSOR ANNOUNCEMENTS

Sponsor announcements are for use during breaks in the action and can be read more than once.

1. Visit OSAA dot org for complete results from this year's Swimming State Championships. Complete results from each classification will be posted later this evening. You can also find year-by-year results from past Swimming state championships and links to Swimming souvenirs. That's OSAA dot org.
2. OnPoint Community Credit Union is a proud sponsor of the OSAA State Championship. OnPoint is Oregon's largest locally headquartered credit union – serving more than 522,000 members. Federally insured by NCUA. Equal housing opportunity.
3. Stay connected to your favorite team with the OSAA Live mobile app. OSAA Live features the latest scores, schedules and rankings for all teams and leagues across Oregon. Purchase State Championship tickets. Access OSAA State Championship programs. Read the latest prep news and information. Search OSAA Live in the App Store or on Google Play to download today.
4. Purchase your official State Championships merchandise at OSAA store dot com. With RushTeamApparel, the exclusive merchandise partner of the OSAA, you have more options! Customize your gear with your school name, a student-athlete name, event decals, and more! Nike products are also available. Browse the selection of official State Championships merchandise at OSAA store dot com.
5. Each of us is here to either compete in a sporting event, or to support those who are. An event in which the rules apply equally to everyone, designed to ensure fair competition, encourage sportsmanship, and bring out the best in each participant. We are here to share our support — for our students, our community, and for each other. And to create an environment of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT. We call it being a STAR. Learn what it takes to be a STAR at O-S-A-A dot org slash equity.
6. Your local Toyota Dealers are proud to support the OSAA, it's member schools, and the thousands of students competing each and every day. Toyota is the official automobile of the OSAA. Toyota dot com.
7. For in-depth coverage of high school activities across the state, OSAA today is the answer. OSAA today has the latest news, stories, coaches polls and more. OSAA today features stories from around the state. Also, be sure to subscribe to the OSAA today Podcast wherever you get your podcasts! Visit OSAA dot org slash today!

8. A sponsor of OSAA State Championships, OnPoint provides our local communities with the banking and lending solutions they need to get ahead. Federally insured by NCUA. Equal housing opportunity.
9. Moda Health is a proud sponsor of O-S-A-A events because students who discover their strength through sports grow into healthy adults. At Moda Health we believe better health is a team sport. Experience Better.
10. You can now own your very own mini OSAA State Championship trophy just like the ones presented on championship day. They're a great gift for students, coaches and family members. Cost is \$70 and includes shipping and a personalized nameplate. Mini Trophies can be custom made for any team or any individual from any year. Order your official mini trophy online at [OSAA dot org backslash shop](https://osaa.org/backslash/shop).
11. High school students deserve the right to participate in sports and activities – the problem is that not every student or their family can afford the costs associated. The OSAA Foundation Student Assistance Program is here to help breakdown those barriers to allow students to learn the lifelong lessons you receive from participating. Visit [o-s-a-a foundation dot org](https://o-s-a-a.foundation.org) to find out how you can help.
12. For over forty-five years, Pacific Office Automation has remained locally owned and operated. They support the community and people and places that matter. That's why they continue to sponsor the OSAA year after year. To learn more, visit [Pacific Office dot com](https://pacificoffice.com). Pacific Office Automation – Problem Solved.
13. The OSAA reminds you that Abby's Legendary Pizza is our Official Team Party Place. Schedule your end-of-season party at any Abby's pizza parlor and receive 20% off your entire meal. Abby's: Legendary pizza for legendary coaches and athletes since 1964.
14. The official OSAA State Championship Program is available to download right to the palm of your hand! Programs are available on the new OSAA Live mobile app or online at [OSAA dot org backslash program](https://osaa.org/backslash/program).
15. The Army is a proud sponsor of the OSAA. With more than 150 career opportunities and money for college find out how you can be a part of a winning team. Learn more at [go army dot com slash OSAA](https://goarmy.com/OSAA). The U.S. Army...National Champs since 1775.
16. Nike is a proud sponsor of the OSAA Swimming State Championships. Visit them online at [nike dot com](https://nike.com) to see the latest in Nike gear.
17. As participants, coaches, fans, friends, and parents, we now have our own rules. Designed to ensure and encourage an atmosphere of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT for all of us. We call it being a STAR, and it means not threatening or ridiculing anyone in attendance based on their race, gender, age, color, national origin, ethnicity, disability, sexual orientation or religion. Learn what it takes to be a STAR at [O-S-A-A dot org slash equity](https://o-s-a-a.org/slash/equity).
18. Want to stay in shape, be involved in a sport you love and earn money in the process? Become an athletic official! We need more Baseball and Softball umpires for this Spring. Visit [OSAA-dot-org backslash officials](https://osaa-dot-org/backslash/officials) for more information and to get registered.
19. The team at rSchoolToday is proud to be partners of the OSAA. With its \$40 Million Dollar Dash initiative, rSchoolToday is striving to help schools in Oregon provide the best opportunities for every youth athlete and never worry about a budget again. Want to help? Find your school at donate.rschoolday.com, make a pledge, and earn rewards for your athlete. Rewards include college recruiting tools, academic eligibility reporting, discounts at retailers, and even free food. Show your support for high school athletics in Oregon! Get started at donate.rschoolday.com.
20. "The Oregon Air Guard is Oregon's hometown Air Force. Who says you have to go far to put down roots? With offices in Portland, Vancouver, Beaverton, Albany, Bend, Klamath Falls, Grants Pass, and Medford we have Recruiters across the state that will help you discover where you can serve part-time right here in Oregon. The Oregon Air Guard offers 100% Tuition Paid for in-state colleges and universities, world-class technical training, and the ability to help you achieve your goals. The best way to predict the future is to write it yourself. We are proud to partner with OSAA!"

21. Milk has fueled athletes for centuries, delivering a powerful combination of natural nutrients that aid muscle repair, rehydration, and replenishment. The Oregon Dairy and Nutrition Council is proud to refuel Oregon athletes with milk - the official recovery beverage of the OSAA. Find out more about what milk can do for you at gonnaneedmilk.com
22. Since 1990, Settlemier's Jackets has been making the finest Letterman Jackets for the Oregon high school community. For three generations this family business has been building varsity jackets using local materials and labor, crafting high-quality jackets to tell the story of the Oregon athletes, activists and artists. Settlemier's believes that your best deserves the best, without compromise. Visit settlemiersjackets.com to rep your Oregon High School with the local pride that comes from owning a custom-made Settlemier's Jacket!
23. Calling ALL high school students in the Portland and Salem areas! Jiffy Lube is giving away one \$4,500 scholarship and three \$1,500 scholarship awards!! Simply tell us in 500 words or less, "What Drives You?!" It's that easy. No other requirements! Visit jiffylubeoregon.com for more information and to apply – that's jiffylubeoregon.com for a chance to win a \$4,500 scholarship award from your local Jiffy Lube owners!
24. Follow the OSAA on Facebook, Twitter, and Instagram to get up to the minute results from all state championship events. Search Oregon School Activities Association on Facebook and OSAASports on Twitter. Be connected, stay connected with prep sports with the social network applications from the OSAA.

END OF MEET ANNOUNCEMENT

The OSAA and title sponsor OnPoint Community Credit Union thanks you for your support of high school activities. The Swimming State Championship is February 16-17 at Tualatin Hills Aquatic Center in Beaverton. Visit [OSAA dot org](http://OSAA.org) for event information and to purchase tickets. Visit [OSAA store dot com](http://OSAAstore.com) to order official OSAA Swimming State Championships merchandise. Please drive home safely.