**NWOC 5A DISTRICT SWIMMING CHAMPIONSHIPS**

**February 10-11, 2017**

**Location:** Parkrose High School Pool  
 12003 NE Shaver Street  
 Portland, OR 97220  
  
**Facility:** 25 Yard Course, Non-Turbulent Lines  
 8 Lanes for Warm Ups  
 6 Lanes for Individual Competition and Relays  
  
**Admission:** Adults $5, Students $4, w/ASB $3 (PHS $Free),

Senior Citizens Free (60+yrs)

**Time Schedule:**  
 Friday, February 10th

* Gym Opens: 7:00am
* Pool Opens: 7:15am
* Warm-ups: 7:30am-9:30am
* Officials Meeting 9:15am/Coaches 9:30am
* Meet starts: 10:00am

Saturday, February 11th

* Gym Opens: 10:30am
* Pool Opens: 10:45am
* Warm-ups: 11:00am-12:30pm
* Officials/Coaches Meeting –if needed
* Meet starts: 1:00pm

**WARMUPS/TIMING:**  
Standard safety precautions will be observed during warm-ups and   
enforced for all warm-up activities before and during the meet.  
***Lane 1: LaSalle, Lane 2: Rex Putnam, Lane 3: Milwaukie, Lane 4: St. Helens, Lane 5: Sandy, Lane 6: Hillsboro, Lane 7: Wilsonville, Lane 8****:* ***Parkrose***

**NORTHWEST OREGON CONFERENCE**

***5A COACHING STAFF***

**H**illsboro--------------------------------------Fred Anderson

**L**aSalle----------------------------------------Mikel Rathmann

**M**ilwaukie High School---------------------Sasha Gonzalez  
  
**P**arkrose High School------------------------Gary Muzzy  
  
**R**ex Putnam High School--------------------David Hay  
  
**S**andy High School----------------------------Jamie Paul

**S**t. Helens High School-----------------------Gina Harrington

**W**ilsonville High School---------------------Deb Mandeville

***PRESENTATION OF AWARDS***

The head or assistant coach from the 1st place finisher’s school will come up when the event is called for awards and will hand out the awards for the specified event.  
  
  
**Event Event**   
Girls 200 Medley Relay Boys 200 Medley Relay   
Girls 200 Yd Freestyle Boys 200 Yd Freestyle   
Girls 200 Yd Individual Medley Boys 200 Yd Individual Medley   
Girls 50 Yd Freestyle Boys 50 Yd Freestyle   
Girls 100 Yd Butterfly Boys 100 Yd Butterfly   
Girls 100 Yd Freestyle Boys 100 Yd Freestyle   
Girls 500 Yd Freestyle Boys 500 Yd Freestyle   
Girls 200 Yd Freestyle Relay Boys 200 Yd Freestyle Relay   
Girls 100 Yd Backstroke Boys 100 Yd Backstroke   
Girls 100 Yd Breaststroke Boys 100 Yd Breaststroke   
Girls 400 Yd Freestyle Relay Boys 400 Yd Freestyle Relay

**AWARDS:**   
Individual/Relay Events

* 1st Place --------Medals
* 2nd-12th Place---Ribbons

(1st-6th will be presented during finals)

Annual Awards

* Dual Meet Trophy Awards
* Coach of the Year Award
* District Championship Team Awards

**The Rules of the Meet**

The rules of the meet are as follows:  
  
IN PRELIMS: Each school is permitted as many entries per individual and relay event as they choose. Each competitor many enter up to four events, but no more than two individual events. They may, however, swim three relay events and one individual event if they so choose.  
  
Junior Varsity (JV) swims will be contested during the meet in Friday's prelims, and these will be contested as timed finals. The JV swims will not be scored as part of the varsity meet.  
  
IN FINALS: In the varsity events on Friday, the fastest six swimmers in each event advance to swim in finals on Saturday. The next six fastest qualifiers in prelims will advance to compete in the consolation race. All qualifying varsity swimmers will swim on Saturday in consolations and finals, both individual and relay events, will score points for their teams. Relays score double points.  
  
**It is important to note that the National Federation for High School Swimming dictates that only four swimmers from any given team may score points in the same event during finals on Friday. Therefore, if five or more swimmers from the same team qualify to swim in the same event, only the top four swimmers will be allowed to compete.**   
  
On Saturday during championship finals each individual event winner and each winning relay team will receive medals and automatic and invitations to compete in the Oregon State High School Swimming Championships the following weekend, held at Mt. Hood Community College. Second through sixth place finishers will receive ribbons. Swimmers may also be invited to swim at the State Swim Meet if they have the next fastest times to fill the open spots.