

NWOC 5A DISTRICT SWIMMING CHAMPIONSHIPS

February 8-9, 2019

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 8th

- 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 9th

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

WARM UPS/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: Scappoose, Lane 6: Hillsboro, Lane 7: Wilsonville, Lane 8: Parkrose

NORTHWEST OREGON CONFERENCE
5A COACHING STAFF

| | | |
|-------------|-------------------|-------------------------------|
| Hillsboro | Kevin Cleary | kcswimmin@hotmail.com |
| LaSalle | Catherine Skinner | cskinnz@hotmail.com |
| Milwaukie | Mark bentz | mark.d.bentz@gmail.com |
| Parkrose | Gary Muzzy | gary_muzzy@parkrose.k12.or.us |
| Rex Putnam | David Hay | david@nwninjawarrior.com |
| Scappoose | David Richmond | davidrobyn@gmail.com |
| St. Helens | Chelsie Orr | chelsieorr1982@gmail.com |
| Wilsonville | Deb Mandeville | debmh2o@gmail.com |

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

Girls 200 Medley Relay
Girls 200 Yd Freestyle
Girls 200 Yd Individual Medley
Girls 50 Yd Freestyle
Girls 100 Yd Butterfly
Girls 100 Yd Freestyle
Girls 500 Yd Freestyle
Girls 200 Yd Freestyle Relay
Girls 100 Yd Backstroke
Girls 100 Yd Breaststroke
Girls 400 Yd Freestyle Relay

Event

Boys 200 Medley Relay
Boys 200 Yd Freestyle
Boys 200 Yd Individual Medley
Boys 50 Yd Freestyle
Boys 100 Yd Butterfly
Boys 100 Yd Freestyle
Boys 500 Yd Freestyle
Boys 200 Yd Freestyle Relay
Boys 100 Yd Backstroke
Boys 100 Yd Breaststroke
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 Champions
- Coach of the Year Award
- District Championship Team Awards
- Outstanding Swimmer Award

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 may 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.