

# **2009-2010 NWOC District Swimming Championships**

**February 12-13, 2010**

**LOCATION:**

Shute Park Aquatic and Recreation Center  
953 SE Maple Street, Hillsboro, OR 97123

**FACILITY:**

25 Yard Course, Six Lanes, Non-Turbulent Lines

**TIME SCHEDULE:**

FRIDAY, FEBRUARY 12, 2010

Swimming Warm-ups: 12:45-2:15 pm

Swimming Prelims start: 2:30pm

SATURDAY, FEBRUARY 13, 2010

Swimming Warm-ups: 1:30-2:45 pm

Swimming Finals start: 3:00pm

**COACHES MEETING:**

Friday: 2:00 pm

Saturday: 2:45 pm (if necessary)

**AWARDS:**

INDIVIDUAL/RELAY EVENTS

1<sup>st</sup> Place ----- Medals

2<sup>nd</sup>-6<sup>th</sup> Place --- Ribbons

ANNUAL AWARDS

Dual Meet Trophy Awards

“Coach of the Year” Award

**WARM-UPS:**

Standard safety precautions will be observed during warm-ups and enforced for all warm-up activity before and during the meet.

**ADMISSION:**

Tickets will be on sale at the door for each session.

Adults: \$5.00

Students: \$4.00

Sr. Citizen: Free

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### **TIMING ASSIGNMENTS**

Schools are responsible for supplying two timers per lane for their assigned lane on both Friday and Saturday. Timers' shifts should be no longer than two hours and not shorter than an hour. It is too disruptive to the swimmers otherwise.

	<b><u>Lane 1</u></b>	<b><u>Lane 2</u></b>	<b><u>Lane 3</u></b>	<b><u>Lane 4</u></b>	<b><u>Lane 5</u></b>	<b><u>Lane 6</u></b>
<b><u>Friday</u></b> <b><i>2:30pm-4:30pm</i></b>	Wilsonville	Sherwood	Century	St Helens	HilHi	Liberty
<b><u>Friday</u></b> <b><i>4:30pm-end of meet</i></b>	St Helens	Century	Wilsonville	Glencoe	HilHi	HilHi
<b><u>Saturday</u></b> <b><i>3pm-5pm</i></b>	Century	Sherwood	HilHi	Glencoe	HilHi	Wilsonville
<b><u>Saturday</u></b> <b><i>5pm-end of meet</i></b>	St Helens	Liberty	HilHi	Glencoe	HilHi	Liberty

### **PRESENTATION OF AWARDS**

<b><u>EVENT</u></b>	<b><u>Coach</u></b>	<b><u>EVENT</u></b>	<b><u>Coach</u></b>
Girl's 200 Medley Relay	Century	Boy's 200 Medley Relay	Wilsonville
Girl's 200 yd Freestyle	Liberty	Boy's 200 yd Freestyle	St. Helens
Girl's 200 yd IM	Glencoe	Boy's 200 yd IM	Hilhi
Girl's 50 yd Freestyle	Parkrose	Boy's 50 yd Freestyle	Liberty
Girl's 100 yd Butterfly	Sherwood	Boy's 100 Yard Butterfly	Parkrose
Girl's 100 Yard Freestyle	Hilhi	Boy's 100 Yard Freestyle	Glencoe
Girl's 500 Yard Freestyle	St. Helens	Boy's 500 Yard Freestyle	Sherwood
Girl's 200 Yard Freestyle Relay	Wilsonville	Boy's 200 Yard Freestyle Relay	Century
Girl's 100 Yard Backstroke	Glencoe	Boy's 100 Yard Backstroke	Wilsonville
Girl's 100 Yard Breaststroke	Parkrose	Boy's 100 Yard Breaststroke	St. Helens
Girl's 400 Yard Freestyle Relay	Sherwood	Boy's 400 Yard Freestyle Relay	Hilhi

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## **COACHING STAFF**

CENTURY-----	Sarah Holman
GLENCOE-----	Daniel Sherman
HILLSBORO-----	Laurie Chesler-Clark
LIBERTY -----	Paul Hanson
PARKROSE -----	Michele Wilcox
ST. HELENS -----	Bill Rash
SHERWOOD -----	Mark Maxwell
WILSONVILLE-----	Deb Mandeville

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## **ORGANIZERS/OFFICIALS**

PARKROSE ATHLETIC DIRECTOR	Sanjay Bedi
MEET DIRECTOR	Frank McKeen
ASSISTANT MEET DIRECTOR	Matt Thornbrue
MEET COORDINATOR	Lori Ringquist
MEET REFEREE	Paul Butcher
OFFICIALS CHAIRPERSON	Julie Lindstrom
OFFICIALS	Tony Tran Andrew Guyler Mike Lane Julie Lindstrom TBA
ANNOUNCERS	Bruce Parks Kevin Arnold
CLERK OF COURSE	TBA
COMPUTER OPERATORS	TBA
ELECTRONIC TIMING	TBA
HEAD TIMER	TBA
EQUIPMENT	Kevin Leitner
CONCESSIONS	Hillsboro Swim Team
HOSPITALITY	Parkrose High School

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## **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. Unless disqualified, only "A" *relays* will advance to finals and score. All other relays are non-scoring and do not advance.

**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 varsity swimmers 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 Saturday. Therefore, if five or more swimmers from the same team qualify to swim on Saturday 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 invitations to compete in the Oregon State High School Swimming Championships the following weekend. Second through sixth place finishers will receive ribbons.

## **High School State Championship Qualification Standards**

A minimum of twelve swimmers throughout the State in each event will be invited to compete in the OSAA High School State Swimming Championships. These swimmers qualify from the statewide districts conducting championship meets on this weekend. District champions in each event, individual and relays, receives an automatic invitation to the State Championship Meet. Any remaining available slots will be filled by the next fastest swimmers.

## **Sectionals and National Championships Qualification Standards**

The NWOC High School District Swimming Championship Meet is NOT officially sanctioned by USA Swimming, Inc. It is an *observed* meet and swimmers achieving designated qualifying time standards in the events of this meet qualify to compete in the USA Swimming Sectionals and National Championship meets.

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## **USA SWIMMING SENIOR SECTIONAL TIME STANDARDS**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1:56.29	<b>200 Medley Relay</b>	1:44.69
1:56.74	<b>200 Freestyle</b>	1:47.08
2:12.16	<b>200 Individual Medley</b>	2:00.69
25.01	<b>50 Freestyle</b>	22.49
59.34	<b>100 Butterfly</b>	54.04
54.04	<b>100 Freestyle</b>	48.89
5:11.76	<b>500 Freestyle</b>	4:51.69
1:44.69	<b>200 Freestyle Relay</b>	1:32.99
1:00.41	<b>100 Backstroke</b>	55.83
1:09.51	<b>100 Breaststroke</b>	1:02.19
3:49.09	<b>400 Freestyle Relay</b>	3:25.49