



OSAA / OnPoint Community Credit Union
2026 SWIMMING STATE CHAMPIONSHIPS
February 20-21, 2026
Tualatin Hills Aquatic Center
15707 SW Walker Road, Beaverton, OR 97006



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 Kris Welch at 503.682.6722 x230 or email krisw@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

2025-26 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 Kris Welch, krisw@osaa.org. This email must be received by **8pm, Saturday, February 14**.

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 Kris Welch, krisw@osaa.org. This email must be received by **8pm, Saturday, February 14**.
 - 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 krisw@osaa.org no later than **8pm, Saturday, February 14**. 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 krisw@osaa.org no later than **8pm, Saturday, February 14**.
- 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: Kris Welch, Assistant Executive Director
email: krisw@osaa.org
Office: 503.682.6722 x230

2. QUALIFICATION FOR STATE CHAMPIONSHIPS: (*Excerpt 2025-26 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. Districts shall settle any ties for first place in all events unless the qualifying standard is met.
- 2) **Additional Qualifiers** – 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 14.*

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	200 Ind. Medley	6	1:58.75	1:58.7
50 Freestyle	7	0:24.80	0:24.8	50 Freestyle	8	0:21.93	0:21.9
100 Butterfly	9	0:59.32	0:59.3	100 Butterfly	10	0:53.08	0:53.0
100 Freestyle	11	0:53.91	0:53.9	100 Freestyle	12	0:48.18	0:48.1
500 Freestyle	13	5:15.51	5:15.5	500 Freestyle	14	4:51.98	4:51.9
200 Free Relay	15	1:42.45	1:42.4	200 Free Relay	16	1:31.38	1:31.3
100 Backstroke	17	0:58.45	0:58.4	100 Backstroke	18	0:54.52	0:54.5
100 Breaststroke	19	1:06.96	1:06.9	100 Breaststroke	20	0:59.98	0:59.9
400 Free Relay	21	3:43.56	3:43.5	400 Free Relay	22	3:19.19	3:19.1

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. District shall settle any ties for first place.
- 2) **Additional Qualifiers** – Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants.
- 3) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 14.*

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. District shall settle any ties for first place.
- 2) **Additional Qualifiers** – Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants.
- 3) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 14.*

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

- 1) Athletes who meet the qualifying standards (see below) at their district meet shall combine in the 50-yard freestyle, 100-yard freestyle and 100-yard backstroke regardless of gender or disability. The Para-Athlete Disability Certificate and documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than nine students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).

PARA-ATHLETES SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</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

- 2) There are two divisions for which a para-athlete participant may qualify, wheelchair and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. **For additional information see OSAA Handbook, Rule 8, Individual Eligibility**
 - a) **Wheelchair:** Athletes with permanent physical disability on file with the school.
 - b) **Ambulatory:** 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.
 - c) **Cognitively or intellectually disabled students are not defined as Para-Athletes.**
- 3) 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 at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 50-yard freestyle, 100-yard freestyle and 100-yard backstroke in their event schedules. 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 of these events.
- 5) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 14.*
- 6) **State Championships Scoring Procedures** – Para-athletes will compete in combined flights, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least nine wheelchair and/or ambulatory entries from qualifying events.
 - a) If nine or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
 - b) In the case of less than nine wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- 7) **Team Scoring Procedures** – Team points earned by para-athletes will be added to their school's overall team point score. Standard NFHS scoring (Rule 7-1, Article 3 outlined in the chart below) provides the point structure that will be used.

Places	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	2								
2	3	1							
3	4	2	1						
4	5	3	2	1					
5	6	4	3	2	1				
6	7	5	4	3	2	1			
7	8	6	5	4	3	2	1		
8	9	7	6	5	4	3	2	1	
9	10	8	7	6	5	4	3	2	1

Example Situation – Five para-athletes qualify in the 50-Freestyle. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Team Points Awarded
2	Boy A	Ambulatory	School 1	4	2
3	Boy B	Wheelchair	School 2	1	2
4	Girl A	Ambulatory	School 1	2	3
5	Girl B	Ambulatory	School 3	3	1
6	Girl C	Wheelchair	School 4	5	2

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Since Boy B was the timed final Boys Wheelchair winner he earns two points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns two points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns two points. Girl B is the second place Girls Ambulatory finisher and earns one point. Girl C is the first place Girls Wheelchair finisher and earns two points.

3. **PRE-STATE CHAMPIONSHIP POSTINGS**

- A. The state championship meet will be seeded at the OSAA office on Sunday, February 15 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.

D. **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 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 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 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.
- B. 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.



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2026 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	01:44.15	01:46.22	01:47.23	01:41.91	01:44.23	01:41.91	01:36.98
2	Boys 200 Medley Relay	01:41.18	01:41.1	01:32.13	01:33.91	01:38.04	01:37.50	01:33.11	01:33.11	01:26.75
3	Girls 200 Freestyle	01:57.24	01:57.5	01:48.81	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	01:37.93	01:39.57	01:41.71	01:39.14	01:37.27	01:37.27	01:30.46
5	Girls 200 Ind. Medley	02:10.55	02:10.5	02:01.47	02:03.99	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	01:48.96	01:50.99	01:50.43	01:44.54	01:46.91	01:44.54	01:41.39
7	Girls 50 Freestyle	00:24.80	00:24.8	00:23.06	00:23.48	00:23.09	00:22.89	00:22.30	00:22.30	00:21.56
8	Boys 50 Freestyle	00:21.93	00:21.9	00:20.38	00:20.74	00:20.48	00:20.18	00:20.32	00:20.18	00:19.08
9	Girls 100 Butterfly	00:59.32	00:59.3	00:54.29	00:55.44	00:54.03	00:54.95	00:53.13	00:53.13	00:49.24
10	Boys 100 Butterfly	00:53.08	00:53.0	00:48.38	00:49.37	00:49.52	00:46.52	00:47.90	00:46.52	00:44.97
11	Girls 100 Freestyle	00:53.91	00:53.9	00:50.13	00:50.99	00:49.81	00:49.26	00:49.46	00:49.26	00:46.98
12	Boys 100 Freestyle	00:48.18	00:48.1	00:44.69	00:45.41	00:45.24	00:45.57	00:43.70	00:43.70	00:41.54
13	Girls 500 Freestyle	05:15.51	05:15.5	04:53.01	04:58.10	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	04:27.94	04:32.84	04:34.51	04:26.52	04:25.02	04:25.02	04:12.70
15	Girls 200 Freestyle Relay	01:42.45	01:42.4	01:35.48	01:37.13	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	01:24.02	01:25.36	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	00:54.71	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	00:48.90	00:50.07	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	01:02.52	01:03.75	01:02.60	01:02.51	00:58.35	00:58.35	00:58.35
20	Boys 100 Breaststroke	00:59.69	00:59.6	00:55.04	00:56.27	00:58.50	00:53.36	00:52.98	00:52.98	00:51.62
21	Girls 400 Freestyle Relay	03:43.56	03:43.5	03:27.78	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	03:04.70	03:07.61	03:15.49	03:13.05	03:06.09	03:06.09	02:53.81



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SCHOOL ABBREVIATIONS

UPDATED: 02/10/2025

NOTE: Some school abbreviations have been changed so please verify information.

6A School List

Aloha	ALOH
Barlow	BARL
Beaverton	BEAV
Benson	BENS
Central Catholic	CCAT
Century	CTRY
Clackamas	CLAC
Cleveland	CLEV
David Douglas	DAVD
Forest Grove	FGRO
Franklin	FRAN
Glencoe	GLNC
Grant	GRAN
Grants Pass	GPAS
Gresham	GRES
Ida B. Wells	WELS
Jefferson (Ptld)	JEFF
Jesuit	JESU
Lake Oswego	LOSW
Lakeridge	LKRG
Liberty	LIBE
Lincoln	LINC
McDaniel	MCDN
McMinnville	MCMI
McNary	MCNA
Mountainside	MSHS
Nelson	ANHS
Newberg	NEWB
North Medford	NMED
North Salem	NSAL
Oregon City	OCIT
Reynolds	REYN
Roosevelt	ROOS
Roseburg	ROSE
Sandy	SAND
Sheldon	SHEL
Sherwood	SHWD
South Eugene	SEUG
South Medford	SMED
South Salem	SSAL
Southridge	SRDG
Sprague	SPRG
St. Mary's Academy	STMA
Sunset	SUNS
Tigard	TIGA
Tualatin	TUAL
West Linn	WLIN
West Salem	WSAL
Westview	WSTV
Willamette	WLMT

5A School List

Ashland	ASHL
Bend	BEND
Caldera	CLDR
Canby	CANB
Centennial	CENT
Central	CTRL
Churchill / Crow (GIRLS ONLY)	CHUR
Corvallis	CORV
Crater	CRAT
Crescent Valley	CREV
Dallas	DALL
Eagle Point	EAGP
Hillsboro	HILL
Hood River Valley	HOOD
La Salle Prep	LASA
Lebanon	LEBA
McKay	MCKA
Milwaukie / Milw. Acad. of Arts	MILW
Mountain View	MTVW
North Eugene	NEUG
Parkrose	PARK
Putnam	PUTN
Redmond	REDM
Ridgeview	RGVW
Silverton	SILV
South Albany	SALB
Springfield / Mohawk (GIRLS ONLY)	SPRI
Summit	SUMM
Thurston / Mohawk (BOYS ONLY)	THUR
West Albany	WALB
Wilsonville	WLSV
Woodburn	WOOD

4A/3A/2A/1A School List

Astoria	ASTO
Baker / Powder Valley	BAKE
Banks / Vernonia (GIRLS ONLY)	BANK
Blanchet Catholic	BLAN
Cascade	CASC
Cascade Christian	CACH
Catlin Gabel	CGAB
Corbett	CORB
Cottage Grove	CGRO
Cove	COVE
Crosshill Christian	CRCH
Estacada	ESTA
Gladstone	GLAD
Henley	HENL
Hidden Valley	HVAL
Junction City	JCIT
Kennedy	KENN
Klamath Union	KUNI
La Grande	LAGR
Madras	MADR
Marist Catholic / Elmira (BOYS ONLY)	MARI
Marshfield	MSHF
Mazama	MAZA
Molalla	MOLA
Neah-Kah-Nie (GIRLS ONLY)	NEAH
Newport	NEWP
North Bend	NBEN
North Marion	NMAR
North Valley	NVAL
Oaks Christian	OAKC
Pendleton	PEND
Philomath	PHIL
Phoenix	PHOE
Rainier	RAIN
Riverdale	RIVD
Riverside, WLWV	RHSW
Salem Academy	SALA
Scappoose	SCAP
Seaside / Warrenton	SEAS
St. Helens	STHE
Sisters	SIST
St. Mary's, Medford	STMM
Stayton	STAY
Sweet Home	SWEE
Taft	TAFT
The Dalles / Dufur (GIRLS ONLY)	TDAL
Tillamook / Neah-Kah-Nie (BOYS ONLY)	TILL
Union	UNIO
Valley Catholic	VCAT

2026 SWIMMING DISTRICT MEET DIRECTORS

Updated: 1/22/2026

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. 13 - 14	Matt Dishman Pool	Gina Aman, PIL Athletics, Meet Manager	PIL Athletics	503.916.3223	gaman@pps.net
6A-2	METRO	Feb. 13 - 14	Tualatin Hills Aquatic Center	Dennis Rice, AD Joseph Moreno, Meet Director	Jesuit HS	503.356.2991	dennis_rice@beaverton.k12.or.us meetdirectors@thunderboltswimming.org
6A-3	PACIFIC	Feb. 13 - 14	McMinnville Aquatic Center	Ryan McIrvn, AD / Meet Director	McMinnville HS	503.565.4204	rmcIrvn@msd.k12.or.us
6A-4	MT HOOD	Feb. 13 - 14	David Douglas Aquatics Ctr.	Anna Heuberger, AD (Gresham) Bobby DeRoest, Meet Director	David Douglas HS	503.674.5520	heuberger@gresham.k12.or.us coachbobbydarc@gmail.com
6A-5	THREE RIVERS	Feb. 13 - 14	Chehalem Aquatic Center	Ted Rose, AD Debbie Laderoute, Meet Director	Tualatin HS	503.431.5661	trose@tsd.k12.or.us debbie@oregonswimming.org
6A-6	CENTRAL VALLEY	Feb. 13 - 14	Salem Kroc Swim Center	Brad Lomax, AD TBD, Meet Director	McNary HS	503.399.3233	lomax_brad@salkeiz.k12.or.us
6A-7	SOUTHWEST	Feb. 13 - 14	Rogue X - Medford	Ted Rose, AD Debbie Laderoute, Meet Director	South Medford HS	541.842.5350	patrick-grady@medford.k12.or.us tonyasowles@gmail.com
5A-1	NORTHWEST OREGON	Feb. 13 - 14	Parkrose HS	Ryan Gallagher, AD / Meet Director	Parkrose HS	503.408.2697	gallarya@parkrose.k12.or.us
5A-2	MIDWESTERN	Feb. 12 - 13	Cottage Grove Aquatic Center	Peter Barsotti, AD Allee Reed, Meet Director	North Eugene HS	541.790.4507	barsotti_p@4j.lane.edu allee.meets@gmail.com
5A-3	MID-WILLAMETTE	Feb. 11 - 12	Albany Community Pool	Salvador Munoz, AD Jacki Allender, Meet Director	South Albany HS West Albany HS	541.757.5920	Salvador.Munoz@corvallis.k12.or.us jacki.allender@gmail.com
5A-4	INTERMOUNTAIN	Feb. 13 - 14	Juniper Swim & Fitness	Ryan Cruz, AD Lynnette Konop, Meet Director	Bend HS Caldera HS	541.355.5113	ryan.cruz@bend.k12.or.us lynnette.konop@redmondschools.org
4A/3A/2A/1A-SD1	SPECIAL DISTRICT 1	Feb. 13 - 14	Veterans' Memorial Pool 401 Palmer Ave., La Grande	Darren Goodman, AD Beth Koza, Meet Director	La Grande HS	541.663.3305	darren.goodman@lagrandesd.org bkoza71@gmail.com
4A/3A/2A/1A-SD2	SPECIAL DISTRICT 2	Feb. 13 - 14	Warren H. Daugherty Aquatic Center	Garrett Bridgens, AD Rhonda & Allie Reed, Meet Director	Cottage Grove HS	541.942.3391 x2158	garrett.bridgens@slane.k12.or.us CGALmeetdirector@gmail.com
4A/3A/2A/1A-SD3	SPECIAL DISTRICT 3	Feb. 13 - 14	Astoria Aquatic Center	Howard Rub, AD / Meet Director	Astoria HS	503.325.3911	hru@astoriak12.org
4A/3A/2A/1A-SD4	SPECIAL DISTRICT 4	Feb. 13 - 14	South Albany Community Pool	Dan Tow, AD A. Jay Bronson, Meet Director	Sweet Home HS	541.367.7144	dan.tow@sweethome.k12.or.us ajay.bronson@shsd55or.gov

OSAA / OnPoint Community Credit Union 2026 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 630,000 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. 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.
6. 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. Visit OSAA dot org slash today!
7. 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.
8. 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.

9. 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](http://o-s-a-a-foundation.org) to find out how you can help.
10. 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](http://PacificOffice.com). Pacific Office Automation – Problem Solved.
11. 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.
12. Triple A. Providing you 24-hour roadside assistance as a driver, a passenger or on your bike. And offering coverage through Triple A Insurance including customized home and auto coverage. Learn more at [Triple A dot com](http://TripleA.com).
13. 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](http://OSAA.org/backslash/program).
14. 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](http://goarmy.com/slash/OSAA). The U.S. Army...National Champs since 1775.
15. Nike is a proud sponsor of the OSAA Swimming State Championships. Visit them online at [nike dot com](http://nike.com) to see the latest in Nike gear.
16. 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](http://OSAA.org/backslash/officials) for more information and to get registered.
17. 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
18. 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!
19. 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!
20. 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.
21. Dave's Hot Chicken specializes in Hot Chicken Sliders, Tenders and Bites, along with house-made Kale Slaw, creamy Mac & Cheese and crispy French Fries. Offered at seven spice levels ranging from No Spice to Reaper® (which requires a signed waiver for those who dare), each piece of hand-breaded chicken is spiced-to-order. Spicy. Hot. DELICIOUS!

22. The Oregon Seed Council is a proud sponsor of the OSAA and supports its schools and athletes. Oregon's seed industry promotes sustainable agriculture with natural regenerative properties, a focus on carbon sequestration, and stewardship. Visit OregonSeedCouncil.org to learn more.
23. How will you pay for college or trade school? The high cost of tuition, fees, books, and housing are some of the main reasons why students fail to achieve their education goals. As a high school senior or junior, you're eligible to join the Oregon Army National Guard and receive 100% tuition assistance to attend college or trade school. In the Oregon Guard, you'll also get paid for on-the-job training and you'll start a meaningful part-time career. To schedule an interview and learn more about local opportunities, fill out the contact form on [Oregon Army Guard dot com](http://OregonArmyGuard.com). Again. That's OREGON ARMY GUARD DOT COM.
24. Northwest Sports Photography is shooting action, team and awards photos during this year's Swimming State Championships. Team photos can be taken on the awards stand. Go to [N S P dot COM](http://NSP.com) to preorder your photos before the State Championship.
25. NCAA MARCH MADNESS (Wrestling & Basketball)
Experience the excitement March 19 & 21st at the Moda Center, as Portland hosts the First and Second Rounds of the NCAA Division I Men's Basketball Championship. Get your tickets now at NCAA.com/MBBtickets
26. Rebound Orthopedic
Rebound: The region's most trusted independent sports medicine, orthopedic, and neurosurgery practice, with locations in Portland, Vancouver, and Lake Oswego. We're committed to helping you not just recover—but rebound so you can get back into the game. Visit [rebound md dot com](http://reboundmd.com) for more.

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 20-21 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. The Oregon Department of Transportation reminds you to Park your Phone on your way home, so our roadways are safer for everyone. Safety starts with you!