

# OSSAA EASTERN REGIONAL 2017-2018 SWIMMING CHAMPIONSHIPS

Jenks High School is very proud to once again be hosting the OSSAA regional swimming championships. The Jenks High School Aquatic Center is located at 205 N. Birch street, Jenks.

Below are some guidelines that must be strictly adhered to:

1. Team Bus parking information: Bus drivers should unload and pick up at the Aquatic center. Once drivers unload they will be directed to the Jenks softball complex for bus parking. Location of that complex is: 1610 N. Birch. There will be a shuttle between the that parking lot and the Aquatic Center.
2. Saturday busses may still unload at the Aquatic Center and then proceed to the parking lot directly North of the Music building. Spectator Parking will be by the music building and in the lot SOUTH of the Aquatic Center, directly across from the High School Building.
3. COACHES: Please dispense your food and drink to your individual swimmers before they enter the Aquatic Center. **THERE WILL BE NO COOLERS ALLOWED ON DECK OR IN THE SPECTATOR AREA!**
4. Deck access is only for participants, coaches, and officials!
5. Spectators may not use restroom facilities in the locker rooms, there are public restrooms in the lobby and upstairs by the concession stand.
6. The facility must be cleared both days prior to the doors opening for 6A warm-ups. This applies to both days.
7. Please ask your swimmers to shower before entering the water. This will help insure excellent water quality and clarity.

**Timing assignments** for both days are as follows: Should you not be able to fulfill your assigned lane the second day please help us by finding your own substitute.

## 5A

Lane 1 one timer each from Metro Christian, Muskogee, and Ponca City  
Lane 2 one timer each from Tulsa Mem., Claremore, Grove and OK Bible  
Lane 3 Bishop Kelley  
Lane 4 Booker T Washington  
Lane 5 Fort Gibson

Lane 6 Harrah  
Lane 7 Oolagah-Talala  
Lane 8 One timer each from Regent Prep, Shawnee, and Verdigris

## **6A**

Lane 1 Choctaw and Enid – need a total of 3 timers  
Lane 2 Owasso  
Lane 3 Bixby  
Lane 4 Bartlesville  
Lane 5 Jenks  
Lane 6 Union  
Lane 7 Broken Arrow  
Lane 8 The three Moore schools

### **Warm ups for 5A both days are as follows:**

#### 5A South end 8:30 to 9:00

Lane 1 Booker T  
Lane 2 Booker T  
Lane 3 Booker T  
Lane 4 Booker T  
Lane 5 Booker T  
Lane 6 Tulsa Memorial  
Lane 7 Metro Christian  
Lane 8 Regent Prep

#### 5A North end 8:30 to 9:00

Lane 1 Ft. Gibson  
Lane 2 Ft. Gibson  
Lane 3 Ft. Gibson  
Lane 4 Ft. Gibson  
Lane 5 Bishop Kelley  
Lane 6 Bishop Kelley  
Lane 7 Bishop Kelley  
Lane 8 Bishop Kelley

#### 5A South end 9:00 to 9:30

Lane 1 Harrah  
Lane 2 Harrah  
Lane 3 Harrah  
Lane 4 Harrah  
Lane 5 Ponca City  
Lane 6 Ponca City  
Lane 7 Ponca City  
Lane 8 Verdigris

#### 5A North end 9:00 to 9:30

Lane 1 Grove and Shawnee  
Lane 2 Shawnee  
Lane 3 Shawnee  
Lane 4 OK Bible  
Lane 5 Oolagah - Talala  
Lane 6 Oolagah - Talala  
Lane 7 Oolagah – Talala  
Lane 8 Muskogee

5A One way sprints in all 8 lanes of the South Pool from 9:30 to 9:45

North Pool will be open at that time and during the meet for warm up and warm down!

5A meet will begin promptly at 10:00AM

**Warm ups for 6A – both days:**

6A South end 3:15 to 3:50

Lane 1 Bartlesville  
Lane 2 Bartlesville  
Lane 3 Bartlesville  
Lane 4 Bartlesville  
Lane 5 Owasso  
Lane 6 Owasso  
Lane 7 Owasso  
Lane 8 Owasso

6A North end 3:15 to 3:50

Lane 1 Bixby  
Lane 2 Bixby  
Lane 3 Bixby  
Lane 4 Bixby  
Lane 5 Union  
Lane 6 Union  
Lane 7 Union  
Lane 8 Union

South end 3:50 to 4:20

Lane 1 Broken Arrow  
Lane 2 Broken Arrow  
Lane 3 Broken Arrow  
Lane 4 Broken Arrow  
Lane 5 Moore  
Lane 6 South Moore  
Lane 7 Westmore  
Lane 8 Choctaw

North end 3:50 to 4:20

Lane 1 Jenks  
Lane 2 Jenks  
Lane 3 Jenks  
Lane 4 Jenks  
Lane 5 Jenks  
Lane 6 Jenks  
Lane 7 Enid  
Lane 8 Enid

One way sprints in all lanes of the south pool from 4:20 to 4:40

North Pool will be open during sprints and throughout the meet for warm up and warm down!

6A meet begins at 5:00

Good Luck and fast swimming to all swimmers

John Turner