

## SWIMMING



## Swimming Dates to Remember

|                |  |
|----------------|--|
| July 28        | Rules Meeting—Edmond Aquatic Center 1 pm                         |
| October 1      | Practice & Scrimmages may begin                                  |
| October 18     | Entry Forms Due - form can be found on OSSAARankings.com         |
| November 1     | Season Opens   |
| January 23     | Regional Assignments Released                                    |
| January 30     | Regional entries due to OSSAA                                    |
| February 7     | Regional Meets   |
| February 10    | Academic Achievement applications must be submitted by this date |
| February 20-21 | State Meet   |

## Swimming Rules Meetings

Swimming Rules Meeting—July 28 at 1:00 pm Edmond Aquatic Center. If you are unable to attend, an online meeting will be recorded and available on the Swim page of OSSAA.com by October 15.

## I. EDUCATION-BASED ACTIVITY PROGRAMS

The National Federation of State High School Associations and the Oklahoma Secondary School Activities Association recognize the numerous potential benefits of participation by students in education-based activities. While education-based activities may differ between the stakeholder groups, all should be centered on optimizing the student's scholastic activity experience. Students will change, develop, and expand abilities over time; coaches, administrators and parents should not only be cognizant of the fluid process, but also foster a safe, positive environment in which development can occur. Education-based activities must always be viewed as an evolving and unpredictable path.

The NFHS and the OSSAA recognize the influential role played by coaches and directors in all activities, and therefore emphasis should be placed on those individuals to instill and reinforce fundamentals and best practices, not only to minimize risk but also to promote an environment in which a student can reach his or her full potential. The common goal for all the stakeholders involved with education-based activities should be to make the experience enjoyable and rewarding for all.

While our position is not intended to squelch dreams of achieving a college scholarship or professional or Olympic glory, we do place emphasis on the student's entire scholastic activity experience with the goals of enhancing participation, reducing injury risk, and optimizing performance and success (however defined) during the student's high school career. The ultimate goal; Producing an individual who is competent, confident, connected to his or her peer group and community, and of high character. This essential principle is at the core of the scholastic activity experience and is fundamental to the mission of the OSSAA and NFHS.

## DIVERSITY, EQUITY AND INCLUSION (DEI)

Promoting education and the understanding of groups that have social and cultural differences is an integral part of education-based activities. Every student participating in activities at an OSSAA member school is entitled to participate in a safe school environment that is free from bias. Any form of bias (including demeaning comments, racial, ethnic, or homophobic slurs) based on social or cultural differences will not be tolerated in education-based activities.

## SPORTSMANSHIP RESPONSIBILITIES

Ensuring good sportsmanship at OSSAA member schools requires the responsibilities of different groups be coordinated and carried out at each contest involving secondary level students.

1. **School Administration:** The responsibility for fan behavior resides with the participating school administrations from each participating school (combined with the host site security in neutral site contests). School administration must provide adequate supervision at the venue. Negative behavior targeting participants or officials must not be tolerated. Removal of non-compliant fans shall be managed by the administrative team. A report detailing the circumstances must be sent to the OSSAA anytime a fan is removed from a contest.
2. **Coaches:** Head coaches must communicate expectations for fan/parent, and player behavior. Communications should include consequences for unruly fan/parent or player behavior and be shared with each player and the player's parent/guardian.
3. **Officials:** Officials shall, upon arrival at the contest, meet with on-site administration to ensure lines of communication are open and officials know where to find school administration should a problem arise outside the playing area. Under no circumstances should an official directly remove a person outside the playing area from the venue. The administrative team or designee will be responsible for removal of any fan.
4. **Participants:** Participants experiencing inappropriate behavior from other participants and/or non-participants during the contest must communicate those issues directly to their coaching staff to ensure identifiable issues are addressed by the administrative teams.

## II. SUMMERTIME DEAD PERIOD

The dead period will occur during the week in July that includes the 4<sup>th</sup> of July each year. The dead period will be nine (9) days in length and begin the weekend preceding the 4<sup>th</sup> of July and the weekend following the 4<sup>th</sup> of July.

Secondary-level students enrolled or pre-enrolled at a member school may not use any member school's athletic facilities during the dead period in connection with any athletic activity governed by the OSSAA. Member school coaches, assistant coaches and sponsors may not have any contact with secondary-level enrolled or pre-enrolled students in that member school in any athletic activity governed by the OSSAA for the purpose of coaching, training, or instructing.

Summertime policies, including beginning and end of season restrictions, can be found in OSSAA Board Policy XI in the Administrator's Handbook.

Violations of the summertime dead period policy will result in the coach or sponsor being suspended from the first half of the regular season in that athletic activity. School personnel not designated as a coach or sponsor in violation of the summertime dead period policy will result in the head coach being suspended from the first half of the regular season in that activity.

## SUMMERTIME DEAD PERIOD QUESTIONS AND ANSWERS

1. How do I know when the dead period begins and ends each year?  
*Answer:* The dead period will be nine (9) days in length and begin the weekend preceding the 4<sup>th</sup> of July and the weekend following the 4<sup>th</sup> of July.
2. Does the Summertime Dead Period Policy cover non-athletic activities?  
*Answer:* No, the Summertime Dead Period Policy only applies to athletic activities that are governed by the OSSAA.
3. Can a coach and a player have any contact during the Summertime Dead Period?  
*Answer:* No, contact between coaches, assistant coaches and sponsors with enrolled or pre-enrolled students for the purpose of coaching, teaching, training, or instructing is prohibited.
4. Can a student participate without the member school coach at member school facilities in an athletic activity during the Summertime Dead Period?  
*Answer:* No, school athletic facilities may not be used by enrolled or pre-enrolled students during the dead period in connection with any athletic activity governed by the OSSAA.
5. Can a member school coach use member school facilities to train, coach or instruct secondary-level students during the Dead Period?  
*Answer:* No, the policy prohibits the use of member school facilities during the Dead Period for the purpose of coaching, teaching, training, or instructing. Field maintenance is not prohibited by the policy.
6. Does the Summertime Dead Period Policy prohibit participation in a National level tournament during the dead period?  
*Answer:* No, the coach and any enrolled or pre-enrolled students who have qualified earlier in the summer for a national level tournament may participate in that tournament.

### III. SWIMMING REGULATIONS

#### A. CLASSIFICATIONS

Swimming will be divided into two classifications:

Class 6A—32 largest participating schools

Class 5A—all remaining participating schools

Swimming Entry forms are due **no later than October 20**.

#### B. LENGTH OF SEASON:

1. Organized practice for swimming may begin no earlier than October 1.

Organized practice is defined as school or anticipated school personnel directly or indirectly giving individual or team instruction concerning the fundamentals of a particular sport.

From the close of the season for swimming to the start date of October 1, no organized practice in that sport may take place. However, while school is in session, certified school coaching personnel for that sport are permitted to provide instruction in that sport in a physical education class during the regular school day. If a member school does not schedule a physical education class during the regular school day, then an additional period may be scheduled immediately after the close of the regular school day, not to exceed one hour for the purpose of conducting a physical education class, and instruction in a particular sport may be provided by certified school coaching personnel to students during that additional one-hour period.

Time spent transporting student participants to an off-site facility or from one school site to another for the purpose of providing instruction in a particular sport during a physical education class or during the one-hour period immediately following the school day shall not be counted toward the time allowed for off-season instruction.

The practice period shall begin immediately upon the arrival of the athletes.

2. Meets may begin on November 1. In addition to the Activities Association sponsored Championship tournament series, teams and/or individuals shall be limited to not more than the number of matches/games and tournaments as established by the OSSAA Board of Directors.
3. Teams and/or individuals shall be limited to not more than 12 dates of competition, excluding the state and conference championships.

#### C. RULE ENFORCEMENT:

1. Violation of contest limits (teams and/or individuals)

Generally, if the contest, meet entry, or tournament limits for a particular activity have been exceeded, by either a school team or by individual participants from a school, the following sanctions will be applied:

- a. The contest(s) exceeding the limitations will be forfeited.
- b. The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for the remainder of the current regular season and any championship play-off events for that school year.
- c. The head coach in that activity may be suspended from coaching any regular season contests, at the same level, in the same activity, in the subsequent season for that activity.
- d. The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.
- e. The program will be placed on warning for a period of one year.

#### D. ENTERING YOUR SCHEDULE ON OSSAARANKINGS.COM

1. FOR NEW COACHES AT A SCHOOL: The Athletic Director at your school will set you up as a Swimming Coach for your school. You will then be sent the login information for the ranking website. The URL for the ranking program is [www.ossaarankings.com](http://www.ossaarankings.com). If you are not new to the school, your login from the previous year will still work. You are **required** to put your schedule on the rankings site prior to the season beginning.
2. Each Coach is responsible to enter the schedule for both the boys and girls swim teams on the OSSAARankings website. Schedules should be entered no later than November 1.
3. Swim coaches are not required to enter meet results in the ranking site; however, each host of a meet is required to submit meet results within 10 days of the completion of the meet. Results can be sent via email to [tjohnson@ossaa.com](mailto:tjohnson@ossaa.com). All results will be posted to the Swim page of OSSAA.com. Any coach failing to report the

results of a Meet their school hosted within 10 days of the completion of the Meet could be sanctioned. There will not be any week-to-week rankings in swimming.

#### E. SCORING

Individual Events - 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 - Relays: - Points are Doubled.

#### F. ENTRIES

Entries for the regional meet must be in the OSSAA office ON OR BEFORE 3:00 p.m., Friday, January 30, 2026. Entries that are not in the OSSAA office on or before the above deadline will not be accepted. Times entered must have been achieved at a high school meet. Entries must be sent via HY-Tek to [tjohnson@ossaa.com](mailto:tjohnson@ossaa.com). Alternates must also be listed in Hy-Tek file.

#### G. REGIONAL FORMAT AND SCHEDULE

1. There will be two regional sites, with both classifications at each site. Each site will conduct a one-day timed final meet. Due to an unequal number of teams from the East and West side of the state, the OSSAA will select teams to travel to either the East or West regional meet.
2. There will be a limit of 4 entries per school for each event.
3. Timed finals are swum in both individual events and relays.
4. Alternates may be used at the Regional Meet in accordance with NFHS Rules.
5. The 24 best times swum in individual events and the top 16 times in relays at the Regional Meets will advance to the State Championship meet.
6. The Regional Meet will be swum two weeks prior to the State Meet unless a delay of the regional meet occurs due to weather or any other circumstance. Sites will be chosen by the OSSAA.
7. Regional assignments will be made with geography considered as the primary factor; however, some teams may travel to the opposite side of the state, although strength may be considered to balance the competition. Regional assignments will be released January 23, 2026.
8. Multi-high districts with only one coach and multiple schools competing will attend a Regional together. However, multi-high schools may be sent to the opposite side of the state for a regional competition.
9. The top 8 finishers at each regional will be awarded medals.
10. Regional plaques will be given to the top scoring team for boys and girls in each classification at each regional.
11. Alternates may be used at the Regional Meet in accordance with NFHS Rule.

#### REGIONAL SCHEDULE:

CLASS 5A BOYS AND GIRLS—SATURDAY PM, FEBRUARY 7, 2026.

CLASS 6A BOYS AND GIRLS—SATURDAY AM, FEBRUARY 7, 2026.

#### I. ENTRIES PER CONTESTANT

Each contestant may enter four (4) events, no more than two (2) of which can be individual events.

#### J. STATE FORMAT AND SCHEDULE

1. The top 24 times for individual and 16 top times for relay events from regionals will advance to the State Meet. In the event there is a tie from 2 different regionals in the top times swum in an event, a heat will be added to the preliminary round of the State Meet in the event in which the two swimmers tied.
2. The State Meet will be a two-day meet per classification and will consist of a Preliminary and Final round. Classifications may rotate each year.
3. Only swimmers qualifying for the State Meet will be permitted on the deck.

#### STATE MEET SCHEDULE

FRIDAY, FEBRUARY 20 - AM SESSION - CLASS 5A PRELIMINARY ROUND

FRIDAY, FEBRUARY 20 - PM SESSION - CLASS 6A PRELIMINARY ROUND

SATURDAY, FEBRUARY 21 - AM SESSION - CLASS 5A FINALS, PM SESSION - CLASS 6A FINALS

#### K. OSSAA PLAY-OFF PASSES

The OSSAA Play-Off pass is the only pass that will admit the cardholder to a play-off event. A driver's license must be presented with all Play-Off passes.

**L. DISQUALIFICATION REPORTS FROM OFFICIALS AND NOT HONORING A PROTEST**

Whenever a game or contest official has ejected or disqualified a contestant from an athletic contest, the official must submit a written report to the Association's office within twenty-four hours after the end of the contest. The written report must state the reason for the ejection or disqualification.

OSSAA will not consider requests to overturn the determinations of game/contest officials in interpreting or enforcing rules at games or contests. In agreeing to participate in a game or contest, a member school, and the individual participants and the coaches or sponsors representing that member school, accept the risk that game/contest officials may make errors in interpreting or enforcing rules at games or contests. Any errors by game/contest officials should be raised with those officials, in a respectful manner, and in accordance with the rules established for that activity. The decisions of the game/contest officials are accepted as final.

An exception to this Policy is allowed when, in the case of an ejection of a participant from a contest, the game/contest official misidentifies the individual who should have been ejected. The request to review the misidentified player must be submitted to the OSSAA in writing. have been ejected. The request to review the misidentified player must be submitted to the OSSAA in writing.

**M. COACHES' ETHICS AND PROFESSIONAL STANDARDS:**

1. Exemplify the highest moral character, behavior, and leadership.
2. Respect the integrity and personality of the individual athlete.
3. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
4. Respect the integrity and judgment of sports officials, never bait or taunt officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
5. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.
6. Encourage and respect all athletes and their values.
7. Display modesty in victory and graciousness in defeat.
8. Promote ethical relations among coaches.
9. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
10. Encourage the highest standards of conduct and scholastic achievement among all athletes.
11. Seek to inculcate good health habits, including the establishment of sound training rules.
12. Strive to develop in each athlete the qualities of leadership, initiative, and good judgment.
13. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

**IV. COACHES**

Any time a coach who does not hold a valid Oklahoma teaching certificate (lay or volunteer coach) is ejected from a contest for unsportsmanlike conduct, including but not limited to arguing a call, language or gestures directed toward a game official, he or she will be required to complete the NFHS Teaching and Modeling Behavior course within seven (7) days of the ejection, the course can be found at [NFHSLearn.com](http://NFHSLearn.com). Additionally, personnel not holding a valid Oklahoma teaching certificate must meet with a representative of the OSSAA prior to being reinstated to coach the school team. A school administrator will also be required to attend the meeting.

**V. NOISE MAKERS**

**For indoor activities:** Any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contest.

**For outdoor activities:** Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer squads, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.

**VI. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES**

Any school representative who publicly criticizes a contest official, and any contest official who publicly criticizes a school representative in connection with a contest, meet, or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension.

Public criticism includes, but not limited to, comments made to the media or during a broadcast event, and comments made in a public forum.

**VII. HOSTING A REGIONAL MEET**

- A. Time schedules will be set by the host site. Consideration for travel will be allowed in setting the warm-up times.
- B. All entries will be sent to the regional site manager from the OSSAA.
- C. Warm-up schedules should be sent to each participating school by the close of business Wednesday prior to the regional meet.
- D. Plaques and medals will be sent to the host site.
- E. Regional sites must provide relay cards. Relay cards are available upon request from the OSSAA.
- F. Locker rooms should be made available for athletes' use.
- G. Clipping and shaving is prohibited at any site.
- H. There shall be no deck access to anyone other than coaches, athletes, timers, and officials.

**VIII. STATE CHAMPIONSHIP MEET TIME SCHEDULE**

- A. Regional Warm-Up schedules will be set by the host site and the OSSAA and posted to [www.ossaa.com](http://www.ossaa.com) a week prior to the Regional Meet.
- B. The State Meet Warm-Up schedule will be set by the OSSAA and posted to [www.ossaa.com](http://www.ossaa.com) prior to the State Meet.

**XI. EMERGENCY ACTION PLAN**

Any time a member school is hosting a planned activity at a school facility there must be an Emergency Action Plan in place. The plan must be shared with any visiting school. An Emergency Action Plan, or EAP, is a formal written plan, developed by the host site, that identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent loss of life and property.

**X. HAZING**

Hazing incidents have no place in the activity programs of our member schools. The OSSAA encourages each member school to develop procedures to inform their students that this type of behavior is not acceptable and should not be tolerated.

**XI. TAUNTING**

Any form of taunting which is intended or designed to anger, bait, embarrass, ridicule, or demean others is subject to penalty.

**XII. OFF SEASON TRY-OUTS**

During the school year, only students attending school in the district for which the try-out is held may be permitted to participate in a try-out. Try-outs should only be conducted for the purpose of the selection of a school team and may not be used for practice time. Each day of the try-out may be up to 2 hours in length. No off-season try-out will be allowed for more than three days, and all sessions of the try-out must conclude by 9 p.m. A record of all try-outs should be kept on file at the member school detailing the dates, times and grade level of all participants in the tryout. The OSSAA reserves the right to request these records from a member school.

Exception: During the school year, Spirit may conduct a clinic of no more than 4 days, each day of the try-out clinic may be up to two hours in length. All students participating in the tryout must be attending school in the district for which the try-out is being held.

After the school year concludes, Fast-Pitch Softball, Volleyball, Cross Country and Fall Baseball may conduct a tryout on or after July 15; all other activities may not conduct a tryout outside the school year.

**XIII. NCSA OFFICIAL METER/YARD CONVERSION FACTORS TABLE**

| <b>Event</b>          | <b>Girls Meters to Yards</b> | <b>Boys Meters to Yards</b> |
|-----------------------|------------------------------|-----------------------------|
| 200 Medley Relay      | 0.8961                       | 0.8969                      |
| 200 Freestyle         | 0.9025                       | 0.9025                      |
| 200 Individual Medley | 0.9009                       | 0.9001                      |
| 50 Freestyle          | 0.8969                       | 0.8937                      |
| 100 Butterfly         | 0.9001                       | 0.8977                      |
| 100 Freestyle         | 0.8993                       | 0.9001                      |
| 500 Freestyle         | 1.140                        | 1.139                       |
| 200 Free Relay        | 0.8953                       | 0.8961                      |
| 100 Backstroke        | 0.9001                       | 0.9001                      |
| 100 Breaststroke      | 0.8993                       | 0.9009                      |
| 400 Free Relay        | 0.8977                       | 0.8977                      |

NOTE: To convert times from meters to yards, take the meter time in seconds, and multiply by the 4-digit conversion factor to get the yard time in seconds.

**XIV. SANCTIONING OF MEETS**

The OSSAA will not sanction any meet if the Starting platforms are too high for the appropriate water depth (see chart below).

| Water Depth at Starting End | MAXIMUM Heights of Platforms/Deck Above Water Surface |
|-----------------------------|---|
| 4 Feet or More              | 30 Inches   |
| Less Than 4 feet            | Start From Deck/in Water                              |

NOTE: This chart is in compliance with National Federation Rule High School Rules.

**XVII. ACADEMIC ACHIEVEMENT AWARD**

**SCHOLASTIC AWARD for HIGH SCHOOLS** - The OSSAA will recognize swim teams that excel in academic achievement. The academic GPA will be based on a 4 point system and computed to the nearest one-thousandth percentile: A=4.000; B=3.000; C=2.000; D=1.000. If you have a weighted grading system, it must be converted to a 4 point system in computing the team GPA.

1. Three levels of award:
  - a. Academic Achievement Certificate -  
Swim teams with an over-all GPA of 3.25 (based on 4 point grading system and computed to the nearest one thousandth percentile) and rank in upper 1/3 of their classification to qualify.
  - b. Distinguished Academic Plaques (4) - Swim teams with over-all GPA of 3.5 to 4.0 (based on 4-point grading system and computed to the nearest one-thousandth percentile) and rank in the top five of their classification to qualify.
  - c. State Champion - Highest GPA for a girls' team and Highest GPA for a boys' team.
2. Qualifications: Must have a minimum of 10 participants, all of which competed in the Regional Meet, on the team to qualify, (managers/trainers not included as participants). All participants in the regional meet must be submitted on the Academic Achievement link located on the swim page. Academic achievement must be submitted by **February 10, 2025**. The GPA will be based on the first semester grades of the participants of the current school year.
3. Award Presentations:  
The Academic State Championship trophy will be presented to the winning team at the State Championship event on Friday.
4. Entries received after the entry deadline will not be considered. Incorrect information submitted on the entry form will also void the entry. Please report any corrections or changes on your academic application to the OSSAA office. The OSSAA will confirm finalists for the State Championship award.

## Awards Procedure for State Championships

|                                |                                     |                                |                           |
|--------------------------------|-------------------------------------|--------------------------------|---------------------------|
| Girls 200 Medley Relay         | <b>200 Individual Medley Awards</b> | 5 Minute break                 | <b>Girls Team Results</b> |
| Boys 200 Medley Relay          | Girls 100 Butterfly                 | <b>500 Freestyle Awards</b>    | <b>Boys Team Results</b>  |
| 5 minute break                 | Boys 100 Butterfly                  | Girls 100 Backstroke           |                           |
| Girls 200 Freestyle            | <b>50 Freestyle Awards</b>          | Boys 100 Backstroke            |                           |
| Boys 200 Freestyle             | Girls 100 Freestyle                 | <b>200 Free Relay Awards</b>   |                           |
| <b>200 Medley Relay Awards</b> | Boys 100 Freestyle                  | Girls 100 Breaststroke         |                           |
| Girls 200 Individual Medley    | <b>100 Butterfly Awards</b>         | Boys 100 Breaststroke          |                           |
| Boys 200 Individual Medley     | Girls 500 Freestyle                 | <b>100 Backstroke Awards</b>   |                           |
| <b>200 Freestyle Awards</b>    | Boys 500 Freestyle                  | Girls 400 Free Relay           |                           |
| Girls 50 Freestyle             | <b>100 Freestyle Awards</b>         | Boys 400 Free Relay            |                           |
| Boys 50 Freestyle              | Girls 200 Free Relay                | <b>100 Breaststroke Awards</b> |                           |
| 15 minute break                | Boys 200 Free Relay                 | <b>400 Free Relay Awards</b>   |                           |



## HISTORY OF BOYS STATE SWIMMING CHAMPIONS

|      |  |                     |      |    |                         |  |  |  |
|------|--|---------------------|------|----|-------------------------|--|--|--|
| 1937 |  | Central (Tulsa)     | 1993 |    | Edmond                  |  |  |  |
| 1938 |  | Central (Tulsa)     | 1994 |    | Norman                  |  |  |  |
| 1939 |  | Central (Tulsa)     | 1995 |    | Westmoore               |  |  |  |
| 1940 |  | Central (Tulsa)     | 1996 |    | Jenks                   |  |  |  |
| 1941 |  | Central (Tulsa)     | 1997 |    | Jenks                   |  |  |  |
| 1942 |  | Central (Tulsa)     | 1998 |    | Jenks                   |  |  |  |
| 1943 |  |                     | 1999 |    | Jenks                   |  |  |  |
| 1944 |  |                     | 2000 |    | Jenks                   |  |  |  |
| 1945 |  |                     | 2001 |    | Jenks                   |  |  |  |
| 1946 |  |                     | 2002 |    | Jenks                   |  |  |  |
| 1947 |  |                     | 2003 |    | Jenks                   |  |  |  |
| 1948 |  | Classen SAS         | 2004 |    | Jenks                   |  |  |  |
| 1949 |  | Bartlesville        | 2005 |    | Edmond North            |  |  |  |
| 1950 |  | Classen SAS         | 2006 |    | Edmond North            |  |  |  |
| 1951 |  | Ponca City          | 2007 |    | Jenks                   |  |  |  |
| 1952 |  | Bartlesville        | 2008 |    | Jenks                   |  |  |  |
| 1953 |  | Bartlesville        | 2009 | 6A | Jenks                   |  |  |  |
| 1954 |  | Bartlesville        |      | 5A | Bixby                   |  |  |  |
| 1955 |  | Bartlesville        | 2010 | 6A | Jenks                   |  |  |  |
| 1956 |  | Will Rogers         |      | 5A | Altus                   |  |  |  |
| 1957 |  | Central (Tulsa)     | 2011 | 6A | Jenks                   |  |  |  |
| 1958 |  | Edison Prep         |      | 5A | Harrah                  |  |  |  |
| 1959 |  | Edison Prep         | 2012 | 6A | Union                   |  |  |  |
| 1960 |  | Edison Prep         |      | 5A | Bixby                   |  |  |  |
| 1961 |  | Edison Prep         | 2013 | 6A | Norman North            |  |  |  |
| 1962 |  | Bartlesville        |      | 5A | Bixby                   |  |  |  |
| 1963 |  | Bartlesville        | 2014 | 6A | Norman North            |  |  |  |
| 1964 |  | Bartlesville        |      | 5A | Stillwater              |  |  |  |
| 1965 |  | Bartlesville        | 2015 | 6A | Norman North            |  |  |  |
| 1966 |  | Bartlesville        |      | 5A | Altus                   |  |  |  |
| 1967 |  | Bartlesville        | 2016 | 6A | Edmond North            |  |  |  |
| 1968 |  | Bartlesville        |      | 5A | Altus                   |  |  |  |
| 1969 |  | Bartlesville        | 2017 | 6A | Jenks                   |  |  |  |
| 1970 |  | Bartlesville        |      | 5A | Deer Creek (Edmond)     |  |  |  |
| 1971 |  | Bartlesville        | 2018 | 6A | Norman North            |  |  |  |
| 1972 |  | Norman              |      | 5A | Booker T.<br>Washington |  |  |  |
| 1973 |  | Stillwater          | 2019 | 6A | Jenks                   |  |  |  |
| 1974 |  | Stillwater          |      | 5A | Bishop Kelley           |  |  |  |
| 1975 |  | Norman              | 2020 | 6A | Jenks                   |  |  |  |
| 1976 |  | Norman              |      | 5A | Bishop Kelley           |  |  |  |
| 1977 |  | Norman              | 2021 | 6A | Jenks                   |  |  |  |
| 1978 |  | Norman              |      | 5A | Bishop Kelley           |  |  |  |
| 1979 |  | Norman              | 2022 | 6A | Jenks                   |  |  |  |
| 1980 |  | Norman              |      | 5A | Altus                   |  |  |  |
| 1981 |  | Booker T Washington | 2023 | 6A | Edmond North            |  |  |  |
| 1982 |  | Norman              |      | 5A | Bishop Kelley           |  |  |  |
| 1983 |  | Norman              | 2024 | 6A | Jenks                   |  |  |  |
| 1984 |  | Bartlesville        |      | 5A | Carl Albert             |  |  |  |
| 1985 |  | Booker T Washington | 2025 | 6A | Jenks                   |  |  |  |
| 1986 |  | Bartlesville        |      | 5A | Carl Albert             |  |  |  |

|      |  |              |  |  |  |  |  |  |
|------|--|--------------|--|--|--|--|--|--|
| 1987 |  | Moore        |  |  |  |  |  |  |
| 1988 |  | Bartlesville |  |  |  |  |  |  |
| 1989 |  | Bartlesville |  |  |  |  |  |  |
| 1990 |  | Bartlesville |  |  |  |  |  |  |
| 1991 |  | Jenks        |  |  |  |  |  |  |
| 1992 |  | Jenks        |  |  |  |  |  |  |

### HISTORY OF GIRLS' STATE SWIMMING CHAMPIONS

|      |  |                 |      |    |                   |  |  |  |
|------|--|-----------------|------|----|-------------------|--|--|--|
| 1957 |  | Ponca City      | 2010 | 6A | Jenks             |  |  |  |
| 1958 |  | Ponca City      |      | 5A | Bishop McGuinness |  |  |  |
| 1959 |  | Ponca City      | 2011 | 6A | Edmond North      |  |  |  |
| 1960 |  | Ponca City      |      | 5A | Ft. Gibson        |  |  |  |
| 1961 |  | Ponca City      | 2012 | 6A | Edmond North      |  |  |  |
| 1962 |  | Ponca City      |      | 5A | Ft. Gibson        |  |  |  |
| 1963 |  | Ponca City      | 2013 | 6A | Edmond North      |  |  |  |
| 1964 |  | Edison Prep     |      | 5A | Ft. Gibson        |  |  |  |
| 1965 |  | Ponca City      | 2014 | 6A | Norman North      |  |  |  |
| 1966 |  | Bartlesville    |      | 5A | Ft. Gibson        |  |  |  |
| 1967 |  | Bartlesville    | 2015 | 6A | Bartlesville      |  |  |  |
| 1968 |  | Bartlesville    |      | 5A | Stillwater        |  |  |  |
| 1969 |  |                 | 2016 | 6A | Bartlesville      |  |  |  |
| 1970 |  |                 |      | 5A | Stillwater        |  |  |  |
| 1971 |  |                 | 2017 | 6A | Bartlesville      |  |  |  |
| 1972 |  |                 |      | 5A | Stillwater        |  |  |  |
| 1973 |  |                 | 2018 | 6A | Bartlesville      |  |  |  |
| 1974 |  | Norman          |      | 5A | Stillwater        |  |  |  |
| 1975 |  | Norman          | 2019 | 6A | Bartlesville      |  |  |  |
| 1976 |  | Norman          |      | 5A | Carl Albert       |  |  |  |
| 1977 |  | Norman          | 2020 | 6A | Jenks             |  |  |  |
| 1978 |  | Edmond          |      | 5A | Carl Albert       |  |  |  |
| 1979 |  | Norman          | 2021 | 6A | Jenks             |  |  |  |
| 1980 |  | Norman          |      | 5A | Carl Albert       |  |  |  |
| 1981 |  | Norman          | 2022 | 6A | Edmond North      |  |  |  |
| 1982 |  | Bartlesville    |      | 5A | Shawnee           |  |  |  |
| 1983 |  | Bartlesville    | 2023 | 6A | Jenks             |  |  |  |
| 1984 |  | Bartlesville    |      | 5A | Shawnee           |  |  |  |
| 1985 |  | Bartlesville    | 2024 | 6A | Bartlesville      |  |  |  |
| 1986 |  | Bartlesville    |      | 5A | Shawnee           |  |  |  |
| 1987 |  | Bartlesville    | 2025 | 6A | Jenks             |  |  |  |
| 1988 |  | Bartlesville    |      | 5A | Shawnee           |  |  |  |
| 1989 |  | Bartlesville    |      |    |                   |  |  |  |
| 1990 |  | Jenks           |      |    |                   |  |  |  |
| 1991 |  | Jenks           |      |    |                   |  |  |  |
| 1992 |  | Jenks           |      |    |                   |  |  |  |
| 1993 |  | Edmond          |      |    |                   |  |  |  |
| 1994 |  | Jenks           |      |    |                   |  |  |  |
| 1995 |  | Bartlesville    |      |    |                   |  |  |  |
| 1996 |  | Bartlesville    |      |    |                   |  |  |  |
| 1997 |  | Bartlesville    |      |    |                   |  |  |  |
| 1998 |  | Stillwater      |      |    |                   |  |  |  |
| 1999 |  | Edmond Memorial |      |    |                   |  |  |  |

**SWIMMING****2025-2026**

|      |    |                   |  |  |  |  |  |  |
|------|----|-------------------|--|--|--|--|--|--|
| 2000 |    | Edmond Memorial   |  |  |  |  |  |  |
| 2001 |    | Edmond Memorial   |  |  |  |  |  |  |
| 2002 |    | Jenks             |  |  |  |  |  |  |
| 2003 |    | Jenks             |  |  |  |  |  |  |
| 2004 |    | Jenks             |  |  |  |  |  |  |
| 2005 |    | Jenks             |  |  |  |  |  |  |
| 2006 |    | Edmond Memorial   |  |  |  |  |  |  |
| 2007 |    | Edmond Memorial   |  |  |  |  |  |  |
| 2008 |    | Jenks             |  |  |  |  |  |  |
| 2009 | 6A | Jenks             |  |  |  |  |  |  |
|      | 5A | Bishop McGuinness |  |  |  |  |  |  |

# SPORTS NUTRITION GAME PLAN

The **Sports Nutrition Game Plan** is a premier sports nutrition program. If you are looking to take your game to the next level, this free digital program provides:

- Sharable and printable educational content (to be used by teams, coaches, and parents)
- Videos (all-inclusive of nutrition, sports nutrition, and cooking demos)
- Meal plans, various types of snack lists, and fueling schedules for all seasons
- Social media - SportsYou (Access Code: UFES-7BR9)
- Short sports nutrition tips for coaches to send to athletes
- Team challenges

Each component of the program is crafted to educate athletes, coaches, trainers, and parents on proper nutrition principles, sports nutrition, and how beef plays a role in fueling training, performance and recovery.



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