

seconds (1:04.21), while Nguyen used a great second leg to win the 100-breast (1:18.91).

"Tyshin was super stoked to get a best time in 100-breast. He has gotten a lot stronger," Lewin said.

In what was possibly the most entertaining race of the night, the 100-butterfly, Rhoades had his goggles fall from his eyes upon diving into the water. Despite having the eyewear across his face for nearly the entire race, Rhoades found a way to get to the line in time to finish first (1:03.91).

"I often lose my goggles. It is a recurring issue. After I jumped into the water, I just had a huge adrenaline rush. I didn't want to do two things wrong. I couldn't lose the race and have my goggles fall off," Rhoades said. "As I was coming up on the last 25, I felt like my arms were purely going off of willpower. They were numb. But it was worth it because I got the win."

McNary returns to the Kroc Center pool on Thursday, Jan. 20 to take on Caldera at 2 p.m.



McNary's Paris Boyd was victorious for the Celtics in the 50-freestyle and 500-freestyle.

Photo by MATT RAWLINGS of Keizertimes

SKPS updates athletic program protocols and safety measures

Salem-Keizer Public Schools announced earlier this week that they would be continuing with athletic activities while consistently reviewing protocols and safety measures. For all athletic activities, the district will continue to prioritize consistent safety practices for student participants, coaches, staff and spectators. Some of the new protocols are listed below.

Spectator capacity limits

Due to the increased risk of transmission for COVID-19 during athletic events, SKPS will be implementing capacity limits at all athletic events that began on Tuesday, Jan. 11. Details for each type of event/facility is below:

Basketball: Four spectators per participant including basketball and cheer athletes, and pep band participants. This four spectator limit is subject to change depending on the event venue capacity limits. Team coaches will communicate with participants on final event spectator limits. Pep bands will be set in an area to allow proper distancing.

Wrestling: Four spectators per participant.

Swimming: Spectator limits will depend on venue capacity at the KROC center (to be determined). More details on final capacity numbers will be shared with

families once finalized.

Face coverings and physical distancing requirements

- All requirements for physical distancing and face coverings will continue to be maintained for participants, coaches and spectators. Requirements include:

- Face coverings are required for all spectators.

- Athletes are not required to wear a face covering indoors while actively practicing or playing a competitive sport at any level, including cheerleading and dance/drill.

- Students not actively participating (i.e., on the sideline/bench during an indoor competition.) are required to wear a face covering.

- Coaches and support staff are required to wear a face covering during indoor practices and competitions. This includes weight training regardless of location.

- All individuals should maintain physical distance to the extent possible.

- Face coverings are optional in outdoor settings.

Concessions, trips and other activities

All athletic activities such as overnight trips, extra team functions (ex. team meals) and concession stands will not be allowed.



Jando Gonzalez tries to get by a defender in McNary's game against Lakeridge on Dec. 30.

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