

2026 UIL District 6-4A

Swimming & Diving Championships

Friday, January 16, 2026

Sanction #: HS 12D-26

Host: Hosted by Dallas Independent School District

Location: Swimming & Diving: Alfred J. Loos Natatorium
3815 Spring Valley Road
Addison, TX 75001
(972) 888-3191

Facility: The facility consists of one indoor 25-yard, eight lane competition pool with a Colorado Timing System and scoreboard and one eight lane warm-up pool. Ample seating and dressing space provided. During the swim portion of the meet eight (8) 25-yard lanes will be available for continuous warm-up and cool down.

Directions: Loos Natatorium is located on Spring Valley Road between Midway and Marsh Lanes. It is located less than two miles west of the Spring Valley exit off the North Dallas Tollway. It's approximately two miles north of the Marsh Lane and Midway exits off of I-635 (LBJ).

Schedule:

SWIMMING

Team Assigned General Warm-up: 11:00 to 11:45am, 11:45am to 12:30pm
Dive Starts & Push Pace: 12:30pm to 12:45pm
Relay Cards & Scratches Due: 11:00am
Timers Briefing: 12:30pm
Coaches Meeting: 12:45pm
Meet Start: 1:00pm

DIVING (If we have divers)

Warm-Up: 30 Min. in duration after completion of
Event #8, Boys 50 Yd. Freestyle
Diving Start: 30 Min. after completion of Event # 8, Boys
50 Yd. Freestyle.

Warm Up: General warm-up will be conducted in both deep and shallow ends. During the general warm-up session *circle swimming only*. No sprinting or pace work will be allowed during the general warm-up session. NO DIVING will be allowed from the blocks or the edge of the pool during the general or team assigned warm-ups. Swimmers shall enter the pool feet first in a cautious manner.

The Team Assigned Warm-Up Schedule will be published by Tuesday, January 13th, 2026.

Pace & Dive Starts: (Competition Pool)	12:30 to 12:45pm	PUSH PACE Lanes 1 & 8	RACING STARTS Lanes 2, 3, 6 & 7	GENERAL WARM-UP Lanes 4 & 5
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Push pace lanes: Push off one or two lengths from starting end. Circle swimming only.
NO DIVING.

Racing starts: Sprint lanes for racing starts from blocks or for backstroke starts in specified lanes at designated times. Swim one direction and exit the pool at the far end in the same specified lane.

The shallow end pool will remain open for general warmup during Pace & Dive Starts and during the meet. **NO DIVING**

Rules:

Changing into or out of swimsuits other than in locker rooms or other designated areas and shaving in the facility are violations of NFHS Sportsmanship Rules and will result in disqualification from the meet.

All spectators must remain in the seating area. No chairs are allowed in the spectator bleacher area except for "stadium seats." No standing along the railing will be allowed.

The use of audio or visual recording devices including a cell phone, is not permitted in changing areas, restrooms, locker rooms or in the starting area (behind the starting blocks.)

Departures from the normal swimming uniform based on religious beliefs are permitted.

Any other departures from normal swimming uniform; i.e. sports bras, insulin pumps, etc.; must have written authorization from the UIL office in Austin.

Swimmers with Disabilities

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition.

Taping of any kind is only permitted with submission of a letter from 1) a licensed MD, 2) a licensed registered nurse, 3) a licensed chiropractor or 4) a licensed team trainer. The meet referee still has final say as to whether an athlete will be allowed to compete with tape even with a letter from one of these sources. It is the responsibility of the coach or swimmer to submit these documents to the referee prior to the start of the swim meet.

Entries:

Per Rule 3: Team Personnel; Section 1: Entries by Teams; Art. 1... In championship meets, each team will be permitted a maximum of four (4) entries in an individual event and one (1) team in a relay event.

Per Rule 3: Team Personnel; Section 2: Entries by Individuals; Art. 1... A competitor shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. i.e. A competitor shall be permitted to enter up to two (2) individual events and two (2) relays; or a competitor shall be permitted to enter up to three (3) relays and only one (1) individual event.

All seed times **MUST** be submitted to the 100th of a second. If a competitor does not have a previous time in an event, enter that competitor's time as "NT" (No Time).

Relay Cards will be provided in your team packet when you check-in your team. **Relay cards are due back to Meet Administration by 11:00am.** They will be returned to you at the Coaches' Meeting in Hospitality at 12:45pm. Have your athletes bring them directly to their assigned heat and lane and give to one of the timers in their lane

Per Rule 3: Team Personnel; Section 2: Entries by Individuals; Art. 3 "In each relay event, eight individuals may be designated...;" i.e. you may enter only eight (8) swimmers per relay; four (4) primary and four (4) alternates].

Any changes in relay order must be reported to the Meet Referee or his/her representative before the start of each relay event.

Entry Deadline:

All team entries will be submitted via e-mail by Noon on Monday, January 5, 2026 to: annlang12@gmail.com. ****Remember**** Divers must be included with the team's entries that are due by Noon, Monday, January 5th, 2026. Entries by Team Manager File or UIL Entry Forms (see attached) will only be accepted. When using the Team Manager file please include a pdf copy of your team's entries by name for both individual and relay events. **Once your entries are received there will be NO changes to them permitted unless it is a relay order.** Ensure that your entries, especially hard copy UIL Entry Forms are complete and correct. **We will not accept entries**

after the Monday, January 5th, Noon deadline. THERE WILL BE NO EXCEPTIONS ALLOWED OR LEEWAY GIVEN.

If you have USA Swimming swimmers on your team desiring to be observed for inclusion of their times in the USA Swimming SWIMS Database, please make sure that you include their proper name and correct USA Swimming ID# in your entries.

For divers, make sure to email each of your diver's names and their individual dive lists.

Awards Scoring:

Team Trophies will be awarded to Boy's and Girl's 1st-3rd place.
Medals shall be awarded for 1st – 3rd place for individual and relay events.
Points will be awarded as follows:
Individual events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

Championship Certificates for

- Girl and Boy Diver of the Meet (determined by coach's vote)
- Girl's and Boy's Diving Coach of the Year (votes due to the scorer's table before the end of diving)
- Girl and Boy Swimmer of the Meet (determined by individual event power points)
- Girl's and Boy's Swimming Coach of the Year (votes due to scorer's table before 100 breast)

The following criteria will be followed to determine TISCA Awards:

- Coaches must be current members of TISCA to be eligible to vote or receive a TISCA District Coach of the Year Award. Each TISCA member will get one vote.
- Coach of the Year Award will be determined by a vote of the eligible coaches. Coaches will vote for a Girl's District Coach of the Year and a Boy's District Coach of the Year for both Swimming and Diving.
- TISCA Athlete of the Meet for girls and boys swimming will be determined by utilizing the NISCA power point system. The swimmer(s) with the highest individual point total will be named the Athlete of the Meet for swimming.

Psych Sheet:

Will be posted Tuesday, January 13th, 2026 by 1:00pm

Concessions:

Concessions will be sold by the Dallas Independent School District (DISD).

Hospitality:

Hospitality will be provided for coaches, officials and timers.

Officials:

All officials are required to attend an officials' meeting one hour prior to the start of the meet. This meeting will review and clarify any rules necessary as well as answer questions. The uniform for Thursday's timed finals will be white polo shirt over khaki shorts/pants/skirt, as appropriate; white deck shoes.

Meet Referee:

Bob Lang

dogmatic.lang@gmail.com

Admin Referee:

Ann Lang

annlang12@gmail.com

Meet Director:

Cedric Patterson

cepatterson@dallasisd.org

Advancers:

The top 4 finishers in each District and in each event will advance to the UIL Region 2-4A Championships

Governed By: The 2025-2026 National Federation Swimming Rules.

Format: Standard NFHS Individual and Relay Events

- Timed Finals on Saturday
- The NFHS “Whistle Start” protocol will be used
- “Fly Over” starts will be used
- Events will be swum “Slowest to Fastest”
- This meet will follow NFHS Championship Protocols – any swimmer “no showing” for an event will be disqualified from the remainder of the meet.
- Swimmers may submit a Declared False Start prior to the start of an event to avoid swimming that event but that DFS will count as an individual swim.

USA Swimming Observation: This meet will be USA Swimming observed. *Please make sure that any swimmer wanting their swim to be observed has their USA swimming ID number entered correctly.* The host will **not** add them manually.

Weather: In the case of inclement weather this District meet will be delayed until later in the day or the first day we can run the meet. E-mails will be sent to all coaches with updates.

Order of Events & Awards

Girls' Event #	Events	Boys' Event #
1	200 Medley Relay	2
5 Minute break		
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	1M. Diving	10
Awards (200 Medley Relay, 200 Freestyle, 200 Individual Medley)		
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
Awards (1M. Diving, 50 Freestyle, 100 Butterfly, 100 Freestyle)		
17	200 Freestyle Relay	18
5 Minute Break		
19	100 Backstroke	20
21	100 Breaststroke	22
Awards (500 Freestyle, 200 Freestyle Relay, 100 Backstroke)		
23	400 Freestyle Relay	24
Awards (100 Breaststroke, 400 Freestyle Relay)		
Girls / Boys Team Awards, Girl / Boy Swimmer of the Meet		
Girl / Boy Diver of the Meet		
Girls / Boys Coach of the Year		