

2026 UIL District 7-6A

Swimming & Diving Championships

Saturday, January 24, 2026

Sanction #: HS 19D-26

Host: Hosted by Richardson Independent School District

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

Facility: The facility consists of two indoor 25-yard, eight lane pools with a Colorado Timing System and scoreboard. 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: **DIVING** **January 24**
General Warm-Up: 8:30am to 9:30am
Combined Boys & Girls Competition: 9:30am

SWIMMING **January 24**
Team Assigned Warm-Up: 11:00am to 11:37am, 11:37am to 12:15pm
Dive Starts & Push Pace: 12:15pm
Relay Cards Due: 11:00am
Timers Meeting: 12:15pm
Coaches Meeting: 12:35pm
Meet Start: 1:00pm

Warm Up: During the general warm-up session *circle swimming only*. No sprinting or pace work will be permitted 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 Wednesday, January 21st, 2026.

Pace & Dive Starts:	12:15 to 12:30 PM	PUSH PACE	RACING STARTS	GENERAL WARM UP
(Competition Pool)		Lanes 1 & 8	Lanes 2, 3, 4, 5, 6 & 7	Shallow End (No Diving)

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 only and exit the pool on the opposite end in the same specified lane.

The shallow end pool will remain open for general warm-up 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 is not permitted. No shaving down in the Loos facility. Both are rules violations are considered to be “Unsportsmanlike Conduct,” and will result in the immediate disqualification of that individual from the swim 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 12:35pm. Have your athletes bring them directly to their assigned heat and lane and give to 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 to: **annlang12@gmail.com** and are due by Noon, Thursday, January 15th, 2026. ****Remember**** Divers must be included with the team's entries that are due by Noon, Thursday, January 15th, 2026. Entries by Hy-Tek Team Manager File or UIL Entry Forms (see attached) will only be accepted. Hy-tek files attached to an e-mail are encouraged.

A free copy of Hy-tek “Team Manager Lite” is available on Hy-tek’s website. When using the Hy-tek 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 are no changes to them 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 Thursday, January 15th, 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.

E-Mail entries to: Ann Lang
annlang12@gmail.com
214-402-5945

E-mail each of your diver’s names and their individual dive lists to: Sierra Thain
sthain@jesuitcp.org

Make sure to enter your divers on the Hy-tek file as well.

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.
Ribbons will be awarded 4th-8th place.
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.

Heat Sheets: No charge

Psych Sheet: Will be posted by Wednesday, Jan. 21st by 1:00 PM.

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

Hospitality:	Hospitality will be provided for coaches and officials.	
Officials:	All officials are required to attend an officials' meeting one hour prior to the start of the swim meet. This meeting will review and clarify any rules necessary as well as answer questions. The uniform for Friday'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:	Eric Ewing	eric.ewing@risd.org
Advancers:	The top 6 finishers in each event will advance to the UIL Region 2-6A Championships.	
Governed By:	The 2025-2026 National Federation Swimming Rules.	
Format:	Standard NFHS Individual and Relay Events <ul style="list-style-type: none"> • Timed Finals on Saturday • The NFHS "Whistle Start" protocol will be used • "Flyover" starts will be used • Events will be swum "Slowest to Fastest" • This meet will follow NFHS Championship Protocols – any swimmer "no showing" 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. <i>Please make sure that any swimmer wanting their swim observed has their USA swimming ID number entered correctly.</i> The host will not add them manually	
Weather:	In the case of bad 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 for updates.	

Order of Events & Awards

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