

Frisco North Texas TISCA Invitational
Hosted by Frisco ISD
Bruce Eubanks Natatorium
November 13-15, 2025

Facility: Bruce Eubanks Natatorium; 7411 N. 1st Street, Frisco, TX 75034
One 8-Lane, 25-yard Competition Course
Separate 25-yard Warm-up/Cool-down Pool
Two One-Meter/One Three-Meter Dura-Flex Diving Boards
Fully automated Colorado Gen 7 Legacy Timing System
Full matrix full color LED scoreboard
eDive for Diving, entries on CleanEntries
Colorado Wireless Diving Judging System
Spectator seating for 800
Meet limited to 400 swim participants
Ample deck seating for swimmers
□ Coaches may bring deck chairs, but swimmers will not be allowed to have chairs on deck

Schedule:

Diving - November 13, 2025

Doors Open	9:15*
Open Warm-up (1m/3m)	9:30-11:15*
1m Only Warm-up	11:15-11:35*
Coaches/Diver Meeting	11:40*
1m Diving Competition	11:45*
3m Only Warm-up	2:00-2:30*
3m Diving Competition	3:00*

*Time may be adjusted depending on the number of divers entered. If needed, we will separate the girls and boys diving events.

One-Meter Competition

Each diver will perform eleven (11) dives, five (5) voluntary and six (6) optional. Please consult the National Federation Swimming & Diving Rule Book for choice and order of dives. **Diving sheets must be verified and signed by 10:45.**

Three-Meter Competition

Championship Format

(Rule set for proposed Phase 1 - 3m in UIL)

The purpose of the 3-Meter Diving Pilot Program is to allow the “diving-specific” athlete the occasion to expand their sporting repertoire, further develop their diving acumen, and posture them for potential collegiate athletic and academic scholarships, opportunities, and life experiences. The 3-Meter Diving Pilot Program will promote the diversity of the swimming and diving community at the high school level and significantly increase the versatility of the “diving-specific” athlete, making them a more productive and contributing member of the Swimming and Diving Team in gaining overall recognition in the team sport points rationale. This ruleset is to provide a uniform for administering 3-meter in all TISCA Championship events.

Qualification:

All diving athletes that qualify for the 1-Meter event in a TISCA Championship meet are eligible to participate in the 3-meter Pilot Program event. (Suggested DD requirement for

1-meter is 12.2-12.8). There is no DD requirement for the 3m Pilot Program event. Team points will be awarded to the participants of the 3-meter Pilot event in TISCA Championship meets. Athletes will be judged, scored, and recognized for their performance in the event. No penalty will be assessed to those diving athletes wishing to not participate in the Pilot Program event (3m).

Rules:

Diving athletes in the 3-Meter Pilot Program event will perform a diving list of six total dives to include:

- one Voluntary dive/five Optional dives

(Rule of reference: NFHS 9-4)

The Voluntary dive will have a maximum Degree of Difficulty (DD), the multiplier attached to all dives, of 2.0. Any dive can be labeled as "Voluntary".

The Optional dives will have an unlimited DD and must represent all diving categories.

True D.D. will be applied to the 5 Optional dives in the diver's entered list.

Eligible dives and DDs will be calculated using the FINA (World Aquatics) DD Table.

The execution of the 3-meter Pilot Program event will utilize the most current UIL/NFHS rules and procedures for diving events as listed in Rule 9 of the NFHS rule book.

- except wherein listed 1-Meter specifically, the term 3-Meter will be interjected and assumed in the governance of the meet

The 3m Pilot Program event may be run simultaneously with the 1m contest, or separate, depending on the diving judge's availability.

Use CleanEntries for submitting dive sheets. Dive sheets are due at the same time swimming entries are due.

Swimming Preliminaries - November 14, 2025

Doors Open 7:45

Warm-up: 8:00

90 minutes, general warm-up, 25 Lanes, NO DIVING.

- Teams will be divided into three separate 30-minute sessions after entries are submitted.
- Last 20 Minutes – Competition Pool
 - Pace: Lanes 1 & 8
 - One-Way Dive Sprints: Lanes 2 - 7
 - Competition Pool will close 10 minutes prior to the start of the meet.
 - Shallow end warm-up pool will remain open throughout for general warm-up/warm-down. Deep end warm-up closed.

Prelims Begin: 10:00

The eight (8) fastest swimmers/relays in each event will qualify for the Championship Finals. The next eight (8) fastest swimmers/relays in each event will qualify for the Consolation Finals.

Swimming Finals - November 15, 2025 (A/B - top 16)

Doors Open 7:45

Open Warm-up 8:00-9:30

One-way starts/Pace 9:30-9:50

Finals 10:00

Rules:

U.I.L. and National Federation Rules will govern the meet.

Team Eligibility:

Each school entered must have a coach/sponsor who is a current TISCA member. Membership information can be found at: <https://tisca.memberclicks.net/> **Please complete membership application process by November 1, 2025. Teams must also be UIL member schools. Entries will be capped at 400 swimmers.**

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Team awards will be given to the top three (3) girls' teams and the top three (3) boys' teams.
There will be an awards presentation for the top three teams at the conclusion of the meet.

Custom Medals will be awarded to first, second, and third place in individual and relay events. Ribbons will be awarded to fourth through eighth place in individual and relay events.

Entries: Each contestant may enter a maximum of four (4) events, no more than two (2) may be individual events (diving counts as an individual event). **Each team may enter an unlimited number of entries in each event, provided the time standard is met. Do not enter JV teams or exhibition swimmers/divers.**



The meet will be a USA Swimming Observed Meet.

Coaches wishing to have their swimmers observed for USA Swimming **MUST** have their USA Swimming ID number included in the Hy-Tek Team Manager entries upon submission.

COACHES: PLEASE ADHERE TO TIME & DD STANDARDS.

****Proof of time report must be submitted along with entries****

The only acceptable sources for proving times are:

- ☐ USA Swimming National SWIMS Database
- ☐ Specific Team Manager Proof-of-Time Reports

In cases where a swimmer's time does not meet the qualifying standard and the proof-of-time verification process fails to prove the time was achieved at one point, the athlete could be disqualified from the remainder of the meet and entry fees due will not be adjusted. Teams that have multiple swims outside of the qualifying standards will not be invited to return to the meet the following year.

Qualifying Times and Proof-of-Time Clarification:

- ☐ Individual swimmers and relay teams may enter this meet **ONLY** if they have at some time achieved the qualifying time listed in the Order of Events on page four (4) for each event entered.
- ☐ There are no "free" or "bonus" events

Directions for running a proof of times report in Hy-Tek Team Manager:

- ☐ Complete your entries in Hy-tek
- Go to "Reports" and create an "Entry Report"
- In the "Entry Report" window, in the upper right hand corner, click the box to "include proof of time"
- Create the report, save as a PDF file, and email with your Hy-tek entry file.

Entry Procedure: **Swimming/Diving:** Enter your team with Team Manager
You can send either the zip file or open the zip file and send the file that ends with HY3 to:
howardme@friscoisd.org **Be sure to include your diving entries.**

TISCA Hy-Tek directives

- Use version 7.0 or higher of Team Manager.
- Update your software often to ensure compatibility.
- Use the official UIL Team Code (see UIL or TISCA website).
- Use the numeric grade level (09, 10, 11, 12) for each swimmer/diver.
- Use the school name as the "short name".
- Do not use a mascot name or shortened name.

Dive Sheets: Use CleanEntries for submitting dive sheets. Dive sheets are due at the same time Swimming and Diving entries are due. See Dive Sheet Instructions. A late fee will be applied to dive sheets received after the deadline.

Entry Fees: Entry fees are \$30 per athlete (including divers and relay-only swimmers) listed on the team's submitted Hy-tek roster. Entry Fees are calculated on total number of athletes on your original entries. **There is no re-calculation of entry fees for scratches.** Entry fees will be capped at \$800 for schools that participate in the THSADA Region III entry fee agreement.

DO NOT PAY ENTRY FEES PRIOR TO THE MEET. YOU WILL RECEIVE AN INVOICE IN YOUR PACKET AT THE MEET; PAY YOUR TEAM'S ENTRY FEES FROM THE INVOICE INCLUDED IN THE COACHES TEAM PACKET. Team Packets will be available upon entry at the front doors of the Natatorium.



Make checks payable to: Frisco ISD

Mail to: Bruce Eubanks Natatorium

7411 N. First Street

Frisco, Texas 75033

Entry Deadline: Entries (Swimming & Diving, including Dive Sheets) must be received by 11:59pm **Thursday, November 6, 2025 ABSOLUTELY NO EXCEPTIONS.**

A psych sheet will be emailed to participating schools by 5:00pm Friday, November 7, 2025. Please check your entries for errors. E-mail any time corrections and scratches to Coach Howard howardme@friscoisd.org by 11:59pm on Monday, November 10, 2025. No additions can be accepted past the deadline. A final psych sheet, warm-up schedule for prelims and seating assignments will be e-mailed by Wednesday, November 12, 2025.

Ticketing & Streaming: All tickets will be purchased online via Hometown Ticketing. Parents/Fans will need to download the HomeTown Fan app in the App store on their device or go to:

<https://tickets.friscoisd.org>

Tickets will go on sale every Monday @ 10:00 am

- Friday @ 10:00 am for games on Monday/Tuesday

Open the link or download the HomeTown Fan App.

- Create an account with your phone number
- Search for events
- Choose what type or pass or ticket and the quantity
 - Checkout
- Complete contact information
 - Acknowledgements
- Passes or tickets will stay in your app
 - Ready to scan when at the venue

*Adult Ticket \$6, Student Ticket \$4, plus a small transaction fee. Heat Sheets \$3

Live streaming: <https://friscosportslive.com/>

Please call or e-mail if you have any questions:

Melissa Howard

FISD Swim/Dive Coordinator

469-633-6162

howardme@friscoisd.org

John Janak

FISD Natatorium Manager

469-633-6161

janakj@friscoisd.org

Schedule of Events/Time Standards

Girls	Time	Event	Time	Boys
		Thursday, November 13, 2025		
9	11.60	1m Diving	11.80	10
25		3m Diving		26
	Prelims - Friday, November 14, 2025			
	Finals - Saturday, November 15, 2025			
1	2:12.00	200 Medley Relay	1:54.00	2
3	2:14.00	200 Free	1:58.00	4
5	2:31.00	200 I.M.	2:16.00	6
7	27.25	50 Free	24.50	8
11	1:10.00	100 Fly	58.50	12
13	1:00.00	100 Free	53.50	14
15	6:10.00	500 Free	5:35.00	16
17	1:58.00	200 Free Relay	1:42.00	18
19	1:11.00	100 Back	1:02.00	20
21	1:19.00	100 Breast	1:10.00	22
23	4:16.00	400 Free Relay	3:50.00	24