



## 2026 District 7-AAAA Championships

### January 16<sup>th</sup>, 2026

**Sanction #:** HS 34D-26

**Host:**

Prosper ISD

**Natatorium Locations:**

Prosper ISD Natatorium  
1851 Stadium Drive  
Prosper, TX 75071

**Venue:**

One 25-yard Competition Course  
Separate 25-yard Warm-up/Cool-down Pool  
Two one-meter Dura-Flex diving boards

**Water Depth:**

The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the starting end, and 5 feet, 0 inches at the turning end measured for a distance of 1.0 meter to 5.0 meters off of each wall. Diving area is 12 feet under both boards.

**Liability:**

IN GRANTING THIS OBSERVATION AND BY ANY PERSON'S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT ALL MEET OFFICIALS, Prosper ISD Natatorium, and Prosper ISD Natatorium Staff SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

Damage to a facility, when proved, will cause the offending swimmer, or the offending swimmer's team, to be held accountable for repairs.

**Spectator Information:**

- Diving - \$5-Adult, \$3-Student per ticket. All tickets will be sold **ONLINE and ON SITE**.
- Swimming - \$5-Adult, \$3-Student per ticket. Entry Fee includes a heat sheet. All tickets will be sold **ONLINE and ON SITE**. You will receive ticket information for your Parents the week of the meet.
- Concessions will be for sale. Outside food/drink will not be allowed.

**USA Swimming Observation:**

This meet will be approved for observation by USA Swimming for NTV purposes. Only times achieved by swimmers who are currently registered with USA Swimming, have an accurate and complete USA Swimming ID Number in the Meet Manager Database, correct spelling of name, and conform to the technical rules will be loaded into the SWMS Database. The athlete's USA swimming ID must be included in your entry file. The meet host will not add them manually.



This means you must have the swimmer's USAS # & DOB on the District Meet entry file you submit to the District Meet Director.

All USA Swimming athletes 18 years of age and older must have completed the USAS Athlete Protection Training in order for their times to be loaded into the SWMS database

**Meet Format:**

**Friday - Swimming:**

**Warm-Up:** 8:00-9:30 AM

\*First 75 minutes will be assigned warm-up, Last 15 minutes one-way dive sprints in lanes 2-7.

**Coaches meeting:** 9:45 AM

**Meet Start:** **10:00 AM**

**Events:** 1-8, 11-24

**Diving:**

**Warm-Up:** 12:30 PM \*or at the immediate conclusion of District Swim

**Coaches meeting:** 1:15 PM

**Meet Start:** **1:30 PM** \*or 1-hour after the start of Dive Warm up

**Events:** 9 & 10

**Entries Procedure:**

**Swim:**

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 four (4) individuals and one (1) relay in each event

All seed times should be submitted to the 100th of a second.

All team entries shall be submitted using Hy-Tek Team Manager software.

Email an attached meet entry file, and a meet entries report by Athlete Name.

**Dive:**

Each diver will perform eleven (11) dives, five (5) voluntary and six (6) optional.

Diving counts as an individual event. Include your divers in your Team Manager entries.

Please consult the National Federation Swimming & Diving Rule Book for choice and order of dives.

**Entry Fees:**

\$30.00 per individual (including divers, relay-only swimmers, and alternates) regardless of the number of individual events entered. Do NOT send entry fees prior to the meet. You will receive an invoice in your packet at the meet. Pay from the invoice. There is no recalculation of entry fees for scratches.

Make checks payable to: PROSPER ISD ATHLETICS

Mail to: Prosper ISD Natatorium

1851 Stadium Dr.

Prosper, TX 75078

**Entries Chair:**

Tommy Sacco

[tasacco@prosper-isd.net](mailto:tasacco@prosper-isd.net)

Prosper ISD Director of Natatorium

**Entry Deadline:**

All entries shall be received, no later than 12:00 PM Central Time on Monday, January 12th, 2026.

Please send **SWIM** hy-tek entry and hard copy of your entries to Coach Sacco at [tasacco@prosper-isd.net](mailto:tasacco@prosper-isd.net).

All entries will receive an email confirmation. Scratches are due before 12:00pm Tuesday January 13<sup>th</sup>. If you don't receive a confirmation email, please send a note to Coach Sacco Tuesday morning. Psych sheets will be sent out at 12:00pm Tuesday, January 13<sup>th</sup>. No other changes will be accepted after that time.

Please also send **DIVE** sheets to Coach Sacco at [tasacco@prosper-isd.net](mailto:tasacco@prosper-isd.net).

**Deck Changing:**

Deck changes are prohibited.

**Cell Phone Restrictions:**

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**Swimmers with Disabilities:**

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

**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.

**Governed By:**

The 2025-2026 National Federation Swimming Rules.

**Format:**

Standard High School Individual and Relay Events

**Hospitality:**

Hospitality will be provided for coaches and officials only.

**Order of Events:**

GIRLS	EVENT ORDER	BOYS
	Friday, January 16 <sup>th</sup> – 12:30pm	
9	1 METER DIVING	10



	Friday, January 16 <sup>th</sup> – 10:00am	
1	200 MEDLEY RELAY	2
	5 Min break	
3	200 FREESTYLE	4
5	200 INDIVIDUAL MEDLEY	6
7	50 FREESTYLE	8
	20-minute Award Break 1-8	
11	100 BUTTERFLY	12
13	100 FREESTYLE	14
15	500 FREESTYLE	16
	20-minute Award Break 11-16	
17	200 FREESTYLE RELAY	18
19	100 BACKSTROKE	20
21	100 BREASTSTROKE	22
	20-minute Award Break 17-22	
23	400 FREESTYLE RELAY	24
	20-minute Award Break 23 & 24 + TISCA Awards	

**TISCA District Awards:**

According to TISCA By-Laws, the following rules are in effect for the District Championships.

The following TISCA Awards will be given at the District Championships.

Girls District Athlete of the Meet – Diving  
Girls District Athlete of the Meet – Swimming

Boys District Athlete of the Meet – Diving  
Boys District Athlete of the Meet – Swimming

Girls District Coach of the Year – Diving  
Girls District Coach of the Year – Swimming



Boys District coach of the Year – Diving  
Boys District Coach of the Year – Swimming

The following criteria will be followed in determining the TISCA Awards:

1. 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.
2. Coach of the Year Award will be determined by a vote of eligible coaches. Coaches will vote for a Girls Division coach of the Year and a Boys Division Coach of the Year for both Swimming and Diving.
3. TISCA Athlete of the Meet for Girls and Boys Swimming will be determined using NISCA Power Points. The swimmer with the highest total will be named the Athlete of the Meet for Swimming.
4. TISCA Athlete of the Meet for Girls and Boys Diving will be determined using NISCA Power Points. The diver with the highest total will be named the Athlete of the Meet for Diving.