



District 4 – 6A

Swimming and Diving Championships

Diving – Thursday, January 22, 2026
Swimming – Friday, January 23, 2026



Sanction #: HS 001-26

Facility:

Northwest ISD Aquatic Center – 1976 Texan Dr.; Justin, TX 76247

- 1 – 8 Lane courses – Depth 6’8”
- Overflow gutter system
- Cool down area
- Fully automated Colorado Timing system with pads
- 1 – 8 Lane digital scoreboard display
- Three 1-meter diving boards

Entry Limit:

Each individual athlete may compete in a maximum of four events; no more than two of which may be individual events. There is a limit of 4 athletes per team per event and one relay entry per team per event.

Swimming Entries:

There will be a meeting on Monday, January 19, 2026, at 5:30 pm to turn in entries. If you are unable to attend, you can email your entries to kpottorff@nisdtx.org. Please note that all entries must be submitted either in person or via email using Hy-Tek. Each team will be provided a copy of their team entries from Meet Manager as a confirmation of what was submitted.

Psych sheets will be sent out no later than 12:00 pm on Tuesday, January 20, 2026. Once psych sheets have been sent out, the only changes that can be made to your meet entries are scratches and relay names.

Swimming Meet Director:

- Brad Eichenseer
- Bradley.eichenseer@nisdtx.org

Diving Entries:

Each diver will list (11) eleven dives on the diving sheets. The competition shall consist of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through the semi-finals. The dives to be performed during each round shall be as follows:

- Prelims – Any 2 Voluntary and 3 Optional
- Semifinals – 2 Voluntary and 1 Optional
- Finals – 1 Voluntary and 2 Optional

After the preliminary round, twenty divers will be advanced to the semi-final round. After the semi-finals, sixteen divers will be advanced to the final round. The top 16 divers will score. In the event of a tie for the final qualifying position, all ties will advance to the next round.

Diving Judges:

Please email the name(s) of your judges to the meet director or Kristi Pottorff (kpottorff@nisdtx.org) by Wednesday, January 21, 2026. Diving judges need to report to the diving referee (30) thirty minutes prior to the start of the diving competition.

Dive sheets must be entered on clean entries www.cleanentries.com by Monday, January 19, 2026, at 5:30 pm.

Diving Schedule – Thursday, January 22, 2026:

- Warm-up: 10:00 am
- Diving Finals: 11:30 am

Swimming Schedule – Friday, January 23, 2026:

- Warm-Up Session 1: 9:30 am – 10:00 am
- Warm-Up Session 2: 10:00 am – 10:30 am
- Coaches Meeting: 10:30 am
- Meet start: 11:00 am

Warm-up:

Please keep in mind the following during warm-ups:

- No diving is allowed during the general warm-up. Swimmers must enter the water feet first in a cautious manner.
- The last 10 minutes of each warm-up session are one-way starts in the competition pool only.
- Coaches will be responsible to make sure their team follows these warm-up rules.

The lanes at the south end of the Aquatic Center (near the diving well) will remain open during the competition for general warm-up / cool down; however, the lane closest to the competition pool will be closed. NO DIVING IN WARM-UP / COOL DOWN AREA.

Scoring:

Individual Events: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1

Relays: 18 – 14 – 12 – 10 – 8 – 6 – 4 – 2

Awards:

Medals will be awarded for first, second, and third place in each event. Ribbons will be given for 4th – 8th place. Medals will be presented during the meet by the coach of the first place winning team/athlete. Meet results will be posted and available on Meet Mobile.

Trophies will be awarded to each of the girls and boys team champions, 2nd and 3rd place at the conclusion of the swimming competition.

Certificates for girl and boy diver of the meet will be determined by the 1st place finishers of the competition and awarded at the conclusion of the diving competition.

Certificates for girl and boy swimmer of the meet will be determined by NISCA Power Points and will be awarded at the conclusion of the swimming competition.

Coaching recognitions will be awarded at the conclusion of each diving and swimming session and voted on by TISCA member coaches.

Rules:

National Federation Rules shall govern the meet along with the University Interscholastic League Rules and Regulations

This meet MAY 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 database, and conform to the technical rules of USA Swimming will be loaded into the SWIMS Database. The athlete's USA Swimming ID must be included in your entry file. 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 SWIMS database.

General Meet Information:

- Per UIL rules, signs and noisemakers of any type are prohibited within the facility.
- Glass items are prohibited within the facility.
- Smoking is prohibited within the facility.
- Pets are not allowed in the facility.
- Headphones must be used with all electronic entertainment devices.
- Northwest ISD is not responsible for lost, stolen, or damaged articles.
- Per UIL rules, shaving is prohibited within the facility.
- Concessions will be available.
- Athletes with special needs should be identified with the Meet Director / Meet Referee at the coaches meeting.
- No electrical outlets will be available for use.
- The pool deck is restricted to:
 - o Athletes and Coaches
 - o Meet Officials and Workers
 - o School District Administrators (must show ID)
 - o Members of the media who have been pre-approved by the NISD Aquatic Center by Wednesday, January 22, 2025 (email kpottorff@nisdtx.org for more information)
- Facility questions should be directed to Brad Eichenseer at 817-215-0197 or Bradley.eichenseer@nisdtx.org

Hospitality:

- Hospitality will be provided for volunteers and coaches.

Admission:

- \$5.00 per adult – heat sheet included
- \$3.00 per student (must have ID)
- \$1.00 for extra heat sheets

Concessions:

- Concessions WILL be available at this meet.
- No coolers are allowed in the stands.
- No glass is allowed in the facility.

Parking:

- See attached aerial view of the complex for more parking options.

Order of Events

200 Yard Medley Relay

Award Break

200 Yard Freestyle

200 Yard Individual Medley

50 Yard Freestyle

Awards Break

100 Yard Butterfly

100 Yard Freestyle

500 Yard Freestyle

Awards Break

200 Yard Freestyle Relay

100 Yard Backstroke

100 Yard Breaststroke

Awards Break

400 Yard Freestyle Relay

Awards Break