

2026 UIL District 10-6A & 14-5A Swimming & Diving Championships January 23-24, 2026

- Host & Location:** **Rockwall ISD**
RISD Aquatic Center
1205 T. L. Townsend
Rockwall, TX 75087
469-698-7410
Contact Tom.Applegate@rockwallisd.org to be placed on the Coaches distribution list.
- Facility:** 8-Lane competition course. Two 8-lane, 25-yard competition courses, 9 foot lanes
Daktronics timing system buttons and stopwatches will serve as backups
Four 25-yard continuous Warm-up/Warm-down lanes
- Directions:** Pool is located just north of I30. From I30 east, take the exit 68/Texas Route 205. Turn left on Goliad and right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.
From Tyler and Longview: From I20 West, take the exit 499A toward US-80W Dallas. Take exit for FM-148, turn right onto FM-148. Continue onto North TX205 until you reach I30. Go under bridge and turn right onto Yellow Jacket Lane. Pool will be at the end of the street next to the football stadium.
- Spectators:** Spectators will be able to view this event from the stands above the pool. Tickets will be on sale online for \$5.
- Format:** Standard High School Individual and Relay Events
- Timed Finals
 - The USA Swimming "Whistle Start" procedure will be used
 - Competition will take place on the office side/ American flag side of the pool.
- Schedule:**
- | DIVING | FRIDAY Jan 23rd |
|------------------|-----------------------------------|
| General Warm-Up: | 8:30 AM |
| Coaches meeting | 9:00 AM (by diving boards) |
| Competition: | 9:10 AM |
- The girls and boys diving will be run concurrently.**
- | SWIMMING | SATURDAY Jan 24th |
|--------------------|-------------------------------------|
| Warm-Up: | 2:30 – 3:45 PM |
| Coaches info | sent via email |
| Senior Recognition | 3:45 PM |
| Meet Start: | 4:00 PM |
- Timers:** Each team will provide timers for the swimming competition portion of this event.
- Warm Up:** The first half hour will be a general warm up in all lanes. General warm up lanes: NO DIVING. 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. Swimmers shall enter the pool feet first in a cautious manner.
The last 15 minutes of warm up per lane will be:
- | PUSH PACE | RACING STARTS | GENERAL WARM UP |
|------------------|----------------------|------------------------|
| 1 & 8 | 2, 3, 4, 5, | 6 & 7 Warm pool |
- 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.
- Swimmers w/ Disabilities:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition.

- Entries:** An individual shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. All seed times should be submitted to the 100th of a second. Each team may enter a maximum of four (4) individuals per event and one (1) relay per event. Entries must be on the UIL entry form or Hy-tek zip file.
- Entry Deadline:** **ALL ENTRIES INCLUDING DIVE entries and dive sheets are Due January 19th at 12:00 PM with the entries. SEND PDFS to rockwallswimentries@gmail.com and these must be entered in clean entries**
 All team entries shall be submitted using Hy-Tek Team Manager software. Email an attached meet entry file, a meet entries report by name to rockwallswimentries@gmail.com
 There will be no scratch deadline this year as we are waiting until passed eligibility deadline for entries.
 Mail entries to: Tom Applegate
 1205 T. L. Townsend
 Rockwall, TX 75087
rockwallswimentries@gmail.com
- District Fee:** We will divide the cost of this district meet amongst the districts.
 Rockwall ISD will be sending an invoice to your Athletic Department
District Fees Will Be Payable to: Rockwall ISD Athletics
Rockwall ISD- will be covering the rental fee of the facility.
- Psych Sheet:** Will be emailed by January 20th 2026 by 12:00PM
- Relays:** Relay cards due to Meet Management prior to the relay starting
- 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 will be white polo shirt over khaki shorts/pants/skirt, as appropriate.
Meet Referee: Lorraine Temple Lorraine.Temple1013@gmail.com
Meet Director: Tom Applegate Tom.Applegate@rockwallisd.org
- Governed By:** 2025-2026 National Federation Swimming Rules
- Rules:** Effective 2016-2017 season, deck changing is now unsportsmanlike conduct and can result in disqualification from any further events. If conduct is considered excessive, the team personnel can be removed from the meet.
 The use of audio or visual recording devices including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- USA SWIMMING Observed:** 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.
- Weather Contingency:** In the case of bad weather districts will be delayed until Later in the day or the first day we can run the meet. Emails will be sent to all coaches to updates.
- Awards & Scoring:** Team Trophies will be awarded to Boy's and Girl's 1st place and runner up. Medals shall be awarded for 1st – 3rd place for individual and relay events. Plaques will be awarded to schools for relays champions. 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 will be the winner of the meet
 - 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)
- Advancers:** The top 6 finishers in each event will advance to the UIL Regional Championships February 7-8,

Order of Events

Girls' Event #	Events	Boys' Event #
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
19	100 Back	20
21	100 Breast	22
23	400 Free Relay	24