

**DISTRICT 6-5A  
SWIMMING AND DIVING CHAMPIONSHIPS  
SATURDAY, JANUARY 24, 2026  
MEET INFORMATION**



**LOCATION:** Wilkerson-Greines Activity Center Natatorium  
5201 C.A. Roberson Blvd. Ft Worth, TX.

**FACILITIES:** Indoor, eight-lane 25-yard competition pool with non-turbulent lane lines and gutters. Competition pool ranges from 13.5 feet to 5.5 feet in depth. Nine-lane warm-up pool. Duraflex diving boards. Fully automatic DAKTRONIC Timing System with Aqua grip 6-foot touch pads and an eight-lane time display.

**ENTRIES DUE:** All swimming and diving coaches are to email their official UIL meet entries (hard copy) as well as their Hy-tek file on a flash drive to the coaches meeting at the WGAC conference room **Saturday, January 17, 2025, by 5:00 p.m.** to Vicki Richards. You can email Ms. Richards at: [vrichards5503@gmail.com](mailto:vrichards5503@gmail.com)

**ENTRY LIMIT:** Each swimmer may compete in a maximum of four events, w/no more than two being individual events; *i.e., 100 fly and 100 free and 2 relays or 100 fly and 3 relays.* In relay events, eight individuals may be listed as the entry with any four assigned to swim.

**RELAY ENTRIES:** Relay Entry Cards are due by *8:00 a.m. Saturday, January 24, 2025.* If any swim changes are made they must be made at this time.

**MEET DIRECTOR:** Troy Bell, Ed.D., CAA, AIC  
Office (817) 815-7333  
Mobile (817) 919-3318  
[Troy.bell@fwisd.org](mailto:Troy.bell@fwisd.org)

**REGIONAL  
QUALIFYING:**

**Each event is a timed final; therefore, every heat is a timed final. The top six individuals and four relays shall qualify from district to Regionals. Entries from the district meet to the regional meet will be based on performances at the district meet.** There is no diving degree required for qualifiers for the regional meet from the district meet.

**SCORING:**

*Individual events: 9-7-6-5-4-3-2-1 Relay events: 18-14-12-10-8-6-4-2*

**AWARDS:**

Medals will be awarded during the meet for first, second, and third place in each event. They will not be mailed afterwards. Trophies will be awarded to the girls' team champion and the boys' team champion.

- Medals for 200 MR presented after 200 Medley Relay
- Medals for 200 Free, 200 IM, and 50 Free presented during the break after 50 Free
- medals for Diving, 100 Fly, 100 Free, 500 Free and 200 FR presented after the 200 Free Relay

Remaining medals presented after the 400 FR (final event).

**TIMERS:**

Each participant school will need to provide a minimum of 2 timers

**RULES:**

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

**TRAINERS:**

Fort Worth ISD Trainers will be available during the meet, please ask for assistance if needed.

**ADMISSION:**

**Saturday, January 24<sup>th</sup>      Finals:    Adults-\$4    Students- \$2**

***NOTE: PLEASE INFORM PARENTS THAT NO MONEY WILL BE ACCEPTED AS ALL TICKETS MUST BE PURCHASED ONLINE. TICKETS WILL BE SOLD UNTIL CAPACITY IS REACHED (300). SPECTATORS MAY BRING DRINKS INTO THE FACILITY. THE FWISD HAS A "NO IN and OUT" POLICY. IF A SPECTATOR LEAVES THE FACILITY, THEY WILL HAVE TO PURCHASE ANOTHER TICKET TO RE-ENTER.***

**SEATING:**

Due to limited seating, swimmers are required to sit around the pool deck, as the bleachers are roped off for the spectator seating only. Also, no spectators will be allowed to bring in their own personal seats, unless it is a seat back for the bleachers. Spectators will be allowed into the natatorium one-hour prior to the swim meet. All competitors must use the stairs to access the pool deck, unless special accommodations are required.

**DECK  
PROCEDURES:**

The swimmers will follow a u-shaped flow around the deck; swimmers are to enter the blocks from the south side (grand stands) and exit on north side (scoreboard); coaches and officials can be on either side of the pool deck, however, the view is to remain unobstructed for spectators seated in the grandstand area; additionally, since every event is a final, we will parade each event, in front of the grandstands. Please have student-athletes report to the staging area located on the south end near bulkhead by the grand stands.

**COACHING:**

Only full-time coaches are allowed on the pool deck. Coaches may stand on either side of the pool deck to coach their swimmers; however, coaches are not to sit or stand in front of the grandstands. Also, team managers must stay near the bulkhead (either side) so as to not block the view of the spectators in the grandstand area and to ease congestion.

## MEET SCHEDULE

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SATURDAY, JANUARY 24	7:30 a.m.-8:30 a.m.	Lanes 1-8 General Warm-up
	8:30 a.m.-8:45 a.m.	Shallow End Warm-up / Pool Set-up
	8:55 a.m.	National Anthem
	9:00 a.m.	Swimming Finals Start

*The shallow end will remain open at all times during the swimming competition for general warmup.*  
**NO DIVING IN SHALLOW END!**

**CONCESSIONS:** The FWISD will operate a concession stand during the entire meet. Due to contractual arrangements, no food or drink may be brought into the building. Team coolers / ice chests may be brought in only by the team and must be stored off deck in the breeze way area.

**DIVING:** Each diver will list eleven dives on the diving sheet. 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 semifinals. The dives to be performed during each round shall be as follows:

<u>Prelims</u>	<u>Semifinals</u>	<u>Finals</u>
Any Two Vol. & 3 Opt.	2 Vol. & 1 Opt.	1 Vol. & 2 Opt.

**Refer to the UIL:** After the preliminary round and semi-final round for top four boys / girls

**DIVING ENTRIES:** Each diving contestant shall submit a diving score sheet (use attached form) with swim entries. The dive sheet must include the diver's and coach's signature, dive number, written description, position, degree of difficulty, and order in which the dives will be done in all levels of competition, prelims through finals. The dive number and position shall be the official description of the dive and shall take precedence. Changes shall be permitted until 1-hour prior to the start of the respective diving competition. Print clearly on dive sheet! Bring the original to the meet director or scorer.

**DIVING JUDGES:** Please contact the meet director, Troy Bell at (817) 815-7333 upon receipt of this information and report the name(s) of your diving judges by Tuesday, January 26. Diving judges are to report to the diving referee thirty-minutes prior to the start of the diving competition.

## GENERAL INFORMATION

### **FWISD/WGAC**

#### **Regulations:**

- The FWISD has a "***No In and Out***" policy. If a spectator leaves the facility, they will have to purchase another ticket to re-enter.
- The acoustics are less than excellent and the noise can be deafening. Announcements will be made concerning events and heats on the score board; however, each swimmer is solely responsible for making it to the event on time.
- Signs and noisemakers of any type are prohibited within the facility.
- Glass items are prohibited within the facility.
- Smoking is prohibited within the facility.
- Only certified service animal(s) will be allowed inside the facility. Must have credential on your person.
- Headsets must be used with all radios, CD players and iPods.
- The Fort Worth Independent School District shall not be responsible for lost, stolen or damaged articles.
- UIL rules prohibits participants from shaving within the facility.
- Only food and drinks brought in with the team will be allowed into the natatorium.

- The **concession stand** in the foyer will be open for everyone. Tables will be set up to accommodate the food and drink items. No food will be allowed inside the natatorium. Please inform your student-athletes, parents and stakeholders.
- The swimmers will follow a u-shaped flow around the deck; swimmers asked to go to blocks for events enter from the south side (grandstands) and exit on north side (scoreboard); coaches may stand on the south side (by grandstands), but must not block view of spectators; due that every heat is a final, we will parade each event, in which student-athletes are brought in and introduced in front of the grandstands on their way to the blocks. Student-athletes are to report to the staging area, located near the south end of the bulkhead by grandstands.

Here are some other things of note:

- If you have a special needs swimmer, please see head official/meet director.
- We will follow the procedures, in regards to relay cards, as per District 75A meet information.
- Only news media with credentials will be allowed on pool deck.
- No electrical outlets will be available for cameras.

