

2025-26 District 7-AAAAAA

Swimming & Diving Championships

January 22 & 24, 2026

Grapevine-Colleyville Independent School District is proud to host the District 7-5A Swimming and Diving Championships this year. We wish the best of luck to all of you, and hope that you achieve all your goals. Coaches, please have your athletes adhere to the rules of the swim center and keep the facility clean.

LOCATION:

GCISD Swim Center is located at 2305 Pool Rd. Grapevine, TX 76051

POOL:

The GCISD Swim Center features 8 racing lanes and 2 swim lanes for warm up/down. The facility features 2 1-meter and 1 3-meter Duraflex boards. Depths range from 4 to 13ft. The swim center is equipped with Colorado Timing Equipment and digital scoreboard.

SCHEDULE:

January 22, Thursday

Diving: WU: 4:00/ Start 6:00pm

January 24, Saturday

Group 1: warm-up 8:50am – 9:20am

Group 2: warm-up 9:20am – 9:50am

Group 3: warm-up 9:50am -10:20am

1 way starts 10:20-10:40am (all lanes)

Teams will control their own lanes.

Coaches/Officials Meeting 10:40am

Meet Start: 11:00am start

Group 1: Birdville (1-5) Richland (6-7), Fossil Ridge (8-11)

Group 2: Grapevine, Colleyville Heritage (1-8), (Argle 9-11)

Group 3: Denton (2-6), Denton Ryan (7-11)

The meet will follow the UIL order of events with a 15 minute break following the boy's 50 yard freestyle. See below for award breaks

RACING FORMAT:

The pool will be configured to 8 lanes. Lanes 10 and 11 will be used for warm up/warm down. Lane 9 will be closed during the swim meet. Enter lanes 10 and 11 from the far end of the pool. Horseplay is prohibited.

ENTRY LIMIT:

Teams are limited to entering a maximum of 4 Swimmers/divers in an individual event and 1 relay team per relay event. National H.S. Federation & UIL rules apply to entry requirements. Relays must be declared prior to start of the meet.

DEADLINE:

Entries must be emailed to the meet director

By Monday, January 19th @ 10am. Entries must be submitted as a Team Manager attachment, along with a pdf document of individual entries by name. Please be aware that athlete grade levels must be numeric (09, 10, 11, 12) on the team manager file.

The district meet will be observed for USA Swimming, Please include the athletes full name (First, MI, Last), and USA ID Number on the TM entry file,

Diving sheets must be submitted through clean entries. All divers must be declared on the TM entry file. All changes to the dive sheets must be turned in no later than 1 hour prior to the start of the diving competition.

Email swim and dive entries to

Email dive entries to

gcisdmeetdirector@gmail.com

SCORING:

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

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

AWARDS:

Team Trophies will be given to the top 3 boys and girls teams.

Medals 1st-3rd place for individual events & relays. Ribbons given 4th - 8th place. The coach of the winning team in each event will present awards for that event.

TISCA District Competitor of the Meet will be determined by the NISCA Power Point Rating System. The individual with the highest point totals in individual events will be recognized as the District Competitor of the Meet

The District Coach of the Year, Swimming and Diving, is determined by coach's vote. The Diving Coach of the Year will be voted on following the diving competition and the Swimming Coach of the Year following the 100 breaststroke. To be eligible to vote and receive the award, the coach must be a current member of TISCA.

AWARD BREAKS:

After 50 Free (200 Medley Relay, 200 Free, 200IM, Diving).

After the 200 Free Relay (50 free, 100 Fly, 100 Free),

After the 100 Breast (500 Free, 200 Free Relay, 100 Back)

After the 400 Free Relay (100 Breast, 400 Free Relay, Team Awards & Recognitions)

OFFICIALS:

Meet Director: Daniel Jau

Head Referee: Adriane Sparks

This meet will be observed by USA Swimming.

TEAM FEES:

Each team will cover the split cost of team awards and officials. Teams will be sent an invoice at the conclusion of the competition.

ADMISSION:

\$8 – adults \$6 – students. Tickets will be sold online via hometown ticketing. Coaches, athletes, officials and volunteers are only permitted to be on the pool deck. Each team is allowed 1 photographer on deck. Photographer passes will be issued from the meet director.

MEET PROGRAM:

Meet program will be sold for \$2 in the lobby

CONCESSIONS:

Concessions available in foyer. No food or glass containers allowed on the pool deck.