



# **2026 Metroplex Middle School Swimming Championships**

## **January 31, 2026**

**Meet Host** Greenhill School

**Meet Site** Loos Natatorium  
3815 Spring Valley Rd., Addison, TX 75001

**What** Metroplex MS Swimming Championships. Swimmers from grades 6-8 may participate. One session but we will score two meets: D1 and D2  
Each division scored and awarded team trophies, medals/ribbons

**Facility** 8 lane race pool  
8 lane warm up pool  
Colorado Timing System

**Admission** \$5

**Heat Sheets** \$5

**Meet Entry**

**Deadline** ***Wednesday, January 21, 2026, by 10 PM***

Please enter all swimmers using Hy-Tek Team Manager. Team ManagerLite can be downloaded from Hy-Tek website.

Email meet entries to both: **Sarah Stallkamp**, [stallkamp.sarahe@gmail.com](mailto:stallkamp.sarahe@gmail.com) and **Patti Monzingo**, [monzingop@greenhill.org](mailto:monzingop@greenhill.org)

***Include the Hy-Tek entry file, Hy-Tek Meet Entries Report (select, "Include Registration ID" option if your swimmers have USA ID Numbers), and Hy-Tek entry fee report***

**Meet Observation**

This meet will be observed by USA Swimming. If your swimmer has a USA ID number, it must be included with the Hy-Tek entries. Select, "Include Registration ID" option when creating your Meet Entry Report.

**Rules** 2023-2024 NFHS, suit rule will be observed

***No club caps or suits***

***No tape unless accompanied by a letter from an athletic trainer or medical professional***

**Fly Over Starts**

Coaches, please familiarize your teams with fly over starts – they will be used

**Scoring** Place: 1, 2, 3, 4, 5, 6, 7, 8

Points: 9, 7, 6, 5, 4, 3, 2, 1

Relays: Double Points

**Meet**

**Entry Fee** ***\$25/swimmer and \$30/relay***

Check payable to:

**Greenhill School, Memo: Metroplex MS Swimming Championships**

Mail to: **Greenhill School, ATTN: Patti Monzingo**  
**4141 Spring Valley Rd.**  
**Addison, TX 75001**

In person:

**Check may be hand delivered on the day of the meet**

## **Team Awards**

- Team trophies will be given for the Metroplex MS Swimming Champions and Runner Ups for both girls and boys in Division 1 and 2.
- In each division the top 3 swimmers earn medals, while swimmers finishing fourth through eighth receive ribbons.

## **Meet Entry Requirements**

Championship style: 2 individual events/2 relays. A team can enter no more than 4 swimmers per event. The only exception will be the 50 Free, which will be unlimited. Every swimmer entered in the 50 Free, after a team's top 4, must be listed as an exhibition swimmer. Only the "A" relay will be scored, but you can enter as many relays as you want. Please add 4 alternates on your "A" relay. These alternates can swim on other relays. Since this is a championship meet, you can only add an alternate off your "A" relay if a starter is sick or scratches. Relay swimmers' names must be listed.

## **Schedule**

8:30am	Doors open
9:00am	Warmup 1 starts
9:20am	Warmup 2 starts
9:40am	Warmup 3 starts
10:00am	One-way starts in competition pool
10:15am	Clear pool
10:15am	Coaches' meeting
10:30am	Meet start time

## **Please Pick Up After Yourselves**

- Each team is responsible for picking up their team area before leaving the facility. You will be provided with a trash bag to use to police your area.
- Let's show respect to our host facility by leaving it cleaner than we found it!

## **DISD Policies**

- DISD clear bag policy will be followed
- No glass or metal bottles – on deck or in the stands
- No guns or weapons allowed; all patrons will enter the facility through a metal detector
- Patrons may not bring in any outside food or drinks
- No food or drink on deck – water only in plastic or non-metal/glass containers
- Smoking and alcohol prohibited

**Meet Events**

Event #	Event
1	Girls 11-14 Medley Relay
2	Boys 11-14 Medley Relay
3	Girls 11-12 50 Free
4	Boys 11-12 50 Free
5	Girls 13-14 50 Free
6	Boys 13-14 50 Free
7	Girls 11-12 100 IM
8	Boys 11-12 100 IM
9	Girls 13-14 100 IM
10	Boys 13-14 100 IM

***Ten Minute Break***

11	Girls 11-12 50 Back
12	Boys 11-12 50 Back
13	Girls 13-14 50 Back
14	Boys 13-14 50 Back
15	Girls 11-12 50 Fly
16	Boys 11-12 50 Fly
17	Girls 13-14 50 Fly
18	Boys 13-14 50 Fly
19	Girls 11-12 100 Free
20	Boys 11-12 100 Free
21	Girls 13-14 100 Free
22	Boys 13-14 100 Free

***Ten Minute Break***

23	Girls 11-12 50 Breast
24	Boys 11-12 50 Breast
25	Girls 13-14 50 Breast
26	Boys 13-14 50 Breast
27	Girls 11-14 200 Free Relay
28	Boys 11-14 200 Free Relay