

2026 UIL Region 3 - 6A Swimming & Diving Championships February 6-7, 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 per session.
- Format:** Standard High School Individual and Relay Events
 • Prelims /Finals
 • The USA Swimming "Whistle Start" procedure will be used
- Schedule:**
- | | |
|---|------------------------------------|
| DIVING | FRIDAY Feb 6th |
| General Warm-Up: | 9:00 AM |
| Coaches meeting: | 9:45 AM (by diving boards) |
| Competition: | 10:00 AM |
| The girls and boys diving will be run concurrently | |
| SWIMMING | FRIDAY Feb 6th |
| Prelims | Warm-Up: 2:30 – 3:45 PM |
| | Coaches info sent via email |
| | Meet Start: 4:00 PM |
| SWIMMING | SATURDAY Feb 7th |
| Finals | Warm-Up: 2:30 – 3:45 PM |
| | Meet Start: 4:00 PM |
- Competition pool will be closed during breaks.**
- Timers:** Each team will provide timers for the swimming competition portion of this event.

Warm Up: Lanes will be assigned for warm ups, but finals will be open warm up. The first 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 are to be sent in via the [advancer file](#).

Entry Deadline: All team entries will be submitted using the [advancer file](#) from districts. **Email scratches only to rockwallswimentries@gmail.com**
Advancer files should be sent to rockwallswimentries@gmail.com from the District meet
All advancer files shall be received not later than **12:00PM Central Time, on February 1st, 2026. All scratches are due by February 2nd, 2026 at 12 pm.**
Coaches, please notify your district meet director of any regional qualifier that you are planning on scratching for the region meet. This will allow us to insure that the alternate athletes are called up, and able to compete.
****Remember** Dive Sheets must be sent in as PDFs to rockwallswimentries@gmail.com by Monday, February 2nd, 2026, at 12:00 p.m. These must also be entered as clean entries.**

Entry Fees: Entry fees are **\$25.00** per swimmer. Entry fees or proof of the requisition of fees must be received prior to competition. Relay only swimmers are \$25.00. There is also a \$100 facility management fee per School. **ENTRY FEES PAYABLE TO: Rockwall ISD Aquatics**

Psych Sheet: **Will be distributed by February 3rd, 2026 by 3:00PM at the latest and this meet will also be posted on Meet Mobile**

Relays Relay cards due to Meet Management prior to the relay starting.

Hospitality: Hospitality will be provided for coaches and officials.

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 for all Prelims sessions, will be white polo over khaki shorts/pants/skirt. All finals sessions will be navy polo over khaki shorts/pants/skirt. No shorts at finals.
Meet Referee: Lorraine Temple Lorraine.temple1013@gmail.com
Meet Director: Tom Applegate tom.applegate@rockwallisd.org

- Meet committee will be assigned prior to the meet.

Governed By: 3026 - 2028 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.** The host will not add them manually.

Weather Contingency plan: In the case of bad weather Regionals 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-3rd place. Medals shall be awarded for 1st – 3rd place for individual and relay events. Ribbons will be awarded 4th-8th place.

Points will be awarded as follows:

Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18-14-12-10-8-6-4-2

Championship Certificates for

- Girl and Boy Diver of the Meet will be the winners of the meet.
- Girl's and Boy's Diving Coach of the Year (votes due to the Meet management room 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 Meet management room before 100 breast)

Advancers:

The top 2 finishers in each event for swimming and the top 3 finishers for diving will advance to the UIL State Championship

Order of Events Finals

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