

District 10-5A
Swimming & Diving Championships
Bruce Eubanks Natatorium
Frisco, Texas
January 22-23, 2026

Sanction #: HS 14D-26

Facility: Bruce Eubanks Natatorium; 7411 N. 1st Street, Frisco, TX 75034
One 8-Lane, 25-yard Competition Course
Separate 25-yard Warm-up/Cool-down Pool
Two One-Meter/One Three-Meter Dura-Flex Diving Boards
Fully automated Colorado Gen 7 Legacy Timing System Full matrix full color LED scoreboard
eDive for Diving, entries on CleanEntries Colorado Wireless Diving Judging System
Spectator seating for 800
Ample deck seating for swimmers
❖ Coaches may bring deck chairs, but swimmers will not be allowed to have chairs on deck

Meet Officials: Meet Director: Melissa Howard
Meet Ref: Amanda Wygant
Diving Ref: Claudia Sunday

Schedule: **Diving – Thursday, January 22, 2026**
Doors open 9:30
Open Warm-up 9:45-11:15
Senior recognition 11:20
Dive meeting 11:30
Girls' event 11:40-1:40
Boys' warm-up 1:45-2:15
Boys' event 2:15-3:45

Each diver will perform eleven (11) dives, five (5) voluntary and six (6) optional.
Diving counts as an individual event. Include your divers in your Team Manager entries.
Please consult the National Federation Swimming & Diving Rule Book for choice and order of dives. **Dive sheets must be signed and verified by 10:40.**

Swimming – Friday, January 23, 2026
Doors open 8:45
Warm-up 1 9:00-9:30
Warm-up 2 9:30-10:00
Starts/Push Pace 10:00-10:15
Coach's Meeting 10:15
Senior Recognition 10:25
Timed Finals 10:45

Rules:	U.I.L. and National Federation Rules will govern the meet.
Scoring:	Individual Events: 9-7-6-5-4-3-2-1 Relay Events: 18-14-12-10-8-6-4-2
Awards:	Team awards will be given to the champion, runner-up and third place for the girls' and boys' teams Medals will be awarded to first, second, and third place in each individual and relay event. Ribbons will be awarded to fourth-eighth place in each individual and relay event.
Entries:	Each contestant may enter a maximum of four (4) events. No more than two (2) may be individual events (diving counts as an individual event). Each team may enter four (4) individuals and one (1) relay in each event. All Swimming and Diving entries (including dive sheets) will be due to Coach Howard on Friday, January 16, 2026 by 9:00AM. Coach Howard will then send each coach an entry report for his or her team only. Coaches will have until 9:00AM Saturday, January 17, 2026 to make any changes. After 9:00 AM on 1/17/26, entries are final and only scratches will be accepted. Scratches received after the deadline will be considered a DFS and will count toward the athlete's maximum number of entries. Psych sheets will be emailed by 5:00PM on 1/17/26. The meet will be a USA Swimming Observed Meet. Coaches wishing to have their swimmers observed for USA Swimming MUST have their USA Swimming ID number included in the Hy-Tek Team Manager entries upon submission
USAS:	This meet will be approved for observation by USA Swimming for NTV purposes. Only times achieved by swimmers who are currently registered with USA Swimming, have an accurate and complete USA Swimming ID Number in the Meet Manager Database, correct spelling of name, and conform to the technical rules will be loaded into the SWMS Database. The athlete's USA swimming ID must be included in your entry file. The meet host will not add them manually. This means you must have the swimmer's USAS # & DOB on the District Meet entry file you submit to the District Meet Director. All USA Swimming athletes 18 years of age and older must have completed the USAS Athlete Protection Training in order for their times to be loaded into the SWMS database.
Send Entries to:	Melissa Howard howardme@friscoisd.org
Team Manager:	Enter your team with Team Manager. Event file will be emailed to each coach. Coaches , please follow the directives listed below when submitting your district entries, as that database will follow your team and athletes all the way to the State Meet. Use version 7.0 or higher of Team Manager. Up-date your software often to insure compatibility. <ul style="list-style-type: none"> • For Team Abbr., use the official UIL Team Code. • Use the numeric grade level (09, 10, 11, 12) for each athlete. • Use the School Name as listed on the UIL alignment page

- *Ex: Team Abbr.: FRPC
Full Team Name: Frisco Panther Creek
Short Team Name: Panther Creek
- Do not use a mascot name or shortened name.

Dive Sheets: Use CleanEntries for submitting dive sheets. Dive sheets are due in CleanEntries at the same time Swimming and Diving entries are due. See Dive Sheet Instructions in NFHS Rules.

Ticketing & Streaming: All tickets will be purchased online via Hometown Ticketing. Parents/Fans will need to download the HomeTown **Fan** app in the App store on their device or go to:

<https://tickets.friscoisd.org>

Tickets will go on sale every Monday @ 10:00 am

Open the link or download the HomeTown Fan App.

- Create an account with your phone number
- Search for events
- Choose what type or pass or ticket and the quantity
 - Checkout
- Complete contact information
 - Acknowledgements
- Passes or tickets will stay in your app

*Adult Ticket \$7, Student Ticket \$5, plus a small transaction fee. Heat Sheets \$3

Live streaming : <https://friscosportslive.com/>

Please call or e-mail if you have any questions:

Melissa Howard

FISD Swim/Dive Coordinator

469-633-6162

howardme@friscoisd.org

John Janak

FISD Natatorium

469-633-6161

janakj@friscoisd.org

Coach of the first-place winner in each event will present the awards for that event. The top six (6) Swimmers and Divers (region qualifiers) are encouraged to report to the awards stand on time for each presentation of awards and pictures.

<u>Girls</u>	<u>Schedule of Events</u> <u>Event</u>	<u>Boys</u>
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Thursday

9.	Diving	10.
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Awards: Events 9-10

Saturday

Prior to the start of the meet: Senior Recognition

1	200 Medley Relay	2
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Awards: Events 1-2

3	200 Free	4
5	200 Individual Medley	6
7	50 Free	8

15 minute break

Awards: Events 3-8

11	100 Fly	12
13	100 Free	14

Awards: Events 11-14

15	500 Free	16
17	200 Free Relay	18

Awards: Events 15-18

19	100 Back	20
21	100 Breast	22

10 Minute Break

Awards: Events 19-22

23	400 Free Relay	24
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Awards: Events 23-24

**TISCA Awards
Team Awards**

TISCA District Awards 2024-2025

According to TISCA By-Laws, the following rules are in effect for the District Championships.

The following TISCA Awards will be given at the District Championships.

Girls District Athlete of the Meet – Diving
Girls District Athlete of the Meet – Swimming

Boys District Athlete of the Meet – Diving
Boys District Athlete of the Meet – Swimming

Girls District Coach of the Year – Diving
Girls District Coach of the Year – Swimming

Boys District coach of the Year – Diving
Boys District Coach of the Year – Swimming

The following criteria will be followed in determining the TISCA Awards:

1. Coaches must be current members of TISCA to be eligible to vote or receive a TISCA District Coach of the Year Award. Each TISCA member will get one vote.
2. Coach of the Year Award will be determined by a vote of eligible coaches. Coaches will vote for a Girls Division coach of the Year and a Boys Division Coach of the Year for both Swimming and Diving.
3. TISCA Athlete of the Meet for Girls and Boys Swimming will be determined using NISCA Power Points. The swimmer with the highest total will be named the Athlete of the Meet for Swimming.
4. TISCA Athlete of the Meet for Girls and Boys Diving will be determined using NISCA Power Points. The diver with the highest total will be named the Athlete of the Meet for Diving.