

Updated 12/5/25

Region III-5A
Swimming & Diving Championships
Bruce Eubanks Natatorium
Frisco, Texas
February 5-7, 2026

Sanction #: HS 16R-26

Facilities: Bruce Eubanks Natatorium: 7411 N. 1st Street, Frisco, TX 75033
One 25-yard Competition Course
Separate 25-yard Warm-up/Cool-down Pool
Two one-meter Dura-Flex diving boards
Colorado Timing System System 6
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
□ Swimmers will not be allowed to have chairs on the deck
See map and parking instructions at: <http://www.friscoisd.org/natatorium>

Meet Director:	Melissa Howard	howardme@friscoisd.org	469-633-6162
Meet Referee:	Amanda Wygant	amanda.wygant@gmail.com	
Diving Ref:	Claudia Sunday	sundayc@friscoisd.org	

Schedule: **Diving – Thursday, February 5, 2026**

Doors open	9:00 am
Warm-up	9:15-11:15 am
Diving	11:30 am

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 10:30.**

Swimming Preliminaries – Friday, February 6, 2026

Doors open for athletes	7:30
Warm-up	8:00-9:30 (assigned)
Starts/Push pace	9:30-9:40
Coach's Meeting	9:45
Doors open for spectators	8:30
Prelims	10:00

The eight (8) fastest swimmers/relays in each event will qualify for the Championship Finals Heat. The next eight (8) fastest swimmers/relays in each event will qualify for the Consolation Finals Heat. Consolation Finals will precede Championship Finals in each Event.

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Swimming Finals – Saturday, February 7, 2026

Doors Open for athletes	7:30
Warm-up	7:45-9:00 (open)
Starts/Push pace	9:00-9:10
Coach's Meeting	9:15
Doors open for spectators	8:00
Finals	9:30

Rules: U.I.L. and National Federation Rules will govern the meet.

Scoring: 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

Awards: Team awards will be given to the first-third place girls' team and the first-third place boys' team. Medals will be awarded to first, second, and third place in individual and relay events. Ribbons will be awarded to fourth through eighth place in individual and relay events.

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). Top six (6) in each event from the District Championships will qualify for the Region Championships.

Entry Procedure: **District Meet Directors:** E-mail the advancers file (top six in each event) and a PDF hard copy of your District Meet Results to: Melissa Howard - howardme@friscoisd.org

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.

- 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.: FRRE

Full Team Name: Frisco Reedy

Short Team Name: Reedy

- 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.

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.

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Deadlines: **District Meet directors** shall submit their Hy-tek “Advancer” file, and PDF hard copy of District results to the Region Meet Director upon conclusion of your District meet and no later than 11:59 PM on January 31, 2026. **Dive coaches** must have dive sheets submitted in CleanEntries by this time as well.

Coaches:

- Initial psych sheet will be sent by 12:00PM, Monday, February 2, 2026
- Coaches will receive a team entry report and relay name form.
 - Verify athletes entered/use relay name form to add alternates not entered from the Advancer file.
- Scratch Deadline & Relay Name Form submission – 11:59 pm, Tuesday, February 3, 2026.
- A final psych sheet will be emailed to coaches by Wednesday, February 4, 2026
- Relay cards with all alternates listed are due 45 minutes prior to the start of the meet.

Scratches: It is the responsibility of the coach to contact the first alternate and the meet director of their intention to scratch an individual or relay. It is the responsibility of the coach of the alternate to notify the Meet Director of their intention to compete or not compete. Scratches must be reflected in the original team entries.

Entry Fees: \$30.00 per individual (including divers and relay-only swimmers - including alternates), regardless of the number of individual events entered. Do NOT send entry fees prior to the meet. You will receive an invoice in your packet at the meet. Pay from the invoice. There is no recalculation of entry fees for scratches.

Make checks payable to: **FRISCO ISD**

Mail to: Bruce Eubanks Natatorium
7411 North First Street
Frisco, TX 75033

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 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 \$10, Student Ticket \$8, plus a small transaction fee. Heat Sheets \$3

Live streaming will be provided for each session at <https://friscosportslive.com/>

Live results will be available on the Meet Mobile App

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The coach of the first-place winner in each event will present the awards for that event. The top eight (8) Swimmers and Divers are encouraged to report to the awards stand on time for each presentation of awards and pictures.

Schedule of Finals Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>Thursday</u>		
9.	Diving	10.
Awards: Events 9-10		
<u>Saturday</u>		
1	200 Medley Relay	2
10 Minute Break		
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
5 Minute Break		
Awards: Events 11-14		
15	500 Free	16
17	200 Free Relay	18
5 Minute Break		
Awards: Events 15-18		
19	100 Back	20
21	100 Breast	22
10 Minute Break		
Awards: Events 19-22		
23	400 Free Relay	24
Awards: Events 23-24		
TISCA Awards		
Team Awards		

**TISCA Region Awards
2025-2026**

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

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

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

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

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

Boys Region coach of the Year – Diving
Boys Region 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 Region 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.