

DISTRICT 20- 5A/6A DIVING AND 5A SWIMMING DISTRICT CHAMPIONSHIPS – 2026

I. LOCATION

LamarCISD Natatorium – 1011 Horace Mann Ave, Rosenberg, TX 77471

II. <u>SESSION</u>	<u>SITE</u>	<u>DATE</u>	<u>WARMUP</u>	<u>START</u>
<i>Varsity Diving District 20-5A & 6A</i>	<i>LamarCISD</i>	Thursday, January 29, 2026	9:00 am	11:00 am
<i>Varsity Swimming District 20-5A</i>	<i>LamarCISD</i>	Friday, January 30, 2026	10:30 am	11:30 am

III. VARSITY SWIM WARMUP

Competition Pool (diving board end):
Warmup: 10:30 - 11:10 AM

Warmup Pool:
4 lanes open during competition
No diving

IV. SCRATCHES

Scratches are due no later than one hour before each session.

V. OFFICIALS

Diving: A minimum of 5 Judges should serve as District certified judges.

The Diving Referee will be in charge of obtaining the judges for diving.
Varsity Divers will perform 11 dives

Swimming: High School Certified Officials will be used. A minimum of six officials for all swimming sessions are needed to serve as:

One (1) Starter and one (1) Referee
Two (2) stroke/turn judges
Two (2) poolside take-off judges.

Meet Committee:

Meet Director, Referee (non-voting), official (appointed by Referee, not involved in the ruling), two coaches and a female and male student representative (nominated by coaches) will serve on the Meet Committee to decide any disputes not directly accounted for in the rules.

VI. SCORING

Scoring to 8 places in individual and relay events. Top 6 advance to Regionals

VII. HOSPITALITY

Provided in the weightroom

VIII. AWARDS

Medals will be given to 1st, 2nd, and 3rd place, and ribbons to 4th - 8th in both individual and relay events.

Championship trophies will be awarded to top Varsity male and female teams.

Individual Recognition of Athletes:

1st Team All District will consist of 1st - 3rd place winners

2nd Team All District will consist of 4th - 6th place winners

Academic All District Team-Please submit your list of Academic All-District on excel alphabetized
TISCA Coach of the Year will be voted on by the TISCA coaches during the meet.

Swimmer and Diver of the Year will be determined by NISCA Power Points

IX. **ADMISSION**

Admission Fees: \$5

Admission will be charged at the Varsity Swimming session.

Officials and Meet Volunteers will not be charged.

All Tickets will be purchased through [Go Fan Tickets](#) , no cash accepted at the door.

X. **MEET SET-UP AND TIMING**

An automatic timing system will be used which should include:

One touchpad, 2 push-buttons and 2 watches per lane.

Each team will supply timers based on participation numbers.

XI. **RESTRICTIONS**

No food on the pool deck area.

Air horns, bells and other mechanical noise makers are prohibited in all District sessions.

XII. **ENTRIES**

An individual may enter no more than two (2) individual events and two (2) relays, or one (1) individual event and three (3) relays. Each team may enter a maximum of four (4) individuals per event and one (1) relay per event. NFHS & U.I.L. rules apply. **Participants, including relay only participants**, must be listed on the Hy-Tek Zip File to be considered eligible to compete. Swimming and Diving entries must be generated by Hy-Tek Team Manager. The athlete's USA swimming ID must be included in your entry file. The meet host will not add them manually. Competitors in the diving events must be included in the Team Manager entries.

Send swim entries to mmay@lcisd.org by 11:00 a.m. Friday, January 23, 2026. Include a PDF of your entries. Please include your name, school address, work and home phone. A confirmation email will be sent once entries are received and successfully imported. **The confirmation email will need to be checked for accuracy and a reply required.** **Once all entries are received and confirmed,** a psych sheet will be sent out. If you do not receive an email, contact me ASAP.

5A/6A Dive sheets are due by 11:00 a.m. Friday, January 23, 2026. Girls & Boys 1-meter: divers will perform eleven (11) dives, five (5) voluntary, and six (6) optional. All dive sheets must be signed by the diver and the coach before the start of the meet. Dive sheet changes and/or corrections are due to the check-in table no later than one hour before the scheduled start of competition. Please have dive sheets filled out according to the 11-dive meet as stated in the NFHS Rule Book. Be sure to include divers on your entry sheets. *Entry sheets can be found in your UIL Handbook.* **Please submit your Academic All-District list for swimming and diving with your entries.**

XIII. **MEET REGULATIONS**

The meet will be governed by the rules as stated in the UIL Handbook and National Federation Rulebook.

XIV. **MISC.**

The host school district will provide Security at all sessions.

XV: **OFFICIALS:**

Meet Director: Meredith May *Dive Referee:* Stacy Gage *Swim Referee:* Steve Long